

YOGA SUDHA

A Monthly Journal of S-VYASA Deemed to be University



INTERNATIONAL DAY OF YOGA | 2026

on 21st JUNE 2026

TIMES SQUARE * NEW YORK *



Dr. H. R. Nagendra

President, S-VYASA
Chief Guest



Dr. N. K. Manjunath

Vice Chancellor, S-VYASA University
Guest of Honor

Mr. Prem Bhandari

Chief advisor
international affairs, S-VYASA.
Organizing Secretary





**Nasha Mukta
Bharat Abhiyan**
एक भारत, श्रेष्ठ भारत

NMBA AWARENESS & YOGA-BASED BEHAVIOUR CHANGE PROGRAMMES (FY 2025-26)



S-VYASA
Swami Vivekananda Yoga Anusandhana Samsthana
(Deemed-to-be University)

**Empowering Individuals. Strengthening Communities.
Building a Drug-Free India.**



OUR MISSION

A nation free from substance
abuse through Awareness,
Yoga and Behaviour Change.



17,130

Total Direct
Beneficiaries
(Conservative Estimate)



₹ 2.175

Crores
Total Requested
Grant



6

Programme
Types



153

Total Units
Requested

STATE-WISE ROLLOUT



| STATE | ALLOCATION |
|----------------|------------|
| Karnataka | 40% |
| Delhi | 20% |
| West Bengal | 30% |
| Assam | 10% |
| Punjab | 10% |
| Haryana | 10% |
| Kerala | 10% |
| Andhra Pradesh | 10% |
| Telangana | 10% |

Total Allocation: 150%*

*Overlapping States for Wider Impact

ABOUT S-VYASA

- ✓ 50+ years of Yoga service
- ✓ Deemed-to-be University (UGC)
- ✓ 1,300+ scientific publications
- ✓ 600-bed Yoga Therapy Hospital
- ✓ Collaboration with NIMHANS, ICMR, AYUSH, DST, NIH
- ✓ 300+ affiliated VYASA centres nationwide
- ✓ Expertise in addiction behaviour, mental health & youth empowerment



PROGRAMME UNITS REQUESTED

| Programme Type | Units | Unit Cost (₹ Lakh) | Total Cost (₹ Lakh) | Key Beneficiaries |
|------------------------------|------------|--------------------|---------------------|--------------------------------------|
| 1-Day Awareness Programmes | 100 | 0.40 | 40.00 | Students, Youth, Community |
| 2-Day TOT / Training | 20 | 3.00 | 60.00 | Youth Leaders, Teachers, NGOs |
| 3-Day Capacity-Building | 20 | 3.00 | 60.00 | Volunteers, SHGs, Community Workers |
| 5-Day Intensive | 10 | 3.75 | 37.50 | At-risk Youth, College Students |
| 15-Day Behaviour Change Camp | 2 | 5.00 | 10.00 | High-risk Youth |
| 30-Day Life-Skills Camp | 1 | 10.00 | 10.00 | Youth (Residential Transformational) |
| TOTAL | 153 | - | 2.175/- | |

THE NEED (PROBLEM STATEMENT)

- 7.1 crore Indians affected by substance use
- 2.06% (≈2.3 crore) used opioids
- 5 crore suffer alcohol use disorders
- 3 crore cannabis users
- 400% rise in synthetic drug seizures (10 yrs)
- 272 high-risk districts identified by Govt.

WHY YOGA WORKS

- ✓ Improves emotional stability
- ✓ Reduces stress & anxiety
- ✓ Enhances impulse control
- ✓ Reduces cravings
- ✓ Better decision-making
- ✓ Builds self-worth & identity
- ✓ Strengthens peer-resistance



IMPLEMENTATION HIGHLIGHTS

- ✓ National coordination at S-VYASA HQ
- ✓ 300+ VYASA centres for rollout
- ✓ Partnerships with Schools, Colleges, NGOs, SHGs & District Committees
- ✓ Scientific Yoga protocols & life-skills modules
- ✓ Strong Monitoring, Evaluation & Impact assessment



KEY COMPONENTS

- ✓ Awareness & IEC Campaigns
- ✓ Yoga-based Behaviour Change
- ✓ Life Skills & Mental Wellness
- ✓ Youth Ambassador Training
- ✓ Community & Family Engagement
- ✓ Monitoring, Evaluation & Reporting

EXPECTED IMPACT

- ✓ Preventive healthcare at scale
- ✓ Rural employment generation
- ✓ Reduced healthcare burden
- ✓ Stronger communities & families
- ✓ Social harmony & wellbeing
- ✓ Towards a Drug-Free India

S-VYASA STRENGTH

- ✓ Strong collaborations with National Institutions
- ✓ Sustainable, scalable & replicable model



A HEALTHY MIND. A STRONG YOUTH. A DRUG-FREE INDIA.

Together, Let's Build
a Nasha Mukta Bharat!



YOGA SUTRA

June 2026

No. 06

CONTENTS



Division of Yoga & Management Studies

Promotes HOLSYM—Holistic Systems Management by integrating Yoga with modern management for leadership, ethics, well-being, and social harmony.

Division of Yoga & Physical Sciences

Explores consciousness-based science by integrating Yoga, Vedanta, physics, and neuroscience with modern scientific understanding.

Division of Yoga Humanities

Blends creativity, ethics, arts, sports, and Indian Knowledge Systems to nurture balanced and holistic human development.

| | |
|--|-----------|
| Editorial | 4 |
| Message From the Vice Chancellor | 6 |
| International Day of Yoga 2026 at Times Square A Global Celebration of Health, Harmony and Human Unity | 7 |
| Spirituality & Knowledge System | 9 |
| <i>धर्मसूत्रम् (Dharmasūtram), Yoga Upanishad Sara – 17 Prof. M. Jayaraman Delivers Series of Lectures and Workshops in Houston, USA Sivananda Yoga Workshop at S-VYASA University The Transformative Power of Dynamic Suryanamaskar</i> | |
| Life sciences & Integrative Health | 27 |
| <i>Two-Day Experiential Workshop on Gestalt Therapy, Department of Psychology</i> | |
| Physical Sciences, Engineering, Ai & Robotics | 31 |
| <i>UST Global Industrial Visit Innovation for AI for Drug Free India: BCA Students Excel at Hack4Change 2026 AI FOR DRUG FREE INDIA 2026: THE MOVEMENT</i> | |
| Management & Holistic Sysyems | 40 |
| <i>“Emerging Trends in Management and Business Research”</i> | |
| Humanities- Performing Arts & Sports | 44 |
| <i>Swami Vivekananda - The Humanist 19.</i> | |
| Arogyadhama – Clinical Application | 46 |
| <i>Success stories at Arogyadhama – Department of Rheumatology</i> | |
| Vyasa National & International | 51 |
| <i>Bhagavad Gita Examination Held at Prashanti Kutiram Pratinanda 2026: Farewell ceremony of BNYS and MD Yoga Nearly 1000 Participants Join International Day of Yoga Countdown Programme at S-VYASA S-VYASA Conducts Three-Day Yoga and Wellness Retreat for CDAC Participants Dr. H.R. Nagendra Invited to JPC Interaction on “One Nation, One Election” SVYASA Houston Concludes Successful 9th Annual Yoga Retreat</i> | |

EDITORIAL

Dr H R Nagendra
President S-VYASA



The June 2026 issue of Yoga Sudha reflects the vibrant growth of S-VYASA as a unique institution integrating Yoga, spirituality, scientific research, innovation, education, healthcare, culture, and social responsibility into one unified vision of human excellence. This issue presents a living example of how ancient wisdom and modern science come together for individual and societal transformation. From building drug-free campuses through Yoga and value-based education to promoting deep spiritual insights on Dharma through the Purva Mimamsa tradition and the teachings of Maharshi Jaimini, S-VYASA continues to spread India's spiritual heritage to global audiences. The institution's international outreach is further strengthened through lectures on Vedanta and Yoga delivered in Houston, USA, inspiring seekers across the world.

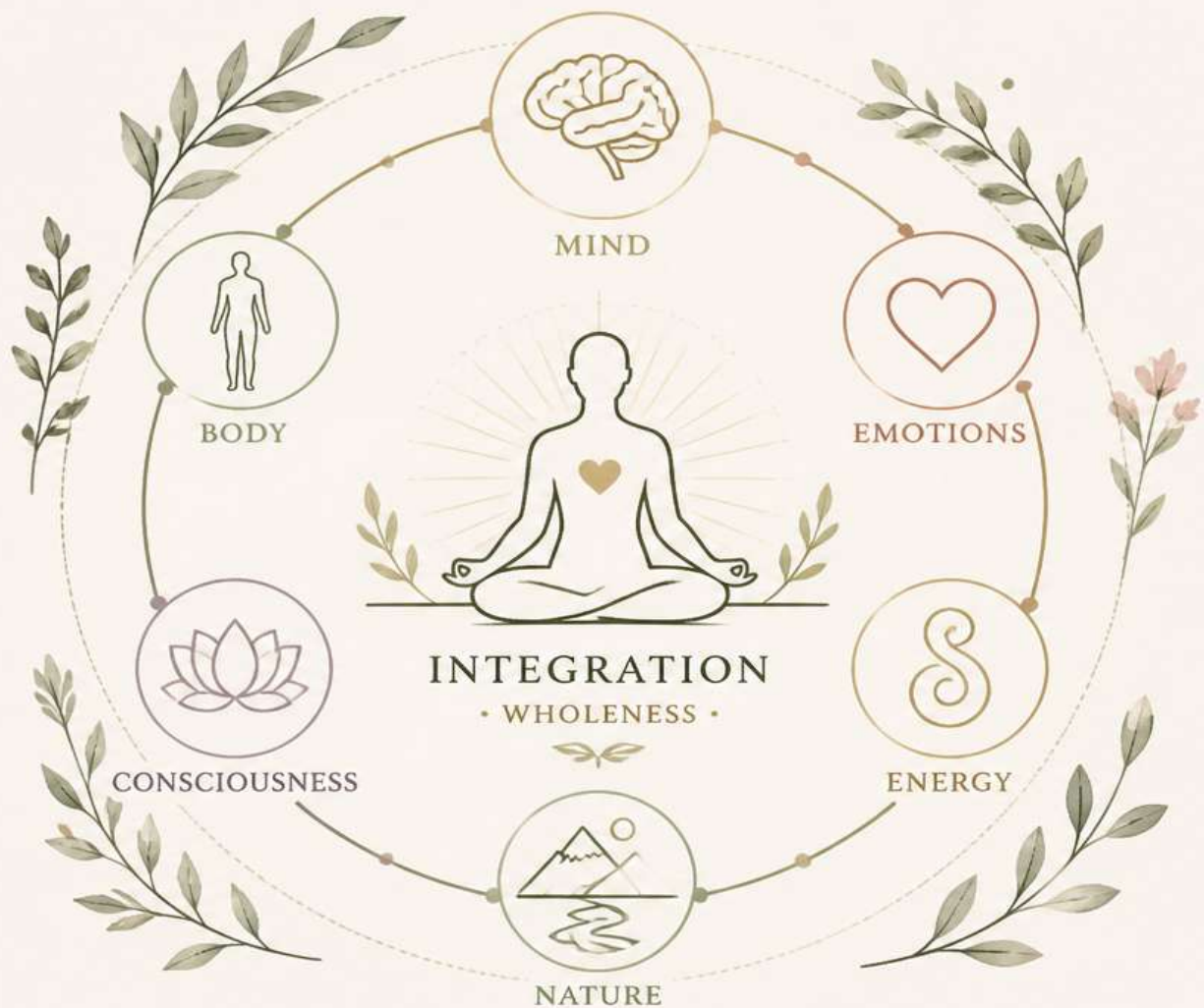
Division of Yoga & Spirituality

The Division of Yoga & Spirituality is founded on the vision that Moksha is the original state of every individual and the whole creation—a state of infinite freedom, bliss, knowledge, and power, called Divinity by Swami Vivekananda. Through Yoga and spiritual practices, it guides humanity towards the manifestation of this inherent Divinity.

Division of Yoga & Life Sciences

The Division of Yoga & Life Sciences is based on the Pancha Kosha model and Integrated Medicine, viewing health as harmony across body, energy, mind, intellect, and bliss. It integrates Yoga and modern biomedical sciences to promote preventive, promotive, curative, and rehabilitative healthcare for holistic human well-being.





Division of Yoga & Management Studies

The Division of Yoga & Management Studies promotes HOLSVM—Holistic Systems Management—expanding beyond Total Quality Management toward quality of life, health, personality development, ethics, and societal contribution. Integrating Yoga with modern management, it develops compassionate, value-based leaders committed to organizational excellence, social responsibility, and global harmony.

Division of Yoga & Physical Sciences

The Division of Yoga & Physical Sciences explores a shift from a matter-based worldview toward a consciousness-based paradigm. Integrating Yoga,

Vedanta, physics, and neuroscience, it investigates consciousness as a fundamental principle underlying existence, aiming to bridge ancient spiritual insights with modern scientific understanding of reality and human potential.

Division of Yoga Humanities

The Division of Yoga Humanities integrates creativity, holistic vision, and Indian Knowledge Systems into performing arts, sports, culture, ethics, and jurisprudence. It promotes excellence with inner balance, values, and consciousness, fostering individuals who combine creativity, professionalism, and holistic awareness for societal welfare and human development.

Message From the Vice Chancellor

Dr. Manjunath N K
Vice Chancellor
S-VYASA Deemed to be University
Bengaluru



12th International Day of Yoga 2026 – “Yoga for Wellness, Wisdom & World Peace”

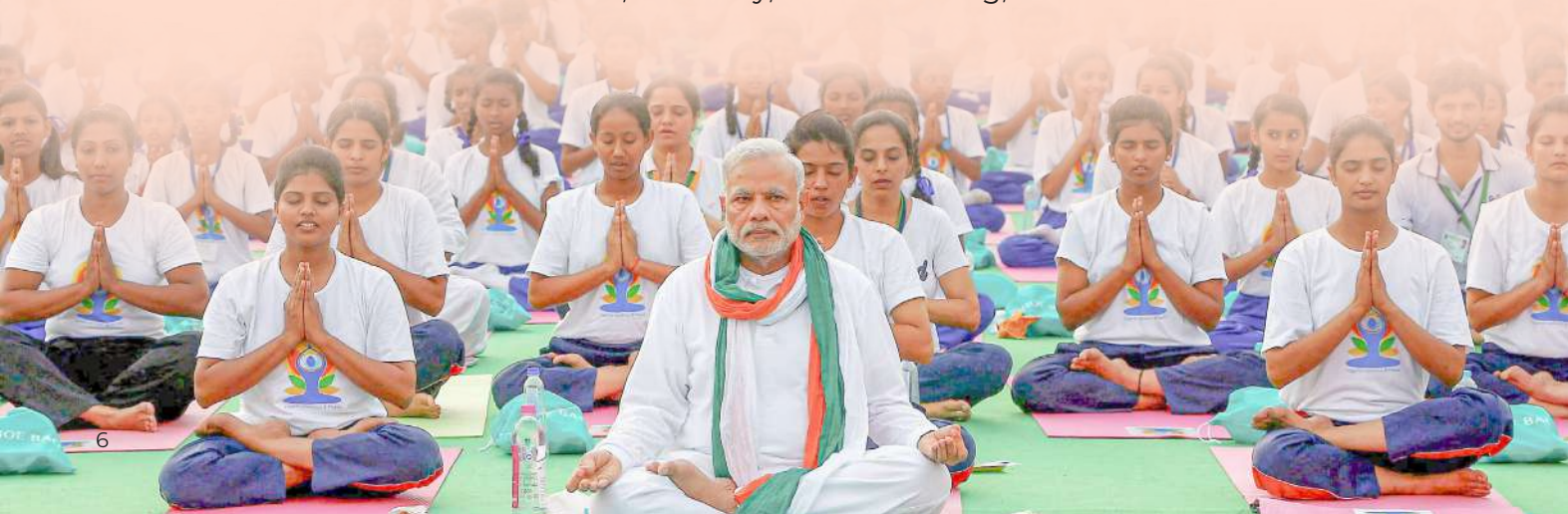
The observance of the 12th International Day of Yoga (IDY) 2026 is a global reminder that yoga is a universal gift for humanity, transcending barriers of age, gender, socio-economic status, nationality, religion, and culture. Celebrated every year on June 21st since 2015, the International Day of Yoga brings together millions of people across the world in the shared pursuit of health, harmony, and inner transformation.

The theme for the 12th International Day of Yoga 2026, “Yoga for Wellness, Wisdom & World Peace,” beautifully reflects the profound essence of yoga in today’s world. At a time when humanity faces increasing stress, lifestyle disorders, environmental imbalance, and social conflicts, yoga offers a timeless pathway toward holistic well-being, clarity of mind, and peaceful coexistence. Yoga is not merely a system of physical exercise; it is a science of life that nurtures physical health, emotional balance, intellectual wisdom, and spiritual awakening.

The International Day of Yoga was envisioned by our Hon’ble Prime Minister, Sri Narendra Modi Ji, during his address to the United Nations General Assembly in 2014. Recognizing yoga’s universal appeal and transformative potential, the United Nations adopted the resolution declaring June 21st as the International Day of Yoga. Since then, the celebration has become a worldwide movement promoting harmony between human beings and nature.

Yoga preserves and promotes the ancient wisdom of our rich Indian heritage while remaining highly relevant in the modern world. In an era of rapid technological advancement and changing lifestyles, yoga reconnects us with our inner selves and with the values of compassion, discipline, mindfulness, and unity. It empowers individuals to lead healthier, happier, and more meaningful lives while contributing positively to society.

On this auspicious occasion of the 12th International Day of Yoga 2026, let us reaffirm our commitment to adopting yoga as a way of life for achieving wellness, cultivating wisdom, and fostering world peace. May the timeless message of yoga inspire humanity to move towards a future filled with health, harmony, understanding, and universal brotherhood.





Mr. Prem Bhandari



International Day of Yoga 2026 at Times Square A Global Celebration of Health, Harmony and Human Unity

The iconic Times Square in New York City is once again set to become a global center of peace, wellness, and higher consciousness during the International Day of Yoga (IDY) 2026 celebrations. Thousands of Yoga practitioners, health enthusiasts, spiritual seekers, students, and professionals from across the world will gather together in collective Yoga practice amidst one of the busiest and most vibrant locations on Earth.

The International Day of Yoga, declared by the United Nations in 2014 following the visionary initiative of Hon'ble Prime Minister Shri Narendra Modi, has grown into a worldwide movement promoting holistic health, mental wellbeing, emotional balance, and global harmony. Today, Yoga has transcended all boundaries of nationality, religion, and

culture to emerge as a universal science of healthy living.

