

# YOGA SUDHA

A Monthly Journal of S-VYASA Yoga University



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## 14<sup>th</sup> Convocation of S-VYASA

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## Shanti Yoga Peetha Arohanam





Anvesana Research Team with **Sri Prakash Javdekar**, Union Minister for HRD, Govt. of India



Anvesana Research Team with Shanti Yoga Peethadhipati **Sri Sri Ravishankar Guruji**



**Bengaluru, Jan 16:** Delegates from the Zhengzhou Normal University from China have visited S-VYASA University. During the visit the discussions were made to develop the mutual understanding and co-ordination to promote Yoga in the main stream of academics in China

तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्  
**YOGA SUDHA**

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# EDITORIAL

## Yoga for Shanti

While every year Convocation on January 12 has been key dimension in Prashanti Kutiram, it has been enriched by Shanti Yoga Peetharohana by Sri Sri Ravishankar. While many conceive Shanti or Peace as a state of non-action, neutral, passive, non reactive mode of our responses, the function highlighted Shanti as a dynamic state of Purnatva to promote Individual Brilliance, Excellence, Health and Stress-free Maturity fully responsive to the challenges each individual faces in life. Ashanti has been at the base of all the modern challenges of stress, modern NCDs, terrorism, etc in the society. On one side we have built, skyscrapers, IT, social media, powerful pharmacological interventions, sophisticated surgeries mounting up to nearly 5000 replacing almost all parts of the body and racing ahead to change even the genes by Gene Therapy, we have found no solutions to these challenges. As we are dealing with the root cause of Ashanti which essentially is imbalance called Adhi. Adhi manifests all over our physical, Pranic, mental, emotional, intellectual levels. Unless we remove this Ashanti, we will not be able to meet the challenges.

How to remove Ashanti in the society? Many social transformation processes have been tried over centuries with hardly any perceivable success. So, Swami Vivekananda said that it can happen only from the individual level. He gave the formula 'Be and Make'. Each of us should bring peace in our system and scaled up the society will get transformed. How to bring peace in us? Yoga is the solution. Patanjali Maharishi says that we should control all modifications of the mind - Citta Vrtti Nirodha. And offered systematically developed Ashtanga Yoga culminating in Samadhi. While other 3 streams of Yoga work at Buddhi level (Jnana Yoga), emotions (Bhakti Yoga) and action level (Karma Yoga) the goal is to bring peace, balance in oneself. Depending on one's taste or inclination any one of these can be practiced by each individual. Or one can choose two or more or all of these but the goal is the same: to be free from Ashanti. To get at the state of Samatva or Balance.

Realising this need, our ancient Seers had made Yoga as a part of the education system right from the beginning. So, it is laudable that the present Prime Minister has been able to direct MHRD to bring Yoga in education system. Accordingly, NCTE (National Council of Teacher Educators), NCERT and UGC have strongly recommended all States in the country to include Yoga in the curriculum. As in India education is a State prerogative, many States have come forward to do the same which other states will take their time for the same. But the direction is set.

Through his one single speech our PM has been able to get the support of 173 countries and UNO declared June 21<sup>st</sup> as an International Day of Yoga. More and more Countries have started celebrating the same in a bigger manner. A rough estimate of about 28 crores of people in India practiced the Common Yoga Protocol in 2015 and it was nearly 32 crores in 2016. This is how the world is moving towards peace.

Establishment of Shanti Peetham in our University is a major step toward this great effort of MEA of our Government spreading the message of Yoga the world over. And Sri Sri has been the ambassador of peace for years and was tipped for Nobel Prize. We hope that it will fructify this time and India will continue to provide the leadership for bringing peace on earth.

And our effort to control Diabetes in the country by Yoga is yet another step the university has taken to bring Yoga to people to change their life style from Ashanti to Shanti which only is the solution for combating DM. Our graduates who got their degrees have pledged to work for the propagation of authentic evidenced based Yoga throughout the world. We welcome all our sponsors, well wishers, etc to join hands in this vital National Yajna.

■ *Dr H R Nagendra*





## ब्रह्मसूत्रम् (Brahmasūtram)

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



समुदाय उभयहेतुकेऽपि तदप्राप्तिः (ब्रह्मसूत्रम्-२-२-१८)

Samudāya ubhayahetuke'pi tadaprāptiḥ (Brahmasūtram-2-2-18)

**Meaning:** *Even if the (two kinds of) aggregates proceed from their two causes, there would take place non-establishment (of the two aggregates).*

Here, various schools of cosmologies are taken for evaluation in terms of their logical evidences, since the second Pada is Tarka Pada. Every school of thought is tested on the logical deliberation and evidence base. There are orthodox (oriented towards Vedas) and heterodox (oriented towards personal experiences) in the history of Indian philosophy. Vaisheshika, Nyaya and Sankhya are logic oriented. Once, a thought is logically deliberated and established, then they seek support from the scriptures. Buddhism also moves along the same lines, which is basically heterodox.

The four streams among Buddhist schools are Madhyamika, Yogachara, Sautrantika and Vaibhashika. Wide spectrum of schools of thought is very unique regarding nature itself; one denounces existence of the world itself, on the contrary some assert the existence of every article and particle. Though Buddha taught all Vineyas (disciples) equally, some deviated from main teaching and started their own philosophies. 'Bhidyante bahudhaa loka', 'Pinde Pinde Matirbhinna' - students of Buddha were also from diverse background and started different interpretation; thus the four schools of Buddhism came in to existence.

In this Sutra, Sarvastivada, theory which accepts very existence of world as it appears, is taken for discussion. Pancha Skandha theory

(Roopa, Vijnana, Vedana, Samjna and Samskara) is introduced. Senses and their objects form the Rupa Skandha, notion of egoism or 'I' forms Vijnana Skandha, the feeling of pleasure and pain forms Vedana Skandha, names constitute Samjna Skandha, and attributes of the mind such as affection, hatred, delusion, merit (Dharma), demerit (Adharma), etc form Samskara Skandha. These five Skandas make the internal and external world. Thus is the theory of accepting everything to be real. The nature of world itself is so complicated that simple theories would not satisfy the real quest of cosmology. So, it is proposed that these Skandhas make the world.

In this school of Buddhism, Samudaya or Sanghata (combination) is key the component. Everything is peculiarly combined. Why Ghata is different from Pata? Everything is combination of Anu (atom). But the question remains the same, 'How does the Samudaya happen?' There are two ways of answering this question. 1. The master mind behind creation makes combination which infers the Brahma or Atma, 2. Combinations takes place accidentally, it may only happen through Samskara, Vijnana, Jara, Maranam, Shoka etc which are rooted in Avidya (Nescience). Ultimately this theory takes us to accidental theory of creation. It could only result in chaos of the whole world.

The above said theory of Samudaya or Sanghata p34...



# 14<sup>th</sup> Convocation of S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana  
A Yoga University, Bengaluru

**Bengaluru, Prashanti Kutiram, Jan 12:** ‘The aim of the Indian government is to promote and encourage the youth who have excelled and achieved in the disciplines of yoga and sports. Hence, it has been contemplated by MHRD, Govt. of India to establish departments of yoga,

physical education, gymnastics, physical and mental health in various schools, colleges and universities in the country’ said Sri Prakash Javdekar, Union Minister for HRD, Govt. of India while giving away degrees and medals to the successful students of S-VYASA Yoga University, Jigani Campus.



Purna Kumbha Swagata to Dignitaries

The Hon’ble Minister said that yoga should become a part of life. Hence there is a serious effort to popularize yoga which is an ancient science having scientific background. Owing to the mammoth effort of Hon’ble Prime Minister Sri Narendra Modiji, International Day of Yoga (IDY) was organized in 193 countries. India is in the frontline of information



Veda Ghosha by the Faculty, Division of Yoga-Spirituality



Convocation declared open by the Chancellor, Dr. H R Nagendra

technology, biotechnology and other research. The internal and external stresses in these fields can be relieved by practicing yoga and also for attaining peace and comfort. He called upon the graduates to explore new avenues in yoga research and complimented the parents for sending their wards to this profession and also S-VYASA University for opening up new vistas in the field of yoga. The efforts of Hon'ble Prime Minister and the union govt. in making yoga as an integral part of education and profession would make India, a world preceptor.

Sri Arjun Ram Meghwalji, the Minister of State for Finance and Corporate Affairs in his address said that the Convocation of S-VYASA coincides with 154<sup>th</sup> birth anniversary of Swami Vivekananda. Graduates should inculcate compassion, humanism

and values of social service in their lives and should contribute for the society. In this regard, the relationship of teacher and student is very important.

Dr. K Kastrurirangan, the former Chairman, ISRO and present Chairman of Karnataka Knowledge Commission in his Convocation address said that the role of India in Space research is extraordinary. India has earned world fame for carrying forward the wheels of ancient knowledge and modern science cogently. The systems of yoga and Ayurveda have enhanced the health and longevity of Indians since time immemorial. In this context, the great contributions of renowned Indian thinkers like Charaka, Sushruta, Bharadwaja, Aryabhata, Varahamihira and others have been tested scientifically by modern researchers, thus earning fame all over the

**MHRD  
would support  
for achievements in  
Yoga and Sports**

Sri Prakash Javdekar  
Union Minister for HRD





Felicitation to Shri Prakash Javdekar



Felicitation to Shri Arjun Ram Meghwal



Felicitation to Dr. K Kasturirangan

Dr. H R Nagendra in his introductory remark said that yoga and meditation are very important tools in controlling Diabetes which has spread like an epidemic the world over. It is a matter of pride that world renowned scholars and research centers have accepted that yoga can cure diseases such as cancer. The practice of yoga would help people to live healthily and happily and free from various ailments and diseases. S-VYASA Yoga University is imparting knowledge and degrees in yoga through which thousands of students are doing service to humanity and this has created a new parallel employment all over the world.

world. Dr H R Nagendra, the Chancellor of S-VYASA should be complimented for promoting such inter-disciplinary research at the global level.

Dr. R Nagarathna, MBBS, MD, MRCP(UK),FRCP



MDNIY Director, Dr. Ishwar V Basavaraddi, Vice Chancellor of Ramakrishna Mission Vivekananda University, Swami Atmapriyananda, NAAC Director, Prof. D P Singh, UGC Secretary, Prof. Dr. Jaspal Singh Sandhu, D.Sc awardees Dr. K. K. Deepak & Dr. R. Nagarathna, D.Litt awardee Prof. M A Lakshmithathachar and many more dignitaries were present



Oath taken by the Graduates. *Inside Picture* - Vice Chancellor, Prof. Ramachandra G Bhat preached the oath

(EDIN) the Medical Director of Arogyadhama, VYASA, Dr. K K Deepak, MD PhD, Professor & Head, Dept. of Physiology, of AIIMS, New Delhi were awarded the honorary Doctor of Science (D.Sc.) and Prof. M A Lakshmithathachar, a renowned Sanskrit Scholar, former Director of Academy of Sanskrit Research, Melukote and President Awardee, was given the honorary Doctor of Literature (D.Litt.) by the Hon'ble Union Minister.

Hon'ble Vice-Chancellor Prof. Ramachandra G Bhat of S-VYASA initiated the Upanishadic advice to the students. Prof. M K Sridhar, Dean of Academics read out the list of UG and PG students. Prof. N K Manjunath Sharma, Director of Anvesana Research Laboratories, S-VYASA read out the list of PhD, MD graduates and recipients of honorary degrees. Dr. Sanjib Kumar Patra, the Registrar read out the winners of medals and endowment prizes.



Saraswati Homa

All the Deans, Controller of Examination, Heads of Departments were also present on the stage.

3 PhD, 3 MD, 16 BNYS, 123 M.Sc. and 60 B.Sc. students were awarded degrees by the Hon'ble Union Minister and other dignitaries.

