

YOGA SUDHRA

A Monthly Journal of SVYASA (Deemed to be University)



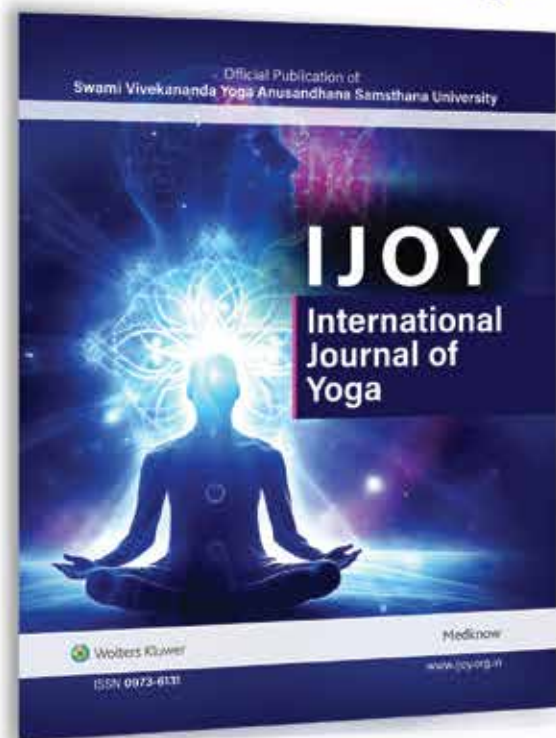
10th International Day of Yoga

Yoga for Self and Society
A Grand Success



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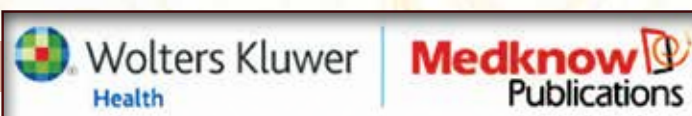
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तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

योगसंज्ञितम्

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EDITORIAL

Pancha Kosha Model for Integrative Medicine Approach

My dear Brothers and Sisters,

The Panchakosha model offers a framework for integrating diverse health systems within Integrative Medicine (IM). Each kosha represents a different aspect of human existence:

1. Annamaya Kosha (Physical Sheath):

- Allopathic Medicine: Conventional treatments, surgeries
- Ayurveda: Dosha-based diets, herbal treatments
- Naturopathy: Natural remedies, detox programs
- Physical Therapies: Physiotherapy, chiropractic care
- Yoga: Asanas for physical health, Yogic Diet

2. Pranamaya Kosha (Energetic Sheath):

- Yoga: Pranayama, energy-balancing asanas
- Traditional Chinese Medicine (TCM): Acupuncture, Qigong



- Reiki and Energy Healing: Chakra balancing
 - Homeopathy: Prana based healing
- ### 3. Manomaya Kosha (Mental Sheath):
- Psychotherapy: CBT, mindfulness
 - Mindfulness and Meditation: Mental clarity, stress reduction
 - Ayurveda: Mental health herbs, lifestyle adjustments
 - Yoga: Meditation, mantra chanting, Bhajans, Krida Yoga
- ### 4. Vijnanamaya Kosha (Intellectual Sheath):
- Cognitive Training: Memory, concentration exercises
 - Integrative Approaches: CBT with mindfulness
 - Self-Development: Journaling, study of spiritual texts
 - Yoga: Jnana Yoga (knowledge) Lectures, Yoga Counselling
- ### 5. Anandamaya Kosha (Bliss Sheath):
- Spiritual Practices
 - Holistic Therapies: Ayurveda, spiritual counselling
 - Community: Supportive groups
 - Karma Yoga: Action in Blissful awareness, stress-free action

This integrative approach enhances holistic health and well-being.

■ *Dr H R Nagendra*



Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

The IDY 2024 facilitated the process of Connecting the Self and the Society through Yoga. When we say 'Yoga', people imagine exceptional stretches, dynamic body movements or a super-flexible body. But, is Yoga limited to just that? The significance of mind-body connection and the role of mental hygiene in promoting holistic wellbeing of an individual was well recognized for thousands of years earlier. Nowadays, Yoga is often praised for its ability to improve fitness, enhance flexibility, and address physical limitations. Unfortunately, the profound significance of Yoga in connecting physical, mental and spiritual wellbeing has taken a back seat. However, IDY has become the game changer in creating a paradigm shift in the understanding of Yoga connecting the tradition of Yoga with the science and spirituality.

Long ago, Aristotle expressed that 'Man is essentially a social animal by nature'. He cannot live without society, if he does so; he is either a beast or God. Man has to live in society for his existence and welfare. In almost all aspects of his life, he feels the need of society. Biologically and psychologically, he was compelled to live in society.

Since the dawn of civilization, societies have experienced extraordinary changes and progressions. From the ancient Stone Age to the futuristic space age, these remarkable advancements have been primarily fuelled by the commendable strides made in the

field of science and technology. But all these advancements shall become futile if man loses social ethics.

Society is derived from the Latin word "Socius" means companionship or friendship. Its primary goal is to ensure a positive and fulfilling life for its members by enabling personal growth and offering development opportunities. It nurtures cooperation and understanding among individuals, even amid conflicts and tensions. In today's advancing society, there is a growing sense of anxiety and discomfort, despite our freedom. Even though medical science has made great progress, individuals continue to deal with various health issues, including mental health problems like depression and physical ailments such as cancer, heart attacks, strokes, and obesity, as well as psychosomatic disorders like diabetes, hypertension, sleep disorders, degenerative diseases, and autoimmune disorders. The presence of disconnection and imbalance is felt within us, as we long for a reality that is deeper and more meaningful. The success of a society depends on how well it jumps on new chances and faces challenges head-on.

Yoga, with its ancient lineage, offers effective solutions to the ever-changing health issues that persist in our modern society. It guides us on how to calm and control our restless minds, purify our bodies, regulate our breath, re-tune ourselves, and connect with our inner selves. p6 ▶▶

With Pranams
Dr. Manjunath N K
Vice Chancellor

S-VYASA Deemed to be University, Bengaluru





ब्रह्मसूत्रम् (Brahmasūtram)

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



तन्मनः प्राण उत्तरात् (ब्रह्मसूत्रम्-४-२-३)

Tanmanah prāṇa uttarāt (Brahmasūtram-4-2-3)

Meaning: *That mind (is merged) in Prana (as is seen) from the subsequent clause (of the Sruti cited).*

This Sūtra in this Adhikaraṇa deals with the inward human journey aimed at immersion, the Pralaya. The Vedānta seeker may encounter different statements in the Upaniṣads regarding Prasava (evolution) and Pralaya (involution). For instance, the Taittirīya Upaniṣad explains creation with "Tasmād vā etasmāt ātmāna ākāśaḥ sambhūtaḥ," and the merging process in Chandogya Upaniṣad's "tasya yavān na vān manasi sampadyate, manaḥ prāṇe, prāṇaḥ tejasi, tejas parasyām devatāyām tava jānati." The preceding section discussed the sequence of merging at the individual level, starting with speech merging into mind.

The narrative in this Adhikaraṇa revolves around the inward journey, where speech merges into mind and subsequently, mind merges into prāṇa. This section encompasses the method, mode, and allied topics of this journey. When preparing the body for departure, the cessation of speech becomes the most noticeable sign for others, indicating the traveller's readiness to discard the external frame.

The process of the mind merging into prāṇas is complex because the mind (manas) is subtler than prāṇa. Purvapakṣa argues that not only the vṛttis (modifications) of the mind merge into prāṇa, but the entire mind itself merges. Upaniṣadic statements affirm this view, such as "the mind consists of food, prāṇa of water,"

implying the mind's merger into prāṇa. The subtle body continues its journey while the gross body perishes, cremated or buried according to societal customs.

The mantra "Vāgādi paścha..." lists the subtle body (sūkṣma śarīra), which embarks on its next journey after departure. Depending on accumulated karma, the subtle body assumes different external forms, perpetuating the cycle of birth and death until the fruition of all karma.

What may seem subtle and complex to common people is comprehensible to great Rishis and yogis, which is akin to holding a gooseberry in one's palm. Their clarity and ability to convey truths through śāstras and granthas are evident in works like the Brahmasūtra, authored by Vedavyāsa Bādarāyaṇa, and expounded upon by Ācāryas such as Panchaśikha, Śaṅkara, Madhva, Rāmānuja, and Nimbārka.

In the sequence of explanations, the transition of speech into mind and mind into prāṇa requires clarification. Since mind is subtler than prāṇa, prāṇa should merge into mind. However, the order in the mantra reverses this, causing confusion. Siddhānti resolves this by explaining that it is not the entire mind that merges but only its vṛttis. Even in deep sleep or death, when prāṇa is inactive, mental functions may continue, indicating that mind is not derived p6 ►►

«p3 Message from the Vice Chancellor

By practicing yoga, a spirit of oneness is created—oneness of the mind, body and intellect, oneness with our families, with the society we live in, with fellow humans, with all the birds, animals and trees with whom we share our beautiful planet... this is yoga.” – Sri Narendra Modi, Hon’ble Prime Minister.

Living in a busy city and striving for a comfortable life has its drawbacks - it can take a toll on our peace of mind. This is where yoga comes in as a bridge that connects our mind and body and guides us towards self-discovery. As mentioned

in Bhagavad Gita, “Yoga is the journey of the self, to the self, through the self”. Yoga offers a wide range of benefits that enable us to establish a more structured and balanced way of living. When individuals attain a state of physical and mental wellness, society can naturally reflect the positive outcomes, underscoring the correlation between individual and societal well-being.

So, let's pledge to incorporate yoga into our daily routine to transform into exemplary individuals and contribute towards building a society brimming with positivity and tranquility.



Dr. Amith Singh, Medical Director of Arogyadhama and Dr. B R Ramakrishna, Pro-Chancellor of S-VYASA in International Yoga Conference in Durban, South Africa.

«p5 ब्रह्मसूत्रम् (Brahmasūtram)

from prāṇa and thus cannot merge into it. The mantra from Chandogya Upaniṣad suggests that the mind also merges into earth when prāṇa merges into earth, further supporting that only the functions of the mind merge, not the mind itself.

Observing common experiences, experts note signs when an individual's prāṇa approaches its root, Adhyakṣa (the witness), leading to the eventual merging of prāṇa with the jīvātman. This sutra narrates the process accordingly. Bhāṣyakāra Śāṅkara describes how the body,

created from the five great elements (pañca mahābhūta), five prāṇas, five cognitive senses, and five active senses, undergoes dissolution in this pralaya. This understanding of parapsychology from a śāstric perspective exceeds modern empirical evidence; while modern science remains less profound, further research in parapsychology may deepen this field.

Future adhikaraṇas will explore more subtle aspects and mysteries of this process.

to be continued...



Interaction between Dr. Indranil Basu Ray, distinguished Cardiologist and Electrophysiologist and Chancellor of S-VYASA, Dr. H R Nagedra

Can you tell us what yoga is and what it aims to do?

Yoga is a way of life; science of Holistic living practices combine physical postures, breath control, emotional mastery, Meditation and intellectual excellence to unravel the mysteries of creation to promote holistic well-being.

You have a background in science, having been an erstwhile NASA scientist. How do you make yoga have a scientific background?

Yoga is supported by 10,000 research papers published in leading national and international Journals showing its benefits on physical health, mental clarity, and stress reduction.

What makes yoga different from other types of exercise?

Unlike other exercises, yoga integrates physical relaxation, slow breathing rhythms, restored homeostasis and calmness of mind to enhance overall health and wellness.

Why is the connection between the mind and body important in yoga?

The mind-body connection in yoga is crucial as it fosters mental clarity, emotional balance, and physical health.

India is facing an epidemic of Hypertension & Diabetes. What do you envisage based on scientific research the health benefits of doing yoga in these diseases?

Scientific research suggests yoga can help manage hypertension and diabetes by reducing stress, improving blood sugar control, and enhancing cardiovascular health.

There has been tremendous research in yoga done by allopathic physicians



in the US. How do you recommend we teach our

medical community the science and medicine of yoga?

I recommend incorporating yoga training into medical education, emphasizing evidence-based research and integrating it into patient care. We have been organising CCIM for the same in collaboration with NIMHANS and many other AIIMS are also coming forward.

Can yoga help with mental health issues like anxiety and depression? How?

Yes, yoga can help with anxiety and depression by promoting relaxation, reducing stress hormones, and increasing mental capacity of will power and calmness.

You have been the yoga guru to the Prime Minister of India, Sri Narendra Modi Ji. What role is the Government playing in making yoga a cheaper but equally effective alternative for health for the common Indian?



The Government is promoting yoga through initiatives like International Yoga Day, public programs, and integrating it into healthcare systems to make it accessible and affordable.

Yoga includes Ashtanga Yoga or eightfold path? Somehow it seems people have forgotten that even in India and think yoga means asanas. How do you spread the original meaning of yoga?

To spread the original meaning of yoga, educate people about the complete Ashtanga Yoga path, which includes ethical practices, meditation, and spiritual growth, not just physical postures and also the four streams of Jnana, Bhakti, Karma and Raja Yogas propounded by Swami Vivekananda.

The prime minister of the country practices yoga every day despite his busy schedule. What tips do you have for people who find it hard to practice yoga regularly despite being busy?

For busy individuals, I recommend setting a consistent daily routine, starting with just a few minutes of yoga, and gradually increasing the duration as it becomes a habit. We have developed a simple 35 minutes program called Cyclic meditation which gives 32% rest in 30 minutes compared to 9% in 6 hours of good sleep. Lakhs of executives all over the world have included this practice into their daily routine before taking dinner every day over 30

years after its introduction.

Can you share the story of your transformation from science as a NASA scientist to a Philosopher/ Mentor and a Guru?

My transformation from NASA to VYASA involved a process of combining the best of the West with that of the East involved in integrating scientific research with Yoga practices to promote holistic well-being. I moved from mechanical engineering to human engineering in search of Reality from 1965 which is the real objective of science which most people have missed.

The country is filled with Gurus with little or no formal education or spiritual attainment like Sri Ramakrishna, as formal education means nothing then. How do you propose we work towards a scientific understanding of yoga instead of spreading blind rituals?

Promote a scientific understanding of yoga by emphasizing evidence-based research and integrating scientific principles into its teaching and practice. From mere yoga centres run by such people, we should bring yoga into education which S-VYASA University is doing. Properly done Rituals as prescribed in Purva Mimamsa of Vedas need to be explored with scientific rigor. We have started doing that in our new Varahamihira Advanced Centre for Vedic Technology Research (VMAC-VTR) in S-VYASA.



Dr. Amith Singh, Medical Director of Arogyadhama; Dr. Manjunath N K, Vice Chancellor; and Dr. B R Ramakrishna, Pro-Chancellor of S-VYASA in International Yoga Conference in Durban, SA.



