

# YOGA SUDHRA

A Monthly Journal of SVYASA (Deemed to be University)



**Swami Vivekananda  
Yoga Anusandhana Samsthana**  
Deemed to be University, Bengaluru

## 22<sup>nd</sup> Convocation

2<sup>nd</sup> January 2025, 'Prashanti Kutiram', Bengaluru, India

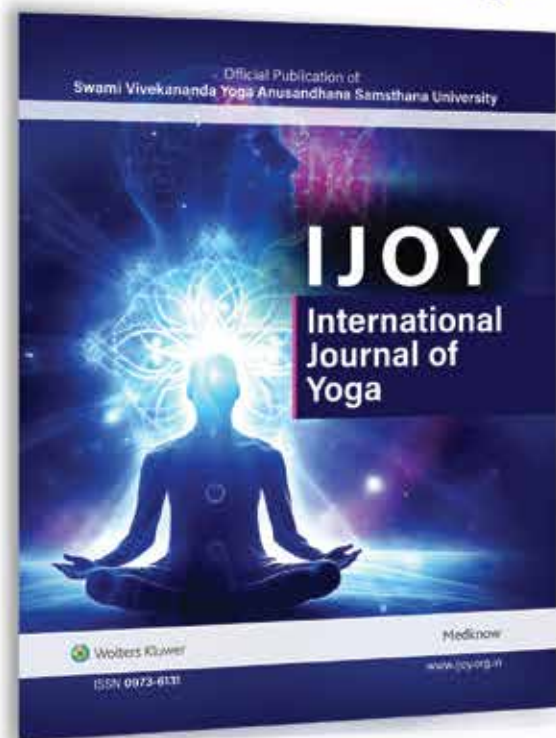


*A Momentous Inauguration of*  
**S-VYASA School of Advanced Studies**



Impact Factor  
for 2022: **1.6**

# IJOY International Journal of Yoga



- ▶ Official Publication of **Swami Vivekananda Yoga Anusandhana Samsthana University, Bengaluru**
- ▶ ISSN: 0973-6131
- ▶ **Published by:**  
Wolters Kluwer Health  
Medknow Publications  
[www.medknow.com](http://www.medknow.com)
- ▶ IJOY is a Multidisciplinary **Triannual** Scientific Yoga journal, dedicated to Yoga Research and Applications.
- ▶ The journal is registered with the following abstracting partners: Baidu Scholar, CNKI (China National Knowledge Infrastructure), EBSCO Publishing's Electronic Databases, Ex Libris - Primo Central, Google Scholar, Hinari, Infotrieve, National Science Library, ProQuest, TDNet, Wanfang Data
- ▶ The journal is indexed with, or included in, the following: DOAJ, Emerging Sources Citation Index, Index Copernicus, Indian Science Abstracts, PubMed Central



## Subscription Rates:

- ▶ Print ₹ 3500 in India for Individual & Institute.
- ▶ USD \$ 400 for Overseas for Individual & Institute.
- ▶ Single Issue ₹ 1458 in India for Individual & Institute.
- ▶ Single Issue \$ 167 for Overseas for Individual & Institute.

## Cheque should favour

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Wolters Kluwer India Pvt. Ltd.  
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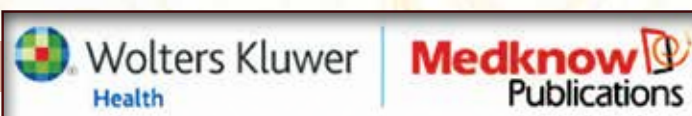
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तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

# योगसंज्ञितम्

Vol.XLI No.2 February, 2025

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Publisher  
**Mahadevappa B**

Printer  
**Chandrashekar V**  
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Printed by Chandrashekar V and published by Mahadevappa B on behalf of Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), No. 19, Gavipuram Circle, Kempe Gowda Nagar, Bangalore - 560 019 and printed at Sharadh Enterprises, No. 51, Car Street, Halasuru, Bangalore - 560 008 and published at SVYASA, No. 19, Gavipuram, KG Nagar, Bangalore - 560 019. Editor Dr. H R Nagendra

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# EDITORIAL

## A Momentous Convocation and a New Era for S-VYASA



*My dear Brothers and Sisters,*

The convocation at S-VYASA University was a grand celebration, marked by the presence of nearly 450 graduates, their families, and well-wishers, totalling over 1,000 attendees. The event was filled with inspiration, wisdom, and a deep sense of accomplishment.

Mohan Das Pai with his brilliant oration, added depth to the convocation address, his words resonating with the young minds stepping into the world. The full text of his speech is featured in this issue. Arjun Meghwal, the Guest of Honour, captivated the audience with rare insights into Swami Vivekananda's journey through Rajasthan, sharing an enchanting story of a young dancer who expanded Swamiji's vision.

Dr. H. R. Nagendra, as Chancellor, ceremoniously conferred degrees to the graduates. In a significant moment, he announced the transition of Chancellorship to Prof. K. Subramaniam, who has long served as Adviser to the Chancellor. His distinguished career and contributions to the university are highlighted in this February issue. Dr. Nagendra, now taking on the role of President of the S-VYASA Society, will continue to guide the institution forward.

This convocation marked both an end and a beginning - a celebration of academic success and the dawn of a new leadership era at S-VYASA.

■ *Dr H R Nagendra*



# Message from the Vice Chancellor

*Dear Brothers and Sisters,*

Greetings of Makar Sankranti and 76<sup>th</sup> Republic Day  
from the desk of the Vice Chancellor

Republic Day serves as a reminder of the adoption of the Constitution of India and the transition of the nation to a republic on January 26, 1950. As the introductory statement of the Constitution which outlines its core values and guiding principles defines it as a "sovereign, socialist, secular, democratic, republic" that "secures all its citizens justice, liberty, equality, and fraternity". Looking back on our history, it evokes a deep sense of pride to acknowledge the significant strides our leaders have made despite various hardships. The task of preserving our rich cultural diversity is challenging, particularly as we continuously fight for our fundamental rights and independence. Our leaders, along with every individual involved in this struggle, deserve our heartfelt gratitude. We must confront, the essence of freedom is always linked to the sacrifices and struggles.

In the realm of philosophy, the concept of freedom is often interpreted as "liberation or Mukti". It is essential to grasp that the interpretation of freedom in yoga diverges from the conventional understanding of freedom encountered in daily life, even though they are interconnected. In the practice of yoga, freedom is an internal process that emerges as individuals disengage from the mental fluctuations or *vruttis* (*yogah cittavrtti nirodhah*) that influence their thoughts. These fluctuations often shape our self-image, our views of others, and our perceptions of the surrounding world. When these mental constructs become rigid, they can obstruct our ability to maintain an open and expansive mindset, thereby impeding our journey toward liberation.

The practice of yoga is fundamentally a pathway to achieving personal freedom. It sharpens our

awareness, leading us to the understanding that our true strength is rooted in the mind and spirit, rather than confined to our physical existence. This discipline enhances our ability to interpret our thoughts, articulate our speech, manage our breath, and gain insight into our identity. It encourages the recognition that we are not solely defined by our physical bodies. Additionally, yoga fosters a connection to the internal and external narratives we express, making us conscious of the thoughts and words we produce throughout the day, which serve as indicators of our emotional well-being. By observing these thoughts and expressions without the imposition of judgment or labels, we can achieve bliss—a state of deeper self-awareness. As mentioned in Bhagavad Gita:

*yatroparamate chittaṁ niruddhaṁ yoga-sevayā  
yatra chaivātmanātmānaṁ paśhyann ātmani tuṣhyati*  
|| 6.20 ||

The translation of this verse can be understood as "When the mind, restrained by the practice of yoga, becomes still, and when, seeing the self by the self, one finds satisfaction within the self, then one experiences the highest joy."

Today our nation is growing as a global ally, is accomplishing goals previously deemed unimaginable, busy connecting to the entire world. We are currently dedicated to finding solutions to global challenges. Our efforts are directed towards transitioning the world from conflict to peace. Let us savor the essence of freedom, both physically and mentally, and work towards elevating yoga to a global stage, thereby realizing the aspirations of our ancestors encapsulated in the phrase "Vasudhaiva Kutumbakam."

*With Pranams*  
**Dr. Manjunath N K**  
Vice Chancellor



**S-VYASA Deemed to be University, Bengaluru**



# S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana  
UGC Category I Deemed to be University  
Bengaluru, India



## Programs in YOGA

## Programs in YOGA

### School of Yoga:

- YIC - Yoga Instructor's Course
- BSc & MSc (Yoga)
- BSc & MSc YT (Yoga Therapy)
- BSc & MSc YVT (Yoga Vedic Therapy)
- BA & MA YEd (Yoga Education)
- BA & MA YISD (Yoga for Integrated Sports Development)
- BA & MA HY (Hatha Yoga)

### School of Physiotherapy:

- BPT - Bachelor of Physiotherapy

### School of Yoga & Naturopathic Medicine:

- BNYS - Bachelor of Naturopathy  
and Yogic Sciences
- MD - Yoga

### Programs in CODE

- (Centre for Open  
& Distance Education)
- DYT (Diploma in Yoga Therapy)
- BSc (Yoga)
- MSc (Yoga)
- YIC (Yoga Instructor's Course)
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# GLOBAL CONFERENCE OF MEDITATION LEADERS

Social Change and World Peace with Project Meditation

February 20<sup>th</sup> - 23<sup>rd</sup>, 2025.  
Bharat Mandapam, New Delhi



**Buddha-CEO**  
*Quantum Foundation*



[buddhaceo.org/gcml](http://buddhaceo.org/gcml)

## Objectives of the Conference

Spread awareness about the role of meditation in driving positive social change and world peace that is defined as "a resilient and self-empowered individual, a growing and purpose-driven organization, and a harmonious and expansive society".

Aid senior leadership in governments, global organizations, corporations, and others in formulating policies and guidelines for the rapid adoption of meditation across organizations and communities, with the help of research papers, technology apps, implementation guidelines and meditation coaches (all under the umbrella of "Project Excellence").

## Who will Benefit?

- Law makers, Policy makers, Government officials.
- Leaders of professional bodies, Industry associations.
- Heads of Universities, Educational boards and Academicians.
- CEOs / Leaders of public and Private sector companies in all sectors.
- Leaders of healthcare, Yoga, Alternate medicine institutions.
- Heads of NGO's across the globe, working towards social change and empowerment.
- Leadership of global and cross nation organizations such as UN, World Bank, G20, etc.

## Key Takeaways

- Understand, the positive impact of meditation can bring to the society.
- Learn and practice simple meditations.
- Be in the energy of visionary meditation leaders.
- Learn about the science of Pyramid Energy and its role in healing and meditation practices.
- Deep dive on manifestation tools and art of self healing through post conference workshops.
- Connect with global meditation practitioners.
- Insights into the latest scientific research on meditation.

## Conference Tracks

### Holistic Growth

Explore meditation's role in enhancing emotional well-being, accelerating career growth, deepening relationships, and driving positive social change.

### Excellence in Education

Discover meditation's impact on enhancing concentration, confidence, clarity, creativity, and the overall educational experience for students and teachers / professors.

### Sustainability Excellence

Know how meditation helps leaders to develop a sense of interconnectedness with the environment, enabling a mindset of sustainability and oneness.

### Organizational Excellence

Learn how meditation cultivates growth-mindset, clarity of purpose, empathetic values, higher team productivity and coherent leadership.

### Physical Health & Mental Well-being

Understand how meditation reduces stress, improves healing, prevents illness and enhances overall well-being.

### Meditation for Conflict Resolution and Peace

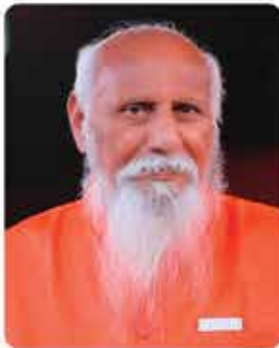
Learn how meditation increases empathy, loving kindness and holistic understanding, resulting in smoother resolution of conflicts.

## Role and Impact of Meditation

Meditation brings positive transformation and excellence in individuals, organizations and society. Organizations have access to vast resources in terms of people, material, technology and money. They influence many aspects of the lives of their employees, families and the larger society.

Meditation develops greater spirituo-scientific mindset in every practitioner. A 'spiritual-scientific' mindset gives purpose, stops greed and the need to wield power, carries higher vision, empathetic values and intuitive approach. A leader with a well-developed spirituo-scientific mindset uses resources for maximum good.

### Our Inspiration



**Brahmarshi Pitamaha Patriji**  
Founder, Pyramid Spiritual Societies  
Movement

### Breath-Mindfulness Meditation

The process of breath-mindfulness meditation is very simple and can be easily practised by everyone. This method, and the underlying wisdom has been extensively spread to millions of people across India and the world, by thousands of masters from the Pyramid Spiritual Societies Movement, including Buddha-CEO Quantum Foundation, over the past 35 years.

Brahmarshi Pithamaha Patriji founded Pyramid Spiritual Societies Movement in 1990 and relentlessly worked to promote meditation extensively.

## How To Practice Meditation

Choose a quiet place. Sit in a comfortable posture, cross your legs at the ankles and clasp your hands. Close your eyes, observe your normal in-breath and out-breath. No forceful inhalation or forceful exhalation. When you observe the breath, the mind becomes empty. Be in that emptiness. If you find your mind wandering in thoughts, gently bring your attention back to the breath.



## Organizers

This conference is being organized by Buddha-CEO Quantum Foundation in association with Pyramid Meditation Channel (PMC) Hindi, S-VYASA, Heartfulness, AIIMS New Delhi, Ministry of AYUSH's CCRYN, Pyramid Valley International and other organizations within Pyramid Spiritual Societies Movement.

### Additional Speakers

**Dr. Suman Khanna Aggarwal**  
President & Founder, Shanti Sahyog, a  
Gandhian NGO

**Dr. Sai Krupa Sagar**  
CEO, Quantum Coherence  
Technologies

**Dr. Malla Bhaskara Rao**  
Former Professor & Head,  
Department of Neurosurgery,  
MMHANS

**Smt. Alekhya Shastri**  
CEO, PMC Hindi by OneMedia  
Network

**Smt. Sujatha Sriram**  
Founder, Chandrasekhara  
Mahagurukul Meditation Centre,  
Vizag.

**Dr. Asha Pai**  
Senior Pediatrician, Meditation Coach  
Jacksonville, Florida, USA

**Shri K.G.Raj Kumar**  
MD, Shree MTK Textiles Private  
Limited

**Shri Rakesh Jalumane**  
Co-Founder and CTO, Quantum  
Coherence Technologies

**Dr. Sivaramappa B**  
Chairman, Pyramid Spiritual  
Science Academy

**Shri Prashant Agarwal**  
Co-Founder and Joint Managing  
Director, Water Advisors

Turn to the next page for all the Speakers

## Schedule

### Main Conference

Feb 21<sup>st</sup> & 22<sup>nd</sup>, 2025

9:00 am - 6:30 pm

Buddha-CEO Annual Meet and Vision Day

Feb 20<sup>th</sup> 2025, 9 am - 4 pm

Post Conference Workshops

Feb 23<sup>rd</sup> 2025, 8:30 am - 5:30 pm

Special Music Meditations on Feb 21<sup>st</sup> and 22<sup>nd</sup>, from 5:30 am to 7 am

### Chief Guest



**Shri Jagdeep Dhankhar**  
Honorable Vice President of India



**Padma Bhushan  
Shri Kamlesh Patel**  
President Shri Ram  
Chandra Mission, Global  
Guide, Heartfulness Institute



**Rajayogini  
B K Shivani**  
Spiritual Mentor, Brahma  
Kumaris World Spiritual  
Organization



**Padma Shri  
D.R Kaarthikeyan**  
Former Director, CBI, CRPF  
Govt. of India



**Padma Shri  
Dr. H.R Nagendra**  
Founder, Chancellor  
S-VYASA University



**Shri Amitabh Kant**  
G20 Sherpa, Ex-CEO Niti  
Aayog, Govt. of India



**Padma Shri  
Dr. R.V. Ramani**  
Founder, Managing  
Trustee, Sankara  
Eye Foundation



**Shri Chanchalopathi  
Dasa**  
Vice Chairman, Co-Mentor,  
Global Hare Krishna  
Movement Senior Vice  
President, ISKCON Bangalore



**Shri Bhikkhu  
Sanghasena**  
Founder, Mahabodhi  
International Meditation  
Center



**Dr. Vinod K Paul**  
Member, Niti Aayog,  
Govt. of India



**Dr. Newton &  
Dr. Lakshmi  
Kondaveti**  
Chairman, Quantum  
Life University



**Dr. Issac Mathai**  
Chairman, Managing &  
Medical Director, Founder,  
SOUKYA International  
Holistic Health Centre



**Dr. Raghavendra Rao**  
Director, CCRYN, Ministry  
of AYUSH, Govt of India



**Mrs. Pia Singh**  
Chairperson, DLF  
Foundation



**Shri Shreans Daga**  
CEO, Betul Oil Ltd,  
Transformation Coach,  
Chairman, Pyramid  
Valley International



**Shri Chandra  
Pulamarasetti**  
Founder, Chief Meditation  
Mentor, Buddha-CEO  
Quantum Foundation



**Shri Vijayabhaskar  
Reddy**  
Chairman, The Pyramid  
Spiritual Trust (Hyd)



**Dr. Gopala Krishna**  
Founder and Chairman,  
Spiritual Tablets Research  
Foundation, London.



**Mrs. Laurence  
Guihard-Joly**  
Former Global  
Senior General  
Manager at IBM



**Dr. K P Kochhar**  
Prof & Head of Dept,  
Dept of Physiology  
AIIMS, New Delhi



**Smt. Parinita Patri**  
Founder, PSSM - SWAGG,  
Meditation Mentor



**Dr. NK Manjunath**  
Vice - Chancellor,  
S-VYASA



**Dr. Anuradha  
Sathiyaseelan**  
Professor of  
Psychology,  
Christ University



**Dr. Rollin McCraty**  
Director of Research,  
HeartMath Institute, USA

Additional Speakers on the inside page

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[gcml@buddhaceo.org](mailto:gcml@buddhaceo.org)



## ब्रह्मसूत्रम् (Brahmasūtram)

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



### अतश्चायनेऽपि दक्षिणे (ब्रह्मसूत्रम्-४-२-२०)

Tadbhūtasya tu nātadbhāvo jaiminerapi niyamāadrūpābhāvebhyah (Brahmasūtram-4-2-20)

**Meaning:** And for the same reason (the departed soul follows the rays) also during the sun's southern course.

The *Dakshinayana Adhikaranam* is the final Adhikaranam of second Pada of the fourth chapter. In the preceding Adhikaranam, we explored cosmic phenomena such as solar and lunar rays. Now, the focus shifts to a more metaphysical realm – parapsychology - where questions about life after death are examined.

