

How Yoga entered into our life



Is there a life school where one learns how to live?

Can we dream of such centres of learning in the country?

It does not matter if we call these life schools
'The Yoga Institute' or we call it by other names.



Yoga has been in our lives since ages. Today, Yoga has many definitions. For some it is the union with the Highest and for some it is the complete control of mental modifications. Yoga is also preferred for excellence in work and evenness of the mind. In short, Yoga is the culture of consciousness and a way of life!

It creates a positive state of mind and helps in all the aspects and activities of life from food and sleep, to work and relationships. It is considered as a part of good dincharya and an act of faith without expecting results. Its overall approach is holistic and this helps in one's spiritual growth.

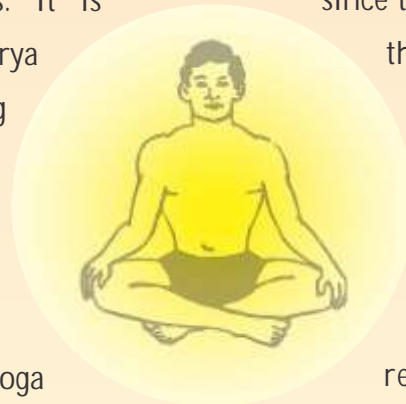
Majority of the people practicing Yoga and acquainting themselves with our Founder's talks have realised a new direction to life. Practicing Yoga asanas, kriyas pranayamas and yoga psychosomatic techniques has created tremendous faith in the system.

One's long association with the Institute and

Dr. Jayadeva and Hansaji's guidance, one has learned to live a better life. Also, being greatly inspired by like-minded friends at the Institute, one's attitude towards life changed. One became more and more positive and faith in God increased.

What helped most is devotedly reading 'Talks on Gita' by Vinobha Bhave & Dr. Jayadeva's editorial coloums from 'Yoga and Total Health' magazine since the last 7 years. In his book "Talks on the Gita", Vinobha Bhave mentions, - "The Gita is meant to teach us how worldly life can be purified. But it does not want us to remain there. Holding our hand it takes us to the ultimate destination (self realization)." One would like to continue reading such profound views as it has helped in understanding oneself better and better.

At the Institute the advice received has also helped many patients to overcome their illness. The advice in one particular case of chronic indigestion not only solved the problem but also made one



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2001-2008...

The birth of an Institute

2008: Yoga Camp for The Mumbai Police.



The Inspector General of Police, Shri Sadanand Date and DCP Shri Nisar Tamboli, in conversation with



The policemen practicing yoga asanas under the supervision of Hansaji.

2008: 'Yoga for Youngsters' a programme for students of Std.X in twelve Mumbai Municipal Corporation Public



