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# PRADNYA

|| Let there be Light ||





## ॥ प्रार्थना ॥

ब्रह्मविद्यां नमस्कृत्य मद्गुरोः चरणौ तथा ।  
ज्ञानप्राप्त्यर्थं प्रस्थानं राजमार्गं करोम्यहं ॥  
संतुष्टोऽहं कृतज्ञोऽहं कृतार्थोऽहं पुनःपुनः ।  
प्राण नाद तेजोऽतीताम् ब्रह्मविद्यां नमाम्यहम् ॥

### ॥ Prayer ॥

BRAHMAVIDYAM NAMASKRUTYA MADGUROHO CHARANAU TATHA  
DNYAN PRAPTYARHA PRASTHANAM RAJMARGE KAROMYAHAM  
SANTUSHTOHAM KRUTADNYOHAM KRUTARTHOHAM PUNHA PUNHA  
PRAN NAD TEJOTITAM BRAHMAVIDYAM NAMAMYAHAM

Meaning: Having paid my respects to Brahmavidya and my teacher, I begin my journey on the noble path to gain (Self) Knowledge. Again and again I feel that I am happy, I am grateful and I am blessed. Again and again I bow to Brahmavidya, which is beyond Breath, Sound and Light.

### • Our Vision •

Physical, mental and spiritual development  
of the entire human race

### • Our Mission •

To promote, to preach and to teach  
the unique system of Brahmavidya

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Visit us on YouTube

<https://www.youtube.com/c/brahmailydiasadhaksangh>

Visit us on Instagram

 [brahmailydia\\_sadhak\\_sangh](https://www.instagram.com/brahmailydia_sadhak_sangh)

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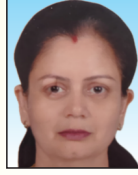
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## DISCLAIMER

Thousands of students have reported improvement in their health by practicing Brahmavidya methods of breathing exercises and meditation. Many have reported remarkable recovery from various ailments. In spite of this, Brahmavidya Sadhak Sangh advises students undergoing medical treatment that they should not discontinue their medication without consulting their doctors.



## Teacher's Introduction



Aparna Prabhu  
Conducts Basic Course in English

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## Students Practising in Camps





Brahma Vidya Sadhak Sangh

## Brahma Vidya Ashram : Arohan





Brahma Vidya Sadhak Sangh

## Editorial

### *Knowledge of Prakash Yoga of Brahma Vidya spreads far and wide*

Welcome back to yet another masterful account of activities conducted by Brahma Vidya Sadhak Sangh to propagate the ancient science of Prakash Yoga of Brahma Vidya. Pradnya 2024 highlights all aspects of Prakash Yoga of Brahma Vidya and its sustained momentum over the past year.



Sugandha Indulkar

Prakash yoga of Brahma Vidya has now re-commenced its offline classes across the State. Few online classes are available, for the benefit of those who are not able to attend offline classes. Teacher training initiatives, study groups, and practice classes are back to normal offline mode.

At present Brahma Vidya camps covering Basic Course, Advance Course Revision and more are running successfully at Jai Hind Mahavir Health Centre, Lonavala. Aarohan Ashram is nearing completion hence we will be able to conduct residential camps at Arohan Ashram in near future. An increasing number of teachers in different languages have joined the ever-increasing teachers' group of Prakash Yoga of Brahma Vidya.

The Pradnya 2024 edition, which you now hold in your hands, provides comprehensive reports on all these activities. It includes a thought-provoking Guru Speak section, featuring insights from Gururji Shri Jayant Divekar, Chief Trustee of Brahma Vidya Sadhak Charitable Trust and founder of Brahma Vidya Sadhak Sangh. In this segment, Gururji delves into the subtle nuances of the concept of 'Faith.'

The finer aspects of Prakash Yoga of Brahma Vidya are meticulously articulated in the 'Contemplation' section. Experiences of the students are also shared, offering truly inspiring narratives. This annual souvenir, 'Pradnya,' serves as a consolidated overview of everything related to Prakash Yoga of Brahma Vidya.

I would like to express gratitude to: Mr. Amol Dharme and Mr. Yatin Panse of Sarathi Enterprises for designing and printing, Brandmaker333 for the cover page, office staff of Brahma Vidya Sadhak Sangh and all those who have contributed articles, the page donors, teachers and volunteers of the Sangh, and each one who has directly or indirectly contributed to publication of Pradnya 2024.

Do buy and distribute additional copies of Pradnya 2024 to share this wealth of knowledge with your near and dear ones.

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## Contents

### Guru Speak

Dawn • Guru Jyotirmayananda .....	01
My Faith • Shri Jayant Divekar.....	02

### Contemplation

Develop Strength • Swati Jog.....	04
Light • Anita Korde.....	07

### Yearly Review

Let there be Light • Manjusha Patankar.....	09
The Ever Expanding reach of Prakash Yoga of Brahmavidya across the digital world • Dr. Nitanta Shevade.....	14

<b>Arohan Ashram</b> – A dream realised.....	16
--	----

### FAQ's

Your Key to Health and Success.....	18
-------------------------------------	----

### Experience

Reshaping Perception of Life • Sameer Shenoy.....	20
My Master Key to Success • Richa Saynak.....	21
Second Inning of Life is Happier! • Rajani Gatakal.....	22
78 Years Young • K Adinarayana.....	22
Multiple Benefits • Dr. Veni.....	23
Retired but not tired • Yashashree Poman.....	23
Benefits of 30 days practice session • Binota Patni.....	24
Brahmavidya for Health • Indu Kumar.....	25
Navigating uncertainty with Brahmavidya • Jayant Sambargi.....	25
Free from negative thoughts • Samit Salian.....	27
Feeling Grateful • K Suryakumar.....	28
Brahmavidya helps discover purpose and meaning in life • Jayashree Rajaraman.....	29
Healing with Brahmavidya • Sathya Srinivasan.....	30
Transforming Personality • Mamta Makhijani.....	30
A Positive Experience • Mittal Shah.....	31
Ocean of Knowledge • Amit Soman.....	32
Brahmavidya – A Way of Life • Vinay Patwardhan.....	33
Increasing Joyfulness by Scientific Breathing • Shivani Saxena.....	33
Importance of Advance course revision camp • Vinita Sawant Koyande...	34
Benefits of practice of Brahmavidya.....	35
Prakash Yoga of Brahmavidya for children.....	36
<b>Poem</b> : Miracle of Breath • Sanjay Karandikar.....	37
<b>Info</b> .....	38





## DAWN

*The dark and ominous mountains high  
With steep and naked endless stretch  
Full of deep and wide ravines  
Revealed a blunt outline of pink.*

*The vast horizon changed its hue  
Giving place to golden rays  
That rose up high in beautiful splendour  
Right from glorious Rising Sun!*

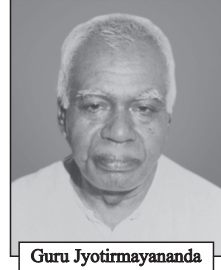
*The spell of darkness now fading fast  
The Life – giving Light spread far and wide  
Thrilling the shoots of grass and plants  
That swayed and danced with joy and grace!*

*The jungle birds, so varied and strange  
Began to chirp and sing with joy;  
They flew across the mountains high  
In countless groups, beyond my gaze.*

*The rabbits and deer, with ears raised high  
Hopped in groups from place to place,  
Hugging and playing as I passed  
The open plains that welcomed me.*

*I heard the splashing sound so near  
That made me walk towards the spot,  
And the glory I saw! The tiny waterfall  
Dazzling in the light of the Morning Sun!*

*I washed my face, my hands and feet  
In the cool and thrilling water divine,  
And drank the nectar, so sweet and pure  
That made me forget the world around!*



Guru Jyotirmayananda



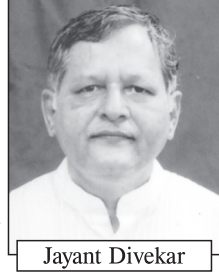
## MY FAITH

*Chief Trustee Shri. Jayant Divekar delves into the subtle nuances of the concept of ' Faith '*

**I** am My Faith! That is, I am nothing but my faith, the expression of my faith.

In the seventeenth chapter of the Gita, Lord Krishna says,

"श्रद्धामयोऽयं पुरुषो यो यच्छ्रद्धः स एव सः" || 17 - 3 ||



Jayant Divekar

That is, a man is full of faith and whatever is his faith, so is he.

