

योगा सुद्धा

A Monthly Journal of SVYASA (Deemed to be University)

Deemed to be University, Bengaluru



19th Convocation of S-VYASA

Chief Guest: **Dr. C N Manjunath**

Professor & Head of Cardiology and Director, SJICSR, Bangalore

p14



**Consultative Meeting
on Development of Naturopathy**
with Secretary and Jt. Secretary of AYUSH, GoI



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

26th - 29th May 2022
Hybrid Conference

Conference Venue
Prashanti Kutiram
Bengaluru, India

Call for Papers

Scientific Research Papers, Concept and Review Papers on the theme and related topics in Yoga and Integrative Medicine are invited for Oral and Poster Presentations.

Submit your abstract on Conference portal:
www.incofyra.com

Last Date for Abstract Submission - **Apr 20, 2022**

The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by **May 5, 2022**

Conference Registration

Individual Programs	Dates	SAARC Countries in ₹	Non-SAARC Countries in US\$
Pre-Conference	May 20 - 24	3500	300
Main Conference	May 26 - 29	3500	250
Both Programs	May 20 - 24 May 26 - 29	7,000	550
Rate/ Day	---	1,500	100



Main Events

Pre-Conference Workshops
Himalaya Yoga Olympiad Finals
Main Conference



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

'Prashanti Kutiram' Campus: Vivekananda Road, Kalluballu Post, Jigani, Anekal, Bengaluru – 560 105
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तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

योगसुखा सुखा

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EDITORIAL



My dear Brothers and Sisters,

Following the direction of Swami Vivekananda that we should combine the best of the WEST with that of the east, as all of you are aware, the VYASA movement and S-VYASA deemed to be university has pioneered in establishing the usefulness of yoga and its applications

by bringing evidence base by scientific research through authentic peer-reviewed technical Journal publications over the last 4 decades. With over 800 research publications and hundreds of MSc and PhD dissertations on various dimensions of the social relevance of Yoga.

While our efforts continue to keep up this effort to remain no 1 institution in the world in Yoga research by more and more publications in higher and higher IF Journals, we now are launching a new effort to look at the other dimension of Vedas.

The word Veda has its root in

1. Vid Jnane contains all knowledge of the whole creation and beyond. It is an Encyclopaedia of all aspects of the structure and laws of the whole universe. This is contained in the Uttara Mimamsa in Upanishads or Vedanta.
2. Vid Vicare emphasizes the evidence base of Vedas promoting questioning to the highest and subtlest level even beyond the double-blind Randomised control trial approach of

modern science, the gold standard in research

3. Vid Sattayam talks about the existence of Sat as the unchanging entity as the origin of all creation which is beyond space-time and causation: a state of infinite Knowledge, Power, freedom, and bliss. These aspects of Vedas, I call the Science of the Vedas.
4. Vid Labhe talks about the benefits of different dimensions of Vedic rituals described and promoted in Purva Mimamsa containing Karma Kanda and Upasana Kanda. It talks about the material benefits of wealth and prosperity on the one hand and health, well-being, happiness, power, harmony, peace, universal love, etc on the other hand. This I call the technology of the Vedas.

Into this realm of Vedas, we now venture to

- a. Unravel the hidden mysteries of rituals, yajnas, Homas, Havans of Karma Kanda on the one hand and Pujas, Vratas, Aradhana, etc of Upasana Kanda of the Vedas on the other hand
- b. Examine with an open mind using tools of modern scientific research

With this in mind, the Board of Management of S-VYASA has passed a resolution to establish

Varahamihira Advanced Centre of Vedic Technology Research or in short VNAC-VTR in Prashanti Kutiram campus.

And our first effort is to conduct in-depth research to examine the benefits of Pashukama Maha Soma Yaga, the details of which are presented in this issue along with the ensuing INCOFYRA details.

■ *Dr H R Nagendra*



Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor



Wishing you all a very happy, healthy and prosperous Spring Season (*Vasanta Ritu*).

Our country has been known for non-violence, tolerance, secularism, world peace, universal brotherhood, integral humanism, respect to all religions, mutual cooperation, patriotism and nationalism for many years. I am sure, all of you agree with me that these qualities are not visible in total among any countries and religions except in *Bharata varsha* and *Sanatana dharma*.

In these days we are seeing the attitude of hatredness, violence sectarianism and anti-nationalism here and there by magnifying the issues worth to be ignored and forgotten. In this context our media looks to be playing its games and tactics of gaining TRP and totally

forgetting the ethics of press and national interest. It is heartening to say that the media never telecast the cardinal relationship between the community and religions on any occasion and keep on repeatedly showing a small bad incident to get their mileage. It is very unfortunate that our media has been controlled and managed by some politicians and political parties to destabilize the governments. We have seen how Godhra incidents, recent Hijab and other issues have been raised and nurtured by the media for a raid. This kind of irresponsible attitude by the media and press is dangerous and catastrophic to democracy and true secularistic nature of our nation. Media plays an important role in maintaining the harmony in a society. As a good citizen of a nation, we have greater responsibility to ensure peace and well-being in the society. To achieve this goal every one of us should understand the back ground of the media and press before one gets exposed. As the followers of Yoga, we have a bounded duty to educate the community about the ulterior moto of the political parties to destabilize the nation through media and press for their personal gains.

Press and media should be one of the most important fabrics of democracy and the nation. It should function towards nation building, educating the community and man making.

In the context of day to day communal clashes and disturbances, let all of us together remind the press and media to be nationalistic, constructive, humanistic, with positive attitude and patriotism.

With Pranams

Vaidya Dr. B R Ramakrishna

Vice Chancellor, S-VYASA Deemed to be University, Bengaluru
Editor in Chief 'RAJAS' Journal of AYUSH, RGUHS, Bengaluru





S-VYASA

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



Programs in Yoga

New PG Programs in Regular Mode:

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

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

MSc in Hatha Yoga (MHY) - **Yoga and Physical Science**

MSc in Yoga Life Style and Stress Management (MYLSM) - **Yoga and Management**

MSc in Yoga Education (MYED) - **Yoga and Humanity**

MSc in Yoga Integrative Sports science (MYISS) - **Yoga and Humanity**

Masters' in Physiotherapy (MPT) - **Yoga and Life Science**

Masters' in Occupational Therapy (MOT) - **Yoga and Life Science**

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

Certificate Program:

Diploma in Occupational Therapy - **DOT**

Certificate Program in Integrative Health - **CIH**

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

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

॥ श्री यज्ञ नारायणाय नमः ॥ *Śrī yajña nārāyaṇāya namaḥ* ॥

श्रीमद्भगवद्गीता | *Śrīmadbhagavadgītā*

सहयज्ञाः प्रजाः सृष्ट्वा पुरोवाच प्रजापतिः ।

अनेन प्रसविष्यध्वम् एष वोऽस्त्विष्ट कामधुक् ॥३-१०॥

sahayajñāḥ prajāḥ sṛṣṭvā purovāca prajāpatiḥ |

anena prasaviṣyadhvam eṣa vo'stvīṣṭa kamadhuk | 3-10 |

In the beginning of creation, the Lord of all creatures sent forth generations of men and demigods, along with sacrifices for Vishnu, and blessed them by saying, "Be thou happy by this yajna [sacrifice] because its performance will bestow upon you everything desirable for living happily and achieving liberation".

देवान्भावयतानेन ते देवा भावयन्तु वः ।

परस्परं भावयन्तः श्रेयः परमवाप्स्यथ ॥ ३-११ ॥

devān bhāvayatānena te devā bhāvayantu vaḥ |

parasparaṁ bhāvayantaḥ śreyaḥ paramavāpsyatha | |

By your sacrifices, the celestial gods will be pleased, and by cooperation between humans and the celestial gods, great prosperity will reign for all.

Vedas have two parts: Purva Mimamsa and Uttara Mimamsa. Purva Mimamsa containing Karma Kanda (Yajnas) is the Technology of Vedas to convert the laws of creation to bring the needed benefits to the world, people at large and for individuals. Uttara Mimamsa is the science of Vedas enunciating the structure and laws of the creation and beyond.

Among them Soma Yaga or Yajna is most important in which Soma God is worshiped along with Indra, Varuna and others.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

Jigani, Bengaluru, Karnataka

in conjunction with **Maharshi Yajnavalkya Samskruta Vidya Pratishthan**

Gangakhed, Maharashtra

is organising

Maha Soma Yaga

in 'Prashanti Kutiram', Jigani, Bengaluru from 3rd to 16th May 2022



**Swami Vivekananda Yoga Anusandhana Samsthana
(S-VYASA)**

Jigani, Bengaluru, Karnataka

**Maharshi Yajnavalkya Samskruta Vidya Pratishthan
Gangakhed, Maharashtra**

In remembrance of Yajna Narayana we cordially invite you all for, **Maha Soma Yaga**, which is going to be performed by yajna adorer Dixit, Bahusomayaji, Yajna Martand P P Yadneshwar Ranganath Maharaja Selukar ji who is himself is the embodiment of immense sacrifice, surrenderance, faith and devotion.

You are cordially invited for the Yajna Vidhi Darshan and Prasadam from **03-05-2022 to 16-05-2022** in 'Prashanti Kutiram', S-VYASA Campus, Jigani, Bengaluru.

We all know that the Yajna tradition is our ancient heritage which was protected and nourished by Lord Ramchandra and Lord Shri Krishna themselves. Also, detailed description and history of our Yajna tradition is contained in our Puranas and Vedas. According to the verse "वेदाः यज्ञार्थमभिप्रवृत्ताः" we also get a glimpse about the great history of Yajna from the ancient times.

This Soma Yaga which is held for Navaratra in Ahin malika series is the Maha Soma Yaga under Shrout Yajnas.

The Yajnas and various Soma Yagas, are performed so that the operating energies of the cosmos and deities are further strengthened and nurtured.

The Maha Soma Yaga is performed for the well-being of all, this encompasses the 3 Lokas including [(भू (earth) भुव (akash) loka स्वः (sun))] and the Panchamahabhutas which form all living beings, animals, birds and the flora and fauna.

At the same time this Maha Soma Yaga is also performed to enhance and protect the visionary power of Pashu. "Pashyanti Gyan Chakshusha iti pashuhu" that is those who see the future prosperity with their eyes of knowledge are also known as Pashu, with the great wish to preserve and enhance their 'Pashyanti' (the power of foreseeing) visionary power, we are performing this Maha Soma Yaga.

May our entire ecosystem as well as the animal kingdom including human beings flourish in abundance, stay mighty and sheltered. The society should be benefited by the work of the wise seers and the great men of knowledge.

We are specifically conducting scientific research on it, to observe this great Maha Soma Yaga as an experiment with state-of-the-art scientific equipment, test and study its results.

Especially, to see how effective this yajna is for betterment of the environment and how helpful it is for the maintenance of good health.

We wish to see India as a new ideal in the eyes of the world. May there be a society with strength, prosperity, abundance of happiness, health and harmony.

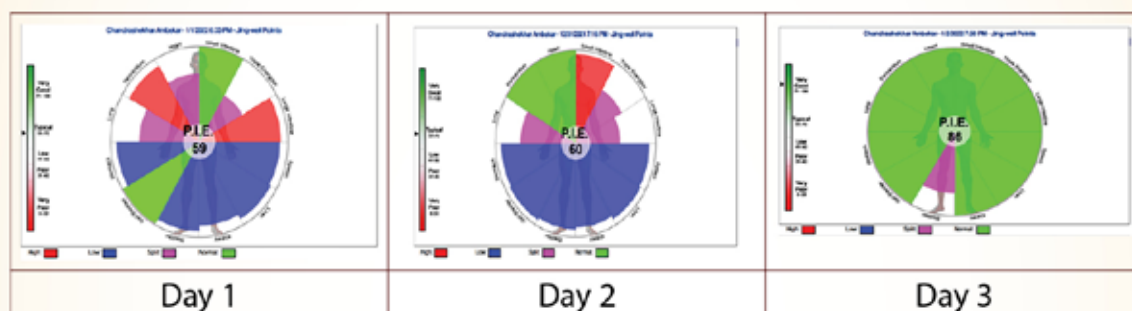
Research Highlights of the Darsha Ishti

conducted from 1st Jan to 3rd Jan 2022

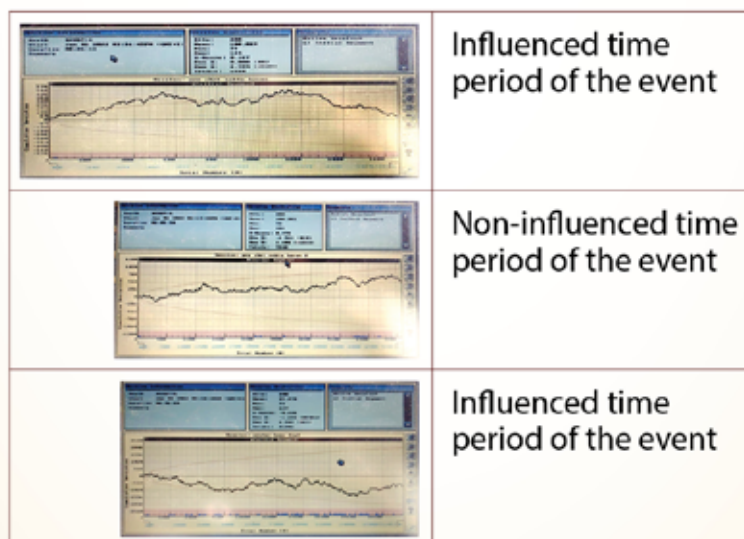
The spiritual and social purposes of the Darsha Ishti are: to satisfy different Gods by offering oblations and thereby pacifying our surrounding nature; and also, to purify the internal body and mind. Therefore, this event has an influence both on the nature outside and the nature inside.

In order to scientifically study this event, various instruments were used. To study the internal state, the Kirlian photography-based electro photonic imaging device (GDV), acupuncture meridian energy measurement system (Acugraph); and to evaluate external environmental influence, Random Event Generators (REG), and GDV were used to study water, soil and ash samples.

Changes in Acugraph measurement:



Influence in Random Event Generator measurement:



Summary of results:

Overall, there were considerable influence on the health parameters on the participants, in terms of balancing the internal systems; and also, on the external environment in terms of bringing harmony in the nature, and influencing human minds.

Key features:

- This comes under the Shraut yajna stated by Vedas.
- Highly qualified persons from all four Vedas will be performing in this Yajna.
- It is the only way to nourish the deities responsible for the smooth operation of the universe.
- For the welfare of individuals, society and nation these Yajnas are done.
- Yajna is the essence of Indian culture.
- It also helps for the betterment of the environment.
- Health, Harmony and Happiness are the outcome of Soma Yaga.
- These kinds of Yajna are unique and are rarely done nowadays.

Special highlights:

- Shobha yatra
- Deeksha vidhi
- Pravargya vidhi
- Savan yaga
- Subrahmanya aahwanam
- Swishtkrit Aahuti
- Avabhrut snanam

We cordially invite you all for this Mahasomyaga.

Anyone willing to donate for this Maha Soma Yaga even in small denominations like 1000, 3000, 5000, 10,000, 21,000, 51,000 100,000, 500,000 and more are welcome.

All your donations are exempted from income tax under 80G.

All your donations are written in favour of "S-VYASA Bengaluru".