2008: Capability and special projects with Children



In Ma Niketan - Orphanage for Girls



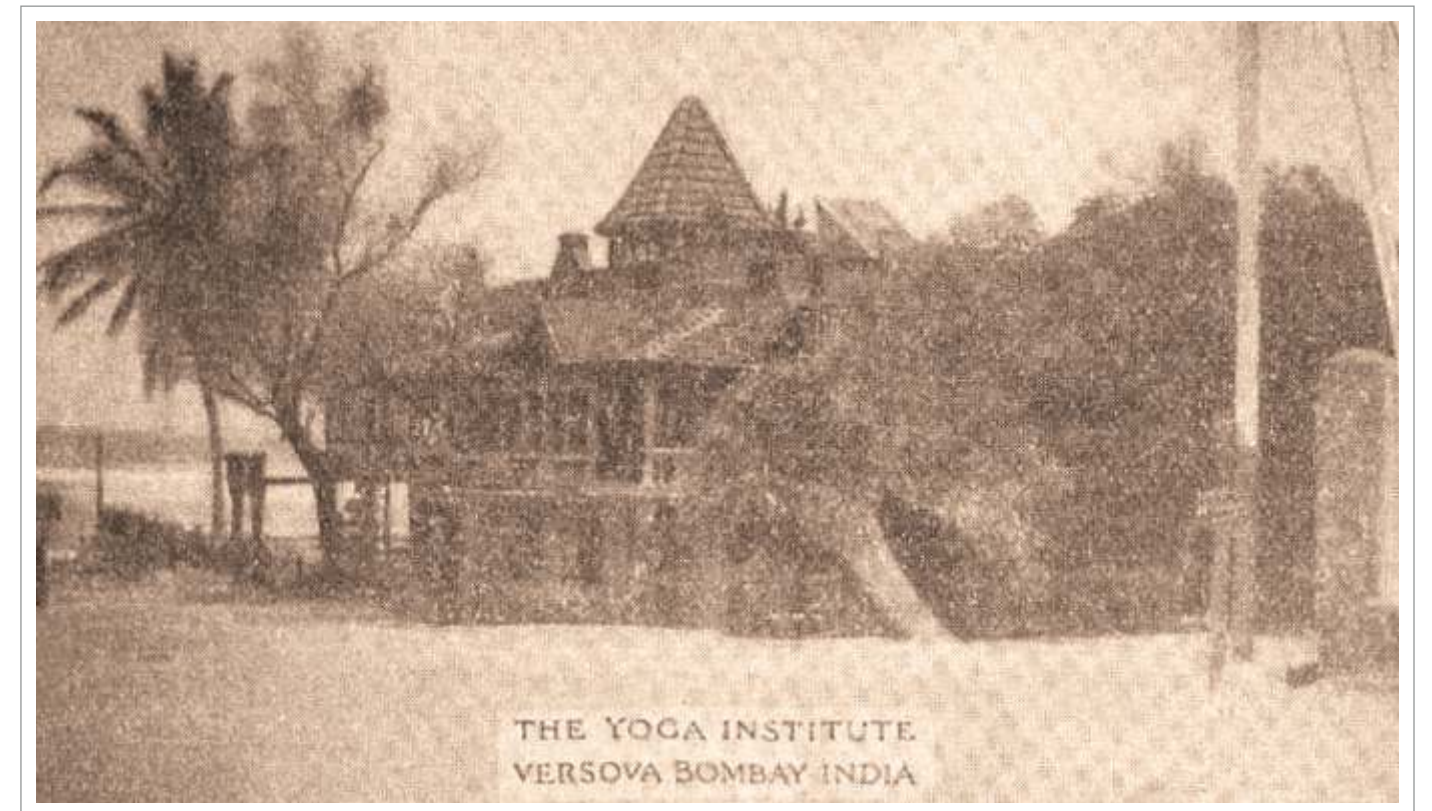
BECC - Runaway Children



REACH - Centre for Dyslexic and Special Children

1918: On Christmas Day, 25th December, 1918, the Yoga Institute was started at 'The Sands', the residence of the Grand Old Man of India, Dadabhai Naoroji, at Versova beach near Bombay.

This was a red letter day in the history of Yoga for, for the first time Yoga was taught to the man of the world. There were no charges and the only qualification was the desire to learn. Shri Yogendraji pioneered teaching the secret of Yoga here.



1919: On 25th September, 1919, Shri Yogendraji leaves for the US with Mr. Homi M. Dadina.

1920-30

The First Foreign Location of The Yoga Institute **1924:** First Collection of Old Hatha Yoga



1920: The Yoga Institute of America, on a hill top was founded in April 1920 on Bear Mountain, in Harriman, near Tuxedo Park, New York.

1920: First Modern Book on Yoga "The Lost Science of 5,000 years ago"

1921: First Yoga Documentary at Paramount Studios, U.S.A. First X-ray studies on Kriyas.

1922: Lecture tours by Shri Yogendraji throughout America. Over 2,000 cases of patients recorded at The Yoga Institute in the US till Shri Yogendraji was summoned home to India by his father.

1924: Research on Prana with Dr. Surendranath Dasgupta, the great Orientalist and philosopher and also a professor at Cambridge University.



Manuscripts listing 762 manuscripts collected by Shri Yogendraji from Bohar, Tillah Muth.



The Founder in European dress (shown by an arrow) is addressing the Natha yogins of the Tillah Matha during his visit in the early part of 1924.

1926: Lecture tours to North and South India, formation of Dynamic Variants of Asanas and Pranayamas for masses.



The Founder (extreme right) at a plateau between Gulmarg and Tangmarg, Kashmir during his visit to North India.

2005: Project on "Weight Management through Yoga" started. **2007:** 2nd December, Patanjali Jayadeva gets married to Kum. Gauri Keshavan



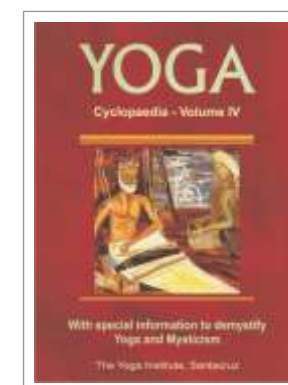
2005: Hansaji on her second visit to Hongkong with members of the Yoga Centre.



