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A Monthly Journal of SVYASA (Deemed to be University)



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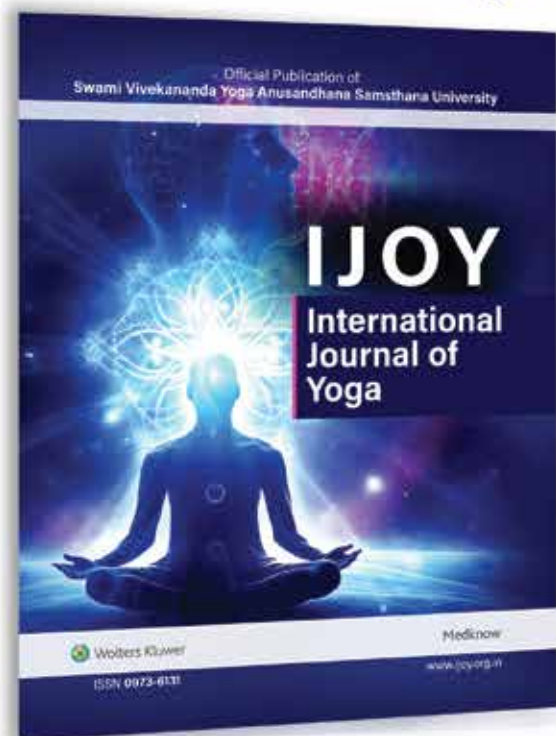
US Tour of Guruji & Vice Chancellor

*to spread the message of
profound significance of Yoga
in promoting holistic well-being
across different aspects of life.*



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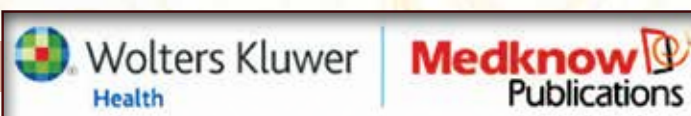
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योगसुखा सुपर्णा

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EDITORIAL

My dear Brothers and Sisters,

We bring Gandhi Jayanti greetings from S-VYASA to you all, wishing you energy, growth, and blissful living!

On this special day, we reflect on the profound impact of Mahatma Gandhi's teachings on India's freedom movement. Rooted in the principles of **Yama** (restraints) and **Niyama** (observances) the foundations of Yoga drawn from Patanjala Yoga Sutras (Ahimsa, Satya, Brahmacharya, Aparigraha and Tapas) Gandhiji introduced *Satyagraha* - a novel, non-violent method of resistance that sought truth and justice through peaceful means. At a time when most doubted that such an approach could succeed, Gandhiji's deep faith in non-violence and self-discipline inspired millions. His strategy, coupled with the sacrifices of countless patriots over decades, laid the foundation for India's independence.

The success of *Satyagraha* was not just in achieving political freedom but also in demonstrating the power of inner strength, truth, and ethical living, values deeply ingrained in Yoga. Yama, with principles like non-violence (*ahimsa*) and truthfulness (*satya*), guided Gandhiji's approach, while Niyama, with practices like self-purification (*shaucha*) and contentment (*santosh*), reinforced his inner resolve.

Today, in a world still grappling with violence and unrest, our Hon'ble Prime Minister, Sri Narendra Modi, is using the transformative tools of Yoga to promote peace and well-being on a global scale. Through initiatives like *International Day of Yoga*, Modi has rekindled the global appreciation of Yoga as a path to harmony - both within ourselves and among nations. By embracing Yoga's teachings of balance, non-violence, and unity, Modi continues Gandhiji's mission of promoting a more peaceful world.

As we honor Gandhiji on this Gandhi Jayanti, let us commit to practicing the timeless values of Yama and Niyama in our own lives, striving for personal growth, peace, and a blissful existence.

S-VYASA has expanded its vision by launching a new campus in Bengaluru, integrating Yoga principles with cutting-edge education to address

modern challenges. This unique campus, located in an IT hub, is designed to help prevent burnout, manage non-communicable diseases (NCDs), and equip students with essential skills for various professions. By combining ancient Yogic wisdom with modern scientific education, S-VYASA aims to provide holistic solutions to the growing hazards of NCDs and stress-related issues in today's fast-paced world.

The new S-VYASA City campus offers a range of academic programs, included in our Schools of Engineering, Management, Computer Science, Sports Technology, and Allied Sciences. These departments focus on providing hands-on training to students, particularly within nearly 20 top IT companies based in the campus's surrounding tech hub. In addition, specialized programs in clinical psychology, physiotherapy, and occupational therapy are available, promoting a holistic approach to physical and mental well-being. Through this integration of education and industry, S-VYASA is preparing students to excel in their careers while promoting healthier, more balanced lives.

We invite all young minds to join this new and unique initiative of S-VYASA, which aims to bridge the gap between education and industry while fostering a healthy society. In today's fast-evolving world, there is a growing need for holistic development that goes beyond technical knowledge. At S-VYASA, we focus on developing the total personality of students by combining professional expertise with physical, mental, and spiritual well-being. This approach addresses a gap often found in modern higher education, where personal growth and well-being are often neglected. Through our comprehensive programs, we are empowering students to excel in their careers while cultivating inner balance and resilience. Join us in this transformative journey, where education meets industry, and students are equipped to lead healthier, more fulfilling lives while contributing to a better future for society.

■ *Dr H R Nagendra*



Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

September 11th is known for multiple reasons. For those of this Millenium September 11, reminds of the unfortunate attack on the twin towers in USA, but it was on the same September 11, 1893, Swami Vivekananda made that famous speech made at that the World Parliament of Religions in Chicago which is celebrated globally as the Universal Brotherhood Day.



In a fast-changing society, it is challenging to admire or accept someone outsider to consider as our own. But in the era of 1890s, Swamiji made a place in everyone's heart with his first address or sambodhana to the audience as "Sisters and Brothers of America". With just merely 500 words, he makes them understand the hallmark of Indian rich culture "Vasudhaiva Kutumbakam" which is engraved in the entrance of the hall of the Parliament of India. These words are taken from the original Verse that appears in Chapter 6 of the Maha Upanishad as follows.

अयं निजः परो वेति गणना लघुचेतसाम् ।
उदारचरितानां तु वसुधैव कुटुम्बकम् ॥७१-७३ ॥

*Ayani nijah paro veti ganana laghucetasam |
Udāracaritānāni tu vasudhaiva kuṭumbakam
||71-73||*

The translation of this verse can be understood as "This person is mine, and this one is not" and is made only by the narrow-minded (i.e. the ignorant who are in duality). For those of noble conduct (i.e. who know the Supreme Truth), the whole world is

one family (one Unit).

The cultural diversity of Bharat stands out as a complete, impactful, and sustainable framework which helps to address the needs of a diverse population of millions of people. Our ancestors built a great system that focused on

key values such as sacrifice, respect, and unity, and they followed these principles for generations. Even our constitution includes and protects its citizens, with universal voting rights and civil rights. From ancient times this concept used as a shining example in the global platform.

Brotherhood Day is more than just a celebration of dance, song, and drama; it's a moment to reflect on the significant words of Swami Vivekananda from his famous speech. The main focus of the day should aim to connect our youth with the heart of our nation and help them understand our cultural traditions. Accepting each other wholeheartedly and promoting peace would be the perfect way to celebrate 'Universal Brotherhood Day'.

We are proud to share that S-VYASA follows the guiding principles laid down by our illustrious ancestors and rishis. Embracing the vision of 'Be and Make,' we incorporate the four streams of Yoga (Jnana, Raja, Bhakti, and Karma Yoga) each of which leads to a common goal as envisioned by Swami Vivekananda, with relevance to all facets of modern existence.

Let's join and work together to create a better tomorrow for our nation and the world, ensuring a more successful future for all.

With Pranams
Dr. Manjunath N K
Vice Chancellor

S-VYASA Deemed to be University, Bengaluru



7th International Conference Comprehensive Wellness Strategy

19th & 20th Oct 2024
Galaxy Ballroom
Level 4 CSC Tessensohn Club
Singapore



With the Guidance of
Dr. H R Nagendra Guruji
Padma Shri – 2016
Chancellor, S-VYASA
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- **Post Conference - 22nd to 25th Oct 2024** (Online)

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- Beyond Wellness: Unveiling Future Trends and Predictions for Holistic Health, Holistic Wellbeing
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- Yoga Therapy for Emotional Intelligence, Self-Regulation & Self-Awareness
- Yoga and Diabetes
- Yoga Resource against Technostress in Modern Life
- Pranic Energising Technique (PET)
- Mind Sound Resonance Technique (MSRT)
- Mind Imagery Resonance Technique (MIRT)
- Beauty Concepts in Ayurveda
- Vedic Wisdom for Graceful Ageing (Special emphasis on Yoga and Ayurveda)

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ब्रह्मसूत्रम् (Brahmasūtram)

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



प्रतिषेधादिति चेन्न शारीरात् (ब्रह्मसूत्रम्-४-२-१२)

Pratiṣedhāditi cenna śārīrāt (Brahmasūtram-4-2-12)

Meaning: *If it be said (that the Pranas of one who knows Brahman do not depart) on account of the denial made by the Sruti, (we say) not so, (because the scripture denies the departure of the Pranas) from the individual soul (and not from the body).*

This Sūtram has Purvapaksha, opponent's view in the first half, then Siddhanta starts at the end and continues in next two Sūtras of this Adhikarana. The point of discussion here is about when someone attains Moksha and merges with Paramatman, whether individual soul will be accompanied with Prana, or one will be merged with universal soul. Some people say that he will be accompanied with Prana etc., and embodied travels to other Lokas depending upon Karma.

When one is in the path of *Preyas* (worldly goals), performing duties and going to some *Urdhva Loka* (superior worlds) and coming back to the earth because of decreased *Punya* currency, such perpetual wheeling is bound happen for Karma accumulation. In the context of Brihadaranyaka Upanishad, it clearly said that, 'yatrāyam puruṣo mryate...', "as to the man who does not have any desire, who is not desiring, relieved from all desires, has been contented, or desires the self the Pranas do not depart". Purvapakshi argues with another quote that Pranas will not depart from the body, it only departs from Atma, therefore one remains immortal and the soul of a knower of Brahman passes out of the body along with the Pranas. Pranas do not depart from Atma.

On the other hand, Siddhanta is something else, the intended meaning of Mantra would be as following. When the individual soul loses identity, one will be freed from all bondages having no confinement of any sort. One will not be moving from the body, some people move away through any of seven gates of our body, "cakṣuṣṭo vā mūrtaṇo", mentioning the repeat of lives again, is the real stand of Siddhānti. When a *Sadhaka* attains Moksha, then there is no use of all these instruments including Pranas. If these instruments continue, he will be bound somewhere in some spheres, Lokas, such as *bhūḥ*, *bhuvaḥ* etc. But he is *lokātīta* (beyond worlds) and *sarva-atīta* (beyond all), unbound by all shackles of any Lokas.