Contact information: Registrar, S-VYASA | 9480467836

Invitee

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

Jigani, Bengaluru, Karnataka and

Maharishi Yagyavalkya Sanskrit Vidya Pratishthan

Gangakhed, Maharashtra

॥ स्वस्ति प्रजाभ्यः ॥

1st day (3rd May)

Morning 8:00 am: Guruvandana, Ganapati Pujana, Somayaga Mahasankalpa, Punyaaha Vachanam, Ritvik Varana, Madhuparka, Naandishraadha, Deva Yajana Yaagshaala Pravesha, Deekshanishti

Evening 5:00 pm: Paavamaani Deeksha, Navneet Deeksha, Deeksha Homa, Vratopaanam, Sanahaara Prasthaapnam

--

2nd day (4th May)

Morning 7:00 am: Somapariveshanama, Praayanishti, Somakraya, Aatitheyshti, Pravargyasambharana, Purvaahana Pravargya, Upasdeshti, Subrahmanyaa Avahaanam

Evening 5:00 pm: Aparaaahna Pravargya, Upasdeshti, Subrahmanyaa Avahaanam, Vratopanam

--

3rd day (5th May)

Morning 9:00 am: Purvaahana Pravargya, Upasdeshti, Subrahmanyaa Avahaanam, Mahaavedikarana, Uttarvedikaranam, Vratopaana, Yupkarma

Evening 5:00 pm: Aparaaahna Pravargya, Upasdeshti, Subrahmanyaa Avahaanam, Vratopaana

--

4th day (6th May)

Morning 7:00 am to 1:00 pm: Purvaahana Pravargya, Upasdeshti, Subrahmanyaa Avahaanam, Aparaaahna Pravargya, Upasdeshti, Subrahmanyaa Avahaanam, Pravargyodvaasanam, Agnipranyana, Havirdhaanapranayana, Havirdhaanasado, Mandapa Nirmana, Uprava Dhishnyaa, Karnam

Evening 5:00 pm to 9:00 pm: Agnishomeeya Yaaga, Sutyopkrama, Trivrigrishtoma Sutyaaaha

--

5th day (7th May)

Morning 5:00 am to 1:00 pm: Praatahasavanam, Yagnasaarathi Gaanam, Aajyagrahana, Praatarnuvaaka, Somaabhisava,

Bahishpavamaana, Savaneeyayaaga, Upashtaanam, Purodaasha Yaaga, Prasthitayaajyaa, Ritugrahaprachaara, Praatahasavana Stotra, Shastra Shansanam, **Maandhyaadeen Savana**, Somaabhisava, Maandhyaadeen Pavamaana, Purodaasha Yaaga, Prasthitayaajyaa, Dakshinaahoma, Marutvateeyashastra,

Evening 5:00 pm to 10:00 pm: Maandhyaadeen Shastrastotra Shansanam, **Triteeysavana**, Aadityagraha Pracyhara, Somaabhisava, Aarbhava Pavamana, Purodaasha Yaaga, Prasthitayaajyaa, Dadhigharma, Saumya Charu, Paatnivataprachaara, Yajnaayajneeya Stotra, Anuyajaa, Yajnapuchha, Patnisanyaaja, Savaneeya Praayashchita, Savanaahuti

--

Gourukathya Sutyaaah

6th day (8th May)

Morning 5:00 am to 1:00 pm: Praatahasavanam, Yagnasaarathi Gaanam, Aajyagrahana, Praatarnuvaaka, Somaabhisava, Bahishpavamaana, Savaneeyayaaga, Upashtaanam, Purodaasha Yaaga, Prasthitayaajyaa, Ritugrahaprachaara, Praatahasavana Stotra, Shastra Shansanam, **Maandhyaadeen Savana**, Somaabhisava, Maandhyaadeen Pavamaana, Purodaasha Yaaga, Prasthitayaajyaa, Dakshinaahoma, Marutvateeyashastra

Evening 5:00 pm to 10:00 pm: Maandhyaadeen shastrastotra shansanam, **Triteeysavana**, Aadityagraha pracyhara, Somaabhisava, Aarbhava pavamana, Purodaasha yaaga, Prasthitayaajyaa, dadhigharma, Saumya charu, paatnivataprachaara, Yajnaayajneeya stotra, ukthya anuyajaa, Yajnapuchha, Patnisanyaaja, savaneeya praayashchita, Savanaahuti

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Aayuruktha Sutyaaaha

7th day (9th May)

Morning 5:00 am to 1:00 pm: Praatahasavanam, Yagnasaarathi Gaanam, Aajyagrahana, Praatarnuvaaka, Somaabhisava, Bahishpavamaana, Savaneeyayaaga, Upashtaanam, Purodaasha Yaaga, Prasthitayaajyaa, Ritugrahaprachaara,

Praatahasavana Stotra, Shastra Shansanam, **Maandhyaadeen Savana**, Somaabhisava, Maandhyaadeen Pavamaana, Purodaasha Yaaga, Prasthitayaajyaa, Dakshinaahoma, Marutvateeyashastra

Evening 5:00 pm to 10:00 pm: Maandhyaadeen Shastrastotra Shansanam, **Triteeysavana**, Aadityagraha Pracyhara, Somaabhisava, Aarbhava Pavamana, Purodaasha Yaaga, Prasthitayaajyaa, Dadhigharma, Saumya Charu, Paatnivataprachaara, Yajnaayajneeya Stotra, Ukthya Anuyaaja, Yajnapuchha, Patnisanyaaja, Savaneeya Praayashchita, Savanaahuti

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Abhyaasanga Prathama Sutyaaaha **8th day (10th May)**

Morning 5:00 am to 1:00 pm: Praatahasavanam, Yagnasaarthe Gaanam, Aajyagrahana, Praatarnuvaaka, Somaabhisava, Bahishpavamaana, Savaneeyayaaga, Upashtaanam, Purodaasha Yaaga, Prasthitayaajyaa, Ritugrahaprachaara, Praatahasavana Stotra, Shastra Shansanam, **Maandhyaadeen Savana**, Somaabhisava, Maandhyaadeen Pavamaana, Purodaasha Yaaga, Prasthitayaajyaa, Dakshinaahoma, Marutvateeyashastra

Evening 5:00 pm to 10:00 pm: Maandhyaadeen Shastrastotra Shansanam, **Triteeysavana**, Aadityagraha Pracyhara, Somaabhisava, Aarbhava Pavamana, Purodaasha Yaaga, Prasthitayaajyaa, Dadhigharma, Saumya Charu, Paatnivataprachaara, Yajnaayajneeya Stotra, Shodshi Shansana, Anuyaaja, Yajnapuchha, Patnisanyaaja, Savaneeya Praayashchita, Savanaahuti

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Abhyaasanga Dviteeya Sutyaaaha **9th day (11th May)**

Morning 5:00 am to 1:00 pm: praatahasavanam, yagnasaarthe gaanam, Aajyagrahana, praatarnuvaaka, Somaabhisava, bahishpavamaana, Savaneeyayaaga, upashtaanam, Purodaasha yaaga, prasthitayaajyaa, Ritugrahaprachaara, praatahasavana stotra, Shastra shansanam,

Maandhyaadeen savana, Somaabhisava, Maandhyaadeen pavamaana, Purodaasha yaaga, prasthitayaajyaa, Dakshinaahoma, marutvateeyashastra

Evening 5:00 pm to 10:00 pm: Maandhyaadeen Shastrastotra Shansanam, **Triteeysavana**, Aadityagraha Pracyhara, Somaabhisava, Aarbhava Pavamana, Purodaasha Yaaga, Prasthitayaajyaa, Dadhigharma, Saumya Charu, Paatnivataprachaara, Yajnaayajneeya Stotra, Ukthya Paryaaya, Anuyaaja, Yajnapuchha, Patnisanyaaja, Savaneeya Praayashchita, Savanaahuti

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Abhyaasanga Triteeya Sutyaaaha **10th day (12th May)**

Morning 5:00 am to 1:00 pm: Praatahasavanam, Yagnasaarthe Gaanam, Aajyagrahana, Praatarnuvaaka, Somaabhisava, Bahishpavamaana, Savaneeyayaaga, Upashtaanam, Purodaasha Yaaga, Prasthitayaajyaa, Ritugrahaprachaara, Praatahasavana Stotra, Shastra Shansanam, **Maandhyaadeen Savana**, Somaabhisava, Maandhyaadeen Pavamaana, Purodaasha Yaaga, Prasthitayaajyaa, Dakshinaahoma, Marutvateeyashastra

Evening 5:00 pm to 10:00 pm: Maandhyaadeen Shastrastotra Shansanam, **Triteeysavana**, Aadityagraha Pracyhara, Somaabhisava, Aarbhava Pavamana, Purodaasha Yaaga, Prasthitayaajyaa, Dadhigharma, Saumya Charu, Paatnivataprachaara, Yajnaayajneeya Stotra, Anuyaaja, Yajnapuchha, Ukthya Paryaaya, Patnisanyaaja, Savaneeya Praayashchita, Savanaahuti

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Abhyaasanga Chaturtha Sutyaaaha **11th day (13th May)**

Morning 5:00 am to 1:00 pm: Praatahasavanam, Yagnasaarthe Gaanam, Aajyagrahana, Praatarnuvaaka, Somaabhisava, Bahishpavamaana, Savaneeyayaaga, Upashtaanam, Purodaasha Yaaga, Prasthitayaajyaa, Ritugrahaprachaara, Praatahasavana Stotra, Shastra Shansanam, **Maandhyaadeen Savana**, Somaabhisava,

Maandhyaadeen Pavamaana, Purodaasha Yaaga, Prasthitayaajyaa, Dakshinaahoma, Marutvateeyashastra

Evening 5:00 pm to 10:00 pm: Maandhyaadeen Shastrastotra Shansanam, **Triteeysavana**, Aadityagraha Pracyhara, Somaabhisava, Aarbhava Pavamana, Purodaasha Yaaga, Prasthitayaajyaa, Dadhigharma, Saumya Charu, Paatnivataprachara, Yajnaayajneeya Stotra, Anuyaja, Yajnapuchha, Patnisanyaaja, Savaneeya Praayashchita, Savanaahuti

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Abhyaasanga Panchamam Sutyaaaha **12th day (14th May)**

Morning 5:00 am to 1:00 pm: Praatahasavanam, Yagnasaarathi Gaanam, Aajyagrahana, Praatarnuvaaka, Somaabhisava, Bahishpavamaana, Savaneeyayaaga, Upashtaanam, Purodaasha Yaaga, Prasthitayaajyaa, Ritugrahaprachara, Praatahasavana Stotra, Shastra Shansanam, **Maandhyaadeen Savana**, Somaabhisava, Maandhyaadeen Pavamaana, Purodaasha Yaaga, Prasthitayaajyaa, Dakshinaahoma, Marutvateeyashastra

Evening 5:00 pm to 10:00 pm: Maandhyaadeen Shastrastotra Shansanam, **Triteeysavana**, Aadityagraha Pracyhara, Somaabhisava, Aarbhava Pavamana, Purodaasha Yaaga, Prasthitayaajyaa, Dadhigharma, Saumya Charu, Paatnivataprachara, Yajnaayajneeya Stotra, Anuyaja, Yajnapuchha, Ukthya Paryaaya, Patnisanyaaja, Savaneeya Praayashchita, Savanaahuti

Vishvajita Atiratraha Sutyaaaha **13th day (15th May)**

Morning 5:00 am to 1:00 pm: Praatahasavanam, Yagnasaarathi Gaanam, Aajyagrahana, Praatarnuvaaka, Somaabhisava, Bahishpavamaana, Savaneeyayaaga, Upashtaanam, Purodaasha Yaaga, Prasthitayaajyaa, Ritugrahaprachara, Praatahasavana Stotra, Shastra Shansanam, **Maandhyaadeen Savana**, Somaabhisava, Maandhyaadeen Pavamaana, Purodaasha Yaaga, Prasthitayaajyaa, Dakshinaahoma, Marutvateeyashastra

Evening 5:00 pm to 10:00 pm: Maandhyaadeen Shastrastotra Shansanam, **Triteeysavana**, Aadityagraha Pracyhara, Somaabhisava, Aarbhava Pavamana, Purodaasha Yaaga, Prasthitayaajyaa, Dadhigharma, Saumya Charu, Paatnivataprachara, Yajnaayajneeya Stotra, Anuyaja, Yajnapuchha, Ukthya Paryaaya, Shodashi, Raatri Paryaaya, Aashvina Mahaa Shastra, Shansana, Aashvina Prachara, Sukhyavisarjana, Patnisanyaaja, Savaneeya Praayashchita

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14th day (16th May)

Morning 8:00 am to 12:00 noon: Avabhuta Snaana, Udayaneeshti, Maitraavaruni Aamikshaa, Purnaahuti

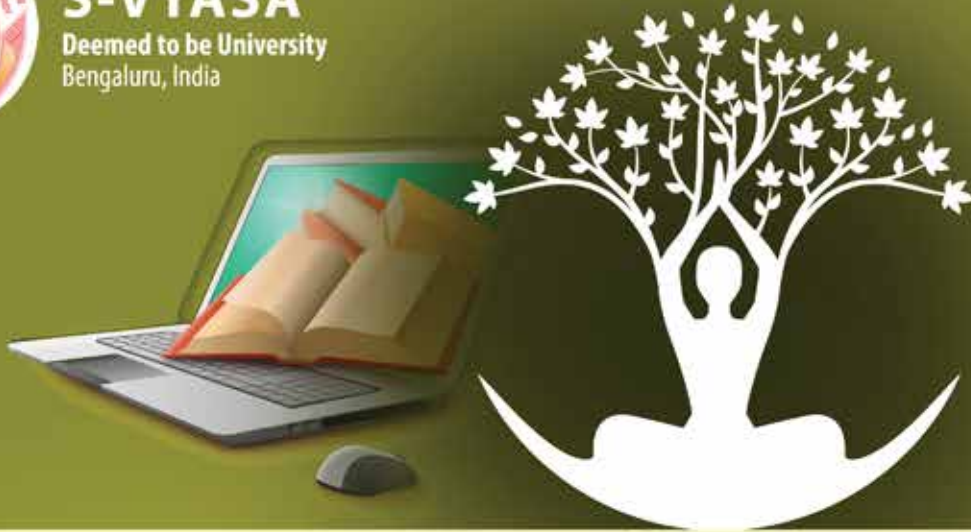
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Academic Council Meeting
held in Prashanti on Apr 20th.



