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Association of Himalayan Yoga Meditation Societies International AHYMSIN 2007 – 2009

In February 2007, we, the global family, gathered together at Swami Rama Sadhaka Grama in Rishikesh, India. We met people we hadn't known existed, strengthened relations with those we knew, and began to explore the relationship of kinship. In the process, the Association of Himalayan Yoga Meditation Societies International was formed, a constitution was passed, and the first Executive Committee and other organizational groups were put in place. SRSG is the world headquarters of AHYMSIN.

In February 2007, Swami Veda Bharati initiated our Guru Family into a three-year practice of the Ityukta mantra for the purpose of creating a Mindfield of Community – a Sangha. "With a stable mind, you can stabilize all external circumstances. A mindfield thus stabilized is called an organization or a sangha." This three year mantra practice is now ending with initiation into a new practice, while the spiritual practice of the stabilizing of the mindfield will continue.

With only three years together, we are a young organization, still learning and growing in abilities and strengths. Yet much has been accomplished, and it is amazing to experience the many abilities of Guru family members as well as their deep spirituality.

Why would any group or individual want to join AHYMSIN? Swamiji's answer to this:

They don't join AHYMSIN, they receive an initiation. AHYMSIN is a group of initiates for support. How can groups or individuals help the greater family in a spiritual sense? This evolves from time to time if we can succeed in developing a sentiment of Sangha.

What follows is a collection of reports from various people who have worked in different parts of AHYMSIN. While the name of the person submitting the report has been given, it should be realized that many of these reports are team efforts and represent more individuals than are being seen. Even though these reports have been written this year, there have been new developments; it's hard to keep up with everything on paper.

Rajah Indran has been appointed Executive Director of AHYMSIN, and he and his wife, Judy, are in the process of moving to SRSG to live. Rajah was an office bearer, Vice President of Regional AHYMSINs, and a member of the first Executive Committee as well as being a member of the Board of Directors. He is also a member of the Adhyatma Samiti, or Spiritual Committee.

This reporting does not completely report on the individual spiritual growth we have experienced or how this growth has affected community. We have been immeasurably blessed, and this blessing flows through our lives in subtle and not-so-subtle ways leading to a self-transformation and a transformation of community that is still evolving.

AHYMSIN Report, Feb 2007 – Feb 2010

Board of Directors and Executive Committee

Although the Executive committee/Board of Directors has been involved in many areas of AHYMSIN, most of them will be covered in other reports and we see no reason to repeat the same information here. Below is a summary of the Meetings that took place per the Constitution.

In February 2007, AHYMSIN was created and an Executive Committee and Board of Directors were elected. The purpose of the new organisation was to support the mission that Swami Rama of the Himalayas entrusted to Swami Veda Bharati – the Spiritual Director of AHYMSIN – so that he would be able to dedicate more time to his writing and his own practice and to ensure continuity into the future. AHYMSIN's main tasks then are to knit the guru family closer together, and become a sustainable, healthy, thriving organisation, in order to make the teachings of the Himalayan Tradition widely accessible so as to alleviate suffering. Skilfulness in action is our continuous practice. AHYMSIN was to be a feminine organisation.

At a three day seminar at Port Dickson, Malaysia, in January 2008, the Executive Committee defined its mission as:

- To make available the knowledge and teachings of Swami Rama and the Himalayan Tradition
- To liberate ourselves and others and demonstrate pure spirituality and **love** in all our action
- To reach out to a large number of people, by focusing on “Influential people” while not neglecting the “Grassroots”
- To ensure continuity, evolution and sustainability of the Himalayan Tradition by developing the capacity of the next generation of teachers and masters in the AHYMSIN family
- To provide charity and solidarity services to those in need

And our objectives as:

- Increase visibility of Himalaya Knowledge and Talents (AHYMSIN “Brand” – Science-based Y&M Practices, recognizing local cultures)
- Enable further “knowledge mining” by SVB and others
- Preserve and protect the Himalayan “Knowledge Mine”
- To enhance skills and attitude of influential people around the world through teachings of Swami Rama and Himalayan Tradition
- To create an effective and efficient AHYMSIN base applying spiritual principles
- To provide security and future for next generation
- Increase awareness/practice of: two minute meditations, full moon meditation and yoga nidra

At a five day seminar at Rancho La Puerta, Tecate, Baja California, Mexico, the Executive Committee reviewed the Regional AHYMSIN progress as well as the extensive development of the TTP Program by that group.

It was also determined at that time to:

- Look for a General Manager of AHYMSIN to better oversee the day to day operations of the Worldwide Organisation. A vote was subsequently taken and approved. Unfortunately, at the time, there was no financial resource available to pursue the plan further.
 - Characteristics of an ideal candidate were discussed and logged
 - Areas of responsibility and expectations were also discussed and logged
- Again work to develop a financial model for accounting that looks both at the past AND the future (forecasting needs).

Achievements

AHYMSIN as an organisation

- Many administrative hurdles have been taken. Bank accounts have been opened and procedures have been set-up. Staff at the AHYMSIN office at SRSG has been strengthened. The Board of Directors has held some 6 teleconference on average per year. The Executive Committee has met twice a year (Feb 07 at Rishikesh; July 07 at Dunrovin, Jan 08 at Kuala Lumpur; September 08 at Rancho la Puerto; Feb 09 at Rishikesh).
- AHYMSIN has been formally registered with the registrar of Societies. To better comply with Indian laws and regulations, the constitution as it was voted by the General Assembly in February 2007 needed to undergo some changes, most of which are purely of form. The major change of content – which we want to be endorsed by the General Council meeting of February 2010 - is the term of the members of the executive committee. This is no longer of five but of three years. An unintended change is that the Adhyatma Samiti, the Spiritual Committee, is no longer mentioned or *ex officio* represented in the executive committee. This does not preclude their representation which may be accomplished in other ways.
- The AHYMSIN forum as a means of communicating is functional and is increasingly being used.

Communication

- There is now a regular supply of information to the different newsletters. (There is still a lot of duplication with people receiving messages from different sources.)
- An AHYMSIN website was created and most affiliate centers now refer to AHYMSIN on their websites
- Outlook for broadband and possibility for live broadcasting from the ashram?

Challenges

Improvement is needed in communication (being the Family) and inclusion of the members of the executive committee and the membership in general. A number of individuals – within and without the executive committee - have done great jobs, but overall we've not been good at mobilising, rallying or providing a clear set of goals.

Submitted by Dave Hume

(Editor's Note: Rajah Indran has become AHYMSIN Executive Director since the writing of this report.)

Ahymsin Executive Committee 2007 - 2009

Spiritual Guide	Swami Veda Bharati
President	Dr. Mohan Swami
Senior Vice President	Dave Hume*
General and SRSG Vice President	Veena Maitra*
General Vice President	Feroze Nazrullah
Vice President, Finance	Lily Bafandi
Vice President, Public Relations	Paul Scheele*
Vice President, Relations with Governments & International Organizations	Atem Ramsundersingh
Vice President, Coordination of Committees, Centers and Special Interest Organizations	Dr. Dinesh Sharma
Vice President, Teachers and Training Programs	Dr. Mehrad Nazari
General Secretary	Sonia van Nispen*
Assistant Secretary	Linda Billau
Assistant Secretary	Smita Deshpande
Treasurer	Thaniya Kevalee
Adhyatma Samiti Chairperson	Helen Choe
Adhyatma Samiti Representative	Carolyn Hume
Dhyana Mandir Trust Representative	Dr. Tai Hwei Yee
HIIYSP Kanpur Representative	H. P. Manchanda
SRSG Residential Community Representatives	Adhikari Bhoi
	Ma Radha Bharati
	Peter Fabian
	Surendra Nakoti
Elected Members:	
Anil Saigal	
Anjana Bhattacharjee	
Carolyn Hodges	
Chuck Linke*	
Eric Levine*	
Idriss Ouedraogo	
Jim Nelson	
John Barry Stutt	
Jorge Romero	
Jozsef Papp	
Oesha Ramsundersingh	

Pawan Kapoor

Rajah Indran*

Savitri Jugdeo

Shi Hong

Stephan Hodges

Tuat Yien

Willem Meijer

Winthrop Harewood

* Denotes member of the Board of Directors

AHYMSIN Adhyatma Samiti, or Spiritual Committee August, 2009

According to the AHYMSIN Constitution, the Adhyatma Samiti, or Spiritual Committee, shall help and assist the Spiritual Guide in carrying out his/her duties and fulfill his/her plans and projects and carry out all the duties of the Spiritual Guide in the event of his/her death or incapacity, in the case that no successor has been appointed. In the event of the Spiritual Guide's death or incapacity, the Samiti, by total consensus and unanimity, may appoint a Spiritual Guide if one has not been appointed by the predecessor.

Members appointed by Swami Veda Bharati to the Adhyatma Samiti are: Alexander Benjamin, Ashutosh Sharma, Carolyn Hume, Chander Khanna, Dr. Dinesh Sharma, Helen Choe, Komal Bisseswar, Linda Billau, Ma Radha Bharati, Ma Sewa Bharati, Maya Balog, Pandit Hari Shankar Dabral, Peter Fabian, Rajah Indran, Razia Mahawat Khan, Salvatore Zambito, Savitri Jugdeo, Stoma Parker, Swami Ritavan Bharati, Swami Tat Sat Bharati, Tejaswini, Vishnu Panigrahi, Wolfgang Bischoff, and Yoong.

Since 2007, members of the Spiritual Committee have kept busy with activities and sewa they were already performing before the inception of AHYMSIN, and some individual members took on new responsibilities.

These include:

- guiding and starting centers
- providing spiritual guidance to individuals
- teaching locally, regionally, and internationally
- teaching at conferences
- teaching at Swami Rama Sadhaka Grama
- teaching and helping to set curriculum in HYT-TTP and the Gurukulam
- inaugurating interfaith activities
- representing AHYMSIN at international conferences
- serving as Swami Veda's personal assistant
- serving on the AHYMSIN Executive Committee
- serving on the SRSG Home Committee
- inspiring participation in Full Moon Meditations
- writing books, poems, inspirations, letters, and compositions
- helping to make the Ityukta mantra known through the Guru family
- helping form regional AHYMSIN groups
- participating in regional AHYMSIN meetings
- being involved with charitable activities
- being tested in the lab
- helping to plan conferences and retreats
- working in/with the AHYMSIN Office
- developing individualized retreats for visitors at SRSG
- acting as mantra initiators

- helping elaborate a process for honoring Elder Guides
- doing outreach work through other organizations
- aiding in the dissemination of information

Two members took sannyas. Pandit Ananta became Swami Ritavan Bharati, and Radhe Rani became Ma Radha Bharati.

Ma Radha serves as Academic Director of Swami Rama Sadhaka Grama.

Rajah has become AHYMSIN Executive Director.

Ma Sewa has brought our attention to SRIVERM, <http://www.sriverm.net/>. Sri U.P. Singh in a letter dated 6 October 2008 confirmed Ma Sewa Bharati Vice President and trustee. "Ma Sewa Bharati will look after the Spiritual and Yoga part."

Wolfgang is working with Bhagaban Dev on the Orissa New Dawn Project. Please visit <http://www.orissa-a-new-dawn.org/EN/index.html>.

Salvatore has published the book The Unadorned Thread of Yoga: The Yoga-Sutra of Patañjali and has also completed The Yoga-Sutras Dictionary.

Since 2007, members have participated in Silence Retreats and intensified practice. Some completed initiator training.

Alexander, Carolyn, Helen, Linda, Maya, Pandit Dabral, Rajah, Savitri, Stoma, Swami Ritavan, Swami Tat Sat, Wolfgang, and Yoong are initiators. Other initiators within AHYMSIN are: Mrs. Lalita Arya, Nina Johnson, and Raghavendra Adiga.

By individuals being brought together on projects and assignments and in silent retreat, we have come to know one another better and to become better acquainted with the Guru family. Coordination among selves to create a collaborative effort and communication may still improve.

Questions about spiritual practice may now be asked to members of the Adhyatma Samiti by writing to adhyatmasamiti@gmail.com or by using this link:

<http://www.ahymsin.org/main/index.php/Contact-Us/Adhyatma-Samiti-Spiritual-Committee.html?catid=33> . Stephan Hodges, AHYMSIN Vice President of Technology, created this link.

Submitted by Carolyn Hume

AHYMSIN Office Achievements 2007-2009

Sections:

- History
- Operational (office systems, financial)
- International Activities
- Activities in India
- Communications
- Marketing
- Special Projects
- AHYMSIN departments at SRSG: MRI Lab, Library, Manuscript Room
- Future Goals

History

The history of the AHYMSIN office, since its inception in 2006, has been one of growth and transitions. 2007-08 alone saw five separate Office Directors, each accomplishing vital tasks. A very brief and incomplete synopsis follows.

The first office director, Neela, oversaw the interior construction and furnishing of the entire second floor of the AHYMSIN building (now containing AHYMSIN office, Library, SVB Office, and SVB apartment). The initial organization of the Office was accomplished. This office undertook the planning and implementation of the month long activities in February 2007. This event included nearly 400 participants and resulted in the formation of the AHYMSIN organization.

After the 2007 event, Carolyn Hume helped to transform the Office to the work of the newly formed AHYMSIN. The Constitution was submitted and then amended. Procedures for adding Affiliated Centres were put into place. The office staff was growing in numbers during this time and Carolyn implemented daily meetings to build teamwork and share information. Even though she is now working from home in the US, she continues to support the Office through communications and website development.

Jorge Romero tackled many of the big foundational and visioning tasks. Jorge developed a vision and plan for the international work and coordination of AHYMSIN and was the driving force for establishing the financial and accounting systems for AHYMSIN. His efforts ensured that legal papers were filed on time for the legal status of the organization in India as a Charitable Trust, able to receive tax-free donations.

Balraj wrote the successful grant application for Euro 50K from the Bial Foundation of Portugal, allowing the partnership of the MRI Lab with Drs Rael and Cahn. He created the first AHYMSIN newsletter and helped develop our website. He accomplished many nitty-gritty tasks such as inventories, data entry, library cataloging, and video and picture archiving.

Carolyn Hodges arrived in May 08 and has assumed the duty of Office Director, building on the foundational work which had been laid by her predecessors. Today, our office team and their major areas of responsibility are:

- Carolyn: office director, communications/marketing, AHYMSIN liaison, SRSG Home Committee
- Meena: finance clerk, operating budget of Ahymsin office, maintain documentation required for 12A and 80G status, communications within India, SRSG Home Committee
- Atul: finance clerk (part-time)
- Sujit: graphic design, picture and video archives, website developer
- Anjali: database, contact lists, gmail lists, AHYMSIN files, new initiates
- Pooja: liaison with SVB office, contact lists, Affiliated & Non-Affiliated Centers' List, 386 List, media list, library book orders
- Mamta: library clerk
- Stephan Hodges: webmaster, technology (moving to SRSG in September)
- Carolyn Hume (ex officio): communications, guardian angel

Operational Office

1. The monumental task of sorting through all the papers and documents transferred from Sadhana Mandir was accomplished in the months leading up to February 2007. Boxes and piles of paper were gone through individually and separated into those belonging in the AHYMSIN, SVB, Manuscript and Library offices.
2. After the establishment of AHYMSIN, office files for the new organization were gradually organized. These files include: basic documents such as the Constitution and resolutions of Ahymsin, a file for each affiliate Centre containing their Constitutions and other important documents, financial accounts, legal documentation for 80G, 12A, fixed assets inventory, SRSG Home Committee Meetings, Initiate forms, SVB articles, and personnel records
3. Contact lists maintained in AHYMSIN include SRSG residents, List of 333 (main contacts of AHYMSIN), AHYMSIN officers, initiates (from 2007 on), SRSG Guests, Interfaith, Indian Yoga Association, and an Access Database with nearly 3,000 contacts.
4. Video and picture archives are being created and organized
5. The more than 15,000 (and growing) volumes in the SVB Library are organized on shelves and in the process of completing accession and entry into electronic database.

Financial

1. As of February 2008, Ahymsin did not have any accounting and financial systems established. AHYMSIN now has legal and financial substance and is in compliance with national and state regulatory requirements. This was essential to qualify for tax free benefits as a Charitable Society in India and eventually to apply for FCRA status.
1. The sorting out of the financial records was accomplished after considerable effort. From the inception of Ahymsin in February 2007 all expenses had been incurred, paid and booked by DMT. Ahymsin's financial statements were produced by painstakingly going through twelve months of DMT's vouchers. In consultation with our newly appointed charter accountant, expenses were identified that belonged or were applicable to Ahymsin: (i) to establish a record of each category in readiness to determine the type of the incoming expense (i.e.: assets, operating expenses, etc.), (ii) to construct a supporting documentation file, (iii) to concurrently keep in mind the contra account that would be applicable (i.e.: donation in kind, cash contribution, etc.)

2. The results of these efforts were: (i) Financial Statements were produced for the first year of Ahymsin (12 April 2007 to 31 March 2008), (ii) Application for tax exemption as a charitable society under section 12A, and (iii) section 80G application for tax deduction to donors, were made to the income tax department and other regulatory agencies in Dehradun, on time and in good form.
3. The first AHYMSIN office operating (cash) budget was created in 2008. It is now updated quarterly.
4. Budget and financial worksheets are now formatted as per request of BOD and separately as per request of SVB.
5. The AHYMSIN office staff, along with our chartered account, maintains regular liaison with government offices responsible and are preparing for FCRA application (to receive foreign donations).

International Activities

1. AHYMSIN now has 42 Affiliated Centres, 5 people treated as Affiliated Centers, and 21 unaffiliated/friendly Centres.
2. The AHYMSIN office maintains communications with the Centres and keeps records of their constitutions and other important papers.
3. In the future, AHYMSIN will expand support for the Centres to also provide books, CDs, news dissemination, liaison with the traveling teachers, and help develop programming.
4. We are now in the process of collecting the names of members and initiates of all the Centres. Presently we have 5,000 contacts.
5. Regional AHYMS have been formed including AHYMS-NA, AHYMS-Asia, AHYMS-Europe (in planning stage). The international office will provide the same support for programming, communications and marketing for the new regional AHYMS as for the Centres.
6. AHYMSIN helped plan and coordinate efforts for the International Meditation for Pain Management Conference in 2008.

Activities in India

Teaching the Science of Yoga

1. The first Yoga Camp for Indians was held in April 2009. Forty people participated with good feedback to the students who organized the programme and the Ashram. It is now planned to offer Indian Yoga Camps twice a year at SRSG. The AHYMSIN office publicized this first Yoga Camp and provided other support for the students. Beginning with the November 2009 Camp, AHYMSIN will be the sponsoring entity: publicizing, registrations, collecting fees, etc.
2. In addition, many of the senior Gurukulam students are now holding camps at other locations. AHYMSIN will also be the sponsoring entity for these outreach efforts.
3. AHYMSIN will continue to provide publicity for the HYT-TTP program in India.
4. The AHYMSIN office provides support to Swami Veda in his role as a member of the executive council of the Indian Yoga Association (IYA).

Carry out research and publication in the field of yoga and related branches of knowledge

1. Currently the MRI Lab is conducting a longitudinal study measure progress in meditation of the Gurukulum students. In addition, the Lab tests Swami Veda's advanced students before, during and after their silence retreats.
2. The AHYMSIN Office helped prepare a successful grant application for Euro 50K from the Bial Foundation of Portugal, allowing the partnership of the MRI Lab with Drs Cahn and Delorme. This study compares the attention and affective states of advanced meditators from diverse Hindu and Buddhist meditative traditions.
3. A grant proposal, written by the MRI Director with support from the AHYMSIN Office, was submitted to the Government of India for funding of a two year study. It is proposed to measure if mitrasana, sukhasana, and shavasana, as taught by Swami Veda, together with heart rate variability biofeedback, have a positive effect in reducing blood pressure and, ultimately, hypertension. At this time, we are awaiting notification of the acceptance of our proposal.
4. The AHYMSIN Office provided assistance in the writing and editing of a chapter about the Himalayan Tradition (including HIHT, Sadhana Mandir and SRSG) for Morarli Desai Book.
5. The AHYMSIN staff formatted and published 12 booklets by Swami Veda 2008-09:
 1. The Thousand Names of Kundalini
 2. The Yogic and Meditative Meaning of the AHYMSIN Logo
 3. Smrty-upa-sthana and Sati-patthana Bauddha or Patanjala
 4. Contemplative Identification Meditation and Communication
 5. Meditation for Pain Managegent
 6. A Poems Offering by Swami Veda Bharati
 7. Strategies for a Response to Conversion in Non-Abrahamic World
 8. Practices of Breath Awareness Meditation in Different Traditions
 9. Supplement To Wanam, Africa And India, A Spiritual Dialogue
 10. Peace, Poverty, Planet, One Aspect, One Face
 11. Consciousness Measurable? Immeasurable?
 12. Yajña

Performing acts of charity for the benefit of humanity

1. AHYMSIN sponsored the distribution of blankets and provisions to sadhus in Gangotri and Badrinath in years 2008 and 2009.
2. Donations in the name of AHYMSIN were made to KHEL.
3. AHYMSIN will sponsor the charitable activities associated with the new Goshala at the Ashram.

Communications

1. The AHYMSIN office regularly sends announcements, inspirational messages, and news to our contacts in the International organization.
2. In 2008 the AHYMSIN website went online. Further development of the website is ongoing. It is planned that this website will be the umbrella website for all the websites associated with Swami Veda and the Himalayan Yoga Tradition.
3. The monthly AHYMSIN newsletter gathers and disseminates news of interest to the wide international community associated with Swami Veda.
4. This office has formatted and published eight booklets for SVB.

Advertising/Marketing

1. In 2008, the AHYMSIN Office created brochures for SRSG, MRI Lab, SRSG Insight Tours, and the Pain Management Conference.
2. We created postcards and other material for the February 2010 Event and the 2011 Children and Youth Retreat and sent widely by post and by email.
3. This Office created an e-poster for the 2010 Event and sent widely.
4. In collaboration with SRSG departments, the AHYMSIN office created a power point presentation of SRSG.
5. The SRSG Ashram guest handbook was updated in 2008.
6. This Office promoted the Full Moon Meditations through monthly e-mail reminders, an updated brochure, and information sent to our associated websites.
7. AHYMSIN provided articles and other materials for websites regarding Himalayan Tradition, Swami Veda's activities, and news of the AHYMSIN family world-wide.