Yajnavalkya, in another context replies to a question in the similar fashion. The Pranas do not depart from the body of a liberated sage, "when the liberated man dies, do his Prana functions travel up to Urdhva Lokas from him? No, replied Yajnavalkya. Pranas merge there and then with Atma only". If the Pranas depart with the soul from the body, then the soul will surely take a rebirth. Hence there will be no emancipation. Therefore, the Pranas do not depart from the body in the case of one who knows Brahman. Gati-śruti or Utkānti-śruti p24 ▶▶



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Programs in YOGA

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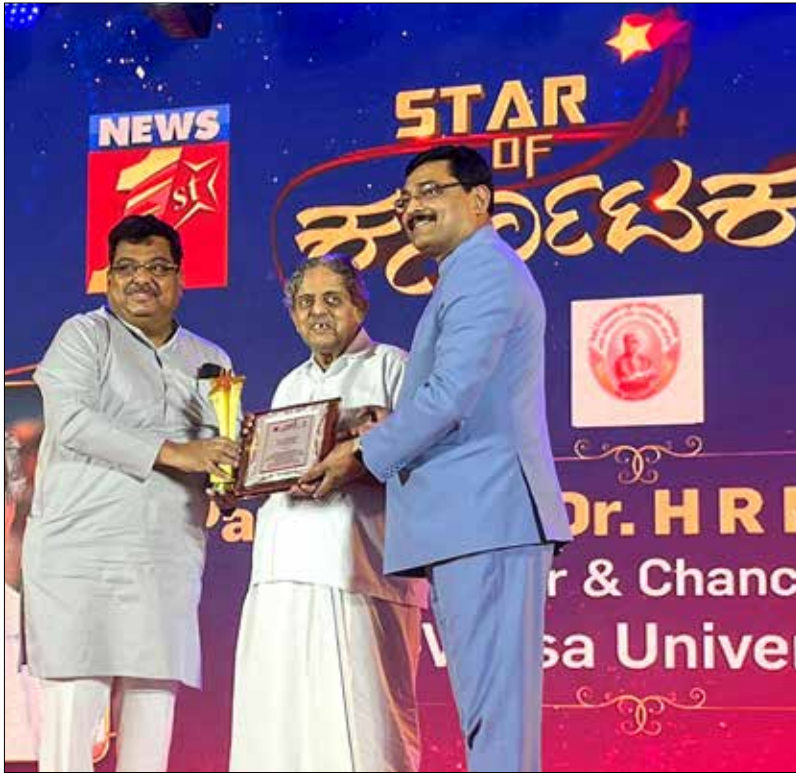
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Sept 14: News Broadcast Channel, News First awarded **Guruji H R Nagendra** with 'Star of Karnataka' Award in the presence of Karnataka Major Industries Minister, Sri M B Patil and News First CEO, Sri S Ravikumar



Sept 21: Padma Shri Guruji and S-VYASA Chancellor, **Dr. H R Nagendra** is being awarded 'Lifetime achievements' by AYUSH TV at Bengaluru Palace ground Ayush TV's National Health Award.

Guruji Dr. H R Nagendra lighting the lamp in presence of Dr. Santosh Guruji of Ayur Ashram; Padma Shri Sri V. R. Gowrishankar, Religious Administrator, Social Worker and Former Chief Executive Officer and Administrator of Sringeri Sharada Peetham; Sri Srinivasulu, Commissioner of AYUSH Dept, Karnataka Bangalore; and Sri Iranna Kadadi, Member of Parliament (MP) from Karnataka at Rajya Sabha.





US Tour of Guruji & Vice Chancellor

To spread the message of profound significance of Yoga in promoting holistic well-being across different aspects of life



S-VYASA University is spreading its activities across the world over two decades now. The vision of our Honorable Chancellor to reach ancient Indian Knowledge System backed by scientific evidence is being achieved successfully.

S-VYASA University is grateful to Mr. Satish Gupta and Ms. Yasmin Gupta for their vision of taking Indian wisdom base in the form of Yoga to United States of America.

During this visit to the United States of America, our esteemed Chancellor, Dr. H. R. Nagendra Guruji, and Hon. Vice-Chancellor, Dr. Manjunath Sharma, embarked on an impactful series of lectures on philosophy and science of Yoga and spirituality, covering multiple esteemed academic and medical institutions as well as spiritual organizations. This visit highlighted the profound significance of Yoga in promoting holistic well-being across different aspects of life.

Satish Gupta ji had organized a 10-day spiritual discourse of Guruji focusing on the teaching from Bhagavad Gita and its applications. Dr. Manjunath Sharma introduced comprehensive chair Yoga and specialized Pranayama and Meditation sessions to selected group of participants. The series commenced on August 18th and concluded on August 27th. The residential campus of Satish Gupta ji was converted into a Yoga retreat place and the participants enjoyed the event thoroughly.



Dr H R Nagendra Guruji and Vice-Chancellor Dr Manjunath N K are in Dallas, engaging in important seminars on health issues. One such discussion was with **Dr. C. Venkata S. Ram**, MD, MACP, FACC, FASH, who is now dividing his work between the US and India. His remarkable contributions to the fight against hypertension are truly inspiring and have significantly impacted many lives.



There were series of talks organized at various academic and spiritual places with an idea introducing evidence-based Yoga Therapy and the applications of Yoga in health and disease. It was started with a compelling talk titled "Healthy Aging Through Yoga" by Dr. Manjunath followed by Guruji taking about the Yogic perspectives of Creation and the concept of Pancha Kosha at the Radhakrishna Temple in Allen, Texas. The audience was captivated by the insightful discussion on how Yoga can serve as a vital tool in maintaining health and vitality during the aging process.

The following day, August 19th, continued their mission at Parker University in Dallas, where they delivered an enlightening lecture on "Longevity through Yoga." This session delved into the role of Yoga in extending life expectancy



and enhancing the quality of life, resonating deeply with the attendees. The President of Parker University Dr. Morgan had a special interview of Guruji and Dr. Sharma followed by the campus visit. The academic infrastructure and the clinical establishments were seen as





state of the art in nature and discussions were also held on identifying possible areas for collaborations between the Universities.

The next day this journey brought them to the Baylor Heart Hospital's Brown Auditorium in Plano, Dallas, where they engaged healthcare professionals and the general public in a discussion on "Yoga for Cardiac Rehabilitation." This session emphasized the therapeutic benefits of Yoga in supporting heart health and recovery, demonstrating its potential as a complementary practice in modern medicine.

On August 20th, Both the experts from S-VYASA addressed the crucial topic of "Stress Management & Meditation" at The Debate Chamber, located in Old Parkland, Dallas. The session underscored the importance of Yoga and meditation in managing stress and promoting mental clarity, a message that resonated particularly well in today's fast-paced world.

Continuing their tour, on August 21st, they shared their expertise on "Yoga for Enhancing Cognitive Functioning & Healthy Living" at the University of North Texas, Frisco Landing. The presentation illustrated the impact of Yoga on brain health, cognitive functions, and overall well-being, offering valuable insights to both students and faculty alike.

There were additional short visits organized to the University of Dallas and to the Indo-US Chamber of Commerce and several individual

meetings with likeminded/ Yoga loving groups and individuals. They have also participated in a live radio show specially aimed to spreading awareness about Yoga education, therapy and research in the United States of America.

Their series of engagements culminated on August 24th with a highly anticipated session at the D/FW Hindu Temple (Ekta Mandir), Texas, where they spoke on "Yoga and Meditation for Healthy Life and Mindful Living." The event, held at 5:00 PM, was a fitting conclusion to their journey, leaving the audience inspired and empowered to incorporate Yoga into their daily lives for better health and mindfulness.

S-VYASA extends its heartfelt gratitude to Yasmin and Satish Gupta ji, whose unwavering support, along with the contributions from the Gupta Agarwal Charitable Foundation and SB International, was instrumental in ensuring the success of these programs. Special thanks to Mr. Chat Ganesh and Mr. Satyan Kalyandurg for their exceptional coordination and dedication. We place on record the contributions and generosity of Mr. Satish Gupta and family which was pivotal in bringing these important discussions on Yoga to the forefront, fostering a greater understanding and appreciation of this ancient practice among diverse communities in the United States. Also, thanks to Mr. Vishwaroopa, and Ms. Smitha from Houston and Mr. Raghu and family from Canada for their extended support for the success of these programs.





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Yogopanishad-sara – 4 Kshurika Upanishad

The Yogic Weapon to cut asunder Bondage

Introduction

Kshurika refers to a weapon, particularly a knife. In the context of the Upanishad, this knife symbolizes the set of Yogic practices outlined in the text, which are designed to cut through the bonds of ignorance and bondage. According to the renowned Sanskrit commentator Upanishad Brahmdendra, this Upanishad is part of the Krishna Yajurveda, and its Shanti Mantra is Saha Navavatu. The text comprises a total of 24 mantras, each imparting profound insights into the nature of the self and the path to liberation. Through these teachings, practitioners are guided to transcend limitations and attain a deeper understanding of their conscious nature.

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The Content

The distribution of the Mantras of the Upanishad and the topics discussed there in is as follows:

SNo	Topic	Mantras
1	Upodghata – The Source , Purpose, and approach	1, 1 st half of 2 nd Mantra
2	Asana and Pranayama	2 nd Half of 2 nd Mantra – Mantra 5
3	Pratyahara – control of sense	Mantra 6 – 1 st Half of 11 th Mantra
4	Dharana, Dhyana, Samadhi	2 nd Half of 11th Mantra – 20 th Mantra
5	Yoga Sadhana and Eligibility	Mantra 21
6	The Outcome of Samadhi	Mantras 22 - 24

Salient points under each of the above sections is attempted hereunder:

I. Upodghata - The Source, Purpose, and approach

1. The practice of Yoga is likened to a sharp knife that severs ignorance and the knots (Kleshas) of the heart, essential for progressing in Yoga.
2. Devoting to the practices given in the Upanishad leads to a state where rebirth is no longer necessary for a Yogi.
3. This teaching is considered the true essence of the Vedas, as proclaimed by Svayambhu (the self-born, often referring to Brahma).





II. Asana and Pranayama

1. A secluded, silent place should be taken as residence, and a suitable posture assumed for practice. The senses should be withdrawn, like a tortoise retracting its limbs, and the mind focused in the heart, free from external influences.
2. The chest, face, hip, neck, and heart should be slightly lifted, and all body exits blocked to contain the vital airs.
3. The Prana passing through the nostrils should be held, lengthened, and gradually exhaled, utilizing Pranava (of four matras), in a ratio of 12 (Inhalation) - 48 (Hold) - 12 (Exhalation).

