

Yoga Sagar (Folder No. : 014011)

Main Title	
Dedication	
Swami Sivananda Saraswati	
Paramhansa Satyananda	
Paramahansa Niranjanananda	
Bihar School of Yoga	
Sivananda Math	
Yoga Research Foundation	
Sri Panchdashnam Paramahansa Alakh Bara	
Contents	
Foreword	
Inauguration-Yoga Keerti Stambha-----	1
Newspaper Reports -----	9
Day-1	
Inaugural Session	
Welcoming Address -----	15
Yoga Institutions Established by Paramahansa Satyananda -----	17
Address by the Commissioner -----	22
Swami Vivekananda's Message to Modern Man-----	25
The Power of Yoga and Renunciation -----	29
Yoga and Human Values-----	34
The Need for Yoga in the Modern World -----	38
The Divine Indwelling Presence -----	42
Abharodgar -----	50
Afternoon Session	
Upgrading the Moral Ethics of India -----	55
A Letter of Thanks-----	61
Newspaper Reports-----	62
Day-2	
Mid-Morning Session	
God's Mercy -----	69
Total Approach to Yoga as derived from the Taittiriya Upanishad and the Yoga Vashishtha-----	71
Summary -----	78
Yoga Experiment in Thane Central Prison-----	79
Summary -----	82
Role of Yoga in Heartcare-----	83
Summary -----	90
Integrity and Yoga-----	91
Mid-Day Session	
Mudras-Analysis, Importance and Practice in Tantra and Hatha Yoga, a Review -----	101
Summary -----	106
Yoga and the Brain -----	107
Summary -----	113
Afternoon Session	
Yoga and Cardiology in France-----	115
Yoga and Education -----	118
Summary -----	125
Highlights of Antar Mouna Meditation-----	126

Summary -----	137
Mission for Responsibility to Memory -----	139
Evening Session	
Vedic Origins and the Principles of Yoga -----	148
Ramacharitamanas Discourse -----	160
Surrender to the Will of God -----	171
Newspaper Reports -----	173
Day-3	
Mid-Morning Session	
Aim of Yoga -----	177
Compatibility of Homeopathy and Yoga -----	178
Summary -----	185
Yoga in Greece -----	186
Summary -----	189
Kundalini Research -----	190
Summary -----	199
Myth and Reality -----	200
Mid-Day Session	
Yoga and Mental Health -----	205
Summary -----	210
Guiding Principles in Yoga Therapy -----	211
The Mind in Hatha Yoga-A Review -----	217
Self Control -----	222
Afternoon Session	
Psychodynamics of Yoga -----	226
Instrument of the Divine -----	235
Summary -----	244
Yoga and AIDS-Related Diseases -----	245
Disciplined Lifestyle -----	250
Holistic Approach to the Problems of Modern Life -----	251
Summary -----	260
Evening Session	
Path of the Conqueror -----	262
Summary -----	274
Discourse on Ramchanritamanas -----	275
Day-4	
Mid-Morning Session	
Yoga for the Handicapped -----	287
Summary -----	292
Yogic Treatment of Mental Illness -----	293
Summary -----	299
Integration of Mind and Energy -----	305
Mid-Day Session -----	311
Therapeutic Aspects of the Yogic Scriptures -----	311
Summary -----	316
Science, the Human Being and Yoga -----	317
Summary -----	322
The Ayurveda of Australian Aborigines -----	323
Summary -----	327
Awareness of Cultural Conditioning -----	328
Summary -----	332

The Impact of Alternate Nostril Breathing on Patterns of Performance -----	333
Summary -----	337
Afternoon Session	
The path of Yoga -----	339
The Atmic Age -----	341
Return to Munger -----	344
The Necessity of Renunciation -----	347
Spiritual Wealth -----	353
Yoga Charter-Blueprint for the Future-----	363
A Grand of Thaks-----	369
A Final Vote of Thanks-----	374
Newspaper Reports-----	375
Letters of Thanks -----	394