

योगा सुद्धा

A Monthly Journal of S-VYASA Yoga University



S-VYASA 12th Convocation

Swami Vivekananda
Yoga Anusandhana Samsthana
A Yoga University, Bengaluru

CHIEF GUEST: **Dr. Baldev Raj**
Director, NIAS, Bengaluru



SDM Youth Conclave @ S-VYASA

Prashanti Kutiram, Dec 28: As a part of Stop Diabetes Movement (SDM) S-VYASA Yoga University organised a day long Youth Conclave in the University Headquarters. Hon'ble Union Minister for Health and Family Welfare **Shri Jagat Prakash Nadda**, Hon'ble Union Minister for Chemicals and Fertilizers **Shri Ananth Kumar** and many more dignitaries were there.

Almost 500+ Delegates were representing almost all the States of India. ■



Felicitations



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YOGA SUDHA

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EDITORIAL

Our University, which is first of its kind in the world as an exclusive Yoga university, is going to celebrate its 12th Convocation Ceremony on 12th January 2015 being the birth day of Swami Vivekananda. In the beginning people were hesitating to take up Yoga as a career. Now Yoga is universal. It is considered that Yoga is a way of Life, Yoga promotes Health and Yoga brings harmony in life. Even the recent Governments have realised the fact and hence the UNO has declared 21st June as World Yoga Day.

Convocation in our University is being celebrated in a unique way, similar to *Gurukula* where the student will be conferred with degree after completion of 3 years (after+12) of successful-meaningful education. There will be also other post graduate degree recipients including nearly 15 PhD grandaunts. The dignitaries will be received at the entrance with *Veda Ghosha*, brought to the dais escorted by all the Faculties of the University in a procession with *Mantra Ghosha* and other *Mangal Vaadyas* through *Yoga Vinayaka Mandiram*.

Standing ovation will be given to the dignitaries by showering flower petals and receiving them into the auditorium by the degree recipients. The degree recipients will be in unique beautiful white *dhoti-kurtha* for men and sari for girls with *S-VYASA Upaveetam*. The dean and Pro-Vice-Chancellor will be introducing the degree



recipients the certificates will be distributed by the Chancellor. The Vice-Chancellor will administer the Oath in Sanskrit selected from Upanishad. The Chief Guest will deliver the convocation address.

Even with all the dilution and adulteration of cultures in the society our University is still observing all the formalities in most holistic way creating a great vibration in the atmosphere. The degree holders will remember the function throughout their life-time and it will remind them of the Yogic way of life in every step to lead throughout their life and contribute to the society.

I sincerely wish that the Convocation Ceremony is not celebrated merely as a function but as a unique thought-provocation which will prepare the degree recipient to face life in a holistic way as preached by Vedas, Upanishads and in particular Swami Vivekananda who is the role model for the youth.

■ Dr H R Nagendra



ब्रह्मसूत्रम् (Brahmasūtram)

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



त्रयाणामेव चैवमुपन्यासः प्रश्नश्च (ब्रह्मसूत्रम्-१-४-६)

Trayāṇāmeva caivamupanyāsaḥ praśanaśca (Brahmasūtram-1-4-6)

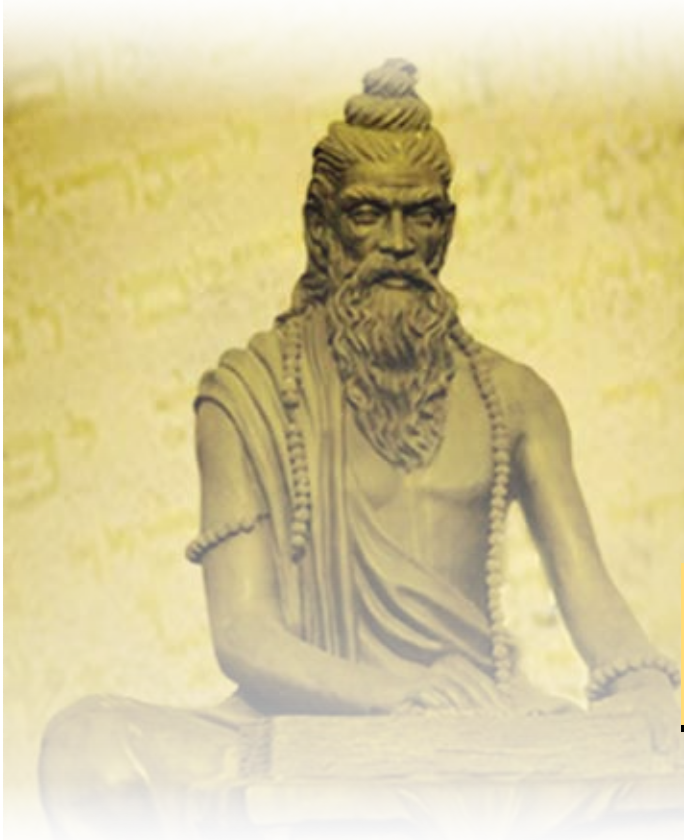
Meaning: There is question and explanation relating to three things only (not to the Pradhana).

This aphorism deals with the whole gamut of Kathopanishat which is considered as the real Vedic source for Yoga-based human journey. As Yoga Sadhakas, we give more weightage to the Upanishat. It is proclaimed that the very name given to this text is Yoga Vidhi. While examining any original text, it is natural different schools of thoughts arise to explain the text. Thus, Sankhya School of philosophy extracts Prakriti Tattva from the same source. But, the central theme of this Upanishat gives more focus on body analogy like “अत्मानं रथिनं विद्धि शरीरं - atmaṇaṁ rathinaṁ viddhi śarīraṁ”. Consciousness is the main permeating theme of the whole Upanishat. The Sutrakara analyses the methodology adopted in this Upanishat. The unique feature of this Upanishat lies in its dialogue form between the teacher and the taught. Student Nachiketa got his own academic plan to be fulfilled while interacting with Yama. His main query is centralized at awareness of consciousness. While asking for three boons, Nachiketa puts three questions; they are regarding 1. The mystery of sacred fire; 2. Transcendental body which travels through different frames and, 3. Universal consciousness which was projected in following Mantra – “अन्यत्र धर्मादन्यत्राधर्मात् - anyatra dharmādanyatrādharmāt ”.

While examining the whole dialogue taking place between the teacher and the taught, we came to know that Nachiketa was not a secular or mundane personality. It is amazing that a young person of his age had many queries about transcendental journey.

Here consciousness is projected as the main driver at the individual level. But it is not confined to the external frame such as the body. “स्वप्नन्तं जागरितान्तं च - svapnantaṁ jāgaritāntaṁ ca”. This mantra deals with something which is supra-clinical. “अध्यात्मयोगाधिगमेन देवं - adhyātmayogadhigamena devaṁ”; this statement denotes something which is the ultimate panacea for all types of psychological abnormalities. Through questions and answers, the seeker wants to break the barriers of questions and answers themselves. It is similar to using thorn alone to remove another thorn in the foot. Learning is achieved through unlearning. The same phenomenon is applicable as theory of everything, Nachiketa symbolizes this type of super-brain power by which nothing remains unsolved. No lock will be left unopened.

to be continued...



ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ ವೃತ್ತಿ-ವೃತ್ತ

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

ಅಭಾವಪ್ರತ್ಯಯಾಲಂಬನಾ ವೃತ್ತಿನಿದ್ರಾ

|| ಪ.ಯೋ.ಸು - 10 ||

ಜಾಗೃತ್ ಮತ್ತು ಸ್ವಪ್ನಾವಸ್ಥೆಗಳಲ್ಲಿ ಇರುವ ವೃತ್ತಿಗಳ ಅಭಾವಕ್ಕೆ ಕಾರಣವಾಗಿರುವ ಹಾಗೂ ತಮಸ್ಸನ್ನು ಅವಲಂಬಿಸಿ ಚಿತ್ತದಲ್ಲಿ ಏಳುವ ವೃತ್ತಿಯೇ ನಿದ್ರೆ.

ಈ ಸೂತ್ರದಿಂದ ನಾವುಗಳು ನಿದ್ರಾ ಶಬ್ದವನ್ನು ಸುಷುಪ್ತಿ ಅಥವಾ ಗಾಢ ನಿದ್ರೆಯೆಂದು ಗ್ರಹಿಸಬೇಕು. ಅನೇಕ ಬಾರಿ ನಮಗೆ ಗೊಂದಲವೆಂದರೆ, ಪತಂಜಲಿಗಳು ಉಲ್ಲೇಖಿಸಿರುವಂತೆ ವೃತ್ತಿಗಳು ಐದು. ಪ್ರಮಾಣ, ವಿಪರ್ಯಯ, ವಿಕಲ್ಪ, ನಿದ್ರಾ ಹಾಗೂ ಸ್ಮೃತಿ. ಆದರೆ ಉಳಿದ ನಾಲ್ಕನ್ನು ವೃತ್ತಿಗಳೆಂದು ಸ್ವೀಕರಿಸಿದರೂ, ನಿದ್ರೆಯನ್ನು ಸುಷುಪ್ತಿಯೆಂದೂ, ಜಾಗೃತ ಮತ್ತು ಸ್ವಪ್ನ ಸ್ಥಿತಿಗಳಂತೆ ಈ ಅವಸ್ಥೆಯಲ್ಲಿ ವಸ್ತುಗಳ ಅಸ್ತಿತ್ವ ಇಲ್ಲವಾದ್ದರಿಂದ, ವೃತ್ತಿ ರಹಿತ ಸ್ಥಿತಿಯೆಂದಾಯಿತು. ಹಾಗಾಗಿ ಈ ಅವಸ್ಥೆಯನ್ನು ನಿರೋಧಿಸುವ ಅಗತ್ಯವಾದರೂ ಏನು? ಎಂಬ ಪ್ರಶ್ನೆ ಸಹಜವಾಗಿಯೇ ಉದ್ಭವಿಸುತ್ತದೆ.

ನಾವು ಈ ಸ್ಥಿತಿಯನ್ನು ವಿಶ್ಲೇಷಿಸಿದಲ್ಲಿ, ಬುದ್ಧಿಯು ತ್ರಿಗುಣಾತ್ಮಕವಾದದ್ದು, ಸತ್ವ ಮತ್ತು ರಜೋ ಗುಣಗಳನ್ನು ಅದು (ಅಭಿಭವ), ತಮೋ ಪ್ರಧಾನವಾಗಿ, ತಮಸ್ಸನ್ನು ಅವಲಂಬಿಸಿ ಚಿತ್ತ ವೃತ್ತಿಗಳು ಗೋಚರವಾಗುವ ಸ್ಥಿತಿಯೇ ನಿದ್ರೆ.

