

YOG-YTHM



Wave of Life

Quarterly Publication
3rd Edition, August, 2022

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Editorial - YOGYTHM

Corona has left the bitter experience of imprisonment in human life. We are still not completely out of the grasp of its curse till date. No medical personnel have been heard to suggest that practicing Yog regularly will help increase immunity in this crucial period though regular practitioners of Yog felt or rather enjoyed the divine fitness during the period of confinement and conquered the fear of Corona.

Awareness of Yog is now of prime importance and YOGYTHM is just carrying a lamp of this awakening.....YOG KARMESU KAUSHALAM.

Editor

Dr. Partha Krishna Ghosh



A Corporate Fare

WHILE we have all heard of the term “Corporate Affair”, a corporate fare is not a common sight. This July, Yoga & Happiness in collaboration with an esteemed event managed company organized a corporate fare for the Hongkong and Shanghai Banking Corporation (HSBC). The fare was organized in five major cities – Kolkata, Mumbai, Delhi, Chennai and Bangalore on the same date, July 19, 2022, to commemorate the HSBC Family Day. The fare was branded as “HSBC Wow – World of Wellbeing”.

The Wellness partner for the Kolkata chapter was none other than Yoga & Happiness. The program was segregated in four modules:

1. Try new therapeutic hobbies – This included Bottle Painting, Jazz dance, Pottery and Mobile Photography. Yoga & Happiness collaborated with students from different art schools and freelance artists who displayed their amazing creations and taught bottle painting and pottery to adults and children who wanted to try their hands on them.

2. Innovative ways of distressing and calming the mind – This module consisted of aromatherapy, mediainment, screambox. The Yoga & Happiness team collaborated for aroma therapy sessions and certified practitioners explained the benefits and techniques of using different essential oils both in the diffuser form as well as direct application, as in, body massaging.

3. Health and Fitness – This section introduced the audience to facial yoga, smoothie workshop, laughter yoga, acupressure and smoking cessation. Facial and laughter yoga sessions were conducted by certified yoga teachers explaining the de-stressing aspect of both as well as the cosmetic and therapeutic benefits. Smoothie workshop, headed by nutritionists, not only presented some delicious recipes but explained the calorie counts, antioxidant and nutritional values



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of each ingredient used. Acupressure section included traditional acupressure professionals and the Korean Sujok therapists. The session included therapy, power point presentations and introduction to different devices used for the procedures. The smoking cessation drive was headed by two doctors from two different medical genres – Allopathic and

Homeopathic, each stressing the risks and benefits of pursuing their form of treatment but unanimously agreeing to the fact that “Smoking is injurious to health” and “Mental Strength” is what you need to quit!! All the above

Health and Fitness professionals were either certified professionals from Yoga & Happiness or in collaboration with Yoga & Happiness for a greater cause.



4. Family Recreation – The family entertainment section provided the fun element. It had something for everyone. Pebble painting and clay workshop for kids, self defense workshop for kids and adults, mind imagery for seniors. Had lots of gaming and recreational activities like Xbox gaming, trampoline, bouncing castle, tattoo and face painting and much more.

The venue partner for the Kolkata chapter was the esteemed Princeton Club that also catered for breakfast and lunch provided in the venue. All in all it was a day full of wellness, immense fun and the team received raving feedbacks and applause.

So at times even a fare can be a “Corporate Affair”, and next time any organization wants to host a wellbeing fare or workshop for their employees, you know who to collaborate with; Yes, Yoga & Happiness, “The one stop hub for Wellness”!!!

Author - Madhusatta Chaudhury

YOGYTHM  Wave of Life —

Enhance Your Practice

A practicing Yogi, no matter how basic or advanced their practice may be, is well aware that Yoga is not only for physical health but for a more holistic growth of unifying the mind, soul and body.

Asanas, having the most prevalent effects on our physical body, tend to overshadow the other benefits that Yoga, as a complete practice, can bring.

