/svyasayoga

March 2022 INR. 45/- ISSN 0972-074X VOL. XXXVIII No. 3

Yoga Sudha

A Monthly Journal of SVYASA (Deemed to be University)

National Seminar

Understanding Yoga & Community Health: Ancient v/s Modern Perspective

held in **Prashanti, Bengaluru**

Sponsored by

ICHR
Indian Council of Historical Research
GoI, New Delhi

p5

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24th INCOFYRA

24th International Conference on Frontiers in Yoga Research and Its Applications

26th - 29th May 2022
Hybrid Conference

Conference Venue
Prashanti Kutiram
Bengaluru, India

Integrative Medicine and Optimal Immunity

Call for Papers

Scientific Research Papers, Concept and Review Papers on the theme and related topics in Yoga and Integrative Medicine are invited for Oral and Poster Presentations.

Submit your abstract on Conference portal:
www.incofyra.com

Last Date for Abstract Submission - **Apr 20, 2022**

The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by May 5, 2022

Conference Registration

Individual Programs	Dates	SAARC Countries in ₹	Non-SAARC Countries in US$
Pre-Conference	May 20 - 24	3500	300
Main Conference	May 26 - 29	3500	250
Both Programs	May 20 - 24 May 26 - 29	7,000	550
Rate/ Day	---	1,500	100

Main Events

Pre-Conference Workshops

Himalaya Yoga Olympiad Finals

Main Conference

Organised by
S-VYASA, Deemed to be University
Bengaluru, India

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तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम्।

Yoga Sudha

Vol.XXXVIII No.3 March, 2022

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Printed by Chandrashekar V and published by Mahadevappa B on behalf of Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), No. 19, Gavipuram Circle, Kempe Gowda Nagar, Bangalore - 560 019 and printed at Sharadh Enterprises, No. 51, Car Street, Halasuru, Bangalore - 560 008 and published at SVYASA, No. 19, Gavipuram, KG Nagar, Bangalore – 560 019. Editor Dr. H R Nagendra

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EDITORIAL

My dear Brothers and Sisters,

The growth of Medical Science is a never-ending and learning journey towards meeting the demands of human health care. The recent outbreak of COVID-19 has further imposed a tough challenge on the healthcare professionals demanding their utmost commitment and sacrifice to save humanity. On the contrary, the exciting outcome of this pandemic is the global recognition of our ancient healthcare systems and interventions against the combat and prevention of the disease. The same could also fulfill the necessity of the development of affordable treatment regimes. Allopathy, Yoga, and other systems of AYUSH approach patient care in their unique ways. Though each of these methods has its advantages, none of them could meet the challenges in isolation. Hence, it is necessary to explore the possibilities of their amalgamation to bring out the best solutions. Towards the same, we have selected the theme "Integrative Medicine and Optimal Immunity" for 24th INCOFYRA to make an effort to integrate Indian medical systems with Allopathy. Yoga is the basis for integration and provides insights by its Adhi-Vyadhi concepts. The evidence-based approach and the role of Integrative Medicine on immune health will be presented at this conference by world-renowned scientists and clinicians.

With this focus of 24th INCOFYRA on Integrative Medicine and Optimal Immunity with Yoga as a lifestyle intervention, we welcome you all to our Prashanti Kutiram campus. Given the influence of the ongoing pandemic, we also give full consideration to the online participation of delegates and speakers at the conference.

Objectives of the Conference:

- To bring researchers, physicians, scientists, academicians, and therapists from various disciplines of medicine under one platform
- To disseminate experiences and research evidence on aspects of Integrative Medicine that could aid in sustaining optimal function of the immune system.
- To create awareness on integrated medical policies in a global perspective.
- To identify strategic actions towards an effective and efficient inclusion of Yoga and Allied Systems of Traditional Medicine in Integrative Health care Delivery System.

■ *Dr H R Nagendra*

Due to the rise of the **3rd Wave of Corona** by way of Omicron and as per the Advisory of Govt. of Karnataka, all the programs of 24th INCOFYRA and the 19th Convocation, scheduled in December 2021 and January 2022 had been **postponed.**
Now, **19th Convocation** will be held on **22nd April 2022** and **24th INCOFYRA** from **26th - 29th May 2022.**

Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

First of all let us pray for the absolute rest of the great soul of the country Bharatha Ratna, Parama Aadaraneeya Lata Mangeshkarji who is in the ears and hearts of millions and millions of people throughout the world who has departed for the permanent abode on 6th of February 2022. She has ruled the film music empire for more than anybody else. She has been known for sharing her tune for many patriotic, nationalistic and divinity oriented songs including our national song Vandematharam and national anthem. Today she is not with us physically but her memory remains forever. Let us express our heartfelt condolences to the entire family and fans and pray almighty to give strength to bear her vacuum.

Friends, fortunately COVID with its new variant Omicron is becoming weaker and weaker day by day, but nobody should take it for granted as that it is over. It is like Rakthabeejaasura which has been narrated in Durga Sapthashathi one of the Shaktha heritage scriptures. WHO is also giving frequent updates and warnings about the new more dangerous variants cropping up in the near future. Under this situation we have to be very careful and cautious by fallowing the guidelines being issued time to time by authorities. If we develop and maintain our immunity by fallowing proper Lifestyle which essentially includes Aahaara, Vihaara, Vichaara, Aachaara, Vyavahaara and timely use of immunity boosting (Rasaayana) protocols and practice of Yoga regularly no matter how many new variants of COVID or any other pandemic or endemic diseases crop. As the followers of Yoga culture we have greater responsibility to create awareness in the society.

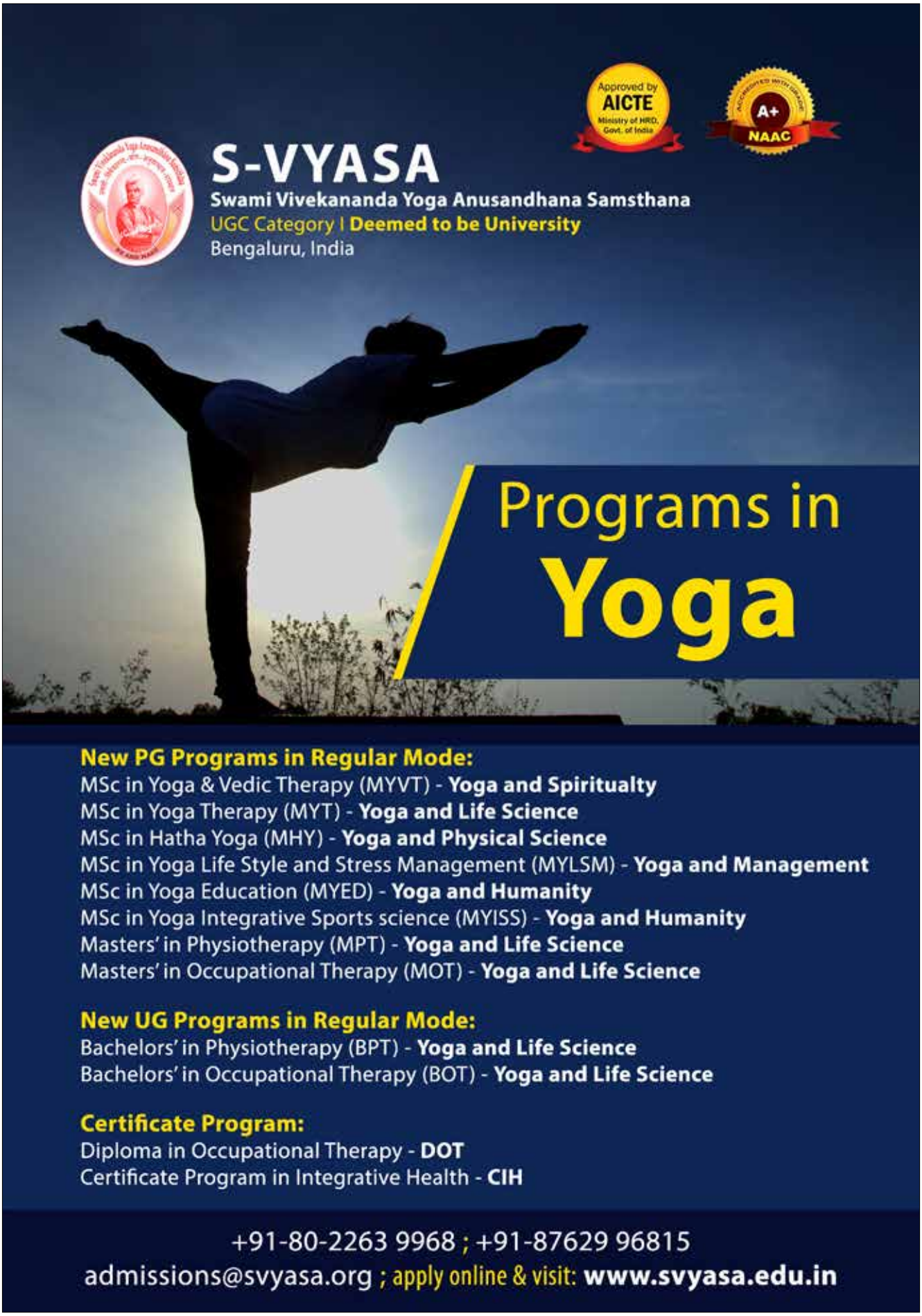
In this month there was a global tension due to the conflict and enmity between Russia and Ukraine which were at the final step to declare war involving all the lead countries. Thank God the crisis is getting resolved.