Prof. K Subrahmanyam, the Pro-Chancellor of S-VYASA proposed hearty vote of thanks.

The Convocation ended with national anthem.

■ Prof. M K Sridhar



Convocation Program concluded with National Anthem - Jana Gana Mana...



## 14<sup>th</sup> Convocation Address

Dr. K Kasturirangan

Chancellor, Jawaharlal Nehru University, New Delhi  
Professor Emeritus, National Institute of Advanced Studies, Bengaluru



January 12, 2017

Dr. H R Nagendra, Hon'ble Chancellor of Swami Vivekananda Yoga Anusadhana Samasthana (S-VYASA), Dr. Ramachandra G Bhat, Vice-Chancellor, Dr. Sanjib Kumar Patra, Registrar, Members of the Board of Management, Academic Council, Members of the faculty, my dear students and esteemed invitees.

I deem it a special privilege to be invited to address the convocation of S-VYASA University. I would like to thank the Chancellor, Vice-Chancellor and other Members of the University for this Unique Honour done to me. I take this opportunity to greet each and every one of you who is present today in this campus on this august occasion.

This is the first time I am visiting an educational institution devoted to the science and practice of Yoga, whose relevance to the society is being felt in manner as never before in the recent times. This University is a standing edifice to the vision and teachings of Swami Vivekananda, especially focussing on shaping the future of youngsters to become responsible citizens. The recognition

given by the Indian Council of Medical Research, to this University, as the Centre of Advanced Research in Yoga and neurophysiology, provides the right type of credentials, to give it a credible role in establishing the scientific basis to this ancient Indian legacy. This arrangement also provides the University an opportunity to bring in modern methods of scientific research and analysis, including contemporary technological capabilities, giving the practice of Yoga enhanced and effective methods of applications. This dimension is extremely important in the context of dramatic advances in field of medical sciences giving better insights into the behaviour of human body and thus, enables us to understand as to how yoga can complement and supplement the modern allopathic and other developments.

The Chancellor of the University, Dr. Nagendra deserves special praise from all of us for his extraordinary track record, bringing with him an extraordinary breadth and depth of rich multidisciplinary knowledge base that makes his responsibility in overseeing this University truly effective and innovative. With a PhD. degree in mechanical engineering from Indian

**Dr. K Kasturirangan** is currently the Chancellor of Jawaharlal Nehru University, an Honorary Distinguished Advisor, Indian Space Research Organisation, an Emeritus Professor at the National Institute of Advanced Studies. Earlier, as Chairman of ISRO, he oversaw the space programme in India between the years 1994 and 2003. He was also a Member, Upper House of the Indian Parliament, and subsequently, Member of the erstwhile Planning Commission. His interests include astrophysics, space science and technology as well as science related policies.



Dr. Kasturirangan is a Member of the International Academy of Astronautics and served as its Vice President. He is a Member of the International Astronomical Union and a Fellow of The World Academy of Sciences (TWAS). He is a Fellow of Indian Academy of Sciences and served as its President during 2001-03. He is Fellow of Indian National Academy of Engineering and was its President during 2005-06. He was also General President of the Indian Science Congress for the years 2002-2003. Besides, he is the Fellow of the Indian National Science Academy and the National Academy of Sciences of India. He is the Honorary Fellow of the Cardiff University, UK and Academician of the Pontifical Academy of Sciences, Vatican City.

He has won several awards including Brock Medal of International Society of Photogrammetry and Remote Sensing, (2004), Allan D Emil Memorial Award of the International Astronautical Federation (2004), Theodore Von Karman Award by International Academy of Astronautics (2007), Shanti SwarupBhatnagar Award in Engineering, Aryabhata Award 2003 of Astronautical Society of India, Lifetime Achievement Award of Asia-Pacific Satellite communications Council, Singapore, Aryabhata Medal by Indian National Science Academy (2000), Asutosh Mookerjee Memorial Award by the Indian Science Congress, Award of Jewel of Ruia, Ruia College Alumni Association, 2007; MaharanaUdai Singh Award 2007-08 by Maharana of Mewar Charitable Foundation, Udaipur, 2008; Rajayogindra Award, Maharaja of Mysore (2008); Vikram Sarabhai Memorial Gold Medal, Indian Science Congress (2009) etc. He has been conferred with the highest civilian honours Padma Shri, Padma Bhushan and Padma Vibhushan by the President of India and Award of 'Officer of the Legion d'honneur' by the President of the French Republic, France.

Institute of Science, I see that Dr. Nagendra has worked in some of the foremost engineering and scientific institutions across the world including University of British Columbia, Harvard University, Imperial college of Science & Technology and including a stint at NASA's Marshal Space Flight Centre. What is also striking is the fact, after this illustrious academic career in Science and Technology; he chose to become a part of the Vivekananda Kendra as a whole time worker. Here too, after occupying several levels of responsibilities with different institutions related to Yoga activities, he has now reached the position of the Chancellor of this unique

institution of erudition and excellence.

I find an interesting dimension to his career which I may like to share with all of you. In 1893, Swami Vivekananda was travelling from Japan to America with Jamsedji Tata in the same ship. Swamiji asked Jamsedji, for what mission was he travelling and Jamsedji said he wanted to bring steel industry to India. Swamiji blessed him and then pointed out that the steel technology had two components- one is scientific understanding of steel and the other is manufacturing technology. 'What can you bring to this country in material technology if you do not build



PhD (Yoga) and MD (Yoga & Rehabilitation) Scholars with Dignitaries

material science in this country' - asked Swamiji. This advice left a deep impression on Jamsedji's mind. Several years later, he decided to build a research institute on fundamental science with a dedicated team of scientists. Inspired by the news of the establishment of Ramakrishna Mission, Jamsedji sent a letter on 23 November 1898 to Swami Vivekananda seeking his leadership for a campaign of linking asceticism with science. He wrote: 'it seems to me that no better use can be made of the ascetic spirit than the establishment of monasteries or residential halls for men dominated by this spirit, where they should live with ordinary decency, and devote their lives to the cultivation of sciences - natural and humanistic. I am of opinion, that, if such a crusade in favour of asceticism of this kind were undertaken by a competent leader., it would greatly help asceticism, science and the good name of our common country; and I know not who would make a more fitting general of such a campaign than Vivekananda'.

As you already have noted, your Chancellor had his Post Graduation education from this creation of Sir Jamsedji Tata that reflects the spirit and ideas of Swami Vivekananda. Having excelled himself in the subject of engineering and technology including space technology, your Chancellor has now chosen to be associated with an institution which translates the other dimension of the Swamiji's thoughts, asceticism. What better way to demonstrate the extraordinary depths of Swamiji's thoughts and ideas linking science and asceticism, than this commendable fusion between the two. I make this observation only to emphasise the richness in the quality of thinking that goes into the actions of your Chancellor, including his penchant for

excellence and courage of conviction. To you, my dear students, your Chancellor is the real role model to emulate as you plan and shape your future life.

I see that you have a qualified and committed faculty ably lead by your erudite Vice-Chancellor. The University ensures quality education by not only providing best of the teaching contents but also combining the same with research. I am sure, my dear young friends, in the years to come, you will certainly continue to find the value of the academic, social and cultural experience that you received from your alma mater, irrespective of what responsibilities you assume and where you work.

My dear young friends, the rich ambience of this place to which you belong, is an enduring source of inspiration for all of you. I warmly congratulate each one of you who is graduating today and I extend my best wishes to you for your success and for fulfilment of your visions, dreams and aspirations in life. High and noble aspirations are indeed your guiding stars in your journey towards achieving perfection and realizing your true potential. Through your hard work and dedication to learning, you are already on the path to achieve individual excellence. As you begin your journey in the new phase of your professional life, you should be prepared to face the rigors, excitements and uncertainties all the way. Beat the fatigue with the fountain of talents and creativity that is within you. Never lose sight of your goals and aspirations, whatever may be the obstacles. "A block of granite which is an obstacle in the path of the weak becomes stepping stone in the path of the strong".

To appreciate the significance of Yoga in the modern context, it will be of interest to examine its evolution since ancient times. India has a rich legacy in terms of its contributions to science and technology over periods spread across millennia. Sage Bharadwaja, acknowledged as scholar extraordinaire is believed to have explained to Sage Bhrugu the details and process of creation of Universe. Bharadwaja, who is also acknowledged as a technocrat, is credited with teaching missile technology to Agnivesha in Mahabharata. Sage Kanada is known for his pioneering ideas about atomic theory of matter. Sushruta is known as the "Father of Plastic Surgery" and has authored the most exhaustive ancient treatise on surgery- Susruta Samhita. Charakawas the first physician who presented the concept of digestion, metabolism and immunity. Aryabhata is a great mathematician and astronomer whose contributions include the first determination of the value of Pi and giving method to express large numbers. Varahmihira provided original ideas for locating underground water and is also the author of treatises like Panchasiddhantika, Brihatsamhita and Brahjjataka.

The work of Sage Patanjali needs special mention in this connection. It was Patanjali who assimilated the different themes of Yoga and systemized the practices into a well-structured doctrine. Patanjali composed the Yogasutra (400 BC), which remains a classic on the subject to this day.

The literal meaning of the Sanskrit word Yoga is 'to link' 'to join' 'to yoke'. In the context of Indian thought, it is the practice by which Individual Consciousness merges with universal consciousness and the true nature of

human existence is realized. Yoga is a mental and physical discipline, by practice of which the individual attains a perfect state of health in mind and body. The first known material evidence of the practice of Yoga in India comes from the seals of the Indus valley civilization (3200- 1300 BC). The term "Yoga" first appears in the 'Katha-Upanishad' where it is defined as the study control of the senses which along with the cessation of mental activity will lead to the supreme state. It discusses various levels of existence according to their proximity to the innermost being, Atman. Yoga is presented as a process of interiorization or ascent of consciousness. Patanjali's 'Yogasutra' is composed of four chapters- Samadhi Pada, Sadhana Pada, Vibhuti Pada and Kaivalya Pada. Yogasutra is fundamental to the branch of Yoga known as the 'Raja Yoga' or 'King among Yogas'. Swami Vivekananda regarded Raja Yoga as extremely rational in approach and wrote a masterly book with an introduction on the subject and translation of the Yogasutra.

The practices are interlinked and so tiered, that from asana onwards one is led to the higher states of the mind, through diligent practice until the final stage of Samadhi delivers the aspirant the ultimate aim of life. Swami Vivekananda puts in a word of caution to the seeker about the practices, 'but all such are especially and earnestly reminded that, with few exceptions, Yoga can only be safely learnt by direct contact with the teacher'. He also added that if one sees earnestly and with the decided aim of achieving liberation alone, one will find the teacher or the teacher will find him out.

The reason why I give the details of our early heritage in Science, technology, mathematics



MSc (Yoga Therapy) Graduates with Dignitaries



MSc (Yoga & Consciousness) Graduates with Dignitaries

and astronomy is to emphasize the extraordinary influence of many of these ancient Indian thoughts in the context of several modern developments in these areas including medicine. Yogic science as enunciated by Patanjali has travelled down centuries and today finds its new relevance in context of rehabilitation, prevention of non-communicable disease and promotion of positive health.

Yoga attracted the attention of the educated Western public in the mid-19th century. NC Paul published his treatise on Yoga philosophy in 1851. The first Hindu teacher to actively advocate and disseminate aspects of Yoga to a Western audience was Swami Vivekananda, who toured Europe and the US in the 1890s. RW Emerson of the USA, GTW Hegel, Max Mueller and others in Europe took active interest in Europe in Yoga along with Vedanta. In the early 20th century Yogananda Paramahansa introduced 'Kriya Yoga' to millions of Westerners. The popularity of Hatha yoga especially aspects in the Hatha yoga that focus on postures and breathing exercises to eliminate diseases and bring good health been on the constant rise in the US and Europe.

