

योगा सुदीपा

A Monthly Journal of SVYASA (Deemed to be University)



20th Convocation of S-VYASA

Chief Guest: **Dr. W Selvamurthy**

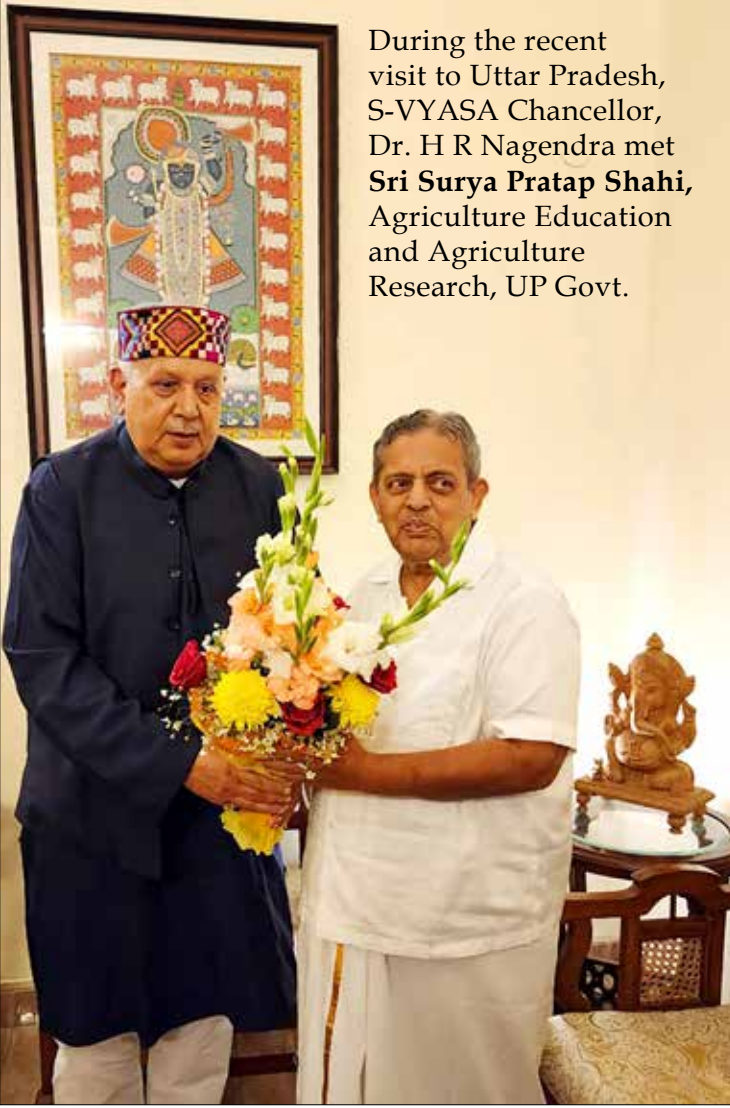
President, Amity Science, Technology and Innovation Foundation (ASTIF);

Director General, Amity Directorate of Science and Innovation (ADSI);

Chancellor, Amity University, Chhattisgarh;

Former Distinguished Scientist and Chief Controller R&D (LS), DRDO

During the recent visit to Uttar Pradesh, S-VYASA Chancellor, Dr. H R Nagendra met **Sri Surya Pratap Shahi**, Agriculture Education and Agriculture Research, UP Govt.



Meeting with UP AYUSH Minister, **Dr. Daya Shankar Mishra**

Meeting with the Chief Secretary of UP Govt, **Sri Durga Shankar Mishra**



तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

योगसुधा

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EDITORIAL Death, Rebirth, Reincarnation and Beyond

My dear Brothers and Sisters,

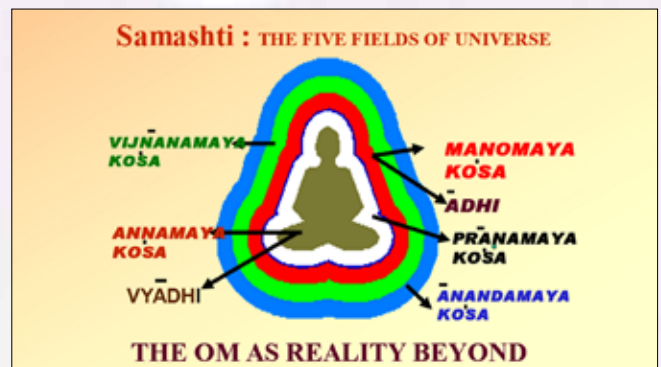
Different approaches to collecting evidence for reincarnation phenomena?

Investigators have collected evidence for reincarnation through Child-Memory Cases, Medium and Intuition Derived Cases and Hypnotic Regression Cases. Birthmarks and Birth Defects, Dr. Ian Stevenson's most comprehensive work in two-volume sets, consisting of over 2000 pages, Dr. Stevenson presented detailed studies of over 230 cases from around the world.

Evidence that suggests the reality of reincarnation

Worldwide, children can be found who reported that they have memories of a previous life. More than 2,500 cases have been studied and their specifications have been published and preserved in the archives of the Division of Perceptual Studies at the University of Virginia (United States). Many of those children come from countries where the majority of the inhabitants believe in reincarnation, but others come from countries with different cultures and religions that reject it. In many cases, the revelations of the children have been verified and have corresponded to a particular individual, already dead. A good number of these children have marks and birth defects corresponding to wounds on the body of their previous personalities. Many have behaviors related to their claims of their former life: phobias, phobias, and attachments. Others seem to recognize people and places of his supposed previous life, and some of their assertions have been made under controlled conditions. The hypothesis of reincarnation is controversial. We can never say that it does not occur or will obtain conclusive evidence that it happens. The cases that have been described so far, isolated or combined, do not provide irrefutable proof of reincarnation, but they supply evidence that suggests its reality.

Pubmed.ncbi.nlm.nih.gov › 26299061[Evidence that suggest the reality of reincarnation] - PubMed



Conclusion

The hypothesis of reincarnation is controversial. We can never say that it does not occur or will obtain conclusive evidence that it happens.

As per our Yoga Shastra, the concept of Pancha-Kosha shows that our personality traits are embedded in all five Koshas.

When we die, Annamaya and its closest Pranamaya Koshas vanish. But all our traits in the form of Gunas exist in the other three layers. They are called Sancita and Prarabdha Karmas. And these bring us back to another birth in which Prarabdha karmas show up as birthmarks, personality traits, etc. This explains the Karma theory and shows that there is evidence for rebirth. This also explains the concept of prodigies, Siddhas, etc when they are born. In each life, we through yoga practices can purify the Koshas and reduce the Sancita and Prarabdha Karmas. After several births and deaths, we complete the purification to reach our original state of Moksha or Kaivalya. That is a state called Divinity, Brahman, Paramatman, Pure consciousness beyond space,-time-causation, beyond Manas, Buddhi, Citta, and Ahankara of infinite bliss, knowledge, power, and freedom. As we purify all our Koshas we manifest those dimensions of Divinity which is the goal of all our lives.

■ 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 belated very Happy and prosperous New Year, Happy Pongal/ Makar Sankranti, Happy Republic Day, Happy Basant Panchami and for the followers of Yoga, Happy Ratha Saptami.

Association of Indian Universities (Bharatiya Vishwa Vidyalaya Sangha), New Delhi under the dynamic leadership of Secretary General of AIU, Dr. (Mrs.) Pankaj Mittal has been organizing National Seminars of Vice-Chancellors' Zone wise from 10th -11th Nov 2022 at Galgotias University, Greater Noida (North Zone) with a theme "Internationalization for Transformative Higher Education", from 13th - 14th Dec 2022 at the ICFAI University, Sikkim (East Zone) with the topic "Pedagogies and use of Technologies for Transformative Higher Education", 10th - 11th Jan 2023 at Symbiosis University of Applied Sciences, Indore, Madhya Pradesh (Central Zone) on the topic of "Curriculum and Multidisciplinary for Transformative Higher Education", from 31st - 1st Feb 2023 at Andhra University, Visakhapatnam, Andhra Pradesh (South Zone) on the topic of "Research and Excellence for Transformative Higher Education", from 21st - 22nd Feb 2023 at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra (West Zone) on the topic "Evaluation Reforms for Transformative Higher Education", which are the most innovative and needed for transforming Higher Education / Tertiary education for Atmanirbhar Bharat. As a conclusive congregation of all the zonal conference outcomes, 97th Annual General body meeting and National Conference of the Vice-Chancellors-2023 is being organized between 23rd - 25th March 2023 at the University of Science and Technologies at Meghalaya. A novel thought and an ideal roadmap for growth, development and transformation can be achieved only through meaningful deliberations in Seminars, Symposiums, and Conferences. This is known as "Tad Vidya Sambhasha", debate with the learned people. If we look into

the themes of all the zonal conferences and the conclusive National Conferences at Meghalaya, it is sure there will be a concrete outcome on Internationalization, pedagogies and use of technologies, curriculum for a holistic, multidisciplinary, research and excellence and evaluation reforms for transformation of Higher education, which will provide a roadmap for creating new strategies for implementation of the theme NEP-2020.

In the context of strategizing and transforming Higher Education in India (Bharat) an Indo-US partnership initiative workshop for continued rumination to connect the best educationists in India (Bharat), the USA and others was held at MIT-WPU Campus at Pune on 21st - 23rd Jan 2023. The conference was well hosted by MIT world Peace University under the dynamic leadership of Padma Bhushan Prof. Vishwanath D Karad, the founder and Sri Rahul Karad, the executive president of MIT-WPU, and convener at the Grand Sheraton Hotel in Pune. There was ample of time and scope for deliberation on various aspects of strategizing and transforming Higher Education in India. Finally, it was concluded to establish for Consortium Indian Tertiary Education (CITE).

Declaration on the Role of Higher Education in Re-establishing India as Vishwa Guru, or Teacher to the World.

We, the undersigned individuals, as representatives of higher education institutions and stakeholder organizations, recognize the crucial role that higher education plays in the development of a strong and prosperous nation. Drawing on our nation's history of ancient wisdom and science, combined with learning and evolving methods of modern science and technology, and guided by a spirit of ethical and democratic principles, Indian higher education institutions are equipped to produce graduates well-prepared to meet the challenges and

opportunities for the global community now and in the future. By harnessing the power of higher education, India can once again become one of the world's significant models for an advanced and harmonious society. We therefore declare the following:

1. Advance Quality at All Levels of Higher Education: Through attention to institutional governance, curricular design, and student support infrastructure, we will promote quality at all levels of higher education. We commit to pursuing opportunities to understand and share best practices in classroom pedagogy, instructional innovation, and experiential learning to ensure that Indian universities provide the necessary quality in undergraduate and graduate education, as well as much-needed upskilling, professional development and continuing education programs.

2. Build an Accessible, Inclusive, and Affordable Higher Education System: We will work to create an inclusive and equitable higher education system, where opportunities are accessible to all, regardless of gender, background or socioeconomic status. We will work to provide access for students from under-privileged strata of society to quality higher education.

