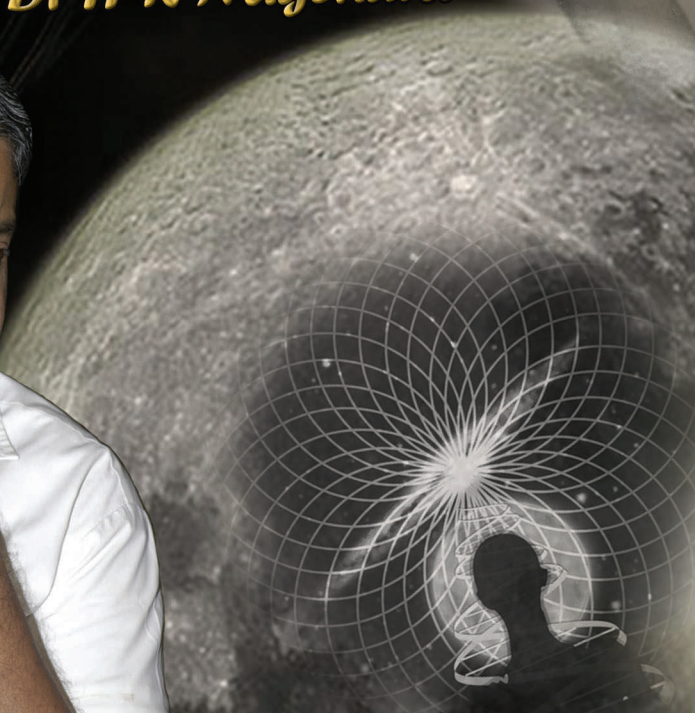


*Combine the best of the East with the Best of the West*

# NASA to VYASA

*Dr H R Nagendra*



## Dr H R Nagendra

Born: January 1, 1943.

Degree: B.E. (Mech. Engg.),  
M.E. (Mech. Engg.),  
Ph.D. (Mech. Engg.)

Address:

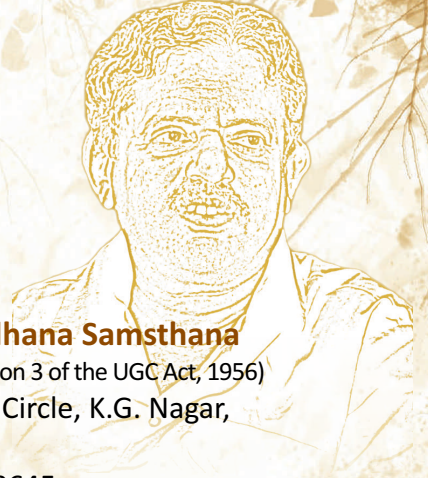
### **Swami Vivekananda Yoga Anusandhana Samsthana**

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

# 19, Eknath Bhavan, Near Gavipuram Circle, K.G. Nagar,  
Bangalore - 560 019, India

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## Experience

- 1968-75 : Faculty member, Department of Mechanical Engg, Indian Institute of science, Bangalore-560012
- 1970 : Post Doctoral Research Fellow, University of British Columbia, Canada.
- 1970-71 : Post Doctoral Research Associate, NASA Marshall Space Flight center, USA.
- 1971-72 : Consultant, Engineering Science Laboratory, Harvard University, USA.
- 1972 : Visiting Staff, Imperial College of Science and Technology, London.
- 1975 : Joined Vivekananda Kendra, a service mission, in 1975 as whole time worker. Director of Training Center, Vivekanandapuram, Vivekananda Kendra, Kanyakumari.
- 1975-93 : All India Secretary, Yoga Shiksha Vibhag, Vivekananda Kendra, Kanyakumari.
- 1979-86 : Secretary, Vivekananda Kendra Yoga Therapy & Research Committee (VKYOGAS)
- 1986-99 : Secretary, Vivekananda Kendra Yoga Research Foundation, Bangalore and Director, Indian Yoga Institute, Prashanti Kuteeram.
- 1993-99 : All India vice-president Vivekananda Kendra, Kanyakumari.
- 2000-02 : President (S-VYASA) Swami Vivekananda Yoga Research Foundation, Bangalore.
- 2002- : Vice-Chancellor (S-VYASA) Swami Vivekananda Yoga Research Foundation, Bangalore.

