

YOGA SUDHA

A Monthly Journal of SVYASA (Deemed to be University)



**Integrative Medicine
and Optimal Immunity**

Due to the possible rise of the **3rd Wave of Corona** by way of Omicron and as per the **Advisory of Govt. of Karnataka**, all the programs of **24th INCOFYRA** and the **19th Convocation**, scheduled in December 2021 and January 2022 have been **postponed**.

They would likely be held in the last week of **March 2022**.



24th International Conference on Frontiers in Yoga Research and Its Applications

March 2022
Hybrid Conference

Conference Venue
Prashanti Kutiram
Bengaluru, India

Call for Papers

Scientific Research Papers, Concept and Review Papers on the theme and related topics in Yoga and Integrative Medicine are invited for Oral and Poster Presentations.

Submit your abstract on Conference portal:
www.incofyra.com

Last Date for Abstract Submission - **Jan 30, 2022**

The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by **Feb 10, 2022**

Conference Registration

Individual Programs	Dates	SAARC Countries in ₹	Non-SAARC Countries in US\$
Pre-Conference	March 2022	3500	300
Main Conference		3500	250
Both Programs		7,000	550
Rate/ Day	---	1,500	100



Main Events

Pre-Conference Workshops
Himalaya Yoga Olympiad Finals
Main Conference



Organised by
S-VYASA, Deemed to be University
Bengaluru, India

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तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

योगसुधा

Vol. XXXVII No.12 December, 2021

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Bengaluru

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EDITORIAL

My dear Brothers and Sisters,

Education is not the mere acquisition of knowledge but is a process to manifest the perfection already in man. It should help a growing child to blossom into a beautiful flower. We want men with a capital 'M' said Swami Vivekananda. For making such human beings, emphasis on all-round personality development and social consciousness should be adopted. Then it is not enough if our students improve their IQ levels and gather more and more information in schools and colleges, but, the system of education should allow them to develop

1. Their physical, mental, emotional and intellectual dimensions (the four-fold personality development) for the build of a harmonious total personality; and
2. Civic sense, national awareness, service zeal and spiritual urge (the four-fold consciousness) in our students.

It is towards this goal of man-making and nation-building that we should orient our education. If this basic direction is set in our education system, the present decadence of our society will vanish in the future and our Bharat will regain her past glory. The syllabus should be so formulated that total personality and social Consciousness are promoted effectively.

Yoga, the ancient science of India is a conscious process for gaining mastery over the mind and thereby grow faster from the animal level to become normal human beings and reach heights of greatness, super-human levels and ultimately attain divinity or perfection itself. This conscious process of gaining mastery helps us to manifest the innate potentialities dormant in all of us and blossom us with the four-fold personality development mentioned above. Yoga harmonizes our growth and through balance helps in total development. Such growth brings divine qualities like love, affection, sacrifice, service, etc. which are at the base of the four-fold consciousness. In this sense, Yoga is a science of holistic living and synonymous with basic or real education. Hence, Yoga is being introduced and promoted in the educational system.

Yoga has also become the fashion of the day. Millions all over the world have taken to Yoga practices. Thanks to our Hon'ble Prime minister,

the induction of International Day for Yoga on June 21st has brought billions of people to India and all over the world. Gradually the understanding of Yoga is getting deepened. Yoga as a science of holistic living featured by peace and poise, health and happiness, energy conservation, and efficiency is being recognized by larger and larger sections of the society rather than as physical acrobatics if not as a rope trick. Yoga with its usefulness to the modern man to relieve his stresses and tensions, to the patients in preventive, treatment, rehabilitation and promotion of positive health, to the professionals in increasing their skills and improve the quality of life, etc. in attracting people from all sections of the society. Further, its sound basis in Upanishads offers a fundamental understanding of human misery in general and hence a direction towards greater and greater bliss. Based on this wisdom, a holistic value system is offered by Yoga; this, used in society, can build ideal social orders. It appears that we are heading from the era of science and technology to an age of Yoga and Spirituality.

YOGA should be started right from school education. Systematic introduction of Yoga Techniques, the right way, can certainly go a long way in reconstructing the lost value system in our society which has been the prime cause for the decadence. This needs systematic development of syllabi, their scientific assessments to establish their usefulness to students at different levels which also help in improving the right techniques and by eliminating the wrong ones.

Vivekananda Kendra has been involved in this process from 1975 itself of man-making and nation-building education. The Yoga wing has developed Yoga courses towards such a goal and the Yoga Research Foundation has started the assessment programs. Many primary schools in India have started using our syllabus which has been developed for the all-around personality development of students. The New Education Policy coming into force in India should include these missing dimensions in our education system which will be the greatest contribution of India to the entire world.

■ *Dr H R Nagendra*



Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

By the constant vigilance and meticulous approach of Government of India and all the State Governments, India has crossed one 118 Crores Covid Vaccinations, due to which the 3rd wave of the pandemic spread is losing its temper and getting weaker. Thanks to our Hon'ble Prime Minister, Sri Narendra Modi ji and his team, Scientists, Doctors, Companies and Health Workers, who have involved in the programme.

Of late new variant has appeared in several areas in Africa and Europe which is alarming. Even in Karnataka the number of positive cases are increasing in a slender way. What is alarming is those who have taken two doses of vaccinations have become positive.

Here comes the question whether the available vaccines are effective against the newly cropping variants and how to cover all of them? This scenario of mutations and spread keep on going till the entire community develops herd immunity and the virus becomes totally inactive. In the present situation, in addition to strictly following the directions of the Government to voluntarily taking the vaccinations and following all the precautions of presentation, it is wise to follow an integrated approach to develop and boost total immunity by following proper lifestyle which necessarily includes proper and balanced Aahaara (food and drinks), Vihaara (habits and practices), Vichaara (thoughts), Aachaara (daily and seasonal regimes) and Vyavahaara (professions and occupations). In addition to these Ayurveda and other Indigenous Systems of Healthcare recommends proper and judicious use of herbomineral products



and seasonal detoxification protocols known as Panchakarma to boost immunity and promotion of positive health.

In this regard several research papers have been published and this practice has come from the time immemorial.

Yoga which is accepted by majority of the community recommends regular practice of Ashtanga Yoga with Yama, Niyama, Aasana, Praanaayaama, Pratyahaara, Dhaarana, Dhyaana and Samaadhi for health, happiness and harmony which also has the testimonials and research proofs from all over the world.

Therefore, as the followers of Yoga, we will set up a role model to others by following the Integrative Model of Healthcare Management and educate the community.

'Let the Noble Thoughts come from every side'.

'Follow and Integrate Best of the East and the West for Total Health'.

With Pranams

Vaidya Dr. B R Ramakrishna

Vice Chancellor, S-VYASA Deemed to be University, Bengaluru

Editor in Chief 'RAJAS' Journal of AYUSH, RGUHS, Bengaluru





S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana
UGC Category I Deemed to be University
Bengaluru, India



Programs in Yoga

New PG Programs in Regular Mode:

MSc in Yoga & Vedic Therapy (MYVT) - **Yoga and Spirituality**

MSc in Yoga Therapy (MYT) - **Yoga and Life Science**

MSc in Hatha Yoga (MHY) - **Yoga and Physical Science**

MSc in Yoga Life Style and Stress Management (MYLSM) - **Yoga and Management**

MSc in Yoga Education (MYED) - **Yoga and Humanity**

MSc in Yoga Integrative Sports science (MYISS) - **Yoga and Humanity**

Masters' in Physiotherapy (MPT) - **Yoga and Life Science**

Masters' in Occupational Therapy (MOT) - **Yoga and Life Science**

New UG Programs in Regular Mode:

Bachelors' in Physiotherapy (BPT) - **Yoga and Life Science**

Bachelors' in Occupational Therapy (BOT) - **Yoga and Life Science**

Certificate Program:

Certificate Program in Integrative Health - **CIH**

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ब्रह्मसूत्रम् (Brahmasūtram)

■ Prof. Ramachandra G. Bhat
Former Vice Chancellor
S-VYASA Deemed to be University, Bengaluru



पारिप्लवार्था इति चेन्न विशेषितत्वात् (ब्रह्मसूत्रम्-३-४-२३)

Pāriplavārthā iti cenna viśeṣitatvāt (Brahmasūtram-3-4-23)

Meaning: *If it be said (that the stories told in the Upanishads) are for the purpose of Paariplava (only so, we say) not so, because (certain stories above) are specified (by the Sruti for this purpose).*

Paariplava stands for Satsanga, a dialogue and discourse by an elderly person having life experience while referring to the stories and anecdotes from Itihasa and Puranas. In Bharat, this style of communication of sharing knowledge is very unique and helps in inculcating Astikya (a pious nature) among all the members of society in terms of motivating people in spiritual path. During any annual Satra (a Yajna event stretched beyond a week), Paariplava is an event in the post lunch period while morning sessions were dedicated exclusively for the Yajna performance. All Ritviks, family members and villagers come to a common place for exchange of life lessons and knowledge in Paariplava.

