

YOGA RESUME

June, 2009

Name : Shamsheer Prakash PhD., P.E.¹
YogaAcharya and President,
Shamsheer Prakash Foundation
Anand Kutir, 1707 Jackson Circle,
Rolla, MO 65401 USA
Tele/Fax: (573) 3645572
Email prakash@mst.edu
<http://www.yoga10.org>



1. YOGA

Dr. Shamsheer Prakash was born January 3, 1933 in India. His early education was in Punjab. He earned a bachelor's degree in engineering from Roorkee University in 1954 as well as an M.S. and Ph.D., in 1962, in Civil Engineering from the University of Illinois at UrbanaChampaign.

Dr.Prakash is an international expert on soil dynamics and earthquake engineering. He has published seven books in India and four books in the USA as well as over 300 technical papers. After retirement as a professor of civil engineering in India, Dr.Prakash joined the University of MissouriRolla faculty.

Dr.Prakash took his early training in Yoga at home and at the church he attended in India. A serious interest in Yoga developed after his return to India upon completion of graduate studies in 1962. He devoted his efforts to learning everything possible about Yoga practices and philosophy from every teacher he could find during years 1962 through 1978.

Dr.Prakash has developed a (Signature) Workshops on Yoga – Sadhana, which is offered at no charge and by invitation only. He has also authored 2 texts on 1) Prevention and Yoga and 2)Everyday Pranayam For Everybody.

PROFICIENCY IN TEACHING OF YOGA

1. A to Z Signature workshop on Pranayam, Meditation and Yog Sadhana.
2. Pranayam and Meditation, freedom from stress and effortless achievement; freedom from fear, thought process, end of sorrow, understanding of self (conscious and subconscious).
3. Yoga for prevention and healing of common colds, sinus problem, hypertension, back pain, knee pain, Arthritis, depression, stress and more.
4. Yoga hydrotherapy, Ancient cleansing exercise (neti, kunjaj, stomach wash) for healing of Sinus, Allergies and Head Aches.

¹ Professor Emeritus in Civil Engineering, Missouri University of Science and Technology, Rolla, (MO)
Formerly, Professor and Head, Civil Engineering Department, University of Roorkee, 65409, UT, INDIA
Formerly, Director, Central Building Research Institute, Roorkee, UT, INDIA

CLASSES AND TALKS:

1. **Pranayam and Meditation classes for Seniors for backaches, knee pain and stress relief, sinus and common colds – 2007-2009**
2. **Lecture, Peace of Mind through YOG- Sadhana, Washington DC 2007.**
3. **Yoga and Mediation classes, Rolla, MO – 1997-2003 ,2005 and 2006**
4. **“WORKSHOP on YOGA” Purdue University, W. Lafayette (IND). Feb 2004**
5. **Yoga WORKSHOP, St Louis MO September, 2004.**
6. **“YOGA and MEDITATION For PEACE of Mind” INDIA MEDICAL ASSOCIATION, INDORE, March 2003.**
7. **Yoga Classes in Newburg (MO) 1991, 1992, 1993, and 2000.**
8. **Yoga Class with “Executive YogaLadies”, Tokyo (Japan), July 1987, 1990.**
9. **Yoga(i) Class Rolla City, spring 1987; (ii) Faculty Wives Club, University of Missouri Rolla, Fall 1986, 1990.**
10. **Workshop on Yoga Cleansing & Meditation, Roorkee, 1982, 1983, 1998, 1999, 2000 and 2001.**
11. **Workshop in “YogaCleansing”, Rolla, MO 1981, 1982, 1987**
12. **Lectures on “Yoga in Everyday Life for Householder”, Stockholm (Sweden) and Oslo (Norway) June 1981.**
13. **Talk to India Association, Swansea (UK), May, 1980.**
14. **TV Program on Pan American Channel 5 – on “Yoga for Health” in Lima, Peru, December 6, 1979.**
15. **Lecture on “A Scientist’s Approach to Yoga”—Institute of Asian Studies, University of British Columbia, Vancouver, BC, Canada, October 1979.**
16. **Classes on “self improvement”, University of Missouri Rolla, Missouri, Spring 1979, Fall 1979.**
17. **Classes on Yoga in Singapore, July 1979, “Yoga for Health” to John Knox Village, September and November, 1979.**
18. **Talk on “Yoga” to UMR, Rolla, “time of Your life.”**
19. **Lecture on “Yoga in Your Life”, Tokyo, Japan, August 1979 on “Yoga in USA”, Roorkee, India, July 1979.**
20. **Talk to Australian Broadcasting Commission, Sydney, Australia, 1975 and Int’l Yoga Assoc. of Australia, Sydney and Brisbane 1975.**
21. **Talk to All India Radio, New Delhi, 1978 and to several Universities in India, 1977, 1978.**
22. **Talk to Rotary Clubs in India, 1978, 1979, 1983.**

