

YOGA SUDHA

A Monthly Journal of SVYASA (Deemed to be University)



p30

Santosha Hall inaugurated
by **Sri Rajeev Kumar**, Deputy Director General, ICCR

*Let the Corona of
sickly gloom expire
and let the Crown of
Humanity rise to healthy heights*

*Wish you a very happy and
healthy New Year - 2022*



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

March 2022
Hybrid Conference

Conference Venue
Prashanti Kutiram
Bengaluru, India

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 - **Jan 30, 2022**

The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by **Feb 10, 2022**

Conference Registration

Individual Programs	Dates	SAARC Countries in ₹	Non-SAARC Countries in US\$
Pre-Conference	March 2022	3500	300
Main Conference		3500	250
Both Programs		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 ।

योगसुधा

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Dr. H R Nagendra

Chancellor, SVYASA
Bengaluru

Asst. Editor

Dr. Aarti Jagannathan

Publisher

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Chandrashekar V

Sharadh Enterprises
No. 51, Car Street, Halasuru
Bangalore - 560 008
ph: 080 - 2555 6015
sharadhenterprises
@gmail.com

SVYASA

Deemed to be

University

No. 19, Gavipuram Circle
Kempe Gowda Nagar
Bangalore - 560 019
ph: 080 - 2661 2669
telefax: 080 - 2660 8645
yogasudha@svyasa.edu.in
www.svyasa.edu.in

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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 possible 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 have been postponed. They would likely be held in the last week of March 2022.

Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

I am sure, you are all aware of the progress and developments that are happening in the field of AYUSH since the establishment of the Government headed by our Hon'ble Prime Minister, Sanmaamya Shri Narendra Modiji at the Central Level and also the State Governments.

Such a great encouragement and investment was never seen earlier. For the last two years during the Covid-19 Pandemic Management, AYUSH Systems have played a significant role in providing the most effective preventive, supportive and rehabilitative holistic protocols.

On account of this, there has been a special identity and recognition for the AYUSH community both at the national and international levels and also a big amount of revenue growth through sales and export of Ayurveda medicines and Yoga concepts.

Parallely, there have been lots of reforms and developments happening to improve the quality and standard of AYUSH education in the country.

As on today, there are more than 10 dedicated Universities, National Institutes and AIAMs in the country offering high quality education, medical care and research.

Karnataka has been the champion among the Southern States in this direction. The State has more than one hundred AYUSH Colleges affiliated to RGUHS Bengaluru. In order to provide wider scope for over all developments of all the fields of AYUSH, Government of Karnataka has passed a bill in the Assembly to start Karnataka AYUSH University in Shimoga, the most eco-friendly city, very close to the Western Ghats, from the next Academic Year.

The process of establishing Ayurveda University was first mooted by Sanmaamya Sri Ramachandra Gowda ji, Former Minister of Medical Education, GoK, during 2009 when he was the Chief Guest of the Founder's Day program of Sushrutha Ayurvedic Medical College and Hospital, Bengaluru, on the request of Dr. C N Aswtha Narayanan, Hon'ble Minister of Higher Education, IT & BT, GoK.

Aadaraneeya Sri D H Shankar Murthy, Former Speaker of Legislative Council and Former Minister of Higher Education GoK, who hails from Shimoga has played a major role in getting the required vast land for establishing Government Ayurveda College at Shimoga the place where our University will be established.

Later, Hon'ble Former Chief Minister Sri Yedeyoorappa ji took initiation in 2010 and announced in the State Budget and allocated the initial amount for the uptake. Due to some controversy over the place and site of establishment the proposed project did not progress and by the time the popular Government collapsed and the dream of seeing Ayurveda University remained as dream till Sri Yedeyoorappa ji became Chief Minister for second long innings. Subsequent two Governments did not take any action in this direction.

During 2020, on the direction and advice of Hon'ble Vaidya Yogesh Chandra Mishra ji, National Margadarshak, Vishwa Ayurveda Parishad, VAP - Karnataka, appraised Hon'ble Chief Minister, Sri B S Yedeyoorappa ji for the consideration and revival of his earlier proposal and inclusion in the budget of 2021-22. He readily agreed to do it and did it. There is no any confusion about the land and the kind of University. It is going to be at Shimoga and it will be AYUSH University.

Later, initiation was taken by the present Hon'ble Chief Minister, Sri Basavaraja Bommai ji and Dr. K Sudhakar ji, Hon'ble Minister of Medical Education, GoK, to get the Bill passed in the Assembly. Let us thank and congratulate all the dignitaries and the officials who contributed their myth to happen this.

This development is going to be a great event in the history of AYUSH Systems in the state as well as the country.

Now everyone together should take the vision and mission of the University to a greater and greater height to improve the standards of AYUSH education and medical services

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





S-VYASA

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



Programs in Yoga

New PG Programs in Regular Mode:

MSc in Yoga & Vedic Therapy (MYVT) - **Yoga and Spirituality**

MSc in Yoga Therapy (MYT) - **Yoga and Life Science**

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**

New UG Programs in Regular Mode:

Bachelors' in Physiotherapy (BPT) - **Yoga and Life Science**

Bachelors' in Occupational Therapy (BOT) - **Yoga and Life Science**

Certificate Program:

Diploma in Occupational Therapy - **DOT**

Certificate Program in Integrative Health - **CIH**

+91-80-2263 9968 ; +91-87629 96815

admissions@svyasa.org ; apply online & visit: www.svyasa.edu.in



ब्रह्मसूत्रम् (Brahmasūtram)

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



अत एव चाग्नीन्धनाद्यनपेक्षा (ब्रह्मसूत्रम्-३-४-२५)

Ata eva cāgnīndhanādyanapekṣā (Brahmasūtram-3-4-25)

Meaning: And, therefore, there is no necessity of the lighting of the fire and so on.

It's not necessarily the Sannyasis should perform the Vaidika Karma, as Jnana and Jnana Sadhana [Sadhana Chatushtaya, quadrant tools; namely, discrimination (Viveka), non-attachment (Vairagya), virtues (Shat-Sampatti) and aspiration for liberation (Vairagya)] are sufficient to reach of Moksha for the eligible ones such as Sannyasis.

Certain expressions in the Vedas, such as 'Fire, wood', symbolise the Yajna performance (fire ceremonies) in the form of injunctions vary widely to fulfil the identified goals and results for anyone. What if a committed aspirer, completing all those earlier steps, gets closer to emancipation? For those, 'fire-wood' phrases do not add value in anyway, because Sakshat Sadhana (immediate tools) take care of these.

Three means - physical body, speech and mind - that the Sadhaka uses for desire fulfilment have inherent limitations and beyond these limitations they become incompetent as the means so the performance. In the context of Karma, Dhyana and Jnana, the first two may demand rituals, actions, fire-performances etc., but the last one only needs self-control, internal purity, toleration, calmness, withdrawing the senses from indulgence, devotion, unshakable faith, because these are Sakshat Sadhanas. To summarize the Sutra here, it says "these means are not for that end", 'Fire-Wood', have no business in Jnana. This entire section needs to be understood in the context of fourth Sutra of this Pada. Among four Purusharthas (human purposes of life) Moksha, the liberation from all bondages stands unique for which a distinct set of values are required as mentioned above; and for

the other three, namely Dharma (base of universal harmony), Artha (wealth) and Kama (pleasures), a different set of actions are needed.

