

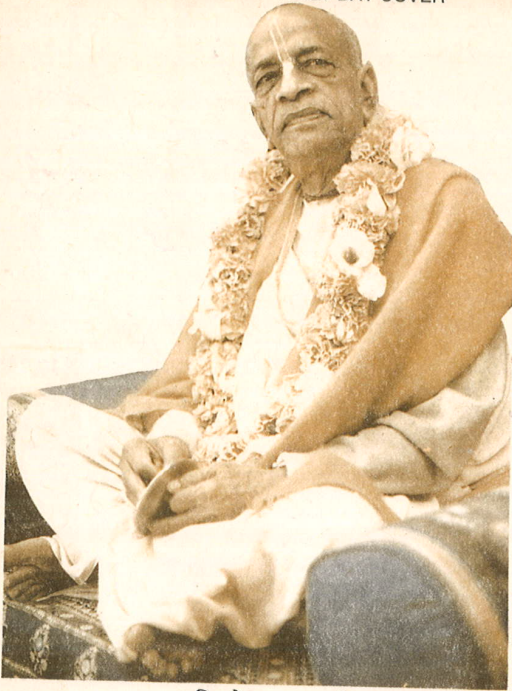
Comprehensive Yoga

6.3 Bhakthi Yoga

Bhakthi Vedantha Swamy was an Indian spiritual teacher and founder of ISKCON, commonly called Hare Krishna Movement. His mission was to propogate throughout the world Gaudiya Vaishnavism.



प्रथम दिवस आवरण FIRST DAY COVER



भक्तिवेदान्त स्वामी
BHAKTIVEDANTA SWAMI



भक्तिवेदान्त स्वामी BHAKTIVEDANTA SWAMI
6.9.97
नई दिल्ली 110001 NEW DELHI

00011829 POST Aug 2021
Mr. D K SUBBAKRISHNA

162/19 13 MAIN CROSS
BASANTANAGAR
BANGALORE
KARNATAKA 560 052



Comprehensive Yoga

7.Nada Yoga

Nada Yoga is an ancient Indian metaphysical system. It is a philosophical system, a medicine and a form of Yoga. Nada Yoga's use of sound vibrations and resonances are also used to pursue palliative effects on various problematic psychological and spiritual conditions.



Music has a healing power, it stimulates the pituitary gland, which secretes hormones that affect the nervous system and the flow of blood. The ancient system of Nada yoga, acknowledges the impact of music on body and mind. Vibrations are produced from sounds to uplift one's level of consciousness.

Comprehensive Yoga

7.1 Nada Yoga

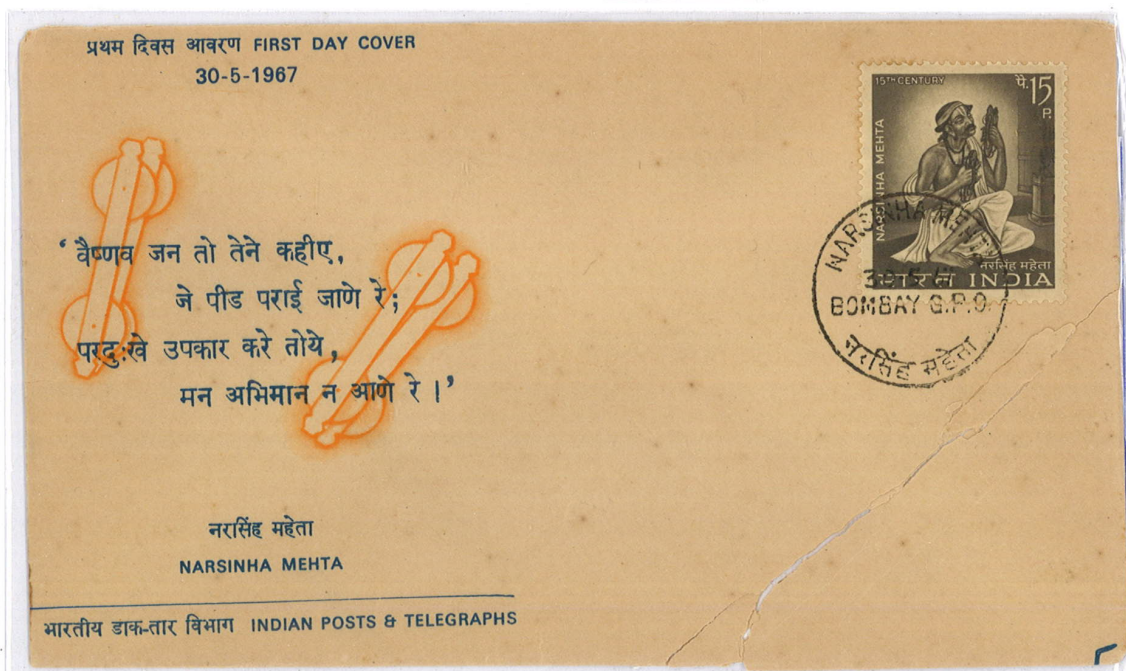
Tyagaraja was a renowned composer of Carnatic music, a form of Indian classical music. He was prolific and highly influential in the development of India's classical music tradition. Tyagaraja and his contemporaries, Shyama Shastri and Muthuswami Dikshitar, were regarded as the Trinity of Carnatic music



