

Health

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Nutrition

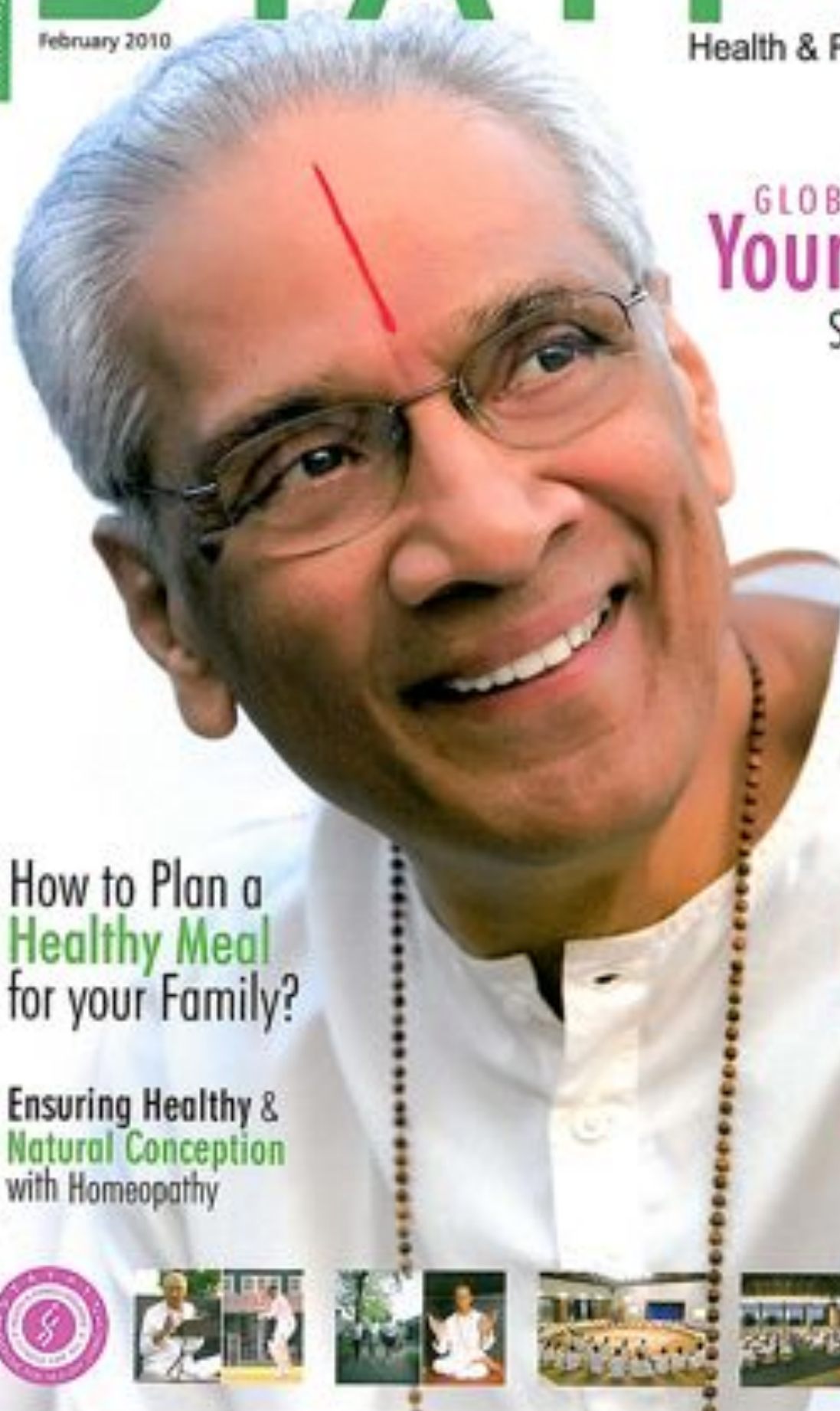
Lifestyle®

STAY FIT

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GLOBAL GURU Young@83 Swami Parthasarathy

