

# YOGA SUDHA

A Monthly Journal of SVYASA (Deemed to be University)



25<sup>th</sup> International Conference on Frontiers  
in Yoga Research and Its Applications

**25<sup>th</sup> INCOFYRA**  
Integrative Sports Medicine and Rehabilitation  
3<sup>rd</sup> to 6<sup>th</sup> Jan 2024  
Venue : Preshanti Kutiram, Bengaluru

Jan 3, 2024 | 4 pm - 5: 30 pm | Samskriti Bhavan  
Inaugural Function

Supported by



## Grand Success

25<sup>th</sup> INCOFYRA & 21<sup>st</sup> Convocation





# S-VYASA

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



## Programs in YOGA

## Programs in YOGA

### Doctoral & PG Programs:

PhD (Yoga), MD (Yoga), MSc (Yoga Therapy)  
MSc in Yoga & Vedic Therapy (MYVT) - **Yoga - Spirituality**  
MSc in Yoga Therapy (MYT) - **Yoga & Life Science**  
MSc in Hatha Yoga (MHY) - **Yoga and Physical Science**  
MSc in Yoga Life Style and Stress Management (MYLSM) - **Yoga & Management**  
MSc in Yoga Education (MYED) - **Yoga & Humanity**  
MSc in Yoga Integrative Sports Science (MYISS) - **Yoga & Humanity**  
Master's in Physiotherapy (MPT) - **Yoga & Life Science**  
Master's in Occupational Therapy (MOT) - **Yoga & Life Science**  
PGDYT (Post Graduate Diploma in Yoga Therapy)

### UG Programs:

BSc (Yoga Therapy)  
BNYS (Bachelor of Naturopathy & Yogic Sciences)  
BSc in Yoga & Vedic Therapy (BYVT) - **Yoga - Spirituality**  
Bachelor's in Physiotherapy (BPT) - **Yoga & Life Science**  
Bachelor's in Occupational Therapy (BOT) - **Yoga & Life Science**

### Certificate Programs:

Diploma in Occupational Therapy - **DOT**  
Yoga Instructor's Course - **YIC**  
Certificate Program in Integrative Health - **CIH**

### Programs in ODL

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

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

admissions@svyasa.org ; apply online & visit: [www.svyasa.edu.in](http://www.svyasa.edu.in)

तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

# योगसंज्ञितम्

Vol.XL No.2 February, 2024

## CONTENTS

Editor

**Dr. H R Nagendra**

Chancellor, SVYASA  
Bengaluru

Asst. Editor

**Dr. Aarti Jagannathan**

Publisher

**Mahadevappa B**

Printer

**Chandrashekar V**

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

**SVYASA**

**Deemed to be**

**University**

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

Editorial

2

Message from the Vice Chancellor

3



### Division of Yoga-Spirituality

**Brahmasutra** - *Anārabdhakārye eva tu pūrve tadavadheḥ*  
- Prof. Ramachandra G Bhat

5



### International Conference: 25<sup>th</sup> INCOFYRA

A report of Inaugural Ceremony

7

Valedictory Program

10

Technical Notes of Scientific Sessions

12

Souvenir of 25<sup>th</sup> INCOFYRA

20

Himalaya Yoga Olympiad: National & International

40

Oral and Poster Presentations

41

Special Sessions

42

CYE in Pre-conference by Division of Yoga - Spirituality

44

Exhibition and Stalls

46

Jan 3-5: Dignitaries & Cultural Extravaganza

47



### 21<sup>st</sup> Convocation of S-VYASA

A report of Convocation Ceremony

21

Convocation Address by the Chief Guest

25

Doctor of Science (Yoga) & Doctor of Letters (Yoga) - Awardees

27

PhD in Yoga - Scholars and Publications

29

MD in Yoga - Graduates

37

Awards

38

CODE MSc - Yoga Graduates

57



### VYASA, National

New Vice Chancellor for S-VYASA, Dr. Manjunath N K

4

Rama Pranapratishthapana program in Prashanti

50

81st Birthday celebration of Pujya Nagendra Guruji

52

Book release - Paroksha Ramayanam

53

Engagements of Prof. M Jayaraman

54

Vacancies @ S-VYASA

61

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

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

# EDITORIAL



*My dear Brothers and Sisters,*

Welcome to our new City campus, an IThub for high end educational growth in fields of Engineering, Management, Commerce and Health embellished by Yoga specific modules to support the courses.