A new issue of heartedness among the students community of Hindus and Muslims has started in our state on the issue of wearing Hijab as a religious practice. There was no any problem since many years on such things. This was seeded by the political people to create vote banks. We all know that children and students are like Gods and they do not have such mind-set to hate or disrespect anyone. Their minds are being polluted and corrupted by the fanatics of religion and political parties which is most dangerous for the unity and integrity of our country. It is one's common sense that everyone should fallow uniformity when we are in the schools and colleges and adhere to the rules and regulations irrespective of caste and religion. Everyone are free to practice their own religion at their home and worshiping places. Everyone should fallow this and there is no reason why some people want religion should be brought to the forefront to divide the unity of our country. We should educate everyone on such issues. Students should focus only on their education and the future. Everyone should give the top priority for the unity and integrity of the nation. National interest is greater than everything else and humanity is the ultimate goal as we are different from animals and have been blessed with intellectual power. In this context everyone should fallow the verdict of the Honourable Court and should develop the committed attitude of respecting the laws of the land. For this, everyone one of us should become patriotic and nationalist and Yoga provides the platform and path for this. Hence we should promote and propagate the Yoga culture to everyone.

Sarve Bhavantu Sukhinaha,
Sarve Santu Niraamayaaha |
Sarve Bhadraani Pashyantu
Maa Kaschid Duhkha Bhaag Bhavet | |

With Pranams

Vaidya Dr. B R Ramakrishna
Vice Chancellor, S-VYASA Deemed to be University, Bengaluru
Editor in Chief 'RAJAS' Journal of AYUSH, RGUHS, Bengaluru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Swami Vivekananda Yoga Anusandhana Samsthana
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Programs in
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New PG Programs in Regular Mode:
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MSc in Hatha Yoga (MHY) - Yoga and Physical Science
MSc in Yoga Life Style and Stress Management (MYLSM) - Yoga and Management
MSc in Yoga Education (MYED) - Yoga and Humanity
MSc in Yoga Integrative Sports science (MYISS) - Yoga and Humanity
Masters' in Physiotherapy (MPT) - Yoga and Life Science
Masters' in Occupational Therapy (MOT) - Yoga and Life Science
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Certificate Program:
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2 Day National Seminar

Understanding Yoga & Community Health: Ancient v/s Modern Perspective

Organized by **SVYASA Deemed to be University** | Sponsored by **ICHR**
At **Prashanti Kutiram,** Jigani, Bengaluru | 23rd & 24th February 2022

Inaugural Ceremony of the National Seminar in Prashanti. (*from left*) Dr. H R Nagendra, Prof. Arvind Jamkhedkar, Dr. Soumya Manjunath Chavan, Prof. Ramdev Bharadwaj, Dr. B R Ramakrishna and Dr. M K Sridhar – *can be seen*

The National Seminar on "Understanding Yoga and Community Health: Ancient vs Modern Perspective" sponsored by the Indian Council of Historical Research, New Delhi was inaugurated at the campus of S-VYASA (Deemed to be University) in Bangalore on the 23rd of February 2022. The two-day seminar opened with a promise to throw light on the importance of community health and the quintessential role that Yoga can play in being a preventive and holistic approach to healthy society based on comparison between ancient and modern perspectives. As the famous phrase states "Nothing is more powerful than an idea whose time has come", the array of presentations given by the dignitaries resonated with the fact that it is time for each and every one to recognise that Yoga is more than an alternative medicine, it is in fact a "Way of Life".

Feb 23rd: Inauguration, Invocation & Lighting the Lamp & Welcome Address

Inaugural Address by Dr. H R Nagendra, Chancellor, SVYASA

The inaugural speech was made by world renowned Yoga guru, Padma Shri Awardee and Chancellor of S-VYASA (Deemed to be University) Dr. H R Nagendra. He, emphasized that health is not only the state of physical wellbeing but also includes the dimensions of emotional, social, spiritual, and intellectual aspects. "*Prasanna atma indriya manaha swastha iti abhidheeyate*" – Sushruta Samhita mentions that all the systems in the human body need

to function properly for us to be in perfect health. Evidence based research has now proven that Yoga is the solution for physical as well as mental well-being. This state of perfect health needs to extend from personal well-being into the community health of the world at large. The recent pandemic situation reminds us of the wisdom contained in the Ayurvedic texts, which states that every 100 years there is bound to be a pandemic. Over the last century modern medicine has been able to develop vaccines for communicable diseases. The human race has however, witnessed a rise in the prevalence of non-communicable diseases (NCDs') in both the urban and rural areas, thereby posing a challenge on the economic development of the society at large. This calls for us to understand the root cause of all NCDs' is that it all starts in the mind - *Adhi - Vyadhi*. The multi-dimensional Integrated Approach to Yoga Therapy provides all the answers to revive the individual in all the five states of well-being.

Introduction to the Seminar: Understanding Yoga & Community Health - Prof. Ramdev Bharadwaj, Professor Emeritus, S-VYASA Deemed to be University

The introductory note of the seminar was made by the esteemed Former Vice Chancellor of Atal Bihari Vajpayee Hindi Vishwavidyalaya and Professor Emeritus at S-VYASA Prof. Ramdev Bharadwaj. It was mentioned that everyone wants to live a healthy and happy life. Communities across the world have now recognised that Yoga works at the Mann (mind), *Buddhi* (intellect) and *Atma* (soul) level of being. The deep and historical dimensions of Indian tradition have inscriptions depicting that the Mann or the Mind is the root cause of all our problems and also the techniques on how we need to control it (*Niyantran*). Disturbances in the mind makes us feel inadequate leading to negative thoughts, breathing difficulties, irregularities in breathing, fear and anxiety. The richness of Yogic techniques has been enumerated in the 5000 years old wisdom of Rig Veda while also having references in Ramayana, Mahabharata and the Bhagavad Gita. Swami Vivekananda played a major

role is spreading awareness of Yoga. The realisation of the effectiveness of Yoga has led to the proliferation of community healthcare centres, universities and companies for yoga merchandise. All these aspects demand the need to be cognizant of the depth of Yoga to bring about a revolution in wellbeing in all ie. the global community of *Vasudaiva Kutumbam.*

Dr. S K Aruni, Deputy Director of ICHR, South Regional Centre, addressed the gathering with the over view of activities of ICHR. Established in 1972 with a national direction to objective and scientific writing of history, promote and co-ordinate scholars. The Indian Council of Historical Research (ICHR) is a captive body of the Ministry of Education established by an Administrative Order. The body has provided financial assistance to historians and scholars through fellowships, grants, and symposia. The ICHR is based in Delhi, with regional centres in Pune (Maharashtra), Bengaluru (Karnataka), and Guwahati (Assam). ICHR feels proud to have funded this wonderful seminar on Yoga and looking for the proceedings as well.

Keynote Address - Prof. Arvind Jamkhedkar, Chancellor of the Deccan College, Deemed to be University, Pune

Dr. Soumya Chavan introduced Dr. Jamkhedkar by chanting the Dhanvantri shloka. He was introduced to Sanskrit at the early age of 4 and by the age of 8 he could recite several chapters of the Bhagavad Gita. He is a renowned linguist, archaeologist, art historian and the former chairman of ICHR, New Delhi.

Prof. Jamkhedkar began with the development of religious thought in India, with the concepts of Pravritti and Nivritti. The religion of Veda-s and Brāhmana commentaries; and the philosophical

Felicitation to the Dignitaries of the Inaugural Ceremony

enquiries of Āranyaka-s and Upanishads. He introduced Hinduism with the i) orthodox mīmamsā tradition of Vedic ritualistic religion (pravritti-mārga); ii) renunciatory Upanishadic way of life (as reflected also in Sāmkhya and Yoga-darśana (nivrtti-mārga); iii) reformistic āgama tradition of Sātvata/ Pañcarātra- dharma (Pravrtti-nivritti-mārga); also Śaivāgam; iv) the smārta tradition propounding synthesis of Pravrtti and Nivrtti, the concept of main 4 objects (purushārtha-s) and 4 stages of life (caturāśrama-s); v) puranic or popular Hinduism, absorbing the 'the forest-dwelling and the cultures into the urban society. He further detailed about the Vaishnava and Śaiva as also the Buddhist (āgama, i.e. Mahāyāna) having their doctrines propounded in four sections; 1) Kriyā, 2) Caryā, 3) Yoga, and 4) Jñāna. Yoga has been an integral part of both the nivritti-māga and pravritti-mārga. He continued elucidated further about Yoga and 3 main Religious Traditions in India and their historical perspectives.

The inaugural address concluded with a vote of thanks by Dr. M K Sridhar, the Registrar of S-VYASA.

The Plenary Session consisted of 4 Papers

The Plenary Session was initiated by **Dr. B R Ramakrishna,** Vice Chancellor, S-VYASA on the topic of *Ayurveda perception of public health,* followed by **Dr. Manjunath Sharma,** Pro-Vice Chancellor, S-VYASA and Director of Research at S-VYASA University on *Yoga as Lifestyle Medicine for Community Dwelling Elderly Population.*

Dr. Choodamani Nandagopal, Art Historian, UNESCO Fellow, Tagore National Fellow presented a paper on *Yoga-Nidra Concept in Indian Art and Architecture: The Imagery of Ranganatha - Form of Mahavishnu.*

Dr. Harisha G B, the Former Director at Swami Vivekananda Cultural Centre, (ICCR) Hanoi, Vietnam presented on *Hindu Yoga and Art: Rig-Veda Perspective.*

The evening session by cultural programs was performed by BNYS students.

Day 1: Resource Persons of the Plenary Session

Felicitation to **Dr. Arun Bharadwaj,** Founder and Chief Mentor of Happiness Technology

Day 2: 24th February 2022 - Academic Session

The second day of the National Seminar on "Understanding Yoga and Community Health: Ancient vs Modern Perspective" sponsored by the Indian Council of Historical Research, GoI, New Delhi held at the much-celebrated campus of S-VYASA (Deemed to be University) in Bangalore was in full grandeur with the wisdom of Yoga in all its elements.

