Biography of

Mrs. Anna Galovicova, PhD.

SPOLOČNOSŤ SLOVENSKO - INDICKÉHO PRIATEĽSTVA

Anna Galovičová was born in Bratislava, Slovakia. 1950. In In 1967, she met the Czech mystic Eduard Tomáš and began to study yoga (Tibetan Yoga of the Great Symbol), as well as the basics of the main spiritual currents (Buddhism, Christian mysticism, Zen Buddhism, Taoism, Confucianism, Hinduism, Sufism, Islam, Mazdaznan (Zoroastrian), etc.) In 1975 she graduated with honours from Charles University in Prague, majoring in clinical psychology and defended her diploma thesis Psychological Aspects of Yoga. Since 1980 to 1985, she worked in Algeria, where she had the opportunity to become practically familiar with animism in the Sahara among the Tuaregs, Bedouins, as well as with Islam.

In that period, former Czechoslovakia was visited by Indian gurus. In 1985, she became a student of prof. Maheshwarananda and practitioner of Yoga in daily life. She started yoga courses in daily life for patients in the Czechoslovak SPA Piestany, and in the research team Sedláková, Rohová, Zelenayová, Galovičová verified the effect of yoga in the treatment of Bechterew's disease. During that period, under the leadership of the Indian yogi Swami Maheshvarananda, in cooperation with Slovakoterma DG, she also organized training for doctors and rehabilitation workers of Slovak SPA´s within the program "Innovation of rehabilitation with the application of yoga." In this way, yoga exercises focused on the spine, joints, diseases of the musculoskeletal system were gradually introduced for cardiac patients, scoliotics, asthmatics, allergy sufferers, etc. to SPA´s and other medical facilities.

In 1985-86, yoga exercises started for all age categories as a part of extracurricular education and training. Psychologist Anna Galovičova, later culture inspector and outreach worker, also worked methodically in other regions. She enabled and created space for other yoga practitioners to apply at cultural and sports facilities by conducting yoga courses for all age categories. At the same time, she helped teachers learn yoga exercises, especially relaxing, anti-stress and harmonising sets, and apply them directly in physical education classes and during classes to harmonise pupils and students. This is how relaxation exercises became part of the basic curriculum of physical education for primary and secondary schools. Until 2002, she led methodical seminars for principals, teachers, educators focused on the use of yoga exercises in the methodical centre of the Ministry of Education in Budmerice. In 2004, together with the MD Boldisova, she carried out the research "Application of yoga exercises for children hospitalised in the sanatorium Green Tree, SPA Piestany.

To this day, she leads methodological seminars for teachers and educators in various regions. She is a pioneer of a healthy lifestyle, which she also spreads within the EU Youth Program. In September 1989, she was a co-founder of the Czechoslovak Vegetarian Union, which was established at the Municipal Cultural Center in Piestany, where Anna Galovičova worked as an outreach worker for out-of-school education and training. At that time, she invited the leading pioneers of new human sciences to Slovakia, Prof. Concord University's John Rossner, Marilyn Rossner, Nobel Prize winner Douglas Dean, etc.

In December 1989, she founded the first NGO in Slovakia, which was registered in March 1990 at the Ministry of the Interior in Bratislava under the name Slovak-Indian Yoga Vedanta, based in Piestany. This company was later transformed into the company Yoga in daily life (still based in Piestany) and in 1997 separate cultural sphere and activity in the newly founded Slovak-Indian Friendship Society with headquarters in Trencin. In December 1989, this company published the first yoga book "Yoga in daily life" by prof. Maheshvarananda.

In 1990, Anna Galovičová was the first Slovak to complete the teachings of "Transmission of Enlightenment" and "Milarep's Meditation" directly under the leadership of His Holiness the 14th Dalai Lama of Tibet in the Dharamsala exile centre. Society Slovak Indian Yoga Vedanta founded the Tibetan Society section with the support of the Tibetan question of independence from the Chinese Maoist occupiers.
In 1990, this company published the first book of His Holiness Tenzin Gyatso in Central Europe, "Opening the Inner Eye."
In 1991 The Slovensko Indická Yoga Védanta Society invited the personal physician of His Holiness the Dalai Lama on a tour of Czechoslovakia. The personal doctor visited the President Vaclav Havel in Lany, where Anna Galovičová stayed with them. In 2000, the Society also invited the 14th Dalai Lama to Slovakia and co-organised his public lecture in Bratislava, Pasienky.
In 1990 The Slovakian Indian Yoga Vedanta Society also hosted the famous author of the bestsellers Life after Life, Light on the Other Shore by Raymond Moody, whom she met personally as the founder of the branch of the International Institute of Integral Human Sciences based in Montreal - in Slovakia 1988.

