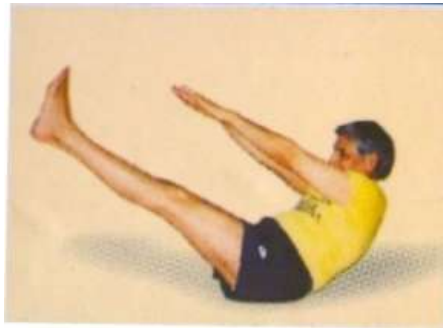


Everyday Activities of Shamsher Prakash Foundation



VOLUME 1, JUNE 2009

Shamsher Prakash Foundation

Rolla, MO 65401

www.yoga10.org

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Shamsheer Prakash Foundation
“Anand Kutir”

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Everyday Activities of Shamsheer Prakash Foundation

ABOUT THE FOUNDATION

The Shamsheer Prakash foundation was established in 1989 with a donation from Revd. Mother Ashram Sri Sri Sri Soami Vijaya Rajan Anand. The foundation has to date started the following projects.

YOGA SADHANA:

1. Hold lectures, classes and workshops on pranayam, Meditation and yoga – Philosophy worldwide. There are no charges for these workshops.
2. Publish books on Yoga sadhana.
3. Organize prevention and yoga classes.
4. Support school children on performance and need base.
5. Institute competition on “peace, inner peace and World peace” among students in local schools.(Possibly make this program nationwide)
6. Establish “ Mother Institute of Prevention and Yoga”.
7. Issue newsletter on prevention and Yoga.

TECHNICAL:

1. Institute “Shamsheer Prakash Research Awards and Prizes”, worldwide and in India.
2. Prize for creative design to undergraduate students, in the US and India

YOGA CLASSES AND WORKSHOPS

Dr. Shamsheer Prakash offers yoga classes and workshops worldwide. He has already offered classes and workshops in USA, Singapore, India, Australia, UK and Canada. He has regularly held PRANAYAM and MEDITATION classes for seniors in Rolla since 2006. For free lectures classes and workshops at your place please contact the SP Foundation. (prakash@mst.edu)

Please ask for list of Publications and Yoga supplies from:

Sally Prakash
Honorary Secretary
Shamsheer Prakash Foundation
“Anand Kutir”
1707, Jackson Circle
Rolla, Missouri 65401, USA
Tele/Fax: (573)364-5572
Prakash@mst.edu
www.yoga10.org

Awards:

1. Geotechnical Engineering Research Award

Shamsher Prakash Foundation solicits nomination (no application) for the SHAMSHER PRAKASH RESEARCH AWARD for young engineers, scientists and researchers (40 years or younger) from all over the world. Nominations are invited so as to reach the Honorary Secretary on or before March 31, every year.

The candidates should be specialists in Geotechnical Engineering and/or Geotechnical Earthquake Engineering and it is necessary that they have significant independent contributions and show promise of excellence in research.

The Award consists of cash prize US \$1100.00 and a plaque. All nominations are reviewed by a Judging Committee of International Experts from Canada, Australia, Japan, India and United States and the award is announced by June 30, every year.

Previous Years Research Award Winners:

YEAR	NAME	COUNTRY
2010		
2009		
2008	Itai Einav	Australia
2007	Tarek Abdoun / Ellen M. Rathje	USA/USA
2006	Jonathan Stewart /Mitsu Okamura	USA/JAPAN
2005	Rodrigo Salgado/Gopal Madabhushi	USA/UK
2004	Juan M. Pestana	USA
2003	Devendra Narain Singh/Hai-Sui Yu	India/UK
2002	George Mylonakis	Greece
2001	Ross Boulanger	USA
2000	Roberto Paolucci	Italy
1999	Jonathan D.Bray	USA
1998	Ikuo Towhata	Japan
1997	Raymond B .Seed/ Raj Sidharthan	USA
1996	Ahmed Elgamal	USA
1995	Panos Dakoulas	Greece
1994	M.Pastor/Susumu Iai	Spain/Japan
1993	D.T.Bergado/Shobha K.Bhatia	Thailand/USA
1992	R.Kerry Rowe	Canada
1990	George Gazetas	Greece