S-VYASA
Deemed to be University
Bengaluru, India



Short-term Online Courses May – July, 2022

SNo	Course	Conducted by	Starts on	Fee (₹)
1	Introduction to Indian Music Therapy (Batch 11)	Dr. Karuna Nagarajan	May 9	2500
2	Introduction to Seven Chakras	Dr. Divya Keshavamurthy	May 11	2200
3	Synthesis of Fundamental Creativity	Mr. Chandramouli	May 16	1500
4	Introduction to Bharata Natyam - Beginners Level	Vid. Pavan Kumar G	May 16	3000
5	Yoga for Diabetes Management - 1	Dr. R Nagarathna	June 6	3000
6	Yoga for Diabetes Management - 2	Dr. R Nagarathna	June 20	3000
7	Yogic Counselling	Dr. R Nagarathna	July 4	5000

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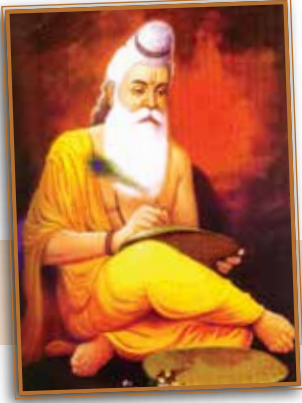
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ब्रह्मसूत्रम् (Brahmasūtram)

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



अन्तरा चापि तु तद्दृष्टेः (ब्रह्मसूत्रम्-३-४-३६)

Antarā cāpi tu taddṛṣṭeḥ (Brahmasūtram-3-4-36)

Meaning: And (persons standing) between (two Ashramas)
are also (qualified for knowledge), for that is seen (in scripture).

Throughout fourth Pada of third Adhyaya, focus has been on how to do Sadhana, what is the main Mantra for finding the answers for eligibility, actions, meditations, modes; 'why, who, what and how' are the spotlight on entire discussion. After portraying the duties and responsibility, direct and indirect means to Moksha, Ashramadharmā (duties of goal-oriented choice-based life journey) Apaddharma (discipline and normal rules along with exceptional situational actions), etc. without which progress in spiritual path would not be possible.

In the present Adhikarana, the subject matter is about 'Vidhura' (person whose wife is passed away) as to what can be done in situations when the presence of wife is mandated for some selected spiritual rituals. As for as the common rule is applicable, either widow or widower is not eligible to perform the duties of Grihastha without the partner. This is the common social point of view known to all the members of society who are following the traditional practices for many generations, which is also the point of Purvapaksha. But, this Adhikarana advocates a contrary view to defend the position of approval to widower to work on inner Sadhana aiming the highest goal of life which is MOKSHA.

In the case of Raikva, Vachaknavi, Vishvavara, Samvarta, Vidura etc., are they eligible to pursue the knowledge of Brahma as they do not belong the Varhashrama system? One may argue that

these are not eligible to attain Brahma Vidya as there are no means in their hand such as Ashrama Dharma performance. Therefore, the argument starts and debate continues to resolve the issue.

Upon studying Shastras, some instances are seen that even without belonging to any Ashrama one gains Brahmajnana as in the case of Samvara. Also, there are statements in Manu Smriti saying universal friendship is the feature of Brahmana. Therefore, there is a possibility of Brahmajnana without being part of Ashrama system; a special opportunity is given even by Shastras. Some humans have completed all their duties of Ashrama system probably in the previous birth and have purified mind in this life to do Sadhana. Equating everyone is not possible in terms of eligibility of knowledge. Common persons should follow the rule without exception for their own good, but those rules do not apply for those blessed ones not by privilege, but by virtue. They continue to follow the means of Brahmajnana; Shama, Dama, Uparati, Titisksha, Shraddha, Samadhana, discipline, austerity, deep sense of devotion, contentment etc., to purify the body-mind complex to raise till Sahasrara is reached. None is qualified to discredit and deprive them from attaining Brahma. In spite all these exceptions, the last Sutra says that belonging to one Ashrama provides an easy passage to Brahmajnana.

to be continued...



19th Convocation of S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana
Deemed to be University, Bengaluru

The 19th Convocation of SVYASA was held on 22nd April 2022 at Prashanti Kutiram. The graduation ceremony was declared open by Padma Shri Awardee and esteemed Chancellor, Dr. H R Nagendra and the gathering was welcomed by Honorable Vice-Chancellor, Dr. B R Ramakrishna. He presented an overview of the University's achievements and wished all the degree recipients the very best in their journey ahead. The Chief Guest, Dr. C N Manjunath, Director, Sri Jayadeva Institute of Cardiovascular Sciences and Research enthralled the audience with his encapsulated success formulae on how to live life and in

making Yoga socially relevant practice. He declared that for the growth of this nation, Five Es' are very important; Empathy, Education, Energy, Environment and Entrepreneurship. While technology becomes increasingly relevant, we should remember the other 3Gs' in our lives, Guru, God, Guide and follow 9 commandments for better career building and for successful living. The renowned cardiologist revealed that the need of the hour in the healthcare industry is early diagnosis and early management of heart attack. Today 50% of deaths in India are due to lifestyle linked diseases such as cardiovascular disease, Diabetes, Stroke, Hypertension and even



Purna Kumbha Swagatam to the Dignitaries: Procession lead by the Registrar, Dr. M K Sridhar



Hearty Welcome

some cancers. This makes Yoga as the one cure for all health issues and counted it among the 6 best doctors apart from Nature, Sunlight, Diet, Exercise, Self-confidence and Smile. He wished all the graduating students a great future with a purposeful life and to be Angels of modern India.

The presidential remarks were made by Chancellor. He was delighted and honored to have Dr. C N Manjunath as the Chief Guest for this event. He stated that modern medicine now recognizes Yoga as the answer to a healthy life as it is an effective treatment method, is cost-effective, has no side effects, and also has a spiritual component as the Yogic heritage. A hearty vote of thanks was given by the Registrar, Professor M K Sridhar to all the dignitaries on stage, parents, students, the media, the staff and non-staff members, who made this event a grand celebration of knowledge, vibrancy and of many promises to be fulfilled. Dr. H R Nagendra and

No. of Students Degree awarded

Program	No of Graduates
Doctor of Philosophy (Yoga)	13
Doctor of Medicine (MD in Yoga)	04
Master of Science (Yoga Therapy, Yoga & Consciousness & Yoga)	360
Master of Business Administration (MBA)	13
Bachelor of Naturopathy & Yogic Science (BNYS)	46
Bachelor of Science (Yoga Therapy, Yoga & Consciousness & Yoga)	68
Total Graduates	504



Chief Guest of the Convocation, Dr. C N Manjunath

Dr. C N Manjunath awarded the DSc (Yoga) to Dr. Akshay Anand (Chandigarh) and Dr. Dean Radin (USA) and DLitt (Yoga) to Professor K Subrahmanyam (Bangalore) and Dr. Subhash Kak (USA) for their significant contributions in respective fields.



Graduates in the Convocation



Convocation declared open by the Chancellor



Felicitation to the Chief Guest of the Conference, Dr. C N Manjunath by the Chancellor, Pro Chancellor, Vice Chancellor and the other senior officials

504 Students were also awarded degrees in Doctor of Philosophy (Yoga), MD (Yoga), MBA, Bachelor of Naturopathy and Yogic Sciences (BNYS), BSc and MSc (Yoga Therapy, Yoga and Consciousness and Yoga). Professor Prahlad Ramarao, Pro-Chancellor, Dr. N K Manjunath Sharma, Pro Vice-Chancellor, Dr Sony Kumari, Academic Dean, Registrar of Evaluation, Dr. Pranesh Gudur, Deans of Divisions, Dr. Natesh Babu, Deputy Director, Open and Digital Learning were also present. Dr. Ganga K V, Assistant Professor (BNYS) compered the program.



Oath taking Ceremony lead by Prof. Ramachandra G Bhat, Former Vice Chancellor

19th Convocation Address by the Chief Guest

Dr. C N Manjunath

MBBS, MD (Gen. Med.), DM Cardiology, FACC

Professor & Head of Cardiology and Director

Sri Jayadeva Institute of Cardiovascular Sciences and Research, Bangalore

on **22nd April 2022**



Convocation Address delivered by the Chief Guest, Dr. C N Manjunath

His Excellency the Chancellor - Dr. H R Nagendra, the Vice-Chancellor - Dr. B R Ramakrishna, Registrar - Dr. M.K. Sridhar and the Members of the Board of Management and Academic Council of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), today's young Graduating Students, Ladies and Gentlemen.

It is a matter of pride and privilege to be the Chief Guest and to address on this auspicious occasion. At the outset my hearty congratulations for all graduating students for the year 2021-22 and also congratulate their parents on this occasion.

Today you are all receiving Medals, Awards and Degrees. During this period, you have taken a long journey of hardships, challenges, hard work with both pleasant and some un-plesant memories. You have to carry home the pleasant

memories, the experience & knowledge you have acquired during your study and stay at this historic University.

It is very essential and imperative responsibility on the part of the teachers and the University to produce quality products. It's not just enough that one can get degrees, Medals, Ranks. It is equally important that students in addition to knowledge, they should cultivate good culture, wisdom, humanity, Common sense and good behavior. Talent and Skills alone are not sufficient to become good doctors.

The destiny and future of medical profession shaped in the medical colleges, so the future generation has to take our State and India to the greater heights. Unfortunately, today many educated people are indulging in Mal-practices, Crimes, hatredness and Destructive



Measures which is a matter of great concern. Our intelligence should be used for more constructive purposes.

Degrees without Culture, Wisdom, and Social commitment have no meaning; it is as good as sewage water. For growth of this nation, Five E's are very important; One is "EMPATHY", Second is "EDUCATION", Third is "ENERGY", Fourth is "ENVIRONMENT" and Fifth is "ENTERPRENEURSHIP".

The digital technology and up gradation of social media has definitely revolutionized the dissemination of knowledge and thoughts. It is also true it is a double edged weapon. We can have the entire world in your hand through a mobile phone or a smart phone. Today, we are talking about 3G / 4G facilities; these G's are nothing new. **The first G is "GURU", the second G is "GOD" and 3rd G is "GUIDE" and of course the 4th G is "GOOGLE".**

Ten important one word Life Lessons are:

- Most Selfish One Letter word
"I" - Avoid it
- Most Satisfying Two Letter word
"We" - Agree it
- Most Poisoning Three Letter word
"Ego" - Kill it
- Most used Four Letter word
"Love" - Value it
- Most Pleasing Five Letter word
"Smile" - Keep it
- Fastest Spreading Six Letter word
"Gossip" - Ignore it
- Loading working Seven Letter word
"Success" - Achieve it
- Most Avoidable Eight Letter word
"Jealousy" - Distance it
- Most Powerful Nine Letter word
"Knowledge" - Acquire it
- Most Essential Ten Letter word
"Confidence" - Trust it



Dr. C N Manjunath is an Indian cardiologist and the Director of the Sri Jayadeva Institute of Cardiovascular Sciences and Research.

He was born in Hassan district of the south Indian state of Karnataka, Dr. Manjunath graduated in medicine from Mysore Medical College (1982), secured his MD from the Bangalore Medical College (1985) and Research Institute and a DM in Cardiology from Kasturba Medical College, Mangalore (1988). He started his career as an intern at Bangalore Medical College in 1982 and moved to Kasturba Medical College, Mangalore in 1985 as a senior registrar at the department of cardiology (1988). He joined Sri Jayadeva Institute of Cardiovascular Sciences and Research as a member of faculty and worked there in various till he was appointed as the Director of the institution in 2006.

Dr. Manjunath is reported to have been the innovator of a new method of balloon mitral valvuloplasty. His researches have been published in several articles and scientific papers published in peer reviewed national and international journals; PubMed, an online repository of medical data has listed 73 of his articles. He is known to have performed over 26,000 interventional procedures and is credited with the highest number of balloon mitral valvuloplasties using Accura balloon catheter in India. He is associated with Mallige Medical Centre, Bangalore as a consultant and is a member of the Indian Medical Association. He has also served as the president of the Indian College of Cardiology. The Government of Karnataka awarded him the Rajyotsava Prashasti (1998) and he received the fourth highest Indian civilian honour of Padma Shri in 2007. Rajiv Gandhi University of Health Sciences (RGUHS) honoured him in 2012 with the degree of Doctor of Science (Honoris causa).

A Score of State, National & International awards which includes Life Time Achievement Award in 2019 for the first time Government Hospitals also recognized by healthcare Industry, by Times Healthcare Achievers 2019, Bengaluru.

Under his leadership, Hospital has treated 50 Lakh patients and conducted 5 lakhs operation / interventions in last 12 years. He has shown the country, Government Hospital can function like five star corporate hospitals. IIM Bengaluru leadership school of Singapore, London School of Economics, Yale University USA have appreciated Jayadeva Model of high quality patient care at an affordable cost.

American President Barack Obama has applauded the Institute's work under the Guidance of Dr. C N Manjunath.

Dr. C. N. Manjunath, is instrumental in starting 400 bedded world class hospitals complex at Mysore, which is catering to needs of mysore, chamrajnagar, mandya, Hassan and Madikeri. Another mile stone is establishing state of art Jayadeva Hospital at Kalaburagi in 2016, which caters to Hyderabad -Karnataka region, which has deprived of cardiac facility in last 70 years.

Dr. C.N.Manjunath, Director of Sri Jayadeva Institute of Cardiovascular Sciences and Research which is a superspeciality Institution with 1600 bed strength, offering 24 hours ICCU management, Interventions in Cardiology and Cardiothoracic Surgery. It is one of the largest Single Heart Care Centre in South East Asian Region & this center performs annually about 45,326 Cardiac Cathlab procedures and 3,500 Open Heart Surgeries. Institute is also conducting India's largest Post Graduate superspeciality course in D.M. Cardiology with 23 seats including Paediatric Cardiology / M.Ch Surgery with 12 seats and Cardiac Anaesthesia with 8 Seats. It has the State of art equipments in the form of 12 Cathlabs, 10 Operations Theatres and Non-Invasive laboratories.

Although there is explosion of technology and improvements in various diagnostic and treatment methods, the clinical medicine which includes history taking, physical examination continuous to be the pillar of the patient evaluation and management. One should always follow the concept of "Talk" "Touch" and "Treatment". Where it is Allopathy, Naturopathy, Homeopathy, one should have Sympathy for the patients. One should have tremendous patience to patients and allow patients to express their problems, symptoms freely. Unless we allow them to speak, we cannot make a proper diagnosis. Many a times, patient themselves give the diagnosis if sufficient time is given for them to express their sufferings/symptoms. One should not treat patients as Equipments or mechanical devices. An Average Doctor is one who treats the Disease, A Good Doctor is one who treats the patient because patients in addition to disease has feelings and emotional issues. Mobile Phone is a part of modern day life, it should be used judiciously.

Doctors' behavior, mannerisms and their way of expression are equally important. One should never make jokes / fun in front of a

sick patient and even if the prognosis is going to be bad, these issues should be discussed with the patient attender's rather than patient themselves. CPR Training is must for all both medical and paramedical staff. Hand Washing reduces infection rate substantially, every one of us should practice this hygienic method.

As a Doctor, one should infuse confidence, faith and hope and also should motivate the patients so that healing will be faster. In these days of commercialization of all sectors, medical profession is no exception. One should always understand the financial background of the patient and evolve a strategy how best a quality treatment can be given within a financial capability of patients. If we are convinced that, it is an end stage disease, rather than unnecessarily making patients to spend lakhs of rupees, the Doctors should discuss these problems with the patient attenders and family members, so that the financial decision can be taken in this regard. Otherwise they have to pay lakhs of rupees, patient is also no more and the survivors are also financially dead. One should have a humanitarian approach and the virtual text books of learning are patients, so we have



to respect them and definitely you can see God in serving these suffering patients. Knowledge is the King of Education and is everlasting.

