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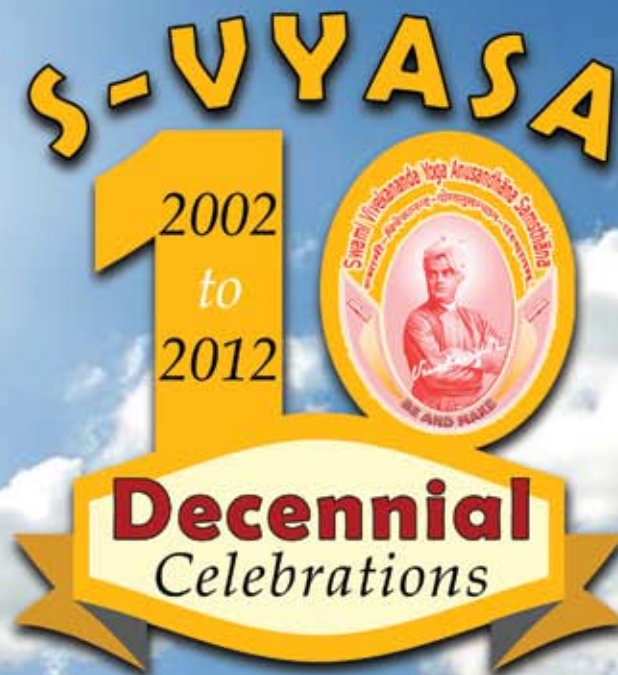
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No. 4

YOGA SUDHRA

A Monthly Journal of Swami Vivekananda Yoga Prakashana



S-VYASA Decennial Celebrations Inauguration

March 25, 2012 | Prashanti Kutiram, Bengaluru

Chief Guest: **Dr Vishwa Mohan Katoch**, Director General, ICMR

Prashanti Entrance



Om Building



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योगसुधा

Vol. XXVIII No.4 April, 2012

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ब्रह्मसूत्राणि (Brahmasutra)

Dr. Ramachandra Bhat

Dean, Div. of Yoga - Spirituality, S-VYASA Yoga University
Director, Veda Vijnana Shodha Samsthanam, Channenhalli, Bangalore

ॐ नमो ब्रह्मादिभ्यो ब्रह्मविद्यासम्प्रदायकर्तृभ्यो वंशर्षिभ्यो महर्ष्यो नमो गुरुभ्यः ।
सर्वोपप्लवरहितः पज्ञानघनः प्रत्यगर्थो ब्रह्मैवाहमस्मि ॥

अथातो ब्रह्मजिज्ञासा (अ.१/पा.१/अ.१/सू.१)

Athāto Brahmajijñāsā (A.1/P.1/A.1/S.1)

That was the juncture period where the unbroken Vedic tradition was not followed in its intact form. Badarayana Vyasa, an incarnation of Lord Mahavishnu took upon himself to fill up that gap and facilitated a smooth unhindered flow of the Vedic stream. For the convenience of understanding scholars classified the whole Vedic lore into four subdivisions - Samhita, Brahmana, Aranyaka and Upanishad. The Upanishads, other wise called the Vedanta, mainly deal with the spiritual cognition of the Vedic literature. कुत आजाता कुत इयं विसृष्टिः – “Where did we come from? Where did this world come from?” These were the two main queries of the great Rishis of yore. In the quest of answers to these two questions, Rishis had been making an endless pursuit which eventually led them to the realization of Brahman.

This search for Brahman or Reality (Darshana) is followed by three major steps like Shravana (studying under an authentic teacher), Manana (confirmation by positive logics) and Nididhyasana (purification of the mind by meditation and contemplation). A remarkable dialogue amongst a couple, Maitreyi and Yajnavalkya in Brihadaranyaka Upanishad gives guidance for this insightful understanding.

Darshana (the ultimate realization) is the paramount in this process. The first and the preliminary step towards this end is Shraavanam. In order to facilitate these graded cognitive expansions, the Vedantic tradition has prescribed three major texts. They are called Prasthanatraya. Prasthanam means the pathway. Brahmasutram, numbering 555 aphorisms, is considered as Sutraprasthana or Nyaya Prasthanam. The Bhagavadgita, consisting 700 shlokas is called Smritiprasthanam; it helps for smooth understanding of the Upanishads. Ten major Upanishads are called Shrutiprasthana; they summarize the whole essence of the Vedic lore. Thus the study of these three facilitates shravana in the real sense.

Sutraprasthanam has its own unique role to play in the traditional study of the Vedanta. With out the study of Brahmasutra, study of spiritual science never becomes complete. वेदान्तार्थकुसुमग्रथनार्थत्वात् सूत्राणाम्. According to Adi-Shankara these sutras are like a thread which knits all different flowers of forms, norms and fragrances.

Before we dwell into act in the reams of these scriptural sources we must have a sense of a humble traveler who aims at the highest peak of Himalayas.

In the first aphorism, the first word अथ has its own significant meaning. The normal verbal meaning of this indeclinable (अव्यय) is - after something. But this something is everything for a Vedantic student one who already achieved mental peace, self control, withdrawing capacity, unshakable devotion and equilibrium of emotions. These are the eligibility criteria for a Vedantic student.

to be continued...

EDITORIAL

Last three colourful issues of Yoga Sudha have been appreciated by one and all. We are delighted to bring out a new format of Yoga Sudha from this April, based on the suggestions given by many of our readers and well wishers; we hope you all will like it. We would embellish the issues with more photos, linkages to articles, published papers, and new developments in our organization, all over India and abroad; and help in networking VYASA centers all over the world to spread VYASA movement and its activities.

S-VYASA, the University dimension of VYASA movement is now a separately registered society as per the requirements of UGC governed by a BOM. Yoga Sudha will continue to be the mouth piece of VYASA & S-VYASA as well while the technical research will be through the official channel of 'International Journal of Yoga' (IJOY). In the future issues of Yoga sudha, each Division will bring out a good article to enrich the readers with Yoga dimensions applied to different areas. Div. of Yoga-Spirituality is starting the new serial on Brahma sutras by Dr Vidwan Ramachandra Bhat, an authority on the same. The Div. of Yoga & Life Sciences will bring out the new findings for bringing the best of all systems of healing with Panca Kosha model as the base. The bio energy lab from the Div. of Yoga and Physical Sciences and its findings will enchant many of our readers to move from matter-based paradigm to Consciousness based paradigm. The SMET dimension going to all sectors of management will bring new aspects from the Div of Yoga & Management Studies. Similarly articles by Prof K Subrahmanyam on Swami Vivekananda and his teachings will flow through his powerful pen adding flavor to yoga sudha in the context of the ensuing 150th birth anniversary of Swamiji. And festivities in Prashanti Kutiram synergizing students from all parts of India in the campus to learn, understand the role and subtleties of festivals from their own regions and other parts of India so that they can appreciate one another.

The Directorate of Distance Education has started attracting many students from all over the country and abroad and the numbers have started swelling. We have targeted a thousand students of DE by the end of the year.

Arogyadhama run by VYASA will continue its new role in bringing the best of all systems - Modern Medicine, Ayurveda, Yoga, Naturopathy, Physiotherapy, Acupuncture and Reflexology, etc to the participants. The magical recovery experienced by the participants are documented and portrayed in our Yoga Sudha issues.

Our readers would be glad to know that S-VYASA Yoga University has now completed 10 successful years of its existence. It was our delight to have with us Dr Vishwamohan Katoch, the Director General of ICMR and the Secretary of the newly formed Department of Health Research (DHR) to launch the Decennial celebrations of S-VYASA on March 25th.

This year, we are going to have a Bhagavata katha by Prof Prema Pandurang from June 3rd to 9th, 2012 and please see the announcements inside to spread this message so that large number of our well wishers, alumni, arogyadhama participants and other interested sadhakas from all over the country and abroad can be benefited. We welcome suggestions and comments from all of you for the further growth of Yoga Sudha. We are sure you will make more and more people read our Yoga Sudha and bring them to our subscriber list.

Dr. H.R. Nagendra

Launch of the Decennial Celebrations of S-VYASA



Dr Vishva Mohan Katoch, Secretary, Govt. of India, Dept of Health Research and Director General of ICMR being honoured by the Vice Chancellor & Registrar of S-VYASA

Jigani, Mar 25: After the year long celebrations of the silver jubilee of VYASA, we have stepped into the celebrations of the decennial of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), the academic wing of VYASA. Recognized by the University Grants Commission (UGC), in the year 2002 as a deemed -to-be-University, under section 3 of the UGC act, 1956, today, S-VYASA stands as the only Yoga University in the world with its unique Yoga based professional courses starting from certificate courses to PhD and Post Doctoral. The University has so far produced thousands of Yoga professionals who are settled all over the world. With all its milestones, S-VYASA has reached its tenth year of successful functioning with the ISO and NAAC accreditations added as colourful feathers in its cap. The decennial celebration was launched on 25th March 2012, Sunday which will lead to a series of celebrations to commemorate the occasion. Dr Vishva Mohan Katoch, Secretary, Govt. of India, Dept of Health Research and

Director General of ICMR, was the chief guest for the launch function. Dr Vishva Mohan went around the Anvesana research labs and other departments of the university including Arogyadhama. Addressing the gathering, which included all students, staff, alumni and well wishers of S-VYASA, Dr Vishva Mohan appreciated the great work of S-VYASA in research and academic standards. Dr Shirley Telles, the principal investigator, of the 'ICMR Centre for Advanced Research in Yoga and Neurophysiology' at S-VYASA, gave a brief presentation about the research work carried so far by the centre. Gururji gave a brief plan about the year long decennial celebrations lined up.



Board of Management of S-VYASA

from June 1, 2011

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Dr H R NAGENDRA
Vice chancellor

NOMINEE OF THE
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under swami vivekananda yoga anusandhana samsthana
(declared as Deemed University under Section 3 of the UGC Act, 1956)



Vision
Yoga through Education

Mission
Yoga to Every Doorstep

Study Yoga Any Place Any Time

Directorate of Distance Education (DDE), S-VYASA was initiated in 2007. We received Provisional Approval to run Distance Education Programme in September 2007. We are now approved by DEC as a centre to launch programmes through the Distance Mode.

