

# YOGA SUTRA



A Monthly Journal of SVYASA (Deemed to be University)



**S-VYASA Hosts  
All India Inter-University Yogasana  
Championship (Women)**

February 2026

[www.svyasa.edu.in](http://www.svyasa.edu.in)

INR 45/-

ISSN 0972-074X

VOL. XLI

No. 02



# Congratulations



**Dr H R Dayananda Swamy**

**Chancellor, S-VYASA**

*Heartiest Congratulations from the President,  
Teaching & Non-Teaching Staff of S-VYASA*

# YOGA SUDHA

February 2026

No. 02

## CONTENTS

Editor  
**Dr H R Nagendra**  
President Svyasa

Asst. Editor  
**Dr. Aarti Jagannathan**

Publisher  
**Mahadevappa B**

Printer  
**Chandrashekar V**  
Sharadh Enterprises  
No. 51, Car Street Halasuru  
Bangalore- 560 028  
Ph. 080- 2555 6015  
sharadhenterprises  
@gmail.com

**SVYASA**  
**Deemed to be**  
**University**  
No. 19, Gavipuram Circle  
Kempe Gowda Nagar  
Bangalore- 560 019  
Ph. 080- 2661 2669  
telefax: 080- 2660 8645  
Yogasudha@svyasa.edu.in  
www.svyasa.edu.in

<b>Editorial</b>	<b>4</b>
<b>Message From the Vice Chancellor</b>	<b>7</b>
<b>23rd Convocation of S-VYASA</b> <i>A report on Convocation Ceremony, D.sc and D.litt Awardees, PhD (Yoga) - Scholars &amp; Publications, MD (Yoga) - Graduates</i>	<b>8</b>
<b>Spirituality &amp; Knowledge System</b> <i>Brahmasutra, 2-Day Online Workshop: Mining IKS Research Sources</i>	<b>23</b>
<b>life sciences &amp; integrative Health</b> <i>Freshers' Day BNYS 2025 Batch - "Parichaya"</i>	<b>30</b>
<b>Physical Sciences, Engineering, Ai &amp; Robotics</b> <i>School of Engineering and Technology</i>	<b>32</b>
<b>Humanities- Performing Arts &amp; Sports</b> <i>Swami Vivekananda- The Humanist 15</i>	<b>35</b>
<b>Arogyadhama – Clinical Application</b> <i>Success Stories at Arogyadhama: Department Of Psychological Disorders</i>	<b>37</b>
<b>CODE- Centre for Online &amp; Distance Education</b>	<b>41</b>
<b>Vyasa National &amp; International</b> <i>Freshers' Day BNYS 2025 Batch - "Parichaya" School of Engineering and Technology All India Inter-University Yogasana Women Championship Inauguration of ITEC–YIC Batch Kaladiksha Utasva, Eighty-Three Years of Light: A Salutation to Guruji Dr. H. R. Nagendra S-VYASA Celebrates Guruji Dr. H. R. Nagendra's 83rd Birthday &amp; Kalpataru Diwas Dr. H. R. Dayananda Swamy Appointed Chancellor of S-VYASA S-VYASA Celebrates the 77th Republic Day</i>	<b>42</b>



## Research Highlights Across Five Divisions: Yoga as a Comprehensive Wellness Strategy

In the last few decades, humanity has achieved extraordinary progress in science, medicine, and technology. Yet, paradoxically, stress-related disorders, lifestyle diseases, mental disturbances, addiction risks, sleep problems, emotional instability, and social disharmony are increasing across the globe. This reveals an important truth: external progress alone is not sufficient. The modern world needs a time-tested system that strengthens the human being from within—physically, mentally, emotionally, socially, and spiritually.

The research contributions presented through the five divisions reflect the comprehensive strength of Yoga as a science of total human development. These papers collectively confirm that Yoga is not merely an exercise system, nor only a supportive therapy, but a complete wellness approach capable of transforming human functioning at multiple levels. Whether applied for higher mental refinement, physical stamina, disease prevention, emotional culture, or leadership excellence, Yoga offers a unified solution based on systematic practice and self-discipline.

This editorial provides a brief division-wise snapshot of the key research outcomes, illustrating how S-VYASA continues to contribute meaningfully to national health priorities and global wellbeing.

### 1) SPIRITUALITY DIVISION (School of Yoga) – Summary (16 Papers) Yoga for Higher Human Functioning and Inner Stability

The papers of the Spirituality Division highlight Yoga as a scientific tool for higher human functioning, enabling measurable improvements in sleep quality, mental clarity, memory, emotional stability, mindfulness, stress regulation, and overall wellbeing. A major contribution of this group of studies is the clear evidence that Yoga strengthens the mind from within by reducing mental turbulence and promoting inner calmness and self-awareness.

Many of these papers compare Yoga practitioners with non-practitioners and consistently show superior outcomes in cognitive and psychological domains among those who follow yogic living. These findings strongly indicate that Yoga is not only effective as a short-term intervention but yields deeper benefits when adopted as a disciplined lifestyle.

In a world increasingly affected by mental fatigue, burnout, disturbed sleep, and reduced attention span, this division's work reaffirms the timeless relevance of Yoga as a method for developing clarity, stability, resilience, and wellbeing, paving the way for individual excellence and inner evolution.

## **2) PHYSICAL SCIENCES DIVISION – Summary**

### **Yoga for Stamina, Functional Fitness, and Physiological Efficiency**

The papers under the Physical Sciences Division establish Yoga as a powerful system for improving physical stamina, flexibility, balance, coordination, strength, and functional fitness. These studies support the fact that Yoga is not a passive discipline, but a structured method to enhance the efficiency and capability of the human body.

The outcomes presented in this division have special importance in today's context where reduced physical activity, early onset of musculoskeletal issues, poor stamina, obesity, and loss of fitness have become common, even among younger populations. By improving physical conditioning and functional performance, Yoga supports both health promotion and preventive care.

This research has direct application in school and university programs, sports training, rehabilitation, and community wellbeing initiatives. It validates Yoga as an essential element of national fitness culture and a practical tool to enhance physical performance and resilience.

## **3) LIFE SCIENCES DIVISION – Summary**

### **Yoga for Health Promotion, Disease Prevention, and Integrative Care**

The Life Sciences Division papers provide strong evidence supporting Yoga as a scientific intervention for major public health challenges, particularly non-communicable diseases (NCDs) such as diabetes, hypertension, obesity, and related metabolic disorders. These studies highlight Yoga's effectiveness in improving physiological regulation by influencing stress pathways, autonomic balance, metabolic stability, and health-related behaviours.

The findings reinforce that Yoga is highly suitable for large-scale preventive programs because it is safe, cost-effective, scalable, and sustainable, while also strengthening overall wellbeing. These contributions align closely with national priorities for NCD control and the growing global movement toward integrative healthcare models.

By demonstrating measurable improvements in health markers and functional outcomes, this division strengthens the scientific foundation for incorporating Yoga into mainstream healthcare as a core preventive strategy rather than an optional supportive practice.

## **4) HUMANITIES DIVISION – Summary**

### **Yoga for Emotional Culture, Creativity, Values, and Social Harmony**

The Humanities Division reflects a subtle yet deeply important contribution—Yoga as a method for developing emotional maturity, cultural refinement, creativity, value-based living, and social harmony. These papers highlight that many modern societal crises do not arise only from lack of resources, but from lack of inner stability, healthy relationships, discipline, and constructive attitudes.

The studies show that Yoga can reduce emotional turbulence and enhance balanced personality traits such as calmness, self-control, compassion, and harmony in behaviour. Such outcomes are valuable for families, educational systems, and communities where stress and emotional instability often lead to conflict, addictions, and breakdown of social support structures.

This division highlights Yoga as a powerful educational and cultural tool for holistic development and social harmony.

## 5) MANAGEMENT STUDIES DIVISION – Summary

### Yoga for Leadership Stability, Work Efficiency, and Stress Resilience

The Management Studies Division papers demonstrate Yoga's relevance in modern professional environments by highlighting improvements in stress resilience, decision-making clarity, emotional steadiness, productivity, and leadership effectiveness. In an era where high performance is demanded continuously, individuals often struggle with burnout, anxiety, emotional exhaustion, and reduced work-life balance.

These studies establish that Yoga strengthens the inner capacity to function effectively under pressure and uncertainty. By improving mental steadiness and emotional regulation, Yoga supports sharper thinking, better interpersonal relationships, and sustained performance.

The findings have practical significance for organizational excellence, leadership training programs, faculty development, corporate wellness, and healthcare workforce wellbeing. This division reinforces the conclusion that Yoga enhances not only personal health

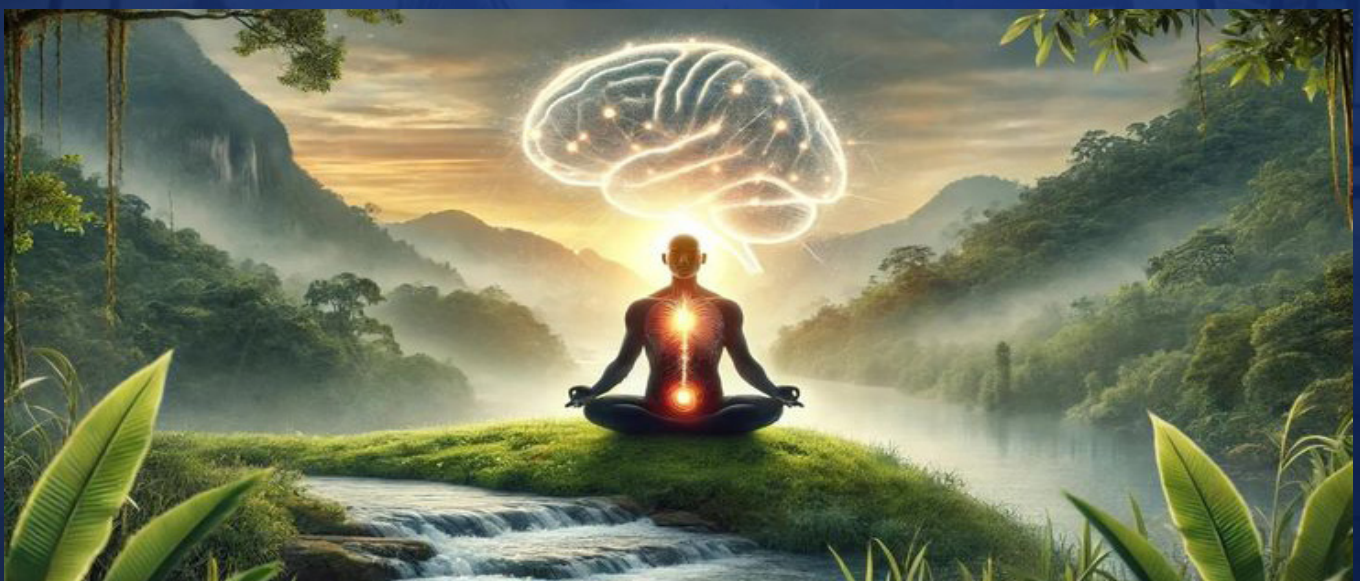
but also professional effectiveness and institutional stability.

### Conclusion: Yoga as a Complete Science of Human Excellence

Taken together, the research outputs across these five divisions deliver one unified message: Yoga is a comprehensive wellness strategy, influencing human life from the physical to the spiritual. It improves stamina and physiological functioning, supports health promotion and NCD prevention, enhances emotional balance and social harmony, strengthens leadership capabilities, and fosters higher cognitive and psychological wellbeing.

Such an integrated approach is the need of the hour for India and the world. The research contributions of S-VYASA reaffirm Yoga's timeless relevance while presenting it in scientifically measurable terms. With systematic implementation through education, healthcare, workplaces, and community programs, Yoga can become a strong national instrument for building a healthier, happier, more resilient, and more harmonious society.

Yoga is not merely a practice—it is a science of transformation and a foundation for holistic living.



# Message From the Vice Chancellor

*With best wishes and warm regards,*  
**Dr. Manjunath N K**  
**Vice Chancellor**  
**S-VYASA Deemed to be University**  
**Bengaluru**



The month of January occupies a special place in the academic and cultural life of S-VYASA Deemed to be University, as it harmoniously blends education, national consciousness, and spiritual reflection. The recently concluded celebrations have once again reaffirmed our commitment to holistic education rooted in Indian wisdom.

Swami Vivekananda Jayanthi was celebrated on January 12th along with S-VYASA's annual Convocation, marking the successful completion of graduation for our students. As our graduate's step into a new phase of life, I extend my heartfelt congratulations and best wishes to each one of them. You leave S-VYASA not only enriched with academic knowledge but also empowered with the wisdom of yoga and the values of discipline, compassion, and service. May you carry these ideals forward as torch bearers of positive change and as ambassadors of S-VYASA across the world.

The month concluded with the solemn and proud celebration of India's 77th

Republic Day on 26th January 2026 at our university campus. This national occasion reaffirmed our collective commitment to democratic values, unity, and the ideals enshrined in our Constitution. Yoga, deeply rooted in India's ancient heritage, plays a vital role in nurturing disciplined, emotionally balanced, and value-oriented individuals—qualities essential for nation-building and global harmony.

As we move forward into February 2026, we prepare to observe the sacred festival of Mahashivaratri, a powerful reminder of inner awakening, self-discipline, and spiritual transformation. This auspicious occasion invites us to turn inward, transcend limitations, and align our thoughts and actions with higher consciousness. I extend my advance wishes for Mahashivaratri to the entire S-VYASA family, with the hope that it brings peace, clarity, and renewed spiritual strength to all.

May these milestones and celebrations continue to guide us on the path of knowledge, service, and self-realization.



## 23RD ANNUAL CONVOCATION



The 23rd Annual Convocation of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, was held with great solemnity, academic dignity, and spiritual resonance on Monday, 12th January 2025, at Samskruti Bhavan. The occasion marked an important academic milestone, celebrating the successful completion of academic programs by students across Yoga, Naturopathy, and allied disciplines.

The proceedings began at 9:30 AM with the arrival of the Deans of Divisions, members of the Executive Council and Academic Council, and recipients of honorary degrees. Convocation stoles were ceremonially presented, symbolizing academic honour and responsibility. This was followed by the arrival of the Chief Guest, the Hon'ble President, and the Hon'ble Chancellor at the Yoga Vinayaka Temple, where they were formally received and adorned with convocation stoles.

At 9:45 AM, the convocation procession commenced from the Yoga Vinayaka Temple and proceeded to Samskruti Bhavan, where it was respectfully welcomed by the assembled gathering. The ceremony formally began with the lighting of the lamp, invoking the

traditional Indian values of knowledge, wisdom, and enlightenment.

The Convocation was officially declared open when the Vice-Chancellor requested the Hon'ble Chancellor to inaugurate the proceedings. In his declaration, the Chancellor formally called the 23rd Convocation of S-VYASA to confer degrees upon candidates who had successfully completed their academic requirements and were certified worthy of receiving them.

The Vice-Chancellor then delivered the welcome address and presented a brief report highlighting the academic achievements and progress of the University, followed by the introduction of the Chief Guest, Shri B. L. Santhosh Ji, National General Secretary (Organisation), Bharatiya Janata Party.

The Controller of Examinations, Dr. Gaurav Sinha, subsequently presented a detailed report of the degrees to be conferred. The report was formally accepted by the members on the dais and the assembly through the chanting of Om, lending a serene and spiritually uplifting atmosphere to the ceremony. On this occasion, the 23rd Convocation Booklet was also released.

Exercising the authority vested in him, the Hon'ble Chancellor formally conferred degrees upon the candidates and requested the presentation of graduands. The presentation of awardees then followed. Honorary degrees of D.Sc. and D.Litt. (Honoris Causa) were announced by the Pro-Vice-Chancellor, accompanied by brief addresses from the recipients. This was followed by the conferment of Ph.D., M.D., postgraduate, and undergraduate degrees from regular and ODL programs, including M.Sc., BNYS, B.Sc., and Yoga-related disciplines, announced by the respective academic heads and Deans.

The ceremony then witnessed the Guru

Upadesha (Shishya Anushasanam) delivered by the Dean of Yoga & Spirituality, emphasizing the ethical, professional, and societal responsibilities of the graduates. The graduates subsequently took the solemn oath, administered by Dr. Savithri Nilkantham, affirming their commitment to integrity, service, and professional excellence.

This was followed by the announcement of prize winners, recognizing outstanding academic achievement. The Valedictorian, Dr. Pandey Mangeshkumar Radhayshyam, then addressed the gathering, expressing gratitude to the institution, faculty, and families for their guidance and support.



An audio-visual presentation highlighting the life, work, and contributions of the Chief Guest, Shri B. L. Santhosh Ji, was then presented to the audience. This was followed by the Convocation Address by the Chief Guest, which was insightful and inspiring, emphasizing values, discipline, leadership, and the role of education in nation-building.

The ceremony continued with an address by the Hon'ble Chancellor, Prof. K. Subramanyam, who reflected on the University's vision, legacy, and commitment to holistic education. This was followed by an address by the Hon'ble President, Padma Shri Awardee Dr. H. R. Nagendra, whose words reinforced the global relevance of Yoga, research, and

integrative health sciences.

The formal proceedings concluded with the signing of the convocation scroll by the Chancellor, followed by a heartfelt Vote of Thanks proposed by the Registrar. Upon the request of the Vice-Chancellor, the Chancellor formally dissolved the Convocation. The ceremony concluded with the National Anthem, marking a dignified and memorable close to the event followed by distribution of certificates and lunch at Annapurna.

The 23rd Annual Convocation of S-VYASA thus stood as a momentous occasion—honouring academic excellence, reaffirming spiritual and ethical values, and inspiring graduates to serve society with knowledge, humility, and purpose.

## Doctor of Letters (D.Litt)

### Dr. Kamakhya Kumar

Dr. Kamakhya Kumar is a leading scholar in Yogic Studies with over 23 years of academic experience, known for bridging classical yoga with modern science, psychology, education, and health sciences. He has authored 17 influential books, edited 8 scholarly volumes, and written specialized monographs on Yoga Psychology and Yoga Nidra, many of which serve as standard university textbooks. With 100+ research publications and 1,000+ citations, he has supervised doctoral and post-doctoral research and currently leads a Central Sanskrit University-funded project on Yogic principles. Dr. Kumar has played a key role in shaping national academic standards as a UGC and NCTE curriculum expert, serves on Boards of Studies of multiple universities, and is Editor-in-Chief of two international journals. A distinguished academic leader, he has organized 11 international conferences, served as NAAC Peer Team Member Secretary, and held senior administrative roles including Dean and Director IQAC. His contributions have been nationally recognized, including felicitation by Dr. A.P.J. Abdul Kalam, and he remains a prominent public intellectual and academic mentor in the field of yoga.



