

Hira Ratan Manek



Hira Ratan Manek (HRM) was born on 12th of September 1937 in Bodhavad, India, was raised in Calicut, Kerala, India, where he had his Mechanical Engineering degree from the University of Kerala. After graduation, he joined the family shipping and spice trading business and continued working there until he retired in 1992. After he retired, he began to research and study the ancient practice of sun gazing in which he had been interested in since his childhood.

He went on a 411 day fast from 2000-2001 in Ahmedabad, India directed by an International team of 21 medical doctors and scientists led by Dr. Sudhir Shah (Dr. Shah's synopsis report) and Dr. K. K. Shah, the acting President of Indian Medical Association at that time. Dr. Maurice D. Pressman, MD also describes his experience with HRM in an article he wrote and later joined the team for the next observation on HRM.

After the excitement of the findings at Ahmedabad, HRM was invited to Thomas Jefferson University and University of Pennsylvania in Philadelphia where he underwent a 130 day observation period. This Science/Medical Team wanted to observe and examine his retina, pineal gland and brain, therefore this observation team was led by Dr. Andrew B. Newberg, a leading authority on the brain and also featured in the recent movie "What the Bleep Do We Know", and by Dr. George C. Brenard, the leading authority on the pineal gland. Initial results found that the gray cells in HRM's brain are regenerating. 700 photographs have been taken where the neurons were reported to be active and not dying. Furthermore, the pineal gland was expanding and not shrinking which is typically what happens after mid fifties and its maximum average size is about 6 x 6 mm, however for HRM, it has been measured to be at 8 x 11 mm.

From 2002 HRM has been traveling all over the world to preach about the practice of sun gazing so that humanity can heal their problems without any cost or guru. HRM gives on average approximately 300 lectures on sun gazing in different languages. Several interviews have appeared in leading media and TV all over the world including the BBC World Services and there are several documentaries on the HRM method of sun gazing exhibited on different worldwide channels to encourage the people's practice of sun gazing.

- Paper IX : **Yoga and Public Health**
Sri. G. Sreeekumar
Former PRO, MG University
- 2-30 pm : **VALEDICTORY SESSION**
Welcome : Dr. C.R.Hari lakshmeendra Kumar
Hon. Director, CYN M.G. University.
- Report & Feedback : Smt. Rincymol Mathew
Programme officer NSS Campus Unit
- Chair : **Shri. M.R Unni**
Registrar, M.G. University
- Valedictory Address : **Prof. K.S. Indu**
Member, Syndicate, MG University
- Distribution of Certificates : **Prof. Dr. John Baby**
Rtd Professor, Dept. of Psychology, Calicut University
- Special Address on Yoga and Martial Arts : Dr Sherine V. George
Sree Sankara Sanskrit University, Kalady
- Vote of Thanks : Sri. K.A. Jobby, President KDYSA
4-30 PM : National Anthem

For Details Contact

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Dr. C.R. Hari lakshmeendra Kumar : **9447569935**

Yoga Sreshtha Dr. MR Copal akrishnan Nair : **7025702515**

Sri. Shareshkumar M S : **9544981839**



MAHATMA GANDHI UNIVERSITY

Centre for Yoga & Naturopathy

School of Gandhian Thought and
Development Studies

P.D Hills Kottayam, 686560, Kerala

Two Days

National Level Seminar on

**Relevance of
Yoga in
Modern Life**

on

18th and 19th March 2016

In Association with

**Department of Lifelong
Learning and Extension**

**&
Kottayam District Yoga
Sports Association**

Venue: SGTDS Seminar Hall

Sir/Madam

The newly established Center for Yoga and Naturopathy, Mahatma Gandhi University is organizing a two day National level Seminar on Relevance of Yoga in Modern Life on March 18 and 19, in the auditorium of the School of Gandhian Thought and Development Studies. Dr. Babu Sebastian, Hon'ble Vice Chancellor M.G. University will inaugurate the seminar. Dr. Sheena Shukkur, Pro- Vice Chancellor will preside Registrar Shri M. R. Unni will preside over the Valedictory Session. Lec-demos of Surya Yoga by Sri. Hira Ratan Manek and Music in Yoga will be the highlights of the Seminar. Department of Lifelong Learning and Extension and Kottayam District Yoga-Sports Association are collaborating in this event.

