

# RENAISSANCE

July-September, 2019 e-newsletter



DEV SANSKRITI  
VISHWAVIDYALAYA



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Celebrating  
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Hon. HRD Minister Ramesh Pokhriyal  
as Chief Guest in Gran Diksha



## Philosophy and Significance of Navratri

• Celebrating Shardiya Navratri 2019

Shardiya Navratri or Sharad Navratri is the most popular and significant Navaratri amongst all the Navratris in the Hindu religion. Shardiya Navratri is also known as Maha Navratri. This festival is of great importance and celebrated with different rituals, especially in Gujarat, Maharashtra, Rajasthan, Punjab, North-West India, Kolkata and other states of India. Navratri was also celebrated in the Mahabharata and Ramayana era by our Hindu kings and the Aryans. This is a very long festival comprising of nine days and nine nights in the Hindu calendar. All the nine days of Navratri are dedicated to nine forms of Goddess Adi Parashakti. This festival falls in the Ashwin lunar month during Sharad Ritu. Shukla Paksha of Ashwin month culminates in the Sharad Purnima or Kojagari Purnima or Kuanr Purnima, which is full moon day of Ashwin month. The name Shardiya Navaratri is derived from Sharad Ritu. This Year this festival is being celebrated from 29th Sept

to 8th October.

Navratri is especially celebrated in Gujarat with great enthusiasm and excitement in the form of Garba. Whereas in Bengal, it is celebrated in the form of Durga Puja. Hence, this festival has its own importance in different states, and people use different ways to adore the Divine Mother Goddess Durga. People of different religions, communities and culture enjoy Navratri, and various rituals are followed to celebrate this festival. Navratri is a very sacred and joyous festival. Performing rituals of Navratri is the most significant way of experiencing the essence of this festival. In the auspicious and awe-inspiring occasion, divine love pervades through all devotees who emerge more courageous and wiser through the nine-day rigor. In the vein of all vedic traditions, Navratri customs help to inculcate spiritual habits. Hence, prayers, chants, 'bhajans' and reading of important religious texts make up a significant portion of this festival. Devotees

pay obeisance to this feminine divine energy that is believed to maintain the balance of the universe.

Navaratri signifies Navsarjan, Nav-Shakti and Nav-Durga. The number 9 indicates Shakti – the power and energy which creates the whole universe, i.e. Creative Energy. Hence, this power of Nine Divine Nights can change the luck, destiny and future of an individual. Navratri comes in our life as a Divine Light and Power in the form of Hope. According to the Devi Bhagwat Puran, during this Maha Navratari, Lord Ram had worshipped Goddess Durga and thus, succeeded in killing the Demon King Ravana on Vijaya Dashmi or Dussehra. As per the Markandeya Puran, there is a legend that to protect the world from the atrocities of Mahishasura, the trinity of Brahma, Vishnu and Shiva united their powers and created a female warrior known as Adishakti Durga. The battle continued for nine nights and at

the end of the 9th night, Goddess Durga beheaded Mahishasura. Thus, from this onwards Goddess Durga was also named as Mahishasur Mardini. Whereas, the 10th day was named as Vijaya Dashmi to indicate the triumph of good over evil. According to the Markendeya Puran, during

Navratri, the mother Goddess appears in 9 different forms. They are Shailputri, Brahmacharini, Chandraghanta, Kushmanda, Skandmata, Katyayani, Kaalratri, Mahagauri, Siddhidatri and each one is worshipped for a day. And each form signifies the various traits that are influenced by the

Goddess. Kanya puja as a part of Devi worship is to recognise the feminine power vested in the girl child and to give them as much importance in the social fabric as the so-called heir apparents (boys) who are otherwise known to be pampered in an average household.

**1 Navavtara**

**Prayer**  
The aspirant's heart should be concentrated on Mahishasura. It is the primary goal of their spiritual discipline. The chanting mantras for the day is the Shailputri mantra.

**Offering**  
On the first day of Navratri the offering includes Bananas and other made of cow milk. Color for the day is yellow.