3. Promote a Culture of Excellence in Research and Innovation: We believe research for the purposes of discovery and innovation is a fundamental aspect of social and economic development, and that an environment of free and ethical inquiry is essential to research that will truly better society. We commit to providing opportunities to develop meaningful research programs, foster collaboration within and across institutions, promote entrepreneurial thinking and learning, and effectively pursue governmental funding and corporate partnerships.

4. Pursue Sustainability and Social Betterment: We will steadfastly support research and development of new technologies and

approaches that have the potential to promote sustainability on campus, in the community and across the world, and we will promote ethical, responsible, and sustainable means to bring these technologies to market. The pursuit of knowledge and innovative practices that contribute to uplifting society and addressing shared challenges is essential to a successful future for India and the world.

5. Demonstrate the Value of Internationalisation and Global Connections in Education: We will work to ensure that all higher education institutions actively internationalise their curricula, pedagogy, innovation culture and research, and we will develop opportunities for partnership and exchange with institutions around the world.

6. Promote the Cultural Heritage of India: We hereby commit to promoting and strengthening the cultural and spiritual heritage of Indian higher education. By working to advance higher education in India, we strengthen the institutions that help to preserve and pass on India's heritage and values to future generations.

Through this statement, we resolve to take action to realize the power of higher education in India so that the nation will once again become a Vishwa Guru, engaging as a respected partner in the global community which seeks to advance a just, sustainable and harmonious world.

So, declared by the leaders of higher education institutions across India gathered today (23rd Jan 2023) in Pune, Attendees...

I, solemnly express my appreciation and gratitude for the wonderful and productive workshop for strategizing and transforming Higher Education India by MIT-WPU. I hope and wish that the proposed Consortium will become the source of knowledge for Atmanirbhar Bharat through traditional and Modern education.

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





20th Convocation of S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana
Deemed to be University, Bengaluru

20th Convocation was celebrated at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), deemed to be University, at its campus situated in Jigani, Bangalore on 12th January, 2023. The program was heralded by a grand procession led by Hon'ble Chancellor, Chief Guest, and other Senior Officers, from Yoga Vinayaka temple to Samskriti Bhavan; the venue of the Convocation.

The programme started with Vande Mataram followed by Hon'ble Chancellor declaring the Convocation open. Dr. B R Ramakrishna, Hon'ble Vice- Chancellor welcomed the Chancellor, Chief Guest, and other Senior Officers of S-VYASA and highlighted the major events, and achievements of S-VYASA for the last one year. He highlighted the major Memorandum of

Program	Graduands
Doctor of Science (DSc)	2 (1 National & 1 International)
Doctor of Letters (DLitt)	2 (1 National & 1 International)
Doctor of Philosophy (PhD)	16
Doctor of Medicine (MD)	6
Master of Business Administration (MBA)	6
Master of Science Yoga Therapy (MSc-YT)	54
Master of Science Yoga Consciousness (MSc-YC)	9
Bachelor of Naturopathy & Yogic Sciences (BNYS)	69
Bachelor of Science in Yoga Therapy (BSc - YT)	43
Mater of Science in Yoga (MSc - Yoga) ODL	210
Bachelor of Science in Yoga (BSc - Yoga) ODL	30
TOTAL	447



Welcoming the Chief Guest, **Dr. W Selvamurthy**

Understanding with *University of Silicon Andhra, California, USA, Vietnam Yoga Academy Joint Stock Company, Hanoi, Vietnam*, etc. setting up of Vaharamihira Centre for Advanced Centre of Vedic Education and Research, INCOFYRA



Conference-2022, Visit of the delegation from Government of Uttar Pradesh (GoUP) led by Dr. Daya Shankar Mishra (Dayalu), Minister of AYUSH, Smt. Aradhana Shukla, Principal Secretary, Department of AYUSH, GoUP for setting up of Off-Campus/ Centre of Excellence of S-VYASA at Uttar Pradesh as per the request of Government of MP a proposals were sent towards setting up of Off-campus/ Centre of Excellence of S-VYASA at Bhopal, Madhya Pradesh.

Dr. Sony Kumari, Controller of the Examinations, presented the list of degrees to be conferred to the graduands of various courses from UG, PG, PhD and other programmes.

Dr. N K Manjunath, Pro- Vice Chancellor, Director of Anvesana presented the list of D.Sc. and D.Litt awards in 20th Convocation. The D.Sc. degree was conferred to Dr. T N



Convocation declared open by the Chancellor

Sathyaprabha, Professor - Neurophysiology, NIMHANS, & to Dr. Indranil Basu Ray, Founder & Director, The American Academy of Yoga and Education, USA. D.Litt. was awarded to Dr. Kotemane Ramachandra G Bhatt, Director, Veda Vijgyan Gurukul, Bangalore in and to Mr. Kazuo Keishin Kimura, Founder, Japan Yoga Niketan. D.Sc. & D.Litt. awardees addressed the gathering all and expressed their gratitude





DSc, DLitt Awardees with the Chief Guest and the Dignitaries



Felicitation to the Chief Guest, Dr. W Selvamurthy

while receiving the same.

Dr. M N Ramesh, Dean of Academics, presented the list of PhDs, followed by various UG and PG graduands which was unanimously approved and ratified by all. Prof. M Jayaraman, from Division of Yoga & Spirituality administered Guru Upadesha and Shishya Anushasana to all the Graduates and delineated the idea

behind this noble ceremony. Dr. Sony Kumari announced the Academic Excellence Awards for the following:

1. Academic excellence award for best publication in PhD Program - **Vipin Dhanosia**
2. Academic excellence award for best thesis in PhD program - **Mohan Kishore D**
3. Academic excellence award for overall topper in MSc-Yoga Therapy Program - **Swastika Konwar**
4. Academic excellence award for overall topper in BSc-Yoga Therapy Program - **Khushboo Dhiman**
5. Academic excellence award for Yoga Subjects in BNYS Program - **Suddala Goutham**





Oath taken by the Graduates

6. Academic excellence award for Naturopathy Subjects in BNYS Program – **Suddala Goutham**
7. Academic excellence award for overall topper in BNYS Program – **Suddala Goutham**
8. Academic excellence award for overall topper in MSc-Yoga (ODL) – **Dr. Naveen H**
9. Academic excellence award for overall topper in BSc-Yoga (ODL)- **Madhuri Mestri Namdev**

Dr. H R Nagendra ji, Hon'ble Chancellor congratulated all the graduates and expressed his happiness, blessed them for success in their life. He thanked Dr. W Selvamurthy, Hon'ble Chancellor, Amity University, Chattisgarh, for being the Chief Guest for the occasion. He greeted all the D.Sc. and D.Litt. awardees and said that this has increased the prestige of S-VYASA multiple folds and brought Integrative Medicine and Yoga Consciousness as a way of life. He referred to the successful conferences, INCOFYRA-2022, Vietnam International Conference, he mentioned that Yoga is taken to every household by the Center for Open and Distance Education (CODE). He elaborated on the intervention of Yoga and other AYUSH dimensions in tackling Covid-19, hypertension and diabetes through evidence-based research.

In his Convocation address, Dr. W Selvamurthy, Hon'ble Chancellor, Amity University, Chattisgarh expressed his happiness for being with the young graduates and recalled his 4 decades of association with Dr. H R Nagendra ji and S-VYASA movement. He stressed on the education, research, extension strides of

S-VYASA in the field of Yoga where, knowledge based, value-oriented pedagogy, has propelled the spiritual dimension to the education systems through holistic learning. He further reminded that all the graduates are entering a new phase of life and becoming global citizens who can bring happiness and prosperity and a new world order. He further added that India is celebrating "Azadi Ka Amrut Mahotsav" and is marching towards the progress in health sector through Integrative & AYUSH medicine. In Education we are progressing in the field of Indic knowledge systems, the Green revolution, White revolution, in space sector through Mars Mission, Lunar Mission, ASLV, PSLV, in Science and Technology through development of strategic weapons, nuclear weapons, development of health apparatus, technology-based education etc. He hailed the progress of India in occupying 3rd place in research publications, 9th position in Patenting, 40th position in global innovation index, and as 5th largest economy of the world. He gave a clarion call to the graduates to take mission and vision of S-VYASA and promote, practice, and propagate Yoga at Global level and urged graduates to inculcate charity, good attitude, ambition and hard work in realizing their goals in life.

Prof. S Siva Sankara Sai, Registrar gave a hearty Vote of thanks to the Chief Guest, Hon'ble Chancellor, and other Senior Officers. He thanked various departments and people involved in the success of the 20th Convocation.

The Convocation officially closed with Hon'ble Chancellor's orders and Prayer. At the end everyone sang The National Anthem.

20th Convocation Address by the Chief Guest

Dr. W Selvamurthy

President, Amity Science, Technology and Innovation Foundation (ASTIF);
Director General, Amity Directorate of Science and Innovation (ADSI);
Chancellor, Amity University, Chhattisgarh;
Former Distinguished Scientist and Chief Controller R&D (LS), DRDO

on 12th Jan 2023



Dr. W. Selvamurthy was the Chief Guest of 20th Convocation of S-VYASA, Deemed to be University. He fondly recalled his association with the most revered, Honorable chancellor of S-VYASA, Dr. H R Nagendra, and the main people who have contributed to S-VYASA's growth, Dr. R Nagaratna, Dr. Raghuram, Hon'ble Vice-Chancellor, Dr. B R Ramakrishna and all others.

He mentioned that it's a great joy for him to be

here in S-VYASA, as this is his home. He has visited this temple of learning in yoga, more than twenty times, for annual conferences. It is the homecoming for him to come to Guruji who has been his mentor, philosopher, guide in yoga and in his own life. He is so much blessed to be associated with guruji and S-VYASA. Guruji transformed him to be what he is today, in his profession, position. His association has really propelled him, like hypersonic propulsion, supersonic propulsion which in turn has given



the spiritual propulsion for a happy life.

He also thanked Vice-Chancellor for guiding the activities of S-SVAYA in education, therapy and also churning out the future global citizens in the field of yoga. These institutions are doing yeoman service to the whole humanity, to create a new world.

He congratulated all the graduates and told them that they are blessed to be passing out from a great institution like S-VYASA. For development of resilience to face challenges, spiritual education is essential, soft skills, behavior, samskaras values; - all this is being given with academic education at S-VYASA that is way it is different from the other universities. He also told graduates to be very grateful to their parents and environment, because of them only, students are in this position and getting the success.

He also mentioned that teachers of S-VYASA are on a mission to create the future global citizens by dedicating themselves and their life, under the leadership of Dr. H R Nagendra.