IDY 2024 celebration in S-VYASA Campus



Bengaluru, June 21: The International Day of Yoga 2024, held in the sprawling helipad ground of S-VYASA, Deemed to be University, Bangalore on 21 June at 7:00 AM, themed “Yoga for Self and Society,” was a resounding success. The event commenced with the Shanti Mantra chanted by the students of The School of Yoga, setting a serene and auspicious tone for the day.

The yoga torch was lit to mark the beginning of the celebration by the Hon’ble Chancellor, Dr. H R Nagendra ji, Chief Guest, Prof. Raj Singh, Hon’ble Vice Chancellor of Jain (Deemed to be





University), Hon'ble Vice Chancellor, Dr. N K Manjunath Sharma, and other dignitaries, symbolizing the dispelling of darkness, dawn of knowledge and enlightenment. The torch, carried by the S-VYASA Yoga Champions of 'Khelo India', 'Himalayan Olympiad', and other state-level champions, was passed around, circumnating the crowd gathered in the vast helipad ground.

The event saw a gathering of more than 2,500 students, staff, and faculty members, including participants from government schools in and around S-VYASA in Anekal Taluk. Students from The School of Yogic Sciences (SYS), The School of Yoga and Naturopathic Medicine (TSYNM), The School of Physiotherapy (SoPT), Sushrutha Ayurvedic Medical College & Hospital

(SAMC&H), Government PU College, GPS Institute of Agriculture, and SDM Institute of Ayurveda & Hospital (SDMIAH), participated. The Bureau of Indian Standards (BIS), Bangalore has helped the IDY-2024 celebration as one of the sponsors in organizing the function. The Govt. School Children of Higher primary school, & High School from Indlavadi village and Higher Primary schools from Madapatna, Harappanahalli, Konasandra, kalluballu villages & Lower Primary school, Giddenahalli village, also participated. Specially designed T-shirts for all participants by S-VYASA, added color and gaiety to the function.

Dr. N K Manjunath Sharma, the Hon'ble Vice Chancellor, delivered a warm welcome address, emphasizing the importance of yoga





in promoting self and societal well-being. He also spoke about Guruji's (Dr. H R Nagendra ji) vision of the Yoga Day celebration, which started few decades back, to unite the international community. Participants then engaged in performing the Common Yoga Protocol (CYP), a standardized yoga session that included various asanas, pranayama, and meditation practices, promoting physical and mental health among the attendees. Following this, a yoga demonstration by the students of SDMIAH, Bangalore, showcased advanced asanas and techniques, highlighting the depth and diversity of yoga.



The dignitaries and special invitees, including Dr. Ravi C R, Taluk Health Officer, Anekal, Mrs. Netravathi S, Physical Education Officer, BEO office, Mr. B K Chandrashekar, Deputy Tahasildar Jigani Hobali, Anekal, Smt. Indramma, President, Kallbalu Gram Panchyathi, Jigani Hobli Anekal, and Harish, Vice President, Kallbalu Gram Panchyathi, Jigani Hobli, Anekal, were felicitated. Sri Narendra Reddy Beesu, Scientist-E & Director of the Bureau of Indian Standards (IBS), Bangalore, addressed the gathering, underscoring the significance of yoga in modern scientific contexts. He also mentioned few highlights how the IBS is bringing the standardization of the Jala Neti Pot, Suthra Neti catheter etc. Prof. M K Sridhar, Pro-Vice Chancellor & Dean of Academics, delivered an inspiring speech on the role of yoga in academic and personal development.

The Chief Guest of the function, Professor Raj Singh, Hon'ble Vice Chancellor of Jain (Deemed to be University), Bengaluru, shared his insights on the transformative power of yoga, encouraging everyone to integrate yoga into their daily lives. Prof. Raj Singh also highlighted the role of NEP in the developing

the personality of a student and how yogic education blends beautifully the development of total personality of a student. He urged all the students to develop their real self which in turn give to societal improvement.

The students of S-VYASA university then performed a well-coordinated yoga demonstration, showcasing their dedication and the effectiveness of their training. Dr. H R Nagendra ji, the Hon'ble Chancellor, offered his blessings and reinforced the message of yoga for self and society. He traced step by step evolution of IDY from its inception. He highlighted the ills of modern fast paced society and described how yoga can help in calming and taming the mind for the overall good of the individual and society. He also stressed the goal of Yoga - 'Vasudeva kutumbakam' or world is recognized as one single big family.

Dr. Vasudev Vaidya, Deputy Registrar, expressed gratitude to all participants, dignitaries, and organizers. Special Thanks were given to BIS, Bengaluru, for sponsoring the refreshments to all the participants of this mega event. The event concluded with a prayer, bringing the program to a peaceful and reflective close. This celebration highlighted the profound impact of yoga on individual and collective well-being, leaving participants inspired and motivated to incorporate yoga into their daily routines.

Overall, the IDY-24 event not only celebrated the essence of yoga but also fostered a sense of community and collective consciousness, emphasizing the integral role of yoga in achieving holistic health and societal harmony.



Yoga Mahotsav-2024 in Prasanti Kutiram



Bengaluru, June 19: The Yoga Mahotsav-2024, held herein Prasanti Kutiram, Jigaini and sponsored by Morarji Desai National Institute of Yoga (MDNIY), was a vibrant and engaging event that united yoga enthusiasts, students, faculty, and distinguished guests in celebration of yoga's essence and benefits. The meticulously planned and executed program commenced with a serene Universal Prayer led by School of Yogic Sciences. The following students, teachers, staff from various college/schools participated in Common Yoga Protocol (CYP) as a part of Yoga Mahotsav Celebration:

1. UG, PG and PhD students of School of Yogic Sciences (SYS). the School of Naturopathy, S-VYASA.
2. BNYS, MD and PhD students of the School of Yoga and Naturopathy Medicine, S-VYASA.
3. BPT students of School of Physiotherapy, S-VYASA.
4. BAMS & MD Students of Sushrutha Ayurveda Medical College and Hospital (SAMC). Sushruth Nursing College.
5. BSc, GNM, MSc (Nursing) students of





Sushrutha Nursing College.

6. Participants from the Integrated Health Home called "Arogyadhama"
7. Students of Yoga Instructor's Course (YIC), S-VYASA.
8. Students of PGDYT (Post Graduate Diploma in Yoga Therapy)
9. Students of ANTTC, S-VYASA.
10. School Children from - Govt High School Indalavadi; Govt. Higher Primary School Indalvadi (upto 7th std); Govt. Higher Primary School Madapatna; Cluster Resource Person (CRP) (Head Masters, Teachers and SDMC Committee Members).

Dr. Manjunath Sharma, Vice Chancellor, delivered the welcome address, emphasizing the significance of yoga in modern life and the university's commitment to promoting holistic health. Following this, participants engaged in the Common Yoga Protocol (CYP), a series of yoga practices designed to foster physical and mental well-being.

Dr. Tejaswani Ananth Kumar, the Chief Guest, was honored with a felicitation for her contributions to society through the Admya Chetna Trust. In her inspiring speech, she discussed the transformative power of yoga and its role in societal upliftment. She also highlighted the unique concept of the Green Kitchen, launched by the Admya Chetana Foundation in 1997. She explained that since 2009, the mid-day meal kitchen in Bengaluru has been using 100% biofuel from waste





material, making it fossil-free and zero-garbage. The projects of Adamyia Chetana, such as Anna, Akshara, and Arogya, have positively impacted the nourishment, learning, and health of thousands of underprivileged children. The NGO feeds over 1,60,000 underprivileged school children daily with the support of the government and donors.

Following her address, Prof. M K Sridhar, Pro Vice Chancellor & Dean of Academics, shared his insights on the academic integration of yoga and its benefits to the students and faculty. He also discussed the ancient literature of yoga, particularly the "Yoga Sutras of Patanjali."

Students from SYS of S-VYASA showcased an impressive yoga demonstration, highlighting various advanced asanas and their proper techniques. In the lead-up to the Yoga Mahotsav, to create awareness of the International Day of Yoga (IDY) 2024 theme, "Yoga for Self and Society," various Yoga competitions were organized by S-VYASA. These included, Competitions in Rangoli, Yoga Quiz, Yogasana Sports, and Pencil Sketch were held, and the winners were recognized and awarded, encouraging participants to continue their practice and excel further in the yoga field.

The formal proceedings concluded with a vote of thanks and a concluding prayer by the Registrar, Prof. S. Siva Sankara Sai. Grateful thanks were given to MDNIY and Ministry of AYUSH, New Delhi, for sponsoring the The Yoga Mahotsav-2024 at S-VYASA. The event was a resounding success, reflecting the collective effort and enthusiasm of the organizers, 1200 participants, and guests. The event not only highlighted the physical and mental benefits of yoga but also fostered a sense of community and shared purpose. The presence and insights of distinguished guests like Dr. Tejaswani Ananth Kumar and Prof. M K Sridhar added great value to the program, making it a memorable and enriching experience for all. Special thanks to Ms. Anupa Chhantyal, Programme Coordinator, and Dr. Vasudev Vaidya, Deputy Registrar, for their dedicated efforts in organizing this event. Their coordination and attention to detail ensured the smooth execution of the Yoga Mahotsav-2024.

All participants (school children, college students and faculty) were given a sumptuous breakfast after the Yoga Mahotsav at the campus "Annapurna Canteen". The School Children were taken around the S-VYASA for a campus tour.



Seminar, Yoga for Space in Prashanti



Bengaluru, June 18: Yoga for Space, a Seminar was conducted by CCRYN (Central Council for Research in Yoga & Naturopathy), Ministry of AYUSH, GoI, herein S-VYASA University Campus, Prashanti Kutiram.

The exploration of space has long captured the human imagination, pushing the boundaries of scientific discovery and technological advancement. Till date 124 space missions have been undertaken by our country. Preparations are on for the 1st manned space mission Gaganyaan by our country. There is a renewed interest in the space exploration in the last decade. However, the unique challenges of the space environment can have significant impacts on the health and well-being of astronauts. Factors such as microgravity, long term isolation in confined spaces, radiation, altered day/ night cycle can have profound effects on the human body. Microgravity can lead to muscle atrophy, bone loss, and cardiovascular deconditioning, as the body is no longer required to work against the constant pull of gravity. Additionally, exposure to cosmic radiation in the space environment can increase the risk of cancer and other health problems and social isolation can lead to a range of physiological and psychological issues that must

be addressed to ensure the safety and success of space missions. Yoga, a holistic practice that combines physical postures, breathing exercises, and meditation, has the potential to mitigate the negative effects of the space environment on astronauts' health. Yoga can be integrated to the preflight conditioning regimen of the astronauts to improve physical fitness, physiological conditioning and acclimatization and mental resilience. This One-day Seminar had the speakers from ISRO, Human Space Flight Center, ISRO, Institute of Aerospace Medicine, IIT Delhi, S-VYASA University and CCRYN, Ministry of AYUSH, deliberated on the challenges of space exploration and role of Yoga.

Seminar was organised in collaboration with S-VYASA, Bengaluru; Institute of Aerospace Medicine, Bengaluru; Human Space Flight Centre, ISRO, Bengaluru; and IIT - Delhi.





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Yogopanishad-sara – 1 Advayataraka Upanishad

Introduction

On the occasion of the 10th International Day of Yoga, a new series on the essence of the 20 Major Yoga Upanishads is being launched, starting with the Advaya Taraka Upanishad. This series aims to explore and discuss one Upanishad each month. Before delving into the Advaya Taraka Upanishad, an introduction to Yoga Upanishad literature and a list of known Yoga Upanishads are provided below.

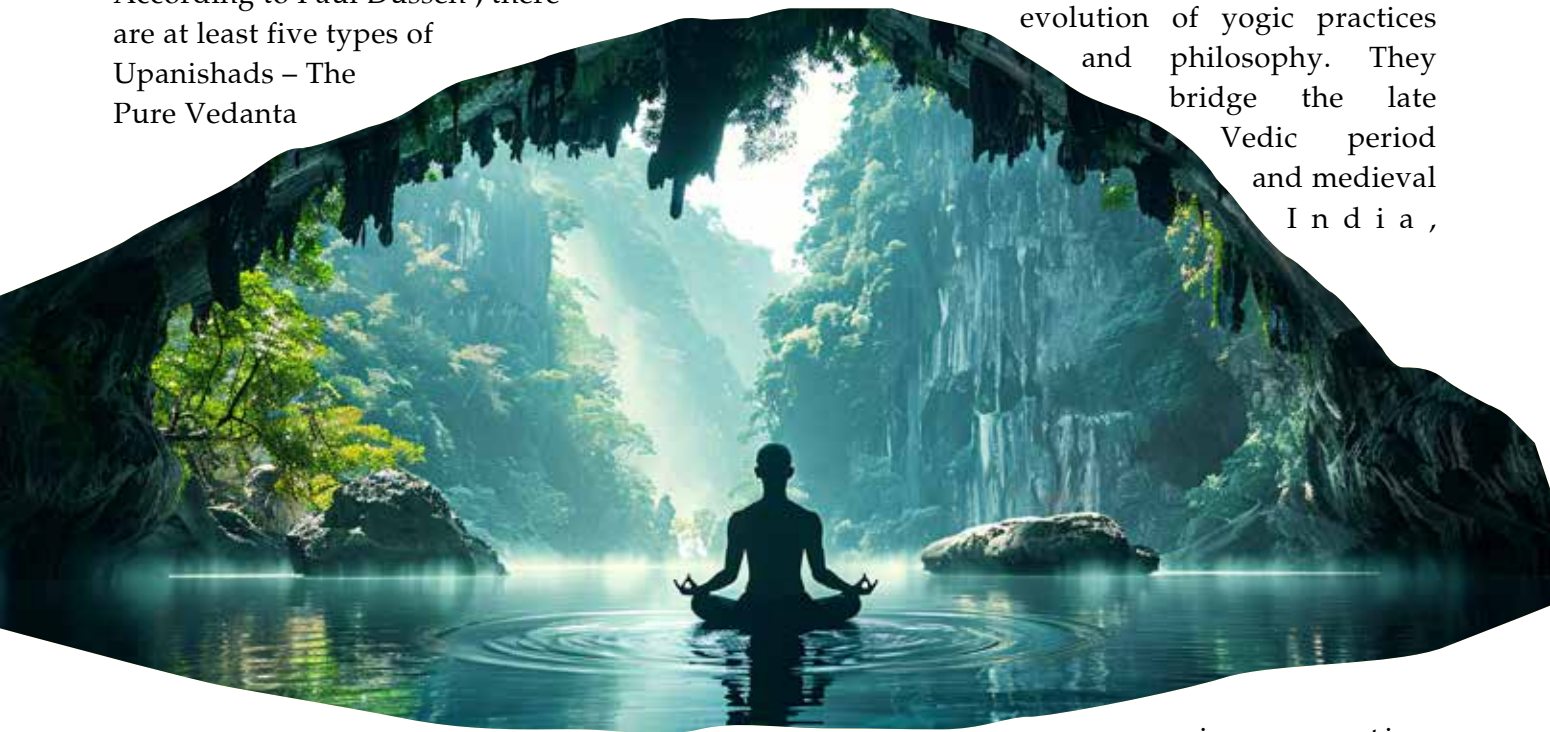
What are the Yoga Upanishads?

