

YOGA SUDHRA

A Monthly Journal of SVYASA (Deemed to be University)



p26

**Glimpses of the Successful Visit
of Dr. H R Nagendra Guruji and
Dr. Manjunath N K to Germany**



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योगसुधा

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EDITORIAL

Nasha Mukta Bharat *A Youth-Led Movement for a Drug-Free India*



A view of *Nasha Mukta Bharat Abhiyan* Program Launch in Palace Grounds, Bengaluru

My dear Brothers and Sisters,

India stands at a critical juncture a substance abuse threatens the well-being and future of its youth. Punjab, Haryana, and Kerala have drug menace exploding beyond limits. The *Nasha Mukta Bharat Abhiyan* is a visionary initiative that addresses this challenge through the power of Yoga and community action. Launched at Palace Grounds, Bengaluru, in the presence of the Hon'ble Governor of Karnataka, the movement is spearheaded by Disha Foundation in collaboration with S-VYASA and NIMHANS.

Rajiv Gandhi University of Health Sciences (RGUHS) has joined the campaign, further strengthening its implementation. S-VYASA will train four individuals per college or school chosen from interested and dedicated faculty members, teachers, NSS volunteers, community workers, or physical education instructors - to deliver the Integrated IDY Protocol and a specialized Yoga-based Nasha Mukti module.

These efforts aim to create *Nasha Mukta* campuses across India.

The deaddiction protocol not only supports sobriety but also brings the full spectrum of Yoga's benefits - enhanced academic performance, improved IQ and EQ, emotional balance, and overall personality development - preparing youth for nation-building roles.

In Phase 2, NSS students will extend this mission to surrounding villages, promoting awareness and addiction-free living.

The Ministry of Youth Affairs and Sports, Government of India, invited 100 emerging spiritual leaders to present their vision for a Drug-Free India at the Spiritual Youth Summit in Varanasi (July 18-20).

This is not just a program - it is a national awakening.



■ *Dr H R Nagendra*

Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

Namaste!

It is with immense joy and a deep sense of responsibility that I welcome each one of you to S-VYASA as we begin the Academic Year 2025. July and August are months of new beginnings, and we are truly delighted to welcome our new batch of students who have chosen to embark on their academic and spiritual journey with us.

S-VYASA - Swami Vivekananda Yoga Anusandhana Samsthana - is a unique university rooted in the eternal values of Indian culture and committed to the advancement of Yoga and spiritual science through modern education and research. Our mission is not only to offer degrees, but to shape human beings who are physically healthy, mentally strong, emotionally balanced, and spiritually uplifted.

What sets S-VYASA apart is its unique blend of **the Best of the East and the Best of the West**. We bring together the intellectual depth of the ancient Indian knowledge systems with the precision, innovation, and tools of modern science and technology. Our campus is a living laboratory where ancient Yoga practices are studied and validated through cutting-edge research, fostering a deep connection between tradition and innovation.

The educational model here draws inspiration

from the **Gurukula system** - where learning is not just confined to classrooms but is part of daily life, encouraging values such as discipline, humility, and inner growth. At the same time, we provide modern classrooms, laboratories, digital libraries, and e-learning platforms to equip students with the skills and knowledge needed to thrive in the contemporary world.

To the new students, I want to say - your presence here is not by chance. You have come to a place that will help you explore the true meaning of education. You will not only gain knowledge but also cultivate wisdom; not only acquire skills, but also learn to live mindfully. The serene atmosphere of Prashanti Kutiram as well as the city campus within the Satva Global Tech Park is designed to support your transformation at every level - body, mind, and spirit.

As Swami Vivekananda beautifully said, "*Education is the manifestation of the perfection already in man.*" At S-VYASA, we strive to bring out that perfection in each one of you.

Let us walk this path together - with purpose, discipline, and faith.

It is my privilege to welcome you to S-VYASA for the Academic Year 2025.

May this year be filled with learning, transformation, and inner joy.

With Pranams
Dr. Manjunath N K
Vice Chancellor

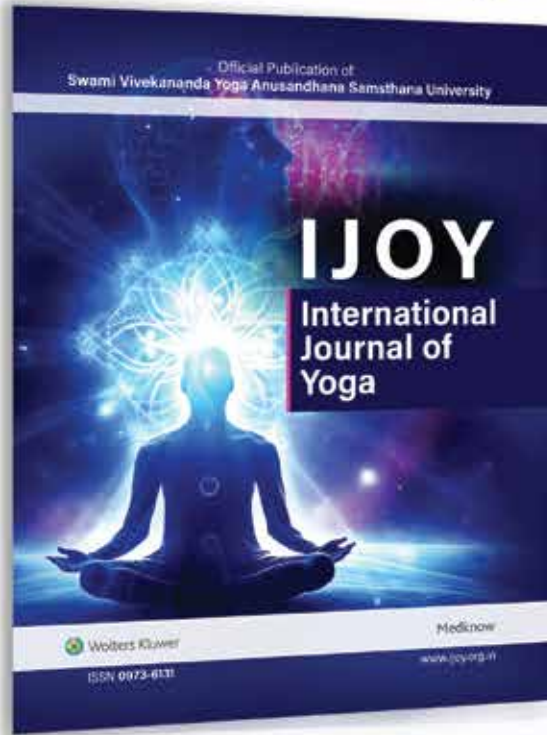
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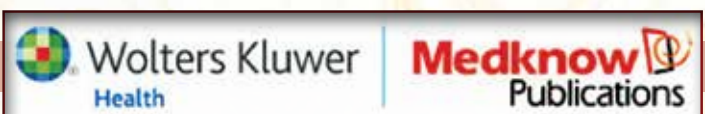
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ब्रह्मसूत्रम् (Brahmasūtram)

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



अप्रतीकालम्बनान्नयतीति बादरायण उभयथाऽदोषात्तत्क्रतुश्च (ब्रह्मसूत्रम्-४-३-१५)

Apratikāmbanānnayatīti bādarāyaṇa ubhayathā' doṣāttatkratuśca (Brahmasūtram-4-3-15)

Meaning: Baadarayana holds that (the superhuman being) leads (to Brahmaloaka only) those who do not take recourse to a symbol of Brahman in their meditation; there being no fault in the twofold relation (resulting from this opinion) and (it being construed on the doctrine) as is the meditation on that (i.e., Brahman) so does one become.

We have just studied the distinction between *Kārya Brahma* and *Param Brahma*. What is *Kārya*? What is *Param*? *Kārya Brahma* refers to the manifest, operative aspect of divinity - He who creates and sustains this world. This is known as *Hiraṇyagarbha* or *Apara Brahma*. On the other hand, *Param Brahma* is the Supreme Reality - *Sat-Chit-Ānanda*: ever-existing, ever-conscious, ever-blissful. It is beyond the physical and mental worlds, a *Supramental* state. *Param Brahma* is the highest state of realization, beyond all dualities and limitations.

In the pursuit of spiritual realization, aspirants are broadly classified into two types based on their approach: *Pratikāmbana* and *Apratikāmbana*. *Pratikāmbana* refers to those who seek the divine through *mūrti-upāsanā* - worship using images or physical forms. These may include human representations, symbolic animal forms like lion (as in *Narasimha*) or horse (as in *Hayagrīva*), or anthropomorphic deities as described in *Purāṇic* literature. These worshippers see the divine immanent in every form and function of the universe. For them, the image is not just an idol, but a conscious conduit through which the infinite becomes approachable. This insight is deeply rooted in *Sauātana Dharma*, which proclaims through

the *Upaniṣads* that "*Sarvam Khalvidam Brahma*" - all that exists is verily Brahman. Thus, even the worship of forms becomes a sacred act of aligning oneself with the universal presence of the Absolute.

Contrasting this, *Apratikāmbana* aspirants do not depend on physical representations of divinity. These are not ordinary worshippers, but beings of heightened awareness whose consciousness has transcended the need for form. Their *manas* (mind) is purified through intense *sādhana*, and their *buddhi* (intellect) is refined to perceive the truth without intermediaries. They dwell in the subtle awareness of *Sat-Chit-Ānanda Brahma* without resorting to images or rituals. For them, liberation (*mokṣa*, *apavarga*, or *kaivalya*) is not merely a goal - it is the natural culmination of inner awakening. This is known as *Niṣṭhā Puruṣārtha* - the supreme purpose of life. Even in *Āgamic* traditions and *pūjā paddhatis*, the principle is acknowledged: "*Pratimāsu alpabuddhinām*" - those of limited intellect rely on forms. This does not devalue image worship but places it as a preparatory stage for higher spiritual unfolding.

Sutra No. 15 in this *Adhikaraṇam* sheds light on an essential truth: "*Yathākratuḥ tathā bhavati*" - as is the votary's aspiration (*kratuḥ*), so becomes p6 ►►



63rd Academic Council Meeting of S-VYASA, Deemed to be University



The 63rd Academic Council Meeting (ACM) of S-VYASA was successfully convened on Thursday, 24th July 2025, at 11:00 am in Shruthi Mandir, located within the serene Prashanti Kutiram Campus.

The meeting witnessed the participation of esteemed members of the Academic Council, senior faculty, and invited guests.

«p5 ब्रह्मसूत्रम् (Brahmasūtram)

his experience of the divine. It is not that God moulds the votary; rather, the votary shapes his own vision of God through his sankalpa (spiritual intent). If the seeker desires a life free of obstacles, he may worship *Mahāgaṇapati*; for wealth and knowledge, *Lakṣmī* and *Sarasvatī* are ideal; for renunciation and transcendence, *Śiva* or *Viṣṇu* are approached; and for health, *Sūrya Arādhana* is practiced. The deity becomes a symbolic mirror of the seeker's inner yearning. Worship, then, is not mere ritual - it is an expression of one's inner blueprint, aligning *bhāvanā* (feeling) with *sādhanā* (practice), and ultimately leading to self-transformation.

Nevertheless, for those who aim for the *highest Brahmic realization*, mere image worship is not

enough. They must eventually transcend all external symbols and journey inward through *Apratikālabhāna*. This demands rigorous self-discipline, *chitta-śuddhi* (purification of the mind), and a withdrawal from sensory dependencies. The seeker must cultivate inner silence where the *nāmarūpa* (name and form) dissolve, and only pure consciousness remains. In this refined state, the seeker becomes a *brahmavettā* - a knower of Brahman - and traverses the highway of spiritual evolution unobstructed by external forms. This sublime pathway is hinted at by the culmination of the *third pāda* of the *fourth adhyāya*, setting the stage for the *Phala Adhyāya*, where the fruits of this realization will be explored.

to be continued...



Yogopanishad-sara – 11

Brahmavidya Upanishad

A rich resource for Psycho-spiritual

1. Introduction

The Brahmavidya Upanisad - The Upanisad on the Knowledge of Brahman - belongs to the Krishna Yajurveda tradition, as affirmed by the traditional commentator Upanisad Brahmendra. This text primarily expounds the significance of Pranava (Om) and Hamsavidya as the means to attain Brahman. Composed in verse form, the Upanisad comprises 111 verses.



■ Prof. M Jayaraman
Dean, Division of
Yoga - Spirituality, S-VYASA



This article presents a concept-wise summary of the text, with a special focus on its practice-oriented insights.

2. The Pranava and its visualization: (Verses 1-9)

The opening verses of the Brahmavidya Upanisad extol the sacred syllable Om (Pranava) as the essence of Brahman, the ultimate Reality revealed in the Vedanta.

Imagery: With the grace of Brahman and Visnu, the seeker gains insight into the innermost, steady Fire (symbolizing spiritual illumination) that burns away the mountain-like ignorance of the phenomenal world.

The monosyllable "Om" is declared to be Brahman itself - the Supreme Truth underlying all knowledge systems. This sacred sound is described as having three letters (A-U-M) and a half-syllable (ardha-matra), symbolizing the transcendental silence beyond articulation.

Each component of the Pranava is associated with:

- The three Vedas (Rg, Yajur, Sama)
- The three fires (Garhapatya, Daksina, Ahavaniya)
- The three Gods (Brahma, Visnu, Siva)
- The three worlds (Earth, Mid-region, Heaven)
- The three time periods (Past, Present, Future)



- The three syllables (A, U, M) and the half-matra, signifying Siva

The text begins to elaborate on the symbolism of each syllable:

- "A" corresponds to Rg Veda, Garhapatya fire, Earth, and Brahman.
- "U" is linked to Yajur Veda, mid-space, Daksina fire, and Visnu.
- "M" relates to Sama Veda, upper ether, Ahavaniya fire, and Isvara.

In essence, Omkara is presented as a cosmic symbol, integrating the totality of Vedic knowledge, elemental forces, deities, realms, and the Self's journey inward to Brahman.

This strong interweaving of Omkāra with all revered aspects of Sanātana Dharma appears to be aimed at cultivating deep respect for Omkāra. In meditative practices, it can be observed that the mind tends to settle only on that which is deeply respected, revered, or admired.

3. Jiva, Sushumna and Pranava (Verses 10-21)

After establishing the importance of Pranava, the Brahmagvidya Upanisad presents a profound connection between the Susumna Nadi, Jiva, and Pranava Japa as central elements in the inner yogic journey. The Susumna is described as a transcendent subtle flame, as fine as the stalk of a lotus, running through the spine and piercing the Sun and seventy-two thousand Nadi-s. It serves as the vital central channel for the upward movement of energy and consciousness, ultimately leading to the realization of Brahman.

The Jiva, or individual soul, composed of prana, radiance, and ether, is bound by ignorance but continually utters "Sa" and "Ha" as "So'ham" (I am He), an unconscious japa. When the Jiva becomes purified and consciously engages in the japa of Pranava (Omkara), activating the Susumna, it ascends and merges with Parabrahman, attaining liberation.

Imagery: The Omkara, consisting of sixteen

matra-s, is likened to a bell whose sound dissolves into silence, guiding the Yogin into deep meditation and union with Brahman.

As the sonic embodiment of Brahman, Pranava becomes the vehicle for the Jiva's journey through the Susumna. When combined with mastery over breath and mind, Pranava Japa dissolves ego and delusion, culminating in the direct realization of the Self (Atman) and its identity with Brahman.

4. Conscious practice of Hamsavidya and devotion to Hamsavidya Guru: (Verses 22 - 35)

The conscious practice of Hamsa-vidya as outlined in the Brahmagvidyopanisad involves a deep and refined engagement with pranayama and inner absorption. The Yogin, having mastered breath control through the cessation of Recaka and Puraka and holding to Kumbhaka, centres awareness in the navel region and gains mastery over Prana and Apana. Through such focused internal practice, he experiences the subtle nectar stationed in the head, bathing in it mentally and invoking the divine presence as a shining lamp in the navel. By continuously chanting "Hamsa, Hamsa" with this inner awareness, the practitioner transcends aging, disease, and death, attaining mystic powers and ultimately the state of Isvara. This Hamsa-vidya is extolled as the path to perpetual existence, and in its absence, no means remain for spiritual liberation.

Central to the successful practice of this vidya is the Guru, revered as the bestower of this sacred knowledge. Absolute devotion to the Guru is mandated, transcending all dualities and personal preferences. The disciple, through sustained service and unwavering obedience, realizes that the atman is none other than the changeless Brahman. In this realization, he is to renounce all worldly and scriptural identifiers - caste, family, and even the Vedas and Shastras - and maintain supreme devotion to the Guru. The Guru, described as Hari incarnate, is held as



the final authority and guide on this subtle and liberating path.