Dr. R Nagarathna, Director of Arogyadhama, S-VYASA

Dr. R Nagarathna enunciated the gathering with the importance of integrative medicine as the need of the hour in the present global social and medical scenario. Embedded in the renowned philosophy of Swami Vivekananda's *Be and Make*, she calls for the attention of all stakeholders that integrated approach of Holistic therapy needs to adopt principles of Modern Medicine, Yoga, Naturopathy, Ayurveda and Physiotherapy. This common goal will empower all to manifest the divinity within by controlling the external and internal nature through Work, Worship, Philosophy or Psychic Control. There is great emphasis that is laid on controlling the "Monkey Mind" through the practice of all aspects Yoga as it brings in steadiness of the mind and the body. The importance to maintaining perfect health also gets extended into social health given the rise in perils of modern day family life and mental health issues across the globe. Scientific research conducted at Arogyadhama and other institutes indicate strong evidences that integrative medicine can be a cost effective way forward across all health verticals with Mind Management at its base.

Dr. Arun Bharadwaj, Founder and Chief Mentor of Happiness Technology, presented an insight of how *Corporate Happiness Index (CHI) An HRM Policy Governance Paradigm for Corporate was designed being inspired by GNH.*

Dr. Bharadwaj believes that *When We Are Happy - We Are at Our Best. "Why Wait? Engineer Happiness Now and Be Your Best!* He mentions that we can even shape our destiny when we are in a happy state of mind. Taking a step back we need to understand that thoughts are triggered by feelings and that is what shapes our personal reality. Traditional and western philosophy propound the truth that the purpose of life is for us to be happy! But does this mean that happiness is the absence of problems? On the contrary it means that we build our capability to do our best in spite of all the problems that might surround us. Dr. Bharadwaj has personally evolved

from success to living a life of significance to that of pursuit of happiness and now he lives a life of happiness in pursuit.

Dr. Sangeetha Menon, Dean, School of Humanities Professor & Head, NIAS Consciousness Studies Programme, National Institute of Advanced Studies, Bangalore, shared her wisdom of *Being in the State of Self-Abidance - The Process and System of Healing in the Yoga Sutrā of Patanjali.*

She presented that the sutras bring forth the essence of mind-body experience and how we perceive the world outside to be a reflection of the world inside us. Self-reflection plays a strategic role in phasing out bad habits and placing us on the path of self-improvement. The Yama-s and Niyama-s form a rich philosophical foundation to enrich one's life while directing the five levels of Chitta. Abhyasa and Vairagya are two of the most crucial features of Yogabhyasa.

Dr. Rajani Jayaram, Professor in Sanskrit and Dean (Student Welfare) Jain (Deemed to be University), through the topic of *Advaita Siddhanta and Yoga-An inseparable relation*.

Vidwan Ramachandra N U, Assistant Professor in Sanskrit, Jain (Deemed-to-be University), presented the topic on behalf of Dr. Jayaram. The paper highlighted that this philosophy is not only about knowing Brahman but a lot of emphasis is given to the mind and there are various paths to liberation. Adi Shankaracharya was the pioneer of Advaita Vedanta philosophy and recommended Jnana Yoga as the path of Moksha. In Vivekachudamani, he has mentioned that according to Sruti (Veda), faith, devotion, meditation and yoga are the direct means to liberation. For the practices of virtue, he developed a strong ethical foundation of Vairagya (detachment), Viveka (discrimination), Samadisatsampatti (six treasures including mind control) and Mumuksutva (yearning for liberation from bondage of ignorance).

Dr. Sridhar Melukote K, Registrar of S-VYASA Deemed to be University

The next paper was an exemplary presentation of *The Concept of Yoga embedded in the Vedas.* He showcased the entire evolution of the philosophy of Yoga from pre-classical, classical, post classical to that of the modern period. All of these dates were based on immense study that was conducted over the ages. The lecture was a travel back in time to witness the magnificent unfurling of history of Yoga. One of the key takeaways is that the ancient culture and society was built on the philosophy of Yoga etched into the very eco-system of their lives. There have been Indus valley seals depicting Yogic mudras on them. The scriptures of Upanishads, Ramayana, Mahabharata, Bhagavad Gita, Yoga Vasishta contain several references to Yoga. Rig Veda needs to be examined from Yoga Meditation and Psychology while Yoga in Upanishads helps seekers in practical realisation. This calls our attention to Vedic Yoga, Yoga Dharma as a system of spiritual and healing knowledge in realising our highest goal through Yogic practices of Asana, Pranayama, Mantra, Dhyana, Cosmic energies, Mind and Consciousness. Vedic Yoga is universal, working on nature's innate intelligence while being impersonal to everyone. Vedic language of light speaks the language of Mantra of Spirituality. Yoga has evolved through the ages and was also known as Krishna Yoga. There is also importance given to each Vedic deity for knowledge, energy and delight (Agni Yoga) that can be developed through strong will, higher values and inquiry into life. This ancient knowledge thus expands the consciousness leading each soul into the path of Vedic Self-Realisation.

Dr. Aruna K R, Author and Researcher presented *Yoga in Jainism – A discussion on the Ratnatraya.* Yoga has been defined in many ways and the

classification of the soul is based on inner worthiness. The essence of Ratnatraya - Samyak Darshana, Samyak Jnaana, Samyak Charita was very well presented along with monumental references, while liberation has been identified as the final goal. There is evidence that the Jain Tirthankaras practiced meditation and achieved liberation. The meanings of Yoga in Jaina agamas are dhyaana, samaadhi, activity of the body, mind and speech. Right faith in the teachings of Jina results in right knowledge of principles of Jainism.

Dr. Soumya Manjunath Chavan, Dean, Division of Yoga and Humanities, S-VYASA, presented on the topic Dakshinamurthi – the Master of Yoga with special reference to Śuka Maharshi. The presentation was a visual feast of the various forms of Shiva and the significance of his avatar of Dakshinamurthi. His every form gives knowledge and the sculptures have been placed in any direction of the temple panels. One can witness the sculptures in three postures of Swastikasana, Utkutikasana and Yoga Patta. Dakshinamurthi has been worshipped as the Deity of Cognition.

Feb 24th: Concurrent Session

This session was conducted in the morning with five papers and was chaired by Dr. Manjunath Gururaj, S-VYASA.

Dr. Rashmi Niranjan, Associate Professor in School of Architecture, R.I.T. Bengaluru on Art *Engagements and Healings through Art Making*

Ms. Vaishnavi M Chavan, MSc, YC, Final Semester, S-VYASA, on *Saligrama's Sacred Abode of Yoga Narasimha and the therapeutic Sri Pada Tirtha*

Dr. Poorna Suresh, Guest Faculty at Department of Performing Arts, Bangalore University, on Yoga and *Bharatanatya: it's relevance and practice*

Mr. Sushanta Kumar Mohanty. Research Scholar, S-VYASA, on *Immediate Effect of MSRT on Prefrontal Oxygenation among Yoga Practitioners.*

Mr. Krishna Dwivedi, Research Scholar, S-VYASA, on *Effect of Heartfulness Meditation on Impulsivity and Frontal Cortical Activities.*

The two-day seminar was concluded by a valedictory session with a promise to bridge the gap between ancient and western perspectives of Yoga while paving the path for the health and wellbeing of community at large - *Vasudeva Kutumbam*.

The seminar brought successfully a total of number of Sixteen Papers which were presented along with a Keynote Address and Inaugural Address. There were four papers in the plenary session on the day 1, seven papers in the academic session and five papers in the concurrent session on the day 2.

Day 1:
Bhajan Sandhya &
Performances at the Cultural Evening

ब्रह्मसूत्रम् (Brahmasūtram)

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

सर्वान्नानुमतिश्च प्राणात्यये तद्दर्शनात् (ब्रह्मसूत्रम्-३-४-२८)

Sarvānnānumatiśca prāṇātyaye taddarśanāt (Brahmasūtram-3-4-28)

Meaning: *Only when life is in danger (there is) permission to take all kinds of food (i.e., take food indiscriminately) because the Sruti declares that.*

Present context tries to clear the confusion over Apaddharma, the actions as an injunction in life-threatening situations, mentioned in a Chadogya Upanishat story. This Adhikarana deals with discipline in food and similar aspects in life and whether there is unconditional allowance to anyone. There are four Sutras in this Adhikarana. In modern times, in the name of progression there is a blending of multiple actions; old-new, ancient-modern, actual-virtual, philosophy-science, science-technology etc. Similarly, in the entire life journey of a human, life becomes a blending or Apaddharma, exception as a rule. Unknowingly we fall into the trap of modernity without realizing the direct influence of food habits and other life-style arrangements.

Some statements of the Vedas claim that everything becomes food for a human being. Apparently, it seems that the very statement is peculiar and contradictive. If this is real, then why should there be any discipline in dietary aspect? Therefore, Acharya Veda Vyasa takes this subject for discussion, where he clarifies that the sanction given regarding the food is not an absolute and unconditional one. Everyone is free to choose the food which needs to be in tune with one's own physical nature (Vata, Pitta, Kapha) and psychic nature (Sattva, Rajas, Tamas). If one does not realise the internal ecosystem while eating food, the body is bound to be vulnerable to the diseases. That is the reason to suggest a suitable regime of food for different types of people considering their respective activities.