Step into a world of transformation with S-VYASA, where the timeless teachings of Swami Vivekananda converge harmoniously with the profound practice of Yoga. Our holistic approach to education goes beyond traditional boundaries, offering a diverse array of innovative courses spanning engineering technology, management, commerce, and health sciences. Each program is meticulously crafted to blend the Best of the East and the West, providing students with a comprehensive understanding of their chosen field while instilling a deep sense of inner peace and resilience.

At S-VYASA, we believe in nurturing not just academic excellence but also holistic

well-being. Students are encouraged to explore captivating career opportunities that align with their passions and values, paving the way for a fulfilling professional journey. Moreover, our curriculum places a strong emphasis on fostering a blissful, healthy lifestyle, empowering individuals to lead lives of purpose and vitality.

Guided by the principles of Swami Vivekananda, our educational philosophy is rooted in the belief that true success lies in the harmonious integration of mind, body, and spirit. Through immersive learning experiences and transformative practices, students emerge not only with academic prowess but also with a profound sense of self-awareness and personal empowerment, ready to make a positive impact on the world around them.

■ *Dr H R Nagendra*



# Message from the Vice Chancellor

*Dear Brothers and Sisters,*

Greetings from the desk of the Vice Chancellor

Wishing you all a belated very Happy and prosperous Maryada Purushottam Bhagavan Bala Rama Prana Prathisthapanam at Sri Rama Janma Theertha Kshetram Ayodhya, the most ancient, sacred and religious town of Bharat and also 75th Republic Day of Swatantra Bharat.

It was a memorable day for all of us on 22nd January 2024 in the history of our Bharat and Sanatana Dharma as our Bala Rama is back home to his birth place after an imprisoned stay in an illegitimate occupation by the Mughal lineage.

It took nearly 500 years for us to acquire it back because of the lack of unity among the emperors during pre-independence period and subsequently the appeasement of minorities in politics and of the party which ruled this country for more than 60 years.

It is our duty and responsibility to salute all such people who have sacrificed their lives and contributed for the persistent and continuous struggle in re-establishing Bala Ram temple at Ayodhya.

This is the time to express our tributes and respects to all those great souls who sacrificed their whole lives and contributed for the Ramjanma Bhoomi liberation movement.

The movement was started more than 500 years back and continued till the 6th December 1992, the day when the temple converted mosque was razed to the ground.

I was a Karasevak from VHP Karnataka, reached Ayodhya on early morning of the day of strike with great difficulty and participated in pulling down the structure built by the cruel Babar who built a mosque by imposing curfew in the town of Ayodhya for several days, over the previously prevailing holy temple of Sri Ramchandra Prabhu.

I proudly participated with pride, valour and divinity in the movement and have been waiting for the day of jubilant reopening. It has happened during our lifetime which itself is the greatest satisfaction and contentment.

On this occasion I express my whole hearted respects to Sanmanya Sri Lal Krishna Advani ji who made the struggle in to a peoples' movement through the memorable Ratha Yatra from Somnath to Ayodhya from 25<sup>th</sup> September 1990 traveling 10,000 kilometres passing through 10 states and he was arrested under the National security act on 23rd October 1990 by the then Bihar government headed by Sri Lallu Prasad Yadav. We had our Respected Modiji as the chief convener of Ratha Yatra and his meticulous planning at that time is

the result of today's consecration of the grand temple at Ayodhya.

I take it as my duty and responsibility whole heartedly to salute at the divine feet of each and every Karasevaks whose number was more than 75000, who dedicated for the liberation of Sri Rama Janma Bhoomi paving the way for the construction of the grand temple of Bala Rama Mandir.

I remember participation of many enthusiastic and dynamic leaders from Sangha parivaar who were later tortured, humiliated and jailed for this noble and divine cause by successive governments who were against for liberation and construction of Sri Rama temple in Ayodhya.

We have to remember Mananeeya Ashok Singhal ji, Dr. Murali Manohar Joshi ji, Kalyan Singh ji, Sudarshan ji, Vinay Katiyar ji, Acharya Dharmendra ji, H V Sheshadri ji, Saadhvi Uma Bharati ji and Rithambara ji, Parama Aadarneeya Raja maatha Vijaya Raje Sindhiya ji, and many who were the guiding forces.

I can never forget the active participation of His Holiness parama Aadarneeya Swaamiji of Pejawar mutt Sri Vishveshwara Theertha who was in the forefront of the entire movement like Bala Rama.

Subsequently, our Rajarshi Honourable Prime minister Sanmaanya Narendra Modi ji took the reins and has shown to the whole world about his commitment to law and justice, peace and harmony, respect and divinity to the Sanatana Dharma by inaugurating a grand temple of Bala Rama at his birth place only without any impediments and hurdles and making an easy road map to the unity, development and peaceful living of the whole society.

