

**YOGA FOR
HOUSE-HOLDER**

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DISCLAIMER

This book is meant to increase your knowledge of Yogasanas and to enhance your physical, mental and spiritual well-being. The information here is designed to help you make informed choices in “EXERCISES and OTHER” practices. It is not intended as substitute for medical treatment. You should consult your doctor before you attempt the exercises described in this book.

GIST OF GITA

(Please add from book of pranayam)

PREFACE

Humanity is suffering from many ills generated by itself. We are living under stresses and strains on our minds as well as on our bodies; strains and stresses which are not necessary and which are avoidable.

Man has made tremendous progress in almost every walk of life. Objects once considered impossible have now been achieved by us. What we have achieved and accomplished today could not have been imagined in their dreams by the past generations. Modern scientists and researchers have absolutely changed our life style. Science has been incessantly pouring in us new materials and devices to make our physical life style apparently more happy and comfortable.

However, pollution of air, water, body and mind is also the result of science. We witness despair and disappointment on the faces of our younger generation. Signs of restlessness are apparently visible in the dry and dull eyes of young men and women. Sloping shoulders, flat chests and bulging stomachs have become their characteristics. Why?

Today we claim we are modern and civilized but cannot claim we are genuinely happy. We, today, use tranquillizers for sleep, pills for purgative and tonics for vigor. Tranquillizers and sedatives are in vogue in our modern society. Charmed by and then, addicted to intoxicative drugs, our youth is led to the path of disgrace and self-destruction.

In the modern world, we create problems and try to find solutions. We have created a very unhealthy, unnatural, artificial environment. Every day we create new problems for ourselves individually, in society, throughout the whole nation and the whole world. Then we spend all our efforts to find solutions for these problems. This is a never-ending process: creating problems, finding solutions. Longing for material wealth has hardened our hearts. Human values are declining. Work to time, competition and commotion have made us suffer from stress and strain. Mental tension or strain produces undesirable consequences. Stress and strain are causes of physical as well as psychological diseases such as depression, diabetes, cancer, acidity, ulcer, migraine and hypertension.

It is time to sit down and try to see what is wrong with us, individually as well as collectively; what is wrong with the way we live, and find its solution.

Let me give you a description of what I mean by problems. Human existence is on three distinct but interrelated planes, the *physical, mental and spiritual*. As soon as we separate one from the other, we create a problem and make a mistake in finding a solution; we are on wrong track. For example, we want to live luxuriously so that we may have comfort. We try to generate more resources for ourselves and in that process we lose sight of our state of mind. We may not find any time to pray to God, thank the almighty for the things He has given us or just sing praises to the Lord without any specific purpose, for creating this universe for us. Once we experience stress, then we want to find a solution for stress. We never try to find why stress has come into our lives. Therefore we have to examine and do some introspection in our lives. Hopefully, in examination, introspection, and understanding of the problem, lies the solution.

Coming back to the fact that our existence is on three planes, physical, mental and spiritual, one cannot be separated from the other without sacrificing *quality of life*. When we say *quality of life*, what do

we mean? Does it mean living in a very comfortable environment, getting a very handsome salary and living with a stressed mind? Or getting enough comfort physically for living, having peace of mind and praying to God, singing praise to the Almighty? Do we sing praise to the Almighty only in church, not in our homes every day?

How can we prevent ourselves from being strained and degenerated? Should we discard science and scientific inventions? Should we return to cave life and live as the aboriginals lived?

These are some questions which we don't take time to address. Maybe we don't find the need for it. Maybe we have not considered that these are the questions needing investigation.

We have tried to explore and reform the whole world. We have explored outer space, the moon, the mars, new continents, the Antarctica, but we have not explored our minds! What is in our minds? Our minds are full of jumbled thoughts, stress, worry, fear, ambition, desires, attachments and jealousy, KAAM(Sex), KRODH(Anger), LOBH(Greed), MOH(Attachment), and AHANKAR(Ego). What are we going to do with this mind that is full of so many things which do not bring *peace* to the mind?

