

YOGA SUDHA

A Monthly Journal of S-VYASA Yoga University



Arrival of Hon'ble **Prime Minister Shri Narendra Modi Ji** in Prashanti Kutiram



Inaugural Address by Hon'ble Prime Minister



Hon'ble Chief Minister Shri Siddaramaiah



Hon'ble Union AYUSH Minister Shri Shripad Yesso Naik

WELCOME
21 INCOFYRA
 2-7 Jan 2016, Prashanti Kutiram, Bengaluru

National Arogya Expo



21st INCOFYRA Inaugural Ceremony
Galaxy of Dignitaries on Dais



A View of Inaugural Ceremony of
National Arogya Expo - 2016



तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्
YOGA SUDHA

Vol.XXXII No.2 February, 2016

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Printed at:

Sharadh Enterprises,
Car Street, Halasuru,
Bangalore - 560 008

ph: (080) 2555 6015

e-mail: sharadhenterprises@
gmail.com

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S-VYASA Yoga University
'Eknath Bhavan', # 19, Gavipuram Circle,
Kempgowda Nagar, Bengaluru - 560 019
ph: (08110) 3092 2900, (080) 2661 2669
telefax: (080) 2660 8645

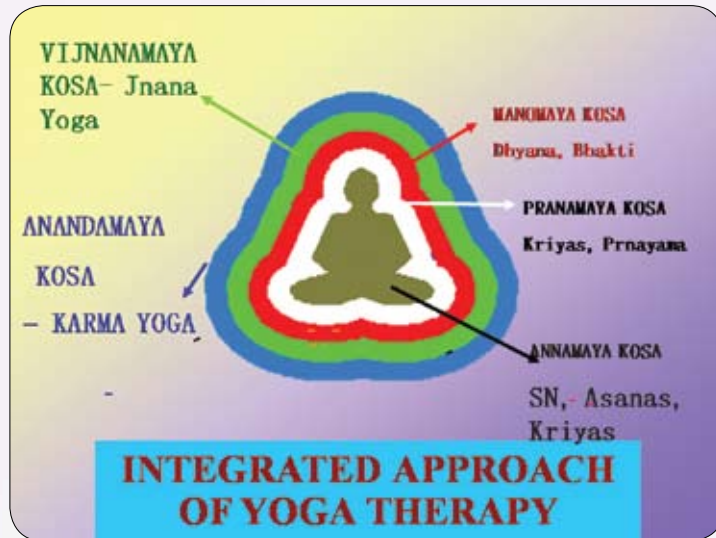
Editor: Dr. H R Nagendra
Asst. Editor: Dr. Aarti Jagannathan
Publisher: Subhadra Devi
e-mail: info@yogasudha.com
websites: www.yogasudha.com
www.svyasa.edu.in



EDITORIAL

■ Dr H R Nagendra

Modern medicine rooted in the bio-medical model with a matter-based paradigm will offer proven solutions to most communicable diseases, to diagnose NCDs, large number of surgeries for setting right abnormalities and even replacing different parts of our body as we do it in machines.



Due to the inadequacy of modern medical system in curing NCDs and escalating costs of treatment, integrative processes are being increasingly accepted.

Integration of modern medicine and AYUSH systems is the need of the hour to deal with communicable and non-communicable diseases.

AYUSH systems rooted in consciousness based approach deals with human beings in totality and origin of NCDs as *Adhis* at mind level becoming *Vyadhis* at physical level.

Can we provide a basic philosophy for this integration or symbiosis? Then we can use the best of each system to give the best results. It is time to evolve a pluralistic Health Care delivery

FOOD BALL TEAM WITH a strong front Agression Powerful defense to him



system with modern system as an aggressive fore-front and using AYUSH as a strong defense to bring a symbiotic combination to deal with all diseases.

ANNAMAYA KOSHA MODERN MEDICINE
Immediate Relief
Evidence base
Double blind studies as gold standard
Surgeries

ANNAMAYA KOSHA YOGA
Asanas - Relaxation component
Balance
Kriyas - cleansing
KIZEN

ANNAMAYA KOSHA AYURVEDA, SIDDHA, UNANI
DOSHAS to be brought to balance (pancha Karma)
Specific Dosha-based Diet
Consideration of Daily and Seasons

ANNAMAYA KOSHA

*All these components
can be added
Our Integrated System*

ANNAMAYA KOSHA NATUROPATHY

*To work in tune with
nature (5 elements)*

FASTING Component

PRANAMAYA KOSHA

YOGA

Kriya – Kapala Bhati

Pranayama, PET

To bring balance of Prana

Use the power of Prana to

strengthen Immune System

PRANAMAYA KOSHA

AYURVEDA, etc

NADI PARIKSHA (Nadi Tarangini)

Tailor-make the drugs to set

them to balance

Pancha Karma, etc

PRANAMAYA KOSHA

HOMOEOPATHY

Process of potentisation to

increase the power of Prana

to set right the imbalances

Quick Relief, Cost Effective

The integration brings these different systems to operate at different layers of human consciousness depicted in the slides below:

MANOMAYA KOSHA

YOGA

**Gaining mastery over
mind by Dharana and
Dhyana**

OM Meditation, CM, MSRT, MIRT

Mastery over emotions

Bhajans, Music Therapy, MEMT

MANOMAYA KOSHA

MODERN MEDICINE

Psychiatric drugs

ECT, etc

**To work on hemind
through brain**

MANOMAYA KOSHA

AYURVEDA, etc

Gunas to be harmonised

More of Sattva

By balancing Doshas

MANOMAYA KOSHA

HOMOEOPATHY

The three dimensions of

Introversion

Extraversion

Neurotism

To be changed by selected drugs

VIJNANAMAYA KOSHA

ALLOPATHY

Psychological

counselling

Psycho Therapy

VIJNANAMAYA KOSHA

YOGA

**Understanding Yoga
concepts by lectures**

Yogic counselling,

JNANA YOGA, VISAK

Emphasis on Life Style

VIJNANAMAYA KOSHA
AYURVEDA, etc
Understanding the
concepts by lectures
Ayurvedic counselling
Emphasis o Life Style

VIJNANAMAYA KOSHA
HOMOEOPATHY
Understanding the
concepts by lectures
Counselling
Emphasis on Life Style

ANANDAMAYA KOSHA
YOGA
SILENCING THE MIND
WHILE KEEPING
AWAKE
SAMADHI, KARMA YOGA
ANAMS

ANANDAMAYA KOSHA
AYURVEDA, etc
Prasanna Atma Indriya
Manah
Good Sleep
Good rest after Pancha
Karma

ANANDAMAYA KOSHA
NATUROPATHY
Good rest
after naturopathy
Treatments
Good Sleep

CASE STUDIES
EVIDENCE BASE

35 YEARS
OF
YOGA THERAPY
RESEARCH
AT VYASA..
A GLIMPSE

YOGA OFFERS
EFFECTIVE REHABILITATION BY
THE INTEGRATED APPROACH OF YOGA THERAPY
BRONCHIALASTHMA, NASALALLERGY,etc
- 200000 PATIENTS
DIABETES MELLITUS - 25000
HYPERTESION & IHD - 7500
OPHTHALMIC DISORDERS - 1600
OBESITY, BACK PAIN etc 25000
CANCER 350

470 Research Papers Published in
Peer Reviewed Indexed Journals
MSc Dissertations 150 Ph D - 34
Dip in Yoga Th dissertation : 460
IJOY : 50;
20 Inter Conferences : 500
Books : 45 SLMs on Yoga : 300

The 21st INCOFYRA has made an effort to endeavor on the path for a new future in medical care by bringing the total approach to medical science. Integration of Ayurveda, Yoga, Unani, Sidha, Homeopathy and Allopathy is the need. Research basis by both ancient, traditional and modern experimental research approaches will be the primary requirement. Hence the focus of 21st INCOFYRA brought together people in research from these fields on one platform. The Yoga Therapy and other systems of AYUSH on the other hand provide not just an effective treatment for NCDs but also help in prevention and promotion of positive health for blossoming well being.

Next step for this integration is to adopt research methodology of modern system and ancient approaches. Thus this symbiosis of pluralistic health care delivery system having a strong scientific basis of *Panca Kosa* (the best of the East) can provide the necessary platform for integration.



ब्रह्मसूत्रम् (Brahmasūtram)

■ Prof. Ramachandra G. Bhat
Vice Chancellor
S-VYASA Yoga University, Bengaluru



भोक्त्रापत्तेरविभागश्चेत्स्याल्लोकवत् (ब्रह्मसूत्रम्-२-१-१३)

Bhoktrāpatteravibhāgaścetsyāllōkavat (Brahmasūtram-2-1-13)

Meaning: *If it be said (that if Brahman be the cause then) on account of (the objects of enjoyment) turning into the enjoyer, non-distinction (between the enjoyer and the objects enjoyed) would result, we reply that such distinction may exist nevertheless as is experienced commonly in the world.*

Shishya, people with noble behaviour, great Vedantins, who approve validity of Veda (such as Sri Vyasa, Manu and others) and many others also applied their mind to unearth the mystery of causation. One cannot apply normal logic and thinking pattern when the nature of subject itself is very subtle. Normal human aspects of mundane life could be understood through the feeling mind and thinking brain. Logical mind and thinking brain, two faculties, manage normal human mundane aspects.

Eating, earning bread to fill the belly, company to live with, cloths to attire to cover the body, shelter to protect from the extremes, paths to be walked, objects to be seen, voices to be heard, such common aspects need only common sense and general knowledge. Humans do not bother about all these aspects due to their simplicity. On the contrary, subjects such as 'cause and effect theory' for highly complicated world would require special mind, well designed, crafted, cultured and refined mental state to come at conclusion. Uncultured, raw, unrefined mind cannot understand the subtlety. Shankaraacharya claims that the subject is ATIGAMBHIRA (most serious and subtle). Mere tarka (logic) cannot be applied; Yogic mind is the urgent need for this particular domain.

In this context, next Adhikarana picks up the

same subject, *Jagat Srishtivada* (cosmology) once again. Otherwise, it seems easy enough to refute *Brahma Karana Vada* (theory of Brahma as cause of creation). Let us look into the details. Two aspects that we come across in this world; Bhokta (enjoyer) and Bhogya (objects of enjoyment); someone who consumes and something that is consumed. This very relationship exists between are two governing factors. Bhokta, the consumer and Chetana, the conscious being which understands and always perceives respective objects. The objects are perceived through sound, sense, vision etc., objects. This very fact proves the existence of the world of objects, thus Bhokta and Bhogya are different.

Nayyayikas, Sankyas present the particular fact, dualistic approach for the nature of the creation itself. Non-dualistic understanding of cosmology never works for very identical differences, for characteristics being fundamentally different. Bhokta is conscious being, self-luminous but the objects perceived through shabda, sprsha, roopa, rasa and gandha are sensory objects, inanimate by nature, thus constituting dualistic reality. Thus the point of argument of Purvapaksha is 'dualistic theory'.

