

YOGA SUDHRA

A Monthly Journal of SVYASA (Deemed to be University)



Pandit Haridutt Sharma Award to Guruji

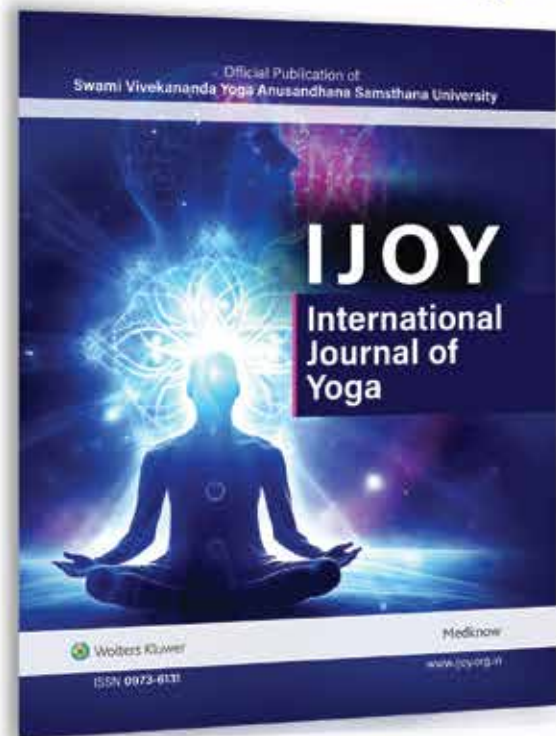


with Union Minister, Shri J P Nadda ji



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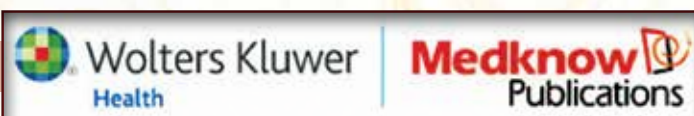
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तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

योगसुखा

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EDITORIAL

A Revolutionary Approach to Education and Wellness

My dear Brothers and Sisters,

At S-VYASA's state-of-the-art City Campus, we are proud to offer nearly 30 programs in Engineering, Management, Computer Science, and Allied Sciences, attracting close to 1,000 students. These programs aim to blend academic excellence with holistic well-being, incorporating Yoga as a core element to address the challenges of burnout and stress in high-demand professions.

Today's professionals, especially in IT and corporate sectors, face immense workloads, often exceeding 12-14 hours daily. Tragically, heart attacks and other Non-Communicable Diseases (NCDs) are becoming common among young individuals in their 20s - a trend highlighted by Dr. Devi Shetty of Narayana Hrudayalaya. Once primarily affecting those over 60, these health issues now plague the younger generation, underscoring an urgent need for preventive measures.

Recognizing this, the Ministry of Health has allocated 20% of its annual budget to establish 1.2 lakh Wellness Centres nationwide. Yoga has emerged as a cornerstone for preventive healthcare and positive health promotion. Over the last 15 years, S-VYASA has pioneered research-backed Yoga protocols tailored

to combat burnout and address major health challenges in corporate and IT sectors.

In addition to fostering physical and mental resilience, our programs enhance essential skills such as memory, IQ, creativity, and physical stamina. With integrated Yoga protocols embedded in the curriculum, our undergraduate, postgraduate, and doctoral courses prepare students to become role models in their professions, equipped to meet industry demands while maintaining a balanced lifestyle.

Situated in the vibrant IT hub of Bengaluru's Satva Global City Campus, our infrastructure matches international standards, fostering collaboration with leading companies in the park. Industry executives actively mentor students, bridging education and real-world corporate needs, ensuring exceptional job opportunities.

We invite alumni, parents, and well-wishers to guide young aspirants toward these transformative programs, starting next year, to build a brighter, healthier future for all.

■ *Dr H R Nagendra*



Message from the Pro-Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Pro-Chancellor

It has been a wonderful and most memorable week in Prashanthi Kutiram. It is due to the celebration of Maha Rudra Homa for three-days by the most learned priests from Tamilnadu, Andhra Pradesh and Karnataka. It was organised by Smt Rajalakshmi and Sri Shankar Planjery, the most orthodox and spiritual couple from the USA who have been known to Guruji for many years.

Performing Yaaga, Yagya, Homa, Havana, Japa, Tapas, Poojana are part of Daiva Vyapashraya Chikitsa (Divine Therapy) in Ayurveda and a part of Bhakthi Yoga recommended for Aadi Daivika (Providential) type of diseases.

It has been scientifically observed that all these performances conducted as per the directions of the ritual texts will have a positive effect on the performers producing more positive peptides, stress-releasing hormones and reducing the Sympathetic response in the body.

Ayurveda recommends:

Mantra - chanting or listening to sacred Hymns, Aushadhi - wearing specific herbs, Mangala - performing auspicious ceremonies, Bali - sacrifices, Upahaara - consuming light food, Homa - offerings to the sacred fire, Niyama - following the Vedic way of living, Praayaschittha - following the acts of regrets, Upavaasa - Total fasting, Pranipaatha - total surrendering and Gamana - visiting pilgrimage places as the therapeutic measures for prevention and cure of

the diseases caused by the Providential cause.

While performing Homa and Havana, the holy herbs, flowers, and fragrant gum resins, camphor, auspicious plant sticks (Samiths), ghee, honey are charged by chanting Vedic hymns and offered to the sacred fire. The auspicious smoke emitted from the Homa dravya cleanses the environment and spreads a positive response all around.

This is high time that intensive research is needed to explore the reliability and validity of the benefits of these rituals.

In our University, a team of researchers under the guidance of our Guruji Dr. H R Nagendra ji have recorded the effect of Maha Rudra Homa through several scientific research modules and parameters on the diagnosed patients of Diabetes and Hypertension. The findings and data are being analysed by the VASHI and Anvesana team at our university.

Whatever may be the outcome of the studies in terms of statistical analysis. All these rituals and practices definitely convert an ordinary individual into a spiritual person which in turn reduces stress, anxiety, fear, jealousy, anger, hatred and other negative emotions.

Therefore, until they are proven ineffective scientifically, we need to perform these rituals periodically for the welfare of the self and society.

With warm regards and Pranams
Vaidya Dr. B R Ramakrishna
Pro-Chancellor, S-VYASA Deemed to be University
Bengaluru





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Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

Our mother Earth is the only planet that supports life among all the other planets in the solar system. Nature has specifically provided us with a unique planet that can help the co-existence and survival of all living beings.

Nature provides us with all the essentials for survival, such as the air we breathe, the food we eat, the water we drink, and the resources we use every day. Even though we depend on it for life, humans have often shown a hostile attitude towards nature. The impact of human actions on the environment has been detrimental, as we have engaged in numerous forms of pollution instead of prioritizing its conservation. It is crucial to acknowledge that humans rely on nature for their existence, while nature can sustain itself without human intervention. Unfortunately, it is a sobering truth that modern urban living has resulted in a significant estrangement from the natural world.

Yet the solution lies in yoga. While many view Yoga merely as a fitness regimen, the main aim of this science is to develop an inner awareness and unfold the higher levels of consciousness. It promotes the process of living in harmony and has a significant ripple effect. When we start paying attention to our breathing, it inspires us to make choices that promote cleaner air for everyone. If we pay attention to our food, it tells us what our body is telling us to consume. Once awareness is manifested, people will be more

apt to try to protect and value Mother Earth.

In today's fast-paced digital environment, people are so engrossed in their lives that they hardly notice the beauty around them. When you start to notice and connect to small things like how your body moves, which positions make you feel comfortable, and which ones hurt (all while paying attention to your breathing), you start to live with purpose. The time has arrived when we should recognize that nature and humankind are intertwined and protect them with our good deeds. As mentioned by ancient acharyas:

पृथ्वी संतरणात् संतु नः पुण्या पुण्येन वातः ।
पुण्येन अद्युष्ट पुण्या पृथ्वी पुण्येन संतु नः ॥

*pr̥thvī santaraṇāt santu naḥ
puṇyā puṇyena vātaḥ ।*

*puṇyena adhyuṣṭa puṇyā pr̥thvī
puṇyena santu naḥ ॥*

"May the earth be protected by our good deeds, and may our good deeds be protected by the pure water. May the pure water be protected by our good deeds, and may our good deeds be protected by the pure earth".

Let us live in harmony with nature and consciously contribute to the UN Sustainable Development Goals.

With Pranams
Dr. Manjunath N K
Vice Chancellor



S-VYASA Deemed to be University, Bengaluru



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Programs in YOGA

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ब्रह्मसूत्रम् (Brahmasūtram)

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



तदोकोऽग्रज्वलनं तत्प्रकाशितद्वारो विद्यासामर्थ्यात्तच्छेषगत्यनुस्मृतियोगाच्च
हार्दानुगृहीतः शताधिकया (ब्रह्मसूत्रम्-४-२-१७)

tadoko'grajvalanam tatprakāśitadvāro vidyāsāmarthyāttaccheṣagatyānusmṛtiyogācca
hārdānugrṛhītaḥ śatādhikayā (Brahmasūtram-4-2-17)

Meaning: When the soul of a knower of the Saguna Brahman is about to depart from the body, there takes place a lighting up of the front of its (soul's) abode (viz., the heart); the door (of its egress) being illumined thereby; owing to the power of knowledge and the application of meditation to the way which is part of that (knowledge); the soul favoured by Him in the heart (viz., Brahman) (passes upward) by the one that exceeds a hundred (i.e., the hundred and first Nadi).

The longest sutra in the entire book deals with the pathway for ascending to the **Urdhva Lokas** (higher realms) beyond the body. This process is called **Utkranti**.

You might already be familiar with terms like **Sankranti** or **Utkranti**. When the **Jivatma** (the soul) - an eternal traveller - exits its self-created shell, what mode of journey or conveyance does it take? This is vividly described in this sutra.

The sutra, with remarkable brevity and structural clarity rooted in **Vedic Sanskrit**, begins with "Tada Oka Ugrajvalanam." **Tada** means "after this process of coming out." The sutra addresses the question: *What happens next? And to whom?*

For ordinary individuals who perform **Ishta**, **Purtha**, and **Datta** - auspicious deeds during their earthly lives - their journey typically involves ascending briefly to higher realms before descending again. These individuals are termed **ordinary Adhikaris**.

Anishta Adhikaris, on the other hand, do not ascend to higher Lokas. Instead, they only reach the lower layers of the **Chandramandala** (lunar plane) and return to the earthly plane. This cyclical movement is the typical journey.

However, there are extraordinary cases. These cases are governed by **Aparavidya** and **Paravidya**:

- **Aparavidya** refers to individuals still bound by **karma** and its limitations.
- As Krishna states in the Bhagavad Gita: "Tetam bhuktva suralokaṃ viśālam, śīne punye martyalokaṃ viśanti" - after enjoying the fruits of their virtues in higher worlds, they return to the mortal realm.

In contrast, **Paravidya** pertains to those who tread the path of realization (**Sakshatkar Margis**) and have achieved **Animaadi Siddhis** (spiritual powers). For them, the process of departing the body is unique.

The sutra describes how, during Utkranti, these realized souls harness their **Shakti** (spiritual power) to navigate the transition. The phrase "**Tada Oka Ugrajvalanam**" reveals this process. Here, "**Oka**" (house) represents the heart. At the top of the heart, there is a radiance or light that marks the pathway for the **Jiva** (traveler). This light illuminates the way, guiding the Jiva to its destination.



Nov 23: Guruji is receiving the "Pandit Haridutt Sharma" award at the National Museum, Janpath, New Delhi.

The journey is facilitated by the **Murdhanya Nadi**, as described in the **Kathopanishad**:
"Śataṣcaikā ca hṛdayasya nāḍyah, tāsām mūrdhānam abhiniḥsrtaikā."
This Nadi connects the heart and the brain. Through the **Murdhanya Nadi Dwara** (a gateway), the Jiva begins its ascent.

Enlightened souls, with the light of **Brahma Vidya**, ascend through this pathway. If this knowledge is absent, descent may occur. However, for those on the path of ascension, the journey continues. The sutra emphasizes awareness during this process:

- The Jiva remains conscious of the **Punya** (merit) accumulated and its role as spiritual sustenance during the journey.
- Ascension involves breaking through the **Brahma Dwara** (the thousand-petaled lotus) at the crown of the head, marking the ultimate release. This process is termed **Swarajya Siddhi** - mastery and freedom over oneself.

The sutra categorizes aspirants:

- **Krama Mukti Margis**: Those who achieve liberation gradually by crossing successive realms like **Bhu, Bhuva, and Swaha**.
- **Sadyo Mukti Margis**; Those Sadhakas who liberate upon departure of Prana from the body, and

- **Jeevan Mukti Margis**; Those who are liberated while living in this world.

For advanced Yogis, the journey extends beyond **Swarga Loka** and even through **Aditya Loka** (solar plane). This stage is described as **Surya Mandala Bhedana** (breaking through the solar realm), ultimately leading to **Mahaiti Brahmani** (the realm of Brahman). This progression is described in the **Shikshopanishad** as **Swarajya Siddhi**.

The sutra eloquently portrays this journey in a single aphorism: *"Vidvan mūrdhan eva śatadhikayā satadhāritrayā"* This path, adopted only by spiritually advanced souls, remains inaccessible to those bound by karma. **Ishta Adhikari** and **Anishta Adhikari** classifications further clarify these distinctions.