In many mythologies, life after death is portrayed in terms of righteousness (Punya) and sin (Papa). Humans experience both virtuous and sinful actions, often unknowingly. When someone sheds their physical body, experts can trace specific symptoms to understand the nature of their journey after death. For instance, the time of death and the exit point of the prana (life force) from the body play a significant role in determining the soul's trajectory.

Key factors such as the time of death, the path through which the prana exits (e.g., from the body's nine gates), and the mental state of the individual are all taken into account. Based on these parameters, specialists can predict the soul's journey after death. The concept of reincarnation is particularly explored in this context, where *Shastrakaras* (scriptural authorities) and scientists offer their perspectives.

According to ancient texts such as the *Garuda Purana* and the *Chandogya Upanishad*, the period

known as Dakshinayana (the six-month period when the sun moves southward) is considered inauspicious for death, while dying after *Makara Sankranti* (Uttarayana, the sun's northward movement) is deemed auspicious. But is this the only factor influencing the soul's fate after death?

The theory goes beyond the mere timing of death. Agni (fire) is seen as the primary guide on Earth, followed by Vayu (air) in the atmosphere. Upon leaving the earthly realm, the soul travels through higher spiritual spheres, such as the Bhuhu, Bhuvaha, Svaha, Mahaha, Janaha, Tapaha, and Satyam Lokas - each governed by divine energies like the sun and moon. Within these realms, *Ativahikas* (divine guides) accompany the soul, much like guides at a pilgrimage site who offer knowledge about the journey and destination.

However, if the deceased person has practiced Yoga, particularly *Ashtanga Yoga* - which includes the principles of Yama, Niyama, Asana, Pranayama, Dhyana, Dharana, and Samadhi - the soul's journey is not dictated by the timing of death, such as during Dakshinayana. Instead, the person's mental state at the time of death, shaped by their spiritual practice, is what determines their fate. The essence of their mental modification becomes the guiding force, allowing the soul to ascend to higher realms. p34 ►►



# A Momentous Inauguration of the School of Advanced Studies at S-VYASA Deemed to be University



On Friday, January 3, 2025, S-VYASA Deemed to be University witnessed a landmark event with the inauguration of its new campus of the School of Advanced Studies in Sattva Global City, Mysore Road, Bengaluru. The inauguration ceremony was a confluence of tradition, innovation, and academic excellence, reflecting the university's steadfast commitment to blending India's rich heritage with modern educational practices. The program was graced by Union Health Minister Shri J. P. Nadda, who formally inaugurated the new campus, alongside a host of distinguished dignitaries and guests. This historic occasion set the stage for a transformative journey in holistic education.

The event commenced with a warm welcome address by the Vice Chancellor of S-VYASA Deemed to be University, Dr. Manjunath Sharma N. K., who extended his heartfelt greetings to all dignitaries, attendees, and students. He expressed profound gratitude to Shri J. P. Nadda

for honouring the event and inaugurating the campus. Dr. Manjunath Sharma emphasized the university's mission to merge traditional Indian knowledge systems with contemporary fields, thereby creating a truly transformative learning environment. He also acknowledged the vision of the university's Chancellor, Dr. H. R. Nagendra, whose leadership has steered S-VYASA toward global recognition as a hub for holistic wellness and academic excellence. Shri Anish Antony, Executive Director of S-VYASA Deemed to be University, formally felicitated the dignitaries during the ceremony, extending warm appreciation and recognition for their invaluable contributions to the growth and development of the university.

The highlight of the event was the formal inauguration of the new campus by Union Health Minister Shri J. P. Nadda. In his keynote address, Shri Nadda praised S-VYASA Deemed to be University for its pioneering



efforts in integrating Yoga, Naturopathy, and Ayurveda with cutting-edge disciplines such as Engineering, Computer Applications, and Management. He emphasized the importance of institutions like S-VYASA in bridging the gap between tradition and modernity, fostering a balanced approach to education that nurtures physical, mental, and spiritual well-being. Shri Nadda's inspiring words resonated deeply with the audience, reinforcing the relevance of holistic education in today's fast-paced world.

Dr. H. R. Nagendra, the Chancellor of S-VYASA Deemed to be University, shared his visionary insights during his address. He reflected on the university's journey, which has been rooted in the philosophy of integrating traditional Indian wisdom with modern scientific advancements. Dr. Nagendra highlighted the transformative potential of this educational model, which not only equips students with academic and technical expertise but also instils in them the values and principles necessary to lead

meaningful lives. He reaffirmed S-VYASA's commitment to its mission of advancing holistic wellness and academic excellence on a global scale.

Another inspiring talk was delivered by Hon'ble Prof. T. G. Sitharam, Chairman of AICTE, who emphasized the pivotal role of innovation and education in shaping the future. Addressing the students, Prof. Sitharam encouraged them to pursue their aspirations with dedication and perseverance. He lauded the university's efforts in fostering an environment where education meets industry, thereby preparing students to excel in an increasingly dynamic and competitive world.

The event was further enriched by the presence of an illustrious lineup of dignitaries, whose participation underscored the significance of the occasion. Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Maha Swamiji graced the event with his spiritual presence, offering





profound insights into the role of ethical values in education. Shri V. Somanna, Ministry of Railways and Jal Shakthi of India. Smt. Shobha Karandlaje, Hon'ble minister of state for the Ministry of labour and Employment, and MSME Government of India. and Shri Yesso Shripad Naik, Ministry of New and Renewable Energy. shared their perspectives on the critical importance of education and wellness in fostering societal development. Hon'ble Member of Karnataka Legislative Assembly R. Ashoka extended his support, reflecting the strong backing of the local community. The presence of Kris Gopalakrishnan, Co-Founder of Infosys, added a unique dimension to the event. A pioneer in the IT industry, Mr. Gopalakrishnan highlighted the intersection of technology and education, emphasizing

the role of industry-academia collaboration in creating impactful learning experiences. Dr C. N. Ashwath Narayan Deputy Chief Minister of Karnataka and Shri L.S. Tejasvi Surya, Member of Parliament, and President of Bharatiya Janata Yuva Morcha. Their presence underscored the importance of the event and the university's impact on both the local community and the nation as a whole

The new campus of the School of Advanced Studies stands as a testament to S-VYASA Deemed to be the University's unwavering dedication to holistic education. Designed to cater to disciplines such as Engineering, Computer Applications, and Management, the campus embodies the university's tagline, "Education Meets Industry." By fostering





collaborations with industry leaders and incorporating technological innovations into its curriculum, the campus aims to equip students with the skills and knowledge required to thrive in the global workforce. It is envisioned as a hub for interdisciplinary studies, where students are encouraged to explore innovative solutions to complex challenges.

At the core of the university's philosophy is its integration of Yoga, Naturopathy, and Ayurveda into modern academic disciplines. This unique approach ensures that students not only gain technical expertise but also cultivate physical, mental, and spiritual well-being. By prioritizing wellness and sustainability, S-VYASA prepares its students to address global challenges with wisdom, compassion, and resilience. The campus's holistic approach to education is a reflection of the university's broader mission to advance knowledge systems that are rooted in Indian traditions while embracing modern advancements.

The inauguration day was marked by a series of engaging activities that reflected the university's emphasis on tradition and innovation. The day began with an uplifting prayer session and a captivating Yoga demonstration, showcasing the transformative power of this ancient practice. These opening activities set the tone for the day, emphasizing the university's deep connection to India's spiritual heritage. This was followed by

a series of inspiring talks and addresses by the dignitaries, which offered valuable insights into the future of education and its role in shaping society.

Followed by the vote of Thanks by Dr. Siva Sankara Sai, Hon'ble Registrar of S-VYASA Deemed to be University.

The event also provided opportunities for students and attendees to engage directly with the guests, fostering a spirit of inquiry and collaboration. Interactive sessions allowed for meaningful exchanges of ideas, further enriching the experience for everyone present. The positive energy and enthusiasm that permeated the event were a testament to the shared vision and commitment of all stakeholders involved in this transformative initiative.

The inauguration of the School of Advanced Studies marks the beginning of an exciting new chapter for S-VYASA Deemed to be University. With state-of-the-art facilities and a forward-thinking approach to education, the campus is poised to become a global hub for academic excellence and holistic wellness. By integrating traditional Indian knowledge systems with contemporary fields, the university is redefining education for the 21st century. Its unique approach ensures that students are not only academically proficient but also equipped with the values and skills needed to lead fulfilling and impactful lives.



# 22<sup>nd</sup> Convocation of S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana  
Deemed to be University, Bengaluru

The 22nd Convocation Ceremony of S-VYASA was held on January 12, 2025, at the Samskriti Bhavan, Prashanti Kutiram. Coinciding with Swami Vivekananda Jayanti, this day is also celebrated as National Youth Day or Rashtriya Yuva Divas.

The ceremony commenced with a traditional procession from the Yoga Vinayaka Temple to Samskriti Bhavan, a practice that embodies the university's ethos of uniting spirituality with academic rigor. The assembly was graced by distinguished guests, including Shri Arjun Ram Meghwal, Hon'ble Minister of State for Law and Justice (I/C) and Minister of State for Parliamentary Affairs, and Shri T.V. Mohandas Pai, Chairman of Aarin Capital Partners, who delivered the Convocation Address.

The Vice Chancellor, Hon'ble Dr. Manjunath N. K. gave a welcome address. He congratulated the graduating students, urging them to carry forward the guiding principles of Swami Vivekananda,

and emphasized in his speech on the importance of lifelong learning and the role of holistic education in shaping socially conscious and self-reliant individuals.

After the report by Controller of Examination Dr. Soni Kumari, the ceremony also witnessed the presentation of honorary degrees, D.Sc. and D.Litt. (Honoris causa). Prof. M.K. Sridhar, Pro-Vice Chancellor & Dean of Academics, read out the names of the recipients of these prestigious awards. Each recipient was invited to deliver a brief 2-minute speech, sharing their insights and experiences.

The recipients of honorary D.Litt. degree were Prof. Christopher Chapple from Loyola Marymount University, USA, and Dr. Rangan Ramakrishnan, a renowned scholar in Vedic studies from Bangalore. The Honorary DSc. Degree was conferred to Dr. Rima Dada, a Professor in the Department of Anatomy at AIIMS, and Dr. Raghavendra Rao, the Director, Central Council





for Research in Yoga and Naturopathy, Ministry of AYUSH, Govt of India.

Dr. M. N. Ramesh, Director of Research, announced the names of the Ph.D. graduands while Dr. Apar Sauji, Principal of TSYNM announced the names of the graduands receiving their MD degrees. The PhD thesis spanned diverse areas, including the therapeutic benefits of yoga for managing chronic venous insufficiency, aging biomarkers, and cerebral hemodynamic responses in Type 2 diabetes. Such contributions underscore S-VYASA's role as a leader in advancing yoga's scientific applications to improve health and well-being globally.

The Dean of Academics announced the graduands of the regular programs that includes Master of Science (Yoga Therapy) - M.Sc (YT), Master of Science (Yoga & Vedic Therapy) - M.Sc (YVT), Bachelor of Naturopathy and Yogic Sciences (BNYS), Bachelor of Science (Yoga Therapy) - B.Sc (YT), Bachelor of Science (Yoga & Vedic Therapy) - B.Sc (YVT), Master of Science (Yoga) under

the dual degree program with Yunnan Minzu University (YMU), China.

The ceremony also conferred degrees to the graduands of the CODE (Centre for Open and Distance Education) programs.

Prof. M. Jayaraman, Dean of Yoga & Spirituality, delivered the Guru Upadesha, or the preceptor's instruction to the students. This address, known as the Shishya Anushasanam from Taittiréyoapaniñat is a sacred tradition that imparts wisdom and guidance to the graduands as they embark on their new journey. It emphasizes the importance of speaking the truth, practicing righteousness, and pursuing studies diligently, and respecting parents, teachers, Guests and elders.

The Prizewinners were announced by the Controller of Examination – Prof. Sony Kumari. Viswanathan Panchukrishnan received recognition for the best Ph.D. thesis, while A. Snigdha Madhuri was honored for the best publication in the doctoral program. Students across undergraduate and





postgraduate programs were also recognized for their Academic Excellence.

The ceremony witnessed the conferral of degrees to 430 students across various disciplines. This included 14 Doctor of Philosophy (Ph.D.) degrees, 284 Master's degrees, and 123 Bachelor's degrees in fields such as Yoga Therapy, Naturopathy, and Vedic Therapy.

Shri Arjun Ram Meghwal, Hon'ble Minister of State for Law and Justice (I/C) and Minister of State for Parliamentary Affairs delivered a speech highlighting Swami Vivekananda's deep spiritual journey and his belief in the mind's profound power as a transformative tool. He emphasized the importance of understanding the potentiality of the mind and using it as a powerful tool.

"One of the devotional songs that Swami Vivekananda moved greatly was 'Prabhu Mere Avgun Chit Na Dhara,' which beautifully expresses humility and surrender to the divine. The minister sang this bhajan to the delight of the audience. The minister summarized his message to students to understand the potentiality of mind and use it as a powerful tool.

Shri T. V. Mohandas Pai, Padma Shri Awardee, highlighted the resilience displayed by India in rising from colonial exploitation and other historical challenges to emerge as a global powerhouse. Drawing attention to the country's current trajectory, he described India's transformation from a struggling post-colonial economy to a leader in technological innovation and economic growth.

He spoke passionately about the era of rapid technological advancements, particularly the rise of artificial intelligence (AI), which he referred to as a 'super cycle' capable of reshaping industries and redefining societal norms. While acknowledging the potential anxieties surrounding these changes, he encouraged graduates to view this period as a realm of possibilities. He stressed the importance of staying curious and adaptable, delivering emerging technologies not only for

personal growth but also to solve pressing societal challenges.

Shri Pai also shared insights from his professional journey, illustrating how commitment, innovation, and belief in India's potential helped him and his teams transform Infosys from a modest enterprise into a global leader. This success, he explained, was not just about economic growth but also about creating jobs, inspiring new generations of entrepreneurs, and addressing societal challenges through initiatives like Akshaya Patra, which provides meals to millions of children daily.

Shri Pai urged them to aim for global impact while staying grounded in ethical values. He emphasized the importance of drawing on India's spiritual and cultural heritage to remain centered in an increasingly fast-paced and complex world. He encouraged them to balance innovation with introspection, ensuring that their efforts contribute not only to personal success but also to the well-being of society at large. He called upon the graduates to give back to society through mentorship, philanthropy, and ethical leadership.

The Chancellor, Dr. H. R. Nagendra, delivered an inspiring address, reflecting on S-VYASA's milestones. He highlighted the university's nearly 1,000 research publications. The pioneering initiatives such as the Niyantrita Rakta Chapa Project, aimed at managing hypertension through yoga. The establishment of the "Varahamihira Advanced Centre of Vedic Technology Research (VMAC-VTR)," focusing on ancient knowledge's application in modern contexts, is another notable achievement for S-VYASA. Dr. Nagendra also elaborated on global collaborations, including the Memorandum of Understanding (MoU) with Parker University, Texas, USA, which integrates yoga and chiropractic practices for holistic healthcare solutions.

After the Vote of Thanks by Registrar Prof S Siva Sankara Sai, the Convocation ceremony concluded with national Anthem and Shanti Mantra.

# 22<sup>nd</sup> Convocation Address by the Chief Guest

**Shri T. V. Mohandas Pai**

Chairman, Aarin Capital Partners

on 12<sup>th</sup> Jan 2025

*Namaste and a very good morning to everyone present here!*

- Dr. H R Nagendra, Chancellor at S-VYASA
- Dr. K Subrahmanyam, Advisor
- Dr. B R Ramakrishna, Pro - Chancellor
- Dr. N K Manjunath, Vice Chancellor
- Dr. M K Sridhar, Pro - Vice Chancellor
- Prof. S Siva Sankara Sai, Registrar
- Distinguished Directors, Deans, and Faculty Members
- Proud parents; and most importantly, the graduating students of S-VYASA

Thank you for inviting me to share this special day with all of you. Graduation day is not just another ceremony; it's a milestone where each of you takes a big step into your future. When you

walk out of this campus today, you step into a world full of opportunities and responsibilities. While it's natural to feel excitement, maybe even a little nervousness, remember that each one of you is equipped with the knowledge, skills, and the guiding principles that this esteemed institution has instilled in you.

