

# YOGA SUDHRA



A Monthly Journal of SVYASA (Deemed to be University)



**International Day of Yoga 2026 at Times Square, New York, USA**

**Prime Minister Narendra Modi participates in Yoga Day celebrations at Red Road in Kolkata**

July 2026

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# SAMADHI SADHANA SHIBIR

An Advanced Meditation Programme  
Leading to Samadhi Glimpses

ANCIENT WISDOM • SCIENTIFIC VALIDATION • TRANSFORMATIONAL EXPERIENCE

**15-DAY RESIDENTIAL PROGRAMME**

Duration: 15 Days (Residential)  
Dates: July 1st to 15th  
Venue: Prashanti Kutiram Campus, Bengaluru, India

**CONDUCTED BY**

**Dr. H. R. Nagendra**  
Chancellor,  
S-VYASA Deemed to be University  
Padma Shri Awardee

**ASSISTED BY**

Team of Faculty and Volunteers

**IDEAL FOR**

- Serious seekers
- Yoga teachers
- Therapists
- Researchers
- Professionals
- Spiritual aspirants

**ABOUT THE PROGRAMME**

A deeply immersive 15-day residential programme that integrates ancient yogic practices with modern science. Designed to systematically guide participants from effortless concentration (Dharana) to effortless meditation (Dhyana) and glimpses of Samadhi through Cyclic Meditation (CM), MSRT, PET, MEMT and other practices, supported by yoga practices, devotion and personal guidance.

**DAILY SCHEDULE (DAYS 3 TO 15 – CORE PROGRAMME)**

TIME	SESSION
5:00 – 6:00 AM	Prayer, Śithilikarana Vyāyāma & Āsanas
6:00 – 7:00 AM	Breathing Practices, Kapālabhāti & Prāṇāyāma
7:00 – 8:30 AM	Theory + PET Practice
9:00 – 9:30 AM	Breakfast (Mindful Silence)
9:30 – 10:30 AM	Self Practice (Anusandhana – Inner Exploration)
10:30 AM – 12:00 PM	MSRT – Theory + Practice
12:00 – 1:30 PM	Cyclic Meditation (CM) – Theory + Practice
1:30 – 3:30 PM	Lunch + Rest (Mauna)
3:30 – 5:00 PM	PET – Theory + Practice
5:00 – 6:00 PM	Walking Meditation (Tuning the Mind)
6:00 – 7:00 PM	MEMT (Mastering the EMotions Technique) – 1 Hour
7:00 – 7:45 PM	CM Practice
7:45 – 8:30 PM	MSRT Practice
8:30 – 9:00 PM	Dinner
9:00 – 9:00 PM	Group Interaction / Counselling / Reflection
9:30 – 10:00 PM	Self Practice (Anusandhana – Inner Exploration)
10:00 PM	Silence / Lights Off – To Bed

**SCIENTIFIC FOUNDATION**

The programme is supported by Anveshana – Research Wing of S-VYASA with pre- and post-assessments to validate inner transformation through modern scientific methods.

- EEG (Electroencephalogram) Brain wave analysis
- HRV (Heart Rate Variability) Autonomic nervous system balance
- Biofield (GDV) Energy field assessment
- Blood Tests (Complete Hemogram, Biochemistry, Hormones, Vitamins & more)
- BHT (Breath Holding Time) Pranvic efficiency
- PFR (Peak Flow Rate) Pulmonary function

**TECHNIQUES COVERED**

- CYCLIC MEDITATION (CM)**  
A dynamic process of alternating stimulation and relaxation leading to deep physical, mental and emotional relaxation.
- MSRT (MIND SOUND RESONANCE TECHNIQUE)**  
Utilizing sound vibration (A-U-M) to resonate the body, calm the mind and lead to inner silence.
- PET (PRANIC ENERGIZATION TECHNIQUE)**  
A systematic process to sensitize, energize and expand one's pranic awareness.
- MEMT (Mastering the EMOTIONS TECHNIQUE)**  
A powerful technique to transform emotions, release inner blocks and cultivate positivity, clarity and inner balance.

**PROGRAMME PHASES (15 DAYS)**

- 1 Orientation & Assessments
- 2 Preparation & Stabilization
- 3 Deepening & Expansion
- 4 Integration & Inner Silence
- 5 Final Assessment & Feedback

**SCIENTIFIC ASSESSMENTS (Pre & Post)**

Conducted at ANVESHANA (Research Wing of S-VYASA)

- EEG (Electroencephalogram) – Brain wave analysis
- HRV (Heart Rate Variability) – Autonomic balance
- Biofield (GDV) – Energy field assessment
- Blood Tests (Complete Hemogram, Biochemistry, Hormones, Vitamins & more)
- BHT (Breath Holding Time) – Pranvic efficiency
- PFR (Peak Flow Rate) – Pulmonary function

**Objective:** To scientifically validate

**ACADEMIC STRUCTURE (TOTAL THEORY: 22 HOURS)**

- Cyclic Meditation (CM) – 6 Hours
- MSRT – 6 Hours
- PET – 6 Hours
- MEMT – 2 Hours
- General Theory (Dharana, Dhyana, Samadhi, Mind, Consciousness) – 2 Hours

**PRACTICE STRUCTURE (DAILY)**

- CM Practice – 2 sessions (45 min each)
- MSRT Practice – 2 sessions (45 min each)
- PET Practice – 2 sessions (45 min each)
- MEMT – 1 hour (Evening)
- Āsanas + Śithilikarana – 1 hour
- Prāṇāyāma + Kapālabhāti – 1 hour
- Walking Meditation – 1 hour
- Silence (Mauna) + Rest

**FACILITIES**

- Individual accommodation (meditation-friendly rooms)
- Sattvic vegetarian food (nutritious & hygienic)
- Serene natural campus environment
- Personal counselling & medical support

**PROGRAMME INCLUDES**

- Accommodation (Individual Room)
- Sattvic Vegetarian Food (Special Diet)
- Study Material
- Yoga Kit
- Laundry
- Wi-Fi
- Medical Support
- Regular Health Monitoring
- Safe & Serene Environment

**HOW TO REGISTER**

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(ALL INCLUSIVE)

# YOGA SUDHA

July 2026

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# EDITORIAL

**Dr H R Nagendra**  
**President S-VYASA**



The world is witnessing an unprecedented rise in life expectancy, making healthy ageing one of the defining challenges of the 21st century. While advances in modern medicine have significantly extended lifespan, the true measure of progress lies not merely in adding years to life, but in adding life to those years. Healthy ageing is a multidimensional process that encompasses physical vitality, mental clarity, emotional resilience, social connectedness, and spiritual well-being. Achieving this balance requires an integrative approach that nurtures the whole person rather than simply managing disease.

The 12th International Day of Yoga 2026 theme, “Yoga for Healthy Ageing,” reflects this holistic vision. Rooted in the timeless wisdom of Maharshi Patanjali, the Upanishads, and other classical yogic texts, yoga offers a comprehensive framework for maintaining health across every stage of life. Through practices such as āsana, prāṇāyāma, meditation, relaxation, and yogic lifestyle, it promotes strength, flexibility, balance, cognitive health, emotional stability, and inner

peace, empowering individuals to age with dignity and purpose.

The yogic understanding of the Pancha Koshas—the five layers of human existence: Annamaya, Pranamaya, Manomaya, Vijnanamaya, and Anandamaya—provides a scientific and experiential model for holistic well-being. By harmonizing these dimensions of personality, yoga helps prevent lifestyle disorders, enhances resilience, and supports graceful ageing. Modern scientific research increasingly validates these ancient principles, demonstrating yoga’s effectiveness in improving cardiovascular health, reducing stress and anxiety, enhancing cognitive function, strengthening immunity, and improving overall quality of life.

As the world embraces the vision of “Yoga for Healthy Ageing,” yoga continues to emerge as a universal, evidence-based, and sustainable approach to promoting lifelong health. It is not merely a system of physical exercise but a way of life that enables individuals to remain active, independent, joyful, and spiritually fulfilled throughout their journey of ageing.



# Message From the Vice Chancellor

**Dr. Manjunath N K**  
**Vice Chancellor**  
**S-VYASA Deemed to be University**  
**Bengaluru**



**Namaste,**

The celebration of the 12th International Day of Yoga (IDY) 2026 marked another significant milestone in S-VYASA's journey of taking the science and wisdom of Yoga to the global community. It was a privilege to join our revered President, Padma Shri awardee Guruji Dr. H. R. Nagendra, during our visit to the United States, where we had the opportunity to engage with healthcare leaders, academicians, policymakers, diplomats, and thousands of Yoga practitioners through a series of meaningful programmes.

Our journey began with the Wellness and Healthy Aging Retreat at the renowned YO1 Longevity & Health Resorts, New York. The event brought together leading physicians, medical experts, and community leaders to deliberate on the growing role of Yoga and Integrative Medicine in preventive healthcare and healthy aging.

One of the defining moments of our visit was participating in the International Day of Yoga celebrations at iconic Times Square, New York, where more than 12,000 participants from across the world came together under the inspiring theme, "Yoga for Healthy Ageing." Witnessing thousands of people practice Yoga amidst one of the world's busiest public spaces was a powerful reminder that Yoga has truly become a universal language of health, harmony, and peace. It reflected the growing global recognition of India's timeless contribution to humanity. Thanks to Mr. Prem Bhandari for the invite and Mr. Binay Pradhan, the Consul General of India at New York for providing this wonderful platform.

Our engagement continued with a Special Meditation and Wellness Session at the Consulate General of India, New York, where members of the diplomatic community, healthcare professionals, business leaders, academicians, and the Indian diaspora participated with great enthusiasm. The presence of representatives from several countries further highlighted Yoga's ability to transcend geographical, cultural, and political boundaries, fostering dialogue, mutual understanding, and collective well-being.

These programmes also provided valuable opportunities to strengthen S-VYASA's international collaborations with healthcare institutions, academic organizations, and community associations committed to advancing preventive healthcare through Yoga. Such partnerships are essential as we continue to expand evidence-based Yoga education, research, and integrative healthcare initiatives across the world.

As we reflect on these memorable experiences, I express my sincere gratitude to all our partners, organizers, volunteers, alumni, and well-wishers whose dedication made these programmes highly successful. Their collective efforts have further strengthened S-VYASA's global mission of promoting scientific Yoga for individual and societal well-being.

A short visit to Dallas and the retreat on Yoga for Healthy aging through ancient methodology re-affirmed that Elderly people can get benefitted significantly with the practice of Yoga. Thanks to our Vice-President Me. Sarish Gupta and Mr Chat Ganesh for building a new chapter and making Yoga popular in Texas.

The enthusiastic response we witnessed during the United States visit inspires us to continue our commitment to excellence in Yoga education, research, and service. Let us move forward together with renewed determination to make Yoga an integral part of everyday life, contributing to healthier individuals, stronger communities, and a more peaceful world.

## S-VYASA Delegation Strengthens Global Outreach During International Day of Yoga 2026 in the United States

**International Day of Yoga 2026 at Times Square, New York - 21 June 2026**

The International Day of Yoga 2026 celebration at Times Square powerfully showcased Yoga as a universal practice that unites people across cultures, ages, and nationalities. Conducted on 21 June under the theme “Yoga for Healthy Ageing,” the event transformed the heart of New York City into an open-air space for collective wellness, where participants engaged in asanas, breathwork, meditation, and reflection. The presence of S-VYASA leaders at this global platform further highlighted India’s timeless contribution to holistic health and strengthened the message that Yoga offers a practical pathway to healthy living, inner balance, and global harmony.

Padma Shri awardee Guruji Dr. H. R. Nagendra, the President of S-VYASA Society and Dr. N.K. Manjunath Sharma, the Vice Chancellor of S-VYASA University along with Mr Prem Bhandari and team from RANA, Mr. Satish Gupta, President of VYASA USA and team from Dallas, as well as several followers of Guruji and well-wishers of S-VYASA participated in the International Day of Yoga (IDY) 2026 celebrations at the iconic Times Square, New York, one of the world’s most recognized public venues. The iconic Times Square resonated with the sacred chant of “Om” as thousands of Yoga enthusiasts from around the world gathered for the annual Solstice in Times Square – Mind Over Madness Yoga event.

The Consul General of India at New York Mr. Binay Pradhan welcomed the gathering and gave the historical perspectives of International Day of Yoga. He also presented the contributions of Guruji and S-VYASA to Yoga research and its applications.





As the Chief Guest Guruji Dr. H. R. Nagendra delivered the keynote address on the 2026 International Day of Yoga theme, “Yoga for Healthy Ageing.” He explained how regular Yoga practice, including Pranayama, meditation, and holistic living, helps maintain physical vitality, emotional resilience, and mental balance throughout life.

Dr. N. K. Manjunath also participated in the celebrations, representing S-VYASA and reinforcing the University’s commitment to promoting evidence-based Yoga education and research at the global level. Along with Guruji, he also addressed media to highlight the importance of Yoga in promoting Healthy aging.

The celebrations were organized by the Consulate General of India, New York, in collaboration with RANA, Jaipur Foot USA, and several Indian-American community organizations. With over 12,000 registered participants, the event reflected Yoga’s growing global acceptance and India’s enduring contribution to holistic health and well-being.

Participants described the experience of practicing Yoga amidst the vibrant atmosphere of Times Square as peaceful, inspiring, and transformative.





## Special Meditation and Wellness Session at the Consulate General of India, New York 22 June 2026

The session brought together members of the diplomatic corps, business leaders, academicians, healthcare professionals, and members of the Indian diaspora.

Addressing the gathering, Padma Shri Guru Dr. H. R. Nagendra shared profound insights into the transformative power of meditation, emphasizing its role in self-reflection, emotional balance, stress reduction, inner growth, and holistic well-being. Participants also experienced a guided meditation session that was deeply appreciated by all attendees.



Dr. N. K. Manjunath while illustrating the life journey of puja guruji from NASA to VYASA, also highlighted the scientific evidence supporting meditation and Yoga as effective tools for promoting mental wellness, preventive healthcare, and sustainable healthy living. He also spoke about S-VYASA's pioneering contributions in Yoga research and integrative medicine.

The event was attended by the Permanent Representative of the United Arab Emirates to the United Nations, along with the Consuls General of Serbia, Nepal, Romania, and Malaysia, reflecting the universal appeal of Yoga as a pathway to peace, harmony, and global well-being.

The visit of Guruji Dr. H. R. Nagendra and Dr. N. K. Manjunath to the United States formed an important part of S-VYASA's global outreach during International Day of Yoga 2026, strengthening international collaborations and reaffirming the University's commitment to promoting the scientific and holistic benefits of Yoga for preventive healthcare, healthy aging, and human well-being across the world.



## **YO1 Wellness Retreat Brings Together Leading Medical Experts, Community Leaders, and Wellness Advocates**

**19 June 2026 – YO1 Longevity & Health Resorts, New York**

The Wellness and Healthy Aging Retreat, organized by Mr Prem Bhandari, the president of Rajasthan Association of North America (RANA), BRUHUD NY Seniors, and Chairman of Jaipur Foot USA at the world-renowned YO1 Longevity & Health Resorts, brought together eminent physicians, healthcare professionals, community leaders, and wellness enthusiasts from across the United States.

