November 2026

Yoga Sudha

A Monthly Journal of S-VYASA (Deemed to be University)



10th Miryang International Yoga Conference

A Celebration of Yoga, Culture and Collaboration



Vice Chancellor Graces Yenepoya University's
Graduation Ceremony as Chief Guest

CM Yogi Adityanath Invited to
S-VYASA Golden Jubilee Celebrations

50 YEARS PRASHANTHI KUTIRAM

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1976–2026

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Yoga Sudha

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EDITORIAL

Dr H R Nagendra
President S-VYASA



ARTIFICIAL INTELLIGENCE, HUMAN DESTINY AND THE WISDOM OF DHARMA

Artificial Intelligence (AI) is making vast knowledge accessible to humanity, opening new opportunities for learning, research and innovation. However, the true value of knowledge depends on how it is used. As Swami Vivekananda emphasized, human beings are the makers of their own destiny through their thoughts, choices and actions.

Throughout history, technology has served both constructive and destructive purposes. Similarly, AI can advance healthcare, education and environmental protection, or contribute to misinformation and social division. Therefore, technological progress must be guided by wisdom, ethical values and responsibility.

Our ancient Indian traditions offer valuable guidance. Ṛtambharā Prajñā represents wisdom aligned with truth, while the Bhagavad Gita distinguishes between Daivī Sampat, divine qualities, and Āsurī Sampat, destructive tendencies. Compassion, truthfulness, self-control and service elevate humanity, reminding us that character determines how knowledge benefits society.

AI can support scientific research, forecasting and the examination of traditional knowledge. However, its conclusions require rigorous testing and objective evaluation. While technology can assist decision-making, it cannot replace human discernment, moral responsibility or self-development.

At S-VYASA, integrating AI with Yoga, Vedanta and modern science offers an opportunity to direct technological advancement towards human flourishing. Our goal must be to use knowledge for health, education, sustainability and social harmony. When knowledge is guided by wisdom and power is governed by dharma, AI can become a meaningful instrument for collective well-being and Vasudhaiva Kutumbakam—the whole world as one family.



Message From the Vice Chancellor

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



Namaste.

It gives me immense pleasure to extend my warm greetings to the S-VYASA family, well-wishers, and readers of Yoga Sudha on the auspicious occasion of Deepavali. May the festival of lights fill our lives with knowledge, wisdom, peace, prosperity, and happiness. May the triumph of light over darkness inspire us to cultivate inner purity, compassion, and harmony in our thoughts and actions.

The year 2026 marks two significant milestones of great historical and cultural importance: the Golden Jubilee of Prashanti Kutiram and the Birth Centenary of the revered Shri H. V. Sheshadri Ji. The celebrations on 13 November 2026 at S-VYASA Deemed-to-be University, Prashanti Kutiram, Bengaluru, provide a valuable opportunity to reflect upon the enduring ideals of service, dedication, character building, and nation-building.

For five decades, Prashanti Kutiram has remained a Centre of Excellence dedicated to Yoga, holistic health, education, scientific research, and human transformation. Under the visionary guidance of our revered Guruji, Padma Shri Dr. H. R. Nagendra, S-VYASA has continued to advance the scientific understanding and practical application of Yoga, integrating India's timeless wisdom with contemporary scientific approaches for the well-being of individuals and society.

The Birth Centenary of Shri H. V. Sheshadri Ji offers a meaningful occasion to remember an eminent thinker, scholar, and nation-builder whose life exemplified selfless service, unwavering commitment to Indian culture, and dedication to national regeneration. His ideals continue to inspire generations to uphold integrity, discipline, social responsibility, and a spirit of service to humanity.

The celebration of these two landmark occasions together reaffirms our commitment to nurturing individuals who embody physical health, mental harmony, intellectual clarity, and spiritual awareness. As we look towards the future, let us strengthen our collective efforts to make Yoga an integral part of education, healthcare, research, and everyday life, contributing to a healthier, more peaceful, and harmonious world.

On behalf of S-VYASA Deemed-to-be University, I extend my heartfelt Deepavali greetings to all and invite everyone to join us in commemorating these historic milestones. May the light of knowledge dispel ignorance, may the spirit of service unite us, and may the wisdom of Yoga guide humanity towards peace, happiness, and universal brotherhood.



10th Miryang International Yoga Conference: A Celebration of Yoga, Culture and Collaboration



The 10th Miryang International Yoga Conference, organized by Viveka Yoga in association with S-VYASA Deemed-to-be University and Vivekananda Health Global, brought together representatives from yoga, healthcare, education, research and cultural exchange in Miryang, South Korea. The conference provided a meaningful international platform for dialogue on the expanding role of yoga in contemporary life, connecting ancient wisdom with scientific understanding, wellbeing with healthcare, and cultural heritage with global partnerships.

The event received an enthusiastic response, attracting approximately 1,200 visitors and 450 registered delegates. Participants included yoga practitioners, students, healthcare professionals, educators, researchers, cultural representatives and wellness enthusiasts. The impressive turnout reflected growing interest in yoga as a practical approach to physical fitness, mental wellbeing, stress management, preventive healthcare and balanced living.

The conference was organised by Viveka Yoga under the leadership of Ms Viveka Kim, an alumna of S-VYASA University and a franchise owner of Vivekananda Health Global. Her initiative and commitment played a significant role in creating a platform that brought the values of yoga, Indian culture and integrative health to the people of Miryang. The event also demonstrated how alumni-led initiatives can strengthen the international reach of yoga education and wellness programmes.

Distinguished Leadership and Support

The conference was honoured by the presence of eminent leaders from the yoga and integrative healthcare community. Dr H. R. Nagendra, President of S-VYASA University; Dr Dayananda, Chancellor of S-VYASA University; Dr Manjunath N. K., Vice Chancellor of S-VYASA University; and Dr Vasudha M. Sharma, Dean International affairs, S-VYASA University and Medical Director of Vivekananda Health Global, were among the distinguished invitees.

The conference received valuable support from the Government of Korea, represented by the Mayor of Miryang, Mr Ahn Byung Ku. The opening ceremony was attended by Deputy Mayor Mr Lee Jeong Gon and his team, reflecting the city's support for initiatives that promote public health, cultural exchange and international collaboration.

Dr H. R. Nagendra delivered the opening remarks and conveyed warm greetings from Bengaluru and India to the people of Miryang. His address set the tone for the conference by emphasising yoga as a bridge connecting people, cultures and healthcare traditions. The inaugural ceremony was graced by the presence of Ms Imsennaro Walling, Director of the Swami Vivekananda Cultural Centre (SVCC), Seoul, representing the Indian Council for Cultural Relations (ICCR) in the Republic of Korea. The welcome programme at Yoga Culture Town, attended by VIP guests and invited dignitaries, created an atmosphere of friendship, cultural exchange and shared purpose.

The formal opening ceremony highlighted yoga not merely as a form of physical exercise but as a comprehensive approach to personal growth, social wellbeing and global harmony. The presence of Korean civic leaders alongside Indian yoga and healthcare experts added special significance to the occasion.







Distinguished Leadership and Support

One of the key academic sessions was delivered by Dr H. R. Nagendra on the topic "Understanding Yoga: From Tradition to Science." The lecture explored the evolution of yoga from its ancient philosophical roots to its growing relevance in education, healthcare and modern scientific research.

Dr Nagendra's session emphasised the importance of preserving the authentic principles of yoga while presenting them in ways that address contemporary lifestyle and health challenges. Yoga is increasingly recognised as more than physical exercise practice. It offers an integrated approach encompassing postures, breathing techniques, relaxation, meditation, self-awareness and lifestyle discipline.

When practised appropriately and under proper guidance, yoga can support healthy ageing, emotional balance, mobility, better sleep, resilience and an improved quality of life. The conference therefore highlighted the importance of evidence-informed yoga education, scientific inquiry and appropriately trained yoga therapy professionals.



Dr Manjunath N. K. led an engaging session titled “Eastern and Western Perspectives on Meditation: Experiencing the Energy Body through Pranic Energization Technique.” Combining theory with practice, the session introduced participants to meditation as a means of cultivating awareness, relaxation and inner balance. It also encouraged participants to explore traditional concepts of energy and consciousness alongside contemporary perspectives on mind-body health.



Dr Vasudha M. Sharma conducted an important session titled “Ayurveda and Yoga for Stress, Sleep and Burnout.” At a time when stress-related health concerns, sleep disturbances and burnout affect many people, the session offered timely insights into lifestyle-based approaches to wellbeing. The integration of Ayurvedic principles and yoga practices can help individuals establish healthier routines, improve sleep, cultivate emotional regulation and manage the effects of persistent stress.



Yoga, Education and Culture

The conference provided an opportunity to explore future collaboration in four major areas: tourism, culture, education, and the integration of yoga into schools and healthcare. Yoga tourism can create meaningful travel experiences centred on wellbeing, learning and cultural connections. It can also help visitors engage with traditional systems of health in a respectful and informed manner.

Cultural exchange was another important theme. Yoga represents one of India's most valued contributions to global wellbeing, while Korea's strong interest in wellness, discipline, education and community health provides a promising foundation for collaboration. Through cultural programmes, educational initiatives and international events, both countries can continue to strengthen mutual understanding and friendship. Education was identified as an important area for future development. Age-appropriate yoga programmes in schools can support better posture, physical activity, concentration, self-confidence and emotional stability among children and adolescents. Yoga-based programmes can also be adapted for teachers, educational institutions and community groups.

Yoga therapy was discussed as a valuable supportive approach for patients and individuals with specific health needs. When delivered by trained professionals and appropriately integrated with medical care, yoga therapy can support lifestyle management, stress reduction, musculoskeletal wellbeing, rehabilitation and an improved quality of life.