Before talking about what lies ahead, let's reflect briefly on where we come from as a nation. India has a remarkable heritage spanning thousands of years of culture, philosophy, and discovery. And yet, as we all know, there was a period of great exploitation and impoverishment under British colonialism - over \$45 trillion was extracted from our country across 150 years. Before British colonisation we suffered nearly 800 years of destruction, genocide and servitude





## Padma Shri Awardee Hon'ble Shri T. V. Mohandas Pai

Chairman of Aarin Capital Partners. Over a career spanning 40 years, he has served in the areas of finance, accounting, information technology, human resources, education, corporate governance, social impact innovation, environmental conservation, policy formulation, heritage preservation, philanthropy, and the venture and startup ecosystem.

Presently holds the position of Chairman of Manipal Global Education Services (MaGE) and Advisor, Manipal Education & Medical Group (MEMG), Member of the Board of Havells India. Additionally, he is a member of the Board of Governors for the National Investment and Infrastructure Fund (NIIF), chairs the Regulatory and Financial Technology Committee of the Securities and Exchange Board of India (SEBI), and is a member of the High-level Advisory Committee of the International Financial Services Centres Authority (IFSCA) concerning GIFT City. Previously, he served as a Member of the Board and CFO at Infosys, one of India's largest software services companies.

He is a fellow member of Institute of Chartered Accountants of India (ICAI), and a Trustee of the International Accounting Standards Committee Foundation, the body that oversees the International Accounting Standards Board.

Shri Mohanji also co-founded the Akshaya Patra Foundation, Bangalore - a mid-day meal program for school children. Today, this program feeds over 1.6 million children each day in 13,500+ Government Schools across twelve Indian States.

due to the Islamic invasion from outside which deeply retarded our progress as a civilisation. Despite this devastating history, we have shown resilience and a relentless drive for progress since our independence. We were world leaders since the dawn of civilisation till the invasions and colonisation overcame us. We must aim to be world leaders again and a beacon of light and Hope to all people's of the world in future.

It was this spirit of self - reliance and innovation that helped us transform from a struggling post - colonial economy into a rising global powerhouse. But our journey is far from over. There's still much to do to unite our country, to ensure every young person has access to the right opportunities, and to accelerate inclusive growth that touches every corner of India.

We live in an era defined by technology, where advancements unfold at an incredibly rapid pace. If you look at innovation as a series of 'S - curves,' each major technology - be it the steam engine, electricity, personal computing, or the internet - has radically changed the social and economic landscape. Yet each has also reached a plateau or inflection point before giving way to the next wave.

Today, I would argue that AI represents a 'super cycle' - potentially more disruptive than anything we've seen in prior technological revolutions. AI isn't just the next curve; it's reshaping entire industries, redefining jobs, at a speed never seen before, and will deeply impact how we live, learn, work and grow. This super cycle might make you anxious, but I encourage

you to view it as a world of possibilities - opportunities to create new solutions, address old problems, and uplift society.

In my own journey, I've witnessed firsthand how technology can be a powerful engine for growth. When we started building Infosys decades ago, it was a humble enterprise valued at about \$10 million in market cap. Over time, thanks to unwavering commitment, innovation, and a belief in India's potential, Infosys grew to touch a market cap of nearly \$100 billion, creating lakhs of jobs, boosting India's export sector, creating a great well educated and skilled middle class and inspiring a generation of tech entrepreneurs.

None of this happened overnight - it was a process of relentless adaptation, learning, and believing that India's human capital is second to none. And our journey continues, not just in business but also in giving back. Initiatives like Akshaya Patra - which now feeds a hot unlimited meal to 24 lakh children every single day - are testaments to how technology, operational efficiency, and compassionate leadership can address fundamental societal challenges.

S-VYASA University has a unique mission. You are deeply rooted in ancient Indian wisdom, our Dharma, our traditional knowledge, our spirit of discovery and debate, our emphasis on free thought and individual freedom and choice, our respect for nature and a sustainable life style rooted in simplicity and respect for all, placing practices like yoga and meditation at the core of education. As a civilisation we sought to answer the reason for our existence and discovered a higher purpose than mere physical existence where thirst for knowledge and self - realisation was paramount. We developed powerful methods to cultivate self - confidence, the intellect, clarity of thought, and focus. The future for us as a society lies in institutions like yours which seek to reclaim our heritage, use the great traditional knowledge our forefathers created to educate our youth along with the

latest science and technology discoveries and provide them the wherewithal to succeed in a fast - changing technology driven world where knowledge and the intellect will dominate.

As we navigate the complex future - whether it's grappling with AI, building sustainable businesses, or addressing social inequities - strengthening the mind and spirit remains paramount. So, do not forget the importance of self - awareness, holistic well - being, and ethical grounding as you forge ahead into your careers. Do not forget that we have to ensure that Dharma should prevail over all else to make the future better for all of us and that Dharma requires us to live a life of reason, compassion and discharge our duties to all. It's this blend of heritage and tradition, respect for Dharma, high - tech and high - touch, of innovation and introspection, that will set you apart.

In the next 3 years, India is poised to become the third - largest economy in the world. We are projected to cross \$10 trillion in GDP by 2035, and that's just one marker of the transformation coming our way. Think of the massive expansions in infrastructure, digital connectivity, healthcare, education, and consumer demand that will arise during this period.

As India grows there are a few specific growth trends worth noting:

- Export - oriented producer businesses: As global trade reorients, Indian manufacturers and service providers have new windows to enter markets more efficiently. India will globalise more rapidly, become a global leader.
- Frontier technologies: Increasing investment in defense, industrial automation, digitalization, and energy transition will spur research and innovation - especially in AI, robotics, and clean energy solutions.
- Inflection in Indian consumption and aspiration: From food and entertainment to travel and elderly care, India's burgeoning



middle class is increasingly discerning, seeking higher quality and variety. This creates huge potential for businesses that can innovate to meet evolving tastes.

The startup ecosystem has also been a powerful force. Even amid global headwinds in tech and private equity, many Indian startups have chosen a path of sustainable growth. They're focusing on unit economics, good governance, and long - term IPO - readiness, which is now being rewarded by our public markets. With stable governance and an unwavering focus on pro - growth reforms, India remains an attractive destination for innovation and entrepreneurship.

Graduates, this is your moment. The expansion of our economy from around \$4 trillion to \$10 trillion - over the next decade will open doors that were unimaginable just a few years ago. As the world undergoes disruptions in technology, energy, and global trade, India's role is set to grow exponentially.

I encourage you to:

- 1. Stay Curious:** Keep learning about emerging technologies, whether it's AI, robotics, or biotech. Adaptation is the name of the game.
- 2. Build with Purpose:** Whether you join a company, start your own venture, or go into research, remember that success in technology is not just about profit; it's about solving real problems that uplift communities.
- 3. Balance Innovation with Ancient Wisdom:** Draw on the spiritual and cultural teachings that have stood the test of time - use them to stay grounded and ethically guided in everything you do. This is your real asset to find true meaning in your life.
- 4. Aim for Global Impact:** Don't just think of local or even national scale - leverage India's rise to innovate for the world. We have the talent, the market, and the momentum.

**5. Give Back:** Whether it's through philanthropic initiatives or mentorship, find a way to uplift those who aren't as fortunate. The India you help create should be inclusive and equitable. Create a Rama Rajya Again in India as Shri Ram has returned to his home in Ayodhya.

As you step out of this university and into the wider world, remember the legacy of resilience and growth that India embodies. We were the greatest civilisation the world had ever seen, we suffered Genocide, unparalleled destruction but are rising from a history of cultural and economic exploitation to become a global force. We have a growing economy, an increasing awareness of our culture and heritage, a dynamic youth population, and a technology wave ready to catapult us into new realms. And each one of you is part of writing the next chapter of our country's story.

I have no doubt that you will make your mark - some of you will create groundbreaking startups, some will pioneer medical or scientific breakthroughs, some will transform the arts, and others will lead social movements. But in all your journeys, take the spirit of S-VYASA with you: embrace ancient wisdom, the Rule of Dharma, nurture your physical and mental health, and aim for progress that benefits not just yourselves but the broader community around you.

I wish you great success, unshakable determination, and heartfelt purpose as you embark on this new chapter. Congratulations once again on your graduation, and may you strive to make a difference in all that you do.

*Thank you and Jai Hind!*

**T. V. Mohandas Pai**  
Chairman, Aarin Capital Partners

# Doctor of Science (Yoga)

## Dr. Rima Dada (National Category)

Dr. Rima Dada, M.D., Ph.D., is a Professor in the Department of Anatomy at the All - India Institute of Medical Sciences (AIIMS) in New Delhi, India. With extensive expertise in genetics, molecular medicine, yoga research, cytogenetics, and reproductive disorders, Dr. Dada is a leader in her field. She earned her Ph.D. in Genetics from AIIMS, her M.D. in Anatomy from the University College of Medical Sciences, New Delhi, and her M.B.B.S. from Maulana Azad Medical College, New Delhi.



Dr. Dada has received numerous awards and recognitions, including the ICMR Shakuntala Amir Chand Award for Genetics of Infertility, Asia's Best Researcher Award (2024), and fellowships from the Indian Academy of Biomedical Sciences (FIABS) and the International Medical Science Academy (FIMSA). She has also been honored with multiple orations and best research awards at national and international conferences.

Her contributions include serving as a member of AYUSH and ICMR task forces on yoga research and male infertility. Dr. Dada has published extensively in peer - reviewed journals, focusing on genetics, yoga, and infertility. She has developed innovative diagnostic techniques for reproductive and genetic disorders and has led groundbreaking research on the impact of yoga on lifestyle diseases such as rheumatoid arthritis, glaucoma, and infertility.

With an H - index of 47, Dr. Dada's work is highly cited, and her research has gained international recognition through collaborations and invited lectures around the world. Additionally, she plays a key role as chairperson and expert member in various committees at AIIMS and other prestigious organizations. Beyond academia, Dr. Dada actively participates in public health awareness programs, particularly in the areas of genetics and yoga research.

## Dr. Raghavendra Rao M (National Category)

Dr. Raghavendra Rao Mohan is currently the Director, Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, Govt of India since 2019. He is also the editor for Indian Journal for Yoga and Naturopathy, a journal from CCRYN, Ministry of Ayush. Completed his Bachelor's degree in Naturopathy and Yogic Sciences with second rank from Mangalore University in 1998. He





joined Swami Vivekananda Yoga Anusandhan Samsthana, Bengaluru as a research fellow in 1998 and went onto become an assistant professor. He has completed several research projects in Rheumatoid arthritis, Prediabetes, Diabetes, CVD risk prevention and Cancer using both yoga and naturopathy interventions.

He has experience in working in reputed institutes like S-VYASA and HCG Bangalore Institute of Oncology. He was an advisor to INYS Medical Research Society, Jindal Nature cure Hospital, and Trans Disciplinary University at Bengaluru. He was a collaborator and Osher (Planning International Centers for Research and Collaboration) NIH fellow at UCSF School of medicine, Sanfrancisco from 2004 - 2006. He completed Indo US study on yoga and Prediabetes, and yoga and HIV with UCSF School of Medicine Sanfrancisco. He was also a consultant for an NCI grant on yoga and Breast Cancer at MD Anderson Cancer Center, Houston, Texas. He completed his PhD in 2007 and joined Health Care Global Enterprises Ltd., South East Asia's Largest Network of Oncology Hospitals as a Senior Scientist and Head CAM program. He has 109 international research publications and two international book chapters with h - Index of 23 <https://www.researchgate.net/profile/Raghavendra-Rao-6>.

He has won several awards such as Sushila Thakur Prakriti mandir prize in 2001 by APPICON, Manonmani Rudraiah award from SVYASA for best thesis and ASCO Conquer cancer foundation merit award in 2012 by American Society of Clinical Oncology. He has conducted workshops in Melbourne and Malaysia in UICC Congress. He was a Co - Chair for Yoga at Society for Integrative Oncology, USA. He has set up a Department of CAM at Health Care Global Enterprises which has been accredited by European Society for Medical Oncology (ESMO) for Integrative Oncology in 2014. He has experience in conducting global clinical trials, Managing Biorepository, Cancer Registry, Clinical Repository, Clinical Audit and EHR.

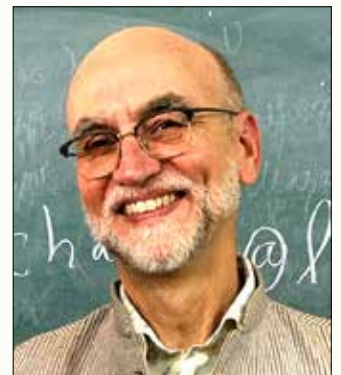
## Doctor of Letters (Yoga)

### Prof. Christopher Chapple (International Category)

Christopher Key Chapple serves as the Navin and Pratima Doshi Professor of Indic and Comparative Theology and the Director of the Master of Arts in Yoga Studies at Loyola Marymount University (LMU) in Los Angeles, California.

Dr. Chapple holds a Ph.D. in History of Religions and an M.A. in Theology, both from Fordham University, as well as a B.A. in Comparative Literature and Religious Studies from SUNY Stony Brook, where he graduated summa cum laude. His academic expertise lies in the religions and philosophies of South Asia, comparative religious ethics, and Sanskrit and Indian philosophy.

With over 40 years of scholarly work, Dr. Chapple has an extensive teaching background in theology, religious ethics, and Sanskrit. He has authored numerous books and articles on topics such as Jainism, Yoga, ecology, and comparative philosophy. His professional contributions include serving as Chairperson and Director of key academic programs at LMU and as editor of major



academic journals and publications in religious studies. His achievements have been recognized with numerous awards and honors, including the Fulbright Nehru Academic and Professional Excellence Award (2019–2020) and the South Asia Studies Scholar Exemplar Award (2018). He has also received multiple grants and fellowships for his research and academic contributions.

## Dr. Rangan Ramakrishnan (National Category)

Dr. Rangan Ramakrishnan is the Founder President of WEBOLIM (Web of Life Makers) and a Visiting Professor of Yoga and Vedanta at S-VYASA Yoga University. He holds a Ph.D. in Yoga and Education from S-VYASA Yoga University, a management degree from Symbiosis Institute of Management, and an M.A. in English Literature from Bharathidasan University.



He has made significant contributions to Vedic and cultural education by establishing institutions such as Shruti Ram Gurukulam and Vidyavati Veda Patashala. As a renowned teacher of Yoga, Vedanta, and the Ramayana, he has delivered spiritual discourses across the globe. His authorship includes notable works like 'Rig Veda Bhashyam', 'The Ramayana of Valmiki', and 'What is Dharma?', alongside publishing research papers on yoga and education in peer-reviewed journals. He has been honored with titles such as "Rama Kathamrutha Varshi," "Yoga Vidhya Varidhi" by S-VYASA Yoga University, and "Ramayana Pravachana Virat," reflecting his profound influence in the field. His work focuses on propagating Vedic wisdom and dharma in modern contexts, emphasizing the integration of traditional education with contemporary learning approaches.



Doctor of Science (Yoga) Awardees with Dignitaries



## PhD in Yoga

### Scholars and Publications

#### 1. Viswanathan Panchukrishnan

**Thesis Title:** Hand - picked challenges in contemporary accounting and auditing techniques and proposed solutions from śrīmadvālmīkirāmāyaṇam and relevant indic texts

**Guide:** Dr. Parthasarathi K Srinidhi

**Co-Guide:** Prof. B Mahadevan

**Publications:**

1. Panchukrishnan, V., Mahadevan, B., & Parthasarathi, S. K. (2024). Augmenting the changing landscape of finance organisation through practical insights and metrics from Vālmīki's Rāmāyaṇa. *The Management Accountant*, 59(1), 96. [https://icmai.in/upload/Institute/Journal/TMA\\_Jan\\_2024.pdf](https://icmai.in/upload/Institute/Journal/TMA_Jan_2024.pdf).
2. Panchukrishnan, V., Mahadevan, B., & Parthasarathi, S. K. (2023). Design of 'Management - Level Control Questionnaire' based on insights from Vālmīki Rāmāyaṇa. *Journal of Fundamental & Comparative Research - Shodhasamhita*, 10(2), 288 - 295. <https://kksushodhasamhita.org/index.php/sdsa/article/view/1382/97>.
3. Panchukrishnan, V., Mahadevan, B., & Parthasarathi, S. K. (2024). Ancient Indian antecedents to corporate governance: Evidence from a parallel study of Kauṭilya's Arthaśāstra and Vālmīki's Rāmāyaṇa. *Shodha*, 147. <https://www.sdmshodha.in/issues/2024/shodha-july-2024.pdf>.
4. Panchukrishnan, V. (2024). Decoding the systematic construction of Vālmīki Rāmāyaṇa through Tantrayukti principles: A case study based on Kaccit sarga of Rāmāyaṇa. *Journal of Applied Consciousness Studies*, 12(2), 91 - 96. [https://doi.org/10.4103/jacs.jacs\\_140\\_23](https://doi.org/10.4103/jacs.jacs_140_23).



#### 2. A. Snigdha Madhuri

**Thesis Title:** Effect of yogic practices on phenotypic and molecular bio markers of aging

**Guide:** Dr. Vijaya Majumdar

**Co-Guide:** Prof. Ramesh Mavathur, Dr. Sanjib Patra, Dr. Kalpana S R

**Publications:**

1. Study protocol for yoga - based lifestyle intervention for healthy ageing phenotype in the older adults (yHAP): a two - armed, waitlist randomised controlled trial with multiple primary outcomes. *BMJ open*, 11(9), e051209. Majumdar, V., Snigdha, A., Manjunath, N. K., Nagarathna, R., Mavathur, R., Singh, A., S R, K., & H R, N. (2021). <https://doi.org/10.1136/bmjopen-2021-051209>



2. Yoga - based lifestyle intervention for healthy ageing in older adults: a two - armed, waitlist randomized controlled trial with multiple primary outcomes. *GeroScience*. 2024 Apr 7:1 - 6. Snigdha A, Majumdar V, Manjunath NK, Jose A.