Bhagavadgita also claims that, (yuktaharaviharasya… B.G. 6-17) the Yoga practice will be a discarder of pain only when the moderation in food, routine, behaviour, action etc., is implemented. Otherwise, when moderation is not followed, life becomes Raga Jeevana (pleasure cantered journey), then Roga Jeevana (diseased life). Yoga Jeevana is well described in the contemporary situation, post-pandemic life style prescription.

There is an interesting story referred to in this context of Chakrayana (Ushasti) of Kuru kingdom. There was a severe drought, resulting in starvation in the entire region. Chakrayana was traveling in that area with his family. One day, he could not get any food; he begged a Maut (elephant carer) for food and gets half-baked, left over beans (Saami) from the Maut with which Chakrayana saved his life from death. Later the Maut wanted to give water, but Chakrayana did not accept it claiming that his life was saved by just food, nothing more is needed in such critical situation, except the food, and hence water was rejected. In this context, the question is, whether it is an injunction that anyone can eat anything in *p*13 ▸▸

1st Anniversary of Yoga Dakshinamurthy Temple Consecration

First Anniversary of Yoga Dakshinamurthy Temple consecration was held on 13th & 14th Feb 2022 at Prashanti Kutiram. The anniversary celebrations were started with Yagashala Pravesam followed by Kalasa Sthapana, Vastu Mandala Pooja, Rakshoghna Homa on 13th Feb.

On 14th, February, 2022 the Pooja celebrations were of Ganapati, Navagraha Homa, Sri Medha Dakshinamurthy and Rudra Homa and other rituals.

The programme was also a platform for the release of book titled 'Yoga for Covid-19' authored jointly by Dr. R Nagarathna ji, Chief Medical Director, Arogyadhama and Dr. John Ebenezer, Padma Shri Awardee and Senior Visiting Faculty, S-VYASA.

Dr. M Srinivas, Director, GEAR Foundation was the Chief Guest for the programme, Dr. H R Nagendra ji, Hon'ble Chancellor presided. It was attended by Dr. B R Ramakrishna, Hon'ble Vice-Chancellor, Dr. N K Manjunath, Pro-Vice Chancellor, Dr. Ramachandra G Bhat, Former Vice-Chancellor, Sri H R Dayananda Swamy, Director - Finance & Administration, Prof. M K Sridhar, Registrar, other Senior Officers, Teaching and Non-teaching Staff were present during the occasion.

Havan rituals performed

Procession of Purna Kumbha

Book release - 'Yoga for Covid-19', compiled by Dr. R Nagarathna ji and Dr. John Ebenezer.

Felicitation to **Dr. John Ebenezer**

Felicitation to **Dr. M Srinivas,** Director, GEAR Foundation

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ब्रह्मसूत्रम् (Brahmasūtram)

any situation as permission given to Chakrayana by the Vedas. The Sutra clarifies that anything may be eaten only to survive in such famine situation; in other cases, it is a strict norm that a respected and cultured person in the society should follow a very strict food regime. Chakrayana clarifies in the context that he will use discretion (Viveka) to decide about food, and what, when, how and why will be taken care by the person itself.

Referring to this story from Chandogya, Acharya Shankara concludes the section by putting forth a summary. Apaddharma may not be Dharma (prescribed duty) in all situations, in most critical conditions only one should be given choice of eating anything to save one's life. Now- a- days, in the name of Valentine's Day, birthday etc., social and family traditions and disciplines are being thrown to the winds, in turn losing values and scientific reasons.

Therefore, people who are born with specific type of constitution have different dietary requirements. Sri Krishna also proclaims that Satvik food certainly encourages physical health and emotional vibrancy to be responsive to situations one goes through. Chandogya Upanishad claims that when one consumes clean, pure food, then it sustains and supports a mind which is creative, calm and sound to handle different situations at ease. Bad food habits lead to negative thoughts in the mind, creating conflicts in life. Therefore, it is said that Brahmana, a cultured one, should have strict food regime in order for upright life in society.

to be continued...

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24th International Conference on Frontiers in Yoga Research and Its Applications

24th INCOFYRA

Integrative Medicine and Optimal Immunity

26th - 29th May 2022

Hybrid Conference

Conference Venue
Prashanti Kutiram, Bengaluru, India

Organised by
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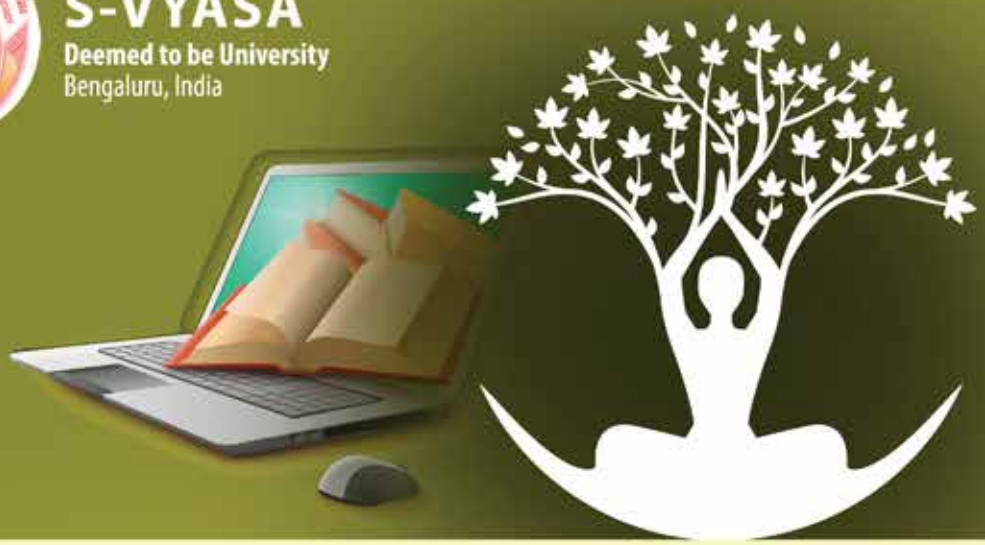

Short-term Online Courses
March & April 2022

SNo	Course	Conducted by	Starts on	Fee (₹)
1	Yoga for Concentration	Dr. H R Nagendra	Mar 7	4500
2	Introduction to Indian Music Therapy (Batch 10)	Dr. Karuna Nagarajan	Mar 7	2500
3	Shwaskosh Shuddhi Kriya (Level – 1)	Mr. Rajesh Kanoi	Mar 11	Free
4	Yoga for Hypertension	Dr. R Nagarathna	Mar 14	3000
5	Know about Yourself - A Woman's Journey	Dr. Prasanna	Mar 14	2500
6	Yoga for Coronary Artery Disease	Dr. R Nagarathna	Mar 28	3000
7	Yoga for Palliative Care 1	Dr. R Nagarathna	Apr 11	3000
8	Yoga for Palliative Care 2	Dr. R Nagarathna	Apr 25	3000

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Main Conference: **Integrative Medicine and Optimal Immunity**

26th - 29th May 2022: The 24th INCOFYRA will address the linkages between Immunity and Integrative Medicine, including perspectives, and research-based evidence. It will include interactive sessions by the key clinicians and scientists, who have contributed substantially to the success of "Integrative Medicine".

Conference Programs at a Glance	
20th - 24th May 2022	Pre – Conference Workshops
22nd - 24th May 2022	Himalaya Yoga Olympiad Finals
26th - 29th May 2022	Main Conference

Parallel Symposia

- Understanding stress and immunity
- Immune resilience through holistic nutrition
- Optimal immunity through mind-body interventions
- Pain management in autoimmune diseases
- Reversing inflammatory responses in autoimmune diseases
- Use of AYUSH in infectious diseases
- Role of Lifestyle in preventing infectious diseases
- Post-Covid Rehabilitation

Main Conference Program Highlights

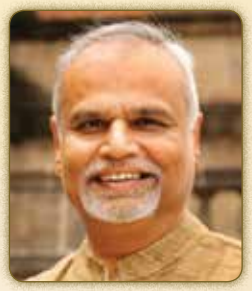
26th May: Inaugural Ceremony	
29th May: Valedictory Ceremony	
27th - 29th May: Morning Yoga Session	
5:30 – 6:30 am	General Yoga Session, Disease Specific Yoga Session (8 Modules), Advanced Yoga Techniques
Common Morning Session: Maitri Milan	
7:00 – 8:00 am	Bhagavad Gita Chanting
27th May: Scientific Sessions	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
2:00 – 5:00 pm	Poster/ Oral Presentation Sessions
4:00 – 5:00 pm	Panel Discussion
28th May: Scientific Sessions	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
2:00 – 5:00 pm	Poster Presentations
29th May: Scientific Sessions	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
Common Evening Sessions	
5:00 – 6:00 pm	Satsang
6:00 – 7: 30 pm	Cultural Program
Refreshments	
8:00 am - Breakfast | 10:30 am - Tea Break | 1:00 pm - Lunch 3:30 pm - Tea Break | 7:30 pm - Dinner	

Eminent Speakers of the Conference

Dr. Ferid Murad
The Nobel Prize in Physiology or Medicine in 1998, University of Texas Medical School at Houston, TX, USA

Dr. Lorenzo G Cohen
Professor, Department of General Oncology and the Integrative Medicine Department, The University of Texas

Dr. H R Nagendra
Chancellor,
S-VYASA Deemed to be University, Bangalore, India



Dr. Bhushan Patwardhan
Interdisciplinary School of Health Sciences, Savitribai Phule Pune University, Pune, India

Dr. Deanna Minich
Human Nutrition and Functional Medicine Graduate Program, University of Western States, Portland, Oregon, USA

Dr. Darshan Mehta
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Professor, Neuroscience Research Lab, PGIMER, Chandigarh, India

