ANNUAL REPORT
2016 - 2017



SWAMI VIVEKANANDA
YOGA ANUSANDHANA SAMSTHANA
(Declared as Deemed University by UGC as per Act 3 of UGC, 1956)
'Eknath Bhavan', #19, Gavipuram Circle, K G Nagar
Bangalore - 560 019, Karnataka, India
e-mail: info@svyasa.edu.in | website: www.svyasa.edu.in

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA

Eknath Bhavan, No.19, Gavipuram Circle, Kempegowda Nagar,
Bangalore 560 019. Ph. 080-26612669, Tele fax. 080-26608645

Date:08/06/2009.

RESOLUTION FOR REGISTRATION OF THE SOCIETY

It is hereby unanimously resolved in the meeting held on this 08/04/2009 by all the executive members of the society named **Swami Vivekananda Yoga Anusandhana Samsthana** to establish and register the society by name "**Swami Vivekananda Yoga Anusandhana Samsthana**", for attainment of the objectives as stated in the Memorandum of Association under the provisions of the Karnataka Societies Registration Act, 1960. Under these circumstances the Memorandum of Association and Bye-laws are framed. The said proposal is consented by all the members of the society. It is further unanimously resolved that **Dr.H.R.Nagendra**, the President of the society is authorized to correspond and communicate and also to sign all the necessary papers and documents on behalf of the society before the Registrar of societies for the purpose of Registration of the society.

This resolution is passed unanimously by all the members of the society.

1. President. **Dr H R Nagendra**

2. Vice-President. **Dr R Nagarathna**

3. General Secretary. **Sri T Mohan**

4. Joint Secretary. **Smt Subhadra DevSri**

5. Treasurer. **H R Dayananda Swamy**

6. Member. **Sri R Ramachandra**

7. Member. **Prof Ramachandra Bhatt**

NOTARY C. N. CHANDRA SHEKAR Area Magistrate Court Complex Bangalore Reg. No. 5978 No. 5(997) 2007-NC GOVT. OF INDIA

TRANSLATED BY ME
C. N. CHANDRA SHEKAR
Advocate & Notary 17/07/09
708, 'A' Block, 2nd Cross
Sahakari Nagara
BANGALORE - 560 092

Swami Vivekananda Yoga Anusandhana Samsthana BANGALORE-19

Translated Copy
From Kannada to English

Government of Karnataka
Department of Co-operation

Seal

Office of the Registrar of Societies,
Bangalore Urban District,
No.1, Ali Askar Road,
Bangalore – 560052.

Date:06/07/2009.

CERTIFICATE OF REGISTRATION

Registration No.:SOR/BLU/DR/339/09-10

This is to certify that "SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA", Eknath Bhavan, No.19, Gavipuram Circle, Kempegowdanagara, Bengalooru-560019, is registered under The Karnataka Societies Registration Act, 1960 (Karnataka Act, No.17 of 1960).

The registration fee of Rs. (Numericals) 1,000/- (Words: Rupees One Thousand only) is paid.

This is issued under my signature and seal on this the 6th day of July 2009.

Sd/-
Registrar of Societies,
Bangalore Urban District.

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ANNUAL REPORT

2016 - 2017

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S-VYASA CITY OFFICE

'Eknath Bhavan'

1. INTRODUCTION

The Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) is a seat of learning, the most comprehensive repository of Yoga and spiritual lore and modern knowledge of science and technology. Swami Vivekánanda Yoga Anusandhána Samsthána (S-VYASA) is a Yoga University approved by University Grant Commission (UGC) U/s 3 of UGC Act, 1956 in the field of Yoga and Science.

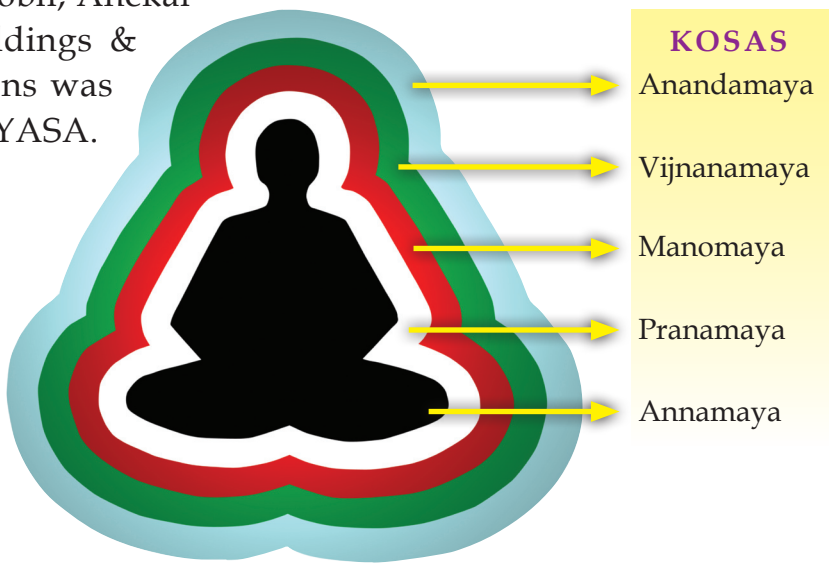


Prashanti Kutiram *(Abode of tranquility)*

S-VYASA campus at 'Prashanti Kutiram', 30 Kms away from the center of Bengaluru, the Abode of Peace. Lying in the lap of nature amidst greenery, the campus lays sprawling over 100 acres. The campus is about 14 Kms from the bountiful Bannerughatta National Park.

S-VYASA Society Registration

Separate Society is registered in the name of Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore on July 6, 2009 (See Front Inner Cover of this Report) Land Area of 8.17 Acres on the outskirts of Bangalore; Survey Nos. 15, J Bingipura Village, Jigani Hobli, Anekal Taluk, Bangalore with the buildings & labs needed for the five Divisions was transferred from VYASA to S-VYASA.



1.1. Vision of S-VYASA: 'Be and Make'

Yoga as a way of life would bring health and wealth, peace and efficiency, harmony and growth in individuals. The

Integrated Yoga Approach can solve the problems of the modern society and build ideal social orders. To use the four streams of Yoga (Jnana, Raja, Bhakti & Karma Yoga) all leading to the same goal as envisioned by Swami Vivekananda and its applications to all aspects of modern life.



1.2. Mission of S-VYASA

'Combine the best of the East with that of the West'

To explore and unravel the hidden dimensions of Yoga and spiritual lore through modern scientific research.

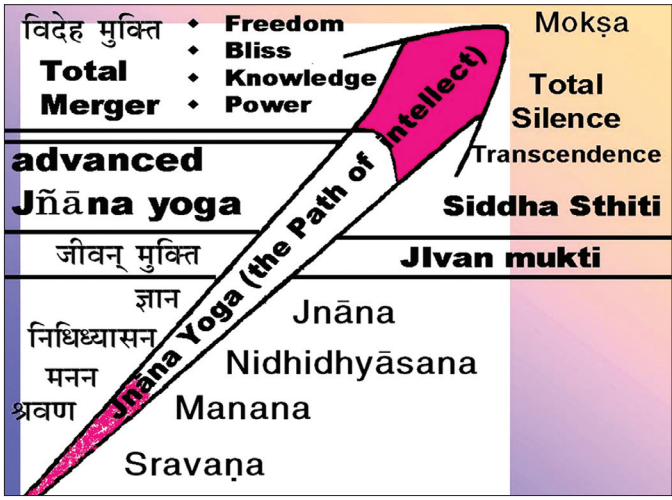
1.3. Objectives of S-VYASA Society

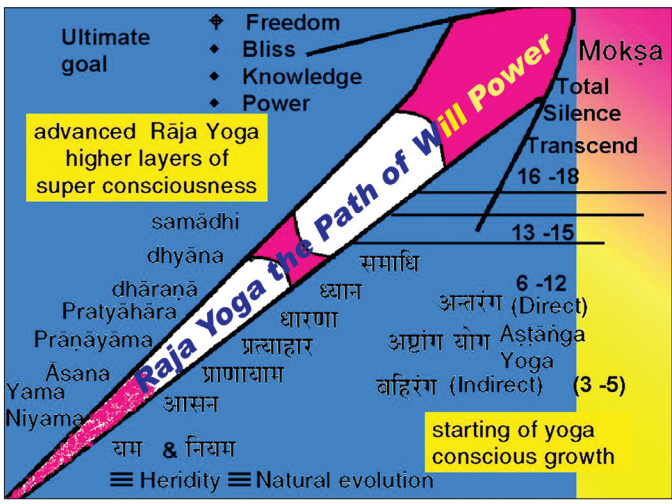
a. to undertake the scientific research in the area of yoga and allied systems of health care (Ayurveda & Naturopathy etc).

b. to establish, operate, promote, run, maintain, manage, affiliate institutions including colleges and Universities or their extension centers engaged in the advancement pertaining to yoga research in Yoga and other systems of health care.

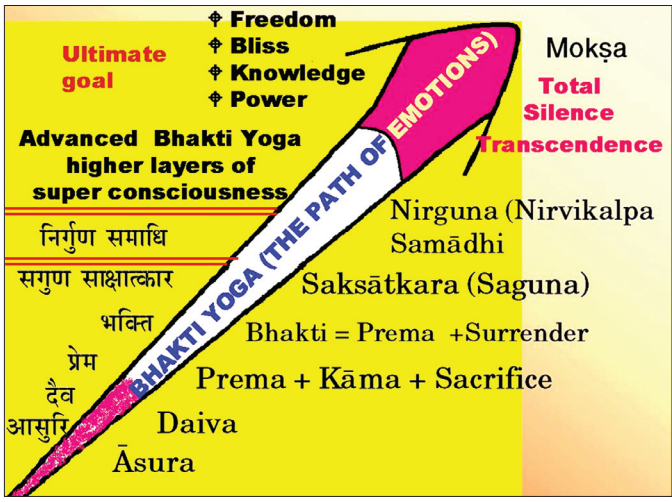
c. to provide research facilities for carrying out basic and applied research in the concerned systems and disciplines, such as yoga therapy, higher states of consciousness, etc.

d. to conduct experiments and to undertake and carry on research, experiments and tests related to the concerned research disciplines such as yoga therapy, higher states of consciousness, etc.





e. to establish, provide, maintain and conduct or assist research laboratories and experimental institutions for scientific research.



f. to give advice on, publish and/or otherwise promote utilization of research results in the field of yoga, yoga therapy and other applications of yoga supporting and other systems of health care.

g. to promote, develop and improve scientific exchange of knowledge as well as technical co-operation between similar research institutions.



h. to conduct conferences, refresher courses, lectures, seminars, demonstrations and exhibitions relating to the researches carried out and the results obtained.

i. to make available to others techniques and materials developed as a result of research.

j. to do all acts, matters and things as are incidental or conducive to the attainment of the above aims and objectives, any one or more of them.

k. to print, publish, exhibit, subscribe and subsidize the periodicals, books, pamphlets or posters, produce albums, videos, films, etc. related to research that may be considered desirable for the promotion of the objectives of the society.

l. to acquire, build, hire, maintain, run research laboratories and related facilities and to equip them with amenities considered necessary for the proper discharge of the functions of the society.

m. to borrow or raise monetary fund's against securities or otherwise from time to time for the purposes of the society upon such items and conditions as may be deemed reasonable and/or other similar payments to students and research scholars to facilitate them to undertake scientific research in the area of interests of the society.

S-VYASA has, over the years, standardized such Advanced Yoga techniques as CM (Cyclic Meditation), PET (Pranic Energisation Technique), MSRT (Mind Sound Resonance Technique), MEMT (Mastering the Emotions Technique), MIRT (Mind Imagery Technique), VISAK (Vijnana Sadhana Kausala) and ANAMS (Anandamrita Sincana).

1.4. Achievements & Recognitions

1. The S-VYASA is a Deemed University U/s 3 of UGC Act 1956 since 08.05.2002. [Vide F.6-4/2002 (CPP-1) dated 30.04.2002]
2. The Govt of India, Ministry of Health & Family Welfare, Dept. of AYUSH has accorded Center of Excellence in Yoga for S-VYASA.
3. Indian Council for Medical Research (ICMR) Centre for Advanced Research in Yoga and Neurophysiology [ICMR. CAR Y&N] -2007-2012]
4. S-VYASA have MOU/Linkages with 20 leading Universities and Research Centers with all over the world for conducting collaborative research in Yoga.
5. Trained more than 50,000 yoga teachers teaching all over the world.
6. Produced the largest number of research papers in the field of Yoga. Over 290 papers in National and International indexed journals.
6. S-VYASA has an MoU with the biggest 250 beds Yoga Therapy Health Home called Arogyadhama in the Prashanti Kutiram Campus, Bengaluru.
7. S-VYASA & VYASA have organized more than 25 National and International Conferences in India and Abroad.
8. Established high tech naturopathy centre "SURABHI".
9. Accredited with 'B' grade by NAAC.
10. Elevated to 'A' by MHRD in the year 2013. [Vide F.9-26/2009-U.3(A)(Vol.5) dated 18.06.2013]
11. ISO 9001:2008 Certified University.
12. Scientific & Industrial Research Organisation from Dept. of Scientific & Industrial Research, Ministry of Science & Technology, GOI, in the year 1988.

13. International Journal of Yoga [IJOY]-the first Yoga Journal in PubMed.
14. S-VYASA is publishing a Monthly magazine containing educative articles on Yoga Activities, Research on Yoga, Spirituality etc., namely "YOGA SUDHA".
15. Bi-annual Index Research Journal namely IJOY-PPP.

1.5. Achievements by the Family Members of S-VYASA



Rashtrapati Bhavan, New Delhi, Apr, 2016: Chancellor, Dr. H R Nagendra Ji was honored with Padma Shri, the Fourth Highest Civilian Award in India, for his contribution in the field of Yoga and Research



Padma Shri Awardees with Hon'ble President, Hon'ble Vice President, Hon'ble Prime Minister and Hon'ble Union Home Minister



Bengaluru, Apr, 2016: Recently, Chancellor Dr. H R Nagendra was felicitated by Sree Ramaseva Mandali for being honoured with Padma Shri award. Hon'ble Justice Kumar and Renowned Violinist Shri L Subramaniam were present.

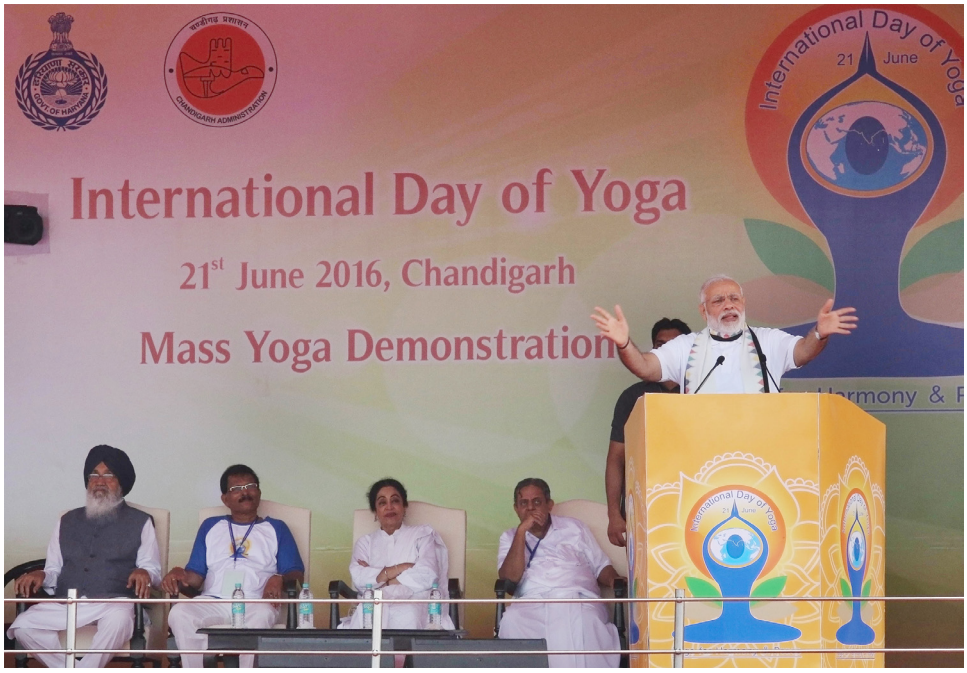


Bengaluru, May, 2016: FKCCI (Federation of Karnataka Chamber of Commerce), Bengaluru honoured Chancellor Dr. H R Nagendra for being awarded Padma Shri. Mr. Lokaraj, Secretary, Mr. N Parthasarathi, Secretary General, Dr. B Amarnath, Chairman, Civic Affairs Committee, Mr. Tallam R Dwarakanath, President & Mr. K Ravi Vice President were present during the occasion



Kalyan, May, 2016: Nagari Satkar to Chancellor, Dr. H R Nagendra Ji





Chandigarh, June 21, 2016: During the 2nd International Day of Yoga celebration, Chancellor, Dr. H R Nagendra received the honor of sharing the dais with Dr. Pranav Pandya; Union Minister, Shri Vijay Sampla; Union AYUSH Secretary, Shri Ajit M Sharan; CM Haryana, Shri Manohar Lal Khattar; Governor of Punjab / Haryana, Shri Kaptan Singh Solanki; Prime Minister, Shri Narendra Modi; CM Punjab, Shri Prakash Singh Badal; Union AYUSH Minister, Shri Shripad Yesso Naik; MP Chandigarh, Smt. Kirron Kher; Pujyaa Shivani



Prashanti Kutiram, June, 2016: Rotary International District 3190 and IFYPR honoured Dr. H R Nagendra with **Rotary Seva Rathna** award for the service in the field of yoga. PDG Rtn. Panduranga Shetty graced the event



Bengaluru, June, 2016: Chancellor, Dr. H R Nagendra was felicitated by Ajit Kumar Memorial Yoga Research Centre for being honoured with Padma Shri award



Jan, 2017: Chancellor, Dr. H R Nagendra was given Life Time Achievement Award by Bangalore Management Association (BMA)



Mumbai, Apr, 2017:
Sri Guruji Puraskar 2017
to Dr. H R Nagendra
by RSS Janakalyan Samiti,
Maharashtra Prant, Dombivli

Apr, 2016: **Dr. John Ebnezar** is the first Scholar from S-VYASA, who was awarded with **Padma Shri.** He was awarded along with Guruji and he is the first Orthopedic Surgeon from Karnataka who has got this award.





Jan, 2017: Vice Chancellor, Prof. Ramachandra G Bhat, was honoured with the title 'Shastra Vidya Nidhi' by Veda Shastra Poshini Sabha, Mysore

Life Time Achievement Award to Dr. Subhash Sharma



Dr. Subhash Sharma, Director, Indus Business Academy (IBA), Bangalore, was given Life Time Achievement Award for "life long exceptional contribution to management teaching, research and service to academic profession", by Association of Indian Management Scholars (AIMS) International, Houston. Award was given by Prof. Omprakash Gupta, President AIMS, Houston, in an award ceremony held at Mudra Institute of Communication Ahmedabad (MICA) on Dec. 26, 2016.

Dr. Subhash Sharma is a leading Indian Management thinker and management author. He is author of original and creative books, such as Management in New Age: Western Windows eastern Doors, Quantum Rope: Science, Mysticism and Management, New Mantras in Corporate Corridors, New Earth Sastra and Wisdom & Consciousness from the East. His writings have been acknowledged as thought provoking with 'quite a few revolutionary points of view'. His writings have been translated in French and Kannada.

He has also made innovative contributions to institution building as founding Director, Indian Institute of Plantation Management, Bangalore, founding member, Women's Institute for Studies in Development Oriented Management (WISDOM), Banasthali University, Banasthali, Rajasthan, and founding member, Indus Business Academy (IBA), Bangalore and Greater Noida.

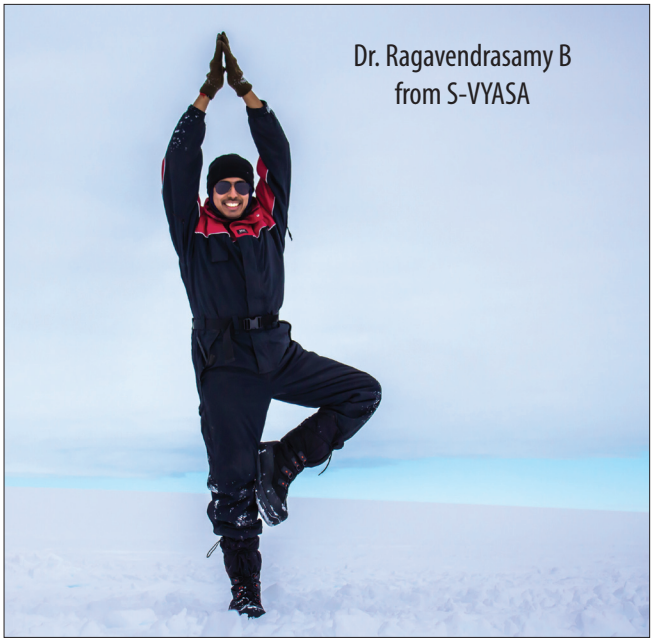
Dr. Subhash Sharma has been Dean (Yoga & Management), S-VYASA, Bangalore.



Group Yoga on Ice Shelf. Practice lead by Dr. Ragavendrasamy B from S-VYASA

Antarctica the coldest, windiest, highest and driest continent on Earth. It is the last continent to be spotted in 1920. Antarctica is the fifth largest continent in the world, with its size varying with seasons almost doubling in the winter. It consists of around 2% of the land mass visible outside. So all we get to see there is nothing other than ice. The ice of Antarctica is not a smooth sheet but a continuously changing expanse. Crevasse fields with cracks of hundreds of feet deep covered with a thin layer of snow making it risky to work on ice shelves. Antarctica is a place of vast expansiveness and serenity holding with it answers for several questions regarding our planet. This continent does not have any inhabitants of itself. Lots of scientists stay there for months but it is so cold that no one lives here full time.

Scientific studies and observations conducted earlier on humans traveling to Antarctica has revealed several changes in human physiology during stay and also after returning back from Antarctica. These changes range from behavioral abnormalities like aggression, mood swings to psychiatric problems like depression. However, the most common perceived challenges by the members include insomnia, indigestion, constipation, and fatigue. Also, scientific studies have shown decreased immune responsiveness accompanied with an increase in circulating





Voyage Team, 35th Indian Scientific Expedition to Antarctica

insulin, thyroid hormones, testosterone, cortisol and pro-inflammatory cytokines. These pro-inflammatory cytokines act like general alerting systems alerting various systems in the body. Presence of these pro-inflammatory cytokines for longer periods in blood circulation is associated with incidence of several metabolic disorders. The reason for these changes are still investigated and solution to these health problems in Antarctica are being studied. Several recommendations are being made by the National Centre for Antarctic and Oceanic Research (NCAOR, Goa) to ensure good health and safe travel for all members participating in the Indian expedition.

Yoga, an ancient Indian way of life has been practiced in this country and world not as a religion but as a way of life. Yoga has been scientifically proven to be beneficial not only in treating diseases but also to preserve and promote the health states. Yoga is understood to bring about an equilibrium when practiced has been the observation since the time it was documented first by Pathanjali until the present era of objective observations. Earlier studies have shown that Yoga practices are beneficial irrespective of an idividual being obese, diabetic, hypertensive, auto-immune disorders and in immune compromised patients. Findings with yoga on human physiology and psychology are promising that some day in the near future yoga can be used as a cost effective mass health care measure for the society.

In this context, the Defence Institute of Physiology and Allied Sciences (DIPAS, Delhi) and Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA, Bengaluru) joined hands together in developing a specific yoga module that can cater to the needs at Antarctica and also during the voyage at sea. Scientists from S-VYASA and DIPAS were sent to the Indian Antarctic research base 'Bharathi', through NCAOR to study the feasibility of application and effectiveness of Yoga practices in alleviating the complications and facilitate adaptation to extreme climatic conditions at Antarctica. ■

Bhagavadgita Pratiyogita
Unique Family of Four



Prashanti Kutiram, Oct, 2016: During the Navaratri days, on Saptami Prashanti Kutiram had a special feature of family of four, the Shandilyas of Bengaluru, expressing remarkable memory skills in Mangal Mandir, before large audience. Bhagavadgita recitation presentation was demonstrated in Anuloma Krama (in order) and Viloma Krama (in reverse order). Sri Manjunath Shandilya is an engineer at TCS working in the capacity of a manager. Smt. Parimala Shandilya, M.Tech (Structural Engineer) worked as an Asst. Professor at Sambhram Institute of Technology for about 4 years. Their son Aniruddha and daughter Arushi are students of Sri Sri Ravishankar Vidya Mandir, studying in 8th and 6th standard respectively. May Goddess Saraswati bless the unique family to ahead in life with added strength and courage. ■

Bhagavad Gita performance in Mangal Mandir







First Level of Performance in Sri Yoga Vinayaka Mandir



Sri Manjunath Shandilya



Smt. Parimala Shandilya



Chi. Anirudh Shandilya



Chi. Arushi Shandilya

Bhagavad Gita recitation competition



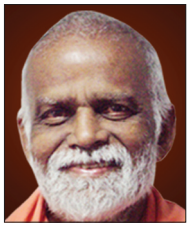


Sept, 2016: Smt. Manjula from Ananthpura participated in the Bhagavad Gita memorization competition under Lakshmi Amba Memorial Bhagavad Gita Pratiyogita of LRL Trust and successfully achieved the target on 6 September 2016. She was inspired and learned to recite Gita from Smt Kiran Gopi. She presented her talent in the presence of scholars of Gita, Prof. Ramachandra G Bhat and Dr. Sushrutha S etc at Yoga Vinayaka Temple. Her talent of showcased before all the students and staff at Mangal Mandir midst of Ganapati Festival celebrations at the time of Bhajan session. She was felicitated by Guruji, Prof. Ramachandra G Bhat and Sri Surendra Ji, after satisfying them by chanting shlokas in Anuloma Krama.

1.6. Chairs & Peethams of S-VYASA University



1.6.1. Division of Yoga-Spirituality:
Jnana Yoga Pitham
Bhagavan Sri Sankaracharya Jnana Yoga Pithadhipati
Pujya Swami Dayananda Saraswathi



1.6.2. Division of Yoga-Spirituality:
Raja Yoga Pitham
Bhagavan Ramanamaharshi Smaraka Raja Yoga Pithadhipati
Pujya Swami Prajnaranyaji Maharaj



1.6.3. Division of Yoga and Physical Sciences
Chair Padmavibhushana Prof ECG Sudarshan



1.6.4. Division of Yoga and Humanities
Chair Padmavibhushana Dr M BalamuraliKrishna



1.6.5. Division of Yoga and Spirituality:
Bhakti Yoga Pitham
Parama Pujya Prema Pandurang

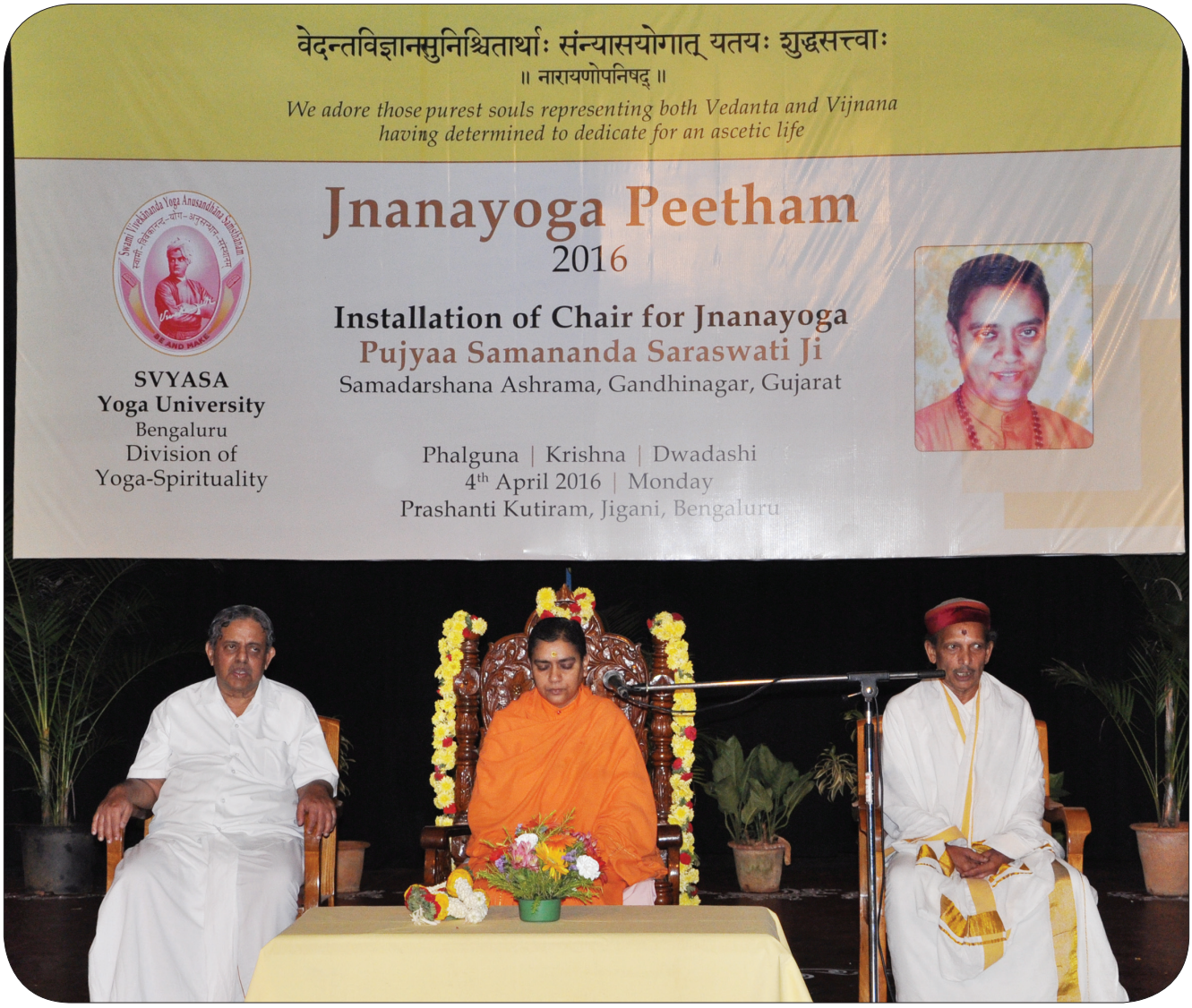
1.7. International Advisory Board

Prof. Ananda Guruge, University of West, California, USA
Prof. Anand Paranjape, University of Vancouver, Canada
Dr. Ann C. DeBaldo, University of South Florida, USA
Dr. Adam Berke, University of San Francisco, USA
Dr. Christoph Garner, Germany
Dr. Fazle Hussain, University of Houston, USA
Prof. Marc Cohen, Royal Melbourne University of Technology, Australia
Prof. ECG Sudarshan, University of Austin, USA
Dr. Rao Rapaka, National Institute of Health USA

1.8. Installation of Chair for Jnana Yoga - 2016

S-VYASA celebrates that Swamini Samananda Saraswati Ji of Gujarat, under the guidance of Pujya Swami Divyananda Saraswati, took to intense Sadhana in Rishikesh, accepted to become chairperson of Jnaya Yoga Peetham, Div Yoga-Spirituality, SVYASA Yoga University. Her humility, maturity, love and compassion attracted all sections of the society and started transforming many of her devotees to take up full time dedication to practical Vedanta as Pujya Swami Dayananda Ji has done.

On auspicious day of Phalguna Krishna Dwadashi (4 April 2016, Monday) under the heading of Yoga-Spirituality, University observed serial programs as part of chair installation; Saraswati Homa by 6 - 7.30 am, Purnakumbha Swagata with procession along with Vedic chanting by 8 etc brought glory for the entire ceremony. The formal installation program was held at Mangal





Vastra Samarpana by the Vice Chancellor



Phala Samarpana by Guruji

Mandir with an introduction of Jnana Yoga Peetha by Dr. H R Nagendra, Chancellor, followed by the talk on Anusthana Vedanta by Vice Chancellor Prof. Ramachandra G Bhat. Swamini Samananda Ji's blessings made everybody stand still with true Vedantic knowledge and insightful talk to all the students and faculty who were gathered in Mangal Mandir. ■


Saraswati Havan - Purnahuti


Purna Kumbha Swagatam


Pada Puja

Inauguration
Lighting the Lamp





1.9. Karma Yoga Peetharohanam



Karma Yoga Peethadhipati Dr. D Veerendra Heggade Ji

The dawn of Nov 4 was a very auspicious one as the Yoga and Spirituality Division of the University organized the 'Ayushya Homa', from 5 in morning Samskrti Bhavan making the campus echo with chants of the Vedic Hymns and filling the air with a scent of holy smoke from the pious Yajna Fire. The atmosphere around exuberated spirituality.

The Installation of the Karma Yoga Peetham of the S-VYASA Yoga University started at 8:30 am, Prashanti Kutiram in the newly inaugurated building.

The ceremony was held for the honouring Dharmadhikari, Shri Kshetra Dharmasthala, Dr. D Veerendra Heggade Ji with the Chairmanship of the Karma Yoga Peetha of S-VYASA Yoga University.

The program started with the introduction of the Peetha and the Chairs by Guruji, Dr. H R Nagendra, Chancellor, S-VYASA. While he addressed the gathering about the four Peethas of the University, he got an unprecedented call from the Prime Minister of India Shri Narendra Modi Ji who had a conversation both with Guruji and Heggade Ji. Guruji resumed his talk by sharing that PM had called and conveyed his best wishes and blessings for the occasion which left the audience elated.

Soon after Guruji's talk, Heggade ji was



Purna Kumbha Swagatam to Dr. D Veerendra Heggade Ji and other dignitaries



Ayushya Homa in Samskrti Bhavanam



Prasadam taken by Dr. D Veerendra Heggade Ji



Karma Yoga Peetharohanam by Dr. D Veerendra Heggade Ji

escorted onto the stage by all dignitaries so that he may assume his seat of the Peetham placed gracefully at the centre of the stage. Heggade Ji's wife accompanied him and



Aarati by Sumangalis



Shubhaashamshana Patram given to Heggade Ji



Felicitation to Heggade Ji

sat alongside him on the stage. This was followed by showering of the flowers, Pushpa Vristi and Aarti by Sumangalis. The chanting of the Aarti and the flowers being showered weaved an ambience of great enthusiasm and spirit. After this, the Shubhaashamshana Patram, a collection of seven verses in Samskritam especially composed for the occasion by the Vice Chancellor Prof. Ramachandra G Bhat, was read out by Kaushik, a student from Yoga-Spirituality Division followed by the audience. The meaning of the verses was elaborated right after by the Vice Chancellor throwing light on the ceremonial aspect and its significance. This was followed by Gauravaarpanam by VC himself.

It was the Pro-chancellor Prof. K Subrahmanyam who then spoke on the essence Karma Yoga, as to who is a Karma Yogi and beautifully highlighted as to how the life of Heggade ji is a perfect example displaying the principles of Karma Yoga and its application.

It was then the pivotal moment of the ceremony where Heggade Ji addressed the audience and spoke with great vigour, pride and commanding authority. Each of his word were measured and echoed into the newly building like thunder. He was at the same time very graceful, inspiring and elegant and left a long lasting impact on the listeners. The students were thrilled to listen to him.

The ceremony was later joined by the Union Minister for Rural Development and Drinking Water, Shri Narendra Singh Tomar Ji who could squeeze time out of his busy schedule and graced the occasion and extended his best wishes and support for the university. He addressed the gathering to express the same.

The occasion was witnessed by the presence of the guest of honour: Dr. Binny Sareen, Global Health and Research Centre, Bhrama



Prof. Ramachandra Bhat Ji, Dr. H R Nagendra, Karma Yoga Peethadhipati Dr. D Veerendra Heggade Ji & his wife, Prof. K Subrahmanyam and Dr. Sanjib Kumar Patra on dais



Address by Karma Yoga Peethadhipati Dr. D Veerendra Heggade Ji

Kumaris and Ms. Kamlesh, International Director, Shri Shri Yoga. Joint Director of Anvesana Research Laboratories, S-VYASA, Dr. N K Manjunath and Prof, K B Akhilesh, IISc, Dr. Rabindra Acharya, Director, VYASA Delhi affairs were a few to name from other distinguished attendees. The whole program was from 8:30 am to 11:30 am. It was concluded by a vote of thanks from Dr. K B Akhilesh, IISc. The conduct of the ceremony was a great success and it was very well organized by the hard working and dedicated team of Yoga-Spirituality department as well as the support team of S-VYASA Yoga University.



Union Minister for Rural Development and Drinking Water, Shri Narendra Singh Tomar Ji was felicitated by VC and Pro Chancellor





1.10. Shanti Yoga Peetha Arohanam

Bengaluru, Prashanti Kutiram, Jan 17: 'The four streams of yoga have the capacity to integrate the people and the world. By practice of yoga, one can attain peace (Shanti). Shanti is not an absence of conflict but bliss in action, expression and positive thinking. It is the basic substratum of Life and existence. External peace cannot happen without internal peace and yoga is a powerful key for attaining peace outside and inside. Peace or Shanti is the beginning and the end. Shanti is the key to world peace', said Dr. Sri Sri Ravishankar Guruji while accepting Shanti Yoga Peetha at S-VYASA Yoga University.



Shanti Yoga Peetha Arohanam by
Sri Sri Ravishankar Guruji, Founder, Art of Living

Sri Sri Ravishankarji further said that Dr. H R Nagendra, the Chancellor of S-VYASA and Dr. R Nagaratna, the Medical Director of Arogyadhama have made S-VYASA, a pride of the world. Such things can happen only when there is nobility and substance in people. They started this organization with a humble beginning three decades ago and now it has grown into a world renowned university, where ancient Indian wisdom is experimented and validated with modern scientific research. Only through Science, people now can understand Yoga. Only if we integrate all streams yoga, then only we can attain satisfaction, life becomes complete and meaningful.

In this modern era, science and spirituality should shake hands as told by Swami Vivekananda. Here at S-VYASA, science and spirituality have embraced each other. We at Art of Living, propagated the four streams of yoga holistically, which results in understanding oneself as visualized by Swami Vivekananda, Aurobindo and



Purnahuti of Vishva Shanti Homa



Introduction to Shanti Yoga Peetha by Dr. H R Nagendra

others. I am also deeply appreciative of the quality research done at S-VYASA by dedicated team of research scholars. Sri Sri Ravishnakarji also released a book on Prof. A N Satyanarayana Shastri who was an extraordinary teacher in chemistry and philosophy and said that he was pleased to release the bookas former's family was known to him.

At the outset, Dr. H R Nagendraji the Chancellor of S-VYASA University welcomed the gathering and said that four Peethas have been established by us and now Shanti Yoga Peetha is being installed for which the most Hon'ble Sri Sri Ravishankarji has gracefully accepted our humble invitation. He further said that the present culture is blowing us with exuberant technology and not giving any solution and with no inner peace. Ashanti means imbalance. Only through yoga peace can be rejuvenated. We should rise from animalistic 2 level and gain mastery over mind. The present education system is creating imbalance and stress which can be cured only through yoga practice.