ತಮಸ್ಸು (ಆತ್ಯಂತಿಕ ಆಳವಾದ ಮೌಢ್ಯ) ಸತ್ವ ಮತ್ತು ರಜೋ ಗುಣಗಳನ್ನು ಅಭಿಭವಗೊಳಿಸಿ ಕೇವಲ ತಮೋ ಪ್ರಧಾನವಾದ ಬುದ್ಧಿಯನ್ನು ಅರಿಯುತ್ತಾ ಪುರುಷ ಎಚ್ಚರವಿರುತ್ತಾನೆ. ಕಾರಣ ವ್ಯಾಸರು ಉಲ್ಲೇಖಿಸುವಂತೆ ಈ ವೃತ್ತಿಯಲ್ಲಿ ನಿರೋಧಿ ಅಥವಾ ಕೈವಲ್ಯಗಳ ಸ್ಥಿತಿಯಲ್ಲಿರುವಂತೆ ಸಕಲ ವೃತ್ತಿಗಳೂ ನಿರೋಧಿಸಲ್ಪಡುವುದಿಲ್ಲ. ಕಾರಣ ದೀರ್ಘ ಗಾಢ ನಿದ್ರೆಯ ನಂತರವೂ ನಾವು ಚೆನ್ನಾಗಿ ನಿದ್ರೆ ಮಾಡಿದೆವು; ಮನಸ್ಸಿಗೆ ಮತ್ತು ಶರೀರಕ್ಕೆ ಹೊಸ ಚೈತನ್ಯ ಮೂಡಿತು; ಅಥವಾ ಬಹಳ ಕಷ್ಟಪಟ್ಟು ನಿದ್ರಿಸಿದೆ; ಮನಸ್ಸು ಇನ್ನೂ ಶಾಂತವಾಗಿಲ್ಲವೆಂಬ ಅಭಿಪ್ರಾಯವನ್ನು ವ್ಯಕ್ತಪಡಿಸುತ್ತೇವೆ.

ಒಂದು ವೇಳೆ ನಿದ್ರೆಯು ವೃತ್ತಿರಹಿತ ಸ್ಥಿತಿಯೆಂದು ಒಪ್ಪಿದರೆ, ಮೇಲೆ ಹೇಳಿದಂತೆ ನಾವು ಅಭಿಪ್ರಾಯ ವ್ಯಕ್ತಪಡಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ. ಹಾಗಾಗಿ ಇಲ್ಲಿ ಸ್ಮೃತಿಯ ಕಾರಣ ಅನುಭವ ಶಾಬ್ದಿಕ ಅಭಿವ್ಯಕ್ತ ರೂಪ ಪಡೆಯುತ್ತದೆ. ಸ್ಮೃತಿಗೆ ಪ್ರಮುಖವಾದ ಕಾರಣ ಅನುಭವ. ಹಾಗಾಗಿ ನಿದ್ರೆಯ ಸ್ಥಿತಿಯನ್ನೂ ವ್ಯಾಖ್ಯಾನಿಸುತ್ತೇವೆ. ಒಂದು ವೇಳೆ ಸ್ಮೃತಿಯ ಅಭಾವವಿದ್ದಲ್ಲಿ ಈ ರೀತಿಯ ಹೇಳಿಕೆಗಳು ಸಾಧ್ಯವಿಲ್ಲ. ಆದ್ದರಿಂದ ನಿದ್ರೆಯೆಂಬುದೂ ಸಹ ಒಂದು ವೃತ್ತಿಯೇ. ಹಾಗಾಗಿ ಇದನ್ನೂ ನಿರೋಧಿಸಬೇಕು.

ಅನುಭೂತವಿಷಯಾಸಂಪ್ರಮೋಷಃ ಸ್ಮೃತಿಃ

|| ಪ.ಯೋ.ಸು - 11 ||



ಈ ಹಿಂದೆ ಅನುಭವಿಸಿದ ವಿಷಯಗಳ ಅನುಸಂಧಾನವೇ ಸೃಷ್ಟಿ. ಅಂದರೆ ಪ್ರತಿಕ್ಷಣದಲ್ಲಿ ನಾವು ಎದುರಿಸುವ ಎಲ್ಲ ಪ್ರಸಂಗಗಳಲ್ಲಿಯೂ ಈ ಹಿಂದಿನ ಅನುಭವ ಜನ್ಯ ಆಧಾರದ ಮೇಲೆ ಎಲ್ಲ ಸಂಗತಿಗಳನ್ನೂ ಪರಾಮರ್ಶಿಸುತ್ತೇವೆ. ಒಂದು ವೇಳೆ ವಸ್ತುಸ್ಥಿತಿಯನ್ನು ಯಥಾಸ್ಥಿತಿ ಸ್ವೀಕರಿಸಿದ್ದೇ ಆದರೆ ಮೂಲ ಸ್ವರೂಪದ ಅನುಭವ ನಿಶ್ಚಿತ. ಆದರೆ ಮನಸ್ಸು ತನ್ನ ಮೂಲ ಸ್ವಭಾವದ ಚಂಚಲತೆಯ ಕಾರಣ ಅನಿಶ್ಚಿತವಾದ ಪರಾಮರ್ಶೆಗೆ ಒಳಪಡುತ್ತದೆ. ಎಲ್ಲ ವೃತ್ತಿಗಳೂ ಯಾವ ರೂಪದಲ್ಲಾದರೂ ಸಂಸ್ಕಾರಗಳನ್ನು ಉಂಟುಮಾಡಿ ಚಿತ್ತದಲ್ಲಿ ಸುಪ್ತವಾಗುತ್ತವೆ. ಸಜಾತೀಯ ವಸ್ತು, ಪರಿಸ್ಥಿತಿ ಎದುರಾದಾಗ ತತ್ಕ್ಷಣದಲ್ಲಿ ಮನೋವಿಶ್ಲೇಷಣೆಗೆ ಕಾರಣವಾದಾಗ ಭೂತ / ಭವಿಷ್ಯತ್ ಕಾಲದ ವೃತ್ತಿಗಳನ್ನು ನಿರ್ಮಾಣ ಮಾಡಿಕೊಳ್ಳುತ್ತದೆ. ಹೀಗಾಗಿ ಸಾಧನಾ ವಿಷಯವನ್ನು ಪರಿಗಣಿಸಿದರೆ ಈ ಸ್ಥಿತಿಯು ಅತಿದೊಡ್ಡ ಬಾಧಕವೇ ಹೊರತು ಎಂದಿಗೂ ಪೂರಕವಾಗುವುದಿಲ್ಲ.

ಹಾಗೂ ಈ ಹಿಂದೆ ಅನುಭವಿಸಿದ ಎಲ್ಲ ರೀತಿಯ ಪ್ರಸಂಗಗಳು ವರ್ತಮಾನ ಕಾಲದಲ್ಲಿ ಪೂರ್ಣವಾಗಿ ಅಥವಾ ಪಾರ್ಶ್ವ ಲೋಪವಾಗಿ ಮತ್ತೆ-ಮತ್ತೆ ಹಳೆಯ ಸಂಸ್ಕಾರಗಳೇ ಗೋಚರವಾಗುತ್ತವೆ.

ಪ್ರಮಾಣ ಮುಂತಾದ ವೃತ್ತಿಗಳು ಪ್ರತಿ ಸಂದರ್ಭದಲ್ಲಿಯೂ ನಮಗೆ

ಈ ಮೊದಲು ತಿಳಿಯದೇ ಇದ್ದ ಜ್ಞಾನವನ್ನು ತಂದುಕೊಟ್ಟರೆ, ಸೃಷ್ಟಿಯು ಈ ಹಿಂದೆ ಅನುಭವಿಸಿದ ವಸ್ತುಜ್ಞಾನವನ್ನೇ ಗೋಚರಿಸುತ್ತೆ ಮಾಡುತ್ತದೆ.. ಹೊಸದಾಗಿ ಏನನ್ನೂ ಗ್ರಹಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ.

ಉದಾಹರಣೆಗೆ ನಾವು ಈ ಹಿಂದೆ ತಿಂದ ಐಸ್ ಕ್ರೀಮ್ ಅಥವಾ ಲಡ್ಡು ಪ್ರತಿಬಾರಿಯೂ ಒಂದೇ ರೀತಿಯ ರುಚಿಯನ್ನು / ಅನುಭವವನ್ನು ಕೊಡುತ್ತದೆಯೇ ಹೊರತು ಹೊಸದೇನನ್ನೂ ಕೊಡುವುದಿಲ್ಲ. ಹಾಗಾಗಿ ಈ ವೃತ್ತಿಯು ವರ್ತಮಾನ ಕಾಲದಲ್ಲಿ ಮತ್ತೆ ಮತ್ತೆ ಹಳೆಯ ಸಂಸ್ಕಾರಗಳನ್ನು ಉಂಟುಮಾಡಿ ಈ ಹಿಂದಿನ ಪೂರ್ವಾನುಭವಕ್ಕೆ ಕಾರಣವಾಗುತ್ತದೆ.

ಸೃಷ್ಟಿಯು ಅನೇಕ ಬಾರಿ ಕಲ್ಪನೆಯ ಭ್ರಾಂತಿಗೊಳಪಡುತ್ತದೆ. ಕಾರಣ ಹಿಂದಿನ ಸಂಸ್ಕಾರ. ಆದ್ದರಿಂದ ಯಥಾಸ್ಥಿತಿ ವೃತ್ತಿಯನ್ನು, ಪರಿಸ್ಥಿತಿಯನ್ನು ಸ್ವೀಕಾರ ಮಾಡಿದಾಗ ಹಳೆಯ ವೃತ್ತಿ ಪುನರಾವರ್ತನೆಯಾಗುವುದಿಲ್ಲ.

ಪೂರ್ವ ಸ್ಮರಣೆಯಿಂದ ವಾಸ್ತವ ಲೋಕಕ್ಕೆ ಬಂದು ಸಚೇತನರಾಗಿ ಸತ್ಯವನ್ನು / ಸ್ವರೂಪವನ್ನು ಅರಿಯುವ ಸಾಕ್ಷೀ ಚೈತನ್ಯರಾಗಿ ಉಳಿಯೋಣ.

(ಸಶೇಷ)

Conference on Stress & Its Management



Conference on Stress was organized during 23-24 of January 2015 S-VYASA Yoga University headquarters located at Jigani. The conference was organized jointly by the Foundation for Quality India (FQI), Association of Health Care Providers (AHPI), Indian National Society for Stress Studies (INASS) and the Defence Institute of Physiology and Allied Sciences (DIPAS) of DRDO under the ministry of Defence.

During the stress meeting experts were discussing the following important aspects of stress apart from rewarding with life time achievement award

to three eminent personalities of our country.

Stress at Work Place; Stress and Human Resources to combat Family Stress and Societal Stress; Environmental Stress apart from Management and Monitoring the Stress and its Ill Effect on Health; Yoga and its Role in Stress Management; Biomedical Stress Management; Psychological and Behavioural Aspects.