Special Projects

1. Meditation for Pain Management Conference
 - Created a brochure for advertising and publicity
 - Coordinated onsite preparations at SRSG
 - Created the Welcome Packet
 - Helped develop and implement the logistical plan for the Conference at SRSG
 - Coordinated partnerships of sponsoring organizations including HIHT and Seema Dental College
 - Collected registrations and created online method of registration
 - Wrote news releases for media in India
 - Uploaded lecture sessions unto the web
 - Participated in the Conference debriefing
2. Wrote and disseminated post-conference articles
 - Created and disseminated advertising and publicity
 - Collected registrations
 - Provided support to the Students in the planning and implementation of the Camp
3. 2010 Gathering of the Sangha (Ityuktaa/Ahymysin event)
 - Responsible for advertising and marketing (e-poster, postcards, emails)
 - Accepting and keeping records of registrations
 - Providing information regarding prepayments
 - Coordinating planning and logistics at SRSG
 - Liaison with the BOD
4. We are in communication with the organizers of two additional events scheduled for January/February 2010: the Sarva Yoga Conference (February 22-23 at SRSG) and the Sufi-Yogi Dialogues sponsored by the GPIW (Global Peace Initiative of Women) January 27-30.

5. 2011 Yoga Nidra

AHYMSIN Office is monitoring and taking part in discussions of the vision and planning for this event.

6. 2011 Yoga Children and Youth Retreat

This Office worked directly with the event organizer regarding the vision and planning for this event. We published the original publicity information and sent widely by post and email. We continue to work with the organizer to provide support for the promotion and publicity for this event.

AHYMSIN Departments at SRSG

1. MRI Lab (see separate report)

2. The Manuscript Room (see separate report)

3. The SVB Library Collection

- Books are now organized on shelves per Swamiji's wishes
- All books are being entered into an electronic database
- The library is supported with a full time clerk

Goals for 2009-10

1. Conversion of Microsoft Access database to web based design and upgrading features of database. The present Microsoft Access database is hard to use in a multi-user environment, hard to maintain, hard to make available on the web and is not printable. (Linda Billau has done an assessment and has a plan for the conversion and upgrades – work to probably be done by Stephan with assistance by Anjali.)
2. Continued development of Ahymsin.org website.
3. Expand use of forum and wiki as an addition to e-mails and eliminating the total dependence on e-mails.
4. Organize our collection of pictures and videos
5. Sponsor biannual Yoga Camps for Indians at SRSG and outreach camps at other sites
6. Continue planning with BOD and SRSG for February 2010 Gathering of the Sangha
7. Assist the BOD in the planning and execution of AHYMSIN meetings and elections in 2010.
8. Help plan for success of other major events at SRSG such as the Sarva Yoga Retreat
9. Plan for success of 2011 Yoga Nidra Conference, 2011 Children and Youth Retreat, 2012 Festival of Meditational Cultures.
10. Create a comprehensive communications/marketing plan for AHYMSIN.
11. Define role of AHYMSIN international office in relation to Regional AHYMS, Centres, BOD, Centre Leaders, Arms of AHYMSIN (HYT-TTP, AHYMSIN Publishers, SRSG, etc.), and all initiates.
12. Prepare to apply for FCRA status
13. Support the work of the Travelling Teachers
14. Promote the 12 new initiators

Longer term goals (3 year)

1. To provide for the mentoring and training necessary for a permanent (Indian) staff to independently fulfil all the functions of the international office within a period of three years. (This was my task, given by SVB, when I agreed to move to India and direct the Ahymzin Office.)

2. Ensure the sustainability of The Himalayan Yoga Tradition and SRSG.

“To work for spiritual liberation for as many beings as we are capable of helping, maintaining the pure spirituality and meditation teaching in such a way it carries on into the future generations, and with that view in mind, extending and expanding the teaching of the yoga and meditation as taught by the Himalayan Masters as interpreted by Swami Rama.” SVB

Submitted by Carolyn Hodges

AHYMSIN Report

Himalayan Yoga Tradition – Teacher Training Program (HYT-TTP)

First Three Years: 2007-2009

The Teachers Training program, already in existence since 1999 (formerly known as IHYTA), was reorganized in 2007 to meet Swami Veda's vision for the program's future. This vision included the following:

1. International Recognition of TTP
2. Expand the TTP faculty
3. Increase TTP enrollment
4. Frame TTP for the academic community
5. Grow TTP to become financially self-sustaining
6. Create an independent administration for TTP

Many accomplishments have been achieved during the first three years (2007-2009). These can be classified into two major areas of accomplishments:

1. Curriculum
2. Administration

The HYT-TTP program is now a Yoga Alliance © Registered School in the US, having a certified 200 and 500 hour program. Three programs per year are administered by the HYT-TTP, one in North America (summer) and two at SRSG (spring and fall).

Accomplishments:

- Re-established the 501(c3) non-profit, tax-exempt status of AHYMS-A in Minnesota and established HYT-TTP as a division of this entity.
- Consolidated financial activity into one account, with central oversight by a single accounting function.
- Expanded faculty with the addition of support faculty and senior mentors.
- Created both a public web site to promote the program and a private interactive web site for faculty, students and mentors, which supports: program enrollment, acceptance, tuition payment, independent learning, virtual satsanga, and program administration.
- Defined, documented and made interactively accessible all Level 1 (of a total of three levels) needed resources including lessons, audio recordings, online bookstore, tests and home study elements.
- Improved the mentor program providing senior mentor support for new mentors and adding a remote-mentor support program for students without a local mentor.
- Conducted a TTP at a 5 star resort in Mexico (2008) - introducing hundreds of new students to the teachings.
- Established a generous stipend program for traveling faculty.
- Developed web based retreat registration and email advertising – to support 2009 HYT Congress and to expand TTP audience.
- Added 154 students attending HYT-TTP retreats and graduated 18 new HYT-TTP teachers.

- 2007: L1 – 49, L2 –11, L3 – 7, CE-2, 600-Hour Grads: 5
- 2008: L1 – 33, L2 –4, L3 – 2, 600-Hour Grads: 3
- 2009: L1 – 22, L2 –1, L3 – 1, Prana Vidya 1: 22, 600-Hour Grads: 5, 200-Hour Grads: 5 Need to update with October 2009 program

Challenges we face:

- Maintaining and recruiting volunteer management - we lost several key folks recently.
- Communications between traveling faculty and office
- Keeping accurate student records
- Ensuring consistency of retreat offerings and meeting Yoga Alliance standards
- Establishing link with other family TTP programs worldwide
- Maintaining financial balance to support and grow programs and staff

Goals:

- Provide Teacher training in the Himalayan Tradition to all who request it worldwide.
- Develop & staff the academic management function to support the growing enrollment.
- Define Lead Faculty role for each TTP Retreat to ensure program consistency.
- Assist Faculty with obtaining Yoga Alliance registration for experienced teachers (ERYT).
- Develop SOP Manual to ensure consistent administration.
- Create and standardize level 1,2 & 3 materials (both Retreat & Independent study components) for all family programs to use.
- Investigate other sources of income.
- Re-investigate HYT-TTP International Director position.

Teacher Training Activities outside of the US and India:

- Korea: In April Director Helen Choe and members of the Himalayan Yoga Meditation Society of Korea sponsored multiple events inviting the International TTP teaching team of Maya, Swami Ritavan, Stoma, and Ashutosh. Along with a public workshop, a University presentation, the Teachers met for a three day workshop. Certificates of Level completion were handed out as well as six more certificates of graduation. This program continues to be the most successful and flourishing Teachers program of all AHYMSIN centers around the globe.
- Italy: Through-out 2009, the International TTP teaching team of Maya, Swami Ritavan, Stoma, and Ashutosh have provided Teachers workshops to those in training through the Florence Center. Almost 25 students are ending their third Level and are due to complete the certification requirements by August of 2010 when they hold their final retreat and testing.
- Hungary: Through-out 2009, the International TTP teaching team of Maya, Swami Ritavan, Stoma, and Ashutosh have provided Teachers workshops to those in training through the Hungary HYT programs. In addition to Swami Veda's Yoga

Sutra seminar in July attended by 300 students, diploma certificates were presented by Swamiji to the first group of 21 students who began the program in 2006; a third level training was provided to a second group of 20 students who will complete the Teachers Training in July of 2010.

- Taiwan: AHYMSIN has a very friendly relationship with China Youth Corps. This includes the facilitating of our teachers training programmes both in Taiwan and Rishikesh. Those who know the history of Taiwan will know of the importance of CYC; it is the most influential youth organisation in Taiwan and has nearly sixty large campuses.

Submitted by Chuck Linke

AHYMSIN REPORT
Traveling Teachers Activities
2007 – 2008 – 2009

WHY:

Swami Veda has always quoted the Buddha's last words to his disciples:
"...wander for the benefit of the many, for the compassion of the many."

So Swami Veda has sent teachers in the footsteps of the Lineage:
To Represent the Tradition of Sages and Saints, and
To Represent the Lineage of the Himalayan Masters.

For the purpose to:

share and inspire
guide and teach
prepare
support
nurture
(vidya-knowledge, initiation-link)
Love, Serve, Remember (Swami Rama)

WHERE:

global (international)
regional (domestic)
local (place or organization specific)

WHAT:

seminars, programs, classes
symposium, congress,
TTP
Initiations
Exploring Meditation Cultures
Sources of Spirituality in all Religions

WHO:

Active Traveling Teachers:

Swami Ritavan Bharati (Srb), Swami Nityamuktananda (SN), Swami Ma Radha Bharati, Maya Balog, Ashutosh (Ashu) Sharma, Peter Fabian, Stoma Parker, Pt.Hari Shankar Dabral (HSD),Sonia Van Nispen, Marilou Hermens, Linda Billau, Vishnu Panigrahi, Rajah and Judy Indran, Dinesh Sharma,

In USA: Anil Saigal, Jim Nelson, John Stutt, Eric Ness, Savitri Jugdeo, Priya Naraine

In Europe: some teachers helping at SRSG: Jagadananda Das, Letizia Pagni, Sanjay Kumar. And Others.

HOW:

- instruct, inspire, and support students and teachers of local centers around the globe;
- audio and written practices and guidance in systematic study;
- administrative support through communication, coordination, planning, finances;
- preparation for initiation; and initiation;
- promote global meditations, 2 minute meditations, silence retreats;

2007

January

Calgary, Edmonton-HSD, Maya, Srb

February, March, April

India, TTP levels 1, 2, 3-Ashu, Maya, Srb, Marilou, Peter

April

Italy, TTP, Srb

Holland, Public, Srb

May

Bangkok, SvB, Peter, Srb, Bhola Dabral

Hong Kong, SvB, Peter, Srb, Bhola

China-TTP, SvB, Peter, Srb, Bhola

Taiwan-Public, SvB, Srb

June

Japan, public, Initiates, Srb

July

TTP Minneapolis - , silence retreat, meetings,

Peter, Maya, MaSeva, MaRadha, Srb , Stoma, local teachers

August

Italy, TTP, Ashu

AdvYoga Sutras-Svb @ Assisi , Maya

September

Hungary, Seminar, retreat 2nd level- Ashu, Maya, Srb, Stoma

Austria, Innsbruck Univ-Stoma

Russia, Rostov, initiates, public-Srb

Korea, Srb, Maya

October

Malaysia- classes, meetings, Srb, ,Maya, Rajah ,

India-- TTP, levels 1,2,3, Srb,,Maya ,

November

India, TTP level 1 for Taiwan , Maya, Srb

Holland, Silence Retreat – Srb, Ashu

Germany, meetings-Ashu, Srb

December,

Italy, Cremona, Milan-Srb

USA, Minneapolis, Public -, Maya, Srb

2008

January

Calgary, Edmonton-Maya, HSD, Srb

February, March, April

India at SRSG - Korea, TTP levels 1,2,3, Taiwan TTP level 1- Maya, Srb,

May

Russia, public - Srb st Petersburg

Italy, TTP, Silence-Maya

Hungary, TTP-3rd level retreat, 2nd level seminar

June

Egypt Yoga Conference-Srb

Mpls-Srb

July

Minneapolis, Silence Retreat, Public, Initiate, Initiations-Srb, Stoma,

August,

RLP, TTP level 1, Silence retreats, Public, initiations-Peter, Maya, Stoma, Ashu, Srb

September

Taiwan, Level 1, Public-Rajah, Judy, Srb

October

India at SRSG Level 1 TTP-Maya, Ashu, Peter

November

Holland (Stoma, Ashu, Srb)

silence, Teacher Training

December

Germany, meetings-Ashu, Srb

Hungary, TTP level 2-Srb

2009

January

Italy, TTP, Stoma

Calgary-Public, HSD, Srb

Edmonton-Retreat Public, Initiates, HSD, Srb, Maya

Costa Rica-Public, Eric, Srb, hosted by Indira and Dowlat Budhram

Jamaica- Public, Eris, Srb

Panama- Public, Eric, Srb, hosted by Daniel Hertz

February

India at SRSG Korea special training, Srb, Maya

March

India, SRSG, TTP Level 1- Marilou, LB

Level 2-3-AS, Maya, Srb

India, specialty training, Hungary, Ashu, Maya, Srb

Holland, Seminar with SvB, Wolfgang Bischoff, Srb

April

Taiwan- public, TTP, meetings, Maya, Srb,

May

Korea- TTP, public, College, Stoma,Ashu,Maya,Srb,
Italy-Florence-TTP Level3, initiations-Srb
Cremona- silence retreat, public, initiations-Srb
Milan-public-Srb

June

Switzerland—public, Srb
Scotland, Scotland yoga Teachers yearly conference, Srb
Russia-June, Public, initiates meeting, initiations-Srb

July

Hungary-June, July- TTP level two, Public, initiations - Srb, Maya, Stoma-
Germany-July Ashu
USA-July, TTP level 1, Prana Vidya, Public, Initiates, Initiations, meetings, Silence Retreats -
Peter, Stoma, Maya, Srb, local teachers

August

USA-August, San Francisco- initiates, initiations , Srb,
Mexico, RLP-Svb, public, initiations, meetings, Dale, Ragani, Mehrad Nazari, Michele Hebert

Malaysia, KK-August, Vishnu, Rajah, Judy, Malaysian lead teachers, Asia Retreat

September,

USA, Washington DC, Svb, Srb, Linda, Public
Trinidad,Svb, Linda, Savitri, Prea, local staff, Public, Specialty, initiations
Holland-Srb,Public, Class, Seminar, initiations

October

Hungary, MMB, TTP Level3, meetings
India, TTP levels 1, & 2, Maya, Srb, Peter, Sonia, plus others

November

SRSG

December

Holland-Teachers, Silence Retreat, SP,Ashu, Srb

Submitted by Swami Ritavan Bharati

DHYANA MANDIRAM TRUST

Reg Off: 90 DARYA GANJ, New Delhi, 110002

Swami Rama Sadhaka Grama

Virpur Khurd, Virbhadra Road, Rishikesh, Uttarakhand

Tel: +91-135-2454834/2450093

Email: dhayanamandiram@gmail.com

Non profit: U/S 80 G (vi) of the Income tax act 1961

No DIT (E) 2007-2008/D-1200/101/dt 14.04.2008

Valid 1.3.08 to 31.3.2011

FCRA Registration No: - 347900134/10.2.2009

Details of activities and report of DMT

Introduction:

Dhyana Mandiram Trust was set up in November 1, 2004 in New Delhi. The purpose of the Trust is to teach yoga meditation within the tradition of the Himalayan masters, as interpreted by Swami Rama of the Himalayas. In order to do this, the following activities have been carried out:

1. Education:

- A. The 'Gurukulam' (Swami Rama Institute of Meditation and Interfaith studies) project has been set up at the Swami Rama Sadhaka Grama ("SRSG") campus in Rishikesh. We provide an academic and meditational campus where eligible students are encouraged to stay for a minimum of three years (and up to ten years) to study yoga meditation within the tradition of the Himalayan masters.

Qualified students are provided with free (or subsidized) accommodation, teaching, books, clothing, medical cover, food and pocket money. To understand yoga and meditation practices in its proper context, the following subjects are taught alongside: the six schools of Indian philosophy, Sanskrit, Ayurveda, English, Hatha yoga and pranayama. The emphasis here is always on the practice, awareness and self-realization of the studies, and not just the academic study of these topics. The students, teachers and staff of SRSG were provided with education, food, clothing, transportation, lodging, medicine and medical help. The comprehensive services allow people from many backgrounds and tradition to study and live together in true harmony. We have good gardens, sufficient computers and healthy food so that students can develop holistically. Further, we also strive to provide a family like atmosphere. Students were selected from remote areas of Orissa, Bihar, Garhwal and Punjab.

- B. The hosting of guests at SRSG. Visitors can come to our campus and benefit from the meditative and academic environment. Guests are provided with

classes and practical lessons in yoga meditation and related subjects like food, Ayurveda, silence and stillness.

- To get a wider understanding of meditation, lecturers of other backgrounds and religions are also asked to present their meditation tradition.
- To progress in the understanding of yoga and meditation practices, the following are undertaken:
- Attend and host lectures, discussions and conferences – this sometimes includes paying for transport, accommodation, food and gifts for senior practitioners who come to SRSG.
- Host research into scientific benefits of certain practices by conducting analysis and bio-feedback training at our meditation lab.
- Communicate with teachers, centers and magazines around the world to share and exchange ideas.
- Organizing lectures by Swami Veda Bharati (and other advance teachers trained by him) in India and abroad. For example, around 1 December 2007 Swami Veda attended the 1st National Conference on Spiritual Science in Hyderabad. At this event, Swami Veda Bharati was awarded the Lifetime Achievement Award by the organizers.
- Distribute pamphlets, booklets and brochures to spread the teachings of yoga and meditation. We also distribute free copies of spiritual books and related material.

2. Grants and support to other Institutions:

In addition to the above activities which are mostly in our campus, we also extend significant donation and support to other like-minded organizations. In particular, the following charity related organizations are supported:

- Sadhana Mandiram Trust, Rishikesh – for the charitable activities carried by the trust.
- Navprabhat Public Charitable Trust Orissa – for support of their school for the poor.
- The organization for the Visually Handicapped, Garhwal – for student medical support.
- Karveer Peetham, Kolhapur Maharashtra – for helping to spread Vedic teachings.
- Panchayati Akhara – medical help for sadhus.
- Patiala University, Patiala, Punjab – for inter-faith conference workshops.
- Indian Yoga Association, New Delhi—for spreading yoga teaching in school.
- Sarva Dharma Sansad, New Delhi – support for an international conference on interfaith and world religion.

3. Projects and welfare activities for the society :

- A. Further, we have started two charitable activities outside the campus (1) Mahila Silayi Kadhai Kendra; and (2) public dispensary. This organization provides a sewing school and dispensary in the village where SRSG is located. It provides sewing teachers and scholarship for girls to attend classes on the first floor, and a dispensary that provides small scale medicines to the residents of the village and visiting sadhus on the ground floor of "Panchayat Bhavean", A community hall provided to the trust by village Panchayat.
- B. Short courses on topics like hygiene are also provided. Broadly, the sewing school has had about 200 graduates and the dispensary gets about 50 to 60 OPD patients a day. From the village nearby were given scholarships to study sewing so that they can be learn a skill, be independent and take up jobs to earn an income. 76 girls graduated from the school so far.
- C. Hygiene Program – 15 toilets constructed in the village of Virpur Khurd, Rishikesh. To improve hygiene conditions at the village, these toilets were constructed by us. Further, this was supplemented by an awareness program for all those in the vicinity of our campus.
- D. Medical help to poor and Sadhus: Medical help was given to villagers from the dispensary. Further, a medical camp was organized at our campus to improve the understanding and education of the villagers of basic medical requirements.
- E. Scholarship to the village girls and boys –Boys and Girls who are below the poverty line were selected by merit from the nearby village school to support them academically for a better future for their families.

Submitted by Bholu Dabral

Swami Rama Sadhak Gram

(A Report on Its Functioning Post February 2007)

Swami Rama Sadhak Gram [SRSG], as we all know, is the Ashram in Rishikesh which is the spiritual home of sadhaks of the Himalayan Tradition along with Sadhna Mandir, the original Ashram of Gurudeva.

SRSG also serves as the headquarters of two legal entities, namely the Association of Himalayan Yoga Meditation Societies International [AHYMSIN] and Dhyana Mandiram Trust [DMT].

Background

Swami Veda expressed a desire to be relieved of routine administrative duties of SRSG so that he could devote more time in the spiritual field. It was also felt that there was no institutional mechanism through which his disciples spread across the globe could communicate with each other in an effort of mutual spiritual and material exchange finally leading to enhancement of collective wisdom and spiritual evolution of the whole group. This need amongst other reasons led to the formation of Ahymsin in Feb 2007. The Ahymsin Society was subsequently registered in India making it into a legal entity.

Amongst the various activities it encompassed, two were directly related to SRSG; viz. the administration of SRSG itself and the functioning of Ahymsin Headquarters. A Vice President for SRSG was appointed. In the formal and informal interactions of the Executive Council and Board of Directors following the formation of Ahymsin, many far reaching changes were visualized, some of which were later implemented.

Changes in SRSG.

In the SRSG complex, the environment was changed from a homogeneous entity entirely dependent on Swami Veda Bharti's [SVB's] decisions on day to day running of the administration to a professional organization divided in various functional departments, which ran the show on the basis of well defined duties and records of financial transactions. The voluntary force serving the tradition continued; part of it, however, was converted into a work force which was paid salaries equivalent to similar jobs in the State Government. This was done both to raise the salaries and to ensure that legally payable minimum wages were given by the Ashram. This was a first amongst Ashrams in Rishikesh, who ran mostly on voluntary work or others who paid salaries in accordance with their means; in an odd Ashram these were higher than the Government salaries.