What is Faith? What is it that man is full of, or that which completely pervades man? What is it on which the whole life of man is based?

Faith is a very popular word but most people do not think about what faith actually means. It is generally understood that one who believes in God has faith and one who does not believe in God has no faith. Now everyone thinks of God differently and so he says I have faith in this God or this Goddess or something else. In short, your belief about God is considered as your faith. So, everyone thinks that there is no role of faith in other areas of life and that faith has no value in practical day to day life.

As we have seen earlier, faith is something or an ability within us that pervades our entire life. There is faith in all the things of our life. And our life is based on this faith. Therefore, whatever our faith is, we are. We cannot be more than our faith.

**What is this all-pervading Faith? Faith is that ability in us or that something in us which enables us to believe without any proof or evidence.**

It will take some time to understand this definition of faith, because you have never thought of faith like this before. To understand this, you must observe within yourself. Living is doing. We are constantly in action and are doing something. From every action we expect some result. Before starting an action, we feel strongly that the action that we have chosen will give us the desired result. **It is faith that enables us to believe and act.** When our faith is weak or shaky, we



are in doubt and are unable to take any action.

Let us take a very simple example. Suppose you want to drink water. Now this is a very simple daily activity. We will not even realize that there is any place of faith in this action. But the faith is there. We believe that this water is fit for me to drink. That is why we can drink water. If we get a doubt in our mind that this water may be contaminated, then we will not drink the water.

Now we are living which means we are constantly doing something. There is faith in every action. From this we can see that faith pervades all our actions, that is, our entire life.

Every human being has this capacity i.e. faith and it is only because of faith he can live. If there is no faith, man cannot live. Those who believe in God and also those who do not believe in God both have faith. One's faith tells him that there is a God, while the other's faith tells him that there is no God.

After realizing the true nature of faith as given above, **we can see that if we want to improve our life, we must improve our faith.**

At birth, we may say that the infants have faith in its pure or neutral form and it is uncultivated. It is simply the pure ability to believe. As the child grows up, this neutral ability is cultivated and the child's faith is moulded by the surrounding culture in which it grows. Apart from the surrounding culture, the child's own thoughts and experiences mould its faith. This is how everyone's faith develops and everyone lives his life on the strength of this faith.

Generally, no one tries to develop his faith. Without changing his faith, man tries to change his life and mostly he fails in his efforts.

**But if a man gets his faith right, he can succeed in improving his life.**

Developing Right Faith is the first step in our course of Prakash Yoga of Brahma Vidya as it is the foundation of our life. Right Faith is developed through the practice of the methods taught in our Basic Course. **Therefore, let us all hold fast to our sadhana and develop Right Faith.**





## Develop Strength !!!!

*Swati Jog, Teacher, explains about the origin of Strength*



Swati Jog

**A** part of my daily routine is to go through the daily newspaper, and mainly to see the pictures on the last page, sports page. Photographs of different sports like cricket or tennis or swimming etc. A catch taken in the air or a powerful stroke for a sixer or a goal made. The photographs speak about the strength, resilience, perseverance, agility, grace, speed and much more.

Strength is very dear to us. It attracts us. A weak person is a looser, at the mercy of others.

All of us are endowed with a certain amount of strength to live. We use our physical strength to walk, to sit, to read, to write, to cook, to eat and so on. Similarly, we use our mental strength to think, to analyze, to decide, to plan and so on. Without physical and mental strength, we can not live as humans.

But life is not merely living, it is progressing, winning, moving ahead. We have to do better and better, in all walks of life, to face the severe competition. This requires acquiring new skills, polishing our abilities by hard-work & intense efforts. Efforts at educational institutions, on the sports ground, at fine arts classes, in factories or at construction sites etc. develop our personality. These unique skills and capabilities build our strengths as we use them to earn money, to gain name, fame and respect. We stand out as **SOMEBODY**. This satisfies our ego. From **BEING NOBODY TO BEING SOMEBODY**, is the innermost desire of all humans. This is the journey of developing strength.

As we look into our own life and the life of others, it is very apparent



that strength leads to success and ultimately to happiness.

We stand in awe at the strength and power of the participants and winners at Para Olympics, the mountaineers who reach the peak in spite of low oxygen levels at high altitudes, snow storms or avalanches, the parents who survive on one meal to educate their wards and the students who endure hardships to complete education.

Likewise, we see another facet of strength --- Moral Strength! All of us know about Sadhanatai and Baba Amte who devoted their lives to India's poorest and especially to take care of those who suffered from leprosy. They nurtured only one aim, to empower the poor. Dr. Ravindra and Dr. Smita Kolhe transformed the lives of tribals at Melghat, Maharashtra. We have many such examples of the great warriors who have tirelessly worked for the well-being of the society at large by giving up their own personal well-being.

Thus, strength is multifaceted. It exists in each one of us. Now, the pertinent question is, what is the source of Strength?

The source of all Strength is the Divinity within us, the Life Force in each one of us. Divinity is established in each one of us. The core of all spiritual teachings is, "Man, you are Divine. You are much more than what you appear to be". Strength lies in recognizing oneself as superior to what one appears to be. Connecting with the Divine qualities by consciously putting in efforts in aligning with it, staying connected with the Divine, helps us to develop the inherent strength.

Take Kurukshetra battlefield, where both the armies were ready for the battle for the righteous war. Arjuna's chariot was placed in the middle of the battlefield. The crouch blew, and Arjuna raised his mighty bow, Gandiva. He saw his own family members, teachers and dear ones on the opposing side. Overwhelmed with sorrow, he felt powerless. He pleaded for guidance. Bhagwan Shri Krishna through his discourse made him aware of his true nature. Arjuna



could connect himself with the Divine within him. Arjuna regained his composure and fought the righteous battle.

Swami Vivekanand traveled to America for the Parliament of Religions. Was it an easy journey? He had no money, no warm clothes and nowhere to stay or eat. Yet, Swamiji did not turn back. He delivered his famous speech. History was created. **THIS IS SPIRITUAL STRENGTH.**

All of us can develop strength as strength is inherent within us. Then, why don't we feel It? The reason is our mind is filled with negations --- the feeling of limitations, incompleteness. The thoughts like, I am too old, I am not capable, I am bound to fail. We accept weakness and we become weak. These thoughts are the hurdle, preventing the flow of strength.

Here, Brahmavidya teachings come to our rescue. The practice of Breathing Exercises helps to build physical strength. Meditation helps to get rid of negations, stress. What we think that we become. So, working upon our thinking is a necessity. As the working of the body and mind improves, the hurdles are removed. And Strength flows freely!!