He told India is the knowledge superpower because of Vedas, Upanishads, Bhagwat Geeta, Siddha, Ayurveda, Unanai, etc. but now we should transform India not only as a knowledge superpower, but to create a happy world. After 75 years, independent India is celebrating 'Azadi ka Amrit Mahotsav' for achieving so many mile stones: our life span is doubled, than earlier, green revaluation, "India in top most producer of milk in the world- 'Milk revolution', in space research we have our own space launcher ASLV, PSLV, GSLV and many more. And most importantly we have a great power called spiritual power, which comes though Yoga. That is going to protect us from the pandemic like corona or any kind of war. So, yoga can bring harmony, global peace and prosperity, good health. Hence all the yoga graduates of the University are going to play a big role. We can achieve all these with all our challenge's constraints. So, there is a great



Dr. W Selvamurthy is President, Amity Science, Technology and Innovation Foundation, Director General for Amity Directorate of Science and Innovation and Chancellor, Amity University, Chhattisgarh. He is promoting and coordinating Research and Innovation in all Amity Institutions. He did his Masters (MSc) in Human Physiology from Christian Medical College, Vellore (1972) and Doctorate (PhD) (Faculty of Medical Science) from Delhi University (1982) and Doctorate of Science (DSc) from S-VYASA, Bangalore (2006). He was also awarded DSc (hc) from five universities in recognition of his outstanding research and development contributions in Life Sciences.

Dr. Selvamurthy has served Defense Research and Development Organization (DRDO), Government of India for 40 years in which all the health related and life support technologies were developed and inducted in the Armed Forces for keeping the health and efficiency of soldiers even in extreme operational environments. This biomedical research immensely benefited the Armed Forces personnel to improve operational efficiency with spin off benefits to the society at large.

He is presently member of the Scientific Advisory Committee to Cabinet (SAC-C), Government of India. He is the Chairman of Technology Commercialization Committee of ICMR. He is Chairman of Inter-Ministerial National Steering Committee of DST on

Scientific Social Responsibility and also the Chairman of Assessment Committee set by Ministry of AYUSH for accreditation of Yoga Institutes. He has published more than 250 research papers in journals of repute including 18 books. He has been a member of the Indian delegation to World Health Assembly, Geneva and also House of Lords, UK under the Chairmanship of Health Minister to speak about the Complimentary Systems of Medicine including Yoga. He has represented our country at the Organization for Prohibition of Chemical Weapons (OPCW) at Executive Council, Working Group and Confidentiality Commission. TIFAC has entrusted the responsibility of Technology Vision (Health) - 2035 to Dr. Selvamurthy as Chairman to formulate Vision for the Nation for Health & Medical Sciences till the year 2035.

In recognition of his significant contribution to Biomedical Research and Development, he has been awarded a number of prestigious research awards, including CSIR 'National Award for S&T Innovations' presented by Hon'ble Prime Minister of India (2012), Academician Mirsaid Mirrakhimov award for 'Contribution to High Altitude Medicine' from Kyrgyz Republic (2012), 'Technology Leadership Award' by DRDO (2010) presented by Defense Minister, Lifetime Achievement Award from Hon'ble President of India in the field of Clinical and Preventive Cardiology (2006), ICMR Shakuntala Amir Chand Award (1986) and more.

future of our fresh graduates.

He also announced that there will be an MoU between Amity University and S-VYASA, Deemed to be University, to build a yoga institute in San Francisco, New-York, in an area of hundred seventy-five acres. We want to build a great and strong partnership between Amity Group and S-VYASA Group. Amity University has 2,00,000 students, 10,000 faculties, 5,000 PhD scholars, 30,000 research papers, and many more.

He also mentioned that India being the president

of G-20 countries, I wish to purpose to hon'ble Prime Minister, to organize a G-20 meet at S-VYASA, on integrative medicine for a positive health for 7 billion people in the world.

He also gave all the credit to yoga for his wellness and good health, that he was never admitted in hospital, because he is practicing yoga last 50 years. He doesn't have hypertension, diabetes, anxiety and any other diseases because of yoga.

He gave two messages to the students. Firstly, he suggested students to do Daan (Giving without expecting) and Tapasa (walk in a dharmic way), so that the gates of heaven will open, and God will receive them in the heaven. secondly, he told yoga is for the holistic development. As a person we have three bodies (Gross, Astral & Causal). For nourishment of gross body, we take food and do yoga for physical development. For nourishment of astral body, we are learning, reading Vedas, Upanishads, scriptures for mental development. Similarly, for causal body, we should accept spirituality, we should nourish our spiritual development by doing meditation and enrich our Atma Shakti. 'Vasudhaiva Kutumbakam', treat everyone as your family members and propagate yoga. Through yoga india can be the 'Vishwaguru' or 'World Teacher'.

He also delivered the message of Dr. Asoka Chahwan, a renowned educationist, industrialist and philanthropist, the Founder President of Amity Education Group, that is 'BHAAG' (B-Behavior, H- Hard work, A- Ambition, A- Attitude (Positive), G- God). He elaborated the word BHAAG and told all the students to watch their behavior, always keep a high ambition, keep a positive attitude, and have faith on God, this will help them to achieve anything they want. Perceive the beauty of God by looking towards this creation, be thankful and create a new world of love, joy, peace, harmony, and strength.

He ended his inspiring speech by telling Swami Vivekananda's quote 'Arise, Awake, and stop not till the goal is reach'.



Doctor of Science (Yoga)

Dr. Indranil Basu Ray (International Category)

Dr. Basu-Ray is a Cardiologist & an Interventional Cardiac Electrophysiologist. He is currently heading the EP program with St. Francis Hospital group at Memphis & Bartlett, TN, USA. Concurrently he is a Visiting Professor in Cardiology at the All India Institute of Medical Sciences at Rishikesh, Uttarakhand, India. He is a former faculty member in Medicine (Cardiology) at the Beth Israel Deaconess Medical Center, Harvard Medical School. Where he worked with the pioneer and legendary Cardiac Electro physiologist, Dr. Mark Josephson. He was also the System Research Director of Medicine at Ochsner Health System, a job with the responsibility of heading academic research in a premier medical facility chain. He has worked as an academic physician, researcher, and scientist at various reputed medical institutions in the United States and India. He was trained in Medicine & Cardiology in India and after that, completed his American training in Medicine and Cardiology at the University of Buffalo and Tulane University. He was trained in Clinical Cardiac Electrophysiology at the Texas Heart Institute, Baylor College of Medicine, and in EP research at the Massachusetts General Hospital, Harvard Medical School. Dr. Basu-Ray has been meditating since the age of six. His research centres use meditation and yoga in cardiovascular diseases. He is also one of the cardiologists who wrote in the American Heart Association's scientific journals, the use of meditation in the treatment of cardiovascular diseases. Dr. Basu-Ray has been invited to deliver lectures on his research at many premier institutes in the United States, including Harvard, MIT, Georgia Tech, Cleveland and the Mayo Clinic, and many others countries. He has been invited to do workshops on Atrial Fibrillation ablation at many premier institutes in India and abroad. He presented papers at many medical schools in the United States. Dr. Basu-Ray is the author of numerous peer-reviewed research articles and book chapters in cardiology. He is the Editor of a popular book for Cardiology fellows in training, called Clinical Cardiology'-which has over forty authors contributing to it from all over the world. He is also the Editor in Chief for Cardiac Electrophysiology for Stat Pearl, an initiative to provide continuing medical education to physicians with the US National Library of Medicine under the National Institutes of Health. Based on the contribution he has made in the field of yoga research in medical field, he is awarded with D.Sc. degree from S-VYASA.



Dr. T N Sathyaprabha (National Category)

Dr. T. N. Sathyaprabha is currently employed at Department of Neuroanaesthesia and Neurophysiology, at National Institute of Mental Health and Neuro Sciences



(NIMHANS), Bangalore as a Professor. She has research interest in the field of Neurology and Psychiatry. She is an MBBS graduate from Kempegowda Institute of Medical Sciences, Bangalore, MD Physiology from Bangalore Medical College, and Ph.D. award from Maastricht's University, Netherlands. She has been awarded "Dr Kalpana Chawla young women scientist" by Government of Karnataka, "ICMR International Young Scientist fellowship" award from Government of India, "Sushila Thakur Prakruthi Mandir" award twice by APPI Society - Yoga and Naturopathy, "Prof SB Deshpande" award for Neurophysiology, "Sir M Visheshwaraya parisara rathna" award by Kuvempu University and many more for her research work. She has more than 120 publications with 3000 citations with H index 31 and i10 index 61. She has guided several M Phil, MD, MS, DM Neurology, M.Sc. students and also guided 26 PhD scholars out of which 8 scholars in the field of Yoga and Ayurveda. She has received funding from CCRYN, CCARS, ICMR, DST and CSIR. Dr. Sathyaprabha is good home maker too, she is married to Mr. C N Krishnamurthy who is an engineer by profession. They both participated in popular TV reality show and have been awarded as "ADARSHA DAMPATHIGALU" by Udaya TV. They both are blessed with two sons, Arjun and Aakash. Recognising her good work of yoga in medical field, she is awarded with D.Sc. by S-VYASA.

Doctor of Letters (Yoga)

Mr. Kazuo Keishin Kimura (International Category)

Mr. Kazuo Keishin Kimura. Founder of Japan Yoga Niketan, Director OF Japan Vivekananda Yoga Kendra, President of the board of directors of Japan Yoga Therapy Society, Member of the board of directors of Japan Ayurveda Society, President of Asia Pacific Yoga Therapy Association (APYTA), Founding Member of Global teaching Consortium on Yoga Therapy (GCYT), Visiting Professor of S-VYASA University (postgraduate course) Bengaluru, Visiting Professor of Shri Shri University (Faculty of Yoga) Bhubaneswar, INDIA, Member of the World Health Organization (WHO).



He completed his Graduation from Tokyo University of Education in 1969. He is the disciple of Swami Yogeshwarananda Maharaji of Rishikesh, India, where he had learned the nuances of Yoga and attained Yogic name Jnana Yogi at Swamiji's Yoga Niketan based in Rishikesh in 1982. He has translated "Science of Soul" in 1983 and passed it to Swami Yogeshwarananda in Kashmir. He has been honored by the Prime Minister Narendra Modi for outstanding contribution in promotion and development of Yoga in Japan, Kazuo Keishin Kimura of Japan Yoga Niketan enjoys strong Indian connection. Based on The Yeoman work done by Mr. Kimura, S-VYASA conferred D.Litt. degree to him.



Prof. Ramachandra G Bhat (National Category)

Prof. Ramachandra G Bhat is the Chairman, Veda Vijnana Shodha Samsthanam, Bengaluru, Professor at Vivekananda Yoga University (VaYU), former Vice-Chancellor of S-VYASA, Deemed to be University, Bengaluru. He is also a member of Doctoral Committee in Tumkur University, Member of General Body, MSVVP, Ujjain, and All India Gurukula Yojana Pramukh, Karnataka.



Being committed to teaching and research, Prof. Ramachandra Bhat has guided over a dozen students for PhD. He has authored about 13 books on culture, Gurukula education, teaching methodologies, yoga psychology etc. He has been awarded with D.Litt. degree from Tumkur University, recently for his monumental work titled, 'Veda Vijanana Paramyam'.

