

YOGA SUDHA

A Monthly Journal of SVYASA (Deemed to be University)



views of

**79th Independence Day
celebrations in Prashanti**

**National Symposium on Yoga
for 'One Earth, One Health'**



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योगसुधा

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My dear Brothers and Sisters,

The vision of a **Nasha Mukta Bharat (Drug-Free India)** is moving steadily from aspiration to action. What began as a flagship initiative of the **Ministry of Social Justice and Empowerment** five years ago has now matured into a nationwide movement, mobilizing millions of youths, educational institutions, and civil society partners. The Ministry had called upon institutions to **organize awareness campaigns, human chains, seminars, and mass pledges** in August 2025, with the ambitious target of reaching **three crore individuals** through physical and online engagement.

This call to action is now being answered with unprecedented collaboration. On **8th Aug 2025**, two landmark events unfolded in parallel:

- A **National Webinar on NMBA**, jointly organized by **AICTE, UGC, and NCTE**, was addressed by **Dr. H. R. Nagendra, Chancellor of S-VYASA**, along with Prof. T. G. Sitharam (Chairman, AICTE), Prof. Manish R. Joshi (Secretary, UGC), and Prof. Pankaj Arora (Chairperson, NCTE). Nearly **400 Vice-Chancellors from across the country participated**, underscoring the seriousness with which higher education is embracing this mission. AICTE has even set up a **dedicated NMBA Cell with a full-time coordinator**, reflecting the dynamic leadership of its Chairman, Dr. Sitharam, who is determined to ensure that every university actively contributes to the movement.
- At the same time, **Sharda University's School of Nursing Science and Research**, in collaboration with **S-VYASA University, Dishabodh Foundation, and the Bharatheeya Nurses and Allied Sangh (BNAS)**, hosted an awareness program with Dr. H. R. Nagendra as **Chief Guest**. With students, faculty, and nursing professionals taking the lead, the program reinforced the fact that the fight against addiction is not only about prohibition, but also about health promotion, empowerment, and character building.

Momentum is already building. The **Vice-Chancellor of RGUHS Bengaluru** has pledged to be the first University to implement NMBA initiatives. **S-VYASA** is leading the **academic and training dimension** by preparing a powerful **two-week Yoga-based syllabus** for prevention of substance abuse. This program is being rolled out to **NSS volunteers, Physical Education teachers, and interested faculty** to empower them as frontline ambassadors in schools and colleges. The syllabus is designed not only to cultivate awareness, but also to instil the **inner strength and willpower needed for children and teenagers to say "No"** to the enticing strategies of drug peddlers.

The symbolism of these efforts is powerful. By joining forces - Government Ministries, National Education Councils, Universities, Foundations, and Student Groups – the campaign is no longer a siloed policy directive. It is becoming a **living, breathing movement** that connects policy with people, regulation with community action, and awareness with personal transformation.

The **Ministry of Social Justice** deserves recognition for planting the seeds of NMBA, and India's educational leadership deserves appreciation for nurturing them into a movement that directly addresses youth, the demographic backbone of our nation. Through **pledges, seminars, storytelling, social media campaigns, Yoga-based training, and community outreach**, NMBA is shaping an India where campuses are not breeding grounds for addiction, but sanctuaries for learning, wellness, and creativity.

As the Abhiyan enters this new phase, let us remember: a drug-free India is not merely about abstinence. It is about creating an environment where young people can thrive in strength, clarity, and purpose. The growing momentum across campuses signals that the dream of a **Nasha Mukta Bharat** is both achievable and within sight.

■ *Dr H R Nagendra*



Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

Namaste,

The month of August is filled with deep cultural, spiritual, and national significance, bringing us sacred festivals and historic remembrances that inspire us to look within, connect with our roots, and celebrate the eternal values of life. **Raksha Bandhan**, celebrated at the beginning of this month, is not just a ritual of tying a thread but a reminder of love, protection, and responsibility. It reflects the yogic principles of *Seva* (selfless service) and *Ahimsa* (non-harming), teaching us that every relationship must be nurtured with compassion and trust. Closely following this is our **79th Independence Day**, which inspires us to remember the countless sacrifices made for the freedom of our nation. In yoga, true freedom (*Moksha*) is liberation from bondage, desires, and ignorance, and just as national independence allows a country to flourish, inner independence allows the spirit to shine.

This month also brings the divine celebration of **Shri Krishna**

Janmashtami. Shri Krishna, the embodiment of *Yoga* and *Bhakti*, revealed in the *Bhagavad Gita* the essence of Karma Yoga - to act without attachment, dedicating all actions to the Supreme. His life teaches us that spirituality is not separate from daily living but can be integrated into every action when performed with devotion. Soon after, we celebrate the **Gowri Festival**, honoring the divine feminine as a symbol of purity, strength, and auspiciousness, followed by **Ganesh Chaturthi**, welcoming Lord Ganesha, the remover of obstacles and the embodiment of wisdom and auspicious beginnings. In the yogic path, Ganesha represents higher intelligence (*Buddhi*) and the inner strength to overcome the obstacles of the mind through discipline and devotion.

May these sacred occasions inspire us to celebrate with devotion, harmony, and gratitude, seeing them not merely as rituals but as opportunities to awaken our inner divinity, expand our consciousness, and live with wisdom, unity, and the spirit of selfless service

With Pranams
Dr. Manjunath N K
Vice Chancellor



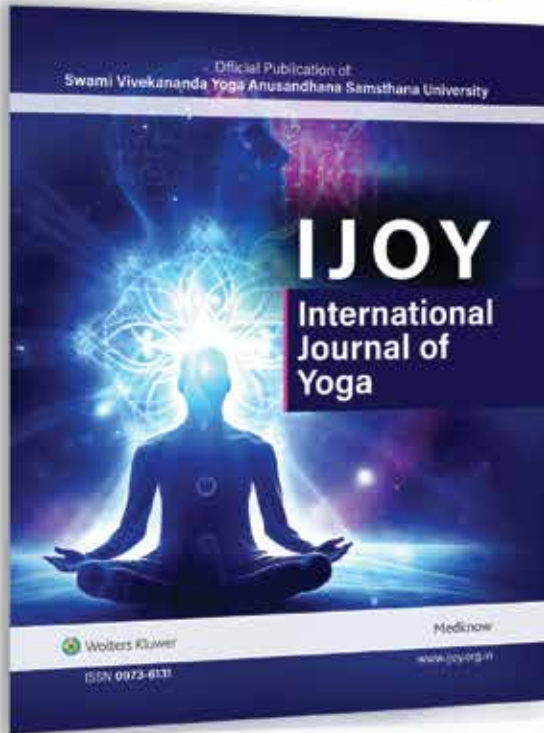
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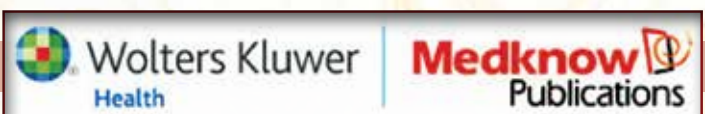
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ब्रह्मसूत्रम् (Brahmasūtram)

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सम्पद्याविर्भावः स्वेन शब्दात् (ब्रह्मसूत्रम्-४-४-१)

Sampadyāvīrbhāvaḥ svena śabdāt (Brahmasūtram-4-4-1)

Meaning: (When the Jiva or the individual soul) has attained (the highest light) there is manifestation (of its own real nature) as we infer from the word 'own'.

(When the Jiva or the individual soul) has attained (the highest light) there is manifestation (of its own real nature) as we infer from the word 'own'.

In this fourth chapter, we have already covered many profound subjects related to human excellence - ascending towards the highest peak, *Satyaloka*. This state is referred to as *krama-mukti*, or gradual liberation, wherein man is freed from the shackles of *saṃsāra*. The first *pāda* of this *caturtha adhyāya* (fourth chapter) deals with this theme. We also discussed *saguṇa* and *nirguṇa brahma-upāsanā*, and *utkrānti* - the soul's ascendance beginning from the elemental stage (*bhūta*) to *Satyaloka*, along with the pathway that leads to ultimate realization. In this final *pāda* of the final chapter, the focus shifts to *brahma-bhāva* - the unfoldment of the individual soul into its highest essence. This state, known as *siddha-mukti*, represents the most auspicious culmination of human potential.

The first *adhikaraṇa* here is *sampatti āvirbhāvaḥ svena śabdāt*. The central question it raises is profound: how does this unfoldment occur? If it were simply the acquisition of something new, it would be comparable to heavenly happiness - pleasurable, yet fleeting and ephemeral. Jaimini considers *saguṇa* as the highest attainment of human excellence. However, in *uttara-nūmāṃsā*, Vyāsa emphasizes *āvirbhāva* - the unfoldment of what already exists within. Just as one who

recovers from illness regains original health (*roga-nivṛtau arogaḥ*), liberation is not about acquiring something new, but about reclaiming one's true nature that was obscured and hidden. This realization leads to *sadyomukti*, or immediate liberation.

The root problem lies in bondage. *Svena rūpeṇa nāsti* - man forgets his own original form. Though essentially divine, this divinity is veiled by illusion, binding him in artificial identities. Like a prisoner shackled by his own psychological knots, he mistakes his distorted state for his real self. From birth to birth, he carries these heavy illusions, taking falsehood as truth and dismissing truth as false. This confusion deepens his bondage, and he embraces the very chains that limit him, believing himself to be free. It is only when he returns to his original nature - *svena rūpeṇa āvirbhāvaḥ* - that true liberation unfolds, a truth beautifully expressed by Vyāsa Maharṣi.

This unfoldment is described in the Vedas: *aśarīraṃ vāvasaṃtaṃ na priyā apriye spr̥ṣataḥ, svena rūpeṇa viniśpadyate eṣa uttamaḥ puruṣaḥ*. One who realizes his original divine form becomes an *uttama-puruṣa* - a noble being even in worldly life. Freed from the tight bonds of *puṇya* and *pāpa*, he shines in his true essence. Another *sūtra*, *ātma-prakaraṇa*, explains this through *paraṃ jyotiḥ upasaṃpadya* - the soul's merger with the supreme light. At this point, the p9 ►►



Yogopanishad-sara – 12

Mandala Brahmana Upanishad

A Meditative Journey Unveiling Yogic Wisdom from the Upanishadic Heartwellbeing

Introduction

The Mandalabrahmanopanishad, belonging to the Shukla Yajurveda, is one of the 108 principal Upanishads and one among the Yoga Upanishads. Divided into five brahmanas (divisions), this Upanishad unfolds as a profound dialogue between Sage Yajnavalkya and Aditya, the Sun God. After first outlining the subtle disciplines of Ashtanga Yoga, it goes on to present the essentials of Raja Yoga by explaining its core constituents—such as the three kinds of introspection (antar-drishti), the fivefold ether

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



(panchakasha), and the twofold taraka. Thus, the text provides a systematic integration of yogic philosophy and practice, bridging metaphysical insights with the path of inner realization.

The First Brahmana

The first Brahmana outlines a path to liberation through yogic discipline and introspection, structured in all its four sections.

Section 1 begins with the great sage Yajnavalkya seeking knowledge from the Sun God. The Lord reveals that the realization of the Atman is achieved through the Eightfold Yoga





(Astanga Yoga), with the central tenet that "All is Brahman, and apart from Brahman, nothing exists." The eight limbs are detailed: Yama (ethical restraints) and Niyama (observances), Asana (posture), Pranayama (breath control), Pratyahara (sense withdrawal), Dharana (concentration), Dhyana (meditation), and Samadhi (absorption in the Self). The Lord concludes that mastery of these eight limbs leads to ultimate liberation.

Section 2 describes the purification of the body and mind by removing five defects: lust, anger, restlessness, fear, and sleep. These are overcome through renunciation, forbearance, moderation, and unwavering pursuit of truth. Once purified, the yogi embarks on the subtle path for liberation, symbolized by the Taraka boat, a vision of radiant existence, consciousness, and bliss. This vision is attained through a threefold introspection: internal, external, and intermediate. Internal introspection involves the Sushumna nadi and the Kundalini's light. External introspection is the vision of subtle radiances in the ethereal space. Intermediate introspection is the perception of cosmic phenomena in their transcendent forms, culminating in the realization of the fivefold Ether. Constant practice of this path leads to transcendence and liberation.

Section 3 explains that the yoga stemming from the realization of the fivefold Ether is divided into Taraka and A-manaska (mindless) yoga. Taraka yoga has two forms: Murti-Taraka, which is a sensory vision of inner light, and Amurti-Taraka, a transcendent radiant effulgence. The culmination of Amurti-Taraka is the Sambhavi Mudra, where the yogi maintains inward focus with open eyes, leading to mystic powers and liberation. The section defines Internal Introspection as an experience of "liquid radiance" beyond the senses, representing the highest inner vision.

Section 4 addresses the diversity of ultimate objects in different faiths. It reveals that while various traditions, such as Yogins, Vaisnavas,

and Saivas, describe the ultimate goal symbolically, all these forms are expressions of the one true Self, the Atman. The text emphasizes that recognizing the Atman as the ultimate object leads to being firmly established in Brahman. It concludes by stating that by transcending the twenty-four evolutes of creation, the Jiva (individual soul) realizes itself as the transcendent Atman, thus becoming a Jivan-mukta, or one liberated while living.

The Second Brahmana

This Brahmana describes a progressive path to spiritual liberation, starting with the nature of the ultimate reality and culminating in the highest state of consciousness.

Section I identifies the **Jyotir-Atman**, or radiant soul, as the foundational support of existence and the object of introspection. It is structured in four layers, from the Gunas to the transcendent **Turya-turya**, representing a reality that is luminous yet ungraspable.

Section II focuses on practical methods, explaining that concentrating on the **Pranava (Om)** and using practices like **Shan-mukhi-mudra** can lead the mind to repose in the Brahman. It introduces the **Un-mani** or "non-mindedness" state, a pure, care-free existence where a yogi transcends external rituals and finds true worship in the complete absence of desire.

Section III details the attainment of **Kaivalya** (aloneness) by transcending the triad of knower, known, and knowledge. It distinguishes a meditator's conscious dissolution of the mind in **Samadhi** from the unconscious dissolution in deep sleep, emphasizing that a liberated being (**Jivan-mukta**) remains a witness to consciousness.

Section IV presents the five states of existence - waking, dreaming, sleeping, **Turiya**, and **Turyatita** - as means of liberation. It explains that by transcending the cycle of desire and realizing "I am one only," the individual soul attains a state of pure consciousness beyond all mental impressions.



Finally, Section V describes the ultimate state of a yogi who becomes one with the Brahman through **Nir-vikalpa-samadhi**. This state of "indivisible Bliss" or **Yoga-nidra** elevates the yogi to a higher order of **Jivan-mukta**, characterized by limitless bliss, unlike any other being.

Brahmana Three

This section of the text, Brahmana Three, describes the profound state of "non-mindedness" achieved through the Sambhavi Mudra. The text presents this state as a "profound secret" that enables a yogi to fulfill all duties.

The attainment of non-mindedness is intricately linked to the experience of the Paramatman, which allows the yogi to transcend the intellect and move beyond all conventional dualities of existence and non-existence. This is referred to as the Un-mani state, a condition of no volition, where the senses are obliterated and the yogi merges with the transcendent Brahman. This union is metaphorically described as the river of the mind merging into the ocean of the Bliss of the Brahman, resulting in a state of tranquil happiness.

The text also uses the powerful metaphor of a "dried up tree" to illustrate a yogi's complete detachment from all relative knowledge. In this state, they achieve an "ever-motionless frame" and complete tranquility, remaining absorbed in a prolonged state of Nir-vikalpa-samadhi, with their mind finally resting in the Paramatman.

The conclusion of the section discusses the "destruction of the mind" through the Tarkapath. This state of non-mindedness is likened to milk flowing out of a cow's udder, signifying the mind's departure from the body. By adopting this path and realizing "I am the Brahman" in accordance with the Mahavakyas, the yogi is filled with indivisible Bliss and attains the Un-mani state, thereby becoming the Brahman and reaping the fruit of Kaivalya through introspection.

Brahmana Four

Brahmana four details a dialogue where the sage Yajnavalkya learns about the five kinds of Ether, or Akasa. The Mandala-purusa explains each of these Ethers and their effect on consciousness, presenting them as a progression from ignorance to ultimate bliss.

The first, Akasa, is associated with darkness and "stupor." Parakasa is likened to a "Fire of the Deluge," productive of "delusion." Mahakasa resembles "Radiance beyond measure" and brings "pleasure," while Suryakasa is like the Sun, productive of "perpetual happiness." The final and highest stage is Paramakasa, described as a state of "Bliss par excellence" that transcends all description and eclipses every other experience. The text asserts that through internal introspection, a yogi can become one with this supreme Ether and, as a result, becomes whatever he sees.

The Brahmana concludes with a summary of the "Requisite Equipments for Raja-yoga." It outlines the essential knowledge a true yogi must possess, including the nine Chakras, the six Adharas (regions of support), and the three types of introspection (External, Internal, and Intermediate). The text delivers a crucial warning that mere book knowledge is insufficient; a genuine yogi must have a thorough and experiential understanding of these concepts to progress on the path to liberation.

Brahmana Five

This final Brahmana discusses the dual nature of the mind as a source of both bondage and liberation. When the mind is active, it creates attachments, but when it is inactive or dissolved, it leads to freedom. The text explains that through spiritual practice, the Citta (thinking mind) becomes pure and ready for dissolution in the **Un-mani** state and **Nir-vikalpa-samadhi**, which is a return to the Paramatman.