*Students practising at English Advance Course Revision Camp at Lonavala*



## Light

*Anita Korde, Teacher, explains how Prakash Yoga of Brahma Vidya helps in our journey towards Hope*



Anita Korde

**I**n Prakash Yoga of Brahma Vidya, we conclude every session with a prayer

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ॥

मृत्योर्मा अमृतं गमय । ॐ शान्तिः शान्तिः शान्तिः ॥

Meaning:

- 1: Om, (O Lord) From (the Phenomenal World of) Unreality, Lead me towards the Reality (of Eternal Self),
- 2: From the Darkness (of Ignorance), Lead me towards the Light (of Spiritual Knowledge),
- 3: From the World of Mortality (of Material Attachment), Lead me towards the World of Immortality (of Self-Realization),
- 4: Om, Peace, Peace, Peace.

### Why do we pray to Prakash or Light ?

Throughout the history of mankind, across various cultures and civilizations, light has been universally linked to divinity or the Divine. In nearly every societal context, darkness instilled fear and unease, while light provided solace and safeguarding to ancient civilizations.

Light is often used as a symbol of knowledge, wisdom, and enlightenment. In many spiritual traditions, it represents the divine, purity, and the presence of the sacred. Light is also associated with guidance and illumination, both literally and metaphorically. It is seen as a source that dispels darkness (ignorance) and leads individuals on their spiritual journey, helping them navigate through life.

Light is considered a purifying force. In meditation, we request Light to purify ourselves by visualizing Light.

Light is often seen as a manifestation of the divine presence. It is associated with the idea of God or the universal energy shining forth,

- Vivek Bhardwaj – in memory of the parents
- With gratitude from Neena Sethia



bringing a sense of connection between the earthly and the divine realms.

Light is linked to increased awareness and consciousness. In Prakash Yoga, we seek inner light to gain insight, self-awareness, and a deeper understanding of the nature of existence. Light represents journey from despair to hope.

Most religions teach that there is a spark of the Divine (Prakash / Light) in every human being. The practice of Prakash Yoga helps develop the divine Light within each seeker. With regular practice of Spiritual Breathing exercises and Meditation, this Light shines at every level. Being potentially divine, man has within him all the power required to overcome his difficulties. Prakash Yoga of Brahmavidya helps the sadhak to get in touch with the Light or the Divine potential or the Supreme Intelligence and teaches each one how to use it in a practical way by improving our physical & mental well-being.



*Chief Trustee Shri. Jayant Divekar at Dombivli Pragat Melava*





## Let there be Light

*Under the aegis of Brahmavidya Sadhak Charitable Trust the work of teaching this ancient science of Yoga and Philosophy is being carried out since 1997. Here is the annual report of the activities of the Trust*



Manjusha Patankar

**T**he work of propagating the teachings of Brahmavidya was commenced by Guru Jyotirmayananda in Mumbai and its suburbs. Thereafter, his disciple Shri Jayant Divekar Sir whom we fondly address as Guruji continued the work of spreading Prakash Yoga of Brahmavidya. He translated all the English lessons in Marathi. As a result, the knowledge of Brahmavidya has spread rapidly across Maharashtra.

In the year 1997, Brahmavidya Sadhak Charitable Trust was formed and registered. The Vision and Mission of the Trust were formulated.

**Vision** : Physical, Mental and Spiritual development of the entire human race.

**Mission** : To promote, to preach and to teach the unique system of Brahmavidya.

**The teachings of Prakash Yoga of Brahmavidya are divided in four levels :**

1. Children's Course: 7 weeks (10 to 18 years)
2. Basic Course: 22 weeks (18 years and above)
3. Advance Course: 104 weeks
4. Teachers' Training Course: 96 weeks.

All the classes are conducted once a week for 1½ hours. A student completes all the courses in around 5-6 years.

Upon completing the aforementioned levels, students become eligible to participate in the teachers' workshop if they aspire to become teachers.



Following the successful completion of the workshop, the selection process is conducted by a panel comprising Guruji and senior teachers. Becoming a teacher typically takes 6-7 years, during which the aspiring teacher engages in various activities of the Trust, gaining valuable experiences. These trained teachers, committed to the principles of Prakash Yoga of Brahmavidya, contribute selflessly to propagate these teachings, playing a vital role in spreading them far and wide. The classes are conducted by trained teachers at all levels in English, Marathi, Hindi and Gujarati.

Free introductory sessions are held in schools, colleges and offices. If anyone wishes to arrange introduction to Brahmavidya in their office or company they can contact us on our E-mail ID – [bssccorporateteam@gmail.com](mailto:bssccorporateteam@gmail.com) Some introductory lectures and interviews are available on YouTube too.

### **Brahmavidya and modern technology -**

With modern technology it has become very convenient to reach out to students in any part of the world. WhatsApp, Facebook, YouTube, Instagram, Google ads, Podcasts, etc are very useful to reach aspiring students and to provide class details to them.

Under the able guidance of our Respected Guruji Shri Jayant Divekar, Brahmavidya Sadhak Sangh has been able to use modern technology to continue with the teachings in spite of "lockdown" during the covid pandemic. At the onset of the pandemic, teaching had to be stopped abruptly. But soon Respected Guruji trained all the teachers. The teachers were totally new to this technology. But everyone took efforts, worked hard and very soon started using the new apps available for online teaching efficiently.

As the situation is back to normal, we have resumed offline classes. There is no substitute for personal meeting of students and teachers in the classroom for teaching philosophy of Brahmavidya. It is a mammoth task to get students back to the classroom. All teachers are putting in serious efforts in this regard. Some Online batches continue for the benefit of aspiring students who are at far off places.



**Number of students:**

**July 2022 to June 2023:**

<b>Children's course</b>	<b>239</b>
<b>Basic course</b>	<b>3,522</b>
<b>Advance course</b>	<b>329</b>
<b>Teachers' training</b>	<b>156</b>

Total of 2,24,679 students have learned the Basic Course of Brahmavidya so far. Slowly the offline classes are gaining momentum.

**Residential Camps:** The Pandemic took a toll on the residential camps. After a break of two and a half years we have resumed conducting camps in Marathi, English, Hindi and Gujarati at Jai Hind Mahavir Health Centre, Lonavala. On an average one camp is conducted every month. Jai Hind Mahavir Health Centre is a serene place with cozy, clean accommodation and tasty vegetarian food. Students from all over the country and abroad can take the benefit of residential camps.

We plan to conduct residential camps at our own Ashram, Arohan, from April, 2024. Arohan Ashram is equipped with all modern amenities and is a scenic place.

Along with Basic Course camps, Revision camps for Basic Course and Advance Course are conducted on a regular basis. The Revision camps help the students to understand the lessons better and to improve their practice of Breathing exercises and Meditation.

Camps conducted so far: From November, 2022

Basic Course Camp of 5 days -

Marathi 10 camps, English 8 camps, Gujrati 2 camps and Hindi 1 camp.

Advance Course Revision Camps of 4 days -

Marathi - Camp 1 (Commentary 1 to 39) - 4

Marathi - Camp 2 (Commentary 40 to 78) - 2

Marathi - Camp 3 (Commentary 79 to 104) - 1

English - Camp 1 (Commentary 1 to 39) - 3

Basic Course Revision Camp - Marathi - 1

**New initiatives -**

- Ruchira Godbole - Gratitude to The Almighty
- Anasuya Devi Rejeti - in memory of Gumma Ramalinga Swamy



- 30 days online practice session: Teachers conduct 30 days Practice session. As the students practice along with the teachers for 30 days it brings regularity and accuracy in their practice.
- 3 Days free online Meditation sessions are conducted for benefit of all.
- Online Introductions are uploaded on the website to create awareness about Right Breathing and Right Thinking.