In Upanishads, one may find stories of Jaanushruti, Pratardana, Virochana, Indra, Aruni, Yajnavalkya and Maitreyi etc., along with the spiritual lessons, appear Atmaavaaredrashtavyah (aatma should be understood) which are proper injunctions for a Sadhaka (an aspirer). In this context the question is, whether such assertive statements (Vidhi Vakyas) appearing along with stories have to be considered just as part of the story? Do they have any other significance?

The core intention of Paariplava is to make the audience happy and indirectly motivating the

listeners in spiritual path. Rejoice and harmony among all the members of society being the main purpose of Paariplava, it is accepted that injunctive statements are to be taken not very seriously, but to motivate common public towards good code of conduct, says Purvapakshi. Hence, it has to be made clear the real point whether Vidhi Vakyas (injunctures) have some special feature in the midst of stories of Upanishads.

Considering the above argument, Siddhanti has two logical answers to reply in this Adhikarana, one is in this and another in the next Sutra. Certain stories above are specified by the Sruti for this purpose and they are meant to illustrate the nearest Vidyas, being connected as one coherent whole.

Basically Upanishads are meant for a Sadhaka who is an aspirant to recognise the right path amongst Jnana (wisdom), Dhyana (contemplation) and Karma (action) Kandas and to exercise in practical life after listening to the statements from the Upanishads. Though there are some stories in Upanishads, they are not just meant for listening and feeling good about it. "The Atman is verily to be seen, to be heard of, to be meditated upon" etc., are the injunctions to be followed through Shravana, Manana and Nididhyasana; it is the path specified as part



Ancient Indian Spiritual Literature A Kalpavṛkṣa

Kalpavṛkṣa means desire fulfilling divine tree. By ancient Indian spiritual literature we understand the following sacred literature of ancient India. The Vedas, the Brāhmaṇa, the Āraṇyaka, The Upaniṣad, The Purāṇa, The entire Sutra literature including Brahmaśūtra, Yogasūtra etc., The Rāmāyaṇa, The Mahābhārata, The Āyurveda, The Bhagavad Gītā, The Dharmaśāstra, the Arthaśāstra and other literatures came from the pen of our venerable Ṛṣi of ancient India. Thus here an endeavor is made to present the fact that our Indian Spiritual literature is capable of fulfilling the noble desires of human being in this world and beyond this world.

Generally, the noble desires of human being are Dharma, Artha, Kāma, and Mokṣa. Let us understand what is Dharma. The etymological meaning of dharma is “that which

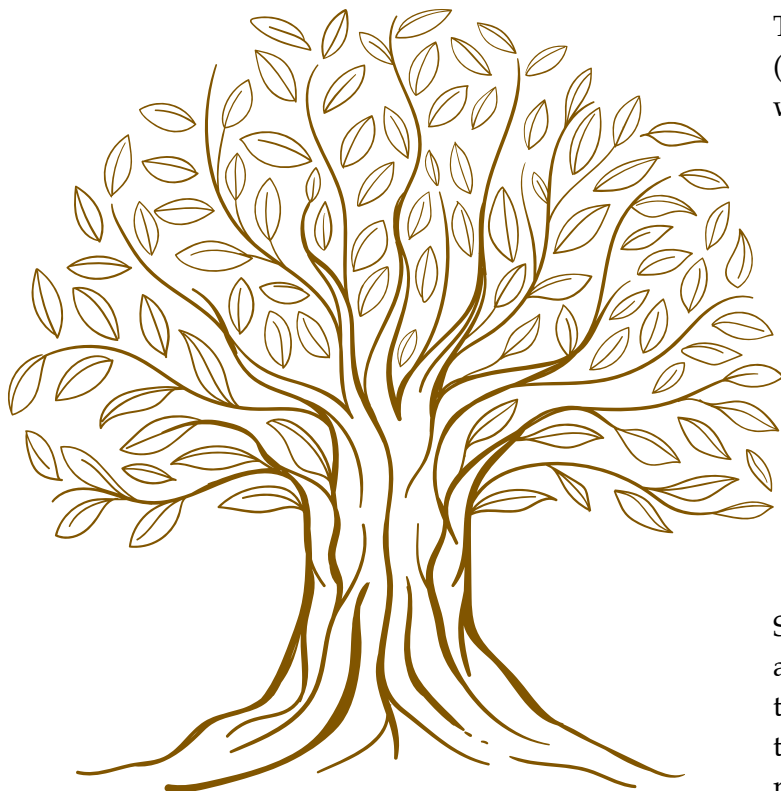
■ *Prof. Ramesh Chandra Panda, Dean, Division of Yoga - Spirituality, S-VYASA*



supports and nourishes (the human being)”. In other words, Dharma gives proper support and nourishment to the people of this world.



Here we have to remember that Dharma does not stand for only religion but also it stands for duties, characteristics, nature, values etc. The Vedas are the sources of entire Dharma (Vedokhiladharmamūlam). Hereby Vedas we understand the entire spiritual literature, because, according to our ancient scholars, the entire spiritual literature has been composed on the basis of the Vedas. In this line we should understand the Dharma of our modern world. Whenever or wherever the people of today have problem in understanding “what is to be done and what is not to be done “what is Dharma in a particular contest?” they should go to a spiritual text or to a spiritual Guru and try to get the solution. As Arjuna had a problem in the battle field and he approached his Guru Shrikrishna to get a solution. Ultimately he got a fruitful solution and became happy. Similarly today also the people should read a spiritual text or should go to a true spiritual teacher (he may be their father or mother or teacher or any





elderly person whom he believes in). Dharma is the cause of Artha (money). People should earn money in a righteous way being in Dharma they should try to earn as much money as they can. That money is called white money and white money alone should be used to fulfill the wish. (Kāma) Dharma, Artha, Kāma is the cause of Mokṣa or rather we may say that Dharma is the cause of Mokṣa. Mokṣa means unbroken bliss. So Dharma can give one momentary happiness in this world and unbroken bliss in the other world. The main objective of human life Abhyudaya (worldly happiness) in this world and (unbroken bliss in the other world). Both of these can be achieved through our ancient spiritual literature. Thus we can say that the

Indian spiritual literature may be designated as Kalpavṛkṣa 'The Desire Fulfilling Devine Tree'.

It is a matter of immense pleasure that Swami Vivekananda Yoga Anushandhana Samsthana, a top Deemed to Be University, Bengaluru, India established the Division of Yoga and Spirituality nearly two decades before. At present this Division attracts number of students who are extremely interested to study here for the Degrees of B.Sc, M.Sc. and Ph.D. are admitted to the respective courses and after completing the course they become certified Vedic Therapist as well as Yoga Specialist. They contribute to the wellness of human being in our country as well as abroad.

Sutrashlokaantyakshari Competition

The Sutrashlokaantyakshari competition was held on 17th Nov in Samskriti Bhavanam, Prashanti Kutiram. This was organised by the Division of Yoga - Spirituality under the guidance of Dr. Ramesh Chandra Pandaji (Dean of Yoga - Spirituality). The jury of the completion were Mr. P Kaushik and Ms. Gayathri Marri (PhD Scholars). Total 42 students from MSc YC, YVT & YT, BSc YC, YVT & YT and PhD.



«p5 ब्रह्मसूत्रम् (Brahmasūtram)

of Upanishadic Sadhana. This mandates an aspirer to put it into practice which is the first reason to consider it to be the focus of discourse. The second reason to say that they have other purpose along with story line is, these statements are not quoted in isolation. They are all well alloyed teachings addressed to a serious seeker. There are many Vidyas (contemplative

concepts) in the stories, to be learnt gradually by a Sadhaka depending upon one's depth, maturity, intensity and so on.

Therefore, the depiction of stories in Upanishas is not just for merriment, but for implementing them though life practicing messages for human upliftment.

to be continued...



