



Indian Association for the Study of
Traditional Asian Medicine

पारंपारिक आशियाई स्वास्थ्य परिषद - भारत

IASTAM ORATION & AWARDS

ASPIRING
TRADITIONS

Yoga Forum Munchen Patanjali Award



Yoga Forum Munchene .V. was founded in 1989 by Reinhard Bogle & others. It has been offering a three year 'Yoga Teacher Course'. The students are educated and trained to teach Yoga to adult education groups. Individual pedagogical and psychological support is provided to every student for personal development. Students receive an intensive education in small groups- around 10 students- with more than 600 lessons spread over three years and supervision, when they begin to teach their own classes.

The goal of Yoga is understood to be a physical wellbeing and to provide biosocial balance. Its philosophical background is the SankhyaKarika that forms basis for Yoga together with Ayurveda and Patanjali Yoga Sutras. Yoga, Ayurveda, Sankhya and such other findings are incorporated into its curriculum. Marma Vignyan is considered vital and powerful orientation system for the biophysical and biosocial phenomenon of yoga. Yoga Forum continuously endeavours to upgrade its knowledge and applications in the light of deeper and newer understandings, both of ancient knowledge and modern biophysical information. Yoga is carefully differentiated from religion.

Its approach is based on works of Prof S. T. Krishnamacharya and B. K. S. Iyengar for Yoga. Initial learning from Prof S. N. Bhavsar for basics; Vaidya B. P. Nanal, Vd. C. G. Joshi and Dr. Narendra Bhatt for Ayurveda and Prof Dr. H. Heid for education and the founder of the system-energetic psychotherapy Dr. Heinz Strauss for biopsychosocial aspects helped Yoga Forum develop a strong foundation that continues after 21 years.

Yoga Forum Munich is allowed to give certificates by the Bavarian Ministry of Education and registered with the Government of Oberbayern as School of Yoga. The course is registered by the German Government Office of Labor and is recognized by the 'The German Adult education Institutions' and the Health Insurance Organizations. The Yoga Munich Forum offers supplementary courses to train yoga teachers in addition to the government continuing education program for school teachers.

Being closely associated with IASTAM activities and encouraged by its collaborators Yoga Forum Munchen decided to offer an Award in the memory of Patanjali, author of YogaSutra to encourage interdisciplinary activities and research on Yoga.

This award is conferred to the following experts for interdisciplinary development of Yoga:

*For
interdisciplinary
development
of
Yoga*



Dr. Shirley Telles will be receiving this Award in 2016



Dr. Shirley Telles, is currently Director of Research, Patanjali Research Foundation, Patanjali Yogpeeth, Haridwar, India. Dr. Shirley completed her MBBS from Bombay University, M.Phil and PhD in the subject of Neurophysiology from National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore University. Dr. Shirley on completing post-doctoral training directly joined Swami Vivekananda Yoga Research Foundation, Bangalore as an Assistant Director of Research and with dedication to the research in Yoga and commitment to the institute reached the position of the Director of Research in the same institute.

Dr. Shirley's contributions to the scientific and evidence based Yoga for the betterment of human health is remarkable. She was a Principal Investigator, for the major five years research program for 'Advanced Research in Yoga and Neurophysiology', at Swami Vivekananda Yoga Research Foundation, with support from Indian Council of Medical Research (ICMR). Although the funding was concluded in five years; the recognition of the Center for 'Advanced Research in Yoga and Neurophysiology' has continued. She has effectively accomplished many scientific and research projects on Yoga sponsored by central Government agencies such as Department of Science and Technology (DST), Govt. of India, Central Council for Research in Yoga and Naturopathy, Ministry of Health & Family Welfare, Govt. of India, and also from Ministry of Defense, Govt. of India.

Dr. Shirley's quality of research is evident with the fact that her almost all research publications are published in high impact journals which are indexed in international bibliographic databases. She has over 155 scientific papers, 17 chapters in books, and three books, all these publications are related to Yoga and relevant scientific investigations indicating her dedication to the subject. Dr. Shirley has also travelled extensively in several countries for communicating scientific evidence of Yoga through invited talks. She has contributed in the development of curriculum for PhD and M.Sc. in Yoga & allied sciences for Bangalore University. She has also personally supervised and guided nine PhD candidates in Yoga and allied sciences.

As a recognition for her scientific contributions to Yoga Dr. Shirley has received young scientist award from Central Council for Research in Yoga and Naturopathy (CCRYN), as well as from Indian Science Congress Association. She got award from the John Templeton Foundation, USA for "Creative Research Ideas in Neurobiology", and Fulbright fellowship award for a project: "Response to external auditory stimuli during meditation: study of evoked potentials and fMRI".

Dr. H. R. Nagendra in 2015



Dr. H. R. Nagendra has been serving humanity through proficiency in Yoga for over four decades. He joined Vivekananda Kendra in his early 30's for a service mission as a whole time worker. He is the Vice chancellor of Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA). With his leadership and inspirational guiding force, SVYASA, a Yoga University has been designated as ICMR Center for Advanced Research in Yoga and Neurophysiology whereas Department of AYUSH has accorded it as a Center of Excellence in Yoga. He is also the Director of 'Prashanti Kuteeram'. He has published numerous books and research papers in the field of yoga which has brought scientific meaning to the spiritual practices. He has been the editor of a journal and magazines on yoga and has been instrumental in developing curricula for a number of yoga courses. He has been awarded National Citizens Award, "Man of Excellence" award by the Bangalore Badaganadu Sangha Association, "Yoga Shree" award and many more.