The Brahmana describes this process through the experience of a "sound produced in the An-ahata Ether" in the heart, a reverberation



of radiance that, when penetrated, causes the mind to cease its role in creating and destroying worlds, merging instead with the supreme state of Brahman.

The text emphasizes that "being reduced to the Brahman" is achieved by the practice of **A-manaska** (mindless) yoga, where all differences are extinguished, leading to pure, non-dual knowledge. The accomplished yogi, or "knower of that truth," is said to behave like a child or a madman, signifying complete detachment from worldly expectations.

The "Greatness of the Accomplished Yogin" in the **A-manaska** state is further highlighted. Such a yogi, known as an **Avadhuta** or **Paramahansa**, who has attained the knowledge of Bliss, possesses an immense influence. It is said that even serving this yogi can lead to liberation, and the yogi's mere existence can liberate one hundred and one generations of their family from the cycle of worldly existence.

Utility in Yoga Therapy

- The text serves as a guide for advanced, contemplative yoga, providing a philosophical framework beyond physical exercise.
- It offers a theoretical basis for modern mindfulness and mental health, highlighting that transcending the "thinking mind" and achieving "non-mindedness" can reduce

anxiety and stress by detaching from compulsive thought processes.

- The descriptions of an "ever-motionless frame" and "tranquility" provide a therapeutic model for stress and trauma reduction by promoting deep nervous system regulation and inner peace.
- The text enriches a practitioner's journey by explaining the ultimate purpose behind practices, fostering a deeper commitment to their spiritual path.
- It validates internal introspection (**Antar-mukha**) as a fundamental therapeutic principle for finding healing and peace from within, independent of external factors.

Conclusion

Thus, this ancient yogic text serves as a profound guide to the highest states of consciousness, revealing a path to liberation through the transcendence of the mind and senses. Ultimately, it provides a timeless model for achieving deep mental tranquility and spiritual freedom, offering a powerful framework for both yogic practitioners and those seeking therapeutic release from the mind's incessant turmoil.

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«p5 ब्रह्मसूत्रम् (Brahmasūtram)

external frames of existence - the gross, subtle, and causal bodies (*trivīdhā-śarīra*) - are discarded. The *Chāndogya Upaniṣad* describes this state as merging with the *jyotiṣām jyotiḥ*, the Light of all lights. This is not ordinary illumination but the supreme radiance described in the *Bṛhadāraṇyaka Upaniṣad* and reaffirmed by Vyāsa in the *Brahma-sūtra: jyotir darśanāt*.

Thus, the real form of the self, once hidden by

saṃsāra, shines forth as the supreme light. This state is called *apavarga*, *kaivalya*, *mukti*, or *mokṣa*. All these words point to the same ultimate reality - the climax of the human journey. In this final *phala* (fruit), we arrive at the most exalted vision of human excellence: the complete liberation of the soul into its true, eternal, and radiant form. *Om tat sat*.

to be continued...



Vedic Wellness Series – 3

(Vidhāna Texts: Jyeṣṭha Ṛgvidhānam)

Introduction

As a continuation of the Vedic Wellness series, this article presents curated references from the Jyeṣṭha Ṛgvidhānam, illustrating mantra-based therapeutic interventions

■ *Dr. N. Sridhar*

*Associate Professor
& Vice Principal, School of
Yogic Sciences, S-VYASA*



for a range of somatic ailments. The ailments addressed include fever (jvara), poisoning (viṣa), abdominal pain (kāyaśūla), ocular disorders, fistula (bhagandara), and diarrhoea (atisāra).

These practices, anchored in the recitation of specific sūktas from the Ṛgveda, highlight the integrative approach of Vedic healing - where linguistic resonance, environmental consciousness, and devotional context converge. Through precise textual citation and ritual detail, the article seeks to reaffirm the efficacy of sound-based healing modalities

within traditional Indic thought, while providing an academically rigorous template for interdisciplinary exploration.

Vedic Wellness for Fever

वरुणं वो जपेत्सूक्तमयुतं धात्रीमूलके ।

तापादिव्याधिनाशस्तु सुखी पश्चात्स्थितो भुवि ॥¹

varuṇaṃ vo japetsūktamayutaṃ dhātrīmūlake.

tāpādivyādhināśastu sukhī paścātsthito bhuvi..

According to the Jyeṣṭha Ṛgvidhānam, specific sūktas are prescribed for the therapeutic alleviation of fever and related ailments. One such recommendation advocates the recitation of a sūktam beginning with the phrase “Varuṇam Vo”— chanted ten thousand times beneath the Indian gooseberry tree (Āmalakī or Dhātrī).

This sūktam is identified as the 64th sūktam of the 5th Maṇḍala of the Ṛgveda, consisting of seven

¹ Ṛgvidhānam, 125



mantras. The mantradrāṣṭā ṛṣi is Arcanānā Ātreya, and the presiding devatās are Mitra and Varuṇa. The sūktam is set in the Jagatī chandas.

कद्रुद्रायजपेत्सक्तं शीतज्वरविनाशनम् ॥²

kadrudrāyajapetsaktaṃ śītajvaravināśanam..

In the Jyeṣṭha Ṛgvidhānam, another sūktam is prescribed for the alleviation of fever. The sūktam commencing with the phrase “Kadrudraya” is recommended for this therapeutic purpose. This sūktam is identified as the 43rd sūktam of the 1st Maṇḍala of the Ṛgveda.

The mantradrāṣṭā ṛṣi is Kāṇva Ghoura, and the presiding devatā is Rudra. The sūktam is set in the Gāyatṛī chandas.

इमारुद्राय तवसे सूक्तं जपेच्छिवालाये ।

उष्णज्वरविनाशाय चायुतं नात्र संशयः ॥³

imā rudrāya tavase sūktaṃ japecchivālaye.

uṣṇajvaravināśāya cāyutaṃ nātra saṃśayaḥ..

Another reference within the Jyeṣṭha Ṛgvidhānam prescribes the recitation of a sūktam beginning with the phrase “Imā Rudrāya Tavase” as a remedy for fever. The practice involves chanting the sūktam ten thousand times (ayutam), ideally within a temple dedicated to Śiva.

This sūktam is the 114th sūktam of the 1st Maṇḍala of the Ṛgveda. The mantradrāṣṭā ṛṣi is Kutsa Āṅgīrasa, the presiding devatā is Rudra, and the mantras are set in the Jagatī chandas.

Vedic Wellness for Abdominal Pain

इमारुद्राय सूक्तं तु जपेच्छिवमन्दिरे ।

कायशूलादिरोगघ्नमयुतं नात्र संशयः ॥⁴

imārudrāya sūktaṃ tu japecchivamandire.

kāyaśūlādīrogaḥnamayutaṃ nātra saṃśayaḥ..

The sūktam commencing with the phrase “Imā Rudrāya Tavase”, cited in the previous śloka, may also be chanted ten thousand times within a temple dedicated to Śiva for the alleviation of severe abdominal pain (kāya-śūla).

Vedic Wellness Practice to get Cured from the Effect of Poison

आतेपितजपेत्सूक्तं लक्षसङ्ख्यं शिवालाये ।

गरदोऽपि भवेत्पूतः सर्वपापैः प्रमुच्यते ॥⁵

ātepitarpjetsūktaṃ lakṣasaṅkhyāṃ śivālaye.

garado'pi bhavetpūtaḥ sarvapāpaiḥ pramucyate..

The sūktam beginning with the phrase “Ā te Pitar” is traditionally recommended for the treatment of toxin-related afflictions. As per the Jyeṣṭha Ṛgvidhānam, it is advised to chant this sūktam one lakh times (lakṣa-japa) within a temple dedicated to Śiva.

2 Ṛgvidhānam, 126

3 Ṛgvidhānam, 127

4 Ṛgvidhānam, 128

5 Ṛgvidhānam, 131



This sūktam is the 33rd sūktam of the 2nd Maṇḍala of the Ṛgveda. The mantradrāṣṭā ṛṣi is Gṛtsamada Śaunaka, the presiding devatā is Rudra, and the sūktam is set in the Nicṛt-triṣṭubh chandas.

श्रथद्वृत्रं जपेत्सूक्तमेकवारं दिने दिने ।
उदरं पाणिना मृज्य जीवेद्वा ह्यगदः सुखी ॥⁶

śnathadvṛtram japetsūktamekavāraṃ dine dine.
udaraṃ pāṇinā mṛjya jīvedvā hyagadaḥ sukhī..

The Jyeṣṭha Ṛgvidhānam prescribes a daily recitation of the sūktam beginning with the phrase “Śnathadvṛtram” as a preventive measure against the harmful effects of poison. The practice includes gently massaging the abdominal region while chanting the sūktam, thereby combining somatic engagement with spiritual resonance to enhance protective efficacy.

This sūktam is designated as the 60th sūktam of the 6th Maṇḍala of the Ṛgveda. The mantradrāṣṭā ṛṣi is Bharadvāja Bārhaspatya, with Indra and Agni as the presiding devatās, and is set in the Nicṛt-triṣṭubh chandas.

शं नो भवेति द्वाभ्यां तु भुक्त्वान्नं प्रयतः शुचिः ।
उदरं पाणिना स्पृष्ट्वा ज्योग्जीवेदगदः सुखी ॥⁷

śaṃ no bhaveti dvābhyāṃ tu bhuktvānnaṃ prayataḥ śuciḥ.
udaraṃ pāṇinā sprṣṭvā jyogjīvedagadaḥ sukhī..

In the Jyaiṣṭha Ṛgvidhānam, another śloka prescribes the recitation of two mantras, both commencing with the phrase “śaṃ no bhava”, to be chanted after the consumption of food. This śloka, too, enjoins the practitioner to place their hand upon the abdominal region while intoning the mantras, with the purpose of neutralizing the deleterious effects of ingested poison.

The first mantra as follows:

शं नो भव हृद आ पीत इन्दो पितेव सोम सूनवे सुशेवः ।
सखेव सख्य उरुशंस धीरः प्र ण आयुर्जीवसे सोम तारीः ॥⁸

śaṃ no bhava hṛda ā pīta indo piteva soma sūnave suśevaḥ.
sakheva sakhya uruśaṃsa dhīraḥ pra ṇa āyurjīvase soma tāriḥ..

The mantradrāṣṭā ṛṣi for this mantra is Pragātha Kāṇva; the devatā is Soma, and the mantra is in the Triṣṭubh chandas.

The second mantra is:

शं नो भव चक्षसा शं नो अह्ना शं भानुना शं हिमा शं घृणेन ।
यथा शमध्वञ्छमसदुरोणे तत्सूर्य द्रविणं धेहि चित्रम् ॥⁹

śaṃ no bhava cakṣasā śaṃ no ahnā śaṃ bhānuna śaṃ himā śaṃ ghrṇena.
yathā śamadhvañchamasadduroṇe tatsūrya draviṇaṃ dhehi citram..

⁶ Ṛgvidhānam, 399

⁷ Ṛgvidhānam, 401

⁸ Ṛgveda 8th Maṇḍala, 48th Sūktam, 4th Mantra

⁹ Ṛgveda 10th Maṇḍala, 37th Sūktam, 10th Mantra



The mantradraṣṭā ṛṣi for this mantra is Abhitapā saurya; the devatā is Sūrya, and the mantra is composed in the Nicṛt–Triṣṭubh chandas.

Vedic Wellness Practice for Eye Problems

दिने दिने विरोगी स्याद्वयंयोमजपेद्दश ।
आपो गृहीत्वा जलिना चक्षुषी क्षालयेत्तथा ॥¹⁰
dine dine virogī syādvayaṃyomajapeddaśa.
āpo gṛhītvā jalinā cakṣuṣī kṣālayettathā..

According to the Jyeṣṭha Ṛgvidhānam, for maintaining ocular health, one is advised to take clean water and recite the mantra “vayam soma” ten times. Thereafter, the individual should use that sanctified water to cleanse the eyes. The should be practiced daily.

The mantra referred here is:

वयं सोम व्रते तव मनस्तनूषु बिभ्रतः ।
प्रजावन्तः सचेमहि ॥¹¹
vayaṃ soma vrate tava manastanūṣu bibhrataḥ.
prajāvantaḥ sacemahi..

The mantradraṣṭā ṛṣi for this mantra is Bandhu; the devatās are the Viśvedevāḥ, and the mantra is in the Nicṛt–Gāyatrī chandas.

Vedic Wellness for Fistula

ईळिष्वाहिजपेन्मन्त्रं त्र्ययुतं विष्णुमन्दिरे ।
भगन्दरात्प्रमुच्येत जले वा भूतिदं नृणाम् ॥¹²
īḷiṣvāhijapenmantram tryayutaṃ viṣṇumandire.
bhagandarātpramucyeta jale vā bhūtidam nṛṇām..

The Ṛgvidhānam also delineates Vedic wellness protocols for the treatment of Bhagandhara (fistula). It prescribes the recitation of the mantra “idhiṣvā hi” thirty thousand times (30,000-japa) within a Viṣṇu temple, as a remedial measure to effect healing from this affliction.

The mantra mentioned here is:

ईळिष्वा हि प्रतीव्यं यजस्व जातवेदसम् ।
चरिष्णुधूममगृभीतशोचिषम् ॥¹³
īḷiṣvā hi pratīvyam yajasva jātavedasam .
cariṣṇudhūmamagr̥bhītaśociṣam ..

The mantradraṣṭā ṛṣi for this mantra is Viśvamanā Vaiyāśva; the devatā is Agni, and the mantra is in the Nicṛt–Uṣṇik chandas.

10 Ṛgvidhānam, 427

11 Ṛgveda, 10th Maṇḍala, 57th Sūktam, 6th Mantra

12 Ṛgvidhānam, 464

13 Ṛgveda, 8th Maṇḍala, 23rd Sūktam, 1st Mantra



Vedic Wellness for Diarrhoea

दामानं प्रजेन्मन्त्रं त्र्ययुतं बिल्वमूलके ।

अतिसारात्प्रमुच्येत जीवेच्चेत्सद्मसंस्थितः ॥¹⁴

dāmānaṃ prajenmantram tryayutaṃ bilvamūlake.

atisārātpromucyeta jīveccetsadmasamsthitaḥ..

According to the Jyeṣṭha R̥gvidhānam, for the alleviation of Atisāra (diarrhoea), one is instructed to recite the mantra "dāmānam" thirty thousand times (30,000-japa) beneath a Bilva (Aegle marmelos) tree.

The mantra is:

दामानं विश्वचर्षणेऽग्निं विश्वमनो गिरा ।

उत स्तुषे विष्पर्धसो रथानाम् ॥¹⁵

dāmānaṃ viśvacarṣaṇe'gniṃ viśvamano girā .

uta stuṣe viṣpardhaso rathānām ..

The mantradrāṣṭā ṛṣi for this mantra is Viśvamanā Vaiyāśva; the devatā is Agni, and the mantra is composed in the Virāḍ-Uṣṇik chandas.

Glance of the Aforesaid Therapies

| SNo | Vedic Therapy for | Śloka in Jyeṣṭha R̥gvidhānam | Mantra/ Sūkta in R̥gveda |
|-----|-----------------------------|---|---|
| 1 | Fever | वरुणं वो जपेत्सूक्तमयुतं धात्रीमूलके । तापादिव्याधिनाशस्तु सुखी पश्चात्स्थितो भुवि ॥ | Rgveda, 5th Maṇḍala, 64th sūkta |
| 2 | | कद्रुद्रायजपेत्सूक्तं शीतज्वरविनाशनम् ॥ | Rgveda, 1 st Maṇḍala 43 rd Sūkta |
| 3 | | इमा रुद्राय तवसे सूक्तं जपेच्छिवालये । उष्णज्वरविनाशाय चायुतं नात्र संशयः ॥ | Rgveda, 1 st Maṇḍala 114 th Sūkta |
| 4 | Abdominal Pain | इमारुद्राय सूक्तं तु जपेच्छिवमन्दिरे । कायशूलादिरोगघ्नमयुतं नात्र संशयः ॥ | |
| 5 | Curing the Effect of Poison | आतेपितजपेत्सूक्तं लक्षसङ्ख्यं शिवालये । गरदोऽपि भवेत्पूतः सर्वपापैः प्रमुच्यते ॥ | Rgveda, 2 nd Maṇḍala, 33 rd Sūkta |
| 6 | | श्वथद्वृत्रं जपेत्सूक्तमेकवारं दिने दिने । उदरं पाणिना मृज्य जीवेद्वा ह्यगदः सुखी ॥ | Rgveda, 6 th Maṇḍala, 60 th Sūkta |

¹⁴ R̥gvidhānam, 465

¹⁵ R̥gveda, 8th Maṇḍala, 23rd Sūkta, 2nd Mantra



| | | | |
|---|-----------------------------|---|---|
| 7 | Curing the Effect of Poison | शं नो भवेति द्वाभ्यां तु भुक्तवान्नं प्रयतः शुचिः । उदरं पाणिना स्पृष्ट्वा ज्योग्जीवेदगदः सुखी ॥ | Rgveda, 8 th Maṇḍala, 4 th Mantra of 48 th Sūktam & Rgveda, 10 th Maṇḍala, 10 th Mantra of 37 th Sūktam |
| 8 | Fistula | ईळिष्वाहिजपेन्मन्त्रं त्र्ययुतं विष्णुमन्दिरे । भगन्दरात्प्रमुच्येत जले वा भूतिदं नृणाम् ॥ | Rgveda, 8 th Maṇḍala, 1 st Mantra of 23 rd Sūktam |
| 9 | Diarrhea | दामानं प्रजेन्मन्त्रं त्र्ययुतं बिल्वमूलके । अतिसारात्प्रमुच्येत जीवेच्चेत्सद्मसंस्थितः ॥ | Rgveda, 8 th Maṇḍala, 2 nd Mantra of 23 rd Sūktam |

Discussion

The Jyeṣṭha R̥gvidhānam excerpts explored in this study reflect a profound intertwining of mantra-based spiritual disciplines with somatic and botanical contexts, offering a holistic framework for addressing various ailments.