## Doctor of Science (D.Sc)

### Dr. Rajesh Sagar

Dr. Rajesh Sagar is a highly eminent Professor of Psychiatry at AIIMS, New Delhi, with over three decades of experience in clinical practice, teaching, research, and mental health policy. A graduate of Maulana Azad Medical College and NIMHANS, he is a prolific scholar with more than 760 peer-reviewed publications, 40 books, and significant global citation impact. He has received numerous prestigious national and international awards, including recognition among the World's Top 2% Scientists. At the national and global policy level, he serves as Chair of the Global Burden of Disease (GBD) India Mental Health Expert Group under the India State-Level Disease Burden Initiative led by ICMR, PHFI, and IHME, USA. He is also a Member of the Central Mental Health Authority under the Mental Healthcare Act of India and has served as Honorary Advisor for Mental Health to the Directorate General of Health Services, Ministry of Health and Family Welfare, Government of India, since 2013. His honors include the Dr. Vidya Sagar Award (ICMR, 2022), AIIMS Research Award, All India Children's Champion Award, Outstanding Researcher Award (SCOPUS, 2018 & 2023), Editor of the Journal of Mental Health & Human Behaviour (2010-18), and President, Indian Psychiatric Society (North Zone), 2025.



## PhD Scholars

### Mangesh Pandey

**Registration No:** 1100812016

**Thesis Title:** Implications of learning strategies and effect of yoga on academic performance among adolescents: A randomized trial

**Guide:** Prof. Narayan Behera



#### Publications:

- Pandey, M., Keshav, R., & Behera, N. (2024). Improving Academic Standard of Low-Performing Adolescents: A Delphi Study. *MIER Journal of Educational Studies Trends and Practices*, 14(2), 315– 343. <https://doi.org/10.52634/mier/2024/v14/i2/2699>
- Pandey, M., & Behera, N. (2025). Effects of Yoga and Physical Exercise on Adolescent Development and Learning: A Randomized Trial. *Improving Schools*, 27(2–3), 155– 178. <https://doi.org/10.1177/13654802251403889>.
- Pandey, M., Dwivedi, K., & Behera, N. (2025). Effectiveness of Yoga and Physical Exercises on Emotional and Behavioral Problems and Academic Performance Among Indian Adolescents: A Randomized Trial. *Journal of Emotional and Behavioral Disorders*, 33(4), 222– 231. <https://doi.org/10.1177/10634266241301371>
- Pandey, M., Dwivedi, K., & Behera, N. (2024). The Impact of Parenting Styles and Socio- Economic Status on Adolescents' Academic Performance, Emotional, and Behavioral Outcomes: A Cross- sectional Study. *African Journal of Biological Sciences*, 6(14), 2187–2663.

### Sushant Kumar Mohanty

**Registration No:** SVYASA/PHDP/AUG18/17

**Thesis Title:** Changes in prefrontal oxygenation, cardiac activity and executive functions following mind sound resonance technique.

**Guide:** Prof. Amith Kumar Singh

**Co-Guide:** Dr. Deepeshwar Singh



#### Publications:

- Improving Prefrontal Oxygenation and Cardiac Autonomic Activity Following Meditation: A Functional Near-Infrared Spectroscopy (FNIRS) Study. *Cureus*, 16(8), e65978. <https://doi.org/10.7759/cureus.65978>.

- Effect of Mind Sound Resonance Technique (MSRT) on Cognitive and Psychophysiological Functions in College Students: A Randomized Controlled Study. *Annals of Neurosciences*. 2025;0(0). doi:10.1177/09727531251316696.
- Exploring the effects of meditation on stress and emotion management among students: An electro photonic image study. *Bio spectra*, 19(1), 121130. <https://doi.org/10.5281/zenodo.14403131>.

---

### Savithri Nilkantham

**Registration No:** 1100812024

**Thesis Title:** Efficacy of integrated Yoga as an effective non-invasive therapy in the management of Hypothyroidism in adults – A Tele-Yoga program

**Guide:** Prof. Amit Kumar Singh

**Co-Guide:** Prof. Vijaya Majumdar



#### Publications:

- Nilkantham, S., Majumdar, V., & Singh, A. (2023). Scientific yoga module for hypothyroidism: A study protocol for tele-yoga RCT. *Contemporary Clinical Trials Communications*, 33, 101157.
- Nilkantham, S., Harini, K. N., & Singh, A. (2023). Knowledge, Attitude, and Practice of Yoga for Thyroid Dysfunction: A Cross-sectional Survey Using a Tableau Approach. *Advances in Mind-body Medicine*, 37(3), 23-32.
- Nilkantham, S., & Singh, A. (2024). Therapies to treat depression in hypothyroid patients. *Indian Journal of Medical Specialities*, 15(2), 81-91.
- Nilkantham, S., Singh, A., Metri, K. G., & Nagaratna, R. (2024). Effects of residential Yoga therapy on blood pressure and body mass index in women with hypothyroidism and obesity: A retrospective study. *AYU (An International Quarterly Journal of Research in Ayurveda)*, 45(1), 12-16.
- Nilkantham, S., Harini, K. N., & Singh, A. (2024). An integrated approach of yoga therapy and naturopathy for the treatment of hypothyroidism—An experimental single case report. *Advances in Integrative Medicine*, 11(4), 247-253.

---

### Sanjay Gupta

**Registration No:** 1100812023

**Thesis Title:** Cross-sectional Comparative study of Yoga Delivery: Remote and In-person in Demographics of India (East) & North America (West)



**Guide:** Prof. Sony Kumari

**Publications:**

- Gupta, S., Sony, K., Vyas, N., & Anjum, P. (2024). Customizing Yoga for Global Diversity: A Comparative Study of Eastern and Western Practices for Effective Integration into Complementary Healthcare. *Cureus*, 16(10).
- Gupta, S., Kumari, S., Vyas, N., & Padyal, A. (2024). Study Protocol: A Cross-sectional Comparative Study of Yoga Delivery Modes in India (East) & North America (West). *Library of Progress-Library Science, Information Technology & Computer*, 44(3).
- Gupta, S., Kumari, S., Vyas, N., & Padyal, A. (2024). Effectiveness of Remote Yoga for the Global Population and Implications for Healthcare Integration: A Mixed-Method Global Cross-Sectional Study. *International Journal of Experimental Research and Review*, 45(Spl Vol), 221–236. <https://doi.org/10.52756/ijerr.2024.v45spl.018>

**Monisha Mona**

**Registration No:** 1100812012

**Thesis Title:** Safe use of screen time among adolescents – A randomized control study for the efficacy of yoga.

**Guide:** Prof. Sony Kumari

**Co-guide:** Dr. Nitin Anandh



**Publications:**

- Mona, M., et al. (2024). Safe Use of Screen Time Among Adolescents: A Randomized Controlled Study of the Efficacy of Yoga. *Cureus*, 16(10), e71335. [www.cureus.com/articles/290892-safe-use-of-screen-time-among-adolescents-a-randomized-controlled-study-of-the-efficacy-of-yoga#!](http://www.cureus.com/articles/290892-safe-use-of-screen-time-among-adolescents-a-randomized-controlled-study-of-the-efficacy-of-yoga#!) Impact Factor : 1.2
- Mona, M., et al. (2024). Needs Assessment Study for Safe Screen Use. *Bio spectra*, 9(March), 131–140. <https://mset-biospectra.org/2024/08/a-needs-assessment-study-to-inform-development-of-a-yoga-module-for-safe-use-of-digital-screens-among-adolescents/> Impact Factor: 0.93
- Mona, M., et al. (2025). Feasibility of Yoga Module for Safe Screen Use. *Advances in Mind-Body Medicine*, 39(2), 9–16. <https://advances-journal.com/research/development-validation-and-feasibility-of-yoga-intervention-module-for-optimizing-safe-use-of-screen-time-a-pilot-study/> Impact Factor:

## Rajesh Rao K

**Registration No:** 1100812017

**Thesis Title:** A Study on the impact of yogic counselling module on psycho- social well-being of adolescents with cognitive distortion.

**Guide:** Dr. Satya Prakash Purohit.



### Publications:

- Kangovi, R. R., Purohit, S. P., & Agrawal, J. (2024). Yogic counselling from Indian scriptures. Vol.-25 (January-June, 2024), Peer Reviewed AMNAYIKI, ISSN No. 2277-4270, UGC Care Listed Banaras Hindu University.
- Kangovi, R. R., & Purohit, S. P. (2024). Ancient Indian wisdom for the modern psychological crisis of the 21st century. Volume-CI, Issue-5, 2024 (UGC Care Listed Group-I Journal) Annals of the Bhandarkar Oriental Research Institute.
- Rao, R. K., Purohit, S. P., Pandey, M., & Dwivedi, K. (2025). The impact of yogic counselling on cognitive distortions and psychosocial well-being in adolescents. Biospectra, 20(1), 129–138.
- Kangovi, R. R., & Purohit, S. P. (2024). Values for personal transformation: Insights for a fulfilling life. Journal of the K. R. Cama Oriental Institute, ISSN: 0970-0609

---

## Yantra Atmika Ramsahaye Maraz

**Registration No:** SVYASA/PHDF/JAN19/04

**Thesis Title:** Validation of an integrated yoga module as an adjunct for the management of substance use disorder.

**Guide:** Dr. Vikas Rawat



### Publications:

- Atmika, Y. R., Vikas, R., Nagarathna, R., Rajesh, S. K., Arun, T., Naresh, K., & Zaeem, Z. (2024). Yoga- based counselling module as an integrated yoga therapy to manage substance use disorder: A developmental and feasibility study. Indian Journal of Science and Technology, 17(27), 2865-2872.
- Ramsahaye, A. Y., Sasidharan, K. R., Thulasi, A., & Rawat, V. (2023). Conceptual framework for yoga- based counseling: A systematic review of literature. Journal of Applied Consciousness Studies, 11(1), 34-43.

- Ramsahaye, A. Y., Bharathi, B., Sasidharan, K. R., Rawat, V., Thulasi, A., Kumar, V., ... & Zaeem, S. H. (2023). Development, validation, and feasibility testing of a yoga module for substance use disorder. *Yoga Mimamsa*, 55(1), 25-34.

### Budhi Bal Rana

**Registration No:** SVYASA/PHDP/JAN19/01

**Thesis Title:** A Comparison of High Frequency Yoga Breathing (HFYB) With Breath Awareness (BAW) And Aerobic Exercise Assessing Neuroplasticity by Gamma Oscillation BDNF Levels, And Cognitive Task Performance.



**Guide:** Dr. Deepeshwar Singh

### Publications:

- Budhi, B. R., Deepeshwar, S., & Angadi, B. (2022). Comparative Cross-sectional Study on Phasic Heart Rate Variability and Working Memory Among Young Adults. *Advances in mind-body medicine*, 36(4), 12–19.
- Budhi, R. B., & Singh, D. (2024). The Influence of Kapalabhati on Working Memory and Phasic Heart Rate Variability. *Cureus*, 16(5), e61027. <https://doi.org/10.7759/cureus.61027>.
- Budhi, R. B., Singh, D., Goswami, J., Manjunath, N. K., & Vinchurkar, S. (2024). Influence of High-frequency Yoga Breathing (Kapalabhati) on States Changes in Gamma Oscillation. *International Journal of Yoga*, 17(2), 106. [https://doi.org/10.4103/ijoy.ijoy\\_5\\_24](https://doi.org/10.4103/ijoy.ijoy_5_24).

### Hassan Alibalaei

**Registration No:** PhD/Reg/08/Aug17

**Thesis Title:** Study of precognition on yoga practitioners

**Guide:** Dr. Judu Ilavarasu

**Co-Guide:** Dr. H. R. Nagendra, Dr. Dean Radin



### Publications:

- The potential impact of yoga practices on extraordinary human abilities: A scoping review <https://journals.lww.com/joacs/pages/abotutthejournal.aspx>
- Exploring The Effectiveness of Distant Healing Techniques: A Comprehensive Review [https://niua.in/urban\\_india](https://niua.in/urban_india)

## Anastasia Mikheeva

**Registration No:** 1100812030

**Thesis Title:** Spirituality and sexuality: the yoga model of spiritual transformation of western marriage

**Guide:** Dr. B.R Ramakrishna.

**Co-Guide:** Prof. G. Agoramoorthy



### Publications:

- Sexuality and spirituality: Insights on sex and enlightenment <https://www.sciencedirect.com/science/article/abs/pii/S1876201823003490?via%3Dihub>.
- Erotic Temples: Sexual, Spiritual, and Psychiatric Riddles [https://journals.lww.com/aips/fulltext/9900/erotic\\_temples\\_sexual,\\_spiritual,\\_and\\_psychiatric.39.aspx](https://journals.lww.com/aips/fulltext/9900/erotic_temples_sexual,_spiritual,_and_psychiatric.39.aspx).
- Sexuality and Spirituality: Can Yoga Intensify Intimacy and Decrease Divorce?
- Indian's sexuality and spirituality paradox [https://iisb.org/pdf/june2024-25\\_indian\\_S\\_sexuality\\_and\\_Spirituality\\_paradox.PDF](https://iisb.org/pdf/june2024-25_indian_S_sexuality_and_Spirituality_paradox.PDF).

---

## Arun Thulasi

**Registration No:** SVYASA/PHDF/JAN19/08

**Thesis Title:** COVID-19 Pandemic: Impact of Tele-Yoga on Mental Health and Quality of Life in Adolescents.

**Guide:** Dr. Vikas Rawat



### Publications:

- Thulasi, A., Rawat, V., Atmika, Y. R., Katla, N., Zaidi, Z. (2023). Scope of tele-yoga for children and adolescents during COVID-19. *Yugato*, 75(2), 237-247.
- Thulasi, A., Rawat, V., Atmika, Y. R., Katla, N., Zaidi, Z., Kumar, V. (2023). Impact of COVID-19 on the mental health of children and adolescents. *Journal of Korean Academy of Psychiatric & Mental Health Nursing*. 5(4), 439-449.
- Thulasi, A., Rawat, V., Atmika, Y. R., Katla, N., Zaidi, Z., Kumar, V. (2025). Effects of tele-yoga on school adolescents' mental health, quality of life and post-lockdown adaptability. *Archives of Mental Health*. 26(1), 1-6.

## Ashwin Bilagi

**Registration No:** SVYASA/PHDP/AUG18/02

**Thesis Title:** Effect of Integrated Yoga on Cardio-Autonomic Function, Mental Well-Being, and Mindfulness of Adolescents in Post-Pandemic Period- Randomized Control Trial.

**Guide:** Prof. Sony Kumari



### Publications:

- Bilagi, A., Kumari, S., & Archana, M. (2025). Effect of integrated yoga on mental health and mindfulness of adolescents in the postpandemic period: A randomized control trial. *Yoga Mimamsa*, 57(1), 34–41. [https://doi.org/10.4103/ym.ym\\_13\\_25](https://doi.org/10.4103/ym.ym_13_25)
- Bilagi, A., Kumari, S., & Purushotham, A. (2025). Health Disparities Induced by COVID-19 among Adolescents and Potential Mitigation through Yoga in the Post-Pandemic Era: A Narrative Review. *Advances in Mind-Body Medicine*, 39(4), 20–25.
- Bilagi, A., & Kumari, S. (2025). The Role of Ancient Indian Wisdom in Nurturing the Health and Wellness of Future Generations. *Vaidika Vag Jyotih*, 13(25), 128–140.

## Jyoti Maggu

**Registration No:** PhD/Res/02/Jan16

**Thesis Title:** Impact of Adaptive Yogāsana on Cognitive, Behavioural, and Emotional Health of Children having Autism Spectrum Disorder and with Intellectual Disability (Multiple Disabilities): A Single-Case Experimental Design.

**Guide:** Dr. Soubhagyalaxmi Mohanthy.

**Co-guide:** Dr. Karthikeyan S.



### Publications:

- J Maggu, S Mohanty, K Sundaravadivel Adaptive yoga for psychological health of children having autism spectrum disorder and with intellectual disability: single case experimental design. Accepted DoS: 11- Sep-2024 DoA:13- May-2025. Impact Factors 3.8.

## Sabastian Baabu

**Registration No:** 1100812021

**Thesis Title:** Effect of a Yogic Relaxation Technique on Post Training Fatigue Among Police Trainees: A Randomized Controlled Study

**Guide:** Dr. Vikas Rawat.

**Co-Guide:** Prof. Ramesh MN



### Publications:

- Baabu, S., Rawat, V., & Zaidi, S. Z. H. (2025). Investigating the efficacy of cyclic meditation in the management of post-exercise fatigue among law enforcement trainees: a randomized controlled study: CYCLIC MEDITATION FOR EXERCISE INDUCED FATIGUE. Indian Journal of Traditional Knowledge (IJTK), 24(6), 528-535.
- Baabu, S., Rawat, V., & Mavathur, R. (2024). The Rhythm of Relaxation: The Therapeutic Effects of Cyclic Meditation on Stress. The National Council of Churches Review (NCC Review), 144(2).
- Baabu, S., Rawat, V., & Mavathur, R. (2023). Cyclic Meditation: A Promising Technique for Reducing Perceived Stress. The National Council of Churches Review (NCC Review), 143(8).

---

## Sonu Mourya

**Registration No:** PhD/Res/01/Jan 18

**Thesis Title:** Efficacy of three-month yoga intervention on the management of type 1 diabetes - A randomized controlled trial

**Guide:** Dr. Suchitra S Patil

**Co-Guide:** Prof. Amit Kumar Singh



### Publications:

- Maurya, S., Patil, S., Singh, A., Rani, I., Kaur, N., Mohanty, S., ... & Nagarathna, R. (2025). The impact of three months of adjuvant yoga intervention on glycemic control among adolescents with type 1 diabetes: a randomized control trial. Diabetology & Metabolic Syndrome, 17(1), 216.
- Maurya, S., Kumar, I. R., Singh, A., Mohanty, S., & Nagarathna, R. (2023). Evaluating the effect of yoga as an adjunct therapy in type 1 diabetes care: Study protocol for randomised control trial. Advances in Integrative Medicine, 10(1), 34-39
- Maurya, S., Kumar, I. R., Singh, A., & Nagarathna, R. (2020). Development and Validation of a Yoga Module for Adolescents with Type 1 Diabetes.

