

# YOGA SUTRA



A Monthly Journal of SVYASA (Deemed to be University)



**International Conference on Frontiers  
in Yoga Research and its Applications –  
A Landmark Event in Yoga Research,  
Successfully Completed**

JANUARY 2026

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**S-VYASA**  
Deemed to be University



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H. R. Nagendra  
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Dr. N.K. Manjunath Sharma  
Vice Chancellor (VC) Of S-VYASA



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# YOGA SUDHA

January 2026

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## CONTENTS

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**Editorial**

**3**

**Message From the Vice Chancellor**

**4**

**Division of Yoga & Spirtuality**

**5**

**Division of Yoga & Life Sciences**

**14**

**Division of Yoga & management Studies**

**20**

**Division of Yoga & Humanities**

**24**

**S-vyasa**

**26**

**26th INCOFYRA 2025**

**33**

# EDITORIAL

**Dr H R Nagendra**  
**President S-VYASA**



Contemporary rehabilitation science is increasingly confronted with the complex interplay of chronic disease, functional impairment, psychological distress, and declining quality of life. While advances in medical technology have improved survival, they have not always translated into complete functional recovery or holistic well-being. In this context, the integration of yoga as a therapeutic modality offers a systems-based approach that addresses the interconnected dimensions of body, breath, mind, and behavior. This thematic compilation from Anveshana Research Laboratory, S-VYASA Deemed to be University, reflects an evolving scientific consensus that yoga-integrated rehabilitation can meaningfully augment conventional care across a spectrum of clinical conditions.

Thematic Section I, *Breath-Centered Recovery: Yogic Approaches to Pulmonary Rehabilitation*, highlights the pivotal role of pranayama, regulated breathing, and interoceptive awareness in restoring pulmonary mechanics, gas exchange efficiency, and autonomic balance. Emerging evidence suggests that breath-centered yogic interventions can reduce dyspnea, improve exercise tolerance, and enhance patient adherence by fostering self-regulation.

Thematic Section II, *Healing the Heart: Yoga-Integrated Cardiac Rehabilitation*, extends this integrative framework to cardiovascular recovery. Beyond physical reconditioning, yoga's influence on autonomic modulation, inflammatory pathways, endothelial function, and psycho-emotional resilience positions it as a valuable adjunct in secondary prevention and long-term cardiac care.

Neurological recovery is addressed in Thematic Section III, *Rewiring Recovery: Yoga, Neuroplasticity, and Functional Rehabilitation*. Here, yoga is examined through the lens of neuroplastic mechanisms, including sensorimotor reintegration, cortical reorganisation, and attentional control. These contributions underscore yoga's potential to

enhance functional outcomes in stroke, neurodegenerative conditions, and post-traumatic neurological impairments.

The challenges of long-term disease management are explored in Thematic Section IV, *Yoga in Chronic and Degenerative Disorders*. By integrating physical practices with cognitive and behavioral regulation, yoga offers a sustainable, low-cost strategy to mitigate disease progression, reduce symptom burden, and improve health-related quality of life in chronic non-communicable and degenerative conditions.

Thematic Section V, *Rebuilding Movement: Yoga-Based Musculoskeletal and Injury Rehabilitation*, focuses on restoring structural integrity and movement efficiency. Yoga-based interventions emphasise alignment, proprioception, graded loading, and mindful movement, supporting safe recovery while reducing reinjury risk.

Expanding rehabilitation beyond illness, Thematic Section VI, *Beyond Performance: Yoga in Sports Rehabilitation and Recovery*, positions yoga as a tool for injury prevention, recovery optimization, and psychological readiness, bridging therapeutic rehabilitation and high-performance sport.

Finally, Thematic Section VII, *Restoring Mental Balance: Yoga for Psychological Rehabilitation and Resilience*, addresses mental health recovery, highlighting yoga's role in emotional regulation, stress resilience, and cognitive clarity—dimensions increasingly recognized as central to rehabilitation success.

Collectively, these sections articulate a unified paradigm: rehabilitation as the restoration of coherence across physiological, neurological, psychological, and behavioral systems. This body of work reinforces yoga's transition from complementary practice to evidence-informed, integrative rehabilitation science, aligned with the future of personalized and preventive healthcare.

# Message From the Vice Chancellor

*With Warm Regards*  
**Dr. Manjunath N K**  
**Vice Chancellor**  
**S-VYASA Deemed to be University**  
**Bengaluru**



As we welcome the year 2026, I extend my warm New Year greetings to all readers of Yoga Sudha. The New Year, beginning on 1st January, offers us an opportunity for renewal, self-reflection, and conscious goal-setting. From a yogic perspective, this moment invites us to realign our thoughts, actions, and lifestyle with the principles of balance (samatva), discipline (abhyāsa), and inner awareness. True progress, as Yoga teaches us, begins with mastery over the mind and harmonious living.

The January 1st also coincides with Kalpataru Day, a spiritually significant occasion commemorating the divine awakening of Sri Ramakrishna Paramahansa. Kalpataru symbolizes the fulfillment of noble aspirations through purity of heart and surrender to higher consciousness. Yoga serves as a practical path toward this awakening, guiding individuals to transcend limitations, cultivate compassion, and realize their inner potential. January 1st is also very special to S-VYASA University and VYASA Group of Institutions as we celebrate the birth day of our Pujya Guruji - Dr. H R Nagendra ji.

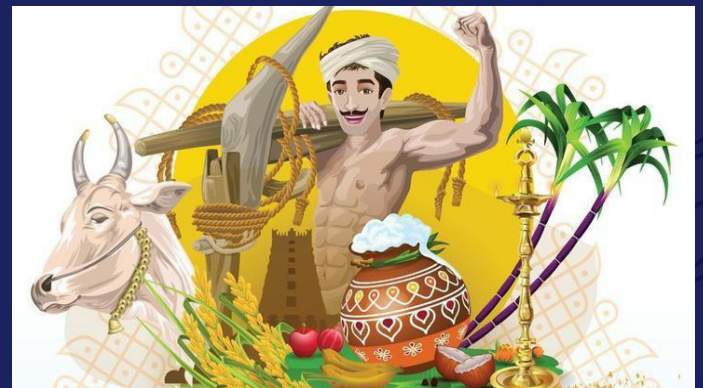
January 12th is an important day in the calendar of S-VYASA as we celebrate Swami Vivekananda Jayanthi and Universal brotherhood Day. We also conduct S-VYASA's annual Convocation on the same day when our students cherish their dreams as they become our graduates and torch bearers.



Makara Sankranti, celebrated on 14th January, marks the sun's transition into Uttarayana, symbolizing the movement from darkness to light and from inertia to dynamism. It is an auspicious time to adopt healthy routines, practice āsana, prāṇāyāma, and meditation, and align our lives with nature's rhythms. Makara Sankranti is also known as the festival of harvest or Suggi Habba in Karnataka, Pongal (Tamil Nadu), Lohri/Maghi (Punjab/Haryana), Bihu (Assam), Uttarayan (Gujarat), and Sankranti in Andhra Pradesh and Telangana.

The month concludes with the proud celebration of India's Republic Day on 26th January, a day that reaffirms the nation's commitment to democratic values, unity, and constitutional ideals. Yoga, rooted in India's ancient wisdom, plays a vital role in nurturing disciplined, emotionally balanced, and value-oriented individuals—essential for nation-building and global harmony.

As we move forward in the New Year, may these observances inspire us to integrate Yoga as a way of life, fostering physical well-being, mental clarity, and spiritual growth. Let us strive for personal excellence while contributing meaningfully to society. With best wishes for a peaceful, purposeful, and Yoga-filled New Year 2026.





सत्यमेव जयते

प्रधान मंत्री  
Prime Minister

### MESSAGE

The 26<sup>th</sup> INCOFYRA Conference marks an important milestone in the advancement of Yoga research and its application in health and well-being. I commend Swami Vivekananda Yoga Anusandhana Sansthana (S-VYASA) for its visionary leadership in organising this international conference on the frontiers of Yoga science.

Through sustained and rigorous inquiry grounded in classical Yogic wisdom, S-VYASA has played a pioneering role in establishing Yoga as a credible, evidence-based discipline. Its work has significantly strengthened the integration of Yoga within contemporary healthcare systems.

The INCOFYRA Conference provides an inclusive platform that brings together academics, scientists, clinicians, researchers, policymakers, industry experts and Yoga practitioners from across the world. This multidisciplinary engagement enables meaningful dialogue on integrating Yoga with conventional medical frameworks, including neurology, cardiology, pulmonology and other domains of modern medicine. Such collaboration is essential for advancing effective integrative healthcare models.

In the context of rising non-communicable diseases, lifestyle disorders and mental health challenges, the relevance of Yoga has grown substantially. Evidence-based Yoga interventions can offer preventive and therapeutic benefits that complement modern medical treatments. Investing resources and efforts in high-quality research is vital to ensure standardisation, safety and wider acceptance of Yoga within public health systems.

India has taken a leadership role in strengthening the scientific foundations of Yoga through the use of modern research methodologies. Institutions of national importance have made notable contributions by advancing clinical research and integrative models of care.

May the 26<sup>th</sup> INCOFYRA Conference come up with valuable academic insights and policy-relevant recommendations, contributing to healthier societies and nations.

(Narendra Modi)

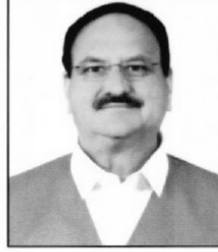
New Delhi

अग्रहायण 24, शक संवत् 1947

15 December, 2025



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### **MESSAGE**

I am delighted to know that Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bengaluru, is organizing 26<sup>th</sup> International Conference on Frontiers in Yoga Research and its Applications (INCOFYRA) on the theme “*Yoga as Rehabilitation Medicine – Plasticity, Performance & Resilience*”, scheduled from 18<sup>th</sup>–21<sup>st</sup> December 2025 at Prashanti Kutiram.

This conference reflects India’s continuing leadership in integrating the wisdom of yoga with modern scientific research. The focus on neurorehabilitation, sports medicine, and musculoskeletal health underscores the growing relevance of yoga-based approaches in strengthening functional recovery, improving performance, and enhancing overall wellbeing.

I am confident that INCOFYRA will bring together distinguished experts, clinicians, researchers, and policymakers to exchange knowledge, encourage high-quality evidence generation, and advance yoga as an accessible, globally relevant tool for rehabilitation and public health.

I extend my best wishes to SVYASA, the organising committee, and all participants for a successful, enriching, and impactful conference.

**(Jagat Prakash Nadda)**

धर्मेन्द्र प्रधान  
धर्मोच्च पुषार  
Dharmendra Pradhan



75  
आज़ादी का  
अमृत महोत्सव

शिक्षा मंत्री  
भारत सरकार  
Minister of Education  
Government of India



### Message

I am delighted to learn that **Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) University, Bengaluru** is hosting the 26<sup>th</sup> International Conference on Frontiers in **Yoga Research and Applications (INCOFYRA)**, based on the theme **"Yoga as Rehabilitation Medicine – Plasticity, Performance & Resilience,"** and also releasing its souvenir in commemoration.

For centuries, India has served as a guiding light for the global community in the realms of yoga and holistic wellbeing. Rooted in the profound teachings of our ancient seers and scholars, yoga has matured into a deep and holistic discipline that harmonises body, mind, and spirit while expanding human potential.

I commend S-VYASA University for its unwavering dedication to promoting excellence in yoga education, research, and holistic practice for health care. The participation of distinguished national and international experts will undoubtedly enrich academic dialogue and catalyse new directions in rehabilitation, performance optimisation, and holistic health.

May the deliberations at the 26<sup>th</sup> INCOFYRA yield profound insights, fruitful collaborations, and transformative advancements for global healthcare.

  
Dharmendra Pradhan

सबको शिक्षा, अच्छी शिक्षा

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#### MESSAGE

I am pleased to learn that the International Conference on Frontiers in Yoga Research and Application (INCOFYRA) is being organized by Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bengaluru, India from December 18<sup>th</sup>-21<sup>st</sup> 2025.

The theme for the 26<sup>th</sup> INCOFYRA "Yoga as Rehabilitation Medicine-Plasticity, Performance & Resilience", is highly focused on understanding the prospects of integrating yoga and other allied complementary medicine therapies into the conventional framework of neuro, cardiac, pulmonary and sports rehabilitation medicine.

I appreciate the initiative taken by SVYASA and the organizers for the conference. I extend my best wishes to the organizers for bringing together experts, practitioners, and researchers on one platform for fruitful and insightful discussions.

(Rajesh Kotecha)

15<sup>th</sup> December, 2025  
New Delhi

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MESSAGE

It gives me immense pleasure to convey my heartfelt greetings to all the distinguished delegates, researchers, scientists, clinicians, yoga practitioners, and well-wishers participating in the 26th International Conference on Frontiers in Yoga Research and Applications (INCOFYRA).

S-VYASA has always stood as a beacon of India's rich yogic heritage, blending ancient wisdom with cutting-edge scientific research. The university's consistent efforts in education, research, and clinical practice have contributed significantly to building global credibility for integrative and holistic health systems. I am truly proud to be associated with this esteemed institution and to witness its continued growth and impact.

This year's conference theme, "Yoga as Rehabilitation Medicine – Plasticity, Performance & Resilience," is both timely and visionary. As the world grapples with rising lifestyle disorders, mental health challenges, and the demands of modern living, the role of yoga in enhancing neuroplasticity, improving functional recovery, and promoting resilience becomes profoundly relevant. Integrating yoga and complementary therapies into mainstream neuro, cardiac, pulmonary, and sports rehabilitation will open new doors for scientific exploration and holistic healing.

The INCOFYRA platform brings together global experts, encourages meaningful collaboration, and nurtures a spirit of inquiry that is essential for the advancement of integrative medicine. I am confident that the deliberations, research presentations, and interactions during the conference will inspire new ideas, strengthen interdisciplinary connections, and pave the way for innovative solutions in healthcare.

I congratulate the organisers for their committed efforts and extend my best wishes for the grand success of the conference. May this souvenir serve as a lasting testament to our shared vision of bringing health, harmony, and well-being to humanity through the science and practice of yoga.

With warm regards and blessings,

*Sajjan Bhaajanka*

SAJJAN BHAJANKA  
Chairman





**MESSAGE**

It is with great joy and heartfelt appreciation that I extend my warm greetings to all the delegates, organizers, and participants of this special occasion of the Twenty Sixth INCOFYRA with the major theme of "YOGA as Rehabilitation Medicine" I am presently in Dallas, USA, my mind and heart remain deeply connected to the values and vision that this event upholds.

The work being carried out through VYASA and its global family reflects the timeless wisdom of yoga—bringing harmony, resilience, and inner strength to individuals and communities. I applaud the dedication of everyone involved in promoting these teachings and fostering a spirit of service, unity, and well-being.

May this souvenir serve as a reminder of our shared commitment to spreading the light of yoga across the world. I wish the program grand success and pray that it inspires many more to walk the path of knowledge, health, and self-transformation.

With warm regards and best wishes,



**PRESIDENT- SB International, Inc.**

**&**

**VICE PRESIDENT- SVYASA, Bangaluru**

# ब्रह्मसूत्रम् (Brahmasutram)

Abhavaà bādarirāha hyevam ||Brahma Sūtram 4-4-10||

**Meaning:** There is absence (of body and organs, in the case of the liberated souls) (asserts) Baadari, for thus scripture says.



**Prof. Ramachandra G Bhat**

Former Vice Chancellor

S-VYASA deemed to be University, Bengaluru

In Caturtha Adhyāya, Pāda four, Adhikaraṇa five, Sūtra ten, the view of Bhādari Ācārya is presented and examined. This sūtra speaks of mokṣa-avasthā, the liberated condition of the individual self. However, this state cannot be described as a “status” in the ordinary sense, for it transcends all conditioned states. Bhādari explains that mokṣa is essentially a stateless state (avasthā-rahita avasthā), where all functional instruments of experience cease to have relevance. This is the meaning conveyed through the doctrine of abhāva—the absence of operative conditions after liberation.

According to Bhādari, when the individual soul attains mokṣa and becomes one with the Universal Self, the indriyas, prāṇas, and all instruments of action and cognition—jñānendriyas and karmendriyas—no longer have any role to play. Not only the gross body (sthūla śarīra), but also the subtle (sūkṣma) and causal (kāraṇa) bodies become redundant. Hence, the Bhāṣyakāra states: abhāvaḥ śarīra-indriyāṇāṃ mokṣe. Since these instruments serve no purpose in the liberated state, they dissolve into irrelevance. This condition is therefore described as boundless (ananta) and free from all functional dependencies.

Bhādari’s view is fully endorsed by Bādarāyaṇa, the Sūtrakāra. However, Jaimini presents a distinct and contrasting perspective. Jaimini does not accept this notion of complete abhāva. According to him, even in mokṣa, the individual retains embodiment along with senses and mind. His understanding of liberation is

closely associated with svarga-like continuity, supported by Vedic statements such as ekadhā bhavati and tridhā bhavati. Since Jaimini’s vidyā is primarily saguṇa-vidyā, he does not accept nirguṇa-brahma-vidyā as the final realization. Consequently, he interprets liberation as a refined continuation of embodied existence rather than absolute transcendence.

Vyāsa, however, rejects Jaimini’s view and aligns with Bhādari’s doctrine. According to the Sūtrakāra, the liberated Ātman transcends all states such as jāgrat, svapna, and suṣuptī. Beyond liberation, there is no operation of the guṇas—sattva, rajas, and tamas. The Ātman becomes supremely pure, indistinguishable from the Universal Self. In this state, all forms of bondage dissolve completely, and no trace of agency, desire, or limitation remains. Thus, Bhādari’s mata alone is upheld as the final position of Vedānta.

In this liberated condition, there are no duties, no desires, and no conditional existence—only pure knowledge remains. This state is described in the Upaniṣads as satyam jñānam anantam brahma and sacid-ānanda brahma. It is not an achievement in time but a revelation of one’s eternal nature. Therefore, Bhādari’s doctrine of abhāva, fully endorsed by Bādarāyaṇa and affirmed by Vyāsa, represents the highest and most definitive understanding of mokṣa—the final culmination of the human spiritual journey. Om tat sat Expera nullorae volo elluptas dolo berisse

## ITEC–YIC Batch 27: A Global Journey into the Heart of Yoga

### 29 Participants • 12 Countries • One Transformative Experience



The 27th Batch of the Indian Technical and Economic Cooperation (ITEC) – Yoga Instructor’s Course (YIC) at S-VYASA once again demonstrated how Yoga transcends borders, languages, and cultures. With 29 participants representing 12 diverse nations, the batch stood as a living example of global unity, harmony, and shared growth.

#### A Tapestry of Cultures

This batch brought together participants from Mongolia, Sri Lanka, Thailand, Iraq, Myanmar, Tunisia, Bangladesh, Bulgaria, Ecuador, Guatemala, Niger, and Russia—each carrying unique traditions, stories, and perspectives. Their presence transformed the campus into a vibrant confluence of global cultures, echoing the spirit of Vasudhaiva Kutumbakam—the world is one family.

From the snowy landscapes of Russia, the golden dunes of Tunisia, and the serene coasts of Sri Lanka, to the heart of Niger, the steppes of Mongolia, and the colorful traditions of Ecuador and Guatemala, every participant added depth and warmth to the collective experience.

#### A Month of Structured Learning and Inner Discovery

The comprehensive one-month YIC program offered a balanced blend of theory, practice, lifestyle discipline, and experiential learning.

#### Daily sessions included:

Morning Asana & Pranayama Cyclic Meditation & Relaxation Techniques Lectures on Yoga Philosophy, Ayurveda, Indian Culture & Spiritual Masters Kriya Practices, Chanting & Maitri Milan Karma Yoga and Practical Teaching Techniques Through these sessions, the batch experienced the holistic integration of the body, breath, mind, and deeper awareness—the very essence of Yoga.