The retreat was graced by the presence of Pujya Guruji Dr. H. R. Nagendra, President of S-VYASA Society, Bengaluru, and Dr. N. K. Manjunath, Vice Chancellor of S-VYASA University, who visited the United States as part of the International Day of Yoga (IDY) 2026 celebrations and a series of wellness outreach programmes.

Delivering the keynote address, Guruji spoke on the theme “Integrative Medicine and Healthy Aging,” emphasizing the scientific role of Yoga in preventive healthcare, healthy aging, stress management, emotional well-being, and improving the overall quality of life. Drawing upon more than five decades of pioneering research and practical experience, he explained how integrating Yoga with modern medicine can effectively prevent lifestyle-related disorders and promote positive health.

Dr. N. K. Manjunath, Vice Chancellor of S-VYASA, while introducing Guruji to the audience also highlighted the University’s global contributions to Yoga education, evidence-based research, and integrative healthcare. He emphasized the increasing international recognition of scientific Yoga and called for stronger collaboration among healthcare professionals, academic institutions, and community organizations to integrate Yoga into mainstream healthcare and public health initiatives.

The programme also featured an enlightening presentation by internationally acclaimed interventional cardiologist Dr. Sameen K. Sharma, who shared valuable insights on preventive cardiology, heart health, and healthy lifestyle practices.

An expert panel discussion on Healthy Aging, Disease Prevention, and Preventive Healthcare brought together Dr. Raj Bansal, founder of one of the largest Accountable Care Organizations (ACO) in the United States; Dr. Rekha Bhandari, Chief Medical Officer overseeing more than 1,500 nursing homes across 42 states; Dr. Anand Kanjolia, President of RAJMAI; Dr. Vinod Sancheti, former President of RAJMAI; and Dr. Sharad Kothari, Vice President of RANA New York. The experts shared practical approaches to preventive healthcare and healthy aging.

The programme concluded with an interactive question-and-answer session, during which participants sought guidance on preventive healthcare, nutrition, cardiovascular health, Yoga, mental well-being, and healthy aging.



**Prem Bhandari, President of RANA is addressing the gathering.**



**Prem Bhandari, Dr. Ravi Murarka (President of PARAM), Anil Jain, Dr. H.R. Nagendra, Dr. Raj Bansal**



**Dr. Raj Bansal, Dr. Rekha Bhandari, Dr. Manjunath N K, Dr. Vinod Seventi, Dr. Anand Kankolia, and Dr. Sharad Kothari also participated.**



Several distinguished members of the Indian-American community attended the retreat, including Shri K. K. Mehta, Founder of RANA; Shri Jugal Kishore Laddha, Patron of RANA; Ajay Patel, President of BRUHUD NY Seniors; Beena Kothari, President of AIA New York Chapter; Rajeev Bhambhri, Secretary of Jaipur Foot USA; Ravi Jargarh, Secretary of RANA; Raj Garg, Joint Secretary; Sharad Agarwal, Nitin Dhariwal, Atul Parikh, Neelam Jambhar, Dr. Ravi Murarka, Dr. Kalpana Panigrahi, Harish Thakkar, and many other eminent physicians, professionals, and community leaders.

Expressing his delight over the success of the retreat, Shri Prem Bhandari Ji, President of RANA, Chairman of Jaipur Foot USA, and Chairman of BRUHUD NY Seniors, said that such wellness initiatives play a vital role in promoting preventive healthcare, Yoga, nutrition, and healthy living. He also thanked Harish Goyal, CEO and Managing Director of YO1 Longevity & Health Resorts, and Mrs. Renu Goyal for their outstanding hospitality and support.

## Wellbeing spiritual retreat at the headquarters of VYASA USA, Dallas, Texas

A four day transformative retreat was organized by VYASA USA at Bharathiya Nivas in Dallas from June 16-19, 2026. Guruji Dr. H.R. Nagendra took all the participants through a transformative journey by teaching the wisdom of Shat Darshanas. The retreat had Theory and practice along with special sessions of Yogic games and guided relaxation.

Guruji also introduced the Advanced Yoga techniques including Cyclic Meditation (CM), Pranic Energisation Technique (PET) and Mind Sound Resonance Technique (MSRT). Dr. Manjunath gave everyone, the practical experience of these techniques. This will be followed by an advanced spiritual retreat of Guruji along with Manjunath ji at Dallas in October, 2026.





This visit of S-VYASA leaders also strengthened its relationship with Parker University in Dallas. A full fledged 300 hour Yoga Teacher Training program has been launched in technical collaboration with S-VYASA Bengaluru. A Global Yoga Summit is also envisioned by Parker University to bring the leaders of Yoga education and research along with yoga therapy practitioners under one roof in November 2026 at Dallas.

The vision of Guruji is well supported by Sri Satish Gupta ji, the President of VYASA USA in Dallas and Sri Prem Bhandari ji in New York. This visit of Guruji and Manjunath ji has resulted in initiating the launch of VYASA - New York under the leadership of Sri Prem Bhandari ji and Dr. Rekha Bhandari ji. It was also resolved to launch Yoga Education, Research and Clinical services through an independent University in USA (VYASA International University) in technical guidance from the mother organization in India the Vivekananda Yoga Anusandhana Samsthana (VYASA-Bengaluru).

## Highlights of the New York Visit

1. A highly successful four-day visit to New York by a team of ten members from Dallas, including Sri Satish Gupta and leading medical experts, travelling by private jet.
2. Extensive strategic discussions with the New York team led by Shri Prem Bhandari and Dr. Rekha Bhandari on the future expansion of the VYASA movement worldwide.
3. Presentation of S-VYASA's remarkable achievements in Yoga education, research, integrative medicine, and global outreach over the past four decades.
4. Productive planning for strengthening collaborations and expanding Yoga, research, healthcare, and educational initiatives in the USA.
5. Stay at the Penthouse on the 30th floor of the iconic Marriott Essex House, New York, which served as the venue for several important discussions.
6. Grand International Day of Yoga (IDY) celebrations at Times Square on June 21 received an overwhelming response, highlighting the growing global acceptance of Yoga.
7. A special meditation programme conducted at the Consulate General of India (CGI), New York, where Dr. H. R. Nagendra led the meditation session.
8. Tremendous marketing by Prem Bhandari, which spread S-VYASA all over the world.
9. Sri Muniraju witnessed the entire visit, including the strategic meetings, hospitality of the VYASA family, IDY celebrations, and the meditation programme.



## धर्मसूत्रम् (Dharmasūtram)



**Prof. Ramachandra G Bhat**

Former Vice Chancellor

S-VYASA deemed to be University, Bengaluru

तस्य निमित्तपरीष्टिः ॥ पूर्वमीमांसासूत्रम् ॥ १.१.३  
tasya nimittaparīṣṭiḥ ॥ pūrvamīmāṃsāsūtram 1-1-3 ॥

**Meaning:** An enquiry into the means of true knowledge of Dharma (becomes necessary).

“Tasya Nimitta Parīkṣā” is the third Sūtra of Pūrva Mīmāṃsā. The second Sūtra has already been examined, through which we understood that the Veda is the authentic means of knowledge. The Vedic injunction (Chodanā) alone serves as the valid authority for understanding Dharma. Since Dharma is exceedingly subtle, its proper comprehension requires careful examination and cross-verification. Such verification must be undertaken in the light of etymology, linguistic analysis, and the guidance of grammatical traditions. Within the Śāstric framework, no single Śāstra can be regarded as complete in isolation; rather, it must be interpreted with the support of other Śāstras. Consequently, the study of the Mīmāṃsā Sūtras naturally extends to Vedānta, Vyākaraṇa, and the Vedāṅgas, including Śikṣā, Chandas, Nirukta, and Jyotiṣa. Only after such comprehensive examination can one arrive at a proper understanding of the Vedic injunction.

The question naturally arises: why is the Vedic injunction regarded as the supreme authority in determining Dharma, the eternal principle that guides an ever-changing society? The answer lies in the inherent limitations of Pratyakṣa (perception). A careful investigation of perception reveals numerous limitations that prevent it from independently determining eternal values such as Dharma. Every individual is constrained by the limitations of the sense organs, the mind, the intellect, and the interrelationship among them. As expressed in the traditional formulation, Ātmā manasā saṁyujyate, manaḥ indriyena, indriyam arthena





This describes the mechanism of perceptual knowledge (Pratyakṣa Jñāna): the connection between the Ātman and the mind, between the mind and the senses, and between the senses and their respective objects. Errors may arise at any of these three stages owing to human limitations. Such careful examination is termed Parīkṣā. Thus, Nimittasya Parīkṣā signifies an enquiry into the causes underlying a given result. While analysing the relationship between cause and effect (Kārya-Kāraṇa Bhāva), significant limitations of Pratyakṣa Pramāṇa become evident. The mind is naturally fickle; one may observe an object without truly perceiving it because the mind is preoccupied elsewhere. Similarly, although one may hear another person speaking, mental distraction caused by tension or emotional disturbance may prevent attentive listening, thereby resulting in incomplete or distorted understanding.

For this reason, Jaimini presents the profound principle of Nimitta Parīkṣā, cautioning against exclusive reliance upon perception. The Veda, however, is free from these limitations because it is the revelation of great Ṛṣis endowed with extraordinary intuitive insight. The profound mysteries of the universe were directly realised by them. Therefore, when Pratyakṣa proves inadequate for understanding Dharma—which encompasses the past, present, and future and provides the true foundation for resolving both human and cosmic concerns—the necessity of relying upon Vedic wisdom becomes evident. Moreover, with advancing age, the capacities of the senses naturally decline, and mental as well as intellectual faculties also

diminish. Consequently, Pratyakṣa Jñāna cannot always serve as an infallible means of knowledge. Anumāna (inference), the second Pramāṇa, is itself dependent upon the reliability of Pratyakṣa. Only when perception is accurate can inference be dependable. Since inference requires a disciplined intellect to establish the relationship between cause (Kāraṇa) and effect (Kārya), any deficiency in the knowledge of the cause (Hetu Jñāna) inevitably affects the correctness of the conclusion (Sādhya Jñāna). Hence, Anumāna alone cannot serve as the final authority in determining what constitutes Dharma or Adharma.

The third Pramāṇa is Āgama Pramāṇa, also known as Śabda Pramāṇa. When its source is Vaidika Śabda, its authority remains unquestionable because it originates from the great Ṛṣis, whose minds were completely purified, whose intellects attained the highest refinement, and whose wisdom was preserved through an unbroken Guru Paramparā. In contrast, ordinary inference and worldly testimony (Laukika Āgama or Āpta Vākya) cannot invariably be accepted as the highest authority in matters concerning Dharma. Dharma is profound, comprehensive, all-inclusive, and forms the very foundation of human life and existence. Therefore, these limited Pramāṇas alone are insufficient for its complete understanding. It is for this reason that increasing reliance upon Guru Paramparā and Śāstra Paramparā occupies a central place in the Vedic tradition. Accordingly, the Vedic injunction is regarded as the supreme authority for discerning what is Dharma and what is not.

## Yoga Upanishad Sara – 18

**Prof M Jayaraman**  
Dean, Division of Yoga Spirituality



### *From Agitation to Ānanda*

The Varāhopaniṣad's Pathway to Inner Health and Liberation

### Introduction: A text Born of Divine Grace

Among the treasury of India's Upaniṣadic literature, the Varāhopaniṣad occupies a unique and remarkable position. It belongs to the corpus of the Yoga Upaniṣads — those shorter, post-classical texts that bridge the contemplative practices of Yoga with the liberating philosophy of Advaita Vedānta. Affiliated with the Kṛṣṇa Yajurveda and numbered ninety-eighth among the canonical 108 Upaniṣads, this text is not widely known outside specialist circles, yet it contains teachings of profound depth and practical urgency.

The text opens with a scene of extraordinary devotion. The great sage Ṛbhu performs severe austerities for twelve years, measured by the divine reckoning of the Devas. At the close of his penance, Lord Viṣṇu — appearing in the form of Varāha, the divine Boar, the third great avatāra who rescued the earth from cosmic waters — manifests before him and offers a boon. Ṛbhu, a seeker of the highest order, does not ask for worldly gifts or celestial pleasures. He asks only for Brahmavidyā — the supreme knowledge of Brahman, the knowledge that liberates.

This simple but charged exchange sets the entire tone of the Varāhopaniṣad: a dialogue between a fully ripened seeker and a compassionate divine teacher, aimed not at ritual performance or cosmological speculation but at direct, experiential liberation. The five chapters that follow unfold across a vast landscape of yogic and Vedāntic teaching — covering the tattvas (fundamental principles of existence), the qualifications of the spiritual aspirant, states of consciousness, the nature of jīvanmukti (liberation while living), practical yogic disciplines including prāṇāyāma, the nāḍī system, and the glory of the Praṇava — all converging on the singular vision: that the Ātman and the Brahman are one, and that knowing this, one is already free.



## Chapter 1: The Architecture of Existence — Tattvas, Bondage, and the Path to Liberation

The first chapter of the Varāhopaniṣad is deceptively expansive. What begins as an enumeration of the tattvas — the elemental principles or ‘eternal verities’ that constitute existence — quickly reveals itself as a comprehensive cosmological and philosophical orientation designed to prepare the seeker for the deeper teachings that follow.

Bhagavān Varāha explains to Ṛbhu that different philosophical traditions enumerate the tattvas differently. The Vedānta school recognizes twenty-four: the five organs of perception (ears, skin, eyes, tongue, nose), the five organs of action (speech, hands, feet, anus, genitals), the five vital airs (prāṇa, apāna, vyāna, udāna, samāna), the five objects of sense (sound, touch, form, taste, smell), and the fourfold inner instrument of mind, intellect, self-consciousness, and the thinking-mind (manas, buddhi, ahaṃkāra, citta). The Śaiva tradition adds twelve more to arrive at thirty-six, including the three bodies (gross, subtle, and causal) and the three states of consciousness (waking, dreaming, and deep sleep). The Sāṃkhya system expands this further to ninety-six, adding the six varieties of existence, six Ūrmis or human infirmities (hunger, thirst, sorrow, delusion, dotage, and death), six sheaths of the body, six internal enemies (lust, anger, greed, delusion, infatuation, and spite), the three Jīvas, the three Guṇas, and an elaborate range of cosmic principles from the Devas to Īśvara.

This enumeration is not mere scholastic cataloguing. The Upaniṣad’s deeper purpose appears in what follows: the Lord declares that those who take refuge in Him — who surrender their ignorance and its concomitants — become Jīvanmuktas, liberated while living. More astonishingly, He states that those who have knowledge of the ninety-six tattvas, in whatever stage of life they may delight, whether they wear matted hair or a shaven head or a tuft, are liberated without doubt. The tattvas, on this reading, are not a metaphysical cage but a map. Understanding them in their totality leads to the recognition that they are all subsumed within the single Tattva of Māyā, which is itself non-existent apart from the Brahman — the sole, correlate-less reality.