According to Paul Dussen¹, there are at least five types of Upanishads – The Pure Vedanta

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ancient Upanishadic texts, delve into the philosophy and practices of yoga. They offer profound insights into meditation, breath control, and spiritual discipline, guiding seekers toward self-realization and unity of body, mind, and spirit. These texts remain essential in the study of yoga. Scholars consider that Yogopanishads were composed between 1200 – 1600 CE², reflecting a significant evolution of yogic practices and philosophy. They bridge the late Vedic period and medieval India ,



Upanishads, the Yoga Upanishads, the Samnyasa Upanishads, the Shiva Upanishads and Vishnu Upanishads.

The Yogopanishads, a vital segment of the

incorporating influences from classical yoga and emerging tantric traditions, shaping the spiritual landscape profoundly.

¹ Deussen, P. (1908). The Philosophy of the Upanishads. T&T Clark. Edinburh, pp.10-11

² Larson, Gerald James, and Ram Shankar Bhattacharya, editors. Encyclopedia of Indian Philosophies, Volume 12: Yoga: India's Philosophy of Meditation. Motilal Banarsidass, 2008



How Many are the Yoga Upanishads?

1. There are 20 known yogopanishads. They are ³:
2. Advayataraka
3. Amritanada Upanishad
4. Amrtabindu Upanishad
5. Ksurika Upanishad
6. Tejobindu Upanishad
7. Trishikhibrahmana Upanishad
8. Dhyanabindu Upanishad
9. Nadabindu Upanishad
10. Pashupatabrahma Upanishad
11. Nadabindu Upanishad
12. Brahmavidya Upanishad
13. Mandalabrahmana Upanishad
14. Mahavakya Upanishad
15. Yogakundali Upanishad
16. Yogachudamani Upanishad
17. Yogatattva Upanishad
18. Yogashikha Upanishad
19. Varaha Upanishad
20. Shandilya Upanishad
21. Hamsa Upanishad

These Yoga Upanishads were commented upon in Sanskrit by Upanishad Brahma Yogin, who lived in the 18th century in Kanchipuram, Tamil Nadu. In addition to commentaries on the Yoga Upanishads, he is noted for his writings on 108 Upanishads. Unlike the Principal Upanishads, which have numerous commentaries, the minor Upanishads like the Yoga Upanishads⁴ primarily feature Upanishad Brahma Yogin's commentary, making his contribution unique. In the Yoga Upanishad Sara series, the insights of Upanishad Brahma Yogin will be referenced.

Advaya Taraka Upanishad

In the Adyar Edition (Shastri, M. (Trans.). (Reprint 1983)), the Advaya Taraka Upanishad is presented as the first text (pp. 1-10), composed in

3 Shastri, M. (Trans.). (Reprint 1983). Yoga Upanishads. Adyar Library and Research Centre.

4 Kunhan Raja. (1938). *The Dasa Upanishads*. Theosophical Publishing House, Adyar, preface

prose format comprising 19 mantras. Upanishad Brahma Yogin comments that this Upanishad belongs to the Sukla Yajurveda tradition. He explains that "Advaya" refers to the non-dual, where the Self or Brahman is without a second. The Upanishad is termed Taraka Upanishad because it imparts the knowledge that leads to realization of Brahman. The meaning of "Taraka" is elucidated in the third mantra of the Upanishad itself. Below is a brief overview of the content of these 19 mantras.

1. Taraka Yoga Adhikara: The first mantra discusses the qualifications (Adhikari) necessary for practicing Taraka Yoga: renunciation (Yati), sense control, and possessing virtues starting with Shama (mind control).

2. Yoga Upaya Tat Phala: The second mantra advises Yogins to meditate with closed or partially open eyes on oneself as pure consciousness, visualized as a bright flame above the space between the eyebrows - Sat-cit-ananda.

3. Taraka-svarupa: The third mantra defines "Taraka" as that which helps transcend fears associated with birth, death, etc., by negating the division between individual soul and Brahman, remaining as pure consciousness.

4-7. Lakshya Traya Anusandhana Vidhi: Mantras 4-7 instruct Sadhakas to meditate on three targets for realizing Brahman:

- Antar-lakshana (Mantra 5): Meditating on Kundalini in the sushumna.
- Bahirlakshana (Mantra 6): Meditating on Vyoma (space) in front of the nose in various hues.
- Madhyama Lakshana (Mantra 7): Absorbing the sight of the sun's disc in the sky and visualizing five types of spaces inwardly.

8. Divividha Taraka: Mantra 8 Introduces further Taraka practices:

- Purvardha and Uttardha Taraka (Amanaska), elaborated later (in Mantra 11).



9. Tarakayoga Siddhi: This Mantra discusses the following meditation - Like seeing the sun and moon externally, visualizing them internally and extending this vision from the universe (Brahmanda) to the individual (Pindanda).

10. Murta-amurta Taraka-anusandhanam: Mantra 10 describes meditation on manifest and unmanifest forms (Tarakas):

- Murti Tarakam: Meditating on Brahman as a white light between the eyebrows.
- Amurta Taraka: Meditating on the heart space (Dahara).

11. Taraka Yoga Svarupa: Mantras 11 describe the form of Taraka Yoga:

- Fixing the mind between the eyebrows, lifting the eyebrows slightly to experience radiance.
- Amanaska Taraka: Visualizing light above the palate, leading to attainment of special powers.

12. Shambhavi Mudra: In Mantra 12 Shambhavi Mudra is discussed, involving focusing the mind internally (mid-chest region) and gaze externally (tip of the nose), a practice known in Hathayoga tradition.

13. Antar-lakshya: Mantra 13 clarifies the focus of Shambhavi Mudra, which may include Sahasrarajyoti, Chit-jyoti, or Turiya Chaitanyam, to be learned from a qualified teacher.

14-18. Acharya Lakshanam : Mantras 14-18 describe the qualities of the Acharya/ Guru who imparts Antar-lakshya:

- Learned in Vedas, devoted to Vishnu, knowledgeable and dedicated to Yoga, dispelling ignorance.

19. Grantha Abhyasa Phala: The 19th mantra reveals the outcome of chanting this Upanishad once:

- Liberation from worldly bondage, destruction of past sins, attainment of desires, and fulfillment of human goals.

Thus concludes the Upanishad.

Summary:

1. From the above description, the following aspects of the Upanishad can be understood:
 - i. The Upanishad primarily focuses on six approaches to meditation:
 - ii. Meditation on Pure Consciousness
 - iii. Meditation on Three Targets (Antarlakshana, Bahirlakshana, Madhyama Lakshna)
 - iv. Purvardha and Uttardha Taraka Practices (Amanaska)
 - v. Visualization of Sun and Moon within
 - vi. Meditation on Manifest and Unmanifest (Murta-amurta Taraka-anusandhanam)
 - vii. Shambhavi Mudra. The additional Antarlakshya aspects mentioned here are notable and enrich the descriptions found in Hathayoga literature.
2. The concept of Yoga Adhikara emerges as a distinctive feature of the Upanishad.
3. The definition of the Acharya or guru teacher is also unique in this context.

Conclusion:

In discussing the Advaya Taraka Upanishad, it's important to note that while it emphasizes Vedantic Advaita principles, it also integrates practices and concepts that resonate with Hatha Yoga traditions. These include specific practices like Shambhavi Mudra, which involve techniques for internal concentration and external gazing, commonly found in Hatha Yoga texts. This integration highlights the Upanishad's approach, bridging Vedantic philosophy with aspects of Hatha Yoga to facilitate spiritual realization and inner transformation.



The Symphony Within: Exploring the Natural Sounds of the Human Body

The human body is a marvel of biological engineering, an intricate symphony of countless processes unfolding harmoniously to sustain life. Within this symphony, natural sounds emerge as profound expressions of our physiological orchestra - each sound carrying its own rhythm and significance, often unnoticed yet deeply informative about our health and vitality.

From the rhythmic cadence of the heartbeat to the gentle rustle of breath, these intrinsic sounds tell a silent tale of our inner workings. They serve as subtle indicators of our body's state, akin to musical notes that convey health, balance, and potential disturbances. Just as a skilled musician tunes their instrument to perfection, understanding these natural rhythms allows us to discern when our bodies fall out of harmony, signalling potential disorders that require attention and care.

Beyond their physiological significance, these sounds accompany us from the earliest stages of life,



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shaping our sensory experiences and influencing our cognitive and emotional development. The journey of sound within the human body begins even before birth, with the fetus immersed in a realm of primordial sound currents - a concept resonating deeply with ancient yogic philosophy, which views prenatal life as a meditative state enriched by Nada Yoga, the yoga of sound.

This article embarks on a voyage through the captivating world of human body sounds, unravelling their mysteries and marvels. From the prenatal stages of auditory development, where the foundations of hearing are laid amidst the nurturing echoes of maternal voices and ambient melodies, to the intricate symphonies that unfold postnatally, where each sound becomes a catalyst for cognitive growth and emotional resonance.

Join us as we delve into the symphony of body sounds - from the rhythmic pulse of the heart that echoes life itself, to the whispered melodies of internal organs and the expressive voice that connects us through communication. This exploration not only unveils the interconnectedness of body, mind, and spirit but also illuminates the transformative potential of integrating yogic practices to harmonize and restore the body's natural rhythms. By listening attentively to the symphony within, we enhance our understanding of holistic health and cultivate inner balance, fostering vitality and well-being in the intricate orchestration of our own biological existence.



The Journey of Sound: From Embryo to Life Hearing in the Womb: The Beginnings

Hearing in the womb marks the early stages of auditory development, blending physiological marvels with yogic philosophy. Prenatal life, viewed through a yogic lens, is a meditative state immersed in primordial sound currents, aligning with Nada Yoga - the yoga of sound - which highlights the profound connection between sound, consciousness, and the body. During early development (Weeks 3-8), the inner ear, including the cochlea and vestibular system, begins to form by week 8, paralleling yogic concepts of inner awareness and the unstruck sound (Anahata Nada) within us. The vestibular system's development supports balance, akin to yogic practices like asanas (postures) and pranayama (breath control) that emphasize physical equilibrium. In the middle and outer ear development stage (Weeks 9-20), the ossicles (malleus, incus, and stapes) form around week 9, crucial for transmitting sound vibrations, metaphorically linking to the transmission of spiritual wisdom through sound in yogic traditions. By week 16, the external ear, including the auricle (pinna) and ear canal, takes shape, encouraging attunement to both external and internal sounds, fostering a deeper connection with oneself and surroundings. By week 24, the auditory system is developed enough for the fetus to respond to external stimuli, such as the mother's voice or music, akin to mantra meditation in yoga, which enhances inner awareness and tranquillity. Throughout prenatal development, neural connections between the ear and brain mature, mirroring yogic principles of mindfulness and creating new patterns of awareness and consciousness. Sound-based therapies, such as playing calming music or the mother's voice, can promote fetal auditory development, while Nada Yoga uses sound vibrations to enhance inner awareness and tranquillity.

Postnatal Hearing: Refinement and Learning

Postnatal hearing represents a critical phase in auditory development, intertwining physiological

milestones with insights from yogic philosophy. In yogic understanding, postnatal life continues the journey started in the womb, where sound significantly influences perception and consciousness. Newborns demonstrate innate abilities to discern speech sounds and recognize familiar voices, marking significant advancements in auditory processing. This mirrors yogic principles that regard sound (Nada) as essential for heightened awareness, emphasizing receptivity to external vibrations.

As infants progress, they actively engage in distinguishing and mimicking sounds, laying the foundation for language acquisition and interpersonal communication, akin to yogic practices that utilize mantra repetition and acknowledge the transformative power of sound. Exposure to varied environmental sounds further enriches cognitive and emotional responses, aligning with yogic teachings on the vibrational impact of surroundings and the role of sound in fostering internal harmony.

As speech and language skills mature through ongoing auditory stimulation, yogic philosophy underscores sound's integral role in fostering connections and mutual understanding among individuals, echoing the principles of Nada Yoga that emphasize the transformative potential of sound vibrations. Newborns show a preference for frequencies around 2000 Hz, crucial for speech and language development. Sound-based therapies such as mantra meditation, which involves the repetition of mantras at specific frequencies to enhance cognitive and emotional development, and environmental sound exposure, where diverse sounds enrich auditory processing and learning, play significant roles in this development phase.

The Heartbeat: The Rhythmic Drum of Life

The rhythmic beating of the human heart is life's resonant pulse. Each powerful contraction propels nourishing blood through our vessels, symbolizing vitality. The distinctive "lub-dub" results from valves closing - S1 and S2 being the main heart sounds. While an S3 may



sometimes be normal, an S4 typically indicates an abnormality. These sounds reveal cardiovascular health through their intensity, pitch, location, quality, and timing within the cycle. A resting rate of 60-100 beats per minute reflects regular function. However, irregularities like tachycardia (fast heart rate), bradycardia (slow heart rate), or arrhythmias (irregular heartbeats) can signify underlying issues needing medical attention to maintain proper rhythm and well-being.

Abnormalities such as murmurs from turbulent blood flow, rubs from inflammation, or gallops pointing to conditions like heart failure or hypertension, underscore the heartbeat's role as a foundational health indicator. Modern techniques like digital phonocardiography aid early detection, while AI enhances diagnostic accuracy.

From a yogic perspective, the rhythmic heartbeat connects to Prana, the vital life force. Yogic practices like pranayama (breath control), meditation, and specific asanas (Setu bandhasana posture) play a pivotal role in maintaining cardiovascular well-being. Techniques such as Nadi Shodhana (Alternate Nostril Breathing) help balance the autonomic nervous system, regulating heart rhythm. Ujjayi (Victorious Breath) produces calming sounds that stabilize heart rates, while Bhramari (Bee Breath) promotes deep relaxation,

alleviating anxiety and lowering blood pressure.

Meditation focused on the Anahata Chakra (heart chakra) fosters emotional and physical heart health. Mantra chanting harmonizes bodily vibrations with universal frequencies, promoting inner balance. Integrating these practices mitigates stress impacts, supporting a healthy heart rhythm's vital role. Additionally, listening to low-frequency binaural beats (1-4 Hz), similar to the heartbeat's 1-2 Hz range, induces relaxation beneficial for cardiovascular function. Heart rhythm meditation leverages the natural beat to reduce stress and enhance overall well-being, illustrating yoga's comprehensive approach to holistic heart health.