Eminent Scientists from INASS and DIPAS along with experts from various Medical Universities and Government Officials participated. ■

National Yoga Week-2015

February 12-18, 2015

A Mass Awareness Programme for Health,
Happiness and Harmony through Yoga

Theme

YOGA FOR MIDDLE AGED



Padmāsana



Bhadrāsana



Sūtraneti



Gomukhāsana



Kapotāsana



Pavanamuktāsana



Nādiśoḍhana



Dhyāna



Uḍḍiyānabandha



Organised by :

Morarji Desai National Institute of Yoga

68, Ashoka Road, Near Gole Dak Khana, New Delhi - 110 001



Message from Vice Chancellor's desk

॥ भूतिर्भावयितं सदा ॥

'Be and Make'

A new revelation launched by Swami Vivekananda in Chicago more than a hundred years ago – reached its pinnacle when 177 member countries of UNO supported and endorsed the declaration of International Day for Yoga to be celebrated on 21 June. It is a new dawn of Indian-ness in every walk of life. Development and Technology were the mantras of 20th century for the whole global arena. In 21st century, individual health and eco-balances are the urgent needs of all societies, both developing and advanced. This need could be attended duly by spiritual masters, Yoga practitioners, Ayurveda doctors, Yajna therapists and dedicated health workers. Traditional knowledge sources of Indian origin are so well time-tested that every day is supported by highest level of scientific research and documentation, result oriented outcomes from every nook and corner of the world. Gone are those days where these traditional practices and aspects were branded as superstitious, orthodox and outdated. For all these time-tested Veda-based, Vedanta oriented, cultural heritages, SAMSKRTAM is an encompassing terminology. But unfortunately this very word is confined to a language which was misunderstood for its limited purposes like communication, grammar and ideological juggleries. In our SVYASA University, Yoga becomes master key word which denotes master of all, slave of none. This kind of mastery is achieved by those great Yoga masters who are full of Viveka (discrimination) and Ananda (bliss). Often Swami Vivekananda used to quote a hymn from Kathopanishat – 'जाग्रत जाग्रत', meaning 'Arise and awake'. The subsequent statement 'जुस्य खरा' proclaims that this 'spiritual path is as sharp edged as that

of sword'. Our faculty and student community must rise to the expectation of the entire Yoga family of the world. There is no shortcut for



Yoga Sadhana. This is for constant, committed, devoted humans with capital "M". So, Yoga University is not simply one among other existing universities. As Yoga is universal, similarly Yoga University also must be rated by the world class university measures such as research, social benefits, alumni participation, timely updated inbuilt training systems etc. Our committed team must provide an outstanding role model through their commitment and competency Prashanti Family. Let us march ahead with properly and newly structured mission, commission, vision and action which were summed up in the "3'S' formula" – SCALE, SKILL and SPEED as envisioned by our Beloved and Honorable Prime Minister.

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



Message from Registrar's desk

I am extremely happy to participate and lead the 12th convocation. I had the opportunity of leading the convocation procession for the 4th time. The convocation is unique one because it incorporates the dimension of traditional approach. This time we are offering degrees to students.

This time we are awarding degrees to students of distance education. I take this opportunity to thank all the members of the Board of Management, Academic Council, Deans, staff members for their assistance/guidance at all levels for the betterment of the University.

I'm happy to announce you that this is second convocation for S-VYASA Distance education.



■ **Dr. Sudheer Deshpande**
Registrar, S-VYASA University



Procession from OM building to Mangala Mandir with Purna Kumbha & Mangala Vadya



शिष्यानुशासनम्

वेदमनूच्याचार्योऽन्तेवासिन-मनुशास्ति । सत्यं वद । धर्मं चर । स्वाध्यायान्मा प्रमदः । आचार्याय प्रियं धनमाहृत्य प्रजातन्तुं मा व्यवच्छेत्सीः । सत्यान्न प्रमदितव्यम् । धर्मान्न प्रमदितव्यम् । कुशलान्न प्रमदितव्यम् । भूत्यै न प्रमदितव्यम् । स्वाध्यायप्रवचनाभ्यां न प्रमदितव्यम् ॥

देवपितृकार्याभ्याम् न प्रमदितव्यम् । मातृदेवो भव । पितृदेवो भव । आचार्यदेवो भव । अतिथिदेवो भव । यान्यनवद्यानि कर्माणि । तानि सेवितव्यानि । नो इतराणि । यान्यस्माकगुं सुचरितानि । तानि त्वयोपास्यानि ॥

नो इतराणि । ये के चास्मच्छ्रेयागंसो ब्राह्मणाः ।

तेषां त्वयाऽऽसने न प्रशंसितव्यम् । श्रद्धया देयम् । अश्रद्धयाऽदेयम् । श्रिया देयम् । हिया देयम् । भिया देयम् । संविदा देयम् । अथ यदि ते कर्मविचिकित्सा वा वृत्तविचिकित्सा वा स्यात् ॥

ये तत्र ब्राह्मणा-स्सम्मरशिनः । युक्ताः आयुक्ताः । अलूक्षा धर्म-कामास्स्युः । यथा ते तत्र वर्तन् । तथा तत्र वर्तेथाः । अथाभ्यारव्यातेशु । ये तत्र ब्राह्मणा-स्सम्मरशिनः । युक्ता आयुक्ताः । अलूक्षा धर्म-कामास्स्युः । यथा ते तेषु वर्तन् । तथा तेषु वर्तेथाः । एष आदेशः । एष उपदेशः । येषां वेदोपनिषत् । येतदनुशासनम् । येवमुपासितव्यम् । येवमुचैतदुपास्यम् ।

Having taught the Vedas, the preceptor imparts this post instruction to the students: "Speak the Truth. Practice righteousness. Make no mistake about study. Having offered the desirable wealth to the teacher, do not cut off the line of progeny. There should be no inadvertence about the truth. There should be no deviation from righteous activity. There should be no mistake about protection of yourself. Do not neglect propitious activities. Do not be careless about learning and teaching.

There should be no error in the duties towards the Gods and manes. Let your mother be goddess unto you. Let your father be a God unto you. Let your teacher be a God unto you. Let your guest be a God unto you. The works that are not blameworthy are to be resorted to, not the others. Those actions of ours that are commendable are to be followed by you, not the others. You should, by offering seats, remove

the fatigue of those Brahmans who are more praise worthy among us. An offering should be made with honour: the offering should not be made with dishonour. The offering should be made according to one's prosperity. The offering should be made with modesty. The offering should be made with a feeling of fear and reverence. The offering should be made in a friendly way. Then should you have any doubt with regard to duties or customs, you should behave in those matters just as Brahmans do, who may happen to be there and who are able deliberators, who are thoroughly proficient in those duties and customs, who are not directed by others, who are not cruel, who are desirous of merit. Then, as for the accused people, you should behave with regard to them just as the Brahmanas do. This is the instruction. This is the injunction. This is the secret of the Vedas. This is Divine behest. (All this) is to be done thus. And (all this) must be done thus". ■



12th Convocation of S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana

A Yoga University, Bengaluru

The 12th Convocation of the University was held on 12th January, 2015 at the University Campus at Jigani, Bengaluru. Every year, the convocation of the university is held on 12th January, being the birth day of Swami Vivekananda. This year both the tithi and the calendar date coincided.

The programme started at 5.30 am with Saraswathi Home and Japa Upadesha at 6.15 am wherein all graduating students took part.

The convocation procession consisting of the Chief Guest, the Chancellor, the Vice Chancellor, Members of the Board of Managements, Deans and Members of the Academic Council and members of Faculty started from the Devi Saraswathi statue and reached Mangala Mandir, the venue of convocation. Nadaswara nada and bearing Kalasa by ladies of the campus added colour to the procession. The 12th convocation was lead by the Registrar, Dr. Sudheer Deshpande. The dignitaries were received by all graduands standing with Namaskara Mudra.

The convocation was declared open by the Chancellor. The program started with singing of Vande Mataram.

Welcome speech was given by the Vice-Chancellor, Prof. Ramachandra G Bhat. He

appreciated everyone on dais for taking their valuable time to be present for the convocation. He advised the degree recipients to follow the vision and action of Swami Vivekananda for which this University is striving for. He also told that more than 172 countries in the world are practicing and supporting Yoga. Hence United Nations Organization has declared June 21st as International Yoga Day.

Chancellor Dr. H R Nagendra addressed the students by offering salutations to Ramakrishna Paramahansa, Sharada Devi and Swami Vivekananda. He told that this is a very auspicious day because both the tithi and the date of birth of Swami Vivekananda are coinciding today.

He was very happy to inform the gathering that June 21st of every year is declared as International Yoga Day by the United Nations. The struggle started by Amrit Suryanandaji has finally succeeded. The 21st day of June is supposed to be the longest day of the year.

He told the gathering that the University is aiming to propagate the vision of Swami Vivekananda by helping students to transform themselves in serving for the welfare of society. This is possible only through yoga and



spirituality. Swami Vivekananda has told youth to practice Yoga to achieve holistic vision. The object of the university is to inculcate civic sense and an attitude of service through Jnana Yoga, Bhakti Yoga, Raja Yoga and Karma Yoga. These practices will help everyone to reach perfect freedom. This is possible only if we follow the principles of Swami 'be and make'. Swamiji has advised to combine the best of Western scientific base with the Eastern wisdom wealth.

He also informed that University's research centre is considered to be the number one in Yoga Research and desired to strive hard so that the research articles could be published in world famous medical and clinical journals like LANCET, JAMA, etc.

He also told that India is likely to become the capital of diabetics which is spreading very fast in the country. To make the country Madhumeha Muktha, the University is conducting a Bharat Yatra starting from Bengaluru in June which will end at Ujjain on Mahakumbha Day. In the arena of research, the University has undertaken new studies on lung cancer and irritable bowel syndrome through international collaborations.

He congratulated each and every degree recipients and asked them to work with a

service mind for betterment of the people and the country.

The Chief Guest, Dr. Baldev Raj who is presently Director, National Institute of Advanced Studies started his speech saying that he was humbled, inspired and motivated to be here. He told the gathering that the birth of Yoga happened in India. He was of the opinion that the pride of East (spirituality) alone or science of the West in isolation is not sufficient for a sustainable world. It is only by combining the best of both we can create a sustainable and happy society. He told that we have to bestow the best of these practices for our next generation.

Dr. Baldev Raj told the gathering he was brought up in a spiritual upbringing. Hence, it was not difficult for him to adopt yoga and spiritual world. By practicing allopathic or naturopathy or Ayurveda or any other type of medical practice combined with Yoga we can bequeath holistic health to all. It is the consciousness which is most important for this. This is possible through stillness of the mind.

It is from here, S-VYASA that the future leaders who are training in holistic science will emerge.

Like Rabindranath Tagore who was propagating



12th Convocation Program in Mangala Mandir



12th Convocation Address by Dr. Baldev Raj

for the welfare of women by providing education and placement for women in Shantiniketan, our Guruji Dr. H R Nagendra is helping the world community to inculcate good practices through yoga and spirituality and become best citizens of not only India but the whole world. He congratulated all the graduates.

Dr. David Frawley (Vamadeva Sastri) and Dr. Deepak Chopra were awarded honorary D.Litt. degree. Dr. Dean Ornish and Dr. T M Srinivasan were awarded honorary D.Sc. degree.

The degrees were presented to each grandaunt by the Chancellor.

There were 12 special prizes in different categories awarded to students.

Dr. Deepeshwar Singh recipient of Ph.D. and the highest prize gave a short speech as the Valedictorian.

Mr. Sushrutha a Ph.D recipient administered the oath to all the students.

Gurupadesha was given by the Vice-Chancellor.

Dr. Baldev Raj and Dr. S L Goel were honoured during the convocation for their valuable services to the University.

There was photo session for the graduates with all dignitaries present.

The convocation was declared closed by the Chancellor and the function ended with National Anthem. ■



Felicitation to Dr. S L Goel



Building a Holistic Perspective of India in the 21st century

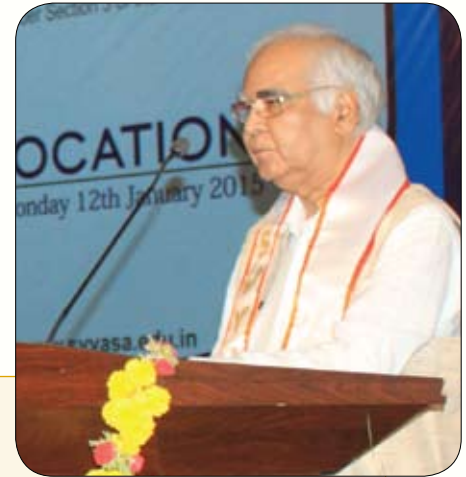
S-VYASA University 12th Convocation Address by **Dr. Baldev Raj**

Director, NIAS, Bengaluru

I consider it a privilege and honour to deliver the 12th convocation address at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bangalore to the students, faculty, management, parents, distinguished invitees and members of media. On this solemn occasion, I wish the outgoing students success and ethical living thus bringing honour and pride to the parents, teachers, families, S-VYASA and the country.