**Shloka**  
शैले परमात्मनो भक्तिप्रदायिनि ।  
पूजामां तुभ्यै शैलपुत्री परमहिनि ॥

**other names**  
Parvati & Hemadoti

**Goddess Shailputri**  
Mah Durga's first appearance is Shailputri. "Shail" denotes mountain and "Putri" means daughter. Hence, she is called Shailputri. The daughter of mountain, she is also known as Goddess Parvati, the consort of Lord Shiva and mother of Lord Ganesha and Kartikeya.

**2 Navavtara**

**Prayer**  
The worship of her is a form of penance, renouncing, discipline, ethical conduct and restriction in pursuit. The mind remain concentrated and stable in every condition and does not deflect from the path of duty. Worshipping enhances success and victory by grace of her.

**Offering**  
On this day, offer sugar & fruits to Shiva to Goddess Brahmacharini.

**Shloka**  
दाम्नां अन्वेषणं चामात्राश्रयणम् ।  
तौ शक्तिं यदा ददाति तदा ॥

**other names**  
Tapashcharini, Apara and Uma

**Goddess Brahmacharini**  
Mah Brahmacharini is the second aspect of Mah Durga, worshipped on the 2nd day of Navratri. The word "Brahm" refers to tap. The tapas indicates an ascetic practice, keep of penance. It has been said that "Tap" & "Brah" are synonyms of word "Brahm".

**3 Navavtara**

**Prayer**  
By worshipping Mah Chandraghanta all sins of the aspirant are burnt up and obstacles removed. Her auspicious qualities of sins, distresses, physical sufferings, mental tribulations and ailments, hurdles.

**Offering**  
On this day one should offer her milk, sweets and flowers. The colour for 3<sup>rd</sup> day of Navratri is white.

**Shloka**  
सिंहचण्डिकायां चण्डिकायां शक्तिम् ।  
सर्वं त्रुषुं यदा ददाति तदा ॥

**other names**  
Chandraghanta, Chendika or Ramchandi.

**Goddess Chandraghanta**  
Mah Chandraghanta acknowledges for the justice and wears crescent moon on her head. The colour of her body is black and she rides in lion with carrying "Chakra". On her forehead has the lot shaped eyes of moon. So her name is Mah Chandraghanta.

**4 Navavtara**

**Prayer**  
Mah Kushmanda helps to improve your health and wealth, the stability of the business and troubles from your life and brings light into darkness and enables you to get rid of all sorrows.

**Offering**  
One should offer her milk on Shiva to goddess. Also red color flowers are offered to her.

**Shloka**  
सुरसामुपासनां शक्तिप्रदायिनी च ।  
दाम्नां दद्यात्तयां पूजामां सुवन्द्यम् ॥

**other names**  
Adhara and Adhahati.

**Goddess Kushmanda**  
Mah Kushmanda is the 4<sup>th</sup> manifestation of Mah Durga which means the "cosmic egg" and considered as creator of the universe. According to myth, worshipping Lord Shiva was able to start creating the universe when Mah Brahmachari seated her in flower which blossomed with 16 buds. This appearance of Mah Durga is the source of all.

**5 Navavtara**

**Prayer**  
One get immense love and affection by worshipping her and get all desires fulfilled, her worship consistently includes the worship of her kartikeya.

**Offering**  
On this day offering banana on Shiva to the goddess keeps the physical healthy.

**Shloka**  
सिंहानाम्नां शक्तिं परमहिनिदायिनी ।  
पूजामां तदा तदा शक्तिं यदा परमहिनि ॥

**other names**  
Padmasini

**Goddess Skandamata**  
Mah Skandamata known as the 5<sup>th</sup> avatar of Mah Durga. She is the mother of Lord Kartikeya or Kartikeya Skanda, was created by both in the form of "Sankh" and "Sargam" (the son of god & goddess).

**6 Navavtara**

**Prayer**  
One should worship Mah Katyayani, it develops great strength to fight all diseases, sorrows and fears. By worshipping her the person demands, all the sins accumulated over several lives.

**Offering**  
Money is offered as Shiva to Mah Katyayani on the 6<sup>th</sup> day. This makes the devotee more auspicious.