III. Pratyahara – Control of the senses

1. The practitioner controls the sense organs and fixes the mind and prana progressively on different body parts, starting from the toes, ankles, shanks, knees, thighs, and lower Chakras (Muladhara, Svadhisthana).
2. The vital triad (eyes, mind, prana) is fixed on the Sushumna Nadi, the central channel, surrounded by other Nadis of various colors. Mastery involves moving this triad along the Sushumna, similar to a spider moving on its web.
3. The focus moves up the body through key Chakras - Anahata (heart), Vishuddhi (throat), ¹Ajna (brow), and Sahasrara (crown), using Dharana to reach higher states of consciousness.

IV. Dharana, Dhyana, Samadhi

1. The practices of Dharana, Dhyana, and Samadhi are two-layered. While the verses seem to suggest Dharana (concentration) on physical parts like the feet, shanks, and thighs, Upanishad Brahmendra's commentary offers deeper interpretations. Dharana on the "feet"

¹ While the Upanishad only speaks till the taking of the prana till the throat in the process of Pratyahara— The commentator Upanishad Brahmendra completes the description of taking the prana through visualization till the Sahasra Cakra – while commenting upon the first half of the 11th Mantra. It is the commentator who confirms that the description of Pratyahara ends with this portion.

refers to the Vishva, Virat, and the consciousness in the waking state. In this practice, one should contemplate the idea: "I am Brahman, beyond these relative states." This visualization is likened to Indra's Vajra weapon, which destroys the "mountain" of ignorance (Ajnana) that binds one to the states of waking, dreaming, etc. Hence this is called the Indravajra visualization.

2. The mention of "cutting asunder Marma Jangha" (points in the shanks) is not taken literally in the commentary. Instead, it symbolizes cutting through false identification with the body and its limbs, including Marmasthanas (vital points), breaking the illusion of bodily attachment.

3. The two thighs (Urus) are interpreted as Vishva (waking state) and Turya (the fourth state). One should focus on the unchanging essence, the pure consciousness, Brahman, which are the substratum of these states.

4. After these visualizations, the practitioner should focus on overcoming obstacles to Yoga by performing Nadi Shuddhi (purification of the subtle channels) through Prana visualization in the throat region. The connections of the senses to the Prana are severed. Only the Sushumna remains active, linking the Yogi to Brahman, leading to liberation from the cycle of rebirth.

V. Yoga Sadhana - Requisites for Practice of Yoga

1. With a mind conquered through the penance of Yoga practice, one should remain in a silent and secluded spot.
2. Free from attachment and desire, one should continue the disciplined practice. Gradually, this leads to mastery in Ashtanga Yoga and the attainment of Nirvikalpa Samadhi.

VI. The Outcome of Samadhi

1. Just as a swan breaks free from the lotus stalks in the Manasa Lake and rises to the sky, the Yogi, through Yogic practice, cuts the bonds of worldly attachments and transcends the cycle of births and deaths.



2. At the moment of liberation, the Yogin's existence dissolves, like a lamp extinguishing when it has burnt out, having exhausted all Karmas.
3. The Yogin, having fully burnt away all Karmas through disciplined practice, attains final rest or liberation.
4. The knower of Yoga severs the thread of worldly knowledge using the knife of the syllable "Om," sharpened by the practice of

Pranayama (breath control) and strengthened by stern discipline.

5. Once the thread of knowledge is cut, the adept does not rebind it, symbolizing the irreversible nature of spiritual liberation. Thus declares the Upanishad.

Conclusion

The Kshurika Upanishad presents a profound guide to the path of Yoga, using the metaphor of a knife (Kshurika) to symbolize the sharp,

Table of Analogies in Kshurika Upanishad

SNo	Mantra	concept	Analogy	Comments
1	3	Regulation of the senses should be done by a Yogi	Just as the tortoise withdraws its senses	This is inspired by Gita Verse 2.58. This verse uses the metaphor of a tortoise withdrawing its limbs to describe the state of a wise person who withdraws their senses from worldly distractions, leading to inner stability and spiritual focus
2	8	The Prana should be made to traverse the Sushumna Nadi	Just like the spider moves about on the strands of its web	The phrase seems to be inspired by <i>Mundaka Upanishad</i> (1.1.7) and is a powerful analogy that explains the creation and dissolution of the universe by Brahman, the Supreme Reality.
3	19	The Yogin seeing the eyes, the mind, and the pranas established firmly on the one Nadi, the Sushumna (overcoming its connection with other nadis)	Resembling the firmly established fragrance of the Jati Pushpa (Jasmine)	This is indeed a new example seldom found in other texts.
4	22	The Jiva on realizing his identity with the Brahman severs all the bonds and soars away from the Worldly sufferings	Just like the Swan – Hamsa – soars in the sky – cutting through the lotus stalks	This resembles the Aitareya Upanishad Mantra where Sage Vamadeva states – I am soaring like an eagle breaking the iron shackles (of Samsara)
5	23	The yogin burns all Karmas and merges with the supreme consciousness	Just like the flame burns wick etc and subsides	The very concept of Nirvana is very common in Vedic and Buddhist texts. But new insight of likening karma to the wick in this mantra is unique.
6	24	Utilizing Pranayama, Jnana and Vairagya – Yogi attains freedom from Bondage of ignorance	Pranayama is mentioned as the process of sharpening, knowledge is the weapon that is sharpened, Vairagya is the whetting stone, the binding rope that is cut	This is indeed a elaborate comparison and unique comparison that justifies the title of the Upanishad - Kshurika Upanishad.



penetrating practices of concentration (Dharana), meditation (Dhyana), and absorption (Samadhi) that sever the bonds of ignorance and attachment. Through detailed instructions on Asana, Pranayama, and Pratyahara, the Upanishad outlines a progressive system that transitions from external control over the body and breath to deeper internal mastery of the mind and consciousness.

A key insight of this text, especially highlighted in Upanishad Brahmendra's commentary, is the multilayered interpretation of yogic practices, transcending the physical to address metaphysical realities. For instance, Dharana on body parts is reinterpreted as focusing on different states of consciousness and the realization of Brahman beyond these states.

This emphasis on transcending superficial practices in favor of internal spiritual progress underscores the depth of the Upanishadic approach to Yoga.

In conclusion, the Kshurika Upanishad offers both a practical guidance and a philosophical framework for understanding the transformative power of Yoga. It stresses the necessity of disciplined practice, deep introspection, and unwavering focus on the ultimate goal of liberation, making it a timeless manual for those on the path of self-realization.

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Sept 16: Padma Shri Guruji delivering speech on the 30th Foundation day celebration of NAAC at NAAC Campus Nagarbhavi, Bengaluru.

«p7 ब्रह्मसूत्रम् (Brahmasūtram)

(statements supporting the Prana movement along with Atma) will not be applicable.

Gati and utkānti are important words here. Gati stands for going to higher spheres, utkrānti stands for gradual ascending. So, this ascending and descending never continue thereafter once Brahma or Atma is realised. So, one will be one with the universal Atma. Individuals having Upādhi (the covering and imaginary layer of identity), are supposedly separated from Paramātmān, and were bound by many

imaginary conditions such as body, Prānās, senses, duties, positions, belongings etc. Once liberation happens, then there is no more such bondages and duties. One will be merged with Parabrahman. A Mumukshu is, was, and will be Brahma. Just that the artificial coverage is released. 'Brahmaiva san brahma-āpnoti'-being Brahma accomplishes Brahma. 'Brahma-veda, Brahmaiva-bhavati'- Knower of Brahma becomes Brahma. All these statements make this point very clearly understandable.

to be continued...



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Chakshu

A Comprehensive Synthesis of Biological Vision and Spiritual Insight through Ayurveda, Yoga, and Modern Science

Introduction: The Eye as a Bridge Between Biology and Consciousness

The eye, known as **Chakshu** in Sanskrit, holds dual significance in both modern science and Eastern philosophy. From a biological perspective, the eye functions as a high-tech camera, while in traditions like **Sankhya**, **Yoga**, and **Ayurveda**, it is a gateway to consciousness. This article explores the eye's role in physical sight, spiritual insight, and holistic care.

The Eye as a Biological Camera: Mechanisms of Vision

The human eye functions like a sophisticated camera, capturing and processing light and color to create a clear image of the world.

Key Components of the Eye

- **Sclera:** Provides protection and shape.
- **Cornea:** Initiates light entry and focusing.
- **Lens:** Fine-tunes focus.
- **Retina:** Converts light into signals for the brain.
- **Optic Nerve:** Transmits visual information to the brain.

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Vision begins when light enters the cornea, passes through the pupil, and is focused by the lens onto the retina. The retina transforms light into electrical signals, which the optic nerve sends to the brain for interpretation.

Chakshuindriya in Ayurvedic Perspective

In Ayurveda, the eye is not just a physical organ but also a gateway to spiritual insight. Various Sanskrit terms, such as Chakshu, Netra, Nayana, Drishti, Lochana, and Akshi, represent different aspects of vision and their broader health and spiritual implications.

- Chakshu refers to physical and spiritual sight, governed by Alochaka Pitta. Treatments like Triphala eye wash and Netra Basti nourish the eyes and maintain clarity.
- Netra symbolizes guidance and wisdom. Ayurvedic therapies such as rosewater and ghee applications balance Pitta and support both physical and mental clarity.



- **Nayana** highlights compassion in vision, with therapies like Netra Tarpana using medicated ghee to relieve dryness and soothe the eyes.
- **Drishhti** refers to focused vision, both physical and mental. Practices like Trataka (steady gazing) strengthen eye muscles and concentration.
- **Lochana** represents the eye as an observer. Nasya therapy and cooling eye packs reduce strain and inflammation.
- **Akshi** emphasizes inner reflection. Practices like Pranayama and Netra Tarpana promote spiritual and physical clarity.
- Ayurvedic eye care combines these practices with remedies such as Triphala and Nasya to maintain healthy vision and enhance both physical and spiritual perception.

Eye Health: A Holistic Approach

- **Cataracts:** In the West, cataracts are treated surgically by replacing the cloudy lens. Ayurveda offers Triphala, herbal ghee, and therapies like Nasya and Netra Tarpana, while Yoga practices such as Trataka and Pranayama help improve eye function.
- **Conjunctivitis (Pink Eye):** Western medicine uses antibiotics or antihistamines. In Ayurveda, remedies include Triphala, rose water, and cooling pranayama like Sheetalī to soothe inflammation.
- **Dry Eye Syndrome: Western treatment involves artificial tears or medications.** Ayurveda suggests Triphala Ghrita and Anu Taila, with Yoga techniques like Palming and Sheetskari Pranayama to relieve dryness.
- **Glaucoma:** In Western medicine, eye drops, laser treatments, or surgery manage eye pressure. Ayurveda recommends herbs like Gokshura and detox therapies like Virechana, while Nadi Shodhana Pranayama aids in pressure control.
- **Myopia (Near-sightedness):** Corrected with glasses, contacts, or LASIK in the West, Ayurveda uses Brahmi, Ashwagandha, and Netra Tarpana, along with Yoga exercises like Trataka and Sarvangasana to strengthen vision.
- **Watery Eyes:** Western treatments include antihistamines or tear duct procedures. Ayurveda addresses Kapha imbalances with Triphala, coriander, and calming pranayama to reduce excessive tearing.