The Stomach: The Gurgling Serenade

Deep within the abdomen, the stomach generates natural sounds often mistaken for hunger pangs - these gurgles and growls, known as borborygmi, result from the intricate breakdown of food during digestion. They indicate the movement of gas and fluids through the intestines, crucial for nutrient absorption and overall digestive health. Despite occasional embarrassment, these noises serve as positive signs of an active digestive system.

Monitoring digestive sounds becomes essential for detecting irregularities that may lead to disorders like irritable bowel syndrome (IBS) and Gastroesophageal Reflux Disease (GERD). Yoga provides effective practices to support digestive health. Asanas such as Pawanmuktasana (Wind-Relieving Pose), Balasana (Child's Pose), and Marjariasana-Bitilasana (Cat-Cow Pose) aid digestion by releasing gas and promoting relaxation. Pranayama techniques like Kapalabhati (Skull Shining Breath) and Nadi Shodhana (Alternate Nostril Breathing) stimulate digestive organs and balance the nervous system. Yoga also emphasizes posture and gentle twists like Supta Baddha Konasana to manage conditions like IBS, while poses like Ardha Matsyendrasana and Viparita Karani help alleviate GERD symptoms.

These practices, complemented by mindfulness meditation, Yoga Nidra (Yogic Sleep), mindful



eating, and hydration, enhance awareness, reduce stress, and promote overall well-being. By acknowledging and responding to changes in digestive sounds, individuals can proactively support digestive health and ensure these natural rhythms continue harmoniously within the body, fostering balance and well-being. Borborygmi typically occur in the frequency range of 100 to 200 Hz, reflecting the dynamic activity of the digestive system. Bioacoustic therapy and guided relaxation practices further leverage sound frequencies and calming techniques to stimulate digestive activity and support overall digestive health.

The Joints: The Clicks and Pops of Movement

The human body, designed for movement, produces a symphony of clicks, pops, and creaks from joints like knees, elbows, and knuckles during stretches or changes in position. These sounds stem from tendon and ligament movement, gas bubbles in synovial fluid, or joint surface friction, revealing our body's mechanical complexity, akin to an aging machine's reliable but aging components. Understanding these joint sounds is crucial, particularly if accompanied by pain or swelling, indicating potential underlying issues needing early intervention to preserve mobility and function.

Yoga offers effective practices for joint health, such as Vrikshasana (Tree Pose) and Virabhadrasana (Warrior Pose) to strengthen joints, alongside pranayama techniques like Anulom Vilom (Alternate Nostril Breathing) and Bhramari (Bee Breath) for relaxation and pain management. These approaches, complemented by mindfulness meditation, Yoga Nidra (Yogic Sleep), and dietary adjustments, maintain joint flexibility, reduce inflammation, and promote overall physical harmony, ensuring joint sounds remain natural in an active life. Joint sounds typically occur in the frequency range of 20 to 60 Hz. Vibrational therapy and sound healing with tuning forks are sound-based approaches using specific frequencies to alleviate joint pain and inflammation, promoting joint health and mobility.

The Ears: The Ocean of Silence and Sound

Deep within our ears resides a sensory symphony that extends beyond external sounds from our environment to include internal noises: the gentle rush of blood, the steady rhythm of our heartbeat, and occasional sensations like tinnitus – a ringing or buzzing that may appear. These internal sounds often become more noticeable in quiet moments, weaving a personal tapestry of auditory sensations that reflect our physiological states.

Understanding these internal ear sounds reveals the auditory system's sensitivity, contributing to a range of generally harmless sensations that enrich our internal experiences. However, conditions like Meniere's disease, featuring vertigo and persistent tinnitus, or ear infections causing discomfort and fluid discharge, highlight when these sounds may signal underlying health issues. Yogic practices offer beneficial support for ear health, with pranayama and meditation enhancing inner ear circulation and promoting relaxation. Asanas like Sarvangasana (Shoulder Stand) and Matsyasana (Fish Pose) aid in ear canal drainage and healing, while sound therapy using calming sounds or mantras redirects attention and reduces tinnitus symptoms.

Recognizing the significance of these internal sounds allows for timely intervention, preserving the harmony and health of our sensory landscape. Integrating yogic practices not only supports ear health but also nurtures overall well-being and tranquility, deepening our connection to the intricate sensory world within the body. Internal ear sounds, such as tinnitus, vary widely in frequency, typically between 2500 to 8000 Hz. Tinnitus retraining therapy (TRT) employs sound generators to mask tinnitus and retrain auditory perception, while general sound therapy uses calming sounds or white noise to alleviate symptoms.

The Voice: The Melody of Communication

The human voice is a versatile instrument essential for communication through speech and



song. Its expressive power comes from vocal cord vibrations shaped by the contours of the mouth and throat and enhanced by precise breath control. Each person's voice is unique, conveying emotion, intention, and identity.

Maintaining vocal health is crucial, as a healthy voice is clear and strong, reflecting well-functioning vocal cords and a balanced respiratory system. Understanding voice disorders emphasizes the importance of early detection and intervention. Conditions like laryngitis, which cause inflammation and hoarseness, benefit from vocal rest and soothing pranayama practices like Bhramari (Bee Breath) to reduce inflammation and promote vocal cord healing. Yoga postures such as Matsyasana (Fish Pose) and Ustrasana (Camel Pose) can alleviate throat tension and improve voice projection, helping manage vocal cord nodules or polyps. Voice loss (aphonia), caused by various factors including psychological issues, is treated with a combination of voice therapy and psychological support. Dysphonia, characterized by altered vocal quality, pitch, loudness, or vocal effort, is addressed with tailored voice therapy.

Integrating yogic techniques fosters vocal health, ensuring sustained clarity and strength in our voices. By combining physical and mindful practices, we enhance our ability to communicate authentically and confidently. The human voice typically operates within a frequency range of 85 to 255 Hz. Voice therapy focuses on exercises to improve vocal health and clarity, while chanting and mantra practices utilize vocal sounds to enhance respiratory health and vocal cord function. By understanding and caring for our voices, we ensure effective communication and overall well-being.

Key Takeaways:

1. **Body as a Symphony:** The human body operates like a symphony of natural sounds, reflecting its intricate biological processes and overall health status.
2. **Internal Rhythms:** From the rhythmic heartbeat

to internal digestive sounds and ear sensations like tinnitus, these natural rhythms provide valuable insights into our physiological states.

3. **Yogic Perspectives:** Yogic practices, such as pranayama, meditation, and specific asanas, play a significant role in maintaining and enhancing health by harmonizing these internal rhythms.
4. **Holistic Well-being:** Integrating yogic techniques supports holistic well-being by promoting physical health, emotional balance, and cognitive clarity.
5. **Sound-Based Therapies:** Sound therapies, including mantra meditation and specific frequency applications, offer additional tools to manage and improve various health conditions related to body sounds.
6. **Early Intervention:** Recognizing changes in body sounds early can lead to timely intervention, preserving health and preventing potential disorders.
7. **Enhanced Awareness:** By understanding and listening to our body's symphony of sounds, we can enhance our awareness of health indicators and foster inner balance.

Conclusions:

Exploring the natural sounds of the human body reveals a profound symphony mirroring our vitality and inner harmony. From the heartbeat's rhythm to internal organ melodies and the voice, these sounds indicate health and well-being. Understanding these rhythms enhances awareness and integrates yogic practices like pranayama and meditation, promoting physical health, emotional balance, and clarity. Early recognition of sound changes aids timely intervention, preserving health and fostering inner balance. By listening to this internal symphony, we discover holistic wellness through ancient wisdom in modern health care.



The WHY of Life from the point of view of Indian Scriptures

■ Mr. Rajesh Rao K, PhD Scholar @ S-VYASA



Introduction

The Bhagavad Gita teaches the secret lies in Self-Knowledge (atma-Jnana) and how we attribute our happiness to the external keeps us busy. The aspect of likes and dislikes, raga and dvesa that creates the loop of greed and attachment. The attachments lead to sorrow and the sorrow leads to delusion which ends in misery.

LIFE is all about learning experiences and texts like Bhagavad Gita, Patanjali Yoga Sutra give us a new perspective of looking at life. In all the experiences we encounter in our life, the events, situations, habits, communication, interactions, transactions happen for a reason and have a result that is associated with each transaction that we encounter in our daily life.

Why is this happening to me? What is Life? is the question we often ask and, in most cases, we have answers that it is a journey, it is a process, it is a result of our choice and consequences, it is a gift. Of all the reasons every moment is nothing but the experiences that we accumulate.

Life is continuous accumulations of our experiences. Continuous Experiences Observed by an individual is his asset to make the life

better and hence if we take the first alphabet of the three as CEO, we become the CEO of our life which can be run as a successful company (Dilip Patel, founder of concept -Life Balance Sheet)

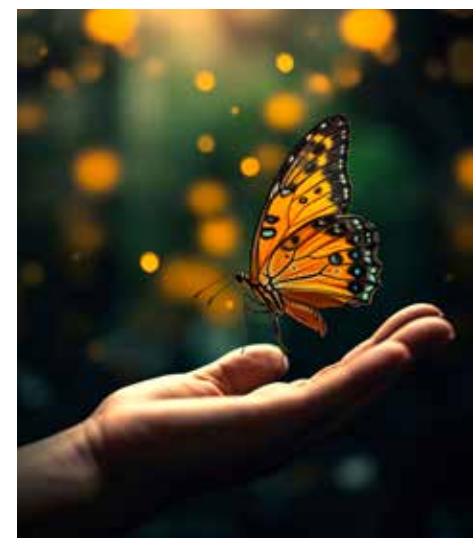
As a CEO we need to earn profit for our Company, we need to understand the balance sheet to make it profitable and the profit for our company called life is Happiness (Dilip Patel, founder of Life Balance Sheet)

Now examining the model above, we are aware of WHAT is happening around us, with the senses that we have been gifted and we are also aware of How it is affecting as by being done through the emotional part of the brain and at the centre of the circle we have ourselves, YOU who is the experienter of the event. The Experience, The Experienced and The Experienter concept of the Indian Wisdom (Vedanta, Indian Wisdom) has thousands of years ago gave us a clear understanding of make our life better.

When we are facing a situation which is external, that is being done by someone else, the WHAT is every much not in our control to change, however the HOW is in our control by way of how we interpret the situation and make a meaning of it.

"It is not the pain that brings suffering to us, it is the meaning which we give to the pain brings suffering to us" Gautama Bhudda.

Some incidents are in our control and some are not, it is here the model above if understood in a different





perception can help us. YOU as an observer will always be at the centre of affairs, now how can we make use of the WHAT and HOW. Taking the first alphabets of WHAT and HOW and joining it with the first Alphabet of YOU where the answer lies. WHY is the answer and this comes with daily introspection of WHAT and HOW events happen in our life and accumulate as experiences and each experience can be stored as a good-bad-better based on our answers to WHY.

Indian philosophy mentions this WHY as Introspection, which is a process that is recommended to be done daily for 5 minutes in the morning and evening by examining the day that went by and the necessary changes that I can make by my self-effort to make my tomorrow a better day to face the WHAT and WHY of events that pass by. It is not always with the external world that the WHY is to be answered, the same holds good for the Internal world of the individual too. The concept of nishkam karma, selfless work for well-being of all individuals leads us to discover our true self and secret of happiness in life. Sri Krishna in Gita motivates Arjuna, the warrior and hero to engage in his rightful duty, developing mental balance and skills to deal with any situation or crisis in life.

Doing the Right or Doing the easy-Dharma

As in life often we are in the midst of what is right thing to do? The Bhagavad Gita too starts with the delusion of Arjuna, even though he agreed to fight the war, fully aware of the gravity and implications of the situation and in the final hour, when the battle was just about to begin, he realizes the terror of situation and falls down.

The Warrior, the Hero is now faint hearted and he is confused by his own mind and is not able to perform his duty, karpanyadosopahatasvabhavah, dharmasammudhacetah (2.7) and seeks guidance from Sri Krishna.

In the next 18 Chapters, step by step, Sri Krishna counsels Arjuna not be guiding him to fight, but giving him opportunity to understand his true self and take a decision based on his choice.

Yatha icchesu thatha kuru, do as you like.

The Gita in its lessons gives a very clear picture of understanding the human mind and also goes a step ahead in informing that one can raise himself up in life, only and only if, he decides with the power of his mind (uddhared ātmanātmānaṃ: 6.5).

The Gita reminds us that for one who has conquered the mind, the mind will be the greatest enemy (atmaiva hy atmano bandhur atmaiva ripur atmanah) and our mind is our greatest foe and a stable mind is our greatest friend.

The mind is a tool and by self-restraint and mental discipline one can attain whatever one aspires. Mental strength and determination is the key to success in life.

The Analogy of Chariot

The analogy from the Katha Upanishad 1.3.3-4, is used in the Gita as the chariot (ratha Kalpana) to describe the position of individual self (atama) alongside of senses (indriya), mind (Manas), intellect (buddhi), describing the mind which has the reins and the five senses are the horses and the objects perceived by the horses represent the chariot's path.

The intellect as the driver has the control over mind and the self as the passenger is the real owner, enjoyer and sufferer in life if in the hands of mind and senses. When one understands this one can use this concept and take the right decisions in life keeping in mind the Right thing to do many not be easy and the easy thing to do may not be right, the Shreyas (right) and Preyas (pleasant).

Purushartha

The fundamental aim or goals of life of human life, when understood can give an individual a new perspective of finding the right answers for "Why of Life". Dharma, righteousness are the behaviours that align with cosmic order, where one understands his duties, rights law, virtues and right way of living. Dharma also includes religious duties, moral rights and social behaviour to maintain harmony and order in the world. Artha, property relates to the economic values and purpose for achieving the goal of life. The material well-being, wealth, and



success in life. One has to balance the prosperity and ethical conduct to achieve in life. Kama, pleasure encompasses psychological values, pleasure one desires in life. Aspects of love, enjoyment and emotional needs and fulfilment are realized here. Seeking pleasure ethically and without harming others is the core of Kama. Moksha, liberation the fourth Purushartha is the ultimate goal signifying spiritual values and self-actualization. When one transcends the material attachments and realizes one's own true nature, he attains liberation from this birth and death cycle.

Conclusion

Calming of mind and control on the negative thoughts leads to proper control of negative emotions in our body. Gita gives us the tool that to have a peaceful mind, the easiest way is to let the mind merge with the inner nature and avoid being tied up to the external worldly objects. Daily practices like meditation, in which mind becomes focussed, calm, tranquil and empty can help an individual. Being patient with oneself and others, the practice of mindfulness, loving - kindness practices and the act of forgiveness helps us to be tolerant.

The Bhagavad Gita gives the perspective of purpose of life through its teachings. The ultimate goal is self-realization and liberation (Moksha), one has to recognize the true nature of self. This also help in understanding our divine nature and transcend material illusions for liberation from the cycle of birth and death, often termed as samsara. Each one of us has unique responsibilities and these duties have to be performed with integrity. The concept of Dharma and Duty plays an important role in finding the "Why of life". Arjuna on the battlefield also found answers to his confusions to do duty without attachment to outcomes. With Purushartha as blue print for a balance live and aim of living in harmony with universal laws, understanding that this physical body is temporary and our soul is eternal, we act selflessly and embrace our duties by aligning self with higher principles and find purpose in life.