**Katla Naresh****Registration No:** 1100819011**Thesis Title:** Development, content validation, and feasibility of a tele yoga module for Post-Traumatic Stress Disorder**Guide:** Prof. Ramesh Mavathur.**CO-Guide:** Dr. Judu Ilavarasu, Dr. Hemanth Bharghav, Dr. Bharath Holla.**Publications:**

- Katla, N., Ilavarasu, J., Mavathur, R., Bhargav, H., Holla, B., Kumar, V., ... & Zaidi, S. Z. H. (2025). Development, Validation, and Feasibility Testing of Tele-Yoga Module for PTSD. *Advances in Integrative Medicine*, 100562. <https://www.sciencedirect.com/science/article/abs/pii/S2212958825001211>. Impact factor: 1.2
- Katla N, Ilavarasu J, Pradhan B, Bhargav H, Holla B, Ramsahaye A, Thulasi A, Zaidi Z. A protocol of development, content validation and feasibility of a Tele-Yoga module for Post-Traumatic Stress Disorder. *Advances in Integrative Medicine*. 2023 Oct 29. 10(4), 179-183. <https://doi.org/10.1016/j.aimed.2023.10.005>. Impact factor: 1.2
- Katla N, Ramsahaye A, Thulasi A, Ilavarasu J, Jagannathan A, Bhargav H, Varambally S, Gangadhar N. Yoga module development and validation: A systematic review with methodological guidelines. *International Journal of Yoga*. 2022 Sep 1;15(3):175-86. [https://doi.org/10.4103/ijoy.ijoy\\_59\\_22](https://doi.org/10.4103/ijoy.ijoy_59_22). Impact factor: 1.3.

**Jayashree Pattanayak****Registration No:** PhD/Res/03/Jan15**Thesis Title:** Effect of Omkar mantra chanting on voice parameters and well-being in novice practitioners.**Guide:** Dr. Judu Ilavarasu**Co-guide:** Dr. B. K. Yamini**Publications:**

- Pattanayak, J., Belur, Y., & Ilavarasu, J. (2025). Acoustic and Psychological Effects of Omkar Chanting in Novice Indian Adults: A Quasi-experimental Study. *Journal of Clinical & Diagnostic Research*, 19(6).
- Pattanayak, J., & Ilavarasu, J. (2025). Holistic effects of Omkar chanting. *Journal of Clinical & Diagnostic Research*, 19(8).
- Pattanayak, J. (2024). Sacred resonance and healing power of AUM in classical Indian texts. *Anhad Lok, Sahityiki*, 11(272). ISSN 2349-137X.

## Vaijayanti Navare

Registration No: PhD/Res /04/AUG17

**Thesis Title:** Comprehensive study of kuṇḍalinī yoga with special reference to jñāneśvarī.

**Guide:** Prof.MK Sridhar

### Publications:

- Philosophy of Jnaneshwar Expounded in Amrutanubhava <https://ilkogretim-online.org/index.php/pub/article/view/494> International journal of early childhood special education Volume 14, Issue 08,2022.
- The Exposition of Kundaliniyoga in the Yogopanishads [www.jimrjournal.com](http://www.jimrjournal.com) <https://www.gejournal.net/index.php/IJSSIR> International Journal of Interdisciplinary and Multidisciplinary Research, Volume 18, Issue 10th Oct 2023.
- Comparative study of Shakta Upanishads [www.ijresm.com](http://www.ijresm.com) International journal of All research education & Scientific methods, Volume 12, Issue 1 st Jan2024



**Phd (Yoga) Scholars with Dignitaries**



**M.sc (Yoga Therapy) Scholars with Dignitaries**

**MD (Yoga)****Dr. Aarti Singh**

**Dissertation topic:** Effect of Homa on Type 2 Diabetes: A Randomized Controlled Study

**Name of the Supervisor:** Dr. H R Nagendra

**Dr. Ayushi Kamdar**

**Dissertation topic:** Influence of Yoga on Burnout in IT Professionals - A Randomized Controlled Trial

**Name of the Supervisor:** Dr Vijaya Majumdar

**Dr. Anushka Rani**

**Dissertation topic:** “Exploring The Effects of Yoga Practice Vs Walking On Emotional Well-Being And Workplace Engagement In Corporate Employees.”

**Name of the Supervisor:** Dr. Vijaya Majumdar

**Dr Gunjita Kanjolia**

**Dissertation topic:** Effect of yoga-based lifestyle intervention and brisk walking on cognitive functions in office employees - A randomized controlled trial.

**Name of the Supervisor:** Dr Vijaya Majumdar

**Dr. Laxmi Nayak**

**Dissertation topic:** Effect Of 3-Month Yoga Intervention On Dietary Habits In Overweight And Obese IT Professionals

**Name of the Supervisor:** Dr. Vijaya Majumdar



**MD(Yoga) Scholars with Dignitaries**

**Dr. Pallavi V**

**Dissertation topic:** Impact of Siddha Samadhi Yoga (SSY) Meditation on Psychological Well-Being and Quality of Life: A Comparison Between Expert and Novice Practitioners



**Name of the Supervisor:** Dr. Apar Avinash Saoji

---



**Dr. Prajwal Rao K R**

**Dissertation topic:** Effect of Yoga Therapy On Stress Urinary Incontinence After Robotic Radical Prostatectomy: A Randomized Controlled Trial

**Name of the Supervisor:** Dr. Sharad S Chaudari and Dr. Saurabh Bhargava

---

**Dr. Ram Bokde**

**Dissertation topic:** Development, Validation, and Comparative Efficacy Testing of a Hatha yoga protocol with a Bhakti Yoga protocol for Clinical Management of Adults diagnosed with Attention Deficit Hyperactivity Disorders (ADHD): A Randomized Controlled Pilot Trial



**Name of the Supervisor:** Dr. Amit Singh

---



**Dr. Shreyas Rajiv Chavan**

**Dissertation topic:** Development, Validation, and Feasibility of Yoga- based Psychotherapy Program for Substance Use Disorders (YPP-S) – A Pilot Randomized Controlled Trial

**Name of the Supervisor:** Dr Rajesh Nair

---

**Dr Surabhi Vinayak Kohojkar**

**Dissertation topic:** A Cross-Sectional Comparison Of Emotion Regulation, Mindfulness And Impulsivity Among Novice, Short- Term And Long-Term Yogasana Practitioners.



**Name of the Supervisor:** Dr Apar Avinash Saoji and Dr Amit Kanthi

# ब्रह्मसूत्रम् (Brahmasutram)

àI pvdavezStwa ih dzRyit.âhsUÇm! 4-4-15.

**Meaning:** The entering (of the released soul into several bodies) like (the multiplication of) the flame of a lamp because thus the scripture declares.



**Prof. Ramachandra G Bhat**

Former Vice Chancellor  
S-VYASA deemed to be University, Bengaluru

In Caturtha Adhyāya, Pāda four, Adhikaraṇa six, Sūtra fifteen—pradīpavat āveśas tathā hi darśayati—the discussion proceeds as a natural continuation of the previous adhikaraṇa. All the adhikaraṇas in this section primarily deal with aspirants of krama-mukti. At the outset, the distinction between sadyomukti and krama-mukti is clearly reaffirmed. Sadyomukti is expressed in the Upaniṣadic declaration brahmaiva san brahma āpnoti—one who knows Brahman becomes Brahman. Yet, due to the continuation of residual prārabdha-karma, such a knower continues to exist with the same body. This condition is known as jīvan-mukti, whereas krama-mukti refers to the gradual ascent of the liberated soul after the exhaustion of embodied existence.

The krama-mukta ascends step by step through the higher cosmic realms—Bhūḥ, Bhuvaḥ, Suvaḥ, Mahaḥ, Janaḥ, Tapaḥ, and finally Satyaloka. This ascending vision has been emphasized by many great spiritual masters, both ancient and modern. The Yoga-Vāsiṣṭha elaborates this path through profound narratives such as Līlopākhyāna and Cūḍālopākhyāna, wherein jīvan-muktas continue to function in embodied existence while remaining inwardly free. These liberated beings retain the body only as long as prārabdha-karma persists; once it is exhausted, there is no assumption of another embodiment. Thus, embodiment for them is functional, not binding.

This sūtra specifically addresses those liberated beings who continue to operate with a body. Their mode of existence is not comparable to different travellers moving in different vehicles (śakaṭa, yāna). Instead, the analogy employed is that of a lamp (pradīpa). Just as one lamp can light many other lamps without diminishing its own luminosity—as observed during Dīpāvalī—so too the liberated being can manifest multiple

expressions without division of consciousness. This metaphor, pradīpavat āveśaḥ, is used to explain how multiplicity of manifestation does not contradict inner unity.

Although fully liberated, such beings possess extraordinary capacities, described as aiśvarya-yoga-sampatti. For the sake of lokopakāra—the upliftment of the worlds—they may continue to function across different planes of existence, including Bhū-loka, Bhuvar-loka, Suvar-loka, Mahar-loka, Tapo-loka, and Satya-loka. Śaṅkarācārya, while commenting on this sūtra, refers to the Yogaśāstras, stating: yogaśāstreṣu yoginām api aneka-śarīra-yoga-prakriyā. Through yogic attainments such as aṇimā and other siddhis, a yogin may appear to assume multiple bodies, while in truth remaining established in a single, undivided awareness.

The Bhāṣyakāra further supports this vision through several Upaniṣadic statements, particularly from the Bṛhadāraṇyaka Upaniṣad: etebhyaḥ bhūtebhyaḥ samutthāya tāni eva anu-vināśyati, na pretya saṃjñāsti, yatra tvasya sarvam ātmā eva abhūt, na kañcana kāmam kāmāyate, and na kañcana svapnam paśyati. Such liberated beings function through an extraordinary mode of embodiment—not constituted of saptadhātu, nor bound by prāṇa, jñānendriyas, or karmendriyas. These instances are exceedingly rare, yet figures such as Bhagavān Śrī Ramana Maharṣi and Śrī Aurobindo Mahārṣi exemplify this truth. These realities transcend ordinary bodily function and conceptual understanding, revealing dimensions far beyond conventional cycles of life. Thus, this adhikaraṇa, in continuity with the previous one, illuminates a subtle and exalted vision of liberation. Om svasti.

## 2-Day Online Workshop: Mining IKS Research Sources: Digital Tools and AI Techniques

The 2-Day Online Mining IKS Research Sources: Digital Tools and AI Techniques Workshop was organised by the Division of Yoga-Spirituality and the Ph.D. Cell, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Deemed to be University in collaboration with Vyoma Linguistic Labs Foundation, Bengaluru.

The workshop was conceptualised by Prof. M. Jayaraman, Dean, Division of Yoga-Spirituality, Dean, Academics (I/C). Shri. Chaitanya S Lakkundi, Assistant Professor, Division of Yoga-Spirituality and Dr. Soubhagyalakshmi, Coordinator, Ph.D. Cell coordinated the programme.

- **Dates:** November 28th and 29th, 2025
- **Participants:** 125 attendees showed positive engagement throughout the workshop.
- **Theme:** Focused on leveraging Digital Tools and AI techniques to explore and mine the resources of the Indian Knowledge Systems (IKS).

### Key Speakers and Technical Sessions: What we planned?

The workshop featured 6 technical sessions delivered by esteemed speakers, offering a comprehensive look at the IKS landscape and digital tools.

The workshop was carefully structured to provide participants with a progressive and practical understanding of IKS digital resources, beginning with conceptual clarity and moving toward hands-on digital literacy and research applications.

- **Session 1** introduced the overall IKS landscape, enabling participants to understand the breadth, depth, and relevance of Indian Knowledge Systems across disciplines.
- **Session 2** equipped participants with essential digital literacy for IKS, covering Unicode, input methods, and OCR — skills necessary for engaging with digital texts and tools.
- **Sessions 3 and 4** offered a detailed exploration of digital databases, ranging from Vedic repositories and dictionaries to resourc
- **Session 5** introduced Sanskrit computational tools, enabling participants to handle linguistic data intelligently and apply computational methods to IKS sources.
- **Session 6** demonstrated AI-based research methods, giving participants exposure to modern tools for text analysis, summarisation, and content creation, thereby bridging traditional knowledge sources with contemporary research technologies.

Overall, the workshop was designed to add clear academic value by enabling faculty and students to meaningfully access, explore, and apply IKS digital resources in their teaching, research, and interdisciplinary projects.

## Schedule and Speakers

Ses- sion No.	Date & Day	Duration	Resource Persons and Affiliation	Topic
1	Day 1 - 28th Nov 2025	2:00 pm - 2:30 pm	Chief Guest - Prof. Mohan Raghavan, Heritage Science & Technology Dept, IIT Hyderabad	Inaugural Session
2	Day 1 - 28th Nov 2025	2:35 pm - 3:00 pm	Dr. Venkata Subramanian P, Co-founder & COO, Vyoma Linguistic Labs Foundation	Introduction to IKS Landscape (Scope of Indian Knowledge Systems)
3	Day 1 - 28th Nov 2025	3:00 pm - 3:55 pm	Dr. Sowmya Krishnapur, Chief Learning Officer, Vyoma Linguistic Labs Foundation	IKS Digitisation and OCR (Input methods, Unicode, Fonts)
4	Day 1 - 28th Nov 2025	4:00 pm - 4:50 pm	Dr. Viswanathan P, CEO, Vyoma Linguistic Labs Foundation	Exploration of Digital Databases (Deep dive into Veda repositories, Dictionaries, etc.)
5	Day 2 - 29th Nov 2025	2:00 pm - 3:00 pm	Dr. Viswanathan P, CEO, Vyoma Linguistic Labs Foundation	Exploration of Digital Databases (Databases across Engineering, Management, Health Sciences, etc.)
6	Day 2 - 29th Nov 2025	3:00 pm - 3:30 pm	Shri. Chaitanya Lakkundi, Asst. Professor, Division of Yoga-Spirituality, S-VYASA	Introduction to Sanskrit Computational Tools (Tools for Sanskrit grammar and language learning)
7	Day 2 - 29th Nov 2025	3:35 pm - 4:30 pm	Shri. Shankararama Sharma, Techno- Linguistic Scholar, Vyoma Linguistic Labs Foundation	Overview of AI-based Research Methods (Live demonstration of AI tools for summarisation and content creation)
8	Day 2 - 29th Nov 2025	4:30 pm - 5:15 pm		Valedictory Session

## What we achieved?

### Participant Feedback and Engagement

The workshop received exceptionally positive feedback, indicating that the content and delivery were highly effective and relevant to the participants. This suggests that the intended objective of introducing the IKS digital resources was achieved to a significant extent. The following feedback scores are based on the inputs collected through Google Form.

#### Average Feedback Scores (Out of 10)

Rating Category	Average Score
How well are you satisfied with the workshop?	8.90
How well do you think the breadth of the content was covered?	8.60
How well did you understand the topic?	8.14

The core strength of the workshop, as highlighted by participants, was its hands-on applicability. A highly valued aspect was the direct exposure to useful practical resources and digital platforms that could immediately aid their work. The participants noted the thorough coverage of the material and praised the delivery as excellent and well-organised.

The academic direction and subsequent success of the workshop were significantly bolstered by the participation and guidance of several key dignitaries. The event received crucial input from the Chief Guest, Prof. Mohan Raghavan (Heritage Science & Technology Dept, IIT Hyderabad), whose Special Address on Day 1 provided invaluable academic direction for the workshop.

Formal proceedings began with the Hon. Vice-Chancellor, Prof. Dr. N K Manjunath, delivering the insightful Inaugural Address on Day 1. Furthermore, continuous encouragement and support were extended by the Pro-Vice-Chancellor, Prof. Siva Sankar Sai, and the Registrar, Prof. Sony Kumari. The workshop culminated with the insightful valedictory address by Guruji Dr. H R Nagendra, President of the S-VYASA Society who gave us guidance in taking this workshop to greater heights.

Disciplines Represented:

Participants represented diverse disciplines, including:

- Health Sciences – 51

- Engineering – 23
- Sanskrit – 31
- Management & other disciplines (including agriculture, psychology) – 20

There were participants representing 41 institutions, including 4 participants from abroad. The list of institutions represented is given below. The major representations were from the following institutions:

Institution	Count
S-VYASA	46
Vyoma Linguistic Labs Foundation, Bengaluru	14
Karnataka Samskrit University (KSU), Bengaluru	5
Srimad Andavan Arts And Science College, Tiruchirappalli	2
Sri Sathya Sai Institute of Higher learning (Prashanti Nilayam Campus)	2
KIIT University, Bhubaneswar	2
SASTRA Deemed University	3
University of Texas, Dallas	2
Manipal Institute of Social Sciences, Humanities, and Arts (MAHE, MISHA)	2
Sanskrita Bharati	3

### Images from the IKS workshop – 28th & 29th Nov 2025



## YIC Batch 270 – December 2025



### Prof. M. Jayaraman's Tantrayukti: IKS-Based Handbook on Thesis Construction Released at the 26th INCOFYRA

The Yoga Instructor's Course (YIC) Batch 270, conducted in December 2025, was completed in accordance with the prescribed academic schedule. The programme effectively integrated theory, practice, and experiential learning, fulfilling its educational and training objectives with active participation from all students.

The programme commenced on 01 December 2025 with the admission process in the morning, followed by a campus visit and kit distribution in the afternoon. The Inauguration Ceremony, held at Ahimsa, was presided over by the Chief Guest, Prof. Subramaniam Ji, formally marking the beginning of the academic journey. The day concluded with a serene Bhajan session, setting a reflective and spiritually aligned atmosphere for the course. The theoretical curriculum covered key areas such as Introduction to Yoga, Basics of Yoga, Ashtanga Yoga, Shatdarshanas, Bhakti Yoga, Four Streams of Yoga, Dinacharya, Ruthacharya, Spiritual Masters, Integrated Approach of Yoga Therapy (IAYT), Applications of Yoga, SMET, Hatha Yoga, Vedic Chanting, and YIDM. A special guest lecture on Vasudeva Kriya Yoga enriched the program with valuable,

practical, and experiential insights.

To enhance experiential understanding, students participated in academic visits and additional sessions, including the Anveshana Research Lab Visit, Prana Vidya and Pranic Healing, and Bandhasana Mudras. The practical training formed a core component of the programme and included asana practice, pranayama, trataka, Om meditation, kriya, krida yoga, karma yoga, the eight-step method of teaching, and happy assembly, encouraging discipline, mindfulness, and holistic development.

Academic progress was evaluated through the First Internal Examination, Final Theory and Practical Examinations, and worksheet presentations. An outing activity was also organized, promoting bonding and experiential learning beyond the classroom. The programme was efficiently coordinated by Ms. Simla Nixon, ensuring smooth execution of academic, practical, and administrative activities. Overall, YIC Batch 270 – December 2025 emerged as a structured and meaningful learning experience, strengthening participants' foundation in yogic knowledge and practice.

