Not many people get the opportunity to be part of a loving Yoga family blessed with Satgurus of the greatest quality. We at YOGNAT are truly blessed to be Sishyas of our visionary founder Satguru Yogamaharishi Dr. Swami Gitananda Giri Gurumaharaj and our dynamic Puduvai Shakti, AMMA, Kalaimamani Yogacharini Meenakshi Devi Bhavanani. Both Amma and Swamiji are acknowledged embodiments of the greatest Indian cultural teachings of Yoga and to have their benevolent blessings and guidance at all times is the result of our past Punya in many lifetimes.

The last year has been busy-bee busy with so many golden opportunities to live the wisdom of the Bhagavagita dictum of dispassionate skill in action. There have been hundreds of cultural performances, guest lectures and lecture demonstrations in many universities, Yogasport events, competitions and conferences all over the world. Of course we have also had the intensive class routines for children, adults, tourists and those in need of Yoga therapy and the rigorous Yogic Sadhana of the scores of Sadhakas from all over the world in the residential Six Month International Yoga Teachers Training Course at ICYER. This year was the 40th year of this Annual Course conducted without break since 1968. Dr Ananda has had two successful world tours in the past year spreading the greatness of Yoga and our beloved Indian culture to thousands of enthusiasts all over the globe. Amma has been as dynamic as ever and continues to lead the Yoga and cultural renaissance all over the world with her loving example being more active than ever in her 66th year. Staff and students of Yognat have won numerous awards and brought name and fame to Yognat, Pondicherry and India keeping the flag of Indian Culture flying high at all times.

Every year the Annual Day Celebrations of Yognat creates an opportunity for us to thank all the loving parents of our beloved children for their unconditional and unlimited support at all times. We congratulate each and every one of them for giving their children this "GIFT OF OUR OWN GREAT CULTURE". Such support along with the blessings of our well-wishers and patrons from all over the world has enabled our beloved, enthusiastic and talented children to make great strides of progress in Yoga and the fine arts. They continue as ever, day-by-day, to make our heart swell with pride at their "Skill and beauty in action" proving true the dictum, Šatyam-Shivam-SundaramÑ

CULTURAL PROGRAMMES AND PERFORMANCES: More than 160 public performances, cultural programmes and events including major dance performances, vocal and instrumental music concerts and Yogasana group demonstrations as well as lecture demonstrations have been conducted by the staff and students of Yognat this year, all over India and abroad as well. The spectacular 15th ANNUAL DAY performance and the THIRU JNANA SAMBANDAR Dance Drama were surely highlights of the past year as they showcased the talents and skills of our children in a unique manner.

The dedicated staff and talented students also won laurels in numerous Yoga Sports and cultural events at State and National levels. The Yognat cultural troupe performed during the 16th Annual International Yoga Festival conducted by the Tourism Department as well as at Pondicherry University, JIPMER, Vinayagar Chathurthi celebrations, Navarathri and Thiyagaraja Jayanthi celebrations of Pondicherry Music and Dance Artistes Association, festivals conducted by the Department of Art and Culture, Government of Puducherry as well as numerous invited performances at festive occasions all over Puducherry.
performed enthralling musical concerts in many parts of the UK, USA, Italy, Switzerland, Germany, Australia and New Zealand during his world tours in addition to conducting successful Yoga workshops and seminars in all these countries.

THIRU JNANA SAMBANDAR: Thousands were transported back to the ancient past when Saivite Bhakti philosophy reigned supreme as they watched Yognat’s Thirugnana Sambandar dance drama on 24th August 2008. A cast of forty-three dancers ranging from five year old Dhivya Priya Bhavanani as child Sambandar, S. Vidya Shankari as Poompavai up to adult Sambandar, danced exquisitely by thirteen year old J Sangavi. The stage radiated concentrated effort and Yogic skill in action. The dramatic, thrillingly choreographed battle between Sambandar and Agni (Shreya Agrawal) was the epitome of the eternal battle between ignorant selfishness and enlightened universalism. Scores of small children kept perfect step and dramatic poise in the unique temple scene, Madurai burning, military expeditions and the final glorious wedding scene. The dance drama opened with the eternal play of the Divine pair Shiva (I Krishnaveni) and Shakti (SS Lothikha). Like their cosmic counterparts, the dancers created a beauty which had not yet existed moving together in perfect rhythm. The final scene was shown in a masterly manner, as all dancers merged back into Shiva-Shakti illustrating the philosophy of eventual return of all creation back into Shiva-Shakthi and eternal truth that Sivamaya (Shiva’s play) is the only reality.