These questions need to be investigated. We look for an isolated solution to stress or to problems in our mind or body. For spiritual happiness, we must investigate our mind. There is a need for us to examine and try to understand our thought process, our state of mind.

In this text we may learn how to prevent physical ailments in our bodies, how to have a completely disease-free body. This appears to be a tall order, but by prevention, we can attain it. I don't think we can attain it by treatment (cures, medicines!) alone.

What do we want to prevent? Take constipation, irregular bowel movements. The doctor may say it is not a problem. But when we eat every day, why don't we clear our bowels every day? That sounds logical to me; why should it not sound logical to you? There is certainly a problem with constipation.

Adults should never have a *common cold*. We have given this problem with the nose and our sinuses a very lovely name, *common cold*. This is not right; it should be *uncommon cold*. Why do you get a cold? We waste millions of hours and billions of dollars for relief of the common cold and problems related to it. We should find a way to eliminate the common cold from the system completely. Prevention- not cure! We hear so many ads on TV, e.g. Tavist-D, Benadryl and Tylenol sinus, and Allegra. These are high-powered medicines with or without prescription. You pay a few dollars; and one tablet, they say, works for 12 hours. How about after that? Why not go for prevention of the common cold completely!

There are some of the small problems which start appearing in the body slowly, i.e. constipation, common cold, headache and allergies. Allergies are a widespread health problem. Anything we don't completely understand cause and cure –is called an *allergy*. About 140 million Americans suffer from allergies. We get Common Cold 1 billion times a year. Allergy is caused in the body by foreign deposits which are injurious to us. We have to keep the system clean and not let deposits build up.

A disease-free body is the first requirement of happy living.

The mind is full of jumbled thoughts. We are not even aware of what we think! Therefore we have to understand the mind to be aware and alert all the time as to what enters the mind. Our mind should be free from fear. Once we have achieved a disease-free body and a clear mind, we can strive for spiritual

uplift. This gives us a state of mind which is ever alert, ever light, free from worry, free from stress. Everyone has experienced this state of mind momentarily and these are the moments we cherish. If we had this state of mind all the time, how nice it would be! Some people say it would be boring. They have no idea of an *ecstatic state* of mind; they don't even appreciate it verbally and mentally. This is what we should strive to attain and then do our work very efficiently.

This book was written for the householder, a busy person, a person under pressure of time constraint, who needs guidance.

Shalini offered useful comments on the text. It was typed with painstaking effort by Sai. Cover & all layout is designed by Som Agnihotri . All help is acknowledged.

May the Lord bless you with a healthy body and ecstatic mind.

January 3, 2018

Shamsher Prakash

INTRODUCTION

”yoga” is a popular household word to-day both in the East as well as in the West. It has become a fashion to display some knowledge of Yoga in the Society, particularly the elite society. There is popular terminology also associated with Yoga sometimes e.g. HATHA YOGA, KRIYA YOGA, TANTRA YOGA, SIDH YOGA, TRANSCEDENTAL MEDITATION YOGA, TIBET YOGA, HOT YOGA and the like. Sometimes a particular Yoga is claimed to get you quick results. Each such description makes a good and interesting story.

There is a great number of Yoga teachers everywhere. Everyone of them associates himself with some big, brand name teacher or a ‘Guru’. There are several of them to-day who claim themselves to be ‘Bhagwan’, ‘yogi’ ‘Maharishi’ or ‘Resurrected LORD, This’ or ‘Bhagwan that’.

All this is more or less business to lure the unsuspecting and innocent person to shell out money, time and perhaps one’s personality for the teacher “Guru” or for the cult which one propagates. All teachers and schools do not qualify for this criticism, but they still do not tell you the whole truth. Also, they complicate the whole issue by jargons, terminology and the desire to become the supreme guru (teacher).