While putting into place the above administrative changes, the objective of freeing SVB from his temporal duties was achieved; however, in the process we lost his golden touch, which had earlier been the sole motivator of the work force. In the new system with higher salaries the same work force exhibited transitional strains [and occasional flaws], which were handled the way they are handled in routine administrative methodologies. Overall, the change was for the better as apart from freeing Swamiji for spiritual work it also benefited his body which needed to conserve its energies to meet the demands of various ailments. Swamiji also formally complimented the Ahymsin office bearers in the meeting held in Malaysia for the changeover in SRSG and accepted that the new system took away his administrative concerns of running the Ashram.

Change Agents.

A few words need to be said about those who made this change possible. Leading from the front was **Dr Mohan Swami** himself, the President of Ahym sin, who decided that a General Manager needed to be appointed forthwith. He interviewed the candidate in Delhi and recommended his name to Swamiji. **Shri Nijhawan**, who had worked in positions of Commissioners of several large local bodies prior to his retirement, was appointed as General Manager. He was primarily instrumental in the changeover.

Shri Bhola Dabral, who had earlier shouldered several responsibilities and who worked silently in assigned jobs and was humble enough even to refuse the job of Managing Director offered to him by the BOD has been an important change agent. In the new set up his duties were confined to the Publication Division and he was freed of his earlier duties [except that of Secretary of DMT]. Consequently, the Publications Division has been taken to new heights. 85% of Swamiji's 4000 hours of lectures have been digitized. Publication of written material of Swamiji has also found new markets through new legal entities since formed.

Important change agents were also the **Gurukulam students**, who form the backbone of the Ashram. They voluntarily take over daily duties in the dining room, cleaning of Ashram and meditation room. Above all, the success of every function or international seminar held in the Ashram can be directly credited to the voluntary seva that the students give in such times.

Meena Sharma, who has undergone several personal tragedies in her young life, was earlier entirely responsible for the Mandala office. A cheerful worker [despite her problems], she would undertake any duty cast upon her. She even refused the higher salary, which was being visualized in Feb 2007 stating to VP SRSG that she was there entirely to serve the tradition and considered herself lucky to serve the mission. Clearly higher emoluments were not her motivators. She was assigned new duties in the newly formed Ahym sin office and she was able to make a smooth change over and bring her experience and positive attitude to the new role.

Smita Deshpande, a person with immense potential was earlier not able to deliver to her potential. She flowered in the changed environment and became an asset to Swamiji himself.

Manual Fernandez has single handedly made the small laboratory in the Ashram a much respected scientific entity. No words can explain his immense contribution.

Jorge Romero, in his short tenure in the Ahym sin office was able to achieve administrative discipline not possible for normal persons in such a short period. He succeeded in getting Income Tax exemption certificates for Ahym sin account, resolved the problems with the building contractor and was able to get a new chartered accountant appointed.

Last but not the least are the voluntary contributions made by the **two Carolyn's**. Carolyn Hume, who has never worked outside her home took three months off and gave voluntary seva to the Ahym sin office. This stay gave her a deep insight into the SRSG functioning, which she keeps monitoring even from USA. Carolyn Hodges, who is currently holding the position of Director Ahym sin again on a purely voluntary basis, has put in her bit to take

away the load of Ahimsin from Swamiji's shoulders. She did a commendable work in the International seminar held for management of pain through meditation.

The above list is not exhaustive. Many more have worked in the task given.

Listing of developments in SRSG

Briefly therefore the developments and events that have taken place in SRSG since 2007 have been arranged in appropriate headings and given below. The events mentioned above in the backgrounder are also repeated for ease of reference:

A. Administration:

1. Pay scales of all the employees of SRSG have been raised and standardised. Their annual increments etc., were also standardised in line with the state Govt. rules. Later with SVB's directions this aspect has been further simplified and made more transparent by granting each employee an increment of 10% of basic pay with effect from 1st April every year. Each employee has also since been enrolled under Provident Fund scheme and is now contributing his/her share to the Provident Fund A/C as per the provisions of the Govt. Act.
2. The whole organisation was restructured by dividing activities into various departments and various departmental heads were appointed with specified duties and authorities. Charters of duties were made also for staff, who were ascribed duties appropriately. For evaluation of their performance in respective 'Key Performance Areas' formats have been standardised and made known to the members of staff.
3. For the first time the concept of Annual Budget was conceived and the budgets for the years 07 and 08 were prepared.
4. **Financial Sustainability.** Earlier SRSG was heavily dependent on subsidies from SVB at regular intervals even for running of the maintenance works of SRSG. During the year 2007 the amount of subsidy received from SVB for SRSG was Rs.52,52,450/-, which came down to Rs.35,00,000/- during 2008. In the current year no amount has been received so far. It is hoped that for the balance financial year also funds from SVB may not be necessary; in case they are, they would be much less compared to previous years. This positive financial turn around is despite increase in salaries, number of the consuming units and the rise in general price levels. The expenditure on maintenance has also not grown in proportion to price rise as the expenditure has been kept under check and control. The income - mainly from the increased number of visitors and guests - has also increased slightly. Proper accounting procedures for all purchases have been adopted. Requisition slips have been introduced wherein all fresh demands are raised. Proper quotations/queries regarding rates/prices are obtained before making purchases. For semi durable goods proper inventory registers/books are maintained. Before making any purchase the need thereof is properly examined and ascertained. Purchases are recorded and consumption thereof is duly registered. All works under construction are duly registered in 'Measurement Book' before any payment is released.

5. Though every attempt is being made to make SRSG self sustainable financially, it is seen that the main heads of expenditure are those which are unavoidable and inescapable, e.g., salaries of staff, kitchen expenses, supply of uniforms, electricity and telephone bills, diesel and petrol, computer maintenance etc.. Still efforts are on to affect savings wherever possible without affecting adversely the stability of the system.
6. Home Committee meetings have been institutionalized and are held regularly every week. These meetings serve as a forum to know what is ailing the resident community and combined wisdom of all present help in resolving day to day irritants.
7. Govt. of India has finally granted permission to Dhyana Mandiram Trust to receive foreign funds under FCRA; this enables the DMT to receive donations/offering, etc., in foreign currency direct from the donors. This has met a long outstanding need of SRSG.
8. Draft Rules and bye laws regulating functioning and administration of SRSG and thereby governing the service conditions of the employees were prepared and circulated for consideration and approval. Formal Account Code for regulating the accounting and various activities of the staff was also drafted. These two documents are still in draft form. The second draft would make the language simpler and legal opinion is intended to be taken before seeking formal approval for implementation. The spirit of these provisions is however already being implemented wherever possible.

B. Welfare Works:

1. To attend to the medical requirements of the Ashram residents and Gurukulam students one Doctor has been engaged who visits Ashram twice every week; otherwise he is also available on call.
 - a. These medical arrangements are working satisfactorily. A constant check is also maintained against any disease. Recently, one of the disciples of SVB, Shri Madhav Kamath from Bangalore has sent homeopathic medicine to prevent the possibility of flu breaking out in the Ashram. The medicine is being dispensed to all the residents of SRSG under the supervision of our doctor and in accordance with instructions from Mr. Kamath.
2. All family cottages in the Ashram have been fitted with Hot and Cold Air conditioning apparatus. Two additional dormitories in Gurukulam complex have been constructed to accommodate larger number of students.
3. The sewer system in the Ashram was having a septic tank into which flowed the whole of Ashram's effluage including all sullage and excreta. Besides giving foul smell at times with the change of wind direction it was agitated by the neighboring residents around Ashram. Its overflow into the river untreated even otherwise was objectionable and unwholesome. Now the whole effluage has been diverted to the main municipal drain passing along the main road outside the Ashram by installing a 10 HP motor and laying a pipe line from our main manhole. The system has been working satisfactorily for the last three months now. Even the water logging problem due to rains has been overcome to a large extent.

4. To meet the increasing requirement of Gurukulum students and faculty two blocks of four flats and one basement each have been constructed and allotted already. The third block is under construction and is likely to be ready for occupation by April, 2010.
5. A cow-shed to accommodate two mother cows and two calves is also under construction which should meet milk needs of the Ashram to some extent. The presence of cows in the Ashram will further add to its ambience and spiritual atmosphere.
6. The Kitchen Committee has been revitalised by involving Gurukulum students. Proper care is taken regarding cleanliness and sanitation. Quality of food and cooking has improved. Regular prayers are offered before starting all the meals. Atmosphere is very serene and homey.

C. **Yoga Teaching:**

1. During the period due to SVB's popularity and blessings several corporate bodies like AMITY, NOKIA, TEHRI HYDRO Development Corp. Authorities, Rajasthan University had sent their groups to Ashram for studies and undergoing experience of our Yoga and Meditation classes. International conference on Meditation for Pain Management and Himalayan Yoga Meditation camp were organized very successfully. All the visitors were deeply impressed by SVB's lectures and practices. The number of visitors to Ashram has also been on increase gradually.
2. More than 100 people attended the **International Conference on Meditation for Pain Management** held at SRSG 24th – 28th February 2009 which was co-sponsored by AHYMSIN, HIHT, Seema Dental College, and WASS. This provided a synthesis of perennial knowledge from meditation traditions and the latest scientific advances in the treatment and understanding of pain and stress. Swami Veda was keynote speaker, while Veena Maitra, Susan Gould-Fogerite, Vijay Dhasmana, and John Clarke co-chaired the planning of the event. Talks, discussions, and practicums from yoga teachers, doctors, dentists, researchers, and others provided a wide spectrum of knowledge and techniques. Attendees left with new understandings and new tools to recognize and manage pain and stress in their own lives as well as in others.

D. **Allied Activities:**

1. **The Meditation Research Institute:** The laboratory has been established to bring together the ancient wisdom of the Himalayan traditions and contemporary science by documenting the various meditative techniques of these traditions and to test their effectiveness with scientific tools and methods. The main goal is to document the different meditation techniques of the Himalayan traditions as currently taught by Swami Veda Bharati and to better understand meditation by studying different traditions and techniques through advanced neurophysiologic technology and methodology. The underlying purpose is to prove that all meditation practices decrease attentional engagement to distracting stimuli and reduce emotional reactivity in different ways.
2. **Ahymsin Publishers:** The prime purpose of establishing Ahymsin Publishers is to spread the teachings of Himalayan Yoga Tradition through printed and study material. New titles and re-prints are published –the important ones being, 'Be Inspired By Swami Rama', 'Words Curved', 'Marks Of Spiritual Progress', 'Yoga In

Daily Life'. Recently 'WANAM' – a spiritual dialogue in African spirituality, has been released. Our Book Store has a stock of various titles which has been appreciated invariably by all the visitors. The CD editing and production team has edited more than 250 lectures and has digitized 85 percent of recorded audios of Swami Veda Bharati which already runs into more than 4000 hours of audio recordings and which is ever on the increase. The SWARANGAN, our Sound Recording Studio, though created with the prime objective to produce quality audible audios of Swamiji and other teachers from the Himalayan Tradition, but the facility could also create income generation avenues by renting it out to the outsiders in due course.

3. **Landscaping And Plantation:** As usual horticulture in SRSG has been our outstanding feature. Greenery all around and maintenance of flowers and plants has further enhanced the serenity of the atmosphere. Invariably the landscaping of the place has drawn appreciation of all the visitors, thanks to **Kirti Dixit** and her team of gardeners. "Let the flowers bloom."

E. **Gurukulam:**

1. A very satisfying development during the period has been that Gurukulam has shown great maturity all around. The whole body appears to be a unified and disciplined force. The students in groups visited neighboring schools and institutions to impart training in 'Yoga' to the local populace. On invitation senior students have also gone to far off places like Bangalore, Bhubaneshwar, Dharamshala and Delhi for conducting yoga camps. Pt. Vishnu and Atul had gone to Malaysia for the purpose. The students also participated in conducting 'Yoga Awareness' camps, courtesy state Govt., in various parts of the State (Uttarakhand). At the Ashram havan/Japa is performed every evening at 7 P. M. at the yagnashala, prayers are recited in the kitchen hall before every meal every day, the attendance at the morning sessions of Meditation and final evening prayers in the Meditation Hall is nearly complete. The students along with some other residents of the Ashram paid visit to the pilgrim places of Tarakeshwar and Kali Math in groups. A volley ball net has been pitched in the open space near the kitchen where students play volley ball every evening.

Submitted by Mr. Nijhawan and Veena Maitra

(Editor's Note: Veena Maitra has served as AHYMSIN Vice President of SRSG and has been implemental in the development of SRSG management. Also since the writing of this report, the cow shed has been completed, and a small herd now resides at SRSG.)

Gurukulam and Education Programs 2009

A summary of activity in the area of education and training for both gurukulam students and guests since 2007. The evolution of these programs and their current operations is described.

Overview and History Since 2007

The Education 'Department' has finally taken shape organizationally. We are off to a new beginning in 2009-10. Six people instead of one, as in 2007, are now working specifically on education programming to carry the day to day operations of the department. Also, there are many more teachers: There are nine regular faculty members, five 4th year student teachers who play a major role in teaching ashram as well as outside classes, five 3rd year students and three 2nd year students who are beginning to teach ashram classes. We also have a department advisor.

'Education' refers not only to the long-term study program or gurukulam (Swami Rama Institute of Meditation and Interfaith Studies) but also to programs for all the guests and various groups who come to the ashram.

Up to 2007, the only regularly scheduled classes at SRSG were those for the gurukulam, as gurukulam was (and continues to be) the main activity on campus. Guests could choose to sit in on those classes. Other classes were arranged for guests on an individual ad hoc basis, sometimes at Swamiji's request.

Since 2007, education has evolved as a program area with an Academic Director. In 2007 we were just starting to see the potential for systematic scheduling of classes for guests and it made sense to place that activity in the department with the faculty and curriculum. Accordingly, Guest Services and Education worked together to develop the program. Both departments have a strong interest in the outcomes of this program.

In spring 2008 we opened a space for the "Education Office" –making a place for our activity. Having a place made it possible, for the first time, to have a team of people to work as education staff. It has also made it possible for the department to be much more accessible to students and guests. The daily program for guests as a whole has become a major regular activity on campus. Almost every hour of the day one or more classes is scheduled for guests. Both senior students and faculty are involved in teaching these classes.

The new beginning in 2009-10 is also a programmatic one, as Swami Veda provided a new direction and structure for parts of the gurukulam program in a report called SRSG Changes in spring 2009. More will be said regarding the implications of this report in the Gurukulam section below.

In 2009-10 academic year the gurukulam program is starting with 28 students from 8 different countries who will study at the 1st year, 2nd year, 3rd year and 4th year levels. Each group will have different classes—except 3rd and 4th year students will be combined. This means there will be three different class schedules—each schedule showing the classroom for each class throughout the day, from 5:30 a.m. to 9:00 p.m.

The details as to how the curriculums and classes are developed for students, guests and groups are in the gurukulam and guest sections of the report below. Also the heart of what we do and are trying to accomplish through education and training at SRSG will be explained. That will be the more important part of the report, but this overview has been meant to show that we are a very busy hub of activity, day in and day out.

All of the scheduling, organizing, planning, meetings and strategizing to implement the programs takes place in Education Department. It serves as an information center for students, guests, faculty and other department. People are coming in and out and the phone is ringing throughout the day. All student records, the application process, budget

and requisitions, classroom scheduling, student requests, book orders, faculty business and the cookie jar are housed in the office. In addition it is where all the guests are interviewed, all of Swami Veda's lectures are downloaded and all are transcribed. Five staff members share the desk space while addressing the needs of guests and students who come for a variety of things.

All of this has been about our operational mode.

Major concerns:

1. Need for faculty — in particular, full-time, permanent faculty trained in the Tradition.
 - a. Highly qualified hatha teacher — knowledgeable about yoga texts, anatomy, yoga therapy, and other yoga traditions.
 - b. Highly qualified faculty, trained in the tradition and able to speak to international audience on a range of yoga texts and topics
2. Need for classroom space — With three daily gurukulam schedules, a daily schedule of guests classes, intermittent group schedules, twice yearly 2-3 schedules for Teachers Training Programs (TTP), it is easy to see that many classroom spaces are need every hour of the day. In addition yoga's need for space is unique — it requires larger spaces for hatha yoga.
3. Communication—We do not have good information about our programs on the web.

Part I: Guest Programmes: Individual Spiritual Retreats, Silence Retreats and Group Retreats

Anyone who comes to the ashram, even if just for a day or a few hours, should not leave 'empty handed' or feeling unloved. This is the philosophy that Swami Veda teaches. It entails embracing all who come and inviting them to learn a basic meditation practice or, at least, to sit for awhile to enjoy the ashram's peaceful environment.

Guests of all ages come from all corners of the earth and every kind of background. They come individually or with their families and friends, or they come with a group of people. We have essentially three kinds of programming for them: Individualized Spiritual Retreats, Group Retreats or Silence Retreats. These are the main ones for which Education Department is responsible. The individualized retreats are usually for a short-term visit of a week or so. A variation of this is the intensive individualized retreat or sadhana retreat which is for those staying from a month to 6 months or more. The silence retreats involves those people coming specifically to do silence for a predetermined number of days--up to 40 days or more. The group retreats typically consist of around 25 people brought together by some organization or yoga-tour company for a week to 10 days ashram experience.

More recently people can also come for Indian Yoga Camps as well as the special conferences, such as the pain conference. These are AHYMSIN sponsored programs, but all the departments have a role to play. All Education Department teachers and students are involved in teaching and/or planning and many other duties.

Finally there are the walk-in guests who come to participate in hatha classes on a daily basis. They purchase monthly passes which allow them to come for as many morning or afternoon hatha classes as they want within the month of their pass. There are also day visitors who come for only an hour or two. An example of day visitors would be the groups of Christian seminary students who come to meditate with Swamiji. They arrive an hour before the meditation in order to get some training in sitting for meditation. Education Department teachers and students provide the training.

In the future we plan to provide some programming for children. So far we have just begun to offer hatha for children as needed and if the families are receptive.

No matter what kind of programming people participate in while here, most come ultimately for darshan and to imbibe the ashram's spiritual vibration. A large proportion of the people have little or no background in yoga, so they want to learn as much as possible while they have this opportunity. Those with prior experience usually come to deepen their practices, much of it on their own. Many are returnees. Increasingly people are coming to do extended silence OR to include some days of silence in their programs.

OUR AIM is to help them:

- Experience some level of calm mind, relaxation, or stillness while at the ashram
- Know how to sit properly
- Understand how to meditate—how to do the basic steps of the practice
- Experience the practice of regular 2-minute meditations
- Experience doing hatha meditatively
- Know about the Himalayan Tradition
- Understand something about applying yoga and meditation to daily life.
- Deepen their practice

Description of What We Do for Guests

When guests arrive at SRSG they have already communicated with Guest Services about the programs we offer. Then as soon as they arrive at SRSG and get settled they are directed to the Education Office for orientation and to establish their programs according to their goals, yoga background and needs.

In our **initial orientation interviews with guests**, we show them around the ashram and go through the ashram handbook—pointing out especially the prayers so they can start following along. Then we orient them to our tradition's approach and emphasis on establishing a foundation, and that their program (if they are new to yoga) will include the foundation training that prepares them for mantra initiation, which is the next step after the foundations. (Actually even the "old timers" are encouraged to have a basics review.) The orientation covers essentially the same items whether for an individual or group. **(See the complete list of items below.)**

It is in this interview that we clarify the person or group's goals and objectives; and together we try to arrive at an individualized program that suits them. Even the people who plan to do silence need some preliminary training to carry out their programs. Most people are eager to have training; but some are here to complete a particular spiritual practice that Swamiji has given; and, of course, some are just not interested.

Finally and very important: if a guest does not already have contact with a HYT center in or near their home, we give them the name of a local center and contact numbers. Then we encourage them to get in touch and get involved when they get home. Everyone who comes for orientation completes an SRSG Registration Form that will include the name of the guest's local center. This form is forwarded to AHYMSIN office who then contacts the local center director to give the guest's contact information.

The full list of items covered with each guest is in accordance with Swami Veda's guidelines for working with guests.) *Swamiji takes a proactive interest in guest programming and may suddenly call to ask about the program for a certain guest.*

ORIENTATION INTERVIEW' we do the following:

1. Orient them to the ashram and Ashram Handbook
2. **Plan their individualized program**

- a. Do they have a yoga/meditation background
- b. What are their goals /objectives while here
- c. Explain the "basics class" and daily programming
 - i. (Basics class: how to sit, breathe, relax, meditate)
- d. Tell about essential reading list –and additional according to interest.
- e. Offer individual CD player and meditation recording to use during silent meditations
- f. Encourage practice of two-minute meditations throughout the day
- g. Explain full moon meditation days
- h. Answer questions about mantra initiation procedures or silence practice
- i. Tell them about the Research Lab and testing that is available
- j. Plan their daily classes or daily routines to meet their needs —
 - i. Persons planning to do silence get special instructions and schedule
 - ii. In the case of groups, we usually plan their program in advance
- k. Give them a checklist of classes to keep track of classes
- l. Invite them to come for a farewell interview for help with home practices

"DAILY SCHEDULE" we offer:

- a. We post a daily schedule meant for all individuals, different each day to gradually address everyone's individual programming needs
- b. Group schedules are posted separately. There is some overlap with above.
- c. A silence schedule is given to each participant—it is the same each day.

"FAREWELL INTERVIEW" we do the following:

- a. Help guests plan realistic home practice, goals and objectives
- b. Remind them of 2-minute meditations
- c. Remind them of full moon meditation calendar
- d. Explain that mantra is the next step (if they do not already have a mantra)
- e. Locate the Center nearest to their home AND encourage them to participate there. (This information is sent to AHYMSIN with guest contact details)
- f. Talk about what they might work on next visit to SRSG.

WHAT WE GIVE THEM when they leave:

- a. Name of Center near them, name of center leaders, phone numbers, e-mails
- b. A checklist of classes, etc. that they completed while here.
- c. Ashram Handbook (*which includes daily schedule, all the prayers, two-minute and beginning meditations, full moon dates.*)

- d. Handouts, depending upon interest and need. Example: diagram on alternate nostril breathing.

About The Programs We Plan for Them

Individualized Retreats For individuals we try to establish a program step by step from the beginning level to the advanced level.

