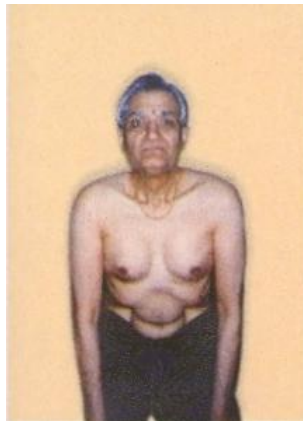
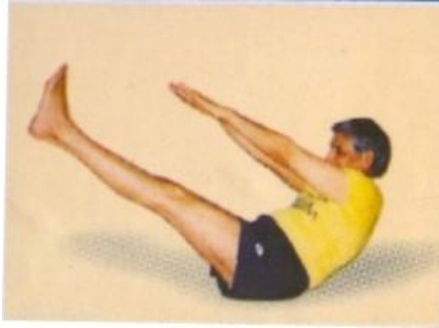


Everyday Activities of Shamsher Prakash Foundation



Shamsher Prakash Foundation

Rolla, MO 65401

www.yoga10.org



GIST OF GITA

1. Why do you worry for nothing? Why are you scared of anyone for nothing?
2. Who can kill you? The soul is immortal, never subject to birth and death.
3. Whatever has happened was good. Whatever is happening is good. Whatever will happen, will also be good.
4. Don't regret the past. Don't worry about the future. Live in the present.
5. What did you lose that you are crying about. What did you bring that you lost. What did you create that is now destroyed?

6. You did not bring anything, whatever you have, you got here.

Whatever you gave, you gave here.

Whatever you got you got from god.

Whatever you gave, you gave to god.

You came here empty handed and left empty handed.

7. Whatever you have today was someone else's yesterday and day after tomorrow it will be someone else's. You feel happy because you think it's yours. This happiness is what causes your sadness.

8. Change is the law of the world and nature. That change is the cause of life and birth and you name it death. At one moment a man becomes the master of billions. In the next moment he is penniless.

9. Make your mind free of these petty ideas-such as this is mine, this is yours, this is lowest, this is highest.

10. If you do that you will belong to everyone and everyone will be yours. This physical body does not belong to you and you don't belong to this body. The body is raised from five elements (fire, water, air, earth and sky) and finally will reduce to them.

11. The soul is eternal then who are you. Dedicate yourself to god. He is the best aid to you. Who knows him as the best aid, he becomes free of fear, worry and sadness. Oh man what ever you do, offer it to God.

12. This way you will enjoy the bliss of a liberated soul in life.

MAY GOD BLESS YOU!

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of
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Shamsher Prakash Foundation

Rolla, MO 65401

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Everyday Activities of Shamsheer Prakash Foundation

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Everyday Activities of Shamsheer Prakash Foundation

ABOUT THE FOUNDATION

The Shamsheer Prakash foundation was established in 1989 with a donation from Revd. Mother Ashram, Sri Sri Sri Soami Vijaya Rajan Anand. The foundation has to date started the following projects.

YOGA SADHANA:

1. Hold lectures, classes and workshops on pranayam, Meditation and yoga – Philosophy worldwide. There are no charges for these workshops.
2. Publish books on Yoga sadhana.
3. Organize prevention and yoga classes.
4. Support school children on performance and need base.
5. Institute competition on “peace, inner peace and World peace” among students in local schools.(Possibly make this program nationwide)
6. Establish “ Mother Institute of Prevention and Yoga”.
7. Issue newsletter on prevention and Yoga.

TECHNICAL:

1. Institute “Shamsheer Prakash Research Awards and Prizes”, worldwide and in India.
2. Prize for creative design to undergraduate students, in the US and India

YOGA CLASSES AND WORKSHOPS

Dr. Shamsheer Prakash offers yoga classes and workshops worldwide. He has already offered classes and workshops in Australia, Canada, India, Singapore, UK and USA. He has regularly held PRANAYAM and MEDITATION classes for seniors in Rolla since 2006. For free lectures classes and workshops at your place please contact the SP Foundation. (prakash@mst.edu)

Please ask for list of Publications and Yoga supplies from:

Sally Prakash
Honorary Secretary
Shamsheer Prakash Foundation
“Anand Kutir”
1707, Jackson Circle
Rolla, Missouri 65401, USA
Tele/Fax: (573)364-5572
Prakash@mst.edu
www.yoga10.org

Awards:

1. Geotechnical Engineering Research Award

Shamsher Prakash Foundation solicits nomination (no application) for the SHAMSHER PRAKASH RESEARCH AWARD for young engineers, scientists and researchers (40 years or younger) from all over the world. Nominations are invited so as to reach the Honorary Secretary on or before March 31, every year.

