



SURAJBAI SARDARMULL NAVYAS TRUST (SSNT)
organizes
UTSAV – U (Design Your Own Health)

Greetings,

UTSAV-U (Design Your Own Health) program is being organized by Surajbai Sardarmull Navyas Trust, Chennai, as a part of their mission to make the world a more Harmonious, Happier and Healthier place.

The program will be conducted by Prajna Institute of Yoga & Allied Sciences (PIYAS), led by Dr Neetu Jain. PIYAS has been conducting UTSAB programs for more than 20 years and have touched more than 1,00,000 lives so far. The members of the Team PIYAS have various backgrounds and expertise but with a common goal of making a change in people's lives in making them happier and healthier.

MEMBERS OF TEAM PIYAS:

DR. NEETU JAIN, PhD – PROGRAM LEADER
DR. MAHENDRA BALAR, MD – MEDICAL EXPERT
DR. M. A. MIRZA, BNYS; MD (Ac) - PROGRAM COORDINATOR
MR. DOULAT JAIN – CHIEF ORGANIZER
MRS. GULAB JAIN - HOSPITALITY MANAGEMENT
DR. MALINI K. GOWDA - BNYS
DR. SUDHIN P - BNYS

MR. RAJESH JAIN
MRS. BHAGYASHREE JAIN
MR. MAHESH JAIN
MRS. SANGEETHA JAIN
(IN ADDITION, WE WILL HAVE ABOUT 3 – 4 VOLUNTEERS TO HELP)

PROGRAM DATES:

The UTSAB program is a 3-day residential program.

START Friday, 22nd Sep 2017 (Early Morning, 6:00 am)

CONCLUSION Sunday, 24th Sep 2017 (Afternoon, 2:00 pm)



PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES
Bengaluru, New Delhi, Chennai, Ooty, Dubai
E-mail: navyaswellness@gmail.com **Visit : www.piyas.org**



SURAJBAI SARDARMULL NAVYAS TRUST (SSNT) organizes **UTSAV – U (Design Your Own Health)**

HOW TO REACH:

Travel options

By Air

Approximately 88 kilometers away, Coimbatore is the nearest domestic airport from Ooty which is well-connected with most of the Indian cities. You can also take a flight from Bangalore (which is 295 kilometers from Ooty) as Bangalore airport is connected with most of the cities across the globe. There are regular flights from Delhi, Mumbai and Chennai connecting Bangalore and Coimbatore. Once you reach the airport, you can take a taxi or bus from there to reach Ooty.

By Bus

Ooty is a major tourist attraction of South India. You will get both government and luxury buses from Bangalore, Mysore and Chennai to Ooty. These are overnight buses and the journey is quite comfortable. Note that a special government bus leaves daily at 5 pm and 7 pm from Calicut and it takes just 6 hours to reach Ooty.

By Train

The nearest railhead is Mettupallyam, 40 kilometers from Ooty. There are trains from Chennai, Coimbatore, Mysore and Bangalore connecting Mettupallyam. Some of the popular trains are Ooty Udagamandalam Passenger train, Mettupallyam Udagamandalam Passenger train, Mangalore Mail and Mangalore Express. From here on, you can also board the heritage train known as the Nilgiri Mountain train which takes you uphill on an exciting journey. However, if you wish to reach faster, take a taxi from the railway junction.

Road/Self Drive

The best part of a road trip to Ooty is that you drive through the reserve forest area and stunning scenery, and that surely is some experience. If you wish to drive from Bangalore to Ooty there are 2 routes you can take: via Mysore or via Chamarajanagar. Finally you reach Gundlupet, the border town and enter the forest road amidst Bandipur National Park and Mudumalai Wildlife Sanctuary. Look out for elephants on this stretch!

LOCATION OF VENUE:

Deccan Park
(A unit of Deccan's Park Ltd.)