Dr. Sanjeev Rastogi
State Ayurvedic College and Hospital, Lucknow University, Lucknow, India

Conference Venue: **Prashanti Kutiram,** Jigani, Bengaluru

Prashanti Kutiram is the residential headquarters of Swami Vivekananda Yoga Anusandhana Samsthana. It is located 32 kms away from Bengaluru city. The serene atmosphere, Gurukula lifestyle, modern technology, top notch research facilities are the unique features of this campus. In the serene campus it houses the following:

- **S-VYASA** is a Deemed to be University recognized by the Ministry of Human Resource Development, Govt. of India. It offers Bachelors, Masters, Post Graduate and Doctoral programs in Yoga.
- **The School of Yoga and Naturopathic Medicine -** It offers Bachelor in Naturopathy and Yogic Sciences (BNYS), a $5^{1}/_{2}$ year medical graduation program
- **Vyasa Business School -** Under the Division of Yoga & Management Studies of S-VYASA University, Vyasa Business School has been built and developed which focuses on the Indian System of Management.
- **Arogyadhama** - A 600 bedded Integrative Medicine Hospital
- **Anvesana –** State-of-the-art research facility for yoga research. The laboratory includes Molecular biosciences, Psychophysiology, Cognitive neuroscience, Sleep medicine, Psychology and Subtle energy labs.
- **VYASA** is a registered charitable institution (1986) working for making Yoga a socially relevant Science. It is recognized as a Scientific & Industrial Research Organization (SIRO) from the Department of Scientific & Industrial Research, Ministry of Science & Technology, GoI.

- **VYASA Health Care Pvt Ltd -** VYASA Health Care Pvt. Ltd. is an outreach partner of VYASA and industry partner of S-VYASA University, aims at establishing wellness and holistic healing centers globally under the brand names Vivekananda Health Global (VHG)TM and Vivekananda Yoga Global (VYG)™ with trade names (VH)TM & (VY)™
- **Sushruta Ayurvedic Medical College and Hospital -** It offers Bachelor in Ayurveda, Medicine, and Surgery (BAMS), a $5^{1}/_{2}$ year medical graduation program.

Pre Conference Programs

Himalaya Yoga Olympiad

Started on - Oct 1, 2021 | **Finals -** 22nd - 24th May 2022 **at** Prashanti Kutiram

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

Pre Conference Workshops

20th - 24th May 2022 **at** Prashanti Kutiram

Pre-Conference Workshops have been an integral part of INCOFYRA, and are conducted as three independent tracks, namely **Continuing Medical Education (CME), Continuing Research Education (CRE)** and **Continuing Yoga Education (CYE).** These are small focused meetings that take place the day before the main conference. They are intended to provoke intellectual discussion, among a diverse range of participants, on a specific topic. PCWs may also consist of workshops discussing critical issues, methods, theories emerging in the field. Participants can attend any one of the tracks, as all these sessions will be happening parallely.

Continuing Medical Education (CME)

Our current knowledge-based society and the many actualizations within the yoga profession require a great responsibility of physicians and yoga teachers to continuously develop and refine their skills.

Professionalism is a key component to this end. A prerequisite for this aim is lifelong learning so that own practice performance will improve.

Indeed, it turns out that it is not enough to solely rely on experience. Although it is generally assumed that an increase of professional experience, knowledge and skills through the years of practical exercise leads to a higher quality of care, research demonstrated inverse relationship.

CME on Integrative Medicine based on holistic health includes the following;

Different diseases including (COVID–19, Cardiac Health, Respiratory Health, Diabetes Mellitus, and Mental Health). The basic principles of integrative medicine along with Integrated Approach of Yoga Therapy (IAYT) and latest updates on clinical, academic and research approaches towards Holistic Healing will be addressed. Both theory and practice will be covered in this CME.

Continuing Medical Education (CME)

Who can participate?
Yoga students, Yoga therapists, Yoga teachers and Doctors

Coordinators: Dr. Amit Singh, Dr. Umashankar, Dr. Champa Panth, Mr. Sumit

Contact: Dr. Amit Singh - 93418 54502, Dr. Umashankar – 98808 25203

Email: argd.sft@svyasa.edu.in

SNo	Topics	Tentative Dates
1	Integrative Medicine for Respiratory System	20th - 24th May 2022
2	Integrative Medicine for COVID – 19	
3	Integrative Medicine for Mental Health	
4	Integrative Medicine for Diabetes Mellitus	
5	Integrative Medicine for Cardiac Health	

Continuing Research Education (CRE)

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

Course Syllabus (25 hours)**:** Introduction of research in AYUSH – Need & Scope, Research process, Visit of research facility, Developing good research question, Literature review, Softwares for organizing literature – Mendeley, Key concepts of research methodology (NHST, Sampling, Controlling bias, research design, validity & reliability), Introduction to R for statistical analysis – Installation, descriptive stats, assumption tests, Choice of assessment tools and data collection methods, Statistical analysis using R – Correlation, t-tests, One way ANOVA, interpretation of results and reporting, Statistical analysis using R – chi square test, non-parametric tests, interpretation of results and reporting, Documentation of clinical information for research purpose, applying for grants.

Who can participate? *Clinical practitioners, academicians, MSc, MD & PhD scholars*

Coordinator: Dr. Judu Ilavarasu | **Email:** judu@svyasa.edu.in | **Contact:** 90357 30812

Continuing Yoga Education (CYE)

S-VYASA has developed several advanced yoga techniques based on traditional yoga texts. These advanced yoga techniques are very much useful in the management of NCDs and also promote positive health. Cyclic Meditation, Mind Sound Resonance Technique, Pranic Energisation Technique, Mind Imagery Technique, Mastering the Emotion Technique, Vijnana Sadhana Kaushal Technique, Ananda Amruta Sincana, these Advanced Yoga Techniques with theory and practice will be conducted.

Who can participate? *Yoga therapists and Yoga teachers*

Coordinator: Ms. Padmasri G | **Email:** padmasri@svyasa.edu.in | **Contact:** 95916 43807

Dates to Remember

- **Pre-Conference Workshops - 20th - 24th May 2022**
- **Himalaya Yoga Olympiad Finals - 22nd - 24th May 2022**
- **Main Conference - 26th - 29th May 2022**
- **Last Date for Abstract Submission - Apr 20, 2022**
- The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by **May 5, 2022**

Scientific research papers and review papers on the theme and related topics in Yoga and Integrative Medicine are invited for oral and poster presentations.

Submit your abstract on conference webpage. Please visit conference webpage for details.

For any queries please write to **incofyra@svyasa.org**

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Hospitality: Mrs. Sharada Shankar, Dr. Bharathi Dhevi
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Publicity: Sri Mahadevappa, Sri Mohan Kishore D
Sri Anish J

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Conference Registration

Individual Programs	Dates	SAARC Countries in ₹	Non-SAARC Countries in US$
Pre-Conference	20th - 24th May 2022	3500	300
Main Conference	26th - 29th May 2022	3500	250
Both Programs	20th - 24th **&** 26th - 29th May 2022	7,000	550
Rate/ Day	---	1,500	100

- **Registration Fee includes only Food and Attendance of Conference Programs**
- **Accommodation Charges are separate**
- **Please Note:** Choose your own Accommodation (Optional)
  Accommodation in Prashanti Kutiram (*limited*) from **26th - 29th May 2022** (*4 nights)*
  Non A/C Standard Room for SAARC Nationals (*2 persons in 1 room*): ₹ **950**/head/day
  Non A/C Standard Room for Non-SAARC Nationals (*2 persons in 1 room*): **US$ 60**/head/day
  Dormitory for SAARC Nationals: ₹ **500**/head/day
- **Students & S-VYASA Alumni** are entitled for **50% concession**
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- Registration at S-VYASA campus office is also available
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  Online Bank Transfer, payable to **S-VYASA 'Swami Vivekananda Yoga Anusandhana Samsthana'**
- **Online Transfer Details for Indian Nationals:**
  A/C Name: Swami Vivekananda Yoga Anusandhana Samsthana; *A/C No:* 31527257460;
  Bank & Branch: SBI, Jigani; *IFS Code:* SBIN0011355
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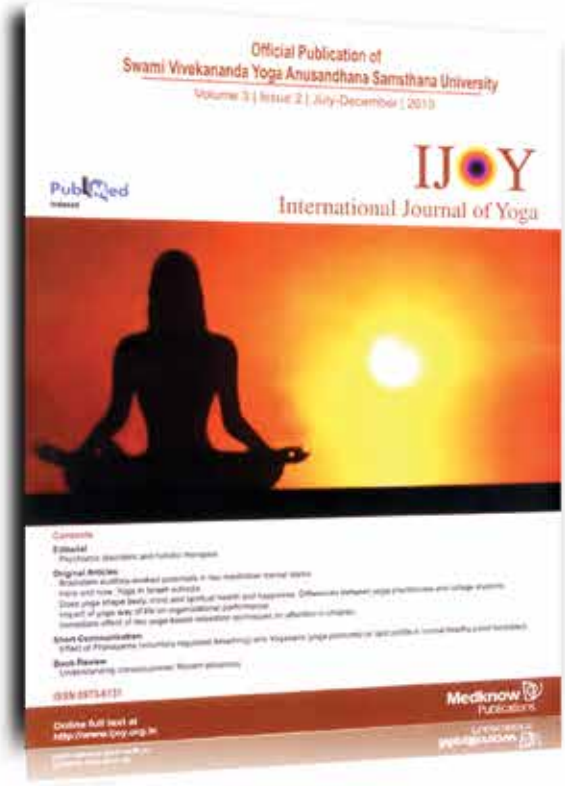