Thus, this sutra illuminates the pathway of ascension, revered by all who tread the path of **Punya** (virtuous deeds). The aim is **Amrutatva** - the immortal state of the Jivatma.

Conversely, ordinary souls remain trapped in the cycle of **Karma Bandhana** - bound to ascend and descend repeatedly. But **Yoga Margis** transcend this cycle, reaching heights of spiritual liberation.

This is the essence and summary of the sutra.

to be continued...



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VMAC-VTR

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Advanced Centre of
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**Launching soon
in S-VYASA Headquarters, 'Prashanti Kutiram'**

While we have done our contributions for Yoga Therapy for over 30 years in the form of nearly a thousand Research Papers published in the Peer Reviewed Journals, we now are venturing into a new Project related to the Purva Mimamsa Shastra.

We are all aware of the three major contributions of Patanjali Maharshi known for Yoga, Grammar and Ayurveda.

Similarly, Varaha Mihira made three great contributions in Jyotisha: Phala Jyotisha, Ganita (Maths) and Khagola (Astronomy) Jyotisha.

Hence in his name we have now planned to open a new venture, 'Varaha Mihira Advanced Centre of Vedic Technology Research' (VMAC-VTR).

We seek your association and support for this New Research Dimension we have taken up in S-VYASA.

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Yoga – An Ancient Approach to Build Personality

■ Ms. Smitha Prabhu, Visiting Faculty, S-VYASA

Yoga has been proven to be one of the best preventive cares for multiple diseases including neurological conditions like Alzheimer's and Parkinsons. Despite the bloom we see in this ancient science, many are still unaware of the vast benefits the practice of Yoga actually provides.

No, Yoga is not just asanas and the practice of it. No, Yoga is not just a set of pranayama. Let me put it this way – At this very moment, you are performing Yoga.

From the posture you are sitting in, to the way you are breathing. It goes beyond this too – from this blog that you are reading and processing, to the sounds you may be hearing now.

Yoga is limitless - and how can you capture the infinite with the finite?

There is not one answer to the definition of Yoga. Yes, Yoga is concentration. Yes, Yoga is samadhi - or the state where one becomes all - or enlightened.

"Yoga' is a philosophy of understanding the aim of life and realizing basic reality."

– Excerpt from the book, Yoga and Health

Yoga is a tradition passed on just like the Vedas, Upanishads, or other spiritual texts. It is a faith that we all believe in, since it has no start or end. But to sense the infinite, we measure this source with something very finite. Something that does not distinguish or categorize any of us – Our Breath.

The inhale and exhale of the breath doesn't distinguish. It is subtle, and perhaps the most

unaware part of our life. We seem to ignore the very thing that keeps us alive and going.

Think about it - when was the last time you tried breathing consciously? Were you even remotely aware of the breath?

With this blog, let us take the first step towards being self – aware.

Through this blog, we will be exploring the depths of how Yoga can help us in everyday life, specifically about Confidence, leadership, and identity, which are core aspects that keep us going.

Being a confident individual is about taking the path of self-improvement every chance you get. It is about taking risks, and tracking your progress with not just strategies and steps but happiness and service.

And many forget that happiness is a metric too.

Your emotional growth is as vital as your physical transformation, if not more.

Yoga is a holistic practice of the body and mind, and to do so, some people may need specialized guidance despite this blog. Hence, please be mindful when you practice any of these techniques.

So, without any further ado, let us explore the beautiful science of Yoga to help you gain confidence and eventually lead many towards success.

1. Presence of Mind

With the increase in mental health disorders



worldwide, the science of being "present" is becoming increasingly important. As a leader who is maybe leading a team, or just managing themselves, being present is most important. The reason for this is simple - you can only manage others if you can successfully manage yourself.

You need to always be patient and calm. Problems are bound to arise; it is the efficiency of finding solutions that matters.

To be more present and calmer, managing your mind - especially emotions like stress or anxiety is important. These emotions are natural and even the strongest wind up broken at times. I am sure you understand the gist of this - Your emotions rule your mind; hence you must manage your emotions.

So, how do we manage these emotions?

The simplest solution is - Breathe!

Perhaps you do not believe me at this point. It is simple and the most effective. Let me explain with a simple instance -

When you are angry or feel really irritated at something, how is your breath?

You have many guesses but at most times - it is erratic. It is fast paced, and it is difficult to take a deep breath.

At the same time, what happens when you feel low or depressed?

Your breath is at a very low pace, and you usually take deeper breaths.

This means your emotions effect your breath, so will it not work in a reverse manner?

When you take deeper breaths, you are lowering your stress, anxiety, and anger instantly.

And this is a proven fact! (You can check out a Reference here)



a. Hasta padasana



b. Simhasana



c. Trikonasana



d. Vakrasana



e. Bhujangasana



f. Gomukhasana



g. Anjaneeyasana



h. Chaturanga Dandasana



So, what are the breathing exercises that you can try?

As a leader, being confident and comfortable is the key. If you are unclear about your own stand, you cannot spread clarity and make constructive decisions. Breathing helps you gain clarity in life unlike any other.

You can check out my website (link for Swan international) to learn how to practice these breathing exercises.

Coupled with these breathing exercises, it is also important to strengthen your chest muscles and neck. This will help you breathe better and eventually control your emotions better.

Some asanas you can try are:

You can perform a few intense stretches before practicing these asanas to get most benefit of this practice. Chest muscle-based asanas and deep breathing together helps build resilience and confidence apart from emotional development and impulse management. It also helps in changing the personality and can help introverts become more open and confident.

Another important practice you should include in your routine is Yoga Nidra. Though constantly underrated, it is one of the best practices to help you tune into yourself and others better.

There is a paradigm shift in your energy from the day 1 of your practice. If you do not believe me, feel free to try it out and prove me wrong!

Now, let us move to the next main quality of a leader -

2. Ability to Listen

Money, Status & Fame is something all of us desire in our lives. We may not chase these, but they are always present in some quantity. We all wish to have comfort in life. None of us want to struggle & suffer. Maybe in some quantity, where we desire to grow and progress, but the ultimate goal has always been to chase comfort in life.

The problem is never the desire, but the act of placing these as our only desires. As money reaches the edges of our mind, we forget all about our roots and focus more on what we can gain from everything.

If you lose your ability to listen to the person who may not be of your status, all you will listen to is praise after a point! Criticism is an advantage like no other since it challenges us to expand our perceived limits. This is why, always keep your mind open and listen to another with empathy.

But you may ask, how do I develop this quality in life?

Let me ask you, what happens when you close your eyes?

Yes, you have your thoughts racing faster than super cars. You may also struggle with boredom, and want to open your eyes again (unless the body is preparing for sleep). But there is no denying the fact that your focus improves drastically.

About 80% of your energy is lost by just your eyes. This is why meditators sit with their eyes closed - trying to learn the inner, unexplored world.

These are a few meditations that can help you develop an ability to listen and learn:

These meditations help develop the art of listening and deep thinking. With consistent practice, your thoughts become deeper and solutions will start entering your mind effortlessly.

Apart from these meditations, it is important to practice mindful listening in your daily life. No matter what happens, just use your ears more. Got a meeting? Listen. Got a call? Listen.

People always want to be heard. Once you give them the chance without reacting, your journey towards learning begins.

You will slowly realise that people want to be heard and understood more than anything, and



a. Sound bath meditation



b. Shamata Meditation



c. Metta Meditation



d. Koan Meditation



e. Zazen Meditation



f. Yin & Yang Balancing meditation



g. Reflection Meditation

you, as a leader, will be able to understand now more than ever!

With this, let us move to the next part-

3. Building Discipline

This is perhaps the most important term that we have heard about from many around us. Growing up, I am sure our parents and teachers have spoken in length about Discipline in life. Some say discipline is dharma, some say it is consistency in effort - some simply state it is nothing but waking up and going to sleep at the same time. All these definitions are right.

Discipline is consistency of effort, which is our dharma or duty.

Our mind is wavering and therefore, we depend on the bursts of motivation instead of the pain of progress. Thus, we fall behind at times, thinking that we are "listening to our body" and thus, "choosing to rest."

In a workplace, there is no liberty to "choose a rest day." You simply cannot afford it. A leader has to lead every moment which makes building discipline in life vital.

Turns out, you can build discipline in life.

In the body, the spine is the back bone. Without the spine, all functionalities of living are hindered. I need not highlight this fact as this is proven. However, something that we do not know enough of is that the mind and body are not different organs that function differently. They're together and function in harmony.

Thus, by strengthening the back, you also end up strengthening the backbone of your mind. This helps you build resilience, confidence, and courage in life.

We may not always have a golden ticket to things, but we can definitely build a mindset which has courage to face the not so golden parts in life.

Some practices that can help you build your confidence are:

These are back strengthening stretches that will help you develop discipline and confidence in life. It is recommended that you practice these under the guidance of an instructor. Practicing these at least 3 times a week is recommended.

With this, we will be moving to the last part -



Ustrasana



Dhanurasana



Chakrasana



Veerabhadrasana



Bhujangasana



Veerasana



4. Cultivating Generosity and Honesty

Generosity and honesty are the most important and virtuous emotions to have. As a leader, having the ability to be yourself is vital. This is because your words may not be genuine and well hidden, but your energies cannot hide. Truth has the nature of coming to light.

Being yourself is a privilege not all of us can have. Many would prefer hiding behind screens and masks, with the hope of someday opening their eyes again.

To become more and more open and free, journaling is very important.

If you do not openly write your thoughts, you are missing out on many important discussions in yourself. There is a lot of mess, but in the mess, you make while you write, there is a lot of Truth and Honesty hidden. And truth is bound to reveal itself in your life!

Keep a practice of writing down your thoughts every day for a few minutes. At the start this practice may feel a bit difficult and futile but trust the process. This will help you more than you can imagine.

I hope this blog guides you well to become better each day and ultimately, reach the best version of yourself.



Nov 23: During his recent visit to Delhi, Dr. H R Nagendra, Hon'ble Chancellor and delegates from S-VYASA (Dr. Dayananda Swamy-Finance Director, Dr. Rabindra Mohan Acharya-Director Public Relation and Dr. Amit Singh-Chief Medical Officer) engaged in discussions with **Shri Dharmendra Pradhan ji**, Minister of Education, Government of India about the critical importance of Yoga in the realms of education, professional growth, and national development.



Arogyadhama - Success Story

Dept. of Spinal Disorders

Arogyadhama's Department of Spinal disorders deals with diseases like Sciatica, Cervical and Lumbar Spondylosis, Mechanical backpain as well as prevention of their associated comorbidities. Patients with issues of back pain, neck pain, and so on approach us for management of their condition.

Under the guidance of Dr Nagarathna R. and her team of doctors and therapists, a program of integrated approach of therapy is applied, which includes Yoga therapy, Ayurveda, Naturopathy, Acupuncture, Physiotherapy, Psychotherapy and Diet therapy. Our Yoga and lifestyle-intervention advice has helped to guide many people to get relief from symptoms caused by pathological and degenerative conditions.



Integrated Approach of Yoga Therapy in the management of Ankylosing Spondylitis - Case of Gargi, 39 years, an Actor & Writer

Here, we share the experience of Gargi Jain (name changed) who stayed at Arogyadhama in 2022 and again in September 2024, for three weeks each.

Gargi was diagnosed with Ankylosing Spondylitis in 2019. She first came to Arogyadhama in the year 2022 and got introduced to Yoga. Her stay benefited her in several ways and she had experienced relief. In September 2024, when she experienced resurfacing of symptoms, she came back to Arogyadhama for treatment.

Her chief complaints were stiffness, and pain in the back when sitting and standing for prolonged periods. She came for the management of her condition and for relief from her suffering.

At Arogyadhama, she was given Integrated Yoga Therapy for restoring and maintaining health, which was a customized yoga therapy module for her condition. The sessions covered the *Panchakosha* - the five layers of existence - and included special Yoga techniques for her issues like: Kriyas i.e. cleansing techniques like LSP and Jalaneti; Pranayama i.e. breathing practices; Meditation techniques like MSRT and CM; Devotional sessions on Gita, Upanishads and Vedas, and Yogic counselling.

The Integrated Yoga Therapy module was integrated with Naturopathy diet, Ayurveda therapies like Pichu, Basti, Shirodhara, and Physiotherapy treatment. She was also given advice for lifestyle change.



Improvements in Gargi’s Case

Gargi’s health improved after her stay; her spinal flexibility and functional ability improved markedly and she was able to get relief in pain as well as achieve relaxation and stability. The same is reflected in her Parameters and the Assessment Tests that were conducted. The results are given below.

The Parameters

	On Arrival	On Completion
Pulse rate	66 bpm	73 bpm
Respiratory Rate	17cpm	13 cpm
Blood Pressure	110/70 mm Hg	122/80 mm Hg
Bhramari time	14.8 seconds	21 seconds
Height	151 cm	153.5 cm
Weight	53.10 g	52.25 kg
BMI	23.3 kg/m ²	22.3 kg/m ²

Specific Assessment Tests for Ankylosing Spondylosis

Assessment	On Arrival	On Completion
SLR Test*		
Right	30°	80°
Left	40°	80°
BASFI Score**	7.1	6.7
BASDAI Score***	4.8	4.8
BAS-G Score#	8.5	8
Sit and Reach Test^^	0 (Could not reach)	7cm

* **SLR Test** (Straight Leg Raise) is used to assess lumbosacral nerve-root irritation

** **BASFI** (Bath Ankylosing Spondylitis Functional Index) is a set of 10 questions designed to determine the degree of functional limitation in patients with Ankylosing Spondylitis.