Smruti Patra - Shree-Shanti-Panchaka, given to Sri Sri Ravishankar Guruji



Felicitation to Sri Sri Ravishankar Guruji

Prof. Ramachandra G Bhat, the Hon'ble Vice-Chancellor recited a Sanskrit Poem composed by him which summarized the essence of Art of Living, Sudarshana Kriya Yoga and the life and universal message of of Sri Sri Ravishankar Guruji.



Prof. K Subrahmanyam, the Pro-Chancellor in his hearty vote of thanks said that from time immemorial our land is a Karma Bhumi, Punya Bhumi, Yoga Bhumi and Yaga Bhumi. In the past, people thronged to have a darshan of Sri Rama, Sri Krishna and even plants and animals felt peace at the touch of Bhagwan Buddha. In Chicago, from the lowest to the highest, all men and women thronged to be in the presence of Swami Vivekananda. Now, we have amidst us Sri Sri Ravishankarji who is an embodiment of peace. He is also a peacemaker, peace messenger. He offered grateful thanks to one and all.

The program was preceded by Yagna for World Peace and a bhajan by Sri Kaushik. Dr. Sanjib Kumar Patra the Registrar and all the Deans of the University teaching, non-teaching staff, invitees attended the program.



A book ' ASN Shastry - a tribute' by N V Shantaram, was released by the dignitaries



2. MANAGEMENT

2.1. Board of Management

VICE CHANCELLOR
1. Dr. Ramachandra G Bhat

DEANS OF FACULTIES
2. Dr. Akhilesh K B
3. Prof. T G Sitharam

THREE EMINENT ACADEMICIANS
4. Dr. Manjunath N K
5. Dr. D Nagaraja
6. Dr. R Prahlada

ONE EMINENT ACADEMICIAN DEPUTED BY MHRD
7. Prof. S L Goel

TWO TEACHERS
8. Dr. R Nagarathna
9. Smt. Subhadra Devi

FOUR NOMINEE OF THE SPONSORING SOCIETY
10. Sri T Mohan

SECRETARY (REGISTRAR)
11. Dr. Subramanya Pailoor

ONE NOMINEE OF THE FINANCE COMMITTEE
12. Sri H R Dayananda Swamy
Finance Officer

2.2. Academic Council

1 Chairperson
Vice Chancellor
Prof. Ramachandra G Bhat

2 Deans
Dr. Gangadhar B N
Dr. Seetharam T G
Prof. K B Akhilesh
Dr. Sridhar M K
Dr. Subramanya K

3 Heads of Departments
Dr. Nagarathna R
Dr. Manjunath N K

4 Professors other than HOD
Prof. Nagaraja D
Dr. Naveen K V
Dr. Manjunath N K
Dr. Shamantakamani Narendran
Prof. R. N. Iyengar
Dr. Bheemsain Rao
Dr. Muralidhar K.
Prof. R Ramachandra
Dr. Ramakrishna B R
Dr. Nagaraja Rao P
Dr. Ramesh M N
Prof. Vinoy Singh
Dr. Mithileshwar Jha
Dr. Alex Hankey

5 Associate Professors from the Departments other than the Heads of the Departments
Dr. Ramesh M N
Dr. Sony Kumari
Dr. Manjunath G

6 Assistant Professors from the Departments
Dr. Sanjib Kaumar Patra
Dr. Balaram Pradhan
Dr. Rajesh S K

7 Three Persons amongst Educationists of Repute or Persons from any other Field related to the Institute who are not in the Service of the Institute
Dr. Satish Chandhra
Dr. Raghunath Rao G R
Prof. M A Lakshmi Tatachar

8 Three Persons who are Non Members of Teaching Staff, Co-opted by the Academic Council for the Specialized Knowledge
Prof. M L Munjal
Prof. S M Deshpande
Prof. N Rudraiah

9 Special Invitees
Prof. Narayana Dutt
Mr. Venkatesh R S

10 Member – Secretary: Registrar
Dr. Subramanya Pailoor

2.3 Board of Studies

Division	Chairperson
Yoga - Spirituality	Dr. G N Bhat
Yoga and Life Sciences	Dr. B N Gangadhar
Yoga and Physical Sciences	Dr. T G Sitharam
Yoga and Management Studies	Dr. K B Akhilesh
Yoga and Humanities	Dr. M K Sridhar

2.4 Institutional Ethical Committee (IEC)

Name	Designation
Dr. Niranjan G V	Chairman
Dr. Subramanya Pailoor	Member Secretary
Dr. Raghavendra Rao	Member Secretary
Dr. Sucharita S.	Member
Mr. Ramesh N K	Member
Dr. Chinmaya P Chigateri	Member
Mr. Shubhra Shanker	Member
Mr. Venkatesh R S	Member
Dr. Ramesh M N	Member

2.5 Administrative Setup

Name	Designation
Dr. H R Nagendra	Chancellor
Prof. Subramanyam K	Pro- Chancellor
Prof. Ramachandra G Bhat	Vice Chancellor
Dr. Subramanya Pailoor	Registrar

3. DIVISIONS IN S-VYASA

3.1. Deans of Different Divisions

School (Division)	Dean	Ext.No.
Yoga - Spirituality	Prof. Gopalakrishna N. Bhat	9965
Yoga & Life Sciences	Prof. Gangadhar B N	9963
Yoga & Physical Sciences	Prof. T.G. Sitharam	9980
Yoga & Management Studies	Prof. K.B. Akhilesh	9958
Yoga & Humanities	Prof. M.K. Sridhar	9982

3.2. Divisions

3.2.1. KYM 101 Yoga-Spirituality

B.Sc. and M.Sc. Yoga-Consciousness

Designation	Name
Professor & Dean	Prof. Gopalakrishna N Bhat
Professor	Dr. Saraswati Mohan
Asst. Professor	Dr. Sushrutha S.
Asst. Professor	Mr. Rajesha H.K
Asst. Professor	Mr. Chandramouli
Asst. Professor	Mr. Surendra Kumar H.S.
Visiting Faculty	
Name	**Subject Expert**
Dr. Rangan R.	Rig Veda, Vedanta, Epics & Puranas
Dr Tilak M Rao	Vedanta and Vyakarana
Dr. Mahabaleshwara S. Bhat	Vedanta and Meemamsa Sastra

3.2.2. KYM 102 Yoga & Life Sciences

B.Sc., M.Sc. (Yoga Therapy), BNYS, M.D, and PhD.

Designation	Name
Professor & Dean	Prof. Gangadhar B N
Professor	Dr. Manjunath N K
Advisor – SDM	Dr. Nagarathna R.
Professor	Dr. Nagaraja Rao P.
Professor	Dr. Ramesh M N
Associate Professor	Dr. Subramanya P.

Associate Professor	Dr. Manjunath G.
Associate Professor	Dr. Kavitha V.
Asst. Professor	Dr. Padmini Tekur
Asst. Professor	Dr. Hemanth Bhargav
Asst. Professor	Dr. Raghavendra Bhat
Asst. Professor	Dr. Deepeshwar Singh
Asst. Professor	Dr. Amit Kumar Singh
Asst. Professor	Dr. Apar Saoji
Asst. Professor	Dr. Kashinath G. Metri
Asst. Professor	Dr. Nivethitha L.
Asst. Professor	Dr. Shreya S. Revadi
Asst. Professor	Dr. Gayathri S. Melnad
Asst. Professor	Dr. AmrithaVarshini V.S.
Asst. Professor	Mrs. Sashi Prabha
Asst. Professor	Dr. Bharathi Dhevi V.R.
Asst. Professor	Mrs. Sasipriya
Asst. Professor	Smt. Monalisa Das
Asst. Professor	Dr. Sriloy Mohanty
Asst. Professor	Dr. Sharvari D Rao
Asst. Professor	Dr. Praveen Angadi
Asst. Professor	Dr. Ashwin Belagi
Asst. Professor	Dr. Raghavendrasamy
Asst. Professor	Dr. Venugopal
Asst. Professor	Dr. Puneet Raghavendra
Asst. Professor	Dr. Bhuvaneshwari

3.2.3. KYM 103 Yoga & Physical Sciences

Designation	Name
Professor Emeritus	Prof. N.V.C. Swamy
Professor Emeritus	Prof. T.M. Srinivasan
Professor Emeritus	Prof. Prahlada
Professor & Dean	Prof. T G Sitharam
Professor	Dr. Alex Hankey
Associate Professor	Dr. Ravi Kumar Itagi
Asst. Professor	Dr. Rajesh S. K.
Asst. Professor	Dr. Judu Illavarasu
Asst. Professor	Dr. Meenakshy K.B.
Asst. Professor	Ms. Padmasri G.

3.2.4. KYM 104 Yoga & Management Studies

Designation	Name
Professor & Dean	Prof. K.B. Akhilesh
Associate Professor	Dr. Sony Kumari
Asst. Professor	Dr. Rabindra M. Acharya
Asst. Professor	Dr. Pammi Srinivasan
Asst. Professor	Sri Datta Taware

Visiting Faculty

Name	Subject Expert
Prof. R. Venkatram	Yoga and Wellness, Indian Psychology, Personal Management
Dr. Subhash Sharma	Indian Ethos of Management, Emotional & Spiritual Intelligence, Applied Spirituality in Management
Dr. Mahendra Raju	Corporate Governance, Business Growth model, Start-ups, and E-commerce
Dr. Chokkalingam S.	Business Compliance, Corporate Governance and Financial Management

3.2.5. KYM 105 Yoga & Humanities

Designation	Name
Professor & Dean	Prof. Sridhar M.K.
Associate Dean	Dr. Uma
Adjunct Professor	Dr. Ramachandra Rao
Associate Professor	Dr. Sudheer Deshpande
Asst. Professor	Dr. Sathyapriya Maharana
Asst. Professor	Dr. Balaram Pradhan
Asst. Professor	Dr. Vikas Rawat
Asst. Professor	Smt. Kadambini Acharya
Asst. Professor	Sri Shailesh Pradhan
Asst. Professor	Dr. Karuna Nagarajan
Asst. Professor	Ms. Varadayini B.

3.3. The School of Yoga and Naturopathic Medicine

School	Name	Ext.No.
Director	Dr. Manjunath N.K.	9983
Deputy Director	Dr. Kavitha V.	9981

3.4. The School of Integrative Medicine

School	Name	Ext.No.
Director	Dr. D Nagaraja	9992

3.5. Estate Manager: Sri Dattathri G.R.

3.6. Admission Section:

Name	Designation	Email Id	Ext. No.
Dr. Balaram Pradhan	Convenor	balaramp13@gmail.com	9968
Mrs. Sashipriya V.	Joint convenor	sasipriyanithya @gmail.com	9968
Dr. Sonu V.	Assistant convenor	sonuvaithee@gmail.com	9981

3.7. Evaluation Section:

Name	Designation	Email Id	Ext. No.
Dr. Sanjib Patra	Convenor	examcontroller@svyasa.org	9984
Dr. Manjunath G.	Joint convenor		
Dr. Ragavendrasami	Assistant convenor		

3.8. IQAC

Patron	Dr. H R Nagendra
Chairman	Dr. K Subrahmanyam
Coordinator	Dr. Bharathi Dhevi

3.9. Library

Designation	Name
Senior Librarian	Sri Sreedhara Rao K.S.
Asst. Librarian	Sri Vedamurthy G.
Library Assistant	Sri Mohan Kumar H.R.
Digital Librarian	Ms. Sruthi

3.10. Finance

Designation	Name
Finance Officer	Sri H R Dayananda Swamy
Chief Accounts Officer	Sri Dhananjya C

Sr. Accounts Officer	Sri Anil Kumar
Sr. Accounts Officer	Sri Jayasimha

3.11. Kitchen Incharge

Designation	Name	Ext. No.
Kitchen Manager	Mr. Anand Shetty	9962

3.12. Transport Incharge

Name	E-mail Id	Mobile	Ext. No.
Umapathi M.R.	pathipsk@gmail.com	97424 97253	9991

3.13. Non-teaching Staff Members (Administration)

Designation	Name
Administrative Officer	Sri Surendra M S
Asst. Director- Short Programmes	Sri Lokesh H.
Sr. Computer Engineer	Sri Mohan Kishore
Computer Operator	Sri Venkatesh J.
Civil Engineer	Sri Anil & Sri Harish M
Sr. Assistant	Sri Sushanta Kumar Mohanty
Assistant	Smt. Mahalakshmi S.
Assistant	Smt. Manjula C.
Assistant	Kum. Sheela Hegde
Receptionist	Smt. Chaya & Mrs. Krihsna Taware
Senior Assistant	Smt. Aruna
Sr. Assistant & Transport In charge	Sri Umapathi M.R.
Registrar's Secretary	Sri Venkatesh K.K.
Assistant	Sri Kumar N.
Assistant	Sri Rajamma S.
Carpenter	Sri Srikantha
Electrician	Sri Bore Gowda

Head Cook	Sri Satyanarayana Babu
Driver	Sri Viswanath N.
Sr. Comp. Technician	Sri Elumalai S.
Sr. Assistant	Sri Veeresh
Sr. Comp. Technician	Sri Muralidhar H.D.
Staff (Group D)	Smt. Muniamma
Office Assistant	Mr. Santhosh
Office Assistant	Mr. Basavaraj (M.Sc.)
Office Assistant	Mr.Vikas
Office Assistant	Mr. Dilip Sharma
Office Assistant	Mr. Prasad

3.14. Arogyadhama Medical Chief

Designation	Name	Ext. No.
Chief Medical Officer	Dr. Nagarathna R. M.B.B.S, MD., FRCP., DSc	9963

3.15. Arogyadhama Medical Officers

Name	Qualification	Ext. No.
Dr. Padmini Tekur	M.B.B.S, Ph.D.	9963
Dr. Amit Kumar Singh	B.A.M.S, M.D (Y & R)	9963
Dr. Ashween Bilagi	B.A.M.S, M.D (Y & R)	9963
Dr. Hemant Bhargav	M.B.B.S, M.D (Y & R)	
Dr. Praveen Angadi	B.A.M.S., M.D. (Y & R)	
Dr. Sushma	B.A.M.S.	
Dr. Sriloy Mohanty	B.N.Y.S.	
Dr. Reshma	B.N.Y.S.	



4. 14th Convocation of S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana A Yoga University, Bengaluru

Bengaluru, Prashanti Kutiram, Jan 12: 'The aim of the Indian government is to promote and encourage the youth who have excelled and achieved in the disciplines of yoga and sports. Hence, it has been contemplated by MHRD, Govt. of India to establish departments of yoga, physical education, gymnastics, physical and mental health in various schools, colleges and universities in the country' said Sri Prakash Javdekar, Union Minister for HRD, Govt. of India while giving away degrees and medals to the successful students of S-VYASA Yoga University, Jigani Campus.



Purna Kumbha Swagata to Dignitaries

The Hon'ble Minister said that yoga should become a part of life. Hence there is a serious effort to popularize yoga which is an ancient science having scientific background. Owing to the mammoth effort of Hon'ble Prime Minister Sri Narendra Modiji, International Day of Yoga (IDY) was organized in 193 countries. India is in the frontline of information



Veda Ghosha by the Faculty, Division of Yoga-Spirituality



Convocation declared open by the Chancellor, Dr. H R Nagendra

technology, biotechnology and other research. The internal and external stresses in these fields can be relieved by practicing yoga and also for attaining peace and comfort. He called upon the graduates to explore new avenues in yoga research and complimented the parents for sending their wards to this profession and also S-VYASA University for opening up new vistas in the field of yoga. The efforts of Hon'ble Prime Minister and the union govt. in making yoga as an integral part of education and profession would make India, a world preceptor.

Sri Arjun Ram Meghwalji, the Minister of State for Finance and Corporate Affairs in his address said that the Convocation of S-VYASA coincides with 154th birth anniversary of Swami Vivekananda. Graduates should inculcate compassion, humanism and values of social service in their lives and should contribute for the society. In this regard, the relationship of teacher and student is very important.

Dr. K Kastrurirangan, the former Chairman, ISRO and present Chairman of Karnataka Knowledge Commission in his Convocation address said that the role of India in Space research is extraordinary. India has earned world fame for carrying forward the wheels of ancient knowledge and modern science cogently. The systems of yoga and Ayurveda have enhanced the health and longevity of Indians since time immemorial. In this context, the great contributions of renowned Indian thinkers like Charaka, Sushrutha, Bharadwaja, Aryabhata, Varahamihira and others have been tested scientifically by modern researchers, thus earning fame all over the

MHRD would support for achievements in Yoga and Sports

Sri Prakash Javdekar
Union Minister for HRD





Felicitation to Shri Prakash Javdekar



Felicitation to Shri Arjun Ram Meghwal



Felicitation to Dr. K Kasturirangan

world. Dr H R Nagendra, the Chancellor of S-VYASA should be complimented for promoting such inter-disciplinary research at the global level.

Dr. H R Nagendra in his introductory remark said that yoga and meditation are very important tools in controlling Diabetes which has spread like an epidemic the world over. It is a matter of pride that world renowned scholars and research centers have accepted that yoga can cure diseases such as cancer. The practice of yoga would help people to live healthily and happily and free from various ailments and diseases. S-VYASA Yoga University is imparting knowledge and degrees in yoga through which thousands of students are doing service to humanity and this has created a new parallel employment all over the world.

Dr. R Nagarathna, MBBS, MD, MRCP(UK),FRCP



MDNIY Director, Dr. Ishwar V Basavaraddi, Vice Chancellor of Ramakrishna Mission Vivekananda University, Swami Atmapriyananda, NAAC Director, Prof. D P Singh, UGC Secretary, Prof. Dr. Jaspal Singh Sandhu, D.Sc awardees Dr. K. K. Deepak & Dr. R. Nagarathna, D.Litt awardee Prof. M A Lakshmithathachar and many more dignitaries were present



Oath taken by the Graduates. *Inside Picture* - Vice Chancellor, Prof. Ramachandra G Bhat preached the oath

(EDIN) the Medical Director of Arogyadhama, VYASA, Dr. K K Deepak, MD PhD, Professor & Head, Dept. of Physiology, of AIIMS, New Delhi were awarded the honorary Doctor of Science (D.Sc.) and Prof. M A Lakshmithathachar, a renowned Sanskrit Scholar, former Director of Academy of Sanskrit Research, Melukote and President Awardee, was given the honorary Doctor of Literature (D.Litt.) by the Hon'ble Union Minister.

Hon'ble Vice-Chancellor Prof. Ramachandra G Bhat of S-VYASA initiated the Upanishadic advice to the students. Prof. M K Sridhar, Dean of Academics read out the list of UG and PG students. Prof. N K Manjunath Sharma, Director of Anvesana Research Laboratories, S-VYASA read out the list of PhD, MD graduates and recipients of honorary degrees. Dr. Sanjib Kumar Patra, the Registrar read out the winners of medals and endowment prizes.



Saraswati Homa

All the Deans, Controller of Examination, Heads of Departments were also present on the stage.

3 PhD, 3 MD, 16 BNYS, 123 M.Sc. and 60 B.Sc. students were awarded degrees by the Hon'ble Union Minister and other dignitaries.

Prof. K Subrahmanyam, the Pro-Chancellor of S-VYASA proposed hearty vote of thanks.

The Convocation ended with national anthem.

■ *Prof. M K Sridhar*



Convocation Program concluded with National Anthem - Jana Gana Mana...

14th Convocation Address

Dr. K Kasturirangan
Chancellor, Jawaharlal Nehru University, New Delhi
Professor Emeritus, National Institute of Advanced Studies, Bengaluru



January 12, 2017

Dr. H R Nagendra, Hon'ble Chancellor of Swami Vivekananda Yoga Anusadhana Samasthana (S-VYASA), Dr. Ramachandra G Bhat, Vice-Chancellor, Dr. Sanjib Kumar Patra, Registrar, Members of the Board of Management, Academic Council, Members of the faculty, my dear students and esteemed invitees.

I deem it a special privilege to be invited to address the convocation of S-VYASA University. I would like to thank the Chancellor, Vice-Chancellor and other Members of the University for this Unique Honour done to me. I take this opportunity to greet each and every one of you who is present today in this campus on this august occasion.

This is the first time I am visiting an educational institution devoted to the science and practice of Yoga, whose relevance to the society is being felt in manner as never before in the recent times. This University is a standing edifice to the vision and teachings of Swami Vivekananda, especially focussing on shaping the future of youngsters to become responsible citizens. The recognition given by the Indian Council of Medical Research, to this University, as the Centre of Advanced Research in Yoga and neurophysiology, provides the right type of credentials, to give it a credible role in establishing the scientific basis to this ancient Indian legacy. This arrangement also provides the University an opportunity to bring in modern methods of scientific research and analysis, including contemporary technological capabilities, giving the practice of Yoga enhanced and effective methods of applications. This dimension is extremely important in the context of dramatic advances in field of medical sciences giving better insights into the behaviour of human body and thus, enables us to understand as to how yoga can complement and supplement the modern allopathic and other developments.

The Chancellor of the University, Dr. Nagendra deserves special praise from all of us for his extraordinary track record, bringing with him an extraordinary breadth and depth of rich multidisciplinary knowledge base that makes his responsibility in overseeing this University truly effective and innovative. With a PhD. degree in mechanical engineering from Indian



Dr. K Kasturirangan is currently the Chancellor of Jawaharlal Nehru University, an Honorary Distinguished Advisor, Indian Space Research Organisation, an Emeritus Professor at the National Institute of Advanced Studies. Earlier, as Chairman of ISRO, he oversaw the space programme in India between the years 1994 and 2003. He was also a Member, Upper House of the Indian Parliament, and subsequently, Member of the erstwhile Planning Commission. His interests include astrophysics, space science and technology as well as science related policies.

Dr. Kasturirangan is a Member of the International Academy of Astronautics and served as its Vice President. He is a Member of the International Astronomical Union and a Fellow of The World Academy of Sciences (TWAS). He is a Fellow of Indian Academy of Sciences and served as its President during 2001-03. He is Fellow of Indian National Academy of Engineering and was its President during 2005-06. He was also General President of the Indian Science Congress for the years 2002-2003. Besides, he is the Fellow of the Indian National Science Academy and the National Academy of Sciences of India. He is the Honorary Fellow of the Cardiff University, UK and Academician of the Pontifical Academy of Sciences, Vatican City.

He has won several awards including Brock Medal of International Society of Photogrammetry and Remote Sensing, (2004), Allan D Emil Memorial Award of the International Astronautical Federation (2004), Theodore Von Karman Award by International Academy of Astronautics (2007), Shanti SwarupBhatnagar Award in Engineering, Aryabhata Award 2003 of Astronautical Society of India, Lifetime Achievement Award of Asia-Pacific Satellite communications Council, Singapore, Aryabhata Medal by Indian National Science Academy (2000), Asutosh Mookerjee Memorial Award by the Indian Science Congress, Award of Jewel of Ruia, Ruia College Alumni Association, 2007; MaharanaUdai Singh Award 2007-08 by Maharana of Mewar Charitable Foundation, Udaipur, 2008; Rajayogindra Award, Maharaja of Mysore (2008); Vikram Sarabhai Memorial Gold Medal, Indian Science Congress (2009) etc. He has been conferred with the highest civilian honours Padma Shri, Padma Bhushan and Padma Vibhushan by the President of India and Award of 'Officer of the Legion d'honneur' by the President of the French Republic, France.

Institute of Science, I see that Dr. Nagendra has worked in some of the foremost engineering and scientific institutions across the world including University of British Colombia, Harvard University, Imperial college of Science &Technology and including a stint at NASA's Marshal Space Flight Centre. What is also striking is the fact, after this illustrious academic career in Science and Technology; he chose to become a part of the Vivekananda Kendra as a whole time worker. Here too, after occupying several levels of responsibilities with different institutions related to Yoga activities, he has now reached the position of the Chancellor of this unique institution of erudition and excellence.

I find an interesting dimension to his career which I may like to share with all of you. In 1893, Swami Vivekananda was travelling from Japan to America with Jamsedji Tata in the same ship. Swamiji asked Jamsedji, for what mission was he travelling and Jamsedji said he wanted to bring steel industry to India. Swamiji blessed him and then pointed out that the steel technology had two components- one is scientific understanding of steel and the other is manufacturing technology. 'What can you bring to this country in material technology if you do not build



PhD (Yoga) and MD (Yoga & Rehabilitation) Scholars with Dignitaries

material science in this country'- asked Swamiji. This advice left a deep impression on Jamsedji's mind. Several years later, he decided to build a research institute on fundamental science with a dedicated team of scientists. Inspired by the news of the establishment of Ramakrishna Mission, Jamsedji sent a letter on 23 November 1898 to Swami Vivekananda seeking his leadership for a campaign of linking asceticism with science. He wrote:' it seems to me that no better use can be made of the ascetic spirit than the establishment of monasteries or residential halls for men dominated by this spirit, where they should live with ordinary decency, and devote their lives to the cultivation of sciences-natural and humanistic. I am of opinion, that, if such a crusade in favour of asceticism of this kind were undertaken by a competent leader., it would greatly help asceticism, science and the good name of our common country; and I know not who would make a more fitting general of such a campaign than Vivekananda".

As you already have noted, your Chancellor had his Post Graduation education from this creation of Sir Jamsedji Tata that reflects the spirit and ideas of Swami Vivekananda. Having excelled himself in the subject of engineering and technology including space technology, your Chancellor has now chosen to be associated with an institution which translates the other dimension of the Swamiji's thoughts, asceticism. What better way to demonstrate the extraordinary depths of Swamiji's thoughts and ideas linking science and asceticism, than this commendable fusion between the two. I make this observation only to emphasise the richness in the quality of thinking that goes into the actions of your Chancellor, including his penchant for excellence and courage of conviction. To you, my dear students, your Chancellor is the real role model to emulate as you plan and shape your future life.

I see that you have a qualified and committed faculty ably lead by your erudite Vice-Chancellor. The University ensures quality education by not only providing best of the teaching contents but also combining the same with research. I am sure, my dear young friends, in the years to come, you will certainly continue to find the value of the academic, social and cultural experience that you received from your alma mater, irrespective of what responsibilities you assume and where you work.

My dear young friends, the rich ambience of this place to which you belong, is an enduring source of inspiration for all of you. I warmly congratulate each one of you who is graduating today and I extend my best wishes to you for your success and for fulfilment of your visions, dreams and aspirations in life. High and noble aspirations are indeed your guiding stars in your journey towards achieving perfection and realizing your true potential. Through your hard work and dedication to learning, you are already on the path to achieve individual excellence. As you begin your journey in the new phase of your professional life, you should be prepared to face the rigors, excitements and uncertainties all the way. Beat the fatigue with the fountain of talents and creativity that is within you. Never lose sight of your goals and aspirations, whatever may be the obstacles. "A block of granite which is an obstacle in the path of the weak becomes stepping stone in the path of the strong".

To appreciate the significance of Yoga in the modern context, it will be of interest to examine its evolution since ancient times. India has a rich legacy in terms of its contributions to science and technology over periods spread across millennia. Sage Bharadwaja, acknowledged as scholar extraordinaire is believed to have explained to Sage Bhrugu the details and process of creation of Universe. Bharadwaja, who is also acknowledged as a technocrat, is credited with teaching missile technology to Agnivesha in Mahabharata. Sage Kanada is known for his pioneering ideas about atomic theory of matter. Sushrutha is known as the "Father of Plastic Surgery"and has authored the most exhaustive ancient treatise on surgery- Susruta Samhita. Charakawas the first physician who presented the concept of digestion, metabolism and immunity. Aryabhata is a great mathematician and astronomer whose contributions include the first determination of the value of Pi and giving method to express large numbers. Varahmihira provided original ideas for locating underground water and is also the author of treatises like Panchasiddhantika, Brihatsamhita and Brahjjataka.

The work of Sage Patanjali needs special mention in this connection. It was Patanjali who assimilated the different themes of Yoga and systemized the practices into a well-structured doctrine. Patanjali composed the Yogasutra (400 BC), which remains a classic on the subject to this day.

The literal meaning of the Sanskrit word Yoga is 'to link' 'to join' 'to yoke'. In the context of Indian thought, it is the practice by which Individual Consciousness merges with universal consciousness and the true nature of human existence is realized. Yoga is a mental and physical discipline, by practice of which the individual attains a perfect state of health in mind and body. The first known material evidence of the practice of Yoga in India comes from the seals of the Indus valley civilization (3200- 1300 BC). The term "Yoga" first appears in the 'Katha-Upanishad' where it is defined as the study control of the senses which along with the cessation of mental activity will lead to the supreme state. It discusses various levels of existence according to their proximity to the innermost being, Atman. Yoga is presented as a process of interiorization or ascent of consciousness. Patanjali's 'Yogasutra' is composed of four chapters- Samadhi Pada, Sadhana Pada, VIbhuti Pada and Kaivalya Pada. Yogasutra is fundamental to the branch of Yoga known as the 'Raja Yoga' or 'King among Yogas'. Swami Vivekananda regarded Raja Yoga as extremely rational in approach and wrote a masterly book with an introduction on the subject and translation of the Yogasutra.

The practices are interlinked and so tiered, that from asana onwards one is led to the higher states of the mind, through diligent practice until the final stage of Samadhi delivers the aspirant the ultimate aim of life. Swami Vivekananda puts in a word of caution to the seeker about the practices, 'but all such are especially and earnestly reminded that, with few exceptions, Yoga can only be safely learnt by direct contact with the teacher'. He also added that if one sees earnestly and with the decided aim of achieving liberation alone, one will find the teacher or the teacher will find him out.

The reason why I give the details of our early heritage in Science, technology, mathematics



MSc (Yoga Therapy) Graduates with Dignitaries



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and astronomy is to emphasize the extraordinary influence of many of these ancient Indian thoughts in the context of several modern developments in these areas including medicine. Yogic science as enunciated by Patanjali has travelled down centuries and today finds its new relevance in context of rehabilitation, prevention of non-communicable disease and promotion of positive health.

Yoga attracted the attention of the educated Western public in the mid-19th century. NC Paul published his treatise on Yoga philosophy in 1851. The first Hindu teacher to actively advocate and disseminate aspects of Yoga to a Western audience was Swami Vivekananda, who toured Europe and the US in the 1890s. RW Emerson of the USA, GTW Hegel, Max Mueller and others in Europe took active interest in Europe in Yoga along with Vedanta. In the early 20th century Yogananda Paramahansa introduced 'Kriya Yoga' to millions of Westerners. The popularity of Hatha yoga especially aspects in the Hatha yoga that focus on postures and breathing exercises to eliminate diseases and bring good health been on the constant rise in the US and Europe.

Coming to the some other specific aspects of Yogic sciences, it is to be emphasized, that in order to adopt and support different approaches to health care there is the requirement of substantive clinical research evidence. Presently, the medical technology as well as continuing pharmaceutical research has been witnessing rapid advances and their effectiveness more and more being felt in the global healthcare systems. The same advances and the knowledge gained, also helps us to examine parallel the relevance and uniqueness of the traditional systems. In this context one is witnessing increasing emphasis on research directed to better understating of the impact of Yoga on health and well-being. Yoga is an ancient practice and has been intimately connected with cultural, religious and physical activities for several millennia. There has been definitive assertion by practitioners of Yoga regarding its unique effect on balancing emotional, physical and spiritual health. The contemporary studies do substantiate many of these claims, both from the inputs from the practitioners and the more recent research work that clearly underscore the broad ranging benefits of Yoga, as a treatment and as a preventive form of medicine and health care.

The modern age which is dominated by computerisation coupled with the pharmaceutical medication have been effective in dealing with many of the symptomatic health problems that allow us to carry on with our normal life, but reflecting very little on our personal health. In this context, it is refreshing to note that Yoga is not only finding increasing popularity in practice but also additional space among researchers who want to explore exactly how yoga practice can help us. One cannot of course contest the present approach of evidence based medicine. It is important to substantiate any clinical claims made for any therapy and Yoga can be no exception to this. There are several research outcomes that highlight the effectiveness of practising yoga to reduce essential hypertension

and anxiety during pregnancy, its effect on regulating heart rhythm, their connection to the brain wave activity, improvement of core stability and balance as well as postpartum depression.

Coming to some of the hard core contemporary research efforts, many recent behavioural and neuroscientific studies have revealed the importance of investigating meditation states and traits to achieve an increased understanding of cognitive and affective neuroplasticity, attention and self-awareness, as well as for their increasingly recognised clinical relevance. The investigation of states and traits related to meditation has especially pronounced implications for the neuroscience of attention consciousness, self-awareness, empathy and theory of mind.

Meditation can be conceptualised as a family of complex emotional and attentional regulatory practices, in which mental and related somatic events are affected by engaging a specific attentional set. Studies on the neuroscience of meditation can be broadly classified into two types: one type focuses on the nature of changes in the brain activity during the practice of meditation (meditation state) and the other type focuses on the cognitive and neural changes due to the long-term medication practice (meditation trait). Several studies have reported changes in attentional processes due to meditation practices. Mediators show decreased attentional blink, improved ability to control perceptual rivalry, reduced distractibility and more sustained attention. Another study with Vipasana meditation has shown a reduced attentional blink. The Vipasana meditators possibly gained better control over the allocation of attention. In a related study, EEG spectral analyses implicated that after meditation based mental training the cognitive system is more rapidly available to process new target information.

Now, I come to an important emerging area of human Endeavour which could qualitatively change the character of the human kind; I mean the initiatives of the Nations to move to the last frontier- the Space. From the brief foray of Yuri Gagarin in to Space, the world today has witnessed several human space flights that have put humans from a few hours to few days to several months to few years. In the process, there has been enormous amount of medical and clinical data on the behavior of humans under microgravity conditions of Space.

India's space program is more than five decades old. During this period, we have flown world class satellite for communications, remote sensing, broadcasting, meteorology, navigation and space science. In order to place these satellites in appropriate orbits, we have also developed launch vehicle capabilities. India has many ambitious plans, going beyond its present level of achievements, by undertaking missions to Moon and planets, planning Human space flights in near Earth orbits as well as conduct of front-ranking space science experiments. Considerable amount of work is currently in progress in connection with human space flight by India. Such an effort would involve mastering of several technologies and techniques, such as realization of man-rated vehicles, development of one or two man capsules to be put into space, close-cycle ecosystems for humans to survive in Space, technology of recovery and return from Space, safety, reliability and other related issues. Further these initial efforts can



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also create the necessary credentials for India to work with other Nations as a part of Global Endeavour to explore and exploit Solar system objects including in some cases, building human habitats. One of the important preparatory works for this would be an intense program at the National level on Space medicine, which would include study, understanding and dealing with human presence in Space. I am sure, the study and evaluation of the effectiveness of Yoga to deal with the problems of long duration human flights, is sure to be a major Endeavour of the future. As we move in to the latter half of the 21st century, these steps that have already been taken will further expand and intensify through the ambitious plans of lunar exploration and lunar settlements and also that of humans making trips to Mars, asteroids and Moons of other planets. Ability to cope up with long duration spaceflights under microgravity environment, radiation, psychological effects of isolation and many related aspects, needs to be better understood, dealt with and appropriate solutions found. It is in this context, the world is taking note of the very unique aspects of Yoga sciences that could provide solutions to many of the problems of human space flight.

I may mention in this connection, that the astronauts living in microgravity of Space experience physiological changes including decrease in number and mass of red blood cells & white blood cells causing susceptibility to infections, the heart becomes 9.4% more spherical in shape and loses muscle mass leading to cardiac problems, body fluids no longer flow back down and due to pressure of the heart and veins and arteries the blood rushes to the torso and head causing 'puffy face syndrome', eyes become red and swollen. Researchers have hypothesized that practice of Yoga- breathing; stretching, relaxation and meditation techniques will provide relief from physiological stress associated with space travel in astronauts and space travelers. It has been reported that practice of Yoga reduces immunodeficiency. Therefore, Astronauts can practice Yoga as an option for maintaining their immune system. Prolonged space travel also leads to atrophy of muscles supporting the spine resulting in spinal disc diseases, bone degradation is observed due to loss of minerals. About 10% reduction in bone mass in the lower limbs which are underused in space has been reported. These changes become progressively more pronounced with the increase in the mission duration. Researchers have deduced that in addition to the core-strengthening exercises performed by astronauts,



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Yoga might be a useful addition to their exercise training since Yoga practice requires no setting up of complicated equipment's, it could be useful in providing forces on the musculoskeletal system by stretching and flexing movements, helping reach muscles that support the spine and are evaded by traditional exercises. Certain researchers have also hypothesized that Yoga exercises involving repetitive ankle, toe or other flexion, will not only contribute to increased blood flow to the muscle regions and bones, but also help in ligament stimulation, muscle contractions that will help an astronaut maintain a healthy bone structure. Apart from the physiological changes, astronauts also face a range of stressful situations throughout their mission. A variety of asanas, pranayama, and meditation combined with finger-thumb hand gestures are claimed to provide stress-relief. The body of an astronaut experiences changes on return from spaceflight and attempts to adapt to living in Earth's gravity leading to conditions like orthostatic hypotension (OH) characterized by low blood pressure, inability to stand without feeling faint etc.. Deep breathing exercises in Yoga designed to increase the blood flow to the brain should be practiced by astronauts which will help them combat OH and also space-sickness during their early portions of flight.

Rakesh Sharma, India's first man in space performed yoga while strapped to sensitive instruments as a part of experiments to deal with the effects of weightlessness, motion sickness and the psychological condition of man in space during his eight day mission to space, though the data obtained was not pursued further. Based on data from scientific literatures regarding various asanas, breathing techniques and muscular movements during Yoga practice, it is hypothesized that Yoga can provide options that can be used by astronauts as their personal health kit to combat effects of microgravity and other stressful conditions before, during and in post-flight rehabilitation.

Before I conclude, it will be most appropriate for me to make some remarks on the efforts of our Hon'ble Prime Minister Shri Narendra Modi Ji, in bringing a transformational awareness of Yoga to a larger cross-section of our society and also globally. He has personally carried the message of Yoga, through his speeches, including sharing his thoughts with his countrymen through Maan ki baat. He raised the stature of Yoga to the global level by speaking about it at the United Nations and bringing the awareness and practice of Yoga in an unprecedented manner to the global community. Today as you know, the United Nations has adopted 21stJune, as the International Yoga Day, which stems out of extraordinary vision of our Prime Minister. Yoga, in the coming years and decades, and in the era of human space exploration, is sure to graduate into an integral element of human existence. From an individual, to societal, to National and International regimes, it is destined to attain the stature of a global culture. What is even more exciting is to anticipate Yoga attaining planetary and Universal proportions, as the humans reach for the stars!

Thank You.

D.Sc and D.Litt awards

Doctor of Science (D.Sc) award to *Dr. K. K. Deepak*



Dr. K. K. Deepak has been serving as a faculty in the Department of Physiology at All India Institute of Medical Sciences, New Delhi for 28 years, keeping his interest in autonomic nervous system. He initiated the **Autonomic Function Lab in** the department in1989. Since then he has been serving as Chief of the AF Lab. It was the first lab of its kind in the century. It has been providing patient care services and platform for research in **Clinical Physiology**, till date over 17,000 human subjects have been investigated in this lab. Seeing the success of the lab, several institutions have been approached to set up such labs in several institutions (BPKIHS, Dharan Nepal; KGMU, Lucknow and NIMHANS, Bangalore; SMS Medical College, Jaipur). They have developed successful networking among six national institutions for autonomic tone quantification. In his lab over **100 students** have been trained in the techniques of testing autonomic functions including 9 foreign students, realizing the need of vascular functions in 2000, now **Vascular Functions Lab** has facility for Transcrainal Doppler, Impedance Plethysmography, Non-invasive continuous blood pressure measurement (Finometer, Finapres, portapres), non-invasive monitoring of brain oxygen metabolism etc. They have also standardized the non-invasive method of measuring cardiac output using indigenous technology.