Further, the Upanishad states that - what is revealed by the Veda, that is the supreme end of existence. There is no doubt about it. From there flow all things. Any divergence from the Veda does not carry sanction, and anything without such sanction will only lead to ruin. That which stands in the body has parts; that which is beyond the body is indivisible - one Brahman. This Brahman is not to be sought externally but is attainable only through the sabda-pramana (sound precept) as taught by the Guru.

Those who whisper "Hamsa, Hamsa" must understand: that Hamsa is Brahman, Visnu, and Siva. This realization is not a matter of ordinary perception but of deep insight imparted by the Guru, through the Vedic path.

Imagery: The Hamsa (Self) resides within the Purusa (Isvara), just as oil is in the seed or fragrance in the flower - subtle, all-pervading, present both within and without.

5. Finite and Infinite forms of the Atman (Verses 36 – 43)

The text continues the discussion on Jivatman and Paramatman. Brahmavidyopanisad draws a vivid analogy in this regard:

Imagery: Just as a torch is discarded after finding treasure, knowledge is transcended upon realizing Brahman.

It distinguishes between the finite (Jiva) and infinite (Brahman) forms of Atman - likened to a flower and its fragrance. While Jiva is the expedient, Brahman is the ultimate. Finite manifestations like A, AU, and AUM are contrasted with the infinite half-measure - symbolizing the transcendent Brahman. Five deities are said to reside in five bodily seats, culminating in the supreme, unchanging Sadasiva at the nose tip.

6. Other Teachings (Verses 44 - 52)

Sharing the Knowledge with the deserving

The text emphasizes that the true Yoga should be kept a profound secret and shared only with devoted, qualified pupils. Only those who are deeply dedicated and view their Guru with utmost reverence deserve this knowledge; bestowing it on the unworthy is condemned and leads to failure and spiritual downfall.

Transcendence Beyond Vice and Virtue

Mere knowledge of this transcendent science liberates one from the taint of both virtue and vice, regardless of their worldly role or actions. Such knowledge brings lasting happiness, surpassing merits from rituals or sins, and remains unaffected even at the time of death.

The Three Types of Gurus

There are three kinds of supreme preceptors: the prompter, who guides pupils to meditate on "I am Brahman"; the awakener, who instills realization of "Thou art that"; and the bestower of liberation, the transcendent Brahman, who reveals immortality and the truth that all is of His form.

7. Hamsa Yoga Transcendence Through Pranava-hamsa: A Yogic Ritual to Realize Brahman (Verses 53 – 111)

The text states that—the path of spiritual liberation centers on inner sacrifice, meditative control of breath, and the sacred syllable "Om." The ritual invokes the Pranava-hamsa - a yogic practice visualizing the breath journeying upward through the susumna nadi. Practitioners sit in padmasana, concentrate between the eyebrows, and chant "Om" with synchronized inhalation and exhalation. This internal rite dissolves ego, aligns the subtle energies, and unveils pure consciousness. Through disciplined repetition and surrender, the yogi transcends mental fluctuations and merges with Brahman, the infinite, blissful reality beyond all forms.

Hamsa Yoga

Oneness Through Hamsa-Yoga: The Path to



Brahman: Through Hamsa-Yoga, the aspirant reflects on the sacred mantra “Hamsa am I, I am that Hamsa,” linking breath with consciousness in a rhythmic meditation. Each inhalation and exhalation becomes a reminder of the Self’s divine identity. This practice purifies the mind, dissolving the illusion of duality and ego. Rooted in viveka (discernment) and abhyasa (consistent effort), the yogi awakens to the eternal truth: the Self is not separate from Brahman but is Brahman. In this realization, suffering ceases, and one abides in pure, unconditioned awareness - a state of spiritual liberation and timeless joy. Hamsa is extolled as the Supreme Brahman, embodying true existence and ultimate reality. It is identified as the highest Vedic essence, the absolute Rudra, and Mahesvara among deities. This verse from the Yoga Upanisads affirms Hamsa as the transcendent principle underlying all spiritual, cosmic, and scriptural domains.

Samadhi through Hamsa Yoga

To attain Samadhi, the practitioner memorizes the Hamsa-mantra and assumes Jnana-mudra, focusing on the radiant Hamsa form within. The five vital airs and motor senses are energized by Kriya-shakti and Jnana-shakti. Hamsa rises from Muladhara, aligning the breath and gaze to ignite inner fire and spiritual illumination. The Hamsa embodies fiery consciousness in Muladhara, aligning Kriya-shakti and Jnana-shakti through five vital airs and motor senses. In Khecari-mudra, it radiates light from the navel, nose, and eyes, reflecting solar brilliance. This yogic posture internalizes divine motion, invoking transformation through breath, perception, and transcendental energy. In Hamsa-Yoga, the syllables A-U-M symbolize divine fire at the root, heart, and brow, corresponding to Brahman, Visnu, and Rudra. Through breath control, mudras, and Kundalini activation, the yogi bursts spiritual knots and ascends toward Brahman. With steady awareness, the ascetic chants the Hamsa-vakya, identifying with the breath’s mantra “So’ham.” Meditating on the triple flame - Adhoring, Atma-linga, Jyotir-linga - aligns energy

centers and culminates in direct realization of the Supreme Self pervading all beings.

8. Vision of the Ātman – the goal of Yogic practices

This Upanisadic declaration presents an expansive vision of the Self (Atman) as pure, transcendent consciousness - utterly beyond all conceptual, sensory, and worldly limitations. The upanishadic speaker affirms identity with the Absolute through negation of attributes: unthinkable, formless, tasteless, limbless, originless, and unaffected by body, emotion, or perception. Yet within this radical negation arises positive affirmation - of being Bliss, Wisdom, Luminosity, and Will.

The Self is described as the radiant witness, the Supreme Purusa, the eternally present consciousness dwelling within all beings, untouched by ignorance, desire, duality, or temporal fluctuation. The “I am” refrain functions as a meditative affirmation and philosophical declaration, dissolving ego and aligning one’s awareness with the unchanging substratum of reality. This vision integrates divine personae - Mahadeva, Mahesvara, Vasudeva, Visnu, Siva - as facets of the Self, which pervades space, time, and all living beings. The final verses culminate in the recognition of the Self as Sat-Cit-Ananda (Existence-Consciousness-Bliss), the one essence underlying experience, untouched by suffering and boundlessness. To realize this truth is to become the knower of Brahman, the awakened Purusa, who has transcended the empirical states of waking, dreaming, and sleep, and resides permanently in the unqualified, self-luminous Atman.

Therapeutic Significance of Hamsa and Pranava Meditations in Yoga Therapy

The natural rhythm of inhalation and exhalation is perceived as the continuous mantra *Hamsa - so’ham* - an ever-present inner experience. When one consciously focuses on this inherent pattern,



it becomes a powerful means to dissolve ego and other limiting identifications of the individual self. Such a meditative focus reduces *kleśas* (afflictions) and mitigates mental disturbances, fostering a deeper connection with the infinite. This has significant implications in addressing psychological imbalances within the framework of Yoga therapy.

A well-structured meditative module centered on *Hamsa*-based awareness could serve as a gentle yet profound intervention for calming the mind and reorienting it toward inner balance. Its therapeutic potential warrants clinical exploration, and, if validated, could be integrated into existing protocols of Yoga therapy as a valuable practice for emotional and mental well-being.

Additionally, the *Brahmavidyopaniṣad* reinforces *Pranava* (Om) as a potent symbol of the Supreme. The Vedic visualizations provided in this text around *Pranava* can deeply engage the faith and receptivity of followers of Sanātana Dharma. As a meditative practice, this can powerfully calm the mind and elevate consciousness to subtler, expansive states.

Despite their deep roots in classical texts, these meditative practices have yet to be systematically developed into therapeutic models. This presents an excellent opportunity for Yoga therapists and researchers to incorporate such spiritually grounded, psychologically transformative practices into the therapeutic repertoire for the benefit of humanity.

Conclusion

Ultimately, the *Brahmavidyopaniṣad* reveals that the supreme goal lies beyond sensory perception and mental constructs, culminating in the direct realization of *Sat-Cit-Ānanda* - pure, blissful consciousness. By systematically dissolving false identifications with the body, mind, and ego, the seeker is guided to rest in the changeless Self, the non-dual truth beyond all limitations.

What makes this vision particularly relevant today is its profound **therapeutic potential**. The meditative disciplines of *Pranava* and *Hamsa Vidyā*, when adapted with sensitivity and structure, can serve as powerful tools in Yoga therapy. By calming the fluctuations of the mind, reducing existential anxiety, and awakening subtle inner awareness, these practices help address the root causes of psychological and emotional distress. The deep integration of breath, sound, and awareness not only fosters mental clarity and emotional resilience but also reconnects individuals with a sense of inner wholeness and sacred purpose.

Moreover, the unwavering devotion to a *Guru* - seen here not merely as a spiritual guide but also as a stabilizing presence - can offer therapeutic support by providing the seeker with anchoring, inspiration, and continuity in practice.

In this light, the *Brahmavidyopaniṣad* not only serves as a profound philosophical map to liberation but also as a rich source for inner healing and psycho-spiritual well-being. Its timeless wisdom can inform and enrich modern Yoga therapy by offering meditative frameworks that are both spiritually elevating and therapeutically effective.

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Arogyadhama - Success Story

Dept. of Gastroenterology

In this article, we share the experience of Manmohan Pandey (name changed) who visited Arogyadhama in early 2025. As his primary complaint was constipation, he was admitted to Arogyadhama's Department of Gastroenterology as a participant. He stayed for one week. When he left, nearly 80 percent of his condition had improved.

How Arogyadhama Department of Gastroenterology Deals with Diseases

Under the able guidance of Dr. Nagarathna and her team of doctors and therapists, Arogyadhama's Department of Gastroenterology deals with diseases related to abdominal issues like constipation, peptic ulcers, Irritable Bowel Syndrome, liver disease, etc. as well as the prevention of associated comorbidities.

We apply an integrated approach of therapy - which includes Yoga therapy, Ayurveda, Naturopathy, Acupuncture, Physiotherapy, Psychotherapy and Diet therapy - for treating non-communicable diseases (NCDs) and to promote positive health.

Integrated Approach of Yoga Therapy in the Management of Constipation - Case of Manmohan Pandey

Mr. Pandey came in with the complaint of constipation for the last three years, and bloating for 10 years. He also had both hypertension and diabetes mellitus for 10 years.

His other issues included bilateral knee pain for three years, disturbed sleep for four years, and neck pain for three years. He came to Arogyadhama for management of his health, seeking holistic management of his condition.

At Arogyadhama, he was given Integrated Yoga Therapy - a customized yoga therapy module of minimum eight sessions daily, from 5:30 a.m. to 7:30 p.m.

The sessions address the *Panchakosha* - the five layers of existence - and included:

- Special techniques for health issues;
- Yogic cleansing (Kriyas like LSP, Vamana, Jalaneti);



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- Pranayama;
- Suryanamaskar;
- Meditation techniques such as MSRT and CM;
- Devotional sessions on Gita, Upanishads and Vedas, and
- Lectures on Lifestyle management, and
- Yogic counselling.

This was integrated with Naturopathy diet - food items foods such as khichdi, vegetable soup, boiled vegetables, etc. - and treatment like mud packs, colon hydrotherapy, enema, etc. He was also given advice for lifestyle change.

Mr. Pandey's health improved after the stay, as his parameters below demonstrate.

Manmohan Pandey's before-and-after parameters

Parameters	On Admission	At Discharge
Weight (kg)	82.3	81.4
Blood Pressure	140/96	128/74
Pulse Rate (Beats/ min)	89	92
BMI (Kg/m ²)	29	28.8

Constipation - An Overview

Constipation is a common digestive issue affecting bowel movements. It is defined as passing hard stool which requires great effort to empty. This typically happens when the bowel is not emptied within 24 hours.

As we know, one of the major functions of the large intestine is to reabsorb water from its contents. If the stool remains in the colon for too short a period, it leads to diarrhoea; and if it stays too long, it leads to constipation.

Causes of Constipation

The most common cause of chronic constipation is lack of roughage in the diet and lack of water.

The next common cause of chronic constipation is poor toilet training. The 24 hours cycle of defecation is a reflex that is developed through training in childhood. Chronic constipation results if care is not taken in childhood for this training or if the lifestyle is disturbed due to emotionally demanding situations that can disturb this defecation reflex.

Other than these, lack of exercise and certain medications can also cause constipation. Further, medical conditions like IBS and hypothyroidism may result in nervous system or hormonal disturbances that cause constipation.

Constipation due to obstruction to the passage of stools in large or small intestine caused by pressure from outside or inside the bowel will be seen if a new growth develops. This is the least common cause of chronic constipation, and requires treatment to remove the mechanical obstruction.

Symptoms of Constipation



Causes of Constipation



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- Hard, dry stools
- Infrequent bowel movements
- Straining during defecation
- Bloating & discomfort
- Feeling of incomplete evacuation

Prevention & Management of Constipation

- Increase fiber intake.
- Adequate water intake must be maintained. Stay hydrated.
- Engage in regular physical activity.
- Establish a routine for defecation.
- Use laxatives, if prescribed.
- Enemas are another option for relief. They mechanically flush stool from the rectum and lower part of the large intestine.



Food Phytochemicals in Vision and Eye Health

Introduction

Polyphenols are secondary metabolites found in plants, known for their diverse chemical structures and various functional roles. These phytochemicals are of significant interest due to their antioxidant properties, involvement in browning reactions, contribution to the taste profile (astringency and bitterness), and their coloration effects. Polyphenols encompass simple phenols, hydroxycinnamates, and flavonoids. Apart from carotenes, most antioxidants present in foods are phenolic in nature. These compounds exhibit a broad range of biological activities, notably antioxidant, anti-inflammatory, and antitumor effects, making them potential agents in the prevention of chronic diseases such as coronary heart disease and cancer.

Flavonoids, a major subclass of polyphenols, are responsible for the coloration of many fruits and vegetables. This group includes flavones, flavonols, flavanones, flavanols, anthocyanins, and isoflavones [1] (**Figure 1**). In recent years, flavonoids have gained considerable attention due to their positive impact on human health. They are thought to play a central role in reducing the risk of cancer and cardiovascular diseases. Moreover, their biological activities may offer therapeutic potential in managing eye conditions that can lead to vision impairment, such as diabetic retinopathy, age-related macular degeneration, and cataracts [2].

Many ocular diseases are associated with factors such as oxidative stress caused by free radicals, inadequate oxygen supply (hypoxia), poor blood circulation to eye tissues, and, in some cases, abnormal blood vessel growth (angiogenesis), increased vascular permeability, and leakage.

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Flavonoids are known to combat these issues through their antioxidant, anti-inflammatory, and antiangiogenic properties. They also help in minimizing fluid retention and reinforcing capillary walls.

Emerging research highlights two key roles flavonoids may play in eye health: firstly, as powerful antioxidants protecting ocular tissues from oxidative damage particularly relevant in conditions like macular degeneration and secondly, in visual signal transduction, though the exact mechanisms remain unclear. Overall, flavonoids hold promise in preventing or treating vision-threatening eye diseases such as diabetic retinopathy, macular degeneration, and cataracts.