Don't Let **Fear**
Affect You

Exercise for
Healthy Living

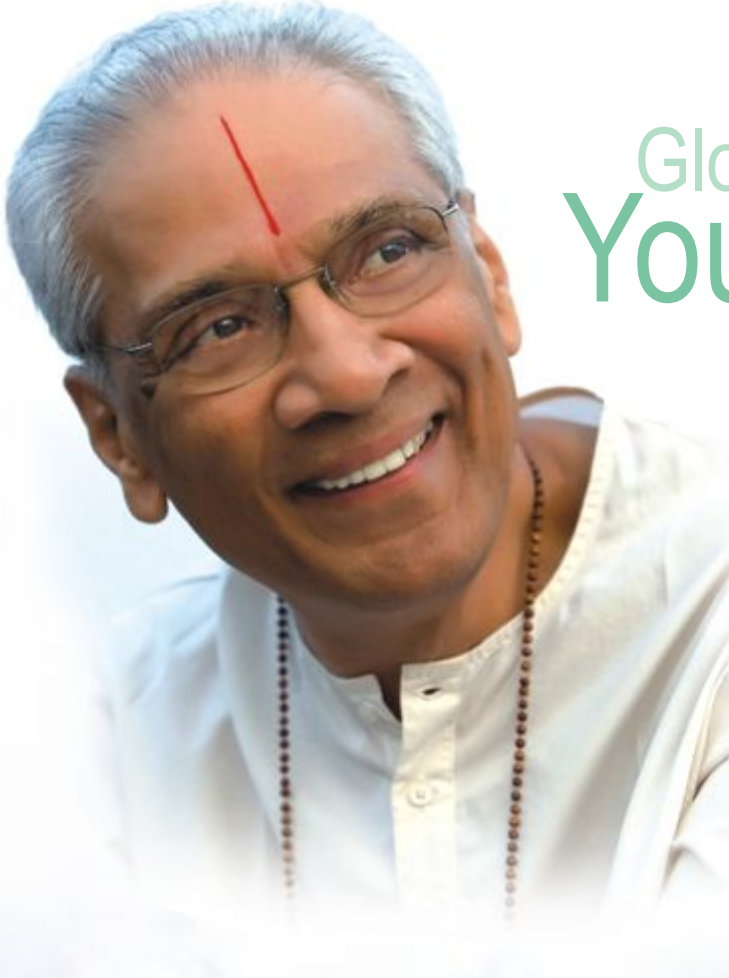
How to Plan a
Healthy Meal
for your Family?

Ensuring Healthy &
Natural Conception
with Homeopathy

Control
OBESITY
Practice
YOGA



Global Guru Young@83



At 83 years, he follows a daily schedule of yoga and jogging. As an accomplished sportsman, he still wins most valuable player awards for his Academy cricket team. Above all, at 6 feet he has maintained a 32 inch waistline and 148 pound weight for the past 60 years! Born in South India to a premier business family, here is a man who gave away his Rolls Royce in the prime of youth and dedicated his life to a noble cause of spreading the light of knowledge, empowering communities, corporates and nations across the world. **The pre-eminent philosopher Swami Parthasarathy**, popularly known as 'Swamiji', is widely acclaimed as the greatest living exponent of Vedanta, the ancient philosophy of life and living. **Swami Parthasarathy** is the Founder of Vedanta Academy, the picturesque Abode that enchants and enlightens the seekers, who pursue the art and science of living.



Swami Parthasarathy has a multi-disciplined academic base with post graduation from London University. Renouncing a lucrative corporate career early in life he has dedicated himself to full time study, research and propagation of Vedanta. His writings, discourses and seminars have met with outstanding response all over the world for over fifty years. He has been covered in print and television media worldwide and is known for his personal counselling to business, sport and film celebrities...

In a life of selfless service over five decades, Swamiji's exceptional contribution has been the translation of subtle philosophical themes into practical techniques of living. An exercise that has reduced stress and increased productivity among human beings.

In the course of his pioneering lifetime research, Swami Parthasarathy formulated the Self-management corporate program. This has found acceptance among premier management forums, business schools and corporations worldwide. Swami Parthasarathy continues to be a distinguished international resource of the Young Presidents' Organization (YPO), and World Presidents' Organization (WPO). And has addressed leading institutions such as the World Economic Forum, The World Bank, Brookhaven National Laboratories, NASA, Harvard, Kellogg and Wharton.

The Vedanta Academy is run by the Vedanta Cultural Foundation. The Foundation has been accorded the coveted status of a Scientific and

Industrial Research Organisation (SIRO) by the Government of India.

A daily schedule personally conceived by Swami Parthasarathy will challenge your body, mind and intellect - from yoga and sport to study and discussion on the highest knowledge known to humanity. You will discover that it is lack of Self management that has been the problem all along. This knowledge will enable you to tower above the challenges of life and emerge peaceful, dynamic and successful in your chosen field. Above all, you will learn in a personalized setting with Swami Parthasarathy, the world authority on ancient wisdom in modern business.

The Academy schedule runs from 4:15 am to 9:00 pm. It harnesses the different aspects of the student's personality for self-development. The day begins with an hour and a quarter of individual study and reflection. Followed by a structured yoga session and jogging, supplemented by gymnastics and sports. Providing an hour of physical exercise.

Without weekends and vacations, every single day courses through individual study, physical exercise, lectures by Swamiji, campus work, Sanskrit lessons, group discussions, audio-visual presentations and community singing.

The schedule is designed to maintain the traditional spiritual disciplines of karma action, bhakti devotion, and jnana knowledge.

Swami Parthasarathy has earned the unique distinction of presenting the timeless philosophy of life in contemporary thought and language through his writings and discourses. His best selling book, **Vedanta Treatise: The Eternities**, is in its 13th edition and lauded as the 'Book of the Planet'. This seminal work serves as the life manual for humanity and contains the knowledge required for self development. His new book **The Fall of the Human Intellect** explains the crucial role of the intellect in successful living.

Here are the excerpts from the conversation with the Swamiji. GKN Reddy, Editor, Stayfit Health & Fitness Magazine, was in conversation with Swami Parthasarathy.

Q : What is Vedanta ?