2008: Mother Sitadevi Yogendra, wife of Founder Shri Yogendraji, passes away peacefully on 10th April,



2006: Yoga Cyclopaedia Volume 4 released. It has special information demystifying Yoga and Mysticism.



2001-2008

1998: Conference with cardiologists "Towards a Healthier Heart through Yoga and Science."

2000: Dr. Shekhar Ambardekar, D. M., a renowned cardiologist, assessing the work of the Institute in 'The Caring Heart Project'.



2000: Project on "Reversal of Heart Disease - Yogic Way" started.

2000: Menopause Camp started.



2001: "Yoga and the Golden Years", the first camp for senior citizens started on 29th November, 2001.



2001: Hansaji visits Hongkong on 12th September, 2001 and inaugurates The Life Management Yoga

2004: The book "How to Reverse Heart Disease-the Yogic Way" released.



1927: Shri Yogendraji keeps up his promise to his father to marry and live a householder's life. On 29th August, 1927, Shri Yogendraji gets married to Sita Venkataraman Rao in Bangalore.



Secretarial duties of the Institute handed over to Sita Devi Yogendra

1928: The Yoga Institute shifts base to Bulsar, India, where various activities were gradually augmented.



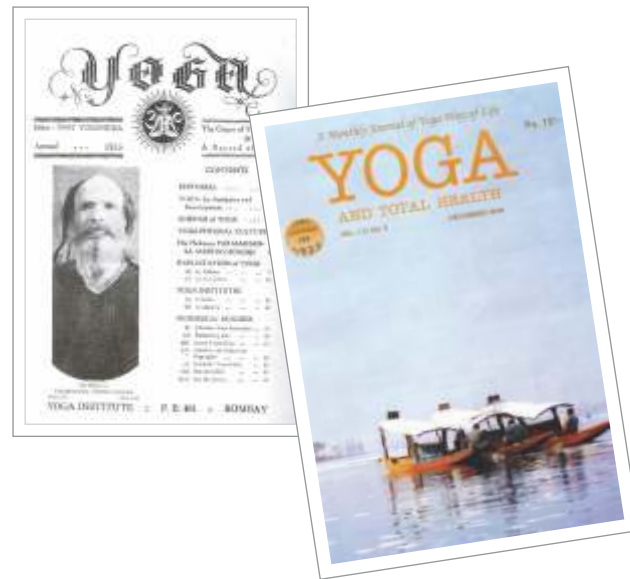
1928: First book published for popularising dynamic Asanas coordinated with Yogendra breathing.



1930: Manuscript "Yoga Personal Hygiene" completed. It was the first book on intricate Yoga processes listing research on Uddiyana and Pranayama.

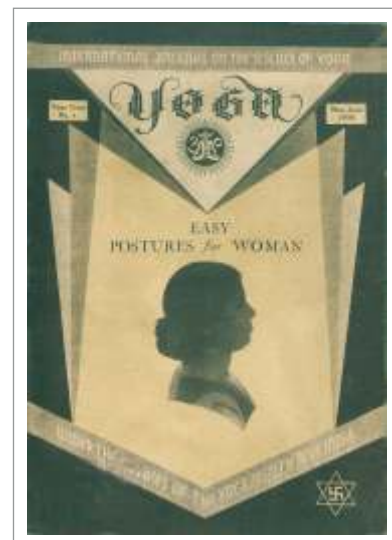
1931-40

1933: First journal of TYI, "YOGA" published as official organ of the Institute. It continues to date and is now known as "Yoga and Total Health".



Then.....and.....Now

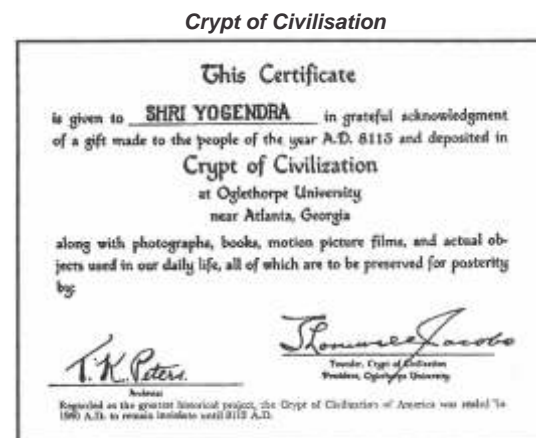
1934: "Easy Postures for Woman" by Smt. Sita Devi Yogendra, First Book on Yoga for Women.