Prime Minister Shri Narendra Modi's leadership has played a historic role in taking Yoga to the masses across India and the world. Through the active involvement of multiple ministries, educational institutions, embassies, armed forces, AYUSH systems, and social organizations, the Government of India has successfully brought the Common Yoga Protocol (CYP) to crores of people across villages, schools, colleges, offices, hospitals, parks, and public institutions. His inspiring messages such as "Yoga for Humanity," "Yoga for Wellness," and "One Earth, One Health" have made Yoga a people's movement for global wellbeing.





This year's Times Square celebration gains special importance with the participation of distinguished leaders from S-VYASA University, Bengaluru — one of the world's leading institutions dedicated to scientific Yoga research, integrative healthcare, and Indian Knowledge Systems.

Among the eminent participants are Dr. H. R. Nagendra Guruji, President of S-VYASA and Internationally respected pioneer of scientific Yoga research; Dr. N. K. Manjunath, Vice Chancellor of S-VYASA University and a globally recognized expert in Yoga therapy and Integrative Medicine and Mr Satish Gupta, Vice President, S-VYASA Society and renowned Business man and Philanthropist.

Under the visionary guidance of Dr. H. R. Nagendra Guruji, S-VYASA has emerged as a globally respected institution conducting pioneering research on Yoga for diabetes, stress management, cancer rehabilitation, mental health, neuroplasticity, and lifestyle disorders. The university continues to bridge ancient yogic wisdom with modern scientific research to offer sustainable solutions for

global health challenges.

A major force behind this prestigious participation is Mr. Prem Bhandari, whose vision, generosity, and dedication have made this historic visit possible. Mr. Prem Bhandari has invited and sponsored the visit of Dr. H. R. Nagendra Guruji and Dr. N. K. Manjunath for the International Day of Yoga celebrations in New York. His continued efforts in promoting Indian culture, spirituality, humanitarian values, and Yoga globally deserve heartfelt appreciation.

The Times Square Yoga event symbolizes the timeless message of Yoga — peace amidst chaos, harmony amidst diversity, and inner balance amidst the pressures of modern life. As thousands practice Yoga together in the heart of New York City, the event will stand as a powerful reminder that humanity is fundamentally interconnected.

The International Day of Yoga 2026 at Times Square is therefore not merely an event, but a movement of consciousness and a celebration of global unity, health, and human transformation.

धर्मसूत्रम् (Dharmasūtram)



Prof. Ramachandra G Bhat

Former Vice Chancellor

S-VYASA deemed to be University, Bengaluru

चोदना लक्षणोऽर्थो धर्मः ॥ पूर्वमीमांसा सूत्रम् १.१.२॥

Codanā lakṣaṇo'rtho dharmah || Pūrva Mīmāṃsā Sūtra 1.1.2||

Meaning: Dharma is that which, being desirable, is indicated (or taught) by Vedic injunction.

The second aphorism in the Pūrvamīmāṃsā Paramparā is the celebrated Sūtra of the great Ṛṣi Jaimini: (codanālakṣaṇo'rtho dharmah) (Jaimini Mīmāṃsā Sūtra 1.1.2). Dharma, according to Jaimini, is that which is indicated by Vedic injunctions. After the opening Sūtra that declares the desire to enquire into Dharma, Jaimini proceeds to define it through the central concept of codanā — the Vedic impulse or injunction that motivates human beings towards Yāga and Yajña. Lakṣaṇam here means definition or characterization. According to Kumarila Bhatta in the Shlokavartika, codanā signifies Vedic command, the supreme authority guiding human duties. These duties are physical, verbal, and mental in nature, though the principal emphasis in Mīmāṃsā is upon Yāga. Hence the Mīmāṃsakas declare: (yāga eva dharmah). Dharma is further described in the Mahanarayana Upanishad asviśvasya jagataḥ pratiṣṭhā) — the sustaining foundation of the universe and human civilization. Therefore, guidance must be sought from the Vedas — Saṃhitā, Brāhmaṇa, Āraṇyaka, and Upaniṣads — particularly the Saṃhitā and Brāhmaṇa portions in matters concerning Karmakāṇḍa.

One who aspires for heavenly well-being is enjoined to perform Agnihotra and Nityāgnihotra. After fulfilling the prescribed qualifications, he must establish the three sacred fires: Dakṣiṇāgni, Gārhapatya, and Āhavanīya. Thereafter, he continues the observance of Nityāgnihotra and performs Darśapūrṇamāsa during Pūrṇimā and Amāvāsyā. The Vedic injunction (agnihotraṃ juhuyāt svargakāmaḥ) becomes the guiding principle for the Agnihotrin. Through such discipline, one becomes eligible for Soma Yāgas, Pāka Yajñas, and Havir Yajñas, each comprising seven forms, thus constituting the twenty-one Yāgas prescribed for the ideal Gṛhastha. Jaimini firmly rejects mere personal reasoning, social convention, or individual preference as sufficient authority for ritual performance. Only that which is sanctioned by Vedic injunction becomes Dharma. The eligibility itself is rigorous: one must be married, and only after begetting a son may one establish the Agnitraya — Dakṣiṇāgni, Gārhapatya, and Āhavanīya — and continue the observances throughout life.





Jaimini Maharṣi therefore establishes Dharma through the Sūtra (codanālakṣaṇo'rtho dharmah), where artha refers to actions performed with intended purpose and result. Dharma, in this context, is not merely (dhāraṇād dharmam ityāhuḥ), nor solely (samājadhārakaḥ dharmah), or (yad āryāḥ kriyamāṇaṃ praśamsanti sa dharmah). While such definitions exist in various traditions, Jaimini gives primacy to Vedic injunction as the ultimate authority governing Nitya, Naimittika, Kāmya, and Prāyaścitta karmas. Kumarila Bhatta also supports this understanding through the concepts of vidhi and niṣedha — injunctions and prohibitions. Vedic instruction not only prescribes what ought to be done, but also what must be avoided. Thus, adherence to Vedic injunction transforms an individual into a Dhārmika. Dharma is therefore not arbitrary conduct, but disciplined living rooted in revealed wisdom.

At the same time, Mīmāṃsā does not isolate Karma from Jñāna. Knowledge remains the guiding principle behind all ritual performance. Without Vedic understanding, no Yāga, Yajña, or Dharma can truly exist. Hence Karma Kāṇḍa, Jñāna Kāṇḍa, and Upāsana Kāṇḍa function together in an integrated manner. Though Smṛtis and Dharmasāstras describe many forms and classifications of Dharma, Jaimini, being primarily concerned with ritual action supported by Jñāna and Dhyāna, emphasizes (yāgādireva dharmah). This vision also expands into the ideal of Pañcamahāyajña described in the Taittiriya Upanishad, embracing Dravya Yajña, Tapo Yajña, Yoga Yajña, and Svādhyāya Yajña. In the same spirit, the Bhagavad Gita presents a broad understanding of sacrifice through the teachings of Krishna. Thus, the Mīmāṃsā understanding of Dharma ultimately integrates ritual discipline, knowledge, contemplation, and sacred responsibility into a unified vision of life.

Yoga Upanishad Sara – 17

Prof M Jayaraman
Dean, Division of Yoga Spirituality



From Unripe to Ripe:

The Secret Health Lessons of the Yoga Shikha Upanishad

Introduction

The Yoga Shikha Upanishad, belonging to the Krishna Yajurveda, is a significant Yoga Upanishad that presents its teachings in the form of a dialogue between Shiva as the preceptor and Brahma/Hirayagarbha as the disciple, symbolizing the transmission of supreme yogic wisdom from the highest consciousness to the creative intellect. Comprising six chapters, the text systematically expounds the nature of yoga, the discipline of Prana, the awakening of Kunalini, and the realization of the non-dual Self. It integrates elements of Vedānta and Haṭhayoga, presenting yoga not merely as a practice but as a transformative means to transcend bondage. The Upanishad emphasizes the unity of Jivatman and paramatman, and highlights the indispensability of a Guru and sustained Abhyasa in attaining liberation. It stands as a bridge text, harmonizing contemplative insight with subtle psycho-physiological processes. An overview of the text chapterwise is presented in this write up.

The Illusion of Bondage and the Need for Synthesis

The text begins with Hiranyagarbha inquiring how individual souls (Jivas), ensnared by the web of illusion (Maya), can cut asunder the cycles of birth, death, disease, and old age (Ch. 1, Verses 1–2). Lord Shiva responds that absolute liberation (Kaivalya) is attainable exclusively through the established path of knowing the non-differentiated Brahman (Ch. 1, Verses 3–4).

The Upanishad warns that seekers relying solely on scriptural intellectualism (Sastra-lore) fall into delusion and spiritual pride; Brahman cannot be encapsulated by mere book-learning (Ch. 1, Verses 4–7). Pure consciousness (Paramatman) naturally vibrates like air moving through space, giving rise to self-consciousness and a five-fold cosmic manifestation (Tri-pad Bhuti, Nitya Bhuti, Lila Bhuti, Moha Bhuti, and Jada Bhuti) (Ch. 1, Verses 7–9). Bound by the three Gunas and seven bodily humours (Dhatus), the soul acts as a Jiva; when cleansed of human defects like lust, anger, fear, and greed, it returns to its true status as Siva (Ch. 1, Verses 10–11).

Crucially, the text declares that theoretical wisdom without Yoga cannot grant liberation, and technical Yoga devoid of wisdom fails to lead to freedom (Ch. 1, Verses 12–14). True knowledge means recognizing that negative worldly defects have no independent reality from the Self (Ch. 1, Verses 14–19). Spurious knowers who claim wisdom but lack sensory control and detachment continue to ride the waves of worldly pleasure and pain (Ch. 1, Verses 20–24).





Somatic Maturity and Subtle Anatomy

Human beings are categorized into two types: the Unripe (Apakva), whose inner selves remain impure and subject to worldly limitations, and the Ripe (Pakva), whose bodies and minds have been matured by the fire of active Yoga practice (Ch. 1, Verses 24–27). Unripe practitioners suffer from pairs of opposites (heat/cold, pleasure/pain) and are easily disrupted by external changes, trapping them in continuous rebirth cycles (Ch. 1, Verses 27–34). When limited individuality (“I am this body”) is dissolved, bodily afflictions lose their target; injuries, fire, and water lose their power because no ego remains to claim the pain (Ch. 1, Verses 34–37). The master Yogin’s physical structure is purified by the inner fire of Yoga, becoming weightless, clear, and subtle like space (Ether), completely free from aging and the fear of death (Ch. 1, Verses 38–47).

The text shifts to a detailed blueprint of the subtle anatomy required to navigate this ascent (Ch. 1, Verses 48–110). It charts the central subtle channel (Sushumna Nadi) running from the base of the spine up to the crown of the head, passing through the core energy centers (Muladhara, Svadhisthana, Manipura, Anahata, Vishuddha, and Ajna). The dormant cosmic energy (Kundalini), resting at the Muladhara, must be awakened using breathing exercises (Pranayama) and concentrated focus to ascend through these plexuses, transforming intellectual concepts into direct spiritual experience (Ch. 1, Verses 80–95).

Internal Integration and Sound Absorption

The practice focuses on unifying internal opposites (Ch. 1, Verses 111–145): blending Prana (upward breath) with Apana (downward breath), Bindu (creative seed) with Rajas (vital energy), and the Jivatman with the Paramatman. By utilizing physical locks (Bandhas) and gestures (Mudras), the Yogin stops the outward dispersion of energy and directs it inward. As the energy reaches the crown, the mind dissolves through listening to the inner spiritual sound (Nada-anusandhana), centered on the sacred syllable OM (Ch. 1, Verses 146–165). This leads to the state of a Jivanmukta—one who is fully liberated while still living in a physical body, viewing the universe as a reflection of the Self and resting in eternal bliss (Ch. 1, Verses 166–178).

Lineage Protocol and the Dimensions of Sound

The second chapter dictates that this sacred wisdom must be guarded with immense effort and can only be transferred through a qualified lineage (Ch. 2, Verses 1–4). A student must render dutiful service to a self-controlled Guru for a trial period of twelve years. If a Guru imparts instruction out of pride, error, or greed, the transmission fails, and the disciple's practice is nullified; success belongs solely to the student who receives the true meaning from a competent master.

Lord Shiva defines the fundamental formula (Mula-mantra) as the cosmic intersection of Shiva and Shakti arising from the Muladhara (Ch. 2, Verses 5–12). This sacred sound holds four dimensions:

Pitha: The foundational bedrock of all existence and absolute Brahman.

Nada-linga: The spiritual symbol pointing directly to the Atman, transforming the realization into immediate mastery.

Mula-mantra: The root formula that anchors the vital breath and sits at the base of all speech.

Sutra: The ultimate thread that passes through and sustains the matrix of all individual souls.

To unlock this reality, the practitioner uses the Shan-mukhi Mudra (sealing the physical senses) to drive Prana inward and shatter mental limitations (Ch. 2, Verses 13–14). The Divine manifests across three dimensions: the Gross form (Vairaja), the Subtle form (Hiranya-garbha), and the Seed form (Nada—expressed through the seeds A, U, and M) (Ch. 2, Verses 14–15). Realization is marked by visual inner gateways, where the yogi continuously perceives subtle lights like a steady lamp, the glowing moon, a firefly, or flashes of lightning (Ch. 2, Verses 18–20). The chapter establishes a final hierarchy: “There is no Mantra higher than the Nada; there is no god higher than one's own Atman; there is no worship higher than investigation, and there is no happiness higher than satisfaction.” (Ch. 2, Verses 20–21). This transformation manifests exclusively for those holding supreme faith in Isvara and equal devotion toward their Guru (Ch. 2, Verses 22).

The Four Forms of Cosmic Sound

The third chapter explores the cosmic expansion of sound consciousness (Sabda-Brahman). All existence emerges from and returns to pure consciousness (Cit). To illustrate how silent consciousness transforms into audible speech, the text reveals the four developmental stages of sound (Ch. 3, Verses 1–10):

Para: Sound in its ultimate, unmanifest seed state at the Muladhara.

Pasyanti: Sound stirring with intent, taking the form of mental light or visualization in the lower abdomen.

Madhyama: Sound vibrating within the subtle heart region, acting as a bridge between thought and articulation.

Vaikhari: The final, dense stage where sound exits the throat as spoken, audible words.

The Supreme Truth (Para-Brahman) is tranquil, attribute-less (Guna-less), and entirely unaffected by the changing dualities of worldly life (Ch. 3, Verses 11–21). The text notes a profound psychological paradox: human fancy or mental projection (Vikalpa or Sankalpa) is the sole cause of rebirth and bondage. When the mind contemplates worldly objects, it builds attachments; however, if this same power of intense contemplation is redirected away from worldly items and focused completely on the Divine, the mind naturally dissolves into that focus, merging into the absolute reality of the Supreme Truth (Ch. 3, Verses 11–21).



Non-Dual Philosophy and the Illusion of Matter

The fourth chapter delivers pure non-dual (Advaita) philosophy, explaining that Supreme Consciousness is uniform and contains no internal divisions. It presents the classic Vedantic analogy of the rope and the snake: just as a person mistakes a coiled rope for a snake in the twilight due to a lack of light, the individual soul (Jiva) with its fears and limitations is a false mental projection (Ch. 4, Verses 1–2). The moment real spiritual knowledge (Atma-jnana) dawns, the illusion vanishes.

Because absolute Brahman is the immediate cause of the phenomenal world, the universe in its entirety is Brahman alone. The apparent boundary between the observer and the observed is fundamentally false, illustrated by the analogy of the earth and the clay pot: the pot is merely a temporary name and shape given to the underlying clay (Ch. 4, Verses 18–20). Believing in an independent physical world separate from Brahman is as impossible as finding water in a desert mirage or expecting a solid tree to grow in the empty sky.

The text states that the body itself is a form of consciousness; it is only through deep ignorance that a person superimposes the limitations of physical matter onto the limitless soul (Ch. 4, Verses 18–20). The physical and energetic practices are simply tools to clear away mental static so the mind can realize that it is not a physical container, but pure consciousness experiencing itself (Ch. 4, Verses 1, 2, 18–20).

The Body-Temple Architecture

The fifth chapter grounds these non-dual concepts back into the physical structure, describing the human body as a complex city and a functional temple of Lord Vishnu designed to bestow special powers on mortals (Ch. 5, Verses 1–4). It outlines the body-temple architecture:

- It possesses ten physical openings (gateways) cross-sectioned by ten primary energetic highways (Nadis).
- It is vitalized and aerated by ten distinct inner winds (Pranas) and covered by the ten operational senses.
- It contains six inner chambers, which are the six major energy centers (Chakras).
- It serves as a vast forest suited for practicing the six distinct lineages of Yoga (Mantra, Laya, Hatha, Raja, Bhavana, and Sahaja).
- It contains four sacred energetic seats (Pithas), lit by the lamps of the four Vedas, acting as the direct residence of the Bindu, Nada, and the divine union of Vishnu and Lakshmi.

The text maps the upward progression of these centers, identifying the Muladhara as the primary seat of Shiva in the form of the Jiva, where the sleeping Kundalini rests and vital air, inner fire, and the creative seed take their origin (Ch. 5, Verses 1–4). As the practitioner purifies these six inner chambers, advanced psychic powers (Siddhis) surface. Lord Shiva delivers a strict warning: the Yogin must not allow his thoughts to dwell on these secondary attainments with a fickle mind (Ch. 5, Verses 56–59). The true seeker must remain completely indifferent to these phenomena. For the master who understands the profound secret of this Yoga-shikha, religious merit, sin, sorrow, and defeat lose all hold, and they break the wheel of involuntary reincarnation (Ch. 5, Verses 60, 61, 62).

The Ascent of the Central Pathway

The final chapter details the precise cultivation of the Kundalini Shakti. Out of the 101 primary channels of the heart, one specific path travels directly to the crown of the head: the flawless Susumna Nadi (Ch. 6, Verses 1–15). Running along the vertebral column (Vina-danda), perfectly suspended between the Ida channel on the left and Pingala on the right, the Susumna acts as an entire microcosm. Cosmic elements, holy places of pilgrimage, rivers, oceans, mountains, the Vedas, and the three Gunas are all localized along its column, supporting the body's 72,000 secondary subtle channels.

To initiate the energetic ascent, the practitioner forces the Prana through the middle of the Susumna, locking it at the Baindava-sthana (the space between the eyebrows) (Ch. 6, Verses 16–34). When the mind and breath are held firmly above the palate in deep absorption, the yogi follows the unmanifest sound (Anahata) until the refined mind dissolves completely into the absolute root support—the Adhara (root chakra). Restraining vital air within this plexus cuts away all attachments and marks the confluence of the three great channels.