**Annual Gathering :** The Trust organises Annual Gatherings of Marathi Advance course students at Thane, Pune, Borivali, Dombivali, Dadar and for English section. The students meet, share and exchange their thoughts. Guruji conducts group practice of all students, which is a major highlight of these gatherings. A recount of the annual activities of the Trust is also presented during the gatherings. Such gatherings become a memorable, enriching experience for all the students.

**Revision Class :** Many students after completing the course are unable to maintain regularity in their practice, hence the Trust has started Revision classes at various centres.

The Teachers conduct Revision classes as follows:

- Basic Course Practice Session: 7 weeks
- Basic Course Revision Session: 11 weeks
- Advance Course Revision Session: 26 weeks
- Advance Course Practice Session: 14 weeks

**Study Groups :** Students of different courses, voluntarily come together at a suitable place every week to help each other in improving their practice. Study trips of students are also arranged so that they come together and practice.

**International Yoga Day:** On the occasion of International Yoga Day group practice of students is arranged at various centres.

**Office:** The office of the Trust is always open for enquiries pertaining to the courses and the classes at different locations. The office staff is ever eager to answer the phone calls received throughout the day. The preparation for all the above mentioned camps and gatherings is done at the office. They provide all the required materials for these



activities. The printing of all the lessons and pamphlets is carried out and supervised by the office. Later, the appropriate material is dispatched to the teachers.

The office staff along with the support of the senior and responsible members also take care of all financial matters very meticulously. It is essential to mention here that computerised accounts of Trust and all its activities are maintained at the Pune and Thane office. The office remains opens on all days except Sundays and bank holidays.

Brahma Vidya Sadhak Sangh has moved to its own office premises at 1st Floor, Periwinkle Villa (Durgadham), Dr. Ramesh Pradhan Marg, near Shivsena Shakra, Talaopali, Thane – West – 400 602.

**Pradnya:** Annual souvenir "Pradnya" is released by Shri Divekar Sir at the Annual gathering.

**Page donations:** Any student can make a contribution of Rs. 1000/- per page in memory or as Gratitude.

Let us pledge to spread the light of Prakash Yoga of Brahma Vidya far and wide and start working towards it!

We appeal all our readers to help us in our endeavour to spread the teachings of Prakash Yoga of Brahma Vidya – Right Breathing and Right thinking!



*Office Staff  
at Thane Office*

- Aparna Prabhu - in memory of Parents & In - Laws
- With gratitude from Dharmesh Shah



## The Ever Expanding reach of Prakash Yoga of Brahma Vidya across the digital world

*Dr. Nitanta Shevade, Teacher, presents a short glimpse of digital and social media activities conducted by Brahma Vidya Sadhak Sangh*



Dr. Nitanta Shevade

The Light Shines On!

**B**rahma Vidya Sadhak Sangh (BSS) currently has a lot of new activities, many more than in the pre-pandemic days, dedicated to spreading the knowledge of Prakash Yoga of Brahma Vidya far and wide.

Respected Gururji Shri Jayant Divekar revamped the website “brahma Vidya.net” to make it user friendly and dynamic. For the first time the entire registration process, admissions and class administration started through the website, making it very easy for teachers to conduct classes.

Today, this knowledge can be easily shared with anybody in any part of the world with the availability of user friendly platforms such as BSS YouTube, Facebook, Instagram, WhatsApp, Podcast and other social media outlets.

Study groups, Children Course, Basic and Advance Course classes, revision and practice sessions are now conducted both online and offline making it very easy for anyone to study this unique science.

Today, we are happy to announce that Prakash Yoga of Brahma Vidya has indeed brought the world closer to a new dimension. We have successfully bridged the gap between real and virtual worlds making all the knowledge available to the seekers at the touch of their fingertips.

BSS conducted five online sessions from our Facebook page, which are available now permanently to any seeker who wants to access



them even today. We regularly advertise the classes and various events on Facebook. BSS regularly posts informative and beautiful inspiring creatives, videos and gifs on its exclusive Brahma Vidya Sadhak Sangh (BSS) Facebook and Instagram Page.

Every Friday at 10 pm, meditation sessions were hosted on our YouTube channel. Most of these videos are now available on Brahma Vidya Sadhak Sangh (BSS) YouTube Channel and links can be sent to your relatives, friends and associates. Many teachers have shared their heartfelt experiences and these have touched and inspired one and all.

Frequently, vibrant visuals and insightful quotes are shared on WhatsApp, Facebook, and Instagram as part of our ongoing efforts to promote and advertise our classes to a broader audience.

We also upload audio-visual clips of experiences shared by students on both YouTube and Podcast. Informative interviews of our teachers which were aired on various TV channels are now made available on BSS YouTube channel.

Promotional Advertisements are released regularly on platforms such as Google, LinkedIn, making Brahma Vidya Sadhak Sangh visible and accessible on the digital platforms.

Heartfelt thanks, many congratulations and warm regards to all the teachers, volunteers and seekers who have been participating regularly in these digital activities! We appeal all our readers to subscribe, follow, like and share our virtual channels: YouTube, Facebook, Instagram and Podcast. This is your contribution to spread the Light of Divine Wisdom.

Under the guidance of Respected Guruji's foresight, strong leadership and loving encouragement, let us celebrate this Pradnya Souvenir of 2024 and earnestly pray, "Grant us a heart full of Joy and Gratitude."

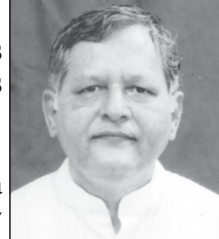




## Arohan Ashram – A dream realised

Dear Readers,

We are happy to share with you that the ambitious project of Brahmavidya Sadhak Sangh to build its own Ashram is nearly complete.



Jayant Divekar

In July 2010, during the Guru Purnima programme, all teachers had unanimously proposed that we should have our own Ashram. It was decided to search for a large plot of land between Mumbai and Pune, keeping in mind future expansion. Accordingly, in March 2011 an appeal was made to every Advance Course student to donate Rs 10,000 or more and similar appeal was made to every Basic Course student to donate Rs 1,000 or more as gratitude for this project.

So far, we have received an overwhelming response from the students to this appeal. A plot of land at Nesawe village, near Kamshet was purchased and a stone masonry compound wall and stairway to the hillock has been constructed.

The said plot of land admeasuring about 18 acres is located between Uksan and Shiravata Dams, around 14 kms from Kamshet, and is endowed with natural scenic beauty. The plot is well connected by a motorable road and regular ST buses are available from Kamshet. It takes about two hours and thirty minutes from Thane and one hour and thirty minutes from Pune to reach the plot by car.

On approval of the construction plans, construction of 2 Halls started in December 2019 and are now ready for use. These halls would be used as Dining Hall and Kitchen.

It was decided to increase the number of five-days 'Basic Course Residential Camps' before starting the construction of residential building. Accordingly, we had started conducting at least two residential camps every month from September 2019 in 4 languages i.e., Marathi, English, Hindi and Gujarati. We had hoped that once these camps are conducted regularly, we can commence the Ashram building work somewhere around October 2020.

However, the pandemic and the lockdown upset all our plans. For almost two and half years, the construction work could not progress





further. We could not even conduct any residential camps during this period.