1936: The Yoga Institute was shifted to Chowpatty, Mumbai.



1940: Publications of Institute microfilmed and preserved in Crypt of Civilization to be read 6000 years later (8113AD) by Oglethorpe University, USA.



1994: Dr. Jayadeva and Hansaji take a one and a half month tour to Britain, Germany, Canada and the US where they conducted lectures, workshops and seminars to inspire and support their students.



1997: The Birth Centenary of Founder Shri Yogendraji. 'WHY' (World Householder's Yoga) Conference on Sane Living. His Holiness Dalai Lama



An exhibition and 2-day experiential learning camps were inaugurated by His Excellency Shri P. C. Alexander, the Governor of Maharashtra.



1991-2000

1941-50

1991: Pregnancy, Pre-natal and Post-natal Camps started. In the one year period the mothers reported that the deliveries were joyful and less anxiety ridden. Book 'Pregnancy, Parenthood and Yoga' published.



1991: National Council for Educational Research and Training Approval of National Syllabus on Yoga after discussion with Dr. Jayadeva Yogendra and Smt. Hansaji Yogendra.

1991: 'Couples Class' - A Yoga class for married couples started.



1993: Cyclopaedia Yoga Volume III- Yogic approach in management of stress, psychosomatic and psychogenic diseases.



1994: Bombay Municipal Council sends teachers for primary school training.

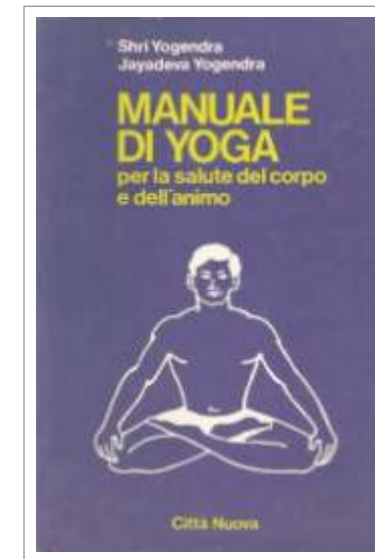
1994: 75th year of The Yoga Institute-gift to the nation, Central government project for training teachers in secondary schools started.



1994: 1st Road, TPS 5 Prabhat Colony, was renamed as Shri Yogendra Marg.



1941: Yoga Manual by Shri Yogendra and Shri Jayadeva Yogendra translated in Italian.



1947: Publication of new titles and revised editions.



1948: The Yoga Institute (TYI) finally found a permanent base in Santacruz, 30 years after its

1949: Onwards cultural attachés and diplomats of various countries visit TYI.



Soviet delegation



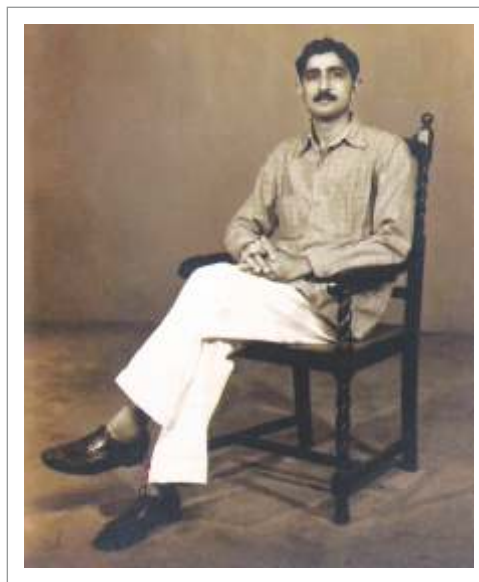
Chinese delegation



Famous Bulgarian scientist Dr. George Lazanov with the Yogendras.

1951-60

In the early fifties, Shri Yogendraji handed over to his son Dr. Jayadeva, the responsibility of organising various educational and training programmes at The Yoga Institute.



1951: The Government of India prepares its first Cultural Documentary film on YOGA at and under the supervision of The Yoga Institute.