Two types of auxiliaries or means for absolute wisdom have been identified as part of aspiration towards liberation; direct, immediate (Sakshat) and indirect, far away (Arat). One needs to contemplate on these two means to get a clarity over their utilitarian perspective. Arat, the indirect means never get integrated with the goal itself, they are incapable of merging with the destination, they remain one step below and their job ceases when a traveller reaches certain level of destination. For instance, the boat, used for sailing a river to cross, will not be tied to the waist of a sailor wanting to climb a mountain on the other side. The boat will be hurdle and will be dropped there and then when its job is over. The only requirement to climb the hill will be **will, energy and push** which are compared in this context as Shadha Chatushtaya.

No mind, no speech, no actions would be capable to enlighten a serious seeker of wisdom. Vedic healing performances such as Yajnas clarify the hurdles in the path and give a push in the upward journey. Yajnas heal the illness and motivate to aspire higher. Gradually, mind also gets evaporated, unlike all rivers become one big ocean and a divided space by walls become one with the universal space outside the room when the limiting factors are shattered. Similarly discarding the limits of 'the individual self, Atma merges with the universal Self, ATMA'. This is the process of realization, liberation.

to be continued...



Atha - the playground of a beginning

■ Akhil Upadhyaya

A mystic from China said, 'A journey of a thousand miles begins from where you are.'

Author Ernest Hemingway quotes, 'To begin, begin.'

Sage Badarayana Vyasa begins his work Brahmasutras, also known as Vedanta sutras, by writing 'Athato Brahmajigyasa'. It means, 'Now, begins the seeking of Brahman.'

Sage Patanjali begins his work Yoga Darshana by writing 'Atha Yoga Anushasanam'. It means, 'Now, begins Yoga discipline.'

Deng Ming - Dao in his work '365 Tao', begins by quoting,

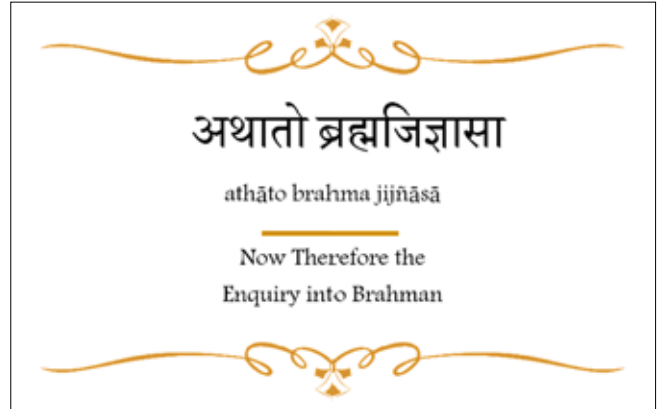
'This is the moment of embarking. All auspicious signs are in place.'

And in this way one finds many such quotations in the literature of the world regarding the importance of beginning. The whole world of scientists of physics and metaphysics are yet devotedly finding the original source of the universe; and that is again, my friend, the moment of beginning.

Beginning of anything, even the beginning of a day or any mundane act is an auspicious moment. One always has a choice to refrain from beginning out of habits and patterns of the past. One always has a choice to be creative, original and begin afresh. To begin anything out of creativity, originality inevitably demands awareness. Have you ever tried brushing differently any day? Have you ever experimented walking, talking, differently than the usual pattern? Try out just for the sake of experiment. It demands awareness. It demands observation.

It is a moment that is auspicious, not the word 'Atha'. Atha means now. Moment of beginning. So, no need to chant the word, but to begin afresh. And, to begin afresh involves few important things.

When sage Patanjali writes 'Atha Yoga



Anushasanam', he is inviting those who are ready to begin the journey of Yoga afresh. It means, that, not to enter this path with patterns of the past and the hopes of the future.

It means, to not take seriously whatever one was in the past. It involves forgiveness to oneself and beginning afresh never to oscillate back again.

It doesn't matter who you were in the past, whether good-bad-ugly, but, if you want to begin walking the road of Yoga, you can only enter leaving the past and future behind. Everyone is allowed to enter the path of Yoga, and other philosophies, provided one wants to begin honestly. Enter with what you are now. Enter with the sense of present. Enter with utter emptiness of what one has learnt so far, if possible. Try working to unlearn sincerely. It is a learning solely out of observation, and not out of other ways.

Not only Yoga, but any field, if one is beginning, it must be afresh. It must be new. Newness cannot permit the past and future. Now includes all time, as pointed out by J Krishnamurti. It includes all time in itself.

One always has a choice to begin afresh. One always has a choice to be creative and original. One always has a choice to see the patterns of the past and not conform to those patterns and habits. One always has a choice to refrain from borrowing the ideas of the others to act out of it.

To begin, begin. That's all. I rest.

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



**Integrative Medicine
and Optimal Immunity**

March 2022

**Hybrid
Conference**

Conference Venue
Prashanti Kutiram, Bengaluru, India



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

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S-VYASA
Deemed to be University
Bengaluru, India



Short-term Online Courses January, 2022

SNo	Course	Conducted by	Starts on	Fee (₹)
1	Introduction to Indian Music Therapy (Batch 9)	Dr. Karuna Nagarajan	Jan 3	2500
2	Yoga for Physical Stamina Development	Dr. H R Nagendra	Jan 4	4500
3	Yoga for Stress Management	Dr. H R Nagendra	Jan 10	4500
4	Yogi Vivekananda	Prof. K Subrahmanyam	Jan 12	Free
5	Mudras: The Healing Positions (Batch 2)	Dr. Divya Keshavamurthy	Jan 17	2200
6	Know about Yourself - A Woman's Journey	Dr. Lakshmi Prasanna	Jan 24	2500

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

March 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	
March 2022	Pre – Conference Workshops
	Himalaya Yoga Olympiad Finals
	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

Day 1: Inaugural Ceremony	
Day 4: Valedictory Ceremony	
Day 2 - 4: 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
Day 2: 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
Day 3: 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
Day 4: 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



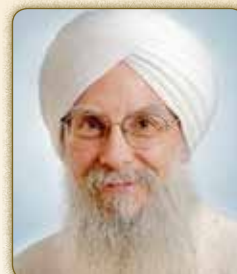
Dr. Darshan Mehta
Medical Director, Benson-Henry Institute
for Mind Body Medicine, Massachusetts
General Hospital, Boston, USA



Dr. B R Ramakrishna
Vice Chancellor,
S-VYASA Deemed to be University,
Bangalore, India



Dr. Manjunath N K
Pro Vice Chancellor & Director Research,
S-VYASA Deemed to be University,
Bangalore, India