I pray and wish that we are all blessed to be in this time line to see the developments of mother Bharat in all directions including the spiritual growth.

As the followers of Yoga we are fortunate to see it's propagation and spread all over, under Sri Modiji 's government.

I wish that everyone of us should visit Ayodhya leisurely at the earliest, after the initial crowd resolves and have the darshan of Bala Rama and pray for the health, happiness and harmony of the entire society.

*Vasudhaiva Kutumbakam! Jai Shree Ram*  
31<sup>st</sup> Jan 2024

*With Pranams*

**Vaidya Dr. B R Ramakrishna**

Vice Chancellor, S-VYASA Deemed to be University, Bengaluru  
Editor in Chief 'RAJAS' Journal of AYUSH, RGUHS, Bengaluru





# New Vice Chancellor for S-VYASA Dr. Manjunath N K



Recently, Dr. Manjunath N K, Pro-Vice-Chancellor and Director of Research, has taken the charge as Vice Chancellor of S-VYASA from **Dr. B R Ramakrishna** who had successfully led the University for 5 years, from 2019-2024, on his retirement.





## ब्रह्मसूत्रम् (Brahmasūtram)

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



### अनारब्धकार्ये एव तु पूर्वे तदवधेः (ब्रह्मसूत्रम्-४-१-१५)

Anārabdhakārye eva tu pūrve tadavadheḥ (Brahmasūtram-4-1-15)

**Meaning:** *But only those former (works) whose effects have not yet begun (are destroyed by knowledge; because the scripture states) that (i.e., the death of the body) to be the term.*

'Results of any action known as Karma Phala is beyond the hands of even the performer', 'The accumulated results from innumerable lives in the past are beyond our imagination and understanding', Kṛiṣṇa claims in Bhagavadgītā. One is born multiple times earlier than presently having one. One exciting discussion in many Śāstras on this matter is regarding the capabilities of Jñāna (the wisdom) over Karma. It is said that Jñāna can dispel Sañcita and Āgāmi Karma, but Prārabdha (present baggage of Karma). Maharshi Veda Vyasa elaborates on Karma in this Adhikarana, highlighting the causation theory between Karma and Jnana.

Most of the Shastras have one section dedicated to Karma Theory for being fundamental to the whole cultural lineage of Bhāratam. We can look at different theories of Karma, but Jyotishya and Vedanta's thoughts seem more practical in terms of defining it for the general audience.

Jyotihya categorises Karma into three categories: Dridha, Adridha and Dridhadridha.

**1. Inescapable Actions:** Dridha Karma is the strongest. Their impact is inevitable and cannot be altered, no matter how hard you try.

**2. Modifiable Consequences:** Dridha-Adridha Karma has medium-level intensity. Their outcomes can be influenced by effort and circumstances.

**3. Flexible Outcomes:** Adridha Karma is the weakest and most flexible. You can overcome their effects with dedicated effort.

However, in all theories, Karma is a bondage that must be addressed with sincerity. Cognizing the bondage and finding a suitable method of overcoming it requires

maturity in life experiences. Swami Vivenakanda's Guru Sri Ramakrishna Paramahansa emphasises how one will feel the pressure of absolute freedom from bondage. Imagine someone is pushed into the water by force, and one's effort and intensity of coming out of the water is equivalent to a genuine Sadhaka in life. All a person's might will be used to come out of the water so that one can breathe and live while inhaling oxygen. Paramahansa compares this analogy to define the intensity of truth-seeking.

Liberation from the bondage of different levels and intensities is a generic want of humanity without exception. By will, even an ordinary person doesn't want to be bound to something that restricts functionality. However, the challenge is that only a minority recognises the bondage and tries to overcome it with sincere effort.

With all the above analysis of Karma types, however, Prarabdha Karma must be experienced in the present life; it is inescapable and unavoidable. The best comparison for Prarabdha Karma is that the arrow released from the bow hits the target without fail unless something more substantial intervenes. It rests only when it is experienced. In this condition of Prarabdha Karma ongoing, Mumukshus (intense seeker) must wait until Prarabdha Karma rests till the death of physical body. This person is called Jeevanmukta.

Maharshi Veda Vyasa says that Arabdha and Anarabdha (started and not started Karma) will be annihilated by the rise of Jnana, wisdom of Atma. The fire of knowledge destroys every residue of Karma completely that which has not been yet begun to result.

