

योग इपर्षा

A Monthly Journal of SVYASA (Deemed to be University)



CHAMBRE DE
COMMERCE
HINDOU-CANADIEN



CANADIAN HINDU
CHAMBER OF
COMMERCE

केनेडादेशीया हिन्दू-वाणिज्य-परिषत्

Global Hindu Award 2023



**Canadian Hindu Chamber of Commerce
CHCC conferred
Global Hindu Award 2023**

to the President of S-VYASA

Dr. H R Nagendra ji

*for his groundbreaking yoga research
to transforming lives globally*



S-VYASA

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



Programs in YOGA

Programs in YOGA

School of Yoga:

YIC (Yoga Instructor's Course), **Spiritual Retreat**, **Sadhana Shibir & Echoes of OM**
BSc & MSc (Yoga)
BSc & MSc YT (Yoga Therapy)
BSc & MSc YVW (Yoga & Vedic Wellness)
BA & MA YEd (Yoga Education)
BA & MA YISD (Yoga for Integrated Sports Development)
BA & MA HY (Hatha Yoga)

School of Physiotherapy:

BPT - Bachelor of Physiotherapy

School of Yoga & Naturopathic Medicine:

BNYS - Bachelor of Naturopathy
and Yogic Sciences
MD - Yoga

Programs in CODE

(Centre for Open
& Distance Education)
DYT (Diploma in Yoga Therapy)
BSc (Yoga)
MSc (Yoga)
YIC (Yoga Instructor's Course)
Ph: +91-80-2263 9901/ 02
www.svyasadde.com

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

admissions@svyasa.org ; apply online & visit: www.svyasa.edu.in

तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

योगसुखा सुपर्णा

Vol.XLI No.10 October, 2025

CONTENTS

Editor
Dr. H R Nagendra
Chancellor, SVYASA
Bengaluru

Asst. Editor
Dr. Aarti Jagannathan

Publisher
Mahadevappa B

Printer
Chandrashekar V
Sharadh Enterprises
No. 51, Car Street, Halasuru
Bangalore - 560 008
ph: 080 - 2555 6015
sharadhenterprises
@gmail.com

SVYASA
Deemed to be
University
No. 19, Gavipuram Circle
Kempe Gowda Nagar
Bangalore - 560 019
ph: 080 - 2661 2669
telefax: 080 - 2660 8645
yogasudha@svyasa.edu.in
www.svyasa.edu.in

Editorial 2
Message from the Vice Chancellor 7



Division of Yoga-Spirituality

Brahmasutra - Sampadyāvīrbhāvaḥ svena śabdāt
- Prof. Ramachandra G Bhat 9
Yogopanishad-sara - 13: Mahavakya Upanishad - Prof. M Jayaraman 10



Division of Yoga & Life Sciences

Arogyadhama - Success Story: Dept. of Musculoskeletal Disorders 13
Arogya Raksha Panchatantra (Five Lifestyle Principles)
on the Inflammatory State of the Body - Dr. Yesheswani N 15



Division of Yoga & Physical Sciences

Prioritizing Mental Health at the Workplace:
A Yogic Perspective - Dr. Nandini K M 22



Division of Yoga & Humanities

Swami Vivekananda - The Humanist - 11 - Dr. K Subrahmanyam 25



VYASA, International

Global Hindu Award 2023 to Guruji 27
Guruji & Vice Chancellor's Address
at Hindu Temple Burnaby, Canada 28
Guruji Dr. H. R. Nagendra Ji's visit to VYASA-USA Dallas 30
Yoga without Borders: ITEC-YIC Batch 26 at S-VYASA 32



S-VYASA, National

CODE YIC PCP: July 2025 37
Krida Vilasa 2025 40
National Sports Day Marathon and Yogasana competition 41
World Physiotherapy Day celebration 42
Wearing Compassion on their sleeve: Dr. Jincy Sundaran... 43
Yoga Students Call Out Ragging, ... 44
SSYNM Student clinches Silver in Rhythmic Pair 45
S-VYASA pulls out All the Stops for Ganesha Chaturthi 46
Honoring Major Dhyan Chand: S-VYASA hosts Sports Day Events 47
Ten-Day Orientation immerses New BSc Students 49
S-VYASA Students raise Awareness
on Fetal Alcohol Syndrome Disorders... 50

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

Disclaimer: The information and opinions expressed in this magazine reflect the views of the authors and not of the publisher or the institution. © Copyrighted material.

EDITORIAL



**S-VYASA Delegation
meets Indian Diaspora
at Vishnu Mandir,
Richmond Hill, Canada**

My dear Brothers and Sisters,

The celebration of Navaratri reminds us of the eternal triumph of good over evil and the awakening of the divine feminine energy within every being. These nine nights symbolize an inner journey - from gross to subtle, from *tamas* to *rajas* and *sattva* - culminating in the realization of the Divine Shakti that sustains all life. At S-VYASA, Navaratri is not just a festival but a time for deep *sadhana*, self-discipline, and collective devotion, inspiring us to purify the body, refine the mind, and awaken the inner Divinity in us. We can track the growth by filing up VPI. See below

Our month-long visit to the USA and Canada brought new energy and fruitful collaborations. Thanks to Dr. Manjunath Sharma, our Vice-Chancellor, for enabling new research partnerships with UBC and KPU in Vancouver, and University of Toronto and McMaster University in Toronto as also a nice program of all Yoga organisations in Ottawa organised by High Commissioner of India. These alliances will advance our mission of integrating Yoga with cutting-edge research. It was so nice that Dr. Dayananda Swamy was able to streamline the operations of VYASA,

USA in Dallas, VYASA - Houston, and VYASA - Canada (Vancouver), laying the groundwork for expanding VYASA San Francisco (SFCO) and VYASA Canada Toronto. These developments mark a major step in taking our vision of holistic health and education to the world. All these have been made possible by Chat Ganesh in Dallas, Vsihwarupa and Smitha in Houston, Umashankar Dixit in SFCO, Dr. Preeti and Swami Satyprakash in Vancouver, Raghu Bengaluru and Ritesh in Toronto for whom we offer our gratitude.

Our forthcoming visit to South Korea continues this spirit of global connection. The Yoga Festival in Miryang City, organized by Viveka from October 16, will further strengthen the India - Korea Cultural Centre. This collaboration highlights the growing appreciation of Yoga as a bridge between cultures, fostering harmony, peace, and mutual growth. As we join hands with friends in Korea, we move closer to realizing the ideal of *Vasudhaiva Kutumbakam* - the world as one family - through the transformative power of Yoga, science, and spirituality.

■ *Dr H R Nagendra*



The Vedic Personality Inventory

1 = Very Strongly Disagree 2 = Strongly Disagree 3 = Somewhat Disagree 4 = Neutral
5 = Somewhat Agree 6 = Strongly Agree 7 = Very Strongly Agree

1. I am straightforward in my dealings with other people. 1 2 3 4 5 6 7
2. I have very little interest in spiritual understanding. 1 2 3 4 5 6 7
3. I am satisfied with my life. 1 2 3 4 5 6 7
4. Fruits and vegetables are among my favorite foods. 1 2 3 4 5 6 7
5. All living entities are essentially spiritual. 1 2 3 4 5 6 7
6. In conducting my activities, I do not consider traditional wisdom. 1 2 3 4 5 6 7
7. I often act without considering the future consequences of my actions. 1 2 3 4 5 6 7
8. I usually feel discontented with life. 1 2 3 4 5 6 7
9. I become happy when I think about the material assets that I possess. 1 2 3 4 5 6 7
10. I am good at using willpower to achieve goals. 1 2 3 4 5 6 7
11. I enjoy spending time in bars. 1 2 3 4 5 6 7
12. Cleanliness is very important to me. 1 2 3 4 5 6 7
13. Others say that my intelligence is very sharp. 1 2 3 4 5 6 7
14. I often feel depressed. 1 2 3 4 5 6 7
15. I often put off or delay my responsibilities. 1 2 3 4 5 6 7
16. I greatly admire materially successful people. 1 2 3 4 5 6 7

17. When I speak, I really try not to irritate others. 1 2 3 4 5 6 7
18. I believe life is over when the body dies. 1 2 3 4 5 6 7
19. I often feel helpless. 1 2 3 4 5 6 7
20. I enjoy foods with strong tastes. 1 2 3 4 5 6 7
21. I am constantly dissatisfied with my position in life. 1 2 3 4 5 6 7
22. Having possessions is very important to me. 1 2 3 4 5 6 7
23. When things are tough, I often bail out. 1 2 3 4 5 6 7
24. I often feel like a victim. 1 2 3 4 5 6 7
25. I feel that my knowledge is always increasing. 1 2 3 4 5 6 7
26. I prefer city night life to a walk in the forest. 1 2 3 4 5 6 7
27. For me, sex life is a major source of happiness. 1 2 3 4 5 6 7
28. I take guidance from higher ethical and moral laws
before I act. 1 2 3 4 5 6 7
29. I enjoy intoxicating substances (including coffee,
cigarettes and alcohol). 1 2 3 4 5 6 7
30. I often feel greedy. 1 2 3 4 5 6 7
31. I become greatly distressed when things don't work
out for me. 1 2 3 4 5 6 7
32. I am often angry. 1 2 3 4 5 6 7
33. I often feel fearful. 1 2 3 4 5 6 7
34. I do not have doubts about my responsibilities in life. 1 2 3 4 5 6 7
35. I often feel emotionally unbalanced. 1 2 3 4 5 6 7
36. I enjoy eating meat. 1 2 3 4 5 6 7
37. I am self-controlled. 1 2 3 4 5 6 7
38. I am very dutiful. 1 2 3 4 5 6 7

39. When I give charity, I often do it grudgingly. 1 2 3 4 5 6 7
40. Self-realization is not important for me. 1 2 3 4 5 6 7
41. I often feel dejected. 1 2 3 4 5 6 7
42. I carry out my responsibilities regardless of whether
there is success or failure. 1 2 3 4 5 6 7
43. I often neglect my responsibilities to my family. 1 2 3 4 5 6 7
44. I am easily affected by the joys and sorrows of life. 1 2 3 4 5 6 7
45. I often whine. 1 2 3 4 5 6 7
46. Regardless of what I acquire or achieve, I have an
uncontrollable desire to obtain more. 1 2 3 4 5 6 7
47. I am currently struggling with an addiction, physical
or psychological, to some type of
intoxicant (including caffeine, cigarettes and alcohol). 1 2 3 4 5 6 7
48. I often envy others. 1 2 3 4 5 6 7
49. My job is a source of anxiety. 1 2 3 4 5 6 7
50. I never think about giving up my wealth and position
for a simpler life. 1 2 3 4 5 6 7
51. It often happens that those things that brought me
happiness later become the source of my
suffering. 1 2 3 4 5 6 7
52. I often feel mentally unbalanced. 1 2 3 4 5 6 7
53. I don't have much will power. 1 2 3 4 5 6 7
54. I often neglect my responsibilities to my friends. 1 2 3 4 5 6 7
55. I often act violently towards others. 1 2 3 4 5 6 7
56. I am good at controlling my senses and emotions. 1 2 3 4 5 6 7

Scoring Key for the Vedic Personality Inventory

Sattva- 1, 3, 4, 5, 10, 12, 13, 17, 25, 28, 34, 37, 38, 42, 56

Rajas- 8, 9, 16, 18, 20, 21, 22, 23, 26, 27, 30, 31, 39, 44, 46, 48, 49, 50, 51

Tamas- 2, 6, 7, 11, 14, 15, 19, 24, 29, 32, 33, 35, 36, 40, 41, 43, 45, 47, 52, 53, 54, 55

Scoring Instructions: Sum all the responses for a guna, then divide this sum by the total possible score for the guna. This will give the guna score in the form of a percentage. Then, to obtain a standardized score for a guna, sum the three guna percentage scores and divide it into the guna percentage scores. The three standardized scores form the guna profile for a person.

Example:

For the 15 sattva items a respondent scores 60, or an average of 4.0. This converts to a guna percentage score of 57.14% ($60/105$ or $4/7$).

For the 19 rajas items a respondent scores 57, or an average of 3.0. This converts to a guna percentage score of 42.86% ($57/133$ or $3/7$).

For the 22 tamas items a respondent scores 55, or an average of 2.5. This converts to a guna percentage score of 35.71% ($55/154$ or $2.5/7$).

The sum of the three guna percentage scores is $57.14 + 42.86 + 35.71 = 135.71$

The standardized sattva score is $57.14/135.71 = 42.10\%$

The standardized rajas score is $42.86/135.71 = 31.58\%$

The standardized tamas score is $35.71/135.71 = 26.31\%$

Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

Namaste,

S-VYASA University proudly celebrates Universal Brotherhood Day every year on September 11th, in commemoration of Swami Vivekananda's historic address at the World Parliament of Religions in Chicago in 1893. His powerful words, "Sisters and Brothers of America," marked the dawn of a new

era - an era of universal toleration, mutual respect, and acceptance of all religions. This day reminds us of the vision and mission that guide our university: fostering peace, harmony, and understanding among all people, transcending geographical, cultural, and ideological boundaries.

In keeping with Swami Vivekananda's ideals, S-VYASA continues to expand the horizons of education, research, and global collaboration. Our recent partnerships reflect our commitment to building bridges across nations. A key highlight is our growing collaboration with Parker University, Dallas, USA, which strengthens our efforts in advancing knowledge in yoga, integrative health sciences, and evidence-based wellness solutions.

Furthermore, we are exploring new avenues



for research and education in Canada, opening doors for our students and faculty to engage in cross-cultural learning and innovative projects. These initiatives exemplify our mission to take yoga and holistic health education to the global stage, serving humanity at large.

As we celebrate Universal Brotherhood Day, let us reaffirm our dedication to

building a world that reflects the values of compassion, acceptance, and unity - a world Swami Vivekananda envisioned. Together, let us continue to carry forward his message and make meaningful contributions toward a healthier and more harmonious global society.

At the same time, the vibrant celebrations of Navaratri remind us of the triumph of good over evil and the victory of light over darkness. Navaratri is not only a time of devotion and cultural festivity but also a call to awaken the inner strength and divinity within us. It inspires us to embody courage, wisdom, and compassion in our personal and collective journeys.

On this auspicious occasion, I extend my heartfelt Navaratri greetings to you and your families. May the blessings of the Divine Mother bring joy, peace, and prosperity to all.

With warm regards,
Dr. Manjunath N K
Vice Chancellor

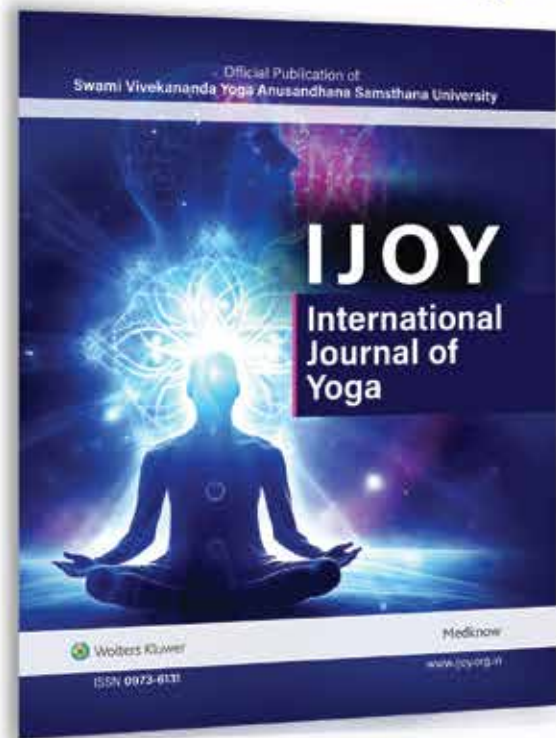


S-VYASA Deemed to be University, Bengaluru



Impact Factor
for 2024: **1.1**

IJOY International Journal of Yoga



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



Subscription Rates:

- ▶ Print ₹ 5100 in India for Individual & Institute.
- ▶ USD \$ 700 for Overseas for Individual & Institute.

Cheque should favour

“Wolters Kluwer India Pvt. Ltd., Mumbai”
or Pay online at www.medknow.com/subscribeonline.asp

Correspondence address

Wolters Kluwer - Medknow Publications
Wolters Kluwer India Pvt. Ltd.
A-202, 2nd Floor, The Qube, CTS No.1498A/2, Village Marol
Andheri (East), Mumbai - 400 059, Maharashtra, INDIA
Ph: 91-22-66491818 / 66491816 | Fax: 91-22-66491817
www.medknow.com

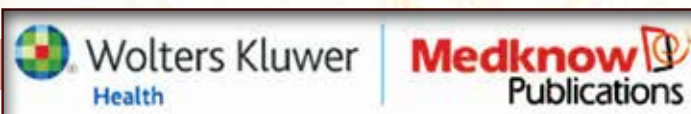
Editor In Chief

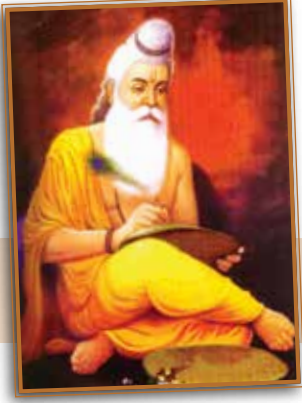
Prof. Nagendra H R
Chancellor, S-VYASA

Editorial Office

E-mail: editor@ijoy.org.in
Phone: +91-080-2263 9906

www.ijoy.org.in





ब्रह्मसूत्रम् (Brahmasūtram)

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



अविभागेन दृष्टत्वात् (ब्रह्मसूत्रम्-४-४-४)

Sampadyāvīrbhāvaḥ svena śabdāt (Brahmasūtram-4-4-4)

Meaning: (The Jiva in the state of release exists) as inseparable (from Brahman), because it is so seen from the scriptures.

In the context of Yugna Brahma Vichara, the discussion revolves around Atma Prakaranat with special reference to Mukta Pratijnanat. This points to the highest attainment of human life. Beyond this, there is nothing more to achieve. It is like two lamps merging into one light - Jyotihi. This light represents liberation, where one is completely free from all shackles - mental knots, physical limitations, and bondages. True Moksha is nothing but this state of freedom. Just as health is not something newly acquired but simply the absence of disease, liberation too is not an external gain but the removal of the artificial coverings that bind us.

Our consciousness is usually covered by the five sheaths (Pancha Koshas). These sheaths act as shackles that fold and veil the pure self. When these coverings are unfolded, the true light of consciousness shines forth. The scriptures beautifully describe this as Jyotisham Jyotihi - the Light of all lights. This light is not like ordinary fire; it is the inner radiance that reveals the ultimate reality. That reality is Moksha, the climax of the human journey. The Upanishads provide several analogies to help us understand this. Just as pure water remains pure when mixed with pure water, the realized self merges into the absolute without difference or duality.

This state is also referred to as Avibhaga -

complete non-duality. In this condition, there is no division of knower, knowledge, and the known (Tripiti). Words, concepts, and even the Vedas themselves fall short of describing it. At best, they can only indicate it. The great declarations (Mahavakyas) of the Upanishads - Aham Brahmasmi (I am Brahman) and Tat Tvam Asi (You are That) - point directly towards this experience. To emphasize this truth, the Chandogya Upanishad narrates how Uddalaka repeatedly instructed his son Shvetaketu, "Tat Tvam Asi," nine times, so that he could fully grasp the essence of realization.

Analogies like rivers merging into the ocean or lamps merging their lights are often used to convey this state. But ultimately, the experience goes beyond analogies. It is described as Atmarati - rejoicing in the Self, and Atmakrida - playing in the Self. It is the blissful state where the mind itself dissolves. Acharya Gaudapada refers to it as Asparsha Yoga, where all coverings vanish. This stage can sometimes feel overwhelming or even frightening, because the familiar sense of duality disappears. That is why seekers at such a stage are always advised to remain in the company of their Guru, as Vivekananda did with Sri Ramakrishna, to navigate the profound transformations without fear.

Reaching this state requires deep preparation p12 ►►



Yogopanishad-sara – 13 Mahavakya Upanishad

A concise overview and its relevance to Yoga and Yoga Therapy

Introduction

The Mahavakya Upanishad, belonging to the Atharvaveda, comprises only twelve mantras. It highlights the impossibility of conceiving a phenomenal world apart from the Atman and points to the realization of Brahman alone through true knowledge. Mahavakya are great sentences that speak about Brahman, the ultimate reality. An overview of the text is presented in this write-up.

Eligibility to Study the Upanishad

The initial verses of the Mahavakya Upanishad lay out the qualifications for those eligible to receive the highest spiritual instruction concerning the direct, personal realization of the bliss of the Atman. It emphasizes that such profound

■ *Prof. M Jayaraman*
Dean, Division of
Yoga - Spirituality, S-VYASA



teachings should not be given to those lacking preparation, especially those uninitiated into yogic practices. Instead, only aspirants who possess an inward-turning and dedicated temperament, and who earnestly seek instruction and the grace of a Guru, are considered suitable recipients of this supreme Upanishadic knowledge.

The vision with Vidya and Avidya

After setting the eligibility, the Mahavakya Upanishad states that the seeker should withdraw from perceiving the world as separate





from Brahman, which arises due to ignorance (Avidya-chakshus), and instead cultivate the vision that sees only Brahman as real (Vidya-chakshus). This ignorance, rooted in Tamas or darkness, obscures the reality of Brahman and leads to attachment, ritualism, and bondage.

As long as this erroneous vision persists, the world appears separate and real, but with true knowledge one discovers Brahman as the only reality. Rituals aimed at worldly gains belong to this realm of ignorance. The Upanishad asserts that only by realizing the unity of Atman and Brahman does liberation become possible, for knowledge removes the darkness caused by ignorance, ending the illusion of separateness and worldliness, and revealing the self's identity with supreme consciousness.

Hamsa Vidya

Further, the Upanishad states that Atman is distinct from darkness, and Vidya - the knowledge of absolute Truth - reveals Brahman as the only reality, without a counterpart. This supreme consciousness, likened to the sun (Chid-aditya), pervades all of existence, manifesting both within and outside the realm of ignorance.

True realization is attained not through ordinary knowledge, but by an intense seeker who grasps the brilliance of consciousness through the practice of Hamsa Vidya. This method involves aligning breath (prana and apana) with meditation on the Hamsa mantra ("Hamsah, Soham" - I am That), permeating every breath, and progressing through the stages of jnana, vijnana, and samyag-jnana.