Special Guests included many foreign dignitaries who had come to India specially to witness the Drama which was held in conjunction with the 101st Jayanthi of Yogamaharishi Dr. Swami Gitananda Giri, one of the five leading authorities of Ashtanga Yoga in the 20th century. Yognat offered recognition to outstanding personalities on the occasion for their unique contribution to our community. The award of ñKarma Yoga Shironmaniñ was bestowed upon Thiru V. Narayanaswamy, ñThamizh Veda Shironmaniñ to Thiru P. Sambandam Gurukkal and ñNadaga Shironmaniñ was given to Thiru E. Srinivasan. Kalaimamani, Pulavar I. Pattabhiraman, Director, Valluvar Villisai Kuzhu presented the awards of Shiva Yoga Jyothi to Amma and Shiva Yoga Chudar to Dr. Ananda. The dance drama, which specialized in athletic and acrobatic Asanas (Natya Karnas) was under direction of Amma and Dr. Ananda. The entire production was originally composed and was under able Nattuvangam by Smt. Devasena Bhavanani.

IT IS NOTEWORTHY THAT YOGNAT HAS PRESENTED 30 MAJOR AND MINOR DANCE DRAMAS AND 18 SPECIAL DRAMATIC COMPOSITIONS IN THE LAST 23 YEARS THAT ARE ALL ORIGINAL IN LYRICS, MUSIC AND CHOREOGRAPHY.

ANNUAL YANTRA COURSE AND SPECIAL YOGA CHIKITSA COURSE: Having been well trained in this art by his Guru-father and having received excellent instruction from Dr Swami Anandakapila Saraswathi (Dr. Jonn Mumford) of Australia during the last seven years, Dr. Ananda gave an intense, systematic and in-depth instruction in this “Science of Number, Name and Form” in February 2009. A course in YOGA CHIKITSA was also held and was led by Prana Yoga Shakti Yogacharini Dr. Nalini Devi Giri under Amma’s guidance. In this special session, the Yoga Chikitsa techniques of this Paramparai were revised and re-systematized. All the Sadhakas had great praise for the masterly manner in which Amma, Dr. Ananda and Dr Nalini conducted the training in a thorough, interesting, systematic manner.

BHARATANATYAM ARANGETRAMS AND SOLO PERFORMANCES: Yoganjali Natyalayam presented ten-year-old Shilpa Balaji in her first full length solo Bharatanatyam performance in February 2009 at Yognat. Shilpa has been a student of Yoganjali Natyalayam since a toddler and has emerged with ñStar Qualityñ. Her performance was attended by several hundred persons, including students of ICYER from nearly 15 countries who enjoyed
tremendously the exquisite skill in the different classical dance items displayed by young Shilpa. Shilpa was awarded her Seven Year Certificate in Bharatanatyam and Yoga, a proud moment for all. The Principal of Shilpa’s school, Primrose School, Madam Jerina Begum was Chief Guest of the evening. Yognat wishes young Shilpa all the best to explore her art even in the distant shores of Canada.

The Bharatanatyam Arangetram of Yognat’s senior students-teachers, Selvi G. Kanimozhi, Selvi U. Gokila, Selvi G. Sarulatha and Selvan T. Vivek@ Tamilarasan was held in March 2009 at Subhalakshmi Marriage Hall. Yognat has staged several Arangetrams since its inception in 1993, but this one was indeed unique. All of the young people were in their twenties. Not only had they performed many, many times in Yognat programmes, but also for several years have served as teachers in the institution. Engaged in full time careers and fulfilling family obligations, the four have scarcely had time to devote to the practice of their own art. They took up the challenge and rose to the occasion, presenting a wonderful three-hour feast of classical Bharatanatyam before an audience of thousands. A sense of satisfaction and completion was enjoyed by all and the great art of Bharatanatyam once more showed its power to provide a magnificent catharsis and spiritual inspiration, radiating a power which enabled even the common man to go about his/her daily duties with renewed vigor and a new commitment to higher ideals. The Chief Guest Thiru M. Kandasamy, Hon Minister for Welfare and Co-Operation distributed the NINE YEAR DIPLOMA IN BHARATANATYAM AND RISHICULTURE ASHTANGA YOGA to U. Gokila, G. Kanimozhi, G. Sarulatha and T. Vivek. Thiru S. Nitiyanandan, Kalaimamani K. Rajamanikkam and Kalaimamani Pulavar I. Pattabhiraman were other special guests.

