

YOGJA SURDITRA

A Monthly Journal of SVYASA (Deemed to be University)



IDY 2025: Yoga for One Earth, One Health *aligning Yoga with sustainability and global well-being*

1. **Dr. H. R. Nagendra Guruji** participated in the IDY Celebrations held in Kuwait
2. Grand Celebration led by **Hon'ble Shri Narendra Modi ji** during the International Day of Yoga in Visakhapatnam



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योगसंज्ञितम्

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EDITORIAL

One World, One Health IDY 2025 Ushers a Global Wellness Wave



My dear Brothers and Sisters,

The 10th International Day of Yoga (IDY) was a historic celebration of wellness and unity. Nowhere was this more visible than in Visakhapatnam, where nearly three lakh participants gathered in a spectacular display of collective Yogic spirit. But the wave didn't stop there - it swept across India through all our 300 affiliated centres, and extended far beyond, resonating across the globe in more than 120 countries.

The Hon'ble Prime Minister's inspiring address once again captured the essence of Yoga as a unifying force - transcending national boundaries, healing divisions, and nurturing holistic health. His call for One World, One Health reverberated across continents.

This year's theme underscored Yoga's

role in preventive and promotive health, aligning with the WHO's vision of health not merely as the absence of disease but as a state of complete physical, mental, and social well-being. Yoga, as a time-tested science, stands at the forefront of this paradigm shift.

S-VYASA took this mission worldwide. Our President and Vice-Chancellor travelled extensively - to Bahrain, Kuwait, Lisbon, Geneva, Paris, and Germany - sharing the transformative message of Yoga. The enthusiastic response in each of these countries reflects a growing global commitment to adopting Yogic lifestyle practices for personal and planetary wellness.

With this powerful momentum, we now prepare for INCOFYRA 2025 this December - our global integrative medicine conference focusing on Yoga as Integrative Rehabilitation. Together, let us move forward in building a healthier, harmonious, and more conscious world through Yoga.

Please look inside to details in this fascinating issue on IDY celebrations.

■ *Dr H R Nagendra*



Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor



Yoga, once a sacred discipline practiced in the secluded forests, temples and Gurukulas of ancient India, has blossomed into a worldwide phenomenon. From the skyscrapers of

New York to the serene beaches of Bali, yoga has transcended borders, languages, and cultures - becoming a staple in the modern pursuit of wellness. Over the past decade, the International Day of Yoga (IDY) has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. Witnessing world leaders and millions of individuals around the globe engage in yoga on June 21st is a moment of great pride for Indians.

It is a matter of pride that UNESCO has recognised Yoga as an intangible heritage of India. This practice has evolved into an international phenomenon that has united millions in the rediscovery of its ancient benefits through an evidence-based approach. This reflects the growing popularity of yoga, transcending not only geographical boundaries but also cultural divides. It serves as an indicator

of how universally appealing a concept can be, resonating and synergising body, mind and the spirit. Each year, IDY serves as a powerful reminder of yoga's capacity to foster global harmony and inner peace, contributing to a healthier and more cohesive society. Our Prime Minister, Shri Narendra Modi ji views yoga as more than just physical activity; he sees it as a catalyst for social cohesion and individual empowerment. His leadership has elevated yoga into a global movement, symbolizing unity and comprehensive health across the globe.

What has fueled yoga's worldwide acceptance is its adaptability. While rooted in spiritual traditions, modern yoga is often presented in diverse forms - ranging from the physically intensive (like Hatha yoga or Ashtanga) to the restorative and meditative (such as Mindfulness or Yoga Nidra). This flexibility has allowed it to cater to all ages, body types, and fitness levels.

Ultimately, yoga's global acceptance reflects a shared human desire for connection, healing, and self-awareness. We must remember that The International Day of Yoga is more than a mere one-day event. It represents the long-time commitment of India towards the holistic evolution of health and harmonious coexistence with nature and elevation of the entire humankind. Guided by the principle of 'Yoga for One Earth, One Health,' India remains at the forefront of integrating physical fitness with conscious living.

With Pranams
Dr. Manjunath N K
Vice Chancellor

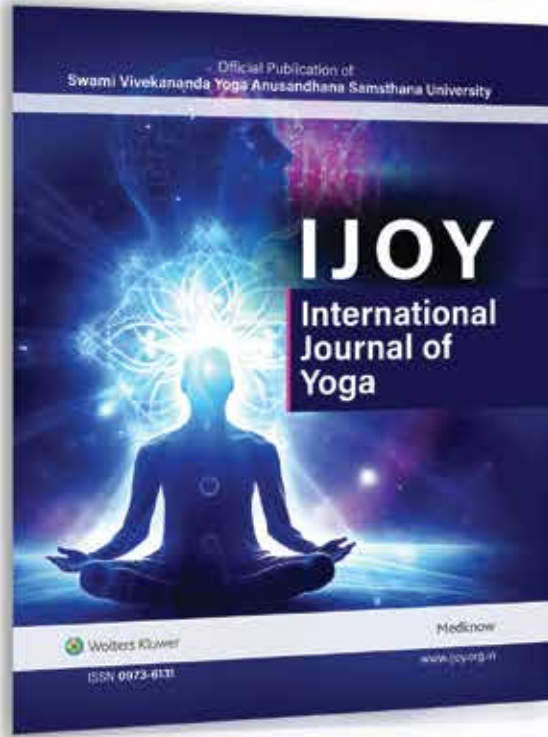
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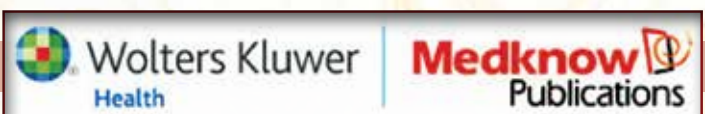
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ब्रह्मसूत्रम् (Brahmasūtram)

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



कार्यम् बादरिरस्य गत्युपपत्तेः (ब्रह्मसूत्रम्-४-३-७)

kāryam bādarirasya gatyupapatteḥ (Brahmasūtram-4-3-7)

Meaning: To the Kārya Brahman or Hiranyagarbha or Saguna Brahman (the departed souls are led); (thus opines) the sage Baadari on account of the possibility of its being the goal (of their journey).

In this segment, we explore the trajectory of the soul through *Devayāna Mārga*, the ascending path to *Brahma-loka*, commonly referred to as *Krama-mukti-mārga*. The seeker, by virtue of *pūrva-puṇya*, gradually ascends through the cosmic planes - *Bhuh*, *Bhuvah*, *Svah*, *Mahah*, *Janaḥ*, *Tapah*, ultimately reaching *Satya-loka*, the abode of *Kārya Brahmā*. This *Kārya Brahmā* (the *Brahmā* involved in creation) is understood contextually, in contrast to the *Kāraṇa Brahmā* (the ultimate cause), for the sake of explanatory clarity. Sūtras 7 through 14 delve deeper into this very subject, offering detailed clarification and philosophical insight.

The *Āryam nāma* - the creative aspect of Brahman - is often termed the first *Jīva*, the *śarīri-praṇavaḥ-ādhikartṛ*, the one qualified by the functions of creation. *Chāndogya Upaniṣad* uses the expression "**Brahma gamayati**", suggesting motion toward Brahman. The term *gamayati* (causes to go) includes the verbal root *gam*, indicating movement that presupposes a subject, an object, and a verb - suggesting a qualified destination. Hence, here, Brahman refers to *Kārya Brahmā*. It is not *Nirguṇa Brahman*, which is devoid of all attributes. The *Bṛhadāraṇyaka Upaniṣad* states, "*Teṣu Brahma-lokeṣu parāḥ parāvato vasanti*", meaning those with accumulated merit reside there, engaged in service to *Hiranyagarbha*. Thus,

the Brahman spoken of here is the qualified *Kārya Brahmā*, not the *Sat-Cit-Ānanda* aspect of *Nirguṇa Brahman*.

But why use the term *Brahman* here at all? The distinction is made purely for pedagogical convenience. *Brahma*, *Brahmā*, and *Brahman* - though similar in root - convey subtle differences. According to Jaimini, *Brahman* cannot be devoid of attributes; it must be engaged in the functions of *sṛṣṭi*, *sthiti*, and *laya*. Hence, for him, *Kārya Brahmā* alone is Brahman. The concept of *Kāraṇa Brahman* - detached, transcendental, and attribute-less - remains inaccessible to his framework. The use of the verb *gamayati* reinforces this perspective. Yet, the *Śruti* also recognizes the aspirational union of *Kārya Brahmā* with *Parabrahman*, as in "*Brahmaiva bhavati*". *Hiranyagarbha* himself, along with the sages in *Satya-loka*, engages in *sādhana* to become one with *Parabrahman*.

However, in Jaimini's view, the idea of transcending beyond *Satya-loka* to a realm of *Nirvikalpa Brahman* is not acceptable. For him, attainment of *Satya-loka* is the highest goal - *parama puruṣārtha*. Since *Satya-loka* lies beyond the *sapta-lokas*, nothing more remains to be achieved. That realm of unassailable bliss - *duḥkhena asaṁsprṣṭa sukha* - is his notion of *mokṣa*. But *Advaita Vedānta*, especially as expounded by p12 ▶▶



Vedic Wellness Series – 2

(Vidhāna Texts: Jyeṣṭha Ṛgvidhānam)

Introduction

Vedic traditions offer a holistic approach to wellness that bridges physical, mental, and spiritual well-being through sound, ritual, and devotion. In the earlier segment of this series, we examined the

mental wellness practices embedded in the Jyeṣṭha Ṛgvidhānam, a revered

text that synthesizes Ṛgvedic wisdom into accessible ritual and mantra-based healing. We now turn our focus to the

physical healing modalities it prescribes. The

compendium provides meticulous guidance

on using Vedic mantras (sūktas), homas,

and natural remedies to address a range

of physical ailments — from general

illnesses and head disorders to

chronic diseases like tuberculosis

and leprosy — illustrating a

deeply integrated system of

Vedic healthcare.

Vedic Wellness for general diseases

The Jyēṣṭha Ṛgvidhānam

refers to performing Gāyatrī

Homa, by which all attain relief from all sorts

of diseases. Let us see those ślokas.

करवीरैस्तु गायत्र्या होमं कुर्यात्सहस्रकम् ।

व्याधिनाशो भवेच्छीघ्रं मृत्युश्चैव निवर्तते ॥

karavīraistu gāyatrīā homaṃ kuryātsahasrakam .

vyādhināśo bhavecchīghraṃ mṛtyuścaiva nivartate ..¹

This śloka advocates the performance of a homa, involving the recitation of the Gayatri Mantra 1,000 times with the āhuti of Karavira (Nerium indicum), to secure relief from all manner of illness. Furthermore, it is believed that even an individual in a critical state, close to death, may recover through the observance of this homa.

The Jyeṣṭha Ṛgvidhānam prescribes an alternative sūkta for japa, intended to facilitate recovery from various ailments.

¹ Jyeṣṭha Ṛgvidhānam, 47



■ Dr. N. Sridhar

Associate Professor
& Vice Principal, School of
Yogic Sciences, S-VYASA



अश्विना यज्वरी सूक्तं जपेद्ब्याधिविनाशने ।

asvinā yajvarī sūktaṃ japedvyādhivināśane .²

The above portion of the śloka recommends the japa of the sūkta beginning with the words "Asvinā yajvarī." This is the third sūkta of the first maṇḍala in the Ṛgveda. The sūkta comprises twelve mantras. Ṛṣi Madhucchandā is the mantra-draṣṭā of this sūkta. All mantras are set in Gāyatrī chandas. The devatās for mantras 1 to 3 are the two Asvinī Kumāras; for mantras 4 to 6, it is Indra; for mantras 7 to 9, the Viśvedevāḥ; and for mantras 10 to 12, the devatā is Sarasvatī.

Therapy for Anti-Addiction

अग्रे बृहज्जपेत्सूक्तं मदनाशस्तदा भवेत् ।

agre bṛhañjapetsūktaṃ madanāśastadā bhavet .³

The sūkta beginning with "agre bṛhat," which comprises seven mantras, is to be chanted for the alleviation of all forms of addiction. It is the first sūkta of the tenth maṇḍala in the Ṛgveda. Ṛṣi Trita Āptya is the mantra-draṣṭā; the chandas is Triṣṭubh, and the devatā of this sūkta is Agni.

Therapy for Head-Related Ailments

The Jyeṣṭha Ṛgvidhānam recommends two mantras for the alleviation of diseases related to the head.

जपेत्त्रिर्देवमन्त्रं तु शिरोरोगो विनश्यति ।

आयुर्वृद्ध्यादिकं पश्चादयुतं विष्णुमन्दिरे ॥

japettridevamantraṃ tu śirorogo vinaśyati .

āyurvṛddhyādikam paścādayutaṃ viṣṇumandire ..⁴

The mantra beginning with the word "Trirdeva" is to be chanted 10,000 times within the precincts of a Viṣṇu temple to bring relief from head-related ailments. This practice is also believed to promote longevity.

त्रिर्देवः पृथिवीमेषः एता वि चक्रमे शतर्चस महित्वा ।

प्र विष्णुरस्तु तवसस्तवीयान्तवेष ह्यस्य स्थविरस्य नाम ॥

trirdevaḥ pṛthivīmeṣaḥ etā vi cakrame śatarcasa mahitvā .

pra viṣṇurastu tavasastaviyāntveṣa hyasya sthavirasya nāma ..⁵

Ṛṣi Maitra Vāruṇi Vasiṣṭha is the mantra-draṣṭā of this mantra. It is set in Triṣṭubh chandas, and the devatā is Viṣṇu.

Another sloka of Jyestha Rgvidhana also refers therapy for the relief from head-related ailments.

तदस्तु मित्र मन्त्रेण होमं कुर्यात्सहस्रकम् ।

अर्केण त्रिमधुयुक्तं शिरोरोगो विनश्यति ॥

tadastu mitra mantreṇa homaṃ kuryātsahasrakam .

2 Jyeṣṭha Ṛgvidhānam, 63

3 Jyeṣṭha Ṛgvidhānam, 82

4 Jyeṣṭha Ṛgvidhānam, 76

5 Ṛgveda, 7th Mandala, 100th Sukta, 3rd Mantra



arkeṇa trimadhuyuktaṃ śīrorogo vinaśyati ..⁶

A person suffering from head-related ailments (śīroroga) is advised to perform a homa with the repeated chanting of 1,000 times of the mantra beginning with "tadastu mitra", offering āhuti (oblations) composed of Arka and Trimadhu.

The mantra "tadastu mitra" appears as the 7th mantra of the 47th Sukta in the 5th Maṇḍala of the Ṛgveda. The Mantradrāṣṭā Ṛṣi is Pratiratha Ātreya. The mantra is composed in Triṣṭubh Chandas, and the Devatās are the Viśvedevāḥ.

The mantra is:

तदस्तु मित्रावरुणा तदग्ने शं योरस्मभ्यमिदमस्तु शस्तम् ।
अशीमहि गाधमुत प्रतिष्ठां नमो दिवे बृहते सादनाय ॥

tadastu mitrāvaruṇā tadagne śaṃ yorasmabhyamidamastu śastam .
aśīmahi gādhamuta pratiṣṭhāṃ namo dive br̥hate sādānāya ..

The homa is prescribed with offerings of Arka and Trimadhu, both known for their medicinal properties. The botanical identity of Arka corresponds to Calotropis procera or Calotropis gigantea.

According to Rājanighaṇṭu, Trimadhu is a combination of three sweet substances: śarkarā (sugar), makṣikā (honey), and sarpis (ghee):

सितामाक्षिकसर्पिषि मिलितानि यदा तदा ।
मधुरत्रयमाख्यातं त्रिमधु स्यान्मधुत्रयम् ॥

sitāmākṣikasarpīṃṣi militāni yadā tadā .
madhuratrayamākhyātaṃ trimadhu syānmadhutrāyam ..⁷

Therapeutic Reference for Tuberculosis

सूर्यो नो दिवःसूक्तं च प्रत्यहं प्रजपेद्दश ।
बदर्यग्रे त्रिवर्षं तु क्षयादिव्याधिनाशनम् ॥

sūryo no divaḥsūktaṃ ca pratyahaṃ prajapeddaśa .
badaryagre trivarṣaṃ tu kṣayādivyādhināśanam ..⁸

A person who recites the sūkta beginning with the words "sūryo no divaḥ" ten times daily under a Ziziphus mauritiana (Indian jujube) tree for three years is said to be cured of tuberculosis.

This sūkta is the 158th sūkta in the 10th Maṇḍala of the Ṛgveda. It consists of five mantras. The mantradrāṣṭā ṛṣi is Cakṣu Saurya, the chandas is Gāyatrī, and the devatā is Sūrya.

Jyeṣṭha Ṛgvidhānam recommends japa of another sūkta for the relief of tuberculosis:

मुञ्चामि त्वा जपेत्सूक्तं श्रद्धायुक्तं दिने दिने ।
त्रिवारञ्च शिवस्थाने शतायुष्यं लभेन्नरः ॥

⁶ Jyeṣṭha Ṛgvidhānam, 77

⁷ Rajanighantu, Misrakadi Varga, 10

⁸ Jyeṣṭha Ṛgvidhānam, 110



muñcāmi tvā japetsūktaṃ śraddhāyuktaṃ dine dine .
trivārañca śivasthāne śatāyūṣyaṃ labhennaraḥ ..⁹

A person afflicted with tuberculosis (yakṣmā) is advised to recite the Sūkta beginning with “muñcāmi tvā” three times daily, with devotion at a Śiva temple. This practice is said to bestow long life up to one hundred years.

The muñcāmi tvā Sūkta is the 161st Sukta of the 10th Maṇḍala of the Ṛgveda. The Mantradraṣṭā Ṛṣi is Prajāpatya Yakṣmāñāśana. Mantras 1– 4 of this Sūkta are in Triṣṭubh Chandas, while the 5th is in Anuṣṭubh Chandas. The presiding Devatā is Indrāgni or Rājayakṣmaghnaḥ — the dispeller of tuberculosis.

Mantra for Longevity

देवानां भद्रा मन्त्रञ्च जपेद्दश दिने दिने ।
देवैश्च सहसम्प्रीतिरायुर्वृद्धिर्लभेद्धनम् ॥

devānām bhadrā mantrañca japeddaśa dine dine .
devaiśca sahasampṛitirāyurvṛddhirlabheddhanam ..¹⁰

The mantra beginning with “Devanām bhadrā” is traditionally prescribed for the attainment of longevity (dirghāyūṣya), through its daily recitation ten times. Beyond its life-enhancing potential, this mantra is also revered for invoking the blessings of the Devatās and augmenting the practitioner’s prosperity and well-being.

The Mantra is:

देवानां भद्रा सुमतिर्ऋजूयतां देवानां रातिरभि नो नि वर्तताम् ।
देवानां सख्यमुप सेदिमा वयं देवा न आयुः प्र तिरन्तु जीवसे ॥

devānām bhadrā sumatirṛjūyatām devānām rātirabhi no ni vartatām .
devānām sakhyamupa sedimā vayaṃ devā na āyuhḥ pra tirantu jīvase ..