## ACHIEVEMENT AND CONTRIBUTIONS

### *Research Accomplishment*

- ❧ Ph.D Dissertations: Natural convection in vertical Annular Spaces. Department of Mechanical Engineering, I.I.Sc, Bangalore 1968.
- ❧ Research Papers (Engineering) published in National & International engineering journals: 30 Nos.
- ❧ Research Papers published in the field of Yoga in National & International journals: 72 Nos.
- ❧ Research Papers presented in National & International conference in Engineering On Yoga: 300 Nos.
- ❧ Key note addresses in National & International conference: 60 Nos.
- ❧ Yoga Research reports published: 32 Nos.
- ❧ Yoga books published: 26 Nos.
- ❧ Editor in Chief 'IJOY' (International Journal of Yoga), Editor of monthly magazine 'Yoga Sudha' and on the editorial board of monthly Yuva Bharati, 'Yoga life'.

### *Guidance in Research*

- ❧ Acted as a Ph.D co-guide from 1973-75 for two persons in the department of Mechanical Engineering, IISc, Bangalore.
- ❧ Acted as an adviser for Dr Horia Crisan for the dissertation submitted by him to the University of Heidelberg, Germany 1984.
- ❧ Guidance as co-guide for 250 dissertations on Yoga submitted in partial fulfillment of Yoga Therapy Instructors' Course, Post-Graduate Diploma in Yoga for doctors & Diploma in Yoga & Naturopathy.

### *Organisation of Conference, Symposia and Workshop*

- ❧ Five international conferences in Yoga Research and Applications in 1991, 1993, 1995, 1997, 1999, 2001, 2003, 2005 in Prashanti Kuteeram campus & 2006 in Calcutta Center. The next one slated for Dec.2007.
- ❧ Monthly symposia to date: 58, other conferences in collaboration with other Organizations-7.
- ❧ Workshops organized and conducted for executives, called SMET from 1982 to date: 290-490.
- ❧ Acting as a guide for 2 Ph D (Yoga & Allied Sciences) student, Faculty of Science, Bangalore University, Bangalore.

### *Development of Curricula for the following*

- i) Engineering -2 courses.
- ii) Training of life Workers of Vivekananda Kendra (6 months residential).

### iii) Yoga courses for

- ☞ General Public
- ☞ Patients-Integrated approach of Yoga Therapy
- ☞ Executives-SMET, FSMET, ASMET and HOLSYM
- ☞ Education-Eyesight improvement, voice culture, Memory, IQ, Creativity Development, PDC, STEP
- ☞ Invoking dormant potentials: CM, PET, MSRT, MIRT, VISAK, ANAMS
- ☞ Certificate, Diploma, Post Graduate Diploma for Doctors, MBYT and PhD (in Yoga and allied science courses).

### *Development of Research Projects*

- ☞ Center of Excellence in Yoga - AYUSH grant-in-aid project (2009)
- ☞ Stop Diabetes Movement - a Nationwide Movement in India(2008)
- ☞ Center for Advance Research in Yoga and Neurophysiology (2007)
- ☞ Diabetes and Yoga: Royal Free Hospital, London (1988-90)
- ☞ Yoga for Rheumatoid Arthritis: Middlesbrough General Hospital (1987-89)
- ☞ Yoga and Asthma: Yoga Bio-medical Trust, Cambridge, UK (1986-89)
- ☞ Bronchial Asthma and Yoga: Chest clinic, Fort Collins, Colorado (1987-present)
- ☞ A topic Bronchial Asthma: ICMR project (1990-93)
- ☞ Yoga and myopia: Eye clinic, London (1990-present)
- ☞ Yoga and Eating Disorders: Advanced psychiatry clinic, Los Angeles (1989 to present)
- ☞ Headache and Yoga : Brain Clinic , Chicago (1986-88)
- ☞ Cancer & Yoga
  - ☞ Cancer center, New york(1992)
  - ☞ Kidwai Memorial Institute of Oncology(1986 to present), Bangalore.
  - ☞ Bangalore Cancer Hospital, Bangalore
  - ☞ Cancer research Center, Calcutta
  - ☞ Cancer Hospital, Gwalior
- ☞ Yoga and Sleep studies
- ☞ Yoga and Psychosis
- ☞ Yoga and Aging
- ☞ Miscellaneous applications-MR, Blind, Prisoners, remand home children, defence Persons, sportsman etc.