The candidates should be specialists in Geotechnical Engineering and/or Geotechnical Earthquake Engineering and it is necessary that they have significant independent contributions and show promise of excellence in research.

The Award consists of cash prize US \$1100.00 and a plaque. All nominations are reviewed by a Judging Committee of International Experts from Australia, Canada, Czech Republic, France, Greece, India, Italy, Japan, Spain, Thailand, United Kingdom and United States and the award is announced by March 31, every year.

Previous Years Research Award Winners:

YEAR	NAME	COUNTRY
2011	Jason T. DeJong, Joseph Wartman	USA,USA
2010	David Masin	Czech Republic
2009	Jean Francois Semblat/ Tara Hutchinson/ LHJ Gorzic	France, USA, Canada
2008	Itai Einav	Australia
2007	Tarek Abdoun / Ellen M. Rathje	USA,USA
2006	Jonathan Stewart /Mitsu Okamura	USA,JAPAN
2005	Rodrigo Salgado/Gopal Madabhushi	USA,UK
2004	Juan M. Pestana	USA
2003	Devendra Narain Singh/Hai-Sui Yu	India, UK
2002	George Mylonakis	Greece
2001	Ross Boulanger	USA
2000	Roberto Paolucci	Italy
1999	Jonathan D.Bray	USA
1998	Ikuo Towhata	Japan
1997	Raymond B .Seed/ Raj Sidharthan	USA
1996	Ahmed Elgamal	USA
1995	Panos Dakoulas	Greece
1994	M.Pastor/Susumu Iai	Spain, Japan
1993	D.T.Bergado/Shobha K.Bhatia	Thailand, USA
1992	R.Kerry Rowe	Canada
1990	George Gazetas	Greece

For details of future submission, Please visit our website
-www.yoga10.org

2. Prize for Excellence in the Practice of Geotechnical Engineering

Shamsher Prakash Foundation solicits nomination (no application) for the "SHAMSHER PRAKASH PRIZE FOR EXCELLENCE IN THE PRACTICE OF GEOTECHNICAL ENGINEERING" for young persons(45 years) primarily from practicing engineers from all over the world. Nominations are invited so as to reach the Honorary Secretary on or before May 31st, every year. The candidates should be specialists in Geotechnical Engineering and/or Geotechnical Earthquake Engineering and it is necessary that they have significant independent contributions to practice and show promise of excellence.

The Prize consists of US \$1100.00 and a plaque. All nominations will be reviewed by a Judging Committee of International Experts from Australia, Canada, Israel, Korea, Tunisia and United States, and the winner is announced by October 31, every year.

Prize Winners of Previous Years for Excellence in Practice

YEAR	NAME	COUNTRY
2011	Jie Han	USA
2010	Arul Arulrajah	Australia
2009	Allen William Cadden, Zygmunt Lubkowski	USA, UK
2008	Sanjeev Kumar	USA
2006	Mounir Bouassida	TUNISIA
2005	Hyu- Soung Shin	KOREA
2004	Jesús Gómez	USA
2003	Sissy Nikolaou	USA
2003	Yossef H. Hatzor	ISRAEL
2001	Neven Matasovic	USA
1999	Scott Steedman	UK

3. ISET - Shamsher Prakash Award for significant contributions in Geotechnical Earthquake engineering-2010

Prof. Shamsher Prakash, Honorary Fellow and former President of the Indian Society of Earthquake Technology (ISET) has instituted a 4-yearly "ISET Shamsher Prakash Award for Significant Contributions in Geotechnical Earthquake Engineering" to honour individuals for their outstanding contributions. The award consists of an award money of Indian Rs. 51,000/-, plus a Shawl, and a plaque. Nominations on plain paper must reach the President, ISET at dpaulfeq@iitr.ernet.in on or before **March 31, 2014**. The first award was won by **W.D. Liam Fin, University of British Columbia, in December 2010**.