So next time you seem to be out of the circle in understanding WHY things are not happening as per my understanding, put the new WHY (WHAT is happening, HOW is it is happening and YOU - how am I seeing it to make it better) and using the concepts from the scriptures of Indian wisdom find the solutions.

Shraddhanjali to Dr. Guru Deo



A person who has always been smiling, always available to help at any time, and especially with a loving and caring personality - when we hear that this person is no more, it leaves us with great shock and immense sorrow. Such is the feeling we have upon the demise of our beloved Dr. Guru Deo. From his time at S-VYASA to his tenure at MDNIY in New Delhi, he always carried the charm of his influential personality.

With sincerity and dedication, he served his family, organization, and society at large.

No doubt, Guru Deo will progress far higher in his spiritual yogic journey ahead, but the deep void he has left among his close family and friends is painfully large. We pray to the Almighty to provide strength and courage to all who are left without him. May his life inspire us all.





S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana
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Division of Yoga-Spirituality



VMAC-VTR

Varahamihira
Advanced Centre of
Vedic Technology
Research

Launching soon
in S-VYASA Headquarters, 'Prashanti Kutiram'

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

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

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

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

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

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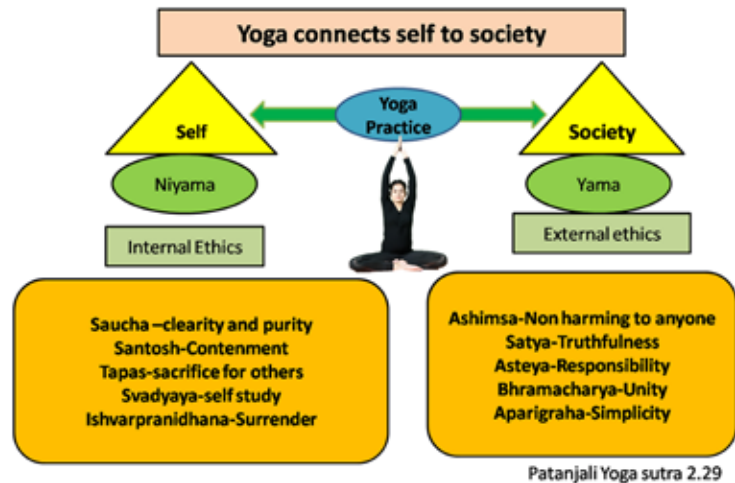
Role of Yoga to Transform Society through Self-Awareness: A Scientific Approach

■ *Dr. Reshma P. Jogdand*, BNYS, Msc (YT), PhD scholar (Yoga and Gynecology)
Asst. Professor, SVYASA University, Bangalore

■ *Dr. Nagarathna R*, MBBS, FRCP, MRCP, Medical Director of Arogyadhama Holistic Centre,
S-VYASA University, Bengaluru

International Yoga Day is celebrated annually on June 21st. It is a day dedicated to promoting the practice of yoga and raising awareness about its benefits for physical, mental, and emotional well-being. Yoga is an ancient practice that originated in India and has gained popularity worldwide for its holistic approach to health and wellness. Providing an opportunity for individuals to come together and experience the benefits of yoga as a tool for self-care and Society. This year 2024 is the 10th edition of the International Day of Yoga, Considering the need and the circumstances in society Government has decided on the theme of “Yoga for self and society”.

“Society starts from self”; just like the way the body is made by cells, society is made by the individuals (self). If an individual is strong society becomes strong, if the individual is weak society becomes weak. Modern science is a matter-based approach which is all about the physical body but ancient science (Yoga) talks about conscious-based approach. We are not only the physical body but we have 3 bodies

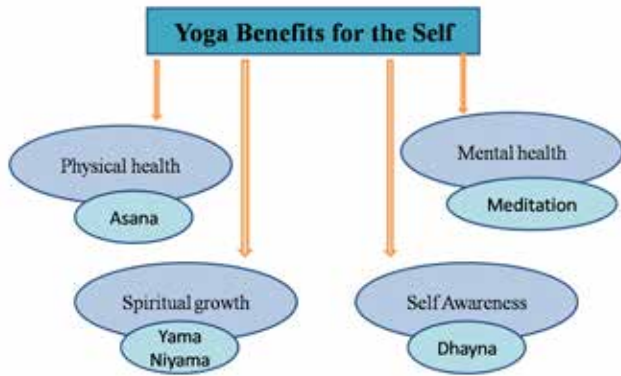


Patanjali Yoga sutra 2.29

namely sthula shareera, Sukshma shareera and Kaaran shareera. Sthula is also called annamaya Kosha, Sukshma shareera is pranamaya kosha, Manomaya Kosha and Vigyanamaya Kosha. The sukshma shareera drives Sthula shareera. anandamaya kosha is the Kaarana shareera. Yoga brings peace in and around. Peace comes from consciousness.

Asana works on Annamaya kosha, Pranamaya works on Pranamaya kosha, Meditation works on Manomaya Kosha, self-study affects Vigyanamaya kosha and Anandamaya kosha practice connects the self to society. Yoga has the potential to connect the self to society in various ways by fostering a sense of interconnectedness and promoting positive social change. Yoga can serve as a bridge between the self and society by promoting compassion, mindfulness, personal growth, social responsibility, environmental awareness, and peace building. By integrating the principles and practices of Ashtanga yoga described by sage Patanjali, individuals can cultivate a deep connection with themselves,





others, and the world around, ultimately contributing to a more interconnected and harmonious society.

Yoga is a holistic practice that not only benefits individuals on a personal level but also has the potential to positively impact on the society as a whole.

Yoga offers a holistic approach to self-care, benefiting the practitioner to evolve to divine heights physically, mentally, emotionally, and spiritually. By incorporating yoga into our routine, we can experience a greater sense of well-being and balance in our life.

To make an efficient society Swachh Bharat Abhiyan, also known as the Clean India Mission, is a nationwide cleanliness campaign launched by the Government of India on October 2, 2014. The campaign aims to clean up the streets, roads, and infrastructure of India's cities. "Sauccha" is one of the Yamas in Ashtanga yoga philosophy.

Benefits of Yoga for Society:

- Community Building:** Yoga classes and retreats can bring people together, fostering a sense of community and connection among individuals.
- Stress Reduction:** In a society where stress is prevalent, promoting yoga can help reduce stress levels in the population, leading to a healthier and more balanced society.

- Empathy and Compassion:** The practice of yoga encourages empathy, compassion, and understanding towards others, fostering a more harmonious society.
- Conflict Resolution:** By promoting mindfulness and emotional regulation, yoga can help individuals develop skills for conflict resolution and peaceful communication, contributing to a more peaceful society.
- Healthcare Cost Reduction:** As more people embrace yoga for its preventive and therapeutic benefits, there may be a reduction in healthcare costs associated with chronic conditions.
- Environmental Awareness:** Yoga philosophy often emphasizes respect for the environment and living in harmony with nature, which can contribute to a more sustainable and eco-conscious society.
- Connection with nature:** Yoga teaches us how to connect with Nature; nature nourishes self and society.

The practice of yoga has the potential to benefit individuals on a personal level by improving physical and mental well-being, while also contributing to a more connected, compassionate, and harmonious society. By promoting yoga at both the individual and community levels, we can work towards a healthier and more balanced world for all.





Arogyadhama - Success Story

Janhavi (name changed), 34 yrs (BTech & Tech Consultant)

Stayed in Arogyadhama for 2 Weeks in April 2024

I came to Arogyadhama to find an alternative treatment for body pain, and was not in favour of starting medications to manage pain. I had Typhoid a few months back and had subsequent relapses in fever. During the fever, I had developed severe body pain which stayed even after typhoid subsided, which was diagnosed as 'Post-infective Myalgia'.

I liked the fact that Arogyadhama had a structured routine for the participants. I had previously been limited to about 3000 steps a day as I was recovering from fever. As I attended one class and then another, I started getting movement in and enjoyed the seemingly hectic routine. I enjoyed the gentle yoga asanas which were doable in bad days when I had pain flare-up.



Out of the treatments I took, I found Acupuncture and Ayurveda therapy the most effective in pain-management. Pranayama and MSRT were relaxing. It took me some time to understand the effects of the slow movements of Cyclic Meditation. I enjoyed the lectures and found them engaging and informative. I also explored Ayurvedic massage for treatment of the body pain and for detoxification. I enjoyed doing Shruti Mandir sessions and also getting to engage with the students of SVYASA, who were very friendly. Everyone was helpful and reassuring and the community is quite supportive. One can even come alone without family support to get treatment and body therapy. It's a university, so it also felt like I was back in my college days in a learning environment.

Overall, I benefitted. By the end of my stay, I was able to reduce my pain by about 60%. I learnt tools to manage my body pain - though it is difficult to do all the practices at home, but I'm trying to do as much as possible and also follow the diet pattern at Arogyadhama.

I have also shared with other friends and relatives about Arogyadhama for treatment of other lifestyle issues in a sustainable manner without medications.

arogyadhama

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Yogi Vivekananda - 36

Swami Vivekananda is a yogi. Yogis are 2 types; some are always in the making and some are fully made-up yogis. Yogi in the making is different from yogi made up. Yogis in the making has many aspects of discipline and many principles to be observed. Full-fledged yogis may be free from many restrictions and several specified lives of special disciplines. Yogis in the making have to be very careful with their food and habits. They cannot eat every type of food. Nor can they have certain bad habits. They have to observe a disciplined life methodically. In that, they have many dos and don'ts.

Swami Vivekananda is a born yogi. All the necessary preparation to be a yogi was completed in his earlier births. That is the reason why he was chosen by Sri Ramakrishna Paramahansa as his special disciple. Vivekananda was chosen because he was to be given a particular mission in life. The work allotted to Vivekananda could be done by a yogi.

As soon as Vivekananda went to Sri Ramakrishna Paramahansa the first question was whether



■ *Dr. K Subrahmanyam*
Advisor to Chancellor
S-VYASA



Swami Vivekananda from childhood was seeing bright light before getting the sleep. This was a clear indication that Vivekananda was a born yogi. Also, the hobby of Swami Vivekananda was to sit in meditation for long hours from childhood days. As a fish would be safe and comfortable in water, Swami Vivekananda was happy and peaceful in meditation. There were many disciples of Sri Ramakrishna Paramahansa in his ashram. All the disciples were put under the strict discipline of time, place, and causation by Sri Ramakrishna Paramahansa. One of the disciplines imposed by Sri Ramakrishna was that nobody should eat anything brought by anybody without the knowledge of the master, but in the quality and quantity of the food, there were many restrictions. One day one devotee brought sweet meat to the ashram. One of the disciple took it and ate it without telling anybody. A few minutes later Sri Ramakrishna came to the hall and looked at the disciple who ate it. He found that the student took the gift food secretly. Therefore, he said to him "Have you eaten the sweet meat which was brought by such and such a devotee?" The disciple said 'he had eaten it silently the whole quantity'. Sri Ramakrishna scolded and said that the particular devotee had committed a great mistake. He should not have eaten that food. Because a mistake was committed, the disciple was asked to go to the river Ganga and do japam for the whole day without any food. This fasting and prayer would purify the disciple who erred. The disciple agreed to do what he was asked to do but he wanted certain clarification from Sri Ramakrishna. He wanted to know why



Vivekananda was not put under any restrictions and why Vivekananda was not following any food regulations laid down by Sri Ramakrishna.

Sri Ramakrishna got angry with the queries of the disciple. He also asked the doubting disciple to observe 2 more days of fasting and prayer on the banks of the Ganga. The erring disciple agreed to do the same but wanted the right answer to his questions. Sri Ramakrishna said that Swami Vivekananda was a born yogi and so need not observe any food restrictions but the erring disciple was only in the making of a yogi. Therefore, rules and regulations were necessary, a small lamp should be protected from the wild wind and insects. If not, the lamp might not grow and remain bright. Also, it might get extinguished. Therefore, the lamp should have protection in the form of self-discipline. Similarly, a yogi in the making should have

several protective principles. One of them is food habits. The disciple who ate secretly, silently, and without anybody's knowledge had, therefore, committed a blunder in addition that disciple was jealous of swami Vivekananda who was a full-fledged yogi. Therefore, Sri Ramakrishna exempted Vivekananda from the observance of food restrictions.

There are certain other principles of a yogi that cannot be compromised with, those are Satya and Brahmacharya. Food may be observed or not observed but not certain moral principles. Also, to be a role model, a yogi has to be firmly established in Satya or truth and dharma or righteousness. Swami Vivekananda never swerved from the path of truth nor did he deviate from the way of dharma and brahmacharya. Certain minor habits may be given up or altered but not essential principles.



YIC (Yoga Instructor's Course) Batch - 252, June, 2024



Prashanti Kutiram,
June 17: MOU for
Collaboration, exchange
of Documents between
Chancellor,
Dr. H R Nagendra and
MD of **Yogi-Fi Company**,
Bengaluru.



10th IDY celebration: S-VYASA Faculty and Students participation in different organisations



Rajiv Gandhi University of Health Sciences, Bengaluru

The visit to RGUHS University was met with a warm welcome and an opportunity to meet with Dr. M K Ramesh, the esteemed Vice-Chancellor. Dr. Ranjitha Raghunath, Assistant Professor and Dr. Kishore, PG Student were honored to conduct a comprehensive yoga session attended by the Vice-Chancellor and approximately 100 faculty members and staff. The session commenced with Dr. Kishore's expert demonstrations, followed by Dr. Ranjitha's guidance through a series of yoga postures, breathing exercises, and relaxation techniques. The Vice-Chancellor showed genuine interest in the potential of yoga to promote physical health and mental clarity among the university community. Impressed by the session's impact, he enthusiastically recommended integrating yoga into the university's daily routine, proposing a dedicated one-hour session for faculty and staff.



Central University of Kerala

The Department of Yoga Studies celebrated 10th International Yoga Day with great enthusiasm at the Central University of Kerala. Prof. K. Subrahmaniyam, Advisor to





the Chancellor at S-VYASA Yoga University, Bengaluru inaugurated the programme. Prof. Vincent Mathew, Hon'ble Vice Chancellor (i/c), delivered the presidential address. Dr. Subramanya Pailoor, Head of the Department of Yoga Studies delivered the welcome address. The entire event was well appreciated by the participants, teaching, non-teaching staffs and officers of the university.



Sports Authority of India, Bengaluru

S-VYASA University conducted CYP at Sports Authority of India on the IDY 2024. The group was led by Dr Aniruddha Arya, with a team of doctors and students (Dr. Surabhi, Lehar, Aditya, and Samyak). The session was attended by ~800 participants including officials, athletes, and coaches. The CYP was followed by a rhythm yoga performance by the students.