His academic and innovative contributions have further paved his way to contribute to the field of administration. He served as **Sub-Dean (Exams) at AIIMS** (from June 2001 to September 2006). Later he served as **Professor-In-Charge** of Examination till 14th September 2008. He has been successful in rendering his services to examination process through innovation, and applying the basic principle of educational assessment. He has been instrumental in bringing objectivity into assessment in medical education at all levels. Later, the objectivity was introduced to all levels of job recruitment through written tests/Objective Skills Testing at AIIMS.

Another area of his interest has been **Medical Education**. He has a Center *of Medical Education and Technology* **(CMET)** at AIIMS which plays important role in all aspects of developing medical education. In his initial years, he served as adjacent faculty member for this center for 12 years (1987-2000). During this period, as resource faculty, he actively participated in 45 workshops on medical education providing training to the national and international participants (SAARC countries). He has published more than 25 communications in the field of medical education.

At international level, he served as **Item Bank Administrator for International database for Enhanced Assessment and Learning (IDEAL) Consortium** at Dammam University, Kingdom of Saudi Arabia during his two year lien from AIIMS (2008-10), he developed the ideal consortium of question banks across 13 countries (www.idealmed.org).

Presently, at AIIMS he has been entrusted with the responsibility of Professor In Charge of

Center for medical Education and Technology (CMET) which has the responsibility of Faculty and staff development. He is also serving as Nodal Office for AIIMS New Delhi for National Knowledge Network (NKN)

The **techniques of EMG biofeedback** (published) for patients of hand and meditation for drug-resistant epileptics was introduced by him. He also set up the technique for recording the gastric motility from surface called **electrogastrography (EGG)** first time in our country. Further for the first time, they developed this technique for using EGG signal as biofeedback signal to provide relief to the patients of functional bowel syndromes. He has also been interested in designing and developing software for analysis of physiological autonomic tone. They have indigenously developed beta version of centralized system of HRV analysis (autonomic tone) for the country. He has recently filed a patent application for discussing the **Yoga Application for Astronauts**.

He has 116 **Full Length Referred Research Papers** published in **Indexed Journals** and contributed 13 chapters in various books. He has co-authored three books. His work has been abstracted in more than 300 scientific communications.

Doctor of Science (D.Sc) award to *Dr. R. Nagarathna*



Dr. R. Nagarathna is the Medical Director of Arogyadhama, the Holistic Health Care Center at Prashanti Kutiram, Bengaluru. Having mastered Yoga, she combines the best of the East (Ancient Indian Traditional System – Yoga) with best of the West (Modern Medicine System – Allopathy) for treating even acute cases of non-communicable diseases such as Asthma, Heart disease, Cancer. Apart from being Medical Director, as an academician, she has been guiding many PhD students of S-VYASA.

Specialities

- Yoga & Meditation

Memberships

- Fellow of Royal College of Physicians, Edinburgh, UK.
- Member of Royal College of physicians, Edinburgh, UK.
- Fellow of International College of Angiology, USA.
- Life Member of Association of Physicians of India.
- Member of Third World Organization for Women in Science, C/o Third World Academy of Sciences, Trieste, Italy.

Experience

- Medical Director at Arogyadhama and Faculty, S-VYASA, Bangalore.
- Assistant Surgeon, Children's Unit, Vani Vilas Hospital, Bangalore.
- Assistant Surgeon cum lecturer, CG Hospital & JJM Medical College, Davanagere, Karnataka.
- Senior House Officer, Poole Hospital, Department of Geriatric Medicine Middlesbrough General Hospital, Cleveland, UK.
- Registrar, Rheumatology, West Lane Hospital Middles - borough, Cleveland, UK.
- Chief Medical Officer, Vivekananda Kendra Yoga, Chikitsa Nilayam, Kanyakumari, India.
- Visiting Consultant Physician, Ashwini Hospital, Mercara, Coorg, Karnataka, India.

Awards

- "**Vishweshwaraiah Vijnana Puraskara**" (2008) for contribution in the field of Scientific Research in the field Yoga Swadeshi Vijnana

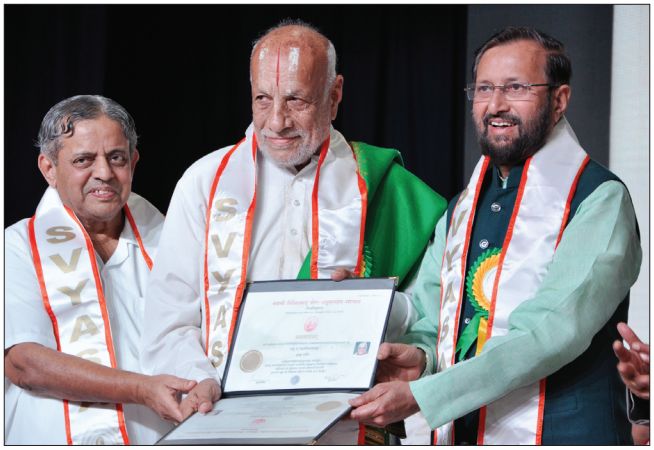
Andholana, Karnataka.

- The Essel Karnataka's "**Best Medical Service Award**" (2007) from ZEE-Kannada Television Channel.
- "**Vidya Varenya**" (2005) for contributions in the field of yoga by, Ministry of health Vyaps Techno Soft Pvt. Ltd. And Quaser Innovation Pvt. Ltd. Bangalore.
- "**Woman of Excellence**" award (2003) by the Badaganadu Sangha Association, Bangalore, for service to humanity through Yoga Therapy.
- "**Dr. P S Shankar Vaidya Shree**" award (2001) by Dr P S Shankar Pratistana, Gulbarga.
- "**Patanjali Award**" (2000) for contributions in the field of yoga by Indian Systems of Medicine and homoeopathy (ISM&H), Ministry of Health and Family Welfare, Government of India, arranged through Director, ISM & H in Bangalore.
- "**Karnataka Kalpavalli**" award (1995) for 'Service to women through Yoga' awarded by 'Shaswathi' a women's organization, NMKRV College, Bangalore.
- "**Doctor's Day**" award (July 1992) by IMA, Bangalore Branch.
- **Honorary Doctor of Science** (DSC) (February 2012) from Kuvempu University, Shivmoga, Karnataka.

Distinctions

- Member of Finance Committee of Central Council of Research in Yoga and Naturopathy (CCRYN), Department of ISM & H, Ministry of Health & Family Welfare, GoI, New Delhi (since 2001).
- Member of working group of Experts for preparation and approval of syllabus for PG Diploma in Yoga therapy by University Grants Commission (UGC), New Delhi, (2002 - 2003).
- Faculty, School of Integrative Medicine, Swinburn University, Melbourne, Australia, (since 2002).
- Recipient of Gold Medal for securing first rank in Surgery in final MBBS exam (1966), Bangalore University and Silver medal for securing second rank in ophthalmology in MBBS (1965), Bangalore University.

Doctor of Letters (D.Litt) award to *Prof. M A Lakshmithathachar*



Prof. M A Lakshmithathachar is a traditional Sanskrit scholar who specializes in all the Indian Knowledge systems. He has dedicated his life to prove to the world the modern relevance of these knowledge systems to fields as varied as Information technology, agriculture, horticulture and so on. He has edited / authored more than 100 various publications. He has taught at the Post-Graduate and doctoral levels and established several institutes of national and international repute. Presently, he heads the Samskriti Foundation (www.samskrti.org) at Mysore and is actively engaged in research work and spreading awareness about the importance and significance of the traditional Indian knowledge systems.

Degree

- B.A. (Sanskrit & Philosophy as majors) with 8th rank, Mysore University
- M.A. (Sanskrit) (passed out first in first Rank with two gold medals), Madras University
- Navya Nyaya Vidvan first in first getting Gold Medal of the President of India from Govt. of Karnataka

Positions Held previously

- Lecturer in Sanskrit, Government College, Chitradurga, - 4 years
- Lecturer in Sanskrit, Government Arts & Science College, Bangalore, - 4 years

- Assistant Professor of Sanskrit, Post-Graduate Department of Sanskrit, Bangalore University, Bangalore, -10 years
- Founder Joint Secretary, Academy of Sanskrit Research, Melkote, Mandya Distirct, Karnataka.
- Registrar, Academy of Sanskrit Research - 8 years
- Director, Academy of Sanskrit Research, Melkote - 18 years

At Present

- Chairman, Centre for literary Research, Indian Institute of Ayurveda and Integrative Medicine (IIAIM), Foundation for Revitalization of Local Health Traditions (FRLHT), Bangalore, heading the Medical Manuscripts Programme at I-AIM, FRLHT.
- President, Samskrti Foundation, Mysore **www.samskrti.org**
- Member, Academic Council, & Visiting Professor, S-VYASA University, Bangalore **www.svyasa.edu.in**
- Senior Honorary Advisor, FRLHT, A centre of excellence under the Ministry of Environment and Forests, Bangalore **www.frlht.org**
- Member, Governing Council and Chief Advisor, TVS Chef Training Institute, Tumkur
- Member, Academic Council, & Visiting Professor, Jawaharlal Nehru Institute of Advanced Studies, Hyderabad

Recognition and Honours

- Award of President of India for outstanding scholarship in Sanskrit and contribution to build a bridge between the Ancient Knowledge Systems and Modern Science
- Citizen of the Age of Enlightenment by Maharshi Mahesh Yogi International Academy of Science
- Ramanuja Paduka Sevaka by Sri Kumara Venkatachariar Sadhabhisekha Mahotsavam 2001, Sri Mudali Andavan Swami Thirumaligai, Singaperumal Koil, Chennai.
- Many other titles and certificates of honor conferred by various other Institutions.



BSc (Yoga Therapy) Graduates with Dignitaries



DDE - BSc (Yoga) Graduates with Dignitaries

Awards for Achievements








SNo	Name of the Award	Awardee
1	Manonmani Rudraiah and Laxmi Memorial Academic Excellence award for 'PhD Best thesis'	Dr. Hemant Bhargav
2	Dr. Dayananda Dangonkar Memorial Award for 'Best MD student'	Dr. Binod Ghimire
3	Sitaram Jindal Foundation Gold Medal for MSc - YT	Jintu Kurian
4	D K Poddar Silver Medal – MSc - YT	Jayanthi Rao H R
5	Sitaram Jindal Foundation Gold Medal - BSc - YT	Bissa Latika Pravin
6	D K Poddar Silver Medal – BSc - YT	Kalyan Maity
7	D K Poddar Gold Medal Scheme Gold Medal - BNYS	Monika Jha
8	D K Poddar Silver Medal – BNYS	Arundhathi Goley
9	Prof. N Nagappa Memorial Award for 'Academic Excellence' among M.Sc. (Yoga & consciousness) graduates - Silver Medal	Sreenath K P
10	D K Poddar Award for 'Academic Excellence' among MSc - Yoga graduates	Shree Raksha Bhide U
11	Medal for Academic Topper in Modern Medicine Subjects	Monika Jha
12	Medal for Academic Topper in Naturopathy Subjects	Monika Jha
13	Medal for Academic Topper in Yoga Subjects	Monika Jha
14	D K Poddar Gold Medal for MSc - Yoga among Distance Education graduates	Maria Lena Fernandes
15	D K Poddar Silver Medal for MSc - Yoga among Distance Education graduates	Raghunandan V
16	D K Poddar Gold Medal for BSc - Yoga among Distance Education graduates	Meera S
17	D K Poddar Silver Medal for BSc - Yoga among Distance Education graduates	Darshini Jyasekara








5. DIRECTORATE OF DISTANCE EDUCATION (DDE)

5.1. Objectives & Recognitions

DDE's Mission is 'Yoga to Every Doorsteps'. It caters to the needs of all the Yoga enthusiasts who are unable to attend our residential Yoga courses at Prashanti Kutiram campus.

5.2. Courses Offered

1. MSc (YEd) - Master of Science in Yoga and Education,
2. MSc (Y) - Master of Science in Yoga,
3. PGYTD - PG Diploma in Yoga Therapy for Doctors,
4. PGDYT - PG Diploma in Yoga Therapy,
5. BSc (YEd) - Bachelor of Science in Yoga and Education,
6. BSc (Y) - Bachelor of Science in Yoga,
7. YIC - Yoga Instructor's Course.

5.3. Team of DDE

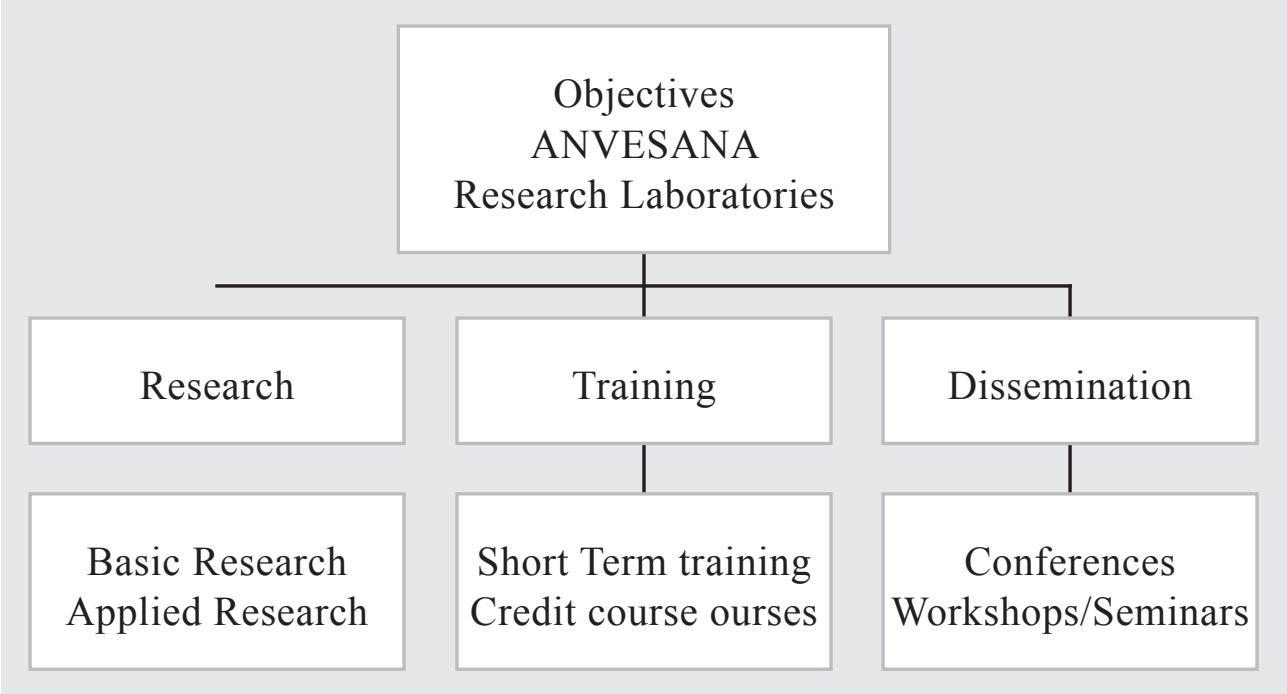
Designation	Name
Director	Dr. H.R. Nagendra
Deputy Director	Dr. Natesh Babu
Asst. Professor & Coordinator B.Sc.	Dr. Satyapriya Maharana
Asst. Professor & Coordinator PGDYT	Dr. Prerana Bhargav
Asst. Professor & coordinator M.Sc.	Dr. Promila Choudhari
Asst. Professor & coordinator YIC	Sri Sailesh Pradhan
Asst. Professor	Dr. Kashinath G. Metri
Asst. Professor	Dr. Meenakshi
Asst. Professor	Dr. Preerana Bhargav
Asst. Professor	Ms. Sreeparna Roy
Senior Computer Operator	Sri Sumanth Gowda V.M.
Office Assistant	Sri John
Office Assistant	Sri Subrata

6. ANVESANA

6.1 About Research at S-VYASA

Anvesana research laboratories is the centralized research facility for all the divisions at S-VYASA University. Research at Anvesana research laboratories is organized across six major disciplines, each with its strength, specialties and goals. The common theme is the emphasis on understanding the complex interplay between the physical, mental, social and spiritual planes of people. All the research disciplines also undertake fundamental studies providing opportunities for medical applications and standardization of tools.

Continuous efforts have been made to improve the research laboratory. Research Developmental grant (5 Crore) was obtained from department of AYUSH, Govt. of Karnataka and research facility is upgraded. Currently, University has State-of-Art research laboratories for conducting High-end research.



6.2 Recognitions and Accomplishments

- Scientific and Industrial Research Organization (SIRO), certification by the Department of Scientific and Industrial Research, Ministry of Science and Technology, Govt. of India, New Delhi (No. 14/43/1988-TU-V). – 1985

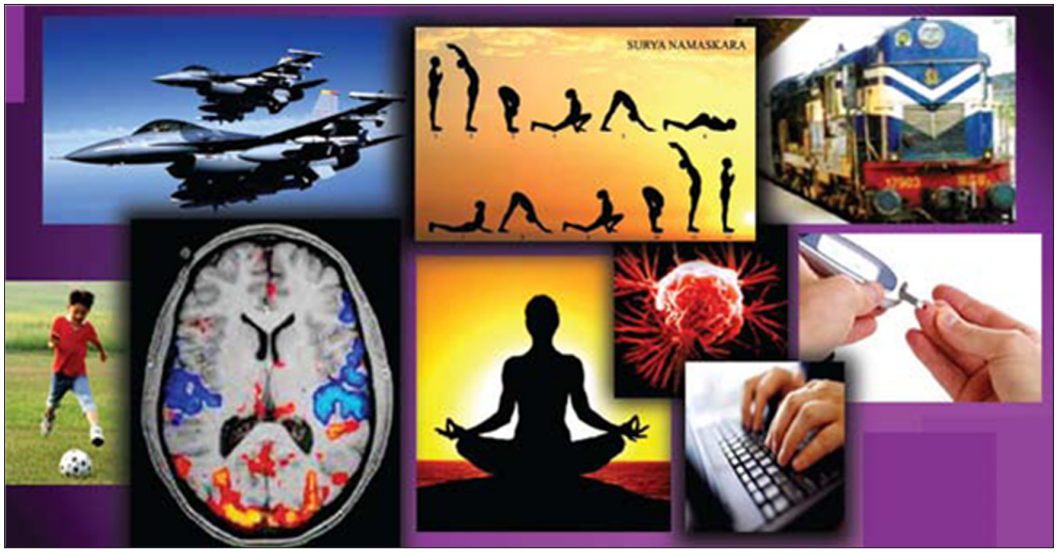
- S-VYASA became Deemed University recognised by theMinistry of Human Resource Development, Govt. of India - **2002**
- "Centre for Advanced Research in Yoga and Neurophysiology" (ICMR CAR Y&N) recognizedby the Indian Council of Medical Research, New Delhi - 2007 - 2012.
- S-VYASA was recognized as "Centre of Excellence in Yoga" by the Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. – 2011
- First ISO 2001:2008 Certified Yoga University in the county –2011
- S-VYASA has published more than 430 research papers on Yoga in national and international journals
- Conducted 21 international conferences on frontiers in Yoga research and its applications
- S-VYASA publishes two Yoga research journals:

  International Journal of Yoga" PubMed indexed multidisciplinary journal dedicated to yoga research and its applications. It is the first yoga journal included in PubMed.

  International Journal of Yoga, Philosophy, Psychology and Parapsychology, to promote philosophical and literary research in the field of yoga.

6.3 Major Areas of Research

S-VYASA University has five divisions, under which yoga research is carried out. These are division of yoga & spirituality, yoga & life sciences, yoga & physical sciences, yoga & management and yoga & humanities.



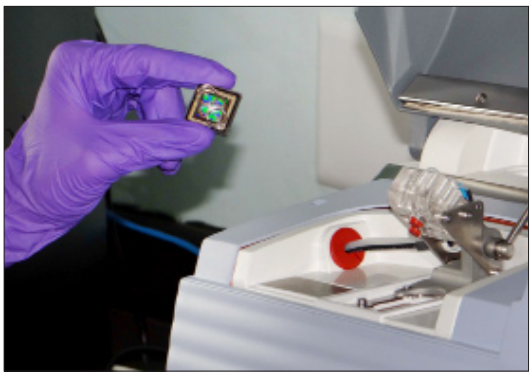
Division	Research Areas
Spirituality	• Effect of Yajna • Agnihotra • Vedic chanting • Vedic lifestyle • Vedic education system
Life Sciences	Physiological effects of yoga practices • Therapeutic applications of yoga • Yoga for rehabilitation • Yoga for perception and performance • Meditation and cognition • Yoga and molecular mechanisms
Physical Sciences	• Subtle energy • Effect of pyramid • Yantra & Vastu • Consciousnessstudies • Sustainable green energy • Theoretical modelling
Management Studies	• Stress management • Leadership development • Yoga and performance • Holistic System Management (HOLSYM)
Humanities	• Effect of classical music • Classical dance • Fine arts

6.4 Research Facilities

6.4.1. Molecular Bioscience Laboratory

The Molecular Bioscience Laboratory is dedicated to understanding important biological processes at the molecular level – with the goal of using this knowledge to tackle major problems in human health and disease. The Molecular Biosciences laboratory is an exclusive facility which focuses on the molecular basis of Yogic practices. The techniques that are pioneered in our laboratory include DNA sequencing, microarrays, flow cytometry, fluorescent microscopy, high performance liquid chromatography, chemiluminescence, and 2D electrophoresis to name a few. The Molecular Bioscience group is working to understand the influence of Yoga at the biochemical, genomic and proteomic levels in states of health and







Next Generation Sequencing (NGS)



Flow Cytometer, Microplate Reader,
Fluorescent Microscope

various diseases especially Non-Communicable diseases with special interest to type 2 Diabetes Mellitus and Cancer. This work is likely to lead to a better understanding of the Yoga practices which we hope to involve in the regulation of genes and interactions of proteins inside the cell.

The group is also working on development of kits to quantitatively evaluate psychophysiological stress and computational modalities to accrue information from Arogyadhama, a 250 bedded Holistic Health care home. This is likely to give a basic information about the subjective and objective outcomes of

the patients further to the practice of yoga.

Objectives

To understand the mechanisms underlying:

- Stress information transmission
- Prevention of NCD's thro' Yoga practices
- Alleviation of complications of NCD's through Yoga practices

Research Facilities

- Next Generation Sequencing – Ion Torrent PGM
- Flow Cytometer – BD FACS Verse
- RT-PCR – ABI 7500
- Protein Purification & Extraction – HPLC
- Fluorescent Microscope – EVOS FL

6.4.2. Psychophysiology Laboratory

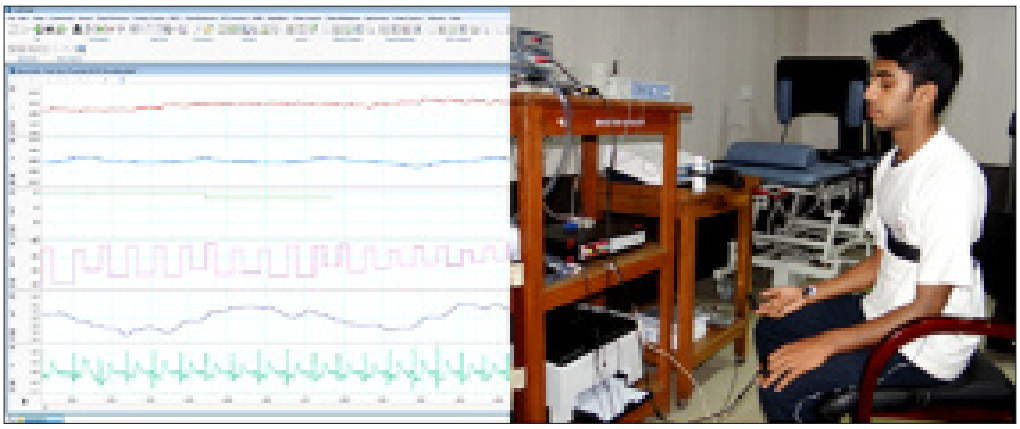
This laboratory pioneers in autonomic & metabolic function testing and exercise physiology testing. In the past years, this laboratory has added a lot to the understanding of autonomic modulations following yoga practices, evaluating the functions of autonomic nervous system in various mental states, meditation and breathing practices. To name a few key contributions, an overall parasympathetic predominance and a considerable reduction in metabolic rate & oxygen consumption in Yoga practitioners were observed from research studies. Also, the capability of the autonomic nervous system to respond to stressful stimuli without getting stressed following yoga practices reported from this laboratory has gained great attention.

Based on its previous studies, emphasizes the need for understanding the mechanism of action, efficacy, safety and effective administration of Yoga. Also, this laboratory caters to basic science research works in understanding the management of neuropathies associated with non-communicable diseases.

Objectives

- To understand the regulatory effect of yoga practices on autonomic nervous system in normal and various pathologies
- To understand the metabolic changes during yoga practices
- Stress evaluation





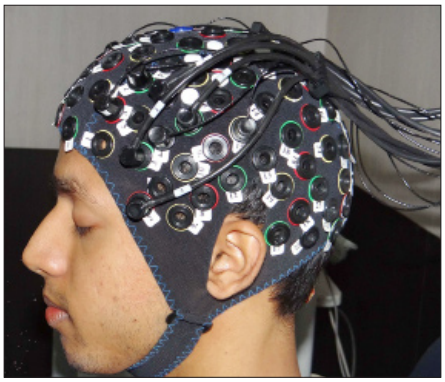
Subject sitting in Meditation and recording of ECG and Respiration

Research Facilities

- 16 Channel Polygraph with telemetry facility
- Metabolic and Pulmonary functions testing system
- Continuous Non- Invasive Blood Pressure (NIBP), Finometer MIDI
- 4 Channel portable Polygraph

6.4.3. Cognitive Neuroscience Laboratory





Functional Near Infrared Spectroscopy (fNIRS) with 128 optodes NIRx cap hooked on a Subject to assess Hemodynamic Responses of the Brain

To investigate the effect of Yoga on functional connectivity of the brain. The cognitive neuroscience laboratory (CNL) through its multidisciplinary approach studies the neural underpinnings of human behavior, primarily using 128 channel dense EEG, and Evoked Potentials, functional Near Infrared Spectroscopy (fNIRS). The cognitive neuroscience research group targets to ascertain the role of yoga as a mindbody intervention in regulating the neural

processes influencing cognition pertaining to various mental states. Recent studies from this group with f-MRI & dense array EEG has identified increased activity of cortical areas associated with working memory, and attention following cyclic meditation. Also, an interesting observation of better performance in an attention based task despite having lesser oxy-hemoglobin levels in pre-frontal cortex of meditators has been reported. This group focusses on understanding the default



Transcranial Doppler Sonography (TCD)

mode network in yoga practicing population and are exploring the mechanisms of enhancing the process of cognition in elderly population with yoga practices.

Objectives

- Understanding the basic neural processes that underlie complex higher-order cognitive operations
- Understanding the functional and neural mechanisms of cognitive processes related to yoga practices
- Understand event related potentials [ERPs] while performing attention tasks related to yoga practices

Research Facilities

- 128 Channel Electro Encephalogram (EEG)
- 64 Channel Functional Near Infrared Spectroscopy (fNIRS)
- Functional Transcranial Doppler Sonography (fTCD)
- 16 Chanel Evoked Potential system

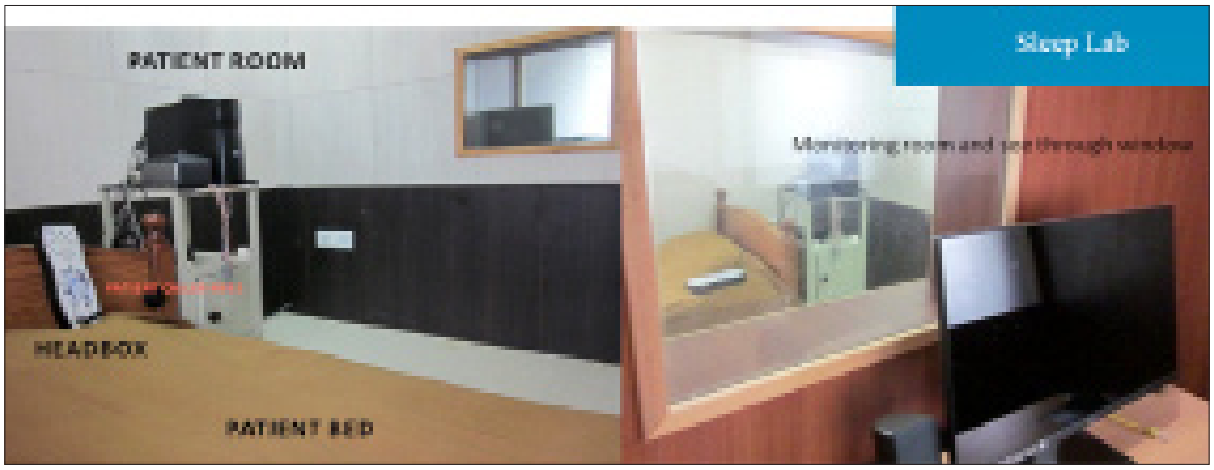
6.4.4. Polysomnography Laboratory

To assess the practice of Yoga on quality of Sleep in clinical and non-clinical population. The sleep group is working on understanding sleep architecture in meditators and non-meditators.

They are also trying to explore impact on yoga in the management of Sleep Disorders.

Objectives:

- Understanding sleep architecture in meditators and non-meditators
- To explore the efficacy of Yoga in Sleep disorders.



6.4.5. Psychology Laboratory

Psychology lab attempts at standardizing tools and designing theoretical frameworks from traditional knowledge, to address the specific needs of Yoga research.

The laboratory hosts a spectrum of facilities to assess cognition, physical abilities, professional skills using computerized tests. The laboratory has shown evidences to bring out the efficacy of yoga in performance, cognitive abilities, etc., following traditional Indian system of education. Recently implicit tools were used to study inherent attitudes and preferences in yoga population.

The laboratory is working further to develop specific tools for assessment for Yoga research integrating the western methodologies and the concepts of Indian psychology





Psychological Assessment Questionnaire

Objectives

- Understanding and development of human psychological strengths
- Developing & standardizing the psychological measurement for AYUSH systems of medicine
- To measure mental processes from simple motor performance to complex problem solving skill
- To understand cause and management of psychological disorder from the perspective of traditional knowledge

Research Facilities

Motor Function, Perception, Executive Function, Attention, Intelligence,

6.4.6. Bio-Energy Laboratory

The Bioenergy laboratory explores subtle energy aspects of biological and inanimate systems. The facilities of the lab include Electrophotonic Imaging- a Kirlian principle based system for subtle energy measurements; Acugraph- a electrodermal assessment based on Chinese traditional medicine system; Nadi Tarangini- an indigenous pulse based diagnostic system for assessment of tridosha (vata, pitta, kapha) based on Ayurveda principle and Random Event Generator to study the influence of human mind on the hypothetical consciousness field & power of intention of individuals.

Recognizing the need for standardization of subtle energy measuring instruments, initial work of the Laboratory involved experiments to validate these instruments to meet the scientific standards.

Using these tools later research showed effect of Yoga in organism's regulation at subtler levels. Evidence from these experiments support the existence of subtler dimensions like pranamaya kosha.

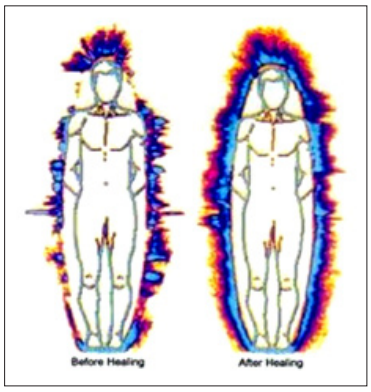
Effects of various traditional rituals have also been shown on the consciousness field.

Future directions of the lab include developing ability to assess a person's state of health using non-invasive subtle energy tools, complementing the modern methods of diagnosis, resulting in early detection of manifestation of diseases.

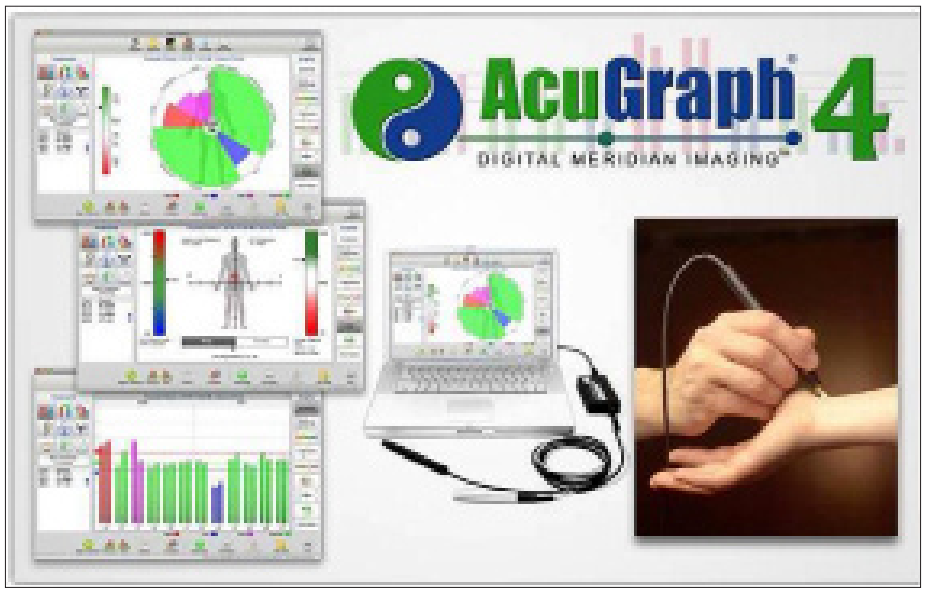
Objectives

- To track scientifically the subtle human energy field





Electro Photonic Imaging (EPI)



- To establish scientific evidences for scriptural concepts like Aadhi and Vyadhi
- To develop normative data in Indian population according to various demographic parameters.
- To cater to the clinical need of patients with various ailments, especially earlier diagnosis of disease before its physical manifestation.

Research Facilities

- Gas Discharge Visualization (GDV)
- Acugraph
- Random Event Generator

6.5 Research Staff

- **Dr. Mnajunath N K,** Director, Research & Development

- **Dr. Ramesh M N,** Professor
- **Dr. Subramanya P,** Associate Professor
- **Dr. Raghavendra Bhat,** Assistant Professor
- **Dr. Rajesh S K,** Assistant Professor
- **Dr. Judu Ilavarasu,** Assistant Professor
- **Dr. Deepeshwar Singh,** Assistant Professor
- **Dr. Ragavendrasamy B,** Assistant Professor
- **Dr. Nivethitha L**, Assistant Professor
- **Dr. Mooventha A,** Senior Research Fellow
- **Dr. Guru Deo,** Assistant Professor
- **Dr. Venugopal V,** Assistant Professor
- **Dr. Mithila,** Assistant Professor
- **Dr. Suresh Babu,** Assistant Professor
- **Ms. Shashi Prabha,** Assistant Professor
- **Mr. Buddhi BalaRana,** Assistant Professor
- **Mr. Arun Christin,** Senior Research Fellow
- **Mr. Suman Bista,** Senior Research Fellow
- **Mr. Basavaraj Angadi,** Data Entry Operator
- **Mr. Satya Praksh Bhart Tudu,** Lab Technician
- **Mr. Devaraja S,** Assistant

6.6 Research Collaborations

National

SNo	National of the Institute/ Organization/University	Brief Description of MoUs	Division	Date & Year
1	Narayana Hrudayalaya Limited, Bangalore	Research, Development of Education of training, exchange of Scientist and Students	Yoga and Life Sciences & Yoga and Physical Sciences	June 27, 2016
2	National Institute of Engineering, Mysore, Karnataka	Research, Resources exchange, Organizing Joint Conferences and Seminars, Faculty/ Students Exchange Program	Yoga and Life Sciences	June 15, 2016

3	Dayananda Sagar University (DSU), Dayananda Sagar College of Engineering, Bangalore	Exchange of Scientist and Students, Research Projects, Funding and Finance	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	September 21, 2015
4	PES University, Bangalore	Exchange of Scientist and Students, Research Projects, Funding and Finance	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	November 25, 2015
5	SYMBOISES Institute of Health Sciences	Exchange of Faculty Members for Conduct of Teaching and Training Yoga Programs, Exchange of Academic Information and Recourse Materials	Yoga and Management	September 3, 2015
6	All India Institute of Medical Sciences (AIIMS), New Delhi	Establishing Integrative Healthcare Unit at AIIMS with technical support from SVYASA, Collaborative Research Project, Co-design, design and develop research facilities for clinical research and prevention of diseases	Yoga and Life Sciences	March 15, 2015
7	National Institute of Advance Studies (NIAS), IISc Campus, Bangalore	Exchange of Scientist and students, Research	Yoga and Life Sciences, and Yoga and Physical Sciences	February 4, 2015
8	Academy of Acupressure and Acupuncture, Bangalore	Research, Therapy, Exchange of Resources	Yoga and Life Sciences Yoga and Physical Sciences	October 27, 2014
9	Manashakti Research Centers, Lonavala, Maharashtra	Research	Yoga and Life Sciences	June 7, 2014
10	Indian Institute of Sciences (IISc), Bangalore	Exchange of Scientist, Students, and Resources, Research Projects	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management	June 26, 2014
11	Global Health Private Limited, Gurgaon, Haryana	Joint clinical research, resource exchange	Yoga and Life Sciences	December 24, 2014

12	Sri Ramachandra University, Chennai	Yoga courses, Yoga therapy, Research	Yoga and Life Sciences	December 3, 2014
13	Jain Vishva Bharti, Ladnu	Exchange of Resources, Faculties, Joint Research Projects, Seminars and Conferences	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	November 29, 2014
14	Rani Chennamma University, Belagavi	Exchange of Resources, Faculties, Joint Research Projects, Seminars and Conferences	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	February 26, 2014
15	INFLIBNET Center and IUC of University Grants Commission, Gandhinagar	Electronic Theses and Dissertations	Yoga and Life Sciences, Yoga and Physical sciences, Yoga and Management, Yoga and Spirituality, and Yoga and Humanity	January 7, 2014
16	Assam Medical College, Dibrugarh	Exchange of Resources, Faculties, Joint Research Projects, Seminars and Conferences	Yoga and Life Sciences	June 17, 2013
17	Sri Aurobindo Society, SAS, Delhi Branch, New Delhi	Academic Events, Teaching, Training & Research, Seminars & Conferences,	Yoga and Life Sciences	January 8, 2013
18	HIHT University, Dehradun	Exchange of Resources, Faculties, Joint Research Projects, Seminars and Conferences	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	January 10, 2013
19	Sri Devaraja Urs Academy of Higher Education & Research, Kolar, Karnataka	Exchange of Resources, Faculty and Students, Research	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	February 3, 2011
20	Srimanta Sankaradeva University of Health Sciences (SSUHS), Bangalore	Academic Events, Teaching, Training & Research, Seminars & Conferences	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	June 9, 2011

International

SNo	National of the Institute/ Organization/ University	Brief Description of MoUs	Division	Date & Year
1	Gyeongsangnam-do and Miryang, South Korea	Establishment of Indian Yoga School at Korea, Exchange of Resources and Faculties	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	April 25, 2016
2	Yunnan Minzu University, China	Establishment of Indian Yoga School at China, Exchange of Resources and Faculties, Seminars and Conferences, Research	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	March 21, 2016
3	University of Latvia, Riga	Exchange of Resources, Faculties	Yoga and Physical Sciences	November 27, 2015
4	HR&S Ravanna, Italy	Health related research and Industrialization	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	October 26, 2015
5	Saint-Petersburg Federal Research Institute of Physical Culture and Sports, Russia	Research, Exchange of Resources, Conferences and Seminars	Yoga and Life Sciences	September 13, 2015
6	Taksha University, Virginia, USA	Education, Research and Clinical Research related to Yoga	Yoga and Life Sciences	July 4, 2015
7	University of La Lguna, Spain	Teaching, Culture and Research, Exchange of Students and scientific and administrative staff, Technological co-operation	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	April 29, 2015
8	Korea India Association, Korea	To provide framework for Joint Co-operation in the field of Yoga Education	Yoga and Management	April 1, 2015
9	Health Ricerca E Sviluppo S.r.L. Bologna University Academic Spin Out, Italy	Promote scientific and academic excellence and advancement in translational research, fellow/post-doctoral/ faculty training, personal exchange, or project	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, and Yoga and Humanity	August 15, 2014
10	Dali University, China	Research, Exchange of Resources, Faculty Training	Yoga and Life Sciences	July 11, 2014

11	Midizin Park Ruhr, Germany	Research and Development, Researchers exchanges, Conducting Jointly conferences	Yoga and Life Sciences	January 19, 2014
12	Gampaha Wickramarachchi Ayurveda Institute (GWAI), University of Kelaniya	Exchange of Researchers, Faculties, Trainings, Seminars & Conferences	Yoga and Life Sciences	November 29, 2012

6.7 Research Journals

6.7.1. International Journal of Yoga (ISSN # 0973-6131), is a Multidisciplinary Semi-annual Scientific Yoga Journal, dedicated to Yoga Research, published by Medknow Publications, Mumbai, India.