4. IITR-Shmasher Prakash Research Award in Geotechnical Engineering

The Indian Institute of Technology, Roorkee has instituted an annual 'Shamsher Prakash Research Award' through generosity of Prof. Shamsher Prakash, an eminent Geotechnical and Earthquake Engineer and President, S.P. Foundation, U.S.A. The annual award is made for outstanding work in the field of Geotechnical and/or Geotechnical- Earthquake Engineering. It consists of a citation and a cash prize of Rs. 50,000 (US \$1100 approx.) and is open to a young Indian Engineer, Scientist or Researcher from India (age less than 45 years). The award is primarily based on the research work done in the past five calendar years. The last date of Nomination is May 31, every year. The 2008 award winner is Prof. Deepankar Choudhary (IIT, Bombay) and 2009 award winner is B.K. Maheshwari (IIT, Roorkee).

YEAR	NAME	INSTITUTE
2011	Pijush Samui	VIT University
2010	None	
2009	B.K.Maheshwari	IIT, Roorkee
2008	Deepankar Choudhury	IIT, Bombay

Please contact Dr. S.P. Gupta, Dean Alumni Affairs, IIT Roorkee (deanalumni@iitr.ernet.in) or visit www.yoga10.org or www.iitr.ac.in/awards for detailed instructions for submission.

5. Creative Design Prize in India

The future of a country is in the hands of the young. This is a small opportunity to bring out the best in science and engineering in our young people in India.

The competition is open to only full time undergraduate students, in any discipline from engineering colleges in India including all IIT's, all NIT's, COE Roorkee, TIET Patiala, BBSBEC Sirhind and PEC Chandigarh. The subject of competition is open in any discipline of Engineering and Technology. (First prize INR 20000, second prize INR 10000. More than one prize may be awarded in each category). Students may discuss and seek clarifications from any source but the final submission of design idea must be their own. The students are advised to prepare a design proposal and submit their entry by May 31, every year to:

Dr. Manoranjan Parida (Coordinator)
Email : mprdafce@iitr.ernet.in

A Judging Committee of international experts will be appointed in each discipline, in which the entries are received. The winning design will be announced by August 31, every year. Arrangements will be made to award the prize/s at a suitable function in Roorkee.

PREVIOUS PRIZE WINNERS

PRIZES-2010	TITLE OF PROJECT	Prize
Anuvrat Chaturvedi Sourabh Mukherjee/MANIT Bhopal	Virtual Reality Technology	First
Pulkit Gupta Souvik Roy Marut Shukla/IITR	Swarm Robots for Autonomous Thrash and Garbage Removal	Second
PRIZES-2009	TITLE OF PROJECT	Prize
Ritika Sehgal/IITR	Fashion Retail House	First
Ipseeta Arunai /IITR	Real Time Intelligent Lift System	Second
PRIZES-2008	TITLE OF PROJECT	Prize
Arun Sharma Ankur Mundra Pooja Tripathi	New Technique For Discharge Measurement In Open Channels	First
PRIZES-2007	TITLE OF PROJECT	Prize
B. Nishita Reddy Prerna Aggarwal	An Economical Mobility Device for Rural Terrain	First
Ravi Tiwari Jatin Mitra Vaibhav Jain	Waterborne Boat with Robotic Arm for Seaweed Removal and Collection	First
Harish Kumar Jain Kushagra Mittal	International Airport Design at Visakhapattanam	Second

6. Creative Design Prize – Missouri University of Science and Technology

The future of a country is in the hands of the young. This is a small opportunity to bring out the best in engineering and technology in our young people at Missouri S&T.

The competition is open to only full time undergraduate students of Missouri S&T. The subject of competition is open in all discipline of Engineering and Technology. The students are advised to prepare a design and submit their entry by May 31, every year. Students may discuss and seek clarifications from any source but the submission of design idea must be their own. Please submit all material in a single PDF file with your name, address and E-mail (on a separate page) for judging to the foundation.(First prize \$500, Second prize \$250.)

A Judging Committee of international experts will be appointed in each discipline, in which the entries are received. The winning design will be announced by August 31, every year. Arrangements will be made to award the prize/s at a suitable function.

7. IGS-SP Achievement Award in Geotechnical Engineering

The above award is being instituted through the generosity of Professor Shamsheer Prakash, eminent Geotechnical Engineer. This bi-annual award will consist of a check for Rs. 100,001, a plaque and a shawl. Negotiations are underway with INDIAN GEOTECHNICAL SOCIETY, NEW DELHI.

8. 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.