The chapter thus achieves a remarkable philosophical move: it begins with philosophical pluralism (multiple systems, multiple counts), passes through cosmological completeness, and arrives at non-dual simplicity. The Brahman alone exists. All philosophical systems, the Varāhopaniṣad declares, converge on this single conclusion.

## Chapter 2: Brahavidyā — The Sovereign Knowledge of the Self

The second chapter is the philosophical heart of the Varāhopaniṣad and one of the most sustained and powerful expositions of Advaita Vedānta found in any of the Yoga Upaniṣads. Ṛbhu asks for the Brahavidyā — the supreme knowledge — and what unfolds is an extended, luminous discourse on the nature of the Ātman, its identity with Brahman, the mechanics of bondage and liberation, and the qualifications required for genuine Self-knowledge.

The Lord begins by enumerating the fourfold means (sādhana-catustaya) — the classical prerequisites for Vedāntic inquiry. These arise in the person of right conduct who has also propitiated the Guru. They are: viveka (the capacity to distinguish between the eternal Brahman and the ephemeral world), vairāgya (dispassion toward worldly and celestial objects alike), the ṣaṣṣampat or six inner qualities — tranquillity (control of the internal organs), self-control (control of the external organs), continence (renunciation of all compulsive action), forbearance (equanimity before opposites of heat and cold, pleasure and pain), sincerity (implicit faith in scriptural authority and the Guru), and abstract meditation (one-pointedness of mind) — and finally mumukṣutva, the burning desire for liberation. The text is explicit: these are not optional additions but the very conditions under which liberating knowledge becomes possible.

The chapter then moves into a sustained and eloquent meditation on the nature of the Ātman. The Lord declares: ‘I alone am supreme Bliss, and naught else. Should there be aught else, that is not at all the peerless Bliss.’ The phenomenal world, the individual Jīva, Īśvara — none of these exist apart from the self-luminous Ātman, which is pure Existence, Consciousness, and Bliss. The person of wisdom sees through the eye of knowledge the all-pervading Brahman. The ignorant person is like a blind man who cannot see the brilliant sun of the Brahman shining in plain sight.

An especially penetrating teaching concerns the two attitudes of ‘mine’ and ‘mine-less.’ The Lord explains that bondage is characterized by the attitude of ‘mine’ — the relentless annexation of experience to a separate self — while liberation is the ‘mine-less’ attitude, resting always at ease in the Ātman. This psychological insight anticipates what contemporary researchers might call the dynamics of attachment and ego-identification.

The chapter distinguishes indirect knowledge (“There is Brahman”) from direct realization (“I am Brahman”), declaring the latter as the true state of Jīvanmukti. It concludes by presenting meditation on the inner Nāda (cosmic sound) as the path to samādhi, where a stilled mind becomes a source of supreme illumination.

### Chapter 3: The Peerless Paramātmān — Self-Abidance and the Dissolution of Illusion

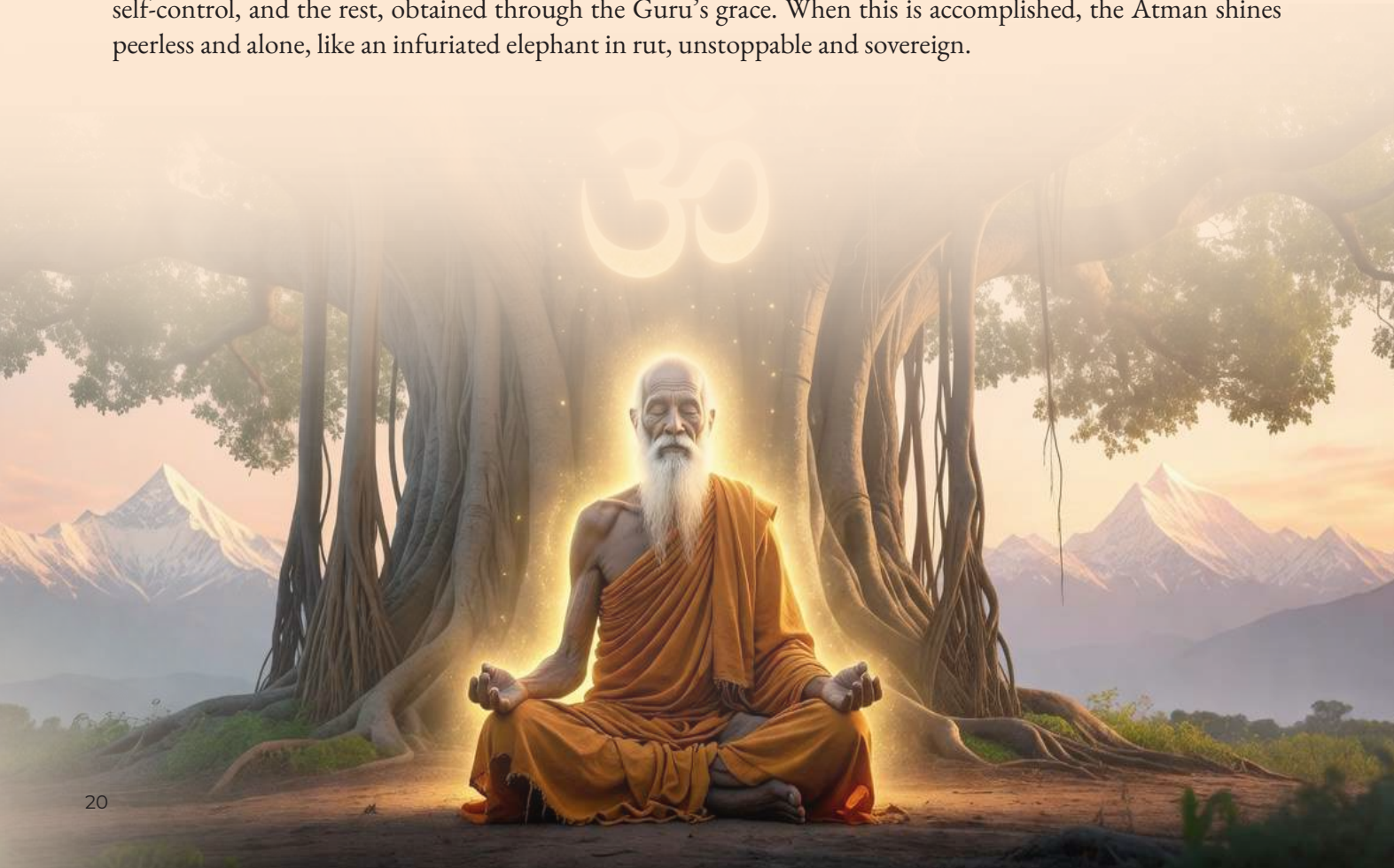
If Chapter Two is the philosophical summit, Chapter Three is its consolidation and contemplative deepening. Here the Lord speaks in majestic first-person declarations that read almost like mahāvākyas — the great sayings of the Upaniṣads — affirming the nature of pure consciousness without any conceptual residue.

‘At no time can the One entity verily assume diverse forms. For the reason that there is none else whatever besides me, for that very reason I am the indivisible alone.’ Whatever is seen or heard cannot be other than the Brahman. Birth, death, going and returning do not exist. Filth and purity are nought. The knower of the Ātman, affirms the text, experiences all things as more distinctly filled with consciousness — the world does not disappear but is transfigured by wisdom.

A profound psychological insight emerges here: the mind alone is the cause of the entire cycle of births and deaths. The world’s travail is verily due to the mind. Hence the central instruction: purify the mind. Yet the Upaniṣad goes further — the truly awakened person, the knower of the Ātman, is beyond the mind’s agitation. Passion and other feelings arise in the knower but are instantly burned up by the fire of discriminating knowledge. This is not suppression but transformation.

The chapter also contains a remarkable ecological-spiritual vision. The Lord declares that in His eyes there is no distinction between the body of an outcaste and the body of a brahmaṇa — all are equally consciousness. This is no mere tolerance but the direct consequence of non-dual realization: when one sees only the Brahman everywhere, social hierarchies and distinctions become phenomenally real but ultimately illusory overlays on the one indivisible Consciousness.

The chapter closes with a sustained instruction on the practice of daily contemplation. From the moment of waking to the return to sleep, the seeker should reflect on the one-ness of Brahman. The six internal enemies — lust, anger, greed, delusion, infatuation, and spite — are to be vanquished through the six means of tranquillity, self-control, and the rest, obtained through the Guru’s grace. When this is accomplished, the Ātman shines peerless and alone, like an infuriated elephant in rut, unstoppable and sovereign.



## Chapter 4: Jīvanmukti — The Portrait of the Living-Liberated

Chapter Four is among the most celebrated sections of the Varāhopeniṣad and one of the most detailed expositions of jīvanmukti — liberation while living — in the entire Upaniṣadic canon. Here Nidāgha, a disciple, poses the decisive question to Ṛbhu: ‘What is the description of Jīvan-mukti?’ The answer that follows is both a systematic philosophy and a luminous portrait.

The text first introduces the seven stages (bhūmikās) of knowledge, a framework that maps the progressive deepening of realization. The first stage is virtuous desire (subhecchā) — the aspiration to transcend ignorance. The second is investigation (vicāraṇā) — earnest inquiry into truth through scripture, the company of the wise, and the practice of detachment. The third is functioning with the attenuated mind (tanumānasā) — wherein passionate attachment to sense-objects weakens. The fourth is the attainment of the rhythmic state (sattvāpatti) — wherein the mind rests on the pure Ātman with the quality of sattva predominant. The fifth is non-attachment (asaṃsakti), the sixth is the right conception of the Brahman (padārthābhāvanā), and the seventh is the supreme attainment of Turīya (turīyagā), the state beyond all states. Those who inhabit the first three stages are seekers. Those who reach the fourth through sixth stages are Jīvanmuktas. Those who attain the seventh are the most exalted knowers of the Brahman.



The text then provides a richly detailed description of the Jīvanmukta — the person who is liberated while still wearing a body. The portrait is extraordinary in its psychological precision. The Jīvanmukta’s mental radiance does not rise or set — it is equally illumined in happiness and misery. The person is wakeful while appearing asleep; they know no conventional waking. Their mental alertness is free of all impressions (vāsanās). Though acting in accord with passion, hatred, fear, and other influences, they have a conscience as clear as internal ether. The intellect is never clouded, whether the person is active or passive. From such a person the world does not shrink out of fear, nor does the Jīvanmukta shrink from the world. Released from joy, anger, and fear, remaining cool even while indulging in snare-like objects of sensual pleasure, the Jīvanmukta lives fully in the world while being fully at ease in the Brahman.

The chapter also introduces the two paths to liberation: the Śuka-path (direct, immediate, like a bird’s flight) and the Vāma-deva path (gradual, over many births, like the ant’s route). Both paths ultimately converge on the same goal. The sinless seeker who takes to the Śuka-path attains the highest state directly through samādhi and the investigation of scriptural import. The seeker who takes the Vāma-deva path attains liberation through repeated births, the practice of Yoga and Sāṃkhya, devotion, and accumulating merit — ultimately arriving at the same shore.



## Chapter 5: The Body as Sacred Instrument — Yoga, Prāṇa, and the Ascent to Turiya

The fifth and final chapter of the Varāhopaniṣad is distinctive within the text for its pronounced emphasis on the technology of the body and the subtle anatomy. Where the preceding chapters have focused primarily on philosophy and psychology, Chapter Five descends — or rather ascends — into the specifics of yogic practice: the five elements as constituents of the body, the nāḍī system, prāṇāyāma, the three bandhas, and the four stages of Haṭha Yoga.

The chapter opens with Nidāgha asking about the rule relating to the practice of Yoga. The Lord explains that the body is made up of the five elements, each with its corresponding principle: the hard is earthy, the fluid is water, vital warmth is fire, motion is the characteristic of air, and ether is essentially the entire body in its spatial dimension. A profound physiological fact is then stated: the breath strikes the body twenty-one thousand six hundred times during the day and night — a classical figure found in multiple Yoga texts that correlates breath with time, vitality, and consciousness.

The text then describes in meticulous detail the plexus of nāḍīs — the subtle energy channels through which prāṇa (vital air) flows. At the centre of the body lies a twelve-spoked plexus. The Suṣumnā nāḍī, the central channel leading to the Brahman, is obstructed by the Kuṇḍalinī, whose face covers the opening of the Suṣumnā. Around the Suṣumnā run the Iḍā on the left and the Piṅgalā on the right, along with a rich network of named subsidiary channels — the Alambusā, Kuhū, Vāruṇī, Yaśasvinī, Pūṣā, Sarasvatī, Śankhinī, Gāndārī, Hastijihvā, and Viśvodārī. These twelve nāḍīs are the carriers of the ten vital airs. The four special nāḍīs — Jvalantī, Nāda-rūpiṇī, Para-randhrā, and the Suṣumnā — are said to be filled with rare gems.

Prāṇāyāma is described through its three classical operations: Pūraka (in-filling), Kumbhaka (steadying or retention), and Recaka (expelling). The three types of Yoga — Laya, Mantra, and Haṭha — are enumerated, with Haṭha declared the foremost because of its eight subdivisions: Yama (ten restraints including non-violence, truth, non-stealing, celibacy, compassion, rectitude, forbearance, firmness, temperance, and cleanliness), Niyama (ten observances including penance, joy, belief in God, worship, study, prayer, and resolute mind), Āsana (eleven postures enumerated including Cakra, Padmāsana, Kūrma, Mayūra, and others), Prāṇāyāma (breath-work), Pratyāhāra (withdrawal), Dhāraṇā (stability of breath and mind), Dhyāna (meditation), and Samādhi (absorption).

The chapter describes the ascent of Kuṇḍalinī through the three granthis to the Sahasrāra, along with the four stages of Yoga that culminate in Jīvanmukti, the state of liberation while living.

It concludes by affirming that one who realizes these teachings is purified, freed from all sin, and attains the highest state of liberation, abiding in the supreme Consciousness.



## Therapeutic and Well-being Insights

Read through the lens of contemporary well-being research, the Varāhopaniṣad reveals a remarkably sophisticated understanding of human psychology and its transformation. While care must be taken not to reduce a liberation text to a self-help manual, it is legitimate — and enriching — to note how its insights resonate with and sometimes anticipate contemporary frameworks.

### 7.1 SENSE REGULATION AND EMOTIONAL MASTERY

The six inner qualities — śama (tranquillity), dama (self-control), uparati (continence), titikṣā (forbearance), śraddhā (sincerity), and samādhāna (one-pointedness) — constitute a comprehensive programme of emotional regulation and attentional training. Tranquillity is explicitly defined as control of the internal organs; self-control as control of the external organs. Contemporary mindfulness research similarly identifies attentional regulation and emotional decentering as the core mechanisms of well-being interventions.

### 7.2 THE 'MINE-LESS' STANCE AS PSYCHOLOGICAL FREEDOM

The Upaniṣad's teaching on the 'mine' and 'mine-less' attitudes maps strikingly onto insights from attachment theory and self-determination research. Compulsive ownership and ego-annexation of experience generate suffering; the relaxation of the ownership stance generates inner freedom. The text does not counsel emotional anaesthesia but a graceful non-attachment that allows full engagement with life without the agony of compulsive clinging.