Though Ayurvedic remedies are often complementary and preventive rather than curative for certain eye conditions like cataracts and glaucoma. Western medical treatments are necessary for advanced or acute conditions.

Chromotherapy and Eye Health

Chromotherapy, or color therapy, uses the energy of colors to promote healing by influencing emotions and physical health through visual stimulation or color application. Warm colors like red and orange are energizing, while cool colors like blue and green have a calming effect. Each chakra in the body is associated with a specific color, which is believed to help balance the body's energy field. Historically, figures like Avicenna recognized the diagnostic and therapeutic potential of colors, with red thought to stimulate blood circulation, blue to cool the body, and yellow to reduce pain and inflammation. Red is also believed to activate the sympathetic nervous system, boosting energy, while blue engages the parasympathetic system, encouraging relaxation and relieving tension, including eye strain. By aligning the body's chakras through specific colors, chromotherapy is thought to balance emotional and physical well-being.

Colors with longer wavelengths (e.g., red, orange) stimulate energy, while shorter wavelengths (e.g., blue, violet) are calming and spiritually uplifting. Chromotherapy helps align chakras and balance the body's energy field (aura).



Table: Seven chakras and seven colors with their healing energy

Chakra	Color	Wavelength	Frequency	Represents	Healing Energy
Root	Red	620 - 750 nm	400 - 484 THz	Grounding and vitality	Promotes strength and security.
Sacral	Orange	590 - 620 nm	484 - 508 THz	Creativity and emotional expression.	Boosts social interaction, pleasure, and intimacy.
Solar plexus	Yellow	570 - 590 nm	508 - 526 THz	Confidence, clarity, and personal power.	Enhances mental focus and self-esteem.
Heart	Green	495 - 570 nm	526 - 606 THz	Balance, harmony, and love.	Essential for emotional healing and nurturing relationships.
Throat	Blue	450 - 495 nm	606 - 668 THz	Communication and self-expression	Reduces anxiety and promotes clear speech.
Third eye	Indigo	425 - 450 nm	668 - 700 THz	Intuition, insight, and spiritual awareness.	Promotes mental clarity, deep contemplation, and heightened perception.
Crown	Violet	380 - 425 nm	700 - 789 THz	Spirituality, enlightenment, and transformation.	Fosters connection with higher consciousness and the divine.

Light, Color, and the Eye: The Role of Rupa Tanmatra

In Indian philosophy, the human body is seen as a composite of physical, mental, and spiritual elements. Among the five senses (Jnanendriyas), Chakshuindriya - the sense of sight - holds special significance, linking the individual to both the material and spiritual realms. This exploration of Chakshuindriya focuses on its physical function and its metaphysical importance within Vedic, Sankhya, and Yoga traditions.

Chakshuindriya: Physical and Spiritual Vision

The term Chakshuindriya is derived from Chakshu (eye) and Indriya (sense organ), referring to the sense of sight. On the physical level, sight functions through the interaction of Tejas (light), the eye, and the brain. But in

spiritual contexts, vision depends on Rupa Tanmatra - the subtle element of form and color - originating from the fire element (Agni), which is essential for perception.

In Sankhya philosophy, Chakshuindriya is one of the five Jnanendriyas that help acquire knowledge from the external world. Its corresponding Vishaya (object) is Rupa (form), which is perceived through the medium of Tejas (light). Chakshuindriya is also associated with both Bahya Chakshu (outer vision) and Antar Chakshu (inner vision), the latter allowing one to see beyond Maya (illusion) to perceive deeper truths.

Bahya Chakshu and Antar Chakshu: Outer and Inner Vision

In Eastern thought, there is a distinction between Bahya Chakshu (external vision) and Antar Chakshu (inner vision). Bahya Chakshu allows



the physical eye to see the material world, while Antar Chakshu, associated with the Ajna Chakra (third eye), opens the door to higher spiritual understanding. Practices like Trataka (steady gazing) and Dhyana (meditation) help activate the inner eye, leading to Divya Chakshu (divine sight), which grants insight into spiritual realms. Through spiritual practices like Pranayama (breath control), Dhyana (meditation), and Trataka (gazing), both physical and spiritual sight are sharpened, helping practitioners balance their awareness of both the material and spiritual worlds.

Netra and Nayana: Guiding and Compassionate Eyes

The word Netra (eye) is derived from the Sanskrit root "ni" (to lead), symbolizing both physical vision and spiritual guidance. In Ayurveda, Netra is governed by Alochaka Pitta, responsible for processing light and ensuring both visual clarity and mental insight. Deities like Shiva and Durga, often depicted with multiple eyes, represent their ability to guide and protect through divine wisdom.

Nayana, a more poetic term for the eye, is associated with compassion and grace. In Bhakti (devotional) traditions, the loving gaze of a deity is seen as a source of blessings, connecting the devotee with the divine through Darshan (the act of seeing and being seen by the deity).

Netra Milana: Awakening Divine Perception: Netra Milana, or the ceremonial "opening of the eyes" during Prana Pratishtha (idol consecration), marks the moment when the deity becomes spiritually active. This act symbolizes the deity's ability to bless and guide devotees. It also serves as a metaphor for spiritual awakening, representing the moment when one's inner vision opens to perceive deeper spiritual truths. In Hindu mythology, deities with multiple eyes, like Shiva's Trinetra (third eye), symbolize higher spiritual insight and the destruction of ignorance. Vishnu's countless eyes in his Vishvarupa (universal



form) represent omniscience, while Indra's Sahasraksha (thousand-eyed) form reflects his mastery over the natural world.

Other Sanskrit Terms and Spiritual Vision

- **Drishti (sight):** In Yoga, Drishti refers to focusing on a point during Asanas (postures), promoting concentration and mindfulness. Metaphorically, it signifies one's spiritual outlook.
- **Lochana (observer):** Refers to the eye as the "observer," symbolizing the soul's ability to witness the play of Maya in the material world, reminding us that the true seer is the soul, not the physical eye.
- **Akshi (eye):** Signifies both outward perception and inner contemplation, emphasizing the journey inward for true knowledge.

Metaphysical Contributions of Chakshuindriya

In Eastern philosophy, Chakshuindriya symbolizes the deeper ability to perceive truth beyond physical sight. It allows the



practitioner to see beyond the illusion of Maya, accessing the eternal reality of Atman (self) and Brahman (universal consciousness). The Ajna Chakra serves as a key center in this spiritual awakening, guiding practitioners toward enlightenment and self-realization. In Ayurveda and Yoga, the eyes are also linked to Prana (vital life force). Practices that balance and stimulate Prana, like breathwork and meditation, ensure that Chakshuindriya remains clear, enabling both physical and spiritual vision. In essence, the eyes - whether physical or spiritual - are a bridge between the material world and higher knowledge, guiding individuals toward enlightenment and balance.

Midbrain Stimulation and Chakshu Siddhis

Midbrain stimulation, especially activating the pineal gland (third eye), is linked to enhancing cognition, intuition, and perception, aligning with the siddhis of Chakshu (the eye). Meditation, visualization, and yogic practices aim to unlock higher awareness and spiritual insight.

- **Divya Chakshu (Divine Sight):** Practices like Trataka (candle gazing) stimulate the pineal gland, potentially unlocking the ability to perceive spiritual dimensions.
- **Trikalajna (Threefold Time Knowledge):** Dhyana (meditation) and Ajna chakra focus develop awareness of past, present, and future.
- **Duradrishti (Distant Vision):** Pranayama and focused meditation enhance the ability to perceive distant places or events.
- **Antar Chakshu (Inner Vision):** Pratyahara and Ajna chakra meditation cultivate inner vision, allowing deeper self-awareness
- **Atindriya Drshti (Super sensory Vision):** It refers to knowledge gained through means beyond the five senses. Trataka, Ajna chakra, Shambhavi mudra meditation.

Yoga Practices for Eye Care and Metaphysical Insight

Holistic Yoga and Ayurveda support both eye health and the development of metaphysical abilities like divine sight and inner vision.

- **Recommended Asanas:** Sarvangasana (Shoulder Stand), Halasana (Plow Pose), Padahastasana, and Adho Mukha Svanasana (Downward Dog Pose) improves the blood flow to the eyes and reduce strain.
- **Shatkarma (Cleansing Practices):** Neti (Nasal Cleansing): Clears sinuses, easing eye strain and improving vision, while Trataka (Candle Gazing) practice strengthens the eyes, treats myopia and strain, and activates the Ajna chakra for enhanced spiritual focus and vision.
- **Shambhavi Mudra:** Stimulates the Ajna chakra, improving blood flow to the eyes and awakening intuition.
- **Pranayama:** Breathing techniques like Nadi Shodhana reduce oxidative stress, support healing from glaucoma, and enhance perception.
- **Netra Vyayamam (Eye Exercises) and Palming:** Improves eye flexibility, relieves eye tension, reduces fatigue soothes the optic nerves, and treats refractive errors.
- **Ajna Chakra Meditation:** Reduces stress and enhances metaphysical abilities like Antar Chakshu (inner vision).

Ayurvedic Practices

- **Netra Tarpana:** Nourishes the eyes with medicated ghee, treating dry eyes and cataracts.
- **Anjana:** Herbal applications cleanse and sharpen vision.
- **Nasya:** Clears toxins from the head, reducing eye strain.
- **Ghee and Triphala:** Strengthen and detoxify eye tissues, preventing cataracts and glaucoma.



These practices treat eye conditions like dry eyes, myopia, glaucoma, and cataracts while awakening higher perception abilities like Divya Chakshu and Duradrishti (Distant Vision).

Chromotherapy tips for eye care

1. **Blue Light for Eye Strain:** Look at the clear blue sky or use blue light glasses to reduce eye strain from screens.
2. **Green Light for Relaxation:** Spend time in nature or use a green light lamp to soothe and balance your eyes.
3. **Red Light for Eye Fatigue:** Try red light therapy or candle gazing to boost blood circulation and reduce fatigue.
4. **Orange Light for Vitality:** Use orange bulbs or surround yourself with orange elements to energize your eyes.
5. **Violet Light for Clarity:** Use violet light during meditation or rinse eyes with violet-charged water to reduce tension.
6. **Yellow Light for Focus:** Use a yellow lamp or add yellow objects to your workspace for better concentration. These techniques are easy to apply for daily eye care and overall well-being.