**SUMMER COURSES 2009:** The 13th Annual Summer Intensive Yoga and Bharatanatyam Course was held in May 2009 with more than 175 students participating in Yoga, Bharatanatyam and Shlokam recitation classes that went on for nearly four hours on Monday, Tuesday and Wednesday afternoons. Tremendous changes were witnessed in the children as the intensive gave them an opportunity to work closely with Amma and thus manifest their inherent potential. Students were taught the Dhyana Shlokam from the Bhagavad-Gita by Smt Meena Ramanathan. S Samyukta was declared BEST GIRL of the Intensive while R Vimalraj topped the points competition in the intensive with a magnificent performance throughout. S Geethakala was given a Special Award for her amazing abilities throughout. Theory classes given by Amma were the highlight of the intensive. The concept of Yoga and Bhoga and characteristics of both Yogic and Bhogic personalities were brought out in Amma’s inimitable manner with the children lapping up all the knowledge with great enjoyment. BEEPs (Bull’s Eye Enlightenment Points) were codified by Amma and the kids enjoyed them tremendously. An essay and art competition was also held to take the concepts deeper. The content of these classes lodged deep within everyone's consciousness as Amma hit the nail right on the head in a soft but steady manner. A booklet with core concepts was presented to all students for ready reference.

75 students and staff members participated in the three day residential camp at ICYER conducted at the end of May with numerous activities such as Yoga individual and team games, Team Karma Yoga, beach classes, a bonfire and many other holistic activities to broaden the young minds. The students enthusiastically participated in all activities. S Krishna Kumar and S Devasena were selected "Best Students of the Camp" in recognition of their Yogic talents and behavior.

23rd PONDICHERRY STATE YOGA SPORT CHAMPIONSHIP: The 23rd Pondicherry State Yoga Sport Championship was conducted in a grand manner in December 2008 at Naveena Gardens Hall.. More than 600 participants took part this year and their expertise in both Yoga Asanas and Yoga theory were tested. This year the competition was conducted simultaneously on four stages with 50 jury members and 20 volunteers performing their roles
willingly and untiringly despite the huge workload. A special event was held for special children of SADAY school (both with the physical and mental handicaps) for the second consecutive year. More than 30 special children gave a very moving performance and prizes were distributed immediately after their competition with four levels being awarded prizes in junior and senior categories for male and female. The **Champion of Champions** trophy for this year was awarded to **M. Swaroopa Ramanan** in the male category and **S. Devasena (S. Soumiya)** in the female category. The competition came to an end with the valedictory function chaired by Thiru Om Shakti Sekar, MLA, with Thiru T.P. Santhaseelan, Kalaimamani Pulavar I. Pattabiramane, Yogacharini Dr. Nalini Devi and Dr. Sugatham of SADAY in attendance.

Dr Ananda’s five new DVDs on Yoga Therapy were released on the occasion. These DVDs present Yoga practices that aid in spinal health, hypertension, digestive disorders, diabetes, and arthritis. Mr. E. Srinivassan of **Yatra Multimedia, Auroville** who has directed the DVDs was honoured on the occasion. A pleasant surprise for the evening was the award “**YOGA KALAIMAMANI**” that was given to Dr. Ananda by Kalaimamani Thiru Pattabiramane. Jury and volunteers were honoured for their Karma Yoga and all participating institutions were felicitated with an honour award.