A Taste of India

The conference offered participants more than academic lectures and yoga practice sessions. Indian cuisine was served during lunch and dinner, providing delegates and visitors with an enjoyable introduction to Indian culinary traditions.

A particular highlight was the Indian sattvic cooking session conducted by Ms. Savitri Rathore, a Korean national and alumna of S-VYASA. The programme introduced participants to the principles of wholesome, balanced and mindful food preparation associated with yogic living.



It demonstrated how food can play an important role in a wellness-oriented lifestyle by supporting nourishment, energy, digestion and mindful eating.

The evening programme featured the Miryang International Yoga Conference Concert, which included five performances showcasing music, movement and cultural expression. The celebration reinforced the close relationship between yoga, creativity, community and the shared joy of artistic expression.

A Meaningful Conclusion

Following the conference, Mayor Mr Ahn Byung Ku hosted a luncheon for the S-VYASA team and presented gifts as a gesture of friendship and appreciation. During the occasion, Guruji, Dr H. R. Nagendra, was specially honoured in recognition of his longstanding contributions to yoga education, research and the global promotion of yoga.

The 10th Miryang International Yoga Conference was more than a gathering of yoga enthusiasts. It served as a meeting point for science and tradition, healthcare and education, Indian culture and Korean hospitality. Through the collective efforts of Viveka Yoga, S-VYASA University and Vivekananda Health Global, together with the support of the Miryang city administration, the conference laid a strong foundation for future collaboration in yoga education, yoga therapy, Ayurveda, research, wellness tourism and international cooperation.

With enthusiastic participation, distinguished speakers and a rich cultural programme, the conference reaffirmed yoga's enduring relevance in fostering healthier individuals, stronger communities and meaningful connections across national borders.



More to Discover: Unique Activities in Korea

1. Meeting with the Ambassador of India to the Republic of Korea



The S-VYASA delegation, led by Guruji, Padma Shri Dr. H.R. Nagendra, had a meaningful and encouraging meeting with His Excellency Mr. Gauranglal Das, Ambassador of India to the Republic of Korea. The delegation was warmly received and had the opportunity to interact with the Ambassador for nearly an hour.

During the meeting, the delegation presented S-VYASA's vision, its contributions to yoga education and scientific research, and its ongoing efforts to promote yoga internationally. The discussions focused on strengthening India–Korea cooperation through yoga, education, healthcare, and cultural exchange.

The delegation expressed its sincere appreciation to the Ambassador for his valuable time, attentive hearing, thoughtful responses, and encouraging engagement with the proposals presented. The Director of the Swami Vivekananda Cultural Centre (SVCC), Seoul, Ms. Imsennaro Walling, also participated in the meeting and extended her support for initiatives to promote yoga and Indian culture in the Republic of Korea.

Yoga-Based Personality Development in Schools

One of the key proposals discussed was the introduction of ten simple, structured yoga-based modules for the holistic development of schoolchildren. Designed to be practical and accessible within the school timetable, the proposed programme would require only two periods per week.

The modules aim to support different dimensions of children's development, including physical fitness and stamina, concentration and memory, intellectual development, healthy sensory functioning, voice culture, stress management, emotional balance, and overall personality development.

The proposed initiative reflects S-VYASA's commitment to making the benefits of yoga accessible to younger generations through structured, age-appropriate practices. With appropriate implementation and evaluation, the programme could be explored in collaboration with Korean schools and educational institutions to promote healthy habits, self-regulation, and balanced development among students.

Introducing the Integrated Approach of Yoga Therapy in Korean Hospitals

The delegation also presented its interest in exploring the Integrated Approach of Yoga Therapy (IAYT) in hospitals and healthcare institutions in the Republic of Korea. The proposal envisages yoga-based interventions being considered as complementary supportive practices alongside conventional medical treatment, wherever clinically appropriate.

The discussions highlighted the potential role of yoga in supporting stress management, relaxation, physical functioning, emotional well-being, and quality of life. S-VYASA expressed interest in working with Korean medical professionals, hospitals, and research institutions to explore collaborative programmes, professional knowledge exchange, and scientific evaluation of yoga-based interventions.

Any such initiative would be developed in consultation with qualified healthcare professionals, with due attention to patient safety, clinical suitability, and evidence-based practice. The long-term objective would be to explore a collaborative model that respects the strengths of modern medicine while examining the appropriate supportive role of yoga in patient care and rehabilitation.



Strengthening India–Korea Cooperation

The meeting with the Ambassador was an important opportunity to present S-VYASA's vision for expanding yoga-based education, research, and healthcare initiatives in Korea. The encouraging interaction reinforced the importance of institutional partnerships and diplomatic and cultural engagement in advancing these efforts.

S-VYASA looks forward to exploring further collaboration with the Embassy of India, the Swami Vivekananda Cultural Centre, Seoul, Korean universities, schools, hospitals, and other relevant institutions.

Through these proposed initiatives, S-VYASA aims to contribute to stronger India–Korea relations by sharing India's rich yogic heritage through contemporary education, scientific inquiry, healthcare collaboration, and cultural exchange. The broader vision is to make yoga a meaningful bridge between the two countries, promoting holistic well-being, mutual understanding, and a healthier society.

2. Meeting with Asia today

A high-level meeting with Asia Today, a prominent media organisation in the Republic of Korea, explored opportunities to strengthen the international presence of S-VYASA Deemed-to-be University through yoga education, scientific research, integrative healthcare, and wellness initiatives. The discussions reflected the growing global recognition of yoga as a science-based approach to promoting physical health, mental well-being, stress management, and preventive healthcare.

International Day of Yoga Celebration in Seoul



Asia Today expressed interest in supporting the proposed celebration of the International Day of Yoga (IDY) at Gwanghwamun Square, Seoul, one of the city's prominent public landmarks. The proposed initiative aims to bring yoga to a wider Korean audience by engaging the public, educational institutions, healthcare professionals, media organisations, and wellness communities.

The collaboration could provide an important platform to showcase India's rich yogic heritage and S-VYASA's contributions to evidence-based yoga research and education. It also offers an opportunity to connect India's traditional knowledge systems with Korea's strengths in innovation, technology, healthcare, and community engagement.

Through media outreach, public awareness campaigns, and collaborative events, the proposed initiative could help popularise yoga as a practical and accessible approach to healthy living. It would also strengthen cultural exchange and people-to-people connections between India and the Republic of Korea.

The meeting marked a positive step towards exploring mutually beneficial collaboration and expanding the global reach of S-VYASA's yoga and wellness initiatives.

3. Seoul Cyber university

A productive meeting with Seoul Cyber University explored opportunities for academic collaboration between the two institutions in the fields of Yoga, Naturopathy, Ayurveda, and integrative medicine. The discussions focused on combining traditional health knowledge with contemporary scientific research and digital learning approaches to promote holistic health and well-being.

The meeting highlighted the potential for developing an evidence-informed model of integrative healthcare that brings together yoga-based practices and other traditional wellness approaches with appropriate modern medical care. Such collaboration could contribute to preventive healthcare, stress management, lifestyle modification, and improved quality of life.

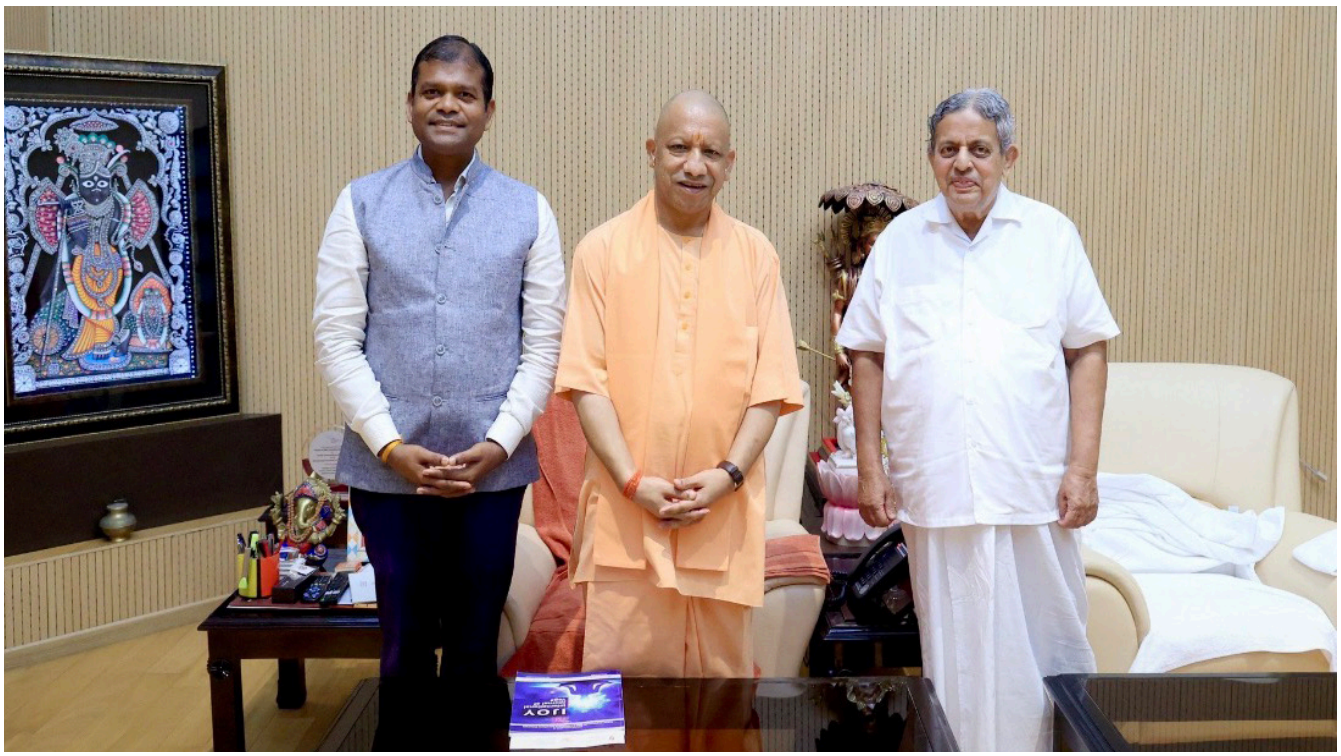
Potential Areas of Collaboration

The discussions opened promising avenues for future cooperation, including:

- Joint academic programmes: Exploring online certificate courses, short-term programmes, and educational modules in yoga, wellness, and integrative health.
- Collaborative research: Encouraging joint studies on the effects of yoga and related interventions on physical health, psychological well-being, stress, and lifestyle-related conditions.
- Practical training: Exploring opportunities for structured yoga training, demonstrations, workshops, and supervised practical sessions.
- Digital education: Leveraging Seoul Cyber University's expertise in online education alongside S-VYASA's experience in yoga education, research, and therapeutic applications.
- Integrative healthcare initiatives: Examining opportunities to develop educational and research activities that connect yoga and traditional wellness practices with evidence-based healthcare.

