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S-VYASA

10th CONVOCATION

Jan 12, 2013

Prashanti Kutiram

Bengaluru





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EDITORIAL

Distance mode learning has come to stay. There are more number of students resorting to Distance mode of education than regular residential and non residential students. In Lo Angeles, the number of students for DE is more than three times the regular residential students. Modern technology with emails, web, you tubes, Video-conferencing etc has made it easier and possible to transmit information across the world and even have virtual class room education. It is easy to conceive of theory being imparted through such mode. How can we teach the students the practical things without a laboratory and on-hand training? The concept of study centers containing such laboratories evolved to cater to this need. The students can go in their own region to Colleges, Universities, etc where lab facilities are available. And the challenge was met effectively. As we are progressing further, the Dissection of human bodies in such Anatomy labs are being replaced by computer education of the dissection of human body on computers. It has come to pass that actual dissection of the dead human body is unwarranted. In application Robotic surgery is coming up fast and is showing its financial dividends so effectively.

Many persons do not believe that Yoga can be taught through Distant mode. They are totally against teaching yoga by DE mode. This was the question raised by our learned members of Academic Council when we presented the Paper on Distance mode to be introduced in our University. With such learned Vice Chancellors tearing apart the presenters, the co-ordinator of DE stood so strongly and effectively that

every one accepted and approved the same. The argument was to use the same principle that was used to deal with Practical lab learning challenge mentioned above. Using study centers near their own places, the students go, learn the practical with Yoga faculty of the University, mainly the alumni of the University spread all over the globe. Also as a first phase we will bring them to our Prashanti Kutiram campus for a Personal Contact Program. As we evolve, we will be able to implement Study center concept by obtaining permission from UGC and DEC.

How do we assess them was the next question? Just as we assess theory and practical of residential and non-residential full time students in our University, said the Co-ordinator , by assignments, tests and examinations maintaining the same standards. In our PCPs, for the students, summary of each subject will be taught by the best of the teachers of S-VYASA before they take the exams. Also by best Yoga teachers who teach them the practices highlighting the above aspects each time.

Thus DE in S-VYASA took birth and has been developed effectively and updating the Self Learning Material - SLM - continuously. Our experience in such teaching has been very encouraging. The students who come have such absorbing capacity as they are all essentially best students working in big companies. We invite all those who cannot spare their full time to be in the campus to join us for our Distance mode education. We already are about to touch the 4 digit mark.

Dr H R Nagendra



ब्रह्मसूत्राणि (Brahmasūtra)

- Dr. Ramachandra Bhat

Vice, Chancellor, S-VYASA Yoga University

Director, Veda Vijnana Shodha Samsthanam, Channenhalli, Bangalore

Vedānta is a healthy food stuff for Human commuters. It is not only for those who are ready to renounce everything, after gaining the high rate of Chitta Suddi चित्तशुद्धि, but also for young people who want to rejoice the life and its benefits. If we study the history of Vedāntins, all great Vedāntins were practical Yogis and young, both physiologically and psychologically. For example; if you take the first Vedāntācārya i.e. Sage Vedavyāsa, he was ever young in his attitude and very strong physically while doing his vigorous Spiritual Sādhanā. He was soncised, the last Vyāsa of Vyāsaparamparā who went on spreading spiritual science to all the seekers covering the width and breath of the whole Āryavarta.

In kaliyuga, more than ऋषिपरम्परा we inherited आचार्यपरम्परा (आचार्य tradition). In that tradition naturally आद्यशङ्कर occupies the place of a frontrunner. He was also very young when he wrote bhāṣyaṁ for prasthānatraya. Śrī Rāmānujācārya, Śrī Madhvācārya and Śrī Śrīkaṇṭhaśivācārya all these commentators in Vedānta Paramparā were young psychologically and physiologically by their Yoga Siddhis. In the same tradition we see Svāmī Vivekānanda a practical Vedāntin in the modern age, who harmonizes the Best of the East and Best of the West. The Best of the East is undoubtedly Vedānta only. Science is the best from the West.

The cullumination of the Vedāntic thought is very much visible in Brahmasūtras, which analyzes the salient parts of the Upaniṣads and helps the seekers to get the cream of Upaniṣat and Bhagavadgītā.

ज्योतिश्चरणाभिधानात् ॥ १-१-२४

jyotiścaraṇābhidhānāt ॥ 1-1-24

Meaning: The 'light' is Brahman, on account of the mention of feet in a passage which is connected with the passage about the light.

ज्योतिः this word, used in many context in the traditional knowledge sources like the Vedās and Vedāngas. This word in a particular context may indicate ordinary light which discards the darkness. But in Chāndogya Upaniṣat this Jyoti is beyond mundane world. It is inside all living species and all pervading in the whole cosmos. So, this Jyoti must be the main theory of everything in the world. It is very natural that 'Theory of Everything' in Vedānta is Parabrahman.

चरणभिधानात् 'Indicates the textual context where this statement is pronounced. Brahman is described here having four segments. The first pāda of Brahman is all the five matters like Sky, Air etc. and all remaining three pādās in the immortal transcendental arena. Here the main shift is from the Mental to Supramental and from trance to Transcendental. असत्ये वर्तमानि स्थित्वा ततस्सत्यं समीहते ।, a seeker through out illusionary path, leaps to the high purest visionary, the Brahman. This is well known formula for spiritual seekers.

In Chāndogya Upaniṣat शाण्डिल्य विद्या is one of the pathways for the Spiritual masters to reach the ultimate destination. When we check the context, the previous and the latter it becomes very clear that this Jyoti is Transcendental one and the statement containing this word helps us for वेदान्तवाक्य समन्वय. to be continued...



On Jan 1
Ayushya Homa in
Yoga Vinayaka Mandir,
Prashanti Kutiram



Guruji,
Dr H R Nagendra Ji's
70th Birthday Celebrations
Bheemaratha Shanti

On Jan 2
Special Pooja
at Ghati Subrahmanya
temple



On Jan 6
Kalasha Pooja
in Prashanti Kutiram



On Jan 7
During birthday celebrations
in Prashanti Kutiram
Sri Ramesh Kapoor Ji (well wisher)
gifted Swamiji statue



ಕಾಲಚಕ್ರದಲಿ ಉರುಳರಳಿ
ಅನುಭವ ರಸಾಯನದ ಪಾಕವನಿಟ್ಟು
ಅನುಭಾವ ಮಂಟಪವ ಕಟ್ಟಿ
ಎಪ್ಪತ್ತರ ಎತ್ತರಕೆ ಏರಿದ
ಪೂಜ್ಯ ಗುರೂಜಿಯವರಿಗೆ
ಹುಟ್ಟುಹಬ್ಬದ ಶುಭಾಶಯಗಳು
- ಯೋಗ ತರಂಗ ಕರ್ಮಿಗಳು



ಯೋಗಯಜ್ಞಕ್ಕಾಗಿ ವಿಶ್ವವಿದ್ಯಾಲಯ

- ಶ್ರುತಿಪ್ರಿಯ ಶರ್ಮಾ

ಆಚಾರ್ಯಃ, ವೇದವಿಜ್ಞಾನಗುರುಕುಲಮ್, ಬೆಂಗಳೂರು

ಜನವರಿ 14 ಸಂಕ್ರಾಂತಿಯ ದಿನ. ಬೆಂಗಳೂರಿನಿಂದ ಬನ್ನೇರುಘಟ್ಟರಸ್ತೆಯಲ್ಲಿ ಮುನ್ನಡೆದರೆ ಜಿಗಣಿ ಕೈಗಾರಿಕಾನಗರದಿಂದ ಗ್ರಾಮೀಣ ಒಳಪ್ರದೇಶಕ್ಕೆ ನಡೆದರೆ ಅಲ್ಲಿ ನೀವು ವಿಶ್ವವ್ಯಾಪ್ತಿಯಿರುವ ಯೋಗ ವಿಶ್ವವಿದ್ಯಾಲಯವೊಂದನ್ನು ಕಾಣುತ್ತೀರಿ. ಸುಮಾರು ನೂರು ಎಕರೆ ಈ ಜಾಗದಲ್ಲಿ ವೀರಸಂನ್ಯಾಸಿ ವಿವೇಕಾನಂದರ ಜ್ಞಾನಯೋಗ, ಕರ್ಮಯೋಗ, ಭಕ್ತಿಯೋಗ ಮತ್ತು ರಾಜಯೋಗಗಳ ಸಂದೇಶದ್ವನಿ ಅನುರಣಿಸುತ್ತಿರುತ್ತದೆ. ಇದೇ ಸ್ವಾಮಿ ವಿವೇಕಾನಂದ ಯೋಗ ಅನುಸಂಧಾನ ಸಂಸ್ಥಾನ, ಯೋಗ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಪ್ರಶಾಂತಿ ಕುಟೀರ.



ಈ ವರ್ಷದ ಸಂಕ್ರಾಂತಿ ದಿನದಂದು ಉತ್ತರ ಕನ್ನಡ ಜಿಲ್ಲೆಯ ಯಲ್ಲಾಪುರ ತಾಲೂಕಿನ ಕೋಟಿಮನೆ ಗ್ರಾಮಸಂಜಾತರಾದ ಪ್ರೊ|| ರಾಮಚಂದ್ರ ಭಟ್ಟರು ಸ್ವಾಮಿ ವಿವೇಕಾನಂದ ಯೋಗ ಅನುಸಂಧಾನ ಸಂಸ್ಥಾನದ ಕುಲಪತಿಗಳಾಗಿ ಪದಗ್ರಹಣ ಮಾಡಿದರು. ಶ್ರೀಯುತರು ತಮ್ಮ ಊರಿನ ಪಾಠಶಾಲೆಯಲ್ಲಿ, ಗೋಕರ್ಣಕ್ಷೇತ್ರದಲ್ಲಿ, ಅಲ್ಲಿಂದ ಮುಂದೆ ಮೈಸೂರಿನ ಮಹಾರಾಜ ಸಂಸ್ಕೃತ ಮಹಾಪಾಠಶಾಲೆಯಲ್ಲಿ, ಮಹಾರಾಜ ಕಾಲೇಜಿನಲ್ಲಿ, ಮಾನಸಗಂಗೋತ್ರಿಯಲ್ಲಿ ವೇದವೇದಾಂತವಿಜ್ಞಾನ ವಿದ್ಯಾಸೋಪಾನಗಳನ್ನು ವಿನಮ್ರವಾಗಿ ಏರುತ್ತಾ ರಾಷ್ಟ್ರೀಯ-ಅಂತಾರಾಷ್ಟ್ರೀಯ ಖ್ಯಾತಿಯನ್ನು ಸಂಪಾದಿಸುತ್ತಾ ಬೆಂಗಳೂರಿನ ಸನಿಹದ ಮಾಗಡಿ ರಸ್ತೆಯ ಚೆನ್ನೇನಹಳ್ಳಿಯಲ್ಲಿರುವ ವೇದವಿಜ್ಞಾನ ಗುರುಕುಲವನ್ನೇ ತಮ್ಮ ಸಾಧನ ಕ್ಷೇತ್ರವನ್ನಾಗಿ ಮಾಡಿಕೊಂಡು ಮುಂದುವರೆದಿದ್ದಾರೆ.