- Official Publication of **Swami Vivekananda Yoga Anusandhana Samsthana** University, Bengaluru
- ISSN: 0973-6131
- **Published by:**
  Wolters Kluwer Health
  Medknow Publications
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- IJOY is a Multidisciplinary **Triannual** Scientific Yoga journal, dedicated to Yoga Research and Applications.
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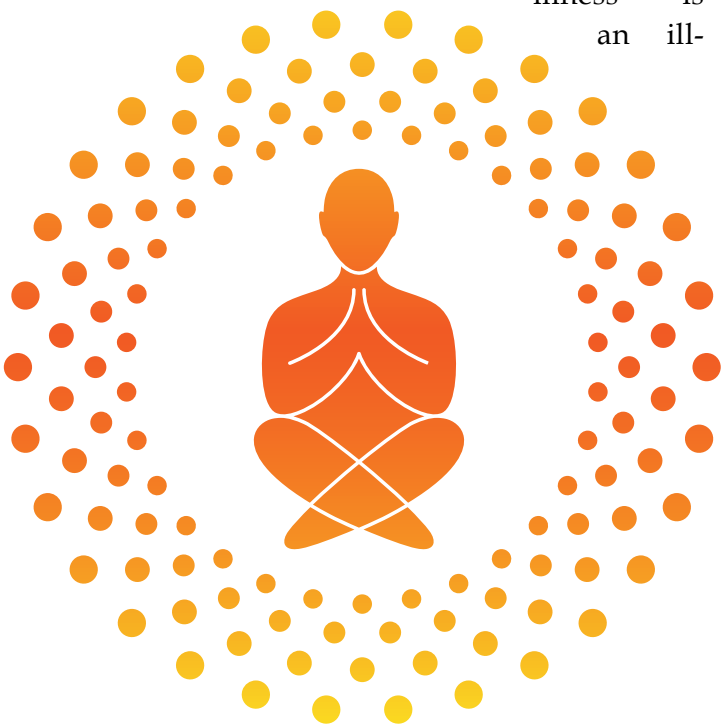
Arun K Garg, PhD, MD, FRCPC
Medical Director, South Asian Health Institute, Fraser Health

As slowly but surely Covid pandemic makes its way out, its impact and lessons from the major health crisis become clear. Besides disrupting health system, economy and global travel, its biggest impact has been on the individual health and how it has effected every one individually and specifically. It has effected people of color differently; it has effected people with chronic diseases differently. This individually also highlights empowerment of the individual in self-care, self-management. One area its impact is specially felt is overall mental wellness. Mental illness and mental wellness is difficult to gaze even in routine way; pandemic has really emphasized how fragile our understanding is.

Usually we think of mental illness in psychosis, neurosis terms (usually part of reductive medical interventions based on physical body and Brain). In between full mental wellness and mental illness is an ill-defined area of general malaise, tiredness, loneliness, emotional disruptions etc. It may be called as Internal Psychology or Psycho Mental Behavior. This is balance of IQ (Physical World Intelligence - General Intelligence), EQ (Internal Energy Intelligence or how you relate to others based on Internal thoughts) and SQ (Self Intelligence of Mana Intelligence of Internal World or how you relate to yourself)



This aspect of mental illness is greatly exposed and manifest during unexpected events like current pandemic. We as society must capture this moment to understand component of general state of mental wellness and how collectively we can make efforts to lower the burden. As it effects every aspect of daily life, including personal relations, work life, friendships, productivity and not to mention its impact on economy.

This is more than physical illness; it has specific cultural understanding of how we see health. It has connection to emotions, thinking and our reactions to any interactions. In other words, beside physical body, it has its origin in mind and intellect (Astral Body). This is next frontier of understanding and relating to physical brain. We need to be comfortable about talking about it, and sharing about it. We need to explore individuality of the person and how mental wellness effect each and every one of us differently. There are tools which increase our capacity to self-understand this capacity and increase our ability to cope with invasion in

this area by both external and internal factors.

These tools are very much driven by the individual, self-care, self-management, self realisation of one's health. Role of stress, sleep, external stimulants, interpersonal relationships, financial security, social determinants all are part of this. One practical tool is based on our capacity to build resiliency. For me understanding and practice of science of Yogic practice has been useful however it is critical, like any intervention, practice be based on proper techniques and learned from trained individuals. It has a comprehensive approach of understanding how one relates to other, rules of engagement, how ones relate to self, rules of self, and most commonly practices of breath (Pranayam)and movement (Asana) in connecting not only physical body but mind and intellect (Astral- Subtle Body). The Yogic science detailed tools of how to understand your wants and desires and how to calm thoughts. (8 limbs of Yogic Science of Patanjili).

I see post Covid, we are going to see more applications of this in self realisation and self-care. Digital technology may develop technology of self-monitoring. Digital Apps etc. to understand oneself and promote full healthy life style. Diet and Food will be a key component of this health journey. Total understanding of not only what we eat, but when we eat, how we eat, how much we eat and why we eat. The fusion and understanding of Astral Body and Physical Body allows self-control and behavior modification.

Post Covid we all should make every effort to follow healthy living according to our individual norm and individuality (Precision health). Fusion of Yoga science of Physical Body and Astral Body will provide a path for better health and lowering the burden of chronic diseases for health society.

Free Eye Testing Camp in Prashanti

Free Eye Testing Camp was conducted at Prashanti Kutiram in association with VISIONTECH, Bengaluru on 17th & 18th February, 2022 for the benefit of staff, students and the inmates of Prashanti Kutriam. VISIONTECH, a professional service provider in the field of Ophthalmology has a spanning experience of 3 decades in conducting various eye testing camps around Bangalore and had administered the testing camp at Arogyadhama building. 125 participants took the benefit of this camp where eye screening, testing, awareness on eye donation, suggestive remedies for eye ailments were advised to the participants.

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Yogi Vivekananda - 11

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

Yogic effulgence is three fold. First and foremost is physical perfection which is most attractive. It is called *varchas*. Any person can by practicing physical aspects of yoga can develop this attractive personality. The most important components of *varchas* are health, and peace. These two can be obtained by good diet, healthy exercises and pranayama. Swami Vivekananda is known for his excellent physical structure and attractive personality. This physical attraction drew the attention of people in Chicago at the parliament of religions. Many film actors and actresses too have this physical attraction. But that attraction is neither long standing nor is reliable. Therefore, character and its brilliance are essential to make the physical attraction more luminous. That brilliance is possible when a person is able to be morally upright. Character is moral uprightness and righteous behavior. This is called *ojas*. *Bhramacharya* or celibacy gives additional attraction and shinning to the physical glow. Swami Vivekananda is a person of purity, propriety, and peace. Therefore, his words carry weight. His thoughts are noble and his deeds are of servicing nature. The third dimension for yogic effulgence is spiritual shinning. If a person is capable of looking at divinity in and around, this spiritual brilliance will be like a lighthouse showering the light of love on all. Swami Vivekananda at the parliament of religions is able to win all because of yogic effulgence which is *tejas*. All the three, physical attraction, power of purity and spiritual brilliance are available with Swami Vivekananda to make him a messiah of global stature.

Providence paves the way for the person of yogic effulgence. Everywhere, everything will be to the advantage of a yogi. Even the apparent disadvantage will turn out to be advantages. In Bhagavad Gita, the last stanza speaks of yogic benefits - *yatra yogishwarah Krishno, yatra partho dhanurdharah, tatra shri vijayorbhuti dhruvaneetir matir mama*. Where there is Sri Krishna of yogic effulgence and Partha of human effort, there everything auspicious will flourish. In Swami Vivekananda we find both the effort, and yogic effulgence. Therefore, his life is of excellent impact on mankind.

When Swami Vivekananda was travelling from Chicago to Boston as an unknown monk, prior to his participation in the parliament of religions, a lady by name Ms. Sanborn a spinster of 65 years was drawn to him with admiration for him. The

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credit goes to his yogic face. She entered into a conversation with him and asked him about his visit to the west. Swami Vivekananda described his purpose of the visit and the trip to Boston. Ms. Sanborn asked him whether Swamiji knew anyone in Boston to accommodate him. When Swamiji said that he did not know anyone, Ms. Sanborn readily and spontaneously invited Swamiji to her house in Boston. In an unknown place, an unknown person invites a person of character with faith, without any doubt or fear of danger. All this is because of yogic character which is rooted in truth and purity.

Patanjali in his *Ashtanga Yoga* speaks of *yama* and *niyama*. Under *yama*, the first most important requirement is truthfulness, *satya*. In *niyama*, the most essential aspect is *shoucha*, or purity. Without *yama* and *niyama*, there is no yoga. Without them both, there cannot be any yogic practice. Swami Vivekananda was able to understand the value of *yama* and *niyama*, more so of truth and purity. Therefore, he is able to shine with yogic effulgence or spiritual *tejas*.

Yoga Instructor's Course (YIC) – Batch 224, Feb, 2022

Back to Basics Movement in Education or Forward with Basics in Education!

