

Profile of Manas Maral (Electronics 1994)

(The following info is provided by Manas Maral).

Software to Soft Pranayam

Depression, stress, strain, backaches, bronchitis, asthma.....and alike problems have gripped the software community especially Bangaloreans owing to city's nature, climate and pollution in



the recent times. Feeling the pulse of his community and near dears in the industry, Manas Maral himself, a Senior Executive in Software industry has pledged to benefit the society through Yoga camps by providing better health care and cure.

As the clock strikes five in the chilly time, hundreds of sufferers from all strata irrespective of age, converge to the arena of yoga camp be it HSR Layout, Koramangala, Malleshwaram, Rajaji Nagar, Hennur Road, Bannerghatta Road, Electronic city, Kengeri Satellite Town, Jalahalli, Hebbal, Marthahalli, Sarjapur Road, Lavelle Road., M.G. Road, Devanahalli , Airport Road, Sheshadripuram Bell Circle

etc.

An ardent follower of **Swamy Ram Dev**, Manas attended almost all Shivirs besides attending the exclusive Yoga Teacher's Training Programmes at Haridwar under the micro supervision of Yoga Guru. As the fully trained and devoted teacher, he has been inculcating the intricacies of yoga in the city of gardens since many years.

Till now, **Manas Maral** has conducted 150+ Yoga Camps, training more than 9000+ people and curing nearly 500+ patients suffering from Thyroid, Diabetes, BP, Tuberculosis, arthritis, Kidney and bladder stone problems. Heart patients and Cancer patients whose doctors numbered their days, have shown miraculous and remarkable recovery through Pranayams, Acupressure, various simple Asanas, home remedies and diet change. They stand testimony to the yoga treatment of Manas who regularly keeps a track of such patients and rings them up regularly to update the graph. Eye sight has improved, black hair have grown on a few baldies, cancerous growth has stopped under the able guidance,

Many corporate houses in Bangalore also call him for lecture and classes on Yoga, viz. ISRO, Tavant Technologies, Lucent, HP, Mu-Sigma, Xalted Inc., Logica etc. He also conducts regular classes for KSRPF and Police Training Department. This will help our police force to manage their daily stress and make them physically and mentally strong.

The patient's feedback fills him with eternal peace because of his mission, just at the age of 36. Initially, he faced lot of problems in convincing the benefits of Pranayam as Swami Ram Dev's programme is not viewed in Southern states due to language constraints. Opposition around, in fulfilling the task did not deter his zeal nor diluted the campaign. To update his instincts he regularly meets Swamy Ramdev personally in Hardwar besides interacting other yoga teachers from different parts of the country in order to learn more latest yoga techniques. According to him research and development in any subject must remain on to make it more relevant to the latest time and growing needs of people,

He dreams of a healthy nation by scheduling Yoga in all schools of Karnataka. Dream came true when **one school** in HSR area inducted yoga in its time table where even the parents too join the kids. The principal of the school informed that sick leave taken by kids has reduced to large extent since last six months.

Manas is a regular visitor to other states also like Kerala, Chandigarh, UP, Delhi et. al, where his followers eagerly wait. His mobile starts tuning as early as in the wee hours and mostly remains busy as his patients remain in constant touch in seeking day today solution to their problems. For 18 to 20 hours a day he is either before computer or in yoga classes ... and remains fresh too.....a good time manager.

He dreams about opening a Yoga Hospital, where critical patients can be treated under his close supervision and guidance. His another dream is to open a chain of eateries for diabetics and cancer patients with the aim to provide uncommon items like juice of wheat grass, sugar free but protein full of meals to the target patients whose families cannot afford the time and techniques of specific balanced diet. Providing tasty but healthy food suiting the patient as per prescription is his ambition besides curing through yog.

Manas also do lot other social services. He is a regular visitor of spastic organization and helps them as much as he can. Recently he motivated people in HSR layout to plant 500 trees. All contribution came from residents of HSR layout. This is one step towards making Bangalore greener and better and fighting the issue of global warming.