*to be continued...*



# YOGA Credit Courses

Duration: 16 weeks for each Course | Credit Points: 4 for each Course

Course offered by  
Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru

SCAN & REGISTER

## Registrations Started

SCAN & REGISTER



Yoga for Ego Management



Yoga for IQ Development



Yoga for Eye Sight Improvement



Yoga for Anger Management



Yoga for Concentration



Yoga for Memory Development



Yoga for Physical Stamina



Yoga for Voice Culture



Yoga for Creativity



Yoga for Stress Management



Yoga Volunteers for Diabetes Management Part 1



Yoga Volunteers for Diabetes Management Part 2



Yoga Volunteers for Hypertension/ Heart Disease - Part 1



Yoga Volunteers for Hypertension/ Heart Disease - Part 2



Yoga Volunteers for Palliative Care - Part 1



Yoga Volunteers for Palliative Care - Part 2

National Coordinator

All India Council for Technical Education (AICTE), New Delhi

[www.svyasa.edu.in](http://www.svyasa.edu.in)

[www.swayam.gov.in](http://www.swayam.gov.in)



@OfficialAICTE



@AICTE\_INDIA



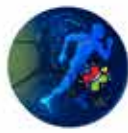
/MediaAICTE



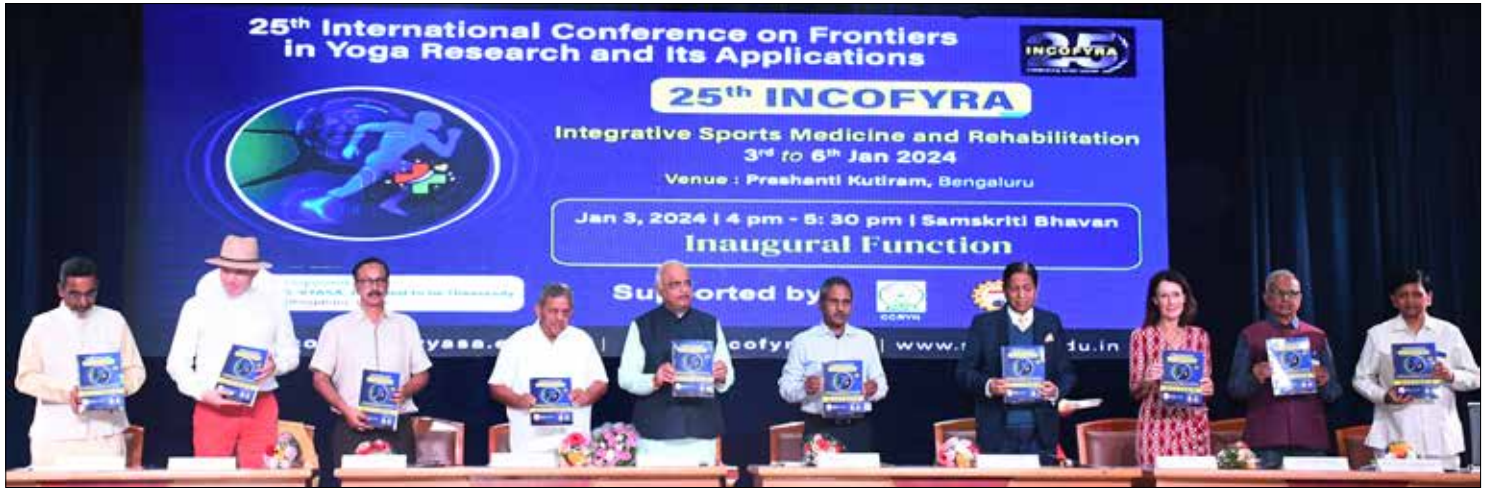
/company/aicteindia



@Aicte.official



# 25<sup>th</sup> INCOFYRA Opens with a Flourish: Yoga takes Centre Stage in Sports Medicine



Inaugural Ceremony of 25<sup>th</sup> INCOFYRA: Souvenir released by the Dignitaries

Bengaluru, Jan 3: The 25<sup>th</sup> International Conference on Frontiers in Yoga Research and Its Applications (INCOFYRA) kicked off today in a vibrant ceremony at Samskrithi Bhavan, Prashanti Kutiram. This year's theme, "Integrative Sports Medicine and Rehabilitation," promises to explore the powerful synergy between ancient Yogic practices and modern scientific advancements in athletic performance and recovery.