**NINTH SWAMI GITANANDA BEST CHILD AND YOUTH AWARDS 2008:** The “Swami Gitananda Best Child and Youth Competition” which was conducted for the ninth consecutive year has been ingeniously devised and evolved through the years into a creative educational exercise by Amma and Dr Ananda with the support of faculty members and senior students of Yognat. **S Manju Priya** won the BEST YOUTH AWARD while S Devasena and S Sivasankar were 1st and 2nd runner up respectively. The BEST CHILD AWARD was bagged by **E Priyangaa** while Dhivya Priya Bhavanani and Debolina Pal bagged the 1st and 2nd runner up awards respectively. The inaugural **Senior World Citizen Yoga Award** was presented to Yogacharini **Natalia Aronov (Arshavkaya) - Tasha** of Russia / Germany for her sincere and dedicated living of a truly yogic life at the age of seventy years. The various competitions had been held over several weekends in December and January. As in the past few years a team of 10 members had participated from Cuddalore under the guidance of their Yoga teacher Mrs Prema and HARIPRASAD of the Team was declared OUTSTANDING YOUTH and awarded for his proficiency and efforts in Yoga. Dr. Ananda organised the event with support of Sri C Shanmugam, Selvi Reena D Joseph, Sri G Dayanidy, Sri R Balaji and Smt Meena Ramanathan. The dedication of the executive committee members of PYA and senior students of Yognat helped to conduct the events in a very efficient manner.

**COMMUNITY DEVELOPMENT PROGRAMMES:** Yognat places great importance on community development and hence both Amma and Dr Ananda gave numerous guest lectures as well as conducted lecture demonstrations and insightful introductions to Yoga at numerous forums. Senior faculty members of Yognat including Smt Devasena Bhavanani, Smt Lalitha Shanmugam, Shri C Shanmugam, Shri E Gajendiran and Smt Meena Ramanathan have been taking many classes for the community in different places and creating an awareness of Yoga. Yognat faculty members are also teaching in many schools as well as colleges and other institutions.

Smt Meena Ramanathan has been conducting excellent Therapy sessions at the Saday Special School and has won the love and affection of the children who adore her for her devotion to their well being. Amma and Dr Ananda were guests for the Children’s Day celebrations at Saday and enjoyed seeing the development of all the children over the years thanks to yoga and the caring encouragement of the director and staff of Saday. Smt Meena was also in charge of a 15 day Yoga appreciation course that was conducted by Yognat at Zest Beach Resort. G Dayanidy and Shymala were Yoga instructors for the course and trained the
participants to an appreciable level of competence. Enthusiasm shown by all participants was striking and credit goes to Smt Meena, Dayanidy and Shymala for creating such good interest. Sri C Ramanathan helped in organization of the course. He has also been giving administrative and logistical support to many projects of Yognat as well as Yoga courses at the Pondicherry University Community College.

Amma was honoured at the National Yoga Week conducted by the MDNIY an autonomous institution under AYUSH, Ministry of Health and Family Welfare at New Delhi in February. Amma was also invited as Chief Guest for the certificate distribution ceremony conducted by Vedathiri Maharishi Ashram near Coimbatore.

Our Chairman Dr. Ananda Balayogi Bhavanani is a Resource Person for the Yoga courses offered by the Pondicherry University Community College and taught theory classes in the "Scientific Basis of Yoga" and "Fundamentals of Yoga Therapy". He has also been taking the lectures in Mantra, Yantra and Yoga Anatomy and Physiology for the Annual Six Month International Yoga Teacher Training Course at ICYER. He has also given guest lectures at MDNIY, New Delhi for the PG Diploma in Yoga Therapy course as well as at Annamalai University for the MSc Yoga and PGDY courses.

As part of the Study India Programme of Pondicherry University our senior faculty members imparted practical training in Classical Yoga and Bharatanatyam for international students of Pondicherry University. These students from different universities in the United States of America had chosen to take a semester in India and to study at the Pondicherry University. Yogacharini Dr. Nalini Devi, Founder-Director of the Gitananda Yoga Alayam, Spain and senior faculty member of ICYER conducted classes twice a week at ICYER campus. Yogacharya Srikant and Yogacharini Shobana also taught many classes. Yogacharini Devasena Bhavanani conducted the course in Classical Indian dancing and the students were exposed to the wider aspects of Indian dance and Indian culture. Amma and Dr. Ananda supervised the planning and implementation of this unique programme and the feedback received from the students as well as the University has been very positive.