*** **BASDAI** (Bath Ankylosing Spondylitis Disease Activity Index) evaluates various symptoms including pain, stiffness and fatigue, and provides a numeric score that reflects the severity of disease activity in AS patients.



BAS-G score reflects the effect of Ankylosing Spondylitis on the patient's well-being.

^^ **Sit and Reach Test** is for flexibility; it measures the extensibility of the hamstrings and lower back.

Gargi's Personal Experience in Her Own Words

"I found the Naturopathy technique of Basti extremely effective; it reduced my discomfort by almost 70 percent. Among Yoga practices, Tiger Breathing and Spinal Twist in Lying-down Position were very good and soothing. I have maintained Yoga practice at home after returning from Arogyadhama. I have joined a one-hour early-morning class for Asanas, Pranayamas and Relaxation Techniques. I am also trying to incorporate elements of lifestyle advice given to me at Arogyadhama in my day-to-day living at home. At SVYASA Arogyadhama, I learnt to go deeper into my body and being and intuitively understand the nuances. No other place could have given me this experience."

What needs to be done in Musculoskeletal Diseases

- Improving mobility
- Preventing further complications
- Enhancing the quality of life

The Immediate Objectives:

- To reduce pain
- To increase the range of motion
- To improve flexibility
- To improve sleep

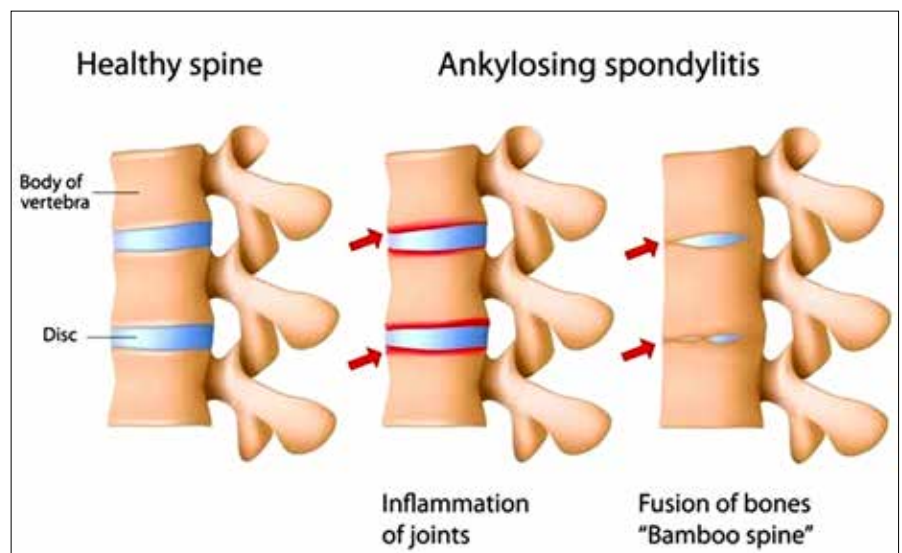
About Ankylosing Spondylosis

Ankylosing spondylitis (AS) is a chronic, inflammatory disease of the axial spine. Chronic back pain and progressive spinal stiffness are the most common features of this disease. Involvement of the spine, sacroiliac joints, peripheral joints, digits and the entheses are typical in this condition

What Ankylosing Spondylitis Feels like

- Chronic back pain
- Progressive spinal stiffness
- Impaired spinal mobility
- Postural abnormalities
- Buttock pain and hip pain
- Symptoms worsen when standing or sitting for long periods

The cause of Ankylosing Spondylitis remains largely unknown. However, there appears to be a correlation between the prevalence of AS





and the presence of the HLA-B27 (human leukocyte antigen).

When AS is suspected, a comprehensive evaluation of the entire body is recommended due to the systemic nature of the disease and its potential involvement in multiple organ systems.

Back Pain in Ankylosing Spondylitis

Back pain is a common complaint among AS patients, and the nature of back pain is inflammatory. Usually, this pain is characterised by at least four of the following five features:

- Onset of symptoms before the age of 40
- Gradual and insidious onset
- Relief with exercise
- Lack of improvement with rest
- Nocturnal pain with improvement on waking up

Additionally, spinal stiffness, limited mobility and postural changes – particularly hyper kyphosis – are frequently observed. Associated conditions such as psoriasis, inflammatory bowel disease and uveitis may be correlated with AS.

Research from S-VYASA on Ankylosing Spondylosis

1. Potential Role of Yoga in the Management of Ankylosing Spondylitis: A Retrospective Study. Jyoti Singh, Padmini Tekur, Raghuram Nagaratna, et al. Sage Journals. October 2021.
2. A study protocol for a randomised controlled trial on the efficacy of yoga as an adjuvant therapy for patients with Ankylosing spondylitis amidst COVID-19 pandemic. Jyoti Singh, Monika Jha, Kashinath Metri, Sriloy Mohanty, Amit Singh & Padmini Tekur. PubMed Central National Library of Medicine. November 2021.
3. Designing, validation, and feasibility of a yoga module for patients with ankylosing spondylitis. Jyoti Singh, Kashinath Metri, Padmini Tekur, Sriloy Mohanty, Monika Jha, Amit Singh, Nagaratna Raghuram. Journal of Ayurveda and Integrative Medicine. Jan-March 2022.



Nov 8: Guruji and the S-VYASA Delegates had a meeting with **Shri Manoj Sinha Ji**, the Honourable Lieutenant Governor of Jammu and Kashmir.

(From Left to Right: Dr. Amit Singh-Chief Medical Officer, Dr. Rabindra Mohan Acharya-Director Public Relation, Honourable Lieutenant Governor - Shri Manoj Sinha ji and Dr. H R Nagendra ji-Chancellor, S-VYASA)



Zinc: The Essential Micronutrient

Introduction

Micronutrients, which include essential microminerals and vitamins, are required in small quantities throughout our lives to support various physiological functions, maintain optimal health, and reduce the risk of degenerative diseases. Microminerals, also known as trace elements, consist of iron, cobalt, chromium, copper, iodine, manganese, selenium, zinc, and molybdenum.

By the early 20th century, nutrition scientists recognized the crucial role of zinc - a key micronutrient - in supporting normal growth and survival across both plant and animal life. Zinc deficiency in humans is believed to result from a range of contributing factors. Today, zinc deficiency is regarded as a widespread public health issue, comparable to iron deficiency. Clinical symptoms of zinc deficiency, however, are not always obvious.

Since zinc deficiency in humans was first linked to growth retardation in children, it has been recognized as a global nutritional challenge affecting both developed and developing nations. Vulnerable groups at high risk of zinc deficiency include newborns,

■ *Dr. Pradeep S R, PhD*
Research Associate, Anvesana
Research Laboratories, S-VYASA



children, pregnant women, and the elderly. Zinc status is typically evaluated using various methods, such as measuring serum zinc concentration, leukocyte and neutrophil zinc levels, and the activity of certain enzymes, including 5'-nucleotidase and metallothionein concentration in red blood cells (RBCs).¹

Understanding the importance of zinc prompts several essential questions:

1. Why is zinc so vital for our survival?
2. How much zinc does the human body contain, and how much can be lost before deficiency complications arise?
3. What are the main dietary sources that can ensure adequate zinc intake?

These questions will be explored in the following sections.

What makes zinc unique a trace element?

Zinc (Zn) is a unique trace element, notable for its abundance in Earth's crust and distinct silver-grey metallic appearance. As the second most prevalent trace element in the human body, zinc is essential across all tissues, bones, and fluids, consistently found in a divalent (+2) state. The human body typically contains around 2 grams of zinc, distributed with about





60% in skeletal muscle, 30% in bones, and the remaining 10% in skin and other tissues. This distribution underscores zinc's essential role in numerous physiological processes.²

Multiple health benefits of zinc

Wound Healing & Acne Treatment: Zinc is a crucial element for skin health due to its ability to preserve the integrity of skin and mucosal membranes. It is widely used to treat skin ulcers and promote wound healing. Zinc oxide is a common remedy used to treat minor skin injuries, abrasions, and rashes. Zinc supplements are also effective in treating chronic skin disorders such as leishmaniasis and eczema. Zinc sulfate, typically administered at doses of 2.5-10 mg/kg for 45 days, can treat these conditions. Additionally, zinc helps combat acne by eliminating acne-causing bacteria, reducing inflammation, and providing antioxidant effects. Acne sufferers often exhibit lower zinc levels, and supplementation is beneficial for both treatment and prevention. Zinc and vitamin A work synergistically to support cellular growth, repair, and healing of the skin, and a combination of 15-30 mg of zinc and 10,000 IU of vitamin A per day for 2-3 months is typically recommended for optimal skin health.

Hair Health: Zinc plays an essential role in maintaining the health of hair follicles. Zinc deficiency can impair protein structure in hair follicles, leading to hair thinning and loss. Supplementing with zinc sulfate has been shown to improve hair quality and reduce hair loss. Zinc also aids in regulating the production of sebum, an oily substance that keeps hair healthy. Moreover, shampoos containing zinc pyrithione (1%) are effective in treating dandruff and other scalp conditions. By addressing zinc deficiency, it helps restore hair health and vitality.

Vision Improvement: Zinc is highly concentrated in the retina and plays a vital role in maintaining vision, particularly in the formation of melanin, which protects the eye

from harmful light. A zinc deficiency has been linked to poor night vision and cataracts. Studies suggest that zinc may delay the progression of age-related macular degeneration (AMD), a leading cause of vision loss in older adults, by reducing cellular damage in the retina through its antioxidant effects. Adequate zinc intake supports long-term eye health and may prevent the early onset of vision problems associated with aging.

Immune System Boost: Zinc is a key player in strengthening the immune system, as it influences the functioning of immune cells, including neutrophils and macrophages. It helps the body fight against bacteria, viruses, and fungi by reducing oxidative stress and suppressing the production of inflammatory cytokines. Zinc deficiency weakens the immune response, increasing susceptibility to infections such as the common cold and pneumonia. Zinc supplementation is beneficial in reducing the severity and duration of cold symptoms. Zinc gluconate lozenges, in particular, have been shown to shorten the duration of colds when taken at the onset of symptoms.

Cancer Prevention: Zinc has been shown to play a protective role against cancer development. Research indicates that zinc can inhibit the growth of certain cancer cells by inducing apoptosis (programmed cell death) and reducing the development of inflammatory blood vessels that support cancer growth. Zinc also appears to suppress the proliferation of esophageal cancer cells and may help prevent the spread of other types of cancer. Deficiencies in zinc and other essential nutrients, such as selenium and vitamin D, are often observed in cancer patients, suggesting a potential role for zinc in cancer prevention and management.

Diabetes Management: Zinc is crucial for insulin production, a hormone responsible for regulating blood glucose levels. Zinc deficiency in diabetics is common due to increased excretion of zinc in urine. Supplementation can



help improve insulin sensitivity and reduce the risk of complications associated with diabetes, such as neuropathy, retinopathy, and nephropathy. Zinc supplementation has also been shown to help alleviate high blood glucose levels and mitigate secondary complications such as diabetic kidney disease, cataracts, and cardiovascular issues. Maintaining optimal zinc levels can be an important strategy for managing diabetes and improving overall metabolic function.

Heart Protection: Zinc is an antioxidant that protects the heart from oxidative stress, which can lead to long-term damage to cardiac tissue. It helps regulate the function of the heart by supporting cellular repair and reducing inflammation. Zinc's role in the cardiovascular system includes maintaining proper heart rhythm and protecting against heart failure. Zinc deficiency has been associated with an increased risk of high blood pressure (hypertension) and heart disease. Ensuring adequate zinc intake can help lower the risk of cardiovascular events and support heart health.

Weight Control: Zinc plays a significant role in regulating energy metabolism. Studies suggest that individuals with low zinc levels may experience an increased tendency to store fat rather than burn it. Zinc supplementation may promote fat burning, improve metabolic function, and support weight loss. Zinc is essential for the production of ATP (adenosine triphosphate), the primary energy carrier in the body. A deficiency in zinc can reduce ATP production, leading to lower energy levels and slower metabolism. Obese individuals who supplement with zinc may experience improved body mass index (BMI) and weight loss due to improved metabolic rates.

Bone Health: Zinc is vital for bone health, as it supports the formation and mineralization of bones. It works alongside other nutrients such as magnesium, vitamin D, and vitamin K to help prevent bone loss and improve bone

density. Zinc has been found to stimulate bone formation by promoting protein synthesis, which is crucial for bone repair and growth. Zinc supplementation may be beneficial for individuals at risk of osteoporosis or those already experiencing bone degeneration. Zinc also plays a role in muscle repair, suggesting potential benefits for athletes and individuals engaging in bodybuilding.

Digestive Health: Zinc plays a key role in digestion by supporting the function of protein-digesting enzymes like carboxypeptidase, which are secreted in the pancreatic juice. Individuals with zinc deficiency often experience digestive issues such as difficulty digesting protein and gastrointestinal disturbances like diarrhea. Zinc helps maintain the integrity of the gastrointestinal (GI) tract by promoting the healing of the epithelial barrier and supporting optimal gut function. Zinc supplementation can alleviate symptoms of digestive distress and promote a healthy digestive system.