Modulatory effects of flavonoids on visual signal transduction

Visual signal transduction in the retina is initiated by the absorption of light by rhodopsin, a light-sensitive receptor protein found in the disc membranes of rod photoreceptor cells. Rhodopsin is composed of 11-cis-retinal, a chromophore, covalently bound to the protein opsin. When exposed to light, 11-cis-retinal undergoes a conformational change to all-trans-retinal, triggering a structural rearrangement of rhodopsin into its active form, meta-rhodopsin II.

This activated form of rhodopsin stimulates the G-protein transducin, which then activates

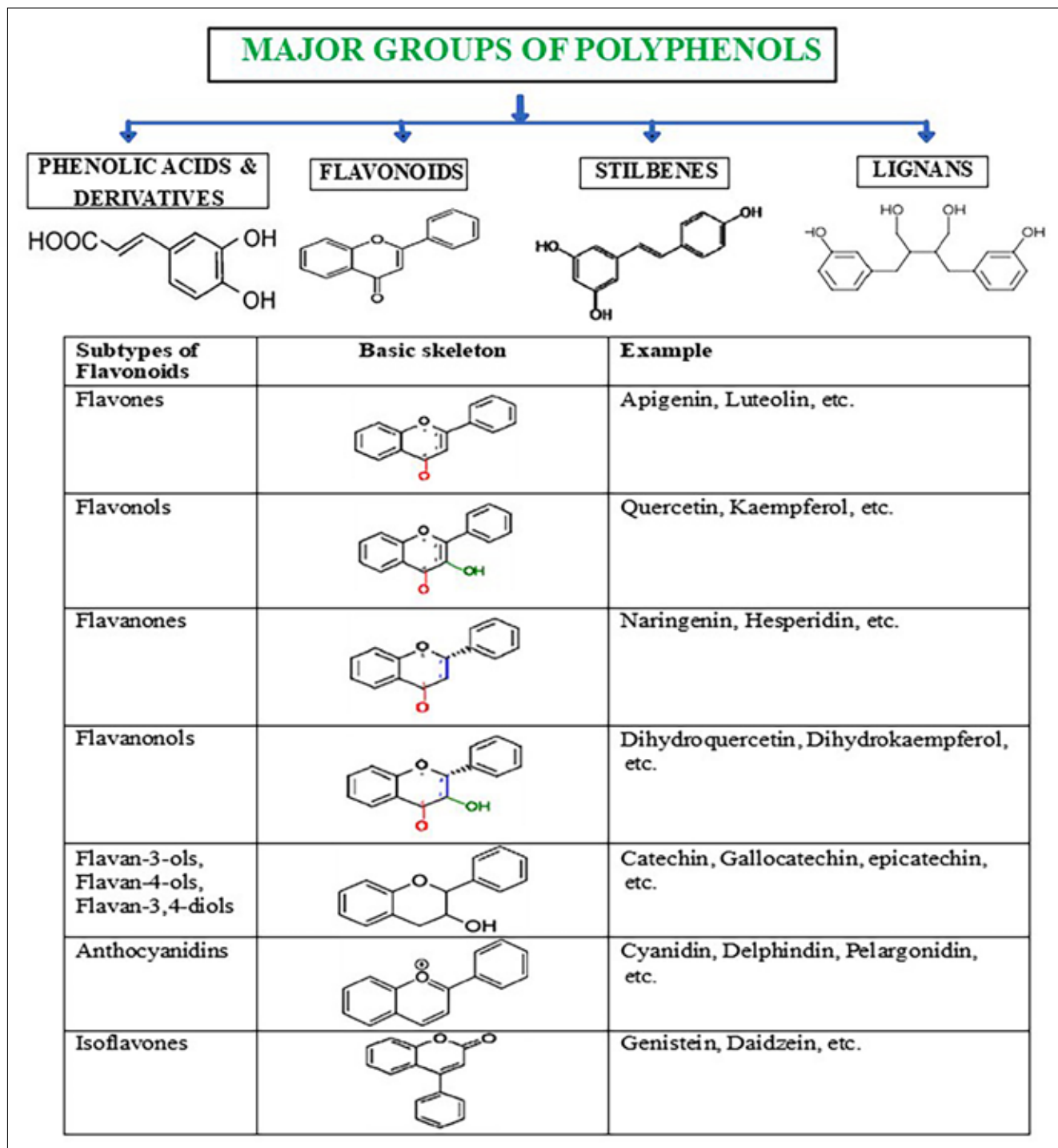


Figure 1: Classification of polyphenols

cyclic guanosine monophosphate (cGMP) phosphodiesterase. The enzyme hydrolyzes cGMP, leading to a reduction in intracellular cGMP levels. This drop causes the closure of cGMP-gated ion channels in the photoreceptor membrane, resulting in hyperpolarization of the cell. The change in membrane potential is transmitted to downstream neurons bipolar,

horizontal, and amacrine cells before reaching the retinal ganglion cells, ultimately contributing to visual signal processing.

Following activation, rhodopsin must be restored to its original state through a series of enzymatic steps known as the retinoid cycle. This regeneration process is critical for maintaining



continuous visual sensitivity, particularly in low-light conditions.

Recent research has highlighted the influence of dietary anthocyanins a class of flavonoid compounds found in various fruits and vegetables on different stages of this phototransduction cascade [3]. Notably, cyanidin-3-glucoside has been shown to inhibit the activation of transducin by meta-rhodopsin II, potentially modulating visual signal strength. Conversely, Matsumoto *et al.* [4] reported that anthocyanins derived from blackcurrant have been reported to stimulate the regeneration of rhodopsin, suggesting a supportive role in maintaining visual function.

Beneficial actions of flavonoids on ocular diseases and disorders

Oxidative stress in the eye lens plays a significant role in the initiation and progression of cataracts, including diabetic cataracts. In diabetes, oxidative stress levels are elevated

due to several contributing factors, with glucose auto-oxidation being a primary source of free radicals [5]. Other sources include nonenzymatic glycation of proteins, interactions between glycated end products and their receptors, and activation of the polyol pathway, all of which are associated with hyperglycemia-induced oxidative stress [6]. Additionally, a decline in the body's antioxidant defense mechanisms, including both antioxidant molecules and enzymes that neutralize free radicals, further exacerbates oxidative damage in the diabetic lens. **Figure 2** illustrates the mechanism underlying the beneficial effects of polyphenols in the eye lens.

Antioxidant effects of flavonoids in the retina

The retina is the most metabolically active tissue in the body, characterized by a high oxygen demand and, consequently, a heightened vulnerability to oxidative stress. This susceptibility is further amplified by the abundance of polyunsaturated fatty acids (PUFAs) in photoreceptor cell membranes

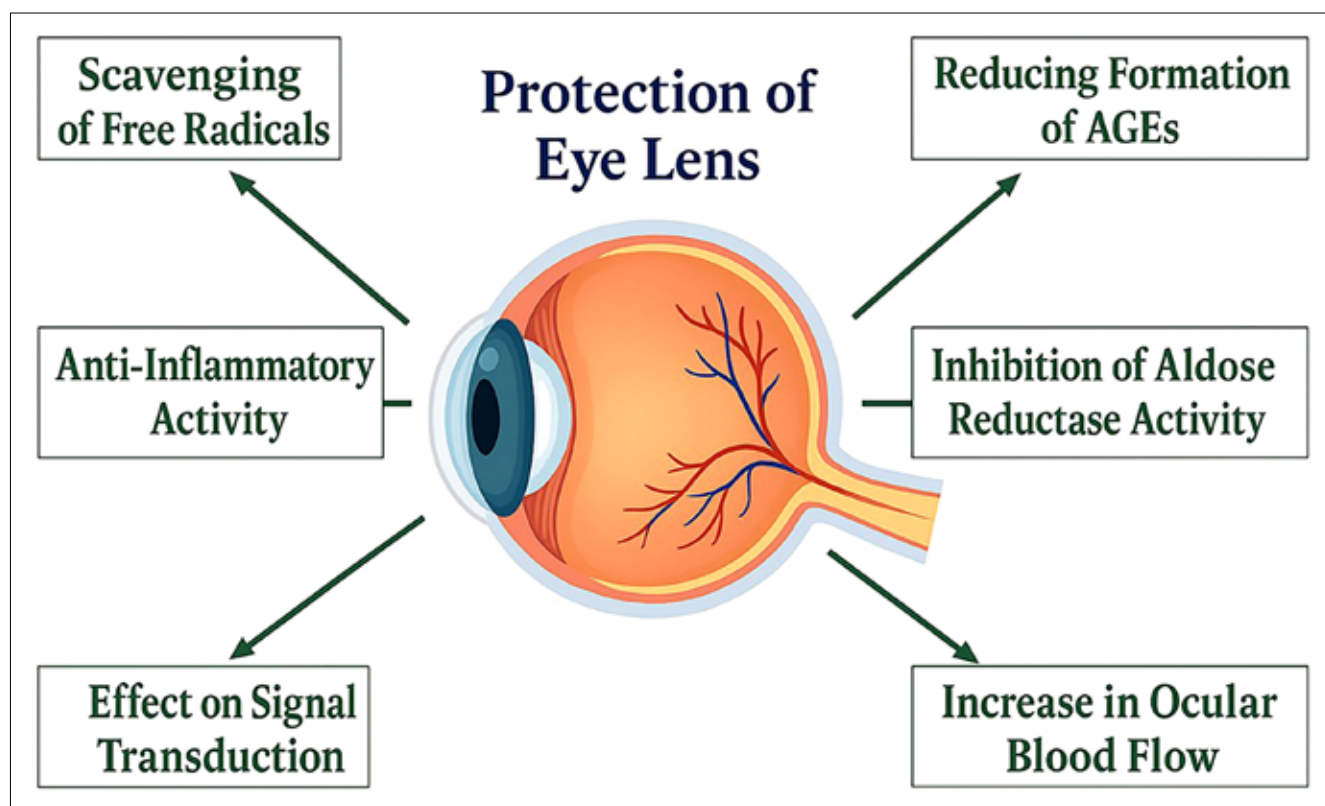


Figure 2: Mechanism of beneficial effects of polyphenols in eye lens



and the retina's chronic exposure to light. Age-related changes in the retinal pigment epithelium (RPE), including the accumulation of lipofuscin a byproduct of photoreceptor outer segment turnover are among the earliest pathological features observed and are strongly implicated in the development of age-related macular degeneration (AMD) [7-8].

Effect of flavonoids on oxidative damage to retinal cells In Vitro

The ability of flavonoids and other polyphenols to protect retinal cells in vitro through antioxidant mechanisms previously had been explored using different models and ocular cell types relevant to visual function and pathology. Flavonoids have been shown to protect both retinal pigment epithelial (RPE) cells and retinal ganglion cells (RGCs) through multiple mechanisms, including direct scavenging of reactive oxygen species (ROS), anti-apoptotic activity, and induction of phase II detoxifying enzymes. Interestingly, the relative potencies of different flavonoids appear comparable in both RPE and RGCs [9-10], suggesting that specific structural features are critical to their efficacy. Key structural characteristics that enhance the antioxidant activity of flavonoids include the presence of vicinal hydroxyl groups, unsaturation in the C ring, and a high degree of hydrophobicity [11].

In Vivo antioxidant activity of polyphenols

As the outermost ocular tissue, the cornea is exposed to the highest levels of irradiation and is most susceptible to mechanical damage. Studies have suggested that non-flavonoid phenolics may offer protective effects against ultraviolet (UV) radiation in animal models. Several flavonoids are also recognized as potent antioxidants, exhibiting their activity through multiple mechanisms: (1) By directly scavenging free radicals such as superoxide, peroxy, alkoxy, and hydroxyl radicals. (2) By inhibiting nitric oxide (NO) production. While constitutive NO production in cells like

endothelial cells and macrophages is essential for maintaining vascular tone, inducible nitric oxide synthase (iNOS) generates high levels of NO during oxidative stress. NO can react with free radicals to form peroxynitrite, a highly reactive and damaging species. Flavonoids, through their antioxidant properties, can prevent peroxynitrite formation by scavenging free radicals and directly inhibiting iNOS, thereby reducing NO overproduction. (3) By inhibiting enzymes responsible for ROS generation, such as xanthine oxidase and protein kinase C, and other enzymes involved in oxidative pathways, including cyclooxygenase, lipoxygenase, microsomal monooxygenase, glutathione-S-transferase, mitochondrial succinoxidase, and NADH oxidase [6,12-13].

Effect on ocular blood flow

A reduction in ocular blood flow is associated with the development and progression of several vision-threatening diseases, including glaucoma, diabetic retinopathy, and age-related macular degeneration. Literature reports suggest that bioflavonoids have a significant enhancing effect on ocular blood flow, potentially offering protective benefits in these conditions [14].

Anti-Inflammatory activity

Certain flavonoids have been shown to inhibit a range of inflammatory mediators that are upregulated during pathological inflammation, including nitric oxide (NO), prostanooids, leukotrienes, cytokines, and adhesion molecules. These compounds can modulate multiple pathways involved in the inflammatory response, contributing to their potential therapeutic effects in ocular and systemic inflammatory conditions [15].

Aldose reductase inhibitory activity

Aldose reductase, a key enzyme in the polyol pathway, has been identified as a primary contributor to osmotic stress-induced pathological changes in diabetic cataracts. In diabetes, hyperglycemia is also reflected in the



aqueous humor. Aldose reductase catalyzes the reduction of glucose to sorbitol, which, when produced in excess, cannot passively diffuse out of the lens. As a result, sorbitol accumulates or is further metabolized to fructose, leading to the generation of an osmotic gradient that drives water influx into the lens. This causes lens swelling, electrolyte imbalance, and ultimately cataract formation. Several flavonoids have been reported to inhibit aldose reductase activity. Among them, quercetin is considered the most promising aldose reductase inhibitor and is frequently used as a positive control in experimental studies [6].

Beneficial influences of polyphenols on ocular health evidenced in pre-clinical models

Curcumin: The bioactive phytochemical of turmeric (Curcuma longa)

Curcumin, a naturally occurring bioactive polyphenolic compound from turmeric (Figure 3) with known anti-inflammatory and

antioxidant properties, has been studied for its beneficial effects on eye disorders in rat models. Curcumin co-treatment prevented oxidative damage and delayed cataract development in Wistar rat pups exposed to selenium, with no lens opacities observed [16]. Lipid peroxidation and xanthine oxidase activity in curcumin- and selenium-treated lenses were significantly lower, while superoxide dismutase and catalase activities were higher. A diet with 0.05% curcumin for 6 weeks after diabetes induction prevented diabetes-induced oxidative stress and proinflammatory markers in the retina [17]. Curcumin reduced the diabetes-induced decrease in antioxidant capacity and increase in 8-hydroxydeoxyguanosine, nitrotyrosine, IL-1 β , VEGF, and NF- κ B.

The effect of curcumin and turmeric was also studied in streptozotocin-induced diabetic cataract in rats [18]. Diabetic rats received diets with 0.002% and 0.01% curcumin and 0.5% turmeric for 8 weeks. Curcumin and turmeric delayed cataract progression, reduced oxidative and osmotic stress via the polyol pathway, and



Figure 3: Turmeric, Moringa leaves, Finger millet, Onion and Fenugreek seeds images



prevented protein aggregation in the lens.