The meeting represented a constructive step towards establishing a long-term academic partnership between S-VYASA and Seoul Cyber University, with a shared vision of advancing education, research, and holistic well-being through international cooperation

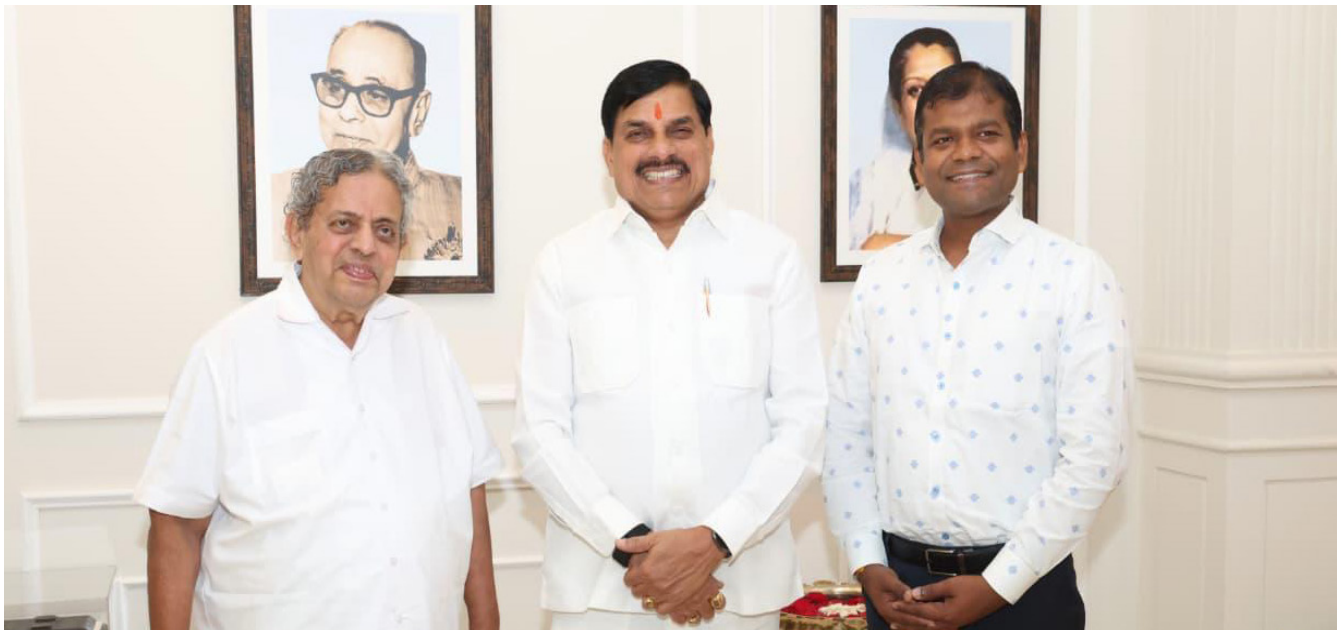




On 13 October 2026, Padma Shri Dr. H. R. Nagendra, President of S-VYASA Society, and Dr. Amit Singh, Chief Medical Officer, Arogyadhama, S-VYASA, paid a courtesy visit to the Hon'ble Chief Minister of Uttar Pradesh, Shri Yogi Adityanath Ji, in Lucknow. During the meeting, they extended a formal invitation to Shri Yogi Adityanath Ji to grace the Golden Jubilee Celebrations of Prashanthi Kutiram, scheduled from 13 to 22 November 2026.



Dr. H. R. Nagendra, President of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, and Dr. Amit Singh, Chief Medical Officer of Arogyadhama, Bengaluru, met with Shri Surya Pratap Shahi, Minister for Agriculture, Education and Research, Government of Uttar Pradesh, at his official residence in Lucknow on 13 October 2026.



Honourable Guruji Dr. H R Nagendra, President, SVYASA and Dr. Amit Singh, Chief Medical Officer, Arogyadhama, S-VYASA visited Dr. Mohan Yadav, Chief Minister of Madhya Pradesh at Bhopal on 24th October. During the visit Guruji, Dr H R Nagendra was invited as a guest to attend the Inauguration of National HR-CSR Conference 'Anudyaya-2026'.



Chief Minister Dr. Mohan Yadav inaugurated the National HR-CSR Conference 'Anudyaya-2026' on Saturday. He stated that in governance, responsibility is more important than position. Discharging one's duties with a spirit of service and connecting knowledge with research and innovation are important lessons drawn from the life of Lord Shri Krishna.

The Chief Minister stated that the state government is developing sacred sites associated with Lord Shri Rama and Lord Shri Krishna through the Shri Ram Van Gaman Path and Shri Krishna Pathey initiatives. He also assured all possible support and encouragement to researchers and institutions engaged in studying the life, thoughts, and teachings of Lord Shri Krishna.

Vice Chancellor Graces Yenepoya University's Graduation Ceremony as Chief Guest



Dr. Manjunath N. K., Vice Chancellor of S-VYASA Deemed-to-be University, Bengaluru, was the Chief Guest at the Graduation Ceremony of the School of Allied Health Sciences at Yenepoya (Deemed to be University), Mangaluru. Dr. Vasudha M. Sharma, Dean of International Affairs, S-VYASA, also attended the ceremony as a distinguished guest.

The graduation ceremony was organised by Yenepoya Physiotherapy College, Yenepoya School of Allied Health Sciences, Yenepoya Medical College, and the Department of Occupational Therapy at the Yendurance Zone, Yenepoya (Deemed to be University).

Addressing the graduating students, Dr. Manjunath N. K. extended his heartfelt congratulations to the graduates of Physiotherapy, Occupational Therapy, Nursing, and other allied health disciplines. He emphasised that a degree is not merely an academic qualification but also a responsibility to society to relieve suffering, improve human lives, and provide compassionate healthcare.

Drawing inspiration from the lives of Florence Nightingale, Christopher Reeve, Sudha Chandran, and Stephen Hawking, he highlighted the importance of scientific knowledge, rehabilitation, assistive technology, perseverance, and human determination in transforming lives.

Dr. Manjunath encouraged the graduates to embrace three essential principles in their professional journeys: lifelong learning and evidence-based practice, combining professional competence with compassion, and becoming innovative leaders. He highlighted the growing role of artificial intelligence, robotics, digital health, advanced rehabilitation, and personalised care in shaping the future of healthcare.

He also underscored the importance of interdisciplinary collaboration among healthcare professionals, stressing that patient well-being, dignity, independence, and quality of life must remain at the centre of healthcare delivery. He encouraged the graduates to contribute through clinical practice, research, teaching, community service, and innovation, particularly in addressing the needs of underserved populations and an ageing society.

Dr. Vasudha M. Sharma participated in the ceremony and presented awards to the students in recognition of their academic achievements. As part of the visit, she also held a meeting with Dr. Prakash Saldanha, Dean of Yenepoya Medical College and Hospital, to explore opportunities for promoting integrative medicine through collaboration between S-VYASA and Yenepoya University. The discussions focused on strengthening interdisciplinary approaches to healthcare by exploring the integration of Yoga and other evidence-based complementary approaches with conventional medical practice.

The visit also provided an opportunity to interact with key academic leaders of Yenepoya University, including Dr. Sunitha Saldanha, Dean of Allied Health Sciences, and other faculty members and institutional representatives. These interactions highlighted the importance of academic cooperation, interdisciplinary healthcare, research collaboration, and the exchange of knowledge between the two institutions.



Congratulating the graduates on this important milestone, Dr. Manjunath urged them to move forward with knowledge in their minds, compassion in their hearts, and courage in their actions, dedicating their professional careers to meaningful service to humanity.

The ceremony celebrated the academic achievements of the graduates and reaffirmed the importance of excellence, compassion, and social responsibility in healthcare education. The visit therefore strengthened collaborative activities between S-VYASA and Yenepoya University and facilitated new opportunities for international networking, academic exchange, and cooperation in integrative medicine and healthcare research.

धर्मसूत्रम् (Dharmasūtram)



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

Mīmāṃsā and the Science of Sentence Meaning: Towards Cognitive Clarity

औत्पत्तिकस्तु शब्दस्यार्थेन सम्बन्धः, तस्य ज्ञानमुपदेशः, अव्यतिरेकश्चार्थे अनुपलब्धे,
तत् प्रमाणं बादरायणस्य अनपेक्षत्वात् ॥ जैमिनिमीमांसासूत्रम् १.१.५॥ - 3

Autpattikastu śabdasyārthena sambandhaḥ, tasya jñānam upadeśaḥ, avyatirekaścārthe anupalabdhe, tat pramāṇaṃ Bādarāyaṇasyānapekṣatvāt. ||Jaimini Mīmāṃsā Sūtram 1.1.5|| - 3

On the other hand, the relation of the word with its meaning is inborn (and eternal), consequently injunction (which is a form of word) is the means of knowing dharma, and it is unfailing in regard to objects not perceived (by other means of knowledge), it is authoritative, according to Badarayana, specially as it is independent or self-sufficient in its authority.