Coming to the some other specific aspects of Yogic sciences, it is to be emphasized, that in order to adopt and support different approaches to health care there is the requirement of substantive clinical research evidence. Presently, the medical technology as well as continuing pharmaceutical research has been witnessing rapid advances and their effectiveness more and more being felt in the global healthcare

systems. The same advances and the knowledge gained, also helps us to examine parallel the relevance and uniqueness of the traditional systems. In this context one is witnessing increasing emphasis on research directed to better understating of the impact of Yoga on health and well-being. Yoga is an ancient practice and has been intimately connected with cultural, religious and physical activities for several millennia. There has been definitive assertion by practitioners of Yoga regarding its unique effect on balancing emotional, physical and spiritual health. The contemporary studies do substantiate many of these claims, both from the inputs from the practitioners and the more recent research work that clearly underscore the broad ranging benefits of Yoga, as a treatment and as a preventive form of medicine and health care.

The modern age which is dominated by computerisation coupled with the pharmaceutical medication have been effective in dealing with many of the symptomatic health problems that allow us to carry on with our normal life, but reflecting very little on our personal health. In this context, it is refreshing to note that Yoga is not only finding increasing popularity in practice but also additional space among researchers who want to explore exactly how yoga practice can help us. One cannot of course contest the present approach of evidence based medicine. It is important to substantiate any clinical claims made for any therapy and Yoga can be no exception to this. There are several research outcomes that highlight the effectiveness of practising yoga to reduce essential hypertension

and anxiety during pregnancy, its effect on regulating heart rhythm, their connection to the brain wave activity, improvement of core stability and balance as well as postpartum depression.

Coming to some of the hard core contemporary research efforts, many recent behavioural and neuroscientific studies have revealed the importance of investigating meditation states and traits to achieve an increased understanding of cognitive and affective neuroplasticity, attention and self-awareness, as well as for their increasingly recognised clinical relevance. The investigation of states and traits related to meditation has especially pronounced implications for the neuroscience of attention consciousness, self-awareness, empathy and theory of mind.

Meditation can be conceptualised as a family of complex emotional and attentional regulatory practices, in which mental and related somatic events are affected by engaging a specific attentional set. Studies on the neuroscience of meditation can be broadly classified into two types: one type focuses on the nature of changes in the brain activity during the practice of meditation (meditation state) and the other type focuses on the cognitive and neural changes due to the long-term meditation practice (meditation trait). Several studies have reported changes in attentional processes due to meditation practices. Mediators show decreased attentional blink, improved ability to control perceptual rivalry, reduced distractibility and more sustained attention. Another study with Vipasana meditation has shown a reduced attentional blink. The Vipasana meditators possibly gained better control over the allocation of attention. In

a related study, EEG spectral analyses implicated that after meditation based mental training the cognitive system is more rapidly available to process new target information.

Now, I come to an important emerging area of human Endeavour which could qualitatively change the character of the human kind; I mean the initiatives of the Nations to move to the last frontier- the Space. From the brief foray of Yuri Gagarin in to Space, the world today has witnessed several human space flights that have put humans from a few hours to few days to several months to few years. In the process, there has been enormous amount of medical and clinical data on the behavior of humans under microgravity conditions of Space.

India's space program is more than five decades old. During this period, we have flown world class satellite for communications, remote sensing, broadcasting, meteorology, navigation and space science. In order to place these satellites in appropriate orbits, we have also developed launch vehicle capabilities. India has many ambitious plans, going beyond its present level of achievements, by undertaking missions to Moon and planets, planning Human space flights in near Earth orbits as well as conduct of front-ranking space science experiments. Considerable amount of work is currently in progress in connection with human space flight by India. Such an effort would involve mastering of several technologies and techniques, such as realization of man-rated vehicles, development of one or two man capsules to be put into space, close-cycle ecosystems for humans to survive in Space, technology of recovery and return from Space, safety, reliability and other related issues. Further these initial efforts can



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also create the necessary credentials for India to work with other Nations as a part of Global Endeavour to explore and exploit Solar system objects including in some cases, building human habitats. One of the important preparatory works for this would be an intense program at the National level on Space medicine, which would include study, understanding and dealing with human presence in Space. I am sure, the study and evaluation of the effectiveness of Yoga to deal with the problems of long duration human flights, is sure to be a major Endeavour of the future. As we move in to the latter half of the 21<sup>st</sup> century, these steps that have already been taken will further expand and intensify through the ambitious plans of lunar exploration and lunar settlements and also that of humans making trips to Mars, asteroids and Moons of other planets. Ability to cope up with long duration spaceflights under microgravity environment, radiation, psychological effects of isolation and many related aspects, needs to be better understood, dealt with and appropriate solutions found. It is in this context, the world is taking note of the very unique aspects of Yoga sciences that could provide solutions to many of the problems of human space flight.

I may mention in this connection, that the

astronauts living in microgravity of Space experience physiological changes including decrease in number and mass of red blood cells & white blood cells causing susceptibility to infections, the heart becomes 9.4% more spherical in shape and loses muscle mass leading to cardiac problems, body fluids no longer flow back down and due to pressure of the heart and veins and arteries the blood rushes to the torso and head causing 'puffy face syndrome', eyes become red and swollen. Researchers have hypothesized that practice of Yoga- breathing; stretching, relaxation and meditation techniques will provide relief from physiological stress associated with space travel in astronauts and space travelers. It has been reported that practice of Yoga reduces immunodeficiency. Therefore, Astronauts can practice Yoga as an option for maintaining their immune system. Prolonged space travel also leads to atrophy of muscles supporting the spine resulting in spinal disc diseases, bone degradation is observed due to loss of minerals. About 10% reduction in bone mass in the lower limbs which are underused in space has been reported. These changes become progressively more pronounced with the increase in the mission duration. Researchers have deduced that in addition to the core-strengthening exercises performed by astronauts,



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Yoga might be a useful addition to their exercise training since Yoga practice requires no setting up of complicated equipment's, it could be useful in providing forces on the musculoskeletal system by stretching and flexing movements, helping reach muscles that support the spine and are evaded by traditional exercises. Certain researchers have also hypothesized that Yoga exercises involving repetitive ankle, toe or other flexion, will not only contribute to increased blood flow to the muscle regions and bones, but also help in ligament stimulation, muscle contractions that will help an astronaut maintain a healthy bone structure. Apart from the physiological changes, astronauts also face a range of stressful situations throughout their mission. A variety of asanas, pranayama, and meditation combined with finger-thumb hand gestures are claimed to provide stress-relief. The body of an astronaut experiences changes on return from spaceflight and attempts to adapt to living in Earth's gravity leading to conditions like orthostatic hypotension (OH) characterized by low blood pressure, inability to stand without feeling faint etc.. Deep breathing exercises in Yoga designed to increase the blood flow to the brain should be practiced by astronauts which will help them combat OH and also space-sickness during their early portions of flight.

Rakesh Sharma, India's first man in space performed yoga while strapped to sensitive instruments as a part of experiments to deal with the effects of weightlessness, motion sickness and the psychological condition of man in space during his eight day mission to space, though the data obtained was not pursued

further. Based on data from scientific literatures regarding various asanas, breathing techniques and muscular movements during Yoga practice, it is hypothesized that Yoga can provide options that can be used by astronauts as their personal health kit to combat effects of microgravity and other stressful conditions before, during and in post-flight rehabilitation.

Before I conclude, it will be most appropriate for me to make some remarks on the efforts of our Hon'ble Prime Minister Shri Narendra Modi Ji, in bringing a transformational awareness of Yoga to a larger cross-section of our society and also globally. He has personally carried the message of Yoga, through his speeches, including sharing his thoughts with his countrymen through Maan ki baat. He raised the stature of Yoga to the global level by speaking about it at the United Nations and bringing the awareness and practice of Yoga in an unprecedented manner to the global community. Today as you know, the United Nations has adopted 21<sup>st</sup> June, as the International Yoga Day, which stems out of extraordinary vision of our Prime Minister. Yoga, in the coming years and decades, and in the era of human space exploration, is sure to graduate into an integral element of human existence. From an individual, to societal, to National and International regimes, it is destined to attain the stature of a global culture. What is even more exciting is to anticipate Yoga attaining planetary and Universal proportions, as the humans reach for the stars!

Thank You.



## D.Sc and D.Litt awards

Doctor of Science (D.Sc) award  
to *Dr. K. K. Deepak*



**Dr. K. K. Deepak** has been serving as a faculty in the Department of Physiology at All India Institute of Medical Sciences, New Delhi for 28 years, keeping his interest in autonomic nervous system. He initiated the **Autonomic Function Lab** in the department in 1989. Since then he has been serving as Chief of the AF Lab. It was the first lab of its kind in the century. It has been providing patient care services and platform for research in **Clinical Physiology**, till date over 17,000 human subjects have been investigated in this lab. Seeing the success of the lab, several institutions have been approached to set up such labs in several institutions (BPKIHS, Dharan Nepal; KGMU, Lucknow and NIMHANS, Bangalore; SMS Medical College, Jaipur). They have developed successful networking among six national institutions for autonomic tone quantification. In his lab over **100 students** have been trained in the techniques of testing autonomic functions including 9 foreign students, realizing the need of vascular functions in 2000, now **Vascular Functions Lab** has facility for Transcranial Doppler, Impedance Plethysmography, Non-invasive continuous blood pressure measurement (Finometer,

Finapres, portapres), non-invasive monitoring of brain oxygen metabolism etc. They have also standardized the non-invasive method of measuring cardiac output using indigenous technology.

His academic and innovative contributions have further paved his way to contribute to the field of administration. He served as **Sub-Dean (Exams) at AIIMS** (from June 2001 to September 2006). Later he served as **Professor-In-Charge of Examination** till 14<sup>th</sup> September 2008. He has been successful in rendering his services to examination process through innovation, and applying the basic principle of educational assessment. He has been instrumental in bringing objectivity into assessment in medical education at all levels. Later, the objectivity was introduced to all levels of job recruitment through written tests/Objective Skills Testing at AIIMS.

Another area of his interest has been **Medical Education**. He has a *Center of Medical Education and Technology (CMET)* at AIIMS which plays important role in all aspects of developing medical education. In his initial years, he served as adjacent faculty member for this center for 12 years (1987-2000). During this period, as resource faculty, he actively participated in 45 workshops on medical education providing training to the national and international participants (SAARC countries). He has published more than 25 communications in the field of medical education.

At international level, he served as **Item Bank Administrator for International database for Enhanced Assessment and Learning (IDEAL) Consortium** at Dammam University, Kingdom of Saudi Arabia during his two year lien from AIIMS (2008-10), he developed the ideal consortium of question banks across 13 countries ([www.idealmed.org](http://www.idealmed.org)).

Presently, at AIIMS he has been entrusted with the responsibility of Professor In Charge of

Center for medical Education and Technology (CMET) which has the responsibility of Faculty and staff development. He is also serving as Nodal Office for AIIMS New Delhi for National Knowledge Network (NKN)

The **techniques of EMG biofeedback** (published) for patients of hand and meditation for drug-resistant epileptics was introduced by him. He also set up the technique for recording the gastric motility from surface called **electrogastrography (EGG)** first time in our country. Further for the first time, they developed this technique for using EGG signal as biofeedback signal to provide relief to the patients of functional

bowel syndromes. He has also been interested in designing and developing software for analysis of physiological autonomic tone. They have indigenously developed beta version of centralized system of HRV analysis (autonomic tone) for the country. He has recently filed a patent application for discussing the **Yoga Application for Astronauts**.

He has 116 **Full Length Referred Research Papers** published in **Indexed Journals** and contributed 13 chapters in various books. He has co-authored three books. His work has been abstracted in more than 300 scientific communications.