Several awards and recognitions have come his way including 'Brahmarshi 2021' awarded by Shri Bharatiya Sanskruti Samvardhak Trust, Mumbai, given at the ceremony 'Sandipani Gaurav Awards 2021' held in Sandipani Vidyaniketan, Porbandar, Gujrat. He was given Bhavabhuti Puraskar' award by Madhya Pradradesh Government, 'Guru Gauravam' by Jnana Prabodhini, Pune, 'Acharya Pravara' by Sri Sri Sonda Swarnavalli Samsthana, Karnataka, 'Vidwatsatkar' by RSVP, Himachal Pradesh among many others. In recognition of his expertise and scholarship, he has been nominated, both in the past and present, as member of many prestigious academic, administrative and advisory bodies across the country including Karnataka Knowledge Commission, Govt. of Karnataka, Higher Education Planning Committee, Govt. of Gujarat, Yoga Education Planning Committee, Higher Education Dept., Govt. of Karnataka, Central Committee, Maharshi Sandipini Veda Vidya Pratishthana, Ujjaini, etc. Such recognitions have further enabled him to make noteworthy contributions to the society at large, especially in the field of education. Recognizing his immense contribution to the society and to the field of yoga and culture, S-VYASA has honored him with D.Litt. degree.



PhD (Yoga) Scholars

PhD in Yoga

Scholars and Publications

1. H. R. Dayananda Swamy

Thesis Title: Role of Finance in Yoga Related to Health, Education, and Allied Industries

Guide: Dr. Karuna Nagarajan, Prof. G. Agoramoorthy & Dr. Judu Ilavarasu

Publications:

1. Swamy, H. D., & Agoramoorthy, G. (2022). Enhancing the sustainable development goals through yoga-based learning. *Journal of Applied Consciousness Studies*, 10(1), 8.
2. Swamy, H. D., & Agoramoorthy, G. (2022). Evolution of yoga: From spiritual uplift to business outburst. *Yoga Mimamsa*, 54(1), 36.
3. Swamy, H. D., & Agoramoorthy, G. (2021). The coronavirus pandemic impact on India's Yoga tourism business. *Yoga Mimamsa*, 53(2), 145.
4. Swamy, H. D., Nagarajan, K., & Babu, N. (2021). Yogic principles of artha and dāna with reference to individual and corporate social responsibility. *International Journal of Yoga*, 14(3), 248.



2. Mahesh George

Thesis Title: Development of an instrument to measure music receptivity.

Guide: Dr. Judu Ilavarasu

Publication:

1. George, M., & Ilavarasu, J. (2021). Development and Psychometric Validation of the Music Receptivity Scale. *Frontiers in Psychology*, 11, 585891.



3. Dr. Chobe Shivaji Vilas

Thesis Title: Effect of Integrated Yoga and Ayurveda Rasayana on Cognitive Functions among the Elderly with Mild Cognitive Impairment.

Guide: Dr. Sanjib K. Patra & Dr. Metri Kashinath

Publications:

1. Chobe, S., Patra, S. K., Chobe, M., & Metri, K. (2020). Effect of integrated Yoga and Ayurveda Rasayana on cognitive functions in elderly with mild cognitive impairment. *Journal of Ayurveda and integrative medicine*, 100373.
2. Chobe, S., Chobe, M., Metri, K., Patra, S. K., & Nagaratna, R. (2020). Impact of Yoga on cognition and mental health among elderly: A systematic review. *Complementary therapies in medicine*, 52, 102421.





3. Chobe, S., Patra, S. K., Chobe, M., Metri, K. & Raghuram R. (2020). Role of Yoga on sleep and quality of life among elderly. *Turk. Online J. Qual. Inq.* 12(9), 5914-5926.

4. Dr. Swathi P S

Thesis Title: Psychophysiological changes associated with *Trataka* (Yogic Visual concentration).

Guide: Dr. Raghavendra Bhat & Dr. Apar Avinash Saoji

Publications:

1. Swathi, P. S., Bhat, R., & Saoji, A. A. (2021). Effect of *trataka* (Yogic Visual Concentration) on the performance in the *corsi-block* tapping task: A repeated measures study. *Frontiers in Psychology*, 12.
2. Swathi, P. S., Raghavendra, B. R., & Saoji, A. A. (2021). Health and therapeutic benefits of *Shatkarma*: A narrative review of scientific studies. *Journal of Ayurveda and integrative medicine*, 12(1), 206-212.
3. P S Swathi, Apar Avinash Saoji, Raghavendra Bhat (2021). The role of *trataka* in ameliorating visual strain and promoting psychological well-being during prolonged use of digital displays: A randomized controlled trial. *Work*, (Preprint), 1-7.



5. B. Utpala Karanth

Thesis Title: Yoga- Based *Bhakti* in Muthuswami Dikshitar's Compositions.

Guide: Dr. R. Rangan & Dr. P.V.S. Laxmi

Publications:

1. Utpala, K, Rangan, R, (2021). A study of Muthuswami Dikshitar's Expertise on various elements of Musicology reflected through his compositions: conceptual study. *Shodhkosh: Journal of Visual and Performing Arts*, 2(2), 83-92.
2. Utpala, K, (2022). A study of Muthuswami Dikshitar's expertise on Veena reflected in his compositions: conceptual study. *Sangeet Galaxy*, 2 (1), 83-88.
3. Utpala, K, (2021). Prejudiced-Free thoughts in Dikshitar's compositions: conceptual study. *Swar Sindhu*, 9(2), 30-39.
4. Utpala, K, Varsha, K, (2021). *Raga Chikitsa* through the compositions of Muthuswami Dikshitar: conceptual study. *Anhadlok Vijnana*, 14(7), 358-367.
5. Utpala, K, Rangan, R, Umapathi, (2021). A Critique on Muthuswami Dikshitar's compositions (in the light of samskrit literary criticism). Conceptual study: *KiranaVali (Journal of Sanskrit research foundation)*, 13(1-4).



6. Vegaraju Prabhakar

Thesis Title: Anomalous Variations in Microbial Growth Explained by Traditional Knowledge.

Guide: Prof. Alex Hankey & Prof. Ramesh M N

Publications:

1. Vegaraju, P., Hankey, A., & Mavathur, R. (2019). Influence of eclipses on microbiological growth rates. *International Journal of Jyotish Research*; 2019; 4(2): 15-18.
2. Vegaraju, P., Hankey, A., & Mavathur, R. (2019). Understanding Jyotisha astrology I: Theoretical aspects as a holistic spiritual science. *International Journal of Jyotish Research*, 4(2), 19-24.
3. Vegaraju, P., Hankey, A., & Mavathur, R. (2020). Variations in microbial growth rates explained by traditional knowledge. *International Journal of Yoga-Philosophy, Psychology and Parapsychology*, 8(1), 33.



7. Venkatesh T

Thesis Title: Integrated Approach of Yoga Therapy Practices on Hypothyroidism: A Randomized Control Study

Guide: Dr. Ravi Kumar Itagi & Dr. Narayan Behera

Publications:

1. Venkatesh, T., Ravikumar, I., & MANI, T. A. (2021). Development of a Yoga Module for Hypothyroidism. *Journal of Clinical & Diagnostic Research*, 15(4).
2. Venkatesh T., Ravi Kumar Itagi., & Mahesh Narain Tripathi. (2021). Effect Of Integrated Approach Of Yoga Therapy On Hormones Of Hypothyroidism. *The Journal of Indian Art History Congress*, Volume-26, No.2(XI) ISSN : 0975-7945.
3. Venkatesh T., Ravi Kumar Itagi., & Alaka Mani T L. (2021). Impact Of Integrated Approach Of Yoga Therapy On Quality Of Life Indicators On People With Hypothyroidism. *ANVESAK*, Vol. 51, No.2 (XV) ISSN : 0378 - 4568.
4. Venkatesh T., Ravi Kumar Itagi., & Alaka Mani T L. (2021). Impact of Integrated Yoga Therapy on Hypothyroidism Related Clinical Parameters. *Gradiva Review Journal*, ISSNO : 0363-8057.
5. Venkatesh, T., Ravikumar, I., (2021). Tsh May Not Be A Best Marker For Thyroid Function Test–A Review. *Shodhsamhita*, Volume- VIII, Issue 11, ISSN 2277-7067.



8. Jintu Kurian

Thesis Title: Efficacy of Yoga Based Lifestyle Intervention on Acute Phase Insulin Release in Pre-Diabetes: Randomized Active Control Trial.

Guide: Prof. Ramesh M N



Publications:

1. Kurian, J., Mohanthy, S., & Nanjundaih, R. M. (2021). Mechanism of action of yoga on prevention and management of type 2 diabetes mellitus: Narrative review. *Journal of Bodywork and Movement Therapies*.
2. Kurian, J., Nanjundaih, R. M., & Deo, G. (2021). Mechanism of physical activity in the prevention and management of type 2 diabetes mellitus: A short review. *Journal of Diabetology*, 12(3), 257.
3. Jintu Kurian, Ramesh Mavathur N (2022). Impact of improved sleep quality and mood on acute and sustained phases of insulin release among pre-diabetes: An observation from Yoga and Walking based RCT. *Journal of Neurology and Clinical Neuroscience*. [In Press].
4. Jintu Kurian, Ramesh Mavathur N, Venugopal Vijayakumar, Utpala Kranth (2022). Assessing Risk and High Risk for Type 2 Diabetes Using Indian Diabetes Risk Score among Adults of Bengaluru: An Observation from A Sector Based Survey Study Conducted in Bangalore. *Kabolah*. 4, 182-188. [In Press].



9. Mohan Kishore D

Thesis Title: Bio-Mechanics of Yogāsanas: A Study of Alignment and Proficiency.

Guide: Dr. Manjunath N K

Publications:

1. Kishore, D. M., Bindu, S., & Manjunath, N. K. (2022). Estimation of yoga postures using machine learning techniques. *International Journal of Yoga*, 15(2), 137.
2. Kishore, D. M., Bindu, S., & Manjunath, N. K. (2022). Smart Yoga Instructor for Guiding and Correcting Yoga Postures in Real-Time. *International Journal of Yoga*, [In Press].
3. Kishore, D. M., Divya BR., & Manjunath, N. K. (2022). Smart Yoga Instructor for Guiding and Correcting Yoga Postures in Real-Time. *Journal of Applied Consciousness Studies*, [In Press].



10. Mollika Ganguly

Thesis Title: Chandoyoga: Its Effects on Mindfulness, Anxiety, Self-Concept, Positive and Negative Affect & Neuropsychological Variables in Adolescence.

Guide: Dr. Sanjib Patra & Dr. Sampadananda Mishra

Publications:

1. Ganguly, M., Mohanty, S., Mishra, S., Patra, S., & Jha, M. (2021). Impact of Sanskrit prosody on anxiety, mindfulness, and self-concept in young adolescents: A four-armed control trial. *Yoga Mimamsa*, 53(1), 4.
2. Ganguly, M., Mohanty, S., Mishra, S., & Patra, S. (2021). Sanskrit Prosody: A Potential Tool

To Impact Neuropsychological Variables In Middle School Children. *Towards Excellence*, 13(2).

- Ganguly, M., Mohanty, S., Mishra, S., & Patra, S. (2021). Effect of Prosody of Rhythmic Yoga-Based Recitation on Positive and Negative Affect among Adolescents: A Four-Armed Comparative Study. *Dev Sanskriti Interdisciplinary International Journal*, 17, 13-19.