You are cordially invited to participate in the seminar and academic deliberations.

Looking forward for your co-operation

Dr.C.R. Harilakshmeendra Kumar

Hon. Director
MGU CYN

PROGRAMME

INAUGURAL SESSION

9.00 am : Registration

10:00 am to 11:30 am on Seminar Hall, SGTDS

Prayer

Welcome

: Dr. Roy C. Mathew
HoD, SGTDS, M.G. University

Presidential Address

: **Dr. Sheena Shukkur**

Inaugural address

: Hon'ble Pro- Vice Chancellor

Key Note address

: **Dr. Babu Sebastian**

Felicitations

: Hon'ble Vice Chancellor
Dr. T. V Padmanabhan
Co-ordinator Centre for Yoga,
Dept of Physical Education, Kannur University.

Vote of Thanks

: **Dr. Ajis Ben Mathews**

Tea Break

: Member Syndicate, Mahatma Gandhi University.

ACADEMIC SESSION (I)

: Dr. T. S. Girishkumar

Chair

: Member, Expert Committee, CYN.

Paper I

: Dr. K. Sabukuttan

Lunch

: Associate Prof. & Head, DLL, M.G. University

ACADEMIC SESSION (II)

: Shri. P. S. Rajesh, Secretary, KDYSA

Chair

: Shri. G. Sreekkumar,

Paper II

: Dr. C. R. Harilakshmeendra Kumar

ACADEMIC SESSION (III)

: Dr. C. R. Harilakshmeendra Kumar

Chair

: Hon. Director, CYN, M.G. University.

Paper III

: Dr. T. S. Girishkumar

ACADEMIC SESSION (IV)

: Member, Expert Committee, CYN.

Chair

: Dr. K. Sabukuttan

Paper IV

: (Head DLL and NSS Programme Co-Ordinator, MG University)

ACADEMIC SESSION (V)

: **Knowledge Tradition: The Role of Yoga in Indian Knowledge Tradition.**

Chair

: Dr. T. S. Girishkumar

Paper V

: Member, Expert Committee, CYN.

ACADEMIC SESSION (VI)

: **Energy Healing**

Chair

: Shri. Santhosh I.

Paper VI

: Independent Researcher in Energy Living

ACADEMIC SESSION (VII)

: **Yoga & Cultural Heritage**

Chair

: Dr. T. S. Girishkumar

Paper VII

: Member, Expert Committee, CYN.

ACADEMIC SESSION (VIII)

: **Yoga & Cultural Heritage**

Chair

: Dr. K. Sabukuttan

Paper VIII

: Asso. Prof and Head, DLL, MGU

Paper IV

: **Re-construction of Dharma with regard to Yoga and Business Ethics**
: Ms. Jessica Raani Bauer
Research Scholar, Aix-Marseille University, South France

Paper V

: **Yoga for Life Style Disorders (with Demonstration)**
: Yogiraj Dr. Toms Abraham
Faculty, DLL, M.G. University

ACADEMIC SESSION (III) 5.00 pm onwards

Musical Applications in Yoga with live demo

: **Prof. O.M Mathew**

: Chairman, Vivekananda Chair

Presentation

: Prof. (Dr.) John Baby, Rtd Professor,
Dept. of Psychology, Calicut University

Orchestration

: Malabar Shah and Party

DAY TWO

19th March 2016

6.00 am

: **Sun Gazing Practical Session**

: **SRI. Hira Ratan Manek**

ACADEMIC SESSION (IV) 9.30 am

Chair

: **Yoga sreshta Dr MR Gopalakrishnan Nair**

Paper VI

: **Solar Healing**

: **Sri . Hira Ratan Manek**

11.20 Tea Break

Paper VII

: **Biochemical and Neurobiological Effects of Yoga**

: **Effects of Yoga**

: Dr Balarama Kaimal

: Scientist, Pushpagiri Medical College, Tiruvalla

12.30 LUNCH

ACADEMIC SESSION (V) 1.00 PM

Chair

: **Dr. M. S Viswambharan Nair**

: Amritam Prakrithi Jeevana Kendram

Paper VIII

: **Health an Ecological point of view: From Soil to Cell**

: **From Soil to Cell**

: Sri. Sanoop Narendran, Kannur