But, Vyasa says this is possible in 'Lokavat' (as in the case of world). Duality appears in any condition, because duality is presupposed p8...



REG STUDIES - YAJNA SAURABHA

7 Jan 2016, 5:45 am - 7:38 am @ Vinayaka Temple

Celestial beings, Grahas, have effect on human and living beings, most of the times unacknowledged. According to Bhagavad Gita, Devatas (sources of energy) should be nourished time to time by the process Yajnas (offerings) in respective manner. Pleased by prayers and offerings, celestial entities shower blessings in the form of natural resources.



‘Yajna Saurabha’ – fragrance of Yajna, a project for universal harmony was very successful which was organized by Div. Yoga-Spirituality, SVYASA Yoga University. A team, headed by Smt. Divya Keshav and Dr. Sushrutha S, conducted the research on the effect of Yajna using REG (Random Event Generator) to measure collective consciousness filed.

Activity	Start Time	End Time	Total Trials	Sum Z score	$Z_c = \text{Navagraha Homa}$	p	es	σ_μ
Full event	05:45:00AM	07:38:51AM	6832	148.21	1.79	0.04*	0.02	0.06
Agnisthapana & Kalasha Puja	5:57:11	6:21:13	1443	53.60	1.41	0.08*	0.04	0.13
Navagraha Ahutis	6:21:14	6:56:19	2106	80.47	1.75	0.04*	0.04	0.11
Purnahuti begins	7:11:35	7:15:17	223	20.93	1.40	0.08*	0.09	0.33
Prasadam	7:24:49	7:28:29	221	23.33	1.57	0.06*	0.11	0.34
Explanation by Krishna Madappa	7:28:30	7:28:48	19	14.42	3.31	0.00*	0.76	1.15

The table shows the result of Navagraha Homa conducted on the last day of “Yajna Saurabha”; Navagraha Homa.



Results: It was observed that the entire session run for almost two hours had very significant values as observed on REG. the P-Values displayed in the table show how significant those selected moments were.

Agnipratishthapanam: installation of Agni in to Yajna Kunda with a Sankalpa of bringing universal harmony. Agni was invoked with all prays and intention showed very significant values $p=0.08$.

Navagraha Ahutis: offerings to all the Grahas in a specified sequence, starting from the SUN till KETU, one after the other were given Ahutis also showed significant value, $p=0.04$.

Prasadam: receiving blessings after Puja is over, When Ahutis were given and Mangalarati was over, the entire Bhakta Samuha was in trance to absorb the positive energy from the cosmos which was recorded on REG, $p=0.06$.

Explanation by Dr Krishna Madappa: an explanation by one of the scientist was more effective than any other segment of Homa, because any conscious being acknowledges the experience of collective oneness and synergy.

Thus all the sections of Navagraha were very significant when observed on REG. Rest of the results will be continued in the next issues. ■

ಯಜ್ಞ ಸೌರಭ - 2016

ಸ್ವಾಮಿ ವಿವೇಕಾನಂದ ಯೋಗ ಅನುಸಂಧಾನ ಸಂಸ್ಥಾನ (ಎಸ್-ವ್ಯಾಸ) ಪ್ರಶಾಂತಿ ಕುಟೀರ, ಜಿಗಣಿಯಲ್ಲಿ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ಸಮ್ಮೇಳನವು ಜರುಗಿತು. ಆ ನಿಮಿತ್ತವಾಗಿ ಏಳು ದಿನಗಳ ಕಾಲ ಯಜ್ಞ ಚಿಕಿತ್ಸಾ ಪದ್ಧತಿ ಆಧಾರಿತ ಹೋಮಗಳನ್ನು ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಎಸ್-ವ್ಯಾಸ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಐದು ವಿಭಾಗಗಳಲ್ಲಿ ಒಂದಾದ “ಯೋಗಅಧ್ಯಾತ್ಮ” ವಿಭಾಗವು ಶಾಸ್ತ್ರಾಧಾರಿತ ಸಂಶೋಧನೆಯನ್ನು ಕೇಂದ್ರಬಿಂದುವನ್ನಾಗಿ ಸ್ವೀಕರಿಸಿ ಈಗಾಗಲೇ ಅನೇಕ ರಾಷ್ಟ್ರೀಯ ಹಾಗೂ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಸ್ತರದ ಸಂಶೋಧನಾ ಪತ್ರಿಕೆಗಳಲ್ಲಿ ಸಂಶೋಧನಾ ಲೇಖನಗಳನ್ನು ಪ್ರಕಟಿಸಿದೆ. ಸನಾತನ ಸಂಸ್ಕೃತಿಯ ಅವಿಭಾಜ್ಯ ಅಂಗವಾದ ಯಜ್ಞ ವಿಧಿಯನ್ನು ಚಿಕಿತ್ಸಾ ಪದ್ಧತಿಯ ದೃಷ್ಟಿಯಿಂದ ವೀಕ್ಷಿಸಿ, ಈಗಿನ ಸಮಾಜದ ಅಸಮತೋಲನವನ್ನು ದೂರವಾಗಿಸುವುದೇ ಈ ಎಲ್ಲಾ ಸಂಶೋಧನೆಯ ಮೂಲ ಉದ್ದೇಶ. ಎಸ್-ವ್ಯಾಸ ವಿಶ್ವವಿದ್ಯಾಲಯವು ಯೋಗವನ್ನು ಪ್ರಪಂಚದ ಸರ್ವವಿಧ ದುಃಖ ದುಮ್ಮಾನಗಳನ್ನು ದೂರ ಮಾಡುವ ಸದುದ್ದೇಶದಿಂದ ಸ್ಥಾಪಿಸಲಾದರೂ, ಆಧ್ಯಾತ್ಮಿಕ ನೆಲೆಯನ್ನು ಗಟ್ಟಿಗೊಳಿಸುವ ಚಿಂತನೆಗಳಿಗೆ ಸದವಕಾಶ ಕಲ್ಪಿಸುತ್ತಾ ಬಂದಿದೆ. 21ನೆಯ



ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ಸಮ್ಮೇಳನದ ಪ್ರಮುಖ ಅಂಗವಾಗಿ ಒಂದು ಸಪ್ತಾಹ ಕಾಲ (1-1-2016 ರಿಂದ 7-1-2016ರ ವರೆಗೆ) ವಿಶಿಷ್ಟ ಯಜ್ಞಗಳನ್ನು ಏರ್ಪಡಿಸಿ, ಅದರ ವೈಜ್ಞಾನಿಕ ಅಂಶಗಳನ್ನೂ ಸಂಶೋಧನೆಯ ಮೂಲಕ ತೋರ್ಪಡಿಸಿದ್ದೇ ಇಲ್ಲಿನ ವಿಶೇಷ.

ಯಜ್ಞಗಳಲ್ಲಿ ಮೂರು ವಿಧ. ಶ್ರೌತ, ಸ್ಮಾರ್ತ ಮತ್ತು ತಾಂತ್ರಿಕ. ಶ್ರುತಿಗಳನ್ನಾಧರಿಸಿ ಆಚರಿಸುವ ಕ್ರಮವೇ ಶ್ರೌತ. ಸ್ಮೃತಿಗಳನ್ನು

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01-01-2016	ಶುಕ್ರವಾರ	ಧನ್ವಂತರಿ ಮತ್ತು ಆಯುಷ್ಯ ಹೋಮ	ಸ್ವಾಸ್ಥ್ಯ ಸಂರಕ್ಷಣೆ
02-02-2016	ಶನಿವಾರ	ಅಷ್ಟದ್ರವ್ಯ ಗಣಪತಿ ಹೋಮ	ವಿಘ್ನ ನಿವಾರಣೆ
03-01-2016	ಭಾನುವಾರ	ಗಾಯತ್ರಿ ಹೋಮ	ಧೀ ಶುದ್ಧಿ
04-01-2016	ಸೋಮವಾರ	ರುದ್ರಹೋಮ	ದೈವೀ ಶಕ್ತಿಯ ಜಾಗೃತಿ
05-01-2016	ಮಂಗಳವಾರ	ದುರ್ಗಾಹೋಮ	ದುಷ್ಟ ಶಕ್ತಿಯ ನಿವಾರಣೆ
06-01-2016	ಬುಧವಾರ	ಸುದರ್ಶನ ಹೋಮ	ಆಸುರೀ ಶಕ್ತಿಯ ನಿವಾರಣೆ
07-01-2016	ಗುರುವಾರ	ನವಗ್ರಹ ಹೋಮ	ಸಮತೋಲನ



21st INCOFYRA

ಮೂಲವಾಗಿ ಮಾಡುವು ಸ್ಕಾರ್ತ ಹಾಗೂ ಇವೆರಡನ್ನೂ ಹೊರತಾಗಿ ಯೋಗ ಸಾಧಕರು ಸ್ವಂತ ಪರಿಶ್ರಮದಿಂದ ಸಿದ್ಧಪಡಿಸಿ ಮಾರ್ಗದರ್ಶನ ಮಾಡಿದುದರ ಆಧಾರದ ಮೇಲೆ ಆಚರಿಸುವ ಪದ್ಧತಿಗೆ ತಾಂತ್ರಿಕ ವಿಧಾನವೆನ್ನುವರು. ಶ್ರೌತ ಯಜ್ಞಗಳು ಬಹು ವಿಶ್ವ ಆಯಾಸ ಸಾಧ್ಯಗಳು. ಸ್ಕಾರ್ತ ಮತ್ತುತಾಂತ್ರಿಕ ವಿಧಗಳು ಶ್ರೌತಗಳಿಗಿಂತ ಸುಲಭ. ದಿನದಲ್ಲಿ ಬ್ರಾಹ್ಮೀ ಮುಹೂರ್ತ ಶ್ರೇಷ್ಠ. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಮಾಡಿದ ಸಾಧನೆಗೆ ಪ್ರಥಮ ಆದ್ಯತೆ. ತಾಂತ್ರಿಕ ವಿಧಾನದ ಮೂಲಕ ಮೊದಲನೆಯ ದಿವಸವೇ ಧನ್ವಂತರಿ ಮತ್ತುಆಯುಷ್ಯ ಹೋಮಗಳನ್ನು ಆಚರಿಸಿದರು. ಈ ತಾಂತ್ರಿಕ ಹವನಗಳಲ್ಲಿ ಮುದ್ರೆಗೆ ಪ್ರಧಾನ ಸ್ಥಾನ. ಉಪಾಂಶು (ಮನಸ್ಸಿನಲ್ಲಿ ಹೇಳುವುದು) ಮಂತ್ರಗಳನ್ನು ಉಚ್ಛರಿಸುವ ಮೂಲಕ ಮುದ್ರೆಯನ್ನು ಉಪಯೋಗಿಸುತ್ತಾರೆ. ಪ್ರತಿ ವರ್ಷದ ಪ್ರಥಮ ದಿನವನ್ನು (ಜನವರಿ 1) ಕಲ್ಪತರು ದಿನವೆಂದು ಆಚರಿಸುವುದು ರಾಮಕೃಷ್ಣ ಆಶ್ರಮದ ಪರಂಪರೆ. ಸದುದ್ದೇಶದಿಂದ ಯಾವುದೇ ಕಾರ್ಯಕ್ಕಾಗಿ ಸಂಕಲ್ಪ ತೊಡುವುದು ಕಲ್ಪತರು ದಿನದಂದು. ಅದೇ ಶುಭದಿನದಂದು ವಿಶ್ವವಿದ್ಯಾಲಯದ ಕುಲಾಧಿಪತಿಗಳಾದ ಡಾ. ಹೆಚ್ ಆರ್ ನಾಗೇಂದ್ರ ಅವರ ಜನ್ಮದಿನ. ಯಜ್ಞನಾರಯಣನ ಶ್ರೀರಕ್ಷೆಯನ್ನು ಧರಿಸಿ ಮುಂಬರುವ 21ನೆಯ ವಿಶ್ವ ಯೋಗ ಸಮ್ಮೇಳನಕ್ಕೆ ಸಜ್ಜಾದರು.