The inaugural function welcomed a distinguished gathering of dignitaries, including Shri Vinay Sahasrabuddhe ji, President of the Indian Council for Cultural Relations (ICCR), as the

Chief Guest. Joining him were prominent figures in sports, education, and Yoga communities, such as Mr. Srinivasa Murthy (Indian Basketball Coach), Dr. Ganesan Kannabiran (Director, NAAC Bangalore), and Ms. Alyssa Wostrel (Executive Director, International Association of Yoga Therapy).

The ceremony resonated with the spirit of collaboration and innovation. A special video showcased the journey of renowned basketball coach Mr. Murthy, highlighting his advocacy for Yogic techniques like Vajrasana and Pranayama as key components of sports rehabilitation. Additionally, Mr. Erkin Bek, Founder President



Purna Kumbha Swagata to the Hon'ble Dignitaries



Inauguration of 25<sup>th</sup> INCOFYRA



of the All Here Organization, Switzerland, offered insights into the power of meditation and officially inaugurated the World Meditation League at the conference.

The distinguished speakers provided diverse perspectives on the theme. Dr. Ganesan Kannabiran applauded the changing face of Indian youth, where Yoga is increasingly embraced for its health and wellness benefits. Ms. Alyssa Wostrel lauded S-VYASA University's unique offerings in Yogic education and emphasized the relevance of Integrative Sports Medicine. Former Indian cricketer Sri Chandu Borde commended S-VYASA for its bold initiative and expressed his hope for the conference's success.

Shri Vinay Sahasrabuddhe ji, Chief Guest, lauded S-VYASA as a beacon of knowledge and acknowledged its contribution to global Yoga awareness through initiatives like International Yoga Day. He emphasized the importance of Ayurveda in modern healthcare and highlighted the potential of promoting India's rich cultural heritage through educational programs.

Dr. H R Nagendra, Chancellor of S-VYASA

### Key Highlights:

- Theme: Integrative Sports Medicine and Rehabilitation
- Chief Guest: Shri Vinay Sahasrabuddhe ji, President of Indian Council for Cultural Relations (ICCR)
- Distinguished speakers: Mr. Srinivasa Murthy (Indian Basketball Coach), Dr. Ganesan Kannabiran (Director, NAAC Bangalore), Ms. Alyssa Wostrel (Executive Director, International Association of Yoga Therapy), Sri Chandu Borde (Former Indian Cricketer), and Mr. Erkin Bek (Founder President, All Here Organization, Switzerland)
- Launch of the Yoga Kids video and INCOFYRA 2024 Souvenir
- Emphasis on the synergy between Yoga and sports medicine for enhanced athletic performance and recovery

and Chief Patron of INCOFYRA, concluded the ceremony with a heartfelt address. He reiterated the significance of Yoga as a way of life and



underscored the relevance of sports medicine in today's world. He expressed appreciation to all those involved in organizing the event and expressed his optimism for the fruitful discussions and outcomes to emerge from the conference.

The inaugural function concluded on a high note, setting the stage for an enriching exploration of Integrative Sports Medicine. Throughout the week, renowned experts from across the globe will share their knowledge and insights, paving the way for further advancements in this rapidly evolving field.





## Valedictory of 25<sup>th</sup> INCOFYRA



**Valedictory:** Chief Guest, Shri Ravindra Narayan Ji, the Hon'ble Governor of Tamil Nadu and other Dignitaries

Bengaluru, Jan 6: The valedictory function of the 25<sup>th</sup> International Conference on Frontiers in Yoga Research and Its Applications, was held on 6<sup>th</sup> January 2024. The function was graced by the Chief Guest, Shri. Ravindra Narayan Ji, the Hon'ble Governor of Tamil Nadu, who was introduced by Dr. B R Ramakrishna, the President of the conference, and Vice Chancellor of S-VYASA.

The event was presided by Dr. H. R. Nagendra, Chief Patron, 25<sup>th</sup> INCOFYRA and Chancellor, S-VYASA Deemed to be University, Bengaluru.

He blessed the gathering with his wisdom, and spoke on the success of INCOFYRA and also gave perspectives on future potential themes for similar conferences.

Dr. N K Manjunath, Vice-President of the conference and Pro-Vice Chancellor & Director of Research, S-VYASA delivered the conference reports with highlights of sessions, and the distinguished speakers and summarized very effectively the essence of their talks with key take-home messages. Dr. Manjunath also expressed his gratitude to all the collaborators.



Felicitation to the Chief Guest, Shri Ravindra Narayan Ji



The Session was then followed with feedbacks by Prof. Diego A Bonilla from Columbia, South America, and by Prof. Dobson Dominic, Prof & Head Sports Medicine & Sports Sciences, Saveetha Medical College, Chennai, as international and national delegate representative, respectively. They congratulated the organizers for the vibrance of the conference and appraised about the necessity for the youth to participate in such conferences.