#### Growing Together

Batch 27 embodied dedication and enthusiasm throughout the course. Classroom interactions, group practices, and cultural exchanges created an environment of mutual respect and joyful learning. Even simple moments—like early-morning gatherings, shared meals, or chanting together—became lasting memories of connection and growth.

#### A Celebration of Achievements

The valedictory event symbolized more than the conclusion of a program. It represented the beginning of a lifelong journey for each participant. Certificates were awarded with pride as participants stood not just as students, but now as ambassadors of wellness and harmony.

The serene atmosphere of the ceremony, filled with gratitude and accomplishment, reflected the guiding thought of the day:

*“Wherever the journey leads, let the heart remain fully present—and let Yoga continue to guide the way.”*

### The Spirit of Hari Om

The batch embraced the vibration of Hari Om, a mantra signifying purity, peace, and connection with the universal consciousness. Its resonance became a gentle reminder throughout the program—guiding every practice, every reflection, and every shared moment.

As the batch moves forward, the essence of Hari Om continues to echo as a symbol of unity and well-being.

### A New Beginning

The journey of ITEC–YIC Batch 27 stands as a testament to the transformative power of Yoga and its ability to bring diverse hearts together on a single path. The seeds of knowledge sown here will continue to grow wherever these participants go, carrying the message of Yoga across continents.

ITEC–YIC Batch 27 leaves as a community—connected, inspired, and ready to spread the light of Yoga worldwide.



## S-VYASA Celebrates Gita Jayanti with a Complete Recitation of the Bhagavad Gita



The Division of Yoga-Spirituality at SVYASA celebrated Gita Jayanti on 1st December 2025 with the Akhanda Parayanam (continuous recitation) of the entire Srimad Bhagavad Gita.

The auspicious event commenced with the ceremonial lighting of the lamp by the university officials. Hon'ble Dr. H.R. Nagendra, Padma Shri Awardee and President of S-VYASA, graced the occasion along with Prof. S. Siva Sankara Sai, Pro-Vice Chancellor; Prof. Sony Kumari, Registrar; Dr. Vasudev Vaidya, Deputy Registrar; and Prof. M. Jayaraman, Dean, Academics and Division of Yoga-Spirituality. Heads of various departments joined in inaugurating the Parayanam.

Guruji Dr. Nagendra addressed the gathering and shared his insights on the timeless relevance of the Bhagavad Gita in guiding one's life towards harmony and higher purpose. After the completion of the Parayanam, Hon'ble Chancellor Prof. Subramaniam and Hon'ble Vice Chancellor Prof. N.K. Manjunath delivered their concluding remarks, appreciating the devotional spirit of the participants.

The program concluded with an Arati and distribution of Prasada. Faculty members, students, and staff of S-VYASA took part enthusiastically, filling the atmosphere with devotion and reverence.

## Inauguration of the 27th ITEC–Yoga Instructor’s Course Held at S-VYASA



The Inauguration Ceremony of the 27th Batch of the Indian Technical and Economic Cooperation (ITEC) – Yoga Instructor’s Course (YIC) was held on 3rd November 2025 at S-VYASA, Bengaluru.

The event began on an auspicious note with the lighting of the ceremonial lamp, symbolizing the dispelling of darkness and the illumination of wisdom. The serene vibration of the invocation created a sacred atmosphere, setting the tone for the month-long journey ahead.

Speakers warmly welcomed the international participants, emphasizing that the YIC program is

not merely a course but a path of transformation—uniting people through the timeless wisdom of Yoga. They encouraged participants to approach the training with sincerity, openness, and joy, blending theoretical learning with deep personal experience.

The event concluded with a heartfelt Vote of Thanks, expressing gratitude to all dignitaries, faculty members, and participants for their presence and blessings.





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

Tantrayukti: IKS-Based Handbook on Thesis Construction, authored by Prof. M. Jayaraman, Dean, Division of Yoga & Spirituality and Dean Academics (I/C), SVYASA Deemed University, was formally released on 21st December 2024 during the 26th International Conference on Frontiers of Yoga Research (INCOFYRA), held at SVYASA Deemed University, Bengaluru.

The book was released in the august presence of distinguished scholars and leaders in the field of Yoga and Indian Knowledge Systems. The dignitaries who graced the occasion included Prof. Ramachandra Bhat, Guru of the author and Former Vice-Chancellor, SVYASA Deemed University; Prof. N. K. Manjunath, Vice-Chancellor, SVYASA Deemed University; Prof. Christopher Key Chapple, Doshi Professor of Indic and Comparative Theology and Founding Director of the Master of Arts in Yoga Studies at Loyola

Marymount University, Los Angeles; Dr. Vasudha M. Sharma, Co-Founder and CEO, Vyasa Health Care; and Sri Diganth Ranjan Dash, Vishva Vibhag (HSS), ICCS, Boston.

Tantrayukti presents a structured and indigenous framework for thesis construction rooted in classical Indian Knowledge Systems. Drawing upon the traditional methodology of Tantrayukti, the handbook offers valuable guidance for scholars engaged in research across Yoga, Sanskrit, philosophy, and allied IKS disciplines. The release of the book during INCOFYRA highlighted its academic relevance and its potential to strengthen research methodology grounded in Bharatiya intellectual traditions.

The occasion marked a significant contribution to IKS-based research pedagogy and was warmly appreciated by academicians, researchers, and delegates attending the conference.



Prof. M. Jayaraman Speaks on the Importance of Samskritam in Understanding the Contextual Framework of Yoga

On 10th December, Prof. M. Jayaraman, Dean, Division of Yoga & Spirituality and Dean Academics (I/C), SVYASA Deemed University, delivered a lecture on “The Importance of Samskritam in Understanding the Contextual Framework of Yoga” to a group of visiting students from Loyola Marymount University, Los Angeles, led by the renowned scholar Prof. Christopher Key Chapple.

The visiting students were participants of the 5th Indo-US Yoga Therapy Summit 2025, organized by the Institute of Salutogenesis and Complementary Medicine, Sri Balaji Vidyapeeth, Puducherry, under the leadership of Prof. Yogacharya Dr. Ananda Balayogi Bhavanani.

Across two interactive sessions spanning approximately two and a half hours, Prof. Jayaraman elaborated on how Samskritam functions as an indispensable key to understanding Yoga in its authentic and contextual depth. The sessions highlighted the precision of Samskrita terminology in Yoga āsana nomenclature, as well as its critical role in interpreting therapeutically significant Yogasūtras. Rich illustrations drawn from classical Yoga texts and their translations were employed to demonstrate how linguistic nuance shapes philosophical clarity and practical application.

The sessions were well received by the participants and underscored the centrality of Samskritam in preserving the integrity of Yoga as both a philosophical system and a therapeutic discipline.



**Prof. M. Jayaraman Presents Tantrayukti-Based Thesis Evaluation Rubric at CSU-Sponsored Bharatiya Anusandhā Paddhati Workshop**

On 7th December, Prof. M. Jayaraman, Dean, Division of Yoga & Spirituality and Dean Academics (I/C), SVYASA Deemed University, presented a Tantrayukti-based rubric for thesis evaluation, titled Bharatiya Shodha Sameeksha Margadarshi (BSSM), at a Central Sanskrit University–sponsored workshop on Bharatiya Anusandhā Paddhati, hosted by Karnataka Sanskrit University, Bengaluru.

The presentation focused on developing an indigenous, IKS-aligned framework for research evaluation, grounded in the classical methodology of Tantrayukti, offering a culturally rooted alternative to conventional evaluative models. The session received keen scholarly engagement and was well appreciated by the academic audience.



On this occasion, Prof. Jayaraman was felicitated by the eminent Samskrita grammarian Prof. Vrajabhushan Ojha ji (Banaras Hindu University, Kashi) and by Prof. Ramachandra Bhat ji, marking the event as a deeply meaningful and blessed moment.

Prof. Jayaraman also took the opportunity to introduce his recent book, Tantrayukti: IKS-Based Handbook on Thesis Construction, to the assembled scholars. Commending the initiative, Prof. Ojha ji appreciated the contribution and suggested that the book be translated into Hindi and Samskrita to enable wider dissemination and reach the intended scholarly community across Bharat.



**Prof. M. Jayaraman Delivers Lectures on Bharatiya Research Methodology to CSU Pre-PhD Scholars**

On 2nd and 3rd December, Prof. M. Jayaraman, Dean, Division of Yoga & Spirituality and Dean Academics (I/C), SVYASA Deemed University, delivered two online lectures on Research Methodology to Pre-PhD students of Central Sanskrit University, who are currently undergoing their Pre-PhD programme at Poornaprajna Saṁśodhana Mandiram, Bengaluru.

The lectures focused on key Bharatiya epistemological frameworks, with detailed discussions on Anumāna, Upamāna, and Śabda Pramāṇas as foundational tools of knowledge and inquiry. These contributions of Aristotle and George Boole was also briefly introduced

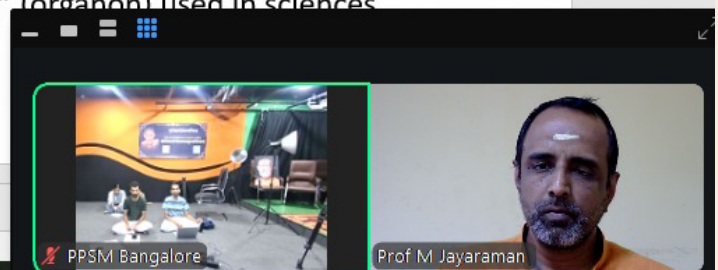
towards logic was also discussed, enabling students to appreciate Indian and Western traditions of logic and reasoning.

Prof. Jayaraman also introduced the students to the principles of Tantrayukti, highlighting its relevance as an indigenous methodology for structuring, interpreting, and constructing scholarly research within Indian Knowledge Systems.

The sessions were intellectually engaging and well received by the scholars, contributing meaningfully to their grounding in Bharatiya approaches to research methodology.

## Western Logic: Aristotle & George Boole

- **Aristotle (384–322 BCE) – Founder of Classical Logic**
- **Father of Formal Logic**  
Aristotle created the first systematic study of logic in his work *Organon*.
- **Syllogism as the Core Method**  
He introduced the *syllogism* — reasoning from two premises to a conclusion, e.g.,  
*All humans are mortal; Socrates is human; therefore Socrates is mortal.*
- **Logic as a Tool for All Knowledge**  
He considered logic a “tool of reasoning” (*organon*) used in sciences, philosophy, and debate.



*“Work is worship.” (Karma Yoga)*

*“He who serves the poor and the weak serves God.” (Karma-Bhakti)*

*“Meditation is the means of realizing the truth.” (Raja Yoga)*

## Success Stories at Arogyadhama – Department of Neurology

Arogyadhama's Department of Neurology deals with neurological disorders like Parkinson's Disease, Cerebral palsy, Multiple Sclerosis, post stroke rehabilitation, etc.

Since Neurology is concerned with the diagnosis and treatment of nervous system diseases as well as prevention of neurological disorders, diseases affecting neurons, neurotransmitter chemical imbalance, the central nervous system and spinal cord are treated here. This includes neuropathies, migraines, epilepsy, and congenital diseases like Spina bifida and others.

Patients who have undergone surgery, or those advised surgery for neurological complaints, also come to us for rehabilitation.

Under the able guidance of Dr Nagarathna and her team of doctors and therapists, an integrated approach of therapy is applied. This includes Yoga therapy, Ayurveda, Naturopathy, Acupuncture, Physiotherapy, Psychotherapy and Diet therapy for treatment of diseases and promotion of positive health.

### **Integrated Yoga Therapy in the Management of Alcohol-Related Neuropathy: Case of Mahendra Raju, age 53 years**

Here we share the experience of 53-year-old Mahendra Raju (name changed) who stayed at Arogyadhama for two weeks September 2025.

Raju came with complaints of alcohol-related right foot drop since one month. He also had pain in the right leg when sitting for prolonged periods, which was relieved by walking.

His laboratory tests showed elevated liver enzymes, hyperbilirubinemia and high ferritin, and he had also recently been diagnosed with renal calculi. The foot drop showed up in clinical examination using Manual Muscle Testing (MMT) for ankle dorsiflexion, where his score was 1 out of 5. He showed inability to perform heel walking, which confirmed dorsiflexor weakness in a 10-meter walk test (10MWT).

At Arogyadhama, Raju was given Integrated Yoga Therapy for restoring his health and wellbeing – a customized yoga-therapy module of minimum eight sessions daily (from morning 5:30 a.m. to 7:30 p.m.). These sessions, designed to address the Panchakosha – the five layers of existence – included:

Special techniques for neurology – Sukshma Vyayama, certain Asanas and breathing practices;  
Pranayama and Meditation techniques like MSRT to relax the mind.  
Devotional sessions on Gita, Upanishads and Vedas;  
Lectures on Lifestyle management, and  
Yogic counselling.

This was combined with naturopathy treatments like wet sheet pack, special massages and immersion, as well as a boiled, light diet aligned with naturopathy.

**Complete Resolution of Foot Drop & Improved Liver Function**

The participant stayed at Arogyadhama for two weeks for the treatment. He showed complete resolution of foot drop, with ankle dorsiflexion strength improving to 5/5 on MMT, normal heel-walking ability, and a normalised 10MWT gait pattern.

Biochemical markers improved markedly, and at 1-month follow-up, liver function and energy levels had greatly improved.

Below are his parameters before and after the two-week intervention, which show that a short-term integrative yoga-naturopathy intervention can significantly restore neuromuscular function – including full recovery from foot drop – as well as improve hepatic parameters.

<b>Parameter</b>	<b>On Admission</b>	<b>At Discharge</b>
Ankle Dorsiflexion Strength	1/5 on MMT	5/5 on MMT
Heel Walking	Unable to perform	Normal heelwalking ability
Bilirubin	3.8 mg/dL	0.7 MG/dL
AST	173 U/L	28 U/L
ALT	117 U/L	54 U/L
Ferritin	628 ng/mL	494.7 ng/mL

**What is Foot Drop**

Foot drop occurs due to weakness or paralysis of the ankle dorsiflexor muscles, mainly tibialis anterior, extensor hallucis longus, and extensor digitorum longus. This is most commonly caused by injury or compression of the peroneal (fibular) nerve or its roots (L4-L5).

As a result, the patient cannot dorsiflex the foot, leading to plantar flexion and toe dragging during walking, which is compensated by a high-stepping gait.

In brief: nerve lesion leads to dorsiflexor muscle paralysis, and this causes inability to the lift foot – or ‘foot drop’.

## Education and Excursion Trip report



The final-year BNYS students of S-VYASA School of Yoga and Naturopathic Medicine, Bangalore, undertook a six-day educational trip to Kerala from November 5 to 9, 2025, coordinated by Dr. Ranjini Murthy and Dr. Balagovind. This trip was designed to combine academic theory with practical experience through clinical exposure, environmental health studies, and applied Yogic practices, emphasizing the naturopathic principle of Prakriti as the primary healer. The objectives were to compare private and public naturopathy models clinically, study the healing effect of natural ecosystems, enhance endurance and focus through Yogic exercises, and develop team cohesion and discipline.

The itinerary included travel from Bangalore to Kerala, visits to Pranah Nature Cure Hospital (private, residential care model) and Government Yoga & Naturopathy College & Hospital in Varkala (public health framework), team bonding activities at Varkala

Beach, ecological field studies through mangrove kayaking, and a cultural visit to Jatayu Earth's Centre. These experiences gave insights into patient-centric therapies like hydrotherapy, dietetics, and Panchakarma in the private sector and public health-scalable therapies like fasting, clay therapy, and massage in government institutions, while the field studies highlighted ecological resilience and physical stamina.

The trip successfully met its goals by providing invaluable clinical and experiential learning essential for professional practice. Students gained a balanced perspective on private and public naturopathy sectors while strengthening discipline and teamwork. Gratitude is extended to S-VYASA University Management, Principal Dr. Apar Saoji, faculty coordinators Dr. Ranjini Murthy and Dr. Balagovind, and student coordinators Charan and Gokul for ensuring the success of this transformative experience.

## S-VYASA Hosts Grand 8th Naturopathy Day Celebration



### S-VYASA Hosts Grand 8th Naturopathy Day Celebration

The 8th Naturopathy Day was celebrated on 18th November 2025, with great enthusiasm by the S-VYASA School of Yoga and Naturopathic Medicine (SSYNM), Bengaluru.

The inaugural ceremony commenced with the lighting of the auspicious lamp by the senior officers of S-VYASA during the Prarthana Milan. This was followed by a keynote address by Guruji, Dr. H. R. Nagendra, President, S-VYASA Society, delivered to an audience of nearly 1000 participants.

In his address, he underscored the significance of Naturopathy in the mainstream healthcare system and highlighted how the principles of Yoga and Naturopathy harmoniously integrate to achieve the fundamental goal of Samatwam. The annual School magazine Pratibimba 2.0 was released by Guruji.

Subsequently, the Honourable Chancellor Prof. Subrahmanyam and Registrar Prof. Sony Kumari flagged off the awareness walkathon, in which students of Yoga and Naturopathy actively participated. As part of the celebrations, herbal saplings were planted in

the Naturopathy treatment block by senior officials, faculty members, students, and therapists, symbolizing the promotion of natural healing and environmental consciousness. The therapist training students had portrayed an exhibition with the theme, Modern life and Naturopathic way of life.

Several student-centred activities, including Pick and Speak and quiz competitions, were conducted to engage participants and enhance their understanding of Naturopathy.

In the post-lunch session, an expert panel discussion titled “Naturopathy Beyond Horizons” was organized. Esteemed panellists included the Honourable Vice-Chancellor, Dr NK Manjunath, and faculty member from Southern Cross University, Australia. The discussion explored current challenges, emerging opportunities, and the evolving landscape of Yoga and Naturopathy.

As part of the extended celebrations, a week-long lecture series on the theme “Losing Weight Naturally through Naturopathy” has been planned for therapy participants at Arogyadhama, S-VYASA.

## Overcoming Disruption: Campus Observance of World AIDS Day 2025



### Overcoming Disruption:

Campus Observance of World AIDS Day 2025 World AIDS Day was observed to reaffirm commitment to the theme Overcoming Disruption, Transforming the AIDS Response, highlighting resilience, awareness, solidarity, and sustained collective action against HIV/AIDS globally, nationally and locally.

World AIDS Day serves as a reminder of our collective responsibility to address HIV/AIDS despite ongoing social, economic, and healthcare disruptions. The global theme emphasizes the need to adapt, innovate, and strengthen awareness, prevention, and care efforts to ensure an effective and inclusive response to the epidemic.

The Red Ribbon continues to stand as a universal symbol of awareness, support, and hope. Wearing the Red Ribbon honours the lives lost to HIV/AIDS, expresses solidarity with people living with HIV, and reinforces the commitment to eliminate stigma, discrimination, and misinformation. It inspires compassion, education, and community engagement as essential tools for transforming the AIDS response.

As part of the observance, student participation played a central role in spreading awareness. On 1st December 2025, second-year BNYS students, under the Department of Microbiology and Community Medicine, distributed Red Ribbons to encourage awareness and active participation. This collective initiative symbolized unity and resilience, reinforcing that advocacy and awareness must continue even during challenging times.

On 2nd December 2025, a short awareness video created by the second-year BNYS students was screened. The video highlighted the modes of HIV transmission, key preventive measures, and the shared responsibilities of individuals, families, healthcare professionals, and society in preventing and managing HIV/AIDS. The initiative emphasized the importance of informed action and collective effort in transforming the AIDS response.