11. Nongthombam Ibohal Singh

Thesis Title: A Study on the Effect of Integrated Yoga Program on Self Satisfaction among T2dm Patients of Mongoloid Origin Attending JNIMS, Imphal.

Guide: Dr. Baram Pradhan & Dr. Ksh. Achouba Singh

Publications:

- Ibohal Singh N., Baram Pradhan., Niranjana Parajuli., & Achouba Singh Ksh., (2022). Effect of 16-weeks of Yoga on the Quality of Life of Type-2 Diabetes Mellitus patients of mongoloid community. *Turkish Online Journal of Qualitative Inquiry (TOJQI)*, Volume 13, Issue 1, 893-902.
- Singh, N. I., Pradhan, B., Pandey, M., Parajuli, N., & Singh, A. K. (2021). Influence of Yoga-based program on health satisfaction in the Mongoloid patients diagnosed with type 2 diabetes mellitus. *Yoga Mimamsa*, 53(2), 109.
- Ibohal Singh N., Baram Pradhan., & Achouba Singh Ksh., (2021). Relationship between FBS, PPBS, HbA1c and Urine Glucose in the Type 2 Diabetes Mellitus patients having different levels of Serum Urea *Turkish Online Journal of Qualitative Inquiry (TOJQI)*



12. Sindhu Shanker

Thesis Title: Effect of Yoga on Children with Autism Spectrum Disorder (ASD) In Special School Environments.

Guide: Dr. Baram Pradhan

Publications:

- Shanker, S., & Pradhan, B. (2022). Effect of yoga on children with autism spectrum disorder in special schools. *Industrial Psychiatry Journal*, 31(2), 367.
- Shanker, S., & Pradhan, B. (2022). Effect of Yoga on the Motor Proficiency of Children with Autism Spectrum Disorder and the Feasibility of its Inclusion in Special School Environments. *Adapted Physical Activity Quarterly*, 39(2), 247-267.





3. Shanker S, Pradhan B. (2022). Yoga for children with autism spectrum disorder: A descriptive review. *Yoga Mimamsa*.

13. Venkata Subbaiah Bathula

Thesis Title: Śatarudriyam - Vedāngasahitam Tattvārtha Darśanam

Guide: Prof. MK Sridhar

Publications:

1. Venkata Subbaiah Bathula,, & Sridhar, M. K., (2022). योगदर्शने ईश्वरप्रणधानोपायेषु रतरुद्रीयस्य प्रारसृत्यम्. *Journal of Veda Samskrita Academy*, Volume-18: ISSN 2250-1711.
2. Venkata Subbaiah Bathula,, & Sridhar, M. K., (2021). योगदर्शने ईश्वरप्रणधानोपायेषु रतरुद्रीयस्य प्रारसृत्यम्. *Journal of Veda Samskrita Academy*, Volume XVIII: ISSN 2250-1711.
3. Venkata Subbaiah Bathula,, & Sridhar, M. K., (2022). महेश्वरतूत्रेषु पातञ्जलदर्शनम्. *Journal of Veda Samskrita Academy*, Volume-20, ISSN 2250-1711.



14. Vipin Dhansoia

Thesis Title: Breathing Focused Yoga intervention on Respiratory decline in chronically pesticide exposed farmers: A randomised control trial.

Guide: Dr. Vijaya Majumdar & Dr. Deepeshwar Singh

Publication:

1. Dhansoia, V., Majumdar, V., Manjunath, N. K., Gaharwar, U. S., & Singh, D. (2022). Breathing-Focused Yoga Intervention on Respiratory Decline in Chronically Pesticide-Exposed Farmers: A Randomized Controlled Trial. *Frontiers in medicine*, 9.



15. Zan Yi Wang

Thesis Title: A Comparative Study on Ultimate Reality in Vedic Scriptures and Early Taoism Scriptures with Respective Meditation Practices.

Guide: Dr. Vikas Rawat, Dr. Xinli Yu & Dr. Ramesh Chandra Panda

Publications:

1. Wang, Z., Rawat, V., Yu, X., & Panda, R. C. (2022). Bondage and freedom: A comparative study of ancient indian scriptures and ancient Chinese Taoism Scriptures. *Journal of Applied Consciousness Studies*, 10(1), 13.
2. Zanyi Wang., Vikas Rawat., Xinli Yu., & Ramesh Chandra Panda. (2021). A Brief Analysis of the states of consciousness in upanishad and taoism – taking mandukya upanishad and qi wu



lun as examples. *Shodh Sarita*, Vol. 8, Issue 29: ISSN -2348-2397.

- Zanyi Wang., Vikas Rawat., Xinli Yu., & Ramesh Chandra Panda. (2022). The Philosophical Nature Of "Water": From Upanishads To Early Taoism Scriptures. *An indexed refereed & peer-reviewed journal of higher education*, VOL.14. ISSUE; ISSN No. 0974-035X.
- Wang, Z., Rawat, V., Yu, X., & Panda, R. C. (2022). Meditation and its practice in Vedic scriptures and early Taoism scriptures. *Yoga Mimamsa*, 54(1), 41.

16. Shreeganesh H R

Thesis Title: Role of Yoga and Its Possible Mechanism behind the Psychophysiological Outcomes in Elderly - A Randomized Control Trial.

Guide: Dr. Subramanya Pailoor & Dr. Raghavendra Rao

Publications:

- Ganesh, H. R. S., Subramanya, P., Rao, R. M., Vadiraj, H. S., & Udupa, V. (2022). Effects of an Integrated Yoga Program on Quality of Life, Spinal Flexibility, and Strength in Older Adults: A Randomized Control Trial. *Advances in Mind-body Medicine*, 36(1), 22-28.
- Ganesh, H. S., Subramanya, P., Rao, M. R., Vadhiraaj, H. S., & Udupa, V. (2022). Impact of yoga therapy in improving perceived stress, depression, and quality of life in elderly population: A randomized controlled trial. *Journal of Applied Consciousness Studies*, 10(1), 62.
- Ganesh, H. S., Subramanya, P., & Udupa, V. (2021). Role of yoga therapy in improving digestive health and quality of sleep in an elderly population: A randomized controlled trial. *Journal of Bodywork and Movement Therapies*, 27, 692-697.



MD (Yoga) Graduates



MD in Yoga



Dr. Chaudhari Sharad Shivajirao

Dissertation Title: Development, Validation, and Feasibility testing of yoga therapy module for erectile dysfunction.

Name of the Supervisor: Dr. Apar A Saoji

Dr. Sunil Singh Yadav

Dissertation Title: Effect of yoga-based breathing practices on the psychological state in patients with COVID-19: A randomized controlled trial.

Name of the Supervisor: Dr. Apar A Saoji



Dr. Preeti P Hegde

Dissertation Title: Yoga practices as potential adjunct intervention on clinical variables and clinical status at 14 days in mild to moderate degree hospitalized COVID-19 patients; a randomized controlled clinical trial.

Name of the Supervisor: Dr. Vijaya Majumdar

Dr. Devika P Nair

Dissertation Title: Hemodynamic changes in the brain during alternate nostrils breathing and breath awareness: an fNIRS study.

Name of the Supervisor: Dr. Deepeshwar Singh



Dr. Rakshitha S Nayak

Dissertation Title: Effect of adjunct tele-yoga on clinical status at 14 days in hospitalized mild and moderate COVID-19 patients in Bengaluru- A randomized controlled trial.

Name of the Supervisor: Dr. Vijaya Majumdar

Dr. Banusri M

Dissertation Title: Development, Validation and Feasibility testing of an Integrated Module for obesity.

Name of the Supervisor: Dr. Suchitra S Patel



MSc, MBA, BNYS & BSc Graduates

MSc - Yoga Therapy



1 Shivani Sathe



2 Gadge Omkar
Shivling



3 Prabhat Ranjan
Thakur



4 Arunava
Debnath



5 Ashmit
Choudhary



6 Sandeep Bisht



7 Swastika
Konwar



8 Yashaswini S M



9 Priyanshi
Sarpal



10 Kumari Anita
Singh



11 Shantnu Tyagi



12 Jaya Dubey



13 Harshi Garg



14 Devesh
Rajoriya



15 Pragya
Chauhan



16 Krupaben



17 Mohit Mishra



18 Vikram
Chaturvedi



19 Kanupriya
Verma



20 Bharti Mehta



21 Sushmitha P K



22 Pranasmitha
Choudhury



23 Apoorva Singh



24 Neetu Kumari
Verma



25 Jyostna
Ambewadkar



26 Sakshi



27 Shilpa R



28 Bhumika
Varshney



29 Raghvendar



30 Argha Singha

MSc - Yoga Therapy



31 Rohan Bhavin Balsara



32 Shyam Sundar Bharti



33 Gaurav Chandraker



34 Radhe Devi Soni



35 Swapnil Agarwal



36 Shantanu Kumar Singh



37 Hritesh Kumar Mishra



38 Gauri Singh



39 Mehavarshini S



40 Akanksha Kumari



41 Mrinalinee Verma



42 Amit Dada



43 Bhanu Pratap



44 Abhilasha Bijarniya



45 Gaurav Kumar Singh



46 Rama Mishra



47 Siddhartha Mani Sharma



48 Shrayia Pandey



49 Sameer Singh



50 Seeraj Singh Parihar



51 Ayushi Mishra



52 Honey



53 Mandvi Rathore



54 Doshi Hardik Hareshbhai



MSc (Yoga Therapy) Graduates

MSc - Yoga and Consciousness



1 Vaishnaavi M Chavan



2 Lakshya Rana



3 Pritam Chakraborty



4 Richa Deshpande



5 Tushar



6 Tamanna Srichandani



7 Sumit Kumar Yadav



8 Chirag D Bangera



9 Richa Hans

MBA - Health Care Management



1 Yalamuri Devika Reddy



2 Godavarthi Madhuramrutha



3 Mamatha R



4 Phad Pratima Rajendra



5 Ritwik Bhatnagar



6 Sandhya V



MSc (Yoga & Consciousness) Graduates

MBA (Health Care Management) Graduates

MSc - Yoga (ODL)



1 Sumanth Gowda
V M



2 Aluka Punnam
Reddy



3 Shinde Mukta
Madhukar



4 Rohit Kumar
Yadav



5 Rima Devi



6 Sivasakthi
Sivapathasuntharam



7 Pradeep



8 Hemant
Uppadhyay



9 Dinesh Singh
Dhami



10 Srushti
Prakash



11 Mohit Vidhudi



12 Ramaswamy K



13 Srikanth.S



14 Aarekh Goyal



15 Deepthi V



16 Pitabas Panda



17 Santosh Kumar



18 Anindita Saha



19 Rajesh S



20 Jayashree
Muralishankar



21 Kapse Sharyu
Suryakant



22 Mane Megha
Marotirao



23 Nilaksh
Chandra



24 Nishi Sharma



25 Parvathi



26 Pawan Singh



27 Swetha
Udbhalmath



28 Vijesh
Elikkattapparambil



29 Gayathri M



30 Kirti Kumariba
Narendrasinh Jadeja

MSc - Yoga (ODL)



