

August 2026



योग इपत्ति

A Monthly Journal of SVYASA (Deemed to be University)



*Guru Purnima 2026:
A Celebration of Gratitude*



Dr. Manjunath N. K., Hon'ble Vice-Chancellor, has received an invitation from the Hon'ble President of Bharat for the Independence Day "**At Home**" Reception at Rashtrapati Bhavan Cultural Centre, New Delhi, on 15 August 2026.

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CONTENTS



Division of Yoga & Management Studies

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Division of Yoga & Physical Sciences

Explores consciousness-based science by integrating Yoga, Vedanta, physics, and neuroscience with modern scientific understanding.

Division of Yoga Humanities

Blends creativity, ethics, arts, sports, and Indian Knowledge Systems to nurture balanced and holistic human development.

Editorial

4

Message From the Vice Chancellor

5

Guru Purnima

6

Guru Purnima 2026: A Celebration of Gratitude.

Spirituality & Knowledge System

8

धर्मसूत्रम् (Dharmasūtram),

Atma Guru Pancakam.

Patañjali Yoga Sūtra – Chapter 1

Humanities- Performing Arts & Sports

14

Swami Vivekananda - The Humanist 21.

Arogyadhama – Clinical Application

15

Success stories at Arogyadhama.

Physical Sciences, Engineering, Ai & Robotics

21

CSA Students Shine at eMudhra Hackathon 2026.

Life sciences & Integrative Health

22

Men's Mental Health Day Programme.

CODE- Centre for Online & Distance Education

23

International Yoga Day Celebration at Penetron

Products Private Ltd., Salem.

Research & Achievement: From Effort to Effortlessness.

CODE Yoga Instructor Course (YIC) – June 2026 Offline

Personal Contact Programme (PCP).

Experiential Session on Cyclic Meditation.

Staff Welfare Activity on Menstrual Hygiene Awareness

Empowering Housekeeping Staff through Health Education.

CODE Online Yoga Asana Competition – 2026

Anvesana- Research & Innovation

36

Ongoing Funded Research Projects at Prashanti Kutiram

Campus of S-VYASA

Vyasa National & International

40

From Toddlers to Teachers: A Day United by Yoga.

Bhagavad Gita Examination Held at Prashanti Kutiram.

Bharatiya Darshana Dinam 2026.

Mahabharata: A Divine Journey of Dharma through Theatre.

A Holistic Journey to Motherhood: Prenatal Yoga & Nutrition Seminar.

Valedictory Ceremony of the 29th Batch of ITEC



Evidence-Based Yoga Research: Bridging Ancient Wisdom and Modern Healthcare

During a recent Continuing Medical Education (CME) programme in New Jersey, I had the opportunity to present S-VYASA's work in Evidence-Based Yoga Research to physicians and healthcare professionals. Their enthusiastic response reflected a growing recognition of Yoga as not only a traditional practice but also a scientifically validated approach to health and well-being.

For over four decades, S-VYASA has been committed to integrating the timeless wisdom of Yoga with modern medical science. Through rigorous research, we have demonstrated Yoga's benefits in areas such as cardiovascular health, diabetes, cancer rehabilitation, mental health, stress management, and healthy ageing. Objective tools including heart-rate variability, EEG, biochemical markers, and psychological assessments have helped establish its measurable clinical impact.

Our Integrated Approach of Yoga Therapy, based on the Pancha Kosha model, recognizes that health extends beyond the physical body to include energy, mind, intellect, and inner well-being. This holistic understanding enables Yoga to play a significant role in prevention, rehabilitation, lifestyle modification, and improving quality of life.

At the same time, evidence-based Yoga must be grounded in scientific rigour. Well-designed clinical studies, standardized protocols, transparent reporting, and collaboration between doctors, Yoga therapists, and researchers are essential for its wider acceptance in mainstream healthcare.

Yoga is not a substitute for modern medicine but a valuable complementary system, particularly for chronic diseases and lifestyle-related disorders. The future of healthcare lies in integrating advanced medical science with self-care practices that empower individuals to actively participate in their own well-being.

India, as the birthplace of Yoga, has a unique responsibility to preserve its spiritual essence while validating its benefits through scientific research. By combining ancient wisdom with modern evidence, we can responsibly share Yoga's transformative potential with the world.

The goal of evidence-based Yoga is not merely to prove that Yoga works, but to understand how, when, and for whom it works, making its benefits safe, accessible, and meaningful for all.



Message From the Vice Chancellor

Dr. Manjunath N K
Vice Chancellor
S-VYASA Deemed to be University
Bengaluru



“Freedom finds its highest expression in self-mastery, service, and harmony.”

Namaste.

As our nation prepares to celebrate India's 80th Independence Day on 15th August 2026, marking 79 years of freedom since attaining Independence in 1947, I extend my warm greetings and best wishes to the entire S-VYASA family—our students, faculty, staff, alumni, collaborators, and well-wishers.

Independence Day is not merely a national celebration; it is a moment to reflect upon the extraordinary sacrifices of our freedom fighters, visionary leaders, and countless unsung heroes who dedicated their lives to securing the freedom we proudly enjoy today. Their courage, selflessness, and unwavering commitment to the nation continue to inspire us to uphold the values of unity, integrity, and service.

As we commemorate this historic milestone, let us remember that true freedom extends beyond political independence. The philosophy of Yoga teaches us that genuine freedom is achieved through mastery of the mind, purity of thought, emotional balance, and selfless action. Freedom from fear, ignorance, disease, and inner conflict empowers individuals to lead purposeful lives and contribute meaningfully to society.

At S-VYASA Deemed to be University, we remain committed to preserving and promoting the timeless wisdom of Yoga through excellence in education, scientific research, healthcare, innovation, and community service. We believe that Yoga is a powerful instrument for individual transformation and national development, nurturing healthy, responsible, and compassionate citizens who can contribute to the progress of India and the welfare of humanity.

As we look forward to celebrating this Independence Day, let us renew our collective commitment to the ideals of our Constitution and actively contribute towards the vision of Viksit Bharat. May we continue to embrace Yoga as a way of life, fostering physical well-being, mental resilience, ethical living, and universal harmony.

On this auspicious occasion, I convey my heartfelt greetings to everyone. May this 80th Independence Day inspire us to strengthen our dedication to nation-building through knowledge, character, service, and the transformative power of Yoga.

Wishing you all a Happy 80th Independence Day!



Guru Purnima 2026: A Celebration of Gratitude



The Cultural Committee of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) organised the Guru Purnima Celebrations on 29th July 2026 at Shruthi Mandir, Prashanti Kutiram Campus. The celebrations commenced with the Dakshina Murthi and Saraswathi Homam from 6:30 AM to 8:00 AM, followed by the Guru Purnima function at 9:45 AM. Organised to honour the sacred Guru-Shishya Parampara, the event brought together the S-VYASA fraternity in a spirit of devotion and gratitude, paying tribute to the Gurus whose guidance inspires the pursuit of knowledge, yoga, and spiritual growth.

The programme opened with devotional bhajans that set a serene and spiritual tone for the celebrations, followed by the invocation delivered by Dr Ramya and the ceremonial Deepajwalanam accompanied by Veda Ghosha.

Dr. Manjunath N K, Hon'ble Vice-Chancellor of S-VYASA, delivered the welcome address, elaborating on the significance of Guru Purnima in Indian tradition. This was followed by an address from Professor Ramchandra G Bhatt, Director of VMAC-VTR, who spoke on "Guru Parampara – its significance in the 21st Century."

Prof. Jayaraman M, Dean of the Division of Yoga & Spirituality, offered a poem recitation in honour of the occasion. Prof. K Subramanyamji, Hon'ble Ex-Chancellor of SVYASA, spoke on the theme "Guruji – Carrying forward the legacy of Guru Parampara," while Dr B R Ramkrishna, Hon'ble Pro Chancellor, addressed the gathering on the "Role of Gurus in the evolution of Ayurveda."

The highlight of the celebration was the blessing address delivered by Poojya Guruji, Dr. H R Nagendraji, Hon'ble Chancellor of S-VYASA, followed by a felicitation ceremony in his honour. Dr Vasudev Vaidya, Deputy Registrar, SVYASA, proposed the vote of thanks, expressing appreciation to all dignitaries, faculty, staff, and students who contributed to the success of the event.



The formal proceedings concluded with the Shanti Mantra, Flag Hoisting, and the National Anthem, followed by Prasad distribution and a photo session of FACU with Guruji.

The Guru Purnima Celebrations 2026, organised by the Cultural Committee of S-VYASA, was a spiritually enriching and well-coordinated event that brought together faculty, students, and dignitaries to reaffirm reverence for the Guru Parampara. The addresses by eminent scholars and the blessings of Poojya Guruji left a deep and lasting impression on all attendees, reinforcing the values of gratitude, humility, and the pursuit of knowledge that Guru Purnima represents.



धर्मसूत्रम् (Dharmasūtram)



Prof. Ramachandra G Bhat

Former Vice Chancellor

S-VYASA deemed to be University, Bengaluru

सत्सम्प्रयोगे पुरुषस्येन्द्रियाणां बुद्धिजिन्म तत्प्रत्यक्षम् अनमित्तं वदियमानोपलम्भनत्वात् ||
पूर्वमीमांसासूत्रम् १.१.४||

Satsamprayoge puruṣasyendriyāṇāṃ buddhijanma tatpratyakṣam animittam
vidyamānopalambhanatvāt || Pūrvamīmāṃsāsūtram 1.1.4||

Meaning: That cognition of men which proceeds upon the contact of the sense-organs with existing objects, is Sense-perception, and this is not the means (of knowing dharma), because it apprehends only objects existing at the present time—4

In this fourth Jaiminiya Sūtra, Maharṣi presents an analysis of the various pramāṇas (means of knowledge) in relation to the understanding of Dharma. He examines why pratyakṣa (perception) and the other commonly accepted pramāṇas cannot serve as the ultimate means for determining Dharma. In ordinary human activity, perception is the primary means of acquiring knowledge. For perception to occur, however, the existence of the object is the foremost requirement. At the same time, the respective sense organs must function with clarity. As stated by the Naiyāyikas

(vidyamānopalambhanatva-sambaddham vartamānaṃ ca gr̥hyate cakṣurādinā), the object must be present and properly connected with the corresponding sense organ. Sound must be connected with the ear, taste with the tongue, smell with the nose, and so on. Thus, vidyamānopalambhanatva is an indispensable condition for perception.

Dharma, however, does not fall within the scope of such perceptual conditions. When these essential requirements are absent, pratyakṣa becomes limited and cannot function as an adequate pramāṇa. The limitations arise at several levels—those of the intellect, the mind, and the senses. At none of these levels can absolute purity or certainty be guaranteed. The intellect itself may become conditioned and exceed its proper limits. Consequently, limitations exist at the level of the intellect, the mind, and the sensory faculties alike. Their sanctity therefore cannot be taken for granted. As explained in the traditional account indriyārtha-sambandhe buddhir jāyate puruṣasya. Likewise, the mechanism of perception is described as: ātmā manasā saṃyujyate, mana indriyeṇa, indriyam arthena. At each stage of this chain of connections, there exists the possibility of limitation, resulting in confusion, illusion, or hallucination. Therefore, pratyakṣa-pramāṇa cannot be regarded as fully comprehensive or completely objective.





The next pramāṇa considered is anumāna (inference). Many forms of knowledge are obtained through inference, and therefore the question naturally arises: why should inference not be accepted? However, anumāna depends entirely upon pratyakṣa. It is conditioned by perceptual knowledge. Only when perception is clear can inference arrive at a valid conclusion. If perception itself is limited, its deficiencies inevitably affect inference. Consequently, anumāna also fails to provide entirely objective knowledge. The Śāstras certainly recognise Yogi-pratyakṣa, but this does not belong to the category of ordinary perception. In Yogi-pratyakṣa, the highest degree of purity and clarity exists at every level of cognition. It is through such extraordinary perception that the great seekers realised the Vedas. Their distinguishing excellence lay in the exceptional purity of their minds and the clarity of their intellects. Ordinary perception, inference, and verbal understanding remain conditioned by their inherent limitations. Thus, pratyakṣa, anumāna, and āgama are all limited in their capacity to generate complete cognition.

The same limitation applies to the other accepted pramāṇas, such as arthāpatti and anupalabdhi. In arthāpatti, the cause is assumed on the basis of the observed effect, while other forms of reasoning similarly depend upon indirect processes. These pramāṇas, though accepted by many Śāstrakāras,

ordinary seekers, and followers of Karmakāṇḍa, are insufficient for determining what ought to be done and what ought not to be done. For such knowledge, a higher means is required. Hence, these pramāṇas cannot adequately fulfil that role. This discussion is therefore known as (pratyakṣādi-agamyatvādhikaraṇam), specifically (dharmasya pratyakṣādi-agamyatvādhikaraṇam). Dharma cannot be understood solely through perception, inference, or ordinary verbal testimony because limitations exist at both the subjective and objective levels.