These activities were carried out under the guidance of Dr. Titty George and Dr. Moulya K. Appanna, whose leadership and support were instrumental in the successful conduct of the program.

## Two-Day National Seminar Explores IKS Approaches to Achieving Sustainable Development Goals



GPS Map Camera

Bengaluru, Karnataka, India

A two-day national seminar on the theme “Integrating Indian Knowledge System with Sustainable Development Goals: Pathways towards an Inclusive and Sustainable Future” was held on 5–6 December 2025.

The event was jointly organized by the Centre for Research in Social Sciences and Education (CeRSSE) and the Department of Languages, JAIN (Deemed-to-be University), Bengaluru.

Representing Anvesana Research Lab, Dr. Rajesh Nair and Dr. Mithila M. Vasudev presented a jointly authored research paper titled “Integration of a Yoga-Based Lifestyle for Good Health and Well-Being: Assessing the Potential of Indian Knowledge System

Approach to Achieve Sustainable Development Goal 3.” Their presentation highlighted the role of Yoga-based lifestyle practices in promoting holistic health and contributing to SDG-3.

The seminar brought together scholars, researchers, and academicians from institutions across the country. A series of plenary talks and technical sessions showcased diverse perspectives on how Indian Knowledge Systems can meaningfully contribute to national well-being and global sustainability efforts.

Overall, the seminar provided an enriching platform for dialogue, reflecting the growing academic interest in leveraging India’s traditional knowledge frameworks to address contemporary developmental challenges.

## Understanding Attitude and Learning: A Powerful Foundation for Personal Growth



School of Commerce and Management organized an enriching workshop on “Attitude and Learning Theories” as part of its Industry Expert Series, featuring Dr. Madhurima Das, an experienced L&D Consultant and Behavioral Analyst. The session aimed to deepen students’ understanding of the psychological foundations of human behavior, motivation, and learning.

The session began with an engaging discussion on the ABC Model of Attitude, highlighting how our beliefs, emotions, and actions collectively influence workplace performance and interpersonal relationships. Dr. Das emphasized that a positive attitude not only enhances productivity but also strengthens organizational commitment.

The workshop also explored key learning theories, including Classical Conditioning, Operant

Conditioning, Cognitive Learning, and Observational Learning. Real-life examples—from Pavlov’s experiments to Bandura’s Bobo Doll study—helped students understand how behaviors are learned, reinforced, or modified. These concepts were linked to organizational behavior, showing how managers can motivate employees, shape desirable actions, and improve job satisfaction.

Through roleplays and workplace scenarios, participants learned how attitudes influence performance, teamwork, and leadership. The session encouraged self-reflection and helped students recognize their own learning styles, making the experience both practical and transformative. Overall, the workshop successfully bridged psychological theory with real-world application, inspiring students to adopt mindful attitudes and effective learning practices.

## Student Industrial Visit to Bangalore Milk Union Limited



### Introduction

As part of the experiential learning and industry exposure initiatives, students of School of Management and Commerce visited Bangalore Milk Union Limited (BAMUL), popularly known through its product brand Nandini, on 1st December 2025. The visit aimed to provide insights into large-scale dairy processing operations, supply chain management, quality control, cooperative management and the functioning of a leading food manufacturing organization.

### About BAMUL

Bangalore Milk Union Ltd is one of the largest milk production and distribution cooperatives under the Karnataka Milk Federation (KMF). It collects milk from rural dairy farmers, processes it in modern plants, and markets products such as milk, curd, butter, ghee, paneer, ice cream, sweets, and flavored dairy beverages. BAMUL plays a major role in supporting rural livelihoods and ensuring quality dairy supply across Karnataka.

### Objectives of the Visit

The industrial visit intended to:

- Understand the milk procurement and supply chain management system.

- Learn about modern dairy processing techniques and automation.
- Study quality testing and safety standards in food production.
- Gain exposure to cooperative business models.
- Observe logistics and storage management in the dairy industry.

### Activities During the Visit

During the visit, students toured various sections of the processing plant, including:

- Milk Reception Dock: where raw milk collected from village cooperatives is tested and unloaded.
- Quality Control Laboratory: where milk undergoes testing for fat content, SNF (solids-not-fat), adulteration checks, and microbial analysis.
- Processing Section: where milk is pasteurized, homogenized, standardized, and stored.
- Packaging Unit: fully automated packaging lines for milk packets and other products.
- Cold Storage and Distribution System: refrigeration units and logistics planning for dispatch.

Students also interacted with plant engineers and officials who explained the production process, use of advanced machinery, and challenges in maintaining hygiene and consistency in dairy products.

## Empowering Students with Skills for Career Readiness and Placement Success



The Placement Training and Drive for MCA / MSc (CS) Second Year, Third Semester students was conducted from 8th to 12th December 2025 across Room No. 12B, 16, and 15. The program was facilitated by the Placement Faculty, focusing on equipping students with the skills and confidence required to excel in campus recruitment processes. The training sessions covered key areas such as aptitude development, technical readiness, communication skills, and interview preparation.

The drive provided students with structured guidance and practical exposure to real-time placement scenarios, helping them understand employer expectations and recruitment standards. Interactive sessions, mock interviews, and continuous feedback enabled students to assess their strengths and areas for improvement. The program concluded successfully, leaving students better prepared, motivated, and career-ready for upcoming placement opportunities.

## Bridging Academic Excellence with Career Opportunities

The Placement Drive for MCA / MSc (CS) Second Year, Third Semester students was organized on 3rd December 2025 in Room No. 12B, aiming to prepare students for upcoming career opportunities. The session was conducted by the Placement Faculty, who provided valuable insights into the placement process, recruitment expectations, and current industry trends relevant to computer science graduates.

The drive focused on enhancing students' employability skills through guidance on resume building, interview techniques, and aptitude preparation. Students actively engaged in discussions and clarified their queries regarding career paths and placement readiness. The session concluded with increased confidence among students and a clearer understanding of the steps required to succeed in campus recruitment processes.



## Fostering Fitness, Team Spirit, and Holistic Growth Through Sports



The Sports Activity for BCA First Year, First Semester students was organized on 22nd November 2025 at the Sports Ground, fostering enthusiasm, teamwork, and active participation among students. The event was graced by Dr. Jaisingh, Dr. Vasumathi B, and Mr. Prasath, whose presence and encouragement greatly motivated the participants. Students actively took part in various sports and fitness activities, reflecting high energy levels and a strong sense of camaraderie.

The program highlighted the significance of physical fitness in shaping a disciplined and healthy lifestyle alongside academic pursuits. The resource persons inspired students to embrace sports as a regular habit, emphasizing its role in building confidence, leadership, and mental well-being. The Sports Activity concluded successfully, leaving students energized and reinforcing the value of holistic development through sports.

## Energizing Minds and Bodies Through the Spirit of Sports

The Sports Activity for MCA / MSc (CS) Second Year, Third Semester students was held on 29th November 2025 at the Sports Ground, creating a lively platform for students to unwind, compete, and connect beyond the classroom. With the presence of Dr. Harshvardhan and Ms. Shilpashree, the event set a motivating tone that encouraged students to participate with confidence and enthusiasm. A range of sports and fitness activities kept the ground buzzing with energy, teamwork, and healthy competition.

The session served as a refreshing break from academic routines, emphasizing the role of sports in enhancing focus, resilience, and interpersonal skills. The resource persons highlighted how regular physical activity contributes to stress relief and long-term well-being, especially for students in demanding professional programs. The event concluded with a sense of accomplishment and renewed spirit, reinforcing the importance of a balanced and active student life.



## Swami Vivekananda - The Humanist 14

Dr. K. Subramanyam  
Chancellor, S-VYASA



Energy is latent everywhere and at all times. Man, from time immemorial, has been striving to bring this hidden power to the surface for use. Technology is seen everywhere, constantly being improved for the benefit of mankind and the comfort of humanity. While science continues to grow in its useful manifestations through engineering and technology, unfortunately humanism is suffering a decline and decay. No doubt, comfort of the body is essential, but peace of mind is certainly far more needed.

When compared to the past, peaceful coexistence is visibly on the decline. Modern life, though filled with conveniences, has also brought a restlessness of spirit, a subtle distancing among individuals, and a weakening of the bonds that once tied communities together. The race for progress often overlooks the quiet values of kindness, empathy, and understanding. The need of the hour, therefore, is a renewal of humanism, with a sincere return to mutual love and understanding for harmonious, healthy, and peaceful coexistence. Only then can humanity balance material progress with inner fulfilment and lasting peace.

Swami Vivekananda is a Yuga Purusha, perhaps the greatest of mankind, whose legacy instils humanism, an energy more powerful than any other, uniting humanity for its collective well-being. Many great leaders have been born in the world to establish and propagate various dimensions of righteous living, but Swami Vivekananda stands apart as the one who, born as a human being, propagated humanism in its truest form. The first and foremost dharma of every person is to be humane. Without embodying our humanity, no great ascent or achievement is ever possible. True greatness lies in the ability to serve others selflessly and with compassion. To be humane is to love; to love is to

serve; and to serve is to selflessly sacrifice. This is the essence of true sannyasa or total renunciation. It is the act of offering oneself entirely for the welfare of others, surrendering one's ego and personal desires in service to the greater good.



From his childhood, Swami Vivekananda exemplified this humanity, always loving and serving others. His entire life was a testament to this powerful ideal. Nothing could impede the flight of his humanism, which soared on the wings of love and service, inspiring countless others to follow the path of selfless giving.

Vishwanath Dutta and Maa Bhuvaneshwari Devi are the biological parents of Swami Vivekananda. Knowingly or unknowingly, they gave him the name Narendra, meaning “the best of mankind” or “the greatest of human beings.” It also signifies the personification of humanism. True to his name, Swamiji was a humanist throughout his life. One day, like any other parents, Swamiji's parents asked him about his goal in life. They wished to understand his latent ambition.

## DIVISION OF YOGA & HUMANITIES

Without hesitation, the young Narendra pointed to the picture of Sri Krishna as the charioteer of Arjuna. He expressed his desire to be a leader who would awaken and guide humanism in all.

Sri Krishna had to instil and guide the latent righteousness within Arjuna. He helped Arjuna cast aside misplaced mercy and gave him the righteous, rational guidance needed for the establishment of Dharma. Arjuna was torn between his duties and his emotions, yet through Krishna's guidance, he came to realize that true mercy lies in adhering to what is right, even when it is difficult. Krishna's teachings were not merely to fight for victory, but to restore cosmic balance through the adherence to truth and justice. Similarly, humanity today requires such guidance—righteous, virtuous humanism that restores balance, compassion, and harmony for the welfare of all. It is this deep and

unwavering commitment to both love and justice that is necessary for the progress of humanity.

Swamiji, therefore, chose to dedicate his life to the practice and propagation of Dharmic Humanism. Dharma represents justice, and humanism embodies love. Both exist within all of us, holding the greatest potential energy. The mission of Swami Vivekananda was, and remains, to bring this latent energy to the surface and make it available for the benefit of all mankind.

This missionary zeal is powerfully embodied in his clarion call: "Arise, awake, and stop not till the goal is reached!" Even today, these words echo with unwavering strength in the hearts of all who seek the betterment of mankind, inspiring them to rise above challenges and relentlessly pursue their highest ideals.



## S-VYASA Strikes Bronze at Khelo India University Games 2025



SVYASA University is proud to announce the remarkable performance of its Men's Yogasana Team at the Khelo India University Games 2025 held in Jodhpur from 24th November 2025 to 28th November 2025.

Displaying admirable dedication, discipline, and exceptional yogasana skills, the team secured a historic Bronze Medal—the first ever for SVYASA in this prestigious national event.

This remarkable accomplishment was made possible under the expert guidance and training of Dr. Komal, Coordinator of the B.Sc. (Yoga Therapy) program. Participating Team Members are Abhishek (B.Sc. YT, 3rd Semester), Dileep (B.Sc. YT, 5th Semester), Dineer (B.Sc. YT, 1st Semester), Durgesh (M.Sc. YT, 3rd Semester), Aditya (BNYS, Final Year), and Samyak (BNYS, 2nd Year).



The Khelo India University Games 2025 Yogasana event was held at the Indoor Hall, Chainpoora Stadium, in Jodhpur, Rajasthan.

## Annual Books Review Competition



The Saraswati Central Library organized the Annual Books Review Competition on the occasion of National Library Day 2025, organized by Bhakthavathsala H M, Senior Librarian, and Girish Kumar & Mohan Kumar H. R. Assistant Librarian on behalf of Library Committee, Prof. Jayaraman M., Chairman, Dr. Prashanth V. and Dr. Vaishali M. Member of Library Committee, S-VYASA.

### Prize Winners

#### Student Category:

1st – Ms. Kavya Raghavendara (BNYS)

2nd – Mr. Debjyoti Ghosh (M.Sc. Yoga Therapy)

3rd – Mr. Dineer Naorem (B.Sc. Yoga Therapy)

#### Staff Category:

1st – Mr. Susheel Kumar D. (Computer Lab)

2nd – Ms. Elamathi M. S. (CODE)

The competition highlighted the library's role in nurturing literary appreciation and academic excellence among students and staff.

## Online Quiz Competition 2025



The Saraswati Central Library conducted an Online Quiz Competition during National Library Week 2025. Organized by Bhakthavathsala H. M. Senior Librarian, and Assistant Librarians Mr. Girish Kumar and Mr. Mohan Kumar H. R. on behalf of Library Committee, Prof. Jayaraman M. Chairman, Dr. Prashanth V. & Dr. Vaishali M. member of Library Committee, S-VYASA.

### Winners

1st Place: Dr. Bhakti Naik (MD)

2nd Place: Ms. Tharsini A. (BNYS)

3rd Place: Ms. Sai Purvi H. L. (BAMS)

## VYASA New Delhi

During the reporting month, VYASA New Delhi remained vibrant with a wide range of yoga, therapy, and holistic wellness activities. Under the able leadership and guidance of Dr Rabindra Mohan Acharya, the centre continued its mission of promoting integrated health through Yoga, Ayurveda, and Physiotherapy, catering to diverse sections of society.

### Regular Group Yoga Programs

Four daily group yoga sessions were conducted at the centre at the following time slots:

7:00 AM – 8:00 AM

8:00 AM – 9:00 AM

11:00 AM – 12:00 PM

4:00 PM – 5:00 PM



These sessions collectively benefitted around 60 participants, addressing a wide spectrum of lifestyle disorders and health conditions. The practices emphasized therapeutic yoga techniques, pranayama, relaxation methods, and lifestyle counselling, contributing to improved physical and mental well-being.



### Individual Therapeutic Yoga Programs

The centre conducted three regular individualized yoga sessions daily, focusing on specific health conditions:

9:00 – 10:00 AM: Yoga for Arthritis and Obesity  
Conducted by Ms. Khushboo

12:00 – 1:00 PM: Yoga for a Cancer Patient  
Conducted by Ms. Soumya

12:00 – 1:00 PM: Yoga for a Parkinson's Patient  
Conducted by Ms. Khushboo

These sessions provided personalized therapeutic interventions, ensuring safety, comfort, and targeted healing outcomes.

## Corporate & Institutional Yoga Programs

### 1. IREDA (A Navaratna PSU)

Eight officers from IREDA actively participated in yoga sessions conducted by Ms. Soumya and Ms. Khushboo across different time slots. The sessions focused on stress management, flexibility, and overall wellness.

### 2. AICTE & Power Grid

Mr. Aman, Yoga Teacher, conducted yoga sessions for officers of AICTE and also provided exclusive sessions for the CMD of Power Grid. These sessions emphasized stress reduction, mobility enhancement, and mental well-being.



## Specialized & Eminent Individual Sessions

Mr. Anant Gopal, Senior Yoga Therapist and Administrative Officer, VYASA New Delhi, conducted several specialized yoga sessions for eminent dignitaries, including:

- Mr. Tarun Chugh, General Secretary, BJP
- Mr. Rajesh Agarwal, National Treasurer, BJP
- Shri Pratap Chandra Sarangi, Hon'ble Member of Parliament
- Mr. Vijay Datta (IAS), PS to Shri Manohar Lal Khattar, Power Ministry

These sessions focused on personalized therapeutic and preventive yoga interventions, tailored to individual health needs and professional demands.

## Weekend Yoga Programs for Children

Regular weekend yoga classes for children were conducted every Saturday and Sunday.

The sessions aimed at enhancing physical fitness, flexibility, concentration, and value-based learning, nurturing holistic development through yogic practices.



## Ayurveda Consultancy

Dr. Anukriti provided daily Ayurveda consultations, attending to approximately 10 patients per day. The consultations included dietary guidance, lifestyle modifications, and Ayurvedic therapeutic recommendations, supporting natural and sustainable healing.



## Physiotherapy Services

Under the supervision of Manish Ji, 5–6 individuals regularly availed physiotherapy services. These interventions supported rehabilitation, pain management, mobility improvement, and functional recovery, complementing the yoga and Ayurveda programs.



### Integrated Holistic Care Approach

The integrated model of Yoga, Ayurveda, and Physiotherapy, especially within the day-care facility framework, proved highly beneficial. Participants reported faster recovery, improved mobility, enhanced quality of life, and better overall health outcomes.

### Conclusion

The month witnessed active participation, interdisciplinary collaboration, and meaningful outreach through yoga-based wellness initiatives at VYASA New Delhi. The continued integration of traditional knowledge systems with modern therapeutic care strongly reflects SVYASA's vision of holistic health, preventive care, and societal well-being.

## Echos of Om: A Transformative Meditation Journey at Mangal Mandir



The meditation course Echos of Om was conducted at Mangal Mandir from 23rd December to 29th December 2025, offering participants a structured and experiential immersion into meditation practices. The sessions were conducted by Annapurna Mataji and were attended by 20 participants. The program included guided meditation sessions, interactive discussions, and supporting video sessions, creating a

balanced approach that combined practical experience with reflective learning.

The overall response from participants was excellent. Attendees appreciated the calm and supportive environment and reported positive experiences throughout the course, making Echos of Om a meaningful and enriching meditation program.

## Horizon 2025 Conference



Dr Prashanth V Mangalvedhe (PT), Principal & Associate Professor was selected for the oral presentation at the Conference. The presentation was well appreciated by the delegates around 600.

The theme of the Conference was on “Holistic Optimization rallying initiatives and zenith of nurturing healthcare and SDG achievement”.

The inaugural program was held on 22nd December at 9 am and the plenary sessions were scheduled from 11-30 am to 1-30 pm; post lunch, from 2-30 to 4-30 pm parallel oral presentations were scheduled. After a break from 4-30 to 5 pm, oral presentations continued till 6 pm. Cultural program was held on 23rd December from 7 to 9 pm, for which Dr Prashanth V M was the judge; it was followed by Conference Dinner. Posters on the SDG were put up at the venue from 2 pm on 22nd December to the evening of 23rd December 2025.

The conference concluded with the Valedictory program at 5 pm on 24th December, for which the State Minister for Health and Family welfare, Dr Mukesh Mahaling was the Chief Guest.