### 3. Anant S Kukade

**Thesis Title:** Effect of yoga on the psychological wellbeing of female homoeopathic medical students.

**Guide:** Dr. Rajesh S K

**Publications:**

1. Kukade, Anant, Tikhe Ganpat, and Hongasandra Nagendra. "Stress management in medical students: A yogic therapy approach." *International Journal of Educational and Psychological Researches* 2.1 (2016): 65 - 65.
2. Kukade, Anant S., Monali Devaraj Mathad, and Rajesh Sasidharan. "Sleep Quality, Wellbeing and Happiness in Medical Undergraduates in Western India." *National Journal of Community Medicine* 13.05 (2022): 298 - 303.
3. Kukade, Anant S., and S. K. Rajesh. "Effect Of Yoga On The Psychological Wellbeing Of Medical Students." *Journal of Positive School Psychology* 6.11 (2022): 2163 - 2173.



### 4. Dr. Vidyashree M

**Thesis Title:** Cerebrovascular hemodynamic responses in patients with Type 2 Diabetes mellitus following yoga intervention: a randomized controlled trial

**Guide:** Dr. Deepeshwar Singh

**Co-Guide:** Dr. Lokesh Bhatala, Dr. Vijay k Sharma

**Publications:**

1. Vidyashree, M., Deepeshwar, S., Nagarathna, R., Manjunath, N. K., Kaligal, C., Kanthi, A., Nagendra, H. R., Bathala, L., & Sharma, V. K. (2022). Transcranial Doppler studies in Type 2 diabetes mellitus: A systematic review. *Diabetes research and clinical practice*, 186, 109808. <https://doi.org/10.1016/j.diabres.2022.109808>
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## 5. Yamuna U

**Thesis Title:** Effect of yoga on homocysteine level, symptomatology and quality of life in industrial workers with chronic venous insufficiency: A randomized controlled trial

**Guide:** Dr. Apar Avinash Saoji

**Co-Guide:** Dr. Rudresh Kumar, Dr. Vijaya Majumdar.

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## 6. Pragya Jain Shrimal

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**Guide:** Dr. Satyapriya Maharana

**Co-Guide:** Dr. Anupama Dave

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## 7. Madan Mohan

**Thesis Title:** Concept of dharana, Dhanya and samashi in prasthantravi and patanjali yoga sutra: an analysis

**Guide:** Prof. M K Sridhar

**Publications:**

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## 8. Keshavamurthy

**Thesis Title:** Effect of IAYT in comparison to applied Thai self - massage with a massage stick on non - specific low back pain

**Guide:** Dr. Amit Kumar Singh

**Co-Guide:** Dr. Vitsarat Buttagat

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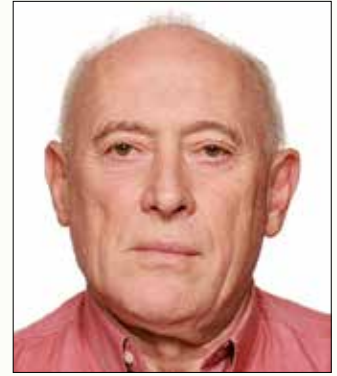
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**Guide:** Dr. Rajesh S K

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## 10. John Britto

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**Guide:** Dr. Rajesh S K

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## 11. Dr. Sujatha K J

**Thesis Title:** Use of an integrated yoga and naturopathy intervention to modify autonomic dysfunction, and functional disability and improve quality of life in patients with spinal cord injury.

**Guide:** Dr. Manjunath N K

**Co-Guide:** Dr. Prashanth Shetty

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## 12. Ripudaman Singh

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**Guide:** Dr. Rajesh S K

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## 13. J K Swapna

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**Guide:** Dr. Karuna Nagarajan

**Publications:**

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## 14. Dr. Sangeethalaxmi M J

**Thesis Title:** Yoga therapy for asthmatic young adults: its impact on psychophysiological parameters

**Guide:** Prof. Alex Hankey

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PhD (Yoga) Scholars with Dignitaries

# MD in Yoga



## Dr. Rashika Bajaj

**Dissertation Title:** Exploring the therapeutic potential of yoga in managing binge eating disorder.

**Name of the Supervisor:** Dr. Apar Saoji

## Dr. Sanjana S Pai

**Dissertation Title:** Yoga as a lifestyle modification for female OT paramedic staff

**Name of the Supervisor:** Dr. Apar Saoji



## Dr. Sumit Salunke

**Dissertation Title:** Exploring long term effect of yoga practice in stroke survivor: A cross - sectional Study

**Name of the Supervisor:** Dr. Amit Singh

## Dr. Prajakta Shinde

**Dissertation Title:** Exploring Therapeutic Benefits of Long - Term Yoga Practice in Ankylosing Spondylitis Patients - An Observational Study.

**Name of the Supervisor:** Dr. Amit Singh



## Dr. Gurumayum Sudev Sharma

**Dissertation Title:** Effect of Yoga Intervention on Psychological Parameters, Sleep and Musculoskeletal pain in computers workers.

**Name of the Supervisor:** Dr. Sharad Chaudhari





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# ॥ महा-कुम्भमेला-पञ्चकम् ॥

## ॥ Mahā-kumbhamelā-pañcakam ॥

■ Prof. M Jayaraman  
Dean, Division of  
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This is a set of five Sanskrit verses on Mahakumbhamela happening at Prayagraj, given with translation in English. The verses celebrate the cultural, civilizational and transformational values that embody the grand event of Maha Kumbhamela.

महाकुम्भमेला प्रयागे प्रवृत्ता जनानां समुद्रो विशालस्त्तरावान् ।  
नदीतीरमत्र प्रपद्यैव पुण्यं गतो धन्यतां किं न चैतद् विचित्रम् ॥

*mahākumbhamelā prayāge pravṛttā janānāṃ samudro viśālastvarāvān  
nadītīramatra prapadyaiva puṇyam gato dhanyatāṃ kiṃ na caitad vicitram* | 1 | 1 |

The grand Kumbh Mela has commenced at Prayaga, a vast ocean of people, rushing and immense, has gathered. Here, approaching the sacred bank of the river, they attain blessedness - is this not wondrous indeed?

महाब्धौ यथागत्य सर्वा मिलन्ति स्वनाम स्वरूपं विलाप्यैव नद्यः ।  
तथा कुम्भमेलाणवि सङ्गतास्ते जना जातिमुख्यप्रभेदैर्विहीनाः ॥

*mahābdhau yathāgatya sarvā milanti svanāma svarūpaṃ vilāpyaiva nadyaḥ  
tathā kumbhamelāṇave saṅgatāste janā jātinukhyaprabhedairvihīnāḥ* | 2 | 1 |

Just as all rivers flow into the ocean, dissolving their individual identities and forms, so too, in the ocean of the Kumbh Mela, People gather, devoid of distinctions of caste and status.

मनुष्यस्य बुद्ध्या यथा नैव सृष्टिः समुद्रस्य रक्षार्थकस्यास्य भूमेः ।  
तथा कुम्भमेला न मर्त्यैः प्रसूता सती लोककल्याणनिष्ठा विशिष्टा ॥

*manuṣyasya buddhyā yathā naiva sṛṣṭiḥ samudrasya rakṣārthakasyāsya bhūmeḥ  
tathā kumbhamelā na martyaiḥ prasūtā satī lokakalyāṇaniṣṭhā viśiṣṭhā* | 3 | 1 |

Just as the ocean, which safeguards the earth, is not the creation of human intellect, so too, the Kumbh Mela is not born of mortals, but stands unique, rooted in the welfare of humanity.



विलीना सरिद्राजि पूर्वा विसृष्टिः नवीनोऽपि तस्माद्विसर्गो विशुद्धः ।  
तथा कुम्भमेलासमुद्रे विकाराः विलीनाः भवेन्नूतसृष्टिः स्वभावे ॥

*vilinā saridrāji pūrvā viśṛṣṭiḥ navīno'pi tasmādvīsargo viśuddhaḥ  
tathā kumbhamelāsanudre vikārāḥ vilināḥ bhavennūtasṛṣṭiḥ svabhāve* | 4 |

In the ocean, the old creation dissolves, and from it emerges a pure, new creation. Similarly, in the ocean of the Kumbh Mela, all distortions dissolve, Giving rise to a renewed and pristine nature.

समुद्रस्य वीक्षार्थमामन्त्रयते नो प्रचारो न चान्यस्वरूपोऽस्ति लोके ।  
तथा कुम्भमेलाथमैते वयं स्मः स्वयं सङ्गता हैन्दवाः पुण्यभूमौ ॥

*samudrasya vīkṣārthamāmantryate no pracāro na cānyasvarūpo'sti loka  
tathā kumbhamelārthamete vayanī smaḥ svayanī saṅgatā haiṅdavāḥ puṇyabhūmāu* | 5 |

The ocean needs no invitation to be witnessed, nor does it require promotion or a different form in the world. Similarly, for the Kumbh Mela, we have gathered here on our own, as Hindus, on this sacred land.

## ◀p9 ब्रह्मसूत्रम् (Brahmasūtram)

The Bhagavad Gita supports this understanding, where the six-month period of Shukla Paksha (the waxing moon) is particularly favourable for a soul's progression to the higher Lokas. It is essential to note that in such moments, if the individual engages in auspicious practices like chanting mantras (\*e.g., *Narayana Nama*), even in a weakened physical state, it provides spiritual support for the soul's journey.

The story of Ajamila, an individual who lived a sinful life but, at the time of death, called out to his son's name "Narayana," demonstrates this principle. Although Ajamila was not virtuous throughout his life, his utterance of the divine name at the time of his passing led to his redemption. This illustrates the importance of mental modification and the power of divine names at the time of death.

Ultimately, the determining factor for the soul's journey after death is not merely the external conditions like the time of death or lunar phase, but the mental state (*Manovritti*) and the yogic practices of the individual. The practice of yoga

and maintaining a pure, focused mind are far more significant in determining the trajectory toward higher realms (*Punya Lokas*).

The divine guides - Agni, Vayu, Surya, and others - serve as the *Ativahikas*, escorting the soul to higher realms. As the scriptures say, the soul ascends to these realms, with the journey being a continuous ascent for those who lead virtuous lives. The ascent is interrupted only for those who commit sins through body, speech, and mind, descending into lower realms like *Pathala Loka*, where they may not receive a human form again.

This process is a reminder that human life is a precious opportunity to perform *Punya* (virtuous acts) and elevate the soul toward higher spiritual planes. The structure of the human body itself, being vertical, is a symbolic representation of the soul's upward potential. The key lies in purifying the mind, engaging in spiritual practices, and maintaining mental clarity - ensuring a journey of ascension in both life and afterlife.

*to be continued...*



# Kumbh Mela: A Journey of Rituals, Rivers and Renewal

## **Kumbh Mela:** **A Sacred Confluence of Faith**

Kumbh is a grand riverside celebration that honors the sanctity of three sacred rivers - the Ganga, Yamuna, and the mythical Saraswati. Unlike typical Hindu pilgrimages that focus on temple visits or deity worship, Kumbh centers around a profound ritual: bathing, drinking, and worshipping the sacred waters themselves. Recognized as one of the world's largest peaceful gatherings, this festival beautifully illustrates the timeless bond between faith and nature.

The word Kumbh, meaning "pitcher" or Kalash, represents blessings, harmony, and abundance. In Indian tradition, it symbolizes the containment of divine nectar - a vessel of prosperity and spiritual fortune. Ancient

■ *Dr. Divya Keshavamurthy*  
*Director, VC Yoga (Affiliated to VYASA)*  
*Former Asst. Professor, S-VYASA*



Vedic scriptures praise Kumbh as a mystical convergence of space, time, and spirituality, a phenomenon where the cosmos aligns to offer contentment on Earth.

Imagine the banks of the Ganga alive with devotion. Pilgrims in saffron robes chant prayers as the rising sun bathes the waters in gold. Each ritual dip in the river, each whispered prayer, is an act of surrender - a journey both outward and inward. The sacred waters, believed to cleanse sins, transform the soul, filling hearts with a deep sense of renewal.





**Table 1: Astrological, Geographical, and Temporal Significance of the Kumbh Mela**

Place	River	Astrological Alignment	Geographical Significance	Month
Trimbakeshwar (Nashik)	Godavari	Jupiter in Leo or Cancer on Amavasya	Linked to Lord Rama's exile in the Ramayana	Bhadrapada (Aug-Sep)
Haridwar	Ganga	Jupiter in Aquarius, Sun in Aries	Gateway to Ganga, symbolizing purification	Chaitra (Mar-Apr)
Prayag (Allahabad)	Ganga, Yamuna, and Saraswati	Jupiter in Aries, with Sun and Moon in Capricorn; or Jupiter in Taurus, Sun in Capricorn	Triveni Sangam - union of body, mind, soul	Magha (Jan-Feb)
Ujjain	Shipra	Sun in Aries, Jupiter in Leo ( <i>Simhastha Kumbh</i> )	Home to Mahakaleshwar - symbol of cosmic time	Vaishakha (Apr-May)

Rooted in the teachings of the Rigveda, Vishnu Purana, and epic Mahabharata, Kumbh Mela transcends ritualistic bathing. It offers a path toward moksha - liberation from the cycle of birth and rebirth. This pilgrimage is not merely an event; it is a profound spiritual passage celebrating India's rich cultural and devotional heritage.

Yet, the Kumbh Mela is more than a spiritual gathering. It serves as a vibrant cultural and intellectual platform. Saints, sages, and seekers come together, sharing timeless philosophies, exploring spiritual truths, and addressing humanitarian issues. In these riverside congregations, ancient wisdom flows like the waters themselves - connecting past traditions with the present quest for enlightenment.

### Types of Kumbh Mela

The Kumbh Mela, a celebration of India's spiritual heritage, unfolds in four distinct forms:

- **Maha Kumbh Mela:** A rare event held every 144 years, exclusively in Prayagraj.
- **Purna Kumbh Mela:** Occurs every 12 years at all four sacred sites - Prayagraj, Haridwar, Nashik, and Ujjain.
- **Ardh Kumbh Mela:** Celebrated every six

years in Prayagraj and Haridwar.

- **Magh Mela:** An annual gathering in Prayagraj, taking place during the auspicious Hindu month of Magh.

Each type of Kumbh reflects the cyclical rhythms of cosmic time, reinforcing ancient traditions of renewal and spiritual awakening.

### Astrological and Geographical Significance:

The Kumbh Mela is a harmonious blend of celestial alignments and sacred geography, unfolding at four spiritually charged locations where astrology and spirituality converge. According to Hindu belief, rare cosmic configurations during the Kumbh create a bridge between the earthly and divine realms, empowering devotees to attain spiritual purification and inner peace.

The rivers at these sites - the Ganga, Yamuna, Saraswati, Godavari, and Shipra - are revered not only for their physical sustenance but also for their mythological depth, embodying centuries of faith and devotion. This sacred confluence of time, place, and planetary influence makes the Kumbh Mela a deeply revered pilgrimage. Table 1 illustrates the astrological, geographical,



and temporal essence of this grand celebration, showcasing how the alignment of the cosmos enriches its profound spiritual depth.

This comprehensive table highlights the interplay between astrology, geography, and spirituality at the heart of the Kumbh Mela.

### **The Evolution and Significance of Shahi Snan in Kumbh Mela**

The Shahi Snan, or "royal bath," is a central and sacred ritual of the Maha Kumbh Mela. It offers millions of devotees a rare and profound opportunity for spiritual purification and connection with the divine. In a world filled with daily stresses, this ritual invites reflection and renewal - a moment to wash away the burdens of life and refresh the spirit.

The origins of Peshwai (processions) and Chawni (camps) date back to the Maratha era, while the term "Shahi Snan" gained prominence during the Mughal period. Although ancient scriptures don't mention it by name, the tradition of religious leaders and royalty bathing together has been a part of major festivals for centuries. Today, these grand processions, rich with chants, drums, and vibrant colors, inspire awe - a celebration of both spiritual leadership and collective devotion.

The ritual is rooted in the myth of Samudra Manthan, where gods and demons churned the ocean of milk. When drops of Amrit (nectar of immortality) fell at sites like Haridwar and Prayagraj, these locations became eternally sacred. Aligned with cosmic events, the Shahi Snan symbolizes cleansing of sins and the journey toward moksha (liberation), reminding us of life's constant battle between good and evil - and the possibility of divine grace.

### **Timeless Rituals and Modern Reflections**

Kumbh Mela rituals carry meanings that transcend time. Mundan (head-shaving) represents shedding one's past, much like how people today embrace personal reinvention,

whether through life changes or new beginnings.

One powerful ritual, Gaudaan - the gifting of a cow - reflects deep compassion. Traditionally, it helps a soul cross Baitarni, the river of afterlife challenges. Modern parallels can be seen in acts of charity and generosity, where helping others through kindness and resources transforms both giver and receiver.

Other key rituals include Snan (holy bathing), Tarpan (ancestor offerings), and Daan (acts of charity), all of which speak to timeless human values of purification, gratitude, and selflessness.