COURSES

Bsc (YEd)	PGDYTD
Bachelor of Science in Yoga Education	Post Graduate Diploma in Yoga Therapy for Doctors
BSc (Y)	PGDYT
Bachelor of Science in Yoga	Post Graduate Diploma in Yoga Therapy
MSc (YEd)	YIC
Master of Science in Yoga Education	Yoga Instructor's Course
MSc (Y)	
Master of Science in Yoga	

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Memorandum of Understanding

with 43 Renowned Institutions

SR. NO.	MOU TITLE	PARTIES INVOLVED	
1	Promotion of Scientific and Academic Excellence and Advancements	VYASA	The University of Texas, M. D. Anderson Cancer Centre
2	Promotion of Scientific and Academic Excellence and Advancements	VYASA	East Tennessee State University
3	International Academic Exchange	VYASA	Central Michigan University, USA
4	Promotion of Scientific and Academic Excellence and Advancements	VYASA	Health Synergies, Indianapolis, Indiana, USA
5	Cooperation in the field of Research and Education	VYASA	The Centre for International Mental Health and School of Population Health, The University of Melbourne
6	International Cooperation in field of Research and Training	VYASA	KWA Kuratorium Wohnen im Alter Gag, Munich, Germany
7	Promote Yoga Instructors and Yoga Therapists.	VYASA	Japan Vivekananda Yoga Kendra, Yonago, Japan
8	To Collaborate Academic and Research Activities at Srilanka	VYASA	Institute of Human Excellence (IHE), Srilanka
9	Research Collaboration	S-VYASA & NIMHANS	Singapore Bio imaging Consortium, Biomedical Sciences Institutes, Singapore
10	Cooperation in the field of Research and Education	S-VYASA	Memorial Hospital, Department of Complimentary Medicine, ISTANABUL
11	Cooperation in the field of Research and Education	S-VYASA	Indian Institute of Science(IISC), Bangalore
12	Promotion of Scientific and Academic Excellence and Advancements	S-VYASA	National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore
13	Cooperation in the field of Research and Education	S-VYASA	Narayana Hrudayalaya Institute of Medical Sciences, Bangalore
14	To Execute the 'Project Ayurveda & Yoga on Four Diseases	S-VYASA	Central Council for Research in Ayurveda and Siddha (CCRAS), Department of Ayurveda
15	Sleep Architecture in meditators and non-meditators	S-VYASA	Isha Foundation, Coimbatore

For more click this LINK: <http://svyasa.org/recognitions/mou1a.asp>

Swami Vivekananda District Yoga Wellness Center

Supported by: Morarji Desai National Institute of Yoga, New Delhi

Nodal Yoga Institution: S-VYASA Yoga University, Bangalore

SVDYWC Phase - 1:

Swami Vivekananda District Yoga Wellness Centre is a project initiated by AYUSH Department, through MDNIY, New Delhi to establish one Yoga wellness centre per district in the nation. 100 Centers were started in the first Phase in 2011. S-VYASA is the Nodal Yoga Institution for Karnataka, Andhra Pradesh, Kerala, Punjab and Haryana. The S-VYASA has the following twenty centres under its supervision:

South: Karnataka- 6; Andhra Pradesh- 5; Kerala- 2

North: Haryana- 4; Punjab- 3

All these centers have completed their six months and have submitted their Half Yearly Report and Utilization Certificate. Their second installment of Grant-in-aid would be released by the end of March, 2012.

Our **Palakkad Centre** had organized the State level Himalaya Yoga Olympiad involving 14 districts. More than 600 students participated in the same.

Our **Hindupur Center - Vivekananda Yoga Therapy Institute** had organized an Awareness Program by organizing Competitions for School Children in which more than 650 students participated from eight different schools.

Our **Shimoga Center - Sri Shivaganga Yoga Kendra** has conducted 14 Foundation Courses in which 351 people had participated.

Our **Bathinda Center - Yog Sewa Samithi** is conducting special Yoga Classes for inmates of Central Jail and for the patients of De-addiction center at Govt. Hospital.

SVDYWC Phase - 2: MDNIY, New Delhi has shorted listed the applications and sent to us for verification and recommendation. The personal verification work was just completed by Sri Anil Kumar, Nodal Officer and Sri Subramanian, Joint Coordinator and the recommendations were submitted by 20 March 2012. MDNIY is expected to complete the selection by 31st March 2012.

State for SVYASA, Bangalore	Total No of Districts	Proportionate No of Districts to be covered upto Phase II	No of Districts covered in Phase I	No of Districts to be covered in Phase II	Total No of Application Received	Eligible
Andhra Pradesh	23	8	5	3	24	4
Karnataka	30	9	6	3	46	9
Kerala	14	4	2	2	5	1
Total	67	21	13	8	75	14



DEAN: Prof. Vidwan Ramachandra G. Bhat, Ph.D.

Division of Yoga - Spirituality

BSc, MSc - Yoga & Consciousness

Objectives:

- ▶ To train Sadhakas - inner researchers, spiritual counselors and cultural ambassadors & empower them with the wisdom of Yoga - spirituality to explore subtle dimensions of consciousness.
- ▶ To promote the ancient Gurukula system of education with the wisdom of Vedanta, the principles and practices of integrated modules of Yoga techniques with a scientific fervor of the WEST.



Course Name	Eligibility	Duration
* BSc (Y&C) (Yoga & Consciousness)	Prak Shastri Exam/ Sanskrita Sahitya Exam or plus 2 with Sanskrit as a subject or equivalent	3 Years
* MSc (Y&C) (Yoga & Consciousness)	Shastri/ Vidvat Madhyama Exam/Graduation with Sanskrit proficiency /any graduation + one year Bridge Course	2 Years
PhD (Doctoral Degree in Yoga)	Masters Degree, Engineering Graduate / Medical Graduate	3 Years

* These courses are based on Gurukula system

Papers Published: The Year 2009: 3 Papers | The Year 2008: 1 Paper | The Year 2007: 1 Paper
| The Year 2006: 1 Paper

For Full List of All Papers click this LINK:

http://www.svyasa.org/download/SVYASA_Research_Publications.pdf

For Full Papers click this LINK:

<http://www.svyasa.org/download/CompleteResearchPapers.zip>



Sanātana Dharma and Christianity

- Dr. R. Rangan, R. Thirvikraman, B.E. & Dr. R. Balaji Srinivasan

I. Introduction: This paper is a comparative study of the main teachings of Sanatana Dharma and the doctrines of Christianity.

II. Definitions:

I.1. Definition of Sanatana Dharma: Dharma is defined as that by which the social and spiritual welfare can be accomplished (Vaisheshika sutra, 1.1.2.). Sanatana means eternal. Therefore Sanatana Dharma in absolute sense means the eternal values by which the social and spiritual well being also can be accomplished. Sanatana Dharma in transactional sense is one of the Hindu religions. The other Hindu religions are Jainism, Buddhism and its sub-religions (like Vaishnavism and Shaivism) and philosophies (like Purva Mimamsa, Vaisheshika, Nyaya, Sankhya, Yoga and Vedanta) that consider the Vedas (among the scriptures) as either the primary source of Dharma (Manusmriti, 2.6.) or one of the primary sources of Dharma.

I.2. Definition of Christianity: In absolute sense Christianity is that which includes the faiths and practices that are directly connected to the belief that Christ alone can save us from sin. In transactional sense Christianity is one of the Abrahamic religions. The other Abrahamic religions are Islam and Judaism. Christianity includes evangelical Protestants, Roman Catholics, Eastern Orthodox believers, Presbyterians, Methodists, Episcopalians, United Church members, Mormons, Jehovah's Witnesses, Christian Scientists etc Many



Evangelical Protestants define "Christian" to include only those persons who have been "born again" regardless of their denomination. That is, they have repented of their sin and trusted Jesus as Lord and Savior. Some Protestant Christian denominations, parachurch groups, and individuals have assembled their own lists of cardinal Christian doctrines. Many would regard anyone who denies even one of their cardinal doctrines to be a non-Christian. Other denominations regard their own members to be the only true Christians in the world. Some are quite small, numbering only a few thousand followers. The Westboro Baptist Church -- believes that its total membership of slightly under 100 believers will go to Heaven to be with God after they die; they believe that the other 6.7 billion humans in the world are all destined to go to Hell. To conservative Protestants, a Christian is often defined according to their salvation status. Their definition is "true" to them, because it agrees with some of their foundational beliefs: that the Bible is inerrant, that salvation is by grace, and that one must be "born-again" to be saved and avoid eternal punishment in Hell. To Roman Catholics, a





Christian is often defined according to their baptism status and the presence of any unresolved mortal sin in their lives. Their definition is “true” to them, because it agrees with their fundamental beliefs about the nature of sacraments, their understanding of the Bible, the declarations of many Church Councils, the statements of many popes, and their church’s tradition. To many in the very early Christian movement, a Christian was defined as a person who was baptized and proclaimed “Jesus is Lord.” Their definition was “true” to them because it agreed with their understanding of their religious belief at a time when the Christian Scriptures (New Testament) had not yet been written and assembled. And so on, with other faith groups. We accept as Christian any individual or group who devoutly, thoughtfully, seriously, and prayerfully regards themselves to be Christian. That is, they honestly believe themselves to be attempting to follow the teachings of Yeshua of Nazareth (a.k.a. Jesus Christ) as they interpret those teachings to be (http://www.religioustolerance.org/chr_defn.htm).

to be continued...

3-3-2012: Pre-Parliamentary Seminar for World Parliament of Spirituality

A pre-parliamentary seminar was organized on 3rd March 2012 at Jain University, Bengaluru; It was a prelude to 1st World Parliament of Spirituality to be held in December 2012 at Hyderabad. Many Spiritual masters and healers were resource persons in the seminar in which hundreds of delegates including students of S-VYASA participated. Dr Alex Hankey and Sri Subramanian. A, faculty members S-VYASA were amongst the invited speakers. Dr Alex spoke on the Spiritual Contributions of Maharshi Mahesh Yogi and Subbu bhैया spoke on “role of Yoga in building ideal social orders”. Sri D R Karthikeyan who presided over the seminar and other dignitaries appreciated Subbu bhैया’s discourse.

8-3-2012: Holi Utsav

Holi was celebrated with great pomp and show on the evening of 8th march, Thursday with Holika & Kama dahan, namasankeertan and dancing around the fire. Subbu Bhैया performed puja and julan yathra of Sri Radha Krishna Jugal. Students, therapy participants and staff went to an ecstatic state involving themselves in the bhakti bhava in the divine atmosphere with the celebration created; the event got concluded with a moon light dinner. The second and most exciting part of the event was on the next day with the colouring ceremony which brought out the oneness of existence.