The vital breath climbs into the Sahasrara (thousand-petaled lotus) at the crown, drinking the nectar born from internal union (Ch. 6, Verses 33–46). Anchoring the mind inside the Susumna for just a single minute dissolves the ego like salt in water. The text elevates Susumna-Yoga above all standard external religious practices, stating that traveling to holy spots, bathing in the Ganges, or performing physical vows do not equal even one-sixteenth of the spiritual merit gained by meditating on the middle channel.



The Hamsa Breath and Mental Motionlessness

The Upanishad maps out a specific psychological layout within the forehead: Maya Shakti at the front, Para Shakti (sound/nada) in the middle, Bindu Shakti (the mind) at the back, and the subtle Jivatman at the center of the Bindu (Ch. 6, Verses 47–62). Driven up and down by the inhalation (Prana) and exhalation (Apana), the soul finds no rest. As the breath moves out, it makes the sound “Ha”; as it enters, it makes the sound “Sa”. This means every living being naturally repeats the mantra “Hamsa, Hamsa” (“I am He”) 21,600 times a day without conscious effort. Understanding this involuntary prayer grants mastery.

If the Kundalini energy stays dormant below the navel, it acts as a source of bondage; if guided upward into the higher channels, it transforms into the engine of absolute liberation, identical to the cosmic syllable OM. The text concludes with a vital psychological law: “When the mind moves, that is known as worldly-mindedness (bondage). The motionless state of the mind is known as Liberation.” By ignoring psychic side-effects and making the mind completely steady, the yogi rests in eternal freedom.

Major Therapeutic Insights

The text outlines a systematic, practical guide to well-being and somatic transformation:

The Pathological Etiology of the Unripe Body: The text establishes that practicing pure intellectualism without physical purification leaves a “foul interior,” making the body vulnerable to extreme environmental changes, physical distress, and erratic breathing. True wellness is achieved by creating a “ripe body” through yogic practices, which purifies physical tissues, eliminates somatic sorrow, and slows physical decay.

Egoism as the Root of Sickness: The Upanishad notes that physical and mental diseases directly fluctuate based on individual egoism and attachment to the physical container (“How can there be affliction in the body without individuality?”). Dissolving this narrow identification automatically eliminates constituent diseases.

Cellular Regeneration via Inner Heat: By directing Prana through breathing exercises, the yogi activates an internal fire that cleanses the seven physical layers (Dhatu), making the body feel light, resilient, and untouched by normal aging.

Balancing the Autonomic Nervous System: The text links daily stress and emotional anxiety directly to the fluctuating pendulum of the 21,600 automatic Hamsa breath cycles. By slowing down this cycle and drawing the vital air into the central channel, the practitioner forces the restless mind into a motionless, peaceful state.



Conclusion

In conclusion, the Yoga Shikha Upanishad presents a powerful, holistic guide to wellness by treating the human body as a sacred, living temple rather than a physical burden. Its primary health lesson is that true well-being cannot be achieved through intellectual book-learning or harsh physical training alone; instead, it requires a balanced synthesis of mental wisdom and energetic practice.

By shifting from an “unripe” state—characterized by a toxic interior, physical weakness, and emotional instability—to a “ripe” state through dedicated yoga and breath control, a practitioner activates an inner fire that purifies bodily tissue and slows down physical decay. Psychologically, the text uniquely identifies egoism and individual pride as the root causes of disease, proving that physical suffering drops away when we dissolve our selfish identities. Finally, by managing the natural pendulum of the Hamsa breath and stabilizing the daily 21,600 respiratory cycles, the text provides a simple, accessible tool to calm the nervous system. Ultimately, the Upanishad reveals that a healthy, disease-free life is achieved when we quiet our restless breathing, steady our wandering minds, and recognize our physical bodies as beautiful, direct expressions of pure divine consciousness.

Conclusion

References

Upanishad-Brahma-Yogin (1920). *The Yoga Upanishads*. Adyar Library, Theosophical Society.
Ayyangar, T. R. S., & Shastri, Pandit S. S. (1938). *The Yoga-Upanishads*. Adyar Library.



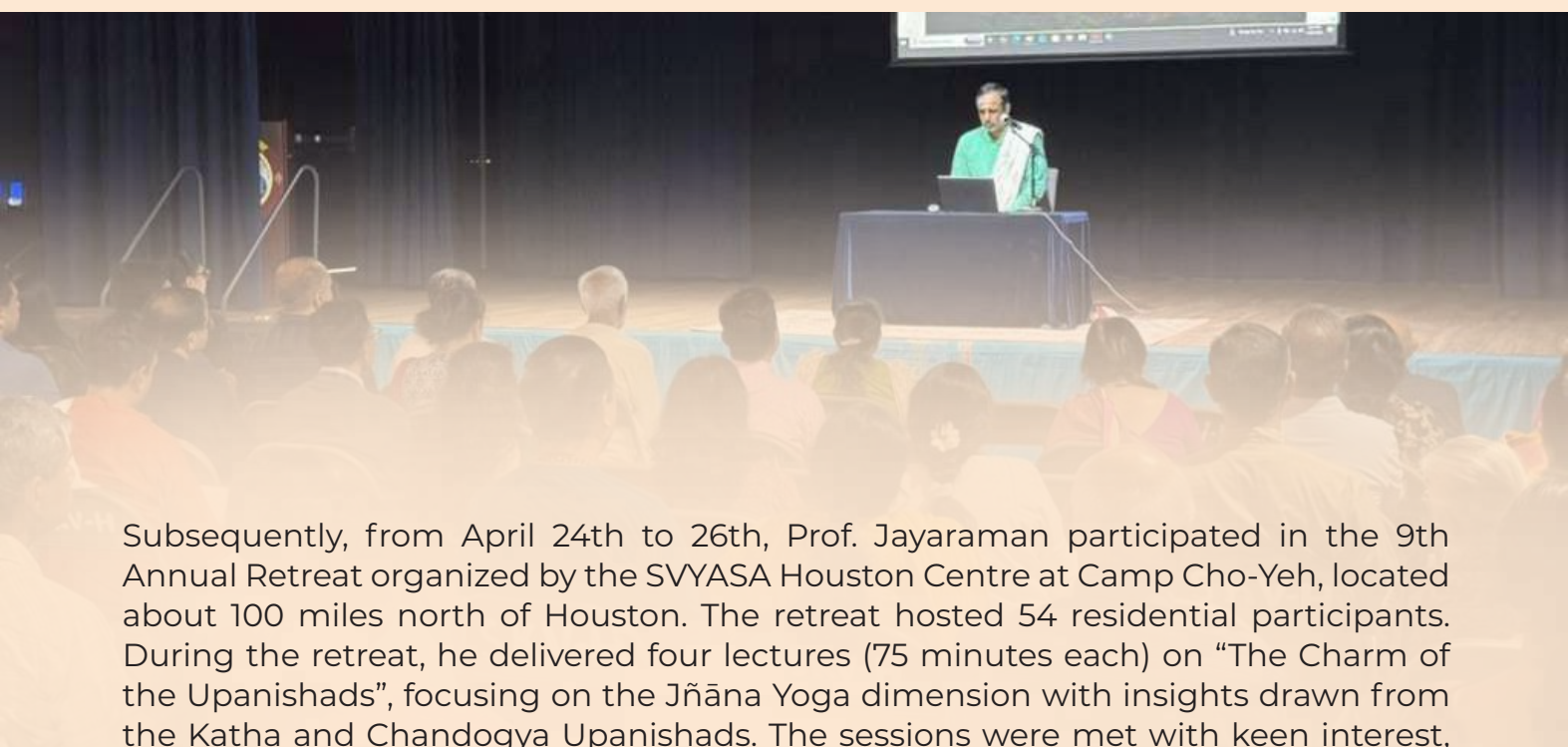
Prof. M. Jayaraman Delivers Series of Lectures and Workshops in Houston, USA

Prof. M. Jayaraman, Dean, Division of Yoga & Spirituality, SVYASA Deemed University, successfully completed a series of academic and outreach engagements in Houston, USA, contributing to the dissemination of classical Yoga and Vedic wisdom.

On April 18th and 19th, Prof. Jayaraman conducted a Haṭhayogapradīpikā Textual Immersion Workshop, organized by the SVYASA Houston Centre. The workshop saw the participation of around 20 attendees. Across eight intensive lecture sessions, participants were introduced to the textual depth and practical relevance of the Haṭhayogapradīpikā. The sessions were marked by active engagement and were well appreciated by the participants.



Continuing his engagements, on April 20th, Prof. Jayaraman delivered a 90-minute lecture titled “Learnings from Sri Rudram” at the Sri Krishna Vrindavana Temple, Houston. Despite being held on a weekday evening, the lecture witnessed a strong turnout of approximately 70 participants. The session sparked significant interest among attendees in Vedic mantras and the broader theme of Vedic wellness, followed by meaningful interaction and discussion.



Subsequently, from April 24th to 26th, Prof. Jayaraman participated in the 9th Annual Retreat organized by the SVYASA Houston Centre at Camp Cho-Yeh, located about 100 miles north of Houston. The retreat hosted 54 residential participants. During the retreat, he delivered four lectures (75 minutes each) on “The Charm of the Upanishads”, focusing on the Jñāna Yoga dimension with insights drawn from the Katha and Chandogya Upanishads. The sessions were met with keen interest, with participants expressing a desire for continued engagement with Yoga and Vedic textual traditions.

Reflecting on the visit, Prof. Jayaraman expressed his gratitude for the opportunity to contribute, acknowledging the guidance of the SVYASA leadership and the blessings of Guru ji Dr HR Nagandra ji. The visit marks a significant step in strengthening international engagement and fostering interest in Yoga and Vedic knowledge systems.

The sessions were meticulously planned and organized by senior Yoga experts and SVYASA Houston office bearers, Sri Vishwarupa N and Smt. Smitha Malliah, who are dedicatedly working towards developing and expanding the activities of SVYASA in Houston, USA for more than a decade.

Sivananda Yoga Workshop at S-VYASA University



A two-day Sivananda Yoga Workshop was successfully conducted at S-VYASA University on 10th and 11th May 2026. Organized by the Student Council of the School of Yogic Sciences and Naturopathy (SSYNM), the workshop aimed to introduce students, faculty, and staff to the authentic and classical tradition of Sivananda Yoga.

The sessions were led by Arun Pandala, one of India's senior-most Sivananda Yoga teachers and Co-founder of the Sivananda Yoga Centre, Gurgaon. With over three decades of experience, his practical and inspiring teaching style created a highly engaging learning environment for all participants.

Based on the teachings of Swami Sivananda and Swami Vishnudevananda, the workshop introduced the five principles of Sivananda Yoga: proper exercise, breathing, relaxation, diet, and positive thinking with meditation. Participants gained both theoretical understanding and practical exposure through sessions on classical asanas, pranayama, Surya Namaskara, relaxation techniques, and breath awareness.



An additional interactive session held at Samskruti Bhavan after Maitri Milan allowed students and faculty members to directly interact with Arun Sir and gain practical insights into yoga and philosophy. The workshop was widely appreciated for its authentic approach and transformative learning experience.

The Student Council expressed gratitude to Arun Pandala, Dr. Apar Avinash Saoji, the S-VYASA Management, faculty members, technical staff, students, and all participants for their support and contribution to the success of the workshop. The event highlighted the continued relevance of traditional yoga practices in promoting holistic health and mindful living.

The Transformative Power of Dynamic Suryanamaskar: A Personal Journey Through Intensity, Energy, and Inner Awakening

By Krzysztof Stec (72), Warsaw, Poland Senior Lecturer, Jan Długosz University

From Classical Haṭha Yoga to Dynamic Suryanamaskar: The Evolution of a Practice

Until 1980, my yoga practice was rooted entirely in the classical haṭha and rāja yoga tradition of Swami Kuvalayananda, as taught at Kaivalyadhama Yoga Institute in Lonavala. My āsanās were performed in a static, deeply relaxed manner, following Patañjali's principle *sthira-sukham-āsanam*. Patañjali's definition (Yoga Sūtra II.46–48) describes posture not as an external shape but as a psychophysiological state of stability, ease, neuromuscular equilibrium, minimal metabolic expenditure, and autonomic balance. The principle of *prayatna-sāthilya* — releasing unnecessary effort — aligns with modern concepts of motor efficiency and reduced co-contraction, while *ananta-samāpatti* reflects sustained attentional expansion and parasympathetic dominance. This classical triad later helped me understand the psychophysiological mechanisms behind Dynamic Suryanamaskar (DSN).

In the summer of 1980, at Swami Muktananda's Siddha Yoga Ashram in the Catskill Mountains, I met a young yoga teacher from Holland who told me about a new, rapid way of practicing Suryanamaskar — at least 108 rounds in succession. Having been trained at Kaivalyadhama, I initially dismissed it as an aberration. At that time, I practiced Suryanamaskar only occasionally. Two years later, I moved to the Siddha Yoga Ashram in Oakland, California. I lived in a very narrow room where Suryanamaskar was practically the only possible movement. Over several months, I gradually built up to 108 rounds, which made me feel proud and strong. One day, a fellow ashram resident invited me to Point Reyes. We planned an 18-mile (29 km) loop. The fresh Pacific air filled me with light, sattvic energy, and we half-ran most of the trail. As sunset approached, we had to take a steep shortcut. My friend became too exhausted to climb, so I carried him piggyback uphill for 20–25 minutes. That was the first time I realized the extraordinary stamina that regular, rapid Suryanamaskar could generate; later I began referring to Suryanamaskar as a true “pranic generator,” because nothing else in my practice produced such a surge of inner vitality.



Around that time, the administrative manager of the ashram planned to replace all the carpets. Before ordering the new material for the entire building, he decided to test its durability in our small room: “If it survives your thousands of Suryanamaskars, it will survive anything.” Years later, the indentations of my palms and feet were still visible — a silent testimony to the intensity and precision of my daily practice.

After moving to Poland, I continued my daily practice of 216 rounds. Around 2005, I learned that Swami Muktananda had also recommended rapid 108-round practice to young residents of his Ganeshpuri ashram. His successor, Swami Chidvilasananda (Gurumayi) — a world-renowned master with hundreds of thousands of devotees across continents — was also fond of the dynamic Suryanamaskar. Mentioning her is important, because her global following recognizes the legitimacy of practices she endorsed.



Studying the lives of accomplished yogis, I discovered that many combined static āsanās with intense aerobic work. One of the most striking examples is Shri Samarth Janglidas Maharaj, a highly revered saint from Maharashtra, visited by nearly half a million devotees during Guru Purnima celebrations. He not only practiced classical yoga but also ran daily from Kokamthan village to Kopergaon town and back — 7 km each way — and performed a full set of dynamic exercises. His example showed me that intensity and yoga were not mutually exclusive but deeply complementary.

Another important figure in my journey was Raja Rishi Muni, the successor of Swami Kripalananda of Gujarat. He was a respected master with thousands of disciples, and during my personal consultation with him he reaffirmed that dynamic, intense practice was fully valid within the haṭha yogic framework. His confirmation strengthened my confidence that I was following a legitimate path. Raja Rishi Muni is also the author of the well-known and highly authoritative book *Classical Hatha Yoga*, a work that emerged from his own intense and spontaneous practice after receiving Gurukripa and experiencing the awakening of Kundalini. Knowing that such a respected master — whose teachings arose directly from deep inner experience — endorsed the value of dynamic practice gave me a profound sense of continuity with the authentic haṭha yoga tradition..

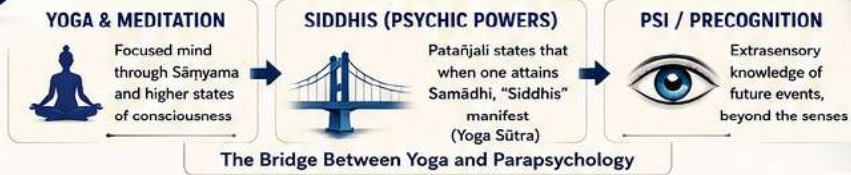


Later, with the assistance of Dr. M. M. Gharote, I located a manuscript attributed to the siddha Kapālakuraṅṭaka, author of the Haṭhābhyāsa Paddhati. Dr. Gharote's help was especially meaningful because he represented The Yoga Lonavla Institute, recognized by the Government of India as the primary national repository of haṭha yogic manuscripts — a rare and prestigious position. Through him, I gained access to authentic textual sources that are otherwise extremely difficult to obtain. The Haṭhābhyāsa Paddhati preserves a hidden strand of haṭhayoga in which haṭha means “intense and strenuous,” requiring practices to be performed not merely repeatedly but literally thousands of times. This discovery reshaped my understanding of yogic physical discipline and opened my mind to the transformative potential of intensity.



YOGA, MEDITATION AND PRECOGNITION: AN EXPLORATORY ONLINE STUDY

Exploring the bridge between ancient wisdom (Siddhis)
and modern parapsychological research



BACKGROUND



In 1882, the founding of "The Society for Psychical Research" (Hufford et al.) sparked enormous progress in ESP research (Rauscher & Targ, 2006). The term psi denotes abilities beyond classical physics (Bielski, 2010).



Abilities like precognition (knowledge of the future without sensory perception) are believed to manifest more efficiently at higher states of consciousness, which Yoga and meditation can improve.



Patañjali states that when one attains Samādhi, "Siddhis" (psychic powers) manifest (Roney-Dougal & Solfvin, 2006). Thus, Siddhis form a bridge between Yoga and parapsychology.



A focused mind (Sāmyama) is a prerequisite for extrasensory knowledge. By controlling the mind and focusing on an object/intention, one becomes receptive to psi (Srinivasan, 2014).



The key question: Do Siddhis arise suddenly at Samādhi, or improve gradually with practice?



Research suggests meditation may enhance psi outcomes, especially in long-term meditators (Roney-Dougal, 2015), increase connectedness and timelessness (Goleman & Davidson, 2017), and enhance receptivity to psi information.



This study tests whether precognition can improve gradually with Yoga and meditation practice.

AIMS AND OBJECTIVES

This study investigated the effect of yoga and meditation practices on precognition using forced-choice precognition experiments. The objectives were:

1



To evaluate the precognition abilities of participants before and after a yoga course.

2



To evaluate the precognition abilities of participants before and after meditation.

3



To evaluate the precognition ability of participants with different yoga experiences.

4



To study the psychological profile and compare participants with precognition performance.

METHOD

Three online forced-choice precognition experiments and one questionnaire study were conducted. The study was conducted online during the Covid-19 lockdowns.