Sexual Health: Zinc is essential for male sexual health as it enables the production of testosterone, a hormone that plays a critical role in sexual function. A deficiency in zinc can result in erectile dysfunction and reduced libido. Zinc supplementation has been shown to increase testosterone production, improve sexual function, and address male infertility issues. A daily intake of 15-30 mg of zinc is commonly recommended for enhancing male sexual health.

Pregnancy Support: Zinc is vital during pregnancy for both maternal and fetal health. Over 80% of pregnant women worldwide are zinc deficient, which can lead to complications such as poor birth outcomes, low birth weight, and delayed development. Zinc supports healthy fetal growth, immune function, and the development of the placenta. Zinc deficiency during pregnancy is linked to an increased risk of infections and preterm births. Supplementation during pregnancy can reduce the incidence of



diarrhea, dysentery, and improve maternal and infant health outcomes.

PMS Relief: Zinc has been shown to reduce the severity of symptoms associated with premenstrual syndrome (PMS), including cramps, bloating, and mood swings. When combined with magnesium and vitamin B6, zinc supplementation can help alleviate PMS symptoms by improving blood flow to the uterus and reducing inflammation. Zinc's role in balancing hormones and modulating inflammation is thought to be the mechanism behind its efficacy in managing PMS.

Brain Health: Zinc plays an important role in brain function and mental health. The highest concentration of zinc in the body is found in the hippocampus, a region of the brain involved in memory and learning. Zinc has neuroprotective properties, helping to safeguard brain cells from oxidative stress and supporting healing processes in the nervous system. Zinc supplementation has been shown to improve cognitive function, enhance memory, and treat certain mental health conditions such as depression and schizophrenia. Zinc also plays a role in modulating the body's response to stress, further benefiting mental well-being.

Why Zinc is Considered One of the Most Important Minerals in Biological Systems?

Zinc is a crucial trace element with multiple physiological functions, particularly in growth and immune system function. It is deemed essential because it serves as a key component of numerous enzymes involved in various biochemical pathways. Zinc stabilizes the molecular structure of cellular components and membranes, which helps preserve the integrity of cells and organs. Below are some of its essential roles:

Component of Metalloenzymes: Zinc is a vital structural element in over 300 metalloenzymes that participate in various metabolic processes, making it essential for many fundamental

life functions. Examples of zinc-containing metalloenzymes include carbonic anhydrase (which helps release carbon dioxide), alcohol dehydrogenase (which converts alcohol to acetaldehyde), and superoxide dismutase (an enzyme with antioxidant properties).

Immune Function: Zinc plays a critical role in the development and activation of T-lymphocytes, a type of white blood cell important for immune response. Zinc deficiency can impair immune function, leading to underdeveloped immune organs, smaller thymus, reduced T cell activity, and increased susceptibility to infections.

Zinc absorption

During digestion, dietary zinc is released from proteins and nucleic acids through the action of digestive enzymes. Zinc is absorbed throughout the small intestine, with the highest absorption occurring in the jejunum. It is estimated that up to 60% of the zinc in food can be absorbed. However, the extent of absorption depends on the zinc content of the food and the presence of factors that either enhance or hinder absorption.³

Diets with highly bioavailable zinc (50-60%) primarily consist of animal-based protein sources like meat and fish, as well as refined foods low in cereal fiber and phytic acid, which can reduce zinc absorption. Diets with moderate zinc bioavailability (30%) include lacto-ovo, ovo-vegetarian, or vegan diets that avoid unrefined grains, or mixed diets with animal proteins or dairy. Diets with low bioavailability of zinc (15%) are typically high in unrefined, unfermented, and ungerminated cereals, which contain phytates, calcium, and other inhibitors of absorption.

Food sources of zinc

The recommended dietary intake of zinc for adults in India is 16 mg per day. In a non-vegetarian diet, red meat and poultry are the primary sources of zinc. Oysters contain the highest zinc concentration per serving compared to any other food. Other excellent sources of



Table:1: Zinc content of selected foods.⁴

Food	Milligrams (mg) per serving	Percent DV*
Oysters, Eastern, farmed, raw, 3 ounces	32	291
Oysters, Pacific, cooked, 3 ounces	28.2	256
Beef, bottom sirloin, roasted, 3 ounces	3.8	35
Blue crab, cooked, 3 ounces	3.2	29
Breakfast cereals, fortified with 25% of the DV for zinc, 1 serving	2.8	25
Cereals, oats, regular and quick, unenriched, cooked with water, 1 cup	2.3	21
Pumpkin seeds, roasted, 1 ounce	2.2	20
Pork, center loin (chops), bone in, broiled, 3 ounces	1.9	17
Turkey breast, meat only, roasted, 3 ounces	1.5	14
Cheese, cheddar, 1.5 ounces	1.5	14
Shrimp, cooked, 3 ounces	1.4	13
Lentils, boiled, ½ cup	1.3	12
Sardines, canned in oil, drained solids with bone, 3 ounces	1.1	10
Greek yogurt, plain, 6 ounces	1.0	9
Milk, 1% milkfat, 1 cup	1.0	9
Peanuts, dry roasted, 1 ounce	0.8	7
Rice, brown, long grain, cooked, ½ cup	0.7	6
Egg, large, 1	0.6	5
Kidney beans, canned, ½ cup	0.6	5
Bread, whole wheat, 1 slice	0.6	5
Fish, salmon, cooked, 3 ounces	0.5	5
Broccoli, chopped, cooked, ½ cup	0.4	4
Rice, white, long grain, cooked, ½ cup	0.3	3
Bread, white, 1 slice	0.2	2
Cherry tomatoes, raw, ½ cup	0.1	1
Blueberries, raw, ½ cup	0.1	1

*DV = Daily Value. The U.S. Food and Drug Administration (FDA) developed DVs to help consumers compare the nutrient contents of foods and dietary supplements within the context of a total diet. The DV for zinc is 11 mg for adults and children age 4 years and older. FDA does not require food labels to list zinc content unless zinc has been added to the food. Foods providing 20% or more of the DV are considered to be high sources of a nutrient, but foods providing lower percentages of the DV also contribute to a healthful diet.⁴

zinc include various seafood (such as shellfish, crab, and lobster), eggs, legumes like chickpeas, lentils, and beans, nuts (like cashews), whole grains, fortified breakfast cereals, and dairy products.

Side effects of excess intake of zinc

Excessive zinc supplementation can lead to side effects such as nausea, vomiting, stomach pain, loss of appetite, headaches, and diarrhea. High



levels of zinc may also cause complications during pregnancy and breastfeeding.⁵

Symptoms of zinc deficiency

The most common symptoms of zinc deficiency include changes in appetite, digestive issues (especially diarrhea), unexplained weight gain or loss, weakened immunity, chronic fatigue syndrome, poor concentration and memory, slow wound healing, hair loss, aggravated premenstrual syndrome (PMS) symptoms in women, and infertility in men.⁶

Zinc deficiency among vegetarian population and the causative factors

The total zinc content in an adult human body is estimated to be around 2 g. Skeletal muscle holds about 60% of this zinc, while bones account for approximately 30%. Plasma zinc, with a rapid turnover rate, makes up only about 0.1% of the total zinc in the body. Despite its small presence, this essential mineral plays a crucial role in health and recovery from various diseases.⁷

One of the primary causes of zinc deficiency, especially in populations dependent on plant-based diets, is inadequate intake of bioavailable zinc. Vegetarian diets, which are often based on cereals and legumes, contain compounds that both inhibit and promote mineral absorption, with inhibitors being more prevalent. Micronutrient bioavailability, particularly for iron and zinc, is low in plant foods, as they are negatively impacted by dietary inhibitors like phytic acid, tannins, fiber, and calcium.⁵

On the other hand, organic acids in food can promote iron and zinc absorption. Food acidulants, such as amchur (dried mango powder) and lime, have been shown to improve the bioavailability of both minerals. Additionally, research has identified certain foods that enhance micronutrient bioavailability, including sulfur-rich *Allium* spices like garlic and onion, beta-carotene-rich vegetables like carrots and amaranth, and pungent spices such

as black pepper, red pepper, and ginger.

Culinary practices in vegetarian meal preparation, such as boiling, pressure cooking, roasting, and fermentation, can impact the bioavailability of nutrients. For instance, pressure cooking and microwave heating typically reduce zinc availability from cereals and legumes, with legumes showing a more significant reduction.

Traditional processing methods, like germination and fermentation, enhance the bioavailability of zinc in foods. For example, the fermentation of rice and black gram (used in 'Idli' and 'Dosa') boosts zinc availability. Similarly, malting, commonly used in weaning and geriatric foods, improves nutrient content and digestibility. Malting increases the zinc bioavailability in wheat and barley by more than 100%, though it reduces zinc bioavailability in finger millet. Thus, malting could be an effective strategy for improving zinc intake from food grains. Overall, the combination of food ingredients and cooking methods plays a key role in the bioavailability of micronutrients in plant-based diets.

Prevalence of zinc deficiency in India

Worldwide, around 30% of children under the age of 5 are stunted in growth, highlighting a significant public health issue. In India, it is estimated that up to 43.8% of children (6-60 months) suffer from zinc deficiency.⁸ Additionally, approximately 55.5% of pregnant women are reported to have zinc deficiency.⁹ It is estimated that up to 17% of the global population is at risk for inadequate zinc intake, while in South Asia, up to 30% may be deficient. Other areas at risk include sub-Saharan Africa and Central America. Worldwide trends and prevalence of zinc deficiency have largely been stable; however, notable reductions have been seen, exemplified by countries like China, with a decrease of prevalence from 17% to 8% recorded in 2005.¹⁰



Interaction with medications

To prevent anemia and osteoporosis, iron and calcium supplements are commonly prescribed to pregnant women. However, these minerals, when taken at supplemental levels, can inhibit zinc absorption, raising concerns about their impact on the body's zinc status. In addition to impairing zinc absorption, excess iron and calcium can also hinder the recovery of zinc levels during repletion with a normal zinc diet. Fortunately, this negative effect can be mitigated by providing exogenous zinc at four times the normal level alongside iron and calcium. Therefore, it would be advisable to prescribe zinc supplements along with iron and calcium when they are given to ensure optimal zinc status.

Conclusion:

Though required in trace amounts, zinc is a crucial micronutrient for maintaining a strong immune system, healthy skin, insulin production and regulation, digestion, and energy metabolism. It also plays a significant role in preventing diseases such as the secondary complications of diabetes and cancer, as well as supporting learning, memory, and brain function. Despite its small presence in the body, zinc is vital for health and recovery from various diseases. Zinc deficiency can have widespread effects, and inadequate intake, especially in populations

reliant on plant-based diets, is a major cause of deficiency. To ensure sufficient zinc intake, it is important to select good dietary sources and use prudent cooking practices. Combining food components effectively can enhance zinc bioavailability from plant-based diets, which are often hindered by absorption inhibitors.

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Nov 8: The esteemed Chancellor, Dr. H R Nagendraji and representatives from S-VYASA engaged in a discussion with **Shri J P Nadda ji**, the Union Minister of Health and Family Welfare and Minister of Chemicals and Fertilizers, Govt. of India, regarding the significance of integrative medicine in India. The conversation focused on the importance of integrative medicine in India and the potential for implementing yoga therapy in various medical facilities.

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ABCD in Life

■ *Rajesh Rao K, PhD Scholar & Aditi Rao, Student*

(This article is a continuation of article "The Why of Life", published in Yoga Sudha, July 2024 edition. If you have not read that article, please do so first to fully understand the context of this article)

The journey from the "WHY of LIFE" to the "ABCD in Life" offers a roadmap to living with clarity, purpose, and joy.