Each day the Education Office develops a class schedule for all the guests based on the collective individual program needs of current guests--trying to cover all of their programs in a systematic, progressive way. This schedule is posted for all to see on the notice board outside the dining hall.

Since we have new people arriving almost every day, we have to keep providing the beginning basic classes again and again to make sure everyone has an opportunity to establish a good foundation upon which to build other practices. Thus, we generally have more than one level of classes being offered each day.

The classes consist of :

- 1) practicums (eg: what is nadi shodhanam and how to do it),
- 2) lectures on a variety of necessary topics (Himalayan Tradition, science of breath, meditation and its practice) are taught by faculty;
- 3) ongoing gurukulam lectures series on texts taught by regular and visiting faculty
- 4) hatha classes and
- 5) classes for basic practices, such as diaphragmatic breathing and relaxation.
- 6) Several videos of Swami Rama and Swami Veda are basic (eg: Swami Rama of the Himalayas, Treading the Path of Superconscious Meditation).
- 7) Recordings of lectures by Swami Veda on topics that seems relevant to guests. "Old timers" are more likely to like advanced lectures from this source.

"Meditation" by Swami Veda to be played during daily silent meditations. We also encourage them to come for a farewell visit before the end of their stay if they would like help with planning the practice(s) they will do when they get home.

Some guests have been practicing yoga and meditation for many years or are experienced yoga teachers. Many of these people are interested in doing a silence practice for at least part of their visit. Others may want to do their sadhanas without much programming. For them we offer review of the basics and encourage them to attend some of the practicums so that they can check themselves. We also inform them of Swami Rama video series on the Upanishads and many Swami Veda recorded lectures that are relevant to their interests.

Silence Retreats: It is becoming more common for people to come to SRSJ just to do a silence retreat. Retreats beyond 10 days definitely require Swamiji's approval and guidance. Permission to do silence and the duration of silence are determined according to the individual. Initiates often contact Swamiji in advance for approval and instructions. In every case of more than a day or two we try to contact Swamiji for approval and instruction if he is not in residence. This happens frequently since more and more guests and whole groups are doing one day, at least. In these cases, we have Swamiji's permission to proceed one day at a time. For experienced initiates who want up to 10 days or two weeks of silence, we may proceed three days at a time.

Prior to going into silence, each person is given a "silence packet." It includes recommended readings and audio recordings on silence and a daily schedule—their entire day is scheduled. Classes on japa, contemplative walking and other practices are offered as needed.

Through experience we have learned that we must be careful to observe the persons each day of their silence. We need to develop ways to screen people and to learn how to recognize the signs and symptoms of trouble.

Group Retreats In the case of groups who come, more pre-planning is required to create a suitable program. Guest Services and Education work together on this as they communicate with the group about their needs and requirements-- usually long before their arrival date. From this, Education can develop a schedule of classes. Such programs are developed along the same principles as for individuals. Generally, groups want to include a couple local tours and a day of silence in their schedules. Their schedule is finalized prior to the group's arrival and reviewed again when they get here. Education assigns the teachers and space for their classes.

Group visits start out with an orientation and welcome on the day of their arrival—depending upon arrival time and level of fatigue. Relevant teachers and staff usually participate. Together, Guest Services and Education stay in touch with the group leaders to address needs and make programmatic adjustments as needed throughout their stay.

Assessment of success:

All of this looks good on paper, but does it really happen? We try our best and our “customers” are generally very happy with the program. Actually with the small staff and with both staff and teachers being out of station for long period of times, we do amazingly well at covering all the fronts. It takes a lot of energy involving trained people to oversee the individual programs of many constantly changing individuals and groups. It is not only a matter of understanding the needs of the guests, but then to coordinate that with the appropriate teachers when they are available. That is a complex operation.

Irrespective of our services, guests are happy because SRSB offers far more than they ever expected in coming here. We are told that other ashrams do not have this kind of programming. Nevertheless, we (staff) know the high standard we are striving for and how much more follow through--to see if guests are actually learning and able to apply what they are learning—we need and how much more spiritual guidance should be offered. So we are often not satisfied even while our departing guests are praising us for the program.

Our teachers are not able to provide the full range of classes we need: Not available or not prepared.

CALL FOR HELP: We need all-around-teachers who are experienced in the Himalayan Tradition!!

Part II: The Gurukulam Programme

A Standard Description of the Program

SWAMI RAMA INSTITUTE OF MEDITATION AND INTERFAITH STUDIES (Gurukulam Programme)

The Swami Rama Institute of Meditation and Interfaith Studies, the Gurukulam, is a residential programme based on a tradition that has perpetuated itself since the ancient Vedic times. As such it is developed to train and educate aspirants so that spirituality would permeate the whole of their lives. It was established in 2003.

The students come to this programme from all parts of the world having made a commitment to stay in residence for 3-5 years of intensive study and practice. SRSB has been recognized as a yoga institution by the India's Home Ministry so its foreign students are entitled to get student or other residential visas which are extendable in India, eliminating the necessity of leaving the country for renewal.

The purpose of the programme is to prepare these aspirants as teachers, spiritual guides and citizens to speak to different cultures and guide them in meditation in its totality, in the context of all cultures. It envisions personal spiritual experience to be the foundation of education in all academic areas. Hence the goal is to produce graduates who excel in both scholarship and the practical disciplines.

Although there are many institutions in India and abroad introducing people into various meditation methods, the specialty of the Himalayan tradition is that in it are included hundreds of the paths leading to the inner self, and the knowledge of the natural relations and systems of these paths is integrated. It is suitable for people of varying religions, paths, temperaments and backgrounds.

This path is systematic and scientific. Certain methods are given along with explanations of their effects and benefits so that they can be verified. In this way students can also examine their own progress.

The systems and texts of spiritual philosophy have their origins in the profound meditative states of the ancient sages. This tradition specializes in teaching yoga as well as the works of Swami Rama and other great yogis purely as a meditative experience. The assigned texts are drawn primarily from the Patanjali Yoga, Vedanta and Tantra systems with practical training from within the physical, mental and spiritual realms. Philosophy and practices are inseparably intermingled.

Physical aspects of yoga are taught in their meditational context. Our approach is to establish a strong foundation on which to build deeper and more subtle practices. Students are given individualized spiritual practices once they are established in the basics. Pranayama practices and mastery of breath are necessary for progress in inner focus, concentration practices, and meditation methods.

Students: This programme is suitable for persons who are interested in long-term intense study while carrying out spiritual practices given by the spiritual director. The acceptance qualification is Indian 10+2 or equivalent. Students are required to have proficiency in the English language, evidence of high level academic skills, strong spiritual inclination, and good health for the rigorous programme.

Faculty: Full and part-time faculty members are international, holding the highest academic qualifications and are scientifically trained. They have integrated the profound teachings of meditation with their academic and scientific learning. Most faculty members are in residence one to two months each year.

Study and Practice Schedule: The class schedule includes daily classes in hatha yoga, Sanskrit, and texts such as the Yoga Sutras of Patanjali, Sankhya-karika, Bhagavad-gita, Vedanta –sara, and Hatha Yoga Pradipika. For each level of study there is a progression of texts, including those from other tradition. Other courses in areas of philosophy, yoga psychology, yoga anatomy, Ayurveda and world religions are taught at intervals throughout the year.

In addition to coursework and individual practices, students do yoga practices, such as the kriyas and those in self-purification and inner awareness. A regular part of the programme involves service to the ashram in a wide range of activities including student teaching. The daily routine runs from 5:00 AM to 9:30 PM. Classes are held six days a week.

Accommodations: Students live in modern double-occupancy rooms or dormitories. The main Gurukulam Building has 32 self-contained rooms and the dormitory accommodates 24 students. Most classes take place in the Knowledge Centre which also houses the Gurukulam library. The dining hall complex is close by.

Admissions: Students are admitted only at the beginning of the academic term which runs from September through May with a summer break from June to August. Students may stay in residence during the summer at a reduced fee.

Closer look at the program and its outcomes

The concept of 'graduates trained to become international teachers' have never been quantified in terms of standards of achievement. It has been understood to mean that graduates would have attained some level of spiritual development (determined by Swami Veda), and would have demonstrated some level of proficiency in yoga practices. They would also be able to teach and explain at some level the theory and philosophy of yoga to people of various cultures and to do so in English language. But what that would look like on paper, we do not know—we haven't defined it.

To date we still have not established standards nor fully implemented evaluation procedures. Hence, we still do not have any "graduates" in the formal sense where we certify that they have successfully completed the program. In a spiritual program, that is not necessarily a failure. Swamiji has never promoted certification for this program.

It was not until our first batch of students was completing their third year in residence and planning to leave (spring 2006), that we started to think about certification and the fact we didn't have any basis upon which to certify. So we could only give certificates that they had completed "three years of residence in the gurukulam program." While we could not certify what they learned or their level of attainment, most of them are teaching people around the world:

- One in Minneapolis is teaching a range of classes at the Meditation Center and has started teaching internationally.
- One at SRSR part-time as faculty member, is also a regular TTP faculty and an international teacher.
- Two others at SRSR are teaching a range of classes in the gurukulam and guest classes. One of these has started teaching internationally.
- One in Orissa has opened a yoga center.
- One in England and two in northeastern US are teaching yoga philosophy
- One in Holland is now a householder and contributor in time and money to SRSR

Many of the third and fourth years students have been teaching guests. They did Yoga demonstrations in fifty schools in one week.

Work on establishing standards and procedures for evaluation has been an ongoing project ever since. But due to lack of staff (until this year) and numerous program shifts, we have never been able to complete the project--*Bluebook or Student Handbook*. Actually beginning with our class of 2008-09 and also 2009-10, our program has been more systematic and most classes involve evaluation. So we are getting nearer to our goal of establishing standards.

The current fourth year students (class of 2006-07) and third year (class of 2007-08) have experienced many shifts in the program. In fact, the changes were made largely in an attempt to help them learn the material. The problem for them was that they had very little English language skills and almost all of our textbooks were in English language plus most of our teachers were English only speakers. At the same time we did not have a regular English language teacher. So they faced many obstacles.

What is the curriculum for the gurukulam program?

The curriculum that has evolved for three plus levels is very ambitious-- not possible to complete one level in a regular academic year. It is very systematic and progresses from one level to the next. The schedule of classes offered each year is in accordance with the curriculum and available faculty.

Each week an updated schedule for each of three levels is posted.

What is the current status of the program?

- a. We are at a transitional point in the program:
- b. We are moving from having a goal of training international teachers to one with emphasis on training international teachers (viz Indians) for work in India as teachers, center directors, and SRSG managers.
- c. Swamiji says his new goal is to establish a strong base in India.
 1. He needs Indian teachers trained in the Himalayan tradition
 - a. To teach all across India to spread the Tradition
 - i. To put on yoga camps wherever there is an opportunity
 - b. To provide yoga classes for schools and businesses in and around Rishikesh
 2. He also needs Indian teachers who are trained as managers and administrators to eventually run the ashram and
 - a. To teach ashram programs
 - b. To create a steady flow of income for SRSG and for themselves
- d. Implications for programming and administering the gurukulam program
 - i. It is not clear.
 - ii. The above goal seemed as of Spring 2009 (in Swamiji's SRSG report) to only involve the current Indian students who are now in the 3rd year and above and that the goal and objectives for non-Indians and future students—Indian and non-Indian-- would remain the same
 - iii. Admission of new students—according to Swami Veda as of spring 2009-- would have a strict requirement that no new Indian students would be admitted unless they were fluent in English and were well prepared academically
 - iv. In fall 2009 after new students (including 2 Nepali and one Indian, all English speakers) were admitted, Swamiji said, from now on he wants Indians from any language group to be admitted. (The reason so that he could send teachers everywhere in India.)
 - v. To accommodate this objective, we would have to run parallel gurukulam programs—one in English along with one in Hindi plus one for each language group represented. *Currently we do not have faculty or facilities to implement such an ambitious program.*
- e. What actions, if any, have been taken to implement the new goal?
 - i. Philosophy classes in Hindi language are underway for 3rd year and above.
 - ii. Three yoga camps for Indians have been organized by and taught by the Indian students of the gurukulam.

- f. (However this is not a gurukulam activity. It is funded by AHYMSIN. They set the dates and publicize. But the main organizer is one of the Education Office staff.)
- i. During the summer months some Indian students taught yoga classes in their home communities in various parts of India.
- g. (This activity is also funded by AHYMSIN. And the same education staff member as in item above organizes it.)
- i. Indian students are being trained for ongoing assignments in education and other departments.
 - ii. Most recently, Swamiji has asked four fourth year student teachers to open a yoga center in Rishikesh. They are actively following through to find a location.

Part III: Academic Administration

Who works in the Education Department?

Staff

Chandramani is HEAD TEACHER responsible for the Gurukulam Program for both Indian and international students.

Yeahee is ASSISTANT DIRECTOR and responsible for the Guest Program

Adhikari is STUDENT ORGANIZER AND PROGRAM ASSISTANT responsible for administering student entitlements and accommodations; and responsible for student organizing especially for yoga camps and outsourcing activities.

(Note that the entitlement duties are now under panchayat, but funds for it still comes out of the Education budget. Also, the yoga camps and outsourcing is funded by AHYMSIN.)

Gangesha is OFFICE MANAGER and PROGRAM ASSISTANT responsible for day to day management of department operations and implementation of programs.

Rahul is ADMINISTRATIVE ASSISTANT responsible for assisting in all aspect of the department's work.

Swami Ma Radha is ACADEMIC DIRECTOR responsible for implementation and development of all of the above.

Dr. Dixit is not on staff but is on-call as voluntary department advisor and student counselor

Faculty

This year's full-time faculty members:

Chandramani -Sanskrit texts and Indian Philosophy

Jagatananda-Sanskrit

Swami Ma Radha

Vishnu

Atul – hatha yoga

Part-time faculty:

Llyn Evans -English as a second language (6 months)

Swami Nityamuktananda -Samkhya and yoga philosophy and other topics (2 months)

Swami Prayag Giri -Vedanta and Tantric philosophy (2 months)

Peter Fabian – Yoga Practicum (2 months)

Vikas –Hatha yoga (6 months)

Pierre – Yoga Practicum (and still a student) 6 months

Letizia – Ayurveda (3 weeks)

Sanjay – Bhagavadgita and Buddhist philosophy (2 weeks)

Student Teachers

Four 4th year students

Seven 3rd year students

Three 2nd Year Students

What do we do to support the work of our programs?

Gurukulam

Recruitment

Publicity (AHYMSIN)

Correspondence - inquiries, application forms, etc.

Admissions –

Application

Foreign student recommendation letters from home center or teachers

Interview with admissions committee

Registration at SRSG

Tuition and registration payment

Make schedule and method of payment in future

Room assignment

Student visas (for international students)

Foreigners Registration Office procedure / bring student to Dehradun

Orientation to gurukulam program and Ahymsin/srsg organization

Curriculum Development and updating

Curriculum implementation -

Course descriptions

Objectives

Evaluation/ testing

Certification

Course Schedule Yearly, Weekly

Yearly planning by curriculum committee for each of three levels

Make Weekly schedules for each of three levels

Student Support System

Student complaints

Student counseling/ guidance

Student organization

Student complaints

Student Handbook – to be completed

Faculty

Recruitment

Vitae

Communication

Settle stipend / accommodations/ possible travel

Visa

Foreign Registration

Course assignments

Communication about course and students

Faculty Support

Accommodation

Copying, materials distribution, etc.

Library Services

Librarians

Books

Cataloging

Loan system

Guest Programming

Correspondence for both individual guests and groups

Coordinate with Guest Services all planning

Guest individual interviews

Orientation

Individualized programming

Ongoing interactions with guests on a daily basis

Farewell interviews

Group scheduling planning

Orientation,

Development and implementation of group schedules

Special arrangements

Daily scheduling for guests

Classes

Lab tours – arranged

Local tours- coordinate with Travel Services

Curriculum development

Mantra Initiation preparation and application forms

Silence requests and materials

Administration:

Library

Book ordering

Rules/policies

General files

Student Records System

Individual file of application, recommendations, travel requests, correspondence, etc.

Test results/ evaluations

Attendance

Faculty records

Vitae

Visa information

Sample letters

Tuition records

Administrative Forms—student and guest

Register for off campus visits

Guest records

Registration

Group schedules and records

Forms, Handouts, Notices

Develop and maintain forms

Develop and/or maintain handouts for students and guests

Classrooms

Room scheduling for classes

Classroom supplies: white boards, chairs, etc.

Budget

Requisitions

Account records

Cost items:

Office and classroom supplies

Marketing: Brochures, mailings, travel,

Travel, stipends

Faculty

Staff salaries

Per student costs

Student entitlements

Accommodations

Health care

Travel to home

Stipends

Clothing

Stationery

Income items:

Student tuition payments

(Potential) external class fees (offering classes outside)

(Potential) Internal sources, such as,

- Special seminars/workshops for CEU

PR/ Information Technology (with AHYMSIN)

Web page design

New Brochures

Mailings

Major projects to be worked on

Blue Book or student handbook

Course Objectives/Descriptions

Certification / Levels of Certification/ Standards/Evaluation

Evaluation of student teaching

Auditing - Program Evaluation

Part IV: Appendix – Curriculum

LEVEL ONE OF THREE-YEAR+ CURRICULUM

Beginning Sanskrit

Books: Introduction to Sanskrit, Vol I by Egenes (for English speakers)

Swami Rama Philosophy

Books: Meditation and Its Practice by Swami Rama

The Royal Path by Swami Rama

Living with the Himalayan Masters by Swami Rama

Night Birds (collection of basic readings) by Swami Veda

Philosophy of Hatha Yoga by Swami Veda

Yoga Practicum: Foundation for yoga and meditation practices

Books: Joints and Glands by Swami Rama

Classroom Anatomy Charts

Hatha Yoga: Joints and Glands & Asana

Swami Veda Lecture Course (when in residence)

Books assigned when course is announced.

Basic Texts

Vedanta

Aparokshanubhuti (Selected Sections)

Tattva Bhoda

Atma Bhoda

Vedanta Sara

Vakya Vritti (included in Vedanta Sara)

Panchi Karanam (included in Vedanta Sara)

BhagavadGita (Basic Readings – 15th 12, 18, 6th)

Audio Recordings of Swami Veda Lectures on Vedanta Sara

Raja Yoga

Yoga Sutras of Patanjali (SVB and CD series 2006-2007)

Yoga Sutras of Patanjali (SVB and CD series 2006-2007)

Yoga Sutras translation by Swami Veda

Patanjali Yoga Pradipa (Hindi introductory text)

Video Recording: Yoga Sutras lecture series by Swami Rama

Others

Taraka Samgraha

Tattva Samasa Sutras

Nyaya Sutras (Chap. 1)

Vaisheshika Sutras (Chap. 1)

Yoga Psychology: Mind, Body, Centers of Consciousness

Books: Yoga and Psychotherapy by Swami Rama (Selected Sections)

Philosophy of Hatha Yoga by Swami Veda (Selected Sections)

Critical thinking / Analysis / Writing (based on year-one readings of texts)

Academic Electives

- ▶ Artistic Expression: Sacred Art and/or Music, Creative Writing, Dance
- ▶ Swami Rama's Scientific Approach to Yoga

Studies Oriented to Personal Need

- ▶ English as a second language

LEVEL TWO OF THREE-YEAR+ CURRICULUM

Intermediate Sanskrit

Books: Introduction to Sanskrit, Vol 2 by Egenes

DevaVaniPraveshika by Goldman

Swami Rama Philosophy: Discussion and Writing

Books: Holistic Health by Swami Rama

Superconscious Meditation by Swami Veda

The Perennial Psychology of the Bhagavadgita by Swami Rama

Supplemental Text: Bhagavadgita commentaries by Madhusudana Saraswati, Jnanesvara, Shankara

Audiotapes of Swami Veda lectures on Gita 2005

Yoga Practicum: Teachers Training

Swami Veda Lecture Course (when in residence)

Books assigned when course is announced.

Basic Texts

Vedanta

Drig Drishya Viveka

Viveka Chudamani

Bhagavadgita (See Swami Rama Philosophy)

Raja Yoga

Yogi Yajnavalkya (1. Krishnarmacharya translation. 2. Others not translated)

Purohit Swami – Yoga Sutra

Samkhya

Samkhya Karika

Samkhya Sutras (Chap. 1)

Hatha Yoga

Hatha Yoga Pradipika

Vaisisha (Swami Satyananda translation : Lonavala)

Mysore Tradition of Yoga (general knowledge)

Bhakti Yoga

Via Sarva Darshana

Others

Vignana Vairagya

Sarva Darshana Samgraha (selections)

Yoga Psychology: The 7 Centers of Consciousness

Books: Yoga and Psychology by Swami Rama

Art of Joyful Living by Swami Rama

Swami Rama's Scientific Approach to Yoga

Books: Art of Joyful Living

Anatomy: Physiology

Classroom Anatomy Charts

Ayurveda

Books : Fundamentals of Ayurveda by Vaidya Bhagwan Dash

Research and Writing

Academic Electives

- ▶ Sacred Art or Music or Creative Writing or Dance, etc.
- ▶ Ayurveda Seminar: Herbs and Practical Applications
 - David Frawley: Yoga and Ayurveda: Self Healing, Self Realization
- ▶ Therapeutic Effects of Hatha Yoga

Studies Oriented to Personal Need

- ▶ English as a second language
- ▶ Hindi

LEVEL THREE OF THREE-YEAR+ CURRICULUM

Swami Rama Philosophy

Books: Enlightenment Without God by Swami Rama (Mandukya)

Wisdom of The Ancient Sages by Swami Rama (Mundaka)

Book of Wisdom by Swami Rama (Isha)

Life Here and Hereafter by Swami Rama (Katha)

Video Recording of Swami Rama Lectures on Mandukya Upanishad

Yoga Practicum: Teachers Training and Student Teaching

Swami Veda Lecture Course (when in residence)

Books assigned when course is announced.

