

# YOGA SUDHRA

A Monthly Journal of SVYASA (Deemed to be University)



वसुधैव कुटुम्बकम्

## 9<sup>th</sup> International Day of Yoga

*successfully celebrated with the spirit,*

**The World is One Family, across the Globe.**

Hon'ble Prime Minister, **Shri Narendra Modi ji**  
led the session @ **UNO Headquarters**

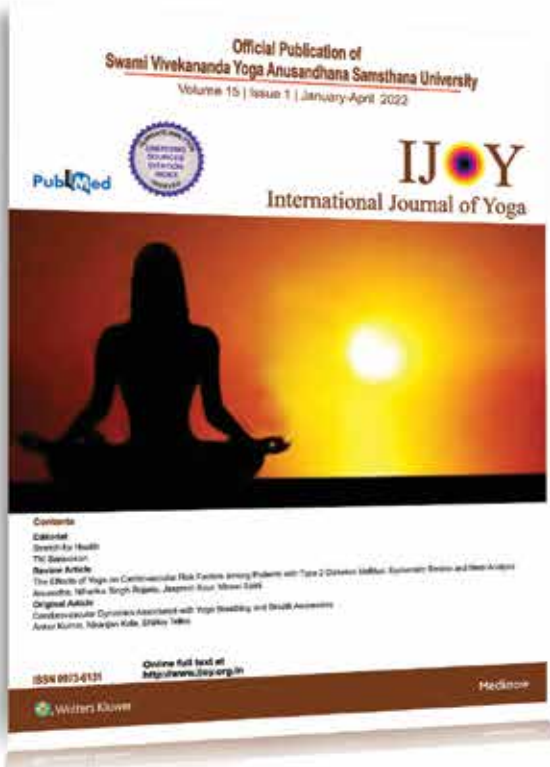


It is happy to note that **S-VYASA's** Official Publication,  
**IJOY (International Journal of Yoga)**  
has received an **Impact Factor of 1.6**  
for **2022** by **JCR (Journal Citation Reports)**

# IJOY International Journal of Yoga



Impact Factor  
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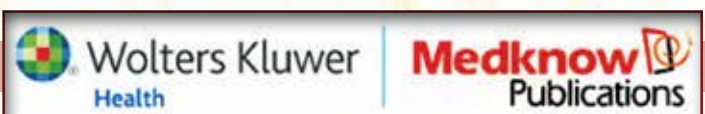
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तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

# योगसुधा

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## CONTENTS








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Editorial	2
Message from the Vice Chancellor	3
 <b>9<sup>th</sup> International Day of Yoga</b>	
Visit of Pujya Guruji and Dr. Manjunath Sharma to Bahrain, Riyadh & Muscat	7
Celebrations at Yunnan Minzu University	13
World Yoga Summit, 2023 at Germany	43
9 <sup>th</sup> International Day of Yoga 2023: celebrations at S-VYASA	45
Camps organized during 9 <sup>th</sup> IDY by TSYNM	56
IDY celebrations in the Govt. Schools	59
9 <sup>th</sup> IDY celebration by S-VYASA & VYASA Affiliates	60
 <b>Division of Yoga-Spirituality</b>	
<b>Brahmasutra</b> - <i>Ādityādinatayaścāṅga upapattel</i> - Prof. Ramachandra G Bhat	5
<b>Yoga Bhāṣya Sampat Series:</b> Known Yogic Verse Lesser Known Traditional Insight! - 7 - Prof. M Jayaraman	19
<b>Chakras and Mantras: Sound/ Vibratory medicine</b> - Dr. Divya Keshavamurthy	23
 <b>Division of Yoga &amp; Life Sciences</b>	
<b>The importance of yoga for pelvic tilt in women with C-section</b> - Dr. Sridevi K J	29
 <b>Division of Yoga &amp; Physical Sciences</b>	
<b>Simple Bhramari (Humming) as a stress buster</b> - Gunjan Y Trivedi	35
 <b>Division of Yoga &amp; Management Studies</b>	
<b>Online Yoga Instructor's Course</b> - details	37
 <b>Division of Yoga &amp; Humanities</b>	
<b>Yogi Vivekananda</b> - 25 - Dr. K Subrahmanyam	39
 <b>VYASA, National</b>	
<b>UGC Secretary visit to Prashanti</b>	63
<b>Chancellor @ SDUAHER Deemed to be University</b>	64
<b>S-VYASA Delegation visited the Campus of</b> <b>Heritage Group of Institutions</b>	65
<b>National Seminar on "Rebuilding Bharat through Indigenous &amp;</b> <b>Innovative Practices: A way forward towards Vishwa Guru"</b>	66
<b>Seminar on Indian Knowledge System (IKS)</b>	69
<b>E-Governance Training Programme &amp;</b> <b>World Environment Day: Walkathon in Bengaluru</b>	70

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*My dear Brothers and Sisters,*

A journal index is a list of journals organized by discipline, subject, region and other factors. It is used by researchers to search for studies and data on certain topics. As an author, publishing research in an indexed journal increases the credibility and visibility of the work.

Journals in indexes have been reviewed to ensure they meet certain criteria. These criteria may include:

- Ethics and peer review policies
- Assessment criteria for submitted articles
- Editorial board transparency
- Others

The journals are indexed by PubMed and Scopus which are most important.

The **Web of Science (WoS)** is a paid-access platform that provides access to multiple databases that provide reference and citation data from academic journals, conference proceedings, and other documents in various academic disciplines. It was originally produced by the Institute for Scientific Information. It is currently owned by Clarivate

Next step after Indexing the Journal is to get at Impact Factor.

The **impact factor (IF)** of an academic journal is a scientometric index calculated by Clarivate that reflects the yearly mean number of citations of articles published in the last two years in a given journal, as indexed by Clarivate's Web of Science.

The impact factor was devised by Eugene Garfield, the founder of the Institute for Scientific Information (ISI) in Philadelphia. Impact factors began to be calculated yearly starting from 1975 for journals listed in the *Journal Citation Reports (JCR)*. ISI was acquired by Thomson Scientific & Healthcare in 1992<sup>[4]</sup> and became known as Thomson ISI. In 2018, Thomson-Reuters spun off and sold ISI to Onex Corporation and Baring Private Equity Asia.<sup>[5]</sup> They founded a new corporation, Clarivate, which is now the publisher of the JCR

### Calculation of Impact Factor

In any given year, the two-year journal impact factor is the ratio between the number of citations received in that year for publications in that journal that were published in the two preceding years and the total number of "citable items" published in that journal during the two preceding years: <sup>[7][8]</sup>

For example, *Nature* had an impact factor of 41.577 in 2017. This means that, on average, its papers published in 2015 and 2016 received roughly 42 citations each in 2017. 2017 impact factors are reported in 2018; they cannot be calculated until all of the 2017 publications have been processed by the indexing agency.

The value of the impact factor depends on how to define "citations" and "publications"; the latter is often referred to as "citable items". In current practice, both "citations" and "publications" are defined exclusively by ISI as follows. "Publications" are items that are classed as "articles", "reviews" or "proceedings paper" in the Web of Science (WoS) database; other items like editorials, corrections, notes, retractions, and discussions are excluded.

WoS is accessible to all registered users, who can independently verify the number of citable items for a given journal. In contrast, the number of citations is extracted not from the WoS database, but from a dedicated JCR database, which is not accessible to general readers. Hence, the commonly used "JCR Impact Factor" is a proprietary value, which is defined and calculated by ISI and can not be verified by external users.

New journals, which are indexed from their first published issue, will receive an impact factor after two years of indexing; in this case, the citations to the year before volume 1, and the number of articles published in the year before volume 1, are known zero values. Journals that are indexed starting with a volume other than the first volume will not get an impact factor until they have been indexed for three years.

Occasionally, *Journal Citation Reports* assigns an impact factor to new journals with less than two years of indexing, based on partial citation data. The calculation always uses two complete and known years of item counts, but for new titles, one of the known counts is zero. Annuals and other irregular publications sometimes publish no items in a particular year, affecting the count. The impact factor relates to a specific period; it is possible to calculate it for any desired period. For example, the JCR also includes a **five-year impact factor**, which is calculated by dividing the number of citations to the journal in a given year by the number of articles published in that journal in the previous five years.



■ Dr H R Nagendra

# Message from the Vice Chancellor

*Dear Brothers and Sisters,*

Greetings from the desk of the Vice Chancellor

I am delighted to understand that this 9<sup>th</sup> year's International Day of Yoga (IDY- 2023) has been celebrated world-wide in a jubilant way. I whole heartedly congratulate each one of those who joined in this global Yagnya. The theme of this year's IDY "Vasudhaiva Kutumbakam" which means the whole world is a family is quite meaningful to the present-day situations in the world.

In the context of prevailing social disturbances, wars, regional and religious hatredness, nasalism, militant activities, economic imperialism, protests and strikes, abuse of powers by the administration, increase of violence and intolerance among different sectors of the society and other ill practices which destabilize the social fabrics of our society the theme "The whole world is one family", if understood and practiced by everyone certainly it leads to health, happiness and harmony the main objectives of Yoga.

Yoga a way of Life and ideal technique of management for health, happiness and harmony, a discipline of meaning full life, a science of life, an art of living, a path of self-realisation and salvation, an order of transforming ordinary person to a great human being is based on the knowledge from Bhagavadgita, Vedas, Upanishads, Darshanas, Brahma sutras, Yoga Vasishta, Patanjali Yoga sutras and many more later texts.

In these days Yoga Asana is being practiced everywhere in different styles, names and brands like power yoga, artistic yoga, Iyengar yoga, Vikram yoga, sports yoga, Pratanjali yoga and etc in schools and studios. Undoubtedly it helps to reach the objectives of Yoga in a way. But Yoga

is not confined to only a practice at the physical fitness level. It is to achieve total harmony of one own self and the society.

Today Yoga has not only become an ideal Lifestyle practice for Physical fitness and Mental calmness, Wellness and Spiritual achievements. It has become an inevitable Complementary and Supplementary Non- pharmacological Therapeutic Intervention in the management of Psycho-somatic, Non-communicable, Degenerative, Auto-immune and Life style related diseases and disorders as there is no total cure in the prevailing medical System for many of the said problems due to its incomplete and fractional understanding of the human life through matter-based approach.

In the contrary, Yoga and Ayurveda which are considered as the same faces of a coin understands human life in totality through knowledge based approach and have the concepts and methods to ensure an equilibrium with in and among the five dimensions of human life namely Annamaya Kosha - Physical body, Praanamaya kosha - Physiological, Manomaya kosha - Psychological, Vijnaanamaya kosha - Intellectual and Aanandamaya kosha - Spiritual dimensions, which indeed is the most needed in the present scenario of spreading the Non-communicable diseases like wild fire in the community.

I wish that everyone makes a decision to practice Yoga in it's true form to lead the life of health, happiness and harmony.

I wish everyone an advanced very happy and prosperous Guru poornima which is also known as Vyasa poornima.

*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



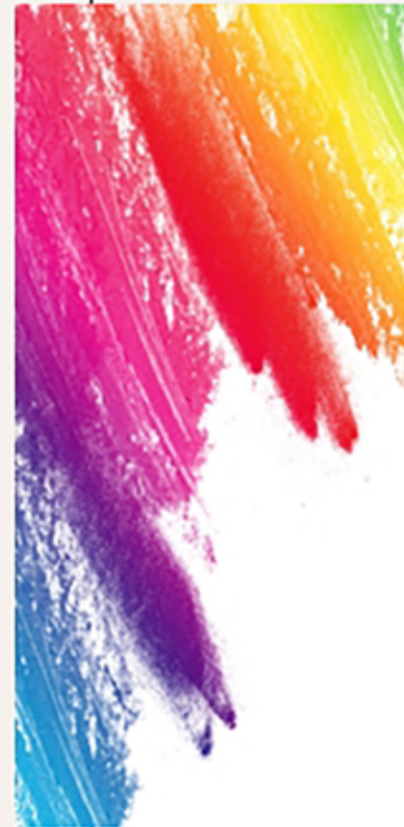
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ANUSANDHANA  
Samsthana  
calls for  
young volunteers as seva  
vratīs to offer their free  
services to the growth of  
VYASA, international  
Simple living and high  
thinking in nice Prashanti  
Kutiram campus is taken  
care of.



VIVEKANANDA Yoga  
ANUSANDHANA Samsthana  
calls for

Retired but not tired persons to offer  
their free services to the growth of  
VYASA, International

ready to undergo wonderful yoga  
training under the guidance of  
Dr H R Nagendra for inner growth  
and outer health, harmony, peace  
through Karma Yoga





## ब्रह्मसूत्रम् (Brahmasūtram)

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



### आदित्यादिमतयश्चाङ्ग उपपत्तेः (ब्रह्मसूत्रम्-४-१-६) Ādityādimatayaścāṅga upapatteḥ (Brahmasūtram-4-1-6)

**Meaning:** *In meditation on the members of sacrificial acts the idea of divinity is to be superimposed on the members and not in the reverse way.*

This very Adhyaya is meant for dealing with ultimate outcome of all Sadhana (procedural developments) one has done systematically in accordance with Vedic injunction. When symphony is concretized in the first (Samanvaya Adhyaya), other cacophonous arguments vanish consequently (Avirodha Adhyaya), followed by the achievements and action plan for concrete results (Sadhana Adhyaya), finally summarized by the last chapter as it deals with results and outcome (Phala Adhyaya).

In essence, all the Vedic injunctions follow three stages of explorations: Karma (action), Dhyana (contemplation) and Jnana (knowledge). All these three have synchronic organic features to help a Sadhaka in a step-by-step manner. While exploring the outcome of three stages, one has to give attention to the technique of contemplation as part of the Dhyana Kanda describes different manifestations of the reality narrated as Brahma, Atma in Shastras in two forms: Saguna, Sakara (with attributes) and Nirakara, Nirguna (without attributes). In the previous Adhikarana, the method of meditation on the manifested form of Brahma is explained. This Adhikarana elaborates on how to bring the sense of meditation in our normal functions; walking, talking, eating, sleeping, breathing etc. occupying the mind with Brahma, the highest

reality. People practice this such as; for example, women in every house while worshipping Tulasi early in the morning, while feeding the cows, while looking after the family members, giving hospitality to the guest etc., all these inherently exists in very DNA of Bharatiyas from Kashmir to Kanyakumari.