EXPERIMENT 1

Yoga Course
Pretest-Posttest Design



N = 104
participants

EXPERIMENT 2

Meditation
Pretest-Posttest Design



N = 103
participants

EXPERIMENT 3

Yoga Experience
Low vs. High
(One-time Assessment)



N = 164
participants

STUDY 4

Psychological Profile
& Individual Differences



N = 245
participants

ASSESSMENTS USED



Gunas Scale



Mindfulness Attention Awareness Scale (MAAS)



Mysticism Scale (M-scale)

- Variables Examined in Study 4 -



Gender



Age



Education



Unusual Childhood Experiences



All hypotheses preregistered at

OPEN SCIENCE FRAMEWORK

RESULTS



- None of the experimental outcomes were statistically significant.
- Participants' gender, age, and unusual childhood experiences did not significantly relate to precognition test outcomes.
- No significant relationships were found between precognition performance and the Gunas Scale, MAAS, or Mysticism Scale questionnaires.

CONCLUSION

Although the results were not statistically significant, precognitive performance associated with yoga and meditation practice showed weak trends in the predicted direction.



These findings warrant further research with advanced meditators to determine whether experiential reports of "timelessness" and ancient tales of purported "supernormal" effects of intensive practice can be verified.



YOGA. CONSCIOUSNESS. SCIENCE.
EXPLORING THE FRONTIERS OF THE HUMAN MIND



S-VYASA
(Deemed to be University)
Bengaluru, India

STUDY SUMMARY: ADVANCED MEDITATIVE STATE (SAMĀDHI)

Phenomenological Reports and Neurophysiological Investigation

1 OVERVIEW

The study investigates an advanced meditative state reported by an experienced meditator and examines its phenomenological features and neurophysiological correlates.



- ✓ Deeply absorbed state consistent with *samādhi*
- ✓ Cross-traditional phenomenological correspondence (Yoga and Theravāda)
- ✓ Not a claim of doctrinal attainment or categorical classification

3 THE PRACTITIONER



Practice Approach

Meditation is an ongoing cultivation integrated into all aspects of daily life—not limited to seated practice.



Estimated Practice

10 or more hours per day on average, over 20 years.



Note

These are subjective estimates reflecting the participant's lived understanding, not objective measures.

2 PHENOMENOLOGICAL PERSPECTIVE



Yoga Tradition

Experience is consistent with descriptions of *samādhi* in *Yoga Sūtras* (Patañjali). States may lie along a continuum toward higher stages associated with liberation (*kaivalya*). Precise stage (e.g., *śavītarka*, *nirvīcāra*, *nirbīja*) cannot be determined.



Theravāda Perspective

Meditation teachers (Pa-Auk tradition) noted similarities with advanced stages (*phala*) or experiences related to *Nibbāna* as described in the *Visuddhimagga* (Buddhaghosa). Interpretative correspondence, not doctrinal equivalence.



Nirodha Pariṇāma (Yoga Sūtra 3.9)

The reported absence of discursive thought and effortless continuity of silence may reflect a cessation-oriented transformation rather than *samādhi* understood only as absorptive concentration.



All interpretations are provisional. The study does not assign the experience to a specific classical stage.

4 METHODS: ELECTROPHYSIOLOGICAL MEASURES & PROTOCOLS



EEG Recording

ANT EEG system with 64-channel saline-based Waveguard system
Sampling rate: 500 Hz
Simultaneously recorded:
• Electrocardiogram (ECG)
• Respiratory signals



Data Processing

Processed and analyzed using:
• Cartool (Brunet et al., 2011)
• MATLAB (The MathWorks)



Experimental Design

- Four sessions on different days
- Each session included:
 - Baselines (pre and post)
 - 5–6 repetitions of *samādhi*
- Baseline: spontaneous thought (recalling past events or future planning)



State Marking

Manual trigger button used to mark onset and end of *samādhi*.
Data between triggers (including movements) excluded from analysis.



Rationale

High inter-session variability and the rarity of advanced states require intensive repeated-sampling to capture reliable data.

5 KEY TAKEAWAYS



The participant repeatedly entered a deeply absorbed and highly stable state consistent with descriptions of *samādhi*.



Cross-traditional phenomenological correspondence was observed with both Yoga and Theravāda frameworks.



The study does not assign the state to any specific classical stage; such distinctions remain conceptual and indeterminate.



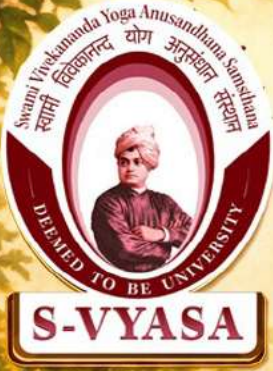
High-density EEG, ECG, and respiratory measures were collected across repeated instances to examine neurophysiological correlates.



Meditation was understood as an integrated way of life—an ongoing cultivation of stability, capacity, and inner refinement.



This summary reflects the study content as reported. All phenomenological interpretations are provisional and not claims of doctrinal attainment.



S-VYASA

Deemed to be University
Prashanti Kutiram
Jigani, Bengaluru



DIVISION OF YOGA-SPIRITUALITY

The Varahamihira Advanced Centre for
Vedic Technology Research (VMAC-VTR)

Organizes a Special Puja for

SRI YOGA DAKSHINAMURTHI

On the occasion of Guru Sanchara
(from Mithuna Rasi to Kataka Rasi)
on 26.05.2026, Tuesday

Benefits

By worshipping Sri Dakshinamurthi on this sacred occasion, devotees attain wisdom, marriage harmony, healthy children, financial prosperity, career growth, educational success, and overall auspiciousness.

Program Schedule

- 6.00 pm - Special Sankalpa
- 6.20 pm - Special Abhisheka
- 7.00 pm - Rudraksha Archana
- 7.20 pm - Maha-Diparadhana
- 7.30 pm - Maha-Prasadam

Prof. M. Jayaraman, Dean, DYS

Coordinators: Dr. Nagarajan V
and Dr. A. Sreenivasa Sarma

All are Welcome

Rs. 250/-
for Sankalpa



Pay

&

Register Here

Two-Day Experiential Workshop on Gestalt Therapy, Department of Psychology

The Department of Psychology at SVYASA Deemed to be University organized a two-day experiential workshop on Gestalt Therapy on March 26–27, 2026, for final-year Master’s students. The workshop was facilitated by Dr. L. S. S. Manickam, a highly experienced clinical psychologist and internationally recognized Gestalt trainer. Combining theoretical input with hands-on activities, the program aimed to bridge the gap between academic learning and real-world therapeutic practice, offering students both professional insights and personal growth experiences.

The first day focused on foundational concepts and experiential awareness. Dr. Manickam introduced the philosophical roots of Gestalt therapy, emphasizing phenomenology, existentialism, and field theory, while also situating the approach within the Indian psychological context. This was followed by an “Awareness Walk,” where students practiced mindful observation of their sensory and internal experiences, reinforcing the Gestalt principle that awareness itself facilitates change. The day concluded with a group process exercise highlighting the importance of personal responsibility in language, where students learned to shift from externalizing blame to using “I” statements, fostering greater self-awareness and agency.



The second day emphasized deeper therapeutic techniques and applications. Key concepts such as “unfinished business” and “impasse” were introduced, followed by experiential demonstrations. A projective play exercise using a symbolic object enabled a participant to process unresolved grief, illustrating how emotional healing occurs through direct, present-moment experience. The workshop culminated in the demonstration of the Empty Chair Technique, where a student engaged in a guided dialogue to resolve interpersonal conflict, gaining insight and emotional clarity through role reversal and self-reflection.

Overall, the workshop provided a rich, immersive learning experience by integrating theory with practice. Students gained a deeper understanding of core Gestalt principles such as present-moment awareness, emotional expression, personal responsibility, and dialogic integration. Under Dr. Manickam’s expert guidance, the workshop highlighted the relevance and effectiveness of Gestalt therapy in contemporary psychological practice, contributing significantly to the clinical competence and personal development of the participants.



The Department of Psychology organized a session on Acceptance and Commitment Therapy (ACT) on 4th May 2026. It was attended by Dr. Rukmini, Assistant Professor, with the objective of introducing students to the theoretical foundations and practical applications of ACT as a contemporary therapeutic approach within behavioral and cognitive therapies.

The session began with an overview of the core principles of Acceptance and Commitment Therapy, emphasizing its focus on psychological flexibility, acceptance of internal experiences, and commitment to value-driven action. Dr. Rukmini explained the six core processes of ACT—acceptance, cognitive defusion, being present, self-as-context, values, and committed action—highlighting how these processes contribute to improved mental health and well-being. The theoretical discussion was supported with relevant examples to facilitate conceptual clarity.

The session also included experiential components where students were guided through brief exercises aimed at understanding mindfulness, acceptance of thoughts, and distancing from unhelpful cognitive patterns. These activities helped participants gain insight into how ACT techniques can be applied in both clinical and everyday contexts. The interactive nature of the session encouraged student participation and reflection.

Overall, the session provided a meaningful blend of theory and practice, enhancing students' understanding of ACT and its relevance in modern psychotherapy. It contributed to strengthening their clinical knowledge and skills, making it a valuable addition to their academic and professional development.





EFFECT OF TELE-YOGA AS AN ADJUNCT TO LEVOTHYROXINE THERAPY IN HYPOTHYROIDISM: A RANDOMIZED CONTROLLED TRIAL

A Scientific Yoga Module (SYM) Delivered Through Telehealth



BACKGROUND



Thyroid dysfunction significantly impacts quality of life, with hypothyroidism recognized as a major public health concern due to its physical and psychological effects.



It results from reduced secretion of thyroxine (T4) and triiodothyronine (T3), hormones essential for regulating metabolic and physiological functions.



Conventional management with levothyroxine (LT4) effectively restores hormone levels but may not fully address quality-of-life impairments or long-term side effects.



Complementary approaches such as yoga, Ayurveda, and meditation have shown promise in improving endocrine function via neuroendocrine modulation.

AIM



To evaluate the effect of a Scientific Yoga Module (SYM), delivered through telehealth, as an adjunct to LT4 therapy in the management of hypothyroidism.

METHODS

A two-phase study was conducted.



PHASE I: Development of Scientific Yoga Module (SYM)

- A tele-yoga SYM was developed from classical and modern literature targeting the hypothalamic-pituitary-thyroid axis.
- Expert validation using Lawshe's CVR method (cut-off 0.29) finalized 24 of 31 practices for digital delivery.
- The module was found feasible and safe in community testing.

PHASE II: Randomized Controlled Trial (RCT)



- Single-blind, two-arm, parallel-group RCT conducted over six months (April–September 2022).
- 134 clinically diagnosed hypothyroid patients were randomized into:

Yoga Intervention Group (YIG)
n = 67

Waitlist Control Group (WCG)
n = 67

- Primary Outcome:** Quality of Life (SF-36 HRQoL)
- Secondary Outcomes:** Thyroid profile, BMI, blood pressure, perceived stress, fatigue, and personality measures.
- Data were analyzed using GLM with repeated measures ANOVA.

SCIENTIFIC YOGA MODULE (SYM) HIGHLIGHTS

WHAT DOES SYM INCLUDE?

- ✓ Asanas (postures)
- ✓ Pranayama (breathing practices)
- ✓ Relaxation techniques
- ✓ Meditation
- ✓ Yogic lifestyle guidelines
- ✓ Diet & daily routine recommendations



TARGETS



Hypothalamic-Pituitary-Thyroid (HPT)

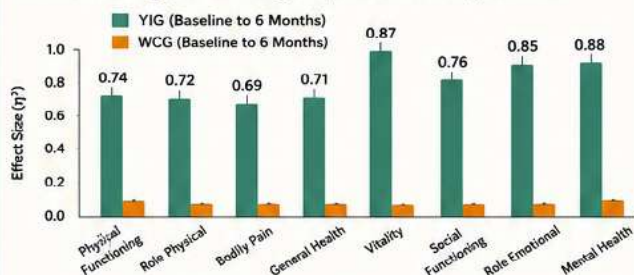


RESULTS

PRIMARY OUTCOME: SF-36 HRQoL (Quality of Life)

YIG showed highly significant improvements across all domains compared to WCG at 6 months ($P < .001$).

Effect Sizes (η^2) indicate large improvements in key domains.



Greatest improvements in: Mental Health ($\eta^2 = 0.88$), Vitality ($\eta^2 = 0.87$), Emotional Role Functioning ($\eta^2 = 0.85$)

SECONDARY OUTCOMES (YIG vs. WCG at 6 months)



Thyroid Profile (TSH, T3, T4) ↓



BMI ↓



Systolic & Diastolic BP ↓



Perceived Stress Scale ↓



Fatigue Severity Scale ↓



Personality Measures (YPA) ↑

ALL SHOWED SIGNIFICANT IMPROVEMENT IN YIG ($P < .05$)

YPA SCORE
95.05%

High participant satisfaction

CONCLUSION



Tele-yoga SYM as an adjunct to LT4 therapy significantly enhanced physiological and psychological outcomes, establishing its efficacy as a scalable, patient-centered eHealth approach for hypothyroidism management.

KEY TAKEAWAY

- ✓ Tele-delivered yoga is feasible, safe, and effective.
- ✓ Improves quality of life and multiple health parameters.
- ✓ Supports holistic management of hypothyroidism.



KEYWORDS

Hypothyroidism, Tele-yoga, digital health, Scientific Yoga Module (SYM), Health-Related-Quality of Life (HRQoL), Randomized Controlled Trial (RCT).

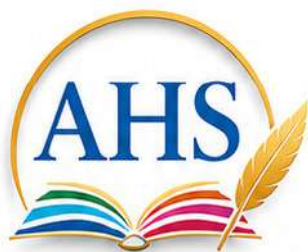
TRIAL REGISTRATION

Clinical Trial Registry of India (<https://ctri.nic.in/Clinicaltrials>)
CTRI/2022/03/041047



SCAN TO VIEW TRIAL DETAILS





AHS PUBLICATIONS

INSPIRING MINDS. ENRICHING KNOWLEDGE.



KNOWLEDGE
Expanding Perspectives



INSPIRATION
Igniting Ideas, Empowering Growth



IMPACT
Creating Change, Transforming Lives



GLOBAL REACH
Connecting Scholars, Advancing Solutions

OUR PUBLICATIONS

| Sl no | Title of paper | Name of the author/s | Department of the teacher | Name of journal | Year of publication | ISSN number | DOI | Link to Journal |
|-------|---|---|---|--|---------------------|-------------------|---|---|
| 1 | Interlinking Obesity, Sleep, and Lifestyle– A Study on their Collective influence on Hypertension in University Employees | Dr.Sasanka Sekhar Pradhan, Dr.Siraghunath S, Dr. Chaitrali Kulkarni, Dr.Nidhi B Iyer, Dr.Shirsha S | School of Allied and Healthcare Professions | International Journal of Innovative Research in Technology | 2025 | 2349-6002 | doi.org/10.64643/IJIRTV1213-183983-457 | IJIRT An UGC-Compliant International Research Journal International Open Access Journal |
| 2 | PREVALENCE OF OVERWEIGHT AND OBESITY AMONG UNIVERSITY EMPLOYEES AND ITS ASSOCIATION WITH ANTHROPOMETRIC MEASUREMENTS AND HAND GRIP STRENGTH | Dr. Shirsha S, Dr.Siraghunath S, Dr. Nidhi B Iyer, Dr. Chaitrali Kulkarni, Dr. Sasanka Sekhar Pradhan | School of Allied and Healthcare Professions | INTERNATIONAL JOURNAL OF NOVEL RESEARCH AND DEVELOPMENT(IJNRD) | 2025 | 2456-4184 | https://ijnrd.org/Papers/IJNRD2508234.pdf | Low Cost UGC CARE Approved Journal Publication and Scopus Indexed Standard |
| 3 | Impact of Muscle Energy Techniques in Alleviating Pain and Enhancing Functionality in Adhesive Capsulitis: A Narrative Review | Dr. Pooja N, Dr. Gaius P Oommen, Dr. Pavi Wilson, Dr. Thejaswini P | School of Allied and Healthcare Professions | International Journal for Multidisciplinary Research (IJFMR) | 2025 | E-ISSN: 2582-2160 | https://doi.org/10.36948/ijfmr.2025.v07i05.59007 | https://www.ijfmr.com/ |
| 4 | Time Matters: Impact of Early Vs Delayed Rehabilitation on Hand Function and Work Ability in Women with Breast Cancer-Related Lymphedema | Dr Pooja N, Dr Shilpi Pal, Dr. Syed Nawaz Pasha, Dr Mahesh B | School of Allied and Healthcare Professions | International Journal for Multidisciplinary Research (IJFMR) | 2025 | E-ISSN: 2582-2160 | https://doi.org/10.36948/ijfmr.2025.v07i05.59008 | https://www.ijfmr.com/ |
| 5 | Perceived stress and dysfunctional breathing pattern in young adults– a correlational study | Ashna Waseem Patel, Pragati Konwar , Dr. Pravin Aaron | School of Allied and Healthcare Professions | EPH – International Journal of Medical and Health Science | 2026 | 2456-6063 | https://doi.org/10.53555/ijmhs.v6i4 | http://ejimhs.com/index.php/mhs |
| 6 | A Toolbox of Metaphors: Applications for Psychosocial Occupational Therapy | Srishti Hegde | School of Allied and Healthcare Professions | Occupational Therapy in mental health | 2025 | - | https://doi.org/10.1080/0164212X.2025.2600622 | Citations: A Toolbox of Metaphors: Applications for Psychosocial Occupational Therapy |



READ • LEARN • GROW • INSPIRE



UST Global Industrial Visit



The School of Computer Science and Applications, School of Advanced Studies (SAS), organized an Industrial Visit for Fourth Semester BCA and BSc (CS) students to UST Global, Whitefield, Bangalore, on 08th May 2026. The visit aimed to provide students with practical exposure to the corporate IT environment and help them understand how theoretical concepts learned in classrooms are applied in real-world industries. The event witnessed enthusiastic participation from students and faculty members, making it an enriching academic and professional experience.

During the visit, the students were introduced to various domains of the IT industry, including software development, cloud computing, cybersecurity, artificial intelligence, and enterprise solutions. Industry experts from the organization interacted with the students and explained the workflow followed in software companies, project management methodologies, workplace ethics, and the importance of continuous learning in the rapidly evolving technology sector. The sessions also highlighted emerging technologies and career opportunities available for computer science graduates.



The industrial visit included technical presentations, interactive discussions, and guided tours of the company facilities. Students had the opportunity to observe professional work culture, collaborative team environments, and modern technological infrastructure used in the industry. The interaction with professionals motivated students to enhance their technical competencies, communication skills, and problem-solving abilities. The visit successfully bridged the gap between academic learning and industrial practices, inspiring students to prepare themselves for future careers in the IT industry.