## Doctor of Science (D.Sc) award to *Dr. R. Nagarathna*



**Dr. R. Nagarathna** is the Medical Director of Arogyadhama, the Holistic Health Care Center at Prashanti Kutiram, Bengaluru. Having mastered Yoga, she combines the best of the East (Ancient Indian Traditional System - Yoga) with best of the West (Modern Medicine System - Allopathy) for treating even acute cases of non-communicable diseases such as Asthma, Heart disease, Cancer. Apart from being Medical Director, as an academician, she has been guiding many PhD students of S-VYASA.

### Specialities

- Yoga & Meditation

### Memberships

- Fellow of Royal College of Physicians, Edinburgh, UK.

- Member of Royal College of physicians, Edinburgh, UK.
- Fellow of International College of Angiology, USA.
- Life Member of Association of Physicians of India.
- Member of Third World Organization for Women in Science, C/o Third World Academy of Sciences, Trieste, Italy.

### Experience

- Medical Director at Arogyadhama and Faculty, S-VYASA, Bangalore.
- Assistant Surgeon, Children's Unit, Vani Vilas Hospital, Bangalore.
- Assistant Surgeon cum lecturer, CG Hospital & JJM Medical College, Davanagere, Karnataka.
- Senior House Officer, Poole Hospital, Department of Geriatric Medicine Middlesbrough General Hospital, Cleveland, UK.
- Registrar, Rheumatology, West Lane Hospital Middles - borough, Cleveland, UK.
- Chief Medical Officer, Vivekananda Kendra Yoga, Chikitsa Nilayam, Kanyakumari, India.
- Visiting Consultant Physician, Ashwini Hospital, Mercara, Coorg, Karnataka, India.

### Awards

- "Vishweshwaraiah Vijnana Puraskara" (2008) for contribution in the field of Scientific Research in the field Yoga Swadeshi Vijnana



- Andholana, Karnataka.
- The Essel Karnataka's "**Best Medical Service Award**" (2007) from ZEE-Kannada Television Channel.
- "**Vidya Varenya**" (2005) for contributions in the field of yoga by, Ministry of health Vyaps Techno Soft Pvt. Ltd. And Quaser Innovation Pvt. Ltd. Bangalore.
- "**Woman of Excellence**" award (2003) by the Badaganadu Sangha Association, Bangalore, for service to humanity through Yoga Therapy.
- "**Dr. P S Shankar Vaidya Shree**" award (2001) by Dr P S Shankar Pratistana, Gulbarga.
- "**Patanjali Award**" (2000) for contributions in the field of yoga by Indian Systems of Medicine and homoeopathy (ISM&H), Ministry of Health and Family Welfare, Government of India, arranged through Director, ISM & H in Bangalore.
- "**Karnataka Kalpavalli**" award (1995) for 'Service to women through Yoga' awarded by 'Shaswathi' a women's organization, NMKRV College, Bangalore.

- "**Doctor's Day**" award (July 1992) by IMA, Bangalore Branch.
- "**Honorary Doctor of Science (DSC)** (February 2012) from Kuvempu University, Shivmoga, Karnataka.

### Distinctions

- Member of Finance Committee of Central Council of Research in Yoga and Naturopathy (CCRYN), Department of ISM & H, Ministry of Health & Family Welfare, GoI, New Delhi (since 2001).
- Member of working group of Experts for preparation and approval of syllabus for PG Diploma in Yoga therapy by University Grants Commission (UGC), New Delhi, (2002 - 2003).
- Faculty, School of Integrative Medicine, Swinburn University, Melbourne, Australia, (since 2002).
- Recipient of Gold Medal for securing first rank in Surgery in final MBBS exam (1966), Bangalore University and Silver medal for securing second rank in ophthalmology in MBBS (1965), Bangalore University.

## Doctor of Letters (D.Litt) award to *Prof. M A Lakshmithathachar*



**Prof. M A Lakshmithathachar** is a traditional Sanskrit scholar who specializes in all the Indian Knowledge systems. He has dedicated his life to prove to the world the modern relevance of these knowledge systems to fields as varied as Information technology, agriculture, horticulture and so on. He has edited / authored more

than 100 various publications. He has taught at the Post-Graduate and doctoral levels and established several institutes of national and international repute. Presently, he heads the Samskriti Foundation ([www.samskriti.org](http://www.samskriti.org)) at Mysore and is actively engaged in research work and spreading awareness about the importance and significance of the traditional Indian knowledge systems.

### Degree

- B.A. (Sanskrit & Philosophy as majors) with 8th rank, Mysore University
- M.A. (Sanskrit) (passed out first in first Rank with two gold medals), Madras University
- Navya Nyaya Vidvan first in first getting Gold Medal of the President of India from Govt. of Karnataka

### Positions Held previously

- Lecturer in Sanskrit, Government College, Chitradurga, - 4 years
- Lecturer in Sanskrit, Government Arts & Science College, Bangalore, - 4 years

- Assistant Professor of Sanskrit, Post-Graduate Department of Sanskrit, Bangalore University, Bangalore, -10 years
- Founder Joint Secretary, Academy of Sanskrit Research, Melkote, Mandya Distirct, Karnataka.
- Registrar, Academy of Sanskrit Research - 8 years
- Director, Academy of Sanskrit Research, Melkote - 18 years

### At Present

- Chairman, Centre for literary Research, Indian Institute of Ayurveda and Integrative Medicine (IIAIM), Foundation for Revitalization of Local Health Traditions (FRLHT), Bangalore, heading the Medical Manuscripts Programme at I-AIM, FRLHT.
- President, Samskruti Foundation, Mysore [www.samskruti.org](http://www.samskruti.org)
- Member, Academic Council, & Visiting Professor, S-VYASA University, Bangalore [www.svyasa.edu.in](http://www.svyasa.edu.in)
- Senior Honorary Advisor, FRLHT, A centre of

excellence under the Ministry of Environment and Forests, Bangalore [www.frlht.org](http://www.frlht.org)

- Member, Governing Council and Chief Advisor, TVS Chef Training Institute, Tumkur
- Member, Academic Council, & Visiting Professor, Jawaharlal Nehru Institute of Advanced Studies, Hyderabad

### Recognition and Honours

- Award of President of India for outstanding scholarship in Sanskrit and contribution to build a bridge between the Ancient Knowledge Systems and Modern Science
- Citizen of the Age of Enlightenment by Maharshi Mahesh Yogi International Academy of Science
- Ramanuja Paduka Sevaka by Sri Kumara Venkatachariar Sadhabhisekha Mahotsavam 2001, Sri Mudali Andavan Swami Thirumaligai, Singaperumal Koil, Chennai.
- Many other titles and certificates of honor conferred by various other Institutions.



BSc (Yoga Therapy) Graduates with Dignitaries



DDE - BSc (Yoga) Graduates with Dignitaries



## Awards for Achievements



SNo	Name of the Award	Awardee
1	Manonmani Rudraiah and Laxmi Memorial Academic Excellence award for 'PhD Best thesis'	Dr. Hemant Bhargav
2	Dr. Dayananda Dangonkar Memorial Award for 'Best MD student'	Dr. Binod Ghimire
3	Sitaram Jindal Foundation Gold Medal for MSc - YT	Jintu Kurian
4	D K Poddar Silver Medal - MSc - YT	Jayanthi Rao H R
5	Sitaram Jindal Foundation Gold Medal - BSc - YT	Bissa Latika Pravin
6	D K Poddar Silver Medal - BSc - YT	Kalyan Maity
7	D K Poddar Gold Medal Scheme Gold Medal - BNYS	Monika Jha
8	D K Poddar Silver Medal - BNYS	Arundhathi Goley
9	Prof. N Nagappa Memorial Award for 'Academic Excellence' among M.Sc. (Yoga & consciousness) graduates - Silver Medal	Sreenath K P
10	D K Poddar Award for 'Academic Excellence' among MSc - Yoga graduates	Shree Raksha Bhide U
11	Medal for Academic Topper in Modern Medicine Subjects	Monika Jha
12	Medal for Academic Topper in Naturopathy Subjects	Monika Jha
13	Medal for Academic Topper in Yoga Subjects	Monika Jha
14	D K Poddar Gold Medal for MSc - Yoga among Distance Education graduates	Maria Lena Fernandes
15	D K Poddar Silver Medal for MSc - Yoga among Distance Education graduates	Raghunandan V
16	D K Poddar Gold Medal for BSc - Yoga among Distance Education graduates	Meera S
17	D K Poddar Silver Medal for BSc - Yoga among Distance Education graduates	Darshini Jyasekara



# PhD in Yoga

## Scholars and Publications



### Dr. Hemant Bhargav

**Thesis Title:** Acute Effects of Mobile Phone Radiations on Brain Hemodynamics, Cognition and Subtle Energy Levels of Teenagers and Protective Value of Yoga Intervention: A Randomized Controlled Study

#### Publications:

1. Bhargav, H., Varambally, S., Mooventhan, A., Bista, S., Singh, D., Chhabra, H., & Venkatasubramanian, G. (2016). Acute effects of 3G mobile phone radiations on frontal haemodynamics during a cognitive task in teenagers and possible protective value of Om chanting. *International Review of Psychiatry*, 1-11.
2. Bhargav, H., Srinivasan, T. M., Varambally, S., Gangadhar, B. N., & Koka, P. (2015). Effect of Mobile Phone-Induced Electromagnetic Field on Brain Hemodynamics and Human Stem Cell Functioning: Possible Mechanistic Link to Cancer Risk and Early Diagnostic Value of Electronphotonic Imaging. *Journal of Stem Cells*, 10(4), 287.
3. Bhargav, H., Srinivasan, T. M., Bista, S., Mooventhan, A., Suresh, V., Hankey, A., & Nagendra, H. R. (2017). Acute effects of mobile phone radiations on subtle energy levels of teenagers using electrophotonic imaging technique: A randomized controlled study. *International Journal of Yoga*, 10(1), 16.



### Mr. Umesh Dwivedi

**Thesis Title:** Effect of Yoga on Counterproductive Work Behavior (CWB)

#### Publications:

1. Dwivedi, U., Kumari, S., & Nagendra, H. (2016). Effect of yoga practices in reducing counterproductive work behavior and its predictors. *Indian Journal of Psychiatry*, 58(2), 216-219. <http://dx.doi.org/10.4103/0019-5545.183778>.
2. Dwivedi, U., Kumari, S., & Nagendra, H. (2015). Model of yoga intervention in industrial organizational psychology for counterproductive work behavior. *Industrial Psychiatry Journal*, 24(2), 119-124. <http://dx.doi.org/10.4103/0972-6748.181730>.
3. Dwivedi, U., Kumari, S., Akhilesh, K., & Nagendra, H. (2015). Well-being at workplace through mindfulness: Influence of Yoga practice on positive affect and aggression. *AYU (An International Quarterly Journal of Research in Ayurveda)*, 36(4), 375-379. <http://dx.doi.org/10.4103/0974-8520.190693>.



## Sathya Prakash Purohit

**Thesis Title:** Effect of Yoga on Physical and Psycho-Social Well-being of Orphans: a Randomized Controlled Study

### Publications:

1. Purohit, S. P., Pradhan, B. & Nagendra, H. R. (2016). Effect of yoga on euro-fit physical fitness parameters on adolescents dwelling in an orphan home: a randomized control study. *Journal of Vulnerable Children and Youth Studies*. 11(1), 33-46.
2. Purohit, S. P. & Pradhan, B. (2016). Effect of yoga on executive functions of adolescents dwelling in an orphanage: a randomized control study. *Journal of Traditional and Complementary Medicine*. 7 (2017) 99-105.
3. Purohit, S. P., Pradhan, B. & Nagendra, H. R. (2015). Effect of yoga program on psychomotor performances of orphan adolescents: a randomized wait-list controlled study. *International Scientific Yoga Journal SENSE*, 5(5), 55-63.
4. Purohit, S. P., Pradhan, B. & Nagendra, H. R. (2015). Effect of yoga program on minimum muscular fitness of orphan adolescents by using Kraus-Weber test: a randomized wait-list controlled study. *Indian Journal of Positive Psychology*, 6(4), 389-392.
5. Purohit, S. P., Pradhan, B. & Nagendra, H. R. (2016). Yoga as a preventive therapy for loneliness in orphan adolescents. *Indian Journal of Health and Wellbeing*, 7(1), 121-124.