S-VYASA welcomes you for Spiritual Retreat on

SRIMAT BHAGAVATA SAPTAHAM

By “Bhakti Bharati”
Bhagavata Ratnam”

**Prof. Prema
Pandurang**

3rd to 9th June 2012
at Prashanti Kutiram
Campus



Other than Bhagavata Katha, the retreat will also have Yoga techniques including Asanas, Pranayama, Om meditation, Cyclic meditation, MSRT, Bhajans, Bhagavat Gita, Bhagavata Parayanam, etc

RETREAT CHARGES:

Rs 7500/- per person in shared rooms
Rs 5000/- for dormitory accommodation

Last Date for Registration: 15 May 2012
(Rs. 10,000/- & 5000/- respectively after 30th April)

RETREAT FEES ARE NON-REFUNDABLE.

DD should be sent in favour of
‘VYASA, Bangalore’

For further details and registration contact:

The Manager, S-VYASA, 19, Eknath Bhavan,
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Phone: 080 26612669, 22639965
Email: subbu.vyasa@gmail.com | www.svyasa.org

*Devotees are welcome to donate generously
towards the retreat.*

**Donations to VYASA attract 175% on tax
deduction in your IT returns**



'Rama-anubhava' of Sri Lakshmi Amma

- Subramanian A

"Sri Rama the ancient idol of the heroic ages, is the embodiment of truth, of mortality, the ideal son, the ideal husband, and above all, the ideal king", said Swami Vivekananda. According to Swamiji, Rama and Sita are the ideals for humanity.

As many of us would know, our founder, Sri Lakshmi Amma was a life time devotee of Sri Rama. From childhood Rama was everything for her. It was her devotion to Rama which helped her overcome all her physical sufferings. As she was living all alone undergoing penance at Prashanti, she developed the bhava of Sabari towards Rama and she would anticipate Rama, getting ready to welcome him with all devotion. Rama nama had become one with her breath. She was Sabari until the coming of Rama and after Rama came to her, she became His Kausalya, the mother.

Just like Sri Ramakrishna's vatsalya bhava towards Ramalala, Lakshmi Amma also developed a motherly affection and she used to live with her child Rama. She used to feed whatever she had to eat and drink to her Ramalala and then eat the remaining. One day it so happened that she didn't have anything to eat or even drink. She thought to herself, "though I may think myself to be Rama's mother, but in reality that's not the truth; had I been Rama's mother really, I could have breast fed my child; I am not a married woman either to have that fortune of feeding my child with my breast milk; after all I am a helpless spinster. What can I do? I can starve for days together, but how can I make my Ramalala to starve". She cried and that was all that she could do; to her surprise she could feel something unusual happening. Yes! She could feed her Ramalala with her own breast milk.

"Yat bhavam tat bhavati- you will become what you think of" says the shastra. Lakshmi



thought of her to be the mother of Rama and she became! She got immersed in the ocean of Rama bhakti deeper and deeper. But she did not stop there. She wanted to cognize the *sarvantaryamitoam* of Rama. Further she progressed from bhakti to vedanta, bhavana to jnana; and the result was "*sarvam Rama mayam*". Her Baalarama became Atmarama for her. Child or an adult, male or female, dog or cow, statue or a stone, everybody and

everything was Rama and Rama alone.

She charged the whole campus of Prashanti with Rama and Rama nama. Rama navami, the day of her ishta devatha, was a great day for her. She would start all preparations for Rama navami, almost a month before the day would come. She would get beautiful malas and delicious prasadams prepared for Rama. It was a great joy to see her worshipping her Rama on Sri Rama navami.

During her last days, Rama nama was her medicine and she also had helped many people get rid of their problems with Rama nama. Her last day on this planet was ekadasi, an auspicious day for worship of Sri Rama and the last word she spelt was "Rama".

This year, Sri Rama Navami is on 1st April, 2012 Sunday.

Sri Rama Navami is an occasion to make us recognize and bring out the 'Yogi Rama', the 'Atma Rama' with in us as Lakshmi Amma did. May we invoke the 'Atma Rama' within us and conquer the demonic 'Ravana' in the form of diseases, anger, hatred, stress and so forth with the bow of 'Dharma' and arrow of 'Yoga'.





**Experimenting Purva Mimamsa
The Vedic Technology**

Yoga Vinayaka Mandiram



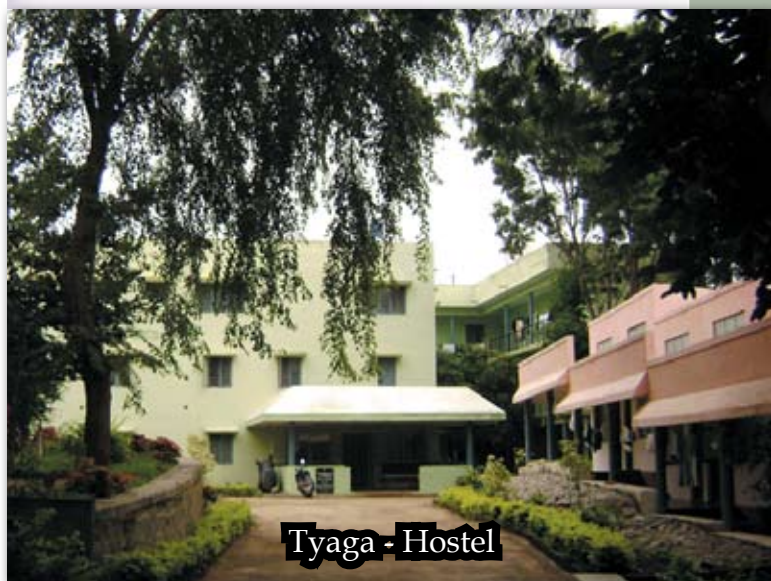
Shankara Hall - Vedanta Shravana



Ramakrishna Kripa - Manana Sadhana



Gurukripa - NidhiDhyasana



Tyaga - Hostel



Goushala

Gurukula Education System





DEAN: Dr. R. Nagarathna, M.B.B.S., M.D., F.R.C.P., D.Sc.

Division of Yoga & Life Sciences



Objectives

Research:

- » Develop and validate holistic systems for healing
- » Develop Evidence based modules for ailments

Education:

- » Modern Facility for education and research in a Gurukula
- » Holistic health practitioners - medical and paramedical with transformed personality
- » Practice what you preach! Experience the healer within!

Healthcare:

- » Integrative treatment modalities of ailments
- » Prevention of illnesses
- » Promotion of positive health
- » Self healing; non pharmaco-therapeutic; home based models
- » Cost effective; applicable to all walks of life

153 Papers Published

The Year 2011: 10 Papers
 The Year 2010: 14 Papers
 The Year 2008: 19 Papers
 The Year 2007: 13 Papers
 The Year 2006: 13 Papers
 The Year 2005: 5 Papers
 The Year 2004: 6 Papers
 The Year 2003: 5 Papers
 The Year 2002: 3 Papers

Course Name	Eligibility	Duration
BNYS (Bachelor of Naturopathy & Yogic Science)	12 th Std (PCB)	4.5 Years + 1 Year Intern
MD (Y&R) (Yoga & Rehabilitation)	Medical Graduate	3 Years
MSc (Yoga)	Graduation of any discipline	2 Years
BSc (Yoga)	12 th Std / Equivalent	3 years
PGDYT (PG Diploma in Yoga Therapy)	Graduation	1 year
PGDYTD (PG Diploma in Yoga Therapy for Doctors)	Medical Graduation in any system	1 year
PhD (Doctoral Degree in Yoga)	Masters Degree, Engineering Graduate / Medical Graduate	3 years

For Full List of All Papers click this LINK:

http://www.svyasa.org/download/SVYASA_Research_Publications.pdf

For Full Papers click this LINK:

<http://www.svyasa.org/download/CompleteResearchPapers.zipv>



Visit of Dr R Nagarathna to Europe

(1st to 12th march 2012)



Dr R Nagarathna and Sri Raghuram left Bengaluru on 1st March to visit 'KWA group of hospitals for neuro rehabilitation' in Greischbach, Bavaria district, Germany, on the invitation of Dr Christoph Garner and Dr Radu Crisan.

Raghuramji conducted a workshop on 'freedom and responsibility' at the premises of the hospital on Saturday and Sunday (3rd and 4th March) assisted by Dr Nagarathna and Dr Purnendu Sharma. The course was attended by a heterogeneous group of spiritual seekers consisting of few patients with multiple sclerosis, local yoga teachers apart from the staff and doctors of the hospital. The audience appreciated the profound wisdom of the faculty with which all their questions were answered.

The visit to Bavarian forest, Arber Mountains and glass factories were interesting.

Dr Nagarathna moved to Italy on 7th March. A long time associate of S-VYASA, Mrs. Maria Louisa, received her from the airport at Milan and then drove through the forests and mountains of north Italy to visit the health centre at Bologna. This institution has a chain

of health resorts (wellness centers) in 25 cities in Europe. Dr Georgio Noira who heads a 200 bedded state of the art tertiary cardiac surgery unit has taken keen interest to introduce yoga for rehabilitation, prevention and promotion of health for life style diseases. He says that this would bring in ethical holistic health services to Europe. Dr Nagarathna visited their hospital facility in Bologna, and the rehabilitation facilities at the natural thermal hot spring facility at the oldest hotel and wellness centre in Castro Caro (minister Mussolini had commissioned this center in nineteen twenties). Discussion on the collaborative work between these two intuitions is on way. Raghuramji will be visiting centres in Poland, Norway, and Turkey before he returns on 10th April to Bengaluru.

S-VYASA's MD student posted at Germany: Dr Purnendu Sharma, final year student of MD (Yoga & rehab) at S-VYASA has been posted to work for his project at 'KWA group of hospitals for neuro rehabilitation' in Germany, under Dr Christoph Garner. He will continue his project work on gait problems in neuro rehab center in Germany for the next three months.

Theses submitted by PhD (Yoga) Holders

»Year 2011-2012: 6 »Year 2010-2011: 3 »Year 2009-2010: 4 »Year 2008-2009: 3 »Year 2007-2008: 3 »Year 2006-2007: 2 »Year 2005-2006: 1

For Full List of All Theses click this LINK:

<http://svyasa.biz/vyasa-hub/library/yoga-theses/>

For Full Papers click this LINK:

<http://www.libraryofyoga.comp>



अन्वेषण

ANVESANA Research Laboratory of VYASA



Following the path breaking work in evaluating the therapeutic use of yoga in the management of bronchial asthma in 1984, the Swami Vivekananda Yoga Research Foundation was recognized as a Scientific & Industrial Research Organization [SIRO] from the Department of Scientific & Industrial Research, Ministry of Science & Technology, Government of India in the year 1988. The scientific accomplishments thereafter and the disciplined education based on the science and philosophy of yoga resulted in receiving University affiliations leading to a doctoral level program in yoga & allied sciences under the Faculty of Science, Bangalore University, and subsequently getting the recognition as a Deemed-to-be University by the Ministry of Human Resource Development, Government of India, through the University Grants Commission in the year 2002. Currently, the parent organization, Vivekananda Yoga Anusandhana Samsthana (Research Foundation) [VYASA] sponsors the University, Swami Vivekananda Yoga Anusandhana Samsthana (Research Foundation) [SVYASA]. SVYASA has published 152 research papers in national and international journals. Also SVYASA is equipped with a 200 bedded yoga therapy hospital.