The modern generation of Doctors are blessed with sophisticated equipments, battery of diagnostic methods, imaging modalities and other gadgets. One should not conduct all the tests/ investigations on every patient available under the roof. We should use clinical judgments and prioritize the investigations so that treatment will be most cost effective. The bottom line is always aim to provide a quality and affordable care. The medical fraternity should adopt "**Treatment first and Payment next concept**" in emergencies because every minute is so important and the benefit of the golden hour should be passed on to patients.

One should always treat life is more important than the file. Learning is a continuous process; one should not hesitate to discuss problem oriented cases with other colleagues. Continuous learning and updating of knowledge is very important in medical profession since innovations and discoveries and new diseases are also continuous processes. Communication skill and counseling methodology is very important to achieve high level of patient satisfaction index. At the end of the day, patient should leave the hospital with the smile.

Life is always full of ups and downs: For example, if you take ECG, if the person is alive, the waves will be recorded and if it is a straight line, it means that the person is not alive, so life is also like that.

Don't be afraid of failures in life: Failure is the first attempt in learning. Success cannot come over night. One has to work hard for the same. Today's youth is in a hurry to achieve too many things in too short time. The things which might take 5 years to achieve, they want to reach the goal within a year. Hence put themselves under tremendous stress so we should try to do things in the possible time frame or else will get disappointed, For example, one of the best praise is - If you want to walk fast, walk alone, but if you want to go far, should go together.

Whatever you achieve in a hardway, it will remain forever so there is no escalator for

success, we need to move forward step by step in a phased manner. Anything comes easier will not last longer. Somewhere in every body's life, they face challenges and lot of problems. These problems will not come to destroy you but to make you understand how much potential you have. **Self Confidence, Self belief and hard work are really the super powers.**

Stress is nothing but difference between expectations and performance, so one has to keep expectations within the practical limits whether it is academics or shaping your career or anything in life. It is a mix of both emotional and physical tensions. With stress, your achievements will go down, without stress, your performance will be at its best.

Who is Genius? Genius people have only 10% talent, 90% hard work. Success is always not final so also failure. We should always take examples of Role models in every profession. You should be satisfied only with what you have and they are our real motivation. Over a period of time we should try to become role model to others. Your best motivation is yourselves. Mirror is the best example, if you stand in front of the mirror and you just see who is this hero?

Health Tourism is gaining some importance and also being more attractive. This is because India & Karnataka and other parts of India have got very good health infrastructure, talent and expertise with affordable cost and effective quality health care services. Health Tourism is attracting patients from various countries in the areas of Paediatric Heart Surgeries, Knee / Hip Replacements, Organ Transplantation, Bariatric Surgery and AYUSH. In fact, AYUSH Sector is attracting more overseas patients than the Allopathic sector.

We have spent more than 6 decades since independence, still we are having problems and challenges such as mal-nutrition, high mortality, drinking water, air pollution etc., so these risk issues need to be addressed as primary health prevention measures and strategies.

In future, Robotic Surgery, Genetics, Neonatology & Organ Transplantation are going to take the centre stage. The gene therapy can cure some of the devastating diseases,



but only problem is one has to really identify specific gene response for the disease processes. Organ Transplantation involving Kidney, Liver, Pancreas and Heart is being done at few centers across the country. We at Sri Jayadeva Institute of Cardiovascular Sciences and Research have successfully conducted the First Heart Transplantation few months back for a Security Guard free of cost. There is a need for sensitization and awareness regarding the donation of Organs and also acceptability to donate organs by unfortunate victim families. Then only the Organ Transplantation program can grow and the donors will continue to live in through this programme bringing life/ light to these families.

There are 9 Commandments for better career building and for successful living:

1. You always dream big and should have commitment to achieve this goal;
2. There is no short cut for learning, hard work is the key;
3. Inculcate optimism in life;
4. Never go for social and economic comparisons, avoid over thinking and over ambitions;
5. Tolerate and appreciate the growth of colleagues and others;
6. Have social responsibility, give something back to this society;
7. Never forget parents, teachers and motherland;
8. Positive attitude and self-confidence are the key points for your future growth of your career;
9. You should have faith in yourself. Faith is a small word but has supreme implication; the Problem today is nobody has faith in their belief/dream. They have more doubts in their faith.

In the last 3 decades, life style has changed in India so which has adversely affected the health status of our people. Today 50% of deaths in India are due to life style, linked diseases such as Cardiovascular disease, Diabetic Mellitus, Stroke, Hypertension and even some cancers. Young Indians are becoming vulnerable to heart diseases. Food habits have changed, physical

inactivity, Stress, Smoking, Air-Pollution and over ambitions are the main risk factors. 25% of deaths in India are due to heart diseases among those who suffer heart attack, 25% are below of 40 years of age which is a matter of great concern. Even many potential bridegrooms are suffering from heart attack related diseases.

It is unfortunate even in these days of modern advances; 15-20% do not get the medical treatment for heart attack in rural and semi-urban areas. The usual symptoms of heart attack as you all know is - Chest pain, chest burning, heaviness associated with sweating. Some patients do not get left sided chest pain, but they get other atypical presentation in the form of pain in the jaws, upper back pain, shoulder pain or in the epigastric region which can mimic gastritis/ hyperacidity.

The need of the hour is early diagnosis and early management of heart attack and to save many lives. For 30 minutes of delay in initiating treatment, the risk of death increases by 7%. Using modern technology such as What's App, Google, Internet, Telemedicine, we can connect hospitals / clinics in rural and semi urban areas with tertiary care hospitals, where ECG can be transferred, diagnosis can be confirmed and thrombolysis treatment can be initiated there itself. All patients of Acute MI should receive Tab. Clopidogril 300mg /Tab. Atorvastatin 80mg /Tab. Ecosprin 325mg are given as initial medication.

After initial stabilization, they can be shifted to a Tertiary care hospital within 3-6 hours for Angioplasty and Stenting procedures, so we need to sensitize and also make the doctors and patient relatives to understand this concept of early treatment. Today Doctors are working under tremendous stress. The art of communication and counseling is very important for the Doctors, because today the expectation of the people is sky high, they want even a dead person walk home. The media and the community should understand that Doctors are not Gods but it is the responsibility of the Doctors to provide a timely treatment. Despite giving an appropriate treatment, if patient dies now a days, patient attender's are taking law into their hands and assaulting the Doctors and damaging the hospital property, this is a non-



bailable offence, hospital authorities should lodge a complaint on behalf of Doctors, then only this unlawful activities can stop. Otherwise a day might come the doctors will be reluctant to attend any emergencies.

Take Care of Five “ S’s ” for a Healthy Living:

- Salt
- Stress
- Smoking
- Spirit
- Sedentary Life Style

To keep your heart healthy, one have to follow the Five points formula:

Lower is the Better -

1. **Blood Pressure**
2. **Blood Sugar**
3. **Blood Cholesterol**
4. **Over weight and increased waist circumference**
5. **Over Ambition**

There are **Six Best Doctors** in nature:

1. **Nature is always ahead of technology, respect, preserve and promote the nature.**
2. **Sun Light**
3. **Diet**
4. **Exercise**
5. **Self Confidence and Smile**
6. **Yoga**

There is “No Happiness in Medicine” but certainly there is “Medicine in Happiness”.

The “Positive Mind can convert problems into Opportunities”; Without Positive thinking - “Trouble becomes Double” if not Trouble goes away like bubble. It is always very easy to give examples, but difficult to become an example. Everyone should try to become example by way of your knowledge, commitment, discipline, mannerisms and good behavior. You should always have a cool mind and warm heart. Cool water and warm iron takes away the wrinkles from the wrinkled cloth similarly warm mind takes away the wrinkles of your life. “We cannot help everyone but everyone can help someone”. “All of us are born with ability to work and deliver”. “Circumstances can play a big role”. “Small deeds done are bigger than

better deeds planned”. “Happiness can exist only in Acceptance”. “Life is a combination of hope and despair”. Kindness makes you most beautiful person in the world, No matter what you look like”.

Canadian Physician, Prof. William Osler’s Quotes -

- The Good Physician treats the Disease; the Great Physician treats the patient who has the disease.
- Medicine is a Science of uncertainty and an art of probability
- One of the first duties of the Physician is to educate the masses not to take medicine
- He who studies medicine without books sails an uncharted sea, but he who studies medicine without patients does not go to sea at all
- The greater the ignorance the greater the dogmatism
- To Study the Phenomenon of disease without books is to sail an uncharted sea, while to study books without patients is not to go to sea at all
- We are here to add what we can to life, not to get what we can from life
- The best preparation for tomorrow is to do today’s work superbly well
- The desire to take medicine is perhaps the greatest feature which distinguishes man from animals
- The valve of experience is not in seeing much, but in seeing wisely.

I conclude that Dedication is more important than Designation, Sincerity is more important than Seniority, Values are more important than Valuables and Mind Set is more important than Marks. There is no Escalator for Success, only steps, so keep climbing to achieve your goal.

Once again I thank every one of you for giving this opportunity to address on this occasion, wishing all graduating students a great future and a purposeful life. Hope to see all of you as Angels of modern India.

Doctor of Science (Yoga)

Dr. Akshay Anand

Dr. Akshay Anand is a Professor (since 2016) in Post Graduate Institute of Medical Education and Research, Chandigarh and Prof. In charge, CCRYN Collaborative Center for Mind Body Intervention through Yoga. Former Visiting Professor, KPUM -Japan, LUEENU -Lutsk Adjunct Professor, Philosophy, Punjab University, Distinguished Visiting Prof, S-VYASA, Former Scientist, SSIAR, Bangalore and University of Kentucky, USA.



Dr. Akshay Anand graduated from Post Graduate Institute of Medical Education and Research (PGIMER). After obtaining his post-doctoral training at the same Institute, he joined the University of Kentucky as Scientist II. After serving there for two years, he returned to join faculty of Department of Neurology PGIMER. He was instrumental in setting up the Neuroscience Research Lab which is compliant to GLP regimen. He is a strong advocate of science entrepreneurship and integrative health paradigm. Dr. Anand is a research improvement specialist who is interested in understanding the molecular mechanisms of neurodegeneration utilizing *invitro*, *invivo*, alternative and bio therapeutic approaches. His other research interests range from analyzing the role of genetic and other risk factors that modify ALS and AMD to screening of novel drugs and Yoga modules for memory enhancement and wellness. He has also been involved in the discovery of animal model of AMD published in Nature Medicine. Dr. Anand was honored by UT Police for exemplary work in advancement of Yoga research. He has been awarded for ICMR Amrut Mody Unichem Prize-2012, Annual PGI faculty award-2013, 2014, Sardar Vallabhbhai Patel Foundation 9th International Prestigious Sardar Patel Award, 2014, ICMR Shankuntla Amir Chand Award (2010), Dr. Keshav Baliram Hedgewar Healing Award (2021) contribution to the Integrative & Preventive Healthcare, Young Scientist Award from DAE (2005), Retina Research Foundation/ Joseph M. and Eula C. Lawrence Award (2003), Runners up for NASI Scopus Award for Biological Sciences (2012). He served as Judge at ISEF, USA (2002-3), He is the Editor in Chief of Annals of Neurosciences the official journal of Indian Academy of Neurosciences and Journal of Integrative Medicine Case Reports (IMCR), the official Journal of Swami Paramhansa Samsthana, former Editor in Chief of Integrative Medicine International, the official journal of Karger besides serving on Editorial board of Nature Scientific Reports and Neuroepidemiology. He is also Reviews Editor of Frontiers in Behavioral Neurosciences and on Editorial Advisory Board, User-Driven Healthcare and Narrative Medicine: Utilizing Collaborative Social Networks and Technologies and other International Journals. Dr. Anand is the guest faculty in the Human genomics program of Panjab University and former advisor to the local chapter of Indian Muscular Dystrophy Association. He has over 212 publications (190 as corresponding author) in International peer reviewed Journals besides filing 4 patent applications. He was also designated Expert on Mission by ICGEB, Trustee for Intellectual property and is the resource faculty for various national and International forums



and academic and regulatory committees. He serves as Visiting Professor of Kyoto University of Medicine and Visiting Distinguished Professor in Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) and earlier served with Lesya Ukrainian Eastern European National University, Lutsk and Sri Sri Institute of Advanced Research, Bengaluru as its Visiting Scientist. He has continued to remain funded for research since he joined as faculty with an average of 4-5 grants at any given time.

He has 21 years of post-doctoral experience; strong track record of understanding research and neuroscience communication drivers, grant dynamics, quality research management and teaching; capacity to exploit *invitro*, *invivo*, electrophysiological, Integrative and behavioral approaches; replete with entrepreneurial skills and student centric approach.

His Areas of interest are: CELL SURVIVAL MECHANISMS, using Integrated approach like Animal models, Biomarker Analysis, Mind-Body Techniques (Yoga) Bio therapeutics (by employing Quality Assurance Tools).

He was instrumental in Implementation of GLP, establishment of liberally funded, equipped NRL lab, EIC of 2 major Journals, has been on educational, research, editorial and policy programs in more than 30 countries, supervised 14 PhD theses, 26 grants and 212 publications (190 as corresponding), 33 publications in the field of Policy Research, 4 patents filed, most alumni well settled globally, 13 National Awards, mentored 20 National Educational programs/ workshops, QCI Level 1 Yoga certification. He is the recipient of Advisory Board Member, Center for Consciousness, Cognition and Compassion, Harvard University, Boston, USA, Punjab University Alumni Association

Dr. Dean Radin

Dean Radin, MS, PhD, is Chief Scientist at the Institute of Noetic Science (IONS) and Associated Distinguished Professor of Integral and Transpersonal Psychology at the California Institute of Integral Studies (CIIS). His original career track as a concert violinist shifted into science after earning a BSEE degree in electrical engineering, an MS in electrical engineering, and a Ph.D. in psychology from the University of Illinois, USA. For over three decades he has been engaged in research on the frontiers of consciousness. He is author or co-author of hundreds of scientific, technical, and popular articles, four dozen book chapters, and four best-selling books including *The Conscious Universe* (recipient of the Scientific and Medical Network's 1997 book award), *Entangled Minds*, *Supernormal* (recipient of the 2014 Silver Nautilus Book Award), and *Real Magic*. Dr. Radin's books have been translated into over a dozen languages.



Doctor of Letters (Yoga)

Prof. K Subrahmanyam

Born on the banks of the Godavari at Siddhantam in Andhra Pradesh on 16th August 1942 as the second son of Srimati Tulasi and Sri Shastri, Dr. K. Subrahmanyam is a gifted orator and an ardent follower of Sri Ramakrishna order. An excellent disciplinarian, thinker, was the principal of two prestigious institutions, namely, National Defence Academy, Khadakvasala, Pune, and Vivekananda Gurukula College, Madurai.



Presently he is the Advisor to Hon'ble Chancellor of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA, a world class Yoga University) and was Pro Chancellor. Dr. K. Subrahmanyam holds Master of Arts degrees in English and Philosophy and a PhD in English Literature, from Madurai Kamaraj University. He is also serving as the Chairman of the Academic Council, Vivekananda Educational Society, Chennai, Chairman, NAAC Peer Committee and its Member, and the Inter University Centre for Yogic Sciences (IUCYS) governing body. He is the President of Vivekananda Academy of Cultural Studies, Kanyakumari and an advisor to Atmiya Institute, Rajkot, Vivekananda College Madurai, and Sri Sharada College Tirunelveli.