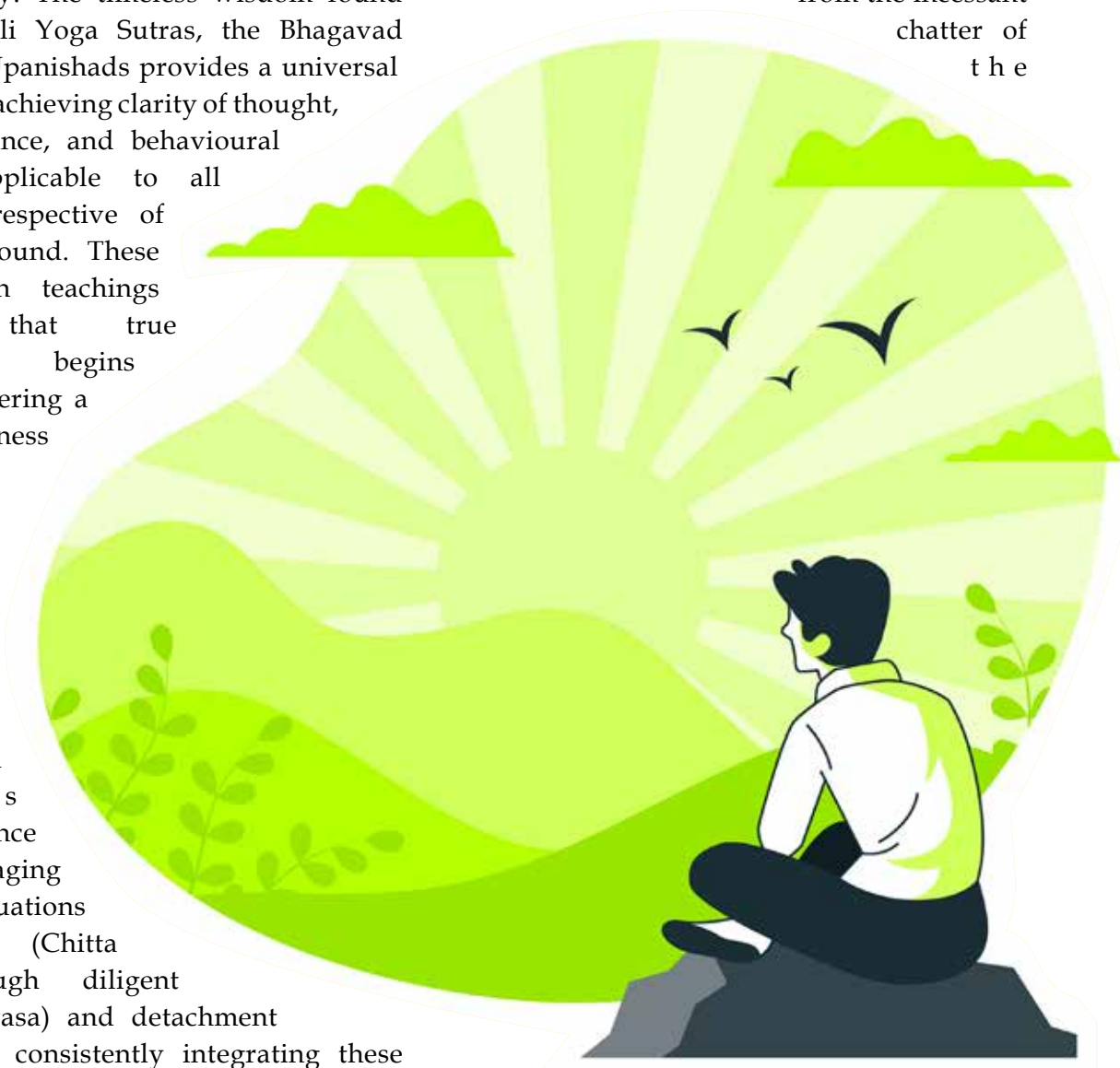
In today's fast-paced world, understanding the mind has become increasingly critical, particularly for Generation Z, who contend with digital overstimulation, emotional upheavals, and uncertainty. The timeless wisdom found in the Patanjali Yoga Sutras, the Bhagavad Gita, and the Upanishads provides a universal framework for achieving clarity of thought, emotional balance, and behavioural correction, applicable to all individuals irrespective of age or background. These ancient Indian teachings emphasize that true transformation begins within, by fostering a deeper awareness of the self

Clarity of Thoughts: Seeing Beyond the Illusion

The Patanjali Yoga Sutra underscores the significance of managing the fluctuations of the mind (Chitta Vrittis) through diligent practice (Abhyasa) and detachment (Vairagya). By consistently integrating these

principles into daily life, individuals can attain a clear and focused mind, unburdened by overindulgence, biased perceptions, and evasion of responsibilities (Patanjali Yoga Sutra).

To gain clarity, we must adopt the perspective that "I am not the body, mind, or ego." This fundamental teaching enables us to detach from the incessant chatter of the





mind and observe it from a distance. By seeing everything through the lens of Truth, the struggles of the ego and the miseries of the mind lose their hold over us. In this state, we recognize that while we have the freedom to make choices, we are not the ultimate controllers of the outcomes - "Everything that has happened or is happening is a result of causes I initiated, which now manifest as effects." This understanding aligns with Patanjali's emphasis on practice and detachment, leading to a mind that is clear and centered.

**Understanding Emotions:
Emotional Resilience through Acceptance**

The Bhagavad Gita introduces the idea of *Karmanye Vadhikaraste, Ma Phaleshu Kadachana* (You have the right to perform your duties, but not to the fruits of your actions), which speaks to the power of emotional resilience. Often, emotional turmoil arises from attachment to outcomes, whether in personal relationships, career goals, or social standing. By focusing solely on our duties and relinquishing attachment to results, we release the emotional weight tied to success or failure.

This philosophy teaches us to "accept without protest" - a principle that is particularly useful when dealing with emotional upheavals. When we understand that control over outcomes lies beyond us, emotional mastery becomes possible. This detachment from outcomes allows us to perform our roles with greater

focus and emotional clarity, making choices that are informed by wisdom rather than driven by short-term emotional reactions.

**Behavioural Correction:
Acting from Higher Consciousness**

Right action and behaviour arise not from intellectual knowledge alone but from a deeper alignment with one's true self. In the Bhagavad Gita, the concepts of *Samvatman*, *Shreyas*, and *Preyas* (contemplating the higher self, choosing long-term well-being over short-term pleasure) offer guidance for making wise decisions. This spiritual wisdom emphasizes that the mind must be attuned to the *SIP* (Supreme Immortal Power) to act from the place of *Dharma* (righteous duty). While correcting our behaviour involves integrating knowledge, wisdom with action, the Upanishads and Karma Yoga teachings emphasize disciplined action and devotion, aligning our actions with a higher purpose and uniting *Dharma* (righteous duty) with *Karma* (action). In modern psychological terms, this can be understood as the conscious mind aligning with inner awareness. The Bhagavad Gita's message of *Bhakti in Karma Yoga* - performing selfless actions - reinforces the idea that real transformation happens when we move beyond knowledge and into disciplined, purposeful action. As individuals, we become instruments of the divine when our actions serve a higher cause, leading to both personal growth and societal harmony.

ABCD Tool	Key Principle
A - Accept without Protest	Embrace whatever life presents without resistance, understanding that control over outcomes lies beyond individual power.
B - Do your BEST	Focus on performing your duties to the best of your abilities, without attachment to the fruits of your actions.
C - Make the right Choices / Be in Consciousness	Stay attuned to higher consciousness, choosing long-term well-being (<i>Shreyas</i>) over short-term pleasure (<i>Preyas</i>).
D - Be the Divine Instrument	Act as a channel for divine energy, aligning actions with <i>Dharma</i> and taking disciplined steps toward realizing your purpose.



The ABCD Tool: A Practical Framework for Self-Transformation

To aid in the practical application of these ancient teachings, the ABCD framework - a tool for navigating life's challenges with greater clarity, emotional resilience, and conscious action is conceptualised (Rajesh, 2024). This tool summarizes four essential practices that lead to behavioural correction and spiritual growth:

This framework, while rooted in ancient wisdom, is applicable in the modern context, encouraging individuals to engage in selfless action, make mindful choices, and approach challenges with acceptance and resilience.

The Timeless Relevance for All

ABCD, derived from the wisdom of Indian scriptures, explores the mind, emotions, and behaviour, connecting deeply with Generation Z to promote balance and right action. When viewed psychologically and spiritually, the tool provides practical methods for navigating life's challenges by embracing the philosophy of non-resistance by accepting that everything happening is a result of past actions, focus on performing your duties diligently without attachment to the outcomes while aligning your actions with Dharma, contemplating the higher self and choosing long-term well-being over short-term pleasure thereby performing your duties with discipline and devotion, becoming a conduit for a higher purpose.

This holistic approach fosters clarity of thought, emotional balance, and behavioural correction, guiding the individual towards a life of meaningful purpose and inner peace. The

principles are universally applicable, offering a roadmap for inner clarity and emotional well-being for individuals of all ages.

The ABCD tool integrates the wisdom and teachings of the Patanjali Yoga Sutras, the Bhagavad Gita and the Upanishads into our daily lives, enabling us to transform our thoughts, emotions, and behaviours. With spiritual growth, one also attains a clarity in thoughts, understands his emotions and with correction in his self-behaviour acts responsibly in his life. This holistic approach not only fosters spiritual enlightenment but also enhances mental clarity, emotional freedom, and behavioural integrity.

We've explored the "Why of Life" and "ABCD-How in life", delving deep into the core of our existence. But what comes next? The upcoming article will unravel another intriguing facet... Stay tuned and keep guessing! The next chapter of this journey promises to reveal even more about living with clarity, purpose, and joy

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6. Talks given by Guruji, Dr H R Nagendra, during the Yoga Instructure Course, YIC at S-VYASA, University



Nov 18: **Dr. Vasudev Vaidya**, Deputy Director of S-VYASA has participated as a Special Guest in the Inaugural Ceremony of AYUSH wing at Spandana Hospital, Mysore Road.



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Swami Vivekananda - The Humanist - 1

Swami Vivekananda is a multifaceted personality, he is a devotee, a yogi, philosopher, spiritual giant, prophet, messiah, educationist, social reformer and a host of other coveted traits. Above all, He is a Humanist. Rather, he is essentially a humanist not anything else as he is basically a person of absolute humanism.

As many followers of Swami Vivekananda describe he is born with the intellect of Adi Sankara and the heart of Gautama, the Buddha. Right from the childhood, he has displayed his humanism much more powerfully and pointedly than any other quality.

We all have evolved from the sub-human tendencies. We are presently human. We have to progress further to be superhuman as we evolve, the essential nature of human qualities cannot be dispensed with or dropped off. Humanism alone takes us to an evolved state of divinity. Humanism is concerned for the fellow human beings, sub-human species, and devotion to the superhuman personalities. In the same family, one can be sub-human, other can be inhuman, yet another can be Superhuman. In the family of Sri Krishna, we find Devaki's husband, Vasudeva to be human, her brother, Kamsa to be inhuman and her son to be superhuman, some of her relatives are even sub-human. To be human is to be compassionate, kind, considerate and be loving. No other trait can draw the people to the status of devotees, worshippers, and endearing hearts.

Humanism is the yard stick to measure the stature and status of any person in society, spirituality and philosophy. Human love has no limitations, it expands to infinity. If it is less than the required measurement, one is a sub-human animal. If it is to the brim of the heart, one is cent percent human. If it is of overflowing flood, one is superhuman. If it is on the reverse direction, going to the lowest ebb in harming people, it is inhuman. Swami Vivekananda has a flow of this human love percolating perceptibly

■ *Dr. K Subrahmanyam*
Advisor to Chancellor
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in his thoughts, words and deeds. Therefore, he is a prophet and a messiah.

Swami Vivekananda rose to the greatest heights of self-awareness. After his whirlwind tour all over the globe he reached his homeland in Calcutta, all his friends and co-disciples praised his historical achievements as a prophet and philosopher. Girish Chandra Gosh a friend of Swami ji differed from the others, he did not want Swami Vivekananda to be taken away from the mankind, and he wanted Swami to remain as a man, as a kind-hearted man, as a loving man, as a humanist to be exemplary and to be living in everybody's heart permanently. The normal tendency of the people is to elevate a humanist to a divine status, build a temple and offer pranams, and ritualistic worship. By doing so, they distance themselves from the humanistic ideals and become boon seekers.





Therefore, Girish wanted swami Vivekananda to remain a humanist because that was his essential inborn nature. Ekanath Ranade, the builder of Vivekananda Rock memorial at Kanyakumari too wanted Vivekananda to be well within the reach of mankind for emulation. He did not want the performance of devotional rituals at the rock memorial.

Many others differed from Girish, but Girish continued to highlight the humanism of Swami Vivekananda. One day when Swami ji was speaking profound philosophy, Girish pinned him down by saying that Vivekananda is essentially a person with loving heart for everyone. Philosophy may be a luxury of the leisured few. Spirituality may be escapism from reality. But a humanist is one with all serving hands, endearing words and loving looks. What for is philosophy, if it cannot bring bread to the hungry tongues? What for is spirituality, if it cannot provide shelter and food to the needy humans? Can a humanist eat food when a hungry old man is looking at the eating hands? In society, there are hundreds and thousands of sick people, elderly people, hungry people, physically challenged people, mentally challenged people and orphans.

When swami ji was wandering as a monk, after the Mahasamadhi of Sri Rama Krishna, He was grief stricken to see countless humans living like the next-door neighbors to animals and brutes.

He was shaken with pity for the unfortunate masses like Gautama buddha, he was moved away with compassion for the sick and the old people. The poverty, adversity and a host of evils surrounding the unfortunate masses pulled him down to reality. No body can live in fantasies and philosophies when the feet are fixed in distress, difficulties and disappointments.

In the world, sea water is more, salty water is more than the solid ground, similarly in the human body, fluids and liquids are more than the bones. Eyes have more tears than sparkling smiles.

When Girish Chandra Gosh was describing the pathetic plight of people in the world, all over the globe, Vivekananda was touch, his heart trembled, his body was shaken, and eyes became red with compassion and tears. He was unable to fly high in philosophy nor was he able to withdraw himself into spiritual grandeur. He was realistic, down to the earth, feeling sorry for the people's sufferings. Gautama Buddha woke up in him the sleeping heart to be melting in sympathetic flow for the service of mankind. For a while the intellect, the rationalism, the logical analysis were silenced. He became and continued to remain in the service of suffering people.

In the ensuing chapters we shall see how humanism of swami Vivekananda is more prominent than other great qualities.



Indore, Nov 16th & 17th: **Dr. Manjunath Gururaj**, Senior Associate Professor, Division of Yoga-Spirituality, S-VYASA, attended **"YOGA SANKALP 2024"** International Yoga Conference held at Indore organised by Choitram institute of advanced studies (Yoga department) in collaboration with Hari Om Yoga Center Indore which is celebrating its 50th year (Golden jubilee). He delivered talk as a guest speaker on the topic "Modern understanding of yoga & its scriptural revelations". The delegates, researchers & students who participated in the conference got inspired by the talk & was well acknowledged.