## MD in Yoga & Rehabilitation



## Dr. V Suresh Babu

**Dissertation Title:** Sleep Architecture in Yoga Practitioners: A Comparative Study

## Dr. Binod Ghimire

**Dissertation Title:** Immediate Effect of Cyclic Meditation on Response Inhibition, Information Processing and State Anxiety in Patients suffering from Relapsing and remitting Multiple Sclerosis: A Self as Control Study



## Dr. Donirung Reang

**Dissertation Title:** Immediate Effect of Integrated Yoga Session on Verbal Fluency, Visuo-Spatial Memory and Cognitive Flexibility of Patients with Chronic Multiple Sclerosis: A Pilot Study

# M.Sc. (Yoga Therapy)

## Titles of Dissertations

No	Name	Dissertation Title
1	Lopamudra Gupta	Effect of yoga on Preservative Cognition and Pulmonary Functions in Hypertensive Patients: A Single Arm Pilot Study
2	Gowtham C	To study the prevalence and IAYT effect on diabetes and high risk population in rural Karnataka - a survey and pre-post design
3	Sneha	Effect of Yoga On Productivity and Health of Button Factory Workers: A Single arm open Label Study
4	Jayanthi Rao H R	An Impact Of Integrated Approach Of Yoga Therapy on Chronic Constipation : Single-Arm Design
5	Praveen Kumar B	To study the prevalence and IAYT effect on diabetes and high risk population in rural Karnataka - A survey and pre-post design
6	Zhang Qiaoyi	Effect of spirituality on health and physical wellbeing in Chinese young adults
7	Satyajit Sinh Dharmendrasing Zala	Effect of Yoga on Psycho - Physical Fitness Among NCC Army Cadets
8	Emmanni Sireesha	To Study The Prevalence and IAYT Effect on Diabetes and High Risk Population in Rural Karnataka - A Survey and Pre - Post Design
9	Albert K C	Effect of Eight Weeks of Yoga Program on Psychological Well - Being of the Seminarians
10	Saumya Bitla	Effect of Bhramari Pranayama on Meta-cognition and Mindfulness in High School Children
11	R Deepmala Rao	Effect of Cyclic Meditation on Sleep Quality, Mindfulness and Preservative Cognition in Corporate employees : A Controlled Trial
12	Sumati Mishra	Study of Healing Using Electro photonic Imaging on Water and Human Systems
13	Pallavi M	Effect of one week Integrated Approach of yoga Therapy Intervention on Cognitive Function in Hypertensive Patients
14	Amrita Ghimire	Effect of IAYT on Damage
15	Dilip Kumar Mahato	Acute Effects of Yoga Based Lifestyle Intervention on Anxiety and Depression - A Questionnaire Based Study
16	Rupam Mishra	Effect of complementary therapies on mindfulness and symptom score in participants suffering from chronic musculoskeletal diseases.
17	Shivam Singh	Psychometric Properties of Hindi Version Perceived Stress Scale and ITS Relation to mindfulness
18	Sidda Nagaraju	Relationship Between Mindfulness and Psychological Well - Being among the Seminarians
19	Shivaditya Purohit	Effect of two weeks yoga intervention on mindfulness, mental wellbeing and depression in Delhi Police personnel
20	Srinibas Panda	Effect of <i>mahāmātyujīāyā mantra</i> on sleep quality on sleep disturbed patients - a pilot study
21	Chanda Yoganandu	Changes in heart rate variability following one month yoga practice



22	Leah Goerk	Effect of Integrated Complementary Therapies on Physical & Psychological Variables of Individuals With Chronic low Back Pain
23	Shikha Moni Nath	Effect of Integrated Approach of Yoga Therapy Sleep Disturbances in Pregnant Women
24	Jintu Kurian	Mindfulness, State Anxiety, and Heart Rate Variability Dynamics in Healthy Adults
25	Kankan Gulati	Effect of integrated approach of yoga therapy on symptoms of sensory processing disorder in autistic individuals
26	Naresh Kumar Patel	Effect of Mastering Emotional Technique (MEMT) on Emotional regulation on college students
27	Darshan G R	Effect of Bhramari Pranayama on the mindfulness & academic performance of rural children with lower socio economic status
28	Jagdeep Sharma	Immediate effect of <i>Bhramari Pranayama</i> on cardiac autonomic variable in patient with hypertension
29	Uma Bastola	Effect of yoga on blood pressure, cognition and altitude adaptation in novice low land trekking population
30	Purna Bahadur Shahi	Immediate effect of Kenichi Kumakiri energy healing technique on yoga students
31	Annu Kumari	Immediate and Short term effect of mantra chanting on visual memory of college students using digit symbol substitution

## International Conference on Yoga & Diabetes

**New Delhi, Jan 4-6:** A three day International Conference titled 'Yoga and Diabetes' was held by Ministry of AYUSH, through CCRYN with the technical support from S-VYASA was held at the prestigious Pravasi Bharati Kendra.

This conference is in line with the direction being taken by Ministry of AYUSH in tune with the clarion call of Hon'ble Prime Minister Sri Narendra Modi. The highlight of the conference was the awe-inspiring presentations made by the top experts from all over the world, who came especially to participate in this conference.



Inauguration by Union AYUSH Minister, Shri Shripad Yesso Naik, Prof. B M Hegde, Dr. H R Nagendra, Shri Ajit M Sharan and Dr. Ishwara N Acharya

The presentations were made on varying topics from traditional medicine to modern medicine and technological advancement in diabetes care. Guruji Dr. H R Nagendra and Dr. N K Manjunath Sharma presented on the concept of Integrated Approach of Yoga Therapy.

# M.Sc. (Yoga & Consciousness)

## Titles of Dissertations

No	Name	Dissertation Title
1	Anatha Sharma	Contribution of yoga for realization as per Vedantic doctrine
2	Raghuveer Billigadde	Health aspect of Surya Upasana and Ayurveda - a critical study
3	Rajesh K R	Life aspiration and human life
4	Umesha Hegde	Culturing the mind in the light of Bhagavad Gita
5	Bhaskar K S	Role of yoga in acquiring Atma Jnana
6	Dattatreya Dixit	Critical study of eligibility according to science of yoga
7	Gajanana Bhat	Comparative study of Ayurveda and yoga to maintain good health
8	Bheemashankar	Analysis of yogic ultimate state - self establishment leading to sublimating the mind
9	Avinash Chettiyar B	Development of happiness (ananda) based on ancient scriptures
10	Shreenath KP	Extraction of pulse parameters from nadi tarangini to classify healthy and unhealthy volunteers - a pilot study
11	Lee Young Joo	Acute effect of Surya Namaskara on acu-meridian energies in young adults
12	Nadezhda Baissalova	Study of effects of subliminally primed Sri Yantra and Dharsana on Sri Yantra using priming paradigm: a randomized study



Chancellor, Dr. H R Nagendra was given Life Time Achievement Award by Bangalore Management Association (BMA)



## DDE - M.Sc. (Yoga)

### Titles of Dissertations

No	Name	Dissertation Title
1	C Annamalai	Prevalence of depression in orphanage children: A comparative cross-sectional study
2	Dr. Anooche	Impact of yoga on hyper activity in ADHD students
3	S Bharnidharan	Prevalence of anxiety in orphanage children: A comparative cross-sectional study
4	Anuradha Mewera	Effect of 10 days residential yoga program on cognitive functions in school children
5	Deepa Bisht	Effect of Yoga Practice on Fasting Blood Sugar Level in type 2 diabetics
6	Manjari Sharma	Effect of Yoga Practice on Fasting Blood Sugar Level in type 2 diabetics
7	Puneet Kaushik	Effect of Yoga on body mass composition in obese individuals
8	Vaijayanti Navare	Yoga as career awareness survey
9	Shrutikaa Uchil	Effect of Sudharshan Kriya on psychological status and cognitive functions in healthy volunteers: A controlled study
10	Kanchan Halder	Effect of yoga on anxiety in B.Ed College Students
11	Ulrich	Evaluation of happiness and spiritual well-being among advance yoga meditators
12	G Padma	Correlation of Yoga based psychological attributes (Trigunas) with life satisfaction, General health and perceived stress
13	Bhagath K P	Effect of Rudra Parayan on Human Energy Field
14	Supreeth S	Effect of Integrated Yoga Module On Positive and Negative Attitude and Quality of Life
15	B Satyavani	Effect of one week yoga therapy on fasting blood sugar in type 2 diabetes mellitus patients at Kakinada Andhra Pradesh
16	D Nuthan Kumar	Diabetes Risk Assessment on Adults In Hyderabad city
17	Hijam Ranjeeta Devi	Effect of one month yoga on anxiety and depression level in patients with depression.
18	Pawna Kumari	Effect of yoga on perceived stress on cognitive function in children
19	Chetankumar Bhagvat	Effect of Yoga on blood pressure and heart rate in hypertensive patients
20	Pramod Vyas	Effect of one month yoga practice on blood pressure and heart in hypertension - A comparative study
21	Hemlatha Gupta	Effect of Yoga on sleep quality, stress and psychological state in type 2 diabetes mellitus patients
22	Dr. Vibhuti Samarth Rao	Effect of Yoga as add on to Ayurvedic treatment for PCOS- A Comparative Study
23	D Balamurugan	Immediate effect of yoga on Anxiety and Cognitive function in Management Students.
24	Pooja Rao R	A Comparative Study of Perceived stress, trait anxiety and self esteem in rural and urban under graduate students.
25	Rinki Sharma	Yoga as career awareness survey

26	Raghunandan V	Effect of Yoga based breathing Techniques on impulsivity, emotion and sleep in software professionals
27	Khushboo Arya	Prevalence of Musculoskeletal Pain, Depression, Anxiety and Stress among Professional Kathak Dances -Pilot Study
28	Asha Ravi Kiran	Effect of Yoga on QOLID (Quality of life in India Diabetics) with type 2 diabetes mellitus
29	Shweta Kiran Kumar	Effect of Ten days Yoga Therapy on Fasting Blood Sugar in type 2 diabetes mellitus patients
30	Venu Gopalan	Effect of yoga on cognition in school children
31	Anuradha Das	Effect of Suryanamaskar practice on mental health in house wives
32	Fasila	Effect of yoga on psychological health in NRI IT professional in US
33	Sowmya R	Effect of Yoga on Psychological well -being among adolescent
34	Priya Ramaswaamy	Immediate effect of listening to Indian raga -bowl on cognition in children, (10-12 years)"- A comparative pilot study
35	Aishwarya Vaibhav Joshi	Immediate effect of MSRT on cardiac variables in hypertension
36	Mamta Ratnaparkhe	Effect of pranayama practices in enhancing the pulmonological and psychological capacities in middle adolescents girls
37	B Sharavana	Relation between mindfulness and non-attachment and death anxiety among emerging adults
38	Saranga Biman Gogoi	Effect of Yoga on Pain, Fatigue, Stress and Quality of life of Diamond Cutting Workers
39	Srishti Chopra	To investigate and find the prevalence of low self esteem, anxiety and depression in lower socio - economic back ground- survey
40	Ratan Kumar	Effect of Yogic games and Pranayamas on school children with exam anxiety
41	Surekha Ratana	Hypertension and cognition
42	Asha Kuloor	Efficacy of Yoga on anxiety, depression and QOL in patients with HIV-1 infection - A Randomized Controlled Study
43	Usha M	Impact of Yoga on Depression, Self Esteem, Quality of life and loneliness in house hold women who were previously professionals
44	Swathi Murthy	Effect of Yoga on Stress, Anxiety and Mindfulness in Tennis Players before Participating in Competition
45	Dr. Vidyashree M	Effect of Shirodhara as add on therapy to IAYT on anxiety, depression and mindfulness on hypertensive patients - A Comparative Study
46	Venkata Ramana Guntaka	Efficacy of yoga on anxiety, depression and perceived stress in women in PCOS
47	Krishna Kumar V	Effect of air conditioner on cardiac variables in Indian professional workers
48	Manasa H M	Effect of Yoga therapy on depression in post MI patients
49	Mangesh Pandey	To investigate and study the Prevalence of Insomnia in IT Professionals
50	V Vijayalakshmi	Effect of Yoga Practices on well being among unprivileged female students
51	Santhosh Krishnan K S	Awareness of Yoga as a Career in PUC Students
52	Gilroy D' Costa	Effect of Yoga on Marital Happiness - A Pilot Study
53	Yogabid Hiren Sarkar	Effect of Yoga 2 weeks practice on fasting blood glucose level in type 2 DM
54	Vijiya Rohra	To investigate and study the prevalence of sleep disorder in IT Professionals
55	Maria Lena Fernandes	Development and validation of an integrated yoga therapy module for bronchial asthma