Coming to the present context about meditation on various objects, the Sun is taken as an example of an object of contemplation while worshipping Aditya. When one worships a Devata, bringing the sense of divinity into the materials such as flowers, water, fruits, leaves etc., that very act is called Mati, superiority in terms of quality in inferior material things is the core concept of this Adhikarana. When some Yajna is initiated, the following will be the Sankalpa (declaration); "let all Devatas settle here, and the offerings done to them reach respectively. Let the rice, sticks, ghee and other materials brought for Yajna be divine and reach them without fail. Let them be satisfied and bless us with all I desire for universal welfare". Only this kind of Upasana (contemplation) may shower the prosperity in abundance to a person performing Yajnas; in other cases when the performer is only looking for selfish purposes may end up in pitiable outcomes. The whole procedure explained here is called Karmanga Upasana (subordinate p32 ►►



# S-VYASA

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MSc in Yoga Integrative Sports Science (MYISS) - **Yoga & Humanity**  
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## Visit of Puja Guruji and Dr. Manjunath Sharma to Bahrain, Riyadh & Muscat on the Occasion of International Day of Yoga – 2023



This is for the first time after 2015, Guruji celebrated International Day of Yoga in three countries across Gulf region. Guruji along with Dr. Manjunath Sharma were invited to Bahrain, Saudi Arabia and Oman during IDY-2023 to participate in series of programs in Bahrain, Riyadh and Muscat.



### Bahrain Visit

The Bahrain India Cultural and Arts Services in collaboration with the Indian Embassy had organized a special Yoga conclave and invited Guruji and Dr. Manjunath Sharma as international guests along with Dr. Paran Gowda from Pathanjali Yog Peeth and Dr. Komal from Sagar University.



Guruji and other guests were received in the Bahrain airport by Dr. Rudresh and Mr. Ehsan and team. The renowned Dev Ji Jewellers (Prakash Dev Ji and Mahesh Dev Ji) and their family welcomed Guruji and Manjunath ji at their residence.





Later, a special visit to the ancient royal fort and the museum helped in presenting the historical perspective of Bahrain. Evening, Mr. Bhagavan ji at his residence introduced Guruji to several other members of BICAS and guests from Bahrain. The Evening was spent at the historical Krishna temple which is 200 years old in the heart of Bahrain city.

The first half of the Day two was spent visiting Devji's Jewellery manufacturing unit and by meeting the Indian Jewellers Association members who were visiting Bahrain.

The main event 'MANTHAN, The Yoga Conclave-2023' was in the evening where His Excellency the Ambassador of India to Bahrain Dr. Suhel Ajaz Khan participated and greeted international guests. The representatives from Bahrain's Ministry of Health and Sports also discussed with Guruji and Manjunath ji about possible collaborations to introduce Yoga therapy in hospitals and bringing Yogasana as a competitive sport in Bahrain. The event also witnessed some spectacular demonstrations of Prop Yoga by the team headed by Mr. Ehsan and the group. Dr. Komal from India performed Yogasanas along with a lamp kept on the forehead demonstrating flexibility and versatility.

Hon'ble Chancellor, Dr. H R Nagendra Guruji and the Pro- Vice-Chancellor, Dr. Manjunath Sharma not only participated as guests of honour, but also delivered "Keynote addresses" on 'the importance of IDY and the use of Yoga as a performance enhancer' respectively. Approximately 350 participants attended this first-time-ever program on Yoga in Bahrain.



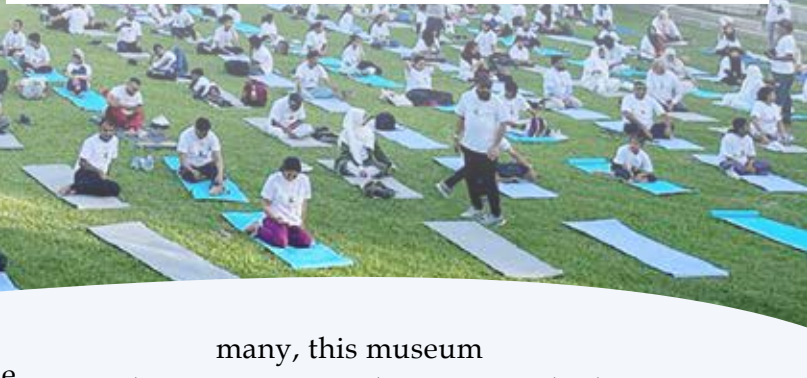
## Riyadh Visit



After a productive visit to Bahrain, Guruji and Manjunath ji moved to Riyadh in Saudi Arabia for main IDY event on June 21<sup>st</sup>. The series of events was coordinated by Mr. Satheesh Deepak and Dr. Maya Deepak (a doctoral scholar of S-VYASA University) and was

organized by the Indian Embassy in Riyadh in collaboration with several Yoga and academic institutions in Riyadh.

As part of the 9<sup>th</sup> International Day of Yoga, a seminar was organized under the theme 'Yoga for Vasudhaiva Kutumbakam'. The International Seminar was held at the Indian Embassy Auditorium in Riyadh as part of the Azadi Ka Amrit Mahotsav celebrations on 19<sup>th</sup> June 2023. Guruji and Manjunath ji as International keynote speakers presented various dimensions of applications of IDY and the



importance of translational research in Yoga. Dr. David Frawley (American Vedic Institute), Dr. A K Murugan (Senior Scientist Molecular Oncology, KFSHRC), Dr. K. Mayarani Senan, (Ph.D. Scholar at S-VYASA University), Family Medicine Physician, Ministry of National Guards Dr. Anwar Khurshid made presentations on the clinical applications of Yoga including in Diabetes, Heart Disease, Migraine Headache and the role of Yoga in promoting neural plasticity.

The event was attended by embassy officials, invited guests, and diplomats from various countries. Ambassador Dr. Suhail Ajaz Khan and Deputy Chief of Mission N. Ram Prasad also presented the plaque.

On 20<sup>th</sup> June a special tour was arranged for Guruji and Manjunath ji to visit the National History Museum of Riyadh. As described by

many, this museum provides an amazing education on the history of middle east as well as the evolution of Islam as a religion.

The main event was held on June 21<sup>st</sup> at the central public gardens of Riyadh. The weather was very pleasant and over 1200 yoga practitioners and enthusiasts participated in the event.

His Excellency the ambassador in his welcome address mentioned that IDY has changed the perception of Saudi Arabians about Yoga and more and more people are volunteering to learn Yoga. Guruji while addressing the gathering briefed about the importance and method of practicing Common Yoga Protocol. The mass Yoga demonstration was spectacular to watch and lasted for 45 minutes. The event brought together individuals from various religions, regions and sectors of the society under one umbrella.



## Muscat Visit

After participating in an enchanting event of International Day of Yoga at Riyadh, Guruji and Manjunath ji moved to Muscat in Oman.

The visit was co-ordinated by Ms. Prema Arun of the Yoga City in Muscat. The natural beauty of Muscat amidst rocky hills and historical palaces generally change the perceptions of individuals about the desert land.

The 9th International Yoga Day 2023 was celebrated at Indian Embassy Oman in association with Yoga City to welcome Guruji Dr. Nagendra & Dr. Manjunath N K from S-VYASA University to Oman. The highlights of the evening were - The event started with a starting prayer by Anupama Shankar and Samyuktha Arun from Yoga City. His Excellency Amit Narang addressed the gathering by welcoming the Chief Guests and people from different yoga organizations and yoga enthusiasts who witnessed this event.

Address by Dr. Manjunath N K, Pro-Vice-Chancellor & Director Research, SVYASA-University on **“Insights of the emergence of Yoga as an evidence-based science”** enthralled the audience and made everyone think how much important is our way of living.

A special lecture by Dr. H R Nagendra, Chancellor, S-VYASA University on the “Importance of International Day of Yoga - Its inception to present day” kept the audience alert throughout the program. The Chief Guests were felicitated by Ambassador and the program was concluded with a closing yoga prayer. The co-organisers expressed their heartfelt gratitude to His Excellency Amit Narang and the Indian Embassy Oman for making Yoga city a part of this program to co-host this event.

Guruji and Manjunath ji also visited the most renowned Sultan Qaboos Grand Mosque. In the words of Guruji this mosque is probably one of the architectural marvels in recent times.





Overall, though the tour started as an exploratory visit to middle east, it was concluded that middle east can be the future hub for Yoga. More collaborations are expected in the days to come to promote Yoga based education, research and clinical services across the middle east region.





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# 9<sup>th</sup> IDY celebrations at Yunnan Minzu University



With the Blessings of Revered Chancellor, Beloved Guruji, a delegation had gone to represent Indian Yoga Institutions from S-VYASA, in an International Conference at Yunnan Minzu University (YMU), Kunming, located in the Yunnan Province of China. YMU and S-VYASA have been offering a Three-year, dual degree academic program, for the last five years. Two batches of YMU students have already completed and received their dual degrees. The highlights of the International Conference organized at YMU on the occasion of IDY-2023 are given below.

**Title of the Conference:** International Yoga Day and China (Kunming) South Asia Culture & Art Exchange Week, China-India People-to-People and Cultural Exchange Event.

**Dates and Venue:** June 19 to June 21, 2023 at YMU Main Campus, Kunming, Yunnan, China

**Organisers:** Yunnan Minzu University (YMU) along with the Government of China

**S-VYASA Representatives:** Hon'ble Vice Chancellor, Dr. B. R. Ramakrishna and Registrar, Dr. S. Siva Sankara Sai

Hon'ble Vice Chancellor was a guest of Honor from India representing Yoga Institutions and delivered a key note address on Cultural exchanges between India and China from Ancient to Modern times

on 20 June 2023. He highlighted the unbroken cultural thread that existed between China and India through Art, Architecture, Temples, Music, Agriculture, Trade and Commerce and Spiritual roots. This was well received by the Chinese delegation that consisted of the officials from the Government of China and the Yunnan Provincial leaders apart from the delegates.





**Yogasana Practical class to the Yoga Students of YMU,** taken by Hon'ble Vice Chancellor, Dr. B. R. Ramakrishna assisted by the Registrar, Dr. Siva Sankara Sai from 8.00 to 9.00 AM. on 18 June.



**Common Yoga Protocol (CYP)** performance led by Vice-Chancellor assisted by the Registrar after the conference for the general public at YMU.

**Discussions with the President of YMU** along with the Vice President and Deans of YMU, regarding further strengthening of the activities of YMU and S-VYASA in the Fields of Yoga, Ayurveda and Chinese Traditional Medicine including Acupuncture & Acupressure.





**Deliberations with the Vice-President and the in charges of YMU-S-VYASA dual degree Program for strengthening the Co-operation.**



**Sorting out the tricky issues faced in running the dual degree program by YMU & S-VYASA, including getting the visa for the YMU students and for the Faculty of S-VYASA.**



**Explored the possibilities of starting Chinese Traditional Medicine courses with the Faculty of Yunnan University of Traditional Chinese Medicine (YNUTCM), Kunming.**





Tentatively fixed a **workshop/ conference of Traditional Chinese Medicine** (including Tai chi, Acupuncture and Acupressure systems) and **Traditional Indian Integrative Medicine** (includes Yoga, Naturopathy & Ayurveda), with the collaboration of JNU, YMU & S-VYASA.



**Expression of Interest in conducting the Yoga and Ayurveda workshop** by Dr. Adrish Brahmadata of Centre for Bharat Studies (CBS), Research Institute for Languages & Culture of Asia (RILCA), Mahidol University, Thailand, at mutually convenient dates with S-VYASA.



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2023 for **July 2023**  
Semester



**Yoga**  
Volunteers  
for Diabetes  
Management Part 1



**Yoga**  
Volunteers for  
Hypertension/  
Heart Disease Part 2



**Yoga**  
Volunteers  
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**Yoga**  
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Volunteers for  
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## Yoga Bhāṣya Sampat Series

# Known Yogic Verse Lesser Known Traditional Insight! – 7

## Primary (Mukhya) and Secondary (Gauna) Methods of Inhalation-Exhalation

The following is an important verse which appears in the very beginning of the chapter on Prāṇāyāma in the Haṭhayogapradīpikā.

बद्धपद्मासनो योगी प्राणं चन्द्रेण पूरयेत् ।

धारयित्वा यथाशक्ति भूयः सूर्येण रेचयेत् ॥ २.७ ॥

*baddhapadmāsano yogī prāṇaṁ candreṇa pūrayet ।*

*dhārayitvā yathāśakti bhūyaḥ*

*sūryeṇa recayet ॥ 2.7 ॥*

*Assuming Padmāsana – A Yogin should inhale through the left nostril (candra) and after holding the breath according capability, he should exhale through the right nostril (sūrya).*

### Yoga Bhāṣya Sampat - Insights from the Commentary

This is a verse in the beginning of the Second chapter of Haṭhayogapradīpikā where the Nāḍīśodhana process is being described. The Nāḍīśodhana description becomes complete only with the next verse (verse 8) where the inhalation from right nostril and holding the breath and exhalation through the left nostril will be mentioned.

The point of taking up the verse that partially describes Nāḍīśodhana is as follows - This is the first time in the text that inhalation, holding/retention and exhalation of the breath is being mentioned. Hence at this very first instance the Jyotsnā Commentary by Yogin Brahmānanda defines

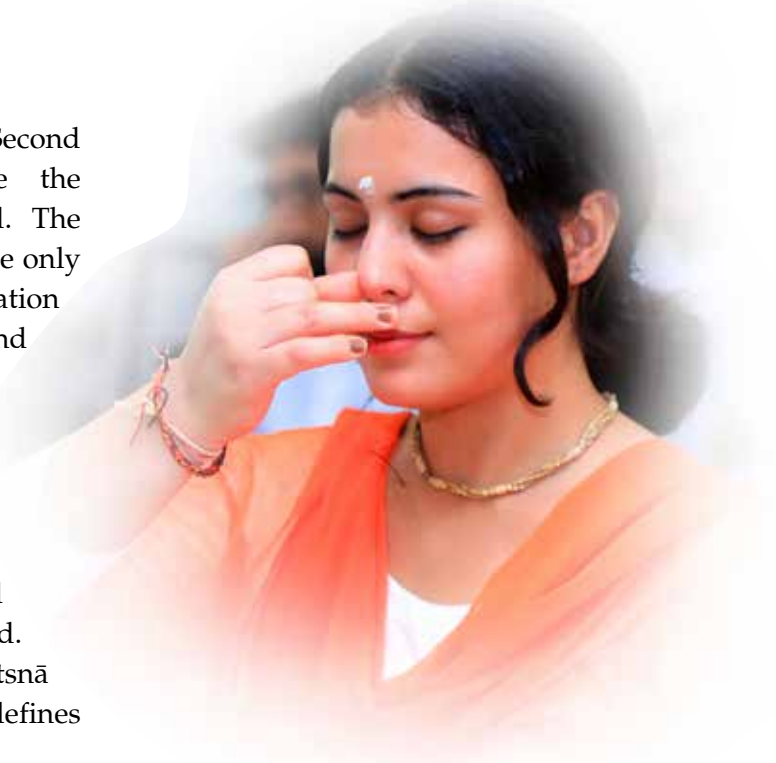
■ Prof. M Jayaraman  
Dean, Division of  
Yoga - Spirituality, S-VYASA



Inhalation, Holding the breath and exhaling the breath. The perusal of the views of Jyotsnā Commentary brings great clarity in understanding the fundamental aspects of any Prāṇāyāma practice.

