

## Testimonials from Previous Workshop Participants



*I have been coming to Yogakshema for 6 to 7 years. I have attended all kinds of sessions. But after I attended depression workshop, I felt blown away by the information I got. In this session I understood how the lower centre and the higher centre works. After I was taught how the Positive and negative chemicals are released, I was in awe(shock), because I understood how negative thinking was impacting me. After Dr.Usha madam taught me so many things scientifically. Because I am adapting these learnings, I have grown in a big way from the point of view of my confidence and women empowerment. I can see that so many good things are happening to me naturally and I am going towards a bigger achievement. Thank you Dr.Usha madam and YogaKshema team. I have seen, so many people have benefitted by these kinds of opportunities.*

**- Sharada Mohan, a working professional and home maker**

*Before I started going to Yogakshema, I used to feel sad, irritated, uneasiness before talking. I also used to experience neck pain to the left side. I had visited many doctors and taken lot of medicines. After taking medicines for a few days, it used to be fine. After a few days the same pain used to persist. Finally, one doctor advised me to take meditation class. He said it could help. I was wondering where to find meditation class. As I was home wondering about this, one of my relative told me over a call that, a Dr. from USA has come. She is going to educate us about meditation. She called me to join her for the session. When I went to a sangha, I was seated in between 100s of people. When Dr.Usha spoke, I felt she is addressing me, pointing at me she seemed to be addressing me. All that she talked, seemed to be for me. I felt I was sitting there like a log, stiff and irritated in body. As I went through listening to her speech, without my knowing I felt my body feeling light, flexible, sitting right there. I was feeling happy, by the time I came out. Through a story, she was talking about what kind of thought we keep clinging on to. She was saying we tend to give undue importance to our negative thoughts.*



*After coming home, the stories narrated during the talk started lingering in my mind. Attending the depression workshop, through various stories, I started understanding and changing my thoughts, transforming myself.*

*Every aspect of my life has changed – it maybe aspects like how I slept, how I took my food, the way I started being lively throughout the day, the way I talked, my behaviour with an auto driver or my house maid, changed drastically. Seeing so much change, even my husband recognized that there must be something in these classes, without medicine, he saw me transform. He also attended a depression workshop along with me after seeing my changes. We used to quarrel at home like children. That has completely changed. We started being happy together, being at ease. With all these changes, we discovered so much happiness together. It was like the way we experience happiness when we were newlywed couples.*



## *“Reprogram your Neurochemistry to overcome Depression”*

*As we attended these sessions, we started experiencing this happiness. I used to write down these happy moments, share it with YogaKshema coordinators. With these aspects, I am keeping my life pleasant. Although I gained lot of Money, wealth, I was not very happy. Now with the same money, same house, I am more happy and joyous. There are so many other changes that have happened, but I am not able to share them at this point of time. Observing the changes in me, many of my family members, relatives asked me the reason for the change. We organized talks by Dr. Usha at our home. Attending these sessions, the entire family have changed positively and I now firmly believe that it is possible for everyone to change for the better and be happier.*

**- Kala Gowda, a home maker**

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*I have been going through a tough phase mentally and experiencing sadness, numbness and anxiety on an everyday basis. I was experiencing depression and mental health disorders and its impact on my daily life. I was happy to find out how depression is caused on a scientific level. I have also understood the ways in which I can recover from my depression and not let it control everything. Scientific aspects appealed me the most and were very useful. The workshop dived deep into the scientific aspect as well as the ways we can handle depression. The best part is that it gave me the motivation to change my personal perspective towards external situation or people.*

**- 1<sup>st</sup> year B. Tech student (19-year-old, going through depression)**

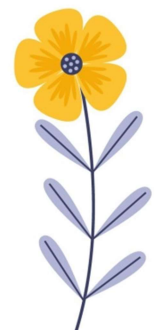
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*I have been going through a tough phase physically and mentally. I'm recovering from covid. I have lost my father during 2<sup>nd</sup> wave of covid. I have been trying to take control over emotions and stay in the present. Depression workshop helped me overcome and understand to focus on things that can remove ANTS. These sessions helped me regain and refocus on a lot of things and also enabled me to relook at my priorities of my life.*

**- 32 year old IT professional**

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*Depression workshop has been immensely useful. At a time owing to pandemic many senior citizens like us are under some kind of depression not knowing the fact. This workshop has been an eye opener for me. The concept of Neuroplasticity, the chemical changes that takes place in our daily life when facing different kind of situation has been lucidly explained by YogaKshema, especially Dr Usha Vasthare. I'm sure those attended workshop are definitely benefitted by one way or other. My profound namaskaram and gratitude to all those who made this wonderful workshop beneficial.*