First day cancellation



Narsing Mehta was a 15th-century poet-saint of Gujarat, notable as a bhakta, an exponent of Vaishnava poetry. He is especially revered in Gujarati literature, where he is acclaimed as its Adi Kavi (Sanskrit for "first among poets"). His bhajan **Vaishnav Jan To** was Mahatma Gandhi's favourite and has become synonymous with him



Comprehensive Yoga

7.2 Nada Yoga

Allauddin Khan, also known as **Baba Allauddin Khan** was an Indian sarod player and multi-instrumentalist, composer and one of the most notable music teachers of the 20th century in Indian classical music



Purandaradasa was an Indian philosopher, a Haridasa, a great devotee of Lord Krishna, a Vaishnava poet, a saint and a social reformer. He was a composer, singer and one of the chief founding-proponents of South Indian classical music (Carnatic music). In honor of his significant contributions to Carnatic music, he is widely referred to as the Sangita Pitamaha

Gurbani clearly says that the highest form of Yoga is meditation. To achieve liberation or union with God one must remain absorbed in meditation, this is the best way of Yoga.

Commemorative Cover



ਗੁਰੂ
ਗ੍ਰੰਥ ਸਾਹੇਬਕੋ
੪੦੦ ਔਂ ਵਰ੍ਹੇ
੨੦੬੧



400 Years of
Guru Granth Sahib
2004

Comprehensive Yoga

7.3 Nada Yoga

Santa Shishunala Sharifa (1819-1889) was a saint poet, philosopher and social reformer. His compositions of Tatvapada (moral poems) are in Kannada language. Sharifa is recognized as the first Muslim poet in Kannada literature

ದಿವ್ಯ ಲಕೋಟಿ ವಿಶೇಷ ಆವರಣ SPECIAL COVER



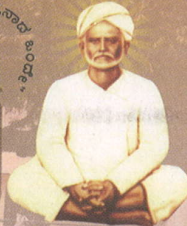
ಸಂತ ಶಿಶುನಾಳ ಶರೀಫರ ಗುರು ಕಲಸದ ಗುರು ಗೋವಿಂದ ಭಟ್ಟರು 1800-1870

ಕರ್ನಾಟಕ ಕಬೀರ ಸಂತ ಶಿಶುನಾಳ ಶರೀಫರ ದ್ವಿ-ಶತಮಾನೋತ್ಸವ ಹಾಗೂ ಸಂತ ಶಿಶುನಾಳ ಶರೀಫರ ಹಾಗೂ ಕಲಸದ ಗುರು ಗೋವಿಂದ ಭಟ್ಟರ ಪ್ರತಿಷ್ಠಾನದ ಉದ್ಘಾಟನೆ
कर्नाटक के कबीर संत शिशुनाल शरीफ़ के द्वि-शताब्दी समारोह एवं संत शिशुनाल शरीफ़ और गुरु गोविंद भट्ट प्रतिष्ठान का उद्घाटन

Bicentenary Celebrations of Karnataka Kabir Saint Shishunala Sharif & Inauguration of Saint Shishunala Sharif & Guru Govinda Bhat Foundation