**Shloka**  
जगत्पतिं महामते परमात्मिकायिनी ।  
नमो शैलपुत्री शक्तिं च पूजे च ॥

**other names**

**Goddess Katyayani**  
Mah Katyayani was born as the daughter of Sage Katiya. Sage Katiya performed very hard penance of Mah Shaguni and wished Mah Durga as his daughter. She is the 6<sup>th</sup> form of Mah Durga.

**7 Navavtara**

**Prayer**  
By worshipping Mah Kalratri one may release from all his pains and any type of fear disappears by chanting her name.

**Offering**  
On this day do fast for the whole day and then jaggery is offered on Shiva to the deity and the Shiva is also given to Brahman along with Shakti.

**Shloka**  
कालरात्रेण तदा तुभ्यै शक्तिं प्रदुम्ना ।  
सामासिं कामिनि हिदां विनामनां शक्तिप्रदायिनी ॥

**other names**  
Hollakal, Bhadrakali, Bhairavi, Hiranya, Rudrani, Chanda, Chandi & Chumanda

**Goddess Kalratri**  
Mah Kalratri known as the 7<sup>th</sup> form of Mah Durga. She destroyed the most dangerous demon, Bhairavi and Mohandaka. Mah Kalratri is the 7<sup>th</sup> form of Mah Durga.

**8 Navavtara**

**Prayer**  
By worshipping her one never returned with empty hands. Mah Durga is instantly fruitful especially for unmarried girls and married women.

**Offering**  
Newly made with sugar, card and other offered to goddess along with wheat. After Navratri, seasonal fruits are given to Goddess. Kartikeya is being performed this day.

**Shloka**  
शैले त्वं सारदा शैलपुत्राय त्वयि ।  
महामते त्वं दाम्नां प्रददासि ॥

**other names**

**Goddess Mahagauri**  
On the 8<sup>th</sup> day of Navratri Mah Mah Durga is worshipped as the 8<sup>th</sup> form of Mah Durga. Mah Mah Durga is known as Mahagauri due to her color and her jewelry is given in white. Mahagauri. She always wear white clothes and ride a white bull.

**9 Navavtara**

**Prayer**  
The worshippers get all sort of achievements by worshipping Mah Siddhidatri. She removes all the ignorance and provide knowledge to her devotees. She is the possessor of 26 different wishes (Siddhi) which she grants her worshippers. She is also worshipped by Lord Ganesha, Akash, Brahma and Shakti.

**Offering**  
On this day it is a thing offered to its goddess after observing fast and worshipping her. This new days of Navratri is considered the most auspicious of the year.

**Shloka**  
शक्तिं च देवी सिद्धिदायिनी नमः ।

**other names**

**Goddess Siddhidatri**  
Siddhidatri is the 9<sup>th</sup> form of Mah Durga and known as Mah Siddhidatri. She is a beautiful highly auspicious deity. According to myth, Mahagauri is worshipped that Lord Shiva worshipped her and was blessed with 26 Siddhi. By her blessing his body became human and other half was in the form of Brahman.

# TRANSFORMATION

## Aao Gadhe Sanskarwan Peedhi

On 8th of September, "Aao Gadhe Sanskarwan Pidhi" ( A Pregnancy Blessing Ceremony) was organized in the presence of Chancellor Sir, Dr. Pranav Pandya, Vice Chancellor sir Sharad Pardhi and Pro vice chancellor sir Dr. Chinmay Pandya. Special Guest were Dr. Ravikant Sharma, Director of AIIMS Rishikesh and also organizer of Aao Gadhe Sanskarwan Pidhi Dr. Gayatri Sharma.

In the world of artificial intelligence, Dev Sanskriti Vishwavidyalaya wants to build Good and kind Humans. In the world of machines humans are losing their humanity, building of true personality and knowledge can do in the period of Pregnancy. Great Ahimanyu in Mahabharata and Grandson of Sage Aruni , Sage Ashtavakra are the best examples of Garbh Sanskar.

Dev Sanskriti University started a new campaign of Aao Gadhe Sanskarwan Pidhi in collaboration with AIIMS Rishikesh. This campaign is added to Glory Story of DSVV.



## Gyan Deeksha

An excellent start to new session with 51 kundiya gayatri maha yagya. Like every semester Dev Sanskriti vishwavidyalaya will welcome it's students and professors with the pious Innvocation ceremony.