2002ರಿಂದ ಕೇಂದ್ರ ಸರ್ಕಾರದ ಮಾನ್ಯತೆ ಪಡೆದು, ಸ್ವಾಮಿ ವಿವೇಕಾನಂದ ಯೋಗ ಅನುಸಂಧಾನ ಸಂಸ್ಥಾನವು ಪೂರ್ಣ ಪರಿಮಾಣದ ವಿಶ್ವವಿದ್ಯಾಲಯದ ರಾಷ್ಟ್ರೀಯ ಹೆದ್ದಾರಿಯಲ್ಲಿ ದಾಪುಗಾಲಿಡುವಾಗ ಗುರುಕುಲದ ಸಹಕಾರವನ್ನು ಜೋಡಿಸಿಕೊಂಡಿತು. ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿರುವ ಯೋಗಾಧ್ಯಾತ್ಮ ವಿಭಾಗದಲ್ಲಿ ಡಾ|| ರಾಮಚಂದ್ರ ಭಟ್ಟರವರು ವಿಭಾಗಾಧ್ಯಕ್ಷರಾಗಿ ನಿಯುಕ್ತರಾದರು. ಅಲ್ಲಿಂದ ಮುಂದೆ ವಿಶ್ವವಿದ್ಯಾಲಯದ

ಅಧ್ಯಯನ-ಸಂಶೋಧನ ವಿಭಾಗದಲ್ಲಿ ಸಕ್ರಿಯರಾಗಿ ಪಾಲ್ಗೊಂಡ ಇವರನ್ನು ವಿಶ್ವವಿದ್ಯಾಲಯದ 5 ವಿಭಾಗಗಳ ಶಿಕ್ಷಣ ಪ್ರಮುಖರನ್ನಾಗಿ (Dean of academic program) ನಿಯೋಜಿಸಲಾಯಿತು.

ನಿಜವಾದ ಅರ್ಥದಲ್ಲಿ ವಿಶ್ವವಿದ್ಯಾಲಯ:

ವಿಜ್ಞಾನದ ಇಂಜಿನಿಯರಿಂಗ್ ವಿಭಾಗದಲ್ಲಿ ಅತ್ಯುನ್ನತ ಪದವಿ ಪಡೆದ ಡಾ|| ಹೆಚ್. ಆರ್.ನಾಗೇಂದ್ರ ಅವರು ಅಮೇರಿಕಾದ ನಾಸಾದಲ್ಲಿ ಸೇವೆ ಸಲ್ಲಿಸಿ ಅನುಭವ ಪಡೆದವರು. ಮಾನ್ಯರಾದ ಶ್ರೀ ಹೋ. ವೆ. ಶೇಷಾದ್ರಿ, ಪ್ರಾ|| ಶ್ರೀ ಸತ್ಯನಾರಾಯಣ ಶಾಸ್ತ್ರಿಗಳು, ಶ್ರೀ ಲಕ್ಷ್ಮೀ ಅಮ್ಮ ಮುಂತಾದವರ ಪ್ರೇರಣೆಯಿಂದ 70ರ ದಶಕದಲ್ಲಿ ಆನೇಕಲ್ ತಾಲೂಕಿನ ಭೂಪ್ರದೇಶದಲ್ಲಿ ಪ್ರಶಾಂತಿ ಕುಟೀರವನ್ನು ಸ್ಥಾಪಿಸಿದರು. ಡಾ|| ಆರ್.ನಾಗರತ್ನಾ, ಶ್ರೀರಘುರಾಮ್‌ಜೀ, ಶ್ರೀ ಮೊಹನಜೀ, ಶ್ರೀಮತೀ ಸುಭದ್ರಾಜೀ ಮತ್ತು ಪ್ರೊ|| ಎನ್. ವಿ.ಸಿ. ಸ್ವಾಮಿ ಮುಂತಾದವರ ತಪಸ್ಸಿನ ಫಲವಾಗಿ ಆ ಜಾಗದಲ್ಲಿ ಇಂದು 30 ಕ್ಕಿಂತ ಹೆಚ್ಚು ರಾಷ್ಟ್ರಗಳಲ್ಲಿ ಮತ್ತು ಭಾರತದ ಹೆಚ್ಚಿನ ರಾಜ್ಯಗಳಲ್ಲಿ ಚಟುವಟಿಕೆಯ ಜಾಲಗಳನ್ನು ಹಬ್ಬಿಸಿಕೊಂಡ S-VYASA ಸಂಸ್ಥೆ ಮುನ್ನಡೆದಿದೆ.





ಮುನ್ನಡೆಯ ಮಾರ್ಗ:

ಯೋಗವೇದಾಂತ ವಿಜ್ಞಾನಗಳ ಆರ್ಷ ಆಧುನಿಕ ಕುಂಭಮೇಳದಂತೆ ಈ ವಿಶ್ವವಿದ್ಯಾಲಯ ಇಲ್ಲಿ ಮೈದಳಿದಿದೆ. ಇಲ್ಲಿನ ವಿಜ್ಞಾನ ವಿಭಾಗ 'ಅನ್ವೇಷಣ'ದಿಂದ ಸಜ್ಜಾದ ಶೋಧಪ್ರಬಂಧಗಳು ವಿಶ್ವವಿಖ್ಯಾತ Journalಗಳಲ್ಲಿ ಪ್ರಕಾಶಗೊಂಡಿದೆ. ಪ್ರತಿ ತಿಂಗಳು ಪ್ರಕಾಶಗೊಳ್ಳುವ 'ಯೋಗಸುಧಾ' ಪತ್ರಿಕೆ ವಿಶ್ವವಿಖ್ಯಾತವಾಗಿದೆ. ಪ್ರತಿ 2 ವರ್ಷಕ್ಕೊಮ್ಮೆ ನಡೆಯುವ ವಿಶ್ವ ಯೋಗ ಸಮ್ಮೇಳನದಿಂದ ಈ ಸಂಸ್ಥೆ ಸಾಧಕರ ಮನೆಮಾತಾಗಿದೆ. ಡಾ|| ನಾಗರತ್ನಾ, ಡಾ|| ಶೇರ್ಲಿ ಟೆಲ್ಲಸ್ ಮುಂತಾದವರ ಯೋಗ ಮತ್ತು ಆಧುನಿಕ ನೈಸರ್ಗಿಕ ಪೂರ್ಣಾತ್ಮಕ ಚಿಕಿತ್ಸಾ ವಿಧಾನ ಸಹಸ್ರಾರು ಜನರಿಗೆ ಆರೋಗ್ಯ ಭಾಗ್ಯ ನೀಡಿದೆ.

ಯೋಗ-ಅಧ್ಯಾತ್ಮ, ಯೋಗ-ಭೌತವಿಜ್ಞಾನ, ಯೋಗ-ನಿರ್ವಹಣವಿಜ್ಞಾನ, ಯೋಗ-ಜೀವವಿಜ್ಞಾನ, ಯೋಗ-ಮಾನವಿಕವಿಜ್ಞಾನ ಎಂಬ 5 ವಿಭಾಗಗಳೊಂದಿಗೆ ಸಂಸ್ಕೃತ, ವೇದ, ವೇದಾಂತ, ಯೋಗ, ಆಯುರ್ವಿಜ್ಞಾನ ಮುಂತಾದ ಋಷಿಕಲ್ಪದ ತಿಳಿವಿನ ಬುತ್ತಿಯನ್ನು ಯುವಸಾಧಕರಿಗೆ ನೀಡುವ

ಈ ವಿಶ್ವವಿದ್ಯಾಲಯ, ನೂರಾರು ಅಂತರ್ಜಾತೀಯ ಸಾವಿರಾರು ಛಾತ್ರ ಪ್ರಶಿಕ್ಷಣಾರ್ಥಿಗಳಿಂದ ಸಮಗ್ರ ವರ್ಷ ಚಿನ್ನಯ ಚಿಲುಮೆಯಾಗಿರುತ್ತದೆ.

ನೇತೃತ್ವಕ್ಕೆ ಪುಷ್ಟಿ, ತುಷ್ಟಿ:

70 ವರ್ಷದ ಹಿರಿತನದಲ್ಲಿ ಡಾ|| ನಾಗೇಂದ್ರರವರು ಸಂಸ್ಥೆಯ ಕುಲಾಧಿಪತಿ ಸ್ಥಾನವನ್ನು ಅಲಂಕರಿಸಿ ಮುನ್ನಡೆಸುತ್ತಾ ವಿಶ್ವವನ್ನೇ ಯೋಗಗ್ರಾಮವನ್ನಾಗಿ ಮಾಡುವ ಹಂಬಲವನ್ನು ಹೊತ್ತಿದ್ದಾರೆ. ಗುರುಕುಲ ಸಂಸ್ಕೃತಿಯ ಋಷಿಕಲ್ಪಕ್ಕೆ ಕಾಲೋಚಿತವಾದ ವೈಜ್ಞಾನಿಕದೃಷ್ಟಿಯನ್ನು ಜೋಡಿಸಿ ವಿಶ್ವವಿದ್ಯಾಲಯವನ್ನು ಮುನ್ನಡೆಸುವ ಸಂಕಲ್ಪವನ್ನು ಕುಲಪತಿಗಳಾದ ಡಾ|| ರಾಮಚಂದ್ರ ಭಟ್ ಕೋಟೆಮನೆ ಅವರು ಸ್ವೀಕರಿಸಿದ್ದಾರೆ. ಸಮಾಜದಲ್ಲಿರುವ ಸಜ್ಜನ ಸಾಧಕರು ಸಹಯೋಗ ನೀಡಬೇಕೆಂದು ಈ ಸಂದರ್ಭದಲ್ಲಿ ಇವರು ನಿವೇದಿಸಿಕೊಳ್ಳುತ್ತಾರೆ.