Objectives of the Industrial Visit

- To provide practical exposure to the corporate IT environment.
- To help students understand real-world applications of computer science concepts
- To familiarize students with current industry trends and emerging technologies.
- To create awareness about career opportunities and industry expectations.
- To encourage interaction between students and industry professionals.

Learning Outcomes for Students

- Students gained knowledge about software industry practices and organizational workflow.
- Students understood the importance of technical skills, teamwork, and professional ethics.
- Students learned about current technologies such as AI, cloud computing, and cybersecurity.
- Students developed awareness regarding career paths and placement opportunities in the IT sector.
- Students were motivated to enhance their technical and communication skills for future professional growth.



Innovation for AI for Drug Free India: BCA Students Excel at Hack4Change 2026



Students from the BCA First Year program of the School of Computer Science and Applications, S-VYASA Deemed to be University, achieved remarkable success by securing the First Runner-Up position in Hack4Change – AI for Drug Free India 2026, organized by the School of Engineering and Technology on 13th May 2026. The event brought together innovative young minds to develop technology-driven solutions addressing social issues related to drug abuse and awareness through the application of Artificial Intelligence and emerging technologies.

The winning team comprised talented first-year BCA students — Sameer, Saurabh Raj, Mohammed Qasim, and Oawis — who demonstrated exceptional creativity, teamwork, and technical skills during the competition. Their project focused on leveraging AI-based approaches to create awareness and contribute towards building a drug-free society. Competing against several teams from different disciplines, the students impressed the judges with their innovative ideas, problem-solving abilities, and impactful presentation. Their achievement reflects the growing technical competence and innovative spirit among the students of the department.

The accomplishment has brought pride and recognition to the School of Computer Science and Applications and serves as an inspiration to fellow students to actively participate in hackathons, innovation challenges, and socially impactful technological initiatives. The event provided valuable exposure to real-world problem solving, collaborative development, and practical implementation of AI concepts. Faculty members and university authorities congratulated the students for their outstanding performance and encouraged them to continue pursuing innovation and excellence in the field of technology.

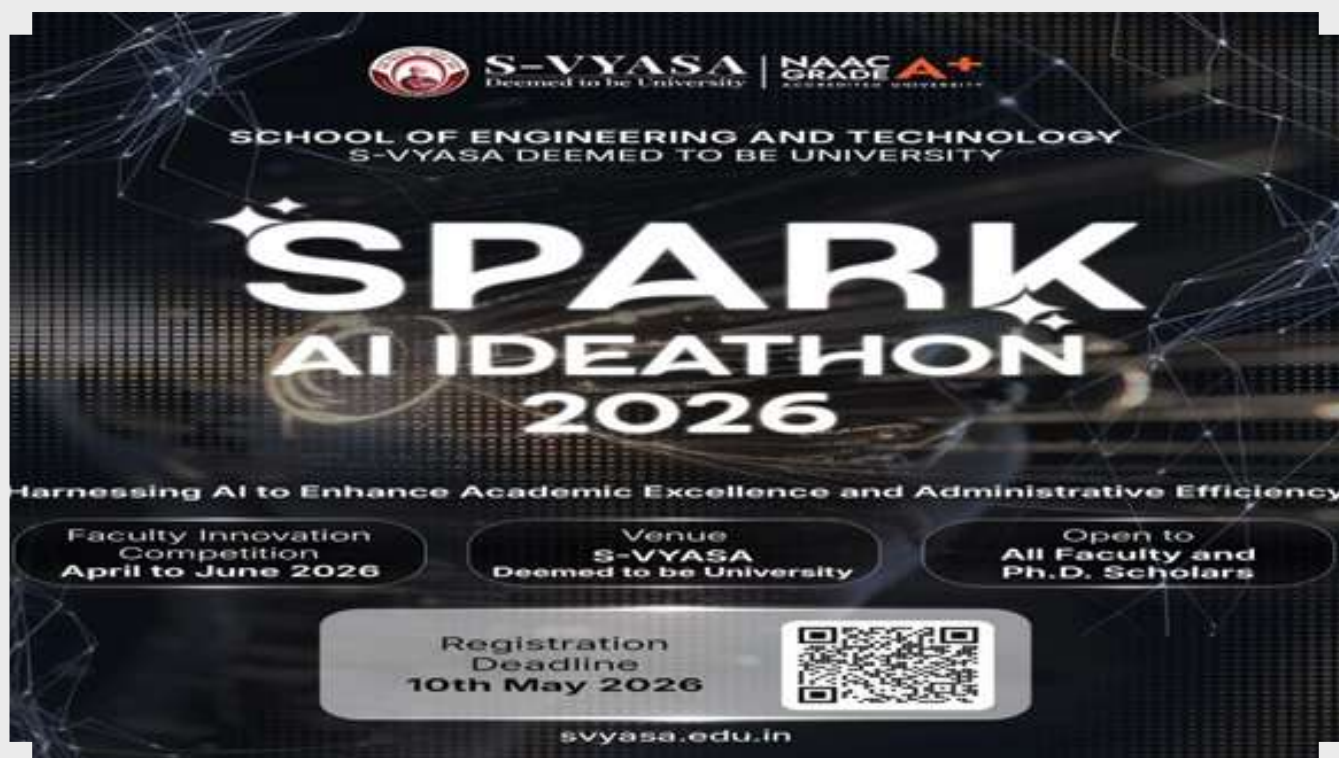


INNOVATION KNOWS NO LIMITS TEAM ZYPHER WINS BUGBASH 2026 NATIONAL HACKATHON

The School of Engineering and Technology at S-VYASA Deemed to be University celebrates a remarkable achievement as our B.Tech 1st Year students, competing as Team ZYPHER, won BugBash 2026, the 24-Hour National Hackathon held at AAYAM 2026. Competing against talented teams from across the nation, Govind DS, Vishwajeeth Rao B, Aishwanth M S, and Desai H Pradyumna delivered an exceptional AI-powered solution that deeply impressed the jury across tracks on autonomous AI agents and AI-integrated products, all within a continuous 24-hour sprint involving mini-challenges, mentorship sessions, and a final jury evaluation. This remarkable win stands as a proud reflection of the innovative spirit and technical culture nurtured at our institution, proving that excellence, grit, and collaboration can emerge at any stage of the academic journey.



SPARK AI Ideathon 2026: S-VYASA Turns to Its Faculty to Shape the Future



The School of Engineering and Technology at S-VYASA Deemed to be University took a bold and forward-thinking step with the launch of the SPARK AI Ideathon 2026 on 24 April 2026, officially inaugurated by Dr. Mohamadi Begum, Dean of Engineering and Technology, S-VYASA Deemed to be University. This visionary initiative invites faculty members and researchers to ideate and submit AI-driven solutions that enhance teaching, streamline administration, and future-proof campus life, rooted in the confident belief that the people who understand the institution best hold the ideas most worth backing. Beyond technology and innovation, S-VYASA demonstrated that great institutions do not merely respond to the world around them but actively shape it, as the university extended its commitment to social responsibility by championing the cause of a drug-free India, inspiring young minds to stand firm, speak up, and refuse to look away. In doing so, S-VYASA did not just host an event but ignited a movement, one that blends intellectual ambition with moral purpose and reminds us that true progress begins not in boardrooms but in the hearts of those who dare to build from within.



AI FOR DRUG FREE INDIA 2026: THE MOVEMENT

The School of Engineering and Technology at S-VYASA Deemed to be University, through Cluster One, has launched AI for a Drug-Free India 2026, a powerful movement that unites artificial intelligence with the cause of a substance-free nation. Open to all S-VYASA students, the initiative features ten thrilling competitions including the AI Hackathon, AI Escape Room and Digital Treasure Hunt, AI Short Film, AI Meme Warfare, AI Music Fusion, Prompt Engineering Battle, AI Chatbot Challenge, AI Debate, and a Research Poster showcase, offering students a dynamic platform to compete, collaborate, and create meaningful impact. Preceded by a week-long digital campaign under the banner of AIForDrugFreeNation and launched with an electrifying Flash Mob and Poster Launch, the event captured the imagination of the entire campus community from its very first moment. This is more than a competition, it is a student-powered revolution where technology meets social responsibility, and where every line of code written carries the weight of a greater purpose. S-VYASA once again proves that innovation is most powerful when it is driven not just by skill but by conscience.



Champions in Action: MCA Team Triumphs at JSS College

The First Year MCA students of S-VYASA Deemed to be University brought laurels to the institution by securing First Place in the Cricket Tournament conducted by JSS College on 07th May 2026. The tournament witnessed enthusiastic participation from various colleges, providing students with an excellent platform to showcase their sporting talent, teamwork, and competitive spirit. The MCA team displayed exceptional coordination and determination throughout the tournament, emerging as deserving champions.

The team demonstrated remarkable performance in all matches, exhibiting discipline, sportsmanship, and strategic gameplay. Their consistent batting, bowling, and fielding performances helped them secure victories against strong opponents. The final match was particularly exciting, with the MCA students maintaining excellent composure under pressure and delivering an outstanding overall performance. The achievement reflects the students' dedication, team unity, and passion for sports beyond academics.



The victory not only added pride to the institution but also highlighted the importance of extracurricular activities in holistic student development. Participation in sports encourages leadership qualities, confidence, physical fitness, and collaborative learning among students. The accomplishment of the MCA team serves as an inspiration to fellow students to actively engage in co-curricular and sports activities while maintaining academic excellence. The institution congratulated the team for their remarkable achievement and wished them continued success in future tournaments.



EFFECT OF TELE-YOGA AS AN ADJUNCT TO LEVOTHYROXINE THERAPY IN HYPOTHYROIDISM: A RANDOMIZED CONTROLLED TRIAL

A Scientific Yoga Module (SYM) Delivered Through Telehealth



BACKGROUND



Thyroid dysfunction significantly impacts quality of life, with hypothyroidism recognized as a major public health concern due to its physical and psychological effects.



It results from reduced secretion of thyroxine (T4) and triiodothyronine (T3), hormones essential for regulating metabolic and physiological functions.



Conventional management with levothyroxine (LT4) effectively restores hormone levels but may not fully address quality-of-life impairments or long-term side effects.



Complementary approaches such as yoga, Ayurveda, and meditation have shown promise in improving endocrine function via neuroendocrine modulation.

AIM



To evaluate the effect of a Scientific Yoga Module (SYM), delivered through telehealth, as an adjunct to LT4 therapy in the management of hypothyroidism.

METHODS

A two-phase study was conducted.

PHASE I: Development of Scientific Yoga Module (SYM)



- A tele-yoga SYM was developed from classical and modern literature targeting the hypothalamic–pituitary–thyroid axis.
- Expert validation using Lawshe's CVR method (cut-off 0.29) finalized 24 of 31 practices for digital delivery.
- The module was found feasible and safe in community testing.

PHASE II: Randomized Controlled Trial (RCT)



- Single-blind, two-arm, parallel-group RCT conducted over six months (April–September 2022).
- 134 clinically diagnosed hypothyroid patients were randomized into:

Yoga Intervention Group (YIG)
n = 67

Waitlist Control Group (WCG)
n = 67

- Primary Outcome:** Quality of Life (SF-36 HRQoL)
- Secondary Outcomes:** Thyroid profile, BMI, blood pressure, perceived stress, fatigue, and personality measures.
- Data were analyzed using GLM with repeated measures ANOVA.

SCIENTIFIC YOGA MODULE (SYM) HIGHLIGHTS

WHAT DOES SYM INCLUDE?

- ✓ Asanas (postures)
- ✓ Pranayama (breathing practices)
- ✓ Relaxation techniques
- ✓ Meditation
- ✓ Yogic lifestyle guidelines
- ✓ Diet & daily routine recommendations



Delivered through TELEHEALTH

TARGETS



Hypothalamic–Pituitary–Thyroid (HPT) Axis

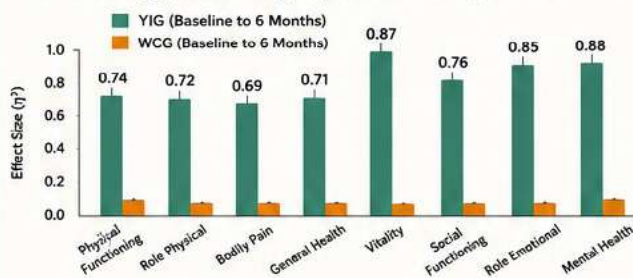


RESULTS

PRIMARY OUTCOME: SF-36 HRQoL (Quality of Life)

YIG showed highly significant improvements across all domains compared to WCG at 6 months ($P < .001$).

Effect Sizes (η^2) indicate large improvements in key domains.



Greatest improvements in:
Mental Health ($\eta^2 = 0.88$), Vitality ($\eta^2 = 0.87$),
Emotional Role Functioning ($\eta^2 = 0.85$)



SECONDARY OUTCOMES (YIG vs. WCG at 6 months)



Thyroid Profile (TSH, T3, T4) ↓



BMI ↓



Systolic & Diastolic BP ↓



Perceived Stress Scale ↓



Fatigue Severity Scale ↓



Personality Measures (YPA) ↑

ALL SHOWED SIGNIFICANT IMPROVEMENT IN YIG ($P < .05$)

YPA SCORE
95.05%

High participant satisfaction

CONCLUSION



Tele-yoga SYM as an adjunct to LT4 therapy significantly enhanced physiological and psychological outcomes, establishing its efficacy as a scalable, patient-centered eHealth approach for hypothyroidism management.

KEY TAKEAWAY

- ✓ Tele-delivered yoga is feasible, safe, and effective.
- ✓ Improves quality of life and multiple health parameters.
- ✓ Supports holistic management of hypothyroidism.



KEYWORDS

Hypothyroidism, Tele-yoga, digital health, Scientific Yoga Module (SYM), Health-Related-Quality of Life (HRQoL), Randomized Controlled Trial (RCT).

TRIAL REGISTRATION

Clinical Trial Registry of India (<https://ctri.nic.in/Clinicaltrials>) CTRI/2022/03/041047



SCAN TO VIEW TRIAL DETAILS





S-VYASA
DEEMED-TO-BE UNIVERSITY
Bengaluru, Karnataka, India

SCHOOL OF COMPUTER SCIENCE AND APPLICATION

★ OUR BEST RESEARCH PAPER ★

F-DenseCNN: Feature-based Dense Convolutional Neural Networks and SwiftText Word Embeddings for Enhanced Hate Speech Prediction

Author:
Shilpashree, S.

Published:
September 2024

Journal: Social Network Analysis and Mining

DOI:
10.1007/s13278-024-01345

1. PROBLEM STATEMENT

Hate speech in online social media platforms is increasing rapidly, leading to serious societal, psychological and ethical consequences.

Challenges:

- Context dependency
- Sarcasm and implicit hate
- Class imbalance
- Evolving language patterns

2. PROPOSED SOLUTION

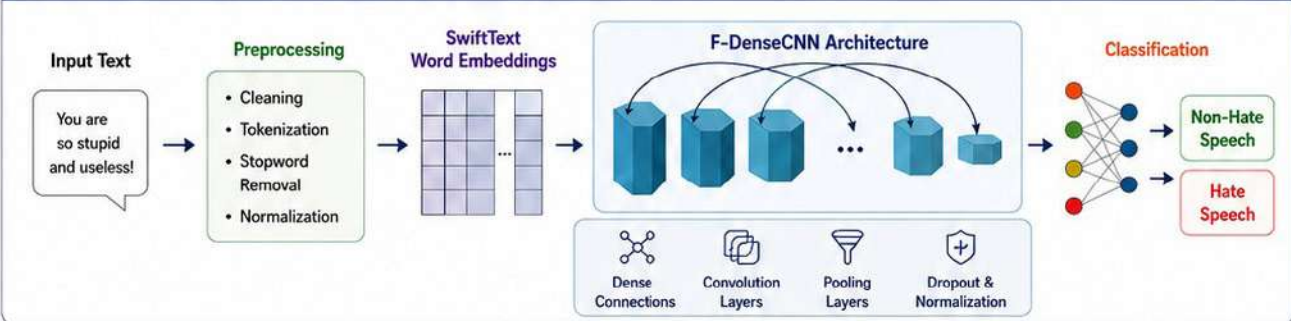
F-DenseCNN Model integrating:

- ✓ Feature-based Dense Convolutional Neural Networks
- ✓ SwiftText Word Embeddings
- ✓ Optimized feature fusion
- ✓ Improved classification layers

Goal:

Improve accuracy, reduce false positives and capture context effectively for hate speech detection.

3. METHODOLOGY – F-DenseCNN FRAMEWORK



4. EXPERIMENTAL RESULTS

Performance Comparison (F1-Score)

| Model | F1-Score (%) |
|-----------------------|--------------|
| F-DenseCNN (Proposed) | 86.7 |
| CNN | 78.9 |
| LSTM | 72.5 |
| Bi-LSTM | 69.3 |
| SVM | 63.1 |

Dataset Used

- Twitter
- Facebook
- Gab Hate Corpus
- Hindi-English Dataset

| F-DenseCNN (Proposed Model) | |
|-----------------------------|-------|
| Accuracy | 90.4% |
| Precision | 89.1% |
| Recall | 91.3% |
| F1-Score | 86.7% |
| AUC | 0.94 |

🏆 F-DenseCNN outperforms state-of-the-art baseline models across multiple evaluation metrics.

5. MODEL HIGHLIGHTS

- ✓ Dense connectivity improves gradient flow and feature reuse.
- ✓ Captures both local and global contextual patterns.
- ✓ SwiftText embeddings enhance semantic understanding.
- ✓ Robust to noisy, imbalanced and short texts.
- ✓ Scalable and efficient for real-world systems.

“ A novel deep learning framework that significantly advances the state-of-the-art in hate speech detection on social media. ”

6. IMPACT

This research contributes to creating an AI-driven ecosystem for a safer, respectful and inclusive online world.

Technology for Society. Research for Impact.

“Emerging Trends in Management and Business Research”

The School of Management & Commerce, S-VYASA Deemed to Be University, successfully organized the Student Conference on “Emerging Trends in Management and Business Research” held on 12/05/2026 at the Seminar Hall, Sattva Global City Campus, Bengaluru. The conference commenced with the inaugural session at 9:30 AM in the presence of distinguished dignitaries including the Pro Vice Chancellor, Academic Directors, Head of the Department, and the Chief Guest, Mr. Bharat Rajanna, CEO and Founder of Edupinnacle. The inaugural session highlighted the significance of research, innovation, entrepreneurship, and industry-oriented learning among students.