Bravo Evoked
Potentials System,
Nicolet, USA

The Govt. of India, Ministry of Health & Family Welfare, Department of AYUSH has accorded the status of Center of Excellence in Yoga for S-VYASA. SVYASA has been designated as Center of Excellence in yoga and the Research Department is designated at the ICMR Center for Advanced Research in Yoga and Neurophysiology (ICMR CAR Y & N)

MAPPING NEUROPHYSIOLOGICAL, NEUROCHEMICAL AND CEREBRAL BLOOD FLOW CHANGES IN ATTENTIONAL PROCESSES RELATED TO YOGA

- Event related potentials [ERPs] while performing attention tasks
- Event related fMRI during attentional task related to yoga
- Neurochemical changes induced by the practice of cyclic meditation (nuclear magnetic resonance spectroscopy [NMRS])
- Correlate the electrical, neurochemical and cerebral blood flow changes in attentional processes related to yoga



DEPARTMENT OF SCIENCE & TECHNOLOGY COGNITIVE SCIENCE RESEARCH INITIATIVE (DST - CSI), GOVT OF INDIA

Principal Investigator: Dr. Shirley Telles
Co- Principal Investigator: Dr. Naveen K.V.
Period: 2010 – 2013



Evoked Potentials Recording

RESEARCH INTERESTS:

- Physiological effects of yoga practices
- Therapeutic applications of yoga
- Yoga for rehabilitation
- Yoga for perception and performance
- Higher states of consciousness



BIOPAC - MP 100, USA

Laboratory Set Up:

- EEG and Evoked Potentials
- Autonomic & Respiratory Variables
- High density 128 Channels EEG
- Polysomnography
- Functional Near Infrared Spectroscopy
- Integrative Cell Biology
- Psychology
- Bio-field energy

RECOGNITIONS:

- Scientific and Industrial Research Organization [SIRO]
- ICMR Center for Advanced Research in Yoga and Neurophysiology [ICMR CAR Y & N]
- Center for Excellence in Yoga [AYUSH]
- Ramalingaswami Fellowship



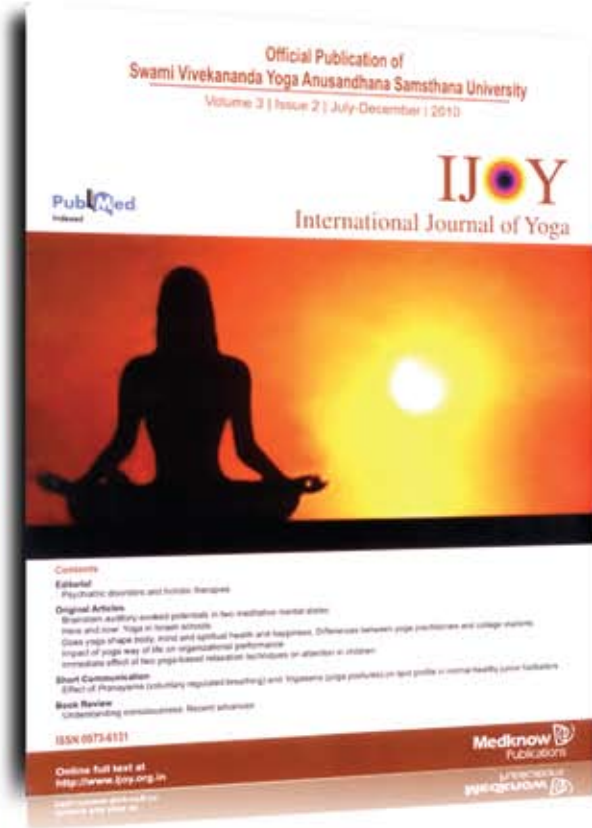
Autonomic Testing



ACCOMPLISHMENTS:

- International Journal of Yoga (IJOY) – the first yoga journal in PubMed
- 180 Research Publications
- 23 Ph.D's.
- 19 International Conferences
- 15 Funded Projects
- DST - FIST supported lab

Subject in sleep lab with electrodes



- ▶ Official Publication of **Swami Vivekananda Yoga Anusandhana Samsthana University, Bengaluru**
- ▶ ISSN: 0973-6131
- ▶ **Published by:**
Wolters Kluwer Health
Medknow Publications
www.medknow.com
- ▶ IJOY is a Multidisciplinary Semiannual Scientific Yoga journal, dedicated to Yoga Research and Applications.
- ▶ Indexed in Pubmed

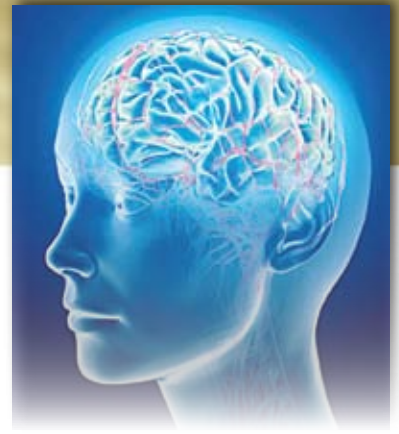
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YOGA AS A COMPLEMENTARY TREATMENT IN MENTAL DISORDERS: A DECADINAL REVIEW

- Dr Aarti Jagannathan

Assistant Professor, Division of Yoga and Life Sciences, S-VYASA, Bangalore

It is only in the last two decades that mental health professionals have started looking at yoga as a possible treatment option for various psychiatric disorders. The introduction of yoga as an alternative and/or complementary treatment for patients with psychiatric disorders could be an effective solution for three basic reasons: (1) yoga which originated in India, is seen to be a practical and accepted intervention for patients to practice at home, (2) the number of yoga therapists is more than the number of mental health professionals available in India, (3) yoga is cost-effective and has no side-effects as in the case of psychiatric medications.

However, the psychiatric illness outcome with yoga as treatment modality would depend on (1) whether yoga can be effectively used as an independent or add-on treatment to pharmacology, (2) compliance to yoga and its effect in case of non-adherence - effectiveness of brief yoga practice versus continued practice, (3) establishment of community yoga groups - where the patient can get supervised and continued training. Answers to the above research questions could help propagate yoga as an effective solution to problem of accessing, affording and availing quality mental health care services and treatment in the Indian community. In this paper I have attempted to review all intervention studies that have used yoga as a treatment method for minor and major psychiatric disorders and that have been published in scientific journals in the last one decade.

Yoga for schizophrenia: Schizophrenia is considered as a major psychiatric disorder where the patients experiences symptoms such as hallucination, delusion, amotivation, affective flattening etc (Kaplan and Sadock, 2003). There have been only four published

yoga intervention studies for patients with schizophrenia in the last one decade - two non-Indian and two Indian studies.

- Visceglia et al., (2011), in a randomized controlled study depicted that patients with schizophrenia, when provided with an 8-week therapeutic yoga program showed significant improvements in psychopathology and quality of life compared with controls (small sample size).
- Vancampfort et al., (2011), in their comparative study using yoga and aerobic exercise concluded that the magnitude of the changes did not differ significantly between yoga and aerobic exercise and hence people with schizophrenia and physiotherapists could choose either yoga or aerobic exercise in reducing acute stress and anxiety taking into account the personal preference of each individual.
- Behere et al., (2011) in their randomized controlled study stated that Yoga therapy can be a useful add-on treatment to improve psychopathology, facial emotional recognition deficits, and socio-occupational functioning in antipsychotic-stabilized out-patients with schizophrenia.
- Duraiswamy et al., (2007) in their comparative study showed that subjects in the yoga therapy group had significantly less psychopathology greater social and occupational functioning and quality of life than those in the physical training group at the end of 4 months.

For more click this LINK:

<http://svyasa.biz/research-articles/yoga-as-a-complementary-treatment-in-mental-disorders-a-decadinal-review/>



AROGYADHAMA

holistic research health home

run by **V Y A S A**, Bengaluru

FEATURES

Serene, tranquil and homely atmosphere.
Daily medical supervision by doctors.
Qualified expert senior physicians of Modern
Medicine, Ayurveda, Yoga & Naturopathy.

PROMOTION OF POSITIVE HEALTH

Yoga is not only a process by which disorders and
diseases are rectified but also a process to move
from normal health to positive health and finally to
perfect health.

AILMENTS TREATED

*There are different departments to treat stress related
disorders.*

Neurology, Oncology, Pulmonology, Cardiology,
Psychiatry, Rheumatology, Spinal disorders,
Metabolic disorders, Gastroenterology,
Endocrinology, Eye Problems & other Stress related
disorders

TREATMENTS AT AROGYADHAMA

Yoga Therapy, Ayurveda, Naturopathy, Diet



19, 'Eknath Bhavan', Gavipuram Circle, Kempe Gowda Nagar, Bengaluru – 560 019, INDIA

Tel: 080-2661 2669 / 2263 9963 / 2263 9955 | Telefax: 080-2660 8645

E-mail: arogyadhama@gmail.com | Web: www.svyasa.org



AROYADHAMA DATA (February 2012)

Parameters	Neurological disorders/ Oncology	Pulmonology Cardiology	Psychiatry	Rheumato- logy	Spinal Disorders	Metabolic Disorders	Gastroente- rology	Endocrinal Disorders	Promotion of Positive Health
No. of Participants (n) =	12	14	7	14	23	20	11	10	13
	BY AY	BY AY	BY AY	BY AY	BY AY	BY AY	BY AY	BY AY	BY AY
Respiratory Rate	18.67	26.85	20.29	18.43	16.22	17.05	14.64	12.82	17.42
Pulse Rate	76.00	61.70	80.00	76.36	77.70	77.80	71.73	85.10	78.00
Systolic BP	119.83	118.85	121.71	127.00	121.13	134.60	116.36	125.20	123.83
Diastolic BP	76.67	68.88	81.71	75.14	78.61	82.20	81.27	85.20	83.83
Weight	51.50	66.25	65.00	65.43	73.24	72.55	66.30	93.02	72.97
Bhramari Time	12.50	16.40	10.29	12.71	10.22	12.36	14.45	17.84	10.75
Medicine Score	3.25	4.58	3.60	1.79	0.52	3.00	0.73	1.60	0.58
Symptom Score	9.71	2.00	3.14	6.93	7.70	3.85	4.63	1.90	1.83
Total Number of Participants: 124									
BY: Before Yoga					AY: After Yoga				