ಸೃಷ್ಟಿಯ ಪುಷ್ಟಿಗಾಗಿ ಹಾಗೂ ಶೋಧಕನ ಆಸಕ್ತಿಯನ್ನು ನಿಮಿರೇಳಿಸಲು ಪ್ರಧಾನವಾಗಿ ಈ ಹವನವನ್ನು ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಸ್ವಷ್ಟ ವೇದೋಚ್ಚಾರಣೆಯ ಜೊತೆಗೆ ಶುದ್ಧ ತುಪ್ಪವನ್ನು ಹಾಗೂ ಇತರ ದ್ರವ್ಯಗಳನ್ನು ಯಜ್ಞನಾರಾಯಣನಿಗೆ ಸಮರ್ಪಿಸಿದಾಗ ಅದರಿಂದ ಬರುವಂತಹ ಧೂಮ ಮತ್ತು ವೇದೋಚ್ಚಾರಣೆಯ ಅನುರಣನ. ಅತ್ಯಾಧುನಿಕ ಯಂತ್ರಗಳ ಸಹಕಾರದಿಂದ ಪ್ರಕೃತಿಯಲ್ಲಾಗುವ



ಧನಾತ್ಮಕ ಬದಲಾವಣೆ ಮತ್ತು ಮಾನವನ ಮಸ್ತಿಷ್ಕದ ಮೇಲಾಗುವ ಪ್ರಭಾವವನ್ನು ಪರಿಶೀಲಿಸಲಾಯಿತು.

ಮೂಲತಃ ಕೇರಳದವರಾದ ಡಾ. ಸುನಂದನ್ ಮತ್ತು ತಂಡದವರಿಂದ ತಾಂತ್ರಿಕ ಹೋಮವು ಮೊದಲನೆಯ ದಿನ ನಡೆಯಿತು. ಉಳಿದ ಆರು ದಿನಗಳಲ್ಲಿ ವೇದ ವಿಜ್ಞಾನ ಗುರುಕುಲದ ಪ್ರಾಚಾರ್ಯರಾದ ಡಾ. ಮಹಾಬಲೇಶ್ವರ ಭಟ್, ವೇಬ್ರಶ್ರೀ ಮಹಿಪತಿ ಜೋಯಿಸ್ ಮತ್ತು ಗುರುಕುಲದ ಹಿರಿಯ ಛಾತ್ರರ ಸಹಕಾರದಿಂದ ಯಶಸ್ವಿಯಾಗಿ ನಡೆದವು. ಶ್ರೀಮತಿ ದಿವ್ಯಾ ಮತ್ತು ಶ್ರೀ ಕೃಷ್ಣಮಾದಪ್ಪ ಇವರ ಸಹಕಾರದೊಂದಿಗೆ ಯಜ್ಞದ ವೈಜ್ಞಾನಿಕ ಮಾಹಿತಿಯನ್ನು REG (Random Event Generator, ಮಾನವನ ಸಾಮೂಹಿಕ ಸಂವೇದನಾ ಶೀಲತೆಯನ್ನು ಗ್ರಹಿಸುವ ಯಂತ್ರ) Bio-Well (ಮನುಷ್ಯನ ವೈಯಕ್ತಿಕ ಅಂತಶಕ್ತಿ ಅಳೆಯುವ ಯಂತ್ರಗಳ) ಮೂಲಕ ಜನರಿಗೆ ತಿಳಿಯುವಂತೆ ಮಾಡಿದ್ದಾರೆ. ■

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factor. Here is an analogy of ocean. There are different appearances in ocean such as big, small and deep oceans, because of inbuilt nature of land and water. Waves raise, big waves, small waves, bubbles all these come out of water. They appear to be different structurally and sometimes notably different. In terms of their effect, appearance and structural identity they are different. The notable factor here is different structures of water are all nothing but water. Water only takes all those various forms, as big and small waves, bubbles etc. Thus here also Brahman is an identical and single unit. Brahma alone takes both forms, subjective and objective. As Taittiriya Upanishad says, 'Tat Srushtva tadeva anupravishat' (having created the universe, It entered the created world). Brahman is a single entity. It alone creates everything. It created all these appearing as diverse, Jangama

(ever moving), Sthavara (never moving), Andaja (oviparous animals), Udbijja (plants kingdom), Svedaja (born out of moisture), Jaraayuja (born out of womb); all these appearing as dualities are nothing but Brahman. One Brahman became all these verities and of different forms.

The identical structure of Brahman, 'Ekatva' (oneness) cannot be questioned. Maintaining that realistic understanding of Brahman only, one can unlock all this mysteries of diversities, and conclude the oneness of Brahman. Bhoktru and Bhogyta have no realistic existence, but appear to be dualistic. Brahman only got that power with his power Sarvajnatva (omniscient), Sarvashaktitva (omnipotent) and Sarvavyaptatva (omnipresent) qualities. Brahman only takes all these appearing as dualistic forms, but really speaking, it is all resolved in oneness.

to be continued...

PRIME MINISTER INAUGURATES '21st INCOFYRA OF VYASA'



Hon'ble Prime Minister Shri Narendra Modi Ji Inaugurated the Conference in a unique way by pouring the water to the sacred Tulsi plant. Shri U T Khader, Dr. H R Nagendra, Shri Shripad Yesso Naik, Shri J P Nadda, Shri D V Sadananda Gowda, Hon'ble Governor Shri Vajubhai Vala, Chief Minister Shri Siddaramaiah, Shri H N Ananth Kumar, Smt. Smriti Irani – *can be seen*

Bengaluru, January 3rd, 2016: Vivekananda Yoga Anusandhana Samsthana organised the 21st International Conference on 'Frontiers in Yoga Research and its Applications' (INCOFYRA) from 3rd to 7th January' 2016 at Prashanti Kutiram, Bengaluru.

The grand event was inaugurated by the Honourable Prime Minister Shri Narendra Modi on 3rd of January, 2016. The theme of this conference is 'Yoga in Integrated Healthcare Systems'. The conference provides a platform for national and international experts and practitioners in traditional systems of medicines to present findings of evidence -based research regarding impact of Yoga on Non-communicable diseases and provide directions to future research on Dialectology, Oncology, Cardiology, Mental Health etc. The conference also focussed at translating the available research findings of integrative medicine into clinical practice, as well as to establish working groups comprising

universities, health care providers and policy makers to initiate collaborative research programs. Further, the conference aims to deliver cost effective and mass primary health at urban and rural, reforms in policies related to integrated health care systems.

Speaking on the occasion, Dr. H R Nagendra, President of 21st INCOFYRA stated, "Integration of modern medicine and AYUSH systems is the need of the hour to deal with communicable



Public Participation



Janaganamana adhinayaka jaya he Bharatabhagyavidhata...
Dignitaries on Shri H V Sheshadri Sabhangam



Welcome Address by Dr. H R Nagendra, Chancellor, S-VYASA Yoga University



Dr. R Nagarathna honored Hon'ble Prime Minister

and non-communicable communicable diseases. Modern medicine rooted in the bio-medical model with a matter-based paradigm offer proven solutions to most communicable diseases, to diagnose NCDs, large number of surgeries for setting right and even replacing different parts of our body as we do it in machines. The Yoga Therapy and other systems of AYUSH on the other hand provide not just an effective treatment for NCDs but also help in

prevention and promotion of positive health for blossoming well being".

The guest of honour were **Shri Vajubhai Vala**, Hon'ble Governor of Karnataka; **Shri Siddaramaiah**, Hon'ble Chief Minister of Karnataka; **Shri H N Ananth Kumar**, Hon'ble Minister for Chemicals and Fertilizers, GoI; **Shri Jagat Prakash Nadda**, Hon'ble Minister for Health and Family Welfare, GoI; **Smt. Smriti**



Hon'ble Prime Minister Shri Narendra Modi Ji laid Foundation Stone for 'Lakshmi Amma Hospital for Integrative Medicine' which is the dream project of VYASA

Integrating Best of East with Best of West in Medical Practice



Research Compilations by Anvesana Research Laboratories released



Conference Souvenir released

Irani, Hon'ble Minister for Human Resource Development, GoI; **Shri D V Sadananda Gowda**, Hon'ble Minister for Law and Justice, GoI; **Shri Shripad Yesso Naik**, Hon'ble Minister of State, Ministry of AYUSH, GoI; **Shri G M Siddeshwara**, Union Minister of State for Heavy Industries and Public Enterprises; **Shri D K Suresh**, Member of Parliament, Bengaluru Rural; **Shri U T Khader**, Hon'ble Minister for Health and Family Welfare, GoK; **Dr. Sharanaparakash Rudrappa Patil**, Hon'ble Minister for Medical Education, GoK; **Shri M Krishnappa**, MLA, Bengaluru South; **Padma Vibhushan Dr. D Veerendra Heggade**, Dharmadhikari, Shri Kshetra Dharmasthala and Karma Yoga Peethadhipati of S-VYASA. More than 3000 delegates from all over the world including medical students and professionals, AYUSH Practitioners, Yoga Researchers, Yoga Therapists and the Policy makers participated in the Conference. Due to the inadequacy of modern medical system in curing NCDs and escalating costs of treatment, integrative processes are being increasingly accepted. The 21st INCOFYRA made a genuine effort



Shri Veerendra Heggade Ji and Modi Ji

to endeavour on the path for a new future in medical care by bringing the total approach to medical science.