A scene from the documentary.

1951: Harvard scientists and UNESCO experts, Dr. Theresa Browne and Dr. J.B. Milovanovich, came to TYI and conducted research on the effects of 'Yoni



1952: Introduction of Yoga in schools.



1957: Central Government donated scientific instruments for research and requested the Institute to conduct survey of Yogis in India.

1958: The Central Government recognised The Yoga Institute as a special training institute of Yoga and research. Special syllabus for Integrated Yoga Education evolved. Teachers Training started.



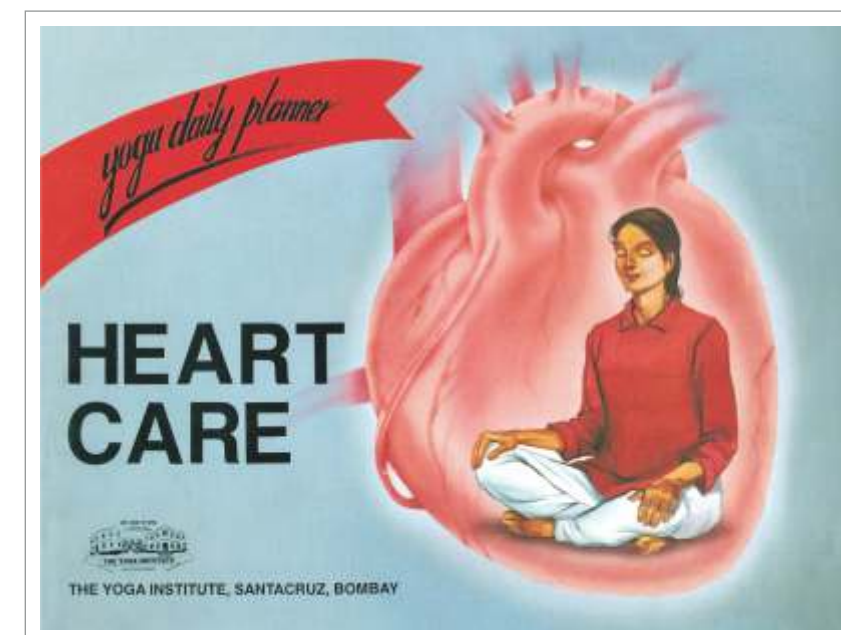
Some of the earliest students of the Teachers Training course.

1989: Stress Management Camps started.

1990: In a unique experiment, Yoga was introduced to National Textile Workers in Bombay. Over 600 participants were trained in classes conducted at the mill premises.



1990: The work on the cardiac camps consolidated. 150 patients had attended the camps and the results were published in a book 'Yoga Daily Planner- Heart Care.'



1981-90

The Yogendra family carries on the tradition.

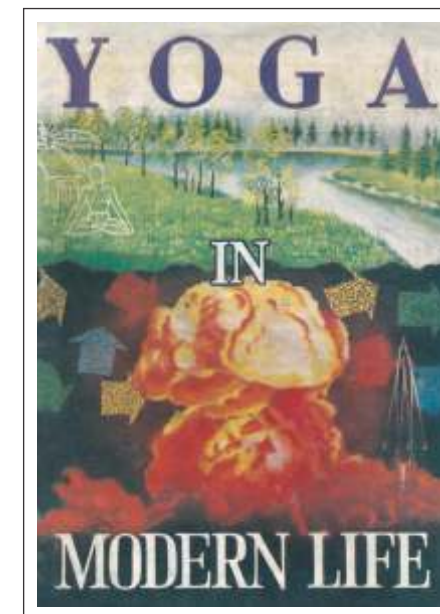


Sadhakas (the trained teachers of the Yoga Institute) were mainly responsible for the activities here.

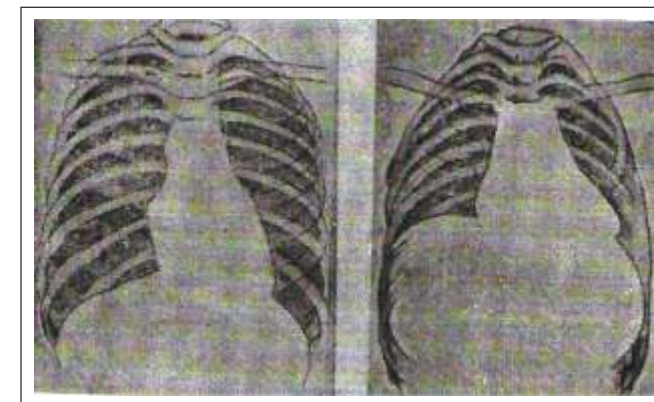


1961-70

1961: Dr. Jayadeva carried out a survey of Yoga Literature from prehistoric period and published details of 150 Yoga centres in the book "Yoga in



1963: X-ray investigations on patients.