From fever to fistula, eye disorders to abdominal pain and poisoning, the practices emphasize mantra-śarīra-samvāda — the intervention between mantra and body. The instruction to place one's hand on the afflicted region while chanting, or to cleanse with sanctified water, introduces tactile and sensory components to the otherwise auditory practice, indicating an early understanding of psychosomatic healing.

Moreover, the therapeutic logic encoded within these prescriptions is consistent with Ayurvedic diagnostic frameworks, wherein disorders like jvara, atisāra, and bhagandara are addressed through elemental balance, ritual purity, and vibrational correction. The cross-over between the R̥gvidhānam's ritual injunctions and Ayurvedic protocols underscores the cultural convergence of śabda (sound), dravya (substance), and kriyā (action) in Indian wellness thought.

Conclusion

This exploration affirms that Vedic wellness practices, far from being esoteric relics, embody a sophisticated psycho-spiritual system of healthcare. The sūkta-based prescriptions of the Jyeṣṭha R̥gvidhānam provide clear evidence of integrative models that combine spiritual rigor, ecological consciousness, and physiological intent.

In synthesizing mantra japa, ritual context, and somatic engagement, the ancient ṛṣis appear to have anticipated what modern integrative medicine now seeks to validate: that healing is multidimensional, rooted not merely in pharmacological interventions but in resonance, attention, and embodied practice.

Future studies may fruitfully compare these Vedic modalities with contemporary vibrational therapies, exploring their neurophysiological effects, potential for chronic illness management, and relevance within global wellness discourses. Preserving and adapting these protocols with cultural sensitivity and interdisciplinary scholarship can meaningfully contribute to evolving paradigms of holistic health.



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Yoga & Anti-Addiction Awareness Session by
Guruji in **Avantika University**, Ujjain, Madhya
Pradesh



Arogyadhama - Success Story

Dept of Cardiovascular Disorders

How Arogyadhama's Dept of Cardiovascular Disorders Deals with Diseases

The Department of Cardiovascular disorders, under the able guidance of Dr. Nagarathna and her team of doctors and therapists, deals with diseases such as Hypertension, Hypotension, Coronary Artery Disease (CAD), etc. Patients with high blood pressure, ECG abnormalities and reduced Ejection Fraction come to us for treatment of their symptoms.



Photo credit: pexels.com

We apply an integrated approach of Yoga therapy - which includes Yoga therapy, Ayurveda, Naturopathy, Acupuncture, Physiotherapy, Psychotherapy and

Diet therapy - to treat non-communicable diseases (NCDs) and to promote positive health. The department also treats various complications arising from HTN and CAD.

Many patients guided by us have been able to reduce their medication dosage after a few days of therapy.

Integrated Approach of Yoga Therapy in the Management of Hypertension & Related Symptoms - Case of A. Anand, 40 years

Here, we share the experience of Mr. Anand A (name changed) - a 40-year-old participant who stayed at Arogyadhama for one week in February 2025.

Anand had been a patient of hypertension since 2016. Lately, he had been experiencing giddiness, chest pain, palpitations - as well as fear of death after the demise of his brother in law. There were also fat balls (lipoma) in his forearm, which he said had been present for over 20 years. Anand came to Arogyadhama for the management of his health concerns.

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

- Special techniques for health issues;
- Yogic cleansing (Kriyas like LSP, Vamana, Jalaneti);
- Pranayama;
- Suryanamaskar;
- Meditation techniques such as MSRT and CM;
- Devotional sessions on Gita, Upanishads and Vedas;



- Lectures on Lifestyle management, and
- Yogic counselling.

This was integrated with Naturopathy diet including barley water, vegetable juices, boiled sprouts, etc., as well as Naturopathy treatments like hydrotherapy. He was also given advice for lifestyle change.

After one week, Anand felt 80-percent better. This improvement was also reflected in his vital signs, which are as given below.

Parameters

| Parameter | On Admission | At Discharge |
|-------------------------|--------------|--------------|
| Blood Pressure mmHg | 154/110 | 140/90 |
| PEFR (Lit/min) | 250 | 300 |
| Respiratory Rate/ min | 20 | 18 |
| Pulse Rate (Beats/ min) | 78 | 75 |

Hypertension & What It Feels Like

Hypertension – also known as high blood pressure – is, by definition, a repeatedly elevated blood pressure reading that exceeds 140/90 mmHg.

High blood pressure occurs when the force of blood pushing against the artery walls is consistently high. This damages the arteries over time and can lead to serious complications like heart attack and stroke.

People with very high blood pressure – 180/120 or higher – may experience symptoms such as:

1. Severe headaches
2. Chest pain
3. Dizziness
4. Difficulty breathing
5. Nausea
6. Vomiting
7. Blurred vision or other vision changes
8. Anxiety

Complications of Hypertension

If left untreated, the excess pressure on the artery walls caused by high blood pressure can damage blood vessels and the organs. The higher the



Photo credit: healthcentral.com



blood pressure, and the longer it goes uncontrolled, the greater the damage. Complications include:

- Heart attack or stroke
- Aneurysm
- Heart failure
- Kidney problems
- Eye problems
- Changes with memory or understanding
- Dementia

What We Need to Do in Cardiovascular Diseases

- Maintain optimal blood pressure
- Prevent further complications
- Reduce exertional dyspnea
- Enhance stamina
- Maintain optimal blood pressure
- Improve appetite
- Reduce bloating
- Enhance Quality of Life

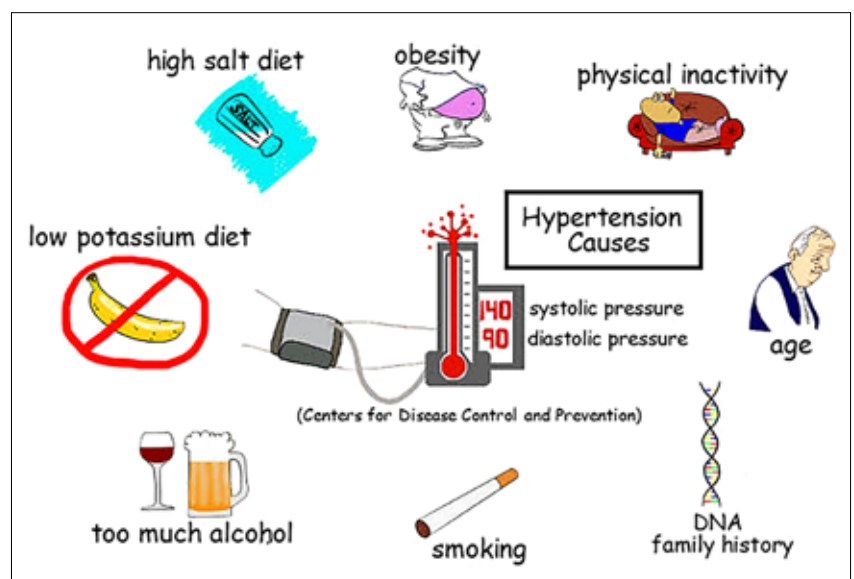
Causes of Hypertension

About 90 percent of all adult cases in the U.S. are due to aging or lifestyle factors, which are a combination of not getting enough exercise, unhealthy eating patterns (diet high in sodium), high consumption of beverages containing alcohol, and so on.

In secondary hypertension, the cause is usually distinct and can be identified by healthcare providers. Common causes are certain medications (immunosuppressants, NSAIDs and oral contraceptives), and medical conditions like kidney disease, obstructive sleep apnea, primary aldosteronism (Conn's syndrome), recreational drug use (amphetamines and cocaine), smoking and vaping.

Guidelines to be followed for food intake

- Low-sodium diet – reduction in salt intake can have a favourable effect on the cardiovascular system, including reducing blood





pressure in hypertensive patients.

- High-fibre diet – associated with significant reduction in blood pressure.
- Potassium-rich diet – controls blood pressure by repairing blood vessels.
- Consume low-fat dairy – to avoid accumulation of excess fat.
- Consume wholegrains instead of polished and refined foods – as wholegrains are loaded with Vitamin B complexes, which are found deficient in hypertensive patients.
- Magnesium-rich items – as these cause vasodilatation, thereby reducing blood pressure.

Foods to avoid: Fried foods, packaged foods, spicy food, non-vegetarian diet, tea and coffee.



DASH (Dietary Approaches to Stop Hypertension) Diet
Photo credits: health.harvard.edu

Risk factors for Hypertension

- Age • Family history • Being overweight
- Too much salt
- Low potassium levels
- Drinking too much alcohol
- High levels of stress
- Certain chronic conditions like kidney disease and diabetes
- Pregnancy

Research on Yoga and Cardiovascular System

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The Role of Advanced Yogic Techniques (Cyclic Meditation) In Enhancing Mental Health in Orphan Children

Introduction:

Most people are born into familial settings and raised by parents with love and care, still some children grow up without the support of parents or a family to nurture them, due to various reasons like death of parents, abandonment due to poverty, congenital health issues etc. Most of such children end up in orphanages facing multiple challenges like change of environment, divided care, insufficient health & personal care, and most importantly a trusted guardian or an elder to express their needs, problems, desires and any past trauma etc., which puts them under immense stress leading to other psychological issues like anxiety, depression etc. While these children do develop some resilience towards situations and circumstances, globally we are witnessing a huge rise in mental health issues like anxiety and depression in all age groups, while orphans are among the most vulnerable groups affected with an average

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prevalence percentage of 30% while few studies have reported 62% severe anxiety disorder [1], more than 50% exhibited symptoms of acute psychological stress and anxiety [2].

Recent Statistics by UNICEF have revealed that there are more than 150 million orphans globally and India accounts for about 23% of the world's orphan population with an estimate of 35 million, but a report by WHO has revealed that only seven percent of global health budgets are dedicated to mental health. In poorer countries, the annual expenditure on mental health is less than USD 2 per person. There are many conventional methods like emotional counselling, recreational activities, Cognitive behavioural therapies (CBT's) etc., to handle psychological health issues in orphans [3], but there are also many challenges like financial instability of the orphanages, unavailability of the trained professionals, c o u n s e l l o r s , psychologists and lack of awareness etc. With all these challenges i.e. huge population of the orphans and drawbacks of the conventional methods





management. Initial visit was made to the orphanage to interact and establish rapport with the children and to understand if they were interested in the study. Later, the pre-data for the study along with assent and consent forms were collected from the children and the caretakers. During the next visit children were explained about the cyclic meditation, its benefits and a detailed practice session was conducted to get them

the ancient knowledge of yoga can be a useful tool in developing advanced & modern techniques that can serve the orphan population.

Many scientists have turned to yoga in exploring its potential and developing various techniques, and one such technique is Cyclic meditation (CM) developed at S-VYASA University. Taken from the Mandukya karika's idea of awakening the mind when it's in drowsy state, calming it down when distractions set in and repeating this process again and again till the mind reaches a very deep calmer state. Many studies on CM have proven its efficiency in calming the mind, enhancing attention, memory, and sleep, while reducing stress, anxiety, and depression, boosting creativity through increased brain activation and supporting gut-brain axis regulation. One such study explored the potential of CM in enhancing mental health in orphan children and providing it as a self-management tool for this population.

Cyclic meditation in an orphanage:

An orphanage dedicated to young orphan girls, located in Hyderabad region of Telangana state was approached through a social welfare group. The idea of research and how it can help the orphan children was explained to the

familiarise with the steps and practice of CM. Additionally you tube link was provided for them to watch in their free time and for future reference.

A total of 34 female children between the age of 8 to 16 years participated in this single-arm pre-post study. During data collection process the children were divided into six groups of five each and the seventh group had four children, this grouping was done randomly and later the serial numbers were assigned to the children. The DASS-Y (Depression Anxiety Stress Scale for Youth), a 21-item self-report questionnaire was utilized to capture Depression, Anxiety and Stress for children at baseline and at the end of the intervention. DASS-Y consists of three subscales: Depression, Anxiety, and Stress, each measuring different aspects of emotional well-being. Each parameter had 7 questions and are rated from 0 to 3, the higher scores indicating more severity. It is particularly useful for assessing emotional well-being in youth, including orphaned children. DASS-21 severity cut-offs and categorization were adapted from Szabo & Lovibond 2022 study (4). All the five children in the group were asked the first question one after the other and answers were noted. Same process was repeated for all the questions in the questionnaire. Each question



was explained in the local language, and any difficulty in understanding the questions was addressed using situational examples. The intervention was given for 35 minutes, five days a week for a period of two weeks. One interesting asana with benefits and contraindications were also taught, which helped in maintaining enthusiasm and full attendance of the children throughout the intervention period. Post-data was collected on the last day of intervention.

Both quantitative scoring data and qualitative observations were analysed separately. Quantitative data analysis of the pre- and post-intervention data revealed statistically significant changes across all measured variables. Following the 2-week intervention, depression scores decreased by 17.20%, anxiety by 17.28%, and stress by 20.16%. For qualitative data analysis, normal cases increased from 22 to 30, mild reduced from 9 to 2, and moderate from 2 to 1, with no severe cases. mean scores dropped by 17.02%, under depression parameter. Similarly, for anxiety, normal rose from 7 to 12, mild from 4 to 8 (due to improvement from higher severity), moderate declined from 19 to 14, and severe from 3 to 0. Stress parameter showed 32 were under normal category during pre-intervention and all 33 were in normal post-intervention, with the single mild case shifting to normal; no moderate/severe cases occurred. These results suggest that regular Cyclic Meditation practice significantly reduced mild-to-moderate depression, anxiety, and stress in orphan children.

Conclusion:

Orphaned children often face significant psychological challenges. Conventional psychosocial interventions show limited success in addressing depression and behavioural concerns. Approaches like group counselling, trauma-focused CBT, and socio-emotional learning have produced mixed outcomes, [5] particularly in institutional care settings

lacking stable caregiver relationships. Yoga has emerged as a promising alternative, with evidence of benefits in emotional regulation, prosocial behaviour, and quality of life [6]. Similarly, a pilot study by Tejvani et al found that two weeks of yoga practice reduced anxiety and depression while improving self-esteem in adolescents and young adults living in orphanages [7]. Overall the study showed that cyclic meditation demonstrates strong potential as an accessible, cost-effective complementary approach to support the mental well-being of orphaned children, especially in low-resource settings where access to psychological care is often limited or unavailable.

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Understanding the Yogic Counselling Module: Principles and Practices for Personal Growth

This article provides an overview of a recent PhD Dissertation by Dr. Rajesh Rao K, from S-VYASA.

Feeling overwhelmed or disconnected? Practice of Yogic Counselling Module (YCM) in a structured way can help to find inner peace and strengthen of your mind. YCM uses ancient Yogic ideas from the wisdom of Indian scriptures that include Patanjali Yoga Sutra, Bhagavad Gita, Vedanta and concepts includes different layers of our being - physical, energetic, mental, intellectual, Pratipaksha Bhavana, Happiness analysis and secret tool for a joyful living. Each session helps you grow personally, manage emotions, and practice mindfulness, leading to better mental well-being to achieve a more balanced and fulfilling life.

Keywords: Yogic Counselling, Inner Peace, Mindfulness, Emotional Balance, Self-Growth, Mental Well-being.

Introduction

In our busy world, it's easy to feel stressed or lost. Many are looking for ways to feel better and find deeper meaning. Ancient practices, like Yoga offer

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timeless wisdom for a healthier, more balanced life. These traditions see us as more than just our problems; they see us as complete beings with many interconnected parts. That's where the Yogic Counselling Module (YCM) comes in. It's a special program designed to help you with your thoughts and feelings, guiding you towards a healthier mind. Every session in this module focuses on helping you grow, become more resilient, manage your emotions, and practice mindfulness. This article will explain how this unique module works, its main goals, and how it can help you live a more mindful and balanced life.

Understanding Yourself: Core Concepts and Benefits

The YCM's objectives are centred around several key concepts vital for personal growth and mental health:

- **Self-Esteem:** You'll learn to feel better about yourself by focusing on a positive body image, positive self-talk, healthy relationships, and truly embracing who you are.
- **Resilience:** This module helps you build inner strength to bounce back from tough times by teaching you how to manage your emotions, build supportive relationships, and live ethically.





- **Clear Thinking:** It helps you spot and change unhelpful thinking habits, leading to a clearer mind and healthier outlook.
- **Mindfulness:** You'll become more aware of how your mind and body are connected, pay attention to the different layers of yourself (Koshas), and practice mindful activities to improve your focus and relationships.
- **Mental Well-being:** The program focuses on having healthy physical, emotional, and mental states. Balancing your inner layers and living ethically are key to feeling good overall.
- **Emotional Regulation:** Learning to manage your emotions effectively helps you think more clearly, make better decisions, and have more satisfying relationships.
- **Understanding Suppression:** If you hold back emotions, thoughts, or ethical concerns, it can lead to stress, anxiety, conflict, and confusion, blocking your personal growth.
- **Understanding Repression:** When emotions, thoughts, or truths are pushed deep down, they can cause anxiety, depression, relationship problems, and stop you from developing personally. Each of these areas highlights the importance of emotional and mental balance, self-awareness, ethical living, and healthy relationships for improving your mental health and personal growth.