The mantra beginning with “Devanām bhadrā” is identified as the 2nd mantra of the 89th Sūkta in the 1st Maṇḍala of the Ṛgveda. The Mantradraṣṭā Ṛṣi for this mantra is Gotama Rāhūgaṇa. It is set in Jagatī Chandas, and the associated Devatāḥ are the Viśvedevāḥ.

Therapy for Abdominal Pain

उदसौ कुक्षशूली तु जपेत्सूक्तं शिवालये ।
अयुतं माघमासे तु मुच्यते नात्र संशयः ॥

udasau kuṣṣaśūlī tu japetsūktaṃ śivālaye .
ayutaṃ māghamāse tu mucyate nātra saṃśayaḥ ..¹¹

According to the Jyeṣṭha Ṛgvidhānam, a therapeutic practice for chronic abdominal pain involves the japa of the sūkta beginning with the word “Udāsau.” This sūkta should be chanted 10,000 times during the lunar month of Māgha, in a Śiva temple, to achieve relief from the ailment.

The sūkta starting with “Udāsau” is the 159th sūkta of the 10th Maṇḍala of the Ṛgveda. The mantradraṣṭā

9 Jyeṣṭha Ṛgvidhānam, 99

10 Jyeṣṭha Ṛgvidhānam, 428

11 Jyeṣṭha Ṛgvidhānam, 108



ṛṣi of this sūkta is Paulomī Śacī, it is set in the Anuṣṭubh chandas, and the associated devatā is Śacī. This sūkta contains six mantras.

Vedic Wellness Practice for Leprosy

तीव्रस्याभि जपेत्सूक्तमपस्मारो विनश्यति ।

महापातकसंयुक्तो नीरोगी भूतले स्थितः ॥

tīvrasyābhi japetsūktamapasmāro vinaśyati .

mahāpātakasaṃyukto nīrogī bhūtale sthitaḥ ..¹²

The sūkta of the R̥gveda that begins with the word "Tīvrasya" is recommended as a chant for the relief of leprosy. Even those afflicted with the disease as a karmaphala of committing mahāpātaka (a grave sin) are said to find healing through its japa.

This sūkta is the 160th sūkta in the 10th Maṇḍala of the R̥gveda. The mantradraṣṭā ṛṣi is Pūraṇa Vaiśvāmitra; the mantras are set in Triṣṭubh chandas, and the devatā associated with this is Indra. The sūkta comprises five mantras.

Therapeutic Practices for Diseases Caused by Vāta Doṣa

The Jyestha R̥gvidhana suggests Mantra Japa to cure diseases caused by the Vata Dosa.

वायो शुक्रो जपेत्सूक्तमश्वत्थे त्र्ययुतं बुधः ।

बहुधा वातरोगोऽपि विनश्यति न संशयः ॥

vāyo śukro japetsūktamaśvatthe tryayutaṃ budhaḥ.

bahudhā vātarogo'pi vinaśyati na saṃśayaḥ..¹³

One who recites the sūkta beginning with "vāyo śukraḥ" 30,000 times beneath a banyan tree (aśvattha) will, without doubt, be relieved of various disorders caused by Vāta Doṣa.

This sūkta is the 47th sūkta in the 4th Maṇḍala of the R̥gveda. It comprises four mantras, revealed to Vāmadeva Gautama, set in the Anuṣṭubh chandas, with Indra and Vāyu as the associated devatās.

Glance of the Aforesaid Therapies

SNo	Vedic Therapy for	Śloka in Jyeṣṭha R̥gvidhānam	Mantra/ Sūkta in R̥gveda
1	General Diseases	करवीरैस्तु गायत्र्या होमं कुर्यात्सहस्रकम् । व्याधिनाशो भवेच्छीघ्रं मृत्युश्चैव निवर्तते ॥	Homa with Gāyatrī Mantra
2		अश्विना यज्वरी सूक्तं जपेद्वाधिविनाशने ।	R̥gveda, 1 st Maṇḍala 3 rd Sūkta
3	Anti-Addiction	अग्रे बृहज्जपेत्सूक्तं मदनाशस्तदा भवेत् ।	R̥gveda, 10 th Maṇḍala, 1 st Sūkta

12 Jyeṣṭha R̥gvidhānam, 109

13 Jyeṣṭha R̥gvidhānam, 124



SNo	Vedic Therapy for	Śloka in Jyeṣṭha R̥gvidhānam	Mantra/ Sūkta in R̥gveda
4	Head-Related Ailments	जपेत्त्रिर्देवमन्त्रं तु शिरोरोगो विनश्यति । आयुर्वृद्ध्यादिकं पश्चादयुतं विष्णुमन्दिरे ॥	R̥gveda, 7 th Maṇḍala, 3 rd Mantra of 100 th Sūkta
5		तदस्तु मित्र मन्त्रेण होमं कुर्यात्सहस्रकम् । अर्केण त्रिमधुयुक्तं शिरोरोगो विनश्यति ॥	R̥gveda, 5 th Maṇḍala, 7 th Mantra of 47 th Sūkta
6	Tuberculosis	सूर्यो नो दिवःसूक्तं च प्रत्यहं प्रजपेद्दश । बदयन्ने त्रिवर्षं तु क्षयादिव्याधिनाशनम् ॥	R̥gveda, 10 th Maṇḍala 158 th Sūkta
7		मुञ्चामि त्वा जपेत्सूक्तं श्रद्धायुक्तं दिने दिने । त्रिवारञ्च शिवस्थाने शतायुष्यं लभेन्नरः ॥	R̥gveda, 10 th Maṇḍala, 161 st Sūkta
8	Longevity of Life	देवानां भद्रा मन्त्रञ्च जपेद्दश दिने दिने । देवैश्च सहसम्प्रीतिरायुर्वृद्धिर्लभेद्धनम् ॥	R̥gveda, 1 st Maṇḍala, 2 nd Mantra of 89 th Sūkta
9	Abdominal Pain	उदसौ कुक्षशूली तु जपेत्सूक्तं शिवालये । अयुतं माघमासे तु मुच्यते नात्र संशयः ॥	R̥gveda, 10 th Maṇḍala, 159 th Sūkta
10	Practice for Leprosy	तीव्रस्याभि जपेत्सूक्तमपस्मारो विनश्यति । महापातकसंयुक्तो नीरोगी भूतले स्थितः ॥	R̥gveda, 10 th Maṇḍala, 160 th Sūkta
11	Diseases Caused by Vāta Doṣa	वायो शुक्रो जपेत्सूक्तमश्वत्थे त्र्ययुतं बुधः । बहुधा वातरोगोऽपि विनश्यति न संशयः ॥	R̥gveda, 4 th Maṇḍala, 47 th Sūkta

Discussion

The Jyeṣṭha R̥gvidhānam emphasizes mantra-japa and homa as therapeutic instruments for physical maladies. A notable example is the prescription of the Gayatri Homa with karavira (oleander) for relief from general illnesses, promising even reversal of terminal conditions. For targeted afflictions, the text advises specific sūktas aligned with the ailment and its root doṣa — an early indication of the tridoṣa theory seen in Ayurveda.

For instance, head-related ailments are addressed using Viṣṇu-centered mantras and oblations with Arka and Trimadhu (a medicinal blend of sugar, honey, and ghee). Similarly, anti-addiction therapy is rooted in the chanting of an Agni-devoted sūkta, perhaps symbolizing the inner transformation from impurity to purity. Chronic conditions like tuberculosis are approached with dual strategies: reciting sūktas at sacred spaces (such as Śiva temples or under sacred trees like jujube), and strict adherence to repetition and ritual commitment over months or even years.



The text also includes remedies for vāta disorders — a class of illnesses linked with imbalance in movement and vāta doṣa. The recommended practice of chanting beneath a banyan tree, sacred in Indian cosmology, underscores the interconnectedness of natural environments and healing vibrations.

Strikingly, these practices aren't merely curative but also preventive and regenerative. Mantras for longevity, vitality, and wellness are encouraged to be recited daily, pointing toward a lifestyle where spiritual discipline fosters physical resilience.

Conclusion

The Vedic path to wellness, as described in the Jyeṣṭha Ṛgvidhānam, is a beautiful blend of devotion, discipline, and harmony with nature. These mantras and rituals aren't just symbolic - they're carefully structured, deeply focused, and filled with reverence for both divine forces and the natural world. This approach to healing goes beyond just treating symptoms. It aims to restore balance in the body and mind, connecting the individual to the greater rhythm of the universe. In today's world, these ancient practices offer a powerful and meaningful way to embrace holistic health through the energy of sacred sound and mindful ritual.

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«p5 ब्रह्मसूत्रम् (Brahmasūtram)

Śaṅkarācārya, presents a different vision. The ultimate goal is *Parabrahma-prāpti*, where *mokṣa* is not merely a heavenly abode, but the realization of the *nirguṇa*, *nirvikāra*, *śuddha* Brahman - *nirākāra*, *aja*, *amṛta*, *abhaya*, *satya*, and *sarvaṃ khalvoidaṃ brahma*. The highest truth is *Kāraṇa Brahma*, the *cit*-principle itself - consciousness

that merely by its presence, empowers *Māyā* to veil and project the world. Thus, even *Hiraṇyagarbha*, the cosmic creator, strives to dissolve into that ultimate principle, and that is the essence of this profound *adhikaraṇa*.

to be continued...



Arogyadhama - Success Story

Dept. of Rheumatology

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



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.

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

Management of Osteoarthritis - Case of Sreeparna, age 52 years

In this article, we share the experience of Ms. Sreeparna Chakrabarty (name changed), who stayed at Arogyadhama for a week in January 2025.

Sreeparna had been diagnosed with Osteoarthritis of the knee joint about six months ago, and was a known case of Hypertension since 2015. She also complained of pain in the abdomen after consuming spicy food. Sreeparna came to Arogyadhama for management of her pain and general condition.

At Arogyadhama, she was given Integrated Yoga Therapy for restoring and maintaining health - which is 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 - and in Sreeparna's case, these included:

- Special techniques for Arthritis;
- Yogic cleansing (Kriyas like LSP, Jalaneti);
- Pranayama;
- Meditation techniques like MSRT and CM;
- Devotional sessions on Gita, Upanishads and Vedas;
- Lectures on Lifestyle management,
- Yogic counselling, and
- Advice for lifestyle change.



This was integrated with a special Naturopathy boiled diet, khichadi, vegetable soup, etc. as well as Naturopathy treatments like Hot-oil infusion and Ginger Turmeric Pack

Sreeparna's Success Story

Sreeparna's health improved within a week, and by the time she left, she said she felt 80-percent better. Her vital parameters also reflected the improvement. They are as given below:

Parameter	On admission	At discharge
Blood Pressure mmHg	144/90	132//80
Respiratory Rate/ min	16	12
Pulse rate (beats/ min)	84	80
Weight (kg)	72.5	71 kg
Bhramari time (sec)	11	16

What is needed in Musculoskeletal Diseases is to improve mobility, prevent further complications, enhance Quality of Life, and maintain body weight.

Apart from Yoga therapy, these simple lifestyle measures need to be taken:

- 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.

The main objectives are to reduce pain, increase Range of motion, improve flexibility, improve sleep and reduce weight.

What is Osteoarthritis?

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

Osteoarthritis has often been referred to as a wear and tear disease. Besides the breakdown of cartilage, osteoarthritis affects the entire joint. It causes changes in the bone and deterioration of the connective tissues that hold the joint together and attach muscle to bone. It also causes inflammation of the joint lining.

Osteoarthritis can damage any joint, but most commonly affects joints of the hands, knees, hips and the spine.

Symptoms

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



- **Pain** - in the affected joints during or after movement.
- **Stiffness** - especially on waking up and after being inactive for a while.
- **Tenderness** - on applying light pressure.
- **Loss of flexibility in the joint** - preventing its full range of motion.
- **Grating sensation** - when using the joint, which comes along with a popping or crackling sound.
- **Bone spurs** - are extra bits of bone that feel like hard lumps and get formed around the affected joint.
- **Swelling** - caused by soft tissue inflammation around the joint.



The symptoms can usually be managed, even though the damage to joints cannot be reversed. Staying active, maintaining a healthy weight, and going in for certain treatments might slow the progression of the disease and help in improving pain and joint function.

Risk Factors

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

Complications

Osteoarthritis is a degenerative disease that worsens over time, resulting in chronic pain. Joint pain and stiffness can become severe enough to make daily tasks difficult. Depression and sleep



disturbances can result from the pain and disability of osteoarthritis.

Research from SVYASA on Osteoarthritis

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2. Effect of an integrated approach of yoga therapy on quality of life in osteoarthritis of the knee joint: A randomized control study. <https://www.ncbi.nlm.nih.gov/pmc/journals/1295/>
3. Effect of Yoga Based Lifestyle Intervention on Patients with Knee Osteoarthritis: A Randomized Controlled Trial. <https://pubmed.ncbi.nlm.nih.gov/29867604/>



June 12: Glimpses of Yuva Shuddhi Abhiyan 2025 held in Palace Grounds, Bengaluru; where 5000 people participated.



Swami Vivekananda - The Humanist - 8

Humanism, for Swami Vivekananda, is the yardstick to measure anybody's greatness. Power, position, wealth and wisdom are of no use, if they are not full with humanism. Power is not a parameter for greatness, nor or position, wealth and wisdom. In the modern world, we very often attribute greatness to politicians, scientists, philosophers and technocrats. But Swami Vivekananda never wanted anything to be attained at the cost of humanism.

Swami Vivekananda measured the greatness of even gods with the litmus test of humanism. He or she who is of no use to the fellow human beings is not worthy of being called a human being. People are by birth human beings. To be a human being, one is to exercise and shower sympathy, empathy, love and compassion for the fellow mankind. If not, people are either sub human or inhuman, but can never raise to be superhuman. The option is left to people to remain human, or revert to sub human or divert to inhuman or to raise to the super human. Unfortunate are the people if they have a human look without the human outlook.

Swami Vivekananda from the childhood is accustomed to worshipping Sri Ramachandra prabhu because of Rama's humanism. One day it so happened, that there was a debate proposed. The topic for the debate was to find out who is more useful on account of humanism to the society. **"Is it a bachelor or a house holder?"**. Humanism is the invisible trait and service to humanity is the perceptible and visible activity. Swami Vivekananda, as a worshipper of Sri

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Chancellor, S-VYASA



Rama Chandra Prabhu chose to argue, that a house holder is more humanistic and useful to society than a brahmachari or bachelor. It is the house holder who provides food to all people of all stages in varna (community) ashrama (stage) dharma (righteousness). But for the house Holders of philanthropic attitude, society cannot thrive. Therefore, Swami Vivekananda as a child argued that a householder is more useful to the society & Sri Rama Chandra Prabhu is himself a householder. The opponent in the debate, a senior person asked Swami Vivekananda for his pramana grandha or basic text book of authority for his proclamation. Swami Vivekananda said that his





argument was based on the sacred book, The Ramayan. The debater said that in the same Ramayana there was at another character called Hanuman ji. Rama's service activities might have had a remote selfish purpose. His help to Sugriva, his offer of protection to Vibhishana & a host of service activities might be for a selfish motto. He looked after the welfare of people, tried to safeguard the sages, took care of the birds and animals. But in the case of Hanuman ji there was no selfishness of any degree. He was a full person of abilities and achievements. He needed nobody's help, nobody's service. He is self-reliant, self-sufficient of least selfishness. He is always of help to the needy. He supported Sugriva. He took care of the helpless people. Such Hanuman ji was unmarried. He was unmarried because he was always available to all the people with readiness to serve all. In the Ramayana, we find Hanuman ji helping Sugriva, Vibhishana, Lakshmana & Sri Rama himself without any expectation or reward. He was spontaneous in showering his service to all on account of his humanism. This argument in defense of bachelor's moved the heart of Swami Vivekananda. Perhaps, this was the reason for him to remain a Celibate. In this debate he was able to use humanism as the yardstick to measure the divinity of the householder, Sri Rama Chandra Prabhu. He accepted defeat in the debate and went to the house. He proceeded to his room of worship where on the pedestal was Shri Rama. He rushed to take Sri Rama's idol into his hands and threw it away through the window because the person in the idol was falling short of his ideal. To him, one is unfit to be called a God if there is less humanism.

Most people worship gods out of fear or desire. But, Swami Vivekananda, worshipped God only if the God fulfilled his ideal of humanism. Hanuman ji is of greater humanism than Sri Rama. Therefore, Swami Vivekananda at a young age was bold enough to take the drastic step of dismissing the superiority and godhood of Lord Shri Ram because there was not enough

humanism as compared to Hanuman ji.

Throughout the life of Swami Vivekananda, we find humanism or love of humanity as the primary and core quality governing the character of Swami Vivekananda. He owed to be born again and again to be of use to the suffering mankind. He doesn't aspire for self-realization or God realization. Nor does he want any power or position. He wants to be a loving person of humanism to serve humanity. In the process, he would give up his ego and possessiveness. He would submit it all for the wellbeing of all. "**Thyage naike amruthatva manusu**" he did not Stop there he went ahead to declare that the service to humanity is service to divinity and "**athmano mokshartham, jagat hithayacha**" spirituality is secondary to service activities. Through Humanism and service only we can attain everything including godhood.



Dr. Manjunath inspires Students as Chief Guest at De Sales Academy's International Yoga Day celebration

Dr. Manjunath, Yoga Anatomy expert, philosopher, and Vedic scholar from S-VYASA University, was invited as the Chief Guest at the International Day of Yoga celebration on 21st June 2025 organized by De Sales Academy, Bengaluru.

On behalf of the academy, the Principal, Fr. Bijesh Thomas OSFS, expressed heartfelt gratitude to Dr. Manjunath for his inspiring presence and insightful address that deeply resonated with the students.



NavBharat International S-VYASA IDY 2025



NavBharat International proudly announces the successful conclusion of a highly impactful six-day visit to the Kingdom of Bahrain by two eminent figures from India: Padmashri Dr. H.R. Nagendra, Founder & Chancellor of S-VYASA Yoga University, and Dr. Manjunath N.K., Vice-Chancellor of S-VYASA. Their visit, a testament to the growing cultural and health ties between India and Bahrain, was orchestrated by NavBharat and marked a significant milestone as they represented the Central Council for Research in Yoga & Naturopathy (CCRYN), Ministry of AYUSH, Government of India.

The visit, spanning from June 14th to June 19th, 2025, encompassed a diverse array of engagements, reinforcing Bahrain's commitment to holistic health and wellness, with Yoga and AYUSH at its core.

Yoga Connect 2025: A Resounding Success

The highlight of the visit was "Yoga Connect 2025," an event organized by NavBharat International in collaboration with CCRYN,



Padma Shri Dr H R Nagendra



Dr. N K Manjunath



Ministry of AYUSH, Government of India, held on June 14th at the prestigious Canada Club Auditorium. The event saw overwhelming participation from over 150 distinguished attendees and local dignitaries.

The ceremony commenced with traditional Vedic chanting and the ceremonial lamp lighting, followed by a captivating Kathak performance. Mrs. Ruchi Dubey expertly hosted the program. Dr. Raghavendra Rao, Director, CCRYN, joined virtually, commending NavBharat's initiative and arming the Ministry's continued support for promoting yoga as a bridge between India and Bahrain. Padmashri Dr. H.R. Nagendra delivered a powerful keynote address, articulating the profound theme of "One Earth, One Health through Yoga," underscoring the scientific underpinnings of traditional yogic practices. Dr. Manjunath N.K. further enriched the discourse with a specialized talk on the therapeutic benefits of yoga, offering valuable insights into its healing potential. The event also

featured an engaging yoga protocol session led by International Yoga Guru Shri Ritesh Dubey, faculty of Yoga and Sanskrit at NavBharat, alongside his disciple Dr. Anjana.