The purpose of this text is to put before the reader nothing else but truth and the truth in its totality and not in pieces. A story comes to my mind at this juncture. Four blind persons were taken to an elephant and were asked to describe the elephant by feeling it. One of them described the elephant as a “Big thick post”, obviously by feeling one of its legs, the other as a “flat dish like ‘substance’” by feeling its ears and the like. The elephant is neither of the above. Similar situation exists about Yoga almost everywhere.

In ancient times, people used to live more in nature than what the present day living permits. They had observed their environment in the minutest detail. They had observed the animals and birds. They had also observed the human beings and their own minds in great detail. By sheer observation of nature over a period of time and with receptive mind, it has been 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 digestion of food. Therefore bowel movement must be daily, regular and first thing in the morning. An irregularity in bowel movement is the beginning of several body ailments. But this fact is not recognized by modern physiology and medical system. It is a pity! By sheer observation, it had also been determined that thyroid is a very vital gland in the human body, although glands have been discovered only recently. But “SARVANG ASNA” (Fig.1), had been recognized as the posture that tones all the body.



Fig.1. SARVANGASANA-
Tones up the whole body

In prehistoric times, knowledge was passed from father to son, mother to daughter and teacher to the taught. It was Rishi Pantanjali, who prepared a comprehensive treatise on Yoga, called the “PATANJALI’S YOGA DARSHANA SUTRAS”. According to this description there are eight steps in the performance of Yoga.

These are :-

1. YAMA (CODE OF ETHICS DO NOTS)
2. NIYAMA (CODE OF ETHICS DOS)
3. ASANA (BODY POSTURE)
4. PRANAYAM (CONTROL AND REGULATION OF BREATH AND THE VITAL FORCE
“PRANA”)
5. PRATYAHARA (WITHDRAWAL)
6. DHARNA (FIXATION)
7. DHYAN (CONCENTRATION)
8. SAMADHI (ECSTACY)

Now the first question is “What is Yoga”?

“Yoga” is derived from the root “YUJ” “YOKE”. Literally it means “Meeting” “Merger”, “Mixing-up” and “Union”. It is described as **UNION OF THE ‘Soul’ with the ‘Supreme Soul’**. And it is said that the Yoga can help any one to achieve the Union.

Before we understand the union of ‘Soul’ with ‘Supreme Soul’, one has to understand what is ‘Soul’? and what is ‘Supreme Soul’? These are difficult questions to comprehend in the beginning. This does not mean that we give up “enquiry”. There are several ways on looking at this problem. A large number of

books have been written. Most of these have complicated the issue rather than attempting a simple and straight forward answer. We will return to this question in a short while.

Reverting to eight steps in Patanjali's Yoga, the first "YAM" comprises of :-

1. Non-violence; 2. Truthfulness; 3. Non-stealing; 4. Celibacy; 5. Compassion ; 6. Rectitude
7. Forbearance 8. Fortitude 9. Temperance in Food; and 10. Cleanliness

Similarly, "NIYAM" comprises of :-

1. Contentment; 2. Right Belief; 3. Charity; 4. Contemplation; 5. Investigation;
6. Disinclination towards base ; 7. Sincerity; 8. Japa; as well as steadfastness; 9. Tapa; and
10. Worship.

It will be seen that these are norms of every civilized society. Therefore even without knowing these things formally, one is observing these things in all probability.

The third step is "Asanas", literally meaning "posture". Asanas are essentially performed while (1) standing (2) sitting and (3) lying down. These postures have been devised (i) to keep the spinal chord supple i.e. alternate bending of the spine as in 'Chakrasana' (Fig.2) and 'Bhujang Asana' (Fig.3), (ii) to help strengthen abdominal muscles e.g. 'Udiyaan' or 'Neoli' (Fig.4) a simple pumping of the stomach and (iii) keep the joints supple. There are thus exercises 'Asanas' for each part of the body. The Asanas have been devised in pairs. Chakrasana (Fig.2) is opposite of Dhanur (Fig.5) or Bhujang Asana. In the former the lower part of the spinal chord is in compression with the upper in tension. While in the latter, stress direction is reversed. This results in alternate stretching and relaxation of the muscles.