The commentary in this regard is as follows -

बाह्यवायोः प्रयत्नादुपादानं पूरकः । जालन्धरादिबन्धपूर्वकं  
प्राणनिरोधः कुम्भकः । कुम्भितस्य वायोः





प्रयत्नविशेषाद्धमनं रेचकः । प्राणायामाङ्ग-रेचक - पूरकयोरेव इमे  
लक्षणे इति

भस्त्रावल्लोहकारस्य रेचपूरौ ससंभरमौ (2.35) इति  
गौणरेचकपूरकयोः नातिव्याप्तिः । तयोः लक्ष्यत्वाभावात्

*bāhyavāyohi prayatnādūpādānani pūrakaḥ |  
jālandharādibandhapūrvakani prāṇanīrodhaḥ  
kumbhakaḥ | kumbhitasya vāyohi  
prayatnaviśeṣādvaṃśānani recakaḥ | prāṇāyāmāṅga-  
recaka - pūrakayoṛeva ime lakṣaṇe iti*

*bhastrāvallōhakārasya recapūrau sasambharamau  
(2.35) iti Gauṇarecakapūrakayohi nātivyāptiḥ | tayohi  
lakṣyatvābhāvāt*

*The taking in of the air from outside with effort is called  
as Pūraka.*

*The restraining of the breath within with Jālandhara  
and other Bandhas is Kumbhaka. Expulsion with  
effort the breath that was held within through the  
Kumbhaka is called as Recaka. These are the definitions  
of Inhalation and Exhalation (and also Kumbhaka) of  
Prāṇāyāma. "Like the bellows of the blacksmith the  
exhalation and Inhalation are rapid" (2.35). There is no  
inadequate pervasion (avyāpti) of the definition in the  
verse (2.35). The Inhalation and exhalation mentioned  
(in 2.35) is secondary Inhalation and exhalation. (we  
are concerned with the primary methods of Inhalation  
and exhalation in Prāṇāyāma)*

### Analysis

The commentary portion brings out many interesting and important ideas with regard to Components of Prāṇāyāma. Everyone is aware that - there are three important components of Prāṇāyāma – Pūraka, Recaka and Kumbhaka. The definition of each of these are clear and sets them apart from natural, involuntary respiration.

i) Any involuntary inhalation, exhalation and retention of the breath by the autonomic nervous system cannot be called as Pūraka, recaka and Kumbhaka. The commentary clarifies that there should be special effort (prayatna- viśeṣa), We can understand **Prayatna- viśeṣa** in terms of taking mindful control of breathing patterns that

includes of volume, pace, duration and number of times the practice (of inhalation or exhalation) is done.

ii) With regard to holding the breath mere restraining of the breath within does not count has Kumbhaka. It has to be done with the (three) **Bandhas** that include Jālandhara (mula and Udyana).

iii) The other aspect that has been clarified is that there is a **secondary type of inhalation and exhalation** that is spoken in the context of Prāṇāyāma – that is rapid inhalation and exhalation in the context of Kapalabhati (2.35). In the context of Bhastrikā also rapid Inhalation and exhalation is advised. The commentator clarifies that these are secondary (Gauṇa) type of inhalation and exhalation – being part of Kriyā (kapālabhāti) and also the Kriyā component (Bhastrikā) in the Prāṇāyāma. Hence the aforementioned (point (i)) definitions of Pūraka, Recaka and Kumbhaka are the Primary methods of Practicing the components of Prāṇāyāma.

iv) It should be noted that while discussing the three components of breathing in Prāṇāyāma – in the Kumbhaka – **Bāhyakumbhaka** has not been considered. It is also interesting to note that in none of the techniques of Prāṇāyāma discussed in Haṭhayogapradīpikā Bāhyakumbhaka is found.

### Summary and Conclusion

Thus from this textual discussion on understanding breathing in Prāṇāyāma it becomes clear that – there are two major types of breathing – Voluntary and Yogic. In the Yogic method also there is primary and secondary breathing methods. Thus, it becomes evident that the study of Yoga commentary literature (Yoga Bhāṣya Sampat) brings in fundamental clarity in the very important aspects of practice. By ensuring incorporation of these inputs in the practice from trusted textual sources – the quality of practice and the quality of evaluation through empirical research on Yoga can be enhanced.



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# Chakras and Mantras: Sound/ Vibratory medicine

## Introduction

A growing alternative medicine practice, sound healing has been around for thousands of years. Through the centuries, music has been used for healing the body, mind, and spirit as well as for creating positive moods. It has been found that practicing sound healing techniques increases energy, mental clarity, creativity, and relationships. Plus, it's affordable, effective, and safe. Sound as therapy has many forms, and this article attempts to explain how it connects with our seven energy centres.

## Sound as Healing

Listening to a musical sound causes peripheral vasodilation, skin warming, a decreased heart rate, and an overwhelming sense of well-being. As a neurotransmitter and as a locally acting hormone, nitric oxide (NO) appears to play a role in music-induced relaxation. NO is critical for the development and function of the sensory systems, specifically the cochlea. Cochlear nerve fibers enter the brainstem and route through the thalamus to the auditory cortex.

■ *Dr. Divya Keshavamurthy*  
*Assistant Professor, Division of*  
*Yoga-Spirituality, S-VYASA*



It is on this path that emotions centre within the limbic system and are mediated by NO. NO is an immune, vascular, and neural signaling molecule.

It is said that sound is the most primordial manifestation of energy in the universe. All other types of energy, such as light, heat, and water, are simply manifestations of this primal energy.

These vibrations exist all around us. The vibration of light reflected from objects allows us to see and experience light; similarly, when

we hear music, the vibrations

are captured in our tiny chambered nautilus in our inner ear. The microhairs

vibrate when sound reaches them. Thus,

light and sound perception in

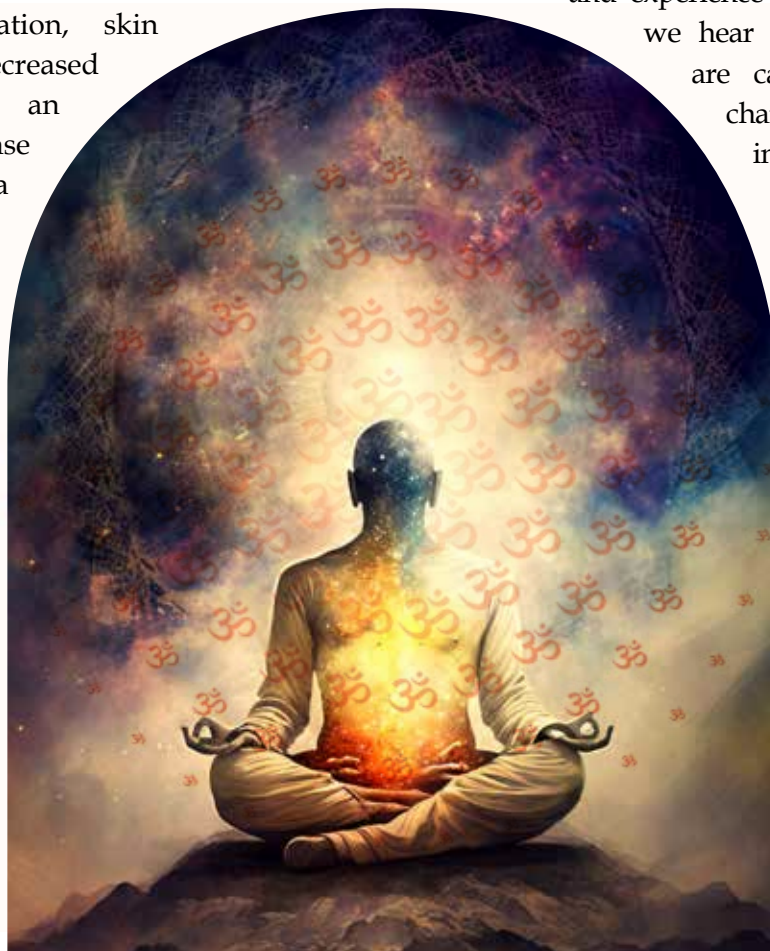
our bodies are directly related to vibrations. Sound

(nad) is the basic component of creation and is based on Music

and Mantra and chanting mantra increases our potential

and induces an experience of cosmic oneness

and expansion.





**Table 1: Brain wave length at an ideal and imbalanced level**

SNo	Brain wave length	Hertz	Description	Ideal level	Imbalanced level
1	Beta	12-40 Hz	normal waking consciousness	Conscious focus, memory, and problem solving	Excessive beta results in Anxiety, High Arousal, Inability to Relax and Stress.  Too little beta results as day-dreaming, depression, poor cognition
2	Alpha	8-12 Hz	Deep relaxation or Light meditation state. It is a frequency between conscious thinking and subconscious mind	Relaxation and Natural Flow State of thoughts.	In Excess: Daydreaming, inability to focus, too relaxed.  If little: Anxiety, High Stress, Insomnia, and OCD (Obsessive Compulsive Disorder)
3	Theta	4-8 Hz	Sleep or Deep meditation state	Flow State, Creativity, emotional connection, intuition, and relaxation	In Excess: ADHD, depression, hyperactivity, impulsivity, and inattentiveness.  Too Less: Anxiety, poor emotional awareness, and stress
4	Delta	0-4 Hz	Slowest but loudest brainwaves. It is linked with deep healing and regeneration	Immune System, natural healing, restorative sleep / deep sleep.	In Excess: Brain injuries, learning problems, inability to think, and severe ADHD  Too little result to: Inability to rejuvenate body, inability to revitalize the brain, and poor sleep.
5	Gamma	40-100 Hz)	Fastest brainwaves relates to simultaneous processing of information from different brain areas.	Learning, memory and information processing.	Anxiety, High Arousal, Stress. Too little Gamma Waves result to: ADHD (Attention-Deficit/ Hyperactivity Disorder), Depression, Learning Disabilities

## Mantras

Mantras (मन्त्र) are mystical sounds. They are "Shabdh," the eternal sound that influences our mental and emotional responses. Intoned with concentration and devotion in a certain rhythmic pattern, they transmit Shakti, the divine energy that imbues things and people with uplifting healing power. Mantra is defined as 'Mananat trayate iti mantrah' in Sanskrit. It refers to the repetition (mananat) of which you are conquering or protecting (trayate) from bondage, problems, or cycles of birth and death. It is a sacred sound, numinous utterance, syllable, phrase, phoneme, or collection of

words intended to induce a certain vibration in the surrounding space.

A mantra Sadhana is performed involving its six parts, known as "Shadangas". They are Seer (Rishi, discoverer of the mantra), Deity (Devata, God who grants the desired boons), Poetic Metre (Chhandas, actual pronunciation), Seed (Beeja, tattva, basic character of the mantra), Lock (Keelaka, key that needs to be unlocked to get desired results), and Power (Shakti, power of the mantra). If these six parts are involved in the mantra chanting, it generates a certain type of energy that represents an infinite flow of cosmic consciousness in the body. Rhythmically reciting these mantras



**Table 2: Chakras, Bijaksharas on its each petal**

Chakras	Seed mantras	Sanskrit letters on each petal
Root (Muladhara)	Lam	vaṁ, śaṁ, ṣaṁ, and saṁ
Sacral (Svadhithana)	Vam	baṁ, bhaṁ, maṁ, yaṁ, raṁ, and laṁ
Navel (Manipura)	Yam	ḍaṁ, ḍhaṁ, ṇaṁ, taṁ, thaṁ, daṁ, dhaṁ, naṁ, paṁ, and phaṁ
Heart (Anahata)	Ham	kaṁ, khaṁ, gaṁ, ghaṁ, ṅaṁ, caṁ, chaṁ, jaṁ, jhaṁ, ṅaṁ, ṭaṁ, and ṭhaṁ
Throat (Vishuddha)	Ham	aṁ, āṁ, iṁ, īṁ, uṁ, ūṁ, ṛṁ, ṛīṁ, ḷṁ, ḷīṁ, eṁ, aiṁ, oṁ, auṁ, aṁ, and aḥ
Third eye (Ajna)	Om	Haṁ and Kṣhaṁ
Crown	Silence	

expands their associated sonic waves in a specific pattern, passing through layers of energy particles in the surrounding space to reach and penetrate the corresponding cosmic nuclei of divine power.

### Concept of Chakras and mantras

The concept of the body chakra in the Vedic text is nothing but energy point. These energy points are also defined by their vibrational frequency.

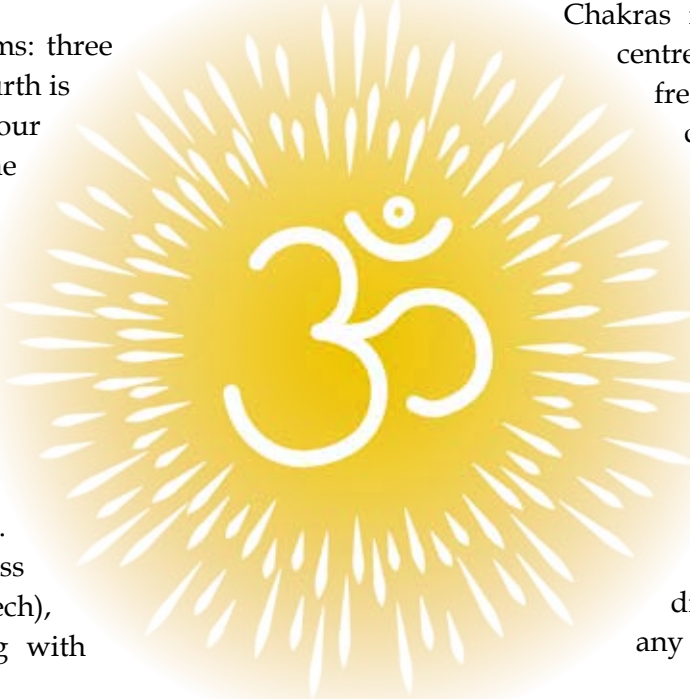
*“catvari vak parimita padani tani vidur  
brahmana ye minishinah, guha trini nihita  
neengayanti turiyam vaco manushya vadanti”  
(Rig Veda 1.164.45)*

Vak exists in four forms: three are hidden, and the fourth is what we speak. These four levels are Para Vak (the highest form of sound), Pashyanti (the sound vibration heard in the causal worlds), Madhyama (the sound as perceived in the subtle or Pranic worlds), and Vaikhari (the lowest sound). Vaikhari, the gross audible sound (speech), refers to our thinking with

words. Madhyama, the whispered sound with no audible effect, refers to our ideas. Pashyanti, the mental sound (songs in the head or in dreams), refers to our spirituality, and Para-Vak is the pre-manifest sound in its subtlest state as light or pure silence. This is the root or potential of all sounds, referred to as the "unstuck sound. The intensity of sound and its frequency vary from Vaikhari to Para, which can have a deep influence on the nervous system of a mantra meditation practitioner.