Various subject experts of national & international repute participated in the 5 day conference as keynote speakers. All delegates got opportunity to hear top class researchers, Yoga Masters and policy makers. Other attraction includes Satsang by renowned personalities like Sadhguru Jaggi Vasudev ji, Yoga Exhibition, Pharma Pavilion & Exhibition, Arogya Expo stalls & exhibition, CME for doctors, Multi track morning practice session, Demonstration of Paranormal Phenomenon, Diagnostic equipment exhibition & Stop Diabetes Movement exhibition. ■



Inaugural Address by Hon'ble Prime Minister Shri Narendra Modi Ji

Governor of Karnataka Shri Vajubhai Vala, Chief Minister of Karnataka Shri Siddaramaiah, My valued colleagues in the Council of Ministers, Dr. Nagendra, Dignitaries on the dais, esteemed guests from all over the world and Yoga enthusiasts, It is a great pleasure and privilege to participate in the 21st International Conference on frontiers in yoga research and its applications. I am deeply grateful to Vivekananda Yoga Anusandhan Sansthan for organizing this conference.

Vivekananda's vision was a synthesis of a deep reading of the Indian and Western thought, and drew its spirit from our ancient philosophy and knowledge. He not only made a unique contribution to the spiritual revival of India, he also placed our timeless wisdom before the world. He had a deep understanding of the beauty of human diversity and spoke passionately for unity in our world. This is a particularly special year for the science of yoga. On June 21, more than a million people in 192 countries came together to celebrate the first International Day of Yoga. The overwhelming global support is a mark of Yoga's growing international popularity. It is also a symbol of the universal aspiration for health and well being. It reflects the shared global desire for balance between human and Mother Nature; and, peace and harmony between people and nations. Above all, it demonstrated once again the capacity of people from different cultures to reach beyond the familiar boundaries of their lives and unite in pursuit of a larger good. It is this spirit of unity that demonstrates the timeless science of yoga. And, it is this belief in the power

of yoga and faith in humanity that I proposed this initiative in my inaugural address to the United Nations General Assembly in September 2014. When it comes to a sustainable future for our world, a healthy habit and happier people, a change in our way of life that influences the choices we make as individuals, nations and global community is important.

This is a recognition that is dawning on the world. And, across cultures and geography, people are increasingly taking to yoga to redefine their lives - to find oneness between their inner self and outer world; between their existence and their environment. The WHO fact sheet on the global burden of disease says that non-communicable diseases are the leading causes of death worldwide. In 2008, 80 percent of deaths due to these diseases were in developing countries, up from 40 percent in 1990. By 2030, low-income countries will have eight times more deaths attributed to NCDs than high-income countries. In India, cardiovascular diseases, cancers, chronic respiratory diseases, diabetes, and other Non Communicable Diseases are estimated to account for 60% of all deaths. These





diseases account for about 40% of all hospital stays and roughly 35% of all recorded outpatient visits. We face the tragedy of productive lives cut short and families that must deal with untimely loss; the huge toll on the economy; and, the excessive burden on the over-stretched health system. Some studies have estimated that India stands to lose about 4.58 trillion dollars before 2030 due to non communicable diseases and mental health conditions. So, we must address the question of psychological state of our existence as much as we try to advance our physical and material life. This is where the role of Yoga is paramount. Across the world, there are moving stories of transformed lives and rekindled hopes due to Yoga.

The prediction of Shri Aurobindo that “Indian Yoga ... is potentially one of these dynamic elements of the future life of humanity” is coming true. This discipline was not originally considered or conceived as system of medicine. But, because Yoga is about a holistic lifestyle and the physical, mental, intellectual, emotional, moral and spiritual harmony, it has profound health benefits. It fits well with the change in the way that world increasingly defines health. We are no longer satisfied with just preventing and managing diseases. People now demand promotion of wellness, which is a healthy balance of the mind, body and spirit. We now increasingly hear voices calling for holistic treatment, which means dealing not just with the immediate ailment, but with the complete

person, physically, psychologically, socially, and spiritually. Traditional Indian systems are rooted in looking at human beings in totality. They see the link between Adhi or problems at the mind level and Vyadhi or problems at the physical level.

They probe deeper causes, not just look at symptoms. They treat the person, not just cure the disease. They may at times take longer to take effect, but they tend to have deeper and longer impact. And, they are without side effects. As I argued at the Science Congress this morning, like traditional knowledge, science has also evolved through human experiences and exploration of Nature. So, we must recognize that science, as we see it, does not constitute the only form of empirical knowledge about the world. And, we must remember that the western system of thought, from Hippocrates to Percival to Edison have expressed views on health that are not fundamentally different from the philosophy of the Indian System. So, along with the accumulated wisdom and experience gathered over the ages, we must also apply the techniques and methods of modern science to test and validate results, assure quality and explain benefits.

And, this is why we are placing emphasis on our efforts to increase awareness, acceptance and adoption of AYUSH System of Medicine. And, in doing so, we will create better wellness among people, rely more on local resources and reduce healthcare costs. We will also reduce the social and economic costs to our society and promote a





21st INCOFYRA

more environment friendly healthcare system. I am not here to advocate the supremacy of one system over another. I believe that humanity is wealthier for its diversity. Civilisations, cultures and countries have enriched each other by sharing their knowledge and wisdom. And, we can progress more by learning from each other. It is in this spirit that Swami Vivekananda called for combining the best from the East and the West. So, it must be in the area of healthcare. My vision for healthcare is an integrated system that understands and builds on the best and most effective of different traditions. This is why I deeply appreciate your effort to integrate Yoga, Ayurveda, Naturopathy, Unani, Siddha, Homeopathy and Modern Medicine by bringing prominent researchers and doctors on one platform. Your focus on four major non-communicable diseases - Diabetes, Cancer, Psychiatric disorders, Hypertension and Cardiovascular diseases is appreciable.

It addresses issues that are very close to my heart. Modern systems of medicine have transformed healthcare; screening, detection and diagnosis of diseases. Use of technology has reduced barriers to accessing health care, and

improved our understanding of disease patterns. Breakthroughs in medicines and vaccines have helped conquer and contain many diseases. But, as our understanding of its limitation and its side effects have grown, as we have experienced the growing costs of modern medicine systems, we have begun to look beyond to traditional systems, not just in India, but in other countries as well.

Their popularity is growing. Yoga is now a global heritage. And, the world is embracing traditional Indian medicine with great enthusiasm. So, we look to you at this conference to define the path forward in the service of humanity. I hope that health professionals, policymakers, government organizations and Industry will bridge the distance between the various forms of medical systems. I hope that you will to integrate yoga and traditional Indian medicine more closely into our healthcare system and make wellness a part of life for all in India and rest of the world. You will contribute not only to healthier and happier life for people, but also to a more prosperous and peaceful world, and a more sustainable future for our planet.

Thank you. ■



Jan 2: As a part of Lakshmi Amba Memorial - Bhagavad Gita Pratiyogita, Manasmita Maharana (Jyoti, child of SVYASA family members) memorized 700 Gita Shlokas in reverse order which is a reflection of human excellence. It is very much inspiring and encouraging to all of us for her dedication and commitment. Coming from Odisha, she received certificate from Prof. Ramachandra G Bhat, VC and Prof. K Subrahmanyam, Pro-VC, with joy and happiness. We, the members of SVYASA family congratulate her to continue Sadhana with pride.



Jan 12: On the auspicious occasion of 153rd Birth Anniversary of Swami Vivekananda, National Youth Day was celebrated in Prashanti Kutiram



INAUGURAL CEREMONY OF NATIONAL AROGYA EXPO



National Arogya Expo Inauguration. *From left Swami Maheshwarananda ji, Union AYUSH Minister Shri Shripad Yesso Naik, Dr. H R Nagendra, Minister for Health and Family Welfare Shri U T Khader, Shri Subhash Malkhede, Swami Amrit Suryananda Maharaj, Shri Ajith Sharan, Dr. Ramachandra G Bhat, Shri Anil Ganeriwala, Dr. Sudheer Deshpande – can be seen*

Prashanti Kutiram, Jan 3: Inaugural Ceremony of National Arogya Expo - 21st INCOFYRA 2016 was held in well decorated Samskrithi Bhavana auditorium in the august presence of the dignitaries on the dais and well attended invitees, guests, officers of the State and Central Govt., Dept. of AYUSH, delegates, representatives of industries, particularly AYUSH industries and pharmaceuticals, students and the general public.

- **Swami Maheshwarananda ji** from Vienna Austria
- **Swami Amrit Suryananda Maharaj** from Portugal
- **Shri Ajith Sharan ji** - Secretary, AYUSH, Govt of India
- **Shri Anil Ganeriwala ji** - Joint Secretary, AYUSH Govt of India
- **Shri Subhash Malkhede ji** - Director, AYUSH Govt of Karnataka

The National Arogya Expo dais was decorated by the presence of

- **Shri Shripad Yesso Naik**, Hon'ble Minister of State, Ministry of AYUSH, GoI
- **Shri U T Khader**, Hon'ble Minister for Health and Family Welfare, GoK
- **Padma Vibhushan Dr. D Veerendra Heggade**, Dharmadhikari, Shri Kshetra Dharmasthala





Dr. H R Nagendra, Dr. D Veerendra Heggade, Swami Maheshwarananda ji, Shri U T Khader

Shri Shripad Yesso Naik

- **Dr. H R Nagendra** - Chancellor, S-VYASA and President of VYASA and 21st INCOFYRA 2016
- **Dr. Ramachandra G Bhat** - Vice Chancellor, S-VYASA and
- **Dr. B R Ramakrishna** - Professor and Principal Sushrutha Ayurvedic Medical College & Hospital and Chairman, National Arogya Expo 21st INCOFYRA

Apart from these visionaries the programme was graced by Dr. Radha Das, Dr. Dinesh Katoch, Dr. Rehman from AYUSH, Govt. of India, Dr. Kotecha R, Vice Chancellor Gujarat Ayurveda University, Jamnagar, Dr. Kishore Kumar, R-CCRAS Bangalore and others.

The programme was invocated with prayers to Lord Ganesha and Lord Dhanvantari and formally inaugurated by lightening the lamp.

Shri Subhash Malkhedeji as head of the hosting state of the conference extended a warm welcome to the dignitaries and the audience.

Dr. H R Nagendra introduced the guests and putforth the aims and objectives of the 21st INCOFYRA 2016 and National Arogya Expo.

Calendar - 2016 from Dept. of AYUSH Govt. of India with glimpses of International Yoga Day of 21st of June 2015 was released by the dignitaries.

Shri Veerendra Heggade ji appreciated the great work being done in the field of Yoga, Naturopathy and Ayurveda by the team of S-VYASA and VYASA under the dynamic leadership and direction of Dr. H R Nagendra, Dr. R Nagarathna and others. He described Dr. Nagendra as Yoga Maharshi.