He has guided students for PhD and MPhil at various universities, like S-VYASA, Bengaluru, Shastra University, Gandhigram Rural Institute - Deemed to be University, Dindigul. He is the visiting Professor at Vivekananda Institute of Human Excellence, Hyderabad and Amrita University, Coimbatore.

He has worked with the Union Public Service Commission (UPSC), New Delhi, in various committees and the National Institute of Educational Planning and Administration (NIEPA), Delhi. He has visited Singapore, Malaysia, Hong Kong, China, South Africa, England, USA on invitation for lecturing on Philosophy, Culture, Religion and Education at eminent institutions.

He has authored over 200 articles in eminent journals on Philosophy, Culture, Religion and Education and authored more than 50 books by exploring the true essence and richness of our culture and traditions. Dr. Subrahmanyam's lectures have been broadcast in All India Radio and telecast on various TV Channels. He has written articles for newspapers and magazines and has also contributed to the field of academics in the digital platform with a series of lectures that are being followed by people across various walks of life.



Dr. Subhash Kak

Subhash Kak (born on 26 March 1947) is a computer scientist, physicist, and historian. He was born to Ram Nath Kak, a government veterinary doctor, and Sarojini Kak in Srinagar, India. He was awarded Doctor of Philosophy in Electrical Engineering from IIT, Delhi, and the dissertation was titled “Studies in Signal Theory” (1970), which was done under the supervision of Professor P.V. Indiresan. He was visiting faculty at Imperial College, London (1975–1976), guest researcher at Bell Laboratories, Murray Hill (1976), and visiting researcher at the TIFR, Bombay (1977). He joined Louisiana State University, Baton Rouge in 1979, where he rose to the Donald C. and Elaine T. Delaune Distinguished Professorship of Electrical and Computer Engineering. In 2007, he joined the Computer Science Department at Oklahoma State University as head, and was appointed Regents Professor. He was Research Professor at Curtin University at Perth, Australia (2014, 2016), and on sabbatical leave as UNDP Fellow in India (1986), and in Harvard University/ MGH, Cambridge, MA (1996).



Kak is currently Regents Professor Emeritus at Oklahoma State University and Distinguished Academic Scholar at Chapman University, Orange, California. He is also an honorary visiting professor at Jawaharlal Nehru University, and a member of the Indian Prime Minister’s Science, Technology and Innovation Advisory Council (PM-STIAC, 2018 onwards).

Apart from his work in computer science, AI, and quantum computing, Kak has published on the history and philosophy of science, and ancient astronomy. He was the editor for the Indian Subcontinent Area for the UNESCO project on archaeoastronomy sites around the world. He was featured as one of the pioneers of quantum learning in the journal *NeuroQuantology* edited by Cheryl Fricasso and Stanley Krippner. Most recently, he has proposed that physical space has dimensionality that is slightly less than 3, and this can explain several aspects of cosmology.

Nearly thirty years ago, he made the surprising discovery that the ancient Indians knew that the sun and the moon are approximately 108 times their respective diameters from the earth. This knowledge was coded into temple architecture, in the 108 poses of Indian classical dance, and the 108 prayer beads of the *japa mālā*.

Dr. Subhash Kak has researched multifarious knowledge domains and has written over 500 research articles that have appeared in peer reviewed international journals, and chapters in accredited volumes and encyclopedias. He is the author of twenty books and his work outside of science and engineering includes Sanskrit, linguistics, ancient astronomy, art, music, temple architecture, Yoga, Vaisheshika, Indus script, Ayurveda and consciousness studies. He is the editor and co-editor of several international journals.

He has given invited lectures around the world, and been interviewed for newspaper and magazine articles for various media such as NBC News, San Francisco Chronicle, Smithsonian Magazine, World Economic Forum, International Business Times, Houston Chronicle, Live Science, Singularity Hub, The Conversation, Times of India, The Daily Mail, Huffington Post, PBS, Discovery Channel, History Channel and TV companies in the US, Europe, and India. He has appeared multiple times

on the long-running PBS show called *Closer to Truth*, and on Dutch Public TV.

Kak's autobiographical book titled '*The Circle of Memory*' covers a broad canvas: childhood in Kashmir, scientific career in India and the United States, and vignettes of several prominent scholars. In addition to many personal anecdotes about his family and colleagues, it describes how his research that began with computer science came to embrace neural networks, quantum theory, history of science and the arts. It presents accounts of his discoveries in artificial intelligence, quantum theory, and Vedic astronomy, and how he became a part of a new movement trying to develop a science of consciousness.

Several national and international awards have been bestowed to Prof. Kak, and the important among them are: 81st Acharya J.C. Bose Memorial Lecturer, Kolkata (2019), Lifetime Achievement Award, System Society of India, given at University of Waterloo (2019), Keynote speaker in several international conferences, Distinguished Alumni Award, Indian Institute of Technology Delhi (2002), National Fellow, Indian Institute of Advanced Study (2001), IEEE-HKN(LSU) Favorite Professor of the Year of Electrical and Computer Engineering Department (1989), UNDP Tokten Fellow (1986), Halliburton Award (1982), Science Academy Medal of the Indian National Science Academy (1977), Kothari Prize, India (1977), and British Council Fellow (1975-1976). In 2019, the Government of India awarded him the Padma Shri.



YIC (Yoga Instructor's Course) – Batch 226, Apr, 2022



Sriramanavami Yoga Function at Suguru Anjaneya Swamy Temple organised by VYASA Centre, Hindupur. Nearly 100+ participants performed Surya and Guru Namaskara. This has been in practice by last 20 years.



PhD in Yoga

Scholars and Publications

1. Srihari Sharma

Title of Thesis: “Effect of integrated approach of yoga therapy based rehabilitation program on left ventricular dysfunction secondary to coronary artery disease - a randomized control trial”.

Guide: Dr. Subramanya Pailoor

Publications:

- 1 Evidence Base of Yoga Studies on Cardiovascular Health: A Bibliometric Analysis (Published)
- 2 Development of a yoga module targeting cardiovascular health for patients with post-myocardial left ventricular dysfunction in India. (Published)
- 3 Integrated yoga practice in Cardiac Rehabilitation Program- A Randomized Control Trial. (Published online ahead of print)



2. Mahesh Narain Tripathi

Title of Thesis: “Effect of Yoga Practices on Psychological Wellbeing and Academic Performance among College Students”.

Guide: Dr. Sony Kumari

Publications:

- 1 Psycho physiological effects of yoga on stress in college students
- 2 Effect of Yoga Practices on Psychological Wellbeing among college students
- 3 Effect Of Yoga Practices On Academic Performance Among College Students



3. Manasa R Rao

Title of Thesis: “Yoga Biomechanics in facilitating muscular functioning and mindfulness among asymptomatic male cricket players”.

Guide: Dr. Ravi Kumar Itagi

Publications:

- 1 Efficacy of yoga in facilitating mindfulness among asymptomatic male cricket player



- 2 Epidemiology of annual musculoskeletal injuries among male cricket players in India
- 3 Understanding the concept of mind and mindful awareness according to Indian scriptures

4. Xu Wen

Title of Thesis: “Impact of Yama and Niyama on Physiological and Psychospiritual Factors in Young Adults”.

Guide: Dr. Ravi Kumar Itagi

Co-Guide: Dr. Thaiyar M Srinivasan

Publications:

- 1 Effects of Yama and Niyama on body energy systems: Evidence from Electro Photonic Imaging – A randomised controlled trial
- 2 Evaluation of Impact of Ethics of Yoga in the Psychological Health of College Students – A Randomized Control Trial
- 3 Impact of Yama and Niyama on Psychospiritual Factors in Young Adults – A Randomized Controlled Trial



5. Jyothi Vasu

Title of Thesis: “Impact of SMET Yoga Program On Organisational Citizenship Behaviour, Positive Affectivity, Negative Affectivity and Occupational Stress of Employees: A Randomised Controlled Study”.

Guide: Dr. Sony Kumari

Publications:

- 1 Effect of SMET yoga program on Organisational Citizenship Behaviour and Occupational Stress of employees; a randomised controlled study.
- 2 Effect of SMET yoga program on Positive and Negative Affectivity of employees; A randomised controlled study.
- 3 SMET as a tool to combat Stress and to enhance the persona of an individual; a Review



6. Rajesh G Nair

Title of Thesis: “Role of yoga and its possible mechanism involved in Type-2 diabetes mellitus related DNA damage and repair - a Randomized Control Trial”.

Guide: Dr. Ramesh M N

Co-Guide: Dr. Mithila M N

Publication:

- 1 Role of Yoga and its Plausible Mechanism in the Mitigation of DNA Damage in Type-2 Diabetes: A Randomized Clinical Trial





7. Dr. Devika Kaur

Title of Thesis: “A Study Designed to Measure Prakrti in Adolescents and Efficacy of Integrated Yoga Module”.

Guide: Prof. Alex Hankey

Publications:

- 1 Development And Initial Standardization Of Kashyapa Psychophysiological State Inventory
- 2 Kashyapa Prakrti Inventory: Development And Initial Standardization
- 3 A Questionnaire Designed To Measure Tridosha Values In Adolescents: Changes In Score Pre-Post An IAYT Yoga Module



8. Deepak B V

Title of Thesis: “Impact of Karma Yoga on Job Satisfaction, Job Involvement, & Work Motivation Among Business Development Professionals”.

Guide: Dr Sony Kumari

Publications:

- 1 Influence of Karma yoga on Job Satisfaction among Business Development professional
- 2 Influence of Karma yoga on Job Involvement among Business Development professionals
- 3 Impact of Absenteeism on Employees



9. Suman Bista

Title of Thesis: “Yoga Based Lifestyle Intervention for Type 2 Diabetes: A Randomized Controlled Study with One Year Follow up using Thermal Imaging and Electro-photonic Imaging”.

Guide: Dr. Prahlad Ramarao

Co-Guide: Dr. Hemant Bhargav

Publications:

- 1 Yoga-based lifestyle intervention for type 2 diabetes (T2DM): a prospective single-blind randomized controlled pilot study
- 2 Medical Application of Gas Discharge Visualization Imaging in Health and Disease: A Systematic review of Literature



- 3 How to Interpret Integral Area Variable of Gas Discharge Visualization?" – Response to the Letter to Editor
- 4 Medical applications of Infrared thermography: A narrative review

10. Soneji Radha Tulsidas Asha

Title of Thesis: "Concept of Siddhi in Yoga Texts: Comparison with Modern Physics and Transpersonal Psychology".

Guide: Prof. M K Sridhar

Co-Guide: Prof. Alex Hankey

Publications:

- 1 Siddhi: Modern Science and Indian Spirituality
- 2 Development of Siddhi: An analysis of Shiva Samhita
- 3 Spiritual – Scientific Yoga based Model of Siddhi
- 4 Techniques to Master Siddhis as Expounded in Yoga Texts
- 5 Siddhi as Expounded in Pātañjali Yoga Sūtra
- 6 The Vedic Approach to Emancipation I: A Tetrahedron Diagram explaining Relationships between God, Beings and Universe, and corresponding Distinctions



11. Dr. Amit Santosh Mishra

Title of Thesis: "Effect of Yoga-Based Lifestyle Modification in Prediabetes".

Guide: Dr. Padmini Tekur

Publications:

- 1 Knowledge, Attitude, and Practice of Yoga in Rural and Urban India, KAPY 2017: A Nationwide Cluster Sample Survey February 2020
- 2 Perceived stress and depression in prediabetes and diabetes in an Indian population - A call for a mindfulness-based intervention
- 3 Perceptions of benefits and barriers to Yoga practice across rural and urban India: Implications for workplace Yoga
- 4 Higher Perceived Stress and Poor Glycemic Changes in Prediabetics and Diabetics Among Indian Population





12. Atul Sinha

Title of Thesis: “Effect of Short Duration Integrated Classroom Yoga Module on Physical Fitness, Cognitive Performance, Emotional Wellbeing and Personality Characteristic of School Children: Randomized Controlled Trial Design”.

Guide: Prof. Sony Kumari

Publications:

- 1 Integrating Yoga with Education in the Modern Schooling System: A Theoretical Model Based on Ancient Knowledge and Modern Research
- 2 Development, Validation and Feasibility of a School Based Short Duration Integrated Yoga Module: A Pilot Study Design
- 3 Effect of Short Duration Integrated Classroom Yoga Module on Physical, Cognitive, Emotional and Personality Measures of School Children



13. Geetharani A

Title of Thesis: “Yoga-based lifestyle treatment and composite treatment goals in type 2 diabetes in a rural south Indian setup- a retrospective study”.

Guide: Dr. H R Nagendra

Co- Guide: Dr. Vijaya Majumdar

Co- Guide: Prof. T M Srinivasan

Publication:

- 1 Yoga-based lifestyle treatment and composite treatment goals in type 2 diabetes in a rural south Indian setup- a retrospective study



**PhD Scholars
with the Dignitaries**

MD in Yoga



Dr. Ankita Mishra

Dissertation Title: "DEVELOPMENT, VALIDATION AND FEASIBILITY TESTING OF A YOGA MODULE FOR PRIMARY DYSMENORRHEA".

Dr. Akash Mishra

Dissertation Title: "IMMEDIATE EFFECT OF KUNJAL KRIYA ON CARDIORESPIRATORY FUNCTIONS AMONG ASTHMATIC PATIENTS: A PILOT STUDY".



Dr. Pawar Ashwini Ghanshyam

Dissertation Title: "EFFECT OF YOGA PROTOCOL ON MIGRAINE: A RANDOMIZED CONTROLLED TRIAL".

Dr. Chaithra H L

Dissertation Title: "ROLE OF YOGA THERAPY AS AN ADJUNCT INTERVENTION AGAINST INFLAMMATORY PROGNOSIS IN MILD DEGREE HOSPITALIZED COVID-19 PATIENTS; A RANDOMIZED CONTROLLED CLINICAL TRIAL".