Prof Ramachandra G Bhat - The Second Vice-Chancellor of S-VYASA



The Management Committee of Swami Vivekananda Yoga Anusandhana Samasthana (S-VYASA) is happy to announce that **Prof Ramachandra G Bhat** has kindly accepted to be the VICE CHANCELLOR of S-VYASA with effect from 12-1-2013.

Prof Ramachandra G Bhat was the Dean of Academic Programs since 2010, in addition to the post of the Dean, Division of Yoga-Spirituality, in which respect he had been serving since the inception of the University in 2002.

Born in a devoted family of Vedic Scholars in Yellapura Taluk, North Kannada Dist of Karnataka, Prof Bhat had done Masters and Doctorate in Sanskrit at Mysore University. Earlier, he had undergone traditional learning of the Vedas and Vedanta at Gokarna. He had the fortune of being with and learning from great sadhakas, scholars and yogis of the time including Brahmarshi Devarata lineage.

As a lifetime celibate (naishtika Brahmachari), he dedicated himself to the cause of teaching Vedanta, Nyaya, Meemamsa and establishing Gurukula system

of Education with a unique vision of integrating it with Modern Systems of Science and Education. He was instrumental in setting up three Gurukula, viz Prabodhini Gurukula for boys at Hariharapura near Shringeri, Maitreyi Gurukula for girls at Vittla in South Canara Dist and Veda Vijnana Gurukulam for higher learning at Janaseva, Chennenahalli, Bangalore. Currently he is also the Director for Veda Vijnana Shoda Samsthanam, a Centre for Research in Sanskrit Veda, Darshanas and Vedic Sciences.

Prof Bhat is Member of Central Advisory Committee, Children University, Gujarat, a member of Academic Council, Karnataka Sanskrit University, Karnataka, was a member of Karnataka Knowledge Commission, Honorary Research Guide in Mangalore and Tumakur University and is closely associated with various other institutions in the field of Sanskrit and Vedic education. A versatile scholar, powerful orator in four languages including Hindi and English and thoughtful writer who published many research articles in international journals, he had travelled widely across the globe propagating the universal message of Veda, Vedanta, Yoga and Eco-Friendly Life Style and he is a spiritual guide for School of Philosophy in Dublin, Ireland and England.

In short, it would not be an exaggeration to say that Guruji Dr H R Nagendraji had found the most suitable successor to be the second Vice- Chancellor of his brain child- 'S-VYASA Yoga University'.



Kalpataru Diwas at Prashanti



Homa for World Peace & Prosperity

Jan 1: The first Kalpataru Day, January 1, 1886, was “an event of unusual consequence and meaning” in the life of Ramakrishna and his disciples. Sri Ramakrishna was suffering from throat cancer at that time, and his health was declining. He and his closest followers had moved to a garden house in the northern Calcutta neighborhood of Cossipore. January 1 was a relatively good day for him, and he took a walk in the garden. There, he asked

one of his followers, Girish, a question he had often asked before, “Who do you say that I am?” Girish responded that he believed that Ramakrishna was “God incarnate, come to Earth out of mercy for humankind”. Ramakrishna replied, “What more shall I say? May you be awakened?” Ramakrishna then entered an “ecstatic state” and began touching all of his followers. Those he touched reported experiencing a variety of new states of consciousness, including vivid visions of divine.

The event commemorates the day on January 1, 1886 when his followers believe that Ramakrishna revealed himself to be an Avatar, or God incarnate on earth. It is held each January.

VYASA at Prashanti Kutiram celebrated KALPATARU DIWAS with various programs at Yoga Vinayaka Temple, Ashta Dravya Ganapathi Homa, Maha Mritunjaya Homa and

Bhoomi Pooja of Samskriti Bhawan. Kannada & Culture Dept Principle Secretary Sri Basawaraj, Guruji Dr H R Nagendra & all other dignitaries can be seen.





Cottage inauguration by
Sri Basawaraj

Ayush Homa were performed for the Universal welfare. Dr Ramachandra Bhat, Dean Yoga and Consciousness explained the significance of all Homas. Incidentally it was the Birthday of Guruji, Dr H R Nagendra, Vice Chancellor S-VYASA University. Guruji

blessed all students, staff and other well wishers.

Two buildings, Krishna Villa and Avartan II floor were **inaugurated** with Vedic rituals.

Ground Floor of Krishna Villa was donated by Sri Ramesh Chandak and first floor was donated by S Radheshaym Chandak. Avartan 2nd floor was donated by Sri Rungta.

Sri Basawaraj, IAS, Principle Secretary, Kannada and Culture Dept, Govt of Karnataka performed **Bhoomi Pooja** of SAMSKRITI BHAWAN, a 1200 capacity auditorium for development of Arts and Culture. All students of S-VYASA University and students of Sushruta College of Ayurveda attended the function with large gathering of International guests and staff of the university.

This was followed by various functions in Mangal Mandir.

The function started with Vedic chanting and lighting the lamp inaugurating 132nd Batch of Yoga Instructors' course.

Dr H R Nagendra, Vice Chancellor of S-VYASA University, in his welcome address highlighted the support of Karnataka State Govt and numerous well wishers in advancing our culture and ancient science of YOGA. In present days of increase of diabetes and other non communicable disease the Yoga practices are the only way of quieting the mind and take a positive view of life by going inward search. The day was significant in many a ways as it is the 150th year of Swami Vivekananda's birth Anniversary and 11th year of S-VYASA University; also over three decades of existence of Arogyadhama, the Yoga treatment centre.

Sri Basawaraj, the Principle Secretary, Kannada Culture Dept., Govt of Karnataka recalled the works of Swami Vivekananda in awakening the youth and general masses of our country by correlating Yoga and our day to day life for peace and happiness. He appreciated the efforts of Dr Nagendra in pioneering Yoga research and its application.

Vivekananda Vibhuti Award is conferred to Dr M Lakshmi Kumari by Guruji, Prof K Subrahmanyam and other dignitaries.



Program inauguration by Dr M Lakshmi Kumari Ji



Vivekananda Vibhuti Award conferred to Dr M Lakshmi Kumari Ji

Dr M Lakshmi Kumari is the Life time Chairman of Vivekananda Kendra Vedic Vision Foundation, Kodungallur and former President of Vivekananda Kendra, Kanyakumari.

Felicitaiton to Dr Lakshmi Kumari and Sri Basawaraj was done by Dr Nagendra, Prof K Subrahmanyam, Dr R Nagaratna and others.

The day being the 70th Birthday of Vice

Chancellor Dr H R Nagendra, all prayed for his long and healthy life .

Prof K Subrahmanyam proposed a vote of thanks to Sri Baawaraj for his commitment in advancement of culture and Dr M Lakshmi Kumari for her yeoman service to the society. He said that Dr H R Nagendra is a living Karma Yogi.



Anjaneya Pratishtha in Prashanti Kutiram



10th Convocation of S-VYASA



Saraswati Homa

Jan 12: The Tenth Convocation of S-VYASA was held in Prashanti Kutiram on 12th January 2013 as per the University tradition.

The Programme started with Saraswati Homa at 5:30 in the morning, near Vivekananda Statue, the tallest in Asia followed by Pooja at Yoga Vinayaka Mandira. All the students, Staff and Dignitaries attended the Pooja.

At 9:30 am the Convocation Procession comprising of all the dignitaries, Members of Board of Management and Academic Council and staff started from Saraswati Statue to Mangal Mandir, the venue of the convocation in a very traditional manner. The convocation was lead by the Registrar.

After saluting the nation by Vande Mataram by all, Dr. H.R. Nagendra, the Vice Chancellor declared the convocation open.

He welcomed the gathering and introduced the Chief Guest, Dr. A Sivathanu Pillai, R & D, DRDO, CEO & M.D., Brahmos, New Delhi. Special Invitee, Padmavibhushan, Prof. ECG Sudarshan and other dignitaries on the dias.

Dr. U S Ray, renowned Scientist was honoured by awarding D.Sc for his research in the field of yoga for military personnel working in the areas

Convocation Procession in traditional manner





Honorable dignitaries on the dais

of high altitudes.

Dr. Prafulata Bharadwaj, Dr. Aruna Goel, , Dr. Saraswathi Sundaresan and Shri Anup Jalota were honoured with D. Litt for their laudable service / achievement in their fields of Social work, Sanskrit, Classical Dance and Music respectively. Ph.D Degree for 3 students, M.Phil for 1, M.D. for 6, M.Sc for 32 and Bachelor Degree for 31 students were awarded.

The following students were awarded the prizes as detailed below:

1. Manonmani Rudraiah & Lakshmi Memorial Academic Excellence Award for the Best Student award among Ph.D (Yoga) Scholars - **Dr. Raghavendra Bhat.**
2. Dr. Dayanand Dongaonkar Memorial Best Student Award among M.D (Yoga & Rehabilitation) students - **Dr. Richa Vivek Haldavnekar.**
3. Dr. Dayanand Dongaonkar Memorial Best Thesis Award among M.D (Yoga & Rehabilitation) students - **Dr. Hemant Bhargav.**
4. Madan Mohan Sankhdher Memorial Academic Excellence Award among M.Sc

(Yoga) students. - **Mr. Vasudeva Rao.**

5. Vasishta Award for the Best Dissertation among M.Sc. (Yoga) Graduates - **Mr. Chirag S. Hakked.**
6. Sri Venkatanarayana Sastry Memorial Best Student Award among M.Sc (Yoga & Consciousness) students - **Mr. Rajesha H.K.**
7. Sri Venkatanarayana Sastry Memorial Best Dissertation Award among M.Sc (Yoga & Consciousness) students - **Mr. R. Suresha.**
8. Swami Vivekananda Academic Excellence Award among B.Sc (Yoga) Graduates - **Kum. H.R. Ashwini.**
9. Prof. N. Nagappa Memorial Prize for Best Student Award among B.Sc. (Yoga & Consciousness) Graduates - **Mr. Deo Pujari Puskar Parog.**

Dr. Raghavendra Bhat gave valedictorian and address.

Dr. G. Ramachandra Bhat Dean of Division of Yoga



Prof ECG Sudarshan Ji

- Spirituality gave Guru Upadesha to all graduates.