The occasion was graced by Dr. Ritu A Patik (ED, SAI Bengaluru) along with directors and asst. directors of all the departments and head coaches.

Jain University - Allied Health Sciences, Whitefield

The yoga camp at Jain College, Whitefield, was a resounding success, providing students of allied healthsciences with valuable insights into





the therapeutic potential of yoga. Participants engaged in various asanas, pranayama, and meditation according to the Common yoga protocol provided by the Ministry of Ayush. The session was demonstrated and instructed by Dr. Jegath and Anagha respectively. Dr. Titty George, delivered an insightful talk on the importance of women's empowerment. She emphasized the role of yoga in promoting health in women of all ages, stress management, and rehabilitation which was very well received by the students as well as the faculty members

Babasaheb Bhimrao Ambedkar University, Lucknow

Dr. Apar Saoji delivered a talk at an online National Seminar organized by the Department of Yoga, School of Yoga, Naturopathy & Cognitive Studies, Babasaheb Bhimrao Ambedkar University (A Central University), Lucknow. The topic covered during the talk was "Naturopathic Medicine for Holistic Health". The national seminar with the theme "Integrative Yoga for Health and Wellness" from 15th to 17th June 2024 was organized in collaboration with UCG Inter-University Center for Yogic Sciences (IUC-YS), Bengaluru. Around 300 participants from all over the country participated in the seminar.





EPFO Regional Office, Rajaram Mohan Roy Road, Bengaluru

Mr. Prashant, Regional Provident Fund Commissioner, and his team, along with approximately 50 enthusiastic participants, gathered to celebrate the 10th International Day of Yoga. Dr. Krishna Dwivedi, Assistant Professor, delivered an enlightening lecture on the essence of yoga and its impact on holistic health. Recognizing that the participants had sedentary jobs involving prolonged sitting, Dr. Dwivedi tailored his talk to address their specific concerns, emphasizing how yoga can effectively manage back and neck pain, especially for office workers. Following the lecture, Ms. Tanvi Makkar, a skilled yoga instructor, demonstrated practical yoga techniques. Participants actively engaged in learning seated stretches, neck rotations, and breathing and relaxation techniques that they can easily incorporate into their daily routines.

Akshaya Patra Foundation, Jigani Industrial Area

Dr. Moulya K Appanna gave a talk on the Importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. Also highlighted the theme "Yoga for self and society". The demonstration was done by 1st year BNYS students Darshana and Lipika, who guided the participants through

various asanas and breathing techniques.

National Gallery of Modern Art, Bengaluru

Yoga Day was celebrated at the National Gallery of Modern Art, Bengaluru, with Dr. Soubhagyalaxmi Mohanty and Ms. Reena Singh. Approximately 90 individuals participated, including staff members and 50 children from the "Oasis India Organisation," making it a memorable and inclusive occasion. The program began with an introductory speech emphasizing the importance of yoga for physical and mental well-being. Participants practiced the yoga protocol. The presence of children from Oasis India added joy and enthusiasm to the event, showcasing the universal appeal of yoga. The successful event highlighted the community's commitment to health and wellness, marking another milestone in promoting yoga across diverse groups.

EPFO Regional Office, Koramangala

An introductory talk on Yoga Day and its theme was delivered to the employees of the EPFO Regional Office, Koramangala branch by Dr. Jincy Sundaran followed by leading the Common Yoga Protocol with Ms. Kavana of final year BNYS demonstrating the practices.



Oxford Medical College, Anekal

A seminar on Yoga Day was organized jointly by the Department of Physiology and Physical Education at the Oxford Medical College for the First-year MBBS students and faculty members and the organizing committee. The theme of Yoga Day, the importance of adding complementary systems of therapy in bringing a Holistic patient outcome was highlighted by Dr. Jincy Sundaran. The Dean and Director of the college Dr. Jayanthi and other department heads were present throughout the program.

TATA Advanced Systems Ltd., Jigani

The International Day of Yoga was celebrated with great enthusiasm and success at TATA Advanced Systems Limited, located in the Jigani Industrial Area of Bengaluru, Karnataka, on 21st June 2024. The event was graced by the presence of Mr. Nayak Adarsh Saubhagya and Smt. Ashwini H R, who aimed to promote the practice of yoga among the staff members. The Yoga program, conducted by the same experienced instructors as last year, brought together more than 900 staff members, organized into 8 groups. Participants, including senior officials and staff members from various departments such as HR, Management, and Production, enthusiastically engaged in the activities. A significant highlight of the event was a lecture on the theme "Yoga for Self and

Society," focusing on how self-improvement can contribute to a healthy and progressive society. The speakers emphasized the role of personal well-being in enhancing productivity, creating a positive work environment, and promoting a sense of community. The event successfully underscored the importance of yoga in daily life and its broader impact on both personal and societal levels. The enthusiastic participation and positive feedback from the attendees reflected the success of the celebration and the organization's commitment to promoting holistic well-being.

Power Grid Corporation of India Ltd, Somanahalli, Bengaluru

Dr. Ranjitha Raghunath, Assistant Professor, and Dr. Kishore, PG Student were graciously received at the Power Grid Corporation of India Limited premises. The session garnered enthusiastic participation, with approximately 18 to 22 employees attending. Dr. Ranjitha conducted a vibrant yoga session, focusing on energizing practices, while Dr. Kishore skilfully demonstrated various yoga postures and techniques. The interactive session not only invigorated the participants but also fostered a deeper appreciation for yoga's holistic benefits.



Centum Rakon India Pvt. Ltd, Yelahanka, Bengaluru

Commemorates the 10th International Yoga Day, a team from S-VYASA collaborated with Centum Rakon India Pvt. Ltd. in Yelahanka, Bengaluru. The team comprised Mr. Prasanna Kumar, Dr. Divyashree M N, Dr. Niveditha, interns Shashank and Nandhish, along with students Aravind, Chirag, Prateek Aniruddh, Subhashri, and Yuktashri. Dr. M N Divyashree delivered a presentation on "Yoga for Self and Society" to the company's employees. She highlighted yoga's role in alleviating workplace stress and enhancing overall productivity. Health professionals conducted regular health assessments, including measuring blood pressure and BMI. The session concluded with a practical demonstration of the Common Yoga Protocol.



Mall of Asia, Bengaluru

On June 16th, 2024, Sunday, 45 students from The School of Yoga and Naturopathic Medicine (TSYNM) of S-VYASA University under the AYUSH Department executed a meticulously choreographed flashmob at the Mall of Asia, Hebbala. This event was witnessed by approximately 500 people. The event was organized to spread awareness of yoga ahead of International Yoga Day 2024. The flashmob was an impressive fusion of dance and traditional yoga, showcasing the physical dynamics with precision and grace. The performance captivated the audience, effectively conveying the intended message. This event not only highlighted the prowess of S-VYASA students but also significantly promoted yoga, leaving a lasting impact on the spectators and reinforcing the practice's relevance and benefits in today's fast-paced world.





Jain University (School of Sciences), Bengaluru

The event, held at the School of Sciences, began with the lighting of the lamp in the presence of Dr. Asha Rajiv, Director of IQAC & School of Sciences. Dr. Pranab Das delivered an insightful talk on "Women Empowerment through Yoga," highlighting yoga's role in enhancing health, stress management, and rehabilitation for women. The talk was highly appreciated by both students and faculty. Following the talk, Dr. Das led a practical session on the Common Yoga Protocol demonstrated by Mr. Samyak Sanjay Pagare and Ms. Sneha Deb, first-year BNYS students. The three-hour program was attended by around 300 students and 50 faculty members.



Saint Nicholas Middle School

BNYS students (Mithra, Janani, Subprajha, Selva Dharshini) spoke on the importance of women in each walks of life, and also enriched the female students from Grade 6 to 8 on the hygiene and safety measures to be followed as girl. Also enlightened them on decision-making and multitasking capabilities.



Govt. Primary School, Koracharapalya, Devnahalli

Common Yoga protocol was observed among the students of different grades at different time slots led by the students of the School of Yoga and Naturopathic Medicine (Varsha S, Lokagna R, Harshitha M)



S-VYASA University Campus

Online IDY Sessions for Different States of India were conducted with the support of students of different schools of our University from 10:30 am to 06:00 pm IST. 24 states were covered. The program was launched from the CODE classroom.





Govt. Model Primary School and Karnataka Public School

Both interactive and practical sessions were given to the school students with their active participation. Students from the School of Yoga and Naturopathic Medicine (Dhrti, Sharada, Siri), conducted the sessions.

Govt. First Grade College and Dr. B.R Ambedkar Residential School, Kalasa, Chikkamagaluru

A seminar on Yoga and Naturopathy Treatments was conducted by Ms. H.S. Anusha, GFGC, Kalasa. Awareness of sexually transmitted diseases was also highlighted. Also educated them on yoga and its benefits. Teaching faculty and students of the college participated in the program. Also, the CYP was conducted for students and teachers at a residential school.

Sri Saraswathi Vidya Salai Girls Higher Secondary Schools, Shri Vidya Giri Matriculation Higher Secondary Schools, Karaikkudi Road, Pudukkottai

Students from BNYS (Sivakamasundari, Swaminathan) led and demonstrated the common yoga protocol and suryanamskara practice with deep relaxation techniques. Also spoke on the influence of yoga on women's empowerment.

Blossom School, Kumaraswamy Layout, Bengaluru

Harshitha Ramesh, Harshitha Yogesh, and Leelavathi, students of BNYS conducted an interactive and enthusiastic yoga session for the kids and students of Blossom School.

Soundarya Sri Vidyamanya Vidya Kendra, Tirumalay Group of Institutions, New Max Muller Public School, Peenya, Bengaluru

A comprehensive four-day yoga camp was held across two schools and one college from June 17 to June 20, 2024, by Mahi Gupta and Vedika Shreya Kumar students of BNYS. The event saw enthusiastic participation from over 2,000 students, engaging in a series of yoga sessions designed to promote physical and mental well-being. Each day featured different aspects of yoga, including asanas, pranayama, and meditation techniques, led by us. The camp aimed to foster awareness of yoga's benefits, encouraging students to incorporate regular practice into their daily routines. Special sessions highlighted the importance of yoga in stress management and overall health. Feedback from participants was overwhelmingly positive. The event concluded with a mass yoga demonstration, uniting participants in a synchronized celebration of wellness and mindfulness.



VES Model Convent and Vidhya Mandir, Tavarekere and Andrahalli

Ms. Durgashree from the third year of BNYS conducted yoga camps at different schools. Around 250 students participated batch-wise and did the common yoga protocol. Around 300 Students participated from The Vidya Mandir Public School. In both schools, she took a seminar on women empowerment and the role of yoga in women's life. Students and teachers took part in the sessions with great interest.

ZPHS Central High School, Uravakonda, Anantapur, Andhra Pradesh

Srujana, Sowmiya & Chaitanya of the School of Yoga and Naturopathic Medicine have conducted several events for 3 consecutive events that included IDY protocol to around 600 students of ZPHS Central High School, Uravakonda, Various competitions on yoga, speech & essay writing to different age categories and a cycle rally to create awareness about international yoga day and encouraged people to be a part of IDY. Also, a lecture on basic naturopathy principles & importance of yoga was delivered.

Little Flower Higher Secondary School, St. Joseph School, Devarajapuram, Cheyur, Tamilnadu

A yoga camp for underprivileged children was organized at these schools by the students of BNYS (Malvika, Parkavi, Harsini, Vedhavarsha). The curiosity and the eagerness of these students were high as the term yoga itself was a new word for them.

Govt. School, Horticulture Govt College, Binnamangalam, Thali PUM Govt School, Madhagondapalli High School, Binnamangalam, Upparapalli

Yoga and Naturopathy sessions in Government Schools and Horticulture College for the students and teachers were conducted by the students of BNYS (Dhakshin, Kabindhra, Nithyashree, Pushkarni).

Sri Krishna Pre-university and Degree College, Jigani Main Road, Bengaluru

Dr. Ritesh C, Assistant Professor from The School of Yoga and Naturopathic Medicine, and Ms. Rakshitha R, a 4th-year BNYS student, conducted a Yoga program at Sri Krishna PU College and Degree College, Jigani. A one-hour lecture on the Importance of Yoga and enumerated the importance of this year's theme Yoga for Self and Society. It was followed by the



practice of the Common Yoga Protocol. 250 students and faculties of the Institution performed the Protocol.

Narayana Hrudayalaya Ltd, Mazumdar Shaw Mult Speciality Hospitals

Mr. Surya Narayan Panigrahy along with the students of BNYS conducted the Common Yoga Protocol. Dr. Thimmappa Hegde started the program with a meditation session. Dr. Thimmappa Hegde and his neuro team, Dr. Subramanyam Kannan, and Doctors from various departments participated in the session.



The Sports School, Vadarahalli, Kanakapura Road, Bengaluru

The audience for this session was sports school students from 5th to 12th grade. Dr. Pravalika and her team conducted a one-and-a-half-hour training session a day prior for yoga protocol. The session on IDY was extended for 2 hours for two batches of 150 students.



Oxyzone Park, near Matasundari School

Sona Sonar, Annapurna Dubey, and Janvi, students of BNYS organized a yoga camp in Oxyzone Park near Matasundari School Raipur where around 650 people participated.



St. Philomena's Public School (ICSE branch), Bikkannahally Road, Sarjapura

Dr Anusuya U S, Ms. Jaisree, and Mr. Vaishak K from the School of Yoga and Naturopathic Medicine organized a special yoga session for preschool and high school children at St. Philomena's School, representing S-VYASA. The children enthusiastically participated, learning various asanas and mindfulness techniques.





Centre for Development and Advanced Computing, Baiyappanahalli

Common Yoga Protocol was conducted for 60 minutes and approximately 50-60 participants from the CDAC participated in the program. As long-time collaborators with S-VYASA, CDAC has been very enthusiastic about yoga and the wellness of its employees.



SLMG Coca-Cola Beverages, Ananda Vihar Seniors Home & Health Care Center, Bannerghatta

Ms. Esha Sharma was given the opportunity to conduct an online corporate yoga session with SLMG Coca-Cola. Also, a session for senior citizens, most of them above the age of 80 and on wheelchairs was conducted at the Ananda Vihar Seniors Home & Health Care Centre in Bannerghatta Bengaluru.



Audit Office, Bengaluru

Dr. Titty George, highlighted the significance of yoga in everyday life, emphasizing its role in enhancing physical and mental well-being. The event also featured demonstrations by skilled yoga instructors Kishor, Varad, Sindhu, Swetha, and Shruthi, who guided the participants through various asanas and breathing techniques. Mr. Prasanna Kumar, the administrative officer, played a pivotal role in the successful execution of the event, ensuring everything ran smoothly. Over 75 participants actively engaged in the activities, reflecting a strong community interest in yoga practices. The program included the performance of the Common Yoga Protocol, which was in line with this year's theme.