31 Bora Ashishkumar
Shyamsundar



32 Abhilasha
Sihag



33 Ankita Singh



34 Jaya Tawde



35 Madhavi
Dattatraya Kulkarni



36 Gayathri S



37 Kavitha K



38 Leena Gupta



39 M Supraja
Reddy



40 Mandeep Kalsi



41 Nalinakshi S



42 Poornima
Narayanan



43 Prakasan P



44 Prasad



45 C Rajagopal



46 Shailly Vij



47 Steffi Divakaran



48 Suma
Guruprasad



49 Suma M S



50 Simi Umesh
Savania



51 Tripti Pandey



52 Hemamalini
Rajesh



53 Praveen Gaddi



54 Akhilesh K M



55 Akson Sunny



56 Amrutha H



57 Arnab Das



58 Balaji H V



59 Usha C J



60 Meghana
Sandeep Koregave

MSc - Yoga (ODL)



61 Dinesh K V



62 Diptesh



63 G Vivekanand
Reddy



64 Ganesh Paul



65 Gaurav Kumar



66 Jayant Mota
Marathi



67 Jayashekara K S



68 Poornima K B



69 Kasar Shubhada
Dilip



70 Komal Bisht



71 Nandeeep H



72 Neeru



73 Neurgaonkar
Sachin Subhashrao



74 Padma S



75 Pavithra N



76 Pendse Snehal
Suneel



77 Pradipta Kumar
Giri



78 Prakash Gopal



79 Prakash
Ratimani



80 Raghuram
Noolikar



81 Sanjay



82 Shah Prarthana
Ashwin



83 Shruthi C Jain



84 Shyam
Sundar V



85 Sri Chandana
Josyula



86 Swapna R



87 Vikramaraj
Ratimani



88 Vinod
Sreeramoju



89 Kiran



90 Roshni
Kumari

MSc - Yoga (ODL)



91 Sanghamitra
Das



92 Sundeep Nag



93 Surender Singh
Bhati



94 Tuhin
Majumder



95 Aditi Devi N



96 Apurva Ajit
Yewale



97 Ambruth Kumar
Kallubavi



98 Ansu Vikashni
Lata



99 Anup Yadav



100 Dr. Archana M



101 Baidehi
Sharan Shukla



102 Dinesh Dagar



103 Hema Urs L



104 Jothis P



105 Joshi Kalyani
Chintamani



106 Kamalakannan
T R



107 Kanchan
Kumari



108 Kapil Panwar



109 Ligimol
Antony



110 Mahek Thakur
Sinha



111 Mani Singh



112 Nagarajendra
G Bantanahal



113 Nair Seema
Sethumadhavan



114 Namrata Singh



115 Narendra
Singh Bist



116 Naresh Kumar
Pathak



117 Dr. Naveen
KH



118 Navitha D



119 Neelam Boora



120 Parul
Srivastava

MSc - Yoga (ODL)



121 Pooja Thawrani



122 Posam Sai Teja



123 Prashant
Kumar Verma



124 Pratheesh M K



125 Prem Bhusal



126 Pritee Choyal



127 Radha G V



128 Ramya Ramesh



129 Dulari Shah



130 P Rathai



131 Riya Vyas



132
Sankaranarayanan G



133 Santhosh K K



134 Sanyukta
Prakash



135 Sheetal S Pillai



136 Shikha Tomar



137 Shilpa Deepak
Munji



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Prashanti, Jan 1: On the occasion of Kalpataru Day and Hon'ble Chancellor, **Dr. H R Nagendra Guruji's 80th Birthday** celebrations, Special Bhajans were organised by Dr. Muralidhar Kanchi, and team of Doctors and other staff from Narayana Hrudayalaya at Shruti Mamdir.





Guruji's 80th Star Birthday Maha Karuna Diwas celebration



Prashanti, Jan 16: On the holy occasion of Guruji's 80th Star Birthday, rituals were conducted in the premises of Yoga Vinayaka and Shree Yoga Dakshinamurthy temple. Homa was performed on this occasion for the health & longevity of Pujya Guruji under the leadership of Swami Jagadatmananda Saraswati, Arsha Vidya Gurukulam, Coimbatore & in the presence of Prof. Ramchandra G Bhat, Chairman, Veda Vijnana Gurukulam, Prof. Ramesh Chandra Panda, Dean, Division of Yoga-Spirituality, Dr. N K Manjunath, Pro-Vice Chancellor & Director, Research, Dr. H R Dayananda Swamy, Director, Finance & Administration, and other Senior Officers of the University and Guests.



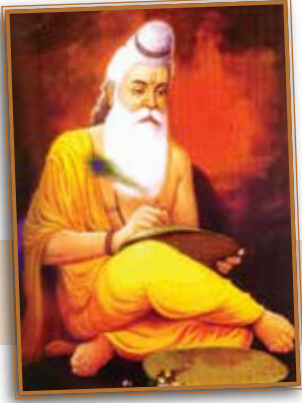
On the same day **Maha Karuna Diwas** was celebrated by Mahabodhi International Meditation Centre (MIMC), Ladakh, in the august presence of Guruji, Venerable Bhikkhu Sanghasena, Founder of Mahabodhi International Meditation Centre and other Buddhist Bhikkhus from Bangalore branch of MIMC were present and felicitated Pujya Guruji on this holy occasion.





Maha Karuna Diwas celebrated in the august presence of Guruji and Venerable Bhikkhu Sanghasena, Founder of Mahabodhi International Meditation Centre





ब्रह्मसूत्रम् (Brahmasūtram)

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



This is the first Sutra of first Pada in fourth Adhyaya,

आवृत्तिरसकृदुपदेशात् (ब्रह्मसूत्रम्-४-१-१)

Āvṛttirasakṛdupadeśāt (Brahmasūtram-4-1-1)

Meaning: *The repetition (of hearing, reflection and meditation on Brahman is necessary) on account of the repeated instruction by the scriptures.*

Avrittih – recitation, Asakrit – multiple times, Upadeshat – because Shastras advocate thus.

Repetition by reciting Mantras helps one internalize a new thought process. Even for sharp intellect, to acquire knowledge, listening multiple times (Shravanam) should be done. Listening to a Guru is the first step in understanding the matter. If the first step, Shravanam (listening), is not exercised, how will Mananam (logical deliberation) happen successfully? Mananam is the consequence of Shravanam. Once some aspect is heard about something, it can be contemplated. Shastras and Acharya Shankara narrate that Shravanam must be practiced until fruition occurs on account of Shravana. Logical deliberation then leads to Nididhyasana (contemplation). All these three steps – Shravana, Manana and Nididhyasana happen one after the other gradually; nonetheless, each one is elaborated extensively regarding their performance, methods, sequence etc., which results in actualization.

Multiple repetitions of words of Guru or Vedic injunctions assimilated into the very being become part and parcel of an individual to explore the deeper layers of meaning. Further, it helps get cognitive clarity at one's deepest levels of existence. As said earlier, the unshaken, stable

position of the internal personality of a person blossoms very naturally because of Sadhana.

Also, Shastras provide a step-by-step process for every action; *Janati* (knows), *Icchati* (aspires) and *Yatate* (tries). Knowledge inspires one to achieve by putting in the effort. One who doesn't know will never desire and try to get it with effortful action. With all these *Aparokshanubhuti*, the direct experience of true existence occurs in a person, as portrayed by Swami Vidyanaraya.

Supported by the previous chapters on Sadhana, contemplation, method of worship, meditation etc., this chapter starts with an important note on committed efforts, Shravana. When one observes the entire spectrum of Sadhana, it is evident that everything begins at the first step, which is Shravana only.

Yajna, Yaga Anushthanam mainly focuses on *Chitta Shuddhi* (purity of mind). With whatever motivation one may start performing these spiritual practices, it must be repeated multiple times. The outcome of an action depends on perpetual commitment to the process.

The previous chapter broadly dealt with two sections of subjects: *Karma Anushthanam* and



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Known Yogic Verse Lesser Known Traditional Insight! – 2

It may be recollected that fivefold practical insights on Āsanas were enlisted from the **Jyotsnā** commentary of haṭhayogapradīpikā in the previous part. To facilitate recollection, the five aspects are given below-

1. Precision in definition of limbs and instructions of practice
2. Correction of Haṭhayogapradīpikā instruction/reading on Āsana
3. Clarification on possible confusion regarding the practice of Āsana
4. Insights on Sampradāya (the tradition) & Rahasya (the secret) in Āsana practice
5. Vital insight on the role of relaxation for Āsana practice

In the previous write-up of the first two points were elaborated. In this part we will discuss points 3 to 5.

3. Clearing the apparent confusion:

a. *Apparent Lack of clarity in Dhanurāsana*: Let us consider the verse on (ākaraṇa) dhanurāsana. Haṭhayogapradīpikā states –

*Pādānguṣṭhau tu pāṇibhyāṃ grhītvā śravaṇādadhi |
Dhanurākaraṣaṇaṃ kuryād dhanurāsanaṃucyate ||*

Taking hold of the toes with the hands and draw up to the ear(s) as if drawing a bow.

When one looks at the verse and translation, there is a possibility of confusion about the exact way of practicing this āsana. What exactly is ‘taking hold of the toes’? Should both the toes be drawn to the ears or is it just the one? Etc.

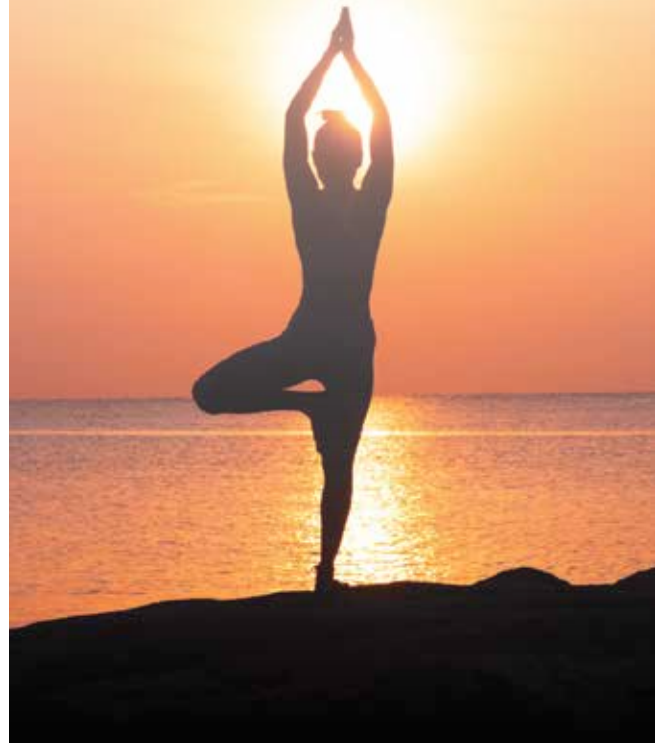
All these doubts are resolved by looking at the Jyotsnā commentary. Brahmānanda patiently explains all the aspects of the practice in detail.