Your Inner Layers: The Kosha Framework and What You'll Learn in Sessions

The YCM is built around an ancient idea called **Pancha Kosha**, or the Five Sheaths. This idea describes us as having five layers, from our most physical to our most subtle, spiritual core. These layers are a framework for holistic health in Yoga, and understanding them can boost your resilience, emotional regulation, and mindfulness. The module uses specific practices and mental approaches, called **Techniques**, designed to help you make positive changes in

each of these layers:

- **Annamaya Kosha (The Physical Body):** This is your outermost physical layer. Techniques here involve Relaxation to release tension, and Meditative Postures for stillness. It even includes an adapted modern technique called Systemic Desensitization, which gradually helps reduce anxiety related to specific fears by practicing relaxation.
- **Pranamaya Kosha (The Energy/ Breath Body):** This layer deals with your life force (Prana) and breath, affecting your body's functions and energy. You'll learn Breath Awareness, Deep Breathing, and Slow Breathing to calm your mind and balance your energy.
- **Manomaya Kosha (The Mind Body):** This is where your mind, emotions, and thoughts reside. Techniques focus on managing how your mind gets drawn to external things, practicing chanting (Japa), and devotion (Bhakti Yoga). It also helps you cultivate Patience, Mindfulness, ethical mental conduct, and control over your mental chatter.
- **Vijnanamaya Kosha (The Intellect/ Wisdom Body):** This deeper layer is about your intellect, judgment, and understanding. You'll learn to replace negative thoughts with positive ones, practice Detachment, and develop positive attitudes like friendliness, compassion, joy, and equanimity. This section also includes sharpening your ability to discriminate, and even incorporates aspects of Cognitive Behavior Therapy. Ethical guidelines like Yama (universal moral principles) and Niyama (personal disciplines) are also explored to guide your actions and promote self-awareness.
- **Anandmaya Kosha (The Bliss Body):** This is your innermost layer of pure joy and peace. Here, the module uses wisdom from ancient stories like the Yoga Vasishtha tales



(about facing opposites, understanding life's illusions, and dealing with different people) and lessons from the Ramayana and Mahabharata epics to help you find lasting happiness.

The module is structured across multiple sessions, each designed to help you understand Yogic Counselling and provide practical tools for managing emotions, enhancing self-awareness, and living in alignment with ethical principles. For example, the first session introduces your physical and mental layers using the "Chariot Analogy" to show how your senses, mind, and intellect work together. Later sessions delve into understanding your thoughts, the three Gunas (qualities like clarity, restlessness, and inertia), and how to manage distractions using techniques like Pratipaksha Bhavana (cultivating opposite thoughts). Ancient stories are woven throughout the sessions to provide inspiration and context for concepts like knowing your true self or understanding the Law of Karma. Each session is unique and includes self-development, understanding of the concepts, incorporating the tools in the life.

Putting It into Practice: Tools and Application

The YCM provides practical tools to help you integrate what you learn into your daily life:

- **Worksheets:** These interactive and self-reflective worksheets help you apply the learning to your lives. Sample worksheets include: Self-Reflection on Awareness, Observing Gunas in Daily Life, Five Koshas Self-Inquiry, Yama & Niyama Self-Audit, and Transforming Negative Thoughts using Pratipaksha Bhavana.
- **Progress Checklist:** A checklist helps you track your learning, daily practices, and personal growth, ensuring you stay mindful of your progress.
- **Facilitator Guidelines:** For those guiding the sessions, these guidelines ensure

smooth delivery and effective participant engagement. They cover everything from preparing the room to using storytelling and open questions during sessions, and summarizing key takeaways at the end.

- **Session Structure:** Each counselling session follows a common flow: a warm welcome and check-in, a review of the past week, discussion of current challenges, introduction of a new theme or concept, time for self-reflection, assigning a weekly home practice (like journaling or setting a small action goal), and a positive closing.

Deep Wisdom: Ethical Principles

The module also draws from profound philosophical concepts that offer a rich foundation for its practical methods. Take **Asteya (Non-Stealing)**, for example. This principle, from Patanjali's Yoga philosophy, isn't just about not taking physical things. It means not coveting what belongs to others and acting generously. It suggests that a deep feeling of "lack" within us can drive the urge to steal. Practicing Asteya involves being mindful of your time and others' time, embracing an abundance mindset, living sustainably, respecting intellectual property, practicing generosity, seeking inner peace, and cultivating contentment with what you have.

Another key principle is **Satya (Truthfulness)**. This Yama emphasizes the purity of truth itself, and it's closely linked to non-violence. Living truthfully means embracing reality without distortion, being honest with yourself and others, and constantly seeking deeper truths. While it can be challenging, especially when fear arises, embracing truth ultimately brings lasting freedom. Practical steps include confronting insecurities, sharing vulnerabilities, taking responsibility for dishonesty, and using meditation to gain clarity. **Tapas (Self-discipline)**, a Niyama, literally meaning heat, holds the key to making our aspirations real. It embodies self-control and discipline, bridging intention and action. Tapas can be different



types: pure (Sattvic), action-driven (Rajasic), and harmful (Tamasic). Ways to practice Tapas include rising early, eating mindfully, challenging yourself in yoga, practicing silence, meditating regularly, having a structured routine, prioritizing rest, holding yourself accountable, 30 days challenges of doing one thing consistently for thirty continuous day, same time leads to continuous learning.

The module also touches upon the **Four Paths of Yoga**-Karma Yoga (Path of Action), Jnana Yoga (Path of Knowledge), Bhakti Yoga (Path of Devotion), and Raja Yoga (Path of Discipline)-each tailored to suit different individuals, with the ultimate goal of connecting with the deeper self.

Conclusion

The Yogic Counselling Module presents a comprehensive and deeply rooted approach to mental and emotional well-being. By using the ancient wisdom of the Pancha Kosha system and integrating practices for emotional regulation, mindfulness, and ethical living, this module provides a truly holistic pathway to self-growth. It's designed to help you understand yourself better, build lasting positive habits, and navigate life's challenges with greater resilience and confidence. As participants have shared, "I never thought ancient wisdom could be so relevant to my problems today. The stories, practices, and self-reflection exercises made all the difference in my transformation. YCM didn't just give me solutions; it helped me understand myself and build habits that will support me for life," and "I am incredibly grateful for this experience. The balance of self-awareness, discipline, gratitude, and goal-setting made it unique and impactful. I now know that my future is in my hands, and every small action matters. I can confidently say I am back on track, and I am excited about what's ahead!". This comprehensive approach empowers individuals to navigate the complexities of their developmental journey, promoting resilience and a deeper connection to

themselves and others.

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Swami Vivekananda - The Humanist - 10

Humanism is an inborn trait, but in many, it remains hidden. Only in a few individuals is it truly vibrant. In the heart of Swami Vivekananda, humanism was fully developed - it could be seen in his thoughts, words, and actions.

Humanism is not a weakness; it is the strength of every heart. A humanist feels deeply for the weak, the poor, and the downtrodden. They stand by those who have fallen and those who are suffering. Humanists admire and appreciate people who are naturally helpful and compassionate. Swami Vivekananda admired Lord Hanuman for his deep sense of humanism.

Hanuman Ji is a great humanist. He stood by Sugriva because Sugriva was weak and unable to face his brother Vali. Vali, proud and conceited due to his strength and power, had become a tyrant.

Power comes in various forms. Money and popularity give power. Similarly, a high position



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also gives a person power. Unfortunately, this power is often misused by those who lack humanism. The higher the position and power, the greater is the bullyism and bossism. Vali is a rowdy who misuses and abuses the power he has been endowed with. The victim of this abuse is the helpless Sugriva. Recognizing this injustice, the humanist Hanuman Ji takes on the responsibility of supporting and protecting the weak Sugriva.

Similarly, Swami Vivekananda deeply felt the suffering of the poor and the weak. He is always on their side. This deep sense of humanism is a defining quality of Swami Vivekananda.

Humanism readily and spontaneously steps in to support and help people in difficulty. A humanist volunteers to come to the rescue of those in need. We often see this quality expressed as sympathy in human beings. When we find someone in trouble, we often rush to sympathize. But in Swami Vivekananda, humanism does not just sympathize - it acts. It moves voluntarily to help and rescue the person in difficulty.

In Hanuman Ji, this quality is deeply rooted. He, too, voluntarily comes forward to save the sufferers. Hanuman Ji, at a distance, sees Sri Ram and Lakshman in the woods. He finds in them four contradictions. Though they are brothers and look like divine beings, their feet are heavy with sorrow, touching the ground. They appear as royal personalities, yet their expressions are dull and sorrowful, filled with anxiety, as though they are searching for someone. The brothers resemble spiritual giants, seemingly



beyond all worldly bondages, but sadness is clearly visible on their faces. They also appear like rishis devoted to transcendental pursuits, yet they carry weapons for self-protection.

The keen observation of Hanuman Ji enables him to perceive the sorrow, stress, suffering, and anxiety in both brothers. This is the quality of a true humanist. Being a humanist, and moved by their plight, Hanuman Ji immediately approaches the brothers and offers himself in service - without any expectation of reward or recognition.

In the footsteps of Hanuman Ji follows Swami Vivekananda. As a *Parivrajaka* (wandering monk), Swami Vivekananda travelled the entire length and breadth of India. He saw the people of India suffering from ignorance, slavery, poverty, and weakness. They were unable to be self-reliant - they were oppressed and downtrodden.

Therefore, Swami Vivekananda's humanism awakened and rose to its highest expression. He sought ways and means to make Indians strong and empowered. This quality of humanism is the fundamental and intrinsic trait of Swami Vivekananda. It is this humanism that made him the **militant monk** and the **patriotic monk**. Everything in him, be it spirituality or philosophy was driven by the spirit of humanism.

If Swami Vivekananda is glorified today, if he is deified today, if he is a role model today, the credit goes to his humanism.



Gurujī's Special Lecture on *Nasha Mukta Bharat Abhiyan* in Sharda University, Greater Noida, Uttar Pradesh



VYASA Delhi Centre Reopens with Renewed Vision for Holistic Health



On 7th August 2025, the VYASA Delhi Centre was ceremoniously reopened and inaugurated at its new premises in Green Park Main, New Delhi, opposite the historic Jagannath Mandir.

This occasion marked a significant milestone in VYASA's journey of serving the community through Yoga, Ayurveda, and allied sciences, reaffirming its dedication to holistic health and well-being.

The event was graced by an eminent gathering of distinguished dignitaries. Shri V. Somanna, Hon'ble Minister of State for Railways,



attended as the Chief Guest, while Shri Pratap Chandra Sarangi, Hon'ble Member of Parliament from Balasore, joined as Guest of Honour. Shri R. K. Tyagi, Chairman and Managing Director of the Power Grid Corporation of India, was present as Special Guest, and Prof. T. G. Sitharam, Chairman of AICTE, honoured the event as Special Invitee.

The proceedings began with a warm welcome to all attendees, after which Prof. H. R. Nagendra, President of VYASA, felicitated the dignitaries. In his inaugural address, Prof. Nagendra articulated the vision of integrating Yoga and Ayurveda as potent preventive systems for physical, mental, and emotional well-being. His message underscored the role of these time-tested sciences in creating a healthier, more balanced society.

The distinguished guests shared their valuable perspectives, each emphasizing the significance of traditional Indian health systems as preventive and complementary approaches to addressing lifestyle-related and chronic health conditions. Their remarks resonated strongly with the audience, highlighting the urgent need to revive holistic living practices in today's fast-paced, stress-filled environment.

Among the other prominent attendees were Shri H. R. Dayananda Swamy, Secretary of VYASA





Bengaluru; Dr. N. K. Manjunath, Vice Chancellor of S-VYASA University; and Dr. Natash Babu, Director of Distance Education at S-VYASA. Their presence reflected the strong institutional support for the Delhi Centre's renewed mission.

The event concluded with a Vote of Thanks delivered by Dr. R. M. Acharya, Secretary of VYASA Delhi, who expressed heartfelt appreciation to all dignitaries for gracing the occasion and contributing to its success.

S-VYASA Delegation in Independence Day Ceremony in Red Fort



The Ministry of AYUSH, in collaboration with the Ministry of Defence, extended a special opportunity to be part of the 79th Independence Day celebration at the historic Red Fort in New Delhi. Selected guests from across India, chosen based on specific criteria, were invited as special participants in this national event. Among them, Team S-VYASA, representing the field of Yoga, received this prestigious honor. Their selection reflects the growing recognition of Yoga as an integral part of India's cultural and spiritual heritage. The invitation not only highlighted

the significance of their contributions but also brought immense pride to the institution. Participating in such a grand national celebration was a moment of great honor for Team S-VYASA. Their presence symbolized the role of Yoga in promoting health, harmony, and national pride. It also served as a testament to the impact of their dedicated efforts in spreading the practice of Yoga. Being part of this historic occasion at Red Fort added glory to their journey. Team S-VYASA thus proudly joined the Independence Day celebration in New Delhi.



A Tapestry of Patriotism: S-VYASA's Celebration of Freedom and Foundation



The 79th Independence Day was commemorated with solemn grandeur at S-VYASA Deemed to be University on 15th August 2025.

Organized at Vivek Vihar, Prashanti Kutiram, Bengaluru, the celebration coincided with the institution's Foundation Day, amplifying its historical resonance.

The proceedings commenced at dawn with devotional bhajans rendered by the Prashanthi Bhajan Group, creating a spiritual prelude to the national occasion. This was followed by a parade by the students of SRS Vidya Mandir. At 7:12 AM, the national flag was ceremoniously unfurled, accompanied by the collective rendition of the National Anthem.

The formal program was punctuated with eloquent addresses by eminent dignitaries. The Hon'ble Vice-Chancellor, Dr. N. K. Manjunath, delivered the welcome note, reflecting on the enduring interplay between freedom and responsibility. Distinguished faculty from SRS School, Jigani, were felicitated for their exemplary service, reinforcing the culture of academic and civic recognition.

A particularly stirring address was delivered by Dr. B. R. Ramakrishna, Hon'ble Pro-Chancellor, who underscored India's trajectory towards global eminence and resilience, attributing its economic strength to rural foundations. He paid homage to the immortal sacrifice of freedom fighters such as Netaji Subhas Chandra Bose, Bhagat Singh, Chandra Shekhar Azad, and Veer Savarkar, exhorting the youth to embody the spirit of *Naya Bharat, Navya Bharat*.

The Guest of Honour, Shri Venkata Narayana Swamy, a decorated ex-serviceman, delivered a deeply evocative oration that fused historical recollection with contemporary exhortation. He reminded the audience that independence was wrested not through passive acquiescence but through relentless struggle, sacrifice, and unity of purpose. He emphasized that the true meaning of freedom transcends political sovereignty, demanding a collective commitment to national service, moral integrity, and civic responsibility.





Further vigor was lent by a student address delivered by Mr. Durgesh, MSc Yoga, whose tribute to revolutionaries such as Mr. Khudiram Bose and Mr. Chandrashekhar Azad invoked their radical courage and uncompromising devotion. He urged the youth to view independence not as a static inheritance but as a dynamic responsibility requiring moral fortitude, unity of purpose, and unwavering service to the motherland. His oration echoed the words of Lal Bahadur Shastri and Atal Bihari Vajpayee, reminding all that India is not merely a geographical territory but a living spiritual entity.

The Chief Guest, Mr. C. V. Nagabhushan, a former Senior Scientific Officer in the Ministry of Defense, emphasized the nobility of national service, while the Hon'ble Chancellor, Prof. K. Subrahmanyam, reflected on the philosophical dimensions of freedom. The ceremony culminated with the Presidential Address by the Hon'ble President of S-VYASA Society, Dr. H. R. Nagendra, whose words instilled a profound sense of duty, pride, and collective aspiration.

The cultural dimension of the celebration was equally profound. Students participated with impassioned patriotic songs, speeches, and performances, expressing their loyalty to the ideals of nation-building. Groups of young singers under the SSYNM ensemble enriched the occasion with melodious tributes to the motherland. The program concluded with a Vote of Thanks by Dr. Sony Kumari, Registrar, who acknowledged the seamless coordination and wholehearted participation that had made the event resplendent.

Equally noteworthy was the unprecedented

scale of participation. Over 1,500 individuals - including students, faculty, staff, and invited guests - joined the celebration, which also embraced children from neighboring villages and SRS School. The event was integrated with the nationwide *Har Ghar Tiranga* campaign, with NSS volunteers conducting outreach programs in surrounding communities to foster patriotism and social cohesion.

The organizational brilliance of the Department of Physical Education, under the leadership of Dr. Kiran Kumar, and the disciplined engagement of the NSS wing, ensured flawless execution. Every detail - from parade drills to crowd management - was orchestrated with precision, thereby reinforcing the spirit of discipline, unity, and shared purpose.

In summation, the 79th Independence Day celebrations at S-VYASA transcended the confines of ritualistic commemoration. It became a tapestry interweaving history, patriotism, community service, and youthful energy. By harmonizing solemn tribute with participatory vibrancy, the event not only rekindled national pride but also reaffirmed the university's role as a custodian of values essential for a just, united, and progressive India.