Deccan Park Resorts,

Theetukal,

Fernhill Post,

Ooty – 643 001

Phone & Tele Fax: +91-0423 – 2444003, 2444547 & 2101083

Mobile: +91 95000 76693, 98422 86315

Web Site: <http://www.deccanhotels.com/ooty>



PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES

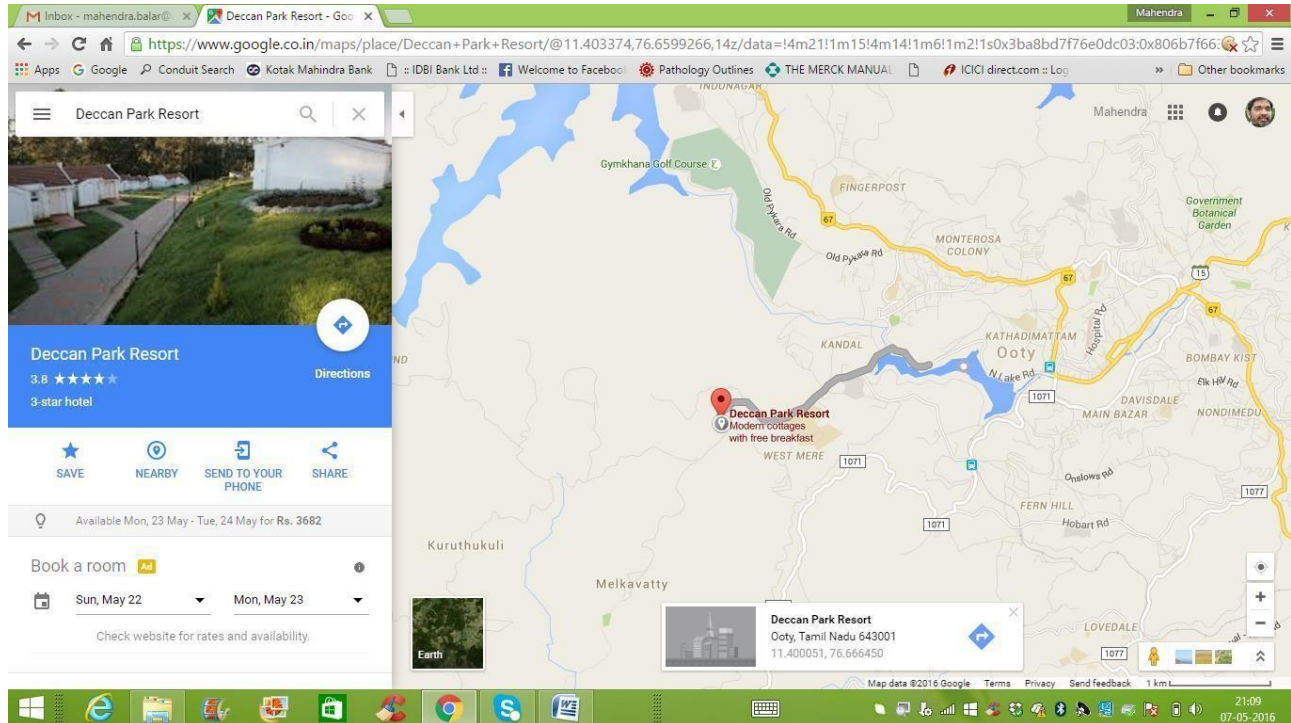
Bengaluru, New Delhi, Chennai, Ooty, Dubai

E-mail: navyaswellness@gmail.com **Visit : www.piyas.org**



SURAJBAI SARDARMULL NAVYAS TRUST (SSNT) organizes UTSAV – U (Design Your Own Health)

These modern holiday cottages are 3 km from Ooty Lake and 7 km from the Government Botanical Gardens.



ACCOMMODATION & FACILITIES:

Deccan Park Resorts, Ooty is situated amidst the natural beauty of the Queen of the Hills. The facility is spread over an area of 6 acres with about 61 Family Cottages available.

Things to do

- ☐ Restaurant
- ☐ Fitness Centre with Gym / Workout Room
- ☐ Wellness Centre with Spa Facilities

Room types

- Family Rooms – 61 Cottages

In your room

- Refrigerator in room
- Television



PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES

Bengaluru, New Delhi, Chennai, Ooty, Dubai

E-mail: navyaswellness@gmail.com Visit : www.piyas.org



SURAJBAI SARDARMULL NAVYAS TRUST (SSNT) organizes **UTSAV – U (Design Your Own Health)**

Services

- Children Activities (Kid / Family Friendly)
- Business Centre with Internet Access
- Meeting Rooms



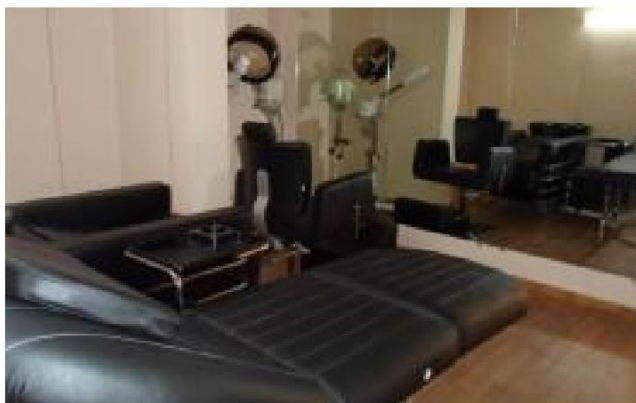
PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES

Bengaluru, New Delhi, Chennai, Ooty, Dubai

E-mail: navyaswellness@gmail.com **Visit : www.piyas.org**



SURAJBAI SARDARMULL NAVYAS TRUST (SSNT)
organizes
UTSAV – U (Design Your Own Health)



PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES

Bengaluru, New Delhi, Chennai, Ooty, Dubai

E-mail: navyaswellness@gmail.com **Visit : www.piyas.org**



SURAJBAI SARDARMULL NAVYAS TRUST (SSNT)
organizes
UTSAV – U (Design Your Own Health)

FOOD& OTHER INFORMATION:

Healthy Food will be served. The actual Diet will be decided as per the requirements of the program, participants and individual needs at the sole recommendation of the expert. All participating guests are expected to strictly follow the prescribed diet and norms as recommended.

Alcohol, Guthka, Smoking or any other addictive substances are strictly not allowed during your stay in the resort.

Please bring along with you –

- ☐ Confirmation letter or copy of e-mail confirmation of the participation.
- ☐ A copy of photo identification and address proof.
- ☐ If you are not an Indian citizen, your passport with a VISA to visit India.
- ☐ Please bring your relevant medical reports with you.
- ☐ Comfortable clothing for yoga and other sessions. Please avoid wearing shorts during the sessions.
- ☐ Any items of personal use.
- Warm clothing for the months of June with the average temperature being around 17-19°C.
- ☐ Carry an Umbrella with you as it is a monsoon season and you will might need one to walk to the hall where the sessions will be conducted.
- ☐ A torch or phone light
- ☐ Please DO NOT carry any valuables / jewelry along with you.
- ☐ Most important - bring along a smile and a positive attitude - it hastens your healing process and helps you to maximize the benefits from the program.

WEATHER – WHAT TO EXPECT?

The Weather in Ooty during September is pleasant. The Temperature is between 17 and 19 °C. The weather forecast for Ooty during the program days is as follows -



PRAJNA INSTITUTE OF YOGA & ALLIEDSCIENCES
Bengaluru, New Delhi, Chennai, Ooty, Dubai
E-mail:navyaswellness@gmail.com
Visit : www.piyas.org



SURAJBAI SARDARMULL NAVYAS TRUST (SSNT)

organizes

UTSAV – U (Design Your Own Health)

Mon 9/18	18°/13°	5 MM	0 CM		Mostly cloudy with a t-storm	32°/22°
Tue 9/19	17°/12°	6 MM	0 CM		A couple of thunderstorms	32°/22°
Wed 9/20	17°/12°	3 MM	0 CM		Cloudy with a shower	32°/22°
Thu 9/21	18°/13°	7 MM	0 CM		Overcast with a few showers	32°/22°
Fri 9/22	17°/13°	8 MM	0 CM		Cloudy with showers	32°/22°
Sat 9/23	18°/13°	5 MM	0 CM		Cloudy with showers around	32°/22°
Sun 9/24	17°/13°	4 MM	0 CM		Mostly cloudy with a shower	32°/22°
Mon 9/25	17°/13°	7 MM	0 CM		Mostly cloudy with a shower	32°/22°
Tue 9/26	18°/12°	8 MM	0 CM		Overcast with spotty showers	32°/22°
Wed 9/27	17°/12°	1 MM	0 CM		Mostly cloudy with a shower	32°/22°
Thu 9/28	17°/13°	1 MM	0 CM		Mostly cloudy with a shower	32°/22°
Fri 9/29	18°/13°	0 MM	0 CM		Mostly cloudy	32°/22°
Sat 9/30	19°/12°	0 MM	0 CM		Clouds and sun	32°/22°

TENTATIVE PROGRAM SCHEDULE:

Wake-up in LEAP - 5.00 AM

Self-Exploration / Contemplation - 5.00 to 6.00 AM

First session- 6.00 AM to 8.00 AM - (YOGA & PRANAYAMA SESSION)

Break for Toilet/Bath/Breakfast – 8.00 to 9.00 AM

Second session – 9.00 to 11.00 AM - (UTSAV SPECIAL PRACTICES SESSION)

Break for lunch – 1.00 PM to 2.00 PM

(Peace by breath / Treatments - 11.00 AM to 2.00 PM)

Reporting to hall – 2.00 PM

Third session - 2.00 PM to 4.00 PM - (THEORY-PRACTICAL SESSION)