Fig.2. CHAKRA-ASANA



Fig.3. BHUJANG ASNA

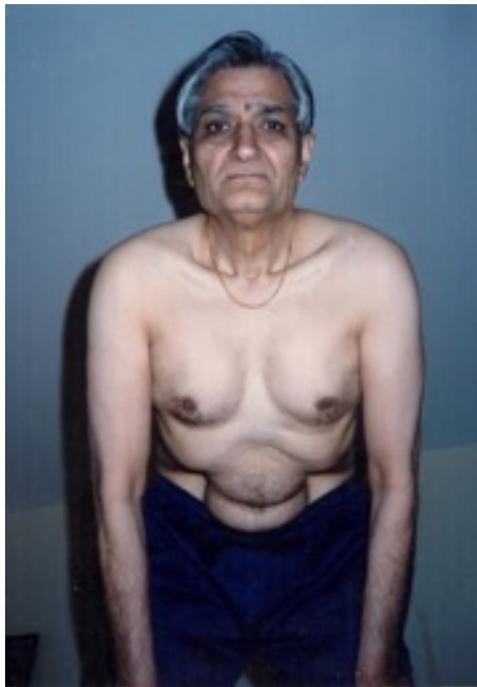


Fig.4. NEOLI

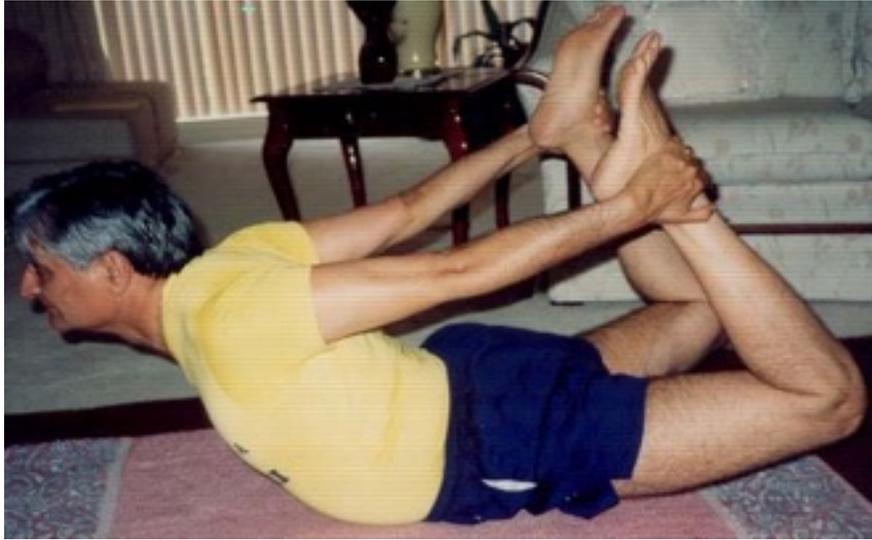


Fig.5. DHANUR ASNA

Another important factor in ‘Asanas’ is that there is absolutely no tension or fatigue in the body. It is recommended that Asanas should be performed after a bath, when the body is clean and with the empty stomach. Food should be taken 30 minutes after these exercises and more than four hours before if the Asanas are performed during day time, and not early morning.