### 7.3 MENTAL CLARITY AND COGNITIVE COHERENCE

The repeated emphasis on the purification of the mind (manahśuddhi) as the prerequisite for Self-knowledge resonates with what Aaron Antonovsky — the originator of the salutogenesis framework — called 'comprehensibility': the ability to perceive one's experience as structured, predictable, and coherent rather than chaotic and overwhelming. The seven stages of knowledge describe precisely a progressive increase in this sense of coherence, moving from initial aspiration through investigation to the supreme equanimity of the Jīvanmukta.

### 7.4 THE BODY AS A RESOURCE, NOT AN OBSTACLE

Chapter Five's detailed attention to the body — its elemental constitution, its nāḍī network, its breath cycles — refuses the dismissal of the body as merely an obstacle to liberation. Instead the body is a sacred instrument of realization. The twenty-one thousand six hundred breaths that occur daily are not mere physiological events but potential moments of conscious contact with the life-force. Prāṇāyāma is thus simultaneously a physiological intervention (reducing sympathetic arousal, calming the nervous system) and a meditative one (redirecting attention inward to the source of consciousness).

### 7.5 RESILIENCE THROUGH EQUANIMITY

The portrait of the Jīvanmukta in Chapter Four is, among other things, a portrait of extraordinary resilience: a person whose mental radiance 'does not rise or set in happiness or misery,' who remains inwardly stable across the full range of external conditions. This is not stoic detachment but the natural stability of someone rooted in an identity that transcends circumstantial flux — what positive psychology might term psychological flexibility or equanimity grounded in self-transcendence.





### Conclusion: Lord Varāha's Enduring Gift

The Varāhōpaniṣad begins with a divine appearance — Bhagavān Varāha manifesting before a sage who has completed twelve years of austere penance — and closes with the supreme Ṛg verse affirming that the sages always behold the transcendent state of Viṣṇu, like the eye of Heaven. Between that opening epiphany and that closing vision lies a complete map of the human journey from bondage to liberation.

The central message of the Varāhōpaniṣad is simultaneously simple and staggering: You are the Brahman. Not merely a fragment or a reflection of Brahman, not a Brahman-in-progress or a Brahman-to-be, but the Brahman itself — pure, indivisible, ever-liberated Consciousness. Bondage is not a fact about you but a misapprehension. Liberation is not a future acquisition but the recognition of what you have always already been.

This recognition does not require the abandonment of the world, the body, or human relationships. The Jīvanmukta — the liberated one — lives fully and freely in the world, engaging all of life with compassion, equanimity, and effortless wisdom. The Varāhōpaniṣad's vision of liberation is therefore not an escape from life but its fullest flowering.

The synthesis the text achieves — between the encyclopaedic philosophy of the tattvas and the non-dual realization that transcends them all; between the seven progressive stages of wisdom and the sudden recognition of what was always present; between the physical disciplines of Haṭha Yoga and the formless abidance of pure consciousness — is a synthesis that the modern world urgently needs. In a time when the spirit seeks a home, when practice searches for depth, and when knowledge hungers to become wisdom, the teachings of Bhagavān Varāha to the sage Ṛbhhu remain, as they have always been, eternally relevant.

*“He who sees the Ātman, the All-witness, as of the form of the Brahman, becomes the Brahman of his own accord. — Varāhōpaniṣad, Ch. 2”*

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## World Schizophrenia Day

The School of Allied Health Sciences at S-VYASA Deemed to be University organized a World Schizophrenia Day Awareness programme on 25th May 2026 with the objective of promoting mental health awareness, reducing stigma associated with schizophrenia, and encouraging empathy and understanding toward individuals living with the condition.



The programme featured an expert talk by Dr. Sucheta Saha, Consultant Psychiatrist, Cadabams Hospitals, an experienced psychiatrist specializing in various areas of mental health care. During the session, she explained the nature of schizophrenia, its positive and negative symptoms, common myths and misconceptions, and the importance of early diagnosis, treatment, family support, and rehabilitation. She also discussed the evolution of psychiatric understanding and treatment approaches for schizophrenia.

The event was coordinated by Mr. Sharath Manjunath and Dr. Ashna Waseem Patel (PT) and was attended by Dr. Sriraghunath S, Dean - Allied and Healthcare, Dr. Gaurav Thapliyal, HOD - Clinical Psychology, faculty members, and students from MSc Psychology, BSc Psychology, BOT and BPT Programs.

As part of the programme, Students of MSc Psychology presented a skit portraying the stigma, emotional struggles, and challenges experienced by individuals diagnosed with schizophrenia, while emphasizing the importance of support, therapy, and compassion in recovery. The event also included interactive activities, including a quiz and myths-versus-facts session, which were also conducted to enhance awareness and engagement among participants.

The programme concluded with a documentary screening and discussion session led by MSc Psychology students Pranita and Shwetha, featuring real-life schizophrenia case studies and experiences.

**Outcome of the Event:** The programme successfully enhanced awareness and understanding of schizophrenia among students and faculty members. It encouraged participants to challenge common misconceptions, develop a compassionate perspective toward mental illness, and recognize the importance of timely intervention, treatment, and social support in mental health care.

## Expert Talk on From College to Career: IT Industry Reality Check & Winning in Today's Tech Industry



The School of Computer Science and Applications, S-VYASA Deemed to be University, organized an insightful guest talk titled “From College to Career: IT Industry Reality Check & Winning in Today’s Tech Industry” on 12th June 2026 at the Seminar Hall. The session was conducted with the objective of bridging the gap between academic learning and industry expectations, while equipping students with practical insights into building successful careers in the rapidly evolving technology sector.

The resource person for the session was Mr. Santosh Subramanya, Principal Security Engineer at Autodesk, Bengaluru. With extensive experience in the IT and cybersecurity domains, Mr. Santosh shared valuable perspectives on the realities of the modern technology industry, the skills required to thrive in competitive environments, and the strategies students can adopt to build rewarding careers.

The session commenced with a welcome address and introduction of the speaker by the faculty coordinators. During his presentation, Mr. Santosh highlighted the significant transformation taking place in the IT industry due to emerging technologies such as Artificial Intelligence, Cloud Computing, Cybersecurity, Data Analytics, and Automation. He emphasized that while technical knowledge remains essential, employers increasingly seek professionals who possess strong problem-solving abilities, adaptability, communication skills, and a continuous learning mindset.



Drawing from his professional journey and industry experiences, Mr. Santosh provided students with a realistic understanding of workplace expectations, recruitment processes, and the challenges commonly faced by fresh graduates entering the corporate world. He discussed the importance of developing practical skills through projects, internships, certifications, and participation in technical communities. The speaker also shared guidance on resume building, interview preparation, networking, and personal branding, enabling students to better prepare themselves for future opportunities.



Through real-world examples and industry case studies, Mr. Santosh explained how professionals can stay relevant in an ever-changing technological landscape. He encouraged students to focus on building strong fundamentals, embrace lifelong learning, and cultivate resilience to navigate career challenges successfully. His practical insights and motivational advice resonated strongly with the participants.

The session concluded with an interactive question-and-answer segment, during which students actively engaged with the speaker by seeking guidance on career planning, cybersecurity opportunities, industry trends, higher education options, and strategies for professional growth. Mr. Santosh addressed the queries with clarity and shared actionable recommendations based on his industry expertise.

The event was highly appreciated by the students and faculty members, who found the session both informative and inspiring. The School of Computer Science and Applications expressed its sincere gratitude to Mr. Santosh Subramanya for sharing his valuable knowledge and experiences, and to the university administration for their continued support in organizing such enriching academic and industry-oriented programs. The session successfully provided students with a clearer understanding of industry expectations and motivated them to take proactive steps toward achieving their career aspirations.

## Fireside Chat with an ACCA Gold Medalist: Inspiring Future Finance Professionals



The School of Management and Commerce organized a Fireside Chat with ACCA Gold Medalist Ms. Manasa Radhakrishnan on 12th June 2026 (Friday), from 10:00 a.m. to 1:00 p.m., to provide B.Com-ACCA students with valuable insights into the ACCA qualification and career opportunities in the global finance and accounting profession. The event was coordinated by Ms. Roopa S C, ACCA Coordinator, who facilitated this enriching interaction for aspiring ACCA students.

Ms. Manasa Radhakrishnan, an accomplished ACCA Affiliate, has earned the prestigious distinction of securing All India Rank 2 and Global Rank 9 in the ACCA Advanced Performance Management (APM) examination. During the session, she shared her inspiring journey, effective study strategies, exam preparation techniques, and the importance of dedication and perseverance in achieving academic and professional excellence.

The session was highly interactive, with students enthusiastically participating and asking numerous questions related to ACCA examinations, preparation methods, career pathways, and professional growth. The discussion helped students clear their doubts and gain a better understanding of the ACCA journey, enabling them to approach their goals with greater confidence and clarity.

Addressing the students, Ms. Manasa highlighted the significance of ACCA as a globally recognized qualification that equips professionals with technical expertise, strategic thinking, ethical values, and leadership skills. Her practical insights and personal experiences served as a source of inspiration for students aspiring to build successful careers in finance and accounting.

The session concluded on a positive note, inspiring students to pursue their ACCA aspirations with determination and confidence, while strengthening their vision for a successful professional future.

## GLOBAL MSME CONCLAVE 2026 – A VISIT

Students from the Department of Management and Commerce participated in the ongoing 3rd Edition of the Global MSME Conclave 2026 organised by Federation of Karnataka Chambers of Commerce & Industry at Tripuravasini, Palace Grounds as part of their experiential learning initiative.

The conclave offered students an excellent opportunity to gain practical exposure to the world of Micro Small and Medium Enterprises (MSMEs) and understand their contribution towards economic development innovation and employment generation. Through exhibitions technical sessions and interactions with entrepreneurs students were able to observe how MSMEs function and adapt to changing business environments.

The visit also encouraged entrepreneurial thinking among students by exposing them to startup culture innovative business ideas sustainability practices and government initiatives that support MSMEs. Students interacted with industry professionals and representatives from various MSMEs which created opportunities for meaningful networking and potential internship collaborations in the future.



Such initiatives help bridge the gap between academia and industry by connecting classroom learning with real business practices. The experience enabled students to develop a broader perspective on entrepreneurship management and the MSME ecosystem while motivating them to explore future career and business opportunities.

As educators we strongly believe that experiential learning platforms such as the Global MSME Conclave play an important role in shaping confident industry-ready and socially responsible future professionals.



## Swami Vivekananda - The Humanist 20

**Dr. K. Subramanyam**  
Former Chancellor, S-VYASA



The life and message of Swami Vivekananda enormously and emphatically prove that Swamiji is first and foremost a humanist. Every other trait is only secondary; even his spiritual ideal is secondary to humanistic service. According to him, religion is no religion if it does not have humanism as its undercurrent. Rather, religion has come into existence only because of its humanism.

Every person in society is to be fed well. Every person has to be looked after and taken care of. No person has all the abilities to earn a livelihood; therefore, every latent gift is to be identified by religion, and it should be well protected and promoted. Some are good at producing edibles, some are skilled in fine arts, some are good at chanting, and others possess organizing skills. Therefore, religion has to see that every person belonging to every faculty and strata of society is taken care of. Pandits, masses, rich, poor, talented, and handicapped must all be cared for.

Therefore, the first and foremost instruction of religion is love—love all, serve all. But unfortunately, religion has so degenerated that it has been reduced to temple-going, idol-worshipping, and ritualism. This degeneration has had a bad impact on society, leading to scepticism and atheism. If only religion and religious leaders upheld humanism, there would

not have been any scope for anyone to see religion as having a negative influence.

When people are crying for food and shelter, religious leaders offer them stones to worship. Therefore, Swami Vivekananda objected to religion being a harbinger of wars, misunderstandings, conflicts, and clashes among people. If all religions highlight love and service, there will be no quarrels among religionists.

A beggar in the street and a king in the palace, a fool on the road and a preacher in the pulpit—all need food. Also, nobody is prepared to give up self-respect. Ego can be shed, but not self-respect. Anything can be given up, but not the basic necessities. Food, shelter, and clothing are the primary requirements; even a sanyasi cannot give them up. After all, a monk is fed by society. Therefore, the monk has a responsibility to society and cannot run away from the duty to mankind.

In the 1890s, when the bubonic plague struck Calcutta, a panic far deadlier than the disease itself spread across the city. The affluent fled, leaving the poor to suffer. Swami Vivekananda rushed from Darjeeling to serve amidst the crisis and recognized fear as the greatest obstacle.





To counter this, he issued a “Plague Manifesto” in Bengali and Hindi, urging people to practise Karma Yoga through selfless service, maintain cleanliness and hygiene, strengthen themselves with proper food, and ignore fear-mongering rumours.

The Ramakrishna Mission formally began plague relief on March 31, 1899. Swamiji inspired his followers, reminding them that they were children of immortality and must serve the afflicted fearlessly. He even declared that if funds ran out, the newly acquired Belur Math property could be sold, and the monks could live under trees—such was his total dedication to service.

