

DEMYSTIFYING YOGA – STRESS REDUCTION

Speaker : Dr. Padmavathi. R MD PhD

Mode : Virtual

Organized by : Department of Physiology, Narayana Medical College, Nellore

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SPEAKER:



Dr. Padmavathi. R is working as Professor of the Department of Physiology and Associate Dean - Postgraduate studies at Sri Ramachandra Medical College & Research Institute, Chennai. She obtained her MBBS (1994) degree from the Bangalore University, MD Physiology (1999) from St. John's Medical College, Bangalore, and Ph.D. in the field of Environmental Health from Sri Ramachandra Institute of Higher Education and Research. She is involved in teaching Physiology to undergraduate and postgraduate medical, dental and paramedical students for the past 20 years.

Dr. Padmavathi has a passion for teaching and research activities. She has participated in the execution of the innovative integrated preclinical curriculum and formulation of MD Physiology competency-based PG curriculum. She is currently guiding 6 doctoral students. She has completed an Advanced course in Medical

Education. She is the preclinical member of the MCI curriculum Committee of the institution.

Her primary research involvement has been in multi-disciplinary projects in the areas of environmental physiology & occupational health, in various public health-related research projects funded by national and international agencies including the ICMR, Ministry of Environment and Forests, The World Bank, USEPA, NIH, USA. She is also pursuing research in the area of medical education. She is pursuing research in the area of Yoga in anxiety and depression funded by DST-Satyam.

She has received awards such as Saroj Jyothi Award for Young Scientist, Young Scientist Award from Women's Doctor's Association, New Investigator Award from ISEE, Vancouver, Canada, Research Publication award, Several best paper awards.

She has presented papers in various national and international conferences and has several publications (over 100) in national, international journals, Chapters in the book, reviewer of Guyton and Hall, Textbook of Medical Physiology. She is an active member of various professional internal and external committees such as the American Physiological Society, International Society of Environmental Epidemiology, Indian Medical Association, Women's Doctors Association, APPI, etc. Dr. R. Padmavathi is an excellent pioneer in research in yoga and other interventions. She has delivered a guest talk on **“DEMYSTIFYING YOGA – STRESS REDUCTION”** which is essential to overcome the stress in the young medical students.

THEME OF WEBINAR:

DEMYSTIFYING YOGA – STRESS REDUCTION

The Sanskrit word, “yoga,” literally means “yoke,” to unite. This union aims to dissolve, liberate and unite oneself with the pure consciousness, which is often referred to as the Source, the Self, the Absolute, God, Creator, Divine Mother, or

hundreds of other names. I love to refer to our creator as the Divine Mother. When the rishis (ancient sages) talked about moksha (or Mukti), the ultimate fruit of yoga, they referred to liberation from the endless cycle of rebirth, pain, and suffering of the physical realm.

YOGA IS A SCIENCE:

Yoga is the science of union and the knowledge of the spine (kundalini). So, yoga is the union with the Divine in all its forms. Figuratively speaking, we can be in a state of yoga in every moment of our lives as we inhale and exhale. Unfortunately, here in the Western hemisphere, many people still think of yoga as twisting one's body into some kind of knot. Yoga goes far beyond exercise. It is an extremely rich and powerful spiritual path that involves body, mind, and spirit. As the revered sage, Patanjali, expounded upon in the Yoga Sutras thousands of years ago, Hatha yoga prepares one's body and mind for deep meditation. Today we are witnessing a renaissance, with yoga studios everywhere. Yet this trend is far from the genuine ancient and authentic yoga taught by the rishis for God-realization and liberation. Besides realizing enlightenment and liberation, practicing yoga brings many health benefits. This fascinating and ancient science of yoga is not a religion or a philosophy. Yoga does not fall into any category of an "ism." Faith is not a requirement. You will still get the results and benefits even though you may not believe in them. Yoga is a science. Anyone can test it and see the proof by having direct experiences with the Divine. However, to test it fairly, it is important to have the appropriate spiritual master, a satguru, at the right time during the evolutionary process. Also, a spirit of inquisitiveness, patience, perseverance, and discipline is required to thrive on the yogic path. If one has longing and devotion for knowing the truth, success will come for sure.

YOGA'S ARRIVAL TO EARTH:

The great lineage of maha avatars, gurus, and ascended masters manifested on our planet. According to the ancient rishis and Sadhguru, a phenomenal being of light, the Adi Yogi (also known as the Adi Guru), was the first yogi and supreme guru. He

appeared approximately more than 10,000 years ago in the upper region of the Himalayas at Mt. Kailash and transmitted the science of yoga and the power of Self-realization, and liberation to the first seven mystical sages (rishis) to help expand and transform human consciousness to a higher state of vibration. Predating all religious traditions, these seven rishis known as the “Septarishis” spread yoga over Mother Earth. In the yoga tradition, it is the personal form of Shiva who is revered as the Adi Yogi and guru, the lord of all yogis and yoginis from which the lineage of gurus descended. Over the centuries, yoga spread and infiltrated into many different traditions, and new branches of yoga developed. By the grace of the Adi Yogi, today six major yoga branches have emerged: Hatha yoga (forceful) is the most familiar branch to Westerners. Bhakti (devotion-love); Jnana (right knowledge); Raja (royal), in which Kriya yoga falls; Karma (selfless action) and Tantra yoga (continuity) remains to be explored by millions of seekers. Kriya, from Sanskrit, means “completed action,” and the ultimate act of Kriya yoga is to transform and master the energy. The words, yogi (male) and yogini (female) designate those who experience the oneness of this phenomenal existence.

YOGA'S ARRIVAL TO THE WEST:

Yoga was brought from India by the popular pioneer and yogi, Swami Vivekananda, one of the most revered yogi and spiritual masters of the 19th century, a close devotee of the highly reputable and well-known mystic, saint, an enlightened master, Ramakrishna Paramahansa. Swami Vivekananda introduced yoga to the Western hemisphere when he came to America in 1893. He represented India as a delegate at the Parliament of World Religions in Chicago. That day brought a great boon to the Western hemisphere. Thereafter, Vivekananda conducted hundreds of public and private classes and lectures disseminating yoga in America and Europe. A few decades later, Paramahansa Yogananda set foot on American soil and graced us with his presence and teachings. He also went on to disseminate the knowledge of yoga in the West, especially Kriya Yoga, the yoga of mastering energy.