Therefore, one must ultimately depend upon codanā, the authoritative Vedic injunction. The Vedic commands alone occupy the highest position in determining Dharma. Thus, the central principle established by Jaimini Maharṣi in this aphorism remains unchanged. This sūtra enables us to understand the limitations of the commonly accepted means of knowledge, such as pratyakṣa, and directs us towards the Vedic means of knowledge. The Veda is revealed knowledge, and such revelation becomes possible only through the highest yogic capacity. Through sustained yogic sādhana, the mind and intellect attain extraordinary purity and clarity. When consciousness rises to the supramental state, the true meaning of Dharma is realised through codanā, the Vedic injunctions. This is the essence of the fourth sūtra.^v

॥ आत्म-गुरु-पञ्चकम् ॥
Ātma-guru-pañcakam

Composed by Prof M Jayaraman
Dean, Division of Yoga Spirituality,
S-VYASA Deemed University

गुरुपूर्णिमा • Gurupūrṇimā | 29 July 2026

The inspiration for this Ātmaguru Pañcakam arises from the profound teaching of the Pañcakośa presented in the Taittirīya Upaniṣad, which also forms the foundational framework of the Integrated Approach to Yoga Therapy (IAYT) developed by Revered Guruji Dr. H. R. Nagendra.

आत्मनो गुरुरात्मैव पुरुषस्य विशेषतः ।
यत्प्रक्षानुमानाभ्यां श्रेयोऽसावनुविन्दते ॥

For a human being, the Self itself is the foremost teacher. By carefully observing life and reflecting through reason, one comes to recognize and attain what is truly beneficial.

This work is an attempt to unfold that timeless insight through the lens of the five kośas. Each sheath of our personality—Annamaya, Prāṇamaya, Manomaya, Vijñānamaya, and Ānandamaya—becomes a mirror for self-observation, introspection, and inner growth. By reflecting upon each kośa, one learns to recognize one's strengths and limitations, refine one's understanding, and progressively discover the deeper Self that illumines them all. The Ātmaguru Pañcakam is presented below with translation and transliteration

॥अन्नमय कोश | Annamaya ॥

आत्मा नराणां गुरुरस्ति नृत्यम्

अन्नात्मकां कोशममां प्रपश्य ।

नानाङ्गयुक्तः बहुकर्मिदक्षः

तथार्प सम्भूय करोत सः ॥ १ ॥

ātmā narāṇāṃ gurur asti nityam

annātmakam kośam imaṃ prapaśya |

nānāṅgayuktaḥ bahukarmadakṣaḥ

tathāpi sambhūya karoti sarvam ॥ 1 ॥

The Self is our own guru, always near —
look well at this annamaya kośa, the body:
with many limbs, and skilled in countless tasks,
yet all it does, it does by working together.

॥प्राणमय कोश | Prāṇamaya ॥

आत्मा नराणां गुरुरस्ति नृत्यम्

प्राणात्मकां कोशममां प्रपश्य ।

सर्वस्वस्थसु सर्वायः स्यात्

राम-श्चास्ति-रहीन एव ॥ २ ॥

ātmā narāṇāṃ gurur asti nityam

prāṇātmakam kośam imaṃ prapaśya |

sarvāsvasthāsu savikriyaḥ syāt

virāma-vīśrānti-vihīna eva ॥ 2 ॥

The Self is our own guru, always near —
look well at this prāṇamaya kośa, the vital force:
active in every state, forever moving,
it never pauses, never lies down to rest.

॥मनोमय कोश | Manomaya ॥

आत्मा नराणां गुरुरस्ति नृत्यम्

मनोमयां कोशममां प्रपश्य ।

न तत्समोऽस्त्यभ्यर्कः कुतोऽन्यः

जरास्तितत्वे जडतामपास्य ॥ ३ ॥

ātmā narāṇāṃ gurur asti nityam

manomayam kośam imaṃ prapaśya |

na tat-samo 'sty abhyadhikāḥ kuto 'nyaḥ

javānvitave jaḍatām apāśya ॥ 3 ॥

The Self is our own guru, always near —
look well at this manomaya kośa, the mind, so quick:
nothing is as fast as it, and nothing faster —
so what could ever match it? — once it shakes off dullness.

॥विज्ञानमय कोश| Vijñānamaya ॥
आत्मा नराणां गुरुरस्ति नित्यम्
वैज्ञानिकं कोशमिमं प्रपश्य ।
विकल्प-सङ्कल्प-कलापशून्यः
सुनिश्चलो निश्चयमातनोति ॥ ४ ॥

ātmā narāṇāṃ gurur asti nityam
vajñānikam kośam imaṃ prapaśya |
vikalpa-saṅkalpa-kalāpaśūnyaḥ
suniścalo niścayamātanoti || 4 ||

The Self is our own guru, always near —
look well at this vijñānamaya kośa, the intellect:
free from all the back-and-forth of doubt and wishing,
calm and unshaken, it decides what is true.

॥आनन्दमय कोश| Ānandamaya ॥
आत्मा नराणां गुरुरस्ति नित्यम्
आनन्ददं कोशमिमं प्रपश्य ।
चिन्ताभयक्रोधमदप्रहीणः
न जातुचिन्त्रैव सुखात्मकः स्यात् ॥ ५ ॥

ātmā narāṇāṃ gurur asti nityam
ānanda-daṃ kośam imaṃ prapaśya |
cintā-bhaya-krodha-mada-prahīṇaḥ
na jātucinnaiva sukhātmakaḥ syāt || 5 ||

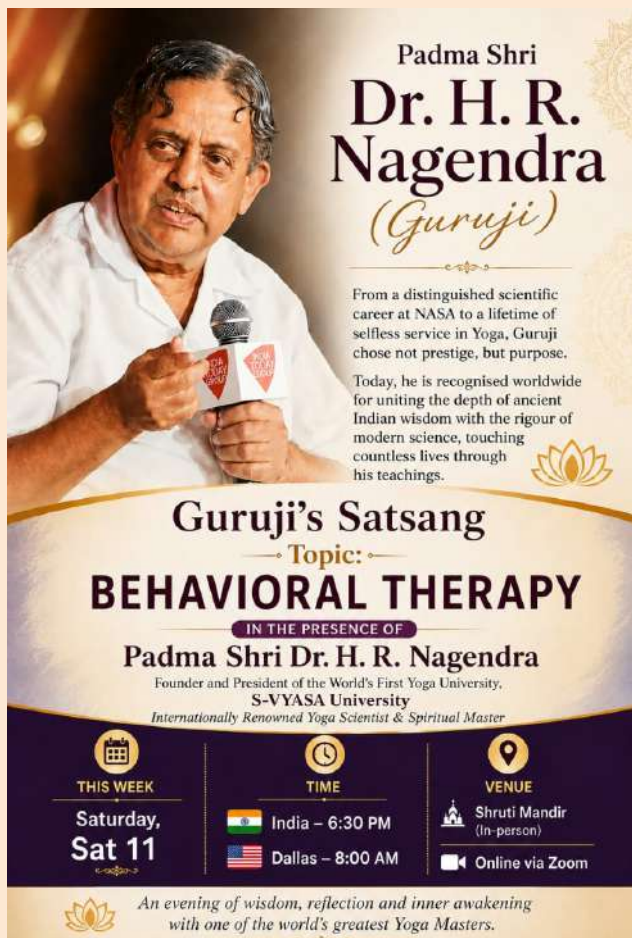
The Self is our own guru, always near —
look well at this ānandamaya kośa, giver of joy:
free of worry, fear, and anger, and pride,
it is only joy — and never anything but joy.

॥फलश्रुतिः phalaśrutiḥ॥
कोशे कोशे गुरुं लब्ध्वा भावे भावे दिने दिने ।
लाभे हानौ स्थिरो भूत्वा कृत्ये यत्ने जयी भवेत् ॥
kośe kośe gurum labdhvā bhāve bhāve dine dine |
lābhe hānau sthīro bhūtvā kṛtye yatne jāyī bhavet ||
Finding the guru in each kośa, and day by day
in every mood the mind may take;
grown steady through the turns of gain and loss,
in duty and in effort, one succeeds.



Patañjali Yoga Sūtra – Chapter 1

This Satsang Was delivered an inspiring Satsang on “Challenges for Growth in the Ascent,” emphasizing that every challenge encountered on the spiritual path is an opportunity for inner transformation. Drawing upon timeless yogic wisdom and practical life experiences, Guruji encouraged seekers to cultivate perseverance, self-awareness, and unwavering faith. The discourse left participants inspired to embrace obstacles as stepping stones toward higher consciousness and lasting inner growth.



**Padma Shri
Dr. H. R.
Nagendra
(Guruji)**

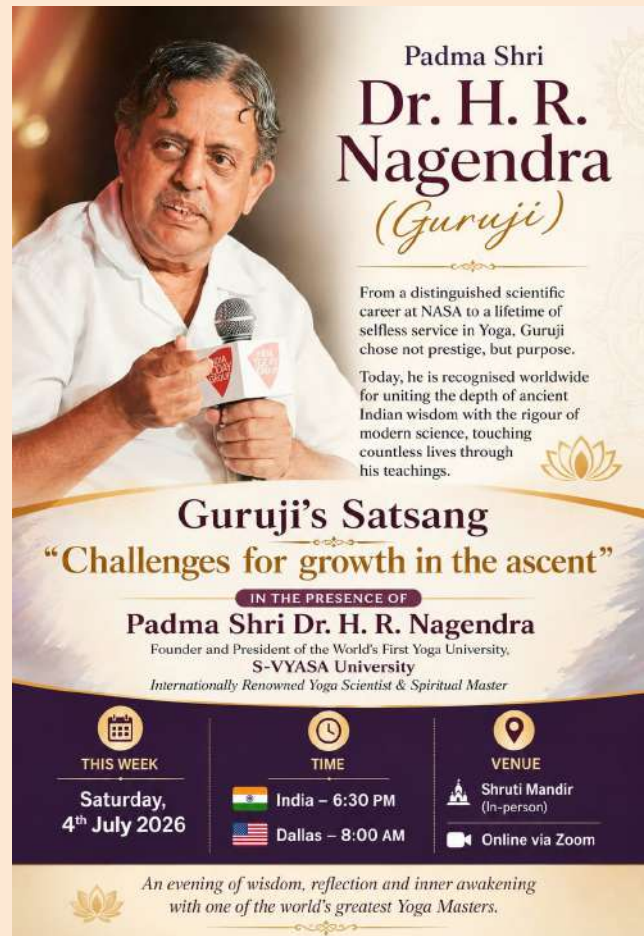
From a distinguished scientific career at NASA to a lifetime of selfless service in Yoga, Guruji chose not prestige, but purpose. Today, he is recognised worldwide for uniting the depth of ancient Indian wisdom with the rigour of modern science, touching countless lives through his teachings.

Guruji's Satsang
— Topic: —
BEHAVIORAL THERAPY

IN THE PRESENCE OF
Padma Shri Dr. H. R. Nagendra
Founder and President of the World's First Yoga University,
S-VYASA University
Internationally Renowned Yoga Scientist & Spiritual Master

THIS WEEK	TIME	VENUE
Saturday, Sat 11	India – 6:30 PM Dallas – 8:00 AM	Shruti Mandir (In-person) Online via Zoom

An evening of wisdom, reflection and inner awakening with one of the world's greatest Yoga Masters.



**Padma Shri
Dr. H. R.
Nagendra
(Guruji)**

From a distinguished scientific career at NASA to a lifetime of selfless service in Yoga, Guruji chose not prestige, but purpose. Today, he is recognised worldwide for uniting the depth of ancient Indian wisdom with the rigour of modern science, touching countless lives through his teachings.

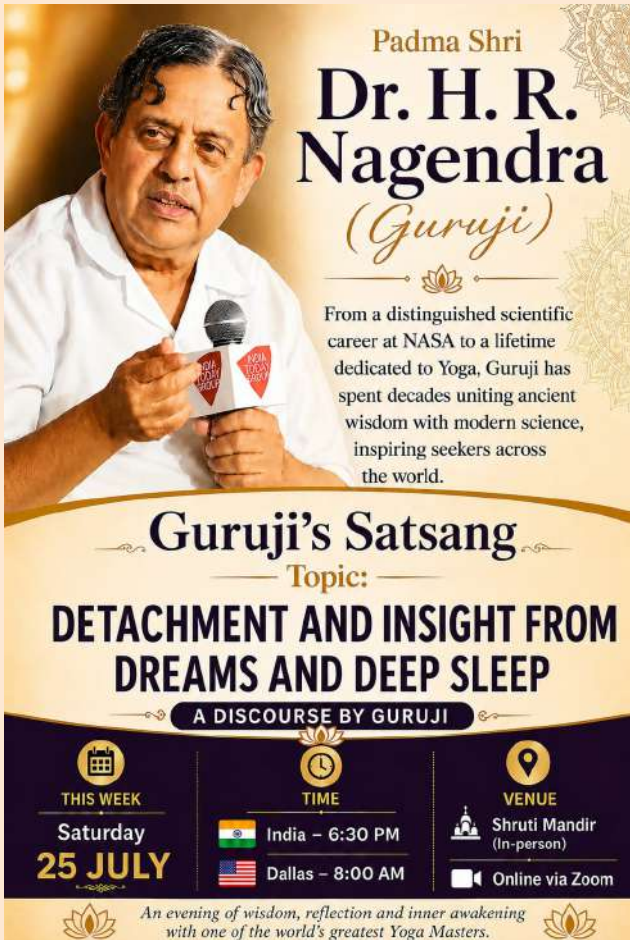
Guruji's Satsang
“Challenges for growth in the ascent”

IN THE PRESENCE OF
Padma Shri Dr. H. R. Nagendra
Founder and President of the World's First Yoga University,
S-VYASA University
Internationally Renowned Yoga Scientist & Spiritual Master

THIS WEEK	TIME	VENUE
Saturday, 4th July 2026	India – 6:30 PM Dallas – 8:00 AM	Shruti Mandir (In-person) Online via Zoom

An evening of wisdom, reflection and inner awakening with one of the world's greatest Yoga Masters.