The conference witnessed enthusiastic participation from students representing 13 institutions with a total of 36 paper presentation entries. Major participation was received from BGS Institute of Management Studies, RV Institute of Management, Dayananda Sagar College of Arts, Science and Commerce, RV University, MQI Degree College, The Oxford College of Engineering, Nitte Meenakshi Institute of Technology, Christ University, and several other reputed institutions.

The conference featured multiple thematic tracks including Marketing, Human Resource Management, Finance, Entrepreneurship, Analytics, Sustainability, Operations, and Artificial Intelligence in Business. Technical sessions were conducted by faculty experts and session chairs, providing participants with valuable feedback and academic insights. Students actively engaged in paper presentations, discussions, and knowledge-sharing activities. Lunch was arranged for all participants and guests at 1:00 PM, facilitating networking and academic interaction.

The valedictory session commenced at 3:15 PM and concluded with the distribution of certificates and awards for Best Paper and Best Poster presentations, recognizing the outstanding contributions of participants and encouraging future research endeavors among students.



Industrial Visit to Channapatna Toy Factory and Janapada Loka A Blend of Entrepreneurship, Industry Exposure, and Cultural Learning



The Channapatna Toy Factory and Janapada Loka industrial visit organised by the School of Management and Commerce on 13th May 2026 provided an enriching and memorable learning experience for the BBA and B.Com students. The visit was conducted as part of the Entrepreneurial Development course under the Small Scale Industry module, with the objective of bridging classroom learning with practical exposure.

The visit to the Channapatna Toy Factory introduced students to the traditional art and business of wooden toy manufacturing, for which Channapatna is internationally recognised. Students gained valuable insights into the functioning of small-scale industries, production techniques, craftsmanship, quality control, marketing practices, and entrepreneurial opportunities in the handicraft sector. They observed how creativity, innovation, and sustainability play a significant role in transforming a local craft into a globally appreciated industry.



The interaction with artisans and entrepreneurs helped students understand the challenges and opportunities faced by small business owners. The visit also highlighted the importance of preserving indigenous industries while adapting to changing market trends. It served as a live example of how entrepreneurship can contribute to employment generation and economic development.

The journey further continued to Janapada Loka, a cultural heritage centre dedicated to preserving the folk traditions and rural culture of Karnataka. Students explored various exhibits showcasing folk arts, traditional lifestyles, rural occupations, music, dance, costumes, and ancient artefacts. The experience offered a deeper understanding of Karnataka's rich cultural heritage and the importance of preserving traditional knowledge systems.



The industrial visit was not only informative and educational but also interactive and enjoyable. It provided students with real-world learning experiences beyond textbooks, encouraged entrepreneurial thinking, and enhanced their appreciation for culture, heritage, and local industries. The programme also created opportunities for peer interaction, observation-based learning, and practical exposure to business operations.

The School of Management and Commerce continues to focus on experiential learning initiatives that nurture industry awareness, creativity, and entrepreneurial skills among students. Such visits play a vital role in shaping students into socially aware and industry-ready professionals.





DEVELOPMENT, VALIDATION AND FEASIBILITY ASSESSMENT OF AN INTEGRATED YOGA MODULE WITH YOGA-BASED COUNSELLING FOR SUBSTANCE USE DISORDER (IYMSUD): A THREE-PHASE STUDY



Holistic Healing.
Lasting Recovery.

Name: Yantra Atmika Ramsahaye Maraz

BACKGROUND



Substance use disorder (SUD) continues to be a prevalent issue that affects individuals' physical, psychological, and social well-being. Despite the availability of various treatments, relapse rates remain high due to the complex nature of addiction, which involves not only physiological dependence but also deep-seated psychological and behavioral patterns. Traditional counselling techniques often overlook holistic approaches that promote well-being and recovery while contemporary yoga therapy tends to overlook yoga-based counselling because of the lack of structure and clinical application.

AIMS AND OBJECTIVES



The aim and objective of this thesis work is on developing, validating and assessing an integrated yoga module for SUD (IYMSUD) with focus on yoga-based counselling.

METHODS

The study was conducted in three phases.

PHASE 1: DEVELOPMENT OF IYMSUD



- IYMSUD was developed through a systematic literature review following PRISMA guidelines.
- Databases searched: PubMed/MEDLINE, Web of Science, Google Scholar, SCOPUS
- Relevant keywords used to identify studies.
- Studies were coded and qualitatively analyzed using the inductive thematic approach.
- Semi-structured interviews with yoga therapy experts were conducted. Inputs were audio recorded, transcribed, coded, and qualitatively analyzed to extract themes related to Yoga-Based Counselling (YBC) and SUD.

Outcome: YBC themes identified and used as the basis for developing IYMSUD.

PHASE 2: VALIDATION OF IYMSUD (DELPHI METHOD)



- Delphi method with three iterations involving 17 experts.
- Experts reviewed the module content for relevance, clarity and feasibility.
- Content Validity Ratio (CVR) was calculated for each item.
- Items with CVR score of 0.99 and above were retained.

Outcome: IYMSUD met high-quality standards and was deemed feasible for implementation by experts.

PHASE 3: FEASIBILITY ASSESSMENT (SINGLE-ARM STUDY)



- 23 adults with SUD participated.
- Participants received IYMSUD twice a week for 8 weeks along with standard treatment (12-Step Program).
- Feasibility, acceptability, cultural appropriateness and preliminary outcomes were assessed.

Outcome: IYMSUD was found feasible, satisfactory and culturally appropriate with no adverse effects reported.

ASSESSMENT

Pre- and post and follow up intervention assessments included:

| | |
|---|--|
| Motivation for Treatment | Motivation to seek treatment Questionnaire |
| Anthropometric & Physiological Measures | Body Mass Index (BMI), Blood Pressure, Respiratory Rate and Bhrmahari Rate |
| Quality of Life | World Health Quality of Life (Bref) Questionnaire |
| Personality Traits | Vedic Personality Traits (Gita Inventory) |
| Statistical Analysis | Within group and between group differences assessed at pre and post interventions. |

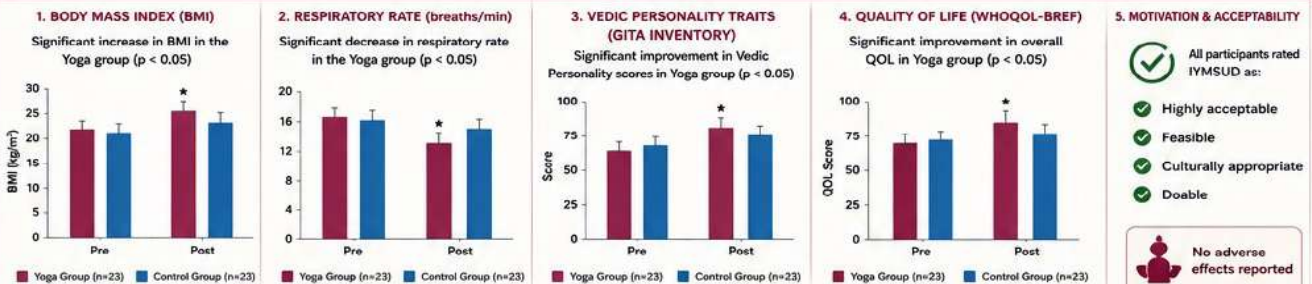
IYMSUD: INTERVENTION COMPONENTS



DURATION

Twice a week for 8 weeks (along with 12-Step Program)

RESULTS



- All participants rated IYMSUD as:
 - Highly acceptable
 - Feasible
 - Culturally appropriate
 - Doable

No adverse effects reported

6. BETWEEN - GROUP COMPARISONS

- Running/Breath Awareness (Control) group showed no significant changes in BMI, respiratory rate, or QOL.
- Yoga group showed significant improvements in psychological health domain of QOL ($p < 0.05$).
- Motivation scores improved significantly in the Yoga group ($p < 0.05$).
- Participants reported enhanced well-being, reduction in cravings and better emotional regulation.
- 100% of participants completed the program and were satisfied with the intervention.

CONCLUSION



This is the first study to empirically integrate counselling in a systematic method as a form of integrated yogic approach. With the strength of validity and feasibility, IYMSUD can be used as an adjunct to substitute drug treatment of SUD.

KEYWORDS

Substance Use Disorder, Integrated Yoga Module, Yoga-Based Counselling, Delphi Method, Feasibility, Motivation, Quality of Life, Vedic Personality, Yoga Therapy, Holistic Approach.

TRIAL REGISTRATION
Not Applicable (Feasibility Study)



Swami Vivekananda - The Humanist - 19

Dr. K. Subramanyam
Former Chancellor, S-VYASA



Swami Vivekananda, no doubt, is a humanist. Not only did he have a kind heart towards mankind, but also towards all living beings. But it is a question of priority. When two issues demand your attention, you are in a dilemma while preferring one to the other. For example, if a cobra has caught hold of a frog, and the cobra is beaten and the frog released, what about the food of the cobra? Similarly, there are situations involving a cat and a rat, a cat and a dog, and so on. Humanism cannot be impartially and spontaneously showered on all, always equally. We have to be very choosy; sometimes it becomes very difficult to finalize the priority. To save one is to trouble another.

It is here that discretion plays a prominent role. Swami Vivekananda is not an exception to this dilemma, but he is very clear in his selection of the needy. Human beings are to be given priority, and they are to be given the topmost attention for their welfare.

One day, a gentleman visited Swami Vivekananda requesting support. In India, the cow is considered to be divine and sattvic, but unfortunately the old, sickly, and barren cows are butchered and sold as beef for eating purposes. This is an unkind activity. Therefore, the visitor, a philanthropist, requested Swamiji to arrange for a donation to stop this cruel activity of cow killing.

Swamiji was a little annoyed because, at that time, there was plague in our country and thousands of people were dying. Therefore, he asked the man from the cow protection society whether there was any attempt from his side to prevent the plague and stop the deaths of so many people. The man replied in the negative and said that there was no effort to save people. On the other hand, he commented that it was their fate or karma.





Swamiji retorted that if it is karma for the people to die of plague, it is equally karma or fate for the cattle to be butchered.

Here is the point of priority — animals and humans. Life is precious for all, but whose life is more precious? We do not hesitate to kill a mosquito or a bug, and similarly a scorpion or a snake. But we hesitate to harm people because the life of a human being is certainly more precious.

In all our day-to-day activities, priorities play a prominent role. A lower life may be given up for saving a higher life. We do not sacrifice the higher for the benefit of gaining the lower. Do we spend Rs. 10,000 to get a loan of Rs. 100? Is it not penny-wise

and foolish?

Swami Vivekananda was wise and kind. Therefore, he gave his first choice to human beings. Vivekananda should not be mistaken if he retorted a little rudely to the person from the cow protection society.

Not only in humanism, but also in every activity, we are faced with options and priorities. Wisdom lies in rising to the occasion and showing the right attitude for the implementation of the right activity. Sometimes the priorities do vary from person to person, but the most important factor is how unselfish we are.

Let us love all and serve all as wisely as possible.

Success stories at Arogyadhama – Department of Rheumatology

In this article, we share the experience of Geetha Yadav, who visited Arogyadhama in 2026. She was diagnosed with osteoarthritis of the knees, hypothyroidism, external haemorrhoids, and insomnia, and stayed at Arogyadhama from 02/03/2026 for three weeks. She benefited greatly from the Integrative Medicine Therapy, with nearly 70% improvement in her condition.

How Arogyadhama Department of Rheumatology Deals with Diseases

Under the able guidance of Dr Nagarathna and her team of doctors and therapists, Arogyadhama Department of Rheumatology deal with diseases related to different types of arthritis like Osteoarthritis. And the prevention of associated co morbidities. We apply an integrated approach of therapy – Yoga therapy, Naturopathy, physiotherapy and Diet therapy is applied for treating non-communicable diseases (NCDs) and to promote Positive Health.

GEETHA YADAV SUCCESS STORY

Geetha Yadav, 56 yrs years old female participant (stayed for 3 weeks till 23/03/2026)

COMPLAINTS:

1. C/O Pain in both knees (Right > Left) for the past 8 years.

2. C/O Increase in body weight for the past 8 years.
3. C/O Difficulty holding urine for the past 2 years.
4. C/O Difficulty initiating sleep for the past 1 year.
5. K/C/O Hypothyroidism for the past 26 years.
6. K/C/O External haemorrhoids for the past 9 years

Mrs. Geetha Yadav came to Arogyadhama for management of her health condition. She was given Integrated Yoga Therapy, Naturopathy treatment with diet management and Ayurveda therapy for restoring and maintaining her health during her stay, which is a customized yoga therapy module for her condition.

The sessions cover the Pancha kosha, that is all five layers of existence, and include: special techniques for their health and wellness, Yogic cleansing techniques, the Kriyas like LSP, Jalaneti; Pranayama; Meditation techniques like MSRT and CM; Devotional sessions on Gita, Upanishads and Vedas, and Yogic counseling.

This was integrated with naturopathy treatment, diet and ayurveda. She was also given advice for lifestyle change.



RHEUMATOID ARTHRITIS



Naturopathy Treatments Administered During the Stay

The participant underwent a naturopathy treatment program from 4th to 16th March 2026, including mud packs, kriya practices, cold hip baths with Epsom salt, steam baths, foot reflexology, and oil applications. Therapeutic interventions such as hot sand fomentation, ginger-turmeric and mustard packs, vibro massage, and physiotherapy massage were administered mainly for the knees, legs, and lower back to promote pain relief and overall wellness.

Diet Prescribed and Followed:

During her stay, the participant was provided with a therapeutic naturopathy diet plan comprising lemon honey water, vegetable juices, boiled vegetables, fruits such as papaya and apple, khichadi, millet-based preparations, soups, and light meals. Periods of fasting, detox diets, and a structured Virechana diet were also incorporated to support digestion, detoxification, metabolic balance, and overall healing.

Geetha Yadav before and after parameters

| VITAL DATA | On Admission | At Discharge |
|--------------------------|--------------|--------------|
| PULSE RATE (Beats/min) | 82 | 76 |
| Respiratory Rate / min | 18 | 14 |
| Blood Pressure (mmHg) | 130/80 | 120/70 |
| BRAHMARI TIME (sec) | 15 | 15 |
| WEIGHT(kg) | 84 | 78.2 |
| HEIGHT(cm) | 154 | 154 |
| BMI (Kg/m ²) | 35.2 | 33 |

Osteoarthritis of knees, Hypothyroidism, External Haemorrhoids, Insomnia • An Overview of Causes, Symptoms & Management

Osteoarthritis of knees:

Overview:

Degenerative joint condition where the protective cartilage of the knee gradually wears away, leading to pain, stiffness, reduced mobility, and impaired joint function.

Causes:

- Ageing
- Obesity
- Injury
- Overuse
- Weakness
- Genetics
- Malalignment
- Metabolic factors

Symptoms:

- Pain
- Stiffness
- Swelling
- Crepitus
- Instability

Prevention & Management:

- Weight-control
- Exercise
- Physiotherapy
- Medication
- Lifestyle-modification
- Surgery



Hypothyroidism:

Overview:

A condition where the thyroid gland does not produce enough hormones.

Causes:

- Autoimmune disease (e.g., Hashimoto's Thyroiditis)
- Iodine deficiency
- Thyroid surgery or radiation
- Certain medications

Symptoms:

- Fatigue
- Weight gain
- Cold intolerance
- Dry skin
- Depression

Prevention & Management:

- Daily thyroid hormone medication
- Regular blood tests
- Balanced diet with iodine
- Lifelong monitoring

What We Need to Do in Musculoskeletal Diseases

- Improve mobility
- Prevent further complications
- Enhance quality of life

The Immediate Objectives are:

- Reducing pain
- Increasing range of motion
- Improving flexibility
- Improving sleep

General Instructions:

- Walking in Nature for 35 minutes is a must.
- Water intake should be 2-3 litres/day
- Instead of tea and coffee, prefer green tea/herbal drinks or decoctions.
- Avoid refrigerated food, processed food, junk food, fast food, bakery products, deep-fried items, salty food, and spicy food.

Research from SVYASA on Osteoarthritis

1. Managing knee osteoarthritis with yoga or aerobic/strengthening exercise programs in older adults: a pilot randomized controlled trial. <https://link.springer.com/article/10.1007/s00296-016-3620-2#articleinfo>

2. Effect of an integrated approach of yoga therapy on quality of life in osteoarthritis of the knee joint: A randomized control study. <https://www.ncbi.nlm.nih.gov/pmc/journals/1295/>

3. Effect of Yoga Based Lifestyle Intervention on Patients With Knee Osteoarthritis: A Randomized Controlled Trial. <https://pubmed.ncbi.nlm.nih.gov/29867604/>



Pratinanda 2026: Farewell ceremony of Batch 2020 BNYS and Batch 2023 MD Yoga

The farewell ceremony Pratinanda 2026 was organized with grace and warmth to honor the outgoing Batch 2020 of BNYS and Batch 2023 of MD Yoga on 29th April 2026.

The event blended celebration with reflection, marking the culmination of years of academic dedication, personal growth, and shared experiences within the institution.

The program commenced with an invocation song and a classical dance performance by the Batch 2021 students, creating an auspicious and serene atmosphere. This was followed by the traditional lighting of the lamp, symbolizing the continuity of knowledge and wisdom. The occasion was graced by distinguished dignitaries including the Vice Chancellor, Dr. N. K. Manjunath; Dr. Subramanyam Ji; Dr. Raghuram Ji; the Registrar, Dr. Sony Kumari; and the Deputy Registrar, Dr. Vasudev Vaidya.

The welcome address was delivered by the Principal of SSYNM, Dr. Apar Saoji, who warmly acknowledged the achievements and grounded values of the outgoing students. The speeches delivered throughout the event were deeply personal and reflective, emphasizing the students' rootedness, shared memories, and the strong bonds formed during their academic journey.



In his presidential address, Dr. N. K. Manjunath, extended his blessings and best wishes, while also fondly recollecting instances where he had closely interacted and worked with the students. His address was both inspiring and heartfelt.

Adding an emotional dimension to the ceremony, outgoing students

such as Dr. Lehar Gupta, Dr. Bhavigna Reddy, and Dr. Mithra shared their reflections. They expressed deep gratitude towards their mentors, peers, and the institution, reminiscing about the moments that shaped their journey.

The ceremony concluded with a sincere vote of thanks delivered by Dr. Titty George, who graciously acknowledged the presence of the dignitaries and the efforts of everyone involved in organizing the event. The event stood as a testament to the enduring bonds between the students and the institution, leaving behind a sense of fulfillment, gratitude, and hope for the future journeys of the graduates.