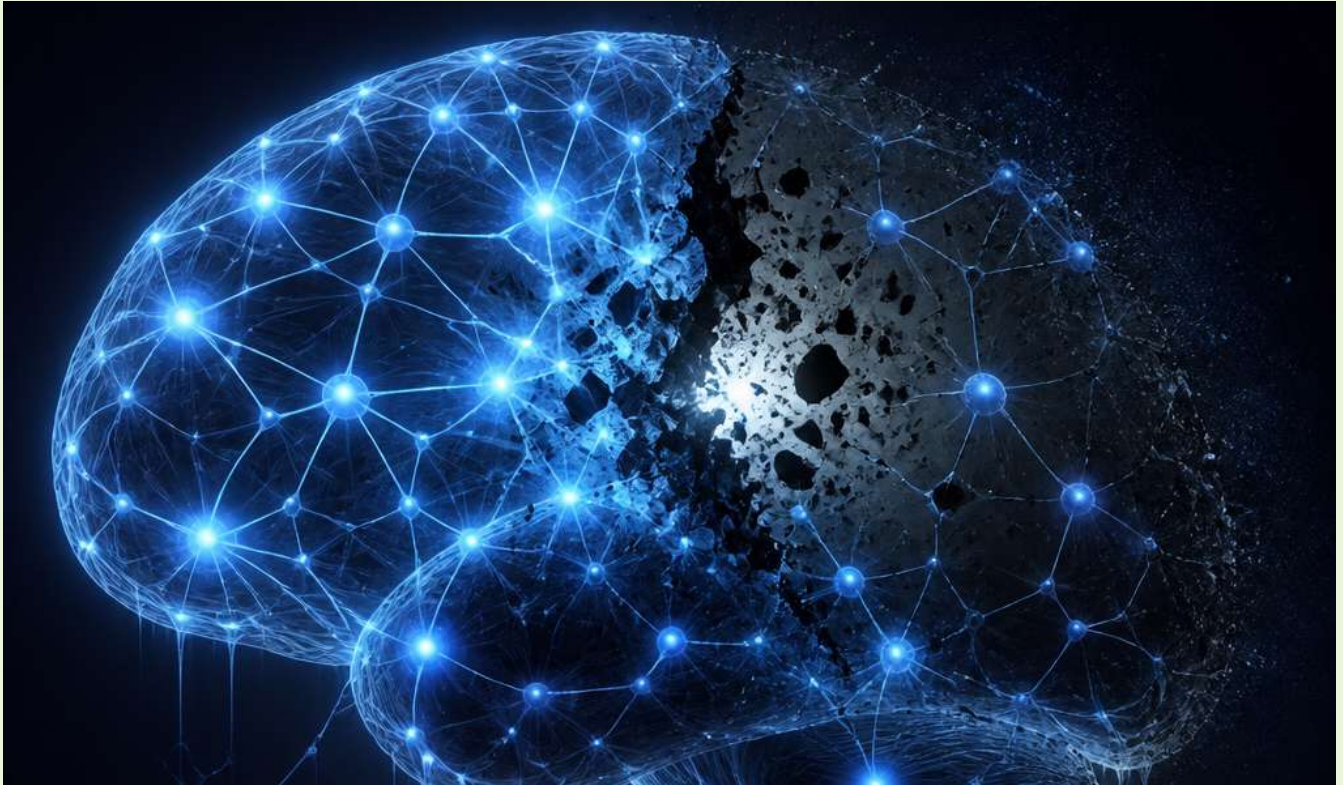
A temple is not a temple if it is not open to the frustrated and the downtrodden. Similarly, ashrams and Maths are mere structures if they fail to provide shelter and food to the needy. Therefore, the large-

hearted Swami Vivekananda was willing to sacrifice institutional assets for human welfare. Anything or anybody is useless and condemnable if there is no service rendered. It is the hardworking people who build palaces, temples, and educational institutions, yet they are often denied entry into them. This, according to Swamiji, is cruel and treacherous. Therefore, he resolved to make himself and his Math useful to all.

In Chennai, when Alasinga Perumal collected money for Swamiji’s travel to Chicago, Swamiji refused to accept it after seeing people starving on the streets. He asked that the money be used for feeding the poor. This is true Mahesh Puja—seeing God in every human being and serving all with sincerity and devotion.

Service to man is service to God.

## Success stories at Arogyadhama



In this article, we share the experience of a 52-year-old male participant who visited Arogyadhama in the year 2026. He was diagnosed with post-stroke neurological deficits following a Left Middle Cerebral Artery (MCA) infarct, along with Hypertension, Atrial Fibrillation, and Hypertrophic Obstructive Cardiomyopathy. He underwent integrative neuro-rehabilitation at Arogyadhama through multiple admissions and follow-ups. He was benefited in a remarkable way, showing significant improvement in motor function, speech, balance, cognition, and overall quality of life through Integrative Medicine Therapy.

### **HOW AROGYADHAMA DEPARTMENT OF NEURO-REHABILITATION DEALS WITH DISEASES**

Under the able guidance of Dr. Nagarathna and her team of doctors and therapists, Arogyadhama Department of Neuro-Rehabilitation deals with neurological disorders and

their associated disabilities. We apply an integrated approach of therapy comprising Yoga Therapy, Naturopathy, Physiotherapy, Speech Therapy, Diet Therapy, and Lifestyle Modification. This holistic approach aims at improving physical, mental, emotional, and functional well-being while promoting positive health and independence in activities of daily living.

### **POST-STROKE RECOVERY SUCCESS STORY**

**A 52-year-old male participant (multiple admissions and follow-up rehabilitation)**

Perna 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. Perna came to Arogyadhama for management of her pain and general condition.

**COMPLAINTS:**

- C/O Right-sided weakness following stroke.
- C/O Difficulty in walking and maintaining balance.
- C/O Contractures in wrist and finger joints.
- C/O Difficulty in speech and communication (aphasia).
- C/O Mild memory deficits.
- K/C/O Hypertension.
- K/C/O Atrial Fibrillation with Hypertrophic Obstructive Cardiomyopathy.

The participant came to Arogyadhama for management of post-stroke neurological deficits. He had suffered a Left MCA infarct on 2nd December 2024, resulting in right hemiplegia and aphasia. He also underwent craniotomy

for raised intracranial pressure. During admission, he presented with significant motor impairment, contractures, speech difficulties, balance impairment, and mild cognitive deficits.

He was given Integrated Yoga Therapy, Naturopathy treatment, Physiotherapy, Speech Therapy, Diet Management, and Lifestyle Modification during his stay. The customized yoga therapy module addressed all five dimensions of health (Pancha Kosha) and included special therapeutic practices, pranayama, meditation techniques such as MSRT and cyclic meditation, devotional sessions, yogic counselling, and relaxation techniques. These interventions were integrated with naturopathy treatments and physiotherapy to facilitate comprehensive recovery.

Naturopathy Treatment	Physiotherapy and Speech Therapy	Diet Given During Stay
Intervention	Intervention	Dietary Intervention
Hydrotherapy	Gait Training	Millet-based diet
Therapeutic Diet	Balance Training	Therapeutic juices
Therapeutic Juices	Range of Motion Exercises	Boiled diet
Lifestyle Modification	Contracture Management	Buttermilk
Relaxation Therapy	Muscle Strengthening	Balanced naturopathic diet plan
Supportive Rehabilitation Therapies	Speech Rehabilitation	
	Functional Independence Training	

**MEDICATION UPDATES DURING REHABILITATION**

Baclofen was added to reduce spasticity and facilitate rehabilitation. Telma 40 mg and Dilizem SR 90 mg were discontinued after cardiology review. Continued medications included Apixaban, Levetiracetam, Escitalopram, Cardarone, Ecosprin AV, and Tide Plus.



**BEFORE AND AFTER PARAMETERS**

PARAMETER	AT ADMISSION	AFTER REHABILITATION
Gait	Impaired with balance issues	Significant improvement
Muscle Tone	Increased tone and spasticity	Marked reduction
Contractures	Present	Significant reduction
Range of Motion	Restricted	Markedly improved
Speech	Vocalizations only	Clear word pronunciation
Memory	Mild deficit	Improved cognition
Balance	Poor	Good functional balance
Functional Independence	Dependent	Increased independence
Weight	102 kg	95 kg (7 kg reduction)
Blood Pressure Control	Multiple antihypertensives	Improved control with reduced medication burden

**POST-STROKE NEUROLOGICAL DEFICITS FOLLOWING LEFT MCA INFARCT**

A stroke occurs when blood flow to a part of the brain is interrupted, causing brain cell injury and neurological dysfunction. A left MCA infarct commonly affects speech, movement, and cognitive functions. Major risk factors include hypertension, atrial fibrillation, cardiac disorders, atherosclerosis, diabetes mellitus, smoking, obesity, and a sedentary lifestyle. Common symptoms include weakness on one side of the body, difficulty speaking (aphasia), facial weakness, balance impairment, cognitive dysfunction, reduced coordination, and difficulty performing daily activities. Prevention and management focus on controlling blood pressure and cardiac risk factors, regular exercise, a healthy diet, weight management, medication adherence, and rehabilitation through physiotherapy, speech therapy, yoga therapy, and lifestyle modification.

**OUTCOME**

Following integrative rehabilitation at Arogyadhama, the participant showed significant improvement in gait, balance, muscle tone, coordination, speech, cognition, and overall functional independence. Contractures were markedly reduced, joint range of motion improved, and speech progressed from simple vocalizations to clear word pronunciation. Enhanced mobility and daily functioning reflected substantial neurological recovery.

The participant also achieved a weight reduction of 7 kg through therapeutic interventions, dietary regulation, and lifestyle modification. Following medical evaluation, antihypertensive medication was reduced. Overall, the findings demonstrate the effectiveness of an integrative rehabilitation approach combining Yoga Therapy, Naturopathy, Physiotherapy, Speech Therapy, and Lifestyle Modification in promoting holistic post-stroke recovery.

## INTERNATIONAL DAY OF YOGA (IDY) 2026 CELEBRATION

The International Day of Yoga (IDY) 2026 was celebrated at S-VYASA, Bengaluru, on 21 June 2026 with the theme “Yoga for Healthy Ageing.” The programme was organized by the Collaborative Centre for Mind–Body Interventions through Yoga (CCMBIY) under the Central Council for Research in Yoga & Naturopathy (CCRYN), Ministry of AYUSH, Government of India.



The programme was conducted under the divine blessings and visionary guidance of Dr. H. R. Nagendra, President of S-VYASA, whose lifelong dedication to the propagation of yoga continues to inspire the institution’s academic, research, and outreach activities. The event was further honoured by the presence of Dr. B. R. Ramakrishna, Pro-Chancellor, and was graced by Prof. M. K. Subramanya and Prof. Sony Kumari, Registrar, S-VYASA, Bengaluru, whose presence added significance to the occasion.

The event witnessed the participation of over 1,104 faculty members, students, researchers, and staff from various schools and departments of S-VYASA. The programme commenced with an invocation by Dr. Karuna Nagarajan, followed by the traditional Tulasi watering ceremony by the dignitaries. Dr. Karuna Nagarajan also delivered the welcome address, highlighting the significance of yoga in promoting holistic health and healthy ageing.

The Common Yoga Protocol (CYP) session was conducted by Dr. Sushmitha C. T. and Ms. Meera, with enthusiastic participation from all attendees. A yoga demonstration by students showcased various yogic practices and reflected the institution’s commitment to yoga education and training.

The Chief Guest, Yogacharya Dr. Ananda Balayogi Bhavanani, delivered an inspiring address on the role of yoga in healthy ageing and its growing scientific relevance in health promotion and disease prevention. He was felicitated in recognition of his outstanding contributions to the field of yoga.

The programme was further honoured by the presence of Mr. Atul Kumar Mishra, Secretary, Forest Department, Government of Madhya Pradesh, as the Guest of Honour. The event was also attended by the principals and heads of various constituent institutions of S-VYASA, including Sushrutha Ayurveda Medical College, the College of Nursing, and the College of Physiotherapy.

The morning session concluded with a vote of thanks by Dr. Soubhagyalakshmi, followed by the Shanti Mantra and the National Anthem. Breakfast was subsequently served to all participants at Shruti Mandir.



The post-breakfast session featured a special lecture by the Chief Guest, who elaborated on the philosophy and science of yoga and its applications in modern healthcare. The programme concluded with the distribution of prizes and certificates, along with appreciation of participants and volunteers for their valuable contributions.

The distinguished dignitaries appreciated the efforts of CCRYN and S-VYASA in promoting yoga for holistic health and emphasized the importance of integrating yoga into daily life for individual and societal well-being. The celebration successfully promoted awareness of yoga as a holistic approach to health and well-being and effectively conveyed the message of “Yoga for Healthy Ageing.”



## Yogotsav 2026

### Dr. H. R. Nagendra Joins National Leaders in Celebrating Diversity in Yoga

YOGOTSAV 2026, the 6th National Conclave of the Indian Yoga Association (IYA), was held on 29–30 May 2026 at Kaivalyadhama Yoga Institute, Lonavala, Maharashtra. Centered on the theme “Celebrating Diversity in Yoga,” the conclave brought together eminent yoga masters, scholars, practitioners, policymakers, and institutions from across the country to explore the many dimensions of yoga and its role in contemporary society.



Among the distinguished guests was Dr. H. R. Nagendra, President of S-VYASA and Governing Council Member of the Indian Yoga Association, who was invited as a revered yoga guru. His presence added immense value to the conclave, reflecting decades of dedicated service to the promotion of yoga as a scientific, evidence-based, and holistic discipline.

Dr. Nagendra’s participation underscored the significant contributions of S-VYASA in advancing yoga education, research, and therapy at national and international levels. Through its pioneering work in integrating ancient yogic wisdom with modern scientific inquiry, S-VYASA has played a vital role in establishing yoga as a credible and effective approach to health, well-being, and human excellence.



The conclave also featured eminent personalities, including Shri Prataprao Jadhav, Minister of State (Independent Charge), Ministry of Ayush, and Shri Vidyut Jammwal, renowned actor, martial artiste, and IYA's Ambassador for Youth IDY 2026. Their participation highlighted the growing recognition of yoga as a unifying force that transcends age, profession, and cultural backgrounds.

YOGOTSAV 2026 provided an inspiring platform for dialogue, collaboration, and collective growth. S-VYASA's active participation through the leadership of Dr. H. R. Nagendra reaffirmed its enduring commitment to promoting yoga for individual transformation, societal well-being, and global harmony.



## Graceful Aging in the Light of the Bhagavad Gītā

Prof. M. Jayaraman delivered a lecture on “Graceful Aging in the Light of the Bhagavad Gītā” at the National Symposium on “Yoga for Aging” organized by S-VYASA University with the support of Power Grid Corporation on 18 June 2026 as part of the International Day of Yoga celebrations.

The lecture explored the Bhagavad Gītā’s perspective on aging as a natural and meaningful stage of life. Prof. Jayaraman highlighted seven key teachings from the Gītā relevant to graceful aging: acceptance of aging as a natural process, understanding one’s true identity as the Self, preparation for later life, cultivation of *vairāgya* (detachment), maintenance of equanimity, continued meaningful contribution to society, and deepening devotion through *bhakti*.

Drawing upon examples from the Bhagavad Gītā, traditional narratives such as those of Bhīṣma and Yayāti, and contemporary life experiences, the session emphasized how aging can become a journey of wisdom, inner growth, and spiritual maturation.



## Graceful Aging in the Light of the Bhagavad Gītā

Prof. M. Jayaraman delivered a lecture on “A Salutogenetic Reading of Kriyā Yoga in the Yogasūtras” at the International Webinar on “Salutogenic Approach of Yoga Therapy Across the Life Span”, organized by Sri Balaji Vidyapeeth (SBV), Puducherry, as part of the International Day of Yoga celebrations. The webinar was conducted under the theme “Yoga for Vibrant Campus and Academic Excellence.”

In his presentation, Prof. Jayaraman explored the convergence between Aaron Antonovsky’s concept of Salutogenesis—the study of factors that create and sustain health—and Patañjali’s formulation of Kriyā Yoga in the Yogasūtras (2.1–2.2). He highlighted how the three components of Kriyā Yoga—*Tapas* (self-discipline), *Svādhyāya* (self-study), and *Īśvarapraṇidhāna* (surrender to the Divine)—provide a holistic framework for cultivating health, resilience, and well-being.

## NAVATARANGA PHYSIOFEST 2026 – Freshers’ Day Celebration



The School of Physiotherapy organized the Freshers’ Day celebration, “Navataranga Physiofest 2026,” on 8th May 2026 at Samskruti Bhavan. The event was organized by the 2nd and 3rd year BPT students to warmly welcome the 1st year BPT students into the academic family.