This Satsang Was delivered an enlightening Satsang on “Behavioral Therapy,” highlighting the transformative power of Yoga in understanding and reshaping human behavior. Drawing from yogic philosophy and modern scientific insights, Guruji explained how awareness, self-discipline, and meditation help overcome negative patterns and cultivate emotional balance, resilience, and inner harmony. The session inspired participants to adopt Yoga as a practical path for positive behavioral transformation and holistic well-being.



Padma Shri
Dr. H. R. Nagendra
(Guruji)

From a distinguished scientific career at NASA to a lifetime dedicated to Yoga, Guruji has spent decades uniting ancient wisdom with modern science, inspiring seekers across the world.

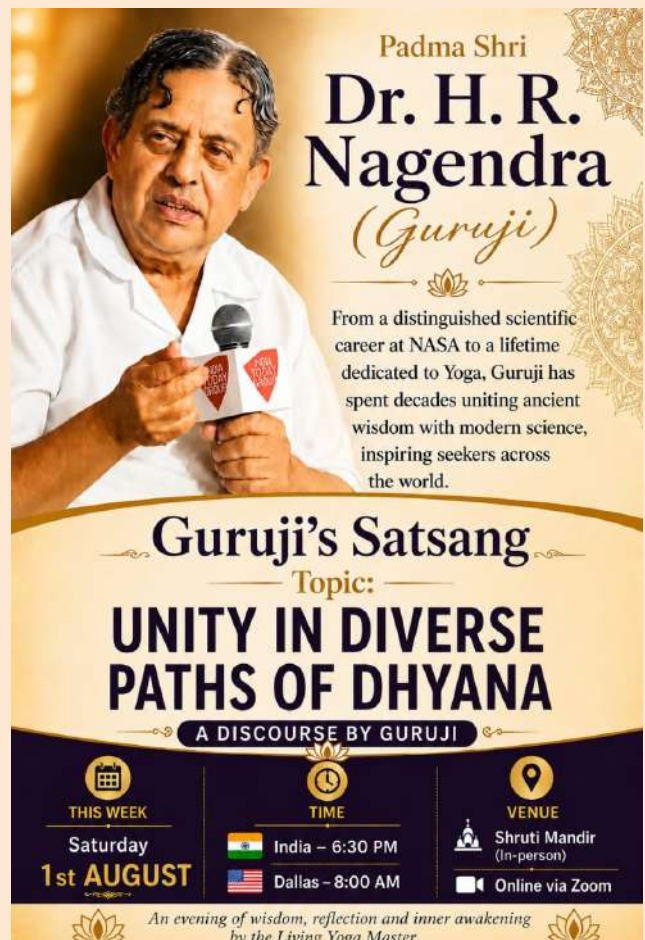
Guruji's Satsang
Topic:
DETACHMENT AND INSIGHT FROM DREAMS AND DEEP SLEEP
A DISCOURSE BY GURUJI

THIS WEEK	TIME	VENUE
Saturday 25 JULY	India – 6:30 PM Dallas – 8:00 AM	Shruti Mandir (In-person) Online via Zoom

An evening of wisdom, reflection and inner awakening with one of the world's greatest Yoga Masters.

Dr. H. R. Nagendra (Guruji) will deliver an inspiring Satsang on “Unity in Diverse Paths of Dhyana,” exploring how diverse meditation traditions ultimately converge toward the same goal of inner transformation and self-realization. Blending timeless yogic wisdom with modern scientific insight, Guruji will guide participants to appreciate the harmony underlying different paths of Dhyana and deepen their own journey toward peace, awareness, and spiritual growth.

This Satsang Was delivered a thought-provoking Satsang on “Detachment and Insight from Dreams and Deep Sleep,” revealing the deeper dimensions of consciousness through the lens of Yoga. Guruji explained how dreams and deep sleep offer valuable insights into the nature of the mind, helping seekers cultivate detachment, clarity, and inner peace. The discourse inspired participants to explore these states as powerful tools for self-discovery and spiritual evolution.



Padma Shri
Dr. H. R. Nagendra
(Guruji)

From a distinguished scientific career at NASA to a lifetime dedicated to Yoga, Guruji has spent decades uniting ancient wisdom with modern science, inspiring seekers across the world.

Guruji's Satsang
Topic:
UNITY IN DIVERSE PATHS OF DHYANA
A DISCOURSE BY GURUJI

THIS WEEK	TIME	VENUE
Saturday 1st AUGUST	India – 6:30 PM Dallas – 8:00 AM	Shruti Mandir (In-person) Online via Zoom

An evening of wisdom, reflection and inner awakening by the Living Yoga Master.

Swami Vivekananda - The Humanist - 21

Dr. K. Subramanyam
Former Chancellor, S-VYASA



Swami Vivekananda was very well-versed in Vedanta. He studied the Upanishads, the Bhagavad Gita, and the Brahma Sutras very thoroughly, and he was capable of discussing Vedanta with any scholar. Many a pandit was surprised to find the young Vivekananda to be so scholarly. His erudition enthralled many.

One day, a young man visited Swami Vivekananda to pour out his problems, grievances, anxiety, tension, and restlessness. He himself was a great scholar of Vedantic wisdom. He wanted to practise his pedantic rationalism to silence his mind and enjoy serenity. Therefore, he was accustomed to sitting in a closed room to meditate on Brahman. The more he tried to silence the mind, the more turbulent it became. His psyche was cyclonic; there was always a tsunami raging within his mind. Though the room was silent and conducive to promoting calmness, his mind was never silent even for a moment. Therefore, he visited Swami Vivekananda to express his difficulties and seek a solution.

Swami Vivekananda listened to the visitor's problems with utmost sincerity and patience, much like Sri Krishna listening to the despondent Arjuna. Sri Krishna's first diagnosis was that Arjuna's mind was weak. Similarly, Swami Vivekananda described the visitor's mind as weak. It was weak because it remained preoccupied with itself instead of the

suffering around it. Therefore, Swamiji first asked the visitor to open the door and look at society—the suffering society. Nobody can, in fact, run away from humanism. Seeking Vedanta with a weak mind is, in a way, an attempt to escape from humanism. Vedanta is not escapism. Even the greatest sannyasi has a duty towards society. We are human, and therefore we have to be humane. Sri Rama, though Narayana Himself, is essentially human. Sri Krishna, though Paramatma, is a personification of lasting humanism and balanced mercy.

Look at the world; you find more water than land. That water is but the tears shed by suffering humanity. How can anybody afford to run away from the suffering masses? A Vedantin, in fact, can serve society much better. Service begins with fulfilling the physical needs of people. It is foolish to offer stones for worship and Vedanta for meditation when people are literally starving and suffering from countless ailments and difficulties. Vedanta or philosophy may be a luxury for the leisured few, but it is not the immediate need of the downtrodden.

The need of the hour is humanism—love for humanity and the consequent service for the betterment of all. As Girish Chandra Ghosh said, Swamiji was essentially a humanist, and only then was he a Vedantin.



Success stories at Arogyadhama – Department of Psychiatry

Under the guidance of Dr. Nagarathna and her team of doctors and therapists, Arogyadhama's Department of Psychiatry provides holistic care for individuals with mental health conditions such as anxiety disorders, depression, post-traumatic stress disorder (PTSD), panic disorder, stress-related disorders, and associated psychosomatic conditions. The department also focuses on improving emotional well-being, enhancing quality of life, and preventing recurrence through an integrated system of healthcare.

We adopt an Integrated Approach of Therapy that includes Yoga Therapy, Ayurveda, Naturopathy, Psychotherapy, Physiotherapy, Diet Therapy, and appropriate medical management. Patients experiencing anxiety, depression, panic attacks, trauma-related symptoms, stress, sleep disturbances, and psychosomatic complaints are provided individualized treatment protocols aimed at restoring physical, mental, emotional, and spiritual well-being. Our integrated Yoga and lifestyle-based interventions have helped many individuals achieve better emotional regulation, improved sleep quality, reduced psychological distress, and an enhanced quality of life.

Integrated Approach of Yoga Therapy in the Management of Post-Traumatic Stress Disorder (PTSD) with Secondary Depressive and Panic Symptoms – A Case of Ms. Lakshmi Aishwarya, 26 years

In this article, we share the experience of Ms. Lakshmi Aishwarya M. M. (name published with consent), a 26-year-old freelancer who stayed at Arogyadhama from 10 March 2026 to 23 March 2026 for the management of Post-Traumatic Stress Disorder (PTSD) with secondary depressive and panic symptoms.

Lakshmi had been experiencing depressive symptoms, including low mood, reduced interest in daily activities, fatigue, and lack of motivation for the past eight years. She had also been suffering from recurrent panic attacks for three years and anxiety triggered by stressful situations for the past two years. She was a known case of PTSD diagnosed three months before admission. In addition, she had associated medical conditions including polycystic ovarian syndrome (PCOS), chronic gastritis, thyroiditis, chronic low back pain, and bronchial asthma. She came to Arogyadhama seeking holistic management of her psychological symptoms and overall health.





At Arogyadhama, she was provided with an individualized Integrated Yoga Therapy (IAYT) programme for restoring and maintaining her physical, mental, and emotional well-being. The yoga module consisted of multiple therapeutic sessions every day and was designed based on the Panchakosha (Five-Kosha) model. The programme included special yoga techniques for depression and improvement of sleep quality, Sukshma Vyayama, Yogasanas, Pranayama, breathing practices, Kriyas, Om meditation, Cyclic Meditation (CM), Mind Sound Resonance Technique (MSRT), relaxation techniques, yogic counselling, and lifestyle modification

based on the principles of Yama, Niyama, Bhakti Yoga, Raja Yoga, and Karma Yoga.

This integrated programme was complemented with individualized Naturopathy and Ayurveda therapies, including hydrotherapy procedures, APEP, Kriyas, steam bath, sauna bath, alternate douche, neutral underwater massage, Sarvanga Abhyanga, Swedana, Takradhara, and therapeutic oil applications. She was also prescribed a therapeutic naturopathy diet consisting of natural, wholesome foods, vegetable juices, soups, fruits, boiled vegetables, and balanced vegetarian meals, along with appropriate medical management throughout her stay.



LAKSHMI'S SUCCESS STORY

Lakshmi's health showed significant improvement following the 13-day integrated treatment programme at Arogyadhama.

During her stay, she experienced a marked reduction in the frequency of panic attacks, anxiety, and depressive symptoms. She also reported improved sleep quality, reduced fatigue, and relief from chronic low back pain. Her overall emotional well-being improved, enabling her to feel calmer, more relaxed, and better able to cope with stress. Clinical assessment also demonstrated improvement in physiological parameters, symptom score, and Bhramari time, reflecting the positive impact of the integrated Yoga Therapy programme along with Ayurveda, Naturopathy, Diet Therapy, and appropriate medical management.

The participant's clinical parameters also reflected the improvement observed during her stay and are presented below.

Parameter	On Admission	At Discharge
Blood Pressure mmHg	110/70	120/68
Respiratory Rate / min	20	19
Bhramari time (seconds)	10	17



What is Post-Traumatic Stress Disorder (PTSD) and What does it feel like?

Post-Traumatic Stress Disorder (PTSD) is a mental health condition that may develop after experiencing or witnessing a traumatic event. Individuals with PTSD often experience persistent fear, anxiety, intrusive memories, nightmares, emotional distress, and heightened alertness that can interfere with their daily functioning and quality of life. Many people also develop associated symptoms such as depression, panic attacks, sleep disturbances, fatigue, and reduced interest in routine activities.

PTSD affects an individual's emotional, psychological, and physical well-being. If left untreated, it can lead to chronic stress, impaired social and occupational functioning, and various psychosomatic complaints. However, with timely diagnosis and an integrated treatment approach that combines Yoga Therapy, psychotherapy, lifestyle modification, appropriate medical management, and complementary therapies, symptoms can be effectively managed, emotional resilience can be enhanced, and overall quality of life can be significantly improved.



Symptoms of Post-Traumatic Stress Disorder (PTSD)

Symptoms of PTSD may develop after exposure to a traumatic event and can persist for months or years if left untreated. They often interfere with daily functioning and emotional well-being. Some of the common symptoms include:

- Panic attacks – recurrent episodes of intense fear associated with palpitations, breathlessness, and a sense of losing control.
- Anxiety – persistent worry, fear, and heightened emotional distress, often triggered by stressful situations.
- Depressed mood – persistent sadness, hopelessness, and reduced emotional well-being.
- Reduced interest (Anhedonia) – loss of interest or pleasure in routine activities that were previously enjoyable.
- Fatigue and low energy – persistent tiredness and lack of motivation affecting daily activities.
- Sleep disturbances – difficulty falling asleep, disturbed sleep or poor sleep quality leading to daytime fatigue.
- Psychosomatic complaints – physical symptoms such as chronic low back pain, gastritis, and other bodily discomforts associated with psychological stress.