Dr. Sat Bir S Khalsa
Assistant Professor of Medicine, Harvard
Medical School, Dept. of Medicine,
Brigham and Women's Hospital



Dr. Amit Sood
Executive Director, Global Center for
Resiliency and Wellbeing, Rochester,
Minnesota, USA



Dr. V Ravi
Nodal Officer, State COVID Cell for
Genetic Confirmation of SARS-CoV2,
Bangalore, India



Dr. Chenchen Wang
Director, Center for Complementary
and Integrative Medicine, Tufts Medical
Center, Boston, MA, USA



Dr. Roshini Yapa
Director at nodMD,
Phoenix, Arizona, USA



Dr. Manjunatha M V
Associate Professor at NIMHANS,
Bangalore, India



Dr. Ashwini Godbole
Associate Professor, Centre for Ayurveda
Biology and Holistic Nutrition,
Bangalore, India



Dr. Sayed Ahmed
Associate Professor, Pharmacognosy and
Phytochemistry, Jamia Hamdard,
New Delhi, India



Dr. Akshay Anand
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 its nearly 100 acre spacious campus it houses 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 5¹/₂ 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, Gol.
- **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)TM with trade names (VH)TM & (VY)TM
- **Sushruta Ayurvedic Medical College and Hospital** - It offers Bachelor in Ayurveda, Medicine, and Surgery (BAMS), a 5¹/₂ year medical graduation program.





Himalaya Yoga Olympiad

Started on - Oct 1, 2021 | **Finals** - March 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 Jnana Yoga, Raja 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

March 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 parallelly.

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	March 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



• **Pre-Conference Workshops - March 2022**

- **Himalaya Yoga Olympiad Finals - March 2022**
- **Main Conference - March 2022**
- **Last Date for Abstract Submission - Jan 30, 2022**
- The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by **Feb 10, 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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Main Conference		3500	250
Both Programs		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*) in **March 2022** (4 nights)
Non A/C Standard Room for SAARC Nationals (2 persons in 1 room): ₹ 950/head/day
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- **Students & S-VYASA Alumni** are entitled for **50% concession**
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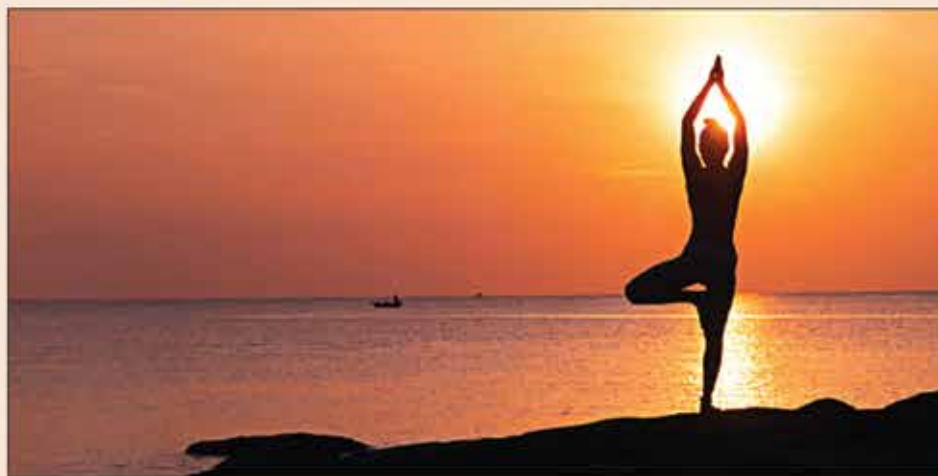
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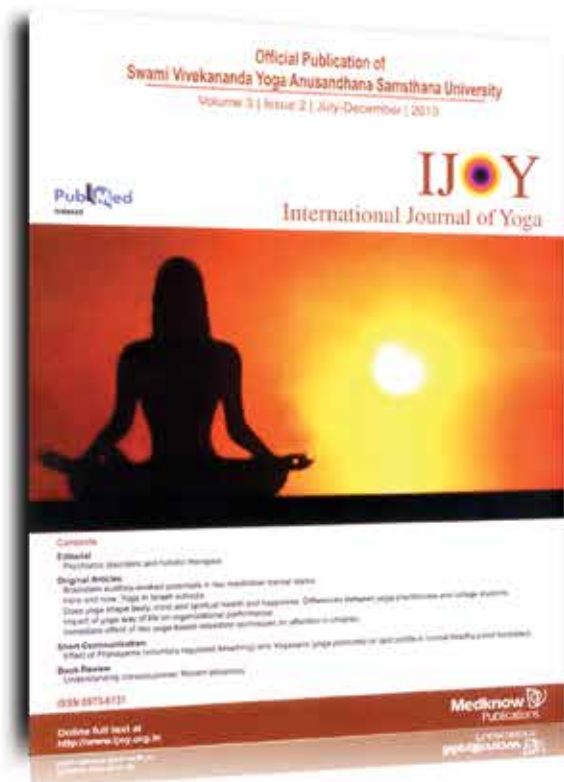
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✉ arogyadhama@gmail.com
🌐 www.svyasa.edu.in

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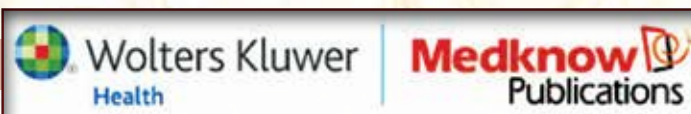
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Yogi Vivekananda - 9

As many minds, so many religions. As many religions, so many rituals. As many rituals, so many pathways. As many pathways, so many barricades. All religions available all over the world are innumerable and they can all be broadly categorized into three. They are religion of faith, religion of love, and religion of reason.

No person is without faith. The degree, intensity and the colour of faith may vary from person to person but faith as such is never absent in any person. Nobody expects death in the very next moment though everybody is aware of the certainty of death. While undertaking a work, people do expect to live to enjoy the fruits of their labour. There is no doubt a clean and a clear indicator of the faith is present in all. However, there may be a rare few exceptions where certain minds are a little skeptical about everything though there is intrinsic faith lingering in. In addition to the skepticism, the religion of faith has two strong defects. They are fanaticism and superstition. These two evils are likely to mar the beauty of the religion of faith. Also skepticism is likely to weaken the religion. It is yoga to cleanse the religion of faith removing the evils and strengthening the intensity of faith. Swami Vivekananda has all through his life practiced not the normal religion but the yogic religion without any impurity or insufficiency.

The second religion in mankind is religion of love. There is no person without heart. There is no heart without feelings. Feelings are innumerable. All feelings may not be available in all the hearts. There are people without anger, without envy. But there can never be a heart without the feeling of love. The object of love, the language of love, the expectations of love, the intensity of love and the goals of love may vary from person to person, but love as such is never absent in any person. Some may love

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



money, some may love fame, some may love power and position, etc. Invariably, everyone loves the Self. Unfortunately, love very often is contaminated and is associated with two devastating side effects. The contamination is due to the negative feelings and the side effects are due to sentiments and egoism. There is no religion greater than love, if it is freed from all impurities. Also it should be free from deficiencies such as sentiment (negative) and selfishness (ego). Swami Vivekananda throughout his life has practiced and propagated the ever expansive and all comprehensive love of ennobling nature. It is yoga to purify and intensify the inherent love.