I want to narrate personal experiences. First of all, I want to inform my readers that I have known very intimately several brand name Gurus, Bhagwans, Maharishis, Swamis and Yogis personally. They had been my personal guests in our Anand Kutir in India and abroad and I have watched them very closely; what they do, what they possess; what they can give to innocent people. Also I have had an occasion to meet and come in very close contact with a saint who is an embodiment of truthfulness, non-violence, sacrifice, love, sincerity, austerity, simplicity, honesty, compassion and total surrender to the Almighty Mother nature. He believes in service to humanity without any distinction of caste, color, creed and nationality. He has visited many countries around the world including Australia, Canada, China, Europe, Japan, Singapore, USA and USSR several times. He does not accept any money for himself. His dedication to Almighty Mother nature is so great, that he keeps only a little money on his person.

If you meet such a person casually you will not be impressed by his personality. I am reminded of a small anecdote. Swami Vivekanand had gone to USA to participate in the First World Parliament of Religions in Chicago in 1892. India and Indians were looked at with hatred by the Western World in those days. But he impressed the audience by his speech and conduct so much that some well-meaning admirers expressed their desire to meet his Guru, because in their esteem the guru would be a wonderful person if his disciple is so charming. A few ladies and gentlemen accompanied Swami Vivekanand to Dakshineswar where Shri RamaKrishna Paramhans used to reside. He was all naked except for a loin cloth. This was an unusual sight for Westerners and one of them commented; “Vivek, your guru does not look like a gentleman”, Vivekanand mentioned this to Paramhans who gave the following reply:-

“Ladies and gentlemen, in your country the tailor makes a man gentleman, while in India only character makes a man gentleman.”

So you should not be mistaken by the simplicity of a person but rather see the inside. This Soami (*swami*), was borne on a very small hill situated in Himachal Pradesh (Chail), had his education in Punjab, spent long time at the feet of Raj Rajeshwari Maa (Harsal-Gangotry), Sri Anand Mayee Maa, Sri Daya Mata of Los Angeles (California), Swami Hari Tirath of Patiala, (direct disciple of Swami Ram Tirath) and Bengali Baba near Lawrence School, Sanawar, Jain Acharya Sri Atma Ram Ji Maharaj. He does not belong to any religion sect or cult but his message of love, his philosophy, truth, Ahimsa, love, compassion and service, jap and meditation, self-control and regular simple and honest living. His advice is: “*You should become a model of what you want to make others.*” Chastity, purity of body, mind and heart and regular sincere and honest hard work are pre-requisites of self-realisation, meditation, knowledge of the self and prayer. By charging his spiritual battery, he is emitting vibrations of love, service and sacrifice. If someone criticize”. His Guru Mantra is “*Try to feel tongues in trees, books in running books, sermons in stones and good in everything.*” Friend or foe are equal to him. The practical meaning of this Guru-Mantra is “Watch always your words, actions, thoughts, character and health.” He says, “He prayeth best, who loveth best.”

He is always absorbed in silence within, japs and meditation. As someone said, “SILENCE IS THE SPEECH OF THE SUPREME SELF.”

He, as per oriental teaching, believes and describes the nature of the self as Sat (EVER), Chit (LIVING) and Anand (BLISS). This is the true nature of self, irrespective of whether one is born in India, Europe, Africa or anywhere else in the world. This is the true nature of the self whether one is Hindu, Muslim, Sikh, Christian or belongs to any other religion.

Yogasanas are designed primarily to keep the body physically fit and to initially train the mind to apply to a particular limb or section of the body for its betterment. For instance, in “Savasana” (Fig. 6), that is the dead posture, one lies down flat on padded ground and relaxes the whole body. In order to free the mind from extraneous thoughts, it is advisable to direct your mind to the observance of limbs of the body starting from the head gradually downwards towards the toes. In this manner relaxation of the body becomes complete both physically and mentally. Accompanying music can aid it.

The importance of physical fitness of the body lies only in the fact that any good actions in the world cannot be successfully performed if your body is not healthy. Therefore body is the vehicle or means to do something better and keeping the body in physically fit condition, is not the objective in itself according to the philosophy of Yoga, This is in sheer contrast to the western material philosophy in which emphasis is only on physical pleasures keeping the body physically fit and enjoy all material possessions and try to acquire more possessions, more possessions and more possessions without limit. It may however be understood at this stage that pleasures are not denied to the yogi. These are “along the way” and not a “destination” for wise people.