The program commenced with the auspicious lighting of the lamp ceremony, symbolizing the dispelling of darkness and the beginning of knowledge and wisdom. The occasion was graced by the esteemed presence of Dr. H. R. Nagendra Guruji, President of S-VYASA Society, Dr. R. Nagarathna, Medical Director, Arogyadhama, Dr. Raghuram, the Vice Chancellor- Dr. Manjunath Sharma, Registrar-Prof. Sony Kumari, Deputy Registrar Dr. Vasudev Vaidya- Dean of Academics-Dr. Jayaraman, Dean of Allied & Healthcare Sciences-Dr. Sriraghunath, Director of Research-Dr. M N Ramesh and the Principal of SOPT -Dr. Prashanth along with all the faculty of the School of Physiotherapy (SOPT).

The inaugural ceremony reflected the spirit of unity, enthusiasm, and academic excellence. The dignitaries addressed the gathering and encouraged the freshers to make the most of their journey in physiotherapy through dedication, compassion, and holistic learning.



The ceremony concluded with the Presidential Address by Dr. H. R. Nagendra, who inspired the students with his words of wisdom, followed by the Vote of Thanks by Dr. Aishwarya (PT), Assistant Professor, expressing gratitude to all who contributed to the event’s success.

The afternoon featured vibrant cultural performances by the 19 first-year BPT students, along with fun games organized by their seniors, fostering joy and camaraderie. The event concluded with the presentation of Mr. Fresher, Miss Fresher, Mr. Best Dressed, and Miss Best Dressed awards, making Navataranga Physiofest 2026 a memorable beginning to their academic journey.

## A Historic Milestone: Inauguration of the IKS Centre for Vedic Wellness Practices

June 4th, 2026 (kali-yuga 5128, Prabhava, Vṛṣabha-māsa, Kṛṣṇa-caturthi, Uttarāśādhā-nakṣatram) marked a milestone in the illustrious history of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Deemed to be University. On this auspicious occasion, the Division of Yoga-Spirituality inaugurated the prestigious Indian Knowledge Systems (IKS) Centre for Vedic Wellness Practices, named Varahamihira Advanced Centre for Vedic Technology Research.

This landmark initiative has been officially recognized and approved by the IKS Division, Ministry of Education, Government of India, under the esteemed IKS Centre Project Scheme 2026-27. The centre is backed by the vital financial assistance of a matching grant from both the IKS Division and S-VYASA



### The Auspicious Commencement & Exhibition

The inaugural ceremonies commenced with the sacred resonance of the Ganapati Homa and Śrī Sūkta Homa at 7:30 AM, paving the way for the unveiling of the centre at 10:15 AM. Prof. Viroopaksha V. Jaddipal, the distinguished Secretary of the Maharshi Sandipani Rashtriya Vedavidya Pratishthan, Ujjain graced the occasion as the Chief Guest.

To celebrate the launch, the Division of Yoga-Spirituality curated an informative exhibition highlighting Vedic Wellness Dimensions. The formal itinerary began with the official opening of the centre and a guided walkthrough of this exhibition. Attendees were treated to:

- Insightful Poster Displays: Detailed presentations on Yajña, Medical Astrology, and Vedic Wellness Practices.
- Sacred Artifacts: A rich showcase of Yajña Sāmagrī, manuscripts, and authoritative literature on Astrology.
- Scholarly Guidance: The displays were systematically articulated and explained by the passionate students of M.Sc. & B.Sc. Yoga & Vedic Wellness, alongside M.A. Yoga Darshanam.

## Grand Ceremony and Luminary Presence

The formal stage program saw a gathering of eminent academicians and visionaries. Sharing the dais with the Chief Guest were:

- Dr. N.K. Manjunath (Hon'ble Vice Chancellor, S-VYASA)
- Acharya Ramachandra G. Bhat (Chairperson, IKS Centre)
- Prof. K. Subrahmanyam (Former Chancellor, S-VYASA)
- Dr. Vasudev Vaidya (Deputy Registrar, S-VYASA)
- Prof. M. Jayaraman (Director, IKS Centre)
- Dr. N. Sridhar (Coordinator, IKS Centre)

Prof. M. Jayaraman warmly welcomed the august gathering and introduced the dignitaries. He then delivered a brief on the pioneering research projects slated for execution under the centre's banner:

- Disease-wise Module Validation for Vedic Wellness Practices.
- Re-establishing the Indian Roots of Naturopathy from the Atharvaveda Samhitā.
- Eṣadrapso Mantra (Ṛgveda) intervention for Cognitive Fog.
- Amūryā Yanti Mantra (Atharvaveda) intervention for Heavy Menstrual Bleeding.

## Keynote Addresses & Student Demonstrations



The Hon'ble Vice Chancellor extended his heartfelt wishes and lauded the team's exceptional efforts, hailing the centre as a "remarkable leap forward" for S-VYASA.

The gathering was further inspired by a special video message bearing the profound blessings of the revered Guruji, Dr. H.R. Nagendra.

A mesmerizing highlight of the event was a live demonstration by the Yoga and Vedic Wellness students. They seamlessly showcased authentic Vedic wellness practices, including:

- The rhythmic chanting of healing mantras - aksheebhyam te sukta from Rgveda, Roga Nivāraṇa Sūkta from the Atharvaveda and the Āditya Hṛdayam from Ramayana.
- Demonstrations of selected practices of Sandhyāvandanam and Agnikāryam.

**This flawless performance was met with admiration from the dignitaries on stage.**





In his presidential address, Acharya Ramachandra G. Bhat congratulated the Division of Yoga-Spirituality for spearheading this significant initiative. He emphasized the importance of integrating India's spiritual wisdom with modern scientific understanding and appreciated S-VYASA's continued efforts in promoting yoga, spirituality, and holistic well-being for the benefit of society.

### Address by the Chief Guest

In his insightful inaugural address, the Chief Guest, Prof. Viroopaksha V. Jaddipal, underscored the necessity of integrating modern scientific equipment and advanced technology to research and validate traditional Indian Knowledge Systems. Masterfully weaving Sanskrit verses throughout his speech, he provided robust textual evidence supporting Vedic wellness methodologies. Looking ahead, he warmly proposed a joint research collaboration between S-VYASA and the Maharshi Sandipani Rashtriya Vedavidya Pratishthan.



### Conclusion

As the ceremony drew to a close, Dr. N. Sridhar delivered the vote of thanks, expressing heartfelt gratitude to the Chief Guest, dignitaries, faculty members, researchers, students, and organizing team for their invaluable support in making the inauguration a memorable success. He acknowledged the collective efforts that laid a strong foundation for the newly launched initiatives in Yoga, Vedic Wellness, and Naturopathy.

In an exciting announcement, Dr. Sridhar informed the students about upcoming paid research projects in Vedic Wellness and Naturopathy, encouraging them to actively participate in research and contribute to the advancement of evidence-based traditional knowledge. He emphasized that these projects would provide valuable opportunities for academic growth, practical learning, and innovation in integrative health sciences.

The momentous event concluded on a serene and uplifting note with the collective chanting of the Śānti Mantra, symbolizing peace, harmony, and a shared commitment to the pursuit of knowledge and holistic well-being. The inaugural ceremony was gracefully anchored by Kum. Mrinmai Kulkarni, M.Sc. Yoga and Vedic Wellness (First Year), whose confident and engaging compering ensured the smooth and successful conduct of the programme.

## National Symposium on Yoga for Healthy Ageing



The School of Yogic Sciences and Naturopathy, S-VYASA Deemed to be University, successfully organized a two-day National Symposium on “Yoga for Healthy Ageing” on 18th and 19th June 2026 at Holistic Research Health Home. The symposium aimed to promote scientific understanding of healthy ageing, disseminate research findings related to yoga-based interventions, foster interdisciplinary collaboration, and explore future directions in healthcare and integrative medicine. The event witnessed enthusiastic participation of students from BNYS, BAMS, BPT, and MD Yoga programmes representing institutions such as SSYNM, Sushruta Ayurvedic College, and SPT.



The symposium, sponsored by Powergrid, REC, PFC, and NTPC, was inaugurated at Samskruti Bhavan with the traditional lamp lighting. Dr. Titty George welcomed the gathering, followed by a student presentation on “Celebrating Healthy Ageing Through Yoga.” Representatives from Powergrid and PFC appreciated S-VYASA’s efforts in promoting healthy ageing, and the inaugural session concluded with a vote of thanks by Dr. Ankita Mishra.

The scientific sessions on the first day featured eminent speakers from diverse disciplines. Dr. Nagarathna, Medical Director, Arogyadhama, delivered an insightful lecture on “Yoga for Healthy Ageing: Extending Healthspan, Not Just Lifespan,” emphasizing the role of yoga in improving quality of life and preventing age-related disorders. Prof. Raghuram Ji, President of Yoga Bharati, presented the “Science of Conscious Ageing,” highlighting the importance of awareness, mental resilience, and spiritual growth in the ageing process. Dr. B. R. Ramakrishna, Pro-Chancellor, S-VYASA, spoke on “Ayurveda and Yoga for Healthy Longevity,” explaining how traditional health systems can contribute to successful ageing through preventive and promotive healthcare practices. The final lecture of the day was delivered by Prof. Jayaraman, Dean of Academics, S-VYASA, on “Bhagavad Gita and the Art of Graceful Ageing,” where he explored the timeless wisdom of the Bhagavad Gita in cultivating acceptance, inner strength, and purpose during later stages of life.



The first day also featured cultural and spiritual programmes, including a Bhajan session and a captivating presentation titled “Rise of Dharma and Seeds of Envy,” which enriched the participants’ understanding of Indian culture and values. Maitri Milan and Yoga Saptah performances by students added vibrancy and enthusiasm to the event.





The second day commenced with the International Day of Yoga Protocol and a spiritual discourse, followed by scientific sessions by distinguished S-VYASA experts. Dr. Prashanth spoke on Yoga-Based Rehabilitation in Healthy Ageing, Dr. Vasudev Vaidya presented Ayurvedic Secrets for Healthy Ageing, Prof. S. Siva Sankara Sai shared the Vedic Vision of Ageing, Dr. Arundhati Goley discussed the Yoga and Naturopathic Perspective for Healthy Ageing, and Dr. Sony Kumari highlighted the Psychology of Healthy Ageing. The sessions emphasized the role of yoga, Ayurveda, naturopathy, and emotional resilience in promoting holistic health and longevity.



The symposium concluded with a valedictory function at Samskruti Bhavan, featuring the presentation of the event report and reflections by Dr. Sony Kumari, Prof. S. Siva Sankara Sai, and Dr. Vasudev Vaidya, who emphasized the integration of traditional wisdom with modern healthcare and the need for continued research on healthy ageing. The programme ended with a vote of thanks by Dr. Titty George and the Shanti Mantra, marking the successful conclusion of a symposium that advanced awareness, education, and research in yoga and integrative approaches to healthy ageing.

## “Life Management through Kriyā Yoga” at International Yoga Week Webinar



Prof. M. Jayaraman, Dean, Division of Yoga and Spirituality, SVYASA, delivered a lecture on “Life Management through Kriyā Yoga” at an international webinar organized by United Consciousness on 20 June 2026 as part of its International Yoga Week celebrations (13–21 June 2026).

The event was inaugurated by Mohan Yadav, Chief Minister of Madhya Pradesh. The webinar, coordinated by Dr. Vikrant Tomar, brought together eminent speakers and participants from different parts of the world.

In his lecture, Prof. Jayaraman explained how Patañjali’s concept of Kriyā Yoga—comprising Tapas (self-discipline), Svādhyāya (self-study), and Īśvarapraṇidhāna (surrender to the Divine)—offers a practical framework for effective life management. He highlighted the role of these three dimensions in refining body, mind, and speech, thereby fostering personal growth, inner harmony, and purposeful living.

### IKS Master Class on Tantrayukti Held in Noida

Prof. M. Jayaraman conducted a two-day Master Class on Tantrayukti on 13–14 June 2026 at Vishwa Bharati Public School, Noida. The programme was organized by INDIC Academy and brought together researchers, faculty members, and doctoral scholars from various institutions including JNU, National Law University, New Delhi.

The Master Class explored Tantrayukti, the classical Indian methodology of knowledge organization, textual construction, and research writing. The sessions examined its relevance for contemporary academic research and its potential contribution to Indian Knowledge Systems (IKS) methodologies.

## Brief Report on International Day of Yoga (IDY) 2026 Outreach Activities

On the occasion of International Day of Yoga (IDY) 2026, S-VYASA organized and supported a wide range of outreach programmes across educational institutions, government organizations, industries, research establishments, defence services, healthcare institutions, and community organizations. These programmes were conducted with the objective of promoting the practice of yoga and creating awareness about its benefits for physical, mental, emotional, and social well-being

A total of 31 faculty members and yoga teachers were deputed to conduct yoga sessions, demonstrations, awareness talks, and interactive programmes at 24 different institutions and organizations. Through these outreach activities, approximately 7,213 participants directly benefited from the programmes..



Some of the major institutions and organizations covered under the outreach programme included:

- National Gallery of Modern Art (NGMA), Bengaluru
- ASC Centre & College (North), Bengaluru
- Rail Wheel Factory, Yelahanka
- CEDCO BSF
- ISRO (LPSC and Peenya Centre)
- STPI, Bengaluru
- AIIMS Rishikesh
- Toyota Kirloskar Motor, Bidadi, Bengaluru,
- National Institute of Unani Medicine (NIUM), Bengaluru
- R.V. College of Physiotherapy
- Alliance Franchise De Bangalore
- S-VYASA, Sattva Global City Campus
- Sri Ramachandra School of Pharmacy, Chennai
- Jaigopal Garodia Rashrotthana School, Bengaluru
- BGS and SJB Group of Institutions
- Brundavana Group of Institutions
- Surya Financial Technologies Pvt. Ltd., Bengaluru
- Various yoga foundations, wellness centres, educational institutions, community groups, and residential communities.

The programmes included the practice of the Common Yoga Protocol (CYP), asanas, pranayama, meditation, relaxation techniques, and lectures on the importance of yoga in daily life. Participants from diverse backgrounds, including students, teachers, healthcare professionals, scientists, industrial employees, defence personnel, and members of the public, actively participated in the sessions.

The enthusiastic response received from all participating institutions reflects the growing acceptance of yoga as an effective means of promoting health, harmony, productivity, and overall well-being. The outreach activities successfully contributed to the objectives of International Day of Yoga 2026 by encouraging thousands of individuals to adopt yoga as a way of life.

S-VYASA expresses its sincere gratitude to all participating organizations, faculty members, students, volunteers, and coordinators for their valuable contribution in making IDY 2026 a grand success.

## Yoga Saptaha 2026



As part of the celebrations leading up to the International Day of Yoga (IDY) 2026, S-VYASA successfully organized Yoga Saptaha, a week-long programme dedicated to promoting the principles and practices of yoga among students, faculty members, and staff.

The programme was conducted over seven days and witnessed the active participation of approximately 800 participants daily, including students from various academic programmes, teaching faculty, non-teaching staff, research scholars, and inmates of Prashanti Kutiram. The event created an atmosphere of enthusiasm and collective engagement, reflecting the growing awareness of yoga as a way of life.