If we delve into how our brain responds to different signals, we can enhance much of our daily practice to maximize its effects, not only for our muscles, joints and bones but even for our inner peace and emotional stability. All the nerves within our body are connected to the brain. Twelve pairs of nerves arise from the brain. Different parts of our brain have different roles to play. Having this knowledge of how to activate these parts according to our practice is beneficial in maximizing the effects coming through the practice.

Coming to the respiratory system; knowledge of our lung capacity brings awareness to how each exercise of Pranayama can benefit the body. This helps us to focus deeper into what our body really needs to get maximum Oxygen intake.

Muscle movement leads to an increase in ATP (Adenosine Tri-Phosphate), which requires a higher dose of Oxygen from the blood. If we do not give our muscles enough time to relax after this sudden increase in ATP, we are not able to replenish the supply of Oxygen and thus, there can be no muscle toning. Resting is as important to one's practice as is the actual movement. Each group of Asanas has a plethora of benefits for the body and if we can figure out the right combination, we can obtain holistic benefits instead of constant fatigue.

The basic realization that everything in our body is connected, brings clarity to many issues that can arise during a person's lifetime. What we eat and how we treat our body has very adverse, albeit subtle effects throughout our system. Our digestive system directly impacts Yogic balance. Nutrients ingested are metabolized at different places in the body. Anything taken in excess causes an overload in that area and leads to a build-up, which causes an unhealthy fermentation of the indigested food. To ensure a smooth digestive process, we must allow 1/4th of the space in our stomachs to remain empty for proper sanitization and absorption of vitamins from the ingested food.



We must also always stay wary of the functioning of our heart. Yoga is a great way of preventing hypertension but if there is already a history of hypertension, yoga or pranayama must be avoided.

From these examples, we see that basic knowledge of the functioning of our body and applying it to our practice allows us to maximize the benefits of each movement. In every one of us there is a Yogi, waiting to be discovered. Listen to your body and feel the love flowing through it.

Author - Anam Kalsa



JAI MAA GANGE

STORY BEHIND

ONE day lord Vishnu, in his incarnation as the dwarf brahmin, took two steps to cross the universe. On the second step Vishnu's big toe accidentally created a hole in the wall of the universe and through it spilled some of the waters of the River Mandakini. Meanwhile, the great mythological king Bhagiratha was concerned to discover that 60,000 of King Sagara's ancestors had been incinerated from the stare of the Vedic sage Kapila. Wanting these ancestors to reach heaven, Bhagiratha asked Kapila how this might be achieved. The great god, gratified by Bhagiratha's piety, agreed for Ganga to descend to earth where she might wash over the ashes of the 60,000, purify them, and permit them to ascend to heaven. There was a problem though, that if Ganga merely dropped from heaven her swirling waters would do untold damage. Therefore, lord Shiva offered to gently lower the goddess in his matted hair or jata for the safe arrival of Ganga.

तव चेन्मातः स्रोतःस्नातः पुनरपि जठरे सोऽपि न जातः ।
नरकनिवारिणि जाह्नवि गङ्गे कलुषविनाशिनि महिमोत्तुङ्गे ॥७॥

(Salutations to Devi Ganga) O Mother, he who has bathed in the flow of Your Pure Water, he will not again take birth from the womb of a mother (i.e. have rebirth),

O Jahnvi Ganga, You save people from falling in the Naraka (Hell) and destroy their Impurities; O Mother Ganga, Your Greatness stands High.

Ganga is a river and a goddess indivisible from each other. Her water has the power to cleanse every kind of sin.

PATH OF GANGA

The length of the Ganga is 2,510 km. The river has its origin in the Western Himalayan Ranges in the state of Uttarakhand. The Ganges passes through the states of Uttarakhand, Uttar Pradesh, Bihar, Jharkhand, Chhattisgarh, Himachal Pradesh, and West Bengal. Ganges journey ends on Sagar Island, where the river meets the sea, the Bay of Bengal.