### **The Six Sacred Baths of Maha Kumbh**

The Maha Kumbh Mela features six sacred bathing days, each carrying unique spiritual significance. Among them, three are Shahi Snans, and three are primary bathing days. While pilgrims bathe daily for spiritual merit, these special dates hold heightened importance.

The first sacred day, January 13, 2025 (Paush Purnima), marks the start of Kalpvasa, a time of intense devotion, self-discipline, and charity. Celebrations include Shakambhari Jayanti, ISKCON's Pushyabhishek Yatra, and Charta festival in Chhattisgarh.

January 14, 2025 (Makar Sankranti) symbolizes renewal as the sun enters Capricorn. Pilgrims gather to bathe in the holy rivers, embracing new beginnings with prayers and acts of devotion.

On January 29, 2025 (Mauni Amavasya), known as the "Silent New Moon," silence and self-reflection take center stage. Rituals to honor ancestors, like Shradh, accompany sacred bathing believed to cleanse sins and lead to salvation (moksha).

February 3, 2025 (Basant Panchami) celebrates the arrival of spring, with devotees donning yellow and offering prayers to Goddess Saraswati, symbolizing knowledge and prosperity.

Maghi Purnima, on February 12, 2025, concludes a month of spiritual discipline, inviting renewal



through sacred waters. Finally, February 26, 2025 (Maha Shivratri) honors Lord Shiva, celebrating his cosmic dance and divine marriage. This day marks the festival's spiritual peak, a moment of profound transformation and worship.

### **The Procession and Rituals**

The Shahi Snan is more than a ritual; it's a vibrant celebration of culture and spirituality, brought to life by the Akharas. The event begins with the rhythmic beats of the Danka drum, setting the tone for the ceremonial spears-Surya Prakash, Chandra Prakash, and Bhairav Prakash. Leading the grand procession are the Naga Sadhus, saints, and spiritual leaders, majestically seated on silver palanquins and chariots. Their disciples follow, carrying sacred symbols, while traditional instruments like the Turhi and Nagfani fill the air with enchanting melodies. The Naga Sadhus captivate the crowd with acrobatics and martial arts, displaying a unique blend of strength and devotion.

For first-time pilgrims, the experience is utterly mesmerizing. The energy of the procession-the chants, the drumbeats, and the sight of the ash-covered Naga Sadhus-feels like stepping into a living, timeless tradition. As the saints enter the

river for the holy dip, many newcomers join in, drawn by the profound spiritual atmosphere. When the cold water touches their skin, they are often overwhelmed by emotions-gratitude, humility, and a deep sense of connection. For these pilgrims, the Shahi Snan is not just a ritual but a deeply personal and transformative moment, connecting them to something far greater than themselves.

As the procession reaches Har Ki Pauri, a significant ritual begins. Ceremonial weapons, flags, and idols are bathed in the holy waters. Following this, the saints offer prayers to Ma Ganga, Surya, their Guru, and their Ishta Devtas. The Nagas, immersed in devotion, perform Jal Krida (water games), asanas, and dynamic weapon displays, expressing both joy and surrender to the divine. After the sacred bath, they return to their camps, where they continue their prayers, honor their Kul Devta, and share meals with their disciples.

The Shahi Snan is more than just rituals; it is a celebration of faith, devotion, and cosmic energy. Rooted in ancient traditions, it offers a transformative spiritual experience, guiding seekers toward self-realization and divine grace.



This event is central to the Maha Kumbh Mela, drawing millions from around the world.

To ensure the smooth flow of this grand event, the Mela Administration and Akhara Parishad meticulously manage the order of participation. They ensure that each Akhara follows its designated sequence, maintaining harmony and preventing disputes, thus preserving the sanctity and flow of this sacred procession and Snan.

The Sacred Trinity: Ganga, Yamuna, and Saraswati at Prayagraj- A Convergence of Spiritual and Cosmic Energies

### **Ganga: The Celestial Purifier**

Mother Ganga, revered as the daughter of King Meru, symbolizes purity, culture, and faith. Flowing from the confluence of the Bhagirathi and Alaknanda rivers, she represents life's eternal journey. Known as *Tripathaga* in the *Mahabharata*, Ganga embodies divine grace across heaven, earth, and the underworld. Her waters are believed to wash away sins and purify the soul, playing a central role in the *Kumbh Mela's Shahi Snan*. Bathing in her waters fosters spiritual awakening, emotional balance, and a connection to the divine.

Referred to as *Vishnupadi* in the *Vishnu Purana*, her waters are described as *Papahara* (remover of sins), akin to the calming energy of the Ida Nadi in yogic traditions. Known as *sukh-da* (giver of joy) and *moksha-da* (giver of salvation), Ganga is celebrated for her transformative power, particularly during the *Kumbh Mela*. In her *Mahabhadra* form, she is said to redeem even the gravest sinners. This enduring spiritual significance is echoed in the writings of Hiuen Tsang, who highlighted her role in purification and salvation.

### **Yamuna: The Eternal Devotee & The River of Love**

Yamuna, meaning "twin" originates from Yamunotri, and holds profound spiritual significance. According to legend, her waters

darkened with Shiva's grief over Sati's death. In the *Pushti Maarga* tradition, she is honored as one of Lord Krishna's consorts and worshipped with Srinathji at Nathdwara. Bathing in her waters is believed to cleanse sins and free the soul from the cycle of life and death.

Known as *Kalindi*, Yamuna symbolizes devotion and is closely linked to Krishna's divine play. As the daughter of the Sun and sister of Yama, she grants fearlessness and liberation to her devotees. The *Padma Purana* and *Yamunashtakam* praise her ability to cleanse the mind, eliminate misfortune, and dissolve past-life karma. Associated with the *Pingala Nadi*, her green waters during the *Shahi Snan* signify vitality, devotion, and spiritual connection.

### **Saraswati: The Divine Fountain of Wisdom**

Saraswati, whose name combines "sara" (flow) and "wati" (feminine), signifies "the flowing one" or the journey toward self-realization. Celebrated in the *Rigveda* as *ambitame*, *naditame*, *devitame* - the best of mothers, rivers, and goddesses-Saraswati embodies enlightenment and serves as the fountainhead of Vedic knowledge and supreme wisdom.

Sage Jayamuni is said to have invoked Saraswati to inspire deep devotion (bhakti). Her waters are also believed to offer protection from illness, poverty, and death. Revered as *Vagdevi*, she represents higher consciousness and the essence of divine wisdom.

Although her physical form is concealed (Gupta Gamini), Saraswati's presence is spiritually potent at the *Triveni Sangam*. Here, her energy aligns with the *Sushumna Nadi*, where *Ida* and *Pingala* converge, awakening *Kundalini*. During the *Shahi Snan*, her subtle energies inspire *Atma Jnana* (self-knowledge) and *Brahma Vidya* (divine knowledge), facilitating spiritual awakening and universal consciousness.



### Triveni Sangam and Shahi Snan: A Sacred Confluence

The Triveni Sangam, where Ganga, Yamuna, and Saraswati converge, represents spiritual unity and cosmic harmony. Ganga embodies the calming lunar energy of the Ida Nadi, Yamuna symbolizes the solar vitality of the Pingala Nadi, and Saraswati aligns with the Sushumna Nadi, fostering balance and higher consciousness. Together, they channel *Tamas*, *Rajas*, and *Sattva*, creating equilibrium.

Bathing at this sacred confluence during the *Kumbh Mela* parallels the awakening of the Ajna Chakra, where these nadis merge to align physical and spiritual realms. The rivers' distinct hues—Ganga's silvery clarity, Yamuna's emerald depth, and Saraswati's hidden essence—reflect the paths of *Shuddhi* (purity), *Bhakti* (devotion), and *Jnana* (wisdom).

During the *Shahi Snan*, performed under celestial alignments, this confluence transforms into a living pilgrimage, imbued with the nectar of immortality (*Amrita*). Beyond spiritual significance, the *Shahi Snan* emphasizes ecological awareness and personal renewal. Ganga (Moon) soothes emotions, Yamuna (Sun) energizes vitality, and Saraswati (Mercury) enhances intellect. This sacred bath cleanses the body, calms the mind, and connects the soul to life's divine flow, offering a timeless blend of ancient wisdom, spiritual awakening, and holistic transformation.

### Akharas: Guardians of Spiritual Tradition

An Akhara, derived from the Sanskrit "Akhand" (indivisible), is a monastery symbolizing spiritual unity. Historically, Akharas preserved sacred knowledge and traditions, serving as hubs of spiritual practice and defense against external challenges. They fall into three categories:

- **Shaiva Akharas** - Devotees of Shiva, focusing on austerity and Vedantic philosophy.

- **Vaishnav Akharas** - Followers of Vishnu, rooted in devotion and simplicity.
- **Udasin Akharas** - Combining Sikh and Hindu teachings, tracing lineage to Guru Nanak's son, Sri Chand.

The Akhil Bharatiya Akhara Parishad oversees these institutions, maintaining tradition and unity, especially during the *Kumbh Mela*. Leadership titles like Mahamandaleshwar and Mahant are earned through rigorous spiritual practice.

### Akharas at the Kumbh Mela

During the *Kumbh Mela*, Akharas unite for the *Shahi Snan*, a sacred river bath that includes grand processions of Naga Sadhus, elephants, and horses. These ceremonies, held during Brahma Muhurta (pre-dawn), deepen spiritual connections and affirm unity.

### Key Akharas

- **Shaivite Akharas:** Rooted in the Dashnami tradition established by Adi Shankaracharya, these include Juna, Niranjani, and Mahanirvani. Known for their saffron-robed ascetics symbolizing purity and devotion, they focus on self-discipline, renunciation, and yogic practices.
- **Vaishnavite Akharas:** Inspired by Ramanandacharya, a 14th-century saint who promoted inclusivity and devotion (*bhakti*) to Lord Vishnu. Notable Akharas like Nirvani, Nirmohi, and Digambar focus on Vishnu's worship, with ascetics wearing white robes to represent simplicity and spiritual focus.
- **Sikh Akharas:** Grounded in Guru Nanak's teachings and Guru Gobind Singh's Khalsa tradition, emphasizing spiritual devotion and martial discipline. Examples like Bada Udasin and Nirmal Panchayati combine wisdom with martial values, often wearing black robes symbolizing austerity and discipline.



## Modern Role

Akharas safeguard temples, sacred texts, and spiritual traditions, adapting to modern times with inclusivity, including female-led Akharas. At the Kumbh Mela, they symbolize unity and devotion, with northern Akharas emphasizing Bhakti (devotion) and southern traditions focusing on Jnana (wisdom). They remain vital in preserving India's cultural and spiritual heritage.

## Global Appeal and Cultural Impact

The expert committee proposed inscribing Kumbh Mela as a recognition of its status as the world's largest harmonious gathering. This iconic festival embodies values like patience and magnanimity, welcoming all without discrimination, in alignment with international human rights principles.

Kumbh Mela preserves its legacy through the Guru-Shishya parampara, passing down rituals and wisdom. It unites people of all classes and backgrounds in devotion, fostering social cohesion and spiritual democracy. This reflects UNESCO's mission of promoting global peace, understanding, and unity.

Designated as a UNESCO Intangible Cultural Heritage in 2017, Kumbh Mela symbolizes renewal through the Shahi Snan (royal bath) and promotes eco-friendly practices, such as plastic bans and zero-waste zones. It bridges generations, preserving cultural knowledge, showcasing India's organizational excellence, and inspiring art, literature, and interfaith harmony.

## Conclusion

The Kumbh Mela and Shahi Snan are more than festivals—they symbolize faith, unity, and harmony with nature, offering a timeless reminder of our connection to the cosmos. These sacred gatherings inspire reflection, urging us to renew our spirits and honor the rivers that sustain both life and soul.

Rooted in ancient wisdom, they highlight the enduring power of collective faith, seamlessly blending spiritual renewal with the responsibility to protect our shared heritage. Through the themes of purification and hope, we are reminded to live purposefully, fostering harmony within ourselves and the world around us.

This prompts us to ask: How can we strengthen unity and deepen our respect for nature in our communities? What actions can we take to safeguard the spiritual and environmental legacies we hold dear?

In contemplating these questions, the Kumbh Mela encourages us to embrace its universal message of faith, mindfulness, and renewal, guiding us to live in tune with life's divine flow.

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BNYS Graduates with Dignitaries



# Arogyadhama - Success Story

## Dept. of Rheumatology

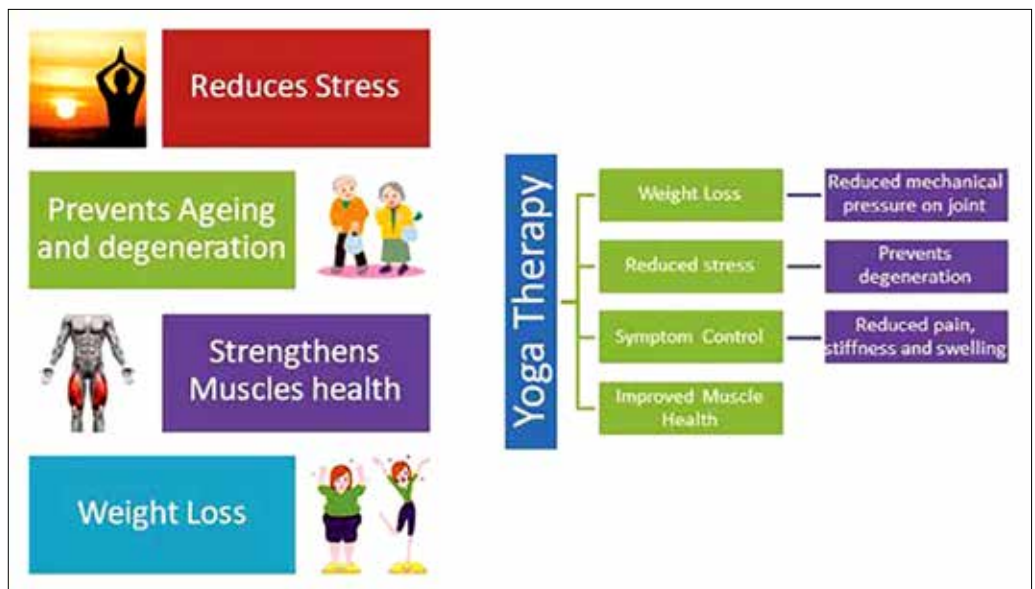
Under the able guidance of Dr. Nagarathna and her team of doctors and therapists, Arogyadhama's Department of Rheumatology deals with diseases related to joint issues like Osteoarthritis of knee, Rheumatoid arthritis, etc. and the prevention of associated comorbidities.

We apply an integrated approach of therapy – which includes Yoga therapy, Ayurveda, Naturopathy, Acupuncture, Physiotherapy, Psychotherapy and Diet therapy – for treating diseases and to promote positive health. Patients with issues of knee pain, joint pains, etc. approach us for management of their condition. Our Yoga and lifestyle-intervention advice has been of help to guide many towards relief from their symptoms.

### Integrated Approach of Yoga Therapy in the Management of Osteoarthritis - Case of Prerna, a housewife, age 63 years

In this article, we share the experience of Prerna Agarwal (name changed), a housewife who stayed at Arogyadhama for a week in December 2024.

Prerna had been suffering from swelling and pain in the knee for four years, and this pain



had even impaired her sense of balance. Before that, she had been diagnosed with Diabetes (T2DM) eight years ago. It was also found that she was suffering from vitamin-D deficiency. Prerna came to Arogyadhama for management of her pain and general condition.

At Arogyadhama, she was given Integrated Yoga Therapy for restoring and maintaining her health, a customized yoga-therapy module of minimum eight sessions daily (from morning 5:30 a.m. to 7:30 p.m.). These sessions are designed to address the *Panchakosha* – five layers of existence – and in Prerna's case, these included: special techniques for arthritis; Yogic cleansing (Kriyas like LSP, Jalaneti); Pranayama; Meditation techniques like MSRT and CM; Devotional sessions on Gita, Upanishads and Vedas; Lectures on Lifestyle management, Yogic counselling, and also advice for lifestyle change. This was integrated with a special Naturopathy diet that included boiled vegetables and raw juices, as well as Naturopathy treatments like Gastro-hepatic pack and hot oil and mud applications.



## Prerna's Success Story

Prerna's health improved within a week.

In her own words: *"I am feeling much better. My pain has come down quite a bit, I can confidently say that it has reduced by 50 percent. Other than pain, I used to keep falling down and that made me feel afraid to walk. Now, even that is gone and I am able to get up and move around easily. I have got so much relief here that I feel like staying on for some more time, but unfortunately, there is some urgent work at home for which I have to return. But I plan to return soon and this time, I will stay for two weeks."*

The participant's parameters also reflected the ease and improvement that she experienced. They are as given below:

Parameter	On Admission	At Discharge
Blood Pressure mmHg	130/80	116/68
Respiratory Rate/ min	15	20
Bhramari time (seconds)	9	12

## What is Osteoarthritis and What does it feel like?

Osteoarthritis is the most common form of arthritis. It is a degenerative disease that occurs when the cartilage that cushions the ends of bones wears out. The severe joint pain and stiffness can make it difficult to perform daily tasks, and this disability often results in depression and sleep disturbances.