A unique feature of Yoga Saptaha 2026 was the active involvement of students from different academic programmes. Each day, a different programme, namely B.Sc. Yoga, M.Sc. Yoga, MD (Yoga & Rehabilitation), BNYS, BPT, and Ph.D., took responsibility for organizing and presenting the activities. The presentations included demonstrations of yoga practices, pranayama, meditation, yoga quizzes, research presentations, and discussions on the benefits and applications of yoga in various fields.

The week-long programme featured daily yoga practice sessions, demonstrations of important asanas and pranayama techniques, guided meditation sessions, yoga quizzes, group presentations, and short talks on yoga research and evidence-based applications of yoga for health and well-being. These activities provided participants with an opportunity to enhance both their practical skills and theoretical understanding of yoga.

The valedictory session was held on 21 June 2026, coinciding with the International Day of Yoga. The programme was graced by Dr. Anand Balayogi Bhavanani as the Chief Guest. In his address, he elaborated on various dimensions of yoga, including its traditional foundations, therapeutic applications, lifestyle practices, and relevance in modern society. He also demonstrated and explained different yogic techniques and inspired the participants to adopt yoga as a lifelong discipline for holistic health and well-being.

To encourage creativity, teamwork, and excellence, the presentations were evaluated by a panel of judges. Based on the overall quality of presentation, content, participation, innovation, and audience engagement, the following awards were announced:

The programme concluded with the prize distribution ceremony, where Dr. Anand Balayogi Bhavanani presented the awards to the winning teams in recognition of their outstanding performances throughout Yoga Saptaha.

**First Prize:** MD (Yoga & Rehabilitation) Programme

**Second Prize:** B.Sc. Yoga Programme

**Third Prize:** Ph.D. Programme

The event ended on a positive and celebratory note, appreciating the efforts of all participants, faculty members, and organizers.



## 12th International Day of Yoga (IDY), 2026 VYASA Guwahati



VYASA Guwahati organized the International Yoga Day celebration on 21 June from 6:30 AM to 8:30 AM at the VYASA Centre. Regular online and offline yoga class participants, VYASA committee members, and well-wishers attended the event. A total of 41 yoga aspirants participated in the program.

Sumant Chandwadkar, Chief Yoga Consultant, delivered a talk on the “Role of Yoga in Healthy Ageing”. In his speech, he emphasized understanding and internalizing the five layers of human existence: Annamaya, Pranamaya, Manomaya, Vijnanamaya, and Anandamaya Kosha. He stated that for healthy ageing, one must practice yogic techniques for all five layers to achieve balance and then development.

Sri Suresh Beria, Chairman of VYASA, delivered the Chairman's address. He said that a disciplined life with sports and yoga leads to healthy ageing. He also extended his best wishes to all for good health and a fulfilling life.

Vice Chairman Sri Subir Chattopadhyay shared his 45 years of yoga experience. He emphasized the daily practice of Cyclic Meditation for healthy ageing. Regular yoga class participants Smt. Anusmita Barua and Sri Sandip Phukan also shared their personal experiences of maintaining a healthy life through yoga.



Sri Sumant led the IDY Pledge, and all participants followed it, committing to practice yoga regularly. Nelima Sen, Rudrakshi Bhuyan, Sanjit Kaur, Sujata Saikia and Dipanwita conducted the Common Yoga Protocol in two groups. Smt. Dipanwita anchored the program. The celebration concluded with healthy satvik prasad.

### Technical Support at IHM colage, VIP Road



VYASA Guwahati provided technical support for the IDY program at the Institute of Hotel Management, VIP Road, Guwahati. Sri Manoj Goswami, Yoga teacher at VYASA Guwahati, conducted the protocol. 20 students and faculty members attended the program. Sri Shantanu Chakraborty, Principal of the college, welcomed the guests and students.

### Technical Support at Modern English Higher Secondary School



VYASA Guwahati also provided technical support at Modern English Higher Secondary School, Geeta Nagar. Smt. Dipanwita and Sujata Saikia conducted the protocol. A total of 110 students and teachers attended the program. Sri Sabyasachi Sarkar, Acting Principal and President of the school, delivered the welcome speech.

## S-VYASA at BGS GIMS for International Day of Yoga 2026

On the occasion of the International Day of Yoga 2026, S-VYASA was invited by BGS Global Institute of Medical Sciences (BGS GIMS), Bengaluru, to participate in the celebrations. Along with inviting Prof. S. Siva Sankara Sai, Pro Vice Chancellor, as the Guest Speaker, BGS also requested a group yoga demonstration by S-VYASA students. The programme witnessed the participation of nearly 5,000 students, faculty members, healthcare professionals and guests. Distinguished attendees included Prof. S. Siva Sankara Sai, Pro Vice Chancellor, S-VYASA; Dr. Mayur Vinaykumar Kaku, Complex Brain and Spine Surgeon and Head, Department of Neurosurgery, Yoga & Neuroscience; Shri S. N. Indiresha, senior Yoga Sadhaka and practitioner of Suryopasana (Sun Meditation); and Shri Shivakumar, senior yoga practitioner and yoga educator.



### Address by the Pro Vice-Chancellor

In his keynote address, Prof. S. Siva Sankara Sai highlighted the growing scientific acceptance of yoga as an evidence-based approach for health promotion, disease prevention, rehabilitation, and positive wellbeing. Addressing the gathering of future medical professionals, he emphasized that yoga today extends beyond tradition and philosophy into the realms of neuroscience, physiology, behavioural medicine, autonomic regulation, and lifestyle medicine.



Quoting the Bhagavad Gita, he explained how the timeless principle of moderation in food, activity, work, and sleep aligns closely with the concepts of modern lifestyle medicine. He encouraged students to approach yoga with scientific curiosity, evaluating its mechanisms and evidence while also experiencing its benefits personally.

Speaking about Arogyadhama, the integrative medicine hospital of S-VYASA, he shared inspiring examples of patients who had shown remarkable recovery through integrated yoga therapy and complementary healthcare approaches. Drawing from his own daily practice, he also spoke about the transformative impact of Pranayama in improving physical health, mental clarity, and emotional balance. Concluding his address, he urged the budding doctors to view yoga not as a replacement for modern medicine, but as a complementary science that empowers individuals to actively participate in their own health and wellbeing.

S-VYASA Students' Yoga Performance: Adding vibrancy to the celebrations, a team of S-VYASA (School of Yogic Sciences) students presented an impressive group yoga performance, showcasing synchronization, discipline, flexibility, and the spirit of yoga.



The performance was coordinated by Ms. Jeevika S; The students delivered a graceful and impactful presentation that was highly appreciated by the audience.



The participating students were: Laxmi Sharanayya Ilakal (B.Sc. II Semester), Sharwari Mitkar (B.Sc. II Semester), Samapti Sarkar (B.Sc. II Semester), Kanish Sharma (B.Sc. II Semester), Aryan Bharat Boob (B.Sc. II Semester), Aditya Rawat (B.Sc. II Semester), Cristian Iván Valencia Argote (M.Sc. II Semester), Navpratap Singh (B.Sc. II Semester), Shagun Sharma (M.Sc. IV Semester), Simran Saini (M.Sc. IV Semester), Varle Deelip (B.Sc. VI Semester), Lanchenbi (M.Sc. IV Semester), V.R. Sreelal (B.Sc. IV Semester), and Gokulnath (M.Sc. II Semester).

The programme reflected the strong collaboration between S-VYASA and BGS in promoting yoga as a scientific and holistic approach to health, inspiring future healthcare professionals to embrace yoga in their lives and practice.

## International Day of Yoga 2026 at Indian Oil Corporation Limited



As part of the International Day of Yoga (IDY) 2026 celebrations, S-VYASA successfully conducted a Yoga session for the employees of Indian Oil Corporation Limited (IOCL). The programme witnessed the enthusiastic participation of nearly 100 employees, including senior officials of the organization, reflecting their commitment to adopting Yoga as a way of life.

The programme was organized by the S-VYASA Delhi team, comprising Dr. Rabindra M. Acharya, Dr. Kadambini Acharya, Shri Vignesh, and Ms. Nangai, who led the participants through a comprehensive Yoga session focused on promoting physical health, mental well-being, and workplace wellness. Through such outreach initiatives, S-VYASA continues to play a pivotal role in disseminating the timeless wisdom of Yoga and fostering a culture of holistic health across leading public sector organizations.



## Ministry of Law & Justice Observes International Day of Yoga 2026

As part of the International Day of Yoga (IDY) 2026 celebrations, S-VYASA organized and conducted a Yoga programme at the Ministry of Law & Justice, with the enthusiastic participation of nearly 200 officers and staff members. The session emphasized the importance of Yoga in fostering mental balance, emotional well-being, and physical health. The programme was conducted by the S-VYASA Delhi team, comprising Shri Ananta, Ms. Saumya, Ms. Manisha, and Ms. Monika, reaffirming S-VYASA's commitment to promoting holistic wellness through Yoga across government institutions.



## Embracing Yoga for Health and Harmony at the Department of Commerce

The Department of Commerce, Ministry of Commerce & Industry, witnessed one of the largest International Day of Yoga (IDY) 2026 celebrations, with over 500 officers and staff members participating in the Yoga session. Graced by the Commerce Secretary and other senior officials, the programme reflected the growing recognition of Yoga as an integral part of workplace wellness. The session was organized and conducted by the S-VYASA Delhi team, comprising Shri Ananta, Ms. Saumya, and Ms. Manisha, furthering S-VYASA's mission of promoting holistic health through Yoga.



## INTERNATIONAL YOGA DAY CELEBRATION AT R V COLLEGE OF PHYSIOTHERAPY



Dr Prashanth V Mangalvedhe (PT), Principal, School of Physiotherapy was invited as the Chief Guest for the International Yoga Day celebration 2026, the R V College of Physiotherapy on 20th June 2026.

It was organized by the NSS Unit of the institution and Presided by the Principal, R V College of Physiotherapy- Dr Pruthviraj R.

Dr Prashanth V M addressed the Physiotherapy students and highlighted the importance of the theme of this year- “Yoga for Healthy Aging”. He briefed the closeness of Yoga and Physiotherapy, as well as how Physiotherapy can complement Integrative therapy, particularly Yoga.

The Principal, Dr Pruthviraj R encouraged the students to practice Yoga as a daily routine activity and self-evaluate the changes in them academically, as well as in extra-curricular activity. This was followed by the practice of the Common Yoga Protocol, led by the Naturopathy students of MVM College and concluded with the National Anthem.



## 12th International Day of Yoga Celebration at Eknath Bhavan



The 12th International Day of Yoga was celebrated at Eknath Bhavan on 21 June 2026, from 6:45 a.m. to 9:30 a.m. The programme, conceptualized and chaired by Dr. Karuna Vijayendra, Dean of Yoga and Humanities, was graced by Dr. Ramesh M. N., Director of Research, as the Guest of Honour.

The event commenced with the International Day of Yoga Common Yoga Protocol, with instructions and demonstrations led by M.Sc. Yoga students. Around 50 participants actively took part in the session.

The celebration featured three insightful expert talks. Dr. Suchitra S. Patil spoke on Yoga for Cardiovascular Health, highlighting research evidence demonstrating yoga's role in promoting autonomic balance and protecting cardiac health through regular practice. Dr. Pooja More, who completed her Ph.D. from NIMHANS, delivered a talk on Yoga for Healthy Ageing, presenting research-based evidence on yoga's positive impact on healthy ageing. Dr. Suguna Sapre, a renowned holistic nutrition and wellness expert from Bengaluru, spoke on Healthy Ageing through Nutrition, emphasizing how a yogic approach to eating supports healthy ageing.



Addressing the gathering, Dr. Ramesh M. N. showcased the advanced research facilities and laboratories at S-VYASA and explained the cellular and genetic mechanisms underlying the benefits of yoga. Dr. Karuna Vijayendra concluded with an overview of the programme and its significance.

The organizers expressed their sincere gratitude to Anil Sir, Dr. Nagaraj Sir, Shruti Madam, Adithi Madam, Hareesh Sir, Venkatesh Sir, and Kumar Sir for their valuable support and arrangements. Special appreciation was also extended to the YIC and M.Sc. Yoga students for their enthusiastic contributions to the welcome address, anchoring, and vote of thanks, ensuring the success of the celebration.



## Guruji Dr. H. R. Nagendra Addresses Apollo Hospitals on Integrating Yoga in Lifestyle Disease Management



Honourable Guruji Dr. H. R. Nagendra, President of S-VYASA Society, was invited as a distinguished guest to an event organized by Apollo Hospitals on the theme, “Integrating Yoga in the Management of Lifestyle Diseases.” The event was held at Apollo Hospital, Golibar Maidan, Swargate, Pune, on 28 May 2026.

## National-Level Seminar Marks Countdown to IDY 2026 with Guruji Dr. H. R. Nagendra as Keynote Speaker



Honourable Guruji Dr. H. R. Nagendra, President of the S-VYASA Society, was invited as a keynote speaker, along with Dr. Natesh Babu, Director, S-VYASA CODE (Open and Distance Education), at the National-Level Seminar organized by Baba Saheb Ambedkar Education University on 2 June 2026 as part of the Countdown to the International Day of Yoga (IDY) 2026 programme.

## Guruji Dr. H. R. Nagendra Meets West Bengal Governor to Discuss Yoga for Healthy Ageing



Honourable Guruji Dr. H. R. Nagendra, President of S-VYASA Society, and Dr. Natesh Babu, Director, S-VYASA CODE (Open and Distance Learning), met Shri C. V. Ananda Bose, Governor of West Bengal, and held fruitful discussions on the role of Yoga in promoting healthy ageing.

## Awakening the Self Through Yoga, Spirituality, and Education: Guruji Dr. H. R. Nagendra at Heritage Institute of Technology



Honourable Guruji Dr. H. R. Nagendra, President of S-VYASA Society, was invited to deliver a discourse on the theme, “Awakening the Self Through Yoga, Spirituality, and Education,” along with Dr. Natesh Babu, Director, S-VYASA CODE (Open and Distance Learning), at an event organized by the Heritage Institute of Technology.

## A Spiritual Gathering with Guruji Dr. H. R. Nagendra at Sadhu Vaswani Mission



Honourable Guruji Dr. H. R. Nagendra, President of S-VYASA Society, was invited to conduct a Satsang organized by the Sadhu Vaswani Mission, an organization dedicated to spiritual upliftment, humanitarian service, and the promotion of global peace. The Sadhu Vaswani Mission has multiple centres across India, with its principal centres serving as venues for daily satsangs, community outreach initiatives, and value-based education.

## Guruji Dr. H. R. Nagendra Graces Grand Yoga Camp as Chief Guest

Honourable Guruji Dr. H. R. Nagendra, President of S-VYASA Society, was invited as the Chief Guest for the Grand Yoga Camp organized by Maa Kankeshwari Devi Vidya Vihar, Indore, Madhya Pradesh, as part of the Countdown to the International Day of Yoga (IDY) 2026.