## SPIRITUALITY (School of Yoga) – Research Papers

1. A Comparative Study on Sleep Quality, Stress and Emotional Regulation between Yoga Practitioners and Non-Practitioners — **AJAS ANOOP** — Journal of Oriental Research Madras
2. Effect of Yoga Practice on Health and Wellbeing: A Review — **AMULYA C** — Journal of Oriental Research Madras
3. Comparison of Cognitive Function and Brain-Heart Coherence between Yoga and Non-Yoga Practitioners — **ANJANA C R** — Journal of Oriental Research Madras
4. A Comparative Study of Memory Retention, Cognitive Function and Stress Levels between SVYASA Students and Non-SVYASA Students — **ARUNDHATI R** — Journal of Oriental Research Madras
5. Effect of Om Meditation on Stress, Anxiety and Depression: A Systematic Review — **ARUNIMA DEVI** — Journal of Oriental Research Madras
6. Effects of Yoga Practice on Cognitive Functioning: A Systematic Review — **ASHWINI H** — Journal of Oriental Research Madras
7. Effect of Pranayama on Pulmonary Functions: A Systematic Review — **BHAGYASHRI** — Journal of Oriental Research Madras
8. Effect of Yoga on Personality: A Review — **CHETAN B** — Journal of Oriental Research Madras
9. Effect of Yoga on Academic Performance: A Review — **DEEPIKA S** — Journal of Oriental Research Madras
10. Effect of Yoga on Mindfulness: A Review — **DIVYA BHARATHI** — Journal of Oriental Research Madras
11. Effect of Yoga Practice on Stress: A Systematic Review — **JEEVITHA N** — Journal of Oriental Research Madras
12. Effect of Meditation on Sleep Quality and Stress: A Review — **JYOTHI J** — Journal of Oriental Research Madras
13. Effect of Yoga on Self Esteem: A Review — **KAVYA S** — Journal of Oriental Research Madras
14. Effect of Yoga on Student's Psychological Well Being: A Review — **KEERTHANA** — Journal of Oriental Research Madras
15. Effect of Yoga on Cognitive Function and Stress: A Review — **MUKTHA** — Journal of Oriental Research Madras
16. Effect of Yoga on Mindfulness and Wellbeing among Students: A Review — **PRIYANKA** — Journal of Oriental Research Madras



## Freshers' Day BNYS 2025 Batch - "Parichaya"



The Freshers' Day programme, "Parichaya", for the BNYS 2025 batch was organized with great enthusiasm by the SVYASA School of Yoga and Naturopathic Medicine, marking a warm and meaningful welcome to the newly admitted students.

The programme commenced with an official inaugural function, graced by the august presence of Padma Shri Dr. H. R. Nagendra (Guruji), President, VYASA Society. The event was further dignified by the presence of Dr. N. K. Manjunath, Vice Chancellor; Prof. Siva Sankara Sai, Pro Vice

Chancellor; Prof. Sony Kumari, Registrar; Prof. Jayaraman, Dean of Academics; and Dr. Apar, Principal, SSYNM.

During the inaugural session, the dignitaries addressed the students and shared inspiring words on the philosophy of Yoga and Naturopathy, the vision and mission of SVYASA, and the importance of holistic health, discipline, and ethical values in medical education. Their addresses motivated the freshers to embrace academic excellence, self-discipline, and service to society.



The BNYS 2025 batch comprises 101 students, who were formally introduced during the programme. The event was coordinated by the class coordinators, Dr. Amshuman R. Yadav and Dr. Pallavi V., who played a key role in the smooth conduct of the programme. Following the official function, the programme continued with a vibrant cultural session presented by the freshers. The students showcased their talents through music, dance, and other cultural performances, creating an atmosphere of joy, creativity, and camaraderie. The cultural programme provided a platform for the new students to express themselves and foster bonding among peers.

Overall, Parichaya – Freshers' Day 2025 was a memorable and successful event that marked the beginning of the academic journey of the BNYS 2025 batch at SSYNM, instilling a sense of belonging, inspiration, and enthusiasm among the students.

## LIFE SCIENCES – Research Papers

1. Impact of Shavasana Practice on Blood Pressure among Hypertensive Patients — **AISHWARYA B** — Journal of Oriental Research Madras
2. Effect of Yoga Practice on Blood Glucose Levels in Diabetes Mellitus — **AMRITHA** — Journal of Oriental Research Madras
3. Effect of Yoga on Obesity Management — **ANJALI** — Journal of Oriental Research Madras
4. Effect of Yoga on Hypertension Management — **ANUSHA** — Journal of Oriental Research Madras
5. Effect of Yoga Practice on Cardiovascular Health — **ASHWINI** — Journal of Oriental Research Madras
6. Effect of Yoga Practice on Pulmonary Functions in Asthma Patients — **CHINMAYI** — Journal of Oriental Research Madras
7. Effect of Yoga on Menstrual Health and PCOS — **DEEPA** — Journal of Oriental Research Madras
8. Effect of Yoga on Pain Management — **DIVYA** — Journal of Oriental Research Madras
9. Effect of Yoga on Quality of Life in Cancer Patients — **HARSHITHA** — Journal of Oriental Research Madras
10. Effect of Yoga on Sleep Quality in Insomnia — **KEERTHI** — Journal of Oriental Research Madras
11. Effect of Yoga Practice on Depression — **LAVANYA** — Journal of Oriental Research Madras
12. Effect of Yoga on Anxiety — **MEGHA** — Journal of Oriental Research Madras
13. Effect of Yoga on Stress Hormones (Cortisol) — **NAVYA** — Journal of Oriental Research Madras
14. Effect of Yoga on Immunity — **NISHITHA** — Journal of Oriental Research Madras
15. Effect of Yoga on Cardiac Autonomic Function — **PAVITHRA** — Journal of Oriental Research Madras
16. Effect of Yoga on BMI and Body Composition — **POOJA** — Journal of Oriental Research Madras
17. Effect of Yoga on Metabolic Syndrome — **SHREYA** — Journal of Oriental Research Madras



## School of Engineering and Technology

### Academic Activities & Student Achievements

#### Exploring Global Tech Frontiers: ATAL FDP on Quantum Computing & Cybersecurity

The School of Computer Science and Engineering successfully conducted a six-day AICTE ATAL Academy–sponsored Faculty Development Program (FDP) on “Quantum Computing & Cybersecurity” from 15–20 December 2025.

The program focused on building awareness and expertise in two rapidly evolving technology areas shaping the future of computing and digital security. It provided a valuable learning platform for faculty members to engage with both academic and industry perspectives.

#### Highlights at a Glance

- Recognized by AICTE ATAL Academy, reinforcing the School’s commitment to quality technical education.
- Expert-led sessions by professionals from IBM Research, IIT Dharwad, and Anuthantra Pvt. Ltd.
- Hands-on learning on key topics including quantum gates, error correction techniques, and quantum key distribution.

### Student Achievers

#### Team Zhypher – Winners at TheDevForge Hackathon

First-year students Govind DS, Aprameya HG, Vishwajeeth Rao B, and Aishwanth MS secured First Place at TheDevForge Hackathon, held as part of the Intra-University Sprint by Newton School of Technology and S-VYASA. Their innovative approach and strong technical skills set them apart from the competition.

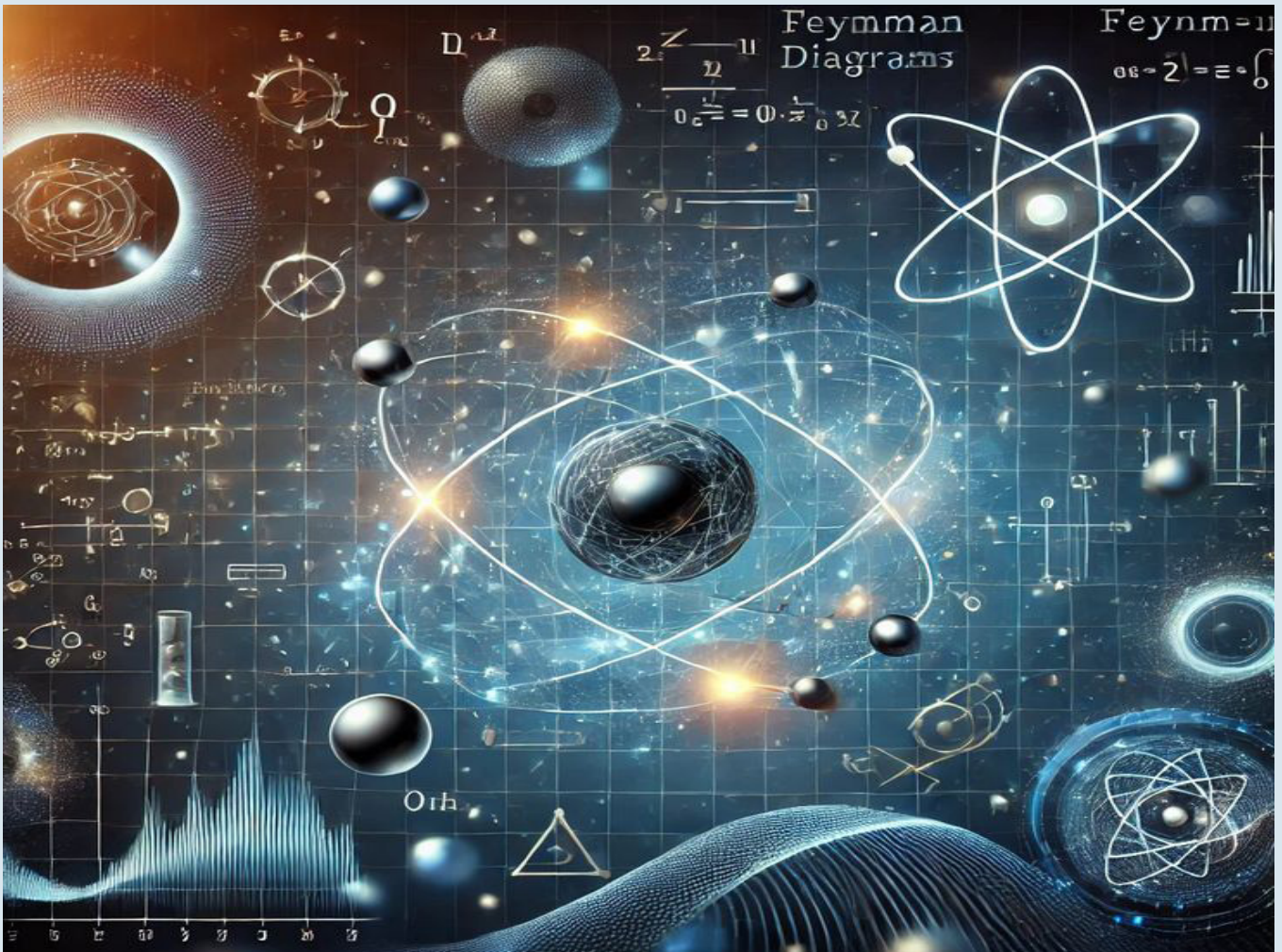
#### AI and Neuro-Rehabilitation at INCOFYRA 2025

The School of Engineering and Technology organized a Special Technical Track on “AI and Neuro-Rehabilitation” during INCOFYRA 2025 on 19 December 2025. The programme brought together experts from academia and industry to share insights on how artificial intelligence is transforming neuro-rehabilitation. An engaging Ideathon was also conducted, with 15 teams and 90 students presenting innovative ideas and prototypes. The event recorded an overall participation of about 100 attendees, including faculty, students, and guests, and served as a vibrant platform for learning, collaboration, and innovation in AI-driven healthcare solutions.



## PHYSICAL SCIENCES – Research Papers

1. Effect of Kapalabhati Pranayama on Physical Fitness — **AISHWARYA M** — Journal of Oriental Research Madras
2. Effect of Yoga on Physical Fitness Parameters — **KEERTHANA S** — Journal of Oriental Research Madras
3. Effect of Yoga and Physical Exercise on Physical Fitness — **POOJA S** — Journal of Oriental Research Madras



## MANAGEMENT STUDIES – Research Papers

1. Effect of Yoga on Workplace Stress and Productivity — **AISHWARYA** — Journal of Oriental Research Madras
2. Effect of Yoga on Leadership Qualities — **ANANYA** — Journal of Oriental Research Madras
3. Effect of Yoga on Decision Making — **ANKITHA** — Journal of Oriental Research Madras
4. Effect of Yoga on Emotional Intelligence in Organizations — **BHAVANA** — Journal of Oriental Research Madras
5. Effect of Yoga on Job Satisfaction — **BHUVANA** — Journal of Oriental Research Madras
6. Effect of Yoga on Work-Life Balance — **CHAITRA** — Journal of Oriental Research Madras
7. Effect of Yoga on Team Performance — **DARSHANA** — Journal of Oriental Research Madras
8. Effect of Yoga on Burnout — **DEEPI** — Journal of Oriental Research Madras
9. Effect of Yoga on Resilience — **DHANYA** — Journal of Oriental Research Madras
10. Effect of Yoga on Organizational Behavior — **DIVYASHREE** — Journal of Oriental Research Madras
11. Effect of Yoga on Human Resource Development — **GAYATHRI** — Journal of Oriental Research Madras
12. Effect of Yoga on Innovation and Creativity in Workplace — **HARINI** — Journal of Oriental Research Madras
13. Effect of Yoga on Ethical Decision Making — **KIRTHANA** — Journal of Oriental Research Madras
14. Effect of Yoga on Communication Skills — **MAHIMA** — Journal of Oriental Research Madras
15. Effect of Yoga on Conflict Management — **NISHA** — Journal of Oriental Research Madras



# Swami Vivekananda - The Humanist 15

**Dr. K. Subramanyam**  
Former Chancellor, S-VYASA



Humanism is the highest quality with the greatest potential to unfold divinity. No other species, whether subhuman or inhuman, can be as human as men and women born with a kind heart. In fact, it is only humanism that is most qualified to attain self-realization or God-realization, because of its love and affection toward all. Animals and even divine beings are less qualified to attain the highest regions of godliness, which are compassion, service activities, and salvation. Devas are often indulgent in bodily pleasures, and the subhuman species are engaged in sense pleasures, making them merry-makers without fellow feeling and service. It is only human beings who, by consciously regulating and transcending sensuousness, are capable of self-sacrifice, which is essential for self-realization and inner purification. Self-sacrifice, or *tyāga*, is possible only on account of love and service arising from compassion and awareness. In short, humans are more eligible for *moksha* than anybody else, as they alone can consciously choose renunciation, discipline, and selfless action for the welfare of all beings.

All self-centeredness is drained away through pity, sympathy, and the consequent service activity. Swami Vivekananda is essentially human. Every activity of his is prompted by fellow feeling. His love has always been on the ascent. His heart is boundless in showering affection; he cannot bear to see suffering. In society, there are more tears than smiles; in the world, water is more than land. In the body, fluids are more and bones are less. Human beings, because of tenderness in the heart, feel the pangs of poverty, adversity, and suffering always. Vivekananda himself knew what hunger, thirst, and sorrow were. When his father, Vishwanath Dutta, passed away, his entire family drowned in an ocean of misery. There was not enough food available to feed the family. Sometimes Swamiji starved for days together so that the remaining members of the family might have a little food.

Service and sacrifice are the flesh and blood of Swami Vivekananda. Humanism and *tyāga* are deeply ingrained in him. Not only in his family but also in society at large,

he was unable to remain a blind spectator to the pangs of poverty and suffering around him. Wherever he saw hunger, misery, or sorrow, his heart ached, and he strove to do everything in his power to alleviate it. He did his best to remove suffering, not only through material help but also through guidance, encouragement, and love. He wanted to be born again and again, even giving up the comfort of his own salvation, to dedicate himself fully to the service of humanity and to solve the problem of suffering in the world. Such was the boundless compassion and selfless devotion that marked every action of his life.

Beggars are present in many forms; one such form is seen in the poor hawkers selling small items at bus stands, railway platforms, roadside shops, and in trains. They live almost like beggars. Fortunately, they have not given up their self-respect; therefore, they remain as hawkers. They certainly deserve our attention and help. In rich business centers, people normally do not bargain; they buy by paying high prices, thus making the rich people richer. But when they see a hawker, they begin to bargain. This is quite unfortunate, for they do not show a human heart. In fact, these small hawkers on the streets require greater affectionate help.

Once, when Swami Vivekananda was a wandering monk, he was traveling on a train with a Brahmacharini. He noticed a small hawker selling boiled Bengal gram. The seller appeared very poor in his looks and attire; pathetic was his plight. Yet the sense of self-respect and dignity of labor were paramount on his face. Swamiji looked deeply into his condition and soon decided to buy the gram. He looked at the Brahmacharini, and immediately understood Swamiji. They bought a little gram and paid more than its cost. Swamiji realized that the money paid was not a match either to the hawker's need or to the buyer's magnanimous heart. He then paid ten or fifteen times more than the cost of the quantity, so that the hawker would have a square meal that day.

If only we look at the world with humanism, we find plenty of opportunities to serve the needy. Blessed are the people who are human at heart; they are the salt of the earth.

## HUMANITIES – Research Papers

1. Effect of Yoga on Emotional Well Being — **ANU** — Journal of Oriental Research Madras
2. Effect of Yoga on Creativity — **ASHIKA** — Journal of Oriental Research Madras
3. Effect of Yoga on Sports Performance — **CHAITHRA** — Journal of Oriental Research Madras
4. Effect of Yoga on Emotion Regulation — **DHARANI** — Journal of Oriental Research Madras
5. Effect of Yoga on Positive Affect — **HARIPRIYA** — Journal of Oriental Research Madras
6. Effect of Yoga on Quality of Life and Wellbeing — **NAVYA S** — Journal of Oriental Research Madras



## Success Stories at Arogyadhama: Department Of Psychological Disorders

Under the able guidance of Dr. Nagarathna and her team of doctors and therapists, Arogyadhama's Department of Psychological Disorders deals with psychiatric diseases – depressive disorder, anxiety disorder, schizophrenia, addictions like alcohol, cannabis and tobacco, and developmental as well as behavioral disorders like Autism and ADHD. Individuals with disturbed sleep and side effects of antipsychotic and other drugs also come to us for treatment. We have been able to guide many patients to reduce their medication dosage within a few days of therapy. We apply an integrated approach of therapy which includes Yoga therapy, Ayurveda, Naturopathy, Psychotherapy and Diet therapy.