Chaperone-like activity of α -crystallin declines in diabetic conditions. Curcumin improved the chaperone activity of α H- and α L-crystallins in diabetic rats fed with 0.002% or 0.01% curcumin [19]. It prevented hyperglycemia-induced changes in protein hydrophobicity and structure, preserving α -crystallin function and delaying cataract progression.

Curcumin also showed efficacy in AMD. In a rat model of light-induced retinal degeneration (LIRD), 0.2% dietary curcumin for 2 weeks led to retinal neuroprotection via NF- κ B inhibition and downregulation of inflammatory genes [20]. It also protected ARPE-19 and 661W cells from H₂O₂-induced cell death by upregulating protective enzymes.

Curcumin's antiangiogenic potential was shown in streptozotocin-induced diabetic rats, where it inhibited VEGF expression at mRNA and protein levels after 8 weeks of feeding (0.002% or 0.01%) [21]. Oral curcumin (1g/kg) for 16 weeks restored glutathione and antioxidant enzymes, prevented increases in TNF- α and VEGF, and preserved retinal structure and capillary integrity, as confirmed by electron microscopy [22].

Polyphenols of finger millet (*Eleusine coracana*) seed coat

Polyphenols from finger millet (*Eleusine coracana*) (**Figure 3**) possess antidiabetic and antioxidant properties, and their aldose reductase inhibitory activity has been evaluated [23]. Phenolic constituents such as gallic, protocatechuic, *p*-hydroxy benzoic, *p*-coumaric, vanillic, syringic, ferulic, trans-cinnamic acids, and quercetin effectively inhibited aldose reductase, with quercetin being the most potent (IC₅₀: 14.8 nM). Structure–function analysis revealed that an OH group at the fourth position enhances inhibitory activity, whereas a neighboring O-methyl group reduced it. Seed coat polyphenols (SCPs) of finger millet inhibit

aldose reductase via reversible, noncompetitive inhibition.

In Wistar rats rendered diabetic with streptozotocin and fed a 5% seed coat matter (SCM) diet for 6 weeks, slit-lamp examination showed a significant reduction in cataract formation [24]. Only 10% of diabetic rats on the SCM diet developed mature cataracts, compared to 90% in the diabetic control group. The SCM-fed diabetic group exhibited only mild lenticular opacity and posterior subcapsular cataracts, while diabetic controls showed mature cataracts and corneal vacuolization. Nondiabetic rats showed no opacities. These findings suggest that finger millet SCM delays cataractogenesis in diabetic animals. Aldose reductase activity in the lens was 25% lower in the SCM-fed diabetic group than in controls.

Protein glycation of lens crystallins can lead to conformational changes, thiol oxidation, cross-linking, and formation of AGEs, resulting in aggregation and lens opacification [25-26]. Rich in antioxidant phenolics, millet SCM likely delays cataractogenesis by inhibiting aldose reductase and preventing protein glycation. Lower AGE levels, reduced HbA1c, decreased aldose reductase activity, and milder lens opacity in SCM-fed diabetic rats support this. Additionally, reduced tail tendon collagen glycation in millet-fed diabetic rats has been reported [27]. Thus, the anti-cataractogenic effects of finger millet SCM may be attributed to both aldose reductase inhibition and anti-glycation properties of its phenolic compounds.

Polyphenols of *Moringa oleifera* leaves

The protective effects of the flavonoid fraction of *Moringa oleifera* leaves (FMO) (**Figure 3**) against selenite-induced cataract were investigated in vivo using Sprague–Dawley rat pups [28]. Cataract development was assessed, and lenses were analyzed for antioxidant enzyme activity, ROS generation, reduced glutathione, protein oxidation, and lipid peroxidation. The leaf extract, with a total phenolic content of 4.4 mg



catechin equivalent per gram of dried material, demonstrated strong antioxidant activity in *in vitro* assays. FMO effectively prevented morphological changes and oxidative damage in the lens. It preserved antioxidant enzyme activity and sulfhydryl content while inhibiting ROS generation and lipid peroxidation. Overall, FMO prevented cataractogenesis in the selenite model by enhancing antioxidant defense, reducing lipid peroxidation, and suppressing free radical formation.

Polyphenols of onion (Allium cepa)

Onion (*Allium cepa*) (**Figure 3**) is a rich source of polyphenols, predominantly flavonoids such as quercetin, along with sulfur-containing compounds like S-methyl cysteine sulfoxide and S-allyl cysteine sulfoxide. These compounds exhibit potent antioxidant and hypoglycemic properties. In a streptozotocin (STZ)-induced diabetic rat model, dietary supplementation with 3% onion powder significantly reduced oxidative stress markers in the eye lens, including reactive oxygen species (ROS), lipid peroxidation, and protein carbonyl content. Moreover, onion treatment attenuated the activation of the polyol pathway by lowering aldose reductase (AR) and sorbitol dehydrogenase (SDH) activities and their mRNA and protein expression. This resulted in decreased sorbitol and fructose accumulation in the lens, thus preventing osmotic and oxidative damage. Onion feeding also restored lens antioxidant molecules such as glutathione (GSH), ascorbic acid, and total sulfhydryl groups. Importantly, it preserved soluble lens proteins and improved the expression and distribution of crystallins (particularly β - and γ -crystallins), while reducing the formation of high molecular weight (HMW) aggregates. Additionally, onion intake partially downregulated AGE formation and RAGE expression and improved tryptophan fluorescence, indicating protection from protein glycation and degradation. These effects collectively delayed cataract formation, with a significant reduction in cataract incidence

observed in onion-fed diabetic rats [6]. In a separate study, topical application of onion juice (50–75%) led to a significant regression of steroid-induced cataracts in rats, with cataract grades reducing from 3 to 1 [29]. Additionally, in non-ocular diabetic models, administration of onion peel extract and onion powder improved antioxidant enzyme levels such as superoxide dismutase (SOD), catalase, and glutathione peroxidase (GPx) while simultaneously reducing lipid peroxidation and hyperglycemia in diabetic rats, further supporting its systemic antioxidative and antidiabetic effects [30].

Polyphenols of fenugreek seeds (Trigonella foenum-graecum)

Fenugreek (*Trigonella foenum-graecum*) seeds (**Figure 3**) are abundant in soluble dietary fiber (such as galactomannans) and bioactive polyphenols including tricetin, apigenin, vitexin, isovitexin, quercetin, and phenolic acids such as ferulic acid, syringic acid, and caffeic acid. These components exhibit hypoglycemic, antioxidant, and aldose reductase inhibitory effects [31]. In STZ-induced diabetic rat model, 10% dietary fenugreek seed supplementation significantly improved oxidative indices in the lens by reducing ROS, lipid peroxidation, and protein oxidation. Fenugreek feeding also suppressed AR and SDH enzyme activities and their expression, leading to lower polyol accumulation. Lens protein integrity was preserved, with partial restoration of crystallin profile and a reduction in AGE formation and RAGE expression. The treatment also improved endogenous antioxidant enzyme activities (such as SOD, CAT, GPx, GR, GST) and antioxidant molecules like GSH. These protective mechanisms collectively inhibited cataract development, with markedly lower incidence of mature cataracts in fenugreek-fed diabetic rats compared to controls. The multifaceted protective action of fenugreek is attributed to its flavonoid content, soluble fiber, and 4-hydroxyisoleucine, which contribute to antioxidant defense, enzyme inhibition, and antiglycation effects



[6]. In another study, fenugreek seed extract effectively prevented selenite-induced cataracts in rats by preserving lens glutathione (GSH), reducing malondialdehyde (MDA) levels, and enhancing the activity of antioxidant enzymes including superoxide dismutase (SOD), catalase, glutathione peroxidase (GPx), and glutathione-S-transferase (GST). Notably, no nuclear cataracts were observed in the treated group, compared to a 72.5% incidence in untreated controls [32].

Summary

Polyphenols, particularly flavonoids, are plant-derived phytochemicals known for their potent antioxidant, anti-inflammatory, and antiangiogenic properties, offering promising benefits in maintaining ocular health and preventing vision-threatening conditions. Flavonoids influence visual signal transduction by modulating the rhodopsin cycle and photoreceptor responses, with anthocyanins like cyanidin-3-glucoside supporting rhodopsin regeneration.

In diabetic and oxidative stress models, flavonoids protect retinal cells by scavenging reactive oxygen species, enhancing antioxidant enzyme activity, and preserving retinal structure. Their aldose reductase inhibitory effects are particularly significant in delaying diabetic cataract progression by reducing sorbitol accumulation and osmotic stress in the lens.

Many preclinical models support the efficacy of polyphenol rich few important foods such as *Turmeric*, *Finger millet*, *Moringa oleifera*, *Onion*, and *Fenugreek seeds* in reducing cataract formation, oxidative stress, protein glycation, and inflammation. These natural compounds preserve crystallin integrity, boost antioxidant defenses, and downregulate proinflammatory markers suggesting a promising role in nutritional strategies for ocular disease

prevention and management.

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Swami Vivekananda - The Humanist - 9

To be Human is to be Humane, to be Humane is to be loving, to be loving is to be serving. Blessed are the Human beings because they are helpful to others, they are useful to others. We are not born to be selfish, we are all born to be useful to others. Therefore, the Human being is a blessed being. Contrary to it, to be Inhuman is to be brutal, to be brutal is to be harmful. Demons and sub-human species may be harmful to others. We are all lucky that we are born as human beings and it is by the grace of God, almighty we are all blessed with a Heart and The Heart is full of feelings, whether the other feelings are right or not, the essential and intrinsic feeling is Love, or Prema. This Love brings people together; This Prema binds people together. This Prema is to serve. A mother loves her child and, therefore, serves her child. A patriot loves the motherland and, therefore, serves the motherland. A social

■ *Dr. K Subrahmanyam*
Chancellor, S-VYASA



worker loves society and, therefore, serves society. As Human beings, we cannot afford to be self-centred. We cannot afford to be selfish. We cannot afford to be harmful to anyone.

Swami Vivekananda believed that we are all blessed to be born as human beings. Adi Shankaracharya also emphasizes that we are blessed because we are born as humans. Not only as human beings but we are all blessed with intellect. And this intellect makes us grow to the great heights of *Jnana*. Swami Vivekananda further said that we are born as human beings to be loving, useful, and helpful to others.

In Indian mythology, we have Blessings and Curses. A Blessing, or a boon, is when we are useful to others. A Curse is when we are useless to others. In mythology, there is a story about Vigneshwara cursing Chandra. One day, at a particular moment, the Moon god had laughed at the huge belly of Vigneshwara. Vigneshwara immediately cursed him. In some versions of the story, it is actually Vigneshwara's mother who curses Chandra for laughing at her son.

What was the curse? The curse was that whoever looked at the moon would suffer scandals. The moon itself had no problem; it was the people who gazed at it who would be affected. In other words, the curse was on the moon because it was others who would suffer. Similarly, a thorn is a cursed thorn because it pricks others. A rose is a blessed flower because it gives beauty, fragrance, and attraction to others. If we are useless or harmful, that is a curse. But if we are useful and helpful, then we are a blessing.





There is another story from mythology about a king named Nimi Chakravarthy. Nimi Chakravarthy sided with the Devas during the Deva-Danava Sangrama, the war between good and bad, righteous and unrighteous, the divine and the demonic. Nimi Chakravarthy fought to support the good people, divine people, angelic people. Fortunately, Dharma succeeded, Divinity emerged victorious, Truth was Triumphant. After the battle, Indra, the king of the gods, called Nimi Chakravarthy and said, "My dear Nimi, with your help, we have won. I wish to grant you a boon. You may ask for anything."

Nimi Chakravarthy immediately replied "Sir, I have been useful to the society all my life, I have been a loving person all my life. I have helped people in difficulty and worked to uplift their standard of living. This is what every government should do, this is what every human being should do. We humans are meant to work for the welfare of society."

Indra was moved by Nimi's selflessness and asked, "What is it that you desire, Nimi?"

Nimi replied, "I am certain that one day I will die, but I wish to remain useful even after death. Please grant me a boon to continue serving society, even after I am gone."

Indra, touched by his noble wish, granted him a unique boon: "You will be born as a helper, residing on the eyelids of every human being. Whenever there is a danger to the eye, even without the person's knowledge, your presence will cause the eyelids to close, thus protecting the eye."

This boon was truly remarkable: Nimi Chakravarthy would be ever-present, guarding humanity from harm, even in the smallest moments. The eyelids, responding to an unseen force, would shield the eyes from danger, acting as an unconscious protector. In those precious fractions of time, when danger threatened the eye, Nimi's presence would save both individuals

and mankind as a whole. This brief moment of protection, known as *Nimisha*, represents a tiny yet powerful fraction of time, where a blink can save a life. In that fraction, Nimi's boon would save the eye - and potentially mankind itself.

Swami Vivekananda once said, "*Blessed are those who are useful to mankind, cursed are those who are useless to society.*" From his childhood until the end of his life, Swami Vivekananda exemplified this philosophy. He never lived selfishly or remained self-centered. Instead, he was generous, magnanimous, kind, considerate, loving, always serving others and he was always a human being. His life was a model of selflessness.

One such story is when Swami Vivekananda, at a young age, interconnected the smoke pipes in his father's office. Several smokes were arranged for several people belonging to several castes. All human beings are one, all human beings deserve love, all people deserve to be treated with kindness. Swami Vivekananda, with his profound understanding of human unity, connected all the pipes, symbolizing that all human beings are one. His actions reflected his belief that every person, regardless of caste or background, deserved love and respect.

His father, Vishwanath Datta admired his son's harmonious, philosophical, and spiritual approach. Swami Vivekananda understood that the key to a better world was bringing people together.

Love unites, Hate divides. Love helps, Hate harms. We are all born humans, let us try to live together, help each other, serve one another. May there be welfare for all of mankind, everywhere. Swami Vivekananda remains a timeless role model, inspiring us to bring unity among all, to bring harmony among all, and to make the earth a more Heavenly place.



Visit of Dr. H. R. Nagendra Guruji and Dr. Manjunath N. K. to Germany

29 June to 2 July 2025 | Yoga Vidya, Bad Meinberg, Germany



research. Their sessions featured insights from recent studies, particularly the benefits of *pranayama* (yogic breathing techniques) in managing conditions such as obesity, hypertension, and asthma.

A major highlight of the visit was the conferment [p29](#) »

In June 2025, Dr. H. R. Nagendra Guruji, President of S-VYASA Deemed to be University, and Dr. Manjunath N. K., Vice-Chancellor, undertook a significant visit to Yoga Vidya in Bad Meinberg, Germany. They were warmly received by **Shri Sukadev Bretz**, Chairman of the **Professional Association of Yoga Vidya Teachers (BYV)** and founder of Yoga Vidya. This visit marked a major milestone in the ongoing international collaboration between India's premier yoga university and one of Europe's leading yoga institutions.

During their five-day visit, both dignitaries had an exposure to Yoga Vidya's renowned yoga teacher training programs. They delivered keynote lectures and conducted workshops on yoga, yoga therapy, and the integration of traditional yogic wisdom with modern scientific





Visit of Dr. H. R. Nagendra Guruji and Dr. Manjunath N. K. to KWA Clinic Stift Rottal, Bad Griesbach, Germany | 3–6 July 2025



In July 2025, Dr. H. R. Nagendra Guruji, President of S-VYASA Deemed to be University, and Dr. Manjunath N. K., Vice-Chancellor, paid a significant visit to **KWA Klinik Stift Rottal** in **Bad Griesbach, Germany**. The visit was part of an ongoing international collaboration aimed at integrating yoga and modern medical science, particularly in the fields of neurorehabilitation and integrative health.