### Mantra based meditation

Chakras in the body are energy centres that vibrate at certain frequencies to regulate and distribute pranic flow. Unfavourable vibrations disrupt this pranic flow, causing physical and mental illness. Various organs in the body vibrate at their own individual frequencies, such as the heartbeat and peristaltic movement of the intestines, and diseases manifest when any of these organs basal





**Table 3: Chakras, Bijaksharas and Sound frequency**

Chakra	Nature of Energy	Sound note	Indian	Frequency in Hz	Solfeggio Frequency	Benefits
Root	Groundedness	C	Sa	261.6, 523.3, 1046.5, 2093, 4186	396 Hz	Breath, mind and semen. Liberates guilt and fear
Sacral	Creativity	D	Re	293.7, 587.3, 1174.7, 2349.3, 4698.7	417 Hz	Controls Arishadvargas and facilitates for a better change
Manipura	Inner strength	E	Ga	329.6, 659.3, 1318.5, 2637.1, 5274.1	528 Hz	Reduces total concentration of reactive oxidative species in brain tissue that helps reduce anxiety. Free from diseases and realize hidden talents and facilitates transformation
Heart	Compassion	F	Ma	349.2, 698.5, 1396.9, 2793.9, 5587.7	639 Hz	Helps manifest desires and develop sattvic qualities. Promotes connections and relationships
Throat	Expression	G	Pa	196, 392, 784, 1568, 3136	741	Attains highest success
Third eye	Intuitiveness/ Imagination	A	Dha	110, 220, 440, 880, 1760, 3520.	144	Destroys previous karmas
Crown	Enlightenment	B	Ni	123.5, 246.9, 493.9, 987.8, 1975.5, 3951.1	963	Superconscious state and Bliss feeling

frequencies go awry. Since each person has a different physical, mental, social, and spiritual composition with diverse basal frequencies, similar mantras are unlikely to work for them all. However, there are general mantras such as Gayatri Mantra, Mahamrityunjaya Mantra, and AUM that benefit all.

Mantra chanting in Sanskrit is called "Japa.". The Agni Purana defines japa as the highest form of meditation. The syllable 'ja' refers to destroying the birth-death cycle, and the syllable 'pa' refers to the destruction of sins. And there are several types of japa, such as vachika japa, upamshu japa, and manasika japa. By using mantra chanting as

therapy, the Wave Theory says that it induces resonance between waves, which occurs when waves travelling along the same path and with the same frequency overlap. It restores baseline frequencies and harmony and helps regulate pranic flow inside the body through mantra chanting therapy. Mantra-based meditation achieves its intended effects by triggering certain sympathetic frequencies in neurotransmitter oscillations that are coherent and synergistic, resulting in calmness, controlled blood pressure, clarity of thought, immunity from outside disturbance, restful alertness, happiness, peace, bliss, and enlightenment. Multiple neurotransmitters



communicate simultaneously with each other using synchronised electrical pulses. Table 1 describes brain wave lengths and their benefits at an ideal and imbalanced level.

### Chakras and Bija mantras

Bija mantras are the shortest mantra forms. In Sanskrit, bija literally means seed, while akshara means letter. These vibrating seed syllables serve as the foundation for everything in Creation. These seed vibrations are divine letters and sounds that comprise our bodies and souls. Bijaksharas have no literal meaning but they serve to enhance the metaphysical and spiritual process through their combined resonance and musicality. They carry specific vibrations that protect against negative influences in life. Repeated rhythmic chanting of this channels divine energy flow to our body, chakras, and soul. According to Paramahansa Yogananda, "petals" mean ray or vibrations," and each vibration of the fifty sounds of the Sanskrit alphabet corresponds to a specific petal on the chakras. Many physiological and psychological actions in the body are thought to be governed by these vibrations. Chakras are lotuses with many petals as described in the below table 2.

Chakra petals represent primordial sound through fifty Sanskrit letters. The root chakra has four petals, the svadhisthana (second chakra) six petals, the navel chakra ten petals, the heart chakra has twelve petals, the throat chakra sixteen petals, and the third eye chakra two petals.

Chakras, called energetic junctions in the subtle body, are balanced by sounds, visualizations, breathing, and cleansing practices. The anuswaram (nasal sound) of MMMM humming stimulates nitric oxide generation. Indians knew and documented this over 7000 years ago. OM chanting enables quantum tunnelling, where wormholes are not limited by light speed. Universalism is based on energy, frequency, and vibration.

Chakras have bijaksharas Ha, Ya, Ra, La, and Va, which represent the five elements. A chakra

represents a person's emotional state based on five elements: sensory organ, karmendriya, antahkarana, and prana. Music is vibrations that combine harmonious sounds. Vibrational medicine, also known as sound therapy, increases cognitive function and memory in the right and left hemispheres. Music goes far beyond entertainment or expression in our Indian tradition. It is believed to connect physical, emotional, and spiritual aspects.

Ragas (melody) and talas (rhythm) influence our inner being.). It can change mood, release neurotransmitters (such as dopamine, oxytocin, norepinephrine, cortisol, endorphins, etc.), and affect the nervous system. Sa-re-ga-ma-pa-dha-ni notes correspond to the seven chakras from root to crown. Any imbalance in energy causes physical and psychological disturbances that lead to disease and other afflictions. Our body needs to be in tune, just like a musical instrument. The Solfeggio frequencies promote mental and physical health. Both Western Christianity and Eastern Indian religions claim to be based on these frequencies.

As Solfeggio frequencies tend to resonate in unison with Schumann's 8 Hz resonance, they have profound mental, emotional, and physical effects. By starting at 8 Hz and working up the musical scale, we reach 256 Hz for the C note and 432 Hz for the A. Music is tuned to this frequency through scientific tuning. The following table describes how frequencies and musical notes relate to the seven chakras.

Listening to two frequencies together creates binaural beats. For this, use headphones so that each ear hears a different tone: one in the left ear and one in the right. Feelings of relaxation and peace can be produced by binaural beats. Balancing chakras is a personal journey, and there is no one right way. Allow your body to feel vibrations of music/mantra frequencies in a quiet place to balance chakras using sound therapy. Focus on each chakra one at a time, and imagine the energy balancing and clearing. Experiment with different techniques and find what works best for you.



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Division of Yoga-Spirituality



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# The importance of yoga for pelvic tilt in women with C-section

## Introduction

Bipedalism in humans resulted in skeletal modifications. These modifications had a large impact on the spinal cord and joints in the hands and legs. Studies showed that the pelvis in particular changed in size and shape. This change also has an impact on the birth canal [1]. Survey reveals that modern lifestyles indulge in various seated activities most of the time and most of the population leads sedentary life than before [2].

The effect of poor or sedentary posture also has an impact on the pelvis making it tilt to anterior or posterior. Also, the low back arch becomes deeper due to anterior pelvic tilt. The forward tilt in the hip bones also contributes to the conditions of low back pain. When the hip flexors are tight it causes anterior pelvic tilt (PT) due to which abdominal muscles become weak majorly seen in women after Caesarean section (C-section) [3].

## Pelvic tilt (PT)

PT is a position-dependent parameter defined as the angle created by a line running from the sacral endplate midpoint to the centre of the bifemoral heads and the vertical axis.

## Symptoms of a tilted pelvis

Depending on the severity and the persistence of the complaint of the tilt the symptoms vary. Persons with PT have difficulty in walking, sitting discomfort and in general menstrual cramps, and difficulty conceiving among women.

Some common symptoms of a tilted pelvis include neck/ low back/ hip/ knee pain, sciatica, sacroiliac joint dysfunction, sacral stress fracture, digestive problems, headaches,

■ *Dr. Sridevi K J, PhD*  
*Senior Research Fellow, Anvesana*  
*Research Laboratories, S-VYASA*



urinary incontinence, and sexual dysfunction.

## A tilted pelvis can be due to the following conditions

1. **Pregnancy:** The weight of the uterus is transformed to the bladder resulting in compression on the pelvic floor and hence a forward tilt is formed.
2. **Obesity:** Excess weight in the upper body from chest to abdomen pressurizes the pelvis to tilt.
3. **Lack of physical activity:** Muscle mass is lost in the core due to an inactive lifestyle which leads to PT.
4. **Injury or surgery:** Unforeseen condition like this will also weaken the muscles forming PT.

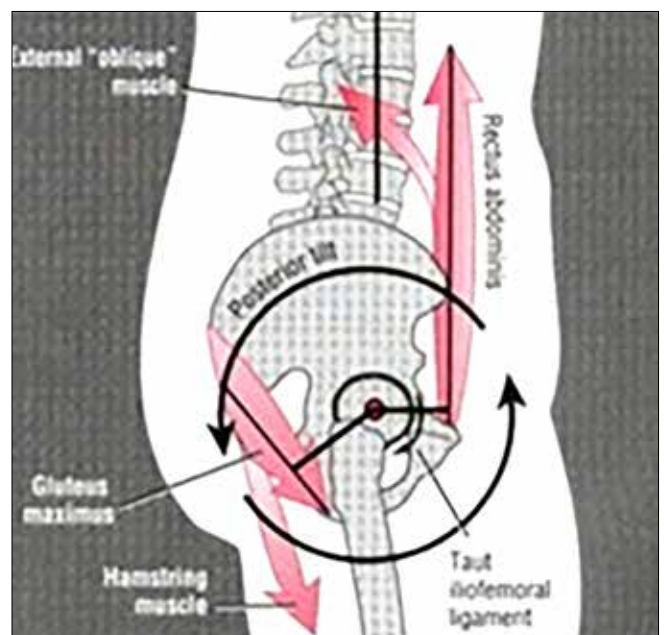


Fig.1. Posterior pelvic tilt (Image taken from: <https://runnersdystonia.blogspot.com/2017/11/wow-great-run.html>)



## About posterior and anterior tilted pelvis

There are other forms of PT, the most common of which is the Posterior and Anterior pelvic tilt.

1. **Posterior pelvic tilt** - This is the backward tilt of the pelvis which is also found as a common deviation of the pelvis (Fig.1). Factors accounting for this are long chair seating, raised-heel footwear, and carrying loads on one side. The gluteus muscles stretch out and tighten forcing the spine to curve forward which creates pressure on the discs of each vertebra. Posterior pelvic tilt may also damage the spine.
2. **The anterior pelvic tilt** - This is the common form of the pelvic tilt which can be identified as a forward incline of the pelvis due to the disparity of the muscles on each side of the pelvis pulling its front as well as back (Fig.2).

## Neutral Pelvis

A pelvis that is neutrally positioned will best support the curve of the lower back. It is the posture that promotes the health of the spine and places the least amount of strain on all ligaments, tendons, and muscle attachments to the pelvis.

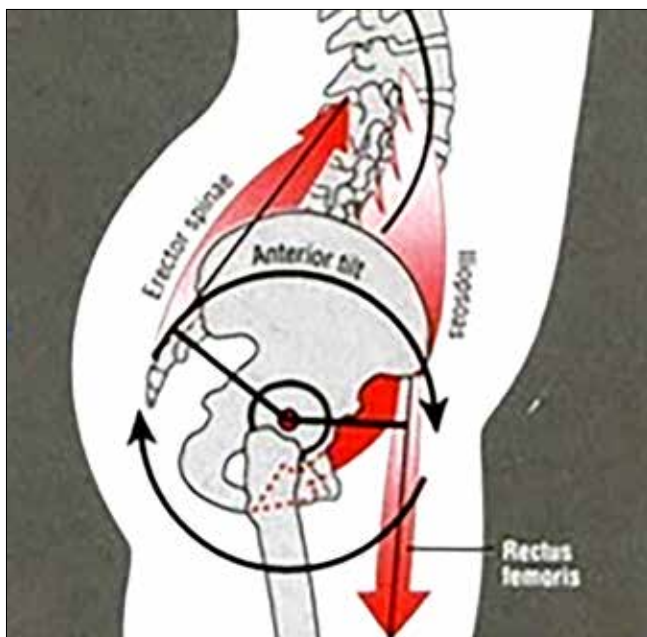


Fig.2. Anterior pelvic tilt (Image taken from: <https://runnersdystonia.blogspot.com/2017/11/wow-great-run.html>)

The right posture is with a neutral pelvis as it balances the movements of the body. This improves the efficiency of daily activities. The sagittal alignment as well as body posture is maintained by the neutral pelvis which if not maintained triggers many complications like flat-back syndrome, cervical kyphosis, as well as uterine prolapse, and gastric herniation [5].

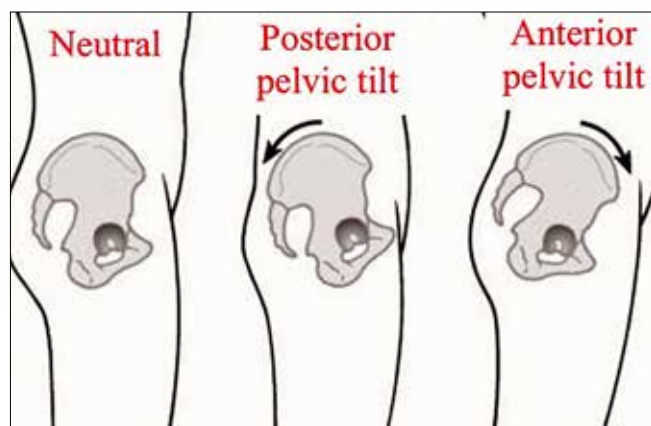
## Women and pelvic pain

Studies on pregnancy-associated PT have been reported and found that most women face difficulties in neutralizing their pelvis. The PT and associated pain in the post-delivery take a minimum of 3 months. Since biomechanical and hormonal changes from pregnancy are largely reversed by 3 months postpartum, consequently, it is assumed that other factors might interfere with recovery. However, resolving pelvic pain may take a long time and become challenging.

Evidence also suggests that pregnancy-related low back pain has a prevalence of more than 50% worldwide [6]. The lower back pain has been observed and no clear view of severity has been documented. A growing body of studies links pelvic pain and lower back pain. Therefore, it is important to find a way to overcome the complications of PT.

## Importance of neutral pelvis in women with C-section

Both practically and symbolically, the “pelvic floor” is regarded as the foundation of the physical body. Although the term “pelvic floor” is sometimes misunderstood, it actually refers to the musculoskeletal system that enables upright mobility and support. This system supports and protects the reproductive, voiding, and defecation organs. The right alignment of the spine, the movement of the “pelvic floor” muscles, and support for breathing are all impacted by their proper operation. In addition to limiting physical movement, a “pelvic floor” that is overly tight can cause pelvic pain, constipation, rectal spasms, and sexual dysfunction. Too-relaxed



**Fig.3.** Neutral, Posterior, and Anterior tilt (Image taken from: <http://www.mbmyskeletal.com/learning/pelvic-tilt/>)

muscles can cause pelvic organ prolapse, urine and/or bowel incontinence, and other issues [7].

Pelvic alignment changes during pregnancy and post-childbirth. Due to the secretion of relaxin (a hormone secreted by the placenta that causes the cervix to dilate and prepares the uterus for the action of oxytocin during labor), the muscles and the ligaments joining the pelvis become soft. Studies show that the dissimilarity in the pelvic arrangement in pregnant and post-partum women the anterior widths of the pelvises were greater than never pregnant women [8]. Among women who underwent C-sections, it was found that the range of motion of trunk muscle and alignment of the pelvis leads to low back pain.