Hon'ble Governor of Tamil Nadu, Shri. Ravindra Narayan Ji delivered a very insightful speech and spoke about the contribution of youth to the growth of nations, citing examples of initiatives like Fit India etc.

A hearty vote of thanks was offered by Prof. S Siva Sankara Sai, Organizing Secretary of the conference, Registrar, S-VYASA on behalf of the organizing committee of the 25<sup>th</sup> INCOFYRA. His vote of thanks included mention of all the delegates representing different parts of India, and ten countries; senior officers of various universities, invitees and members of the organizing committees, teaching, non-teaching, supporting staffs, volunteers, the print and electronic media, staff of Governor of Tamil Nadu, Police personnel, the Govt. of India and the Govt. of Karnataka, Chancellors, Vice-Chancellors, Registrars, Secretariats, and Principals of all the colleges were extended gratitude for making this event grand success. The program ended with National Anthem.





## Technical Notes of Scientific Sessions



**Day 2: Jan 4**

### **Plenary Session 1**

#### **Optimal Sporting Performance: A Holistic Approach**

**Dr H R Nagendra**, Chancellor, SVYASA Deemed-to-be University, Bengaluru, India

**Topic:** Overview of Yogasana as an Indian Traditional Sports Modality cum Performance Enhancer for Sports Personnel

Dr. Nagendra highlighted yoga's evolution in Indian culture and its integration into sports programs, emphasizing its adaptability to school-level sports. He stressed its role in the sports healthcare system for athlete well-being, citing benefits such as preventing injuries and aiding recovery. Referring to the Pancha Koshas concept, he concluded that integrating yoga

asanas into sports training provides a holistic approach, combining ancient wisdom with modern science for optimized performance and well-being.

**Prof Mark Arthur King**, Professor, Sports Biomechanics, Loughborough University, UK

**Topic:** Investigating Sports Performance and Injury Prevention from a Biomechanics Perspective

Professor Mark Arthur King reflected on the transformation of human movement recording, tracing its origins from the use of 16 mm film with its associated challenges to the present dominance of marker-based systems in biomechanics laboratories. He acknowledged the emerging popularity of marker less systems, pose estimation, and AI/ML. The presentation delved into the intricate journey





of understanding optimal sports performance, translating these insights for coaches and performers, utilizing examples across various sports and biomechanical techniques.

**Ms Geetha Ghaliyavar**, Sports Nutritionist, India

**Topic:** Advances in Sports Nutrition & Dietary Strategies

Ms. Geetha Ghaliyavar discussed the evolving landscape of sports nutrition in India, emphasizing its role in meeting individual athlete needs through precise adjustments to macronutrients. She highlighted the importance of addressing micronutrient deficiencies for immune support, advocating for a personalized dietary approach, especially for female athletes, and underscored the integration of technology-driven data tracking for predictive and preventive measures in sports science.

**Day 2: Jan 4**

**Symposia 1A**

**Physical Health for Sports Performance**

**Dr K Jothi Dayanandan**, Associate Professor, (Young Men's Christian Association) YMCA College of Physical Education, Chennai, Tamil Nadu, India

**Topic:** Emerging Trends in Physical Health for Sports Performance

Dr. Dayanandan highlighted the preventive and therapeutic benefits of regular yoga practices for non-communicable diseases and mental well-being. She emphasized yoga's role in enhancing physical fitness, sports performance, and introduced various methods like aerial yoga

and Kundalini yoga tailored for specific needs in sports. Overall, yoga's diverse variations contributed to holistic well-being in the face of competitive demands.

**Dr. Mahendra Sawant**, Assistant Professor, Sports Authority of India (SAI), Thiruvananthapuram, Kerala, India

**Topic:** Enhancing Health, Performance, and Recovery in Sports Performance

Dr. Mahendra Sawant emphasized the widely accepted theory advocating for sports and physical activity to achieve optimal performance and improve life quality, addressing the issue of obesity in Nigeria. He underscored the dual benefits of exercise, promoting both physical and mental well-being, and concluded by stressing the crucial role of consistent physical activity in preventing chronic diseases and sustaining long-term sports performance.