56	Shilpa Jain	Effect of yoga on state anxiety in dental anxiety patients RCT
57	R Narayanan	Effect of Yoga on Anxiety in Post MI Patients- A Randomized Control Pilot Study
58	Ashoka V	Yoga as career awareness survey
59	Bahirwaji Chandrashekhar J	Effect of long term yoga practice on cognitive function and emotional states in elderly
60	Amit Kumar	Effect of 2 week Yoga based lifestyle intervention on clinical symptoms and cognitive functions of patients suffering from Obsessive compulsive disorder
61	Marri Dayanand Reddy	Immediate effect of Bhramari Pranayama on working and short term memory in school children: A self as control group study.
62	Trupti Karda	Effect of cyclic meditation with Indian classical raga on psychological states in corporate executives
63	Nagendra Kumar Jain	Effect of yoga on psychological well being in jail inmates - Tejpur central jail
64	Rupali Dhawan	To find the prevalence of violent attitude & psychological distress in Adolescents of urban Delhi
65	Sanjay Kumar	Impact of three months yoga practice on hypertensive patients
66	Anita Anil Bhide	Effect of eight weeks of yoga module on health and mood changes in restaurant staff
67	Kanchan Arun Gogate	Swami Vivekananda - An Inspiration to his followers personal in depth interviews
68	Mamatha Rao	Effect of Yoga Practice on Cardiac Variables & hemoglobin level of Menopausal Women.
69	J S Chandramouli	Develop a mobile application to measure the time consistency during Jap practice in yoga and non-yoga practitioners
70	Geetesh S Kulkarni	Effect of brain touch method on cognitive function in school children
71	Dr. Vijaya Laxmi	Effect of trataka on anxiety levels and mindfulness of soldiers (missile fires)
72	Anusha Mallanna	Roll of EFT in older group for improving mood states, Perceived stress, Sleep quality and cognitive functions : A comparative study
73	Kusum Joshi	Effect of one month of intensive training of asthanga vinyasa on psychological states and anthropometric measurements in healthy people
74	Divyalakshmi G K	Effect of Mind Sound Resonance Technique on quality of Sleep, mood disturbance and Anxiety levels in IT Professionals
75	Jayalaxmi	Effect of yoga practice during post-natal period on back pain, emotional regulation, self-esteem, social support and quality of well-being
76	Nandini Shreesha	Impact of Toppukaraam (Super brain Yoga) on cognition and psychological health in school children
77	Prashanth Kumar M	Effect of Kumbhaka practice on cognition, lung capacities and anxiety in health volunteers
78	Dr. Sushma Channashetti	Effect of Shirodhara as add on treatment to IAYT on cognition, perservative thinking in hypertensive patients - A Comparative Study
79	Veerisetty Neeraja	Cognition and Yoga
80	Ujwala Kothawade	Immediate effect of Vrikshasana on cognitive functions in under privilege Children

# B.N.Y.S.

## Titles of Dissertations

No	Name	Research Topic
1	Shambhavi Kulkarni	Immediate effects of cold chest pack on autonomic variables.
2	Arundati Goley	Comparative study on immediate effect of spinal spray and spinal bath on autonomic variables and blood pressure in healthy individuals.
3	K S Nibedita	Comparative study on immediate effect of bare foot grass walking and pebble walking on autonomic variables in healthy individuals.
4	Pallavi Jha	Immediate effect of GH pack on random blood sugar level on type 2 DM.
5	Manjula Devi	Immediate effect of hot chest pack on blood pressure, pulse rate and lung function.
6	Suvith V Das	Immediate effect of cold abdominal pack on random blood sugar level with type 2 dm patients.
7	Roda	Efficacy of hot foot bath on autonomic variables in patients with hypertension-a randomised controlled trail.
8	Pooja Prakash Udane	Ice bag to neck and spine in hypertensive patients.
9	Monika Jha	Immediate effect of asthma bath on pulmonary functions in healthy individuals.
10	Naga Sukeerthi	Efficacy of bell pepper juice on plasma glucose level and lipid profile in type 2 DM.
11	Nandini	Efficacy of hot sand fomentation on cervical pain.
12	Ibotombi	How acupuncture needling works as a therapeutic effect in the body.
13	Shagnika Pradhan	Efficacy of cold head and neck compress on autonomic variables in healthy individuals.
14	Biswaranjan Sahu	Effect of hot immersion bath on sleep spectrum in healthy individuals.
15	Ranjan Kumar	Effect of acupuncture on blood glucose level in diabetes.
16	K Prema Kumari	Immediate effect of cold head compress on cognitive function in healthy individuals.



BNYS Graduates with Dignitaries



## Shanti Yoga Peetha Arohanam

**Bengaluru, Prashanti Kutiram, Jan 17:** 'The four streams of yoga have the capacity to integrate the people and the world. By practice of yoga, one can attain peace (Shanti). Shanti is not an absence of conflict but bliss in action, expression and positive thinking. It is the basic substratum of Life and existence. External peace cannot happen without internal peace and yoga is a powerful key for attaining peace outside and inside. Peace or Shanti is the beginning and the end. Shanti is the key to world peace', said Dr. Sri Sri Ravishankar Guruji while accepting Shanti Yoga Peetha at S-VYASA Yoga University.

Sri Sri Ravishankarji further said that Dr. H R Nagendra, the Chancellor of S-VYASA and Dr. R Nagaratna, the Medical Director of Arogyadhama have made S-VYASA, a pride of the world. Such things can happen only when there is nobility and substance in people. They started this organization with a humble beginning three decades ago and now it has grown into a world renowned university, where ancient Indian wisdom is experimented and validated with modern scientific research. Only through Science, people now can understand Yoga. Only if we integrate all streams yoga, then

only we can attain satisfaction, life becomes complete and meaningful.

In this modern era, science and spirituality should shake hands as told by Swami Vivekananda. Here at S-VYASA, science and spirituality have embraced each other. We at Art of Living, propagated the four streams of yoga holistically, which results in understanding oneself as visualized by Swami Vivekananda, Aurobindo and



Shanti Yoga Peetha Arohanam by Sri Sri Ravishankar Guruji, Founder, Art of Living



Purnahuti of Vishva Shanti Homa



Introduction to Shanti Yoga Peetha by Chancellor, Dr. H R Nagendra chemistry and philosophy and said that he was pleased to release the book as former's family was known to him.

others. I am also deeply appreciative of the quality research done at S-VYASA by dedicated team of research scholars. Sri Sri Ravishankarji also released a book on Prof. A N Satyanarayana Shastri who was an extraordinary teacher in

At the outset, Dr. H R Nagendraji the Chancellor of S-VYASA University welcomed the gathering

and said that four Peethas have been established by us and now Shanti Yoga Peetha is being installed for which the most Hon'ble Sri Sri Ravishankarji has gracefully accepted our humble invitation. He further said that the present culture is blowing us with exuberant technology and not giving any solution and with no inner peace. Ashanti means imbalance. Only through yoga peace can be rejuvenated. We should rise from animalistic 2 level and gain mastery over mind. The present education system is creating imbalance and stress which can be cured only through yoga practice.



Smruti Patra - Shree-Shanti-Panchaka, given to Sri Sri Ravishankar Guruji



Felicitation to Sri Sri Ravishankar Guruji

Prof. Ramachandra G Bhat, the Hon'ble Vice-Chancellor recited a Sanskrit Poem composed by him which summarized the essence of Art of Living, Sudarshana Kriya Yoga and the life and universal message of Sri Sri Ravishankar Guruji.



**Yoga integrates  
ancient wisdom  
with modern  
scientific research**

**Sri Sri Ravishankar  
Guruji  
Art of Living**



Prof. K Subrahmanyam, the Pro-Chancellor in his hearty vote of thanks said that from time immemorial our land is a Karma Bhumi, Punya Bhumi, Yoga Bhumi and Yaga Bhumi. In the past, people thronged to have a darshan of Sri Rama, Sri Krishna and even plants and animals felt peace at the touch of Bhagwan Buddha. In Chicago, from the lowest to the highest, all men and women thronged to be in the presence of

Swami Vivekananda. Now, we have amidst us Sri Sri Ravishankarji who is an embodiment of peace. He is also a peacemaker, peace messenger. He offered grateful thanks to one and all.

The program was preceded by Yagna for World Peace and a bhajan by Sri Kaushik. Dr. Sanjib Kumar Patra the Registrar and all the Deans of the University teaching, non-teaching staff, invitees attended the program.



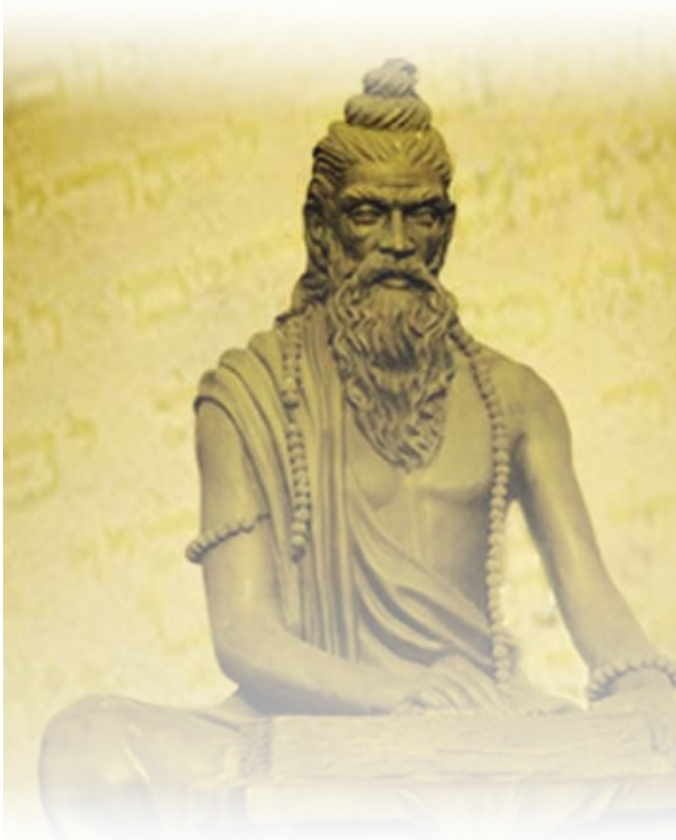
A book 'ASN Shastry - a tribute' by N V Shantaram, was released by the dignitaries





# ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ

## ಪ್ರಣವಸ್ವರೂಪನಾದ ಈಶ್ವರನ ಉಪಾಸನೆ (ಓಂ)



■ ಶ್ರೀ ರಾಜೇಶ ಎಚ್.ಕೆ.  
ಸಂಯೋಜಕರು ಹಾಗೂ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು  
ಯೋಗ - ಅಧ್ಯಾತ್ಮ ವಿಭಾಗ  
ಎಸ್-ವ್ಯಾಸ ಯೋಗ ವಿಶ್ವವಿದ್ಯಾಲಯ

### ತಜ್ಞಪ್ರಾರ್ಥನಾಭಾವನಮ್

|| ಪ.ಯೋ.ಸು - 1.28 ||

ಪ್ರಣವದ (ಓಂ) ಜಪ ಮತ್ತು ಪ್ರಣವಸ್ವರೂಪಿ ಈಶ್ವರನ ಅರ್ಥಾನುಸಂಧಾನ ಸಮಾಧಿಯ ಲಾಭಕ್ಕೆ ಮಾರ್ಗೋಪಾಯಗಳಾಗಿವೆ.