Causes of Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder (PTSD) develops after a person experiences or witnesses a traumatic event that overwhelms their ability to cope. The condition is characterized by persistent alterations in the brain's stress response, emotional processing, and fear regulation, resulting in recurrent distressing memories, heightened anxiety, emotional disturbances, and avoidance behaviours.

In addition to psychological symptoms, PTSD is often associated with disturbances in sleep, mood, concentration, and autonomic nervous system function. Individuals may also develop secondary conditions such as depression, panic disorder, and various psychosomatic complaints. Early recognition and a comprehensive, integrated treatment approach can help reduce symptom severity, improve emotional resilience, and restore overall physical and mental well-being.

Risk Factors for Post-Traumatic Stress Disorder (PTSD)

- Exposure to a traumatic event – such as physical or emotional abuse, accidents, violence, natural disasters, or other life-threatening experiences.
- Female gender – women are generally at a higher risk of developing PTSD than men following exposure to trauma.
- Previous history of anxiety or depression – pre-existing mental health conditions can increase susceptibility to PTSD and worsen symptom severity.
- Chronic stress or repeated traumatic experiences – prolonged exposure to stressful life events or multiple traumatic incidents increases the risk of developing PTSD.
- Lack of social or emotional support – inadequate support from family, friends, or the community may delay recovery and contribute to persistent symptoms.
- Family history of mental health disorders – genetic and biological factors may influence an individual's vulnerability to PTSD.
- Co-existing medical or psychiatric conditions – conditions such as panic disorder, depression, chronic pain, sleep disturbances, or other psychosomatic illnesses can complicate recovery and affect overall well-being.





What We Need to Do in Post-Traumatic Stress Disorder (PTSD)

- Reduce anxiety, panic attacks, and depressive symptoms.
- Improve emotional well-being and stress resilience.
- Enhance sleep quality and overall quality of life.

The Immediate Objectives are:

- Reducing anxiety and emotional distress.
- Improving mood and reducing depressive symptoms.
- Promoting relaxation and better sleep quality.
- Enhancing coping skills and stress management.

General Instructions:

- Continue Yoga practices regularly as advised.
- Post-dinner 15-minute slow walk (compulsory).
- Drink 3–4 litres of water per day.
- Regular evening walk for 30 minutes.
- Instead of tea and coffee, prefer green tea, herbal drinks, or decoctions.
- Avoid refrigerated food, processed food, junk food, fast food, bakery products, and deep-fried, salty, and spicy foods.
- Follow the prescribed naturopathy and dietary guidelines to maintain physical and mental well-being.



CSA Students Shine at eMudhra Hackathon 2026



The School of Computer Science and Applications (CSA), S-VYASA Deemed to be University, proudly celebrates the remarkable achievement of its students at the eMudhra Hackathon 2026. As part of the selection process, the CSA Department conducted the Preliminary Round at the S-VYASA City Campus on 22 June 2026 from 2:30 PM to 4:30 PM, where nine student teams presented their innovative project ideas before a panel of judges. Based on their performance, the best 4 teams were encouraged to participate in the next stage of the competition.

The eMudhra Hackathon witnessed 104 participating teams, out of which 19 teams were shortlisted for the official preliminary round held on 10 July 2026. S-VYASA made a proud mark with three teams securing a place among the shortlisted finalists. The Grand Finale, held at the eMudhra Campus on 11 July 2026, saw Team Prakriti emerge as the Champion, winning the First Prize along with a cash award of ₹1,00,000.



Team Prakriti comprised Srikanth, Moksha, Tarun P. J., and Shreyas, under the guidance of faculty mentors Ms. Pankaja Benkal and Mr. Ajith S. This outstanding accomplishment reflects the students' innovation, teamwork, and technical excellence, bringing great pride to S-VYASA Deemed to be University.

Men's Mental Health Day Programme

The University observed Men's Mental Health Day on 26 June 2026 for its teaching and non-teaching staff. The programme was organized with the objective of creating awareness about the importance of men's mental health, promoting emotional well-being, encouraging open and meaningful discussions on mental health issues, and reducing the stigma associated with seeking professional support.

The programme commenced with a welcome address, highlighting the significance of mental health in achieving personal well-being and professional effectiveness. The resource person emphasized that mental health challenges can affect individuals regardless of age or profession and encouraged participants to recognize the importance of self-care, stress management, and seeking timely assistance when needed.



The session covered key topics such as emotional resilience, work-life balance, stress management, recognizing signs of mental distress, and the importance of supportive relationships. Participants were encouraged to openly discuss their experiences and concerns in a safe and respectful environment. Practical strategies for maintaining positive mental health, including healthy lifestyle practices, mindfulness, and accessing counselling services, were also shared.

The programme witnessed active participation from both teaching and non-teaching staff. The interactive discussions and question-and-answer session provided an opportunity for participants to clarify their concerns and gain valuable insights into maintaining emotional well-being.

The programme concluded with a vote of thanks, expressing gratitude to the resource person and all participants for their enthusiastic involvement. Overall, the observance of Men's Mental Health Day successfully fostered greater awareness, encouraged open conversations about mental health, and reinforced the University's commitment to promoting the holistic well-being of its employees.

International Yoga Day Celebration at Penetron Products Private Ltd., Salem

As part of the 12th International Day of Yoga (IDY) 2026 celebrations, Ms. Sangeetha U. S., Assistant Professor, Centre for Open and Distance Education (CODE), S-VYASA, was invited by Penetron Products Private Ltd., Salem, Tamil Nadu, to conduct a special two-hour yoga session on 22 June 2026. The programme aimed to promote holistic health and encourage employees to incorporate yoga into their daily lives for enhanced physical, mental, and emotional well-being.



The session brought together nearly 40 participants, including factory workers and members of the management team, who enthusiastically participated in the practices. Tailored specifically for a workplace setting, the programme included simple loosening exercises, stretching practices, yogasanas, breathing techniques, and guided relaxation. Special emphasis was placed on breath awareness, enabling participants to understand the profound connection between the breath, mind, and body. The session demonstrated how mindful breathing can effectively reduce stress, improve concentration, enhance emotional balance, and contribute to overall wellness.

A memorable highlight of the programme was an inspiring testimonial by Ms. Rajalakshmi, Chartered Accountant, who shared her personal journey of transformation through regular yoga practice. She explained how consistent dedication to yoga had enabled her to progress from being unable to sit comfortably on the floor to confidently performing yoga postures with ease. Her experience served as a powerful reminder of yoga's transformative impact on health and quality of life.

The participants responded with great enthusiasm and actively engaged in every practice, appreciating the simplicity and practicality of the techniques demonstrated. Many expressed their willingness to incorporate yoga into their daily routine to improve flexibility, manage occupational stress, and maintain better physical and mental health.

The programme concluded with a Vote of Thanks by Mr. Badri Sairam, General Manager – Admin & Operations, who expressed heartfelt appreciation to Ms. Sangeetha U. S. for conducting an enriching and motivating International Yoga Day session. He also acknowledged her valuable contribution in bringing the message of yoga and holistic wellness to the organization's employees. The session successfully reinforced the timeless message of the International Day of Yoga—embracing yoga as a pathway to healthier individuals, happier workplaces, and a more balanced society.

Research & Achievement: From Effort to Effortlessness



It was a proud moment for the S-VYASA family as Professor Dr. Narayan Behera of S-VYASA University, together with Ms. Rithika Keshav and Dr. Mangesh Pandey of CODE S-VYASA, secured the First Position for their outstanding paper at the Mind, Brain and Consciousness Conference (MBCC) 2026, held at the prestigious Indian Institute of Technology, Mandi. Organised under the aegis of the Indian Knowledge System and Mental Health Applications Centre (IKSMHA), IIT Mandi, the conference brought together scholars from across the country to explore the frontiers of consciousness, mind, and well-being — and it was our own researchers who rose to the top of the field.

Their award-winning paper, titled “From Effort to Effortlessness: A Comparative Study of Consciousness and Liberation in the Ashtavakra Gita, Yoga Sutra, and Taoism,” impressed the judging panel with its rare blend of philosophical depth and cross-cultural insight — a fitting reflection of S-VYASA’s own mission to bridge ancient wisdom with contemporary inquiry.

A MEETING OF THREE GREAT TRADITIONS

What makes this research so compelling is its ambition: bringing three profound spiritual traditions into direct conversation with one another. The paper journeys through the Ashtavakra Gita, the crown jewel of Advaita Vedanta, which teaches that liberation is not earned through effort but recognised instantly the moment false identification with the ego dissolves. It then turns to Patanjali’s Yoga Sutra, which offers a more structured path — one of disciplined practice, dispassion, and the progressive stilling of the mind through samādhi. Finally, the study travels beyond Indian shores to classical Taoism and its evocative principle of wu wei, the art of effortless action achieved by flowing with the natural rhythm of life rather than resisting it.

Despite arising from entirely different cultures and centuries, the authors show how all three traditions converge on a single, luminous insight: true freedom from suffering comes from aligning with a deeper order of reality — whether that alignment is instantaneous, cultivated, or spontaneous. In doing so, the paper paints liberation not as one fixed destination but as a spectrum of complementary paths, each illuminating the others.

ABOUT MBCC 2026

The paper was presented at the 3rd International Mind, Brain & Consciousness Conference (MBCC 2026), held from 3–6 June 2026 at the Indian Institute of Technology, Mandi, Himachal Pradesh, and organised by the Indian Knowledge System and Mental Health Applications (IKSMHA) Centre. Now a marquee event on India's academic calendar, MBCC 2026 drew a global confluence of over 300 researchers exploring consciousness through an interdisciplinary lens, with a special focus on Indian Knowledge Systems — the very ground on which this award-winning paper stands.

A distinguished panel of General Chairs steered the conference — Prof. Laxmidhar Behera (Director, IIT Mandi), Prof. Shekhar Mande (Former Director General, CSIR), Prof. Sisir Roy (Senior Homi Bhabha Fellow, IAS), and Dr. Anirban Bandyopadhyay (Senior Scientist, NIMS, Japan). Building on the strength of MBCC 2025 — which featured 10 plenary talks, 12 invited talks, and over 160 technical presentations — selected papers from MBCC 2026, including this very study, will once again be published by Springer as an edited volume.



A MOMENT OF PRIDE FOR OUR UNIVERSITY

This achievement is a shining example of the caliber of scholarship being nurtured at S-VYASA University, where the timeless wisdom of India's contemplative traditions is studied with the same rigor and curiosity as any modern science. Competing against research teams from institutions nationwide, Professor Dr. Narayan Behera of S-VYASA University, along with Ms. Rithika Keshav and Dr. Mangesh Pandey of CODE S-VYASA, has brought great credit to the university and to the broader community of scholars dedicated to the study of mind, consciousness, and well-being.

The entire S-VYASA family extends its heartiest congratulations to the winning team and looks forward to the many more milestones their scholarship promises to deliver.

CODE Yoga Instructor Course (YIC) – June 2026 Offline Personal Contact Programme (PCP)

A Journey of Learning, Transformation, and Yogic Excellence



A Week of Immersive Learning

The Yoga Instructor Course (YIC) Offline Personal Contact Programme (PCP) was successfully conducted by the Centre for Open and Distance Education (CODE), S-VYASA, from 24th to 30th June 2026 at the serene Prashanti Kutiram Campus, Bengaluru. The seven-day residential programme served as an integral part of the Yoga Instructor Course, providing participants with an opportunity to bridge online learning with intensive practical training.

The programme brought together 53 participants (40 females and 13 males) from diverse regions of India, representing professions such as software engineering, medicine, education, research, government service, entrepreneurship, corporate organizations, the armed forces, and yoga instruction. Their varied experiences enriched classroom discussions and fostered an atmosphere of collaborative learning, mutual respect, and lifelong friendships.

A Dynamic Blend of Theory and Practice

The PCP was thoughtfully designed to provide a balanced integration of academic learning and experiential practice. Each day began with early morning meditation and yoga practices, followed by interactive theory sessions, practical demonstrations, and guided teaching experiences. Participants gained comprehensive exposure to Introduction to Yoga and its Streams, Patanjali Yoga Sutras, Hatha Yoga Pradipika, Indian Culture, Integrated Approach of Yoga Therapy (IAYT), Anatomy & Physiology, Kriya Theory and Practice, Asanas, Pranayama, Om Meditation, Cyclic Meditation, Trataka, Chanting, and Bhajans. Through continuous faculty guidance, peer learning, and practical teaching opportunities, participants strengthened both their personal yoga practice and their instructional skills, preparing them to become competent and compassionate Yoga Instructors.

Learning Beyond the Classroom

The programme emphasized experiential learning through teaching demonstrations, peer interactions, campus and laboratory visits, and group activities. These experiences enabled participants to appreciate the scientific approach adopted by S-VYASA towards yoga education, research, and integrative healthcare. The evenings were equally enriching with Happy Assembly, where participants showcased their talents through music, devotional singing, cultural performances, and storytelling, creating unforgettable memories and strengthening the spirit of togetherness.