In deep meditation on the threefold aspects of Atman, the seeker realizes the manifestation of Paramatman. With the dissolution of ignorance and suffering, one experiences the true state of Existence, Consciousness, and Bliss.

The Shining Chid-aditya

After this, the Mahavakya Upanishad describes the state of knowledge of the Truth as an intense,

radiant awareness - likened to the simultaneous rise of countless suns - so immense that it cannot be contained or absorbed.

This state is not mere Samadhi, nor the final accomplishment of Yoga, nor dissolution of mind, but is pure oneness with the innermost Brahman, transcending the entire phenomenal world of darkness.

The seeker, upon realizing the real nature of Chid-aditya beyond all names and forms, arrives at a profound conviction of their falsity and attains immortality and unity with Paramatman. This ultimate realization has been worshipped by the gods since ancient times, with their lines of conduct focused on Brahman-knowledge. The deities known as Sadhyas, having achieved the status of Jivan-muktas (liberated while living), shine forth eternally in this supreme state, standing as illustrious knowers of Brahman.

Meditation on the Sun of Consciousness

In the final two mantras, the Upanishad continues and culminates the discussion by presenting the meditation on the radiant Pranava-Hamsa, identifying the seeker with the transcendent radiance symbolized by the Sun of consciousness.

This meditation emphasizes the unity of the internal Atman with the supreme Paramatman, encapsulated in the sacred sound Om. The fruit of this Vidya, derived from studying the Shiras of the Atharvaveda at sunrise, sunset, and noon, is purification from sins committed during night and day.

The devotee who consistently engages in this practice destroys all major and minor sins and attains merit through the study of all Vedas. Ultimately, this leads to oneness with Sri Mahavishnu, symbolizing supreme liberation. Thus, the Upanishad concludes by affirming that such knowledge and meditation bring liberation, marking the highest spiritual attainment and shining forth the eternal light of the liberated ones.



Yoga Therapy Relevance of the Mahavakya Upanishad

The Mahavakya Upanishad is relevant to yoga therapy as it emphasizes inner transformation through direct realization of the Atman and Brahman. It prescribes eligibility criteria emphasizing readiness, a sattvic temperament, and guidance under a Guru, reflecting the importance of mental and spiritual preparation in therapeutic yoga.

The Upanishad advocates pranayama practices aligned with mantra chanting (Hamsa Vidya) to harmonize prana and apana, enhancing breath control and mental focus - core principles in yoga therapy for mental clarity, stress reduction, and holistic healing. Its teachings on transcending ignorance and unveiling supreme consciousness support the therapeutic aim of restoring balance by awakening self-awareness, spiritual insight, and integration of body-mind consciousness.

Conclusion

The study of the Mahavakya Upanishad provides profound insights into the nature of reality and self, offering practical tools like mantra-aligned breathing for deep spiritual realization. It affirms that liberation arises from true knowledge, transcending ritual and ignorance.

Integrating its wisdom into yoga therapy enriches both philosophical understanding and practice, making it a valuable resource for aspirants seeking holistic well-being and ultimate self-mastery. This Upanishad's concise yet profound guidance continues to illuminate the path toward spiritual freedom and healing.

References

1. Upanishad-Brahma-Yogin (1920). The Yoga Upanishads. Adyar Library, Theosophical Society.
2. Ayyangar, T. R. S., & Shastri, Pandit S. S. (1938). The Yoga-Upanishads. Adyar Library.



Felicitation to Gururji Dr. H R Nagendra ji @ Canada India Foundation

«p9 ब्रह्मसूत्रम् (Brahmasūtram)

through Yoga and Vedanta. The traditional path is through Shravana (listening), Manana (reflection), and Nididhyasana (meditation). When one perseveres with these practices, the Self reveals itself - Atma Drashtavya - to be directly experienced. This is not mere philosophy but an actualization of truth. Liberation is not something new to be attained; it is the uncovering of what we already are. The journey culminates in realizing this timeless truth. Om Tat Sat.

to be continued...



Arogyadhama - Success Story

Dept. of Musculoskeletal Disorders

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

We apply an integrated approach of therapy for treating diseases and to promote positive health. This includes Yoga therapy, Ayurveda, Naturopathy, Acupuncture, Physiotherapy, Psychotherapy and Diet therapy.

Patients with issues of knee pain, joint pains, etc. approach us for management of their condition. Our Yoga and lifestyle-intervention advice has been of help to guide many towards relief from their symptoms.

Integrated Approach of Yoga Therapy in the Management of Knee Injury and Pain - Case of Anant, age 24 years

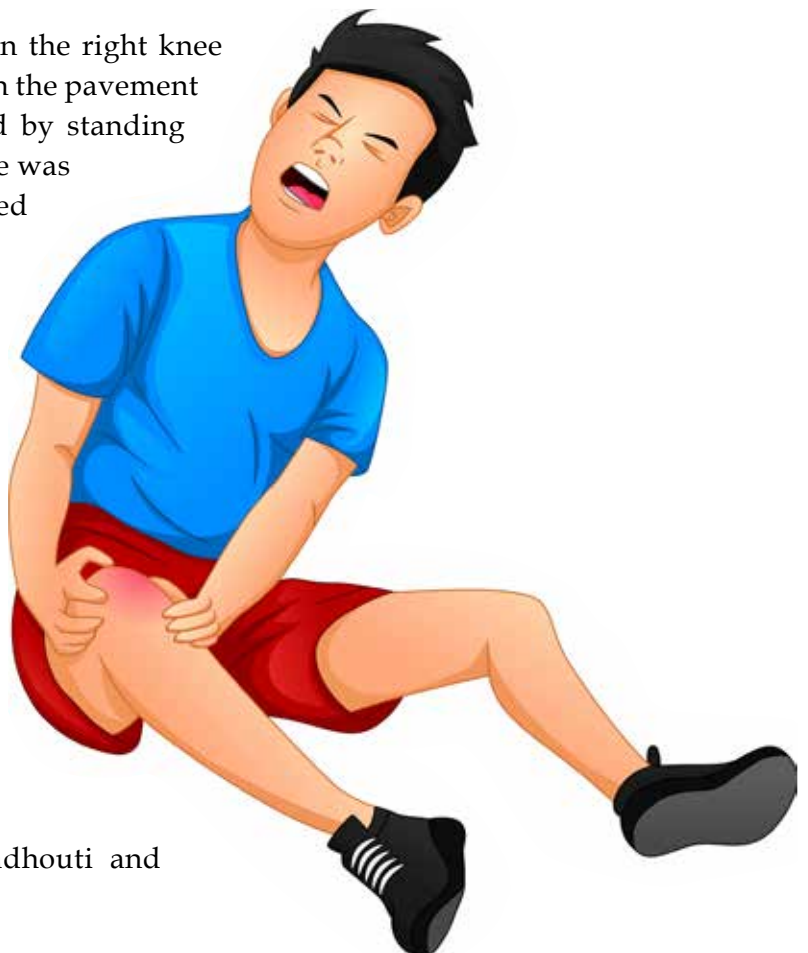
In this article, we share the experience of Anant Verma (name changed), a research analyst at an NGO, who stayed at Arogyadhama for two weeks in September 2025.

Anant came in with complaints of pain in the right knee for one week. He had slipped and fallen on the pavement while walking. The pain was aggravated by standing for extended periods or while walking. He was unable to stretch his leg. An MRI performed revealed bony contusion, effusion and sprain.

At Arogyadhama, he was given Integrated Yoga Therapy for his recovery – a customized yoga-therapy module of minimum eight sessions daily (from morning 5:30 a.m. to 7:30 p.m.).

These sessions are designed to address the *Panchakosha* – the five layers of existence. In Anant's case, these included:

- Special Yoga techniques for knee injury;
- Yogic cleansing (Kriyas like Vamanadhouti and Jalaneti); Pranayama;
- Meditation techniques like MSRT;





- Lectures on Lifestyle management;
- Yogic counselling, and also advice for lifestyle change.

This was integrated with a special Naturopathy diet that included boiled vegetables and raw juices, as well as Ayurveda treatments like Janu Basti and special massages.

Anant's Success Story

Anant's pain started reducing within the first two days. By the time he left Arogyadhama, his condition had improved by 80 percent. He had learnt techniques that could help him to reduce pain within minutes, and also to walk and climb stairs without hurting his knee. He was able to walk stably.

His pain relief and overall wellbeing reflected in his health parameters which are given below.

<i>Parameter</i>	<i>On Admission</i>	<i>At Discharge</i>
Blood Pressure mmHg	120/80	90/60
Respiratory Rate/ min	16	10
Bhramari time (seconds)	19	26
Symptom Score	3	1

What we need to do in Musculoskeletal Diseases

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

The Immediate Objectives are:

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

General Instructions:

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




Arogya Raksha Panchatantra (Five Lifestyle Principles) on the Inflammatory State of the Body

Inflammation and Lifestyle

Inflammation is a natural defence mechanism that protects the body during injury or infection (1). Yet, in today's world, lifestyle and environmental factors increasingly fuel persistent low-grade inflammation. When this process becomes chronic, it silently drives the development of non-communicable diseases (NCDs) such as cardiovascular disorders, obesity, diabetes, stroke, cancer, and respiratory illnesses (2).

Modernization and rapid economic growth have contributed to lifestyle shifts marked by unhealthy diets, sedentary behaviour, stress, and over-reliance on technology, all of which predispose individuals to inflammatory states (1). Egger et al. further classified the roots of chronic disease into three levels: distal factors such as industrialization and economic transitions, medial factors including stress

■ *Dr. Yesheswani N*
BNYS, MSc (Psychology)
SRF, Anvesana Research
Laboratories, S-VYASA



and psychological distress, and proximal factors such as poor diet, smoking, alcohol use, obesity, and pollution. Together, these elements converge into risk markers like hypertension, dyslipidaemia, and high blood sugar, which eventually progress to chronic illnesses(Figure 1).(3,4)

Lifestyle Medicine and Naturopathy

Lifestyle medicine emphasizes how daily behaviour, environment, and personal choices shape long-term health outcomes (3,5). Its basic recommendations, such as healthy eating, regular physical activity, weight management, and emotional resilience, are known to extend life expectancy, improve quality of life, and

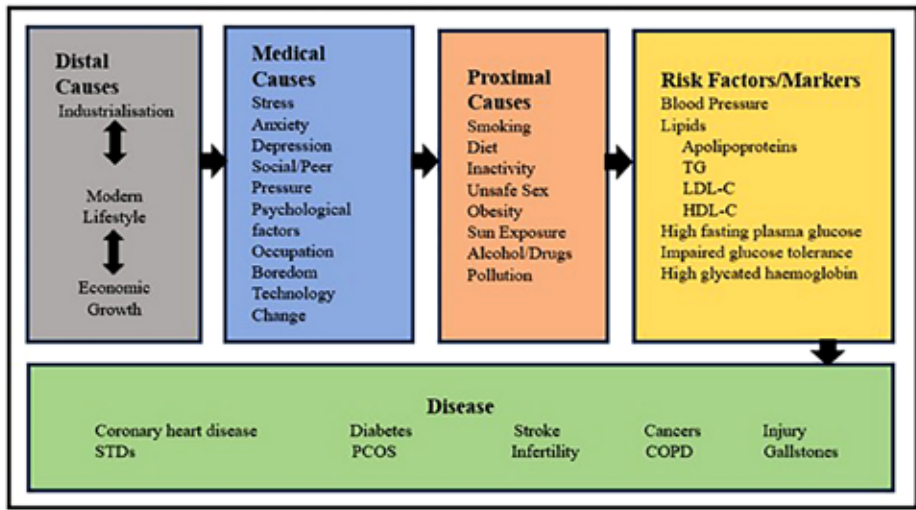


Figure 1: A hierarchy of causes of chronic disease. TG: Triglycerides, LDL-C: Low-Density Lipoprotein Cholesterol, HDL-C: High-Density Lipoprotein Cholesterol, STD: Sexually Transmitted Disease, PCOS: Polycystic Ovarian Syndrome, COPD: Chronic Obstructive Pulmonary Disease. (3)

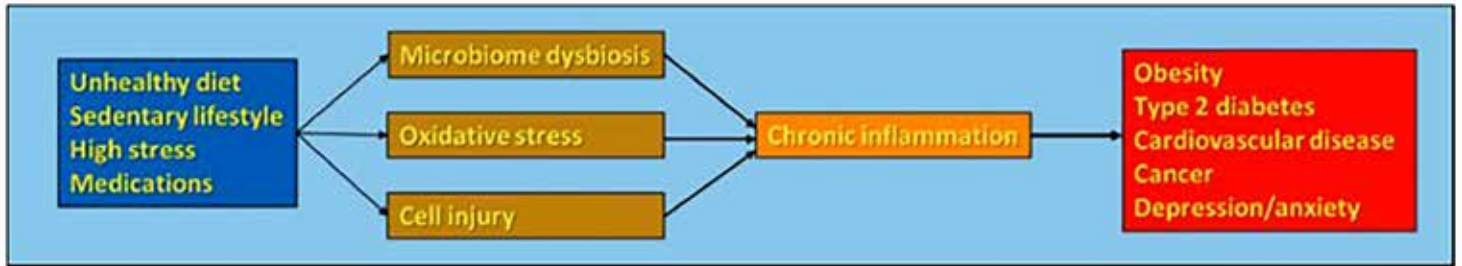


Figure 2: Steps in the Pathogenesis of inflammation leading to the progression of chronic diseases.(1)

reduce disability. Yet, despite clear benefits, global adherence remains low, with only a small proportion of people consistently following these practices (1).

Naturopathy views the root cause of disease as a violation of nature's laws. It emphasizes mindful eating, physical exercise, emotional balance, adequate rest, and allowing the body's innate healing capacity to function optimally (6). When these principles are neglected, lifestyle-related illness emerges. By promoting natural living and correcting lifestyle errors, naturopathy provides a practical and preventive framework for maintaining health.

Arogya Raksha Panchatantra - 'Five Lifestyle Principles'

The term *Arogya Raksha Panchatantra* translates to "Five Lifestyle Principles," a concept introduced by Dr. B. Venkat Rao(7). These principles form a simple yet profound framework for health:

1. Two meals a day
2. Two seers of water a day
3. One hour of physical activity (Exercise)
4. Fasting once a week
5. Prayer twice daily

Each of these practices is designed to address and modify common lifestyle-related risk factors that contribute to disease.

Mechanisms of Inflammation Pathogenesis of Chronic Inflammation

Chronic inflammation rarely results from a single

cause. Instead, it develops through the combined effects of unhealthy diet, sedentary behaviour, psychosocial stress, and certain medications. These triggers contribute to oxidative stress, gut dysbiosis, and cellular injury, which in turn sustain inflammatory pathways. Over time, this process accelerates the development of non-communicable diseases such as obesity, diabetes, cardiovascular disorders, and cancer (Figure 2) (1,3,5).

Role of Panchatantra in Reducing Inflammation

Two Meals a day

Eating just two main meals a day is more than a dietary choice; it is a rhythm that restores balance to body and mind. Research shows that limiting meals helps cells adapt better to energy demands, improving metabolic flexibility and reducing inflammation (8,9). It also protects brain health by reducing neuronal cell damage, reflected as fewer TUNEL-positive cells, and supports neuronal health through an increase in Nissl-positive neuron counts (1).

Food intake directly shapes the gut microbiota, which acts as a silent partner in health. When excess fat accumulates, it creates a chronic inflammatory state in the body by activating and recruiting immune cells, which then sustains a self-perpetuating cycle of inflammation (1). Recognizing this, the American Heart Association highlights the importance of meal timing, frequency, quality, and quantity for cardiometabolic health. Structured approaches such as recurrent circadian fasting (RCF) follow



these principles, showing clear benefits in reducing inflammation and improving overall metabolic balance (10).

Two meals a day is not about restriction but about rhythm, allowing the body to rest, renew, and heal between meals.

Two seers of water a day

Hydration is life's simplest yet most overlooked medicine. One seer is approximately 1.25 kg or about 1.02 litres of water. Adequate hydration means meeting the body's daily fluid needs, which vary with age, gender, and activity level. European and American health authorities recommend 2,500- 3,700 mL per day for men and 2,000- 2,700 mL for women (11-13). The National Academy of Medicine translates this to 15 cups for men and 11 cups for women, with one cup being 240 mL(14).

Water is not just a basic requirement but also essential at the cellular level. The DNA double helix, for instance, is surrounded by a sheath of water molecules bound through hydrogen bonds, which help maintain its structure and regulate its interactions with other biomolecules (15).

Long-term hydration also has far-reaching health implications. The Atherosclerosis Risk in Communities (ARIC) study revealed that hydration status in midlife, measured by serum sodium levels, predicted inflammation, coagulation markers, and the risk of degenerative diseases later in life. Maintaining good hydration could therefore lower the prevalence of conditions such as dementia, heart failure, and chronic lung disease, preventing millions of cases globally (16).

In contrast, chronic dehydration promotes a persistent pro-inflammatory state, alters metabolism, and accelerates age-related decline (16). It also stimulates pro-inflammatory and pro-thrombotic mediators such as vWF, VCAM-1, and E-selectin (17-19), reduces nitric oxide availability (20), damages the endothelial lining

(21), and disturbs lipid metabolism (16,22).

Altogether, these findings highlight that water is far more than a physiological need- it is a key determinant of cellular stability, vascular health, and long-term disease prevention (13).

Exercise (Physical Activity) for an hour

Movement is medicine for the body and mind. Yoga, in particular, has been shown to improve mood, strengthen resilience, and reduce inflammatory markers such as IL-6, TNF- α , and CRP (23-25). It enhances immune balance, supports mucosal defence, and improves neurobiological pathways, including the autonomic nervous system and stress regulation (25,26).

Like other forms of moderate physical activity, yoga stimulates the release of protective molecules such as muscle-derived IL-6, which help dampen systemic inflammation (27,28).

Regular physical activity, particularly yoga, has been shown to enhance psychological well-being while also modulating inflammatory responses. Kiecolt-Glaser et al. reported that yoga practice increased participants' positive affect. Mechanistically, yoga reduces sympathetic nervous system tone and enhances vagal activity, leading to beneficial effects on endocrine and immune functions, including reduced inflammation. Aligning with natural diurnal rhythms, yoga may also support healthy cortisol regulation (29).

Scientific studies consistently show that yoga lowers inflammatory markers, NK cells, IL-6, TNF- α , IL-1 β , and high-sensitivity C-reactive protein (23). It also improves markers of cellular immunity (e.g., IFN- γ , IL-10, TGF- β) and mucosal defence (IgA, IL-2) (24,25). These effects are mediated through neurobiological pathways involving the autonomic nervous system, hypothalamic-pituitary-adrenal axis, GABA signalling, limbic system activity, and inflammatory transcriptional responses (26).

Taken together, yoga and other structured



physical activities provide safe, accessible, and effective means to reduce inflammation, strengthen immune function, and promote both mental and physical health.

Fasting once a week

Weekly fasting has been shown to play a significant role in reducing inflammation and supporting long-term health. Animal studies indicate that fasting decreases inflammatory responses and protects against age-related diseases (30). Human evidence similarly highlights that recurrent circadian fasting can lower blood pressure, improve cardiometabolic health, and reduce inflammatory mediators, particularly when accompanied by mindful regulation of calorie and carbohydrate intake (10).

At the molecular level, fasting improves insulin sensitivity, lowers IGF-1, and enhances lipid and glucose metabolism, collectively contributing to reduced systemic inflammation (31). Interestingly, not all inflammatory markers respond in the same way: while CRP and TNF- α typically decline, IL-6 and IL-8 may follow distinct patterns, suggesting an adaptive balance that helps preserve immune function (10).

Taken together, these findings highlight weekly fasting as a practical and effective lifestyle tool for reducing inflammation, promoting metabolic flexibility, and protecting against chronic disease.

Prayer twice daily

Prayer and meditation have been shown to suppress inflammation by downregulating NF- κ B-mediated cytokine activity and modulating interferon-related antiviral pathways (26). They also regulate the stress response, preserve gut barrier integrity, and encourage the production of short-chain fatty acids (SCFAs), which further inhibit inflammatory signalling through histone deacetylase suppression (32).

Beyond biological effects, spiritual practices such as prayer support emotional resilience and coping. Rather than being limited to requests for relief, prayer allows individuals to reframe their experience of illness, allowing acceptance and transformation (33). Studies also indicate that prayer improves pain tolerance and reduces subjective suffering, highlighting its role in psychological well-being (34).

Meditation and prayer act as powerful modulators of both mind and body. They provide

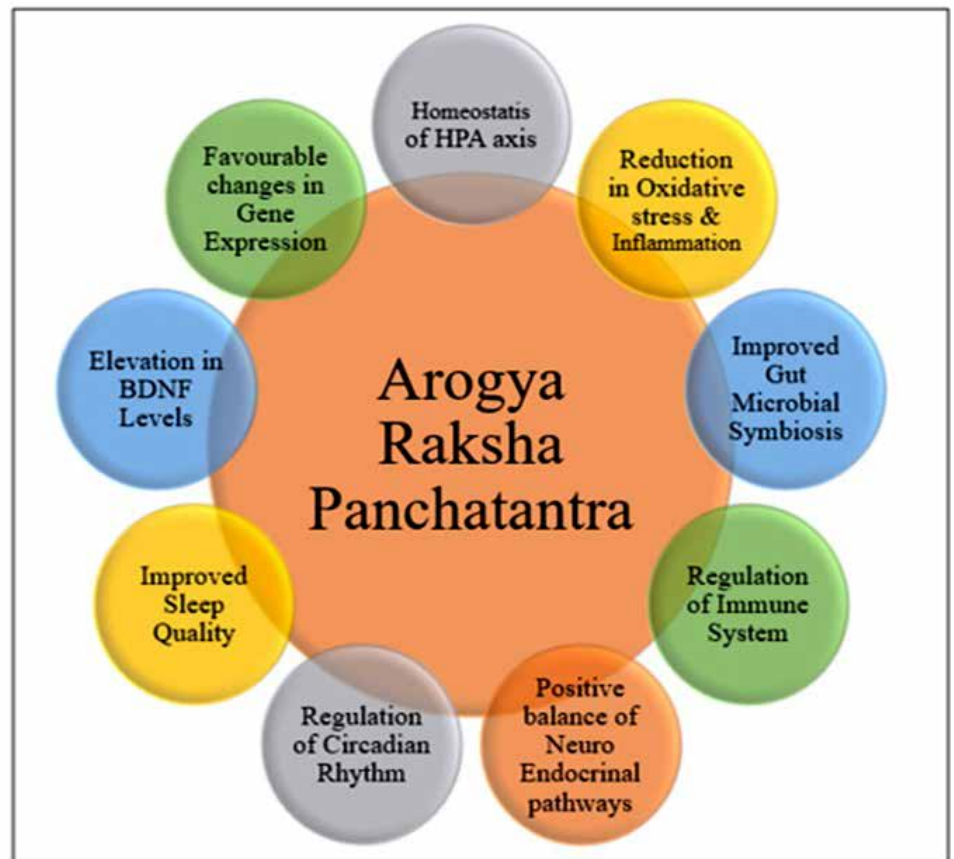


Figure 3: The Panchatantra Synergy



a holistic pathway for prevention and healing by addressing stress at both psychological and molecular levels.