In women with non-specific low back pain, weakness of abdominal, paraspinal, and multifidus muscles was witnessed to a great extent. 43% of women are identified with “pelvic floor” dysfunction. A risk of an increase in this number by 25% is estimated if untreated [5].

It was noticed that the signs of pelvic floor dysfunction as a self-determining condition are seen in 32% of women at their reproductive age, after child labor, 6 weeks later the child labor if natural labor, and 35% in women after C-section [9].

### **Effectiveness of yogic practices for PT among women**

Fewer studies have specifically investigated the impact of yoga on PT. In one of the studies, the effectiveness of *Veerabhadrasana*

and *Parsvakonasana* were studied to be beneficial for the pelvic floor proved to be significant [10]. Yet another study shows significant changes recommending *Janusirsasana*, *parivrrtaupavisthakonasana*, *parsvaupavisthakonasana*, *virabaddra asana - III* for both anterior and posterior pelvic tilt on spinal [10]. The best ever pose for a healthy and intact pelvis is the “*Siddhasana/ Siddhayoni*” according to *Hatha Yoga Pradipika*. Due to modern-day culture, we do not sit down on the floor. Even sitting in *Sukasana* strengthens pelvic and core muscles.

The yogic practices for anterior pelvic tilt which can be explored in future researches are *Pawana Muktasana Series-3*, *Suryanamaskar (Vivekananda Model)*, Standing Asanas - *Tadasana, Trikonasana*, Seated asanas - *Vajrasana, Marjaryasana, Paschimottanasana, UttanPrsthasana, BaddhaKonasana, ArdhaKapotasana*, Supine Asanas - *Setubandasana, Naukasana, Pawanamuktasana, Viparitarani, Ananda Balasana, Suchirandrasana, SuptaBaddakonasana, Supta Matsyendrasana*, Prone Asanas- *Setubandasana, Naukasana, Pawanamuktasana, Viparitarani, Ananda Balasana, Suchirandrasana, Supta Baddakonasana, SuptaMatsyendrasana*. Kriyas like *Kapalbathi* and *Agnisar* can be tested for their pelvic floor efficiency. Pranayama practices *Nadishodhana* and *Brahmari*, in Bandhas, *Mahabandha, Mudra - Aswini mudra* followed by relaxation technique *Deep Relaxation Technique (DST)* can be looked at as the yoga intervention parameters to find the efficacy.

### **Conclusion**

In order to prevent complications in the future such as PT, pelvic organ prolapse, the pelvis must heal after childbirth. There is no conclusive evidence that non-surgical treatment might reduce excessive anterior pelvic tilt and any potential associated symptoms. Healing is still incomplete even one month after giving delivery. It's possible that the front width of the pelvis heals more slowly than the posterior width. In general, it is preferable for the anterior



and posterior to heal at the same time to prevent bodily malfunction, which could lead to surgery if left untreated.

Yoga has its own special charm and qualities as one of the world's oldest traditional ways of health preservation. Yoga places a greater emphasis on the harmony and oneness of the body and mind than other fitness regimens that concentrate on the qualities of physical exercises.

Yoga can be a high-quality therapy a substitute for invasive surgery in lowering anterior pelvic tilt and/or associated symptoms that may fully express its own initiative through the mix of asanas, awareness, and breathing.

*“Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.” – B.K.S. Iyengar*

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## ब्रह्मसूत्रम् (Brahmasūtram)

meditation to Karma) which is one among the three; Pratika (image), Ahangraha (self) and Karmanga (sub-action).

The very attitude of divinizing things into normal functions is the key principle, says Krishna in Bhagavad Gita. Even while doing small things such as eat, offer, share etc., think of me (Krishna as Paramatma). Chandogya Upanishad also claims that whichever is done with devotion, commitment and dedication will provide the power, energy and strength to a

Sadhaka. In general, people work but with right attitude, mostly with materialistic approach. One may observe the very difference in the case of caring the child, mother vs caretaker. Mother has an additional value of love, affection, owning etc., which probably maids may be devoid of.

To summaries the whole context, it is important to see the phala (result) of all actions, contemplation and knowledge to be resulting in freeing the individual to reach higher stages of Moksha (absolute freedom).

*to be continued...*



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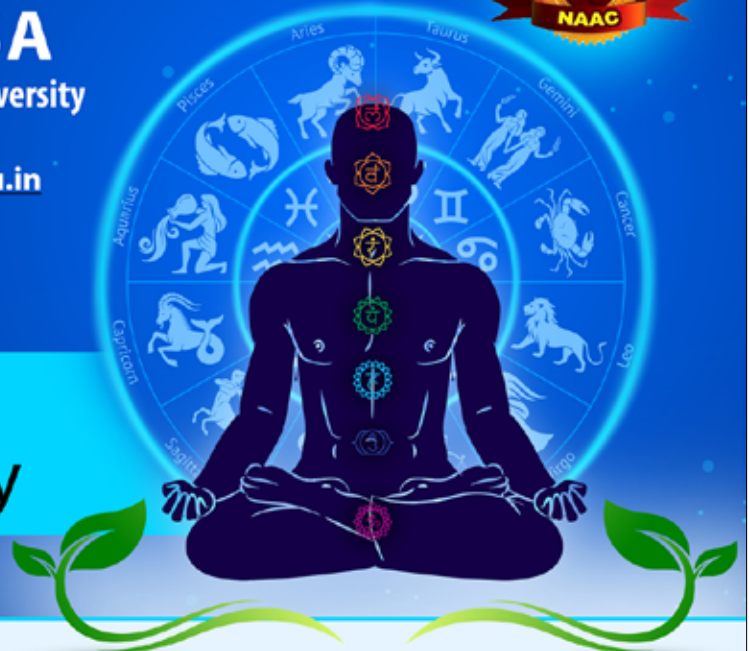
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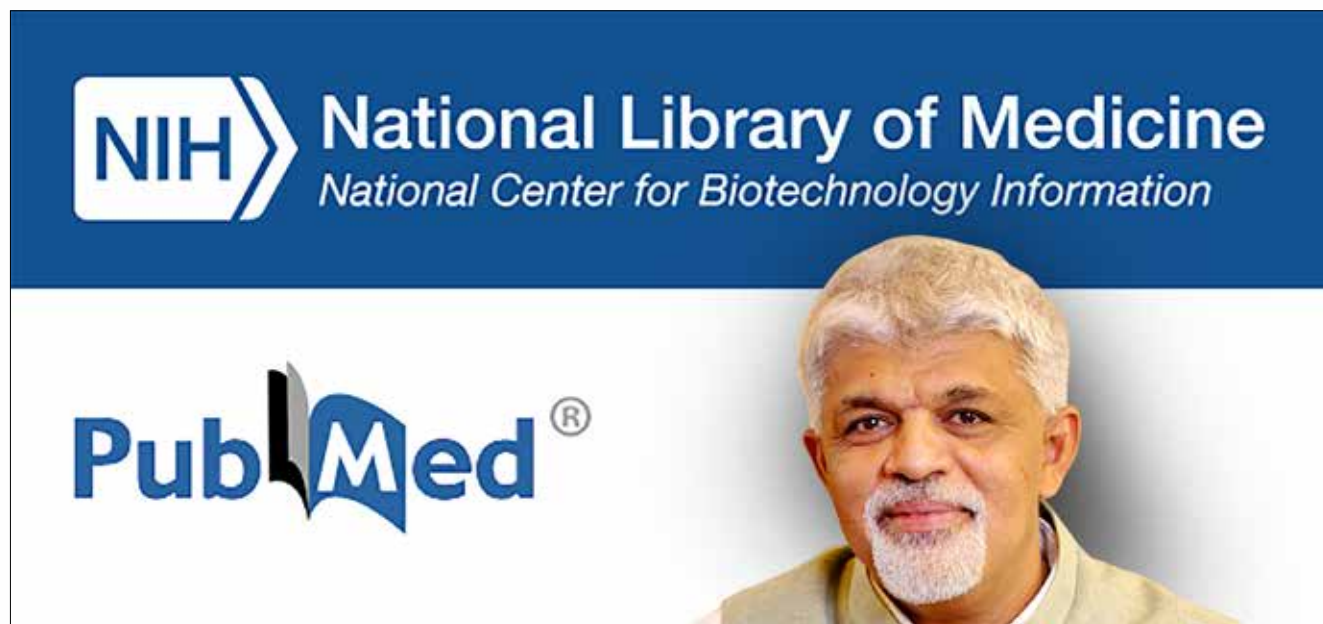


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# Simple Bhramari (Humming) as a stress buster

A recent publication in *Cureus* (Pubmed Central Indexed Journal that is part of Springer Nature)



**Gunjan Y Trivedi** led this work with cardiologist Dr Kamal Sharma, diabetologist Dr Banshi Saboo, community medicine expert Dr S Kathirvel, and team.

## Main author:

Gunjan Y Trivedi, Ph.D., Society for Energy & Emotions, Wellness Space, Ahmedabad, IND

## Other authors:

Dr Kamal Sharma (Cardiologist, Dr Kamal Sharma Cardiology Clinic, Ahmedabad, IND.

Dr Banshi Saboo, Ph.D. (Department of Endocrinology, Diabetes Care & Hormone Clinic, Ahmedabad, IND.)

Dr S Kathirvel, (Community Medicine, Postgraduate Institute of Medical Education and Research, Chandigarh, IND.)

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## Synopsis

This work was one of a series of experiments to understand the positive influence of Simple Bhramari Pranayama (no mudra) on HRV (Heart Rate Variability). Regular daily practice of Bhramari provides long-term benefits for cardiovascular benefits, incl. lowering pulse and blood pressure, lung function, cognitive function, improving sleep quality, and mental health. However, its role in stress management has not been studied extensively, especially with physiological stress measurement.

The study explored the changes in HRV during several activities (emotional stress, physical activity, sleep), including simple Bhramari, by



attaching a Holter device to 23 participants for several hours during the day and the night. Participants noted these activities, and an independent analysis was done to match the activities' HRV data for each participant with their notes.

### The findings are highlighted below:

- Simple Bhramari (Humming) generates the lowest stress index compared to all three other activities (physical activity, emotional stress, and sleep). Hence, Bhramari can be done several times daily to lower stress levels!
- Several HRV parameters indicated that humming generates better HRV signals, indicating that long-term, Bhramari can help enhance the balance of the autonomic nervous system. Daily humming can help enhance the parasympathetic nervous system and slow down sympathetic activation.

### Implications for Yoga Instructors:

1. Many individuals cannot continue Bhramari practice for long due to the compulsion to keep the mudra. While mudra adds to the depth (and hence the benefits) of Bhramari, for individuals to do longer practice, simple

Bhramari can be very beneficial. Generally, several practices (each at least 5 mins) daily can provide several benefits, including reduced stress and improved autonomic nervous system.

2. Simple Bhramari benefits from this research can be extended to “OM” chanting or any mantra chanting where the addition of positive emotions can be even more powerful.
3. Please be wary of the length of inhalation and exhalation. Many individuals are not able to extend the exhalation too long and, in such cases, encourage them to do what they can (more on this in the subsequent research)

### Link for full article:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10182780/d>

### Citation:

Trivedi, G., Sharma, K., Saboo, B., Kathirvel, S., Konat, A., Zapadia, V., Prajapati, P. J., Benani, U., Patel, K., & Shah, S. (2023). Humming (Simple Bhramari Pranayama) as a Stress Buster: A Holter-Based Study to Analyze Heart Rate Variability (HRV) Parameters During Bhramari, Physical Activity, Emotional Stress, and Sleep. *Cureus*, 15(4), e37527. <https://doi.org/10.7759/cureus.37527>



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# Yogi Vivekananda - 25

Swami Vivekananda's very popular sentence is "Each Soul is potentially divine". It is also a powerful sentence, useful for yoga sadhakas.

God is hidden in all. Atman is latent in all. Bliss is present in all. The hidden happiness is to be brought out. The hidden God is to be seen. The omnipresent atman is to be perceived. In short, the locked up divinity is to be unlocked. The Key to unlock the hidden potentially is yoga sadhana.

Yoga is both the means and the goal. God is yogeshwara. Yoga is bhramananda. Yoga is paramathma swarupa. This yoga is to be unlocked by yoga. The unlocking yoga is chiefly four types.



■ *Dr. K Subrahmanyam*  
*Advisor to Chancellor*  
*S-VYASA*



1. Karma yoga, 2. Bhakti yoga, 3. Jnana yoga, 4. Raja yoga

All the four are not new to us. Karma yoga is selfless activity. All of us are engaged in one action or another. But all these actions are self-centered. If only these activities are not egoistic, then all the activities are sure to become actions of karma yoga. The selfless activity is the tool to unlock the divinity in us.

These activities are to be performed with shraddha, intelligence and truthfulness. Then the activities will shine better because they are of truth. That is jnana yoga. If the same activities are performed with prema or love, then they will be activities of bhakti yoga. Similarly, all the activities are to be performed with strong willpower and determination for the well-being of all. Then they will be of raja yoga.

In simplest meaning of Raja yoga is strong willpower. Bhakti yoga is pure love. Jnana yoga is knowledge of absolute truth. Karma yoga is activity of determination, devotion and truth.

Swami Vivekananda in his analysis of yoga and yoga sadhana brings the lock and the key together. The potential divinity can be unlocked by service activities. The hidden God can be seen by pure devotion. The Paramatman can be realized by the knowledge of absolute truth. For all spiritual pursuit the requirement is firmness of will. Therefore, Swami Vivekananda says that Bhraman or absolute freedom can be attained by ceaseless work or karma yoga of service activity. The highest ananda can be experienced by desireless devotion. The great self-realization



can be attained through knowledge of truth or philosophy and all the excellence can be achieved by psychic control.

The entire Bhagavath Gita is a book of yogasadhana. Any part of any chapter is sure to give us happiness, just as the entire train takes you to the destination. The Bhagavath gita is sure to grant salvation. Wherever you sit in the train, either on the footboard or in the compartment or on the top of the train, you are sure to go to the destination. Similarly any of the yoga practices can grant us absolute freedom and bliss. Swami Vivekananda is a great yogi passing through yoga sadhana of all types to reach total freedom and bliss.

Patanjali's Ashtanga yoga is capable of taking anybody to the top of freedom. Yama has five subdivisions which are all independent, interdependent and capable of granting the highest of yogic excellence. Sathya, Ahimsha, Aparigraha and Bhramacharya are all very very sure steps and parts of yoga sadhana taking us to the highest pedestal of eternity. Niyama of saucha, santhosha, swadhyaya, tapasya and ishvarapranidhana are all sure ways to take us to the highest blissful state. Pranayama, Pratyahara, Dharana and Dhyana are sure to grant us samadhi independently and collectively.

If only the key of yoga of any type is put to proper use without egoism, we are sure to reach the highest state of absolute knowledge, absolute truth and absolute bliss.