Nearly 1000 Participants Join International Day of Yoga Countdown Programme at S-VYASA



The International Day of Yoga Countdown Programme – 2026 was successfully organized by S-VYASA Yoga University as part of the nationwide celebrations leading to the International Day of Yoga, in alignment with the vision and guidelines of the Ministry of AYUSH.

The programme witnessed enthusiastic participation from nearly 1000 participants, including around 750 students and more than 200 members of the public from Jigani and nearby areas. The event served as an important initiative to promote awareness regarding yoga as a holistic lifestyle practice contributing to physical health, mental wellbeing, emotional balance, and spiritual growth.



The programme commenced at 6:15 AM with the assembly of participants and smooth coordination by the Event Management Team. The proceedings were anchored by Dr. Vaishali Mathapati, who welcomed the dignitaries and participants and guided the programme effectively. The event began on a spiritual note with the Invocation Prayer rendered by Dr. Nagarajan and team, creating a serene and focused atmosphere for the gathering.

The programme was graced by several eminent dignitaries, including Dr. H. R. Nagendra, Dr. Nagarathna, Prof. Subramanyam, Dr. B. R. Ramakrishna, Prof. Siva Sankar Sai, Prof. Sony Kumari, Dr. Vasudev Vaidya, Prof. Jayaraman, and Dr. Karuna Nagarajan. In her Welcome Address, Dr. Karuna Nagarajan highlighted the global significance of yoga and emphasized its scientific and therapeutic benefits in promoting holistic health and wellbeing.



The formal inauguration of the programme was conducted through the symbolic offering of water to the Tulasi plant, reflecting the traditional Indian values of environmental awareness, health consciousness, and reverence towards nature. The gathering was also addressed on the significance of the International Day of Yoga Countdown Programme and the importance of adopting yoga as a comprehensive lifestyle practice that promotes physical fitness, mental calmness, emotional stability, and spiritual harmony.

One of the major highlights of the programme was the inspiring address delivered by Dr. H. R. Nagendra. In his speech, he emphasized the importance of integrating yoga into daily life and highlighted the role of yoga in achieving individual wellbeing and global harmony. He encouraged students and members of the public to practice yoga regularly for healthier and more balanced living.

The Common Yoga Protocol (CYP) Practice Session was conducted under the coordination of Mr. Dileep and Ms. Pooja. The session included loosening exercises, standing, sitting, prone and supine postures, pranayama, meditation, and guided relaxation techniques. Participants enthusiastically and actively took part in the session with discipline and dedication. Following the practice session, guided relaxation enabled participants to experience mental calmness and inner relaxation. An Artistic Yoga Showcase was subsequently presented by students under the guidance of Dr. Komal. The performance beautifully demonstrated flexibility, coordination, balance, and the aesthetic dimensions of yoga through synchronized yogic postures and movements. The showcase was highly appreciated by the audience and dignitaries alike.

The programme concluded with the Vote of Thanks delivered by Dr. Shridhar, who expressed gratitude to the dignitaries, organizing committee, faculty members, volunteers, students, and members of the public for their valuable support and participation in making the programme a grand success. The event ended with the chanting of the Shanti Mantra followed by the National Anthem.

S-VYASA Holds 66th Academic Council Meeting at Shruthi Mandir



On 23rd April 2026, the 66th Academic Council Meeting (ACM) was successfully held at Shruthi Mandir, Prashanti Kutiram, S-VYASA. The meeting commenced at 9:30 AM and concluded at 1:00 PM.



On 23rd April 2026, the 68th Executive Council Meeting (ECM) was successfully held at Tarangini Board Room, Prashanti Kutiram, S-VYASA. The meeting commenced at 3:00 PM and concluded at 5:00 PM.

Bhagavad Gita Examination Held at Prashanti Kutiram



A Bhagavad Gita examination in Anuloma Krama was successfully conducted at Prashanti Kutiram on 14th May 2026 under the auspices of the Lalitha Rama Lakshmi Trust. The event witnessed enthusiastic participation from students committed to the traditional study and recitation of the Srimad Bhagavad Gita.

Five participants successfully completed and submitted the examination. The participants included Sharadhi S. Shanbhogue (9 years) from Vidyananyapura, Bengaluru; Anagha K. Udupa (14 years), Bengaluru; Daivik C.P. (13 years), Bengaluru; Shreecharan Madhavan (13 years), Bengaluru; and K. Kumaraswamy Sastry (68 years) from Hyderabad. The participation of individuals across different age groups reflected the timeless relevance and universal appeal of the Bhagavad Gita.

The examination was held at Tarangini in a serene and spiritually charged atmosphere. The panel of examiners comprised Guruji President Dr. H. R. Nagendra Ji, Distinguished Professor Acharyaji Ramachandra G. Bhat, Dr. V. Nagarajan, and Sri Karibasappa Ji. The examiners appreciated the dedication, discipline, and sincerity demonstrated by all the participants in mastering the sacred text through the Anuloma Krama method.

Following the successful completion of the examination, the participants were felicitated at Shruthi Mandir with certificates, mementos, and cash prizes in recognition of their hard work and achievement. The event served as an inspiring initiative in preserving and promoting the rich spiritual and cultural heritage of the Bhagavad Gita among people of all generations.



S-VYASA Conducts Three-Day Yoga and Wellness Retreat for CDAC Participants

S-VYASA successfully conducted a three-day Yoga and Retreat Program for the participants of CDAC from 13th to 15th May 2026 at the S-VYASA campus, Bengaluru. The program aimed at promoting holistic health, stress management, emotional well-being, and team bonding through yogic practices, meditation, relaxation techniques, and interactive sessions. 58 participants enthusiastically took part in the retreat.

The program was coordinated by Dr. Sridevi K. J., Associate Dean, Short Term Courses, along with Mr. Karthik, Senior Yoga Therapist. The event also received active support from Mr. Binu George, HRD, CDAC. Sessions were conducted by Prof. Soni Kumari, Registrar SVYASA, Dr. Prashanth, Principal of School of Physiotherapy and Ms. Taponi, Assistant Professor, ODL. The morning yoga and pranayama sessions were effectively handled by BNYS interns Kavyashree and Pranitha.



The retreat included Deep Relaxation Technique (DRT), Kriya Yoga, ergonomics at the workplace, SMET theory and practical sessions, cyclic meditation, bhajans, happy assembly activities, bonfire interaction, and question-answer sessions. Participants appreciated the serene environment and practical yoga sessions that provided relaxation, mental clarity, and rejuvenation.

A special highlight of the program was the organization of the International Day of Yoga (IDY) Protocol Session as a Countdown Program towards IDY 2026, creating awareness and enthusiasm among the participants regarding the global celebration of yoga. The program concluded successfully with positive feedback from all attendees, reflecting the effectiveness of the wellness initiative conducted for CDAC participants at S-VYASA.



Ancient Wisdom for Modern Womanhood & Motherhood

International Women's Day Workshop
Centre for Open and Distance Education (CODE)
Insights from Yoga Rahasya

"When a woman reconnects with her breath, she reconnects with her inner intelligence; and when that awareness awakens, she becomes a source of balance and harmony for the entire world."



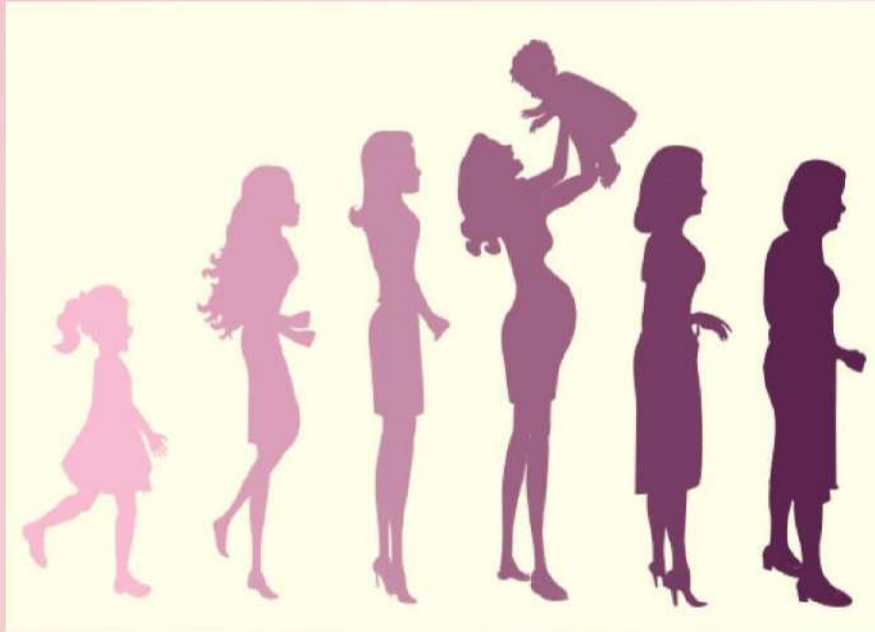
In celebration of International Women's Day 2026, the Centre for Open and Distance Education (CODE) of S-VYASA University, Bengaluru, organized a special online workshop titled "Ancient Wisdom for Modern Womanhood & Motherhood – Teachings from Yoga Rahasya" as part of its Student Enrichment Program. The workshop brought together participants from across India and several countries around the world, reflecting the growing global interest in applying classical yogic wisdom to modern life.

The session featured distinguished speakers Mrs. Savithri Ravikrishnan and Mrs. Eniko Pianovszky, senior yoga therapists from YogaVahini, Chennai, who are deeply rooted in the classical tradition of Yogacharya Sri T. Krishnamacharya. Through their insightful presentations, the speakers explored how the timeless teachings of Yoga Rahasya continue to offer profound guidance for women's health, emotional balance, motherhood, and spiritual growth.

The program commenced with an opening prayer followed by a welcome address by Dr. Jyoti Amit Singh, who highlighted the vision of S-VYASA in integrating ancient yogic knowledge with modern scientific understanding. She also emphasized the important role of CODE in making authentic yoga education accessible to learners across the globe. More than 360 participants registered for the workshop, making it a vibrant and interactive international gathering.

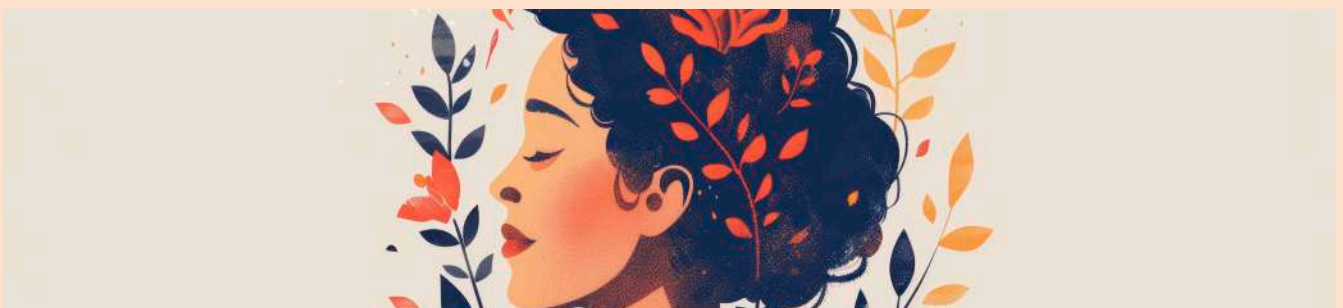
S-VYASA Conducts Three-Day Yoga and Wellness Retreat for CDAC Participants

Women experience significant hormonal shifts throughout our lives



The speakers also highlighted the progressive vision of Sri T. Krishnamacharya, who strongly encouraged women to learn and teach yoga at a time when opportunities for spiritual education were limited for them. He believed that empowering women through yoga would positively influence families and society as a whole. This message resonated deeply with the participants, especially in the context of the multiple responsibilities and pressures faced by women in modern life.

An important aspect of the discussion was the individualized approach of yoga described in Yoga Rahasya. The text explains that yoga practices must evolve according to the different stages of life. During youth and growth phases, dynamic physical practices are emphasized, while adulthood requires greater focus on breath regulation, emotional stability, and mental balance. In later stages of life, contemplative and meditative practices become more significant. This adaptive approach reflects the core principle that yoga is not a rigid system, but a personalized path designed to support the practitioner's unique needs and circumstances.



The workshop also addressed common health concerns faced by women today, including stress, hormonal imbalance, lifestyle disorders, and emotional exhaustion. Drawing from the teachings of Yoga Rahasya, the speakers emphasized the importance of mindful breathing, balanced lifestyle practices, emotional awareness, and appropriate yogic routines in promoting holistic well-being. Special attention was given to yoga during pregnancy and motherhood, highlighting gentle breath-centered practices that nurture both mother and child.

A short-guided practice session allowed participants to directly experience the calming effects of synchronized movement and breath awareness. Even simple practices demonstrated how yoga can bring physical relaxation, mental clarity, and emotional steadiness amidst the demands of everyday life. The session concluded with the chanting of “Om Shanti,” creating a collective atmosphere of peace and reflection.

The event concluded with a Vote of Thanks delivered by Dr. Natesh Babu, Director of CODE, who expressed gratitude to the speakers and participants for making the workshop meaningful and inspiring. The program served as a reminder that the ancient wisdom of yoga continues to remain deeply relevant in supporting modern womanhood and motherhood with balance, awareness, and inner strength.

The screenshot shows a Zoom meeting interface. At the top, the host is identified as 'Eniko Pianovszky (Presenting, annotating)'. The main content is a presentation slide with the following text:

FEMALE BODY THROUGH YOGIC LENSES

jñānendriyāṇi pañcaiva pañca karmendriyāṇi ca |
ekādaśaṃ manastusyātprāṇastu daśadhā smṛtaḥ ||
1-41

śāṭkausīkaṃ śarīraṃ hi gadyate munibhiḥ sphuṭam
| śvāsakośānnakośau tathā mūtramalātmakau |
rajo vīryātmakau ceti ṣoḍhā kośasya samsthitih ||
1-43

**11 Indriyas, 10 Pranas,
6 Koshas:**

1. hṛdayakosha
2. śvāsakosha
3. annakosha
4. mūtrakosha
5. malakosha
6. rajo/ garbha kosha

Proper Food, Lifestyle, Asana, Pranayama, Pratyahara to
a Healthy Body, Senses and Steady Mind (1.43 – 1.46)

The slide also features the S-VYASA logo. The Zoom interface shows a grid of participants: Eniko Piano..., Savithri Rav..., Sridevi, Dr. Jyoti Am..., and Sangeetha ... There are also icons for mute, video, chat, and other meeting controls at the bottom.

Yoga Sahayak Training Programme Inaugurated in Haryana

The Yoga Training Programme for Yoga Sahayaks was successfully inaugurated at Yog Ayog on May 15, 2026, with the objective of enhancing the knowledge and practical skills of Yoga Sahayaks in the field of yoga education and practice. The programme aimed to strengthen the role of trained yoga professionals in promoting holistic health, wellness, and awareness about the therapeutic benefits of yoga in society.

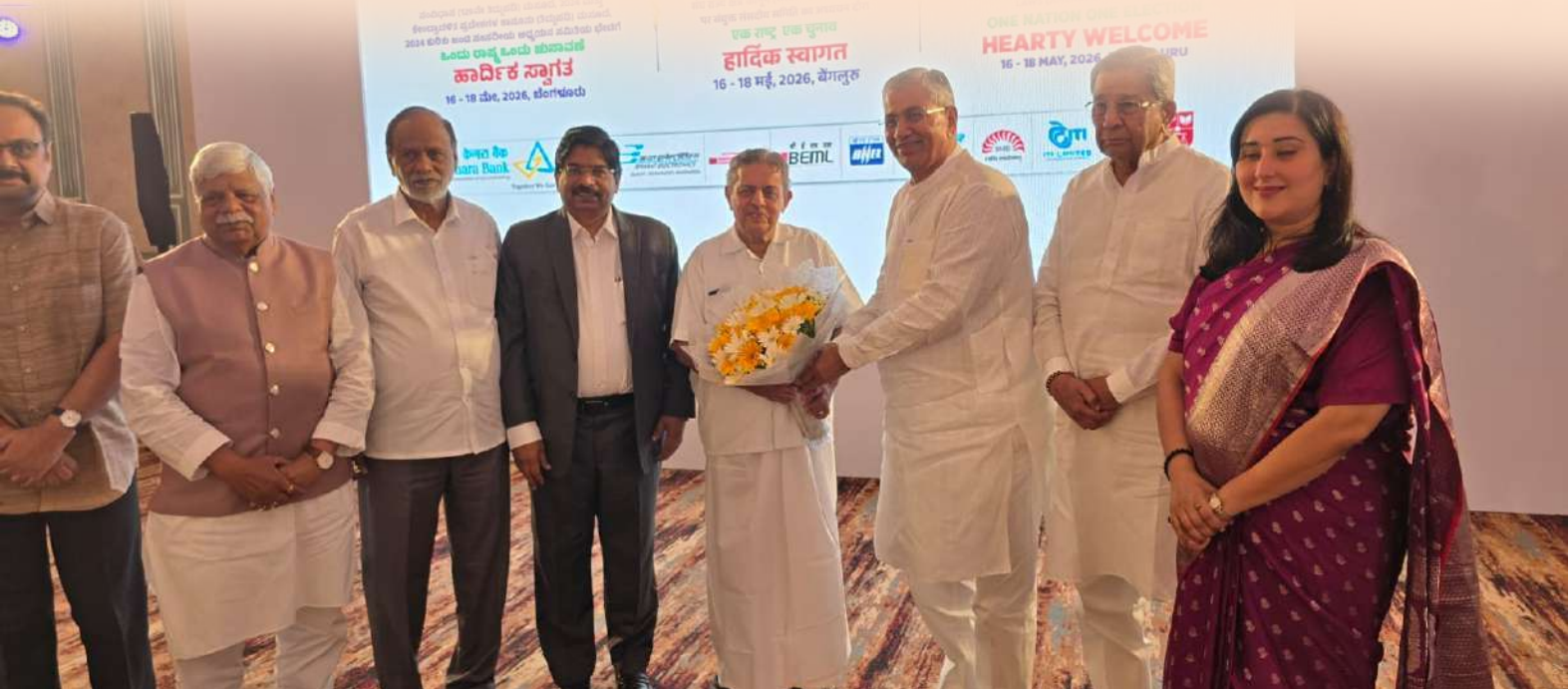
The inaugural session was graced by Dr. Dilip Kumar Sharma, District Ayurveda Officer (DAO), Panchkula, Haryana, who formally inaugurated the programme. In his address, he emphasized the growing importance of yoga in preventive and promotive healthcare and appreciated the initiatives taken to strengthen yoga training across the region. The programme was also attended by Dr. Amith Arya and Dr. Rajendra, who encouraged participants to actively engage in the training and contribute toward spreading yoga and wellness in society.