De Sales Academy, CBSE School, Chandapura, Bengaluru

The event featured the esteemed Prof. M. Jayaraman, Dean of the Division of Yoga





Spirituality, as the Chief Guest. The school's principal, Rev. Father Vijesh Thomas, also addressed the gathering. The celebrations included impressive Yoga demonstrations by the students, showcasing their flexibility and discipline through a series of asanas. This was complemented by cultural performances that highlighted the rich heritage of Yoga. 1800 students of the institution participated in the celebrations. In his address, Prof. Jayaraman stressed the critical role of Yoga in sharpening the human intellect and enhancing capabilities, especially in an era where artificial intelligence is rapidly advancing. He urged students to consider Yoga not only for its health benefits but also as a viable and fulfilling career option, pointing out the dual advantages of maintaining health and pursuing a rewarding profession. Furthermore, Prof. Jayaraman extended an invitation to the staff and students to visit the Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) University.

Govt. Boys Higher Secondary School

Common Yoga Protocol was conducted for the students and teachers of the school by Mr. Arun R S from S-VYASA University.

Best Public School, Kotagiri, Tamilnadu

Kavyashree and Pranitha Kamaraj, students of BNYS spoke on the Importance of yoga and "OM" meditation benefits and conducted the CYP practice was given to the students who participated with great interest.

Riverside Public School, Kotagiri

A seminar on yoga for women empowerment and a session on pranayama and its importance were delivered by our BNYS students, Deekshitha Adwita Hashitha. The Head of the Tamilnadu Police Department was the chief guest. The students of the school showcased a beautiful yoga demonstration.





Yoga Shakti Sangama - Indian Yoga Association and All India Radio (AIR), Kozhikode

"Yoga Shakti Sangama with the theme "Yoga for Women Empowerment", a 32-day, 64-session webinar with 64 resource persons (64 yoginis) was organized by the Indian Yoga Association, Karnataka State Chapter from 21st May to 21st June 2024. One of the sessions was handled by Dr. Jincy Sundaran addressing the registered participants with the topic "Mind-Body Medicine for a Holistic Woman - An introspective interaction" She also was invited to give insights on yoga day along with other experts in the AIR.



NIRT Yoga Centre Chetpet, Chennai

Dr. Sridevi K J was the resource person to give the IDY Protocol to the Geriatric women organized by NIRT Yoga Centre in Chetpet, Chennai as a part of the International Day of Yoga (IDY) protocol session and fostering a healthier lifestyle among participants.



Hindustan Management Academy (HMA) and PSC & KVSC Govt. College, Nandyala

Dr. Sridevi K J along with BNYS students Ms. Lavani and Mr. Gandhi, conducted an offline International Day of Yoga (IDY) protocol session for the employees of HMA. The event saw enthusiastic participation from 32 employees, who greatly benefited from the program. Also, the team conducted an online International Day of Yoga (IDY) protocol session for PSC & KVSC Government College in Nandyala. Nandyala District.



MES Kishore Kendra College, Malleswaram, Bengaluru

Jash Panchal, Vignesh V, and Barnabas Shanghiv led a one-hour session welcoming





over 50 enthusiastic young participants, eager to embrace the benefits of yoga. The workshop successfully highlighted the importance of yoga in fostering physical and mental well-being from an early age, making it a memorable International Day of Yoga celebration."

Kerala Water Authority (KWA).

KWA executives from Kerala on their Health program through IIM Bengaluru had arrived for their workshop on Holistic Health at S-VYASA University. Dr. Devika Kaur delivered a lecture emphasizing the concept of good health from the perspective of PanchaKosha Viveka, Ayurveda, and Yoga.

Endeavor Academy, Bukkasagara, Jigani, Bengaluru

Dr. Ritesh conducted a Yoga session at Endeavor Academy, Bukkasagara, Jigani. A total of 60 participants including faculties, parents, and students attended the session. The session began with a lecture on the importance of Yoga in shaping the country's young minds followed by the practice of the Common Yoga Protocol for 45 minutes. The Principal Ms. Kanmani Kavita congratulated all the participants and shared her heartfelt thanks to the organizers for the session.





10th IDY celebration by VYASA Affiliates in India

Asha Yoga Center, Bengaluru

Asha Yoga Center, Vidyaranyapuram, celebrated the 10th IDY by practicing 108 rounds of Suryanamaskars, with association of Sai Baba Mandir. And at Rotary Orchards, Chaitanya Sr. Citizens Home guided sitting yoga practices.



10th IDY celebration in Vivekananda House
and Chennai Port Trust School, Chennai



IDY
celebration
in **Hindupur**



Pranava Atha Yoga

Pranava Atha Yoga celebrated 10th IDY in two locations. In Bhatheeya Vidhya Bhawan School of Jublihills 2400 students participated in Yoga Session conducted across 2 days.



IDY celebration at Panchakosha Abhyasa Dhammam





Life Spring Yoga Institute, Vadodara

Vadodara, June 21: The International Yoga Day Celebration held at Prof. Manikrao's Jumma Dada Vyayam Mandir was a resounding success, with around 150 participants from various age groups coming together to celebrate the art of yoga.

This historic venue is significant in the world of yoga as it was here that Swami Kuvlayananda, a distinguished yoga master and the world's first yoga researcher, began his journey under the guidance of Prof. Manik Raoji. Swami Kuvlayananda conducted pioneering yoga experiments in Vadodara before establishing the renowned Kaivalya Dham in Lonavala.

The event began at 6:00 am with a serene yoga session led by experts from the Life Spring Yoga Institute, engaging participants from young children to seniors up to 85 years old in various asanas. Following this, a spectacular Rope and Pole Malkhamb demonstration by talented boys and girls captivated the audience. A significant highlight was the heritage talk by Mr. Rajendra Harpale, Managing Trustee of the Akhara, who emphasized the rich history of the venue and its contribution to the field of yoga. The event concluded with a vote of thanks by Mr. Sameer Gaikwad, Vice President of the Heritage Trust of Baroda, who expressed gratitude to all participants and supporters, especially INOX CVA and Patanjali Alkapuri Branch, for their invaluable assistance. This celebration truly embodied the essence of yoga as a harmonious union of practice, tradition, and heritage, successfully promoting unity, physical health, and mental wellness within our community.



Samtva Yoga Kendra, Telangana

Samtva Yoga Kendra organised 10th IDY in Bhainsa, Telangana





Shree Yoga Vijnana Kendra, Bengaluru

Bengaluru, June 21: Teachers of Shree Yoga Vijnana Kendra, Smt. Lalita, Smt. Sukanya, Smt. Rashmi, Smt. Ashwini and others joined in the celebration, Yoga Sangama program, organised in association with different Yoga Centres in and around Yelahanka. Yelahanka MLA. Sri S R Vishwanath inaugurated the event and participated actively in the entire yoga protocol.



ALSACE-RHINDIA Association, France

June 21: In Strasbourg - France, at Pourtalès' castle, during the week, motivated practitioners met for this beautiful International Day of Yoga.

The program was as varied as the French public seeks - from seven o'clock, Sunyoga led by Michael, then morning yoga with postures and breathing, a Hatha Yoga session with Murielle M., a special sun salutation with Muriel E., meditation for peace with Michael with massages with Dorota, a sequence dedicated to immunity and to end gently with Caroline, a Sound Yoga Flow: *Silence in Music - Yoga in Dance - Meditation in Movement - Breath in Oneself - Softness in One - Self in You/ Be in You*



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 them.

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 them.

Yoga is Life - Let's Celebrate Yoga... Life is Yoga - Let's Celebrate Life



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10th IDY celebration by VYASA Affiliates in Abroad

Vyasa Yoga and Ayurveda Singapore

June 21: Vyasa Yoga and Ayurveda Singapore hosted the 10th International Day of Yoga at over 20 venues working with multiple organizations to reflect upon the true theme of IDY 2024 – Yoga for Self and Society. Collaborations with Government bodies such as ActiveSG, Sports Hub and Passion Wave, and renowned institutions such as High Commission of India at Gardens by The Bay, US Embassy, Muneeswaran Temple supported Vyasa Yoga to join hands with over 1,420 participants in total making it a large success!

These events organized by Vyasa Yoga & Ayurveda Singapore's were backed by the High Commission of India to Singapore. From Universities, Community Centers, Sports Centers, Recreational Centers, & Temples, this was a great feat of bringing all together – humanity.



SVYASA - Houston

SVYASA - Houston organized 20 indoor & outdoor events during 10th International Day of Yoga celebrations, across Houston.



NASA, Houston

June 21: Today a memorable day for the yoga community in Space Center, Houston, where Mr. Ramanath and Ms. Jayanthi Kongovi, worked in NASA and went back to do yoga to represent S-VYASA and strengthen yoga community here.





Dehradun, June 20:
A **Special Lecture** from
the Chancellor of S-VYASA,
Dr. H R Nagendra was organised herein
Swami Rama Himalayan University
(SRHU), Jolly Grant.



June 22-23: **Prof. Sridhar M K**, Pro Vice Chancellor and Academic Dean, S-VYASA Deemed to be University, Bengaluru and Ms. Asima Adya (MSc Yoga), Admin Secretary, presented a joint research paper titled, "64 Yoginis of Hirapur - A Field Study" at the **National Seminar on Contribution of Bharata to Knowledge World**, organised by Samskrita Shodha Samsthana (R), Sirsi, North Canara. He also chaired a Session during the conference.



Prof. M Jayaraman's Engagements

Prof. M Jayaraman, Dean, Division of Yoga-Spirituality, was invited as a resource person to deliver a lecture in the two-day National Workshop on Bharatiya Anusandha Paddhati organized collaboratively by Central Sanskrit University Karnataka SKT Uni Veda Vijnana Gurukulam. The Venue was Karnataka Sanskrit University, Bengaluru. Prof. Jayaraman delivered his talk on June 18th, on the topic, “Towards Formalizing Thesis Construction Inputs of Tantrayukti in Academia” where he urged that that it is high time to implement Bharatiya Research Methodology in Academia. The talk was well received.



Prof. M Jayaraman also delivered a talk on the same topic in the online free seminar on “Towards a comprehensive research Methodology” organized by Siddhanta Foundation, in collaboration with IKS Division, Min of Education and Indian Knowledge Systems and Heritage Association on June 9th.



Prof. M Jayaraman, Dean, Division of Yoga-Spirituality, participated in the 2-day academic consultation discussion held on June 1st and 2nd, as an invited resource person on creating IKS curriculum as a minor for UG courses in Higher Education Institutions. The venue was IIT-Hyderabad. The event was organized by Indian Knowledge Systems Division, Min. of Education, Govt of India.



The Tamil Translation of Paroksha Ramayanam, a short Sanskrit Kavyam on Ramayanam, composed by Prof. M Jayaraman, Dean, Division of Yoga-Spirituality, was released by



Acharya Ramachandra Bhat ji, Former VC, S-VYASA University and Prof. Sripad Subrahmanyam, Former Registrar, Telugu University and. Dr

Mahabaleshvara Bhat, Principal, Veda Vijnana Gurukulam, at Veda Vijnana Gurukulam on June 9th during the 21st Deekshanta/ Convocation ceremony of Veda Vijnana Gurukulam.



Bhagavadgita submission in Anuloma Krama

Prashanti Kutiram, June 24: Three participants successfully submitted Srimad Bhagavadgita in Anuloma Krama. The participants are,

- Pratyusha J Kini, 11 yrs
- N R Ravi Kiran Sai, 12 yrs
- M Gopalakrishna, 22 yrs

In Tarangini the competition under Lalitha Rama Lakshmi Trust, was held. Chancellor of S-VYASA, Dr. H R Nagendra ji, Sri Karibasappa ji and Smt. Shreeparna were the examiners. The participants were awarded with Certificates and Memento.



Prashanti Kutiram, June 14: 125 newly recruited employees of C-DAC had come for 3-day Induction Program. Yoga related techniques were taught for managing stress and increasing productivity for employees.



Prashanti Premier League in respectful memory of Sushri Lakshmi Amma



It is not 'all work and no play' at Prashanti Kutiram.

It is a heady concoction of productive and creative work, pursuit of higher education, cultural activities, sports & games, excursions, healthy competitions, talent hunts, music, art and dance forms, full of fun and frolics - all very well balanced!

The tournament named Prashanti Premier League, instituted in the memory of Sushri Lakshmi amma, Founder, Prashanti Kutiram, in the year 2013, began in all grandeur this year, on 23rd May and culminated in medal & trophy distribution to the winners of the matches on 24th June.

A total of 48 cricket matches were held at





Prashanti Kutiram by 9 different teams of young & energetic students and staff members between 23rd May and 22nd June.

The team - Prashanti Warriors, headed by Captain, Narendra Shetty were declared 'winners' of the cricket tournament.

The team members of Pinaka were declared Runners up with Gulshan, a post graduate student from MSc stream, declared as the best batsman and Keming, one of our staff, being the best bowler.

Not to be left behind, young Women students of our college, sportive as they are, formed 6 enthusiastic teams and played 18 throw ball matches during this period.

The team, Flying Fellas, headed by captain, Harshita of BNYS College, were declared winners of the tournament and Champions of School of Yoga, headed by captain Ishita were declared as Runners-up.

The medals and trophies were given away to the winners on 24th June in the honourable presence of Dr. H R Nagendra ji.

The tournament was organized with the blessings and guidance of our Chancellor, Dr. H R Nagendra ji, who, in his brief speech, opined that it was a well-deserved victory! and appreciated all the teams for their sportsman spirits and for being good team players. All the sportsmen and women from all the teams deserved recognition, appreciation, accolades, and applause for their sportsmanship.

Prof. Siva Shankar Sai ji, Hon'ble Registrar & Dr. Vasudeva Vaidhya, Deputy Registrar of the University, extended the much needed moral support for these initiatives and motivated all the players at every step with their encouraging words. The teams were blessed by principals of all the colleges on campus and was very well guided by our Asst. Physical Education Director, Mr. Kiran Kumar N S.



During the 10th International Day of Yoga celebration
Yoga Practice by the Pro-Chancellor of S-VYASA, Dr. B R Ramakrishna



June 5: World Environment Day celebration in Prashanti Kutiram



Bengaluru: Recently, Farewell Ceremony for Non-Residential MSc Students was organised herein Eknath Bhavan, the City Office of S-VYASA in Kempegowda Nagar.



June 10: 1st Batch of YIC Students @ Omkaraa Yoga Federation, Guntur, an Affiliated Centre of VYASA - Bengaluru.