YIC (Yoga Instructor's Course) Batch - 240, June 2023



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## MSc

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The Course, MSc helps you to enjoy positive health; enjoy an urge of Self-improvement, Develop Integrity, Develop Responsibility, Develop Reliability, Develop Dependability, Develop Compassion and Develop Immunity.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA, Deemed to be University) conceptualized the MSc (Yoga for Stress Management) to produce Experts in imparting Stress Management techniques to all.

### Highlights of MSc Yoga Lifestyle and Stress Management:

- Stress management theory and practical training will be imparted by the experts in that field.
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- Research teaching from researchers of our Research center.
- Yogic principles will be taught by experts in the field of Yoga.
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**Course Duration:** 2 yrs (Regular Fulltime Program)

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of Stress and lead a Stress-free Life  
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Lifestyle Management  
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# World Yoga Summit, 2023 at Germany

## attended by Prof. M Jayaraman, S-VYASA University



**Prof. M Jayaraman, Dean, Division of Yoga - Spirituality** was invited as a speaker in the World Yoga Summit (20 Countries one Event) titled - Shaping the future of the world by Holistic Yoga beyond Physiology, held from 19-20 June 2023, Yoga Vidya Ashram, Horn Bad-Meinburg, Germany. This is an annual conference organized by the Indian Council for Cultural Relations, Govt of India, every year in one international venue. This time the venue was Yoga Vidya Ashram, Germany, European Yoga Federation. United Consciousness, Ujjain also collaborated for the conference.

**Prof Jayaraman** gave a talk on **Panchakoshas and 4 states of consciousness** - on the 19<sup>th</sup> June. The subtle details of Panchakoshas based on

Sayanacharaya's commentary to Bhruguvalli, Taittiriya Upanishad was discussed. The IAYT (Integrated Approach to Yoga Therapy) methodology of Yoga therapy based on the Panchakoshas - of S-VYASA developed with inspiration, Vision and guidance of Guruji Dr. H R Nagendra ji and Dr. Nagarathna ji was also highlighted. The Talk was well received. Many international speakers like Pro. Krystoff from Portugal, Prof. Shubhada Joshi, Mumbai University (Rtd), Sri Sukadev Bretz, Yoga Vidya, Germany conveyed their respects to Guruji and offered their appreciation to Prof Jayaraman's presentation.

Edited Video of the talk from Yoga vidya website ((22 mins)) can be seen here - <https://www.yogavidya.com/>





[youtube.com/watch?v=q-UgbpvyNXA](https://www.youtube.com/watch?v=q-UgbpvyNXA)

Full video of session 3 - from Yoga Vidya, Germany website (3 hrs 40 mins): <https://www.youtube.com/watch?v=SlijxGaY9Z4&t=2413s> (my talk can be heard from 40<sup>th</sup> Minute - total 22 minutes from there).

On the Second Day of the conference (20<sup>th</sup> June) Prof Jayaraman chaired a session in the conference where senior scholars (from the left in the image) Prof. Shubhada Joshi ji, (Retd HoD Philosophy Dept Univ of Mumbai) (sitting on the chair), Ms. Amelia Rozzi, Secretary European Yoga Federation, Mr. Sukdev Beretz, President Yoga Vidya Germany presented their talks. Narendra Hübner, senior Yoga expert, Yoga Vidya, Germany was the session coordinator.



The comments and observations by Prof Jayaraman were well received and appreciated, and also elicited a special mention in the Valedictory session by Mr. Sukdev Bretz, President Yoga Vidya, Germany (Watch the special mention between 25:40 mins to 26:14 in the link below - <https://www.youtube.com/watch?v=eeFMO49jFxI>)

Sri Abhay Kumar, Deputy, Director General of Indian Cultural Relations, Govt of India (to my immediate left side) & other dignitaries ((20<sup>th</sup> Jun 2023) gave away the certificate of appreciation from ICCR, Govt of India to Prof .M Jayaraman.

There were nearly 200 participants in the conference. There were speakers from 20 countries for this global conference including delegates from India



Vyasa Yoga Singapore celebrated the 9<sup>th</sup> International Day of Yoga with great enthusiasm, welcoming over 2,000 participants from all corners of Singapore. We organized a series of 40+ events held between 4<sup>th</sup> and 25<sup>th</sup> June 2023, taking place at renowned venues including Bank of America, DPS International School, Arya Samaj, and various Singapore Community Centers.



# 9<sup>th</sup> International Day of Yoga 2023 celebrations at S-VYASA

S-VYASA Campus, Prasanti Kutiram, Bengaluru



On the occasion of 9<sup>th</sup> International Day of Yoga (IDY) celebrations, S-VYASA organized the performance of common Yoga Protocol in four venues under the guidance Hon. Chancellor and Vice Chancellor. The programme was organized Deputy Registrar, Principals and Heads, and IQAC. Dr. Jagannath Patil, Advisor, NAAC and Dr. R Nagarathna, Director, Arogyadhama participated in the programme as Chief Guests.

The four venues were - Shruti Mandir, Mangal Mandir, Samskriti Bhavan, and Sushrutha College. Around 700 students and faculty members performed Common Yoga Protocol at 07.00 am to 08.00 am. The Stage program started with the welcoming address by Dr. Vasudeva Vaidya, Deputy Registrar followed by the chief guests' address with an inspiring speech.





## TATA Advanced Systems, Bengaluru



This report highlights the successful celebration of the International Day of Yoga at TATA Advanced Systems Limited, located in the Jigani Industrial Area of Bengaluru, Karnataka. The event was attended by Mr. Nayak Adarsh Saubhagya and Smt. Ashwini H R, aimed to promote the practice of yoga among the staff members. The attendees, including senior officials actively participated in the Yoga program, which took place on 21<sup>st</sup> June 2023.

The presence and active participation of senior officials from different departments added to the significance of the event. Their involvement showcased the organization's commitment in promoting the employee well-being and fostering a healthy work environment.

Approximately 450 staff members, including senior officials, enthusiastically attended the Yoga program. The event provided a platform for employees from various departments to come together and engage in the practice of yoga, promoting a sense of unity, harmony, and well-being.

## Govt. Boys Higher Secondary School, Rayakkotai, Hosur, TN

On the occasion of 9<sup>th</sup> International Day of Yoga Mr. Arun R S, Sr. Yoga Therapist from S-VYASA University, taught yoga and adhered to the common yoga protocol at the Govt. Boys. High. Sec. School in Rayakottai, Hosur Dist. Tamil Nadu. Mr. Praveen, BJP Union Secretary, has attended the session and encouraged the students. More than 50 students took part in this session along with Mr. Srinivas, the school's headmaster and other staff members. Mr. Arun gave a lecture on Yoga for IQ development for the children.



## All India Radio (AIR)

In All India Radio Programme "Vidyamana" delegation from S-VYASA, Dr. Manjunath Gururaj participated in an interview conducted by Akashavani's "Vidyamana" program, which aired on 19<sup>th</sup> and 20<sup>th</sup> June, 2023. The interview focused on various aspects of yoga, including its principles, benefits, and the significance of IDY. The program aimed to promote awareness about yoga and encourage listeners to embrace its practice for physical and mental well-being.



## Endeavour Academy, Bengaluru



The Yoga Day celebration at Endeavour Academy was a remarkable event that brought together 102 participants (Both Parents and Teachers) to promote the practice of yoga and its numerous benefits. The event was organized in collaboration with



S-VYASA, and a team of experts led by Dr. Jincy Sundaran and Dr. Bharathi Dhevi, Ms. Leher Gupta from the third year of BNYS and Mr. Sadhavadhan from the second year of BNYS involved in ensuring the success of the event. The common yoga protocol was performed by all the members.

## Sarala Yoga Vedike, Bengaluru

On 21<sup>st</sup> June, Dr. Manjunath Gururaj attended the Sarala Yoga Vedike event as the guest speaker at the Sankey Walkers Association. During the event, he delivered a talk emphasizing the importance of yoga in daily life. He discussed its positive effects on physical health, mental clarity, and overall well-being. The session aimed to inspire and motivate participants to incorporate yoga into their routines for a balanced and healthy lifestyle.



## Indian Army Establishment, CQAL Office, Bengaluru



On June 21<sup>st</sup>, Dr. Manjunath Gururaj had the honor of being the chief guest speaker in the presence of Brig KP Kumar at the Ministry of Defense, Indian Army establishment Controllerate of Quality Assurance office in JC Nagar, Bengaluru. He delivered a lecture on the topic of "Vasudhaiva Kutumbakam," highlighting

the philosophy of the world being one family. He discussed how yoga promotes unity, compassion, and a sense of global harmony. The session aimed to encourage participants to embrace these principles and cultivate a greater sense of interconnectedness.





## IDY - Inauguration of Inter-Collegiate Yoga Competition

On 22<sup>nd</sup> June, Dr. Manjunath Gururaj attended Sheshadripuram Advanced Business Studies College in Kengeri, Bengaluru, as the chief guest speaker to inaugurate an inter-collegiate yoga competition. The event aimed to showcase the talent and skills of young yoga practitioners. In his address, he emphasized the transformative power of yoga in promoting physical fitness, mental clarity, and overall well-being. He encouraged participants to continue their journey of yoga and highlighted its positive impact on personal and professional development.



between 7.00 am to 8:30 am. Dr. Raghavendra Bhat, Associate Professor, S-VYASA delivered a talk on 'Yoga at Workplace'. Followed by a talk, yoga practice session (Common Yoga Protocol) conducted by Mr. Saurav Nilesh, PhD Scholar and Mr. Sadavadhayan, BNYS 2<sup>nd</sup> year student. Sri Debjyoti Das, Principal Commissioner of Income Tax, Sri Akash Bhairannavar, Deputy Commissioner of Income Tax, and other senior officers were present at the program. Total of 95 senior officers attended the IDY program.

## Office of the Principal Commissioner, Income Tax, Bengaluru

On the occasion of the 9<sup>th</sup> IDY, the Office of the Principal Commissioner, Income Tax, Bengaluru organized a Yoga program in association with S-VYASA on 21<sup>st</sup> June 2023



## Software Technology Parks of India (STPI), Bengaluru

The 9<sup>th</sup> IDY 2023 was celebrated at STPI, Electronics City, Hosur Road, Bengaluru, in presence of Sri Shailendra Tyagi, Director STPI-Bengaluru. There were 40 employees approximately participated in the program. Total duration of program was of 60 minutes, in which brief introduction for 15





minutes about yoga followed by yoga protocol for 45 minutes was practiced. All the Participants appreciated and participated enthusiastically in the whole program. They have also shown their interest to visit S-VYASA campus as well as for enrolling themselves for different programs and to admit themselves and their relatives for various purposes. Program was well praised by all and received positive feedback.

## National Gallery of Modern Art, Bengaluru

On the occasion of IDY, National Gallery of Modern Art Bengaluru, a subordinate office of the Ministry of Culture, Government of India organized a Yoga program on 21<sup>st</sup> June 2023 from 9:30 AM to 11:00 AM. Dr. Soubhagyalaxmi Mohanty and Ms. Reena Singh represented S-VYASA.



The programme started with the brief introduction of yoga and significance of celebrating IDY all over the world followed by the IDY protocol which included starting prayer, loosening practices, asanas, pranayama, dhyana, and closing prayer.

In this programme, around 60 participants including officials, staff and their family members Director Mrs. Nazneen Banu and Curator participated.



## Common Yoga Protocol Demonstration at Vidhana Soudha, Bengaluru



On June 20<sup>th</sup> 2023, a group comprising of four students namely Darshan, Sindhu and Shreyasi from 4<sup>th</sup> year and Vaishnavi from 1<sup>st</sup> year and three faculty members namely Dr. Srigowri C, Dr. Divyashree M N, Dr. Ritesh C from S-VYASA took part in the Common Yoga Protocol (CYP) demonstration in Vidhana Soudha. The objective of this visit was to showcase the significance and benefits of Yoga in promoting physical and mental well-being.



The following day, on June 21st, we arrived at Vidhan Soudha at 5:30 AM, well in advance of the scheduled time. The CYP demonstration commenced promptly at 7:00 AM, with the active participation of fellow students from various institutions and the citizens of Bengaluru, in the presence of Honorable Governor, Mr. Thawar Chand Gehlot, Karnataka Legislative Speaker, Sri U T Khader, Former Cricketer, Sri Venkatesh Prasad, Former Athlete, Smt. Anju Bobby George, Actress, Ms. Bhavana and renowned Yoga Gurus were also present there for the event. The demonstration took place in front of Vidhana Soudha where the participants actively took part in event.

Throughout the session, the team demonstrated and explained the various yoga asanas (postures), pranayama (breathing exercises), and dhyana (meditation techniques) prescribed under the CYP. This comprehensive display highlighted the holistic approach of yoga, encompassing physical fitness, mental clarity, and emotional balance.

Following the successful completion of the demonstration, a nourishing breakfast was provided to all participants.

University is very grateful to the Government of Karnataka, for giving the opportunity to demonstrate CYP on stage to the mass, encouraging them to perform yoga on a daily basis.

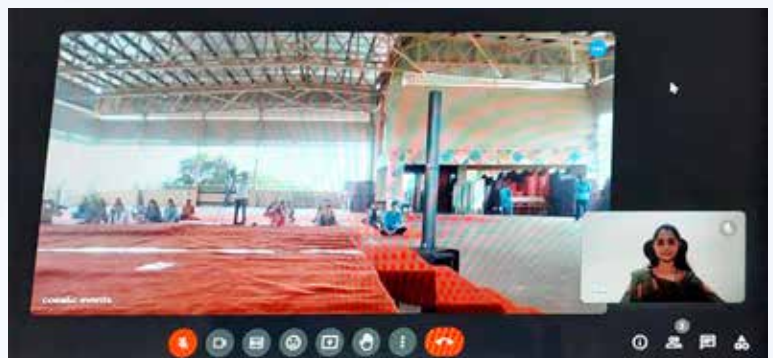
In conclusion, the Common Yoga Protocol demonstration at Vidhana Soudha proved to be an enlightening and rewarding experience.

## Shree Shankarlal Sundarbai Shashun Jain College for Women, Chennai

On occasion of International Day of Yoga on June 21, 2023, Dr. Swathi P S had been invited as a guest speaker by Shree Shankarlal Sundarbai Shashun Jain College for Wmen, Chennai. Session started at 9:00 am and went on till 10:00 am online through google meet. Benefits of fasting and relation of yoga, food and mind and chaturmasa fasting in jainism was the topic of address. Around 35 students witnessed the programme in the presence of principal of Shashun college, Dr. S Padmavathi.

### Session Video Link:

<https://youtube.com/live/QermItKrbXA?feature=share>





## Sri Vinayaka Medical College, Salem

Dr. Apar Saoji, Principal of The School of Yoga and Naturopathic Medicine was invited to give an online talk at a CME organized by Dept. of Physiology, Sri Vinayaka Medical College, Salem, Tamilnadu. The topic for the talk was "Yoga for managing stress". The CME also had a talk by Dr. Kabiraja Udupa, Professor, Dept. of Neurophysiology, NIMHANS, Bengaluru about the Physiology of Stress. Over 250 medical students and faculty members attended the session and appreciated the talks.