They were warmly received by **Dr. Christoph Garner** and **Dr. Radu Crisan**, senior medical professionals with over 30 years of distinguished service at KWA Klinik. During their visit, Dr. Nagendra and Dr. Manjunath explored various departments within the clinic, with a particular focus on the **Neurorehabilitation Centre**. Detailed discussions were held regarding potential areas of collaboration including **student exchange programs**, and **joint research initiatives**.

They toured the **IFEN Neurofeedback Centre**, at Munich, where cutting-edge techniques such

as **EEG-based assessments and interventions** were demonstrated by Dr. Thomus. The delegation also participated in lab-based assessments and evaluations, gaining valuable insights into the clinic's **advanced neurotherapy protocols** and **rehabilitation methodologies**.

This visit not only deepened institutional relationships but also laid the groundwork for future academic and clinical cooperation between **S-VYASA University** and **KWA Clinic**. It represented a mutual commitment to advancing global health through integrative medicine and research-driven practice.





Chandra Arya Visits Prashanti Kutiram, Honoured by S-VYASA Leadership



July 17: Shri Chandra Arya, a Member of Parliament from Canada (2015–2025), was warmly felicitated at the Tarangini by Guruji Dr. H R Nagendra, President of S-VYASA Society and Vice-Chancellor Dr N.K Manjunath during his visit to the Prashanti Kutiram campus.

He is widely regarded as the steadfast voice of Hindu Canadians in public life. As the founder of the Hindu Public Affairs Council of Canada (HPAC), he has been a leading advocate for the rights and representation of Hindu communities.

Arya holds a Bachelor's degree in Engineering and a Master's degree in Business Administration.

His decade-long tenure in Canadian Parliament was marked by several landmark contributions, including the establishment of Hindu Heritage Month, protection of sacred

symbols like the Swastika, and the expansion of hate crime legislation to safeguard minority communities.

A principled and visionary leader, Arya has consistently taken a strong stand against Khalistani extremism, advocating for communal harmony and the defense of historical truth.

Beyond his parliamentary contributions, he has played pivotal roles in public institutions and civic organizations, drawing from his vast experience of over 30 years in global trade, industry, and geopolitics.





Dr. Manjunath N. K. Honored with the Himalayan Yoga Award for World Peace

On the auspicious occasion of **International Yoga Day 2025**, Dr. Manjunath N. K., Vice Chancellor of **S-VYASA University**, Bengaluru, was conferred the prestigious **Himalayan Yoga Award for World Peace** by the **Mahabodhi International Meditation Centre (MIMC)**, Leh, Ladakh.

The award was presented in recognition of Dr. Manjunath's **exemplary leadership, academic excellence, and pioneering contributions** to the field of **yogic science and holistic health**. Through his unwavering dedication to education, research, and innovation, he has significantly advanced the integration of ancient yogic wisdom with modern scientific inquiry, thereby enhancing the global credibility and acceptance of yoga as a path to inner peace and sustainable well-being.

The honour was conferred by **Shri Bhikkhu Sanghasena**, Founder and President of MIMC and recipient of the **Prime Minister's Yoga Award 2021**, during a special ceremony attended by dignitaries, spiritual leaders, and



members of the Ladakhi and greater Himalayan communities.

◀p26 Visit of Dr. H. R. Nagendra Guruji and Dr. Manjunath N. K. to Germany

of **honorary membership** to Dr. H. R. Nagendra by BYV. This recognition celebrated his lifelong dedication to the advancement of yoga education, research, and global outreach. In his acceptance speech, Dr. Nagendra described yoga as a systematic path for achieving physical well-being, mental peace, and spiritual growth - resonating with the core vision of S-VYASA.

Dr. Manjunath N. K. also captivated the audience with his deep expertise in yoga therapy and integrative medicine. He shared global perspectives and recent developments in the field, underscoring the relevance

of evidence-based yoga practices. His distinguished contributions have earned him several international accolades, including the **Peace Education Award** from the **World Peace Congress**.

This visit symbolized the strengthening of East-West collaboration, highlighting the convergence of India's ancient yogic knowledge with its application in contemporary global settings. It further reaffirmed the shared commitment of S-VYASA and Yoga Vidya to promote holistic health, wellness, and spiritual upliftment through the science and practice of yoga.



New Appointments at S-VYASA Campus

Prof. S. Siva Sankara Sai as Pro Vice Chancellor

S-VYASA is delighted to announce the appointment of Prof. S. Siva Sankara Sai as its new Pro Vice Chancellor, effective from August 2025.

A renowned physicist, research mentor, administrator, and spiritual practitioner, Prof. Sai brings over three decades of multifaceted experience in academics, interdisciplinary research, and institutional governance.

Prof. Sai is not new to the S-VYASA community. He served with distinction as the Registrar of the University from September 2022 to July 2025, during which time he led crucial administrative reforms and laid a strong foundation for transparent academic processes, digitization, and research facilitation. His leadership has been instrumental in shaping S-VYASA's roadmap for academic and scientific excellence.

Before joining S-VYASA, Prof. Sai spent over 30 years at the Sri Sathya Sai Institute of Higher Learning (SSSIHL), Puttaparthi where

he served in various key capacities, including Director of the Prasanthi Nilayam Campus, Dean of the Faculty of Sciences, Convener of the Sri Sathya Sai Advanced Research Centre, and Head of the Department of Physics. He was also the Acting Vice-Chancellor for a term and held responsibilities related to internal quality assurance, hostel administration, and staff-student welfare.

As an active scientist, Prof. Sai's domains of research are Photonics, Nano-Optics, Optical Image Processing, and Bio-Medical Imaging. He has guided five PhD scholars and led ten major government-sponsored research projects funded by bodies like the DST, DRDO, BRNS, and UGC, with a cumulative research grant exceeding ₹7 crore. His innovations include patented technologies like the Small Area Imaging Gamma Camera (SAIGC) and development of a dual-modality surgical probe for cancer detection. His publications - over 60 international journal papers and several IEEE conference presentations.

In addition to his scientific contributions, Prof.





Sai is deeply rooted in Indian ethos and spiritual traditions. A certified Yoga Wellness Instructor (YCB-L3), he has pursued Vedic studies and practices Yoga and Veda chanting as part of his daily routine. His integrative approach - blending modern science with traditional wisdom - perfectly aligns with S-VYASA's core vision.

As the new Pro Vice Chancellor, Prof. Sai is poised to further strengthen S-VYASA's academic rigor, interdisciplinary research, and global outreach. His appointment is a step toward nurturing a new generation of leaders, researchers, and holistic health professionals grounded in Yoga and Indian knowledge systems.

S-VYASA extends heartfelt congratulations to Prof. S. Siva Sankara Sai and looks forward to a vibrant new chapter under his scholarly and value-based leadership.

Prof. Sony Kumari as Registrar

Acclaimed Academic and Former Controller of Examinations Takes on Key Administrative Role

S-VYASA is proud to welcome **Professor Sony**

Kumari as its new **Registrar**. A distinguished academician, researcher, and administrator, Professor Kumari brings with her more than **18 years of experience** in teaching, academic leadership, and institutional development in the field of Yoga and allied sciences.

Professor Kumari holds an **M.A. in Yoga Psychology** and a **Ph.D. in Yoga** from S-VYASA itself, reflecting her deep-rooted connection with the university's vision and values. Prior to this appointment, she served the institution with distinction as the **Controller of Examinations (COE)** and **Dean of Academics**, playing an instrumental role in shaping academic policy, curriculum design, and examination reforms.

Her efforts were crucial in **S-VYASA securing an A+ Grade from NAAC** in two consecutive cycles - **2016 and 2023** - a testament to her unwavering commitment to quality assurance and academic excellence.

With over **55 research publications** in reputed national and international journals, contributions to book chapters, and numerous invited lectures across academic forums, Professor Kumari has established herself as a scholar of high repute. She has **successfully guided ten Ph.D. scholars** and continues to





mentor five more, alongside supervising more than **50 postgraduate dissertations**.

Her contributions to the field have earned her multiple accolades, including the **Higher Education Forum Award (2018)** from the Karnataka Chapter and the **Yoga Lakshmi Puraskara**, recognizing her excellence in Yoga and social engagement. She was also **nominated by the Ministry of Human Resource Development (MHRD)** for the prestigious **Presidential Award**, further validating her national impact in education and traditional Indian knowledge systems.

Beyond her roles within the university, Professor Kumari has been a **peer team member for NAAC**, visiting various institutions as an external evaluator, and continues to serve as an expert panellist and academic advisor to several higher education institutions across India. Recently, she was invited to submit her profile to the **UPSC Board panel** as a potential coordinator and advisory member in the domain of Yoga and traditional knowledge.

Her areas of expertise span **Yoga Philosophy and Psychology, Academic Administration, Research Methodology, Quality Assurance**, and the **Social Impact of Yoga**, among others.

With her deep academic insight, strategic vision, and institutional experience, **Professor Sony Kumari's leadership as Registrar is set to further strengthen S-VYASA's mission of integrating Yoga with modern education and promoting India's traditional knowledge systems on the global stage.**

Dr. Gaurav Sinha *as Controller of Examinations*

Dr. Sinha currently serves as the Controller of Examinations at S-VYASA Deemed to be University, bringing with him over a decade of rich and diverse experience in examination management across several reputed universities



and autonomous institutions. His expertise in academic administration, particularly in ensuring integrity, efficiency, and innovation in examination systems, has significantly contributed to institutional excellence. Dr. Sinha is a seasoned academician with 24 years of experience in teaching and research in the field of Electronics & Communication Engineering. He has been associated with prestigious institutions including IIT Roorkee, NIT Bhopal, and Government Engineering College Pauri, among others.

As Controller of Examinations, he has led reforms in assessment frameworks, implemented robust examination policies, and ensured the timely and transparent conduct of university evaluations. He has reviewed over 10 PhD thesis and supervised more than 50 MTech and 2000 BTech projects. His global academic exposure includes a two-year international tenure as Associate Professor at Jabal Gharbi University, Libya.



Submission of Srimad Bhagavadgita in Anuloma Krama



Prashanti Kutiram, July 11: Three participants successfully submitted Srimad Bhagavadgita in Anuloma Krama and one participant completed Anuloma and also in Digital exam format.

The participants are:

1. Subodh Balvant Kunte, Navi Mumbai
2. Samudrala Meena Thulasi, Telangana
3. Deepa Sudhakar T, Karnataka
4. Naramsetty Malleswari, Visakhapatnam

They have memorized Bhagavadgita under the competent from the teachers of Datta Peetham and Geeta Parivaar.



The exam was held in Shruti Mandir, under the Lalitha Rama Lakshmi Trust. Guruji President Dr. H R Nagendra ji, Distinguished Professor Acharyaji Ramachandra G Bhat, Sri Karibasappa ji and Smt. Shreeparna were the examiners. The participants were awarded with the Certificates, Memento and Cash Prize.



Engagements of Prof. M. Jayaraman, Dean, Academics (I/C)

Writing on Yoga: Integrity and Responsibility



July 11: **Prof. M. Jayaraman**, Dean, Academics (I/C), delivered a lecture on "Writing on Yoga: Integrity and Responsibility" as part of the **Yoga and Cultural Appreciation** course. The session was organized by **Gitananda Yoga** and **Live Holistic Wellness**, in collaboration with the **Indian Yoga Association (IYA)**. Prof. Jayaraman highlighted the need for authenticity, responsibility, and fidelity to tradition in scholarly and popular writings on Yoga.

19th World Sanskrit Conference, Kathmandu

Kathmandu-Nepal, June 26-30: **Prof. M. Jayaraman**, Dean, Academics (I/C), SVYASA University, participated in the **19th World Sanskrit Conference** held at **Nepal Sanskrit University, Kathmandu**, from **26th to 30th June 2025**. The conference was jointly organized by the **International Association**





of Sanskrit Studies (IASS) and Nepal Sanskrit University, and witnessed vibrant participation from scholars worldwide, including Vice Chancellors from 14 Sanskrit Universities.

With the support of SVYASA University, Prof. Jayaraman presented two research papers in the Yoga section:

- “Is Sāttvika State of Mind a Prerequisite of Prānāyāma or Its Outcome? – Exploring Contrasting Views in Patañjali Yogasūtras and Hathayogapradīpikā” (27th June)
- “Sāyanācārya – A Forgotten Page in the History of Yoga” (28th June)

He also had the honour of participating as a **Pracchaka (questioner)** in the **Ashtāvadhāna session** held on **29th June**, where he posed a **Sanskrit poetic challenge (Samasya)** to the Ashtāvadhānī, contributing to a stimulating literary atmosphere.

On the sidelines of the academic sessions, Prof. Jayaraman interacted with several distinguished scholars and **Vice Chancellors of Sanskrit Universities**, sharing insights into the **academic and research initiatives of SVYASA**, particularly the work undertaken by the **Division of Yoga and Spirituality**. These interactions provided an excellent platform to highlight SVYASA’s distinctive contributions to Yoga studies and Indian Knowledge Systems.

Prof. M. Jayaraman Nominated to Academic Council of National Sanskrit University, Tirupati

Prof. M. Jayaraman, Dean, Academics (I/C), SVYASA University, has been **nominated as a member of the Academic Council** of the **National Sanskrit University, Tirupati** (a Central University). The nomination was formalized through a letter dated **23rd June 2025**. This recognition reflects Prof. Jayaraman’s continued contributions to Sanskrit scholarship and academic leadership in the field of Indian Knowledge Systems.

Prof. M. Jayaraman Delivers Lecture on Dhyāna in Āshtānga Yoga – Atal Bihari Vajpayee University, Bilaspur

July 16: Prof. M. Jayaraman, Dean, Academics (I/C), SVYASA University, delivered an online lecture as part of the **week-long series** titled “*Āshtāngayoga ke Atha Prahar*”, organized by **Atal Bihari Vajpayee Vishwavidyalaya, Bilaspur**.

Prof. Jayaraman spoke on the topic of **Dhyāna** (meditation) within the framework of Āshtānga Yoga, drawing from classical sources and experiential understanding. The session was held early in the day and was **attended by the Hon’ble Vice Chancellor, Prof. A.D.N. Bajpai**, whose presence added to the significance of the event. The lecture was **well received** by

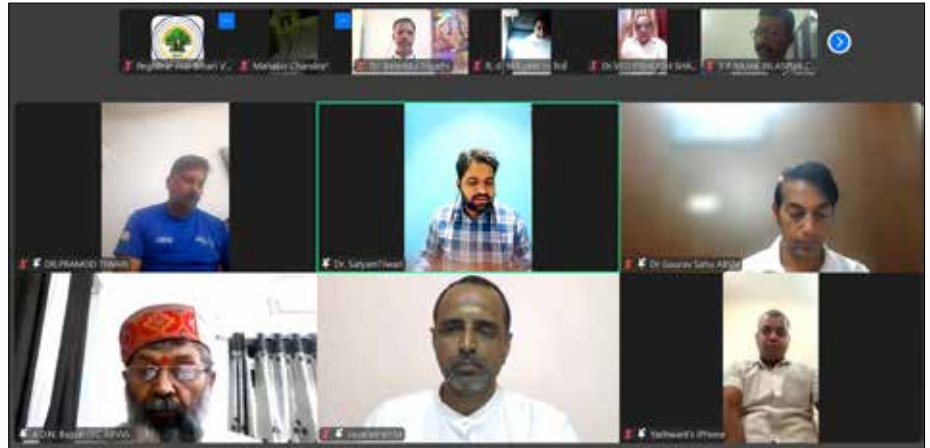




participants across disciplines and appreciated for its clarity and depth.