Innvocation ceremony was held on 21 July 2019. The cheif guest for the invocation ceremony was Hon'ble minister Human Resource Development Ramesh Pokhriyal. Along with the pious presence of Hon. Chancellor Dr. Pranav Pandya, Vice-Chancellor Sharadh Pardi, Pro- Vice Chancellor- Dr. Chinmay Pandya, Registrar- Baldau Dewangan. The invocation ceremony began with a majestic and grand academic procession started followed by our kulgeet of university. And whole teachers and student took oath for respect and love for each other.

Hon. Minister was mesmerized with the environment of university and congratulated the students , to study in the university of Pujya Gurudev, who believed that the human beings are the best creation of the World.



# DEPARTMENT'S DIARY

## Guest Lectures by Dept of Psychology

### **Music therapy**

A guest lecture on music therapy focusing on how sound produced by different instrument help in curing various diseases focusing on classical music by Dr. Durgesh Upadhyay, alumni from our university now working in Kashi vidyapeeth as one the reputed faculty.



### **Something about neuropsychology**

A special guest lecture was been done by Dr. Pratima Pandey from DU detailing more about how the brain and the rest of the nervous system influence a person's cognition and behaviors.



### **Research that matters**

As research is also important for any discipline, an informative lecture by Dr. Vijay Sharma from Amity University Rohtak was organised sharing his knowledge in the field of research was organised.



## 32 Years And Healing

International ozone day was celebrated by the department of environmental science which organized a symposium on current condition of ozone . The chief guest vice chancellor Shri Sharad Pardhi je gave a divine start to the program by igniting the lamp. Many performances were been planned by evs department including a seminar clearing all the concept related to ozone , a play spreading awareness on importance of ozone layer and how the misdeed of humans is causing damage to ozone layer ensuing damage to our future followed by poem for the nature.



With this various open competition including trash to treasure (best out of waste) , creative writing (slogan writing for the nature) and a seminar based quiz were conducted encouraging more participation of students for nature.

## Hindi Diwas

On the occasion of Hindi diwas Hindi department and Educational

organized a program in the university. the Vice chancellor of our university Sri Sharad Pardhi, Dr. Narendra Singh Prof. Suresh varnwaal ,Dr. krishna Jhare Mamta Arora together gave a ignited the lamp



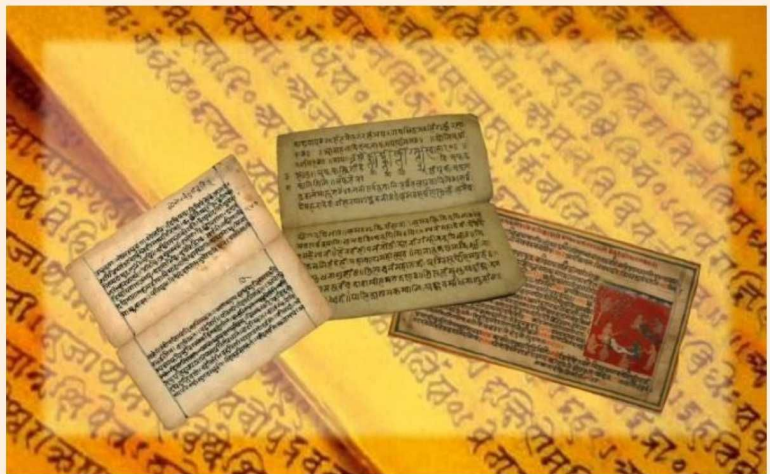
Dr.Narendra Singh explained the importance of Hindi as language in our nation, pro. Suresh varnwaal highlighted that how in world every nation is functioning in his own language exceptionally India always running behind others and barely care of his own.

Dr. Krishna Jhare made everyone realized how Hindi language is the basic conductor of life moral. The chancellor sir focused on how our whole life revolves around Hindi and encouraged everyone present to resolute to never leave Hindi behind.

An exhibition of various models made by Department of Hindi and education was organized. Besides this essay writing competition on the topic the importance and use of hind and poem recitation competition focusing on mother and our national language Hindi was conducted in Hindi language. This program directly quotes Hindi as identity and dignity in our mind.