Key Takeaways

1. **Chakshu: Dual Purpose of the Eye:** The eye, or **Chakshu**, serves both biological and spiritual functions, offering physical sight and deeper spiritual insight in Ayurveda and Yoga traditions.
2. **Ayurvedic Eye Care:** Ayurveda promotes preventive and holistic eye health through treatments like **Triphala**, **Netra Basti**, and herbal remedies, focusing on maintaining balance and preventing common issues like dry eyes and myopia.
3. **Yoga for Eye Health:** Yoga practices such as **Trataka** (steady gazing), **Sarvangasana**, and **Pranayama** improve blood flow to the eyes, relieve strain, and enhance both physical

vision and spiritual awareness.

4. **Western and Ayurvedic Synergy:** While modern medicine offers surgical solutions for acute eye conditions, Ayurvedic practices provide preventive care, creating a complementary approach to eye health.
5. **Chromotherapy and Chakras:** **Chromotherapy** uses colors to balance energy, linked to the body's **chakras**, promoting emotional well-being and supporting overall eye health and vision clarity.

Conclusion

The article highlights the dual role of the eye in both **biological vision** and **spiritual insight**, emphasizing its significance in **Ayurveda** and **Yoga**. Ayurvedic remedies like **Triphala** and **Netra Basti** are combined with **yogic practices** such as **Trataka** and **Pranayama** to promote eye health, prevent conditions, and enhance spiritual perception. The integration of **Western medical treatments** for acute conditions with Ayurvedic preventive care offers a comprehensive approach to vision. Additionally, **chromotherapy** and **chakra balancing** further support emotional and physical well-being, underlining the holistic nature of eye care.

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Arogyadhama - Success Story from Section G

Mr. George, young man - all of 22 years from Pondicherry was admitted to Arogyadhama with cyclic vomiting syndrome/ psychological vomiting to Section G.

He suffered from these ailments for nearly two and a half years which occurred quite frequently. The sight and smell of food was nauseating and he vomited within minutes of consumption of food. He was admitted to Arogyadhama Holistic Research Health Home on May 24th 2024 for treatment through Yogic techniques and Naturopathy system. He was provided with counselling too (Duration of stay for treatment: May 24th 2024 to June 6th 2024).

After 15 days of treatment through Yogic techniques, and naturopathic treatments, Mr. George recuperated completely. He took part in all the activities and attended all the yoga classes promptly. He expressed his happiness on the new found relief on the date of discharge and his mother's happiness was beyond words.



We were informed that he is happy and he is able to enjoy good food to satiate hunger pangs. He is planning to stay at Arogyadhama periodically and practice yoga regularly.



Sept 16:
Inauguration of New Class Rooms for School of Yogic Sciences by Guruji with the Director of Finance and Administration, Dr. H R Dayananda Swami and other faculty in Prashanti Kutiram.



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Yogi Vivekananda - 39

The word “sin” isn’t found in the dictionary of a yogi. No activity according to a yogi is a sinful activity. It is the attitude behind the activity that makes any action good or bad, right or wrong, simple or virtuous. Everywhere, every time, activities are persistently taking place. No action is good or bad. It is only thinking that makes good or bad. Similarly, there is no hell or heaven. Thinking makes it so. There are people who find hell in heaven and heaven in hell. Man or woman is only a doer. The acts done by any person is good or bad depending on the way we look at them. For example, killing is bad. But killing on the battlefield is good. Killing in social life is considered to be wrong and the killer is punished. But the same act of killing in the war is good and the killer is

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



rewarded. Even in the social life, if a person kills in self-defence, he is not viewed badly. In short, good or bad depends upon the attitude. Swami Vivekananda is a yogi.

Once, he was accosted by a lady devotee. She wanted to know very clearly what sin is. Swami Vivekananda tried his best to take her beyond the popular meaning of sin. He wanted her to understand that no action is sinful or otherwise. It all depended upon the attitude behind the activity. Swami Vivekananda went on giving many number of examples to convince her about the concept of sin. She wasn’t convinced. Then

Swami Vivekananda tried to explain that “Himsa” or violence is sinful. It is a sin if we harm others. It is a sin if we wound anybody or wound anybody’s feelings. Physically or mentally if any injuries caused to anybody, it is an act of sin. In such case, if an erring child is set right by a little scolding or violence, does it come under the category of sinful act? A surgeon conducts the operation wounding the body for a good purpose. Does it become a sinful act? Similarly, there are many activities, we indulge in with a good intention. Therefore, the actions themselves cannot decide whether the acts are sinful or not. However, broadly speaking “Parapeedanam paapam”. If we tease anybody, trouble anybody or torture anybody, it is sin.





Still, the lady isn't convinced. She wanted Vivekananda's concept of sin. The swami thought for a while and said in his authentic way: "Secret is a sin". Secret is different from privacy. Secret is different from confidentiality. If a person is in the washroom, it isn't a secret. It is privacy. If a husband and wife are together in a bedroom, there is no secret about it, they are private. Similarly, there are many confidential matters pertaining to the army and warfare. They are not Secrets. They are confidential. But, if a person takes a bribe or bribes others, it is a matter of secrecy amounting to sin. What we lack today is transparency. If only people are transparent, society will be a happy. Deception, cheating, conspiracy, dishonesty and a host of secrets make the life miserable in a society of corruption. The one evil that is troubling or torturing everybody today in the society is this sin of secrecy.

This secrecy is because of ignorance, egoism, insufficient faith in oneself and low self-confidence. When a person has faith in himself/herself or when a person has faith in God or government, there will be no deception and the corresponding secrecy.

Any country or nation will prosper if only the government is transparent. The more the transparency, the less is the secrecy. The more we are transparent, the more we are truthful. The more we are truthful, the more we are divine. The more we are divine, the more we are peaceful and blissful.

Every person therefore should strive to be open and transparent to be truthful. As long as corruption reigns supreme, there will be secrecy enhancing the evils of sin. Therefore, according to Swami Vivekananda, secrecy is to be avoided, transparency is to be cultivated.



Aug 6: Mr. Denzil Douglas, Foreign minister of Saint Kitts and Nevis paid visit to VYASA Affiliated Centre for YIC, Delhi.

Sitting right to Mr Douglas: Guruji H R Nagendra and Left: Uma Shankar Mishra, special envoy to Asian Countries on behalf of Saint Kitts.

Standing Behind: Dr. Ravindra Acharya (extreme right), YIC coordinator of Delhi centre. The foreign Delegates along with Mr Douglas and Dr. Amit Singh, Director of Arogyadhama.



Prashanti Kutiram:
During the recent visit of IISc Director, **Prof. Govindan Rangarajan**



Prashanti Kutiram, Sept 20: **MoU** is exchanged between **Buddha - CEO Quantum Foundation (BCEO)**, Bangalore and **S-VYASA**. They will be conducting online certificate programs on meditation along with S-VYASA. Sri Chandra Pulamarasetti, Founder of Buddha CEO (on Left), and Sri Rakesh Jalumane, Trustee, (on right) represented the Buddha - CEO Quantum Foundation.



New Delhi:
Recently, **Dr. Dilip Kumar, President, Indian Nursing Council**, was felicitated by Dr. B R Ramakrishna and Mr. Anish Anthony from Sushrutha Institute of Nursing, Bengaluru.



Sept 6: Annual General Meeting of VYASA Guwahati Centre held in Prashanti Kutiram.

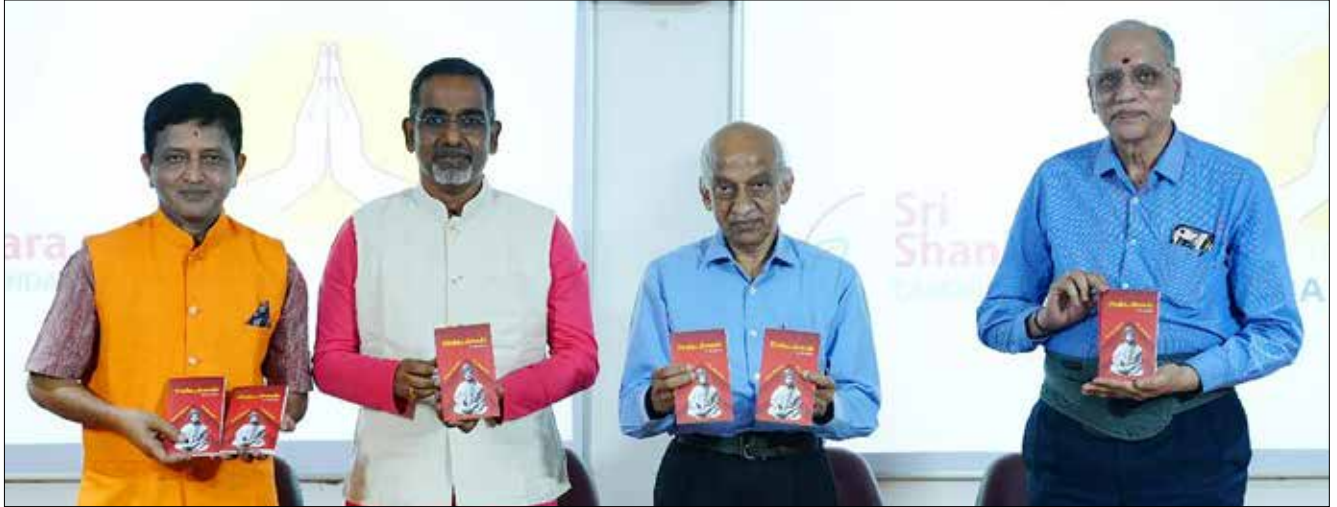
The Coordinator of VYASA Guwahati Centre, Sri Sumant Chandwadhkar along with other members of the Centre, S-VYASA Registrar, Prof. S Siva Sankar, Director of Finance and Administration, Dr. H R Dayananda Swami, Deputy Registrar, Dr. Vasu Dev Vaidya, were there.

From right side sitting: Sri Sumant Chandwadhkar, Organization Secretary of Guwahati Centre, Sri Pramod Agarwala, Treasurer, Padma Shri Guruji H R Nagendra, Sri Suresh Beria - Chairman of Guwahati Centre, Sri Ajit Jana - Vice Chairman, Sri Vishwanath Goenka - A Member.

Standing from right: Sri Pramod Mour - Secretary, Deputy Registrar - Dr. Vasu Dev Vaidya.



VC, Dr. Manjunath N K graced Dr. S N Omkar's Book Release Ceremony



Bengaluru, Sept 11: In the Sri Abhinava Vidyatirtha Mahaswamiji Auditorium at Sri Shankara Cancer Hospital and Research Center, Shankarapura, the Honorable Vice Chancellor of S-VYASA Deemed to be University, Dr. Manjunath N K, had the esteemed privilege of serving as the Chief Guest of Honor at the release of the book "Viveka for Ananda," authored by Dr. S N Omkar, Chief Scientist at the Department of Aerospace Engineering, Indian Institute of Science. It was truly an honor for Dr. Manjunath to be part of this significant occasion alongside distinguished individuals who served as Chief Guests, including Dr. A.S. Kiran Kumar, a Padma Shri Awardee and former Chairperson of ISRO, and Dr. Srinath, a noted

Surgical Oncologist and Head of Sri Shankara Cancer Hospital and Research Center.