### Management of Anxiety Disorder with Integrated Approach of Yoga Therapy: Case of Ravindra Krishna, age 34

We share below the experience of Ravindra Krishna (name changed) who stayed at Arogyadhama for a period of ten days in December 2025. This was his third visit to Arogyadhama.

Ravindra Krishna had been experiencing frequent panic attacks since the year 2023 and also developed a habit of overthinking. The sound of thunder made him irritable and anxious, and he would also experience decreased vision during the episode.

In fact, Krishna had been diagnosed with General Anxiety disorder in 2017, and with Gastritis in 2016. In 2023, while on a visit to Tirumala, he encountered

a thunderstorm. This made him feel highly anxious and he remained in that state until the weather got better. Such episodes continued frequently – 20-25 times between 2023 and August 2025 – and in October 2025, he decided to come to Arogyadhama for treatment.

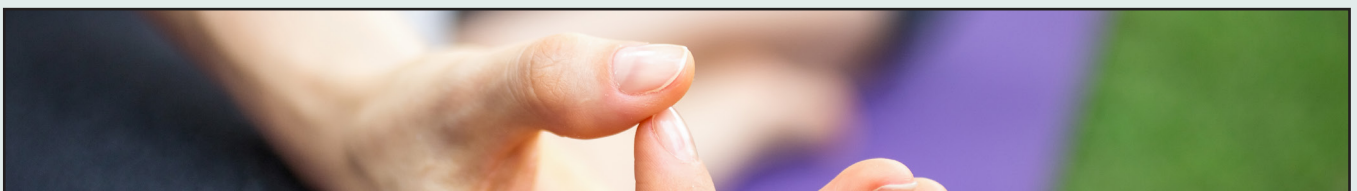
At Arogyadhama, he was given Integrated Yoga Therapy – a customised yoga therapy module of minimum eight sessions daily (from morning 5:30 a.m. to 7:30 p.m.). The sessions address all the five layers of existence, the Panchakosha.

### His daily routine included: Special yoga techniques for depression and sleep

- Sukshma Vyayam and Yogasana
- Pranayama and Breathing practices
- Suryanamaskar
- Meditation techniques, Mind sound resonance technique and Cyclic Meditation
- Devotional sessions on Gita, Upanishads and Vedas
- Lectures on Lifestyle management
- Yogic counselling

This was integrated with naturopathy diet that included boiled vegetables, khichadi, fruits, etc. as well as naturopathy treatment that included Sunbath, abdominal pack, and barefoot walking. He was given advice for lifestyle change, as well as counselling.

Ravindra Krishna's condition improved greatly after his stay. His sleep was better and his negative thoughts had reduced.



### **Ravindra Krishna's words...**

“I am very happy and feeling confident that I can easily manage whatever fears I have and my worries. I have overcome my fear of thunder after coming here. The doctors here helped me a lot in this – they were patient and very caring. This made it easy for me to share all my problems. I was feeling in my mind. They helped me understand myself and how I can manage my problem. I'm feeling highly rejuvenated after my stay here.”

The participant was emphatic in saying that he was able to open up to the doctors' team because they helped him to do so. According to his treating physicians, an important part of treatment of such patients is Yogic Counselling.

### **Yogic Counselling Works Wonders**

Explains Dr Nagarathna R., Director, Arogyadhama: “The whole of the mental anxiety situation is related to the Manomaya kosha, where we get stuck in uncontrolled spinning speed of thoughts. In this case, the situation, although a little unusual, has triggered some of the deeper experiences that the person must have had – seeing someone in a traumatic situation, where thunder and weather conditions would have created big damage inside or outside. That has stuck as a subconscious trigger to make the person react to that.”

Anxiety is the response in the mind to challenging situations of life, and the person gets stuck in the loop of anxiety. Sri Krishna in bhagavadgeeta defines the yogic understanding of anxiety as USST [kaama krodhodhwam vegam...] uncontrolled spinning seed of thoughts at the Manomaya kosha. The first step in counselling is to help participants to recognise this speed at the mind level .and the remedy is to slow down the rate of flow of thoughts as advised in yoga Vaasistha by sage vasista (manah prasamana upaayah yoga). All techniques used to slow down the USST include physical yoga, breathing yoga, meditative yoga, and emotional and intellectual yoga.

### **Bhramari breathing time increased substantially**

Dr Nagarathna points out Ravindra Krishna's Bhramari (humming Pranayama) exhalation time, which has gone from 16 to 29 seconds. She explains: “bhramari time is a very good indicator of how this person's practice has resulted in slowing down of the mind. The physical yoga, breathing yoga, emotional and intellectual yoga that he practiced during these 10 days have resulted in increasing the length of exhalation during Bhramari which is an indicator of the overall slowing down of mind. What makes the person confident is the experience of slowing down the anxiety thoughts which they can use whenever they are anxious again. The intellectual Yoga educates them about concepts like Panchakosha Viveka (the five layers of existence, anxiety is speed of mind etc.”

“The basis of Yogic counselling is recognising our existence in the Panchakosha. The Manomaya kosha is the lower mind which reacts immediately to the challenging situations. The Vijnanamaya kosha, the deeper (subtler) mind has the capacity to de-identify with the speeded up thoughts and to advise the lower mind to slow down. The Vijnanamaya Kosha has evolved in human mind which has the inbuilt capacity to react(kartum), not to react or suppress(akartum), or change the response pattern(anyatha karthum).”

“All these techniques are meant to allow the Vijnanamaya Kosha to reduce the USST, which helps them to switch off their emotions and further, it takes those to the layer of bliss, the Anandamaya kosha. In Yoga, we have many techniques for doing this.”

**A few words of advice for patients**

Dr Nagaratha says, “Patients feel good while they are here. But they don’t continue their practice at home. If they were regular with their three-time practice, anxiety is very much curable.”

“Anxiety neurosis – whether specific anxiety or phobias – is hundred percent curable. Because this is not a condition where they have awareness, sincerity, and can recognise their own imbalances. Correcting their lifestyle is what is going to cure them.. Self-awareness is very important, and so is regular practice,” she concludes.

**What is Generalised Anxiety Disorder (GAD)?**

- Patients with GAD have persistent, excessive and often unrealistic worry about everyday things. This is associated with muscle tension, impaired concentration, autonomic arousal, feeling ‘on edge’ or restless, and Insomnia.
- This worry could be multifocal – rooted in finances, family, health, or the future.
- It is excessive, difficult to control, and often accompanied by non-specific psychological and physical symptoms.
- Excessive worry is the central feature of generalized anxiety disorder.

**Prevalence & Age of Onset**

According to the meta-analysis of psychiatric epidemiological studies in India, neurotic disorders have the highest estimated prevalence rate at 20.7%. Urban communities had higher prevalence rates – 35.7% vs 13.9% – than rural communities. The prevalence is approximately twice as high among women as among men. The global prevalence of GAD is calculated to be 7.3%.

GAD occurs sometime between the age of 13 and 18 years. A history of childhood fears and social inhibition may be present.

**Follow-up Advice for Diet and Lifestyle**

- Consume leafy vegetables, whole grains, sprouts, beans, watermelon, guava, apples
- Avoid mango, big banana (in large quantities), refrigerated food, processed food, junk food, deep fried items



- Post-dinner 15-minute slow walk is compulsory
- Water intake should be 3-4 liters/day
- Regular evening walks for 30 minutes are beneficial
- Replace tea/coffee with green tea or herbal drinks
- Continue yoga practices as advised

### Research From SVYASA on Anxiety

1. Dhansoia, V., Bhargav, H., & Metri, K. (2015). Immediate effect of mind sound resonance technique on state anxiety and cognitive functions in patients suffering from generalized anxiety disorder: A self-controlled pilot study. *International journal of yoga*, 8(1), 70.
2. Ranjita, R., Badhai, S., Hankey, A., & Nagendra, H. R. (2016). A randomized controlled study on assessment of health status, depression, and anxiety in coal miners with chronic obstructive pulmonary disease following yoga training. *International journal of yoga*, 9(2), 137.
3. Stephens, I. (2017). Medical yoga therapy. *Children*, 4(2), 12.
4. Tekur, P., Chametcha, S., Hongasandra, R. N., & Raghuram, N. (2010). Effect of yoga on quality of life of patients with Chronic low back pain : A randomized control study. *International journal of yoga*, 3(1), 10.
5. Novaes, M. M., Palhano-Fontes, F., Onias, H., Andrade, K. C., Lobão-Soares, B., Arruda-Sanchez, T.,... & de Araujo, D. B. (2020). Effects of yoga respiratory practice (Bhastrika pranayama) on anxiety and brain functional connectivity and activity: A randomized controlled trial. *Frontiers in Psychiatry*, 11, 467.
6. Hegde, D., Bhargav, P. H., Bhargav, H., Babu, H., Varsha, K. A., & Raghuram, N. (2020). Feasibility and pilot efficacy testing of integrated yoga and Shirodhara (Ayurvedic oil-dripping on forehead) intervention on clinical symptoms, cognitive functions and sleep quality of adults with anxiety disorder. *International journal of yoga*, 13(1), 32.
7. de Manincor, M., Bensoussan, A., Smith, C., Fahey, P., & Bouchier, S. (2015). Establishing key components of yoga interventions for reducing depression and anxiety, and improving well-being: a Delphi method study. *BMC Complementary and Alternative Medicine*, 15(1), 1-10.
8. Nidhi, R., Padmalatha, V., & Nagarathna, R. . (2012). Effect of holistic yoga program on anxiety symptoms in adolescent girls with polycystic ovarian syndrome: A randomized control trial. *International journal of yoga*, 5(2), 112.
9. Nagendra, H. R. (2013). Integrated yoga therapy for mental illness. *Indian journal of psychiatry*, 55 (Suppl 3), S337.





Sai Sarvodaya Yoga Foundation, Bengaluru 1st YIC validator programme.



8th batch of YIC batch Aastamgam Ayurveda college, Vavanor, Kerala

Dr. Natesh Babu, Director, Centre for Open and Distance Education (CODE), S-VYASA, and Dr. Mohan Kishore, Deputy Director, Examination Department, S-VYASA, visited the affiliated centre of S-VYASA at Ashtamgam Ayurveda College, Vavanor, Kerala, on the occasion of the completion of the 8th batch of the Yoga Instructor Course (YIC).

With each graduating batch, the number of students continues to increase, reflecting the growing awareness, acceptance, and demand for Yoga. This trend also highlights the sustained national and global efforts of the Hon'ble Prime Minister, Shri Narendra Modi ji, in promoting Yoga to every corner of India and the world. S-VYASA plays a pivotal role in this movement by imparting authentic yogic knowledge through its network of affiliated centres.

Each graduating participant not only carries forward the yogic knowledge imparted by S-VYASA but also serves as a beacon of awareness and inspiration, contributing to the wider dissemination of Yoga in society.

## All India Inter-University Yogasana Women Championship 2025–2026



S-VYASA Deemed-to-be University successfully organised the All India Inter-University Yogasana Women Championship 2025–2026, a five-day national-level mega sporting event conducted from 05th January 2026 to 09th January 2026 at the Sattva Global City Campus, Mysore Road, Bengaluru. The championship was organised in association with the Association of Indian Universities (AIU) and marked a historic milestone, being the first-ever AIU-recognised national Yogasana championship hosted by a Yoga University.

The event brought together universities from across India, creating a unified national platform for competitive Yogasana while upholding the core principles of discipline, fairness, transparency, and holistic development. The championship reflected meticulous planning, robust institutional coordination, and strict adherence to AIU norms and standards, thereby reinforcing the academic and sporting reputation of S-VYASA Deemed-to-be University

### The championship was organized with the following objectives:

- To promote Yogasana as a recognized competitive sport at the national university level
- To provide a structured platform for women athletes from universities across India
- To encourage physical fitness, discipline, mental resilience, and holistic well-being among students
- To identify and select high-performing teams for participation in Khelo India events
- To strengthen the academic, sporting, and national visibility of S-VYASA Deemed-to-be University

These objectives were systematically addressed through the championship's design, execution, and evaluation mechanisms



### Programme Overview and Registration Process

The championship commenced with registration and accreditation on 04th January 2026. All participating universities completed pre-registration through the official entry system prior to arrival. Upon reaching the venue, teams underwent a multi-stage verification and accreditation process, which included:

- Verification of original documents
- Eligibility checking in accordance with AIU regulations
- Identity verification of athletes, coaches, and managers
- Issuance of official accreditation and identity cards

To ensure efficiency and transparency, 11 dedicated registration counters were established. The championship witnessed participation from 202 universities, involving approximately 1,500 women Yogasana athletes and 500 coaches and managers. The registration process was executed in a systematic, disciplined, and transparent manner, ensuring compliance with AIU standards and providing a smooth onboarding experience for all stakeholder.

### Coaches' and Managers' Meeting

An Officials' Meeting for Coaches and Managers was conducted on 04th

January 2026 from 6:00 PM to 7:00 PM. The meeting served as a crucial coordination forum to ensure clarity and uniform understanding of championship procedures.

### Key aspects discussed included:

- Detailed event schedules and competition formats
- Allocation and functioning of seven competition stages
- Rules and regulations as prescribed by AIU
- Accommodation and food arrangements
- General instructions and code of conduct for teams

The meeting ensured effective communication, operational clarity, and collective preparedness for the smooth execution of the championship.

### Judges' Meeting

A Judges' Meeting was conducted on 04th January 2026 from 7:10 PM to 8:00 PM to brief the judges on technical and operational aspects of the championship.

### The deliberations covered:

- Detailed explanation of event rules and judging criteria

- Familiarization with standardized score sheets
- Allocation of judges across the seven competition stages
- Event-wise time schedules
- Measures to ensure uniformity, fairness, and transparency in evaluation

This preparatory session ensured consistency in judging standards across all events and contributed significantly to the disciplined and credible conduct of the championship

## Operational and Logistics Management

### Venue and Infrastructure

The championship was hosted at the Sattva Global City Campus of S-VYASA, utilizing its advanced sports facilities and supporting infrastructure. The campus provided an integrated environment for competition, accommodation, dining, and medical support.

### Accommodation

Participants were accommodated in centralized air-conditioned buildings and corporate-style cubicles within the campus. A strict discipline protocol was maintained, including a 9:30 PM gate-closing policy, ensuring safety and order.

### Food Arrangements

A pure vegetarian diet aligned with yogic philosophy was provided. To ensure health and safety:

- Mandatory mess subscription was enforced for the first two days
- External food was restricted to prevent health risks
- Meals were served on a fixed schedule using a coupon-based system

These arrangements ensured nutrition, hygiene, and well-being of all participants and officials

### Inaugural Ceremony

The inaugural ceremony of the All India Inter-University Yogasana Women's Championship 2026 was conducted on 05th January 2026, from 9:30 a.m. to 12:00 noon, in the august presence of distinguished dignitaries representing public service, healthcare, academia, and sports administration.



The ceremony was graced by Dr. C. N. Manjunath, Hon'ble Member of Parliament, Senior Cardiologist, and Director of the Sri Jayadeva Institute of Cardiovascular Sciences & Research, Bengaluru, who attended the programme as the Chief Guest. Other eminent dignitaries present on the dais included Sri M. D. Lakshminarayana, Former Hon'ble Member of the Karnataka Legislative Council (MLC); Dr. H. R. Nagendra, President, S-VYASA; and Ms. Garima Jain, Under Secretary, Ministry of External Affairs, Government of India. The programme was also attended by the AIU Observer, Prof. Deepla, Director of Physical Education, Osmania University.

The programme was presided over by Dr. N. K. Manjunath, Vice-Chancellor, S-VYASA Deemed-to-be University. In their addresses, the dignitaries highlighted the importance of yoga in higher education and encouraged the participants to uphold the values of sportsmanship, discipline, and the fundamental principles of yogic practice.

The championship competitions were conducted over a period of five days in a well-organized and disciplined manner, strictly adhering to the rules and regulations prescribed by the Association of Indian Universities (AIU). Performances were evaluated by qualified and experienced judges, ensuring fairness, transparency, and uniformity in assessment. Comprehensive arrangements were made for accommodation, food, medical facilities, and the overall safety and well-being of all participants and officials.

The event also witnessed the presence of senior university authorities, including Prof. K. Subrahmanyam, Chancellor; Dr. B. R. Ram Krishna, Pro-Chancellor; Dr. H. R. Dayananda Swamy, Director – Finance and Administration; Sri Anish Antony, Executive Director; Dr. Sony Kumari, Registrar; Prof. S. Siva Sankara Sai, Pro-Vice Chancellor; Dr. Sridhar S. and Dr. Karthiyayini O., Directors – Academics; Sri Udoshi Basavaraj, Deputy Registrar; Ms. Usha Rani Ramanathan, Senior Director – Placements; Sri Shine N. Antony, Director – International Affairs and New Initiatives; Dr. Sriraghunath S., Dean – Allied and Healthcare Sciences; Dr. Mohamadi Begam, Dean – Engineering and Technology; Dr. Sachin Sharma, Dean – Computer Science and Applications; Dr. Geethanjali P., Head, School of Management and Commerce; Dr. Gaurav Thapliyal, Head, School of Psychology; Smt. Srividya Sen, Strategic Advisor – Academics; and Sri Mrutyunjay S. Navalagatti, Advisor – Administration.

## Competition Structure and Stage Management

### Team Events

**Four parallel stages were established, named after the Vedas:**

- Rigveda
- Yajurveda
- Samaveda
- Atharvaveda



This structure enabled simultaneous competitions and efficient handling of large participation volumes.

### Individual Events

**Three dedicated stages were assigned:**

- Eklavya – Traditional Individual
- Arjuna – Artistic Individual
- Nakula – Rhythmic Individual

### Jury and Evaluation System

**Each event category was evaluated by a panel comprising:**

- One Chief Judge
- Five Judges
- One Scorer
- One Timekeeper

Marks were awarded out of 10 per asana. The highest and lowest scores were discarded, and the average of remaining scores was considered. A formal protest mechanism was established, requiring written submission within two hours, reviewed by a Jury of Appeal

### Day-wise Competition Summary

#### Day 1 – 05 January 2026

The Traditional Yogasana Team Event was conducted with competitions taking place concurrently across four stages from 1:00 PM to 6:00 PM, during which 48 universities successfully completed their scheduled performances.



#### Day 2 – 06 January 2026

The championship witnessed full-scale operations across seven stages, during which 80 university performances were completed in the team events and 90 university performances were concluded in the individual event categories.



Competitions were held at 7 different venues happening at the same time.