The Panchatantra framework directly addresses risk factors of inflammation, two meals reduce metabolic overload, hydration maintains cellular balance, exercise counters inactivity, fasting lowers oxidative stress, and prayer regulates psycho-emotional stress. The Panchatantra model shows that simple, mindful living is not only preventive medicine but also a sustainable path to balance, resilience, and inner peace.

The Panchatantra Synergy

The Arogya Raksha Panchatantra offers a structured approach to addressing chronic inflammation through the five principles. Unlike single interventions, its strength lies in synergy. Each principle works on a different dimension of health. Together, they target not only biochemical inflammation but also enhance psychological resilience and social well-being.

By acting across metabolic, oxidative, immune, and psychological dimensions, Panchatantra provides a comprehensive strategy to counter chronic inflammation. A pilot study by Panneerselvam et al. reported that healthy volunteers who adopted Panchatantra practices showed measurable benefits, including reductions in weight, waist and hip circumference, and blood pressure, alongside improvements in haematological markers such as mean corpuscular volume and haemoglobin concentration.(7)

Bodai et al. highlighted that adopting healthy eating, regular activity, weight control, and emotional resilience can reduce the burden of non-communicable diseases(1). Similarly, Nivukoski et al., in a large study involving over 22,000 individuals, found that unhealthy lifestyle choices such as smoking, alcohol use, and inactivity were associated with elevated

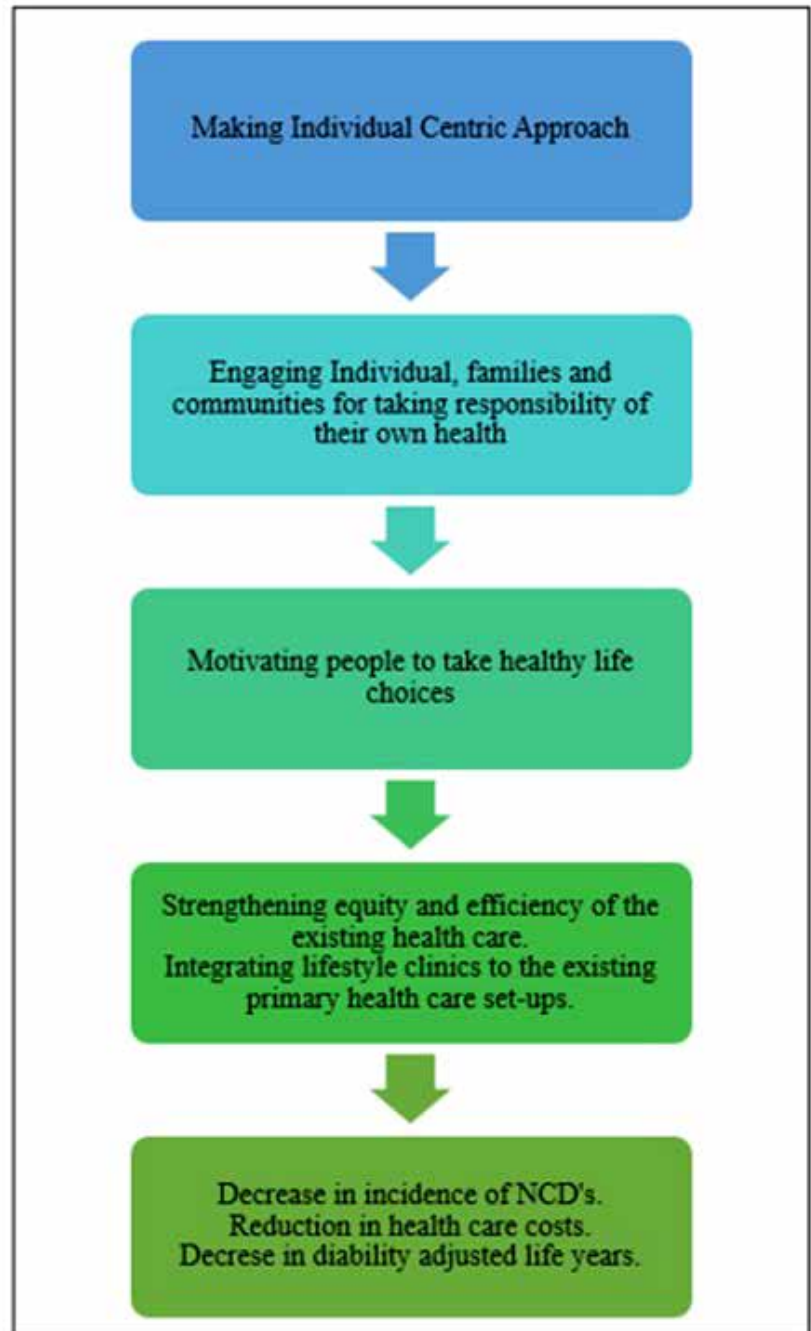


Figure 4: Framework for Implementation of Panchatantra (Yoga & Naturopathy) in Primary Health Care (36)



C-reactive protein and liver dysfunction, further reinforcing the central role of lifestyle in inflammation(35).

Together, these findings affirm that Panchatantra's are not only rooted in traditional wisdom but also validated by modern science. Their combined practice delivers measurable improvements in body composition, inflammatory markers, mental well-being, and resilience, making Panchatantra a practical and integrative model for reducing inflammation and preventing chronic disease (**Figure 3**).

Applied Relevance

The Arogya Raksha Panchatantra holds practical value not only for individuals but also for clinical care, community health, and public policy (**Figure 4**) (36). In clinical settings, it can act as a cost-effective, non-pharmacological complement. For patients with conditions such as metabolic syndrome, hypertension, or obesity, Panchatantra offers a structured lifestyle regimen that improves outcomes and reduces reliance on long-term medication.

At the Public Health level, it aligns closely with preventive health strategies. Practices such as weekly fasting and the two-meal discipline offer a culturally acceptable framework for dietary moderation. Yoga and prayer can be incorporated into workplace wellness and school programs to reduce stress and build resilience. Even simple habits, such as adequate hydration, often overlooked, can play a crucial role in improving community health (36).

Panchatantra bridges traditional wisdom with modern science. It reflects the integrative spirit of yoga, bringing harmony to body, mind, and spirit, while also meeting the standards of evidence-based lifestyle medicine.

The Panchatantra is not only a tool for reducing inflammation, but it is also a model of living well. It shows us that when lifestyle is aligned with nature and awareness, health becomes not just freedom from disease, but a state of balance.

References

1. Bodai BI, Nakata TE, Wong WT, Clark DR, Lawenda S, Tsou C, et al. Lifestyle Medicine: A Brief Review of Its Dramatic Impact on Health and Survival. TPJ [Internet]. 2018 Mar [cited 2023 Jan 11];22(1):17-025.
2. Non communicable diseases [Internet]. [cited 2025 Aug 25]. Available from: <https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases>
3. Egger GJ, Binns AF, Rossner SR. The emergence of "lifestyle medicine" as a structured approach for management of chronic disease. Medical Journal of Australia [Internet]. 2009 Feb [cited 2023 Jan 20];190(3):143-5.
4. Farhud DD. Impact of Lifestyle on Health.
5. Kushner RF, Sorensen KW. Lifestyle medicine: the future of chronic disease management. Current Opinion in Endocrinology, Diabetes & Obesity [Internet]. 2013 Oct [cited 2023 Jan 11];20(5):389-95.
6. Nd JZ, Snider P, Myers S. Naturopathic Model of Healing – The Process of Healing Revisited.
7. Panneerselvam NK, Suresh PK, Ravindran D, Manoharan ER. Effect of Arogya Raksha Panchatantra (five lifestyle principles) on hematological parameters and anthropometric measures among healthy volunteers: a pilot study. Journal of Complementary and Integrative Medicine [Internet]. 2021 Sep 30 [cited 2022 Dec 8];18(3):641-4.
8. Marko DM, Conn MO, Schertzer JD. Intermittent fasting influences immunity and metabolism. Trends Endocrinol Metab. 2024 Sep;35(9):821-33.
9. Dai S, Wei J, Zhang H, Luo P, Yang Y, Jiang X, et al. Intermittent fasting reduces neuroinflammation in intracerebral hemorrhage through the Sirt3/Nrf2/HO-1 pathway. Journal of Neuroinflammation [Internet]. 2022 May 27 [cited 2025 Aug 23];19(1):122.
10. Alam I, Gul R, Chong J, Tan CTY, Chin HX, Wong G, et al. Recurrent circadian fasting (RCF) improves blood pressure, biomarkers of cardiometabolic risk and regulates inflammation in men. J Transl Med [Internet]. 2019 Dec [cited 2023 Jan 11];17(1):272.
11. Armstrong LE, Johnson EC. Water Intake, Water Balance, and the Elusive Daily Water Requirement. Nutrients [Internet]. 2018 Dec 5 [cited 2025 Aug 23];10(12):1928.
12. Jéquier E, Constant F. Water as an essential nutrient: the physiological basis of hydration. Eur J Clin Nutr. 2010 Feb;64(2):115-23.
13. Salas Salvadó J, Maraver Eizaguirre F, Rodríguez-Mañas L, Saenz de Pipaón M, Vitoria Miñana I, Moreno Aznar L. [The importance of water consumption in health and disease prevention: the current situation]. Nutr Hosp. 2020 Oct 21;37(5):1072-86.
14. National Academies of Sciences E, Division H and M, Board F and N, Potassium C to R the DRI for S and, Oria M, Harrison M, et al. Introduction. In: Dietary Reference Intakes for Sodium and Potassium [Internet]. National Academies Press (US); 2019 [cited 2025 Aug 23].
15. Singh AK, Wen C, Cheng S, Vinh NQ. Long-range DNA-water interactions. Biophys J [Internet]. 2021 Nov 16 [cited 2025 Aug 23];120(22):4966-79. Available



- from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8633837/>
16. Allen MD, Springer DA, Burg MB, Boehm M, Dmitrieva NI. Suboptimal hydration remodels metabolism, promotes degenerative diseases, and shortens life. *JCI Insight* [Internet]. [cited 2025 Aug 23];4(17):e130949.
 17. Dmitrieva NI, Burg MB. Secretion of von Willebrand factor by endothelial cells links sodium to hypercoagulability and thrombosis. *Proc Natl Acad Sci U S A* [Internet]. 2014 Apr 29 [cited 2025 Aug 25];111(17):6485–90.
 18. Dmitrieva NI, Burg MB. Elevated Sodium and Dehydration Stimulate Inflammatory Signaling in Endothelial Cells and Promote Atherosclerosis. *PLoS One* [Internet]. 2015 Jun 4 [cited 2025 Aug 25];10(6):e0128870.
 19. Wild J, Soehnlein O, Dietel B, Urschel K, Garlichs CD, Cicha I. Rubbing salt into wounded endothelium: sodium potentiates proatherogenic effects of TNF- α under non-uniform shear stress. *Thromb Haemost*. 2014 Jul 3;112(1):183–95.
 20. Oberleithner H, Riethmüller C, Schillers H, MacGregor GA, de Wardener HE, Hausberg M. Plasma sodium stiffens vascular endothelium and reduces nitric oxide release. *Proc Natl Acad Sci U S A* [Internet]. 2007 Oct 9 [cited 2025 Aug 25];104(41):16281–6.
 21. Oberleithner H, Peters W, Kusche-Vihrog K, Korte S, Schillers H, Kliche K, et al. Salt overload damages the glycocalyx sodium barrier of vascular endothelium. *Pflugers Arch* [Internet]. 2011 [cited 2025 Aug 25];462(4):519–28.
 22. Gao S, Cui X, Wang X, Burg MB, Dmitrieva NI. Cross-sectional positive association of serum lipids and blood pressure with serum sodium within the normal reference range of 135-145 mmol/l. *Arterioscler Thromb Vasc Biol* [Internet]. 2017 Mar [cited 2025 Aug 25];37(3):598–606.
 23. Shete SU, Verma A, Kulkarni DD, Bhogal RS. Effect of yoga training on inflammatory cytokines and C-reactive protein in employees of small-scale industries. *J Educ Health Promot* [Internet]. 2017 Aug 9 [cited 2025 Aug 23];6:76.
 24. Pascoe MC, Bauer IE. A systematic review of randomised control trials on the effects of yoga on stress measures and mood. *J Psychiatr Res*. 2015 Sep;68:270–82.
 25. Mishra B, Agarwal A, George JA, Upadhyay AD, Nilima N, Mishra R, et al. Effectiveness of Yoga in Modulating Markers of Immunity and Inflammation: A Systematic Review and Meta-Analysis. *Cureus* [Internet]. [cited 2025 Aug 23];16(4):e57541.
 26. R P, Kumar AP, Dhamodhini K S, Venugopal V, Silambanan S, K M, et al. Role of yoga in stress management and implications in major depression disorder. *J Ayurveda Integr Med* [Internet]. 2023 [cited 2025 Aug 23];14(5):100767.
 27. Petersen AMW, Pedersen BK. The anti-inflammatory effect of exercise. *Journal of Applied Physiology* [Internet]. 2005 Apr [cited 2025 Aug 23];98(4):1154–62.
 28. Paolucci EM, Loukov D, Bowdish DME, Heisz JJ. Exercise reduces depression and inflammation but intensity matters. *Biological Psychology* [Internet]. 2018 Mar 1 [cited 2025 Aug 23];133:79–84.
 29. Kiecolt-Glaser JK, Christian L, Preston H, Houts CR, Malarkey WB, Emery CF, et al. Stress, Inflammation, and Yoga Practice. *Psychosomatic Medicine* [Internet]. 2010 Feb [cited 2023 Jan 11];72(2):113–21.
 30. Zhou R han, Wang Q, Hu X min, Liu M, Zhang AR. The influence of fasting and caloric restriction on inflammation levels in humans: a protocol for systematic review and meta analysis. *Medicine* [Internet]. 2021 Apr 16 [cited 2023 Jan 11];100(15):e25509.
 31. Longo VD, Mattson MP. Fasting: Molecular Mechanisms and Clinical Applications. *Cell Metabolism* [Internet]. 2014 Feb [cited 2023 Jan 11];19(2):181–92.
 32. Househam AM, Peterson CT, Mills PJ, Chopra D. The Effects of Stress and Meditation on the Immune System, Human Microbiota, and Epigenetics. *Adv Mind Body Med*. 2017 Fall;31(4):10–25.
 33. Jors K, Büssing A, Hvidt NC, Baumann K. Personal Prayer in Patients Dealing with Chronic Illness: A Review of the Research Literature. *Evidence-Based Complementary and Alternative Medicine* [Internet]. 2015 [cited 2023 Jan 11];2015:1–12.
 34. Dezutter J, Wachholtz A, Corveleyn J. Prayer and pain: the mediating role of positive re-appraisal. *J Behav Med* [Internet]. 2011 Dec [cited 2023 Jan 11];34(6):542–9.
 35. Nivukoski U, Niemelä M, Bloigu A, Bloigu R, Aalto M, Laatikainen T, et al. Impacts of unfavourable lifestyle factors on biomarkers of liver function, inflammation and lipid status. Tauler P, editor. *PLoS ONE* [Internet]. 2019 Jun 20 [cited 2023 Jan 11];14(6):e0218463.
 36. Salwa H, Nair PMK. Raising burden of non-communicable diseases: importance of integrating Yoga and Naturopathy at primary care level. *Journal of Complementary and Integrative Medicine* [Internet]. 2021 Jun 29 [cited 2022 Dec 8];18(2):271–8.



**Special Yoga Session by the
Vice Chancellor, Dr. Manjunath N K
amidst serene nature,
during the recent
Tour of Canada and USA**



Prioritizing Mental Health at the Workplace: A Yogic Perspective

■ *Dr. Nandini K M, PhD Scholar (Yoga)*
Dept. of Integrative Medicine, NIMHANS

Introduction: Mental Health at Work - A Global Priority

Work is central to human life. Almost 60% of the world's population is in employment, and for many, the workplace is where identity, purpose, and livelihood converge. However, work can be both a source of wellness and distress. According to the World Health Organization (WHO), 15% of working-age adults have a mental disorder at any point in time. Depression and anxiety alone account for an estimated 12 billion lost working days each year, translating into US \$1 trillion in lost productivity globally.

Decent work fosters mental well-being by offering livelihood, purpose, and community. Yet poor working environments - marked by excessive workloads, discrimination, low job control, and job insecurity - pose significant psychosocial risks. Against this backdrop, yoga

and India's Ministry of AYUSH (Ayurveda, Yoga, Unani, Siddha, and Homeopathy) offer holistic, time-tested approaches that complement global evidence-based frameworks for workplace wellness.

Work Matters for Mental Health

The WHO emphasizes that safe and healthy workplaces not only minimize stress but also enhance staff retention and productivity. Decent work provides:

- **Livelihood** - economic stability reduces insecurity.
- **Purpose and confidence** - creating a sense of achievement.
- **Positive relationships** - fostering belonging and inclusion.
- **Structured routines** - supporting stability, routine lifestyle, and resilience.





From a yogic perspective, this aligns with the principle of Purusharthas (objectives of life), particularly Dharma (purposeful and righteous living). When employees find balance in their roles, they achieve not only professional fulfillment but also holistic well-being. As the Bhagavad Gita (6.17) states:

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।
युक्तस्वप्नावबोधस्य योगी भवति दुःखहा ॥

*yuktāhāravihārasya yuktaceṣṭasya karmasu ।
yuktasvapnāvabodhasya yogī bhavati duḥkhaḥ ॥*

One who is temperate in eating and recreation, balanced in work, and regulated in sleep, attains freedom from sorrow through the practice of yoga.

Workplace Risks to Mental Health: A Yogic Reflection

WHO identifies a wide spectrum of psychosocial risks at work, such as:

- Excessive workloads and understaffing.
- Long, inflexible hours.
- Lack of control over tasks.
- Unsafe working conditions.
- Violence, harassment, or bullying.
- Discrimination and exclusion.

In yoga, such imbalances disturb *manomayakosha* (the mind) and *pranamayakosha* (vital energy). Overwork and lack of rest disrupt mental clarity, while discrimination violates *yamas* (social observances) and *niyamas* (personal observances), corroding trust and harmony and finally over the period of time leading to disease in *annamayakosha*. Recognizing these risks is the first step in creating a balanced workplace.

Framework for Action

WHO recommends comprehensive steps to address mental health at work:

1. **Prevent risks** through organizational interventions (flexible schedules, anti-

harassment frameworks)

2. **Protect and promote mental health** by training managers in communication and stress recognition, and by improving workers' mental health literacy.
3. **Support workers with conditions** through accommodations, phased return-to-work, and supported employment programs.
4. **Create enabling environments** by embedding mental health into policy, leadership practices, and worker participation.

These guidelines create the structural backbone, but for sustainable impact, integrating **practical daily tools like yoga** can transform workplace culture.

Yoga as a Workplace Wellness Tool

Yoga offers simple, scalable, and scientifically supported practices that employees can adopt daily:

- **Asanas (postures):** Desk stretches or chair yoga help counteract sedentary lifestyles and physical strain. Posture correction according to biomechanics to prevent physical anomalies.
- **Pranayama (breathing practices):** Techniques such as *anulom vilom* or *bhramari* to bring balance in the autonomic nervous system.
- **Meditation and mindfulness:** Enhances focus, clarity, and emotional stability.
- **Micro yoga breaks:** Even five minutes of mindful breathing or movement can act as a mental reset during high-pressure workdays.

These practices cultivate *samatva* (equanimity), enabling employees to face workplace challenges with resilience and balance.

The Role of India's AYUSH Ministry

India has been proactive in bridging traditional



wisdom with modern workplace needs. The Ministry of AYUSH has rolled out several initiatives, and one of them is:

Y-Break App: A five-minute yoga protocol designed for professionals to practice short sessions during work hours. The app provides guided stretches, breathing, and relaxation, making yoga accessible in offices.

These initiatives highlight how traditional practices, when adapted thoughtfully, can complement global health strategies.

Towards a Yogic Workplace Culture

Beyond individual practice, organizations can integrate yoga and AYUSH principles into culture and policy:

- Encourage collective yoga or pranayama sessions during work.
- Promote leadership grounded in compassion, balance, non-judgmental and inclusivity.
- Create policies that reflect *seva* (service) and

yamas (social observances), emphasizing respect, equanimity, and flexibility.

This not only supports mental health but also fosters belonging and harmony across teams.

Conclusion: The Way Forward

Workplace mental health is no longer optional - it is both a fundamental right and a business imperative. The WHO provides a robust framework for prevention, protection, and support, but its success depends on practical implementation. Yoga, backed by the Ministry of AYUSH, offers simple, culturally resonant tools that empower individuals and organizations alike.

By combining evidence-based policies with yogic practices, workplaces can reduce burnout, strengthen resilience, and build environments rooted in balance, passion, and compassion. Prioritizing mental health through this integrated approach is not just about reducing illness - it is about creating thriving, harmonious, and sustainable workplaces.



During the recent visit to **Parker University, Texas, USA**, by **S-VYASA Delegation**; comprising President, Dr. H R Nagedra, Director of Finance & Administration, Dr. H R Dayananda Swamy



Swami Vivekananda - The Humanist - 11

The spring of humanism is present in every human heart, but unfortunately, it remains latent and hidden in some. In others, it lies dormant, but only in a rare few does it spring up and flow in a flood at the sight of the suffering of people, animals, or birds. Buddha and Vivekananda belonged to the highest category of humanists. Buddha's heart melted at the sight of a wounded plant or bird. Swami Vivekananda's heart was so tender that it could not remain without tears at the sight of any suffering. Very often, their hearts were filled with oceanic compassion. They were driven to serve the deprived multitudes of suffering anywhere, at any corner. The hurdles on the way of their overflowing kindness were cast aside. Swami Vivekananda was strong enough to remove any impediment to his helping and service activities. Buddha even went to the courts to remove the cruel barriers that impeded his generosity.