Now we have again started conducting the residential camps at Lonavala from November, 2022. The construction of first residential building comprising rooms which can accommodate around 70 participants on twin sharing basis and also two halls for conducting the classes is progressing satisfactorily.

***It is planned that all the residential camps of the Basic Course and Advance Course will be conducted in Arohan Ashram from April, 2024.***

The Basic Course and Advance Course students visit Arohan Ashram and they find the vastness of the site overpowering. They are happy to see the residential building and the spacious dining hall and arrangement of the kitchen. We appeal our readers to visit Arohan Ashram and enjoy the serenity of the place.

We, the trustees and teachers, express our heartfelt gratitude towards all donors. It is solely due to their generous support that we are able to fulfil our dream – Arohan Ashram.

However, this is just the beginning. Plans are approved to build three residential buildings and a meditation centre on this plot.

We hope that the teachings of Brahma Vidya spread far and wide. We humbly request you to avail of this opportunity and offer as much gratitude as possible to Brahma Vidya. Above all, give your donations with Joy so that what we create out of it will be a symbol of Joy.

For Brahma Vidya Sadhak Charitable Trust

Yours Humbly,

All Trustees and teachers

*Note: Donations can be given by cheques or drafts (payable at par in Mumbai) drawn in favour of "Brahma Vidya Sadhak Charitable Trust." Please write following details on the reverse of the cheque or draft: Your Name, Mobile/Landline No., PAN No., Centre of the course and 'Gratitude for Ashram.' You can avail of 80G concession for this Donation. Cash or cheques can be given to any Basic Course, Advance Course Teacher or in the Trust Office. You can also give donations online through our website : [www.brahma Vidya.net](http://www.brahma Vidya.net)*





## **Your Key to Health and Success Learn Prakash Yoga of Brahmavidya**

*Answers to some of the most commonly asked  
questions that come to the mind of new  
students...*

**Health and Success! What more a person can ask in life? Prakash Yoga of Brahmavidya seems to be a formula for complete life!**

Yes, that sounds fantastic; isn't it? Here I will briefly explain the principles of Prakash Yoga of Brahmavidya. I do hope that it will inspire you to join the Brahmavidya class and verify the efficacy of these methods by your own personal experience.

**But, Health and Success are so different from one another! Health is of the Body, whereas Success is related to so many different things. How can Prakash Yoga of Brahmavidya help to achieve both?**

It is quite true that Health and Success appear to be very different from each other. Yet both these are dependent upon following the Order of Life.

All truth is hidden and if we limit our observation only to the appearance we can never comprehend the truth. One may say that every scientific discovery is a proof of this. 'Appearances are deceptive'! For example, the earth looks quite flat, but actually it is round; it appears that the sun rises every morning in the East, but actually there is no sunrise.

As the modern science tells us about the laws of the material universe, Prakash Yoga of Brahmavidya tells us about deeper truths of your life, my life – human life! When we follow these laws in our life, it makes our life orderly. ***And what we call as Health or Success is nothing but ORDER of Life.***

**How is it useful to a common man in his daily life?**

Prakash Yoga of Brahmavidya teaches that every human being is potentially divine. Hence he has within him all the power required to overcome his difficulties and problems. Prakash Yoga of Brahmavidya gives definite methods by which a person can overcome his physical and mental problems and lead a healthier, more successful and happier life.



## **Can we say Prakash Yoga of Brahma Vidya is science of happy life? What methods are taught in Prakash Yoga of Brahma Vidya?**

Yes, Prakash Yoga of Brahma Vidya is a Science of Life teaching human beings the Spiritual laws of life. These Spiritual laws operate in human life through Breath and Thought. We cannot think of life without Breath or Thought. Hence Brahma Vidya teachings emphasize on Breath and Thought, which are the basic elements of life.

Though we are using Breath and Thought right from our birth no one has ever taught us correct way of Breathing or Thinking. You will be surprised to know that average person uses only 10% of his lungs capacity. Prakash Yoga of Brahma Vidya teaches a) Spiritual Breathing Exercises, which improve breathing and b) Meditation techniques, which improve thinking. The Breathing Exercises purify the body and Meditation purifies the mind.

## **What ailments are cured with Prakash Yoga of Brahma Vidya?**

Prakash Yoga of Brahma Vidya is not like a medicine, which is meant for a particular ailment. It is a system, which helps to remove root cause of illness and promote health. Breathing exercises and Meditation have been found useful to get rid of asthma and other breathing troubles, diabetes, high blood pressure, spondylitis, backache, heart trouble, chronic cold and cough and many other ailments.

The practice also improves mental outlook of the person and makes him more positive, cheerful, optimistic and confident. Due to better physical and mental health a person can do his daily work more efficiently. This can make him more successful at his job, his business or his profession.

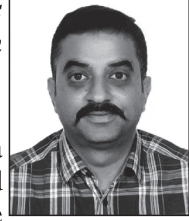
## **How much time does one have to devote for these Breathing Exercises and Meditation?**

Depending upon the level of interest and availability of time one can devote more time, but minimum requirement is 20 minutes for Breathing Exercises in the morning and 20 minutes for Meditation at night. The methods are simple yet very effective. Any person above the age of 18 years can learn and practice without any difficulty.



## Reshaping Perception of Life

*Capt. Sameer Shenoy, Sr. Commander - Airbus 320, Air India Express found the missing piece in his well-being puzzle with Brahmavidya.*



A decade ago, my journey with Brahmavidya commenced after spotting a newspaper ad promising a blend of success and health through the course. Intrigued, I attended the introductory lecture, realising that the teachings were meant to overcome challenges of modern-day living. Having explored various health courses, I sensed a missing piece in my well-being puzzle until I discovered the profound spiritual and mental growth aspects offered by Prakash Yoga of Brahmavidya.

Enrolling in the Basic Course, I gradually discovered the depth and fascination within these teachings. My perspective towards different situations was altered, and despite a demanding work schedule, I found time for the spiritual breathing exercises and meditation. These practices not only improved my physical well-being but also equipped me to manage stress effectively. Witnessing an improvement in stamina, I found myself navigating personal and professional events with a newfound mental composure.

Delving into the course materials, I encountered teachings that encouraged a positive attitude towards life. The overall experience led to significant physical and mental growth, prompting me to seek further perfection by enrolling in the course once again to deepen my knowledge.

Brahmavidya is a must for everyone, offering a path to discover individual light and reshaping perceptions toward life. The emphasis on regular practice, conveniently adaptable to any part of the day, made it easy for me to incorporate it into my daily routine. Brahmavidya has evolved into one of the best learnings, now an integral part of my life.



## My Master Key to Success

*Canada based Richa Saynak shares how Prakash Yoga of Brahma Vidya proves to be a true key to success*



I had joined Brahma Vidya Basic course in 2011. Before joining Brahma Vidya Basic course, I couldn't run even for five minutes but after practising Prakash Yoga of Brahma Vidya Breathing exercises, within 1 month, I was able to run continuously for 30 minutes!

I also got my first job because of Brahma Vidya. The interview rounds were very difficult but I was practising the teachings of Brahma Vidya and had only focused on the thought that I had got the job already! Only 5 out of 39 applicants from different colleges were selected in the campus interview and I was one of them. I was also the only person from my college to be selected.