### Day 3 – 07 January 2026

High-quality team performances were witnessed across all four stages, with participating universities demonstrating advanced yogasana techniques, precise posture execution, and a high level of synchronization among team members. The performances reflected disciplined training, technical accuracy, coordinated movements, and seamless transitions, showcasing the teams' mastery of traditional yogasana practices and adherence to prescribed competition standards.



## Day 4 – 08 January 2026

The day was exclusively devoted to individual yogasana events, which were conducted across the Eklavya, Arjuna, and Nakula stages. The final rounds were subsequently held on the Vedika Stage, during which 20 teams qualified, and the top eight teams were officially selected for participation in the Khelo India.



### Technical Brilliance of SVYASA

The All India Inter-University Yogasana Championship – Technical Event, conducted from 05th January 2026 to 09th January 2026 at S-VYASA Deemed to be University, City Campus, represents a landmark convergence of India's yogic tradition and modern digital governance. Organized under the framework of the Association of Indian Universities (AIU), the championship brought together universities from across the nation, creating a platform that celebrated discipline, excellence, and national integration through Yogasana.

The event was distinguished by its robust technical foundation, meticulously planned and executed by the Department of Computer Science and Applications (CSA). The department was entrusted with the responsibility of designing and managing all technical aspects of the championship, including digital score management, real-time data processing, verification mechanisms, and audit-ready documentation. This integration of technology ensured that every performance was evaluated, recorded,

and presented with transparency and precision, reinforcing the integrity of the championship.

### Event Overview

The championship was conducted over a continuous period of five days, with daily sessions running from 8:30 AM to 7:30 PM. The scale and duration of the event demanded sustained operational excellence, coordination across multiple stages, and uninterrupted technical support.

S-VYASA Deemed to be University hosted the event at its City Campus, providing an environment conducive to both high-level athletic performance and efficient technical operations. The championship involved simultaneous competitions, large participant volumes, and real-time evaluation, requiring a well-structured digital system capable of handling complex data flows without compromise.

The successful execution of the event reflects the university's preparedness to manage national-level responsibilities with professionalism, discipline, and institutional commitment.

## Technical Committee and Departmental Responsibility

A dedicated Technical Committee was constituted from the Department of Computer Science and Applications to oversee and execute all technical operations of the championship. Faculty members from the department assumed complete ownership of technical planning, system design, implementation, and monitoring throughout the event.

### The committee was responsible for:

- Designing the digital data architecture for score documentation
- Preparing and maintaining the AIU Yogasana Events Master Sheet
- Developing and deploying a live score management dashboard
- Coordinating with judges and event officials
- Ensuring accuracy, validation, and consistency of data
- Consolidating verified results for official reporting

The involvement of CSA faculty ensured academic rigour, accountability, and reliability. Their continuous engagement throughout the championship demonstrated the application of academic expertise to real-world national events, strengthening the role of faculty as contributors to institutional excellence beyond classroom instruction.

### AIU Yogasana Events Master Sheet: Design and Documentation Framework

The AIU Yogasana Events Master Sheet served as the central digital repository for all competition data. It was designed as a comprehensive, performance-centric workbook to ensure detailed and precise documentation of the championship.

The master sheet consisted of eight structured worksheets, each corresponding to a specific competition category:

- Traditional Yogasana Team Event (Final)
- Rig Veda – Team Traditional Yogasana
- Yajur Veda – Team Traditional Yogasana
- Sama Veda – Team Traditional Yogasana
- Atharva Veda – Team Traditional Yogasana
- Eklavya – Individual Traditional Yogasana
- Arjuna – Artistic Yogasana
- Nakula – Rhythmic Yogasana

Each worksheet was structured to record individual performances, where every row represented a single evaluated performance rather than aggregated team counts. This approach ensured that each participant's effort was independently documented, enabling precise evaluation, verification, and audit readiness.

The systematic structure of the master sheet ensured consistency across events and facilitated seamless integration with the live score management system.



## Event-wise Participation and Performance Volume

The championship witnessed extensive participation across team and individual categories, reflecting its national reach and competitive significance.

UNIV. ID.	University Name	Rank
UNIV070	LOVELY PROFESSIONAL UNIVERSITY	1
UNIV148	UNIVERSITY OF PATANJALI	2
UNIV068	UNIVERSITY OF MUMBAI	3
UNIV109	RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, KARNATAKA	4
UNIV120	SAVITRIBAI PHULE PUNE UNIVERSITY, PUNE	5
UNIV027	DEV SANSKRITI VISHWAVIDYALAYA HARIDWAR	6
UNIV162	VISVA BHARATI	7
UNIV208	GALGOTIAS UNIVERSITY	8
UNIV043	GURU JAMBHESHWAR UNIVERSITY OF SCIENCE & TECHNOLOGY, HISAR (HARYANA)	9
UNIV116	RASHTRASANT TUKDOAJI MAHARAJ NAGPUR UNIVERSITY NAGPUR MS	10
UNIV112	RANCHI UNIVERSITY RANCHI	11
UNIV157	VEER NARMAD SOUTH GUJARAT UNIVEESITY, SURAT	12
UNIV098	PANJAB UNIVERSITY CHANDIGARH	13
UNIV081	MAHARSHI DAYANAND UNIVERSITY ROHTAK	14
UNIV022	CHAUDHARY DEVI LAL UNIVERSITY SIRSA	15
UNIV041	UNIVERSITY OF CALCUTTA	16
UNIV057	KARNATAK UNIVERSITY DHARWAD	17
UNIV137	SWAMI RAMA HIMALAYAN UNIVERSITY	18
UNIV004	AMITY UNIVERSITY	19
UNIV005	ANNA UNIVERSITY	20

A total of 1,706 verified performance entries were documented across all categories. The volume of performances required a reliable and scalable technical system capable of handling continuous data entry and validation without delays or discrepancies.

### Real-Time Technical Operations and Stage-Level Execution

To ensure effective real-time implementation, dedicated CSA technical personnel were stationed at each competition stage throughout the championship. The presence of trained faculty members at the stages enabled immediate coordination with judges and event officials.

Immediately after the completion of each performance:

- Judges' scores were collected
- Scores were entered on-site into the digital system
- Entries were verified for accuracy
- Data was synced with the central database

This stage-level data entry ensured that scores were reflected instantly on the official live dashboard. The continuous technical presence eliminated manual delays, minimized errors, and ensured uninterrupted flow of verified data.

Live Score Management System – First of Its Kind In Any AIU Event

The championship employed a web-based live score management system developed and maintained by the CSA technical team. The system was deployed through the official dashboard:

The dashboard enabled real-time visibility of scores and rankings, ensuring transparency and accessibility for organizers and officials. The integration of the dashboard with the master sheet ensured consistency between recorded data and displayed results.

The live system enhanced operational efficiency and established a transparent mechanism for result dissemination, reinforcing trust in the evaluation process.

### **Transparency, Accuracy, and Audit Readiness**

The technical framework adopted for the championship emphasized transparency, accuracy, and compliance with audit standards. Every score entered into the system was traceable to a specific performance and could be verified against judges' records.

The performance-centric documentation model ensured:

- Complete traceability of results
- Consistent validation mechanisms
- Readiness for institutional and AIU

audits

- Reliable archival of championship data

**This approach strengthened the credibility of the championship and ensured that the results reflected fairness and integrity at every level.**

### **Institutional and Academic Significance**

The successful execution of the technical operations highlighted the institutional capacity of S-VYASA Deemed to be University to manage national-level events with technological sophistication. The interdisciplinary collaboration between sports administration and computer science demonstrated the practical application of academic expertise in large-scale governance.

The Department of Computer Science and Applications played a central role in translating technical knowledge into an operational system that supported national sporting excellence. This contribution reinforces the university's commitment to innovation, accountability, and best practices in event management.

### **Before Curtains Down**

The All India Inter-University Yogasana Championship – Technical Event was executed with systematic planning, precise documentation, and effective technical coordination. The preparation and maintenance of the AIU Yogasana Events Master Sheet, comprising 1,706 verified performance entries, and the successful deployment of a live score management system ensured transparency, efficiency, and audit-ready record keeping.



The Department of Computer Science and Applications, through its dedicated Technical Committee and faculty members, played a pivotal role in managing digital score documentation and real-time data processing. The championship stands as a benchmark for technology-enabled sports administration and reflects the institutional excellence of S-VYASA Deemed to be University in conducting national-level events.

## Results and Khelo India Qualification

### Traditional Team Event – Medal Winners

- Gold: Lovely Professional University
- Silver: University of Patanjali
- Bronze: University of Mumbai

### Top 8 Teams Qualified for Khelo India

Lovely Professional University, University of Patanjali, University of Mumbai, RGUHS Karnataka, Savitribai Phule Pune University, Dev Sanskriti Vishwavidyalaya, Visva Bharati, Galgotias University.

The Valedictory Ceremony was held on 09th January 2026 from 10:00 AM to 12:30 PM. The event was graced by Shri Suchendra Prasad as Chief Guest and senior leadership of S-VYASA and AIU.

### The ceremony included:

- Comprehensive championship review
- Commendation of organizers and participants
- Distribution of medals and certificates
- Vote of thanks by the Registrar

The championship concluded with a strong legacy of excellence, transparency, and national pride

## Valedictory Ceremony photos





## Linkage to Future National and International Sporting Pathways – SVYASA and its President Dr. H R Nagendra Guruji Sets the Future Path Ahead For Olympics and other International Yoga Championships

The successful conduct of the All India Inter-University Yogasana Championship at S-VYASA Deemed to be University establishes a critical foundational platform for the progression of Yogasana into larger national and international sporting frameworks. As a national-level inter-university championship conducted under the Association of Indian Universities, this event functions as a structured talent identification and performance benchmarking mechanism, creating a reliable base for athletes and teams to transition into forthcoming Khelo India Yogasana events. The technical rigour, transparent evaluation system, and standardized digital documentation adopted during the

championship ensure that performance data, rankings, and athlete profiles are credible and comparable across institutions. This systematic national consolidation of talent and performance metrics strengthens the competitive ecosystem required for Khelo India, which in turn serves as the developmental pipeline for elite athlete preparation. Over time, such a progressive and data-driven pathway contributes to the creation of internationally competitive Yogasana athletes, thereby positioning national platforms like Khelo India as foundational stages leading towards India's long-term aspiration of representation and excellence at global multi-sport events, including the Olympic movement.

## Dr. H. R. Dayananda Swamy Appointed Chancellor of S-VYASA



S-VYASA (Swami Vivekananda Yoga Anusandhana Samsthana), Deemed to be University, announced the appointment of Dr. H. R. Dayananda Swamy as its new Chancellor during the 23rd Convocation Ceremony held on 12 January 2026. The announcement was formally made by the President of the S-VYASA Society, Padma Shri Dr. H. R. Nagendra, Founder of S-VYASA.

The appointment follows a request by the outgoing Chancellor, Dr. K. Subrahmanyam, who sought to be relieved citing age and health reasons, and who, while addressing the gathering after the Convocation, emphasized the need for younger leadership to guide the University's next phase of growth and academic excellence. In accordance with institutional norms, the proposal was placed before an Expert Committee, which unanimously recommended Dr. H. R. Dayananda Swamy for the position. Announcing the transition, Dr. Subrahmanyam highlighted Dr. Dayananda Swamy's leadership qualities, administrative acumen, and long-standing contributions to the University, stating that he has played a pivotal role in translating the Guruji Dr. H R Nagendra's vision into strong and sustainable institutional systems.

Dr. H. R. Dayananda Swamy is a graduate in Commerce from the University of

Mysore (UoM) and joined Vivekananda Yoga Anusandhana Samsthana (VYASA) inspired deeply by the teachings of Swami Vivekananda and Padma Shri Dr. H. R. Nagendra Ji. He has been closely associated with S-VYASA for over three decades and has actively contributed to its growth and development since its inception, during which time he also completed his Master's degree and Ph.D. at S-VYASA. Previously serving as Director of Finance and Administration, Dr. Dayananda Swamy has been instrumental in strengthening the University's governance, financial management, and administrative frameworks, thereby supporting its steady growth and institutional consolidation.

The University extends its sincere congratulations to Dr. H. R. Dayananda Swamy on his appointment as Chancellor and places on record its deep appreciation and gratitude to Dr. K. Subrahmanyam for his distinguished service, wise counsel, and invaluable contributions to the institution. The S-VYASA community warmly welcomes Dr. H. R. Dayananda Swamy and expresses strong confidence that his leadership will further elevate the University's national and international stature, as it looks forward to his guidance in advancing S-VYASA's mission of excellence in education, research, and societal well-being, and in strengthening its global presence.

## 67th Executive Council Meeting of S-VYASA, Deemed to be University



The 67th Executive Council Meeting of S-VYASA was held on Wednesday, 7th January 2026 at 3:00 PM in the Board Room, Tarangini Building, Prashanti Kutiram Campus, Bengaluru. The meeting was presided over by the Honourable Guruji, Dr. H. R. Nagendra, with senior faculty members and other dignitaries in attendance.

## Dr. Anand Kumar Agarwal Felicitated At SVYASA



Dr Anand Kumar Agarwal, Head of Department, Cardiothoracic and Vascular Surgery, Sri Madhusudhan Sai Institute of Medical Sciences was felicitated during Prarthana Milan on 24th December 2025 in S-VYASA, Prashanthi Kutiram campus.

## Inauguration of ITEC–YIC Batch 28



### Lighting of the Lamp symbolizing the auspicious beginning of ITEC–YIC Batch 28

The Indian Technical and Economic Cooperation (ITEC) – Yoga Instructor’s Course (YIC) Batch 28 was formally inaugurated at S-VYASA Deemed to be University, marking the beginning of an enriching academic and cultural journey for 56 international participants from 20 countries. The inauguration reflected S-VYASA’s commitment to promoting Yoga and Indian Knowledge Systems at a global level.

The ceremony was graced by Padma Shri Dr. H. R. Nagendra, President, S-VYASA University, whose visionary leadership and pioneering contribution to scientific yoga research continue to guide the institution’s global mission. His presence and blessings set an inspiring tone for the programme.

The event was further dignified by the presence of Dr. N. K. Manjunath, Vice-Chancellor, S-VYASA University, who emphasized the importance of yoga-based lifestyle education and international academic collaboration. Dr. H. R. Dhayananda Swamy, Director – Finance and Administration, was acknowledged for his vital administrative support that enables the smooth conduct of international programs.

A special highlight of the inauguration was the gracious presence of Ms. Garima Jain, Under Secretary, Ministry of External Affairs, Government of India, representing the strong support extended by the Ministry of External Affairs and the ITEC Programme in fostering international cooperation through education and yoga.

The academic leadership of the university was further reinforced by Prof. Siva Sankara Sai S, Pro-Vice-Chancellor, S-VYASA University, whose guidance continues to strengthen academic excellence and global outreach. The successful organization of the programme was made possible through the dedicated coordination of Mr. Dhananjaya C, Joint Director – Finance and Administration and Coordinator, ITEC YIC Program.

The ceremony concluded with a formal Vote of Thanks proposed by Prof. Sony Kumari, Registrar, S-VYASA Deemed to be University, followed by a warm welcome extended to all international participants, marking the beginning of a transformative journey rooted in yogic wisdom, cultural exchange, and global harmony.



A moment symbolizing global unity through Yoga at S-VYASA University

With the commencement of ITEC–YIC Batch 28, S-VYASA Deemed to be University once again reaffirmed its role as a global center for yogic education and cultural exchange. The programme stands as a bridge connecting nations through the shared values of yoga, harmony, and holistic well-being.

### NSS Blood Donation Camp at S-VYASA

The National Service Scheme (NSS) Committee of S-VYASA Deemed to be University successfully organized a Blood Donation Camp on 19 December 2025, from 10:00 AM to 5:00 PM, at the 6th Floor, P3 Building, in collaboration with Narayana Hrudalaya Blood Centre, Bengaluru. The camp witnessed an overwhelming response from students, faculty, and staff, leading to the successful collection of 175 units of blood, significantly supporting regional healthcare needs.

The NSS Committee, along with committed student volunteers, played a key role in planning and execution

by managing awareness campaigns, registrations, coordination, and logistical support. The experienced medical team from Narayana Hrudalaya ensured safe and efficient blood collection by strictly following all health and safety protocols.

The event was widely promoted through posters, campus announcements, and email communication, encouraging enthusiastic participation. This initiative reflects S-VYASA's strong spirit of social responsibility, community engagement, and continued commitment to public health and voluntary blood donation.



## Kaladiksha Utasva



In February 2025, eminent dance gurus and teachers approached S-VYASA with a proposal to conduct structured dance examinations, reflecting their confidence in the institution's academic integrity and examination standards. Subsequently, consultative meetings were held to assess requirements, framework, and feasibility for submission to the higher authorities.

Under the Board of Studies (BoS), over 80 hours of structured online meetings were conducted to design, review, and finalise the examination syllabus. In addition, approximately 150 hours of systematic planning were undertaken to develop the examination framework and implementation strategy. Following approval by the Executive Council of the S-VYASA Society and completion of the requisite academic and administrative processes, official approval was granted. The entire examination lifecycle—from registration to evaluation and result declaration—was managed through the ERP system with continuous technical support.

The allocation and scheduling of examiners posed logistical challenges due to their professional commitments as performing artistes. However, examiners were appointed strictly as per eligibility criteria prescribed by the Executive Committee, and mandatory level-wise orientation and training sessions were conducted to ensure uniformity and academic rigour.

Registrations were inaugurated on 2 May 2025 by Guruji H. R. Nagendra in the presence of the Core Committee and opened to the public on 13 May 2025, recording 529 registrations, including 416 students, across four genres—Bharatanatyam, Kathak, Karnataka Sangita, and Laghu Sangita—and five levels from Arambha to Kovida. Examinations were conducted from 28 June 2025, evaluations completed by 1 September 2025, and results declared from 10 November 2025 onwards.

The examinations were conducted across multiple centres to ensure regional accessibility, with valuable support from institutional representatives and volunteers in Mangaluru and Bengaluru. The contribution of Dr. Mohan Alva, Chairman, Alva's Education Foundation, is gratefully acknowledged for the Mangaluru zone. Academic integrity was upheld through independent examination squads comprising academicians and researchers from outside the performing arts domain.

Established to ensure transparency and credibility in performing arts examinations, ABHINAVA BHARATA Gurukula will address initial limitations through corrective measures and remains committed to ethical practices, quality standards, and SVYASA's motto, "Be and Make." The initiative culminated in a grand graduation ceremony during Kala Diksha Utsava on 1 January 2026 at Samskriti Bhavan.