The event was graced by notable dignitaries from the Kingdom of Bahrain, including Col. Yusuf Al Dosari, President, Al Qudesiya Sports Club; Dr. Yusuf Behzad, Vice President, Al Qudesiya Sports Club; and Mr. Yusuf Mutava, Director, Al Qudesiya Sports Club. All guests lauded the initiative and encouraged Bahraini citizens to embrace the transformative power of yoga. Mr. Amarjeet Singh, President of NavBharat International, extended a warm welcome, and Smt. Poornima Jagadeesh delivered the vote of thanks. The executive committee of NavBharat International, including Gangadhar Ji, Shri. Gopalkrishna Kinny, Shri. Sai Kumar ji, Shri. Rithin Raj ji, Shri. Baiju Krishna ji, Smt. Asha Pradeep, Smt. Ruchi Dubey, Smt. Poornima Jagadeesh, and other prominent figures like Shri. Vijay Shah, Shri. Ram Tiwari, Shri.





Ramakrishna, and Shri. Mohan Kumar ji, were actively involved in the success of the event.

International Conference on Complementary & Integrative Medicine

Beyond "Yoga Connect 2025," both Padmashri Dr. H.R. Nagendra and Dr. Manjunath N.K. were distinguished speakers at an International Conference on Complementary & Integrative Medicine held on June 16th at Al Hilal Hospital, Muharraq. Their addresses provided invaluable perspectives on integrating traditional Indian health practices with modern medicine, fostering a holistic approach to well-being.

Engaging with the Community and Business Leaders & Exploring Bahrain's Heritage

The distinguished guests' itinerary also included meaningful interactions with the local community and prominent Indian business leaders. They had a delightful interaction and dinner with NavBharat Ex-Com Members and their families, strengthening the bonds of community. Recognising the crucial role of media in disseminating awareness, Dr. Nagendra and Dr. Manjunath participated in a series of FM interviews and podcast discussions, specifically for NavBharat, focusing on the future prospects of Yoga in Bahrain. These discussions aimed to reach a wider audience and promote the benefits of yoga for a healthier lifestyle. Furthermore, they engaged in a series of productive discussions with eminent members of the Indian business community, exploring avenues for collaboration and the promotion of AYUSH practices within the region.

To further enrich their understanding of Bahrain, the dignitaries also enjoyed a comprehensive sightseeing tour. This included a visit to the Bahrain National Museum, offering a deep dive into the Kingdom's rich history



and cultural heritage. They also experienced Bahrain's natural beauty with a visit to a wildlife sanctuary, observing local flora and fauna. Completing their cultural immersion, they paid respects at a revered Hindu Temple, experiencing the spiritual diversity of Bahrain. NavBharat International extends its heartfelt gratitude to Padmashri Dr. H.R. Nagendra and Dr. Manjunath N.K. for their invaluable contribution to this successful visit. Their presence and insights have significantly bolstered the understanding and adoption of Yoga and AYUSH in Bahrain, paving the way for a healthier and more integrated future. NavBharat remains committed to fostering such initiatives that promote cultural exchange and well-being between India and the Kingdom of Bahrain.



Kuwait IDY - 2025 celebrations

ICAI Kuwait Chapter and Centre for India Studies Celebrate the International Day of Yoga 2025 with Padma Shri Dr. H.R. Nagendra on June 20 and 21, 2025



brought together global thought leaders in yoga, Indian community leaders, professionals, students, and wellness enthusiasts to honor India's timeless gift to the world - Yoga.

A Distinguished Gathering

The event was graced by Padma Shri Dr. H.R. Nagendra, Chancellor of S-VYASA University and Personal Yoga Advisor to *Hon'ble Prime Minister of India Shri Narendra Modi Ji*, along with Dr. N.K. Manjunath, Vice-Chancellor of S-VYASA and a Renowned Researcher in Yoga and Integrative Medicine.

The Institute of Chartered Accountants of India (ICAI) Kuwait Chapter, in collaboration with the Centre for India Studies (CIS), organized a landmark celebration of the 11th International Day of Yoga (IDY) 2025 at Aspire Indian International School, Salmiya. Held under the theme *"A Path to Inner Peace,"* the event

The program began with a warm welcome address by Shri R. Roopesh, General Secretary of the Centre for India Studies, who set the tone by highlighting the global relevance of yoga in achieving peace, health, and inner balance. Representing the Embassy of India, Shri Baij





Nath Prasad, Second Secretary (Education & Culture), expressed his appreciation for the community's continued commitment to promoting Indian heritage and wellness in Kuwait.

Addresses were also delivered by CA Rohit Agarwal, Chairperson of ICAI Kuwait Chapter, and Shri T.R. Sanju Raj, President of the Centre for India Studies, who both emphasized the role of yoga in contemporary life, especially in enhancing mental and physical well-being. Their remarks highlighted how professional and cultural platforms can collaborate meaningfully to promote holistic living.

A traditional lamp-lighting ceremony followed, symbolizing knowledge and auspicious beginnings.



Celebrating Yoga through Knowledge and Practice

Padma Shri Dr. H.R. Nagendra delivered an inspiring keynote, explaining yoga's depth not only as a physical discipline but as a science of consciousness that can transform societies. Dr. N.K. Manjunath provided scientific perspectives on yoga's measurable impact on stress, immunity, and quality of life, stressing the need for its integration into health and education systems.

A powerful yoga demonstration by the Student Wing of CIS showcased the energy and enthusiasm of the youth. The event's highlight



was the Common Yoga Protocol session led by Mr. Ajay Bhojria and team, guiding over 250 participants through a sequence of traditional yoga practices.

The event was completed with grace and confidence by Miss Vrinda Vinuraj, a CIS student. CA Umesh Soni, Secretary of ICAI Kuwait, delivered a heartfelt vote of thanks,





acknowledging the dignitaries, participants, volunteers, and organizing teams who made the celebration a resounding success.

Both Dr. Nagendra and Dr. Manjunath were felicitated by ICAI and CIS for their exemplary contributions to the global propagation of yoga. A group photo and light refreshments concluded the meaningful morning.

Embassy-Led IDY Celebration at Boulevard Stadium

On June 21, the official International Day of Yoga celebrations organized by the Embassy of India in Kuwait, in collaboration with Centre for India Studies, Seva Darshan, Harmony House, Heartfulness, Bharathiya Pravasi Parishath and other yoga organizations, were held at the Boulevard Cricket Stadium in Kuwait City.

The event witnessed a grand turnout of more than 1,500 participants from across the Indian community, local institutions, and wellness circles. The audience was captivated by enthralling yoga performances from various yoga teams, followed by a mass Common Yoga Protocol session.

Padma Shri Dr. H.R. Nagendra, as the Special Guest, addressed the gathering, speaking

passionately about the importance of yoga for global peace and sustainable health. The event was presided over by H.E. Dr. Adarsh Swaika, Ambassador of India to Kuwait, who emphasized yoga's growing international significance and its role as a unifying cultural force.

Adding further prestige, Padma Shri Sheikha Al-Sabah and the Director General of the Olympic Council of Asia were also present and addressed the gathering, acknowledging yoga's expanding presence in international wellness and sporting arenas.

A Unified Message of Wellness

Together, the two-day celebration showcased Kuwait's strong embrace of yoga and India's cultural heritage. With the joint efforts of ICAI Kuwait Chapter, CIS, and the Embassy of India, the events served as powerful platforms for community building, education, and the promotion of holistic health.

By bridging generations, professions, and cultures, the International Day of Yoga 2025 celebrations in Kuwait were not just a tribute to ancient wisdom, but a timely call for balance, inner peace, and global harmony.



International Day of Yoga 2025 Portugal

The 24th International Day of Yoga (IDY) was celebrated with deep spiritual reverence and cultural richness in Lisbon, Portugal, on 22nd June 2025. The event was organized by the Portuguese Yoga Confederation (Confederação Portuguesa do Yoga) and witnessed the participation of yoga practitioners, dignitaries, and spiritual leaders from around the world, reaffirming yoga's timeless relevance and its power to unify humanity.

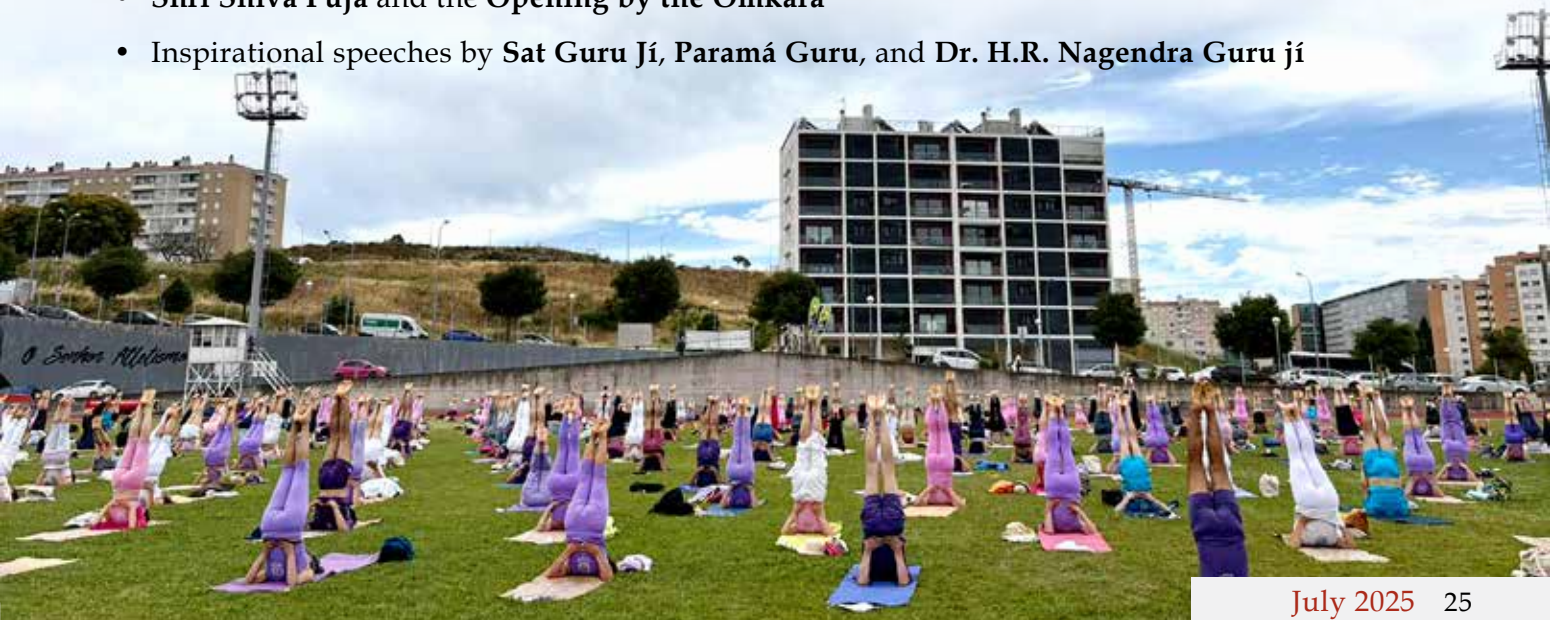


The celebration was graced by **Padma Shri Dr. H.R. Nagendra**, Chancellor of S-VYASA University and Personal Yoga Advisor to the Hon'ble Prime Minister of India, who attended as the **Guest of Honour**. Dr. Nagendra delivered a profound address during the opening ceremony, where he emphasized yoga's role in nurturing inner peace and contributing to global harmony.

Dr. N.K. Manjunath, Vice-Chancellor of S-VYASA University and a distinguished Researcher in Yoga and Integrative Medicine, also participated as a **special guest**. His presence added academic and scientific depth to the celebration. Both dignitaries were formally invited and hosted by the Portuguese Yoga Confederation.

The program throughout the day featured a variety of impactful and culturally rich events, including:

- **Shrī Shiva Pújá** and the **Opening by the Omkára**
- Inspirational speeches by **Sat Guru Jí**, **Paramá Guru**, and **Dr. H.R. Nagendra Guru jí**





- A captivating demonstration by **Pashupati**, and special addresses from the **Lisbon City Hall**, **Art of Living**, and **Shiva Mandir**
- **Children's yoga sessions**, cultural performances, **Kirtanam**, and the **Central and Closing Circles**

The event also honoured dedicated members of the yoga community with the titles of **Yogini of the Year** and **Shishya of the Year**, recognizing their contributions and spirit of service.

The 2025 celebration of IDY in Portugal successfully showcased the nation's commitment to promoting traditional Indian yoga and served to strengthen the cultural and spiritual ties between **India and Europe** through the shared wisdom of yoga.





Dr. H. R. Nagendra and Dr. N. K. Manjunath at All Here Quantified Meditation Institute, Geneva



Theme: *The Practice of the East – The Science & Technology of the West. From India to Switzerland.*

On 24th and 25th June 2025, the All Here Quantified Meditation Institute in Geneva had the honour of welcoming two distinguished guests: **Padma Shri Dr. H. R. Nagendra**, President of S-VYASA Deemed to be University, and **Dr. N. K. Manjunath**, Vice Chancellor of S-VYASA University, Bengaluru, India.

Since 2023, All Here and S-VYASA have collaborated to advance the practice and research of **meditation and heightened states of consciousness**, particularly those described as **Samadhi** in the ancient Vedic tradition.

Meditation, Samadhi, and Scientific Research

Dr. Nagendra and Dr. Manjunath joined All Here founder **Erkin Bek** for deep meditation sessions, which were followed by intensive scientific discussions with **Chief Scientist Prof. Christoph Michel**, and researchers **Dr. Chuong Ngo** and **Dr. Lionel Newman**. These exchanges



focused on the **science of Dhyana and Samadhi**, emphasizing the critical importance of integrating yogic theory with empirical research and developing scientific publications to support this connection.

XR Meditation Technology Platform

The guests also experienced All Here's **XR Immersive Meditation Platform**, introduced by XR Creative Director **Dr. Loup Vuarnesson**. This technology demonstrated the powerful potential of immersive tools to **inspire modern society to meditate**, bridging ancient practices with futuristic applications.



Brain-Computer Interface for Meditation

A highlight of the visit was the participation of Dr. Nagendra and Dr. Manjunath in **brain activity recording sessions**. Using All Here's cutting-edge **EEG-guided Brain-Computer Interface technology**, their meditation states were visualized in real-time. Advanced **neuroimaging and time-frequency analysis** allowed the researchers to assess brain activity dynamically. This led to insightful discussions on the value of such tools in deepening meditative training and expanding the scientific understanding of altered states of consciousness.



World Meditation League

The discussions also included reflections on the recently concluded **Geneva Meditation Challenge**, upcoming **Tokyo Meditation Challenge (October 1-2, 2025)**, and initial plans for hosting the **World Meditation Challenge in India in 2026**. These initiatives aim to build a **global circuit of Meditation Cities**, uniting science, tradition, and technology.



Joint Statement

The visit concluded with the **signing of a joint statement**, affirming the shared mission of supporting meditation as a **transformative global practice**, guided by **scientific insight and modern technology**.



Inspire to Meditate - With Science and Technology.





A New Path was paved for Yoga in France



Padma Shri H. R. Nagendra Guruji, President, S-VYASA Deemed to be University, and Dr. N. K. Manjunath Ji, Vice Chancellor, S-VYASA University | Hosted by: Indian Conservatory of Paris, France | Visit Dates: 26th to 29th June 2025

Dr. H.R. Nagendra Guruji and Dr. N.K. Manjunath Ji's visit to France was engaging and eventful.

1. Visit to "Paris-Nanterre University": 26th June 2025

Dr. H.R. Nagendra Guruji, President of S-VYASA University, Dr. N.K. Manjunath Ji, Vice Chancellor of S-VYASA University and K.S. Pradyumna, President of Indian Conservatory

of Paris, visited the MSH (House of Human and Social Sciences of the French National Research Centre), at University of Paris Nanterre. They were welcomed by Mrs. Ghislaine Glasson Deschaumes, Director of MSH, Dr Emmanuel Grimaud, researcher and anthropologist and Dr Vincent Rioux, researcher and artist, students and yoga practitioners. The visit was coordinated by Delia Visan, who is currently pursuing her Master of Research in Anthropology, taking yoga as a research topic.

After a brief introduction by the director of the MSH, the team visited the Library which houses more than 60,000 titles and around 300 titles related to India and the Indian knowledge system.





Then the researchers demonstrated an experiment with the Zero Point Energy Balance, conceived and developed by Dr Emmanuel Grimaud and Dr Vincent Rioux, an art/ science research platform focusing on the human body and on micro-movement capture in a state of inertia. It takes the form of a weighing scale, endowed with 4 sensors at the edges, which are sensitive to the micro movements of the body, assisted by a drawing machine that draws on the basis of the signal it receives from the balance. The device helps to understand the stability of the human body, which is essential when it comes to yoga.

Dr. Manjunath N.K. tested the device in Samasthiti asana. Exchanges ranged from the construction of the measuring device to the collection, display and analysis of data. The discussion highlighted the correlation between the right side and left side of the body and how the microstates can change between the right side and left side, thus giving rise to modification in display of gathered data, leading to finer observations and analysis.

It was also suggested that the device which is currently designed for a person to stand or sit on it should be extended to a horizontal position. Hence, there will be less impact of gravity.

Dr. H.R. Nagendra emphasized the importance of the University of Paris Nanterre to further engage with S-VYASA. An invitation was extended to the researchers to attend the Annual Researcher's conference in S-VYASA next December to present some data on yoga and to do some more experiments with researchers from Anvesana laboratories.

Dr Alexandre Coutté, psychologist, who is co-supervising Delia's research together with Dr Emmanuel Grimaud, gave a tour of the Sports research facilities from the physiology laboratory of Nanterre University.

Overall, it was a fruitful visit, which would pave the way for further engagement in joint research and knowledge sharing.



2. Visit to “Institut national des langues et civilisations orientales (INALCO)”: 27th June 2025

Dr. H R Nagendra Guruji, Dr. N K Manjunath Ji, Mrs. Bhavana Pradyumna, Founder President and Artistic Director of Indian Conservatory of Paris, visited INALCO and met with Ms. Benedicte, Manager International Relations and Mr. Joshi, Head of South Asian studies. Together they explored possibilities to introduce Yoga, Yoga research and Sanskrit related topics at INALCO. Ms. Benedicte and Mr. Joshi also outlined the limitations that INALCO has, and the challenges that could be faced to further the said topics.

It was good to understand the diverse challenges that one could face while exploring a common ground.