When Swami Vivekananda was in school, there was a poor student unable to pay the school fee. The school management had arrangements to help poor students with scholarships. Some students were totally exempted from paying the school fee if they were very, very poor. **Haridas Chattopadhyaya**, a poor student, was in dire need but unable to pay the examination fee. He wanted help from the management for an exemption from the fee. Mr. Rajkumar, a senior clerk, was the person in charge of granting scholarships. Needy students had to apply for the concession, and Mr. Rajkumar would scrutinize their applications and grant exemptions according to his whims and fancies. Unfortunately, he

■ *Dr. K Subrahmanyam*
Chancellor, S-VYASA



was harsh and cruel, and he was not favourably disposed to the needy boy, Haridas.

Swami Vivekananda came to know about the whole episode - poverty on one side and the denial of charity on the other. At once, both **humanism** and **heroism** sprang up in Swamiji's heart. He was kind toward the poor student and heroic toward the cruel oppressor. Initially, Swamiji, following the civilized way, pleaded with Mr. Rajkumar on behalf of Haridas. But Rajkumar became wild and





scolded both Haridas and Swamiji for interfering with his discretionary powers.

A crowd of students had assembled at the counter in Rajkumar's office to deposit dues and fees. Undeterred by the scolding, Narendranath (as Swami Vivekananda was then known) made his way through the gathering and stood before Rajkumar with calm resolve. Looking him in the eye, he said with quiet dignity, "Sir, Haridas is incapable of paying his dues. Will you kindly exempt him? If you send him up for the examination, he will pass with credit; otherwise, he will be undone."

This simple yet powerful appeal reflected both his deep empathy for the suffering and his fearless confrontation of injustice. In that moment, Swamiji was not merely defending a student - he was defending the very ideals of **equity, compassion, and moral duty**.

Power corrupts. Absolute power corrupts absolutely. People in power are often found to be cruel, intoxicated by the power they wield. Very often, in many countries, we find egoism drunk with arrogance because of the position and privileges granted to them by power. Unfortunately, this power is sometimes religious, political, traditional, or hierarchical. Every time a revolutionary comes to set right the situation in the form of a prophet, there will be a lull for some time, and very soon, in his footsteps or on his heels, there will spring up priestcraft and politicians who will again write on the necks of the poor, ignorant, and downtrodden masses. This is disliked by the great Swami Vivekananda, who was a militant and heroic monk of humanism.

Swami Vivekananda came to the rescue of Haridas. He consoled him with kind words and substantial help. He assured him that remedial steps would be taken to solve the problem of poverty and the payment of the examination fee. Swamiji was not only a person of humanism and heroism but also a person of intellectual acumen, capable of solving any problem. The very next

day, Swami Vivekananda made inquiries about the power-drunk Rajkumar. He discovered that Rajkumar was addicted to opium and had many vices unbecoming of a responsible person. Swamiji caught him red-handed, taking opium. Rajkumar was stunned and shocked; he had never expected a student to catch him in such a condition. Now, Swamiji asked Rajkumar to either grant the request of Haridas or pay the price for his vices. Immediately, Rajkumar became very generous out of fear and pleaded with Swami Vivekananda to be compassionate. He promised to change his ways and assured that from then onward, he would be kind and generous toward all poor students.

Early next morning, before sunrise, Narendranath went to Haridas's house and said, "Come, be of good cheer, your work is done. You will not have to pay the college dues." And then, with all his mimicry and dramatic skill, he narrated the incident of the previous evening. His lively gestures and animated storytelling raised a storm of laughter, and Haridas, once anxious and despairing, now laughed freely, his heart light with relief and joy.

Swamiji's humanism had made him the hero of the situation - a true embodiment of **courage, compassion, and commitment to justice**.

Now, in the modern world, we need a **flood of humanism and a fire of heroism**. Even after several decades of independence, we are still unable to arrest the exploitation in the land of culture, kindness, and goodness.

Let us, in the footsteps of Swamiji, be kind toward all and raise our voices against oppression and cruelty to the weak. Let us awaken the dormant spring of **humanism** in our hearts and summon heroism to confront injustice wherever it appears.



Canadian Hindu Chamber of Commerce (CHCC) conferred **Global Hindu Award 2023** to the President of S-VYASA, **Dr. H R Nagendra ji** for his groundbreaking yoga research to transforming lives globally





Guruji & Vice Chancellor's Address at Hindu Temple Burnaby, Canada



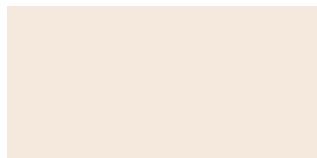
Sept 23: President of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Dr. H R Nagendra and Vice Chancellor, Dr. N K Manjunath were speaking at Hindu Temple Burnaby on the topic of "You, Your Health & the Gap: How Yoga Fills the Gap".

Swami Satyapraksh & Dr. Preeti Mishra facilitated the evening and welcomed the speakers!

It was a thought-provoking evening with these two world-renowned yoga and integrative medicine experts accompanied by local champion in this field Dr. Arun Garg.

A video was also played on the life of Dr. H.R. Nagendra with title "From NASA to VYASA" during the event which can be watched here <https://youtu.be/FT4FG8i8OyQ?si=81Mq2y0X8rNmtePN>

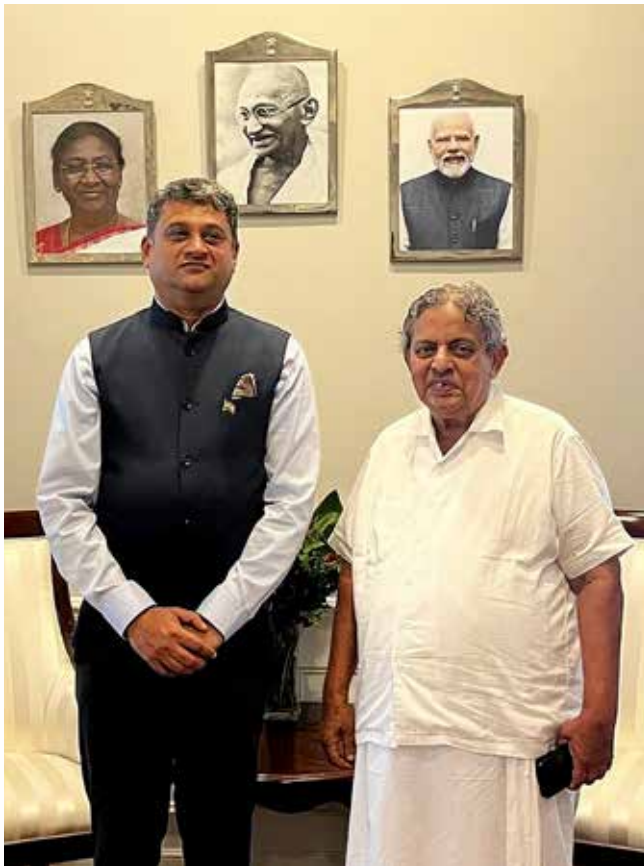
Dr. Nagendra has been a post-doctoral research fellow at University of British Columbia (UBC) in the year 1970 and went to NASA after that.





Guruji Dr. H. R. Nagendra Ji's visit to VYASA-USA Dallas marks a Successful Six-Day Yoga Retreat

■ Sri Vishwarup N, Executive Director, S-VYASA USA



VYASA-USA Dallas had the honor of hosting Guruji Dr. H. R. Nagendra Ji from September 7-17, 2025. The highlight of his visit was the six-day residential yoga retreat held at Bharatiya Nivas from September 8-13, 2025, organized under the guidance of Yasmin and Satish Gupta.

This retreat, graced by Guruji Chancellor of S-VYASA Yoga University, was a resounding success, drawing more than 70 participants from diverse fields including medicine, healthcare, business, and education across Dallas and the DFW area. Guruji was accompanied by Dr. Manjunath, Vice Chancellor of S-VYASA Yoga University, and Dr. Dayanand, Secretary of S-VYASA Society, further elevating the program's significance.

Each day, Guruji delivered profound discourses on the Upanishads and the four streams of Yoga-Bhakti, Karma, Raja, and Jnana. His teachings blended timeless spiritual wisdom with modern relevance, deeply inspiring participants to



integrate yoga into their lives. Guruji also led daily meditation sessions, providing clarity on the purpose, benefits, and methods of meditation, which left attendees with a sense of inner peace and transformation.

Complementing these sessions, Dr. Manjunath spoke on Yoga research and Bhakti Yoga, bridging ancient traditions with scientific validation. The retreat also featured practical

training, including Mind Sound Resonance Technique (MSRT), Cyclic Meditation, and Trataka, conducted by Vishwarup N & Local yoga teachers Ami Shah and Sheri Cherokee guided participants through Yoga and Pranayama sessions, fostering balance of body, breath, and mind.

The retreat was smoothly coordinated by a dedicated team of board members and volunteers-Dr. Bal Khandelwal, Mr. Chat Ganesh, Mr. Satyan Kalyandurg, and Mr. Vishwarup N. Their efforts ensured a seamless and enriching experience for all.

The program concluded on September 13th with heartfelt gratitude. Participants expressed how truly blessed and inspired they felt by Guruji's presence and teachings. For many, the retreat was not only a memorable gathering but also a transformative journey of self-discovery, spiritual growth, and inner strength.

Beyond the retreat, Guruji's visit also facilitated collaborative meetings with higher educational institutions and hospitals, opening doors to promote yoga therapy education in the mainstream healthcare and academic systems. The entire visit was thoughtfully organized and facilitated under the leadership of Satish Gupta Ji, whose vision and dedication ensured its success.





Yoga without Borders: ITEC–YIC Batch 26 at S-VYASA



The lush green campus of **S-VYASA, Bengaluru**, came alive once again as 28 participants from **10 different countries** joined the **Yoga Instructor's Course (YIC), Batch 26**, conducted under the **Indian Technical and Economic Cooperation (ITEC) Programme**. From **August 22nd to September 22nd, 2025**, the campus resonated with the vibrancy of **learning, sharing, and cultural exchange**, marking an unforgettable chapter in the journey of Yoga education.

A Global Family of Yogis

"Unity in Diversity – Participants of Batch 26 representing 10 nations."

This batch represented a beautiful blend of cultures with participants from **Bangladesh, Bhutan, Bulgaria, Guatemala, Hungary, Kazakhstan, Kyrgyzstan, Myanmar, Peru, and Sri Lanka**. The group consisted of **12 men and 16 women**, each bringing unique perspectives, languages, and traditions, but sharing one common aspiration – to explore the depth of Yoga.

Their presence on campus symbolized the vision of **"Vasudhaiva Kutumbakam – The World is One Family."**

A Journey of Discipline and Learning

The programme was designed as an **intensive one-month training** that blended theory and practice. Mornings began before sunrise with **āsana sessions**, setting the tone for discipline and vitality. The **Maitri Milan** sessions that followed enabled participants to bond and form friendships that transcended national boundaries.

The **academic side** of the course was equally rich. Lectures by senior faculty covered subjects such as:

- **The Science and Philosophy of Yoga**
- **Streams of Yoga – Jñāna, Bhakti, Karma, and Rāja Yoga**
- **Patañjali Yoga Sūtra and Hatha Yoga Pradīpikā**
- **Integrated Approach of Yoga Therapy (IAYT)**



- Naturopathy, Ayurveda, and Yogic Diet
- Human Anatomy & Physiology
- Life and Teachings of Spiritual Masters
- Dinacharya and Ritucharya - Yogic Daily & Seasonal Routines

Participants also practiced **prānāyāma, meditation, cyclic meditation (SMET), trātaka, bhajans, kīrtanas, and kṛiyā yoga.** "Dawn at S-VYASA – Students begin their day with energizing āsana practice."

Guided by Wisdom

"Learning with Masters – Guidance from senior faculty at S-VYASA."

The course was enriched by lectures from eminent teachers, including **Padma Shri Dr. H. R. Nagendra, Dr. K. Subrahmanyam, Dr. B. R. Ramakrishna, Dr. Manjunath Sharma, Yogashree N. V. Raghuram, Dr. S. Siva Sankara Sai, Dr. Manjunath Gururaj, Dr. Arundathi, Dr. Anshuman, Dr. Komal, Dr. Surabhi, Dr. Shreeneet, Mr. Ravi, and Ms. Sonia.**

On the practical front, **Mr. Sailesh Pradhan, Mrs. Gangotri Panda, Mrs. Simla Nixon, Mr. Prithvi and Team, along with the S-VYASA Medical Team,** guided the participants with dedication and warmth. *"Breath and Stillness – Participants exploring meditation practices."*

Happy Assembly – An Evening of Joyful Expressions

One of the most cherished moments of the programme was the **Happy Assembly** – a lively platform where participants showcased their talents. The evening saw **songs, devotional chants, dances, poetry recitations, and cultural performances.** Participants proudly presented pieces of their national heritage, filling the hall with laughter, cheer, and appreciation.

It was more than a talent show – it was a celebration of **culture, friendship, and unity,** reflecting the true spirit of Yoga beyond the mat.



"Expressions of Joy – Participants performing at the Happy Assembly."



Beyond the Classroom

The learning extended beyond formal sessions. Participants explored the **Naturopathy Centre, Arogyadhama, and Anvesana Research Centre**, gaining insight into Yoga's application in therapy and integrative health. Learning Beyond the Classroom

Cultural tours added color to the journey:

- A **two-day trip to Mysuru**, with visits to the **Mysore Palace** and heritage sites.
- A **one-day tour of Bengaluru**, exploring its cultural and spiritual highlights.
- Participation in the vibrant **Ganesh Chaturthi festival** at S-VYASA campus, an experience of devotion and community.

"Experiencing Heritage – A visit to the Mysore Palace."

"Festivities on Campus – Ganesh Chaturthi celebrated with devotion and joy."

The Valedictory Ceremony

The course concluded with the **Valedictory Function**, marked by the **Saraswati Homa**, which invoked blessings for wisdom and knowledge. Participants proudly received their **Yoga Instructor's Course certificates**, carrying home not just credentials but also memories, friendships, and the essence of Yoga.

"Sacred Blessings – Saraswathi Homa during the valedictory."

"A New Beginning – Participants receiving their YIC certificates."

Reflections and Impact

Participants described the month as a **transformative journey** – a perfect balance of discipline, knowledge, joy, and self-discovery. Many expressed that they arrived as students but left as **ambassadors of Yoga**, ready to share its wisdom in their homelands.

Batch 26, with its diversity of nations, truly embodied the message of **"Yoga as a universal language of peace and harmony."**

Closing Essence

The story of **ITEC-YIC Batch 26** is more than an academic achievement. It is about friendships formed, cultures shared, wisdom absorbed, and lives touched. It stands as a reminder that **Yoga is not confined to postures and breathing alone – it is a way of life, a bridge between cultures, and a path to global harmony.**

"Yoga is a seed of peace. Planted in Bengaluru, it will bloom across the world through the hearts of these 28 new ambassadors."

"Yoga is not just practice – it is celebration, connection, and a way of life."



S-VYASA
Deemed to be University
Bengaluru



Residential Learning

Yoga Instructor's Course

Residential YIC is a combination of Theory and Practical subjects, like Breathing Practices, Asana, Pranayama, Meditation Techniques, Kriyas, Happy Assembly, which improves physical stamina, memory, concentration and awareness.

- **YIC is mandatory for Long Term Courses in S-VYASA**
- **Starting from:** 1st of every month
- **Course Duration:** 1 month
- **Eligibility:** 10th Std/ SSLC/ equivalent
- **Fees** - ₹ . 30,000/- *dormitory*, ₹ . 40,000/- *shared room*, ₹ . 50,000/- *single room*
for Indians & SAARC Nationals & US\$ 1500/- for Foreigners

Call: +91-87629 96815, +91-80-2263 9968

E-mail: yic@svyasa.org

Apply: <https://svyasa.iweb.online/>



Enroll Now!

www.svyasa.edu.in



Prof. M. Jayaraman delivers Talks on Gita's Path to Liberation in Bengaluru

Bengaluru, Aug 31: Prof. M. Jayaraman, Dean of Academics (I/C) and Dean, Division of Yoga and Spirituality, S-VYASA University, delivered a lecture on the theme “Devotion and Detachment: Gita's Path to Liberation” at Jayarama Seva Mandali, Jayanagar. The event was organized by the Aham Brahmasmi Foundation, a unit of Dakshinamnya Sharada Pitham, as part of its *Vedanta Shraavanam* series.

The program, held on a serene Sunday forenoon, drew over a hundred Vedantic aspirants. Prof. Jayaraman emphasized that *Bhakti* (devotion) and *Vairagya* (detachment) are innate qualities within all individuals, which, when consciously cultivated, lead to ultimate freedom from suffering (*atyantika duhkha nivrtti*), in line with the teachings of Bhagavan Sri Krishna in the *Bhagavad Gita*.



To illustrate these insights, he drew upon inspiring anecdotes from the lives of revered sages and saints. The session, marked by attentive participation and warm reception, reflected the spirit of the Guru Parampara.

The repeat session, organized by the Aham Brahmasmi Foundation, a unit of Dakshinamnya Sharada Pitham, under its *Vedanta Shraavanam* series, was held online on September 6, 2025. The event drew over 250 participants from diverse backgrounds, reflecting the growing interest in Vedantic study and practice.

Prof. M. Jayaraman leads Chanting Training on Ādi Śankarācārya's Yoga Tārāvalī



Bengaluru, Sept 17: Prof. M. Jayaraman, Dean of Academics (I/C) and Dean, Division of Yoga and Spirituality, SVYASA University, conducted a week-long series of free chanting sessions for members of the Indian Yoga Association from September 11 to 17.

The training centered on *Yoga Tārāvalī*, a rare and profound text composed by Ādi Śankarācārya, which is to be chanted before the revered Jagadguru of Dakshināmnāya Śringeri Śārādā Pitham in December. Regarded as one of Śankara's lesser-known but spiritually significant works, the *Yoga Tārāvalī* bridges the insights of Vedānta with the practical wisdom of Yoga, presenting a vision of inner discipline and realization.

Over 250 participants registered for the program, with around 70 members attending the evening sessions regularly. The sessions were widely appreciated for their systematic methodology, clarity of instruction, and devotional depth.



CODE YIC PCP: July 2025

A Week of Yoga, Learning, and Lifelong Bonds at S-VYASA An Immersive Journey into Yoga at Prashanti Kutiram By the Centre for Online and Distance Education (CODE)

"It was not just a course. It was a journey that touched the mind, body, and soul." – Participant reflection

From 24 to 30 July 2025, the Centre for Online and Distance Education (CODE) hosted the Personal Contact Program (PCP) for the Yoga Instructor’s Course (YIC) at the tranquil S-VYASA Prashanthi Kutiram Campus.

This PCP batch welcomed 27 students from different corners of India and abroad. Some came from bustling cities, others from quiet towns; yet, all shared the same aspiration - to immerse themselves in the ancient wisdom of yoga and carry it forward into the modern world. The experience was as much about self-discovery and connection as it was about mastering the art and science of yoga.

A Meeting of Minds and Hearts

The PCP was not merely a series of classes - it was a transformative eight-day journey. The presence of senior faculty members - affectionately described by students as walking encyclopaedias of yogic knowledge - set the tone for a deeply enriching experience.

Students quickly realized that the YIC curriculum had been designed with precision and care, ensuring that it was not just theoretical learning but a lived experience. Whether it was understanding the subtle layers of the *pancakoshas* or exploring how the four streams of yoga - Karma, Jnana, Bhakti, and Raja - intertwine, every session left a lasting impression.

Campus Alive with Learning

The Prashanthi Kutiram campus provided the perfect backdrop for this transformative journey - lush greenery, peaceful pathways, and the gentle hum of nature forming an atmosphere of serenity. Living here was a rare opportunity to be close to nature while being nourished by wholesome *Satvik* meals prepared with care and



love.

“Every meal felt like a meditation - fresh, simple, and full of prana,” shared one participant, perfectly capturing the essence of the campus dining experience.

Life on Campus

Each day began well before sunrise, with the cool morning air carrying the fragrance of wet earth after the gardens were freshly watered. The rhythm of the day began with Om Meditation to center the mind, followed by asana practice to energize the body, and then Maitri Milan - a morning gathering filled with



uplifting practices, including Hanuman Chalisa recitation, Bhagavad Gita chanting, and satsang, which inspired devotion, unity, and joy.

From there, the schedule unfolded in a harmonious blend of interactive theory classes, practical yoga sessions, cultural programs, and quiet moments of introspection. The disciplined daily routine, running from 5:00 AM to 7:30 PM, allowed participants to slow down, reflect, and truly absorb their surroundings.

Meals were more than just nourishment - they were an extension of the yogic lifestyle. *Satvik*, wholesome, and infused with loving intention, the food embodied the belief that what we consume shapes not only our bodies but also our minds and spirits.

Living the Yogic Way

Guided by senior faculty - affectionately described by participants as "walking repositories of yogic wisdom" - students immersed themselves in a structured yet nurturing program that blended theory, practical sessions, cultural activities, and moments of deep introspection. Every class and practice reflected the university's vision of integrating the timeless paths of Jnana Yoga, Bhakti Yoga, Karma Yoga, and Raja

Yoga into daily living, allowing participants to experience their transformative effects on all five *panchakoshas*.

Wholesome *Satvik* meals, lovingly prepared at the Annapoorna Kitchen, nourished both body and mind, embodying the yogic principle that food is as much spiritual fuel as it is physical sustenance. Participants also engaged in Karma Yoga, contributing to campus maintenance and community service - reinforcing the values of humility, responsibility, and selfless action.

In this harmonious environment, learning extended beyond the classroom. It was a way of life - woven seamlessly into every breath, every step, and every act of service.

Learning Beyond the Classroom

A special highlight of the PCP was the guided visits to key facilities on campus:

- **Anvesana Research Laboratory** - where students witnessed groundbreaking studies exploring yoga's impact on human physiology and psychology.
- **Arogyadhama** - the renowned yoga therapy center, where ancient healing meets modern healthcare.
- **Department of Physiotherapy** - a hub of rehabilitation and integrative health practices that complements yogic therapy.