Ayurveda Shiromani to Dr. B R Ramakrishna, Pro-Chancellor

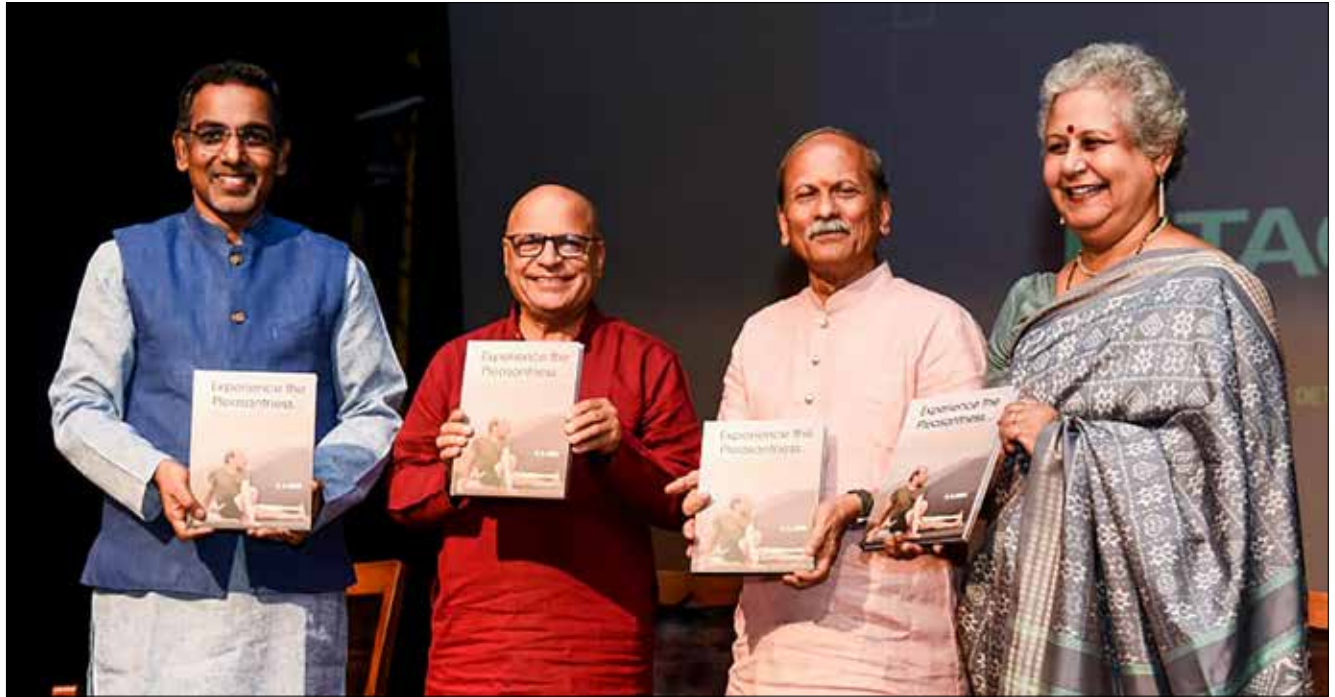


The Vishwa Ayurveda Parishad (VAP) recognized Dr. B R Ramakrishna, Pro-Chancellor of S-VYASA Deemed to be University, with the prestigious title of “Ayurveda Shiromani” at its National Ayurveda Youth Conclave “Samyojanam-2024” held in Delhi on November 18, 2024, in acknowledgment of his outstanding contributions to the global promotion of Ayurveda. VAP was established in the year 1997, to reinstate the glory of Ayurveda in the present era and to facilitate





Book Release of Mr. H. S. Arun



Prashant Yogashraya hosted a grand celebration on October 26, 2024, at the JSS Auditorium, Jayanagar, Bengaluru, to honor three remarkable milestones in the life of Mr. H. S. Arun, lovingly known as Arunji. The event, titled Arunodaya, commemorated Arunji's 70th birthday, Aruna Kirana, which marked 50 years of his dedicated yoga practice, and Arunashraya, which celebrated 40 years of Prashant Yogashraya.

The Honorable **Vice Chancellor of S-VYASA Deemed-to-be University, Dr. Manjunath N. K.**, had the esteemed privilege of serving as the **Chief Guest of Honor** at the **release of the book "Experience the Pleasantness... the Yoga Way", authored by Mr. H. S. Arun.** He was joined by Prof. Yashavantha Dongre, Vice Chancellor of Chanakya University, and Mrs. Deepa Sridhar, Director - Academics at Sri Kumaran Group of Educational Institutions. The evening featured mesmerizing performances, including a Carnatic music recital by Mrs. Bhargavi Venkatraman and a Bharatanatyam dance by Dr. Sreedhar.

Arunji's book, "*Experience the Pleasantness... the Yoga Way*," captured his journey of transformation from battling severe health issues, such as asthma and dust allergies, to becoming a seasoned practitioner of Iyengar Yoga. The book highlighted his deep connection to the Bharatiya knowledge system and the transformative power of *guru kriya*. Featuring stunning images of Arunji performing asanas from basic to advanced levels, the book emphasized the value of hands-on experience from both a beginner's and a teacher's perspective. Reflecting on 50 years of practice, the book offered profound insights into yoga as a contemplative and enriching practice, serving as a resource for deeper understanding and well-being, as guided by his mentor, Dr. B.K.S. Iyengar. The event was a heartfelt tribute to Arunji's contributions to the world of yoga and a celebration of his inspiring journey.



International Conference on Naturopathy by CCRYN



Theme: Naturopathy for Healthy Ageing and Longevity



To commemorate the 7th Naturopathy Day, the Central Council for Research in Yoga & Naturopathy (CCRYN), Ministry of AYUSH, Government of India, hosted a two-day conference at the Central Research Institute for Yoga & Naturopathy (CRIYN) in Nagamangala, Mandya, from November 18th to 19th.

Mr. N Chaluvarya Swamy, Cabinet Minister for Agriculture, GoK, inaugurated the event, along with the presence of Kavita Garg, Joint Secretary & Chief Vigilance Officer, Ministry of AYUSH, GoI, our beloved chancellor, Dr. H R

Nagendra, Dr. B T C Murthy, senior Naturopath, Dr. Raghavendra Rao, Director CCRYN and others.

The event was graced by our esteemed Chancellor, Guruji Dr. H R Nagendra, who was the Guest of Honor for the inauguration. He highlighted the significance of role of naturopathy in emotional well-being in the management and treatment of psychosomatic disorders. He also emphasized that Naturopathy has roots in Indian tradition.

Dr. R. Nagarathana visited and inspired all the





participants with her words and wisdom.

Dr. Manjunath NK, Vice-Chancellor of S-VYASA, delivered the keynote address, focusing on the critical role of yoga and naturopathy in geriatric care, with a particular emphasis on their impact on neuronal health.

A panel discussion on "Outpatient Practice in Naturopathy" was chaired by Dr. Apar A Saoji, Principal of TSYNM. During the session, Dr. Saoji outlined the key aspects and challenges of outpatient-based naturopathic practice.

The book "Yoga for Achieving UN Sustainable Development Goals" authored by Dr. Arti Jegannathan, Additional Professor, NIMHANS was launched on the 7th Naturopathy Day celebration, marking a significant milestone in the journey towards a more sustainable and equitable world. The collaborative work between the CCRYN, NIMHANS and S-VYASA, highlights the importance of yoga in achieving

the United Nation Sustainable Development Goals (SDGs).

The conference saw a turnout of over 1000 attendees, including students and practitioners from across the country. Among them were 82 students from The School of Yoga & Naturopathic Medicine, led by Dr. Ritesh and Dr. Ankita, who actively participated in this enriching two-day event.

Dr. Swathi P S, Assistant Professor at TSYNM, organized and supervised the cultural session, with participation from seven naturopathy institutions across India. Her efforts helped bring a vibrant cultural experience to the conference.

Our student cultural team led by Mr. Darshan gave a mesmerizing dance performance depicting the emotional changes in the human mind.





Yoga Tech Challenge 2024



The final pitch from 11 startup companies for the Yoga Tech Challenge 2024 was held on 08 November 2024 at the Anvesana Seminar Hall. The event was organized by Central Council for research in Yoga and Naturopathy (CCRYN), New Delhi, Ministry of AYUSH, Govt of India in association with START-UP INDIA to encourage the synergy between technology and yoga. Out of 70 initial entries, 11 innovative teams were selected to present their projects, each offering creative solutions for the wellness and yoga community. The competition featured three main categories:

Challenge 1: Bioinstrumentation and Devices

Teams developed devices and bio instrumentation capable of measuring stress, relaxation, and other physiological responses during yoga. These devices aim to serve as accessible accessories for practitioners, offering real-time feedback on yoga outcomes.

Challenge 2: IT Solutions & AI/ML Applications

This category focused on IT solutions that integrate artificial intelligence and machine learning to enhance yoga delivery. Participants created applications and platforms to assess posture, breathing, meditative states, and practice adherence, contributing to a more accurate and effective yoga practice.

Challenge 3: Innovative Props and Accessories

Teams in this category designed unique props,



accessories, and apparel to enhance comfort and support in yoga practice. These innovations aim to make yoga more accessible and enjoyable, helping practitioners deepen their experience.



The jury was chaired by Dr R Nagarathna, Medical Director, Arogyadhama and the members included faculty members from IITs, yoga experts including Hon'ble Vice Chancellor, Dr N K Manjunath.

The event's goal was to inspire prototypes and products that improve the delivery and impact of yoga, transforming it into a science-backed wellness tool. This challenge was a testament to the transformative potential of technology in wellness, paving the way for future advancements in accessible, data-driven yoga solutions. The results will be announced on the 18th of November 2024 at the International Conference on Naturopathy, marking an exciting milestone in the fusion of technology and holistic health.



Transforming Lives: Diabetes Awareness Day 2024



India is often referred to as the 'Diabetes Capital of the world' as it accounts for 17% of total number of diabetes patients in the world. There are currently close to 80 million people with diabetes in India and this number is expected to increase to 135 million by 2045.

World Diabetes Day was observed on Nov 14th 2024 and Vivekananda Health Global organised an event to mark the day and create better public awareness and contribute to better health of the society.

Vivekananda Health Global - A center for Integrative medicine, in association with Rotary Bengaluru HSR supported by Rotaract Bengaluru HSR organised this event towards prevention and management of Diabetes mainly type 2 Diabetes mellitus.

Key take ways from **Expert talks**

Transforming from a "Diabetes Capital" to a "Diabetes Care Capital"

Renowned diabetologist, Dr. Karunesh

Kumar, recently shared his insights on breaking the myths surrounding diabetes management. He emphasized the importance of shifting the narrative from viewing India as the "Diabetes Capital" to becoming a global leader in "Diabetes Care."

Dr. Kumar highlighted that diabetes is not an inevitable outcome but can be prevented and effectively managed through proactive measures. He advocated for a holistic approach incorporating diet, regular exercise, and stress management to reduce the occurrence of diabetes. For those already living with diabetes, he emphasized that the right dietary choices can significantly improve health and quality of life.

One of his key takeaways was a simple, balanced meal plan. He recommended structuring meals with:

- 25% carbohydrates
- 25% protein
- 25% vegetables
- 25% healthy fats



This proportion ensures a balanced nutrient intake and supports better blood sugar control while promoting overall health. By adopting such strategies, individuals can lead healthier lives and contribute to a positive shift in how diabetes is managed nationwide.

Dr. Manjunath Sharma, Vice Chancellor of S-VYASA, highlighted the pivotal role of stress management in both preventing and managing diabetes during his insightful address. He shed light on diabetes as one of the most serious non-communicable diseases affecting the global population, emphasizing the critical influence of lifestyle factors in its development and progression.

Key contributors to type 2 diabetes, according to Dr. Manjunath include physical inactivity, poor sleep hygiene, mental stress, and dietary

habits. Addressing these areas can significantly enhance diabetes management and prevention. He underscored the power of yoga, an ancient Indian science and holistic way of life in influencing lifestyle through physical activity, breath regulation, relaxation, and meditation.

Yoga's Approach to Non-Communicable Diseases

Dr. Manjunath explained that many non-communicable diseases, including diabetes, often stem from factors originating in the mind. Therefore, effective management should focus on calming the mind, reducing stress, and achieving deep relaxation. Yoga's practices ranging from simple loosening exercises and Surya Namaskar to meditation techniques offer excellent tools for achieving these goals.

Combating "Sitting Disease"





In today's sedentary world, prolonged sitting has become a major health challenge, contributing to obesity and metabolic syndrome. Dr. Manjunath advocated for incorporating regular movement into daily routines. Simple yoga postures, regulated breathing exercises, and moments of conscious meditation can help counter the effects of inactivity, boost metabolism, and enhance relaxation.

The Role of Diet in Diabetes Management

Dr. Sharma also emphasized the importance of diet, recommending:

- Stopping meals when 80% full
- Reducing "white poisons" such as sugar, salt, and refined flour
- Filling the plate with vegetables while limiting unnecessary carbohydrates

Yoga's Scientific Backing

Research has shown that regular yoga practice can improve insulin sensitivity, lower blood sugar levels, and enhance beta cell activity. With dedication and mindful living, diabetes can not only be managed but, in some cases, reversed.