In 1992, she received an award in Montreal for her contribution to the issues of psychosomatics, with the opportunity to lecture at universities in the USA and Canada.

From 1985 he regularly visits India, where she devotes herself to yoga training directly in Indian ashrams and yoga centres of Indian gurus.
In 2000/1, she was a member of the STV television team, and they filmed 2 documentaries, Paths of Hope - about people from Slovakia who practice yoga for their health, even in India. And the travelogue "What is India like?".

In 2002, Anna Galovičová became the patron saint of the church of St. Paraskieva in Dobroslavy.

Her spiritual journey can be characterised by the phrase of her teacher Swami Maheshvarananda "where Anna is, there is yoga". Under his guidance for almost a quarter of a century, she had the opportunity to participate in the largest spiritual festivals of India, initiation and recognition of yoga in detail, Hinduism and its influence on the development of a person's personality. Paramhans Swami Maheshvarananda, who has been visiting Slovakia for 35 years, is one of India's highest spiritual leaders, and has received the titles of Jagatguru, and Vishvaguru (universal teacher, with disciples in different parts of the world), Mahamandaleshvar ('cardinal'). During her life, she had the opportunity to meet dozens of saints, and walk in the footsteps of many saints who are no longer alive. She understood that there are many paths of growth, but they all go towards the only one, God.
She has been practicing yoga for over 52 years. From In 1992, when she founded Guru Deep, a spiritual development centre in Piestany with operations in the territory of Czechoslovakia, she started a whole range of activities focused on yoga, the teachings of consciousness, prevention of mental health, and the acquisition of psycho-hygienic habits from preschool children to seniors. She started publishing manuals for teachers and parents within the framework of the approved and successfully implemented projects Multicultural education, Help and don't fight, In a healthy body - a healthy spirit (in cooperation with Austrian, Czech, Hungarian and Maltese non-profit organisations. The publications were published in Slovak and English. Project We are all on the same boat The Slovak-Indian Friendship Society successfully implemented together with the Icelandic non-profit organisation Sibshop. The publication in English and Slovak also includes Swami Vivekananda's chapter "Don't destroy!" with his definition of a moral revolution, when you don't destroy yourself, you don't build on the ruins. She focused on spreading the Vedic mantra "Vasudaiva Kutumbakam" (One world - one human family) throughout her life. Also in 1995, during the international conference (Middle point - Tolerance) in Bratislava (Cultural House Istropolis), she cooperated with minorities and gave the space of the leading Roma writer with the theme "The Universal Family". The Indian Prof. Kulish, who collected and published the Vedas, the largest book recorded in the Guinness Book

of Records, had the program “Man and the Universe”. On this topic, the Parliament of World Religions - Slovakia program organised the CEIF conference together with Esperantists.
In 2014, thanks to the support of the Indian Embassy, Slovindia published the publication Yoga - yesterday, today and tomorrow, also in the English version. In 2020 after visiting the Indian city of Goa - Rome of the East, where Anna Galovičová had the opportunity to look up at the miraculous body of St. František Xavier, she published a book in Slovak and English The Touch of a Saint. At the same time, she translated special texts focused on yoga philosophy and spiritual development into the Slovak language. For example, by Ramana Maharishi Who Am I? For decades, she organised international conferences, seminars, meetings, trainings aimed at adopting a healthy lifestyle and preventive medicine.