These visits demonstrated how S-VYASA bridges ancient wisdom with modern science, reinforcing the credibility and relevance of yoga in contemporary health and wellness.

The campus tour, which included the *Goshala*, allowed students to enjoy the serenity of the natural surroundings and the deep sense of community life that the campus fosters.

Rich Academic & Cultural Curriculum

Under expert guidance, participants explored:

- **Indian Culture & Ancient Scriptures** - connecting timeless wisdom with modern relevance.
- **Practical Training** - in Asanas, Pranayama, Om Meditation, Cyclic Meditation, and



Kriyas, ensuring they could both practice and teach with authenticity.

- **Bhajans & Evening Satsangs** – filling the campus with devotional music and community spirit.

A Sacred Closing

The final days of the program were a blend of focus, reflection, and celebration. As the week drew to a close, participants prepared for their theory and practical examinations. The written tests measured conceptual clarity, while the practical assessments allowed students to demonstrate their asana proficiency and share insights from their learning journey. Supportive invigilators fostered a calm and encouraging atmosphere, enabling each participant to perform at their best.

The culmination of the week was marked by the *Sarasvati Homa* - a traditional Vedic ritual of gratitude, symbolizing wisdom, learning, and divine blessings. The sacred chants, the glow of the fire, and the collective devotion created an atmosphere of deep reverence.

In a moving ceremony, Guruji Padmashri Dr. H.R. Nagendra Ji personally awarded the YIC certificates. For many, receiving the certificate from Guruji was not merely an academic milestone but a profoundly emotional moment - a recognition of their dedication, growth, and transformation. It marked not just the completion of a course, but the beginning of a lifelong journey into the yogic way of life.

Celebrating Talent: The Happy Assembly

One of the most joyous moments was the *Happy Assembly* - a vibrant cultural evening where students showcased music, dance, poetry, and skits. This event not only revealed hidden talents but also dissolved stage fear, fostering deep bonds among participants.

Lasting Impact

The July 2025 PCP was more than an academic milestone - it was a transformative experience that left students with clarity, confidence, and a deeper connection to yoga.

As the sun set on the final day, the golden light bathed Prashanthi Kutiram in a serene glow, mirroring the inner radiance participants carried within. They left not just with certificates in hand, but with hearts full of gratitude, minds enriched with wisdom, and spirits aligned with the eternal values of yoga. Wherever life takes them next, the essence of S-VYASA will continue to guide their path - reminding them that yoga is not just something we do, but something we are.





Krida Vilasa 2025 – Where Grit met Glory on the S-VYASA Turf



S-VYASA truly swung into action during Krida Vilasa 2025, the much-awaited Annual Sports Fest, as students turned up in droves, set the ball rolling, and brought the campus alive with sporting spirit.

The inaugural ceremony at Tarangini on 10th September set the stage for three action-packed days. Dignitaries including Pro Vice-Chancellor Prof. Shiv Shankar Sai, Registrar Dr. Sony Kumari, Deputy Registrar Dr Vasudev Vaidya and other academic heads turned out to cheer the young athletes. A warm Maithri Milan, torch-lighting, and a grand march past gave the event a flying start.

Chief Guest Sri Aravind Chenjeri urged students to take sports to heart, while Guest of Honor Smt. Binita Bhurji added grace to the gathering. The exhibition Tug of War matches between faculty and students had everyone on the edge of their seats, sparking laughter and applause.



The vote of thanks was delivered by Dr. Kiran Kumar N S.

Over the next three days, the grounds buzzed as students battled it out in Basketball, Volleyball, Throw Ball, Futsal, Kho Kho, and Kabaddi, while athletes went all out in Javelin, Shot Put, and Discus Throw. The Yoga competitions brought in a calm yet competitive edge, reminding everyone of the balance between poise and power. Out of over 500 athletes, a whopping 252 walked away with victories, their hard work paying off in style.

The Valedictory Ceremony on 17th September at Shruthi Mandir brought down the curtain on the festivities. Presided over by Dr. B. R. Ramakrishna, Pro-Chancellor, and graced by Sri K. Srinath, Former Ranji Cricketer, the event brimmed with pride and inspiration. Winners were feted with medals and certificates, basking in the limelight of well-earned applause. The School of Yoga and Naturopathic Medicine stole the show, clinching the Overall Championship Trophy with consistent, all-round performances.

When all was said and done, Krida Vilasa 2025 wasn't just about games, it was about team spirit, sweat, and glory. A sporting carnival where champions were made, friendships strengthened, and memories etched in gold.



National Sports Day Marathon and Yogasana competition

Prashanti Kutiram, Aug 29: To commemorate National Sports Day and honor the legacy of hockey legend Major Dhyan Chand, the Department of Physical Education at S-VYASA Deemed to be University organized a marathon. The event, held in collaboration with FIT INDIA, aimed to promote physical fitness and the spirit of sportsmanship among the university community.

Participants:

A total of 40 students from various schools across S-VYASA Deemed to be University participated enthusiastically in the marathon. The diversity of participants highlighted the university's collective commitment to health and wellness.

Route:

The marathon commenced promptly at 7:00 AM from Suryacity Phase 4, Bommandahalli.

Participants followed a designated route, concluding the race at the S-VYASA university campus.

Event Highlights:

Throughout the course, the organizers ensured the safety and well-being of all participants. Refreshment and hydration stations were strategically placed at regular intervals to provide water and light refreshments, helping the runners stay energized. An ambulance was also on standby to address any medical emergencies, providing a secure and safe environment for the event.

Yogasana Competition:

Following the marathon, a Yogasana competition was held, bringing a different dimension to the day's events. The competition saw active participation from four groups, showcasing various yogic postures and sequences. The



display of skill and discipline by the participants was a testament to the university's focus on holistic well-being.

Conclusion and Acknowledgments:

The marathon and yogasana events were successfully concluded at 7:45 AM, bringing together students and staff in a celebration of sport. The event concluded with a vote of thanks, where the organizers expressed their gratitude to the higher officials of S-VYASA, the dedicated organizing team, and all the volunteers whose hard work and support were crucial to the success of the event. The participants and organizers then collectively took a pledge, reaffirming their commitment to fitness and a healthy lifestyle.



World Physiotherapy Day celebration



Bengaluru, Sept 8: As part of World Physiotherapy Day celebrations, School of Allied & Healthcare Sciences and School of Physiotherapy jointly organized a walkathon, talk and awareness program in the Global City Campus.

All the students and faculty of both the Schools, with the Dean of Allied & Healthcare Sciences and the Principal of School of Physiotherapy actively participated. There were a total of 60 students who took part in the event. The program commenced with the flagging off of the **walkathon** at 10 am by Mr Mrutyunjay S Navalagatti, Administrative Advisor. The team was also led by Dr Gaurav Thapliyal, HOD, Department of Clinical Psychology and covered a distance of around 4.5 km around the GCC campus. The sponsors of the program, Loban Meditech were represented by Miss Mamatha

G, Area Sales Manager and Mr Nandakumar.

This was followed by a talk on the theme of World Physiotherapy Day - “**Healthy Ageing - Preventing Falls & Fragility**” by Dr Vijay Kumar R V, Professor & Head of Musculoskeletal & Sports Department, Oxford College of Physiotherapy, who gave an overview of Physiotherapy and the importance of Healthy Ageing, which was well accepted by the students.

The afternoon was engaged by the active participation of staff and students on “**Physio Fact Fest**”, where they made aware of what is the role of Physiotherapy by activities, and clearing myths of Physiotherapy. The program was eventful in making an impact on the students on health and physical fitness, as well as clearing myths of Physiotherapy.





Wearing Compassion on their sleeve: Dr. Jincy Sundaran motivates Young Graduates



“Empathy, willpower, faith, and a sense of achievement are the cornerstones of success in the medical field,” remarked Dr. Jincy Sundaran at the Farewell Ceremony of Kongu Naturopathy and Yoga Medical College, Perundurai.

Invited as the Chief Guest, Dr. Jincy, Associate Professor and Vice-Principal of the S-VYASA School of Naturopathy and Yogic Sciences, was given a warm reception by the President of Kongu Institutions, Dr. Kumarasamy, the Correspondent, Shri Venkatachalam, Principal Dr. Pratap Singh, and the trustees.

In her thought-provoking address, she urged the graduating students to leave no stone

untuned in exploring the wide horizon of career opportunities in Naturopathy and Yoga. At the same time, she reminded them that the road to success is never a bed of roses, and called upon them to wear their compassion on their sleeve, build resilience in the face of setbacks, and carve out a professional identity that speaks volumes of both competence and character.

The ceremony drew a full house, with nearly 450 students and 30 doctors in attendance, who lapped up her words with great enthusiasm. On this occasion, the management of Kongu Institutions also expressed their keen interest in joining hands with S-VYASA for academic and research collaborations in the days to come.

On the occasion of the **Onam** celebrations, a traditional dance was presented during Prarthana Milan on 8th September 2025. The performance highlighted

Thiruvathira Kali, a graceful folk dance of Kerala that reflects the state’s rich cultural heritage. The Dance participants were Malavika, Umadevihymavati, Kumud, Shagun, Pooja, Diya, Lanchenbi, and Mansi.





Yoga Students Call Out Ragging, Shine a Light on Respectful Campus Culture



As part of the Anti-Ragging Week observance, the students of the S-VYASA School of Yogic Sciences put together a thought-provoking and impactful skit on 18th August during Maithri Milan.

The performance shone a light on how ragging is often disguised as a welcome activity or harmless fun, but in reality, it amounts to harassment that can deeply unsettle new students. Through their enactment, the students brought out the common forms of ragging seen today and drove

home the message that such practices must be called out and firmly opposed.

The skit also underscored the importance of fostering a healthy, respectful, and friendly campus environment that truly lives up to the spirit of yogic culture.

The performance was carried off with flair by Abhishek Sahu, Aryan Jain, Mandeep, Vikas Goud, Adarsh, Zubin, and Aditya, who got their message across with conviction and creativity.

Their efforts were backed up by Dr. Satyaprakash and Dr. Bharti, whose guidance ensured that the skit hit the nail on the head, delivering both educational and moral significance.

The audience took to the performance warmly, which served as a timely reminder that ragging in any form is unacceptable. Students were encouraged to reach out to newcomers with genuine warmth, friendship, and mutual respect, setting the tone for a supportive and harmonious campus life.





SSYNM Student clinches Silver in Rhythmic Pair



Samyak Pagare, a BNYS 2nd year student of the S-VYASA School of Yoga and Naturopathy Medicine University (SSYNM) has done the institution proud by bagging the Silver Medal

at the 6th Maharashtra State National Selection Yoga Competition 2025.

Held at Anandvan Maha Vidyalaya, Warora, Chandrapur, the competition drew participants from 27 districts across Maharashtra turned out to be a tough nut to crack, with several talented performers vying for the top slots. The Rhythmic Pair category, conducted on 24th August 2025, saw the SSYNM participant rise to the occasion and walk away with the Silver Medal, a feather in the cap of both the student and the university.

It was pointed out that the student had earlier made the cut for the Khelo India Games 2025, on the back of a stellar performance at the All-India University Games in December 2024, hosted by KIIT University, Bhubaneswar, Odisha.

In a note of gratitude, the achiever said the authorities and management had always stood by their students, constantly egging them on to aim high and keep pushing the envelope. This milestone, the student added, would spur a greater determination to burn the midnight oil and bring more laurels to the college and the state.

Prof. M. Jayaraman addresses Power Grid Executives on “Yoga Off the Mat”



Bengaluru, Sept 10: Prof. M. Jayaraman, Dean of Academics (I/C) and Dean, Division of Yoga and Spirituality, S-VYASA University, addressed senior executives of Power Grid Corporation, Government of India, during their Yoga Rejuvenation program at SVYASA University. His talk centered on the theme “Yoga Off the Mat.”

The session highlighted how the essence of Yoga extends beyond the studio or practice floor, encouraging participants to integrate its principles into daily thoughts, attitudes, and actions. The executives actively engaged in the discussion, sharing reflections on how Yoga can be embraced as a continuous, lived experience rather than being limited to physical postures and exercises.



S-VYASA pulls out All the Stops for Ganesha Chaturthi



The festival of Ganesha Chaturthi at S-VYASA Prashanti Kutiram campus went off with flying colours, blending spiritual fervour, cultural richness, and communal harmony in a seven-day celebration of faith and festivity.

Preparations for the event were already in full swing from 21st August, when students and faculty rolled up their sleeves to bring the “Kailash” theme to life. The campus was decked out with eco-friendly décor, vibrant flowers, rangoli designs, and radiant lights, setting the stage for a week steeped in devotion and colour. The artistic setup not only caught the eye but also struck a spiritual chord, adding gravitas to each day’s rituals.

The celebrations kicked off on 27th August with the sthapana of Lord Ganesha’s idol, where all schools pulled together for the auspicious beginning. From then on, responsibility for each day was passed on like a baton in a relay: the School of Ayurveda, Nursing, Yogic Sciences, Physiotherapy, and Yoga & Naturopathic

Medicine each took their turn to run the show. While each school took charge of daily rituals, every department chipped in with wholehearted support, ensuring smooth coordination and a spirit of togetherness.

The daily routine was as well-orchestrated as clockwork. Mornings commenced with Maitri Milan, collective arati, and prasadam distribution, while evenings came alive with devotional bhajans, vibrant cultural performances, and concluding rituals. The pattern, though repetitive in form, never failed to lift spirits and bring people together, day after day.

The grand finale arrived on 2nd September with the visarjan. The day began with a special pooja, highlighted by the chanting of 108 Ganesha Nama Japa, resonating across the campus. Later, the entire community came together to carry the idol in a heartfelt procession. The air was charged with devotion and cultural unity as the visarjan drew the curtain on a week brimming with spiritual splendour.



Honoring Major Dhyan Chand: S-VYASA hosts Sports Day Events



On August 29, 2025, S-VYASA Deemed-to-be University celebrated *National Sports Day* to honor hockey legend Major Dhyan Chand, organizing a marathon and yogasana competition in collaboration with FIT INDIA.

The celebration began early in the morning with a marathon. Around 40 enthusiastic students from different schools of the university took part. The marathon started from Suryacity Phase 4 in Bommanahalli and ended at the S-VYASA campus. To ensure the safety and comfort of the runners, the organizers arranged water and refreshment points along the route and even kept an ambulance ready in case of emergencies. The participants ran with energy and excitement, spreading the message of fitness and teamwork.

After the marathon, a yogasana competition was held. Four groups of students performed different yoga postures and sequences with great discipline and focus. This event highlighted the university's emphasis not only on physical strength but also on mental balance and holistic

health through yoga.

The entire celebration was filled with enthusiasm, joy, and a spirit of togetherness. At the end, a vote of thanks was offered to the university leaders, organizers, and volunteers who worked hard to make the event a success. Finally, everyone took a pledge to continue practicing fitness and to live a healthy lifestyle.

Apart from these events, S-VYASA's School of Advanced Studies at the City Campus, Bengaluru, also organized a three-day celebration from August 25 to 29, 2025. The theme of this year's National Sports Day was "*Ek Ghanta Khel ke Maidan Mein!!*" (One hour on the playground). The theme encouraged everyone to spend at least one hour every day playing or engaging in physical activity.

Through these celebrations, S-VYASA not only remembered Major Dhyan Chand but also inspired its students and staff to carry forward the values of sportsmanship, fitness, and wellness in their daily lives.



Two-Day Yoga Lecture Series Highlights Healthy Living in Delhi

Preventive and promotive health through yoga - balanced diet, regular asana-pranayama practice, and mindful living - was the central theme of Guruji Dr. H. R. Nagendra Ji's two-day lecture series at VYASA Delhi.

The program was organized from 24th to 26th August 2025 at VYASA Delhi, K-63, Ground Floor & Basement, Green Park Main, Opposite Jagannath Mandir, Hauzkhas, New Delhi. The sessions began at 6:30 PM and drew yoga practitioners, students, academicians, doctors, and members of the Delhi community.

On **Day 1 (24th August 2025)**, Guruji spoke on "*Secret of Happy Life*." He explained that happiness arises not from external possessions but from inner balance, clarity of thought, and alignment with higher values. The role of yoga in harmonizing body, mind, and emotions was emphasized, along with the importance of cultivating contentment (*santosha*) and self-

awareness. The session concluded with a guided practice.

On **Day 2 (25th August 2025)**, the topic was "*From Wealth to Health*." Guruji addressed the paradox of material abundance coexisting with declining health and presented yoga as the bridge to holistic well-being. He underlined that true prosperity includes physical health, mental calmness, and spiritual growth. Cautioning against the excessive pursuit of wealth without lifestyle discipline, he highlighted the necessity of shifting from "disease care" to "health care" through yoga-based living. The lecture ended with an engaging Q&A, where Guruji provided practical solutions for everyday challenges.

In conclusion, the lecture series blended traditional wisdom with practical guidance, inspiring participants to adopt yoga not just as a practice but as a holistic way of life.

Successful submission of Srimad Bhagavadgita in Anuloma Krama by Smt. Bala Kameswari



Prashanti Kutiram, Sept 1: Smt. Bala Kameswari

from Bengaluru successfully submitted Srimad Bhagavadgita in Anuloma Krama.

She memorized Bhagavadgita under the competent guidance of Smt. Kiran Gopi ji, student of Sri Karibasappa ji.

The exam was held in Tarangini, under the Lalitha Rama Lakshmi Trust. Guruji President Dr. H R Nagendra, Distinguished Professor Acharyaji Ramachandra G Bhat and Sri Karibasappa ji were the examiners. The participant was awarded with the Certificate, Memento and cash prize.





Ten-Day Orientation immerses New BSc Students into Yogic Living at S-VYASA



S-VYASA's School of Yoga Sciences rolled out a ten-day Orientation Programme at Prashanti Kutiram, Bengaluru, ushering students into the heart of yogic living.

From day one, the twenty freshers sixteen from Yoga Therapy and four from Yoga and Vedic Wellness - were all in the same boat, eager yet slightly wide-eyed. The program, steered with clockwork precision by Dr. Komal Panwar, Dr. Anusha S., and Mrs. Simla Nikson, left no stone unturned in setting the ball rolling for their academic and spiritual journey. With field mentors keeping things on track, students quickly found their footing.

The daily grind started at the crack of dawn with temple chanting and Om meditation, waking everyone up in body and soul. Maitri Milan created a melting pot of values, as students dipped their toes into Jnana, Bhakti, Karma, and Raja Yoga. Between sattvic meals served hot at Annapurna and quiet journaling breaks, they soaked up knowledge like sponges, while lectures, yoga practices, and devotional sessions kept their plates full. The day ended on a high note with bhajans and krida yoga - proving that in yogic living, all work and no play simply doesn't fly.

Faculty talks hit the nail on the head. Prof. K. Subrahmanyam stressed discipline as the

backbone of student life; Dr. Vikas Rawat shed light on yoga therapy; and Dr. Manjunath G underlined healthy living practices. Other speakers gave food for thought on Sanskrit, Vedic wellness, and inspiring yogic lives. Sessions on university systems laid down the law - rules, exams, and grievance mechanisms - so students knew the lay of the land. Adding icing on the cake, rituals and the Vinayaka Chaviti celebrations gave them a firsthand taste of tradition, reminding them that yoga stands on cultural roots as much as practice.

Students' voices painted the picture best. Many said pranayama helped them keep their heads above water, yoga nidra gave rest deeper than sleep, and bhajans struck a chord that lifted their spirits sky-high. Krida yoga had them laughing till their sides ached, while homas and pujas anchored them in timeless tradition. For most, the campus already felt like home away from home.

All in all, the Orientation Program was no run-of-the-mill academic induction. It was a game-changer. It gave students a flying start, helped them walk the talk of yogic living, and planted seeds of discipline, devotion, and well-being that will hold them in good stead for the years to come. With this kick-start, they are ready to weather storms, seize opportunities, and carve out a meaningful journey at S-VYASA.



S-VYASA Students raise Awareness on Fetal Alcohol Syndrome Disorders through Skit

On September 9th, 2025, S-VYASA University went all out to commemorate International Fetal Alcohol Syndrome Disorders (FASD) Awareness Day with a deeply moving and thought-provoking skit.

Under the guidance of Dr. Dhamodhini K.S., the 2nd-year BNYS students of SSVNM presented "The Last Gift - The Voice of One Child, the Warning for All Parents." The choice of date - the ninth day of the ninth month - was deliberate, symbolizing the nine critical months of pregnancy and reminding the audience that even a single lapse in judgment can cast a long shadow over a child's life.

The day's objective was clear: to underline the lifelong consequences of FASD and to stress that no amount of alcohol is safe during pregnancy. The event, held at Shruti Mandir, was graced by Hon'ble Chancellor Prof. K. Subramanyam, Pro Vice Chancellor, Deputy Registrar, faculty members, and other dignitaries, lending the occasion an air of solemnity and importance.

The skit unfolded in three powerful acts, each leaving a lasting impression. The first, "*Sips of Prestige*," portrayed how alcohol subtly creeps into everyday life through peer influence and social norms, showing how casual drinking often escalates before people even realize its grip. The second act, "*Cracks in the Cradle*," struck a chord by illustrating how alcohol becomes entwined in celebrations, even during pregnancy. The audience could clearly see how seemingly innocent indulgences snowball into serious consequences for the unborn child, leaving many in silent reflection. The climactic act, "*The Last Gift*," took the audience through the poignant story of Maya, a child from the future, whose parents succumbed to illness, job loss, and despair, eventually abandoning



her in an orphanage before ending their own lives. Through a recorded message, the parents expressed deep remorse and appealed to society not to repeat their missteps, a moment that left the audience visibly shaken.

Maya's closing words resonated like a clarion call: "Remember me when you are offered that one drink. No glass is worth your child's tears. No celebration is worth your child's future." The performance underscored that FASD is entirely preventable if alcohol is avoided during pregnancy, inspiring the audience to adopt a "Zero Alcohol in Pregnancy" pledge.

The audience was visibly moved, some dabbing away tears, while others sat deep in contemplation. By combining storytelling with scientific insights, the students ensured that the message landed firmly, compelling attendees to reflect on their own behaviors and advocate for healthier practices in their communities. Behind the scenes, the efforts of Dr. Dhamodhini, along with S. Kamal's direction and scripting, and the heartfelt performances of Sneha, Yogashree, Chirag, Dipshita, Arvind, Samyak, and Varada, made the production seamless. The technical team, including Prateek Anirudh, Indresh, and Harshit, ensured smooth execution, while Kavana's narration and the volunteer support from Shantanu, Pratheeb, Pratap, Gajanan, and Arulselvi kept the momentum going.