Basic Texts

Vedanta

Bhagavadgita

- ▶ Seven Levels of Meditation (include recorded lecture series)

- ▶ Septa Sloki Gita (include recorded lecture series)

Brahma Sutras (Sutras 1-4)

Mimamsa (Recorded lectures by Swami Veda)

Eight Upanishads by Gambhirananda or Nikhilananda

(See also Swami Rama Philosophy)

Advaita Vedanta : A Philosophical Reconstruction by Deutsch

Supplemental : God by Swami Veda

Hatha Yoga

Gherandua Samhita

Shiva Samhita

Bhakti Yoga (Specialized Studies)

Bhakti Sutra of Narada

Bhakti Sutra of Shandilya

Chaitanya Mahaprabhu and his tradition

Vallabhacharya and his tradition

Lives of the Bhaktas

Recordings : Stories of the Gods

Yoga (Specialized Studies)

Yoga Upanishads (Selections)

Hatha Yoga (Selections)

Tamil Shavism (Specialized Studies)

Tiru-Mantiram

Vira Shaivism of Karnatika

Shivaya Subrahmanam Swami (University of Hawaii Press)

Yoga Psychology: Skills for Spiritual Guides

Research and Writing Term Paper – 50 pages

Audio Recordings of Swami Veda lectures on philosophical research

Academic Electives

- Sanskrit
- Ayurveda practical applications and training in laboratory
- Sacred Art
- Music
- World Religions : Spirituality

CONTINUING STUDIES (LEVEL 4) CURRICULUM

Tantra Philosophy

Books: Introduction to Tantra Shastra by Arthur Avalon

Saundaryalahari by W. Norman Brown reprint

Garland and Letters by Arthur Avalon

Readings on Kundalini by Lillian Silburg, Whyte, Svaboda & C

Audio Recordings: Swami Veda Sri Vidya Seminar 1988-9

Video Recording: Swami Rama lectures on Saundaryalahari

Swami Veda Lecture Course (when in residence)

Books assigned when course is announced.

Directed Studies

(Suggested areas: Advanced Sanskrit, Vedic Language, Texts)

Submitted by Ma Radha Bharati

HOSPITALITY SERVICES AT SRSG

In the spirit of Swami Veda Bharati's teachings, it should be noted that hospitality for guests to the Ashram is offered by all members of the SRSG community. Courteous, thoughtful and helpful behavior towards visitors by ashramites and staff is a practice. Readiness to aid and serve any guest if the moment calls for it is an expectation of the spiritual leadership for the benefit of all concerned.

For the purposes of this report the formal services and systems of hospitality for meeting the specific needs of guests throughout their stay will be described.

FUNCTION OF MANDALA RECEPTION OFFICE AND EDUCATION OFFICE

Hospitality is a function of both the Mandala Reception office and the Education office. The staff of the two offices works in cooperation with each other. Hospitality is characterized in the following ways:

MANDALA RECEPTION OFFICE

- Pre-visit correspondence between Mandala office staff and individual guests or group leaders to provide information about SRSG, organize transport to the ashram, keep up with the plans and arrangements of the individuals and groups visiting SRSG. (Silvia)
- Greeting guests on arrival
- Preliminary orientation to guests regarding SRSG programmes, schedules and services
- Providing information to guests and visitors coming into the office and by phone to those calling
- Distribution of printed information material.
- Linking guests or prospective guests to other Depts. (e.g. all guests to Ed department, lab referrals, vips to Svb office etc.)
- Preparing and assigning cottages
- Maintenance of computer/internet service for use by guests
- Management of housekeeping and maintenance
- Management of guest library
- Services to help a guest get a mobile phone

- Currency exchange

- Regular communication with of guests or groups regarding their needs during their stay.

- Booking transport (integrated duties by staff –Travel Dept/Guest services at Mandala)
 - Providing information about excursions (Travel Dept/Guest services at Mandala)

MANDALA/ED DEPARTMENT

- Greeting of guests and groups on arrival (Mandala/Ed Dept)

- Secondary orientation to groups with more detailed information regarding SRSG, it's programmes, history, campus etc. (Mandala/Ed Dept)

- facilitation of special projects (e.g. set up for presentations given by a speaker, etc)

- distribution of ashram information material

- giving guided tours of the Ashram

- providing personal assistance, escorts to guests for outings

STAFF-MANDALA

The Mandala Office is staffed by three paid employees and four ashramite/volunteers. Two of the volunteer ashramites cover a receptionist shift from 8:30 am to 10:30 am only. The two other ashramite/volunteers work primarily from 10-5 and also provide assistance with transport needs. (overlap with/as Travel Department). One of the paid employees works part time covering the reception desk but his main duty is as maintenance repairman. The other paid employee covers the reception desk part time but his main duty is as head of housekeeping. The third paid employee works six days a week. His duties include those of receptionist, guest services (fulfilling some of those listed above), as well as some accounting, record keeping and administrative assistance to the General Manager.

STAFF - EDUCATION OFFICE (See Education Office Report)

WHERE WE COULD IMPROVE

As mentioned in the introduction, hospitality to be offered by all those on campus for all those visiting SRSG is an expectation of the spiritual leadership.

- Improvement is needed in making hospitality by all for all a more regular and consistent practice.
- The makeup of the Reception office staff and its conduct could be improved.
- Communication across departments so as to ensure the smooth running of programmes when guests are here could also be improved.
- The Guest Library materials, record keeping system and organization needs improving.
- The office equipment, (and there by the services coming from their use) at Mandala could be improved by upgrading.

Next Steps:

1. Compile and produce data concerning make up and numbers of guests visiting SRSG to pinpoint and address more specific areas of need.
2. Sharing the improvement needs and discussing them at the Home Committee meetings.
3. Creating an improvement plan with the input from Home Committee.

Submitted by Silvia Baratta

(Editor's Note: Silvia Baratta has worked steadily in hospitality since 2002 and has had a tremendous effect on the success of the SRSG guest programme.)

SRSG Travel Department - Insight Travel

Travels services at SRSG have been available for guests since Sadhaka Grama was founded. These services have been modest in their scope, (taxi booking being the primary service) but available none the less and duly taken advantage of by guests, residents and staff. They have expanded steadily and were formally recognized as a department of SRSG in 2007.

In terms of daily services the Travel Department at SRSG has been doing:

- the booking of taxis for Ashram guests for various purposes
- the booking of trains or local flights
- the providing of references (of travel options and providers)
- the planning (and execution) of outings and tours to local sites and those of the Himalayas of Uttarakhand. The outings and tours included:
 - a. Mountain tours organized for groups of 7 or more in Oct. 2007, 2008, 2009
 - b. Mountain tours organized for groups of 2 to 5 in March 2007, Spring 2008, 2009
- the inclusion of Ashramites (students) as guides on selected outings and excursions

In terms of a strategic revision, the Travel Department at SRSG has been

- creating a leadership team for the Travel Department in March 2009 for improving, organizing and expanding the services and the potential financial fruits to be derived from them.
- integrating Mr. Carsten Dirks as new member of the leadership team. He is the founder of an enterprise providing promotion-services for brands in Germany – longterm experienced in the field of advertising and business. He comes to SRSG for this project in the spirit of service.
- defining structural and communicational elements of SRSG Travel Department in terms of (still in progress):
 - goal and means
 - legal and financial status
 - features of tour design
 - USP and Corporate Identity (CI)
 - communication
- doing an analysis of the present transportation transactions (sales, destinations)
- checking of the market of transportation providers in the area (prices, services)
- doing the firming up of the financial relationship with leading taxi-service provider, Mr. Madan Garaiola of Sai Travel, being that an appropriate

- percentage of the income from the taxi services booked by SRSG staff is granted as a commission for SRSG.
- doing the research of sites for possible excursions for guests for the purpose of
 - a. sharing with guests the experience of India with emphasis on it's sacred places (such as those in the Himalaya).
 - b. for the generation of revenue (as requested by SVB).

Legal and Financial Status

- Insight Travel – SRSG Travel Department (hereafter „Insight Travel“) is a branch of DMT/AHYMSIN.
- Insight Travel is acting as an independent entity with an individual accounting and individual bank account. The annual balance of the Insight Travel will be integrated in the DMT by the end of the year.

Goal and Means

- The goal of Insight Travel is to reach out and to connect more people to the Himalayan Yoga Tradition and to earn revenues for SRSG.
- In order to reach this goal, Insight Travel creates and arranges Insight Touring trips and packages.

Unique and Single Proposition (USP)

Insight Travel receives its uniqueness from

- a) its association with the **unbroken lineage** of the Himalayan Tradition as represented by Swami Rama of the Himalayas
- b) the **authentic practices** taught by Swami Veda Bharati at the Swami Rama Sadhaka Grama

Insight Travel can be clearly distinguished from other travel-service providers.

Features of Tour Design

- Travels designed by Insight Travel are journeys for thoughtful people focusing on
 - individual insights
 - possible spiritual experiences
- Consequently, the travelling atmosphere is marked by
 - Opportunities for hatha yoga and meditation with daily routines of practice when appropriate (e. g. yoga groups guided by members of SRSG staff)
 - carefully chosen excursions and sights which allow participants to stay relaxed, internally silent and balanced.
- information about cultural and historical background of sites from qualified guides (members of the Gurukulam or professional guides)

- In general, a tour designed by Insight Travel will include a stay at the SRSG Ashram in order to inform travellers about the teachings of the Himalayan Tradition, the practice of pilgrimage and cultural sensitivities.
- Standard tourist sights and excursions are included as far as necessary in order to integrate a broader range of travellers.
- Education on attitudes and behavior so as to respect and maintain awareness of the sanctity of holy places

Destinations

Insight Travel will start by offering a limited range of tours which will vary in duration and distance from SRSG.

Examples:

- Delhi / 1–4 days
- Vasistha Cave and Rishikesh local (Bharat Mandir, etc.) / 1 day
- Haridwar / 1 day
- H.I.H.T and Center for Rural Development / 1 day
- Himalayas / 2–12 days

Communication

In order to promote its offers, Insight Travel will:

- set up a Website with individual Domain
- develop promotional information such as fliers and brochures (print and electronic formats)
- improve communication within existing mediums such as the Ahymisin newsletter/travel announcements page

These communication-tools will be applied in the first step, in order to contact travellers which

- are already at the SRSG (> printmaterials in the office, in the cottages, etc.)
- plan a stay at the SRSG (> website)

Thus, links from other websites connected to the SRSG and the Himalayan tradition are essential.

In a second step, direct mailings to connected organisations / affiliates abroad will follow. This step will include personal email-correspondance with constant contact partners at these connected organisations / affiliates who will function as multipliers (intermediaries or disseminators – multipliers is not correct usage).

Corporate Identity (CI)

In a first step, elements of a CI for website and printed materials are defined and will be further developed. An example at the end of this documents shows several features such as:

- Background
- Head
- Lead
- Font
- Color and Sizes of font
- Proportions
- Placement of fotos
- Subtitles

Next Steps

Next steps will be

- To do research on and compiling information about particularly sensitive sacred areas that should either be avoided by „tourists“ or open to only a select few.
- an analysis of the segment of the travelling market – especially spiritual tours – in terms of services and prices
- seeking legal advice about the design of contracts, obligatory insurances, etc.
- training Mandala office staff involved in booking transport regarding new agreement with service provider (Madan, Sai Travel).
- training guides with an emphasis on the training of Education Department staff and students
- designing of tours / pilgrimages and packages
- linking people to other SRSG Depts.
- formalizing the integration of the Travel Dept. and the Ed Dept. in cooperation with Ma Radha. Goal:
 - o Ed office provides students/ashramaites/ to act as guides for excursions organized by the Travel/Mandala office. Ed office and Mandala communicate regarding these needs.
 - o A goal is to improve the information on the checklist of learning activities to include certain must do tours (such as to SMT and HIHT). This will mean collaboration and communication between Mandala and Education office.

Submitted by Silvia Baratta

(Editor's Note: Silvia has provided the planning and work to develop this programme.)

An e-brochure can be seen at:

<http://www.ahymsin.org/docs2/miscellaneous/srsqtravel/itmar2010/>

Report on AHYMSIN Publishers and Sound Recording Studio

The AHYMSIN Publishers has four areas of operations:

- Publications
- Distributions
- Production
 - a) Small Production Unit
 - b) Newly established Sound Recording Studio.
- Sales

PUBLICATIONS:

We have so far published 16 books and 7 CDs acquire 23 ISBN numbers for them.

We are in process of publishing 8 new titles as follows by Swami Veda Bharati ji,

- a) Mind the Playground of Gods
- b) What is right with the world?
- c) A Dog named Mind
- d) Kundalini: Stirred or Stilled?
- e) Night Birds (Hindi)
- f) Mantra: Initiation and Practice (Hindi)
- g) Sugam Sadhan Marg- By Swami Shivananda Saraswati (Hindi)
- h) Sadhana Ke Panch Stambh (Hindi)

We have also published our books “Mantra-the Sacred Chants” and “Meditation-the Art and Science”, under the name of a leading publisher, Wisdom Tree.

DISTRIBUTION:

We are the authorized distributor of Himalayan Institute Publication books in India and also distribute Swami Veda’s books all over the world. A number of other Yoga Institutions consider us as their distributor/local center for publications such as Aurobindo Ashram, Krishnamacharya Yoga Mandiram, J.P. Vaswani Trust, Bihar School of Yoga and Shivananda Ashram, Rishikesh. We also distribute books through Mail Orders.

PRODUCTION:

- a) Small Production Unit

Our CD Production Unit is involved in production of high audible quality CDs of Swami ji’s lectures, editing and digitalization of 5000 plus hours of

Live Audio recordings of SVB. We are pleased to announce that we have digitalized all the 5000 plus audio cassettes. Out of 5000 hours digital material, our team has recently edited 258 lectures which contain both single lectures and series of lectures. The work is still under progress.

b) STUDIO PROJECT:

The newly built in-house professional Sound Recording studio SWARANGAN enjoys the State of Art status and is one of its kind in Uttarakhand. Such a highly equipped studio could be found only in the Film Production capital of India, Mumbai. The prime objective of the Studio is to record and produce quality audible audios of Swami ji and other teachers from the Himalayan tradition and also to explore the income generation avenues by renting out this facility.

SALES:

We have 820 plus titles of books by different authors and different institutions which make 21,413 books in total in our bookstore.

ACHIEVEMENTS:

1. The sales in the Ashram bookstore and from around the world sales has been increasing yearly.
2. The number of visitors to the Ashram bookstore has steadily increased. The Ashram bookstore is very much liked by visitors due to its collection of books and its serene environment.
3. Mind over Matter (India Times Group) www.indiatimes.com is the most popular Internet Portal today. Indiatimes caters to a huge business and consumer base with a billion page view per month. India times shopping enjoys the highest market share in online shopping. The Mind over Matter column of this portal reviews and puts forward for sale books on Self Help, Spirituality, and Mind body spirit, Health, Religion, Autobiography and Biography of the Masters. We have recently added the reprint of the book Night Birds into the Mind over Matter column of the Times India Group, a leading newspaper agency in India for sale and publicity.
4. Publication in collaboration with Wisdom Tree: Swami Veda Bharati has received a royalty for his two books Mantra – The Sacred Chants and Meditation – The Art and Science, which were published by the leading publisher of India, Wisdom Tree. Our bookstore gets a handsome discount on these two titles. Mantras: The Sacred Chants can now be downloaded on Kindle; it was the first India published book in India to be converted for this use.

FUTURE PLANS

1. Short term plans:
 - a) Update the existing Publications catalogue
 - b) Update the Website
 - c) Keep more and more spiritual like-minded books in the SRSG bookstore.
 - d) Reach out to Indian readers through an Indian catalogue
 - e) Create audio CD packages

2. Long term plans:

- a) Establish an International Publication House
- b) Set up an International Marketing and Distribution system
- c) As a long-term plan we wish to get a brand name for our author and Publishing house

STRATEGY

i) For fulfilling short term plans:

a) Update the existing Publications catalogue: Our existing catalogue contains books published by us, Himalayan Institute India, Bihar School of Yoga, and many more of the leading publishers who publish like-minded books by spiritual masters such as Swami Muktananda, Sri Aurobindo, Swami Satyananda Saraswati, Swami Satyadhama, Paramhansa Niranjananda, Swami Kuvalayananda etc.

b) Update the Website: We have already registered the domain name for our new website, www.ahymsin.in, which is currently under construction. It will have an e-gateway (online bookstore)

c) Keep more and more spiritual like-minded publications in SRSG bookstore: We purchase on an average 10 new titles and order around 150 titles in a month so that our bookstore contains a variety of books from various cerebral writers.

d) Reach out to Indian readers through an Indian catalogue: We have been sending books from all over India through mail orders. We plan to reach out to areas where there is a huge demand for books by Swami Rama and Swami Veda Bharati ji especially in South India.

e) Create Audio CD Packages: We plan to create Audio CD packages (a package is a CD with some written material) of the Yoga Nidra and Silence Set as they are in huge demand. We already have a Meditation CD package produced in Hong Kong, and they are one of the best selling items.

ii) For fulfilling long term plans:

a) Establish an International Publication House: We have enormous material in the form of Audios and Transcriptions, we need to rearrange all the material, edit and publish them in international quality for distribution in India and abroad through our own efforts and resources.

i. To tie-up with International Publishers: To publish internationally, we also plan that all our publication should have an International Identity. In order to accomplish that, we plan to tie-up with international publishers such as Lotus Publishers in the U.S.A, which is already publishing books of HIHT.

ii. Translation in different languages: Swami Veda Bharati ji has command over many languages, and he delivers his lectures in different languages. Keeping this in mind, we plan to publish our books in different languages. There are a number of books which are already been translated in languages like Korean, Hungarian, Spanish, Italian, Chinese etc.

b) Set up an International Marketing and Distribution system:

i. India Wide Distribution: To reach out to each and every corner of India, we have to tie up with a well-known distributor like IBD, but the distributors like IBD prefer to go with the publishers who have published at least 30 titles.

ii. Marketing in India: The distributors are responsible and do most of the marketing and publicity but to reach to a layman we plan to go for extensive marketing through our own marketing and publicity team.

iii. International Distribution: There are four options for International marketing and distribution

a. A centralized place/distributor/hub in North America within the family: For North America, Canada and Europe, a centralized hub would be The Meditation Center, which can take care of the distribution for all the centers in North America and Europe.

b. The publisher of the international edition of our books will have its own distribution system.

c. Appoint an outsider distributor for your own international distributor published by us.

d. Amazon.com or our own website: All the books will be uploaded on Amazon and our own website.

e) As a long-term plan we wish to get a brand name for our author and Publishing house.

MAN POWER

1) Staff: The following is the brief introduction of the eight personal working in our department.

- a) Mr. Bholu Shankar Dabral: Master in Economics and Business. Serving the Ashram since 1998.
- b) Mr. Sushil Kukreti: Master in Economics, Diploma in Computers. Serving the Ashram since 2001, taking care of the Accounts.
- c) Mr. Jay Prakash Bahuguna: Bachelor in Science, Diploma in Computers and Diploma in Quality Management. Diploma in Sound Recording and Reproduction from Mumbai University. Serving the Ashram since 2004, taking care of the Basic CD Production Unit. Presently working as a Sound Engineer in the in-house sound recording studio. Residing in the campus and 24 hours available.
- d) Mr. Ravindra Bahuguna: Master in Mathematics, Diploma in Computers and Diploma in Quality Management. Serving the Ashram since 2004, taking care of the Basic CD Production Unit.
- e) Ms. Aruna Bijalwan: Master in Geology, Diploma in Computers and Diploma in Typing. Serving the Ashram since 2006, taking care of the Book Store, Stock and inventory.
- f) Ms. Deepti Raturi: Master in Geology, O-Level in Computers. Serving the Ashram since 2006, taking care of the Official tasks.
- g) Mrs. Sunita Nakoti: Bachelor in Arts, Diploma in Computers. Serving the Ashram since 2004, taking care of the Bookstore.
- h) Mr. Gaurav Mishra: High School, Diploma in Computer Designing and Diploma in Computer Hardware. Serving the Ashram since 2006, taking care of the Basic CD Production Unit.

DIFFICULTIES

- **Distribution Rights:** We as a publisher would like to distribute Swami Veda Bharatiji's books all over the world. The books that are published by Himalayan Institute Publication, Honesdale, could not be distributed by us in other countries unless and until we have a written permission from them.
- **Mass Distribution:** The famous companies like IBD distribute and publicize only books by those publishers which have published more than 30 titles. We are yet to fulfill this criterion so we could not go for mass distribution. The second reason for not opting for mass distribution is that the books published by us have more of a scholarly content and hence are less appealing to the masses.
- **Lack of Publicity:** Publicity of books by a well organized Marketing team is highly required for increasing the sale of books
- **Bookstore is in Campus:** As the bookstore is in campus, only the visitors of the Ashram have access to the books.
- **Lack of timely supply of lectures:** For increasing the collection of Swami Veda Bharati ji's lecture, we need to get all the lectures delivered by him. Most of the time this does not happen, and lecture recordings are not given to us.
- **Lack of In-house Editors:** We have a vast quantity of data, in the form of text, transcription or audio recording, which could be published in form of books. To do this an In-house Editor is highly required. A professional in-house editor helps in speeding up the pre-publication tasks and also enhances the quality of books as he/she could categorize the data which we have according to his/her creative instincts and form books appealing to the masses.
- **Lack of funds for new projects:** All the said technical aspects of publishing, like a Marketing team and In-house editors, needs funding.

Submitted by Bhola Dabral

SVB PUBLICATIONS LIST & EDITORIAL REPORT

SVB PUBLICATIONS LIST

August 2009

WANAM

1. *WANAM* - The book *WANAM – Africa & India – A Spiritual Dialogue* by Swami Veda Bharati was successfully launched in New Delhi in June 2009. The event was held at the Embassy of Egypt co-sponsored by Swamiji's disciple-son Idriss, the Charge d'Affaires of Burkina Faso, New Delhi. The book was well received and has had several endorsements and positive reviews.