1963: Collation and Publication of Hatha Yoga Pradipika by Dr. Jayadeva Yogendra.

1966: Research in the history of Yoga tracing Vedic, Upanishadic pre and post- classical period of Patanjali.

1970: The Yoga Institute launched the Medical Research Unit for research on psychosomatic and psychiatric diseases with aid from The Central



Shri K.K.Shah, Union Minister of Health inaugurating the Medical Research Unit of The Yoga Institute. On the right of Shri Yogendraji is seated the noted cardiologist Dr. K.K.Datey.

1971-80

1972: The Yoga Institute helped Friends of Yoga to organize the first All-India Yoga conference of 100



Yogendraji addressing the gathering.



Traditional Yoga practitioners.

1973: Smt. Hansaji becomes a part of the Institute by marriage to Dr. Jayadeva Yogendra.



1973: Various Educational Courses started, 21-day course, 15-day course introduced.

1974: Yoga Centres abroad established in Australia, Brazil, Canada, Finland, France, Italy, Japan, South America, Switzerland, Yugoslavia, United Kingdom,



Shri Harold Sequeira conducts Better Living Courses in Saudi Arabia.



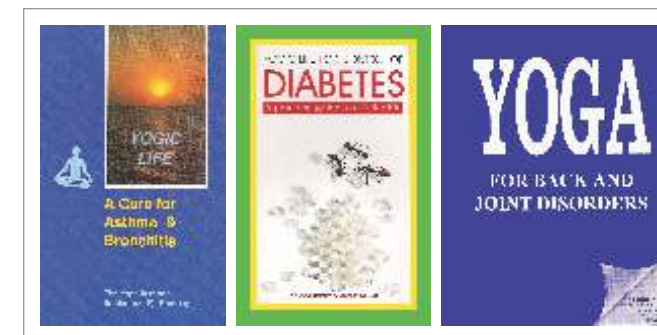
An evening get-together at The Saarijarvi Yoga Centre in Finland.

1988: A series of 2-day Health Camps for Asthma, Diabetes, Gastro-Intestinal Problems, ENT and Orthopaedic problems conducted in collaboration with Dr. A. Mahashur, Dr. Ajaonkar, Dr. Rajput, and Dr.

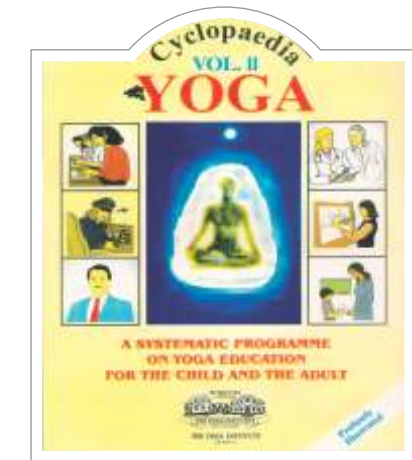


Dr. P.S.Mamtora offering guidelines for spinal disorders in the orthopaedic camp.

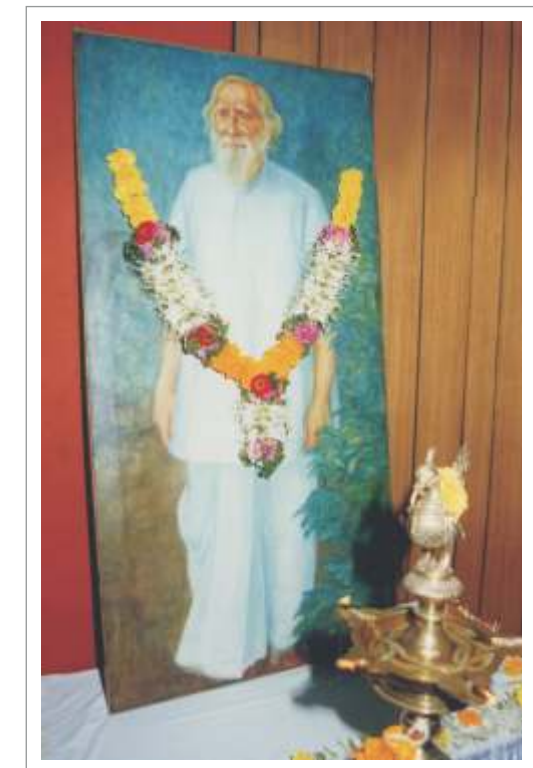
In these camps, Yoga is treated not as a therapy but as an education in living. The data in these camps is computed for books. The books published give Yogic guidelines and scientific results.