THE SAD TRUTH

Ganga serves us a lot for example a lot of hydro projects, helps in agriculture, providing freshwater to the millions of people living in the banks and basins of the river. But these days the Ganges basin is considered as one of the most densely populated regions on earth. The untreated sewage dumped



into the river, using of plastic, industrial waste, agricultural runoff, remnants of partially burned or unburned bodies from funeral pyres, and animal carcasses all contribute to polluting the Ganges.



TIME FOR ACTION

It is time for us to come together to save the river and save the humankind. A little determination can change our world leading to a better future and better life for human. We need to find a little time to make the basins of Ganga greener and cleaner . We need to differentiate between the need and greed . Saying no to uses of plastic and indulging into greener world will make this this possible.

The Namami Gange Programme is a flagship initiative of the Union Government and was implemented by the National Mission for Clean Ganga. It was inaugurated in June 2014.

Earth Day Network is a global NGO that works on environmental issues and they works a lot for the Ganga.

So the government of India is working to save our world but we the people of india also need to help at a personal level. We the people of Yoga and Happiness took a step to clean the Ganges during the days of retreat to Rishikesh and looking forward for more opportunities.

Author – Trisha Ganguly



My Perception of Yoga

Yoga is everything you have heard and everything that you will only know when you dedicate yourself to it. It is a beautiful symphony, where the soul, body, and mind interlink to reveal the true nature of life. How with each correct breath you are able to perform the asana with ease and how with an incorrect breath the same asana feels weighed upon. The true magic lies, as they say in being able to control prana, the very existence of a life force. Through regular practice, we learn how to slow down, think and react in most testing situations. We learn to let go of everything that doesn't serve us for our higher good. We make peace within and live by the moment, grateful for every blessing.

Starting the session with a prayer, makes us feel grounded and present at the moment, the warm palm over our eyes to help ease away any lethargy. The entire practice is dedicated to creating awareness about our bodies, breath, and mind.

In today's world, it is very easy to get distracted and lose balance. Once we go down that road we tend to fall into the trap of extreme emotions, not having clarity, and lethargy becomes a part of life.

As per Bhagvad Gita: "The mind is undoubtedly restless and difficult to curb, but it can be controlled by repeated practice and detachment. Yoga teaches us how our emotions define our orientation and our orientation and our motivation. The solution lies within ourselves and yoga is the medium that bridges the gap."

Author – Sanjana Pareek



Retreat Experience

Traveling means giving yourself and your mind a break from the monotonous pattern of your life. It could be better only if we include Yoga in our travelling schedule.

This is what happened when I joined the Yogic tour to **Mayapur** arranged by **Mr. Sisir Biswas** on behalf of **YOGA & HAPPINESS**. It was an incredible as well as enlightening tour throughout.

We stayed inside the **ISKCON Temple** grounds and we had delicious Yogic meals arranged by the Temple authority. We used to start our day early performing shatkarmas and followed by other yogic practises. The whole day we were taught how to improve our yoga practises through multiple theory and practical sessions. Participating the trataka sessions and many more activities was a whole new experience for me.



I could not even realise how four days just flew by. I learned so many things not just about yoga but a lot more about life. I met so many different people and listening to their stories I realised that I have so much to do and it's never too late. I can never thank Mr. Sisir Biswas enough for arranging such a great tour and sharing his valuable thoughts with us. I also want to thank every member of Yoga and Happiness for being so friendly and familiar. I will be always looking forward to such kind of travel experiences in the future.

Author – Trisha Ganguly



Why Participated in Yoga Retreats?

The concept of Citta prasadanam as given by Maharsi Patanjali is;

“*Moitri Karuna Muditepekshanam Sukhodukkhopyunyo Bhabonatoschitta prasadanam*”

Friendship with happy persons, sympathy towards miserable ones, veneration for the pious, and avoidance towards sin – these are the keys to get stable happiness.

A practical field of application of such a great sutra only can be found if you attend a yoga retreat.

A new place, new surrounding, and new people you are meeting and facing. Rather this is a good test, how firm are you on the way of your yogic journey. A yogi has to adjust to every adverse situation, and has to keep patience, listen to others and react less. **Santosh**, the inner satisfaction of a yogi is like a precious ornament. A yogi will only give out his selfless love and be always happy inside and outside.