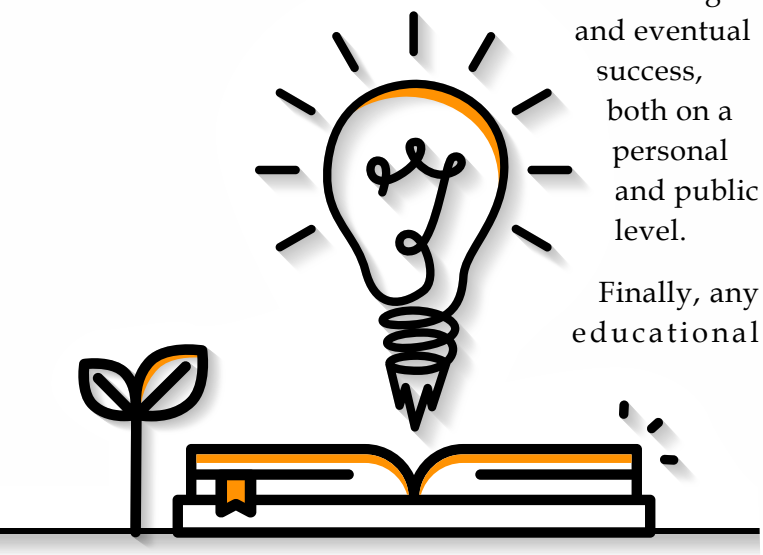
Back to basics is the most innovative way forward. Way forward for any country is by educating itself more. After years of relative silence, basic education has recently been back on the focus. There is quite a broad interpretation of what basic education is or should be, and as yet there is no convergence towards a shared understanding of the term.

■ *Dr. N Prabhu Dev*
Former VC, Bangalore University & Former Director, Jayadeva Institute of Cardiology

All available data - RTE, shows that India is close to achieving 'schooling for all'. Now is the time to make 'learning for all' a national priority.

We have a crisis of learning on hand. To enable millions of children to learn how to read, to comprehend, and to calculate we need a massive 'catch up' effort. This 'catch up' needs a 'push forward' and not a 'hold back' approach. We need to believe that the real right to education is not only in terms of years of schooling but 'value added' in terms of learning; first foundational skills, then higher level capabilities and knowledge, and finally to being able to cope with a dynamic and changing wide world beyond.

History has shown that many of India's brightest minds have time and again come from impoverished backgrounds and yet they broke free from the shackles of poverty to get ahead in life. Education played a key role in their thinking and eventual success, both on a personal and public level.



Finally, any educational reform must be aligned to the ground realities. We need to tap into the creative potential lurking within every child, regardless of social and economic background. It is only in the knowledge, talent and innovativeness of our children that we can realize the promise of education as a transformative force for nation building.

The Right to Education – RTE Act

- **Eighty-sixth Amendment**
- **Article 21-A**
- Provides free and compulsory education of all children in the age group of **6 to 14 years as a Fundamental Right.**
- Right to free and compulsory education in a neighborhood school till completion of Elementary Education.
- Right to Education Act, 2009 to **abolish the no-detention policy in schools.**
- There shall be a **regular examination in the fifth class and in the eighth class** at the end of every academic year.
- If a child fails in the examination he shall be **given an opportunity for re-examination within** a **period of two months** from the date of declaration of the result.

- The **State Government may allow schools to hold back a child** in the fifth class or in the eighth class or in both classes if he fails in the re-examination.
- The **State Government may also decide not to hold back a child** in any class until the completion of elementary education.
- **No child shall be expelled from a school** till the completion of elementary Education.

Annual Status of Education Report - ASER-2018

Learning levels: 'Beyond Basics'- In ASER 2018, children in the age group 14 to 16 were given a few tasks which required calculations to be done in everyday contexts. Children were asked to calculate time, compute and figure out where to buy books given two different price lists (financial decision making), compute a discount etc.

Of the 14-16 year olds - a little under half could compute the time question correctly, 52% could apply the unitary method to calculate, about 37% were able to take the correct decision regarding the purchase of books, and less than 30% could compute the discount correctly. In all cases, fewer girls could solve questions correctly as compared to boys.

If a learning profile is flat - schooling only measures 'time served' and not 'skills gained'!

The surveys are widely known – the learning levels of Indian school going children are worryingly low. After five years of schooling, only half of all children in India could read at grade 2 level. And that the results for basic arithmetic are even more worrying. In the early years of ASER, there was disbelief. But year after year, like clockwork, the report would become available in mid-January. The results were consistently saying that learning needs attention. The relentless hard work of thousands of people involved in the effort began to pay off. More studies of children's learning began to appear. All of this influenced and contributed to local as well as national debates on education.

Back to basics is a notion of what is basic in the life of a child and where schools fit into the picture. So here are my four: 1) reading and writing; 2) numeracy; 3) creativity; and 4) health and nutrition. We have in the past focused on 'The Three R's" of reading, 'riting and 'rithmetic, which is euphonious but short-sighted.

- Reading and writing are inseparable and are the first 'basic.' We read to gain information, and we write to convey it. Both must be learned. schools can handle this basic
- Numeracy (arithmetic) is a basic skill, and the best teachers engage their young students in the joy of mastery of the mystery and utter rationality of numbers.
- The third 'basic' is creativity; I believe the earlier 'back to basics' movements failed because schools obsessed about The Three R are to the exclusion of creativity, fun, art, music and physical education.
- My fourth 'basic' may push health and nutrition which are basic components of a balanced education.

Today, we live in an invisible universe of mathematics. We burned fossil fuels to power the engines of the industrial age. The fuel we burn to drive the information age is mathematics. Mathematics is used in modern communications, transport, medicine, entertainment, sport, financial trading, law enforcement, science, engineering, and many other areas of life. Most of that mathematics is so specialized that we cannot hope to teach it in our schools.

What we can and should do is - make sure our children are prepared to acquire, quickly and efficiently, what particular math skills they require if and when the time comes in later life. The mathematics we teach today's students

should not be the same as their parents learned. For example, using calculators and computers does not represent a reduction in skill or the need for accuracy. On the contrary, successful use of today's computational aids requires far greater mathematical skill, and much more mathematical insight, than we old timers had to master to get our sums right.

Diet makes a difference to learning

It should be noted that under nutrition is usually accompanied by extreme poverty, which could impact on children's mental development in many ways, making the unique contribution of diet difficult to untangle. Micronutrients of note include iodine, with iodine insufficiency in children being associated with around a 13-point drop in IQ; and thiamine, an insufficiency of which can lead to aggressive behavior in adolescents that can be reversed by providing thiamine supplements.

The most extreme long-term effect of diet on cognition is from malnutrition or under nutrition. Under nutrition leads to stunted growth in the first two years of life, deficits in cognition are seen right through the teenage years, even after nutritional rehabilitation. Everyone agrees that in one way or another diet has an impact on children's cognitive abilities.

Nutrition education is the process of teaching the science of nutrition to students. It has a broad vision which encompasses educational strategies and environmental supports to encourage adoption of healthier, sustainable food choices and eating patterns. Nutrition education has the broad goal of promoting individual, family, community and global wellbeing. The school provides a rich and dynamic environment which can assist in achieving this goal.

It is tough enough being a teacher as it is. Larger classes with increasing numbers of children who are undernourished or otherwise in poor health are not a prescription for a vibrant future, not

for kids, not for teachers, not for the nation. So that's my view of 'the basics' in public health and Nutrition education**. It's not about going back to basics, because we've never gone there. I think it's time we did.**

Improving the standards of basic education is the need of the hour - it is the foundation on which the future of India's children will depend. However, despite a steady growth in literacy rates, our education standards lag woefully due to policy changes. India's underprivileged children continue to be deprived of good quality education- now a fundamental right.

Teachers are the other vital component of this ecosystem. Over the decades, in the absence of a robust rewards and penalty system, the interest of primary school teachers in teaching has generally been laidback. When this is combined with faulty teaching design and pedagogy rooted in top-down and rote learning, the results are hardly surprising.

Ignorance is much swifter than intelligence", because it travels like wildfire and is the first to arrive anywhere. That's the thing. Useless words and meaningless fads abound. We live at a time when euphemisms reign and new high-sounding words are coined left and right. We are in the midst of a naming war that wages on to occupy our unique spaces.

These days, speaking simply and concisely, using the language of our fathers and, when

necessary, dusting off old words to reveal their original meaning, almost seems to be an act of bravery. In short, going back to basics appears to be the most revolutionary thing we can do amidst so much turbulence.

- There is a broad international consensus that basic education, including early childhood education, is a key building block for other levels of education. Basic education contributes to the wellbeing of individuals, their families, and the broader society in different ways.
- There is a conclusive body of evidence to indicate that the quality of education is more important than years of schooling in increasing the returns of education to individuals and society as a whole
- An integrated approach with a long-term perspective - support for basic education should be approached in an integrated way
- Adaptive learning is a working concept realized with technology which analyses learner's skill level through advanced machine learning and creates a self learning environment for each student. In simplest words it is a personalized learning path carved for each student, it saves time and effort if you already know the lesson, and puts extra effort and time to make you comprehend a lesson, if there is a need.

It's a learning technique centered around the interests and needs of each individual learner as opposed to universal standards. Rapidly adopted by schools and universities across the developed part of the world, adaptive learning is touted to revolutionize education in future.

Maintenance Staff of the Campus with the Chancellor, Dr. H R Nagendra and the Director of Finance, Sri H R Dayananda Swamy.
All the Maintenance Staff were given new uniform.

Prashanti, as the name means, is a place of 'Supreme Peace', where a student starts his inner journey and learns the actual meaning of Yoga. Curriculum imbibes Holistic and Scientific approach in students which helps to understand different perspectives of yoga and dwell deep into its philosophical and theoretical meanings.

My sincere gratitude towards S-VYASA family for leading me to the world of Yoga.

Sri Prathyush T P, Deputy Director, Spices Board
Ministry of Commerce & Industry, GoI

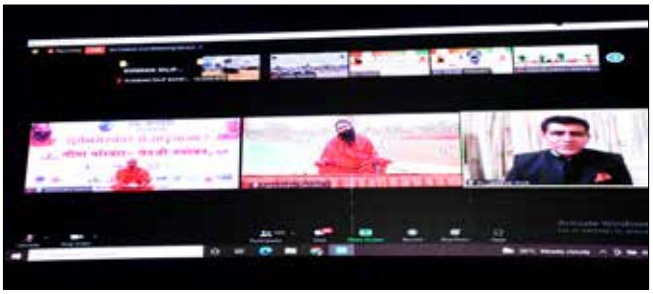
73rd Republic Day celebration @ S-VYASA

Like every year, this year also our University had organized a grand program on the occasion of this Republic Day in hybrid mode keeping in concern the COVID guidelines. Everyone was feeling very happy that day because it was a matter of great pride for all of us that on 26 January 1950 the constitution of India came into force and our country, India became a republic.