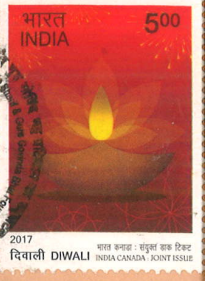
03-07-2018

ಶಿಶುನಾಳ ಶರೀಫರ
ಉದ್ಘಾಟನೆ



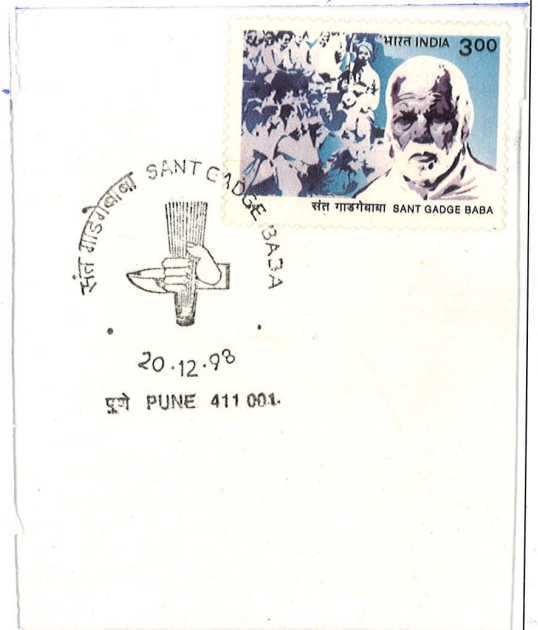
ಸಂತ ಶಿಶುನಾಳ ಶರೀಫರು 1819-1889

ಸಂತ ಶಿಶುನಾಳ ಶರೀಫರ ಹಾಗೂ ಕಲಸದ ಗುರು ಗೋವಿಂದ ಭಟ್ಟರ ಪ್ರತಿಷ್ಠಾನ,
ನಂ. 10, ಗುರುಗೋವಿಂದ ಕೃಪಾ, 16ನೇ ಮುಖ್ಯರಸ್ತೆ, ಆರ್. ಕೆ. ಅಲೆಕ್ಸಿಸ್, ಪದ್ಮನಾಭನಗರ, ಬೆಂಗಳೂರು - 560 070.
संत शिशुनाल शरीफ़ और गुरु गोविंद भट्ट प्रतिष्ठान,
नं. 10, गुरु गोविंद कृपा, 16वां मेन रोड, राधाकृष्ण लेआउट, पद्मनाभनगर, बेंगलूरु - 560 070.
Saint Shishunala Sharif & Guru Govinda Bhat Foundation, #10, GuruGovinda Krupa,
16th Main Road, Radhakrishna Layout, Padmanabhanagar, Bengaluru -560070.



Sant Gadge Maharaj was a mendicant-saint and social reformer He conducted his discourses in the form of "Kirtans" in which he would emphasize values like service to humanity and compassion. During his Kirtans, he would educate people against blind faiths and rituals by using Dohas of Saint Kabir

FDC Depicting Gadge Baba



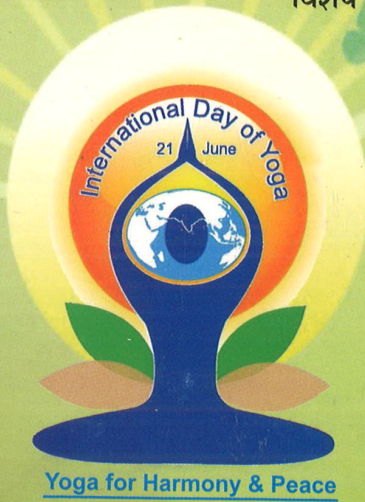
Comprehensive Yoga

8 Hata Yoga

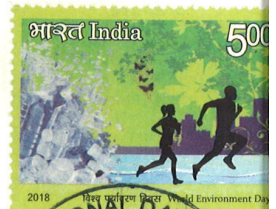
Hata Yoga also called Hatavidya is a branch of Yoga which denotes a system of physical techniques. Hindu tradition believes that Lord Shiva himself is the founder of Hatha Yoga. 20th century onwards Hatha yoga - particularly asanas became popular throughout the world as a form of physical exercise and is colloquially termed as 'YOGA'.



विशेष आवरण / Special Cover



एक कदम स्वच्छता की ओर



21-06-2019
अम्बाला-AMBALA-133 001

INTERNATIONAL DAY OF YOGA

अंतरराष्ट्रीय योग दिवस

Comprehensive Yoga

9 Yoga and Dance

Natya yoga is the name given to a type of yoga that combines yoga and dance-like movements as a spiritual practice. It has similarities to Hatha yoga, but it has a different approach in that it also integrates elements of dance and mime, rather than static asanas.