ಈ ಸೂತ್ರದಲ್ಲಿ ಜಪೋಪಾಸನೆ / ಯೋಗೋಪಾಸನೆಯ ಸ್ವರೂಪವನ್ನು ಮಹರ್ಷಿಗಳು ನಿರ್ವಚಿಸುತ್ತಿದ್ದಾರೆ. ಮುಖ್ಯವಾಗಿ ಯೋಗವು ಯಜ್ಞವೆಂದು ಪರಿಗಣಿಸಲ್ಪಟ್ಟಿದ್ದು, ಗೀತಾಚಾರ್ಯನು ಎಲ್ಲ ಯಜ್ಞಗಳಲ್ಲಿ ಜಪಯೋಗವೇ ಶ್ರೇಷ್ಠವೆಂದು ಗೀತೆಯಲ್ಲಿ ಸಾರಿದ್ದಾನೆ. **ಯಜ್ಞಾಣಾಂ ಜಪಯಜ್ಞೋಽಸ್ತಿ... (ಭ.ಗೀ. - 10.15 )**

ಜಪಯಜ್ಞದ ಮಹತ್ವ ಮತ್ತು ವಿಧಾನಗಳು ಅನೇಕ ಗ್ರಂಥಗಳಲ್ಲಿ ಉಲ್ಲೇಖಿಸಲ್ಪಟ್ಟಿದೆ. ಪ್ರಧಾನವಾಗಿ, ಜಪವು ಮೂರು ರೀತಿಯಲ್ಲಿ ಉಪಾಸಿಸಲ್ಪಡುತ್ತದೆ. ಅವುಗಳೆಂದರೆ ವೈಖರೀ ಅಥವಾ ವಾಚಿಕ, ಉಪಾಂಶು ಹಾಗೂ ಮಾನಸ. ವಾಚಿಕ ಜಪವು ಬಾಯಿಯ ಮೂಲಕ ಉಚ್ಚಸ್ವರದಲ್ಲಿ ಹೇಳಲ್ಪಟ್ಟರೆ, ಉಪಾಂಶು ಜಪವು ತುಸು ಸ್ವರದಲ್ಲಿ ತುಟಗಳನ್ನು ಅಲುಗಾಡಿಸುತ್ತಾ ಅಭ್ಯಸಿಸಲ್ಪಡುತ್ತದೆ. ಮಾನಸ ಜಪವು ಮನಸ್ಸಿನಲ್ಲೇ ಮಾಡುವ ಅಭ್ಯಾಸವಾಗಿದ್ದು, ಹಂತಹಂತವಾಗಿ ಸಾಧಕನು ಮಾನಸ ಜಪದ ಸ್ವರವನ್ನು ತಲುಪುವುದೇ ಮುಂದು-ಮುಂದಿನ ಸಾಧನೆಯಾಗಿದೆ.

ಜಪವು ಕೇವಲ ಒಂದು ಸಲ ಅಥವಾ ಸ್ವಲ್ಪಕಾಲದ ಅವಧಿಯಲ್ಲಿ ಮಾಡಿ ಮುಗಿಸುವ ಪ್ರಕ್ರಿಯೆಯಲ್ಲ. ಅದನ್ನು ಪುನಃ-ಪುನಃ ಪುನರಾವರ್ತನೆ ಮಾಡಬೇಕು ಎಂಬುದಾಗಿ ಮಹರ್ಷಿ ಬಾದರಾಯಣರು ತಮ್ಮ ಬ್ರಹ್ಮಸೂತ್ರದಲ್ಲಿ ಉಲ್ಲೇಖಿಸಿದ್ದಾರೆ. **(ಆವೃತ್ತಿರಸಕೃದುಪದೇಶಾತ್ - ಬ್ರ.ಸೂ. 4.1.1)**

ಪ್ರಣವ ಅಥವಾ ಯಾವುದೇ ದೇವತೆಯ ಉಪಾಸನೆಯಾಗಲಿ, ಮಂತ್ರಾರ್ಥದ ಜೊತೆಗೆ ಸೂಚಿತ / ವಾಚ್ಯ ದೇವತೆಯ ರೂಪಾನುಸಂಧಾನ ಮತ್ತು ಅರ್ಥಾನುಸಂಧಾನವೂ ಆದಾಗ ಮಾತ್ರ ಶೀಘ್ರಸಮಾಧಿ ಸಾಧ್ಯ ಎಂಬುದನ್ನು ನಾವು ಇಲ್ಲಿ ಮರೆಯುವಂತಿಲ್ಲ. ಇಲ್ಲಿ ಮತ್ತೊಂದು ಅಂಶವನ್ನು ಉಲ್ಲೇಖಿಸುವುದಾದರೆ, **ಮಂತ್ರಾರ್ಥ, ಜಪ ಹಾಗೂ ಯೋನಿಮುದ್ರಾ** ಸಹಿತ ಇದರ ಅಭ್ಯಾಸವಾದಲ್ಲಿ ಶೀಘ್ರ ಮಂತ್ರಸಿದ್ಧಿ ಪ್ರಾಪ್ತಿಯಾಗುವುದೆಂದು ಶ್ಲೋಕವೊಂದು ಉಲ್ಲೇಖಿಸುತ್ತದೆ. ಇಲ್ಲದಿದ್ದಲ್ಲಿ ಶತಕೋಟಿ ಜಪದಿಂದಲೂ ಇದು ಸಿದ್ಧಿಯಾಗದು. **(ಮಂತ್ರಾರ್ಥಂ ಮಂತ್ರಚೈತನ್ಯಂ ಯೋನಿ ಮುದ್ರಾಂ ನ ವೇತ್ತಿ ಯಃ | ಶತಕೋಟಿಜಪೇನಾಪಿ ತಸ್ಯ ಸಿದ್ಧಿರ್ನ ಜಾಯತೆ ||)**

ಮತ್ತೊಂದೆಡೆ ಜಪದ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಹೇಳುತ್ತಾ, ವೈದಿಕ ವಿಧಿಗಳಿಗಿಂತಲೂ ಜಪಯಜ್ಞವೇ ಅತ್ಯಂತ ಶ್ರೇಷ್ಠವಾದದ್ದೆಂದು ಸ್ಮೃತಿಗಳು ಉಲ್ಲೇಖಿಸಿವೆ. **(ಯೇ**





ಪಾಕಯಜ್ಞಾಶ್ವತ್ತಾರೋ ವಿಧಿಯಜ್ಞಸಮನ್ವಿತಾಃ | ಸರ್ವೇ ತೇ ಜಪಯಜ್ಞಸ್ಯ ಕಲಾಂ ನಾರ್ಹಂತಿ ಷೋಡಶೀಮ್ ||ವ.ಸ್ಮೃತಿ|| ಅಂದರೆ, ವೈದಿಕ ವಿಧಿ ವಿಧಾನಗಳಾದ ಯಜ್ಞಗಳ ಫಲವು ಜಪಯಜ್ಞದ 16 ನೇ ಒಂದು ಭಾಗದಷ್ಟು ಮಾತ್ರ ಎಂದು ಹೇಳುತ್ತಾ, ಮತ್ತೊಂದೆಡೆ ವೈದಿಕ ವಿಧಿಗಳಿಗಿಂತಲೂ ವಾಚಿಕ ಜಪಯಜ್ಞವು ಹತ್ತರಷ್ಟು ಉತ್ತಮವಾಗಿದ್ದು, ಉಪಾಂಶು ಜಪವು ನೂರರಷ್ಟು ಉತ್ತಮವಾಗಿದ್ದು ಹಾಗೂ ಮಾನಸ ಜಪವು ಸಹಸ್ರಪಟ್ಟು ಲಾಭಕರವೆಂದು ಹೇಳಿವೆ. (ವಿಧಿಯಜ್ಞಾಜ್ಞಪಯಜ್ಞೋ ವಿಶಿಷ್ಟೋ ದಶಗುಣೈಃ | ಉಪಾಂಶುಃ ಸ್ಯಾತ್ ಶತಗುಣಃ ಸಾಹಸ್ರೋ ಮಾನಸ ಸ್ತುತಃ || ಮನು ಸ್ಮೃತಿ ||)

ಪ್ರಣವದ ಉಪಾಸನೆಯೆಂದರೆ ಅದು ಈಶ್ವರನ ವಾಚ್ಯ ಮತ್ತು ಧ್ಯಾನವೆಂದೂ, ಇದರಿಂದ ಶಿಫ್ಟಿಸಿದ್ಧಿ ಲಭ್ಯವೆಂದು ಲಿಂಗಪುರಾಣವು ಸಹ ಉಲ್ಲೇಖಿಸಿದೆ. (ಶಂಭೋಃ ಪ್ರಣವವಾಚ್ಯಸ್ಯ ಭಾವನಾ ತಜ್ಞಪಾದಪಿ | ಆಶು ಸಿದ್ಧಿಃ ಪರಾ ಪ್ರಾಪ್ಯಾ ಭವತ್ಯೇವ ನ ಸಂಶಯಃ ||)

ಯೋಗಚೂಡಾಮಣಿ ಉಪನಿಷತ್ತು ಸಹ ಈ ಕೆಳಗಿನಂತೆ

ಜಪೋಪಾಸನೆಯ ಮಹತ್ವವನ್ನು ತಿಳಿಸಿದೆ. (ಯೋ.ಚೂ.ಉ. 87, 88)

ವಚಸಾ ತಜ್ಞಪೇನ್ನಿತ್ಯಂ ವಪುಷಾ ತತ್ಸಮಭ್ಯಸೇತ್ |

ಮನಸಾ ತಜ್ಞಪೇನ್ನಿತ್ಯಂ ತತ್ಪರಂ ಜ್ಯೋತಿರೋಮಿತಿ ||

ಶುಚಿರ್ವಾಖ್ಯಪ್ಯಶುಚಿರ್ವಾಖ್ಯ ಯೋಜಪೇತ್ ಪ್ರಣವಂ ಸದಾ |

ಲಿಪ್ಯತೇ ನ ಸ ಪಾಪೇನ ಪದ್ಮಪತ್ರಮಿವಾಂಭಸ ||

ನಿತ್ಯವೂ ಬಾಯಿಯಿಂದ ಜಪವು ಜಪಿಸಲ್ಪಡಬೇಕು. ಹಾಗೆಯೇ ಶರೀರದಿಂದ ಯೋಗವು ಚೆನ್ನಾಗಿ ಅಭ್ಯಸಿಸಲ್ಪಡಬೇಕು. ಸಾಧಕನು ಶುಚಿಯಾಗಿರಲಿ ಅಥವಾ ಅಶುಚಿಯಾಗಿರಲಿ, ನಿತ್ಯವೂ ಪ್ರಣವದ ಉಪಾಸನೆಗೈದಲ್ಲಿ ಕಮಲವು ಕೆಸರಿನಲ್ಲಿದ್ದರೂ ಯಾವುದೇ ಅಂಟಿಲ್ಲದೆ ಶುಚಿಯಾಗಿರುವಂತೆ, ಎಲ್ಲ ಪಾಪಗಳಿಂದ ಲಿಪ್ತನಾಗದೆ ಮುಕ್ತನಾಗುವನು.