SURABHI

Ayurveda & Naturopathy Block

RESEARCH PROJECTS at a Glance

Name of the Project	Funding Agency	Year
Yoga meditation and Health	NIH and NCCAM	2004
Computer project	CCRYN	2005
Tsunami Project	Govt. of Andaman Nicobar	2005
Yoga and IT	Laughter Club International	2006
Yoga and Diabetes Mellitus	AYUSH	2007
Yoga and Cancer	CCRYN	2007
Yoga in preventive Cardiology and Diabetology	Department of ISM & H	2007
Cognition and Breathing practices	AYUSH	2009
Neuro Physiology of Meditation	ICMR	2007
Yoga and School Children	CCRYN	2008
Yoga and PCOD	CCRYN	2009
Yoga for Pregnancy	CCRYN	2009
Yoga for HIV	Dept. of Biotechnology	2010
Framework for Standardization of Yogic Terminologies	World Health Organization	2010
Meditation & Attentional Process	Department of Science and Technology	2010





AYUSH DOCTORS' YOGA THERAPY TRAINING (ADYTT) - A REPORT

Under NRHM - AYUSH, Govt. of Karnataka | 15th to 17th March, 2012



Govt. of Karnataka, AYUSH Department had deputed AYUSH Stream of Doctors for an orientation training in Yoga therapy for three days from 15th to 17th March 2012 at S-VYASA. **Twenty Nine Doctors** from various districts of Karnataka have participated in this program. The doctors were from the following districts:

Bangalore-7, Mysore-2, Tumkur-2, Shimoga-4, Belgaum-6, Gadag - 4, Chikkamagalur-4

The training was inaugurated on March 15th at 9.00 am by Guruji Dr.H.R.Nagendra, Vice Chancellor, S-VYASA.

SMET (Self Management of Excessive Tension) and Yoga for Diabetes Mellitus were the main focus of the program.

Dr.H.R.Nagendra, Dr R Nagarathna, Sri T Mohan, Secretary, VYASA, Dr N K Manjunath Sharma, Jt Director, Research, Sri Asok Kumar, Dr Sanjib Patra and Dr Dinesh were the main faculty for the theory sessions. Concept of stress, stress management, Integrated Approach to Yoga Therapy (IAYT), Yogic management of Diabetes Mellitus, Yoga research, emotional

management through Bakthi Yoga and many more topics were covered in the theoretical understanding. Dr Sanjay Kumar and Sri Mahesh Kumar took the practical sessions on all three days covering Asanas, Pranayama and Cyclic Meditation. The participants were taken for a tour to Arogyadhama, Anvesana research labs and all other departments of S-VYASA. Sessions like maitrimilan, bhajans and happy assembly added colours to the program.

Dr. K. Subrahmanyam, Pro Vice Chancellor and Dr Naveen K.V, Jt Director, Research, were the guests for the valedictory function on 17th March distributed certificates to all the participants. Dr Naveen emphasized on integrating AYUSH research with modern medicine and also on the responsibility of all AYUSH doctor towards vigorous and open minded research. Dr K Subrahmanyam suggested that the recent trends in life style of modern men, which they are not ready to compromise, are to be kept in mind while involving in research.

Almost all participants expressed their gratitude to S-VYASA and Dept. of AYUSH for organizing such a good training and felt that in future the orientation should be for a minimum period of one week with more practical and clinical inputs.





DEAN: Prof. T.M. Srinivasan, Ph.D.

Division of Yoga & Physical Sciences



Papers Published

The Year 2011:

160. Kumar, I. R., and Nagendra, H. R. (2011). Pyramids and their shapes effect. *Journal of Arts, Science & Commerce*, 2(2):195-201.
161. Kumar, I. R., and Nagendra, H. R. (2011). Effect of Pyramids and their Materials on Emergence and Growth of Fenugreek. *Research Journal of Agricultural Sciences*, 2(3): 629-631.

The Year 2010:

162. Facchi, P., Kulkarni, R., Man'ko, V. I., Marmo, G., Sudarshan, E. C. G. and Ventriglia, F. (2010). Classical and Quantum Fisher Information in the Geometrical Formulation of Quantum Mechanics. *Physics Letters A*, 374(1).
163. Kumar, I. R., Swamy, N. V. C., Nagendra, H. R., and Radhakrishna (2010). Influence of pyramids on germination and growth of fenugreek. *Indian Journal of Traditional Knowledge*, 9(2): 347-349.
164. Ghanshyam Singh, T., and Nagendra H. R. (2010). A Effect of Cyclic Meditation on Consciousness Field as Measured by REG. *Journal of Scientific Speculations and Research*, 1(2): 16-27.

The Year 2009:

165. Nagendra, H. R. (2009). Beyond quantum physics. *International Journal of Yoga*, 2(1):1.
166. Ghanshyam Singh, T., Nagendra, H. R., and Nagarathna, R. (2009). Effect of deep relaxation technique on the capacity to influence REG- a randomized control trial. *Indian Journal of Traditional Knowledge*, 8 (3): 459-463.

The Year 2008:

167. Gopinath, R. K., Nagaraja, P. A., and Nagendra, H. R. (2008). The effect of pyramids on preservation of milk. *Indian Journal of Traditional Knowledge*, 7(2): 233-236.

The Year 2005:

168. Ravi Kumar, I., Swamy, N. V. C., and Nagendra, H. R. (2005). Effect of pyramids on microorganism. *Indian Journal of Traditional Knowledge*, 4(4): 373-379.

The Year 2004:

169. Devi, H. J., Swamy, N. V. C., and Nagendra, H. R. (2004). Spectral analysis of the Vedic mantra OMkara. *Indian Journal of Traditional Knowledge*, 3(2): 154-161.
170. Devi, H. J., Swamy, N. V. C., and Nagendra, H. R. (2004). Effect of Agnihotra on germination of rice seeds. *Indian Journal of Traditional Knowledge*, 3(3): 231-239.

For Full Papers click this LINK:

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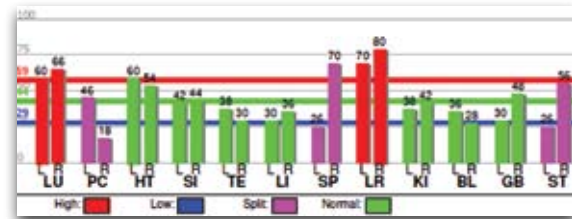
SUBTLE ENERGY LAB

The Bio-Field Energy lab at S-VYASA is attempting to explore subtle dimensions of human existence, the Pancha *kosa* model. The Pancha *kosa* model is the five fold manifestation of human existence, viz, *Annamaya kosa*, *Pranamaya kosa*, *Manomaya kosa*, *Vijnanamaya kosa* and *Anandamaya kosa*. Empirical investigations at subtler level including *Pranamaya* and *Manomaya kosa* are challenging. Some of the facilities which are currently available in the Bio-Field Energy lab are GDV (Gas Discharge Visualization), Acugraph and PMA (Pulse Metabolic Analyzer). Using GDV, which is based on the principle of Kirlian photography, human biophotons are studied which are correlated to subtle human aura field. Acugraph measures energies in the acupuncture meridian channels and PMA is used for pulse diagnosis. In addition, PIP (Polycontrast Interference Photography) is also used to image human aura, widely used for diagnostic purposes. Another dimension which is extensively investigated in this laboratory is the effect of consciousness field. This exciting research is carried out using a simple instrument called Random Event Generator (REG). This instrument generates genuine random number and it is influenced by consciousness field built up by interaction of human minds. It has been consistently observed that any group activities like bhajan, meditation, prayers, rituals, etc influences random number generation significantly. More work is being undertaken to grasp the higher dimensions of human consciousness.

Instruments like Acugraph, PMA are used to measure changes at the *Pranamaya kosa* and GDV and PIP are used to image



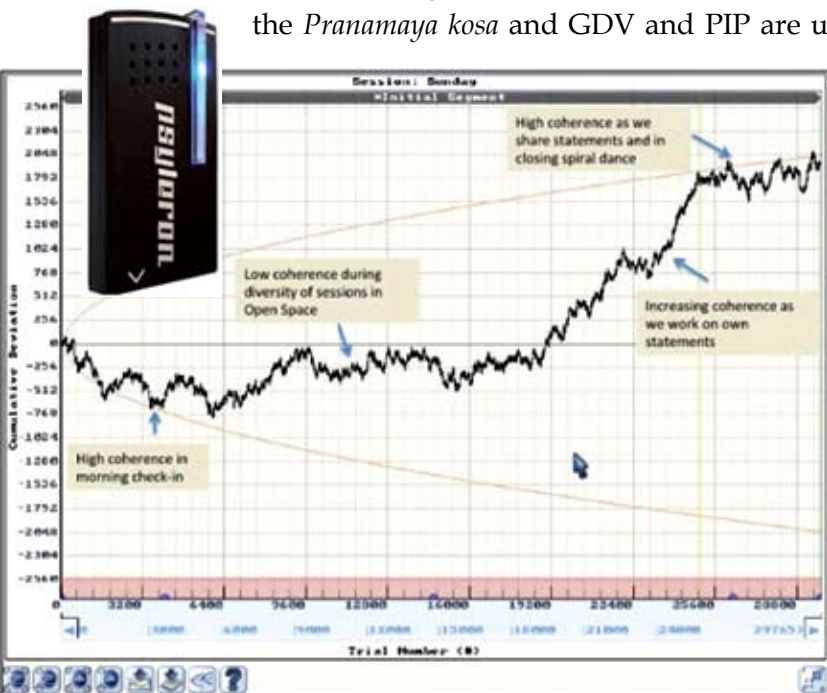
ACUGRAPH



Manomaya kosa.

They help in early diagnosis of diseases before its manifestation in the body. REGs help us to understand wider influence of human mind. These instruments offer immense utility in research and practice, enriching our knowledge in subtler aspects of life.