Natya yoga is an integral yoga which enlightens the yogi on the levels of his/her body, mind and spirit. Its fundamental spiritual text is the "**NatyaShastra**," an abridged written version of the "Natya Veda,"

According to Hindu philosophy Lord Shiva, the source of Yoga, danced the world into existence and gave it order; the universe is thus viewed as Nataraja, the 'Cosmic Dance of Shiva'



Bharata natyam and Yoga are two ways that exist to help us understand the manifestation of the Divine in the human form. "**Bharatanatyam is a Yoga, and Yoga means union**". For surely this ancient art is one of the most beautiful and satisfying ways of expressing the human longing for union with the Divine" says **Yogacharini Smt Meenakshi Devi**.

BIDARPEX
9th to 11th January 2019

ಭರತನಾಟ್ಯ
ಭಾರತದ ಪ್ರಾಚೀನ ಶಾಸ್ತ್ರೀಯ ನೃತ್ಯ ರೂಪ

भरतनाट्यम

भारत के प्राचीन शास्त्रीय नृत्य प्रकार

Bharatanatyam

Ancient Indian Classical dance form.



बोदर 585401 Bidar
10-01-2019

10-1-2019



Special cover on Bharatanatyam

Comprehensive Yoga

9.1 Yoga and Dance



Manipuri dance: This classical Indian group dance, also known as Jagoi originated in the North-Eastern state of Manipur and is based on Vaishnavism, Shaivismshaktism themes of Hindu religion

HovArek dance: Armenia's HovArek or Areq is performed using a lyrical folk song by the same name written by composer and priest Komitas. It is considered among the 100 most important songs in Armenian cultural heritage.



Srilanka and Korea Joint issue with two different forms of dance- **Female Kundyan dance and Chunaengjeon a spring dance**. Release of stamps or postal stationery by two or more countries to commemorate the same topic, event or person is called **Joint issue**



Comprehensive Yoga

9.2 Yoga and Dance

The **peacock dance** or **peafowl dance** is a traditional Asian folk dance that describes the beauty and the movement of peacock. There are several peacock dance traditions developed in Asia, among others are peacock dances of Myanmar, Southern India, Sri Lanka, and Bangladesh.



Dandiya dance is the most popular traditional folk dance form of Gujarat and **Pauliteiros** is the dance of Portugal **miniature sheet** with 2 commemorative postal stamps on the theme India-Portugal **joint issue on FDC and commercially used cover**

म दिवस आवरण FIRST DAY COVER



भारत और पुर्तगाल : संयुक्त डाक टिकट
INDIA - PORTUGAL : JOINT ISSUE
07.01.2017

कटक/CUTTACK-733001

भारत और पुर्तगाल : संयुक्त डाक टिकट
INDIA - PORTUGAL : JOINT ISSUE

Comprehensive Yoga

9.3 Yoga and Dance

Kalbelia or Kбелия is one of the most sensuous dance forms of Rajasthan, **ArabeTapatio**, or the Mexican hat dance, is the best known of a variety of Mexican folk dance called the jarabe. **Miniature sheet** of diplomatic relations between India and Mexico.



Circassian dance is an important and defining part of the culture of Circassian people.



Comprehensive Yoga

9.3 Yoga and Dance

Kathak is one of the eight major forms of Indian classical dance..Kathak as a performance art has survived and thrived as an oral tradition