Yognat also continues to impart quality training in Yoga and Bharatanatyam at our West Branch near JIPMER. Many of these students have come into the main branch and are shining in a beautiful manner. We are also conducting yoga and dance classes in numerous schools and social institutions by sending yoga, dance and music instructors on deputation.

Faculty members of Yognat participated in the MASS YOGA AWARENESS PROGRAMME conducted in Puducherry schools by the Advanced Centre for Yoga Therapy, Education and Research (ACYTER), JIPMER with cooperation of the Education Department, Government of Pondicherry. Yoga Camps of 1½ hours duration everyday on the theme of the NYW were conducted in 48 government and private schools of Pondicherry and Karaikkal by 30 Yoga teachers under the direction of Dr MADANMOHAN, Programme Director ACYTER and Director Professor and HOD, Dept of Physiology, JIPMER. The event was coordinated by Smt Meena Ramanathan, Coordinator Yoga courses PUCC. As per request of MDNIY both ICYER and Yognat extended active cooperation for the conduct of the Yoga Classes. Yognat also donated the Primer of Yoga Theory book authored by Dr. Ananda to all schools that participated.

CONFERENCES WORKSHOPS AND SEMINARS: Dr Ananda was Invited Guest Speaker at the National Workshop on role of Yoga in Geriatrics at CCRYN, New Delhi in December 2008 and presented a paper on Rheumatological and immunological aspects of aging and the importance of integrated approach of Yoga in senior citizens. He was also Invited Guest Speaker at the 29th National Conference of IABMS at Ragas Dental College and Hospital, Chennai and presented a paper on Yoga for positive health. He presented a talk on Indian approaches to school psychology in 11th National Conference on School
Psychology organized by Pondicherry Psychology Association in January 2009. He was an Invited Guest Of Honour at NATIONAL YOGA WEEK 2009 conducted by Morarji Desai National Institute of Yoga, New Delhi in February 2009 and presented a talk on Indian approaches to school psychology. He was MC (master of ceremonies) for the inaugural function and participated in the brainstorming session with Secretary AYUSH along with eminent Yoga experts from all over India. He was invited to present a talk on Lifestyle modification on psychosomatic disorders through Yoga at the National Workshop on Fitness to Overcome Lifestyle Diseases conducted by Department of Physical Education and Sports, Pondicherry University in February 2009. He was the Guest of Honour and presented Inaugural Address on Yoga and Holistic Health at the UGC sponsored National Seminar on Yoga and Holistic health conducted by Nabira Mahavidyalaya, Katol, RTM Nagpur University in April 2009. Dr Ananda also participated in various interactive programmes on local TV and Radio channels.

Amma and Dr Ananda were invited speakers and consultants at the 16th Annual Yoga Festival that has seen the efforts of Swamiji and Amma to make Pondicherry a truly Yoga destination come true. As usual Dr. Ananda organized the Yoga theory exam as well as Yoga Viva for the championship round and eminent dignitaries from all over the world appreciated this unique and important aspect of Yoga Sport in Pondicherry. Many faculty members of Yognat were selected as Juries for this year’s festival and also lectured on various topics at the festival. Smt Meena Ramanathan coordinated the lecture sessions in an able and pleasant manner. In the extremely competitive categories G Dayanidy and M Siddarthan won first places and participated in the championship round while J Sanghavi and Debolina Pal also won prizes in their categories.

The Advanced Centre for Yoga Therapy, Education and Research (ACYTER) and Department of Physiology, JIPMER organized a National Workshop on Introducing Yoga in the Medical Curriculum in March 2009. The workshop was organized in collaboration with the Morarji Desai National Institute of Yoga under auspices of the Department of AYUSH, Ministry of Health and Family Welfare, Govt of India. The workshop deliberated on the need, feasibility and modality of introducing yoga science in the medical curriculum for medical students in particular and medical professionals in general. 20 resource persons and 150 participants from all over the country participated in the workshop that covered the theory, practicals and therapeutic aspects of yoga and evaluation methods for such a course. Amma, Dr Ananda, Smt Meena, G Dayanidy and other members of Yognat participated in the workshop. Staff and students of Yognat also gave a spectacular cultural performance for delegates from all over the country. Smt Devasena Bhavanani conducted the recital with grace and dignity and Yognat boys gave an amazing show of their Yogasana skills.