The third religion in humanity is the religion of reason or rationalism. It can also be called as the religion of philosophy, which is highly intellectual. Every person is rational to





some extent. A rare few are intellectuals of great inclusiveness and extension. They are capable of sharpening the brains to penetrate into and perceive the cosmic truth of eternity. Ordinary people have this discriminating capacity contaminated with preferences and prejudices. Also, this religion of reason has two side effects such as dryness, and indifference to humane sympathies and sufferings. It is yoga to purify the religion of reason and sharpen the intelligence without any adverse deficiencies. Swami Vivekananda is a philosopher of highest quality. He has never allowed any impurity to interfere with his philosophical insight. Therefore, Swami Vivekananda is a spiritual stalwart, shining in the firmament as a pole star of truthful awareness.

Yogi Vivekananda is a role model for yogic religion devoid of impurities and deficiencies.

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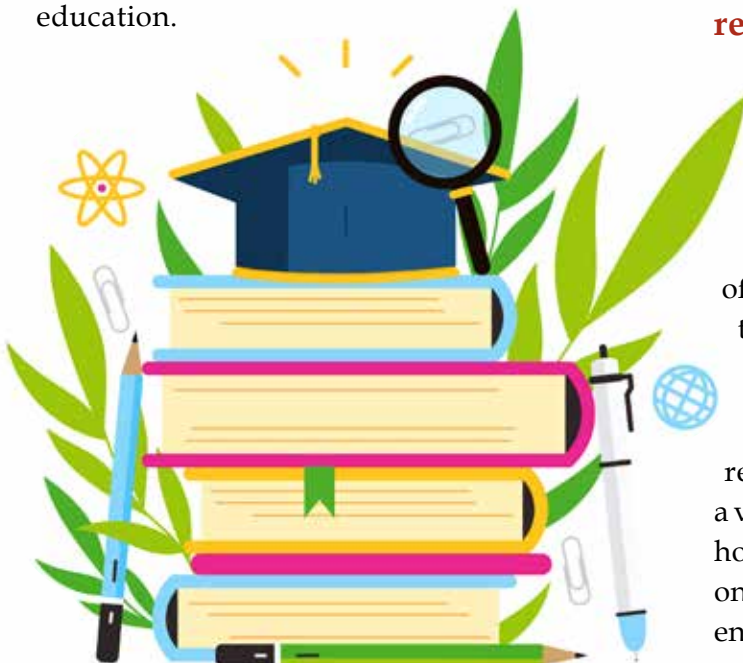
Education - The past glory of excellence, the downfall, and an attempt to rise again through NEP – May be!

Excellence in education is all about the teacher, the student and the institution – never about the medium. Knowledge is power. The Indian education system focuses on information rather than knowledge, and certainly not on wisdom. Knowledge sets us free. Knowledge makes self-esteem grow! Makes you command respect! It makes you self-reliant.

The Glory of Indian Education!

A closer look at the pros and cons of the education system of India will reveal one startling fact. That despite all challenges, it continues to flourish and churn out some of the exceptional brains of the world.

The education system in India is the only example in the world for reservation of seats at schools, colleges, and universities. The system dates back to 1902 when social reformer Raja Ram Mohan Roy found that Indians from certain castes did not have access to education.



■ *Dr. N Prabhu Dev*
Former VC, Bangalore University
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- 36% of Scientists of NASA
- 36% of Employee of Microsoft
- 38% of the Medical Doctors in USA
- 28% of Employee of IBM
- 10% of Programmers all of the World

are Indians

Nearly a Million Scientists and Engineers of Indian origin reside in the US alone

The World's first University was established in Takshila, India, in 700 BC. More than 10,500 students from all over the world studied more than 60 subjects. The University of Nalanda built in the 4th Century BC was one of the greatest achievements of ancient India in the field of education.

The higher education system is the backbone of any developing country. The human resource is trained in the universities. India had a very rich history of nurturing mankind through holistic education. Our ancient universities not only provided education for living but also for enlightenment.



Yes, Glory to India

- The ancient Indian astronomers had tabulated the movement and positions of the sun, planets and the stars in space without the gadgets available to the current generation and long before Isaac Newton came up with the theory of gravity.
- The Number System was invented by India - Aryabhatta invented the digit zero.
- Sushruta is the father of surgery
- Sanskrit, the first and the oldest language in the World, originated from India
- The Art of Meditation and Yoga originated from India.
- Martial Arts (Karate and Judo) originated from India, not China
- Algebra, Trigonometry and Calculus are studies which originated in India
- The World's first University was established in Takshila, India, in 700 BC.
- Bhaskaracharya was the first to calculate the time taken by the earth to orbit the sun accurately in the 5th century - time taken by earth to orbit the sun - 365.258756484 days. It stands undisputed even today!
- Ayurveda is the earliest school of medicine known to humans. Charaka, the father of medicine consolidated Ayurveda 2500 years ago. Today Ayurveda is fast regaining its rightful place in our civilization.

The down fall!

Education without Values will only make you a Clever Devil! The Indian education system has become a functioning anarchy!

- **Macaulay Minutes** refer to his proposal of education for the Indians.
- English education should be imparted in place of traditional Indian learning
- He believed in education a few upper and middle-class students.
- In the course of time, education would trickle

down to the masses. This was called the infiltration theory.

- **He wished to create a class of Indians who were Indian in colour and blood but English in taste and affiliation.**

The British failed to create a genuinely national educational system. They were interested in producing clerks to manage their administration. It is a sad that we are still blindly following the colonial system of education. The down fall of education till recently is attributed to

- Wrong people owning education - landlords, business tycoons, real-estate moguls, politicians, and liquor manufacturers etc. own - Colleges and educational institutions- Principals and teachers are powerless.
- Wrong priorities: Rote learning and industry disconnection
- Wrong grading process - marking system is a joke. Everyone gets very high marks and more than a few even perfect scores
- Broken government schools
- Wrong Society needs: Degrees for marriages in addition to jobs, for prestige and for dowry. Skills are no one's concern.
- And doctorates? You have to meet some of these newly minted "doctors" and have a 10 min rigorous discussion with them to realize why India has educated illiterates!
- Lack of an updated curriculum
- The unregulated opening of technical institutions
- non-existent linkages with industry and
- poor student-faculty ratio

The global ranking of present day Indian universities is quite disappointing. One of the possible reasons for this is that we are still following theory-based education and traditional rote learning in classrooms.

To rise again!

Over the last two decades, India has remarkably



We are morally corrupt, self-centered, treat our nation as a large dust bin and we like the rule of law only if it gets applied on 'others'. Many of us subscribe to the view that a thief is a thief only if he is caught! One may continue to steal but remains honorable till he is caught!