2. Trinidad Launch

Another launch is planned for Sept. 2nd 2009 at the St Augustine Campus of the University of the West Indies, Trinidad. This is being undertaken by another of Swamiji's disciple Dr. Winthrop Harewood, the University, Yoga Meditation Society of T & T and several other ethnic organizations. Swamiji has promised his presence there. The Yoga Meditation Society of Trinidad & Tobago are hoping to co-sponsor some lectures.

Over 500 books have been shipped to Trinidad as it was proposed to use this book as a basic text for the social studies program for undergraduates. This is very significant for Trinidad and nearby regions, like Guyana and Surinam. The populations here are made up mainly of third/fourth generations of peoples of African, Indian, Chinese and European descent. Some Guyanese have promised to come to the launch as well.

Swami Veda is planning a second edition.

3. Co-editors

Main helpers in editing, formatting, designing the book were Mrs. Sharada Bhajan, Dr. Dowlat Budhram, Randall Krause, Amy & John Gage, Mrs. Stomya Persaud. All others who have helped with pictures and other relevant information have been acknowledged in the THANKS page of *WANAM*.

DISTRIBUTION of *WANAM*

The Meditation Center in Minneapolis has received a supply of *WANAM* from Bhola Dabral. Copies are available through their website bookstore. As far as my knowledge goes, this is the only source in the USA/Canada for its availability.

I was trying to find sources to make copies available in Europe. I did receive some positive comments from Tajesvini., which will be passed on to Bhola.

Distribution is actually not my department, but I do receive enquiries and direct them to the appropriate outlet for the book.

We need to find reliable overseas distributors.

FORTHCOMING PUBLICATIONS

1. *WHAT IS RIGHT WITH THE WORLD – THE HUMAN URGE FOR PEACE.*

This is the name of the next book by Swami Veda Bharati that is proposed for publication.

At time of writing, the book is almost ready, photographs are being finalized. SVB has promised to send some pictures and as soon as these are received, dummy copies will be prepared.

Bhola is projecting for an October launch, although I think that closer to December seems like a more practical date.

Co-editors: Sharada Bhajan, Dr. Dowlat Budram, Lakshmi Lall, Stomya Persaud. Other contributors have been thanked in the book, for illustrations, photographs, etc.

2. & 3. There are two books being prepared simultaneously - *MIND, PLAYGROUND OF THE GODS* and *KUNDALINI – STIRRED OR STILLED.*

Both these books are in the process of completion. The texts are being proof read. The covers have been researched. No photos are being included at this time.

Both these books should be ready by spring/summer 2010.

Co-editors: Sharada Bhajan, Dr. Dowlat Budhram, John Gage,

4. THE CHINA BOOK

This is a very large project that details Swamiji's visit to China, the places he visited, the important people he met, and some lectures. We will need about a year to complete this project. Most of the texts have been transcribed, but much editing needs to be done. I have just briefly worked on this in 2008, and much help will be needed to complete this exciting project.

Those who have helped to transcribe, emend and edit the manuscripts will be approached again for further help.

5. THE SILENCE PACKET

This is a series of lectures, information on Silence Retreats and any information regarding this subject, being collected and put together, to be distributed to Silence Retreat participants. Ma Radha, Silvia Baratta. Carolyn Hume, Swami Ritavan and Michael Smith are the main persons involved and I hope to be able to be of some help in this project.

Ma Radha (with Silvia B), who seems to have been responsible for preparation of initial information packet on the Silence programs, is supposed to be arriving in Rishikesh mid September. It is hoped we can meet to start some discussions on this project.

EDITORIAL REPORT

Books published by Swami Veda are usually taken from his lectures, collected on a particular theme from many of his seminars all over the world. These are then transcribed by volunteers. Our transcribers are many and I have no idea who they all are, as I receive only the transcribed manuscripts. I know that of Michael Smith, and Arnell of Minneapolis.

After the manuscripts are received, the first draft is usually sent to Dr. Dowlat Budhram, who does an excellent first editing, with suggestions, like names for chapters and so on.

His suggestions are submitted to SVB, and after we receive his comments, I do another editing. We then ask for someone to proof read the texts, while we research the front and back covers. The front cover is usually designed with the theme of the text in mind, while the back cover carries a brief summary of the text and a relevant bio of SVB with photo.

Next, formatting is designed for the technical details like date of publication etc, the inner Title page, List of relevant books by the author, a Dedication page, a Contents page, a Thank you page, Introduction by someone in authority, the Preface by the author, and then the final text with footnotes at the back.

Dummy copies are prepared, while photos are researched and copyrights checked out. These dummy copies are usually sent to academic and other persons for their comments/endorsements of the book. After receiving these they are added to the back of the book, which after corrections, etc is then prepared for final print by Bhola.

The Editorial Committee

This is a loose body of people and consists of a central person who co-ordinates editors, proof readers, and others involved in the editing and pre-printing processes.

Since I have been working on this project, Dr. Budhram, Mrs. Bhajan, John & Amy Gage, Laksmi Lall, and Stomya Persaud have been the volunteers helping. It is not always possible for them to give their time for all the books, but whoever is free is co-opted into the group.

We also have several other persons who are consulted for different aspects of the book, like references, identifying people in photographs, helping to resource information, etc.

Swami Veda's library of transcripts is extensive. (See Bhola's Report Section B - Long Term Plans). In order to select, sort, and decide on what publications to put together with his permission, we need more volunteers to edit and proof read texts.

I would like to suggest that ALL persons involved in ANY way in publication work in SRSG and AHYMSIN etc, should have some contact with each other so that we are all in a loop for the simple, practical and organizational reason that we are not duplicating our efforts. A Central Committee would be a good idea so long as we keep up with our information.

All those who have worked and are working with me on this project have been very helpful and I would like to record my gratitude for their earnest and sincere efforts to bring SVB's intense and vast knowledge to the world.

Prepared by Lalita Arya, Co-ordinating Editor, SVB Publications.

Books, Booklets, and Recordings

Published Books Written by Swami Veda Bharati

Nightbirds

Introducing the Mahabhrta Bhishma

The Himalayan Tradition of Yoga Meditation

Mantra: Initiation and Practice

Educating and Parenting for Peace

108 Blossoms from the Guru Granth Garden (also an edition in French)

The Art of Self Beautification

Blessings

Saying Nothing Says It All – SAYINGS

Yogi in the Lab

Yoga Sutras of Patanjali, Vol. 1

Yoga Sutras of Patanjali, Vol. 2

God

Superconscious Meditation

Mantra and Meditation

The Philosophy of Hatha Yoga

Meditation and the Art of Dying

The Light of Ten Thousand Suns

Words Curved

Swami – A Life beyond Knowledge

Mantra – The Sacred Chants

Meditation – The Art and Science

Wanam, Africa and India, A Spiritual Dialogue

(Editor's Note: Swamiji is now working on a new edition of Yoga Sutras of Patanjali, Vol. 1.)

Published Booklets Written by Swami Veda Bharati

The Himalayan Tradition of Yoga Meditation*

Beginning Meditation*

Mantra – What and Why*

Mantra after Initiation*

Daily Schedule of a Sadhaka*

Special Mantras*

Five Pillars of Sadhana*

Silence*

Contemplative Walking
An Introduction to Shri Vidya
Yoga: Polity, Economics, and Family
My Meditation Hut
The Perennial in the Millenium
Unifying Streams of Religion
What Is a Pilgrim?
Chhaandasi (in Sanskrit)
Divine Mother
Kundalini_Sahasra_Naama (in Sanskrit)
Divo Duhita (in Hindi and Sanskrit)
Two Proposals for the Revival of Sanskrit
Meditation, the Unifying Streams in Religion
Karma and Reincarnation
Man in Kavya
The Western Vegetarian Tradition
The Thousand Names of Kundalini
The Yogic and Meditative Meaning of the AHYMSIN Logo
Smrty-upa-sthana and Sati-patthana Bauddha or Patanjala
Contemplative Identification Meditation and Communication
Meditation for Pain Managegent
A Poems Offering by Swami Veda Bharati
Strategies for a Response to Conversion in Non-Abrahamic World
Practices of Breath Awareness Meditation in Different Traditions
Supplement To Wanam, Africa And India, A Spiritual Dialogue
Peace, Poverty, Planet, One Aspect, One Face
Consciousness Measurable? Immeaserable?
Yajña

Recordings

For over 5000 hours of recording of Swami Veda Bharati on yoga meditation and related topics, please inquire at ahymsinpublishers@gmail.com

Among other things there are 235 titles of edited CDs (some are more than one disk), 28 titles of edited MP3s, and many DVDs.

Submitted by Bhola Dabral

STATUS REPORT ON EDITING AS ON 12 OCT 2009

Project 1

Meditation for Pain Management

February 24-28, 2009

Rishikesh, India

From the very beginning, Swami Veda wished that the unique knowledge and information developed during this Conference should not remain confined to the participants only but should be widely disseminated for the public at large. To fulfill this aim, we have already been requesting the presenters through mails from Swamiji himself and from our AHYMSIN office to send their complete articles in the format suggested by Dr. Susan Gould Fogerite to be included in a book to be published in 2009. This proposed book will not be just a compendium of the conference proceedings but a comprehensive compilation of some very significant contributions from Swamiji himself and other distinguished scholars and yoga practitioners. Data and material not connected to the conference but significant to the theme will also be included. A number of short articles written by Swamiji on themes peripheral to the conference are also being included in the proposed volume. Swamiji personally invited a couple of articles from noted experts and these have now become part this volume.

For many reasons, it was not possible for the organizers of the conference to have requested the authors their presentations' abstracts and full papers in the beginning. The result obviously was that we could not receive full papers even after several requests from Swamiji and the editorial team. Some authors did not submit even abstracts. We, however, had the complete audio and video recordings of most of the presentations. Many of the presentations, therefore, are being reconstructed out of these recordings. This, however, takes enormous time and hard work, which our team is trying to put in compiling this volume.

Compilation of this book, therefore, has been taking time. We have created a dedicated folio for Pain Management Conference book at three points – Ahymsin, Shruti and with Dr. Dixit. Since some more stuff is to be added later and a suitable format to be given to this volume, we still need inputs from all our colleagues from the SRSG and some from outside. This work, therefore, is expected to be completed in the coming six weeks or so. The manuscript is expected to be finalized by December, 2009, if no other mid-course correction steps are needed.

Project 2

Dr. Prakash Dixit has completed the article on the mission and activities of the centres of the Himalayan Yoga Tradition for publication in the book to be brought out by the Morarji Desai National Institute of Yoga. The work was partly compiled by the HIHT University and has several nice photos. Since we want people to have one more reading to make it completely authentic, the script is being circulated amongst various departments of the SRSG. As soon as we receive feedback from our colleagues and Swamiji has a final perusal, the completed article would be sent to the publishers.

We have created a dedicated folio for Pain Management Conference book at three points – Ahymisin, Shruti and with me. Since some more stuff is to be added later and a suitable format to be given to this volume, we need inputs from all our colleagues.

Project 3

Material for grant application to the Department of Ayush, Government of India, is in place. SRSG's units like Lab, Manuscript Collection, Gurukulam etc. are included in it. We have now to wait for the results of the application of Manuel as both the applications are finally to be considered by the same Ministry through perhaps different committees. So far Manuel does not have any date for presentation and Shruti is still out of station.

Note: THESE REPORTS ARE TO BE UPDATED AS AND WHEN THERE ARE SUITABLE DEVELOPMENTS CALLING FOR THEIR REVISION.

Submitted by Dr. Prakash Dixit

3-YEAR REPORT FOR THE MEDITATION RESEARCH INSTITUTE 31 JULY 2009

The Meditation Research Institute at Swami Rama Sadhaka Grama was created to bring together the ancient wisdom of the Himalayan traditions and contemporary science. It aims to present the former in a way that is appealing and comprehensible to all people today. The main objective is to document the various meditative techniques of these traditions and to test their effectiveness with scientific tools and methods.

We are currently offering programs in the areas of:

- community services
- research; and
- education

The community services program consists of offering biofeedback training and meditation and relaxation tests to the ashram community and other visitors.

We are currently offering biofeedback training for:

- lowering blood pressure by breathing more slowly
- improving heart rhythm coherence
- improving diaphragmatic breathing
- reducing migraines by raising skin temperature
- managing stress by lowering skin conductance
- reducing muscle tension

We also provide comprehensive diagnostic tests to see the effects of relaxation and meditation on body and mind. The tests can measure the following parameters both before and during meditation:

- electrical activity in the brain – the eeg provides brain wave values (such as alpha, beta and delta waves), which indicate levels of brain activity / relaxation
- skin temperature
- skin conductance of electricity
- muscle activity
- heart rate
- diaphragmatic breathing volume and rate

Regarding research, our main goals are to document the different meditation techniques of the Himalayan traditions as currently taught by Swami Veda Bharati and to better understand meditation by studying different meditation traditions and techniques through advanced neurophysiological technology and methodology, which include a BioSemi 64 + 8

channel EEG device, other psychophysiological sensors and softwares such as a ProComp Infiniti (Thought Technology), and a sound-reduced, partially electrically-shielded meditation room for the controlled acquisition of the data

Research projects

At present we are testing with the ProComp Infiniti device the EEG, skin temperature, skin conductance, muscle activity, heart rate, and respiration rate and volume of the ashram's gurukulam students every 3 months as part of a longitudinal study to see their progress in meditation. We are also testing with the BioSemi device some of Swami Veda's advanced students before, during, and after their silence annual retreats at Sadhana Mandir Ashram.

We are also part of an international research project started by Dr. Arnaud Delorme, CERCO, Toulouse, France, with the collaboration of Dr. Rael Cahn, Psychiatry Department, University of California, San Diego, USA, and Dr. Delorme's graduate students to compare attentional and affective states, among other things, of advanced meditators coming from diverse Hindu and Buddhist traditions. Our Meditation Research Institute at Rishikesh is serving as the main site for the acquisition of data.

For that, we are bringing meditators from different Buddhist (Tibetan and Vipassana) and Hindu (Ramakrishna, Isha Foundation) traditions as well as control subjects with no meditation experience. Meditators are exposed to auditory, visual, and skin stimuli while either meditating or engaging in a mindwandering task. Non-meditators or control subjects are exposed to the same stimuli while either engaging in breath awareness or mindwandering. The data is captured with the BioSemi device, measuring EEG, eye movement (EOG), heart electrical activity (ECG), breathing rate and amplitude, and galvanic skin resistance (GSR). The data will be analyzed in France and the USA and comparisons between meditative and non-meditative states of the different techniques and traditions studied and between meditators and non-meditators will be made. Then publications in top journals will follow.

The purpose of this project is to prove that all meditation practices decrease attentional engagement to distracting stimuli and reduce emotional reactivity in different ways. By better delineating the distinct neural correlates to meditative experience, as well as the correlation between brain activity changes and physiologic parameters such as autonomic tone, breathing, and heart activity, the idea is to arrive to a better understanding of the neural basis of consciousness. This might not only have considerable theoretical repercussions on the way we understand attention, but it also may contribute on a practical level to the development of more effective clinical interventions for people with attention disorders or excessive emotional reactivity.

We are currently working on the implementation of a new project on yoga research that will consist of measuring if mitrasana, sukhhasana, and shavasana, as taught by Swami Veda, together with heart rate variability biofeedback, have a positive effect in reducing blood pressure and, ultimately, hypertension. Our hypothesis is that a therapeutic training that combines multimodality biofeedback with asana and diaphragmatic breathing, as taught by Swami Veda, may have swifter effects on BP reduction than the same training done without paying attention to position, for people who suffer of stress-related hypertension. Our objective is to find which of the three yogasanas selected are more effective for correcting hypertension. We will study 60 subjects with hypertension stage 1 recruited in Rishikesh. The study might be funded by the government of India for two years, but as of 31 July 2009 their decision has still not been made.

For more information on the Meditation Research Institute's research program, see <http://www.meditationresearchinstitute.org/> .

Education program

It consists of teaching the ashram's staff and gurukulam students who are or will become yoga teachers about our biofeedback and tests available so they can refer their students, other ashramites, and visitors to our lab when deemed appropriate.

Some of what has been achieved since February 2007

March 2007-February 2008

-72-channel BioSemi recording system arrived in March 2007. More information on the acquisition of this device was presented in the previous report of February 2007.

-Lab was moved from Cottage 8 to Cottage 2.

-Manu joined lab on a permanent basis starting Sept. 2007.

-Gurukulam students start being tested systematically every three months.

March- 20 October 2008

-Drs. Arnaud Delorme from France and Rael Cahn from the USA come to visit the lab for the first time in March 2008 and an agreement for collaborative research was established with them.

-Construction involving a sound proof and partially electrically-shielded room was done between April and October 2008. During that time the lab was temporarily hosted at Cottage 20.

-Sadhana Mandir silence retreatants are tested between January and April 2008.

-The lab re-opened its doors to the public on 20 October 2008.

21 October 2008-March 2009

-There is a total of 168 individual visits to the lab, including guests, resident sadhakas and staff members, gurukulam students, and sadhana mandir silence sadhakas. Some of the visits were of the same person who came more than once. Some of the visits were for meditation tests, others for biofeedback training, others to inquire for information, and yet others to receive explanations on their test results.

-a total of 19 groups from various parts of the world (India, Nepal, USA, Russia, Canada, Korea, UK), visit the lab, accounting for around 94 people.

-Meena Bhatt and Sharada Panigrahi join lab as part-time technicians and are trained by Manu.

-New brochure for lab is edited. with Mina Swaminathan.

-Light preparation for and some participation in the Pain Mgmt conference.

-Dr. Delome is awarded a grant from the Bial Foundation for the Dhyana Project ("Meditation at the Core") at our Meditation Research Institute and the BioSemi equipment was updated for respiration belt, GSR, and temperature sensors, December 2008.

-Preparations for setting up new experiment at the lab in February 2009, including the purchase of a new computer with an extra CRT monitor and a Wi Fi router. Other later improvements included additional computers, Internet connection, and electrical circuit (with dedicated earth)..

- Arnaud Delorme Rael Cahn and PhD student Claire Braboszcz join the lab and work intensely with Manu in setting up the new meditation experiment, February and March 2009.
- Arnaud Delorme, Rael Cahn, and Manu give presentations at the Pain Management conference, February 2009.
- 2 lab presentations for TTP groups, one of them the Hungarian TTP, March 2009.
- Lab gets new phone landline: 2455190.

April-July 2009

- There is a total of 172 individual visits to the lab, including guests, resident sadhakas and staff members, gurukulam students, and sadhana mandir silence sadhakas. Some of the visits were of the same person who came more than once. Some of the visits were for meditation or relaxation tests, others for biofeedback training, others to get their BP checked, others to inquire for information, others to participate in the Delorme's "Meditation at the Core" experiment and its previous day's recording of their voice and experiment rehearsal, and yet others to receive explanations on their test results.
- a total of 19 groups from various parts of the world (UK, Ukraine, India, Mexico), visit the lab accounting for around 85 people.
- Manu out to Patanjali Yogpeeth, Haridwar, for seminar on yoga research at Shirley Telles' lab for two weeks at the end of May, beginning of June.
- Manu busy writing government grant and another international grant for lab.

Submitted by Manuel Fernandez

(Editor's note: Since the writing of this report, Dr. Shirley Telles, MBBS, MPhil, PhD, [Neurophysiology], has joined the Meditation Research Institute as an honorary and non-resident co-director. Dr. Telles is Principal Investigator for the Indian Council of Medical Research at the Center for Advanced Research in Yoga and Neurophysiology at the Swami Vivekananda Yoga Research Foundation, Bangalore, and Chief Research Consultant at Patanjali Yogpeeth, Haridwar, India.

Also Claire Braboszcz, a PhD student at the Paul Sabatier University in Toulouse, France, spends extended periods at the Meditation Research Institute to perform recording on meditators and is building her PhD thesis partly around the Dhyana Project, in which it is our intention to use a comprehensive assessment paradigm to compare the brain activity in a control group compared with meditators from a number of different meditative traditions.)

STATUS REPORT ON THE PROPOSED YOGA COLLEGE

Based on the 5-year experience of the Gurukulam (Swami Rama Institute of Meditation and Interfaith Studies) at the SRSG, national level discussions on yoga training and its standardization in India, and recognition of the training centres of the Himalayan Tradition of Yoga and Meditation by majority of Indian yoga institutions, Swami Veda Bharati, the Chancellor of the HIHT University, proposed that a Yoga College be established within this University where yoga training at various levels could be commenced in a short time to spread the tradition of the Himalayan masters. The proposal was accepted at various levels in the University and Swamiji himself took the initiative to create syllabi for yoga courses for Certificate, Diploma, Bachelor and Master's levels. Provision was also made for a Ph.D. program. A small team of volunteers assisted Swamiji in this venture. The completed work was submitted to the Registrar of the University before Swamiji left on his lecture tour in early May, 2009.

To make sure that the work of the Yoga College progresses uninterrupted, Swamiji appointed Dr. Prakash Dixit of the SRSG to represent him (Swamiji) in any meetings that take place in this connection in his absence from Rishikesh.

Dr. Dixit was called by Miss Maithili, the then Registrar of the HIHT University, for preliminary discussion on the subject of appointment of an expert committee on 14th of May, 2009. Dr. Dixit agreed that he was willing to take up any work in this regard in absence of Swami Veda Bharati who, of course, would be in the loop relating to entire correspondence on this subject. While Dr. Dixit offered his help in any manner, Swami Veda was to be the only person whose decisions would be final in respect of the proposed Yoga College. It was also tentatively suggested that once the experts committee is in place the work on the recruitment of the initial faculty members would commence.