Abstracting and Indexing Information

The journal is registered with CNKI (China National Knowledge Infrastructure), EBSCO Publishing's Electronic Databases, Exlibris – Primo Central, Google Scholar, Hinari, Infotrieve, Journal Guide, National Science Library, OpenJGate, ProQuest, TdNet.

The journal is indexed with:

DOAJ, Index Copernicus, Indian Science Abstracts, Pubmed Central.

Journal Ethics

Wolters Kluwer and Medknow are committed to meeting and upholding standards of ethical behavior at all stages of the publication process. The university follows closely the industry associations, such as the Committee on Publication Ethics (COPE), International Committee of Medical Journal Editors (ICMJE) and World Association of Medical Editors (WAME), that set standards and provide guidelines for best practices in order to meet these requirements. For a summary of the university's specific policies regarding duplicate publication, conflicts of interest, patient consent, etc., please visit www.Medknow.com/EthicalGuidelines.asp

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Executive Editor

Dr. TM Srinivasan

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Sub – Editor: Dr. Raghavendra Bhat

Assistant Professor, Division of Yoga and Life Sciences, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA Universtiy), Bengaluru, India

6.7.2. International Journal of Yoga-Philosophy, Psychology and Parapsychology (IJOY – PPP)

It is a peer-reviewed online journal of Swami Vivekananda Yoga Anusandhana Samsthana University (S-VYASA), with semi-annual print on demand compilation of issues published. The journal's full text is available online at http://www.ijoyppp.org.

Abstracting and Indexing Information

The journal is registered with CNKI (China National Knowledge Infrastructure), EBSCO Publishing's Electronic Databases, Exlibris – Primo Central, Google Scholar, Hinari, Infotrieve, Journal Guide, National Science Library, OpenJGate, ProQuest, TdNet.

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Advisor

Dr. K Subrahmanyam, Pro-Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA Universtiy), Bengaluru, India

6.7.3. Yoga Sudha

To bring out the key essence of research findings from the research papers and their social relevance, a popular monthly magazine called "Yoga Sudha" (current ISSN number 0972-074X) is being published, for the last 32 years.

Editorial Board:

Editor: Dr. HR Nagendra, **Assistant Editor:** Dr. Aarti Jagannathan and
Publisher: Subhadra Devi

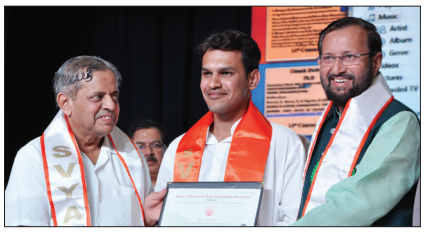
From 2013 November, Yoga Sudha has been taken over by S-VYASA from SVYP (Swami Vivekananda Yoga Prakashana)

6.8 Ongoing Government Funded Projects

SNo	Title of the Project	Principal Investigator	Funding Agency	Duration	Amount
1	Effect of Fresh Coconut In A Balanced Diet A Randomized Comparative Study	Dr Manjunath N K Professor, S-VYASA yoga University	Coconut Development Board, Ministry of Agriculture, Government of India	2015-2016 [1 Year]	14,97,000
2	Brain Hemodynamics, Cognition and Subtle Energy Levels in Teenagers: Investigation of Potential Acute Effects of Mobile Phone Induced EMF and the Protective Value of Yoga Intervention	Dr Hemant Bhargav Asst.Professor, S-VYASA Yoga University	Department of Science and Technology, Government of India	2015-2016 [2 Year]	26,84,884
3	Effect of Yoga on Gene expression and telomere biology in extreme climatic conditions	Dr Manjunath N K Professor, S-VYASA yoga University Dr Ramesh M N Professor, S-VYASA yoga University	Defense Institute Of Physiology & Allied Science-Defence Research and Development Organisation DIPAS – DRDO, New Delhi	2015-2016 [1 Year]	9,70,000
4	Cerebral autoregulation and sympathetic nervous system activity (SNS) while performing cognitive tasks during yoga practices which have different effects on SNS	Dr Deepeshwar Singh Asst.Professor, S-VYASA Yoga University	Science and Engineering Research Board, Dept. of Science & technology, Govt. of India	2016-2019 [3 Year]	33,76,290
5	Anger Assessment and Yogic management of Anger in High School Children; A Randomised Control Study	Dr H R Nagendra Chancellor, S-VYASA Yoga University	Tirupati Vedic University	2015-2016 [1Year]	9,76,350
6	Effect of Yoga practices on DNA damage in healthy and clinical population	Dr Ramesh M N Professor, S-VYASA yoga University	University Grants Commission (UGC)	2016-2018 [2Year]	3,00,000
Total Grant Received					**88,28,174**

PhD in Yoga

Scholars and Publications



Dr. Hemant Bhargav

Thesis Title: Acute Effects of Mobile Phone Radiations on Brain Hemodynamics, Cognition and Subtle Energy Levels of Teenagers and Protective Value of Yoga Intervention: A Randomized Controlled Study

Publications:

1. Bhargav, H., Varambally, S., Mooventhan, A., Bista, S., Singh, D., Chhabra, H., & Venkatasubramanian, G. (2016). Acute effects of 3G mobile phone radiations on frontal haemodynamics during a cognitive task in teenagers and possible protective value of Om chanting. *International Review of Psychiatry, 1-11.*
2. Bhargav, H., Srinivasan, T. M., Varambally, S., Gangadhar, B. N., & Koka, P. (2015). Effect of Mobile Phone-Induced Electromagnetic Field on Brain Hemodynamics and Human Stem Cell Functioning: Possible Mechanistic Link to Cancer Risk and Early Diagnostic Value of Electronphotonic Imaging. *Journal of Stem Cells, 10(4), 287.*
3. Bhargav, H., Srinivasan, T. M., Bista, S., Mooventhan, A., Suresh, V., Hankey, A., & Nagendra, H. R. (2017). Acute effects of mobile phone radiations on subtle energy levels of teenagers using electrophotonic imaging technique: A randomized controlled study. *International Journal of Yoga, 10(1), 16.*



Mr. Umesh Dwivedi

Thesis Title: Effect of Yoga on Counterproductive Work Behavior (CWB)

Publications:

1. Dwivedi, U., Kumari, S., & Nagendra, H. (2016). Effect of yoga practices in reducing counterproductive work behavior and its predictors. *Indian Journal of Psychiatry*, *58*(2), 216-219. http://dx.doi.org/10.4103/0019-5545.183778.
2. Dwivedi, U., Kumari, S., & Nagendra, H. (2015). Model of yoga intervention in industrial organizational psychology for counterproductive work behavior. *Industrial Psychiatry Journal*, *24*(2), 119-124. http://dx.doi.org/10.4103/0972-6748.181730.
3. Dwivedi, U., Kumari, S., Akhilesh, K., & Nagendra, H. (2015). Well-being at workplace through mindfulness: Influence of Yoga practice on positive affect and aggression. *AYU (An International Quarterly Journal of Research in Ayurveda)*, *36*(4), 375-379. http://dx.doi.org/10.4103/0974-8520.190693.



Sathya Prakash Purohit

Thesis Title: Effect of Yoga on Physical and Psycho-Social Well-being of Orphans: a Randomized Controlled Study

Publications:

1. Purohit, S. P., Pradhan, B. & Nagendra, H. R. (2016). Effect of yoga on euro-fit physical fitness parameters on adolescents dwelling in an orphan home: a randomized control study. *Journal of Vulnerable Children and Youth Studies*. *11*(1), *33-46.*
2. Purohit, S. P. & Pradhan, B. (2016). Effect of yoga on executive functions of adolescents dwelling in an orphanage: a randomized control study.*Journal of Traditional and Complementary Medicine*. 7 (2017) 99-105.
3. Purohit, S. P., Pradhan, B. & Nagendra, H. R. (2015). Effect of yoga program on psychomotor performances of orphan adolescents: a randomized wait-list controlled study. *International Scientific Yoga Journal SENSE, 5*(5), 55-63.
4. Purohit, S. P., Pradhan, B. & Nagendra, H. R. (2015). Effect of yoga program on minimum muscular fitness of orphan adolescents by using Kraus-Weber test: a randomized wait-list controlled study. *Indian Journal of Positive Psychology, 6*(4), *389-392.*
5. Purohit, S. P., Pradhan, B. & Nagendra, H. R. (2016). Yoga as a preventive therapy for loneliness in orphan adolescents.*Indian Journal of Health and Wellbeing*, *7*(1), 121-124.

MD in Yoga & Rehabilitation



Dr. V Suresh Babu

Dissertation Title: Sleep Architecture in Yoga Practitioners: A Comparative Study

Dr. Binod Ghimire



Dissertation Title: Immediate Effect of Cyclic Meditation on Response Inhibition, Information Processing and State Anxiety in Patients suffering from Relapsing and remitting Multiple Sclerosis: A Self as Control Study



Dr. Donirung Reang

Dissertation Title: Immediate Effect of Integrated Yoga Session on Verbal Fluency, Visuo-Spatial Memory and Cognitive Flexibility of Patients with Chronic Multiple Sclerosis: A Pilot Study

M.Sc. (Yoga & Consciousness)

Titles of Dissertations

No	Name	Dissertation Title
1	Anatha Sharma	Contribution of yoga for realization as per Vedantic doctrine
2	Raghuveer Billigadde	Health aspect of Surya Upasana and Ayurveda - a critical study
3	Rajesh K R	Life aspiration and human life
4	Umesha Hegde	Culturing the mind in the light of Bhagavad Gita
5	Bhaskar K S	Role of yoga in acquiring Atma Jnana
6	Dattatreya Dixit	Critical study of eligibility according to science of yoga
7	Gajanana Bhat	Comparative study of Ayurveda and yoga to maintain good health
8	Bheemashankar	Analysis of yogic ultimate state - self establishment leading to sublimating the mind
9	Avinash Chettiyar B	Development of happiness (ananda) based on ancient scriptures
10	Shreenath KP	Extraction of pulse parameters from nadi tarangini to classify healthy and unhealthy volunteers – a pilot study
11	Lee Young Joo	Acute effect of Surya Namaskara on acu-meridian energies in young adults
12	Nadezhda Baissalova	Study of effects of subliminally primed Sri Yantra and Dharsana on Sri Yantra using priming paradigm: a randomized study

M.Sc. (Yoga Therapy)

Titles of Dissertations

No	Name	Dissertation Title
1	Lopamudra Gupta	Effect of yoga on Preservative Cognition and Pulmonary Functions in Hypertensive Patients: A Single Arm Pilot Study
2	Gowtham C	To study the prevalence and IAYT effect on diabetes and high risk population in rural Karnataka - a survey and pre-post design
3	Sneha	Effect of Yoga On Productivity and Health of Button Factory Workers: A Single arm open Label Study
4	Jayanthi Rao H R	An Impact Of Integrated Approach Of Yoga Therapy on Chronic Constipation : Single-Arm Design
5	Praveen Kumar B	To study the prevalence and IAYT effect on diabetes and high risk population in rural Karnataka - A survey and pre-post design
6	Zhang Qiaoyi	Effect of spirituality on health and physical wellbeing in Chinese young adults
7	Satyajit Sinh Dharmendrasing Zala	Effect of Yoga on Psycho – Physical Fitness Among NCC Army Cadets
8	Emmanni Sireesha	To Study The Prevalence and IAYT Effect on Diabetes and High Risk Population in Rural Karnataka – A Survey and Pre - Post Design
9	Albert K C	Effect of Eight Weeks of Yoga Program on Psychological Well – Being of the Seminarians
10	Saumya Bitla	Effect of Bhramari Pranayama on Meta-cognition and Mindfulness in High School Children
11	R Deepmala Rao	Effect of Cyclic Meditation on Sleep Quality, Mindfulness and Preservative Cognition in Corporate employees : A Controlled Trial
12	Sumati Mishra	Study of Healing Using Electro photonic Imaging on Water and Human Systems
13	Pallavi M	Effect of one week Integrated Approach of yoga Therapy Intervention on Cognitive Function in Hypertensive Patients
14	Amrita Ghimire	Effect of IAYT on Damage
15	Dilip Kumar Mahato	Acute Effects of Yoga Based Lifestyle Intervention on Anxiety and Depression – A Questionnaire Based Study
16	Rupam Mishra	Effect of complementary therapies on mindfulness and symptom score in participants suffering from chronic musculoskeletal diseases.
17	Shivam Singh	Psychometric Properties of Hindi Version Perceived Stress Scale and ITS Relation to mindfulness
18	Sidda Nagaraju	Relationship Between Mindfulness and Psychological Well – Being among the Seminarians
19	Shivaditya Purohit	Effect of two weeks yoga intervention on mindfulness, mental wellbeing and depression in Delhi Police personnel
20	Srinibas Panda	Effect of *mahämåtyuïjaàya mantra* on sleep quality on sleep disturbed patients - a pilot study

No	Name	Dissertation Title
21	Chanda Yoganandu	Changes in heart rate variability following one month yoga practice
22	Leah Goerk	Effect of Integrated Complementary Therapies on Physical & Psychological Variables of Individuals With Chronic low Back Pain
23	Shikha Moni Nath	Effect of Integrated Approach of Yoga Therapy Sleep Disturbances in Pregnant Women
24	Jintu Kurian	Mindfulness, State Anxiety, and Heart Rate Variability Dynamics in Healthy Adults
25	Kankan Gulati	Effect of integrated approach of yoga therapy on symptoms of sensory processing disorder in autistic individuals
26	Naresh Kumar Patel	Effect of Mastering Emotional Technique (MEMT) on Emotional regulation on college students
27	Darshan G R	Effect of Bhramari Pranayama on the mindfulness & academic performance of rural children with lower socio economic status
28	Jagdeep Sharma	Immediate effect of *Bhramari Pranayama* on cardiac autonomic variable in patient with hypertension
29	Uma Bastola	Effect of yoga on blood pressure, cognition and altitude adaptation in novice low land trekking population
30	Purna Bahadur Shahi	Immediate effect of Kenichi Kumakiri energy healing technique on yoga students
31	Annu Kumari	Immediate and Short term effect of mantra chanting on visual memory of college students using digit symbol substitution

DDE - M.Sc. (Yoga)

Titles of Dissertations

No	Name	Dissertation Title
1	C Annamalai	Prevalence of depression in orphanage children: A comparative cross-sectional study
2	Dr. Anooshe	Impact of yoga on hyper activity in ADHD students
3	S Bharnidharan	Prevalence of anxiety in orphanage children: A comparative cross-sectional study
4	Anuradha Mewera	Effect of 10 days residential yoga program on cognitive functions in school children
5	Deepa Bisht	Effect of Yoga Practice on Fasting Blood Sugar Level in type 2 diabetics
6	Manjari Sharma	Effect of Yoga Practice on Fasting Blood Sugar Level in type 2 diabetics
7	Puneet Kaushik	Effect of Yoga on body mass composition in obese individuals
8	Vaijayanti Navare	Yoga as career awareness survey
9	Shrutikaa Uchil	Effect of Sudharshan Kriya on psychological status and cognitive functions in healthy volunteers: A controlled study
10	Kanchan Halder	Effect of yoga on anxiety in B.Ed College Students
11	Ulrich	Evaluation of happiness and spiritual well-being among advance yoga meditators
12	G Padma	Correlation of Yoga based psychological attributes (Trigunas) with life satisfaction, General health and perceived stress
13	Bhagath K P	Effect of Rudra Parayan on Human Energy Field
14	Supreeth S	Effect of Integrated Yoga Module On Positive and Negative Attitude and Quality of Life
15	B Satyavani	Effect of one week yoga therapy on fasting blood sugar in type 2 diabetes mellitus patients at Kakinada Andhra Pradesh
16	D Nuthan Kumar	Diabetes Risk Assessment on Adults In Hyderabad city
17	Hijam Ranjeeta Devi	Effect of one month yoga on anxiety and depression level in patients with depression.
18	Pawna Kumari	Effect of yoga on perceived stress on cognitive function in children
19	Chetankumar Bhagvat	Effect of Yoga on blood pressure and heart rate in hypertensive patients
20	Pramod Vyas	Effect of one month yoga practice on blood pressure and heart in hypertension - A comparative study
21	Hemlatha Gupta	Effect of Yoga on sleep quality, stress and psychological state in type 2 diabetes mellitus patients
22	Dr. Vibhuti Samarth Rao	Effect of Yoga as add on to Ayurvedic treatment for PCOS- A Comparative Study
23	D Balamurugan	Immediate effect of yoga on Anxiety and Cognitive function in Management Students.
24	Pooja Rao R	A Comparative Study of Perceived stress, trait anxiety and self esteem in rural and urban under graduate students.
25	Rinki Sharma	Yoga as carreer awareness survey

26	Raghunandan V	Effect of Yoga based breathing Techniques on impulsivity, emotion and sleep in software professionals
27	Khushboo Arya	Prevalence of Musculoskeletal Pain, Depression, Anxiety and Stress among Professional Kathak Dances -Pilot Study
28	Asha Ravi Kiran	Effect of Yoga on QOLID (Quality of life in India Diabetics) with type 2 diabetes mellitus
29	Shweta Kiran Kumar	Effect of Ten days Yoga Therapy on Fasting Blood Sugar in type 2 diabetes mellitus patients
30	Venu Gopalan	Effect of yoga on cognition in school children
31	Anuradha Das	Effect of Suryanamaskar practice on mental health in house wives
32	Fasila	Effect of yoga on psychological health in NRI IT professional in US
33	Sowmya R	Effect of Yoga on Psychological well -being among adolescent
34	Priya Ramaswaamy	Immediate effect of listening to Indian raga -bowl on cognition in children, (10-12 years)"- A comparative pilot study
35	Aishwarya Vaibhav Joshi	Immediate effect of MSRT on cardiac variables in hypertension
36	Mamta Ratnaparkhe	Effect of pranayama practices in enhancing the pulmonological and psychological capacities in middle adolescents girls
37	B Sharavana	Relation between mindfulness and non-attachment and death anxiety among emerging adults
38	Saranga Biman Gogoi	Effect of Yoga on Pain, Fatigue, Stress and Quality of life of Diamond Cutting Workers
39	Srishti Chopra	To investigate and find the prevalence of low self esteem, anxiety and depression in lower socio - economic back ground- survey
40	Ratan Kumar	Effect of Yogic games and Pranayamas on school children with exam anxiety
41	Surekha Ratana	Hypertension and cognition
42	Asha Kuloor	Efficacy of Yoga on anxiety, depression and QOL in patients with HIV-1 infection - A Randomized Controlled Study
43	Usha M	Impact of Yoga on Depression, Self Esteem, Quality of life and loneliness in house hold women who were previously professionals
44	Swathi Murthy	Effect of Yoga on Stress, Anxiety and Mindfulness in Tennis Players before Participating in Competition
45	Dr. Vidyashree M	Effect of Shirodhara as add on therapy to IAYT on anxiety, depression and mindfulness on hypertensive patients - A Comparative Study
46	Venkata Ramana Guntaka	Efficacy of yoga on anxiety, depression and perceived stress in women in PCOS
47	Krishna Kumar V	Effect of air conditioner on cardiac variables in Indian professional workers
48	Manasa H M	Effect of Yoga therapy on depression in post MI patients
49	Mangesh Pandey	To investigate and study the Prevalence of Insomnia in IT Professionals
50	V Vijayalakshmi	Effect of Yoga Practices on well being among unprivileged female students
51	Santhosh Krishnan K S	Awareness of Yoga as a Career in PUC Students
52	Gilroy D' Costa	Effect of Yoga on Marital Happiness - A Pilot Study
53	Yogabid Hiren Sarkar	Effect of Yoga 2 weeks practice on fasting blood glucose level in type 2 DM
54	Vijiya Rohra	To investigate and study the prevalence of sleep disorder in IT Professionals
55	Maria Lena Fernandes	Development and validation of an integrated yoga therapy module for bronchial asthma

56	Shilpa Jain	Effect of yoga on state anxiety in dental anxiety patients RCT
57	R Narayanan	Effect of Yoga on Anxiety in Post MI Patients- A Randomized Control Pilot Study
58	Ashoka V	Yoga as career awareness survey
59	Bahirwaji Chandrashekhar J	Effect of long term yoga practice on cognitive function and emotional states in elderly
60	Amit Kumar	Effect of 2 week Yoga based lifestyle intervention on clinical symptoms and cognitive functions of patients suffering from Obsessive compulsive disorder
61	Marri Dayanand Reddy	Immediate effect of Bhramari Pranayama on working and short term memory in school children: A self as control group study.
62	Trupti Karda	Effect of cyclic meditation with Indian classical raga on psychological states in corporate executives
63	Nagendra Kumar Jain	Effect of yoga on psychological well being in jail in mates - Tejpur central jail
64	Rupali Dhawan	To find the prevalence of violent attitude & psychological distress in Adolescents of urban Delhi
65	Sanjay Kumar	Impact of three months yoga practice on hypertensive patients
66	Anita Anil Bhide	Effect of eight weeks of yoga module on health and mood changes in restaurant staff
67	Kanchan Arun Gogate	Swami Vivekananda - An Inspiration to his followers personal in depth interviews
68	Mamatha Rao	Effect of Yoga Practice on Cardiac Variables & hemoglobin level of Menopausal Women.
69	J S Chandramouli	Develop a mobile application to measure the time consistency during Jap practice in yoga and non-yoga practitioners
70	Geetesh S Kulkarni	Effect of brain touch method on cognitive function in school children
71	Dr. Vijaya Laxmi	Effect of trataka on anxiety levels and mindfulness of soldiers (missile fires)
72	Anusha Mallanna	Roll of EFT in older group for improving mood states, Perceived stress, Sleep quality and cognitive functions : A comparative study
73	Kusum Joshi	Effect of one month of intensive training of asthanga vinnyasa on psychological states and anthropometric measurements in healthy people
74	Divyalakshmi G K	Effect of Mind Sound Resonance Technique on quality of Sleep, mood disturbance and Anxiety levels in IT Professionals
75	Jayalaxmi	Effect of yoga practice during post-natal period on back pain, emotional regulation, self-esteem, social support and quality of well-being
76	Nandini Shreesha	Impact of Toppukaraam (Super brain Yoga) on cognition and psychological health in school children
77	Prashanth Kumar M	Effect of Kumbhaka practice on cognition, lung capacities and anxiety in health volunteers
78	Dr. Sushma Channashetti	Effect of Shirodhara as add on treatment to IAYT on cognition, perservative thinking in hypertensive patients - A Comparative Study
79	Veerisetty Neeraja	Cognition and Yoga
80	Ujwala Kothawade	Immediate effect of Vrikshasana on cognitive functions in under privilege Children

B.N.Y.S.

Titles of Dissertations

No	Name	Research Topic
1	Shambhavi Kulkarni	Immediate effects of cold chest pack on autonomic variables.
2	Arundati Goley	Comparative study on immediate effect of spinal spray and spinal bath on autonomic variables and blood pressure in healthy individuals.
3	K S Nibedita	Comparative study on immediate effect of bare foot grass walking and pebble walking on autonomic variables in healthy individuals.
4	Pallavi Jha	Immediate effect of GH pack on random blood sugar level on type 2 DM.
5	Manjula Devi	Immediate effect of hot chest pack on blood pressure, pulse rate and lung function.
6	Suvith V Das	Immediate effect of cold abdominal pack on random blood sugar level with type 2 dm patients.
7	Roda	Efficacy of hot foot bath on autonomic variables in patients with hypertension-a randomised controlled trail.
8	Pooja Prakash Udane	Ice bag to neck and spine in hypertensive patients.
9	Monika Jha	Immediate effect of asthma bath on pulmonary functions in healthy individuals.
10	Naga Sukeerthi	Efficacy of bell pepper juice on plasma glucose level and lipid profile in type 2 DM.
11	Nandini	Efficacy of hot sand fomentation on cervical pain.
12	Ibotombi	How acupuncture needling works as a therapeutic effect in the body.
13	Shagnika Pradhan	Efficacy of cold head and neck compress on autonomic variables in healthy individuals.
14	Biswaranjan Sahu	Effect of hot immersion bath on sleep spectrum in healthy individuals.
15	Ranjan Kumar	Effect of acupuncture on blood glucose level in diabetes.
16	K Prema Kumari	Immediate effect of cold head compress on cognitive function in healthy individuals.



BNYS Graduates with Dignitaries

7. INFRASTRUCTURE FACILITIES IN PRASHANTI KUTIRAM

7.1. **Om Building:** Registrar's Office



Admission Cell, Examination Department, I-T Hub, Studio-Recording Room, Swami Vivekananda Yoga Prakashana – Main Store, Security Cabin, Registrar's Office, Finance & Planning Department

7.2. Tarangini



Chancellor and Vice-Chancellor Secretariat

7.3. **Nalanda**: Deans Office



7.4. Class Rooms





7.5. **Anvesana -** Research Laboratory



7.6. Reception building



7.7. Avarthana
Director of Distance Education



7.8. Saraswati - Library



7.9. Arogyadhama
Holistic Health Home



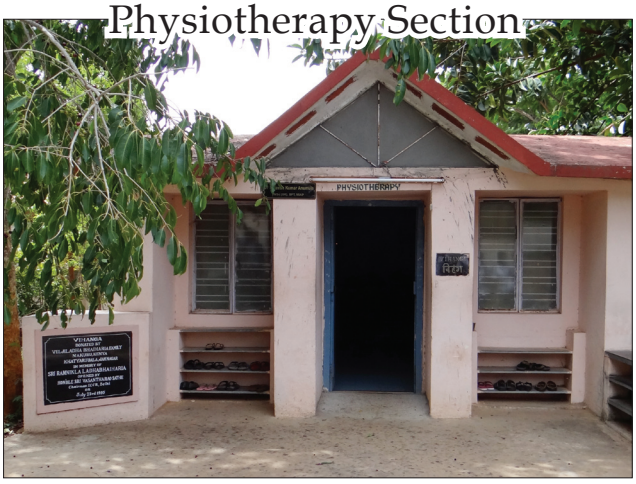
7.10. Samparka
STD & Internet Booth



7.11. SVYP Sales Counter
Book Stall



7.12. Vihanga
Physiotherapy Section



7.13. Amrutha
Cancer Treatment Center



7.14. Dining Halls





7.15. Faculty Block



7.16. Lakshmi Amma Girls Hostel



7.17. Boys Hostel





8. EXTENSION ACTIVITIES





New Delhi, Apr 10: Guruji graced the Annual Teachers Conference held here in Siri Fort Auditorium. Organized by Bharatiya Dharohar.



Yoga Education gains entry into Higher Education in India

New Delhi, Apr 19: Dr. H R Nagendra, Chancellor, submitted the report of the Committee on Yoga Education in Universities to the Hon'ble Union Minister of HRD, Smt. Smriti Zubin Irani ji.

On Jan 15, Dr. H R Nagendra ji was invited to form a Committee by the Union Ministry of Human Resource Development and within 100 days of the formation the Committee the report was submitted.

Tucson 2016 Science of Consciousness Conference

S-VYASA makes Three Presentations

The value of S-VYASA research and understanding in the field of consciousness studies is exemplified in 3 presentations made at the 2016 Tucson Science of Consciousness Conference, hosted by the University of Arizona, Tucson, from 25th to 30th April.

On 26th April, Professor Alex Hankey gave a four lecture Preconference Seminar entitled, 'Complexity and Consciousness', in which he presented the new information theory emerging from complexity biology. On 27th April, his oral presentation showed how a genuine theory of free will and freedom of choice can be built on the new approach, and on 29th April, PhD student Rashmi Shetkar's Poster on the Effortlessness of Meditation according to Complexity, was presented in the evening Poster Presentation period.

The conference received over 500 abstracts vying for space to present, so the selection of two abstracts from S-VYASA in addition to the much sought after invitation for a Preconference Seminar speaks of the high regard for research work on consciousness originating in S-VYASA. This work has been described in several previous issues of Yoga Sudha since 2009. It has developed over the past seven years since a first poster presentation at the 2008 Tucson Conference, and describes a new approach to understanding the origins of our internal senses of 'self' and 'time passing' based on the Upanishads and Bhagavad Gita.

The Mundaka Upanishad likens human awareness to two birds in a tree, where one pecks the fruit, while the second looks on; in other words awareness is made up of two components, one that holds the information of experience, while the second acts as a witness, *sakshi*. The role of the witness, on the one hand, is to give the sense of being able to reason about events, and so to plan future actions, and on the other to give a pure sense of self, that experiences the passing of time as an internal phenomenological experience. It is this that can be equated with the *Atman*, or Self, so clearly and extensively described by Lord Krishna in Bhagavad Gita. The nature of Atman is, "to know Itself, by Itself, through Itself".

This feature of Self is clearly depicted in the new theory, which proposes a form of information found in biological control systems, and which has not previously been identified. This new kind of information has two components, one like the first bird, containing information in experience, and the other like the second bird, looking on. The second part consists of a pure information loop – in a state of pure self-knowing, for which the 'self', like the Atman has no qualities, and is 'beyond the three Gunas', as Lord Krishna emphasizes in Bhagavad Gita.

The poster presentation showed how the automatic nature of the process of *dhyana*, meditation, emerges from the theory, because the state of pure consciousness in which the Self, *Atman*, knows itself, is a dynamic attractor of the system, to which awareness naturally gravitates. No effort and no concentration are needed, because these processes activate the little ego, Ahamkara, and prevent the process of *dhyaa* from occurring.

This breakthrough new theory can also explain how healing takes place and has led to publications in the fields of both physical health and mental health. It may form the basis for future collaborations with other institutions in India to build a world leading collaboration in the field of consciousness studies based on India's ancient wisdom and traditional knowledge, which gave her ancient *Rishis* acknowledged leadership in the whole field.



Simhastha Kumbhamela
2016 | Ujjain, Madhyapradesh



Kumbhamela - 2016, grand seminar of greatest intellectuals, was organized by Govt. Madhyaparadesh in Ujjain. Vice Chancellor, Prof. Ramachandra G Bhat and many senior professors of S-VYASA, were invited to take participation in 'International Conference on Living the Right Way: Universal Message of Simhasth 2016'. The main conference took place in Ninora village of Ujjain, between May 12-14. Honorable Prime Minister, Shri Narendra Modi Ji, in the valedictory session, held high our tradition with historical background which inspired all the participants. ■



Prof. Alex Hankey and Prof. Ramachandra G Bhat from S-VYASA



882nd Birth Anniversary of Basaveshwara celebrated in London



Basaveshwara statue on the bank of the river Thames in London

May, 2016: 882nd Birth Anniversary of Basaveshwara (1134-1168 AD) was celebrated in London.

For the first time Basaveshwara birth anniversary was officially celebrated on the British soil with the approval from Lambeth council.

The statue of 12th century Indian Philosopher and social reformer was erected along the bank of the river Thames in London.

This was the first statue of an Indian philosopher approved by the British Government on conceptual grounds in the vicinity of the British Parliament.

The Prime Minister of India; Shri Narendra Modi ji unveiled the statue of Basaveshwara in the backdrop of British Parliament on the 14th of Nov 2015 along the bank of the river Thames.



Hon Minister Mr. Anjeyena garlanding the statue



The Editor of Gujarat Samachar Mr. C B Patel



Address by Chancellor Dr. H R Nagendra

Modi ji Yoga guru Dr. H R Nagendra and Hon Minister for Social Welfare of Karnataka Mr. Anjeyena were invited as a special guest for this occasion by The Basaveshwara Foundation UK.

The Hon Minister for Social Welfare applied Vibuthi to Basaveshwara and paid his respects.

Rt Hon Keith Vaz, the longest serving MP of Great Britain and the Editor of Gujarat Samachar Mr. C B Patel were also present at this occasion.

The British Government approved the statue because of Basaveshwara's role in promoting democratic ideals, gender equality and his crusade against caste discrimination.

The Prime Minister was very concerned about the ongoing drought situation in Karnataka/ India and was against any lavish expenditure towards the event.

The entire event was organized within a budget of £1:00 that was paid for the garland to the statue. Money was raised at this event and in support of the distressed farmers of Karnataka and given to the Karnataka Chief Minister's relief fund.

https://www.lambeth.gov.uk/events/birth-anniversary-of-basaveshwara



May, 2016: Preparatory Meeting for NAAC inspection held in Prashanti



2nd International Day of Yoga

Chandigarh witnessed Mass Yoga Demonstration by 30,500, Prime Minister Modi Ji leads Address and Practice

Chandigarh, Jun 21, 2016: The Capitol Complex here witnessed a grand ceremony with Honorable Prime Minister, Shri Narendra Modi Ji, leading the 2nd IDY ceremony in address and practice as well.

Dignitaries: Governor of Punjab / Haryana, Shri Kaptan Singh Solanki; CM Punjab, Shri Prakash Singh Badal; CM Haryana, Shri Manohar Lal Khattar; MoS (IC) Ministry of AYUSH, Shri Shripad Yesso Naik; MP of Chandigarh, Smt. Kirron Kher; MoS Social Justice and Empowerment, Shri Vijay Sampla; Union AYUSH Secretary, Shri Ajit M Sharan; Chancellor of Dev Sanskriti Vishwavidyalaya, Dr. Pranav Pandya; Chancellor, S-VYASA Yoga University, Dr. H R Nagendra; Brahma Kumaris' Sister Pujyaa Shivani.

The Governor of Punjab and Haryana, Shri Kaptan Singh Solanki gave the welcome address highlighting "Yoga's purpose to unite and not divide".

S-VYASA being a Yoga University took active part in the celebration

Chancellor, Dr. H R Nagendra chaired the IDY Experts Committee, and served among the dignitaries on the dais



Why June 21st for Yoga Day?

June 21st marks the northern hemisphere's summer solstice or longest day in a year, and the earth's closest point to the sun. Hence this day was internationally chosen to represent Yoga, as it connects us with this period of extended light and energy.



Statistics:



- 30,500 participants including 150 specially challenged persons selected to perform out of 1.5 lakh applicants
- Participant pool included: defense forces, ITBP personnel, Punjab University students, specially challenged, yoga foundations, school children, and select members from yoga orientation training camps
- 800 coaches conduct training

Honorable PM, Shri Narendra Modi Ji, elaborated Yoga's grandeur emphasizing it as the need of the hour. He concluded his address by saluting the sages for their unique contribution and thanking all those striving toward spreading Yoga's treasure.

Later, the PM led 30 thousand participants in a 45-minute Common Yoga Protocol mass demonstration.



Highlights of Modi Ji's Address

- 2nd International Day of Yoga (IDY) marks a rising tempo for a global movement
- Two awards, at international and national levels, mark Yoga's remarkable achievements
- Quality Council of India's (QCI) recent strides decide norms for Yoga training and trainers
- India's collaboration with WHO forges scientific Yoga Protocol
- Coming year Appeal to Yoga Practitioners and Therapists, to focus on Diabetes Care
- IDY includes physical, as well as mental and social health
- Yoga provides not merely fitness, but wellness and life discipline, Jeevan Anushasana
- Yoga aims for detachment, not attainment or attachment
- Like Puja, Yoga serves both heavenly gains, Paraloka Prapti, as well as earthly gains, Ihaloka Prapti, namely physical health, mental wellbeing and social harmony
- Yoga trains in synchronizing one's body, mind, intelligence, and soul
- Yoga tunes a lazy body into activity, a restless mind into stability, ultimately helping one achieve the will of god, Ishwara Sankalpa
- Rather than controversy, Yoga should be engaged toward social welfare
- It behooves us to preserve and disseminate the sages' priceless gift, Yoga, in as pure a form as possible
- Yoga is a zero-cost health assurance without

STOP DIABETES
SDM - A Nationwide Movement
Initiative of VYASA, Bengaluru
Technical Support by S-VYASA University, Bengaluru

Boosts Stop Diabetes Movement (SDM) of VYASA, started in 2008

PM's appeal to Yoga practitioners and therapists worldwide to focus on diabetes care for coming year



discriminating between rich or poor, educated or uneducated, theist or atheist

- Yoga as an effective and economical preventive health-care system, can alleviate the health-care budget

Gateway for Research in Yoga

India's collaboration with WHO forges scientific Yoga Protocol

- Just as cell phones embed and enmesh our lives, conversely Yoga can embed and even free our lives; but it requires adequately standardized methodology and simplified delivery
- Yoga can instrumentally replenish our lost sense of self-connection and care, despite our appearing technologically "connected"
- Trend arises in cities as gynecologists advise Yoga for pleasant pregnancy and comfortable delivery
- Globally, Yoga has become a lucrative industry in which qualified trainers benefit

Career Opportunities for Yoga Scholars, Graduates

Promising careers through Quality Council of India's (QCI) delineating Yoga training and trainer norms



Hon Prime Minister in interaction with Specially Challenged Persons



International Conference on Yoga for Body and Beyond

Ministry of AYUSH, Govt. of India
June 22-23, Vijan Bhavan, New Delhi



June 22: Inaugural session

As part of the celebrations of second International Day of Yoga, Ministry of AYUSH organized a two-day International Conference titled 'Yoga for Body and Beyond'. Vice President Shri Hamid Ansari, Inaugurated the Conference. MoS (I/C) for AYUSH, Shri Shripad Yesso Naik was the 'Guest of Honour'. Swami Ramdev, Dr. Pranav Pandya, Swami Amrita Suryananda, Swami Chidanand Muni and Dr. H R Nagendra graced the occasion. Delivering the Inaugural Address, Vice President Shri Hamid Ansari said that Yoga is a science which helps in reducing the stress and has numerous benefits which keeps one fit and useful in maintaining overall health profile.