Presently our university education system is contributing 3 million graduates and post graduates every year. Students seeking employment after completion of 10th class and 10+2 are around 7 million per year. Thus nearly 10 million youth are injected into the employment market every year. At present India has six hundred and forty million youth under the age of 25 yrs.

transformed

its higher education landscape. It has created widespread access to low-cost and not a high-quality university education for students of all levels. As a result, today, India's 70 million student population is a force to reckon with.

Are we a great Nation?

Being a great nation is not about having the largest land area, the largest economy or the mightiest military power. A small country like Israel can be a great nation. Singapore may be a great nation! Japan may be great nation!

India may not be as yet the Greatest Country in the World

We are 2nd in Population, 131st in Human Development, 168th in literacy, 134th in Global Youth Development, 41st in Competitiveness, 66th in Quality of Life, 123rd in Economic Freedom, 122nd in Per Capita GDP, 66th in Global Innovation, 122nd in Happiness and Number One in the world for searching - "How to get a visa for USA"!

Our Education System is Losing Relevance

Children who should be in school aren't; for those who are, their schools often lack the resources to provide adequate instruction. The education system is built with a focus on IQ, memorization and rote learning. The current education system is showing its age. Founded at a time when industries needed workers with a relatively fixed set of skills and knowledge, it is losing its relevance in an era of innovation, disruption and constant change, where adaptability and learning agility are most needed.

Worthless Degrees and Unemployable Graduates: The whole education system has been commercialized where the buyers purchase the 'education' for a price. **Education has become a business. Merit is not hereditary. It is not caste based! It is not any body's property. It can be acquired!**

Current Issues in Education in India

- Under funding of education - only 4% of GDP
- 9 - effective spending comes to only



around 2%, is spent on education as against recommended 6%.

- GER of only 25% - absence of critical mass of academic quality
- Lack of Infrastructure facilities
- Lack of PPP models that create innovative models that work
- Teacher shortage and teacher absenteeism
- Poor Accreditation issues
- Absence of innovations in curricula design
- Quality of education is compromised at every stage

Higher Education is highly politicized and has become the symbol of political patronage and clout.

General education itself has become so profitable a business that quality has lost in the increase of quantity of institutions. Politicization is adding fuel to the fire of spoil system. **Paradoxically there is a strong feeling that it is better to have only 50 top world class universities rather than graduate factories!**

Some of the major problems currently faced by the higher education system in India include:

- a severely fragmented higher educational ecosystem
- less or no emphasis on the development of cognitive skills and learning outcomes
- a rigid separation of disciplines
- limited teacher and institutional autonomy
- inadequate mechanisms progression of faculty and institutional leaders
- Poor or no emphasis on research at most universities and colleges
- lack of competitive peer-reviewed research funding across disciplines
- an ineffective regulatory system; and
- Large affiliating universities resulting in low standards of undergraduate education.

Current Policy: Some Education is better than No Education!

In terms of quantity the expansion of higher education has been impressive. In 1947 we had about 20 universities and fewer than 500 colleges in the whole country.

In 2014-15 there were 760 universities and more than 38,000 colleges, catering to about 34 million students. But the expansion in quantity has often been at the expense of quality.

Currently there are around 1005 Universities- we need some 2000, controlling somewhere 45000 colleges, we need a million of them.

There is Massification of Education at the cost of quality!

The marked deterioration in standards of teaching and conduct of examinations is a matter of great concern. **We are producing a large number of mere pass outs not even employable in India.**

Universities who got accredited by the NAAC - only 32% could get 'A' grade while another 52% of them could manage with 'B' grade. The remaining 16% fall in 'C' grade. NAAC assessment further indicates that 68% of colleges are rated as 'B' while another 23% colleges are rated as 'C' grade; and only the remaining 9% are 'A' grade. This reflects the quality in higher education.

The Universities are required to revise the syllabi every three years. Many don't revise their curriculum even once in five years. The revision could be brought about in consultation with the industrial captains. There is need for a constant dialogue between the Chairmen of Board of Studies, Deans of Faculties, the Registrars, the Vice Chancellors of the Universities on one side and the industry, corporate houses and appointment or HR boards of various agencies.



What is missing?

Soft skills, emotional intelligence, teamwork, critical thinking, problem-solving are some of the skills missing among new graduates rendering them “unemployable”. Un-employability is a bigger menace than unemployment!

Another crucial step will be to revolutionize the classroom and make education learner-centric. The process can be made engaging through micro-learning modules and also by providing curated, personalized and relevant content to learners. Additionally, classroom training at higher education levels can be credit-based with options to choose from a combination of subjects rather than the traditional approach of choosing a single field of study.

NEP may be the Way Forward!

Over the next five years four out of ten Indians will be in the age group of 18-22, the ages that need education and employment. With 119 million young Indians, the current education system will be inadequate. Sustaining education standards and employability will become a challenge. Degrees seem to matter more than skills. This has led to low employability.

Measures to be taken!

- Ensure technology adoption in tier 1, II and III cities
- Focus on skill development
- Ensure adequate academic-industry engagement
- Ensure Quality Education which is the cornerstone of excellence
- Encourage adequate research and scholarly excellence
- **Provide Education to everyone, anywhere and anytime!**
- **Provide unlimited teaching and learning opportunities.**

Technology can help. Today, India is one of the fastest-growing online education markets

and over the next two years, should touch USD 1.96 billion. Internet usage in India seems to be driven by rural internet growth and usage is touching 566 million people. This could be the best outreach for learning anywhere, anytime.

Investing in research could perhaps be the smartest way forward for India. With more research brains and skills, better knowledge repositories, the education system will have added assets in every generation. For every institution, research could be the strongest strand of its DNA. These scholars can take the quality levels to international levels, driving the education sector forward.

The recent decision of some engineering colleges to offer courses in regional languages in select branches from the new academic year marks a historic blunder in the academic landscape of the country on which rests the future of succeeding generations.

China has moved far ahead of India in terms of number of world-class institutions, gross enrolment ratios in higher education and research output. India's record has been less than exemplary even as other developing nations have raced ahead of India in nurturing academic talent, and in promoting research. China's performance in this regard has been the most extraordinary.

- India lags China in terms of research impact
- India lags China in terms of educational institutes in world top 500
- India lags china in gross enrolment in Higher Education
- India lags China in spending on research and development

Vibrant democracies such as India, where 'Education' is on the Concurrent List of the Constitution, require deliberations, debates and discussions at all levels of the Government and regulatory architecture, and among different types of higher education institutions to go forward.



Gita Jayanti and Special Lecture on National Education Policy – 2020



Dean of Academics, Pro Vice Chancellor, Vice Chancellor, Adviser to the Chancellor, Dr. Ramesh Pokrhial ji & Chancellor

Gita Jayanti and Special Lecture on National Education Policy - 2020 (NEP-2020) was organised at Prashanti Kutiram on 14th December 2021. The programme started with an invocation by Ms. Sanju Khaiju, II year BNYS student.

Dr. B R Ramakrishna, Hon'ble Vice-Chancellor welcomed all the guests and spoke on the importance of NEP-2020 in school and college curriculum and gave rich tributes to Dr. Ramesh Pokrhial ji for initiating this policy when he was the Union Human Resource Development Minister.