YOGA originated, evolved, was practiced and perfected over thousands of years in India. It is indeed a fulfilling milestone that YOGA has worldwide acceptance. 21st June has been declared as International Yoga Day by 187 out of 193 countries in the World. It is a significant achievement of India.

Dr. H R Nagendra, an alumni of IISc and the Chancellor of Sri Swami Vivekananda Yoga Anusandhana University is committed to harness Yoga, Science, Spirituality, Traditional Wealth of Knowledge for Growth of India and Quality of life. His dream and vision is synchronization and integration of Yoga, Naturopathy, Ayurveda, Unani, Siddha and Homeopathy techniques and treatments. In addition, encouraging research to support Indian methods of healthcare and wellness using well established scientific measurements, characterization and analysis tools, techniques and methodologies.



Dr. Baldev Raj

has assumed

responsibilities as the Director of the National Institute of Advanced Studies, Bangalore, one of India's leading multi-disciplinary institutions. A distinguished scientist and former Director of the Indira Gandhi Centre for Atomic Research in Kalapakkam, Dr Baldev Raj has helped advance several challenging technologies, especially those related to sodium cooled fast spectrum reactor with closed fuel cycle; a sustainable energy spectrum. He has also nurtured and grown excellent schools of global stature in nuclear materials and mechanics and nano science and technology. He has pursued his work in interdisciplinary domains of energy, cultural heritage, medical technologies, nanoscience and technology and education. He has been responsible for providing solutions to many unsolved challenges in Strategic, Security and Industry domains. He is known for overcoming the barriers of academic research and industry with acumens of leadership and experiences.

The author of more than 970 academic papers in peer reviewed journals along with 70 books and special journal volumes. A recipient of the Padma Shri



NIAS, born out of the vision of beautiful mind of JRD Tata, has a mandate to grow true leaders and harness synergy of the capabilities of disciplines; social sciences, humanities, culture and heritage, science and technologies, strengthening the policies and provide policy alternatives to solve national and global challenges. NIAS provides an excellent synergy to work with S-VYASA for realizing the objectives of both the institutes; I welcome the collaboration with Prof. H R Nagendra, Chancellor of the University and our colleagues in two institutes, who are also familiar with strengths and synergy. We need to work together on eminent challenges in search of solutions.

It is heartening that today natural sciences, cognitive sciences, contemplative sciences along with neuroscience and neuropsychology are engaged in fathoming the deeper aspect of our existence, namely consciousness, and challenging the unknown and that is unraveling the secrets to understanding the existence of

life. Such an endeavor, for sure in years to come, shall reveal to us the possibilities of our own mind and consciousness which will also lead to better individual health, social wellbeing and the peaceful existence of the humanity. At NIAS, we are pursuing frontiers of consciousness in a comprehensive way.

It is clear that Swami Vivekananda philosophy and insights hold beacon to find solutions to the unparallel challenges of sustainability, inequalities of justice, education, opportunities, gender, etc. Irrationalities of individuals and nations and threatening storms of chaos and crimes amidst unparallel wealth generation, advances in sciences and knowledge and experiences with mechanisms in resolving conflicts of interests are some of the parameters of our current society. We have a topology shown by Swami Vivekananda: esteem and conviction in internal and external worlds; a synergy of spirituality and science. India can leapfrog to numero uno as the synergy is uniquely possible

award; the other awards include Life Time Achievement Award of the Indian Nuclear Society, National Metallurgist Award by Ministry of Steel, the Homi Bhabha Gold Medal, Distinguished Materials Science Award, Materials Research Society of India, etc. He is a distinguished alumni of Indian Institute of Science, Bangalore.

A member of the Circle of Advisors, Cambridge University, UK, and a member of the Search Group for the Queen Elizabeth prize in engineering, Selection Committee Global Energy Prize (both are being nurtured to stature of Nobel Prize in Sciences).

Dr Baldev Raj is also a Fellow of all the four Science and Engineering academies in India, German Academy of Sciences and the World Academy of Sciences, International Nuclear Science Academy, Academia NDT

International, etc. He is the Chairman of the Board of Governors of IIT Gandhinagar & NIT, Puducherry. A member of the Court of Jawaharlal Nehru University, Delhi, and President of the International Council of *Academies of Engineering and Technological Sciences* (CAETS). He is Honorary Member, International Medical Sciences Academy and Honorary Consul General of Michigan State University. He has been the Past President, Indian Institute of Metals, International Committee on NDT, International Institute of Welding., Indian National Academy of Engineering, Indian Society of NDT, Indian Institute of Welding, etc. He has been alternate Chairman of Senior Advisory Group of Nuclear Energy (IAEA, Vienna) and Chairman of Apex Committee of Nuclear Energy Systems (*Atomic Energy Regulatory Board (AERB)*, India). ■

with strengths of India and opportunity window of 50 years, ahead of India.

Vivekananda, Rabindra Nath Tagore, Mahatma Gandhi, M V Visveswaraya, Albert Einstein and many other beautiful minds of the time were different in the focus, approaches and convictions and yet common in self-respect, esteem for the work of others and commitment to well being of the society, by contributing not only quality of life in their times but indeed for eternity. This self respect and capacity to listen and learn from others, is essential to solve the challenges facing India and mankind, much more, as compared to the times of these luminaries.

It is an inescapable reality for human beings to seek “balance” and “sustainability” in the practice of technology within the ecosystem boundary, as human beings are coming to realize that the more the invasion of the nature, the more would be the environmental problems, and that sometimes, these will threaten to engulf our achievements meant to improve the quality of life on this earth. The penalties for economics and more importantly for loss of biodiversity and quality of life can be either immense or irreparable.

You should realize that you are an asset to the nation and have been specially prepared to perform at the highest level of ethics and efficiency to deliver better quality of life to India and indeed the world. India has made rapid strides in science and Technology to earn respect, dignity and eminence from even the most enlightened professionals and eminent organizations all over the world. The remarkable achievements of India in education, industry, nuclear energy, space, and defence to name a few are the foundation bedrocks on which we are building to deliver future successes, which would earn India a distinction of one of the most developed countries with robust economy. This must be achieved in less than two decades to provide equity and quality of life to even the last citizen in India. The later part requires work



Felicitation to the Chief Guest - Dr. Baldev Raj

of social scientists, spiritual leaders, institutes of justice, enlightened yet bold media, etc. and the men and women of substance, which work in complementary manner to science and technology to change current India to right India.

I would like you to think carefully on the following suggestions. Once, you are convinced, sustained conviction in these principles shall enrich your life, the country and the world.

- Ethics in conflict management and for progress in career
- Faith in teams and the organization
- Build capability and capacity to be a talented sublime leader and not arrogant leader. Do not recognize barriers of disciplines, organizations and nations. Challenge yourself.
- Provide equal opportunity to equal merit and enhance worth of your colleagues and the organization for which you work.
- Self, family, organization, society, the country and world are multiscale manifestation of robust good principles of living life. These are interconnected. Thus, you can simultaneously do good to yourself



PhD (Yoga) Scholars

and contribute to all the stakeholders of this interconnected life on the earth. Service to society is more important as compared to your achievements and duty.

- Every work is important and thus do not trivialize details of the work or level of duty. Success lies in comprehensive detailing and implementation.
- Be strong in your knowledge but be humble in learning from colleagues especially in complementary disciplines and domains of knowledge.
- Occupy a position, below your capacity and capability. This shall bring appreciation and more satisfaction, as compared to occupying a level higher than your merit and capacity.
- Generosity is a virtue and practice it in a liberal measure
- Envy is a poison : avoid it all costs
- Aim to be number one in everything you do; have an Olympian sport spirit of competing
- Discipline, good health, competence and character are your best assets and friends throughout the life.

Through the span of recorded history; persons have arisen now and again, who by their ability, conviction of application and inspiration,

have enriched science and removed myths and fallacies based on theories and evidence. They have thus left an everlasting impact on the quality of life. Such persons were luminaries and exemplaries and have left for us, a legacy to follow and build.

Holistic approach to education which puts emphasis on learning, building skill sets, appreciation of ethics, sensitivity to all stakeholders in society and wealth generation, is key to India progressing to a developed nation. Healthcare has to be holistic and cost effective to meet the needs of a country like India, which has large population of poor persons along with growing middle class and rich population striving for best healthcare to international standards. India, through imagination and innovations have demonstrated good healthcare models such as Aravind Eye Hospital, Sankara Eye Hospital and Narayana Hrudayalaya Heart Hospital, to name a few. Our rigour and commitment to holistic healthcare combining traditional knowledge base of prevention and mitigation, diagnostic and treatment with modern system can be a unique solution, not only for India, but the world. This approach, to be successful requires a vast spectrum of basic research development, clinical trials technologies and business models with right policies and implementation strategies. M. S Valiathan; a



Cardio Surgeon, in recent times, has established a new discipline of Ayurvedic Biology. He is unique in his abilities as being at the cutting edge of medicine and also responsible for writing Caraka Samhita, the legacy of Caraka, to rejuvenate Indian knowledge for healthcare and sciences. We need to pursue these efforts of holistic healthcare based on science and evidence based traditional rich knowledge base, not only in India but the worldwide.

My dear friends in C-VYASA; you all can become the engine of this transformation which is in primed state to gain velocity and momentum. This is also an opportune and right time for you to take considered actions as:

India is amidst an unparallel opportunity during the next fifty years. Our actions, policies and implementation strategies with outcomes shall decide our place in the communities of the nations and quality of life in India.

This unique unparallel position is an intermix of opportunities and challenges as given below:

- **Opportunity:** Largest young population and large population country with interplay of genetic endowment, one of the old civilizations with deep insights, large market, science and technology

demonstration with successes, leadership committed to national causes and global brand, having vibrant democracy with established constitutional framework of robust governance.

- **Challenge:** Growth with sustainability in the context of large disparity in income and other inequalities related to justice, education, gender, healthcare, etc thus depriving rationale opportunities to all the citizens.

India, as a nation, should discover glue, bonds, strengths, purpose and commitment for the entire country to emerge as a nation of our aspirations. Can challenges of equity, healthcare, energy, food, education, infrastructure, growth with sustainability, in the hands of our leadership coupled with inspiring and transparent participative governance become the glue and bond, for India of our aspirations? I strongly believe and advocate so. ■

For full version of the address:

<http://svyasa.edu.in/category/research-articles/12-convocation-address-dr-baldev-raj/>



MD (Yoga & Rehab.) Scholars



D.Sc and D.Litt awards

Doctor of Science (D.Sc) award to *Dr. Dean Michael Ornish*



Dr. Dean Michael Ornish born on July 16, 1953 is a physician and founder of non-profit organisation Preventive Medicine Research Institute in Sausalito, California. He is a Clinical

Professor of Medicine at the University of California in San Francisco.

His writing 'Intensive Lifestyle Changes in Management of Coronary Heart Disease' is a boon the CHD patients. He advises people for taking moderate wholesome food, regular exercises, plant based diet, etc. Conducts regular classes and gives lectures on cessation of smoking, stress management techniques including Yoga and Meditation.

He is a physician consultant to former president Bill Clinton since 1993. He has received many awards for his exemplary work. He has written many best sellers including Dr. Dean Ornish's Program for Reversing Heart Disease and The Spectrum.