S-VYASA empowers HAL Employees with Yoga



In today's fast-paced corporate jungle, stress can easily creep in and throw productivity off track. To tackle this head-on, S-VYASA University rolled out a two-day Stress Management Training Program for HAL employees on 12-13 September 2025.

The event kicked off with Ms. Kalyani Sethuraman, IRAS (1994 Batch), Chief Vigilance Officer, and Prof. Shiva Shankara Sai, Pro-VC, S-VYASA, who drove home the point that yoga and mindfulness can help professionals keep their cool and bounce back from challenges.

With 51 eager participants on board, the sessions mixed scientific know-how with hands-on yogic

practices. A powerhouse team of experts - Dr. Sony Kumari, Dr. Sridevi K. J., Dr. Girishankara M., Dr. Sharad, Dr. Mithila M. V., Dr. Prashanth V. M., Dr. Bharathi Dhevi, and Mr. Sailesh Pradhan - walked attendees through deep relaxation, pranayama, SMET, ergonomics, mindful eating, lifestyle tweaks, and fun yogic games.

Dr. Sridevi K. J. and Dr. Girishankara M. steered the program, backed up by senior yoga therapists Ms. Vaishnavi and Mr. Karthik, ensuring everything ran smoothly. Participants said the activities helped them unwind, recharge their batteries, and get a fresh outlook on work-life balance.

Prof. M. Jayaraman speaks on Value Education from a Yogic Perspective

Bengaluru, Sept 18: Prof. M. Jayaraman, Dean of Academics (I/C) and Dean, Division of Yoga and Spirituality, S-VYASA University, delivered an interactive lecture on "Value Education from a Yogic Perspective" to students and faculty of Shanti Niketan



B.Ed. College, Bilekahalli, during their visit to SVYASA. In his talk, Prof. Jayaraman introduced the concept of *Purushārthas* - the four goals of human life - as guiding principles for purposeful living. He also highlighted how the practice of *Yamas* and *Niyamas* from the Yogic tradition can serve as practical tools to achieve these life goals. The session was marked by active student engagement and was well received by both students and faculty members of the visiting college.



Arogyamrutam 2025: Bridging Science and Tradition in the celebration of Nutrition Month



S-VYASA's BNYS campus came alive on 2nd September 2025 with the inauguration of *Arogyamrutam 2025*, where Nutrition Month celebrations seamlessly combined scientific inquiry with timeless traditions through lectures, performances, and community engagement.

The program began with the ceremonial lighting of the lamp, followed by a graceful Bharatanatyam recital by Ms. Ruthambhara G. M., which imbued the gathering with sanctity and cultural refinement. The keynote lecture by Dr. Swathi B. S. proved both enlightening and provocative, intertwining the science and politics of nutrition. She drew attention to the link between rising seed oil consumption and cardiovascular disease, while also invoking Dr. Vandana Shiva's opposition to genetically modified crops and BT cotton. Addresses by the Vice Chancellor, Registrar, and other dignitaries culminated in an inspiring message from Chancellor Dr. H. R. Nagendra, Guruji, who highlighted the role of holistic nutrition in fostering physical, mental, and spiritual well-being. To reinforce these themes, third-year

BNYS students presented a health-awareness skit and distributed Ragi laddus, symbolizing nourishment rooted in heritage. The event concluded with Principal Prof. Apar Avinash Saoji's vote of thanks, appreciating the collective effort that ensured the inauguration's success.

The academic dimension of the celebration was enriched by three expert lectures: Science and Politics in Nutrition by Dr. Swathi B. S. (2nd September), Functional Medicine by Dr. Koushik Gupta (4th September), and Food for Health by Dr. Apar Avinash Saoji (6th September). Together, these talks broadened perspectives on biomedical, functional, and integrative approaches to nutrition.

On 8th September, the Nutrition Rally embodied the spirit of Poshan Maah Abhiyaan. Students and faculty of SSYNM marched from Tarangini through BSR Road, Manchenhalli, Kallubalu Cross, and Giddenhalli, concluding at Sushrutha College. Carrying placards and chanting slogans in both Kannada and English, participants disseminated the timeless principles of *Mitahara*, *Pathya*, and *Apathya Ahara*, transforming the streets into a platform for public education on disciplined dietary practices.

The following day, 9th September, an expansive Nutrition Exhibition curated by third-year BNYS students showcased posters on balancing the doshas through diet, the evolution of herbal medicine into modern pharmacology,





Shantiniketan BEd College explores Yoga, Research at S-VYASA



On 18th September 2025, S-VYASA University hosted faculty members and students from Shantiniketan BEd College at its Prashanti Kutiram campus.

The program, coordinated by Dr. Amit Kanthi and Mr. Kartik Bansod under the guidance of the Hon'ble Registrar, was designed to introduce the visitors to the university's academic and research environment.

In the morning, the group was welcomed and

given an overview of S-VYASA, covering its academic programs, research initiatives, and holistic health services. This was followed by a visit to the laboratories to observe the ongoing research and facilities.

In the afternoon, Prof. Jayaraman, Head of the Division of Yoga and Spirituality, delivered a lecture on "Integrating Yogic Principles into Modern Value Education," which offered valuable insights into the role of yoga in contemporary education.

and the significance of the gut-brain axis. Models such as the Balanced Diet Wheel and Food Pyramid provided visual clarity, while inventive fruit-and-vegetable carvings - ranging from anatomical organs to symbolic motifs like mother-child bonding - fused artistry with pedagogy, ensuring both learning and engagement.

From 10th to 12th September, in conjunction with *Krida Vilasa*, food stalls enlivened the campus atmosphere. *Nutrinest* offered a wide range of dosas, beverages, and interactive games; the *Nutrition Month Specials* stall showcased

wholesome delicacies such as aata momos, vegetable sandwiches, and almond milk; while *Flavorful Treats* drew crowds with biryani and lemonade. These stalls demonstrated that nutritious food can be festive and appealing, reinforcing the celebration's educational message.

The initiative further extended its reach through a *Micro Talk Series* on SSYNM's social media platforms, where concise video segments distilled complex themes in nutrition into engaging and accessible formats for a wider audience.



SMET Programme at CII Delhi: Empowering Professionals to Manage Stress



On 10th September 2025, the CII (Confederation of Indian Industry) Delhi Office hosted a three-hour Self-Management of Excessive Tension (SMET) programme conducted by VYASA, New Delhi, in collaboration with Ayushman India, empowering 15–20 participants with practical stress management techniques.

The session aimed to equip professionals from diverse offices and backgrounds with simple, evidence-based yogic tools to enhance concentration, release tension, and promote overall well-being. Dr. R. M. Acharya opened the programme with an engaging orientation, explaining SMET's relevance in today's high-pressure work culture and shedding light on the science of stress and its effects on physical and mental health.

A dynamic practical segment followed, led by Ananta Gopal, who guided participants through cyclic meditation, gentle yoga postures, deep-breathing exercises, and mindfulness practices. These techniques helped attendees experience immediate relaxation and clarity, demonstrating how easily they could be woven into a busy workday.



During the experience-sharing session, participants expressed feeling lighter, calmer, and more energetic. Many appreciated the short yet powerful practices that promised long-term benefits when incorporated regularly.



S-VYASA, Central Sanskrit University Launch PhD Collaboration in Yoga Research



S-VYASA University, Bengaluru, and the Central Sanskrit University, New Delhi, have signed a landmark Memorandum of Understanding on 12 September 2025 to foster doctoral research linking Yoga and Sanskrit.

Swami Vivekananda Yoganusandhana Samsthana (S-VYASA), a Deemed to be University at Jigani Campus, took a decisive step toward strengthening Yoga and Sanskrit scholarship by formalizing a MoU with the Central Sanskrit University. The agreement aims to encourage interdisciplinary research, academic exchange, and structured mentoring for doctoral scholars.

The MoU was formally signed in a ceremony attended by eminent academicians. Prof. Srinivasa Varakedi, Vice-Chancellor, and Prof. Madhan Mohan Jha, Dean (Academics), represented the Central Sanskrit University, while Prof. M. Jayaraman, Dean (i/c) and Convenor of the Pre-PhD Programme, and Dr. Nagarajan V, Assistant Professor and Coordinator of the Pre-PhD Programme, joined on behalf of S-VYASA. Both S-VYASA representatives participated virtually, underscoring the collaborative spirit between the two institutions.

Significantly, the MoU has already been operationalized. Ten PhD candidates from the Central Sanskrit University, New Delhi,

are currently enrolled in S-VYASA's Pre-PhD Program, gaining exposure to both traditional and modern approaches to Yoga research.

Under the partnership, S-VYASA will continue to host doctoral candidates for a six-month intensive Yoga Research Programme. The initiative will expose scholars to diverse research methodologies, foster integration between Yoga and Sanskrit studies, and enhance access to academic resources.



**Guruji's address on Yoga for Wellness
in Commissioners Office in Ottawa**



Rethinking Business and Innovation: AI, Industry, and Society 5.0

A Landmark International Conference at S-VYASA, City Campus



The School of Management and Commerce, S-VYASA Deemed-to-be University, hosted a landmark two-day International Conference on **“Rethinking Business and Innovation: The Convergence of AI, Industry and Society 5.0 in Management”** on 19th and 20th September 2025.

The event brought together a diverse gathering of scholars, researchers, industry leaders, and students, serving as a vibrant platform to explore the evolving interplay between artificial intelligence, business innovation, and human-centred development within the framework of Industry and Society 5.0. The conversations and deliberations that unfolded across the two days reflected both the promise and responsibility of technology in shaping the future of business and society.

Inaugural Session: Setting the Tone for Transformation

The conference commenced with an inaugural session that carried both grandeur and scholarly gravitas. Distinguished dignitaries, including **Prof. Siva Sankara Sai (Pro-Vice Chancellor)**,

Prof. Sony Kumari (Registrar), **Dr. Sridhar Subramaniam (Director - Academics)**, **Dr. Kathyayini O (Director - Academics)**, and **Dr. Geetanjali P (Head, Management and Commerce)**, graced the occasion with their presence. Their participation symbolized the University’s deep commitment to advancing thought leadership in management and innovation.

The highlight of the inaugural ceremony was the address by the Chief Guest, **Mr. Manas Dasgupta**, who spoke on *“Agentic AI and Its Relevance to Sustainability and Industry.”* In his thought-provoking remarks, he emphasized that artificial intelligence is no longer confined to futuristic imagination but has already become a transformative force shaping industries, economies, and social systems. He noted that when deployed responsibly, AI can accelerate sustainability initiatives, enable ethical decision-making, and foster inclusive growth.

Mr. Dasgupta’s insights resonated deeply with the theme of the conference. By drawing attention to the ethical dimensions of AI, he reminded participants that technological progress must be integrated with sustainability and human values. His address set the intellectual tone





for the conference, inviting participants to reflect not only on technological possibilities but also on the responsibilities that come with innovation.

Keynote and Panel Discussion: From Automation to Augmentation

Following the inaugural, the keynote session expanded on the theme of aligning business innovation with societal needs. The speaker urged participants to view management and innovation not merely as tools for economic advancement but as pathways toward creating a more responsible and human-centric society.

A major highlight of the first day was the **panel discussion on “From Automation to Augmentation: How AI and Society 5.0 are Redefining Leadership, Strategy, and Human-Centered Innovation in Business.”** Eminent panellists from academia, research, and industry engaged in a lively dialogue on the shifting paradigms of leadership and strategy in the age of AI.

The discussion underscored a crucial point: AI should not be viewed as a replacement for human intelligence, but rather as a partner in creating value. Panellists emphasized that leadership models must evolve from rigid, control-based approaches to empathetic, adaptive, and inclusive frameworks. Ethical AI, transparency in decision-making, and the integration of human values into technological systems were identified as imperatives for future organizations.

The session was interactive and engaging, with participants raising critical questions on the challenges and opportunities of AI-driven transformations. This exchange created a space where diverse perspectives converged, enriching the understanding of how AI and Society 5.0 principles can reshape the contours of management and innovation.



Academic Engagement: Paper Presentations and Knowledge Exchange

The academic vibrancy of the conference was evident in the **research paper presentation sessions**.

- On **Day One afternoon**, presentations were conducted in both online and offline formats, enabling participation from across the country. Researchers presented work on topics ranging from digital transformation and fintech innovations to leadership models, sustainable innovation, and technology-driven education. These sessions reflected the interdisciplinary character of the conference and created a collaborative environment where knowledge was exchanged seamlessly.
- On **Day Two**, the focus shifted entirely to offline presentations. Shortlisted scholars presented their research before session chairs and an attentive audience. The presentations explored diverse dimensions of management and technology, including the role of AI in healthcare, innovations in supply chain systems, digital platforms for entrepreneurship, sustainable finance models, and the ethical embedding of human values in technology adoption.



The depth and originality of the research were noteworthy. The sessions were not only an opportunity for presenters to showcase their work but also platforms for constructive feedback and academic dialogue. Participants gained valuable insights into the real-world implications of technological trends and their intersection with management practices.

Conference Outcomes: Knowledge, Collaboration, and Vision

The conference was remarkable not only for its intellectual richness but also for the tangible outcomes it generated:

1. Collaboration Across Boundaries:

It created a strong platform for collaboration between academia, industry, and students, fostering knowledge exchange beyond institutional and geographical boundaries.

2. Critical Reflection on AI and Society 5.0:

The sessions consistently reinforced the need to view AI not in isolation but as part of a broader ecosystem that includes people, ethics, culture, and sustainability.

3. Encouragement of Research and Innovation:

The overwhelming response of **116 research paper submissions** testified to the academic enthusiasm across the country. The diversity of contributions reflected the national relevance of the theme.

4. Integration of Sustainability and Values:

A recurrent theme across discussions was the importance of integrating human values, ethics, and sustainability into AI-driven innovation, aligning with the vision of **Society 5.0** - a super-smart society that harmonizes technology with human welfare.

5. Student Engagement:

The active participation of students enriched the proceedings. By engaging with scholars and industry leaders, students gained exposure to the practical

implications of management theories and the transformative role of AI, preparing them to become future-ready leaders.

Conclusion: A Resounding Success

The International Conference on *“Rethinking Business and Innovation: The Convergence of AI, Industry and Society 5.0 in Management”* proved to be a resounding success. It was not merely an academic gathering but a holistic dialogue connecting technology, leadership, ethics, and sustainability.

By emphasizing the urgent need to rethink business models in light of AI-driven changes, the conference advanced the vision of **inclusive, ethical, and human-centered innovation**. The discussions and research presented highlighted how organizations and societies can navigate the complexities of technological disruption while staying rooted in values of inclusivity and sustainability.

The success of the event was made possible through the tireless efforts of the conveners - **Dr. Prathap B. N. (Professor), Dr. Shreelatha H. R. (Associate Professor), and Ms. Soujanya L. (Assistant Professor)** - along with the dedicated team from the School of Management and Commerce. Their meticulous planning and commitment ensured that the event was not only seamless in execution but also impactful in its outcomes.

In bridging the worlds of AI, industry, and society, the School of Management and Commerce at S-VYASA reaffirmed its role as a thought leader in advancing knowledge, fostering dialogue, and preparing future-ready leaders. The conference stood as a testament to the University's mission of blending ancient wisdom with modern knowledge systems, creating platforms where academia, industry, and society converge to co-create a better tomorrow.



Deeksharambh 2025 – Pathways to Excellence

A Transformative Beginning for S-VYASA Freshers



Every new beginning brings with it a mix of emotions – nervousness, curiosity, excitement, and hope. For the fresh batch of undergraduate students stepping into the vibrant academic community of **S-VYASA Deemed-to-be University**, these emotions found expression in **Deeksharambh 2025 – Pathways to Excellence**, the official induction program.

Hosted at the **S-VYASA Deemed-to-be University, City Campus, Sattva Global City**, the program was designed not merely as an orientation but as a **holistic initiation into university life**, combining inspiration, wisdom, activity-based learning, industry insights, and cultural values.

A Warm Welcome

On **11th August 2025**, the **School of Engineering and Technology, School of Computer Science and Applications, and School of Management and Commerce** extended a warm welcome to new students and their parents. The event began with great joy, humility, and a shared sense of purpose.

The **Inaugural Ceremony** was graced by eminent personalities – **Dr. H. R. Nagendra**, President of S-VYASA Society; **Prof. K. Subramaniam**, Chancellor; **Prof. Siva Sankara Sai**, Pro Vice-Chancellor; **Prof. Sony Kumari**, Registrar; and Academic Directors **Dr. Sridhar S** and **Dr. Karthiyayini**.

They shared their words of wisdom, highlighting the university's rich legacy and its contribution to the well-being of society, the nation, and the world.

The event also featured distinguished external





guests. **Rockstar Rohitt**, the popular RJ from FM 92.7, lit up the atmosphere with humor, inspiration, and practical advice. **Mr. Suraj Nayak**, an environmentalist and entrepreneur, sensitized students to the pressing need for **sustainable landscaping and ecological responsibility** in urban life.

Day 2 and 3: Expanding Horizons

The induction continued on **12th and 13th August**, with more students joining in staggered batches. Special achievers from different walks of life addressed the new entrants alongside the university leadership.

- On **12th August**, **Mr. Pramod**, Director - Human Resources, LTI Mindtree, spoke about the **changing landscape of HR in the IT sector**, while **Dr. Chethan Sharma**, author and strategic advisor, inspired students to embrace **personal leadership, strategic thinking, and innovation**.
- On **13th August**, **Dr. Padmakshi**, a renowned psychologist and educationist, emphasized the importance of **mental wellness, emotional intelligence, and resilience**. **Mr. Anand**, Founder of Anand's TLC, spoke about **holistic learning, experiential education, and value-driven growth**.

Beyond Academics: The Four Pillars of Deeksharambh

What made **Deeksharambh 2025** stand out was its **fourfold structure**, combining intellectual, emotional, and experiential learning:

1. **Guest Talks by Eminent Scholars**
2. **Visits to Centres of Growth and Inspiration**



3. Activity-Based Learning

4. Confidence-Building Challenges

Together, these components offered a **360-degree initiation** into life at S-VYASA.

Wisdom from Guest Speakers

Over the course of the program, **40+ guest speakers** engaged with students, covering every dimension of student life, career building, and personal growth. Some highlights included:

- **Dr. D. V. Guruprasad**, Retired DGP - "Why You Must Fail?" (on resilience through setbacks).
- **Sri Nagesh**, Author & Columnist - on **self-management and relationship building**.
- **Dr. Jyotsna**, CEO, Urja - on **emotional resilience in challenging times**.
- **Sri H. A. Jayasimha**, Motivational Speaker - on the **power of a positive attitude**.
- **Dr. N. A. Someshwara**, Writer & Advocate - "Why Do We Forget What We Study?"
- **Col. Vijayasarithi**, VSM, Decorated Infantry Officer - on **India's global emergence**.
- **Dr. Pavithra S. T.** - career success strategies.
- **Prof. Raghothama Rao Kashi**, Chairman, SEEK - on **personal development & lifelong learning**.
- **Dr. Roopa Hariani**, Corporate Trainer - on **behavioral awareness and workplace ethics**.
- **Padma Dr. C. R. Chandrashekar**, People's Psychiatrist - on **smart learning & good memory**.
- **Dr. Arathi V. B.**, Vibhu Academy - on **Bharatiya values and yoga for holistic health**.
- **Mr. Sunil Bangalore**, CEO, CyQurex - on **career path leveraging**.
- **Mr. Vishnukanth Chatpalli**, former VC - on **social entrepreneurship**.
- **Mr. Srivathsa Govindaraju**, agriculturist -



on **sustainable living and green solutions.**

Each speaker brought **unique perspectives** that enriched the young minds and encouraged them to think beyond academics.

Learning through Visits:

A memorable aspect of Deeksharambh was the **learning journeys** to various centers of excellence:

- **S-VYASA Prashanti Kutiram Campus** – immersion in yoga, holistic health, and wellness.
- **Pyramid Valley** – mindfulness and meditation practices.
- **Bangalore Police Command Centre & Traffic Management Control Centre** – real-time insights into smart city infrastructure.
- **Visvesvaraya Technological Museum** – interactive exposure to science and innovation.
- **Anju Bobby Sports Foundation** – physical fitness, discipline, and teamwork through sports.
- **Big Banyan Tree** – ecological and historical awareness, conservation values.

These visits helped students connect classroom learning with the **real world**, fostering social responsibility, scientific temper, and ecological sensitivity.

Activity-based Learning & Confidence-Building Challenges

The program was peppered with **interactive games and challenges** that helped students bond with peers, build confidence, and develop essential skills:

- **“Balloon Should Not Fall Down” Challenge** – teamwork and coordination.
- **Sky Tap & Floor Grab / Smash & Save Challenges** – agility and quick thinking.
- **Ask Questions Only Game** – sharpening communication and presence of mind.
- **Robotics Lab Visits** – exposure to

innovation and technology.

- **Creative Games** – Dumbshudas, Antakshari, Jumbled Words, Blind Drawing.
- **Best from Waste Challenge** – promoting sustainability, creativity, and problem-solving.

These activities ensured that learning was **fun, collaborative, and transformative.**

The Essence of Deeksharambh 2025

At its heart, Deeksharambh was more than an orientation - it was a **celebration of new beginnings.** It gave the freshers a chance to:

- Connect with faculty, mentors, and peers.
- Gain exposure to thought leaders, industry professionals, and achievers.
- Learn values of discipline, wellness, sustainability, and social responsibility.
- Discover themselves through activities, visits, and reflective sessions.

By combining **academic excellence with holistic growth**, S-VYASA ensured that its students stepped into their university journey with **confidence, clarity, and purpose.**

A Strong Foundation for the Future

As the curtains drew on Deeksharambh 2025, one thing was clear – the program had successfully **ignited young minds.** It nurtured not only intellectual curiosity but also **emotional strength, social awareness, and value-based living.**

For the students, this was not just an induction; it was their **first step into a lifelong journey of excellence, rooted in values and guided by wisdom.**

With its unique blend of tradition and modernity, S-VYASA’s Deeksharambh set the tone for the years ahead – inspiring students to become not only skilled professionals but also responsible citizens and compassionate human beings.