REG Records





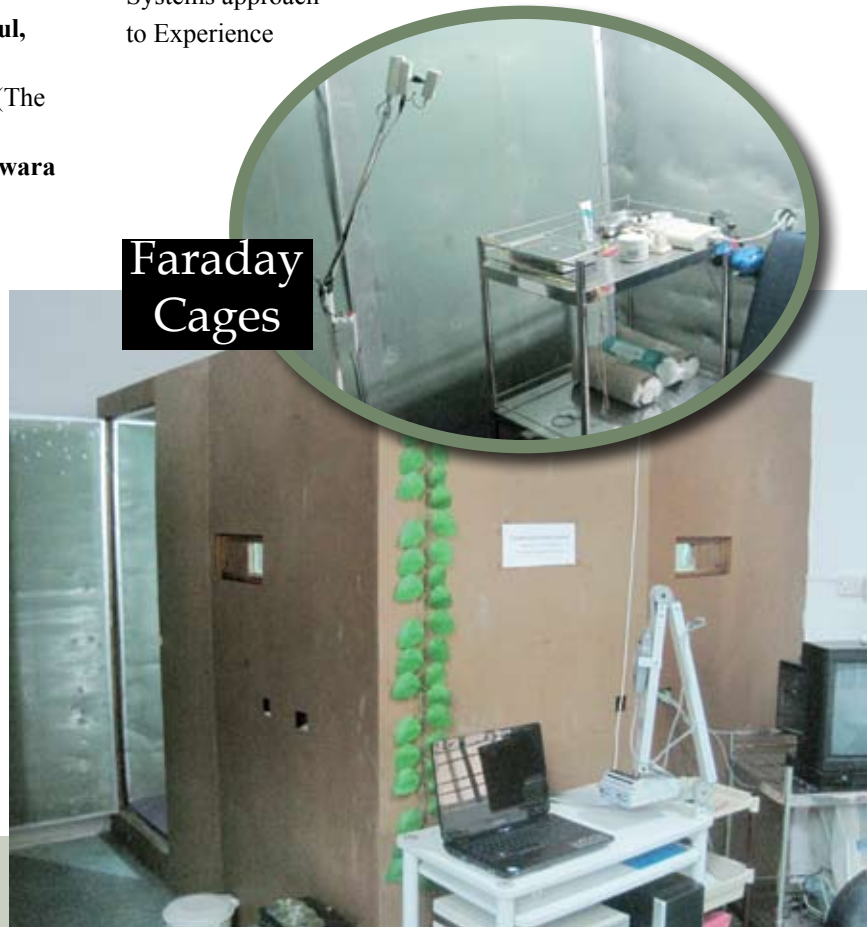
CONFERENCE TALKS by Prof. Alex Hankey 2011-2012

- ▶▶ **11.05.02 Annual Meeting of the Physiological Society of Thailand, Khon Kaen**
Invited Talk: Dimensions of CAM: Exercise, Lifestyle Modification, Nutrition & Meditation
- ▶▶ **11.05.15 Vedic Science Conference, Vedic Gurukul, Magadi Road, Bangalore**
Keynote: The Apaurusheya Bhashya of Maharishi Mahesh Yogi
- ▶▶ **11.05.19 Autism Conference, Bangalore** Two Poster Presentations + Shantha Radhakrishna
 1. Yoga for Autism: Evidence for Mirror Neuron Activation
 2. Implications of BCM7 induced Autism for Endorphin – Mirror Neuron Interactions
- ▶▶ **11.05.26 MRC Kasturba Health Society – Dr Ashok Vaidya, Mumbai**
Invited Talk: Towards a New Biomedical Paradigm: Can Ayurveda Point the Way?
- ▶▶ **11.06.21 World Yoga Day, Portuguese Yoga Federation, Lisbon**
Invited Lecture, The Physics of Yoga + The Role of Science in Yoga
- ▶▶ **11.10.08 40th Anniversary, Institut Eva Ruchpaul, Paris**
Chief Guest: Lecture – La Physique de Samkhya (The Physics of Samkhya – in French)
- ▶▶ **11.11.20 Decoding Vedic Sciences, Sri Venkateswara Swamy Devalayam, Guntur, AP**
Invited Keynote Talk: Maharishi Mahesh Yogi's Contributions to Vedic Sciences
- ▶▶ **11.12.16 Conference on Brahmarishi Daivarata & Vedic Sciences, Mangalore**
Keynote: Rig Veda Recording & Commentary: Implications for Scientific Knowledge Today
- ▶▶ **11.12.22 19th INCOFYRA, SVYASA, Bangalore** (with Ramesh Rao)
Comparative Analysis of different Kalabalas in biological tests of Jyotish Astrology
- ▶▶ **12.01.03 AIMS9, College, Pune** Lecture Presentation w. Sony Kumari:
Simple Natural Ways of Reversing Effects of Stress due to Life's uncertainties and Turbulence
- ▶▶ **12.01.08 Consciousness Conference, NIAS,**

Bangalore (Poster Presentation w. Judu Ilawarasu)
Gunas, Vasanas, Samskaras as attributional forces: their relevance to Consciousness Research

- ▶▶ **12.02.10 International Yoga Conference, Palace Grounds, Bangalore** (PP w. Judu Ilawarasu)
Criticality in Complexity Biology: A New Basis for Research on Meditation and Consciousness
- ▶▶ **12.02.12 Global Ayurveda Festival, Trivandrum, Kerala**
Keynote Talk (after Prof M.S. Valiathan): Decoding Ayurveda
- ▶▶ **12.03.02 NIMHANS Conference on Consciousness** (Co-chair of First Session)
Short Talk: Self-observing Systems and Conscious Experience
- ▶▶ **12.03.03 World Parliament, Pre-Conference, Jain College, Bangalore**
Maharishi Mahesh Yogi, His Spiritual Teachings
- ▶▶ **12.04.10 Tucson 2012 Towards a Science of Consciousness**
Presentation on Criticality and the Self-observing Systems approach to Experience

Faraday
Cages





National Science Day Celebrations

Every year, 28th February is observed as the 'National Science Day (NSD)' in remembrance of the great contribution of Sir CV Raman to the world of science, the Raman Effect. As we know, Sir CV Raman is the first Indian to be a Nobel laureate in science. This year, to commemorate the NSD, the students of S-VYASA took active role in organizing two major events, the Science Exhibition



and the Quiz Competition. 18 students who topped in the preliminary round of the quiz competition were selected to participate in the final round which ignited the deeper curiosity of students. The theme of the quiz was 'Yoga, Ayurveda, Naturopathy and Science'. Another major event which attracted huge audience was the Science Exhibition. It was formally inaugurated by Prof. NVC Swamy, Professor Emeritus, S-VYASA and former director of IIT, Chennai. Addressing the curious minds, he shared his reminiscences of his days with Sir CV Raman at the IISc. In this Science Exhibition, students from various courses displayed their models, and presentations. Whole spectrum of Naturopathy was displayed by BNYS students, which included *panchatantra*, massage therapy, mud therapy, magneto therapy, chromothermoleum, acupuncture, *aatapsnana* and diet concepts. Physiology of *trataka*, manifestation of disease and Iris diagnosis were some of the other highlights. Students of other courses displayed working models showing various concepts of science. Some of them were biodiesel plant model, total internal reflection and density of liquids. There was also a live and exciting demonstration of mathematical concepts bringing



out difficult abstract ideas to live imagination. Cognitive tests to assess various mental abilities were also displayed from the research labs. The team of research scholars and students led by Judo Ilavarasu, Vasant Shastri, and Dr Hemant Bhargav took all efforts in organizing the whole event. Active participation of all students and staff members made the event a memorable one.



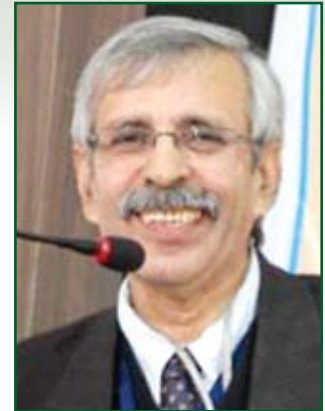
DEAN: Prof. Subash Sharma, Ph.D.

Division of Yoga & Management Studies

BSc, MSc and MPhil - Yoga and Management

Objectives:

- ▶ To create new change agents for the business, corporate world and society for creating transformation based on a new integration of Yoga and Management disciplines with a view to achieve the vision of sustainable and holistic development. ▶ To develop new approaches to Management through a new integration of managing Self (through Yoga approaches) and managing others (through Management approaches) and undertake research in this direction.



Course Name	Eligibility	Duration
BSc (Y&M) (at par BBA) (Yoga & Management)	12 Std	3 years
MSc (Y&M) (at par MBA) With HR Focus (Yoga & Management)	Graduation	2 years
PhD (Doctoral Degree in Yoga)	PG, BE / Medical Graduate	3 years

Papers Published

The Year 2011: 3 Papers | The Year 2010: 3 Papers | The Year 2008: 1 Paper | The Year 2007: 2 Papers

For Full Papers click this LINK:

<http://www.svyasa.org/download/CompleteResearchPapers.zip>

17 & 18 March 2012: SMET Workshop at Guwahati

VYASA, Guwahati organized two days SMET (Self Management of Excessive Tension) program on 17 & 18 March 2012 at Hotel Rajmahal, Guwahati. The program was conducted by Guruji Dr H R Nagendra, who recollected his association with North East region particularly Assam and Arunachal Pradesh since 1975. The program was inaugurated by Sri K.C. Jain, MD, Rajmahal Hotel, who extended his full support for all the activities of VYASA, Guwahati. Dr Umesh Chandra Sharma, V.C, of Srimanta

Sankardeva University of Health Sciences, was the Chief Guest in the valedictory program. In his speech, he expressed that in today's lifestyle, no single system of treatment will be effective to solve the problems of human health and explained the necessity to blend the modern treatments with that of ancient way of life like Yoga & Ayurveda.

The participants of the workshop, numbering 44, included executives and CEOs from corporate, educational institutions and banks., many doors got opened for the activities of VYASA -Guwahati.