2. COMMUNITY WORK AND SERVICE

SHAMSHER PRAKASH FOUNDATION

A. A nonprofit Shamsher Prakash Foundation was set up in 1989 in the US and 1988 in India. The following are activities of the Foundation: <http://www.yoga10.org>

a. RESEARCH AWARDS AND PRIZES

- (i) **Geotechnical Engineering Research Award**

- (ii) Prize for Excellence in the Practice of Geotechnical Engineering**
- (iii) IITR-SP Research Award in Geotechnical Engineering**
- (iv) ISET-SP Life Time Achievement Award in Geotechnical Earthquake Engineering**
- (v) Creative Design Prize – Missouri University of Science and Technology**
- (vi) Creative Design Prize in India– IITR**

*** Visit website for details**

B. JJ SCHOOL FOR MIGRANT LABOUR

SP Foundation has started a School for children of migrant labor in Khet Pralli, a village about on hour from Chandigarh. They are learning alphabet, numbers, arithmetic, and more importantly hygiene, civic sense, and to respect elders and become good citizens when they grow up. All supplies for school work are provided to them free. Also, they are provided two dresses a year, one for summers and one for winters. The number of children is fluctuating. The school was started in June 2004, at that time we hired 3-teachers for this school.

C. PEACE

The SP Foundation conducts competition on peace in the area schools. So far competitions have been conducted in 1) Rolla High School, Rolla, MO 1996. 2) Junior High School, Bland, MO and 3) Peace Poster Contest Wyman Elementary, Rolla, MO 1997.

An exhibition of the Wyman Elementary School Exhibition was held in University Center East, UMR February 28 to March 8, 1997.

D. BIG BROTHER BIG SISTER

Shamsher Prakash joined the “Big Brothers and Big Sisters of Rolla” as a Big Brother in 1979. His little brother graduated from Rolla High School in 1986 and is working on a professional job.

E. CENTRAL MISSOURI AREA AGENCY ON AGING

Shamsher Prakash took training to be a volunteer with the above agency. He was Volunteer Ombudsman with Rosewood Residential Care 1996-1998.

ROLLA DAILY NEWS

104 Years of Public Service

© Copyright, 1978, Sewartz Newspapers, Inc.

Rolla, Mo., 65401, Wednesday, March 28, 1979

20 cents Six

friends



Shamsar Prakash is 46 years old, but he doesn't look it. "Well, you shouldn't, if you practice yoga," he says. "People who practice yoga aren't sick as much." He's practiced yoga for 15 years, and in that time he hasn't had a cold or cough. "I get sick sometimes, like anybody else," he says. "Yoga

is more preventive than curative. It isn't going to help you if you're in an automobile accident, or have cancer. But it will help prevent the common illnesses that build up to more serious illnesses."

He is a vegetarian and a non-smoker, and believes people who follow the same practices will be healthier and more successful at yoga, but says, "I'm not fussy about food. I don't insist my students stick to a vegetarian diet. And I don't insist they not smoke." With an impish smile he adds, "It cuts the enrollment down." He says those who practice yoga for awhile may stop smoking anyway.