His research papers and articles have been published in many medical journals.

Doctor of Science (D.Sc) award to *Dr. T M Srinivasan*

Dr. T M Srinivasan is currently advising PhD students at S-VYASA Yoga University, Bengaluru. He did his B.E in Telecommunication

Engineering from Madras University and M.E in Microwave Engineering from Indian Institute of Science, Bengaluru. Dr. Srinivasan received his PhD in Electron Physics from Chalmers University, Goteborg, Sweden. He Joined the A.R.E. Medical Clinic in Phoenix, Arizona, USA during April, 1988. He did extensive work on the holistic health concepts in the Cayce material as well as work on acupuncture diagnostics. He joined the John E. Fetzer Institute at Kalamazoo, Michigan in November, 1989, and worked to set up a lab to investigate medical devices available in the holistic health area.

He is Editor of International Journal of Yoga, S-VYASA since 2010 - Technical Editor and occasional Special Editor of the official Journal of ISSSEEM - Director, Sanjeevani Ayurveda and Yoga Foundation, Chennai since 2004 - Advisor to fifteen doctoral and over thirty master's students in Bioengineering, Holistic Health and Yoga - Contributing Editor, International Journal of Humanities and Peace, Arizona USA from 1997 to 2003 - Hosted the First International Conference on Energy Medicine at Chennai in 1987 - Executive Editor, The Yoga Review 1983-87. This was the first full-fledged Yoga research related Journal in India where new aspects of Yoga research were formulated.



Awarding D.Sc to Dr. T M Srinivasan



Awarding D.Litt to Dr. David Frawley

Doctor of Letters (D.Litt) award to *Dr. David Frawley*

Dr. David Frawley born in 1950 is an American Hindu teacher. He is also known as Vamadeva Shastri named by Avadhuta Shastri in 1991. In 1996 he got the title of Pundit at Mumbai along with Brahmachari Vishwanathji Award. He has written about his move from a catholic upbringing to embracing Hinduism and Vedic Philosophy in his book 'How I Became a Hindu: My Discovery of Vedic Dharma.'

He is the founder director of American Institute of Vedic Studies in Santa Fe, New Mexico. This institute is meant for spreading the information on yoga Philosophy, Ayurveda and Vedic Astrology. He is assisted by his wife Yogini Shambhavi Chopra. He is closely associated with Yogic Organizations all over the world.

He is closely associated with the Chopra Centre University founded by Deepak Chopra. He is the first American to receive the title 'Jyotish Kovid' from the Indian Council of Astrological Sciences and 'Jyotish Vachaspathi'. He is a follower of Sri Yuktेश्वर Giri, Guru of Sri Paramahansa Yogananda who is famous for 'Autobiography of a Yogi'

Philip Goldberg in his book 'American Veda - How Indian Spirituality Changed the West' describes David Frawley as one among three important acharyas of the Vedic tradition in the West along with George Feuerstein and Andrew Harvey.

He is author of many books and articles including How I Became a Hindu: My Discovery of Vedic Dharma - The Myth of the Aryan Invasion of India - In Search of the Cradle of Civilisation.

Doctor of Letters (D.Litt) award to *Dr. Deepak Chopra*



Dr. Deepak Chopra born on October 22, 1947 in New Delhi is an Indian-American author, public speaker and physician. He migrated to United States in 1970. He was drawn to study

endocrinology especially neuro-endocrinology during his earlier days which made him to understand the biological basis for the influence of thoughts and emotions.








He met Brihaspati Dev Triguna a physician in Indian in 1981. He did his internship at Muhlenberg Hospital in Plainfield, New Jersey. He earned his licence to practice medicine in the State of Massachusetts in 1973.

He was drawn to Transcendental Meditation in 1980 and established Maharishi Ayurveda Health Centre. Later he left this Centre and established Chopra Center for Well Being. He states that his approach to health combining the principles of both Ayurveda and main stream medicines incorporates ideas about the mind body relationship, a belief in teleology in nature and belief in the primacy of consciousness over matter.




He is author of more than 90 books, most of them best sellers including Ageless Body, Timeless Mind (A Practical Alternative for Growing Old) - The Seven Spiritual Laws of Success - Quantum Healing - Healing the Heart - Boundless Energy. ■



Awards for Achievements

SNo	Award	for	Awardee
	1 Manonmani Rudraiah and Laxmi Memorial Academic Excellence Award	Best Thesis among the PhD (Yoga) Graduates	Deepeshwar Singh
	2 Manonmani Rudraiah and Laxmi Memorial Award	Best Research Paper among the PhD (Yoga) Graduates	Satyapriya Maharana
	3 Dr. Dayanand Dongaonkar Memorial Award	Best Thesis among the MD (Yoga & Rehabilitation) Graduates	Praveen Angadi
	4 Dr. Dayanand Dongaonkar Memorial Award	Best Student among the MD (Yoga & Rehabilitation) Graduates	Vinutha H T & Ruchira Rupesh Joshi
	5 Madan Mohan Sankhdher Memorial Award	Best Dissertation among the Distance MSc (Yoga) Graduates	Muniratna M
	6 Vasishtha Award	Best Dissertation among the MSc (Yoga) Graduates	Mahizham A & Naoroibam Rosy Devi
	7 Sitaram Jindal Foundation Gold Medal Scheme	Academic Excellence among the MSc (Yoga) Graduates	Ananda Gaihre & Krishna Chaitanya P
	8 Venkatanarayana Sastry Memorial Award	Best Student among the MSc (Yoga & Consciousness) Graduates	Rukmangada N
	9 Venkatanarayana Sastry Memorial Award	Best Dissertation among the MSc (Yoga & Consciousness) Graduates	Puskar Parag
	10 Sitaram Jindal Foundation Gold Medal Scheme	Academic Excellence among the BSc (Yoga) Graduates	Neeraja Veerisetty & Leelaram Sahu
	11 Prof. N Nagappa Memorial Award	Academic Excellence among the BSc (Yoga & Consciousness) Graduates	Sudhir N S
	12 Vivekananda Excellence Award	Best Student among the BNYS Graduates	Khawale Pranav Ganeshrao

Thesis Titles and Publications of PhD (Yoga) scholars

SNo	Scholar Name	Thesis Title
	1 Deepeshwar Singh	Neuronal activity and cerebral blood flow in meditation defined in traditional yoga texts
Publications: <ol style="list-style-type: none"> 1. Deepeshwar, S., & Telles, S. (2013). Auditory Information Processing During Meditation Based on Evoked Potential Studies. <i>Journal of Neurology and Psychology</i>, 1(2):1-7 2. Telles, S., Deepeshwar S., Naveen, K.V., & Subramanya, P. (2014). Long Latency Auditory Evoked Potentials During Meditation. <i>Clinical EEG and Neuroscience</i>, doi: 10.1177/1550059414544737 3. Deepeshwar, S., Suhas, A. V., Naveen, K. V., & Nagendra, H. R. (2014). Measures of mindfulness and anxiety in OM meditators and non-meditators: A cross-sectional study. <i>International Journal of Medicine and Public Health</i>, 4(1):110-114. 4. Carlos V. R., Deepeshwar, S., Sanjay, K., Bhargav, H., Manjunath, K., and Nagendra, H. R. (2014). Resting state functional near infrared spectroscopy. <i>Health Care Exchanges (PAHCE), 2013 Pan American, pp. 1-1. IEEE, 2013 1-1.</i> 		
	2 Indira T Rao	Effect of music on students and dm2 patients measured with electro-photonic imaging technique
Publications: <ol style="list-style-type: none"> 1. Indira Rao, T., Kuldeep Kumar K., & Srinivasan T.M. (2014). Effect of Indian Devotional Music on Students and Performers Measured with Electron Photonic Imaging. <i>Online International Interdisciplinary Research Journal, [Bi-Monthly]</i>, ISSN:2249-9598, 4, (4): 284-291. 2. Indira Rao, T., & Nagendra, H. R. (2014). The effect of active and silent music interventions on patients with type 2 diabetes measured with electron photonic imaging technique. <i>International Journal Humanities and Social Sciences</i>, ISSN (P): 2319-393X; ISSN (E); 2319-3948 3, (5):7-14. 3. Indira Rao, T., & Nagendra, H. R. (2014). <i>The role of yogasanas and pranayama techniques in correcting the functional disorders of voice production. International Journal of Research in Humanities, Arts and Literature</i>, ISSN (E): 2321-8878; ISSN (p): 2347-4564 2, 2(7):159-166. 		
	3 Naorem Jiteswori Devi	Effect of yoga on psychological aspects of young widows: a randomised control study
Publications: <ol style="list-style-type: none"> 1. Devi, Naorem Jiteswori., & Subrahmanyam, K. (2014). Yoga as an Ancient Science of Healing: It Impact on Mental Health of Women. <i>International Journal of Ayurveda and Pharma Research</i>, 2 (3), 1-4. 2. Devi, Naorem Jiteswori., Singh, T.B., and Subrahmanya, P. (2014). Effect of Yoga on depression and Quality of Life in Drug Abuser. <i>International Journal of Ayurveda and Pharma Research</i>, 2(2), 61-65. 3. Devi, Naorem Jiteswori., and Subrahmanyam, K. (2014). Women in Rig Vedic Age. <i>International Journal of Yoga, Philosophy, Psychology and Parapsychology</i>. [In Press] 		



4

P K Lalitha Nandini

Effects of yoga on cancer chemotherapy induced nausea and vomiting (ccinv) and its correlation to the concept of agni in ayurveda

Publications:

1. Lalitha Nandini P.K., Raghavendra Rao M., Amritanshu, R., Nagarathna, R., Radheshyam Naik., & Shubha V Hegde. (2014). Ayurveda perspective of management of cancer chemotherapy induced nausea and vomiting. *Online International Interdisciplinary Research Journal*, ISSN: 2249-9598, 4, 22-27.
2. Malur R Usharani., Lalitha Nandini P.K., Raghavendra Rao M., Mahesh Kavya., S Aishvarrya., Shekhar G Patil., Diwakar B Ravi., H P Shashidhara., C T Satheesh., Naik Radheshyam., Basavalinga S Ajaikumar., Gopinath KS., and Ramesh B.S. (2014). Comparison of Yoga vs. Relaxation on Chemotherapy Induced Nausea and Vomiting Outcomes: A Randomized Controlled Trial. *Journal of Integrative Oncology* ISSN: 2329-6771 *JIO*, 3 (1) 116.
3. Lalitha Nandini P.K., Raghavendra Rao M., Malur R Usharani., Naik Radheshyam., Nagarathna, R., Shubha H., Mariyamma Philip, Shekhar G Patil, Diwakar B Ravi, H.P. Shashidhara, C.T. Satheesh, and Basavalinga S Ajaikumar. (2014). Development and standardization of jataragni impairment checklist. *International Journal of Multidisciplinary Educational Research*, ISSN: 2277-7881: 3, 8(4).
4. Lalitha Nandini P.K., Raghavendra Rao M, Malur R Usharani, Radheshyam Naik, Nagarathna R., Shubha.V.Hegde, Shekhar G Patil, Diwakar B Ravi, and Basavalinga S Ajaikumar. (2014). Role of yoga intervention and its effect on jataragni in ayurveda and CCINV-A RCT. *International Journal of Multidisciplinary Educational Research*, ISSN: 2277-7881: 3 11(1).