Prof. S. N. Bhavsar in 2012



Prof. S. N. Bhavsar (Born in 1938) is a person with wide interests and insights into ancient philosophies and linguistics, mainly Sanskrit. His interests include Yoga Ayurveda, as well as Physics, Chemistry, Mathematics, Fine Arts and Sports.

A post graduate in Sanskrit and ancient Indian history and culture he has Ph. D. in Vedic Linguistics. After initial learning of Yoga from the Pune Yoga Tradition of Batuka Bhairava Joshi, a living yoga heritage (1964) he amalgamated with Himalayan tradition of Yoga.

At a young age he received two gold medals for his outstanding research papers from the Gujarat Ayurveda University, of which one was on Basic Principles of Ayurveda.

Prof. Bhavsar taught Sanskrit, History of Ayurveda, Indian Logic, Yoga and Ayurvedic Texts at the Tilak Ayurveda College Pune from 1973 onwards. He published two unique papers on 'Pathogenesis – Macrocosmic, Microcosmic, Medical, Yogic – Perspectives' and 'Ayurveda, Yoga, Siddha, Unani and Modern Health Systems with reference to Time-Space-Rotation-Sequence (Dik-Kala-Gati-Krama)'.

Prof. Bhavsar joined the then newly established Centre for Development of Advanced Computing (C-DAC) where he was group-coordinator of knowledge Base Computer System (KBCS). After retiring from there he was visiting professor in the Dept. of Space Sciences, University of Pune where he undertook research on 'Bilateral Movements in Biophysics and Yoga' based on his space-time-motion theory.

'Space-Time-Motion, An Un-Trodden Path to Health' (2001) provides details on integrative theory connecting Yoga, Ayurveda, Modern Medicine and Physics and explains the experiments to build up the natural resilience for the state of wellbeing.

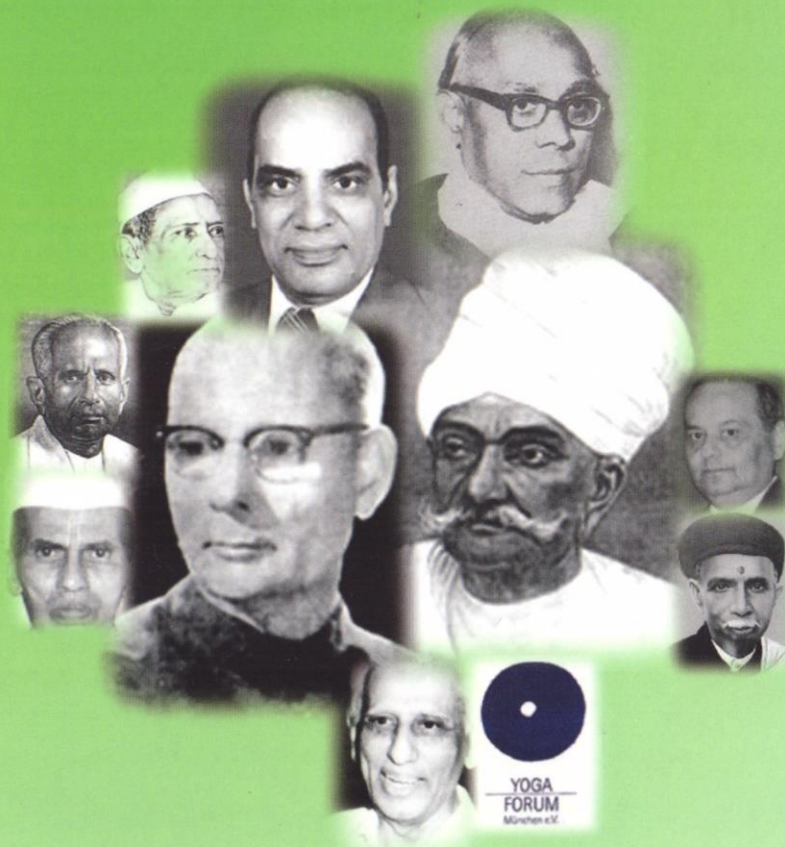
His work on 'Svarodaya', Ancient philosophy, science and practice of Prana' during 1979-80 with a grant from University Grants Commission has been published as 'Shivasvarodaya – Prana Vidya' (2005).

He was for a long time member of the Pune University Yoga Commission.

He was invited to deliver lectures and organize classes on Yoga at the Dep. of Medical Psychology, LM University Munich, The Open University of Munich, Germany and other places.

Prof. Bhavsar was one of the experts who participated at the First International Conference for Traditional Asian Medicine held at Australia (1979) where his presentation received high recognition.

Presently he is the 'General Editor' for internationally known publishers Motilal Banarsidas.



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