

## **5<sup>th</sup> Annual Yoga Event 5-6 Oct 2012 Feedback**

The 5<sup>th</sup> annual Yoga Conference organized by Vasudeva Kriya Yoga was a great success. This time it became more special with the participation of Dr. H. R. Nagendra Vice Chancellor of sVyasa. The conference was well attended. Dr. Nagendra gave a key note speech on both days and he talked about yoga's role in containing the non communicable diseases. His talk was backed up with some of the experimental facts and success stories. He expressed his desire to work closely with universities and hospitals in Australia to contain the epidemics such as depression and diabetes.

The founder of Vasudeva Kriya Yoga Shri Rajendra facilitated the program and he talked about the importance of Yama and Niyama in our daily life to lead a peaceful and contented life which in turn contains the non communicable diseases.

Other speakers who impressed the audience include Dr. Marc Cohen (Professor, RMIT), Dr. Philip Stevens (Faculty, Monash University), Dr. Ghnashyam Thakur (Scientist, Kaivalyadhama), Dr. Arunothayaraj (Cardiologist), Dr. Ranjit Rao (Urologist), Dr. Sanjay Raghav (Neurologist), Dr. Sudhakar Vasudevan (G.P.), Dr. Santosh Yadav (Ayurveda Doctor), Mrs Julie Girgins (Therapist).

For invocation prayer Chi Amrut Rajendra played flute and the yoga students chanted the 15<sup>th</sup> chapter of Bhagawat Gita.

All participants enjoyed the event and are looking forward for the next one. Below are some of the comments from the attendees.

### **Dr. H. R. Nagendra- Vice Chancelleor –sVyasa**

My dear Rajendra Yenkanamoole, Greetings from Sydney!

Thank you so much for all hospitality and the good organisation you did, Congrats. Pl convey my best to all the dedicated team of volunteers who made it possible.

It was so good that you could round up Urologist, Neurologist Dr Sanjay, Cardiologist, Obesity expert Dr Sudhakar, Marc Cohen and Sannyasananda

As also a well balanced theory and practice. Pl send the details of the same with photos for our next Yoga sudha. With Love.

### **Dr. Arunothayaraj- Cardiologist**

Dear Rajendra, Thank you for your kind words of appreciation. I also enjoyed the morning and the opportunity to speak to a different audience. Usually, my presentations are for G. P's and allied health providers.

Although I was prepared, my USB failed to find the link to animations and that put me off a little. So, I had to try to use my laptop which took a long time to start. ( sometimes, technology lets us down at crucial moments ! )

Time Management is great skill and it is very rare to find that in Indian meetings or get - togethers. So, I appreciate your time keeping strategy.

Thank you for the beautiful Narayana statue. I have placed it in my Pooja room.

My kind regards to Dr. Nagendra and it was wonderful to listen to him. He is a store house of knowledge and I would have liked to listen to him for longer. Best Wishes to you and we will meet again.

**Dr. Sanjay Raghv- Neurologist**

Thanks Rajendra for associating me in this noble cause. We will be in touch. Hari Om

**Dr. Ghanshyam Thakur**

Dear Rajendraji, I really appreciate the effort and the smiling faces that greeted me everywhere.

The two key promises of the flyer for the conference was Prevent yourself from diseases and Manage your existing disease through customized yoga techniques.

However, I am deeply appreciative to have come to know of the important and pioneering work of the speaking doctors and their healing centers and for that I want to thank you again sincerely.

You and your family really made this conference grand success. Love to Amrut.

**Dr. Sudhakar- General Practitioner**

Hi Rajendra, Thanks for the feedback. The conference on the whole seemed to be a big success for you-well done.

**Dr. Santosh Kumar Yadav- Ayurveda Doctor**

Hi Rajendra, Thanks to giving me opportunity to explore Ayurveda in the seminar. Yes we can do other project together .

**Dr. Philip Stevens – Neurophysiologist**

Hari Om Ji, Thank you for the opportunity to speak at your workshop yesterday and thank you for the gift of the lovely murti.

**Dr. Ranjith Rao -Urologist**

Dear Rajendra-Congratulations on a well organised conference. It was well attended.

**Jeni Grubb**

Hari Om Rajendra, Thank you so much for your efforts in organising such a wonderful conference. It was a good decision to attend both days, excellent and diverse information, top food and great participants. This has been my first contact with your yoga circle and it enhanced my learning - I can see that you are a great net worker and karma yogi. Om and prem, Janaki.

**Prof. Marc Cohen**

Dear Rajendra, Thank you for the opportunity to speak at your event albeit at short notice.

You may like to consider having my PhD student Anupama Tyagi (whom I mentioned briefly) present at future events. She is now completing her PhD on yoga and metabolic syndrome.

**Wendy Saunders**

Hi Rajendra, I attended the conference over the weekend and wanted to congratulate you on an excellent conference.

The Parkinson's presentation was most interesting and I would like to put forth my interest to be part of the Essence research with the Parkinson's Association.

**Julianne Crawley**

Hi Raj, Thank you for organising such a wonderful Yoga Conference. I was so impressed with Dr. Nagendra and Dr. Rao. Having organised workshops for several years myself, I know and appreciate how much work you have put into making this conference such a wonderful success. So I send you a big Namaste Raj and really honour you for providing the opportunity to link medicine with yoga.

Dr. Arun Dhir – Gastro Intestine and Bariatric Surgeon

Dear Rajendra, I wish to extend my heartiest congratulations on the wonderful workshop you had organised and I consider it my good fortune to have also met Dr Nagendra again.

I had met him earlier at Swami Ramdevji's conference in Jan 2011 in Haridwar.

I think it will be a good opportunity for us to meet up and work together as a team to promote this cause in our community.

**Latha Babu-**

Namaste Master. Thank you very much for organising this annual yoga. It is great and an amazing event. The time wasn't enough and did not get chance to talk with Dr Nagendra. I will definitely visit Prashanti kutiram during my next trip to India. Thanks for inviting all the doctors again to visit our centre and share their knowledge with us. I don't know how to express my gratitude in words. Hoping to meet them again and learn more.

**Janelle Whelan**

Hello Rajendra Congratulations on such a successful workshop. All of the presenters were entertaining as well as informative.

**Kamalam Raman**

Namaskarams. Thank you once again for organising such an informative 5th annual event on 6th Oct.

**Saroja Swami**

Dear Rajendra, Congratulations for the success of the yoga conference- well done to you & your family effort. It was well organised and am glad that we were part of it.

**Diptiman Yadav**

"Simply brilliant, we are blessed to have experienced it..."

**Kiran Tatpalliwar**

Awesome event. Amazing experience...