Reflecting on the successful completion of the Yog Sahayak Training Programmes conducted earlier at Karnal and Panipat, S-VYASA Deemed to be University was once again entrusted with conducting this training programme. This recognition highlights the strong teaching methodologies and foundational principles established at S-VYASA under the guidance of Honorable Gurujī Dr. H. R. Nagendra.

The training sessions were effectively conducted by faculty members from S-VYASA Deemed to be University, with Assistant Professors Dr. Prajwal Rao K. R. and Sailesh Pradhan delivering expert guidance in both theory and practical aspects of yoga therapy.



Dr. H. R. Nagendra Invited to JPC Interaction on “One Nation, One Election”



Honourable Guruji, Dr. H. R. Nagendra, President of S-VYASA, was invited as one of the eminent Padma awardees from the State of Karnataka to participate in the interactive meeting organized by the Joint Committee of Parliament (JPC) on the Constitution (One Hundred and Twenty-ninth Amendment) Bill, 2024 and the Union Territories Laws (Amendment) Bill, 2024. The meeting was held in connection with the subject of simultaneous elections to the House of the People and the Legislative Assemblies, popularly referred to as “One Nation, One Election” (ONOE).



The Hon'ble Chairperson and Members of the JPC undertook a study visit to Bengaluru from 16th May to 19th May, 2026, to hold discussions with various stakeholders. As part of this initiative, a tentative list of Padma awardees from Karnataka, received from the Lok Sabha Secretariat, was considered for participation in the interaction.

Dr. H. R. Nagendra was among the distinguished personalities invited for the deliberations held on 18th May, 2026 in Bengaluru.

The interaction aimed at facilitating meaningful discussions and gathering valuable insights from eminent personalities regarding the proposed framework for simultaneous elections in the country. The participation of respected leaders and awardees such as Dr. H. R. Nagendra added great value to the deliberations and reflected the importance of inclusive dialogue in matters of national significance.

SVYASA Houston Concludes Successful 9th Annual Yoga Retreat

SVYASA Houston Center successfully conducted its 9th Annual Yoga Retreat from April 24–26 at the beautiful Camp Cho-Yeh near Lake Livingston.

With over 50 participants in attendance, the retreat offered a deeply enriching and immersive experience focused on holistic health, self-development, and yogic living. A major highlight of the retreat was the insightful textual exploration by Prof. Jayaraman Mahadevan on “Charm of the Upanishads – Glimpses from Chandogya and Katha.” The sessions provided participants with profound insights into the Upanishads, which form the philosophical core of yogic wisdom and offer a strong foundation for aspirants to deepen their sadhana.

Participants also enthusiastically engaged in Ayurveda sessions conducted by Dr. Sonal Gupta, which were received with great interest and curiosity.

Special fun and recreational activities were thoughtfully organized for around 15 children, alongside yoga sessions, making the retreat a joyful and family-friendly experience for participants of all ages.

Senior teachers of SVYASA Houston, Vishwarupa Nanjundappa and Smitha Mallaiah, guided participants through a harmonious blend of yoga practices, breathing techniques, meditation, relaxation, and reflective sessions designed to nurture both physical and mental well-being.

Attendees especially appreciated the serene natural setting, meaningful connections, and the overall sense of collective growth and inner transformation experienced throughout the retreat.

SVYASA Houston extends its sincere gratitude to all participants, volunteers, teachers, and sponsors whose support and dedication made the retreat a truly memorable and transformative experience.





PATENTS

Innovating Today for a Better Tomorrow



SVYASA is committed to innovation and research that creates meaningful impact. Our patented innovations reflect our dedication to developing novel solutions for health, well-being and holistic living.



25+

Patents Filed



15+

Patents Granted



10+

Innovative Research Areas



20+

Dedicated Inventors & Researchers

FOCUS AREAS



Yoga & Holistic Health Technologies



Mental Wellness & Therapy



Assistive & Healthcare Devices



Sustainable Living & Natural Solutions

LIST OF PATENTS

| Sl. No. | Title of the Invention | Patent No. | Status | Year |
|---------|---|--------------|-----------|------|
| 1 | System and method for evaluation of pranic energy in human body | 358136 | Granted | 2021 |
| 2 | Yoga equipment with biofeedback for posture correction | 374007 | Granted | 2022 |
| 3 | Herbal composition for stress management | 202241022641 | Published | 2022 |
| 4 | Device for multi-parameter monitoring during pranayama | 202241045239 | Published | 2022 |
| 5 | Method for improving sleep quality using yogic protocols | 202241051245 | Published | 2022 |
| 6 | A composition for enhancing memory and cognitive function | 202241070560 | Published | 2022 |
| 7 | Smart yoga mat with posture sensing and feedback | 202341020123 | Published | 2023 |
| 8 | Method for anxiety reduction using breathing techniques | 202341028456 | Published | 2023 |
| 9 | Herbal formulation for immunity enhancement | 202341050789 | Published | 2023 |
| 10 | Portable device for Nadi pariksha (vein assessment) | 202341061234 | Published | 2023 |

“ Our Patents are not just Intellectual Properties, they are Instruments of Social Transformation. ”





A PRESTIGIOUS & BLESSED VISIT TO
AMARYOG STUDIO

An Evening with

**PADMA SHRI
DR. H. R. NAGENDRA
GURUJI**

Padma Shri awardee, President of S-VYASA
University, globally respected yoga master,
and pioneer of scientific yoga research.

A rare opportunity to receive Guruji's blessings,
wisdom and inspiration in person.



THURSDAY
28TH MAY



4:00 PM
TO 5:00 PM



AMARYOG
STUDIO



ALL ARE WARMLY INVITED!

Students, families, friends and all wellness seekers
are most welcome to join this special gathering
and be a part of this inspiring experience.

EVERYBODY
IS WELCOME



KINDLY CONFIRM YOUR PRESENCE WITH ARYA ON WHATSAPP

9321814083

Please circulate this message in your community and groups.



APOLLO HOSPITAL , PUNE
is proud to welcome



Padma Shri Dr. H R Nagendra (Guruji)

President - SVYASA
Advisor to Government of India on Yoga

'Integrating Yoga in Management of Lifestyle Diseases'



Yogasana Demonstrations and Lecture



Date: Thursday 28 May 2026



Time: 11.15AM



Venue: Apollo Hospital,
Shankarsheth road, Swargate, Pune

Contact:



8552929010, 8956626745

Join us for an inspiring Yoga Guru Class, open to yoga students, sadhaks, doctors, wellbeing experts, and the wider community seeking holistic growth and inner balance.



CORDIALLY INVITES YOU TO

KALA VILASA

Art for World Peace

📅 20th May 2026 | 🕒 3:00 PM

VALEDICTORY

CHIEF GUEST



Sri Suneel Puranik

Actor, Director and Producer



Presented by
Cultural Committee



Sponsored by
Student Welfare Committee



MINISTRY OF
AYUSH

सत्यमेव जयते



Celebrate

YOGA

MAHOTSAVA 2026

COUNTDOWN PROGRAM

Sponsored by
MDIYN, Ministry of Ayush, New Delhi

Organised by
School of Yogic Sciences, S-VYASA

A curtain raiser to
21st June 2026
International Day of Yoga
#IDY2026

SATURDAY

16
MAY
2026



VENUE:
H. V. Sheshadri Ground
Prashanti Kuteeram campus
Jigani, Bangalore



TIME:
6:30 AM

Under the
Guidance & Blessings of
Dr. H. R. Nagendra Guruji



OPEN TO ALL
Yoga Practitioners,
Well-wishers,
Students & Families



INSPIRE
Transform Lives
Through Yoga

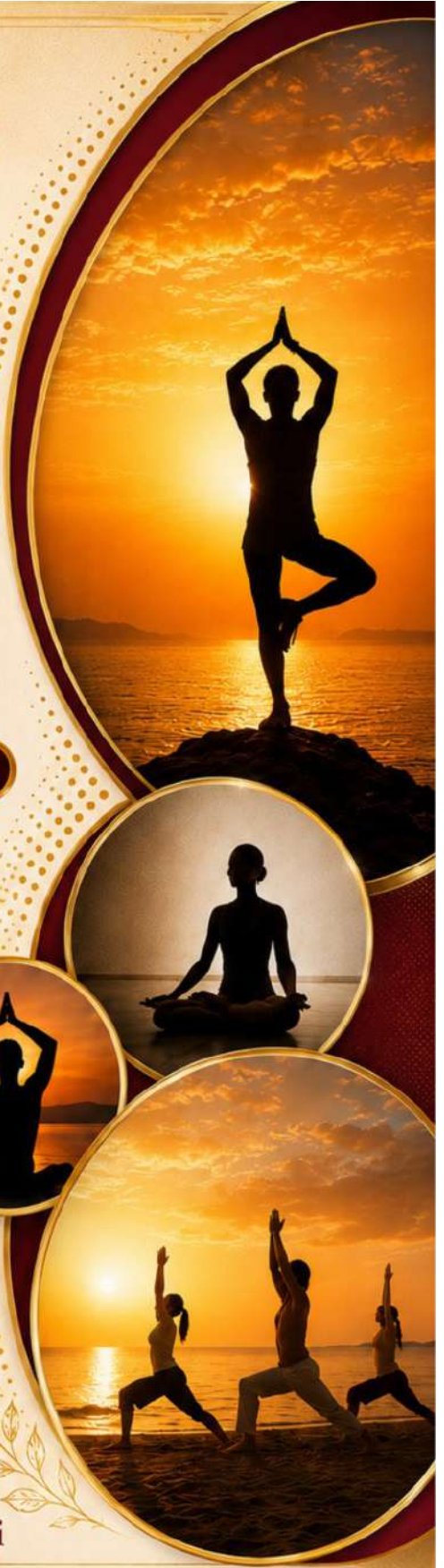


EMPOWER
Be the Change,
Within and Beyond



CELEBRATE YOGA
Unite for Health,
Harmony &
Humanity

Yoga for Harmony, Peace and Inner Transformation





S-VYASA

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



Programs in **YOGA**

Programs in **YOGA**

School of Yoga:

YIC (Yoga Instructor's Course), **Spiritual Retreat, Sadhana Shibir & Echoes of OM**
BSc & MSc (Yoga)
BSc & MSc YT (Yoga Therapy)
BSc & MSc YVW (Yoga & Vedic Wellness)
BA & MA YEd (Yoga Education)
BA & MA YISD (Yoga for Integrated Sports Development)
BA & MA HY (Hatha Yoga)

School of Physiotherapy:

BPT - Bachelor of Physiotherapy

School of Yoga & Naturopathic Medicine:

BNYS - Bachelor of Naturopathy
and Yogic Sciences
MD - Yoga

Programs in CODE

(Centre for Open
& Distance Education)
DYT (Diploma in Yoga Therapy)
BSc (Yoga)
MSc (Yoga)
YIC (Yoga Instructor's Course)
Ph: +91-80-2263 9901/ 02
www.svyasadde.com

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

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



S-VYASA

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



Division of Yoga-Spirituality

VMAC-VTR

**Varahamihira
Advanced Centre of
Vedic Technology
Research**

in S-VYASA Headquarters, 'Prashanti Kutiram'

While we have done our contributions for Yoga Therapy for over 30 years in the form of nearly a thousand Research Papers published in the Peer Reviewed Journals, we now are venturing into a new Project related to the Purva Mimamsa Shastra.

We are all aware of the three major contributions of Patanjali Maharshi known for Yoga, Grammar and Ayurveda.

Similarly, Varaha Mihira made three great contributions in Jyotisha: Phala Jyotisha, Ganita (Maths) and Khagola (Astronomy) Jyotisha.

Hence in his name we have now planned to open a new venture, 'Varaha Mihira Advanced Centre of Vedic Technology Research' (VMAC-VTR).

We seek your association and support for this New Research Dimension we have taken up in S-VYASA.

Consultations offered:

**Medical Astrology Based
Vedic Wellness Consultations
Fees: Rs. 400**

**Academic Programs offered:
(as per NEP 2020)**

**M.A. Yoga Darshanam
(Yoga Philosophy & Textual
Studies) 2 yrs (Scholarships Available)**

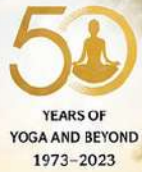
**M.Sc. YVW
(Yoga & Vedic Wellness) 2 yrs**

**B.Sc. YVW
(Yoga & Vedic Wellness) 4 yrs**

for more details, write to us: spirituality@svyasa.edu.in
apply online & visit: www.svyasa.edu.in



Knowledge, Awareness. Transformation.



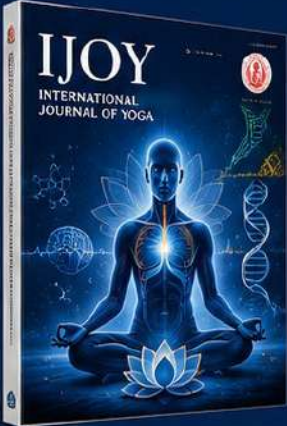
Stay connected with the latest research in **Yoga, Health and Consciousness.**





SUBSCRIBE TODAY!

Be informed. Be inspired. Be empowered.



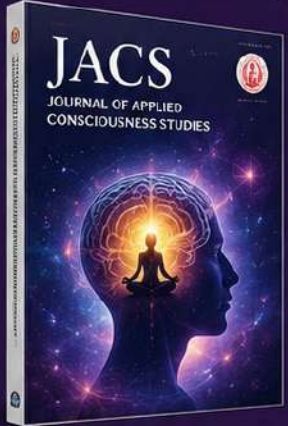
IJOY
INTERNATIONAL JOURNAL OF YOGA
Bridging Tradition and Science







-  Peer-reviewed international research
-  Yoga therapy, health & wellness, integrative medicine
-  Evidence-based studies for a healthier world
-  Global perspective, universal impact

“ Advancing Yoga as a Science for Prevention, Healing and Transformation ”

JACS
JOURNAL OF APPLIED CONSCIOUSNESS STUDIES
Exploring Consciousness. Enriching Humanity.



-  Consciousness research, mind & behaviour
-  Yoga psychology, philosophy & spirituality
-  Neuroscience, meditation & human potential
-  Interdisciplinary insights for a awakened world

Understanding Consciousness. Expanding Human Possibilities. ”

WHY SUBSCRIBE?



Access high-quality research from global experts



Stay updated on latest developments in Yoga & Consciousness



Essential resource for students, researchers & practitioners



Inspire your practice, teaching and personal growth



Be part of a global community dedicated to well-being and human flourishing



JOIN OUR GLOBAL FAMILY OF READERS AND RESEARCHERS!



SUBSCRIBE NOW

iyojournal.lww.com | jacsonline.lww.com

Two Journals. One Vision – Holistic Health, Higher Consciousness, Humane Society.



Ancient Wisdom



Modern Science



Conscious Living



Global Relevance



Serving Humanity

SUMMARY

YOGA-MEDITATION TEACHERS IN EVERY VILLAGE

A Scalable Grassroots Wellness Model for India



! THE NEED (Problem Statement)

- Rising lifestyle diseases, stress, mental health issues
- Limited access to qualified wellness instructors in villages
- Lack of livelihood opportunities for rural youth
- Huge gap in preventive healthcare systems

➔ India needs a scalable grassroots wellness model

THE VISION

Train 2 Yoga-Meditation Teachers per village (1 Male + 1 Female)

- ✓ Covering ~6 lakh villages
- ✓ Building a 10-15 lakh instructor network



THE SOLUTION

AI + Field Implementation Hybrid Model

- ✓ AI-powered LMS for training
- ✓ Local mentors + community engagement
- ✓ Standardized certification
- ✓ Direct village deployment

IMPACT

- Preventive healthcare at scale
- Rural employment generation
- Reduced healthcare burden
- Social harmony & wellbeing



Execution Model

Free Entry
Meditation Course (App-based)
AI Learning + Tracking
Certification YIC (₹1000)
Deployment Teach in villages

Technology Advantage
• Multi-language LMS
• AI-based guidance
• Practice tracking
• Mobile-first

Outreach Strategy

- Panchayats & Gram Sabhas
- Schools & Youth Networks
- ASHAs & Anganwadi Workers (Voluntary)
- WhatsApp Village Networks
- Community & Spiritual Groups

Pilot Plan

15-20 Villages | 2-3 States
2 trainees per village
Duration: 1 Month
Metrics: Enrollment, Completion, Conversion to YIC, Active Classes Started

Financial Model

Free Entry (Meditation)
Paid Certification: ₹1000
✓ Low cost, Scalable
✓ Income for Trainees via Teaching
✓ CSR / Govt. Fundable

Role Clarity

Chandra Team Platform + AI + Content Delivery
VYASA
• Yoga Curriculum
• Outreach & Onboarding
• Mentoring + Certification

TARGET:

- ✓ VYASA's 50 Year Ending Dec 2026
- ✓ Yoga-Meditation in Every Village
- ✓ National Wellness Grid
- ✓ Integration with Schools & Wellness Centers
- ✓ Global Replicable Model



CALL TO ACTION



Launch Pilot
May 1st Week



Align Teams & Responsibilities



Scale District
→ State → National



Week of June 21st
during IDY



Completion
December 31st



CENTURYPLY CLUB PRIME

**ISSE BETTER INVESTMENT
HAI TOH BATAO!**

- E0 EMISSION COMPLIANT**
It is a Zero Emission ply, causing the least emission of formaldehyde, making it a ply for the planet.
- CALIBRATED**
It is uniformly thick with a super smooth surface, thanks to cutting-edge technology. It is ideal for lamination and creation of modular furniture.
- DUPLICATE PROOF**
It comes with a unique QR code. When scanned with the CenturyPromise app, it authenticates that the ply is genuine and also generates e-warranty.
- FIRE RETARDANT**
It comes with Firewall Technology that delays spread of fire. It emits very little smoke and self-extinguishes when source of fire is removed.
- CUSTOMER SERVICE IN 48 HRS**
In the highly unlikely event of a complaint, the product team at CenturyPly will contact the customer within 48 hrs and resolve the issue.
- 30-YEAR WARRANTY**
It is the only ply from CenturyPly that passes 25 stringent tests as per Bureau of Indian Standards. No wonder it comes with a 30-year warranty.

BORER & TERMITE PROOF, BOILING WATERPROOF

+

EVERYTHING A PREMIUM PLYWOOD CAN OFFER

QUALITY GUARANTEED
by **CENTURYPLY**

+91 33 39403950 **1800-5722-122** **To know more, SCAN**



Visit website for more details