S-VYASA

Deemed to be University
Bengaluru, India



Short-term Online Courses: Dec, 2021

SNo	Course	Conducted by	Starts on	Fee (₹)
1	Yoga for Total Personality Development: 'Vision the key'	Dr. H R Nagendra ji	Dec 6	4500
2	Patanjali Yoga Sutra Chanting: Kaivalya Pada	Dr. Srigowri C	Dec 6	2000
3	Indian Iconography	Dr. Soumya Chavan	Dec 13	1500
4	Mudras: The Healing Positions	Dr. Divya B R	Dec 20	2200
5	Vedanga Jyotisha	Swami Jagadatmananda ji	Dec 24	7000
6	Introduction to Indian Music Therapy (Batch 9)	Dr. Karuna Nagarajan	Jan 3, '22	2500
7	Integrated Approach of Yoga Therapy (IAYT) ONLINE	Dr. H R Nagendra ji	Self-paced Learning	1500
8	Isha Upanishad ONLINE	Dr. H R Nagendra ji	Self-paced Learning	1500

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24th International Conference on Frontiers
in Yoga Research and Its Applications



**Integrative Medicine
and Optimal Immunity**

March 2022

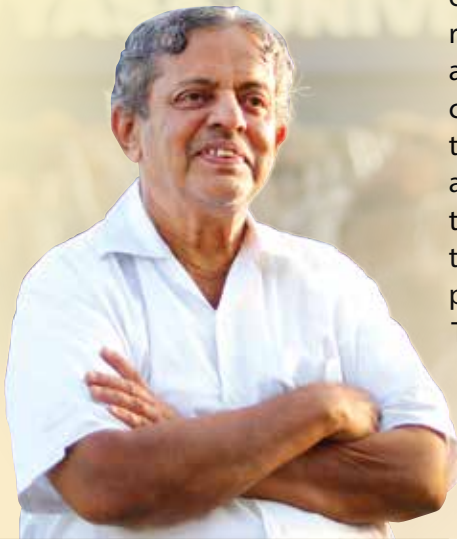
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Conference**

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Prashanti Kutiram, Bengaluru, India



Organised by
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With Love

Dr. H R Nagendra
President, 24th INCOFYRA
Chancellor, S-VYASA
President, VYASA
and Chairman, VAYU

My Dear Brothers and Sisters,

The growth of Medical Science is a never-ending and learning journey towards meeting the demands of human health care. The recent outbreak of COVID-19 has further imposed a tough challenge on the healthcare professionals demanding their utmost commitment and sacrifice to save humanity. On the contrary, the exciting outcome of this pandemic is the global recognition of our ancient healthcare systems and interventions against the combat and prevention of the disease. The same could also fulfill the necessity of the development of affordable treatment regimes. Allopathy, Yoga, and other systems of AYUSH approach patient care in their unique ways. Though each of these methods has its advantages, none of them could meet the challenges in isolation. Hence, it is necessary to explore the possibilities of their amalgamation to bring out the best solutions. Towards the same, we have selected the theme “Integrative Medicine and Optimal Immunity” for 24th INCOFYRA to make an effort to integrate Indian medical systems with Allopathy. Yoga is the basis for integration and provides insights by its Adhi-Vyadhi concepts. The evidence-based approach and the role of Integrative Medicine on immune health will be presented at this conference by world-renowned scientists and clinicians.

With this focus of 24th INCOFYRA on Integrative Medicine and Optimal Immunity with Yoga as a lifestyle intervention, we welcome you all to our Prashanti Kutiram campus. Given the influence of the ongoing pandemic, we also give full consideration to the online participation of delegates and speakers at the conference.

Objectives

- To bring researchers, physicians, scientists, academicians, and therapists from various disciplines of medicine under one platform
- To disseminate experiences and research evidence on aspects of Integrative Medicine that could aid in sustaining optimal function of the immune system.
- To create awareness on integrated medical policies in a global perspective.
- To identify strategic actions towards an effective and efficient inclusion of Yoga and Allied Systems of Traditional Medicine in Integrative Health care Delivery System.



Main Conference: **Integrative Medicine and Optimal Immunity**

March 2022: The 24th INCOFYRA will address the linkages between Immunity and Integrative Medicine, including perspectives, and research-based evidence. It will include interactive sessions by the key clinicians and scientists, who have contributed substantially to the success of “Integrative Medicine”.

Conference Programs at a Glance	
March 2022	Pre – Conference Workshops
	Himalaya Yoga Olympiad Finals
	Main Conference

Parallel Symposia

- Understanding stress and immunity
- Immune resilience through holistic nutrition
- Optimal immunity through mind-body interventions
- Pain management in autoimmune diseases
- Reversing inflammatory responses in autoimmune diseases
- Use of AYUSH in infectious diseases
- Role of Lifestyle in preventing infectious diseases
- Post-Covid Rehabilitation

Main Conference Program Highlights

Day 1: Inaugural Ceremony	
Day 4: Valedictory Ceremony	
Day 2 - 4: Morning Yoga Session	
5:30 – 6:30 am	General Yoga Session, Disease Specific Yoga Session (8 Modules), Advanced Yoga Techniques
Common Morning Session: Maitri Milan	
7:00 – 8:00 am	Bhagavad Gita Chanting
Day 2: Scientific Sessions	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
2:00 – 5:00 pm	Poster/ Oral Presentation Sessions
4:00 – 5:00 pm	Panel Discussion
Day 3: Scientific Sessions	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
2:00 – 5:00 pm	Poster Presentations
Day 4: Scientific Sessions	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
Common Evening Sessions	
5:00 – 6:00 pm	Satsang
6:00 – 7:30 pm	Cultural Program
Refreshments	
8:00 am - Breakfast 10:30 am - Tea Break 1:00 pm - Lunch 3:30 pm - Tea Break 7:30 pm - Dinner	



Eminent Speakers of the Conference



Dr. Ferid Murad
The Nobel Prize in Physiology or
Medicine in 1998, University of Texas
Medical School at Houston, TX, USA



Dr. Lorenzo G Cohen
Professor, Department of General
Oncology and the Integrative Medicine
Department, The University of Texas



Dr. H R Nagendra
Chancellor,
S-VYASA Deemed to be University,
Bangalore, India



Dr. Bhushan Patwardhan
Interdisciplinary School of Health
Sciences, Savitribai Phule Pune
University, Pune, India



Dr. Deanna Minich
Human Nutrition and Functional
Medicine Graduate Program, University
of Western States, Portland, Oregon, USA



Dr. Darshan Mehta
Medical Director, Benson-Henry Institute
for Mind Body Medicine, Massachusetts
General Hospital, Boston, USA



Dr. B R Ramakrishna
Vice Chancellor,
S-VYASA Deemed to be University,
Bangalore, India



Dr. Manjunath N K
Pro Vice Chancellor & Director Research,
S-VYASA Deemed to be University,
Bangalore, India



Dr. Sat Bir S Khalsa
Assistant Professor of Medicine, Harvard
Medical School, Dept. of Medicine,
Brigham and Women's Hospital



Dr. Amit Sood
Executive Director, Global Center for
Resiliency and Wellbeing, Rochester,
Minnesota, USA



Dr. V Ravi
Nodal Officer, State COVID Cell for
Genetic Confirmation of SARS-CoV2,
Bangalore, India



Dr. Chenchen Wang
Director, Center for Complementary
and Integrative Medicine, Tufts Medical
Center, Boston, MA, USA



Dr. Roshini Yapa
Director at nodMD,
Phoenix, Arizona, USA



Dr. Manjunatha M V
Associate Professor at NIMHANS,
Bangalore, India



Dr. Ashwini Godbole
Associate Professor, Centre for Ayurveda
Biology and Holistic Nutrition,
Bangalore, India



Dr. Sayed Ahmed
Associate Professor, Pharmacognosy and
Phytochemistry, Jamia Hamdard,
New Delhi, India



Dr. Akshay Anand
Professor, Neuroscience Research Lab,
PGIMER, Chandigarh, India



Dr. Sanjeev Rastogi
State Ayurvedic College and Hospital,
Lucknow University, Lucknow, India

Conference Venue: **Prashanti Kutiram**, Jigani, Bengaluru

Prashanti Kutiram is the residential headquarters of Swami Vivekananda Yoga Anusandhana Samsthana. It is located 32 kms away from Bengaluru city. The serene atmosphere, Gurukula lifestyle, modern technology, top notch research facilities are the unique features of this campus. In its nearly 100 acre spacious campus it houses following:

- **S-VYASA** is a Deemed to be University recognized by the Ministry of Human Resource Development, Govt. of India. It offers Bachelors, Masters, Post Graduate and Doctoral programs in Yoga. 
- **The School of Yoga and Naturopathic Medicine** - It offers Bachelor in Naturopathy and Yogic Sciences (BNYS), a 5¹/₂ year medical graduation program
- **Vyasa Business School** - Under the Division of Yoga & Management Studies of S-VYASA University, Vyasa Business School has been built and developed which focuses on the Indian System of Management.
- **Arogyadhama** - A 600 bedded Integrative Medicine Hospital
- **Anvesana** – State-of-the-art research facility for yoga research. The laboratory includes Molecular biosciences, Psychophysiology, Cognitive neuroscience, Sleep medicine, Psychology and Subtle energy labs.
- **VYASA** is a registered charitable institution (1986) working for making Yoga a socially relevant Science. It is recognized as a Scientific & Industrial Research Organization (SIRO) from the Department of Scientific & Industrial Research, Ministry of Science & Technology, Gol.
- **VYASA Health Care Pvt Ltd** - VYASA Health Care Pvt. Ltd. is an outreach partner of VYASA and industry partner of S-VYASA University, aims at establishing wellness and holistic healing centers globally under the brand names Vivekananda Health Global (VHG)TM and Vivekananda Yoga Global (VYG)TM with trade names (VH)TM & (VY)TM
- **Sushruta Ayurvedic Medical College and Hospital** - It offers Bachelor in Ayurveda, Medicine, and Surgery (BAMS), a 5¹/₂ year medical graduation program.