Prominent speakers of the Conference were-

Dr Shyam Pingle- Senior Occupational Health Specialist & Adjunct Professor; Indian Institute of Public Health, Gandhinagar

Dr Kaustubh Dalal, Professor, Senior Health Economist & Public Health Expert, Mid Sweden University, Senior Advisor of WHO CCCSP

Dr K Madan Gopal, Advisor & Head, Public Health Administration, National Health Systems Resource Centre

Dr Basant Kumar Behera, Senior Consultant (Medicine) and Chief Medical Officer NTPC Limited, Faridabad

Dr Priyanka Roy, Deputy Director (Medical) / Deputy Chief Inspector of Factories (Medical) Government of West Bengal

Dr Monika Pathania, Additional Professor, Dept. of Geriatric Medicine, HoD-Dept. of AYUSH, AIIMS Rishikesh, Jharkhand

# 26<sup>th</sup> INCOFYRA 2025



# 26th INCOFYRA (International Conference on Frontiers in Yoga Research)

## Event Report: Six-Day CME Program (Pre-Conference) –

As a prelude to the 26th edition of INCOFYRA, the International Conference on Frontiers in Yoga Research and Its Applications, a six-day Continuing Medical Education (CME) programme was organized with the objective of fostering meaningful dialogue between contemporary biomedical sciences and traditional yogic wisdom. The programme was envisioned as an academic platform to critically examine integrative models of healthcare, particularly in the domain of rehabilitation, while laying a strong conceptual foundation for the main conference.

### Yogic Practices Sessions

A defining feature of the CME programme was the structured inclusion of daily experiential yogic practices sessions, designed to translate theory into embodied clinical understanding. These sessions were meticulously curated to align yogic interventions

with specific rehabilitation domains, thereby reinforcing the practical applicability of integrative healthcare models. The practices were conducted by an accomplished team of senior yoga therapists from SVYASA Arogyadhama, namely:

- Mr. Kiritibhushan, MSc (Yoga), PhD (Scholar) – Senior Yoga Therapist
- Mr. Panda, MSc (Yoga), PhD (Scholar) – Senior Yoga Therapist
- Mr. Surajit, MSc (Yoga) – Senior Yoga Therapist
- Mr. Sidhanagaraj, MSc (Yoga), PhD (Scholar) – Senior Yoga Therapist

Each day featured two guided practice sessions, thoughtfully designed to demonstrate appropriate and condition-specific rehabilitative yogic protocols. The sessions emphasized safety, adaptability, and clinical relevance, making them particularly valuable for clinicians, therapists, and researchers alike.

### Day-wise Thematic Progression of Yogic Practices

Day 1: Introduction to IAYT and Its Relevance

Day 2: Neuro-Rehabilitation

Day 3: Cardiac Rehabilitation

Day 4: Pulmonary Rehabilitation

Day 5: Psychiatric Rehabilitation

Day 6: Oncology Rehabilitation

Across Days 2 to 6, the rehabilitation themes were further enriched through a multimodal integrative lens, wherein conventional medicine, naturopathy, Ayurveda, and yoga therapy were collectively addressed by experts from respective disciplines. This convergence of diverse medical systems provided participants with a comprehensive understanding of how integrative frameworks can be harmoniously applied in real-world rehabilitation settings.



Day 1: Introduction to IAYT and Its Relevance

## Plenary Session I

### “Need of Integrative Medicine in Rehabilitation”

Dr. Advait Kulkarni, MBBS, DM (Neurology)  
Senior Neurologist, HSR Neuro-Clinic

Dr. Advait Kulkarni delivered a compelling and analytically nuanced session addressing the contemporary challenges faced in rehabilitation medicine. He began by delineating the growing burden of chronic disability and the inherent limitations of a purely reductionist, organ-centric medical approach. Emphasis was placed on the major arenas of rehabilitation, neurological, cardiac, pulmonary, and orthopedic, where long-term functional recovery often remains suboptimal despite advances in pharmacological and surgical interventions.

Through clinically relevant vignettes, Dr. Kulkarni illustrated the pragmatic value of integrative rehabilitation models, highlighting how multidisciplinary approaches can enhance neuroplasticity, functional outcomes, and patient adherence. He also addressed prevalent misconceptions surrounding integrative medicine, particularly the erroneous belief that such approaches lack scientific grounding. These myths were systematically deconstructed using key research findings and evidence-based case scenarios.

The session culminated in the presentation of a well-articulated Seven Pillars Framework for Integrative Healing, offering a structured, patient-centric roadmap that harmonizes biomedical treatment with lifestyle modification, mind–body interventions, and psychosocial support. The session was both thought-provoking and clinically relevant, stimulating deeper reflection on the future trajectory of rehabilitation sciences.

## Plenary Session II

### “IAYT Approaches to Rehabilitation”

Dr. R. Nagarathna, MBBS, MD, FRCP (UK), FICA (USA)  
Medical Director, SVYASA Arogyadhama

The second plenary session, delivered by Dr. R. Nagarathna, explored the philosophical and applied dimensions of the Integrative Approach of Yoga Therapy (IAYT) approach to rehabilitation. Her discourse eloquently captured the very essence of yoga therapy as a holistic, integrative science aimed at restoring balance across multiple dimensions of human existence.

Dr. Nagarathna emphasized lifestyle dysregulation as a central etiological factor in many chronic and rehabilitative conditions. Drawing upon the Pancha Kosha model, she explained how disturbances at the mental, emotional, and energetic levels often manifest as physical pathology. Stress was highlighted as a pivotal mediator linking lifestyle imbalances to disease progression, particularly in rehabilitation contexts.

The session was enriched with references to key research studies and clinically inspiring case narratives, some bordering on what are often termed “miracle recoveries”, where structured yoga interventions led to remarkably favorable prognoses. These examples underscored yoga’s role not merely as an adjunct, but as a transformative therapeutic modality.

In her concluding reflections, Dr. Nagarathna offered a profound psychosocial perspective by discussing the six inner afflictions, kama (desire), krodha (anger), moha (attachment), lobha (greed), mada (ego), and matsarya (jealousy). She elucidated how these factors subtly yet powerfully influence lifestyle choices, stress responses, and emotional instability. Yoga, she asserted, cultivates emotional resilience and mental equanimity, which in turn translate into tangible physiological healing and sustainable rehabilitation outcomes.

Day 2: Integrative Neuro Rehabilitation | 13 December 2025

## Session I

### “Integrative Neuro Rehabilitation – Conventional Approach”

Dr. Ria Sabrene Fernandes, MBBS, MD, DNB  
Associate Consultant, Narayana Hrudayalaya,  
Bengaluru

Dr. Ria Sabrene Fernandes delivered a lucid and clinically grounded presentation on the contemporary conventional approach to neuro rehabilitation. She began by elucidating the concepts of natural recovery and neural plasticity, emphasizing the critical window of opportunity during early rehabilitation and the brain's intrinsic capacity for reorganization.

A major highlight of her talk was the importance of comprehensive, multidimensional assessment, encompassing impairments, disease-specific scales, comorbidities, functional evaluations, and the patient's familial and personal goals. She emphasized balancing impairment-focused interventions with compensatory strategies, depending on the stage and severity of neurological insult.

Dr. Fernandes further elaborated on goal setting in neuro rehabilitation, illustrating her points through relevant clinical case examples. She discussed assistive devices, therapeutic interventions, and emerging neurotechnologies, shedding light on advanced modalities such as repetitive transcranial magnetic stimulation (rTMS), transcranial direct current stimulation (tDCS), vagus nerve stimulation (VNS), hyperbaric oxygen therapy, and brain-computer interfaces. The session concluded with thoughtful insights into future directions in neuro rehabilitation, underscoring innovation, personalization, and evidence-based practice.

## Session II

### “Integrative Neuro Rehabilitation – Naturopathic Approach”

Dr. Vaishali Mathapathi, BNYS, MD (Naturopathy)  
Assistant Professor, SSYNM, SVYASA Deemed-to-be University, Bengaluru

Dr. Vaishali Mathapathi presented a thought-provoking session that illuminated the often underexplored role of naturopathy in neuro rehabilitation. She began by outlining the foundational principles of neuro rehabilitation, neuroplasticity, motor learning, cognitive recovery, sensory reintegration, and behavioral plasticity, and contextualized them within a naturopathic

framework.

The session was particularly notable for its strong emphasis on scientific evidence supporting naturopathic modalities, many of which are frequently underestimated in mainstream discourse. She presented compelling mechanistic insights and research evidence on therapies such as chromotherapy (photobiomodulation), magnetotherapy, including discussions on magnetite biomineralization and diamagnetic anisotropy in humans, hydrotherapy, explained through heat shock proteins, buoyancy, viscosity, and thermodynamic principles.

Further modalities discussed included ozone therapy, acupuncture, aromatherapy (lavender), and targeted nutritional interventions involving compounds such as curcumin, resveratrol, vitamin C, and tetramethylpyrazine. The session prompted participants to critically reconsider the therapeutic depth and untapped potential of naturopathic interventions in neuro rehabilitation.

## Session III

### “Integrative Neuro Rehabilitation – Ayurvedic Approach”

Dr. Asha Rani, BAMS, MD (Ayurveda), PhD (Scholar)  
Associate Professor, Department of Kayachikitsa, SAMCH, Bengaluru

Dr. Asha Rani offered a profound exposition on neuro rehabilitation through the Ayurvedic lens, beginning with the fundamental differences in how Ayurveda conceptualizes the nervous system. She explained key functional entities such as Vata dosha, Snayu, Majja, and Manovaha srotas, and articulated the Ayurvedic disease framework involving Vata derangement, Kapha depletion, and Pitta imbalance.

Her discussion on therapeutic strategies included Vata Samyaka Chikitsa, Dhatuposhana, Medhya Rasayana, and Srotoshodana, emphasizing restoration of functional balance rather than mere symptom control. She also provided valuable insights into the role of Panchakarma therapies in neuro rehabilitation, alongside principles of Ayurvedic dietetics tailored to neurological conditions.

The session was enriched with illustrative case discussions, culminating in a concise synthesis that effectively redefined neuro rehabilitation from an Ayurvedic standpoint, highlighting its holistic, individualized, and preventive orientation.

#### Session IV

##### “Integrative Neuro Rehabilitation – Yogic Approach”

Dr. Sharad Chaudhari, BNYS, MD (Yoga)

Assistant Professor, SSYNM, SVYASA Deemed-to-be University, Bengaluru

Dr. Sharad Chaudhari’s session bridged modern neurorehabilitation science with classical yogic philosophy. He outlined the core principles of neuro rehabilitation, timely initiation, prevention of complications, and optimal utilization of neuroplasticity, while emphasizing an interdisciplinary and patient–family-centered approach.

He provided a structured overview of assessments, neuroplasticity-based training strategies, functional and task-oriented training, and the indispensable role of psychosocial support. A unique strength of the session was its philosophical depth, wherein he explained the yogic understanding of disease: Vyadhi as bodily discomfort and Adhi as mental affliction arising from vitiation of vasanas (subliminal impressions). Both, he noted, originate from moha (delusion) or erroneous self-knowledge, which can be transcended through tattvajnana (realization of pure consciousness).

He further integrated contemporary neuroscience by discussing mirror neuron theories and concepts such as Mentamove, demonstrating how yogic practices can consciously harness neural mechanisms to facilitate recovery.

Day 3: Integrative Cardiac Rehabilitation | 14 December 2025

#### Session I

##### “Integrative Cardiac Rehabilitation – Conventional Approach”

Dr. Srikant Venkat Krishnan, MBBS, MD, Fellowship (Neurological Rehabilitation)

Consultant, Narayana Hrudayalaya, Bengaluru

Dr. Srikant Venkat Krishnan delivered a structured and clinically rich presentation on the phased model of cardiac rehabilitation, clearly delineating Phase I (inpatient), Phase II (inpatient/outpatient), and Phase III (maintenance or outpatient phase). He emphasized that cardiac rehabilitation is a continuum of care rather than a discrete post-event intervention.

A central theme of his session was the non-negotiable role of lifestyle factors, nutrition, sleep hygiene, physical activity, and stress management, in long-term cardiac outcomes. He highlighted that even the most advanced pharmacological or surgical interventions remain incomplete without sustained lifestyle modification.

Dr. Krishnan provided a detailed overview of cardiopulmonary exercise testing (CPET), treadmill testing, and bicycle ergometry as gold standards for evaluating functional cardiac capacity. He further discussed validated assessment tools such as the Veterans Specific Activity Questionnaire (VSAQ) and the Duke Activity Status Index (DASI), advocating for their culturally sensitive adaptation to the Indian population to bridge contextual gaps in assessment.

The session also covered the concept of metabolic equivalents (METs) and their application in functional tests such as the 6-minute walk test, intermittent shuttle walk test, and 2-minute step test. Dr. Krishnan elegantly linked METs to the Karvonen method for calculating target heart rate and percentage of heart rate reserve, culminating in a practical explanation of AACVPR/ACSM risk stratification. He concluded with the mnemonic FITT-VP (Frequency, Intensity, Time, Type, Volume, Progression) as a robust framework for individualized exercise prescription.



## Session II

### “Integrative Cardiac Rehabilitation – Naturopathic Approach”

Dr. Moodala Girishankar, BNYS, MD (Yoga)  
Assistant Professor, SSYNM, SVYASA Deemed-to-be University, Bengaluru

Dr. Moodala Girishankar commenced his session by highlighting the global burden of cardiovascular diseases, thereby contextualizing the urgency for preventive and rehabilitative strategies. He introduced participants to the six Western principles of naturopathy and the ten foundational principles of naturopathy, subsequently integrating them with the classical concept of Arogya Raksha Panchatantras.

He elaborated on the relevance of these principles in cardiac rehabilitation, emphasizing prevention, self-healing, and lifestyle realignment. The session detailed a wide spectrum of naturopathic therapeutic modalities, including dietary interventions, therapeutic fasting, hydrotherapy, massage, acupuncture, reflexology, and heliotherapy. Each modality was supported by relevant scientific evidence and mechanistic explanations, reinforcing naturopathy’s role as a rational and evidence-informed system of care in cardiac rehabilitation.

## Session III

### “Integrative Cardiac Rehabilitation – Ayurvedic Approach”

Dr. Umesh  
Assistant Professor of Ayurveda, Department of Integrative Medicine, NIMHANS, Bengaluru

Dr. Umesh delivered an engaging and insightful session, marked by both scholarly depth and subtle humor, on the Ayurvedic conceptualization of cardiac health and disease. He elucidated the Ayurvedic understanding of the Hridaya, the srotas involved in Hridaya roga, and Ayurveda’s nuanced perception of sedentary lifestyle as a fundamental pathogenic factor.

The session highlighted ideal lifestyle pillars as envisioned in Ayurveda and discussed therapeutic interventions encompassing herbal formulations, Rasayana therapy, Panchakarma procedures, and comprehensive dietary and lifestyle modifications. A noteworthy component of his presentation was the emphasis on Sattvavajaya Chikitsa, focusing on mental discipline and emotional regulation, complemented by Vihara Chikitsa as an integral part of cardiac rehabilitation.

## Session IV

### “Integrative Cardiac Rehabilitation – Yogic Approach”

Dr. Prajwal Rao, BNYS, MD (Yoga)  
Assistant Professor, SSYNM, SVYASA Deemed-to-be University, Bengaluru

Dr. Prajwal Rao presented a cohesive and evidence-informed exposition on the yogic approach to cardiac rehabilitation, beginning with the basic principles and multidimensional nature of cardiac recovery. He framed cardiac rehabilitation within the Pancha Kosha model, demonstrating how yoga systematically addresses all layers of human existence.

He explained interventions at the Annamaya Kosha through kriyas, diet regulation, and asanas; at the Pranamaya Kosha through breathing practices and pranayama; at the Manomaya Kosha through meditation techniques; and at the Vijnanamaya Kosha through yogic counseling and cognitive reframing. Each dimension was supported with appropriate scientific evidence, reinforcing yoga's role as a comprehensive, safe, and sustainable therapeutic modality in cardiac rehabilitation.

Day 4: Integrative Pulmonary Rehabilitation | 15 December 2025

#### Session I

##### “Integrative Pulmonary Rehabilitation – Conventional Approach”

Dr. Rajani Surendar Bhat, MBBS, MD (Internal Medicine)  
Consultant Pulmonologist, SPARSH Hospital, RR Nagar, Bengaluru

Dr. Rajani Surendar Bhat delivered a historically grounded and conceptually stimulating session on pulmonary rehabilitation. She traced the evolution of pulmonary rehabilitation, highlighting how the experiences and necessities arising during World War I and World War II significantly shaped contemporary rehabilitation thought and practice.

A particularly thought-provoking aspect of her lecture was the comparison between patients with chronic obstructive pulmonary disease (COPD) and trained athletes, drawing parallels in physiological adaptation, breath control, and energy utilization. She elaborated on the physiological and functional changes observed

following structured pulmonary rehabilitation, emphasizing improvements beyond spirometric parameters.

Dr. Bhat introduced novel perspectives on managing dyspnea, including desensitizing the brain to breathlessness, addressing the psychological dimensions of “assuming the sick role,” and the importance of pacing through familiarity and graded exposure. She further discussed standardized assessment tools for pulmonary rehabilitation and provided a practical demonstration illustrating how even minimal breathing gestures can evoke sensations of breathlessness.

The session concluded with a valuable discussion on often underutilized assistive aids, such as hand-held fans, Aerobika devices, and bubble Positive Expiratory Pressure (PEP), highlighting their simplicity, accessibility, and clinical utility.



#### Session II

##### “Integrative Pulmonary Rehabilitation – Naturopathic Approach”

Dr. Titty George, BNYS, MSc (Yoga), MBA  
Associate Professor, SSSNM, SVYASA Deemed-to-be University, Bengaluru

Dr. Titty George's session emphasized the principle of unity of disease and its relevance to pulmonary rehabilitation. She elucidated how symptoms of upper and lower respiratory tract infections (URTI and LRTI) are shaped by systemic imbalances and environmental influences, and how naturopathy addresses these root causes rather than isolated symptoms.

She elaborated on various naturopathic treatment modalities, including hydrotherapy with its diverse techniques supported by scientific evidence, acupuncture, manipulative therapy combined with aromatherapy, and dietary interventions. A notable highlight was her explanation of the naturopathic

dietary framework, categorizing foods based on their therapeutic respiratory actions, expectorant, eliminative, soothing, and mucolytic, thus offering a functional and clinically applicable dietary perspective in pulmonary care.



### Session III

#### “Integrative Pulmonary Rehabilitation – Ayurvedic Approach”

Dr. Sandhya D. S.

Head of the Department of Agada Tantra  
Sushruta Ayurvedic Medical College and Hospital,  
Bengaluru

Dr. Sandhya’s session commenced with a profound philosophical reflection that life begins and ends with Prana, setting the tone for an in-depth Ayurvedic exploration of pulmonary health. She provided a detailed exposition on Pranavaha Srotas, outlining its anatomy, physiology, and clinical relevance.

She discussed the etiology of respiratory diseases through classical Ayurvedic frameworks, Aharaja Hetu (dietary causes), Viharaja Hetu (lifestyle causes), and Nidanarthakara Hetu (secondary causative factors), and linked these to Srotas pathology in the context of pulmonary rehabilitation.

Her presentation covered a comprehensive spectrum of Ayurvedic pharmacological interventions, including palliative, symptomatic, antitussive, expectorant, antioxidant, immunomodulatory, bronchodilatory, and anti-allergic agents. She also elaborated on Panchakarma therapies such as Nasya, Vamana, Virechana, and Swedana, alongside dietary recommendations, lifestyle modifications, and the role of Pranayama and Yoga as integral components of respiratory rehabilitation.

*“ Knowledge can only be got in one way, the way of experience.” ( Jnana Yoga )*

*“ The yogi must avoid excess of all kinds.” ( Raja Yoga )*

*“ Freedom is the song of the soul.” ( accepted Vivekananda phrasing )*



Session IV

“Integrative Pulmonary Rehabilitation – Yogic Approach”

Dr. Arundhati Goley, BNYS, MD (Yoga)  
Assistant Professor, SSYNM, SVYASA Deemed-to-be University, Bengaluru

Dr. Arundhati Goley began her session with brief historical insights into the evolution of pulmonary care, followed by a discussion on integrated care models and the practical challenges encountered in pulmonary rehabilitation.