He states –

■ Prof. M Jayaraman
Yoga & Spirituality
S-VYASA School of Yoga



*Yoga Āsanas
in the light
of Jyotsnā
Commentary (2)*





*Grhītānguṣṭhamekaṁ pāṇim prasāritam
kṛtvā grhītānguṣṭhamitarāṁ pāṇim
karnaparyantamākuñcitaṁ kuryādityarthaḥ*

Stretch one hand that his holding the toe and draw the other hand that is holding the other toe till the ear.

This clear instruction removes any element of doubt regarding the practice of this Āsana.

b. *Which leg is it?* - In places where the instructions are general without details as to whether it indicates the left side limb or the right side limb Brahmānanda provides clarity so that the practice can be started systematically from one side without any uncertainty. Let us consider the example of vīrāsana (HYP 1.21)–

*Ekam pādāṁ tathaikasmin vinyasedūruṇi sthiram |
Itarasmimstathā coruṁ vīrāsanamitīritam ||*

Place one foot above the other thigh firmly.

And the thigh on the other foot. This is called as vīrāsana

It can be noted from the verse that it just says one foot above the other thigh. There is no specification about which foot or which thigh. For this verse, the commentary reads –

*Ekam dakṣiṇam pādāṁ | Tathā pādapūraṇe |
Ekasmin vāmoruṇi sthiram vinyaset |
Tadvīrāsanamitīritam kathitam ||*

Ekam the right foot. Ekasmin on the left thigh, firmly place. This is called as vīrāsana.

Through this commentary Brahmānanda clarifies that first the right foot should be placed on the left thigh and by implication, the right thigh has to be place on the left foot. This clarification avoids arbitrariness and inconsistency in placing the limbs for the practice.

4. Conveying Sampradāya - the tradition - & Rahasya - the secret in Āsana practice

Sampradāya – Tradition

Lineage and tradition are very important factors in the current day scenario of Yoga. In Brahmānanda's commentary we find that, in certain instances of Āsana practice he conveys the Sampradāya (tradition) of practice. This is very crucial because – this indicates that the commentary literature itself

is the meeting point of text and tradition. In an era where we find a level of disconnect between text and practice tradition, this assumes importance. This also shows that texts, especially commentaries, need to be studied to gain insights of older practice traditions. Let us consider an instance of Sampradāya.

Gomukhāsana has been defined by Haṭhayogapradīpikā as follows (1.20) –

*Savye dakṣiṇagulpham tu pṛṣṭhapārśve niyojaye |
Dakṣiṇe'pi tathā savyam gomukham gomukhākṛti ||*

Place the right ankle next to the left buttock and the left (ankle) next to the right buttock. This is Gomukhāsana, and resembles the face of a cow.

In the commentary to the verse while explaining the portion pṛṣṭhapārśve Brahmānanda states –

Vāme pṛṣṭhasya pārśve sampradāyāt kaṭeradhobhāge

By the side of the left buttock, according to Sampradāya (tradition), (it is) under the hip/ buttock.

By this it becomes clear that the right leg will not be freely placed by the side of the left buttock, but it will be locked under the left hip/ buttock. This is tradition.

Similarly, we find an instructions referring to Sampradāya in three more occasions in the commentary of Brahmānanda on various other limbs like Prāṇāyāmas and Mudrās.

Rahasya – Secret

In the practice of Siddhāsana and also Padmāsana Brahmānanda reveals a secret of practice. In both the places it is the same secret. Secret is nothing but an insight that is revealed by practice.

In both these Āsanās (verses 1.35 and 1.44) it is instructed to place the chin on the chest.

Hṛdaye kṛtvā hanuṁ susthiram (1.35),

Hṛdaye nidhāya cibukam (1.44)

In the commentary of the both the instances Brahmānanda states –

*Hanuḥṛdayayoḥ caturaṅgulmantaram yathā bhavati
tathā kṛtvā iti rahasyam (1.35)*

*Urasaḥ caturaṅgulāntare cibukam nidhāyeti
rahasyam (1.44)*

In essence it means - the chin has to be locked in



such a way that there is four finger breadth's distance between the chin and the chest.

By this, the ideal way to place the chin on the chest is indicated. Ambiguity is avoided. Clarity of the position of chin is also very important to protect the cervical region from strain and injury.

It is to be noted that in six more instances in the commentary to Haṭhayogapradīpikā Brahmānanda reveals more Rahasyas on Prāṇāyāma, Mudrās and other limbs of Yoga.

5. Vital Insight on the role of relaxation for Āsana practice

Brahmānanda's commentary to Haṭhayogapradīpikā makes an important contribution that sets Yoga apart from other physical workouts. It is as follows. The verse that describes śavāsana in Haṭhayogapradīpikā (1.32) reads -

*Uttānam śavavadbhūmau śayanam tacchavāsanam |
Śavāsanam śrāntiharam cittaviśrāntikāraṇam ||*

Lying on the back on the ground like a corpse is śavāsana.

śavāsana removes fatigue and induces repose in mind.

In the verse, while explaining the term śrāntiharam (removes fatigue), Brahmānanda 's commentary reads as follows –

Śavāsanam śrāntiharam śrāntim

haṭhābhyāsaśramam haratīti śrāntiharam

Śavāsana removes fatigue, fatigue caused by the practice of Haṭha.

As can be noted above Brahmānanda connects fatigue to the fatigue arising out of practice of Haṭha and not general fatigue. Had Brahmānanda not connected śavāsana with śrama (fatigue) cause by the practice of Haṭha, Yoga practice would not have been any different from other physical workouts. While other physical workouts end with tiring a person out, Brahmānanda's comment clearly establishes the crucial role played by relaxation followed by stimulation in Yoga. Though this may not be a new input for current day practitioners of Yoga who already do Śavāsana at the end of practice of Yogāsanas, it is to be noted that, only from commentaries such as this, crucial and defining aspects of Yoga such as making relaxation an integral part of Yoga percolate into Yoga practice.

Conclusion

In conclusion it can be stated that Yoga is a safe physical practice. But Yoga is also not without possibility of injuries. Ways and means are to be worked out to reduce injury possibilities. Studying, assimilating and incorporating the practical inputs of, seldom noticed texts like Jyotsnā of Brahmānanda, the value of which has been highlighted above, can be one such fundamental, systematic and effective method to make Yoga practice more safe and effective.

ब्रह्मसूत्रम् (Brahmasūtram)

Dhyana Anushthanam. Karma Anushthanam includes *Nitya* (daily), *Naimittika* (occasional), *Kamyā* (goal-oriented) and *Prayashcitta* (compensatory).

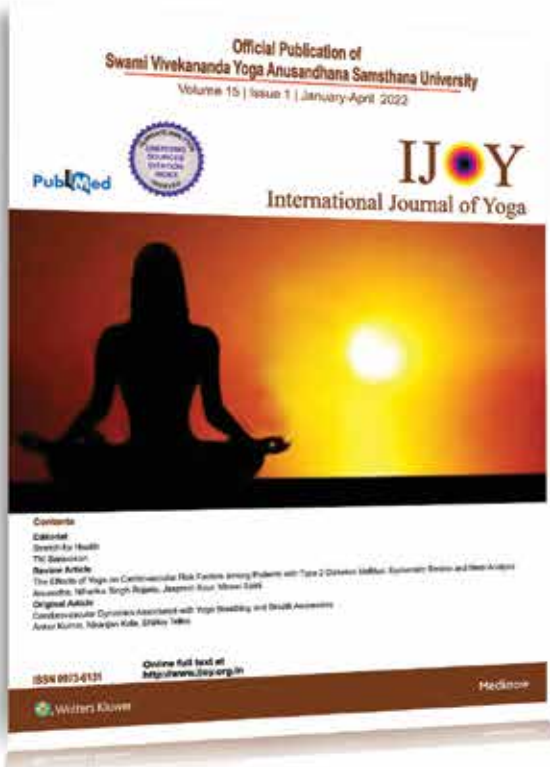
Dhyana Anushthanam (Upasanam) involves Pratimopasana (idol and image worship as described by Agamas), Ahangrahopasanam (self-contemplation, 'I'M THAT' meditation based on 4 *Mahāvakyas* of Vedanta) and Karmangopasana (meditation as a subordinate to the Vaidika action). Karmanga Upasana, using

all the instruments of our personality, must be practiced with every little work that one does every day. Bringing divine touch is considered to make an action into a spiritual process.

With all this narration, as a result of any Sadhana, the fourth chapter (*Phaladhyaya*) takes the reader through the different spaces of spiritual experiences. "The chapter of outcome" of all auspicious activity, is worked out in detail in this fourth chapter. Let us open the pages of the fourth chapter henceforth.

to be continued...

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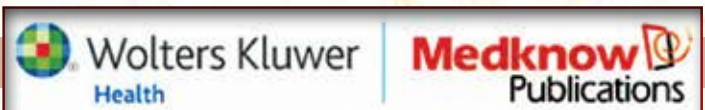
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Center for Energy Research

Fortnight Bulletin #008 | 1st January 2023

Reactor Cluster & Reviews by Eminent Scientists

1. Center for Energy Research continued the effort for consistency and improved efficiency with slight modification in the design and protocol of the experiments. As a result of this the group developed a reactor cluster to see the cumulative effect of the devices as a cluster.



Figure 1: Reactor cluster with 3 active & 1 reference devices

2. Here 3 reactors (R1, R2 & R3) are with active materials i.e., Palladium treated Nickel mesh & the other reference reactor (R_{ref}) is with clean Nickel mesh (no Palladium). Both were filled with Hydrogen gas with required pressure & sealed.

Parameters	R1	R2	R3	R
Surface Temp °C	292	290	296	265

The above table clearly shows the higher surface temperature for R1, R2 and R3 reactors (active) when compared with R4, the reference reactor for the same power input of 100W. This is consistent and the reactor is continuously operational for more than 2 months on 24 x 7 basis.

3. Cluster reactors were reviewed by Dr. Prem Shankar Goel, (PadmaShri, 2001) former Director,

ISRO) & Dr. B N Suresh (Padma Bhushan) Chancellor, IIST, Thiruvananthapuram,

Both the scientists are of the opinion that the reactors are undoubtedly generating excess heat/energy continuously and which is not possible from any chemical reactions. Both suggested to verify the nuclear reactions taking place by conducting certain experiments, especially measuring the temperature at the reaction sites. In the meantime, the team from CER had a meeting with Dr. Ajay Kumar Sood, Principal Scientific Advisor to GOI seeking his support in continuing the research. All were in agreement to pursue this game changer effort and take it to higher levels.

The team also had a meeting with the Management team of People’s Education Society (PES, Bangalore) seeking young engineers to contribute and develop efficient Thermal to Electrical generators. This will find applications mainly in remote and inaccessible regions of India. This will be pursued with the Chancellor of PES.

4. The H₂ gas inside was analyzed by Quadrupole Mass Spectrometer for the presence of Helium. As is well understood, Presence of Helium is expected in R1, R2 & R3, if fusion of H₂ atoms is the source of excess heat/ energy. With the same theory, Helium should not be seen in the reference reactor.