Himalaya Yoga Olympiad

Started on - Oct 1, 2021 | **Finals** - March 2022 **at** Prashanti Kutiram

The objectives of Himalaya (A Yoga Olympiad) is to promote the awareness of yoga and build up a network of yoga students, practitioners, teachers and sadhakas at the national and international levels. We hope to spread the message of yoga as a science of Holistic living to be achieved through Jnana Yoga, Raja Yoga, Bhakti Yoga and Karma Yoga, as proclaimed by Swami Vivekananda. The syllabus, therefore, cannot end with physical demonstration of yogasanas only. It also assesses knowledge and grasp of concept and definition of yoga and its various techniques, for total growth of the individual, including physical, mental, emotional and intellectual development and their spiritual basis. HIMÁLAYA thus aims at helping the youth of our country grow together, and expand their vision, so they leave behind the mad rush of cut throat competition and selfishness and engage in co-operative, harmonious pro-active living.

Pre Conference Workshops

March 2022 **at** Prashanti Kutiram

Pre-Conference Workshops have been an integral part of INCOFYRA, and are conducted as three independent tracks, namely **Continuing Medical Education (CME)**, **Continuing Research Education (CRE)** and **Continuing Yoga Education (CYE)**. These are small focused meetings that take place the day before the main conference. They are intended to provoke intellectual discussion, among a diverse range of participants, on a specific topic. PCWs may also consist of workshops discussing critical issues, methods, theories emerging in the field. Participants can attend any one of the tracks, as all these sessions will be happening parallelly.

Continuing Medical Education (CME)

Our current knowledge-based society and the many actualizations within the yoga profession require a great responsibility of physicians and yoga teachers to continuously develop and refine their skills.

Professionalism is a key component to this end. A prerequisite for this aim is lifelong learning so that own practice performance will improve.

Indeed, it turns out that it is not enough to solely rely on experience. Although it is generally assumed that an increase of professional experience, knowledge and skills through the years of practical exercise leads to a higher quality of care, research demonstrated inverse relationship.

CME on Integrative Medicine based on holistic health includes the following;

Different diseases including (COVID-19, Cardiac Health, Respiratory Health, Diabetes Mellitus, and Mental Health). The basic principles of integrative medicine along with Integrated Approach of Yoga Therapy (IAYT) and latest updates on clinical, academic and research approaches towards Holistic Healing will be addressed. Both theory and practice will be covered in this CME.



Continuing Medical Education (CME)

Who can participate?

Yoga students, Yoga therapists, Yoga teachers and Doctors

Coordinators: Dr. Amit Singh, Dr. Umashankar, Dr. Champa Panth, Mr. Sumit

Contact: Dr. Amit Singh - 93418 54502, Dr. Umashankar – 98808 25203

Email: argd.sft@svyasa.edu.in

SNo	Topics	Tentative Dates
1	Integrative Medicine for Respiratory System	March 2022
2	Integrative Medicine for COVID – 19	
3	Integrative Medicine for Mental Health	
4	Integrative Medicine for Diabetes Mellitus	
5	Integrative Medicine for Cardiac Health	

Continuing Research Education (CRE)

In order to promote more researchers in the field of AYUSH, this pre-conference workshop focusing on research is being offered. The content of the course will enable research enthusiasts to grasp basic to intermediate levels of research methodology and statistics concepts. Clinicians who would like to incorporate research in their practice; Masters and PhD level students who wish to learn basics of research; teachers who desire to learn various techniques and tools used in research will find this workshop useful. It is a five-days workshop, 5 hours per day with theory and practical sessions.

Course Syllabus (25 hours): Introduction of research in AYUSH – Need & Scope, Research process, Visit of research facility, Developing good research question, Literature review, Softwares for organizing literature – Mendeley, Key concepts of research methodology (NHST, Sampling, Controlling bias, research design, validity & reliability), Introduction to R for statistical analysis – Installation, descriptive stats, assumption tests, Choice of assessment tools and data collection methods, Statistical analysis using R – Correlation, t-tests, One way ANOVA, interpretation of results and reporting, Statistical analysis using R – chi square test, non-parametric tests, interpretation of results and reporting, Documentation of clinical information for research purpose, applying for grants.

Who can participate? *Clinical practitioners, academicians, MSc, MD & PhD scholars*

Coordinator: Dr. Judu Ilavarasu | **Email:** judu@svyasa.edu.in | **Contact:** 90357 30812

Continuing Yoga Education (CYE)

S-VYASA has developed several advanced yoga techniques based on traditional yoga texts. These advanced yoga techniques are very much useful in the management of NCDs and also promote positive health. Cyclic Meditation, Mind Sound Resonance Technique, Pranic Energisation Technique, Mind Imagery Technique, Mastering the Emotion Technique, Vijnana Sadhana Kaushal Technique, Ananda Amruta Sincana, these Advanced Yoga Techniques with theory and practice will be conducted.

Who can participate? *Yoga therapists and Yoga teachers*

Coordinator: Ms. Padmasri G | **Email:** padmasri@svyasa.edu.in | **Contact:** 95916 43807



• **Pre-Conference Workshops - March 2022**

- **Himalaya Yoga Olympiad Finals - March 2022**
- **Main Conference - March 2022**
- **Last Date for Abstract Submission - Jan 30, 2022**
- The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by **Feb 10, 2022**

Scientific research papers and review papers on the theme and related topics in Yoga and Integrative Medicine are invited for oral and poster presentations.

Submit your abstract on conference webpage. Please visit conference webpage for details.

For any queries please write to **incofyra@svyasa.org**

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Conference Registration

Individual Programs	Dates	SAARC Countries	Non-SAARC Countries
		in ₹	in US\$
Pre-Conference	March 2022	3500	300
Main Conference		3500	250
Both Programs		7,000	550
Rate/ Day	---	1,500	100

- **Registration Fee includes only Food and Attendance of Conference Programs**
- **Accommodation Charges are separate**
- **Please Note:** Choose your own Accommodation (Optional)
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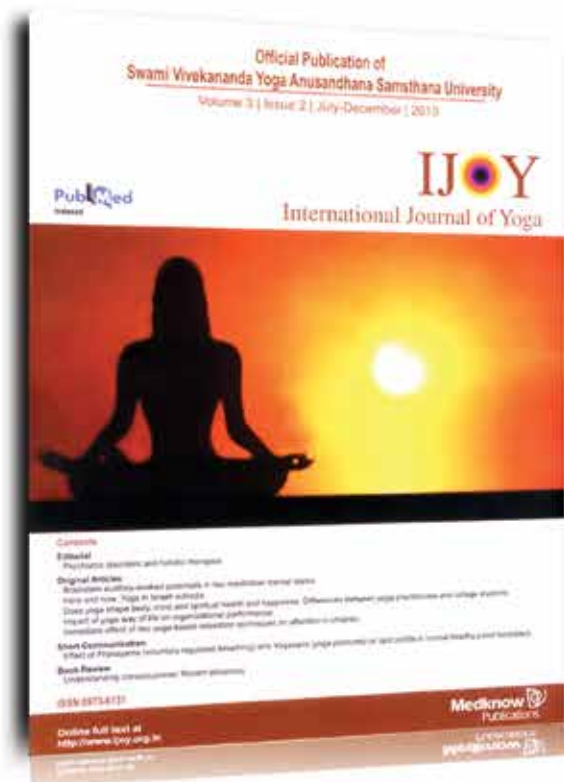
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Electroceuticals in the Yoga Land

Introduction

Bioelectronic medicine was an earlier term used for devices interfacing humans to a therapeutic electrical environment [1]. The human body is a network of neurons (or, nerve cells) carrying information for control and for motor activity; these neurons communicate through electrical pulses. The electrical pulses can also trigger biochemical processes releasing specific biochemicals that control most of body functions. Thus the body maintains a stable internal environment conducive for health through electrical and biochemical responses (Fig 1).

