

# INTO THE FUTURE WITH KNOWLEDGE FROM OUR PAST

A Sourcebook for  
**'VTT Scholar Quiz Competition 2006-07'**

- Child Care
- Consciousness Studies
- Learning Infrastructure
- Local Health Traditions
- Logical Reasoning
- Mathematics
- Social Law
- Yoga

*Sponsored by*

- **Dakshinamnaya Sri Sarada Peetham, Sringeri**
- **Vidya Vardhaka Sangha (VVS)**  
**First Grade College for Women, Bangalore**
- **Sri Tirunarayana Trust, Bangalore.**

**For free distribution only. Not for sale.**

*Sourcebook and full text of papers are also available at [www.tirunarayana.org](http://www.tirunarayana.org)*



Sri Tirunarayana Trust is a public charitable trust conceived to honour the memory of Tiruvaimozhi Acharya Purusha, Prof. V.T. Tirunarayana Iyengar (1903-1995). VTT, as Tirunarayana Iyengar was popularly known, was a Professor of Sanskrit at the University of Mysore, a renowned scholar of the Srivaishnava school of thought, and an acclaimed expert in Indian Philosophy. Much of his life was spent in sharing his vast knowledge in these fields with the many eager students of all ages who sought him out.

To foster a love and understanding of the subjects that were so close to VTT's heart and to ensure that the knowledge of the ages are nurtured for posterity, Sri Tirunarayana Trust has been organizing lectures and cultural programmes by renowned scholars and reputed artistes, almost every week since January 2000. These programmes come under specific series such as *Enjoying Sanskrit Kavya*, *Getting to Know Our Ancient Texts*, *Into the Future with Knowledge from Our Past*, and *Music of the Azhwars and Acharyas*. Two classical music festivals, *Kartikotsava* and *Udaya Taare* are also held, every year. Carnatic music CDs of verses from the *Nalayira Divya Prabandham* are also brought out by the Trust and are available for purchase at the Trust address.

As VTT had become synonymous with knowledge and learning, Sri Tirunarayana Trust felt that it was only right that it contribute, in some small measure, to the furtherance of the cause of education in India. A corpus fund is being created for this purpose.

## **SRI TIRUNARAYANA TRUST®**

1184, 5th Main, Sector 7, HSR Layout, Bangalore - 560 102. India

Tel : 91-80-65681907 E-mail : tirunarayana@gmail.com

Website : www.tirunarayana.org

---

Registered as a Public Charitable Trust Reg. No. IV/SF28/182-188/1996-97/949  
Registered u/s 12A (a) of Income Tax Act 1961 Reg. No. Trust/718/10A/VolA-II/S671/97/CIT-II  
Donations are exempt from Income Tax in India, u/s 80G of the IT Act 1961 vide  
Reg. No. DIT(E) / 80G / 51 / W-2 / 2006-07 dated 26-04-2006. Valid up to March 31, 2009

## CONTENTS

Preface

A Brief Sketch of the Speakers at the Seminar <i>Into the Future with Knowledge from Our Past</i>	2
A Note to Students	4
Glimpses of Social Law from Vijnaneswara's <i>Mitakshara</i>	5
Yoga for Stress Management and Personality Development	9
Bhaskaracharya's ' <i>Lilavati</i> '	11
Contemporary Relevance of Local Health Traditions	16
Child Care in Ancient India	20
Ancient Indian Wisdom - Our Scientific and Cultural Heritage	24
Hinduism and Science - the Study of 'Consciousness'	29
History: Does it Reveal the truth?	32