In this episode, our main focus is on Mīmāṃsā, particularly its contribution to understanding the meaning of Vedic sentences (Veda-vākyārtha-dīpikā). In the analysis of this aphorism, we take up the real relationship between the world and its meaning, and the mechanism to be adopted for understanding it. In this context, we must examine śabda (word), artha (meaning), and the relationship between these two, according to the Mīmāṃsakas. The relationship between śabda and artha is understood as autpattika, that is, an inherent relationship. There is no śabda without meaning, and there is no meaningful understanding of artha without śabda. This relationship may be explained through jñāpya–jñāpaka-bhāva-sambandha and sūcya–sūcaka-bhāva-sambandha: śabda makes the meaning known, while artha is that which is made known. Here, śakti, the verbal power by which a word conveys its meaning, is important. Thus, śabda is the jñāpaka, the indicator, and artha is the jñāpya, that which is indicated. This relationship paves the way for knowledge free from hallucination, delusion, and confusion. When Vedopadeśa takes place, the great Guru recites the text with proper intonation and pronunciation. Without this understanding, genuine cognitive clarity cannot emerge. When śabda and artha are properly interconnected and yield the intended meaning, there is little room for misunderstanding. Such clarity paves the way for proper knowledge. Once knowledge arises, and one proceeds further on the basis of that knowledge, the intended result is obtained. This is the real significance of knowledge.

Let us consider an example. Someone tells a friend, “Please go and collect those ripe mangoes from the mango tree on the bank of a river.” The speaker conveys this information after having seen the tree and its fruits. Both the person who communicates the information and the person who receives it are friends; here, friendship also signifies the relationship of āptatva, or trustworthiness, in communication. The relationship between the perceiver and the receiver is thus understood as a pure and trustworthy one, leading to cognitive clarity.



The receiver understands the artha, identifies the mango tree, goes there, and collects the mangoes. This illustrates arthakriyākāritva, a technical expression used in Mīmāṃsā and other Śāstras, referring to the practical efficacy of knowledge. The knowledge acquired enables a person to pravartate, to proceed towards the intended action, and the intended result is subsequently obtained. The three interconnected stages are jānāti (knowing), icchati (desiring), and yatate (making an effort). First, one knows; having known, one develops the desire to obtain the object, a sad-icchā; and, following that desire, one makes the necessary effort.

The desired object is then obtained and used for the intended purpose. Thus, the process becomes complete. Codanā, the Vedic injunction, directs the individual towards action, and the result of following that injunction is understood in relation to the intended artha. In this discussion, we must also distinguish between the limitations of ordinary human mentality and the possibility of a supramental condition.

The mind, functioning at the ordinary mental level, operates through saṅkalpa and vikalpa, involving determination, alternatives, and the possibility of both valid and erroneous cognition. The supramental condition, as discussed in Sri Aurobindo's interpretation of the Veda, points beyond the limitations of ordinary human mentality towards a higher mode of consciousness.

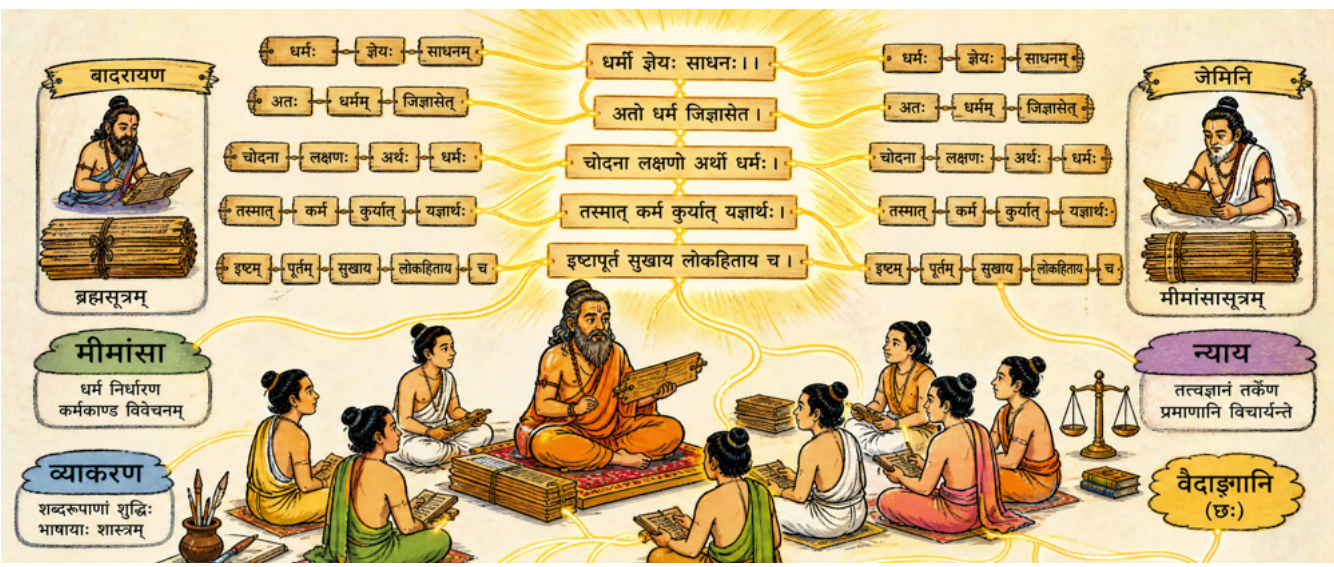
This brings us to Maharishi Sri Aurobindo and his work The Secret of the Veda (Veda-rahasya), in which he explores the deeper significance of Vedic knowledge. In the Vedic tradition, the Veda is regarded as apauruṣeya, that which is not of human authorship. The Vedic sentence, apauruṣeyaṃ vākyam, is therefore understood within this tradition as expressing knowledge that is not dependent upon an individual human author. Sri Aurobindo interprets Vedic language in relation to a consciousness that transcends ordinary mental limitations and points towards a higher, supramental awareness.

The Vedic word, in this perspective, is not merely an ordinary human utterance; it is associated with a higher order of knowledge and consciousness. This is how we may understand the central significance of the aphorism: the relationship between śabda and artha enables the proper apprehension of meaning.

This mechanism leads to what we may call semantic supremacy, or artha-jñāna-pāramya, the excellence of knowledge of meaning. This is a strength of human understanding. Those who follow the Bādarāyaṇa-sampradāya and its tradition of apauruṣeya-cintanadhārā give importance to this dimension of knowledge. Jaimini and Bādarāyaṇa may occupy different positions as pūrvapakṣin and siddhāntin in particular philosophical discussions; nevertheless, both traditions are important for understanding the relationship between scriptural statements, their meaning, and valid knowledge. Jaimini, associated with the Pūrva-Mīmāṃsā tradition and the Dharma inquiry, and Bādarāyaṇa, associated with the Brahma-sūtras, thus represent two major streams of Indian philosophical thought. Their respective contributions help us understand the significance of sentence meaning and cognitive clarity.

This is the real contribution of Mīmāṃsā to the Vākyārtha-śāstra, the systematic study of sentence meaning. Just as Vyākaraṇa is known as Pada-śāstra, the discipline concerned with words and grammatical structure, and Nyāya is known as Pramāṇa-śāstra, the discipline concerned with valid means of knowledge, Mīmāṃsā may be understood as Vākya-śāstra, the discipline concerned with the interpretation of sentences, particularly Vedic injunctions. It provides guidelines for establishing and verifying the meaning of Vedic statements. Vyākaraṇa and Nyāya contribute to this process, while the other Vedāṅgas also extend their assistance. These six Vedāṅgas are Śikṣā, Kalpa, Vyākaraṇa, Chandas, Nirukta, and Jyotiṣa.

Together, they support the proper understanding of Vedic language, pronunciation, ritual context, grammatical structure, metre, etymology, and related aspects of interpretation. Cognitive clarity is therefore not the result of examining words in isolation; it emerges through the proper understanding of words, their arrangement, their recitation, and their intended meaning. A pada is a word, while a vākya is a meaningful sentence formed through the appropriate combination of words. When these words are properly arranged, correctly pronounced, and accurately recited, they lead the learner towards a deeper apprehension of meaning. This is the real core of the fifth aphorism of Jaimini's Mīmāṃsā Sūtra, which provides an important foundation for the study of Vākyārtha. It offers a pathway for understanding how the combination of words, when properly interpreted, can lead towards the highest clarity of knowledge. This is the national highway for our understanding of the relationship between language, meaning, and cognition.



Shabda Yoga Series – 1



Prof M Jayaraman
Dean, Division of Yoga Spirituality

Yoga Tattva Upanishad:
Reimagining Ashtanga Yoga within a Comprehensive Yogic Framework

Introduction

In Śabda-Yoga, Yogic terms are examined through (a) etymological analysis, (b) lexical descriptions, and (c) textual occurrences in the Yogasūtra, the Haṭhayogapradīpikā and the Bhagavadgītā, with their commentaries where available, followed by observations. The series is intended to help students, teachers and professionals of Yoga develop a sound grammatical and contextual, and thereby an authentic and immersive, understanding of Yoga terminology.

अथ - atha

What Does Atha Mean?