The programme concluded with practical and theory examinations, followed by the Saraswati Homa and Certificate Distribution Ceremony, celebrating the successful completion of an inspiring week of learning.



Dedicated Faculty and Excellent Hospitality

A major highlight of the programme was the unwavering support of the CODE faculty members, programme coordinators, and support staff, whose expertise, encouragement, and personalized mentoring greatly enhanced the learning experience. Participants appreciated the systematic teaching methodology, practical orientation, and individual attention extended throughout the PCP.

The residential experience was equally commendable. The peaceful surroundings of Prashanti Kutiram, comfortable accommodation, and well-maintained facilities created an ideal environment for yoga practice and self-reflection. The satvik meals received widespread appreciation for their quality, hygiene, nutritional value, taste, variety, and timely service, reflecting the yogic principles of healthy living.



Participant Reflections

The feedback received from all 53 participants reflected an overwhelming sense of satisfaction and gratitude. Participants described the PCP as an inspiring and transformative experience that deepened their understanding of Yoga while enhancing their confidence as future yoga instructors. They appreciated the perfect balance between theory and practical sessions, the discipline maintained throughout the programme, the supportive faculty, and the opportunity to interact with participants from diverse backgrounds.

Many participants recommended extending the duration of the PCP and including additional advanced practical teaching sessions, demonstrating their enthusiasm for continued learning and professional growth.

A Journey That Continues

The June 2026 Yoga Instructor Course Offline PCP was much more than a residential training programme—it was a journey of self-discovery, discipline, and holistic transformation. Participants returned to their respective communities with enriched knowledge, refined teaching skills, renewed confidence, and cherished memories. More importantly, they carried forward the responsibility of sharing the authentic wisdom of Yoga with compassion and commitment, contributing to the promotion of holistic health and well-being.

The successful completion of this programme marks another significant milestone in the mission of the Centre for Open and Distance Education (CODE), S-VYASA, to nurture competent, socially responsible, and value-based Yoga Instructors dedicated to serving society through the timeless science of Yoga.



“Yoga is not merely learned—it is experienced, lived, and shared. The June 2026 YIC Offline PCP empowered every participant to embark on that lifelong journey with knowledge, confidence, and compassion.”

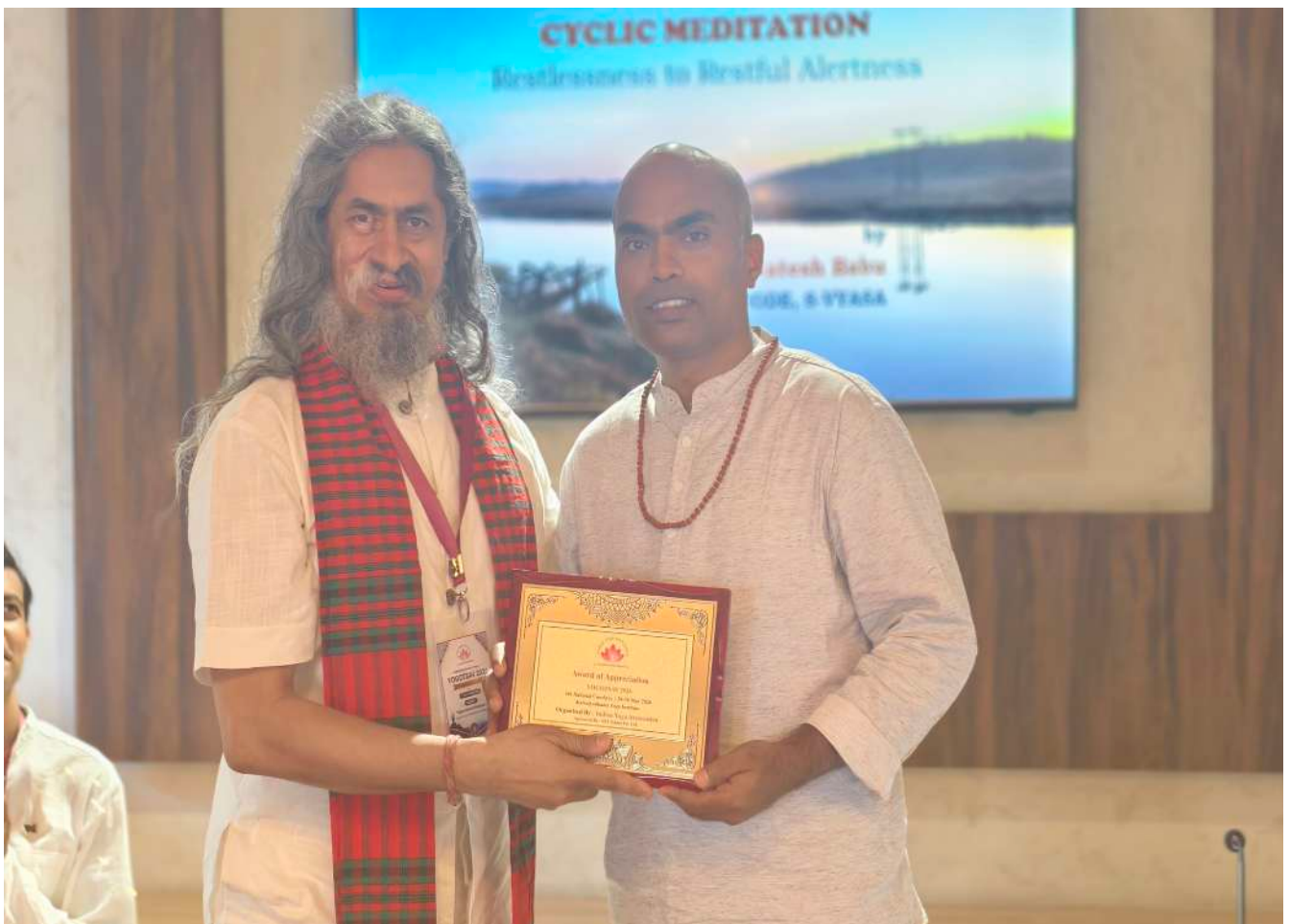
Experiential Session on Cyclic Meditation

As part of YOGOTSAV 2026 – Celebrating Diversity in Yoga, an Experiential Session on Cyclic Meditation (CM) was conducted on 29 May 2026 at Kaivalyadhama Yoga Institute, Lonavala, Maharashtra, by Dr. Natesh Babu, Director, Centre for Open and Distance Education (CODE), S-VYASA. The session, themed “Restlessness to Restful Alertness,” introduced participants to the scientific principles and practical application of Cyclic Meditation, a research-based yogic relaxation technique developed at S-VYASA.

Dr. Natesh Babu explained the therapeutic significance of Cyclic Meditation in promoting stress reduction, mental clarity, emotional balance, and overall well-being.

Participants actively experienced the guided practice and appreciated its scientific approach and practical relevance for daily life. The session received an enthusiastic response from yoga practitioners, academicians, researchers, and students, making it one of the highlights of YOGOTSAV 2026.

In recognition of his valuable contribution and commitment to promoting evidence-based yoga, Dr. Natesh Babu was honoured with an Award of Appreciation by the Indian Yoga Association (IYA) during the event.



Dr. Natesh Babu, Director, CODE, S-VYASA, receiving the Award of Appreciation from the Indian Yoga Association during YOGOTSAV 2026 for conducting the Experiential Session on Cyclic Meditation.

Staff Welfare Activity on Menstrual Hygiene Awareness Empowering Housekeeping Staff through Health Education



The Staff Welfare Activity, organized under the Student Enrichment Program (SEP) by the Centre for Open and Distance Education (CODE), Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), conducted a special Offline Menstrual Hygiene Awareness Programme exclusively for the women housekeeping staff of S-VYASA on 29 May 2026. The initiative aimed to promote menstrual health awareness, encourage healthy hygiene practices, and empower women with scientifically informed, holistic knowledge to improve well-being.

The expert session was delivered by Dr. Netravati B. Aruni, BAMS, MD (Prasooti Tantra & Streeroga), PhD, YIC, Associate Professor and Consultant, Department of Prasooti Tantra & Streeroga, Sushrutha Ayurvedic Medical College & Hospital, Bengaluru. With extensive academic and clinical experience in women's health and Ayurvedic gynecology, Dr. Netravati shared valuable insights on menstrual hygiene, menstrual literacy, sustainable menstrual products, nutrition, Yoga-based lifestyle practices, and Ayurvedic approaches to women's reproductive health. She addressed common myths and misconceptions surrounding menstruation while emphasizing the importance of self-care, personal hygiene, balanced nutrition, preventive healthcare, and seeking timely medical consultation whenever necessary.

Designed as an interactive and participant-friendly programme, the session encouraged open discussions, allowing the housekeeping staff to share their experiences, clarify doubts, and learn practical strategies for maintaining menstrual health with dignity and confidence. Conducted in Kannada, the session enabled participants to engage comfortably with the resource person, making the discussions highly relevant, informative, and accessible.

The participants appreciated the simple, practical, and culturally sensitive approach adopted during the programme. Feedback indicated that the session enhanced their awareness of menstrual hygiene, improved their confidence in discussing menstrual health, corrected several long-held misconceptions, and inspired them to adopt healthier lifestyle practices, while also encouraging them to share the knowledge gained with their families and communities.



The programme was well received and successfully fulfilled its objective of promoting menstrual health awareness among the housekeeping staff, reflecting CODE S-VYASA's commitment to inclusive health education, women's empowerment, preventive healthcare, and community outreach through meaningful Staff Welfare Activities. The initiative reaffirmed the institution's dedication to extending holistic health education to every member of the S-VYASA community, fostering informed choices, dignity, and well-being among women.



Faculty Research Presentation at Yogmanthan 2026

Showcasing CODE, S-VYASA on an International Academic Platform

The Centre for Open and Distance Education (CODE), Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, proudly marked its presence at Yogmanthan 2026 – International Webinar on “Yoga for Healthy Ageing,” organized by the Government Yoga and Naturopathy College, Uttur, Kolhapur, under the Department of AYUSH, Government of Maharashtra, on 21 June 2026. Conducted as part of the International Day of Yoga celebrations, the webinar served as a prestigious international platform for academicians, researchers, clinicians, and yoga professionals to exchange scientific knowledge and explore the transformative role of yoga in promoting healthy ageing and holistic well-being. The event was centered around the theme “Transforming Global Health Through Integrative and Evidence-Based Approaches,” emphasizing the growing significance of research-driven yoga interventions in modern healthcare.

Representing CODE, S-VYASA, Dr. Jyoti Amit Singh, Assistant Professor, delivered an oral research presentation titled “Effect of Yoga on Quality of Life and Physical Fitness among Homemakers Residing in Bahrain” under the sub-theme “Evidence-Based Yoga Interventions for Women’s Health.”

The presentation highlighted the findings of a quasi-experimental study involving 40 homemakers to evaluate the effectiveness of an eight-week Integrated Approach to Yoga Therapy (IAYT) in improving quality of life and physical fitness. Participants in the intervention group attended one-hour yoga sessions, five days a week, while the control group continued with their regular routine. Standardized assessment tools, including the WHOQOL-BREF questionnaire, Body Mass Index (BMI), and physical fitness tests, were used to measure the outcomes.

The study revealed statistically significant improvements across all domains of quality of life among participants practicing yoga. It also demonstrated notable reductions in BMI and marked improvements in physical fitness parameters, including sit-up and step-test performance. These findings provide further scientific evidence supporting Integrated Yoga Therapy as a safe, cost-effective, and sustainable approach to enhancing physical health, psychological well-being, and overall quality of life among homemakers.

The presentation generated interest among researchers and academicians, contributing to meaningful discussions on the role of evidence-based yoga interventions in women’s health. It also emphasized the importance of integrating yoga into community health initiatives to address lifestyle-related health concerns and promote preventive healthcare.

The participation of CODE, S-VYASA in this international academic event reflects the institution’s unwavering commitment to research excellence, evidence-based yoga education, and global academic collaboration. By presenting high-quality scientific research at international forums, CODE continues to strengthen the vision of S-VYASA in establishing yoga as a credible, research-backed system of healthcare and in advancing holistic, integrative solutions to contemporary health challenges worldwide.

CODE Online Yoga Asana Competition – 2026

A Platform to Showcase Yogic Excellence

To commemorate the International Day of Yoga Celebrations, the Centre for Open and Distance Education (CODE), Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Deemed to be University, successfully organized the CODE Online Yoga Asana Competition – 2026. The event provided an inclusive online platform for current students and alumni to demonstrate their proficiency in yogāsanas, encouraging disciplined practice, self-improvement, and the pursuit of excellence. The competition reflected CODE's commitment to promoting Yoga beyond the classroom by fostering a culture of healthy competition and holistic development.



Encouraging Participation Across Programmes

The competition was open to all current students and alumni of CODE, with separate categories for men and women. Participants had the opportunity to compete in the Common Category, featuring prescribed syllabus asanas, or the Advanced Category, where they showcased advanced yogāsanas of their choice. A total of 55 participants enthusiastically registered for the event, including 42 female and 13 male participants from programmes such as the Yoga Instructor Course (YIC), Diploma in Yoga Therapy (DYT), M.Sc. Yoga, B.Sc. Yoga, and other courses. The event witnessed remarkable enthusiasm, with many participants opting to compete in both categories, demonstrating their confidence and dedication towards yogic practice.