Any yogic retreat can be a great platform to build up such yogic virtues which will be ultimately helpful in ceasing **citta brutti**.

Our recent retreat to Rishikesh was heavenly in that respect. Yoga & Happiness exalted an example of **samatwo**. In an ashram like Paramarth Niketan and in the tent at the river side at 45 degree celsius temperature, Yoga & Happiness maintained its routine equally at a **sattwik** and a **rajasik** place.

This **bhava** of **samatwo** can't be practiced being at home and practicing **yog** online. It only can be attained when you will be put into unknown situations. Retreats can prepare you as well as your yogic worth. It builds up the noble character of **Vasudhaiva Kutumbakam**.



Author – Dr. Partha Krishna Ghosh

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YOGA as PROSPEROUS HEALTH INVESTMENT (BEST INITIATIVE)

Mostly we invest our time for the existence in the Earth but we don't think about this survival without a perfect healthy body mind & soul.

'Yuj' means union, actually Yoga is the union of Jivatma(individual self) with the Paramatma (universal self).

"Samatvam Yoga Uchyate" - Yoga is equanimity of mind. It is not only a physical exercise but also a connecting cord with divinity. Completely sinking into physical, psychological & spiritual aspect of yoga, one can digging the root and mental well-being is also achieved. Yoga is not just a practice, it is a way of healthy life. Rigorous practice can change our lifestyle, routine, breathing pattern, attitude, perseverance and make us perfect.

Pranayamas help to settle down our wandering mind & provide such a technique that emotional level is also settled, positive thinking arises over negative situations and build a strong will power. Mind is ready to accept all type of challenge to combat the situation and improve the physical and mental ability. Thinking everything in a proper knowledgeable way, helps one on the work front as well. If a practitioner maintains Achara, Vichara, Ahara & Vihara along with practice of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana & Samadhi - easily can handle all hurdles and situation in a calm & cool manner and whatever action is needed as his/her Chitta (Mind-stuff) is under control. Body can sustain higher level of energy. Life becomes more and more disciplined & resilient as intellect work properly over the mind and ahankara.

Simple practice of Vajrasana after taking meals helps a lot in constipation and acidity problem. It helps in proper digestion. Similarly, by practicing very Asanas, Pranayamas, Bandha and Mudra-different physical, mental disorders & diseases are resolved. Non communication disease, orthopedic problem, metabolic & respiratory disorder, stress, depression, anxiety, enhancing memory power, obesity, thyroid, back pain, diabetes, heart problems etc; by awakening Chakra & Kundalini, different blockage in body, open with lots of benefits and pranic energy directed smoothly in the right channel, body purifies by also Satkarma practice. Yogic diet makes us Satvik, which is more prone to salvation. By yogic practices one can correct the Tridoshas (Vata, Pitta, Kapha) and be free from any deformities and feel the real happiness in life. Knowledge of Chitta Prasadana makes our life easier by choosing the right path and even select friendship (any relationship) in a correct way and guides us what type of behavior we should do with others. A person who has achieved the Sthitapranja & doing Niskama karma (not desiring the fruit of karma), he/she always stay contented and firm in judgment and be wise. Behaves equally in sorrow & happiness, condemnation & praise. Not feeling jealous of others, restrained in speech, engage in devotion and ultimately find the real liberation from all desire, materialistic thing, misery in this inanimate world. Withdrawing of senses (Pratyahara), one can separate the Purush (consciousness; soul) from the Prakriti (physical body). Any type of attraction (bondage) without Paramatma leads to pain & ruin in this world. Non attachment is the one path of Mukti.



By continuous practice of Yoga and achieving strong energy in body and mind, fear gone and take challenge and make a perfect one as a result adjustment power increases and also build the personality, which is really wanted in our society for all living being especially for young mind.