## DD Chandana Live: Vaidyara Maatu

On the eve of IDY celebrations, Dr. Vasudev Vaidhya, Deputy Registrar was invited for the Live Phone in Programme, Vaidyara Maatu on 14<sup>th</sup> June 2023 from 12:00 noon to 1:00 pm.

He had given a Talk on Yoga and Health, in Kannada. Dr. Chaitra from DD Chandana TV anchored. There were about 10,000 people watched the program from all over the Karnataka



## Dheerghayu Institute of Yoga, Bengaluru

Dheerghayu Institute of Yoga is an leading institute at Nagarbhavi, Bengaluru. The Institute has been conducting the regular classes for all age group people since from last 25 yrs. The institute is Affiliated to VYASA, Bengaluru.

On the occasion of 25<sup>th</sup> year celebrations, and IDY 2023 the institute has organized The Karnataka State Open Yogasana championship, supported by the Nehru Yuva Kendra Bengaluru on 18<sup>th</sup> June 2023 at Sri Kanaka Bhavana. Nagarabhavi, Bengaluru 9:00 am to 9:00 pm.

There were around 884 participants participated at competition with 9 categories. Dr. Vasudev Vaidya, Deputy Registrar, was invited as special guest for the valedictory function along with another 10 dignitaries. He insisted on the importance of Raja yoga for the present-day lifestyle. There are around 600 audiences were present.

## Shree Krishna Pre-University and Degree College, Bengaluru

Dr. Swathi PS, Assistant Professor cum Medical Officer was deputed to Shree Krishna Pre-University and Degree College, Bannerughatta Road, Bengaluru for conducting IDY programme from S-VYASA. She conducted the Common Yoga Protocol for the celebration of International Yoga Day-2023 on the theme of "Vasudhaiva Kutumbakam" - The world is



one family, for duration of 60 minutes, 210 students and 15 teaching staff had attended the program and taken the benefits of Yoga practices. The management felicitated her for the same.



## IDY celebrations at JSW



As per the request received from Head Talent Management, Coated Products, JSW Steel Coated Products Ltd, the following faculty/ alumni have visited various places of JSW branches and conducted the Common Yoga protocol as part of 9<sup>th</sup> International Day of Yoga.

Place	Faculty/ Alumni allotted	No. of people attended
Vasid, Mumbai	Shivam Singh	1400
Tarapur, Mumbai	Ashwini	300
Khopoli, Mumbai	Himanshu	125
Kalmeshwar, Nagpur	Davendra Pratap Singh	295
Bawal, Delhi	Krishna Kumar Pandey	100
Rajpur, Chandigarh	Kalyan	150





## DCP Office, Bengaluru

Ms. Varsha S, Ms. Sahithya, Dr. Kishore and Mr. Preetham were deputed on the occasion of 9<sup>th</sup> International Day of Yoga to the DCP Office herein Chamrajpet. Around 120 - 150 Police personnel attended and performed the Common Yoga Protocol.



## ST. Francis College, Koramangala, Bengaluru

On the occasion of the 9<sup>th</sup> International Day of Yoga (IDY), the Common Yoga Protocol (CYP) was performed at ST. Francis College, Koramangala, Bengaluru. The session was conducted under the guidance of Mr. Manoj N and demonstrated by Mr. Srujan R, both affiliated with VYASA Yoga University. The event had a participation of nearly 300 individuals who gathered to practice the IDY-CYP. Mr. Manoj graced the occasion as the Chief Guest and delivered an inspiring speech emphasizing the significance of incorporating Yoga into our daily lives. His motivational words resonated with all the participants and other esteemed guests in attendance.



## Karnataka Public School, Uttarahalli, Bengaluru

In a remarkable celebration of the International Day of Yoga, Karnataka Public School, Uttarahalli, organized a spirited yoga session on 21<sup>st</sup> June 2023. Led by yoga instructor, Mr. Mayur B M from CODE, nearly 500 enthusiastic participants gathered to practice the Yoga Protocol. The event was graced by the presence of the esteemed Chief Guest, Mr. M Krishnappa, MLA of Uttarahalli. The session emphasized the transformative power of yoga in promoting physical and mental well-being. This empowering celebration highlighted the school's commitment to holistic development through yoga, leaving a lasting impact on all attendees.





## Arogya Soudha, Bengaluru

On the occasion of 9<sup>th</sup> International Day of Yoga which was started in 2014 by our Honorable Prime Minister, Sri Narendra Modi, Common Yoga Protocol (CYP) was performed in the Government Office, Arogya Soudha, Suvarna Arogya Suraksha Trust (SAST) situated in Binnyston Garden Binnipete, Bengaluru under the guidance of S- VYASA Yoga University.



The theme of the year for IDY practice in 2023 was “Vasudaiva kutambhakam”.

The Common Yoga Protocol practice began at sharp 8:30 am in the premises of Arogya Soudha. A group of 63 members were assembled in the premises, which included Director of the trust, Executive Doctors, IT Professionals, Data Analyst, HR Manager, Claims Executive, SDA, Audit and Account Assistants, Driver, Receptionist, DEO and others.

The program was held by BNYS students, Ms. Lavani L, Ms. Krupa, Ms. Swathi, Ms. Sanchitha.

## Eknath Bhavan, City Office of S-VYASA, Bengaluru

The 9<sup>th</sup> International Day of Yoga- 2023 was held in Eknath Bhavan on June 21<sup>st</sup> from 6:30 am to 8:00 am. Dr. M K Sridhar, Distinguished Professor, S-VYASA, Deemed to be University, was the Chief Guest. Dr. Madhu Nagesh, Ortho-Dentist, guided the YIC and MSc students for Common Yoga Protocol. Around 50 students, teaching and non-teaching staffs participated in the event.



## Bengaluru University

Department of Performing Arts, Bengaluru University (BU) organized the 9<sup>th</sup> International Day of Yoga- 2023, celebration in its auditorium on June 21<sup>st</sup> from 8:00 am to 10:30 am. Dr. Jayakar S M, Hon'ble Chancellor, BU, inaugurated the program. Dr. M K Sridhar, Distinguished Professor, S-VYASA, Deemed to be University, was the Chief Guest. The Registrar, faculty members and others participated in the programme.





## Key-Note Address for International Day of Yoga celebration @ Mahatma Gandhi Central University, Bihar

Mahatma Gandhi Central University, Motihari, Bihar in collaboration with “Inter University Center” for Yogic Sciences, Bengaluru, organized one-week personality development program, Yoga, holistic health & wellbeing through in 21<sup>st</sup> Century as a part of 9<sup>th</sup> International Day of Yoga-2023 through online mode. Dr. M K Sridhar, Distinguished Professor, S-VYASA, Deemed to be University gave the Key-Note Address.

## Chanakya Global Academy, Bengaluru



On the occasion of the International Day of Yoga (IDY) on 21<sup>st</sup> June 2023, Chanakya Global Academy in Kumbalgotu, Bengaluru, organized a yoga session from 9:00 to 10:30 am. The session was led by Ms. Tanuja Pangar, a student of MSc (YT), 3<sup>rd</sup> Sem, at S-VYASA Deemed to be University. The yoga protocol performance took place within the premises of Chanakya Global Academy. A remarkable turnout of approximately 550 children actively participated in the event. The session focused on highlighting the transformative power of yoga in nurturing both physical and mental well-being. This impactful celebration underscored the school's unwavering commitment to holistic development through the practice of yoga, leaving a lasting impression on all attendees.

## Gaytari Consciousness Centre, Electronic Centre, Bengaluru

MS (YT) Students, Sri Vikash Kumar led Yoga Session at Gaytari Consciousness Centre, Electronic Centre, Bengaluru. Totally 18 people participated.





## Camps organized during 9<sup>th</sup> IDY by the III & IV BNYS Students of TSYNM



As a part of the 9<sup>th</sup> International Day of Yoga, the students of The School of Yoga & Naturopathic Medicine, S-VYASA Deemed to be University were given an opportunity through the principal for organizing 4 days yoga camp in their respective hometown/ school/ college/ neighbourhood followed by grand practice of Common Yoga Protocol on the 21<sup>st</sup> of June.

Students were enthusiastic and took this opportunity and organized camps throughout the nation. **A total of 34 camps were organized Nationwide by 65 students. 11,290 participants practiced Yoga under the guidance of our students.** Students also made most of the camp and added, workshops on special evolved techniques of Yoga which originated in S-VYASA like MSRT, and Cyclic Meditation. Lecturers were delivered on the topics of Yoga, Health, Nutrition, and diet. Some students even organized general health camps in their school/ college/ neighbourhood. This was done as a part of the school's outreach activity and personality development for students.



## Camps organized by the Students with the place and total participants

SNo	Student	Place/s where the Camp was organised	Camp included	Participants
1	Hariharamanikandan S	Theni and Madurai District of Tamilnadu	CYP practice	250
2	Srimunisha V, Aarthi V	Vaniyambadi, Tirupattur st, TN	CYP practice	250
3	S. Manasa	Government Higher Secondary School Mathigiri	CYP practice	170
4	Amith, Jegath, Aditya	1. GLPS Panmana, Manayil School   2. Krishnayanam Sanadhana Darma Pracharana Seva Samithi Panmana   3. Panmana Asramam   4. Mmns College Kottiyam   5. Gsmvlps Thevalakkara   6. SBVS GHSS Panmana Manayil	CYP practice	670
5	Mirunalini V	Kareya Patti, Municipal Panchayat Primary School, Virudhunagar and Kendriya Vidhyalaya, Virudhunagar	CYP practice	67
6	Lavanya M R	Dobbspet, Vivekananda Vidya mandira	CYP practice	300
7	Himani	Shri Nagar Colony, Sakoli, Maharashtra	CYP practice, lectures and other asana practices	10
8	Mishel PMS, Vedha Varsha KSB	Kangaroo Oldage Home, Guru Krupa Oldage Home, Cauvery Matric HSS, CE Primary School, Vanarapettai, Archampatti Village, Karur District	CYP practice	395
9	R Preksha Madival, Saradeshwari A	Dav Bhel School Ranipet, Balavihar	CYP practice, lecture session, cyclic meditation, health camp, diet counselling	1393
10	Vishnu Priya V	Achala Vidyanikethan School	CYP, Suryanamaskar and workshop on yogic technique	51
11	M. Subprjha, S. Selva Dharshini, R. Mithra	Tirunelveli, Tamilnadu	CYP practice	512
12	Arudhra K, Sowmiya R, Anoop D.S.	1. Hope Home Orphanage, Cheruvarakonam, Kerala   2. Jay International School, Nangaimozhi, TamilNadu	CYP practice	244
13	Keerthi G S, Madhuri S, Soniya B R	Maganur Basappa PU College	CYP practice	125
14	Nikhil V, Shashank V, Ramesh Nandish Hiremath	Varin International Residential School and College, Tumkur	CYP practice	1895
15	Keerthi G S, Priyanka, Tejal	Jnana Sagara PU College	CYP practice	123
16	Kavya Jogi, D Prathiksha, Rose T Joe, Aishwarya P	Govt Primary School Palur, Saraswati Vidyalaya Metric School, KRS Mytikas Public School, New Life Bible Presbyterian Church, Palur	CYP practice	520
17	Amrutha R Kampli, Ananya Prasad	SPYSS - Government Higher Primary School Branch, Katriguppe, Bengaluru	CYP practice, lecture session, diet and consultation, health checkup camp	106
18	Rakshitha S Naik	LIF HFL Care Homes, Madanayakanahalli, Bangalore	CYP, seminar on Naturopathy and yoga, workshop on MSRT and cyclic meditation, naturopathy consultation	21
19	Kavya R, Anagha U. Bhaf	Saralata Vidya Vyasa School	CYP, asana and Suryanamaskar, workshops and lecture	26
20	Rakshitha R	Siddalingapura, Mysuru	CYP protocol, lecture session, workshop on yogic techniques, health camps	80
21	Varshini Sushma	GHPS Koppagate	CYP practice	65
22	S. Shanmuga Bharathi, R. Vidhya Dharsini	Tirunelveli	CYP practice	450



SNo	Student	Place/s where the Camp was organised	Camp included	Participants
23	H M Bhumika	SDET School Mysore	CYP practice, lecture, health camp	300
24	Krupa A, Mirunalini, Lavani, Swathi, Sanchitha	1. Bharat Matha Primary and High School   2. JSS Primary, Highschool and PU College 3. Arogya Soudha	CYP practice, lecture	845
25	Poojashree S Reddy, Sinchana Nadiger, Poornashri Umesh Angadi	JP Nagar 8 <sup>th</sup> Phase, Bangalore	Workshops on MSRT	500
26	Sulaba S	1. Suhee Driving School   2. Lakshmi Mills School   3. ICM School   4. Panchayat Union School   5. Kammavar Mahal	CYP practice	350
27	Devanshi Rathi	Taruvar - The Natural Lifestyle Store, Lumbini Square Apartments, Chinmaya Vidyalya	CYP practice	90
28	Jeya Balaaji M	Tenkasi, Tirunelveli, Thiruchuzhi	CYP practice	435
29	Aru Dhati Kar, Sonam Ora, Vishakha Mukhija	Guwahati, Assam	CYP practise, lecture session, workshop on cyclic meditation and MSRT	455
30	Indushree P G, Aishwarya K	Lead Base India Rainbow Home, Government Higher Primary School, Bilekahalli	CYP practice	154
31	Polireddy Bhavigna	Little Angels High School, Nellore	CYP practice	150
32	Swethini M, Meghamala Patra	Geetham Yoga Centre, Shraddha Yuj Yoga Academy, Orphanage Home Chennai, Online Cyclic Meditation, SSM School, Marasulin Park, Chennai	CYP practice	109
33	Srujana	AYUSH Organisation, UKD Anantapur, AP	CYP practice	48
34	K. M. Kavana	Nithadyar School, Mangalore	CYP, workshop, health camp and lecture	131

## Staff Welfare Program: Oral Health Camp

Prashanti Kutiram, June 5: **Dr Madhura M G**, Associate Professor, Dept of Oral Pathology and Microbiology, DAPM R V Dental College, Bengaluru, conducted the oral health camp, where total thirty-three (33) individuals (staff, students and group D workers) were screened for oral health and tobacco related lesions in the mouth (oral cavity) pointing towards oral precancer and oral cancer. Out of 33, 12 were found to be associated with tobacco consumption; these individuals have been advised about ill effects of tobacco usage and were encouraged to slowly discontinue the habit. All the 33 screened individuals have been given necessary tips for adequate maintenance of oral health and also have been advised relevant treatment options for their oral ailments.