Therefore if one has mastered the technique of selective Yogasanas in life, one will remain free from disease in the body and remember that constipation, common cold and cough are regarded as very serious diseases in Yoga philosophy. There is a great importance of food in Yoga. For instance, the food may generate three types of tendencies in the human body – (1) **Satvik** (generating harmony) (2) **Rajsik** (generating activity) and (3) **Tamsik** (generating inertia). This question cannot be discussed in greater detail at this point.

We brush our teeth daily. We have learnt this technique for a long time. In yoga practice, we do cleaning of the inner system. This includes (1) flushing the nasal passage with water (Jal-neti), (Fig.7) (2) scrub-

bing the walls of the nasal passage with soft thread (Sutra-neti), (Fig.8). These eliminate common cold from the system completely, (3) cleaning the food pipe with white muslin cloth (Dhauti) (Fig. 9). This is both preventive and curative for all bronchial problems.



Fig.6. SHAVASNA-
Helps in relaxation of the body and mind is helpful for high blood pressure



Fig.7. JAL NETI-KRIYA
The nasal passage is flushed with water



Fig.8. SUTRANETI-KRIYA
Massaging the walls of the nasal passage



Fig.9. DHAUTI-KRIYA

Fourth step in Patanjali's Yoga is Pranayam.

PRANAYAM literally means the regulation of breath. This may not be construed as physical regulation of the breath alone. The advantages of "Pranayam" are manifold while fresh air is pumped into the system and foul air is thrown out in a regulated manner. The breath literally acts as a carrier for vital forces the "prana". It is difficult to appreciate the existence and importance of the prana in the first instance. But a small analogy will help clarify the situation.

If we examine a sample of water from a flowing river or static pond or behind a high dam, the water always consists chemically of two parts of hydrogen and one part of oxygen. In the same manner, the air that we breathe normally or through several regulated procedures of pranayama, consist of nitrogen, oxygen and other gases. However, the water stored behind a dam has considerable amount of potential energy which cannot be seen but we can generate, by regulating the water through a power house. Similarly the *pranic* energy is inhaled along with the breath that we take under regulated program. The proof of the pudding is in the eating.

Therefore few days of practice of the pranayama will generate new energy in the system.

Other four steps in Yoga are: (5) Pratihara (withdrawal) (6) Dharna (fixation) (7) Dhyana (concentration) (8) Samadhi (ecstasy). These pertain to the matter of mind and may be '*beyond mind*'. For the sake of simplicity in Yoga terminology, any state of mind '*beyond mind*' may be termed as '*spiritual*'. Upto this point, we have not examined the 'existence' or 'non-existence' of soul; nor have we associated the word spiritual activity. We are fully aware of the physical existence of the body. We are also aware of the existence of the thought process in human mind. To understand one's own mind is the beginning of discovery of the self.

The eternal questions have been three, namely:

- 1) **Where from have I come?**
- 2) **Whereto, am I to go? And**
- 3) **Where I am at this moment and what is my relationship with the world with near and dear ones and the nature?**

We have discovered space, we have discovered moon, we have discovered Antarctica and sea world but unfortunately we have not paid serious attention to the discovery of the inner self.