She then presented the yogic understanding of respiratory health as described in the Yogavāsīṣṭha, offering a philosophical yet clinically relevant framework. Using the Pancha Kosha model, she demonstrated how yoga complements modern pulmonary rehabilitation across all layers of human existence, from physical conditioning and breath regulation to mental clarity and cognitive resilience.

Her session was enriched with concise snapshots of scientific evidence, reinforcing yoga’s role as a complementary and integrative modality that enhances pulmonary function, psychological adaptability, and overall quality of life.



Day 5: Integrative Psychiatric Rehabilitation | 16 December 2025

### Session I

#### “Integrative Psychiatric Rehabilitation – Conventional Approach”

Dr. Daiveek, MBBS, MD, PhD (Scholar)

Senior Resident of Psychiatry, PhD Scholar – Clinical Neurosciences

Department of Integrative Medicine, NIMHANS, Bengaluru

Dr. Daiveek commenced his session with compelling epidemiological insights into the prevalence and course of mental illnesses, setting the stage for a discussion grounded in public health relevance. He clearly differentiated between functionality and disability, providing a detailed exposition on the concept of

disability and its implications in psychiatric care.

A key highlight of the session was his explanation of the Recovery Model, emphasizing its core components, connectedness, hope, identity, meaning and purpose, and empowerment, as central to sustained mental health recovery. He then outlined the psychiatric rehabilitation model, detailing its essential components such as vocational rehabilitation, skills training, and cognitive remediation.

Dr. Daiveek further elaborated on how yoga can effectively complement psychiatric rehabilitation, particularly in enhancing emotional regulation, cognitive clarity, and stress resilience. He concluded by offering valuable insights into the psychiatric rehabilitation practices at NIMHANS, providing participants with a practical understanding of large-scale, institution-based rehabilitation models.



### Session II

#### “Integrative Psychiatric Rehabilitation – Naturopathic Approach”

Dr. Kshamashree, BNYS, MSc (Yoga)

Dr. Kshamashree’s session focused on the naturopathic management of three major psychiatric disorders, depression, bipolar disorder, and schizophrenia. She emphasized the viability and practical relevance of evidence-informed naturopathic interventions in

supporting recovery and improving quality of life.

She discussed the therapeutic role of exercise, sun exposure, and lifestyle regulation, alongside specific naturopathic modalities such as herbal interventions (including St. John’s Wort, Ginkgo biloba, and Kava), massage therapy, acupuncture, and nutritional interventions. Particular emphasis was placed on micronutrients, underscoring their critical role in neurochemical balance and mental well-being.



### Session III

#### “Integrative Psychiatric Rehabilitation – Ayurvedic Approach”

Dr. Sanghamitra

Sushruta Ayurvedic Medical College & Hospital, Bengaluru

Dr. Sanghamitra delivered a comprehensive session on psychiatric rehabilitation through the Ayurvedic framework, beginning with an explanation of Manovikara pathogenesis and the Samprapti Ghatakas involved in mental disorders.

She elaborated on a wide spectrum of Ayurvedic therapeutic interventions, including Shodhana Chikitsa in conditions such as Unmada and Apasmara, Shamana Chikitsa, and structured regimens such as Dina, Ritu, and Sandhya Chikitsa. She also discussed Sadvritta Acharana, Rasayana Chikitsa, Panchabhoutika and Adravyabhoutika Chikitsa, and Daivavyapashraya Chikitsa, highlighting their relevance in psychiatric rehabilitation.

The session was further enriched with practical case scenarios, effectively demonstrating the real-world applicability of Ayurvedic principles in mental health recovery.

### Session IV

#### “Integrative Psychiatric Rehabilitation – Yogic Approach”

Dr. Ranjitha R, BNYS, MD (Yoga)

Assistant Professor, SSVNM, SVYASA Deemed-to-be University, Bengaluru

Dr. Ranjitha R delivered a structured and conceptually rich presentation on psychiatric rehabilitation, beginning with its definition and the ICF (International Classification of Functioning) framework. She elaborated on who should receive psychiatric rehabilitation and how it should be implemented, introducing several guiding rehabilitation models, including, medical, disability, skill, needs and role models.

She then transitioned into the yogic perspective, discussing Adhija Vyadhi, the concepts of Kartum, Akartum, and Anyatha Kartum, and the distinctions between neurosis and psychosis. Dr. Ranjitha elaborated on yogic strategies for addressing bipolar disorder and schizophrenia, incorporating concepts from transactional analysis, and adjunctive therapies such as pet therapy, music therapy, and dance therapy.

The session concluded with a reflective emphasis on surrendering to the inherent strength of the mind, highlighting yoga's role in cultivating inner resilience, self-awareness, and emotional stability.

Day 6: Integrative Oncology Rehabilitation | 17 December 2025

### Session I

#### “Integrative Oncology Rehabilitation – Conventional Approach”

Dr. Sharath Damodar, MBBS, DNB, MD, DM  
Senior Consultant & Clinical Lead  
Director – Adult Haemato-Oncology & Bone Marrow Transplant  
Clinical Director & Chairman – Oncology Collegium Narayana Hrudayalaya, Bengaluru

Dr. Sharath Damodar delivered a masterful and intellectually stimulating session on the foundations and future of oncology rehabilitation. He began by defining onco-rehabilitation and its integration with supportive therapies, emphasizing that comprehensive cancer care must address functional decline, fatigue, psychological distress, and long-term survivorship.

A central theme of his talk was the critical role of four

lifestyle factors, nutrition, physical activity, sleep, and stress regulation, in modulating cancer outcomes. He recommended seminal works by Siddhartha Mukherjee, *The Emperor of All Maladies* and *The Song of the Cell*, using them as narrative anchors to trace the historical evolution of cancer biology and treatment modalities.

Dr. Damodar provided a lucid explanation of the multi-hit etiopathogenesis of cancer, integrating molecular, genetic, and environmental perspectives. He discussed contemporary approaches to cancer testing, assessment, treatment, and prevention, with particular emphasis on CAR-T cell therapy, highlighting its transformative potential in modern oncology. The session concluded with an insightful discussion on lifestyle modification, the role of complementary medicine in addressing these domains, and the necessity of meaningful integration within conventional oncology care.



### Session II

#### “Integrative Oncology Rehabilitation – Naturopathic Approach”

Dr. Naveen Kumar  
Resident Medical Officer, Arogyadhama

Dr. Naveen Kumar’s session focused on the metabolic theory of cancer, revisiting the Warburg hypothesis and emphasizing the role of altered cellular metabolism, particularly glutamine dependence, in cancer progression. He discussed emerging therapeutic

concepts such as antioxidant therapies and targeted= supplementation, while critically examining their relevance within integrative oncology.

A key strength of his presentation was the emphasis on how naturopathy can effectively address metabolic dysregulation through lifestyle-centered interventions. By targeting foundational pillars such as diet, physical activity, stress modulation, and circadian regulation, naturopathy was presented as a practical and supportive approach in oncology rehabilitation.

SESSION III

“Integrative Oncology Rehabilitation – Ayurvedic Approach”

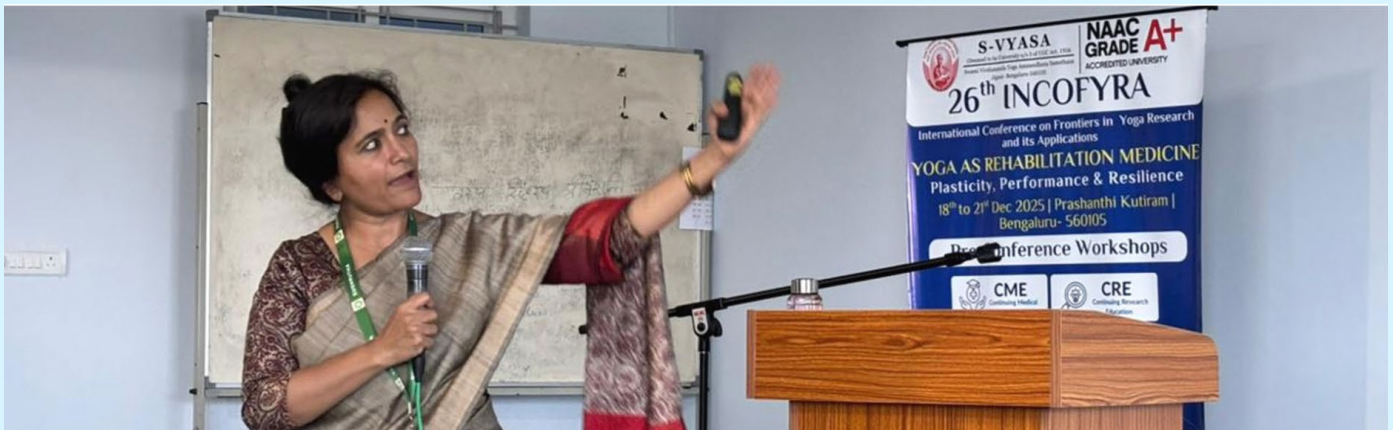
Dr. Champa Pant

Professor & Head, Department of Kaumarabhritya, SAMC & H, Bengaluru

Dr. Champa Pant opened her session with a compelling analogy drawn from the Ramayana, narrating the story of Rama and the squirrel, symbolizing the value of every

contribution, however small, in a collective effort. This analogy set the tone for her discussion on oncology rehabilitation as a multidisciplinary endeavor.

She elaborated on Yuktivyapashraya Chikitsa, Sattvavajaya Chikitsa, and Daivavyapashraya Chikitsa as therapeutic frameworks applicable in cancer care. The session covered Shamana and Shodana therapies, and she articulated how Ayurveda can meaningfully complement cancer management across different stages of disease and treatment, including prevention, active therapy, and survivorship.



Session IV

“Integrative Oncology Rehabilitation – Yogic Approach”

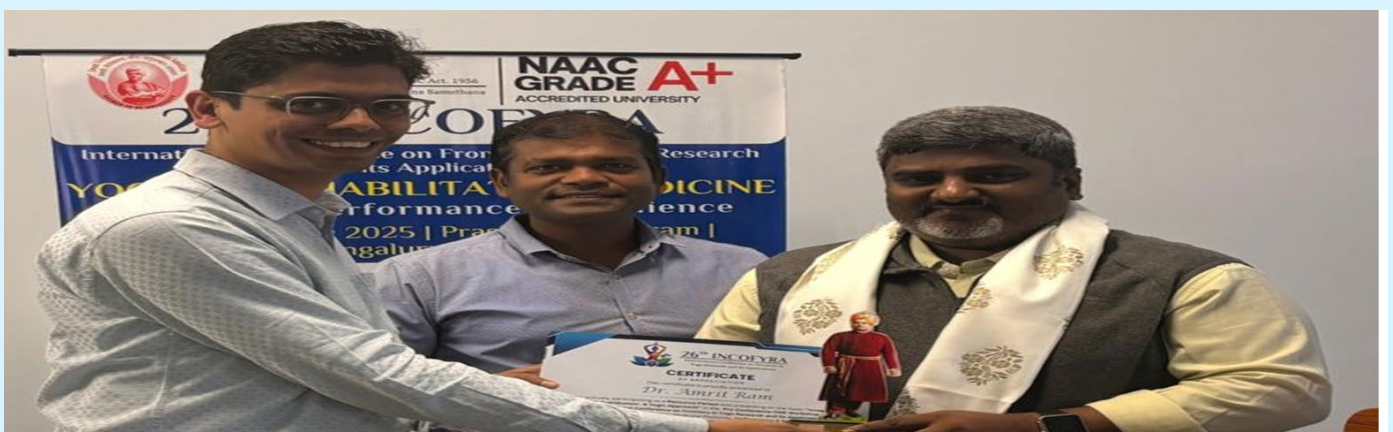
Dr. Amritanshu Ram

HCG, Bengaluru

Dr. Amritanshu Ram delivered an eloquent discourse on the scientific basis of yoga in oncology rehabilitation, critically addressing the often underrated and Westernized perceptions of yoga in healthcare. He emphasized the need to reclaim yoga’s depth as a

therapeutic science rather than a mere wellness adjunct.

He provided a broad and integrative outlook on how yoga can be systematically incorporated across physical, respiratory, psychological, and existential domains. Through well-structured protocols and foundational practices, he demonstrated how yoga can be tailored to support patients across different stages of cancer treatment, from diagnosis and active therapy to recovery and long-term survivorship.



## Session V

## “Integrative Oncology Rehabilitation – Need for Integration Among AYUSH Systems”

Dr. Neetinakumar Patil

Division of Yoga, Centre for Integrative Medicine &amp; Research (CIMR),

Manipal Institute of Higher Education, Manipal

Dr. Neetinakumar Patil concluded the day with a philosophically rich and integrative session on the need for synergy among AYUSH systems. Using relatable real-life analogies, he urged participants to re-examine entrenched perceptions and to view yoga through a broader, more inclusive lens.

He emphasized that Indian cultural texts and traditions contain vast repositories of knowledge that remain either under-deciphered or insufficiently studied. He cautioned against equating lack of contemporary documentation with lack of research, advocating instead for developing appropriate epistemological lenses to study traditional sciences.

Dr. Patil further discussed the role of yoga in psychoneuroendocrine-immune (PNEI) modulation, immune and inflammatory regulation, and neurotransmission. He highlighted how these mechanisms enable yoga to act as a powerful complementary modality alongside Ayurveda, naturopathy, and conventional medicine, reinforcing the necessity of true integrative collaboration.



*“ Knowledge can only be got in one way, the way of experience.” ( Jnana Yoga )*

*“ The yogi must avoid excess of all kinds.” ( Raja Yoga )*

*“ Freedom is the song of the soul.” ( accepted Vivekananda phrasing )*

# CONTINUING RESEARCH EDUCATION (CRE) 12th to 17th Dec 2025

## Pre Conference Workshop

Anvesana Research Laboratories

The Continuing Research Education (CRE) workshops were conducted as a structured pre-conference academic activity under approved institutional guidance, as part of the 26th International Conference of INCOFYRA. The purpose of the CRE was to provide focused, hands-on exposure to contemporary research tools and methodologies relevant to yoga, cognitive neuroscience,

Psychophysiology, psychology, Molecular science, research methodology, Grant writing & statistical analysis & software's. The workshops aimed at strengthening research competencies and promoting interdisciplinary learning among students, scholars, and faculty participants.

## Participation Details

- Each day of the CRE workshop witnessed an average attendance of approximately 30–35 participants over a duration of five days.
- Out of the total participants:  
16 participants were paid and officially registered, comprising:  
14 BNYS students  
2 Yoga Therapists
- The remaining participants included in-house faculty members, PhD scholars, and students from:  
BNYS  
Yoga  
BPT  
Allied research domains
- The consistent participation across all five days reflects strong academic interest and institutional engagement with the CRE initiative.

## Certification

- Certificates of participation were issued to all registered participants upon successful completion of the Continuing Research Education (CRE) workshops.

## Outcomes of the CRE Workshops

- Participants gained practical exposure to advanced research tools and techniques such as neurophysiological assessments, cognitive testing platforms, autonomic function analysis, and laboratory-based biochemical methods.
- The workshops significantly enhanced participants' conceptual clarity and applied understanding of research protocols, data recording, interpretation, and methodological rigor.
- Students and scholars developed improved research competency and confidence in handling real-time experimental setups and research software relevant to yoga and cognitive neuroscience, Psychophysiology, psychology, Molecular science research.

- The CRE facilitated capacity building by equipping participants with skills essential for:  
Designing research studies  
Conducting experiments  
Writing grant proposals  
Understanding statistical tools and data analysis
- The interdisciplinary nature of participation encouraged knowledge exchange and collaborative thinking among students, researchers, and faculty from multiple health and research disciplines.
- Overall, the CRE workshops successfully complemented the main conference by translating academic discussions into skill-oriented learning outcomes, thereby contributing to sustainable research development within the institution.

## Conclusion

- The Continuing Research Education (CRE) workshops were conducted successfully as a pre-conference academic activity in accordance with approved guidelines.
- The program was implemented as planned over five days with smooth coordination and consistent participation.
- Feedback collected from participants reflected satisfactory academic relevance and effective organization of the workshops.
- The CRE workshops formally concluded with issuance of participation certificates to registered participants.

Day-1 FRIDAY- 12th Dec 2025

Transcranial Doppler (TCD)& Yoga Neuroscience



## Topics covered

### Introduction to Cerebral Circulation & Yoga Neuroscience

- Principles of TCD in Yoga Research
- Recording Protocols for Yoga Experiments
- Practical Workshop & Live Demonstration
- Understanding Data and Interpretation

Resource Person Dr. Krishna Dewedi, Mr. Surav Nilesh

Day-2 SATURDAY- 13th Dec 2025

TOPIC: Yoga and Autonomic Function Changes



Topics covered

Introduction to Cardiac Autonomic Response as measured by HRV (Heart Rate Variability)

- Records Protocols for Yoga Experiments
- Understanding HRV in the context of yoga
- Practical Workshop & Live Demonstration
- Understanding Data and Interpretation

Resource Person Dr. Amit Kanthi & Mr. Saurav Nilesh

Day-3 SUNDAY- 14th Dec 2025

Topics covered

Computer-Based Cognitive Assessment in Yoga Research

- Introduction to Cognition and Its Domain.
- Introduction to Inquisit & PsychoPy Software
- Neural Correlates of Cognitive Function
- Practical Session on Inquisit & PsychoPy

Resource Person Mr. Murugesh K, Dr. Amit Kanthi, Dr. Krishna Dwivedi.