S-VYASA hosts National Symposium on Yoga for 'One Earth, One Health'



significance as an “invisible current” that rejuvenates the body, steadies the mind, and elevates the spirit. The opening ceremony concluded with the *Nasha Mukta Bharat* oath, reaffirming a collective resolve to build a healthier, addiction-free society.

Over two days, the symposium unfolded through a series of thematic technical sessions. Dr. John

The National Symposium on *Yoga for One Earth, One Health: Integrating Tradition with Innovation*, held on August 13-14, 2025, at S-VYASA, Bengaluru, convened scholars, researchers, policymakers, and practitioners nationwide.

Sponsored by Powergrid and organized in collaboration with CCRYN, MDNIY, and IUCYS, with additional support from SSYNM and SAMC&H, the event served as a confluence of diverse voices committed to exploring yoga’s potential as a unifying force for individual well-being, social harmony, and planetary health.

Drawing more than 465 participants from across the country, the symposium underscored yoga’s growing role in education, research, healthcare, and sustainable living. The inaugural session commenced under the leadership of Dr. N. K. Manjunath, Vice-Chancellor of S-VYASA, followed by addresses from Prof. K. Subramanyam, Hon’ble Chancellor, and Shri T. R. Krishna Kumar, Executive Director of Powergrid, who articulated the synergy between corporate social responsibility and holistic health. The keynote was delivered by Guruji Dr. H. R. Nagendra, President of S-VYASA, who emphasized yoga’s universal

Ebnezar introduced pioneering work in *Holistic Orthopedics*, integrating yoga with surgical and lifestyle interventions. Dr. B. R. Ramakrishna reflected on the enduring global relevance of Ayurveda, founded on the twin principles of *Swasthasya swasthya rakshanam* (preservation of health) and *Aturasya vikara prashamanam* (alleviation of disease). Sri Muralidhar Somisetty presented *YogiFi*, an AI-enabled yoga mat offering real-time feedback, exemplifying the fusion of tradition with digital innovation. Prof. Jayaraman invoked the *Bhagavad Gita*, elucidating the body as both a *kshetra* (field of action) and a sacred temple of spirit. Complementing





these perspectives, Sri Chakravarthi Mohan provided a governance lens, underscoring the integration of yogic ethics into public policy as a pathway to social transformation.

Experiential sessions - including cyclic meditation, pranayama, and yogic games - allowed

participants to embody the principles under discussion, while cultural programs and student presentations added vibrancy, highlighting the creative interplay between tradition and innovation.

The valedictory session synthesized the learnings of the symposium, with Dr. N. K. Manjunath and other dignitaries emphasizing the imperative of interdisciplinary research and innovation in yoga and integrative health. Discussions identified breath regulation, sound therapy, pranic energy applications, and digital health tools as promising domains for future exploration.

The symposium concluded with a resonant message: yoga must transcend the confines of the mat to nurture personal health, strengthen resilient communities, and sustain ecological harmony. As reiterated by many speakers, the vision of *One Earth, One Health* can only be realized by harmoniously integrating timeless wisdom with contemporary innovation - ensuring yoga remains a living, dynamic tradition capable of addressing modern challenges while safeguarding the legacy of the past.



New Delhi, Aug 23:
Guruji in SPK Foundation
Launch Ceremony



Patriotism in Action: S-VYASA's Har Ghar Tiranga Outreach



The *Har Ghar Tiranga* campaign at S-VYASA, held during the 79th Independence Day celebrations inspired patriotism, community participation, and national unity through inclusive outreach in villages, schools, and the university campus.

The *Har Ghar Tiranga* campaign, envisioned as a nationwide movement to rekindle the patriotic spirit and reinforce the symbolic significance of the Indian national flag, found a vibrant expression at S-VYASA Deemed to be University during the 79th Independence Day celebrations.

The Department of Physical Education, in collaboration with the National Service Scheme (NSS), spearheaded the initiative with remarkable commitment, thereby extending the essence of the tricolour beyond the confines of the university into the surrounding villages and schools.

The campaign's underlying philosophy was to awaken a shared consciousness of national pride, reminding every citizen that the flag is not merely a piece of fabric but a living emblem of the struggles, sacrifices, and aspirations that underpin India's freedom. Anchored in this spirit, the campaign at S-VYASA sought to weave together students, faculty, and local communities into a collective tapestry of unity and responsibility.

On the morning of 15th August 2025, a dedicated group of ten NSS volunteers embarked on an outreach drive to three neighbouring villages - Kalluballu, Konasandra, and Manchanahalli. Their activities, conducted between 7:00 AM and 11:00 AM, were not perfunctory gestures

but deeply engaging interactions that resonated with both children and adults. In Kalluballu, volunteers such as Vedika Shreya and Bandhavya combined the distribution of flags with motivational talks, nurturing a sense of belonging among schoolchildren. Konasandra witnessed spirited rallies and storytelling sessions by BNYS students, wherein narratives of freedom fighters ignited youthful imaginations. Meanwhile, in Manchanahalli, activities such as drawing competitions and group renditions of patriotic songs transformed the campaign into a festival of colours and voices, binding the community in the spirit of the nation.

The significance of this initiative lay not merely in its execution but in its reach. By involving three schools and over five hundred villagers, the campaign transcended symbolic gestures and became an instrument of cultural transmission. Villagers hoisted the tricolour at their homes with renewed pride, while schoolchildren – many of whom were encountering such an initiative for the first time – imbibed lessons of patriotism in a manner that was both participatory and memorable.

The role of the Department of Physical Education, under the stewardship of Dr. Kiran Kumar, was instrumental in ensuring the discipline and orderliness that marked the campaign.





Dr. Vikas Rawat in NCERT Workshop



Dr. Vikas Rawat, Principal, School of Yogic Sciences, S-VYASA University, Bengaluru, was invited by the National Council of Educational Research and Training (NCERT) to participate in a three-day workshop titled **“Review Workshop on Post National Yoga Olympiad-2025.”**

The workshop was conducted at NCERT, New Delhi from 11th to 13th August 2025 and brought together experts, academicians, and jury members associated with the National Yoga Olympiad. The objective of the workshop was to review the recently concluded **National Yoga Olympiad-2025**, evaluate its outcomes, share experiences, and suggest strategies for further strengthening and refining the structure and implementation of future Olympiads.



Guruji in
Ankita Grama Sevadham,
Ujjain, Madhya Pradesh



IKS Micro Talk Series

Celebration of Indian Knowledge System on the occasion of Śrāvana Pūrṇimā



The **Division of Yoga Spirituality, School of Yogic Science, SVYASA**, organized the *IKS Micro Talk Series* from **Aug 4th to 20th August 2025** during *Prarthana Milan*, as part of the celebrations for **Śrāvana Pūrṇimā (Aug 9th)**. The series was convened by **Prof. M. Jayaraman, Dean of Yoga Spirituality**, and coordinated by **Dr. Nagarajan V, Assistant Professor, VMAC-VTR, Division of Yoga Spirituality**. The objective of the program was to **celebrate and disseminate the Indian Knowledge System (IKS)** by presenting its diverse facets through short, impactful talks delivered by esteemed faculty members. Covering themes such as Manuscriptology, Vedic wellness, Gurukula education, innovative approaches, and strategic sciences, the series provided a platform for participants to appreciate the **relevance of ancient wisdom in modern contexts**, thereby strengthening the academic and cultural mission of SVYASA.

Inaugural Session (Aug 4)

The series commenced with **Prof. Jayaraman, Dean of Yoga Spirituality**, delivering a talk on *Introduction to IKS – Myths and Facts*. He provided a broad overview of the Indian Knowledge System, highlighting its foundational concepts, philosophical depth, and scientific relevance. The session also addressed common misconceptions, distinguishing between myths

and historically verifiable facts, thereby setting a scholarly tone for the series.

Session 2 (Aug 5)

Dr. Nagarajan V, Assistant Professor, VMAC-VTR, spoke on *Manuscriptology*. His presentation detailed the various writing materials used in ancient India, such as palm leaves and birch bark, and discussed techniques for the conservation and preservation of these precious cultural resources. The talk underscored the critical role of manuscript preservation in sustaining India's intellectual heritage.

Session 3 (Aug 6)

Sri Chaitanya Lakkundi, Assistant Professor, delivered a talk on *Out of the Box Thinking in IKS for Within Box Problem*. Using the movements of the chess knight as an analogy, he demonstrated innovative thinking approaches rooted in tradition. The session incorporated references from *Padukasahasram* by Vedanta Desika, blending strategic thinking with devotional literature.

Session 4 (Aug 7)

Dr. Manjunath G, Associate Professor, presented *Vedic Wellness – I*. This session introduced the Vedic approach to holistic health, integrating physical, mental, and spiritual dimensions, and traced its relevance to present-day wellness practices.



Session 5 (Aug 8)

Dr. N. Sridhar, Associate Professor, continued the theme with *Vedic Wellness – II*. He drew upon classical textual references to present a deeper understanding of Vedic wellness principles, emphasizing their timeless applicability in maintaining health and harmony.

Session 6 (Aug 11)

Prof. Ramachandra G. Bhat, Director, VMAC-VTR, spoke on *Gurukula Parampara – Gift of IKS to Education System*. He provided an insightful comparison between the ancient Gurukula education system and the contemporary academic framework, stressing the importance of value-based education and close teacher-student relationships.

Session 7 (Aug 14)

Dr. A. Sreenivas, Assistant Professor, concluded the series with *Vedic Wellness - III*. His talk explored Jyotisha (Vedic astrology) and medical astrology, illustrating their integration into Vedic wellness practices for preventive and personalized health care.

Session 8 (Aug 16)

Dr. Anusha, Associate Professor, presented *Geometry in Warfare within the IKS–Dhanurveda Framework*. Drawing from the Mahabharata, she explained ancient military formations (*Vyuhās*) and their geometric precision, linking these strategies to historical and tactical examples.

Session 9 (Aug 20)

The series was concluded by **Pujya Guruji Dr. H. R. Nagendra**. In his valedictory address, he emphasized the holistic vision of the Indian Knowledge System as a treasure of timeless wisdom that integrates science, philosophy, spirituality, and practical living. Guruji highlighted how IKS provides not only intellectual enrichment but also solutions for modern-day challenges in health, education, and societal well-being. His words inspired the participants to carry forward the legacy of IKS



through research, practice, and dissemination.

Session 10 (Aug 21)

Prof. K. Subrahmanyam, Hon'ble Chancellor, SVYASA spoke on **"Indian Knowledge Systems - Bottlenecks and Missing Links."** He emphasized the continuity of Vidya Parampara, the importance of time specification, and how diversions into by-products weakened core wisdom. Highlighting the absence of Satya and Dharma, he stressed the need for Śraddhā and Citta-Śuddhi, and appreciated SVYASA's role in reviving the Gurukula system to reconnect the missing links of IKS.

Conclusion

The IKS Micro Talk Series offered a comprehensive exploration of the Indian Knowledge System, covering themes such as manuscript preservation, Vedic wellness, Gurukula education, innovative problem-solving, strategic sciences, and philosophical foundations. Each speaker highlighted a unique dimension of IKS, blending scriptural wisdom with practical insights and contemporary relevance. Together, the talks reflected both the timeless strengths and the challenges of sustaining traditional knowledge in the modern era. The concluding guidance of Pujya Guruji Dr. H. R. Nagendra unified the series, reminding participants of the holistic vision of IKS - integrating science, spirituality, wellness, and values - and inspiring the academic community of SVYASA to preserve and promote this heritage for future generations.



Guest Lecture at Yoga Vijnana, Bengaluru

On 17th August, Dean Academics (I/C) & Dean, Division of Yoga - Spirituality, S-VYASA delivered a guest lecture on the *Patañjali Yogasūtras* to the students of Yoga Vijnana – Yoga Kendra, Bengaluru. The session provided insights into the philosophical depth and practical applications of the *Yogasūtras*, offering the students a meaningful engagement with the classical text.



Talk on “The Gītā for Physical Wellbeing: A Fresh Perspective”



Prof. M. Jayaraman, Dean Academics (I/C) & Dean, Division of Yoga and Spirituality, S-VYASA, delivered a talk on “*The Gītā for Physical Wellbeing: A Fresh Perspective*” at the 2-day National Symposium sponsored by the Power Grid Corporation, Government of India, and hosted at S-VYASA Deemed University. The theme of the symposium was “*Integration: Tradition and Innovation.*”

In his presentation, Prof. Jayaraman highlighted that while the *Bhagavad Gītā* is often approached through familiar concepts such as *Samattva Yoga Ucyate*, *Karma Yoga*, and *Bhakti Yoga etc*, it also offers valuable insights into physical wellbeing. He stressed that Sanskrit literature provides a vast landscape for innovative interpretations that can inform new modules for healing and

therapy in Yoga - deeply traditional yet contemporarily relevant.

He concluded with the thought: “Tradition requires science for validation, but science requires tradition for innovation.”

The session was well received by an audience of over 200 participants.

Composition and Presentation of Yoga Saṅkalpa Prārthanā at Yoga Mitra Mela

On 11th August 2025, Prof. M. Jayaraman, Dean Academics (I/C) & Dean, Division of Yoga and Spirituality, SVYASA, presented the *Yoga Saṅkalpa Prārthanā* at the Yoga Mitra Mela, organized by the Karnataka Chapter of the Indian Yoga Association at Kailasa





Ashrama, Rajarajeshvari Nagar, Bengaluru.

The *Prārthanā* consists of eight verses in the Bhujaṅgaprayāta metre, dedicated to the members of the IYA. The verses pay homage to the Yoga Paramparā and also remind the Yoga fraternity, especially IYA members, of the responsibilities and ideals of a Yoga practitioner.

The *Prārthanā* was inaugurated in a lead-and-follow manner in the august presence of Guruji Dr. H. R. Nagendraji, Hariharapuramath Swamiji Sri Sri Swayamprakasha Sachhidananda Saraswathi Mahaswamiji, and Mahamandaleshvara Sri Sri Jayendra Puri Swamiji of Kailasa Ashrama. The composition was warmly received and blessed by the revered Swamis and Guruji.

Breathe, Meditate, Rejuvenate - A Healthy Mind for a Healthy Life

Under the guidance of Guruji Dr. H. R. Nagendra, and with the leadership of Dr. Manjunath N. K., Vice-Chancellor, and Dr. Apar A. Saoji, Principal, the S-VYASA School of Yoga and Naturopathic Medicine (SSYNM) conducted a Pranayama and Meditation Workshop for the students of Shree Krishna PU College on 6th August 2025. The workshop aimed to help students reduce stress, improve concentration, and enhance memory.

The session was led by Dr. Moodala Girishankara K. S., Assistant Professor, SSYNM, who conducted a live demonstration and guided practice of various pranayama and meditation techniques. Students actively participated and expressed great enthusiasm throughout the program.

The practices introduced during the workshop included:

- Nadishodhana Pranayama
- Bhramari Pranayama
- Bhastrika Pranayama
- Sheetali Pranayama
- Sheetkari Pranayama
- Mind Sound Resonance Technique (MSRT) – a special meditative practice

The three-hour workshop provided students with both theoretical understanding and



practical experience of yogic techniques. It highlighted the importance of incorporating pranayama and meditation into daily life for improving mental health, emotional balance, and cognitive performance.

The event concluded with positive feedback from students, who appreciated the session and expressed interest in practicing these techniques regularly for overall well-being.



Integrative Medicine: A Holistic Approach to Geriatric Care



On the occasion of National Senior Citizens Day 2025, the CAHO Healthcare Organization, under the Global Rehab Quality Forum, organized a one-day Geriatric Wellness Camp at Arya Janaseva Trust, Bannerghatta, on 24th August 2025. The camp was held under the leadership of Dr. Saril V. S., Chairperson, who supervised the program.

The camp brought together doctors from various medical disciplines with the aim of improving the quality of life of the elderly. The integrated medical team included ophthalmologists, ENT specialists, geriatric physiotherapists, yoga and naturopathy physicians, and dentists, thereby offering a holistic approach to geriatric care. The primary objectives of the camp were preventive care for active ageing, early detection of health

issues, and overall improvement in seniors' quality of life.

From the field of Yoga and Naturopathy, Dr. Balagovind and Dr. Moodala Girishankara from the S-VYASA School of Yoga and Naturopathic Medicine actively participated in the camp. The program commenced at 10:30 a.m. and concluded at 4:30 p.m. During the event, physicians from different systems of medicine examined the participants, provided lifestyle guidance, and advised further consultation to prevent complications related to ageing.

The camp was well received and highlighted the importance of integrative healthcare in geriatric wellness, promoting healthy and active ageing among the senior population.



Bengaluru, Aug 10: Guruji graced IYA Karnataka Yoga Mitra Mela Program



Yoga Mudras: A Natural Key to Healthy Bones



The PES University Institute of Medical Sciences and Research, in collaboration with the S-VYASA School of Yoga and Naturopathic Medicine (SSYNM), organized a one-day workshop on “Mudras to Improve Bone Health” on August 7th, 2025, as part of the observance of National Bone and Joint Day. The event was held under the guidance of Guruji Dr. H. R. Nagendra, with the leadership of Dr. Manjunath N. K., Vice-Chancellor, and Dr. Apar A. Saoji, Principal, SSYNM, along with the support of Dr. Avinash, Head of the Department of Orthopaedics, PES Medical College.

Fractures and bone-related complications are highly prevalent in the geriatric population, leading to significant morbidity and decline in quality of life. To address this concern and to promote sustainable health practices for

the elderly, the Department of Orthopaedics, in association with SSYNM, conducted this workshop for doctors and medical students of PES Medical College.