Shri U T Khader ji as the host member of 21st INCOFYRA 2016 appreciated the work of S-VYASA and also complimented for the meticulous arrangements for the success of conference and Arogya Expo. He promised to render all possible help and support for the up-liftment of AYUSH systems in the state. He



Felicitations



also expressed the vision of the Karnataka State Govt to introduce Yoga in all levels of education and providing AYUSH treatment facilities in the hospitals.

Shri Ajith Sharan ji made a brief presentation on the programmes and policies of Dept. of AYUSH, Govt. of India.

The Hon'ble Minister Shri Sripad Yesso Naik ji presented a detail report with all the data regarding the strength of AYUSH systems in generating employment and economic potentialities. He also wished that like Yoga has celebrated international Yoga Day 21st June

2015 the Ayurveda should also reach a state of international day celebration through evidence based research and service to the humanity. He also highlighted the vision of Hon'ble Prime Minister Shri Narendra Modi ji in integrating all the systems of medicine for the welfare and wellness of humanity with cost effective, safety and effective treatment methods.

At the end of the programme Dr. BRRamakrishna extended vote of thanks. The programme concluded with National Anthem. Later all the dignitaries proceeded for formal inauguration of the National Arogya Expo 2016. ■



NATIONAL AAROGYA EXPO - 2016

National Aarogya Expo was held in the Prashanti Kutiram from Jan 3rd-7th as a part of 21st INCOFYRA event. This Event witnessed the Exhibition of Pharma Industries of different Systems of Indian System of Medicine (Ayurveda, Homeopathy, Naturopathy, Siddha, Unani and Yoga) under one roof and provided the Free Health Check-up organised by Central and State AYUSH.

The Theme of the Event was to provide a single roof for all systems of Medicines so that there will be multiple options to integrate and facilitate better medical facility for the patients. Total 62 private stalls participated in the Expo along with the pavilions of Central and State AYUSH. Various Pharma Companies and Other companies like, Ayurveda Pharma Industries, Homeopathy Industry, Organic Plant Extracts, Fitness Centres, Rekhi Healing, Pranic Healing, Accupressure, Books Stalls related to Yoga

and Ayurveda and Sevashrams etc were the highlights of the Expo.

The Expo was witnessed by the Dignitaries like Shri Shripad Yesso Naik, Minister of AYUSH, GoI; Shri U T Khader, Minister of Health and Family Welfare, GoK; Padmavibhushana Dr. D Veerendra Heggade, Dharmadhikari, Sri Kshetra Dharmasthala; Dr. Anil Ganeriwala, Joint Secretary, Central AYUSH; Shri S A Ramdas, Former Health Minister, Govt of Karnataka; Smt. Vanita Murali Kumar, President, CCIM President and other dignitaries of various fields visited the Expo interacted with the Stall holders and general public.

Expo was open for all, and students of various colleges visited the expo and got education and awareness regarding different systems of Medicines. Around 3 - 5 thousand people visited to the expo during 5 days. ■



AYUSH Stalls

Central AYUSH Stall: Central AYUSH organised individual Pavilions for Ayurveda which hosted different Ayurveda Procedure, Medications and Homeopathy gave up a demo of different treatment protocols for non communicable diseases, similarly Siddha and Yoga Demonstrated various respective management. National Medicinal Plants Board exhibited medicinal plants for Exhibition and gave awareness towards their medicinal usage and cultivation near homes. Rashtriya Ayurveda Vidyapeeth provided necessary brochures and information of Ayurveda and its holistic Approach which was supported by CCRAS (Ayurveda), CCRUS (Unani), CCRHS (Homeopathy), CCRSS (Siddha), CCRYN (Naturopathy and Yoga Councils).

AYUSH pavilion, Govt. of India organized Free Medical Check-up and Free Distribution of AYUSH Medicines more than 1200 people derived the benefits.

State AYUSH Stalls: State AYUSH hosted State Pavilion for Exhibition and a separate Court for Free Health check-up which was carried out by Govt Colleges of Ayurveda, Homeopathy, Naturopathy, Unani and Siddha Colleges of State and carried a free health check-up as well as Free distribution of Medicine samples.

Govt. of Karnataka, Dept. of AYUSH had also established Free AYUSH Clinics in the pavilion which was received well by the public and participants.

VYASA Stalls: Stop Diabetic Movement (SDM) exhibited

Models and Charts of, preventive Measure to control the diabetes; VYASA Yoga Centre demonstrated different Yogic techniques for Diabetes, Mental health, Cardiology and educated the population about the same. Sushruta Ayurvedic Medical College and Hospital established *Ashtanga Ayurveda* theme which showed Eight Specialities of Ayurveda and Gave Demonstration of Different Types of Marma (Vital points), Types of Swedana, Techniques of Fracture Management and Poisonous bites were the highlights along with various charts and displays.

School of Yoga and Naturopathy presented various models of Diabetes, Cardiology and educated the population regarding its Management and prevention. ■





21st INCOFYRA

PRE-CONFERENCE SYMPOSIUM

Inaugural Ceremony

Pre-conference Symposium was inaugurated 27th December, 2015, Sunday at Managal Mandir auditorium of Prashanti Kutiram. Chief Guest for the Inaugural Program was Sadhvi Niranjana Jyotiji, Union Minister of State (MoS) for Food Processing Industries and Guest of Honour was Prof. Dharendra Pal Singhji, the Director of National Assessment and Accreditation Council (NAAC), UGC. Other eminent personalities on the dais were: Dr. H R Nagendra, Chancellor, S-VYASA University; Dr. D Nagaraja, Former Director of NIMHANS and present Director of Centre for Integrative Medicine, S-VYASA University; Dr. R Nagarathna, Medical Director, VYASA; Dr. Sudheer Deshpande, Director, VYASA; Dr. Pailoor Subramanyam, Registrar, S-VYASA University and Prof. K Subrahmanyam, Pro-Chancellor, S-VYASA University.



During Inauguration Dignitaries on the dais
Inner Photo: Union Minister Sadhvi Niranjana Jyotiji

Inaugural Program started lighting of the lamp by the Guests followed by a Sanskrit Conference song, "Bhaishjya bhagyam...". This song is composed by Acharya Ramchandra Bhattji, Vice-Chancellor of S-VYASA University. The song calls for Integration of all systems of medicine towards the welfare of the mankind. This was followed by welcome address by Dr. H R Nagendra. In the welcome address, he introduced the guests to the audience and provided the basis of Integration using Panchakosha Model of Human Existence, derived from Taittiriya Upanishad. Next, Dr. R



Felicitation to Union Minister Sadhvi Niranjana Jyotiji



Felicitation to NAAC Director Prof. Dharendra Pal Singh

Nagarathna provided an overview of the seven day preconference symposium (Table 1). Then, Dr Dhiren Pal Singhji addressed the gathering. He congratulated S-VYASA University for this initiative on Integration of medical systems and emphasized the role of evidence based research in further strengthening and modifying the Models of Integration. Sadhvi Niranjana Jyoti Ji, in her much awaited speech, addressed the gathering with her usual dynamicity and spiritual energy pro-claiming the importance of Universal Well-being, which should serve as the basic goal of all medical systems and their integration. Prof. K Subrahmnayam then thanked all the guests, audience and organizers at the end of the program. ■

Table 1: Different Tracks for Pre-conference

SNo	Name of the Track	Type of Track	Eligibility	Duration
1	Yoga Therapy for Common Non-communicable Diseases (NCDs)	Long	AYUSH professionals and Yoga Therapists	7 days
2	Naturopathy for Common Non-communicable Diseases (NCDs)	Long	AYUSH professionals and Yoga Therapists	7 days
3	Ayurveda for Common Non-communicable Diseases (NCDs)	Long	AYUSH professionals and Yoga Therapists	7 days
4	Yoga Instructor Certificate Course for Diabetes Mellitus (YIDM)	Short	Only for those who have completed Yoga Instructor's Course (YIC)	3 days*
5	Yoga Assistant Certificate Course for Diabetes Mellitus (YADM)	Short	Special offer for those participating in Yoga Olympiad above 18 years of age	1 day*
6	Self Management of Excessive Tension (SMET) Rejuvenation	Long	Open for all	2 days SMET + 5 days Rejuvenation
7	Yajnya Track	Long	Open for all	7days

Symposium on Integrative Medicine for Common Non Communicable Diseases



The Pre-conference Symposium was organised in S-VYASA Yoga University from 27th Dec 2015 - 2nd Jan 2016. Total Forty Delegates participated in this Symposium where the theme was Integrative Medicine for Common Non Communicable Diseases. Dr. Amit Singh, Dr. Hemant Bhargav and Dr. Padmini Tekur were the chief organizers of the Pre-

conference Symposium. Symposium received admirable response from the delegates. Every day of the symposium was dedicated to one specific common non communicable disease. The diseases included were Cancer, Diabetes Mellitus, Obesity, Hypertension, Heart Disease, Neuroses and Psychoses. On a particular day, early morning delegates practiced specified yoga module for that disease and then treatment modalities from the perspective of modern medicine, Yoga therapy, Ayurveda and Naturopathy were presented by experts of respective fields. Lecture sessions on Integrated Approach of Yoga Therapy (IAYT) for particular NCD were conducted by Dr. Nagarathna followed by a Q&A sessions involving good response from the delegates. Post lunch



sessions involved presentations by experts from the field of Ayurveda and Naturopathy. Ayurvedic management of NCDs was presented by Expert Ayurveda Clinicians from Sushruta Ayurvedic Medical College and Naturopathic experts from The School of Yoga and Naturopathic Medicine presented Naturopathic Management of the same. Late evening sessions included Satsang by Professor Raghuramji (Director, Yoga Bharati and Joint Director of Stop Diabetes Movement). The discourses were highly insightful and received accolades from the crowd. ■

Valedictory Programme

Valedictory function was conducted on 2nd January, 2016. Dr. R Nagarathna gave the Valedictory address. Dr. Hemant Bhargav, Assistant Professor, S-VYASA University, summarized the whole event. Delegates came forward and gave their feedback. According to them, this was a unique event where Yoga, Ayurveda, Naturopathy and Modern Medicine professionals provided solutions to the major non-communicable diseases in their own ways and discussions were held on possible areas in which each can contribute in harmony with other systems of medicine for maximum welfare of the patient. ■

Vivekananda Health Global launches its First Centre in India

VYASA Health Care (VHC) Pvt. Ltd launched its first wellness and holistic center under the brand name Vivekananda Yoga Global (VYG)TM in Sahakarnagar, Bangalore on January 22nd, 2016. Vivekananda Health Global, a center for Integrative Medicine offers a range of yoga programs, Ayurveda, Naturopathy and Acupuncture which are used as modalities for therapy and rejuvenation. The center promotes evidence based Integrative Medicine with an emphasis on Traditional healing systems.