Inspirational Session on “Do – Re – Mi: Tune up to Trailblaze”

Aug 28: The session was graced by **Dr. Sameena Noor Ahmed Panali**, Registrar of Presidency University, Bangalore, who shared her inspiring journey and experiences with the students.

Dr. Sameena, with her unique blend of corporate, academic, and administrative expertise, emphasized the significance of harmonizing youthful innovation with mature reflection to create impactful leadership. She highlighted the importance of building cohesive institutional cultures, fostering transformation, and demonstrating resilience in the face of challenges. Drawing from her diverse experiences in HR, governance, and academia, she motivated the students to pursue their goals with passion, purpose, and perseverance.

The session was highly engaging and left a lasting impact on the young minds, encouraging them to embrace opportunities with confidence and to trailblaze new paths in their academic



and professional journeys.

Conclusion:

The session “Do – Re – Mi: Tune up to Trailblaze” not only celebrated the achievements of Dr. Sameena Noor Ahmed Panali but also served as a beacon of inspiration for students to nurture leadership qualities, embrace challenges, and channel their passion into purposeful action. The event truly resonated with the spirit of *Deeksharambh - 2025*, setting a positive and motivating tone for the academic journey ahead.

Prof. M. Jayaraman delivers Lecture on the Interface between Yoga Shastra and Ayurveda

Bengaluru, Sept 12: Prof. M. Jayaraman, Dean of Academics (I/C) and Dean, Division of Yoga and Spirituality, S-VYASA University, delivered a lecture on the theme “*Interface between Yoga Shastra and Ayurveda*” at the Government Ayurveda Medical College, Bengaluru. The program was organized as part of a special lecture series sponsored by the Indian Council for Philosophical Research (ICPR), New Delhi. The lecture drew enthusiastic participation

from students and faculty of leading institutions across Bengaluru, including Karnataka Sanskrit University, Government Ayurveda Medical College, and other Yoga and Ayurveda organizations. Prof. Jayaraman’s insights on the shared philosophical and therapeutic foundations of Yoga Shastra and Ayurveda were well received by the audience. In recognition of his contribution, Prof. Jayaraman was felicitated by Prof. Ananda Katti, Head of the Department of Samhita and Siddhanta, Government Ayurveda Medical College, along with senior officials of the institution.





Industrial Visit to CloudSek, Bangalore



Aug 26: The industrial visit was organized to provide postgraduate students with practical exposure to the field of Cybersecurity and AI-driven Threat Intelligence. The primary objective was to bridge the gap between academic learning and industry practices, enabling students to understand the real-time applications of cybersecurity frameworks, attack lifecycles, and professional tools used in safeguarding organizational data.

Sessions and Interactions

The visit commenced with an interactive presentation by the CloudSEK Secure experts. The key sessions included:

- Introduction to Cybersecurity in Product-Based Companies – Importance of proactive monitoring, collaboration across teams, and risk mitigation.
- Layers of the Internet – Surface Web, Deep Web, and Dark Web, with insights into intelligence gathering using crawlers.
- Attack Lifecycle – Detailed explanation of reconnaissance, initial access, privilege escalation, lateral movement, and data exfiltration.
- Indicators of Attack (IoA) & Indicators of Compromise (IoC) – Their role in early detection of security incidents.

- External Threat Intelligence (ETI) – Case studies showcasing how ETI prevented cyberattacks by monitoring adversary activities and data leaks.

Tools Demonstrated

The company demonstrated the use of three advanced cybersecurity platforms:

- XVigil – Deep and Dark Web monitoring for risks, leaks, and adversary activity.
- BeVigil – Attack surface monitoring and exposure identification.
- SCigil – Threat actor tracking and intelligence gathering.
- These tools gave students a clear understanding of Cyber Threat Intelligence (CTI) practices at the industry level.

Conclusion

The industrial visit to CloudSEK Secure was highly beneficial and successfully achieved its objectives. It provided students with valuable insights into cybersecurity practices, professional threat intelligence tools, and industry-driven approaches to mitigating risks. This initiative contributed significantly to enhancing the students' technical knowledge, industry readiness, and career motivation in the domain of cybersecurity.



Guest Talk by Col. Prasanna Kumar



The School of Advanced Studies, S-VYASA (Deemed to be University), Bengaluru, organized a special guest talk on “Six ‘I’s of a New Enterprise” for MBA and BBA (2nd Year) students on 8th September 2025. The session was delivered by Col. Prasanna Kumar, an Indian Army veteran, entrepreneur, trainer, and motivational speaker.

Drawing from his rich military and entrepreneurial journey, Col. Kumar presented a structured framework for entrepreneurship through the Six ‘I’s - Inspiration, Ideation, Innovation, Implementation, Integration, and Impact. He emphasized that enterprises begin with a vision, evolve through creative ideation, and succeed through disciplined execution, teamwork, and a purpose-driven approach. Blending Army experiences with

entrepreneurial case studies, he highlighted how resilience, adaptability, and ethical leadership are crucial in navigating uncertainty and building sustainable ventures.

The interactive session included real-life anecdotes, group discussions, and a lively Q&A, where students explored topics such as risk-taking, failure management, ethics, and resourceful team-building.

Key takeaways included the value of discipline, innovation beyond technology, leadership with empathy, and the importance of creating societal impact. The talk left students inspired, confident, and equipped with practical insights, reaffirming S-VYASA’s commitment to nurturing responsible and impactful business leaders.





Internal Hackathon for Smart India Hackathon (SIH) 2025



S-VYASA Deemed to be University successfully conducted the **Internal Hackathon for SIH 2025** on **22nd August 2025**, organized by the Department of Computer Science and Applications. The event was held under the aegis of the **Ministry of Education's Innovation Cell (Government of India)** and AICTE as part of the national-level Smart India Hackathon initiative.

The Internal Hackathon served as a platform for students to showcase their innovative problem-solving skills, creativity, and technical expertise. Teams participated enthusiastically, working on diverse problem statements that reflected real-world challenges, thereby sharpening

their innovation and teamwork abilities. The shortlisted teams from this internal round will go on to represent the university at the national level of **Smart India Hackathon 2025**.

The event was coordinated by **Dr. B. Vasumathi (Associate Professor, Dept. of CSA)** along with faculty members **Pankaja Benkal, Vaibhav Srivastav, and Sreeshema Mohan (Asst. Professors, Dept. of CSA)**, who guided and mentored the participating teams.

The hackathon not only ignited the spirit of innovation among students but also strengthened the university's vision of contributing to nation-building through technology and research-driven solutions.





World Suicide Prevention Day



Sept 10: On the occasion of World Suicide Prevention Day, the Psychology Club Manodarpanam of S-VYASA Deemed to be University organized a program on the theme “Changing the Narrative on Suicide.” The event was held in the esteemed presence of Dr. Sridhar S, Academic Director, Dr. Sriraghunath, Dean of the Department of Allied Health and Science, Dr. Gaurav Thapliyal, HoD Department of Psychology, and Dr. Anitha Bharantan, Assistant Professor in the Department of Psychology.

The chief guest, Dr. Thejus Kumar B. R., Consultant Psychiatrist at Cadabams Group, delivered a thought-provoking lecture on Suicide Prevention in Youth and Adolescents. His address emphasized the psychological, social, and environmental determinants of suicide and the crucial role of awareness, early identification, and timely intervention. He highlighted the importance of breaking stigma

and fostering open conversations to support vulnerable individuals.

Following this, Ms. Bhavana and Ms. Arpita, Psychologists, conducted a comprehensive session on Psychological First Aid. They elaborated on the techniques of providing immediate emotional support, recognizing warning signs, and guiding individuals toward professional care. Their session was interactive, practical, and highly beneficial for the students and faculty members present.

The program, organized by the Psychology Club Manodarpanam, proved to be a significant step towards enhancing awareness of mental health and suicide prevention. By addressing sensitive issues with empathy and scientific insight, the event reinforced the importance of creating a supportive academic environment and actively contributing to the well-being of society.





TEDxS-VYASA University - LUCENT

"Where Light Meets Thought"

S-VYASA (Deemed to be University) School of Advanced Studies



S-VYASA Deemed-to-be University proudly hosted its flagship TEDxS-VYASA University event, LUCENT - Where Light Meets Thought, on 13th September 2025.

The independently organized TED event was a celebration of knowledge, culture, and creativity. With a blend of distinguished speakers and vibrant performers, LUCENT offered a platform that sparked dialogue, innovation, and inspiration.

Speakers - Ideas Worth Spreading

Dr. Vasanth Kiran - Shared his inspiring journey of blending classical dance with education. His talk on "Following Your Passion" encouraged the audience to chase dreams with discipline and persistence, reminding students that art and academics can co-exist meaningfully.

Dr. Padmakshi Lokesh - Focused on psychology and the role of emotional intelligence in education. Her insights gave the audience a deeper understanding of how human behavior and mindset shape learning and personal growth.

Meera Sagar - Highlighted her entrepreneurial journey in the world of arts and design. She spoke about the challenges of creative entrepreneurship and motivated students to embrace innovation and risk-taking in their own pursuits. **Vinayak Joshi** - Brought his





experiences as an actor, director, and podcaster to the stage. His talk shed light on resilience, adaptability, and the importance of storytelling in building personal and professional identities.

Dr. Meghana Gaonkar - Spoke passionately about balancing art with humanitarian service. Her narrative showcased how one can use creative talents as a platform for social good, leaving the audience inspired to contribute meaningfully to society.

Performers - Celebrating Art & Expression

Nrityasammilana Dance Crew - Opened the event with a breathtaking performance showcasing eight classical dance forms. The synchronized movements and cultural richness set the perfect tone, symbolizing the essence of diversity and tradition.

Akarsh Bhat - A master illusionist who performed two mesmerizing segments. His acts blended humor, suspense, and wonder, keeping the audience at the edge of their seats and proving that magic is truly an art of the impossible.

Dhananjay Keys and Band - Delivered a soulful and electrifying music performance. Their energy and rhythm not only recharged the afternoon session but also connected with the audience emotionally through melody and beats.

Unity in Diversity Crew - A dynamic dance team that performed twice, bringing unmatched energy and creativity. Their routines celebrated teamwork, rhythm, and cultural unity, leaving the audience clapping and cheering in unison.

Suhas Navarathna - Closed the performance segment with an engaging stand-up comedy act. His witty storytelling and humor had the audience laughing out loud, wrapping up the day with positivity and lightheartedness.

Event Highlights

- The theme “**Lucent - Where Light Meets**



Thought” was reflected in every session.

- Five Speakers & Five Performers created the perfect balance of intellect and artistry.
- Dedicated volunteers & support staff ensured seamless execution.
- Svin’s sponsorship boosted the event’s impact, including co-support for volunteer T shirts.
- Student stalls added a unique entrepreneurial touch, empowering in-house innovators.

Conclusion

The 2025 edition of TEDxS-VYASA University - Lucent was a remarkable success. By merging powerful ideas with artistic performances, it truly embodied the spirit of TED - “Ideas Worth Spreading.”

With the collective efforts of the organizers, sponsor Svin, speakers, performers, volunteers, and attendees, the event stood as a beacon of light and thought. Not only did it inspire the community with knowledge and creativity, but it also nurtured entrepreneurship through student stalls, making it a holistic platform of innovation, expression, and growth.

26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

YOGA AS REHABILITATION MEDICINE Plasticity, Performance & Resilience

18th to 21st Dec 2025 | Prashanthi Kutiram |
Bengaluru- 560105

Organized By:
S-VYASA Deemed to be University
Bengaluru, India



S-VYASA Deemed to be University,
Prashanti Kutiram, Bengaluru- 560105
Karnataka, India



www.incofyra.com
www.svyasa.edu.in





26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

**My Dear Brothers and Sisters,
Greetings from Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**

We are honored to announce that S-VYASA will host the 26th International Conference on Frontiers in Yoga Research and its Applications (INCOFYRA) under the theme "Yoga as Rehabilitation Medicine – Plasticity, Performance & Resilience." We warmly invite you to join us in Bengaluru, India, for the main scientific and professional sessions from December 18th to 21st, 2025. As the premier scientific conference of S-VYASA, INCOFYRA is renowned for advancing evidence-based research and fostering international multidisciplinary collaboration. Every biennial installment convenes esteemed scientists, clinicians, and academicians to disseminate the latest empirical findings and clinical innovations in Yoga and Integrative Medicine.

The 26th INCOFYRA is dedicated to elucidating the role of Yoga as a robust therapeutic intervention in neurorehabilitation, sports medicine, and musculoskeletal health. The conference will focus on neuroplasticity the brain's capacity for adaptive change—and how Yoga-based interventions can optimize neuromuscular performance, cognitive resilience, and psychophysiological recovery. We will critically examine Yoga's efficacy in injury prevention, motor learning, proprioceptive enhancement, and post-traumatic rehabilitation.

This year's scientific program is curated for physiotherapists, neurologists, sports medicine specialists, athletic trainers, primary care physicians, and rehabilitation researchers seeking to deepen their understanding of neurokinetic chain integration, biomechanical efficiency, and evidence-based complementary therapies in neuro and sports medicine. Participants will gain insights into translational research methodologies, clinical outcome measures, and integrative care models that leverage Yoga and allied CAM modalities.

A key focus will be on knowledge translation and the adaptation of best practices across healthcare delivery systems, addressing disparities between resource-limited and high-resource environments. The conference will facilitate discourse on implementation science, health equity, and global policy frameworks that support the adoption of Yoga and Integrative Medicine in mainstream rehabilitation protocols. We cordially invite colleagues, researchers, and thought leaders worldwide to engage in a dynamic exchange of scientific knowledge, collaborative networking, and professional development. Attendees can anticipate a stimulating scientific program, interactive workshops, symposia on emerging research, and opportunities to experience India's rich cultural heritage

**With Love,
Dr. H R Nagendra
President, 26th INCOFYRA- 2025 and
President S-VYASA Society**












Main Conference Highlights

The 26th INCOFYRA will address the practice and future of complementary, or non-traditional, medical care in the broad scope of Neuro and Sports Medicine, aiming to produce outcomes conducive to plasticity, enhanced performance, and effective rehabilitation through the application of Yoga as a core modality

Objectives

-  **Unite Multidisciplinary Expert**
Bring together researchers, physicians, therapists, and academicians from diverse medical fields to discuss and advance the role of Yoga in rehabilitation medicine
-  **Share Latest Research and Clinical Insights**
Disseminate current research and clinical practices that highlight the impact of Yoga on neuroplasticity, physical performance, and psychological resilience
-  **Promote Networking and Collaboration**
Create opportunities for professionals in conventional medicine and complementary therapies to connect and collaborate, with a focus on Yoga-based rehabilitation strategies
-  **Educate on Yoga-Based Prevention and Treatment**
Educate healthcare providers about the use of Yoga in the prevention, diagnosis, and treatment of neuro and sports injuries, emphasizing its role in enhancing plasticity and resilience
-  **Highlight Yoga's Role in Well-being**
Promote the significance of Yoga in improving both the physical and mental well-being of athletes, with a focus on performance enhancement and injury resilience
-  **Explore CAM and Yoga Modalities in Rehabilitation**
Familiarize participants with the integration of Yoga, acupuncture, massage therapy, and other complementary practices in managing neuro and sports injuries
-  **Strategize Integration of Yoga and Traditional Medicine**
Identify actionable strategies for the effective inclusion of Yoga and allied traditional systems in integrative healthcare delivery, particularly for rehabilitation.



Dates to Remember

- Pre- Conference Workshops: 12th to 17th December, 2025
- Himalaya Yoga Olympiad Finals: 12th to 17th December, 2025
- Main Conference: 18th to 21st December, 2025
- Last Date for Abstract Submission: 1st November, 2025

The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by 14th Nov 2025. Scientific research papers and Concept papers on the theme and related topics in Integrative Sports Medicine and Rehabilitation are invited for oral and poster presentations. Please note, you need to register for the conference before submitting the abstract. Please visit the conference webpage for details.

For any queries please write to incofyra@svyasa.edu.in

Who should participate ?



Medical Professionals

Physicians, nurses, and allied health staff interested in integrative health, preventive medicine, and holistic patient care.



AYUSH Practitioners

Experts in Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy seeking to expand their knowledge and interdisciplinary collaborations.



Researchers, Occupational Therapists, and Policymakers

Experts in Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy seeking to expand their knowledge and interdisciplinary collaborations.



Wellness and Health Industry Professionals

Leaders and practitioners from wellness centers, health resorts, and corporate wellness programs looking to integrate evidence-based approaches



Researchers, Occupational Therapists, and Policymakers

Academics, clinical researchers, occupational therapists, and health policymakers committed to advancing integrative health and evidence-based practice



Sports Psychologists and Sports Nutritionists

Professionals supporting athletic performance and mental resilience through nutrition, psychology, and holistic health strategies



Physiotherapists, Coaches and Sports Scientists

Those involved in physical rehabilitation, athletic coaching, and sports science research interested in innovative, integrative methods.



Conference Program Schedule

18th December, 2025- Thursday

TIME	PROGRAM
6:00 - 8:00 AM	Ganapathi Homa Venue: Temple
7:00 - 8:00 AM	Maitri Milan Venue: Mangal Mandir
4:00 - 5:30 PM	Inaugural Program Venue: Samskriti Bhavan
6:00 - 7:30 PM	Cultural Program Venue: Samskriti Bhavan
7:30 - 8:30 PM	Dinner

19th December, 2025- Friday

TIME	PROGRAM						
9:00 - 11:00 AM	Plenary Session – 1, 2 & 3						
11:00 - 11:30 AM	Tea Break						
4:00 - 5:30 PM	Inaugural Program Venue: Samskriti Bhavan						
Parallel Symposia							
11:30 - 1:00 PM (25 mins + 5 mins)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Symposia 1 A:</td> <td style="width: 33%;">Symposia 1 B:</td> <td style="width: 33%;">Symposia 1 C:</td> </tr> <tr> <td style="height: 40px;"></td> <td></td> <td></td> </tr> </table>	Symposia 1 A:	Symposia 1 B:	Symposia 1 C:			
Symposia 1 A:	Symposia 1 B:	Symposia 1 C:					
1:00 - 2:00 PM	Lunch						
2:15 - 4:30 PM	Round Table-						
2:15 - 4:30 PM	Poster Presentation						
4:30 - 5:00 PM	Tea Break						
5:30 - 6:15 PM	Satsang by Yoga Masters Venue: Shruthi Mandir						
6:30 - 8:00 PM	Cultural Program						
8:00 - 9:00 PM	Dinner						



26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

20th December, 2025- Saturday

TIME	PROGRAM		
9:00 - 11:00 AM	Plenary Session – 1, 2 & 3		
11:00 - 11:30 AM	Tea Break		
4:00 - 5:30 PM	Inaugural Program Venue: Samskriti Bhavan		
Parallel Symposia			
11:30 - 1:00 PM (25 mins + 5 mins)	Symposia 2 A:	Symposia 2 B:	Symposia 2 C:
1:00 - 2:00 PM	Lunch		
2:15 - 4:30 PM	Round Table-		
2:15 - 4:30 PM	Oral Presentation		
4:30 - 5:00 PM	Tea Break		
5:30 - 6:15 PM	Satsang by Yoga Masters Venue: Shruthi Mandir		
6:30 - 8:00 PM	Cultural Program		
8:00 - 9:00 PM	Dinner		

21st December, 2025- Sunday

TIME	PROGRAM		
9:00 - 11:00 AM	Plenary Session – 1, 2 & 3		
11:00 - 11:30 AM	Tea Break		
Parallel Symposia			
11:30 - 1:00 PM (25 mins + 5 mins)	Symposia 3 A:	Symposia 3 B:	Symposia 3 C:
1:00 - 2:00 PM	Lunch		
3:00 - 5:00 PM	Valedictory function		
4:00 - 5:00 PM	Tea Break		
5:30 - 6:15 PM	Satsang by Yoga Masters		
6:30 - 8:00 PM	Cultural Program		
8:00 - 9:00 PM	Dinner		



Himalaya Yoga Olympiad- 12th - 17th December, 2025

It is not usually of a competition run throughout the country attracting thousands of youths. Swami Vivekananda said "Yoga should not be a competition but should be based on cooperation" with this in mind Himalaya has been conceptualized and concretized as a team assessment program. Each team consisting of yoga practitioners are formed. They will be assessed first at the Taluk level. Then the winners will go for the district level and so on till they reach international Himalaya . Participants from abroad can apply. After selection by the selection committee, they will be allowed to participate in the National and International Himalaya

The objectives of Himalaya (A Yoga Olympiad) are to promote awareness of yoga and build up a network of yoga students, practitioners, teachers and sadhakas at the national and international levels. We hope spread to the message of yoga as a science of Holistic living to be achieved through Jnāna Yoga, Rāja Yoga, Bhakti Yoga and Karma Yoga, as proclaimed by Swami Vivekananda. The syllabus, therefore, cannot end with a physical demonstration of yogasanas only. It also assesses knowledge and grasp of the concept and definition of yoga and its various techniques, for total growth of the individual, including physical, mental, emotional and intellectual development and their spiritual basis. HIMALAYA thus aims at helping the youth of our country grow together, and expand their vision, so they leave behind the mad rush of cut throat competition and selfishness and engage in cooperative, harmonious pro-active living.

Reference Books:

Light on Yoga by Dr. BKS Iyengar

Pranayama - The Art & Science by Dr. HR Nagendra

YIC Book S-VYASA and Himalaya Yoga Olympiad - Advanced Asanas

Structure Of Himalaya:

1. Teams

- An organization has a minimum of 24 members and a maximum of 32 members Team.
- Each group must have 3-4 persons participating from each organization.
- As assessment will not be based on individuals. Boys and girls will be assessed separately.
- Separate teams should register for sub-junior, junior, youth, and senior youth.
- Local languages or English is the medium of instruction or expression.

2. Venues

Wherever VYASA Affiliate centers are available, the HIMALAYA will be conducted in these centers, local yoga institutes will be utilized for this purpose where centers are not there, and other associated Yoga centers and the facilities provided by VYASA well-wishers will be utilized for this purpose. The National and International Himalaya will be in Prashanti Kutiram, Jigani, Bengaluru.

Contact Person- Dr. Vikas Rawat- +91-6362805583 | Dr. Kiran Kumar- +91-7483263568



Continuing Medical Education (CME)

CME on holistic healing includes 6 different diseases (Oncology, Cardiology, Pulmonology, Diabetes, Mental Health, Musculoskeletal disorders). The basic principles of Integrated Approach of Yoga Therapy (IAYT) and latest approaches towards Holistic Healing will be addressed. Both theory and practice will be covered in this CME.