The day started with Suryanamskara practice from 6 am to 7 am, in online mode. The official program started with flag hoisting at 7:15 am, by our Chancellor and Advisor to Chancellor. After that, Soumya Shanbag, final year student of BNYS gave way for the program with a melodious invocation song.

Registrar of the University, Prof. M K Sridhar, gave warmest welcome to all the dignitaries who were present over the dais, along with the teaching and non-teaching staff and students of various streams. He told that India is having giant strides in many fronts and that India would soon become economic capital and spiritual capital with promotion of Ayurveda, Yoga, Indian Knowledge Systems and that prophetic vision of world historian Dr. Will Durant would become a reality that 'India would conquer the world in 21st century not socially, politically but spiritually'. Followed by Vice-chancellor, Dr Ramakrishna's speech, who emphasized on the real duties and responsibility of Indians and great contribution of Netaji Subhash Chandra Bose for India's freedom struggle.

Flag hoisting by the dignitaries



Mass Suryanamaskara all over the country led by Swami Ramdev and others

Later, Pro Vice-chancellor, Dr. Manjunath N K addressed the gathering and emphasized the importance of self-independence and the role of lifestyle in achieving the same. This was followed by a patriotic song sung by Sheela Hegde.

Prof. Subramanyam ji, Advisor to Chancellor of S-VYASA, gave a motivational speech about freedom fighters, reformers and the richness of our Indian culture. He also highlighted upon re-shuffle, re-gain and re-establish. This was followed by Sheela Hegde's patriotic song, which invoked the patriotism among the audience.

Finally, Hon'ble Chancellor, Dr. H R Nagendra Guruji, blessed the gathering with his mesmerising speech. In simple words, he explained about the reformation that can be brought through regular practice of yoga. He inspired the gathering by sharing his experiences.

The program was concluded by showing gratitude to one and all who took part in the celebration, which was done by Dr. Sony Kumari, Dean of Academics. The celebration was attended by teaching and non - teaching staff of the University, Sushrutha Ayurvedic Medical and Nursing Colleges. The program was compeered by Dr. Ganga K V, Asst. Professor, BNYS Course.

Suryanamaskara performance in Prashanti

Prof. B K Ravi's visit to Prashanti

Prof. B K Ravi, Chairman Department of Communication, and Former Registrar, Bangalore University visited Prashanti Kutiram and met Dr. H R Nagendra ii, Hon'ble Chancellor on 2nd February, 2022 and sought his blessings.

During his visit the Senior Officers of S-VYASA discussed the roadmap for setting up of the Media Centre at Prashanti Kutriam for producing various documentaries pertaining to the lifetime achievements of Guruji, history of VYASA and S-VYASA movement, documentaries pertaining to the research strides of Anvesana and dissemination of academic information of various courses of VYASA & S-VYASA.

Prof. M K Sridhar, Registrar was present during the visit of Prof. B K Ravi and later was taken to Anvesana and campus tour.

Prashanti Kutiram: **MoU** between **Hombale Studios** and **S-VYASA** for **SWAYAM Project** was signed on 16th Feb 2022.

Ratha Saptami celebration in Prashanti

Prashanti Kutiram, Feb 8: 108 Suryanamaskar performed by the students on the occasion of Ratha Saptami celebration held on this day between 5-30 am to 8 30 am at Vivek Vihar open auditorium.

The event was graced by the Chief Guest, Sri N M Shivakumar, Chairman, Triveni High Tech Pvt. Ltd. & Secretary of Sai Krishna School, Kanakapura. The event was attended by Prof. K Subrahmanyam ji, Advisor to Hon'ble Chancellor, Dr. R Nagarathna, Dean of Aacdemics, Honorary Editor of Vikrama Magazine, Sri N Nagaraja & other Senior Faculties of S-VYASA.

The Chief Guest's magnanimous donation of a mobile clinic vehicle to the University was deeply appreciated.

Prashanti, Feb 3: **Prof. Sharanappa V Halsa,** Vice-Chancellor of Davanagere University met the Hon'ble Chancellor, Dr. H R Nagendraji.

Prashanti Kutiram, Feb 10: **Bhagavadgita Shloka Memorization Exam** was conducted for **Ms. Radhika Muddha,** MCA Graduate, **Master Indivara Subrahmanya Sharma,** 4th Std Student and **Ms. Sreeja Puthumana,** Senior Software Engineer by the Chancellor, Dr. H R Nagendra, Former Vice Chancellor, Prof. Ramachandra G Bhat and Sri Karibasappaji, Senior Therapist at Arogyadhama.

Amidst all the institutions that offer courses in Yoga throughout the world, S-VYASA never fails to stand out of the comparison factor amongst them all.

I have personally observed and received the highest form of privilege and respect whenever we step into the market or the so-called 'real world', while having the brand name, authenticity and value of S-VYASA behind us.

The competition simply ceases to exist when a Graduate from S-VYASA enters the arena.

I feel indeed blessed and grateful to be a part and product of such an esteemed Yoga University of our Maa Bharat and in the global presence.

Prof. Rishi Bharadwaj, MSc Graduate from S-VYASA
Pune, Maharashtra

Graduation Ceremony at Yoga City, Oman

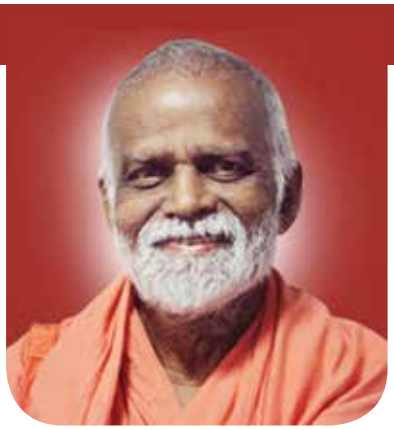
Yoga City (Oman) was delighted by the presence of His Excellency Amit Narang, the Indian Ambassador to Oman, who graced the occasion as the Chief Guest to felicitate the Graduation Ceremony of successful students who completed 300 HRS Yoga Instructor's Course from VYASA (Vivekananda Anusandhana Samsthana) held on Feb 4th 2022.

Yoga City was indebted to the patronage extended by the Indian Embassy Oman and His Excellency. They were delighted to have Dr. Baby Sam Samuel (Mentor, Ex-Chairman Indian Schools in Oman, Vice Chairman Knowledge Oman) and Deepali Mehta (Founder of Muscat Energy Healing Centre) grace the occasion with their presence. The primary objective of the YIC Course is to enrich the Yoga knowledge amongst the prospective teachers, which enables them to teach Yoga with confidence in a holistic manner. It is truly insightful & an empowering course designed not only to impart techniques of teaching Yoga but also to facilitate learner to begin his or her journey of self-awareness & development.

Yoga City, Oman is the VYASA Center where they Train, Transom and Triumph the new teachers to excellence.

Upcoming **Shibirs** & **Retreats** in Prashanti

Atma Parishodhana Shibir



- This is an intensive meditation course for 15 days developed by late **Swami Prajnaranya Swamiji,** Former Peetadhipati of Raja Yoga Peetham of S-VYASA
- Eligibility – **16+ yrs age group**
- Starts on – **First Friday** *of every month*
- Everyday **3 Sessions** of **3 hrs** each
- Highlight of the Session: **Meditation in the serene atmosphere of Prashanti**
- Course by: **Smt. Annapurna**

Spiritual Retreat

- 1 week long course to introduce the **Holistic Vision of Yoga-Spirituality**
- Eligibility – **16+ yrs age group**
- Starts on – **Second Friday** *of every month*
- Sessions from **5:00 am** to **10:00 am** daily
- **Theory Portions:** Message of Upanishads, Concept of Dharma
- **Practice includes:** Asanas, Pranayama, Cyclic Meditation, Bhajans, Maitri Milan, Karma Yoga in Goushala
- Course by: **Dr. H R Nagendra** & team
- Course Fee: **₹ 10,500** (*including Boarding & Lodging in shared Accommodation/ Special Individual Meditation Rooms*)

Yoga Intensive

- 1 week course on **Advanced Asanas and Nauli Kriya**
- **Eligibility:** Only to those who have practiced basic Asanas and are willing to undergo advanced practices
- Duration – **31st Dec 2021** evening – **6th Jan 2022** evening (*participants can leave the campus on 6th evening/ 7th morning*)
- Course by: **Smt. Bhagyashree** & **Sri Satish**
- Course Fee: **₹ 10,500** (*including Boarding & Lodging in shared Accommodation/ Special Individual Meditation Rooms*)

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R.N.I. No. 45487/1985 | Postal Registration No. RNP/KA/BGS/2273/2019-2021
Licensed to Post without prepayment. License No. PMG BG/WPP-376/2019-21
Posted at Bengaluru PSO, Mysore Road, BG - 560026
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Printed by Chandrashekar V and published by Mahadevappa B on behalf of Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), No. 19, Gavipuram Circle, Kempe Gowda Nagar, Bangalore - 560 019 and printed at Sharadh Enterprises, No. 51, Car Street, Halasuru, Bangalore - 560 008 and published at SVYASA, No. 19, Gavipuram, KG Nagar, Bangalore – 560 019. Editor Dr. H R Nagendra