**Dr Youvaraj Kumar G D**, Founder & Director, Yuva Yoga, Hong Kong

**Topic:** Yuva Yoga for Sports

Dr. Youvaraj Kumar Govindaswamy Dayalan discussed the multifaceted benefits of his yoga programs, including "Runner's Yoga" for posture correction and injury prevention in runners, "Golf Yoga" incorporating holistic principles for improved swing and extension, and "Yoga for Racquet Sports" enhancing neuromuscular coordination and controlled breathing under pressure. Additionally, he introduced "Kalari Yoga," emphasizing its fast-paced martial arts movements combined with yoga postures for immediate relaxation. The overarching aim is to optimize sports performance and minimize injuries by mastering a foundational set of 16 postures with potential for over 6000 variations.





## Day 2: Jan 4 Symposia 1B Mental Health for Sports Performance

**Dr S Joniton**, Senior Lecturer, Department of Sport Sciences and Physical Education, Sabaragamuwa University, Sri Lanka

**Topic:** Mental Resilience in Athletics: Unraveling the Threads of Success

Dr. S Joniton emphasized the interconnection between emotional well-being and sports performance, extending beyond professionals to all levels of athletes. Key components such as belief, confidence, stress management, and mindfulness were highlighted as crucial for optimal athletic performance. Dr. Joniton called for a cultural shift, urging equal emphasis on mental health alongside physical training to support athletes' overall well-being and success in training and competition.

**Dr. Vadiraja H S**, Research Officer (Yoga & Naturopathy) CCRYN, New Delhi, India

**Topic:** Yogic Insights for Optimal Mental

Health in Athletes

Dr. Vadiraja S Hosakote stressed that yoga boosts athletes' self-awareness, elucidating the link between mental states and physical performance. He emphasized yoga's physical benefits for strength, flexibility, and balance, not only enhancing athletic performance but also preventing injuries that could affect mental health. Dr. Hosakote highlighted yogic practices as comprehensive tools for promoting mental well-being, enabling athletes to manage stress, stay focused, and maintain balance amidst the challenges of their sport.

**Dr Shahin Ahmed**, Professor, Department of Sport Management and Sports Psychology & Sociology, Tamil Nadu Physical Education and Sports University (TNPESU), Chennai, Tamil Nadu, India

**Topic:** Revolutionizing Sports Performance through Mental Health Emphasis

Dr. Shahin Ahmed pointed out the historical neglect of mental health in sports performance despite its crucial role. She underscored the urgency of increased awareness, emphasizing





the high levels of stress athletes endure. Dr. Ahmed highlighted the need for early detection and various therapeutic approaches to address athletes' psychological obstacles, promoting optimal performance and positive overall well-being through sound mental and emotional skills, coping mechanisms, and social support.

## Day 2: Jan 4

### Symposia 1C

#### Understanding Sports Performance Indicators - Biomechanics

**Prof S N Omkar**, Honorary Professor in Yoga, Vedic Wellness University, Yoga Consultant, Shankara Cancer Research Foundation, Bengaluru, India

**Topic:** Bridging Biomechanics and Yoga for Athletic Excellence

Professor SN Omkar discussed the synergy between biomechanics and yoga in sports performance. Biomechanics provided insights for optimizing techniques and preventing injuries, while yoga contributed to improved flexibility, balance, and mental focus. Prof. Omkar emphasized that the fusion of biomechanical analysis and yoga practices empowered athletes holistically, enhancing both physical and mental capabilities for peak performance.

**Dr Rahul Tiwari**, Biomechanics Lead, Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala, Punjab, India

**Topic:** Performance Precision: Metrics and Tools Redefining Sports Excellence

Dr. Rahul Tiwari highlighted the pivotal role of biomechanics in optimizing sports performance, emphasizing its analysis of the mechanical aspects of human movement. He discussed key performance indicators, such as kinematics and kinetics, and outlined various technologies like motion capture systems, force platforms, and electromyography. Dr. Tiwari underscored the applications of biomechanics in monitoring movement, optimizing performance, and preventing injuries.

**Shri Vijay Samuel Raj V**, Associate Professor, Head of Department of Sports Science, JSS College of Physiotherapy, Mysore, India

**Topic:** Biomechanics in Yoga: Insights into Musculoskeletal Dynamics and Breath Coordination

Shri Vijay Samuel Raj V underscored the intense competition in sports, emphasizing the need for evidence-based, sports-specific rehabilitation due to heightened physical and emotional burdens and increased injury risks. He advocated for a biopsychosocial approach and a multidisciplinary team planning model to swiftly progress injured athletes through stages and ensure a safe return to sports while minimizing re-injury risks.