In his address, Dr. Manjunath praised Dr. Omkar's book for its targeted approach toward youth, focusing on the essential principles of Yama and Niyama drawn from the inspiring life of Swami Vivekananda. The book serves as a valuable guide for readers aspiring to achieve ethical living and spiritual growth, fostering a pathway toward peace and prosperity.

Dr. Manjunath highlighted the importance of the book in addressing the myriad challenges of modern life. "Viveka for Ananda" provides insightful guidance for navigating uncertainties and stresses, emphasizing the enduring relevance of yoga principles in contemporary society. He encouraged readers to integrate the teachings of Yama and Niyama into their lives to cultivate greater happiness and fulfillment.

This event was not only a celebration of literature but also a profound reminder of the role of ethical principles in navigating the complexities of today's world. Dr. Manjunath's participation underscored his commitment to promoting the values of peace, wisdom, and holistic development among the youth.





Deeksharambh - 2024

An Exhilarating Launchpad for S-VYASA School of Advanced Studies Students



The School of Advanced Studies at S-VYASA Deemed to be University marked the beginning of the new academic year with its dynamic student orientation program, "Deeksharambh-2024," conducted from August 21st to September 12th, 2024. This program marked the beginning of an exciting journey for students pursuing BTech, BBA, BCom and BCA degrees. Designed to foster a sense of belonging and equip students for academic and personal success, Deeksharambh-2024 was a resounding success.

Inauguration: Setting the Stage for Success

Under the visionary guidance of our Hon'ble Chancellor, Dr. H. R. Nagendra, and the leadership of our Hon'ble Vice Chancellor, Dr. Manjunath N. K., Pro Vice Chancellor, Dr. M. K. Sridhar, Registrar, Prof. Siva Sankara Sai, and Mr. Anish Anthony, Executive Director of the School of Advanced Studies, the stage was set for Deeksharambh-2024, embodying the spirit of holistic education. This significant event reflects our commitment to holistic education, setting the foundation for a transformative academic journey.

Deeksharambh-2024 wasn't just an orientation - it was a launchpad for transformation, meticulously designed to instil a sense of belonging, ignite passion, and equip students with the essential knowledge, skills, and tools to

thrive both academically and personally. With a thoughtful blend of inspiration, experiential learning, and interaction with industry leaders, the program left an indelible mark, setting the tone for what promises to be an enriching and empowering journey ahead. It was, without a doubt, an overwhelming success, leaving students inspired, energized, and eager to embrace their future at S-VYASA University.

The orientation program commenced with a grand inauguration ceremony, honoured by the presence of distinguished dignitaries, including Mr. Narayan Nambiar, Founder of Global FTI; Mr. Rajesh and Mr. Anil, Co-Founders of Klavium; Mr. Karthik, CEO of Face Prep, and Mr. Goerge Varghese, Knowledgekraft Educational Trust. Their insightful speeches provided valuable perspectives and inspired the incoming cohort with their wisdom and extensive experience.

The S-VYASA team, led by Mr. Anish Anothy (Executive Director), Dr. Sujay Nair (Academic Advisor), Dr. Sridhar Subramanian (Director of Academics), Dr. Sachin Sharma (Dean of Engineering and Technology), and Dr. Geetanjali P (Head of Management and Commerce Department), played a crucial role in welcoming the new students. In their addresses, they emphasized the institution's commitment to Indian values, Swami Vivekananda's philosophy of education, innovation, and the



importance of lifelong learning in today's fast-paced world

Experiential Education: Igniting Innovation

One of the standout moments of the inaugural ceremony was a session led by Dr. Sujay Nair, Academic Advisor. Dr. Nair captivated the audience with his thought-provoking discussion on the power of **experiential learning**. He emphasized the need to move beyond the passive accumulation of information and to actively engage in critical thinking, application, and innovation.

To bring this philosophy to life, students were challenged to generate unique solutions to a real-world problem presented to them. The activity, which also featured a cash prize for the best solution, sparked excitement among both students and parents. It served as an example of S-VYASA's commitment to experiential learning and provided students with an early taste of the university's focus on nurturing creativity and practical problem-solving.

Departmental Sessions:

Laying the Foundation for Success

After the inaugural event, the program shifted gears into domain-specific sessions for the students based on their chosen academic tracks. Each department - BCA, BTech, Management and Commerce curated specialised activities designed to create a solid foundation for academic success while encouraging personal growth and professional development.

BTech and BCA:

Exploring the World of Technology

The Engineering and technology department, led by Dr. Sachin Sharma and a dedicated faculty team organized an array of activities centered around personality development and the introduction to cutting-edge technology. The sessions were designed to acquaint students with the dynamic nature of the tech industry while honing critical soft skills.

Department of Management and Commerce: Nurturing Business Acumen

The Management Department, led by Dr. Geetanjali P and her team of dedicated faculty, ensured that business and commerce students were introduced to the principles and concepts they would be exploring throughout their three-year program. The team conducted engaging activities such as quizzes, group discussions, role plays, management crosswords, and mock interviews.

The faculty team guided students through simulations of real-world business scenarios, giving them a glimpse into the dynamic world of commerce. These interactive sessions nurtured critical thinking, leadership, teamwork, and communication skills, all essential to a successful career in business.

Beyond the Classroom:

A Holistic Approach to Student Life

Deeksharambh-2024 was more than just an academic orientation program; it was a comprehensive launchpad designed to foster holistic development and bridge the gap between academia and industry. True to S-VYASA's motto, "Where Education Meets Industry," the program provided students with a rich and immersive experience that extended beyond the classroom

The program featured guest lectures by renowned industry experts, providing students with valuable knowledge and perspectives on the tech, management and entrepreneurial landscape. The program featured the following Industry guest sessions:





Sept 16: At the 30th Foundation Day of NAAC, Guruji with the Hon'ble Governor of Karnataka, Director of NAAC & other Dignitaries

- **Unlocking Opportunities: Experience Design and AI** by Anand Vishwaroop, Design Head at OptIQ.ai, which offered students a glimpse into the integration of AI with design.
- **To Be Core or Non-Core Engineers?** by Ranabir Dey, Principal Design Engineer at ARM, sparked a discussion on the future of engineering careers.
- **Mastering Product Management: Your Blueprint to Solving Real-World Tech Challenges!** by Mr. Gaurv Jain, Senior Product Manager at Uber, which emphasized product management skills and their application in today's tech-driven world.
- **The Role of Digital Transformation in an Enterprise** by Mr. Nisarg Jha, Leader of Digital Sales Experience & e-Commerce at Kimberly-Clark Professional, shed light on the importance of digitalization in business operations.
- **Technology Beyond AI** by Dr. S Reine De Reanzi, MD and CEO at TopGrep Tech, which broadened students' understanding of emerging technologies.
- **Cyber Resiliency** by Tarang Purohit, Principal Security Consultant at World Wide Technology, which introduced

students to the critical concept of cyber security.

- **Design Thinking** by Mr. Thomas DAL, Director at Strate School of Design, introduced students to the process of human-centred innovation.
- **Entrepreneurship Journey** by Dr. Jacob Crasta e Founder & Chairman, CM Envirosystems Pvt. Ltd, shared insights from his entrepreneurial journey.

A Successful Beginning to a Promising Journey

As Deeksharambh-2024 drew to a close, it was clear that the program had achieved its goals. Students left the orientation not only with a deeper understanding of their chosen academic paths but also with newfound friendships, personal growth, and an appreciation for the university's commitment to innovation, ethics, Indian Value system and holistic education. The new cohort of S-VYASA learners is now equipped and ready to embark on an enriching and transformative academic journey that promises success both within the university and beyond.





Engagements of Prof. M. Jayaraman, Dean, Division of Yoga – Spirituality

Addresses on AYUSH - Sponsored CME Program on "New Avenues in Yoga and Naturopathy"

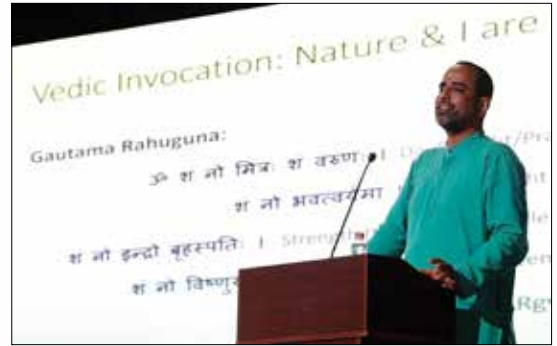
Aug 24: Prof. M. Jayaraman, Dean of the Division of Yoga - Spirituality at S-VYASA University, delivered a lecture at the AYUSH Ministry - sponsored Continued Medical Education (CME) program, organized by the School of Yoga and Naturopathy, S-VYASA University - a recognized Center of Excellence under the Ministry of AYUSH. The theme of the CME was "New Avenues in Yoga and Naturopathy."

Prof. Jayaraman's lecture, titled "Exploring Vedic Vistas for Naturopathic Healing - Learnings from Sri Rudram," focused on the healing insights drawn from the Shatarudriya of the Yajurveda. He emphasized how the Vedic text, which identifies the divinity of Rudra in various aspects of nature - such as water, soil, the sun, and flora and fauna - can provide valuable guidance for naturopathic healing.

He proposed integrating these Vedic mantras into therapies like mud therapy, hydrotherapy, and heliotherapy, and suggested the development of Veda-based meditative modules that align with nature-based therapies. Prof. Jayaraman called for both textual documentation and the creation of healing modules to advance this concept, which he referred to as Vedic Naturopathy.

This approach, he explained, could offer a unique pathway for bridging Yoga and Naturopathy through the foundational teachings of the Vedas

The insights shared by Prof. Jayaraman were well-received by the attending professionals, academics, and students, marking a step forward in the exploration of Vedic-based healing practices within Naturopathy.



Guest Lecture on Yoga Sutras at Yoga Vijnana, Bengaluru

Aug 25: Prof. M. Jayaraman, Dean, Division of Yoga - Spirituality at S-VYASA University, delivered a guest lecture to the Yoga Enthusiasts gathered on the Yoga Sutras at Yoga Vijnana, Bengaluru, founded by Sri Vinay Siddiah. The institution expressed gratitude acknowledging the inspiration he provided through his expertise and gracious demeanor.