For details of future submission, Please visit our website
-www.yoga10.org

2. Prize for Excellence in the Practice of Geotechnical Engineering

Shamsher Prakash Foundation solicits nomination (no application) for the "SHAMSHER PRAKASH PRIZE FOR EXCELLENCE IN THE PRACTICE OF GEOTECHNICAL ENGINEERING" for young persons(45 years) primarily from practicing engineers from all over the world. Nominations are invited so as to reach the Honorary Secretary on or before June 30, every year. The candidates should be specialists in Geotechnical Engineering and/or Geotechnical Earthquake Engineering and it is necessary that they have significant independent contributions to practice and show promise of excellence.

The Prize consists of US \$1100.00 and a plaque. All nominations will be reviewed by a Judging Committee of International Experts from Canada, Japan, Ireland, Taiwan and United States, and the winner is announced by October 31, every year.

Prize Winners of Previous Years for Excellence in Practice

YEAR	NAME	COUNTRY
2010		
2009		
2008	Sanjeev Kumar	USA
2006	Mounir Bouassida	TUNISIA
2005	Hyu- Soung Shin	KOREA
2004	Jesús Gómez	USA
2003	Sissy Nikolaou	USA
2003	Yossef H. Hatzor	ISRAEL
2001	Neven Matasovic	USA
1999	Scott Steedman	UK

3. IITR-SP Research Award in Geotechnical Engineering

The Indian Institute of Technology, Roorkee has instituted an annual 'Shamsher Prakash Research Award' through kind generosity of Prof. Shamsher Prakash, an eminent Geotechnical and Earthquake Engineer and President, S.P. Foundation, U.S.A. The annual award is made for outstanding work in the field of Geotechnical and/or Geotechnical- Earthquake Engineering. It consists of a citation and a cash prize of Rs. 50,000 (US \$1100 approx.) and is open to a young Indian Engineer, Scientist or Researcher from India (age less then 45 years). The award is primarily based on the research work done in the past five calendar years. The last date of Nomination is June 30, every year. The 2008 award winner is Prof. Deepankar Choudhary.

Please visit www.yoga10.org or www.iitr.org for detailed instructions for submission.

4. ISET-SP Life Time Achievement Award in Geotechnical Earthquake Engineering

The "ISET Shamsher Prakash Award for Significant Contribution in Geotechnical Earthquake Engineering" has been instituted by the generosity of Prof. Shamsher Prakash and is administered by Indian Society of Earth Quake Technology, Rorkee, UT,India.

Prof. Shamsher Prakash is an Honorary Fellow of the Indian Society of Earthquake Technology (ISET), former President of ISET and Professor Emeritus, Department of Civil Engineering, Missouri University of Science and Technology, Rolla, U.S.A. The award is to honor individuals world-wide for their outstanding contributions in Geotechnical-Earthquake Engineering. The award consists of award money of Rs. 51,000, a shawl and a plaque. The award was instituted on March 12, 2008 and will be given for the first time in the 14th Symposium on Earthquake Engineering to be held in Roorkee, December 2010. The nomination process of the first award will start from April 2009. This is the highest award given by ISET. Please contact Dr. B.K. Maheshwari (balakrishna@hotmail.com or bkmahfeq@iitr.ernet.in) for further details.

5. Creative Design Prize – Missouri University of Science and Technology

The future of a country is in the hands of the young. This is a small opportunity to bring out the best in engineering and technology in our young people at Missouri S&T.

The competition is open to only full time undergraduate students of Missouri S&T. The subject of competition is open in all discipline of Engineering and Technology. The students are advised to prepare a design and submit their entry by May 31, every year. The length of an entry is not to exceed 15 typed pages. A CD for illustrative animation, if necessary, may be submitted in addition. Students may discuss and seek clarifications from any source but the submission of design idea must be their own. Please submit all material in a single PDF file with your name, address and E-mail (on a separate page) for judging to the foundation.(First prize \$500, Second prize \$250.)

A Judging Committee of international experts will be appointed in each discipline, in which the entries are received. The winning design will be announced by August 31, every year. Arrangements will be made to award the prize/s at a suitable function.