The center was inaugurated by Guruji, Dr HR Nagendra, Chancellor of S-Vyasa University and Kannada film actress Radhika Chetan of Rangi Taranga fame. The other chief guests included Dr NK Manjunath, Mr Dayanand and Rakshith Kaval (VHG Franchise owner). Speaking on the occasion Guruji said, "In today's fast paced world, people are constantly stressed out. In times like these Our Ancient Traditional practices of Yoga and Ayurveda come handy, once people see the results, they will believe in it and how much it can benefit you. People go for allopathy because it gives you immediate relief, but there are a lot of side effects. To get rid of one side effect, you take another pill and then the cycle continues. When people have started realizing

that this is going to be the pattern, they turn to alternative medicines. When they come here, they will get the results in

two days. Only once you show the results will people believe in it and that what we aim at"

Speaking on the occasion actress Radhika, an S-Vyasa alumni said "Yoga helps me to conduct my daily activities wisely, I have been practicing for a while and I have found it extremely beneficial especially in my line of work where constant appearances, long arduous hours and media scrutiny can take a toll on your mind".

After the inauguration of VHG's first centre in Shanghai and now in Bangalore, Vivekananda Health Global has opened its doors wide to yoga instructors and owners of yoga, fitness and wellness centers who are keen to adopt the Vivekananda Yoga Program as part of their teaching and business routines. ■



HIMALAYA YOGA OLYMPIAD



Himalaya Yoga Olympiad - Champion of Champions 'Team Karnataka' was given trophy by Union AYUSH Minister Shri Shripad Yesso Naik and other dignitaries

Vivekananda Yoga Anusandhana Samsthana organised Himalaya Yoga Olympiad from Jan 1st - 2nd, 2016, at Prashanti Kutiram, Bengaluru. The Himalaya Yoga Olympiad was inaugurated by the Vice-chancellor Prof. Ramchandra G Bhatt and Registrar, Dr. Subramanya P.



This time 341 participants from 20 states of India participated in Himalaya. There were three age groups in Himalaya. Junior, Senior, and Adult. And both the girls and boys had participated in Himalaya.

States Represented	Jnr. Boys	Jnr. Girls	Snr. Boys	Snr. Girls	Adt. Boys	Adt. Girls	Total Participation	Referee + Coach
20	54	50	70	60	36	37	307	34

The assessment was done of Asana, Pranayama, Meditation, Mudra, Bandha, and Kriya. Written exams were also conducted for the participants. This time Champion of Champion was Karnataka and Runner-up was Maharashtra.

And Valedictory program was graced by Union Minister for State (Independent Charge) for AYUSH Shri Shripad Yesso Naik, Swami Maheshwarananda ji, Dr. Kartikeyan, Shri Vedprakash ji. Amrit Suryananda Maharaj, Dr. H R Nagendra ji and Prof. K Subrahmanyam Ji. ■



21st INCOFYRA

MAIN CONFERENCE Report on Scientific Sessions



Vivekananda Yoga Anusandhana Samsthana (VYASA) has been organizing International Conference on Yoga every alternate year since 1991. The theme for 21st INCOFYRA is “Integrating Best of East with Best of West in Medical Practice”. This was organised by VYASA in technical collaboration with S-VAYSA University between Jan 3 - 7, 2016. The European Association for the study of Diabetes (EASD), the International Society for Hypertension (ISH), and British Heart Foundation were collaborators of this event. The conference was inaugurated by Hon’ble Prime Minister Shri Narendra Modiji on Jan 3rd. It was attended by more than 10,000 delegates. His scintillating speech was a great kick start for the conference.

The scientific sessions included Plenary sessions, Parallel symposium, Panel discussions, Oral and Poster presentation. Every day we had one plenary session on modern medicine and one on integrative medicine. In the afternoon, we had four parallel tracks on Diabetes, Oncology, Cardiology and Mental health. We had Panel discussions on Integrative medicine - Research, Education and Policy by experts. There were Oral and Poster presentation by many young researchers and professionals.

The scientific session started with Dr. H R Nagendraji’s Keynote Address on “Integrating Eastern Wisdom of Panchakosha, Adhi and Vyadhi with Western approach of Rigorous Research followed by Dr. Prof. Andrew Boulton’s brilliant talk on “Diabetes -The Epidemic of the 21st Century”. 21st INCOFYRA had many eminent speakers including 15 International

Speakers and 50 National Speakers. We had International Speakers from Harvard Medical School, USA, University of Manchester, UK, University of Texas, MD Anderson Cancer Center, USA, University of Padova, Italy, and many other prestigious hospitals. We had National Speakers from All India Institute of Medical Sciences, New Delhi, Sir Ganga Ram Hospital, DIPAS, New Delhi, HCG, Bengaluru, NIMHANS, Bengaluru, Sri Jayadeva Institute of Cardiology, Bengaluru, Medanta - the Medicity, and many other prestigious institutions. We had 19 Oral presentations and 157 Poster presentations.

Along with 21st INCOFYRA a one day Satellite Symposium on “Recent advances in diabetes” is jointly organized by S-VYASA, EASD & ISH at Bengaluru city on Jan 7, 2016. Around 500 Medical Professionals would attend this program.

Total 2590 Delegates attended this Conference. There were 60 International Delegates from Singapore, China, USA, Turkey and Srilanka. Students and faculties from SDM Ujire, JSS Ooty, Salem College attended this conference.

This conference addressed the urgent need for collaborative actions involving Health Professionals from Conventional Medicine and Traditional Medicine, Policymakers, Government Organizations and Industries to deliver the best health care to public. Particular focus was placed on highlighting the importance of Integrative Medicine as Preventive Healthcare Strategy, for the management of NCD’s and Promotion of Positive Health. ■



MAIN CONFERENCE Speakers in Scientific Sessions

List of Plenary Speakers

Jan 4 (5 NOs)

- **Dr. H R Nagendra**, Chancellor, S-VYASA University, Bengaluru
- **Prof. Andrew Boulton**, Professor of Medicine, University of Manchester, UK
- **Padmabhusan Prof. B M Hegde**, Ex Vice Chancellor, Manipal University, Mangalore
- **Dr. Bhushan Patwardhan**, Vice-Chancellor, Symbiosis International University (SIU), Pune
- **Dr. Sat BirKhalsa**, Assistant Professor of Medicine, Harvard Medical School

Jan 5 (6 NOs)

- **Dr. Lorenzo Cohen**, Professor and Director of the Integrative Medicine Program, University of Texas, MD Anderson Cancer Center, USA
- **Dr. D Nagaraja**, Director, School of Integrative Medicine, S-VYASA, Bengaluru
- **Prof. Rhian Touyz**, President, International Society of Hypertension
- **Dr. Anthony Heagarty**, Professor of Medicine, Institute of Cardiovascular Sciences, Manchester University
- **Dr. D. Prabhakaran**, Vice President, Public Health Foundation of India
- **Dr. Narsingh Verma**, Secretary General Indian Society of Hypertension

Jan 6 (5 NOs)

- **Prof. Paula Fioretto**, Professor of Medicine, University of Padova, Italy, Senior Vice President of EASD
- **Dr. Lalantha Leelarathna**, Consultant Diabetologist, Manchester Royal Infirmary
- **Dr. Shirley Telles**, Director, Patanjali Research Foundation, Haridwar
- **Dr. Khetrapal C L**, Distinguished Professor, Centre of Biomedical Research, Uttar Pradesh
- **Dr. Ananda Pandurangi**, Medical Director & Chairman, Inpatient Psychiatry and Director, Schizophrenia and ECT Programs

Jan 7 (3 NOs)

- **Dr. C N Manjunath**, Director and Professor of Cardiology, Sri Jayadeva Institute of Cardiology, Bengaluru
- **Dr. B N Gangadhar**, Professor of Psychiatry, NIMHANS, Bengaluru
- **Dr. R Nagarathna**, Medical Director, Arogyadhama, VYASA, Bengaluru

List of Invited Talks

Jan 4 (8 NOs)

- **Dr. Prasanna Rao Balakrishna**, Manchester, UK
- **Dr. Satish Babu**, Bengaluru, India
- **Dr. Sudeep Putta Manoahar**
- **Dr. Rajesh K Grover**, Director, Delhi State Cancer Institute, New Delhi





- **Dr. S K Chaturvedi**, Department of Psychiatry, NIMHANS, Bengaluru
- **Dr. Prof. K S Gopinath**, Chairman, HCG Bengaluru
- **Dr. Rama Jayasundar**, Department of NMR, AIIMS, New Delhi
- **Dr. M Kannan**, Research officer, Siddha Central Research Institute

Jan 5 (6 NOs)

- **Dr. Ajai Kumar B S**, Founder & Chairman, HCG, Bengaluru
- **Dr. Senthamil R Selvan**, Vivekananda Yoga Research Foundation, Norwalk, CA, USA
- **Dr. Jayashree Todkar**, Laparoscopic Surgeon
- **Dr. Timmappa Hegde**, Director - Narayana Institute of Neurosciences, Bengaluru
- **Dr. Balasubramanyam**, Assistant Director & Senior Scientist, Madras Diabetes Research Foundation, Chennai, India
- **Dr. B T Rudresh**, Classical Homeopathic Practitioner, Bengaluru

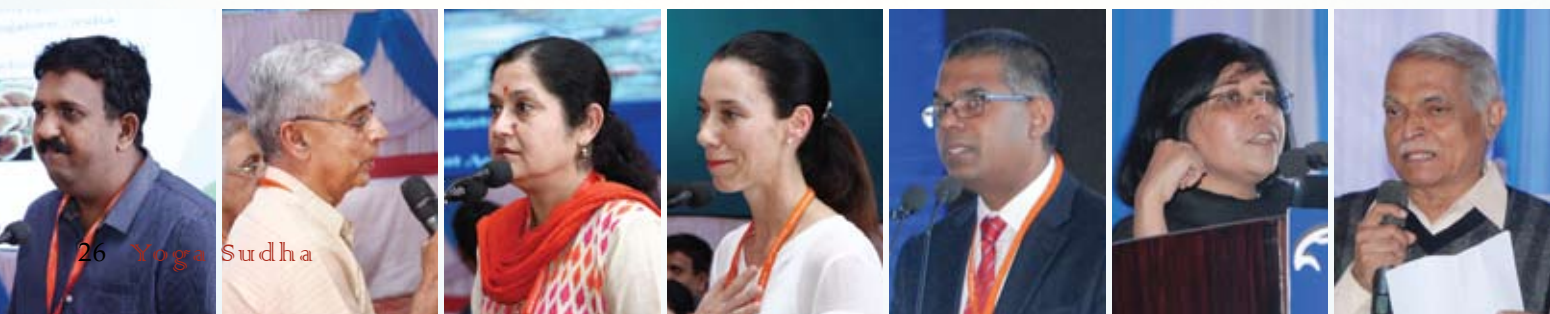
Jan 6 (12 NOs)

