

## YOGA IN DAILY LIFE – A PATH TO NON-VIOLENCE AND WORLD PEACE

4<sup>TH</sup> DECEMBER 2016, PRAGUE, CZECH REPUBLIC

A Conference co-organised by the Sri Swami Madhavananda World Peace Council (SSMWPC), Yoga in Daily Life Prague & the Vishva Guru Deep Hindu Mandir – Czech Hindu Community at the Lucerna Palace held under the auspices of Czech Minister of Culture Mr. Daniel Herman

### *Detailed Report:*

Dr. Martin Repko MD, the President of the Czech Union of Yoga in Daily Life (YIDL) welcomed Vishwaguruji and the participants assembled on behalf of the host country and invited the distinguished speakers to light a ceremonial candle to inaugurate the event.

Block 1. (Moderator: Mr. Gregor Kos, Director of the SSMWPC, Slovenia)

Congratulating letters were read out by Mr. Kos on behalf of Ms. Nada Al-Nashif, the Assistant Director-General for Social and Human Sciences, UNESCO; HE Mr. Krishan Kumar, the Ambassador of India to the Czech Republic; Mr. P.P. Chaudhary, the Union Minister of State, Ministry of Law and Justice, and Ministry of Electronics and Information Technology, India and Mr. Amit Shah, the President of the Bharatiya Janta Party (BJP), India.

It was noted that Yoga, the mind-body discipline based on ancient Indian philosophy and now practised all over the world, has joined UNESCO's list of intangible world heritage.

The messages were followed by children practising Khatu Pranam, the hallmark exercise of YIDL, under the guidance of Mr. Pavel Klimes, a YIDL child programme instructor from Prague, the Czech Republic.

The interlude was followed by a live Skype lecture of Dr. H. R. Nagendra, advisor to the Prime Minister of India and Chairman of Task Force, AYUSH Ministry, Government of India.

Ms. Alenka Smerkolj, Minister for Development, Strategic Projects & Cohesion, Republic of Slovenia underlined the importance of the creation of resilient societies with the ability to adapt while focusing on the shared vision of peace and well-living. HSH Prince Alfred von Liechtenstein warned against mind pollution, the major reason causing psychosomatic diseases that takes a much larger toll on human society than terrorist activities. Dr. Alena Gajduskova, former Senator and Member of the Parliamentarians for Nuclear Non-Proliferation & Disarmament, the Czech Republic was proud of the conference venue as Prague is a place from where already in the 15<sup>th</sup> century, King George of Podebrady sent a peace delegation to arrange a world order to stop wars at all time. After Mr. Swapnil Kothari the Chairman & Managing Director of Indore India Group of Institutions, India delivered a spellbinding speech on the relevance of a non-violent attitude in contemporary politics that results in the peace of the mind Mr. Vivek Ohja, the Chairman of the Vishva Deep Hindu Mandir – Czech Hindu Community welcomed the delegates and closed the first part of the Conference.

Block 2. (Moderator: Mr. Michael Vlcek, Board Member YIDL, Czech Republic)

Acharya Rajan Sharma, a Yogi, Author and Peace Promoter from Sydney, Australia inaugurated the second conference session with reciting a Sanskrit peace mantra followed by his speech that concentrated on the education of yoga being a pre-requisite for the non-violent manners of the coming generations. Ms. Klara Issova, a well-known Czech actress and NGO supporter, who practices according to the System YIDL, perceives yoga as gift that teaches us to love and accept ourselves. Ms.

Issova further pointed out Yoga's importance in creating a compassionate and kind mindset. Dr. Katerina Sheardova MD, neurologist, Head of the Memory Centre of the 1<sup>st</sup> Neurology Clinic, St. Annes's University Hospital Brno delivered scientific evidence for yoga practice and a lacto-vegetarian diet being massively important factors in shaping the condition of the human mind and in the prevention of dementia. Dr. Milada Krejci, the Vice-Rector for Science and Research of the College of Physical Education and Sport PALESTRA introduced YIDL as the most widely practiced yoga system in the Czech Republic with a total of over 180.000 students being enrolled to the courses during 2000-2014. Dr. Martin Repko MD; Head of the Orthopedic Department Faculty Hospital, Brno elaborated on how he advocates YIDL - the System as a prevention, a treatment and a follow-up programme after the surgical treatment of structural problems of his patients. Dr. Repko wrapped up the second session with underscoring that modern medicine is increasingly aware of the necessity of a comprehensive approach towards human health and of the need of understanding a human being in the broadest possible context.

Block 3. (Moderator: Dr. Eszter Lukács, Director of the SSMWPC, Hungary)

After the lunch break the conference continued with a musical interlude delivered by Swami Madhuram Puriji, New Zealand, who played a raga, a melody on his classical Indian flute.

The Conference Resolution drafted and signed by the distinguished speakers was read out by the moderator followed by the intervention of Prof. Dr. Igor Luksic from the University of Ljubljana and Slovenia's former Minister of Education and Sport. Dr. Luksic delivered a speech on the importance of the education of educators, followed by the contribution of Dr. Manfred Stepponart, the President of the International Sri Deep Madhavananda Ashram Fellowship, Vienna, Austria, who emphasized the relevance of spreading Sri Swami Madhavanandji's (Holy Gururji's) message to attain a non-violent and peaceful world.

The highlight and the most awaited part of the conference was when Vishwaguruji (HH Paramhans Swami Maheshwarananda), the Founder and President of YIDL & SSMWPC entered the stage to address the over 1.000 delegates assembled in the noble hall of the Czech capital and called humanity one family. He reminded the listeners of an unhealthy lifestyle being a form of violence. He further noted and that any form of an individual's violence against oneself or others is unacceptable in God's eyes. Vishwaguruji extended His lecture with gentle YIDL practices and an anti-stress meditation. The whole-day event drew to a close after Dr. Martin Repko on behalf of YIDL Czech Republic thanked Vishwaguruji for the magnificence of the conference.