Inauguration by Shri Hamid Ansari and Shri Shripad Yesso Naik

June 23: Valedictory session

The International Conference was held to deliberate upon the benefits of yoga to the individual, community, the society and the world at large. It was attended by Yoga experts from India and more than 80 international delegates from 35 countries.

Speaking at the valedictory session today, the Hon Lok Sabha Speaker, Smt. Sumitra Mahajan said that India has always believed in conquering the hearts of people, not by invasion, but by its culture and traditions. India has won the hearts of the world by giving it something extra ordinary like Yoga, she explained. Smt Sumitra Mahajan said that its a great achievement that by celebrating the International Day of

Yoga, the people have decided to create a healthy world. She said that the whole theory of Yoga is to go beyond the mind. Smt. Mahajan said that Yoga has several aspects, while some people look it as a part of medical science others consider it as a form of meditation and for yet others, it's a source of peace and joy.



Inaugural Address by Hon'ble Vice President Shri Hamid Ansari Ji

The Lok Sabha Speaker said that today the humanity is faced with several challenges like terrorism, extremism, consumerism and climate change. These challenges can be met if we adopt Yoga in our lives since Yoga teaches us to live in harmony with nature and to lead a balanced life. It is our great achievement that with the Declaration of International Day of Yoga by the United Nations, we have been successful in popularising yoga all over the world, the usefulness of yoga is universal and the whole world has accepted it eagerly, she added.

Addressing the valedictory session, the MoS for AYUSH (I/C), Shri Shripad Yesso Naik expressed his happiness that the level of participation in the International Conference has remarkably increased from India and abroad this year. "The way the world is accepting Yoga, I am sure in the days to come the world will further recognize Yoga as a vital contribution of India to rid the mankind of disease and promote peace and tranquillity amongst the various nationalities and a healthy world" the Minister said.

Shri Shripad Naik explained that the focus of yoga is basically to change the lifestyle so that the lifestyle related disorders are easily prevented and managed. Yoga is a suitable way to overcome the problem of non communicable diseases which is becoming more problematic than epidemic outbursts of earlier times, Shri Shripad Naik said.

The AYUSH Minister explained that several efforts have been made by the Government to promote Yoga including efforts to include Yoga training in the Military and Para-Military forces and developing a separate central sector scheme for Yoga Training for Police personnel. He further elaborated that the new recruits of Civil Services will now do Yoga as a part of their training programme. The primary theme of 2nd International Day of Yoga is to connect with the Youth and to inculcate the habit of Yoga at a young age. So, NCERT has prepared syllabi on Yoga for the class sixth to eighth and ninth to tenth standards and circulated to all the State Governments and School Boards, the AYUSH Minister added.

Shri Shripad ji highlighted some of the other major steps taken by the Government. "One of the commendable steps in this direction is that Ministry of AYUSH has set up an effective mechanism in place by launching the Schemes for Certification and Accreditation of Yoga Professionals and Yoga Schools with the help of Quality Council of India (QCI). It's more



Keynote Address by Dr. H R Nagendra, Chairman, International Day of Yoga (IDY) Experts Committee

heartening to know that the Schemes are getting international recognition."

In his welcome address, Secretary, AYUSH, Shri Ajit Sharan said that Yoga has great value for preventive and promotive healthcare. The scientific developments in the field of Yoga must be encouraged and its should be cultivated as a resource for developing individual and community health, he added.

Chairman, Quality Council of India, Shri Adil Zainul Bhai and famous Yoga experts Smt. Hansa ji Jayadevi and Shri O P Tiwari also addressed the valedictory session.



Address by Dr. R Nagarathna

During the valedictory session, Smt. Sumitra Mahajan also presented Certificates to representatives of the First Certified Yoga School in India, First Personnel Certification Body and certified Yoga Professionals from Japan under the Scheme launched by Ministry of AYUSH and managed by Quality Council of India for Yoga Professionals and Yoga Schools.

A film 'Yoga at Antarctica' produced by DRDO was also screened at the valedictory session.

There were 8 technical sessions on Yoga and Physical Wellbeing, three sessions on Insights from Yoga Scholars, Integration of Yoga in Healthcare Delivery System, Yoga for Mental Health, Yoga for Body and Beyond and a Panel Discussion on the subject. There was also a session on open-ended experience sharing by foreign delegates.

The countries that participated in the Conference included Iraq, Afghanistan, Algeria, Malaysia, Spain, Russia, Portugal, Australia, Belgium, China, Egypt, Iceland, Japan, Kuwait, Korea, Kenya, Slovenia, Uzbekistan, UAE among others.

Prashanti Kutiram, Bengaluru

The 2 IDY celebrated at the headquarters of S-VYASA Yoga University. The session started with the Address by Pro-Chancellor Prof. K Subrahmanyam Ji and then the Common Yoga Protocol was performed.





BMS College of Engineering, Bengaluru

The second International Day of Yoga celebration was organized by S-VYASA in collaboration with BMS College of Engineering and Rotary Club at the indoor stadium in Basavanagudi. More than 300 participants took part in the common protocol practice which was followed by advanced asana demonstrations and formations by both S-VYASA and BMSCE students.





Next was a stage program which was presided by Shri Ananth Kumar, Hon Minister for Chemicals and Fertilizers, GoI, Shri U T Khader, Hon Minister for Health and Family Welfare, GoK, Prof. Ramachandra G Bhat, VC, S-VYASA, Dr. Shekar, Vice Principal BMSCE, Dr. Shivarama Reddy, Director Physical Education, BMSCE, our beloved Dr. R Nagarathna Didi, Dr. Venkatram ji and Dr. Sudheer Deshpande ji. A book written by Dr. Sudheer Deshpande on Asanas was also released on this occasion.

Followed by this stage program, SMET session was conducted by Dr. R Nagarathna. Other activities like free health check-up, GDV scan and book exhibition was held to promote healthy yogic life style.



VYASA - Guwahati

Vyasa Guwahati has celebrated International Yoga Day at Sanatan Dharm Sabha. 59 Participants attended the function. In the program Sri Ajit Jana Ji, Jt. Convener of VYASA - Guwahati and others participated. VYASA Guwahati has given technical support for IDY program to following institutes like Assam Engineering Institute, Chandamari, North-Eastern Hill University (NEHU), Tura, Meghalaya, Telecom Department, Guwahati, Assam and D S Research Institute, Guwahati, Assam. VYASA Guwahati and Friends of Tribal Society, North East jointly organizes one month Yoga Class, from May 21 - June 21 at 93 places of Assam, Manipur and Tripura. All together around 15 thousand participants benefited by these yoga classes. VYASA - Guwahati also helped to conduct the International Day of Yoga in Assam, Manipur and Tripura. The IDY program was conducted in more than 4000 villages and towns. More than 6 lakh participants benefited by this yoga day program.



Sanatan Dharma Sabha, Guwahati



Teok, Jorhat, Assam



Chahajre, Senapati District, Manipur

VYASA - Kolkata

At Kolkata, Sri Sanatan Mahakud conducted IDY yoga program from June 7 -13 at VYASA for the officers of Foreigner Regional Registration Offices (FRRO). IDY was also celebrated at VYASA, Tollygunge. Free Yoga Camps on Common Yoga Protocols of IDY was offered to new comers. Apart from that, IDY was observed at Horticulture Garden, Ekal Bhawan of S P Mukherjee Road, The Heritage Group of Institutions, Kolkata with ISHA Yoga Foundation, National Institute for Orthopedically Handicapped (NIOH), Sahitya Akademi, Lions Club of North Kolkata, Department of Physical Education of Jadavpur University, Birla High School for Boys, Pragyan Pyramid Meditation Centre, CSIR-Indian Institute of Chemical Biology, Departments of AYUSH, Sports and Youth Affairs of Govt. of West Bengal.





Officers of Foreigner Regional Registration Office (FRRO)



The Heritage Group of Institutions, Kolkata

VYASA - Hyderabad

National Minerals Development Corporation Ltd., Hyderabad, conducted IDY programs over 5 different places and round 900 people participated with great enthusiasm.



VYASA - Kalyan, Maharashtra



Yoga & Philosophy students of Birla College, Kalyan



Talwalkar Gym Kalyan

VYASA - Houston, USA

VYASA, Houston observed IDY celebrations at Discovery Green Park in Down Town, Houston where 500 people participated. Consul General of India Mr. Anupam Ray was the Chief Guest.









VYASA Yoga Singapore







IDY was celebrated jointly by VYASA Yoga Singapore and Civil Service Club with high commissioner Ms. Vijay Thakur Singh as Chief Guest. More than 200 people participated in this event at civil service club, Tessensohn. Among others, CSC GM Mr. Charlie, VYASA Yoga Singapore founder Mr. Vashudev Khialani and VYASA Yoga Singapore MD Mr. Manoj Thakur had participated. There was also an incredible advance yoga posture demonstration by Dr. Kuldeep from S-VYASA, Bengaluru and later Ms. Yvonne led the laughter session. Ms. Ealla led 'Jai Ho' demonstration of derived yoga postures followed by that Ms. Archana led kids' yoga demonstration.

Istanbul Yoga Merkezi, Turkey





Istanbul Yoga Center, the exclusive representative of S-VYASA Yoga University in Turkey, organized the official joint-event of Consulate General India and Kadikoy Municipality in Istanbul. Despite being Ramadan and the hour restriction of "iftar" / breaking the fast, more than 500 guests had participated earnestly. Mr. Sanjay Jain, the Consul General of India, Mr. Aykurt Nuhoglu, Mayor of Kadikoy Municipality had also participated. For the first time, a Governmental Head in Turkey participated in such an international event. A book, the second volume of Yoga Vasistha, was also released. The common yoga protocol was led by 50 volunteers of YIC students from the yoga center.





Vasudeva Kriya Yoga, Melbourne, Australia

Vasudeva Kriya Yoga (VKY) organized two events, out of that one was conducted in the premises of Parliament. 350 people performed 108 Surya Namaskars. Kids from 3-10 years actively participated in Yoga Sessions. Local MPs and Shadow Ministers were also there.







VYASA - Los Angeles, USA



NIMHANS, Bengaluru

NIMHANS, the premier institute for mental health, at its Integrated Centre for Yoga (NICY), conducted various yoga programs including the common yoga protocol. Also for patients and caregivers special session was organized in the hospital premises with around 100 participants.



ISRO, Bengaluru



At the Indian Space Research Organization (ISRO), Bengaluru, IDY was celebrated in which which Dr. Sharvari Rao, Ms. Arundhati Goley and Mr. Lakshmikanth were the resource persons from S-VYASA.

HAL, Bengaluru

Dr. Padmini Tekur conducted IDY program at Hindustan Aeronautics Ltd. (HAL), Bengaluru





Symbiosis Internationa College, Puna



Dr. Meenakshi from S-VYSA had participated in the IDY celebration at Symbiosis International College. Around 400 staffs and students had participated.



DRDO, Bengaluru

At Aeronautical Development Establishment (ADE), DRDO, Bengaluru, IDY was observed where Dr. Judu Ilavarasu from S-VYASA gave a talk on 'Applying Yoga Philosophy in Daily Life' and followed by that a demonstration session by Mr. Nirbhay Singh.



ICMR, Bengaluru



Indian Council of Medical Research (ICMR), Bengaluru organized IDY program in which Dr. Sharvari Rao from S-VYASA gave a talk on Stress Management, following which there was Yoga Session (Common Protocol). Instructions for Yoga was given by Ms. Arundhati Goley and was demonstrated by Mr. Lakshmikanth.

IVRI, Bengaluru

At the Indian Veterinary Research Institute, Hebbal, Bengaluru, IDY was celebrated in which 60 people attended, and from S-VYASA Dr. Ashween Bilagi, Mr. Rammurthy, and Mr. Yuvakishore participated as resource persons.





CCET Office, Bengaluru

At the Central Commissioner for Excise & Tax Office, Govt of India, Bengaluru, IDY was observed along with 70 officials including Joint Commissioner Mrs. Samriti Goel. Simple office based yoga practices were demonstrated.





Indira Gandhi International Airport (IGIA), New Delhi







At the IGIA Delhi, IDY was celebrated in a grand manner. Dr. Manjunath Sharma, Dr. Ragavendrasamy, Dr. Raghavendra Bhat from S-VYASA participated as Guests of Honour. 20 sessions from 7 am - 5.30 pm were conducted by Dr. Vikas Ravat, Dr. Hemant Bhargav, Dr. Purnandu Sharma, Shiva Aditya & Yoganandu. Around 360 Passengers participated in the event. Also 2 sessions for DIAL Staff (50 staffs) were conducted by Dr. Purnandu Sharma & Dr. Hemant Bhargav. And another two sessions in Udaan Nhavan (Corporate Office) for 40 staffs were conducted by Shiva Aditya & Chirag Hakked.

Singareni, Telangana





IDY-2016 was organized by the Govt.Company, Singareni Collieries Co. Ltd, in Telangana in a grand way with the support and encouragement by the C&MD, Sri Sridhar, IAS, with the collaboration of S-VYASA/VYASA. The coal mines are spread in 4 districts and yoga activities have been taken up for the last 16 years to give benefits to the workmen, staff, officers from time to time by then C&MDs with the faculty support from S-VYASA. For this IDY 2016, more than 300 centers were identified at various mines, depts, clubs, parks, grounds and with the help of around 400 local yoga teachers in the company areas, with the coordination of all officers from top to bottom, all workers' unions, S-VYASA / VYASA arranged training for 6 days with 11 teachers / 3 supervisors / 2 coordinators covering the whole Singareni area and on the final festival day of yoga, there were 61,140 persons, including Hyderabad office (officially announced by C&MD) practiced yoga in the whole Singareni in two different groups, morning and evening.

Calicut, Kerala

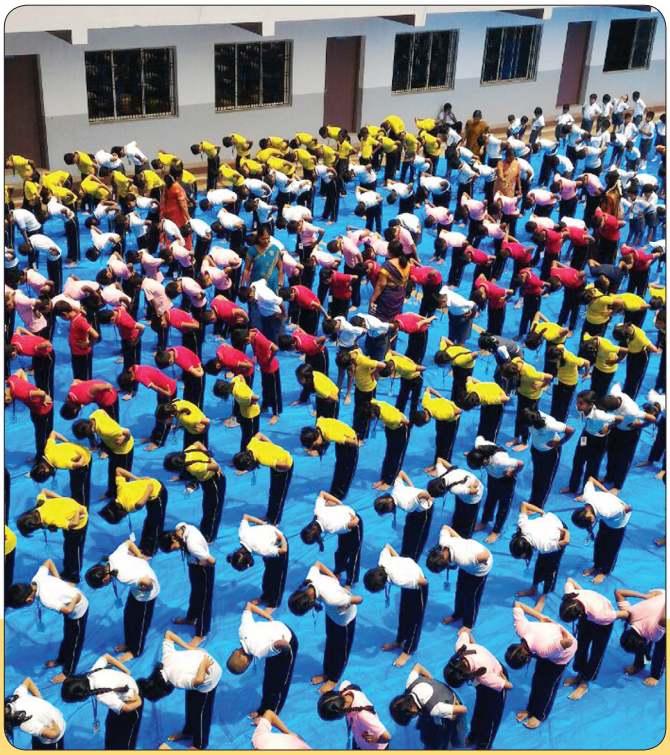
IDY event was organized on June 20 & 21 by Yoga Poornima, Yoga Research Centre. Dr. Praveen Angadi from S-VYASA gave a talk on Yoga for Diabetes as a part of the conference that was attended by around 400 people.



Madhapur, Hyderabad

Dr. T Indira Rao (Alumni of S-VYASA) conducted yoga program for senior citizens in Madhapur, Hyderabad as part of IDY celebration.





Devi Academy, Valasai, Chennai

Children preformed yoga in the presence of Dr. T M Srinivasan, a professor of S-VYASA.

KIIT & KIIS, Bhubaneswar

At the KIIT & KISS, Bhubaneswar, IDY was celebrated along with students and faculties of the University.





Basaveshwar Nagar, Bengaluru

Samyama Yoga Mahavidyalaya in association with International Yoga Day committee, S-VYASA Yoga University and other Yoga organizations organized IDY. Dr. Dhanvanthari S Wodeyar, Hon President Samyama Trust and Yoga Mahavidyalaya, Sri P R Krishnamurty, Organising Secretary, Samskrita Bharathi, Dr. B V Rajaram, Member IDY Committee Prof. Seetharam, Dean S-VYASA Yoga University, and about 500 Govt. and Private School children and more than 100 Samyama Yoga Sadhaks had participated despite rain.



Vidhana Soudha, Bengaluru



At Vidhana Soudha grand IDY program was conducted in which more than 200 people participated.

Kanthirava Stadium, Bengaluru



Under the guidance of Dr. Karuna Nagarajan, as a part of IDY, Immediate Effect of Yoga on Concentration and Attention of School Children was assessed using Group Cognitive Tests at the Kanthirava Stadium.

Marathon Yoga Day, Bengaluru

A Marathon Yoga Day celebrated in Jayanagar Stadium, NMKRV Degree & PUC College, Oracle at Krishna Magnum and PPD Prestige Park at



Bosch and Samsonite, Bengaluru

IDY was celebrated in Bosch and Samsonite companies where Dr. Swathi and Ms. Pallavi, from S-VYASA had participated.



Free IDY Camps conducted at different parts of Bengaluru

Central Council for Research in Yoga and Naturopathy (CCRYN)
S-VYASA Yoga University

1	**Parivartana Yoga KJA,** Crescent Road
2	**Shri Chaitanya Yoga Academy,** Guttahalli
3	**Dhanvantri Holistic Health Center,** Kengeri Satellite Town
4	**VYASA,** Srinagar
5	**Shri Chaitanya Yoga Academy,** Girinagar
6	**Samyama Yoga Mahavidyalaya Institute of Yogic Sciences and Research,** Basaveshwara Nagar
7	**Shree Yoga Vijnana Kendra,** Yelahanka New Town
8	**SYVK,** Yelahanka New Town
9	**Rail Wheel Factory,** Yelahanka New Town
10	**Shankar Nag Park,** Yelahanka New Town
11	**Kogilu Centre,** Yelahanka New Town
12	**BSF,** Yelahanka New Town
13	**Parivartana Yoga SVM 1,** Malleshwaram
14	**Parivartana Yoga SVM 2,** Malleshwaram
15	**Patanjali Yoga Kendra,** Mahalakshmi Layout
16	**Kairalikethan,** Indira Nagar
17	**HBP Indian School,** Shivaji Nagar
18	**Parivartana Yoga Bhuvanagiri,** B Chennasandra
19	**SFS Collage,** Electronic City
20	**Sudarshan Yoga,** BSK 2nd Stage
21	**Karnataka State Yoga Academy,** BSK 2nd Stage
22	**Manasa Yoga Kendra,** New TimberYard Layout
23	**Pranava Yoga Dhama,** Jayanagar 2nd Block
24	**Advaita Power Yoga and Fitness Center,** Padmanabha Nagar
25	**Salamba Yoga,** BSK 2nd Stage
26	**Namaste Seva Yoga Trust,** Vidyaranyapura
27	**Ayurdhama Yoga Centre,** Jayanagar 4th Block
28	**Sumana Art Centre,** Jayanagar 9th Block
29	**Yoga Arogya Centre,** KR Puram
30	**Ayush Yoga Centre,** Hampi Nagar
31	**Shri Yoga Centre,** Basaveshwara Nagar
32	**Jss Yoga Centre,** BSK 2nd Stage
33	**Transness Health,** Kumara Swamy Layout
34	**ISRO Layout**
35	**Nobel Residency,** Begur Road
36	**Chandra Layout**
37	**Atmalaya,** Sheshadripuram
38	**Royal Shelters,** Devarachikkanahalli
39	**Ganapati Temple,** Jambusavaari Dinne
40	**Classic Orchards,** BG Road
41	**SMP Appartment,** Nobo Nagar
42	**Deeksha High School,** Sakalvara
43	**NMKRV College,** Jayanagar
44	**Oracle,** Jayanagar
45	**Ajantha Cultural & Educational Society,** Devaiah Park
46	**Patanjali Yoga Kendra,** RR Nagar
47	**Sri Rajarajeshwari Yoga Shiksha Kendra,** RR Nagar
48	**Acharya Yoga Coaching Centre,** RR Nagar
49	**Bharathiya Vidya Bhavana School,** Chamrajpet
50	**Sri Krishna Yoga Kendra**
51	**Maya Yoga Centre,** Yelachenahalli
52	**Global Yoga Academy,** Bilekalli
53	**Shiradi Sai Yoga Centre,** Prashanth Nagar
54	**Rama Ranganath Yoga Centre,** Moodalpalya Circle
55	**Jnana Nidhi Yoga Kendra,** NR Colony
56	**Om Seva Kendra,** Vishwaneedam
57	**Sri Balaji Yoga Kendra,** Basaveshwara Nagar
58	**DRDO Yoga Centre,** CV Raman Nagar
59	**Active Yoga Centre,** Kagadaspura
60	**Alpha Active Centre,** Sai Layout
61	**Sri Sai Bharghav Power Yoga,** Seegehalli
62	**Maruthi Yoga Centre,** Ramurthy Nagar
63	**Patanjali Naturopathy Yoga Centre,** Ramurthy Nagar
64	**Yogic Science Centre,** Ramurthy Nagar
65	**Sri Basaveshwara Yoga Kendra,** Ramurthy Nagar
66	**Mother Thersa Yoga School,** T C Palya
67	**Sri Vivekananda Yoga Shikshana Samithi,** Hoskote
68	**Sri Vivekananda Yoga Shikshana Samithi,** T G Badavane
69	**Sri Vivekananda Yoga Shikshana Samithi,** Mugabala
70	**Sri Vivekananda Yoga Shikshana Samithi,** Tavarekere
71	**Sri Vivekananda Yoga Shikshana Samithi,** Kannamangala

72	**Sri Vivekananda Yoga Shikshana Samithi,** Nakka halli
73	**Sri Vivekananda Yoga Shikshana Samithi,** Kandra Halli
74	**Sri Vivekananda Yoga Shikshana Samithi,** KR Pura
75	**Sai Ram Yoga Centre,** Horamavu Agara
76	**Shivananda Yoga Centre,** Kalyan Nagar
77	**Sri Sai Yoga Centre,** Vidyaranyapura
78	**Asha Yoga Centre,** Vidyaranyapura
79	**Sharada Yoga Prapancha,** BSK 2nd Stage
80	**Banashankari Yoga Centre,** BSK 3rd Stage
81	**Chaitanya Mahavidalaya,** Malleshwaram
82	**Navachethana Yoga Kendra,** Malleshwaram
83	**Yoga Kutumba,** Anand Nagar
84	**Maruthi Yoga Kendra,** DB Pura
85	**M V M School,** DB Pura
86	**Sri Hombegowda PU College,** Mariyappanpalya
87	**SVVP Yoga Foundation,** Devaiah Park
88	**MVM School,** DB Pura
89	**Royal English School,** Rajaji Nagar
90	**SVVP Yoga Foundation,** LG Halli
91	**SBI (admin office),** Padmanabha Nagar
92	**Parivartana Yoga Bnes,** Mahalakshmi Layout
93	**Yoganiketana Trust,** Basavanagudi
94	**Nightingales,** Malleshwaram
95	**New Horizon Public School,** Indira Nagar
96	**Don Bosco,** Chamrajpet
97	**DPS Play School,** Kunmdulu Halli
98	**Prajwala Vidya Nikethan School,** Agrahara
99	**Giggles Day Care & Activity Center,** Agrahara
100	**New Pratham Public School,** KR Puram
101	**Revathi Yoga Center**
102	**Arunachala Arogya Mandira,** Saraswathi Nagar
103	**Amruthanandamaya Yoga Kendra,** Vasanth Nagar
104	**Kasturi Nagar Branch,** Kasturi Nagar
105	**Sumangali Seva Ashrama,** RT Nagar
106	**Christ The King English School,** Jeevanahalli
107	**Bhoruka Charitable Trust,** Indira Nagar
108	**My School,** RMR Extension
109	**Chrysalis High,** Kudugodi
110	**Devagiri Yoga Center,** Banashankar Complex
111	**Devagiri Ladies & Senior Citizens Yoga,** Banashankar BDA Complex
112	**Devagiri Yoga Kendra,** BSK 2nd Stage
113	**Nemmadi Yoga Center,** Mahalakshmipuram
114	**Nemmadi Yoga Center – 2,** Rajajinagar

Chandigarh Yoga Festival - 2016

Chandigarh, June 9-12: Chandigarh Administration in collaboration with Mumbai University, Panjab University and Annals of Neuroscience organized 'Chandigarh Yoga Festival' as a prelude to International Yoga Day Celebration held on June 21st. The Festival celebrated invaluable gifts of tradition and ancient wisdom of Yoga which embodies the unity of mind & body, of thought & action, of man & Nature.



The Festival comprised of an academic conclave named 'Yoga for Good Life', an exhibition named 'Yoga & Healthy Lifestyle Exhibition' of products & services that promote a healthy lifestyle, street plays named 'Yoga Charcha' across various locations in the city and gala nights where eminent personalities like Sri Sri Ravi Shankar, Baba Ramdev, Prof. Kaptan Singh Solanki, Dr. H R Nagendra graced the occasion with their presence for deliberation on convergence of science, spirituality and yoga for meaningful application for social good and harmony.





Puttaparti, June 16: Prof. Alex Hankey and Shri Rajesh H K were invited by Sri Satya Sai Institute of Higher Learning Centre to inaugurate the sessions of 2nd International Day of Yoga

IDY celebration at BLDE University, Vijayapur



On the eve of second IDY, **Dr. Subramanya Pailoor** from S-VYASA was invited to give a talk on "Yoga" by BLDE Deemed University and Medical College, Vijayapur. The program was inaugurated by President BLDE Group of Institutions **Shri M B Patil,** Hon Minister of Irrigation, GoK. The dais was shared by the President and other Dignitaries of the Institution for the auspicious event. It was a well received talk on the awareness of Yoga by the students of the BLDE Institutions. Post noon they have organized an intellectual session on the progress of research going in Yoga. The session was well organized and participants were the research team and medical doctors. The session went through with more focused and insightful discussions in the arena of research and Yoga.



Bob Blackman MP, Chair of APPG Indian Traditional Sciences hosts **International Yoga Day at British Parliament**



NIMHANS Director Dr. B N Gangadhar on Skype

"Yoga to be integrated within the NHS" was the unanimous appeal of yoga practitioners, health care professionals, community leaders, education professionals, researchers and parliamentarians at the 2nd International Day of Yoga celebrations in the Houses of Parliament, UK. The programme was hosted by Bob Blackman MP, Chair of the All Party Parliamentary Group of Indian Traditional Sciences and was joined by fellow parliamentarians, Conservative MP Matthew Offord (Hendon) and Labour MP Virendra Sharma (Southall & Ealing). The High Commissioner of India, His Excellency Mr. Navtej Sarna, the Chief Guest on the day elaborated the origins and significance of United Nations International Yoga Day. This vision was encapsulated by United Nations General Secretary, Ban Ki Moon *"By proclaiming 21 June as the International Day of Yoga, the General Assembly has recognized the holistic benefits of this timeless practice and its inherent compatibility with the principles and values of the United Nations".*

Recognising the greater need for Yoga within the health care and school curriculums, Bob Blackman tabled an early day motion 215: *"That this House celebrates the 2nd International Day of Yoga, on 21 June 2016, adopted by the UN General Assembly in 2015; recognises that yoga is a multi-dimensional approach to encouraging well-being, which appreciates the link between physical and psychological health and lifestyle; appreciates that yoga is a reflective and non-invasive practice, which is appropriate in all stages of life; recommends yoga to be included as part of mindfulness and well-being initiatives for NHS staff and for yoga to be integrated within treatment for patients; and urges the Department for Education to introduce yoga in the school physical education curriculum".*

In the UK, a growing percentage of the population practices Yoga and research finds that its practice promotes lifestyle factors, which reduce risk of chronic disease, while also reducing symptoms of many chronic mental and physical conditions.

The programme was conducted by the Secretary of the APPG for Indian Traditional Sciences **Amarjeet Bhamra** who introduced the speakers and welcomed the guests, "It is absolute privilege for us to have the presence of HE The High Commissioner of India Mr Sarna with us along with the members of the All Party Parliamentary Group on Indian Traditional Sciences to move forward our agenda of Yoga into the NHS. The efforts and support received from Bob Blackman MP and his office, in this very important initiative has been incredible. I welcome Matthew Offord MP and Virendra Sharma MP for having joined in and supporting the APPG in its efforts."

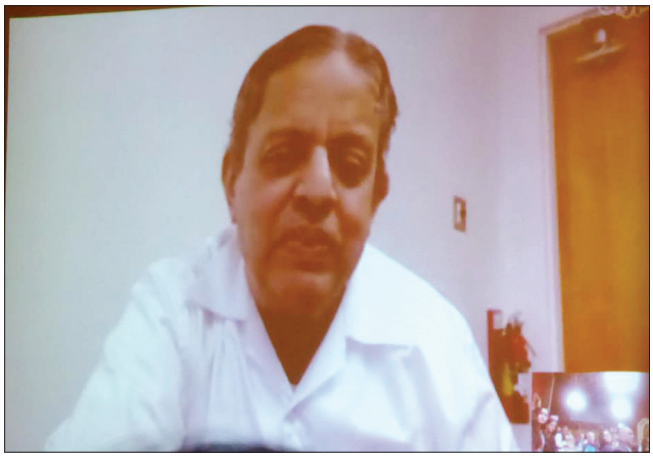
Founder of The Minded Institute, **Heather Mason MA** co-conducted the programme along with the Amarjeet and gave an overview on the need for integration of Yoga into the NHS. She said, *"Yoga practice is correlated with positive health outcomes and its integration into the health services would reduce the economic burden associated with non-communicable diseases. Yoga practice is correlated with positive health outcomes and its integration into the health services would reduce the economic burden associated with non-communicable diseases. There is a large and strong corpus of research evidence supporting yoga's efficacy in the*

management of chronic conditions."

The evening saw a number of Yoga breathing and simple relaxation demonstrations by leading Yoga practitioners at the event with everyone chanting the Om and joining in the various relaxation, meditation and breathing demonstrations led by practitioners. The personal journey of success of defying cancer by the use of Yoga and Meditation was shared by **Neil Patel**, Founder, Director and Grandmaster at Chi Kri and Chi Kri Classes (Ltd) UK. This was followed by various contributions on the scientific evidence on the value of yoga in day to day life and its proven benefits. He asked *"why no investigation is being done by the NHS into how yoga can prevent and overcome cancer in the UK. By 2020, 1 in 2 people will get cancer in their lifetime in the UK (According to new figures from McMillian), it is time other methods were looked at. Currently it is ILLEGAL to help people with cancer in the UK other than by 3 methods (Chemo, Radio and Surgery via the NHS). Thus, even if you find a cure, you will be locked up or fined for saving or claiming to save or even help anyone."*

Satish Sharma, a yogi and secretary of National Council for Hindu Temples discussed *"the need for the highest standards of integrity from Yoga practitioners since something as powerful as Yoga Practice could harm as well as heal. Because Yoga is transformational unlike all other bodies of knowledge, knowing is not enough – one must only teach to the degree determined by one's own experience and ability, one can only help support someone else's transformation to the degree that you too have mastered that specific stage and practice. The Yamas and Niyamas of Yoga, which are the foundations of all practice, are not optional – they will determine what you can learn and thus, what you can and should teach."*

Representing the medical fraternity, **Dr. Matt Joslin,** a GP from Manchester said, *"My own personal practice of yoga has lead me to introduce yoga as a option for patients to add to their toolkits to help manage their illnesses and maintain physical and psychological wellbeing. This option is met with enthusiasm when introduced in a patient centred way with a collaborative approach. All members of the team in our primary care organisation, from reception staff through to visiting locum doctors are invited to attend a yoga class with me. This broadens the base of "yoga prescribers" and creates a culture where yoga is seen as part of "usual care". An endorsement of yoga by a healthcare professional under the banner of the NHS is powerful message to patients. The social media response to my "yoga prescription" demonstrates that people are engaged with this debate."*



Chancellor Dr. H R Nagendra on Skype

Goran Boll spoke (via skype) about the success of Yoga in Swedish Hospitals. He said, *"Yoga has already been implemented into the Swedish NHS. From 2010-2016 more 150 hospitals, primary care- and specialist clinics have started using yoga on their patients. The projection for 2020 is 5-600 NHS units, and we see a similar development all over Scandinavia. Yoga is used on heart patients, for pain management, eating disorders, cancer rehab, in psychiatry, treatment for the elderly, and in palliative care. The yoga instructors in the Swedish NHS are mostly physic therapists, nurses and doctors, having taken up to 2 years of yoga training. The basis for this development in Sweden is scientific research on yoga, since 1998."*

Dr. B N Gangadhar from Depart of Psychiatry, NIMHANS Bangalore (via skype) discussed the present state of affairs for Yoga & Healthcare in India. He said, *"Practicing yoga lifestyle not only promotes better mental health but also reduces illnesses and their symptoms. Substantial evidence is available to objectively demonstrate the benefits of yoga and these are well documented in scientific research. Being non-invasive, it has best potential for integration with other treatments and such integration has already happened at NIMHANS for mental and neurological disorders."*

Dr. Tina Cartwright, Senior Lecturer at

University of Westminster spoke said *"Surveys in the US and Australia have shown that around a fifth of yoga practitioners report using yoga for specific health conditions, with the majority perceiving yoga as helpful in improving or managing their health."* She added, *"Yoga is most commonly used for musculoskeletal problems, mental health conditions and stress management."* Discussing the Big UK Yoga Survey, she said, *"There has been no equivalent detailed survey of yoga practice in the UK. The recently launched Big UK Yoga Survey investigates why people practice yoga, how they practice and how they feel it affects their health and well-being. The results of the survey will suggest where yoga might be most beneficial and what research is needed in the future."*

Dr. Fiona Butler representing the 'Yoga for Underserved Population' from NHS West London Clinical Commissioning Group shared that *"the College of Medicine is pleased to be part of the collaboration looking at the cost effectiveness of bringing more therapeutic yoga to the UK and NHS, researching its beneficial impact on emotional and physical health and on chronic conditions such as back pain, depression and stress, obesity."* She highlighted the need for prevention and self-care as key to ensure sustainability of NHS. *"We need to reduce numbers of people at risk of life style related long term conditions and return people to a state of wellness . This means thinking out of the box, being open minded and embracing new ideas for healing that are cost effective and have evidence base."* Speaking about the Yoga for Underserved Population she said, *"We particularly want to reach underserved communities and help health inequalities, and the college is committed to research the benefits of therapeutic yoga in areas of social deprivation where lifestyle factors such as poor diet and stress, and social isolation have an adverse effect on health and people are least likely to access holistic care."*

Dr. Ned Hartfield discussed the cost benefits of Yoga for the NHS – *"Each year the NHS loses over 5 million sickness absence days due to back pain and musculoskeletal conditions, costing the NHS more than £600 million. Recent research shows that yoga programmes - involving specific movements, breathing techniques and relaxation methods - are highly effective for reducing back pain and musculoskeletal conditions. A recent randomised controlled trial involving 151 NHS employees in North Wales showed that a yoga programme was not only effective in reducing back pain, but also cost-effective in decreasing the number of sickness absence days due to back pain and musculoskeletal conditions. In this study, yoga participants missed only 2 days due back pain and musculoskeletal conditions over a six month trial period, compared to 43 missed days in the control group."*

Jo Manuel speaking about the role of yoga in the education system said, *"A study conducted by NASUWT (the largest teachers' union in the UK) in 2016 surveyed over 5,000 teachers and found that over three quarters (79%) had reported experiencing work related anxiousness; almost half (47%) of teachers have seen a doctor in the last 12 months as a result of work related physical or mental health problems, 14% have undergone counselling and 5% have been admitted to hospital. 10% of teachers say they have been prescribed anti-depressants to help them cope; shockingly, 2% of teachers say they have self-harmed as a result of work-related pressures."*

Jo added, *"NHS Clinincal commission in Havering commissioned a mindfulness programme from Special Yoga Foundation for their 6 hours of training and a daily yoga and midfulness practise delivered with audio and visual materials created this result in 6 weeks: Increase in high wellbeing from 8 to 20 % Drop in low wellbeing from 14 to 4 %.*

To end the evening, Venerable Dr. H R Nagendra, the Indian Prime Minister Narendra Modi's Yoga consultant spoke (via skype) to the participants and discussed the importance of yoga. Lakshmi Kaul from Bob Blackman MP's office extended a vote of thanks to a packed audience and read out the following resolution that was ratified by all:

"Create fraternity, a sangha, of yoga experts and leaders encompassing all schools of yoga who unify towards under the umbrella of this traditional practice. This group will collectively work within and embody the ethos of yoga. That this group will pool their wisdom and possess a communal platform to share ideas and promote the practice of yoga in the UK towards the highest good. This group will collectively act as advisor to the country on how to bring yoga to the public in healthcare, education, and the workplace to enhance public well-being. This group will liaise and development networks with India, other nations, and the World Health Organisation."

VYASA to NASA
IDY Celebrations at NASA, Houston

■ *Manu Shah,* Houston



More than 300 yoga practitioners gathered at the John Space Center in the back drop of NASA's Orbiter spacecraft on June 26 to celebrate International Day of Yoga. A rapidly growing movement, Yoga is a holistic exercise that appeals to different people for different reasons regardless of ethnicity, religion or color. This was clearly evident from the broad mix of people that turned up at the event organized by the Indian Consulate in Houston.