ČESKOSLOVENSKÁ SOCIALISTICKÁ REPUBLIKA

UNIVERSITA KARLOVA V PRAZE

Anna Galovičová

Q·B·F·F·Q·S
SUMMIS AUSPICIIS
REI PUBLICAE BOHEMICAE

UNIVERSITAS CAROLINA PRAGENSIS

NOS RECTOR UNIVERSITATIS
ET DECANUS FACULTATIS PHILOSOPHICAE
TENOREM OMNIUM QUAE SEQUUNTUR RATUM PRAESTAMUS LECTURIS

MGR. ANNA GALOVIČOVÁ

NATA DIE 1.10.1950 IN CIVITATE BRATISLAVA, SLOVAKIA
COMMENTATIONEM DOCTAM EXHIBUIT ATQUE EXAMINA SEVERA
IN ARTIUM LIBERALIUM DISCIPLINIS
SUBIIT QUAM OB REM IUXTA LEGEM N. 111/1998 LEG. COL.
NOMEN ACADEMICUM

PHILOSOPHIAE DOCTORIS

EI TRIBUTUM EST
QUOD IN „PhDr.“ CONTRACTUM COGNOMINI EIUS RITE ANTEPONATUR

IN CUIUS REI TESTIMONIUM HOC DIPLOMA FIERI IUSSIMUS

Certificates from Charles university in Prague

CERTIFICATE OF APPRECIATION

This Certificate is Proudly Presented To

Dr. Anna Galovicova

We extend our heartfelt gratitude to Dr. Anna Galovicova for her esteemed presence and insightful contribution in Panel Discussion on "Spirituality and God " during United Consciousness Conclave on 11th 12th & 18th 19th December 2021. The Conclave was virtually observed and highly applauded across the globe.

Dr. Vikrant Singh Tomar
Global Convener United Consciousness

UCC 2021

Mr. Rajesh Rabindranatth
Co-Founder &Director Project Self Inc. USA

Meeting with Vice-president of India K.Kant

Meeting with H. R. Nagendra

Meeting with Mr. Bawa Jain

With Pujya Swami Chidanand Saraswatiji - Muniji

With Vishvaguru P.S. Maheshvarnanda and Mr. H.R.Nagendra

With Vijay Kumar Singh
(launching of book Indian fairy tales through the eyes of slovak children)

With Amit Goswami, Ph.D., physicist

At Kaivalyadhama Health and Yoga Research Center

With prof. Samdhong Rinpoche (former prime Minister of Tibetan Government in Exile)

प्रनीत कौर
PRENEET KAUR

विदेश राज्य मंत्री
भारत सरकार
Minister of State for External Affairs
Government of India

No.MOS(PK)/15/2012 November 15, 2012

Dear Ms. Galovicova,

I would like to thank you for the programme arranged by the India-Slovakia Friendship Society, for my visit to Piestany last week.

I know that the India-Slovakia Friendship Society, under your stewardship, has been active in promoting the awareness of Indian culture, in its many aspects, among the people of Slovakia. Please accept my best wishes in the good work that you and your colleagues have been doing in this regard.

Best regards,

Yours sincerely

Preneet Kaur.

(**Preneet Kaur**)