A workshop on Yoga Teaching Methods was organized by PYA at Yognat in January 2009. A total of seventy participants and faculty members from Pondicherry, Kerala, Tamil Nadu and a dozen countries were responsible for creating a most conducive atmosphere for a successful workshop. The workshop was inaugurated by AMMA, who also delivered the Inaugural Address, Importance of Proper Teaching and Essential Qualities of a Good Teacher. In her talk, Amma extolled all Yoga teachers to first be good students themselves and develop Swadhyaya to become real teachers of the greatest art and science of Yoga. Faculty for the workshop included Yogachemmal V Anbhzagan, Yogachemmal Meena Ramanathan, Yogachemmal Dr Nalini Devi Dr Madanmohan, Yogachemmal Lalitha Shanmugam, Yogachemmal E Gajendiran, Yogachemmal Devasena Bhavanani, Yogacharya Srikant (and Yogacharini Shobana. Yogacharya Dr Ananda Balayogi Bhavanani organized the event with excellent support from the workshop faculty, Yogachemmal C Shanmugam, Shri G Dayanidy and Selvi Reena D Joseph. Pondicherry Yogasana Association sponsored
the event under its banner with a noble aim of standardizing and improving Yoga teaching for
the betterment of society.

Meetings are conducted periodically for staff members of Yognat by Amma and Dr. Ananda
to upgrade quality of teaching as well as to motivate and inspire them to introduce new
teaching techniques in classes to drive away monotony among the students. An understanding
of the spiritual nature of Indian fine arts is inculcated through such stimulating meetings.

AWARDS AND RECOGNITION: The work of Amma and Dr Ananda has received wide
publicity in the local and national press with write ups their activities and that of the
Yoganjali Natyalayam appearing often. Amma was honoured with numerous awards
including SHIVA YOGA JYOTHI by the Valluvar Villisai Kuzhu headed by Kalaimamani
Pulavar I Pattabiramane.

Dr Ananda was selected as PROGRAMME COORDINATOR in the Advanced Centre for
Yoga Therapy, Education and Research (ACYTER), JIPMER, Puducherry and has been
discharging his duties from March 2009 onwards. ACYTER has conducted Yoga Awareness
programmes in local schools, Yoga education for medical students of JIPMER and also a
National Workshop on Introducing Yoga in Medical Curriculum. Yoga Therapy OPD and
regular Yoga classes has also started functioning in SS Block of JIPMER from June 2009. Sri
G Dayanidhi and Selvi L Vithiyalakshmi were selected as Yoga Instructors for ACYTER and
are discharging their duties in an able manner.

Selvi R Shalini won the PONDICHERRY IDOL contest conducted by Casablanca at the
Hotel Promenade. The chief judge for the event was the famous actor-director Smt Revathy
Menon. The event was widely televised and she topped more than 65 participants from all
over Pondicherry. Shalini was also selected for the CCRT Music scholarship and is
undergoing advanced training in music under Dr Ananda. Anotehr star of Yognat, Selvi
Shreya Agrawal is also undergoing advanced training in Bharatanatyam under Dr Ananda
after bagging a CCRT scholarship.

ANANDA’S SUCCESSFUL WORLD TOURS 2008-09: Dr. Ananda had two highly
successful world tours in the past year. The first one was to the UK, Italy, Germany,
Switzerland and Singapore in Sept-Oct 2008. The second was his trip down under to Australia,
New Zealand and Singapore in April 2009. Dr Ananda was Invited Guest of Honour at the
International Yoga Therapy Conference in San Rafael, California, USA in October 2008. He
gave a Keynote address, workshops, practical classes and panel presentations along with
eminent yoga masters from North America. He was also Invited Guest of Honour at the
Milano Yoga Festival 2008 in Milan, Italy. He presented workshops and retreats in more than
two dozen venues worldwide in these tours. He was also invited to present a talk at the Indian
Embassy -Tagore Cultural centre in Berlin in September 2008. He was the first invited Guest
speaker of the National Institute of Integrative Medicine (NIIM) in Melbourne, Australia in
April 2009 and presented a workshop for the International Association of Yoga teachers
(IYTA) in Sydney. These tours have been a grand success and more and more are getting
interested in the marvelous depth of real Yoga and Indian Culture.