WE ARE DELIGHTED TO REPORT THAT HELIUM WAS PRESENT STRONGLY IN ALL THE 3 ACTIVE REACTORS WHEREAS THERE WAS NO TRACE OF HELIUM IN REFERENCE REACTOR. This finding has been realized for the first time in the World and is a big input to all who are pursuing LENR.



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Prashanti, Jan 16: **Inauguration of the SMET programme for the officials of ONGC (Oil and Natural Gas Corporation)**, was conducted in the presence of Pujya Guruji and Swami Jagadatmananda Saraswati, Arsha Vidya Gurukulam, Coimbatore.



YIC Students of 46th Batch @ Patanjali Yoga Training and Research Centre, Ernakulum



Yogi Vivekananda - 20

Yoga deals more with the mind than with the body. Almost, all the definitions of yoga available in "Yoga Vashishtham", "Bhagwadgita" and "Patanjali Yoga Sutras" support this statement. Mind is being conditioned by time, space and causations. Impulses, instincts and intellect try to condition the mind. Sentiments, feelings and thoughts continuously try to condition the mind. Almost everybody tries to condition the mind. In short, it is a type of brainwash that we experience in our secular and religious or political world. Real education is to decondition the mind and promote the openness of mind.

Sri Krishna parmatma is yogishwara. He believes that mind when it is weak is subjected to all influences. Therefore, in the Bhagwadgita, his first effort is to strengthen the mind. A strong mind then is free from the clutches of all. It begins to be open, impartial and be free from preferences and prejudices. Finally, it becomes strong enough to be of good willpower to take a firm decision as a judicious way of implementation.

Sri Krishna begins to explain the positive and

■ Dr. K Subrahmanyam
Advisor to Chancellor
S-VYASA



negative ways of thinking. He also shows the favourable and unfavourable results of our diverse thoughts. He finally asks Arjuna to do what is best, "yweCD is twa k...é (*Yatheccha si tathä kuru*)". Arjuna replies with an open mind that his weakness is gone and he is established in a state of strength which is free from every doubt and influence. That is the true education. The real education is to develop and strengthen the minds to be open, just, fearless and impartial.

Swami Vivekananda advocates such strengthening and fearless way of making the minds bold and just.

To give an example of conditioning the mind and de-conditioning the mind we take the word "Love". The word is so conditioned that anybody today takes that word as physical bodily love which is nothing but physical attraction for indulgence in bodily pleasures.

This is wrong, People are unable to come out of this conditioned understanding of love.

An incident in the life of Swami Vivekananda shows how Swamiji is free. One day a beautiful young lady told Swamiji that she was in love with him. If such expression is made, any man in his place because of the conditioned mind would mistake that love to be love of body. But Swamiji is a yogi. Immediately he told her, "Good, my mother loves





me, my father loves me, my friends love me, my teachers love me, my students love me and you love me. Love is of various shades, various feelings and various thoughts or expectations." Also, love can be free from any expectations. The entire cosmos is full of love. Shiva is personification of love. The young lady says "I love you, like a young woman with the expectation to have a son by you." Swamiji immediately responds, "to have a son like me you have to conceive, you have to carry the baby for 9 months, you've to put up with the labour pains and you've to bring up the child for 30 years. But maa, why do you want to have a son like me? I am here now, your son. I come with you, love me as your son. I love you as my mother." The whole episode is the yogic way of looking at things. one can be free from all types of brainwash and retain the purity and impartiality of divine love in all our expressions and transactions.

Let us by the grace of GOD develop that yogic love of no biased views.



Prashanti, Jan 12: The School of Yogic Sciences celebrated the **161st Birth Anniversary of Swami Vivekananda** and '**National Youth Day**' in Shruti Mandir. Gururji H R Nagendra ji, Dr. W Selvamurthy, President, Amity Science, Technology and Innovation Foundation, Prof. Subramanyam ji, Dr. Siva Sankara Sai ji, Registrar, Sri Sailesh Pradhan, I-TEC Coordinator, Dr. Vikas Rawat, Principal were present.



YIC (Yoga Instructor's Course) **Batch – 235**, Jan 2023



AICTE, New Delhi launches SWAYAM Online Yoga Credit Courses



Jan 11: Dr. Ramesh Unnikrishnan, Advisor II (SWAYAM) AICTE, delivered the welcome address. Dr. Abhay Jere, Chief Innovation Officer, Ministry of Education, Govt. of India, presented the course on 'Introduction to Intellectual Property'. Dr. H R Nagendra, Chancellor, S-VYASA, presented the Yoga Credit Courses offered by S-VYASA University. He highlighted the need for total personality development in the current education system and the role of yoga in the total personality development.

Four Yoga Credit Courses offered by S-VYASA for the January 2023 Semester. The duration of all these courses are 16 weeks and 4 credit

points. Course enrolment will end on 28th February 2023.

Yoga for Concentration

https://onlinecourses.swayam2.ac.in/aic23_ge05/preview

Yoga for Memory Development

https://onlinecourses.swayam2.ac.in/aic23_ge06/preview

Yoga for Voice Culture

https://onlinecourses.swayam2.ac.in/aic23_ge08/preview

Yoga for Creativity

https://onlinecourses.swayam2.ac.in/aic23_ge09/preview



Chancellor of S-VYASA, Dr. H R Nagendra

Dr. Poonam S Tiwari, Course Coordinator & Scientist, Indian Institute of Remote Sensing, presented the Course on 'Basics of Remote Sensing GIS & GNSS and its Applications'. Prof. M P Poonia, Vice Chairman, AICTE, addressed on the Relevance of SWAYAM MOOCs courses. Prof. T G Sitharam, Chairman, AICTE launched the Swayam Courses and delivered the inaugural address. Dr. M S Guge, Assistant Director, SWAYAM Cell, delivered the vote of thanks.



**Yoga credit courses offered by
Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru
Duration: 16 weeks ; Credit Points: 4**



Yoga plays an important role in the development of total personality. Yoga helps to improve Concentration, Memory, Creativity and the right kind of voice.

We are happy to inform you that S-VYASA is offering these four yoga credit courses on swayam portal.

These courses are designed and developed under the expert guidance of Dr H R Nagen-dra Chancellor, S-VYASA. He is one of the pioneers in the field of Yoga Education and Research.

These courses would cover both theory and practice components.



**Enrollment will start from 11th January 2023
and close on 28th February 2023**

**Yoga for Concentration
Course Coordinator**

Dr. Apar Saoji, BNYS, PhD (Yoga)
Associate Professor, Division of Yoga
and Life Sciences, S-VYASA, Bengaluru
https://onlinecourses.swayam2.ac.in/aic23_ge05/preview

**Yoga for Memory Development
Course Coordinator**

Deepeshwar Singh, MSc, PhD (Yoga)
Associate Professor, Division of Yoga
and Life Sciences, S-VAYSA, Bengaluru
https://onlinecourses.swayam2.ac.in/aic23_ge06/preview

**Yoga for Voice Culture
Course Coordinator**

Dr. Arundhati Goley, BNYS, MD (Yoga)
Assistant Professor and Medical Officer,
S-VYASA, Bengaluru
https://onlinecourses.swayam2.ac.in/aic23_ge08/preview

**Yoga for Creativity
Course Coordinator**

Dr. Ganga K V, BNYS, MD (Yoga)
Assistant Professor and Medical Officer,
S-VYASA, Bengaluru
https://onlinecourses.swayam2.ac.in/aic23_ge09/preview

**National Coordinator
All India Council for Technical Education (AICTE), New Delhi**

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Yogathon – 2022 in Bengaluru



Bengaluru, Jan 15: Around 100 Students from S-VYASA participated in Yogathon – 2022 organised in the three venues herein Kanteerava Stadium, Reva University Campus and Vidyanagar Stadium. Hon'ble Governor of Karnataka, Shri Thawar Chand Gehlot and Minister of Sports at GoK, Shri Narayan Gowda graced the occasion. Students from the Courses, BNYS, MSc, BSc, YIC participated in the event with enthusiasm, which is conducted in anticipation to make Guinness Record. The contingent from S-VYASA led by Sri Kiran Kumar N S, Smt. Shimla Nixon and Dr. Ankita Mishra and also they performed the role of observers in the event. To take part in this event the students undergone rigorous practice.





Inauguration of Center for Peace & Yoga and Refurbished Center for Wellnes at R V Institute of Management



Bengaluru, Jan 4: The R V Institute of Management Bangalore started Center for Peace & Yoga and Refurbished Center for Wellnes. Sri Ravi Tumuluri, Consultant, IYA - New Delhi & Hon. Secretary, IYA - Karnataka Chapter inaugurated them. Dr. M K Sridhar, Distinguished Professor, S-VYASA, was one of the Chief Guests and delivered a talk titled "Importance of Peace in Life and how we can attain it through Yoga". Sri K A Sujit Chandan, Trustee, RSST and Chairman, Governing Body, RVIM presided. Dr. Purushottam Bung Professor and Director, RVIM introduced the guests. Staff members, students of MBA attended the program.

National Youth Day at Sanjay Gandhi College of Education



Bengaluru, Jan 13: Sanjay Gandhi College of Education, Hebbal, Bangalore celebrated National Youth Day, coinciding with 160th birth anniversary of Swami Vivekananda. Dr. M K Sridhar, Distinguished Professor, Former Registrar of S-VYASA, was the Chief Guest and gave a talk on "Life of Swami Vivekanada and his messege to youth". Dr. R Latha Kumari, Principal and Educationist presided. Dr. Jyotsna Sharma, Asst. Professor was coordinator of the program. Many students of BEd & MED along with faculty members sttended the program.



Pro Vice Chancellor of S-VYASA, **Dr. Manjunath N K** at the Induction Program of Alva's College of Naturopathy and Yogic Sciences, Moodabidri, Karnataka



Felicitations to Pro Chancellor S-VYASA, **Dr. Prahlada Ramarao** by Bharathiya Samskriti Vidyaapeeth, Bengaluru



During the recent Educational Tour of MDSU Ajmer to S-VYASA



Prashanti, Jan 11: Former Students of S-VYASA attended **Alumni Meet**, organised on Previous day of Convocation at Sruti Mandir.



Prashanti, Dec 30: Dr. Nagajyothi, BNYS, PGCGO, conducted the **One Day Workshop on 'Traditional Chinese Medicine (TCM)'** for BNYS 2019 herein Sambhuti - BNYS Block. The workshop was attended by 70 students and also 10 faculty members. Topics covered in the workshop were: Traditional approach of pulse diagnosis; Traditional approach of tongue diagnosis; Uses of reflexological equipment



Chancellor, Dr. H R Nagendraji's session for ODL MSc (Yoga) Students



Prashanti, Jan 10: **Vietnam Yoga Academy**, Hanoi, Vietnam, signed **MoU** with **S-VYASA** for the purpose of Development of Yoga Research and Education in Vietnam.



Dr. Kadambini Acharya of **VYASA-Delhi** during her recent visit to Mauritius

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