5

Meenakshy K B

Electrodermal Study Of Acupuncture Meridian End Point Energies In Health And Type 2 Diabetes Mellitus

Publications:

1. Meenakshy, K.B., Sharma, B., Hankey, A, and Nagendra, H. R. (2014). Electrodermal assessment of SMET program for business executives. *Voice. Of Research*, 2(4): 61-65.
2. Meenakshy, K.B., Sushrutha, S., Hankey, A., and Nagendra, H. R. (2014). Vedic yajna performance reduces QI imbalances. *Res. React. Resol.*2(8), 16-24.
3. Meenakshy, K.B., Sharma, B., Hankey, A, and Nagendra, H. R. (2013). An Electrodermal study comparing HIV infected children with non infected children. *Res. React. Resol.* 1:4-8.



6

Natesh Babu

Yoga for working memory in adolescents

Publications:

1. Natesh Babu., Balaram, P., Nagendra, H. R. (2014). A Comparative study on two yogic relaxation techniques on anxiety in school children. *International Journal of Yoga - Philosophy, Psychology and Parapsychology*.
2. Natesh Babu., Balaram, P., Nagendra, H. R. (2014). Immediate effect of yoga based
3. relaxation Techniques on memory task performance in Teenagers. *International Journal of Multidisciplinary Educational Research*, 8(3), 262-271.
4. Natesh Babu., Rajesh S.K., Nagendra, H. R. (2014). Relationship between state mindfulness and working memory in Children. *Indian Journal of Positive Psychology*

	7 Padmavati Maharana	Effect of Integrated Yoga Module on leadership development of managers.
Publications: <ol style="list-style-type: none"> 1. Padmavati Maharana, Sunjib Patra, T. M. Srinivasan, & Nagendra, H. R. (2014). General health of mid-career leaders: An objective and subjective observation through yoga. <i>International Journal of Education & Management</i>, 4(3), 236-239. 2. Padmavati Maharana, Sanjib Patra, T.M. Srinivasan, & Nagendra, H. R. (2014). Role of yoga based stress management program towards leadership development in managers. <i>Journal of Business and Management</i>, 16, (5):1-5. 3. Padmavati Maharana, T.M. Srinivasan, Nagendra, H. R. (2014). Spiritual leadership: a new insight for the corporate world. <i>International Journal of Science and Research</i>, 3, (7): 992-1001. 		
	8 Prashanth Shetty	Management of obesity and diabetes mellitus through yoga and naturopathy
Publications: <ol style="list-style-type: none"> 1. PrashanthShetty, AchyuthanEswar, RajkumariRoshni Raj Lakshmi, Nagendra H. R., BalakrishnaShetty, Nithin, and Suhas Vinchurkar. (2014). Effect of juice fasting on urine pH: a controlrolled study. <i>Indian Journal of Health and Wellbeing</i>, 1-15. 2. PrashanthShetty, Nagendra H.R., Gangadhara Varma B. R., Subramanya, P. (2015). Effect of naturopathy and yoga intervention on patients with type II diabetes mellitus. <i>Online International Interdisciplinary Research Journal</i>, ISSN 2249-9598, 5(1). 3. PrashanthShetty, N.K. Manjunath, Balakrishnan Ragavendrasam, and Verma Gangadhar. (2015). Yoga and naturopathy based lifestyle interventions in the management of obesity. <i>Journal of complementary and Integrative Medicine</i>, 1-14. 		
	9 Rabindra Mohan Acharya	Effect of Self Management of Excessive Tension on Psycho-Emotional Wellbeing in ONGC Executives
Publications: <ol style="list-style-type: none"> 1. Rabindra M.A., Pradhan B, and Nagendra H.R., (2014). Effect of short-term yoga based stress management program on mood states of managers. <i>International Journal of Education & Management</i>, 4(2), 150-152. 2. Rabindra M.A., Pradhan B, Nagendra H.R., (2014). Effect of SMET of emotions and self-esteem - A study of managers in a large PSU in India. <i>RVIM Journal of Management Research</i>. ISSN 0974-6722, Vol.6, Issue.1. 3. Rabindra M.A., Pradhan B, Nagendra H.R., (2014). Effectiveness of stress management program for managers of a public sector undertaking. <i>The Indian Journal of Public Administration</i>. 		
	10 B R Ramakrishna	Development & Standardization of Sushrutha Prakriti Inventory & Evolving Life Style based on Ayurvedic Concept of Prakriti
Publications: <ol style="list-style-type: none"> 1. Ramakrishna B.R., Kishore K.R., Vaidya V., Nagarathna R., and Nagendra H.R. (2014). A Survey on the need for developing an Ayurveda based personality (Tridoshaprakriti) inventory, <i>Jour. Of Ayurveda & Holistic Medicine</i>, 2(7):8-13. 2. Ramakrishna B.R., Kishore K.R., Vaidya V., Nagarathna R., and Nagendra H.R. (2014). Development of sushrutha prakriti inventory, an Ayurveda based personality assessment tool. <i>Jour. Of Ayurveda & Holistic Medicine</i>, 2(8):6-14. 3. Ramakrishna B.R., Kishore K.R., Vaidya V., and Nagendra H.R. (2014). Healthy life-style prescriptions for different personality types (Trodosha Prakriti). <i>Jour. Of Ayurveda & Holistic Medicine</i>, 1(2):17-23. 		



11 Satyapriya Maharana Effect of integrated approach of yoga in normal pregnancy- a randomized active control trial

Publications:

1. Maharana, S., Nagarathna, R., Padmalatha, V., and Nagendra, H. R., (2013). Effect of integrated yoga on anxiety, depression & well being in normal pregnancy. *Complementary Therapies on Clinical Practice*, 19 230-236.
2. Maharana, S., Nagarathna, R., Padmalatha, V., Nagendra, H.R., and Hankey, A. (2013). The Effect of Integrated Yoga on Labor Outcome: A Randomized Controlled Study *International Journal of Childbirth*, 3(3):165-177.
3. Maharana, S., Nagendra, H. R., Nagarathna, R., and Padmalatha, V. (2009). Effect of integrated yoga on stress and heart rate variability in pregnant women. *International Journal of Gynecology & Obstetrics*, 104(3): 218-222.



12 Suchitra Suresh Rao Patil Efficacy of integrated yoga module on prakrti of the children

Publications:

1. Suchitra, S.P., and Nagendra H.R., (2014). A self-rating scale to measure tridosas in children. *Ancient Science of Life*, 33(2):83-89.
2. Suchitra, S.P., Jagannathan, A., and Nagendra H.R., (2014). Development and initial standardization of Ayurveda child personality inventory. *Journal of Ayurveda & Integrative Medicine*. 42-48.
3. Suchitra, S. P., and Nagendra, H. R. (2012). Effects of yoga on prakrti in children - a pilot study. *International Society for Scientific Interdisciplinary Yoga Research*, 2 (2), 293-198.



13 Vinchurkar Suhas Ashok Neural Correlates of Cognitive Functions in Meditators

Publications:

1. Suhas, A. V., Deepeshwar, S., Naveen, K. V., Nagendra, H. R., and Bhat, R. G. (2014). Concept and mechanism of cognition according to ancient Indian texts. *International Journal of Literary Studies*, 4(3), 55-58.
2. Suhas, A. V., Deepeshwar, S., Naveen, K. V., and Nagendra, H. R., (2014). Immediate effects of cyclic meditation on state mindfulness in normal healthy volunteers: A controlled study. *Indian Journal of Positive Psychology*, 5(4), 400-403.
3. Suhas, A. V., Deepeshwar, S., and Naveen, K. V. (2014). Self-reported measures of mindfulness in meditators and non-meditators - a cross sectional study. *International Journal of Yoga*, 7:142-6.



14 Sushrutha S Study on bhaishajya maha yajna using elecrophotonic imaging and enviro-tech

Publications:

1. Sushrutha, S., Madhukeshwara Hegde, Nagendra H.R., and T.M. Srinivasan. (2014). Comparative study of influence of yajna and yogasanas on stress level as measured by electron photonic imaging (EPI) technique. *International Journal of Science and Research*, ISSN: 2319-7064 3(8):1402-1406.
2. Sushrutha, S., Krishna Madappa, and Nagendra H.R., (2014). Effect of bhaishajya maha yajna on human energy field and environment. *International Journal of Innovative Research in Science & Engineering*, ISSN:2347-3207:1-8.
3. Sushrutha, S., Nagendra, H. R., and Bhat, R. G. (2014). The significance of fire offering in Hindu society. *IJMER*, 7(3), 260-270.



15 Vikas Rawat Yoga for physical fitness in adolescents

Publications:

1. Rawat, V., Rajesh, S. K., & Nagarathna, R. (2014). Minimum muscular fitness and ventilatory function in south Indian school children. *Journal of Exercise Science and Physiotherapy*, 10(2):104-110.
2. Rawat, V., Rajesh, S. K., & Nagarathna, R. (2014). Development of a simplified yogic measure (bhamari time) of lung function in normal children- a correlational study. *International Scientific Yoga Journal: Sense*. [In Press].
3. Rawat, V., Rajesh, S. K., & Nagarathna, R. (2014). Physical fitness in adolescent competitive yoga practitioners-a cross sectional cohort study. *Indian Journal of Health & Wellbeing*, [In Press].



Graduates



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Joshi MD (Y&R)



Vinutha H T
MD (Y&R)



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Deopujari Pushkar
Parag MSc (Y&C)



Ganesh S Bhat
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Rukmangada N
MSc (Y&C)



Abhay Singh
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Akhil Chaudhary
MSc (Y)



Ananda Gaihre
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Mandeep Singh
MSc (Y)



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Meitei MSc (Y)



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Gayathri S Melnad
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Khawale Pranav
Ganeshrao BNYS



Youn Yina
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Pandit BSc (Y)



Amit Kumar
Parmar BSc (Y)



Amit Kumar
BSc (Y)



Anil Kumar
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Dilip Kumar
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Sinha BSc (Y)



Leelaram Sahu
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Neeraja Veerisetty
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Pritika Chauhan
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Raju Mahato
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Rak Kaval
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Ratan Kumar
BSc (Y)



Sanjay Kumar
BSc (Y)



Sanjeet Kumar
Barnwal BSc (Y)



Shivam Singh
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Sunil Kumar
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Ajay Narayan Waikar
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Amit Ghosh
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K Vasudevan
Namboodiri
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Krishnan Kutty
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Lalit Madaan
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M Sumathy
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Maibam
Honison Singh
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Manshu
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Munirathna M
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Nandhitha Dasharath
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Nayana Bhat
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Ramana Murty
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R Krishna Kumar
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Raji Sanjiv
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Rashmi Atul Bapat
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Ravenkar Ravindra
Distance MSc (Y)



Ravishankar Kumar
Distance MSc (Y)



Renu Singh
Distance MSc (Y)



S Arockia Lucas
Distance MSc (Y)



Sanjiv Kedia
Distance MSc (Y)



Savithri
Nilkantham
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Seema
Vishnupant Patil
Distance MSc (Y)



Shalaoame Jayaraman
Distance MSc (Y)



Sonal Kanwar
Distance MSc (Y)



Subrana
Surajita Mohanty
Distance MSc (Y)



Sumitabh Ghosh
Distance MSc (Y)



Sushanta Kumar
Mohanty
Distance MSc (Y)



Tapani Parida
Distance MSc (Y)



Tikhe Ashwini Sham
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Tiny Pushup
Distance MSc (Y)



Vikram M
Distance MSc (Y)



Anitha A A
Distance BSc (Y)



Annadanayya
Distance BSc (Y)



Baby Mon M R
Distance BSc (Y)