Dr. Ms. Anna Galovicova
President
India-Slovakia Friendship Society
Bratislava

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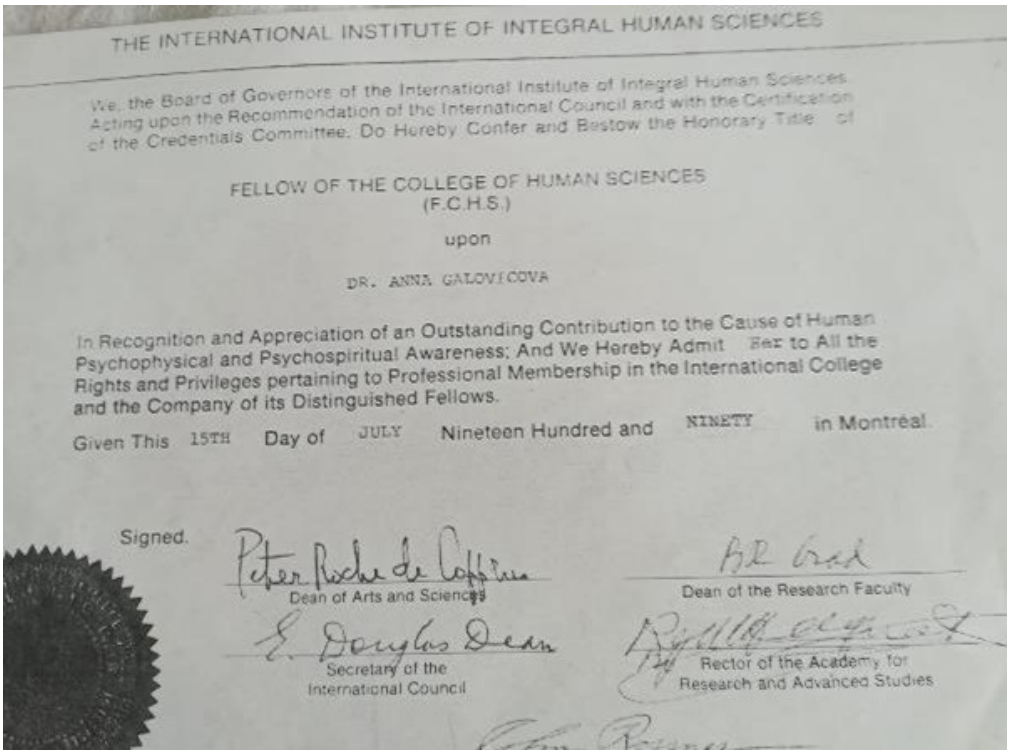
E-mail : preneetkaur@yahoo.com

SPOLOČNOSŤ SLOVENSKO - INDICKÉHO PRIATEĽSTVA



THE INTERNATIONAL INSTITUTE OF INTEGRAL HUMAN SCIENCES

We, the Board of Governors of the International Institute of Integral Human Sciences Acting upon the Recommendation of the International Council and with the Certification of the Credentials Committee, Do Hereby Confer and Bestow the Honorary Title of

FELLOW OF THE COLLEGE OF HUMAN SCIENCES
(F.C.H.S.)

upon

DR. ANNA GALOVICOVA

In Recognition and Appreciation of an Outstanding Contribution to the Cause of Human Psychophysical and Psychospiritual Awareness; And We Hereby Admit Her to All the Rights and Privileges pertaining to Professional Membership in the International College and the Company of its Distinguished Fellows.

Given This 15TH Day of JULY Nineteen Hundred and NINETY in Montréal.

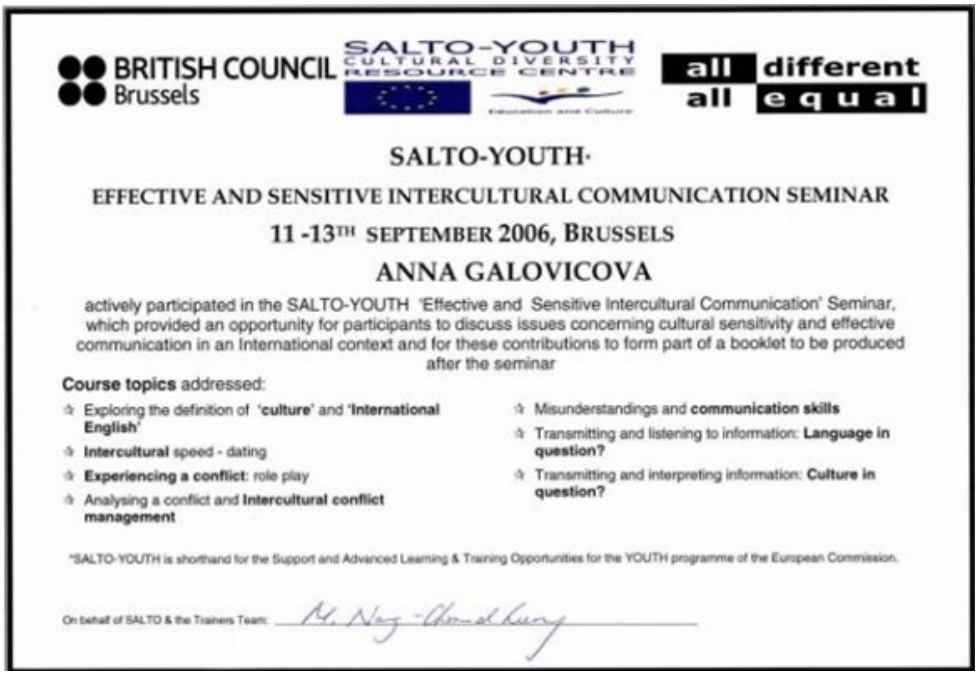
Signed.