**- 75 year old retired engineer**

## *“Reprogram your Neurochemistry to overcome Depression”*

*Before the beginning of workshop, I had my own doubts about the workshop. However, the workshop has now taught me to see depression in other way. Being an old patient, I was not exposed to these tools to manage. Workshop has helped me a lot to overcome depression. We can change the pattern of brain made me hopeful. Psychological point of view attracted. To understand scientific way, terms used I listened to the audio/video sent by you again and again because I could not understand at first listening scientific explanation. The entire workshop has mesmerized me and is helping me to lead a happier life.*



### **- 40-year-old social worker and trainer**

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*The workshop helped me to realize my core issue that of FEAR Factor. I was unable to face the world confidently and had lower self-esteem. Routine situations lead to accelerated anxiety and automatically thinking negative.*

*The workshop enabled me to be working on self, lead to winning confidence in profession and clarity in personal life enabling to lead a life of Zest and enthusiasm.*

### **- 50-year-old home maker**

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*My life was largely on autopilot mode with very little awareness. Attending several YogaKshema workshops on forgiveness, depression, IPR, mind training, scientific satsangs etc, they have helped me so much that I do not recognize the earlier Pushpa. I am so grateful that I met Dr Usha Vasthare in my life. My relationship with my husband improved a lot as my unrealistic expectations came down. I started being mindful of what I speak and have been helping people without the slightest bit of expectation. This has made me happier. I have also learnt to be very kind and forgiving to my house maid and expressing my gratitude for all that she does. Today, I can proudly say the relationship is strong with love and concern. Earlier, I had even caught her taking money a couple of times and yet, I'm now able to forgive her and overcome all those negative feelings.*

*My overall energy levels have definitely improved and I'm able to sustain the same energy levels through the day. This has automatically created a positive environment at home. Even at times when I feel low (situational or physical), I'm able to process on my own and have learnt how to deal with these feelings. Zest for life is linked to energy levels and so this has also improved significantly. Attending to the YogaKshema sessions have helped me maintain my self-confidence despite vicissitudes in my life.*

*I have been sincerely implementing various “rewiring tools for the brain” that I have learnt, and they continue to enhance my quality of life.*

### **- Pushpa Vellal, Former Principal of a Tier-1 school in Bangalore**

## “Reprogram your Neurochemistry to overcome Depression”



Both forgiveness and depression workshop were explained in very simple, easily understandable language. The workshop was with evidence-based scientific facts with spiritual touch which keeps anyone deeply interested and relatable throughout the workshop. Question and answer session at the end is highly beneficial which helps to apply the theory knowledge into practice. Scientific satsangs conducted after the workshop help us to further implement these concepts in one's life. Storytelling, yoga and meditation trainings were also very effective during the workshop, and it was pleasure to see the teamwork by YogaKshema volunteers.

These workshops have made a great positive impact in my life. It has enlightened me to cherish the values of relationship with both living and nonliving entities. This positive impact has obviously pulled me up in terms of optimism in everyone's behavior and given lot of hopes in my endeavors. I'm happy to say that I set an example because of Usha madam both in my home front & work front and many started practicing it with great enthusiasm. I have also been able to work with my patients more compassionately and has helped enhance my effectiveness in my profession.

- **Dr Shobha Venkat**, leading Obstetrics & Gynaecology specialist in India

In my childhood, I was a very courageous & brave young girl. I had the ability and courage to travel all alone for 7 to 8 hours from my village to Mysore. Even in college I was courageous and used to give strong response to any guy trying to instigate me. However, after 2011, I used to be scared of going out of the house to even get vegetables from the market. I used to feel afraid of staying alone at home. So as these kind of problems started multiplying, I got connected to YogaKshema and Dr.Usha Vasthare. These workshops helped me in understanding the problem and then helped me with various solutions to overcome the issue. The workshops helped me how not to think in certain way and how to think in a particular way. Dr Usha also taught us to practise and adopt these aspects on a moment to moment. As I started attending various workshops, I got various paths to come out of this issue.



I am now a recognised singer on FB and an active member of a group called Dasana Namana. I also keep giving live programs on different FB groups. I was also never the one to sing looking at a book. Also, during depression, I could not even remember one line of any song, forget learning new songs. But as I started coming out of depression, I could sing old songs without looking at the lines and I also started learning new songs. So, you can figure out, how much change has taken place in me which wouldn't have been possible without getting help from YogaKshema's workshops.

- **Prabha**, a singer & homemaker

Video link for the "feedback about forgiveness workshop" conducted by Dr. Usha Vasthare. Given the confidentiality, we haven't taken any video recording for "depression workshop".

<https://www.youtube.com/watch?v=gACiSFMMyTeg>