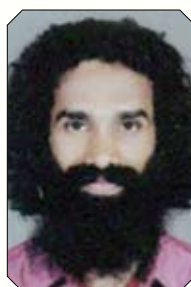
Geetha
Distance BSc (Y)



Jayalakshmi M N
Distance BSc (Y)



Jijo P R
Distance BSc (Y)



Kiran M K
Distance BSc (Y)



Nagaraj
Hunashimarad
Distance BSc (Y)



Nandini Shreesha
Distance BSc (Y)



12th Convocation



Prashanth Kumar M
Distance BSc (Y)



Shobha R
Distance BSc (Y)



Suresh A
Distance BSc (Y)



T Manoj
Distance BSc (Y)



Ujwala Umakant
Kothawade
Distance BSc (Y)



V Rani
Distance BSc (Y)



MSc (Yoga & Consciousness) Graduates



MSc (Yoga) Graduates



BNYS Graduates - 1 batch



BSc (Yoga & Consciousness and Yoga) Graduates



Distance MSc (Yoga) Graduates



Distance BSc (Yoga) Graduates



Dissertation Titles of MD (Yoga & Rehab.) scholars

SNo	Scholar Name	Dissertation Title
1	Praveen Angadi	Adherence to Yoga in patients with Type 2 Diabetes Mellitus - A 6 month follow up study
2	Vinutha H T	Effect of integrated approach of yoga therapy on autonomic functions in patients with type 2 diabetes
3	Ruchira Rupesh Joshi	Nādi Tarangini instrument, the efficacy, reliability and standardization of this instrument and the different disorders where it was used

Dissertation Titles of MSc (Yoga) graduates

SNo	Graduate Name	Dissertation Title
1	Ningthoukhongjam Premchandra Singh	Relationship between Spiritual Beliefs and Perseverative Thinking among Young Adults
2	Akhil Chaudhary	Effect of Integrated Yoga Module (IYM) on energy level and overall health in healthy Volunteers
3	Buddhadev Bag	Effect of Surya Namaskar on psychological wellbeing
4	Krishna Chaitanya P	Relation Ship between Yoga Related Constructs and Psychological Well-Being among IT& ITES Professionals
5	Sarungbam Rajshree Chanu	Effect of listening to Vedic chanting and State Anxiety and Mindfulness
6	Ananda Gaihre	Relation between yoga relative construct and psychological wellbeing in emerging adult
7	Sarangthem Telent Meitei	Efficacy of Cyclic Meditation on reducing Music Performance Anxiety On Rock Musicians
8	Naoroibam Rosy Devi	Effect of Integrated Approach of Yoga Therapy (IAYT) on psychological states and CD4 counts of HIV-1 infected Patients: A Randomized controlled pilot study
9	Suman Bista	Insomnia in Patients Suffering from Chronic Medical Illnesses: Prevalence and impact of IAYT
10	Vinay Shukla	Effect of one month Surya Namaskara practice on psychological wellbeing in college students
11	Mahizham A	Effect of IAYT on pain- related fear in chronic low back pain patient
12	Abhay Singh	Psychometric properties of Hindi version problem areas in diabetes scale
13	Sarungbam Joyshree Chanu	Effect of one week Integrated approach of Yoga Therapy (IAYT) on Peak Expiratory flow Rate (PEFR), 6 min walk test, anxiety and sleep quality index in Asthma Patient



14	Deepika Sharma	Effect of MSRT as an add-on to yoga Therapy on Quality of sleep, pain, stress and anxiety in patients suffering from Chronic Musculoskeletal Pain
15	Mandeep Singh	Effect of intensive integrated approach of yoga therapy on osteoarthritis of knee
16	Hayoon Jung	Effect of Yoga on Preservative thinking, Mind wandering and Mindfulness in unhealthy volunteers
17	Deepika Pasricha Rawal	Electrodermal assessment of acupuncture point stimulation to increase meridian energy flow
18	Gaurav Kumar	A 4 year follow-up of patients with diabetes who underwent the integrated approach to yoga therapy (IAYT) intervention at Kalyan-Nagar, Bangalore
19	Vandana Suresh	Protective value of nadishuddhi pranayama against effects of mobile phone induced electromagnetic radiations on subtle energy levels of adolescents: a randomized cross over pilot study

Dissertation Titles of MSc (Yoga-Consciousness) graduates

SNo	Graduate Name	Dissertation Title
1	Arunraj v	A study on nature of Samadhi (different levels of Consciousness)
2	Chandramouli	Critical analysis of common features in Yoga and Ayurveda
3	Deopujari Pushkar Parag	A study on Concept of Shoucha (Purity) in the light of Scriptures
4	Ganesh S Bhat	Lifestyle according to Indian traditional scriptures
5	Rukmangada N	A study on happiness analysis in the mundane world as presented in Yoga and Vedanta texts

Dissertation Titles of Distance MSc (Yoga) graduates

SNo	Graduate Name	Dissertation Title
1	Jalandhar	Effect of Integrated Approach of Yoga Therapy on Back pain as measure by Rolland Morris Disability Index
2	Sanjiv Kedia	Long Term Effect of IAYT on the no. Of Asthma Attack and Hospital visit: A follow up study
3	Amit Ghosh	Effect of Perceived stress scale in Type 2 DM Patients
4	Sumitabh Ghosh	Effect of Om on quality of life and P.S.S. in female adolescence
5	K Vasudevevan Namboodiri	Effect of Yoga on Pscho-Physiological Health outcomes in Teachers



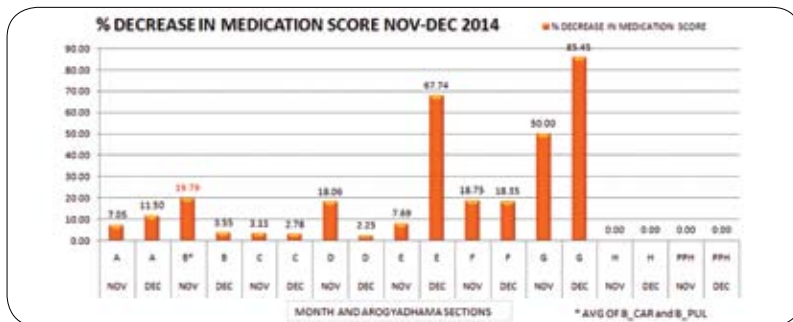
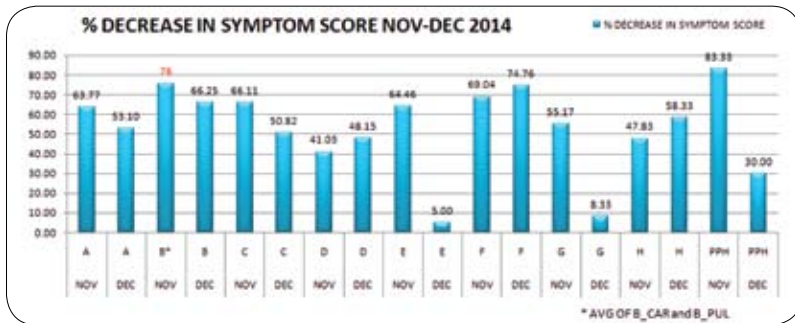
6	P V R Murty	Effect of Yoga on Minimum Muscular Fitness in Visually Impaired School Children
7	David Singh Hijjam	Effect of Surya-Namaskar on Memory among different female at Imphal west district of Manipur State.
8	Ajay Naryan Waikar	The Effect of one Month Yoga Program on Psychological Well Being in Substance Abuse.
9	Jeevitha S	Mindfulness in diabetes
10	R.Krishna Kumar	Impulsivity in diabetes
11	Tapani Paridha	Effect of IAYT on symptom score and medication score in asthma patients.
12	HR Srrenivasa	Efficacy of Yoga on Type II Diabetes on Residents of Kempegowda Nagar
13	Jayashree Khakhria	Effect of One Month Integrated Yoga Practice on Psychological Variables, CBC & Blood Glucose level in Diabetic Patients
14	Dhanashree Nitin Kumar Patil	Validation of yoga module for menstrual disorder
15	Maibam Honison Singh	Impact of Night Shift work on Anxiety in IT Professionals
16	Sushant Kumar Mohanty	Impact of Night Shift work on Anxiety in IT Professionals
17	Tikhe Ashwini Sham	Yoga for mid-life crisis: managing over weight in mid-life T2DM
18	Hema BN	Effect of Tin Day Yoga based Vacation Program on Short term and working memory on School
19	Bindu Jain	Prevalence and Perception of CAM in Indian Cancer Patients during and Post Treatment
20	Muniratna M	Effect of MSRT (Yogic Relaxation) on Stress & Anxiety in Women Undergoing IUF.
21	Mallika B K	Rate of Diabetes and Prevalence among Tribals in Karnataka - A Survey
22	Erukotla Harikrishna	Effect Yoga on Self-Esteem and Cognitive Functions in School - children
23	Tinny Pushp	Effect of Yoga on Social Adjustment in Adolscence
24	Gogi Reddy Koti Reddy	Effect of Yoga on Cognitive Function and Attitude Towards Violence in School Children
25	Ashwini H R	Effect of one month Residential Yoga Program on measuring the positive and negative attitude
26	Renu Singh	Evaluation of Anxiety, Depression and Stress Level on Asthmatic Patients.
27	Ravishankar Kumar	Effect of Yoga on Intervention on psychological staes in orphanage children
28	Lalit Madaan	Effect of Three Months Yogasana on B.P. , Lipid Profile and Heamotological Parameters in Healthy adults
29	Subarna Surajita Mohanty	Effect of Yoga on Intervention on psychological staes in orphanage children



30	Vikram M	Effect of Yoga on Social Competency in Children
31	Ajay Giridhar.P	The Effect of one Month Yoga Program on Psychological Well Being in Substance abuse
32	Anita Arpita Ashok Pednekar	Effects of Yoga on Self-Esteem and Cognitive Function
33	Nayana Bhat	Effect of one month of yoga practice on anthropometric, Psychological and genitive function in women with Chronic disease
34	Raji Kapila	The Effect of 1 month Yoga Training on Lipid Profile, Anthropometric measurements and stress and fatigue. A comparative study.
35	Savithri Nilkantham	Effect of six months Intense Yoga Practice on Lipid Profile and TSH levels in women with Hypothyroidism.
36	Patil Seema Vishnupat	Immediate effect of LSP on fasting blood sugar level in diabetic patients
37	Sonal Kanwar	Effect og 6 weeks of yoga training on cognitive function and psychological states in elderly living in oldage home
38	S A Lucas Gracian	Effect of Yoga in Reduction of Distress, Depression and Improvement of Quality of Sleep Among Old People (Women)
39	Anita Subodh Patil	Effect of MSRT on Anxiety, Depression and Fatigue in Working Women
40	Pardeep Tarade	Long Term Effect of Yoga on Anxiety, Depression, Distress in School Teachers
41	Ravindra T Revankar	Prevalence of Diabetes Risk in Hubli-Dharwad Population
42	Shamna T V	Combined Effect of Pranayama & Ayurvedic Treatment on Artheritis
43	Nandhitha Dasharath	Validation of Specific Yoga Module For Geriatrics and To Determine Its Effect on Subjective Mood, Chronic Pain Coping, Hand Steadiness and Mindfulness in Older Adults - A community based control Study
44	Rashmi Atul Bapat	Development At Garbha According to Ancient Text
45	Dr. Jyothi Sajjan	Effect of Yoga on Dysmenorhea in Adolescents
46	Shalome Jayaram	Assess the Effect of IAYT of Emotional Regulation and Mindfulness on Chronic Disease
47	Bharathi Patil	Effect of Yoga on Prison Population
48	Manshu Agrey	Immediate Effect Bhramari on Visuo-spatial Working Memory in Growing Children
49	Deb Kumar	Immediate effect of bowl sound therapy and M.S.R.T. on state anxiety and psychomatic performance in health volunteer.
50	Dr. Sumathy	Association of digestive disorerliness with the chief complains of other systems in the body
51	Krishan Kutty	
52	Durga C	The effect of Nadi Suddi Pranayama on Perceived stress & burn out levels among working professionals study

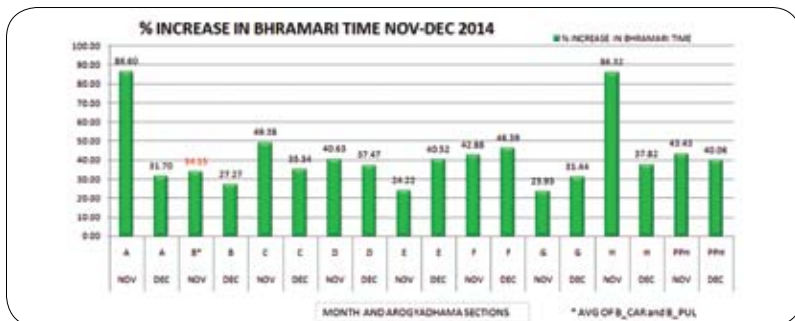


AROGYADHAMA DATA - Nov & Dec, 2014



Symptom Scores:
 0 - no symptoms,
 1 - mild,
 2-moderate,
 3-severe

Medication Score:
 Score 1 for each
 medicine.