Dean of Arts and Sciences

Secretary of the International Council

Dean of the Research Faculty

Rector of the Academy for Research and Advanced Studies



BRITISH COUNCIL Brussels

SALTO-YOUTH CULTURAL DIVERSITY RESOURCE CENTRE

Education and Culture

all different all equal

SALTO-YOUTH*

EFFECTIVE AND SENSITIVE INTERCULTURAL COMMUNICATION SEMINAR

11 -13TH SEPTEMBER 2006, BRUSSELS

ANNA GALOVICOVA

actively participated in the SALTO-YOUTH 'Effective and Sensitive Intercultural Communication' Seminar, which provided an opportunity for participants to discuss issues concerning cultural sensitivity and effective communication in an International context and for these contributions to form part of a booklet to be produced after the seminar

Course topics addressed:

- Exploring the definition of **'culture'** and **'International English'**
- **Intercultural** speed - dating
- **Experiencing a conflict**: role play
- Analysing a conflict and **Intercultural conflict management**
- Misunderstandings and **communication skills**
- Transmitting and listening to information: **Language in question?**
- Transmitting and interpreting information: **Culture in question?**

*SALTO-YOUTH is shorthand for the Support and Advanced Learning & Training Opportunities for the YOUTH programme of the European Commission.

On behalf of SALTO & the Trainers Team:

SPOLOČNOSŤ SLOVENSKO - INDICKÉHO PRIATEĽSTVA

Certificate of participation

Mrs. Dr. Galovicova Anna

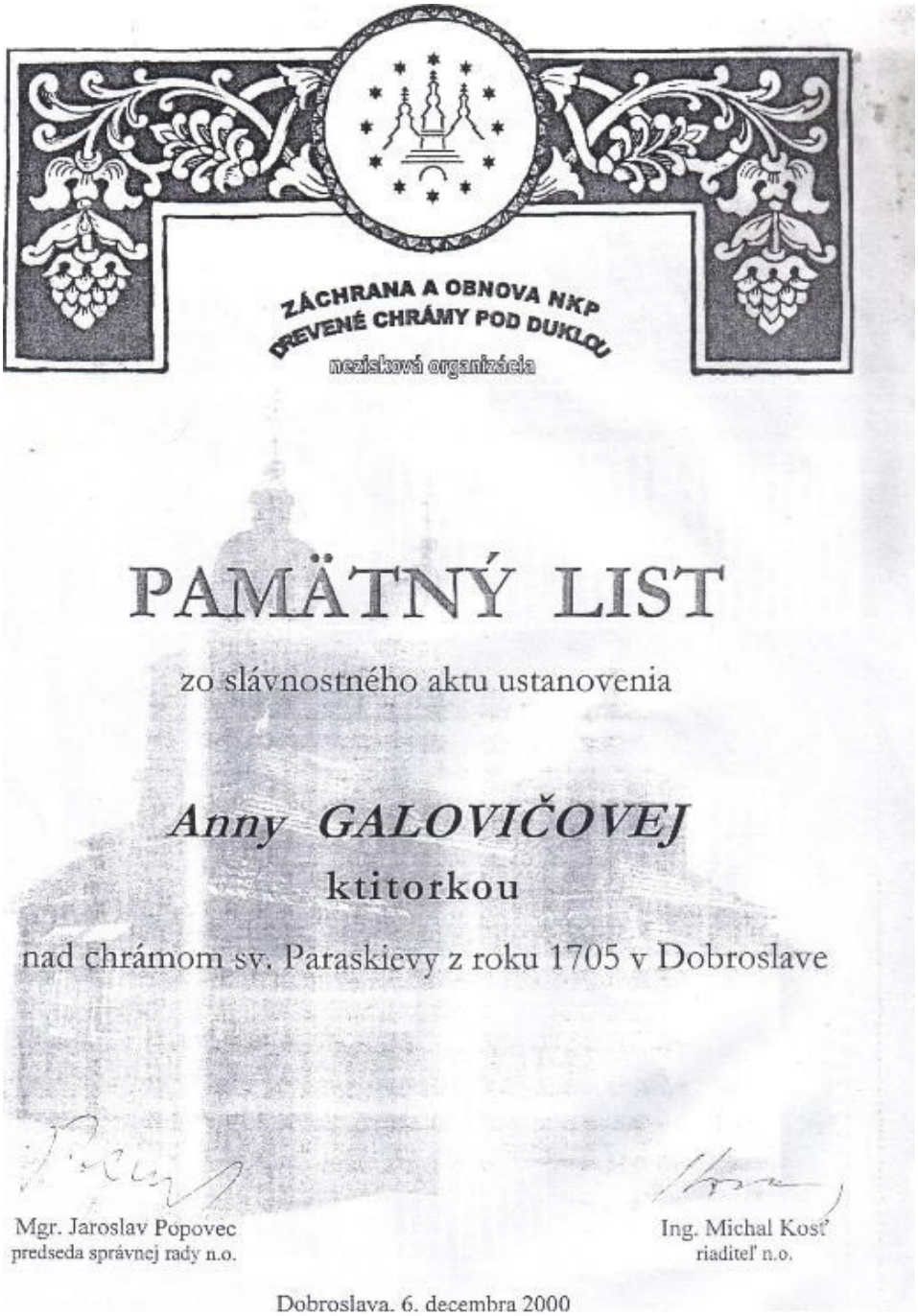
has participated in

Symposium Positive Psychology

29th June 2010, Praha

Symposium
Positive Psychology
Praha - Czech Republic
June 29th 2010
with Prof. Dr. Seligman

SPOLOČNOSŤ SLOVENSKO - INDICKÉHO PRIATEĽSTVA



ZÁCHRANA A OBNOVA NKP
DREVENÉ CHRÁMY POD DUKLOU
nezisková organizácia

PAMÄTNÝ LIST

zo slávnostného aktu ustanovenia

Anny GALOVIČOVEJ

ktitorkou

nad chrámom sv. Paraskievy z roku 1705 v Dobroslave

Mgr. Jaroslav Popovec
predseda správnej rady n.o.

Ing. Michal Kosť
riaditeľ n.o.

Dobroslava, 6. decembra 2000

A.Galovicova is patron of the wooden church of saint Paraskeva

SPOLOČNOSŤ SLOVENSKO - INDICKÉHO PRIATEĽSTVA

Slovenská únia Joga v dennom živote
Mesto Martin
Kancelária Zdravé mesto

MARTIN

pri príležitosti 2. celoslovenského vegetariánskeho plesu vyjadrujú uznanie

PhDr. Anne Galovičovej

za významný prínos k rozvoju vegetariánstva ako zdravého životného štýlu, šírenie myšlienok nenásilia, tolerancie a priateľstva

V Martine, 5. marca 2011

RNDr. Allan Dudinský

Mgr. art. Andrej Hrnčiar

Lýdia Moricová

Award in the field of spreading vegetarianism

Encyclopedy of Czech and Slovak Great personalities

INTERNATIONAL SRI DEEP MADHAVANAND ASHRAM

श्री गुरु दीपाय नमः

CERTIFICATE

Týmto potvrdzujeme, že Dr. Anna GALOVIČOVÁ (Ánandamurti

narodený(á) 1.X.1950 v Bratislave úšpešne ukončil(

kurz Joga v dennom živote a je oprávnený(á) učiť ďalších tomuto jogovému systému.

v Marline 29.X.1994

President

Acharya

ओऽम् शान्ति शान्ति शान्ति · ओऽम् शान्ति शान्ति शान्ति · ओऽम् शान्ति शान्ति शान्ति · ओऽम् शान्ति शान्ति शान्ति · ओऽम् शान्ति शान्ति शान्ति · ओऽम् शा

Yoga certificate

A.Galovicova is author of the book Yoga yesterday, today and tomorrow

SPOLOČNOSŤ SLOVENSKO - INDICKÉHO PRIATEĽSTVA