Dāna

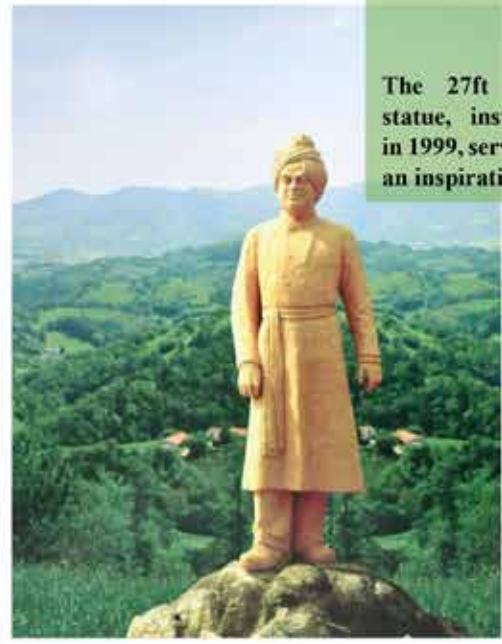
“Generosity and Giving”

We invite your contributions to support us in expanding our activities worldwide.



S-VYASA
Deemed to be University,
Bengaluru.

**Swami Vivekananda
Yoga Anusandhāna
Samsthana
(S-VYASA)**



The 27ft high statue, installed in 1999, serves as an inspiration.

‘Prashanti Kutiram’, located 35 Kms away from the center of Bengaluru, is the Abode of Peace-nestled in the lap of nature amidst greenery and sprawling. The residential campus is situated over 100 acres, about 14 Kms from the bountiful Bannerghatta National Park. It is the residential campus of Swami Vivekananda Yoga Anusandhāna Samsthana (S-VYASA), a full-fledged lone and unique Deemed University of Yoga recognized by University Grant Commission (UGC) U/s 3 of UGC Act, 1956

S-VYASA is a seat of learning, the most comprehensive repository of Yoga and spiritual wisdom combined with modern knowledge of science and technology. Based in the teachings of Swami Vivekananda, in line with the guidelines of UGC, S-VYASA pioneers its uniqueness of man-making dimension in the realm of education with a concrete focus on total personality development using modern tools, which are incorporate into the teaching and evaluation process.



The International Day of Yoga Protocol



Slowing of breath, calming the mind.

Arogyadhama is an integrated medical hospital with a 700-bed inpatient treatment facility. We integrate Allopathy, Yoga, Ayurveda, Naturopathy, Acupuncture, Physiotherapy, Psychotherapy including Diet and nutrition. This primarily aims at preventing and treating Non-Communicable Diseases, providing long-term rehabilitation, and promoting Positive Health for the past 40 years. We have treated nearly 300,000 patients and provide a mantra for healthy and stress-free living.

Arogyadhama serves as a cradle for health and wellness in treating non-communicable diseases and promoting positive health. We offer Yoga and detoxification through Ayurveda and Naturopathy to normal individuals, helping them move towards higher abilities in physical, mental, intellectual, and spiritual rejuvenation. Our well-structured departments include Neurology, Oncology, Cardiology, Pulmonology, Psychiatry, Rheumatology, Spinal disorders, Metabolic disorder, Gastroenterology, and Endocrinology.

VYASA is the parent organization of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), registered as a Charitable Society in 1986.

S-VYASA, in collaboration with VYASA, has been organizing Yoga Therapy camps for Diabetes control all over the country. After the first International Day of Yoga in 2015, where 2.5 lakh individuals were screened throughout India, 56,000 diabetic patients were treated in 7,500 week-long camps. Based on this experience, we are confident in playing a leadership role in the National Committee formed by the Ministry of AYUSH and MOHFW in collaboration with AIIMS to control Diabetes, especially Non-Communicable Diseases (NCDs), throughout the country.

S-VYASA Mission:
**'Combine the best of the East
 with that of the West'**

S-VYASA Vision:
"BE and MAKE"

Accomplishments:

- **Center of Excellence** in Yoga from Ministry of AYUSH, Govt. of India.
- **Recognized as Scientific and Industrial Research Organization** by the Department of Science and Technology, Govt. Of India.
- Formerly the **recognized as ICMR Center for Advanced Research** in Yoga and Neurophysiology.
- **Recognized as Center of excellence** in Yoga research through a developmental Grant from Govt. of Karnataka.
- **Recognized by WHO** for developing Benchmark document on Yoga training.
- Research & Training Funded by Ministry of Science and Technology, Ministry of AYUSH, Ministry of Health and Family Welfare, Ministry of Tribal Affairs, Ministry of External Affairs, Government of India.
- National Institute of Health, US Government, Medical Research Council, UK, Welcome trust, UK etc.
- MHRD category I University
- NAAC A+ Accredited in the 3rd Cycle
- ISO 9001-2008 recognized
- Star Category University by Karnataka Universities Ranking.



Anvesana, the state-of-the-art research facility at Prashanti Kutiram, stands as a significant contribution to the field of health sciences. It seamlessly merges modern technology with Yoga on both National and International fronts. Within its walls, it hosts a range of cutting-edge laboratories, including *Molecular Bioscience Laboratory * Psychophysiology Laboratory * Cognitive Neuroscience Laboratory * Psychology * Laboratory * Bio Energy Laboratory. These laboratories serve as incubators for pioneering research and advancements at the crossroads of health sciences and Yoga. Furthermore, the research laboratory 'Anvesana' boasts certifications from numerous National and peer bodies. The primary certifications include:

- ✦ ICMR Centre for Advanced Research in Yoga & Neurophysiology
- ✦ Centre for Excellence in Yoga by Dept. of AYUSH, GoI
- ✦ SIRO (Scientific and Industrial Research Organization) recognition
- ✦ ISO certification as a pioneer Yoga Deemed University

ANVESANA is the research wing of S-VYASA, with tis set up in Prashanti Kutiram campus. It has high-end unique laboratories to conduct high end research related to psychology, psychophysiology, cognitive neuroscience, bio-energy and molecular biology. Based on the Holistic Vision of Human systems and the understanding of the root cause of all modern NCDs, the laboratories measure various dimensions for In-depth understanding of mind-body systems. Research interests of Anvesana range from studying efficacy of alternative systems in different ailments to understand the molecular, neurological and psychological basis for explaining mechanism of action of such systems.

S-VYASA has now published Around 1000 in reputed National and International Journals contributing a major share of Global Yoga research over the last 4 decades. The key feature of Research is the interdisciplinary nature of research to develop and explore inventive, mechanistic and therapeutic insights of physiology underlying yoga related research.

S-VYASA Management:

- **Dr. H R Nagendra**
Chancellor
- **Dr. B R Ramakrishna**
Pro-Chancellor
- **Dr. N K Manjunath**
Vice-Chancellor
- **Prof. M K Sridhar**
Pro-Vice-Chancellor
- **Dr. Dayananda Swamy H R**
Director, Finance & Administration
- **Prof. Siva Sankara Sai**, Registrar



Tracking the Autonomic Functions



Brain Studies



Gene expressions Studies



Measuring Meditation

- ✦ Contribution to drafting a common Yoga Protocol of 30 minutes for International Yoga Day on June 21, 2015, organized by the Ministry of AYUSH. S-VYASA also played a supportive and leadership role in framing syllabuses for NCTE, NCERT, and UGC at the undergraduate and postgraduate levels, coordinating with major yoga institutional experts in the country.

Divisions of S-VYASA:

Programs by Division:

1. Yoga & Spirituality
 - BSc. Yoga and Vedic Therapy (YVT)
 - MSc. Yoga and Vedic Therapy (YVT)
 - Ph.D.
2. Yoga and Life Science
 - a. The School of Yoga and Naturopathic Medicine
 - BNYS
 - b. The School of Yogic Sciences
 - BSc. YT
 - MSc. YT
 - MD
 - Ph.D.
 - c. The School of Physiotherapy
 - BPT
3. Yoga and Physical Sciences
 - Ph.D.
4. Yoga and Management
 - MBA and Ph.D.
5. Yoga and Humanities
 - a. The School of Performing Arts
 - Certificate and Diploma Courses
 - Ph.D.



Center for Open and Distance Education (CODE)

CODE is the distance education wing (formerly known as ODL) of S-VYASA, established in 2007 with the vision of spreading Yoga through Education and the mission of bringing Yoga to Every Doorstep. S-VYASA is the only Yoga University offering programs in both residential and distance learning modes.

The International Conference on Frontiers in Yoga Research and its Applications (INCOFYRA) is a legacy of SVYASA Deemed to be University. The conference has been organized and hosted by Vivekananda Yoga Anusandhana Samsthana (V-YASA) since 1991, taking place every alternate year (<http://incofyra.com/>).

Driven by this legacy and expertise, INCOFYRA, as a recognized conference, continues to offer a significant opportunity for the advancement of research in the field of Yoga. It serves as a platform for interactive sessions led by key clinicians and scientists who have made substantial contributions to the success of "lifestyle interventions."

Patron Schemes

जीवने यावदादानं स्यात् प्रदानं यत् ततोऽधिकम् |

"Give more than what you receive in Life"

śraddhayā deyam | aśraddhayā' deyam | śriyā deyam |
hriyā deyam | bhiyā deyam | sarṁvidā deyam ||

-Taittiriya Upanishad

Give with faith and reverence. Do not give without faith. Give as much as you can according to your wealth. Give with modesty. Give with awe. Give with empathy.

Particulars	Description	Amount
Sponsor a Chair	"Enjoy complimentary accommodations (boarding and lodging, etc.) during retreats and be recognized as a sponsor."	₹ 2,00,00,000/- (INR Two Crores Only)
Sponsor a Peetham	"Complimentary accommodations (boarding and lodging, etc.) during retreats. Recognize as a sponsor."	₹ 1,00,00,000/- (INR One Crore Only)
Diamond	"Eight family members or relatives can utilize the facilities for four weeks each year for a duration of 20 years. Acknowledgment as a sponsor."	₹ 1,00,00,000/- (INR One Crore Only)
Platinum	"Four family members or relatives can make use of the facilities for four weeks per year over a span of 10 years. Recognize as a sponsor."	₹ 50,00,000/- (INR Fifty Lakhs Only)
Gold	"Two family members or relatives can access the facilities for four weeks per year, for a duration of 5 years. Honor as a sponsor."	₹ 25,00,000/- (INR Twenty-Five Lakhs Only)
Silver	"Two family members or relatives can enjoy the facilities for four weeks each year for a period of 3 years. Recognize as a sponsor."	₹ 10,00,000/- (INR Ten Lakhs Only)
Life Patrons	"Four representatives from the organizations can use the facilities for two weeks each year, for a duration of 5 years."	₹ 10,00,000/- (INR Ten Lakhs Only)
Supporting Patrons	"Two family members can access the facilities for two weeks each year for a duration of 5 years."	₹ 5,00,000/- (INR Five Lakhs Only)
Patrons	"Two family members can utilize the facilities for two weeks each year for a period of 3 years."	₹ 2,00,000/- (INR Two Lakhs Only)
Supporting Life Donors	"Two family members can use the facilities for two weeks for one year."	₹ 1,25,000/- (INR One Lakh Twenty-five Thousand Only)
"Donors Well-wisher"	"You can contribute as much as you wish!"	Any Amount

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IFS Code: SBIN0011355

To:

The Convener,
Donation Committee,
S-VYASA Deemed to be University,
19, 'Eknath Bhavan', Gavipuram Circle,
Kempe Gowda Nagar,
Bengaluru - 560 019.

I/We would like to become one of the Golden hand/s through offering my/our Contribution or Donation.

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Thanking You,
Yours Sincerely.



Anna Dāna

सर्वेषामेव दानानामन्नदानं विशिष्यते ।
अत्राद्भवन्ति भूतानि अत्रेनैव च वर्द्धते ॥

sarveṣāmeva dānānamannadānaṁ viśiṣyate ॥
annādbhavanti bhūtāni
annenaiva ca varddhate ॥

Among all charitable acts, providing food holds a special place. It is through food that all beings manifest and grow from food.

Particulars	Description	Amount
One Day Food	One day, food served to 1200 residents at Prashanti Kutiram on any given day of the year (birthday).	₹ 7,00,000/- (INR Seven Lakhs Only)
One Meal	Lunch or Dinner served to 1200 residents at Prashanti Kutiram on any one day!	₹ 30,000/- (INR Thirty Thousand Only)
One Breakfast/Snacks	Breakfast / Snacks served to 1200 residents at Prashanti Kutiram on any one day!	₹15,000/- (INR Fifteen Only)
Other	According to the donor's wishes.	As you wish

Swasthya Dāna

स्वास्थ्येन लभते कान्तिं दीर्घायुष्यं बलं सुखम् ।
स्वास्थ्येन लोककल्याणं
तस्मात् स्वास्थ्याय दीयताम् ॥
svāsthyena labhate kāntiṁ
dīrghāyusyaṁ balaṁ sukham
svāsthyena lokalyāṇaṁ
tasmāt svāsthyāya diyatām ॥

"Good health bestows radiance, strength, and happiness. Health fosters well-being in society. Therefore, contribute to the cause of health."



Particulars	Description	Amount
One-Year Rehabilitation	Funds will be collected and utilized to provide one bed in Arogyadhama for a duration of one year!	₹ 2,00,000/- (INR Two Lakhs Only)
One-Month Rehabilitation	Funds will be collected and utilized to provide one bed in Arogyadhama for a duration of one month!	₹ 20,000/- (INR Twenty Thousand Only)
Other	For a Specific purpose	As you desire

Vidya Dāna

अन्नदानं महादानं विद्यादानं महत्तरम् ।
अन्नेन क्षणिका तृप्तिर् यावज्जीवं तु विद्यया ॥

annadānaṃ mahādānaṃ
vidyādānaṃ mahattaram ।
annena kṣaṇikā tṛptir yāvajjīvaṃ tu vidyayā ॥

Anna-dana is great. But Charity for education is greater. By charity for food temporary contentment is achieved. By charity for education contentment for a lifetime is achieved.



Particulars	Description	Amount
One-Year Rehabilitation	Funds will be pooled and used for students who are needy and deserving	₹ 5,00,000/- (INR Five Lakhs Only)
Other	For enrichment of library, lab etc.	As you desire



Gou Dāna

दातास्याः स्वर्गमाप्नोति वत्सरान् लोमसम्मतान् ।
कपिला चेत्तारयिति भूयश्च सप्तमाकुलम् ॥

dātāsyāḥ svargamāpnoti
vatsarān lomasammatān ।
kapilā cettārayiti bhūyasca saptamākulam ॥

By donating a cow, a person stays in heaven for the number of years equal to the hairs on the cow's body. If one were to give a Kapila cow in charity, it helps in conferring salvation on seven generations.

Particulars	Description	Amount
Cow	Funds will be pooled and used to purchase of Indian Desi Cow	₹ 60,000/- (INR Sixty thousand Only)
Calf	Funds will be pooled and used to purchase of Indian Desi Calf	₹ 25,000/- (INR Twenty-five Thousand Only)
Food for One Cow /Month	Funds will be used for the feed of Indian Desi Cow	₹ 5,000/- (INR Five Thousand Only)
Other	For the enrichment of the library, lab etc.	As you desire

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



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