Talk at ICPR - Sponsored Seminar on Ayurveda and Yoga Integration



Aug 29: Prof. M. Jayaraman, Dean of the Division of Yoga - Spirituality at S-VYASA University, spoke at the ICPR-sponsored at the three-day National Seminar titled "Darshanam & Ayurveda," organized by Karnataka Sanskrit University, Bengaluru. His lecture focused on the Vedic-Sankhyan foundations of both

Ayurveda and Yoga Shastra, offering a holistic view of these two streams as part of an integrated Vedic approach to health and well-being.

Prof. Jayaraman highlighted the outcomes of key Yogic practices - such as Asanas, Pranayama, Mudras, and Kriyas - described using Ayurvedic terminology in Hathayoga literature. He explained how a deeper understanding of these connections could foster greater integration between Yoga and Ayurveda, facilitating more effective healing processes. Additionally, he explored the psychosomatic nature of illness, or Adhija Vyadhi, as presented in the Yoga Vasistha.



The lecture was attended by MD students, practitioners, and academics in Ayurveda, and the ideas were well-received, sparking interest in further exploring the integration of Yogashastra and Ayurveda.



Sept 10, Prashanti Kutiram: Chairman of JATF Advisory Board, **Sri K C Jain** and Associate Professor in Medicine at Dayanand Sagar University with Specialization in KN Cardio Respiiratory and General Physiotherapy **Dr. Srihari Sharma** were felicitated.



Reflections on NSS Camp 2024: A Journey of Service and Growth

■ Report by Poornima L, NSS Student Head



The NSS Camp 2024 at S-VYASA, held from August 28 to September 4 at Halenijagal, Nelamangala, was an enriching and transformative experience focused on community service, teamwork, and personal growth. The camp began with a preparatory meeting led by NSS coordinator Mr. Kiran Kumar, where volunteers from the BNYS, School of Physiotherapy, and School of Yoga were briefed on the camp's objectives, responsibilities, and logistics.

Day 1 - the volunteers packed supplies and departed for the camp, arriving at a serene site near the Veerabhadreshwara Temple.

Day 2 - started with an energizing morning assembly, followed by a scenic walk through the valley, allowing the team to bond. Later, the volunteers conducted cleanliness drives, taught yoga to students, and surveyed the local village.

Day 3 - was highlighted by inspiring talks from Dr. Manjunath Gururaj and Dr. Sathya Prakash, who shared their experiences with NSS.

Day 4 - focused on door-to-door yoga awareness campaigns and personal hygiene education.

Day 5 - was marked by a historical trek





led by Krishna Murthy and visits from the Registrar and Bharthi ma'am, who joined in the afternoon festivities.

Day 6 - included sessions on organic farming and a skit on women's safety awareness.

The final day, Day 7 - was special, starting with the valedictory function attended by the Vice-Chancellor, Dr. Manjunath N K and Pro-Vice Chancellor, Dr. Sridhar M K, who appreciated our efforts and the eco-friendly decorations we had prepared. A special thanks was extended to the team for their remarkable work in cleaning the 750-year-old Kalyani, which had not been used for 10 years.

The following day was an unforgettable trek to Siddagange Hills and visits to Sri Goravanahalli Mahalakshmi Devi Temple, Devarayana Durga, Naamadha Chilume, and Sree Siddaganga Math.

These experiences left us with lasting friendships, new skills, and a deep appreciation for community service.





Sanskritotsava in Prashanti

Shravana Purnima is celebrated internationally every year as Sanskrita Day. To commemorate Sanskrita Day, the Division of Yoga-Spirituality at S-VYASA organized Sanskritotsava from September 16th to 21st, 2024. A series of competitions and other engaging activities were held during Sanskritotsava. The three main programs were competitions, book stalls, and the Shobha Yatra (procession), followed by the valedictory ceremony.

Competitions

A total of 45 enthusiastic students participated in the competitions, which included four events:

- Kanṭhapāṭha Spardhā (Recitation) – 16th Sep, Mon
- Bhāṣaṇa Spardhā (Speech) – 17th Sep, Tue
- Sanskṛta Gīta Spardhā (Singing) – 18th Sep, Wed
- Reel-making Competition – 19th Sep, Thu

Kanṭhapāṭha Spardhā (Recitation) – A

total of 15 students participated. The texts chosen and the number of participants for each are as follows. Students could recite any one of the following texts:

- Patañjali-yoga-sūtras – Samādhi and Sādhanapādas – 11 participants
- Aṣṭāṅghaṛdayam of Vāgbhaṭa – Sūtrasthānam – Dinacaryā Adhyāya (1-30 shlokas) – 3 participants
- Varāhamihira – Bṛhajjātakam – Grahabhedādhyāyaḥ – 1 participant

Bhāṣaṇa Spardhā (Speech) – A total of 11 students participated. The topics of the speeches were:

- The Importance of Sanskritam
- Indian Knowledge Systems

7 students chose the first topic, and 4 chose the second. 3 participants spoke in Sanskritam, and 8 spoke in English.

Sanskṛta Gīta Spardhā (Singing) – Although only Sanskrita songs were allowed for the





singing competition, there was extraordinary participation, with 26 students taking part. They all introduced themselves in Samskritam.

Reel-making Competition – The topic for the reel-making competition was 'The Importance of Samskritam'. There were 5 entries: 2 in Samskrita and 3 in English.

The judges keenly examined all performances and gave their judgments with great interest in all competitions.

The Book stalls

Four institutions that set up book stalls for all the week, were

- Sanskrit Promotion Foundation, New Delhi
- Sanskrita Bharati (Karnataka), Bengaluru
- Vyoma Linguistics Labs, Bengaluru and
- Anaadi Foundation, Palani, Tamilnadu.

These stalls garnered significant interest from students, faculty, and non-teaching staff, with much eager to browse and purchase books.

The Shobhayatra

On September 20, 2024, students and staff members participated in a vibrant procession. The procession included chanting of Samskrita slogans and singing Samskrita songs. Dr. HR Vishwas, one of the founder members of Samskrita Bharati and a multiple Sahitya Akademi Awardee, along with Prof. MK Sridhar, Pro-VC and Dean of Academics at S-VYASA, inaugurated the procession. It started from Shruti Mandir, covered various departments, and concluded at the Registrar's office. A simple quiz in Samskrita was conducted during the procession, further enriching the festive atmosphere across the campus.

The Valedictory

The week-long utsava concluded with the Valedictory on September 21, 2024, from 10 am to 12 pm at Shruti Mandir. After the Prārthanā, the Welcome Address, Introduction of Dignitaries, and Felicitation were given by Prof. M. Jayaraman, Dean of the Division of Yoga-Spirituality. This was followed by a report on Samskritotsava by Dr. N. Sridhar, Coordinator of Samskritotsava. A Special Address by Dr. NK Manjunath, Hon'ble Vice Chancellor of S-VYASA, was followed by an address by the Guest of Honor, Smt. Smriti Adinarayanan, Founder of Anaadi Foundation. Prizes were then distributed to the winners of the competitions by the dignitaries, filling the whole assemblage with great joy. After the Vyakti Gītam, there was an address by the Chief Guest, Dr. M.V. Mohan from the Samskrit Promotion Foundation. The Presidential Address was delivered by Guruji, Dr. HR Nagendra, Hon'ble Chancellor of S-VYASA, followed by the Vote of Thanks by Prof. M. Jayaraman. The ceremony concluded with a Shanti Mantra followed by Vande Mataram.





Dr. Apar Avinash Saoji as a Resource Person in Biostatistical Analysis for AYUSH Research Workshop



Gurugram, Sept 3-4: Dr. Apar Avinash Saoji, Principal of The School of Yoga and Naturopathic Medicine, was invited as a resource person for a 2-days workshop on Biostatistical Analysis for AYUSH Research organized by the Faculty of Naturopathy and Yogic Sciences, SGT University. Over 70 BNYS students and 10 faculty of SGT university attended the two-day workshop. Dr Apar covered topics such as the need for biostatistical analysis, sources and types of data, basic concepts and application of statistics along with practical hands-on training on using the JASP statistical package. The participants appreciated the workshop and expressed their desire to contribute to AYUSH research using the skills learnt during the workshop.



Sept 11: Dr. Shirsh Singhal, Public Health Specialist and Teacher at Regional Health and Family Welfare Training Centre, Dr. Bindu Singhal, Medical Specialist Civil Hospital Hazeera and Ms. Shayna Chandrakant Parekh, Medical School Development Officer at Indian Institute of Science, Bangalore, were welcomed during Maithri Milan on **Universal Brotherhood Day** program.



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Dāna

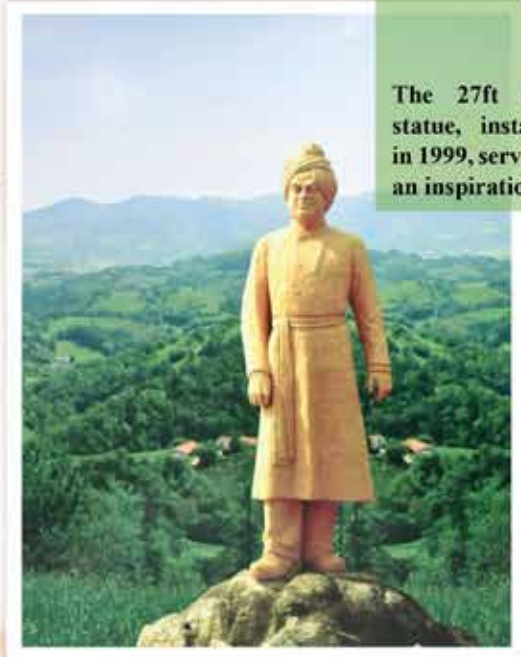
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**Swami Vivekananda
Yoga Anusandhāna
Samsthana
(S-VYASA)**



The 27ft high statue, installed in 1999, serves as an inspiration.

‘Prashanti Kutiram’, located 35 Kms away from the center of Bengaluru, is the Abode of Peace-nestled in the lap of nature amidst greenery and sprawling. The residential campus is situated over 100 acres, about 14 Kms from the bountiful Bannerghatta National Park. It is the residential campus of Swami Vivekananda Yoga Anusandhāna Samsthana (S-VYASA), a full-fledged lone and unique Deemed University of Yoga recognized by University Grant Commission (UGC) U/s 3 of UGC Act, 1956

S-VYASA is a seat of learning, the most comprehensive repository of Yoga and spiritual wisdom combined with modern knowledge of science and technology. Based in the teachings of Swami Vivekananda, in line with the guidelines of UGC, S-VYASA pioneers its uniqueness of man-making dimension in the realm of education with a concrete focus on total personality development using modern tools, which are incorporate into the teaching and evaluation process.



The International Day of Yoga Protocol



Slowing of breath, calming the mind.

Arogyadhama is an integrated medical hospital with a 700-bed inpatient treatment facility. We integrate Allopathy, Yoga, Ayurveda, Naturopathy, Acupuncture, Physiotherapy, Psychotherapy including Diet and nutrition. This primarily aims at preventing and treating Non-Communicable Diseases, providing long-term rehabilitation, and promoting Positive Health for the past 40 years. We have treated nearly 300,000 patients and provide a mantra for healthy and stress-free living.