1989: Cyclopaedia Yoga Volume II- research on Yoga Education released.



1989: Founder passes away.



1981-90

1986: Research project on 7 schools in Bombay to assess personality development before and after exposure

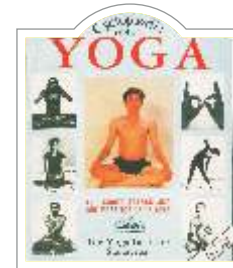


1986: Shri Yogendraji turned ninety on 18th November. The Governor of Maharashtra, Dr. Shankar Dayal Sharma (later The President of India), visited the



1987: Yoga Cyclopaedia project started, first volume published. The book consists of research on Asanas from old texts and is based on 70 years experience. A monumental work edited by Dr. Jayadeva Yogendra.

H.E. Giani Zail Singh, President of India visited The Yoga Institute on 23rd February, 1987 and released the first volume. He also inaugurated the "Shri Yogendra Museum of Classical Yoga"



1987: First Coronary Care Camp organised with Dr. S. R. Shah and Dr. Jayadeva Yogendra and Smt. Hansaji Yogendra.

1987: A series of 50 episodes for the Doordarshan (TV) was prepared after researching methods, in consultation with TYI. Smt. Hansa Jayadeva was the Yoga expert on the show. The show ran nationwide for



1974: On 28th February, 1974, Dr. Jayadeva Yogendra and Smt. Hansaji left for Australia via Singapore, on a lecture tour of one month.



An excerpt of Dr. Jayadeva's address:

"A person walking and dressed in saffron and carrying a flower is not necessarily a yogi. It is the character which makes the teacher and not the ornaments", he said. "There are many people who would like to transplant Indian culture to Australia, but this is wrong. What we must do is to take the best from both East and West."

1977: Smt. Sitadevi Yogendra and Mrs. A.N. Desai leave on yoga mission to Germany on invitation from Mr. Gerhard Unger, Director, Institute fur Klassischen Yoga, Nurnberg. They also visited Austria.





Genesis

26th August 1916 was a momentous day. Manibhai Haribhai Desai (later known as Shri Yogendra) was a young student at St. Xavier's College, Bombay. Despite a distrust of Sadhus, he went at the insistence of his roommates to a discourse by Paramhansa Madhavdasji. The two met.



In Mani's own words

"On the night of Saturday, 26th August, 1916 Ambalal and I set out for the dharamshala of Madhav Baug. I had mixed feelings even as I was going there. As soon as I saw Paramahamsaji, I felt that here was a man- a g r e a t m a n . My early thoughts of belittling sadhus diasappeared. All my earlier misgivings seemed to go away, as our eyes met. There was a feeling of complete understanding and I felt humble and greatly drawn to the Master.



The Founder, Shri Yogendraji, worked very hard to bring Classical Yoga to the world. He spearheaded the 'Yoga for the Householder' movement in the world. To make the practice of Yoga fit into today's lifestyle milieu, he simplified Asanas, Kriyas, Pranayamas, Meditation and many other techniques.

Smt Sitadevi, wife of Shri Yogendraji, had dedicated her life to her revolutionary husband's vision, contributing equally in bringing householder Yoga to the world. That is why she was affectionately addressed by all as 'Mother'.



Dr. Jayadeva Yogendra, President of The Yoga Institute, and Smt. Hansaji Jayadeva, Director, are the propelling force behind many activities going on at the Institute. They inspire all by their purity of life. They practice what they preach.

Under the guidance of Hansaji, the ladies wing was expanded. She strongly focuses on Isvara-Pranidhana (surrender to the will of God) which allows the individual to carry on regardless, even when complete understanding of events is not available.