Electroceuticals is a recently coined term with somewhat wide meaning bringing some targeted electromedical inputs for very specific functions, as we shall see hereunder. "Also called bioelectronics, the idea is that tiny electronic implants will be able to treat a vast range of chronic diseases, such as diabetes, asthma, chronic obstructive airway, arthritis, hypertension and other heart ailments and gastrointestinal diseases" [1].

We are all familiar with cardiac pacemakers that augment or replace the electrical impulses in the

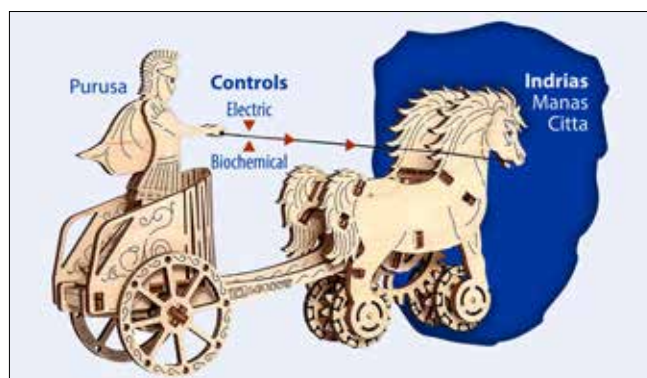


Fig 1: Purusha controlling indriyas through electrical and biochemical means

■ T M Srinivasan

Professor, Division of Yoga and Physical Sciences, S-VYASA



heart that are needed for cardiac functioning. Neural implants such as spinal implants to control pain, cochlear implants for hearing, implantable defibrillators etc. have also been used extensively when biochemical inputs such as pharmaceuticals fail to bring adequate change.

Initial Work

Though we know in a general way the overall design of neural networks, neural origin and pathways associated with disease and treatment are not known. Further, it is not just loss of an electrical signal that is responsible for a diseased condition; unlike in cardiac pacing, most often the electrical signal could be triggering a biochemical response and the interface between the two mechanisms is not known. For example, we know a particular biochemical marker is deficient in some brain-related disorders; we can then prescribe an appropriate medicine to compensate for this and the patient could get better. To achieve the same with electroceuticals,

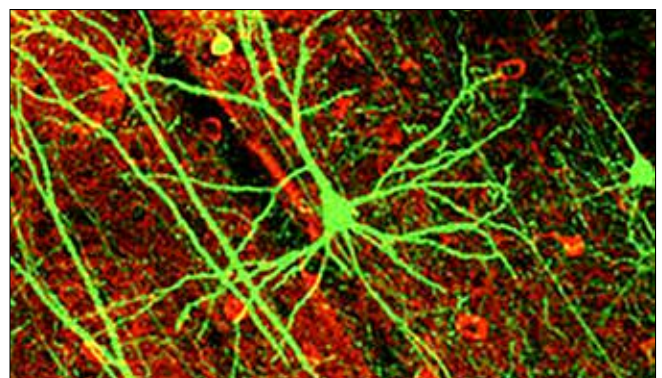


Fig 2: Image of neurons in mouse cerebral cortex in green. The red staining indicates GABAergic interneurons [from Wikipedia]



we should first establish the neural input to the biochemical reservoir (as it were), connect with microelectrodes to that biochemical pool and trigger the neurons that in their turn, stimulate the biochemical pool. This is a complex method and much research is needed apart from the technology for electrical stimulation of very specific set of neurons in the brain. The authors state, "On the signalling level, the neural language at these intervention points must be decoded, so that researchers can develop a 'dictionary' of patterns associated with health and disease states – a project synergistic with international drives to map the human brain. In circuits altered by disease, it will be important to establish how introduced electrical impulses affect the disease and which patterns yield the most effective therapeutic responses. Developing the technology to record from and stimulate a larger set of central and peripheral neurons will be crucial to this pursuit" [2].

Role of Yoga

One might wonder – and rightly so – what has all this to do with Yoga? Well, there may be a connection and let us see how these are interrelated. Though the mechanism of action is not known, it is known in general term that specific biochemicals are released in the brain as a response to yoga practices. There are reports based on excellent research that chanting specific mantras changes biochemical environment of brain that counter depression; the grey matter of brain increases in number and size due to regular practice of meditation, thus overcoming loss of these areas and related functions; GABA, a biochemical increases in brain due to Yoga practice [3] and reduction in pain perception, more 'youthful' looking DNA molecules (based on telomere length) in persons practicing Yoga etc are reported. Moreover, even insulin production in diabetics, reductions of abnormal electrical activity in both cardiac and neurological patients are also observed. Discerning readers are aware of this

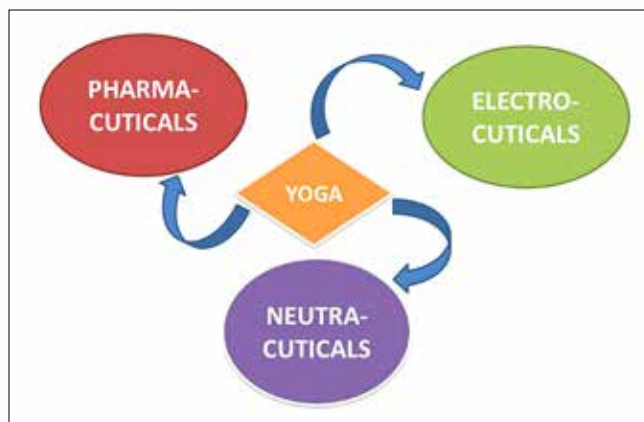


Fig 3: Yoga complementing 3 - ceutical inputs to the body

magazine as well as other journals publishing these details [4]. Fig 2 shows a section of rat brain with neurons and interneurons stained for anatomical distinction.

Fig 3 shows the underlying basis of yoga in all three areas of pharmaceuticals (tablets we take as prescribed), neutraceuticals (nutritional supplements as medicine) and electrocuticals (as introduced herein). Unfortunately, the actual mechanism of action of the above results is not known. This leads to uneven reception of these outcomes in a clinical setting. For us all of who are going to be patients at some point of time, that time could be postponed or averted by regular practice of Yoga angas diligently. As is known further, the longer one has practiced Yoga, the better the benefits; let us make our young generation practice this ancient art of staying healthy and reduce incidence of 'modern' diseases through proper diet, good insight and healthy outlook.

References and Notes

1. Sudeep Mishra, Indian Heart Journal, Volume 69(5), Sep-Oct, 2017, Pp 685-686.
2. Famm K, Litt B, Tracey KJ, Boyden ES, Slaoui M. Drug discovery: a jump-start for electroceuticals. Nature.2013; 496 (7444):159-161.
3. GABA (gamma aminobutyric acid) increases in brain after a brief Yoga practice, countering stress hormones. We see the calming effects of yoga at a physiological level.
4. Mary Flahert, "Evidence based health benefirs in long term yoga practitioners", Part 1 and 2 Yoga Sudha, Aug and Sept 2021. A good summary of latest research in Yoga is presented.



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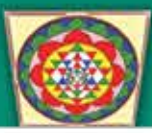
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Yogi Vivekananda - 8

Rivers run to merge with the ocean. Rust-free iron rushes to the magnet. Lust free minds of love long for God. All roads lead to Rome. All yogas find fulfillment in *prapatti* or *sharanagati*. The life and spirit of Swami Vivekananda are established in the *prapatti* yoga or absolute self-surrender.

Raja yoga or the way of the will, Jnana yoga or the sharpness of intellect, Bhakti yoga or the sweetness of love and Karma yoga, the actions of service find culminated with fulfillment only in *sharanagati* or total self-surrender at the feet of almighty. Swami Vivekananda, the exponent of yoga philosophy, has sufficiently and lucidly highlighted the grandeur of the final truth both in his lectures and his sojourn on earth.

Swami Vivekananda left India in the last week of May 1893. He reached US in the last week of July 1893. The first week of August, 1893, he was in Chicago as an aspirant to participate in the world parliament of religion. But to his shock and dismay he was told that the parliament would open on the 11th of September 1893. Swami Vivekananda found it difficult to maintain himself in the costly city Chicago till that date with his thin purse. He took the advice of the local people and proceeded to Boston and try his luck on the return journey from there. By the grace of the God almighty, he was able to meet Ms. Sanborn in the train while going to Boston for an economic stay there.