S-VYASA Alumni Association Members at the Prashanti Meeting on 22nd Apr 2022

MSc, MBA, BNYS & BSc Graduates

MSc - Yoga Therapy



1 Karan



2 Rashmi



3 Kadekar Nikita
Bhalchandra



4 Patil Ameya
Laxman



5 Madhumitha H R



6 Mary Shilpa
Francis



7 Mridani Adiga



8 Poorva Salunke



9 Prachi Rohira



10 Suranjan Kumar
Ojha



11 Swagata Das



12 Ghan Shyam



13 Aastha Sharma



14 K M Surabhi
Singh



15 Akash



16 Priyanka Sarkar



17 Avvaru Balaji



18 Vishnupriya
Kunapuli



19 Yemineri
Sravya



20 Talluri
Shanmukha Sai



21 Niyata Sahu



22 Kyatha
Ganeshbabu



23 Prianka Nandan



24 Vallikannu N



25 Naorem Rebita
Devi



26 Suhani Surana



27 Rawal Richa
Shivkumar



28 Yagya Sharma



29 Bhumika
Hardiya



30 P Chanakya
Simha

MSc - Yoga Therapy



31 Kulkarni Poorva
Prashant



32 Raikar Shravani
Vijay



33 Pooja J B



34 Ankit Panghal



35 Lele Mugdha
Rajesh



36 Abhay Kumar
Verma



37 Khushboo
Prajapat



38 Priyanka
Kumari



39 Chippala
Nagendra Babu



40 Ritu Joshi



41 Shovan Bhunia

MSc - Yoga Therapy (NR)



1 Madhvani Charmy
Shekharbhai



2 Namrata Dedhia



3 Anna Mary Joy



4 Anusha K



5 Bhagyashree R S



6 Medhashree J



7 Piyush Sinha



8 Samir Kunwar



9 Smitha Prabhu

MSc - Yoga and Consciousness



1 Abhishek Singh



2 Chandrashekhar
Kumar



3 Ganesh Sharma



4 K M Avanu



5 Pranav Kumar

MSc - Yoga and Consciousness



6 Yadav
Premkumar Ashok



7 Rohit



8 K M Seema
Bhardwaj



9 Sang Moon Shin



10 Sujana Bista



11 Sumit Saxena



12 Thejaswi J

MBA - Health Care Management



1 Akarsha Bharath



2 Ananya Behera



3 Anoop Chandran
J



4 Mylagani Naresh
Babu



5 Rayasam Baghula
Sri



6 Shreya
Shrivastava



7 Stuti Purwar



8 Totanagouda
Patil

MBA - Marketing



1 Binamra Pradhan



2 Gaurav Raj Singh



3 Rayala Geetanjali



4 Vaibhav
Singhania



5 Mukesh Kumar
Sahu

MSc - Yoga (ODL)



1 Govind Singh



2 Mutturaj K
Shindhe



3 Luu Thi Quynh
Nga



4 Viharika Swathi
Akshinthal



5 Sasi Kala N



6 Balaka Chatterjee



7 Valand
Hetalkumari Kantilal



8 Himanshu Yadav



9 Anita Kadagad



10 Rajashri
Rajendra Shinde



11 Bhavin Kumar S



12 Manjunathamallappa
Hugar



13 Suryawanshi
Narayani Arvind



14 Balagi Uppala



15 Sarathchandra
Sundru



16 Hypatia
Anasuya Chaitanya



17 Koli Gurudev
Vijay



18 Anitha R



19 Chandan
Padhan



20 Abhishek
Kumar Sharma



21 Vandyashree
H R



22 Lakshmi C



23 Seena T S



24 Sari Anneli
Lahtinen



25 Soniya N.C



26 Gawade Bharat
Nagesh



27 Amit Kumar
Gupta



28 Anita Kabra



29 Anuradha
Hebbar



30 Dr. Megha D V

MSc - Yoga (ODL)



31 Dr.
Nandukrishnan R S



32 Puneeth



33 K M Kavita



34 Kanika Prakhar
Kumar



35 Kshirsagar
Kasturi Pramod



36 Bissa Latika
Pravin



37 Deshmukh Madhuri
Bhalchandra



38 Manjula N
Hosadurga



39 Neeraj Maithani



40 Padma Priya
Sulam



41 Pasang Lamo



42 Prateek Bansal



43 Prerna Barcan



44 R Kalpana Devi



45 Rajendran
Harrinie



46 Radhika Rajankumar
Shrikhande



47 Shriya Agrawal



48 Cirelli Vanesa
Alejandra



49 Zainab S
Kachwala



50 Gayathri P



51 Surisetty
Kirankumar



52 Veeranarayan
Kulkarni



53 Yogesh Pathak



54 Dr. Rekha Rathi



55 Swagatika
Senapati



56 Monika Jha



57 Bhalerao Rahul
Ashok



58 Aakanksha
Chhabra



59 Anushree G N



60 Ashok T N

MSc - Yoga (ODL)



61 Ashwini
Shankar Ganachari



62 Anjali
Rameshwar Gound



63 Bhawna
Kaushik



64 Deepthi C R



65 Dr. Manasi
Rahul Bawdakar



66 G Malathi



67 Harshitha H G



68 Janani
Jayprakash



69 Km Priyanka
Shyoran



70 Karthikeyan R S



71 Kotian Kiran
Laxman



72 Krithika K S



73 Mehta Nidhi
Pragadesh



74 Smita Vimal
Pandya



75 Pawar Vijay
Balaji



76 Seema Arvind
Kulkarni



77 Shaheeda Bano



78 Shree Soumeya
Sasidharan



79 Shreya Agrawal



80 Shreyansh
Raghuvanshi



81 Sindhu G R



82 Sonakam Vijayakumar
Narsimhulu



83 Chetan
Baskandi



84 Mridhul T P



85 Prahalad B G



86 Trivedi Kushagra
Bhaskarbhai



87 Abhishek Singh



88 Ajay Kumar



89 Alpana Singh



90 Anil Gautam

MSc - Yoga (ODL)



91 Aparna K K



92 Ashika Jayadev
B



93 Ashritha B
Shetty



94 Asmita Shukla



95 B Sudarsanam



96 Bobba Veera Venkata
Sudheer Kumar



97 Chaithali S



98 Chaithannya
Raju



99 Chandrakanth
Badiger



100 Chavare Amita
Satchidanand



101 Samata Rahul
Bhagoji



102 Chayanika
Barman



103 Radha Rani
Chintha



104 Jayshri Rakesh
Jaybhaye



105 Jadhav
Dhanashree Shriniwas



106 Dilip H K



107 Gahana Rao



108 Tawade Nitin
Raghunath



109 Ganapatye
Archana Arun



110 Mohammed
Hanna Laila



111 Hemanth V R
Yandamuri



112 Ippili Jayendra



113 D Jayamalathi



114 Jayashri K
Menon



115 Jeevan J



116 Soniya Purushottam
Chandorkar



117 Karthik P



118 Kavitha G S



119 Kuttappan N C



120 Madhusmita
Giri

MSc - Yoga (ODL)



121 Mahadik Sneha
Shankar



122 Mahendra
Kadabageri



123 Mamta
Sanjeeva Vernekar



124 Manoj Nainwal



125 Medha Bhaskar



126 Milan Mondal



127 Naga Anitha R



128 Nalini G



129 Nandita Rani
Beniwal



130 Naznin Javed
Pansare



131 Neha Gaba



132 Sandireddy
Niveditha



133 Patil Vaishali
Baburao



134 Pragya Bhatt



135 Dr. Sindu R



136 Rajani V
Shastry



137 Raju Niroula



138 Rama
Chakraborty



139 Ramya
Kusuma Pillutla



140 Rashmi Khare



141 Rupalben
Prerak Thakkar



142 Sakala
Sobharani



143 Sandipani S
Manur



144 Sathiya A



145 Saurav Kumar



146 Savita Amar
Jadhav



147 Patil Savita
Madhukar



148 Savitha P



149 Sayani
Chakraborty



150 Shah Ruchita
Pravinkumar

MSc - Yoga (ODL)



151 Shakti Pachauri



152 Sheetha P



153 Shilpa Laxman
Patil



154 Shivani Parag
Satpute



155 Shweta
Halayyanavarmath



156 Siddharth
Laskhmi



157 Koli Snehal
Chandrashekhar



158 Sowmya B S



159 Sowmya Shree



160 Sridevi Neravi



161 Sudheer K



162 Sumita
Bhattacharjee



163 Sunayna S P



164 Sushmita Pillay



165 Sahana



166 Swetha Hegde
N



167 Tanushree
Nandi



168 Tanvi Vivek
Londhe



169 Tejaswi V



170 Vanishree
Mayya T



171 Vidhu
Chaudhary



172 Vijayshree
Raghavendra Jorapur



173 Vipin K Baby



174 Andrea L
Bourget



175 Bhawana



176 Diksha Kumar



177 Madhan
Kumar D



178 Padmavathy



179 Prachi Pathak



180 Sitala Ku Das

MSc - Yoga (ODL)



181 Vaishali Tomar



182 Akshita
Choudhary



183 Amrutha
Sankar L



184 Anita Hegde



185 Anjali Singh



186 Apala Sharma



187 Vignesh B N



188 Bhanage Lira
Dinar



189 Bhavya P



190 Deshpande
Prasad Prakash



191 Femi Antony C



192 Sivaraman E



193 Garima Gupta



194 Geetha Bhaskar
R B



195 Geetu Navin
Kalani



196 Himanshu
Punetha



197 Indira T J



198 Jayant Anand



199 Joshi Khushali
Jayesh



200 Jyotsna K J



201 Kiran
Bhagwandas



202 Laiphrakpam
Kashmila Devi



203 Lakshay
Khanna



204 Limisha P S



205 Manisha
Kumari



206 Manjunath O
Murthy



207 Mishka Goyal



208 Niraj Varshney



209 Nithin Prakash
A



210 Pradeep Shetty

MSc - Yoga (ODL)



211 Pratima Pandey



212 Tina Kothari



213 Rajat Sharma



214 Rithika K



215 Shroff Rohan
Akshay



216 Rohini S U



217 Kamble Sagar
Irasha



218 Kadam Salita
Vasantao



219 Sandhya P M



220 V P Sathish
Kumar



221 Shantha Kumar C R



222 Sheetal Bharti



223 Sheetal Pankit
Sheth



224 Srinath Mohan
Kulkarni



225 Sucheta Amit
Kudale



226 Sudharsan V J



227 Sukesh P



228 Sushma
Prabhoda



229 Swati



230 Tai Weng U



231 Dessai Taiza Tina



232 Titty George



233 Ushadevi S
Hegde



234 V P Nisha



235 Sanjana



236 Sharvari D Rao



237 Amrit Kumar
Verma



238 Ch Alekhya



239 Deki Drema



240 Dinesh

MSc - Yoga (ODL)



241 Satayndra Nath
Pandey



242 Joshi
Wasundhara Vinay



243 Aguilar
Montelogno Ximena



244 Amit Ranjan
Saxena



245 Amrutha
Preetham C M



246 Sunil Kumar



247 G G
Chandrasekaran



248 Santosh Kumar
D M



249 Vandana Alam



250 Manikantan



251 Nongthombam
Chitaranjan



252 Sheetal Sachin
Kokane



253 Dixit Nikhil
Deepak



254 Veena Narolia



255 Radha Singla



256 Gaurav



257 Ranjitha K J



258 Ashish Kumar
Porte



259 Parameshwari
B



260 Shah Bhakti
Kailas



261 Chandrani
Chakraborty



262 Dattatri S V



263 Anshu
Chaudhary



264 Krishna Kumar
Tyagi



265 Kshatriya
Shekhar Manik



266 Manasa B R



267 Mini M



268 Balakrishnan
Natarajan



269 Preeti Batra



270 Sangeeta Sil

MSc - Yoga (ODL)



271 Satyamrut
Uttarkabat



272 Swati
Chaturvedi



273 Abhinav
Kumar Malviya



274 Divya Lalwani



275 Lalit Umesh
Arvind



276 Amit Maheshwari



277 Gada Hardik
Nitin



278 Swati Sunil
Kakade



279 Garima Sharma



280 Kadam Singh



281 Kapil Dev



282 Krishnaveni K



283 Dr. Malini
Kamal Gowda



284 Mamata
Adhikari



285 Nidhi Saxena



286 Nitaara M Iyengar



287 Pande Snehal
Mukund



288 Dr. Pranab Das



289 Ranjani
Srikumar



290 Sajith K S



291 Shveta Bhalothia



292 Chaudhari
Sonal Arun



293 Sundeep
Kapila



294 Vedavathi H R



295 Vinayak
Chauhan



296 Anuj Poonia



297 Vasanti
Soumitra Gosavi



298 Anjali Suresh
Talera

BNYS (Bachelor of Naturopathy and Yogic Science)



1 Akanksha Singh



2 Aniruddha B.
Arya



3 Bhavit Bansal



4 Chandralekha
M. S.



5 Dubba Indhukala



6 Gauri
Khandelwal



7 Govindarajan M



8 Herina Irungbam



9 Shilpa Shree
Kennedy



10 Kaviya T



11 Kavya C. T.



12 Kirthika R



13 Kommuru
Bramaramba Sameera



14 Krithika A.
Ramaswamy



15 Lakshmi M



16 Theerthika M



17 Manasa Vanny
V.



18 M. S. Meenu



19 Monika Shree S



20 Nalam Naga
Kavya Sri



21 Nivedhitha S.



22 Nivethitha V. S.



23 Palnati Kalyan



24 Ragut Meghana



25 Ratchana K.



26 Ruthumbara C.
D.



27 G. Sathiyavathi



28 Shaniya Ann
Shajan



29 Shashi Prabha
Pandey



30 V. Sindhu

BNYS (Bachelor of Naturopathy and Yogic Science)



31 K. Sugirtha



32 T. Keerthana



33 Tamilamudhu
V. J.



34 V. Reena
Kumari



35 Dinakrushna
Ankan Das



36 Manisha
Panigrahi



37 Sanjana S. Pai



38 Shekhar
Mukhiya Sunuwar



39 Nandhakrishnan
Haridas Pisharody



40 Vidhyaharan D



41 Kakarla Sri
Lakshmi Pavani



42 Srinidhi Nayak
R



43 Tallapureddy
Sravani



44 Pallavi V



45 Nivedita Rana



46 Tammineni
Ragasai Nikhita

BSc - Yoga Therapy



1 Darshan S



2 Amandeep



3 Bhavishya Singh



4 Gopal Sharma



5 Mahadevan V. R.



6 Santhosh Raka



7 Manusankar J



8 Shubham



9 S. Devi Shree



10 Shriya S



11 Bharati Jat

BSc - Yoga (ODL)



1 S Satish



2 Devendra kumar



3 Jayakrishnan V S



4 Kavya J R



5 Aswathy K Sivan



6 Shobha N



7 Shivani Rahul
Bhandarkar



8 Amarjeet



9 Bhavana R



10 Bhavika Gola



11 Shivananda G M



12 Ganesh G M



13 Prasad M R



14 Dhopate
Priyanka Sanjay



15 Subhash S
Thakur



16 Suma P



17 Vanishree K



18 Vanitha G B



19 Madhura N



20 Bhaskar Rao



21 Geetha C V



22 Kavita R



23 Kiran N



24 Mohana Priya K



25 Pournima Prashant
Shembekar



26 Ritu Banikya



27 Sai Raksha T N



28 Atanu Bhunia



29 Kansara Parth
Amar



30 Rachappa

BSc - Yoga (ODL)



31 Rajni Rana



32 V Rangappa



33 Nagamani C H



34 Bishnudeo
Tantubai



35 Basistha
Narayan Patra



36 Ashish Prajapati



37 Vernekar
Amisha Gurunath



38 Ishmeet Kaur



39 Tarun



40 Ritika Jain



41 Sarita Mendonca



42 Mitreya Vellala



43 Mohith P



44 Rajib Dutta



45 Somnath
Awasthi



46 Niraj Paudel



47 Vibhuti
Bhushan Mishra



48 Mandvi Verma



49 Sakshi Sharma



50 Adarsh Srivas



51 Avinash



52 Sheeba Akbar



53 Nivedita
Garodia



54 Shubham
Kumar



55 Basava Kiran J B



56 Pravar Obhan



57 Yogender
Kumar

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



**Integrative Medicine
and Optimal Immunity**

26th - 29th May 2022

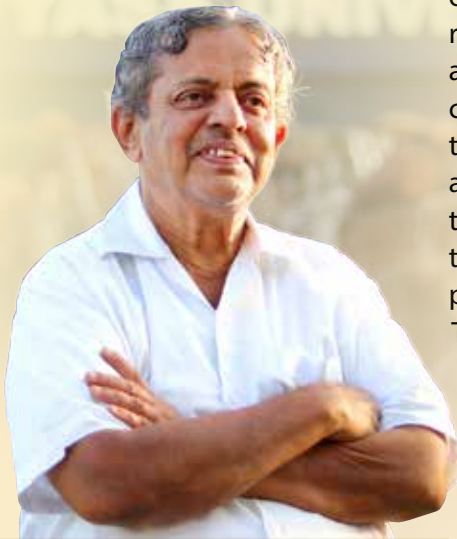
Hybrid
Conference

Conference Venue
Prashanti Kutiram, Bengaluru, India



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

www.incofyra.com | www.svyasa.edu.in



With Love

Dr. H R Nagendra
President, 24th INCOFYRA
Chancellor, S-VYASA
President, VYASA
and Chairman, VAYU

My Dear Brothers and Sisters,

The growth of Medical Science is a never-ending and learning journey towards meeting the demands of human health care. The recent outbreak of COVID-19 has further imposed a tough challenge on the healthcare professionals demanding their utmost commitment and sacrifice to save humanity. On the contrary, the exciting outcome of this pandemic is the global recognition of our ancient healthcare systems and interventions against the combat and prevention of the disease. The same could also fulfill the necessity of the development of affordable treatment regimes. Allopathy, Yoga, and other systems of AYUSH approach patient care in their unique ways. Though each of these methods has its advantages, none of them could meet the challenges in isolation. Hence, it is necessary to explore the possibilities of their amalgamation to bring out the best solutions. Towards the same, we have selected the theme “Integrative Medicine and Optimal Immunity” for 24th INCOFYRA to make an effort to integrate Indian medical systems with Allopathy. Yoga is the basis for integration and provides insights by its Adhi-Vyadhi concepts. The evidence-based approach and the role of Integrative Medicine on immune health will be presented at this conference by world-renowned scientists and clinicians.