Prof. M. Jayaraman Speaks on Svasthya at Rtambhara Retreat Centre Workshop

July 16: Prof. M. Jayaraman, Dean, Academics (I/C), SVYASA University, participated in a workshop on perspectives of *Svasthya* (well-being) from the lens of Indian Knowledge Systems (IKS). The event was organized by the Centre for Indian Knowledge Systems, Chanakya University, and held at the serene Rtambhara Retreat Centre, Bengaluru.



Prof. Jayaraman contributed to the discussions by highlighting traditional yogic and Vedic insights into the concept of *Svasthya*, emphasizing its holistic and self-centred nature rooted in balance and inner harmony.

S-VYASA Hosts Dr. Rajani R. Ved at Prashanti Kutiram

Dr. Rajani R. Ved, MBBS, MPH, a public health practitioner, was felicitated at *Prarthana Milan* held at Shruthi Mandir on July 11, 2025.

With years of experience in strengthening health systems, Dr. Ved has made significant contributions to public health policy in India. She previously served as the Executive Director of the National Health Systems Resource Centre (NHSRC), where she supported the National Health Mission for over a decade.



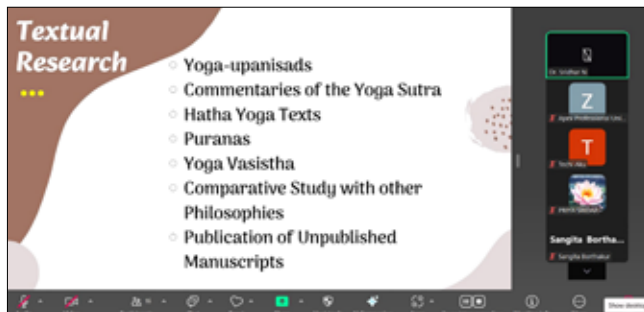
Her leadership was instrumental in institutionalizing the ASHA (Accredited Social Health Activist) programme and advancing India's primary healthcare through the Ayushman Bharat Health and Wellness Centres. Internationally, she has contributed as a Visiting Scientist at the Harvard T.H. Chan School of Public Health, offering her expertise in policy development, implementation research, and large-scale programme evaluation.



Activities of Dr. N. Sridhar

Associate Professor & Vice Principal, School of Yogic Sciences

Resource Person for FDP in IKS



Delivered a talk on Yoga Darshanam – Philosophy & Therapy as Resource Person in a Faculty Development Program on Indian Knowledge Systems (IKS) on 12th July 2025 organized by Apex Professional University, Arunachal Pradesh through online.

The talk included the components like

1. Introduction to Yoga Philosophy
2. Therapeutical Aspects of Yoga
3. Researches Areas in Yoga and
4. How to inculcate Yoga as IKS in the curriculum?

The FDP was attended by the faculty members and research students of various institutions.

Workshop on Hindu Studies

Dr. N. Sridhar attended the 5 Days' intensive Workshop on Hindu Studies from 15th to 19th July 2025 at Babasaheb Ambedkar Open University, Ahmedabad, organized by Hindu Education Board, New Delhi. The workshop was focused on the teaching pedagogy for the courses of M.A. Hindu Studies. M.A. Hindu Studies is new program being offered by various universities in India.





Resource Person for Indian Heritage Talk at C-DAC, Bengaluru



Dr. N. Sridhar has delivered a talk titled "Scientific Aspects of Vaisesika Darsana" in the Indian Heritage Talk Series 2025 on 22nd July 2025 at Centre for Development of Advanced Computing (C-DAC), Bengaluru, Govt. of India. The talk was attended by around 40 scientists of C-DAC including the officials.

The talk included the following aspects of Vaisesika:

1. Paramānu (indivisible particle)
2. Pāka-prakriyā (process of chemical reaction)
3. Śarīra (classification of the living beings)
4. Manas (mind)
5. Śabda (sound)
6. Sthitishāpakatva (elasticity)
7. Gurutva (gravity)

Dr. N. Sridhar has also got an opportunity to see the Super Computers developed by C-DAC.

The talk was well received and C-DAC extended their support for various research collaboration with the Division of Yoga-Spirituality, S-VYASA.

Awareness Drive Against Drug Abuse Held at SVYASA

On the occasion of the "International Day against Drug Abuse and Illicit Trafficking," the Bengaluru District Police conducted awareness programs against narcotic substances at S-VYASA on 25th June 2025.

The program was organized at Shruti Mandir from 11:00 AM to 1:00 PM. The initiative aimed to sensitize students and staff about the harmful effects of drug use and the importance of building a drug-free society.





Illuminating the Path of Knowledge: S-VYASA's Spiritual Observance of Guru Purnima



On the auspicious morning of July 10, 2025, S-VYASA celebrated Guru Purnima at Shruti Mandir, Prashanti Kutiram Campus. The program commenced at 9:45 AM with a soulful bhajan session that set a serene and devotional ambiance. This was followed by Maitrimilan – a heartfelt gathering of the S-VYASA community in tribute to the timeless Guru-Shishya tradition.

The ceremonial lamp was lit by the Chief Guest, Dr. Aruna Reddy from Ballari, a proponent of educational and cultural upliftment through Vidya Bharathi Kala Nikethan – alongside other dignitaries. The event was anchored by Dr. Divyashree M N, Assistant Professor at SSYNM.

Dr. Manjunath N K, Pro Vice-Chancellor of S-VYASA, warmly welcomed all guests. Members of the Student Council greeted each dignitary with bouquets, expressing gratitude and reverence. Among the esteemed attendees were Dr. H R Nagendra, Hon'ble President of S-VYASA; Prof. K Subramanyam, Chancellor; Prof. N V Raghuram, Chairman and Spiritual Founder of Yoga Bharati; Dr. Nagarathna, Director of Arogyadhama; Prof. Jayaraman M, Dean of the Division of Yoga & Spirituality; Registrar Prof. Shiva Shankar Sai; Deputy Registrar Dr. Vasudev Vaidya; and Principals of all constituent institutions of the university.



The celebration witnessed active participation from all schools under the S-VYASA umbrella, including the S-VYASA School of Yoga and Naturopathic Medicine (SSYNM), School of Yogic Sciences (SYS), Sushrutha Ayurvedic Medical College, Sushrutha Nursing College, and the Bachelor of Physiotherapy Department. Both teaching and non-teaching staff attended the event in large numbers, reinforcing the spirit of unity and reverence.

A profound Veda Ghosha Parayanam was performed by the Department of Yoga and Spirituality, led by Dr Manjunath Gururaj, Prof. Jayaraman, and two students from the School of Yogic Sciences. The event was spiritually enriched by the addresses of the dignitaries. Dr. H R Nagendra emphasized the transformative spiritual strength that a Guru imparts in guiding seekers towards holistic well-being. Prof. K Subramanyam highlighted the Guru's role in character formation and value-based education. Prof. N V Raghuram shared scriptural anecdotes underscoring the Guru as the light of inner transformation. Dr. Nagarathna spoke on the healing power of surrender and faith in the Guru, while Prof. Jayaraman recited a reflective spiritual poem on the Guru as a divine medium. The Chief Guest, Dr. Aruna Reddy, praised the Bharatiya Guru-Shishya Parampara and urged the youth to uphold this sacred heritage with pride and devotion.

An interactive touch to the program was a student competition encouraging them to share their Guru Purnima experiences on social media, tagging S-VYASA. Posts with the highest engagement were to be awarded, promoting digital participation and community spirit.

The celebration concluded with a Vote of Thanks delivered by Deputy Registrar Dr. Vasudev Vaidya, followed by Shanti Mantra chanting, a flag hoisting ceremony, and the distribution of prasadam along with blessings from Guruji.



Puri - Prasanti: Lord Jagannatha Rathayatra Celebration



With the divine blessings of Lord Jagannatha and under the revered guidance of the senior leadership of S-VYASA Deemed to be University, the sacred Rathayatra was celebrated with grandeur, devotion, and spiritual vibrance at the serene spiritual ambience of Prashanti Kutiram from **June 27 to July 5, 2025**.

This auspicious celebration was conducted under the active guidance and supervision of the respected hierarchy of S-VYASA, especially **Dr. Amit Singh** and **Dr. R. Nagaratna Didi**, who played a pivotal role in spiritually leading the sacred rituals. Dr. R. Nagaratna Didi graciously performed the **Chhera Pahanra** - the traditional ceremonial sweeping of the chariot platform with utmost devotion—symbolizing humility and the Lord’s sovereignty over all beings.

The sacred procession began with **Sri Gundicha Yatra** on June 27, where the divine deities were ceremoniously moved from the Panchajanya Mandap to the vibrantly decorated Rathas. From there, amidst Vedic chants, kirtans, and waves of bhakti from the gathered devotees, the Lord was taken to **Mausi Maa Temple (Santosh Mandir)**. The return journey, known as **Bahuda Yatra**, took place on **July 5**, completing the spiritual cycle of Rathayatra.

Throughout all **nine sacred days**, devotees were graced with the distribution of **Mahaprasad**, reminiscent of the traditions of the Jagannatha Temple in Puri. This continuous **annadana seva** reflected the Lord’s boundless grace and love towards His children, serving all those who came for darshan with sacred food offerings.

Each day was filled with **puja, nama-sankirtan, satsangs, arati, and prasad distribution**, morning and evening, enveloping the campus in divine vibrations and collective devotion. Hundreds of devotees, including students, staff, and visitors, participated wholeheartedly in this spiritually uplifting event.

As the sacred chariot rolled through the path with chants of *Jaya Jagannatha*, Prashanti echoed with the blissful presence of the Lord. The event not only revived a vibrant spiritual culture on campus but also offered every soul a step closer to the inner temple of peace and devotion.





Together for a Greener Tomorrow: Tree Plantation at S-VYASA

On the morning of Tuesday, July 8, 2025, a Tree Plantation Program was organized at the Prashanti Kutiram campus of S-VYASA, under the initiative of the Rabindra Sarovar's Friends Forum. Guruji H R Nagendra planted the sapling as an initiative toward environmental sustainability and ecological awareness. The plantation activity was graciously sponsored by Shri O. P. Kanodia and Family.



Badge Ceremony Marks Inauguration of New Student Council at SSYNM

The badge distribution ceremony for the newly elected Student Council members of SSYNM took place in the esteemed Shruti Mandir auditorium, following the successful culmination of Prarthana Milan on 15 July 2025 morning.



The event was graced by the presence of our beloved Principal, Dr. Apar Avinash Saoji, and our revered Guruji, Dr. H. R. Nagendra and Deputy Registrar Dr. Vaidya. Badges were formally conferred to the elected council members, marking the beginning of their tenure. The newly appointed President, Dr. Aswathy, received her badge with dignity, followed by Vice President, Kamal. Kishor M was recognized as the General Secretary, while Pushkarni was awarded the badge of Cultural Secretary. The Literary Secretary, Jaisree, and Sports Secretary, Harshitha L, were honored for their roles in fostering creativity and physical wellness respectively. The Hostel Secretaries, Vedika Shreya and Gokul, were also acknowledged for their commitment to residential life and student welfare.



July 27: YoFi YIC 7th Batch Participants at Vivekananda House, Ramakrishna Mutt, Marina Beach, Chennai



Empowering Research through AI: Highlights from the FDP at S-VYASA School of Advanced Studies



On June 18th and 19th, 2025, the Department of Management and Commerce at S-VYASA School of Advanced Studies hosted a transformative Faculty Development Programme (FDP) titled “AI-Driven Research Writing: Crafting High-Impact Articles for Scopus-Indexed Journals.” This two-day academic event was designed to equip faculty with cutting-edge tools and techniques in AI-integrated research writing, a crucial skill in today's data-driven academic landscape.

The FDP attracted faculty members from across departments, fostering a collaborative and intellectually stimulating environment. It was chaired by Dr. Sridhar S. Director - Academics, with a warm welcome delivered by Dr. Geetanjali P. Head of Department. Mr. Hemanth Kumar M. S. the event coordinator, introduced the guest, while Mr. Nirmal Dwivedi anchored the event as the Master of Ceremonies.

The sessions were conducted by Dr. Prasad Kulkarni, an esteemed academician and Professor at Jain College of Engineering and Research, who also serves as a visiting faculty at EUCLEA Business School and Britts Imperial University, UAE. With a wealth of experience

in academic writing, AI integration, and case-based pedagogy, Dr. Kulkarni delivered highly engaging and practical sessions throughout the program.

Day One: Exploring AI for Qualitative Research

The first day began with a deep dive into the “3Ts” framework—Trend, Topic, and Title—empowering participants to align their research focus with emerging global academic themes. Dr. Kulkarni demonstrated a suite of AI tools, including Google Colab, PaperPal, DeepSeek, Plag AI, Publish or Perish, and Gemini, which can streamline literature searches, structure abstracts, and ensure journal compatibility. Tools like Graphviz and Mermaid were introduced for effective visual data representation.

Participants gained hands-on experience by selecting research topics and developing abstracts, literature reviews, and conceptual frameworks using AI assistance. By the end of the day, most participants had initiated two to three research articles, a testament to the workshop's practical orientation and immediate value.

Day Two: Quantitative Research and Case p45 ►►



Faculty Orientation Programme 2025: Fostering Academic Excellence and Institutional Alignment

The **Faculty Orientation Programme 2025**, organized by the **S-VYASA School of Advanced Studies** in association with **IQAC**, was held from **17th to 24th June 2025** at the university's City Campus. Themed "**Academic and Statutory Processes: Roles, Rules, and Responsibilities**," the seven-day initiative aimed at integrating newly appointed faculty members into the academic, administrative, and cultural ecosystem of the university. The programme brought together faculty from diverse disciplines such as Engineering, Management and Commerce, Allied & Healthcare, Computer Science, and Clinical Psychology.

The orientation was thoughtfully curated to address multiple facets of academic responsibilities through sessions delivered by experienced institutional leaders and guest speakers. **Dr. Sridhar S**, Director – Academics, inaugurated the programme with a session on academic philosophy and processes at S-VYASA. He outlined curriculum design, assessment methods, and quality assurance practices, emphasizing the institution's unique integration of Indian Knowledge Systems (IKS) into contemporary education.

Dr. C.B. Venkata Krishna Prasad followed with an in-depth session on the university's examination processes, covering Continuous Internal Assessment (CIA), semester end evaluations. This helped new faculty members understand their roles in maintaining academic rigor and integrity.

Emphasizing emotional resilience and self-awareness in academic life, **Dr. Sachin Sharma**, Dean of the Computer Science Department, delivered an introspective session titled "*The Art of Letting Go*." This was complemented by a practical walkthrough of the university's ERP system by **Dr. Harshavardhana Reddy**, equipping faculty with digital tools essential for managing academic tasks effectively.