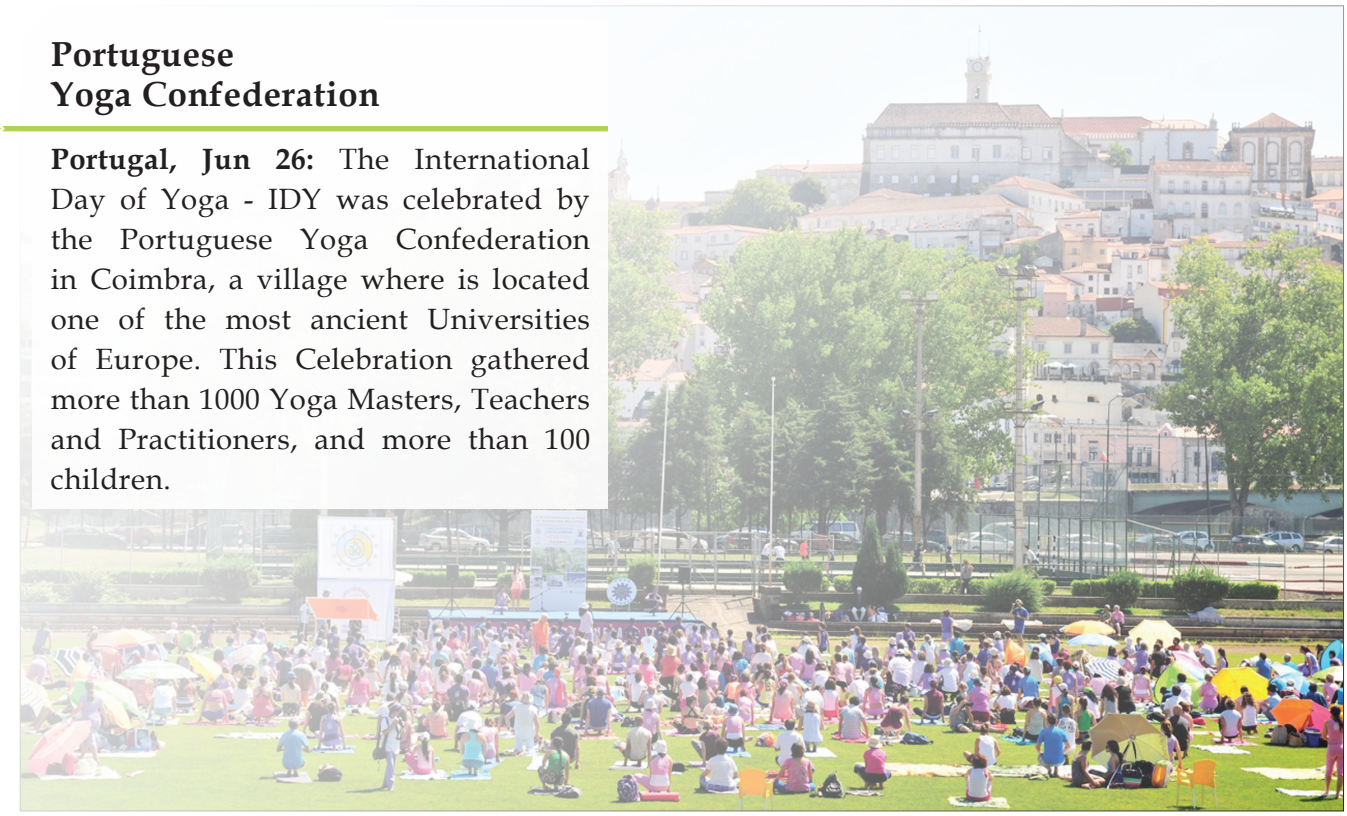
While many like Indrani Parthasarthy came for the flexibility that yoga offered or Dustin who "found it the best way to start the day and clear the mind", some like Jorge Bonilla noticed that yoga made him "less grumpy." His wife confirmed this statement! NASA's choice of venue in the words of India's Consul General Anupam Ray was the best place "to link the ancient science of India to the present day cutting edge technology which brings the modern and the ancient together in a very interesting way."

A practicing yogi himself, CG Ray also thanked the 15 plus organizations and volunteers who "worked so hard to make the event successful without expecting anything in return." He later joined the gathering for the yoga Practice. Then IDY yoga protocol practice went under the clear and crisp instructions of Director of VYASA-Houston Vishwarupa Nanjundappa. Emphasizing the importance of synchronizing the breathe with the body's movements and fusing insights about the instant benefits of yoga, Vishwarupa concluded the 45 minute session with some pranayama practices. The event ended with the recitation of a mantra from the Upanishad which sought blessings for happiness and peace and freedom from illness and suffering.

Interestingly, VYASA, Houston, a renowned Yoga Institute, has a collaboration with MD Anderson since 2003 conducting yoga classes every day for breast cancer patients. They are currently running the biggest study in the world with 600 patients where they offer each patient 18 sessions of yoga during chemotherapy and radiation. According to VYASA's Director Nanjundappa, the study shows that regular practice of yoga can combat the side effects of cancer treatment and helped patients improve sleep patterns and quality of life. ■

Portuguese Yoga Confederation

Portugal, Jun 26: The International Day of Yoga - IDY was celebrated by the Portuguese Yoga Confederation in Coimbra, a village where is located one of the most ancient Universities of Europe. This Celebration gathered more than 1000 Yoga Masters, Teachers and Practitioners, and more than 100 children.







National Stadium, Singapore

Singapore, Jun 21: Today it's a history in Singapore. For the first time 4500 persons performed yoga together at around National Stadium to celebrate IDY 2016. It was organized by Indian High Commission and conducted by VYASA Yoga Instructors.









Poland - 2nd IDY celebration

International Day of Yoga was celebrated in Warsaw. Indian Ambassador Mr. Ajay Bisaria was the Chief Guest. Mr. Krzysztof Stec, the writer of the book Dynamic Suryanamaskar – Sun Salutations which is the publication of Swami Vivekananda Yoga Prakashana, was also present.





PES University, Bengaluru - 2nd IDY celebration

Karnataka State Yoga Academy organized 2nd IDY celebrations at PES University, Bengaluru. Union Minister Sri Ananth Kumar was the Chief Guest.







International Day of Yoga at Red Fort, New Delhi.
Chancellor, Dr. H R Nagendra was the Guest of Honour

Workshop on "Orientation of Doctors / Yoga Instructors in Public health on Yoga"

Port Blair, June 9: On the note of International Day of Yoga celebrations, Directorate of Health Services and National AYUSH Mission in Andaman & Nicobar Administration have invited S-VYASA to conduct a workshop on "Orientation of Doctors / Yoga Instructors in Public health on Yoga". **Dr. Subramanya Pailoor** and **Dr. Raghavendra Bhat** from S-VYASA have organized the one day workshop. It was a well organized and participants were the Medical fraternity of Andaman & Nicobar associated with AYUSH and the health aspirants. It was well received by the participants and shared their happiness in organizing such workshops to bring awareness on Yoga and its benefits to the common people and also shared their interest to organize such awareness programs conducted on Yoga in the future.



Shree Yoga Vijnana Kendra, Bengaluru - 2nd IDY celebration

2nd IDY was a very busy and happy day for all yoga teachers of Shree Yoga Vijnana Kendra (SYVK) at Yelahanka New Town. SYVK conducted yoga practices as per the protocol on IDY at as many as 12 places in and around Yelahanka. People participated with full enthusiasm in hundreds of numbers in most of the places.

SYVK conducted series of yoga classes at ISRO to prepare the employees of ISRO Satellite Centre for IDY 2016 celebrations in a grand way. About 290 scientists took part in this practice with great enthusiasm. Shri Gopalakrishna Hegde, Sri Shivprakash and Mrs. Seema Venugopal imparted the training.

SYVK conducted IDY protocol at Rail wheel Factory, Yelahanka. Senior Yoga teacher of SYVK, Shri Guddad spoke on the occasion about the importance of yoga.

Another senior teacher of SYVK, Mr. Chandranna,



imparted yoga protocol training for BSF at Yelahanka. About 350 people participated during IDY 2016 at BSF.

SYVK organised mass yoga practice at Shankar nag Park, Vivekananda Park, Yelahanka, Allalasandra, NCC and Heritage Apartments at Yelahanka. All trustees and Teachers of SYVK whole heartedly supported this event.

Students of SYVK participated in IDY protocol at New town centre and Kogilu centre in good numbers. Senior Teachers Mr. Srikanth and Mrs. Chanchala took the lead.

Harvard Medical Symposium

Integrative Medicine and Role of Yoga and Ayurveda

■ *Anusha Sehgal*



Dr. H R Nagendra, Amrta Suryananda Maha Raja, Dr Manjunath N K and other dignitaries

June 7: A one-day Symposium on Integrative Medicine and Role of Yoga and Ayurveda was convened by multiple organizations spearheaded by the Indo-American Health Initiatives at the Gordon Hall of Harvard School of Medicine, Boston. Experts in the field of research, and integrative practice of Yoga and Ayurveda came together to deliberate on the current status, challenges and future growth of Integrative medicine.

Today the entire health and wellness industry faces challenges of access, rising cost, standardization and quality control. The purpose of this symposium was to address the solutions to these key issues by bringing in the experts that will contribute to transform the healthcare of the emerging world with integrative approach bringing ancient systems of Ayurveda and Yoga with conventional medicine via research and development, high level education and entrepreneurial business partnership.

Mr. Kanchan Banerjee, Vice President of Global Indian Business Council and Co-Convener of the Symposium, as a chair of the inaugural session provided the initial objective of the effort to serve the society. In his welcome address Dr. Darshan H. Mehta, Medical Director, Benson-Henry Institute for Mind Body Medicine at Harvard Medical School, expressed his pleasant surprise on the fast pace rise of the use of Yoga and Ayurveda in the practice of medicine.

Mr. Shripad Yasso Naik, Minister of State, Ministry of AYUSH, Govt. of India could not attend the even due to last minute engagement in New Delhi sent a video message and promised full support to advance the knowledge and practice of Ayurveda and Yoga for healthcare worldwide. He called this event as a historic step forward for Integral Medicine.


Dr. H R Nagendra, Chancellor, S-VYASA


Address by an Eminent Scholar


Address by an Eminent Scholar

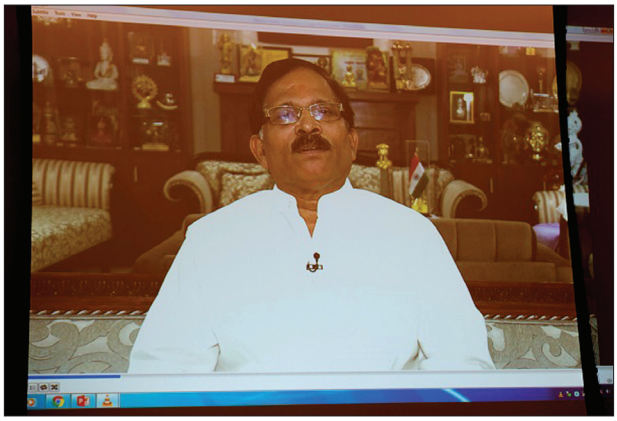
This was followed by several keynote addresses. First was Dr. H R Nagendra, Chancellor, S-VYASA University in Bangalore India outlined a list of scientific research for the past 30 years, and requested scientists and physicians to join hands with Indians scientists and experts in Ayurveda and Yoga to place these practices on solid foundation.

Dr. Greg Fricchione, Director, Benson-Henry Institute for Mind Body Medicine, suggested that resilience to stress, as practiced in yoga, has been verified at the systems biology level. He also added that traditional sciences approach and understanding of human dynamics is at a high level in relation to energy and function.

The session concluded with a detailed presentation by the state Health Commissioner of Massachusetts Dr. Monica Bharel, who was emphatic in her support to Ayurveda and Yoga for providing holistic healthcare especially to underserved communities.

A session reviewing basic research in Yoga and Ayurveda was chaired by Dr. Dinesh Patel, former Chairman of Board of Registration in Medicine, State of Massachusetts and Associate Clinical Professor Harvard Medical School and a well-known Ortho surgeon at MGH. He noted that access, quality, safety and affordability in Health and welfare of millions should be the mission health care professionals and this event is significant towards this direction.

Several speakers spoke on various related subjects. Dr Manjunath S K, Director International Affairs & Director R&D, S-VYASA, India: Research and funding status on Ayurveda & Yoga in India and worldwide. Dr. Sara lazar, Assistant Professor, Harvard Medical School: Impact of Meditation on brain, body and mind. Dr. Richard Fletcher, mobile technology group at MIT D-Lab: Mindfulness Research. Dr. Robert Saper, Chair of the Academic Consortium of Integrative Medicine and Healthcare at Boston University, suggested that Ayurveda take cue from the success of Yoga to become popular by more research to ensure safe and effective use. Dr. Ariana Vora, Harvard Medical, Spaulding Rehab and Mass General Hospital spoke to the effect of continuous exchange and education between conventional medicine and traditional systems, integrating the best of the east with the best of the west.


Shri Shripad Yasso Naik, Union AYUSH Minister, GoI


Pujya Shri Ravi Shankar, Art of Living, Bengaluru

Next session explored the current work in these areas in terms of prevention and therapy which was chaired by Dr. David Mischoulon, Psychiatrist, Massachusetts General Hospital.

Several experts presented in this session as follows:

Dr. Lisa Conboy, Health Researcher, Osher Center for Integrative Medicine Brigham and Women's Hospital: Clinical research on Ayurveda/Yoga. Dr. John Denninger, Director of Research, Benson-Henry Institute for Mind Body Medicine, Massachusetts General Hospital: Conceptual and procedural hurdles for the acceptability of Ayurveda and Yoga. Dr. Pratibha Shah, Ayurveda Expert, Founder President Holistic Health Alliance: Ayurveda in the US, realities and potential.

A panel Discussion on strategies and steps for advancing Ayurveda & Yoga for healthcare was chaired by Dr. Bal Ram Singh, President, Institute of Advanced Sciences, Dartmouth, MA.

Various expert panelists shared their knowledge and experience. Dr. Bindiya Thakkar, Endocrinologist, Hallmark Health System: Nutrition and Community Health – Diabetes and Obesity. Dr. Sharmila Mudgal, Occupational and Environmental Medicine, Primary Care Orthopedics, & Parag Mehta, Co-Founder of Navitas International Corporation: Ayurveda 2016: Bedside to Bench to Bedside.

Dr. Margrit Mikulis, Secretary, Board of Director of National Ayurvedic Medical Association (NAMA): Legal status, educational standards and practice of Ayurveda in United States – ways to move forward, and Prof. Sat Bir Khalsa, Harvard Medical School: Yoga in Healthcare - The Science and the Research Evidence.

In the Concluding session Jagat Guru Amrta Suryananda Maha Raja President of Yoga Portuguese Confederation from Portugal talked about how modern science is coming closer to the sciences of India – material and inner.

A video message from AOL founder and Spiritual Guru Sri Sri Ravishankar sent his greetings and congratulated the Organizers and said that it's the right time to bring the benefits



Dr. N K Manjunath with dignitaries

of Yoga and Ayurveda which is the time tested ancient science to the millions. He also added that we should look at Ayurveda and Yoga with a modern scientific angle. Yoga has proven to the best tool for prevention of many illnesses and Ayurveda has helped millions to recover from various ailments.

Pramit Maakoday, Co-Convener of the event gave the vote of thanks to distinguish faculty, visitors from overseas, sponsor Mr Vipul Amin, of Param, attendees and Harvard medical school for this wonderful opportunity for allowing this to happen in Gordon Hall.

Both the experts and participants of the event expressed that this symposium was truly a global exploration for finding solutions for healing the hurt. The ancient science and arts of healing from India has created an added avenue to heal the hurt with an Integrative approach. Experts in India and US need to work globally to facilitate full opportunities for researchers, practitioners and care receivers alike to be part of a truly Integrative Health Care system and work with large network of health care providers, academics and research scientists and exploring further basic research, development and clinical trials globally.

The event was organized by the Indo-American Health Initiatives based in Boston who plans to promote collaboration between the two countries in the Healthcare sector - primary goal being bringing technology to India and brining Indian healing systems to the US. The supportive organizations included S-VYASA India, Institute of Advanced Sciences in Dartmouth MA, The event was sponsored by PARAM, a Health care company based in New Jersey.



New Delhi, June 18: Chancellor Dr. H R Nagendra participated in National Seminar on Yoga where Union Minister for Human Resource Development, Smt. Smriti Zubin Irani was the Chief Guest



Bengaluru, June 12: Dr. Prahlada, Director, Center for Energy Research, was the Chief Guest in Ramanath Goenka Award ceremony. The event was organized by Prashant Goenka Group of publications in association with Sahitya Sangam

Special Yoga Instructors' Course for foreigners

under Indian Technical and Economic Co-operation Program by Ministry of External Affairs, Govt. of India



YIC participants of 9 Countries with Dignitaries

Prashanti Kutiram, Bengaluru: Continuing with the Vision of the Hon PM Shri Narendra Modi ji, the Ministry of External Affairs under the prestigious Indian Technical and Economic Co-operation program selected S-VYASA University to train about 32 participants from various countries to undergo the special Yoga Instructors' Course training between May 16 – June 12.

YIC has been a flagship course of S-VYASA since more than 3 decades and has completed 169 batches.



Felicitation to Shri Dinkar Asthana, Joint Secretary, Ministry of External Affairs, GoI

This was the first time a dedicated batch consisting only International Participants was organized. The batch consisted participants from Syria, Srilanka, Iraq, Mali, Madagascar, Russia, Mongolia, South Africa, Senegal.

During the program a two day study & cultural tour to Mysore and Srirangapattana was organized on June 7 & 8. The participants thoroughly enjoyed and took back memories for a lifetime.

With the guidance of Guruji Dr. H R Nagendra, the one month-long program was very well conceived and co-ordinated by Dr. Gayathri, Dr. Meenakshi, Shri Chirag Hakked, Shri M S Surendra, YIC team.

The Valedictory Event of the same was held on June 12 at Mangala Mandira auditorium. Chief Guest of the ceremony Shri Dinkar Asthana, Joint Secretary, Ministry of External Affairs, addressed the participants eloquently. The event was presided over by Guruji.

Yoga University at Vishakhanpatnam

The District Collector Sri Yuvaraj, IAS, has announced recently, that on the direction of Hon'ble Chief Minister, Andhara Pradesh, Sri Chandrababu Naidu, 100 acres of land is indentified near Vishakhapatnam for establishing a National Yoga University. The survey of the land has also been completed.



Jan 12, 2016: Prof. K Subrahmanyam with CM Sri Chandrababu Naidu

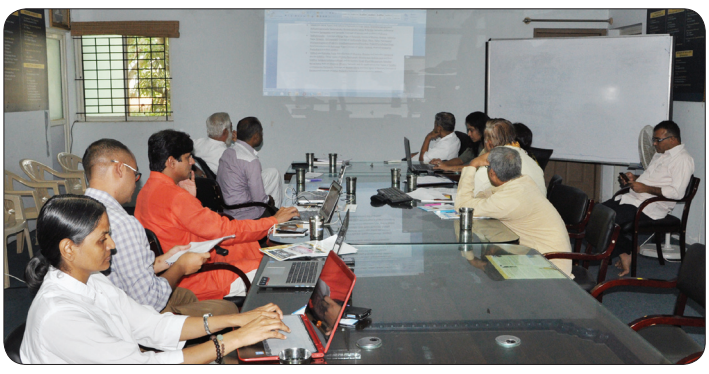
The Chief Minister is keen in establishing the Yoga University for the last few years. Swami Vivekananda Yoga Anusandhana Samsthana Univeristy (S-VYASA), Bengaluru, has been consulted for the purpose. Prof. K Subrahmanyam, Pro-Chancellor, S-VYASA, has visited the site six months ago and steps are being taken to establish the University on Public Private Partnership basis.

UGC ramps-up pilot Yoga Education in Central Universities



Bengaluru: History was made on 14th July, 2016 in Prashanti Kutiram when Dr. Sunita Siwach, Deputy Secretary, UGC made the announcement that the MHRD had accepted all recommendations of the Committee on Yoga Education in Universities chaired by Guruji Dr. H R Nagendra. Amongst these recommendations, an important recommendation was the commencement of Departments of Yoga in 6 Central Universities this academic year. Another important recommendation was that orientation program would be given for all incumbent teachers to these Departments of Yoga at S-VYASA University for uniformity and quality.

As the next step in the implementation of the recommendations of the Committee on Yoga Education in Universities, the Committee met at Prashanti Kutiram on 24th July, 2016 to finalise the syllabus of National Entrance Test in Yoga (NET Yoga). A member who could not make it in person joined the Committee through Video Conference. After a brainstorm session, the draft syllabus was handed over to the Working Committee for finalisation on 25th July, 2016. The Chairman, Guruji Dr. H R Nagendra, emphasised the need to submit the syllabus at the earliest to UGC for further action.





1st Asian Yoga Therapy Conference

Shanghai, July 15-17: 1st Asian Yoga Therapy Conference held in Shanghai Ever bright International Hotel, XU Hui District, #66 Caobao Rd. S-VYASA has given the Technical Support for the Conference.

The Conference was organized by Asian Yoga Therapy Association with Co-Sponsorship of Vivekananda Yoga China, Vivekananda Yoga Global and Sino-Indo Yoga College, Yunnan Minzu University.

The aim of the conference was to bring together the yoga community of Doctors, Research, and Therapists & Teachers. This forum also is to enable networking, Interactions & collaboration of institutions pioneering in the field of Yoga. A total of 400 delegates participated for the conference.

Speakers from 7 Countries were invited namely:

- *from India*: Representing S-VYASA University - Dr. Nagarathna R, Dr. Manjunath N K, Dr. Vasudha Sharma, Mr. Chirag Hakked, Ms. Subbulakshmi, Mr. Charat
- *from China*: Mr. Avinash Mishra, Mrs. Yoli, Mr. Li Zhe, Mr. Mi Luo, Mr. Zhang Lin
- *from Japan*: Dr. Kimura
- *from South Korea*: Ms. Viveka
- *from Singapore*: Mr. Manoj Thakur
- *from Malaysia*: Dr. Siva
- *from Srilanka*: Mr. Vyasah, Dr. Pushpakumara
- *from Vietnam*: Mr. Danghung



Dignitaries including Dr. Manjunath N K and Dr. R Nagarathna from S-VYASA, on the dais





ANNUAL REPORT 2016 - 2017

Glimpse of the Conference















Asian Yoga Therapy Association – Founding Members: *standing row*: Ms. Sophie, Ms. Viveka, Mr. Kook, Mr. Vyasa Kalyanasundram, Mr. Prashant, Dr. Pushpa Kumara, Mr. Ajay, Mr. Avinash Mishra, Mr. Manoj Thakur, Mr. Mori, Mr. Ronnie and Dr. Vasudha Sharma
sitting row: Mr. Tony, Mr. Edward Chang, Dr. R Nagarathna, Mr. Kimura, Dr. Manjunath Sharma
Founding Institutes: VYASA, S-VYASA University & VYASA Health Care, Benagluru, India; VYASA Yoga Singapore; Ashtanaga Yoga, Sri Lanka; Japan Yoga Society; Vivekananda Yoga China; Viveka Yoga, South Korea; Dang Hung Yoga Vietnam





Jagannatha Ratha Yatra celebration in Prashanti

AEON - 2016
The National Naturopathy Fest



AEON-2016 Inauguration - Karnataka AYUSH Director Dr. Subash Malkhade, VC Prof. Ramaghandra G Bhat & Dr. Sathish V - *can be seen*

Prashanti Kutiram, July 8-16: The idea of AEON 2016 was initiated by **Dr. Manjunath Sharma,** Director TSYNM ; and put forth to the Board of Principals during the 21st INCOFYRA in the month of January 2016. The main vision behind the fest was to create a common platform for all the blooming Naturopaths of this country. The fest was named **"AEON"** after a joint discussion among the students, faculty and the office bearers. The word **"AEON"** means **an eternal golden Natureon**, suggesting an era of Nature. Following the name, the logo of AEON was designed which signifies **the rebirth of Naturopathy in the planet.**

The dates of the fest was decided based on the examination schedules of colleges, availability of resources and appropriate weather; by a board consisting of the Director Dr. Manjunath Sharma, the management of S-VYASA University, faculty and the student representatives.

AEON being a student organized program, the conveners were elected, nominated and voted by the student themselves.

The students were guided y the faculty from the beginning who were highly efficient in what they do. The whole planning was backed up the management and office bearers of S-VYASA University.

An invitation was designed completely by the students and was sent across to the colleges in the month of April, all over the nation. The budget being planned beforehand, we started our Fund raising campaign by deciding the privileges that we would give the sponsors which included advertisements, Yoga sessions & Nutrition consultation. We approached the corporate, promoters, alumni, hospitals, spas, friends and families.

The brochure was designed by the students which included the office bearers, tentative schedule, events that were innovated by the students and rules and regulations.

The repeated follow up with college heads were done by the faculty, while the students maintained contact via the student conveners, in the aim to join every college for the event.

The Registered Colleges were

- Govt Yoga and Naturopathy Medical College, Chennai
- JSS Institute of Naturopathy and Yogic



AEON-2016 Valedictory - Union AYUSH Minister Shri Sripad Yasso Naik



All round Academics and best Innovation Competitions award to The School of Yoga and Naturopathic Medicine (TSYNM), S-VYASA

Sciences, Coimbatore

- SDM College of Naturopathy and Yogic Sciences, Ujire, Karnataka
- Sant Hridaram Medical College of Naturopathy and Yogic Sciences, Bhopal
- SRK Medical College of Naturopathy and Yogic Sciences, Kanyakumari
- Maharshi Patanjali College of Naturopathy and Yogic Sciences, Guntukal
- Subharti college of Naturopathy and Yogic Sciences, Meerut and
- The School of Yoga and Naturopathic Medicine (TSYNM), S-VYASA University, Bengaluru

The total number of students registered were 655. Social media being the best in mass communication, a website in the name of AEON was designed and released. In order to conduct the sports event, the Chennai sports federation was contacted and under the guidance of Mr. Panneer Selvam a complete inspection was done in the premises of AEON (S-VYASA University campus) to select the appropriate events, and to make the best use of the place with the resources available.

The students of TSYNM being the organizers and the participants of AEON managed to actively work for both parallel, under expert guidance in the field of sports, cultural, academics as well as yoga.

This journey was highlighted when National Institute of Naturopathy, Pune wanted us to host a CME program amidst the fest on "Naturopathy the way ahead". We were strongly supported by INYGMA (Indian Naturopathy and Yoga Medical Association) and their members were in regular contact with us, connecting us to everybody. We are also proud to inform that they will officially become the organizers of AEON henceforth. All the judges of each event were outsourced and not a part of TSYNM. Special care was taken to prevent bias of any sort.

Blessings from the people in the field of Naturopathy and its supporters and promoters were collected for the success of AEON and compiled in to a "**Benison** " by team benison. The word Benison means **Blessings.**

The execution of the plans was on full swing from July 1 by the students and the faculty. The final day arrived, where we received our guest with honor and hospitality on July 8. The Registrations were made followed by the Inauguration ceremony. The inauguration ceremony was presided by **Dr. Ramachandra Bhat**, Vice-chancellor of S-VYASA University, the Chief Guest being **Dr. Subash Malkhade**,

Director AYUSH Karnataka and the guest of Honor being **Dr. Sathish V,** Deputy Director of Yoga & Naturopathy, AYUSH, Karnataka. The fest torch was lit and rallied by the student conveners marking the beginning of AEON 2016. The Fest student forum registry was released. Later in the evening there was an ice breaking session where the students of various colleges interacted with one another.

The consecutive day began by the inauguration of sports. Basket ball, Kho-Kho, carom matches were conducted where the students actively participated. Next we had Tough Melon, pencil sketch continued by Yoga Pyramids.

July 10th, saw the morning by the Marathon track and field events. Afternoon we had Kabaddi and Badminton matches, continued by the academic events and yoga competitions in the evening.

July 11th, began with Table Tennis, Throw ball & Volley ball matches followed by Crack the case, Pharmaceuticals vs Naturaceuticals. Then we enjoyed the fashion show later in the evening. We also had a talk by **Dr. Dwarakanath** who motivated the young minds.

July 12th was CME meet up that consisted of the Principals and senior Naturopaths. There was a General Body Meeting conducted by INYGMA members. There was also a principal forum discussion that resulted in new resolutions. The events were Quiz, Doctor Chef and vegetable carving for the day.

This was followed by colorful and graceful evening of cultural events portrayed by various colleges.

After all that, here we are at the Valedictory ceremony of AEON 2016, which not only the end of AEON 2016, but also the beginning for the AEON 2017 graced by the presence of **Shri Sripad Yasso Naik,** Honorable Minister of AYUSH; Dr. Ishwar Acharya, Director, Central Council of Research in Yoga and Naturopathy and **Dr. Satyalakshmi**, Director National Institute of Naturopathy, Pune.



Torch Baton of AEON Fest handed over to JSSINYS, Coimbatore

The AEON Fest torch baton was handed over to Dr. B T Chidananda Moorthy, Principal of JSSINYS, Coimbatore symbolizing the responsibility of organizing AEON 2017 at Coimbatore between 8th to 13th of July 2017.

Prizes and Awards

- All round Academics and best Innovation Competitions won by The School of Yoga and Naturopathic Medicine, S-VYASA University, Bengaluru
- All round Yoga Competitions won by The School of Yoga and Naturopathic Medicine, S-VYASA University, Bengaluru
- All round Sports Competitions won by JSS Institute of Naturopathy and Yogic Sciences, Coimbatore, Tamil Nadu
- All round Cultural Competitions won by The School of Yoga and Naturopathic Medicine, S-VYASA University, Bengaluru
- Over all Championship Trophy won by 'The School of Yoga and Naturopathic Medicine, S-VYASA University, Bengaluru

Totally, it was a great run,
we overcame every obstacle
on the way to make it
a huge success

National Yoga and Naturopathy Board meeting

Bengaluru, July 13: National Yoga and Naturopathy Board meeting was held in Prashanti Kutiram, S-VYASA. Dr. H R Nagendra, Chancellor S-VYASA welcomed the Sri Sripad Yasoo Naik, Hon'ble Minister for AYUSH, Government of India and all the other members present for the meeting. The meeting started with Shanti Mantra. Sri Anurag Srivastava, Joint Secretory, AYUSH began the proceeding of the meeting with the permission of Chair. The Joint Secretary apprised the members present regarding the purpose of the meeting and also the gist of the agendas that is placed before the committee for decision. Sri Ajit Sharman, Secretary, Ministry of AYUSH, expressed his views on the subject.



41st Academic Council Meeting of S-VYASA held on July 24, 2016; at Prashanti Kutiram

- **Padma Shri** award to Chancellor, **Dr. H R Nagendra,** placed on record.





The following Points were Discussed in the Meeting:

1. The proposed Integrated PhD Program.
2. The Eligibility Criteria for PhD Program.
3. Existing and proposed System of Evaluation in the process of Examination and Attendance.
4. The newly proposed Skill Oriented Courses in the Division of Yoga & Humanities and Division Yoga-Spirituality.
5. Dr. H R Nagendra Ji's visit to the International Conference held at Harvard Medical School, Boston, USA.
6. S-VYASA's participation in the 2nd International Day of Yoga held on June 21st, 2016
7. Proposed establishment of New Yoga University in Andhra Pradesh at Vishakapatnam by VYASA.
8. 'BRICS' presentation of Arogya Expo at Palace Grounds, Bengaluru from September 9-12, 2016.
9. 'AEON -2016', the first ever National Naturopathy Fest.

Gurupurnima celebration in Prashanti



Prashanti Kutiram, July 19: On the auspicious day of Ashadha Masah, Purnima Tithihi Gurupurnima was celebrated.

The program started with Bhagavad Gita chanting, followed by Guru Astakam & Guru Bhajans.

After the Bhajan sessions, our Honorable Vice Chancellor Prof. Ramchandra G. Bhat talked about Guru Parampara & Acharya Parampara. Pro-Chancellor Prof. K Subrahmanyam Ji talked about the disciplines prescribed by Vyasa Rishi to his disciples - a disciple should avoid loneliness, idleness & association with the opposite gender in the formative period. Then Honorable Chancellor Dr. H R Nagendra spoke about the Guru's spirit who has the inquisitiveness to learn new unknown dimensions of truth.

The program was followed by the custom by giving fruits to the Honorable Gurus and Prasadam was distributed by Gurus to the students, participants & guests.







Special Yoga Instructors' Course for foreigners

under Indian Technical and Economic Co-operation Program by Ministry of External Affairs, Govt. of India



YIC participants of 38 Countries with Dignitaries

Bengaluru: Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) successfully completed the II batch of Special Yoga Instructors Course (YIC), organized by the Ministry of External Affairs, Government of India, under Technical and Economic Cooperation Programme, during May 2016.

S-VYASA University takes the pride in success full completion of the II batch. The II batch of Special Yoga Instructors Course (YIC) was inaugurated on 16 June, 2016. 54 participants drawn from 38 different countries attended one month residential course at Prashanti Kutiram, campus Jigani, Bengaluru, the abode of love, peace and harmony. It was a great experience in connecting the world wide people with diversified culture under the one roof and to enjoy and enthrill "The Knowledge of Yogic way of living".



Valedictory Program: Chief Guest Justice Sri Kumar S N was felicitated

The participants were widely receptive for accepting wisdom of yoga irrespective of cast creed, religion and nationality and established that Yoga is beyond the man made boundaries. Yoga for the Health at all the level of human existence and for the sick to return to the state of wellbeing has been trained to the participants under the syllabus prepared by the wide research studies conducted by R&D department S-VYASA.

All the participants were encouraged to exhibit their talents during the cultural session; participants were taken to ISKON temple to get an idea of the rituals normally followed in Hindu temple. In order to get the glimpse of shopping prevailing in the city, the participants visited M G Road and Royal Meenakshi mall. As a part of study tour, the participants visited heritage city Mysore and surrounding historical places including Srirnagapatna.

The graduation day as a mark of conclusion of the Programme was held on 12 July, 2016 and for the graduation day, all the participants were dressed in typical south Indian Saree (ladies) and Kurtha & Dothi (Gents). Karntaka High Court Jutice Sri Kumar S N, presided as the Chief Guest of the function.

VISVASAMSKRITADINAM

World Sanskrit Day celebration in Prashanti | Aug, 2016











Rakshabandhan celebrated in Prashanti





Celebrated on the auspicious day, Shravana Purnima. It reminds the sacred bond of Brother and Sister.





Krishna Janmashtami celebrated in Prashanti









Prashanti Kutiram, Aug, 2016:
Dr. Christoph Garner from KWA-Klinik Stift Rottal Germany (Nerologic and Geriatric Rehabilitation Center), gave a lecture on Holistic Approach to Therapy in Neurology

70th Independence Day
celebration in S-VYASA University







On the auspicious day of 15 Aug, the 70th Independence Day, whole of S-VYASA had gathered to remember the sacrifice of the heroes of freedom struggle as well as to remember the founders on the foundation day whose hard work and sacrifices has produced the banyan tree spreading the branches of health, wisdom and spirituality world over.

The celebration started at 6.30 am with Prabhat Pheri till the procession reached the Swami Vivekananda Statue. The dais was adorned by the Chancellor Dr. Nagendra, Vice Chancellor Dr. Ramachandra Bhat, Pro-chancellor Dr. K Subrahmanyam and the chief guest of the function Dr. Ashok Panagariya. As per the tradition of the institute of invoking the divine grace, Bhagwat Gita was chanted by the gathering. The Tri color was unfurled and a salute was given to the flag.

In the opening remarks Vice Chancellor Dr. Ramachandra Bhat motivated one and all on the eve of Independence Day to march onwards

progressively with pride and giving up all the bondages and to make India Vishwaguru. He reminded about the message about peace and love of the great and noble Hearts of the independence movement and also the zeal poured into the freedom struggle by the revolutionaries by their sacrifices. The chief guest Dr. Ashok Panagariya, one of the prominent personalities in the medical field, researcher, academician as well as public figure and a social worker was introduced to the gathering by the V.C.

The student and staff of S-VYASA sang a patriotic song embracing the spirit of Independence to the joy of the entire crowd.

Later the Chief Guest was felicitated by Guruji. Guruji (Dr. H R Nagendra) graced the dais with his speech on freedom physically and materially on one side and gaining the mastery over mind to achieve freedom from stress, NCD's and bondages of the mind stressing the importance of inculcating the divine qualities and giving up the Devil one's. He also congratulated PM Modiji for his ability to see to it that Yoga not only spreads in its own empire from kinder garden to University level but also comes on the international stage. He spoke about the HRD ministries efforts in introducing yoga in six central universities and NCT's initiative in training 13 lakh teachers. The students and staff inspired the gathering with one more patriotic song. Later the Academic toppers and sports winners were announced by Dr. Sony Kumari and Dr. Vikas Rawat respectively and awarded by the Dignitaries.

Later the chief guest addressed the gathering about the need of the hour to revive the lost heritage of the Indian medicinal system and integrate it with the modern medicine as achieved by Chinese. Being a neurologist he also shared his knowledge about the importance of diet, meditation and proper intellectual surge for overall happiness. He also reminded the people of the importance of living positively and creating a positive environment and impact on others life for the betterment of the society and nation.








High Power Committee dignitaries from Ministry of Labour & Employment, GoI visited Prashanti



Aug 22: High Power Committee dignitaries from Ministry of Labour & Employment, GoI, visited Prashanti Kutiram to study and recommend the Employees State Insurance Corporation. We request the authorities to make Aarogyadhama of Prashanti Kutiram as Referral Medical Centre for treatment by Yoga, Ayurveda & Naturopathy for the ESIC patients. During the visit there was a detailed discussion with the Chancellor, Dr. H R Nagendra and S-VYASA campus tour covering Arogydhama, Surabhi and Anvesana Research Laboratories.





New Delhi: Guruji chaired the Valedictory Programme of National Seminar on Emerging Trends of Research in Yoga & Naturopathy held from Sept 16-18. The Seminar was organized by CCRYN.





Dr. Zhang Qi, Coordinator, Traditional and Complementary Medicine, Service Delivery & Safety, World Health Organization had been to our campus from September 9 & 10, 2016. Our Registrar, Dr. Sanjib Kumar Patra and one of the Professor, Dr. Vinoy Singh accompanied him to go around the laboratories and our Yoga health home setup. He was very much fascinated with the ongoing activities of S-VYASA. On September 10, 2016, a formal welcome ceremony was organized to introduce and felicitate him. He briefed the importance of traditional medicine and how is it spreading it globally. He also narrated that the liking for Yoga is becoming more and more now-a-days. He was f elicited by our Chancellor, Dr. H R Nagendra.

Universal Brotherhood Day



Address by Mr. K R Ramesh Kumar, Hon'ble Minister for Health & Family Welfare, GoK
(*from left*) Dr. R Nagarathna, Dr. H R Nagendra, Mr. Satpal Singh Khalsa, Mr. Manoj Kumar Agarwal - can be seen

Sept 11: To commemorate the World Famous Speech delivered by Swami Vivekananda on September 11th, 1893 at Chicago in the World Parliament of Religions, Universal Brotherhood Day was celebrated in Prashanti Kutiram Campus, S-VYASA University.

Mr. K R Ramesh Kumar, the Hon'ble Minister for Health & Family Welfare Govt. of Karnataka was invited to inaugurate this function. Other guests such as Mr. Satpal Singh Khalsa (International Ambassador of Sikh Dharma) and Mr. Manoj Kumar Agarwal, an eminent industrialist, were invited too.

The Chancellor of S-VYASA University



Inauguration by Hon'ble Minister Mr. K R Ramesh Kumar

welcomed the Chief Guest and the Guests of Honour and briefed the contribution and achievements of the University. Dr. R Nagaratna, the Medical Director, Arogyadhama (Yoga Health Home) presented her road map of introducing Yoga for all diabetics in Karnataka, as well as the whole of India. She seeks the help and cooperation from the Hon'ble Minister for Health & Family Welfare.

Hon'ble Minister and the other dignitaries awarded the attractive prizes for the winners of the competition held on account of Universal Brotherhood Day and blessed them.



Welcome to Prashanti Kutiram...

The above mentioned program was a memorable event in the Chapter of S-VYASA University.





Felicitation to Hon'ble Minister Mr. K R Ramesh Kumar by Dr. H R Nagendra and Dr. R Nagarathna



Felicitation to Mr. Satpal Singh Khalsa

Yoga Text Books for UG Courses of Yoga in Universities

New Delhi, Sept 20: In the meeting at UGC Headquarters it was decided that the National Board on Yoga constituted under the Ministry of AYUSH will take forward the unique work of creation of Yoga Text Books for Yoga Courses in Universities.