The event was graced by Dr. Moodala Girishankara K. S., Assistant Professor, SSYNM, who served as the Chief Guest Speaker. He delivered a detailed session on the role of yoga mudras in strengthening bones, preventing fractures, and supporting musculoskeletal health. A live demonstration and guided practice of selected mudras was also conducted, enabling participants to experience their practical applications.

Yoga mudras, as traditional yogic hand gestures, hold therapeutic potential in enhancing bone density, improving circulation, and preventing complications associated with age-related bone fragility. The workshop successfully emphasized the integration of yoga-based preventive strategies into modern orthopaedic care.

The program concluded with an interactive session, during which participants expressed keen interest in adopting and recommending yoga mudras as a supportive approach for promoting bone health in geriatric care.

Canada India Foundation Delegation Explores Collaboration with S-VYASA

A delegation from the Canada India Foundation, comprising Mr. Ritesh Malik (Chair), Mr. Chetan Handa (Secretary), and Mr. Sanjeev Chhibber (Member, Board of Governors), visited Prashanti Kutiram on Friday, 1st August 2025. A meeting was held at Tarangini, where discussions focused on the possibility of extending S-VYASA’s services to Canada.





From Asanas to Reels: Celebrating Winners of Yoga Day 2025 Competitions



On July 19, 2025, the School of Yogic Sciences (SYS) at S-VYASA held a special prize distribution ceremony during *Prarthana Milan* to mark the culmination of a month-long celebration of the International Day of Yoga 2025.

Over the course of the month, SYS conducted 13 events in both online and offline modes, engaging participants from institutional, national, and international platforms. The diverse lineup of competitions, seminars, and creative activities encouraged enthusiastic participation from students, faculty, and the larger yoga community.



The prize distribution

honored standout performances across several categories. In the Team Asana Competition, the first prize was bagged by Yalak and team from *Shashwatam*, while the second prize went to Susanna and team from *Jagganath*. Abhishek and team demonstrated exceptional consistency by securing the first position in both the *Suryanamaskar Competition* and the *Rhythmic Yoga Competition*.

In the *Speech Competition*, Tanvi Makkar earned the first prize, along with a cash award of ₹2100. The *National Essay Competition* recognized Ravi Prakash Maletha with the second prize and a cash award of ₹3000. In the widely followed *National Reel Making Competition*, Abhishek Sahu secured the first prize (₹2100), while Shivani Hegde and her team were awarded the second prize (₹1100). Notably, in the “Without Views” creative category for lesser-seen submissions, Krishna Kuwar and Pooja Banadka were recognized with the second prize for their thoughtful contributions.



65th Executive Council Meeting of S-VYASA Held at Tarangini Board Room



The 65th Executive Council Meeting (ECM) of S-VYASA was convened on July 25, 2025, from 12:00 PM to 2:00 PM at the Tarangini Board Room, Prashanti Kutiram, Jigani Hobli, Bengaluru.

The meeting was chaired by Prof. K Subrahmanyam, Chancellor, in the esteemed presence of President Dr. H R Nagendra, Pro-Chancellor Dr. B R Ramakrishna, Vice Chancellor Dr. N.K. Manjunath Sharma, Dean of Academics Dr. Jayaraman, and other distinguished members of the Executive Council.

The council discussed various academic, administrative, and strategic matters concerning the growth and development of the University. Key issues pertaining to curriculum development, infrastructure enhancement, research collaborations, and governance policies were deliberated upon. The Registrar Prof. S. Siva Sankara Sai, as the Ex-Officio Secretary, presented the agenda and facilitated the proceedings of the meeting.

Chancellor Honours Dr. Venkatesh Prasanna during Prarthana Milan at S-VYASA

Dr. Venkatesh Prasanna, Additional Superintendent of Police, Bangalore District, who has completed his PhD on the Police System from Vedic Times up to 1947, was felicitated by the Chancellor during the Prarthana Milan at S-VYASA on August 5, 2025.





Mindful Law: KLE Law Students Explore Yoga at S-VYASA



On August 1, 2024, S-VYASA hosted a half-day yoga retreat for the students of KLE Law College, designed to introduce them to the holistic practices and philosophy of yoga.

The program sought to help the visiting students experience the benefits of yoga and mindfulness, particularly in the context of legal education and professional practice.

The retreat commenced with an insightful lecture by **Dr. Manjunath Gururaj** on “Introduction to S-VYASA.” He spoke about the University’s vision, its unique integration of modern scientific research with ancient yogic wisdom, and its contributions to evidence-based yoga education and therapy.

Following the lecture, **Ms. Simla Nixon** led a practical session on *Asanas*, guiding participants through basic postures aimed at stress relief and physical well-being. The students participated with enthusiasm, experiencing first-hand the calming and energizing effects of yoga.

The group then visited the **Anveshana Research Laboratory**, where they were introduced to the advanced research initiatives undertaken in the field of yoga and health. They observed how yoga therapy is scientifically evaluated through various tools and parameters, gaining a deeper understanding of the rigor and methodology behind yoga research.

The program was coordinated by **Rahul**, Research Scholar, and **Manoj Gulalkai**, Assistant to Registrar.





Varamaahalakshmi Puja performed under the Guidance of Dr. Nagarathna Didi



The **Varamaahalakshmi Puja** was observed with profound devotion and ceremonial grandeur on Friday, 8th August 2025, at *Shruti Mandir, Prashanti Kutiram*. Commencing at 8:00 a.m., the sacred occasion infused the atmosphere with spiritual solemnity and reverence.

The rituals were led by Dr. Nagarathna Didi, who, with deep piety and meticulous precision, guided the devotees through the sanctified

proceedings. Together, she as well as Smt. Ambujam Subrahmanyam and the assembled worshippers performed Kumkumarchana, invoking the blessings of the Goddess for universal well-being, prosperity, and harmony.

Following the spirit of Prarthana Milan, prasadam was graciously distributed among the students, after which Dr. Nagarathna Didi personally bestowed her blessings upon her disciples, rendering the day especially auspicious.

As twilight descended, the celebrations resumed at 6:00 p.m. with heartfelt bhajans extolling Goddess Varamaahalakshmi. The exquisitely adorned idol of the Goddess, ceremonially installed for three days that provided devotees with a rare opportunity to offer prayers, contemplate divinity, and immerse themselves in the sanctifying presence of the Mother Goddess.

Modern-Day Charaka Prof. Banwari Lal Gaur Felicitated at S-VYASA

Prof. Banwari Lal Gaur, a distinguished Ayurveda scholar and revered authority in Sanskrit and holistic health, was felicitated at S-VYASA on July 18, 2025, alongside Smt. Champa Gaur. Widely acclaimed as a modern-day Charaka and Vagbhata, Prof. Gaur has made enduring contributions to the fields of Ayurveda and Sanskrit. Formerly the Vice-Chancellor of Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University and Director of the National Institute of Ayurveda, Jaipur, he has served as a teacher, researcher, and administrator. Associated with the Vishwa Guru Deep Ayurveda & Yoga Research Centre, he is also the recipient of numerous accolades, including the Sanskrit Sadhana Shikhar Award (2022), and is the author of several esteemed publications in Ayurveda.





S-VYASA City Campus hosts Anti-Ragging Awareness Skit



With Guruji's blessings and faculty guidance, the Anti-Ragging Awareness Program was organized at S-VYASA City Campus on 14th August 2025, promoting harmony, yogic values, and a ragging-free environment.

The event, titled *"Break the Chain – Say NO to Ragging"*, was jointly organized by the Anti-Ragging Committee, the S-VYASA Student Council, and the IQAC. Its objective was to sensitize students to the damaging effects of ragging, foster mutual respect, and reinforce the principles of Indian Knowledge Systems and yogic living.

A skit performed by students formed the centerpiece of the program. Blending real-life situations with yogic philosophy, the performance emphasized **Ahimsa, compassion, and the sanctity of the Guru-Shishya bond**. It highlighted how ragging disrupts inner balance - body, mind, and prana - and underscored the need for campuses rooted in respect and inclusivity. Roles were enacted by S. Kamal (Guruji), Puskarni (Chairperson), Geshna, Manogna, and Ragashree (Offenders), with Monalisa, Hitakshi, and Kumud Lalwani as Victims. Sai Smitha and Nayana represented the Anti-Ragging Committee, while narration was delivered by Priyal Anand.

The skit was well-received and conveyed a compelling message of unity and responsibility. The program concluded with an oath-taking ceremony, where students pledged to maintain a ragging-free campus, embodying the spirit of *Vasudhaiva Kutumbakam* - "The world is one family."





S-VYASA marks Anti-Ragging Day 2025



The observance of Anti-Ragging Day 2025 was held on 12th August at Shruti Mandir, Prashanthi Kutiram, organized by SSYNM Student Council, Anti-Ragging Committee, and IQAC S-VYASA under faculty guidance.

A central highlight of the program was a skit titled *“Breaking the Chain: Say No to Ragging,”* which was presented by students with the objective of sensitizing the community to the emotional, psychological, and legal consequences of ragging.

The dramatization realistically depicted ragging incidents, the distress and trauma endured by victims, and the severity of punitive measures prescribed under UGC and University regulations. The performance concluded with an emphatic message underscoring the principles of mutual respect, empathy, and the institution’s stance of zero tolerance towards ragging.

The program commenced with an introductory narration delivered by Ms. Pushkarni, who eloquently set the thematic context for the awareness skit that followed. Designed with both realism and sensitivity, the performance highlighted the destructive impact of ragging while simultaneously emphasizing the importance of preserving dignity, compassion, and inclusivity within student interactions.

The participants played their roles with conviction, lending authenticity to the performance. The event was chaired by S. Kamal, while UGC Anti-Ragging Committee members Sai Smitha and Nayana D offered their support and presence. The roles of the offenders in the skit were enacted by Geshna, Manogna, and Raga Shree, whereas the victims were represented by Monalisa and Hitakshi. Volunteers including Pushkarni and Kabindhra contributed to the smooth coordination and success of the program.





Student Durgesh Delivers inspiring Independence Day Speech



Durgesh, MSc Yoga Therapy Final Year student, delivered an inspiring Independence Day Speech at Vivek Vihar, S-VYASA University, highlighting patriotism, sacrifice, and the responsibility of youth in nation-building.

Addressing Guruji, the Hon'ble Chancellor, Vice-Chancellor, dignitaries, faculty, and fellow

students, Durgesh recalled the sacrifices of freedom fighters, saying, "Khudiram Bose was only 18, Bhagat Singh was just 23, yet they gave their lives for our tomorrow." He reminded that independence was not merely political freedom but the fruit of courage and selfless service.

He further emphasized unity, stating, "India was never defeated by foreigners alone; it was our own disunity that weakened us. True independence demands sacrifice and harmony above caste, language, and region."

Speaking on the role of the young generation, he noted, "A youth is not one who is young in body, but one whose thoughts carry the fire of revolution and responsibility." Expressing concern over cultural drift, he urged students to embrace Indian traditions rather than imitate the West.

In his passionate conclusion, Durgesh declared, "India is not a piece of land but a living nation-soul. We must live for India, and if the time comes, die for India. Even our ashes should echo – Bharat Mata Ki Jai."





S-VYASA hosts Faculty Development Program to Strengthen Academic and Spiritual Excellence



The Faculty Development Program (FDP) was held on 29–30 July 2025 at Prashanti Kutiram, orienting seventy new faculty members and staff to the ethos, academic vision, and administrative framework of S-VYASA.

The program commenced on the first day with registration and *Prarthana Milan*, creating an atmosphere of devotion and discipline. The inaugural keynote address was delivered by Revered Guruji Dr. H. R. Nagendra, President of S-VYASA, on the theme “*Yoga - Its Basis and Application.*” His discourse offered profound insights into Yoga as the foundation of both intellectual pursuit and holistic living, thereby setting the tone for the sessions ahead. This was followed by a research orientation session conducted by Dr. Krishna Dwivedi, who emphasized the importance of translating “*Ideas to Impact.*” In parallel, Registrar Prof. Siva Sankara Sai led a session on administrative excellence under the theme “*Empowering Excellency.*”

The afternoon was devoted to well-being and inspiration. Dr. Vikas Rawat and Ms. Simla guided participants through *Pranayama* and *Shavasana*, after which Prof. Subrahmanyam,

Hon. Chancellor, delivered a moving discourse on the *Life of Swami Vivekananda*. Special lectures enriched the academic and cultural dimensions of the FDP: Acharya Dr. Ramachandra Bhat, Former Vice Chancellor, spoke on “*Teachers for Nation and Society,*” while Vice Chancellor Dr. N. K. Manjunath presented the history and *Sankalpa* (vision) of S-VYASA’s founding. Dr. Shine Antony, Director of International Affairs, extended the discourse to a global framework through his address on the internationalization of S-VYASA. During the parallel session, Dr. Rajesh, Corporate Trainer, engaged administrative staff in enhancing administrative competencies and communication skills.

The day concluded with an evening of Bhajans and *Cyclic Meditation* led by Smt. Sriparna, followed by a shared dinner and a *Happy Assembly* featuring yogic games coordinated by Mr. Adarsh, The experience that fostered warmth, fellowship, and camaraderie among participants.

The second day began with an early morning, 6am Yoga session, cultivating clarity and focus. This was followed by *Maitri Milan*, a devotional chanting session followed by talk on Bhagavad



Gita by Prof. Subrahmanyam. He emphasized mutual understanding and community-building. The flavor of the theme *Karma Yoga* was given to the participants through cleaning of the campus coordinated by Mrs. Simla and Dr. Vikas Rawat, encouraging faculty to integrate the principle of selfless service into their teaching practices. Guruji Dr. H. R. Nagendra, in his address "*Sadhana of Service*," underscored selfless service as the guiding principle for educators and administrators at S-VYASA.

Parallel sessions of Pedagogical and skill development then followed after the Maitri Milan. Dr. S. Sridhar, Director of Academics, spoke on technology-enabled teaching, while Mr. Prasoon Chakraborty, a corporate trainer, addressed the administrative staff on interpersonal skills and institutional support systems. These were complemented by experiential learning, including *Cyclic Meditation* led by Dr. Ankita and a guided visit to the *Anvesana Research Labs*, where participants gained exposure to ongoing research initiatives.

Subsequent sessions expanded the intellectual horizon of the FDP. Dr. Sachin Sharma offered an insightful presentation on Indian philosophy and its relevance to contemporary research. In a co-occurring session, Dr. Krishna Chaitanya and Ms. Dolly highlighted the importance of

digital literacy and use of AI in the work life. Registrar Prof. Siva Sankara Sai elaborated on the technical, and institutional frameworks necessary for academic governance and organizational efficiency.

A highlight of the program was the panel discussion "*Experiences with S-VYASA: Voices of Experience*", moderated by Dr. Sridhar N. The panelists - Dr. Amit Singh, Dr. Mohan Kishore, Dr. Satyaprakash, Sri Manoj, and Dr. Geetanjali - shared their lived experiences at the University, offering new faculty invaluable perspectives on S-VYASA's academic culture, research ecosystem, and spiritual ethos. Their reflections served as both practical guidance and inspiration, enabling participants to align themselves more closely with the vision and mission of the University.

The FDP concluded with a valedictory session in which Prof. Subrahmanyam, Hon. Chancellor, and Registrar Prof. Siva Sankara Sai shared their reflections and offered guidance for the faculty's onward journey. The program was formally brought to a close with a vote of thanks delivered by Prof. M. Jayaraman, Dean of Academics (I/C), marking the conclusion of a two-day program that successfully blended academic training with spiritual enrichment.

Mind Conditioning Session Inspires First-Year BBA Students at NSB Academy



On 4 August 2025, Dr. Jincy Sundaran, Associate Professor and Vice Principal at S-VYASA, conducted a Mind Conditioning session for first-year BBA students at NSB Academy, Bangalore.

Held as part of their orientation program, the session integrated interactive lectures with experiential practices - including the Deep Relaxation Technique (DRT), Box Breathing, and resilience-focused exercises - empowering students to strengthen concentration, cultivate emotional balance, and build mental resilience, thereby equipping them to embark on their academic journey with clarity and confidence.



Yog Yukta 2.0: A Thematic Yoga Exhibition Showcasing Tradition, Innovation, and Scientific Relevance



The fourth-year BNYS students of the S-VYASA School of Yoga and Naturopathic Medicine (SSYNM) curated Yog Yukta 2.0, a thematic exhibition held on 20 August 2025 at Samskriti Bhavan.

The event commenced at 11:00 AM with a formal inauguration by Dr. N. K. Manjunath, Pro Vice-Chancellor of S-VYASA, in the esteemed presence of Dr. H. R. Nagendra (President, S-VYASA Society), Dr. R. Nagarathna (Medical Director, Arogyadhama), Prof. K. Subramanyam (Chancellor), Raghuram Ji, Dr. Soni Kumari (Registrar), Mr. Dhananjay (Finance Department), Dr. Vikas Rawat (Principal, School of Yoga), Dr. Apar Saoji (Principal, School of Yoga and Naturopathic Medicine), and several distinguished faculty members.