3. Discussion with Dr. Aarti Ramaswami, Executive Vice President and Dean of Pre-Experience Programs at ESSEC school of Business: 27th June 2025

Dr. H R Nagendra and Dr. Manjunath gave a brief overview of S-VYASA university and their foray into Engineering and Business schools. They emphasized on the new campus built in the midst of a Business Park, which is modeled after Medical schools built in close proximity to Hospitals. They outlined how Student Corporate interactions are brought about throughout the year, enabling the real world and Academia to stay engaged. Dr. Manjunath shared his experience of how Stress and Executive tension is gradually decreasing the age of people getting admitted for rehabilitation at Prashanti Kutiram, from 50 to 60 years to 30 to 40 years, in the recent past. The need for Yoga in B-School education to prepare the executives for life, and to help them manage their stress themselves was outlined. Few examples like Students from IIM-B spending time in S-VYASA university to undergo specific training or certifications was also shared.

Dr. Aarti Ramaswami outlined the initiatives at ESSEC school of Business, around wellness and healthcare. Dr. Aarti emphasized on how students at ESSEC are encouraged to focus on overall development, rather than focusing only on Studies. The overall ecosystem at ESSEC

encourages students to get involved in sports, there are specific credits provided for sports participation too, which is quite unique at a B-School level. Programs like ESSEC Moves and access to therapists for students struggling across any dimension really makes ESSEC a student friendly B-School. Dr. Aarti also shared that the faculty have access to free Yoga and Zumba classes.

Pradyumna explained how the Indian Conservatory of Paris has been contributing to French society and to a Global audience through Indian Culture. He shared about the Objectives of the association and also how Vision 2047 laid out by India and France encourages greater student mobility between India and France, where Indian Conservatory of Paris will have a huge role to play as an anchoring point for those students to engage positively with French society.

Dr. H R Nagendra Guruji, Dr. Manjunath Ji and Pradyumna were very impressed to learn about the emphasis on the holistic development of students at ESSEC. The existing focus and orientation towards student wellbeing at ESSEC was a good common ground for the three institutions to explore each other's strength and find ways and programs to bring value to students. Dr. Manjunath also emphasized on exploring student exchange and short-term certification for students from S-VYASA at ESSEC.

Overall, it was a very open conversation to get to know each other better, and to explore new possibilities. Everyone acknowledged that:

S-VYASA has its strength in Yoga research, and training future executives and executives to take up life challenges based on Yoga Practices.

Indian Conservatory of Paris has its strength in building People to people relationship between India and France, acting as a Cultural anchoring point to all Indian students while allowing Global and French students to explore Indian culture further.





ESSEC is a leader in the field of Business C Management with an emphasis on overall development of their students.

It was a good first step. More needs to be followed up, and future Collaborations could be fruitful for sure.

4. Master Class by Dr. H R Nagendra Guruji and Dr. N K Manjunath: 27th June 2025

The master class was organized by the Indian Conservatory of Paris, in collaboration with Heartfulness. Paule Porruncini welcomed the students and gave a brief introduction to

Heartfulness. This was followed by a wonderful presentation by Dr. Manjunath on “Science and Art of Yoga”. This was followed by “Self-Management of Executive Tension (SMET)” or “Cyclic Meditation”. Dr. H R Nagendra Guruji outlined the Upanishad-based inspiration for SMET. He also shared research and studies related to the benefits of SMET compared to other relaxation techniques. SMET course was given by Dr. Manjunath which was demoed by Pradyumna Srinath Kandadai.

Students truly enjoyed the knowledge sharing pitch and the new methodology of relaxation.

5. Signing of Memorandum of Understanding between S-VYASA University and Indian Conservatory of Paris: 28th June 2025

Dr. N K Manjunath Ji, Vice-Chancellor of S-VYASA University and Mr. Pradyumna Srinath Kandadai, President of Indian Conservatory of Paris signed an MoU in the August presence of Padma Shri Dr. H R Nagendra Guruji, Padma Shri Kiran Vyas Ji, Founder Tapovan, France, Priyadharsini Ravindran, Counsellor (Press, Information C Culture) C Director (SVCC), Srinivas Kaveri, Director of Research, CNRS,





Bhavana Pradyumna, Founder President and Artistic Director, Indian Conservatory of Paris. Many French and Indian representatives and diaspora were present at the event, including Biren Shah, Founder INFRA, and Delia Visan, Yoga Researcher. The MoU was signed at the event hall in Maison de L'Inde (India House), which is a significant place for Indian academicians in Paris.

The day marked a moment of continuity and commitment in the evolution of the Indian Conservatory of Paris (ICParis). It was not just the signing of an MoU – it was the reaffirmation of its shared purpose: to build meaningful, sustainable pathways between India and France through education, culture, and wellness.

In the past year, ICParis has taken significant

steps forward. In 2024, they had signed an MoU with Tamil Nadu Dr. J Jayalalithaa Music and Fine Arts University, enabling their students here in France to pursue recognized diploma certification in Indian classical music and dance. These are not isolated achievements - they reflect a growing ecosystem at ICParis where training is rigorous, standards are respected, and cultural depth is honoured.

The Indian conservatory of Paris is not just offering instructions - they are offering: Authentic cultural education, Academic recognition, and a profound understanding of the values, history, and contemporary relevance of India's rich heritage.

With an MoU with S-VYASA University, ICParis expands its reach into Yoga, wellness,



and the humanities. This is a natural evolution – because art without inner awareness is form without soul, and Yoga without cultural context risks becoming mere postures.

What excited everyone deeply is the opportunity to build relevance not only within India, but across France and the wider Francophone world. As ICParis grows, it is conscious that these Indian knowledge systems - whether through Yoga, music, or Sanskrit - must be made accessible and meaningful to French-speaking

audiences. This is where ICParis plays a unique role: not only as a conservatory of Indian heritage, but as a cultural interpreter, bridging languages, pedagogies, and philosophies. This further establishes ICParis as an anchoring point for Indian culture.

S-VYASA, with its vast experience of enabling Yoga education across 100s of countries, would play a vital role in guiding and nurturing ICParis to help bring the beauty of the academic approach to Yoga and Yoga research to France. This MoU will provide ICParis the access to the vast knowledge and Yoga methodologies that S-VYASA has built over a period of time. This will also enable S-VYASA to provide material and training support to ICParis, to build an effective training base in France.

By uniting ancient wisdom and modern vision, an Indo-French innovation framework for the study and research of Yoga and Humanities was established through the MoU.

This was followed by a discourse by Dr. H R Nagendra Guruji on the topic of “Modern Science, its limitations, and the need to go beyond a materialistic approach to understanding life”!

The day ended with cultural events presented by the Indian Conservatory of Paris. “Yoga, Odissi and Raga: A Sacred Confluence” A unique lecdem weaving together Yogic stillness, Odissi expression, and the subtle language of mudras was curated by Bhavana Pradyumna, Artistic Director of Indian Conservatory of Paris, Yoga by Dhanya Kandadai (7 yrs), Yoga Student at ICParis and Odissi by Saheli Nath, Odissi teacher at ICParis.

Audiences were thrilled to experience movement as asana and chowk, gesture as mantra, and tradition as a living art. Audiences were left mesmerized by the curated performance.

Overall, it was a momentous occasion where a new path was paved for Yoga in France.



SVYASA Houston Leads inclusive Celebrations for 11th IDY

SVYASA Houston, in partnership with the Consulate General of India, Houston, and several community organizations, organized **35 yoga events** across Greater Houston and Dallas to mark the **11th International Day of Yoga (IDY)**.

A highlight this year was a special **Spanish-language yoga session** for the Hispanic community, hosted by SVYASA for the first time. The event received an overwhelming response, with over **150 participants**, showcasing yoga's universal appeal and cross-cultural reach.

The celebrations took place at parks, temples, community centers, and schools, offering sessions in asanas, pranayama, and meditation.

Mr. D C Manjunath, Consul General of India in Houston, participated in the events, reinforcing India's commitment to promoting yoga globally.

SVYASA Houston's leadership in organizing inclusive and community-centered yoga programs continues to make a meaningful impact, promoting health, unity, and well-being through the timeless wisdom of yoga.





11th IDY celebrations by Vyasa Yoga Singapore

June 21: Vyasa Yoga Singapore conducted 11th International Day of Yoga celebrations in 32 locations across Singapore and over 1723 Yoga Enthusiasts participated.

Some of the important locations:

- High Commission of India at Gardens by the bay (iconic place in Singapore).
Totally, 400 participants
- Civil Service Club. Totally, 250 participants
- Sindhi House





Yoga Sangama – Celebrating IDY 2025 at Prashanti Kutiram



On the morning of 21st June 2025, the serene campus of S-VYASA University came alive with unity, purpose, and vibrant yogic energy as it hosted its signature event, "Yoga Sangama," commemorating the 10th International Day of Yoga (IDY). With over 2,500 participants joining from the university's various academic wings and neighbouring schools, the event was a grand celebration of timeless wisdom and contemporary relevance of Yoga.

Distinguished Presence and Ceremonial Highlights:

Extending a warm welcome to all dignitaries and attendees, Pro-Chancellor, Dr. B.R. Ramakrishna outlined the significance of the "Yoga Sangama" event as a confluence of knowledge, practice, and community spirit. His welcome address echoed the university's ethos of blending tradition with innovation.





The Chief Guest, Dr. C.N. Manjunath, renowned cardiologist and Honourable Member of Parliament, Bengaluru South, graced the occasion with his inspiring presence. He highlighted yoga's growing global recognition and lauded S-VYASA's pivotal role in driving evidence-based approaches to yogic health. His reflections underscored yoga's power to harmonize body, mind, and spirit, especially significant in today's fast-paced world.

The event was presided over by the Chancellor of S-VYASA, Prof. K. Subramanyam, whose words set a tone of reverence and vision. In his presidential address, he emphasized the university's longstanding commitment to integrating yoga into mainstream life through education and scientific research.

The gathering received heartfelt blessings from Dr. R. Nagarathna, whose pioneering contributions to yoga therapy continue to uplift thousands. Her address touched upon yoga as a holistic lifestyle, urging the youth to carry forward its legacy with sincerity and discipline.

Collective Practice and Yoga Pyramids:

A breathtaking display unfolded as students formed yoga pyramids, symbolizing strength through collaboration and focus. These visual performances captivated the audience, showcasing discipline and creative expression rooted in yogic tradition.

The highlight of the morning was the Common Yoga Protocol (CYP) session. Over 2,000 faculty members and students from S-VYASA, Sushrutha Ayurveda Medical College, and the Sushrutha College of Nursing, along with 500 students from nearby government schools, participated in perfect synchrony. All the participants practicing resonated as one with the theme "Yoga for one earth and one health".

"Yoga Sangama" 2025 reinforced S-VYASA's reputation as a torchbearer in global yoga education and research. By bringing together diverse communities in shared practice, the event embodied the spirit of Vasudhaiva Kutumbakam – the world as one family.



In **Strasbourg - France**, at Pourtalès' castle, motivated practitioners met for this beautiful International Yoga Day. The program was as varied as the French public seeks – from 7.00am, sunyoga led by Michael, then morning yoga with postures and breathing, a Hatha Yoga session with Murielle., two sessions "Breath & Energy" and "Laughter & Relaxation". Pascal Papillon, President of the ALSACE-RHINDIA association, organizer of the day, likes to remind how important Positive Health and the art of "Living Together" are and how yoga with its many facets can promote Life & Peace.



Yoga Saptah – IDY 2025 Celebration

Organised by the **School of Yogic Sciences,**
S-VYASA Deemed to be University, Bengaluru



The 11th International Day of Yoga was celebrated through a vibrant and engaging series of events from 16th to 21st June 2025, along with additional programs throughout the month of June.

National-Level Competitions

Three national-level online competitions – **Essay Writing, Poster Making, and Reel Making** – were conducted. These events drew creative participation from students across India, showcasing their insights and talent on yoga's relevance in contemporary times. Approximately 1,000 participants from across the country joined through our official Instagram page.

National Seminar on Career and Entrepreneurship in Yoga

On 17th June, a National Seminar was held in hybrid mode, focusing on "Career and Entrepreneurship in Yoga", coordinated by Dr. Satyaprakash. The seminar featured renowned



speakers including Dr. Anitha Bhat, Dr. Chametcha Singphow, Dr. Ramesh M. N., Dr. Apar Saoji, and Dr. N. Sridhar, who provided valuable perspectives on opportunities in yoga research, therapy, and enterprise. The seminar witnessed the participation of nearly 500 students from over 20 institutions across India.

Inter-University Competitions

A set of three inter-university competitions were organized:

- **Extempore Speech Competition – “Yogvāḥi: Voices of Yoga for One Earth, One Health”** held on 18th June, coordinated by Dr. N. P.



Sridhar and Ms. Prakriti (PhD) provided a platform for spontaneous expression and reflective insights into the application of yoga for modern global challenges.

- On 19th June, Sun Salutation and Rhythmic Yoga Competitions displayed high-energy performances under the guidance of Dr. Komal.
- The Team Asana Competition, held on 20th June under Ms. Gayatri's supervision, tested participants' strength, stability, and synchronicity in classical yoga postures such as Padmasana, Shavasana, and Vrikshasana.

addressed student queries on yoga philosophy, lifestyle, and therapeutic applications. The campaign received over 1.5 lakh views, significantly enhancing S-VYASA's digital presence and engagement with the youth.

As part of its educational outreach, the School conducted 11 days of free yoga classes from 11th to 21st June, led by advanced student instructors. Complementing this initiative was a 21-day online lecture series, streamed via the S-VYASA YouTube channel starting from 5th June, featuring renowned experts, including Padma Shri Dr. H. R. Nagendra Ji. This initiative attracted over 400 new subscribers and garnered more than 9,000 views within a short span. Grand Finale - Yoga Sangama (21st June 2025)

Community Outreach: Village Training Camps

From 19th to 20th June, Village Yoga Training Camps were conducted, coordinated by Ms. Maheshwari and Ms. Simla. These camps involved taking yoga into rural schools and communities, with a focus on preventive health and wellness. More than 1,000 school children benefited from these sessions, conducted by the students of the School of Yogic Sciences.

Digital Campaign - "21 Days, 21 Reels: Ask Your Faculty"

A standout feature of this year's celebration was the digital outreach campaign, "21 Days, 21 Reels - Ask Your Faculty", launched on Instagram. Faculty members from the school

The celebrations culminated with the main International Day of Yoga event - "Yoga Sangama" held on 21st June 2025 at Prashanti Kutiram Campus. The event witnessed participation from the university community and visitors, embodying the spirit of unity and wellness through yoga. The program was a true reflection of S-VYASA's academic excellence and its commitment to making yoga an integral part of everyday life.

The IDY 2025 celebrations by the School of Yogic Sciences were made possible through the



planning and execution phases. The entire series of events was **meticulously coordinated by Dr. Soubhagyalaxmi Mohanty**, ensuring successful implementation of each initiative and extensive outreach across platforms.

Acknowledgement

We extend our heartfelt thanks to our dedicated PhD Scholars, Mr. Kedar, Mr. Ravi, Mr. Shobhit, Ms. Poornima, Ms. Reena, and MSc student Mr. Ishan for their tireless support and seamless coordination throughout the celebration.

Representation as Jury Members in National Olympiad Competition 2025

Two of our faculty members of School of Yogic Sciences, Dr. Vikas Rawat and Dr. Soubhagyalaxmi Mohanty had the honor of representing S-VYASA as jury members in the National Olympiad Competition 2025, held in Kanyakumari from 15th to 18th June 2025. The competition featured participation from students aged 10 to 17 years, representing 34 states across India. Approximately 500 students took part in this prestigious event.

visionary leadership of Dr. H. R. Nagendra, Dr. N. K. Manjunath, and Dr. Shiva Shankar Sai, whose guidance laid the foundation for impactful and far-reaching events. The program received **extraordinary support from Dr. Vikas Rawat**, Principal, whose encouragement and direction were instrumental throughout the

Glimpses of 11th International Day of Yoga celebration in Ballari





S-VYASA Faculty are leading the way at IDY 2025 Events across the country: Spreading the light of Yoga across multiple states and locations



SNo	Name of Institution	Names of Speakers	No. of Participants	Description of Events
1	PES University	Dr. Ritesh C	100	Guest lecture: "Rethinking Recovery: Where Yoga Meets Medicine"
2	National Institute of Unani Medicine, Bengaluru	Dr. Jincy Sundaran, Dr. Dhriti, Dr. Sowmya, Dr. Prashant	Not specified	CYP session, artistic yoga, and talk on "One Earth, One Health"
3	Konnagar Nadu Nursing & Medical Tech, Kumbakonam	Ms. Disksha, Ms. Prajna	30	5-day Yoga Practice session
4	Oxford Medical College	Dr. Ranjitha R	162	Talk on Integrated Approach to Yoga Therapy (IAYT) and Panchakosha concept
5	PESUIMSR	Dr. Anusuya M S	250+	IDY 2025 talk and yoga session
6	S-VYASA, SSYNM	Dr. Anshuman, Ms. Sowmia	325	"Yoga Samavesh" - 7-day diabetes awareness with practice, workshop, and kit distribution
7	Govt/ Pvt Schools, V.Kota, Chittoor	Ms. Gayatri, Ms. Hasitha Devi, Ms. Pujitha, Ms. Jaisree	2000	Yoga + Menstrual Hygiene and Diet Awareness
8	Shri Saraswati Padasala Girls HSS, Kumbakonam	Ms. Keerthiya Sri S, Ms. Prashanti	300	5-day Yoga awareness session
9	Schools in Cheyyur, Chennai	Ms. Harsini S, Ms. VN Malvika	900	Yoga + Naturopathy + Teacher Diet Guidance
10	Valliammai Nursery & Primary School, Pudukkottai	Mr. Gokul G	250	Yoga, pranayama, relaxation + lectures on lifestyle and yoga philosophy
11	Shantiniketan Vidya Mandhira, New Baldwin Int'l School	Ms. Varsha D	70	Holistic well-being yoga sessions



SNo	Name of Institution	Names of Speakers	No. of Participants	Description of Events
12	Schools in Thiruvavarur, Tamil Nadu	Ms. Harini, Ms. Yogaa M S, Ms. Nivethana TE	900	Yoga sessions across 3 higher secondary schools
13	Sri Krishna PU College, Jigani	Dr. Girishankara K S	68	One-day IDY session on "One Earth, One Health"
14	GHPS, Koracharapalya, Devanahalli	Ms. Harshitha M, Ms. Varsha S, Ms. Lokagna R	150	Yoga camp + special awareness session on yoga significance
15	Multiple Schools	Ms. Aishwarya Rathod, Ms. Akshata Manjare	150	Yoga sessions with Krida Yoga, talks, and practice for school students
16	Jayanthi Ramesh School	Ms. Feblin Jose	40	6-day yoga camp for fitness, well-being, and awareness with asanas, pranayama, meditation
17	Chethana Vidya Mandira, Horpet, Tumakuru	Ms. Ruthambhara G M, Ms. Purvi G V	540	6-day yoga camp for high school students
18	Multiple Schools in Vijayanagar District, Kottur	Ms. Vedika Saha, Ms. Putravu, Varalakshmi, Ms. Nidhi Rajput	3500	6-day yoga camp at 7 locations, raising yoga awareness
19	Govt Higher Primary School, Vajarahalli, Nelamangala	Ms. Sushmitha, Ms. Baishnabee, Ms. Vyshnavi B S	100	Yoga sessions + mental health and balanced diet awareness
20	BGS IRS & other schools, Peenya, Golden Valley School	Ms. Vedika Shreya Kumar, Ms. Sakshi Naik, Ms. Shreyasee Suryawanshi, Ms. Shraddha Chandra	822	3-day workshop + IDY sessions at multiple schools; therapeutic yoga for students and parents
21	Karithimmanahalli Govt School, Christ University	Ms. Shreya Yadav, Ms. Mahi Gupta, Mr. Srejan Varghese, Mr. Gyani Rout	700+	Yoga practice + lecture on wellness; IDY session for PWD employees focused on spinal/ cardiovascular health
22	GMHPS, Devanahalli	Mr. Kishor M, Mr. Vaishak, Ms. Sahithya	150	6-day yoga camp