Dr. Manjunath Sharma concluded with a powerful message: "Diabetes reversal and sustainable health are achievable with a strong will and the ability to manage the mind. This is the essence of what yoga teaches us."

Dr. Harikiran, Prof & Head, Dept. of Public Health Dentistry, DAPM RVDC spoke on Diabetes and Dental Health.

He emphasized the critical connection between diabetes and oral health and highlighted that individuals with diabetes are at a heightened risk for oral health issues, particularly periodontal (gum) disease. The relationship between diabetes and periodontal disease is bidirectional. Not only does diabetes exacerbate gum disease, but severe periodontal disease can also adversely affect blood glucose control, potentially worsening diabetes complications.

Chair Yoga for Diabetes: A Step Towards

Holistic healing

A 10-minute Chair Yoga module for diabetes management was thoughtfully designed by **Dr. Vasudha Sharma**, Co-Founder and Director of Medical Services, **Vivekananda Health Global (VHG)**. This innovative session was conducted by **Dr. Anitha**, Technical Coordinator and Consultant, Naturopathy and Yoga at VHG, HSR Layout.

The module focused on simple yet effective yoga practices tailored to suit individuals with diabetes, offering them a convenient way to incorporate physical activity into their daily routine.

Yoga Performance by S-VYASA Students

Adding vibrancy to the event, **1st and 3rd-year students** from the **TSYNM program at S-VYASA** delivered an awe-inspiring yoga performance. Their graceful movements captivated the audience, drawing attention to the profound role yoga can play in enhancing overall health and well-being. The performance was a powerful reminder of the importance of integrating yoga into daily life for a healthier future.

Dynamic dance performances during the invocation and between sessions added a lively and refreshing touch to the event. These captivating performances not only broke the monotony but also energized the audience, fostering greater participation and enthusiasm.

To add on to education of audience, Rotaract club HSR layout performed a Skit denoting the importance of diet to prevent Diabetes.

Vivekananda Health Global (VHG) centers - VHG centers in Bengaluru, VHG Guwahati and Trivandrum also offered free health screening for diabetes at its centers, aimed at promoting awareness and early detection. This initiative underscores VHG's commitment to holistic health and well-being, encouraging individuals to take proactive steps toward managing and preventing diabetes.



Academic Activities of Prof. M K Sridhar, Pro Vice Chancellor and Academic Dean of S-VYASA during Oct & Nov



Oct 28: Prof. M K Sridhar delivered two invited lectures titled (1) *Stress, Management and SMET Program* (2) *Yoga and Wellness* as part of the Faculty Development Program organized by Biju Patnaik University of Technology (BPUT), Rourkela, Odisha, at Kalinga Indoor Stadium, Bhubhaneshwar. 140 faculty members from as many Engineering Colleges attended. The Program was chaired by Dr. Amiyakumar Rath ji, Hon'ble VC, Dr. Sujit Kumar Khuntia ji, Director, Curriculum Development, BPUT was the Chief Program Coordinator. A session on Common Yoga Protocol and Cyclic Meditation was conducted by Ms. Sasmitha Jitender, former staff member of S-VYASA and Dr. Sridhar M K.

Nov 5: Prof. M K Sridhar attended the Board of Studies meeting of Department of Yoga, Division of Performing Arts (PA), Bangalore University



(BU) as external expert. He was also Subject Expert for selection of Guest Faculty for the Department of Yoga and Performing Arts. The Interview panel was headed by Dr. Jayakara Shetty M, Hon'ble VC, Prof. Ashok Hinjegeri, Dean, Division of Performing Arts and Dr. Shivanna, HoD of Yoga.

Nov 6 - 9: Prof. M K Sridhar was Chairperson of NAAC Peer Team for assessment of Seema Memorial Mahavidyalaya, Parbatsar, Rajasthan and guided the accreditation process which went for first time although the Degree College had been established in 2005.

Nov 22: Prof. M K Sridhar inaugurated the S-VYASA Inter School Cricket competition at the Playground of S-VYASA Centre of Advanced Studies, Sattva Global Tech Park. Dr. Vasudev Vaidya, Deputy Registrar was also present. Eight teams from S-VYASA Schools participated in Knockout matches.





Lecture series by Dr. Kazhuo Keishin Kimura, a prominent Japanese Yoga Guru on Traditional Insights on Human Structure & Function

Nov 11: A Workshop titled "Yoga Therapy based on traditional teachings of human structure and function" was inaugurated by Guruji H R Nagendra, Pro Vice Chancellor, alongside Professors M K Sridhar and Ramachandra

G Bhat. The event featured series of lecture by Dr. Kazhuo Keishin Kimura, a prominent Japanese Yoga Guru, which took place from Nov 11 - 16, for the benefit of students.



Oct 10: **The Holy Bhagavad Gita was released in Telugu, authored by Dr. K. Subrahmanyam, Advisor to the Chancellor.** The book launch event was attended by Bhagavat Acharya Sri Vishnuo from Yogi Rama Thapovanam and Rishi Marga Mission (YRT & RM) in Nellore, Andhra Pradesh, along with Sri Ravi Tumuluri, Secretary of the Indian Yoga Association.



Oct 28: In remembrance of **Lakshmi Amma's death anniversary,** Guruji, Nagarathna Didi, and the faculty members of S-VYASA come together to pay their respects.



Deeksharambh 2024: A Transformative Start for S-VYASA School of Advanced Studies Postgraduate Students



At School of Advanced Studies, the academic year for postgraduate students began with a vibrant orientation program, Deeksharambh 2024. This week-long initiative brought together fresh cohorts of MCA, MBA, and Allied Sciences students, providing them with a robust foundation for academic excellence and personal growth.

Guided by the institution's vision of holistic development and experiential learning, the event was a blend of inspiring speeches, practical workshops, and community-building activities.

Inauguration: Embracing the Spirit of Learning

The program commenced with a grand inauguration attended by students, faculty, and distinguished guests. The leadership team, including Dr. Sreedhar Subrahmaniam, Dr. Sachin Sharma, Dr. Geetanjali P., and other department incharges, set the tone for the week by emphasizing the importance of integrating knowledge with practical skills.

Esteemed industry leaders graced the stage, sharing their insights. Mr. Dhananjay Sistla, VP at Paytm Payments Bank, Dr Madhukar from Cadabams and CMA Abhijit Jain, President, ICMAI, Bagalore Chapter delivered a motivational talk highlighting current industry trends and career prospects. This session, along with others, instilled in students the confidence

to navigate the challenges of their chosen fields.

MCA & MSc: Exploring Technological Horizons

The orientation for MCA and M.Sc. students was curated to foster technical acumen and problem-solving skills through thematic sessions:

Technological Insights: Students explored emerging technologies like cloud computing, data science, and software testing. Sessions led by experts such as Dr. D.V. Ashoka and Mr. Mukesh Kumar introduced real-world applications of these fields.

Skill Development Workshops: Hands-on activities, including MATLAB applications and logical reasoning challenges, helped students sharpen analytical and technical skills.

Inspiring Talks: Discussions on "Atomic Habits" and trends in natural language processing left students with actionable strategies for personal and professional growth.

The orientation's focus on industry relevance and technical skill-building prepared students for the fast-evolving tech landscape.

MBA: Nurturing Business Leaders

The MBA program embraced a practical and interactive approach, immersing students in real-world business scenarios and leadership challenges:

Interactive Sessions: Activities like business quizzes, branding workshops, and scavenger hunts encouraged teamwork, critical thinking, and creativity. Students analyzed case studies and participated in branding exercises, gaining insights into marketing strategies.

Guest Lectures: Industry veterans delivered compelling sessions. For instance, CMA Abhijit Jain emphasized the importance of research,



while Dr. Avin Thaliath's talk on "Passion to Purpose" inspired students to align their aspirations with practical goals.

Skill Workshops: Sessions on Six Hat Thinking and accounting principles offered tools for structured decision-making and financial management.

By the end of the week, students had developed a deeper understanding of their roles as future managers and entrepreneurs.

Allied Sciences: Cultivating Empathy and Expertise

For Allied Sciences students, Deeksharambh offered a unique blend of academic rigor and emotional intelligence:

Engaging Activities: The program included creative challenges like "Ideathon," fostering innovation, and icebreaker exercises that encouraged collaboration.

Life Skills Sessions: Talks on emotional intelligence, time management, and empathy helped students develop interpersonal skills crucial for healthcare professionals.

Practical Exposure: Clinical psychology students visited Cadabams Rehabilitation Centre, where they gained hands-on experience in mental health care, bridging the gap between theory and practice.

The week culminated in a cultural event, where students celebrated their diversity and forged

lasting connections.

Holistic Impact: Building the Leaders of Tomorrow

Deeksharambh 2024 was not just an orientation - it was a transformative launchpad. It equipped students with essential tools to excel academically and personally, instilled a sense of community, and fostered an eagerness to embrace challenges.

From learning cutting-edge technologies to understanding the value of teamwork and empathy, the program ensured a holistic start for the new cohorts. As students embark on their academic journey, they carry with them the institution's values of innovation, ethics, and excellence.

Impact and Reflections

Across all streams, the Deeksharambh 2024 program successfully met its objectives of preparing students for their academic journey while fostering personal growth. The sessions emphasized interdisciplinary learning, the importance of adaptability, and a collaborative spirit. Through innovative activities and expert-led discussions, students were empowered to envision their roles as future leaders and innovators.

The shared experiences of teamwork, creativity, and professional insights during the orientation have undoubtedly set a robust foundation for their PG journey.



Entrepreneurship Awareness Programme: Empowering Future Innovators



The Department of Commerce and Management at SVYASA, in collaboration with Micro, Small, and Medium Enterprises (MSME) - Government of India (GOI), hosted an Entrepreneurship Awareness Programme on November 5, 2024. This initiative aimed to inspire and equip aspiring entrepreneurs from management and technical backgrounds with essential insights

into the start-up ecosystem and government support schemes.

The first session, led by Dr. Geetanjali P., titled “This Decade is of Start-ups”, highlighted the flourishing opportunities for innovation and entrepreneurship in this era. Emphasizing the role of technology, digitalization, and supportive policies, Dr. Geetanjali encouraged participants to harness these dynamics to bring their ideas to life.

In the second session, Mr. Praveen Kumar, Training In-charge at MSME, detailed “MSME Schemes for Entrepreneurs”. He provided a comprehensive guide to the financial, infrastructural, and skill development support available through MSME, empowering participants to leverage these resources effectively.

This impactful programme left attendees motivated to embark on their entrepreneurial journey.

SVYASA's Inaugural Podcast Series: Inspiring Conversations

On November 18, 2024, the SVYASA School of Advanced Studies proudly launched its inaugural podcast series under the Department of Management and Commerce. The debut episode featured a captivating discussion with Karna Belagere, Secretary of Prarthana Schools and son of renowned writer Ravi Belagere.

Karna shared profound insights into spirituality and the transformative “Miracle Morning” routine that has shaped his personal and professional life. He also reflected on the inspiring growth story of Prarthana Schools, offering heartfelt anecdotes about his father’s legacy. His practical advice to MBA students resonated deeply, blending emotional intelligence with actionable wisdom.

Meticulously organized by MBA students under the guidance of Mr. Jayanth S. Kashyap and Dr. Geetanjali P., the event exemplified teamwork and leadership. This podcast series promises to be a dynamic platform for thought leaders to share transformative ideas, enriching learning beyond the classroom.

SVYASA continues to inspire holistic education and value-driven leadership through such groundbreaking initiatives.



SFA Championship 2024: A Celebration of Excellence

The SFA Championship 2024, organized by Sports for All (SFA) in collaboration with the Sports Authority of India (SAI), was held from November 16–21 at the renowned Padukone-Draavid Centre for Sports Excellence in Bangalore. This prestigious multi-sport event showcased exceptional young talent from across India, and our university proudly participated, leaving a mark with commendable achievements.

University Participation and Results:

A total of 30 students represented our university in five individual sports and two team events in the U-19 category. Notable achievements included:

Badminton: Haricharan Sai G S from BTech Cyber Security secured Gold Medal and S Jeffrin Jino from BTech AIML Secured the Silver Medal in the Badminton U-19 Men’s Singles event.

Karate: Jithin S. from BTech AIML secured a Silver Medal in the U-19 Men’s Singles, demonstrating skill and perseverance.

Table Tennis: Yash Pandey clinched a Bronze Medal in the U-19 Men’s Singles with his tactical gameplay.

Girls’ Kabaddi Team: Earned a Silver Medal, showcasing remarkable teamwork and agility.

Team Members

Name	Course
Nirmala	BCA
Jeeva	BTech Aiml
Dhruthi	BTech Data Science
Tanuja	BCA
Harshitha	BTech IT
Meghana	BTech AIML
Princess Oliva Jasmine	BTech CSE Core
Madhu	BTech It
Tejaswini	BTech Cybersecurity
Gange	BTech IT
Gowri	BTech IT
Sanjana	BTech CSE Core



The championship was an inspiring platform, and our university’s achievements underscored the talent, dedication, and sportsmanship of our student-athletes.

CampusLeet Challenges (October and November Editions)

B.Tech students enthusiastically participated in the CampusLeet Challenges, organized by Kalvium, to enhance their coding and problem-solving skills. These Pan-India contests offered experiential learning through real-time coding challenges. Competing with peers nationwide, students showcased their programming prowess, explored diverse languages, and embraced an immersive, competitive learning environment to excel.