## AWARDS AND DISTINCTIONS

### *Award*

- ❧ Man of excellence award by the Badaganadu Sangha Association, Bangalore 1994'
- ❧ Yoga shree' award by Padmashri Yogacharya BKS Iyengar, organized by Bangalore Yoga Association 1995.
- ❧ Award by the Chief Minister, Govt of Delhi for contributions in the field of Yoga Therapy 1995
- ❧ Recipient of Patanjali award 1997 for the contributions in the field of the yoga by ISM & H, Ministry of Health and Family Welfare, Government of India through Director , ISM & H in Bangalore.
- ❧ Recipient of Bhaskar award for the contributions in the field of Yoga by organizers of Mystic India Exhibition, New Delhi from the hands of Sri Ramananda Sagar, 1997.
- ❧ Nominated by the American Biographical Association for the "Distinguished leadership Award" for his service to humanity.
- ❧ National citizen's award on Aug25th 2001, from the hands of justice P.N. Bhagavati, Hon'ble Chairman, United Nations Human Rights Commission.
- ❧ Recipient of Bharata Ratna Sir M Visvesvaraya Science Award - 2010 for the contributions in the field of Yoga Education and Yoga Therapy from Svadeshi Vijnana Andholan, Karnataka.

### *Distinctions*

- ❧ Member of the Governing Council of Central Institute of Yoga Research, New Delhi.
- ❧ Member of the working group of Experts for planning commission under the Ministry of health (Indian Systems of Medicine).
- ❧ Member of the working group of Experts for preparation and approval of syllabus for courses in Yoga and Naturopathy under the ministry of Health (Indian Systems of Medicine).
- ❧ Member of the working group of Experts for preparation and approval of syllabus for Post Graduate course in Yoga of Bangalore University.
- ❧ Member of the selection board for selecting candidates to be deputed abroad by the Indian Council of Cultural Relations, New Delhi.
- ❧ Member of the selection board for selecting Deputy Director (Yoga) for CCRYN under the department of ISM & H, government India, New Delhi.
- ❧ Member of the Governing Council and FinanMembce Committee for National Institute of Naturopathy, Pune.

- ❧ Member of the Board of studies for the subject of Science of Living. Jain Vishva Bharati Institute, Ladanu (Rajasthan)
- ❧ Member of the Board of studies in Yoga in Maharshi Dayananda Saraswathi University, Ajmir and also for Bangalore and Mangalore Universities.
- ❧ Member of the expert committee of Ayurveda in NIMHANS University.
- ❧ Chairman of a documentation committee set up by CCRYN, Ministry of Health & Food Government of India, New Delhi.
- ❧ Consultation Yoga, Swinburn University, school of Integrative Medicine, Melbourne.
- ❧ Member, Governing Council of Institute of Speech and Hearing, Mysore.
- ❧ Vice-President, Indian Yoga Association
- ❧ Working President, Vishwa Mangala Gou Grama Yathra
- ❧ Kannada Rajyothsava Award (for Organization) 2010.

### *Development of campus Prashanti Kuteeram*

After completion of his PhD from IISc, Dr Hongasandra Rama Rao Nagendra moved to NASA Marshall Space Flight Centre, USA as Post-Doctoral Research Associate in 1971. He returned to Vivekananda Kendra in 1975 to pursue human engineering as against mechanical engineering.

In search of reality, Dr HR Nagendra found that the modern science has only touched the physical and creation has many subtle and causal dimensions which ancient Seers of India had fathomed, realized, documented and time tested for its usefulness. So he jumped into this wisdom contained in Upanishads of Yoga and spiritual lore. He was fascinated by the teachings of Swami Vivekananda who brought out this great wisdom in modern terminology and urged to combine the best of the West with the best of the East.

Later on, he was asked by the UGC to bring the wisdom of Yoga to University campuses and the Kendra had 9 campuses in which Yoga centers were established. With the success story growing further the UGC accorded a deemed-to-be University status in 2002 to S-VYASA for which he became the first Vice Chancellor. He has been the guiding force behind the VYASA movement.

He has been instrumental in co-ordinating the efforts of several people to bring up a 35 Acres campus of scenic beauty twenty miles from Bangalore and 5kms from Bannerghatta-Jigni-Anekal National High way. The campus is the developing Head Quarters of S-VYASA with research as the main aim. Prashanti has developed into a 250 bedded indepth research center of yoga of international acclaim called Arogyadhama including Surabhi - a Naturopathy and Ayurveda facility to treat patients and promote positive health with . Prashanti also houses an intensive, holistic 30 beds Cancer Care Center.