The exhibition revolved around three central themes: Yoga for Autoimmunity, Yoga for Men's Health, and the Evolution and Propagation of Yoga Across the Globe. These were creatively

depicted through meticulously designed poster presentations. A central attraction was an expansive Rangoli installation symbolizing yoga's therapeutic applications, complemented by an Experience Zone that featured sound healing, Heartfulness meditation, and an imaginative "time-travel" journey through yoga's historical and scientific trajectory. To further enrich the experience, a yoga-themed games arena encouraged active participation through interactive activities, fostering creativity, engagement, and camaraderie

among attendees.

The exhibition witnessed enthusiastic participation from Sushrutha Nursing College, the S-VYASA School of Advanced Studies, Arogyadhama participants, and university students. Notably, Dr. Amit Singh, Medical Officer at Arogyadhama, praised the innovative Experience Zone and commended the thoughtful integration of creativity and scholarship by the students.





Anti-Ragging Week



The Anti-Ragging Committee of S-VYASA Deemed-to-be University, in collaboration with the Student Council and IQAC, observed **Anti-Ragging Week 2025 from 12th to 18th August** as per UGC and C4Y directives. A key highlight was the special awareness program on **14th August 2025**, featuring a skit and a guest talk titled *“Break the Chain – Say NO to Ragging.”*

The skit, performed by students of B.Tech, BBA, BCA, B.Com, and MBA, powerfully conveyed how ragging, often disguised as fun, causes deep emotional harm, violates yogic values of compassion, and attracts strict disciplinary and legal consequences.

The inaugural session on **12th August 2025** at

Shruti Mandir began with blessings from Guruji Dr. H. R. Nagendra and messages from senior faculty, reinforcing that ragging is not only a punishable act but also a-yogic and contrary to Ahimsa and S-VYASA’s ethos. A guest lecture further explained the **National Anti-Ragging Framework**, grievance redressal mechanisms, and the collective responsibility of faculty and students in building a safe campus.

The program saw enthusiastic participation from the Director, Deans, HoDs, faculty, and students. It concluded with reflections that urged everyone to “break the chain” of ragging and commit to a **zero-tolerance, inclusive, and value-driven culture** at S-VYASA.





CodeVerse'25 – A Summer of Tech, Teamwork & Innovation

The Department of Engineering and Technology hosted its three-week **Summer Special Programme - CodeVerse'25** from 14th July to 4th August 2025, exclusively for first-year B.Tech. students. Designed to **build technical expertise, inspire innovation, and foster entrepreneurial thinking**, the programme blended hands-on training, expert sessions, and high-energy challenges.

From Learning to Showcasing

A major highlight was the **Capstone Project Expo** on 30th July, where **30 teams** presented **full-stack web applications** developed in just **five days** – each addressing socially relevant issues. The projects were the result of a **3-day workshop** on React, MongoDB, and Generative AI, supported by both industry experts and faculty mentors.

Students also gained exposure to **Git, Kali Linux, freelancing tools, Python (Django, Pygame, Tkinter, Turtle)**, and **HackerRank challenges**, along with **placement readiness training**. An inspiring entrepreneurship talk by **Mr. Madanmohan Rao (YourStory)** encouraged them to explore startup pathways.

The 24-Hour Hackathon

The excitement peaked during the **overnight Hackathon** from 31st July to 1st August, where teams collaborated to solve real-world problems under continuous faculty guidance. Visits from **Hon'ble Guruji Dr. H.R. Nagendra, Vice Chancellor Dr. B.R. Pai, and Registrar Dr. Ramesh Babu** added to the motivation.



Grand Finale & Recognition

The programme concluded on **4th August** with awards for **Best Team Performances, Hackathon Winners, and Best Capstone Projects**, along with certificates for all active participants.

Coordinated by **Dr. Jobin Thomas** under the guidance of **Dr. Mohammadi Begum** and **Mr. Anish Antony**, CodeVerse'25 left students with **stronger skills, greater confidence, and a readiness for innovation** – earning glowing feedback from participants and faculty alike.

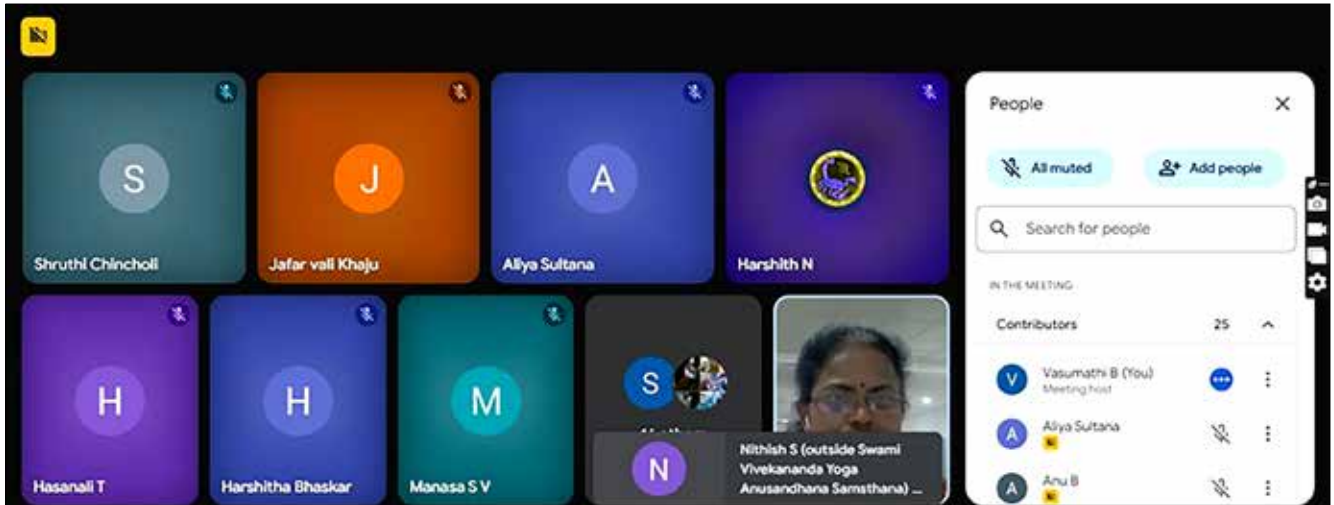
Highlights at a Glance

- 3-Week Summer Tech Programme
- 30 Full-Stack Projects in 5 Days
- Capstone Project Expo
- Expert Workshops: React, MongoDB, Generative AI, Git, Linux, Python
- Entrepreneurship Talk (*YourStory*)
- 24-Hour Hackathon
- Placement Readiness Training

CodeVerse'25 was more than a summer programme – it was a launchpad. Students left with enhanced skills, higher confidence, and a mindset ready for innovation. The feedback from both participants and faculty was overwhelmingly positive, setting the stage for even more ambitious editions in the future.



Online Orientation Program on Smart India Hackathon (SIH) 2025



Aug 14: The **Smart India Hackathon (SIH)** is a flagship initiative of the **Ministry of Education, Government of India**, and is widely recognized as the **world's largest open innovation platform**. It aims to provide students a forum to **ideate, innovate, and implement solutions** for some of the most pressing real-world challenges faced by various ministries, industries, and society at large. The primary objective of the session was to **introduce students to the SIH 2025 framework**, highlight its importance, and encourage active participation. By equipping students with the right information, the department aimed to ensure that participants are well-prepared to contribute meaningfully to this national-level competition.

The orientation session was comprehensive and insightful, covering the following aspects:

- **Overview of SIH 2025:** Students were briefed on the vision and mission of the hackathon, its legacy of promoting innovation, and its impact on the student community.
- **Structure of the Hackathon:** A detailed explanation was given on the different tracks of SIH, the process of problem statement identification, and solution submission.

- **Team Formation:** Guidelines on creating multidisciplinary teams were provided, emphasizing collaboration across different domains of knowledge.
- **Participation Guidelines:** Step-by-step instructions on registration, project submission, and evaluation criteria were discussed.
- **Benefits of Participation:** The speaker highlighted the numerous advantages of SIH, such as industry exposure, mentorship opportunities, skill enhancement, networking with innovators, and the chance to contribute to nation-building initiatives.

The orientation program **witnessed enthusiastic participation from students across various disciplines** of the university. Their active involvement reflected their curiosity and eagerness to take part in SIH 2025. The interaction and queries raised during the session demonstrated the students' genuine interest in exploring innovation and entrepreneurship. The session served as a **motivational and preparatory platform** for students, instilling confidence in them to step forward and represent the university at a national level. It marked a **strong beginning for S-VYASA's journey in SIH 2025**, fostering a spirit of teamwork, creativity, and problem-solving.



Academic-Industry Collaboration for Robotics Innovation with Acutro Technologies



Bengaluru, July 28: The **Department of Computer Science and Applications, S-VYASA Deemed to be University**, has entered into a significant **Memorandum of Understanding (MoU)** with **Acutro Technologies** to promote **academic-industry collaboration in the field of Robotics Innovation**. This collaboration aims to create a strong foundation for **innovation, knowledge exchange, and mutual growth** between academia and industry. By bridging the gap between theoretical learning and practical implementation, the MoU is expected to provide students with hands-on exposure to real-world applications of robotics and emerging technologies.

The MoU has been signed specifically to benefit **MCA and MSc students** of the Department of Computer Science and Applications. Through this collaboration, students will have opportunities to:

- Gain exposure to **industrial projects and case studies** in robotics.
- Participate in **internships, workshops, and training programs** led by Acutro Technologies experts.
- Develop **cutting-edge skills** in automation, artificial intelligence, and robotics applications.

- Engage in **knowledge-sharing sessions** with industry professionals.
- Enhance their **career readiness** by aligning their learning with current industry needs.

The MoU signing ceremony was marked by an enthusiastic exchange between university representatives and Acutro Technologies officials. Both sides reaffirmed their commitment to fostering a collaborative ecosystem that nurtures creativity, entrepreneurship, and problem-solving among students. The Academic-Industry collaboration with **Acutro Technologies** represents a significant milestone for the Department of Computer Science and Applications. By integrating industrial expertise into academic programs, this initiative will empower **MCA and MSc students** with advanced learning experiences, thereby preparing them to become leaders in **robotics, innovation, and technology-driven industries**.

As part of the collaboration launch, students are given an exciting opportunity to **witness live demonstrations of advanced robotic systems**. Various innovative robots were showcased, including **dog robots, dancing robots, football-playing robots, humanoid robots, hand simulation models, and 3D printer machines**. These demonstrations not only highlighted the wide applications of robotics in different domains but also inspired students to explore creative ideas and research possibilities in this growing field.





Independence Day Celebration

The **Independence Day Celebration 2025** at S-VYASA Deemed-to-be University, Prashanti Kutiram, was observed with great enthusiasm and patriotic fervour. The program commenced with the **flag hoisting at the Administrative Block**, led by our respected **Guruji Dr. H. R. Nagendra** along with the **Vice Chancellor and other dignitaries**. The national flag unfurled proudly as the gathering joined in singing the National Anthem.



Following this, **Guruji and the Vice Chancellor** addressed the audience, reminding everyone of the sacrifices of freedom fighters and inspiring the students and faculty to uphold the values of discipline, unity, and service to the nation.

The cultural segment of the celebration reflected the spirit of India's diversity and talent. A graceful **Bharatanatyam performance by renowned artist Ananyya** captivated the audience with its classical elegance. This was followed by a **melodious duet song by faculty members**, which evoked patriotism and togetherness. Students added vibrancy to the event through a **group dance and group song**, both highlighting the themes of freedom and cultural pride. The celebration concluded with a lively **fashion show** that showcased creativity and cultural expression.

The event not only celebrated India's independence but also strengthened the spirit of harmony, tradition, and unity within the S-VYASA community.





Outcome based Education (OBE) - Level II: Student Attainment Calculations



The **Internal Quality Assurance Cell (IQAC)** of S-VYASA Deemed-to-be University organized a focused session on **Outcome Based Education (OBE) - Level II: Student Attainment Calculations** on 7th August 2025 at Room No. 16. The session was conducted by **Prof. Hariprasad S. A., Director, Faculty of Engineering and Technology, Jain University, Bengaluru**, a noted academician and expert in OBE implementation.

The session aimed at strengthening faculty understanding of the **OBE framework** with specific emphasis on **attainment measurement** at the course and program levels. Prof. Hariprasad elaborated on the methodology for setting Course

Outcomes (COs), mapping them to Program Outcomes (POs), and calculating attainment levels based on direct (exams, assignments) and indirect (surveys, feedback) assessments. He highlighted practical approaches to ensure transparency, data accuracy, and continuous improvement.

Faculty members engaged in hands-on discussions and case-based examples to understand the **calculation process, benchmarking techniques, and gap identification** for enhancing student learning outcomes. The session also emphasized the role of OBE in accreditation processes (NBA/NAAC) and its importance in aligning academic delivery with national educational standards.





National Librarians' Day



The Central Library of **S-VYASA Deemed-to-be University, Bengaluru**, celebrated **National Librarians' Day** on **12th August 2025** to commemorate the **133rd Birth Anniversary of Padma Shri Dr. S. R. Ranganathan**, the Father of Library Science in India. The event highlighted the invaluable contributions of librarians in fostering knowledge, literacy, and lifelong learning.

The program commenced with the **welcome of dignitaries** including Dr. Sridhar (Academic Director), Dr. Srividya (Academic Advisor), Dr. Mrutyunjaya (Administrative Advisor), and Dr. Shine Antony (Director of International Affairs). Guests were honoured with saplings, symbolizing growth and wisdom. The celebration began with a **lamp-lighting ceremony**, accompanied by a devotional song, invoking blessings for enlightenment and knowledge.

A special address reflected on the **life and contributions of Dr. S. R. Ranganathan**, recalling his pioneering work in library science and the development of the **Colon Classification system**. His vision of libraries as dynamic spaces for learning and community growth was emphasized, reminding attendees of his enduring legacy.

The event concluded with a **vote of thanks**, extending gratitude to dignitaries, faculty, students, and staff for their participation. As a mark of respect, a garland was offered to Dr. Ranganathan's portrait, followed by the distribution of sweets, adding a warm note to the celebration.





World Organ Donation Day



On the occasion of *World Organ Donation Day* (August 13th), the **Department of Allied and Healthcare**, S-VYASA School of Advanced Studies, organized an **awareness talk on organ donation** on **15th August 2025**, during the **79th Independence Day program**. The event was conducted in association with **MOHAN Foundation, Bengaluru**, a pioneering NGO working in the field of organ donation.

The resource person for the session was **Mrs. Ranjini Shankar, Project Manager, MOHAN Foundation, Bengaluru**, who delivered an informative and inspiring talk. She highlighted the types of organs that can be donated during one's lifetime as well as after death. The session emphasized the *importance of organ donation*, its role in saving lives, and how each individual can contribute by pledging to be a donor.

Mrs. Ranjini Shankar also sensitized the gathering of students and faculty members about the myths surrounding organ donation and urged everyone to take a conscious step towards becoming organ donors. The talk was highly engaging, interactive, and served as a strong reminder of the social responsibility we all share in supporting the cause.

The event concluded with an interactive Q&A session where participants clarified their doubts, followed by an appeal to spread awareness within their families and communities.

The awareness talk was a meaningful addition to the **Deeksharambh-Student Induction Program** as well and successfully instilled a sense of responsibility towards this noble cause among the participants.





World Lung Cancer Day Program



To observe **World Lung Cancer Day**, the Department of Allied and Healthcare at S-VYASA Deemed-to-be University organized a seminar on **1st August 2025** at 2:30 PM. Themed **“Breaking Barriers: Championing Early Detection and Equal Care,”** the event aimed to spread awareness about lung cancer, highlight the significance of early detection, and emphasize the importance of equitable care in pulmonary health.

The session commenced with lamp lighting by all dignitaries and a soulful prayer rendered by **Ms. Ashwathy**, setting a reflective and positive tone for the program. The gathering was warmly welcomed by **Dr. Sridhar S**, Academic Director and **Dr. Sriraghunath S**, Dean- Allied & Healthcare.

Dr. Mohamadi Begum (Dean of Engineering & Technology) & Dr. Geetanjali (HOD, Department of Management & Commerce) graced the occasion with their presence.

The speakers for

the session were **Dr. Sameer Bansal**, Senior Consultant in Pulmonary, Critical Care, and Interventional Pulmonology at Apollo Hospitals, Bangalore, and Clinical Head at VAAYU Chest & Sleep Specialists, and **Dr. Yogita Hatmode**, MPT (Cardiovascular and Respiratory Disorders), PHD Scholar, and Head of VAAYU Pulmonary Wellness and Rehabilitation Centre.

Both speakers brought a wealth of clinical and practical knowledge to the session. Dr. Bansal highlighted the burden of lung cancer in India, recent advances in diagnostics and treatment, and the role of timely medical intervention. Dr. Yogita focused on rehabilitation, physiotherapy strategies, and the importance of holistic respiratory care. Their insights were both





Master Stock Markets: Live Market Session



Aug 14: The Department of Management and Commerce organised a session on Master stock markets - Live Market session to understand how to predict the future market based on past data.

The resource person for the session was Shri. Shameem S, CEO Qartelz India Pvt Ltd. He is financial market enthusiast with 15 years of experience in Stock markets, Forex and Commodity Markets. He has authored several books pertaining to stock markets.

The session was engaging and began with the theory on understanding of the meaning of stock market, stock trading, NIFTY, 'Efficient Market Hypothesis'. The markets can be predicted

using the past data was demonstrated using live market data. The trick of the trade using generic formulae was also shared with students which was insightful.