Break for water - 4.00 PM to 4.15 PM



PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES

Bengaluru, New Delhi, Chennai, Ooty, Dubai

E-mail: navyaswellness@gmail.com **Visit : www.piyas.org**



SURAJBAI SARDARMULL NAVYAS TRUST (SSNT)
organizes
UTSAV – U (Design Your Own Health)

Fourth session—4.15 PM to 6.15 PM- (MEDICAL / EXPERT SESSIONS)

Break for Dinner – 6.15 to 7.15 PM

Fifth session- 7.15 PM to 9.15 PM - (MEDITATION / PRAYER SESSIONS)

Break for contemplation - 9.15 PM to 9.30 PM

Break for the day, Going to Bed in LEAP - 9.30 PM

PLEASE NOTE : THE FINAL FLOW & NUMBER OF SESSIONS WILL BE DECIDED BY DR NEETU JAIN AS PER THE NEEDS OF THE GROUP.

RULES & REGULATIONS:

1. The participation in this program is willful and voluntary.
2. Attendance and Punctuality for all the sessions is compulsory.
3. Only participants above 18 yrs of age will be accepted.
4. Outside food will strictly not be allowed during the days of the program.
5. No visitors will be allowed during the days of the program.
6. No or minimum usage of mobiles, internet is advised and that too only at specified timings.
7. Visits outside the program venue is strictly discouraged at anytime and all outside visits if any will be organized by the program coordinators as deemed necessary.
8. Guests have to carry their own stock of regular medicines which they are taking to last them for at least two weeks.
9. If an aspirant has undergone any major surgery / illness in the past three months please inform the program lead, who will then take a call on their inclusion/exclusion after a detailed evaluation.
10. The instructions / rules of the program have to be strictly implemented by all aspirants in word and spirit to gain maximum benefit for themselves from the program and also make the journey smooth for their co-aspirants in the true spirit of 'Vasudevah Kutumbakam.'
11. Any special arrangements / permissions will be the sole discretion of the program organizers.
12. The program is conducted at Deccan Park, Ooty, a four-star hotel resort; accommodation and food will be provided throughout the program.
13. The accommodation will be on a twin sharing basis.



PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES

Bengaluru, New Delhi, Chennai, Ooty, Dubai

E-mail: navyaswellness@gmail.com **Visit : www.piyas.org**



SURAJBAI SARDARMULL NAVYAS TRUST (SSNT)
organizes
UTSAV – U (Design Your Own Health)

14. The decision of the organizers will be final and acceptable to all participants.
15. Any no show / last minute cancellations will have to be compensated with **INR 21000/-** per person
16. Please be informed that your mere applying for the program does not confirm your participation. Your application will be thoroughly reviewed by the decision authority and your participation will be confirmed through email and a confirmation letter. The filled registration form should be scanned and sent to trustssnavyas@gmail.com

The Concept of UTSAB program

Every man aspires to live; move and act in Love, Energy, Awareness & Peace at every moment but this can only be achieved when inner state of consciousness is discovered by man who is consciously allowed to act upon conflicting events and conditions, problems and sufferings in the material world. But ignorance, unconsciousness and limitations converted into experience of conflicts, stress, stress-induced disorders, anger, anxiety, failures and has brought down the strength, stamina of body, lowered down the tolerance, emotional balance and poise and increased mental distractions, agitations, diseases, etc. Yoga offers everyone an opportunity to know and experience a life beyond stress. The essence of various UTSAB programs is a celebration of life - **UTSAV**

UTSAV-U program integrate many practices from the core principles of Jainism, Hatha Yoga, Raja Yoga, Jnana, Bhakti, Tantra, Karma Yoga and Integral Yoga. The one fundamental aim is to know, practice and experience what happens when we gather the scattered mind within, drop the surface mind and enter into a state not known earlier. And this is done by all the practices integrated into UTSAB programs. All practices may be known to you but what we offer are the procedures, processes and the way the practices are done that takes immediately into inner consciousness and lasting health and existence free of problems and pain.

Experiment-based knowledge brings happiness in material life while experience-based knowledge brings Ananda in the whole of life.

Man is potentially infinite, eternal

Man is potentially infinite and eternal. The being infinite means full of all possibilities only needs to be explored and realized. The body, life and mind present through its perceptions many limitations, unconscious movements and ignorance many conditions and events known as problems and sufferings. These problems and sufferings include all violence, negative traits, diseases, pain, instincts, chaos, stress and stress induced disorders etc. There begins the disintegration of personality and life and living. If man is potentially infinite



PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES

Bengaluru, New Delhi, Chennai, Ooty, Dubai

E-mail: navyaswellness@gmail.com Visit : www.piyas.org



SURAJBAI SARDARMULL NAVYAS TRUST (SSNT)

organizes

UTSAV – U (Design Your Own Health)

and eternal then his all events and conditions, opportunities and adversities also must be the same infinite and eternal as everything is made of one and only one substance. What is required is the discovery of that eternal secret within that would reconcile opposites, dissolves all contradictions and manifest infinite in finite, peace in temporary happiness.