Who Can Participate?

- Yoga Therapists, Yoga Teachers, Doctors

Coordinators- Dr. Amit Singh, Dr.Champa Pant & Dr.Remitha

Continuing Research Education (CRE)

In order to promote more researchers in the field of AYUSH, this pre-conference workshop focusing on research is being offered. The content of the course will enable research enthusiasts to grasp basic to intermediary level of research methodology and statistics concepts. Clinicians who would like to incorporate research in their practice; masters and PhD level students who wish to learn basics of research; teachers who desire to learn various techniques and tools used in research will find this workshop useful. It is a five-days workshop, 5 hours per day with theory and practical sessions.

Who Can Participate?

- Clinical Practitioners, Academicians, MSc, MD & PhD Scholars

Coordinators- Dr. Apar Saoji

Continuing Yoga Education (CYE)

Stream A: CYE- A Holistic Exploration of Health and Well-being through Yoga and Vedic Wellness Practices

Embark on a transformative journey with our Continuing Yoga Education (CYE) workshop, where we delve into the intricate tapestry of health and well-being through the profound lens of Yoga and Vedic Wellness practices. This specialised session goes beyond the conventional, offering participants a unique blend of ancient wisdom and modern insights to foster a holistic approach to life.

Coordinators- Dr. Vikas Rawat, Mr. Naveen Kumar H

Stream B: CYE- Advanced Yoga Techniques

In Continuing Yoga Education, we practice to strengthen the five Layers of our existence namely Annamaya Kosa, Pranamaya Kosa, Manomaya Kosa, Vijnamaya Kosa and Anandamaya Kosa. To strengthen these five Kosas, we practice seven Advanced Yoga Techniques namely CM, PET, MSRT, MEMT, MIRT, VISAK and ANAMS which are developed at SVYASA.

Coordinators- Ms. Padmasri Gudapati



Eminent Speakers & Panelist of the Conference



Dr. H R Nagendra
President, S-VYASA Society,
Bengaluru.



Dr. Manjunath N K
Vice Chancellor
S-VYASA University.



Dr. S.C Manchanda
Senior Cardiologist
Ganga Ram Hospital, Delhi



Prof. Lorenzo Cohen
Director of the Integrative Medicine
University of Texas MD Anderson
Cancer Center, USA



Prof. Richard Davidson
American psychologist and
professor. University of
Wisconsin-Madison, USA



Prof. Dorairaj Prabhakaran
Executive Director,
Centre for Chronic Disease Control,
New Delhi



Prof. Shivarama Varambally
Professor of Psychiatry
NIMHANS,
Bengaluru



Dr. K.G. Raveendran
Medical Director of The Arya
Vaidya Pharmacy,
Coimbatore



Dr. Sivaraman Arumugam
Arthroscopy & Sports Medicine,
Sri Ramachandra Medical College,
Chennai



Dr. Hafez Hussain
CEO at PERKESO Rehabilitation
Centre, Malaysia



Dr. Philip Lehnen
Medical Director of the LANS
Medicum, Europe



Dr. Abhishek Srivastava
Director, Centre for Physical Medicine
and Rehabilitation Consultant, Mumbai



26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

Eminent Speakers & Panelist of the Conference



Dr. Ananda Balayogi Bhavanani
Director-Professor Yoga Therapy, ISCM of Sri
Balaji Vidyapeeth & Resident Acharya ICYER
at Ananda Ashram, Pondicherry.



Dr. Monika Pathania
Professor-
AIIMS, Rishikesh;



Dr. Murali Mohan B V
Senior Consultant- Mazumdar shaw
medical centre, Narayana health city,
Bangalore.



Dr. Pravati Pal
Professor- Physiology,
JIPMER, Puducherry.



Dr. Lokesh B
Consultant - Neurology
Aster CMI Bangalore



Dr. Sundar Kumar V
Associate Professor, MS Ramaiah
College of Physiotherapy.



Prof. K. S. Sharad
Principal, BCF college Of
Physiotherapy, Kottayam,
Kerala.



Dr. S N Omkar
Chief Research Scientist,
Department of Aerospace Engineering
Honorary Professor in Yoga.



Dr. Vijay Kage
Professor, HOD and Vice Principal
KLES Dr. Prabhakar Kore Hospital &
MRC, Nehru Nagar, Belagavi.



Dr. Anantharam Sharma
Prof & HOD - Panchakarma, All
India Institute of Ayurveda
(Alla), New Delhi.



Dr. Vaibhav Tripathi
Assistant Professor, Cognitive and
Brain Sciences , IIT, Gandhinagar.



Prof. Thomas Gregor Issac
Associate Professor, CBR,
IISc, Bengaluru.



Eminent Speakers & Panelist of the Conference



Dr. Shyam Diwakar
Professor and Director, Amrita Mind
Brain Center, Amritapuri



Prof. Aarti Jagannathan
Professor - National Institute of
Mental Health and Neuro Sciences.



Dr. Vignesh Muralidharan
Assistant Professor at the Center for
Brain Science and Applications



Prof. Sapna Erat Sreedharan
Professor in the Department of
Neurology, SCTIMST, Trivandrum.

Pre-Conference Workshops



CME
Continuing Medical
Education



CYE
Continuing Yoga
Education



CRE
Continuing Research
Education



HYO
Himalaya Yoga
Olympiad



26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

Organising Committee

Chief Patron- Dr. H R Nagendra

Patrons: Dr. R Nagarathna, Prof. K Subrahmanyam, Dr. Ramachandra G Bhat, Dr. B R Ramakrishna

President: Dr. Manjunath N K

Organizing Secretary: Prof. S Siva Sankara Sai, Dr. Amit Singh

Joint Organizing Secretaries: Dr. Vasudeva Vaidya, Dr. Alok, Mr. Anish Antony, Dr. S Parveen

Scientific Committee: Chair: Dr. Ramesh M N

Scientific Committee: Co-Chair: Dr. Vijaya Majumdar, Dr. Nikita, Dr. Pradeep S R

Scientific Committee: Members: Dr. Apar, Dr. Mithila M V, Dr. Sridevi K J , Dr. Deepshikha S, Dr. Soubhyagalaxmi

Finance Committee: Dr. Dayananda Swamy H R, Mr. Dhananjay C

Delegate Registration Committee: Prof. Sony Kumari, Dr. Anagha, Dr. Ranjitha R, Dr. Prashanth V M, Dr. Nikita, Dr. Rithesh C, Dr. Shashank V Ramesh

Accommodation Committee: Mr. Basavaraju D M, Mr. Umesh, Mr. Narendra Shetty, Mrs. Chaya

Exhibition and Stalls Committee: Dr. Titty George, Dr. Harish Babu

Cultural Program Committee: Dr. Karuna Vijayendra, Dr. Ramya, Dr. Moulya

Spiritual Events & Discourses Committee: Prof. M Jayaraman, Dr. Manjunath Gururaj, Mrs. Sreeparna Roy

Himalaya Yoga Olympiad: Dr. Vikas Rawat, Dr. Rabindra M Acharya, Mr. Kiran Kumar

International Co-ordinators: Dr. Vasudha Sharma, Dr. Bharathi Dhevi, Dr. Vikrant Singh Tomar, Mr. Manoj Thakur, Mr. Raghu

Pre-Conference Workshops Committee: Dr. Amit Singh, Dr. Apar Saoji, Ms. Padmasri, Dr. Vikas Rawat, Dr. Sharad, Dr. Shubha Rani, Dr. Sridevi K J, Dr. Harish Babu

Hospitality Committee: Mrs. Smita Dayananda, Mrs. Sharada Shankar, Prof. Sowmya, Mrs. Chaya Devi H S

Publicity, Media and Govt. Liaison: Dr. Mohan Kishore, Dr. Rabindra Acharya, Dr. Shashank V Ramesh, Mr. Prateek Bansal

Sponsorship Committee: Mr. Anish Antony, Dr. Rabindra M Acharya, Dr. Sridhar

Publication and Souvenir Committee :Dr. Natesh Babu, Dr. Pradeep S R, Dr. Amit Kanti, Dr. Shashank V Ramesh

Transport Committee: Dr. Rithesh C, Mr. Naveen Kumar, Mr. Satyanarayana

Audio, Video & Photography Committee: Mr. Murulidhara , Mr. Elumalai, Mr. Arijit Ghosh, Mr. David, Mr. Ashok

Volunteers & Coordinators: Dr. Apar Saoji, Dr. Prashanth V M, Dr. Vikas Rawat, Dr. Alok Roy, Dr. Kiran Kumar N S

Food Committee: Dr. Navya, Dr. Prabhavati Kichadi, Mr. Sanjeev Hegde, Mr. Basavaraju D M, Dr. Ranjani

Venue Maintenance Committee: Dr. Kiran Kumar N S, Mr. Narendra Shetty, Mrs. Chaya Devi H S

Felicitation & Stage Committee: Prof. Sony Kumari, Dr. Bharathi Dhevi, Dr. Remitha, Dr. Jincy Sundaran, Dr. Arundhati Goley

www.incofyra.com

www.svyasa.edu.in



Conference Registration Details

Accommodation Type	Pre-Conference		Main Conference	
	SAARC Countries (INR)	Non-SAARC Countries (USD)	SAARC Countries (INR)	Non-SAARC Countries (USD)
Category - 1 Deluxe AC Shared	₹12,500	\$440	₹10,000	\$315
Category - 2 Non AC Shared	₹10,000	\$325	₹7,000	\$250
Category - 3 Non AC Shared	₹7,500	NA	₹5,000	NA

Bank Details

- **Account Holder Name-** Swami Vivekananda Yoga Anusandhana Samsthana
- **Account No.-** 3 3 1 4 1 5 9 1 8 4 8
- **Bank Name-** State Bank of India
- **Branch-** Jigani
- **Type of Account-** Savings
- **MICR Code-** 5 6 0 0 0 2 1 2 3
- **IFSC Code-** S B I N 0 0 1 1 3 5 5



- All categories include Registration with kit, food and accommodation.
- Categories 1 to 4: Include Access to Conference Venue with kit, food, and accommodation.
- Day Delegates: Access to Conference Venue with kit and food.
- Registrations done before 1st November 2025 will qualify for a 10% early bird discount on all categories.
- S-VYASA Alumni are entitled to a 20% concession on all categories.
(S-VYASA) Student Certificate should be submitted during the registration process.
- Registration at S-VYASA campus office is also available.
- For bulk registrations, contact the registration desk.
- After Online Payment, please Mail a Copy of the Payment Receipt to accounts@svyasa.org and registration_incofyra@svyasa.edu.in

Cancellation Policy

- Registration fees is **non-refundable**.
- Conference registration is non-transferable
- If the conference is cancelled or rescheduled due to unforeseen circumstances, such as natural disasters, pandemics, government regulations, or any other force majeure event, we will provide registrants with options, which may include a refund or a credit for a future conference.



26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

YOGA AS REHABILITATION MEDICINE
Plasticity, Performance & Resilience



www.incofyra.com | www.svyasa.edu.in



incofyra@svyasa.edu.in

SCAN TO
LOCATE



S-VYASA Deemed to be University
Prashanthi Kutiram Campus, Vivekananda
Road, Kalluballu Post Jigani, Anekal Taluk,
Bengaluru- 560105, KA, India.



S-VYASA
(Deemed to be University u/s 3 of the UGC Act, 1956)



**Division of
Yoga-Spirituality**

announces the admission for 2025-26 in

M.A. - YOGA DARSHANAM

(Yoga Philosophy & Textual Studies)

Highlights of the program

- **Mastery in the Texts of Yoga**
- **Fostering a deep philosophical inquiry**
- **Practical Application**
- **Research and Innovation**
- **Learn Yoga with Samskritam**
- **Spiritual Growth**
- **Vedic Chanting & Practices**
- **Community Engagement**
- **Yoga Yatra (Yogic Tour)**
- **NEP, IKS & NET Based Curriculum**

Duration of the Program

- **2 Years**

Eligibility

- **Any UG with 50 %**

Mode:

- **Residential (offline)**

Contact Details:

- **Dr. N. Sridhar,**
Associate Professor
& Program Coordinator
8220337148

Be and Make....



S-VYASA

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



Division of Yoga-Spirituality



VMAC-VTR

Varahamihira
Advanced Centre of
Vedic Technology
Research

**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.

Courses offered:

**Certificate Program
in Medical Astrology
(CPMA) 1 month/ 6 months**

**Diploma Program
in Medical Astrology
(DPMA) 6 months**

**MSc-YVT
(Yoga & Vedic Therapy) 2 yrs**

**BSc-YVT (as per NEP)
(Yoga & Vedic Therapy) 4 yrs**

for more details, write to us: spirituality@svyasa.edu.in
apply online & visit: www.svyasa.edu.in



S-VYASA
Deemed to be University
Bengaluru



SPIRITUAL RETREAT

A 7-Day Residential Immersion in Self-Discovery

Held Every Month from 2ND TO 9TH
Prashanti Kutiram, Bengaluru

✳ **Awaken to the Truth Within** ✳

Step away from the noise of daily life and immerse yourself in stillness of Prashanti Kutiram, a heaven of serenity and Yogic living. This residential retreat offers a powerful introduction to India's timeless spiritual wisdom and inner practices.

Program Highlights

Message of the Upanishads
Discover the core teachings of non-duality (Advaita) and the path to Self-realization.

Concept of Dharma

Understanding how to live in alignment with cosmic principles and inner harmony.

OM Meditation

Experience the foundational vibration of the universe—Nada Brahma—through guided chanting and meditative absorption.

Cyclic Meditation

A unique guided technique developed at S-VYASA to balance energy, reduce stress, and deepen inner awareness.

Guided by Esteemed Teachers

Dr. H. R. Nagendra – Yoga Scientist:
Chancellor of S-VYASA deemed to be University, and globally respected Yoga Master

Sri Raghuram – International Lecturer,
Yoga Philosopher, and Spiritual Mentor

Venue

Prashanti Kutiram Campus –
Bengaluru – A Global Hub of Yoga
Research & Inner Transformation

Retreat Dates

Every month from 2nd to 9th

Registration & Enquiries:

Email: retreats@svyasa.edu.in
Whatsapp 9591643807

www.svyasa.edu.in



Swami
Prajnaranya Ji



Sadguru
Sri Subramanyam



S-VYASA

(Deemed to be University)
Prashanti Kutiram, Jigani,
Bengaluru – 560105



ECHOES OF OM ADVANCED SADHANA COURSE

"A 7-day inner pilgrimage guided by
tradition and research."

(23rd to 29th of Every Month)



Dear Seeker,

You are warmly invited to Echoes of Om, an advanced sādhanā course for sincere practitioners who have touched the stillness of meditation and wish to go deeper. Held at S-VYASA, a leading yoga research university, this course offers focused exploration into samādhi, the highest state of meditative absorption in yogic tradition. A rare chance to deepen your inner journey in a space where tradition meets scientific insight.

Echoes of Om is a sacred continuation of the **Ātma Pariśodhana Yoga Sādhanā Saptaha**, the deep self-enquiry retreats envisioned by Swami Prajnaranya. Inspired by **Guruji Dr. H. R. Nagendra**, the tradition is now carried forward by his close disciple, **Mataji Annapurna**. While preserving the original spiritual essence, Guruji's guidance ensures these practices are responsibly integrated - with both depth and scientific understanding - for the benefit of sincere seekers. In line with S-VYASA's integrative approach to wellness, this course includes pre- and post-assessments across four domains: • **Physical vitality**, • **Mental and emotional clarity** • **Social harmony** • **Spiritual awareness**

Payment Details: *The course is Free.* Food & Accommodation Charges: All tariffs include the food with our regular menu for 7 days. **Dormitory: Rs.4,500/-** Call to enquire for booking Special (Single/Double/Deluxe) rooms.



Interested participants can contact : +91 9035994226.

Scan the QR code to register.

Last date for registration: 20th of every month

Reporting at campus: 22nd by 3:00 PM

Introductory session: 22nd at 6:00 PM

Only selected candidates will be invited to attend.

HIMALAYA



yoga olympiad - 2025

State Level: Oct 2025

Nationals: 12th to 14th December

Internationals: 15th to 17th December

Prashanti Kuteeram, Jigani, Bengaluru



Age Groups for Participants
09 to 13 and 14 to 17



S-VYASA Deemed to be University
'Prashanti Kutiram' Campus, Vivekananda Road, Kalluballu Post Jigani,
Anekal Taluk, Bengaluru - 560 105
#19, 'Eknath Bhavan', Gavipuram Circle, KG Nagar, Bengaluru - 560 019
www.svyasa.edu.in

Contact: Dr. Komal : 74041 37086
e-mail: himalaya@svyasa.edu.in

HIMALAYA



yoga olympiad - 2025

State Level: Oct 2025

Nationals: 12th to 14th December

Internationals: 15th to 17th December

Prashanti Kuteeram, Jigani, Bengaluru



Age Groups for Participants

18 to 21 | 22 to 24 | 25 to 35 | 36 to 45 | 45+



S-VYASA Deemed to be University

'Prashanti Kutiram' Campus, Vivekananda Road, Kalluballu Post Jigani,
Anekal Taluk, Bengaluru - 560 105

#19, 'Eknath Bhavan', Gavipuram Circle, KG Nagar, Bengaluru - 560 019

www.svyasa.edu.in

Contact: Dr. Komal : 74041 37086

e-mail: himalaya@svyasa.edu.in



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

The journal is registered with the following abstracting partners:

Baidu Scholar, CNKI (China National Knowledge Infrastructure), EBSCO Publishing's Electronic Databases, Ex Libris - Primo Central, Google Scholar, Hinari, Infotrieve, National Science Library, ProQuest, TdNet, Wanfang Data

Editor in Chief

Prof. H R Nagendra

Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

Bengaluru - 560105, India

Email: editor@jacsonline.in

www.jacsonline.in

arogyadhama

Holistic Research Health Home



To promote health
by using the best of
all Healthcare Systems

- Modern Medicine
- Yoga Therapy
- Ayurveda
- Naturopathy
- Physiotherapy
- Acupuncture
Treatments

400 Bed Hospital
in 100 Acre Campus
functioning with
the Guidance of

Integrative Medicine
Consultant

Dr. R Nagarathna

MBBS, MD, FRCP, MRCH, DSc



Admission
Everyday

Mondays
Neurology, Oncology
Tuesdays
Cardiology, Pulmonology
Wednesdays
Psychiatry
Thursdays
GI, Endocrinology
Fridays
General Patients
Saturdays
Obesity, Positive Health

Campus

'Prashanti Kutiram', Kallubalu Post, Jigani, Anekal Taluk
Bengaluru – 560 105, India | *ph:* +91-80-2263 9963/ 99
cell: +91-99728 71777, 98805 98017, 96113 44691

Correspondence Address

19, 'Eknath Bhavan', Gavipuram Circle, Kempe Gowda Nagar
Bengaluru – 560 019, India | *ph:* +91-80-2661 2669



✉ arogyadhama@gmail.com
🌐 www.svyasa.edu.in



S-VYASA

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



Programs in YOGA

Programs in YOGA

School of Yoga:

YIC (Yoga Instructor's Course), **Spiritual Retreat**, **Sadhana Shibir & Echoes of OM**
BSc & MSc (Yoga)
BSc & MSc YT (Yoga Therapy)
BSc & MSc YVW (Yoga & Vedic Wellness)
BA & MA YEd (Yoga Education)
BA & MA YISD (Yoga for Integrated Sports Development)
BA & MA HY (Hatha Yoga)

School of Physiotherapy:

BPT - Bachelor of Physiotherapy

School of Yoga & Naturopathic Medicine:

BNYS - Bachelor of Naturopathy
and Yogic Sciences
MD - Yoga

Programs in CODE

(Centre for Open
& Distance Education)
DYT (Diploma in Yoga Therapy)
BSc (Yoga)
MSc (Yoga)
YIC (Yoga Instructor's Course)
Ph: +91-80-2263 9901/ 02
www.svyasadde.com

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

admissions@svyasa.org ; apply online & visit: www.svyasa.edu.in

Hero Within

The Path of Character

Youth Empowerment through the Yoga-Way-of-Life

Free, Self-Paced Global Online Certification Course

Why Join?

-  Learn at your own pace + earn a certificate of personal growth
-  Share & empower students globally
-  Support youth development aligned with SDGs



Scan to Register & Explore Program →

Join Today

<https://sites.google.com/view/teamherowithin>

Blessings from Renowned Leaders

Padma Shri Dr. H.R. Nagendra
Yogi Dr. Samprasad Vinod
Padma Shri D.R. Kaarthikeyan,
IPS (Retd)
Yogacharya Dr. Ananda
Balyogi Bhavanani, MD, G-IAYT,
DSc



With warm regards,
Dr. Anjali Ghanekar

Value Driven Leadership through

- Quality that is Infinite
- Service that Cares
- Hardwork that Endures



**Making a Positive Difference
to lives across the globe**


Alkem Laboratories Ltd.

Alkem House, Senapati Bapat Marg, Lower Parel, Mumbai - 400 013, Tel: 022 39829999





CENTURYPLY[®]
CLUB PRIME



ISSE BETTER INVESTMENT HAI TOH BATAO!




E0 EMISSION COMPLIANT

It is a Zero Emission ply, causing the least emission of formaldehyde, making it a ply for the planet.



CALIBRATED

It is uniformly thick with a super smooth surface, thanks to cutting-edge technology. It is ideal for lamination and creation of modular furniture.



DUPLICATE PROOF

It comes with a unique QR code. When scanned with the CenturyPromise app, it authenticates that the ply is genuine and also generates e-warranty.



FIRE RETARDANT

It comes with Firewall Technology that delays spread of fire. It emits very little smoke and self-extinguishes when source of fire is removed.



CUSTOMER SERVICE IN 48 HRS

In the highly unlikely event of a complaint, the product team at CenturyPly will contact the customer within 48 hrs and resolve the issue.



30-YEAR WARRANTY

It is the only ply from CenturyPly that passes 25 stringent tests as per Bureau of Indian Standards. No wonder it comes with a 30-year warranty.

BORER & TERMITE PROOF, BOILING WATERPROOF

+

EVERYTHING A PREMIUM PLYWOOD CAN OFFER

QUALITY GUARANTEED
by  **CENTURYPLY[®]**

 **+91 33 39403950**
 **1800-5722-122**

To know more, SCAN



Visit website for more details