Day-4 MONDAY- 15th Dec 2025

TOPIC: Western Blotting Technique Demonstration



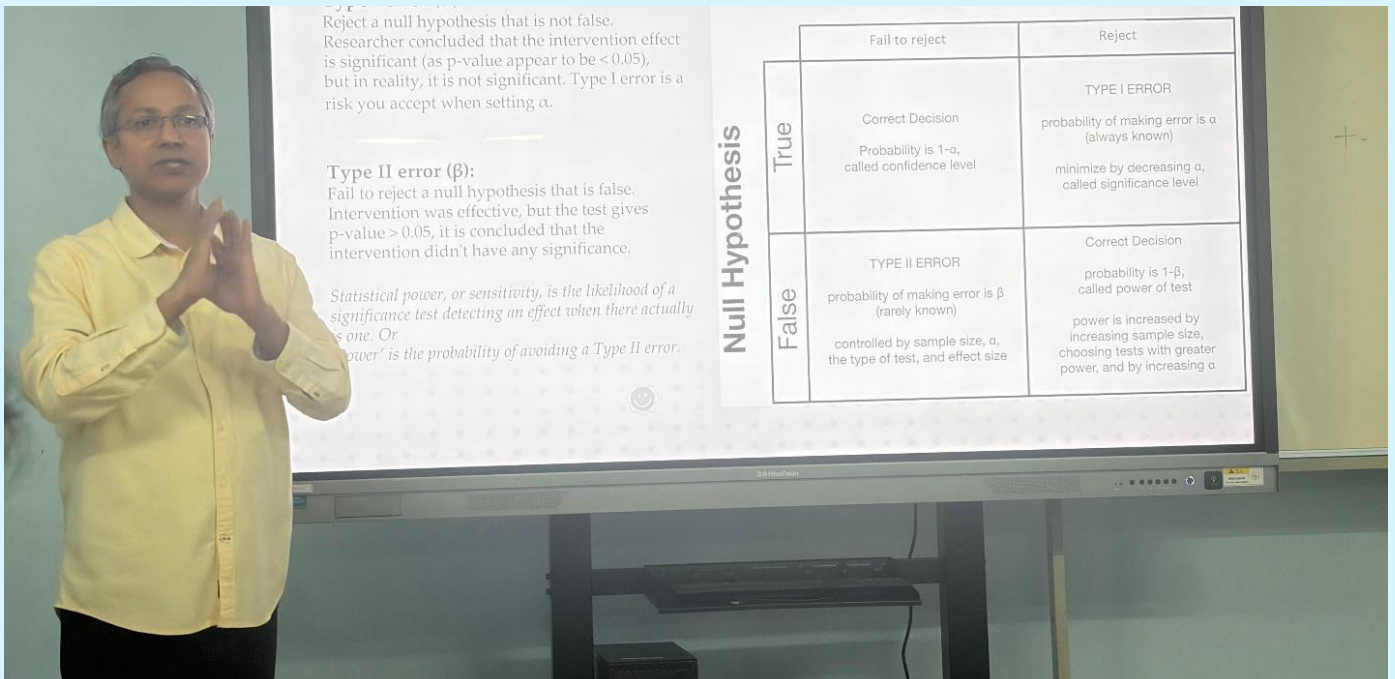
Bengaluru, Karnataka, India 🇮🇳  
 Prashanti Kutiram, Kallubalu Post, Jigani, Swami, Swami Vivekananda Rd,  
 Manjunatha Layout, Ramamurthy Nagar, Bengaluru, Karnataka 560105,  
 India

- Principles and Demonstration of SDS-PAGE and IMMUNOBLOT

Resource Person Dr. Deepsikha S, Mr. Prosenjit, Ms. Riya

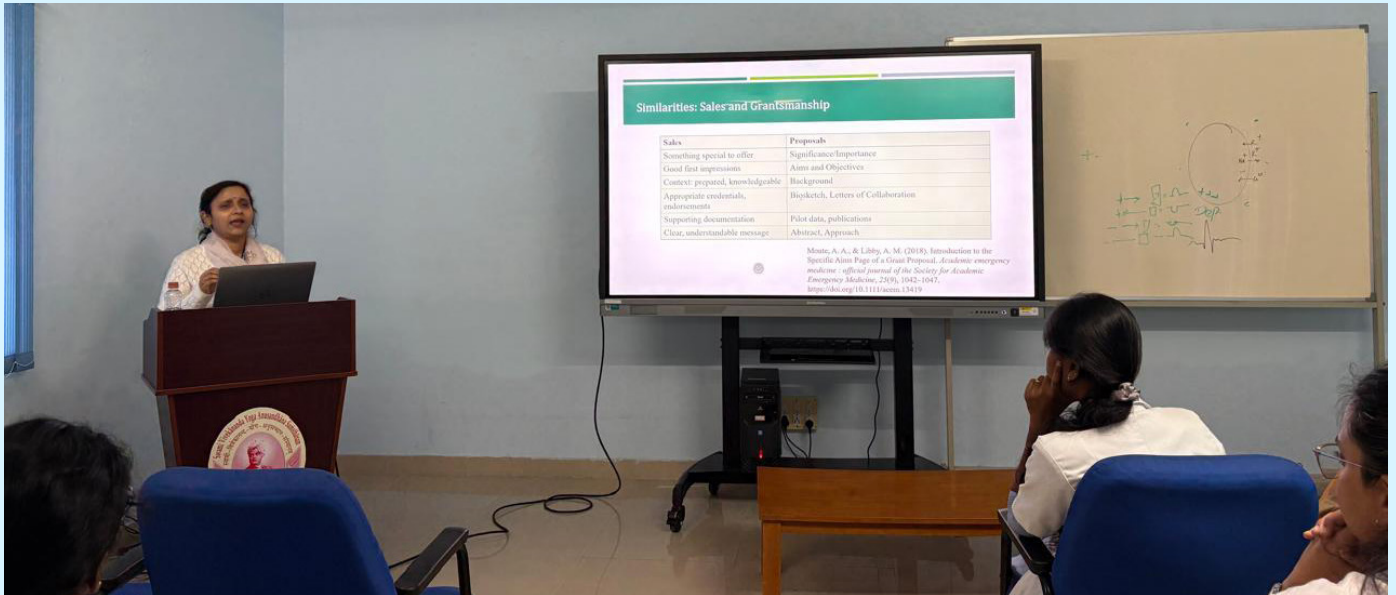
Day-5 TUESDAY- 16th Dec 2025

TOPIC: Research Methodology: Grant writing, Statistical tools & Analysis.



Research Methodology: Overview of core concepts in research design and the development of a structured research framework.

## Grant writing



Grant Writing: Introduction to essential elements of grant proposals and guidance on structuring and presenting research ideas effectively.

## Statistical tools &amp; Analysis.

Statistical Tools & Data Analysis: Introduction to the role of statistics in research, types of data and measurement scales.



## Continuous Yoga Education (CYE): Pre-Conference Workshop 2025

The School of Yogic Sciences (SYS) conducted an intensive six-day residential workshop on Continuing Yoga Education (CYE) on “Advanced Yoga Techniques” from December 12th to 17th, 2025, at Prashanthi Kutiram, Bengaluru. This program served as a predecessor to the 26th INCOFYRA, with 23 registered participants with deep experiential and theoretical training in yoga.

### Conceptual Framework of the Course Content

The workshop was uniquely structured around the Panchakosha Model (five sheaths) of human existence, rooted in classical Upanishadic texts. The course comprises seven advanced yoga techniques designed to strengthen the five sheaths (Pancha Koshas) of human existence. One technique is dedicated to each sheath, while the mental sheath is addressed through three specialized practices targeting the emotional, sound, and image aspects of the mind. Cyclic Meditation (CM) or Self-Management of Excessive Tension (SMET), based on the Mandukya Karika, uses cyclic stimulation and relaxation to achieve deep physical relaxation. The Pranic Energization Technique (PET), rooted in the Prashnopanishad, purifies and strengthens the pranic body through awareness and expansion of prana. Mind Emotion Management Technique (MEMT), derived from the Bhagavad Gita and Narada Bhakti Sutras, facilitates emotional regulation through sublimation and surrender. Mind Sound Resonance Technique (MSRT), based on the Goraksha Upanishad, employs resonance for mental calmness. Mind Image Resonance Technique (MIRT), grounded in the Bhagavad Gita, refines thought processes. VISAK, from Yoga Vasistha, strengthens intellect, while ANAMS, from the Taittiriya Upanishad, cultivates sustained inner bliss. All the advanced Yoga techniques were developed by Dr. H R Nagendra, the founder of S-VYASA Yoga University.

Also, the workshop featured five comprehensive lecture sessions delivered by expert faculty members from the School of Yogic Sciences.

### Practical Techniques & Instructors

	Technique	Instructor
1	CM / SMET	Ms. Gangotri Panda
2	PET	Mr. Sailesh Pradhan
3	MEMT, MSRT, MIRT	Ms. Padmashree
4	VISAK	Ms. Padmashree
5	ANAMS	Ms. Padmashree

## lecture sessions

	Topics	Recourse Persons
1	Harmony Fusion: Music and Yoga Therapy	Dr. Karuna Nagarajan
2	Digital Detox Through Yogic Lifestyle: A Holistic Path to Balance	Dr. Soubhagyalaxmi Mohanty
3	Understanding the Root Causes of Stress and its Solutions Through Different Streams of Yoga	Dr. Satya Prakash Purohit
4	The Pancha kosha Model as a Framework for Stress Management	Dr. Nibedita
5	Science of Breath	Dr. Komal

## CYE 12-12-2025 to 17-12-2025

CYE ( Continuing Yoga Education) is conducted in School of Yogic Academic Block from 12-12-2025 to 17-12-2025 with the aim to teach all 7 Advanced Yoga Techniques to all the participants daily and make them understand the theory and practice every day. Arambha Institute from Mumbai came with a Total of 19 participants. One Prof. from Benaras Hindu University, One retired Lecturer ( this is the second time he was attending this workshop here, one interneer student from Maharashtra; another student also registered for CYE and have been jumping between CRE and CYE and one alumni (Total of 24) registered for this program and attended. TUT Unarayanji and 4 PhD students also participated the sessions.

Sessions started at 5.30 am and ended at 5pm All participants then attended cultural programs and enjoyed.

There were five lectures too on Yoga and Music therapy, Stress at panchakosha, roots of stress from kleshas and remedy through four Yogas, Digital Detox through Yoga and Mechanism of pranayama.

## COURSE CONTENT

Course contains seven Advance Yoga Techniques to strengthen the five sheaths of our existence. There is one technique for each sheath, only for Mental sheath there are three techniques. One to strengthen/ gain control over the emotional aspect of the mind, one to strengthen/ gain control over the sound aspect of the mind, one to strengthen/ gain control over image aspect of the mind.

**CM or SMET:** For Physical body relaxation the technique is CM or SMET. The technique is developed based on the knowledge given in Mandukya karika. The principle of stimulation and relaxation used in a cyclic manner to lead to deep relaxation without any stagnation. This technique gives relaxation to the body by meditation on body.

**PET:** For the pranic body, purification and strengthening PET. This technique is developed based on the knowledge given in Prashnopanishad. The principle is based on slowing the prana, observing and rotating prana and expanding the prana. This technique purifies, strengthens and expands the Pranic body.

**MEMT:** For Gaining control over the Emotions in the Mental body, the technique is MEMT. The technique is based on the principles given in Bhagawadgita and Narada Bhakti sutras. The Art of sublimation, surrender and expansion are the main principles used. This technique removes the negative emotions, softens the positive emotions and helps to gain control over our emotions.

**MSRT:** For gaining control over the Sound aspect of mind MSRT. Based on the knowledge given in Goraksha Upanishad, the techniques is developed using the principle of resonance. Resonance due to mental sound producing deep relaxation in the mind as well as to the body is the principle here.

**MIRT:** For gaining control over the Image aspect of the mind MIRT. This is based on the knowledge given in the Bhagawadgita. This technique helps to gain control over our thinking process by gaining the ability to convert passive thoughts into active and active thoughts into passive at will. Very deep practice to take to deeper layers of silence systematically.

**VISAK:** For strengthening the Intellectual body, VISAK. This is developed based on the knowledge given in Yoga Vasista. This practice helps for notional correction and strengthening the Vijnanamaya kosa. This technique ensures continuous growth in the spiritual path.

**ANAMS:** For strengthening the bliss body, ANAMS. This is developed based on the knowledge given in Taittiriya Upanishad. Being in bliss all the time under all circumstances is the objective of this technique. This technique strengthens bliss body.



# Himalaya Yoga Olympiad (12–17 December)

## 1. Introduction

The Himalaya Yoga Olympiad is a prestigious national-level yoga event envisioned to promote holistic health, yogic discipline, cultural harmony, and excellence in yogic practice. Rooted in the traditional Indian yogic system, the Olympiad serves as a platform for participants to demonstrate physical proficiency, mental discipline, ethical values, and experiential understanding of yoga.

As a part of pre-conference The Olympiad was conducted over a period of six days, commencing on 12 December and concluding on 17 December. The event followed a systematic and well-planned schedule encompassing registration, assessment sessions, interaction programs, and concluding ceremonies.

A total of 240 participants from 13 different Indian states participated in the Himalaya Yoga Olympiad. The event witnessed enthusiastic participation from diverse regions of the country, reflecting national integration through yoga.

In addition to participants, 24 qualified jury members were entrusted with the responsibility of assessment. A team of coordinators and officials ensured the smooth and disciplined conduct of all sessions throughout the Olympiad.

The Olympiad was organized across seven age categories, with separate divisions for male and female participants, ensuring equity, inclusiveness, and age-appropriate assessment standards:

1. 9–13 years
2. 14–17 years
3. 18–21 years
4. 22–24 years
5. 25–35 years
6. 36–45 years
7. 45 years and above

Participants were evaluated strictly within their respective categories following standardized yogic assessment criteria.

The inaugural ceremony formally marked the commencement of the Himalaya Yoga Olympiad. The occasion was graced by Swami Ji of Kriya Yoga as the

Chief Guest. His presence added spiritual depth and inspiration to the event. In his inaugural address, Swami Ji emphasized yoga as a way of life, underscoring its significance in self-discipline, inner awareness, physical well-being, and spiritual growth.

The Olympiad featured structured and systematic assessment sessions conducted over the six-day period. During this time, participants were assessed in a comprehensive range of yogic practices, including Asana, Pranayama, Mudra, Bandha, Kriya, Dhyana (meditation), and Gyana (theoretical and experiential knowledge of yoga).

Alongside the national event, the International Himalaya Yoga Olympiad was also conducted. A total of 12 international participants from 12 different countries took part in this segment of the Olympiad. The international participation highlighted the global acceptance of yoga and strengthened cross-cultural understanding, reaffirming yoga as a universal science of holistic living.

The National Valedictory Ceremony was held on 15 December, marking the formal conclusion of the national segment of the Himalaya Yoga Olympiad. The ceremony was graced by Dr. Sanchita Shetty as the Chief Guest. Dr. Shetty, a renowned Indian actress who has appeared predominantly in Tamil and Kannada films, addressed the gathering and inspired participants by emphasizing the importance of discipline, consistency, and holistic well-being through yoga.

Her presence added visibility and encouragement to the event, particularly motivating young practitioners to integrate yoga into their daily lives.

The International Valedictory Ceremony was conducted on 17 December, marking the successful conclusion of the International Himalaya Yoga Olympiad. The ceremony celebrated the participation of 12 international participants from 12 different countries and highlighted yoga's universal relevance and global acceptance.

The performance outcomes of the Olympiad reflected high standards of yogic excellence across states:

- Winner: Maharashtra
- Runner-up: Telangana

Both states demonstrated outstanding commitment, consistency, and excellence across multiple age and gender categories.



# Activities of the Spirituality Committee

## 1. Introduction

The Spirituality Committee of the 26th International Conference on Frontiers of Yoga Research and Applications (INCOFYRA) was constituted with the objective of integrating the spiritual, ritualistic, and Vedic wellness dimensions into the academic and experiential framework of the conference. Through a carefully planned series of Vedic homas, satsangs, wellness consultations, and cultural initiatives, the committee endeavoured to present Yoga as a holistic science rooted in India's living spiritual traditions, complementing the scholarly deliberations of the conference.

The activities of the Spirituality Committee were led by the Chairperson, Prof. M. Jayaraman, with active participation and dedicated support from the faculty members of the Division of Yoga Spirituality—Dr. N.Sridhar, Dr. Nagarajan, Dr. Srinivas, and Sri Chaitanya—along with the enthusiastic involvement of students from the Yoga and Vedic Therapy/Wellness programmes at both the M.Sc. and B.Sc. levels. Their collective efforts ensured the smooth planning and successful execution of all assigned responsibilities.

## 2. Scope of Responsibilities

The committee was entrusted with the following key responsibilities, all of which were carried out systematically during the pre-conference and conference periods:

- Organization of Morning Vedic Wellness Homas
- Conduct of Pre-conference and Conference Satsangs representing various streams of Yoga
- Coordination of the official Conference Song of the 26th INCOFYRA
- Establishment and management of a Vedic Wellness Stall, including delegate interaction and data collection

## 3. Morning Vedic Wellness Homas

A series of Morning Vedic Wellness Homas were conducted throughout the conference period, creating a serene and spiritually uplifting environment for the participants. The following Vedic Wellness Homas were conducted at the Yajña Śālā in the temple premises:

Date	Homa Conducted
18 December	Mahāgaṇapati Homa
19 December	Dhanvantari Homa
20 December	Navagraha Homa
21 December	Mṛtyuñjaya Homa

A total of 32 participants registered for the Sankalpa, contributing a Sankalpa fee of ₹35,950/-. Each homa witnessed an average daily participation of around 200 delegates, indicating sustained interest and engagement.

Special prasādas were offered to all registered Sankalpa participants, while prasāda distribution was also extended to non-registered participants, thereby encouraging collective participation. Further, each day featured a special alankāra, including Chandana Alankāra and Silver Kavacha Alankāra, offered to Śrī Yoga Gaṇapati and Śrī Yoga Dakṣiṇāmūrthy, enhancing the devotional ambience of the homas.



#### 4. Vedic Wellness Consultations and Outreach

The Vedic Wellness Stall served as a vibrant outreach platform, facilitating meaningful interaction between traditional Vedic knowledge systems and contemporary wellness seekers. The stall attracted consistent participation and interest throughout the conference.

Paid Vedic Wellness consultations conducted: 30

Revenue generated for S-VYASA: ₹12,000/-

General queries on Vedic Wellness: More than 100 In addition, Medical Astrology data was collected for the purpose of validating the wellness software developed by Swami Jagadatmananda Ji, with 80 cases documented.

The stall also received 12 enquiries regarding the Medical Astrology course, reflecting growing academic and professional curiosity in this area.



## 5. Pre-Conference and Conference Satsangs

A thoughtfully curated series of satsangs was organized to represent the major streams of Yoga and provide participants with spiritually enriching experiences.

### Pre-conference Satsangs:

Satsanga	Date	Speaker
Bhakti Yoga Satsanga	14 December	Dr. Raghuram Ji
Karma Yoga Satsanga	15th December	Pujya Guruji Dr. H. R. Nagendra
Jñāna Yoga Satsanga	16th December	Acharya Prof. Ramachandra Bhat Ji
Rāja Yoga Satsanga	18th December	Prof. M. Jayaraman



During the conference, the Satsang on 19 December and the Kīrtan on 20 December (Evening 5-6 pm) were facilitated by the Spirituality Committee and conducted by Swami Amṛta Suryānanda and his team from Portugal. These sessions added a vibrant devotional dimension and fostered deep collective spiritual participation among the delegates.



## 6. Conference Song

The official Conference Song of the 26th INCOFYRA was composed by Acharya Prof. Ramachandra Bhat Ji, Director, VMAC–VTR. The Spirituality Committee coordinated aspects related to the conference song, which served as a unifying cultural and spiritual expression reflecting the vision and ethos of the conference.

## 7. Feedback and Observations

The activities of the Spirituality Committee received positive and affirming feedback from both the University leadership and conference participants.

The Honorable Vice Chancellor, Dr. N. K. Manjunath, observed that the conference was “highly professional, scientific, yet spiritually enriching.” The emphasis on its spiritually enriching character underscores the significant contribution of the Spirituality Committee to the overall INCOFYRA experience.

All participants who registered for the Sankalpa and received the prasāda expressed their appreciation for the transparent, well-organized, and systematic procedure adopted for registration, financial transactions, and prasāda distribution. This transparency contributed significantly to trust, satisfaction, and positive engagement.

## 8. Acknowledgements

The Spirituality Committee expresses its deep gratitude to Pujya Guruji Dr. H. R. Nagendra for his constant guidance, inspiration, and benevolent presence. The committee also gratefully acknowledges the unwavering support of the University Administration led by the Vice Chancellor, Dr. N. K. Manjunath, Registrar Prof. Sony Kumari, and Finance and Administration Director Dr. H. R. Dayananda Swamy, whose encouragement and administrative facilitation enabled the smooth execution of all programmes.

## 9. Conclusion

Through its diverse initiatives, the Spirituality Committee made a significant contribution to the holistic character of the 26th INCOFYRA. The successful conduct of Vedic homas, spiritually enriching satsangs, effective wellness consultations, and cultural coordination reaffirmed the relevance of traditional Indian spiritual practices within contemporary Yoga research and academic discourse. The enthusiastic participation of delegates, faculty, and students, along with positive leadership feedback and participant appreciation, stands as testimony to the impact and effectiveness of these initiatives.

## STALL COMMITTEE REPORT

The Stall Committee of the 26th International Conference on Yoga for Research and Applications (INCOFYRA 2025) was responsible for the planning, coordination, execution, and monitoring of all exhibition and stall-related activities during the conference. The committee functioned with the objective of providing a structured, professional, and supportive environment for institutional, healthcare, research, innovation, wellness, and student entrepreneurship stalls, in alignment with the conference theme “Yoga as Rehabilitation Medicine.”