- **Dr. G Gangadharan**, Director, M S Ramaiah Indic Centre for Ayurveda and Integrative Medicine, Bengaluru
- **Dr. V Guruprasad**, Consultant in Rehabilitation Medicine at Central Manchester Teaching Hospitals and Salford Royal hospital
- **Dr. Mantu Saha**, Scientist, DIPAS, New Delhi
- **Dr. Raghavendra Rao**, Senior Scientist & Head, CAM Program, HCG, Bengaluru

- **Dr. Anja Schröder**, Clinic for Holistic Medicine and Traditional Chinese Medicine, Germany
- **Dr. Lilly Ganju**, Scientist F, DIPAS, New Delhi
- **Dr. S C Manchanda**, Senior Consultant Cardiologist, Sir Ganga Ram Hospital, New Delhi
- **Dr. Ram Manohar**, Director, AVP Research Foundation, Coimbatore
- **Dr. Getha Krishnan**, Department of Integrative Medicine & Holistic Therapies, Medanta - the Medicity, Gurgaon
- **Dr. Rajesh Sagar**, Associate Professor of Psychiatry, All India Institute of Medical Sciences, New Delhi
- **Dr. Savita Eranti**
- **Dr. Shivarama Varambally**, Associate Professor, Dept. of Psychiatry, NIMHANS, Bengaluru

Oral and Poster statistics

- Papers selected for Poster Presentation - 156 NOs
- Through a peer-review process Papers selected for Oral Presentation - 19 NOs
- 5 best Poster Presentations were selected by a Panel of Judges - Dr. Raghavendra Rao and Dr. Ramesh M
- 3 best Oral Presentations were selected by a Panel of Judges - Dr. Satbir Khalsa, Dr. Satyaprabha and Dr. Naveen K V ■



SATELLITE SYMPOSIUM ON 'RECENT ADVANCES IN DIABETES'



Symposium Inauguration by Hon'ble Minister for Health and Family Welfare Shri U T Khader, EASD President Prof. Andrew Boulton and other dignitaries



Felicitation to EASD President Prof. Andrew Boulton

The satellite symposium on recent advances in diabetes organised by VYASA as part of 21st INCOFYRA under the auspices of EASD with the theme of 'Best of East and West' was well attended by more than 130 senior Physicians from Karnataka.

The venue was befitting for the International Event at ITC Windsor, Golf Course Road, Bengaluru, on 7th Thursday, January 2016.

The Hon'ble Minister for Health and Family Welfare, GoK, Shri U T Khader inaugurated the programme along with Prof. Andrew Boulton, President, EASD by lighting the lamp.

A day long Scientific Session gave much insights

into the critical aspects of Diabetes. Leading experts from Europe shared their vast experience and knowledge in the respective specialities.

The interactive Panel Discussion with the renowned faculty from across the globe was joined by Dr. H R Nagendra, Chancellor of S-VYASA Yoga University, Hon'ble Minister of State, Ministry of AYUSH, GoI, Shri Shripad Yesso Naik joined all the panellists for the Valedictory function, who concluded by appreciating the efforts and endeavour of VYASA, International Faculty, Scientific Committee and the Delegates in making this scintillating Scientific Session happen first time in India with a theme 'Best of East and West'. ■



CULTURAL PROGRAMMES

Prashanti Kutiram, Jan 3-6: All the Cultural Programs were held during the evenings at Sheshadri Sabhangan.

Jan 3: A unique dance-drama show was exhibited by, the world renowned Prabhat Kalavidaru, Bengaluru. The title of the episode was **Dharmabhoomi** the story revealed the greatness of Indian culture and heritage as thought by the great master Aristotle through his disciple Alexander. The program was attended and enjoyed by thousands of people.



Jan 4: Another excellent program presented by Prabhat Internationals. The title of the program was **Kathastra** which revealed the technique and sacred methods of attaining Pashupatastra by Arjuna from Lord Parameshwara. It includes with the tantra and deeprooted techniques of meditation leading to attainment of perfection (Siddhi).The program attracted lots of appreciation from the audience.





Jan 5: Music Dance Drama with the theme **Viveka** (Knowledge through a Streams of Yoga) was performed by Shri Sai Arts Internationals, Bengaluru. More than 60 artists participated in the event. It was an excellent exhibition of the themes of the 4 streams of the yoga namely Jnana Yoga, Karma Yoga, Bhakthi Yoga and Raja Yoga. At the end the artists were appreciated and blessed by Professor-Prof. Subrahmanyam ji, Pro-Chancellor, S-VYASA, Bengaluru.



Jan 6: The students of S-VYASA performed a Dance -Drama episode with the title **Chicago to Chicago**. More than 50 students participated and the program was directed by Dr. Sanjib Patra of S-VYASA and Script written by Prof. K Subrahmanamji. The episode revealed the entire life story of how Naren become Swami Vivekananda. It was no less than any professional group / artist exhibition at the end, Guruji Dr. H R Nagendra appreciated and blessed the artists.



In conclusion, the cultural program was organized wonderfully by Dr. B R Ramakrishna. Chairman, Cultural Committee of 21st INCOFYRA - 2016. ■



VALEDICTORY PROGRAMME

Prashanti Kutiram, Jan 7: The Valedictory Programme of 21st INCOFYRA was conducted in Shashadri Sabhangana. Shri Shripad Yesso Naik, Hon'ble Minister of State, Ministry of AYUSH, GoI was the Chief Guest. The function was also graced by presence of Sadhguru Jaggi Vasudev from ISHA Foundation; Swami Maheshwarananda ji; Shri Subhash Malkhede, Director, Dept. of AYUSH, GoK; Dr. Shirly Telles, Director of Research, Patanjali Yoga Peetha, Haridwar; Shri O P Tiwari from Kaivalyadhama, Lonavala; Local Panchayat Members, Generous Supporters of VYASA family and University officials.

The program was inaugurated by reciting the conference theme song, composed by Prof. Ramachandra G Bhat, Vice Chancellor of S-VYASA. The welcome address was given by

Dr. H R Nagendra, Chancellor, S-VYASA and the President of the Conference. The conference report was read by Dr. N K Manjunath Sharma, Jt. Director for Research, S-VYASA University. The prizes for poster and oral presentations were given by the Chief Guest. The Guests of Honor expressed their views on the conference reflecting on the need for the integrative health care systems for the wellbeing of mankind.

Sadhguru Jaggi Vasudev blessed the gathering of eminent researchers, Yoga Sadhakas and Students. The contributors for the conference as well as the guests were felicitated. Dr. Naveen K V, read out the conference resolutions. The web portal of VYASA was also launched by the Chief Guest and the features were explained to the gathering. The conference valedictory address was delivered by Shri Shripad Yesso



Dignitaries on the dais. From left Dr. R Nagarathna, CMO of Arogyadhama; Dr. Shirly Telles, Director of Research, Patanjali Yoga Peetha, Haridwar; Shri O P Tiwari from Kaivalyadhama, Lonavala; Dr. H R Nagendra, Chancellor, S-VYASA; Sadhguru Jaggi Vasudev from ISHA Foundation; Shri Shripad Yesso Naik, Hon'ble Minister of State, Ministry of AYUSH, GoI; Swami Maheshwarananda ji



Sadhguru Jaggi Vasudev, Shri Shripad Yesso Naik, Dr. H R Nagendra, Swami Maheshwarananda ji, Shri O P Tiwari, Dr. K Subrahmanyam, Dr. B R Ramakrishna, Dr. Naveen KV, Dr. Manjunath Sharma N K

Naik. He appreciated the efforts in organization of the conference and assured the large gathering that efforts will be put from the Government's side to incorporate Yoga and other AYUSH systems into integrative medicine. Prof. K Subrahmanyam, Pro Chancellor, S-VYASA proposed the vote of thanks. The valedictory function was concluded by National Anthem. ■

Felicitations





RESOLUTIONS OF 21st INCOFYRA

The 21st International Conference on Frontiers in Yoga Research and its Applications held in S-VYASA Yoga University, Bengaluru from January 3-7, 2016

The resolution of a conference is a sum total of the intellectual churning on the chosen topic by the best stakeholders of a given discipline of interest. Hence, Resolution from an academic conference is seen as a Road Map and a Conceptual Framework for the Government of the day.

The 21st INCOFYRA a 5 day conference started with a very well defined agenda set by none other than the Hon. Prime Minister of India - Shri Narendra Modi Ji who delves deep into the topic and gives thrust to key areas. Taking a lead from Shri Modi Ji's vision, this resolution is a summary of all the scientific deliberations of the conference; International Speakers & Collaborators Meet; Vice-Chancellors' Meet; and Policy Makers' Meet held between Jan 2-7, 2016

1. Jan 2, 2016: Vice Chancellors' Meet resolved to:

- Recognize Yoga as a distinct science discipline of study in higher education
- Establish Exclusive Departments of Yoga Studies under the faculty of science and faculty of arts in centers of Higher

Education i.e., Central; State and Deemed Universities

- Offer Courses from bachelors to doctorate levels focusing Yoga as an empowering strategy in Education at large
- Develop high quality curriculum for these courses with the best of traditional wisdom emphasizing self-empowerment and conscious human evolution
- Recognize S-VYASA Yoga University as a Nodal agency for Yoga in Education

2. Scientific Deliberations with a Theme: Integrating Traditional Medicine with that of Conventional medicine with a focus on Cardiology; Oncology and Psychiatry; resolved to:

- Enhance the quality of research thus establish Yoga & Naturopathy as Evidence Based Lifestyle Intervention
- Emulate China Model and engage conventional medical institutions in high impact clinical research on Yoga & Naturopathy
- Improve the quality of research training; research personnel and research infrastructure in existing and upcoming research centers in Yoga & Naturopathy
- Develop multi-disciplinary approach in research; training and clinical practice of Yoga & Naturopathy





Prize Winners of Oral and Poster Presentations - Dr. Kuldeep Kushwah, Dr. Biswamitra Sahu, Dr. Rajashree Ranjita, Dr. Ramajayam, Harleen Chhabra

- e. Present Yoga & Naturopathy as an evidence based; cost effective preventive & management strategy in our nations' fight against NCDs

3. International Speakers, Collaborators and representatives from professional associations in cardiology; oncology & psychiatry Meet resolved to:

- a. Recognize well established professional education; clinical practice and regulation of Yoga & Naturopathy professionals
- b. Enrich the very active Yoga & Naturopathy research centers and community with high quality research training under academic exchange paths
- c. Establish international research forums and networks with focused research objectives in cardiology; oncology and psychiatry
- d. Work with the Dept. of AYUSH, Government of India to enable science exchange programs with reputed international Universities; research institutions and hospitals
- e. Work with S-VYASA Yoga University in its' capacity of World's only Yoga University and a leading Yoga & Naturopathy research institute

4. Policy Makers Meet resolved to:

- a. Establish; Promote and Implement Yoga & Naturopathy as a evidenced based and cost effective lifestyle intervention in the prevention & management of NCDs
- b. Select Yoga & Naturopathy as a preferred non-pharmacological AYUSH system for Integration with conventional medicine
- c. Establish Centers of Integrative Medicine in all leading Medical Institutes such as AIIMS across the country
- d. Encourage and support Medical institutes to establish Exclusive Departments of Preventive Oncology; Preventive Diabetology and Preventive Psychiatry
- e. Use AYUSH systems in Medical & Psychiatric rehab
- f. Implement, with immediate effect, National Medical Registration for Yoga & Naturopathy Physicians
- g. Work on capacity building exercise and thus produce large number of qualified and registered
 - i. Yoga & Naturopathy physicians;
 - ii. Yoga Therapists and
 - iii. Yoga instructors for wellness

To meet the global demand to embrace yoga in daily life. ■



Jan 7, Prashanti Kutiram:
Satsang by Sadhguru Jaggi Vasudev
ISHA Foundation





THE NATIONAL CONSULTATIVE MEET



Hon'ble Union Minister for Human Resource Development Smt. Smriti Irani's address

The National Consultative Meet of Vice Chancellors on Yoga Education in Universities was held in Prashanti Kutiram on Jan 2nd. The meeting was attended by the 15 Vice Chancellors representing Central Universities from all over India. The meeting was chaired by the minister of HRD, Govt. of India, Smt. Smriti Zubin Irani. **Dr. H R Nagendra**, Chancellor, S-VYASA gave a presentation on the topic of "Yoga education in Universities". Dr. Krishna Gopal Ji guided the gathering with his highly motivating "Udbodhan", and vividly brought out the various aspects of Yoga Education in the society in general and at the University Level in particular. Sri Ramlalji reiterated the urgent need of introducing Yoga Education at the University Level in the present circumstances to make the youth of the country face the challenges of life. Hon'ble Minister **Smt. Smriti Zubin Irani** dwelt upon the various aspects at length on the sure ways of implementation of Yoga in Education for the benefit of one and all in the society. Prof. K. Subrahmanyam, Pro-Chancellor, S-VYASA University gave a befitting Vote of Thanks on this auspicious occasion. The august program ended on a patriotic note with the participants



of the meet singing National Anthem in chorus. An added interest in the meeting was an advanced yoga presentation by the students of Vivekananda College, Madurai. ■



Inauguration by UGC Chairman Prof. Ved Prakash, Dr. H R Nagendra and Dr. Krishna Gopal

13TH CONVOCATION OF S-VYASA

'Arise, Awake and Stop Not till the Goal is reached' - Swami Vivekananda



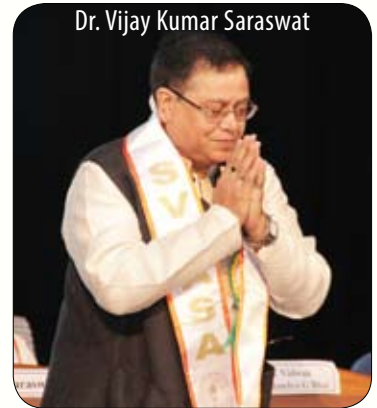
13th Convocation of S-VYASA Yoga University. Dignitaries on the Dais

Prashanti Kutiram, Jan 12: Though the Convocation day is yet another day for the Universities, but it is most memorable day in any student career. Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) celebrates the Convocation Day in most traditional way, which is unique to S-VYASA. The Convocation day is celebrated on the birth day of Swami Vivekananda as a mark of respect to uphold the values preached by him on 12th January.

The day began by performing Saraswathi Homa, in most ritual and traditional manner, early in the morning, followed by procession with Veda Ghosha and Nada Swara along

Chief Guest

Dr. Vijay Kumar Saraswat



Convocation Procession in progress... from Saraswati statue to Mangal Mandir



D.Litt to Dr. H V Nagaraja Rao



D.Litt to Prof. Malayaja Garga



D.Sc to Dr. Naveen K Visweswaraiah



Vice Chancellor
Prof. Ramachandra G Bhat

with Dr. Vijay Kumar Saraswat the Chief Guest, Board of Members, Academic Council Members and other dignitaries, who were given Poorna Kumbha Swagatam.

who successfully completed the academic requirements.

The Chief Guest Dr. Vijay Kumar Saraswat, presented the Gold medals and awards to those excelled in academics. Smt.



Chancellor
Dr. H R Nagendra

Vijayalakshmi Kavuri shared her experiences at S-VYASA as a representative of all the students. As a tradition the Guru Upadesha was preached by Prof. Ramachandra G Bhat, the Vice Chancellor. The Chief Guest Dr. Vijay Kumar Saraswat, delivered Convocation Address. Chancellor, Dr. H R Nagendra, highlighted the achievement of S-VYASA in Yoga research and education. The Chief Guest was felicitated by the Chancellor, Vice Chancellor and the Registrar.

The Convocation began by singing Vande Mataram by one and all assembled. The Convocation was declared open by the Chancellor. Vice Chancellor formally welcomed and introduced the Chief Guest to one and all.

The Registrar introduced the candidates to the gathering and the candidates responded by saying 'OM'. The main proceeds of the Convocation commenced by conferring D.Litt to Dr. H V Nagaraja Rao of Mysore and Prof. Malayaja Garga from IIT Kanpur, in recognition of their contribution to Literature. Dr. Naveen K Visweswaraiah and Dr. Lorenzo Cohen were awarded with D.Sc. for their contribution to Science and Research. PhD, MD, BNYS, MSc and BSc degrees were conferred to those

The Chancellor through Valedictory Address brought the curtains down, to mark the closure of the event. The entire assembly then sung National Anthem in unison. ■



Convocation Oath



SPIRITUALITY AND ETHICAL BEHAVIOUR IN DECISION MAKING IN WORKPLACE

Convocation Address *by* Dr. V K Saraswat



Chief Guest - Dr. Vijay Kumar Saraswat, Member, NITI Ayog, Government of India, Former Secretary, Dept. of Defence R&D, Former Director General of Defence Research and Development Organization (DRDO), Ministry of Defence and Scientific Advisor to Raksha Mantri

I am privileged to be with you all on this joyous occasion which is most awaited in every student's academic career. I thank Chancellor and the Vice-Chancellor for providing me this opportunity to share my views during the first Convocation of University. At this milestone in your life, where you embark on your professional voyage, let us thank all those who have helped you to reach this stage. My whole hearted congratulations to you for the hard work and your achievements, to your parents for their support and sacrifices and to your teachers and mentors who modelled and moulded you to this shape. It is a proud moment for everyone as you transform from a student to a responsible citizen.

Your University bears the name of the great Saint, Swami Vivekananda who became a role model for the entire world for the real blend of spiritualism and humanism towards value systems that he upheld. Your University has carried the signatures of diligence and unidirectional dedication following the ideals of Swami Vivekananda. My heartfelt wishes for the excellent effort that has been put-in in nurturing the university to attain such heights. I am absolutely certain that the visions set are being fully implemented in producing bright, inspired, and motivated thought leaders for our country.



Felicitation to Chief Guest Dr. Vijay Kumar Saraswat by Dr. H R Nagendra and Prof. Ramachandra G Bhat

Since I am interacting with students who are exposed to Yoga, Science and their connection with spirituality, on the occasion of Convocation, I wish to share my thoughts on spirituality and ethical behaviour at the core of decision making in a workplace and all walks of life.

Since the beginning of 20th Century there has been an increasing focus on the spirit, spirituality and Spiritual Phenomenon in organizational development and society as a whole. Lately this focus has shifted to modern work place championing the role of spirituality in improving organizations, markets and economies, and subsequently all of society. Contained in their discourse is the notion that spiritual individual are ethical in business and hence are of significant benefit to an organization. Research has shown that spiritual individuals are more likely to demonstrate enhanced team work, greater kindness and fairness, increased awareness of other employees, increased honesty and trust within the organization, higher incidences of organizational citizenship behaviour and express more servant leader behaviour. They are also more prone to perceive the ethical nature of business issues more clearly and are more

sensitive to corporate social performance. All this translates into an effective and efficient decision making in all walks of life and hence improved 'self management'.

Let us all resolve that our general search for spiritual growth and fulfilment need not be separate from one's work. It will help our colleagues and employees to develop a sense of calling or identification of passion about their lives and work. Let us create a

spiritual workplace to improve organizational productivity, performance stakeholder satisfaction, wellbeing of employees, human dignity and commitment, leading to stronger strategic planning process and societal growth as a whole.

Let me conclude with the inspiring words of Swami Vivekananda:

"Whatever work you undertake, do it seriously, thoroughly and well; never leave it half-done or undone, never feel yourself satisfied unless and until you have given it you're very best. Cultivate the habits of discipline and tolerance. Surrender not the convictions you hold dear but learn to appreciate the points of view of your opponents".

With these words, I once again congratulate the students and my best wishes to all the teachers engaged in the mission of generating quality technical manpower for the betterment for the nation vis-à-vis the human civilization.

**God Bless You All
Jai Hind**

Awardees of Academic Excellence



PhD (Yoga) – Scholars



MD (Yoga & Rehabilitation) – Scholars



BNYS – Graduates



MSc – Graduates



MSc – Graduates



BSc – Graduates



MSc – Graduates (Distance Mode)





Swami Vivekananda Yoga Anusandhana Samsthana
Division of Yoga-Spirituality

Bhakti Yoga Saptaha

on

Nārāyaṇīyam

(The Essence of Bhagavatam)

by

Poojya Prema Panduranga

March 7-14, 2016

Prashatni Kutiram

S-VYASA University, Bengaluru



Introduction to Narayaniyam: It is a medieval Sanskrit text, comprising a summary study in poetic form of the Bhagavata Purana. It was composed by Melpathur Narayana Bhattathiri, a devotee-poet who lived in the Indian state of Kerala, in the sixteenth century AD. The Bhagavata Purana is a major Hindu scripture consisting of about 18,000 verses, mainly devoted to the worship of Krishna. The Narayaniyam condenses the Bhagavata Purana into 1036 verses, divided into one hundred dasakas, or cantos. The work occupies a very high place in Sanskrit literature, both because of the intense devotional fervor of the verses, and because of their extraordinary literary merit.



Yoga Instructors' Course (YIC) - Batch 164 - Dec, 2015



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

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