Ms. Sanborn was most pleased with the purity

■ Dr. K Subrahmanyam
Advisor to Chancellor
S-VYASA



of Vivekananda's character. She invited him as her son to live with her, in her house at Boston. It was she who introduced him to Prof. Wright, a great scholar whose friend is Prof. Barrows, the president of the parliament of religion. Prof. Wright was so very well pleased with the erudition and spiritual grandeur of Swami Vivekananda, that he wrote a letter to Prof. Barrows recommending the participation of Swami Vivekananda in the parliament of religions. It was he, Prof. Wright that spoke highly of Vivekananda, "here is the man more learned than all the learned professors of America put together". On the 9th of September, 1893, Swami Vivekananda boarded the train in Boston to go back to Chicago. He was given a copy of letter written to Prof. Barrows and the residential address of the same Prof. Barrows. Prof. Wright gave him some money also for the





pocket expenses of Swami Vivekananda.

In the evening of the same day, Saturday, 9th September Vivekananda reached Chicago. He was surprised to find the money and the letter along with the piece of paper containing the address of Prof. Barrows missing. He searched in vain for long time that night to find the residence of Prof. Barrows. Greatly disappointed he returned to the railway station and slept in a dark carriage. Next morning, on Sunday 10th September he came out of the station and resumed his search for the house of Prof. Barrows. Unfortunately he failed miserably. In some houses he was politely asked to get out and in some he was able to see the snarl of a dog while asking him to go.

All hopes of finding Prof. Barrows are shattered.

Vivekananda was thirsty, hungry, tired, and exhausted. No yogic practice or theory came to his rescue. His Will is useless. His Bhakti is of no use. His erudition has not come to his rescue. His generous activities of service have also appeared to fail in giving him the fruits. Rather all the four yogas have not failed but found fulfillment in absolute self-surrender. As Anjaneya was praying to Ram as the final resort and as Arjuna was falling at the feet of Krishna as the ultimate goal, Swami Vivekananda sat on the road side with his head on his knees praying to the almighty in absolute self-surrender.

Lo and behold, self-surrender is successful. An angle has come to his rescue. Mrs. Hail from the house opposite to him came out and showed him the way to the victory. God does not let down the minds offered to him.



Prashanti: **Ganga Puja**
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Current Status of Higher Education in India which necessitated a New Education Policy in 2020!

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- 28% of employee of IBM
- 10% of programmer all of the world

Nearly a million scientists and engineers of Indian origin reside in the US alone.

Many are happy just being good!

Good is the enemy of great. And that is one of the key reasons why we have so little that becomes great. We don't have a great education system because we believe that we

■ *Dr. N Prabhu Dev*
Former VC, Bangalore University
& Former Director, Jayadeva
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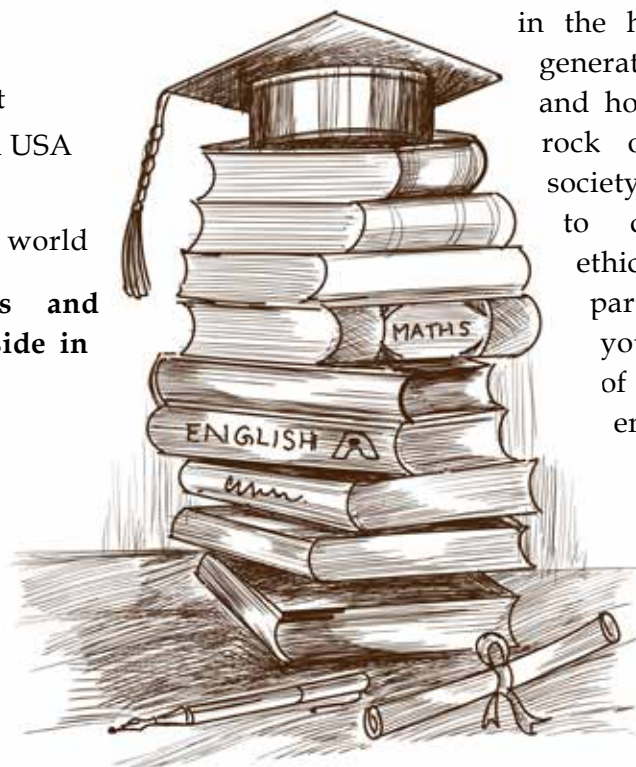
have a good education system! Few people attain great lives, in large part because it is just so easy to settle for a good life. To be a great we first we must accept that we are not great! We need to inculcate the burning desire to be great!

The history of our nation may not always have charted a linear trajectory to greatness. Unity in diversity is our heart and soul. We shall nurture and strengthen our cultural heritage and the human values.

The future of this country is in the hands of younger generation. Ethics, truth and honesty are the bed rock of a nation and society. I urge you all to consider making ethical behavior as part and parcel of your life irrespective of your immediate environment.

Are we a great nation- yes we were! Not yet now!

India is not the greatest country in





the world. We forget that we must work for those things we hold dear. India succumbed to foreign rule so often! Because despite having all the natural resources, the brains, the infrastructure, the democracy, even after 75 years of our independence we are still a third world developing country and not a developed one.

We are 2nd in population, 131st in Human Development, 168th in literacy, 134th in Global Youth development, 41st in Competitiveness, 66th in Quality of life, 123rd in Economic Freedom, 122nd in per capita GDP, 66th in global innovation, 122nd in Happiness.

We are Number One in the world for searching - How to get a visa for USA!

India is not even a moderately great country today, and there is no chance for us to be great in the future as well. We are morally corrupt, self centered, treat our nation as a large dust bin and we like the rule of law only if it gets applied on 'others'.

Presently our university education system is contributing 3 million graduates and post graduates every year. Students seeking employment after completion of 10th class and 10+2 are around 7 million per year. Thus nearly 10 million youth are injected into the employment market every year. At present India has six hundred and forty million - approx 60 crores, youth under the age of 25 yrs.

Biggest Cons and Loopholes

Education in India has become a source of business

Let's talk some facts here...

Engineering colleges have been springing up like wild mushrooms in India in the last few years. Their number has gone up from a not too modest **1,511 Colleges** in 2006-07 to an astoundingly high 3,345 in 2014-15.

Approximately 1.5 million engineers are being graduated each year from these engineering colleges.

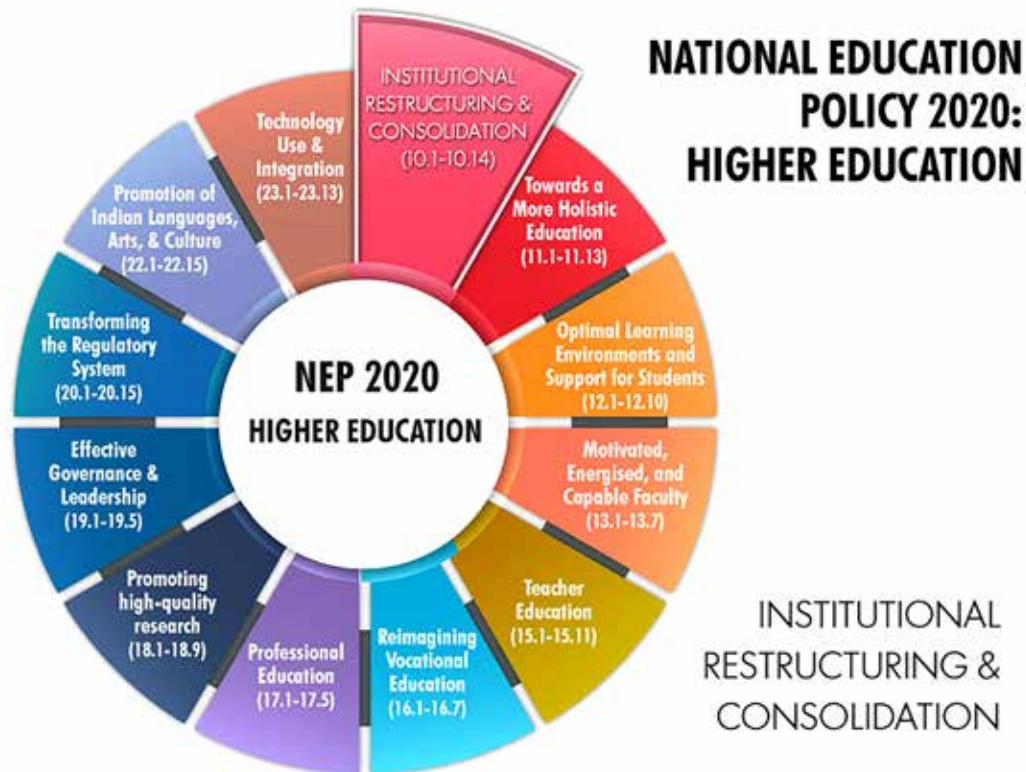
That's not it, about 25-33% of these engineers do not get a job at all. And the fortunate ones that get a job, their pay scale is well below their technical qualification because there are less demand and more supply. Many are working in jobs that do not require their qualification!