In present COVID19 scenario, yoga helps a lots by building and increasing the immunity power, strong mental ability, healthy balance and managing time(during Lockdown) etc. which provide the marvelous results for making strong nervous and respiratory system that handling the situation a quite bit for the people.

By spending too much money, taking all desirable things, fulfilling our all dreams also somewhere we feel blank and solitariness. In the true sense, there is actually no happiness in these worldly affairs. But by the practice of yoga, feeling and funding the true self, entail insight into own nature, we can attain the Sacchidanand Swarup (ultimate goal), where only happiness persists. So, one can acknowledge undoubtedly toward the Yoga only in life that from the physical, psychological, spiritual aspects to the attaining God (Bramhan rupa) and all other things become satisfactory timely in this state. If in these paths by the rigorous practice and through continuous practice of Yoga, one can get ultimate achievement of living being and what can be the best investment in our life other than that.

Author – Antara Adhikary



Yoga Retreat in the city of Yoga: Rishikesh

Yoga and Happiness is committed to the growth of yoga through various mediums, workshops, training, cultural events, environmental protection and many more.

Yoga retreat in Rishikesh, organised in May 2022, by our Guru Sisir Biswas was a small step in this direction.

Sometimes, you go for a movie with very modest expectations and are pleasantly surprised by the end of it. The enjoyment and the experience surpass all your expectations. This is exactly how this retreat turned out to be.

The seven days itinerary was jam packed with events one after the other, all ranging from Shatkarma, Asana, Pranayama, Meditation to satsangs. The day would start very early, as in the life of any Yogi. Events were well paced with classes and breaks for meals in between. This group of about 75 totally charged Yogis, Yoginis and enthusiasts made the campus at Parmarth Niketan totally vibrant for five days.

More than the formal classes, the peer learning between friends and colleagues was a great experience. In fact, that is a common observation that we have witnessed, that learning from each other surpasses any structure that you may plan to have, more importantly it gets customised to specifics that a particular person is looking to achieve during such workshops. The group had many experienced and very seasoned practitioners who contributed to this peer learning in a big way.

Days were filled with lectures, practices, talks, and presentations. While at night the group was mainly engaged in Satsang and Trataka(meditation). We never realised how those five days really got over, the reason was simple, we all were so involved and constantly learning. The richness in skill enhancement was very satisfying for the participants.

The high point of our stay at Parmarth Niketan was the meeting with Swamiji, Swami Chidanand Saraswati. Swamiji is a very busy man and an international icon, the group had a slot of only 10 mins for his darshan, but the circumstances so developed that, we ended up staying in his company for almost an hour. Sole credit for this goes to Partho ji, our colleague who mesmerised Swamiji and his management team with extraordinary bhajans. This gave us an opportunity to showcase our organisation Yoga and Happiness to Swamiji, our purpose, mission and direction of growth. Swamiji was so impressed with Sisir sir and the group that he requested us to conduct a very important Yagya at the institute the next day, a moment of true glory for Yoga and Happiness.

The last two days of the retreat had a very different flavour, we shifted from the ashram to the river side camp for an outdoor Yoga experience. Despite the heat of May, the last two days were quite a unique experience and learning. The retreat obviously was not all work, we had a very exciting 14 km rafting expedition in river Ganga undertaken by the participants, this was a lifetime experience. Of course not to forget the chilling dips in river Ganga every day.

Last day of the event was the condensation of the internal churn and enlightenment all the Yogis had gone through. We engaged in our services towards Prakriti(environment). In collaboration with



Earth day foundation, Yoga and Happiness undertook a river cleaning drive. Thanks to Madhusatta Chaudhary, a very active member of the group, who took the initiative to conceptualise this event.

It was such a fulfilling sight to see the energy of young participants to do something for nature, but more important than that was to spread this message of urgency to protect our prakriti.

In Yog, Bhava is very important. Bhava is the intent behind your endeavour, an honest and pure bhava can shape the outcome beyond normal visualisation.

Experience at Rishikesh was the same, beyond expectation and shaped by the almighty cosmic energy which protects us and guides us, you can call him by whatever name!