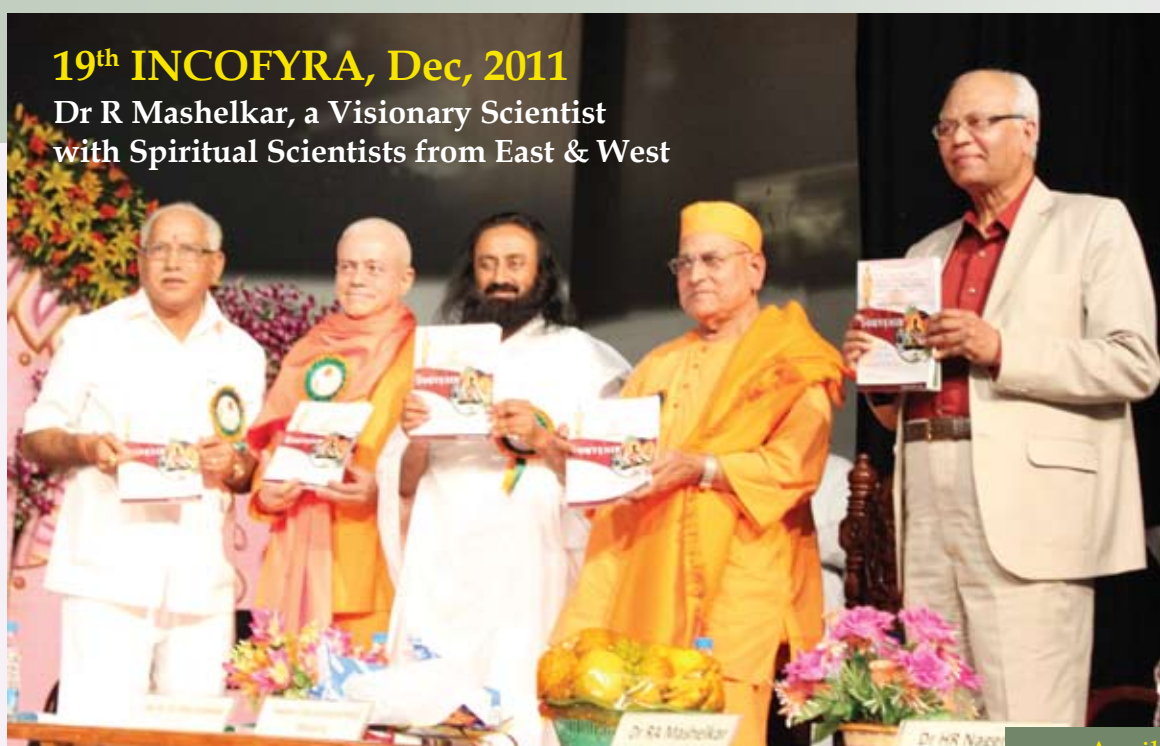
8th Convocation
2011



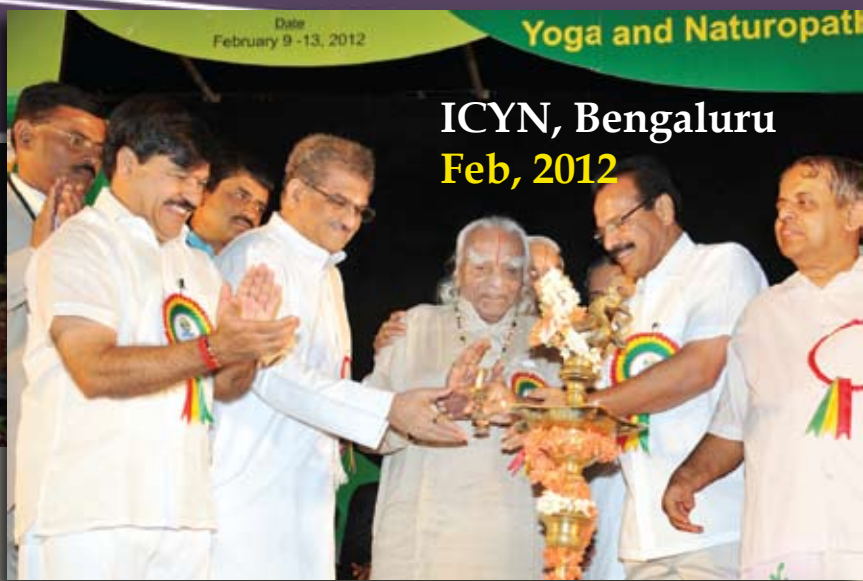
2011-12
Programs



9th Convocation
2012



19th INCOFYRA, Dec, 2011
Dr R Mashelkar, a Visionary Scientist
with Spiritual Scientists from East & West



ICYN, Bengaluru
Feb, 2012

Light on Yoga lighting
the Light of Yoga

**2011-12
Programs**



Inauguration of
VYASA Silver Jubilee

Yoga Dasara, Mysore
Oct, 2011



Felicitating the Yoga Pithamaha
during VYASA Silver Jubilee



READERS FORUM

In the process of carrying out "evidence based research" are we diluting / polluting the rich wisdom in the YOGA?

"Absence of evidence does not necessary mean evidence of absence"

Ans:- Evidence based research is required to help establish Yoga as a popular invention method. The general public as well as academicians and research scientists believe and advocate only those forms of interventions which have been tried and tested. It is true that research may not be able to study the vast wisdom of Yoga (may require diluting / focusing on specific aspects of Yoga). However, this is very essential to help reach Yoga as a standardized method to the masses.

Does not the popularization of Yoga as a method of treatment reduce its sanctity of Yoga as an ancient practice for self-purification, as a sadhana, as a means towards understanding the ultimate reality?

Ans:-No. The sanctity of Yoga as an ancient practice for self-purification and sadhana, can be maintained if the teachers of Yoga impart the practice of Yoga with this goal. Hence popularization of Yoga should not just focus on spreading the reach of Yoga (quantity) but also on the quality of the teachings of Yoga. For this Yoga practitioners should be trained to teach the principles of yoga along with the

techniques and practices with the right holistic practices.

Why don't we standardize the Yogic practices for the benefit of therapy patients and for the study of Yoga therapy students? (so that a uniform syllabus can be taught across India. As there are many confusions among practitioners?)

Ans:- As the researches continue and experience by doctors and Yoga therapists accumulate, the Yoga practices also evolve. Yes, standardization of Yoga practices is necessary. Under the leadership of Dr Basava Reddy, the Director of Morarji Desai National Institute of Yoga (MDNIY), the practices for schools have been standardized. The authentic book is brought out by them. VYASA brought out a book in 1990 entitled 'Yoga for Common Ailments' published by Gaia, published simultaneously in London, Sydney and New York and is later translated into nearly 8 languages. The Integrated Approach of Yoga Therapy (IAYT) based on the concept of Pancha Kosa, Adhi & Vyadhi, techniques of Yoga to deal with all Kosas for 16 ailments has been elaborated. The techniques of stress reduction through Asanas, Pranayama and Meditation are common for all ailments to reduce Adhi. However, special techniques are given in detail for all these ailments which are being used all over the world by Yoga Therapists.

15-3-2012: SMET Workshop at Central Silk Board

Sri A. Subramanian conducted a workshop on "Yoga for Stress Management & Holistic Health" at Central Silk Board, Bangalore as a part of their national level officers' meet on 15-3-2012. In addition to highlighting the role of stress in psychosomatic diseases, he emphasized yogic management of stress which can ultimately benefit in holistic health of an individual. The officers and scientists, who attended the workshop, relished the stories which made clear even deeper yogic concepts and also the practical demonstration of Subbu Bhaiya. Impressed by this introductory SMET workshop, CSB is interested to take this ahead to all its branches and staff.



DEAN: Dr. K. Subrahmanyam, Ph.D.

Division of Yoga & Humanities

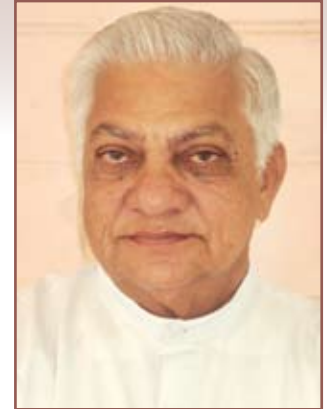
Papers Published

The Year 2006:

181. Nagarajan, K., Devi, H. J., Swamy, N. V. C., and Nagendra, H. R. (2006). Spectral analysis of gammaka swaras of Indian music. *Indian Journal of Traditional Knowledge*, 5(4): 439-444.

The Year 2006:

182. Chandreshekhar, J., Hiesnam Jina Devi., Swamy, N. V. C., and Nagendra, H. R. (2005). Spectral analysis of Indian musical notes. *Indian Journal of Traditional Knowledge*, 4(2): 127-131.



For Full Papers click this LINK:

<http://www.svyasa.org/download/CompleteResearchPapers.zip>

11-3-2012: Inauguration of "Hall of Grace & Wisdom" at Salem:

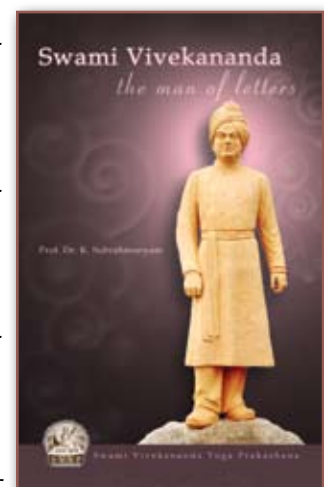
Dr K Subrahmanyam, Pro-VC, S-VYASA was the Chief Guest in the inaugural function of the newly built "Hall of Grace & wisdom" at Arutperun Jothi Sanmarga Mission Ashrama, Mecheri near Salem and spoke on the life and message of the great Yogic Saint Ramalinga Vallalar. The ashrama is doing a yeomen service of feeding the poor and sick by reaching them wherever they are. Sri Saravanan, an alumni and ex staff member of S-VYASA, is the President of the trust and is taking care of all its activities along with a team of dedicated devotees.

17-3-2012: Inauguration of IAS Study Circle

Dr K Subrahmanyam, Pro-V.C inaugurated an IAS study circle at S-VYASA, Prashanti Kutiram for the benefit of aspirants for competitive exams. Students of Yoga feel that the only option they have is to be Yoga instructor or therapist; many are not aware that students who have got degree and P.G in Yoga are also eligible for civil services. Dr K Subrahmanyam clarified all doubts in this regard and made the students aware of various aspects of civil service exams like IAS, UPSC, KPSC etc. This centre will henceforth train students of S-VYASA aspiring to appear such competitive exams.