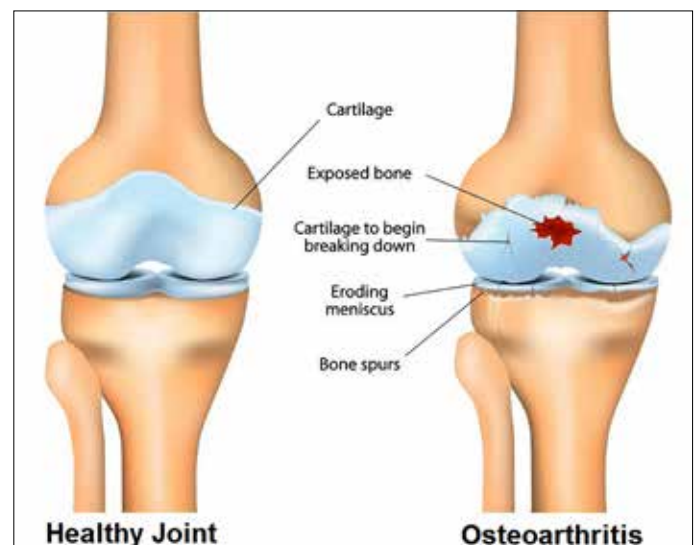
Osteoarthritis can damage any joint, but most commonly affects joints of the hands, knees, hips and the spine. The symptoms can usually be managed, even though the damage to joints cannot be reversed.

Staying active, maintaining a healthy weight, and going in for certain treatments might slow the progression of the disease and help in improving pain and joint function.

## Symptoms of Osteoarthritis

Osteoarthritis symptoms develop slowly and worsen over time. Some of them are:

- **Pain** - in the affected joints during or after movement.
- **Stiffness** - especially on waking up and after being inactive for a while.
- **Tenderness** - on applying light pressure.
- **Loss of flexibility in the joint** - preventing its full range of motion.
- **Grating sensation** - when using the joint, which comes along with a popping or crackling sound.





- **Bone spurs** - are extra bits of bone that feel like hard lumps and get formed around the affected joint.
- **Swelling** - caused by soft tissue inflammation around the joint.

### Causes of Osteoarthritis

Osteoarthritis is caused by deterioration of the protective cartilage that cushions bones in the joints and enables their frictionless motion. It is referred to as a wear-and-tear disease. Eventually, if the cartilage wears down completely, the bones rub against each other.

Besides the breakdown of cartilage, Osteoarthritis causes changes in the connective tissues that hold the joints together and attach muscle to bone. It also causes inflammation of the joint lining.

### Risk Factors for Osteoarthritis

- Gender - women are more likely to develop osteoarthritis;
- Obesity - wherein the increased weight adds stress to weight-bearing joints such as the hips and knees. Also, fat tissue produces proteins that can cause inflammation in and around joints;
- Joint injuries - even those that occurred many years ago;
- Repeated stress on the joint - it could be for any reason related to sports or the Workplace;
- Age;
- Genetics;
- Bone deformities - including malformed joints or defective cartilage, and
- Certain metabolic diseases like Diabetes and Hemochromatosis (a condition in which your body has too much iron).

### What We Need to Do in Musculoskeletal Diseases

- Improve mobility
- Prevent further complications
- Enhance quality of life

### The Immediate Objectives are:

- Reducing pain
- Increasing range of motion
- Improving flexibility
- Improving sleep

### General Instructions:

- Walking in Nature for 35 minutes is a must.
- Water intake should be 2-3 litres/day
- Instead of tea and coffee, prefer green tea/herbal drinks or decoctions.
- Avoid refrigerated food, processed food, junk food, fast food, bakery products, deep-fried items, salty food, and spicy food.

### Research from S-VYASA on Osteoarthritis

1. Managing knee osteoarthritis with yoga or aerobic/strengthening exercise programs in older adults: a pilot randomized controlled trial. <https://link.springer.com/article/10.1007/s00296-016-3620-2#articleinfo>
2. Effect of an integrated approach of yoga therapy on quality of life in osteoarthritis of the knee joint: A randomized control study. <https://www.ncbi.nlm.nih.gov/pmc/journals/1295/>
3. Effect of Yoga Based Lifestyle Intervention on Patients with Knee Osteoarthritis: A Randomized Controlled Trial. <https://pubmed.ncbi.nlm.nih.gov/29867604/>



# Yoga for Pain and Cognitive Wellness

The International Association for the Study of Pain defines pain as "an unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage". This definition highlights the dual nature of pain, encompassing both sensory and emotional dimensions, which inevitably affect cognitive processes. Pain is a multifaceted phenomenon that not only encompasses a physical sensation but also involves significant emotional and cognitive components. It is widely recognized that chronic pain can have profound effects on various cognitive functions, such as attention, memory, executive functions,

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and processing speed. This intricate interplay between pain and cognitive processes is supported by numerous studies, which have shed light on the underlying mechanisms and the resulting implications for individuals suffering from persistent pain conditions.

Pain is generally classified into two broad categories: acute and chronic. Acute pain serves as a protective mechanism, signaling



Figure 1: Shows how chronic or acute pain can lead to a multiple of challenges



the presence of injury or potential harm, and usually resolves once the underlying cause is addressed. In contrast, chronic pain persists for months or even years, often without a clear cause, and becomes a disorder in itself. Pain has a profound impact on various aspects of life, influencing not just physical well-being but also mental, emotional, and social domains. This interconnected effect is illustrated in **Figure 1**, which highlights how chronic or acute pain can cascade into multiple challenges. Physically, pain may limit mobility, disrupt sleep, and impair daily activities. Mentally, it often contributes to stress, anxiety, and depression. Emotionally, it may lead to feelings of frustration, helplessness, or social withdrawal. Socially, the inability to engage in relationships or professional life may exacerbate a sense of isolation. Overall, the figure portrays pain as a multidimensional experience, requiring a holistic approach.

### **The Cognitive Impact of Chronic Pain**

Chronic pain has been linked to impairments across multiple cognitive domains, notably attention, memory, processing speed, and executive functions. Each of these areas plays a critical role in daily life, and deficits can lead to significant challenges for individuals with chronic pain.

Attention deficits are commonly reported in individuals with chronic pain. These deficits manifest as difficulties in maintaining focus, susceptibility to distractions, and reduced cognitive endurance. The constant presence of pain can drain cognitive resources, leading to decreased performance in tasks that require sustained attention. Studies using neuropsychological tests, such as the Stroop Test and the Continuous Performance Test, have consistently shown that individuals with chronic pain perform worse than healthy controls, indicating diminished attentional capacity (1). Both working memory and long-term memory can be adversely affected by chronic pain. Working memory, which involves holding and

manipulating information over short periods, is particularly vulnerable. Impairments in working memory can lead to difficulties in following conversations, remembering instructions, and performing complex tasks. Long-term memory deficits are also noted, with chronic pain patients often experiencing challenges in recalling past events or learning new information (2). Functional magnetic resonance imaging (fMRI) studies have revealed altered activity in the hippocampus, a key brain region involved in memory formation, in individuals with chronic pain (3).

Processing speed, the rate at which individuals can comprehend and respond to information, is often reduced in those experiencing chronic pain. This slowdown can affect a range of cognitive tasks, from simple decision-making to more complex problem-solving activities. The reduced processing speed is believed to result from the cognitive load imposed by the persistent pain signals, which compete for neural resources, thereby slowing down cognitive operations (4).

Executive functions, including planning, reasoning, problem-solving, and cognitive flexibility, are higher-order cognitive processes that are frequently impaired in chronic pain conditions. These functions are largely mediated by the prefrontal cortex, a brain region that shows altered activation patterns in chronic pain sufferers. Impairments in executive functions can lead to difficulties in organizing tasks, adapting to new situations, and making decisions, further compounding the challenges faced by individuals with chronic pain.

### **Neurobiological Mechanisms**

The relationship between pain and cognitive functions is supported by overlapping neural circuits involved in both processes. Key brain regions such as the prefrontal cortex, anterior cingulate cortex, and hippocampus are integral to this interaction.



The prefrontal cortex plays a pivotal role in executive functions and attention. Chronic pain has been associated with structural and functional changes in this region, including reduced gray matter volume and altered connectivity. These changes contribute to the cognitive deficits observed in chronic pain patients (5).

The anterior cingulate cortex is involved in pain modulation, emotional regulation, and attentional processes. It is often hyperactive in individuals with chronic pain, which can disrupt the balance between pain perception and cognitive control, leading to attentional impairments and emotional distress.

The hippocampus is crucial for memory formation and retrieval. Chronic pain is associated with decreased hippocampal volume and impaired neurogenesis, which are linked to memory deficits. The hippocampus's role in regulating the stress response also suggests that chronic pain may exacerbate cognitive impairments through prolonged exposure to stress hormones like cortisol (6).

### **Psychological Factors**

To explain the psychological factors of pain, it is essential to understand that pain is not merely a physical sensation but also a complex experience influenced by cognitive, emotional, and social factors. The brain plays a central role in the perception and modulation of pain through several mechanisms.

One key psychological factor influencing pain is attention. The brain's attention systems, particularly in the prefrontal cortex, can either amplify or diminish pain signals based on the focus given to them. This is often mediated through the descending pain modulatory system, where the brain can inhibit pain signals through pathways like the periaqueductal gray and the rostral ventromedial medulla, releasing endogenous opioids that dampen pain perception (7).

Emotional states significantly impact pain perception. Negative emotions such as anxiety and depression can heighten pain sensitivity, likely due to increased activity in the limbic system, which includes the amygdala. This region is associated with emotional processing and can modulate pain by amplifying the experience through increased neural connectivity with the anterior cingulate cortex and the insula, areas responsible for the affective dimension of pain.

Cognitive appraisal and expectation are also crucial. The brain's prediction and reward systems, involving the prefrontal cortex and the striatum, play a role in modulating pain based on expectations. A placebo effects demonstrate how belief in pain relief can activate similar neural pathways as actual analgesics, reducing the pain experience through dopaminergic signaling and endogenous opioid release (8).

Lastly, social and cultural influences shape pain perception through learned behaviors and societal norms. The experience of pain is often socially contextualized, and the activation of the mirror neuron system during empathetic responses can alter one's own pain perception based on observed pain in others.

Psychological factors, including depression, anxiety, and stress, are commonly comorbid with chronic pain and can further exacerbate cognitive impairments. Depression, in particular, is associated with diminished cognitive function, and its presence in chronic pain patients can create a vicious cycle of worsening pain and cognitive decline. Cognitive-behavioral therapy has been shown to be effective in managing both pain and associated cognitive impairments by addressing maladaptive thought patterns and promoting coping strategies.

In concise, psychological factors like attention, emotion, cognition, and social context influence pain through complex neural networks involving the prefrontal cortex, limbic system, and descending modulatory pathways. These mechanisms illustrate that pain is a multifaceted



experience modulated by both the mind and brain, highlighting the importance of addressing psychological components in pain management.

### **The Dual Benefits of Yoga and Meditation**

Yoga and meditation are increasingly recognized as effective approaches for alleviating pain and enhancing cognitive functions. Both practices incorporate mindfulness, body awareness, and relaxation techniques that contribute to physical and mental well-being.

Yoga is a holistic practice that combines physical postures, breathing exercises, and meditation to promote well-being. It has been shown to help individuals with various chronic pain conditions, including arthritis, fibromyalgia, and low back pain. Research indicates that yoga can reduce pain intensity, improve flexibility, and enhance overall quality of life (9).

The physiological benefits of yoga contribute to its effectiveness in pain management. The practice involves stretching and strengthening exercises that enhance muscle function and joint mobility, which may alleviate pain related to muscle tightness and joint stiffness. Additionally, yoga promotes relaxation and may reduce the reliance on pain medications by altering how individuals perceive and respond to pain (10).

Furthermore, the mindfulness aspect of yoga encourages practitioners to focus on their bodies and breath. This awareness can help individuals learn to cope with pain more effectively. By integrating yoga into pain management strategies, many patients experience improved emotional wellbeing and a sense of control over their pain, which can significantly decrease feelings of anxiety and depression commonly associated with chronic pain.

Meditation has been extensively studied for its effects on pain relief. It trains individuals to focus their attention and approach pain with a non-judgmental and accepting attitude.

Research suggests that mindfulness can lead to significant reductions in pain perception and improved pain tolerance (11). The mechanics of how meditation alleviates pain are rooted in its influence on neural pathways connected to pain processing. Meditation activates regions in the brain associated with pain regulation, such as the orbitofrontal cortex, and inhibits the thalamus, which processes sensory input, including pain. These changes in brain activity can help individuals develop better coping mechanisms for pain.

Moreover, long-term meditation practice has been linked to alterations in neurotransmitter levels that affect pain perception. Specifically, it can increase serotonin and reduce norepinephrine levels, both of which are crucial in the body's pain response. As a complementary intervention, meditation can help provide patients with tools to manage their pain effectively and improve their overall quality of life.

In addition to pain relief, both yoga and meditation have been shown to enhance cognitive functions (12). Studies indicate that engaging in these practices can improve attention, memory, and overall cognitive flexibility. Yoga often includes mindfulness practices that sharpen attention span and enhance mental clarity, while meditation is specifically designed to foster concentration and mental stillness. Yoga contributes to better cognitive function through its emphasis on mindfulness and body awareness. The combination of physical movement and mental focus helps develop not only physical stability but also mental resilience. Engaging in yoga has been associated with improved self-awareness, emotional regulation, and cognitive performance in various populations, including older adults and those with cognitive impairments.

Meditation enhances cognitive functions by promoting neuroplasticity an essential process for learning and memory. Regular meditation



practice can help develop new neural connections in the brain, leading to improvements in executive functions, including decision-making, problem-solving, and attention management. A growing body of evidence supports the idea that mindfulness meditation can also improve cognitive flexibility, allowing individuals to adapt to changing situations more efficiently.

## Conclusion

The integration of yoga and meditation into pain management and cognitive enhancement strategies offers promising outcomes for individuals dealing with chronic pain and cognitive decline. Both practices emphasize the importance of mindfulness, relaxation, and body awareness, allowing individuals to take an active role in their health. Given their low-risk nature and positive effects on quality of life, yoga and meditation should be considered valuable components in comprehensive treatment plans.

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## Swami Vivekananda - The Humanist - 3

Swami Vivekananda is more a humanist than anything else. Right from his childhood he is concerned about others and their well-being. Never is he able to be peaceful when anybody nearby is unwell. He is ever ready to be useful to anybody physically or spiritually for the upliftment.

Normally and traditionally spirituality is supposed to be solitude in the pursuit of self-realisation. Therefore, in India there have been innumerable monks or sanyasins leading a pure and pious life in the path of spirituality. There have been many disciples of Sri Ramakrishna given to the spiritual way of life in private and purposeful sadhana. Swami Vivekananda is different from them all. He is the only person who has gone abroad and spoken about that glory of spiritual life. Everybody is first and foremost a human being. Then alone a person can be an engineer or doctor, a technocrat or scientist etc. whatever may be the position one holds in life, one cannot give up humanism. In the varna ashrama dharma, emphasis is on humanism and the consequent service.

Everybody has a heart. Every heart has feelings. Feelings are many. Some may have certain feelings and others may not have certain other feelings. For example, anger may be present in some hearts and absent in some other hearts. The only one feeling which is present in every heart is human love. This human love is very often seen as sympathy. This sympathy grows into empathy. Sympathy is only a concern for others. But empathy is to feel the same difficulty which the other person is suffering from. Swami Vivekananda not only loves everybody but also has sympathy for all these suffering people. It doesn't end there. It grows into empathy and the consequent remedial steps to remove the suffering of others.

■ *Dr. K Subrahmanyam*  
*Advisor to Chancellor*  
*S-VYASA*



Throughout the life of Swami Vivekananda one can find this attitude of sympathy, empathy and service. Therefore, Swami Vivekananda wanted Ramakrishna mutt to be useful as a service organisation as well. Therefore, he calls it as a mission. Today Sri Ramakrishna organisation is not only a spiritual centre but also a service mission. After he returned from Chicago, he proposed his work in life as a monk of humanism living for the welfare of mankind.

The co-disciples of Swami Vivekananda are not in favour of swami Vivekananda's proposal. They all wanted to live a silent life of spiritual pursuit without any service activity. Swami





Vivekananda had a tough time to convince them all that service is as important as spiritual pursuit.

When we see ourselves in others how can we be indifferent to anyone's suffering. Spirituality is to see oneself in everybody. It is also seeing the same god in all. When we see God in everyone don't we respect everyone? Similarly, when we see ourselves in others don't we have consent for others? When any particular part of the body is unwell or painful, don't we feel uneasy and sick? Similarly, the entire mankind is the cosmic body. When any single person is unwell, the whole cosmic person feels sickly. This feeling of sickness or uneasiness is called humanism. Can we eat anything when somebody is looking with starvation? According to Vivekananda, A Mahatma is one who has the concern for all. Duratma is one who is selfish without any

concern for anybody. This feeling of cosmic oneness is real spirituality. Step by step logically and lovingly. Swami Vivekananda convinced his brother disciples. Therefore, we have the Ramakrishna order as a spiritual and service organisation.

*Atmano mokshartham jagat hitayacha.* The goal of human life is salvation, or God realisation, or self-realisation are release from the cycle of birth, death and rebirth. The way to get that self-realisation or enjoy that moksha is through service. Therefore, swami Vivekananda's stress is on service and service. Spirituality cannot exist independently without humanism, human love and service. The only monk that deviated from the traditional thinking is Swami Vivekananda. He is multi faced personality. But the core figure is humanist.



New Delhi: Recently, S-VYASA Delegation led by the Chancellor, Dr. H R Nagendra met the Union Minister, **Dr. Jitendra Singh Rana**

Chancellor, Dr. H R Nagendra graced the **2<sup>nd</sup> International Conference on GarbhaSanskar**





# S-VYASA celebrates Guruji Dr. H R Nagendra's 82<sup>nd</sup> Birthday & Kalpataru Day



Jan 1: S-VYASA marked a momentous occasion with the celebration of Guruji Dr. H R Nagendra's 82<sup>nd</sup> birthday, along with Kalpataru Day.