Brahma Vidya practices have improved my confidence. Earlier I used to be a bit hesitant to speak in our group meetings at work but now I am able to put forward my views without being shy. My current job as Production Support is very stressful with one or other issues coming up every now and then. Practice of Brahma Vidya Breathing exercises and Meditation makes me calm and focused. At work, I am able to concentrate without any difficulty and I am able to understand new and difficult issues with ease. Also, many times there are conflicts at work. Earlier that used to make me very angry which used to impact my work and personal life. Now because of practice of Brahma Vidya teachings, I am able to calm down quickly, and let go off my anger and reduce the stress.

Also, I feel that in my day to day to life, I am able to achieve any goals faster, whether they are small or big.





## Second Inning of Life is Happier!

*The second inning is a tough phase of life, when health issues arise. Rajani Gatakal has found immense relief through her practice of Prakash Yoga of Brahmavidya*



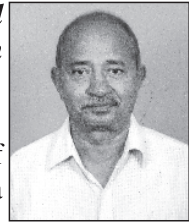
I am a 62 years old retired person. In the 33 years of working, I was daily travelling by train, spending over two hours in commuting. I was allergic to pollution, dust etc. I never paid serious attention to my health. Whenever I had bouts of Asthma, I took heavy medicine and cured myself. I also suffered from lower back ache and spondylitis. I used to think that all my physical pains will be with me till my end and that I will never be able to get rid off them.

Surprisingly, ever since I started my Brahmavidya course last year, I've experienced a remarkable improvement in overcoming nearly all of my physical challenges! My breathing has improved a lot. I am feeling much lighter and more enthusiastic.

Thank you, Prakash Yoga of Brahmavidya. Now, in the second inning of my life, I have a healthier body and I am enjoying my life so much.

## 78 Years Young!

*K Adinarayana, an online course student, gained many health benefits from practice of Prakash Yoga of Brahmavidya*



I am a student of the Advance Course of Brahmavidya. I have been practicing Brahmavidya Breathing Exercises and Meditation since 2016.

I am glad to say that I am immensely benefitted by practicing the teachings of Brahmavidya. Some of my ailments have just vanished. My head shaking is minimized now. I had a health issue where my head used to shake a lot, but now such shaking of the head has become minimal.

I also had a urinary problem. I needed to urinate frequently during



the day. But now the urgency to urinate and frequency of urination has come down drastically. The functioning of the prostate gland has improved.

As I started my inward journey, my physical and mental state has improved.

I am grateful to Mother Brahma Vidya.



### Multiple Benefits

*Dr. Veni, practising neurologist at Trichy, Tamil Nadu shares that counselling the patients has improved*



I am a practising neurologist at Trichy, Tamil Nadu. I joined Brahma Vidya in 2020 and also completed the advance course in 2023. Till now I have been practising breathing exercises and meditation. Even though I can't spare too much time, I still practise for 5 days in a week for a minimum of 30 minutes. I can feel that my physical stamina is improving day by day, also I can handle the stress of my profession. I have realised that nowadays I am able to counsel my patients better than before.

Reading the Commentaries gives me a lot of insight into how much I love myself and Mother Nature which is our universe.



### Retired but not tired

*Yashashree Poman, retired teacher explains how she regained health due to regular practice of Prakash Yoga of Brahma Vidya*



As an educator, my profession demanded standing for a long time, subjecting my body to significant stress. Despite my love for teaching, this eventually resulted in severe knee pain during my mid-fifties, a discomfort I



endured for nearly five years before discovering the health benefits of Brahmavidya.

Through Prakash Yoga of Brahmavidya, I harnessed the healing potential within my own body, leading to a remarkable recovery from knee pain. From limping for half a decade, I can now walk confidently with reduced stress in my legs. Additionally, facing a diagnosis of Vertigo a year ago, I turned to Prakash Yoga Brahmavidya, and within just a week of practice, I experienced substantial improvement, eventually finding freedom from Vertigo.

I express my deep gratitude towards Brahmavidya.



### Benefits of 30 days practice session

*Binota Patni joined the 30-days practice session of Prakash Yoga of Brahmavidya and regained health*



Having been introduced to Brahmavidya since 2020 and doing regular practice since then, I faced a major disruption in my practice in the recent past due to a knee replacement surgery. To keep myself strong and focused on a smooth recovery, I began to frequently chant to myself the affirmations and denials. The repeated chanting, especially of the Nine Universal Positives and Eight Prayers was a great solace to me in the days of pain when I was unable to practise Breathing exercises, and it helped greatly in my recovery.

The 30 days practice session of the Basic Course has been a complete blessing, coming just at the right time during my recovery, and this session has literally put me back on my feet comfortably. My deepest gratitude to Brahmavidya Sadhak Sangh and to each of my respected teachers.







## Brahma Vidya for Health

*Indu Kumar was relieved from Spasmodic Dysphonia with regular practice of Prakash Yoga of Brahma Vidya*



I am excited to share my incredible journey with Brahma Vidya. Although Initially I was hesitant to join Brahma Vidya Course, as I had no health issues, I found myself facing challenges with my speech, eventually diagnosed with ' Spasmodic Dysphonia.' Despite being told that it was a lifelong and incurable condition, I decided to try Prakash Yoga of Brahma Vidya.

Upon joining the course and diligently practising the breathing exercises, I noticed gradual improvement. With sincerity and devotion, I consistently engaged in the practices. Slowly, I began to realize that I was overcoming the speech problem. I am thrilled to report that I am now 80 percent cured, and I am confident that full recovery is possible.

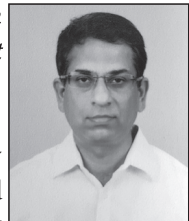
I sincerely request that readers should consider joining the Brahma Vidya Basic Course immediately and not wait for illness to strike and follow this path to lasting health.

I extend my heartfelt gratitude to Prakash Yoga of Brahma Vidya for bringing health and strength into my life.



## Navigating uncertainty with Brahma Vidya

*Jayant Sambargi embarked on journey with Prakash Yoga of Brahma Vidya and narrates how it became his lifeline*



In 2009, I embarked on a transformative journey with Brahma Vidya, a profound practice centred around breathing and meditation. Little did I know that this spiritual discipline would become my anchor during the



tumultuous times that unfolded in 2021. Stranded in Dubai due to the global COVID-19 outbreak, I found myself without work, isolated from family, and facing the overwhelming pressure of uncertainty.

During those four months in Dubai, Brahmavidya emerged as my sanctuary. The daily practice of breathing exercises and meditation not only provided solace but became my coping mechanism in the face of unprecedented challenges. The online classes, a virtual lifeline, allowed me to stay connected with the teachings, offering a sense of continuity amidst the chaos.

The mental and emotional fortitude cultivated through Brahmavidya proved invaluable during this extended period of isolation. The ancient wisdom embedded in this practice became a guiding light, offering me resilience and strength to navigate the uncertainties of the pandemic. As the world grappled with fear and anxiety, I found solace in the rhythmic flow of my breath and the serenity of meditation.

This experience was not an isolated incident. Over the years, Brahmavidya has been my steadfast companion through various trials and tribulations. Its impact extends beyond the physical realm, touching the depths of my mental well-being. Physically, Brahmavidya has equipped me with the stamina to work long hours with consistent energy levels, enhanced focus, and reduced fatigue. These tangible benefits further cemented my dedication to the practice.

The practice of Brahmavidya offers a holistic approach that harmoniously combines physical vigour with mental clarity. I wholeheartedly recommend it to anyone seeking a holistic approach to physical and mental well-being. The wisdom embedded in Brahmavidya has the power to transform lives, offering a sanctuary of peace and resilience in the midst of life's storms.