Prof. E C G Sudarshan in his key note address said that he was very happy for being associated with S-VYASA which is striving hard to impart value based education . He emphasised that Yoga is a pure traditional science and our strength is spirituality.

The Chief Guest A.K. Sivathanu Pillai elaborately putforth the findings/theories of our ancestors in the field of medicine, surgery, astromy, aerospace and other technologies. The ideas which have originated in India were accepted all over the world. The value of π were first calculated by Boudhayana and Algebra, trigonometry and calculus were originated in our mother land. He also explained how the missiles are developed and all the names of the misilee were named from the vedas such as Aakash, Prithvi etc.,

Now they are developing sophisticated missiles with multi dimensional capacity which will be named as Brahmos. He also narrated about his father who was a great Yogi and instrumental

to cure various diseases. He was very happy and informed that he has attended more than 30 convocations and this convocation was best convocation ever he has attended.

Next, Dr. Balamurali Krishna told that to participate in this type of convocation is a Suyoga for him. He remembered his childhoodness and sang a beautiful song सर्व खल्विदं ब्रह्म

Next, Dr. Anup Jalota sang a beautiful Bhajan which made the audience emotionally charged.

Dr. H.R. Nagendra addressed the gatheing and complimented all the members running the University for the past ten years.

The felicitations were done for Chief Guest and Special Invitee Padmavibhushan Prof. E C G Sudarshan.

Mr. Vasudeva Rao who got Best Student Award gave oath to all the graduates.

The Vice Chancellor declared the "Convocation Closed" on signing the Convocation Register.

The Convocation ended with the National Anthem.

Oath to serve... Integrated Approach of Yoga





Swami Vivekananda Yoga Anusandhana Samathana 10TH CONVOCAATION ADDRESS

by **Dr. A. Sivathanu Pillai**

*Distinguished Scientist & Chief Controller R&D,
DRDO & CEO&MD, BrahMos Aerospace*



Chief Guest - Dr A Shivathanu Pillai
delivering the Convocation Address

Jan 12: *Dr. Pranav Pandya, President, S-VYASA, Dr. HR Nagendra, Vice Chancellor; Prof. ECG Sudarshan; Members of the Board of Management; Head of Departments; Distinguished Guests; faculty members; Graduates who are receiving certificates and their proud parents; Ladies and Gentlemen; My warm greetings to all of you.*

I am indeed honoured and privileged to deliver the 10th Convocation Address of Swami Vivekananda Yoga Anusandhana Samathanam. I extend my special greetings to the proud parents of the students who are graduating today, whose unflinching dedication and support have made this possible for their success.

Richness of Vedic Sciences: 'Veda' means knowledge and the set of sacred books originated in India. Vedic sciences are considered to be the richest and most comprehensive of ancient India. They include various disciplines of science like physics, mathematics, astronomy, cosmology, aviation, medicine, yogic science and many more. Our ancient *rishis* (sages) and *Siddhars* used enormous mind power and possessed great scientific knowledge that they applied for the benefit of the community. The unique spiritual and mind power, and intellectual thoughts portrayed in the epics of ancient times amaze us today.

Aryabhatta, Charaka, Sushruta, Panini were some of the eminent scientists of the ancient era. These scientists evolved many mathematical and scientific theories that can be proved using contemporary methods. The saints and sages invented and discovered many new scientific breakthroughs. Aryabhatta (476 AD) was the first to proclaim that the earth is round and rotates on its axis. He is also acknowledged for calculating the value of π (Pi) to 3.1416 and sine table in trigonometry; Bhaskaracharya II (1114-1183 AD) was first to discover gravity 500 years before Sir Isaac Newton; Acharya Kanad (600 BC) said "Every object of creation is made of atoms which in turn connect with each other to form molecules"; Acharya Sushrut (600 BC) performed rhinoplasty (restoration of a damaged

nose) and prescribed treatment for 12 types of fractures and six types of dislocations; Acharya Bhardwaj (800 BC) designed and described the techniques of aviation technology; and Acharya Kapil (3000 BC) outlined the concept of transformation of energy.

The great Sage *Maharishi Patanjali* (800 BC) classified Yoga into four main branches, according to the range of qualities existing in human beings. These are *Bhakti Yoga* - the path of love and devotion; *Karma Yoga* - the path of action; *Jnana Yoga* - the path of philosophy and intellect; and *Raja Yoga* - the path of self-discipline.

Let me narrate some incidents to you where yoga has played a crucial role in alleviating the pain of people:

DRDO and Yoga Treatment: Defence Scientists at DRDO in collaboration with the Global Hospital and Research Centre, Mount Abu - an institution of the Brahma Kumaris had tried out a unique way of introducing Yoga in curing people who are suffering from Coronary Artery Diseases (CAD). 120 patients having blockage in the arteries were studied. 60 patients were given normal treatment and the rest were asked to practice the Raja Yoga. After 6 months time, the patients were angiographed. The patients who practiced Raja Yoga were found with no blockages in the arteries. Such is the power of Yoga.

My Father's Experience: I would like to narrate an incident that had happened in my life when I was a school boy. My father lived as a saint practising Raja Yoga. He could sit upright and breathe internally. He was also a Siddha Practitioner. I was sitting on the verandah of my house in a village near Nagercoil and I saw

suddenly a white car coming and parked in front of my house. A Gentleman in middle 50s got down and asked for my father. Without knowing the purpose, I took him to my father. He touched the feet of my father and explained the purpose of the meeting. Heard about my father from his relatives at Tirunelveli, he came from Chennai and told my father that his wife was suffering from Blood Cancer and the Doctors had told him that her chance of survival was only for the next 15 days. Tears poured down from his eyes. He surrendered himself to my father and said that he only can cure his wife. My Father without telling anything got ready in 10 minutes and went along with him. After reaching his place, he prepared medicines and food in the form of *pashpams* dealt with poisonous materials like arsenic and mercury, prepared with extreme care. He was there for a week and took care of that lady. He asked the gentleman to continue the medicines and food as prescribed by him and said she would be alright in a week. After that my father returned to our place. Two weeks later, the same gentleman came and fell flat in front of my father and told that he showed his wife to the doctors and they got astonished that there was no sign of cancer found in her.

The above are the clear examples of the mind power and the determination of the individual that makes him/her to succeed in their mission. I quote what **Swami Vivekanand Said:**

“Take up an idea. Make that idea your life - think of it, dream of it, live on idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success”

Maharishi Patanchali in Yoga Sutra says: “When you are inspired by some great purpose, some extraordinary work, all your



thoughts break their bounds, your mind transcends limitations, your consciousness expands in every direction and you will find yourself in a new great and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamt yourself to be."

India's Civilizational Heritage: The spiritual wisdom and culture have been our strength. We as a Nation survived the onslaughts of invaders and the numbing effects of colonization for more than 1000 years. We also learnt to adjust to rifts and divisions in our own society. But in the process of all adjustments, we have also lowered our aims and expectations and settled down to a lower mindset. From the great knowledge givers to the world, we came down to the lowest strata of living at the time when we won our freedom. Eminent leaders emerged during the freedom movement, who tried to boost the spirits and minds of the people to recapture the greatness of India. It is time now that we must regain our heritage and wisdom to enrich our lives in the coming years. Presently, we are far from the expectations. The civilisation and the moral values what we had in the nineteenth century before the invasions by the foreigners, can be visualised through the statement by Lord Macaulay in the British Parliament on 02 February 1835:

"I have travelled across the length and breadth of India and I have not seen one person who is a beggar, who is a thief. Such wealth I have seen in this country, such high moral values, people of such calibre, that I do not think we would ever conquer this country, unless we break the very backbone of this nation, which is her spiritual and cultural heritage,



Guruji felicitated the Chie Guest - Dr A Shivathanu Pillai

and therefore, I propose that we replace her old and ancient education system, her culture, for if the Indians think that all that is foreign and English is good and greater than their own, they will lose their self esteem, their native culture and they will become what we want them, a truly dominated nation."

Present day life is disturbed with problems like crime, violence, terrorism and makes us to realise the significance of human values, without which human life loses all meanings. Moral values are to be brought in the minds of the individuals through value based education.

Moral Values: Ethical and Moral values are the basis of good life. It is only the ethical culture which raises human life to a dignified position. Moral living starts through dedication of ideal principles, maxims and human values. A righteous and virtuous life and a clear conscience provide the backbone of spiritual as well as a humane material progress of the civilized man and his society. Undoubtedly, yoga provides such ethical and moral values.

The human soul has experienced many good and bad, pleasant and unpleasant karmic reactions,

and untold sufferings. Desire, pride, ego and greed constantly hold us from reaching the final destination. We continue to live in the darkness of ignorance, with anger, hatred and duality separating us from each other. As a result humans are not able to live together as they should. Today, there is not enough tolerance amongst religions, little respect amongst cultures and an absence of love between nations. It is high time to demonstrate love to our fellow humans, to all of mankind, and to pray for them.

Yoga and World Peace: Yoga is the balancing principle that sustains the entire life and it is the Yoga that will restore harmony to our world. Thus, Yoga not only keeps one's body and mind united giving peace, but also energises us to take up big challenges. It creates the required positive energy with determination. The benefit of Yoga must reach to everyone if the world has to be peaceful. Along with Yoga, if we all practice to eliminate the desire and greed then we will attain the societal peace and harmony.

If the society is peaceful, understanding each other that blossoms to the world. One should have the Righteousness to help the process of World Peace. It reminds me of the Divine Hyme from Sathya Sai Baba of Puttabarti which says:

*Where there is righteousness in the heart,
There is beauty in the character.
When there is beauty in the character,
there is harmony in the home.
When there is harmony in the home,
There is an order in the nation.
When there is order in the nation,
There is peace in the world.*

Power of understanding and practicing Yoga will bring Peace in the Society and also following the righteousness will ensure peace in the world.

Conclusion: Dear Friends, based on our inherent strengths, we need to reiterate to the world that Indians are remarkable. We need to set our targets very high and work hard to achieve the same. Problems may come on the way but we have to defeat them so that problems do not absorb us. Nothing is impossible to achieve, if our aims are high and purposeful and we are determined to achieve them. So friends, everything is in your hand. You must make yourself ready to do a remarkable work, which will find a place for you in the history of the world.