Author – Gyanendra Kumar

My Yoga Life:

What benefits do I get from yoga and meditation?

I notice a lot of difference in me as compared to earlier. If I have to compare with my earlier self it's a drastic difference.

It's been five years since I started to meditate. I still remember that first time in July 2017 and from then the journey has been long and I have gradually uncovered the benefits of meditation.

My mind is calmer.

I get a sound sleep.

Don't react to trivial things and the bursts of anger have disappeared.

Judgmental people don't bother me anymore.



Even find comfort in troubled situations.

I would simply say that there have been just gains, no loss.

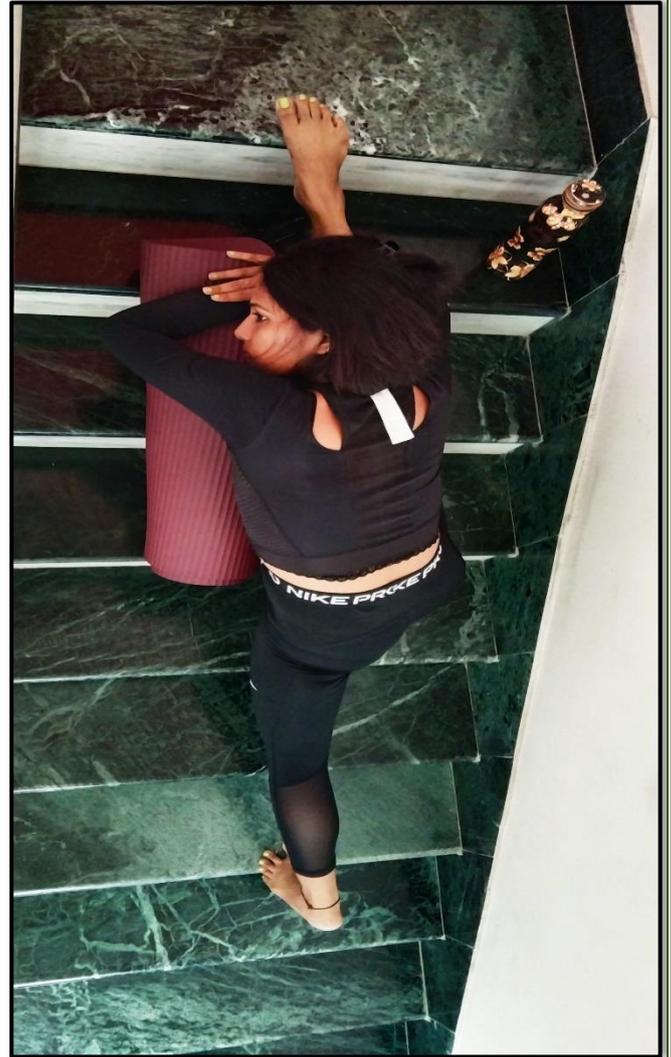
Friends, with the kind of food we devour and the lifestyle we lead today, we should all adopt yoga and carry on the legacy of this ancient Indian culture and promote it globally.

As it is written in the Gita, "Yoga is the journey of the self to reach oneself through one self."

Let us all join this journey and make this life beautiful.