On the special occasion of Gita Jayanti, Chief Guest, Dr. Pokrhial ji, Hon'ble MP and Former Union Minister spoke about NEP-2020. He said that the desire of our Honourable Prime Minister is to make Bharat into Aatma-Nirbhar, clean, efficient, strong, Swachh and pre-eminent country in the World in that regard NEP-2020 has been drafted. He mentioned the importance of prevention over cure and how Ayurveda has the answers to all the contemporary diseases and said that the 'Jyotir Vijgyana' of India is most ancient, the contributions of Indian Sages such as Sushruta, Bharadwaja, Bhaskaracharya, Panini and others are noteworthy. The Parliamentarian said that it is the Prime Minister's desire that

Young India should rise again and for which Ph.D. holders of S-VYASA should become knowledge ambassadors of India and appealed to the University Officials to mould leadership qualities among the youth. He further said that NEP-2020 gives more importance to the Mother tongue in Primary education and emphasised on developing strength, and solution oriented mentality and referred by Swami Vivekananda as to how the strength of our country lies in its language, culture and education. The Parliamentarian said that AI and vocational course with Internship facilities, Academic Bank of Credibility are a part of NEP-2020. He paid rich tributes to Honourable Chancellor Guruji and his sojourn from NASA to VYASA is exemplary in nature. He also spoke about the importance of Bhagavad Gita as it is a means of attaining excellence and Gita should be united with lifestyle



Dr. Ramesh Pokrhial ji



and student should resolve to make a great 'Sankalp' to imbibe patriotism and national spirit in all their endeavours which includes reformation, performance and transformation of individual in particular and India in general.

Prof. K Subrahmanyam, Adviser to Honourable Chancellor in his speech said that Macaulay's views on Sanskrit and Bhagavad Gita should be taken into by youth and they should develop problem solving capacities, strengthen will power and service attitude and said that NEP-2020 would help in reviewing positive education leading to global education.

Dr. N K Manjunath, Pro Vice-Chancellor and Director, Anvesana, briefed on the ongoing research projects at Anvesana where the research interventions have received all global and national accolades with evidence based research in the University.

In his presidential address Honourable Chancellor, Dr. H R Nagendra ji said that S-VYASA students are talented and creative who have the ability to provide jobs than be the seekers. He appealed to the students to develop 5 fold personality, civic sense, patriotism, solidarity, and gave an example that during the establishing of Vivekananda Rock Memorial by Sri Eknath Ranade ji, where Rs. 30 lakh was



Felicitation to the Chief Guest, Dr. Ramesh Pokhriyal ji

donated by the youths all over India. He told that India is transforming form the domains of BT, CT, IT to Yoga Technology (YT) and S-VYASA is making that difference and called on the students to know more about the strong foundations of Indian scientific knowledge. As a part of the Gita Jayanti celebrations the Chancellor brought out Arjuna's crisis conflict between duty and morality, individual ethics versus the world ethics and how Krishna solved this in Bhagavad Gita.

Prof. M K Sridhar, Registrar gave a hearty vote of thanks and the Chief Guest Shri Pokhriyal ji was felicitated by all the Senior Officers of the University. Dr. Ganga, Faculty BNYS compeered the program and it ended with Shanti mantra.

The **Guest Lecture on National Education Policy - 2020 (NEP-2020)** delivered by Prof. Adinarayana from Amrita University, Coimbatore on 16th December 2021 along with weekly faculty meeting at Prashanti Kutiram. He highlighted on NEP benefits of modern education system, which can really help our young generations. Dr. H R Nagendra ji, Hon'ble Chancellor & Prof. K Subrahmanyam ji, Adviser to Hon'ble Chancellor also spoke about an overview of NEP-2020.





Santosha Hall inaugurated by Sri Rajeev Kumar, Deputy Director General, ICCR

Prashanti Kutiram, Dec 2: Newly renovated Santosha Hall was inaugurated in the august presence of Dr. H R Nagendra ji and Sri Rajeev Kumar, Deputy Director General, Indian Council for Cultural Relations, Ministry of External Affairs, GoI, New-Delhi. The programme started with Aswini Mantra and invocation song by the students of Sushrutha Ayurvedic Medical College and Hospital followed by lighting of the lamp by dignitaries.

Dr. B R Ramakrishna, Hon'ble Vice-Chancellor, S-VYASA welcomed all the guests and introduced Sri Rajeev Kumar and his long contribution as Ambassador in the realm of External Affairs, Cultural Relations, and United Nation's Climate Change initiatives.

Dr. N K Manjunath, Pro Vice-Chancellor, S-VYASA introduced Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Vivekananda Yoga Anusandhana Samsthana (VYASA) under the able leadership of Dr. H



Santosha Hall inauguration by Sri Rajeev Kumar

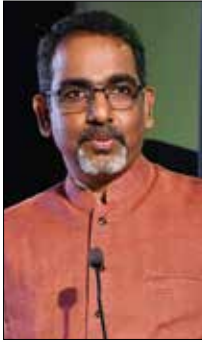
R Nagendra ji and said that the thrust areas of these institutions are Yoga-Research with high academic standards. He further said that the S-VYASA working with 5 major divisions of Life Sciences, Humanities, Spirituality, Physical Science and Management and VYASA which has earned Global identity through its AYUSH based research to combat various non-communicable diseases and life-style issues. He briefed on the role of VYASA Affiliation Centres in taking the



Felicitation to Sri Rajeev Kumar, Deputy Director General, ICCR



Vice Chancellor



Pro Vice Chancellor



Chancellor



Address by the Chief Guest, Sri Rajeev Kumar

Yoga to reach every part of the World.

Sri Rajeev Kumar, Deputy Director General, Indian Council for Cultural Relations, New-Delhi, in his address to the students said that he is desirous of hearing about Yoga from the Young Yogis as they have immense potentiality and opportunities to expand Yoga all over the World. He said that as Indian Ambassador to Senegal, Mozambique he organized several International Day of Yoga events which has reached the common masses in Africa. The same programme was rotated in front of various historical monuments. He called upon the students of PG and PhD to make use of Yoga as a Soft Power and discipline and take up assignments as teachers of Indian culture in various Indian embassies. Through Yoga and Indian culture, we can reach the world as one family (Vasudaiva Kutumbakam). He said that as an economist, he would emphasize on research and publication for country's development.

Dr. H R Nagendra ji, Hon'ble Chancellor in his presidential address elaborated upon the Indian Technical and Economic Cooperation Programme (ITEC) of S-VYASA, deemed to be University was a grand success which has the highest review. He told that ICCR can spread the Soft Power of Yoga globally and a Memorandum of Understanding can be signed between S-VYASA and ICCR for such activities. He further informed about the SWAYAM courses being offered to S-VYASA by All Indian Council for Technical Education, New Delhi.

