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INTRODUCTION

Yoga is a system of holistic living, having the roots in Indian tradition and culture. Evolved thousands of years back by the Rishis, Yoga techniques are being widely used for meeting the changing health care needs of mankind. Yoga has attracted global attention in recent years. The awareness about Yogic practices is increasing among people from different walks of life, not only for preservation and promotion of Physical, Mental, Spiritual and Social Health, the union of which is defined as 'Holistic Health' by the World Health Organization (WHO), but also for the management of various diseases. Many Yoga experts and Medical Professionals have been advocating Yogic lifestyle intervention for the prevention and management of stress induced and other psychosomatic disorders.

THE WORLD COMMUNITY SERVICE CENTRE (WCSC)



The World Community Service Centre (WCSC), a Non-Religious, Non-Political and Non-Profit Spiritual Organization, founded by Yogiraj Vethathiri Maharishi in 1958, registered under Societies Registration Act 21 of 1860, Regn. No.84/1958, subsequently transferred to Registrar of Societies, Madras South in 1993 under Tamil Nadu Societies Registration Act 27 of 1975, Serial No.22/1993 with its International Head Quarters at No.26, Second Seaward Road, Vaimiki Nagar, Thiruvanniyur, Chennai – 600 041.

THE FOUNDER OF WCSC - YOGIRAJ VETHATHIRI MAHARISHI



The Founder of The World Community Service Centre, Yogiraj Vethathiri Maharishi, was born on 14th August, 1911 in Guduvancher, the suburb of Chennai, India into an indigent weaver's family. Right from his Boyhood, his mind was always busy. He wants to get the truth behind the doctrines which he expounded. Through sustained research in philosophies of Tamil Siddha Saints and Self-realization by Deep Meditation, he evolved 'Simplified Kundalini Yoga' (SKY Yoga), a complete science of living for the betterment of the society in the name of 'MANAVALAKKALAI'. He closed his commercial ventures and devoted himself solely to spiritual service. His teachings are lucid and holistic blend of Science and Philosophy, which would build Brotherhood, Harmony and understanding apart from Peace and Happiness. He travelled to many places of India as well as other Countries i.e. Sri Lanka, Singapore, Malaysia, Japan, Korea, U.S.A., Mexico, U.K. and taught the SKY YOGA to thousands of aspirants. During his life time he has spontaneously composed 1854 Poems on Philosophical Subjects in Tamil. He has authored about 83 Philosophical Books in Tamil and English. A few of them are translated into other Regional Languages such as, Hindi, Telugu, Kannada and Malayalam. The Simplified Physical Exercise Book has been translated in Chinese Language and published recently. Maharishi introduced a monthly Journal entitled "Anbol" in Tamil, English and Kannada Languages. Around 30,000 copies are being circulated all over the world. In addition to this a number of magazines are being published by various Zones of the WCSC and Affiliated Trusts.

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