## Eighty-Three Years of Light: A Salutation to Guruji Dr. H. R. Nagendra



Reflections by Yogashree N. V. Raghuram, Chairman and Spiritual Founder, Yoga Bharati. Birthday greetings offered on the occasion of Guruji Dr. H. R. Nagendra's 83rd birthday

On the completion of 83 glorious years, I would like to offer my deepest salutations to Dr. Nagendra. It was such a beautiful Vyasa family function. All the speakers presented their thoughts gloriously. The poets and the scholars also expressed themselves beautifully. Added to all that they said, I would like to add my two cents.

It is easy to start universities for engineering and medicine, etc., but to start a university for YOGA is a unique project—once unthinkable. Not only starting a university, but raising it to the level of global awareness, not only for YOGA but also for the dimensions of culture and spirituality of Bharat.

Several significant points I would like to bring to notice. Nowhere else in the world, in a short span of 40 years, could one think of building a university of this size.

With mere savings from the USA, both brother and sister together created this monumental project without any patronage of business magnates or moneyed people. Without any governmental funding or philanthropic sources, building the university itself is a very great achievement.

Though there was never any governmental funding, this organization was sympathetic to all political powers while maintaining equal distance. Though on one side extraordinarily committed to building this university, on the other side he was also instrumental in bringing out a record number of research papers in the field of YOGA, showing that the credibility of Yoga has been brought to the other sciences. The amount of work done by both brother and sister adds to the glory of the Padma awards.

## S-VYASA Celebrates Guruji Dr. H. R. Nagendra's 83rd Birthday & Kalpataru Diwas



January 1st is a day that holds special significance in many ways. It not only marks the beginning of a new year but also carries special importance for S-VYASA, as it is the birthday of our Beloved Guruji, Dr. H. R. Nagendra.

The day began early in the morning with the Maha Mrityunjaya Homa, followed by the Prarthana Milan held at Shruthi Mandir. The ceremony commenced with the customary prayer proceedings, and an invocation song was rendered by a student of SSYNM.

The welcome address was delivered by Dr. N. K. Manjunath Sharma, Vice Chancellor. He spoke about the spiritually charged atmosphere in the hall, created by the early morning religious activities, including the Mrityunjaya Homa. He also shared his first interaction with Guruji, emphasizing that Guruji does not merely teach yoga but lives it through a humble and simple way of life. This was followed by birthday wishes for Guruji from the Vice President of the S-VYASA Society and other dignitaries through video messages.

Dr. B. R. Ramakrishna, Pro-Chancellor, took the dais with his characteristic energy, offering his greetings at the lotus feet of Guruji and wishing him a happy birthday. He also expressed his wishes for a more peaceful and prosperous year ahead.

Another highlight of the program was a poem composed by Prof. Jayaraman, Dean of Academics, for Guruji, titled "Dhurandhar", meaning "the one who shoulders all responsibilities." This was followed by greetings and blessings from Vid. Ramachandra Bhat ji and Prof. K. Subrahmanyam, Chancellor, who blessed Guruji on his birthday. Pro Vice-Chancellor Prof. S. Siva Sankara Sai also expressed his heartfelt gratitude to Guruji on this auspicious occasion.

The ceremony concluded with a vote of thanks delivered by the Registrar, Prof. Sony Kumari. Guruji was then felicitated by various dignitaries on the dais. Faculty members, staff, and students had the privilege of receiving Guruji's blessings on this auspicious day, truly marking a great beginning to the year.

## YIC Offline PCP – Batch 11 (December 2025)

A Confluence of Journeys, A Shared Yogic Path



“When diverse lives meet on the yogic mat, learning transforms into lived wisdom.”

### Eight Days of Immersive Yogic Learning

From 23rd to 30th December 2025, the campus of S-VYASA (Swami Vivekananda Yoga Anusandhana Samsthana), Deemed to be University, came alive with focused energy, discipline, and reflection as 39 participants gathered for the Offline Personal Contact Programme (PCP) – Batch 11 of the Yoga Instructor Course (YIC).

This PCP was not merely an academic requirement; it was a shared experiential journey that brought together professionals, educators, therapists, artists, athletes, researchers, and spiritual seekers—each carrying a unique life story, yet united by a common aspiration: to understand, live, and transmit yoga authentically.



## 65th Academic Council Meeting of S-VYASA, Deemed to be University



The 65th Academic Council Meeting was convened on Wednesday, January 7th 2026, from 9:30 AM to 1:00 PM at Shruti Mandir, S-VYASA. The meeting was presided over by SVYASA Society President H.R. Nagendra, Chancellor Prof K. Subrahmanyam, Pro-Chancellor, Dr. B R Ramakrishna and the Hon'ble Vice Chancellor, Dr. N.K. Manjunath Sharma. The meeting witnessed the participation of esteemed members of the Academic Council, senior faculty and invited guests.

## Mario Attombri-Italy group, Armonia Cultural Association



Mario Attombri, Master Maroiji, met Honourable Guruji Dr. H. R. Nagendra on 22 January 2026 during his visit from Italy. Master Maroiji is the founder of the Armonia Cultural Association, through which he has been teaching prayer, meditation, and yoga across Italy for over 25 years. He was felicitated at Tarangini by Guruji and the Registrar, Prof. Sony Kumari. During their visit to the Tarangini Board Room, the group engaged in a meaningful interaction with Guruji, gaining insights into SVYASA's vision of integrating yogic wisdom with modern scientific research. The exchange reflected mutual respect and a shared appreciation for yoga as a universal science for holistic well-being.

## Where Yoga Meets the Tricolour: S-VYASA Celebrates the 77th Republic Day with Spirit and Solemnity

S-VYASA commemorated the 77th Republic Day with patriotic fervour on 26 January 2026, blending national pride, constitutional values, and holistic education inspired by Swami Vivekananda.



S-VYASA, Deemed to be University, celebrated the occasion with dignity and solemnity at Viveka Vihar, Prashanthi Kuteeram. The programme began at 6:30 a.m. with the assembly of faculty members, staff, students, and guests, followed by devotional bhajans rendered by the Music Group, creating a serene and spiritually uplifting atmosphere.

S-VYASA, Deemed to be University, celebrated the occasion with dignity and solemnity at Viveka Vihar, Prashanthi Kuteeram. The programme began at 6:30 a.m. with the assembly of faculty members, staff, students, and guests, followed by devotional bhajans rendered by the Music Group, creating a serene and spiritually uplifting atmosphere.

Dr. Vasudev Vaidya, Deputy Registrar, S-VYASA, welcomed the dignitaries and participants, highlighting the significance of Republic Day and the relevance of constitutional values in academic and social life. A patriotic song presented by students infused the gathering with a deep sense of nationalism and pride.

Hon'ble Dr. B. R. Ramakrishna, Pro-Chancellor, addressed the audience on the responsibilities of citizens in upholding constitutional ideals, followed by a student address by Ms. Laxmi, PhD Scholar, who reflected on the role of youth in nation-building. Hon'ble Prof. N. K. Manjunath, Vice-Chancellor, delivered an inspiring address emphasizing holistic education, yoga, and service to society as pillars of national strength.



The Chief Guest, Dr. Giridhar Upadhyaya, Professor, Department of Medical Microbiology, KIIMS, Bengaluru, spoke on national health, scientific responsibility, and service to the nation, and was felicitated. The Guest of Honour, Shri Milind Shrikant Parandeji, Organizing General Secretary, Vishwa Hindu Parishad, addressed themes of national unity, cultural values, and social responsibility, followed by felicitation.

The gathering received blessings from Hon'ble Acharya Ramachandra Bhat, Director, VMAC-VTR. Hon'ble Guruji Dr. H. R. Nagendra, President, S-VYASA Society, delivered the Presidential Address, emphasizing yoga, values-based education, and national service.

The programme concluded with a vote of thanks by Dr. Apar A. Saoji, Principal, SSYNM, S-VYASA, and the collective rendition of Vande Mataram, marking the event with discipline and patriotic spirit.

## Founder of Vasudeva Kriya Yoga Honoured at S-VYASA



Shri Rajendra Yenkanamoole, founder of Vasudeva Kriya Yoga was honoured on 17th December 2025 at Prarthana Milan, S-VYASA. He also distributed certificates of appreciation for the volunteers of Himalaya Yoga Olympiad. He began his yogic journey at the age of 10 under revered gurus and has since dedicated his life to spreading yoga for societal well-being.

Teaching in Melbourne since 2004, he conducts inclusive yoga programs worldwide, with all proceeds supporting humanitarian causes, benefiting people of all ages and abilities physically, mentally, and spiritually. In the image, Shri Rajendra ji is handing over the certificate to Senor YogaTherapist Dileep kumar.

## Ankitgram Sewadham Ashram: Where Seva Becomes Sadhana



In a world driven by speed, success, and self-interest, there exist rare spaces that quietly remind humanity of its higher purpose. Ankitgram Sewadham Ashram, Ujjain is one such sacred space—where compassion is not a concept, but a living practice; where service is not charity, but a form of sadhana

**“No human being should die without dignity.”**

Today, Sewadham is home to over a thousand residents. Many who once arrived broken, abandoned, and helpless now live with dignity, care, education, and purpose. It is not just an ashram, it is a living university of compassion.

### **Guruji Dr. H. R. Nagendra Ji Inspires the Creation of a Compassionate Healthcare Model**

The visit of Padma Shri Dr. H. R. Nagendra Ji (Guruji), President of SVYASA Society, marked a profound spiritual milestone for Sewadham. Guruji perceived Sewadham not merely as a care home, but as a living laboratory of compassion—where yoga, service, healing, and human dignity converge to shape a new paradigm of integrative healthcare. During his visit, Guruji offered a powerful and transformative vision. He emphasized the need to build a healthcare and community model rooted in yoga, enriched by compassion, and sustained through seva. Highlighting that yoga is incomplete without karuna (compassion) and seva (selfless service), he envisioned Sewadham emerging as a national model for Yogic Community Healthcare.

This vision is now being strengthened by the wholehearted support of several distinguished leaders, educators, and committed warriors of service.

Each of them has expressed a deep commitment to supporting healthcare, education, and self-sustainability initiatives at Sewadham. Their collective resolve reflects a timeless truth:



## 5-Day Training Programme on Indian Knowledge System (IKS) for Promotion of Positive Health conducted from 19th to 23rd January 2026 sponsored by DoP



A five-day residential training programme on Indian Knowledge System (IKS) for Promotion of Positive Health was successfully conducted at SVYASA University, Prashanti Kutiram, Bengaluru, from 19 to 23 January 2026 for officers nominated by the Department of Personnel and Training (DoPT), Government of India. Coordinated by Dr. Sridevi K. J., the programme was attended by 14 participants.

The programme aimed to provide an integrated understanding of the Indian concept of health and stress management through a combination of theoretical inputs and experiential practices rooted in Yoga, Naturopathy, Ayurveda, Indian psychology, lifestyle management, meditation, and spiritual well-being. All sessions were conducted strictly as per the approved schedule. Participants actively engaged in lectures, practical sessions, demonstrations, and interactive discussions led by senior faculty and experts of SVYASA, ensuring both conceptual clarity and practical exposure.

Special arrangements were made for participant comfort, including flexible

accommodation based on arrival and departure schedules. A dedicated volunteer supported the visually challenged participant, Mr. Ajay Arora, throughout the programme. The serene campus environment, quality food, accommodation, and support services were highly appreciated.

Feedback collected through a Google form indicated a very high level of satisfaction with the academic content, faculty expertise, organization, and overall conduct of the programme. Participants described the programme as enriching, professionally organized, and exceeding expectations.

The programme concluded with a formal valedictory function, during which all participants were felicitated and certificates were distributed. The participants shared their experiences and expressed their deep appreciation for the course content, delivery, learning environment, and hospitality. Overall, the programme was a grand success both academically and administratively and fulfilled its objectives of promoting an integrated understanding of health and well-being through the Indian Knowledge System.

## M.Sc (Yoga Therapy) Graduates



Aditi Maheshwari



Aman Lakshkar



Arnev Dosi



Ashika Jain



Asmita Kamboj



Avani Prakash  
Vellukkai



Gaurav Singh



Kavya Prakash



Lady Thongam



Lovely Kumari



Manasa B



Meghna Sinha



Mokariya Jinal Ashok



Muppidi Ravali



Raghavendra L



Kachare Rutuja  
Mohan



Sheta Satyesh  
Bharatkumar



Sayak Das



Smita Rani



Sneha Rawat



Takawale Srushti  
Tanaji



Tanvi Makkar



Vanshika  
Ramchandani

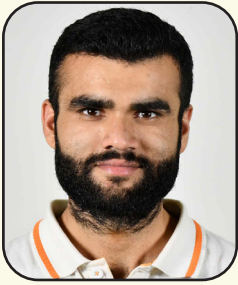


Vignesh M



Tanisha Gupta

## M.Sc (Yoga Therapy) Graduates



Yash Rathi



Ved Prakash Yadav



Christian Mejia



Bidalaxmi Soraisham



Sindhuja Anand



Shende Srushti  
Deepak

---

## M.Sc (Yoga & Vedic Therapy) Graduates



Anamika Singh



Bhumika Singh



Deekshita N  
Khandelwal



Krishna Kanwar



Shivani Hegde



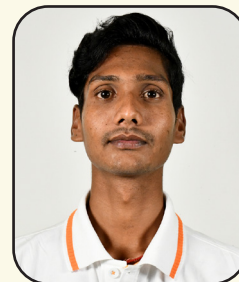
Sonal Devji Patel



Yash Sharma



Priya Singh



Aman Prajapati



Neha Yadav



Shyam Soransingh  
Rohatagi

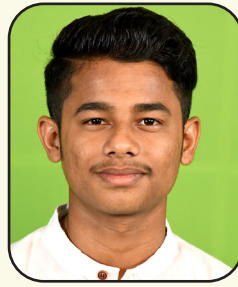
## B.Sc (Yoga Therapy) Graduates



Ankita Sahu



Aishwarya Manjrekar



Dhiraj Rewatkar



Harsh Aggarwal



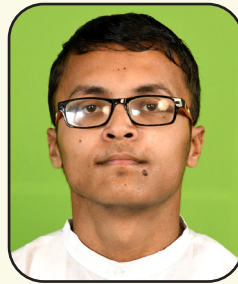
Harsh Raj



Kritika Bhagat



Kasthuri M S



Kaushik Sinha



Rita Hazarika



S Pravishnu



Sai Kumar N



Saumya Goel



Soumya Raitani



Tanishka Taweda



Urvi Fadnavis



Vishav Gaurav



Mushrifa



Eshita Sharma

---

## B.Sc (Yoga & Vedic Therapy) Graduates



Adrita Sarkar



Shankari Kumar

## Bachelor of Naturopathy & Yogic Sciences Graduates



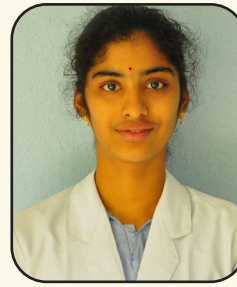
Aalla Renuka Devi



Achala B S



Aishwarya K



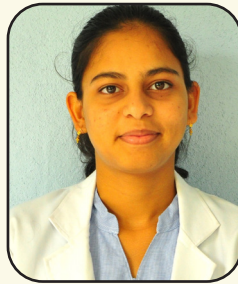
Aishwarya P



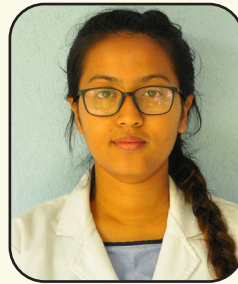
Amith T M



Amrutha R Kampli



Ananya Prasad



ArundhathiKar



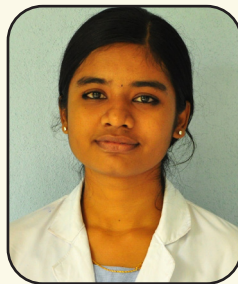
Dhivagar



Hariharamanik andan S



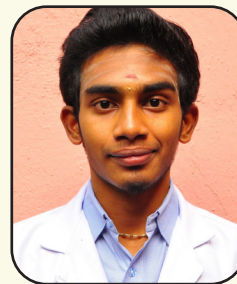
Indushree P G



Inparithika S



Jegath Krishnan



Jeya Balaaiji M



Kavya Jogi



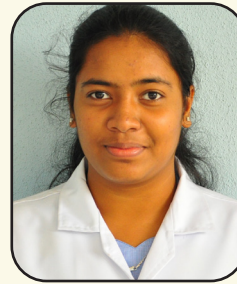
Keerthi G S



Krithik G



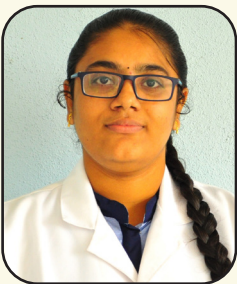
Krupa A



Madhuri S



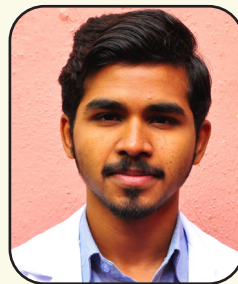
Meghamala Patra



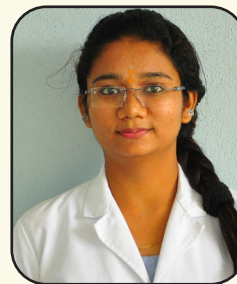
Mishel P M S



Placinta Roberta  
Sinjiana



Nandish Hiremath

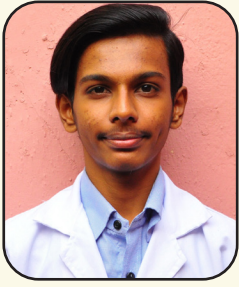


Neha



Nidhi Ajit

## Bachelor of Naturopathy & Yogic Sciences Graduates



Nikhil V



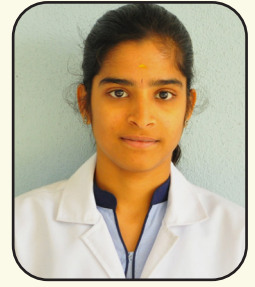
Pei Golom Nyider



Pooja Shree Reddy



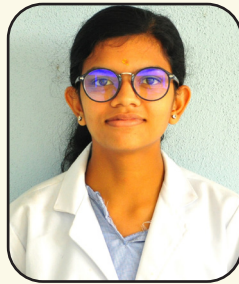
Prateek Soni



Pratiksha D



R Preksha Madival



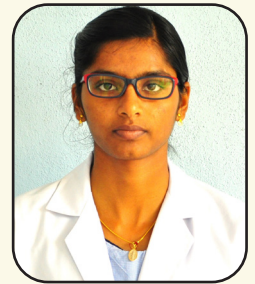
R Vidhya Darshini



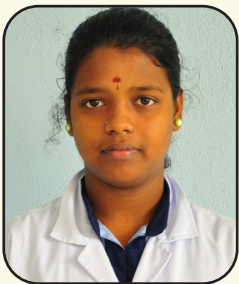
Rakshitha S Naik



Rathi Devanshi Lalit  
Kumar



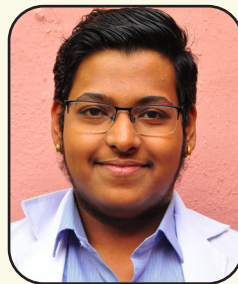
Rose T Joe



Saradeshwari



Shanmugha Bharathi



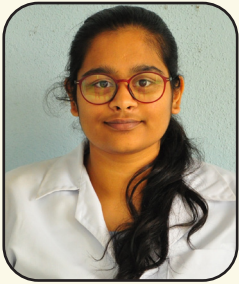
Shashank V Ramesh



Shreyasi Das



Sindhu Muthyala



Sonam Ora



Soniya Gowda B R



Srinivasan U P



Suraj Gade



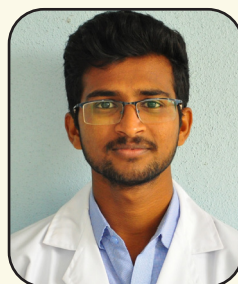
Suraksha G



Swathi Rao Baikady G



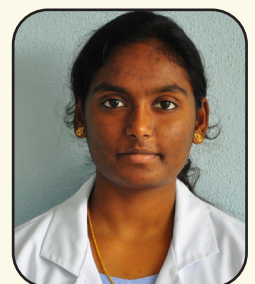
Swethini M



T Hitesh Sai Raghav



Tejal V Laxmeshwar

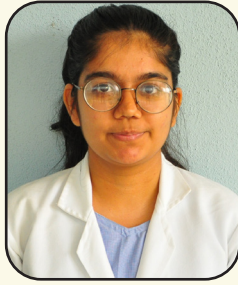


V Sowbarnica

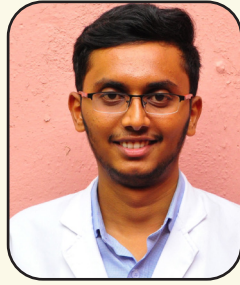
## Bachelor of Naturopathy & Yogic Sciences Graduates