The tips and means for perfecting the Sadhana

- i. The attendance in all classes is essential as every class opens the concepts, new ways to practice the Sadhana in order to reach to perfection as fast as possible.
- ii. Attend UTSAV program with SMILE as it enhances awareness and attention of that which is beyond mind and is full of Love, Awareness & Peace.
- iii. The only condition to succeed in UTSAV program is the mind that is aware and attentive, aspires for Peace within, and seeks only the truth and nothing else.
- iv. The regular practice has a rhythm and rate besides the progressive unfolding of consciousness. Kindly attend all sessions.
- v. The regular practice, continuity, determination, enthusiasm are the very conditions in which success happens.
- vi. The life, mind and body are offered the best way to enter into within and set the life on the path of self discovery that is explained in different takes during the sessions of UTSAV program.

UTSAV lays the foundation for conscious Self Discovery aimed at excellence in life while awakening to those traits that brings an abundance of riches in material and spiritual life. When one decides to follow the path of spiritual evolution and conscious transformation and follows all the practices of UTSAV consciously he/she starts experiencing positive changes at the physiological, mental, emotional and behavioral levels. There exist possibilities for infinite changes but the following specific changes are underlined here:

- Physical, emotional and mental wellbeing (management of stress and SID - stress-induced disorders).
- Personal, Professional, Social excellence (personality development).
- Enhancement of energy (which manifests in stamina, strength, vitality, concentration, memory, lowering of fatigue, an experience of deep and sound sleep, higher immunity levels).



PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES

Bengaluru, New Delhi, Chennai, Ooty, Dubai

E-mail: navyaswellness@gmail.com Visit : www.piyas.org



SURAJBAI SARDARMULL NAVYAS TRUST (SSNT) organizes **UTSAV – U (Design Your Own Health)**

- Love (immense happiness within, cheerfulness, joy, very intense but deep relationship, dissolving of negative emotions such as anger, hatred, etc.).
- Enhanced level of awareness of life (dropping of unconscious, mechanical and habitual movements from life).
- Peace (peace consciousness responds with effective adjunctive/alternative management of psychosomatic disorders like hypertension, heart, respiratory problems, spinal and other common diseases).
- Raising the current level of working to higher levels with increased skills, knowledge, positive attitude, and traits for success and prosperity.
- 3H - Health, Harmony and Happiness.
- Adjunctive /alternative management of problems like TATT (tired all the time), SAD (seasonal-affective disorders), fatigue, anxiety, depression, anger, diabetes, asthma, obesity, insomnia and other stress-related problems.

What PIYAS expects from people to get maximum benefits?

- Join and attend all the sessions as per the module.
- Know NPL - New Paradigm of living and apply the same in life and living from day one.
- Practice Any Time Any Where (ATAW) tools to bring about changes in your attitude, behavior and personality.
- Put your 100% into the UTSAB program & practices while attending for total transformation in life.
- Clarify your doubts after the Sadhana for clear and deeper understanding.



PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES

Bengaluru, New Delhi, Chennai, Ooty, Dubai

E-mail: navyaswellness@gmail.com **Visit : www.piyas.org**



SURAJBAI SARDARMULL NAVYAS TRUST (SSNT)

organizes

UTSAV – U (Design Your Own Health)

CONTACT US:

Program conducted by –

Prajna Institute of Yoga & Allied Sciences (PIYAS), an ambitious mission envisioned and mentored by **Dr Neetu Jain, PhD** who has been leading various programs of the organization since the last 20 years with the aim of making the world a Healthier, Harmonious and Happier place.

Program Organizers –

Surajbai Sardarmull NAVYAS Trust (SSNT) is registered as a Public Charitable Trust u/s 12 AA of the Income Tax Act, 1961 with Sl. No. 599/ 2011-12

Approved under Sec 80G of IT Act, 1961 vide order No. DIT(E) NO.2(525)/11-12 dated 14.02.2013

The vision of the trust is - Holistic Health for All, Naturally.



PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES

Bengaluru, New Delhi, Chennai, Ooty, Dubai

E-mail: navyaswellness@gmail.com **Visit : www.piyas.org**