Atha is the first word of the Yogasūtra, and so it is often the first Yoga term a student meets. Widely read explanations of it include the following:

Source.	Explanation of atha in YS 1.1
Yoga Journal (R. Rosen) [1]	A reminder that all Yoga teaching emerges from and leads back to "the timeless, ever-present now"
The Art of Living [2]	The sūtra rendered "Now I will enunciate the discipline of Yoga"; Patañjali "begins with the present"
Jivamukti Yoga (S. Gannon) [3]	"A most auspicious word"; it means "now", calling attention to the present moment
Gulf News (B. Thakur) [4]	"Atha means now"
The Free Press Journal (Sadhguru) [5]	"…and now, Yoga": the point at which worldly pursuits have lost their appeal and Yoga becomes relevant
Int. Journal of Indian Psychology (S. Kausthub) [6]	A life of moment-to-moment attention, linked to contemporary mindfulness

Most of these explanations rest on the English word “now”, and develop it in different directions: the present moment, an auspicious beginning, or a turning point in life. This entry follows atha through its derivation, its record in the traditional lexicons, and its usage in the Yogasūtra, the Bhagavadgītā and the Haṭhayogapradīpikā, read with their commentaries, to see what the word itself conveys.

Etymology

अर्थ + ड = अथ

The root is √artha (अर्थ), in the sense upayācñāyām (उपयाच्ञायाम्), “to request” (Dhātupāṭha 10.447). The suffix ḍa (ड) is added by the vārttika on anyeṣv api dṛśyate (अन्येष्वपि दृश्यते, Aṣṭādhyāyī 3.2.101), and the r of the root is lost in the process, giving atha. Atha is also listed in the cādi group of words, and is therefore a particle (nipāta) by cādayo ‘sattve (चादयोऽसत्त्वे, 1.4.57) and an indeclinable (avyaya) by svarādinipātam avyayam (Ashtadhyayi, 1.1.37).

The derivation yields a grammatically valid form, but not the meaning of the word. As with most indeclinables, the meaning of atha is established by usage, as recorded in the lexicons and the texts.

Lexicon

The Amarakośa records five meanings, and the Avyayakośa, a lexicon of indeclinables, adds five more:

मङ्गलानन्तरारम्भप्रश्नकात्स्र्ंष्वथो अथ (अमरकोशः 3.3.247)
अथ मङ्गलानन्तरारम्भप्रश्नकात्स्र्याधिकारप्रतिज्ञासमुच्चयवितर्कविकल्पेषु (अव्ययकोशः, entry 17, p. 9)

Amarakośa	Meaning	Avyayakośa adds	Meaning
mangala	Auspiciousness	adhikāra	the subject taken up
Anantara	After	pratijñā	declaration
Ārambha	Beginning	samuccaya	conjunction
Praśna	Question	vitarka	conjecture
Kārtsnya	Entirety	vikalpa	alternative

The auspicious character of atha is also expressed in a traditional verse often cited by commentators:

ओङ्कारश्चाथशब्दश्च द्वावेतौ ब्रह्मणः पुरा।
कण्ठं भित्त्वा विनिर्यातौ तस्मान्माङ्गलिकावुभौ॥

Oṃkāra and the word atha, these two, issued forth in the beginning from the throat of Brahmā; therefore both are auspicious.

Textual Occurrences

Yogasūtra

Atha is the first word of the Yogasūtra and occurs only once in the text.
अथ योगानुशासनम् ॥ १.१ ॥

Here the instruction on Yoga is taken up.

Across fifteen traditional Sanskrit commentaries on the Yogasūtra, three meanings of atha are given:

Commentary	Text	Meaning of atha
Vyāsa-bhāsyam	अथेत्ययमधिकारार्थः।	Adhikāra: Yoga is introduced as the subject to be taught.
Bhoja-vrtti	अथशब्दोऽधिकारद्योतको मङ्गलार्थकश्च।	Adhikāra, and also mangala, auspiciousness.
Yogasudhākara of Sadāśivendra		Ārambha: the commencement of the teaching.

Bhagavadgītā

Atha occurs eight times in the Bhagavadgītā. The meanings follow Śaṅkara's commentary; where he is silent, Rāmānuja or Vedānta Deśika; where all three are silent, the context.

BG	Text	Meaning of atha	Authority
1.20	अथ व्यवस्थितान्दृष्ट्वा ...	Anantara, "after": after the conches are blown	Context
1.26	... पितॄनथ पितामहान्	Samuccaya, "and"	Context
2.26	अथ चैनं नित्यजातं ...	Abhyupagama, granting a view for argument's sake	Śankara
2.33	अथ चेत्त्वममिं धर्म्यं ...	Yadi, "if"	Śankara
3.36	अथ केन प्रयुक्तोऽयं ...	Praśna, a question	Vedānta Deśika
12.9	अथ चित्तं समाधातुं ...	Evam, "in this manner"	Śankara
12.11	अथैतदप्यशक्तोऽसि ...	Punah, "again, further"	Śankara
18.58	अथ चेत्त्वमहङ्कारात् ...	Yadi, "if"	Śankara

Some of these senses, such as punaḥ and abhyupagama, are not listed in the lexicons; in the Gītā, atha is a flexible connective whose sense is set by context. The compound particle athavā, "or else" (6.42, 10.42), is not counted.

Haṭhayogapradīpikā

Atha occurs twice in the Haṭhayogapradīpikā, both times in the sense of anantara, "after".

HYP	Text	Jyotsnā	Meaning
1.56	अथ नादानुसन्धानम् ...	अथ एतत्त्रयानुष्ठाननन्तरम्	After āsana, kumbhaka and mudrā, the practice of attending to the inner sound
2.1	अथासने दृढे योगी ...	अथ आसनोपदेशाननन्तरम्	After āsana is firmly established, prānāyāma is to be practiced

Summary and Conclusion

Atha carries a wide range of meanings: ten in the lexicons, and further senses in the Gītā. Each text, however, draws on that range in its own way, as the tables above show.

The rendering "now" does not appear in the traditional lexicons or in the commentaries on YS 1.1.

The textual evidence shows that atha signifies the subject taken up, auspiciousness, commencement or sequence, and that the text and its commentary decide which. The terms of Yoga therefore need to be studied systematically, through their derivation (vyutpatti), their lexical record (kośa) and their usage in each text with its commentaries (prayoga). This care is essential when Yoga is applied, especially in therapy, where the sequence that atha marks, such as prāṇāyāma only after āsana is firmly established, governs how practice is prescribed.

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ANTE NATAL YOGA

Teacher Training | Certified by S-VYASA

Prenatal Yoga: The Importance of Expert Guidance

Practising yoga during pregnancy can be a valuable intervention, but it requires the right attention and appropriate guidance. Trained yoga professionals and doctors experienced in maternal health are therefore key elements in ensuring that practice is safe, individualised and beneficial for both mother and baby.

Several important prenatal-yoga trials were conducted by researchers associated with S-VYASA Bengaluru, in collaboration with St. John's Medical College and other Bengaluru maternity centres.

A multicentre, stratified, randomized, single-blind trial found that integrated antenatal yoga beginning around the 12th week was associated with healthier platelet counts and uric-acid trends in high-risk pregnancy, suggesting improved physiological adaptation and haemodilution. Another randomized controlled trial of a yoga-therapy module in high-risk pregnancy reported significantly lower perceived stress by the 28th week compared with routine care.

A later prospective, randomized, single-blind trial comparing integrated yoga therapy with standard antenatal care from 18–22 weeks until delivery reported fewer cases of preeclampsia and preterm delivery, longer gestation at birth, and higher neonatal Apgar scores and birth weight in the yoga group. Research by Rakhshani and colleagues also found that integrated yoga improved several domains of quality of life and aspects of interpersonal relationships in normal pregnancy.

These S-VYASA studies support yoga as a promising adjunct to routine antenatal care, particularly for stress reduction and maternal-neonatal outcomes. However, prenatal yoga should be practised under trained supervision and with the expert guidance of doctors trained in maternal health.



What Research Reviews Suggest

Randomized trials and systematic reviews suggest that antenatal yoga is generally safe when appropriately adapted. It may help reduce stress, anxiety, depression and pain response while supporting emotional well-being and maternal health. A 2023 overview of systematic reviews found that most meta-analyses reported yoga-based interventions to be more effective than control interventions for anxiety, depression and stress.

A 2022 meta-analysis reported reductions in anxiety, depression and perceived stress. It also found shorter labour duration and higher odds of normal vaginal birth; however, the GRADE certainty of the evidence was low to very low, so these findings should be interpreted cautiously. Earlier reviews similarly reported possible improvements in quality of life, autonomic function, labour comfort, pain and labour duration, while calling for more rigorous trials.

Become a Certified Prenatal Yoga Instructor

Learn to confidently guide and support mothers through pregnancy and beyond. The 60-hour weekend course covers the knowledge and practical skills required to conduct prenatal yoga classes and support expectant mothers through a safe, informed and individualised approach.

Eligibility

- Yoga instructors with a 200-hour Yoga Teacher Training Course (YTTC) certification.
- Doctors and Gynaecologists.
- BNYS doctors.

Course Details

Course duration: 60 hours – Weekend batch
Start date: 9 January 2027 onwards
Days: Saturdays and Sundays
Timings: 1:00 PM – 5:00 PM IST
Course fee: ₹12,500/-
Certification: Theory and practical examinations, followed by a viva





Course Includes

- Anatomy and Physiology
- Pregnancy and Labour
- All Three Trimesters
- Prenatal Yoga
- Pranayama and Mudras
- Teaching Methodology
- Postnatal Yoga
- Garbha Samskara
- Live Practicals

Attendance requirement: 95% live-session attendance is mandatory to be eligible to write the examination. Recordings are provided for support only.

After Completing the Antenatal Yoga Course

After completing the course and certification, you can start yoga classes for pregnant women and support them throughout their pregnancy journey. You may offer classes online or in person, helping expectant mothers learn appropriate breathing exercises, yoga practices and mudras. Practices should be adapted to each participant's trimester, health status and individual needs.