What he's got is style with a smile.

"Yoga makes me more cheerful," he says. "I feel more able to cope with disappointments, stress, financial pressures."

Right now he's broke, but he isn't worrying about it. Instead, he has analyzed the situation calmly, looked at the possibilities, worked out a plan to climb out of the red, and turned his attention back to his studies in civil engineering at UMR.

He said goodbye to his sisters (one of whom also practices yoga) and brothers in October when he came to the U.S., and will be here two years before returning to India. In the meantime, he's willing to share his health secrets with anyone interested, at no charge. He'll be teaching his first yoga session in St. Pat's Ballroom in UMR's University Center West at 7:30 p.m. April 2.

He may not stand them on their ears, at first. But then he has a 15-year head start.

features/living

ROLLA DAILY NEWS
Sunday, April 5, 1987
Page 1, Section B

Professor Says Yoga Helps Mind, Body

**It's Spiritual, Too
But Not Religion,
Says Enthusiast**

Shamsher Prakash, a civil engineering professor at UMR, defines yoga as "a scientific way for total personality development of a householder in the busy world of today. And though many people view yoga as nothing more than another form of exercise for seemingly special individuals who have incredibly limber bodies to build strength and flexibility, it is actually a code of moral ethics combined with a regime of exercise for anyone who wishes to build a supple and limber body."

And as far as Prakash is concerned, these misconceptions that people foster towards the art of yoga are what he feels might be the things deterring people from pursuing this plan for total-body betterment.

"There are a few incorrect beliefs that people hold towards yoga and one of them is that it is a practice for 'special' people," he said. "That is not true, though, because it is something that any householder can pursue."

Among this list of misconceptions also lies the belief that yoga is some type of pagan religion.

"It isn't so wide spread as it used to be," Prakash said, "and it certainly isn't true. Yoga is not a religion, it is a way to make your body look and feel better in many ways."

According to Prakash, it only takes a daily regimen of 15 minutes to reap a bountiful list of achievements that would be beneficial to almost anyone.

"There are three things or goals that can be achieved by practicing yoga," he said. "One is the alleviation of colds, neckaches and headaches."

This alleviation is achieved through the cleansing of the nasal passages and other vital internal systems paired with a system of specially designed exercises. Prakash makes these techniques available in an eight-week series of classes that he has been offering to the public, free of charge, since 1979.

"In my class, I teach the students the basic techniques of yoga," he explained. "In India, we learn that we have a debt to the society in which we live. I have learned so much from the American society and I feel that this is one way I can repay my debt. And so, yoga is my hobby and I enjoy teaching it."

But Prakash, who has been a yoga enthusiast for 15 years, is quick to point out that yoga is not a cure-all for every ailment known to mankind.

"We are very trustworthy of doc-



Shamsher Prakash, professor of civil engineering at UMR and avid yoga enthusiast, explains the many aspects of the art of practicing yoga. Although many people may feel that special physical predispositions are required to be a

successful yoga practitioner, Prakash stated that it is really a system of "total-body betterment" from which anyone can reap a long list of benefits. Prakash will begin teaching yoga classes in Rolla on April 20.

ters and we will allow them to do all types of things to the outside of our body, yoga is a way to clean the internal body and develop the thought process of the mind to help one feel better," he said. "What yoga is not, is a way to prevent or cure every disease, such as cancer. No one knows where it comes from and yoga doesn't claim to be able to cure it."

Prakash, who has also written a book on the subject of Yoga entitled "Yoga for the Householder," explained in the publication that there are eight basic steps in the performance of yoga, according to Kishi Patanjali, who prepared a comprehensive treatise on the subject, "Patanjali's Yoga Darshana Sutra." Completed in 1980, Prakash's book was published in India, both his homeland and a country which he visits quite frequently.

In a brief synopsis, Prakash wrote of Yoga's ancient history.