Prof. K Subrahmanyam, Adviser to Hon'ble Chancellor emphasized that Yoga and Culture are important components of India which should be spread by ICCR globally. Prof. MK Sridhar, Registrar proposed a hearty Vote of thanks. Dr. R Venugopal, Director, Regional Office, ICCR, Mr. Joy, Advocate and other dignitaries were present. Dr. Renuka and Dr. Akshata compeered the programme and the programme concluded with Shanti Mantra.



Chief Guest with the Research @ Anvesana



Havan @ Temple Complex of Prashanti



Yogashree award to Vice Chancellor, Dr. B R Ramakrishna



Bengaluru, Oct 30: Dr. B R Ramakrishna, Hon'ble Vice- Chancellor is awarded with 'Yogashree' award for his contributions in the fields of Ayurveda and Yoga.

The award was conferred by Sri S M Krishna, Former Chief Minister of Karnataka and Former External Affairs Minister, Govt. of India. The award ceremony was attended by Sri P G R Scindia, Sri Suresh Kumar, Former Ministers, Govt. of Karnataka and Sri B L Shankar, Former Member of Legislative Council, Karnataka.





Leadership Workshop for elected representatives of Panchayatraj



Women from various villages of Doddaballapur and Volunteers from Adamyia Chetana with the Dignitaries

Sri Ananthakumar Foundation, Adamyia Chetana in collaboration with S-VYASA, Deemed to be University organized “Leadership Workshop for elected women representatives of Panchayatraj” from 24th - 26th December 2021 at Prahsanti Kutiram. 27 women from various villages of Doddaballapur and volunteers from Adamyia Chetana participated. Hon’ble Chancellor, Dr. H R Nagendra inaugurated the workshop by lighting the lamp. In his inaugural speech, he said that one should develop leadership qualities by enhancing fivefold personality, and also inculcate human values. Dr. N K Manjunath, Pro-Vice-Chancellor elaborated on the S-VYASA activities. Dr. Tejaswini Ananthakumar, Chairperson and Co-founder of Adamyia Chetana explained the necessity of leadership qualities and the aim of Sri Ananthakumar Foundation in preparing leaders at the grass root level. The president of the foundation, former MLC and current Hon’ble Chancellor of Orissa Central University, Prof. P V Krishna Bhat traced the post independent social & political developments of India and emphasized on the responsibility of elected representatives to the citizens and people. Prof. T S Gopal, the

coordinator gave the details of the workshop. Prof. M K Sridhar, the Registrar, S-VYASA welcomed the dignitaries and participants.

In the following 2 days’ workshop several resource persons elaborated upon various topics such as Mr. Ananthakumar as role model for leaders, evolution of leadership, improvement of agriculture, waste management, role and significance of panchayat in administrative system, health management, food, communication skills, group discussions, community efforts and they had discussions with the participants.

Sri Shankar, Senior Yoga Therapist, S-VYASA taught techniques of Yogasana, Pranayama and Cyclic Meditation. On 26th evening, valedictory function was held. Dr. R Nagarathna, Medical Director, Arogyadhama of S-VYASA gave advice regarding physical and mental health to be maintained by the participants for which good food habits should be administered. Dr. Tejaswini Ananthakumar offered grateful thanks to S-VYASA for success of the leadership workshop. Prof. P V Krishna Bhat, Prof. M K Sridhar and Prof. T S Gopal were present. Dr. R Nagarathna distributed the certificates. Dr. Swathi P, Asst Prof., BNYS Program compeered the program. Dr. B R Ramakrishna was instrumental in pre-workshop deliberations.





Books Donation by Dr. John Ebenezer



Dr. John Ebenezer, renowned Orthopedist, Padma Shri awardee, Senior Visiting Fellow, S-VYASA, Deemed to be University, donated over 140 books to Swami Vivekananda Yoga Anusandhana Samsthana. The donated books had range of topics such as; Anatomy & Physiology, Orthopedics, and Medical Sciences. Dr. H R Nagendra ji, Hon'ble Chancellor received the books on behalf of S-VYASA, Prof. K Subrahmanyam, Adviser to Hon'ble Chancellor, Prof. M K Sridhar, Registrar, Dr. Sony Kumari, Dean of Academics (i/c) were present during the occasion.



Yoga Instructor's Course (YIC) – Batch 222, Dec, 2021



Yoga Dharma Immersive Retreat S-VYASA and Anaadi Foundation

Dec 11th - 17th: In modern times, people, including youth, seem to be bored with routine life, feel listless, lack the child-like enthusiasm, frustrated, are always on the edge and start seeking a break or a change. For some, the fulfilment with current life motivates them to explore further. Thus leading a life guided by Yoga and Dharma is much needed as we get pulled and swayed by various distractions, options and our own doubts. The questions that arise in our mind need deeper answers and a higher inspiration, direction and momentum. This can be recognized as a fundamental spiritual longing.

Through an introspective approach filled with discussions, activities and frameworks from the Indian tradition, the Yoga Dharma immersive retreat offered participants an opportunity at enriching the knowledge of the self and the Bharatiya parampara. The participants came from diverse backgrounds, each with their own motivations and quest. The diverse questions brought multiple perspectives and their observations and sharings enriched the discussions.

The richness, depth and knowledge of the



Bharatiya parampara (Indian tradition) inspires people from all over the world. 'Bha' meaning the light of knowledge, Bharata has been the land sought by people across the world for this light of true knowledge. Her sciences - both material and spiritual - are treasures that form the basis for her rich civilization, culture, literature and development. Participants developed an intuitive exposure to the rich tradition of knowledge in the Indian tradition comprising the 14 vidyas, 64 kalas, Itihaasa-Puranas and the shad-darshanas.

One of the unique aspects about the retreat was to adopt a healthy confluence of Indian knowledge systems and the modern sciences to understand the various concepts related to health, well-being and the world around us. Theories from cognitive neuroscience, psychology, modern cosmology, medicine, biology were juxtaposed with the knowledge and worldviews mentioned in the Itihaasa Purana and Indian knowledge systems. Emerging interdisciplinary research on these areas, akin to the research on Yoga and Ayurveda being done at S-VYASA, was shared. Participants understood the need and opportunities for an interdisciplinary research in Indian knowledge systems and modern sciences to help solve the problems of the world





and further our current scientific understanding.

The simplified schedule during the program helped to declutter the mind, redefine and identify essentials through the process of viveka. Such a process helped widen everyone's perspective, sharpen the intellect thereby helping in enhancing one's efficiency and capabilities. Throughout the program, participants learnt practical tips on how to simplify life and be more effective in whatever they are doing. Several practical challenges in pursuing a healthy routine and doing the sadhana regularly were discussed by participants.

Mornings began with a round of asanas, pranayama and dhyana led by Shriman Adinarayanan ji. Yoga is a way of life and yet provides tools to make for an effective life where health, happiness and cognitive clarity become the basis for achieving success in whatever we take up. Through these sessions, participants learnt about the Yoga Sutras of Maharishi Patanjali and experienced them through the

various practices. Participants learnt to develop an inner awareness while performing the asanas and practises and to carry this inner stillness within during the day as we engaged in various activities and sessions during the day. The sessions provided the practical tools to apply our learnings on Yoga and experience them. Some of the series of asanas practised included pavanamukta asanas, Surya Namaskar followed by shavasana, ardhmatsyendrasana, paschimotthanasana and others. The sessions helped to learn about our own body, breath and mind; to become sensitive and aware of them and how to regulate them in order to achieve health and happiness. Doing these practises daily coupled with sattvika food, participants felt energetic throughout the day during the power-packed sessions.