6. Creative Design Prize in India– IITR

The future of a country is in the hands of the young. This is a small opportunity to bring out the best in science and engineering in our young people in India.

The competition is open to only full time undergraduate students, in any discipline. The participating institutions are all IIT's (Bombay , Chennai ,Delhi, Gowhati, Kanpur, Kharagpur, and Roorkee), all NIT's (Allahabad, Bhopal, Calicut, Durgapur, Hazratbal(Srinagar), Jaipur, Jalandhar, Jamshedpur, Kurukshetra, Nagpur, Patna, Rourkela, Silchar, Surat, Tiruchirappalli and Warangal), COE Roorkee, TIET Patiala, BBSBEC Sirhind and PEC Chandigarh. The subject of competition is open in any discipline of Engineering and Technology. The length of an entry is not to exceed 15 pages. A soft copy of the entry and a CD for illustrative animation, if necessary, may be submitted in addition. (First prize INR 20000, second prize INR 10000. More than one prize may be awarded in each category). Students may discuss and seek clarifications from any source but the final submission of design idea must be their own. The students are advised to prepare a design proposal and submit their entry by May 31, every year to:

Dr. Manoranjan Parida
(Coordinator)
Professor of Civil Engineering
Indian Institute of Technology
Roorkee – UT-247667, INDIA
Tel.No: 91-1332-285448(0),
285443 (R)
Email : mprdafce@iitr.ernet.in

A Judging Committee of international experts will be appointed in each discipline, in which the entries are received. The winning design will be announced by August 31, every year. Arrangements will be made to award the prize/s at a suitable function in Roorkee.

7. IGS-SP Lifetime Achievement Award in Geotechnical Engineering

The above award is being instituted through the generosity of Professor Shamsheer Prakash, eminent Geotechnical Engineer. This bi-annual award will consist of a check for Rs. 100,001, a plaque and a shawl. Negotiations are underway with INDIAN GEOTECHNICAL SOCIETY, NEW DELHI.

8. JJ School for Migrant Labour

SP Foundation has started a School for children of migrant labor in Khet Pralli, a village about one hour from Chandigarh. They are learning alphabet, numbers, arithmetic, and more importantly hygiene, civic sense, and to respect elders and become good citizens when they grow up. All supplies for school work are provided to them free. Also, they are provided two dresses a year, one for summers and one for winters. The number of children is fluctuating. The school was started in June 2004, at that time we hired 3-teachers for this school.



9. Assistance to School Children Based on Need and Performance.

The foundation adopted class VI and VII students (10 each) from two schools, 1) Ashoka School for Boys and 2) Ashoka School for Girls in Sirhind Mandi, Punjab. Each student is selected on the need and performance basis. They are provided 2-uniforms each year, all school fees, books and supplies, General Knowledge books and Amar Chitra katha.



Group photo of Class VII & VIII, to whom SP foundation is giving aid. The names of the students from Left to Right are as follows:
Ist :- Simran, Harmeet, Manjinder, Kajal, smirat , Poonam
IIInd :- Ramanjeet, Archna , Harkinder, Megha, Amandeep
IIIrd :- Mrs. Ranjna, Miss Usha Gupta, Mrs.Indu Sharma,
Miss.Upasna, Mrs. Neelam Bhardwaj

It is proposed to adopt more children upto class X in those and other schools. For details, please contact Jagadishji.
(Tel: 01763-220-519, Email: sunrise@santmachines.org)

For any Queries, Please contact

In USA:

Sally Prakash (Hon. Secretary),
SP Foundation,
1707, Jackson Circle,
Rolla(MO) – 65401
Tel/Fax: 573-364-5572
Email: prakash@mst.edu
www.yoga10.org

In India:

Miss. Usha Gupta,
SPF Welfare Society,
278/2, Gali No:3,
Intelligent professors Colony,
Sirhind Mandi, Punjab
Tel: 091-98727-20375
Email: sunrise@santmachines.com (Attn: Mr.Jagadishji)

For Details of Nominations/Applications for all awards and Prizes,
Please visit the SP Foundation website:
www.yoga10.org

ABOUT THE FOUNDER



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 PHD. 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**.

(BACK OF COVER)