SNo	Name of Institution	Names of Speakers	No. of Participants	Description of Events
23	Teresian Primary School, Mysore	Dr. Divayshree M N	1700	Lecture and practice session on Yoga Day
24	Naicanoor & Ramakrishna HSS, Tamil Nadu	Mr. Yogeshwaran S	150	Yoga camp for primary and high school children
25	SRGDS Matriculation Primary School, Tiruvannamalai	Ms. Tharshini, Ms. Shri Dharshini	50	5-day yoga camp
26	Christ King Middle School, Tambaram, Chennai	Ms. Parkavi, Ms. Vaishnavi	760	Yoga for students (700) and therapeutic yoga for parents (60)
27	Spark Matriculation School, Vellore	Ms. Dhivishaa C	300	6-day yoga camp for students
28	Raipur Government School	Ms. Sona Sonar, Ms. Annapurna Dubey, Ms. Janvi C	600	5-day yoga sessions
29	Sheshadripuram English School, Tumakuru	Dr. Vaishali Mathapati, Mr. Prateek Anirudh	Not specified	Lecture on importance of Yoga + IDY protocol demo
30	Brundavana School, Anekal Taluk	Dr. Navya, Ms. Vasanthi, Ms. Vinusurya	1200	IDY protocol practice for school students
31	Sarkari Balakiyara Padavipoorva College & GHPS, Hassan	Ms. Spoorthi, Ms. Shivani, Ms. Pallavi	300	6-day Yoga Camp
32	5 venues in Vijayanagar district, Kotturu	Ms. Chaya Bhagavathi, Mr. Amrit Raj, Mr. Roshan Kumar	5000	6-day yoga camp: awareness workshop + practice sessions
33	Narayana e-Techno School, Hebbal	Ms. Aadhirai S	430	4-day yoga camp with lecture and practice sessions
34	Blossom School & Surabhi Foundation NGO, Somanahalli	Ms. Leelavathi V, Ms. Harshitha R, Ms. Harshitha Yogesh, Ms. Janavi R	120	6-day Yoga Camp + Menstrual Hygiene Awareness
35	Al-Hasnain Public School & Kalaburgi Public Garden	Ms. Jahnvi Patil	205	6-day yoga camp in multiple government institutions
36	RMS International School, Kanakapura	Ms. Chaithanya	280	Workshop with focus on posture correction, stress relief, and flexibility
37	Health Heal Geriatric Care Centre & Shree Sai School, Bangalore	Ms. Shalaka Vaidya	600	6-day workshop + health checkups + preventive care awareness
38	The Earnest Academy, Tamil Nadu	Ms. Rithanya, Ms. Vedhikkashri	600	6-day yoga camp + CYP on June 21
39	Sneha Deepam Matriculation HSS, Tamil Nadu	Ms. Jayaswarnna VS	600	6-day yoga workshop
40	GHPS, Sugaturu	Ms. Kruthika, Ms. Haripriya, Ms. Hiranya	250	6-day yoga workshop



SNo	Name of Institution	Names of Speakers	No. of Participants	Description of Events
41	G. Madegowda Institute of Naturopathy & Yogic Sciences (GMINYS), Mandya	Dr. Titty Goerge	500	Keynote on Eight Limbs of Yoga + Panchabhoota concept
42	Akshaya Patra Foundation	Dr. Amshuman R Yadav, Mr. Pratap Hebbar	45	IDY practice session for employees
43	Govt Urdu Primary School, Manipal Central, Just Books	Ms. Sharada A, Ms. Siri Suresh, Ms. Dhrti R Iyer	Not specified	6-day yoga camp + medical camp for faculty and professionals
44	Vellore and Arcot	Ms. Meruvasini V, Ms. Devika Biju	300	6-day yoga camp to raise awareness among students and staff
45	Doordarshan Chandana (TV Broadcast)	Dr. Divyashree M N	--	Live talk on "Yoga within Panchakosha theory" aired across Karnataka
46	Kozhikode Akashvani (FM Radio)	Dr. Jincy Sundaran	--	Radio interview on Yoga Day broadcast for news snippets
47	Liquid Propulsion Systems Centre (LPSC), ISRO, Bangalore	Dr. A. Snigdha Madhuri, Mr. Samyak, Ms. Sneha	150	2-day IDY event with yoga sessions for ISRO employees
48	Surya Financial Technologies Pvt. Ltd.	Dr. Moulya K Appanna	40	Lecture on "Yoga for One Earth, One Health" + practice session
49	ASC Defence Grounds	Mr. Mrutyunjay S Navalagatti and MD students of SSYNM	3000	Yoga event for officers, soldiers, and families
50	Spandana Psychiatric Hospital, Rajajinagar	Ms. Spandana S Patil	20	Yoga therapy awareness and practice session
51	Power Grid Corporation of India Limited, Bengaluru	Dr. Satya Prakash Purohit, Ms. Aswini	25	Lecture and practice session on yoga and wellness
52	Edify School, Kanakpura Main Road, Bengaluru	Mr. Dileep Kumar	500	Lecture on significance of yoga and career opportunities in Yogic Studies



SNo	Name of Institution	Names of Speakers	No. of Participants	Description of Events
53	Krishna Chaitanya Residential Special School, Bengaluru	Ms. Sharmada M V	40	Practice session on yoga for special students
54	YogaNiroga Wellness Studio	Ms. Bhumika Guruprasad	25	Volunteer-led IDY practice session in a park
55	Alliance Française de Bangalore	Mrs. Gangotri Panda, Mr. Dhiraj Rewatkar	--	Keynote and CYP session + yogic games on IDY
56	Puttaparthi Govt Departments (Yoga Andhra IDY Event)	Mr. Dileep Kumar, Ms. Dolly Raviteja, Dr. Snigdha Madhuri	232	2-day Yoga Therapy Workshop for govt staff: CYP, therapy, Trataka kriya
57	Software Technology Parks of India (STPI), Bengaluru	Ms. Krishna Chaitanya, Ms. Dolly	50	IDY protocol practice session
58	Indian Army (Yoga Protocol Event)	Ms. Kanupriya Verma	1500	Common Yoga Protocol for Army officers and families
59	SDM College of Ayurveda & Hospital	Dr. Rajesh Nair	650	Seminar "Yoga Darpana 2025" + yoga for DNA damage and repair research
60	Shoolini University (Online)	Dr. Manjunath G	120	Online lecture on "Nada" and Vedic sound science (1.5 hours)
61	Ramakrishna Higher Secondary School, Tamil Nadu (Online)	Mr. Yogeshwaran	80	Interactive session for 12th-grade students on Yoga & Naturopathy as a career
62	Lalitham Organisation (Online)	Ms. Ranjani K S	13	Yoga therapy practice in 2 batches over 2 hours
63	5 AM Club Happy & Divine Yoga, Madurai & ASYSAETR, Paramakudi	Ms. Sangeetha U S	120+	National Webinar on "Yoga for Lifestyle Diseases in Women" on IDY evening
64	Brindavan School, Anekal Taluk	Dr. Navya, Ms. Vasanthi, Ms. Vinusurya	1200	Common Yoga Protocol practice session
65	Golden Valley School, Soundarya Sri Vidyamanya, Andrahalli Park	Ms. Vedika Shreya Kumar, Ms. Sakshi Naik, Ms. Shraddha Chandra	522	Series of yoga protocol practices and workshops for school students
66	GHPS, Sugaturu	Ms. Kruthika, Ms. HariPriya, Ms. Hiranya	250	6-day yoga workshop
67	Government schools and the Manipal region workplaces	Ms. Sharada A, Ms. Siri Suresh, Ms. Dhrti R Iyer	Not specified	Yoga sessions + medical camp for faculty, IT professionals, and common public
68	Health Heal Geriatric Care Centre & Shree Sai School	Ms. Shalaka Vaidya	600	Health checkups and preventive yoga sessions
69	Sneha Deepam Matriculation School, Tamil Nadu	Ms. Jayaswara VS	600	6-day yoga workshop
70	The Earnest Academy, Tamil Nadu	Ms. Rithanya, Ms. Vedhikkashri	600	CYP session and awareness drive on yoga for students



SNo	Name of Institution	Names of Speakers	No. of Participants	Description of Events
71	Blossom School, Surabhi Foundation NGO	Ms. Leelavathi V, Ms. Harshitha R, Ms. Harshitha Yogesh, Ms. Janavi R	120	Menstrual hygiene and yoga awareness over 6 days
72	Narayana e-Techno School, Hebbal	Ms. Aadhirai S	430	4-day yoga camp for students
73	Edify School, Bengaluru	Mr. Dileep Kumar	500	Lecture on yoga career opportunities and Yogic Studies
74	Spandana Psychiatric Hospital, Rajajinagar	Ms. Spandana S Patil	20	Awareness and practice session on yoga therapy
75	Krishna Chaitanya Residential Special School	Ms. Sharmada M V	40	CYP demonstration and yoga awareness for differently abled children
76	Alliance Française de Bangalore	Mrs. Gangotri Panda, Mr. Dhiraj Rewatkar	Not specified	Keynote on “Yoga for One Earth, One Health” + CYP and yogic games
77	Puttaparthi Govt Depts (Yoga Andhra IDY Workshop)	Mr. Dileep Kumar, Ms. Dolly Raviteja, Dr. Snigdha Madhuri	232	2-day workshop for govt employees on condition-specific yoga and Trataka kriya
78	Software Technology Parks of India (STPI), Bengaluru	Ms. Krishna Chaitanya, Ms. Dolly	50	IDY protocol practice session
79	Indian Army (Mass Yoga Event)	Ms. Kanupriya Verma	1500	CYP conducted for officers and families
80	SDM College of Ayurveda & Hospital (with MDNIY)	Dr. Rajesh Nair	650	Seminar “Yoga Darpana 2025” + yoga research presentation
81	Shoolini University (Online)	Dr. Manjunath G	120	Lecture on “Nada” and Vedic sound in biological rhythms
82	Lalitham Organisation (Online yoga therapy sessions)	Ms. Ranjani K S	13	Practice sessions in 2 batches with therapeutic focus
83	5 AM CLUB & ASYSAETR Foundation, Paramakudi (Webinar)	Ms. Sangeetha U S	120+	Webinar: “Yoga for Lifestyle Diseases in Women”
84	Vijayanagar District, Kottur (multiple venues)	Ms. Chaya Bhagavathi, Mr. Amrit Raj, Mr. Roshan Kumar	5000	6-day yoga campaign across 5 locations with workshops and practical sessions
85	GHPs Kalanakoppalu, Sarkari Balakiyara Padavipoorva College	Ms. Spoorthi, Ms. Shivani, Ms. Pallavi	300	Yoga camp for rural school students
86	Government schools and Manipal area (combined sessions)	Ms. Sharada A, Ms. Siri Suresh, Ms. Dhrti R Iyer	Not Specified	Yoga for schoolchildren, IT professionals, and common people with medical screening
87	Vellore and Arcot regions	Ms. Meruvasini V, Ms. Devika Biju	300	Awareness sessions for students and staff on yoga’s health benefits
88	Krishna Chaitanya Residential Special School	Ms. Sharmada M V	40	IDY CYP practice session



International Day of Yoga

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SNo	Name of Institution	Names of Speakers	No. of Participants	Description of Events
89	Sneha Deepam Matriculation HSS, Tamil Nadu	Ms. Jayaswara VS	600	6-day yoga workshop for physical and mental well-being
90	GHPS, Sugaturu	Ms. Kruthika, Ms. Haripriya, Ms. Hiranya	250	Practical yoga workshop focusing on well-being, concentration, and breath work
91	Mahabubnagar grammar school, Mahaboobnagar, Telangana	Mr. T Pramod	1400	6-day yoga workshop for health and wellness, IDY CYP session
92	Santa Maria School (Anekal), Attibele Public School (Attibele), Shree Sharada Intl School (Attibele), Global Calcium (Hosur), Classic Win & Classic Tools (Chennai)	Ms. Pushkarni. M, Ms. Nityashree. A, Mr. Kabindhra. B	1200	Conducted a lecture about naturopathy & yoga, Conducted yoga practices



11th International Day of Yoga celebrations by Samyama Group of Institutions



S-VYASA hosts Team Asana Competition in Celebration of International Day of Yoga 2025

As part of the 11th International Day of Yoga celebrations, the School of Yoga at S-VYASA University, Bengaluru, organized an engaging and spirited **Team Asana Competition** on **20th June 2025**.

Held under the guidance of Principal Dr. Vikas Rawat, the event brought together students, faculty, and yoga enthusiasts in a collective celebration of harmony, discipline, and physical wellbeing. The competition was coordinated by Ms. Gayatri Sharma, with active support from PhD scholars Ms. Reena Singh and Mr. Chaitanya Tripathi.

The event drew a response with eight teams registering to compete. Each team consisted of eleven members, representing various academic programs including MSc Yoga, BNYS, BSc Yoga, YIC, BPT, and ANTTC. Altogether, eighty-eight participants took part, reflecting a balanced gender representation with forty-one males and forty-seven females.

The participating teams showcased creative unity through synchronized sequences of three classical asanas - **Vrikshasana**, **Padmasana**, and **Savasana** - each performed with grace and discipline. Teams were evaluated on their precision, coordination, and the ability to hold the final posture with poise and control. The atmosphere was charged with focus and serenity as each group took to the stage with dedication.

Evaluation of the performances was conducted by a respected panel of judges comprising faculty from both the BNYS and Yoga departments. The judging panel included Dr. Giri Shankar,



Dr. Anusuya Arivazhagan, and Dr. Balgovind from the BNYS faculty, along with Simla Nixon and Kiriti Bhusan Ghosh from the School of Yoga. Their expertise and insight ensured a fair and meaningful assessment of each team's performance.

After a series of captivating presentations, the team **Shashwatam**, led by Yalalt from the MSc Yoga program, was declared the **winner** of the competition. Their synchronized performance and depth of stillness in each posture earned them high praise from the judges. The **second place** was secured by **Team Jagannath**, led by Zsussana, also from the MSc Yoga program, whose steady and graceful transitions impressed the audience and evaluators alike.

Behind the scenes, the event was supported by dedicated volunteers who played an essential role in coordinating and managing logistics. Kedar Jadhav (PhD), Ishan Khatri (MSc), and Shobhit Mishra (PhD) contributed their time and energy to ensure the event proceeded seamlessly from start to finish.



S-VYASA hosts Surya Namaskara and Rhythmic Yoga Competition to Mark International Yoga Day 2025



As part of the 11th International Day of Yoga celebrations, the **School of Yoga at S-VYASA University, Bengaluru**, organized a **Surya Namaskara and Rhythmic Yoga Competition** on **19th June 2025**.

This event was held under the guidance of the Principal, **Dr. Vikas Rawat**, and was meticulously coordinated by **Dr. Komal**, with the dedicated support of PhD scholars **Shobhit Mishra** and **Laxmi**. The organizing team was further assisted by volunteers **Kedar Jadhav** and **Reena Singh**, both from the PhD program.

The competition drew enthusiastic participation from across departments, with **four teams registering for the Surya Namaskara category** and **one team participating in the Rhythmic Yoga division**. Each team comprised **11 participants**, and the gender composition reflected balanced and inclusive participation. The teams represented students from BSc Yoga, MSc Yoga, BNYS, and ANTTC programs. Each group brought its own energy and interpretation to the traditional sequences of Surya Namaskara, while

the Rhythmic Yoga performance brought fluid movement and creative expression to the fore.

The panel of judges comprised esteemed faculty members from both the School of Yoga and the BNYS departments. Evaluating the performances were **Simla Nixon, Girishankara K. S., and Gayatri Sharma** from the School of Yoga, along with **Dr. Balagovind T. P., Dr. Anusuya, and Dr. Moodala Girishankara K. S.** from the BNYS faculty. Their keen observation and expertise ensured a fair and comprehensive assessment of each team's performance based on alignment, synchronization, expression, and overall presentation.

Among the participating teams, it was **Abhishek Sahu and his team from the BSc, School of Yoga**, who emerged as the standout performers in both categories - **Surya Namaskara and Rhythmic Yoga**. Their synchronized flow, clarity of posture, and coordinated rhythm earned them the top spot in the competition, drawing appreciation from both the judges and the audience.



Toyota TTTI hosts Grand Yoga Day Celebration with S-VYASA Faculty and Students



On June 21, 2025, the International Day of Yoga was celebrated at the Toyota Technical Training Institute (TTTI), a division of Toyota Car Company, Bidadi.

The event witnessed enthusiastic participation from around 400 individuals, including faculty members and interns from Maharashtra.

The celebration began with a yoga session led by Mr. Raghavendra from Toyota. The Common Yoga Protocol (CYP) was conducted by two Senior Yoga Therapists, Mr. Kartik Bansod and Ms. Vaishnavi V, featuring a series of standard asanas and pranayama techniques aimed at promoting holistic well-being.

A graceful Surya Namaskar demonstration was presented by Ms. Vaishnavi V., Dr. Bhakti Naik (MD, BNYS), and Mr. Durgesh Amoli (MSc, Yoga Therapy), mesmerizing the audience with their synchronization and dedication.

The highlight of the event was a powerful performance by Mr. Durgesh Amoli, a first-year MSc (Yoga Therapy) student. His display

of advanced asana and a bilingual speech in English and Hindi received a standing ovation. His message on yoga as a transformative life practice left a deep impression on both students and staff.

Dr. Sathwika (MD, BNYS) delivered an insightful address in Kannada, explaining the concept of the five koshas, the eight limbs of Patanjali's Ashtanga Yoga, and the timeless relevance of yoga.

Teachers from S-VYASA enhanced the program with a professional performance of Surya Namaskars and yogic formations on stage.

As a gesture of appreciation, all S-VYASA performers were honored with Toyota-branded caps for their sincere contributions.

The organizing committee from Toyota TTTI included Mr. Roopesh Kumar, Mr. Devaraju, Mr. Shrinath, and Mr. Manjappa, whose efforts ensured the event's success.



From Poster to Protocol: Prize-Winning Talent and Collective Practice Mark IDY 2025 at S-VYASA



The International Day of Yoga (IDY) 2025 at S-VYASA University was marked by participation from across India, with national-level competitions celebrating the creativity, knowledge, and spirit of yoga among students and enthusiasts.

In the Poster Making competition, Chandrajyoti from CU, Himachal Pradesh secured the first prize for her visual representation. Nidhi Rajput from S-VYASA claimed second place, while Anmol Khajuria from SGT University, Gurugram took third.

In the Essay Writing contest, which invited 52 thought-provoking entries, Tusshar Rawat from SRHU emerged as the winner. The second and third places were won by Ravi P. Maletha, a PhD scholar from S-VYASA, and Prachi Sharma from DY Patil College, Pune, respectively.