On Days 2 and 3, **Faculty Development Programme on AI-Driven Research Writing** was conducted by **Dr. Prasad Kulkarni**, where participants explored AI tools such as Gemini, DeepSeek, Claude AI, and Google Colab for high-impact academic publishing. Faculty members created preliminary research drafts and gained hands-on experience in data analysis and visual-based research design.

Day 4 featured a dynamic workshop on **Indian Knowledge Systems (IKS)** with insights from **Dr. Vinayak Rajat Bhat** (Chanakya University) and **Mr. N. Karthik** (Advisor, IIM Bangalore), focusing on embedding cultural wisdom into global curriculum frameworks.

Day 5: Yoga for One Earth, One Health

On **21st June 2025**, the faculty and staff celebrated the **International Day of Yoga** under the global theme "*Yoga for One Earth, One Health*." The event witnessed enthusiastic participation from faculty members, non-teaching staff, students, and members of the public. Conducted at the S-VYASA City Campus, the session included guided practices such as **Surya Namaskara, Vrikshasana, Bhujangasana, Trikonasana, and Shavasana**, alongside breathing techniques and relaxation exercises.

The celebration reflected the university's deep-rooted commitment to promoting holistic well-being as an integral part of academic life. Participants reported improved relaxation, mental clarity, and a renewed sense of vitality. This initiative not only strengthened the message of sustainable health but also reinforced **S-VYASA's unique positioning as a center for yogic education and lifestyle-based wellness leadership**.

Later in the day, an insightful session on **IQAC Awareness** was conducted by **Dr. Geetanjali Patil**, Joint IQAC Coordinator and HOD – Management and Commerce. The session



introduced the structural framework, strategic functions, and practical implementation of the IQAC within the institution. Key topics included benchmarking, faculty development, academic feedback mechanisms, and NAAC compliance. The session encouraged new faculty to take an active role in maintaining academic quality and continuous institutional improvement.

Day 6 & 7: Pedagogical Transformation for Institutional Excellence

The final two days (23rd and 24th June) were dedicated to a transformative training session titled “**Embracing the Change for Institutional Excellence via Pedagogical Approaches**” led by renowned educator and TEDx speaker **Dr. Pratima Khandelwal**. With experience as an empaneled NPTEL trainer and founder of FlyHigh Educational Excellence Services, Dr. Khandelwal guided faculty through dynamic discussions aligned with **Education 4.0**, focusing on personalized learning, emotional intelligence, and learner-centered strategies.

She emphasized how faculty roles are evolving in today’s **BANI world (Brittle, Anxious, Nonlinear, Incomprehensible)** and introduced

frameworks to nurture resilience, empathy, and creativity in students. The session also addressed the shift from traditional instruction to **facilitator-based teaching**, highlighting the importance of **collaboration, adaptability, and purpose-driven education**.

Programme Outcome and Conclusion

The **outcome of the programme was excellent and highly informative**. New faculty members appreciated the depth and diversity of the sessions, finding them both intellectually stimulating and practically relevant. The interactive delivery, real-life examples, and interdisciplinary approach were particularly well-received. The orientation not only built confidence among participants but also fostered a shared sense of purpose and belonging within the university community. The programme concluded with a **valedictory session on 24th June**, marking the end of a successful and impactful journey. The Faculty Orientation Programme 2025 affirmed S-VYASA’s commitment to nurturing capable, value-driven educators aligned with global standards and rooted in Indian wisdom.

Empowering Research through AI...

Study Writing

Day two emphasized the development of quantitative research, focusing on structured methodologies, variable selection, and the use of statistical tools for empirical analysis. Participants were guided on the application of AI platforms such as Google Colab for data cleaning, hypothesis testing, and regression analysis. The visual tools introduced earlier were again employed to map research models and present data outputs clearly.

A standout session on Harvard-style case study writing allowed participants to construct compelling narratives with embedded data insights. Dr. Kulkarni emphasized how to build publishable case studies and use image-based data to enhance the analytical depth and appeal

of academic papers.

Outcomes and Reflections

The FDP empowered faculty members to apply AI tools confidently in their research practices. Each participant initiated multiple articles and gained practical experience in qualitative and quantitative methodologies. The integration of AI into research writing not only improved productivity but also encouraged innovative thinking and methodological clarity.

This Faculty Development Programme marked a significant stride in enhancing the research capabilities of the faculty. With such initiatives, S-VYASA School of Advanced Studies continues to foster a culture of academic excellence and innovation.



Entrepreneurship as a Sacred Calling: A Day of Innovation, Insight, and Inspiration at S-VYASA



On 28th June 2025, the S-VYASA School of Advanced Studies hosted its flagship event - **Entrepreneurs Day Out**, a transformative experience that brought together more than 100 entrepreneurs, educators, students, and change-makers. Set amidst the serene greenery of the S-VYASA campus, the event wasn't just a conference; it was a celebration of entrepreneurial spirit, community learning, and visionary thinking.

Organized by the Department of Commerce and Management under the leadership of Dr. Geetanjali P, and in association with *Plusifics*, the event featured thought-provoking keynote sessions by Mr. Vaninath Reddy Renati and Mr. Balaji Pasumarthy. Mr. Reddy's journey of bootstrapping a real estate empire inspired attendees to build "brick by brick" with clarity and focus, while Mr. Pasumarthy offered deep insights into balancing freedom, passion, and data-driven decision-making in business.

Interactive segments such as the *United Nations of Entrepreneurship* challenged participants to

rethink national development through the lens of innovation, while gamified sessions like *King of Nepal* and storytelling challenges led by Mr. Jayanth Kashyap sparked strategic thinking, creativity, and collaborative leadership.

The event also featured a soul-stirring cultural performance by MBA students, reinforcing that entrepreneurship is not just a science - it is an art and a calling. With 97% of attendees rating the experience as "highly valuable," the day served as a benchmark for how institutions can meaningfully engage with the entrepreneurial ecosystem.

More than an event, *Entrepreneurs Day Out* became a living laboratory of leadership, where ideas were born, relationships were forged, and future visions were shaped. It reaffirmed S-VYASA's emerging role as a thought leader in entrepreneurial education - and reminded everyone present that in the journey of entrepreneurship, purpose is the ultimate power.



One Day Workshop on “IKS for Creating Global Well-Being Curriculum”



The IKS Cell of S S-VYASA School of Advanced Studies has conducted an insightful workshop on the theme "**IKS for Creating Global Well-Being Curriculum**" on 20th June 2025, aimed at exploring the integration of Indian Knowledge Systems (IKS) into mainstream education. The session commenced with a thought-provoking talk by **Dr. Vinayak Rajat Bhat** from Chanakya University, who delved into the fundamental aspects of IKS, emphasizing its philosophical depth, holistic worldview, and its relevance in contemporary educational frameworks. He highlighted how IKS, rooted in experiential wisdom, can serve as a foundation for building values-based curricula that promote both personal and societal well-being. His session underscored the need to shift from fragmented learning approaches to a more interconnected, contextual, and culturally resonant pedagogy.

The second speaker, **Mr. N. Karthik**, Advisor at IIM Bangalore, addressed the theme "**Bringing IKS to the Regular Classroom**", sharing practical strategies and examples of integrating IKS principles within daily teaching practices. He discussed how educators can creatively embed indigenous knowledge in existing subjects to make learning more meaningful, ethical, and aligned with sustainable development goals. The **objectives** of the session were to familiarize educators with the essence of IKS, explore its

relevance in modern education, and provide actionable strategies for curriculum integration.





Shaping Professional Identity: Workshop on Personal Branding through LinkedIn

Dept. of Management and Commerce,
S-VYASA School of Advanced Studies



In today's competitive professional landscape, a strong digital presence is no longer optional - it's essential. Recognizing this, the Department of Management and Commerce at S-VYASA, along with the IQAC, hosted a practical workshop on "Creating and Optimizing a Performing LinkedIn Account."

The session, led by Dr. Saravana Kumar S, wasn't just about profile tips. It addressed a crucial gap: many students and professionals underestimate the impact of LinkedIn as a platform for career advancement, thought leadership, and industry networking. With recruiters increasingly scouting talent online, knowing how to present oneself digitally is a critical skill.

Participants explored a hands-on segment to update their profiles in real time, supported by live feedback, how to craft compelling profiles, highlight achievements with credibility, and engage meaningfully with professional

communities. The workshop emphasized not just "what" to showcase, but "how" to build authentic connections and maintain visibility through consistent engagement.

The relevance of this session goes beyond LinkedIn - it highlighted the shift towards personal branding as a career strategy. In a world driven by digital impressions, students and professionals need to position themselves thoughtfully, both online and offline.

Your LinkedIn profile is your voice in the digital world - make sure it speaks with clarity, purpose, and passion

This initiative reflects S-VYASA's commitment to preparing its community for real-world challenges, blending academic knowledge with the practical skills needed for today's dynamic job market.



Strengthening OBE Practices in Higher Education – From Objectives to Outcome

A full-day workshop on “Strengthening OBE Practices in Higher Education – From Objectives to Outcome” was organized by the Internal Quality Assurance Cell (IQAC) of S-VYASA (Deemed-to-be University) SAS, City Campus on **10th July 2025**. The session aimed at refining the understanding and practical application of Outcome-Based Education (OBE) frameworks within higher education institutions.

The program was compered by **Dr. Sowbhagya**, who efficiently guided the proceedings throughout the day. The program commenced with a prayer by **Ms. Keerthana**, setting a positive and reflective tone for the day. This was followed by the formal inauguration of the session by **Dr. Sridhar, Dr. Sachin, Dr. Geetanjali, Dr. Bharathi Dhevi**, and the guest speaker **Dr. Madhu**, marking the official beginning of the workshop.

The **resource person** for the workshop was **Dr. Madhu B K, Deputy Director, Quality Assurance and Accreditation Cell**, M.S. Ramaiah University of Applied Sciences. She holds a Ph.D. in Management and has over 14 years of experience in teaching, research, and academic administration. Dr. Madhu has contributed extensively to institutional quality enhancement and has published in reputed journals. She was also the recipient of the “Annual Exemplary Teacher Award” at RUAS in 2022.

Through an engaging and insightful session, she addressed various key components of OBE,



including formulation and alignment of learning outcomes, curriculum design, assessment mapping, and quality assurance mechanisms. The session emphasized the transition from objective-based teaching to outcome-driven education, aligning with national and international accreditation standards.

The workshop witnessed enthusiastic participation from faculty members of Prashanti Kutiram and City Campus of S-VYASA, including faculties from Management, Engineering, Computer Science, Allied and Healthcare, Naturopathy, Ayurveda and Yoga departments. The workshop successfully met its objectives by fostering a deeper understanding of OBE practices among faculty and stakeholders. It marked a significant step toward strengthening institutional academic quality and aligning with NAAC and global education standards.

The event was coordinated by **Dr. Sridhar S.** (Academic Director), **Dr. Geetanjali P** (Joint Coordinator, IQAC), and **IQAC Criterion 1 CWG Members**.

The event concluded with a formal **vote of thanks delivered by Dr. Shreelatha**, acknowledging the resource person, organizers, and participants for their valuable contributions and active involvement and a call for sustained efforts towards quality enhancement in higher education.



Embracing Change for Institutional Excellence: A Two-Day Pedagogical Workshop



A two-day workshop titled “*Embracing the Change for Institutional Excellence via Pedagogical Approaches*” was successfully conducted by the IQAC, S-VYASA Deemed to be University, School of Advanced Studies, at the City Campus on the 23rd and 24th of June 2025. Led by renowned education expert Dr. Prathima Khandelwal from the Fly High Foundation for Educational Excellence, the workshop highlighted the institution’s commitment to fostering innovative teaching and student-centred learning.

The sessions, each spanning 75 minutes, were thoughtfully structured to encourage interaction and practical application. Prior to the event, a customized Google Form gathered faculty expectations, ensuring the content was tailored for maximum relevance.

Day one began with an insightful session on the *Essentials of 21st Century Teaching and Learning*, focusing on evolving educational paradigms and necessary teaching skills. Faculty members enthusiastically participated in solo digital reflection activities. This was followed by a session on *Teachers as Torch Bearers of Change*,

emphasizing educators’ leadership roles, supported by digital collaborative tasks. The day concluded with practical insights into *Student-Centric Pedagogical and Andragogical Techniques*, where indoor and outdoor activities demonstrated methods like flipped classrooms and experiential learning.

Day two opened on a reflective note, as faculty shared their personal journeys into teaching, fostering a sense of community and inspiration. Sessions on *Teaching Taxonomies* and *New-Age Teaching Techniques* familiarized participants with Bloom’s Revised Taxonomy, Fink’s Taxonomy, OLRs, and MOOCs, equipping them with tools for effective curriculum design. The workshop concluded with a session on *Stress Management and Holistic Wellbeing*, guiding faculty to cultivate emotional intelligence and self-care.

The workshop received overwhelming appreciation for its interactive approach and practical insights. Faculty left inspired to integrate these strategies, ensuring the university remains at the forefront of educational excellence.



Empowering Ideas: A Workshop on Research Grant Proposal Writing



In the ever-evolving world of research and innovation, having a great idea is just the beginning. The real challenge lies in translating that idea into a compelling research proposal that can attract funding and support. Addressing this crucial gap, a thought-provoking and hands-on workshop titled “Research Grant Proposal Writing: From Concept to Funding” was recently organized by the **R&D Cell and IQAC** at our campus.

The session brought together faculty and aspiring researchers eager to navigate the complex, yet essential, world of research grants. The atmosphere was charged with curiosity, clarity, and a collective eagerness to learn.

Renowned academician and research consultant **Dr. Prabhu Mohandas, Associate Professor, Department of Computer Science and Engineering, NIT, Calicut** led the workshop with a series of engaging and insightful sessions. He began by offering a clear-eyed view of the research funding ecosystem in India, helping participants identify suitable funding opportunities and understand the expectations of funding agencies. From locating the right grant calls to decoding what reviewers seek, the discussions were both strategic and eye-opening.

What set this workshop apart was its strong focus on practical application. Participants weren’t just passive listeners – they actively engaged in hands-on exercises, working on their own proposal ideas with real-time guidance. The workshop also explored evolving trends in grant funding, emphasizing the importance of institutional alignment and measurable contributions.

Interactive Q&A segments gave attendees the chance to seek clarity, share challenges, and gain tailored advice from the expert. Informal conversations over tea and lunch further enriched the experience, fostering camaraderie and a spirit of collaboration among researchers from various disciplines.

The workshop concluded on a reflective note, underlining the importance of strategic thinking, clarity of purpose, and perseverance in successful grant writing. It wasn’t merely a training program - it was a call to action for faculty and scholars to think bigger, write with impact, and pursue research with renewed passion and purpose.

Through such initiatives, the R&D Cell and IQAC continue to strengthen the institution’s research culture, nurturing scholars who are ready to transform ideas into funded realities.

