

Individual Development

Introducing the unique project in the lines of physical & spiritual fitness to attain enormous success in developing and faceting personality and individualism using proven techniques...



Contributors

Project President: Mr. Madan Purandare (MARATHA Family Of Elders)

Project Manager: Jc. Professor Mr. Ajit Nagarkar, Jc. Ms. Rina Patil

Project Assistance: Jc. Prof. Satish Navale, Jc. Ms. Padmashree Karache, Jc. Mr. Shivaji Londhe, Jc. Mr. Zameer Sheikh.

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International Public Relations: Jc. Mr. Uday Thombre.

Thanks to:

Principal, Pune home & hostel for blind girls, Kothrud Pune, MH, INDIA

Principal, Pune home & hostel for blind boys, Koregaon Park, Pune.

Adwait Pariwar, Pune, MH, INDIA

Kokanastha Pariwar, Pune, MH, INDIA

Fergusson College, Deccan Gymkhana, Pune, MH, INDIA

C.A. College of Physical Education, Gulatekdi, Pune, MH, INDIA

Senior Citizens (Individual Participants)

JCI Pune MARTHA, MH, INDIA

JCI San Fernando Valley MARTHA, CA, USA

MARATHA International

Neo Rostrum Inc. CA, USA

Akshay Consultants, Pune, MH, INDIA

JCI PUNE MARTHA

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JCI Pune MARTHA:

VEDIC SWARA YOGA The Masonic Art Of Living

Date:

October 1st 2009 – December 1st 2009

January 1st 2010 – December 31st 2010

Time: 9:00 a.m. – 5:00 p.m.

Venue: Adwait Pariwar, Pune (for details contact adwaitpariwar@live.com)

Introduction

What is Swara Yoga?

The SWARA YOGA is tuning with circadian cycle.
[Circadian: Medical Dictionary: Function: adjective: being, having, characterized by, or occurring in approximately 24-hour periods or cycles (as of biological activity or function)]

Although we breathe without knowing for the most part, there is much more to breathing than simply inhaling and exhaling. The sages discovered core secrets of breathing techniques, tested and formulated them. The lineage is created by the masters handing over, the techniques to their disciples.

How does the tuning help?

It is like the experience of being at an Opera, where musicians are performing, and a small cord misplaced at the performance has the probability of causing discontent amidst the dedicated audience. It is the fine tune of the instruments and the voices of the performers at Opera that brings the real qualitative charm. The fine tune of the cords is also called "Swar", and so does the same "Swar" exist in every human being. Swar Yoga is the training of this "Swar" in human being to assist all sorts of effective communication one intends be the master of all the time.

Physical ailments: Irregular Blood pressure, Irregular Heart Beats, Cardiac Murmur, Insomnia, Sleep Disorder, Partial-Paralysis, De-synchronization of body movements, Poor body language, Headache, Migraine, Digestion related troubles, Weight gain/loss, Loss of skin texture, Heavy Breathing, Asthma, Bronchitis.

Psychological issues: Fears of: a) Group mixing b) Discussion, c)

Presentation d) Interview, Individuals suffering from unstable mood, Nervousness, Confusion, Depression, Emotional instability, Loss of Memory, Poor concentration, and Disturbing Dreams.

Phobias: Lalophobia (or laliophobia) - Fear of speaking. Agoraphobia - Fear of open spaces or of being in crowded, public places like markets. Fear of leaving



Measurements & Data

a safe place. Fear of crowds. Monophobia - Fear of solitude or being alone.

Behavioral Problems: Tension, Nail biting, Uncontrolled Movements, Stammering, Loss of Orientation.

Curriculum: Importance and Knowing of Individual Circadian Cycle, Practical Application, Demonstration and Learning of supporting Yoga Posture, Practice.

Avoided Issues: Religion, Sex, Race, Age, Hypnotism, Psychological Suggestions, Individual or mass instructions, Suggestive Remarks.

Course of action: 30 minutes warm up with Yogic postures (Yoga asana) followed by Tuning of body with circadian cycle and contacting

subconscious mind.

Total Participants: 87

Participant Categories:

- Senior Citizens (total 22) – 10 males, 12 females.
- Blind Girls (total 20).
- Blind Boys (total 20).
- Blind Teenagers (total 20).
- Sighted Teenage boys (total 15).
- Sighted Teenage girls (total 15).

Success Rate:

- 50% - 90% according to ailment.
- 70% - 90% Physical ailments.
- 50% - 80% Psychological issues.

Accomplishments:

- Participation & Merit

Knowledge

"Believe nothing, O monks, merely because you have been told it or because it is traditional, or because you yourselves have imagined it. Do not believe what your teacher tells you merely out of respect for the teacher. But whatsoever, after due examination and analysis, you find to be conducive to the good, the benefit, the welfare of all beings that doctrine believe and cling to, and take it as your guide." – Gautam Buddha



Measurements & Data

- Certificates.
- Total & Partial freedom from troubles or troubling issues.
- Gaining additional Knowledge of one's own self, physical fitness & endurance.
- Elevated Spiritual Experience related to confidence building and personal satisfaction.

Measurements & Data Collection:

Questionnaire collected before and after the course:

- Common for all participants,
- Specific sections for persons suffering from Psychological issues and Phobias.
- General & Specific Interviews of the participants.

Howard Step Test:

Conducted every 4th week for the participants. The step adjusted to the participant's knee height. Cadence constant for all participants.

Pulse Reading:

Participant's pulse reading is recorded before and after every session.

Blood Pressure Reading:

Blood Pressure Reading is recorded before and after every session.

Height & Weight Reading:

Height reading is initially taken for every participant.

Weight readings are regularly taken every week for each participant.



Presidential Comments

Dear Friends & Colleagues,

It is my personal honor to lead a highly proactive team of youngsters who are always ahead of time in bringing "positive change" in the community. Amidst the very diversified community infrastructure as of ours, it is my pleasure to be a part of a team that's only vision for 2010 is "to find Unity Amidst Diversity".

With our chapter's global outreach and with our enduring hard work I foresee many mega milestones to be achieved over the next year.

I am highly blessed with the teamwork of our chapter JCI Pune MARTHA who recently surprised me by electing me to the post of its "Chapter President". Being a Chapter President is a very difficult task one volunteers to take on, and for me this is going to be more difficult as I now will get an exposure to the world-wide audience, audience that expects "actions" over "remarks or comments".

I am all set for this challenge of serving our outstanding chapter JCI Pune MARTHA in the role of a President for year 2010. JCI Pune MARTHA is a unique chapter in the whole of Junior Chamber International world, by being a chapter that provides a strong rostrum for youngsters like me to develop and progress in all the aspects of life.

I think what one practices in one's life in the field of individuality & personality development, one should share with the world to assist in building a better, stronger and confident future for others who too wish to have betterment in their lives. My this thought motivated me to organize this year long project "Swara Yoga" that brings benefits to many.

I wish to thank all who blessed me with their presence, participation & their proactive assistance.

Sincerely,
Ms. Rina Patil. (President 2010)

Chapter 2010 Vision

*"Unity Amidst Diversity".
Our effort is to promote the idea of unity that exists within communities at all the times...*