With this focus of 24th INCOFYRA on Integrative Medicine and Optimal Immunity with Yoga as a lifestyle intervention, we welcome you all to our Prashanti Kutiram campus. Given the influence of the ongoing pandemic, we also give full consideration to the online participation of delegates and speakers at the conference.

Objectives

- To bring researchers, physicians, scientists, academicians, and therapists from various disciplines of medicine under one platform
- To disseminate experiences and research evidence on aspects of Integrative Medicine that could aid in sustaining optimal function of the immune system.
- To create awareness on integrated medical policies in a global perspective.
- To identify strategic actions towards an effective and efficient inclusion of Yoga and Allied Systems of Traditional Medicine in Integrative Health care Delivery System.



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

26th - 29th May 2022: The 24th INCOFYRA will address the linkages between Immunity and Integrative Medicine, including perspectives, and research-based evidence. It will include interactive sessions by the key clinicians and scientists, who have contributed substantially to the success of "Integrative Medicine".

Conference Programs at a Glance	
20 th - 24 th May 2022	Pre – Conference Workshops
22 nd - 24 th May 2022	Himalaya Yoga Olympiad Finals
26 th - 29 th May 2022	Main Conference

Parallel Symposia

- Understanding stress and immunity
- Immune resilience through holistic nutrition
- Optimal immunity through mind-body interventions
- Pain management in autoimmune diseases
- Reversing inflammatory responses in autoimmune diseases
- Use of AYUSH in infectious diseases
- Role of Lifestyle in preventing infectious diseases
- Post-Covid Rehabilitation

Main Conference Program Highlights

26th May: Inaugural Ceremony	
29th May: Valedictory Ceremony	
27th - 29th May: Morning Yoga Session	
5:30 – 6:30 am	General Yoga Session, Disease Specific Yoga Session (8 Modules), Advanced Yoga Techniques
Common Morning Session: Maitri Milan	
7:00 – 8:00 am	Bhagavad Gita Chanting
27th May: Scientific Sessions	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
2:00 – 5:00 pm	Poster/ Oral Presentation Sessions
4:00 – 5:00 pm	Panel Discussion
28th May: Scientific Sessions	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
2:00 – 5:00 pm	Poster Presentations
29th May: Scientific Sessions	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
Common Evening Sessions	
5:00 – 6:00 pm	Satsang
6:00 – 7:30 pm	Cultural Program
Refreshments	
8:00 am - Breakfast 10:30 am - Tea Break 1:00 pm - Lunch 3:30 pm - Tea Break 7:30 pm - Dinner	



Eminent Speakers of the Conference



Dr. Ferid Murad

The Nobel Prize in Physiology or
Medicine in 1998, University of Texas
Medical School at Houston, TX, USA



Dr. Lorenzo G Cohen

Professor, Department of General
Oncology and the Integrative Medicine
Department, The University of Texas



Dr. H R Nagendra

Chancellor,
S-VYASA, Deemed to be University,
Bangalore, India



Dr. Bhushan Patwardhan

Interdisciplinary School of Health
Sciences, Savitribai Phule Pune
University, Pune, India



Dr. Deanna Minich

Human Nutrition and Functional
Medicine Graduate Program, University
of Western States, Portland, Oregon, USA



Dr. Darshan Mehta

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



Dr. B R Ramakrishna

Vice Chancellor,
S-VYASA, Deemed to be University,
Bangalore, India



Dr. Manjunath N K

Pro Vice Chancellor & Director, Research,
S-VYASA, Deemed to be University,
Bangalore, India



Dr. Sat Bir S Khalsa

Assistant Professor of Medicine, Harvard
Medical School, Dept. of Medicine,
Brigham and Women's Hospital



Dr. C Venkat S Ram

Director, Apollo Institute for Blood
Pressure Management and Professor,
Apollo Medical College, Hyderabad, India

Eminent Speakers of the Conference



Dr. Uma Kumar

HOD and Professor, Department of Rheumatology, All India Institute of Medical Sciences, New Delhi, India



Dr. Ahmad Alkhatib

Professor of Health Nutrition and Exercise Science, Reader of Public Health and Preventative Healthcare; Director of Doctorate of Public Health and Social Care, School of Health and Life Sciences, Teesside University, Tees Valley, Middleborough, United Kingdom



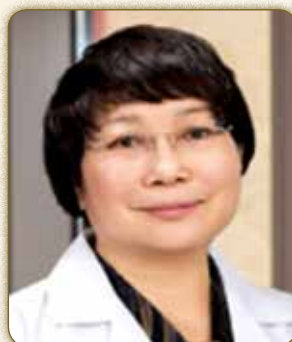
Dr. Amit Sood

Executive Director, Global Center for Resiliency and Wellbeing, Rochester, Minnesota, USA



Dr. V Ravi

Nodal Officer, State COVID Cell for Genetic Confirmation of SARS-CoV2, Bangalore, India



Dr. Chenchen Wang

Director, Center for Complementary and Integrative Medicine, Tufts Medical Center, Boston, MA, USA



Dr. Roshini Yapa

Director at nodMD, Phoenix, Arizona, USA



Dr. Manjunatha M V

Associate Professor at NIMHANS, Bangalore, India



Dr. Ashwini Godbole

Associate Professor, Centre for Ayurveda Biology and Holistic Nutrition, Bangalore, India



Dr. Sayed Ahmed

Associate Professor, Pharmacognosy and Phytochemistry, Jamia Hamdard, New Delhi, India



Dr. Akshay Anand

Professor, Neuroscience Research Lab, PGIMER, Chandigarh, India



Eminent Speakers of the Conference



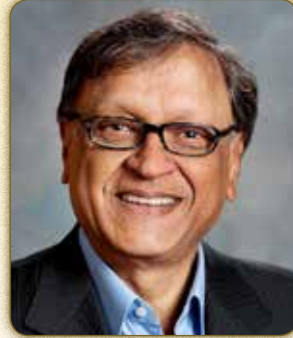
Dr. Maheshwarappa B M

Senior Consultant and Head,
Department of Physical Medicine and
Rehabilitation & Sports Medicine,



Dr. Sanjeev Rastogi

State Ayurvedic College and Hospital,
Lucknow University, Lucknow, India



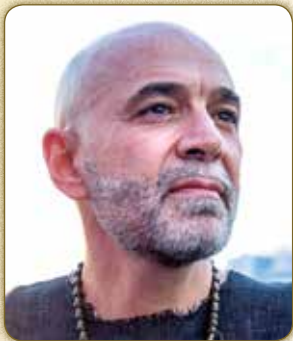
Dr. Arun Garg

Biochemical Medicine: Consultant
Medical Biochemist; Clinical Professor,
Pathology and Laboratory Medicine,
University of British Columbia



Dr. Anurag Varshney

Vice President and Head - Drug Discovery
and Development, University of
Patanjali, Patanjali Yog Peeth, Haridwar,
India



Mr. Pierre Ravan

DJ, Producer,
Heartfulness Meditation & Yoga Trainer
and High-end Fashion Collaborator



Dr. Vineet Ahuja

Professor, MD, DM, MNAMS
Department of Gastro Enterology
All India Institute of Medical Sciences,



Dr. Gautam Banerjee

Head Scientist - Customer Success at Tata
Medical and Diagnostics



Mr. Luke Coutinho

Founder, Holistic Healing Systems
Private Limited



Dr. P Rammanohar

Research Director, Amrita School of
Ayurveda, Amrita Vishwa Vidyapeetham,
Tamil Nadu, India



Dr. Nanda Rajneesh

Apollo Spectra Hospitals, Bangalore,
India



Dr. G S Gaur

Professor (& Former Head), Department
of Physiology, JIPMER, Puducherry, India



Dr. Chandrashekhar

ChanRe, Rheumatology and
Immunology Centre and Research

Conference Venue: **Prashanti Kutiram**, Jigani, Bengaluru

Prashanti Kutiram is the residential headquarters of Swami Vivekananda Yoga Anusandhana Samsthana. It is located 32 kms away from Bengaluru city. The serene atmosphere, Gurukula lifestyle, modern technology, top notch research facilities are the unique features of this campus. In the serene campus it houses the following:

- **S-VYASA** is a Deemed to be University recognized by the Ministry of Human Resource Development, Govt. of India. It offers Bachelors, Masters, Post Graduate and Doctoral programs in Yoga. 
- **The School of Yoga and Naturopathic Medicine** - It offers Bachelor in Naturopathy and Yogic Sciences (BNYS), a 5¹/₂ year medical graduation program
- **Vyasa Business School** - Under the Division of Yoga & Management Studies of S-VYASA University, Vyasa Business School has been built and developed which focuses on the Indian System of Management.
- **Arogyadhama** - A 600 bedded Integrative Medicine Hospital
- **Anvesana** – State-of-the-art research facility for yoga research. The laboratory includes Molecular biosciences, Psychophysiology, Cognitive neuroscience, Sleep medicine, Psychology and Subtle energy labs.
- **VYASA** is a registered charitable institution (1986) working for making Yoga a socially relevant Science. It is recognized as a Scientific & Industrial Research Organization (SIRO) from the Department of Scientific & Industrial Research, Ministry of Science & Technology, Gol.
- **VYASA Health Care Pvt Ltd** - VYASA Health Care Pvt. Ltd. is an outreach partner of VYASA and industry partner of S-VYASA University, aims at establishing wellness and holistic healing centers globally under the brand names Vivekananda Health Global (VHG)TM and Vivekananda Yoga Global (VYG)TM with trade names (VH)TM & (VY)TM
- **Sushruta Ayurvedic Medical College and Hospital** - It offers Bachelor in Ayurveda, Medicine, and Surgery (BAMS), a 5¹/₂ year medical graduation program.





Pre Conference Programs

Himalaya Yoga Olympiad

Started on - Oct 1, 2021 | **Finals** - 22nd - 24th May 2022 **at** Prashanti Kutiram

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

Pre Conference Workshops

20th - 24th May 2022 **at** Prashanti Kutiram

Pre-Conference Workshops have been an integral part of INCOFYRA, and are conducted as three independent tracks, namely **Continuing Medical Education (CME)**, **Continuing Research Education (CRE)** and **Continuing Yoga Education (CYE)**. These are small focused meetings that take place few days before the main conference. They are intended to provoke intellectual discussion, among a diverse range of participants, on a specific topic. PCWs may also consist of workshops discussing critical issues, methods, theories emerging in the field. Participants can attend any one of the tracks, as all these sessions will be happening parallelly.

Continuing Medical Education (CME)

Our current knowledge-based society and the many actualizations within the yoga profession require a great responsibility of physicians and yoga teachers to continuously develop and refine their skills.

Professionalism is a key component to this end. A prerequisite for this aim is lifelong learning so that own practice performance will improve.

Indeed, it turns out that it is not enough to solely rely on experience. Although it is generally assumed that an increase of professional experience, knowledge and skills through the years of practical exercise leads to a higher quality of care, research demonstrated inverse relationship.

CME on Integrative Medicine based on holistic health includes the following;

Different diseases including (COVID-19, Cardiac Health, Respiratory Health, Diabetes Mellitus, and Mental Health). The basic principles of integrative medicine along with Integrated Approach of Yoga Therapy (IAYT) and latest updates on clinical, academic and research approaches towards Holistic Healing will be addressed. Both theory and practice will be covered in this CME.



Continuing Medical Education (CME)

Who can participate?

Yoga students, Yoga therapists, Yoga teachers and Doctors

Coordinators: Dr. Amit Singh, Dr. Umashankar, Dr. Champa Panth, Mr. Sumit

Contact: Dr. Amit Singh - 93418 54502, Dr. Umashankar – 98808 25203

Email: argd.sft@svyasa.edu.in

SNo	Topics	CME Pre-Conference Dates
1	Integrative Medicine for Respiratory System	20 th - 24 th May 2022
2	Integrative Medicine for COVID – 19	
3	Integrative Medicine for Mental Health	
4	Integrative Medicine for Diabetes Mellitus	
5	Integrative Medicine for Cardiac Health	

Continuing Research Education (CRE)

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

Course Syllabus (25 hours): Introduction of research in AYUSH – Need & Scope, Research process, Visit of research facility, Developing good research question, Literature review, Softwares for organizing literature – Mendeley, Key concepts of research methodology (NHST, Sampling, Controlling bias, research design, validity & reliability), Introduction to R for statistical analysis – Installation, descriptive stats, assumption tests, Choice of assessment tools and data collection methods, Statistical analysis using R – Correlation, t-tests, One way ANOVA, interpretation of results and reporting, Statistical analysis using R – chi square test, non-parametric tests, interpretation of results and reporting, Documentation of clinical information for research purpose, applying for grants.

Who can participate? *Clinical practitioners, academicians, MSc, MD & PhD scholars*

Coordinator: Dr. Judu Ilavarasu | **Email:** judu@svyasa.edu.in | **Contact:** 90357 30812

Continuing Yoga Education (CYE)

S-VYASA has developed several advanced yoga techniques based on traditional yoga texts. These advanced yoga techniques are very much useful in the management of NCDs and also promote positive health. Cyclic Meditation, Mind Sound Resonance Technique, Pranic Energisation Technique, Mind Imagery Technique, Mastering the Emotion Technique, Vijnana Sadhana Kaushal Technique, Ananda Amruta Sincana. These Advanced Yoga Techniques with theory and practice will be conducted.

