

The power of yoga

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Pandit Gowrishankar S is a well known spiritual figure in the suburb of Chembur. A resident of Shivpuri Housing Colony, he has always been associated with spreading the glory of the Indian heritage among the young and old alike. In recognition of his knowledge and commitment to the cause of keeping India's rich cultural heritage alive, several spiritual institu-



tions have honoured him with titles and awards. These include Bharata Kala Shastra Pracharamani, Krishna Yajurveda Sikshak, Natya Has-tra Visharadha, Bharatha Kala Bhooshnam, to name a few.

Recently he added one more feather to his hat by launching a DVD to show the effects of yoga, meditation and vedic hymns on the human body. This DVD was recently screened in Matunga before a selected audience. Eminent personalities like V Ranganathan, former chief secretary was also present during the special screening. Speaking about his unique venture, Panditji says, "The DVD is a result of my intensive research. In fact I

proof on the benefits of practicing yoga. By viewing this presentation they can see and feel the results of how positive energy enters the body through spiritual vibrations," he points out.

Panditji who has held several talk shows and lecture demonstrations on spirituality adds, "During the course of my talk Dr Keet from England and also Dr Giridhari Sharma, a leading cardiologist from Bombay Hospital wanted to see the effects or the power of yoga on the human body. In response to this challenge I have attempted to provide an answer. Over 18 lakh has gone into the making of this 45 minute presentation."

Giving us a peep into his own spiritual journey he informs, "I was born in 1960 in Chennai. My parents Mangalam and KV Subramanyam enrolled me at the tender age of nine in a Veda Patashala in Selam. That was how my long arduous spiritual journey began." After a stint of six years in Krishna Yajurveda, he moved to Chennai to join the Sanskrit college of the University of Madras for studying subjects like astronomy, astrology and Bharata Shastra. Pt Gowrishankar came to Mumbai in 1984 and since then he is actively involved in providing spiritual guidance besides sharing his wealth of knowledge with the citizens, particularly the youth. He maintains that the DVD has nothing to do with religion. "During meditation only the word *Om* is chanted which has nothing to do with Hinduism, in fact people from all faiths can follow meditation because all it is about is concentrating or focussing one's thoughts," he clarifies.

h a v e worked on this subject for more than 8 years. In the course of my research I also stayed in the United Kingdom to gather inputs from ancient Sanskrit books which are available at Oxford University. Using 3 dimensional animations with hi-tech computer graphics, this DVD presentation serves as a textbook on yoga. It appeals to the youngsters because they often ask for