India is blessed with the largest youth power in the world. Skill and value system will make them a globally demanded human resource. Ignited mind of the youth is the most powerful resource on the earth, above the earth and underneath. Their knowledge, courage and devotion will make India certainly a great nation, **once again!**

Courage to think different

Courage to invent

Courage to travel into unexplored path

Courage to discover the impossible

Courage to combat the problems and succeed

Are the unique qualities of the Youth

My best wishes for you



DSc & DLit Awardees

DSc - Udaya Shankar Rey



U S Rey holds a master degree from University of Calcutta. He had done extensive research in physiology. He served for 35 years as scientist and additional director for defense institute of physiology and allied sciences, (DRDO) Delhi.

He has published more than 80 research papers in national and international journals. He conducted research on “Physiological changes during actual practice of yoga and their influence on human physical performances”.

This research helped him a lot to make the yoga packages for the armed forces at higher altitudes, navy board ships and submarines. These packages are being used in army as a regular schedule.

He was the Program Director for CARTY (Center for Advanced Research and Training in Yoga) at defense department of physiology and allied sciences DRDO and also at DIPAS and MDNIY, Ministry of Health and Family Welfare.

He extensively travelled to Eastern and Western Himalayas and also gone to the Arctic North Pole for research in human adaptation and

environmentally stressful and hazardous conditions.

DLit - Dr Aruna Goel



She is currently professor of Sanskrit and chairperson, Department of correspondence studies, Punjab University, she Chandigarh. She has been conferred a prestigious and highest award with a certificate of honor and cash prize of Rs Five lakhs on 15th August 2008 by HE president Shrimati Pratibhadevi Singh Patil, after screening bio-data of large number of scholars by a high powered committee of eminent experts. She is a fellow of the Punjab University Chandigarh.

Prof Aruna Goel has 35 years experience in teaching and research of Sanskrit and Indian philosophy. She has authored about 25 research books and has published nearly 85 papers in Indian and foreign Journals.

Prof ArunaGoel was nominated by the Ministry of Human Resource. Govt. of India to visit Hungry under Indo-Hungarian Cultural Exchange programme to deliver lectures on Sanskrit literature and Indian Philosophy. Earlier she was invited by Chulalongkon University,

Bangkok (Thailand) for delivering lectures on Indian culture.

Prof Aruna Goel had been a member of University Grants Commission, Gov. of India New Delhi; Member of Sahitya Academy (Sanskrit advisory Board), Govt. of India, New Delhi an member of the society of Indian Institute of Advanced Studies, Shimla which enabled her to get rich experience and an insight in the diverse fields of higher education.

Prof Aruna Goel had been the Honorary Director of the Center of Women Studies and Development, Punjab University, Chandigarh for four and a half years where she deeply engaged herself ensuring women empowerment through teaching, research, training, seminar and workshop, etc.

DLit - Anup Jalota



He is son of bhajan exponent Pt Purshottam Das Jalota, started singing at the age of 7 under his father's guidance. The popular singer from Lucknow is famous for his bhajans, gazals, geet, ad film songs to name a few. His melodious voice which also has attracted a lot of youngsters. Anup ji has travelled all over the world and has

recorded more than 200 albums already. He has a new world record as he has received more than 100 gold, platinum and multi-platinum discs. He has already performed more than 5000 live concerts throughout the world that makes him world famous to have a large number of fan followers. He has also received many awards like;

Govt of India has conferred him with 4th highest civilian Award Padma Shri on 26th January 2012

He was felicitated by British Parliaments "House Of Commons" & also received Annual Globe Award on 15th July 2010; Sangeet Natak Academy Award - U.P Govt; Screen Film Music Award, Mumbai; Gandharva Gaan Mani Award - Kanchi Shankracharya Math; Citizen Council Award - Gujarat Govt; Manav Ratna Award - Global Sai Foundation; Bhajan Samrat - Shankracharya Peeth; Rasheshwar Award - Sur Singar Samsad, Mumbai; He has sung in 9 languages; Has earned a record number of 100 Gold, Platinum and Multi-Platinum Discs; Has recorded and sung over 2000 Bhajans, Ghazals, and Geets; Has performed over 5000 live concerts spread over 300 cities on all five continents; Has performed at prestigious venues like Royal Albert Hall, Wembley, Lincoln Center, Madison Square Garden, Sydney Opera House & Esplanade many a times; Over 30 years, released more than 200 albums of Ghazals & Bhajans.

DLit - Saraswati Sundaresan

She is a well known dancer not only in India but also in the world. She is recognized for her wonderful performances and contribution to the field of dance. She has brought out various scriptures into limelight especially the Panchakosa which is the core theme of S-VYASA



through the art of dance to reflect the deep philosophy of Taitriya Upanishad.

She has received many awards, Awarded with the highest civilian award “Kalaimamani” (highest conferred award on an artist by Tamil Nadu Government) for the year 1991-1992. Awarded as recipient of “Friend’s Best Award” conferred by the Minister of Education, Tamil Nadu in May 1992. Doctorate awarded by America West University.

Nrithya Jyothi by Salt lake cultural association Calcutta, Abhinaya Saraswati by Bharati Tamil Sangam, Naadhabrahmam by Nrithya Kovida 2010 to name a few from the many awards she has received. Her qualifications shows that she has also devoted precious time to learn many other creative arts like Masters Programme in Catering Technology, Craft Course in Bakery and Confectionery, M.A. in English Literature- Correspondence Course Kamaraj University etc. Her professional experience includes; Director of Uttar Dakshin Cultural Organisation (UDCO) Lucknow, a member in All India Writers Association, have the Credit of Performing more than 2000 dance programmes in India and Abroad just to name a few.

She has also published many books on dances like Bharathanatyam Kalai”. Produced a Documentary based on Conservation of Forest

which won Film Divisions Award namely “VrikshaGaada”. Played the role of a film star for the Bengali play “AamimadonBolchi” bagged the first prize in All India Drama competition and many more TV productions.

DLit - Dr Prafulata Bhardwaj

Mrs. Prafulata Bhardwaj, the first lady of Karnataka, has been an outstanding legal luminary. Having a postgraduate degree in literary studies and a graduate degree in legal studies from the most prestigious Meerat



University, she has carved a niche for herself as an intellectual personality committed to social cause and concern.

She has also been playing a vital role in institution building activities and has been encouraging the growth of a number of institutions, both formal and informal across the country to provide education to the needy and downtrodden sections of society.

As someone interested in liberal education, Mrs. Bhardwaj has made an exceptional contribution to the field of higher education and particularly legal education. Promoting the initiative of mass education has been the most important aspect of Mrs. Bhardwaj’s personality. She has guided poor students in finding the financial support for their education. As a stakeholder, she has been a great source of inspiration for several educational institutions as well.

Mrs. Bharadwaj’s contribution to social reform through women education and para-legal services, institution building, livelihood initiatives and more importantly to issue concerning women empowerment, women’s welfare and child protection has been exemplary.

PhD Awardees



Abbas Rakhshani



Raghavendra Bhat



Nidhi Choudhary
in absentia

Special Prize Winners



Dr. Dayanand Dongaonkar Memorial
Best Thesis Award among M.D
(Yoga & Rehabilitation) students
Dr. Hemant Bhargav



Madan Mohan Sankhdher Memorial
Academic Excellence Award
among M.Sc (Yoga) students
Mr. Vasudeva Rao



Sri Venkatanarayana Sastry Memorial
Best Student Award among
M.Sc (Yoga & Consciousness)
students - Mr. Rajesha H.K

Sri Venkatanarayana Sastry Memorial
Best Dissertation Award among
M.Sc (Yoga & Consciousness)
students - Mr. R. Suresha

Vasishta Award for the
Best Dissertation among
M.Sc. (Yoga) Graduates
Mr. Chirag S. Hakked





Maria Del Carmen
MPhil



Hemant Bhargav
MD (Y&R)



Purnandu Sharma
MD (Y&R)



Neha Sandeep Pawar, **MD (Y&R)**



Promila Choudhary, **MD (Y&R)**



Richa Vivek Haldavnekar
MD (Y&R)



Vaibhavi Shridhar Barve, **MD (Y&R)**



Anand B Sanghavi
MSc (Y)



Ashok Kumar R
MSc (Y)



Chirag S Hakkad
MSc (Y)



Kaushal Kumar
MSc (Y)



M Madhava
MSc (Y)



Nagaraj M S
MSc (Y)



Subramanian A
MSc (Y)



Vasudeva Rao
MSc (Y)



Angelica Chandrasekeran
MSc (Y)



Aradhana Shukla
MSc (Y)



Bindu Suresh
MSc (Y)



Jaspal Kaur Sethi
MSc (Y)



Kyeong Jincha
MSc (Y)



Lee Hai-Jen
MSc (Y)



Mamta S Parekh
MSc (Y)



Monali D Mathad
MSc (Y)



Sasipriya V
MSc (Y)



Satvinder Kalsi
MSc (Y)



Soubhagyalaxmi Mohanty
MSc (Y)



Dayananda H V
MSc (Y&E)



Harish K K
MSc (Y&E)



Pradeep H Shetti
MSc (Y&E)



Srinivas Gantikota
MSc (Y&E)



Sundaramoorthy P
MSc (Y&E)



Anupama
Rajagopalan
MSc (Y&E)



Indra Bhushal
Sharma
MSc (Y&E)



Mamita Rani Das
MSc (Y&E)



Seema Godase
Derle
MSc (Y&E)



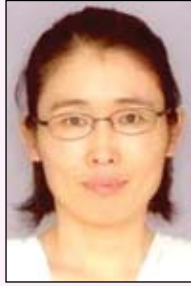
Harsha N
MSc (Y&C)



Rajesha H K
MSc (Y&C)



Suresha R
MSc (Y&C)



Miyako Tachiki
MSc (Y&C)



Abhay Singh
BSc (Y&E)



Ashish Kumar
BSc (Y&E)



Buddhadev Bag
BSc (Y&E)



Prabir Podder
BSc (Y&E)



Puneet Sharma
BSc (Y&E)



Sumit D
Anvelhekar
BSc (Y&E)



Pascal Pappillon
BSc (Y&E)



Sourabh Jasula
BSc (Y&E)



Swadesh Sharma
BSc (Y&E)



Ashwini H R
BSc (Y&E)



Manjulatha Malla
BSc (Y&E)



A Ahalya
BSc (Y&E)



Mohini
BSc (Y&E)



Arunraj V
BSc (Y&C)



Bhagath K P
BSc (Y&C)



Bhaskara S
Kottannavar
BSc (Y&C)



Chandra Mouli
BSc (Y&C)



Dattareya Dixit
BSc (Y&C)



Dayananda A R
BSc (Y&C)