The Reel Making competition brought together creativity and digital engagement. In the category judged by views, Abhishek Sahu won first prize, followed by Shivani Hegde and team from S-VYASA. In the non-view-based category, Disha Sarkar took first place, while Krishna & Pooja from S-VYASA claimed second. The Speech Competition, which aimed at oratory excellence,

awarded Tanvi the top spot and Abhishek Gupta from S-VYASA as runner-up.

Performance-based events further highlighted the strength of yogic training at S-VYASA. Abhishek and his team from the School of Yoga won top honors in both the Rhythmic Yoga and Surya Namaskar competitions. In the Team Asana event, Team Shashwatam claimed first place, while Team Jagannath from the M.Sc. program at S-VYASA stood second.

Beyond competitions, a national seminar brought together 202 offline and 36 online participants for discussions on yoga's contemporary relevance. In a remarkable community initiative, S-VYASA conducted yoga training for around 1,000 school students in nearby villages, extending the benefits of yoga to the grassroots level.

On the digital front, S-VYASA's campaigns gained substantial traction. The "21 Days - 21 Reels" challenge on Instagram attracted over 1.3 lakh views, while the "21 Days - 21 Minutes" series on YouTube garnered 400+ new subscribers and more than 8,000 views.

A free 11-day online yoga course also saw an encouraging 142 registrations, making yoga more accessible to the broader public.



One Week Yoga Samavesha



The S-VYASA School of Yoga and Naturopathic Medicine successfully organized a seven-day Yoga Samavesh from 11th to 17th June 2025 under the flagship of the International Day of Yoga (IDY). This event was supported by the Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Government of India. The program aimed to promote holistic health effects of Yoga on Diabetes and awareness about the benefits of Yoga through systematic and guided practice sessions.

A total of 325 enthusiastic participants took part in this Yoga Samavesh, reflecting a growing interest in traditional health systems. The event commenced on 11th June with the distribution of yoga kits to all participants, followed by a one-hour guided yoga practice session. For the next six days, participants consistently engaged in daily one-hour yoga practice sessions that included asanas, pranayama, and brief meditation techniques. Each session was carefully designed by experienced faculty to suit individuals of different age groups and health conditions.

The culmination of this enriching

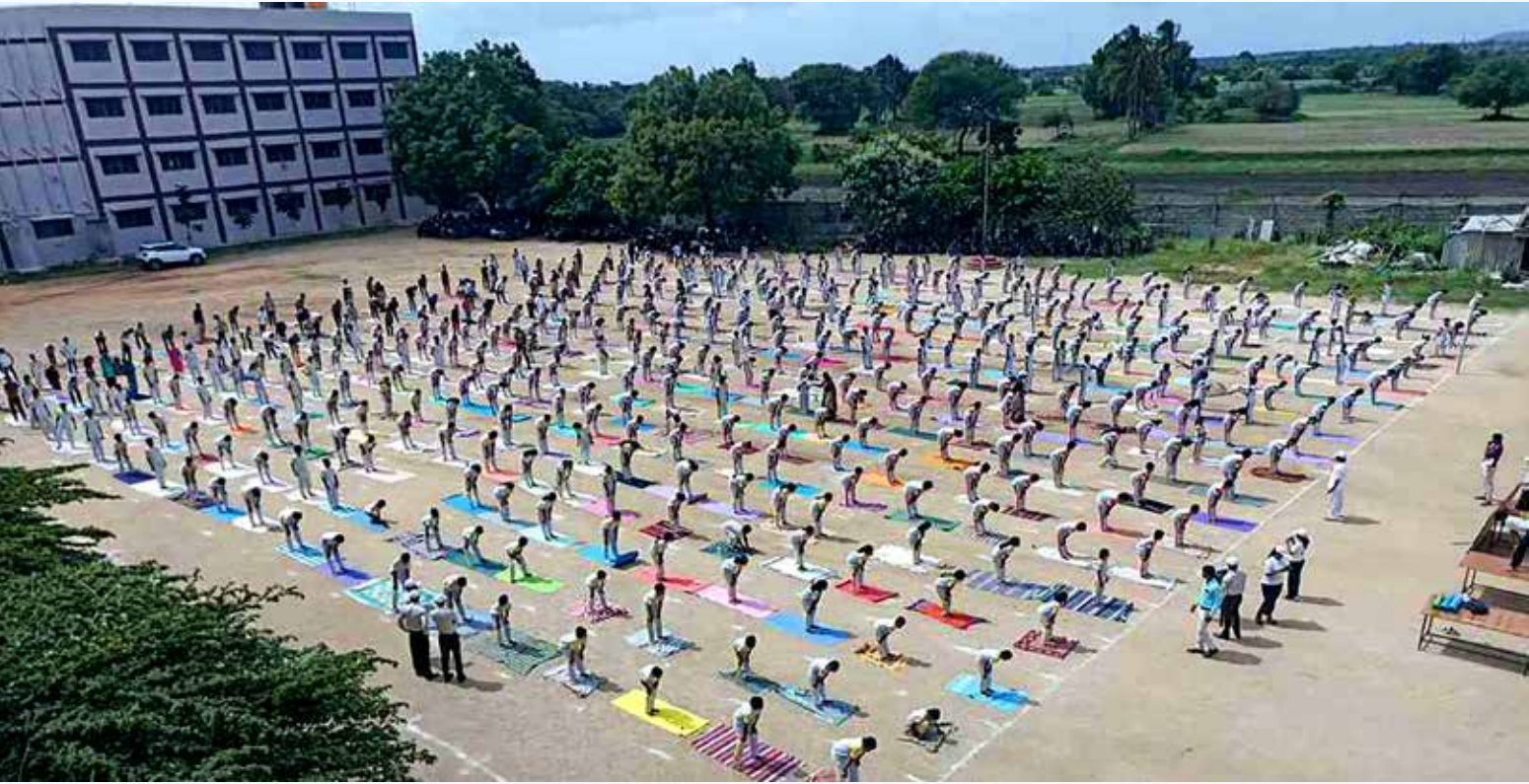
journey was marked by a valedictory program held on 17th June. The closing ceremony was received warmly by all attendees and provided an opportunity to reflect on the shared experience and benefits gained. Participants expressed gratitude for the opportunity and appreciated the well-structured sessions and the serene learning environment provided by S-VYASA.

The Yoga Samavesh not only enhanced participants' understanding of Yoga but also fostered a deeper connection with holistic living practices for Diabetes. It truly reflected the spirit of IDY and the mission of CCRYN in integrating Yoga into everyday life. This successful event stands as a testimony to the growing relevance of Yoga in modern health care and community well-being.





Student Yoga Camp 2025



As part of the celebrations for the 11th International Day of Yoga, the III and IV BNYS students of the S-VYASA School of Yoga & Naturopathic Medicine, S-VYASA Deemed to be University, were encouraged by the principal to conduct 6-day Yoga camps in their respective hometowns, schools, colleges, or neighbourhoods. These camps culminated in the grand celebration of the Common Yoga Protocol (CYP) practice on June 21st, 2025.



The initiative witnessed enthusiastic participation from the students, resulting in an impressive 78 camps conducted across various locations, primarily in southern India. A





total of 89 students took part in organizing and conducting these camps, reaching an estimated 17,609 participants, who practiced Yoga under the guidance of our students.

Notable Institutions include:

- Sri Aurobindo Ashram
- Sri Aurobindo International Institute of Educational Research
- Christ University
- Public Welfare Department
- Visveswaraya Jala Nigana Limited
- RMS International School

In addition to the Common Yoga Protocol, students also introduced specialized S-VYASA-developed Yoga techniques, such as:

- MSRT (Mind Sound Resonance Technique)
- Cyclic Meditation

These scientifically validated practices were well-received by the participants. Furthermore, many camps included lectures and workshops on topics such as:

- The science and philosophy of Yoga
- Health and wellness
- Balanced nutrition and dietetics

Several students extended the scope of their outreach by conducting general health camps, offering naturopathic consultations and lifestyle advice.

This initiative not only contributed to community health promotion but also served as a valuable personality development opportunity for the students, enhancing their leadership, communication, and organizational skills.

List of the camps organized by the students with the place and total participants

Names of the Students	Location	Beneficiaries
Kishor M, Sahithya, Vaishak	Gmhps, Devanahalli	150
Feblin Jose	Jayanthi Ramesh School	35
Sushmitha Baishnabee Vyshnavi B S	Vajarahalli Nelamangala	170
Gokul G	Tamilnadu	500
Shalaka and Durgashree	Shree Sai Sadhbhaavana School	500
Aishwarya Rathod Akshata M	Cheemasandra Banglore	90
Vedika Shreya Kumar, Sakshi Naik, Shreyasee Suryawanshi, Shraddha Chandra	Ssvvm, Peenya, Bangalore	350
Varsha D, Baladithya K	Anekal, Bangalore	80
Baladithya, Varsha naidu	Baldwin High School Anekal	50
Pujitha Reddy, Gayatri D.C, Hasitha, Jaishree	ZP Boys High School, V.Kota Mandal, Chittoor	800
Gayathri, Hasitha, Jaisree, Pujitha	ZP Boys High School, V.Kota Mandal	800



Names of the Students	Location	Beneficiaries
DC Gayathri, Hasitha, Jaisree, Pujitha	ZP High School, V.Kota Mandal	800
N Jaisree, DC Gayathri, C Hasitha	ZPHS Boys, V. Kota, Chitoor	800
Ruthambhara, Purvi	Chethana Vidya Mandira, Tumakuru	500
Amruta M Hanamasagar	Navagar Stadium, Bagalkot	104
A Tharsini, T Sri Dharshini	Srgds Matriculation School, Tiruvannamalai	350
Chaithanya B	RMS International School	94
Lavanya, Dhivishaa Chellamuthu	Spark Matriculation School	106
Anusha HS, Bandhavya B L	Dr B R Ambedkar Residential School, Kalasa, Chikkamagaluru Dist	175
Siri Shradhha, Dhrithi	Just Books, Jayanagar	30
Anusha HS, Bandhavya B L	Karnataka Public School, Kalasa, Chikkamagaluru	463
Jayaswarni, Yamini	School	300
Leelavathi V, Harshitha R, Harshitha Yogesh, Janavi R	Surabhi Foundation, Somanahalli	96
Sona Sonar, Annapurna Dubey, Janvi C	Government School, Shri Balaji Hospital	500
Jahnavi Patil	Kalaburgi Primary Government School AMF Public Garden	200
Sayma, Avantika, Tejasvini	Sri Kambaliswamy Madam, Pondicherry	600
S Kamal, Dhakshin S	United Group of Education Institution, Coimbatore, Tamilnadu	550
Nivethana TE, Yogaa MS, Harini AS	Sai Ram Matric Hr Sec School, Thiruvarur, Tamilnadu	300
C Dharshana	Sri Chaitanya Techno School	600
Chaya Bhagavathi, Amrit Raj, Roshan Kumar	Kottureshwara College, Mahadeva International School and College, Indu Innovative School, Government Junior College, Kottur, Vijayanagar Dist	2500
Putravu Varalakshmi, Vedika Saha, Nidhi Rajput	Kottureshwara College, Mahadeva International School and College, Indu Innovative School, Government Junior College, Kottur, Vijayanagar Dist	2500
Arya DH, Neeraja Dinesh, Mayoora Raj	Pallathungal Anganwadi, Chattanchal, Kasaragod, Kerala	25
Vedhikkashri Rithanya	Tiruppur	400
Kruthika S	GHPs, Sugaturu, Jangamakote Post, Shiddlaghatta Taluk, Chikkaballapur District	85
Pramod	Mahabubnagar Grammar School, Mahabubnagar, Telangana	1000
Magna, Prakriti	Mattanur High School	56
Meruvasini V and Devikabiju	Sri Kalaivani Vidyalaya	215
Chintana	Kuvempu Higher Primary School	560
Christ (Deemed to be University), Bangalore, Yeshwanthpur Campus	Office of The Managing Director, Visveswaraya Jala Nigam Limited	55
Shreya Yadav, Mahi Gupta, Srejan Varghese, Gyani Rout	Public Works Department	120
Total		17,609



IDY 2025 Celebrations from students of CODE, S-VYASA



Students of the Centre of Open and Distance Education (CODE), S-VYASA Deemed-to-be University, actively participated in the International Day of Yoga (IDY) held on June 21st, 2025, across various locations in India and abroad. Aligned with this year's official theme, "Yoga for One Earth, One Health," their involvement emphasized the role of yoga in promoting planetary harmony and individual well-being.

Despite pursuing their studies through distance education, CODE students showcased exceptional enthusiasm by joining yoga demonstrations, awareness drives, and wellness sessions at schools, community centers,



workplaces, and public spaces. Their presence served as an embodiment of S-VYASA's mission





International Day of Yoga

Special Coverage

to integrate yoga into daily life as a tool for holistic health, peace, and resilience.

The theme "One Earth, One Health" underscores the interconnectedness of personal health and environmental sustainability - a message students shared with participants through their activities. Many led sessions in association with local AYUSH departments, resident welfare associations, and cultural institutions, encouraging inclusive participation and awareness of yoga practices.

This widespread engagement across different states reflects the success of S-VYASA's open and distance learning framework in nurturing capable, service-oriented yoga ambassadors. Their contributions on this significant day helped reinforce the universal message of yoga as a unifying and healing force for individuals, communities, and the planet.



11th International Day of Yoga - 2025 celebrations in Mancherial, Telangana



Yoga Workshop conducted at ITC Filtrona on the Occasion of International Day of Yoga – 2025



As part of the International Day of Yoga (IYD) 2025 celebrations, our team was invited to conduct a yoga workshop at **ITC Filtrona**, a company that manufactures cigarette filters, on **July 1st, 2025**.

Team from CODE, SVYASA:

- **Mr. Sumant:** Gave the opening remarks and introduced SVYASA and the Department of CODE.
- **Mr. Dileep:** Led the practical yoga session and conducted **Krida Yoga** at the end. His demonstrations were clear and appreciated.
- **Dr. Sharat and Ms. Rithika K:** Delivered instructions in both **Kannada and English**, making the session inclusive for all attendees.





Gita Sugita Karttavya: Celebrating the International Day of Yoga 2025



The Division of Yoga-Spirituality at Prashanti Kutiram Campus organized a month-long celebration titled “Gita Sugita Karttavya”, commemorating the International Day of Yoga 2025. The program featured three spiritually enriching and intellectually stimulating competitions designed for students and staff:

1. **School-wise Chanting of the Five Streams of Yoga** (*Shloka Sangrahas from the Bhagavad Gita – Raja Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, and Samarasya*)
2. **E-Quiz on the Bhagavad Gita**
3. **Individual Recitation of the Five Streams of Yoga**

Opening and Group Chanting

The celebrations commenced on **24th May 2025** with collective practice sessions of the five *Shloka Sangrahas* from the Bhagavad Gita. The school-wise chanting competition was conducted between **2nd and 6th June 2025**, with each school assigned a specific date and theme:

Date	Institution	Assigned Shloka Sangraha
June 2nd	School of Yogic Sciences	Samarasya Yoga
June 3rd	School of Yoga & Naturopathic Medicine	Bhakti Yoga
June 4th	School of Physiotherapy	Raja Yoga
June 5th	Sushrutha College of Ayurvedic Medicine	Jnana Yoga
June 6th	Staff Members of Prashanti Kutiram	Karma Yoga

The competitions were evaluated by:

- **Prof. M. Jayaraman**, Dean, Division of Yoga-Spirituality
- **Dr. Manjunath**, Associate Professor, Division of Yoga-Spirituality
- **Smt. Shreeparna**, LRL Trust

Individual Recitation Contest

Following the group competitions, students and staff





members engaged in preparatory sessions for the individual recitation contest. The Division of Yoga-Spirituality, led by Smt. Shreeparna and faculty members, facilitated the training.

The individual recitation competition was held on **13th June 2025** from **3:00 PM to 4:00 PM** at the **M.Sc. YVT Classroom**. A total of **21 students** participated, each reciting one *Shloka Sangraha* of their choice. Among them, two students recited all the five Shloka Sangrahas.

Judges for the event included: Shri Kari Basavappa, Dr. Manjunath, Smt. Shreeparna

E-Quiz on the Bhagavad Gita:

The Bhagavad Gita E-Quiz was held in three rounds through Google Forms and was open to all students and staff of the campus. The rounds were as follows:

- Round 1 (13th June 2025): 281 participants
- Round 2: Top 30 selected from Round 1
- Round 3 (Final): Top 6 participants competed, and the best three were declared winners.

The quiz was organized by **Dr. N. Sridhar**, Associate Professor, Division of Yoga-Spirituality.

Results of the Competitions:

1. School-wise Shloka Sangraha Chanting

Name of the School/ College	Award
School of Yogic Sciences	Best Pronunciation
School of Yoga and Naturopathic Medicine	Best Presentation
School of Physiotherapy	Best Effort
Sushrutha College of Ayurvedic Medicine	Best Coordination

2. Individual Shloka Sangraha Recitation

Name of the Student	Award
Krishna Kuwar, M.Sc. YVT 2 nd Year	Special Prize for reciting all the 5 Shloka Sangraha
Raghavendra L, M.Sc. YT 2 nd Year	Special Prize for reciting all the 5 Shloka Sangraha
Aryan Jain, B.Sc. YVT, 1 st Year	1 st Prize
Shyla, Ph.D.	1 st Prize
Deekshita, M.Sc. YVT 2 nd Year	2 nd Prize
Toshal Patel, B.Sc. YVT, 1 st Year	3 rd Prize
Akshat Arya, B.Sc. YT, 1 st Year	3 rd Prize

3. E-Quiz on Bhagavad Gita

Name of the Student	Award
Akshobhya P Kashyap, BAMS	1 st Prize
Ravi Maletha, Ph.D.	2 nd Prize
Yogshree Kharel, BNYS	3 rd Prize

Dr. N. Sridhar, Associate Professor, Div. of Yoga Spirituality was the coordinator for Gita Sugita Karttavaya program.



Lt. Col. (Dr.) Praveen Kumar Reddy shares Insights on NetraKumbh 2025

Lt. Col. (Dr.) Praveen Kumar Reddy was felicitated during the Prarthana Milan held on May 20, 2025. Addressing the students and staff, he shared insights into the NetraKumbh 2025 initiative and his enriching experiences associated with it.

A retired officer of the Indian Army and a native of Tirupati, Dr. Reddy currently serves as the Director of the Swami Vivekananda Health Mission.

As the Chief Medical Officer (CMO) of NetraKumbh, he played a key leadership role in the successful execution of large-scale eye health camps, which offered screenings and treatment to thousands of individuals, reflecting his steadfast commitment to public health and service.



Ms. Kamala Bai, KAS, Chief Administrative Officer, Dept of AYUSH, Govt of Karnataka was felicitated during Prarthana Milan in Shruti Mandir at S-VYASA as part of Prashanti Kutiram Golden Jubilee celebration.



Annual Strategic Review held by Yadalam Trust at Tarangini



The Yadalam Trust Annual Meeting was held at 3:00 PM on May 20, 2025, at Tarangini, with the primary objective of reviewing and planning the activities for the year 2024–2025.