## Yoga and Healthy Living Take Centre Stage During Guruji Dr. H. R. Nagendra's Visit to Ramakrishna Mission Hospital



Chandru Bahirvani and Dr. H. R. Nagendra, President of S-VYASA Society, visited the Ramakrishna Mission Hospital, Mumbai, and held fruitful discussions with Dr. Swami Dayadhipananda, Medical Superintendent, on the role of Yoga and its significant impact on healthy living. He presented a complete set of books entitled Eternal Values for a Changing Society written by Swami Ranganathn Ji maharaji. the Past President of ram Krishna Miossion.

## Kala Vilasa 2026 – Cultural Fest



Kala Vilasa 2026, the annual cultural festival of S-VYASA University, was held from 18–20 May 2026 under the inspiring theme “Art for World Peace.” The three-day event served as a vibrant platform for students from various constituent schools to showcase their artistic, intellectual, and cultural talents while promoting harmony, creativity, and unity through the arts.

The festival commenced with a grand inauguration at Samskruthi Bhavan. The ceremony began with the traditional lighting of the lamp by the dignitaries, followed by a devotional Ganesha Vandana dance performance. The official launch of the festival was marked by an interactive unveiling of the Kala Vilasa 2026 logo. Inspirational addresses were delivered by the Vice Chancellor, Dr. N. K. Manjunath, and the Chief Guest, emphasizing the role of art in fostering peace and global understanding. The event also featured a Bharatanatyam presentation, Natyanjali – An Ode to Shiva, and concluded with a vote of thanks, Shanthi Mantra, and the National Anthem.



The festival featured a wide range of competitions across literary, visual, performing, and theatrical arts. Literary events included Debate, Quiz, and Speech competitions that encouraged critical thinking, public speaking, and intellectual engagement. Visual arts competitions such as Nature Photography, Graffiti Art, Painting, Mandala Art, Prakruthi Rangoli, and Shringar showcased the creativity and artistic excellence of participants.

Performing arts events included Classical Vocal, Classical Dance, Non-Classical Group Singing, and a Fashion Show, providing students with opportunities to express themselves through music, movement, and design. Theatrical events such as Mime, Drama, and Stand-Up Comedy highlighted storytelling, teamwork, and creative communication.

The valedictory ceremony celebrated the achievements of participants and recognized outstanding performances through awards and certificates. Kala Vilasa 2026 successfully brought together students from diverse disciplines, strengthening institutional unity and encouraging artistic and cultural exchange. The festival left a lasting impression on participants and audiences alike, reaffirming the power of art as a medium for peace, expression, and collective growth.



## S-VYASA Welcomes International Participants for ITEC–YIC Batch 29



The Indian Technical and Economic Cooperation (ITEC) – Yoga Instructor’s Course (YIC) Batch 29 was formally inaugurated at Shruthi Mandir, Prashanthi Kutiram, on 25 June 2026, marking the commencement of another enriching academic and cultural journey for international participants. The inaugural ceremony reflected S-VYASA’s continued commitment to promoting Yoga and the Indian Knowledge Systems through international collaboration and capacity building.

The ceremony commenced with the auspicious lighting of the lamp and was graced by the presence of Honourable Guruji Dr. H. R. Nagendra, President of S-VYASA Society; Prof. Sony Kumari, Registrar; Prof. Subrahmanyam K., Former Chancellor and Deputy Registrar; Dr. Vasudev Vaidya; Dr. Sridevi, Associate Dean; and Dr. Karthik and Dr. Medini from SSYNM.

Addressing the participants, Honourable Guruji Dr. H. R. Nagendra emphasized the significance of Yoga in promoting healthy living and elaborated on the four paths of Yoga, inspiring the participants to delve deeper into their practice and attain mastery through dedicated learning and self-discipline. His insightful address set an inspiring tone for the programme and encouraged the participants to embrace Yoga as a holistic way of life.



As part of the inaugural ceremony, Prof. Subrahmanyam K. and Prof. Sony Kumari addressed the gathering, welcomed the 47 international participants representing 22 countries, and highlighted the academic excellence, cultural richness, and transformative learning opportunities offered through the ITEC–YIC programme.



# 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), **Spiritual Retreat, Sadhana Shibir & Echoes of OM**  
**BSc & MSc** (Yoga)  
**BSc & MSc YT** (Yoga Therapy)  
**BSc & MSc YVW** (Yoga & Vedic Wellness)  
**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)  
Ph: +91-80-2263 9901/ 02  
[www.svyasadde.com](http://www.svyasadde.com)

+91-80-2263 9968 ; +91-87629 96815

admissions@svyasa.org ; apply online & visit: [www.svyasa.edu.in](http://www.svyasa.edu.in)



# YOGA FOR HEALTHY AGING

Health, Happiness and Harmony for All

Some are 18 but feel old... Some are 80 but feel young.  
Healthy aging is not about years, it's about how we live every day.



**SPARE JUST 45 MINUTES A DAY**  
FOR YOUR HEALTH TODAY,  
FOR YOUR INDEPENDENCE TOMORROW,  
FOR **HEALTHY AGING FOREVER!**

- Stay Active
- Stay Sharp
- Stay Positive
- Stay Connected
- Stay Fulfilled

## DAILY 45-MINUTE YOGA PROTOCOL

1. PRAYER & CENTERING 2 Minutes	2. LOOSENING PRACTICES 8 Minutes	3. ASANAS 15 Minutes	4. PRANAYAMA 8 Minutes	5. RELAXATION & MEDITATION 10 Minutes
<ul style="list-style-type: none"> <li>Prayer or silent gratitude</li> <li>Resolve for health and happiness</li> </ul>	<ul style="list-style-type: none"> <li>Neck movements</li> <li>Shoulder rotations</li> <li>Wrist &amp; finger exercises</li> <li>Knee bending</li> <li>Ankle movements</li> <li>Spot marching</li> </ul> <p>Maintain mobility and flexibility</p>	<p><b>Standing Practices</b></p> <ul style="list-style-type: none"> <li>Tadasana</li> <li>Ardha Kati Chakrasana</li> <li>Ardha Chakrasana</li> <li>Trikonasana</li> </ul> <p><b>Sitting Practices</b></p> <ul style="list-style-type: none"> <li>Vakrasana</li> <li>Shashankasana</li> </ul> <p><b>Supine / Prone Practices</b></p> <ul style="list-style-type: none"> <li>Bhujangasana</li> <li>Setubandhasana</li> </ul> <p>Strength, flexibility, balance and functional independence</p>	<ul style="list-style-type: none"> <li>Deep Abdominal Breathing</li> <li>Sectional Breathing</li> <li>Nadi Shuddhi</li> <li>Bhramari</li> </ul> <p>Improves lung function, reduces stress, boosts immunity</p>	<ul style="list-style-type: none"> <li>Deep Relaxation Technique (5 Minutes)</li> <li>Meditation / Nadasandhana (5 Minutes)</li> </ul> <p>Calms the mind, reduces stress, cultivates inner peace and happiness</p>

### HOW THIS PROTOCOL SUPPORTS HEALTHY AGING



**THROUGH ABHYĀSA**  
(REGULAR PRACTICE)

- Builds strength & stamina
- Keeps joints flexible
- Improves posture & balance
- Enhances energy & immunity
- Develops positive habits

Abhyāsa preserves growth and adaptability.



**THROUGH VAIRĀGYA**  
(UNDERSTANDING & LETTING GO)

- Releases stress & tension
- Reduces worry & anxiety
- Cultivates acceptance
- Brings emotional balance
- Promotes inner peace

Vairāgya preserves happiness and wisdom.

### THE FORMULA FOR HEALTHY AGING

**HEALTHY AGING = ABHYĀSA + VAIRĀGYA**



Abhyāsa keeps us active.

+



Vairāgya keeps us peaceful.

=



Healthy Aging keeps us young in body, mind and spirit.

**MAKE YOURSELF A PRIORITY.**  
**SPARE 45 MINUTES A DAY FOR YOURSELF.**



For your Health



For your Family



For your Happiness



For your Future



For Healthy Aging

**DO NOT WAIT FOR DISEASE TO BEGIN CARING FOR YOUR HEALTH.**

Let Yoga be your daily investment in a long, healthy, happy and meaningful life.



**ADD LIFE TO YEARS, NOT JUST YEARS TO LIFE.**

Practice Daily. Live Fully. Age Gracefully. ❤️ Stay Young. Stay Positive. Stay Blessed.



## CALL FOR PARTNERSHIP

# DUAL DEGREE OPPORTUNITY

## For University Students

Two Degrees. One Journey. Limitless Possibilities.



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UNIVERSITIES  
TO JOIN!

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(Distance Education) through S-VYASA



S-VYASA Deemed-to-be University, Bengaluru, invites Universities across India to collaborate in offering a **Dual Degree Program** for UG students.



### CALLING ALL UNIVERSITIES

Let's partner to create a holistic and future-ready education experience for students!

### PROGRAM HIGHLIGHTS



Students pursuing B.A./B.Sc./B.Com. or other UG programs can simultaneously enroll in B.Sc. Yoga (Distance Education) at S-VYASA.



No disruption to their regular Degree studies.



Students attend Personal Contact Programme (PCP) at Prashanti Kutiram, Bengaluru, either:

- Once every Semester, or
- Once annually, depending on the academic schedule.



Comprehensive training in:

- Yoga Philosophy
- Yoga Practices
- Yoga Therapy
- Lifestyle Management
- Human Consciousness & Well-being



On successful completion of all academic requirements, students will receive:

- ✓ Degree (B.A./B.Sc./B.Com. etc.) from Partner University
- ✓ B.Sc. Yoga Degree from S-VYASA University

### BENEFITS TO STUDENTS



Improved physical & mental well-being through Yoga



Holistic development of body, mind and personality



Better employability and diverse career opportunities



Foundation for higher studies in Yoga, Wellness & Integrative Health



Preparation for a balanced and meaningful life



### WHY PARTNER WITH US?

A+

NAAC A+ Accredited Deemed-to-be University



Pioneer in Yoga Education, Research and Therapy



Home to the renowned Arogyadhama Integrative Health Centre

40+

Over four decades of excellence in Yoga-based education and research

### YOUR JOURNEY



Enroll in B.Sc. Yoga (Distance Education) at S-VYASA



Attend PCP at Prashanti Kutiram, Bengaluru (Once/Semester or Once a Year)



Complete Academic Requirements



Receive Your Degree

### TWO DEGREES - ONE VISION



Degree from Partner University



B.Sc. Yoga Degree from S-VYASA University

INTEGRATIVE EDUCATION FOR A HEALTHY TOMORROW



Together, let's empower students with **Knowledge, Well-being and Purpose.**

Two Degrees. One Vision. A Better Future.



# S-VYASA

(Deemed to be University u/s 3 of UGC Act, 1956)

Swami Vivekananda Yoga Anusandhana Samsthana



SVY/REG/1613/04-2026

Date: 20.04.2026

## MD Admission Notification for the Academic Year 2026-2027

We are pleased to announce that SVYASA will be conducting an entrance test for admission to the MD (Doctor of Medicine) program in Yoga for the academic year 2026. This prestigious program offers an in-depth curriculum designed to provide comprehensive knowledge and advanced skills in the practice and science of Yoga.

### Entrance Test Details:

Date: **22<sup>nd</sup> July 2026, Wednesday**

Time: 10:00 AM - 1:00 PM

Venue: BNYS Block, Sambhuti

### Application Process:

Registration: Interested candidates are required to register online through our college website <https://svyasa.edu.in/doctor-of-medicine-yoga> and fill out the application form with the required details.

Application Fee: Pay the non-refundable application fee of Rs 1000/

### Important Dates:

Application Start Date: 25-04-2026

Application Deadline: 15-07-2026

### Instructions for Candidates:

Please carry a printed copy of your 10th and 12th Marks Cards, marks cards of the undergraduate medical course (MBBS / BAMS / BNYS / BSMS / BUMS / BHMS), along with PDC/PRC documents and a valid photo ID to the examination centre.

Arrive at least 30 minutes before the commencement of the test.

For any further information or queries, please visit our website or reach us at [mdyoga@svyasa.org](mailto:mdyoga@svyasa.org). We look forward to welcoming the next generation of leaders in Yoga studies to our esteemed institution.

Best Regards

**Prof. Sony Kumari**  
Registrar



**Registered address :** #19, Eknath Bhavan,  
Gavipuram Circle, Kempegowda Nagar,  
Bengaluru, Karnataka - 560004

080-2661 2669 | +91 7022024777

**Prashanti Campus :** Prashanti Kutiram,  
Vivekananda Road, Kalluballu Post, Jigani,  
Anekal, Bengaluru, Karnataka - 560105

080-2263 9968 | +91 7676749929

**City Campus :** Sattva Global City  
Mysore Road, Rajarajeshwari Nagar,  
Bengaluru, Karnataka - 560059

080-2990 0083 | +91 9070907066



# S-VYASA

(Deemed to be University u/s 3 of UGC Act, 1956)

Swami Vivekananda Yoga Anusandhana Samsthana



Notification No: SVY/REG/1623/05-2026

Date: 06.05.2026

## Admission Notification Regular Residential programme for the Academic Year 2026 – 2027

Sl. No	Name of the Programme	Duration	Eligibility
1	B.Sc. (Yoga Therapy) *	4 Years	10+2 Years PUC/ 12 <sup>th</sup> Standard 50% Marks in PUC/12 <sup>th</sup> Standard
2	B.Sc. (Yoga Vedic Wellness) *	4 Years	10+2 Years PUC/ 12 <sup>th</sup> Standard 50% Marks in PUC/12 <sup>th</sup> Standard
4	M.Sc. (Yoga Therapy) *	2 Years	10+2 Years PUC/ 12 <sup>th</sup> Standard + any Under Graduate (UG) degree 50% aggregate marks
5	M.Sc. (Yoga Vedic Wellness) *	2 Years	10+2 Years PUC/ 12 <sup>th</sup> Standard + any Under Graduate (UG) degree 50% aggregate marks
6	M.A. (Yoga Darshanam)	2 Years	10+2 Years PUC/ 12 <sup>th</sup> Standard + any Under Graduate (UG) degree 50% aggregate marks

1. The UG programs are for four years' duration as per the new NEP policy.
2. The Academic Programs that are marked with star (\*) are regular running programs The other programs mentioned above are reintroduced this year. These Programs will be offered by S-VYASA, based on the number of eligible applicants.
3. Admission procedure has already started for the academic year 2026-2027
4. For Semester fee structure and other details see the website [www.svyasa.edu.in](http://www.svyasa.edu.in)
5. General enquiry about courses:  
Email: [admissions@svyasa.org](mailto:admissions@svyasa.org)

  
**Prof. Sony Kumari**  
Registrar



Registered address : #19, Eknath Bhavan,  
Gavipuram Circle, Kempegowda Nagar,  
Bengaluru, Karnataka - 560004

Prashanti Campus : Prashanti Kutiram,  
Vivekananda Road, Kalluballu Post, Jigani,  
Anekal, Bengaluru, Karnataka - 560105

City Campus : Sattva Global City  
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