9. Assistance to children based on need and performance

The foundation adopted class VI students from two schools, 1) Ashoka School for Boys and 2) Ashoka School for Girls in Sirhind Mandi, Punjab. Each student is selected on the need and performance basis. They are provided 2-uniforms each year, all school fees, books and supplies, General Knowledge books and Amar Chitra katha, full support to the children



They have adopted two more schools in 2008 in Sirhind (Pb). It is proposed to adopt more children upto class XII in those and other schools. For details, please contact Jagdish Raj. (Tel: 01763-220-519, /222-260, Email: sunrise@santmachines.com)

Sacred Space

Think About It

The paradox of our time in history is that...
We have taller buildings, but shorter temper;
Wider freeways, but narrower viewpoints;
We spend more, but have less;
We buy more, but enjoy it less.

We have bigger houses and smaller families;
More conveniences, but less time;
We have more degrees, but less sense;
More knowledge, but less judgement;
More experts, but less solutions;
More medicine, but less wellness.

We have multiplied our possessions, but reduced our values;
We talk too much, love too seldom, and hate too.
We've learned how to make a living, but not a life;
We've added years to life, not life to years.

We've been all the way to the moon and back,
But have trouble crossing the street to meet the new neighbor.

We've conquered outer space, but not inner space;
We've split the atom, but not our prejudice.
We've higher incomes, but lower morals;
We've become long on quantity, but short on quality.

These are the times of tall men, and short character;
Steep profits, and shallow relationships.
These are the times of world peace, but domestic warfare;
More leisure, but less fun;
More kinds of food, but less nutrition.

These are days of two incomes, but more divorce;
Of fancier houses, but broken homes.
It is a time when there is much in the show window,
And nothing in the stock-room.

We are always ready to live...but never living

R W Emerson

Earlier there was more time & less Expectations,
Now there are more Expectations and less time.
Sunil

For any Queries, Please contact

In USA:

Sally Prakash (Hon. Secretary),
SP Foundation,
1707, Jackson Circle,
Rolla(MO) – 65401
Tel/Fax: 573-364-5572
Email: prakash@mst.edu
www.yoga10.org

In India:

Miss. Usha Gupta,
SPF Welfare Society,
278/2,Gali No:3,
Intelligent professors Colony,
Sirhind Mandi, Punjab
Tel: 091-98727-20375
Email: sunrise@santmachines.com (Attn: Mr.Jagadishji)

For Details of Nominations/Applications for all awards and Prizes,
Please visit the SP Foundation website:
www.yoga10.org

PHILOSOPHY

When one door of happiness closes, another opens, but often we look so long at the closed door, that we do not see the one which had opened for Us.

- Helen Keller

The difference between failure and success is “to do the things just right” and “to do the things exactly right”.

- Anonymous

ABOUT THE FOUNDER



Dr. Shamsheer Prakash was born on January 3, 1933 in India. His early education was in Punjab. He earned his bachelor's degree in engineering from Roorkee University as well as an M.S. and PHD. in Civil engineering from University of Illinois at Urbana-Champaign.

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

Dr. Prakash took his early training in Yoga at home and at the Arya Samaj 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.

Dr. Prakash has developed a unique program of Inner Peace, Happiness, based on Rishi Patanjali's Ashtang Yoga and a (Signature) Workshop on Yoga and Pranayam and Meditation.

Dr. Prakash has been admitted into the Academy of Geo-Professionals of the ASCE, in Dec. 2011. Dr. Shamsheer Prakash received the Distinguished Alumnus Award from the Indian Institute of Technology, Roorkee, in December 2008. He has been cited for his internationally and nationally recognized work in the area of soil dynamics, including pioneering work on liquefaction of fine-grained soils, seismic design of piles, and seismic analysis of rigid retaining walls. He revolutionized the use of geotechnical engineering case histories in professional practice and education, and chaired 6-international conferences on case histories in geotechnical engineering 1984-2008. He has also authored the first comprehensive text on soil dynamics in 1981.

In 2003, he was awarded Honorary Doctorate by the Technical University of Civil Engineering, Bucharest, Romania. In 2004, Dr. Prakash was recognized as Distinguished Alumnus by the Department of Civil Engineering, University of Illinois, Urbana, IL. He was awarded Life Membership of ASCE and was named Honorary Editor of the International Journal of Case Histories in Geotechnical Engineering in 2004, Honorary Member of Indian Society of Earthquake Technology in 2003, and Indian Geotechnical Society in 2006.

Anecdote:

Dr. Prakash is an international expert in Soil Mechanics. Therefore, his well-meaning friends used to call him an EXPERT from **Soil Mechanics** to **Soul Mechanics**.

(BACK OF COVER)