## Time to uplift the holy language

The department of Sanskrit on the auspicious Sanskrit day had organized a program. In which they had conducted Sanskrit speech competition won by essay writing competition and shlopath competition.



# ACHIEVEMENTS

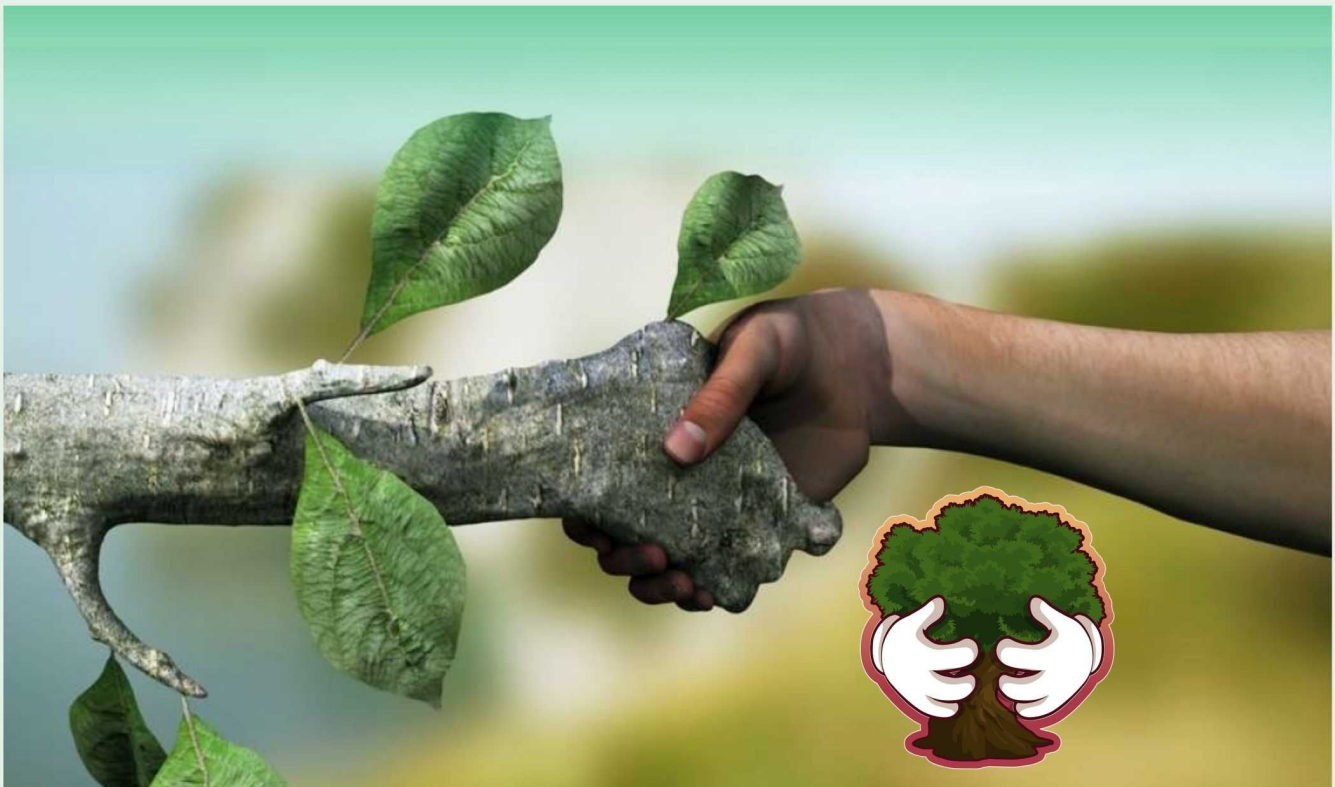
## One who made us proud

National Hindi Directorate, and Human resource development Ministry had organized a ceremony on the occasion of publication of Indian language bank (including 22 languages of India) Dr. Ramesh pokhriyal (Hrd minister on India) presented the copy of this “Shabd Kosh” to DSVV Prof. Dr. Sangeeta kumari was also invited on that occasion and had also offered one of it copy . In 2009 she had been one of the member of expert committee of central Hindi Directorate , New Delhi .