Deopujari
Puskar Parag
BSc (Y&C)



Gajanan Shreedhar
Bhat
BSc (Y&C)



Ganesh Subrahmanya Bhat
BSc (Y&C)



Harsha K Y
BSc (Y&C)



Jeevan Jagadeesh Kulkarni
BSc (Y&C)



Padma Prashanth Bhat
BSc (Y&C)



Park Byeong Seog
BSc (Y&C)



Sujay Parameshwar Bhat
BSc (Y&C)



Supreeth S
BSc (Y&C)



Vadiraja K S
BSc (Y&C)



Maheshwari M
BSc (Y&C)



Vijayalakshmi N
BSc (Y&C)

List of the Topics of Thesis and Dissertation of the Graduates of the 10th Convocation

Ph.D Graduates

| SNo | Name | Thesis Topic |
|-----|------------------|--|
| 1 | Nidhi Choudhary | Effect of Yoga based lifestyle programme on poly cystic ovarian syndrom |
| 2 | Raghavendra Bhat | Psychophysiological effects of two meditative states described in Yoga texts |
| 3 | Abbas Rakhshani | |

M. Phil

| SNo | Name | Thesis Topic |
|-----|------------------|--------------|
| 1 | Maria Del Carmen | |

M.D

| SNo | Name | Dissertation Topic |
|-----|-------------------------|---|
| 1 | Hemant Bhargav | Frontal Hemodynamic Responses to High Frequency yoga Breathing in Schizophrenia: A Functional Near Infrared Spectroscopy (fNIRS) Study. |
| 2 | Vaibhavi Shridhar Barve | Effect of Holistic Module of Yoga and Ayurvedic Shodhana Karma in Type 2 Diabetes Mellitus |
| 3 | Promila Choudhary | Effect of IAYT on Body Mass Composition and Chi Energy Status in Obesity Patients. |
| 4 | Richa Vivek Haldavnekar | Immediate effect of Yogic Colon cleansing (Laghusankhprakashalana Kriya) on pain Spinal Flexibility in CLBP |
| 5 | Neha Sandeep Pawar | Changes in Autonomic Functions following an Intensive Yoga & Ayurveda treatment in Type II Diabetes Patients - A Pilot study. |

| | | |
|---|-----------------|---|
| 6 | Purnandu Sharma | Measuring changes in cerebral blood flow during a frontal lobe task in type 2 diabetes mellitus patients following an integrated approach of yoga therapy and ayurveda – A pilot study. |
|---|-----------------|---|

M.Sc (Yoga) Graduates

| SNo | Name | Dissertation Topic |
|-----|-------------------------|---|
| 1 | Kaushal Kumar | <i>Part I:</i> Effect of Bhramari according to different yogic texts. <i>Part II:</i> Immediate effect of Bhramari on Reaction Time Task. |
| 2 | Anand B Sanghavi | <i>Part I:</i> Immediate effect of Asana on stop signal task measuring response inhibition in yogic students. |
| 3 | Soubhagyalaxmi Mohanti | <i>Part I:</i> Theory of Karma in relation with Diseases <i>Part II:</i> The effect of Yoga on Proprioception with Congenitally Blind Students. |
| 4 | Hai-Jen Lee | <i>Part I:</i> Review of Literature on Health according to Ayurveda, Yoga and Naturopathy <i>Part II:</i> Effect of Integrated Yoga on Sustained Attention, Concentration and General Heal of Students |
| 5 | Aradhana Shukla | <i>Part I:</i> Concept of Ekagrata and Dharana Accroding to yoga and Spriritual Lore <i>Part II:</i> Immediate effect of Kapalabhati (High frequency breathing) on Reaction Time. |
| 6 | Angelica Chandrasekeran | <i>Part I:</i> Concept of Prayer & Significance of Lord Ganapati according to Vedic Tradition <i>Part II:</i> Effect of Thoppukaranam on Selective Attention and Mental concentration, State Mindfulness and state anxiety in young adults. |
| 7 | Bindu Suresh | <i>Part I:</i> Relevance of Sakthi Bhava according to Scriptures. <i>Part II:</i> Mindfulness and its relationship to resilience Psychological Distress among nursing students. |
| 8 | Monali D Mathad | <i>Part I:</i> Concept of emotion regulation according to patanjali yoga sutra <i>Part II:</i> Effect of Yoga on psychological wellbeing in Diploma nursing students – Randomized controled study. |
| 9 | Harisha K K | <i>Part I:</i> Concept of Lord Shiva and Vishnu in Indian Scriptures <i>Part II:</i> Reg studies on different types of Lecture sessions. |
| 10 | Vasudeva Rao | Measuring Guna prevalence with Reg – A Pilot study. |
| 11 | Chirag S Hakked | <i>Part I:</i> Role Pranayama (Yogic Breathing practices) in improving the endurance and performance of competitive swimmers. |

M.Sc (Yoga & Education)

| | | |
|---|---------------------|--|
| 1 | Mamata Mohanty | <i>Part I:</i> Color- Its role in Human life perspective to the Indian Tradition <i>Part II:</i> Immediate effect of Bhramari Pranayama among school students using stroop test. |
| 2 | Seema Godse Derle | <i>Part I:</i> Gayatri Mantra <i>Part II:</i> Immediate effect of Gayatri Mantra chanting on attention in school students. |
| 3 | Dayananda H V | <i>Part I:</i> Obstacles in the path of yoga practice |
| 4 | Namita Rani Das | <i>Part I:</i> Prajsa according to Indian texts and scriptures. <i>Part II:</i> Immediate effect of two yoga based breathing technique in vigilance on healthy adolescents |
| 5 | Anupama Rajagopalan | Dances, Emotions and Reg studies on different types of dances. |

M.Sc (Yoga & Consciousness)

| | | |
|---|-------------|---|
| 1 | Harsha N | Lord Sri Krishna as an eye opener in light of the Bhagavad-Gita |
| 2 | Miyako T C | Preparation of the mind for final Knowledge in the light of Upanishad & Yoga Sutra. |
| 3 | Rajasha H K | The Song of the Sanyasin |
| 4 | Suresha R | Vedantic Pedagogy |



PhD Thesis Abstracts

Abbas Rakhshani

TITLE:

Effect of Yoga in High-Risk Pregnancy

BACKGROUND:

Pregnancy and labor can be highly stressful events in any woman's life due to many physiological and psychological changes that may cause several problems. The psychological stress is magnified in high-risk pregnancies, where there are higher chances of complications, spite of mounting evidence with strong correlation between maternal stress and pregnancy outcomes, the present conventional management of the pregnancy complications considers term delivery as the most viable treatment option, and this can substantially jeopardize the health of the newborn. Therefore, prevention of these serious pregnancy complications would be of high public health and economic significance. In low-risk pregnancies, the effects of lifestyle and other complementary therapies have been investigated. In particular, there are a number of trials, related to the present study, that have used yogic practices in their investigations. These studies have shown yoga to be an effective therapy for treatment of several lifestyle related diseases that are also known to be major risk factors for pregnancy complications including hypertension, diabetes mellitus, and obesity. Therefore, there is a need to look at additional practices, which help in yogic lifestyle for positive health during pregnancy and offer a strong social acceptance for making pregnancy and childbirth a spiritual experience. Furthermore, yoga has been documented to improve pregnancy outcomes in part by

reducing maternal stress. This randomized controlled trial investigated the effects of yoga in prevention of pregnancy complications in high-risk pregnancies for the first time.

METHODS:

Aim: To assess the effects of yoga in high-risk pregnancy through a set of biological, psychological, and scientific parameters. **Objectives:** The objectives of this study was to investigate whether 16 weeks of yoga practice would: (i) be safe and feasible in hospital settings, (ii) reduce incidence of pregnancy complications in high-risk pregnant women, (iii) improve pregnancy outcomes in high-risk pregnant women as compared to standard care, and (iv) improve the blood flow to the uteroplacental and fetal arteries. **Design:** This was a single-blind prospective stratified randomized controlled clinical trial on 68 pregnant women at high risk of developing pregnancy complications. **Sample size:** The sample size was calculated using the data from a Japanese study that investigated simple yoga-like water exercises in prevention of preeclampsia. With a set at 0.05, probability of type I error at 0.01, and powered at 0.8, a minimum sample size of 27 per group was obtained. **Settings:** The study was conducted at the obstetric unit of St. John's Medical College & Hospital (SJMCH) and Gunasheela Maternity Hospital (GMH) in Bengaluru, India. All subjects signed the informed consent form approved by the ethical committee of SJMCH before recruitment. **Interventions:** The yoga group received standard care plus one-hour yoga session three times a week from the beginning of the 13th week to the end of the 28th week of gestation (a total sessions),



while the control group received standard care plus advice for walking for an hour mornings and evenings (the routine antenatal exercise offered by the hospital) during the period of the study. **Measurements:** Maternal and fetal measurements were used at the 12th week, 20th week, and 28th week gestation. Pregnancy outcomes and occurrence of complications were recorded at the time of delivery. **Timeline:** The data collection began in February 2010 and continued till April 2011. Data analysis and revision of the manuscripts started in May 2011.

Nidhi Choudhary

Title: Effect of Yoga based Lifestyle program on polycystic ovarian syndrome (PCOS) - A randomized controlled trial.

Background: Polycystic Ovarian Syndrome (PCOS) is the most common female endocrine disorder with prevalence estimates ranging from 2.2 percent to as high as 26 percent depending on the diagnostic criteria used and the ethnicity of the population studied. Most of these reports studied adult women with age ranged from 18 to 45 years. Identifying and treating adolescents with PCOS is of prime importance, as adult women with PCOS have a 10-fold increased risk of developing type 2 diabetes, and a 2-fold increased risk of the metabolic syndrome. Hence the current study was undertaken to estimate the prevalence of PCOS among adolescent girls in South India using Rotterdam's criteria.

Also, there are studies suggesting that chronic stimulation of sympathetic activity, a result of stressful life style, can induce dysregulation of the Hypothalamus-Pituitary-Ovarian axis (HPO axis) Hypothalamus-Pituitary-Adrenal axis (HPA axis) in women with PCOS. This points to the need for stress management based life

style changes that reduce sympathetic tone and influence the HPO axis. Therefore, the present study was designed to investigate the effect of yoga on adolescent PCOS girls in comparison to the physical exercise program.