Bhramari Time:
 Number of seconds
 taken to exhale during
 a single breath while
 chanting Bhramari.



AILMENTS TREATED IN AROGYADHAMA (SECTION WISE)

- A. Neurology:** Epilepsy, Migraine, Parkinson's, Muscular dystrophy, Cerebral Palsy, Multiple sclerosis, Mental retardation; **Oncology:** Breast cancer stage 1, 2, 3, 4; Colon, Prostate, Blood, Myelomas |
- B. Pulmonology:** Bronchial Asthma, Nasal Allergy, Chronic Bronchitis; **Cardiology:** High BP, Low BP, Heart Disease (CAD) |
- C. Psychiatry:** Anxiety, Depression, Psychosis, OCD, mental retardation |
- D. Rheumatology:** Arthritis | **E. Spinal disorders:** Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Prolapse, Scoliosis, Neck Pain |
- F. Metabolic disorders:** Diabetes | **G. Gastroenterology:** Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis |
- H. Endocrinology:** Obesity, Thyrotoxicosis | **Promotion of Positive Health |**
- Eye Problems:** Short Sight, Long Sight, Astigmatism, Squint, Early Cataract, Glaucoma

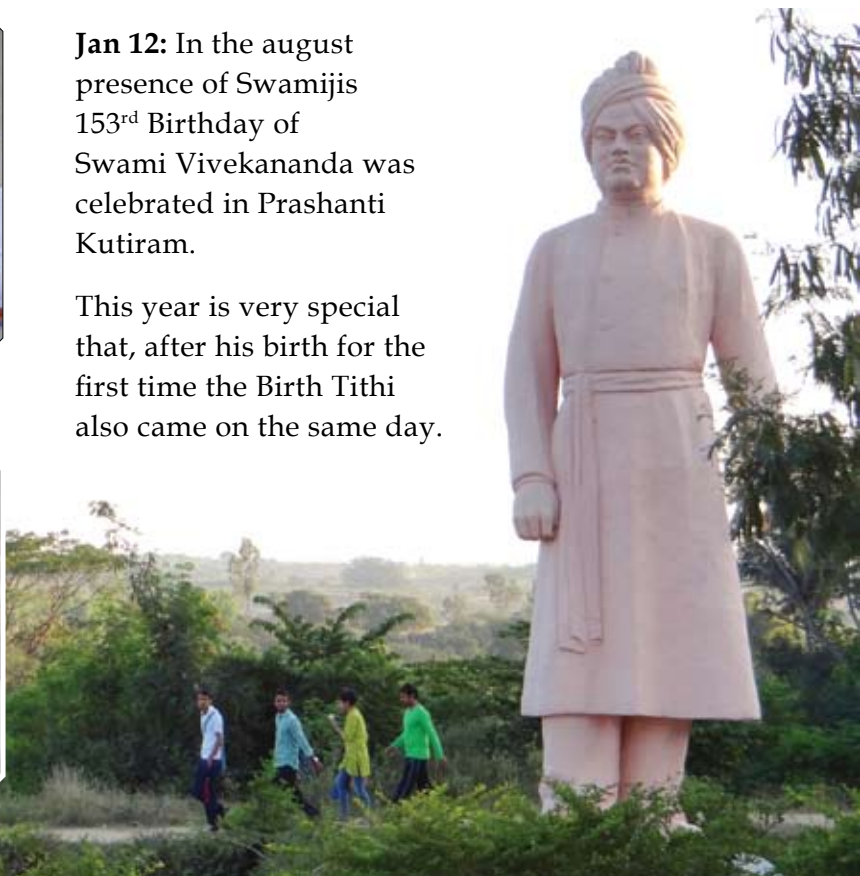


Vivekananda Jayanti celebrations in Prashanti



Jan 12: In the august presence of Swamijis 153rd Birthday of Swami Vivekananda was celebrated in Prashanti Kutiram.

This year is very special that, after his birth for the first time the Birth Tithi also came on the same day.



Prashanti Kutiram: Guruji with the Delegation from US



During the visit to Anvesana Research Laboratories
Explanation for Pancha Kosha concept by Dr. R Nagarathna



With Union Cabinet Ministers

Prashanti Kutiram, Dec 28: In the august presence of Hon'ble Union Minister for Health and Family Welfare **Shri Jagat Prakash Nadda**, Hon'ble Union Minister for Chemicals and Fertilizers **Shri Ananth Kumar** and many more dignitaries the Foundation Stones laid for Academic Block II stage & the I floor of BNYS College complex constructions. ■





Vedacharya Dr. David Frawley (Pandit Vamadeva Shastri) and Yogini Shambhavi Devi's visit to S-VYASA University, Bengaluru



Dr. David Frawley & Yogini Shambhavi Devi during the visit to Veda Vijnana Shodha Samsthanam, Bengaluru

Vedacharya Dr. David Frawley (Pandit Vamadeva Shastri) and Yogini Shambhavi 's visited S-VYASA University from 8th to 13th January 2015.

He is an American Hindu teacher and author, who has written more than thirty books on topics such as the Vedas, Hinduism (Sanatana Dharma), Yoga, Ayurveda and Vedic astrology, published both in India and in the United States. He is the founder and director of the American Institute of Vedic Studies in Santa Fe, New Mexico, which offers educational information on Yoga philosophy, Ayurveda and Vedic astrology.

On 12th January 2015, he was awarded the prestigious D. Litt, from S-VYASA (Swami Vivekananda Yoga Anusandhana Samsthana), the only deemed Yoga University recognized by the Government of India.

His wife Yogini Shambhavi Chopra joins him in his teachings. He works with the magazine Hinduism Today, where he is a frequent contributor. He is associated with a number of Vedic and yogic organizations in several countries. He is a Vedic teacher

(Vedacharya), Vaidya (Ayurvedic doctor), and a Jyotishi (Vedic astrologer).

Dr. H.R. Nagendra, Chancellor, S-VYASA University welcomed the distinguished guests. Pandit Vamadeva Shastri appreciated the research facility at S-VYASA. He shared his wisdom with the students, faculty and staff of S-VYASA University stimulating an intellectual exchange. He also visited the Veda Vijyana Gurukula lead by Dr. Ramchandra Bhat, Vice Chancellor, S-VYASA University. ■





Valedictory function of 98th, 99th, 100th YIC batch and Inaugural function of 101st, 102nd & 103rd batch at Eknath Bhavan



Prayer...

4th Jan 2015, was a memorable occasion at Eknath Bhavan. It was a day when the gathering remembered the journey of Yoga Instructors Course which started in the year 1999 with initial batches conducted by Dr. Nagendra Guruji, Dr. Nagarathna Didi and others, which has currently grown to become 3 batchessimultaneously run mostly by young faculties. Dr. Sudheer Deshpande highlighted the achievements of S-VYASA organization in training not less than 5000 Yoga instructors through this

flagship program. The occasion was graced by Sri Manjunath Swamy, currently a trustee in Aroghaya Nikethana. He had also served the society in many prestigious positions like RajyaKaradarshi for "Gorsamarakshnasamithi". Sri Nagabhusanji, who is a life time RSS pracharak, currently a trustee in Vanavasi Kalyana Ashrama, also graced the occasion. Friends and family members of faculty and students enjoyed the cultural program, asana formations, advanced asana demonstrations and the sumptuous lunch served with love. ■



Participants of Yoga Instructors Course with the Dignitaries



Participants of SMET introduction program conducted at Club Mahindra Resort in Poovar, Kerala. Organized by Sri A J Asok Kumar, an advisor to S-VYASA



NEWS from VYASA, Kolkata



On 5th December 2014, as a part of Corporate Social Responsibility (CSR) 70 *Kambals /quilts* (winter blankets) were distributed by one of our well wishers to the underprivileged children of **Vivekananda Adarsh Milan Mandir(VAAM),Kolkata.**

On 13th December 2014, a **teacher's meet** held at VYASA Kolkata. It was presided by **the Chairman.**

From 21st to 28th December 2014 a research based special Yoga Therapy Awareness Programme on "**DIABETES CONTROL & PREVENTION**" was organized by **Lions Club of North Calcutta (District 322B1)** and **SVYASA Yoga University, Bengaluru** at Lions Safari Park, Rabindra Sarobar

of Kolkata. 25 participants were participated the programme. Programme was monitored by Mr. S.S Rajput and Mr. Sanatan Mahakud. The Yoga sessions were conducted by Trained Yoga Therapists Mr. Kuntal Ghosh, Mr. Raju Mahato, Mr. Nayan Mondal and Mr. Sasanko Sen. Programme were sponsored by ONKAR Group.

On 25th December 2014, Evening 7.30-9.30 pm at Kala Mandir a **workshop** on "**MIND POWER**" was conducted by Dr Sneh Desai. On behalf of Vivekananda Yoga Anusandhana Samsthana Kolkata, Mr. Sanatan Mahakud and other 3 teachers had participated the same.

On 27th December 2014 six teachers from VYASA Kolkata had participated in the **6th World Confluence of Humanity, Power & Spirituality** organized by Mr. & Mrs. H.P Kanoria of **SREI Foundation,Kolkata.**

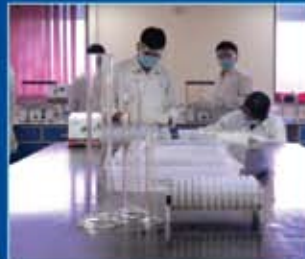
From 28th December 2014 to 4th January 2015 there was a **spiritual tour** to New Delhi, Mathura & Vrindavan by the team VYASA and their family members. ■

Recently, Dr. K Subrahmanyam, the Dean of Division of Yoga & Humanities, delivered a discourse on Ramayana. It was organized in Chennai for 9 days



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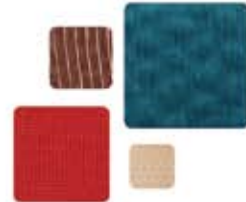


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