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## Maitri Vrikshon Ke Sath

As tree are always taken as indeed friends in our university that's why plantation is done with regular period of time. This time many plants are again planted in our university by faculties and student in the Hindu month of shradh acquiring blessings of our predecessors on 15<sup>th</sup> of September.







A MoU have been signed recently with SARVA YOGA INTERNATIONAL, Italy for the purpose of promoting cooperation to execute academic activities & research for mutual benefits.

This collaboration will facilitate the exchange of students and faculties, joint research activities and academic meetings join cultural programs especially in the field of 'Yoga and Ayurveda' as well as 'Indian culture'



Ms. Antonietta Rozzi from Italy visiting DSVV.



A unique MoU was signed between Dev Sanskriti Vishwavidyalaya and Namaste Dwaar. According to this MoU DSVV will be the knowledge partners with the fellow institution in fields of Yoga, Wellness, Rural, Tourism and Corporate excellence.



A MoU have been signed recently with Sarva Yoga International Italy for the purpose of promoting cooperation to execute academic activities & research for mutual benefits. This collaboration will facilitate the exchange of students and faculties, joint research activities and academic meetings join cultural programs especially in the field of Yoga and Ayurveda\* as well as Indian culture.



A Memorandum of Cooperation was signed with Ventsplis University of Applied Sciences. For students of Ventsplis University of Applied Sciences attractive aspects going in India exchange to India was mentioned 12 types of scholarships for International students, free education, the one and only Baltic Centre around Asia, which includes activities representing Latvian traditions and this type of rareness can be made in beautiful place of India.

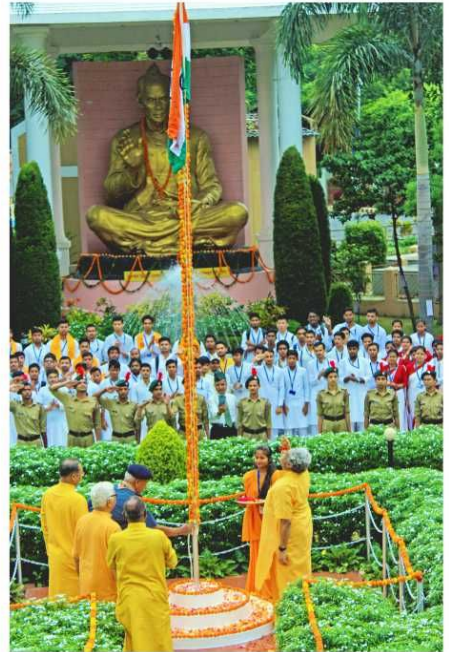


Excellence Awards were given to Prof Matcis Auzins (Former Chancellor University of Latvia) and Mr. Martin Gauss (Chairman Air Baltic Airline) to facilitate both of them for their Educational and Social contribution respectively to Dev Sanskriti Vishwavidyalaya.

# CELEBRATIONS

## Independence Day: A Struggle worth to win

A day to pay tribute and remember all the freedom fighters who had contributed a lot and fought for our mother land. In 73rd Independence day some glimpse of Independence Day celebration in Dsvv.



# CELEBRATIONS

## Unnayan: "Humari Sanskritik Garima Akshuniya Rahe"

A grand welcoming of new students by their Senior in a spiritual way.



# CELEBRATIONS

## Utkarsh: Ganesh Chaturthi Mahotsav (Unity in Diversity)

Every department have a diversified speciality but it's amazing to watch when they come together and celebrate Ganesh chaturthi in Dev Sanskriti vishwavidyalaya.