(ಸಶೇಷ)

...p3 is denounced by Vyasa. If everything is Kshanika (momentary), then it may be inferred that there is no cause behind creation; and if it is accidental then the world cannot work so systematically. Either way, Samudaya Vada finds no place for acceptance. For every result, there are the following contributing factors, namely, place, time, cause and effect relation. All these are very clearly visible in day to day transactions.

Imagination alone, presented by Buddhism, would not be a suitable answer in the objective and sensible world. Cause brings forth the

result, only from some existing entity something else emerges. Thus arguments presented by Sarvastittva Vada cannot be accepted completely.

In the light of examination, this theory is denounced due to its limitations and weaknesses meaning all logical questions are left unanswered. So, Brahma Vada and Atma Vada, only theory of everything can be accepted which answers all questions.

to be continued...



Vice Chancellor, Prof. Ramachandra G Bhat, was honoured with the title 'Shastra Vidya Nidhi' by Veda Shastra Poshini Sabha, Mysore



# The need for Integrative Medicine

Ailments are innumerable. Medical systems are also many. Medicines too are very many. But there is no single medicine for any single ailment, in any single system, capable of curing any particular disease. This is because each individual is a separate entity and the sickness is due to many reasons. One's ailment is not exactly the same as the other's sickness. There are various factors causing a health problem in various persons. Therefore, it is necessary to have an individualized diagnosis. Similarly, the medicines also are to be different to each of the individuals.

There are many systems such as Allopathy, Homoeopathy, Siddha, Ayurveda, and Yoga and so on. No single system is a sure Panacea to all the ailments of all the people. Surgery may be essential in certain cases. Medicines may be sufficient in certain other cases, and in some other cases, pranayama or yoga may be needed. In certain rare cases, suggestions and counselling may be required. But now unfortunately, we do not have medical practitioners trained in all the systems. Also the diagnostic systems are not all comprehensive. Treatments too are not all

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



inclusive. Very often, there are side effects as well, while using certain medicines for the cure of certain ailments. Mere physical scanning may not be sufficient when the minds are in distress. Similarly, sometimes, family background may have to be studied. In brief, no single system is available today to diagnose fully and perfectly for a comprehensive assessment of the problem and to offer a sure medicine to remove all ailments. In other words, medical practitioners who have the knowledge of all the systems are not available. Knowledge of all systems is the need of the hour.

These are the days when we have all articles for sale under one roof in the malls. There are polyclinics with many specialist doctors belonging to many systems trying to cure all the ailments under one roof. But, there is no single physician with the knowledge of all the systems to offer solace to people suffering from several ailments.

If there is an institution or a medical college which can offer a comprehensive study of all the systems, it will be an asset to the medical field. Basic knowledge of all the systems, ailments and the medicines may help the practitioners of medicine to apply the required system when there is particular ailment.

At present we have MBBS,





BNYS, BAMS, etc. Acupressure, Acupuncture, Unani, yoga etc are not available in any single bachelor degree course to be familiar with all. Therefore, the medical experts can design a new course of INTEGRATIVE MEDICINE at the bachelor degree level; it will be a useful addition to the medical field. For the specialization, there can be special courses in each of the systems at the master's level.

At the primary level of education, we have the 3R's (Reading, Writing and Arithmetic). At the secondary level, we have something of everything such as Mathematics, Physics, Chemistry, Botany, Zoology, Economics, Commerce, History etc. But at the collegiate

level, specialization commences with one subject as a major and two subjects as ancillaries (ex: - Mathematics as major, Physics and Chemistry as ancillaries). Later, the ancillaries drop out and further special specialization in the major will be pointedly growing up. In the same way, in the field of medicine, there should be an integrative medicine at the Bachelor's level, wherein all types of diagnosis, medical systems and medicines may be taught. Later on, specialization may begin to grow. At the higher levels, there can be systems of specialization, ailments in particular, and medicine etc. Integrative medicine to solve the common problems of all the people is the need of the hour.

### Life Time Achievement Award to Dr. Subhash Sharma



Dr. Subhash Sharma, Director, Indus Business Academy (IBA), Bangalore, was given Life Time Achievement Award for "life long exceptional contribution to management teaching, research and service to academic profession", by Association of Indian Management Scholars (AIMS) International, Houston. Award was given by Prof. Omprakash Gupta, President AIMS, Houston, in an award ceremony held at Mudra Institute of Communication Ahmedabad (MICA) on Dec. 26, 2016.

Dr. Subhash Sharma is a leading Indian Management thinker and management author. He is author

of original and creative books, such as Management in New Age: Western Windows eastern Doors, Quantum Rope: Science, Mysticism and Management, New Mantras in Corporate Corridors, New Earth Sastra and Wisdom & Consciousness from the East. His writings have been acknowledged as thought provoking with 'quite a few revolutionary points of view'. His writings have been translated in French and Kannada.

He has also made innovative contributions to institution building as founding Director, Indian Institute of Plantation Management, Bangalore, founding member, Women's Institute for Studies in Development Oriented Management (WISDOM), Banasthali University, Banasthali, Rajasthan, and founding member, Indus Business Academy (IBA), Bangalore and Greater Noida.

Dr. Subhash Sharma has been Dean (Yoga & Management), S-VYASA, Bangalore.



# National Youth Day & Swami Vivekananda Jayanti celebration



Registrar, Vice Chancellor, Chancellor, Sri Vipul from New Jersey were on the dais

**Bengaluru, Prashanti Kutiram:** The National Youth Day and 154<sup>th</sup> birthday of Swami Vivekananda was celebrated on Thursday, the 12<sup>th</sup> January, 2017 at 5.30 pm in S-VYASA Campus. Sri Vipul, CEO of a software company, New Jersey, USA was the Chief Guest. Hon'ble Chancellor Dr. H R Nagendraji presided over the function.

Sri Vipul in his address said that more than 50% of the population in India consists of youth who are in the age group of 15 - 35 yrs. They should cherish the everlasting values practiced by Swami Vivekananda and engage in personality development and national welfare. He narrated some interesting episodes in the life of Swamiji.

The Chancellor, Dr. H R Nagendra called upon the youth to rededicate themselves to the cause of the nation, develop their physical, mental, emotional, intellectual and spiritual faculties for the all-round development and work for human welfare. He depicted the life and achievements of Swami Vivekananda and said that how VYASA and S-VYASA Yoga University were a result of Swamiji's ideas and values being translated into action.

Smt. Bhumija, USA and Ms. Supraja, daughters of Sri Prasad and Smt. Hemamalini Prasad gave a splendid Bharathanatyam dance recital. Prof. Vidwan Ramachandra G Bhat, the Hon'ble Vice-Chancellor explained about the philosophical dimensions of Indian Dance.

Ms. Varadayini, Faculty of music sang the invocation sang. Prof. M K Sridhar, the Dean, Division of Yoga & Humanities compered the program.

The program was attended by the dignitaries such as Sri Vij, Executive Director and other officers of ONGC, Bombay, YIC participants, students and Faculties.





# Yoga Utsav 2017, Bengaluru

## Jointly organized by CCRYN, VYASA & S-VYASA



Inauguration: Dr. R Nagarathna, Dr. Tejasvini Ananth Kumar, Smt. Mamata Devaraj, Dr. M K Panduranga Shetty & Prof. Ramachandra G Bhat

Under the leadership of Honourable Prime Minister of India, Shri Narendra Modiji, Government of India is giving special attention for promoting Yoga world over. Due to our Prime Minister's initiative and efforts, United Nations Organization declared 21<sup>st</sup> of June as International Yoga Day with an overwhelming majority of 177 nations voting for it. World over, International Yoga Day has already been successfully celebrated in 2015 and 2016. Now, the Ministry of AYUSH is working towards propagating Yoga all over the country and is organizing various programmes in this regard. Central Council for Yoga and Naturopathy, New Delhi under Ministry of AYUSH is in forefront of all these events.

This year CCRYN is proposing to hold Yoga Utsav in all The State and Union Capitols and has given the responsibility of celebrating this great event to leading Yoga Institutions of the country. The present Yoga Utsav 2017 held at Bengaluru from 6<sup>th</sup> to 8<sup>th</sup> of January, 2017 is first of its kind. Vivekananda Yoga Anusandhana Samsthana, Bengaluru in technical collaboration of Swami Vivekananda Yoga Anusandhana Samsthana

(S-VYASA) Yoga University organized the first Yoga Utsav of 2017 sponsored by CCRYN.

Swami Vivekananda Yoga Anusandhana Samsthana in association with various leading Yoga institutions and allied associations of the state organized the first Yoga Utsav of the country in Bengaluru, Basavanagudi National College Grounds from 6<sup>th</sup> to 8<sup>th</sup> of January, 2017.

The main objective of the event was to show case the contributions of various Yoga Institutions in Karnataka to general public and youth in particular. The event had stalls set up by AYUSH and S-VYASA for general health check-ups free of cost. Yoga competitions were held to honour the groups representing various Yoga competitions. The eminent Yoga Gurus gave talks on various benefits of Yoga. Also, various Yoga Institutions set up stalls to propagate Yoga and exhibited their contributions made for promoting Yoga. The event had two seminars; one on 6<sup>th</sup> on Yoga as Education and on 7<sup>th</sup> Role of Yoga in combating stress. In the evenings, various artists from prominent Yoga Institutions performed cultural programmes.



# Vivekananda Health Global a center for integrative Medicine at Lodhadham, Bhiwandi, Mumbai

VHG - Lodhadham, a new health care initiative of VYASA HealthCare Pvt Ltd, Bengaluru in association with Lodha Foundation, Mumbai was inaugurated on January 15 (Sunday), 2017. The center was inaugurated by Shri Krishna Gopal ji, Sah Sarkaryawah, Rashtreeya Swayamsevak Sangh, in the gracious presence of Shri Shripad Yesso Naik, Hon. Minister for AYUSH, Government of India as Chief Guest and Shri Ravindra Chavan, Hon. Minister for Medical Education & IT, Government of Maharashtra, Shri Kapil Patil, Hon. Member of Parliament, Bhiwandi, Maharashtra as Guests of honor. The event was presided over by Padma Shri Dr. H R Nagendra, Chancellor, S-VYASA University, Bengaluru.

Now through the addition of VHG at Lodhadham, Mumbai has got its first destination integrative medicine center which caters to both wellness and healing. VHG - Lodhadham brings together Ayurveda, Yoga, Naturopathy and other allied



VHG - Lodhadham inaugurated by Union AYUSH Minister, Shri Shripad Yesso Naik and other dignitaries

traditional healing systems for bringing in better accuracy in traditional diagnosis and most appropriate treatment modalities which would bring in quick relief, long term management, adaptable lifestyle modification, and notional correction.

Come and experience the most authentic Ayurveda, Traditional Yoga and Classical Naturopathy functionally integrated at VHG - Lodha Dham, Mumbai.



# School of Integrative Medicine

Foundation Stone Unveiled on Jan 3, 2016  
by **Hon'ble Prime Minister Shri Narendra Modi**

## Lakshmi Amma Hospital for Integrative Medicine (1500 beds)



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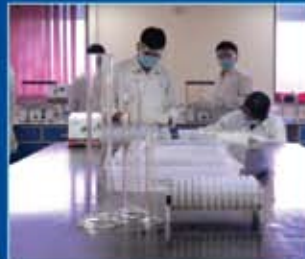
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