SPECIAL COVER
विशेष आवरण

कथक नृत्य
Kathak Dance

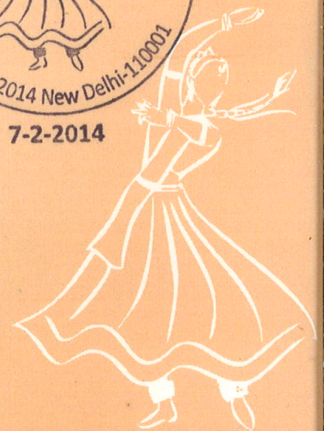


District Level Philatelic Exhibition
जिला स्तरीय डाक टिकट प्रदर्शनी

2014

CHITRALI Row of beautiful pictures
चित्राली खूबसूरत चित्रों की पंक्ति

--- 5.2.2014 - 7.2.2014 ---



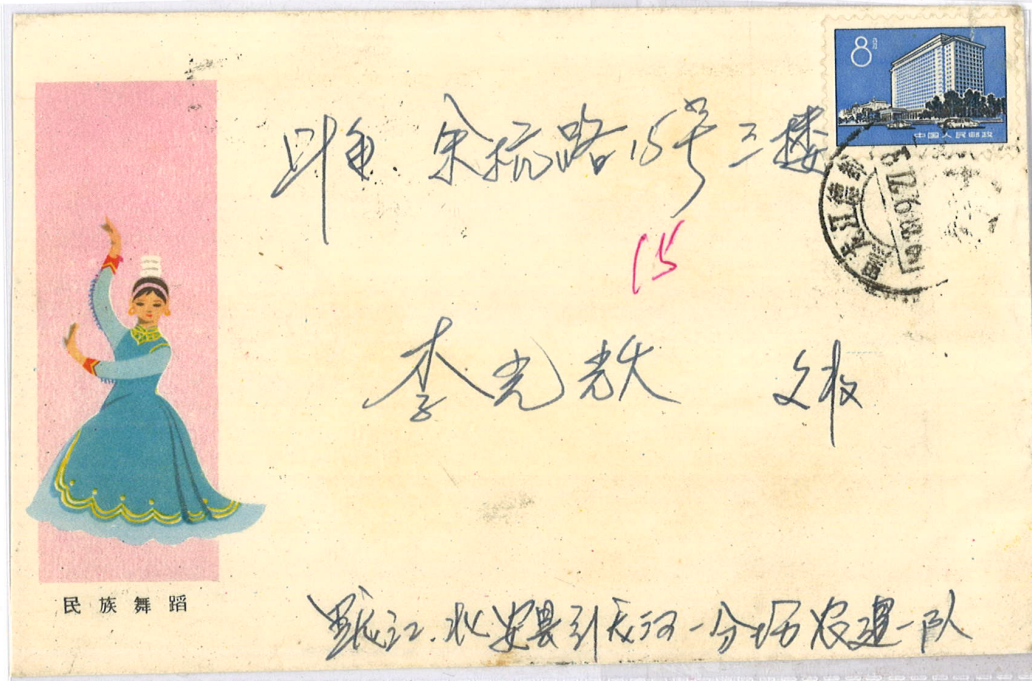
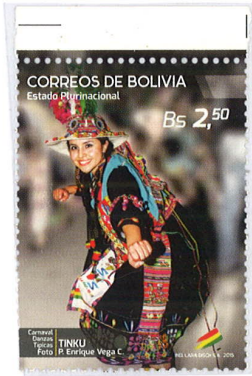
भारत - रूस: संयुक्त डाक टिकट
India - Russia: Joint Issue

Bhavai is a genre of folk dance popular in Rajasthan. The **Beryozka** is a Dance in the Soviet Union Indo Russian Joint issue on a **Miniature sheet**

Comprehensive Yoga

9.4 Yoga and Dance

Dance forms of Argentina, Madagaskara, Bolivia and China.