# CELEBRATIONS

## Teachers Day Celebration



## चल उठ

चल उठ ,डर मत अब संघर्ष तुम्हारा है ।  
इस देव संस्कृति की भूमि पर तुम्हें  
अब एक नया 'इतिहास' रचना है ।

जिस धरती को तेरे गुरुओं ने पसीने की बूंदों से सींचा है,  
अब वक्त हैं तेरा कि इस धरती की उपजा का  
अमूल्य रतन बनकर तुझे निकलना है,

चल उठ, डर मत, अब संघर्ष तुम्हारा है,  
इस देव संस्कृति की भूमि पर तुम्हें  
अब एक नया 'इतिहास' रचना है।

तेरे ज्येष्ठों ने सर्वत्र दिशाओं में  
इस देवभूमि को गौरवान्वित महसूस कराया है।  
तुझे भी अब इस गौरव को विश्व की प्रत्येक दिशाओं में,  
यूँ ही फहराए रखना है।

ये जिम्मा अब तुझे सौंपा है, एक नई अलख जगाने का,  
अपने अच्छे गुणों से औरों को भी श्रेष्ठ बनाने का  
कि बनकर जब तू निकले यहाँ से,  
तो लोग कहे कि देव संस्कृति विश्वविद्यालय था।

चल उठ, डर मत, अब संघर्ष तुम्हारा है,  
इस देव संस्कृति की भूमि पर तुम्हें  
अब एक नया इतिहास रचना है।

- भाग्यश्री अग्रवाल, बी वोक (३डी एनिमेशन और वीएफएक्स, प्रथम वर्ष)

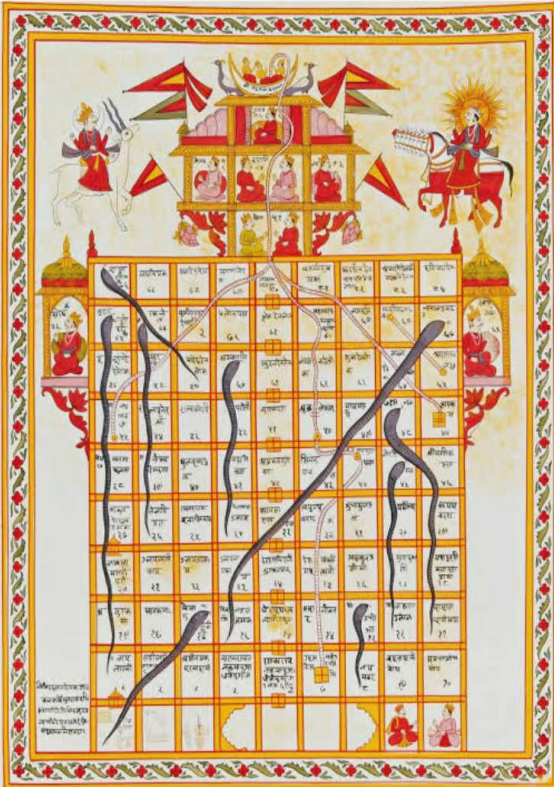
## अदभुत - 'कैलाशा पटम'

यह खेल विदेशों से आया है पर यह आपको पता है कि यह खेल विदेशों की नहीं बल्कि हिन्दुस्तान की उपज है। भारत के अध्यात्म से प्राचीन समय में यह खेल च्मोक्ष पटमज के नाम से जाना जाता था। महाराष्ट्र के ज्ञानदेव जी ने १३वीं सदी में मोक्ष पटम से लोगों को धर्म का पाठ पढ़ाने का ज़रिया बनाया था। संत ज्ञानदेव के द्वारा बनाए गए सांप सीढ़ी को 'कैलाशा पटम' कहा जाता था। उन्होंने जैन पंथ से प्रेरणा लेकर इस खेल में

वैदिक और सनातन हिन्दू मूल्यों को डाला और इसका प्रचार ग्रामीण भारत में किया। इस तरह यह खेल पूरे भारत के उपमहाद्वीप में फैल गया।

ऐसा कहा जाता है कि आप अगर इस खेल के आखरी पायदान '१००' पर पहुँच गए तो मतलब आप कैलाश पहुँच गए। इस सांप सीढ़ी के बोर्ड पर आपको कई दोष और गुणों का उल्लेख मिलेगा। उदाहरण के लिए एक खाने पर लिखा है पाप जहां पर तीन सिर वाला साँप है। यदि आप बुरे कर्म करेंगे