Maitri Milan in the morning provided a perfect beginning to the jnana sessions with the Hanuman Chalisa and verses from the Bhagavad Gita. Evening bhajans nurtured our hearts with divine love and devotion and provided everyone an opportunity to soak in the divine bliss. Participants were delighted to listen to the pearls of wisdom from Subramaniam ji during the Maitri Milan and other sessions during the retreat. His compelling style and narration, his stories from the lives of Sri Ramakrishna Paramahansa and Swami Vivekananda inspired participants to live a life in pursuit of truth and in service to society.





Participants were grateful to have daily sessions and interactions with Guruji Dr. H R Nagendra. In his simple and lucid style, Guruji brought out the essence of karma yoga from the Bhagavad Gita for the participants. He explained about the three gunas, about nishkamya karma, about karma-phala tyaaga and about integrating raja yoga, jnana yoga, bhakti yoga with karma yoga in such a clear manner that participants could understand and see the principles clearly. He shared his personal experiences and wisdom from meeting with people all over the world. Listening to stories from his life was truly inspiring. Everyone felt truly inspired to talk and listen to Guruji, learn about his vision and mission, to see his life work. His hard work, knowledge and dedication reflects in people's love and admiration for Guruji and everyone saw in him a role model to emulate.

The rich knowledge of the Bharatiya parampara and principles from Ayurveda and Yoga were discussed and Shriman Adinarayanan ji and Matrushree Smrithi Rekha ji shared best practises that they had arrived at over time with participants. Needless to say, these sessions were among the most awaited for by participants and one discussion would often lead to another and all of the questions were systematically addressed by the gurus.

In the Indian tradition, the spiritual longing or longing for higher exploration is well

conceptualised through the Purushartha: Dharma, Artha, Kama and Moksha. The Purushartha provides a framework to pursue material life and pleasure within the dynamic boundaries of Dharma and keeping the larger purpose of Moksha in focus. Mahabharata provides us with a powerful narrative exploring the complexities of life and a framework of Dharma (among other concepts) that helps resolve the apparent conflicts and contradictions of modern-day existence. One of the core components of the program were the stories from the Mahabharata which illustrated the various principles of Dharma and values amidst immense complexity and challenges and how one may follow it. Participants listened to the stories with rapt attention as Adinarayanan Ji and Smrithi Ji took them on journeys across space and time. By the end of the retreat, participants felt liberated from their constraints, could feel the dramatic shift in their worldview, the sense of Dharma in their hearts and an inspiration to live by these values. Participants were also inspired to study these texts themselves and to pursue their journey on the path of dharma and moksha further.

Everyone had the opportunity to listen to Shri N V Raghuram ji, founder chairman of Yoga Bharati USA who shared about meditation on OM and the various states of consciousness. He beautifully explained concepts from the Upanishads and how they can be used in one's meditations.

Participants were fortunate to have an interaction with Shri Ramachandra G Bhatt ji, Vice-chancellor, S-VYASA University and Chairman, Ved Vijnana Shodha Samsthana. He shared about the importance of following a Vedic lifestyle and provided great insights on the rich knowledge in the Vedas. He also explained about the importance of time and muhurta in the Vedic tradition. Participants were inspired to listen to him and eventually planned to learn more and visit his famous



Gurukulam in Bangalore after the retreat.

The atmosphere at S-VYASA and Prashanti Kutiram is spiritually charged and one feels a natural sense of healing and balance coming to the campus. The doshas start to balance and the mind feels serene and peaceful. The beautiful campus provides an ideal space for learning and spiritual pursuits.

The rich variety of foods and drinks were simply delicious and appreciated by all the participants. Simple, nutritious and sattvika food helped keep our minds fresh and available to receive the knowledge throughout the day and provided the much needed detox from the foods in the cities. It is indeed inspiring to learn how a specialised Ayurvedic diet based on Vata, Pitta, Kapha is offered to residents and visitors at such a large scale and the taste ensured at the same time.

During the afternoons from 3-4 pm, everyone participated in the cyclic meditation. The meditation was deeply relaxing and many participants felt deeply rejuvenated by the end of the practice.

Evenings and afternoons were used by participants to reflect on the day's learnings and see the principles in their own lives. This provided the space to discuss, share, go deep, come up with insights and questions both within oneself and together as a group. Many reflection sessions and discussions became so exciting that participants stayed up late.

The positive rigour of the program inspired the participants to become vibrant people capable of handling complex life situations with ease and comfort. By the end of the retreat participants felt ever inspired to carry and spread the light of Dharma and the Bharatiya parampara with them and to share the benefit of their learnings with their family, community, nation and the world at large. Soaking the blessings of the gurus, Sri Ramakrishna Paramhansa, Swami Vivekananda and Ma Sharada Devi, participants were inspired to live by Swami Vivekananda's motto, "Arise, Awake and Stop not till the goal is reached".

The spiritual retreat is planned to be conducted on a regular basis and the next retreat is planned for February 3 to 6, 2022. Visit anaadi.org/ydi for further details and registration.



A Meeting on the Adoption of Govt. Schools of Anekal Taluk was arranged on 8th Dec 2021 at Prashanti Kutiram, which was attended by BEO, Sri Narasimharaju P, ECO, Sri Naveen Kumar, CRP, Sri Nagaraju, Anekal Taluk, Head Masters & Head Mistresses of Various Govt. Schools. The meeting was attended by Dr. H R Nagendra ji, Hon'ble Chancellor, Dr. R Nagarathna, Medical Director, Arogyadhama, Prof. M K Sridhar, Registrar & other faculties.



Guruji, H R Nagendra ji & Dr. R Nagarathna with Dr. K S Gopinath, Surgical Oncology, HCG Hospital, who gave a Speech in Weekly Seminar on Yoga and Cancer on 4th Dec 2021 at Prashanti Kutiram.

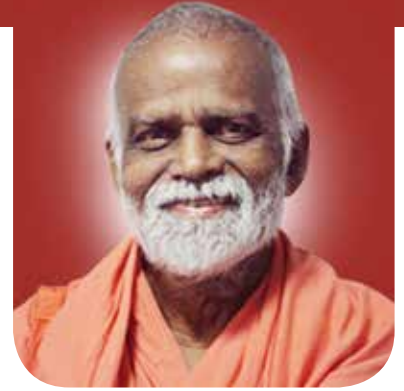
Guruji, H R Nagendra ji & Dr. R Nagarathna with Dr. Satish Babu K N, Endocrinologist who gave a Speech in Weekly Seminar on Yoga and Diabetes on 11th Dec 2021 at Prashanti Kutiram.



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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