"In ancient times, people used to live more in nature than what the present day living permits. They observed their environment in the minutest detail. They observed the animals, the birds, human beings and even their own minds. By this sheer observation over a period of time with a receptive mind, it was discovered that amongst other things, the key to good health is alternate stretching and relaxation of the human body.

Also for a healthy system, the body has to remain free from dirt and residues after the digestion of food."

The first two steps in art of yoga are the basic foundation of its code of ethics. According to Prakash, thoughts and actions are divided into the categories of yama, the do nots, and niyama, the dos.

Prakash gave an example of the do nots or yama as being "do not tell a lie," and went on to state that "love thy neighbor" was an example of niyama or the dos.

"Yoga is a good way to develop one's mental capacities — one's ability to remain alert, be efficient and pay better attention to things," he said. "What a person is trying to do is yoga is to be relaxed and limber and one's own thought processes. And then too, yoga is a spiritual type of activity that helps to make a person feel more at ease and calm."

The third step, or asana, places emphasis on posture and is comprised of two basic philosophies. One places great importance on keeping the spine supple and flexible; the other divides the various limbs of the body into complementary pairs called the sarvang asana and bhujang asana, both of which work the spine in one direction and then stretch in another.

The sarvang asana tones the limbs by stimulating the thyroid gland. Prakash said that there are postures

and exercises for all parts of the human body and that to test an individual's physical fitness, their bodily condition must be observed. A fit person will have regular, daily bowel movements, no colds, no coughs and no headaches.

"Although I myself am a vegetarian, I do not try to change the habits of my students," he said. "I do suggest incorporating more whole-grain foods into the diet, but it isn't mandatory."

The fourth step in the cycle of yoga is pranayam, the control and regulation of breathing. In this step, a student sits comfortably and begins to practice controlled breathing. According to Prakash, there are many types of breathing techniques and styles. Examples are diaphragmatic breathing, abdominal breathing, alternate breathing and there are different meanings and advantages of each type.

But no matter what the type of technique being used, the yoga student or instructor does have a particular purpose in mind during these periods of regulated breathing — to gain control of that which they consider to be the vital force in life, pranic energy.

"Pranic energy is a type that starts out very strong and then weakens as it passes down," Prakash explained. "When breathing, the energy goes in

with the breath and must be differentiated from the air. It is used for well-being, spiritual uplift and the development of one's mental facilities."

The remaining four yoga steps of pratyahara, withdrawal; dharna, fixation; dhyana, concentration, and samadhi, ecstasy, are considered spiritual in character and belong to either directed thought, a state of mind in which one is thinking of a particular event or remembering something out of the past, or beyond thought, a state in which the mind is not applied to any logic and does recall anything from memory.

"One thing that I want to stress is that yoga does not do miracles," Prakash emphasized. "It is one's own effort that will determine the results. A teacher can only initiate one to learn the techniques. And only by the regular practice of those techniques that are learned, can one reap the benefits of yoga."

Discussing the best time to engage in yoga, Prakash went on to state that he believes it to be better to practice yoga on an empty stomach — either in the morning before breakfast or in evening before supper.

Prakash will begin offering yoga classes on April 20. The classes will begin at 4:30 p.m. on Monday evenings. For more information on the classes or to register, call Prakash at 364-5171.

PURDUE UNIVERESITY

Yoga Workshop

On February 14, 2004, Dr. Prakash while visiting Purdue to give a Geotechnical seminar, treated students and faculty to a free Yoga workshop. The workshop started with a down to earth outline of the fundamentals of Yoga. From this foundation, Dr. Prakash led the group through a series of positions and breathing exercises. While engineering the groundwork for future growth in Yoga technique, the group also participated in some serious laughing - a key activity for health. The session concluded with a brief look at some other Yoga practices for health - bringing an end to a highly consolidated workshop. We enjoyed this fun and informative event and will be happy to welcome Dr. Prakash back to Purdue soil anytime.