Vasummati



Vishakha Mukhija



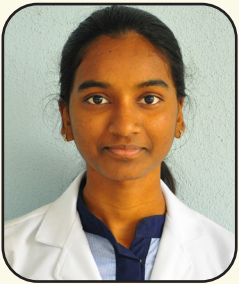
Vishwas Papanna



Anuchi Jain



Sanchitha Sajith



Polisetty Lakshmi  
Priyanka



Sanju Khajju



Satyam Kiyam



Tonny Sharma  
Hidangmayum

---

## M.Sc (Yoga Therapy - NR)



Namitha N Chowhan



Ramya YN



Suman Velagapudi



Sanjana N Begur



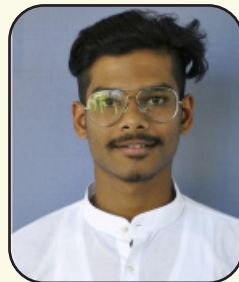
Niranjana Vinlees



Suman Thakur  
Pathania



Vaishnavi A



Gurugovind G Pillai



Shivani Sawanth

## CODE M.Sc (Yoga)



Siddharth Rai



Dr. Swati Sanjay Patil



Shambhu  
Chakraborty



Anitha Dias



Khushpinder Kaur



Mansi Arora



Budhbaware Smruti  
Suresh



Devander Bhatia



KM Shiya Shahi



Krishna Manasa  
Burugupalli



Meghaashree M S



Bhume Rajashree  
Janardan



Kotapalli Srabani



Mansi Paithankar  
Udas



Prabhu Jilla



Ankita Pandit



Boda Ajay Vishnu  
Vardhan



Kavita Priya CR



Nidhi Mishra



Shikha Gupta



Amarjeet



Dr Amreen



K Abhijeeth  
Suryavamsh



Kirti Sharma



Mary Filia Dennis

## CODE M.Sc (Yoga)



Nipurna Mahesh



Seshadri Shankaran



Shruti Patel



Shweta Bhargava



Sukrutha A K



Taranpreet Kaur



Vidhya S Vijayan



Anshu Priya Verma



Anusha Karmakar



Bharti Jat



Darshana Khichi



Indu M B



Kavita Kanwar



Manthan Singh



Ouvani Ramkhelawon



Ranjitha H M



Shah Jheel Paresh



Shivani



Shuchi Patel



Akshata DC



Amit Kumar Gupta



Geeta Gokhale



S Lakshmi



Sudhi Verma



Adithya Chhetri

## CODE M.Sc (Yoga)



Anshu Raj



Barot Nidhi Manubhai



Deepak Dhawariya



Pandey Satyaprakash  
Pandey



Partabgarhwala  
Hussain Saifuddin



Pratheeksha George



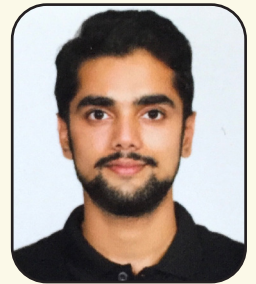
Akshay N Mohan



Anuradha Singh



Aseem Arora



Ashutosh Kapoor



Bhagyashri  
Dharmadhikari



Borude Vaishnavi  
Dnyandeo



Deepal Jayen Modi



Inchekar Dhananjay  
Sureshraj



Fiona Costa



Geetha Arvind



Ishan Anand



Koshti Mehulkumar  
Shaileshbhai



Lalit Ghanshyal



Lalita K R



Laxmi Devi Aere



Mahak Patidar



Bhagwat Mrinmayee  
Parag



Narendra Hegde



Kotkar Pradipti  
Pradip

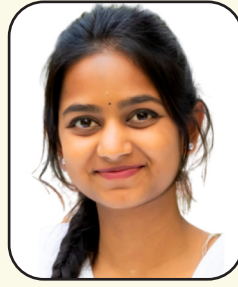
## CODE M.Sc (Yoga)



Praveen M Sajjan



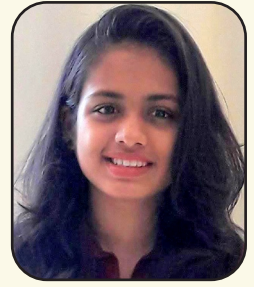
Rupera Aarati  
Niranjambhai



Sakshi Agarwal



Salana Tejeswara Rao



Shruti Siddharth  
Chandanshive



Smita Mahesh Hegde



Vankeswaram Sravan  
Kumar



Vijaya Lakshmi  
Varada



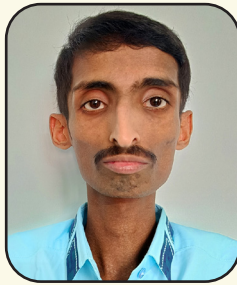
Vikash Kumar



Smruthi B S



Saloni Madhwani



Harsha V



Aiswarya Sudharsan



Anjana Suresh



Apurva Nitin Baxi



Arunya C



Bhagyalekshmi R T



Dabholkar Shraddha  
Krishnaji



Darsana Bhuyan



Divya Chandran



Divya Srambical



Janish Mascarenhas



Anupama Shankar



Kavitha K



Suresh KP

## CODE M.Sc (Yoga)



Muthu Alamelu L



Leenu Kapoor



Nandini Pandey



Pallavi Jha



Trupti Dipak Patil



Poonam Mahendra  
Tiwari



Praveena Pathak



Priya Balse



Puneeth K



Jeyanthi Adhishesh



R Ramya



Radhika Khemka



Rakhi S



Ramya N C



Ravi Srinivas J



Reena M



Seeba KB



Shalini Chandra



Sharma Kruti  
Tejkumar



Sonia Khera



Sridevi Desaraju



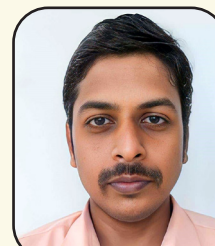
Srinivas Thakur



Suvaditya Gupta



Vadeghar Ruchitha



Vijaya Kumar  
Karpuram



Sudhir Chauhan

### CODE B.Sc (Yoga) Graduates



Shyam



Sivasakthi



Perrine Grando



Reena Singh



Gururaj K G



Amol D Kesarka



Harshitha K



Ajay H Kanojia



Sarthak Chauhan



Utsab Mohanta



Rashmi Gopal Patil



Prajeela A P



Veena S



Swami  
Yadavatmananda



Devendra Gaonkar



Karan Singh Yadav



Pradeep Kumar  
Agrawal



Sangeeth P M



Subham Kumar  
Burnwal



Anand Gurubasappa  
Take



**B.sc (Yoga Therapy) Scholars with Dignitaries**

### CODE B.Sc (Yoga) Graduates



Vedansh Bahadure



Vishwadeep Anand Naik



Etsuko Hayashi



Yuriko Ito



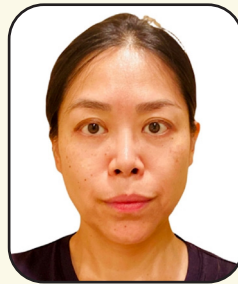
Mayumi Koiso



Masae Kobayashi



Akiko Satou



Wakako Tomita



Minami Hirata



Yasuharu Yamamoto



Eri Yamamoto



Atsuko Nakashima



Mihoko Hishida



**BNYS (Bachelor of Naturopathy & Yogic Sciences) Scholars with Dignitaries**



**M.sc (Yoga & Vedic Therapy) Scholars with Dignitaries**

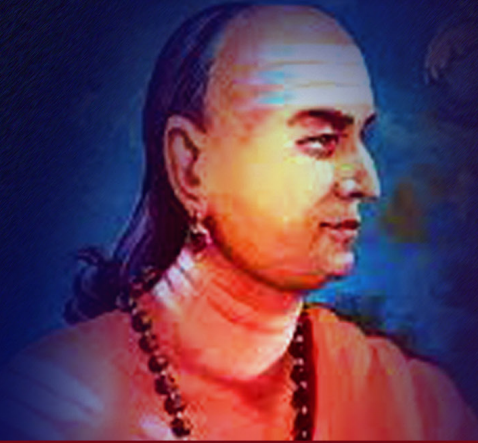


# S-VYASA

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



Division of Yoga-Spirituality



## VMAC-VTR

### Varahamihira Advanced Centre of Vedic Technology Research

**Launching soon  
in S-VYASA Headquarters, 'Prashanti Kutiram'**

While we have done our contributions for Yoga Therapy for over 30 years in the form of nearly a thousand Research Papers published in the Peer Reviewed Journals, we now are venturing into a new Project related to the Purva Mimamsa Shastra.

We are all aware of the three major contributions of Patanjali Maharshi known for Yoga, Grammar and Ayurveda.

Similarly, Varaha Mihira made three great contributions in Jyotisha: Phala Jyotisha, Ganita (Maths) and Khagola (Astronomy) Jyotisha.

Hence in his name we have now planned to open a new venture, 'Varaha Mihira Advanced Centre of Vedic Technology Research' (VMAC-VTR).

We seek your association and support for this New Research Dimension we have taken up in S-VYASA.

#### Courses offered:

**Certificate Program  
in Medical Astrology  
(CPMA) 1 month/ 6 months**

**Diploma Program  
in Medical Astrology  
(DPMA) 6 months**

**MSc-YVT  
(Yoga & Vedic Therapy) 2 yrs**

**BSc-YVT (as per NEP)  
(Yoga & Vedic Therapy) 4 yrs**

for more details, write to us: [spirituality@svyasa.edu.in](mailto:spirituality@svyasa.edu.in)  
apply online & visit: [www.svyasa.edu.in](http://www.svyasa.edu.in)



Swami  
Prajnaranya Ji



Sadguru  
Sri Subramanyam



# S-VYASA

(Deemed to be University)  
Prashanti Kutiram, Jigani,  
Bengaluru – 560105



## ECHOES OF OM ADVANCED SADHANA COURSE

*"A 7-day inner pilgrimage guided by  
tradition and research."*

**(23rd to 29th of Every Month)**



Dear Seeker,

You are warmly invited to Echoes of Om, an advanced sādhanā course for sincere practitioners who have touched the stillness of meditation and wish to go deeper. Held at S-VYASA, a leading yoga research university, this course offers focused exploration into samādhi, the highest state of meditative absorption in yogic tradition. A rare chance to deepen your inner journey in a space where tradition meets scientific insight.

Echoes of Om is a sacred continuation of the **Ātma Pariśodhana Yoga Sādhanā Saptaha**, the deep self-enquiry retreats envisioned by Swami Prajnaranya. Inspired by **Guruji Dr. H. R. Nagendra**, the tradition is now carried forward by his close disciple, **Mataji Annapurna**. While preserving the original spiritual essence, Guruji's guidance ensures these practices are responsibly integrated - with both depth and scientific understanding - for the benefit of sincere seekers. In line with S-VYASA's integrative approach to wellness, this course includes pre- and post-assessments across four domains: • **Physical vitality**, • **Mental and emotional clarity** • **Social harmony** • **Spiritual awareness**

**Payment Details:** *The course is Free.* Food & Accommodation Charges: All tariffs include the food with our regular menu for 7 days. **Dormitory: Rs.4,500/-** Call to enquire for booking Special (Single/Double/ Deluxe) rooms.



**Interested participants can contact : +91 9035994226.**

Scan the QR code to register.

**Last date for registration: 20th of every month**

**Reporting at campus: 22nd by 3:00 PM**

**Introductory session: 22nd at 6:00 PM**

**Only selected candidates will be invited to attend.**



**S-VYASA**  
Deemed to be University  
Bengaluru



# SPIRITUAL RETREAT

*A 7-Day Residential Immersion in Self-Discovery*

Held Every Month from 2ND TO 9TH  
Prashanti Kutiram, Bengaluru

✳ Awaken to the Truth Within ✳

Step away from the noise of daily life and immerse yourself in stillness of Prashanti Kutiram, a heaven of serenity and Yogic living. This residential retreat offers a powerful introduction to India's timeless spiritual wisdom and inner practices.

## Program Highlights

**Message of the Upanishads**  
Discover the core teachings of non-duality (Advaita) and the path to Self-realization.

## Concept of Dharma

Understanding how to live in alignment with cosmic principles and inner harmony.

## OM Meditation

Experience the foundational vibration of the universe—Nada Brahma—through guided chanting and meditative absorption.

## Cyclic Meditation

A unique guided technique developed at S-VYASA to balance energy, reduce stress, and deepen inner awareness.

## Guided by Esteemed Teachers

**Dr. H. R. Nagendra – Yoga Scientist:**  
Chancellor of S-VYASA deemed to be University, and globally respected Yoga Master

**Sri Raghuram – International Lecturer,**  
Yoga Philosopher, and Spiritual Mentor

## Venue

Prashanti Kutiram Campus –  
Bengaluru – A Global Hub of Yoga  
Research & Inner Transformation

## Retreat Dates

Every month from 2nd to 9th

## Registration & Enquiries:

Email: [retreats@svyasa.edu.in](mailto:retreats@svyasa.edu.in)

Whatsapp 9591643807

[www.svyasa.edu.in](http://www.svyasa.edu.in)

# CODE

One-stop destination to become

Yoga Instructor | Yoga Trainer | Yoga Teacher | Yoga Therapist | Yoga Researcher | Yoga Sadhaka

World class Yoga University  
offers Yoga Programmes through  
Distance mode



Apply on or before 16 Feb  
2026

APPLY  
NOW

Admission Open for  
Jan 2026 batch



**YIC**

**Yoga Instructor's Course**

eligibility: 12 yrs of education; duration: 3months

**DYT**

**Diploma in Yoga Therapy**

eligibility: 12 yrs of education + YIC; duration: 1year

**BSc(Yoga)**

**Bachelor of Science in Yoga**

eligibility: 12 yrs of education + YIC; duration: 3years

**MSc(Yoga)**

**Master of Science in Yoga**

eligibility: any Graduation + YIC; duration: 2years

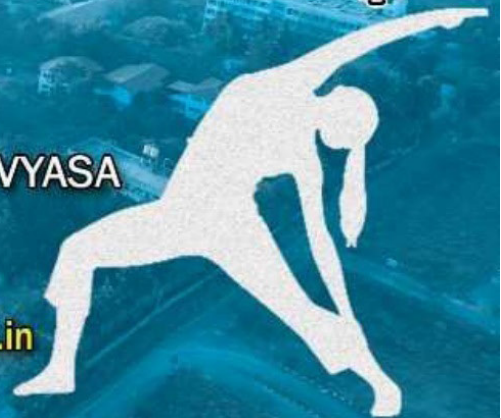
Note:

double the minimum duration is the maximum  
duration to complete the programme.

**Center for Open and  
Distance Education (CODE)**

Swami Vivekananda Yoga  
Anusandhana Samsthana S-VYASA  
(Deemed-to-be University)

ph: +91 80 2263 9901/ 02/ 20/ 26/ 21  
e-mail: admissions-odl@svyasa.edu.in  
www.svyasadde.com





## ISSE BETTER INVESTMENT HAI TOH BATAO!



### E0 EMISSION COMPLIANT

It is a Zero Emission ply, causing the least emission of formaldehyde, making it a ply for the planet.



### CALIBRATED

It is uniformly thick with a super smooth surface, thanks to cutting-edge technology. It is ideal for lamination and creation of modular furniture.



### DUPLICATE PROOF

It comes with a unique QR code. When scanned with the CenturyPromise app, it authenticates that the ply is genuine and also generates e-warranty.



### FIRE RETARDANT

It comes with Firewall Technology that delays spread of fire. It emits very little smoke and self-extinguishes when source of fire is removed.



### CUSTOMER SERVICE IN 48 HRS

In the highly unlikely event of a complaint, the product team at CenturyPly will contact the customer within 48 hrs and resolve the issue.



### 30-YEAR WARRANTY

It is the only ply from CenturyPly that passes 25 stringent tests as per Bureau of Indian Standards. No wonder it comes with a 30-year warranty.

**BORER & TERMITE PROOF, BOILING WATERPROOF**



**EVERYTHING A PREMIUM PLYWOOD CAN OFFER**

**QUALITY GUARANTEED**

by **CENTURYPLY**

+91 33 39403950

1800-5722-122

To know more, SCAN



Visit website for more details