The meeting was attended by key members of the Trust and the management of Sushrutha Ayurvedic Medical College and Hospital. Participants included Dr. Harish Babu H, Professor and Administrator; Laxminarayan, Accounts Officer; Dr. Shaik Parveen, Principal at Sushrutha College of Nursing; Dr Sangamitra Patnaik, Professor and Medical Superintendent; Dr Nikhila Hiremath, Professor and Dean of

Research; Dr Champa Pant, Professor and Dean of Academic.

The other attendees of the meeting were Mr. Anish Anthony, Executive Director of S-VYASA School of Advanced Studies; Dr. B R RamaKrishna, Pro-chancellor, S-VYASA; Dr. H R Dayananda Swamy, Director-Finance and Administraton, S-VYASA; Guruji Dr. H.R. Nagendra; Dr. Manjunath NK, Vice Chancellor, S-VYASA; Registrar, Prof S. Siva Sankara Sai; Dr. Alok Roy, Principal at Sushrutha Ayurvedic Medical College and Hospital.



BSc Volunteers of PDC 2025 Receive Certificates at Shruthi Mandir

The BSc students who volunteered for the Personality Development Camp (PDC) 2025 were awarded certificates of appreciation on 22nd May 2025 at Shruthi Mandir in recognition of their valuable contribution.



Anvesana hosts Insightful Symposium on Integration of Yoga with Technology



The Anvesana Research Symposia on *Yoga and Technology*, held on May 31, 2025, explored the integration of modern science with traditional yogic practices through expert insights and discussions.

The Anvesana Research Symposia, organized by the Research Department of S-VYASA University, was held on the 31st of May, 2025, under the theme “*Yoga and Technology*.” The symposium brought together faculty members, research scholars, and students, offering a unique platform to engage in thoughtful dialogue on the convergence of ancient yogic practices and modern scientific innovations.

A central feature of the event was the keynote address delivered by Dr. S. N. Omkar, Chief Research Scientist at the Department of Aerospace Engineering, Indian Institute of Science (IISc), Bengaluru. Known for his pioneering work at the crossroads of science and holistic health, Dr. Omkar delivered an

insightful presentation that underscored the growing relevance of technology in advancing the understanding and application of yoga.

In his address, Dr. Omkar explored how state-of-the-art tools such as motion sensors, artificial intelligence integrated with mobile cameras and open-source software like OpenSim are revolutionizing the study of yoga biomechanics. These technologies, he explained, allow for precise movement analysis, providing researchers and practitioners with data-driven insights that can enhance yoga training, therapeutic interventions, and academic study. He shared several demonstrations from ongoing research projects, offering a compelling glimpse into how technology can be harnessed to deepen our understanding of yogic postures and practices.

Beyond yoga-specific applications, Dr. Omkar also introduced two of his forthcoming projects that sparked great interest among the audience.



One of these focuses on developing systems that enable the control of drones through human thought, a concept that bridges neuroscience and robotics in fascinating ways. The other project aims to aid in the early diagnosis of cerebral palsy by monitoring and analyzing the motor behavior of infants. These ambitious and forward-looking initiatives captivated attendees, broadening the scope of discussion beyond yoga and into the wider implications of human-tech synergy.

The session was ably coordinated and moderated by Dr. Amit Kanthi from Anvesana, who opened the proceedings with a warm introduction of the distinguished speaker and facilitated engaging discussions throughout. As the event drew to a close, Prof. Ramesh M. N., Director of Research

at S-VYASA University, delivered a heartfelt vote of thanks, expressing deep appreciation for Dr. Omkar's invaluable contributions and for the enthusiastic participation of all attendees.

With approximately forty participants in attendance, the symposium succeeded in fostering meaningful exchanges and inspiring new lines of inquiry. The discussions held during the session opened possibilities for collaborative ventures between IISc and S-VYASA in the area of technology-driven yoga research. The event was widely praised for its depth, originality, and forward-thinking perspective, reaffirming the Anvesana Research Symposia series as a catalyst for innovation and scholarly engagement at the intersection of tradition and modernity.



Sri Gajendra Solanki, an international poet, political activist, and lifetime member of the International Society of Composers, was felicitated during the Prarthana Milan held at Shruti Mandir in S-VYASA.



Environmental Awareness Skit: “Earth Day Every Day”



In an initiative to promote environmental consciousness, the students of B.Sc. Yogic Science (1st Year, 2nd Semester) came together to stage a skit titled “*Environmental Awareness: Earth Day Every Day.*”

The performance was an attempt to spread awareness about the importance of protecting our environment and making sustainable choices in our daily lives.

The theme, “Earth Day Every Day,” served as a reminder that caring for our planet is not limited to a single day of celebration or observance. Rather, it is a continuous commitment that should be reflected in our actions throughout the year. Through compelling dialogues, expressive acting, and symbolic scenes, the skit portrayed the current environmental challenges caused by human negligence - ranging from pollution and deforestation to waste mismanagement and water scarcity.

What made the performance impactful was its blend of creativity and consciousness. Students not only showcased the problems but also offered simple, practical solutions - like reducing plastic use, planting trees, conserving water, and embracing a lifestyle rooted in yogic values and ecological balance. The skit concluded with a powerful call to action, urging the audience to reflect on their personal role in shaping a sustainable future.

The performance involved enthusiastic participation from students of both the Yoga Therapy (YT) and Yoga and Vedic Therapy (YVT) groups. The YT group included Abhishek, Akshat, Zubin, Sreelal, Sandeep, Vikash, Arnav, Inder, Mandeep, Aryan Giri, Vishal, Utkarsh, Aditya, Ansh, Carolin, Nandhana, and Kumud. The YVT group comprised Aryan Jain, Gairik, Shashwat, Abhinav, Anvesha, Toshal, and Jyositha.



S-VYASA hosts Poet Sri Gajendra Solanki For Kavi Samelan



On the morning of 30th May 2025, S-VYASA Deemed to be University had the privilege of hosting a distinguished Kavi Samelan during the Prarthana Milan session.

The event featured one of India's top poets, Shri Gajendra Solanki, who graced the university with his powerful and inspiring poetic renditions.

The morning session witnessed the presence of more than 1000 students and staff members, who gathered to listen to Shri Gajendra Solanki. The event was further enriched by the esteemed presence of Dr. H.R. Nagendra, President of S-VYASA Society, who felicitated the poet in a warm and respectful ceremony.

In the evening, the main Kavi Samelan event was conducted from 6:00 PM to 7:30 PM and was attended by more than 400 people. Shri Gajendra Solanki presented a curated selection

of his poems, entralling the audience with his command over language, emotion, and rhythm.

Dr. Ashwati started the evening session which was graced by several key dignitaries including Dr. Nagarathna Didi, Dr. Raghuram Ji, Dr. Amit Singh, and the senior VHP Pracharak, Sri Shivnarayan Singh. Their presence added great value and reverence to the program.

The entire event was smoothly coordinated by Dr. Amit Singh along with the enthusiastic support of several student volunteers. Their collective efforts ensured the success of the program and created a memorable experience for all attendees.

The Kavi Samelan at S-VYASA was a celebration of art, culture, and poetic excellence, and it has left a lasting impression on everyone who participated.



S-VYASA Hosts Two-Day Faculty Development Programme Integrating Yogic Wisdom with Academic Excellence



On June 11 & 12, 2025, at Shrutimandir, Prashanti Kutiram, S-VYASA Deemed University held a two-day Faculty Development Programme integrating yogic wisdom, academic excellence, and administrative insight.

Designed to offer a holistic experience, the program aimed to empower faculty members with insights drawn from yogic tradition, academic excellence, and administrative best practices.

The event commenced with registration and prayer, followed by the inaugural address by the Hon'ble Vice-Chancellor, Dr. N. K. Manjunath, who spoke on *"The Advent of S-VYASA: History and Its Sankalpa."* Guruji Dr. H. R. Nagendra then delivered an enlightening session on *"Yoga - Its Basis and Application,"* blending traditional philosophy with contemporary relevance. This was followed by a talk by the Hon'ble Chancellor, Prof. Subrahmanyam, on the life and vision of Swami Vivekananda, emphasizing his continued influence on the university's mission.

The afternoon featured practical sessions on pranayama and relaxation conducted by Dr. Vikas Rawat and Sri Shailesh Pradhan, followed by a significant panel discussion on academic and administrative excellence, guided by the vision of the *Purusharthas*. This was followed by a Cyclic Meditation session conducted by Smt. Sriparna, with the assistance of Senior Yoga Therapist Mr. Adarsh, who demonstrated the practice. The evening continued with bhajans, a research-focused session by Prof. Ramesh and Dr. Vijaya Majumdar from Anvesana Labs, and joyful yogic games around a bonfire.

Day two began with a yoga session led by Dr. Sharad. Later, Dr. Vikas Rawat led the *"Karma Yoga"* session, followed by a spiritually enriching session on *"Sadhana of Service"* by Guruji Dr. Nagendra. Dr. S. Sridhar then addressed the role of technology in teaching, promoting innovative digital strategies.

Participants also engaged in another Cyclic Meditation session led by Sriparna ji and Dr.



When the Mind took Periods to Court: S-VYASA's Bold Drama on Menstrual Hygiene Day 2025



On 28th May 2025 in order to mark Menstrual Hygiene Day 2025, the Student Council of the S-VYASA School of Yogic Naturopathic Medicine (SSYNM) organized an event aimed at breaking menstrual stigma.

The highlight of the program was a thought-provoking courtroom drama titled **“Trial of the Mind vs Periods.”** that fostered open conversations around menstrual health.

This original theatrical production served as a medium to address the persistent social taboos and myths surrounding menstruation. Through a courtroom setting, the drama presented a symbolic trial where the prejudices, misconceptions, and cultural stigmas associated

with periods were challenged by voices of reason, empathy, and scientific facts.

The script and direction of the drama were handled by Sadha, Sayma, Dr. Aswathy, and S. Kamal. The volunteer team Kabindra, Kishor, Pushkarni, and Harshitha played a vital role in organizing and executing the event seamlessly.

This event stood as a reminder that Menstrual Hygiene Day is not just a date on the calendar but a growing global movement that seeks to ensure menstrual dignity for all. It emphasized the need to shift from silence to solidarity, from stigma to support, and from shame to empowerment.

Arundhati, followed by a visit to the Anveshana Lab. The afternoon featured Yogic Games led by Dr. Ankita and an insightful talk by Dr. Sachin Sharma on staying current in academia. A heartfelt panel discussion titled *“Voices of Experience”* brought together long-standing faculty members and was moderated by Dr. Jincy Sundaran. The programme concluded with a valedictory address by Dr. Sridhar Swamy, UGC Nominee to the S-VYASA Executive Committee, who emphasized the national importance of value-based education.



UNMUTE – This Time, It’s His Turn to Speak

Introduction

On the occasion of Men’s Mental Health Day, the Department of Clinical Psychology at SVYASA (Deemed-to-be University) hosted an evocative and purpose-driven event titled “UNMUTE: This Time, It’s His Turn to Speak.” Held on the 10th of June 2025, the initiative sought to create a reflective, safe, and affirming space for men to engage with their emotional worlds - spaces that are often denied or discouraged in mainstream narratives of masculinity. Blending psychological screening, guided conversations, symbolic activities, and heartfelt storytelling, the event aimed to dismantle emotional silences and offer men the rare opportunity to speak, feel, and be heard.

Pre-Event Initiative

In the days leading up to the event, a powerful audio-visual campaign was released across campus, titled “*When Was the Last Time You Cried?*” The video featured raw, honest responses from male faculty members, students, and non-teaching staff. Their vulnerability challenged the social script of stoicism and offered a deeply moving prologue to the event’s central theme - emotional honesty in men. The video struck a chord with the university community and sparked conversations long overdue, creating the emotional momentum that carried into the day of the event.

Morning Session: Psychological Screening and Consultation

The morning segment, held from 10:00 AM to 12:30 PM, was dedicated to psychological screening and brief consultations. Participants engaged in a series of psychometric tools including the Stroop Test, the Maslach Burnout Inventory (MBI), and the Emotional Expressivity Scale, all administered via a consolidated digital interface. The Bilateral Transfer of Learning task was also incorporated



to provide a cognitive engagement component during transitions and waiting periods.

This phase was meticulously coordinated by student volunteers who administered the tools, guided participants through the process, and interpreted results in real-time. The assessments culminated in individual consultations with one of three clinical psychologists - Mrs. Lakshmi Venugopal (Assistant Professor & Clinical Psychologist), Ms. Titiksha Paul (Assistant Professor & Clinical Psychologist), and Mr. Mohith Rahul (Assistant Professor & Clinical Psychologist). These consultations allowed participants to receive brief, but meaningful, professional insights into their emotional wellbeing in a confidential and empathetic setting.

Afternoon Session: Collective Activities and Reflection

The post-lunch session, commencing at 1:15 PM, transitioned into a series of interactive and symbolic activities designed to foster openness, creativity, and shared vulnerability. As a welcoming gesture, each male participant was



offered a rose and a handwritten affirmation note crafted by the student team - small but deliberate acts of acknowledgment and warmth.

The first activity, *Catch and Connect*, involved passing a ball in a circle while a music track centered on emotion played in the background. When the music paused, the person holding the ball was invited to express love or gratitude to another man - be it a peer, teacher, or staff member - either face-to-face or via phone. This spontaneous ritual opened a gateway for heartfelt connections and playful vulnerability, eroding the emotional reserve that often surrounds male-to-male interactions.

Following this, the group transitioned into the *Mask Coloring* icebreaker. Participants, in teams of four, co-created masks through timed intervals of coloring and exchange. The resulting artifacts were messy, funny, expressive - mirroring the layered and evolving nature of the emotional selves men often keep hidden. Laughter echoed through the hall as participants proudly displayed their collaborative creations, momentarily reconnecting with the playfulness of childhood.

The emotional centerpiece of the day unfolded during the *Sharing Circle*. Seated together in a quiet, respectful arrangement, participants were invited to speak about the metaphorical "masks" they have had to wear in their lives - masks shaped by societal norms, gendered expectations, emotional suppression, or inner conflict. Stories emerged, each uniquely personal yet universally resonant - of grief unspoken, roles performed, tears withheld. What followed was not merely a session of catharsis, but one of recognition and solidarity.

Guest Address and Closure

To conclude the day, Mr. Mohith Rahul addressed the gathering with a talk that was both grounded and profoundly relevant. Speaking not only as a clinical psychologist but as a man navigating these very terrains, he explored themes of masculine identity, emotional health, and the quiet strength of vulnerability. His address bridged the psychological with the personal,

offering participants tools for introspection and affirmation.

A formal vote of thanks followed, during which the three clinical psychologists were presented with saplings. Feedback was collected from participants, many of whom expressed that the event filled a long-standing void and provided a much-needed space for acknowledgment, release, and renewal.

Acknowledgment of Contributors

The success of this event rested on the shoulders of an extraordinarily committed team of female student volunteers, who were entrusted with the design and delivery of every segment. Divided into task-based groups, they handled registrations, guided participants through screenings, assisted with test interpretation, moderated activities, prepared affirmation materials, and ensured that the emotional tenor of the event was both safe and celebratory. Their sensitivity, precision, and enthusiasm gave the event its heart.

The faculty members too were integral to the orchestration and atmosphere of the day. Dr. Bindu Srinivas (In-Charge Head of Department), Mr. Sharath (Assistant Professor), Ms. Ashwathy (Assistant Professor), Ms. Ishika (Assistant Professor), and provided unwavering support throughout - from ideation and logistics to on-ground guidance. Their presence signalled institutional endorsement of emotional well-being as a serious academic and human priority.

Conclusion

UNMUTE: This Time, It's His Turn to Speak was more than an event - it was a quiet revolution. It opened a channel for voices long silenced by convention and invited men to step into emotional fluency with courage and compassion. As participants left the venue - with roses in their hands and lighter hearts - they carried with them more than affirmations; they carried the beginnings of a cultural shift. Through the collective efforts of students, faculty, and professionals, the institution reaffirmed its commitment to holistic education - where mental health is not merely supported, but celebrated.



Cooking Without Fire Competition

On the occasion of World Environment Day, celebrated on 5th June 2025, the Department of Computer Science and Applications at S-VYASA Deemed to be University organized a unique and eco-friendly event titled "Cooking Without Fire." The event aimed to spread awareness about sustainable practices and promote energy conservation through innovative and healthy food preparation techniques that do not involve the use of fire or electricity.

The competition was enthusiastically participated in by students from various departments. Participants showcased their creativity by preparing a variety of nutritious and delicious dishes without using any form of flame or heating equipment. The event brought out the talent and culinary innovation of the students while aligning with the theme of environmental responsibility.

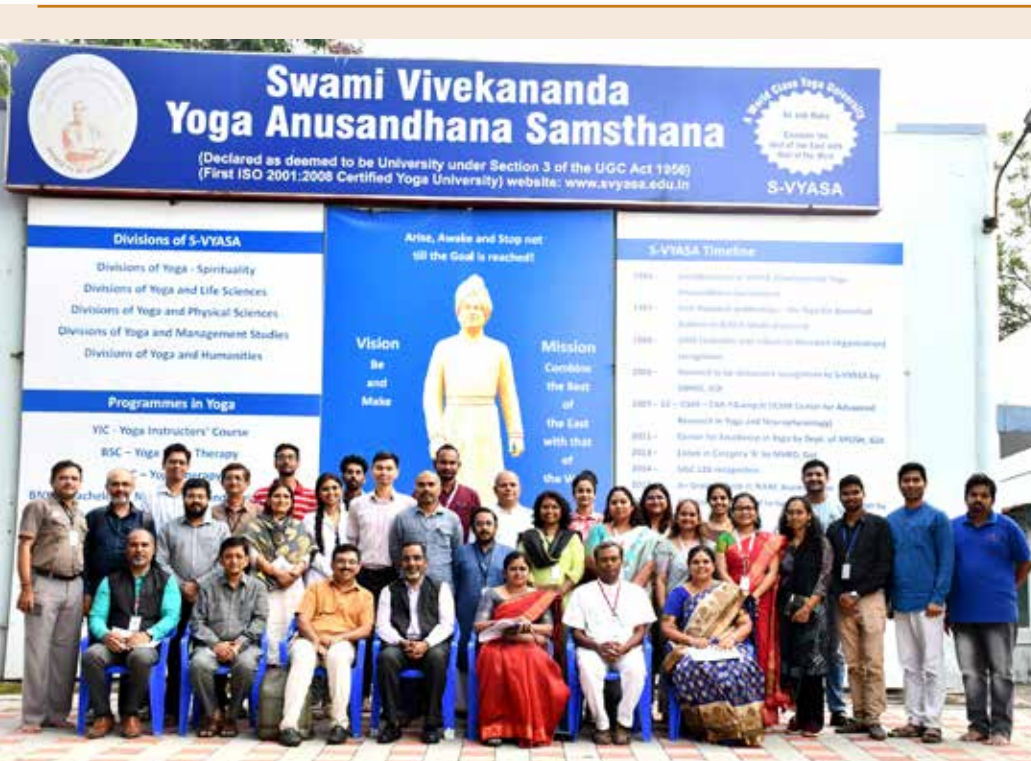
To encourage active participation and reward creativity, cash prizes were awarded:



- **First Prize: ₹1000/-**
- **Second Prize: ₹500/-**

The event was driven by the inspiring tagline: "No Flame, No Fire – Yet Every Bite's a True Admire."