An active search is on for faculty at all levels with the decision to start the Yoga College at HIHT University July 2010

Submitted by Dr. Prakash Dixit

**Association of Himalayan Yoga & Meditation Societies – Americas
(AHYMS – A)
2009 Report**

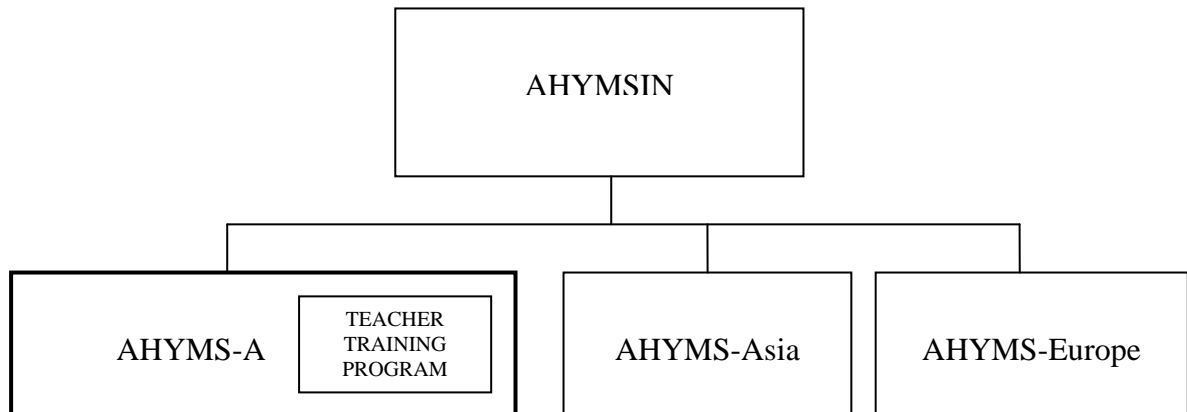
OBJECTIVE

This report summarizes an organization summary for AHYMS-A. The AHYMS-A is a regional AHYMSIN organization serving the Himalayan Yoga & Meditation societies in the Americas. AHYMS-Americas is one of the AHYMSIN (world-wide) regional organizations. Others include AHYMS-Asia and AHYMS-Europe.

ORGANIZATION

AHYMS-A is organized as a Not-for-profit corporation and is incorporated in the State of Minnesota. It is recognized by Internal Revenue Service as a tax-exempt 501(c)(3) compliant charitable organization. Its officers and members of the board reside in multiple states within the USA. AHYMS-A has a steering committee consisting of its member center leaders, which provides input to its officers and the board as to its direction and initiatives.

AHYMS-A constitution supports the mission and constitution of AHYMSIN, and carries out the directives of its Spiritual Guide Swami Veda Bharati as well as the guidance provided by AHYMSIN spiritual committee. It undertakes activities to both promote the teachings of Himalayan Tradition as taught by Swami Rama and by his principal disciple Swami Veda, as well as to raise funds for furthering Swami Veda’s work on both his personal level and via AHYMSIN.



OFFICERS & BOARD

Following is the list of individuals serving as AHYMS-A officers and board members:

- Anil Saigal – President
- Jim Nelson – Vice-President
- Diane McDonald – Secretary
- Stephanie Sulpy – Treasurer
- Swami Ritavan Bharati – Board Member

Pandit Hari Shankar Dabral – Board Member
Barbara Aschettino – Board Member
Ron Valle – Board Member
Mehrad Nazari – Board Member
John Stutt – Board Member
Chuck Linke – Vice President, TTP Program

CHRONOLOGY

Following is the chronology of actions/events with AHYMS-A organization:

2001, March – Organized under the name “AHYMS, Inc.” in State of Minnesota
2001, August – Monroe St. home purchased to serve as the ashram and home for Pandit Dabral
2001, October – Registered with IRS as a 501(c)(3) tax exempt organization
2003 – Monroe St. home disposed with its proceeds used to pay for maintenance of TMC building.
2006, December – Business plan created for TTP program, aimed to serve global students desirous of completing a premier Himalayan teacher training program.
2007 – Teacher Training Program was formalized, its structure was created, and course material was produced with instruction delivery, testing, and certification steps for students.
2007, August – AHYMSIN Logo registered with US PTO
2007, December – Himalayan Yoga Tradition TTP website ready for business
2008, February – Steering committee formed and member acceptance completed
2008, March – AHYMS had a booth at IYTA’s SYTAR conference in LA.
2008, March – New officers and board members appointed via voting process
2008, July – Board/Steering committee meeting held with Swami Veda at Dunrovin
2008, August – The outcome a focus group facilitated by Paul Scheele at Dunrovin (including charter, opportunities, initiatives for AHYMS) published.
2008, August – The retreat/TTP program held at Rancho La Puerta in Mexico
2009, June – The organization’s name changed to include “Americas”
2009, June – Amendments to Articles of Incorporation filed with State of Minnesota to indicate new name and officers/board members.
2009, July – The 2009 Congress/TTP program held in St. Paul, MN
2009, July – AHYMS-A annual board meeting held in St. Paul, MN
2009, July – First four students from the re-structured TTP program graduated.

TEACHER TRAINING PROGRAM

The Himalayan Yoga Tradition – Teacher Training Program was developed by Swami Veda’s senior faculty as a premier teacher training program for North American aspirants. The program offers both 200 and 500 Hour level programs registered with Yoga Alliance. The HYT-TTP program is part of AHYMS-A organization, and is administered via personal

teaching during annual retreats, home study, and mentorship. Tests are administered to assure student understanding and learning of each of the required areas within the program. The TTP program uses text books, audio, and video materials to supplement class education. Students are assigned mentors to assist them with questions relating to reading material, as well as to monitor students' progress. TTP classes are also offered in Rishikesh, India.

The TTP is administered via the AHYMS-A website www.HYT-TTP.com which the student goes to for registration as well as ongoing tracking of his or her credits, taking tests, submitting assignments, and communicating with the mentor. This is a nationwide program with students drawn from multiple states around the country. Several students have already finished the program with four students finishing their program during the congress held at St Thomas Univ. this year.

The TTP program also helps AHYMSIN in offering programs in special topics and practices to students world wide by helping manage such programs in different countries and by assisting Swami Veda's faculty with travel and other arrangements. More work is planned in this area to better administer these world-wide programs by making more teachers available for traveling, and by simplifying the process of administering and financing these programs.

WEBSITE

AHYMS-A's initial website was designed for administering the TTP and annual conference/congress programs. The website www.hyt-ttp.com provides full set of features for student registration into TTP program, registration for annual conferences, student TTP program credit hour tracking, home assignment issuance and submittal, contacting mentor, taking tests and being notified of results, and delivery of reading and listening material for the program.

The www.hyt-ttp.com website is planned to be expanded in its scope to become AHYMS-A website later this year, while continuing to fulfill the ongoing needs of the TTP students.

EVENTS

The events planned in foreseeable future are listed below:

- 1) October, 2009 – Teacher Training Program – Rishikesh,
- 2) March, 2010 – Teacher Training Program – Rishikesh,
- 3) Yoga Retreat, 2011 – Children's Retreat – Rishikesh

Submitted by Anil Saigal

AHYMSIN – ASIA August '09 Report

Board of Directors of AHYMSIN – Asia.

Datuk Dr Jeffrey Kitingan – Adviser

Datuk Hiew Thien Choi – President

Jenny Lee I Miaw – Deputy President (Representing Taiwan)

Datin Judy Rajah / Leong King Ngoo (Vice president – teacher training)

Venugopal Sukumaran – Legal Advisor

Jean Tan – Hon. Secretary (Representing Kuala Lumpur)

Yvonne Sall – Hon. Treasurer (Representing Hong Kong)

Joseph Wong – Director (President, KK center)

Judy Chin - Director (President, Keningau center)

Fukumi Iida -- Director (President, Japan center)

Helen Choe - Director (President, Korea center)

Fauja Singh - Director (President, Singapore center)

Thaniya Kevali - Director (President, Thailand center)

Shi Hong - Director (President, Hong Kong center)

Tinyu Chen – Director (President, Taiwan center)

Dr.Krishnaveni, Brunei

“AhymSin Asia is a very unique organization. It comprises people of various races, religions, cultures, languages and politically or geographically different nations.” – Swami Veda Bharati

"Yoga in Daily Life" was the theme of the three day AHYMSIN-Asia retreat held August 23rd - 25th. The retreat was organized by The Himalayan International Institute of Yoga Science and Philosophy, Kota Kinabalu, Sabah, Malaysia. It was led by Joseph Wong with guidance from Datuk Hiew Thien Choi, the President of AHYMSIN-Asia.

Sixty participants met at Kota Kinabalu and took a 2+ hours bus ride up to Kundasang, the closest village to Mount Kinabalu and the resort has a magnificent panoramic view of the mountain with cold refreshing climate. The beauty of the nature is most conducive for the purpose of sharing knowledge on yoga from our inspiring teachers.

The 60 participants comprised of 32 from Sabah (28 are from Kota Kinabalu and 4 from Keningau), 14 from Peninsula Malaysia (12 from Penang and 2 from Kuala Lumpur) and 14 foreign participants (11 from Taiwan, 2 from Japan and 1 from Singapore).

Pandit Vishnu Panigrahi from SRSG, Rishikesh, India, shared his knowledge of the practice of yoga in daily life and emotional purification. Other inspiring teachers were Datin Judy Rajah, Datuk Rajah Indran, Judy Chin, Wong Yoong Khiang, Fuku Iida, Joseph Wong and Datuk Hiew. All shared spiritual teachings of the Himalayan Tradition to the eager and attentive participants.

The retreat began with heart warming welcoming and introduction speech by Datuk Hiew in both English and Mandarin. During the retreat, the teachings of the Tradition were organized to provide an introduction of Yoga and its principles, its practical practices in our daily lives, variety of asanas in Hatha Yoga and joints and glands exercises, guided meditation, prayers,

and relaxation methods. As we had diverse cultures in the retreat, most of the lectures were conducted in both English and Mandarin.

Participants responded well to the practical teachings of Yoga in Daily Life. The lectures and heart-felt chanting of Pandit Vishnu stirred many emotions and helped many to gain insights into spiritual aspects of Self as well as motivate them to incorporate regular personal practice of yoga meditation in their daily lives.

Datuk Rajah conducted 2 sessions on the Teachers Training Program and garnered numerous interests from participants. He described the course, explained what it takes to be a teacher and invited participants to consider being a teacher. One of the barriers identified is lack of materials in other languages, particularly Mandarin.

There was a wonderful selection of books written by Swami Rama and Swami Veda Bharati from the ashram for the benefit of the participants. Sharing of knowledge and thoughts occur not just during the lectures but also informally among all participants as well as teachers.

Pandit Vishnu initiated the practice of silence during mealtimes. However, participants really enjoy each other's company and find it hard to restrain themselves! On the last dinner, a final requested was made by Panditji to be silent and enjoy every taste and texture of our food. He sat with the Taiwanese group and had the most silent table in the retreat.

We have obtained positive feedback from the participants with more than 80% of the retreat program being met and exceeding participants' expectations. Some have commented that they would prefer more Hatha Yoga sessions to facilitate meditation. Some of the participants would like to return to the next retreat in Sabah.

"Life is a long journey and in that journey of life, so many good and unpleasant events happens. The pleasant events inspire us. My journey to Malaysia was inspiring. It encouraged me to walk deeper in the knowledge, meditation and daily life. I hope to see everyone again and would like to invite you to the ashram in Rishikesh for Guru Purmina and Khumba Mela in February 2010 and the Children's Youth Camp in 2011."

- From Pandit Vishnu

AHYMSIN-Asia would like to extend many thanks to the organizing committee from Kota Kinabalu's center. Due to their commendable effort, it was a successful retreat to unite people from Asia in the path of spirituality. The next AHYMSIN-Asia retreat has yet to be confirmed but there is a good possibility of holding it in Japan.

OM May we surrender and offer the benefits gained from this retreat to Brahman.

AHYMSIN EUROPE

1. First Exploratory meetings, 25- 26 March 2009

Present: Belgium, Germany, Greece, Hungary, Italy, Netherlands, Swami Ritavan, Tejaswini part of the session. See attachment 1 for names and e-mail addresses.

In two - much too brief – sessions, representatives from the above countries searched for and gathered the building blocks for a European AHYMSIN.

Some conclusions:

- There was a strong and widely shared desire to cooperate and exchange more, in particular in the field of TTP.
- We want to be careful with the creation of new, formal structures, which take a lot of energy to maintain. Be more of a network, with contact persons in each country and communication through the internet. Work together around concrete activities.
- Become strong by validating and making use of the capacities we have, and thereby increase them. Be inspired and supported by the lineage, enjoy the presence of “the five international teachers” but do not depend on them. We need to get to know the existing European capacity better.
- Strong and viable institutions that can reach out to “normal” people means understanding that spirituality does not mean unsound business or unprofessional ways of working. We must learn from both Swami Veda and Mohan Swami. “Sustainability” could be a key word in finding the balance between commercialism and creating the means to make the mission possible.
- We must work on the basis of our vision. Find solutions based on our own situation and knowledge, using our creativity and the means we have at our disposal.
- Spiritual level of the local leadership is very important. Their capacity is not just a matter of intention or enthusiasm, but also depends on practice and previous (spiritual and other) experience.
- We have a general idea of our shared vision, and should at a later stage formulate a “European mission statement”. We can use the formulated mission on www.bindu.org as inspiration, or the mission statement as formulated by the Board of Directors of the global AHYMSIN (see attachment 2).
- We will organise a European retreat for teachers in the tradition, in which as many as possible European teachers will teach, and give each other feedback. This will give us the opportunity to get to know each other and our capacities better and to learn from each other. It will at the same time be a preparation for a European retreat that is open to all interested. The first (teacher only) retreat could take place in Hungary in June 2010, or in Italy in August / September of that year. Preferably, however, we would find an earlier occasion.
- Communication is key.

- We will use the Europe and Africa – section of the AHYMSIN forum. This has the advantage that messages remain easily accessible. Sonia will collect and send info on the technicalities.
- Some information sent in for the European website has never reached Willem. Those concerned will send it again, and can take inspiration from the questionnaire prepared by Willem for the information they would like to submit concerning their centre (see attachment 3).
- We need to make sure that we also reach out to independent initiates / teachers, that are not part of a (formal) centre or head a centre that is not HT.
- We need to bring our TTP in line with the recommendations of the European Yoga Union and get represented there (on the national level). For Germany that is already the case, and Wolfgang has offered sharing the German curriculum so the others can build on that. The modified TTP as it is now taught internationally could also be acceptable as is.
- We really need to think about how to organise ourselves to support to each other. There is a worldwide tendency towards smaller structures, not big worldwide organisations. See how we can form a vibrant network that sends impulses from many different ‘knots’ in the fabric. So that we can use our abilities and be prepared when SVB leaves, as he has asked us to be.

2. List of persons present at the first meeting

At the first meeting there were no decisions made about a president, vice-president, secretary or any other functions. These decisions will have to be made at the next meeting which will be either in December 2009 in Holland or in June in Italy, Florence.

For the moment Willem Meijer and Sonia van Nispen will serve as contactpersons.

Belgium:

Dirk Gysels

Flor Stickens,

Germany:

Wolfgang Bischoff,

Greece:

Litza Stavroula Martzoukou,

Hungary:

Joszeff Pap

Italy:

Dianella Melani)

Lucia Vigiani,

Cristina Nobile

Debora Ghirardelli,

Daniele Belloni

Susi Stefanini

Netherlands:

Komal Bisseswar

Firoz Nasrulah
Willem Meijer
Marilou Hermens,
Sonia van Nispen

UK:

Tejaswini Chandaria,
(Only partially present; we need to do further outreach to the UK)

In the near future it might be very well possible that more European countries will also participate.

The 'committee' might also be subject to change in persons in the current stage.

3. Mission statements AHMYMSIN

Mission statement as formulated on www.bindu.org:

“Dedicated to Making Available and Teaching the Himalayan Yoga Tradition as Taught by Swami Rama of the Himalayas”

And:

“AHYMSIN is a worldwide non-profit organization of like-minded persons and societies, with the aim and purpose to teach and make available the knowledge of yoga meditation within the Tradition of the Himalayan Masters, as interpreted by Swami Rama of the Himalayas. AHYMSIN activities include teaching the science of yoga and carrying out research and publication in the field of yoga and related branches of knowledge.”

Mission as formulated by the Board of Directors of the global AHYMSIN (January 2008).

- To liberate ourselves and others and demonstrate pure spirituality and love in all our action (not in-action);
- To make available the knowledge and teachings of Swami Rama and the Himalayan Tradition
- To reach out to a large number of people, by focusing on “Influential people” but not neglecting the “Grassroots”
- To ensure continuity, evolution and sustainability of the Himalayan Tradition by developing the capacity of the next generation of teachers and masters in the AHYMSIN family
- To provide charity and solidarity services to those in need

4. General template “meet&greet”

(which may be useful for preparing information for the yoga-in-Europe website, www.yogaineurope.eu).

- * Centers: I. Own premises or rent a location
II. Key people in organisation
III. Size of membership/students
- * Classes: I. Types of yoga & meditation classes

- II. Size of groups
- III. Promotion of courses/classes
- * Events:
 - I. Which events in 2007 + 2008
 - II. How were these held: location, teachers, costs of participation
 - III. Average number of participants
 - IV. Plans/Events for 2009
- * Funds
 - I. How do you obtain funds for the events (charges, sponsorship, membership)
- * Key problems faced by your center
- * What is necessary to maintain and sustain:
 - Your center
 - The practices of the HT in your area/country
- * Other:
 - I. Full moon gatherings
 - II. 3 minute meditation
 - III. Silence practices
 - IV. Activities for/with youth
 - V. Anything else to share

5. The contents of suggestions during the first meeting:

- Inner orientation:
 - Ever remember that we are not alone, but supported by the Himalayan lineage spirit.
 - Be focused on the subject.
- Organisation:
 - The project we engage in together should be CLEAR & ESSENTIAL
 - Management should be SIMPLE & TRANSPARANT
 - The tools we use must be ACCORDING TO OUR CAPACITY
- We should have a long term vision and build from where we are now.
- We must increase the number of international teachers in order to spread the HT teaching.
- Aim for less burden and more joy!
- To strengthen the Tradition in Europe:
 - Exchange info, communicate
 - Do things together (retreats, training)
 - Appoint contact persons
 - Use the internet
- Structure:
 - Use internet
 - See what needs arise as we go
 - Avoid costs, expenses

- Link with AHYMSIN
 - What do we need from AHYMSIN?
 - Guidance for synergy
 - Benefit from commonalities
 - What do we give to AHYMSIN?
 - Communicate: information / experience / advice
 - Contribution (financial and other)
- We have to find ways of increasing the capacity of our local leaders – at all levels.
- Organise retreats to prepare teachers in Europe and silence retreats for them
- Organise 2 or 3 days of AHYMSIN after or before an annual European Yoga Retreat.
- News and presentations of centers and teachers on European website.
- Financial support
- Are there responsible people to constitute AHYMSIN Europe?
- To know the TTP of all European countries
- Find ways to know each other better in order also to share our personal difficulties along the way and not only speak about “organisational matters”. Then we could share the way to find and create solutions. Do we take of ourselves as we advise others?
- Creating a database of experiences on the level of managing spiritual organisations
- Putting managers with expertise into the field, but also with mature spiritual and ethical skills on leading levels of the organisations.
- Creating a sattvic commercial activity for financial support.
- To raise money for SVB:
 - Sell / distribute books, CD’s, lectures of the tradition locally
 - Organise nationally week-ends for the benefit of the “Mother Center”
 - National centers give yearly a certain amount to SVB or de Mother Center.
- Bring your TTP in line with the recommendations of the European Yoga Union and get represented there (on the national level).
- Make a “virtual” European branch of AHYMSIN. Virtual in this context means no formal structures but united in spirit and sharing objectives that are chosen together. Members get together once or more times per year in one of the national centers (alternating).
- Improving the European website as a tool to let each other know all the occasions to practice and meet personally the teachers of the tradition, encouraging students to travel in order to create a community.
- Create between the European centers a flexible structure to make it easier to share ideas and organisational skills that have proved to be effective in spreading the teaching of the tradition.
- Design a European AHYMSIN logo that includes the international logo to personalise our presence and proposals. Also through merchandising (t-shirts, blankets, books, etc.).

- Transcription and editing of the principle conferences and practices given at any European seminar by the Himalayan teachers, in order to make students aware of what is happening at European level and stimulate them to join future seminars.