Purdue University
550 Stadium Mall Drive
West Lafayette, IN 47907-2055 School of Civil Engineering
Purdue University
550 Stadium Mall Drive
West Lafayette, IN 47907-2051
CE Main Office: (765) 494-2166



ELEMENTARY SCHOOL

(Khet Pralli – India)



SP Foundation has started a School for children of migrant labor in Khet Pralli, a village about an hour from Chandigarh. They are learning alphabet, numbers, arithmetic, and more importantly hygiene, civic sense, and to respect elders and become good citizens when they grow up. All supplies for school work are provided to them free. Also, they are provided two dresses a year, one for summers and one for winters. The number of children is fluctuating. This is the first year of this school. We have hired 3-teachers for this school at this time. (June 2004)

FELICITATION

Professor Shamsher Prakash was felicitated at the International Conference on Yoga and Natural Therapy, Lucknow (INDIA) on November 30, 2005 for his contribution to “HEALING THROUGH YOGA” and lectures on “YOGA PHILOSOPHY” worldwide.



Dr.Prakash was felicitated by Sri MAYA PRASAD, Speaker, Vidhan Sabha,UP



Dr.Prakash consults on healing allergies and asthma through yoga with physicians from different parts of India.

UMR professor: 'Yoga is a way of life'

Kristen Jump Staff Writer

Starting Wednesdays, seniors will have the option of attending a free yoga class, focusing on breathing, at the Holloway House.

Dr. Shamsheer Prakash, a professor emeritus from the University of Missouri-Rolla and head of the Shamsheer Prakash Foundation, will be leading the classes.

Prakash has been teaching yoga in Rolla, St. Louis, Kansas City and around the world since 1979. He said his senior yoga classes will focus on breathing, not physical exercises.

"We will be working on not only the physical act of breathing, but also on directing our minds not to run away from the practice," Prakash said.

In his classes, Prakash starts with warm-up exercises first, and then moves to pranayam, which is the regulation of breath. There are seven different types of pranayam including bhastrika, kapalbhati, anulom-vilom, bhramri, ujjai, shetalee and mahabanda. These are all different types of breathing with subtle differences. Prakash said yoga has made all the difference in his life -- since 1962 he has only had one bout with the common cold, he never gets headaches, and at 74 years of age he doesn't need any medication.

"Yoga is a way of life," Prakash said. "I learned all these things as a child in India from monks that came in to teach us. This has already given me so much that I feel like I should give back what I can."

Prakash gives back through his foundation, and by offering free classes and informational pamphlets and books. His Web site, www.yoga10.org, has a copy of his yoga book.



Teaching yoga -- Shamsheer Prakash will offer free senior yoga classes starting Wednesday and continuing every week through August at the Holloway house.

The Shamsheer Prakash Foundation (SPF) is non-profit organization that was founded in 1989 in the U.S. and 1988 in India. It has four principle focus areas: geotechnical engineering, yoga, peace and the JJ Divine School for Children.

Each year, SPF awards \$1,100 and a plaque to young engineers who specialize in geotechnical engineering or geotechnical earthquake engineering. The research award and the excellence prize for practice are the two annual awards. The nominees are judged by an international group of experts each year. Winners have come from around the world, including Greece, Canada, Thailand, the USA, Spain, Japan, Italy, India, Israel, Tunisia and Korea.

SPF arranges classes, lectures talks and yoga demonstrations through out the year, and they have published "Introduction to Prevention and Yoga," as a guide to increasing physical, mental and spiritual well-being. To promote peace, each year the foundation sponsors an essay competition for junior high through high school students on subjects such as peace, inner peace, world peace, peace in the community and peace at home. The JJ Divine School for Children is an elementary school for children of migrant laborers in Khet Purruli, India. SPF provides books and clothing for the students, as well as instruction.

The senior yoga classes will be from 10 a.m. to 10:45 p.m. at the Holloway house starting Wednesday, and will continue every Wednesday of August.