The Text Books will be distributed course-wise and subject-wise between various Yoga Experts and Institutions in a standardised manner. These books would then be endorsed by the National Board of Yoga. Various modalities for printing and publication of the books will be worked out by the National Board of Yoga.



Gauri-Ganapati Festival celebration in Prashanti







Ganapati Puja and Gana Havan in Mangal Mandir

The festival was scheduled from 4 Sep 2016 to 9 Sep 2016 which involved every member of Prashanti Family. Traditional Pujas were organized from morning 6 am to 8 am in Mangal Mandir, which was completely decorated with flowers, pots, lights etc. On 4th September 2016, according to the traditional guidelines Sri Gauri Devi was invoked and installed as the feminine dynamic force of the universe, mothers of Prashanti, Dr. Nagarathna Didi and other senior ladies of the campus took active participation. On 5th September 2016, Ganesha Installation and Pujas were done in presence of Prof. K Subrahmanyam. On 6th September 2016, Ashtadravya Ganapati Havan was organized. Dr. Mahabaleshwara S Bhat of Veda Vijnana Gurukulam and other seniors including Prof. Ramachandra G Bhat, Prof. K Subrahmanyam. With the help of students, coordinators and Sevavratis, 1008 Modakas were prepared for offering to lord Ganesh and get blessed. New students for present academic semester were given Ganapati Mantra (Om Gam Ganapataye Namah) for Sadhana by Prof. Ramachandra




Gauri Puja in Prashanti Kutiram

G Bhat. All types of special Prasadas were distributed after Puja. On the same day regular classes were started for all new students. Ganapati Visarjanam was done on 9 Sep 2016 with grand procession from Mangal Mandir to main gate of the campus. Student's feedback (Including volunteers & S-VYASA participants) was highly encouraging in every aspect.

Ganpati Bappa Morya
Mangal Murti Morya



Anvesana Research Laboratory

Highlights of the Activities during Sept, 2016

Demonstration of Veda Pulse, September 17

Demonstration of Veda Pulse was done on September 17 by a representative of the instrument. It shows unique way of gathering Vatta, Pitta, and Kapha information from ECG data. It was attended by all the researchers of the lab.

Presentation on Nailfold capillaroscopy (NFC), September 19

Nailfold capillaroscopy (NFC) is a simple and non-invasive technique for the analysis of microvascular abnormalities. NFC abnormalities have been documented in systemic diseases with microangiopathic involvement, such as diabetes mellitus (DM) and coronary artery disease (CAD). Nailfold video capillaroscope is an expensive equipment and usually not available in most developing countries. Prof. Suma K V, Asst. Prof Dept of ECE, MSRIT, Bangalore had a brief presentation and good discussion of the scope of NFC. Further, an innovated a cost-effective and simple technique for NFC using a handheld and universal serial bus (USB) digital microscope was explored. Psychology lab is exploring on its reliability and application.

Publications

- Nivethitha L., Mooventhan A., Manjunath N. K., Bathala L., Sharma VK. (2016). Cerebrovascular Hemodynamics during Pranayama Techniques. Journal of Neurosciences in Rural practice, [In press].
- Romesh Bhat., Srinivasan, T M., Ramesh M N. (2016). Diabetes Mellitus Type 2 and Yoga: EPI perspective. International Journal of Yoga. [In press]
- Mohanty S., Mooventhan A.,Manjunath N. K. (2016). Effect of Needling at CV-12 (Zhongwan) on Blood Glucose Levels in Healthy Volunteers: A Pilot Randomized Placebo Controlled Trial. J Acupunct Meridian Study. [Press]

Proposal submitted

Two Research Projects have been submitted to Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Government of India.

1. Effects of Yoga on Cognitive and molecular perspectives of Type 2 Diabetes mellitus
2. Neuronal activity, cerebral blood flow & hemodynamic responses of brain associated with cognition following yoga practices in diabetes patients.

Current activities of Ongoing Project

Cerebral autoregulation and sympathetic nervous system activity (SNS) while performing cognitive tasks during yoga practices which have different effects on SNS.

This project will helps to understand the association between sympathetic nerve activity and cerebral autoregulation in normal healthy yoga practitioners.

The laboratory setup and standardization has been done and computer based working memory task is integrated with functional near infrared spectroscopy (fNIRS) and BIOPAC polygraph system. As per the pert chart (timeline) of the project, n=05 right-handed healthy male participants were recruited for pilot study. Behavioural and brain imaging data extraction is in process.

Eminent researchers / doctors visit

Scientist from WHO visited Anvesana research

laboratory on 8th September

Shri Ramesh Kumar ji, Health Minister of Karnataka visited research lab on 9th September, and appreciated work

Journal Club We had 4 journal club during this month. 8 Phd candidate presented research papers









During the Inauguration of New Building for Finance Department

BNYS Fresher's Day - Parichaya





Fresher's day also called Parichaya is the day when the new batch of the students - doctors are welcomed into the BNYS community. Program was held on 1st sep 2016, in Mangal Mandir at 4:00pm with all the dignitaries and guests.



The whole program started with lighting of lamp and remembering of lord by our beloved dignitaries.



The program was well versed by our dignitaries and guests speech which was encouraging to all our new comers. Then the program was continued by yoga performance by our new faces of our family which was appreciated by everyone.





Then our senior students introduced all the fresher's and welcomed them for their goodwill for another five and half year and success in their life and career.

They were also summarized by the rules and regulation of college and campus which should be followed strictly throughout the year and they took an oath promising to do well in their five and half years BNYS life.

The program was end by 7:00pm with all the blessings of our elders and teachers.





BNYS Farewell of Aug, 2011 Batch – Pratinand



The farewell program held on 3rd of September 2016 is been marked as a memorable day for the whole BNYS community. The program was held between 4pm to 8:30pm filled with overwhelming joy, excitement, enthusiasm and fun.

Continuing with the proud tradition of the college, senior students were bided good bye by the dear most immediate juniors. All the higher dignitaries, teaching and non-teaching staff had witnessed the whole program and showered their blessings and well wishes to the outgoing batch. The program was inaugurated with the lightening of the ceremonial lamp to illuminate the gathering. The self explanatory splendid video of the senior's flash back memories were projected. Seniors were honoured with respective titles and mementos. Then, there was the oath taking ceremony which was a solemn promise taken by the seniors to assure their righteous medical practice as a doctor for the upliftment of the profession.



The seniors had given their heart-felt thanks and shared their beautiful experiences in the campus. The official program was followed by the cultural segment with pulsating ambience, flashing lights and the foot tapping music. The excitement augmented to a joyful high when the senior-most batch was introduced. The batch-wise performances dedicated to the seniors were manifested with youth and enthusiasm at its full flow.

The program was spell-bounding due to the hard work and the proper execution and the management by the faculties and the students. Finally the program ended, leaving behind sweet memories that will be cherished lifelong.

Onam celebration in Prashanti



Sept 17: All the students from Kerala studying at S-VYASA, other students and faculties celebrated Onam as a part of which the following programs were included...



- Flower decoration in different places
- Afternoon lunch for all the staff and students of Prasanti which included Special Food Items of Kerala.
- Happy Cultural Assembly was organized in evening at Mangal Mandir included special performances of Kerala by students such as Thiruvathirakkali, Mohiniyattam, Onam Song and introduction about Mahabali.



Kerala students offered grateful thanks to one and all who supported the event and made it successful. As a whole, the Onam celebrations at S-VYASA provided a brief introduction about Kerala traditions.





Sept 25: Pro Chancellor Prof. K Subrahmanyam conducted a day long Spiritual Retreat for the general public at Erode. About thousand people attended.



1000th De-addiction Camp at Dharmasthala



Guruji with other Dignitaries on the dais

Oct 1: 1000th de-addiction camp was held at Dharmasthala and 1403 de-addicts from 10 camps at different places participated.

H.H. Prabhu Chenna Basava Swamiji of Motagi Mutt, Athani of Belgaum who inaugurated the Camp said by voluntarily de-addiction, a healthy society will be formed. He appreciated the services of Sri Heggade ji.

Union AYUSH Minister Sri Shripad Yasso Naik, Forest Minister Sri B Ramanath Rai, Mangalore MP Sri Nalin Kumar Kateel, MLA. Sri K Vasantha Bangera, S-VYASA Chancellor Dr. H R Nagendra participated as Guest of Honors. Dharmasthala Dharmadhikari Dr. D Veerendra Heggade ji presided over the function and appreciated the firm decision of de-addicts to lead a happy and peaceful life.



Address by Guruji



Guruji felicitated by Dr. Heggade Ji







Vice Chancellor, Prof. Ramachandra G Bhat visited SDM Medical collage for three days (21 - 23 Oct 2016) as an external examiner for MD examinations. On the same occasion Prof. Bhat had a cordial meeting with Padmavisbhushana Dharmadhikari Veerendra Heggade Ji. The discussion between Dharmadhikari Heggade Ji and VC was on ancient wisdom to bring traditional and scientific methodology for more nature friendly atmosphere in Naturopathy collages was very fruitful.





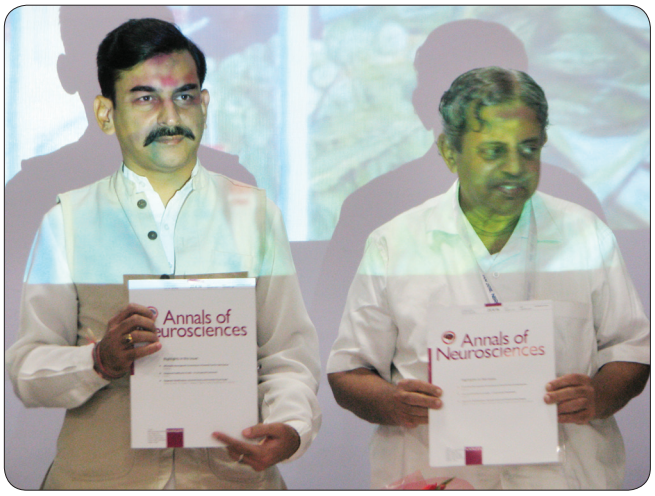


Dr. Rajesh S K, and **Dr. Judu Ilavarasu** from Division of Yoga and Physical Sciences were invited to conduct a 5-days workshop on **"Research Methodology and Statistics"** at the Department of Psychology, Anugraha Institute of Social Sciences, Dindigul, Tamilnadu, from Sept 27 - Oct 1. It was attended by 50 students of MPhil, MSc, and BSc courses. Both theory and practical aspects of research methodology and statistical analysis were discussed.

Molecules to Mind 2016



Guruji participated in the Seminar, Molecules to Mind 2016, held from Oct 19-21. The Seminar was organized by National Brain Research Centre, Manesar, Haryana. It was organized during 34 Annual Meeting of Indian Academy of Neurosciences. Few Other dignitaries were NIMHANS Director Dr. B N Gangadhar, Patanjali Research Foundation Director Dr. Shirley Telles.









Durga Puja and Navaratri celebration in Prashanti



Oct 7 -11: Navratri, literally interpreted as 'nine nights' is the most celebrated Hindu festival devoted to Goddess Durga symbolizing purity and power or 'shakti'. Navratri festival combines ritualistic puja and fasting and is accompanied by resplendent celebrations for nine consecutive days and nights. Each day, a different form of the goddess is worshiped. Following the nine days of rituals and worship, the 10th day is celebrated as Dussehra, which is also known as Vijaya Dashmi. It is celebrated to mark the victory of mythical King Lord Rama over the King of Sri Lanka, Ravana.

In Prashanti Kutiram, the Durga statue is installed on 6th day and followed by Goddess Lakshmipuja, Saraswati puja and Ayudhapuja.

On the day of Saraswati Puja, organized Bhagavadgita Memorisation event of all 700 shlokas in reverse order (Viloma Krama) in the presence of all audience in Mangal Mandir during Maitri Milan. Please see the report for details…

On Ashtami, **Chandihoma** was performed **by Dr. Mahabaleshwar Bhat and team of Veda Vijnana Gurukulam**. Every day during 6 to 7.30 pm, bhajans, Lalita Sahasra Nama Parayana, Satsanga, Arati were part of celebration. **Mr. Subramanian A (Subbu Bhayya) was invited**













for Sandhi Puja to organize in traditional way as it is followed in West Bengal system and custom.

Daily satsang was organized during this grand utsava which was attended by many devotees. Prof. N V C Swamy ji, Prof. Ramachandra G Bhat and Prof. K Subrahmanyam gave a series of talks in the evening on the background, significance and importance of Navarati, Durga Saptasati, and Devi worship.

Swami Yogeshwaranandaji, Ramakrishna Yogashrama, Bangalore, divinized the whole atmosphere with devotional Bhajans. **The main DONORS for this event Sri Dhanuka Ji and Prof. NVC Swamy were specially honored by Swamiji** for their generous contribution to make this event grand success. On Oct 11th Visarjanam took place with grand procession, music band, drums etc. Students of S-VYASA played a key role in the celebration. The Division of Yoga-Spirituality organized the whole event.





Oct, 2016, **Annual Sports Events - 2016** were organized in Prashanti. S-VYASA students participated with enthusiasm. Athletics and Sports events were there.















Oct, 2016, **S-VYASA Chatra Parishat** (Students Council) was launched. Pro Chancellor Prof. K Subrahmanyam, VC Prof. Ramachandra G Bhat, Registrar Dr. Sanjib Kumar Patra, Dean Prof. G N Bhat; graced the occasion.







Inauguration of Samskrti Bhavanam

The newly constructed Samskrti Bhavan in S-VYASA Yoga University at the university campus, Prashanti Kutiram, an exclusive structure for cultural activities of S-VYASA Yoga University was inaugurated on 3rd of November, 2016. 'Lokarpanam', the inauguration happened in the afternoon when the Chief Guest Dharmadhikari, Shri Kshetra Dharmasthala, Dr. D Veerendra Heggade Ji inaugurated the Bhavan as the various dignitaries then entered the Bhavan escorted by Guruji, Dr. H R Nagendra, Chancellor, S-VYASA, Vice Chancellor Prof. Ramachandra G Bhat and Pro-Chancellor Prof. K Subrahmanyam and other distinguished guests. The ceremony was also witnessed by the Chief Guests Dr. Binny Sareen, Global Health and Research Centre, Bhrama Kumaris and Shri



Welcome to Dr. D Veerendra Heggade Ji



Samskrti Bhavan inaugurated by Heggade Ji



Nov 2: Vaastu and Rakshoghna Homa





Dr. D Veerendra Heggade Ji inaugurated Samskrti Bhavan. Chanellor Dr. H R Nagendra, Sri Suresh Bagaria, Dr. R Nagarathna, VC Prof. Ramachandra G Bhat - *can be seen*



Deepa Jwalana done by Dr. Heggade Ji with other dignitaries

Suresh Bagaria Ji, Industrialist from Mumbai.

The lighting of the lamp took place after all the guests entered the Bhavan as the audience stood up laying a warm welcome for the guest. All the distinguished guest were then requested to assume their seats on the stage.

After the welcome address by Guruji and Ramachandra Bhatt Ji, audience keenly awaited to hear the Guest of honours and the chief guest Heggade Ji. Dr. Sareen and Suresh Bagaria Ji addressed the gathering one after another and extended their heartiest congratulations for the new building and the University. Dr. Sareen in her speech extended her special invitation to Guruji and to one and all at S-VYASA to make a visit to the Bhrama Kumaris' Headquarters in Mt Abu, Rajasthan. Then came the address from the chief guest Heggade ji who elaborated the word 'Samskrti', its essence vis-à-vis the Indian Culture and the



Sri Suresh Bagaria Ji, Dr. H R Nagendra, Dr. Veerendra Heggade Ji, Dr. Binny Sareen and other dignitaries on the dais



The Book, Unity in Diversity: The essence of Indian Culture, Yoga the Basis, released



Felicitation to Heggade Ji

way of living and as to why the name aptly suits the new structure.

At 6 o'clock evening saw a beautiful drama, Dharma Bhoomi, being showcased on the sophisticated stage of the Samskrti Bhavan by the internationally recognised 'Prabhat Kalavidaru'. The drama was based on the theme of ancient Indian culture and message from the ocean like Scriptures of knowledge and wisdom. The audience was thrilled to witness the drama.



The Galaxy of Audience



Address by Dr. H R Nagendra Ji



Address by Dr. Heggade Ji





Dr. Binny Sareen, Global Health and Research Centre, Bhrama Kumaris





Sri Suresh Bagaria Ji, Industrialist from Mumbai

Drama, Dharma Bhoomi



by Prabhat Kalavidaru
Bengaluru

Inauguration of Center for Energy Research



Inauguration by Guruji



Puja performed - Dr. G N Bhat, Dr. Prahlada Ramarao and Guruji - *can be seen*

Prashanti Kutiram, Nov 16: Guruji inaugurated the "**Center for Energy Research**" under the Division of Yoga and Physical Sciences. Dr. Prahlada Ramarao, (Director, Center for Energy Research and Advisor to Chancellor) welcomed and thanked all, who supported for the development of the Energy Research Center. Guruji explained the need of Energy to the Nation as well as to the world and Energy center at S-VYASA. Dr. G N Bhat, Dean, Division of Yoga & Spirituality was also present.

A small group is working on "Cold Fusion" at the "Center for Energy Research" since September 2015. Cold fusion / Low Energy Nuclear Reaction (LENR) is fusion of small atoms in the lattice of Nickel or Palladium and which in turn produces huge amount of Energy in the form of heat.

The group has performed more than 100 experiments till now, out of which nearly 5 experiments have shown positive results. The team is going to continue the research to improve the consistency and efficiency of the reactor.



Staff - Energy Research Center and others with Guruji

Inauguration of Sambhram Centre for Indian Management



Bengaluru, Oct 25: Dr. H R Nagendra, Chancellor, S-VYASA Yoga University inaugurated Sambhram Centre for Indian Management (SCIM) at Sambhram School of Management, Jalahalli East. During the occasion Dr. K C Mishra, Director, SSM, Prof. Subhash Sharma, Director, Indus Business Academy, Dr. K B Akhilesh, IISc were also present.







Nov, 2016: **Gita Jayanti** celebrated in Prashanti Kutiram. Vice Chancellor Prof. Ramachandra G Bhat and Chancellor Dr. H R Nagendra graced the occasion. Children of Prashanti Family chanted the few verses from Bhagavadgita



61ನೇ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ ಸಂಭ್ರಮಾಚರಣೆ

ಸಿರಿಗನ್ನಡಂ ಗೆಲ್ಗೆ, ಸಿರಿಗನ್ನಡಂ ಬಾಳ್ಗೆ
ಕನ್ನಡವೇ ಸತ್ಯ, ಕನ್ನಡವೇ ನಿತ್ಯ

1–11–1956ರಲ್ಲಿ ಮೈಸೂರು ಪ್ರಾಂತವು ಕರ್ನಾಟಕ ರಾಜ್ಯವಾಗಿ ಪರಿವರ್ತನೆಯಾಯಿತು. ಈ ದಿನವನ್ನು ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ ವಾಗಿ ಆಚರಿಸುವುದು ಈ ನಾಡಿನ ವಾಡಿಕೆ.

ಪ್ರಶಾಂತಿ ಕುಟೀರದಲ್ಲಿ ಈ ಕಾರ್ಯಕ್ರಮವನ್ನು ನವೆಂಬರ್ 14 ನೇ ತಾರೀಖಿನಂದು ವಿಜೃಂಭಣೆಯೊಂದ ಆಚರಿಸಿದೆವು. ಬೆಳಿಗ್ಗೆ 8 ರಿಂದ 9 ರ ವರೆಗೆ ನಡೆದ ಮೈತ್ರಿಮಿಲನದಲ್ಲಿ ಹನುಮಾನ್ ಚಾಲೀಸಾ, ಭಗವದ್ಗೀತಾ ಪಠಣೆ, ಮತ್ತಿತರ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಕುಲಪತಿಗಳಾದ ಪ್ರೊ ರಾಮಚಂದ್ರ ಭಟ್ ಅವರು ಕನ್ನಡದಲ್ಲಿ ಮೈತ್ರೀಮಿಲನವನ್ನು ಉದ್ದೇಶಿಸಿ ಮಾತನಾಡಿದರು. ಹುಕ್ಕೇರಿ ಮಠದ ಸ್ವಾಮೀಜಿಗಳಾದ ಶ್ರೀಮನ್ನಿರಂಜನ ಪ್ರಣವ ಸ್ವರೂಪಿ ಸದಾಶಿವ ಮಹಾಸ್ವಾಮಿಗಳು ಉಪಸ್ಥಿತರಿದ್ದರು.

ಕನ್ನಡ ಧ್ವಜಾರೋಹಣ

ಬೆಳಗ್ಗೆ 8–45 ಕ್ಕೆ ಕನ್ನಡ ಧ್ವಜಾರೋಹಣ ನಾಡಗೀತೆಯಿಂದ ಪ್ರಾರಂಭವಾಯಿತು. ವಿ.ವಿ ಕುಲಾಧಿಪತಿಗಳಾದ ಡಾ॥ ಎಚ್ ಆರ್ ನಾಗೇಂದ್ರ, ಕುಲಪತಿಗಳಾದ ಪ್ರೊ ರಾಮಚಂದ್ರ ಭಟ್, ಹಾಗೂ ಪರಮ ಪೂಜನೀಯ ಶ್ರೀಮನ್ನಿರಂಜನ ಪ್ರಣವಸ್ವರೂಪಿ ಸದಾಶಿವ ಮಹಾಸ್ವಾಮಿಗಳು ಸಹ ಪ್ರಾಧ್ಯಾಪಕರಾದ ಎಚ್.ಕೆ ರಾಜೇಶ್ ಮತ್ತು ಡಾ॥ ಸುಶ್ರುತರವರು ಉಪಸ್ಥಿತರಿದ್ದರು. ಅತಿಥಿ ಭಾಷಣವನ್ನು ಮಾಡಿದ ಸ್ವಾಮೀಜಿಯವರು ಕನ್ನಡವನ್ನು ಮತ್ತು ಕನ್ನಡ ಧ್ವಜವನ್ನು ಮೇಲೆತ್ತುವ ಪ್ರಯತ್ನವನ್ನು ಪ್ರತಿಯೊಬ್ಬರು ಮಾಡಬೇಕೆಂದು ವಿವರಿಸಿದರು. ನಂತರ ಸಿಬ್ಬಂದಿ ವರ್ಗದ ಕಾರ್ಯಕರ್ತರಿಗೆ ಹಾಗೂ ಅವರ ಮಕ್ಕಳಿಗೆ ಗೌರವಾರ್ಪಣೆ ನಡೆಯಿತು. ನವೆಂಬರ್ 14 ವಿಶ್ವಮಧುಮೇಹ ದಿನ, ಅದನ್ನು ಕುರಿತು ಡಾ. ಎಚ್ ಆರ್ ನಾಗೇಂದ್ರ ಜಿ ಯವರು ಮಾತನಾಡಿದರು.



ಶೋಭಾಯಾತ್ರೆ ಮತ್ತು ಜಾನಪದ ಕಲಾ ನೃತ್ಯಗಳು

ಜಾನಪದ ಕಲೆಗಳಾದ ಡೊಳ್ಳು ಕುಣಿತ, ತಮಟೆ ವಾದ್ಯ, ವೀರಗಾಸೆ ನೃತ್ಯದ ಜೊತೆಗೆ ಕನ್ನಡ ರಥಕ್ಕೆ ಚಾಲನೆ ನೀಡಲಾಯಿತು. ನಂತರ ಶ್ರೀ ಶ್ರೀ ಶ್ರೀ ಪ.ಬ್ರ ಡಾ॥ ಪಟ್ಟದ ರಾಜೇಶ್ವರ ಶಿವಾಚಾರ್ಯ ಸ್ವಾಮಿಗಳರವರ ಆಗಮನದೊಂದಿಗೆ ಜಾನಪದ ನೃತ್ಯಗಳು ಮುಂದುವರೆದವು. ವಿದ್ಯಾರ್ಥಿಗಳು ಮತ್ತುಸಿಬ್ಬಂದಿ ವರ್ಗದವರು ಸೇರಿ ಆನಂದಿಸಿದರು. ಶೋಭಾಯಾತ್ರೆಯು ಸಂಸ್ಕೃತಿಭವನದಿಂದ ಪ್ರಾರಂಭವಾಗಿ ಯೋಗ ವಿನಾಯಕ ಮಂದಿರ, ಮಂಗಳ ಮಂದಿರದ



ಮಾರ್ಗವಾಗಿ ಆರೋಗ್ಯಧಾಮದ ವರೆಗೆ ಮುಂದುವರೆಯಿತು. ಈ ದೃಶ್ಯವು ಅಂತ್ಯತ ರಮಣೀಯವಾಗಿತ್ತು.

ಭೋಜನ

ರಾಜ್ಯೋತ್ಸವದ ಅಂಗವಾಗಿ ವಿಶೇಷ ಭೋಜನದ ವ್ಯವಸ್ಥೆ ಮಾಡಲಾಗಿತ್ತು. ವಿಶೇಷವಾಗಿ ಕರ್ನಾಟಕದ ಮುಖ್ಯ ಬೆಳೆಯಾದ ರಾಗಿ ಮತ್ತು ಅಕ್ಕಿ ಇವುಗಳ ರೊಟ್ಟಿ, ಮೈಸೂರು ಪಾಕ್ ಮತ್ತು ಕಾಯಿ ಪಲ್ಯಗಳನ್ನು ಎಲ್ಲ ಪ್ರಶಾಂತಿ ಪರಿವಾರದವರು ಸವಿಯುವ ಮೂಲಕ ಆನಂದವನ್ನು ವ್ಯಕ್ತಪಡಿಸಿದರು.



ಸಭಾ ಕಾರ್ಯಕ್ರಮ

ಸಭಾ ಕಾರ್ಯಕ್ರಮವು ಪರಮಪೂಜ್ಯ ಶ್ರೀಮನ್ನಿರಂಜನ ಪ್ರಣವಸ್ವರೂಪಿ ಸದಾಶಿವ ಸ್ವಾಮಿಗಳು, ಡಾ॥ ಎಚ್.ಆರ್ ನಾಗೇಂದ್ರ, ಪ್ರೊ. ರಾಮಚಂದ್ರ ಭಟ್, ಚಿತ್ರನಟಿ ರಾಧಿಕಾ ಚೇತನ್, ಡಾ॥ ಎಂ.ಕೆ ಶ್ರೀಧರ್, ಡಾ॥ ಜಿ.ಎನ್ ಭಟ್, ಡಾ॥ ಸಂಜೀವ ಪಾತ್ರ ಇವರ ಉಪಸ್ಥಿತಿಯಲ್ಲಿ ಕಾರ್ಯಕ್ರಮದ ಉದ್ಘಾಟನೆಯು ನಡೆಯಿತು.





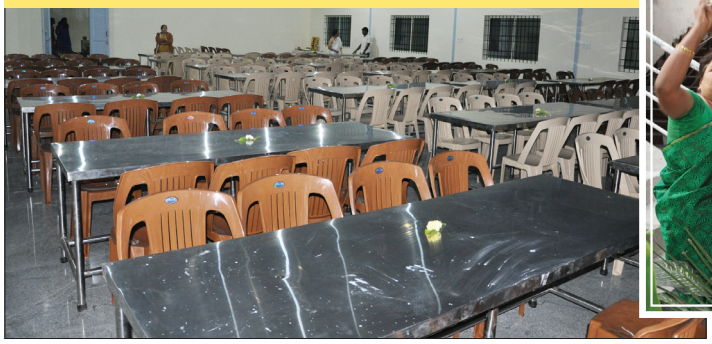
ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳು

ಸಂಜೆ 5 ಗಂಟೆಗೆ ಸರಿಯಾಗಿ 'ಜೋಗದ ಸಿರಿ ಬೆಳಕಿನಲ್ಲಿ' ಎಂಬ ಸುಮಧುರವಾದ ಹಾಡಿನೊಂದಿಗೆ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ ಪ್ರಾರಂಭವಾಗಿ, ಪುಟಾಣಿಗಳ ನೃತ್ಯ, ಗಾನ, ನಾಟಕ, ದೃಶ್ಯಾವಳಿಗಳು ಮುಂದುವರಿದವು. ರಾಜ್ಯೋತ್ಸವದ ಅಂಗವಾಗಿ ನಡೆದ ಆಟೋಟ ಸ್ಪರ್ಧೆಗಳ ಬಹುಮಾನವಿತರಣೆಯೊಂದಿಗೆ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳು ಮುಗಿದವು. ರಾತ್ರಿಯ ಊಟದ ವ್ಯವಸ್ಥೆಯನ್ನು ಚಂದಿರನ ಬೆಳದಿಂಗಳಲ್ಲಿ ಮಾಡಲಾಗಿತ್ತು. ಸಮಗ್ರವಾಗಿ ರಾಜ್ಯೋತ್ಸವವು ಹಬ್ಬವಾಗಿ ಆಚರಿಸಲ್ಪಟ್ಟಿತ್ತು.





Dec, 2016: **New Dining Hall** for Ladies Hostel dedicated by Vice Chancellor Prof. Ramachandra G Bhat and Chancellor Dr. H R Nagendra





Refresher Course on Research Methodology and Statistic using R

Prashanti Kutiram, Dec 20-25: A 5-days **Refresher Course on Research Methodology and Statistic using R** was organized by the Division of Yoga and Physical Sciences for the staff and students of S-VYASA, at the Anvesana Research Laboratories. 27 participants had registered for the refresher course, which covered various topics like literature review, use of Mendeley software as reference manager, basic theoretical orientation towards research methodology and statistics, use of G*Power software, and use of R statistical software for data analysis. The sessions had both lectures and hands on practice sessions. Dr. Judu Ilavarasu of the Division was the chief resource person.



Sudarshan Yoga conducts Yoga Class in PES Medical College



Sudarshan Yoga, Bengaluru, affiliated institution to VYASA, is conducting Yoga Classes at PES Medical College and Research Centre in Kuppam, Andhra Pradesh. Every Monday and Thursday classes will be held for 150 Mdical Students and 100 Nursing Students. It is a wish of Prof. M R Doreswamy, Chancellor of PES University, to impart Yoga Education to Medical Students, to improve their health and knowledge.

Indian-ness in Naturopathy

Unearthing Ancient Roots for Natural Health Science



Eknath Bhavan, Bengaluru, Dec 8: A man of action, visionary, social reformer and Dharamadhikari Dr. D Veerendra Heggade, initiated thought provoking approach to bring the Indian-ness by unearthing the Indian roots based on scriptures in Naturopathy which is being practiced across the world as unconventional system of medicine. To materialize this thought, a committee was formed under the chairmanship of Prof. Vidwan Ramachandra G Bhat, Vice Chancellor of S-VYASA Yoga University.

The workshop was organised to bring the scholars around to discuss the Indian-ness in Naturopathy. The first committee meeting was held on 8th Dec 2016, at Eknath Bhavan, the official city centre of S-VYASA Yoga University.

The meeting began with invoking the sacred lights and Vedic hymns, Prof. Vidwan Ramachandra. G Bhat, Vice-chancellor of S-VYASA Yoga University chaired the august committee. He welcomed all the distinguished members to the meeting to contribute and share their knowledge and experience to the field of naturopath-health science. He addressed the gathering that India is in aggressive at the global scenario to contribute a lot for the health science which is an insight of Vedic lore. Though different systems of conventional and unconventional medicine systems are playing vital role to overcome modern NCDs and ailments, India has its own strength with Vedic and Yogic lore of understanding in the light of ancient masters experiences in a very natural lifestyle. This is a high time to unravel the mysteries hidden in our scriptures for the health, harmony and peace at the global level. He pointed out that this team must come out with proper syllabi to understand, practice and to implement with current system of academic curriculum.

The committee members discussed the importance of Vedic knowledge and Indian-ness in Naturopathy and Health. Scholars from Ayurveda and Naturopathy colleges were the committee members and shared their knowledga and experiences on the present trend of Naturopathy treatment and the changes to be brought with the references from the ancient scriptures. Committee has decided to meet again in Mysore along with the oriental scholars to discuss in detail to bring out the system to be followed in Naturopathy and Health. The program was convened by Dr. Prashanth Shetty, Principal for SDM College of Naturopathy and Yogic Sciences, Ujire and Dr. Subramanya Pailoor, Associate Professor & Nodal Officer of S-VYASA Yoga University.

Promotion of Yoga in China

initiative for joint effort by Shanghai University of Sport & S-VYASA



Prashanti Kutiram, Bengaluru: Delegates from the Shanghai University of Sport visited S-VYASA campus from Nov 26-28. The discussions highlighted the mutual understanding and co-ordination in promoting Yoga into the main stream of academics in China. S-VYASA and Shanghai University of Sport has joined hands in spreading the importance of Yoga in the field of Sports and Martial Arts with a more research based approach. Shanghai University of Sport has offered the students of S-VYASA to do a Masters Degree Program in the Traditional Martial Arts with scholarships for the eligible. This has embarked upon a more fruitful understanding between both the universities for the future prospects.

Representatives Shanghai University of Sport: Vice Chancellor **- Prof. Ms. Zhan Meng,** Director - International Affairs - **Dr. Ms. Hu Jinju,** Dean - School of International Cultural Exchange - **Dr. Mr. Wu Yigang,** Vice-Dean, School of Sport Leisure, Recreation & Arts - **Dr. Mr. Liu Shujun,** Vice-Dean, School of Martial Arts - **Dr. Ms. Zhang Yunya**

Representatives from S-VYASA: Chancellor - **Dr. H R Nagendra,** Vice-Chancellor - **Prof. Vidwan Ramachandra G Bhat,** Director - International Affairs - **Dr. N K Manjunath,** Registrar - **Dr. Sanjib Patra,** Deputy Director - International Affairs - **Dr. Subramanya Pailoor**



Vice Chancellor of Shanghai University of Sport felicitated



Visit to Anvesana Research Laboratories



Jan, 2017: Anvesana Research Team with **Sri Prakash Javdekar,** Union Minister for HRD, Govt. of India



Jan, 2017: Anvesana Research Team with Shanti Yoga Peethadhipati **Sri Sri Ravishankar Guruji**



Bengaluru, Jan, 2017: Delegates from the Zhengzhou Normal University from China have visited S-VYASA University. During the visit the discussions were made to develop the mutual understanding and co-ordination to promote Yoga in the main stream of academics in China

International Conference on **Yoga & Diabetes**

New Delhi, Jan 4-6: A three day International Conference titled 'Yoga and Diabetes' was held by Ministry of AYUSH, through CCRYN with the technical support from S-VYASA was held at the prestigious Pravasi Bharati Kendra.



Inauguration by Union AYUSH Minister, Shri Shripad Yesso Naik, Prof. B M Hegde, Dr. H R Nagendra, Shri Ajit M Sharan and Dr. Ishwara N Acharya

This conference is in line with the direction being taken by Ministry of AYUSH in tune with the clarion call of Hon'ble Prime Minister Sri Narendra Modi. The highlight of the conference was the awe-inspiring presentations made by the top experts from all over the world, who came especially to participate in this conference.

The presentations were made on varying topics from traditional medicine to modern medicine and technological advancement in diabetes care. Guruji Dr. H R Nagendra and Dr. N K Manjunath Sharma presented on the concept of Integrated Approach of Yoga Therapy.

National Youth Day & Swami Vivekananda Jayanti celebration



Registrar, Vice Chancellor, Chancellor, Sri Vipul from New Jersey were on the dais

Bengaluru, Prashanti Kutiram: The National Youth Day and 154th birthday of Swami Vivekananda was celebrated on Thursday, the 12th January, 2017 at 5.30 pm in S-VYASA Campus. Sri Vipul, CEO of a software company, New Jersey, USA was the Chief Guest. Hon'ble Chancellor Dr. H R Nagendraji presided over the function.

Sri Vipul in his address said that more than 50% of the population in India consists of youth who are in the age group of 15 – 35 yrs. They should cherish the everlasting values practiced by Swami Vivekananda and engage in personality development and national welfare. He narrated some interesting episodes in the life of Swamiji.



The Chancellor, Dr. H R Nagendra called upon the youth to rededicate themselves to the cause of the nation, develop their physical, mental, emotional, intellectual and spiritual faculties for the all-round development and work for human welfare. He depicted the life and achievements of Swami Vivekananda and said that how VYASA and S-VYASA Yoga University were a result of Swamiji's ideas and values being translated into action.

Smt. Bhumija, USA and Ms. Supraja, daughters of Sri Prasad and Smt. Hemamalini Prasad gave a splendid Bharathanatyam dance recital. Prof. Vidwan Ramachandra G Bhat, the Hon'ble Vice-Chancellor explained about the philosophical dimensions of Indian Dance.

Ms. Varadayini, Faculty of music sang the invocation sang. Prof. M K Sridhar, the Dean, Division of Yoga & Humanities compered the program.

The program was attended by the dignitaries such as Sri Vij, Executive Director and other officers of ONGC, Bombay, YIC participants, students and Faculties.

Yoga Utsav 2017, Bengaluru
Jointly organized by CCRYN, VYASA & S-VYASA



Inauguration: Dr. R Nagarathna, Dr. Tejasvini Ananth Kumar, Smt. Mamata Devaraj, Dr. M K Panduranga Shetty & Prof. Ramachandra G Bhat

Under the leadership of Honourable Prime Minister of India, Shri Narendra Modiji, Government of India is giving special attention for promoting Yoga world over. Due to our Prime Minister's initiative and efforts, United Nations Organization declared 21st of June as International Yoga Day with an overwhelming majority of 177 nations voting for it. World over, International Yoga Day has already been successfully celebrated in 2015 and 2016. Now, the Ministry of AYUSH is working towards propagating Yoga all over the country and is organizing various programmes in this regard. Central Council for Yoga and Naturopathy, New Delhi under Ministry of AYUSH is in forefront of all these events.

This year CCRYN is proposing to hold Yoga Utsav in all The State and Union Capitols and has given the responsibility of celebrating this great event to leading Yoga Institutions of the country. The present Yoga Utsav 2017 held at Bengaluru from 6th to 8th of January, 2017 is first of its kind. Vivekananda Yoga Anusandhana Samsthana, Bengaluru in technical collaboration of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) Yoga University organized the first Yoga Utsav of 2017 sponsored by CCRYN.

Swami Vivekananda Yoga Anusandhana Samsthana in association with various leading Yoga institutions and allied associations of the state organized the first Yoga Utsav of the country in Bengaluru, Basavanagudi National College Grounds from 6th to 8th of January, 2017.

The main objective of the event was to show case the contributions of various Yoga Institutions in Karnataka to general public and youth in particular. The event had stalls set up by AYUSH and S-VYASA for general health check-ups free of cost. Yoga competitions were held to honour the groups representing various Yoga competitions. The eminent Yoga Gurus gave talks on various benefits of Yoga. Also, various Yoga Institutions set up stalls to propagate Yoga and exhibited their contributions made for promoting Yoga. The event had two seminars; one on 6th on Yoga as Education and on 7th Role of Yoga in combating stress. In the evenings, various artists from prominent Yoga Institutions performed cultural programmes.

Ratha Saptami celebration in Prashanti during the occassion 108 Surya Namaskars performed by the inmates of Prashanti





Jodhpur, Feb 13: Chancellor, Dr. H R Nagendra participated in Namo-Con 2017, the National Conference at AIIMS

68th Republic Day celebration in Prashanti









Jhanda uncha rahe hamara
Vijayee vishwa tiranga pyara...