Students and faculty members enthusiastically participated and interacted with the resource person. They gained a different understanding of stock markets and were confident that with right knowledge of the financial markets one can trade the stocks more regularly and responsibly. The resource person shared his rich industry experiences in Fintech which has also contributed to his success. The session was encouraging for the students towards investments in general and stock markets in particular.

informative and inspiring, sparking interaction and curiosity among students and faculty alike.

The dignitaries were felicitated with tokens of appreciation by **Dr. Kunal Saxena (Director of Admissions)**, acknowledging their contributions to healthcare and education. The event was smoothly compered by **Dr. Nidhi B Iyer**, who guided the flow of the program with grace and professionalism.

The program concluded with a heartfelt **vote of thanks by Dr. Sasanka Sekhar**, expressing gratitude to the guest speakers, organizing team, coordinators, and enthusiastic participants who contributed to the event's success.

This educational event not only raised awareness but also reinforced the commitment of the university towards promoting preventive healthcare and community education.

26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

YOGA AS REHABILITATION MEDICINE Plasticity, Performance & Resilience

18th to 21st Dec 2025 | Prashanthi Kutiram |
Bengaluru- 560105

Organized By:
S-VYASA Deemed to be University
Bengaluru, India



S-VYASA Deemed to be University,
Prashanti Kutiram, Bengaluru- 560105
Karnataka, India



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26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

**My Dear Brothers and Sisters,
Greetings from Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**

We are honored to announce that S-VYASA will host the 26th International Conference on Frontiers in Yoga Research and its Applications (INCOFYRA) under the theme "Yoga as Rehabilitation Medicine – Plasticity, Performance & Resilience." We warmly invite you to join us in Bengaluru, India, for the main scientific and professional sessions from December 18th to 21st, 2025. As the premier scientific conference of S-VYASA, INCOFYRA is renowned for advancing evidence-based research and fostering international multidisciplinary collaboration. Every biennial installment convenes esteemed scientists, clinicians, and academicians to disseminate the latest empirical findings and clinical innovations in Yoga and Integrative Medicine.

The 26th INCOFYRA is dedicated to elucidating the role of Yoga as a robust therapeutic intervention in neurorehabilitation, sports medicine, and musculoskeletal health. The conference will focus on neuroplasticity the brain's capacity for adaptive change—and how Yoga-based interventions can optimize neuromuscular performance, cognitive resilience, and psychophysiological recovery. We will critically examine Yoga's efficacy in injury prevention, motor learning, proprioceptive enhancement, and post-traumatic rehabilitation.

This year's scientific program is curated for physiotherapists, neurologists, sports medicine specialists, athletic trainers, primary care physicians, and rehabilitation researchers seeking to deepen their understanding of neurokinetic chain integration, biomechanical efficiency, and evidence-based complementary therapies in neuro and sports medicine. Participants will gain insights into translational research methodologies, clinical outcome measures, and integrative care models that leverage Yoga and allied CAM modalities.

A key focus will be on knowledge translation and the adaptation of best practices across healthcare delivery systems, addressing disparities between resource-limited and high-resource environments. The conference will facilitate discourse on implementation science, health equity, and global policy frameworks that support the adoption of Yoga and Integrative Medicine in mainstream rehabilitation protocols. We cordially invite colleagues, researchers, and thought leaders worldwide to engage in a dynamic exchange of scientific knowledge, collaborative networking, and professional development. Attendees can anticipate a stimulating scientific program, interactive workshops, symposia on emerging research, and opportunities to experience India's rich cultural heritage

**With Love,
Dr. H R Nagendra
President, 26th INCOFYRA- 2025 and
President S-VYASA Society**












Main Conference Highlights

The 26th INCOFYRA will address the practice and future of complementary, or non-traditional, medical care in the broad scope of Neuro and Sports Medicine, aiming to produce outcomes conducive to plasticity, enhanced performance, and effective rehabilitation through the application of Yoga as a core modality

Objectives

-  **Unite Multidisciplinary Expert**
Bring together researchers, physicians, therapists, and academicians from diverse medical fields to discuss and advance the role of Yoga in rehabilitation medicine
-  **Share Latest Research and Clinical Insights**
Disseminate current research and clinical practices that highlight the impact of Yoga on neuroplasticity, physical performance, and psychological resilience
-  **Promote Networking and Collaboration**
Create opportunities for professionals in conventional medicine and complementary therapies to connect and collaborate, with a focus on Yoga-based rehabilitation strategies
-  **Educate on Yoga-Based Prevention and Treatment**
Educate healthcare providers about the use of Yoga in the prevention, diagnosis, and treatment of neuro and sports injuries, emphasizing its role in enhancing plasticity and resilience
-  **Highlight Yoga's Role in Well-being**
Promote the significance of Yoga in improving both the physical and mental well-being of athletes, with a focus on performance enhancement and injury resilience
-  **Explore CAM and Yoga Modalities in Rehabilitation**
Familiarize participants with the integration of Yoga, acupuncture, massage therapy, and other complementary practices in managing neuro and sports injuries
-  **Strategize Integration of Yoga and Traditional Medicine**
Identify actionable strategies for the effective inclusion of Yoga and allied traditional systems in integrative healthcare delivery, particularly for rehabilitation.



Dates to Remember

- Pre- Conference Workshops: 12th to 17th December, 2025
- Himalaya Yoga Olympiad Finals: 12th to 17th December, 2025
- Main Conference: 18th to 21st December, 2025
- Last Date for Abstract Submission: 1st November, 2025

The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by 14th Nov 2025. Scientific research papers and Concept papers on the theme and related topics in Integrative Sports Medicine and Rehabilitation are invited for oral and poster presentations. Please note, you need to register for the conference before submitting the abstract. Please visit the conference webpage for details.

For any queries please write to incofyra@svyasa.edu.in

Who should participate ?



Medical Professionals

Physicians, nurses, and allied health staff interested in integrative health, preventive medicine, and holistic patient care.



AYUSH Practitioners

Experts in Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy seeking to expand their knowledge and interdisciplinary collaborations.



Researchers, Occupational Therapists, and Policymakers

Experts in Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy seeking to expand their knowledge and interdisciplinary collaborations.



Wellness and Health Industry Professionals

Leaders and practitioners from wellness centers, health resorts, and corporate wellness programs looking to integrate evidence-based approaches



Researchers, Occupational Therapists, and Policymakers

Academics, clinical researchers, occupational therapists, and health policymakers committed to advancing integrative health and evidence-based practice



Sports Psychologists and Sports Nutritionists

Professionals supporting athletic performance and mental resilience through nutrition, psychology, and holistic health strategi



Physiotherapists, Coaches and Sports Scientists

Those involved in physical rehabilitation, athletic coaching, and sports science research interested in innovative, integrative methods.



Conference Program Schedule

18th December, 2025- Thursday

| TIME | PROGRAM |
|----------------|---|
| 6:00 - 8:00 AM | Ganapathi Homa Venue: Temple |
| 7:00 - 8:00 AM | Maitri Milan Venue: Mangal Mandir |
| 4:00 - 5:30 PM | Inaugural Program Venue: Samskriti Bhavan |
| 6:00 - 7:30 PM | Cultural Program Venue: Samskriti Bhavan |
| 7:30 - 8:30 PM | Dinner |

19th December, 2025- Friday

| TIME | PROGRAM | | | | | | |
|---------------------------------------|--|---------------|---------------|---------------|--|--|--|
| 9:00 - 11:00 AM | Plenary Session – 1, 2 & 3 | | | | | | |
| 11:00 - 11:30 AM | Tea Break | | | | | | |
| 4:00 - 5:30 PM | Inaugural Program Venue: Samskriti Bhavan | | | | | | |
| Parallel Symposia | | | | | | | |
| 11:30 - 1:00 PM (25 mins + 5 mins) | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Symposia 1 A:</td> <td style="width: 33%;">Symposia 1 B:</td> <td style="width: 33%;">Symposia 1 C:</td> </tr> <tr> <td style="height: 40px;"></td> <td></td> <td></td> </tr> </table> | Symposia 1 A: | Symposia 1 B: | Symposia 1 C: | | | |
| Symposia 1 A: | Symposia 1 B: | Symposia 1 C: | | | | | |
| | | | | | | | |
| 1:00 - 2:00 PM | Lunch | | | | | | |
| 2:15 - 4:30 PM | Round Table- | | | | | | |
| 2:15 - 4:30 PM | Poster Presentation | | | | | | |
| 4:30 - 5:00 PM | Tea Break | | | | | | |
| 5:30 - 6:15 PM | Satsang by Yoga Masters Venue: Shruthi Mandir | | | | | | |
| 6:30 - 8:00 PM | Cultural Program | | | | | | |
| 8:00 - 9:00 PM | Dinner | | | | | | |



26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

20th December, 2025- Saturday

| TIME | PROGRAM | | |
|---------------------------------------|---|---------------|---------------|
| 9:00 - 11:00 AM | Plenary Session – 1, 2 & 3 | | |
| 11:00 - 11:30 AM | Tea Break | | |
| 4:00 - 5:30 PM | Inaugural Program Venue: Samskriti Bhavan | | |
| Parallel Symposia | | | |
| 11:30 - 1:00 PM (25 mins + 5 mins) | Symposia 2 A: | Symposia 2 B: | Symposia 2 C: |
| 1:00 - 2:00 PM | Lunch | | |
| 2:15 - 4:30 PM | Round Table- | | |
| 2:15 - 4:30 PM | Oral Presentation | | |
| 4:30 - 5:00 PM | Tea Break | | |
| 5:30 - 6:15 PM | Satsang by Yoga Masters Venue: Shruthi Mandir | | |
| 6:30 - 8:00 PM | Cultural Program | | |
| 8:00 - 9:00 PM | Dinner | | |

21st December, 2025- Sunday

| TIME | PROGRAM | | |
|---------------------------------------|----------------------------|---------------|---------------|
| 9:00 - 11:00 AM | Plenary Session – 1, 2 & 3 | | |
| 11:00 - 11:30 AM | Tea Break | | |
| Parallel Symposia | | | |
| 11:30 - 1:00 PM (25 mins + 5 mins) | Symposia 3 A: | Symposia 3 B: | Symposia 3 C: |
| 1:00 - 2:00 PM | Lunch | | |
| 3:00 - 5:00 PM | Valedictory function | | |
| 4:00 - 5:00 PM | Tea Break | | |
| 5:30 - 6:15 PM | Satsang by Yoga Masters | | |
| 6:30 - 8:00 PM | Cultural Program | | |
| 8:00 - 9:00 PM | Dinner | | |



Himalaya Yoga Olympiad- 12th - 17th December, 2025

It is not usually of a competition run throughout the country attracting thousands of youths. Swami Vivekananda said "Yoga should not be a competition but should be based on cooperation" with this in mind Himalaya has been conceptualized and concretized as a team assessment program. Each team consisting of yoga practitioners are formed. They will be assessed first at the Taluk level. Then the winners will go for the district level and so on till they reach international Himalaya . Participants from abroad can apply. After selection by the selection committee, they will be allowed to participate in the National and International Himalaya

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

Reference Books:

Light on Yoga by Dr. BKS Iyengar

Pranayama - The Art & Science by Dr. HR Nagendra

YIC Book S-VYASA and Himalaya Yoga Olympiad - Advanced Asanas

Structure Of Himalaya:

1. Teams

- An organization has a minimum of 24 members and a maximum of 32 members Team.
- Each group must have 3-4 persons participating from each organization.
- As assessment will not be based on individuals. Boys and girls will be assessed separately.
- Separate teams should register for sub-junior, junior, youth, and senior youth.
- Local languages or English is the medium of instruction or expression.

2. Venues

Wherever VYASA Affiliate centers are available, the HIMALAYA will be conducted in these centers, local yoga institutes will be utilized for this purpose where centers are not there, and other associated Yoga centers and the facilities provided by VYASA well-wishers will be utilized for this purpose. The National and International Himalaya will be in Prashanti Kutiram, Jigani, Bengaluru.

Contact Person- Dr. Vikas Rawat- +91-6362805583 | Dr. Kiran Kumar- +91-7483263568



Continuing Medical Education (CME)

CME on holistic healing includes 6 different diseases (Oncology, Cardiology, Pulmonology, Diabetes, Mental Health, Musculoskeletal disorders). The basic principles of Integrated Approach of Yoga Therapy (IAYT) and latest approaches towards Holistic Healing will be addressed. Both theory and practice will be covered in this CME.

Who Can Participate?

- Yoga Therapists, Yoga Teachers, Doctors

Coordinators- Dr. Amit Singh, Dr.Champa Pant & Dr.Remitha

Continuing Research Education (CRE)

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

Who Can Participate?

- Clinical Practitioners, Academicians, MSc, MD & PhD Scholars

Coordinators- Dr. Apar Saoji

Continuing Yoga Education (CYE)

Stream A: CYE- A Holistic Exploration of Health and Well-being through Yoga and Vedic Wellness Practices

Embark on a transformative journey with our Continuing Yoga Education (CYE) workshop, where we delve into the intricate tapestry of health and well-being through the profound lens of Yoga and Vedic Wellness practices. This specialised session goes beyond the conventional, offering participants a unique blend of ancient wisdom and modern insights to foster a holistic approach to life.

Coordinators- Dr. Vikas Rawat, Mr. Naveen Kumar H

Stream B: CYE- Advanced Yoga Techniques

In Continuing Yoga Education, we practice to strengthen the five Layers of our existence namely Annamaya Kosa, Pranamaya Kosa, Manomaya Kosa, Vijnamaya Kosa and Anandamaya Kosa. To strengthen these five Kosas, we practice seven Advanced Yoga Techniques namely CM, PET, MSRT, MEMT, MIRT, VISAK and ANAMS which are developed at SVYASA.

Coordinators- Ms. Padmasri Gudapati



Eminent Speakers & Panelist of the Conference



Dr. H R Nagendra
President, S-VYASA Society,
Bengaluru.



Dr. Manjunath N K
Vice Chancellor
S-VYASA University.



Dr. S.C Manchanda
Senior Cardiologist
Ganga Ram Hospital, Delhi



Prof. Lorenzo Cohen
Director of the Integrative Medicine
University of Texas MD Anderson
Cancer Center, USA



Prof. Richard Davidson
American psychologist and
professor. University of
Wisconsin-Madison, USA



Prof. Dorairaj Prabhakaran
Executive Director,
Centre for Chronic Disease Control,
New Delhi



Prof. Shivarama Varambally
Professor of Psychiatry
NIMHANS,
Bengaluru



Dr. K.G. Raveendran
Medical Director of The Arya
Vaidya Pharmacy,
Coimbatore



Dr. Sivaraman Arumugam
Arthroscopy & Sports Medicine,
Sri Ramachandra Medical College,
Chennai



Dr. Hafez Hussain
CEO at PERKESO Rehabilitation
Centre, Malaysia



Dr. Philip Lehnen
Medical Director of the LANS
Medicum, Europe



Dr. Abhishek Srivastava
Director, Centre for Physical Medicine
and Rehabilitation Consultant, Mumbai



26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

Eminent Speakers & Panelist of the Conference



Dr. Ananda Balayogi Bhavanani
Director-Professor Yoga Therapy, ISCM of Sri
Balaji Vidyapeeth & Resident Acharya ICYER
at Ananda Ashram, Pondicherry.



Dr. Monika Pathania
Professor-
AIIMS, Rishikesh;



Dr. Murali Mohan B V
Senior Consultant- Mazumdar shaw
medical centre, Narayana health city,
Bangalore.



Dr. Pravati Pal
Professor- Physiology,
JIPMER, Puducherry.



Dr. Lokesh B
Consultant - Neurology
Aster CMI Bangalore



Dr. Sundar Kumar V
Associate Professor, MS Ramaiah
College of Physiotherapy.



Prof. K. S. Sharad
Principal, BCF college Of
Physiotherapy, Kottayam,
Kerala.



Dr. S N Omkar
Chief Research Scientist,
Department of Aerospace Engineering
Honorary Professor in Yoga.



Dr. Vijay Kage
Professor, HOD and Vice Principal
KLES Dr. Prabhakar Kore Hospital &
MRC, Nehru Nagar, Belagavi.



Dr. Anantharam Sharma
Prof & HOD - Panchakarma, All
India Institute of Ayurveda
(Allia), New Delhi.



Dr. Vaibhav Tripathi
Assistant Professor, Cognitive and
Brain Sciences , IIT, Gandhinagar.



Prof. Thomas Gregor Issac
Associate Professor, CBR,
IISc, Bengaluru.



Eminent Speakers & Panelist of the Conference



Dr. Shyam Diwakar
Professor and Director, Amrita Mind
Brain Center, Amritapuri



Prof. Aarti Jagannathan
Professor - National Institute of
Mental Health and Neuro Sciences.



Dr. Vignesh Muralidharan
Assistant Professor at the Center for
Brain Science and Applications



Prof. Sapna Erat Sreedharan
Professor in the Department of
Neurology, SCTIMST, Trivandrum.

Pre-Conference Workshops



CME
Continuing Medical
Education



CYE
Continuing Yoga
Education



CRE
Continuing Research
Education



HYO
Himalaya Yoga
Olympiad



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yoga olympiad - 2025

State Level: Oct 2025

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Internationals: 15th to 17th December

Prashanti Kuteeram, Jigani, Bengaluru



Age Groups for Participants
09 to 13 and 14 to 17



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yoga olympiad - 2025

State Level: Oct 2025

Nationals: 12th to 14th December

Internationals: 15th to 17th December

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Age Groups for Participants

18 to 21 | 22 to 24 | 25 to 35 | 36 to 45 | 45+



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