A special performance titled "Purvanga Vidhi", a dance expression by the students of Dr. Karuna Vijayendra, Dean of Yoga and Humanities, captivated the audience with the artistry of Angikabhinaya.

On occasion of Guruji's Birthday, Students of the School of Yogic Sciences who took initiative to engage in a 24-hour 'Akhandā Rama Nama Japa' were honored by Guruji and S-VYASA management. In a gesture of respect, the students presented a **Likhita Japa** (written form of the chants) to Guruji. The chant had begun at 9 AM on 31<sup>st</sup> December 2024 and concluded at 10 AM on the Day of Guruji's Birthday with a **Maha Mangal Arati**, marking the fulfillment of the sankalpa.

The Chancellor was felicitated by the S-VYASA leadership, including Pro-Chancellor Dr. B. R. Ramakrishna, Vice Chancellor Dr. N K Manjunath Sharma, Advisor to the Chancellor Prof. K Subrahmanyam, and Dean of Academics & Pro-Vice Chancellor Dr. M. K. Sridhar.

On this significant day, Padma Shri V. R. Gowrishankar, a distinguished Indian religious administrator, social worker, and former CEO of Sringeri Sharada Peetham, was honored by Chancellor Dr. H. R. Nagendra. The management paid tribute to his invaluable service to spiritual and social communities.

During this auspicious occasion, S-VYASA leaders released two significant publications from the Department of Yoga and Spirituality: 'Sandhyāvandanam' & Agnikāryam' and 'Yoga Dakshinamurthi & Yoga Ganapathi Puja Vidhi', authored by Prof. M. Jayaraman and Acharya Dr. Ramachandra G. Bhatt, enriching the Yoga and Vedic Therapy syllabus.

Additionally, Dr. Gauri Rokkam's book "Craft your Wellness - Balance your Mind Body & Spirit" was released by S-VYASA, honoring her as an alumna.

This grand celebration reflected Guruji's profound influence and the dedication of S-VYASA to honor his life's work in spreading yoga, spirituality, and wellness.



# Visit to Shirdi Temple and Felicitation of Dr. H. R. Nagendra and S-VYASA Core team



The core team of S-VYASA Deemed to be University, Bengaluru, visited the Shirdi Temple on 18<sup>th</sup> December 2024. As part of the visit, the Shikshan Prasarak Sanstha, Sangamner, Maharashtra, organized a felicitation ceremony for Dr. H. R. Nagendra Guruji, Chancellor of S-VYASA University along with Dr. Manjunath Sharma the Vice Chancellor, Smt. Subhadra Devi, Vice President S-VYASA Society and Dr. Dayananda Swamy, Director of Finance and Administration. On this occasion, Dr. Nagendra and Dr. Manjunath delivered insightful lectures which made a lasting impression on the attendees.





# International Conference on “World Meditation Day 2024”

The Central Council for Research in Yoga & Naturopathy (CCRYN), under the Ministry of AYUSH, Government of India, successfully organized an International Conference on “World Meditation Day 2024” on Saturday, 21st December 2024. The theme of the conference was “Meditation: Ancient Perspectives & Scientific Insights,” and it was conducted virtually, starting at 2:30 PM.

The event began with an inaugural address by the Chief Guest, **Shri Prataprao Jadhav Ji, Hon’ble Union Minister of State (IC),** Ministry of AYUSH. The Guest of Honour, **Smt. Kavita Garg,** Joint Secretary, Ministry of AYUSH, and **Dr. H. R. Nagendra Guruji,** Chancellor of S-VYASA Deemed to be University, Bengaluru, also delivered inspiring speeches.

At 3:00 PM, **Dr. Manjunath N. K.,** Vice Chancellor of S-VYASA University, delivered the keynote address on the topic “*Neural Plasticity and Meditation.*” His presentation highlighted the profound impact of meditation on the brain’s adaptability and its critical role in enhancing mental and emotional well-being.

The conference explored the confluence of ancient wisdom and modern scientific research on meditation. It featured expert speakers who delved into diverse topics related to meditation practices and their scientific foundations. Attendees were engaged in thought-provoking



discussions that enriched their understanding of meditation and its benefits.

This well-organized event, led by **CCRYN Director, Dr. Raghavendra Rao M.,** left a lasting impression on its global audience. The conference successfully served as a platform to bridge ancient practices with contemporary science, underscoring the vital role of meditation in today’s world.



Prashanti, Jan 8: During the visit of **Sri Viraj Singh, IFS,** Additional Secretary, Ministry of External Affairs, Govt. of India.



# Arogya Habba - 2024



The **Arogya Habba 2024**, a grand celebration of wellness and sustainable living, was held on November 30th and December 1st at Gate No. 6, Grand Castle, Palace Grounds, Bengaluru. This AYUSH and wellness festival, presented by **News First Kannada** and **Brand First**, aimed to promote health and wellness through traditional and integrated practices, while celebrating eco-conscious innovations and organic excellence.

**Dr. N. K. Manjunath Sharma**, Vice Chancellor of S-VYASA Deemed-to-be University, was invited as a distinguished guest and key speaker for the Panel Discussion. On December 1st, from 11:00 AM to 12:00 PM, Dr. Manjunath participated in an insightful discussion on the topic *“How AYUSH Practices Improve Daily Life.”* His expertise in integrated AYUSH practices made him an ideal choice to inspire the audience with his profound experience in traditional medicine and its relevance to modern lifestyles.

**Arogya Habba 2024** celebrated the “Wellness for All” theme and brought together diverse participants, including AYUSH practitioners, wellness brands, healthcare centers, sustainable product manufacturers, and educational institutions. The event’s vision was to integrate traditional AYUSH medicine into contemporary living while enhancing national recognition of AYUSH and organic products in the market.

The expo featured **exhibitor stalls** showcasing Ayurvedic, Unani, Siddha, and Homeopathy products, alongside organic offerings and wellness solutions. The **Experience Zone** included

interactive demonstrations such as Mane Maddu preparation, crystal therapy, meditation, and Ayurvedic massage techniques, emphasizing holistic wellness. **Workshops and seminars** by industry experts explored the relevance of ancient Ayurveda in promoting well-being and sustainability today.

Special attractions included a **culinary experience** offering health-focused cuisines inspired by Ayurvedic principles, and a **plant nursery and exhibition** featuring medicinal herbs and ornamental plants, underscoring the role of nature in sustainable living. The event also recognized outstanding contributions in the wellness and sustainable living sectors through **awards and recognition ceremonies**.

S-VYASA significantly contributed to the event by showcasing **ENERGY MEDICINE** and also tested participants using **Biowel and GDV machines**, at the dedicated **Arogyadhama stall**, and an exhibit by the **S-VYASA School of Advanced Studies**, highlighting its courses. **Dr. Vasudh Vaidya**, Deputy Registrar of S-VYASA, also participated in the event and visited the stalls. These efforts greatly enriched the attendees' understanding of holistic health and well-being.

News First Kannada Channel and expertly managed by **Team Arogya Habba**, an initiative by News First, supported by the Department of AYUSH, and organized by Brand First. The **Arogya Habba 2024** left a lasting impact, fostering awareness and action for a healthier, more sustainable lifestyle.



# Mysuru Yoga Utsava - 2024

The **Mysuru Yoga Utsava 2024** was a magnificent celebration of yoga, culture, and joy, held from December 12th to 15th at Windchimes, Mysuru, Karnataka. Organized by Indica, the event began with an inspiring inauguration ceremony on December 12th from 11:00 AM to 12:30 PM.

The occasion was graced by the Divine Presence of His Holiness **Stoka Krishna Swami Maharaj**, President of ISKCON Mysuru, and Ida Rsi Sri Putra Manuaba, Head of Aliansi Yoga Indonesia. Padma Shri awardee **Dr. H. R. Nagendra Guruji**, Chancellor of S-VYASA Deemed-to-be University, Bengaluru, presided over the event, while **Dr. N. K. Manjunath Sharma**, Vice Chancellor of S-VYASA, served as the Chief Guest.

Nagendra Guruji highlighted the importance of spirituality in health and the role of Yoga in managing non-communicable diseases. Dr. Manjunath Sharma as the chief guest emphasized on the use of evidence-based approach in Yoga to make it a globally acceptable tool and the importance of International Day of Yoga for the spread of Yoga across the world. The event featured **Dr. R. Nagaratha**, Chief Medical Director of Arogyadhama, S-VYASA, as a Special Guest, and **Yogashree N. V. Raghuram**, S-VYASA, Chairman and Spiritual Founder of Yoga Bharati India & USA, as a distinguished speaker. A highlight of the Utsava was the thought-provoking panel discussion on *"Yoga-Dharma & Yuga-Dharma: Upholding the Authenticity and Integrity of Yoga Tradition in Our Current Time,"* led by Prof. Sri N. V. Raghuram.

The celebration also welcomed esteemed Guests of Honour, including **Sri B. R. Pai**, an industrialist, philanthropist, and Founder-Chairman of Vijaya Foundation, and **Sri Bharat Shetty**, Founder of Bharatha Yoga and Patron of the Indian Yoga Association. The event was meticulously organised by **Sri Hari Vadlamani**, Founder of Indica; **Sri Srihari D**, President of YFM; **Dr. Vinaychandra Banavathy**, Co-Founder and Director of Indica Yoga; and **Dr.**



**A. Subramanian**, Secretary of IYA Karnataka.

The four-day festival, themed *"Ananda,"* embodied the timeless joy and boundless ecstasy of eternal bliss. Set against the picturesque backdrop of Windchimes, the Utsava offered participants a transformative journey of self-discovery. Attendees were inspired by the wisdom of over 50 spiritual leaders representing diverse Indian spiritual lineages. Interactive workshops provided insights into Yoga philosophy and its practical applications in daily life, while captivating cultural performances celebrated the vibrant essence of Indian heritage. Exhibitions showcased the intersection of Yoga, spirituality, and holistic wellness, creating a rich and immersive experience for all.

**Indica Yoga**, an integral part of the Indica family, played a vital role in curating this exceptional event. With a mission to illuminate the psychological, spiritual, and life-transformative dimensions of Yoga traditions, Indica Yoga has consistently delivered authentic and life-changing experiences through courses, workshops, retreats, and festivals worldwide.

The Mysuru Yoga Utsava 2024 left an indelible mark on participants, who celebrated the timeless spirit of yoga and departed with a renewed sense of joy, fulfilment, and connection to this ancient tradition. A vibrant delegation of S-VYASA Ph.D., MD, and MSc students attended the event, immersing themselves in the enriching experience of Indica Mysuru Yoga Utsava 2024.



# Celebrating 5 Years of the SHRI Program



The Department of Science and Technology (DST) proudly celebrated the event "5 Years of SHRI Program" on 16th December 2024. The one-day event, which included a brainstorming session and a technology exhibition, was held at Mahika Hall, Prithvi Bhavan, New Delhi.

The celebration was graced by the presence of the Chief Guest, **Hon'ble Minister of Science and Technology, Dr. Jitendra Singh**, who released several technologies and products developed under the SHRI program.

The program began with the welcoming of dignitaries on the dais by offering potted plants, followed by a warm welcome address by **Prof. Abhay Karandikar, Secretary of DST**. Notable addresses were delivered by **Dr. Vijay Bhatkar, Chairman of SHRI; Shri Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH; and Dr. Ravichandran, Secretary, Ministry of Earth Sciences (MoES)**.

**Dr. Manjunath N. K., Vice Chancellor of S-VYASA University, Bengaluru**, participated as an expert panellist in Panel Discussion 2, contributing valuable insights on traditional practices for preventive health and holistic well-being.

The event featured the launch of innovative technologies and products developed under the SHRI program, including:

- **Kosha-SHRI**: The Encyclopaedic Dictionary of Sanskrit

- **Coffee Table Book - Sakshatkarah**
- **Booklet on Yoga Module to Manage Diabetes**
- **The Purple Himalaya: Floral Tea and Herbal Infusion**
- **Herbaheal Cream and Gel: For Burn Healing**

The Chief Guest, Dr. Jitendra Singh, delivered a special address highlighting the significance of the SHRI program and its contributions to scientific and cultural advancements.

Panel discussions were a key highlight of the event, exploring contemporary and traditional domains:

- **Panel Discussion 1**: Generative AI and AR-VR for Heritage Preservation
- **Panel Discussion 2**: Traditional Practices for Preventive Health and Overall Well-being

The event concluded with the felicitation of panellists and a vote of thanks delivered by Dr. Rashmi Sharma, Head of the SHRI Cell, DST.

This well-coordinated event was organized by Dr. Rashmi Sharma, Head of the SHRI Cell, and executed seamlessly with the efforts of Dr. Pankaj Singh Chauhan, Scientist C, SHRI Cell, DST. The program served as a platform to showcase developed technologies, facilitate panel discussions, and brainstorm ideas for the program's future trajectory.



# Celebration of the 114<sup>th</sup> Foundation Day of the Central Bank of India

Central Retiree Friends, Karnataka, proudly celebrated the 114th Foundation Day of the Central Bank of India at 11:30 AM on Saturday, 21st December 2024, at Hotel Samrat Residency Party Hall, Sheshadripuram, Bengaluru.

On this occasion, the Central Bank of India had invited **Dr. N. K. Manjunath Sharma, Vice Chancellor of S-VYASA Deemed-to-be University, Bengaluru**, as the **Chief Guest**. The event was graced by the presence of esteemed dignitaries, including **Shri K. Parthasarathi Naidu, Regional Head of the Central Bank of India, Regional Office, Bengaluru**, who had served as the Guest of Honour.

The program began with the lighting of the lamp and floral tributes to the portrait of Sir Sorabjee Pochkhanwala. Shri G. N. Umamaheshwar delivered the welcome speech, setting a warm and enthusiastic tone for the event. Shri B. N.



Ratnakar, Retired CGM, then addressed the gathering, sharing valuable insights.

This was followed by a brief introduction of the Chief Guest, Dr. Manjunath Sharma, presented by Shri T. R. Ananthamurthy. In his address, Dr. Sharma emphasized the significance of a disciplined lifestyle for healthy ageing. He highlighted the importance of managing sleep, physical activity, and mental stress. Dr Sharma also spoke about the benefits of consuming seasonal and regional foods and explained how breathing techniques can calm the mind and slow down the ageing process. Furthermore, he elaborated on how meditation and chanting could enhance cognitive functions in the elderly.

The event concluded with the honouring of the Chief Guest and Guest of Honour. Shri H. S. Subramanya, Retired AGM, delivered the vote of thanks, expressing gratitude to all attendees and participants.

The celebration ended on a delightful note with a lunch, leaving everyone with fond memories of the occasion.





# PARICHAYA'2024: A Celebration of New Beginnings



PARICHAYA'2024 the Freshers' Day celebration for the BNYS 2024 and MD Yoga 2024 batches was conducted on December 24, 2024, at Samskruti Bhavan. This significant event marked the formal induction of the new students into the S-VYASA School of Yoga and Naturopathic Medicine (SSYNM) family. The formal program began at 11:30 AM and was graced by Hon'ble Chancellor Dr. H. R. Nagendra, Medical Director of Arogyadhama Dr. R. Nagarathna,

Vice Chancellor Dr. N. K. Manjunath, Registrar Prof. Siva Sankara Sai, Deputy Registrar Dr. Vasudev Vaidya, and the Principal of SSYNM, Dr. Apar Saoji. The dignitaries gave a glimpse of the culture and expectations as students the tradition of S-VYASA.

The cultural programs were conducted during the post-lunch session with "Movie" as the theme, where students dressed as their favourite actors. The students participated with great energy, enthusiasm, and creativity, showcasing their talents. Gifts were presented to the new entrants as a token of welcome to the SSYNM family.

The success of PARICHAYA'2024 was made possible through the collective efforts of both the 2022 & 2023 batches of BNYS students, who coordinated and organized the program, along with the student council.



S-VYASA CODE (Distance Mode) – MSc 28<sup>th</sup> Batch Students



# Yoga Retreat for Mount Carmel College Students

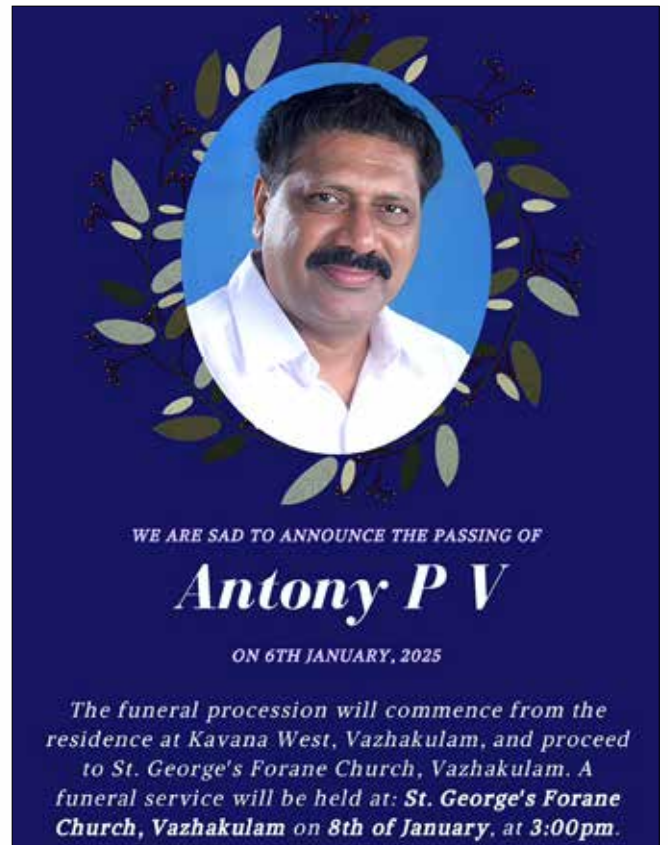


Coordinated by Dr. Komal and Mr. Prateek, the retreat was a thoughtfully designed program, blending lectures, practical sessions, and interactive activities. It provided the students with valuable insights into yoga's role in achieving holistic well-being and left them with a deeper appreciation for its practices.