26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

YOGA AS REHABILITATION MEDICINE Plasticity, Performance & Resilience

18th to 21st Dec 2025 | Prashanthi Kutiram |
Bengaluru- 560105

Organized By:
S-VYASA Deemed to be University
Bengaluru, India



S-VYASA Deemed to be University,
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26th INCOFYRA

**International Conference on Frontiers in
Yoga Research and its Applications**

**My Dear Brothers and Sisters,
Greetings from Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**

We are honored to announce that S-VYASA will host the 26th International Conference on Frontiers in Yoga Research and its Applications (INCOFYRA) under the theme "Yoga as Rehabilitation Medicine – Plasticity, Performance & Resilience." We warmly invite you to join us in Bengaluru, India, for the main scientific and professional sessions from December 18th to 21st, 2025. As the premier scientific conference of S-VYASA, INCOFYRA is renowned for advancing evidence-based research and fostering international multidisciplinary collaboration. Every biennial installment convenes esteemed scientists, clinicians, and academicians to disseminate the latest empirical findings and clinical innovations in Yoga and Integrative Medicine.

The 26th INCOFYRA is dedicated to elucidating the role of Yoga as a robust therapeutic intervention in neurorehabilitation, sports medicine, and musculoskeletal health. The conference will focus on neuroplasticity the brain's capacity for adaptive change—and how Yoga-based interventions can optimize neuromuscular performance, cognitive resilience, and psychophysiological recovery. We will critically examine Yoga's efficacy in injury prevention, motor learning, proprioceptive enhancement, and post-traumatic rehabilitation.

This year's scientific program is curated for physiotherapists, neurologists, sports medicine specialists, athletic trainers, primary care physicians, and rehabilitation researchers seeking to deepen their understanding of neurokinetic chain integration, biomechanical efficiency, and evidence-based complementary therapies in neuro and sports medicine. Participants will gain insights into translational research methodologies, clinical outcome measures, and integrative care models that leverage Yoga and allied CAM modalities.

A key focus will be on knowledge translation and the adaptation of best practices across healthcare delivery systems, addressing disparities between resource-limited and high-resource environments. The conference will facilitate discourse on implementation science, health equity, and global policy frameworks that support the adoption of Yoga and Integrative Medicine in mainstream rehabilitation protocols. We cordially invite colleagues, researchers, and thought leaders worldwide to engage in a dynamic exchange of scientific knowledge, collaborative networking, and professional development. Attendees can anticipate a stimulating scientific program, interactive workshops, symposia on emerging research, and opportunities to experience India's rich cultural heritage

**With Love,
Dr. H R Nagendra
President, 26th INCOFYRA- 2025 and
President S-VYASA Society**












Main Conference Highlights

The 26th INCOFYRA will address the practice and future of complementary, or non-traditional, medical care in the broad scope of Neuro and Sports Medicine, aiming to produce outcomes conducive to plasticity, enhanced performance, and effective rehabilitation through the application of Yoga as a core modality

Objectives

-  **Unite Multidisciplinary Expert**
Bring together researchers, physicians, therapists, and academicians from diverse medical fields to discuss and advance the role of Yoga in rehabilitation medicine
-  **Share Latest Research and Clinical Insights**
Disseminate current research and clinical practices that highlight the impact of Yoga on neuroplasticity, physical performance, and psychological resilience
-  **Promote Networking and Collaboration**
Create opportunities for professionals in conventional medicine and complementary therapies to connect and collaborate, with a focus on Yoga-based rehabilitation strategies
-  **Educate on Yoga-Based Prevention and Treatment**
Educate healthcare providers about the use of Yoga in the prevention, diagnosis, and treatment of neuro and sports injuries, emphasizing its role in enhancing plasticity and resilience
-  **Highlight Yoga's Role in Well-being**
Promote the significance of Yoga in improving both the physical and mental well-being of athletes, with a focus on performance enhancement and injury resilience
-  **Explore CAM and Yoga Modalities in Rehabilitation**
Familiarize participants with the integration of Yoga, acupuncture, massage therapy, and other complementary practices in managing neuro and sports injuries
-  **Strategize Integration of Yoga and Traditional Medicine**
Identify actionable strategies for the effective inclusion of Yoga and allied traditional systems in integrative healthcare delivery, particularly for rehabilitation.



Dates to Remember

- Pre- Conference Workshops: 12th to 17th December, 2025
- Himalaya Yoga Olympiad Finals: 12th to 17th December, 2025
- Main Conference: 18th to 21st December, 2025
- Last Date for Abstract Submission: 1st November, 2025

The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by 14th Nov 2025. Scientific research papers and Concept papers on the theme and related topics in Integrative Sports Medicine and Rehabilitation are invited for oral and poster presentations. Please note, you need to register for the conference before submitting the abstract. Please visit the conference webpage for details.

For any queries please write to incofyra@svyasa.edu.in

Who should participate ?



Medical Professionals

Physicians, nurses, and allied health staff interested in integrative health, preventive medicine, and holistic patient care.



AYUSH Practitioners

Experts in Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy seeking to expand their knowledge and interdisciplinary collaborations.



Researchers, Occupational Therapists, and Policymakers

Experts in Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy seeking to expand their knowledge and interdisciplinary collaborations.



Wellness and Health Industry Professionals

Leaders and practitioners from wellness centers, health resorts, and corporate wellness programs looking to integrate evidence-based approaches



Researchers, Occupational Therapists, and Policymakers

Academics, clinical researchers, occupational therapists, and health policymakers committed to advancing integrative health and evidence-based practice



Sports Psychologists and Sports Nutritionists

Professionals supporting athletic performance and mental resilience through nutrition, psychology, and holistic health strategi



Physiotherapists, Coaches and Sports Scientists

Those involved in physical rehabilitation, athletic coaching, and sports science research interested in innovative, integrative methods.



Conference Program Schedule

18th December, 2025- Thursday

TIME	PROGRAM
6:00 - 8:00 AM	Ganapathi Homa Venue: Temple
7:00 - 8:00 AM	Maitri Milan Venue: Mangal Mandir
4:00 - 5:30 PM	Inaugural Program Venue: Samskriti Bhavan
6:00 - 7:30 PM	Cultural Program Venue: Samskriti Bhavan
7:30 - 8:30 PM	Dinner

19th December, 2025- Friday

TIME	PROGRAM						
9:00 - 11:00 AM	Plenary Session – 1, 2 & 3						
11:00 - 11:30 AM	Tea Break						
4:00 - 5:30 PM	Inaugural Program Venue: Samskriti Bhavan						
Parallel Symposia							
11:30 - 1:00 PM (25 mins + 5 mins)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Symposia 1 A:</td> <td style="width: 33%;">Symposia 1 B:</td> <td style="width: 33%;">Symposia 1 C:</td> </tr> <tr> <td style="height: 40px;"></td> <td></td> <td></td> </tr> </table>	Symposia 1 A:	Symposia 1 B:	Symposia 1 C:			
Symposia 1 A:	Symposia 1 B:	Symposia 1 C:					
1:00 - 2:00 PM	Lunch						
2:15 - 4:30 PM	Round Table-						
2:15 - 4:30 PM	Poster Presentation						
4:30 - 5:00 PM	Tea Break						
5:30 - 6:15 PM	Satsang by Yoga Masters Venue: Shruthi Mandir						
6:30 - 8:00 PM	Cultural Program						
8:00 - 9:00 PM	Dinner						



26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

20th December, 2025- Saturday

TIME	PROGRAM		
9:00 - 11:00 AM	Plenary Session – 1, 2 & 3		
11:00 - 11:30 AM	Tea Break		
4:00 - 5:30 PM	Inaugural Program Venue: Samskriti Bhavan		
Parallel Symposia			
11:30 - 1:00 PM (25 mins + 5 mins)	Symposia 2 A:	Symposia 2 B:	Symposia 2 C:
1:00 - 2:00 PM	Lunch		
2:15 - 4:30 PM	Round Table-		
2:15 - 4:30 PM	Oral Presentation		
4:30 - 5:00 PM	Tea Break		
5:30 - 6:15 PM	Satsang by Yoga Masters Venue: Shruthi Mandir		
6:30 - 8:00 PM	Cultural Program		
8:00 - 9:00 PM	Dinner		

21st December, 2025- Sunday

TIME	PROGRAM		
9:00 - 11:00 AM	Plenary Session – 1, 2 & 3		
11:00 - 11:30 AM	Tea Break		
Parallel Symposia			
11:30 - 1:00 PM (25 mins + 5 mins)	Symposia 3 A:	Symposia 3 B:	Symposia 3 C:
1:00 - 2:00 PM	Lunch		
3:00 - 5:00 PM	Valedictory function		
4:00 - 5:00 PM	Tea Break		
5:30 - 6:15 PM	Satsang by Yoga Masters		
6:30 - 8:00 PM	Cultural Program		
8:00 - 9:00 PM	Dinner		



Himalaya Yoga Olympiad- 12th - 17th December, 2025

It is not usually of a competition run throughout the country attracting thousands of youths. Swami Vivekananda said "Yoga should not be a competition but should be based on cooperation" with this in mind Himalaya has been conceptualized and concretized as a team assessment program. Each team consisting of yoga practitioners are formed. They will be assessed first at the Taluk level. Then the winners will go for the district level and so on till they reach international Himalaya . Participants from abroad can apply. After selection by the selection committee, they will be allowed to participate in the National and International Himalaya

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

Reference Books:

Light on Yoga by Dr. BKS Iyengar

Pranayama - The Art & Science by Dr. HR Nagendra

YIC Book S-VYASA and Himalaya Yoga Olympiad - Advanced Asanas

Structure Of Himalaya:

1. Teams

- An organization has a minimum of 24 members and a maximum of 32 members Team.
- Each group must have 3-4 persons participating from each organization.
- As assessment will not be based on individuals. Boys and girls will be assessed separately.
- Separate teams should register for sub-junior, junior, youth, and senior youth.
- Local languages or English is the medium of instruction or expression.

2. Venues

Wherever VYASA Affiliate centers are available, the HIMALAYA will be conducted in these centers, local yoga institutes will be utilized for this purpose where centers are not there, and other associated Yoga centers and the facilities provided by VYASA well-wishers will be utilized for this purpose. The National and International Himalaya will be in Prashanti Kutiram, Jigani, Bengaluru.

Contact Person- Dr. Vikas Rawat- +91-6362805583 | Dr. Kiran Kumar- +91-7483263568



Continuing Medical Education (CME)

CME on holistic healing includes 6 different diseases (Oncology, Cardiology, Pulmonology, Diabetes, Mental Health, Musculoskeletal disorders). The basic principles of Integrated Approach of Yoga Therapy (IAYT) and latest approaches towards Holistic Healing will be addressed. Both theory and practice will be covered in this CME.

Who Can Participate?

- Yoga Therapists, Yoga Teachers, Doctors

Coordinators- Dr. Amit Singh, Dr.Champa Pant & Dr.Remitha

Continuing Research Education (CRE)

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

Who Can Participate?

- Clinical Practitioners, Academicians, MSc, MD & PhD Scholars

Coordinators- Dr. Apar Saoji

Continuing Yoga Education (CYE)

Stream A: CYE- A Holistic Exploration of Health and Well-being through Yoga and Vedic Wellness Practices

Embark on a transformative journey with our Continuing Yoga Education (CYE) workshop, where we delve into the intricate tapestry of health and well-being through the profound lens of Yoga and Vedic Wellness practices. This specialised session goes beyond the conventional, offering participants a unique blend of ancient wisdom and modern insights to foster a holistic approach to life.

Coordinators- Dr. Vikas Rawat, Mr. Naveen Kumar H

Stream B: CYE- Advanced Yoga Techniques

In Continuing Yoga Education, we practice to strengthen the five Layers of our existence namely Annamaya Kosa, Pranamaya Kosa, Manomaya Kosa, Vijnamaya Kosa and Anandamaya Kosa. To strengthen these five Kosas, we practice seven Advanced Yoga Techniques namely CM, PET, MSRT, MEMT, MIRT, VISAK and ANAMS which are developed at SVYASA.

Coordinators- Ms. Padmasri Gudapati



Eminent Speakers & Panelist of the Conference



Dr. H R Nagendra
President, S-VYASA Society,
Bengaluru.



Dr. Manjunath N K
Vice Chancellor
S-VYASA University.



Dr. S.C Manchanda
Senior Cardiologist
Ganga Ram Hospital, Delhi



Prof. Lorenzo Cohen
Director of the Integrative Medicine
University of Texas MD Anderson
Cancer Center, USA



Prof. Richard Davidson
American psychologist and
professor. University of
Wisconsin-Madison, USA



Prof. Dorairaj Prabhakaran
Executive Director,
Centre for Chronic Disease Control,
New Delhi



Prof. Shivarama Varambally
Professor of Psychiatry
NIMHANS,
Bengaluru



Dr. K.G. Raveendran
Medical Director of The Arya
Vaidya Pharmacy,
Coimbatore



Dr. Sivaraman Arumugam
Arthroscopy & Sports Medicine,
Sri Ramachandra Medical College,
Chennai



Dr. Hafez Hussain
CEO at PERKESO Rehabilitation
Centre, Malaysia



Dr. Philip Lehnen
Medical Director of the LANS
Medicum, Europe



Dr. Abhishek Srivastava
Director, Centre for Physical Medicine
and Rehabilitation Consultant, Mumbai



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Dr. Ananda Balayogi Bhavanani
Director-Professor Yoga Therapy, ISCM of Sri
Balaji Vidyapeeth & Resident Acharya ICYER
at Ananda Ashram, Pondicherry.



Dr. Monika Pathania
Professor-
AIIMS, Rishikesh;



Dr. Murali Mohan B V
Senior Consultant- Mazumdar shaw
medical centre, Narayana health city,
Bangalore.



Dr. Pravati Pal
Professor- Physiology,
JIPMER, Puducherry.



Dr. Lokesh B
Consultant - Neurology
Aster CMI Bangalore



Dr. Sundar Kumar V
Associate Professor, MS Ramaiah
College of Physiotherapy.



Prof. K. S. Sharad
Principal, BCF college Of
Physiotherapy, Kottayam,
Kerala.



Dr. S N Omkar
Chief Research Scientist,
Department of Aerospace Engineering
Honorary Professor in Yoga.



Dr. Vijay Kage
Professor, HOD and Vice Principal
KLES Dr. Prabhakar Kore Hospital &
MRC, Nehru Nagar, Belagavi.



Dr. Anantharam Sharma
Prof & HOD - Panchakarma, All
India Institute of Ayurveda
(Alli), New Delhi.



Dr. Vaibhav Tripathi
Assistant Professor, Cognitive and
Brain Sciences , IIT, Gandhinagar.



Prof. Thomas Gregor Issac
Associate Professor, CBR,
IISc, Bengaluru.



Eminent Speakers & Panelist of the Conference



Dr. Shyam Diwakar
Professor and Director, Amrita Mind
Brain Center, Amritapuri



Prof. Aarti Jagannathan
Professor - National Institute of
Mental Health and Neuro Sciences.



Dr. Vignesh Muralidharan
Assistant Professor at the Center for
Brain Science and Applications



Prof. Sapna Erat Sreedharan
Professor in the Department of
Neurology, SCTIMST, Trivandrum.

Pre-Conference Workshops



CME
Continuing Medical
Education



CYE
Continuing Yoga
Education



CRE
Continuing Research
Education



HYO
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	SAARC Countries (INR)	Non-SAARC Countries (USD)	SAARC Countries (INR)	Non-SAARC Countries (USD)
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Category - 2 Non AC Shared	₹10,000	\$325	₹7,000	\$250
Category - 3 Non AC Shared	₹7,500	NA	₹5,000	NA

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Prashanti Kuteeram, Jigani, Bengaluru



Age Groups for Participants

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