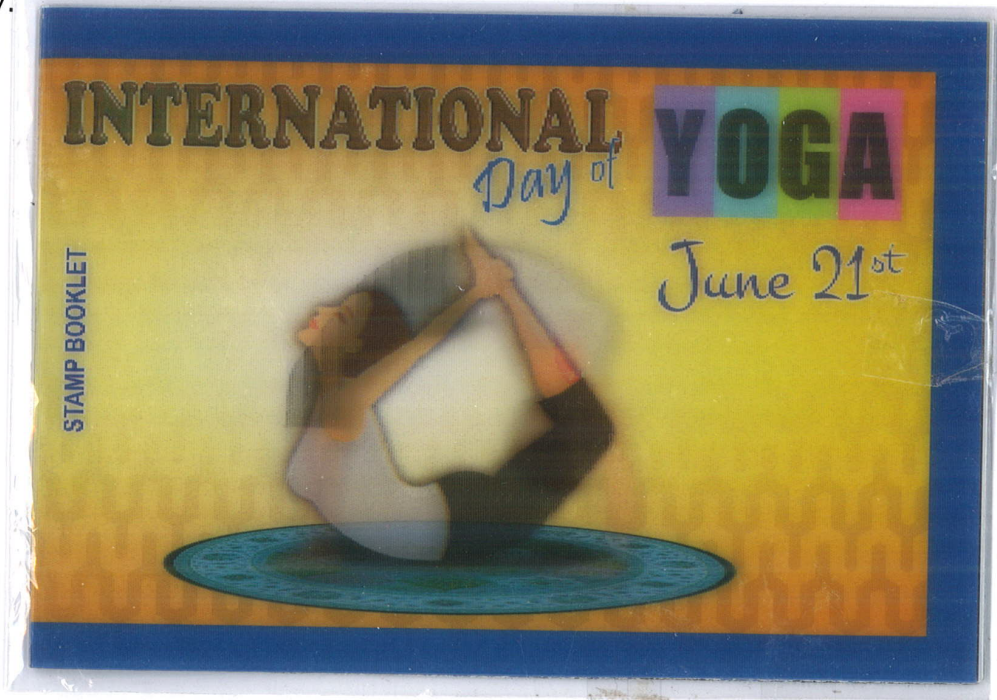


Commercially used cover.

Comprehensive Yoga

10. Postures (Asanas)

Yogic postures are acquired slowly and steadily. They are maintained for a optimum duration without fatigue. At the end of asanas the body slowly assumes a relaxed starting position. The asanas are perfect when they really become effortless. Each posture has a counter posture thus assuring an activation of antagonistic group of muscles. Body becomes balance leading to a harmonious growth. There will be great speed in movements due to agility and flexibility.



Bhujangasana (Cobra Pose), as the name suggests, the body resembles a serpent with its hood raised. This yoga pose is considered as a very powerful backward bending yoga pose in Hatha Yoga. Cobra pose comes under the category of 'lying down on the stomach' yoga poses.

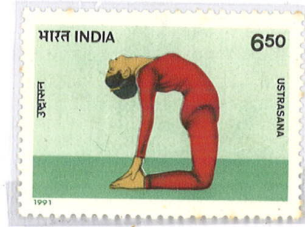


Dhanurasana or a bow also known as UrdvaChakrasana strengthens the back and abdominal muscles, reproductive organs tones the arms and leg muscles relieves discomfort during menstruation ,constipation kidney and Headache. Dhanur is a Sanskrit word meaning 'Bow'.

Comprehensive Yoga

10.1. Postures (Aasanas)

Ushtrasana or camel pose, improves core strength, spinal, hip and shoulder flexibility and stamina. Ushtra is a Sanskrit word meaning 'Camel'.

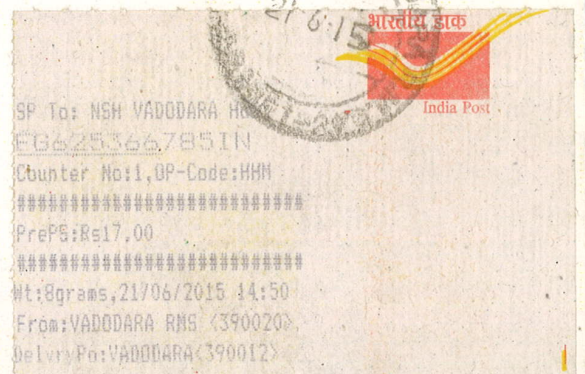


Special Event Cover

INTERNATIONAL DAY OF YOGA 21-6-2015



"Yoga is an invaluable gift of India's ancient tradition.
It embodies unity of mind and body;
Thought and action; restraint and fulfilment;
Harmony between man and nature;
A holistic approach to health and well-being."
PM of India - Narendra Modi