## Free from negative thoughts

*Samit Salian got rid of stress-related disorders by regular practice of Prakash Yoga of Brahma Vidya*



When I joined Brahma Vidya, I was grappling with anxiety and depression, feeling a deep sense of unease within myself. The physical manifestations of my distress, such as neck stiffness, shoulder pain and dizziness only added to my overall discomfort.

However, since embarking on this incredible journey with Brahma Vidya, my life has taken a remarkable turn.

I have come to understand and embrace the immense power of my subconscious mind, which is, in fact, the creator within me. This newfound knowledge has been nothing short of transformative. I now recognize that I possess the innate ability to heal myself from within. I have come to believe that the Nine Universal Positives truly work. It is remarkable how the thoughts which I feed to my subconscious mind directly impact my physical well-being. With this realization, I have made a conscious effort to nourish my mind with thoughts of good health, prosperity, and happiness. The results have been astounding. I am now free from the shackles of anxiety and depression that once held me captive.

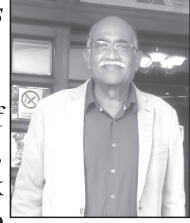
Instead, I have chosen to embrace a socially active and helpful lifestyle, which has proven to be a source of rejuvenation for me. I have learned to sideline the physical pains that used to plague me and live a life filled with happiness and contentment. I am eternally grateful for the profound impact Brahma Vidya has had on my life. It has not only provided me with the tools to overcome my struggles but has also empowered me to take charge of my own well-being. I am now living a life filled with joy, purpose, and a renewed sense of self.

As I reflect on my journey, I am reminded of the immense potential that lies within each of us. We possess the power to shape our own realities and create a life filled with abundance and happiness. I encourage you to explore the depths of your own subconscious mind and unlock the limitless possibilities that await you. Thank you, Brahma Vidya, for guiding me on this incredible path of self-discovery and transformation.



## Feeling Grateful

*K Suryakumar expresses gratitude towards Prakash Yoga of Brahmavidya*



My life-style is packed and cramped with a lot of activities, most of them not very critical, nonetheless important. Pressures from work requirements, my Rotary commitments, need to do something special all the time, finding a balance between work and life and all this has been having a toll on my relationship issues with my dear ones.

The result was I was always tensed up and anxious and fearful of the next challenge I had to face. Thus, even in retirement phase the quality of my mental make-up was one of apprehension, anxiety and restlessness.

The calmness and clarity I am experiencing while practising Brahmavidya exercises is also slowly extending to the other parts of the day and I am able to calm down quickly and prioritise. I do my tasks better, which gives satisfaction and a feeling of being in control of the situation instead of jumping helplessly from one situation to another.

Secondly the constant chanting of affirmations of youth, strength, hope and confidence releases physical energy in the system so that I have the power to do my tasks effortlessly without getting worked up. Leaving aside all other tasks I am happy that I attended the practice sessions quite regularly and diligently. Summarising, peace calmness and strength flows through the body and mind.



"The Conditions of conquest are easy;  
we have but to toil awhile, endure awhile, believe  
always, and NEVER TURN BACK!"



## Brahma Vidya helps discover purpose and meaning in life

*Jayashree Rajaraman shares the profound impact of Prakash Yoga of Brahma Vidya to enrich perspective towards life*



I am deeply grateful to Mother Brahma Vidya for bringing so much goodness and well-being into my life.

The regular practice of breathing exercises prepares me for the day with energy, calmness and clarity. The days I miss practising them, I feel awful. The Advance Course techniques are like a full body workout for me, for the energy that they create, and a deep sense of calmness that they bring. While the Practice of Breathing exercises has completely eradicated fatigue from my dictionary, the practice of meditation has introduced me to that part of me which I did not even know existed. The experience of stillness is difficult to describe.

I have always paid attention to the lessons and commentaries in the class and the topics seem to repeat in my mind throughout the day and they have helped me to live more consciously as per the principles of Brahma Vidya. The practice of Joy and Gratitude is the best and I find that complaining about anything has become almost negligible now. Right thought, right word, right action are like my beautiful guiding lights.

My perspective of living has improved. I feel an enhanced connection with all beings in nature. My heart is filled with gratitude towards Brahma Vidya – the Vidya that is leading me to my true purpose.



Today, I have got out of all trouble, or rather I have cast out all trouble, for it was not outside, but within and in my opinions

- Marcus Aurelius



## Healing with Brahmavidya

*Sathya Srinivasan, Wisconsin, USA expresses gratitude towards Prakash Yoga of Brahmavidya*



I express gratitude to my teacher for guiding me on the path of Brahmavidya. From a once disturbed state of mind, the practices of Brahmavidya have bestowed upon me increased energy and boosted my confidence.

Although I did not feel much difference in the initial few weeks of joining the course, I continued with regular practice. Soon, I could feel some sort of confidence in my mind and it inspired me to practice more. Since my work in school involves working with small children which requires me to be active, I was happy with the new energetic me.

A Few days back I suffered severe neck pain, accompanied with dizziness. I was diagnosed having DISH – a syndrome which typically affects the spine and neck. My oxygen level also came down. I regularly continued with my Brahmavidya practices and my oxygen level came back to 99%. I have confidence that I will overcome my neck issues also very soon. At present I am able to practice meditation for 10 minutes every day. I know that I need to put some more effort for the same. Once again, expressing gratitude to the teachers and teachings of Brahmavidya.



## Transforming Personality

*Principal of a junior college in Thane, Mamta Makhijani explains how practice of Prakash Yoga of Brahmavidya helped her*



I am Mamta Makhijani, the principal of a Junior college in Thane. I began my Brahmavidya Journey in March 2023. When I initially enrolled, I was



uncertain about my ability to commit due to the challenging phase I was going through since January 2023. However, Brahma Vidya simplified the process for me, introducing practices like chanting affirmations — the simple yet impactful sentences resonated with me.

The breathing exercises and meditation techniques brought subtle yet noticeable changes to my life. It's a transformative journey where you feel empowered with each passing day.

Brahma Vidya brought clarity to my thought process, making decision making more straight forward. I now communicate with clarity, express what is needed and have developed the ability to be a good listener. Embracing a sense of grace, I have noticed a beautiful transformation both internally and externally. This positive shift didn't go unnoticed; people around me and my fellow Brahma Vidya course participants observed the changes and growth in me.



### A Positive Experience

*Practice of Prakash Yoga of Brahma Vidya helps regain health and joy, feels Mittal Shah*



I would like to share my experience and feelings for the Brahma Vidya Basic Course that I have completed and what are the benefits I have got from this course. Before joining Brahma Vidya Basic Course, I was living in a sea of darkness and negativity. I was trying to live a joyful life but was not successful. However, after joining the Basic Course and regularly chanting the affirmations, things started changing. I was able to discover joy and a sense of fulfilment.

While studying the course, I was diagnosed with a serious medical condition which required immediate surgery and I had to take bed rest and hence was not able to attend offline classes. But my teacher gave me strength and support by helping me in the situation. I was not



able to practise breathing exercises for a few days but I started reading my lessons everyday. I started writing my affirmations and it helped me a lot in getting back to normal life without any pain or regret in mind. The treatment and pain of surgery did not affect me emotionally. Now I have fully recovered from my medical condition and through my daily practice I have become more and more strong and powerful and positive. My life has changed entirely. I am very happy that I have registered for the Advance course and looking forward to starting my new journey again.