Books brought out in 2011

- » Swami Vivekananda The Man of Letters
- » Swami Vivekananda's Place in English
- » Swami Vivekananda, The Poet
- » Swami Vivekananda's Sociological Outpourings
- » Swami Vivekananda's Religion & Philosophy
- » Swami Vivekananda's Letters & Pen Pictures
- » Swami Vivekananda's Narrative Art
- » Swami Vivekananda's Rhetoric & Style
- » Swami Vivekananda's Literary Profile





Festivals – Homas

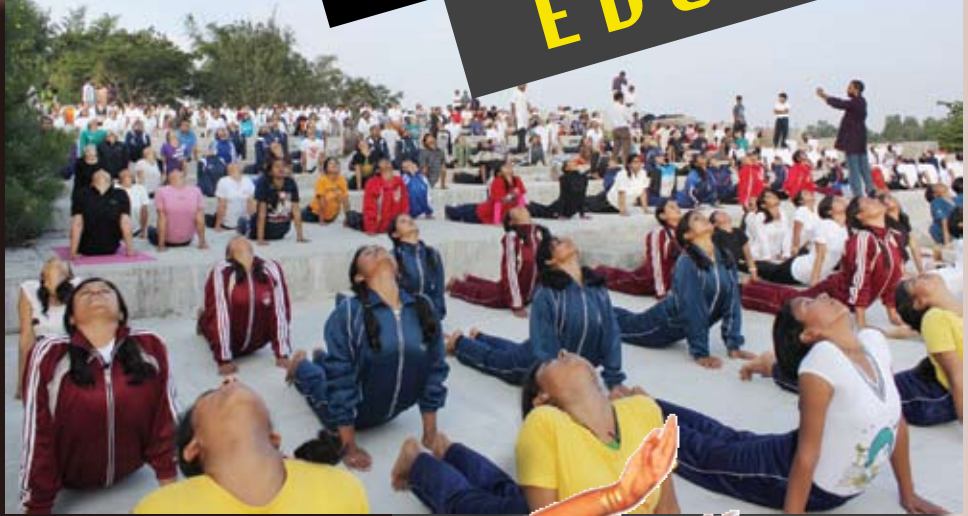
Synergising Indian Cultural Diversities





'Vajradabi
katorani,
mruduni
kusumanicha'
*hard like a
diamond & soft
like a flower*

2011-12
Cultural
Events



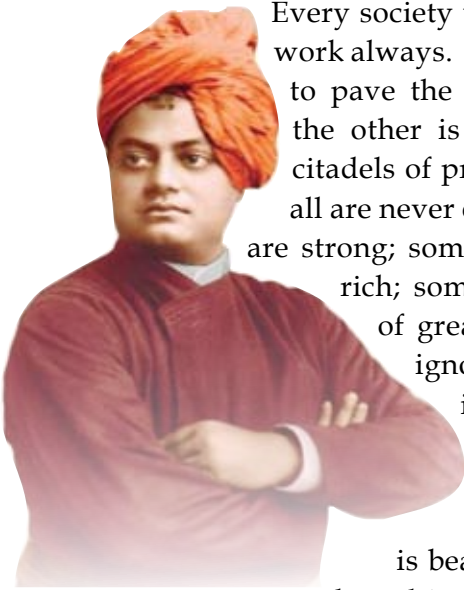
'yad bhavam
tat bhavati'





Privilege is the bane of Human life

- Dr. K. Subrahmanyam



Every society witnesses two forces at work always. One force is attempting to pave the way for privilege and the other is trying to destroy the citadels of privilege. In any society all are never equal in abilities. Some are strong; some are weak. Some are rich; some are poor. Some are of greater intellect; some are ignorant. The law of life is the survival of the fittest. There is always an exploitation of the weak and the mild; it is beastly brutality. No less brutal is the idea of privilege, if the rich and the intelligent exploit the poor and the credulous. Privileges are claimed by those who are strong physically, financially, intellectually and spiritually.

This claim of the strong to privilege is really the bane of society. At all levels, physical, emotional, intellectual and spiritual, there is this claim. All hero-worship and dictatorship, all servitude and tyranny, all submission and suppression are due to this irrational and unjust claim of the strong to privilege. In kingdoms and empires, it is this privilege that creates heredity, hierarchy and subservience and smothering. In administration, it creates officialdom, nepotism and corruption. In a social framework it takes the shape of casteism on the basis of birth. In religion it creates a separate class of priests to ride over the credulous masses.

It is foolish to think that one is superior to the other. It is not privilege but a responsibility that a person of ability acquires. The higher the capacity, intelligence and position, the greater is the responsibility to protect and look after others.

'Each soul is potentially divine' is a Vedantic statement. Therefore, philosophically there is no sanction for any privilege to anybody. The same power is in every man, the one manifesting more, the other manifesting less; one manifesting in one way, the other manifesting in another way. Just as the power of electricity is manifested as light in one appliance and as air in another appliance, the same divine potentiality is manifesting in diverse ways. For example, men and women are strong in different ways, since the same energy is present in them both. While in men it manifests as work and physical strength, in women it manifests as patience, perseverance and capacity to put up with suffering. And it is cruel for that reason to exploit women. As such, 'where is the claim to privilege?' the Swami asks. Vedanta has no place for any claims of superiority or privilege.

What is true with individuals is also true with nations. As one's claim to privilege is irrational and brutal, the idea that one nation is superior to another is ridiculous and meaningless. It is here, when such foolish privileges are claimed, philosophy and religion become relevant to society. They also strive hard at the rational and emotional levels to dispense with all disparity, all exploitation, all tyranny and servitude. Mythology puts forth this very idea as the killing of the demons by the gods. Unfortunately, in the name of religion, we have the cruel tyranny of priest-craft. But a prophet comes with the Vedantic message of equality and levelling. Close on his heels, arrive another group of priests to claim all privileges. It is a cyclic warfare between the makers of privilege and the breakers of privilege. It is only by knowing the truth that the eternal struggle will come to an end.



Major Events by Istanbul Yoga Center and Purnam Publishing in Turkey – March, 2012

- On 2nd March, Ayça Gürelman was invited to a TV Show in a national TV, **Cine5**. The host Ayla Cetinkaya asked questions about the activities of Istanbul Yoga Center, S-VYASA Yoga University, as well as the books of Swami Vivekananda and “Yoga at Home, according to S-VYASA Yoga University”, published by Purnam Publishing. **Watch the show on the link:** <http://tvarsivi.com/player.php?i=2012030054330>



- As of 15th of March Turkish edition of Karma yoga – Secret of Action by Swami Vivekananda ranked as **#2 bestselling book** in Health category.
- On 17th March, Istanbul Yoga Center was introduced in a TV Show, named Agac Yasken Egilir, in a digital TV station, **Turkmax**. Istanbul Yoga team showed yoga sessions for moms and kids, for children, for pregnant, for mom and babies. The book “Yoga at Home, according to S-VYASA Yoga University” was introduced, as well as the YIC program of S-VYASA. **Watch the show on the link:** <http://vimeo.com/38772074>



- Ev Bahce Magazine, one of the popular monthly **magazines**, made an interview with one of our students Cagla Alemdar; took many pictures of her house and printed a painting hanging on the wall of her yoga & meditation room at home! The oil painting of a pomegranate with **Om Yantra** is bought from Istanbul Yoga Center, painted by the artist, Aslı Gürelman. **Internet link:** <http://www.evbahce.com.tr/dekorasyon/ev/499-hem-huzurlu-hem-enerjik.html>

- Yoga at Home, according to S-VYASA Yoga University is recognized as one of the “**must read this month**” by various monthly women magazines, Elele, Burda and Form Sante.

- Ayça Gürelman is invited to a TV Show in **BEA TV**, a satellite TV owned by Beykent Private University in Istanbul. Being the only guest in the program, the program is fully dedicated to yoga and its philosophies. **To watch BEA TV:** <http://www.beatv.com.tr/canli.php>
- On 24th March, Ayça Gürelman spoke on the theme “Stress Management and Yoga” in the *Stress Management for Health Professionals Symposium*, conducted by nursery department of one of the leading medical schools in Turkey, **Istanbul University, Cerrahpaşa Medical School**. **Symposium announcement:** http://www.ctf.edu.tr/ctfhemhzmd/saglik_kurumlarinda_stres_yonetimi.html



National Yoga Week - 2012

12th to 18th Feb. 2012 - MDNIY, New Delhi

THEME: YOGA FOR HOLISTIC PERSONALITY DEVELOPMENT

Every year, between 12th to 18th February, Morarji Desai National Institute of Yoga (MDNIY), New Delhi organizes a mass yoga awareness program called National Yoga Week (NYW) with yearly themes. The theme for this year was "Yoga for Holistic Personality Development". NYW 2012 attracted many participants from MDNIY's PPP Project Swami Vivekananda District Yoga Wellness Center (SVDYWC). As a Nodal Yoga Institution, S-VYASA had an important role in organizing the SVDYWC meetings also.

This year, S-VYASA has played a key role in the NYW by organizing the following:

- (1) **S-VYASA University Information Counter** which attracted more than 500 students who enquired about different courses at S-VYASA
- (2) **SVYP Publications** which was a center of attraction for the yoga students from different universities. SVYP's Yoga for ailment series, books & DVDs, were practically sold off.
- (3) **Yoga Workshop** (16th to 18th Feb): S-VYASA's Personality Development module, Sampurna Yoga, was taught by the team consisting of Dr Sanjay Kumar, Dr Brijesh, Vinit and Puja Singh. The SMET module attracted many.
- (4) **Release of the book 'Yoga for Holistic Personality Development'** authored by Dr H R Nagendra, published by MDNIY
- (5) **SVDYWC meetings and Nodal Officer's meeting:** All the Yoga Instructors and Coordinators of SVDYWC's were called for a meeting on 14th Feb. Clear instructions were briefed by the Director, MDNIY Dr. Ishwara Basawaraddi. Many doubts and difficulties were cleared and solutions identified. This meeting will help the SVDYWC's work smoothly in its second half of its first year. Similarly all the Nodal Officers were given a briefing and a detailed discussion was held for the implementation of the 2nd Phase.

29-2-2012: Inauguration of Swami Vivekananda Study Circle:

A few Students of S-VYASA have come together to organize a weekly Vivekananda Study Circle which was inaugurated by Prof NVC Swamy on 29-2-2012 at Pathanjali Hall. The group has chosen the book "Lectures from Colombo to Almora" by Swamiji for the reading and discussion. The study circle will convene every Wednesday between 8.45 to 9.30 pm at Pathanjali Hall.



For all details of the Scheme visit us at
www.vyasa.org - click Arogyadhama

VYASA Calling for Seva Vratis

- » Are you retired but not tired?
- » Want to offer free Services full time?
- » Healthy and Fit to offer

Join our Arogyadhama "Serve the Sick" Project

- » You will be trained for 6 to 8 weeks
- » To serve in one of the 9 sections of Arogyadhama of VYASA as Yoga Therapists
- » You are Welcome to contribute towards your B&L of Rs. 3000 per month
- » Both Husband and Wife are Welcome
- » We take care of your Health - preventing diseases and promoting positive health



Write us to at

The Co-ordinator, Project Seva Vrati, VYASA, 'Eknath Bhavan', #19
Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560019

Tel: 080-2661 2669, 2263 9963 | **Telefax:** 080-2660 8645

Mail: sj6474@gmail.com



YIC (Yoga Instructors' Course)

123rd Batch (March, 2012)