The initiative was a great success and was well-received by all. It not only promoted eco-friendly habits but also emphasized the importance of adopting simple yet impactful changes in our daily lives to contribute towards environmental conservation.



The **Annual Internal Quality Assurance Cell (IQAC) Statutory Meeting** with external members was conducted at the Tarangini Board Room, S-VYASA. The meeting took place on 31 May 2025. Discussions focused on enhancing quality standards in academics and administration, with active participation from both internal and external members including Dr. Asha Rajiv, Director, IQAC, Jain University; Dr. Vengata Krishnan, Assistant Professor at Shri Sathya Sai Institute of higher Learning, Nandha Giri Campus, Karnataka, Dr. S. Sridhar, Director of Academic Affairs, S-VYASA University, School of Advanced Studies.



World Environment Day: Sustainable and Green Fashion Show

1. Introduction

On the occasion of World Environment Day 2025, the Department of Management and Commerce at S-VYASA Deemed-to-be University organized an impactful and insightful event titled “Sustainable and Green Fashion Show” on June 5, 2025. The celebration aimed to instill eco-consciousness, inspire action for sustainability, and showcase the importance of ethical fashion practices.

The event was graced by the esteemed presence of Honorable Academic Director Dr. Sridhar Sir, Respected HOD - Dr. Geetanjali Ma'am (Management and Commerce), All faculty members from S-Vyasa who actively contributed and participated and my dear student volunteers and participants were also actively engaged.

2. Event Agenda and Description

Welcome Speech

The event began with a warm welcome



speech that emphasized the theme of World Environment Day and the importance of sustainable living in everyday life.

Prayer

A peaceful prayer session set the tone for the afternoon, invoking mindfulness and gratitude towards nature.

With Every Drop, We Care

In this meaningful activity, dignitaries took part in the symbolic act of watering plants. This represented a sacred connection with nature and highlighted the human responsibility to nurture and preserve the environment.

“Salumarada Thimakka: The Woman Who Planted Hope” - Motivational Video





A short motivational video was presented, showcasing the inspiring life of Salumarada Thimakka, affectionately known as the “Mother of Trees.” Her lifelong commitment to planting and nurturing trees served as a reminder of the power of individual action.

Watch the Video: <https://youtu.be/RA8WWVNowi8?si=mDKB3acQAPSFYmxC>

Sticky Notes for a Greener Tomorrow

Students and faculty wrote two-line inspirational quotes on sticky notes, displayed on a green wall to represent collective hopes for a sustainable future.

One Touch, One Earth

Each participant imprinted their handprint as a symbolic gesture of environmental support, leaving a personal mark of commitment.

The Green Walk – Fashion Show

Participants showcased eco-friendly outfits made from Khadi, cotton, and upcycled materials. This segment promoted ethical fashion and sustainability.

Vote of Thanks

Ms. Archana, the Event Coordinator, delivered a heartfelt vote of thanks, expressing gratitude to all contributors.

National Anthem

The event concluded with the National Anthem, promoting unity and patriotic responsibility toward environmental protection.

3. Outcome and Impact

The event successfully raised awareness about sustainable practices and encouraged eco-consciousness among students and faculty. The innovative and interactive segments - especially the fashion show - sparked meaningful discussions around the importance of eco-friendly lifestyle choices and the role of youth in environmental protection.

4. Acknowledgments

- Dr. Sridhar S, Academic Director
- Dr. Geetanjali, Event Head, HoD - Commerce & Management
- Mr. Jayanth, Assistant Professor and Event Coordinator
- Ms. Archana, Assistant Professor and Event Coordinator
- All faculty members, student volunteers, and participants

5. Conclusion

The World Environment Day celebration at S-VYASA University was not just an event, but a strong message of change. It fostered environmental consciousness, honored sustainability champions, and inspired the community to adopt greener lifestyles. Through creative engagement and meaningful participation, the Department of Commerce and Management successfully conveyed the message: “One Earth, One Future.”



On the morning of June 10, 2025, during the Prarthana Milan held at Shruthi Mandir, **Mr. Srikante Gowda**, Senior Yoga Therapist at Eknath Bhavan, was felicitated on the occasion of his superannuation. The event marked a moment of gratitude and appreciation for Mr. Gowda’s dedicated years of service in the field of yoga therapy at S-VYASA.



World Hypertension Day



The Department of Allied and Health Care successfully organized an event to commemorate **World Hypertension Day** on **May 17th**, aligning with the global theme: "**Measure Your Blood Pressure Accurately, Control It, Live Longer.**" The event was held from **10:00 AM to 6:00 PM** and was open to all teaching and non-teaching staff of the institution.

We reached out to the **World Hypertension League** for guidance during the planning of this event. They kindly shared their official logo with us to use for the event and requested that we share details and outcomes of our event with them, so it could be featured on their official website.

The event saw an encouraging response with **105 registrations** - which included **faculty members, administrative staff, security personnel, and housekeeping staff**. A range of health-related activities were conducted to raise awareness and promote healthy living among the participants. The major highlights of the event included:

- **General Health Screening:** This involved the measurement of blood pressure, Body Mass Index (BMI), assessment of sleep and diet patterns.
- **Specialist Consultations:** Medical Officer, Clinical Psychologist, Physiotherapist, Occupational therapist, Yoga therapist.
- **Personalized Exercise Plans:** Tailored

exercise regimens were provided for Hypertensive, Pre-hypertensive, and Healthy individuals based on **ACSM (American College of Sports Medicine)** and **WHO** guidelines.

- **Health Education and Promotion:** Informative sessions were conducted to spread awareness about hypertension, its risks, and preventive measures.

To enrich the event, two esteemed guests from **Cadabams Hospital** were invited:

- **Dr. Lalitha**, Medical Officer
- **Dr. Deeksha Chadha**, Clinical Psychologist

In addition, **Mr. Ritik Nagar**, faculty and Yoga Therapist from our own institution, actively contributed by demonstrating and guiding participants through beneficial yoga practices for managing blood pressure and stress.

Sincere thanks to **Dr. Sridhar S**, Academic Director, for his constant support and encouragement, and **Dr. Sriraghunath S (PT)**, Dean - Allied and Health Care, for his unwavering support and active involvement throughout the event.

The event was planned and managed by faculty members **Dr. Nidhi B. Iyer (PT)**, **Dr. Shrisha (PT)**, **Dr. Chaitrali Kulkarni (OT)**, and **Dr. Sasank Sekhar (OT)** from the Department of Allied and Health Care.

A special acknowledgment goes to the student



volunteers from the BPT (Bachelor of Physiotherapy) and BOT (Bachelor of Occupational Therapy) programs, whose active involvement and dedicated efforts significantly contributed to the smooth execution of the event.

The event concluded successfully, leaving a positive impact on all attendees by emphasizing the importance of regular blood pressure monitoring, lifestyle modifications, and mental well-being for a longer and healthier life.

Prize Distribution Ceremony for Geetha Sloka Sangraha Chanting Competition at S-VYASA



On June 11, 2025, during the Prarthana Milan at S-VYASA Deemed-to-be-University, prizes were distributed to winners of the *Geetha Sloka Sangraha* chanting competition, which had been held during the first week of June. The event aimed to encourage students to engage deeply with the spiritual wisdom of the Bhagavad Gita through dedicated chanting practice. In recognition of their outstanding performances, awards were given across various categories. The School of Physiotherapy (SOPT) received the award for **Best Effort**, acknowledging their sincere participation and commitment. The award for **Best Coordination** was conferred upon Sushrutha Ayurvedic College and Medical Hospital (SACMH), while **Best Presentation** was awarded to the S-VYASA School of Yoga and Naturopathic Medicine (SSYNM). The **Best Pronunciation** award was earned by the School of Yogic Sciences (SYS), highlighting their accuracy and clarity in chanting.



World No Tobacco Day



On the occasion of **World No Tobacco Day**, a full-day health screening event was organized on **31st May 2025** by the **Department of Allied and Healthcare** in association with **Gleneagles BGS Hospital**. The event was held from **9:00 AM to 4:00 PM** on the 2nd floor of S-VYASA Deemed to be University, City Campus. As part of the initiative to promote preventive healthcare and raise awareness about the harmful effects of tobacco, a comprehensive health check-up camp was conducted. The tests included Electrocardiogram (ECG), Pulmonary Function Test (PFT), and Oral Health Screening. A total of 85 individuals registered for the camp, out of which 50 underwent PFT, 43 took the ECG test, and 30 availed consultations with the ENT and Internal Medicine specialists.

The event was conducted under the global theme “**Unmasking the Appeal**,” with the objective of educating the community and

encouraging a tobacco-free lifestyle.

Students from the Bachelor of Physiotherapy (BPT) and Bachelor of Occupational Therapy (BOT) programs actively participated by performing two impactful skits, creatively showcasing the harmful effects of tobacco and promoting cessation awareness. **Bengaluru City Police** also took part, engaging with students and sharing insights on the legal, social, and health consequences of tobacco use. A **QR code** was displayed at the venue for participants to pledge their commitment to a tobacco-free future, with e-certificates issued by the Commissioner of Police as a token of their pledge.





Climate Change at TEDx – S-VYASA



At TEDx – S-VYASA (Deemed-to-be University for Advanced Studies), we recently hosted a powerful talk on **Climate Change**, focusing on how nature itself is constantly adapting to the dramatic changes we are experiencing. Rising temperatures, shifting rain patterns, and growing agricultural stress are not just distant problems – they are a present reality affecting food production, ecosystem health, and human livelihoods.

The speaker, **Mr. Srivathsa Govindaraju** challenged us to view climate change not as an isolated crisis but as a reflection of our deep disconnection from nature. The agricultural impacts we are seeing - from reduced soil fertility to changing cropping patterns - underscore the need to learn from nature’s ability to adjust and innovate.

A key message from the talk was a powerful shift in perspective: **We should learn to live**

alongside microorganisms instead of trying to destroy them. Our growing dependency on sanitizers and disinfectants to keep ourselves “safe” has disrupted the microbial balance that plays a vital role in soil health, human well-being, and agricultural productivity. Instead of battling these tiny creatures, we should be willing to “get our hands dirty” - to connect more closely with the soil, appreciate microbial diversity, and allow nature’s adaptability to guide us forward.

The climate crisis is not just about reducing emissions; it’s about reshaping our relationship with nature. By embracing microbial life, honouring agricultural traditions, and working in harmony with our environment, we can become more resilient in the face of change and create a future that is both sustainable and thriving.

About the Speaker: Mr. Srivathsa Govindaraju

Mr. Srivathsa Govindaraju was the key speaker where he shared his deep knowledge and lifelong experience in sustainable living. As the Founder and Promoter of Nature Inspires, Mr. Govindaraju was more than just a title-holder – he was a seasoned farmer, naturalist, and coach who had devoted over 30 years to fostering a profound connection with nature.

Based at Chiguru Ecospace, his Certified Organic Farm and Biodiversity Education Centre, Mr. Govindaraju lived by his principles,





growing food responsibly and conserving the rich diversity of life around him. His mission was driven by a deep passion for education and a strong conviction that a sustainable future was within reach if we learned to appreciate microbial life, care for the land, and live in harmony with nature. His life and work stood as a powerful example of how we could adapt, innovate, and flourish alongside nature in a changing world.

About the Entertainer: 1. Dhananjay Keys

Dhananjay Keys is recognized as a dynamic and versatile artist, renowned for his roles as a music composer, keyboardist, and tabalist. His infectious energy has been credited with propelling Kannada tracks to viral fame and with having graced stages across India and the USA.

On his Instagram account (@dhananjay_keys), which is followed by over 120 K people, a range of roles – from Music Composer and Sound Engineer to Singer, Video Editor, and Graphic Designer – is presented, reflecting his diverse creative skill set. His feed is filled with snapshots from the studio, clips of his performances, and travel stories, through which his musical journey and collaborative spirit are displayed.

Soulful instrumental covers of Kannada

devotional pieces are frequently shared by him, and a unique blend of contemporary sound design and traditional melodies is employed to captivate a wide audience.

Overall, an immersive musical experience is created through his technical prowess on the keyboard and tablas, combined with deep emotional expression – making him a compelling presence both in the studio and on stage.

2. Sreejith Saralaya:

Hailing from Bangalore and originally trained in Electronics and Communication Engineering, **Sreejith Saralaya** made a remarkable transition into the world of music, emerging as a sought-after freelance violinist with a growing presence on both social media and the live performance circuit. Sreejith has managed to capture attention through a thoughtful mix of instrumental covers and fusion pieces. Among his standout recordings are melodic renditions of “Naguva Nayana” and “Kanmani Anbodu” that blend Carnatic nuance with contemporary flair, as seen on his YouTube channel. He’s also explored unique pairings, such as violin & chenda fusion performances - interpreting pieces like “Uyire Uyire” and “Mere Dholna Sun” - demonstrating both versatility and showmanship.



Industrial Visit Report - TVS Three-Wheelers Manufacturing Plant, Hosur



As part of our MBA experiential learning initiative, we visited the state-of-the-art TVS Three- Wheelers Manufacturing Plant in Hosur, Tamil Nadu, on 26th May 2025. This immersive industrial experience provided an opportunity to witness advanced production techniques, understand lean manufacturing, explore human resource practices, and appreciate how global brands like TVS balance efficiency, quality, and sustainability. The visit offered real-world applications to many concepts from our MBA curriculum and left us inspired.

Objective of the Visit

The primary objective of this industrial visit was to bridge the gap between theoretical knowledge and real-world practices by exposing students to:

- **Advanced Manufacturing Systems:** Understand production lines, assembly processes, and automation.
- **Quality and Productivity Practices:** Observe the application of Lean, Kaizen, 5S, and TPM.
- **Human Resource Operations:** Gain insight into workforce classification and attendance systems.
- **Sustainability and Innovation:** Learn about

green mobility initiatives and research-driven product development.

- **International Business Strategies:** Explore export operations and global market customization.

Acknowledgements

I sincerely thank the faculty of S-VYASA School of Advanced Studies for organizing this insightful industrial visit. Special thanks to:

- **Dr. Geethanjali Patil Pawar**, HOD of Commerce and Management
- **Mr. Vigeneshwaran**, UI / UX Specialist
- **Mr. Jayanth Kashyap**, Assistant Professor
- **Mr. Avinash Raj**
- **Ms. Roopa**

I also extend heartfelt gratitude to the team at **TVS Motor Company** for their warm welcome, valuable guidance, and for giving us a first-hand experience of world-class manufacturing excellence.

Conclusion

The industrial visit to TVS was a transformative experience that enriched our academic journey and broadened our perspective on the inner workings of a successful global manufacturing



company. We witnessed first-hand how innovation, precision, and process discipline come together to create world-class products. The visit not only deepened our understanding of operations, quality, human resources, and sustainability, but also instilled in us a greater appreciation for teamwork, continuous improvement, and technological adaptation. It reinforced classroom learnings through practical exposure and highlighted the importance of staying aligned with industry trends. Such experiential learning opportunities are vital in preparing MBA students to be future-ready leaders who can contribute meaningfully to business and society.



On June 10, 2025, the **Marwari Yuva Manch, Bangalore Stars**, organized a **Blood Donation Drive** at Sanskriti Bhavan, S-VYASA. The event witnessed enthusiastic participation from the S-VYASA community, with many students and faculty members stepping forward to donate blood. Those who were medically fit voluntarily contributed their blood.



On June 20, 2025, the **Staff of C-DAC** were **felicitated** at Shruthi Mandir, S-VYASA. They had accompanied the company employees who participated in a three-day induction program organized on campus. Ms. Binu George, Training Manager at C-DAC, and Mr. Rajeev, Senior Faculty, were specially honoured during the ceremony for their support and leadership.

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



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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 strategi



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



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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
(AlliA), 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

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

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

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

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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

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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

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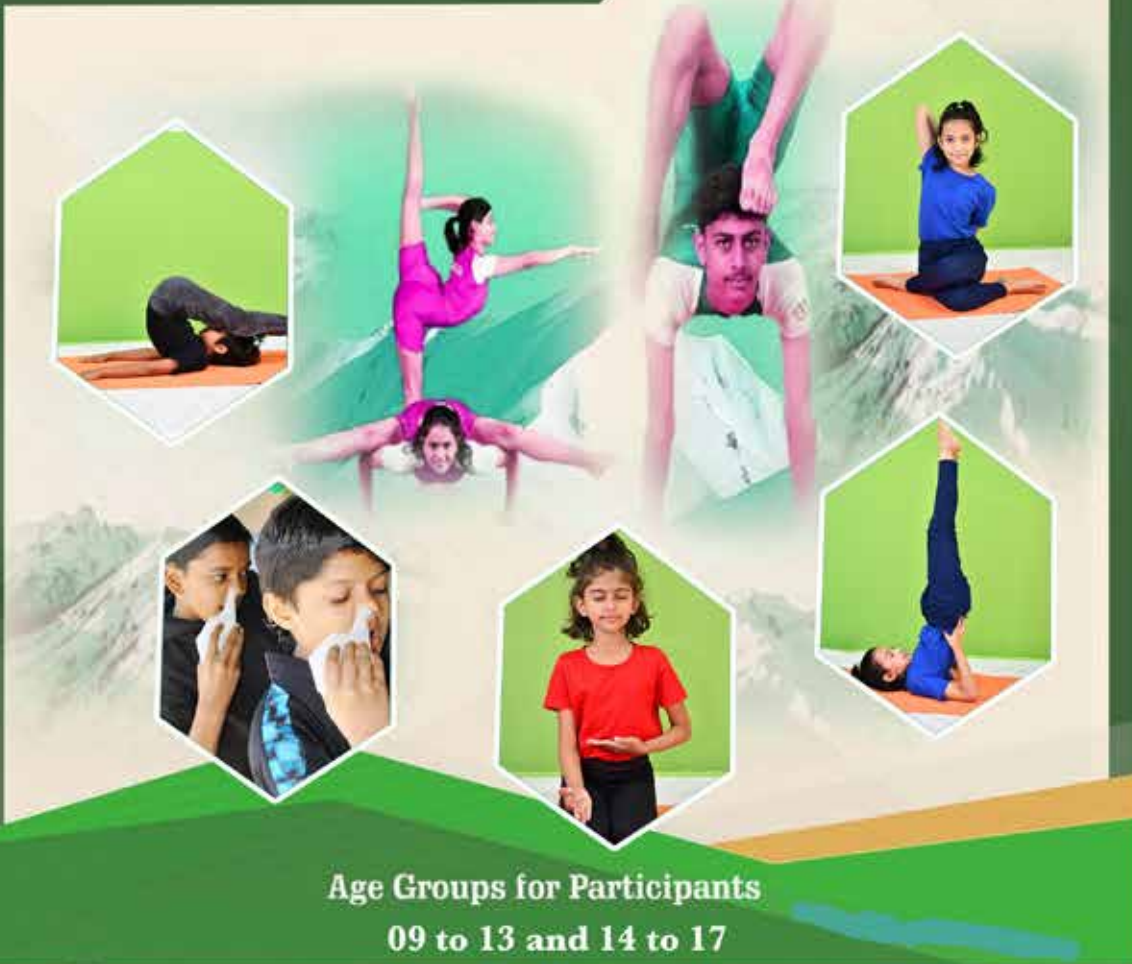
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