### Ocean of Knowledge

*Amit Soman felt inspired to keep up his regular practice due to the 30-days practice session*



I have done the Basic course of Prakash Yoga of Brahmavidya in 2023. I am happy to say that I have found the key to live right. The secret lies in the affirmations of Meditation and of Breathing exercises that are taught in the Basic Course. These affirmations magically helped me to experience some positive feelings like peace, happiness, energy and I developed the hobby of reciting these affirmations. I call it a hobby because I feel like reciting them regularly as I get some joy and satisfaction that we get through a hobby.

I have developed an attitude of gratitude and selflessness by practising and reciting affirmations of breathing exercises and meditation.

Brahmavidya lessons helped me to understand the importance of gratitude. Cultivating this attitude of gratitude has made me more happy, peaceful and confident person to face challenges of life.

Brahmavidya is a big ocean of knowledge and wisdom and I urge aspirants of all age groups to deep dive into this course and try to get inspired as much as they can.





## Brahma Vidya – A Way of Life

*Practice of Prakash Yoga of Brahma Vidya bestows each one with multiple benefits.*

*Vinay Patwardhan, Portland city, Oregon State, USA shares what he gained*



Before practising Brahma Vidya, I struggled with sleep issues. However, with the consistent practice of meditation, I overcame this challenge and now enjoy improved sleep.

There was a time when work-related stress led to a significant spike in my blood pressure. The transformative power of breathing exercises & affirmations coupled with meditation on Nine Universal Positives, empowered me to cultivate a positive outlook towards life.

Even after completing the course, I find myself revisiting each lesson, absorbing the teachings once again. The ongoing process of understanding and integrating these lessons brings immense joy and fulfillment.

I express my gratitude for imparting this wisdom, which has completely altered my perspective about life. Thank you for the invaluable gift of Prakash Yoga of Brahma Vidya.



## Increasing Joyfulness by Scientific Breathing

*Shivani Saxena shares her experience of practice of Prakash Yoga of Brahma Vidya*



I had joined the online Basic Course of Brahma Vidya in 2022. This is a truly wholesome course which brings both mental and physical health. It attunes the body and soul.



There are some basic exercises which promote flexibility. As a middle aged person, it particularly helped me with my neck, back & joint issues. It also taught me to breathe scientifically, more fully.

In today's age, when people are searching for answers, this teaching gives them a much needed spiritual direction. As there is increasing joyfulness, it naturally results in better physical health, too.



### Importance of Advance course revision camp

*Vinita Sawant Koyande opines that the revision camp serves as a good platform to improve one's practice of breathing exercises*



In 2021, I enrolled in the 2021-23 advance course batch for the second time, having previously participated in the advance course in 2019-21. The Covid-19 pandemic altered the educational landscape, introducing online classes that proved to be a blessing in disguise, allowing me to attend all sessions conveniently. However, the significance of physical classroom teaching became even more apparent during the 'Advance Course Revision Camp.'

This camp reinforced the importance of in-person instruction. While practising breathing exercises, subtle mistakes in posture often go unnoticed. In the physical classroom setting, teachers meticulously observe and correct them. Details like right way of closing nostrils in Pranayam, thumb stretching during postures, and the forcefulness of exhalation are meticulously addressed. The camp provides a unique opportunity for teachers to correct mistakes, such as ensuring that the chest remains firm after inhaling and sniffing.

The revision camp serves as a platform to learn not only from personal mistakes but also from others' experiences. It offers the chance to connect with fellow practitioners, referred to as the



'Nobles of the Light,' sharing in their light and love.  
My heartfelt thanks to the teachers who conducted the camp, as their dedication and guidance enriched my learning experience.



### Benefits of practice of Brahma Vidya

- **Dr. Sivaelangovan**, MD, DCH, based in Trichy has become calmer and experiences better stamina and improvement in sleep pattern.
- **Vasantha Arunkumar** became calmer, more patient and her thought process also improved a lot from feeling helpless to feeling hopeful and has become more positive and happy.
- **Nitin Menon** feels that practice of Prakash Yoga of Brahma Vidya really helps in stabilising one's mind, adding the extra layer of calmness and joy in life.
- **Banu Venkat** joined Basic Course on the advice of her family physician. She feels rejuvenated after every class, more so after the practice of breathing exercises.
- **Samar Paul Choudhary** used to find it difficult to walk fast, he used to gasp for oxygen while running and also used to sweat a lot, making it difficult to run. Now, he can run faster with better energy. He has become more positive person.



India, the cradle where knowledge springs  
Brahma Vidya's melody forever sings  
In the wisdom of Brahma Vidya, a tale unfolds  
A journey of health and success it holds

- *Ankur Pawar*



## Prakash Yoga of Brahmavidya for children

Benefits to children who regularly practice

**Rishabh Gadgil** shares that before joining the Children's Course, he used to get good marks in Maths, Science and Marathi but never stood first in the subjects. But after practising Brahmavidya his memory has improved a lot and he has stood first in Maths, Science and Marathi as well.

**Darsh Pai** says that as he practises the breathing exercises, he always feels improvement in concentration towards studies. He reads the lessons again and again. Regular practice gave him clarity in thoughts, words and expression.

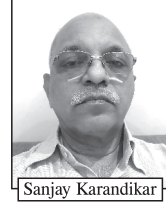
**Nupur Datta** finds that the practice of Brahmavidya Breathing exercises makes her more alert, improves her memory and overall health. She finds herself more energetic all the time. She enjoyed learning how human body works and the importance of breathing.



*Students of Gujrathi Classes practising at Arohan Ashram*



## Miracle of Breath



Sanjay Karandikar

When the creator carefully made our bodily instrument  
He also cleverly made a provision for our medicament  
Our own breath can work as a medicine for our physique  
Provided we regularly do breathing exercises in each week  
For upkeep of our body, we need not spend even a farthing  
With simple techniques nature will take care of our wellbeing  
Our wise ancestors realised the immense power of meditation  
They started spreading their knowledge for human beings' salvation  
They realised that everyone may not accede to their tutelage  
Only those who are destined to progress would get an advantage  
Brahma Vidya is trying to carry this baton for betterment of society  
Not taking a benefit of these teachings would be a matter of pity



*Marathi Residential Camp, Lonavala*



## Learn Brahmavidya by Correspondence

Students from India and abroad have been studying the various courses of Prakash Yoga of Brahmavidya by correspondence. This is one of the steps taken by the Trust for spreading the teachings of Brahmavidya far and wide. The aspirants who are not able to attend the regular class due to geographical distance or due to any other reason enroll for correspondence course. They receive four lessons per month at their given address. The lessons give simple and clear instructions for the student to understand. Students can contact the teacher for guidance.

Aspirants can call on **760 100 5555** for further details.

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### Contact Details for Basic & Children's Course

Central Mumbai - Ruchira Godbole 9987383384 • South Mumbai - Asha Indap 9967974058 • Western Mumbai - Dr. Shubhada Apte 9870227746 • Navi Mumbai - Yamini Chachad 9820680689  
Pune - Rajan Nagane 9822049024, Narendra Dravid 9822027388

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*Releasing English Pradhya 2023 at Advance course students Annual Gathering at Dadar*



Lighting of Lamp at Dombivli Gathering 2024



Advance course students Annual Gathering at Dadar 2023

# Brahmavidya Ashram : Arohan



Prakash Yoga  
of Brahmavidya



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Brahmavidya Sadhak Charitable Trust's


## Brahmavidya Sadhak Sangh


Brahmavidya Sadhak Charitable Trust : Registration No . E-1995

**T : 760 100 5555**

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