Aim: Considering that there have not been many studies exploring PCOS in India this study was designed with the aim

- a) To estimate the prevalence of PCOS among adolescent girls in a South Indian college hostel, and
- b) To conduct a RCT to study the effect of integrated yoga based life style program in comparison to the standard physical exercise program in adolescent girls- with PCOS.

Methods: 460 girls between the ages of 15-18 years were screened for PCOS according to the Rotterdam's criteria.

For the interventional study, 90 adolescent girls (aged 15-18 years, BMI \pm 18.5) who satisfied the Rotterdam criterion for PCOS and had no prior experience of yoga were randomized into Yoga and Exercise group. The yoga group practiced Integrated Approach of Yoga Therapy (IAYT) module that included asanas, pranayama and meditation while the exercise group practiced a matching set of standard physical exercises (1 hour/day, for 12 weeks). All the variables were assessed on day 1 and day 95, keeping 5 days of detraining phase after concluding the intervention.

Results:

- a) Prevalence study: Out of the 460 girls who were screened (aged 15-18 years), 42 (9.13%) girls satisfied Rotterdam's criteria for PCOS, which increased to 50.4% (10.97%) when imputed data were included.



b) **Interventional Study:** Comparing the change score between the two groups, Mann-Whitney U test on difference score showed significant ($p < 0.05$) difference between the two intervention groups, with greater improvement in the yoga group as compared to the control group in all the variables of hormonal profile except FSH and Prolactin; in all the variables of biochemical profile except High density lipoprotein (HDL), and also in all the psychological variables except state anxiety. Changes in BMI, waist circumference (WC), hip circumference (HC) and waist-hip ratio (W/H) were non-significantly different between the two groups ($p > 0.05$).

Conclusion: In Conclusion, these results suggest that integrated approach of yoga therapy for 12 weeks was significantly better in restoration of normal endocrine and biochemical functions with improvement in psychological profile of PCOS than physical exercises. It also emphasizes the fact that yoga brings about positive changes at hormonal, biochemical and psychological levels independent of anthropometric changes. Thus, yoga may have contributed to a reduction / normalization of SNS/HPA-axis activation and Therefore have beneficial effects on physiological and psychological symptoms in PCOS. Future studies in different age groups and different parts of India and other countries are necessary to support our conclusions.

Key Words: Adolescent PCOS; Anti-Mullarian Hormone; Endocrine Profile, Insulin Resistance; Lipid Profile. Yoga

Raghavendra Bhat

Title: Psycho Physiological effects of two

Meditative States described in Yoga Texts

Background: There are four mental states described in yoga texts viz., *cañcalatā*, *ekāgratā*, *dhāraṇā* and *dhyāna*. The earlier study showed increase in latency of wave V of brainstem auditory evoked potentials (BAEPs) during *cañcalatā*, *ekāgratā*, and *dhāraṇā* but not in *dhyāna*.

Aims: The present study was planned to assess the psychophysiological effects of *dhāraṇā* and *dhyāna*.

Materials and Methods: Sixty healthy male volunteers with ages ranging from 17 to 38 years were studied. They were all students at S-VYASA University. They had a minimum of 6 months of experience in meditation on Om (group average experience \pm SD, 20.95 ± 14.21 months). The study design was self-as control design. Participants were assessed in four sessions on four separate days. Midlatency auditory evoked potentials, performance on attentional task and ability to follow the guided instructions were assessed.

Results and Conclusion: The present study showed an increase in the peak latency of Na and Pa waves during *dhyāna* which suggests an increase in information processing time at the level of medial geniculate and primary auditory cortex. In contrast, following *dhāraṇā* there was an improvement in performance on all measures of the d2 test of attention (TN, E, TN-E, E%, and CP) and in the digit symbol substitution test. The results suggest that, *dhāraṇā* is associated with better attention, incidental learning, and better accuracy. Subjective assessment about the ability to follow guided instructions showed that, *dhāraṇā* is the most difficult state compared to the *cañcalatā*, *ekāgratā* and *dhyāna* states. Hence, this also shows that *dhāraṇā* and *dhyāna* are two distinct and different meditative states



A One day Discussion Meet with Prof ECG Sudarshan Quantum Theory, Cognition and Behaviour



Prof ECG Sudharshan Ji

Jan 6: A one day discussion meet was held with Prof. E.C.G. Sudarshan on “Quantum Theory, Cognition and Behaviour” at Prashanti Kuteeram on 6th of Jan 2013. He is a world renowned Scientist and Chair for Division of Yoga & Physical Sciences, S-VYASA. The programme began with a Tamil invocation song with a divine touch by Smt Bhamathi Sudarshan. Dr. H.R. Nagendra then welcomed all the participants and expressed heartfelt gratitude towards Prof. Sudharshan on behalf of the entire Prashanti family for accepting the invitation for the programme. Dr. H.R. Nagendra then gave a short presentation about bridging and generalizing Classical Mechanics and Quantum Mechanics. He also briefed about the various research projects, especially the ones under the division of Yoga and Physical Sciences, that are being undertaken at S-VYASA.

Prof E.C.G Sudarshan addressed the gathering and amazed the group with his ability to explain the subject matter of Quantum Mechanics, which is normally branded as complex, with great simplicity. He brought everyone's

attention on the possible narrow-mindedness of the modern scientists being an impediment for the growth of science. He effortlessly guided everyone from being a convoluted questioner to a straight forward thinker in order to focus on the fundamental problems instead of going astray in the maze of questions. The one hour long intellectual discussion which was rightly flavoured with his engaging sense of humour was a treat to all.

This was followed by a presentation by Vasudeva Rao, MSc student at S-VYASA, on Information Theory. The theory tried to address fundamental questions of ‘existence’ and ‘perception’ and then attempted to explain Classical and Quantum phenomena with one common model. Afternoon session saw one presentation by Dr. Alex Hankey, Professor of the Division of Yoga & Physical Sciences at S-VYASA. The talk focussed on the concept of Criticality in systems including biological systems. It provided an explanation for the phenomenon of meditation using the idea of critical instability in feedback loops.

Prof E.C.G. Sudarshan then summarized the day's proceedings and gave his closing comments. The day devoted to instilling true scientific spirit ended with the vote of thanks by Dr. H.R. Nagendra.





Yoga Instructors' Course (YIC) - 132nd Batch, January, 2013



Distance Education: YIC - Dec 2012 Batch



DIVISION OF YOGA & MANAGEMENT STUDIES



Distance Education: PGDYT - Aug 2011 Batch



Distance Education: BSc - Jan 2013 Batch

Distance Education: PGDYT - Jan 2013 Batch



Distance Education: MSc - Jan 2013 Batch



BHAVANJALI - A Cultural Extravaganza As A Tribute to Swamiji on 150th Birth Anniversary



Swami Vivekananda's 150th Birth Anniversary program presided by HH Hariprasad Swamiji

12th January the birth day of Swami Vivekananda is celebrated as the National Youth Day of India. At S-VYASA, the day is the Convocation for the graduating students. The Convocation was held from 8.45am with a Academic Procession and the Convocation was held at Mangal Mandir from 9.30am to 12.30am.

In the evening a grand cultural extravaganza was organized.

Padmashree Sri Anup Jalota gave a fabulous bhajans and performance of songs.

The audience joined him and were thrilled by Sri Anupji's performance. Anupji in his brief

talk before starting his performance, said that he has become part of the Prashanti family. Padmashree Balamurali Krishna who was present blessed Sri Anup Jalota on the occasion.

Prior to Anup Jalota's performance in a brief ceremony HDH Hariprasad Swamiji the founder of Yogi Divine Society, Sokhda, Gujrat gave his blessings on the occasion. HH Tyaga Vallabh Swamiji exchanged a Memorandum of Understanding on behalf of Sarvodaya Kevalani Samaj, Rajkot with Dr. H.R. Nagendra, VC, S-VYASA to spread Yoga, Yoga Therapy, Yoga Reasearch and to implement Stop Diabetes Movement in Gujrat, through their various educational institutions. S-VYASA and Himalayan Institute Hospital Trust University, Dehra Dun also exchanged a MOU. HIHTU was represented by Dr. Prakash

HH Hariprasad Swamiji
Founder, Yogi Divine Society, Sokhda, Gujrat



Keshaviah, Director of Nephrology and Hon. Professor of Physiology. On the occasion it was also announced that a similar MOU has been signed between S-VYASA and Parmarth Niketan, Rishikesh.

Two books were released by HDH Hariprasada Swamiji. One - "VASUDEVA KRIYA YOGA" written by Sri Rajendra Damodara Yenkanamoole, Australia and the second book, a French translation of "Yoga its Basis and Applications", translated by Sri Pascal Pappillon.

The following well-wishers and donors of VYASA were felicitated by HDH Hariprasada Swamiji.

- (i) Sri R.K.Sinha, Group Chairman, SIS Group
- (ii) Sri Ramkumar Rathi, Developer and Builder, Pune
- (iii) Padmashree Ramesh Gelli, Chairman and CMD of Vysya Bank.
- (iv) Sri Baltar Brar, Parole Officer / Social Worker at CSC, Canada
- (v) Dr.Prakash Keshaviah, Director of Nephrology & Hon. Professor of Physiology

The program was conducted by Dr. Venkatramji at the end Sri Anup Jalota and his team were felicitated for their wonderful performance.



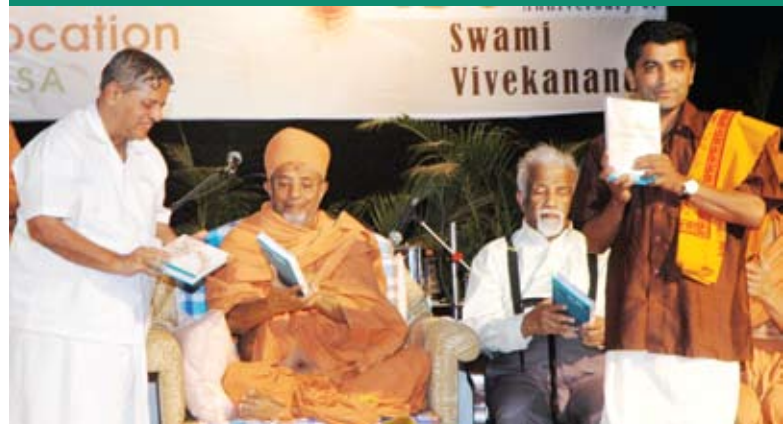
Bhavadhara...