Pre-submission Review Meeting of the Project

funded by Sri Venkateswara Vedic University, Tirupati



from left 3rd & 4th - Prof. K E Devanathan, Vice Chancellor of SVVU and Dr. Prahlada Ramarao, Member of Advisory Committee of SVVU

Tirupati, Feb 2: Sri Venkateswara Vedic University (SVVU), Tirupati has funded a research project of Yoga-Spirituality division of S-VYASA. The project titled 'Yogic assessment and yogic management of anger in high school children' is a first of its kind research study. Anger is studied from two perspectives Spiritual Science and Behaviour Science. A psychometric adolescent anger scale and a yoga module for anger management in high school children have been developed under this project. Funding to the tune of Rs. 9.76 lacs has been granted by SVVU and a wireless bionomadix logger which measures heart rate variability (HRV), respiration rate (RR), galvanic skin conductance response (GSR) and blood volume pulse (BVP or PPG) has been procured for this project. The project work is being carried out by Ms. Alaka Mani under the guidance of Dr. H R Nagendra (PI of the project), Dr. Prahlada Ramarao, Dr. D Nagaraja, Dr. S N Omkar (IISc) and Dr. Manoj Kumar Sharma (NIMHANS). The project work is in completion stage and pre-submission review meeting was held at Tirupati on Feb 2.



Vasanta Panchami
celebration in Prashanti



NAAC Peer Team visits S-VYASA University



Chancellor, Pro Chancellor, Vice Chancellor, Registrar, Deans, Officers and Faculties of S-VYASA with NAAC Peer headed by Prof. R C Panda, Hon'ble Vice – Chancellor, Maharishi Panini Sanskrit Evam Vedic University, Ujjain, Madhya Pradesh

NAAC (National Assessment and Accreditation Council) Peer Team visited S-VYASA Yoga University for assessing 2nd Cycle of Accreditation, from 16th to 18th March, 2017. Several academic, administrative and research presentations were done by officials of the University. The team went round the entire campus and visited various Divisions, Cells, Departments, Arogyadhama etc., and interacted with Members of Board of Management, teaching, non-teaching staff, research scholars, students, stakeholders and alumni. An entertainment program covering dance, drama, music, bhajans, demonstration of yoga asanas by students was organized for the Peer Team. The team was headed by **Prof. R C Panda,** Hon'ble Vice – Chancellor, Maharishi Panini Sanskrit Evam Vedic University, Ujjain, Madhya Pradesh. The other members of the team were:

Prof. Viroopaksha V Jaddipal Professor, Dept, of Research and Publications, Rashtriya Sanskrit Vidyapeetham, Tirupati, AP	**Member Co-ordinator**
Dr. Ishwar Bharadwaj Dean Faculty of Medical Science and Health Professor & Head Department of Human Consciousness & Yogic Sciences, Gurukul Kangri University, Jagjeetpur, Haridwar, Uttarakhand	**Member**
Dr. Babu Joseph Former Director - NIN, Nethaji Institute of Nature Cure and Yoga, Kunnumpuram, Kakkanad, Cochin, Kerala	**Member**
Prof. G S Tomar President, Vishva Ayurveda Mission, Ayurvedic College Handia, Allahabad, UP	**Member**

Dr. Manmath M Gharote Director, The Lonavla Yoga Institute, Lonavala, Maharashtra	Member
Dr. S C Manchanda Senior Consultant Cardiologist, Sir Ganga Ram Hospital, New Delhi	**Member**

At the end of the visit, the Hon'ble Chairman spoke at the Exit Meeting.



Homa performed by Division Yoga - Spirituality



Welcome to NAAC Pee Team by the Chancellor, Dr. H R Nagendra



Presentation by
the Vice Chancellor,
Prof. Ramachandra G Bhat





Cultural
Program

Mass Surya
Namaskara
performance
by S-VYASA Students

Vedic Science is the very Embodiment of Consciousness – Dr. H R Nagendra



Prashanti Kutiram - Inaugural Ceremony of Lecture Series on the Vedas

Prashanti Kutiram, Feb 28: Vedas are not only the texts dealing with mundane knowledge but also represent the thoughts of consciousness at various levels. The modern materialistic science deals with world and its phenomena whereas Vedic knowledge deals with infinite knowledge and bliss which has pervaded the entire universe. This infinite knowledge was experienced, documented by Vedic sages which can be experienced by us even now by harnessing physical, mental and spiritual sheaths of our body, said Dr. H R Nagendra, the Hon'ble Chancellor of S-VYASA while inaugurating a Lecture Series on the Vedas organized jointly by Indian Council of Philosophical Research (ICPR), New Delhi, Sri Chidambara Institute of Research and Development, Gubbi and S-VYASA Yoga University. Dr. Nagendraji further said that all of us come from that original state of Brahma Nirvana which could be expressed through the recitation and understanding of the Vedic Mantras and practicing of Yoga.

Dr. Ramachandra G Bhat, the Vice-Chancellor of Yoga University in his speech said that five levels of awareness can be obtained by spiritual seekers for which they have to go beyond speech, book, heart, mind and go beyond these to attain unitary consciousness. He compared the Vedic Yoga with Patanjali Yoga and cautioned that one should not be carried away by just techniques and modern publicity on Yoga.

Dr. G N Bhat, Dean of Yoga-Spirituality, S-VYASA said that Yajna or sacrifice is performed at various levels for attaining individual and societal welfare. He said that people well versed in the study of Vedas should communicate the essence of the Vedas to the commoners in local languages. The holy smoke arising out of the sacrificial altar has the capacity to drive away the pollution and also protect the environment.

Prof. M K Sridhar, Academic Dean, S-VYASA spoke on the science and technology in the Vedas. He said that Vedic knowledge is like an inverted tree and its source is infinite consciousness from which has originated all

aspects of knowledge. The Vedic sages were the pioneers in science and technology and had far advanced compared to the development of other Eastern and Western civilizations during that time as evident from archeological excavations. He called upon the youth to do research in these new areas of the Vedas from modern scientific angle and implement the Vedic technology for human welfare.

Prof. K Subrahmanyam, Pro-Chancellor, S-VYASA in his remarks said that today being Sri. Ramakrishna Paramahamsa's birthday, one should remember his personality, philosophy and imbibe in our life, the spiritual values advocated and practiced by Sri Ramakrishna.

Sri Shiva Chidambara Sharma, Chairman of Sri Chidambara Institute of Research and Development, Gubbi, Tumkur District called upon the youth to cherish some noble values in life, be spiritual in nature and participate in nation building activities with a spirit of dedication and sacrifice.

Dr. Sachhidananda Sogala, Managing Trustee of Sri Chidambara Trust welcomed the gathering and remembered the great contributions made by Swami Chidambara, who said that the research was meditation through which one could unravel the complexities of the Universe and find solutions through spiritual means laid down by the Swamji. He felicitated Dr. H R Nagendraji for being a Padma Shri awardee by Government of India. The trustees, Sri K S Narayan, S-VYASA University Registrar, Dr. Sanjib Kumar Patra were present. Sri M V Lakshmikanta, the Secretary of Sri Chidambara Research proposed a hearty vote of thanks. The students of Chidambarashram and S-VYASA recited the Vedic hymns.

■ *Ms. Bhawika Gaur, BSc (YT) VI Sem*
S-VYASA, Yoga University

Rathasaptami celebration at Vidhana Soudha



Bengaluru, Feb 3: On the auspicious occasion of Rathasaptami, 108 Mass Surya Namaskaras were performed at Vidhana Soudha. An affiliated centre to VYASA, Yoga Gangothri, in association with S-VYASA and AYUSH organized the event and 600 participants were there.







Mar 8-9: International Yoga Fest – 2017 (IYF) was organized in New Delhi. Chancellor, Dr. H R Nagendra graced the occasion as the Chief Guest



Director of MDNIY - New Delhi, Dr. Ishwar V Basavaraddi felicitated Dr. H R Nagendra



Bengaluru: Recently, Chancellor, Dr. H R Nagendra, Director & Vice Chancellor of NIMHANS, Dr. B N Gangadhar, Principal of SDM College of Naturopathy and Yogic Sciences - Ujire, Dr. Prashanth Shetty and Director - PR of S-VYASA, Dr. B Amarnath, met Karnataka Chief Minister, Sri Siddaramaiah and discussed regarding the celebration of 3rd International Day of Yoga (IDY) on June 21st, 2017

Research at 'Center for Energy Research'

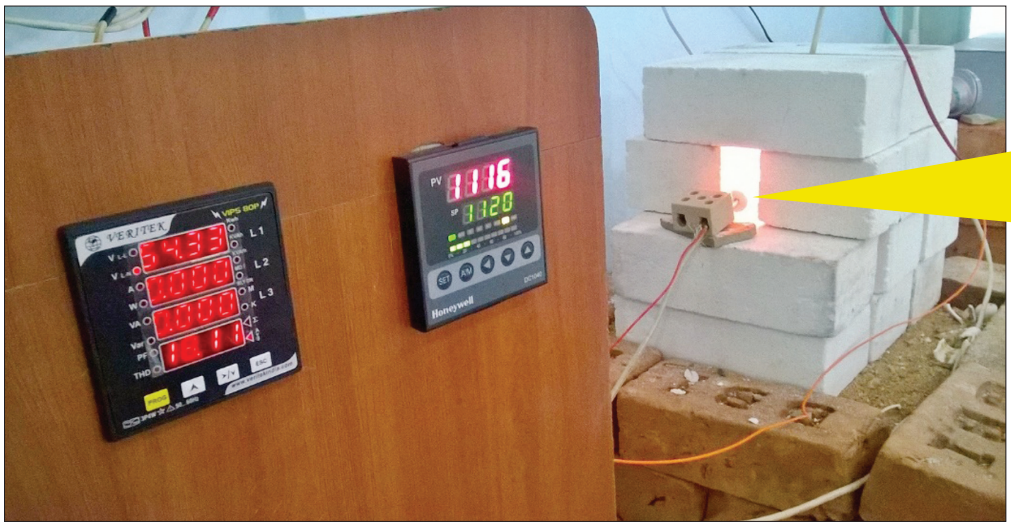
A very interesting observation made by two scientists Prof. Martin Fleishmann and Prof. Stanley Pons in USA (March 23, 1989) during an electrochemical experiment indicated the possibility of Fusion reaction occurring at relatively low temperatures of several hundred degrees, instead of millions of degrees centigrade at which the nuclear fusion of hydrogen is taking place on the Sun. The observed excess energy was much higher than that due to the possible chemical reaction in the cell. Subsequently several groups tried but failed to reproduce the result, including the parent group. The whole scientific community expressed skepticism and stopped working on this concept based on the fact that, such low temperature fusion is not possible based on the known theory of nuclear physics.

However the interest on this '**Cold Fusion**' got revived in the year 2007, when an Italian entrepreneur Mr. Andrea Rossi, filed his patent application for his invention of 1KWth '**Baby Low Energy Nuclear Reactor**'. He claimed that, the reactor produced enough energy to heat his office room for several months using only one gram of Nickel nano powder with catalyst and customized power supply for initiating the fusion.

Several R & D Labs, Industries and Universities in USA, Russia, Italy, China and Japan have started working again to explore this further. Many groups have claimed to have produced excess energy based on Rossi concept. Almost all of them have not succeeded so far to get consistency, efficiency and reliability.

The latest initiative is in 2016 by Carl Page, brother of Larry Page (Co-founder of Google), involving Academic Institution(Stanford Research Institute) and American Industry (Brillouin Energy Inc) and his conviction and trust in this path breaking Science & Technology. He is supporting the work at *Brillouin Energy Inc* Involving 2 famous professors Michael McKubre & Robert Godes. This indicates that, India should not be left lagging behind, in case any one agency in any part of the world succeeds. (http://www.anthropoceneinstitute.com/wp-content/uploads/2016/10/LENR-Seminar-Presentation-at-SRI-Feb-2016.pdf)

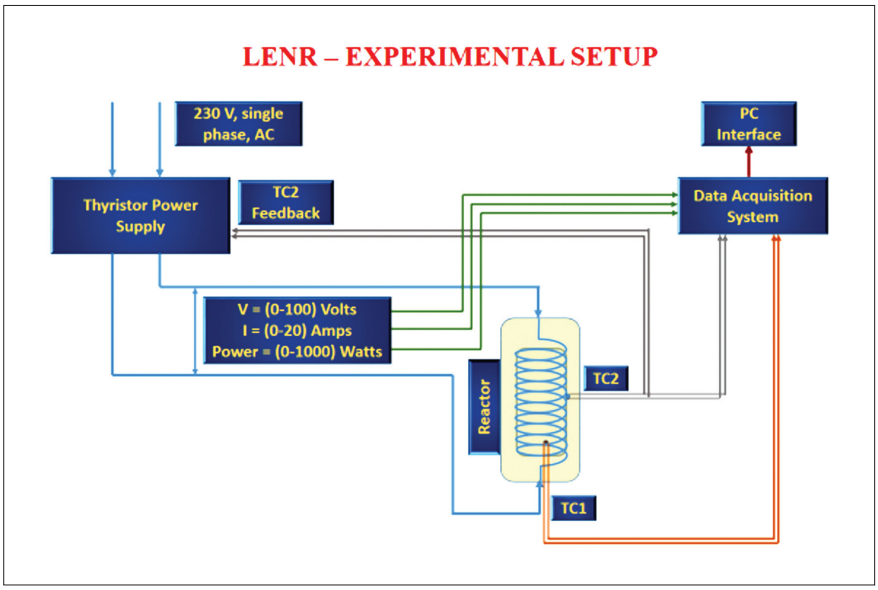
Dr. H R Nagendra (*Padma Shri Awardee, 2016*), Chancellor of 'Swami Vivekananda Yoga Anusandhana Samsthana" (S-VYASA), is supporting research in many areas. Though the University is mainly focused on Yoga, Spirituality and health, he is committed to carry



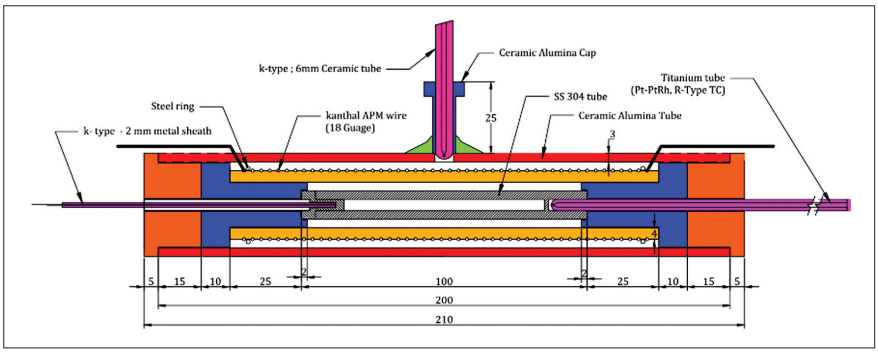


Reactor Set-up with Power & Temperature module

out R&D in any area of interest to the country. This great vision and urge to help the country made him to invite **Dr. Prahlada Ramarao**, (*Padma Shri Awardee, 2015*) who was Former Distinguished Scientist and Chief Controller, DRDO and also Former Vice Chancellor of the Defense University in Pune to carry out the Energy Research in the S-VYASA University. Dr. Prahlada is well known for his outstanding success in heading the R&D activities of many missile programs in the country covering Akash, Brahmos and Strategic missile systems.



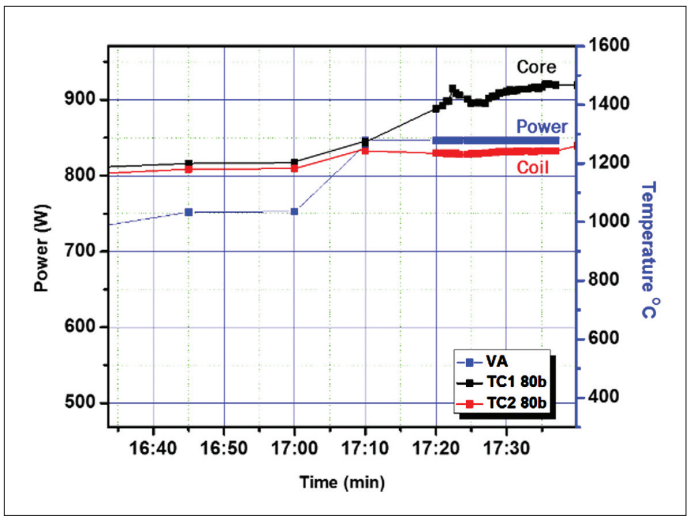
Block diagram of the setup



Reactor – One of the designs

Dr. Prahlada formed a small Team and created a lab to take up the research activities from the end of 2014. The Research Team currently includes Dr. Shree Varaprasad (Chemistry), Er. Shashank G Dath (Electrical), Er. Shyam Sunder (Mechanical) and Technician Mr. Kotresh. The group has regular meetings and is getting valuable inputs from Prof. Umapathy (Chairman, Dept. of IPC, IISc), Prof. Andrew Muellenberg (Visiting Prof.), Prof. Alex Hankey (Visiting Prof.) and Mr. Rangaswami (Rtd. BARC). The research effort is being supported by the University within its limited resources.

The Team has conducted more than 100 experiments. Some of the experiments have given positive results and a hope to move forward. Data of one such experiment is shown here in this report.

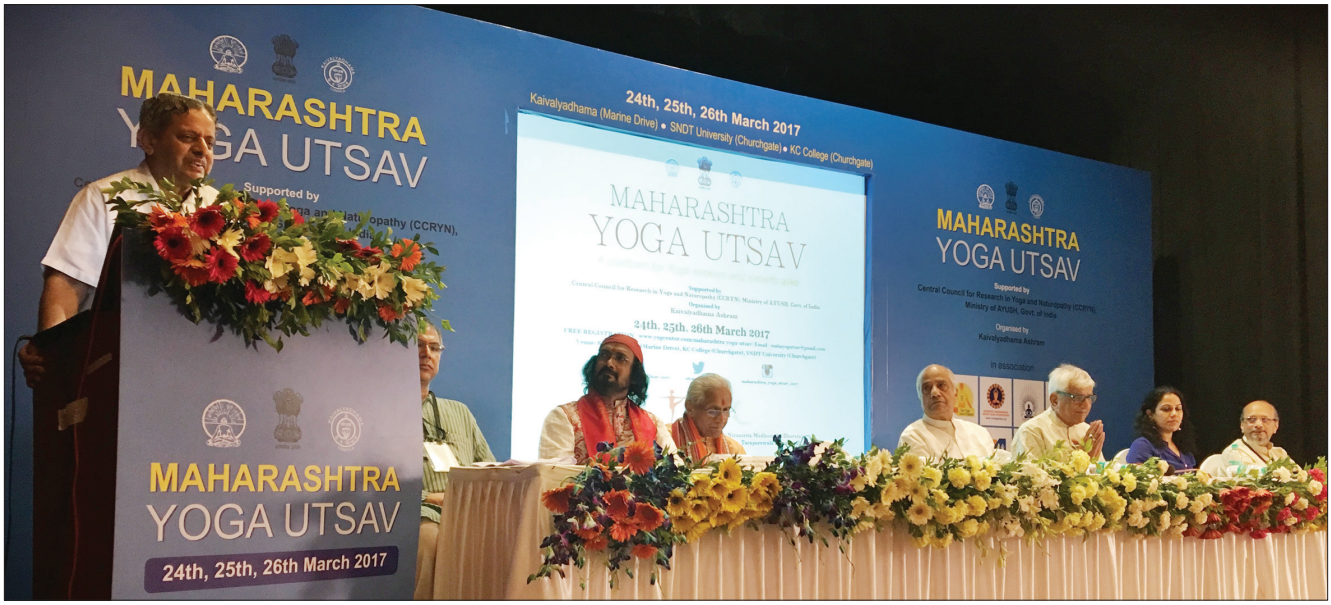


Here in this graph, coil and core temperatures represent the temperature of the coil (input) and temperature of the core (Fuel).

In this graph one can observe that, till certain point both core and coil temperatures were almost equal for a given power. Later even after maintaining the input power to the coil at 850W, the core temperature went up and was reading 1000C more than the coil temperature for about 20 minutes at which point the coil failed.

Maharashtra Yoga Utsav

Mumbai • Mar 24-26, 2017



Chancellor, Dr. H R Nagendra addressed the gathering. Sri O P Tiwari, Sri Subodh Tiwari and many more dignitaries were present









Extended Activities of S-VYASA in Italy



The evidence based work of S-VYASA University has attained further recognition in the beautiful country of Italy following the visit of Dr. Manjunath Sharma, Director of International Affairs, S-VYASA University to Italy from February 28 - March 7, 2017.



MoU between S-VYASA, Bengaluru and Sarva Yoga International, La Spezia, Italy

The **faculty of Education of the Free University of Bozen-Bolzano in relation to Master in Primary Education** has signed a Memorandum of Understanding (MoU) with S-VYASA University to recognize the cultural and scientific relationships between the two Universities. The university is located in one of the most fascinating European regions, at the crossroads between the German-speaking and Italian economies and cultures. The features that make it unique are its trilingualism in teaching and research, its high level of internationalisation as well as an ideal study environment guaranteed by its excellent facilities. The Italian University was represented by the Dean, Professor Liliana Dozza and Dr. Manjunath represented S-VYASA University.

Another MoU was also signed with Sarva Yoga International, La Spezia, Italy for cooperation and collaboration in the field of Yoga and Ayurveda.

Sarva Yoga is an International Association founded by Dr. Antonietta Rozzi to promote and preserve the Indian tradition of yoga in the West and the teachings of the ancient and modern yoga Masters in the modern society.

Sarva Yoga organized a seminar for their Yoga master's program at the University of Parma. The topics covered were on Evidence based Yoga therapy, Yoga and Ayurveda based Diet and Lifestyle for health promotion and disease





prevention and Yoga therapy for Cancer.

Under this MoU the students of Sarva Yoga International would visit S-VYASA university Bengaluru for orientation in Evidence based Yoga therapy. The students and faculty of S-VYASA University would be posted for field training to the Italian Universities.



Rishikesh is known as the 'Gateway to the Garhwal Himalayas and 'Yoga Capital of the World' the holy city of Rishikesh, in the base of the Himalayas, holds deep cultural and spiritual significance. Sacred rivers and mountains set the scene for **Yoga Instructor's Course - YIC in Rishikesh**. The course was for the whole month of March 2017. This YIC was conducted by Vivekananda Yoga Global, an industry partner of S-VYASA



Yoga Pyramid created during the recent Cultural Program organized during the visit of NAAC Peer Team

9. PLANS FOR FUTURE

9.1. The School of Yoga & Naturopathic Medicine Complex (BNYS)



We have planned to house all the classes, laboratories pertaining to BNYS at one building, that is at **The School of Yoga and Naturopathic Medicine Complex**. Hence we ventured to start the construction of the building with the help of Philanthropists. The Infosys, Canara Bank, Andhra Bank has come forward to some extent; still we are looking for some more.

The total cost is around Rs.10 Crores.

9.1.1. Bhoomi Pooja of The School Of Yoga And Naturopathic Medicine





Bhumi Puja i.e. the Foundation Stone Laying Ceremony of The School Of Yoga And Naturopathic Medicine was conducted on 03-05-2013 in Prashanti Kutiram. The Ritual Ceremony was conducted by Sri Ramachandra Acharya at 9:30 A.M. This was followed by an official inaugural program in Ahimsa Hall where the students and faculty gathered. The program was conducted in the auspicious presence of the Guest of Honor Sri S S Bhatt, General Manager, Canara Bank, Bangalore and the Chief Guest Sri Vijaykumar Gogi, IFS, Director, Dept. of AYUSH, Govt. of Karnataka.

9.2. Ladies Hostel Block



More than 400 girl students are studying in the University. Presently we are accommodating in four different blocks like Vidya, Lakshmi, Vishal & Vikas. Lakshmi building is under construction, with the help of some of our existing donors. Already Ground + First floors have been constructed which can hardly accommodate nearly 200, we require another two floors to accommodate all others.

The total cost is Rs. 8 Crores.

9.3. Play Grounds



The University is giving highest encouragement for the students to take part in

all types of Sports activity as this is a purely residential. We have a compact play ground for playing cricket, football, volley ball etc. But it has to be upgraded and added new dimensions

Estimated cost is Rs.56 lakhs.

9.4. Samskriti Bhavan

Unity in Diversity. The students from all over the world join here for a holistic education system. They are hailing from different regions, culture etc. The students are able to use their creativity and release their innate stresses. The need of a big auditorium is felt and State government was approached for assistance from Kannada & Culture Department. The department was kind enough to sanction Rs. 50 lakhs and released Rs.5 lakhs, yet to release the balance amount.

Estimated cost Rs.50 lakhs

9.5. Digital Library

The library is shifted to spacious building 'Pathanjali'. All the arrangements are made to arrange the books and digital library in the existing building. More than 16000 books, 16 computers, reading room facility are arranged with limited space. But there is a urgent need for a separate block with still number of books, computers to be added. E**stimated amount for new Block, Books, Computers**

9.6. Laboratory

Additions, updating is required for the following Laboratories.

- Anatomy – Dissection, Lab & Museum,
- Physiology & Micro Biology,
- Pathology & Micro biology,
- Immunology & Genetics Lab,
- Neurophysiology Lab Expansion,
- Bio Energy Lab,
- Psychology & Para-psychology Lab.

10. MISSING PEARLS OF PRASHANTI KUTIRAM



Shraddhanjali to Shri Shanmukhappaji

Shri Shanmukhappa, one of the senior most Seva Vrttis of Prashanti Kutiram demised in the early hours of sacred Hanuman Jayanti Day (Purnima), April 22, 2016.

His sons Jagannath and Manjunath are part of Prashanti Family.

Many souls come on this planet earth and pass on after a feverish life but some leave their mark in the form of fond memories in the hearts of people. Shri Shanmukhappa, an engineer by profession, is one such soul!

All dedicated workers of VYASA, remember his generous nature in offering food and ice-cream etc on various occasions of outings!

He joined us decades ago when Prashanti was a small ashram charged with spiritual power of our founder Lakshmi Amma.

Shri Shanmukhappaji lived in a small room in Vasishtha, the first cottage of the campus, from where he began his seva as Telephone Operator. Gradually over a period of time served as the Head of Sale and Publishing wing. He also rendered his services as a Treasurer of VYASA.

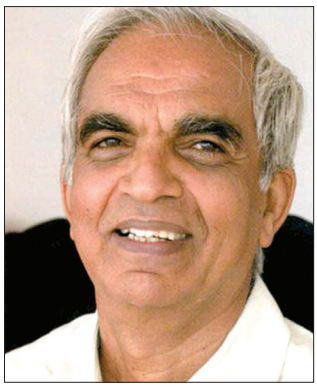
A fatal fall few years ago forced him to retire to his home in Bangalore but his heart was always in Prashanti.

S-VYASA Family world always remembers his selfless service which he rendered with utmost humility as a Karma Yogi.

Our Shraddhanjali to Shri Shanmukhappaji! May his work and life inspire new generations ahead!

Sri Desikachar: profound simplicity

■ *Raghu Ananthanarayanan*



Desikachar was always dressed in white dhoti and a shirt, a simplicity that belied the profound mind and deep heart he possessed. The last few days have been some of the most difficult for many of us who were the initial cohorts at the Krishnamacharya Yoga Mandiram (KYM) with our teacher Sri Desikachar (who passed on in the early hours of Monday the 8th of August, 2016).

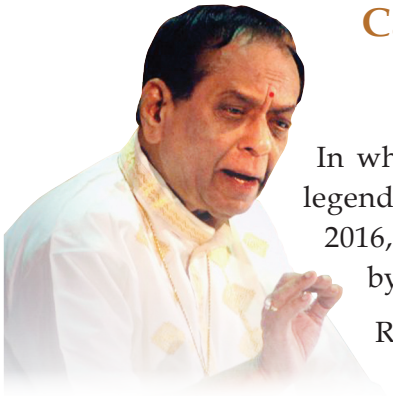
What drew us to Vadiyar (Teacher, in Tamil) and his teachings was his simplicity. This was not a typical Guru that we were dealing with, here was a person who imparted a profound tradition, but was at other times a friend, a mentor or even a companion. In Desikachar we found a person who was rooted in the depth and the rigor of his father Yogacharya T Krishnamacharya's teaching, but was also at home with the emerging world. Here was a teacher who straddled J.Krishnamurti as well as the Upanishads.

Desikachar's ability to observe a person who came to learn yoga especially for therapy was awesome. In the brief time it took for the person to walk into his consulting room, Desikachar sensed his pulse and exchanged a few words; this was enough for him to have a good grasp of the person and his condition. The course that we were taught to impart was an integral unit comprising of a progression of asana and pranayama with appropriate periods of rest. These were conveyed through stick figures, and minimal use of words. The process of learning the principles of his way of teaching was like learning Carnatic music: improvising while remaining within the rigor of the grammar. This way of teaching yoga is as unique as it is effective. And this is Desikachar's lasting gift to us.

Desikachar taught a very wide range of people. He taught many prominent people from the world of art, with a great sensitivity to the individual temperament of artists. He taught many politicians saw the human being behind the façade. He taught atheists to pray to Vishnu and accept Bhakti to a larger power to help them let go! He taught the pious how to be more grounded and discriminating. He taught powerful businessmen how to act without becoming obsessed with results. He initiated work with the mentally challenged, and encouraged us to engage with people from all walks of life through his example. He shared what he learnt from his long association with Krishnaji, and what he learnt from engaging with simple people. In all this, he never let go of his rootedness to the tradition. To us this was a living evocation to practice the essential dharma of Yoga, He used to say: "My roots are in my father's teaching, its fruits can reach everyone who needs it, and in the form they need it".

The passing on of our revered teacher has left a huge vacuum not only in us, his students, but also in the world of Yoga. Desikachar studied with his father all his life, except for a small period when he was in Mysore and Sri Krishnamacharya moved to Chennai. Desikachar's translation of the teaching and its transmission in a modern idiom has created hundreds of teachers all over the world who carry forward the flame his father restored. The openness, subtlety and profundity of the heritage are what the thousands of people, rich and poor, famous and ordinary, teachers and students who have benefited from Desikachar, will remember.

The author studied Yoga with Sri Desikachar, and taught at KYM for more than a decade. He can be contacted at **www.raghuananthanarayanan.com** ■



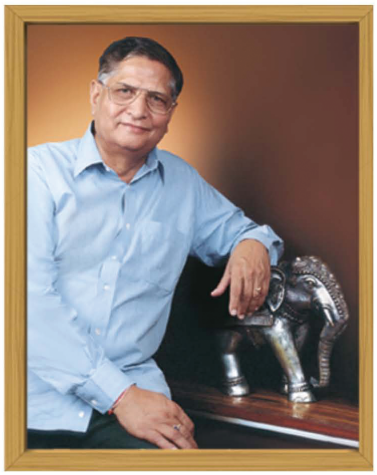
Carnatic Music Legend Balamuralikrishna dies at 86; S-VYASA Yoga University offer condolences

In what can only be described as a huge loss to the world of Carnatic music, legendary singer Mangalampalli Balamuralikrishna passed away on 23 Nov. 2016, Tuesday, at the age of 86 after a prolonged illness in Chennai. He is survived by his wife, three daughters and three sons.

Recipient of the Padma Vibhushan, India's second-highest civilian honour in 1991, Balamuralikrishna is known for his immeasurable contribution to Indian music, especially globally.

A child prodigy from Andhra Pradesh's Sankaraguptam, Balamuralikrishna is said to be the fifth-generation descendant of saint-composer Thyagaraja in the guru-shishya parampara. In a musical career that spans his entire lifetime, Balamuralikrishna's singing appealed to connoisseurs and laymen alike, which is well portrayed by the popularity of his film music and the iconic song Mile Sur Mera Tumhara (in which he joined a gamut of singers such as Bhimsen Joshi and Lata Mangeshkar) as well as ability to span the three octaves with deceptive ease.

!! SHRADHANJALI !!



Shri R. A. Sharma

MD - Shree *Baidyanath* Ayurved Bhawan Pvt. Ltd.

With profound grief and sorrow, we inform the sad demise of AMAM's Patron, **Shri Ram Avtar Sharma, MD - Shree *Baidyanath* Ayurved Bhawan Pvt. Ltd.** on 13th March 2017. He was patriarch of the 'SHARMA' family and Managing Director of SBABL, Ayurveda Industry Major Company. Shri Ram Avtar Sharma was instrumental in spreading the benefits of Ayurveda to all households & taking Shri *Baidyanath* Ayurved Bhawan Pvt. Ltd. to great heights.

With deepest sympathy to all the family members on the irreparable loss of our Dear & Respected Senior, Friend & Well-wisher.

No.F.9-26/2009-U.3(A)(Vol.5)
Government of India
Ministry of Human Resource Development
(Department of Higher Education)
*****

Shastri Bhawan, New Delhi.
Dated: 18th June, 2013

To,

The Vice-Chancellor,
Swami Vivekananda Yoga Anusandhan Samsthana,
Bangalore

Subject:- Review of the compliance report and the presentation made by Swami Vivekananda Yoga Anusandhan Samsthana, Bangalore before the Task Force – reg.

Sir,

As you are aware, the Government constituted a Task Force to examine applications from institutions that need to take corrective measures to several criteria for satisfying the deemed university status regarding rectification of deficiencies pointed out by the Review Committee constituted by the Government to review the functioning of the existing deemed to be universities. Based on the compliance report and the presentation given by Swami Vivekananda Yoga Anusandhan Samsthana, Bangalore, the Task Force has transited Swami Vivekananda Yoga Anusandhan Samsthana, Bangalore from Category 'B' to Category 'A'. The Government has accepted the report and Swami Vivekananda Yoga Anusandhan Samsthana, Bangalore, is placed in Category 'A'. The report of the Task Force is being uploaded on the website of Ministry of Human Resource Development.

Yours faithfully,

(A.K.Singh)
Under Secretary (ICR),
011-23384897

Ph. 23236351, 23232701, 23237721, 23234116
23235733, 23232317, 23236735, 23239437



विश्वविद्यालय अनुदान आयोग
बहादुरशाह जफर मार्ग
नई दिल्ली-110 002
UNIVERSITY GRANTS COMMISSION
BAHADURSHAH ZAFAR MARG
NEW DELHI-110 002

Speed Post

F.6-4/2002(CPP-I) **October, 2012**

The Secretary,
Ministry of External Affairs,
Jawaharlal Nehru Bhawan,
South Block,
New Delhi - 110001

L 8 NOV 2012

Sub: Status of Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore deemed to be university.

Sir,

I am directed to inform you that the Government of India, Ministry of Human Resource Development, on the advice of UGC declared Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore, Karnataka as Deemed to be University vide notification No. F.9-45/2001-U.3 dated 8-5-2002. The Deemed to be University can run courses at its main campus in regular mode in UGC approved subjects. It is, therefore, requested that the name of Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore, Karnataka (Deemed to be University) may be included appropriately in the list of /deemed to be universities maintained, if any, by the Indian Embassies. However, list of universities is available on the web site www.ugc.ac.in . A copy of the same is enclosed.

Yours faithfully,

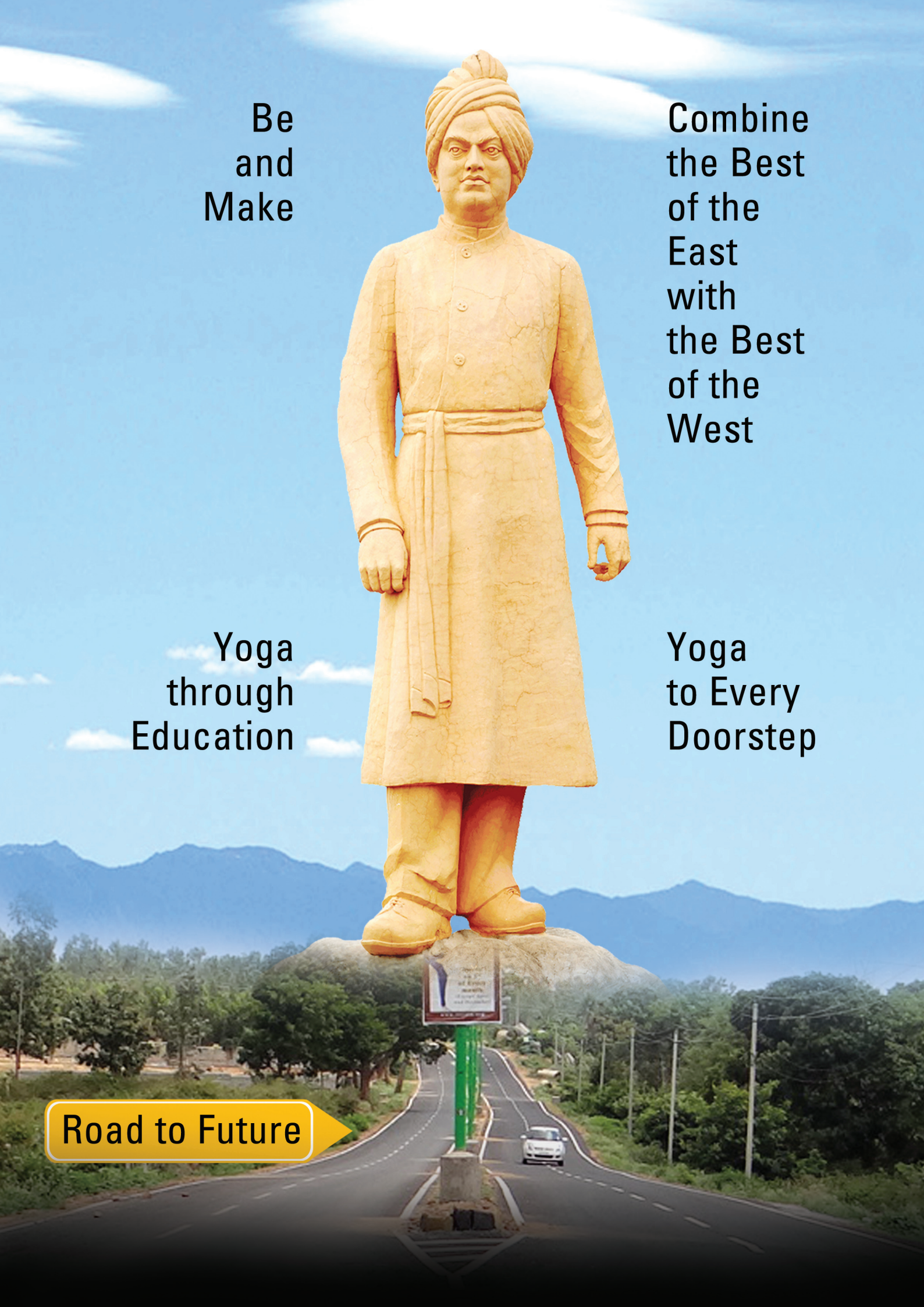
Sd/-

(Raksha Pahwa)
Under Secretary

Copy to:-

The Registrar, Swami Vivekananda Yoga Anusandhana Samasthana,No.19, 'Eknath Bhavan', Gavipuram Circle, Kempegowda Nagar, Bangalore-560 019.

(Naresh Kumar Sharma)
Section Officer


Be and Make
Combine the Best of the East with the Best of the West
Yoga through Education
Yoga to Every Doorstep
Road to Future