MIT World Peace University Students' Study Visit to S-VYASA



Nov 9th - 11th: A group of 25 students and three faculty members from MIT World Peace University in Pune, Maharashtra, visited the Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) campus for a three-day study tour. This event was coordinated by Dr. Komal Panwar, with Mr. Adarsh Nayak serving as the Joint Coordinator. The program featured a variety of enlightening sessions, including lectures on Yoga, nutrition titled "The Art of Mindful Eating," which stressed the importance of nutrition for a balanced lifestyle. The tour concluded with a farewell ceremony, where participants gained valuable insights into yoga and holistic living, illustrating how traditional knowledge can be integrated with modern education.





7th National Naturopathy Day @ S-VYASA



Nov 18: National Naturopathy Day is celebrated annually in India. First observed in 2018, this day highlights the importance of naturopathy and alternative medicine in promoting public health and wellness.

The primary goal of the celebration is to raise awareness about the role of naturopathy in preventing and managing various health challenges. It seeks to inspire people to adopt healthier lifestyles and holistic practices for overall well-being. The Ministry of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homoeopathy) plays a significant role in organizing various events, including workshops, seminars, and campaigns, to emphasize the relevance of naturopathy and its integration with conventional medicine.

On this occasion of the 7th National Naturopathy Day, The School of Yoga & Naturopathic

Medicine, S-VYASA, celebrated the day with great enthusiasm. The event commenced following the daily Prarthana Milan with the inauguration of the first-ever e-magazine, PRATIBIMBA. Curated by the BNYS students. This magazine reflects the essence of naturopathy in everyday life, and its name, Pratibimba, aptly symbolizes this vision.

The inauguration was followed by an inspiring speech and blessings from Dr. R. Nagarathna Medical Director, Arogyadham Holistic Research Home, who enlightened the audience on the significance of naturopathy and the nurturing role of Mother Nature. She also emphasized the concept of vegetarianism, urging everyone to adopt a vegetarian diet as part of a healthier lifestyle.

Professor Subramanyam Ji, Advisor to Chancellor, then shared his blessings, thoughtful





and wise words, highlighting how nature provides abundantly for all living beings and the importance of respecting and preserving it.

Dr. Jincy S. delivered a thought-provoking talk on how small, mindful changes in daily habits can significantly improve health and well-being. She shared her personal example of reducing coffee consumption and encouraged students to take similar steps towards better living.

Dr. Titty George followed with a motivational speech, emphasizing the importance of naturopathy and the pride one should take in being part of this noble profession.

The celebration continued with an engaging panel discussion centered on this year's theme. The esteemed panelists included Dr. Titty George, Dr. Jincy Sundaran, Dr. Moulyya Appanna, Dr. Arundhati Goley, Dr. Pranab Das, and Dr. Sharad Chaudhari. Their insights and perspectives made the session both enriching and inspiring for all participants.

The event truly reflected the dedication and passion of the BNYS fraternity, showcasing their commitment to the principles of naturopathy and holistic health.

The panel discussion, a key highlight of the celebration, was organized by the students of BNYS and led by Mahi Gupta and Sadhavdhayan. They posed thought-provoking questions to the panelists, sparking insightful discussions on various topics. One of the most impactful questions was, "How can Naturopathy and

Yoga be effectively integrated into the existing palliative care frameworks to complement conventional treatments and improve the quality of life for patients?" The panelists collectively addressed this question, providing thoughtful and practical perspectives.

The discussion also saw active participation from the students, who engaged with the panelists by asking questions and clarifying their doubts. Among the questions raised, one that stood out was about the varying approaches to treatment within the naturopathy profession and how these differences influence treatment methodologies. The interaction fostered a rich exchange of ideas and deepened the understanding of naturopathic practices.

Post lunch, the celebration resumed with informal competitions and activities. One of the main events was a Pick and Speak competition, where 15 students participated by speaking on topics related to this year's theme, "Healthy Aging and Longevity."

Subsequently, students were divided into two groups for engaging games such as Spin the Bottle and Medical Dumb Charades. These activities not only lightened the mood but also fostered camaraderie among the participants.

The celebration concluded with the recitation of the Shanti Mantra, marking the end of a vibrant and memorable event. The day was a delightful blend of learning, interaction, and entertainment, thoroughly enjoyed by all attendees.



Oct 28: **Prof. Ram Prakash Sharma**, who serves as a Professor of Mathematics at the National Institute of Technology in Arunachal Pradesh, received a warm welcome during the Maitri Milan at Shruti Mandir. The session was graced by Chancellor Dr. H R Nagendra and several other prominent figures from S-VYASA.



Foundation Course program on Yoga for stress management and Integrating Complementary and Alternative Medicine (CAM) at St. Peter’s Medical College and Hospital, Hosur, Tamil Nadu



Oct 17: An interactive session on "Yoga for Stress Management and Integrating Complementary and Alternative Medicine (CAM) for Holistic Health" was conducted for 1st-year MBBS students at St. Peter’s Medical College. Dr. Anita O.R., HOD of Physiology, welcomed everyone and emphasized CAM's relevance in healthcare. Dr. Ranjitha R. presented on stress and yoga, highlighting the physiological and

psychological impacts on medical students. A practical yoga session, guided by Dr. Ranjitha and demonstrated by Dr. Pankhuri Sarraf, included simple postures, breathing exercises, and meditation techniques. Dr. Ranjitha also explained various CAM systems and their integration with modern medicine. The session ended with an engaging discussion, followed by a vote of thanks from the faculty.



Oct 15: **Dr. Ravendranath**, the Director and Professor of Cardiology at Jayadeva Hospital in Bangalore, was honored during the Maitri Milan event held at Shruti Mandir.



Play, Ramleela in S-VYASA



S-VYASA Deemed to be University recently hosted a spectacular performance of Ram-Leela, bringing the timeless epic of the Ramayana to life on stage. Organized by the School of Yogic Sciences, the play was a vibrant amalgamation of drama, music, and devotion, captivating the audience with its grandeur.

The play opened with the serene depiction of Lord Rama's life in Ayodhya, followed by his exile, the abduction of Sita by Ravana, and the ensuing battle between good and evil.

The actors, dressed in traditional costumes, delivered stellar performances, bringing emotional depth to their characters.

Special mention to the writers and directors Arnev Dosi for day 1, Gyan Prakash for day 2, Aman Prajapati for Day 3, Ravi and Dixita for Day 4 and Shobhit Mishra for day 5

The play also had editor Ishan Khatri.

The school of yoga would like to thank ANTTC for their support. The school was the backbone of the play.

The stage design and lighting added an immersive touch, recreating the forests of Dandakaranya and the grandeur of Lanka. Folk music and soulful chants enriched the narrative, evoking a sense of devotion among the audience.

The play concluded with the triumph of good over evil, leaving spectators inspired by the timeless values of truth, courage, and righteousness. The event was a resounding success, reminding everyone of the enduring relevance of the Ramayana. It was a perfect blend of cultural heritage and artistic expression, making it a memorable evening for all.



Oct 24: The S-VYASA family warmly welcomed **Dr. Sunil M. R.**, Director of the Cadabams Group of Psycho Social Rehabilitation Center, during the Maitri Milan session.



Oct 9: During the Maitri Milan event, the S-VYASA family graciously welcomed **Mr. Bharat Dash**, Founder of Katha Pratha and IKS (UGC) Trainer-Educationist, alongside **Dr. Sai Kumar** and **Dr. V R Ayyappan**, who serve as Professors of Physiotherapy at the Sanjay Gandhi Institute of Trauma and Orthopaedics (SGITO) - Sanjay Gandhi College of Physiotherapy.



Oct 1: A group of scientists, including **Dr. Sweta Gautam** (Scientist-1), **Dr. Kanjaksha Ghosh** (Former Director of ICMR-National Institute of Immune Haematology, Mumbai, and member of the governing body), **Dr. Bhaskar Saha** (Former Scientist-G at the National Center for Cell Sciences, Pune, and National Professor), and **Dr. Debadatta Nayak** (Scientist-3), from the Central Council for Research in Homeopathy (CCRH), were received by dignitaries from S-VYASA during the Maitri Milan event held at Shruti Mandir, S-VYASA.



Hon'ble Guruji and Vice Chancellor, Dr. Manjunath with **Dr. Kanjaksha Ghosh & Dr. Debadatta Nayak** at Tarangini





Oct 8: Aerial Yoga-Teacher's Training Course certificates were distributed to participants during Maitri Milan Session at Shruti Mandir



Nov 6: S-VYASA School of Yogic Sciences (SYS) along with Yoga Prana Vidya Ashram Sri Ramana Trust conducted a seminar on "Adverse Effects of Adding Salt to Food"

The program was graced by **Shri N J Reddy**, the founder of Yoga Prana Vidya Ashram, **Dr. Surrender R Neravetla**, who serves as the Director of Cardiac Surgery at Springfield Regional Medical Center in Springfield, Ohio, USA, **Dr. Sushil Sharma**, cardiologist, along with the Registrar, dignitaries of S-VYASA and students at Shruti Mandir.



Prof. M Jayaraman concludes successful Yoga Workshops and Lectures in the USA Houston – Nov 2024

Professor M. Jayaraman, Dean of the Division of Yoga Spirituality, recently concluded a highly successful teaching tour at the United States, which included workshops, lectures, and retreats focused on various aspects of Yoga and Indian Knowledge Systems. The entire invitation, organization, and hosting of these events were carried out by the SVYASA Houston Center, expertly led by Sri Vishvarup Nanjundappa, Director of SVYASA Houston, and Smitha G. Mallaiah, Program Director at SVYASA Houston and Senior Mind-Body Intervention Specialist at the University of Texas MD Anderson Cancer Center.

A key highlight of Prof. Jayaraman's visit was the *Textual Immersion Workshop on Adhi and Vyadhi from Yoga Vasistha*, held on November 16-17, 2024, at the Houston Center. This IAYT-certified 12-credit program, conducted as a hybrid session, attracted both online and in-person participants, including Yoga Therapy experts and trainees. Over the two-day workshop, attendees explored the ancient *Yoga Vasistha*, gaining valuable insights into mental afflictions (Adhi) and physical ailments (Vyadhi), their causes, and remedies as outlined in this millennia-old treatise. The workshop proved to be an absorbing experience, with reflective activities and enriching discussions that allowed participants to internalize the timeless teachings of *Yoga Vasistha*.



In addition to the workshop, Prof. Jayaraman delivered a series of impactful lectures. On November 15, he was invited by *Sanskrita Bharati, USA* to address online their youth team, *Yuva-gana*, on the topic of *Tantrayukti* – the methodology for constructing texts within Indian Knowledge Systems. The session, attended by 20 participants from across the USA, sparked engaging discussions, with many young attendees expressing keen interest in applying *Tantrayukti* to their academic research. A second lecture was held the following day, with 15 participants continuing the exploration of this topic.

On November 13, 2024, Prof. Jayaraman also delivered a *Satsang* on the *Tulasi Mahatmya* on *Tulasi Vivaha Day*, hosted at the residence of Sri Charudatta, the Vibhag Karyavah of Hindu Swayamsevak Sangh (HSS) in Houston. The event was well received by the local community.

Another major event during his visit was the *Yoga of the Bhagavad Gita* retreat, held at the tranquil Texas Hindu Camp Site from November 8-10, 2024. Over three days, Prof. Jayaraman discussed the four primary Yogas – Karma, Bhakti, Dhyana, and Jnana – as outlined in the *Bhagavad Gita*. The retreat, which included attendees from various professional backgrounds such as doctors and educators, was very well appreciated. The structured presentations and relatable real-life anecdotes resonated with the participants, bringing the teachings to life.





Student Exchange Program between S-VYASA and Southern Cross University, Australia



Oct 28 - Nov 2: Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) hosted a student exchange program for Southern Cross University (SCU), Australia, focused on Integrative Medicine. The 13-member SCU delegation, led by Prof. Jon Wardle and Dr. Andrea Bugarcic, participated in a series of theory, practice, and observation sessions. Key activities included an introduction to S-VYASA's holistic practices, including Yoga, Naturopathy, Acupuncture, and Ayurveda, alongside visits to Arogyadhama, Anvesana research lab and Sushrutha Ayurveda College. Sessions were led by various experts, including Guruji, Dr. H R Nagendra (Four Streams of Yoga), Dr. R Nagarathna (Practice of Yoga Therapy), Dr.

Manjunath N K (Overview of Yoga Research), Dr. Apar A. Saoji (Introduction to S-VYASA and Diet According to Yoga & Naturopathy), Prof. Jayaraman (Origins of India's Holistic Knowledge System), Dr. Amit Singh (Basics of Ayurveda), Dr. Jincy S (Naturopathy in Indian Perspective), Dr. Ankita Mishra (Activities of Arogyadhama Holistic Research Health Home), Dr. Pranab Das (Acupuncture lab visit), Dr. Ritesh C (Naturopathy Treatments in Palliative Care), Dr. Jishnu J Kartha (Physiotherapy), Dr. Surabhi, Dr. Smitha, and Dr. Pinky (Cyclic Meditation), Dr. Jegath Krishnan (Yoga Practice). The program concluded with a visit to S-VYASA's city campus and a one-day outing.



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