A total of 32 stalls were successfully coordinated by the Stall Committee, including institutional stalls, rehabilitation and healthcare innovation stalls, yoga technology platforms, wellness and lifestyle product displays, public health research units, and student-led food stalls. The stall layout was systematically planned to ensure optimal visibility, accessibility, and smooth visitor movement. Stall numbering, zoning, and spacing were executed in advance to avoid congestion and to facilitate effective interaction between exhibitors and delegates.

The committee ensured completion of all pre-event checklists, including stall allocation, payment verification, arrival schedules, accommodation requirements, infrastructure needs such as tables, partitions, and electrical points, and contact coordination with stall owners. All exhibitors confirmed payments prior to the event, and financial documentation was maintained as per university norms. Special attention was given to stall-specific requirements such as additional tables, wall panels, power extensions, and display space.

Accommodation and hospitality coordination for stall participants were managed in collaboration with the logistics and administration teams. Feedback from exhibitors indicated that their stay at S-VYASA University was smooth, comfortable, and well organized. The campus environment, support services, and hospitality arrangements were widely appreciated and contributed to a positive working experience throughout the event.

^ The role of student volunteers assigned to stall management was critical to the success of the exhibition component. Volunteers demonstrated high levels of responsibility, coordination, and adaptability while managing stall setup, exhibitor assistance, visitor engagement, and issue resolution. Effective communication among volunteers across different shifts and stall zones ensured uninterrupted functioning of the exhibition area.

Several stall owners and institutional representatives provided positive feedback acknowledging the efficient coordination of the Stall Committee and volunteer teams. Exhibitors noted that the stalls were well planned and arranged, and that the volunteer support significantly enhanced their ability to engage with delegates. Industry and innovation partners reported meaningful interactions, lead generation, and exposure to new perspectives relevant to rehabilitation medicine and yoga-based healthcare applications.

Specific appreciation was received for stall-level volunteer engagement, where volunteers demonstrated quick understanding of complex healthcare and rehabilitation concepts and confidently communicated these to visitors, including healthcare professionals and senior delegates. The volunteers' sustained presence during long working hours, especially on peak days, was highlighted as a key strength of stall operations. Their attentiveness to exhibitors' logistical and personal needs further reflected the supportive culture encouraged by the Stall Committee.



The Stall Committee also addressed operational challenges during the event. These included last-minute infrastructure requests, extended stall operation hours, and crowd management near high-traffic stalls such as food and innovation exhibits. Through prompt coordination with logistics teams and proactive volunteer deployment, these challenges were resolved efficiently without disruption to the overall exhibition flow.

In conclusion, the Stall Committee successfully fulfilled its responsibilities during the 26th INCOFYRA 2025, ensuring professional execution of all stall-related activities. The positive feedback received from exhibitors, institutions, and industry participants reflects the effectiveness of planning, coordination, and teamwork demonstrated by the committee. The experience gained and feedback collected will serve as valuable input for enhancing stall management strategies in future editions of INCOFYRA.

## SCIENTIFIC SESSIONS

The plenary sessions collectively present a compelling case for integrating yoga into conventional rehabilitation and chronic disease management, positioning yoga as a scientifically grounded, multidimensional rehabilitation modality rather than a complementary add-on. Advances in neuroplasticity, psychophysiology, and integrative health are reshaping rehabilitation medicine, which increasingly recognizes that conditions such as stroke, chronic pain, cardiometabolic disease, cancer, and neurodegeneration affect individuals across physical, autonomic, emotional, cognitive, and existential domains.

A central framework highlighted is the Integrated Approach of Yoga Therapy (IAYT) based on the Pancha Kośa model, which systematically addresses structural function, autonomic regulation, emotional balance, cognitive clarity, and deep psychological resilience. Evidence from randomized trials, meta-analyses, and neuroimaging studies demonstrates yoga's benefits in improving motor function, pain, balance, gait, autonomic markers such as heart rate variability, emotional regulation, and brain network connectivity. These effects support yoga's role in enhancing resilience and long-term functional recovery.



Strong emphasis is placed on scalable, cost-effective rehabilitation models, particularly relevant for low- and middle-income settings. Yoga-based cardiac rehabilitation emerges as a robust example, with large multicentre trials demonstrating safety, improved quality of life, faster return to daily activities, and potential reductions in adverse cardiovascular events. Similar integrative models are being explored for heart failure, diabetes, and pulmonary hypertension.

The plenary sessions also highlight yoga's growing role in oncology care, where substantial clinical evidence shows improvements in quality of life, symptom burden, physical function, stress reduction, and biological regulation. Yoga is now incorporated into major international oncology guidelines, underscoring that sufficient evidence exists for its inclusion as part of standard supportive cancer care.

Overall, the sessions articulate a unified vision of rehabilitation that blends modern biomedical science with validated yogic frameworks, advocating interdisciplinary collaboration, rigorous research, and the development of integrated rehabilitation centres to advance patient-centred, resilient, and holistic healthcare.



Honouring the speakers of the plenary session

## PARALLEL SYMPOSIA SESSIONS WERE CONDUCTED SIMULTANEOUSLY AT SHRUTHI MANDIR AND MANGAL MANDIR

The symposia sessions presented a comprehensive overview of contemporary approaches to rehabilitation and integrative medicine, with a strong emphasis on yoga, Ayurveda, meditation, and artificial intelligence (AI) as complementary tools alongside conventional biomedical care. Together, they highlighted a paradigm shift from purely disease-centric models toward holistic, patient-centered rehabilitation frameworks that address physical, neurocognitive, emotional, and behavioural dimensions of health.

Several talks focused on integrative rehabilitation in chronic diseases, including cardiac, pulmonary, neurological, and metabolic disorders. Yoga-based interventions emerged as cost-effective, culturally acceptable, and scalable rehabilitation strategies, demonstrating benefits in autonomic balance, oxidative stress reduction, inflammatory markers, functional capacity, quality of life, and psychosocial wellbeing. Evidence from randomized trials and systematic reviews supports yoga as a safe adjunct in cardiac rehabilitation, pulmonary rehabilitation for chronic lung disease, and heart failure management, with improvements noted in exercise tolerance, dyspnoea, cerebral and cardiovascular hemodynamics, and patient adherence.



A glimpse of the Parallel Symposium at Shruti Mandir

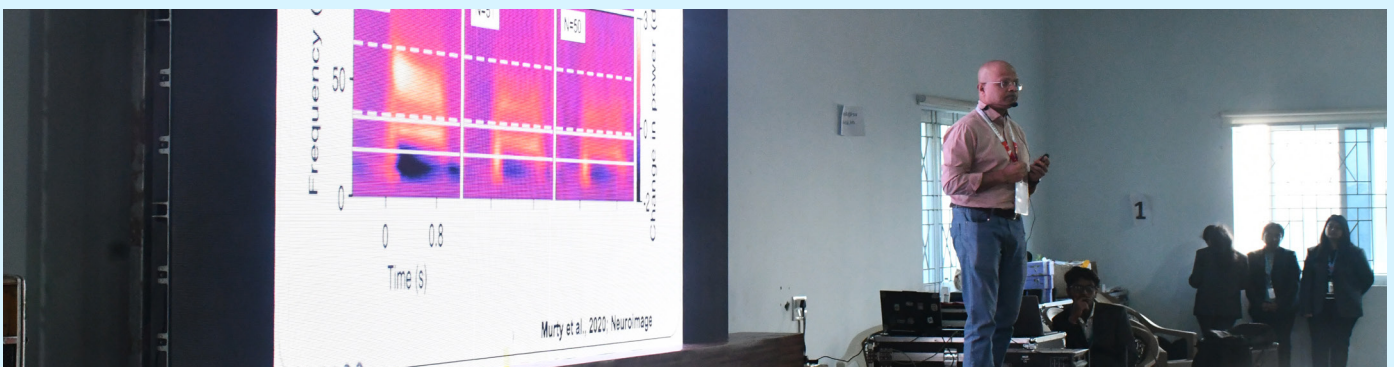
In neurorehabilitation, emphasis was placed on the growing role of integrative medicine in conditions such as stroke, Parkinson's disease, multiple sclerosis, cerebral small vessel disease, and neurodegeneration. Yogic breathing (pranayama), meditation, and Ayurveda-based approaches were proposed to enhance neuroplasticity, resilience, cerebral blood flow regulation, and functional recovery, even in conditions traditionally considered incurable or progressive. Cerebrovascular rehabilitation through breath-based modulation of carbon dioxide and vasomotor reactivity were highlighted as a promising behavioural intervention with measurable hemodynamic effects.



A glimpse of the Parallel Symposium at Mangal Mandir.

A strong technological dimension was also introduced under the theme AI-driven rehabilitation. AI-based image processing was shown to enable objective, quantitative assessment of yoga posture execution, supporting precision in therapeutic yoga and rehabilitation training. Advances in AI-enabled Brain-Computer Interfaces (BCI) and adaptive intelligence systems demonstrate potential for personalized neurorehabilitation by decoding EEG signals to support motor recovery, communication, cognitive training, and neurofeedback. These approaches leverage machine learning, real-time adaptation, and closed-loop feedback to enhance rehabilitation outcomes, while also acknowledging challenges related to variability, interpretability, and clinical translation.

Meditation-focused neuroscience research further strengthens the mechanistic foundation of mind-body interventions. EEG studies reveal meditation-associated changes in gamma oscillations, power spectral dynamics, and functional connectivity, suggesting enhanced inhibitory control and potential neuroprotective effects against aging and neurodegeneration.



Integrating traditional mind-body practices with biomedical science and AI

Overall, the symposia sessions collectively underscore a unifying theme: the convergence of traditional mind–body practices with modern biomedical science and AI technologies. This integrative vision positions rehabilitation not merely as symptom management, but as a multidimensional process aimed at restoring function, resilience, autonomy, and quality of life. The sessions highlighted India’s unique potential to contribute globally by scientifically validating and scaling integrative rehabilitation models grounded in yoga, Ayurveda, neuroscience, and digital innovation.

### Panel Discussion

The panel discussion focused on the integration of yoga and evidence-based integrative medicine into neurorehabilitation and cardiac rehabilitation, highlighting the need for holistic, scalable, and scientifically validated approaches to address the growing burden of chronic non-communicable diseases.

The discussion emphasized that conventional rehabilitation often addresses isolated organs or symptoms, whereas conditions such as stroke, cardiovascular disease, neurodegeneration, cancer, and metabolic disorders involve multi-level dysfunction spanning physical, autonomic, emotional, cognitive, and behavioural domains. Yoga was presented as a structured, multidimensional intervention capable of addressing this complexity.

A central framework discussed was the Pancha Kośa model, operationalized through integrative yoga therapy. This model enables simultaneous engagement of structural rehabilitation (Annamaya), autonomic and respiratory regulation (Prāṇamaya), emotional balance and stress modulation (Manomaya), cognitive clarity and behavioural change (Vijñānamaya), and deep psychological resilience (Ānandamaya). Panelists highlighted growing global evidence supporting yoga’s role in neuroplasticity, autonomic regulation, heart rate variability, emotional regulation, and resilience across neurological and cardiac conditions.



### Discussion on yoga and evidence-based integrative medicine in neuro and cardiac rehab

From a cardiac rehabilitation perspective, the panel underscored the urgent need for cost-effective, scalable rehabilitation models, especially in low- and middle-income settings. Large multicentric trials such as Yoga-CaRe were discussed as landmark evidence demonstrating that standardized yoga-based cardiac rehabilitation is safe, feasible, and effective in improving quality of life, functional capacity, and autonomic balance, with promising trends toward reduced cardiovascular events. Similar integrative models were highlighted for heart failure rehabilitation, where yoga complements standard care by reducing sympathetic overactivity, improving cardiac function, and enhancing adherence.

The panel also explored the role of neurorehabilitation, stressing that neurological recovery depends not only on lesion characteristics but also on sleep, stress, breathing patterns, emotional state, and autonomic balance. Yogic breathing, meditation, and relaxation were discussed as tools that modulate cerebral blood flow, neurofeedback mechanisms, and sympatho-vagal equilibrium, thereby supporting functional recovery and resilience.

A key theme was the convergence of traditional knowledge with modern science and technology. The integration of yoga with neuroimaging, neurofeedback, autonomic biomarkers, and AI-assisted posture analysis was highlighted as a pathway to enhance precision, safety, and reproducibility of yoga-based rehabilitation.

### Poster Presentation

The poster presentation session was conducted from 2:15 PM to 4:30 PM, featuring a vibrant display of scholarly work. The session included a total of 116 poster presentations and 13 oral presentations, highlighting diverse research themes across yoga, rehabilitation, integrative medicine, and allied health sciences.

The presentations were evaluated by a distinguished panel of eight judges, comprising senior academicians and clinicians:

- Prof. Deepeshwar Singh, Associate Professor, Babasaheb Bhimrao Ambedkar University (A Central University), Lucknow
- Dr. Vikas Rawat, Associate Professor, School of Yogic Sciences, S-VYASA University, Bengaluru
- Dr. Rajesh Nair, Assistant Professor, Anvesana Research Laboratories, S-VYASA University, Bengaluru
- Dr. Mithila M. V., Assistant Professor, Anvesana Research Laboratories, S-VYASA University, Bengaluru
- Dr. Nikhila B. Hiremath, Professor and Head of Department, Sushrutha Ayurvedic Medical College & Hospital, Bengaluru
- Dr. Soubhagyalaxmi Mohanty, Associate Professor, School of Yoga, S-VYASA University, Bengaluru
- Dr. Prashanth V. Mangalvedhe, Principal and Associate Professor, School of Physiotherapy, S-VYASA University, Bengaluru
- Dr. Mangesh Pandey, Assistant Professor, CODE, S-VYASA University, Bengaluru

The session facilitated rigorous academic evaluation, meaningful interactions between presenters and judges, and constructive feedback, significantly enriching the conference's scientific discourse.



Attendees exploring the Poster Presentation

### Ideathon – AI for Neuro-Rehabilitation Summary

The Ideathon on Artificial Intelligence for Neuro-Rehabilitation was successfully conducted on 19 December 2025 by the School of Engineering and Technology, SVYASA Deemed to be University, at Yoga Hall–2, Prashanti Kutiram Campus, from 3:30 PM to 7:30 PM. The event featured 15 student teams presenting innovative AI-driven solutions to address challenges in neuro-rehabilitation, assistive technologies, and healthcare monitoring.

The program commenced with an invocatory prayer, followed by a welcome address and an introduction to the ideathon theme. The event was effectively anchored by Ms. Keerthana K. M, Assistant Professor, School of Engineering and Technology, with support from student coordinators Chetana and Skanda Sai.

The presentations were evaluated by a distinguished panel of judges comprising Dr. Sarita R. C, Scientist 'F', Centre for Development of Advanced Computing (C-DAC), Bengaluru; Ms. Rupsha Mukherjee, Founder, Galanto Innovations; Prof. Hari Prasath L, School of Engineering and Technology, S-VYASA; and Dr. Amal M. R, School of Engineering and Technology, S-VYASA.

Each team delivered a structured presentation and prototype demonstration, covering themes such as AI-based disease monitoring, rehabilitation and therapy technologies, assistive communication systems for neurological conditions, and advanced caregiver support solutions. The judges emphasised the need for genuine AI-based pattern recognition, clear problem definition, clinical relevance, and scalable system architecture.



Gathering for Ideathon: AI for Neuro-Rehabilitation

The ideathon concluded with a Shantipath, marking the successful completion of an intellectually stimulating and impactful technical event that fostered interdisciplinary collaboration and reaffirmed SVYASA Deemed to be University's commitment to innovation, research excellence, and technology-enabled neuro-rehabilitation.

The Second Day of the Scientific Program began with plenary sessions that focused on the evolving interface between sports science, regenerative medicine, yoga, and neurorehabilitation, emphasizing resilience, recovery, and long-term functional wellbeing. A central theme was the recognition that optimal performance and rehabilitation extend beyond musculoskeletal repair to include neuroplastic, autonomic, psychological, and behavioural dimensions.

Yoga and allied Indian knowledge systems were presented as comprehensive frameworks for cultivating movement efficiency, mental stability, and regenerative resilience. Classical yogic and philosophical traditions were discussed as pathways that integrate ethical living, sensory regulation, disciplined action, and meditative awareness to strengthen both inner and outer resilience. These perspectives align with modern concepts of self-regulation, stress adaptability, and sustained performance.

Within neurorehabilitation, yoga therapy was framed as a salutogenic, whole-person approach that complements conventional physiotherapy, speech, and occupational therapy. By working through posture, breath regulation, focused attention, and relaxation, yoga supports neuroplasticity, autonomic balance, emotional regulation, and cognitive clarity. Applications are highlighted across neurological conditions such as stroke, multiple sclerosis, traumatic brain injury, and age-related neurodegeneration, with benefits extending to mood, fatigue, coordination, and quality of life.



Dignitaries in discussion over session highlights

From a sports and injury-prevention perspective, the sessions emphasized evidence-based training methods that prioritize correct biomechanics, efficient breathing, posture, adequate recovery, and holistic load management. Injury prevention and rehabilitation were presented as long-term processes supported by regular physical activity, sleep, hydration, and integrated pain-management strategies. Mindful movement and recovery practices were shown to reduce biomechanical stress, prevent overuse injuries, and enhance resilience in both elite athletes and recreational populations.

Overall, the plenary highlights a unified vision in which yoga-informed mind–body practices and modern sports medicine converge to promote regenerative recovery, prevent injury, and sustain performance, positioning integrative approaches as essential components of future sports and rehabilitation medicine.

### Symposia Sessions

The symposia sessions on the second day collectively explored rehabilitation, resilience, and performance optimisation through an integrative lens that brings together yoga, physiotherapy, Ayurveda, neuroscience, biomechanics, behavioural science, and technology. A central theme across the contributions was the shift from a purely biomedical or impairment-focused model toward holistic, person-centred rehabilitation that emphasises long-term wellbeing, functional recovery, and adaptive resilience.

The sessions emphasized classical yogic philosophy and texts as foundational frameworks for understanding movement, mind, and resilience. Drawing from the Upaniṣads, Bhagavad Gītā, Yoga Sūtra, Sāṃkhya, Buddhist and Jain traditions, yoga is presented as a pathway that cultivates ethical grounding, mental stability, self-regulation, and freedom from psychological suffering. These philosophical perspectives are linked to contemporary concepts of resilience, neuroplasticity, and regenerative health.

In the context of neurorehabilitation, yoga therapy was articulated as a salutogenic approach that supports recovery after neurological disorders such as stroke, multiple sclerosis, traumatic brain injury, and neurodegenerative conditions. Yoga practices are described as acting across multiple layers of human functioning—neuromuscular, autonomic, cognitive, emotional, and existential—thereby complementing conventional rehabilitation strategies. Mechanisms highlighted include enhancement of neuroplasticity, autonomic balance, vagal tone, respiratory efficiency, emotional regulation, and self-efficacy.

A recurring emphasis was placed on movement quality, posture, breathing, and mindful awareness. Training methodologies focusing on correct biomechanics, efficient breathing, adequate recovery, and injury prevention were presented as essential for both athletes and the general population. Injury rehabilitation was reframed as an opportunity to promote physical activity as a sustainable health behaviour, encouraging long-term participation rather than short-term symptom resolution. Behavioural frameworks were introduced to support sustained lifestyle change by addressing motivation, capability, and opportunity.



The integration of yoga and physiotherapy was highlighted as particularly valuable in rehabilitation. Static yogic postures were shown to complement dynamic physiotherapy by enhancing joint stability, neuromuscular control, pain modulation, and psychological resilience. Clinical applications span neurological, musculoskeletal, and chronic pain conditions, supporting a more balanced and individualized rehabilitation pathway.