A Fair and Comprehensive Evaluation

Participants submitted high-quality photographs of their asanas, adhering to the prescribed submission guidelines that emphasized proper posture, body alignment, stability, flexibility, and overall presentation. Each entry was carefully evaluated by the panel of judges to ensure transparency and fairness, with separate assessments conducted for the Men's and Women's Common and Advanced Categories. The online format enabled participants from diverse locations to take part while maintaining uniform evaluation standards.

Recognizing Outstanding Performances

The competition witnessed an impressive display of skill, discipline, and perseverance. Outstanding performers were recognized across all categories based on their technical proficiency, precision in asana execution, and overall presentation. In the Men's Advanced Category, Charan M (B.Sc.), Praveen (DYT), and Joga Chandravardhana Kedarinath (YIC) secured the First, Second, and Third Prizes, respectively. Shiva Shankar Mohanty (M.Sc.), Shantonu Biswas Bappa (DYT), and Rahul Hiremath (DYT) emerged as the winners in the Men's Common Category. In the Women's Advanced Category, Anishka Rani (DYT), Inchara B. Chandrashekara (B.Sc.), and Valarmathi (DYT) secured the top three positions, while Vaishnavi Patil (YIC), Joga Haimavathi (YIC), and Makhing Marma (DYT) were declared winners in the Women's Common Category. Demonstrating exceptional yogic excellence and overall performance, Ms. Geeta Sarang Shinde (YIC) was honoured as the Overall Champion of the competition.



Promoting the Spirit of Yoga

Beyond recognizing individual achievements, the competition inspired participants to strengthen their commitment to regular Yoga practice and embrace the values of discipline, perseverance, and holistic well-being. The enthusiastic participation and high standard of submissions reflected the growing interest in Yoga among CODE learners and highlighted the effectiveness of online platforms in fostering meaningful engagement.



A Meaningful Celebration of International Day of Yoga

The CODE Online Yoga Asana Competition – 2026 concluded successfully, reinforcing CODE's vision of promoting quality Yoga education and creating opportunities for learners to excel through innovative initiatives. By combining healthy competition with the timeless principles of Yoga, the event served as a memorable celebration of the International Day of Yoga, encouraging participants to continue their journey towards physical, mental, and spiritual well-being while carrying forward the true essence of Yoga.



Ongoing Funded Research Projects at Prashanti Kutiram Campus of S-VYASA

Project Title: Standardizing GDV interpretation for use with Homeopathy Medicine

Funding Agency: Central Council for Research in Homoeopathy (CCRH), Ministry of AYUSH, Government of India

Duration of the project: 2 Years

Brief Project Description:

This study aims to develop and standardize a protocol for interpreting Gas Discharge Visualization (GDV) measurements in the context of homeopathic medicine. GDV is a non-invasive bioelectrographic imaging technique that captures emissions from the fingertips and provides information related to the body's energetic patterns. The study seeks to establish baseline GDV parameters in healthy individuals and examine changes occurring before, during, and after the administration of homeopathic medicine.

A total of 120 healthy volunteers aged 18–45 years will be recruited. Participants will undergo weekly GDV assessments over a seven-week period. The study consists of a two-week pre-intervention phase to establish baseline measurements, a one-week intervention phase during which constitutional homeopathic medicine will be administered, and a four-week post-intervention observation phase to monitor changes over time.

The study will evaluate GDV parameters related to various physiological systems, including cardiovascular, respiratory, digestive, endocrine, nervous, immune, and musculoskeletal systems, along with general indicators such as area, entropy, intensity, and form coefficient.

The primary objective is to establish standardized baseline GDV values and assess the effects of homeopathic medicine. Secondary objectives include examining relationships between GDV parameters and demographic factors such as age, gender, and constitutional types.

The expected outcome is the development of a standardized GDV interpretation protocol, which may improve the reliability and reproducibility of GDV assessments and provide a framework for future research on the potential effects of homeopathic medicine and biofield-related interventions.



Project Title: Quantitative Assessment of Homeopathic Potency through Bio-Energetic Imaging and Spectroscopic Techniques

Funding Agency: Central Council for Research in Homoeopathy (CCRH), Ministry of AYUSH, Government of India

Duration of the Project: 1 Year

Brief Project Description:

This project aims to scientifically investigate and validate the potency of homeopathic medicines using advanced bio-energetic and spectroscopic technologies. The study will assess 30 homeopathic medicines derived from animal, plant, mineral, and synthetic sources at three different potency levels. Gas Discharge Visualization (GDV) Pro technology will be employed to capture and quantify bio-electrographic emissions, including parameters such as total area, average intensity, entropy, fractality, and form coefficient. Raman spectroscopy will be used as a complementary analytical tool to identify molecular and structural variations across potency levels. The project will further integrate statistical modeling and computational analysis to compare energetic signatures and establish measurable relationships between potency and bio-energetic characteristics. By developing a comprehensive database of GDV and Raman spectroscopy profiles, the study seeks to provide empirical evidence for the concept of homeopathic potentization. The findings may contribute toward establishing standardized scientific methods for evaluating homeopathic medicines and help bridge the gap between traditional homeopathic principles and modern scientific validation techniques.

Project Title: Investigating the Effect of Homeopathy on Red Blood Cell Functions, Adhesion, Phagocytosis, and Endothelial Cell Activity in Sick Cell Disease: An In Vitro Study

Funding Agency: Central Council for Research in Homeopathy (CCRH), Ministry of AYUSH, Government of India

Duration of the Project: 2 Years

Brief Project Description: Sick Cell Disease (SCD) is a hereditary blood disorder characterized by abnormal red blood cells that contribute to inflammation, vascular occlusion, and organ damage. This project aims to investigate the effects of selected homeopathic medicines on key cellular mechanisms involved in SCD using an in vitro model. Red blood cells isolated from SCD patients will be cultured and treated with homeopathic preparations at different potencies. The study will assess the expression of phagocytosis and adhesion markers (CD47 and CD36) using flow cytometry. Additionally, treated cells will be co-cultured with macrophage and endothelial cell lines to evaluate inflammatory and vaso-occlusive responses through biomarkers such as TNF- α , P-selectin, and endothelin-1. The findings may provide valuable insights into the potential modulatory effects of homeopathic interventions on cellular processes associated with SCD and contribute to the development of complementary therapeutic strategies.



Project Title: Effectiveness of Antenatal Yoga for Prevention of GDM and improving fetomaternal outcomes in High-Risk Pregnant Women: A Randomized Controlled Trial

Funding Agency: Gates Foundation, USA

Duration of the project: 3 Years

Brief Project Description: Rationale: GDM affects ~15% of pregnancies globally, linked to obesity, insulin resistance, and adverse outcomes. Early prenatal yoga may improve metabolic control and reduce stress, but evidence for primary GDM prevention in high-risk LMIC women is limited. This trial tests structured yoga vs. standard care.

Objectives: Primary: Reduce GDM incidence (24–28 weeks) with early prenatal yoga. Secondary: Maternal (weight, preeclampsia, delivery, postpartum well-being), neonatal (macrosomia, NICU), and mechanistic outcomes (transcriptomics: glucose/inflammation/stress genes).

Design: This is a two-arm multicenter randomized controlled trial comparing adjunct yoga plus standard care with standard care alone, with blinded outcome assessment, a total duration of 36 months, and a planned sample size of 1,174 participants (587 per arm) powered at 80% with $\alpha=0.05$ to detect a 7% absolute reduction in gestational diabetes mellitus

Intervention: Yoga intervention (16–34 weeks): 60-minute supervised sessions, 3–5/week, including āsanās, Anulom Vilom, Bhramari, and Yoganidra, with fidelity tracked via manuals and logs. Control: routine GOI/WHO/FIGO antenatal care with diet counselling and OGTT.

Outcomes: Primary: GDM Secondary: Maternal glucose/BP/weight/preeclampsia, delivery/NICU/postpartum, neonatal metrics.

Impact: GDM reduction; better fetomaternal outcomes; scalable low-cost yoga integration into maternal health systems.

Funding: Personnel, labs, equipment, reimbursements, transcriptomics. Aligns with AYUSH maternal health goals.

Project Title: Integrative Medicine Hub

Funding Agency: Gates Foundation, USA

Duration of the project: 3 Years

Brief Project Description: The proposed project aims to establish a model Integrative Medicine (IM) Hub at SVYASA for tertiary care settings by developing and implementing expert-validated clinical algorithms, guiding philosophies, and practice guidelines. The project will evaluate the feasibility of these guidelines both at the center and through mobile tertiary care unit. It also focuses on capacity building by training doctors, nurses, and therapists in Integrative Medicine to support future expansion of IM centers. Community awareness regarding the role of Integrative Medicine in tertiary care will be promoted across urban and peri-urban regions through mobile IM services. Delphi studies will be conducted to achieve expert consensus, and the findings will be disseminated through white papers, research publications, national and international conference presentations, including an international conference, with the aim of informing and recommending policy to government bodies.

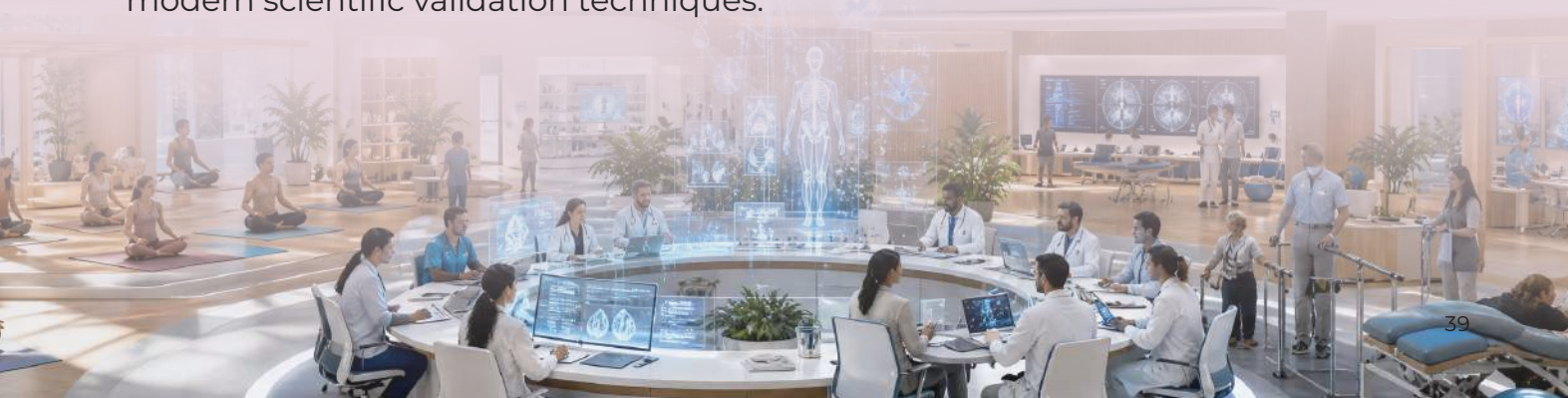
Project Title: Quantitative Assessment of Homeopathic Potency through Bio-Energetic Imaging and Spectroscopic Techniques

Funding Agency: Central Council for Research in Homoeopathy (CCRH), Ministry of AYUSH, Government of India

Duration of the Project: 1 Year

Brief Project Description:

This project aims to scientifically investigate and validate the potency of homeopathic medicines using advanced bio-energetic and spectroscopic technologies. The study will assess 30 homeopathic medicines derived from animal, plant, mineral, and synthetic sources at three different potency levels. Gas Discharge Visualization (GDV) Pro technology will be employed to capture and quantify bio-electrographic emissions, including parameters such as total area, average intensity, entropy, fractality, and form coefficient. Raman spectroscopy will be used as a complementary analytical tool to identify molecular and structural variations across potency levels. The project will further integrate statistical modeling and computational analysis to compare energetic signatures and establish measurable relationships between potency and bio-energetic characteristics. By developing a comprehensive database of GDV and Raman spectroscopy profiles, the study seeks to provide empirical evidence for the concept of homeopathic potentization. The findings may contribute toward establishing standardized scientific methods for evaluating homeopathic medicines and help bridge the gap between traditional homeopathic principles and modern scientific validation techniques.



From Toddlers to Teachers: A Day United by Yoga



In celebration of the International Day of Yoga (IDY) 2026, KRS Yoga Academy, an affiliated centre of S-VYASA, rolled out a series of yoga programmes at KRS Yoga Academy and WGS School, bringing together learners, teachers, and yoga practitioners in a shared celebration of health, harmony, and holistic well-being.

The celebrations kicked off at 8:00 a.m. at KRS Yoga Academy, where 30 practitioners came together for a distinctive Yoga and Music Programme. The seamless blend of yogic practices and soulful music set the tone for the day, creating a calm and uplifting atmosphere that allowed participants to unwind and reconnect with themselves. The programme was conducted by Shri Hitesh Aras, Shri Anand B. S., and Smt. Jinnat Sayyad.