Jan 20: The students of Mount Carmel College participated in a one-day yoga retreat organized by S-VYASA at Shruti Mandir, Prashanti Kutiram Campus. This event aimed to introduce the participants to yoga principles and practices, fostering mindfulness and inspiring a healthier lifestyle.

The retreat began at 9:45 AM followed by their participation in Maitri Milan of S-VYASA, which set a harmonious tone for the day. Students were engaged with various lectures, video sessions, experienced practical sessions including yogasanas, pranayama, and meditation techniques, Yogic Games to enhance mindfulness and self-awareness.

The retreat also included a visit to Arogyadhama, the integrated healthcare center at S-VYASA, which showcased yoga therapy in practice; Anvesana, a state-of-the-art research facility, where they explored innovative yoga-related studies.





## Rashtrorathana Yoga - Prashikshana Varga



The **Rashtrorathana Yoga Department** in Sadashivanagar, Bangalore, conducted a special Prashikshana Varga session on Sunday, December 15th, 2024. The event featured the esteemed **Dr. N. K. Manjunath Sharma**, Vice Chancellor of S-VYASA Deemed-to-be University, Bengaluru, as the guest speaker. Dr. Manjunath, widely recognized for his expertise in yoga and integrative medicine, addressed the participants of the Yoga Teacher Training program with a captivating lecture at 9:15 AM on the topic, *"Impact of Asanas on Organs and Systems of the Human Body."*

During his presentation, Dr. Manjunath explored the physiological and therapeutic benefits of yoga asanas, detailing their effects on various organs and systems of the human body. He shared profound insights into how specific postures enhance physical and mental health, improve bodily functions, and contribute to holistic well-being. His expertise and clear articulation enriched the participants' learning experience, inspiring them to integrate these principles into their teaching and practice.

**Shri Nagendra Kamath ji** meticulously organized the session and ensured its smooth execution. The well-structured program and Dr.

Manjunath's engaging and insightful delivery made the session enriching and interactive for all attendees.

The lecture received an overwhelmingly positive response, with participants expressing their gratitude for the opportunity to learn from such an accomplished expert. The event not only deepened the aspiring yoga teachers' understanding of the scientific foundation of asanas but also empowered them to approach their practice and teaching with renewed confidence and clarity.





## Akhanda Rama Nama Japa: A 24-Hour Spiritual Tribute Celebrating Guruji's Birthday, Welcoming the New Year



Jan 1: The students of the School of Yogic Sciences organized a 24-hour 'AKHANDA RAMA NAMA JAPA' from 9:00 AM on 31<sup>st</sup> December 2024 to 10:00 AM on 1<sup>st</sup> January 2025, celebrating Guruji Dr. HR Nagendra's birthday and the arrival of the New Year.

The event began with a sankalpa pooja, and inauguration by Poojya Guruji, elders of the campus and dignitaries present during the

Maitri Milan.

The students took a collective sankalpa to chant Bhagwan Rama's name 51,000 times. However, due to their devotion and enthusiasm, they surpassed the target, reaching an impressive 66,096 chants. The chanting, led by 24 designated 'Adhikaris' and supported by harmonium and tabla, continued non-stop for the full 24 hours in front of Bhagwan Rama's vighraha in shruthi Mandir.

During Guruji's birthday celebrations, the students were honored by Guruji for successfully conducting the event. In a gesture of respect, the students presented a Likhita Japa (written form of the chants) to Guruji. The event concluded with a Maha Mangal Arati, marking the fulfillment of the sankalpa and welcoming the New Year in a spiritually uplifting manner.

Students of the School of Yogic Sciences who took initiative to engage in a 24-hour 'Akhanda Rama Nama Japa' were honored by Guruji and S-VYASA management in Shruti Mandir on January 1<sup>st</sup> 2025.

All students who participated in Akhanda Rama Naama Jaapa presented a Likhita Japa (written form of the chants) to Guruji.





# Beyond the talks: 16<sup>th</sup> Śārṅgadeva Samāroha



The Śārṅgadeva Samāroha, an annual festival and seminar hosted by Māhagami Gurukul, celebrated its 16<sup>th</sup> edition in the historic land where the great musicologist and danceologist Śārṅgadeva authored the treatise Saṅgīta Ratnākara. The festival aims to create synergy between Śāstra (theory), Prayoga (practice) and Paramparā (traditional legacy), while also emphasizing Anusandhāna (research and innovation) to expand cultural horizons and explore new pathways in the arts.

Conceptualized by Guru Parwati Dutta, a renowned Kathak and Odissi exponent, the festival was inaugurated on January 17, 2025. Spanning four days, it offered a dynamic and multi-dimensional cultural experience, including seminars and lecture demonstrations by distinguished scholars and artistes, as well as enthralling performances in music, dance and drama. The event also featured research presentations by emerging scholars and a photography exhibition of Raja Deendayal, curated by the IGNCAR Regional Centre, Vadodara as part of Śārṅgadeva Spandan (Outreach activity).

On the evening of the inaugural day, Dr. Karuna Vijayendra and her team presented “Badami Māhanata in Āsārīta Vardhamānaka”, a dance composition rooted in research and reconstruction. This work by Dr. Karuna Vijayendra is based on the sculpture in Badami Cave 1, where the Ardhanārīśvara Tattva and nine Mārga Karaṇas from the Nāṭyaśāstra were identified. Since the concept of Naṭarāja developed after the 10th century, the depiction of the dancing Śiva in this context is interpreted as Māhanata, as

referenced in the Amarakōśa.

The music composition employs the Āsārīta Vardhamānaka, a specific metrical pattern described in the Nāṭyaśāstra. It incorporates Pāṭāksaras (syllables) from the Nāṭyaśāstra and benedictory verses from the Bharata Kośa by Ramakrishna Kavi. The musical composition is created by Dr. Ramya C R, with performances by artistes Ranjana Nagaraja and Bhuvana G Prasad, bringing the composition to life.

The performance was warmly received and highly appreciated by the audience who lauded its intricate research, artistic presentation and the seamless blend of tradition.

Dr. Karuna Vijayendra, Dean of Yoga & Humanities, was one of the invitees for Śārṅgadeva Prasanga (seminar). On January 19, 2025 Dr. Karuna Vijayendra spoke about Abhinaya Darpaṇa under the title “Abhinaya Darpaṇa: Time & Timeless.” Established the ambiguity regarding the date & author of the treatise. Based on the observations, deliberations with scholars she concluded by mentioning that present text followed is abridged version of some other detailed text - probably Bharatārṇava. And the date of treatise attributed to post Saṅgīta Ratnākara.

The session concluded with a flurry of engaging discussions, leaving participants with a mix of curiosity and contemplation. While many perspectives were exchanged and thought-provoking ideas surfaced, no definitive answers emerged, highlighting the complexity of the topic. Instead of resolving the questions, the dialogue opened new avenues for exploration and encouraged deeper reflection among those involved.

Dr. Ramya C R, Assistant Professor, Department of Dance presented a paper titled “Varna - it's journey” & Rachanashree M S, Certificate program student - Kōlāṭa presented a paper title “Revisiting the lost oral tradition of Karnataka - “Bāṇadēvara Kuṇita” as part of Śārṅgadeva Pravah (research presentations by emerging scholars).



# Prof. M. Jayaraman presents at the 4<sup>th</sup> World Vedic Conference in Thanjavur

Prof. M. Jayaraman, Dean of the Division of Yoga and Spirituality at S-VYASA University, participated in the Shastra Sabha held during the 4th World Vedic Conference 23-25<sup>th</sup> Dec 2024. The prestigious event was jointly organized by Vijnana Bharati, SASTRA University, and the Indian Knowledge Systems (IKS) Division of the Government of India, at SASTRA University, Thanjavur.



Prof. Jayaraman presented his thoughts on *First-Person Enquiry Methodology and Consciousness* from the perspective of Yoga Shastra in *Shastric Samskritam*. The session saw the participation of renowned scholars, including *Mahamahopadhyaya* Dr. Mani Dravid Shastrigal, Prof. Ramasubramanian from IIT Bombay, and Vidvan Dr. Maheshvaran from the Samskrita College, Madras. Prof. Jayaraman’s presentation was well received.

# Prof. M. Jayaraman participates as External Examiner in PhD Viva on “The Science of Birth from Vedic Literature”



Prof. M. Jayaraman, Dean of the Division of Yoga and Spirituality at S-VYASA University, recently served as the external examiner for the PhD viva voce of Dr. Vijayalakshmi, a medical doctor and obstetrician. The viva was held on January 3<sup>rd</sup> January, 2025, at Karnataka Samskrita University, Bengaluru.

Dr. Vijayalakshmi’s groundbreaking thesis, titled *“The Science of Birth from Vedic Literature,”* was guided by Prof. Shrinivasa Varkhedi. The research delved into the intersection of ancient Vedic insights and modern obstetrics, exploring the scientific nuances of birth as documented in classical Indian texts.

Prof. Jayaraman provided valuable constructive comments during the session, which were well-received by both the scholar and the evaluation committee. This engagement gains importance as it fosters the confluence of traditional wisdom and contemporary medical sciences.



## S-VYASA Excels in Yogasana Championship Earns Khelo India Spot!



The All India Inter University Yogasana Championship 2024 was held at KIIT University, Bhubaneswar, from December 24-27, 2024. This prestigious event witnessed participation from 200 universities across India, showcasing the country's thriving yoga culture.

Under the expert guidance of Dr. Komal, Faculty of SYS from S-VYASA, Mr. Kiran Kumar NS, Asst. Director, Physical Education, the men's team put up an impressive performance, securing the 4th rank and earning a spot in the esteemed Khelo India program. The women's team also showed remarkable skills, finishing at the 10th position.

The championship featured separate competitions for men and women, with participants performing a range of asanas, including compulsory and optional poses. The participants were felicitated during Prarthana Milan in S-VYASA on 6<sup>th</sup> January by S-VYASA management.

## Intercollegiate Intellectual Meet at NIN

The National Institute of Naturopathy (NIN) Pune, recently hosted a successful two-day Intercollegiate Intellectual Meet at their Nisarg Gram campus, culminating on January 12th, 2025, National Youth Day. This meet served as an extension of the 7th Naturopathy Day, both events sharing the common theme of "Healthy Ageing and Longevity," fostering innovative learning and inspiring future naturopaths.

The event brought together 169 students from 19 colleges across India for a stimulating exchange of ideas and skills across various competitions, including Naturopathy Model Making, Dumb Charades, and Book Bite. Distinguished guests, including the Head of Ramakrishna Math Pune and a representative from the Spiritual Centre Dahanu, graced the occasion and encouraged students to value India's rich heritage and embrace the principles of natural living. S-VYASA School of Yoga and Naturopathic Medicine demonstrated exceptional performance, securing first place in Aromatherapy Product Preparation and Naturopathy Under Scrutiny and third place in Herbs Identification. This success is a reflection of the hard work and collaborative spirit within the S-VYASA community.





# Celebrating 5 Years of the SHRI Program

Dec 16: Dr. Vijaya Majumdar, Associate Professor, Molecular Bioscience and Gero science Lab, Anvesana had the privilege to be selected to exhibit her research outcome on Yoga on composite age biomarkers in the 5th-year celebration of the Science and Heritage Research Initiative (SHRI). It was an honour to present the scientific findings in front of Dr. Jitendra Singh, Honourable Minister of State for Science & Technology and Earth Sciences. Several other members of the scientific community highly appreciated the research.



# Extension Activity of S-VYASA-School of Advanced Studies

Jan 5: As part of a ISR (Institutional Social Responsibility) initiative, students from the Department of Management and Commerce, led by Dr. Shreelatha, volunteered for the "Walk 2 HEAL" event organized by GoPals.

GoPals is an NGO formed by working professionals from South Indian states, including Tamil Nadu, Andhra Pradesh, and Karnataka. The organization is driven by the core mission of HEAL - Health, Environment, Agriculture, and Lifestyle. GoPals' primary objective is to safeguard native cow breeds, recognizing their vital role in enhancing environmental sustainability.





# MoU signed Between S-VYASA and Samskrit Promotion Foundation



Jan 10: S-VYASA's Division of Yoga and Spirituality entered into a Memorandum of Understanding (MoU) with the Samskrit Promotion Foundation, New Delhi.

This collaborative agreement marks a significant step toward promoting education, and initiatives related to Sanskrit and yoga. The MoU aims to offer Certificate and diploma programs online.

The division of Yoga - Spirituality was represented by Dean of the division Prof. Jayraman, and also Dr. Sridhar Padmanabhan.

The Samskrit Promotion Foundation was represented by Dr. M. V. Mohan, Senior Researcher, and Prof. (Retd.) Dr. Chand Kiran Saluja, Director.

## Kreeda Yoga Camp by MSc Yoga Therapy (Non-Residential), Eknath Bhavan (2024-2026)

Bengaluru, Dec 20: Students of MSc Yoga Therapy - 1<sup>st</sup> Semester (Non-Residential) recently visited Sri Guru Harikrishan High School, Ulsoor and a Tuition Centre, Uttarahalli on Dec 26<sup>th</sup>. Accompanied by Ms. Supritha N Manvi.



The students engaged with 1<sup>st</sup> and 2<sup>nd</sup> standard with a series of Yogic Games such as Namaste, Raja-Rama-Ravan, Grouping - Hathi Ghoda Palki, elephant touch, Jayadrath, etc. The children's ages ranged from 6 to 14 years engaged in yogic games.

Students made them play various games such as Loose Compartment, Loka Sangraha.

S-VYASA thanks Mrs. Rajinder Kaur, Principal of Sri Guru Harikrishan High School, Ulsoor, Bengaluru, for giving this wonderful opportunity to interact with the wonderful little bubbles of energy.





# Adrita Sarkar honored for Outstanding Achievements in Yogasana Competitions

A final year BSc student, Adrita Sarkar, was honored at Shruti Mandir in S-VYASA on December 17, 2024 after winning a gold medal at the National Yogasana Sports Federation (NYSF) Championships.

Her victory at the national level, held from December 12 to December 15, 2024, has earned her a place in the upcoming 38th National Games, scheduled to take place in Uttarakhand.



The national championship, held at the Mahatma Gandhi Sports Stadium in Tumkur, Karnataka, brought together Yogasana athletes from all over the country, and Adrita delivered a stellar performance, earning her the Gold Medal at the national level.

The NYSF Championships represent the pinnacle of excellence in competitive Yogasana in India, providing a platform for athletes to showcase their dedication, discipline, and mastery. Adrita's achievements at the recent NYSF competitions highlight her exceptional talent and hard work.



Dec 17: **Dr. Lokesh**, a renowned Cardiac Surgeon was felicitated at Shruthi Mandir, S-VYASA during Parthana Milan.

Dec 27: S-VYASA Registrar, Prof. S. Siva Sankara paid a **heartfelt tribute** to Former Prime Minister, **Dr. Manmohan Singh** during Maitri Milan. The session observed a minute of silence to honor his memory.



Jan 19: **Asha Yoga Center** – Yoga Instructor’s Course (YIC) Batch 22



# 7<sup>th</sup> Grader Drithi honored for Memorizing Bhagavad Gita



Jan 6: Drithi, a 7<sup>th</sup>-grade student from Purnapramati School, Girinagar, was honored for her remarkable achievement of memorizing the entire Bhagavad Gita. The felicitation was carried out during the Prarthana Milan event, by S-VYASA Chancellor, Dr. H R Nagendra, Acharya Dr. Ramachandra Bhatt, Arogyadhama faculty member, Sri Karibasappa, and Advisor to the Chancellor, Prof. K Subrahmanyam.

Jan 8: **Sri Rajendra Damodara Yenkanamoole** was felicitated at Prarthana Milan, Shruti Mandir, S-VYASA. He is the founder of Vasudeva Kriya Yoga in Australia and has been conducting yoga classes at various locations across Melbourne and has been organizing specialized yoga workshops for the elderly in aged-care homes and for children with special needs.



Jan 8: **Dr. Narendra Duggirala** was honored during the Prarthana Milan held at Shruti Mandir, S-VYASA. He serves as an Emergency Medicine Physician at Monash Health Service in Casey, Victoria, Australia. He came to the campus to study Integrative Medicine pursued at S-VYASA.

**Swasthya  
Yoga Kendra,**  
Mallathalli,  
Bengaluru  
YIC 1<sup>st</sup> Batch  
Students





Journal of Applied Consciousness Studies (print ISSN # 2949-6993; online ISSN # 2949-7000), is an official publication of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), deemed to be university, Bengaluru, India. It is a peer-reviewed journal, published semiannually in both print and online modes. Journal of Applied Consciousness Studies was earlier known as International Journal of Yoga - Philosophy, Psychology and Parapsychology (print ISSN # 2347-5633; online ISSN # 2348-5108). From January 2022 onwards this change of name of this journal is in effect. The journal's full text is available online at <https://www.jacsonline.in>. The journal allows free access (Open Access) to its contents and permits authors to self-archive final accepted version of the articles on any OAI-compliant institutional/ subject-based repository. The journal does not charge for submission, processing or publication.

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