Technological and scientific advancements further extend these integrative models. Biomechanics, motion capture, electromyography, EEG, and computational musculoskeletal modelling are used to translate yogic principles into measurable, data-driven rehabilitation protocols. This fusion of ancient sutras with modern sensors provides novel frameworks for optimizing plasticity, performance, and resilience. Additionally, evidence-based approaches to functional recovery emphasise strategies for recovery, load management, and performance optimisation across sports and rehabilitation settings.

Ayurveda, particularly Panchakarma therapies, was presented as a complementary system for physical recovery and performance enhancement, with proposed benefits in circulation, tissue healing, metabolic balance, and fatigue reduction. Similarly, yoga's role in mental health rehabilitation is supported by growing scientific evidence demonstrating benefits in stress, anxiety, trauma, burnout, and emotional regulation across diverse populations.

Finally, sports rehabilitation and injury prevention are addressed through multidimensional, evidence-based models that integrate neuromuscular control, kinetic chain function, flexibility, psychological support, and conditioning strategies. Together, the sessions underscore a shared vision of rehabilitation as a dynamic, integrative process—one that restores function, nurtures resilience, optimises performance, and supports meaningful participation in life.

#### Panel Discussion

The plenary session on Sports and Regenerative Medicine, held at Samskriti Bhavan, highlighted Yoga as a comprehensive system for athletic rehabilitation, regeneration, and performance enhancement. Chaired by Dr. Nagarathna R and Prof. Thomas Feiner, the session brought together perspectives from sports medicine, neuroscience, yoga therapy, and Indic philosophy.

Speakers emphasized that Yoga influences not only physical recovery but also mental resilience, awareness, and autonomic balance—key determinants of elite performance and long-term athletic sustainability. Mental calmness, relaxation, and presence of mind were identified as critical factors differentiating peak performers and enabling tissue repair, muscle recovery, and injury prevention. Functional age and individual capacity were stressed as more relevant than chronological age in designing training and rehabilitation programs.



The session's panelists

The session integrated classical yogic concepts from the Yoga Sutras, Samkhya, Upanishads, Bhagavad Gita, Buddhist and Jain traditions with modern sports science, presenting Yoga as both a preventive and regenerative discipline. The salutogenic approach was highlighted, shifting focus from disease management to wellness, coherence, and positive adaptation. Neuroplasticity was explained through pranayama, bilateral practices, movement awareness, and progressive transition from external practices to internal transformation.

Injury prevention strategies emphasised mindful movement, core stability, gradual progression, visualisation, adequate rest, sleep, hydration, and appropriate recovery protocols. Overall, the session concluded that Yoga, when personalized and scientifically integrated, offers a powerful framework for regeneration, resilience, and sustained performance in sports and rehabilitation contexts.

### Third Day Plenary: Yoga in Sports and Regenerative Medicine

The third day of the plenary sessions continued with undiminished engagement, focusing on Sports and Regenerative Medicine and presenting an integrated perspective on yoga as a transformative science for regeneration, resilience, and sustained performance. Chaired by Dr. Nagarathna R of S-VYASA Deemed to be University and Prof. Thomas Feiner, the session brought together expertise from Yoga philosophy, neurorehabilitation, and elite sports medicine. Prof. Christopher Key Chapple of Loyola Marymount University contextualized Yoga within classical Indic traditions, drawing from the Yoga Sūtras, Sāṃkhya, Upaniṣads, Bhagavad Gītā, Buddhist and Jain philosophies. He emphasized Yoga as a pathway of plasticity, performance, and resilience, where ethical discipline, discernment, and adaptive practice foster both inner transformation and outer functional strength.

Dr. Ananda Balayogi Bhavanani presented the salutogenic approach of Yoga Chikitsa, shifting focus from disease management to wellness and wholeness. Using the Pancha Kosha model, he explained how yogic practices enhance neuroplasticity, autonomic regulation, emotional stability, and cognitive resilience, positioning Yoga as a holistic adjunct to modern neurorehabilitation and preventive healthcare.

Dr. (Maj) Ameya Kagali, an expert in elite sports medicine, highlighted evidence-based principles of training methods and injury prevention. He underscored mindful movement, efficient biomechanics, breathing, adequate recovery, sleep, and hydration as foundations for long-term athletic performance and regeneration, emphasising individualised training based on functional capacity rather than chronological age.

Overall, the plenary session concluded that Yoga is not merely a physical discipline but a comprehensive regenerative science that integrates philosophy, neuroscience, rehabilitation, and sports medicine. When personalised and scientifically applied, Yoga offers a robust framework for prevention, recovery, resilience, and sustainable human performance across clinical and athletic domains.



Dignitaries and delegates engaged during the plenary session

## Symposia Sessions

The symposia sessions collectively presented a comprehensive and multidisciplinary perspective on rehabilitation, recovery, resilience, and performance optimization, integrating Yoga, physiotherapy, sports medicine, neuroscience, Ayurveda, psychosocial care, and emerging technologies. Across all symposia, a unifying theme emerged: rehabilitation must move beyond isolated physical repair toward holistic, personalized, and evidence-informed models that address physical, psychological, cognitive, and social dimensions of health.

Symposia on injury-related rehabilitation and physical recovery emphasized physical activity as a health-promoting behavior rather than merely a therapeutic tool. Speakers highlighted the adverse consequences of injury-related inactivity and underscored the importance of sustained movement behaviors, behavioral change frameworks, and activity-based rehabilitation for long-term wellbeing. Integrative approaches combining yoga's static, mindful postures with physiotherapy's dynamic functional movements were shown to enhance neuroplasticity, joint stability, pain modulation, and patient adherence, particularly in musculoskeletal, neurological, and chronic pain conditions.

The role of therapeutic exercise in sports physiotherapy was discussed using a biopsychosocial framework, emphasizing phase-wise rehabilitation from acute care to return-to-sport and re-injury prevention. Evidence supporting exercise-based rehabilitation over surgical intervention for selected conditions reinforced the importance of delivering the right intervention at the right time and dose. Recovery and performance optimization sessions further highlighted sleep, nutrition, hydration, load management, and individualized recovery strategies as essential pillars for sustainable performance and injury prevention.



Glimpses from the last day symposium at Shruti Mandir

Symposia focusing on classical texts and biomechanics bridged ancient yogic wisdom with modern science. Patañjali's Yoga Sūtras were decoded using motion capture, EMG, EEG, and musculoskeletal modeling to explain plasticity, performance, and resilience. This integrative framework demonstrated how yogic principles such as *sthira-sukha*, *prayatna śaithilya*, and *anābhighātaḥ* can be objectively measured and applied within contemporary rehabilitation paradigms.

Sessions on Ayurveda Panchakarma presented traditional detoxification and rejuvenation therapies as complementary tools for physical recovery and performance enhancement. Evidence-based discussions highlighted improved circulation, muscle relaxation, metabolic waste clearance, and tissue healing, supporting the integration of Panchakarma protocols into modern clinical and sports rehabilitation settings.

The personalized perspective symposia emphasized mental health rehabilitation, injury prevention, and sport-specific dysfunctions. Yoga was presented as a scientifically supported intervention for stress, anxiety, trauma, and performance-related psychological challenges, applicable across clinical, athletic, workplace, and community settings. Evidence-based rehabilitation models for overhead athletes and multidimensional injury prevention highlighted the importance of neuromuscular control, kinetic chain integration, and psychological readiness.



#### Glimpses from the last day symposium at Mangal Mandir

Symposia on integrative medicine, neurorehabilitation, and technology showcased the role of EEG, fMRI, brain mapping, neurofeedback, AI, and IoT-based tools in enhancing yoga-based rehabilitation. Precision neuroimaging, biofeedback, and AI-driven neuro-cognitive plasticity models were presented as promising pathways for personalized, scalable, and objective rehabilitation in neurological and neuropsychiatric conditions. Psychosocial rehabilitation models demonstrated yoga's effectiveness across inpatient, outpatient, tele-health, and rural community settings, improving quality of life, social functioning, and wellbeing.

Overall, the symposia reinforced that rehabilitation is a continuum encompassing prevention, recovery, optimization, and long-term resilience. Integrating Yoga, physiotherapy, Ayurveda, neuroscience, psychology, and technology offers a powerful, culturally rooted, and scientifically robust framework for enhancing health outcomes. The sessions concluded with a strong call for interdisciplinary collaboration, personalization over rigid standardization, and the ethical integration of traditional wisdom with modern scientific rigor to advance rehabilitation medicine in India and globally.

## 26TH INCOFYRA CULTURAL PROGRAM

### Day 1 Cultural Programme Report

The Day 1 Cultural Evening of the INCOFYRA Conference was thoughtfully curated to blend patriotism, classical artistry, scientific aesthetics, and celebratory spirit. The programme unfolded in a well-structured sequence, offering delegates a culturally enriching and memorable experience.

The cultural evening commenced at approximately 07:00 PM with a solemn and inspiring opening. The programme began with Patriotic songs, setting a reverent and uplifting tone for the evening. The opening musical presentation was rendered by Gana Bharati team headed by Guru Smt. Gargi Panchangam. She was accompanied by Dr. Ramya C R, Namitha Desai, Sinchana and Anika Kirana Cumbam.

Their presentation commenced with a Sanskrit composition and gracefully unfolded into Kannada, Marathi, and Hindi songs, creating a seamless multilingual musical journey. Each song was rendered with sensitivity and balance, allowing the essence of every language and tradition to emerge while maintaining a unified aesthetic. The harmonious interplay of voices and melodies deeply resonated with the audience, transcending linguistic boundaries and evoking a profound sense of national pride and shared cultural identity. This carefully curated sequence reflected the inclusive spirit of the nation and echoed the core values and objectives of the conference.



Gana Bharati – Legacy of Patriotism thus became more than a musical segment; it emerged as an evocative cultural experience. The performance stirred collective memory, awakened emotional connections to the idea of the nation, and instilled a renewed sense of pride and purpose among the listeners. Rather than merely filling the event with music, it infused the space with emotion, remembrance, and a unifying patriotic spirit that lingered well beyond the final note.

Following the Gana Bharati performance, the evening progressed to a captivating classical musical presentation titled “Laya Lavanya.” This segment was led by the renowned artist Vidwan Shri Anoor Anantha Krishna Sharma, accompanied by his accomplished ensemble of thirteen members comprising expert vocalists and instrumentalists who contributed to the rhythmic and melodic richness of the presentation.



The performance was a refined exposition of rhythm (*laya*) and melody (*lavanya*), showcasing the richness of Indian classical music. *Laya Lavanya* was not just heard – it was felt. From the subtlest pulse to thunderous crescendos, every rhythm spoke a language beyond words. The ensemble enthralled the audience with their synchrony, technical excellence, and aesthetic depth, making it one of the highlights of the cultural evening.

The presentation featured a special *Kadanakutūhala* composition conceived specifically for *Tāla-vādyā*, highlighting rhythmic vitality and creative percussive dialogue. The main composition was a *Hēmavati rāga tāna pallavi*, which unfolded with clarity and depth, seamlessly integrating melodic elaboration with rhythmic sophistication. This was followed by an engaging *tani āvartanam*, where rhythmic exploration became the central expressive medium.

A distinctive highlight of the *tani* was the imaginative adaptation of a *Gaṇeśa stuti*, interwoven with emphatic rhythmic articulation of phrases such as “*Bhārat Mātā ki Jai.*” These textual and rhythmic motifs were purposefully accentuated, transforming the percussion segment into a powerful vehicle for expressing the underlying theme of patriotism. The performance culminated with “*Vande Mātaram,*” prompting the audience to rise in unison as a mark of respect, thereby bringing the presentation to a dignified and emotionally resonant close.

Upon the conclusion of the *Laya Lavanya* musical programme, the delegates and guests were provided an opportunity for informal interaction and reflection on the artistic performances of the evening.

As a mark of appreciation and gratitude, the distinguished artists who contributed to the success of the Day 1 Cultural Programme were formally felicitated by the organizers. Ms. Gargi, Dr. Ramya, and their team members were acknowledged for their soulful rendition of the Patriotic song. The eminent classical musician Sri Anoor Ananthakrishna Sharma and his ensemble of thirteen members were felicitated in recognition of their outstanding presentation of *Laya Lavanya*, which exemplified artistic excellence and cultural heritage.

## Day 2 Cultural Programme

The second evening of INCOFARA 2025 was a profound exploration of the intersection between ancient philosophy and contemporary performance. Moving beyond mere entertainment, the program sought to humanize the abstract concepts of Indian philosophy, transforming the stage into a “living expression of nature itself”. The evening was marked by high emotional resonance, technical precision, and a deep sense of collective harmony.

The program commenced at 06:30 PM with a soul-stirring rendition of the INCOFARA Theme Song. Composed by Dr. Ramachandra Bhat Ji and performed by Dr. Ramya C R, the anthem served as a unifying force, setting a tone of grace and intellectual depth for the hours to follow. Host Mahi Gupta welcomed the audience by emphasizing that culture thrives most when it is shared and celebrated as a community.

A major highlight of the evening was the Pancha Tattva performance, an artistic exploration of the five fundamental elements of the universe. This presentation was designed to show the harmony between nature and human existence. The performance explored the belief that the elements (Earth, Water, Fire, Air, and Space) are not just external forces but exist within us, breathing and moving as part of our own existence. The vision was brought to life through the research and direction of Dr. Karuna Vijayendra, Dean of Yoga and Humanities, supported by the evocative script and music of Dr. Ramya C R.

The presentation opened with Kumbha Nritya, a finely synchronized ensemble sequence performed by Ranjana, Sumana, Rachanashree, Samudyatha, Samanvitha, and Bhuvana G. Prasad. Kumbha Nritya - A research-based revisualisation of Vedic ritual performance. The dancers, representing the Marjalika Kanyas, sanctify the space in front of the yajña vedi of the Somayāga and invoke the pañca tattva prior to the yāga. The music is derived from the Sāma Veda, with the stobha syllables rendered solely in swara patterns. The stobhas—Hi, Au, Huve, and Haya—are recited by the dancers.

Pancha tattva is a multidisciplinary dance production that journeys through the five primordial elements – Prithvi, Jala, Agni, Vaayu and Akasha – through Kuchipudi, Bharatanatya, Yakshagana, Kathak and Bharatanritya respectively. Each segment embodies the essence of its element by weaving together beeja mantras, elemental characteristics, chakra associations, musical ragas, swaras and evocative sound scape inspired by respective instruments. The production culminates in asana sequences corresponding to each chakra, returning the performance to its yogic and introspective core.

### Elemental Portrayals: Featured solo and group performances:

1. Prithvi Tattva: Shama Krishna
2. Jala Tattva: Shivaranjani H, - Main artiste, Namita Desai, Anika Kirana Cumbam, Soumii Kathiresan, Mithila M V, Manasa V, Musunuru Vennela. – Group artistes
3. Agni Tattva: Chithkala K Tunga.
4. Vayu Tattva: Bhuvana G Prasad.
5. Akasha Tattva: Samudyatha and Samanvitha J

Combination of all Tattvas displayed by the students of the School of Yoga and Naturopathic Medicine and The School of Yogic Sciences



To honor the “exceptional artistry and thoughtful direction” witnessed, a formal felicitation ceremony was conducted. Dr. Karuna Vijayendra and Dr. Ramya C R were felicitated for providing the philosophical and musical backbone of the evening. The entire performing teams were invited for a standing ovation, with the audience rising to acknowledge their “sincere effort, creative vision, and commitment to presenting yoga in its purest form”. The evening concluded at a high point of collective inspiration.

### Day 3 Cultural Programme

The final cultural chapter of INCOFARA 2025 reached its grand culmination on the evening of December 20th. While previous days focused on institutional talent, the final evening was anchored by a world-class professional showcase that bridged the gap between ancient tradition and modern stagecraft. The program served as a “closing prayer,” emphasizing that true greatness lies in humility and that faith ultimately triumphs over fear.

The evening was hosted by Mahi Gupta, a 4th-year BNYS student from the SVYASA School of Yoga and Naturopathic Medicine. The proceedings began with the INCOFYRA Anthem, performed by Dr. Ramya C R, Assistant Professor in the School of Performing Arts, Division of Yoga and Humanities. The host noted that the evening was not merely a performance, but a story designed to speak directly to the soul as the festival’s final cultural offering.

The centrepiece of the Grand Finale was a professional production by Prabhat Arts International, a Bengaluru-based institution with a legacy spanning over nine decades. The institution traces its roots to the Harikatha tradition of Saint Purandara Dasa and was established by Acharya Raghavendra J Prabhath and Guru Smt. Shakuntala R Prabhath. The current generation of directors—Bharat R. Prabhath, Sharat R. Prabhath, and Divya Prabhath—continues to blend classical forms like Kathak and Bharatanatyam with contemporary technology.

The evening featured two deeply moving narratives: A reimagined Kannada folklore titled “A Tale of Truth and Compassion,” which combined Harikatha and Kathak with live singing and narration with the beautiful and deeply inspiring story of Punyakoti, by Sharat R. Prabhath. This timeless Kannada folklore follows the journey of a gentle and truthful cow who, when confronted by a fierce tiger, pleads for time to return home and feed her calf before surrendering herself. Bound by honesty and compassion, Punyakoti returns as promised, choosing truth even in the face of death. Moved by her unwavering integrity and selflessness, the tiger undergoes a profound transformation and renounces violence. This story of truth, sacrifice, and moral courage set a powerful emotional foundation for the evening, beautifully resonating with themes of compassion and righteousness that flowed through the performances that followed.

Govardhana Leela: Titled “Faith Can Move Mountains,” this production retold the Srimad Bhagavatam tale through the unique lens of Lord Indra. The production utilized Kathak to represent Indra’s celestial brigade and Bharatanatyam/Bharatanrityam to portray the devotion of Krishna and the people of Gokula. The performance was enhanced by cutting-edge visual effects and a soul-stirring musical score.



The Production Team is as follows: Creative Leads: Script, music, and choreography by Sharat Prabhath; movement direction by Divya Prabhath; and technical/costume design by Bharat Prabhath. Ensemble: Shilpa Ravikumar, Mahathi Arkanath, Samhithha A Ram, Payal, Tanya D Shetty, Deeksha Joshi, Keerthana Ksrishnakumar, Tejaswini S, Mrudula Abhishek, Harshala M Rao, Samana H S, Aishwarya Lakshmi, Ahana D Shetty, Mokshaa M Omkar, Yashaswini, Akanksha, Surabhi Chandrashekhar, Rachana Kumari, Ananya Narasimha Murthy, Swapanti A Kulkarni, Sanskriti Agarwal, Aparajita Mukherjee, Nishchita and Swapanti A Kulkarni. Makeup by Shashi Kumar, backstage support by Akshay Prakash and Harish, and lights execution by Lohith Kumar.



The performance concluded with a thunderous standing ovation from the audience. The founders, Acharya Raghavendra J Prabhath and Guru Smt. Shakuntala R Prabhath, were honoured for their lifelong dedication to preserving India's artistic soul. Shri Bharat Prabhath was recognized for his creative leadership, Shri Sharat Prabhath for his spellbinding storytelling, and Smt. Divya Prabhath for her elegance and artistic sensitivity. The entire team was lauded and felicitated for creating an experience that “transcended language, age, and time”.

In her closing address, the host reflected on the lessons of the past three days: discipline, collaboration, and a renewed respect for tradition. The program emphasized that art teaches humanity how to feel deeply and stand rooted while reaching higher. With a final note of gratitude to the organizers, technicians, and the “vibrant soul” of the audience, the cultural curtains of INCOFARA 2025 were officially drawn.





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