Appropriate Points to Note During Pregnancy

Pregnancy is a period when biomechanical and physiological changes occur rapidly as the body adapts to support the growing fetus. Every woman experiences pregnancy differently, and physical and emotional needs may vary. Expectant mothers should receive appropriate support, resources and guidance on suitable physical activity during pregnancy. Yoga practices and modifications must be selected according to the individual woman's needs, with care taken to avoid overexertion and unnecessary strain. Participants should follow the advice of their treating doctor.

Course Details & Registration

Vivekananda Health Global – Course Details: https://vivekanandahealth.com/ante-natal-yoga-teachers-training-course

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Gokul Dham Society: A Step Towards Swachh Bharat



On 13 October 2026, the School of Yogic Science at SVYASA Deemed to be University presented an engaging skit on Swachh Bharat Abhiyan at SVYASA. The performance aimed to spread awareness about cleanliness, sanitation, environmental protection, and civic responsibility while promoting Mahatma Gandhi's vision of a clean and healthy India.

The programme was witnessed by the higher authorities of SVYASA, faculty members from various schools, students of the School of Yogic Science, BNYS and BPT students, YIC students, and many other members of the university community.

The skit was set in a fictional residential society called Gokul Dham Society, where everyday situations highlighted common problems related to cleanliness. Through humour, relatable characters, and meaningful dialogues, the performance portrayed issues such as littering, gutka and paan consumption, public urination, irresponsible waste disposal, and industrial pollution.

The story began with the narrator introducing Gokul Dham Society, followed by the postman arriving with an important letter carrying a message for its residents. The characters of Dolly, the chai wala, Monu, Sonu, the careless woman, and the sanitation worker portrayed different attitudes towards cleanliness. The gutka/paan man and public urinator highlighted unhygienic practices, while the factory owner represented industrial responsibility. The tourists and tourist guide showed the importance of maintaining cleanliness in public places, while the reel girls highlighted the contrast between social media appearances and responsible behaviour. The daaru party group further represented careless habits that can affect the cleanliness and dignity of public spaces. The garbage vehicle workers highlighted the importance of proper waste collection and disposal. The portrayal of Mahatma Gandhi reinforced the central message of cleanliness, discipline, and collective responsibility.

The skit was scripted by Pratiksha Saini and Shiva Joshi, directed by Pratiksha Saini, Shiva Joshi, and Prisha, and edited by Om, Shiva Joshi, and Pratiksha Saini. Pratiksha Saini performed the role of narrator. The other roles were performed by Shiva as the postman; Keshav as Dolly, the chai wala; Nityam as Monu and the public urinator; Divyansh as Sonu and a member of the daaru party group; Sharvari as the sanitation worker and tourist guide; Somprabha as Mahatma Gandhi; Gawtham as the gutka/paan man; Vikas as the factory owner; Bharati as the careless woman; Ganavi and Bhavya as tourists; Manjani and Ritul as the reel girls; Divyansh, Amit, and Keshav as the daaru party group; and Abhinav and Amit as the garbage vehicle workers.

Through these characters, the skit conveyed the message that cleanliness is not merely the responsibility of the government or sanitation workers but a shared duty of every citizen. Simple actions such as using dustbins, avoiding littering, disposing of waste properly, respecting sanitation workers, and preventing pollution can contribute significantly to a healthier environment.

By combining comedy with social awareness, the students encouraged the audience to reflect on their daily habits and adopt responsible practices. The performance demonstrated how cultural activities can effectively communicate important social messages and inspire positive change.

The skit concluded with the reminder that Swachh Bharat is not just a campaign but a way of life. Following Mahatma Gandhi's vision requires individual commitment, collective effort, and consistent action towards building a cleaner, healthier, and more responsible society.

"Swachh Bharat, Swasth Bharat — Cleanliness begins with each one of us!"



Non-Translatables in Yogaśāstra and the Introduction of the Śabda-Yoga Initiative



Prof. M. Jayaraman, Dean, Division of Yoga Spirituality, delivered a lecture on "Non-Translatables in Yogaśāstra (योगशास्त्र)" at Jain University on 26 October 2026, supported by the Bharatiya Bhasha Samiti, Ministry of Education, Government of India. The lecture emphasised the importance of preserving the conceptual depth of Sanskrit technical terms, arguing that translations must be guided by śāstric usage and traditional commentaries. He also introduced Śabda-Yoga (शब्दयोग), a Yoga Sūtra-centred glossary initiative that has explored 60 terms to promote precision and clarity in Yoga terminology.

Lecture on the Role of Traditional Commentaries in Yoga Research



Prof. M. Jayaraman, Dean, Division of Yoga Spirituality, delivered an online lecture titled "Traditional Commentaries: Empowering Philosophical and Textual Research in Yoga" (पारम्परिकाणि संस्कृतव्याख्यानानि – योगशास्त्रानुसन्धानस्य मार्गदीपाः) as part of the six-day National Faculty Development Programme on "Emerging Horizons in Yogic Philosophical Research, organised by the Faculty Development Centre, Central Sanskrit University, Guruvayoor Campus. The lecture highlighted the significance of traditional Sanskrit commentaries in advancing textual analysis, philosophical inquiry, and interdisciplinary research in Yoga.

Swami Vivekananda - The Humanist - 24

Dr. K. Subramanyam
Former Chancellor, S-VYASA





Love and affection know no barriers. All barriers are constructed by society, which often lacks compassion. Humanism and love flow freely.

Swami Vivekananda was a humanist right from his childhood. His compassion flowed like a flood towards the needy. Like a river that finds its way to the low-lying areas to irrigate them, his sympathy and spirit of service reached the needy wherever they might be.

As a boy, he would give clothes and food to beggars and needy workers, overcoming the obstacles created by his parents. This kindness remained vibrant throughout his life, spreading like a forest fire to all corners of society.

As a Parivrajaka (wandering monk), Swami Vivekananda once came across a cobbler and provided him with food and shelter. He also accepted food from those considered untouchable. Caste, social status and education were never barriers to his compassion. He wanted a caste-free society. He imbibed this quality of humanism and equality from his master, Sri Ramakrishna Paramahamsa.

Sri Ramakrishna, known as Gadadhar in his early days, belonged to a Brahmin family. In those days, young boys underwent the sacred ceremony of Upanayana, during which they were initiated into scriptural learning and taught the great Gayatri Mantra.

During this ceremony, a boy was expected to receive bhiksha (alms) from his mother. However, Gadadhar insisted that his first food should come not from his biological mother but from a woman of a different caste who had shown him great kindness and affection since childhood.

This quality of seeing people as human beings, rather than through the lens of caste and community, deeply influenced Swami Vivekananda. As the master, so is the disciple. Humanism remained one of the most prominent qualities of Vivekananda throughout his life.

When Belur Math was under construction, many labourers, including women from nearby villages, worked at the site. They sometimes came with food and sometimes without it. They maintained a distance from people of higher castes and were treated almost like untouchables. The rich looked down upon them, and these women suffered social discrimination, ill-treatment and exploitation. Swami Vivekananda was deeply moved by their plight. Fond of the downtrodden, he mingled with them and served them food with kindness and generosity.

Under the same sun, we all live. On the same earth, we all walk. We breathe the same air. Whatever the complexion of our skin, the blood in all of us is red. Whatever the colour of our bodies, our shadows are dark. When so much is the same, why should there be separation and segregation in the name of caste? This question troubled the compassionate heart of Swami Vivekananda.

Long, long ago, Gautama Buddha was known for his kindness towards all. In more recent times, we find Swami Vivekananda, with a Buddha-like mind and a Buddha-like heart.

Today, society is facing a crisis of leadership. Is there another Shankara with such intellectual acumen? Is there another Buddha with such a kind heart? Is there another Vivekananda with such humanism? Society is gradually becoming inhuman and heartless. Let us pray that we become human once again, to love all and serve all.



Krida Vilasa 2026: Celebrating Sports, Fitness and Team Spirit at S-VYASA



S-VYASA University, Bengaluru, organised Krida Vilasa 2026 from 22 to 24 September 2026, bringing together students for three days of sporting competitions and physical activities. The university-wide initiative aimed to promote mass participation in sports, encourage an active lifestyle and foster values such as teamwork, discipline, perseverance and sportsmanship. By providing opportunities for students to participate in diverse sporting disciplines, the event reinforced the importance of physical fitness and well-being as integral aspects of campus life.

Organised through the collective efforts of the university leadership, the Physical Education and Sports Department, faculty coordinators and student representatives, the programme was coordinated under the guidance of Dr. Vasudeva Vaidya, Chief Coordinator; Ms. Anmol Gautam, Coordinator; Dr. Vikas Rawat, Sports Advisor; and Dr. Moulya Appanna, Dr. Praveen, Mr. Chaithanya and Dr. Sushmitha, Joint Coordinators. Student representatives from SSYNM, the School of Yoga (SOY) and the School of Psychology (SOPH) also contributed to the planning and conduct of the competitions, encouraging participation across the university community.

Krida Vilasa 2026 recorded an impressive 1,349 participants, comprising 846 male and 503 female participants. The programme featured a diverse range of events, including 3 km and 5 km runs, shot put, javelin throw, discus throw, volleyball, kabaddi, basketball, women's throwball, men's futsal, women's tug of war, rhythmic yoga, traditional yoga and march past. This variety provided opportunities for students with different interests and abilities to participate in individual and team-based activities.



The running events tested endurance and encouraged sustained physical activity, with 60 participants taking part in the 3 km run and 47 in the 5 km run. The athletics competitions offered opportunities to demonstrate strength, technique and coordination. In the men's categories, shot put recorded 52 participants, javelin throw 43 and discus throw 36. The corresponding women's events recorded 24, 8 and 12 participants, respectively.



Team sports formed a major component of the programme, bringing students together through competitive play. Volleyball featured 16 men's teams and four women's teams, with 15 and three matches conducted, respectively. Kabaddi witnessed participation from 15 men's teams and eight women's teams, with 14 and seven matches played. Basketball included 12 men's teams and seven women's teams, with 11 and six matches conducted, respectively. These competitions encouraged teamwork, communication, agility and quick decision-making.