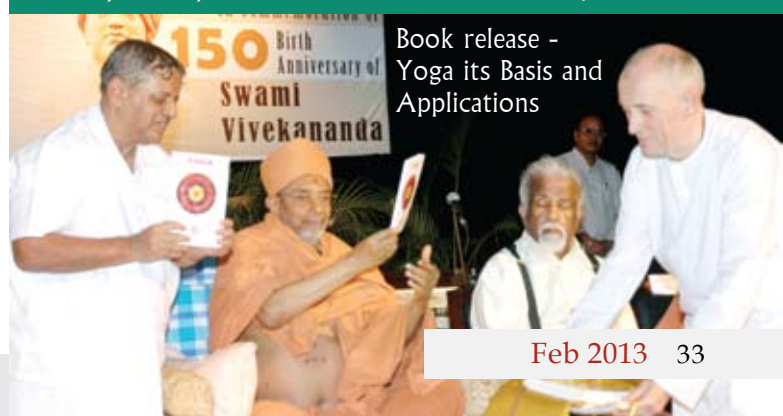
S-VYASA MOU with Yogi Divine Society, Sokhda, Gujrat



S-VYASA MOU with Himalayan Institute Hospital Trust University (HIHTU), Dehra Dun



Book release - Vasudeva Kriya Yoga by Sri Rejendra Damodara Yenkanamoole, Australia



Book release - Yoga its Basis and Applications



BHAVANJALI - Padmashree Dr Anup Jalota & team



Padmashree Dr Balamurali Krishna



Padmashree Dr Anup Jalota



Padmashree Ramesh Gelli



Sri Baltar Brar



Dr Prakash Keshaviah



Parasparam Bhavayantaha...

A Poetic Tribute to the Patriot-Saint



Padma Vibhushan Sri Gopal Das Neeraj Ji

Jan 13th: In continuation to the 150th Birth Anniversary Celebrations of Swami Vivekananda, a cultural evening was organized on 13th Jan 2013 at S-VYASA, Mangal Mandir, Prashanti Kutiram.

The program was hosted in collaboration with S-VYASA and SIS Group Enterprises, New Delhi. SIS Group Chairman, Sri R.K.Sinha, Presided over the function. Sri R.K.Sinha introduced Padma Vibhushan Sri Gopal Das Neeraj and also welcomed the gathering.

Sri Neeraj is one of the senior most poets in the Hindi Film Industry. He wrote songs for many hindi films, which become ever green. Lata Mangeshkar, Kishore Kumar, Mohd. Rafi and many others gave their voice to his songs.

The most popular music directors Sri Shankar – Jaikishan and Sri Sachin Dev Burman rendered music to Neeraj’s songs.

Sri Neeraj’s poetry was deep in the cultural heritage of India and gave a patriotic fervour. Swami Vivekananda’s thoughts were given poetic form by Sri Neeraj. The Mangal Mandir was packed with spell bound audience.

Dr.H.R.Nagendra, Guruji felicitated Sri Neeraj on the occasion. Dr.K.Subhramanyam proposed the vote of thanks.



Honor to Great Poet

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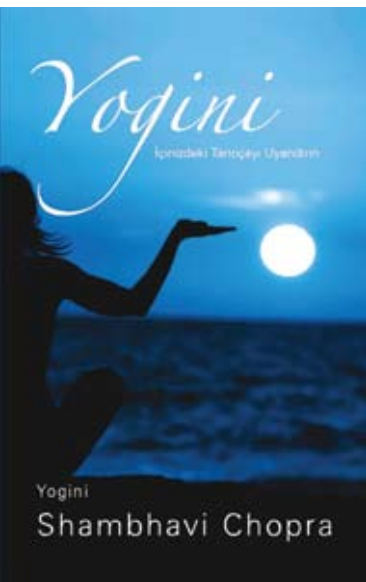
- Online International Journal of Yoga (I-JY) indexed in Pubmed.

- Joint research projects with National and International Agencies like DST, DSIR, ICMR, AYUSH, DRDO, etc. (USA).

Sri Yoga University

Members of Board of Management of S-VYASA met on Jan 11, 2013

News from Turkey: Expanding the Wings of Yoga



"Yogini, Awaken the Goddess Within" by Shambhavi Chopra was released on December 21:

We are proud to announce a new book was released by the publishing wing of Istanbul Yoga Center, Purnam Publishing!

The new release is about the personal experiences of *Yogini Shambhavi Chopra* on Yoga, Tantra, Buddhist

meditation technique Vipassana and some sufi practices.

Purnam Publishing books are introduced in the Festival - Naturel Mind, Body and Soul Festival on November 15-18: Thanks to **Asuman Budak**, a previous YIC student, the books of Swami Vivekananda reached the spiritual seekers in Istanbul.

Since year 2000, the festival, first of its kind, is attracting the crowds on the subject.

With the help of another YIC student, **Gülseren Alçı**, Purnam spiritual books were also exhibited and sold in the Mind and Body Festival in the city Izmir, as well!



New Year Celebration and Book launch party on December 21: The new year and the new book launch was celebrated by the students of İstanbul Yoga Center, on December 21.

The night was colored with the 20 minutes meditation, bioenergy session of Dr. Davud İbrahimoglu, the live Turkish traditional music by Ezgi Köker and the viol in performance by Aysegul Ayvazoglu. After the event, participants also enjoyed the vegetarian Indian food, cooked by the staff of Devi Cafe of Istanbul Yoga Center!

Ezgi Köker, who holds a YIC certificate newly released a music album, "**Sade**" in December, 2012. Aysegul Ayvazoglu, who is a student of Istanbul Yoga Center is a Professional violin artist, working in Istanbul Symphony Orchestrate.

Collaboration with Aktif Felsefe Foundation:

The books of Swami Vivekananda are getting nice recognition by the most active philosophy foundation in Turkey, Aktif Felsefe. A group from the foundation awarded Purnam Publishing a small gift of **Ganesha Statue** for the contribution to the developing philosophy in Turkey. Ayça Gürelman is invited to give a series of yoga philosophy talks in city Eskisehir, in March 2013.



S-VYASA launches a new online Research Journal
on Philosophy, Psychology & Para-psychology

Call for Papers

International Journal of Yoga - Philosophy, Psychology and Para-Psychology [IJOY - PPP]

Dear Sir/Madam, Greetings,

International Journal of Yoga - Philosophy, Psychology, Para-Psychology (IJOY - PPP), is a novel biannual scientific Yoga journal, to be launched on January 12, 2013, dedicated to Yoga Philosophy, concepts and applications in Psychology and Para-Psychology. The journal is an official publication of Swami Vivekananda Yoga Anusandhana Samsthana (a Deemed University) recognized by the Ministry of Human Resource Development through UGC, Government of India, New Delhi, India and a sister journal of I-JOY, a peer reviewed Pubmed indexed open access journal published by Medknow publications [part of Wolters Kluwer Health] Mumbai, India.

You are welcome to submit articles related to Yoga Philosophy, Psychology and Para-Psychology, its concepts and applications.

We publish articles related to:

Yoga - Philosophy, Psychology and Para-Psychology:

- » Original Article
- » Short Communication
- » Review Article
- » Letter to the Editor

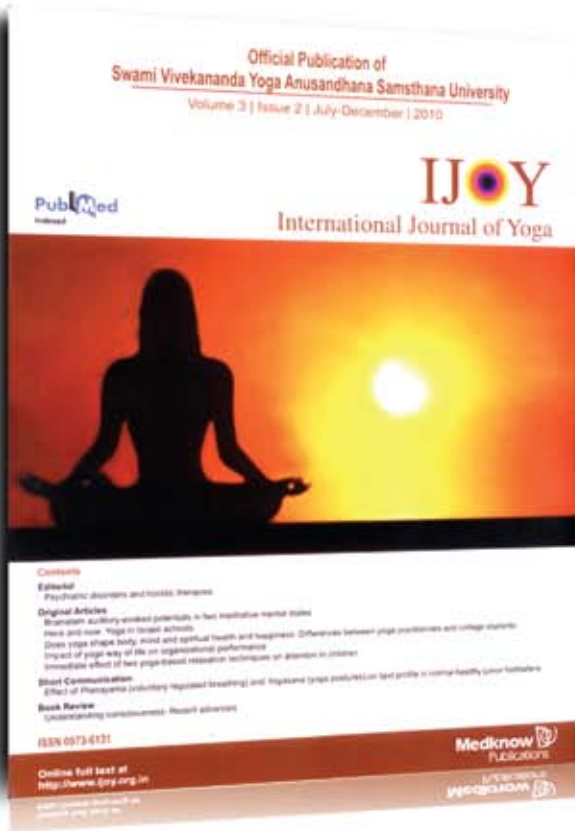
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For Instructions to the author: <http://www.ijoy.org.in/contributors.asp#Dwnld>

*All articles will undergo a peer review process and
you will be informed about the status of the manuscript within 5 weeks.*

Yoga Conferences at a Glance

1. Prof. A. Satyanarayana Shastry Memorial 'Sadhana Sourabha' on Mar 30 & 31, 2013 in Prashanti Kutiram.
2. International Conference on Yoga and Ayurveda for Corporate World and Arogya Expo, May 20 - 28, 2013
3. 20th INCOFYRA - AYUSH for Diabetes, Dec 20 - 23
Pre-Conference Workshop, Dec 16 - 22
Post Conference Workshop, Dec 24 - 31
(look for details in next issue of Yoga Sudha)



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Mission
Yoga to Every Doorstep

Directorate of Distance Education (DDE), S-VYASA is approved by Distance Education Council (DEC), New Delhi vide notification F. No.DEC/2011/ 5878 dated May 31st, 2011 as a center to launch programmes through the Distance Mode.

ABOUT S-VYASA

The objective of S-VYASA has been to make Yoga a socially relevant science with the tool of modern scientific research. Over the last 25 years, several beneficial applications of yoga in Health, Education, Management and other fields have been established through scientific research: published 195 research papers in leading peer reviewed national and international journals making this institution a premier in Yoga research in the country.

“The goal of life is to manifest the Divinity within” is the proclamation of Swami Vivekananda. The approach of S-VYASA has been to promote this great wisdom of Yoga and Spiritual lore not only for alleviating human suffering but also for individual growth and universal peace, harmony and brotherhood. With vast experience of conducting several short-term and long-term programs as an affiliated institution to Bangalore, Mysore, Mangalore and Rajiv Gandhi University of Health Sciences, Bangalore, S-VYASA acquired the status of Deemed University by UGC in 2002.



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