Arogyadhama serves as a cradle for health and wellness in treating non-communicable diseases and promoting positive health. We offer Yoga and detoxification through Ayurveda and Naturopathy to normal individuals, helping them move towards higher abilities in physical, mental, intellectual, and spiritual rejuvenation. Our well-structured departments include Neurology, Oncology, Cardiology, Pulmonology, Psychiatry, Rheumatology, Spinal disorders, Metabolic disorder, Gastroenterology, and Endocrinology.

VYASA is the parent organization of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), registered as a Charitable Society in 1986.

S-VYASA, in collaboration with VYASA, has been organizing Yoga Therapy camps for Diabetes control all over the country. After the first International Day of Yoga in 2015, where 2.5 lakh individuals were screened throughout India, 56,000 diabetic patients were treated in 7,500 week-long camps. Based on this experience, we are confident in playing a leadership role in the National Committee formed by the Ministry of AYUSH and MOHFW in collaboration with AIIMS to control Diabetes, especially Non-Communicable Diseases (NCDs), throughout the country.

S-VYASA Mission:
**'Combine the best of the East
 with that of the West'**

S-VYASA Vision:
"BE and MAKE"

Accomplishments:

- **Center of Excellence** in Yoga from Ministry of AYUSH, Govt. of India.
- **Recognized as Scientific and Industrial Research Organization** by the Department of Science and Technology, Govt. Of India.
- Formerly the **recognized as ICMR Center for Advanced Research** in Yoga and Neurophysiology.
- **Recognized as Center of excellence** in Yoga research through a developmental Grant from Govt. of Karnataka.
- **Recognized by WHO** for developing Benchmark document on Yoga training.
- Research & Training Funded by Ministry of Science and Technology, Ministry of AYUSH, Ministry of Health and Family Welfare, Ministry of Tribal Affairs, Ministry of External Affairs, Government of India.
- National Institute of Health, US Government, Medical Research Council, UK, Welcome trust, UK etc.
- MHRD category I University
- NAAC A+ Accredited in the 3rd Cycle
- ISO 9001-2008 recognized
- Star Category University by Karnataka Universities Ranking.



Anvesana, the state-of-the-art research facility at Prashanti Kutiram, stands as a significant contribution to the field of health sciences. It seamlessly merges modern technology with Yoga on both National and International fronts. Within its walls, it hosts a range of cutting-edge laboratories, including *Molecular Bioscience Laboratory * Psychophysiology Laboratory * Cognitive Neuroscience Laboratory * Psychology * Laboratory * Bio Energy Laboratory. These laboratories serve as incubators for pioneering research and advancements at the crossroads of health sciences and Yoga. Furthermore, the research laboratory 'Anvesana' boasts certifications from numerous National and peer bodies. The primary certifications include:

- ✦ ICMR Centre for Advanced Research in Yoga & Neurophysiology
- ✦ Centre for Excellence in Yoga by Dept. of AYUSH, GoI
- ✦ SIRO (Scientific and Industrial Research Organization) recognition
- ✦ ISO certification as a pioneer Yoga Deemed University

ANVESANA is the research wing of S-VYASA, with tis set up in Prashanti Kutiram campus. It has high-end unique laboratories to conduct high end research related to psychology, psychophysiology, cognitive neuroscience, bio-energy and molecular biology. Based on the Holistic Vision of Human systems and the understanding of the root cause of all modern NCDs, the laboratories measure various dimensions for In-depth understanding of mind-body systems. Research interests of Anvesana range from studying efficacy of alternative systems in different ailments to understand the molecular, neurological and psychological basis for explaining mechanism of action of such systems.

S-VYASA has now published Around 1000 in reputed National and International Journals contributing a major share of Global Yoga research over the last 4 decades. The key feature of Research is the interdisciplinary nature of research to develop and explore inventive, mechanistic and therapeutic insights of physiology underlying yoga related research.

S-VYASA Management:

- **Dr. H R Nagendra**
Chancellor
- **Dr. B R Ramakrishna**
Pro-Chancellor
- **Dr. N K Manjunath**
Vice-Chancellor
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- **Dr. Dayananda Swamy H R**
Director, Finance & Administration
- **Prof. Siva Sankara Sai**, Registrar



Tracking the Autonomic Functions



Brain Studies



Gene expressions Studies



Measuring Meditation

- ✦ Contribution to drafting a common Yoga Protocol of 30 minutes for International Yoga Day on June 21, 2015, organized by the Ministry of AYUSH. S-VYASA also played a supportive and leadership role in framing syllabuses for NCTE, NCERT, and UGC at the undergraduate and postgraduate levels, coordinating with major yoga institutional experts in the country.

School of Yoga:

YIC

Yoga Instructor's Course

BSc & MSc

(Yoga)

BSc & MSc YT

(Yoga Therapy)

BSc & MSc YVT

(Yoga Vedic Therapy)

BA & MA YEd

(Yoga Education)

BA & MA YISD

(Yoga for Integrated Sports Development)

BA & MA HY

(Hatha Yoga)

School of Physiotherapy:

BPT

Bachelor of Physiotherapy

School of Yoga & Naturopathic Medicine:

BNYS

Bachelor of Naturopathy
and Yogic Sciences

MD

Yoga



Center for Open and Distance Education (CODE)

CODE is the distance education wing (formerly known as ODL) of S-VYASA, established in 2007 with the vision of spreading Yoga through Education and the mission of bringing Yoga to Every Doorstep. S-VYASA is the only Yoga University offering programs in both residential and distance learning modes.

The International Conference on Frontiers in Yoga Research and its Applications (INCOFYRA) is a legacy of SVYASA Deemed to be University. The conference has been organized and hosted by Vivekananda Yoga Anusandhana Samsthana (V-YASA) since 1991, taking place every alternate year (<http://incofyra.com/>).

Driven by this legacy and expertise, INCOFYRA, as a recognized conference, continues to offer a significant opportunity for the advancement of research in the field of Yoga. It serves as a platform for interactive sessions led by key clinicians and scientists who have made substantial contributions to the success of "lifestyle interventions."

Patron Schemes

जीवने यावदादानं स्यात् प्रदानं यत् ततोऽधिकम् |

"Give more than what you receive in Life"

śraddhayā deyam | aśraddhayā' deyam | śriyā deyam |
hriyā deyam | bhīyā deyam | sarṁvidā deyam ||

-Taittiriya Upanishad

Give with faith and reverence. Do not give without faith. Give as much as you can according to your wealth. Give with modesty. Give with awe. Give with empathy.

Particulars	Description	Amount
Sponsor a Chair	"Enjoy complimentary accommodations (boarding and lodging, etc.) during retreats and be recognized as a sponsor."	₹ 2,00,00,000/- (INR Two Crores Only)
Sponsor a Peetham	"Complimentary accommodations (boarding and lodging, etc.) during retreats. Recognize as a sponsor."	₹ 1,00,00,000/- (INR One Crore Only)
Diamond	"Eight family members or relatives can utilize the facilities for four weeks each year for a duration of 20 years. Acknowledgment as a sponsor."	₹ 1,00,00,000/- (INR One Crore Only)
Platinum	"Four family members or relatives can make use of the facilities for four weeks per year over a span of 10 years. Recognize as a sponsor."	₹ 50,00,000/- (INR Fifty Lakhs Only)
Gold	"Two family members or relatives can access the facilities for four weeks per year, for a duration of 5 years. Honor as a sponsor."	₹ 25,00,000/- (INR Twenty-Five Lakhs Only)
Silver	"Two family members or relatives can enjoy the facilities for four weeks each year for a period of 3 years. Recognize as a sponsor."	₹ 10,00,000/- (INR Ten Lakhs Only)
Life Patrons	"Four representatives from the organizations can use the facilities for two weeks each year, for a duration of 5 years."	₹ 10,00,000/- (INR Ten Lakhs Only)
Supporting Patrons	"Two family members can access the facilities for two weeks each year for a duration of 5 years."	₹ 5,00,000/- (INR Five Lakhs Only)
Patrons	"Two family members can utilize the facilities for two weeks each year for a period of 3 years."	₹ 2,00,000/- (INR Two Lakhs Only)
Supporting Life Donors	"Two family members can use the facilities for two weeks for one year."	₹ 1,25,000/- (INR One Lakh Twenty-five Thousand Only)
"Donors Well-wisher"	"You can contribute as much as you wish!"	Any Amount

50% tax exemption on taxable income under 80G

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I/We would like to become one of the Golden hand/s through offering my/our Contribution or Donation.

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Rupees in words:

towards.....

From:

Name:

Address:

Mobile: Email:

Thanking You,
Yours Sincerely.



Anna Dāna

सर्वेषामेव दानानामन्नदानं विशिष्यते ।
अत्राद्भवन्ति भूतानि अत्रेनैव च वर्द्धते ॥

sarveṣāmeva dānānamannadānaṁ viśiṣyate ॥
annādbhavanti bhūtāni
annenaiva ca varddhate ॥

Among all charitable acts, providing food holds a special place. It is through food that all beings manifest and grow from food.

Particulars	Description	Amount
One Day Food	One day, food served to 1200 residents at Prashanti Kutiram on any given day of the year (birthday).	₹ 7,00,000/- (INR Seven Lakhs Only)
One Meal	Lunch or Dinner served to 1200 residents at Prashanti Kutiram on any one day!	₹ 30,000/- (INR Thirty Thousand Only)
One Breakfast/Snacks	Breakfast / Snacks served to 1200 residents at Prashanti Kutiram on any one day!	₹15,000/- (INR Fifteen Only)
Other	According to the donor's wishes.	As you wish

Swasthya Dāna

स्वास्थ्येन लभते कान्तिं दीर्घायुष्यं बलं सुखम् ।
स्वास्थ्येन लोककल्याणं
तस्मात् स्वास्थ्याय दीयताम् ॥
svāsthyena labhate kāntiṁ
dīrghāyusyaṁ balaṁ sukham
svāsthyena lokalyāṇaṁ
tasmāt svāsthyāya diyatām ॥

"Good health bestows radiance, strength, and happiness. Health fosters well-being in society. Therefore, contribute to the cause of health."



Particulars	Description	Amount
One-Year Rehabilitation	Funds will be collected and utilized to provide one bed in Arogyadhama for a duration of one year!	₹ 2,00,000/- (INR Two Lakhs Only)
One-Month Rehabilitation	Funds will be collected and utilized to provide one bed in Arogyadhama for a duration of one month!	₹ 20,000/- (INR Twenty Thousand Only)
Other	For a Specific purpose	As you desire

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- Quality that is Infinite
- Service that Cares
- Hardwork that Endures



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**Anya Dias,
Software Engineer**

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