The celebrations carried on at WGS School from 2:00 p.m. to 4:00 p.m., under the guidance of Shri Hitesh Aras, Shri Anand B. S., and Smt. Apoorva Iyer. In line with Dr. H. R. Nagendra Guruji's vision, a Jyothi Trataka session was conducted for 360 students and 130 teachers from WGS School and its Global Toddlers section. The practice encouraged participants to sharpen their concentration, cultivate mental clarity, and discover the power of a steady mind.



One of the highlights of the celebration was the Common Yoga Protocol (CYP), which brought together the entire school community. A remarkable 1,681 students, including 370 children from the Global Toddlers section (3–4 years), turned up to participate enthusiastically. Teachers and staff members also joined in, demonstrating that yoga truly bridges generations and fosters a culture of collective well-being.

The celebrations at both venues wrapped up on a high note, leaving participants inspired to carry forward the timeless values of yoga in their daily lives. The programmes not only marked the International Day of Yoga but also drove home the importance of embracing yoga as a lifelong companion for physical vitality, mental well-being, emotional balance, and holistic development.



Bhagavad Gita Examination Held at Prashanti Kutiram



On 28th May 2026, the Lalita Ramalakshmi Trust conducted a unique and spiritually significant Srimad Bhagavad Gita Anuloma Krama Examination at Tarangini. The examination celebrated the participants' exceptional dedication to the study, memorization, and recitation of the Bhagavad Gita in Anuloma Krama, a demanding and revered method of sequential recitation that requires deep concentration, discipline, and devotion.

Six participants successfully completed this rigorous examination. They were:

- Mamatha Kini, Mysuru
- Aadya R. (15 years), Bengaluru
- Manoranjitha Mocherla, Bellary
- N. Deshika (13 years), Bengaluru
- Pravallika Immadi, Chennai
- Nivarthi Kalavathi, Bengaluru

The examination was conducted under the guidance of an esteemed panel of examiners comprising Distinguished Professor Acharyaji Ramachandra G. Bhat, Dr. V. Nagarajan, and Sri Karibasappa, whose presence added both scholarly depth and spiritual significance to the occasion.

The successful candidates were felicitated during the Prarthana Milan, where they received certificates, mementoes, and cash prizes in recognition of their remarkable achievement. The honours were presented by the distinguished dignitaries amidst an atmosphere of reverence and celebration.



Bharatiya Darshana Dinam 2026

The Division of Yoga-Spirituality, S-VYASA Deemed to be University, celebrated Bharatiya Darshana Dinam on 21st April 2026, commemorating the Jayanti of Bhagavatpada Adi Shankaracharya. The programme began with chanting mangala prārthanā and offering flowers of devotion to Adi Shakaracharya and Swami Vivekananda.

A special lecture was delivered by Mr. Gokulmuthu Narayanaswamy, a prolific writer on Indian philosophy and author of multiple books including on the Bhagavad Gita. He is a volunteer at Ramakrishna Math, Halasuru, and runs the website practicalphilosophy.in.



His talk was titled “Adi Shankaracharya and Swami Vivekananda”, drawing beautiful parallels between these two great personalities. The key points from his lecture are as follows.

Just as Lord Vishnu incarnated as Veda Vyasa to present the essence of the Vedas in the concise form of the Vedanta Sutra, Lord Shiva appeared as Adi Shankaracharya to expound their profound meaning in a systematic and accessible manner. A similar pattern unfolded in modern times through the lives of Sri Ramakrishna Paramahansa and Swami Vivekananda. Both Adi Shankaracharya and Swami Vivekananda lived during periods when the true spirit of Vedanta had declined and religious life had become overshadowed by superstition and sectarian divisions. Through their teachings and tireless efforts, they restored harmony among the various schools of Hindu thought and re-established Vedanta as the unifying foundation of spiritual life.



Their central message was that the true nature of the Self is pure Consciousness and that the ultimate goal of human life is Moksha—the realization and manifestation of the divinity inherent within every individual. This manifestation of divinity is reflected in freedom from the six inner enemies: kāma (lust), krodha (anger), lobha (greed), moha (delusion), mada (arrogance), and mātsarya (jealousy), along with the understanding that service to living beings is service to God. Though both appeared outwardly as Jñānis, they were deeply devoted Bhaktas at heart, exemplifying unwavering reverence for the Guru and Guru Paramparā, profound love for Bhārata, a rational approach to religion, and boundless compassion for suffering humanity. Their lives embodied strength, fearlessness, sacrifice, and selfless service, revitalizing Hinduism on the firm foundation of Vedanta. Remarkably, despite their brief active lives—Adi Shankaracharya for only sixteen years before attaining Mahasamadhi at the age of thirty-two, and Swami Vivekananda for about ten years before leaving his mortal body at thirty-nine—they transformed the spiritual landscape of India and continue to inspire generations across the world.



The speaker concluded that both Adi Shankaracharya and Swami Vivekananda came on earth to help humanity in different times.

The programme was graced by the special presence of Gururji Dr. H. R Nagendra - President, S-VYASA Society, Prof. K. Subrahmanyam - Former Chancellor, S-VYASA Deemed to be University and Prof. Sony Kumari - Registrar, S-VYASA Deemed to be University.

The programme received commendable response with students from various schools attending with great enthusiasm.

On the following day, Prof. K. Subrahmanyam delivered a special lecture in Prarthana Milan on the three well-known philosophies of Dvaita, Advaita and Vishishtadvaita, commemorating the Jayanti of Bhagavad Ramanujacharya and remembering Srimad Madhvacharya, highlighting the unity in diversity among them.

We express our gratitude to the entire management and finance section of S-VYASA for providing all the necessary support for conducting this programme.

The entire programme was conceptualised by Prof. M. Jayaraman, Dean, Division of Yoga-Spirituality, and coordinated by Mr. Chaitanya S L, Assistant Professor and Dr. N Sridhar, Vice Principal, School of Yogic Sciences and Associate Professor in the Division of Yoga-Spirituality. The on-stage prarthana was conducted by Dr. A Sreenivasa Sarma, Assistant Professor.

Mahabharata: A Divine Journey of Dharma through Theatre



The Student Council of the School of Yogic Sciences, S-VYASA Deemed to be University, in collaboration with the AN TTC Students, successfully organized a magnificent five-day theatrical presentation on the Mahabharata from 17th to 21st June 2026 at Samskruti Bhavan, Prashanti Kutiram. The event was organized as part of the Indian Knowledge System (IKS) celebrations and the International Day of Yoga 2026. The programme was generously sponsored by PowerGrid Corporation of India Limited (POWERGRID).

The Mahabharata, one of India's greatest epics, is not merely a story of war but a timeless guide to Dharma (righteousness), Karma (selfless action), devotion, wisdom, and the triumph of truth over injustice. Through this theatrical presentation, students, faculty members, university staff, and guests experienced the profound teachings of Indian culture in a captivating and spiritually uplifting manner.

The drama unfolded over five evenings, each depicting a significant phase of the Mahabharata. The performances began with the Divine Invocation and the Rise of Indraprastha, portraying the establishment of righteousness by the Pandavas. The second day presented the Game of Dice, illustrating how greed, ego, and injustice led to the downfall of the Kauravas' moral values. The third day's performance beautifully depicted the Vanavaas and Agyatvaas, emphasizing patience, perseverance, discipline, and unwavering faith during adversity.

One of the most inspiring presentations took place on the fourth day, featuring Lord Krishna's Peace Mission to Hastinapur and the sacred teachings of the Bhagavad Gita. A special highlight of the evening was the breathtaking Viswaroopa Darshana (Universal Form of Lord Krishna), which filled the entire auditorium with devotion and awe. The spectacular presentation symbolized the infinite cosmic form of the Divine and reminded everyone of the eternal message that righteousness always prevails under divine guidance.

The final day culminated in the grand Kurukshetra War, portraying the victory of Dharma over Adharma. The concluding scenes inspired the audience to uphold truth, courage, compassion, and selfless duty in everyday life.

The theatrical production featured remarkable performances by students portraying the iconic characters of the Mahabharata, including Lord Krishna, Arjuna, Bhima, Yudhishtira, Nakula, Sahadeva, Draupadi, Duryodhana, Karna, Bhishma, Dronacharya, Shakuni, Dhritarashtra, Gandhari, Kunti, and several other revered personalities. Each character was portrayed with exceptional dedication, expressive acting, elaborate costumes, and authentic dialogue, bringing the epic vividly to life.

The event transformed the university campus into a deeply spiritual and devotional environment. The powerful performances, devotional music, traditional costumes, stage design, and meaningful narration inspired reflection on the eternal values of Indian philosophy and yoga. The drama beautifully reinforced the ideals of self-discipline, righteousness, devotion, and inner transformation, aligning perfectly with the objectives of the International Day of Yoga and the Indian Knowledge System.



Adding to the devotional atmosphere, Prasadam was distributed to all attendees after each day's performance, fostering a sense of unity, gratitude, and community participation among students, faculty members, staff, and visitors.

The Student Council of the School of Yogic Sciences, together with the AN TTC students, demonstrated exemplary teamwork, leadership, and organizational excellence in planning and executing this grand cultural event. Their dedicated efforts, combined with the generous support of POWERGRID and the encouragement of the university management, made the programme a memorable success.

The Mahabharata – A Five-Day Theatrical Presentation was not merely a cultural programme but a profound spiritual experience that strengthened the understanding of India's timeless heritage, inspired moral values, and promoted the yogic way of life. The event will remain a significant milestone in the celebrations of International Day of Yoga 2026, leaving a lasting impact on every member of the S-VYASA family.

A Holistic Journey to Motherhood: Prenatal Yoga & Nutrition Seminar

The School of Yogic Sciences Student Council, S-VYASA Deemed to be University, successfully organized a Seminar and Workshop on Prenatal Yoga on 23 May 2026. The event aimed to enhance the knowledge and practical skills of students and faculty members regarding prenatal care through yoga, nutrition, and holistic wellness. The seminar was conducted with excellent coordination by the Student Council and received complete support from the university management, ensuring its smooth and successful execution.

The first session was led by Ms. Surabhi R. Shekhar, Founder of Gubbi Gudu and a certified Prenatal Yoga Teacher (RYT 500, RPYT). She specializes in women's holistic health and maternal care. She introduced the concept and importance of Prenatal Yoga, explaining how it supports the physical, mental, and emotional well-being of pregnant women. She discussed the benefits of yoga during pregnancy, including improved flexibility, reduced stress, better breathing, enhanced circulation, and preparation for childbirth. The practical session included safe prenatal yoga practices, gentle stretching, breathing techniques (Pranayama), relaxation methods, and yoga postures suitable for different stages of pregnancy. She also emphasized preconception care, postnatal recovery, and the role of yoga in managing conditions such as PCOS and PCOD.





The second session was delivered by Ms. Divya S., Founder of Saha Wellness, an RYT 500 certified Ashtanga Vinyasa Yoga teacher and an Ayurvedic therapist. She focused on the theoretical aspects of pregnancy nutrition, emphasizing the importance of maintaining a balanced and wholesome diet throughout pregnancy. She explained the nutritional requirements of pregnant women, including the role of proteins, iron, calcium, folic acid, essential vitamins, adequate hydration, and healthy lifestyle practices in supporting maternal health and optimal fetal growth and development.

Drawing upon the principles of Ayurveda, she highlighted the significance of mindful eating, seasonal nutrition, proper digestion, and daily routines in promoting a healthy pregnancy. She also discussed how the integration of Yoga and Ayurveda fosters physical strength, mental calmness, emotional stability, and overall well-being throughout the prenatal journey. The session further emphasized the importance of preventive healthcare, stress management, and conscious lifestyle choices in ensuring a safe and healthy pregnancy.

The interactive lecture encouraged participants to understand pregnancy as a holistic process that requires attention to physical, emotional, and nutritional well-being. Practical recommendations on healthy dietary habits, self-care, and mindful living were shared, enabling participants to appreciate the value of an integrative approach to maternal care.

Overall, the seminar was highly informative and interactive. Participants gained valuable knowledge about prenatal yoga practices, maternal nutrition, and holistic pregnancy care through expert-led sessions and engaging discussions. The workshop provided an excellent platform for learning the scientific and traditional perspectives of maternal health and highlighted the growing importance of integrative healthcare approaches. The event was greatly appreciated by all attendees and proved to be a meaningful and enriching learning experience for students and faculty alike.

Valedictory Ceremony of the 29th Batch of ITEC



The Valedictory Ceremony of the 29th Batch of the ITEC Yoga Training Program was held at Samskruthi Bhavan at 11:00 AM in the serene campus of Prashanthi Kutiram, S-VYASA. Mrs. Nishi Bala, Zonal Head, South Zone Director, Indian Council for Cultural Relations (ICCR), graced the occasion as the Chief Guest. The ceremony was presided by Honourable Guruji Dr. H. R. Nagendra, President, VYASA Society; Prof. N. K. Manjunath Sharma, Vice Chancellor, S-VYASA; Prof. S. Siva Shankar Sai, Pro Vice Chancellor, S-VYASA; Prof. Sony Kumari, Registrar, S-VYASA; Mr. Dhananjaya C, Finance Officer, S-VYASA and Dr. Sridevi.K.J, Associate Dean, Center for Short Term Programs, SVYASA



The programme commenced with the ceremonial lamp lighting, followed by an invocation prayer rendered by Mr. Prithvi Pai and Mrs. Sivalutchmie Naidoo from South Africa. This was followed by a video presentation documenting the inspiring journey of the participants during their stay at Prashanthi Kutiram, S-VYASA.