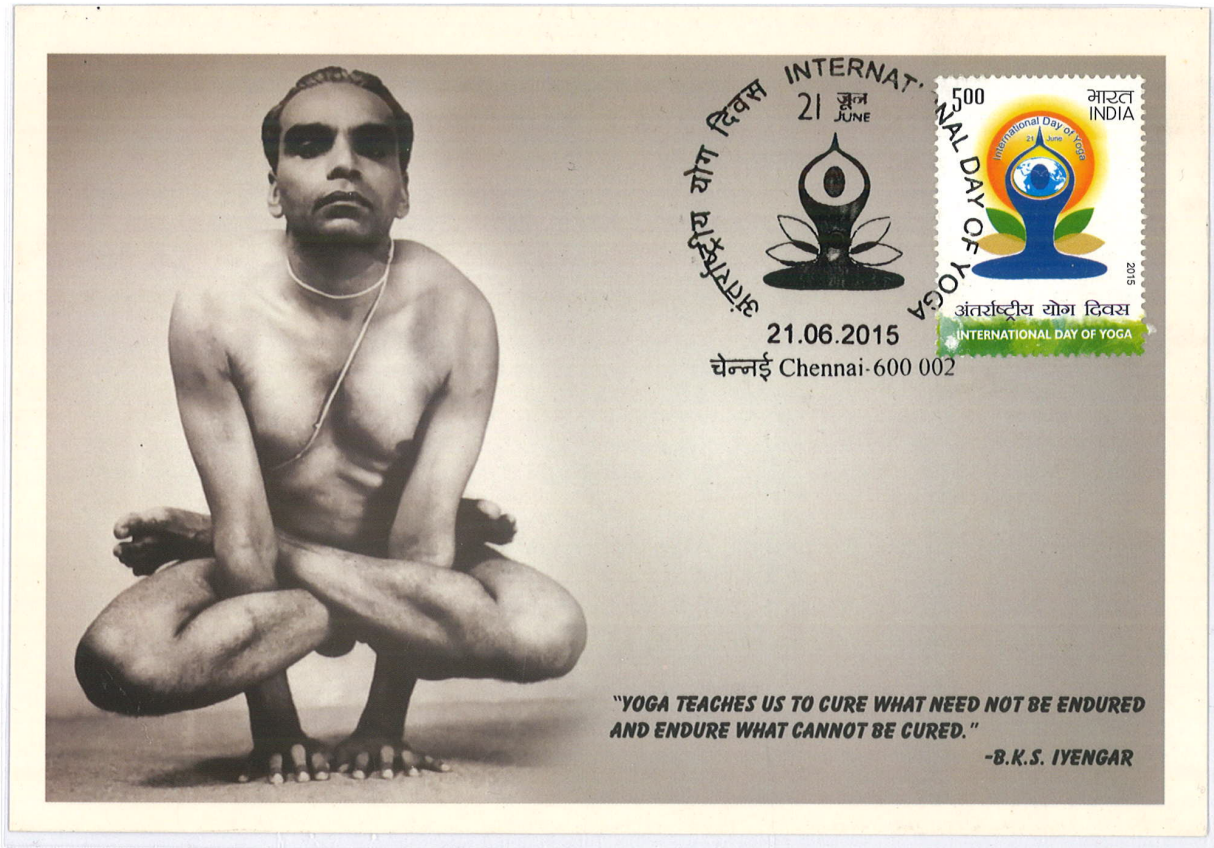
To,
Jay Bansal
F 1/5 - Sairang Heights
Atladra,
Vadodara - 390012.

From : Sushel Bansal, Sairang Heights, Atladra, Vadodara - 390012 (Guj.)

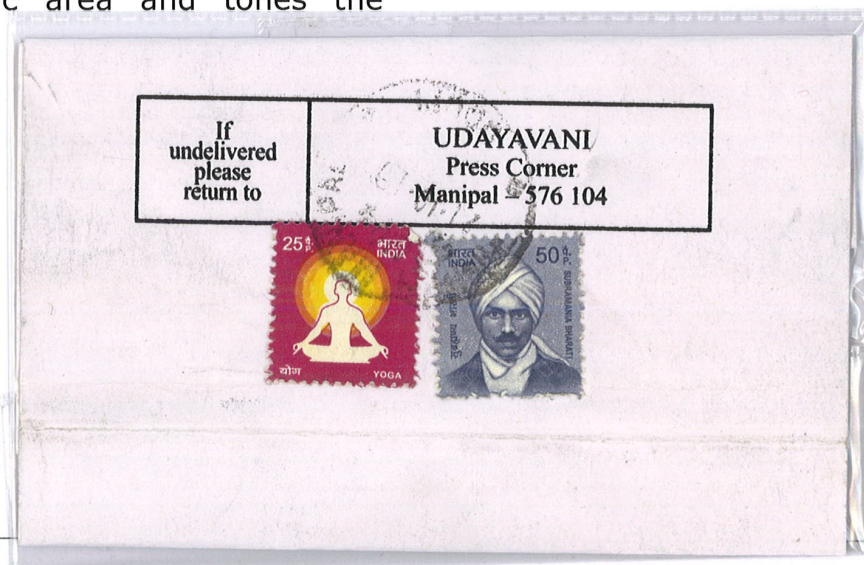
Comprehensive Yoga

10.2. Postures (Aasanas)

Kukkutasana or cock pose helps in strengthening of the joints of wrists, elbows and shoulders. Helps in the improvement of the digestive system, increases the balance in the body. This asana is very beneficial for women in overcoming the hip pain and discomfort from menstruation. Kukkuta is a Sanskrit meaning 'cock'