The women's throwball competition featured 10 teams and nine matches, while men's futsal brought together 18 teams for 17 matches. Women's tug of war involved 11 teams and 10 matches, emphasising collective effort, synchronisation and coordination. Together, these events created opportunities for students to strengthen team spirit, demonstrate sporting ability and experience the values of healthy competition.



Yoga also featured in Krida Vilasa 2026 through rhythmic yoga and traditional yoga, with five teams participating in the former and three in the latter. Their inclusion reflected the university's emphasis on holistic well-being alongside conventional sporting activities. The march past complemented the programme by highlighting discipline, synchronisation and unity.

Through the combined participation of students, faculty coordinators and organisers, Krida Vilasa 2026 created a vibrant sporting environment that encouraged engagement beyond academic routines. The programme highlighted the importance of inclusive participation, regular physical activity and the development of sporting values.

With 1,349 participants and a broad selection of sporting and yoga activities, Krida Vilasa 2026 reinforced S-VYASA University's commitment to promoting fitness, healthy living and holistic development. The event served as a reminder that sports are not merely about competition and achievement, but also about building discipline, fostering camaraderie and making physical well-being an enduring part of university life.





Success stories at Arogyadhama

In this article, we share the experience of Padma agarwal . She was diagnosed with Gastritis, Allergic rhinitis, Varicose veins. She visited our Arogyadhama on 15 Sept 2026 for one week. She has benefited in a great way and nearly 80 percent of her condition is improved from our Integrative Medicine Therapy.

How Arogyadhama Department of Gastroenterology Deals with Diseases

Under the able guidance of Dr Nagarathna and her team of doctors and therapists, Arogyadhama Department of gastroenterology deals with diseases related to abdominal issues like Gastritis. And the prevention of associated co morbidities. We apply an integrated approach of therapy – Yoga therapy, Naturopathy, physiotherapy and Diet therapy is applied for treating non-communicable diseases (NCDs) and to promote Positive Health.

PADMA AGARWAL SUCCESS STORY

Padma Agarwal, 60 years old female participant (stayed for 1 week till Sept 2026)

COMPLAINTS:

- C/O Incomplete urination, sensation of urine retention since 2 years
- C/O B/L knee pain since 1 year.
- C/O Gastric discomfort, bloating, heaviness & heartburn since 5-6 months
- C/O Morning stiffness involving whole body since 5-6 months
- H/O Anxiety since the COVID period
- H/O Right eardrum rupture in childhood, followed by difficulty in hearing
- K/C/O Allergic rhinitis since 15 yrs
- K/C/O Varicose veins since 5-6 years





Mrs. Padma Agarwal came to Arogyadhama for management of her health condition. She was given Integrated Yoga Therapy, Naturopathy treatment with diet management and for restoring and maintaining her health during her stay, which is a customized yoga therapy module for her condition. The sessions cover the Pancha kosha, that is all five layers of existence, and include: special techniques for her health and wellness, Yogic cleansing techniques, the Kriyas like LSP, Jalaneti; Pranayama; Meditation techniques like MSRT and CM; Devotional sessions on Gita, Upanishads and Vedas, and Yogic counseling. This was integrated with naturopathy treatment, diet and ayurveda. She was also given advice for lifestyle change.

The participant underwent naturopathic treatments from 16 to 21 September 2026. The therapies included APEP and kriyas, hot oil whole-body application with steam bath and cold head compress, neutral immersion bath with Epsom salt and foot reflexology, neutral hip bath with gastrohepatic pack, partial massage with local steam to the hands, abdominal and back massage with gastrohepatic pack, and full-body massage followed by a sauna bath.

During the stay, the participant followed a structured diet consisting of NBF or khichadi for breakfast, AGJ or BOJ as a mid-morning drink, BV, BD and BM for lunch, JW in the evening, and BD with BV for dinner. Millet khichadi was served for breakfast from 18 September onward, while the mid-morning drink alternated between AGJ and BOJ.



Padma Agarwal: before and after parameters

VITAL DATA	On Admission	At Discharge
Pulse (beats/min)	84	75
Blood Pressure (mmHg)	130/80	124/78
Respiratory Rate (cpm)	18	21
Bhramari Time (sec)	13	14
Weight (kg)	73.5	72.5
Height (cm)	153	153
BMI (kg/m^2)	31.4	31

TESTIMONIAL:

"During my stay at Arogyadhama, I experienced improvement in my gastric discomfort, bloating, heaviness and heartburn. The discomfort that I had been experiencing for a long time gradually became better, and I felt more comfortable after undergoing the treatment. I also noticed improvement in my body stiffness and bilateral knee discomfort.

The yoga practices, naturopathy treatments and dietary modifications helped me feel relaxed and supported my overall well-being. I particularly felt a sense of mental relaxation during my stay. The guidance provided regarding yoga, diet and lifestyle changes was helpful and gave me a better understanding of how to continue taking care of my health. Overall, I felt better and noticed an improvement in my health by the time of discharge."



S-VYASA Welcomes International Participants for ITEC–YIC Batch 31

The Indian Technical and Economic Cooperation (ITEC) – Yoga Instructor's Course (YIC), Batch 31, comprising 39 international participants from 14 countries, was formally inaugurated at Shruthi Mandir, Prashanthi Kutiram, on 6 October 2026. The inauguration marked the beginning of another enriching academic and cultural journey for the participants, reflecting S-VYASA's continued commitment to promoting Yoga and 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 Prof. S. Siva Shankara Sai, Pro Vice-Chancellor; Prof. Sony Kumari, Registrar; Sri Dhananjaya C, Finance Officer; Prof. M. Jayaraman, Dean of Academics; Dr. Vasudev Vaidya, Deputy Registrar; Dr. Sridevi, Associate Dean; and Dr. Medini of SSYNM.



S-VYASA Honours Shri Subrat Kumar Pradhan During Prarthana Milan



Mr. Subrat Kumar Pradhan, Director, Department of Higher Education, Ministry of Education, Government of India, was felicitated by Dr. H. R. Nagendra, President, S-VYASA Society, during the Prarthana Milan held on 26 September 2026 at the Prashanti Kutiram campus.

Distinguished Army Veteran Col. Rajeev Mannali Visits S-VYASA



Col. Rajeev Mannali, a distinguished Army veteran, healthcare administrator, and strategic leader, along with his team, visited S-VYASA on Saturday, 3 October 2026. During the visit, he was felicitated by Pro-Vice Chancellor Prof. S. Siva Sankara Sai, Registrar Prof. Sony Kumari, Dr. Amit Singh, CMO, Arogyadhama Hospital, Prof. Jayaraman, Dean of Academics, and Dr. M. N. Ramesh, Director, ANVESANA.

Learning Beyond the Classroom: Field Visit to Ramadevarabetta Vulture Sanctuary

As part of the Open Elective course *Natural History & Wildlife Photography* At S-VYASA University, students participated in an educational field visit to Ramadevarabetta Vulture Sanctuary, Ramanagara, on 10 October 2026.



The visit offered students an opportunity to step beyond the classroom and experience nature in its own setting. From the excitement of exploring the landscape to the curiosity of observing wildlife and asking questions, the day was filled with meaningful learning experiences. Students experienced the physical demands of being in the field while developing a deeper understanding of wildlife behaviour, natural habitats, ecological relationships and the importance of conservation.

The experience encouraged students to observe patiently, question their surroundings and appreciate the value of understanding animals within their natural environments. It also introduced them to the importance of responsible wildlife observation and ethical photography, reminding them that nature is best understood through patience, respect and careful observation.

Beyond the learning outcomes, the visit was a memorable day of shared discovery, bringing together enthusiasm, curiosity and hands-on learning. It reinforced the importance of field-based education in developing a stronger connection with nature and a greater appreciation for biodiversity and wildlife conservation.

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At Team Parikrama, we would like to express our sincere gratitude to the Management for providing us with the opportunity and encouragement to take classroom learning into the field. Such experiences would not be possible without the institution's support for practical, experiential learning and its commitment to offering students opportunities beyond conventional classroom teaching.



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S-VYASA Celebrates Navratri in Royal Blue



Faculty members and students of S-VYASA Deemed to be University wore royal blue on 14 October 2026 to mark the fourth day of Sharad Navratri, dedicated to Maa Kushmanda, the fourth form of Goddess Durga. The colour symbolizes royalty, confidence, strength, prosperity, and tranquillity.

S-VYASA Hosts National Workshop on Translational Brain Mapping

S-VYASA (Deemed to be University), Bengaluru, organized a national workshop titled “Translational Brain Mapping: Hands-On fNIRS Data Acquisition & Analytics” on September 30, 2026, from 9:00 AM to 5:00 PM at Maitri Milan Sruthi Mandir, in hybrid mode.

Organized by ANVESANA Research Laboratory in collaboration with OneLab Neuro and NIRx Medical Technologies, the workshop brought together 109 participants from universities, colleges, hospitals and industries.





The workshop was inaugurated by Dr. H. R. Nagendra, President of VYASA, who emphasized the importance of scientific inquiry, interdisciplinary research and contemporary neuroscience approaches in understanding mind-body practices and human well-being. Prof. M. N. Ramesh delivered a keynote address on "Mind-body Practice and Mental Health," highlighting the relevance of mind-body practices to psychological well-being. Prof. Vijaya Majumdar followed with a talk on "Mind-body Practices and Brain Health: A Neuroscience Perspective," exploring the application of modern brain-imaging techniques to the scientific study of mind-body practices.