First step in learning about one's own mind is to appreciate two things; firstly we have organs of work like the eyes, the ears, and the nose, the tongue etc. Secondly, mere physical existence of the organs of work does not accomplish work. It must have been noticed by everyone, that if you are concentrating on your desk and are absorbed in your work, you may not notice the march of a band nearby. The eardrums are physically responding to the noise of the marching drum but your mind has not been applied to the ears and is rather applied to your work. Therefore you do not hear the loud sound. Similarly, when you are driving a car, there may be a beautiful girl standing on the roadside and you may not take notice of that beautiful creation because your mind is not applied to the eyes at that time, but is applied to driving. It therefore becomes clear that your sense organs will work only if your mind is supplied to the sense organ otherwise you will register nothing. Now whatever you register in this process goes into the memory cells of the brain and this constitutes knowledge. You know only what you have learnt and what is stored in the memory cells. Thought and memory cells are very important to live as a sane person in this world. If you go to office and you do not remember where you have parked your car and you do not remember the way to drive back home, you are no good a person. However, when the thought process starts interfering in

psychological balance of your total personality, it becomes a disturbing matter. This has to be learnt first verbally and intellectually and then actually.

Secondly, you imagine a situation, when your mind is not applied to any sense organ. In that case, you do not do any work in the sense we generally understand work. The mind is "*beyond mind*" in this case. In fact a blank mind, without thought, without having been applied to the sense organs and without having been engaged in the thought process, is a meditative mind and leads to beginning of meditation.

Thought process is a stream of thoughts in your mind. If you start observing this stream of thoughts in your mind, you will find in the beginning that you are not able to keep track of the thoughts. There are some gaps in between several thoughts and these gaps are blanks. You do not remember what these gaps are but I would call these gaps arising out of non-attention to the process of observing your thoughts. However, if in the process of observing your thoughts, you reach a stage of mind when the mind becomes free of thought, that stage is a stage of mind "*beyond mind*". It is also blank but you are entering the stage with fully aware mind. It is this stage which I have termed *beyond mind* or *spiritual*.

To fully appreciate and take advantage of this stage one has to explore, experiment and investigate oneself.

Yoga helps you to discover total personality. In the end, I must say that Yoga may not be the only way but Yoga is one of the easiest ways.

May God bless you with peace in your mind and total personality development for welfare of the self, the community and the world.

OM SHANTI ! SHANTI ! SHANTI !

“OM PEACE ! PEACE ! PEACE !”

“And God Said No”

(Add from pranayam book)

I asked God to take away my pride,
and God Said, “No.”

He said it was not for Him to take
away, but for me to give up.

I asked God to make my
handicapped child whole and
God Said, “No.”

He said her spirit is whole, her body
is only temporary.

I asked God to grant me patience,
and God said, “No.”

He said that patience is a
by-product of tribulation. It
isn't granted, it's earned.

I asked God to give me happiness,
and God said, “No.”

He said he gives blessings.
Happiness is up to me.

I asked God to spare me pain, and
God said, “No.”

He said, “Suffering draws you apart

from worldly cares and brings
you closer to me.

I asked God to make my spirit grow,
and God said, "No."
He said I must grow on my own, but
he will prune-me-to make
me fruitful.

I asked God if he loved me, and
God said, "Yes."
He gave me His only Son who died
for me, and I will be in Heaven
some day because I believe.

I asked God to help me love others
as much as he loves me, and
God said, "Ah, finally, you have the idea."

By - Claudia Minden Weisz

What you can have

&

have not by money?

(Add from pranayam book)

1. By money you can have Amusement;
But not happiness!
2. By money you can have Book
But not Brain!
3. By money you can have Bed;
But not sleep!
4. By money you can have Bowl;
But not Saintliness!
5. By money you can have Fineries;
But not Beauty!
6. By money you can have Food;
But not Appetite!
7. By money you can have House;
But not Home!
8. By money you can have Luxuries;
But not Culture!
7. By money you can have Medicines;
But not Health!
8. By money you can have Temple;
But not Lord!

But by

- 'SWADHYAY'

You can have

whatsoever

you may desire!

(Add from pranayam book)

If Love were a thing that
money could buy;
Poor couldn't live and the
rich wouldn't die.



About the Fonder

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 PH.D. 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 from every teacher he could find during years 1962 through 1978.

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

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*.