Submitted by Willem Meijier

Affiliated Centers

BENIN

Association Himalayenne de Yoga Méditation du Bénin
Dr. Jean Séhonou

BURKINA FASO

Association Himalayenne de Yoga Méditation du Burkina Faso
Colonel TRAORE Sidiki Daniel,
Association email: ahymbf@ymail.com

CANADA

East-West Yoga Society of Himalayan Tradition
Edmonton
Maya Margo Balog
Dave Downing
www.ewyoga.com ,

The Himalayan Yoga Meditation Center Inc.
Calgary
Pandit Hari Shankar Dabral

Foothills Yoga Society
Calgary
Pandit Hari Shankar Dabral

Himalayan Yoga Meditation Society of Ontario
Toronto
Chander Khanna
Sharada Bhajan

Savitri Jugdeo (To be treated as Affiliated Centre)
Brampton, ONTARIO

Himalayan Yoga Meditation Society of Cambridge
Cambridge, ONTARIO

Gita Morar

GERMANY

Himalaya Institut Deutschland

Hamburg

Spiritual Director, Wolfgang Bischoff

www.himalaya-institut.de

Email: info@himalaya-institute.de

Yogazentrum (To Be Treated as Affiliated Center)

Bremen

Dr. Roderich Washner

HONG KONG

Himalayan Yoga Meditation Society of Hong Kong

Shi Hong

www.thymshk.org

Email: thymshk@gmail.com

HUNGARY

Himalayan Yoga Meditation Group of Hungary

(Himalájai Jóga Meditáció Közhasznú Egyesület)

Joszeff Papp

www.himalayanyoga.hu

INDIA

Himalayan Yoga Meditation Association of Bangalore

Madhav Kamat

Himalayan Centre for Yoga Meditation, Tumkur, Karnataka

Raghavendra Adiga

Himalayan Yoga Meditation Society of Mumbai

Pawan Kapoor

Satish Rupani

Shushil Naidu

ITALY

Himalayan Yoga Institute – Centro Per La Salute Globale

Firenze (Florence)

Debora Ghiraldelli

Christina Nobile

www.himalayaninstitute.it

Spazio Shanti

Cremona

Daniele Belloni

Susi Stefanini

www.spazioshanti.com

JAPAN

Himalayan Yoga Meditation Society of Tokyo

Fuku Iida

Website: <http://space-be.net/hyms.html>

MALAYSIA

Himalayan Institute of Yoga Science and Philosophy of Kota Kinabalu

Wong Yau Teck Joseph

Himalayan Yoga and Meditation Society of Keningau, Sabah, Malaysia

Judy Chin Kar Tein

RUSSIA

Himalayan Yoga Meditation Society of Rostov

Peter Fridman

Website : www.himalayanyoga.3dn.ru

SINGAPORE

Himalayan Yoga Meditation Centre of Singapore (HYMCS)

B.Ganesh

Wong Yoong Kiang

SOUTH KOREA

Himalayan Meditation and Yoga Sadhana Mandir

Helen Choe

Web: www.wjmedcoop.or.kr/club/ttt

Holistic Yoga Commune & Yoga Research Center

Lee Sun and Kwak

Website: <http://www.yogacommune.com>

Himalayan Meditation and Sadhana Mandir in San Bon

Lee Su Kyoung

Bal Geum Yoga Class

Kim Myeong Ja

Beautiful Yoga

Park Jung Sun

Joy Yoga (A Corporate of Korean Yoga)

Kim Nam Hyun

SWITZERLAND

Himalaya Institute Switzerland

Antara Hotz,

Email: info@himalaya-institute-schweiz.ch

Website: www.himalaya-institute-schweiz.ch

THE NETHERLANDS

Himalayan Yoga Meditation Netherlands Society

Manish Dixit,

Feroze Nazrullah

Himalayan Knowledge and Meditation Centre, Curacao

Henk Soeterboek

Himalayan Yoga meditation Institute Netherlands

Willem Meijer

Louella Gerritsen

Website: www.himalaya-yoga.nl

European website of the HT: <http://www.yogaineurope.eu/>

Himalayan Yoga Meditation Society of Bilthoven

Marilou Hermens

TAIWAN

Taiwan Himalayan Yoga Meditation Association

Taipei

Joanna Siau

Blog/Website : http://tw.myblog.yahoo.com/hymt_taiwan

USA

Dhyana Mandiram DBA/ The Meditation Center

Minneapolis, Minnesota

Veena Haasl-Bilie

David Onan

Georgeanne Bianchi

Swami Ritavan Bharati, Spiritual Director

Email : info@themeditationcenter.org

www.themeditationcenter.org

Himalayan Yoga Meditation Center

Palatine, Illinois

Anil Saigal

Diane McDonald

www.hymcillinois.com

Himalayan Yoga Meditation Center

Indianapolis, Indiana

Rose Getz

Email: hymcenter@aol.com

www.hymcenter.com

The Himalayan Yoga Meditation Society of Wisconsin, Inc.
(D/B/A The Yoga Society of Milwaukee)

Jyoti Bratz

Wesley Van Linda

John Barry Stutt

Email: info@theyogasociety.com,

Website <http://www.theyogasociety.com>

Himalayan Yoga Meditation Society of California

Jan Semling

Dr. John O'Hearne

(To be Treated as Affiliated Center)

Boulder, Colorado

Awakening Retreat Center

(To be Treated as Affiliated Center)

Brentwood, California

Ron Valle and Mary Mohs

Email: awakeningctr@aol.com

www.awakeningonline.com

Himalayan Yoga Meditation Society of Los Angeles

Randall Krause

Website: www.hymla.com

Himalayan Yoga Meditation Society of New Jersey

New Jersey Core Members: Pushpa Amin, Janice Englund, Susan Gould Fogerite,
Stephanie Sulpy, Susan Lehner and Barbara Bowie Aschettino

WEST-INDIES

Yoga Meditation Society of Trinidad & Tobago

Manohar Krishpersad

Leela Rampersad

Alexander Benjamin

WEBSITES and Newsletters

There are many websites associated with AHYMSIN, and you are invited to visit them regularly. In addition to the websites that are to be found on the Affiliate Centers listing, there are additional websites. Some of which are listed below. If you know of any that we have missed, please inform the AHYMSIN Office at ahymsin@gmail.com
www.ahymsin.org is a relatively new website still under construction. We invite you to visit.

Two arms of AHYMSIN have their own websites:

Himalayan Yoga Tradition – Teacher Training Program: www.himalayanyogatradiation.org

Meditation Research Institute: www.meditationresearchinstitute.org

“Swami Rama’s Ashram of the Sadhana Mandir Trust at Virbhadrā Road, Rishikesh (Uttarakhand State), India, shall be the spiritual seat of AHYMSIN for all inspiration and it shall be the moral and spiritual duty of the entire AHYMSIN to help the Spiritual Guide and the Sadhana Mandir Trust Committee to maintain the said Ashram’s active continuity,” AHYMSIN Constitution
 The website for Swami Rama’s Ashram, Sadhana Mandir Trust is www.sadhanamandir.org

Other websites include:

www.swamiveda.org

www.swamiveda.com

www.bindu.org

www.meaus.com/friends-of-gurukulam.htm

www.yogaineurope.eu

www.swamivedabharati.org

www.globalmediationsite.org

www.himalayanyogameditation.org (Australia)

www.meditatiehimalaiana.org (Romanian)

www.swamiramaofthehimalayas.com

Newsletters

If you do not already receive the online newsletters we invite you to sign up for them. www.swamiveda.org offers a monthly online newsletter, and you can sign up for the online AHYMSIN newsletter at: <http://www.ahymsin.org/docs2/News/>

**Kindness, Health, Education & Laughter
for Leprosy Families and the Poor (KHEL)**

Founded by Dr. Usharbudh and Mrs. Lalita Arya (1984)

**Dehradun, India
www.khelcharities.org
2009 Annual Report**

Kindness

Leprosy Colony News: KHEL has been providing food rations to leprosy patients at 3 leprosy colonies for 25 years. Leprosy patients are dependent mainly on begging because leprosy often makes them lose their extremities and impairs their vision. In addition, there are many social stigmas that make it difficult for them to find jobs. They need help with basic necessities such as food, shelter and clothes. Currently we are very happy that Mr. Kamat and EAPL Foundation (Electronic Automation Pvt. Ltd.) are helping us to provide these rations. When we provide food rations, we directly reduce the amount of days the leprosy patients have to beg. The leprosy patients are very grateful to KHEL since begging in the heavy traffic of central Dehradun is dangerous (Rs.45,000/US \$9,890).

'I am very grateful to Mataji and KHEL. The people of Dehradun very rarely hear about our colony and very few people come here so we do not have people who come and donate to us. We were totally dependent on begging. Mataji and KHEL have helped us for 25 years with food ration, medical care, clothes and other things. Mataji helped me with the treatment and operation of my leg which was damaged by an ulcer.' Ghanshyam, President of Indresh Leprosy Colony.

We've had some turnover of staff this past year, partially because we cannot afford to pay them what other schools can pay them. Mrs. Bindra, who has worked for LDA for 18 years, accepted a position as a Principal in another charitable school. We're very sorry to see her go and wish her all the best in her new position. Ms Manju Maurya, who has been with us for 19 years was promoted as Interim Head mistress. She is well qualified and experienced.

Beni worked hard to acquire 80G registration for KHEL. This allows KHEL donors in India to receive a tax deduction when they file their taxes. It's a laborious process with plenty of government paperwork involved; Congratulations, Beni!

We're still in the process of putting together a junior high school; one requirement that we fulfilled this year was to have at least 45 students in the junior high section of LDA. The next step is applying for government recognition, which will take about a year. We wish Beni good luck with this!

Many thanks to two Indian donors - Sudesh A, a local businessman and good friend to KHEL, and Prabjot S, a long time KHEL friend. Also, many thanks to Mr. Kamat for supporting our work at the leprosy colonies. All of our donors are important to us; large amounts help us plan for the future and keep our work going through lean times, and smaller donations help in our overall projects.

We also provided warm clothes and blankets to the leprosy patients. Mrs. Shubha Rani and Mrs. Rajashree Kamat from EAPL Bangalore visited Lakshmi Devi Academy (LDA) and the leprosy colonies we serve. After their visit, Mr. Kamat of EAPL helped to provide clothes to 110 leprosy patients through KHEL (Rs.27,500/US \$612).

KHEL also helped Ram Mandir Leprosy Colony repair their community building, where they gather for social events and hold panchayat meetings. A Panchayat is a team of 5 elected officials, one of whom makes the decisions after taking advice from the other four. These officials are respected in their community and form the backbone of local governance. The panchayat is responsible for day to day decisions and also helps the Colony's residents solve problems in the community (Rs.5,000/US \$112).

As KHEL provided cement homes to Indresh Leprosy Colony, now the Indian government is building cement houses for the residents of other leprosy colonies. We're really happy to see the government taking an active role in making the lives of the leprosy colony residents happier and healthier!

KHEL SCHOOL LDA: Three classrooms were renovated and one room was added. Although we have been donated computers and some science equipment we still need a lab and 2 more classrooms in order to be a fully functioning middle school.

Ms. Ree Willison a Yoga teacher from Australia heard about KHEL through our website www.khelcharities.org. She collected contributions from her yoga students in Australia. In November, she visited our school and donated a microscope, test tubes, scales a plastic skeleton and storage cabinet. Thanks, Ree! (Rs.25,000/US \$550. *Ree's contribution significantly lowers how much we need to complete this project*)

In order to have a middle school, there are many government rules and regulations KHEL must follow, and it is taking time to acquire the necessary approval. Meanwhile, LDA is being greatly affected by the lack of up-to-date paperwork, as we are unable to grant transfer certificates to students who leave LDA for higher education. Beni, KHEL's General Manager, and Manmati, LDA's Headmistress are working hard to gain this recognition. (Rs. 1,35,000/US \$3,000).

Books etc for the school library, current news, papers, etc. (Rs, 19,000.00 = US \$ 423/)

For the teachers we need teaching aids like registers, stationary, for office, classrooms, printed test papers for exams, liaison with Govt offices. (Rs, 96,000.00/ US\$ 2,134)

Financial Aid was given to teacher Manohar to continue his higher studies, Medical help given to our Sweeper Muni for heart problems. (Rs, 30,000/ = US \$ 667/)

We have special pension, social security programs and emergency medical programs for our staff. (Rs. 1, 78,700.00 = US \$ 3,970)

Health

"KHEL is doing great help for us. A few years ago I went through a major surgery and I could not have survived without the help of KHEL. My husband passed away last year and I am mainly dependent on the food ration and medical facilities of KHEL". Dhani Devi, resident of Indresh Leprosy colony.

KHEL has built medical clinics at Ram Mandir and Indresh Leprosy Colonies. We provide medical help to leprosy patients of these colonies. Ghanshyam had a leg infection, Sandeep has allergy problems, Heema Devi is having problems with her leg and Khadak Bahadur has an ongoing leprosy-related coughing problem. There are a lot of people who need medical help for complications caused from leprosy and general poor health. We recently approached the Uttarakhand government and asked them to provide a volunteer doctor for the two clinics. Happily, they have agreed to help and now there is a weekly doctor's visit! KHEL continues to help with medication costs (Rs.62500/ US\$1390).

There are occasionally medical emergencies among the faculty, staff and students at KHEL. Shanti, who used to head our Sewing Project, was hit by a car while riding her scooter which

resulted in a serious leg injury, and Salman Khan, who has a hole in his heart, must continue to take regular medications (Rs.19,800/ US\$435).

KHEL is also participating with KHEL's staff medical emergency fund made by KHEL staff. KHEL staff members sometimes have emergency medical needs and often KHEL, with its limited funds, is not able to help. Beni felt helpless when some of the staff turned to him for additional aid. The staff then put together a savings plan to generate funds for medical emergencies. (Rs.3,500/ US \$78).

KHEL works with the Uttarakhand government to provide free medical camps for the community. There is no cost involved, but the grounds at LDA are the largest gathering area in Shiv Puri Colony. KHEL's staff volunteer their time to assist the doctors who provide this service. All our students are examined, medicines are recommended and free vitamins are supplied. Vaccinations and 'well baby' care is provided, as well. Pregnant women are given basic care and then appointments are arranged for them at the city's government hospital. Families are also given advice on general health care and if necessary over the counter medications such as aspirin or cough syrup are also given.

Education

KHEL provides free and subsidized education to 220 impoverished students from kindergarten to 7th grade. Although there are free government schools, they provide education only up to the primary level. The other option for education is English medium private public schools, but these are very expensive. KHEL aims to fill the gap by providing a high quality education at a very low price or free for those who cannot afford to pay. We teach not only the school syllabus but we try to develop the total personality of the children by offering English, Hindi, Sanskrit, music, yoga, and art. We also have computer education and a science lab. LDA is KHEL's largest project (Rs.1,142,000/US \$21,113/).

In March our students took their final exams. This is especially important to 5th class students because they take a State administered Board exam. All the students passed with good marks and 17 students out of 28 passed with first division above 60%. The minimum passing grade in the state of Uttarakhand is 33%. Our students are doing much better than that!

KHEL provides scholarship funds to the children of single parents. These children have lost a parent and are often expected to find jobs at a very young age to help support their families. KHEL helps them to stay in school (Rs.57,600/US \$1280/).

KHEL is providing scholarship to more than 149 students who have passed from our school and now they are studying in high schools. This scholarship is especially beneficial to the girls. One of the girls made this comment: "*The scholarship from KHEL is very important for us as well as for our parents. Without it, our parents would arrange our marriages when we are very young*". For the boys, the scholarship is important because without it, the parents would send the boys to do manual labor instead of gaining an education. KHEL motivates these young men and women to do whatever they want with their lives and keep studying with KHEL's scholarship fund. There are about 24 students studying in college. Earlier we were giving scholarship aid twice a year but this year we were only able to give once. Because we have had to limit who can receive a KHEL scholarship, we are helping some students to obtain scholarships from other sources such as the local government. (Rs.180,000/US \$4,000)

We are also providing job training help for some students. One student recently completed nursing school and is serving in a very good private hospital in Dehradun. Other students are doing Pharmacy and Nursing training. Amrita and Archana are in Nursing and Tanveer is doing Pharmacy training. The full Nursing course costs Rs.75-80,000 per year and for Pharmacy the cost is about Rs.45,000 for a government course. If pharmacy training is in a private institute the cost is about Rs 80,000. We are happy to report that Sarita who is now employed as a Nurse has started paying back some of her loan. (Rs 10,000/ US\$ 225).

Due to lack of funding, we closed our after school teen music program that was popular with our older students. In the past year, the music group performed for the Rotary Club, KHEL guests and Swami Rama Sadhaka Grama (SRSG), Swami Veda's ashram in Rishikesh. We also took the music group on field trips to watch music shows, which they really enjoyed. It is unfortunate that we had to discontinue this program, as it was a wonderful way for our Scholarship students to spend time together while learning a new skill.

The School music program continues to be a success among the younger students at our school. (Rs.45,000/US \$1000).

The sewing classes for women had to be closed, as well, due to lack of funds. Although we have officially closed this program, we occasionally provide the former students with sewing work, such as making yoga suits for yoga programs, and some transportation costs for their training.

Fund raising course for KHEL's General Manager: Beni attended a training seminar on how to write project proposals. He spent time formulating concepts about KHEL such as Who is KHEL? What does it do? What are the aims of our projects? How do we budget for a project? Beni will work toward grant writing in India. (Rs.8,000/US \$178).

Laughter

"I am a person handicapped by leprosy, but I had never begged in my life. I worked for some non profits such as Leprosy Mission. I have also taught children and adults. Now I am very old and became totally handicapped and unable to work. So in this condition I wondered where to go, where to live and how will I survive with my wife. I came in Indresh colony 20 years ago. At that time there were only mud huts and no toilets. But when I came back here 4 years ago I saw it had become wonderful - all the houses were cemented, there were bathrooms and even a community hall!. I was surprised to see all this. Then I found out that all these facilities were because of KHEL. I knew that we are getting ration and medicines also from KHEL. So I decided to live here with my wife. Now it is my permanent address."
Master Gulab Singh.

LDA's kids have the opportunity to take part in many non-academic events throughout the school year. Here are some highlights:

Our local government appealed to the people of Shiv Puri Colony through the Area Counselor Mrs. Kamli Bhatt, a former KHEL employee, to clean up the plastic bags from the street and to help keep the community clean. Our students worked with other school children carrying signs promoting a clean environment. Later Kamli distributed fruits to the children. Plastic bag pollution is a huge problem in India; when the government began allowing the production of plastic bags several years ago, they didn't take into account the lack of infrastructure needed to deal with non-biodegradable waste. Plastic bags block drainage, and choke the local wandering cows which in the past have taken care of the major biodegradable waste. (Rs.2,300/US \$50).

Children's Day: The LDA kids love this holiday and have a great time taking part in all the sports competitions we arrange for them. And of course, they love it that there are prizes and other treats! The teachers also play some games and enjoy being with the kids outside of the academic setting (Rs.8,100/US \$180).

Scout Guide Camp: The trained staff of Scout Guide Camp taught our children how to respond to emergencies and disasters such as earthquakes, floods, snake or dog bites, and several other emergency situations including social disasters such as riots. The children enjoyed the day off from classes while learning how to help themselves and others in times of disaster (Rs. 13,500/US \$300).

Art Competition: LDA's Art students ages 6-10 took part in an Art competition organized by Arena Animation. There were more than 600 students from different schools in Dehradun. One of LDA's 6th class students, Souib, won second prize! Good job, Souib! And a big

thanks to our Art teacher, Mukesh, for working so hard to prepare the kids for this competition (Rs. 1,200/US \$17).

Writing Competition: To develop good writing skills among the students. LDA organised a writing competition. Shazadi of class 6th won the first prize in writing.

Geeta Chanting: Some students took part in the Geeta Chanting program organized by the Chinmaya Mission in Dehradun. Many schools participated. Two LDA students received certificates. Many thanks to our Sanskrit teacher, Acharya Bhagat Shastri, for training them so well! Ammaji presented the certificates to Bharat Kumar and Amit Thapa. Well done!

Rakhi Competition: Rakhi is a festival that honors the bond between brothers and sisters. On this special occasion, LDA had a Rakhi card competition. In the 10-13 years age group, the prize was won by Shazad, and Sahima won in the 5 to 9 years age group. (Rs.450/US \$10)

Teachers' Day: Teachers' Day is celebrated in India in the memory of our 2nd President Dr. S. Radhakrishnan who was a teacher before becoming the president of India. Ammaji and LDA's faculty had a party together and Ammaji presented the teachers and other staff with gifts.

KHEL always distributes sweets and fruits to leprosy patients, Ammaji and other KHEL staff spent time with them and participated in celebrations, like Independence Day of India, Republic Day, Holi, Diwali, Eid and Christmas (Rs. 12,000/ US \$268).

"I am from Nepal. When I got leprosy my family abandoned me in Dehradun. Somehow I arrived in Indresh Leprosy colony. I was alone and I needed some support so I got married. This colony was in very bad condition. I was very fortunate that around the same time as my arrival, Mataji and KHEL started helping the colony with food ration, milk, medicine and other help. I had a baby here and KHEL helped with that. I remember there was not any toilets or bathrooms. It was very difficult especially for the ladies. When we would go out people threw stones at us. I am very gratefully to Mataji and KHEL, who has given us not only food and medical facilities but also good cemented houses, bathrooms and other facilities." Mrs. Paro Devi

USA PROJECTS:

There is poverty even here in the US. KHEL is doing its part to help alleviate some of the burdens placed on those most affected by the downturn in the economy. We have for this year donated to the MS Walkathon, the Opportunity Camp for disadvantaged children. This program involves caring, kind people who want to change the world for kids less fortunate. The campers are amazed how much difference just a week made in both their lives and the lives of the poor children. This summer program is sponsored through the Blake School, Minneapolis.

KHEL also supports interfaith and intergroup facilitation as it relates to the rebuilding in inner-city New Orleans. The Spiritual and Interfaith program at the New Orleans Healing Center brings diverse Faith leaders together to share perspectives and discuss common concerns. This program also works with local, national and international organizations, including the Pluralism Project at Harvard University. It is part of a unique revitalization project which honors local culture and will "provide a holistic, safe, sustainable center that heals, fulfills and empowers the individual and the community, by providing services and programs promoting physical, nutritional, emotional, intellectual and spiritual well-being."
<http://www.neworleanshealingcenter.org>

Some words from staff, teachers and students.

Mrs. MM Subba, Administrator: KHEL is the light of education with morality. It is like bread to the hungry, shelter to the shelterless and teaches karmayoga for the weaker sections of society.

Mrs. A. Stephens, Teacher: The success of this school is that the children are aware of the importance of education and they teach their parents as well. We see the result in our

Parents-Teachers meetings when parents ask about their children's progress and sign the progress reports instead of putting up thumbprints.

Ayesha Parveen Class 1st says: My school is very good. Teachers teach me well and they do not beat me.

Gaurav Rawat Class 3rd says: I learn a lot and there are many activities. I love my school.

Nazia, Class 7th says: I am studying here from the Nursery class. I feel at home here at school, where we learn studies and also do yoga, music, dance and art. We have camps and go on tours. I am lucky to be studying here.

THANKS - As the year draws to a close we would like to remind our generous donors of the past years, who have helped in keeping alive, healthy and educated many children of Dehradun and environs that we thank them and hope for continued support. It takes only \$10.00 per month to educate one child in our school. We pay our teachers as little as about \$80-\$100 per month. Our leprosy patients each receive about \$12.00 per month in nutrition and medicines and survive by begging in the marketplace. In order for our school to continue we need to raise at least another \$20,000.00 for 2010. KHEL has been serving the poor for 25 years and we hope to continue with the grace of the Inspirer of this project, and with blessed guidance from our Patron, Swami Veda. We wish to thank our regular donors in Italy, in the US (one of whom is 7 year old Kai who sold a clove covered orange for \$10 at the Meditation Center party and promptly donated it for the KHEL kids) our new Indian donors, Sudesh A of Dehradun, and Prabhjot S of New Delhi, AHYSIM, Mr. M. Kamat, Dan P, Marcia, Stomy, Saumy, Our KHEL boards in India and the US, and all other volunteers. Thank you so much.

Prepared by Lalita Arya, Beni Bhatt , and Stomya Persaud

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