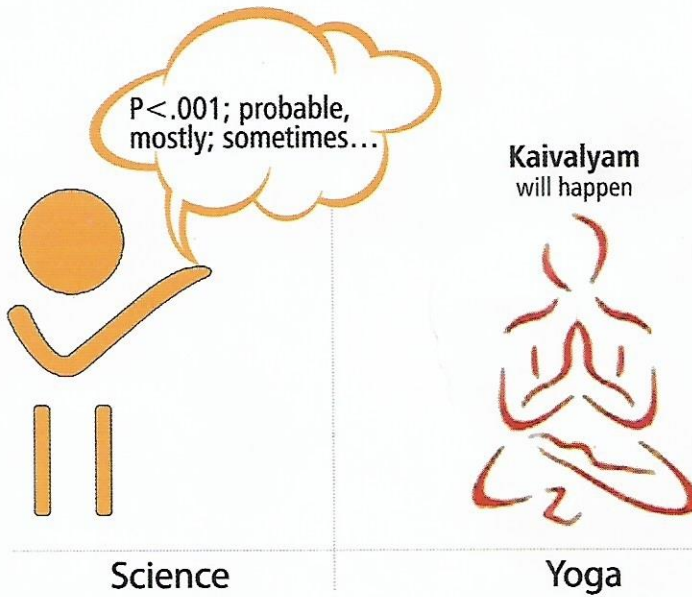


Model, Methods and Perspectives in Yoga



T M Srinivasan, PhD



प्रज्ञानं ब्रह्म

Swami Vivekananda Yoga Prakashana
Bengaluru

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I congratulate Prof. T M Srinivasan for this nice book compiling his articles into Model, Methods and Perspectives in Yoga. While Yoga has hit headlines and accepted by all countries, its Holistic perspectives are also getting looked at positively. In this world situation, there is a need to look at diverse traditions of Yoga both from Eastern and Western perspectives considering the fast evolving thought processes for making Yoga socially relevant bringing unique feature of each country and their need. Prof. Srinivasan being familiar with these developments as a pioneer of energy medicine for years, and has been able to regularly put his ideas in our monthly Yoga Sudha, a popular monthly of our Yoga University. It is laudable that he has been able to classify his articles into these 3 sub-heads and I am sure the book will find new dimensions of Yoga to all Yoga lovers, researchers, students and teachers. I wish the book all success.

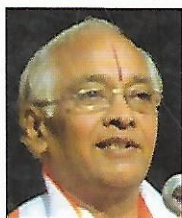


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Here is a unique book proposing model and possibilities in Yoga research. I am very happy that this book has come out as a compilation of his thoughts based on years of Sadhana (practice) by Dr. Srinivasan, a deep thinker and a powerful scientific writer of unique concepts culled out from evidence based external (biomedical engineering) science and experience based internal (Bhagavadgita and Vedas) knowledge. This book has brought to focus the scientific basis of Yoga in a convincing logical manner. Many new ideas are introduced and discussed for furthering applications of Yoga in diverse fields and in mind-body applications. I wish the book all success as it offers opportunities for innovative research in integrative medicine and other social sciences.



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T M Srinivasan received his Ph.D from Sweden and in 2015, the honorary degree of D.Sc was conferred on him by S-VYASA. He was a Professor of Biomedical Engineering at IIT, Madras and later, Director of Institutional Lab at Fetzer Institute, Kalamazoo,

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