Who can participate? *Yoga therapists and Yoga teachers*

Coordinator: Ms. Padmasri G | **Email:** padmasri@svyasa.edu.in | **Contact:** 95916 43807



• **Pre-Conference Workshops - 20th - 24th May 2022**

- **Himalaya Yoga Olympiad Finals - 22nd - 24th May 2022**
- **Main Conference - 26th - 29th May 2022**
- **Last Date for Abstract Submission - Apr 20, 2022**
- The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by **May 5, 2022**

Scientific research papers and review papers on the theme and related topics in Yoga and Integrative Medicine are invited for oral and poster presentations.

Submit your abstract on conference webpage. Please visit conference webpage for details.

For any queries please write to **incofyra@svyasa.org**

Conference Organizing Committee

President: Dr. H R Nagendra

Vice Presidents: Dr. B R Ramakrishna
Dr. K. Subrahmanyam, Prof. Prahalad Ramarao
Dr. Nagarathna R, Dr. Manjunath N K

Organizing Secretary: Dr. Sridhar Melukote K

Joint Secretaries: Dr. Pranesh Gudur
Dr. Shree Varaprasad N S, Dr. Sony Kumari
Dr Sangamitra Patnaik

Scientific Committee: Dr. Ramesh M N, Dr. Vijaya Majumdar
Dr. Deepeshwar Singh, Dr. Raghavendra Bhat, Dr. Judu Ilavarusu
Dr. Mithila M V, Dr. Alok Roy, Dr. Apar Saoji

Finance Committee: Dr. B R Ramakrishna
Dr. Manjunath N K, Dr. Sridhar Melukote K
Sri H R Dayananda Swamy, Sri Dhananjay C

Treasurer: Mr. H R Dayananda Swamy

Delegate Registrations & Accommodation
Dr. Shree Varaprasad N S, Dr. Vasudeva Vaidya, Dr. Bhavana M
Dr. Nimisha B Raj, Dr. Shrijin Raj, Sri Narendra Shetty

Exhibition and Stalls: Dr. Nethravathi, Dr. Santosh
Dr. Sreenidhi G S, Sri Anish J

Cultural Program: Dr. Karuna Nagarajan, Ms. Padmasri G
Dr. Champa Pant, Dr. Vanishree, Dr. Swathi P S, Sri Krishna Dwivedi

Spirituality Events & Discourses: Dr. R C Panda,
Dr. Manjunath Gururaj, Dr. Divya B R

Himalaya Yoga Olympiad: Dr. Rabindra Mohan Acharya
Dr. Balaram Pradhan, Sri Kiran Kumar N S, Dr. Vikas Rawat

International Co-ordinators: Dr. Vasudha Sharma
Dr. Deepeshwar Singh, Sri Raghu Bengaluru, Mrs. Manasa Pawan

Pre-Conference Workshops: Dr. Judu Ilavarusu
Dr. Champa Panth, Dr. Amit Singh, Dr. Remitha
Ms. Padmasri G

Hospitality: Mrs. Sharada Shankar, Dr. Bharathi Dhevi
Dr. Reshma J

Publicity: Sri Mahadevappa, Sri Mohan Kishore D
Sri Anish J

Publication and Souvenir: Dr. Raghvendra Bhat
Dr. Deepeshwar Singh, Dr. Natesh Babu, Dr. Ramya Biswas
Dr. Divya B R, Dr. Renuka, Dr. Swathi P S

Media and Govt. Liaison: Sri Raghu Bengaluru
Sri Mahadevappa, Dr. Rabindra Mohan Acharya
Sri Shivakumar, Dr. Narasimhan G, Dr. Arundhati Goley
Dr. Ranjitha R, Ms. Jintu Kurian

Transport: Sri Umapati, Sri Mahadevappa B

Web: Mrs. Sumathi V M, Sri Bharatheesha P

Audio, Video & Photo: Sri Shankar B V
Sri Murulidhara H D, Sri Elumalai, Sri Arijit Ghosh
Sri Yogesh, Sri David

Volunteers & Coordinators: Dr. Vasudeva Vaidya
Ms. Padmasri G, Dr. Soubhagyalaxmi Mohanty
Dr. Suresh Babu, Dr. Vikas Rawat

Food Committee: Sri Krishnamurthy K S
Dr. Soubhagyalaxmi Mohanty, Dr. Pragya Prasanna
Sri Madhu, Sri Umesh

Venue Maintenance Committee
Sri Kiran Kumar N S, Sri Narendra Shetty

Felicitation & Stage Committee: Dr. Swathi P S
Dr. Ganga K V, Dr. Ritesh C, Sri Sumanth Gowda
Sri Narendra Shetty



Conference Registration

Individual Programs	Dates	SAARC Countries	Non-SAARC Countries
		in ₹	in US\$
Pre-Conference	20 th - 24 th May 2022	3500	300
Main Conference	26 th - 29 th May 2022	3500	250
Both Programs	20 th - 24 th & 26 th - 29 th May 2022	7,000	550
Rate/ Day	---	1,500	100

- **Registration Fee includes only Food and Attendance of Conference Programs**
- **Accommodation Charges are separate**
- **Please Note:** Choose your own Accommodation (Optional)
Accommodation in Prashanti Kutiram (*limited*) from **26th - 29th May 2022 (4 nights)**
Non A/C Standard Room for SAARC Nationals (*2 persons in 1 room*): ₹ **950/head/day**
Non A/C Standard Room for Non-SAARC Nationals (*2 persons in 1 room*): **US\$ 60/head/day**
Dormitory for SAARC Nationals: ₹ **500/head/day**
- **Students & S-VYASA Alumni** are entitled for **50% concession**
(Student ID card/letter from Principal should be submitted during registration process)
- Registration at S-VYASA campus office is also available
- Mode of Payment: by Cash, Cheque, Bank Draft, Debit/ Credit Card,
Online Bank Transfer, payable to **S-VYASA 'Swami Vivekananda Yoga Anusandhana Samsthana'**
- **Online Transfer Details for Indian Nationals:**
A/C Name: Swami Vivekananda Yoga Anusandhana Samsthana; A/C No: 31527257460;
Bank & Branch: SBI, Jigani; IFS Code: SBIN0011355
- **Online Transfer Details for Internationals:**
A/C Name: Swami Vivekananda Yoga Anusandhana Samsthana; A/C No: 31527257460;
Swift Code: SBININBB230; Branch Code: 09044; Foreign Transfer Bank Address: SBI,
No. 26/A, Electronic City, Hosur Road, Bangalore, Karnataka, India, Ph: 94489 93322
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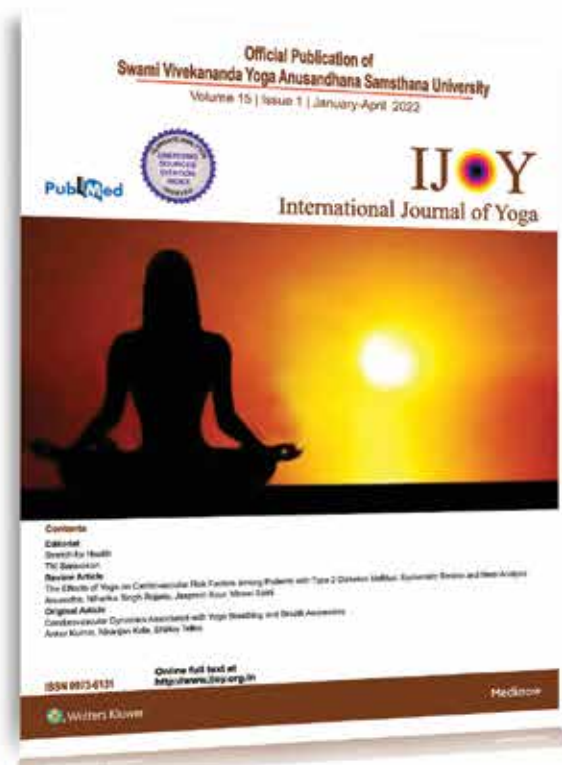
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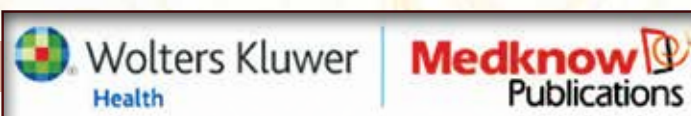
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Consultative Meeting on Regulations of Naturopathy



AYUSH Secretary, Gol and other eminent personalities participated in the Meeting

Meeting was conducted on 28th April 2022 at Anvesana seminar hall Prashanthi Kutiram S-VYASA.

The meeting was begun with welcome address by Honorable Chancellor, Dr. H R Nagendra. He expressed his happiness about Hon'ble Secretary of AYUSH, Vaidya Rajesh Kotecha ji and Jt. Secretary, Ms. Kavita Garg could make time to discuss with the stakeholders of Naturopathy. He welcomed the principals and medical directors who had assembled from all over the country.

Dr. N K Manjunath, Pro Vice Chancellor gave a brief presentation on the development of



Secretary of AYUSH, Vaidya Rajesh Kotecha ji and Guruji Naturopathy in India and also the global scenario.

Vaidya Rajesh Kotecha, Hon'ble Secretary AYUSH appreciated achievements of naturopathy field and also discussed the issues raised by the stake holders and assured that the ministry is committed to ensure growth and development of naturopathy system as well as the stakeholders.





Workshop on Indian Roots of Naturopathy

Organized by National Institute of Naturopathy, Pune

Hosted by S-VYASA Deemed to be University, Bengaluru



View of Workshop and Inauguration

A one-day workshop on Exploring the Indian roots of naturopathy was organized By NIN Pune, which was hosted by S-VYASA Deemed to be University, On 27th April 2022.

Dr. B R Ramakrishna, Vice Chancellor welcomed the gathering and emphasizing the need to explore Indian roots of Naturopathy.

The program was inaugurated by Guruji, Dr. H R Nagendra by lighting the lamp along with the participants. During his inaugural address he asked the delegates to deliberate on combining the Eastern roots of Naturopathy from the ancient Indian texts while getting the best instrumentation from the Western world. He emphasized on the need for conducting large Randomized controlled trials to establish Naturopathy as a system of Medicine. He also guided the delegates to check how Naturopathy can give quick relief for the modern-day ailments.

In the Next Session Dr. Ramchandra G Bhat, former Vice Chancellor of S-VYASA, highlighted the traditional references for naturopathy from Bhagavatgeeta, Upanishads, Rigveda, Purusha Sukta and Bhruguvalli.

Prof. K Satyalakshmi, Director, NIN Pune, enumerated contributions of Mahatma Gandhi to the field of naturopathy.

The Director of CCRYN, Dr. Raghavendra Rao discussed the Indian roots of fasting therapy and how CCRYN is coming up with publications about Indian roots of Naturopathy.

In the afternoon session by Dr. B R Ramakrishna, Vice Chancellor, gave a detailed presentation on traditional references of naturopathy available from Upanishads, Charaka Samhita, Susruta Samhita and other Ayurveda texts. The session was chaired by Dr. Babu Joseph and Dr. H R Nagendra.

There was a group discussion on how compilation of references for Indian roots of Naturopathy be created. The participants suggested to form a working group under the leadership of S-VYASA to be supported by NIN, Pune and CCRYN, New Delhi. Dr. Apar Saoji, Principal, the School of Yoga and Naturopathic Medicine, S-VYASA concluded the workshop with his vote of thanks.



Certificate Programme on Integrative Health launched



Dignitaries at the **Integrative Health Certificate Programme launch ceremony**

Certificate Programme on Integrative Health was launched on Friday i.e. 1st of April 2022. After the formal invocation and lighting of the lamp by dignitaries, Dr. B R Ramakrishna Hon'ble Vice chancellor, S-VYASA welcomed the guests and gathering.

Dr. N K Manjunath, Pro -Vice Chancellor, S-VYASA gave introduction about the concept of Integrative Medicine and informed that AYUSH systems along with allopathy and other systems of medicines has to be integrated for the overall health of the patient.

Dr. Hemant Bhargav, Assistant Professor, NIMHANS, elaborated upon the syllabus, credits and practical aspects of the proposed course. Dr. Shivram Varambally, Professor and Head, Department of Integrative Medicine, NIMHANS, informed that the integrative approach of doctors in curing patients of mental illness will be of great help and doctors should be trained quite well in this regard. Dr. G Pradeep Kumar, Vice- Chancellor, Sri Devraj Urs Academy of Higher Education and research, said that the doctors have been treating patients only with modern medicine and the time has come to integrate all systems of Medicine and the patients should be given the options of choosing the type of treatment which would benefit them.

Prof. OP Kalra, Vice-Chancellor, SGT University, Gurugram, said that it is very pleasant to join hands with S-VYASA Deemed to be University to be under the guidance of Hon'ble Chancellor Dr. H R Nagendra ji and they would join hands in promoting this course to all the medical students of their University.

Dr. Reena Nayyar, Executive Director, SGT, University, Gurugram also spoke on the occasion. The chief guest of the program Dr. Pratima Murthy, Director, NIMHANS, traced the history of Integrative Health and its role in curing the overall disease of patients, also role of doctors and institutions in promoting such positive health among the society in large.

Dr. H R Nagendra, Hon'ble Chancellor of the University in his presidential remarks said that this concept of Integrative Health was the brain child of his sister Dr. R Nagrathna who along with Dr. Amit Singh has prepared detailed Syllabi with practical work which would be a game changer on the Indian scene shortly. He congratulated all those who involved in this task and the office bearers of this university in making this a reality. The guests were felicitated on the occasion. Prof. M K Sridhar, Registrar, S-VYASA proposed a hearty vote of thanks. Dr. Arundhati Goley, Assistant Professor, BNYS Course compered the Program.



D.Litt conferred to Dr. V Kutumba Sastry



Dr. V Kutumba Sastry honoured with DLitt

Dr. V Kutumba Sastry, an internationally renowned Sanskrit Scholar & Advaita Philosopher was awarded the honorary D.Litt degree by S-VYASA, Deemed to be University in the 18th Convocation last year. The Professor could not receive the degree in person & had told that, he would come, receive & get the blessings of Guruji. The Professor came on Tuesday, 12th April, 2022 along with his family & received the honorary D.Litt degree from Hon'ble Chancellor. All the Senior Officers & faculties were present. Dr. V Kutumba Sastry in his acceptance speech told that, Sanskrit is the essence of Indian Culture & Philosophy. If we lose the place of Sanskrit in educational curriculum will India would lose her glory & eminence. He appealed to the faculty members to do research based on Sanskrit with contemporary relevance. He had all praise for the academic activities of s-VYASA under the dynamic leadership of Hon'ble Chancellor Dr. H R Nagendra ji. Dr. H R Nagendra ji in his presidential speech said that, the University is being honoured for having felicitated such an outstanding Sanskrit & Advaita Scholar. He requested Prof. V Kutumba Sastry to be the adviser for the University. Initially Dr. B R Ramakrishna, Hon'ble Vice-Chancellor welcomed & Prof. M K Sridhar,

Registrar proposed a hearty vote of thanks.

Dr. V Kutumba Sastry & his family visited the Anvesana Rsearch Lab & Dr. Deepeshawr Singh, Associate Professor explained about the various research activities & invited him to help in doing research in Vedic memory.



During the visit to Anvesana Research Lab

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