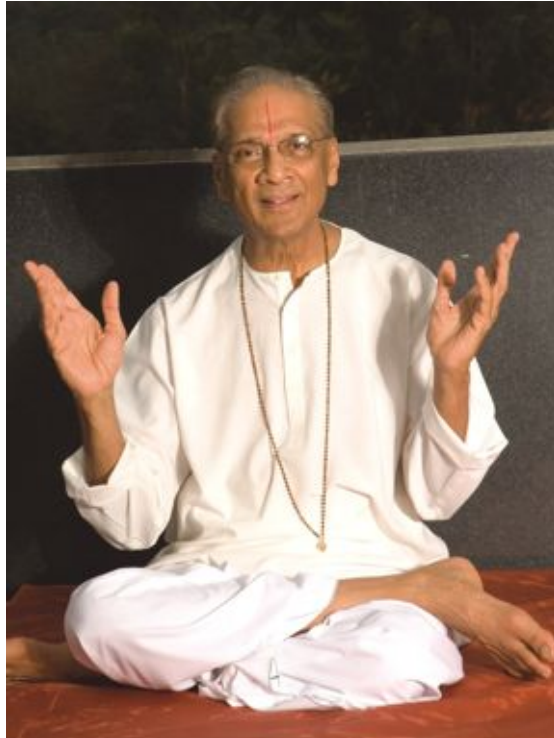
Vedanta is derived from two words: Veda - Knowledge, and Anta - End. Vedanta means the end of knowledge. This ancient philosophy presents the eternal principles of life and living. It enables a life of mental peace combined with dynamic action in the world. Equips one with clarity of intellect to deal with the challenges of life. Above all, it leads one to the ultimate goal of Self- Realization.

Q : The need for Vedanta in our life...

Vedanta sets right the imbalance between 'standard of living' and 'standard of life'. It equips one with the know-how to deal with a fast paced lifestyle, technological advancements and whatever else the world throws at you. It is not the world that provides happiness/ sorrow but your contact with it. For example, a person finds pleasure in a cigarette while another detests it. One wants to divorce his wife. While another is waiting desperately to marry the same lady!

Q : You have pioneered Self-management corporate programs to teach the fundamental techniques underlying productivity and time-management, stress reduction and leadership development.

The corporate world is afflicted with worry, anxiety and stress. This affects the quality of your work and productivity. Work degenerates into monotony, boredom and even causes physical ailments. People look forward to getting away from work and court weekends and vacations for their enjoyment. If you cannot find happiness in your work, you will never find it.



The source of the problem is lack of Self-management. If you cannot manage yourself, you cannot manage your family, your business and the society around you.

Self-management is the key to gaining that elusive combination you want- efficiency at work and mental equanimity within.

Q : Your new book 'The Fall of the Human Intellect', has been in the news for making people start thinking afresh....

Humanity has stopped thinking. The paucity of thought, reason and judgement has left the human intellect emaciated. Educational institutions focus on providing sheer knowledge, intelligence with no plan or program to develop the intellect. The world today is all intelligence, no intellect.

The loss of intellect has left humans with stress, depression and disease. And the world with vandalism, militancy and terrorism. Humanity now faces an urgent need to rehabilitate, reconstruct the fallen intellect. You are humans. You alone have the ability to rebuild the intellect. Rise above the crisis. Regain the sovereign status of the human species.





Today, Sunandaji's clear and powerful presentations are acclaimed by prestigious organisations, such as the Young Presidents Organisation and Harvard University.

Sunandaji's message is simple, yet profound: When we act without ego and expectation we gain peace, success and happiness.

Welcome to the abode of learning!

The Vedanta Academy is situated amidst the picturesque hills of Malavali, 108 kms from Mumbai, in Maharashtra State, India. Founded in 1988 by Swami Parthasarathy, the Academy offers continual three-year residential courses on Vedanta. Men and women between the ages of 18 and 35 are eligible for enrolment irrespective of nationality, race or religion. English is the medium of instruction.

Sunanda, daughter-disciple of Swami Parthasarathy

When Sunandaji speaks, her words flow eloquently and a sense of peace pervades the atmosphere. Sunandaji began public speaking in 1986 at the age of 29. Since then she has been lecturing and conducting management seminars throughout the world.

Apart from being a world-renowned speaker, teacher and philosopher, Sunandaji is also the daughter of Swami Parthasarathy, who is acclaimed by the Dalai Lama as one of the globe's greatest gurus.

Sunandaji had a rare and privileged childhood. She grew up, surrounded by sages, in Swami Chinmayananda's ashram in Mumbai. There her father studied and researched Vedanta for 20 years and Sunandaji has been immersed in Vedanta ever since.

**QUOTATIONS FROM VEDANTA TREATISE:
THE ETERNITIES**

"Give your personality a lift,
you lift the whole world."

"Do not lose the treasure of your Self
for the pleasure of the senses."

"Modern civilized ones without self –
development are but intelligent savages living in
spiritual slums."

VEDANTA ACADEMY

Malavali District Pune - 410 405, INDIA.

Tel : 91 2114 282278

Email: academy@vedantaworld.org

Website: www.vedantaworld.org

by STAYFIT Features