The technical sessions were conducted by Dr. Mahipal Choudhary, Director, OneLab Neuro and Scientific Consultant at NIRx Medical Technologies. He introduced participants to the fundamentals of functional near-infrared spectroscopy (fNIRS), explaining its principles, neurovascular coupling, changes in oxygenated and deoxygenated haemoglobin, and the measurement of cortical haemodynamic responses. The sessions also covered signal quality, motion artefacts, optode placement, cap preparation and other practical considerations in reliable data acquisition.

The afternoon session focused on hands-on fNIRS data acquisition and analytics, including experimental designs, signal-quality assessment and the management of artefacts and physiological confounds. Participants were also introduced to the integration of fNIRS with technologies such as EEG, fMRI, transcranial magnetic stimulation (TMS), transcranial direct current stimulation (tDCS), eye tracking and virtual reality.

The workshop provided participants with practical insights into neuroimaging methodologies and their potential applications in neuroscience, neuropsychiatry, mental health, behavioural studies and mind-body research. An interactive question-and-answer session enabled participants to engage directly with the resource person and clarify technical and methodological aspects of fNIRS research.

The programme concluded with the closing remarks of the Vice-Chancellor, Dr. Manjunath N. K., followed by the vote of thanks delivered by Dr. Krishna Dwivedi, In-charge, Cognitive Neuroscience Laboratory, and the closing prayer led by Ms. Shyla. The workshop was coordinated by Dr. Krishna Dwivedi under the guidance of Prof. Ramesh M. N., Head of R&D, S-VYASA, strengthening opportunities for interdisciplinary learning and translational brain-mapping research.



S-VYASA Organises Workshop on Fundamentals of Polysomnography with Live Demonstration



S-VYASA organised a technical and academic workshop titled "Fundamentals of Polysomnography with Live Demonstration" on September 5, 2026, from 11:00 AM to 1:00 PM at the Seminar Hall, Anvesana Research Laboratories.

The workshop was organised by Anvesana Research Laboratories in academic–industry collaboration with Allengers Medical Systems Limited and witnessed the participation of 42 faculty members, PhD research scholars, research associates, and postgraduate students. The programme was coordinated by Dr. Krishna Dwivedi, In-charge of the Cognitive Neuroscience Laboratory, with support from Dr. Amit Kanthi, In-charge of the Psychophysiology Laboratory, under the guidance of Prof. Ramesh MN, Head of R&D, S-VYASA.

The workshop commenced with a theoretical session by Dr. Krishna Dwivedi, who introduced the clinical applications and diagnostic scope of Polysomnography (PSG), a comprehensive method for studying sleep patterns and physiological activity during sleep. He discussed micro- and macro-sleep architecture and diagnostic protocols associated with sleep disorders such as chronic insomnia and narcolepsy. The session highlighted the importance of understanding sleep physiology and its applications in clinical research.



Complementing the scientific perspective, Dr. Manjunath Gururaj, Senior Associate Professor at S-VYASA, delivered a session on the traditional understanding of sleep, or Nidra, drawing upon classical Ayurvedic literature, particularly the Charaka Samhita. He explained the significance of sound sleep in maintaining metabolic nourishment, cellular absorption, strength (Bala), vitality, and overall well-being. He also discussed the adverse effects of chronic sleep deprivation, including physiological deterioration and reproductive dysfunction, thereby connecting traditional knowledge with contemporary scientific perspectives.

Technical specialists from Allengers Medical Systems Limited subsequently demonstrated the clinical and technological features of the Allengers VIRGO-SL Polysomnography system. The session introduced participants to the recording of physiological signals through electroencephalography (EEG), electrooculography (EOG), electromyography (EMG), electrocardiography (ECG), and cardiorespiratory sensors. The demonstration also covered software-based analytical features, including real-time cerebrograms, continuous wavelet analysis, sleep-stage hypnograms, heart rate variability (HRV) processing, plethysmography, CPAP/Bi-Level pressure monitoring, online CPAP titration, split-time reporting, and European Data Format (EDF) export compatibility for research purposes.

The final session featured an experimental protocol and live demonstration beginning at 12:17 PM. Participants observed the application of electrodes and sensors for recording sleep-related physiological parameters. These included scalp EEG electrodes placed according to the International 10–20 system, dual EOG, submental EMG, Lead-II ECG, respiratory airflow cannulas, thoracic and abdominal effort belts, pulse oximetry, and limb movement sensors. The demonstration provided practical exposure to real-time biosignal acquisition and validation.

The participants were also introduced to the identification and scoring of different sleep stages, including N1, N2, N3, and REM sleep, based on characteristic physiological signals. The session further demonstrated the identification of respiratory events such as obstructive sleep apnea, central sleep apnea, and mixed apnea, along with the calculation of the Apnea-Hypopnea Index (AHI) and the assessment of periodic limb movements during sleep (PLMS).

The workshop provided participants with valuable theoretical knowledge and hands-on exposure to polysomnography, sleep-stage analysis, and physiological signal processing. The integration of modern neurophysiological techniques with traditional perspectives on sleep highlighted the interdisciplinary scope of sleep research. The programme also strengthened the research capabilities of the ANVESANA Sleep Research Laboratory and supported the advancement of future studies in sleep physiology and integrative yoga clinical trials at S-VYASA.

NATIONAL | ANTI-NARCOTICS

AMIT SHAH SETS 2029 DEADLINE TO UPROOT INDIA'S DRUG TRADE



TARGET: 31 DECEMBER 2029

NEW DELHI • 22 SEPTEMBER 2026

At the Third National Conference of ANTF Heads, the Union Home Minister called for coordinated action across states and agencies.

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VISION 2026–2029

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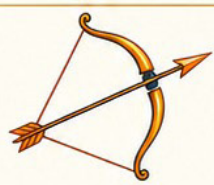
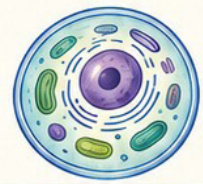
46,780
Nashamukt Mitras registered

1 LAKH
Volunteer registration target

The deadline is a government target, not an accomplished outcome.

Based on the report provided.

AI, Human Destiny & Dharma

1.  AI and accessible knowledge
2.  The power of human choice
3.  We shape our own destiny
4.  Technology can build or destroy
5.  Ritambhara Prajna: wisdom
6.  Power guided by dharma
7.  Daivi and Asuri qualities
8.  Uplift yourself
9.  AI and knowledge across time
10.  Trikala Jnana
11.  Scientific study of Jyotisha
12.  Living cell and prana
13.  Consequences of misuse
14.  Possibilities of right use
15.  Reflect before acting
16.  Values and discernment
17.  Human freedom and responsibility
18.  Wisdom, dharma and one world family

Dr H. R. Nagendra · S-VYASA

S-VYASA • PRASHANTI KUTIRAM

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13–23 November 2026 • Bengaluru

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Prashanti Kutiram, Bengaluru

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GOLDEN JUBILEE CELEBRATIONS

13–23 November 2026

UNIVERSITY-LED ROADMAP FOR VIKSIT BHARAT 2047

Seminars & Round Table Conferences

14–22 November 2026

Towards a White Paper aligned with the priorities of NITI Aayog

SEMINAR OBJECTIVES

- Bring together selected universities, experts and practitioners.
- Develop practical recommendations for India's progress by 2047.
- Define institutional responsibilities and collaborative pilot projects.
- Identify resources, implementation phases and measurable outcomes.

DAILY PROGRAMME

10:00 a.m.	**Seminar Inauguration**	Shruti Mandir
11:00 a.m.–1:00 p.m.	**Round Table Conference**	Board Room

FOCUSED ROUND TABLE

Limited to principal speakers, visiting Ministers and dignitaries, NITI Aayog experts and invited specialists.

KEY OUTCOME: A WHITE PAPER

A phased roadmap with institutional responsibilities, pilot projects, resource requirements and measurable milestones.

Prashanti Kutiram, Bengaluru

Education • Research • Skills • Community Service

S-VYASA • PRASHANTI KUTIRAM

GOLDEN JUBILEE CELEBRATIONS

13–23 November 2026

SATSANG MEET

Wisdom • Devotion • Inner Transformation

14–22 November 2026

Inspiring spiritual growth through the wisdom of our ancient masters

OBJECTIVES OF THE SATSANG

- Receive guidance from spiritual teachers and invited speakers.
- Explore the wisdom of the Upanishads, Bhagavad Gita and Yoga.
- Bring spiritual values and Yoga into everyday life.
- Deepen devotion, self-discipline and inner awareness.
- Promote harmony, selfless service and the spirit of Vasudhaiva Kutumbakam.

DAILY PROGRAMME

10:00 a.m.	**Inauguration**	Shruthi Mandir
11:15 a.m.–1:00 p.m.	**Satsang Continues**	Shruthi Mandir

LEARN • REFLECT • PRACTISE

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for personal growth and collective wellbeing.

Towards inner peace and a harmonious world

Prashanti Kutiram, Bengaluru

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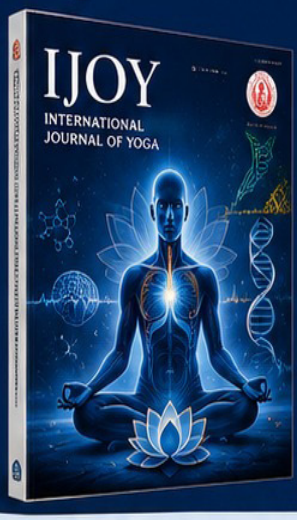
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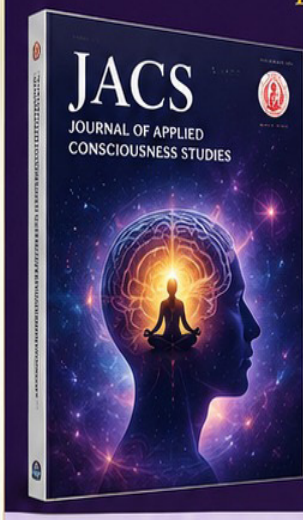
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