In his welcome address, Prof. N. K. Manjunath Sharma appreciated the diversity of the batch, which comprised 47 participants from 22 countries. He highlighted S-VYASA's pioneering contributions to Yoga research and extended the University's continued support to the participants for future research, workshops, Yoga classes, and other collaborative initiatives. Honourable Guruji Dr. H. R. Nagendra delivered the Valedictory Address, congratulating the participants on the successful completion of the programme and encouraging them to carry forward the knowledge and values they had acquired.



The program report was presented by Dr. Sridevi K.J. Several ITEC participants shared their experiences and reflections with the gathering. Mrs. Doris from Brunei Darussalam expressed her appreciation for the excellent hospitality and support extended throughout the programme and conveyed her interest in pursuing higher studies at S-VYASA. Ms. Mailesi Kamuna, Mrs. Peldon, and Mr. Simeon Dimov also shared their memorable experiences and expressed their gratitude for the enriching learning environment.

Addressing the gathering, Mrs. Nishi Bala congratulated the participants on successfully completing the course and emphasized the importance of bringing together diverse cultures through Yoga. She encouraged the participants to serve as ambassadors of wellness and foster global harmony through the universal values of Yoga.





The participants were encouraged to continue their yogic and wellness journey, with the assurance that S-VYASA would always welcome and support them in their future academic and professional endeavours. The Vote of Thanks was proposed by Prof. Sony Kumari, Registrar, S-VYASA, who expressed her sincere gratitude to the Chief Guest, dignitaries, faculty members, organizing team, and participants for making the programme a grand success. The ceremony concluded with the distribution of certificates, followed by a group photograph with the dignitaries, marking a memorable and bittersweet conclusion to the 29th Batch of the ITEC Yoga Instructor's Course at Prashanthi Kutiram, S-VYASA.



Saturday Weekly Global Satsang Series with Guruji Dr. H. R. Nagendra

Every Saturday, Guruji, Dr. H. R. Nagendra, dedicates an hour to sharing the timeless wisdom of yoga with seekers across the globe. Conducted in a hybrid format, these Satsangs bring together participants on the S-VYASA campus and those joining online, creating a beautiful space for learning, reflection and inner growth. Offered selflessly as a service to humanity, these weekly sessions have become a source of inspiration for sincere seekers from all walks of life.

Drawing upon lifetime dedicated service to the science and practice of yoga, Guruji has a remarkable gift for presenting profound yogic wisdom with warmth, clarity and simplicity. His ability to bridge the depth of the ancient scriptures with the realities of modern life enables participants to understand not only the philosophy of yoga, but also its practical application in everyday living.

One of the most cherished aspects of every Satsang is the interactive question-and-answer session that follows the discourse. It offers participants a rare opportunity to seek Guruji's guidance directly, clarify their understanding and receive practical insights for their personal practice. For many, this weekly interaction has become an invaluable part of their spiritual journey.

Over the past several weeks, Guruji has guided participants through a rich and inspiring journey into the Yoga Sutras of Patanjali. The sessions have explored themes ranging from Breath to Bliss and the deeper understanding of Bhava Pratyaya and Videha, to Ishvara Pranidhana, the challenges encountered during spiritual ascent, behaviour transformation through yogic principles, the cultivation of Vairagya (detachment), and the profound insights that dreams, sleep and deep sleep offer on the path to higher awareness.

Week after week, these Saturday Satsangs continue to nurture clarity, inspire sincere practice and deepen the bond between Guruji and seekers around the world. They stand as a beautiful reminder that the wisdom of yoga becomes truly transformative when shared with compassion, simplicity and lived experience.



Join the Satsang WhatsApp Group for regular updates



Every Saturday,
an hour of *timeless wisdom*
from a Master who lives Yoga.

Saturday Weekly Global Satsang Series

— with —

**Padma Shri
Dr. H. R. Nagendra**



“

Offered selflessly as
a service to humanity,
these satsangs inspire,
guide and transform lives
across the world. ”



GLOBAL REACH

Join from anywhere
in the world



HYBRID SESSIONS

On-campus at S-VYASA
& Online via Zoom



DEEP WISDOM

Rooted in the scriptures,
relevant to modern life



LIVE Q&A

Personal guidance,
practical insights

Come. Listen. Reflect. Grow.

Be part of a global community of sincere
seekers on the path of Yoga.



Your presence, a heart open to learn,
and a sincere question –
that is all you need.
We welcome you with warmth.



STYĀNA (स्थान) AND ĀLASYA (आलस्य) – DISTINCTLY DIFFERENT



ASPECT	STYĀNA (स्थान) Mental Dullness / Stagnation	ĀLASYA (आलस्य) Laziness / Physical Inertia
Meaning	Mental dullness, stagnation, lack of enthusiasm	Physical laziness, inertia, unwillingness to exert effort
Nature	Problem of the MIND	Problem of the BODY
Primary Guna	Tamas affecting the mind	Tamas affecting the body
State	Mind is unable to initiate effort	Body is unwilling to exert effort
Desire to Practice	May sincerely want to practice but cannot generate motivation	Knows and can practice but prefers comfort and rest
Main Symptoms	Lack of inspiration, mental heaviness, apathy, lack of interest	Sleepiness, procrastination, physical inactivity
Modern Equivalent	Apathy, burnout, mental inertia	Laziness, sedentary behavior, avoidance, postponement
Best Remedy	Inspiration, satsanga, study, uplifting company, meditation	Physical activity, āsanās, disciplined routine, prāpāyāma

- Cannot focus
- No interest
- Mind becomes dull
- Feels spiritually dry



- Keeps postponing meditation
- Falls asleep while sitting
- Wants to lie down
- Avoids practice altogether



STYĀNA – “I CAN’T.”
(Mental dullness)



Mental incapacity to engage in Yoga,
even when one wishes to.



ĀLASYA – “I WON’T.”
(Physical laziness)



Physical unwillingness to exert effort,
despite knowing the value of practice.



Progress in Yoga requires both an alert mind and an active body.
Recognizing the difference helps in applying the appropriate remedy.



Maitri



Friendliness

toward those who are happy

When we see others happy
or successful, may we
cultivate friendliness
in the heart.

Rejoice in their happiness.
Let there be no jealousy,
only goodwill.



May all be happy.
May their happiness
increase.



By cultivating Maitri, we replace jealousy with friendliness,
and the mind becomes peaceful and open.



Join the Satsang
WhatsApp Group
for regular updates



PATAÑJALI YOGA SŪTRA 1.34

प्रच्छर्दनविधारणाभ्यां वा प्राणस्य ॥ १.३४ ॥

Pracchardana-vidhāraṇābhyāṁ vā prāṇasya

Pracchardana	– complete, controlled exhalation
Vidhāraṇa	– retention, restraint or suspension
Ābhyāṁ	– through these two practices
Vā	– or
Prāṇasya	– of the breath or vital energy



Meaning:

The mind may also be calmed and made steady through the controlled exhalation and retention of the breath.

Pracchardana – Vidhāraṇa



The retention should never be forced. It must be practised gradually, comfortably, and preferably under competent guidance.



WHEN THE BREATH IS QUIET, THE MIND BECOMES QUIET.

THE STUDENT BEFORE THE INTERVIEW

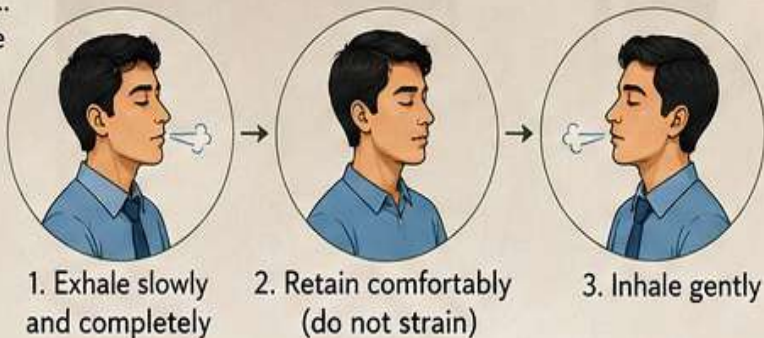
Arjun had an important interview. Though well prepared, he was nervous and his mind was disturbed.

1. DISTURBED MIND



2. PRACTICE OF PRACCHARDANA-VIDHĀRAṆA

He exhaled slowly and completely... then remained still for a comfortable pause before inhaling again.



3. CALM MIND, CONFIDENT PERFORMANCE

His heart settled, thoughts became clear and he entered the interview room with confidence and answered calmly.



When the breath is disturbed, the mind becomes disturbed.

When the breath is quiet, the mind also becomes quiet.

This is the practical message of Yoga Sūtra 1.34.



S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana

UGC Category I Deemed to be University

Bengaluru, India



Division of Yoga-Spirituality

VMAC-VTR

**Varahamihira
Advanced Centre of
Vedic Technology
Research**

in S-VYASA Headquarters, 'Prashanti Kutiram'

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

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

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

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

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

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M.Sc. YVW
(Yoga & Vedic Wellness) **2 yrs**

B.Sc. YVW
(Yoga & Vedic Wellness) **4 yrs**

**for more details, write to us: spirituality@svyasa.edu.in
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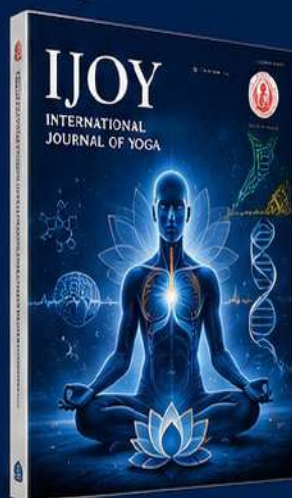
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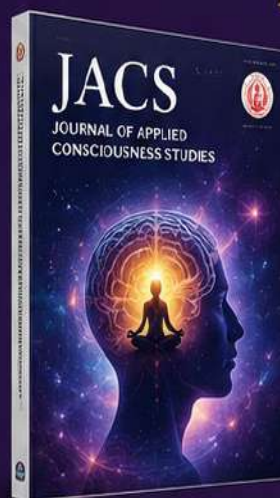
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SUMMARY

YOGA-MEDITATION TEACHERS IN EVERY VILLAGE

A Scalable Grassroots Wellness Model for India



! THE NEED (Problem Statement)

- Rising lifestyle diseases, stress, mental health issues
- Limited access to qualified wellness instructors in villages
- Lack of livelihood opportunities for rural youth
- Huge gap in preventive healthcare systems

➔ India needs a scalable grassroots wellness model

THE VISION

Train 2 Yoga-Meditation Teachers per village (1 Male + 1 Female)

- ✓ Covering ~6 lakh villages
- ✓ Building a 10-15 lakh instructor network



THE SOLUTION

AI + Field Implementation Hybrid Model

- ✓ AI-powered LMS for training
- ✓ Local mentors + community engagement
- ✓ Standardized certification
- ✓ Direct village deployment

IMPACT

- Preventive healthcare at scale
- Rural employment generation
- Reduced healthcare burden
- Social harmony & wellbeing



Execution Model

Free Entry
Meditation Course (App-based)
AI Learning + Tracking
Certification YIC (₹1000)
Deployment Teach in villages

Technology Advantage
• Multi-language LMS
• AI-based guidance
• Practice tracking
• Mobile-first

Outreach Strategy

- Panchayats & Gram Sabhas
- Schools & Youth Networks
- ASHAs & Anganwadi Workers (Voluntary)
- WhatsApp Village Networks
- Community & Spiritual Groups



Pilot Plan

15-20 Villages | 2-3 States
2 trainees per village
Duration: 1 Month
Metrics: Enrollment, Completion, Conversion to YIC, Active Classes Started

Financial Model

Free Entry (Meditation)
Paid Certification: ₹1000
✓ Low cost, Scalable
✓ Income for Trainees via Teaching
✓ CSR / Govt. Fundable

Role Clarity

• Chandra Team Platform + AI + Content Delivery
VYASA
• Yoga Curriculum
• Outreach & Onboarding
• Mentoring + Certification

TARGET:



- ✓ VYASA's 50 Year Ending Dec 2026
- ✓ Yoga-Meditation in Every Village
- ✓ National Wellness Grid
- ✓ Integration with Schools & Wellness Centers
- ✓ Global Replicable Model



CALL TO ACTION



Launch Pilot
May 1st Week



Align Teams & Responsibilities



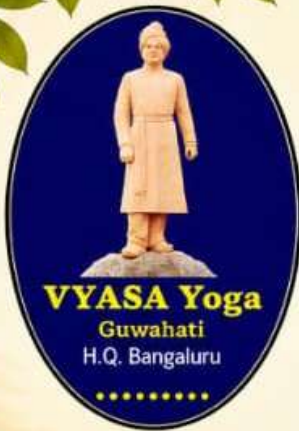
Scale District
→ State → National



Week of June 21st
during IDY



Completion
December 31st



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