PUBLICATIONS: A compilation of essays on Pranayama by Swamiji, Amma Dr Ananda
and Devasena Bhavanani was released on the occasion of Swamiji’s 101st Jayanthi in August
2008. Pranayama: The Fourth Limb of Ashtanga Yoga takes a look at intricate aspects
of 120 Pranayamas as taught in the Gitananda tradition of Rishiculture Ashtanga Yoga. It is a
masterpiece and a must for every sincere Yoga Sadhaka. Dr. Ananda also released a new
book on Yoga for weight loss that has been translated into Tamil by Smt Meena Ramanathan.
Dr Ananda presented five new DVDs on Yoga Therapy for diabetes, hypertension, spinal
health, digestion and arthritis that were produced in association with SUPER AUDIO,
Chennai who is a partner of UNESCO’s Global Alliance for Cultural Diversity. For details on
the DVDs and books please contact Dhivyananda Creations at yognat@gmail.com or call 0413-2622902. Amma and Dr Ananda gave a series of Yoga programmes that have been broadcast on NDTV many times in the past year and are also available on youtube.com. More than 100 video clippings of Yognat performances and Yoga activities have been uploaded on the popular youtube.com website. To enjoy them please go to www.youtube.com/user/yognat2001

YOGNAT SCHOLARSHIPS AND AWARDS: Yoganjali Natyalayam each year selects from its hundreds of students, one boy and one girl who have shown outstanding Yogic qualities as well as a student who has shown Yogic valour in trying circumstances. **Recipients of these awards for this year are:** BEST BOY 2009 ï R VIMALRAJ; BEST GIRL 2009 ï S GEETHAKALA; Yoga Family Award 2009- Thiru R SIVARAM and Family (Smt Devasena, S Samyukta and S Maniadarsh).

Sangeetha Samrat Shri Vijaya Bhaskar Music Award: The Shri Vijaya Bhaskar Music Awards have been instituted in the memory of the great music composer Shri Vijaya Bhaskar in 2003 by the family of Smt Mangala Gowri and Sri C K Manoharun for students of Yognat showing exceptional talent in Classical Music. Smt SUCHITRA S SHENOY and K PRATHEBA were selected for the Shri Vijaya Bhaskar Music Awards this year in senior and junior categories respectively while MV BALAJI has been selected to receive the Shri Vijaya Bhaskar Music Scholarship for the year 2009ï 10.

Michael Danckwerts Yoga and Cultural Excellence Award: In June 2003 Chris and Annette Danckwerts of Australia instituted the Michael Danckwerts Yoga and Cultural Excellence Award in memory of their son who was a lover of Yoga and Indian culture. Candidates are evaluated on the basis of curriculum vitae, character, academics, extra-curricular, personality and poise in an interview by a panel of eminent judges. The award consists of a year's full scholarship in Yoga and Bharatanatyam and a special merit certificate. S DEVASENA and REENA D JOSEPH have been selected to receive the MDYCE Scholarship Awards for 2009.

Ananda Ashram has completed forty one years of community service through Yoga and Cultural Arts in Pondicherry, India and the world in 2008. Yognat was founded in 1993 by Yogamaharishi Dr. Swami Gitananda Giri Gurumaharaj as a continuation of the Sri Kamabliswamy Youth Yoga and Cultural Arts Programme founded in 1975 by Pujya Swamiji and our beloved Amma at Ananda Ashram, Thattanchavady. Hundreds of students who were freely trained in that programs have now become professional Yoga Teachers, Bharatanatyam masters and Carnatic vocalists. Some of these students are now on the teaching staff at Yognat. It is our keen observation that unlike most schools where the ordinary are slowly edged out, in Yognat it is seen over the years that many "ordinary students" have been transformed into "dynamic, skillful and talented" youngsters who can hold their own against the best. This has resulted in our adopting the motto

"MAKING THE ORDINARY – EXTRA-ORDINARY!

AND THE EXTRA-ORDINARY - GREAT!"

It is our heartfelt prayer that Pujya Swamiji continues to bless us to achieve this objective with each and every student who enters our institution and that our beloved Amma will always guide us at all times towards this noble goal.