# IDY celebrations in the Govt. Schools in the vicinity of S-VYASA Campus Sessions led by S-VYASA Faculty & Students

SNo	School Name	No of Students
1	Ramasandra	35
2	Harappanahalli	155
3	Bukkasagara	35
4	Matalimganapura	35
5	Ragihalli	50
7	Giddenahalli	25
6	Kadujakkanahalli	16
8	Indalavadi	140
9	Indalavadi High	173
10	Konasandra	100
11	Devasandra	35
12	Madapatna	321
13	Vadera Manchenalli	100
14	Kallabalu	93
15	Haragadde Highschool	350
<b>Total No of Students</b>		<b>1663</b>





## 9<sup>th</sup> IDY celebration by S-VYASA & VYASA Affiliates



Vasudeva Kriya Yoga celebrated the 9<sup>th</sup> IDY at the Federal Parliament of Canberra, Australia and the Parliament of Victoria, Melbourne. The programs were organized in collaboration with Indian Consulates



Chaitanya Yog Sewa Sanstha, Varanasi



Dr. Manisha's Institute of  
Yogic Sciences & Cultural Synthesis, Pune



ALSACE-RHINDIA Association, Strasbourg, France



IMA Kalyan & Bharati Purohit Yoga Samsthana, Maharashtra



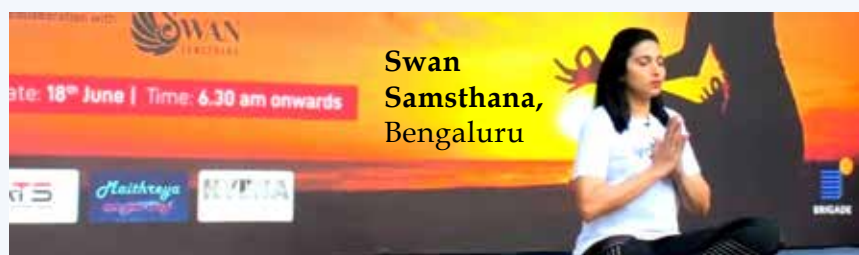
Panchakosha Abhyasa Dhamam



Pranava Atha Yoga, Hyderabad

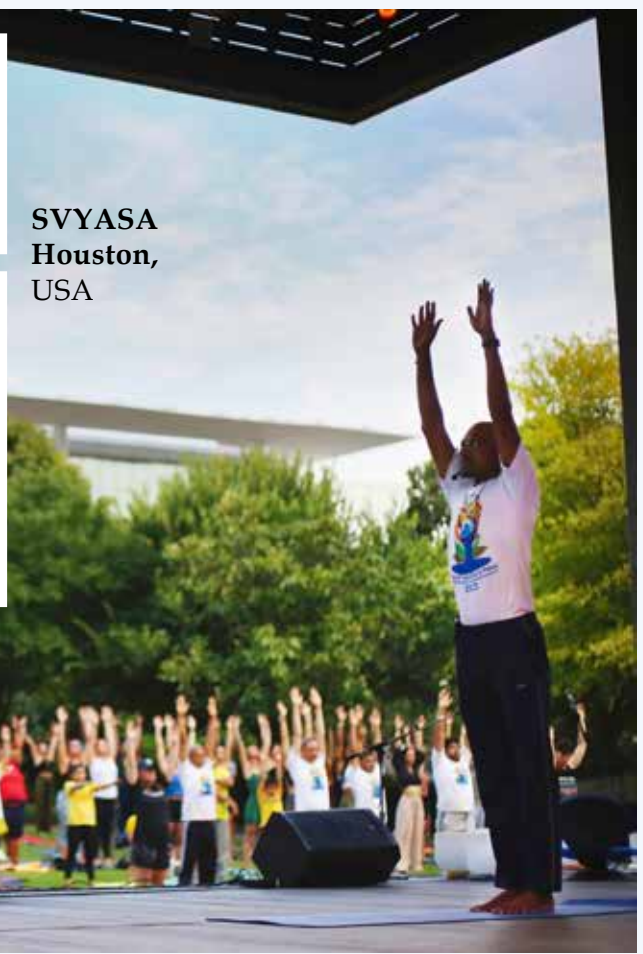


Sri Vasavi Winners School, Hindupur





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Houston,  
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KSYA &  
Sudarshan Yoga,  
Bengaluru

By  
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Surani,  
MSc (YT)  
Alumnus,  
working  
in AIIMS,  
Bhopal,  
celebration  
@ Lonavala,  
Kandala,  
Maharashtra





## UGC Secretary visit to Prashanti



Prashanti Kutiram, June 23: The Secretary of United Grants Commission (UGC), Prof. Manish Joshi visited S-VYASA. He visited Arogyadhama (Holistic Health Center) and Anvesana (Research Center) of S-VYASA and appreciated the efforts made by S-VYASA for making Yoga as a Healing medicine through evidence-based research.

Further, he interacted with all the faculty members of S-VYASA regarding the implementation of NEP and IKS in the curriculum. He appreciated the efforts made by S-VYASA in implementing NEP. He also encouraged the staff to update and utilize the ChatGpt.





# Chancellor @ SDUAHER Deemed to be University in Kolar, KA



Kolar, June 13: Chancellor, Dr. H R Nagendra took the session at the Workshop on Yoga for Stress Management, organised as a part of 9<sup>th</sup> International Day of Yoga celebrations herein the Campus of SDUAHER Deemed to be University and Inaugurated Panchakarma OPD herein the town.

## Anti-Drug Awareness Programme

Prashati Kutiram, June 13: As a part of administrative programme, an orientation was arranged for all the students of S-VYASA, regarding the Drug consumption. The Inspector and ASI from Jigani Police Station, Jigani, Bengaluru, were invited to participate in the session. There were around 600 students who had attended the session. Apart from creating awareness on Anti-drug movement, the police personnel also gave a talk on the need for adhering to traffic rules and regulations. The session ended with oath taking ceremony by the students and Santhi Mantra.





## S-VYASA Delegation visited the Campus of Heritage Group of Institutions in Kolkata



Kolkata, June 5: The Chancellor, Dr. H R Nagendra and Pro-Vice Chancellor, Dr. Manjunath N K visited the Campus of Heritage Group of Institutions on the occasion of World Environment Day. Chancellor ignited all of them on the essence of yoga and how it builds a character towards nation-building. There was also plantations ceremony initiated by Guruji. The CEO of Heritage Group, Sri Pradip Agarwal also participated in the session.





# National Seminar on “Rebuilding Bharat through Indigenous & Innovative Practices: A way forward towards Vishwa Guru”



## Pre-Inauguration

Padma Shri awardee Dr. H R Nagendra ji, Hon'ble Chancellor, S-VYASA, Deemed to be University, Bangalore, Dr. Ramchandra Bhat, renowned Sanskrit scholar and senior officials of GDA Foundation and Surana College spoke on various aspects of Aatmanirbhar Bharat which was broadcast on Youtube and website of Surana College.

## Day 1 - June 8<sup>th</sup>: Inauguration

Two-day ICSSR sponsored National Seminar on “Rebuilding Bharat through Indigenous & Innovative Practices: A way forward towards Vishwa Guru” was held on June 8<sup>th</sup> and 9<sup>th</sup> 2023 at Surana College, Kengeri campus, Bengaluru was organized by Department of Samskrita, Research and Consultancy Cell of Surana College and supported by S-VYASA, Deemed to be University, Bangalore and Yuvaka Sangha were Knowledge Partners. The Inauguration was done traditionally with the lighting of the lamp by our chief guest Sri T S Nagabharana, a renowned National Award Winner Indian Film Director. Later, the students invoked the blessings of the almighty by performing the classical Bharatanatyam Dance. The Research and Consultancy Dean, Dr. Vanishree welcomed the gathering. Principal, Dr. D N S Kumar spoke on “Contemporary Education – An SEI journey”.

Keynote Speaker of the day Sri T S Nagabharana spoke on “Vasudaiva Kutumbhakam” and highlighted on 5 pillars of Aatmanirbhar Bharath. IQAC Director, Dr. A Srinivas gave the

presidential speech by saying that Mahabharata is an encyclopedia of knowledge wherein we can find each and every minute details related to all the fields.

**Technical Session 1:** It was chaired by Dr. M K Sridhar, Distinguished Professor, S-VYASA Deemed to be University. Nearly 8 presenters shared their views on different aspects related to comparison of traditional and modern views.

**Technical Session 2:** It was chaired by Dr. S Venkatesha Murthy, Faculty, Department of Social Work, Bengaluru City University, Bengaluru. Nearly 8 presenters shared their views on finance aspects from Sri Chanakya's Arthasatra point of view, technological innovations which are very relevant and applicable in the present context and National





Education Policy 2020 and its significance to rebuild Bharat from varied perspectives.

**Panel Discussion:** Post lunch we had panel discussion on the topic - **“Relevance of Indian knowledge system in mainstreaming the quality education - NEP 2020”** by Dr. Raghuram N V, Dr. B V K Shastry and Dr. Gowrish. The moderator of the session was Dr. Sudarshan H L.

Dr. B.V.K. Shastry shared his views on how Indians are so different from the rest of the world. Dr. Raghuram N V gave personal anecdotes to make the audience understand the concepts of parenting, ancient knowledge for better future and thrust for learning which make an individual to scale better heights. Dr. Gowrish spoke his perspective on NEP, getting back to our traditions and spreading it wide and far. He strongly believes diversity can be brought back through IKS.

**Special Talk:** Dr. M S Chaitra spoke on **“Decolonizing Indian Minds: How Bharatiya are we?”** He highlighted on psychological wellbeing of the current day youths by giving lot of examples on what we are following now and how our ancestors were. He also spoke on the influence of decolonization on Gen Z.

Day 1 ended with a power packed cultural

extravaganza of our rich Karnataka state folk dance forms by College Kalasiri group.

## Day 2 - June 9<sup>th</sup>

**Plenary Session:** The day started with a energized and fruitful discussion on **“Contribution from ancient Indian wisdom to the future of Mankind”** by speakers Dr. V B Arati and Dr. Shivani.

**Technical Session 3:** It was chaired by Dr. Kishore Kumar, Professor and HOD, Department of Ayurveda, NIMHANS. About nine presenters have presented their papers covering various topics related to the aspects of Mental health, psychological well-being, Psycho-social rehabilitation, hygiene and usage of Technology in healthcare system.

**Technical Session 4:** The session was chaired by Dr. Vinayak Rajath Bhat, Associate Professor, Chanakya University. Almost 8 presenters covered a wide range of topics related to Indigenous knowledge, and quality education.

**Technical Session 5:** The session was chaired by Dr. Rajini Jairam, Professor and Dean, Department of Sanskrit, Jain University, Bengaluru. The nine presenters of this session covered topics related to Women’s participation



in nation building, Self-sustainability and other related matters.

**Technical Session 6:** It was chaired by Dr. Sudarshan, HOD, Department of Psychology, Surana College. 5 online presenters and 3 offline presenters covered various themes related to value system, global problems and welfare state. It is noteworthy to mention that all the technical sessions went on very well with fruitful discussion, deliberations, and dialogues. All the sessions have witnessed a very good interaction among the paper presenters and the participants along with the view points of the chairpersons.

**Valedictory:** The two-day National Seminar was concluded by valedictory session wherein, the chief guest “Dr. Ganapathi Hegde”, Principal, MLA PU College, Bengaluru, spoke on the significance of Samskrita in common man’s life. Later, we had distribution of certificates to participants, volunteers, committee members and the like. About four best paper presenters from four different themes were awarded with silver medal and one overall outstanding paper presenter was given gold medal. We also had networking and photo sessions.

To conclude, the conference has given multidimensional knowledge-oriented aspects in Indian Knowledge system. The whole conference had a gamut of intellectual deliberations.

Seminar received overwhelming response

and appreciations, saw a research scholar participation from 8 states and different institutions. Around 20 great Indian Scholars with 300 audience experienced the true spirit of being ‘Vishwaguru’ once again. 60 research paper were presented under 4 thrust areas viz; Integration of traditional and modern healing for global wellbeing; Aatmanirbhar Bharath; Relevance of Indian Knowledge System in contemporary Education and Artha- Indian Economy way to address the global crisis. Dr. Archana Surana, Managing Trustee of Surana Educational Institutions and the chief patron of the national seminar. Dr. Vanishree M R, Dean, Research and Consultancy Cell was the Chief Coordinator of the Seminar.

### Programme Outcome:

1. The participants learnt on various themes related to IKS which helped them to connect with heritage and further strengthened the sense of Identity.
2. The variegated knowledge what was heard through various sources in the seminar helped the presenters gain valuable wisdom.
3. The wide range of topics covered on the two days of the seminar, inculcated the values of humility, truthfulness, discipline, self-reliance and more over respect for all creations.

**Report by:** Dr. Padmaja D S,  
Seminar Convenor, Surana College, Bangalore



**Blood Donation Camp organised in S-VYASA Campus**



# Seminar on Indian Knowledge System (IKS) conducted by School of Yogic Sciences Unveiling the Interesting Facts about Siddha Medicine



Prashanti Kutiram, June 14: A seminar based on Indian Knowledge System (IKS) "Unveiling the Interesting Facts about Siddha Medicine" was initiated by IQAC, held at S-VYASA Campus as part of the 9<sup>th</sup> IDY Celebrations. Dr. Elakya Elavarasan, an esteemed alumnus of S-VYASA, shared her comprehensive knowledge of Siddha Medicine and Yoga Therapy. The seminar explored the origins, principles, and unique diagnostic methods of

Siddha Medicine. Integration with Yoga Therapy was highlighted with emphasis on the holistic approach to health. The interactive session provided valuable insights, and the event was well-received by students and staff members, promoting awareness of Indian Knowledge System (IKS) with specific emphasis on Siddha Medicine at S-VYASA. A Distinguished Guest, Dr. Rachana of AIIMS, Bhopal gave her concluding remarks on the Integrative medicinal approach of Indian Knowledge System (IKS).



Report by:  
Dr. Elakya Elavarasan,  
BSMS, MSc (Yoga Therapy)



Hindupur: Inauguration of Dhyanamandiram of Vivekananda Yoga Therapy Institute by the Chacneller, Dr. H R Nagendra; Sri N V Raghuram and Dr. R Nagarathna



## E-Governance Training Programme

Prashanti Kutiram, June 29: As a part of administrative training programme, under IQAC initiative, there was an E-governance Training Programme organised for all the programme heads, principals and non-teaching faculty members of S-VYASA. The same was organized and conducted by Mr. Dananjaya, Chief Accounts Officer and Mr. Sumantha from CODE. The training programme was successful. All the members appreciated the initiative taken by Mr. Dananjaya and the efforts rendered in conducting the programme.



## World Environment Day: Walkathon in Bengaluru

Bengaluru, June 5: Walkathon program was organised by Samyama Trust in Association with VYASA, Indian Yoga Association and other organizations herein Basaveshwar Nagar on the occasion of World Environment Day. About 900 students Yoga teachers, students, NCC and NSS students participated in the event. Smt. Shweta Kuma Chandapur, CMC Commissioner; Sri Prakash Guruji, Patanjali Yogashrama Trust; Sri Nagaraj Murty, Film Artist, Mysore; Sri Ramanand, Film Artist; Dr. D S Wodeyar, Founder President, Samyama Trust (R); Sri Chakravarty S S, Secretary, Swami Vivekananda Youth Club; were present.



Puri Jagannatha Ratha Yatra celebration in Prashanti





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