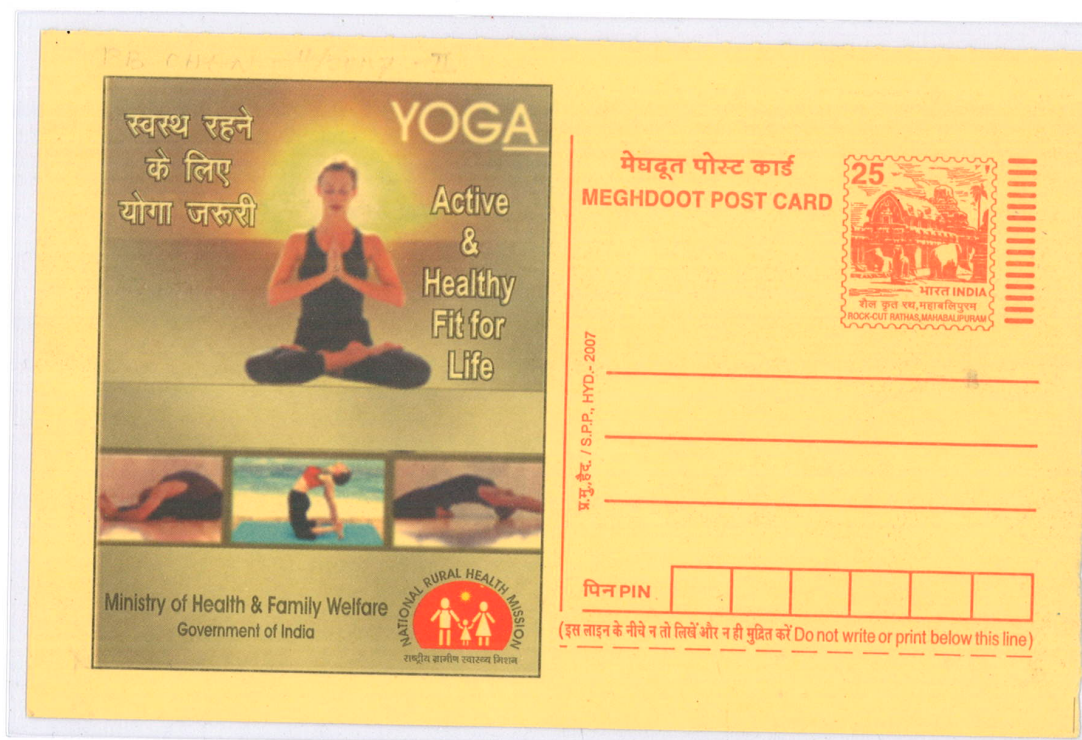
Trikonasana or Triangle Pose strengthens the legs and stretches the groin, hamstrings, and hips, and opens the chest and shoulders. It also challenges and improves balance and stability. Stimulates the nervous system and alleviates nervous depression, strengthens the pelvic area and tones the reproductive organs.



Comprehensive Yoga

10.3. Postures (Aasanas)

This Meghdoot post card depicts the following Postures.



A) **Padmasana** (Lotus) sitting posture- also called Meditative Padmasana Increases awareness and attentiveness. Keeps the spine straight. Helps develop good posture. Eases menstrual discomfort and sciatica.

B) **Paschimottanasana**- Seated forward bend. This asana acts as a stress reliever. Reduces fatty deposits in the abdomen. Removes anxiety, anger, and irritability. Calms the mind. Good for constipation and digestive disorder. Useful for increasing height. Regular practice cure impotency Tones the abdominal-pelvic organs.

C) **Ustrasana**- Camel posture - back bending posture or camel pose, improves core strength, spinal, hip and shoulder flexibility and stamina. Ushtra is a sanskrit word meaning 'Camel'

D) **SuptaVirasana** - Reclined version of Virasana". This is the supine variant of the Hero

Pose which further stretches the hip , thighs, and ankles. Being an intermediate level posture, this pose is best suited to rectify several bodily ailments ranging from respiratory issues to arthritis. This posture is guaranteed to bring inner strength, courage, and self-confidence.