Author – Renu Bhardwaj

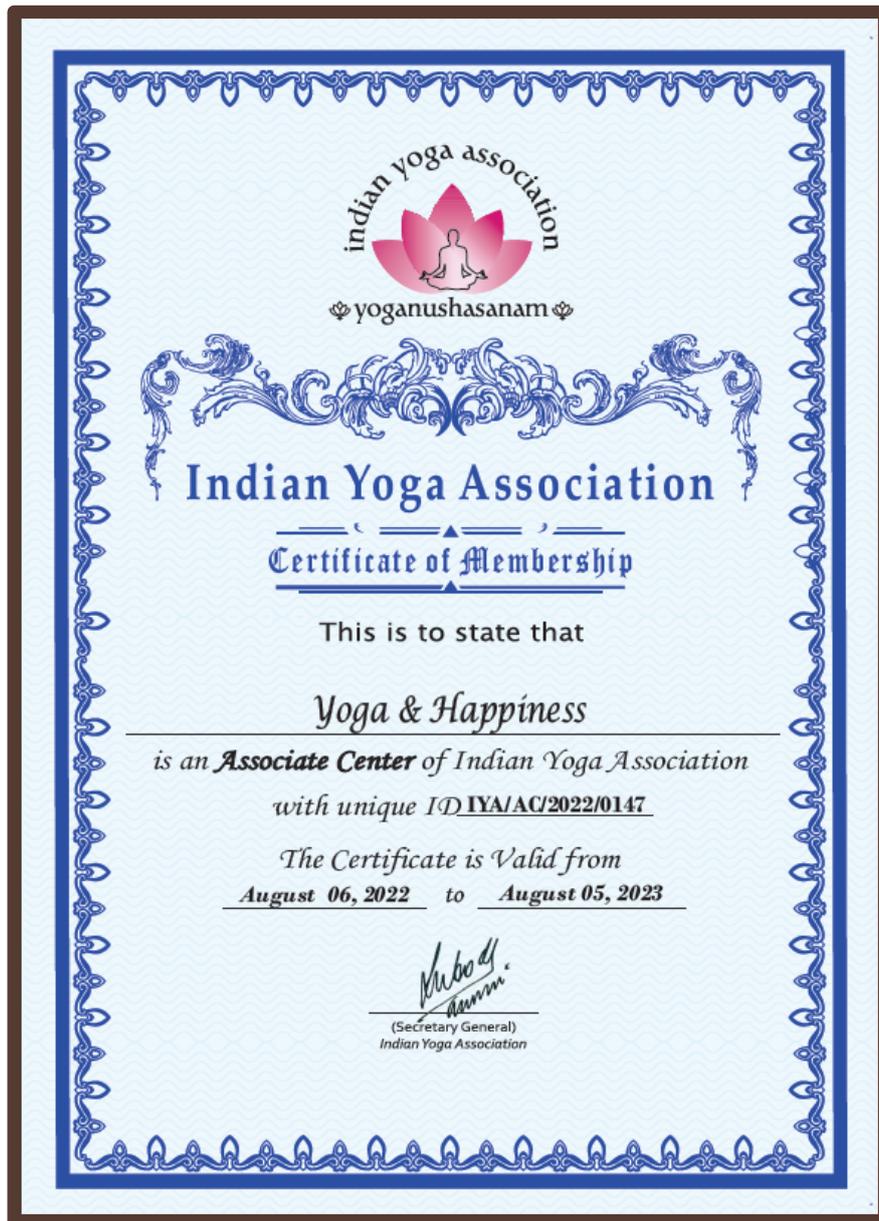




***Yoga Practice
By
Anjona Mondal***



Event of the Quarter:



Yoga & Happiness has become the Associate Centre of IYA (Indian Yoga Association)





Yoga & Happiness has conducted the **World of Wellbeing** (WOW) for the family members of the employees of HSBC Bank

Get attended to the Yoga Way of Life

Courses we offer

Yoga Certification Board (YCB)

Yoga Education & Training

1. Yoga Volunteer
2. Level 1 – Yoga Protocol Instructor
3. Level 2 – Yoga Wellness Instructor
4. Level 3 – Yoga Teacher & Evaluator
5. Level 4 – Yoga Master

Yoga Therapy

1. Assistant Yoga Therapist
2. Yoga Therapist
3. Therapeutic Yoga Consultant

Upcoming Courses

Indian Yoga Association (IYA)

1. Foundation Course in Yoga
2. Certificate Course in Yoga
3. Advance Certificate in Yoga

Our Services:

- I. Yoga Teacher's Training Course
- II. Yoga at Home
- III. Physical Yoga Session in Kolkata, Guwahati, Delhi
- IV. Corporate Yoga Sessions
- V. Yoga Retreats
- VI. Yoga Studio
- VII. Personalized Online Yoga Session



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