तो आप सीधे नीचे महापाताल में आ जाते हैं। इस प्रकार की सीख बच्चों को इस खेल के ज़रिये सिखाई जाती थी। सांप सीढ़ी के इस धार्मिक खेल को एक नया रूप मिला। १६वीं सदी में जैन पंथ के लोगों ने इसे ज्ञानबाजी का नाम देकर इसे जीवन की शिक्षा देने का ज़रिया बनाया। इस खेल का उद्देश्य यह था कि आप यह खेल खेलते हुए आप अपने दैनिक कार्यों के परिणाम के बारे में सोचें।





She studied literature and philosophy in France and is teacher of modern languages and literature in Italy. She started practicing yoga 45 years ago. In 1976 she obtained the diploma of yoga teacher at the Integral Yoga Institut of André Van Lysebeth and at Satyananda ashram of Mongyr. She attended many course at Vedanta Forest Academy in Rishikesh, at Kuvayladhama Institute of Lonavla and Himalayan International Institute of Yoga Science and Philosophy in India and USA. She visited every year many yoga schools and ashrams in India and organized intensive yoga programs for Italian yoga students at Morarji Desai National Institute of Yoga, Ramakrishna Mission and S-Vyasa University.



She has contacted in Europe and India great Masters, such as Swami Chidananda and Swami Krishananda of the Divine Life Society, Swami Satyananda of Mongyr, Swami Rama, Swami Satchidanada, Mother Teresa of Calcutta and many others and invited many of them in Europe to spread the authentic Indian tradition of yoga.

She is trainer of the Italian Yoga Federation since 42 years and has contributed to the revision of the Initial Training Program for yoga teachers adopted by many European federations of yoga.

She founded a Master to train specialized teachers of yoga at school and is member of the Italian commission of Ministry of Education to develop official programs of yoga in schools, colleges and universities.

She teaches Yoga in Education as an official course at the University of Bologna and Bolzano (Italy).

She has been nominated by eminent Indian yoga Masters President of Sarva Yoga International and recently received the “Prime Minister's Awards for Outstanding Contribution of Promotion and Development of Yoga”.



## ANTONIETTA ROZZI

Professor of Pedagogy and Yoga at University of Bologna and Bolzano  
President of ASSOYOGA Italia  
President of Sarva Yoga International  
Honorary President of Italian Yoga Federation



Bhai Hari Nam Singh ji Khalsa began to practise Yoga and meditation at the age of six; when he was fifteen he was recognised by three different international Yoga schools as a teacher of Hatha, Siddha and Kundalini Yoga. At the age of seventeen he set up his first Yoga center in Rome and when he turns eighteen he founded Yogadharma community. His journeys and travels gave him the opportunity to meet and cooperate with the best-known Yoga and meditation teachers; simultaneously he was studying medicine at

University in Rome. At the beginning of the 90's Hari Ji founded and managed the "Professional Teachers Training School" and few years later, in 2004, he established the "International Aquarian Age Yogadharma Teachers Association". He has opened several Yoga centers and he has managed the Yogadharma Ashram for the past sixteen years. The Ashram is located since 1999 in Bracciano, near Rome, where Hari Ji lives and where he has trained over 200 Yoga teachers. In May 2007 and May 2015 he supported the "International Globe Peace Meditation Day" in Japan actively. Hari Ji was President of Yogadharma Community and Yogadharma International; he was also President of Yogadharma International Peace. He founded the "Mala for Peace" initiative and created also the Patanjali Project; furthermore he wrote a commentary about the Yoga Sutras. His public roles have been remarkable: Director of Yoga center "Yogadharma" in Rome, Director of Yogadharma Ashram in Bracciano. For over a decade President of "Italian Sikh Union", Member of the national committee of "Religions For Peace", member of the "Religions Council of the City of Rome"; Member of Honour of "Flags for Peace" project.

In 2014, at the age of fifty, he decided to take a step back from all representation roles he had, and to devote himself totally to Yoga, meditation, study of the scriptures and taking the name of Hari Ji. Hari Ji also published a lot of works on Yoga studies, Tantrism, also remarkable works like "Talas - the realm of lower chakras" and "Chakras in children: an educational pathway through the development stages", and a collect published of commentary of Hatha Yoga Pradipika, Gheranda Samhita and Kundalini Yoga Upanishad.

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