Why is this happening? Majority of them are unemployable!

Well, one reason is that they are not getting the industry level exposure, just the bookish knowledge and a degree.

Current Issues in Education in India

- Under funding of education - only 4% of GDP is spent on education as against recommended 6%.
- Gross Enrolment Rate of only 25% - absence of critical mass of academic quality
- Lack of Infrastructure facilities
- Teacher shortage and teacher absenteeism
- Poor Accreditation issues
- Absence of innovations in curricula design
- Compromise of Quality of education at every stage
- General education itself has become so profitable a business that quality is lost in the increase of quantity of professional institutions and politicization adding fuel to the fire of spoil system.
- In India we have 1005 Universities- we need some 2000. We have 45000 colleges- we need a million colleges.
- Paradoxically there is a strong feeling that there should only be 50 top class universities rather than graduate factories!
- We churn out millions of graduates seeking jobs in vain due to lack of employability, lack of communication skills and entrepreneurship qualities.



Some of the major problems currently faced by the higher education system in India include:

- a severely fragmented higher educational ecosystem;
- less or no emphasis on the development of cognitive skills and learning outcomes;
- a rigid separation of disciplines,
- limited access
- limited teacher and institutional autonomy;
- inadequate mechanisms for merit-based career management and progression of faculty
- lesser or no emphasis on research at most universities and colleges, and lack of competitive peer-reviewed research funding across disciplines
- an ineffective regulatory system;
- Large number of affiliating universities resulting in low standards of undergraduate education.

Students getting first-class getting 80% and above has doubled since the late 1990s!

If the proportion of students getting first-class degrees has doubled since the late 1990s.

Has it made any difference to those who get them?

Has it made their un-employability any less! A short answer is NO!

If more people are getting top grades, only it moves up the cutoff marks!

Employers are now using "contextualized" approaches. They are using data to look at applicants' backgrounds - so that someone with not so good grades from a tough school might be seen as higher achieving than someone with high grades from a wealthy background or an institution with not so good accreditation rates!

The privatization of education has started the grade inflation. The current rise in grades has



been linked to universities charging higher fees - and the need to compete with other universities to show they are delivering value for money.

The world and India are producing more PhDs than ever before. Is it time to stop?

Scientists who attain a PhD are rightly proud - they have gained entry to an academic elite. But it is not as elite as it once was. The number of science doctorates earned each year grew by nearly 40% between 1998 and 2008, to some 34,000.

The growth shows no sign of slowing: most countries are building up their higher-education systems because they see educated workers as a key to economic growth. But in much of the world, science PhD graduates may never get a chance to take full advantage of their qualifications.

Supply has outstripped demand and, although few PhD holders end up unemployed, it is not clear that spending years securing this high-level qualification is worth it for a job as a high-school teacher.

In India and China the quantity outstrips the quality!

Let us look at Basic higher education!

Hither - to the policy seems to be **'Some education is better than No education!'**

The quality of most higher education institutions in India is abysmal. Let me elaborate on this. In terms of quantity the expansion of higher education has been impressive. At the time of Independence, we had about 20 universities and fewer than 500 colleges in the whole country.

In 2014-15 there were 760 universities and more than 38,000 colleges, catering to about 34 million students. But the expansion in quantity has often been at the expense of quality.

As on August 2021 there are 1005 universities

and colleges - 51,649! The number of teaching staff to 14.16 lakhs.

Despite this there is extreme faculty shortage, apart from stark deficiencies in the matters of library books, laboratory facilities, computers and other devices, broadband internet, classrooms and buildings, etc. As much as 30 to 50% of faculty positions are vacant in many institutions. Many faculty posts are filled by under-qualified "temporary" recruits.

Corruption and clout play the major roles in faculty selections!

There is massification of education at the cost of quality!

The marked deterioration in standards of teaching and conduct of examinations is a matter of great concern. We are producing a large number of mere pass outs not employable even in India.

India's student population in higher education grew by 800,000 in 2018-19 as against the previous year taking the absolute number of such students to 40 million.

- 37% Arts
- 19% science
- 18% commerce and management
- 16% engineering and technology
- 10% miscellaneous courses

Universities who got accredited by the NAAC - only 32 per cent could get 'A' grade while another 52 per cent with 'B' or grade. The remaining 16 per cent fall in 'C' grade. NAAC assessment further indicates that 68% of colleges are rated as 'B' while another 23% colleges is rated as 'C' grade; and only the remaining 9% are 'A' grade reflecting the mediocre quality!

The Universities are required to revise the syllabi every three years. No such revision occurs in majority of universities! The revision is required to be brought about in consultation with the industrial captains. There is need for a constant



dialogue between the chairmen of Board of studies, Deans of faculties, the Registrars, the Vice Chancellors on one side and the industry captains, czars of corporate houses on the other side..

Every one complains about 'what's wrong with Indian Higher Education?

It's time the honchos of the corporate India contribute their wealth to the bilateral growth of the skilled work force and the traditional universities.

Universities should never be run like a Family business.

Higher Education is highly politicized and has become the symbol of political patronage and clout.

Just look at the United States and its economy. No id not have any US fixation! The US has been an undisputed economic leader. One of its great strengths has been its educational system – especially institutes of higher learning, as well as its research laboratories.

- Harvard University - 161 Nobel Prize winners.
- University of California, Berkeley. Nobel Prize Winners: 110
- University of Chicago. Nobel Prize **Winners:** 100

The best universities in the world are in the USA. Government has nothing to do with them. In India the reverse is happening. Fine institutions of higher education, the universities, the IIMs, IITs are not in the first 100 world rankings because of political and government interference. Even a Professor's salary is decided by the babus and not his or her merit!

We are not ready for the best of foreign universities like – Stanford, MIT, Berkley, Harvard and Boston. We do not have the infrastructure to accommodate these Top of World Universities.

The foreign universities bill will open the floodgates for substandard 2nd rate foreign universities which will damage our own Institutions They will not bring reputed faculty from their countries instead the steal the available good faculty from our institutions.

As a new millennium unfolds, higher education institutions continue to find themselves in a period of flux and transformation. Corruption and fraud in higher education is a scourge that kills the quality.

It ranges from political capture of universities to favoritism in admissions, diversion of funds, academic dishonesty and sextortion. Higher education regulatory frameworks should promote accountability and anti-corruption measures as part of accreditation and assessment standards.

Academic dishonesty – plagiarism, essay mills and graduate factories, false research, examination fraud, and fake marks cards and degrees – is rampant.

When higher education is infiltrated by corrupt and unethical practices, this threatens the very foundations on which societies are based. 'Cheating makes exams and degrees worthless, reflects the failed internalization of truth and honesty rules. Corruption and Bribery in licensing and accreditation, frauds in the examination, Plagiarism and Falsification of research processes and results are the glaring ills of the system.

Soft skills, emotional intelligence, teamwork, critical thinking, problem-solving are the skills missing among new graduates rendering them "unemployable".

Another crucial step will be to revolutionize the classroom and make education learner-centric. The process can be made engaging through micro-learning modules and also by providing curated, personalized and relevant content to learners. Additionally, classroom training at higher education levels can be credit-based



with options to choose from a combination of subjects rather than the traditional approach of choosing what their parents did!

The crisis confronting the system: 'increasing educated unemployment; weakening of student motivation; increasing unrest and indiscipline on the campuses; frequent collapse of administration; deterioration of standards; and above all, the demoralizing effect of the irrelevance and purposelessness of most of what is being

This article published in Edited book 'Higher Education', LAMBERT Academic Publishing, Germany, 2011, Pp.93-103. ISBN: 978-3-8465-1753-6 done.' While the politicians and policy makers have often spoken about the need for radical reconstruction of the system, what has been achieved in reality is only moderate reformism the crisis confronting the system: 'increasing educated unemployment; weakening of student motivation; increasing unrest and indiscipline on the campuses; frequent collapse of administration; deterioration of standards; and above all, the demoralizing effect of the irrelevance and purposelessness of most of what is being.

Higher education is in very serious trouble. And its problems are not something that can

be solved quickly, or without serious changes to the way that the system works. Today, these problems threaten the long-term viability of an institutions.

There is an increasing trend at colleges and universities of replacing full time teaching and research jobs with part-time and other contingent faculty, who, in addition to being paid meager salaries, do not have the qualifications and do not have time to conduct research.

Does this sound like a system that is working properly?

On one side, student tuition fees is being raised as much as 5 percent a year, restricting access to higher education to only the privileged students. On the other side, professors are being paid poverty wages, severely impacting the quality of the education. Working in academia is not a viable career path for most students, limiting the expansion of knowledge.

Without taking serious steps to resolve these problems, the crisis in higher education is going to continue to grow. This crisis is not only endangering the futures of those working in academia, but the futures of all students, as well as the health of our country's democracy and economy.



Dr. B R Ramakrishna, Hon'ble Vice-Chancellor, is appointed as a Part-time Non-Official Independent Director to National Aluminum Company (NALCO), a Navratna CPSE Company under Ministry of Mines, Govt. of India, New Delhi. His proved administrative acumen of 3 decades has made his appointment to this position.

The Management of Swami Vivekananda Yoga Anusandhana Samsthana and Sushrutha Ayurvedic Medical College and Hospital heartily congratulate his appointment.

66th Kananda Rajyotsava @ S-VYASA



The 66th Kananda Rajyotsava was celebrated at Prashanti Kutiram on 13th November, 2021 in all grandeur. The programme began in the morning with the flag hoisting of the State and National flags by Hon'ble Chancellor, Dr. H R Nagendra Ji and Prof. K Subrahmanyam, Adviser to Hon'ble Chancellor followed by the procession and Cultural performances by folk artists across Karnataka.

In the afternoon, the stage programme commenced at 3 pm. Dr. Samatha P, Assistant Professor gave invocation and Prof. M K Sridhar welcomed all Guests, invitees and informed about the importance of Kannada language, literature which is rich and copious and which is having a legacy of 2000 years, supported by a dozens of royal families beginning Mayura Sharma of Kadamba dynasty to Wodeyars of Mysore.

Dr. B R Ramakrishna, Hon'ble Vice-Chancellor, explained about the achievements of Kannadigas in multifarious fields at the National and Global levels. He narrated that Karnataka and its

capital Bangalore has contributed significantly to Information technology, Biotechnology and Computer technology at world levels.

Prof. M Leelavathi, Coordinator, PG Centre of Kannada Studies, National Degree College, Bangalore and former Principal and Chief Guest of the function in her address explained about the origin, and evolution of Kannada language and literature for the last 2000 years. She said that the unknown singers and authors of folk literature have elaborately sung the glory of Karnataka, the trails and tribulations of Kannadigas and the need to protect ones' mother tongue. She called upon the non-Kannadigas to





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Applications are invited for the following posts:

Candidates who are ready to stay in 'Prashanti Kutiram' Campus in Jigani, Bengaluru, which is 10 miles from IIMB Campus, are preferred

- **Doctors with MBBS**
- **Graphic Designer**
- **Web Designer**

More details are can be found in the following link
www.svyasa.edu.in/jobs.html

Interested ones please write to the Registrar of S-VYASA
hrdesk@svyasa.org / registrar@svyasa.edu.in

For any query please contact - **080-2263 9990**

www.svyasa.edu.in



Felicitation to **Prof. M Leelavathi**

learn Kannada which is very simple and easy to understand.

Dr. H R Nagendra ji, Hon'ble Chancellor, had all praised for 'Kannada Balaga' of S-VYASA for organizing the Kannada Rajyotsava extremely well. The Chancellor said that there is enough philosophical literature in Kannada such as that of Shishunala Sharieff, Vachanakaras, Dr. DVG and others. He said that Non-Kannadigas of Prashanti should learn this beautiful language.

The Chief Guest was felicitated by the dignitaries. The programme



Chancellor, **Dr. H R Nagendra**

concluded with the hearty Vote of thanks by Dr. Pranesh Gudur, Registrar-Evaluation. The Stage programme was followed by cultural programmes covering folk songs, dance, skit in Kannada language by the students of Prashanti Kutiram and Venkateshwara Institute of Dance, Hesarghatta, Bengaluru. Sri Kiran Kumar, Assistant Director-Physical Education, Sri Narendra Shetty, Campus Supervisor and his team executed the entire programme very well.





Kaushal - 21: Cultural Fest



Inauguration of Kaushal – 21: Cultural Fest

We are immensely pleased and express our heartfelt gratitude to the Hon. Chancellor, Guru ji, Hon. Vice-chancellor, Hon. Registrar for making the cultural fest Kaushal - 21 a grand success. Maximum students from various programmes like BSc, MSc, MD, PhD & BNYS enthusiastically participated in all events and got prizes for their performances.

Literary events like shloka recitation from Bhagavad Geeta, Patanjali Yoga Sutra chanting, pick & speak, photography, essay writing, drawing (theme based), essay writing, Yogasana competitions, classical dance, singing and instrumental music were conducted to all academic programme students.

A drama on **Kathopanishat** was performed by MSc-YT students & a skit on **Yaksha Prashna** based on Mahabharata performed by BSc Yoga & Vedic Therapy students were the highlights of Kaushal - 21 held on 26th October 2021 at Samskruti Bhavanam. In addition, classical dance, Bharatanatyam, devotional song performances, flute & guitar instrumental performances attracted the whole viewers.

As a conclusion **Kannada Rajyotsava** brought a festive mood to all the inmates of Prashanti to conclude the cultural fest **Kaushal - 21**.





S-VYASA Annual Sports Day 2021-22



Prashanti Kutiram: Annual Sports Day 2021-2022 was held during Oct 28th – 30th. The Sports Day was inaugurated by the Chancellor, Dr. H R Nagendra, Prof. K Subrahmanyam ji, Registrar, Prof. M K Sridhar, Dean of Academics, Dr. Sony Kumari, Deputy Registrar, Dr. Shree Varaprasad NS and Asst. Director of Physical Education, Mr. Kiran Kumar N S. S-VYASA Staff and Students, both actively took part in the event.

Winners & Runners of the Event:

- **Kabaddi (Boys):**
Winner – MSc | Runner – BSc
- **Kho Kho (Boys):**
Winner – BSc | Runner – BNYS
- **Kho Kho (Girls):**
Winner – BSc | Runner – MSc
- **Volley Ball (Boys):**
Winner – BSc Sr | Runner – BSc Jr
- **Throw Ball (Girls):**
Winner – BNYS Sr | BNYS Jr
- **Table Tennis – Singles (Boys):**
Winner – Kartikey, MSc
Runner – Aman, BSc
- **Table Tennis – Singles (Girls):**
Winner – Prachi Dabral, MSc
Runner – Jyoti, BSc
- **Table Tennis – Doubles (Boys):**
Winner – BNYS | Runner – MSc
- **Table Tennis – Doubles (Girls):**
Winner – MSc-YT | Runner – BSc
- **Chess (Boys):** Winner – Rajesh Nair, PhD
Runner – Amit T M, BNYS
- **Chess (Girls):** Winner – Jyoti, BSc
Runner – Viswatha, MSc





Blood Donation Camp in Prashanti

Swami Vivekananda
Yoga Anusandhana
Samsthana (S-VYASA)
in collaboration
with Narayana
Hrudayalaya Blood
Centre, Bangalore had
organized Voluntary
Blood Donation Camp
at Prashanti Kutiram
on 12th November,
2021. The event was
inaugurated by Hon'ble
Chancellor, Dr. H R



Nagendra ji and expressed his happiness over the camp which has been organized from past 5 years. He explained the importance of blood donation and gave a call to all the students, teaching



staff and non-teaching staff of S-VYASA, VYASA and SAMC&H to voluntarily donate Blood. The camp was successful with 135 donors by actively donating blood. Prof. M K Sridhar, Registrar, Dr. Sony Kumari, Dean of Academics were present during the occasion.



CME @ Kaivalyadhama Yoga Institute

Ministry of AYUSH, Government of India, had organised Continuing Medical Education (CME) for AYUSH Doctors in association with Kaivalyadhama Yoga Institute at Kaivalyadhama, Lonavala, Pune from Nov 7th - 13th.



Aim of CME was to educate the medical

fraternity into the scientific understanding of Yoga and its therapeutic applications to highlight the areas of research in AYUSH System of Medicine.

CME was attended by all AYUSH fraternity experts from all over India. Among 30 selected participants 2 were from TSYNM Yoga faculty, Dr. Kusuma A S and PG Scholar, Dr. Sharad Chaudhari got the opportunity to attend this workshop.



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