## Day 3: Jan 5

### Plenary Session 2

#### Sports Rehabilitation Strategies

**Prof Chieko Kato**, Clinical and Sports Psychologist, Toyo University, Tokyo, Japan

**Topic:** Yoga therapy and Data Science to Augment Sports Medicine and Other Treatments

Professor Chieko Kato underscored the transformative impact of the integration of yoga therapy and data science on reshaping sports medicine and diverse treatments. She noted how personalized mind-body interventions of yoga therapy complemented traditional approaches and highlighted the precision refinement in tracking individual responses through data science, offering tailored strategies for holistic healthcare in athletics and beyond.

**Dr Manjunath N K**, Pro-Vice Chancellor & Director of Research, S-VYASA Deemed-to-be University, Bengaluru, India

**Topic:** Yoga as a Part of Sports Medicine and Rehabilitation

Dr. N K Manjunath emphasized the global appeal of sports for a healthy lifestyle while warning of heightened injury risks. He advocated for the integration of yoga into sports rehabilitation, citing its diverse benefits in physical recovery, mental resilience, and overall well-being. Dr. Manjunath proposed a personalized approach for effective biopsychosocial sports rehabilitation.



**Dr Thiagarajan Alwar**, Head of Department of Arthroscopy & Sports Medicine, Sri Ramachandra Medical Centre, Chennai, Tamil Nadu, India

**Topic:** Latest Trends in Sports Rehabilitation

**Day 3: Jan 5**

**Symposia 2A**

**Functional Rehabilitation - Present Strategies**

**Dr Ramesh Killedar**, Associate Professor, KAHER Shri BMK Ayurveda Mahavidyalaya, Belagavi, Karnataka, India.

**Topic:** Importance of Integrated Approach in the Rehabilitation of Sports

Dr. Ramesh Killedar highlighted the prevalence of sports injuries, stressing their impact as the second most common accidents. He advocated for an integrated approach, combining Ayurveda and Physiotherapy, in the rehabilitation of sports injuries, presenting significant results from three clinical studies and emphasizing the need for phase-wise assessment for effective management.

**Dr (Col.) Anup Krishnan**, Director & Professor, School of Sports & Exercise Sciences, DY Patil University, Pune, Maharashtra, India

**Topic:** Periodization of Rehabilitation in Sports Medicine

Dr. (Col.) Anup Krishnan explored the incorporation of periodization principles in sports rehabilitation to enhance post-injury recovery and athletic performance. He underscored the need for systematic planning, emphasizing tailoring interventions to individual needs and discussing the potential benefits of periodized

rehabilitation in expediting recovery, improving outcomes, and reducing re-injury risks.

**Dr Hardik Patel**, Lead Physiotherapist, Vijayi Bharat Sports Academy, Ahmedabad, Gujarat, India

**Topic:** Functional Rehabilitation, A Restoration Program

Dr. Hardik Patel described Functional Rehabilitation as a program that addressed dysfunction and imbalances in movement patterns, emphasizing its role in connecting real-life activities and athletic performance. He highlighted the importance of tailoring movement patterns to specific sports' demands and considering parameters like physical performance, diagnosis, and the natural law that mobility precedes stability in designing effective rehabilitation programs.

**Day 3: Jan 5**

**Symposia 2B**

**Healing the Mind Post-injury**

**Ms Vaishali Chaudhary**, Sports Psychologist, Inspire Institute of Sports, Bellary, Karnataka, India

**Topic:** Exploring the Fusion: Integration of traditional healing methods and psychological interventions in Sports Rehabilitation

Ms. Vaishali Chaudhary discussed the integrated approach of yoga practices and psychological interventions in sports rehabilitation, emphasizing the synergy between mind-body connection and targeted psychological strategies for holistic athlete recovery. She highlighted the method's impact on physical injuries, mental resilience, stress management, and performance



enhancement, underscoring the collaborative potential among sports medicine, psychology, and yoga disciplines for optimized recovery and sustained peak performance.

**Dr Ningthoujam Debala Chanu**, Assistant Professor, Department of Sports Psychology, National Sports University, Imphal, Manipur, India

**Topic:** Exploring the Interplay of Physical and Psychological Dimensions in Sports Injury

Dr. Ningthoujam Debala Chanu underscored the profound link between physical and mental states in an athlete's peak performance, emphasizing the psychological impact of injuries. She advocated for a biopsychosocial perspective in understanding sports injuries and stresses the importance of integrating psychological interventions, including education, coping skill development, and support, to facilitate a healthy return to sports after injury.

**Ms Keerthana Swaminathan**, Sports and Performance Psychologist, President, Indian School Psychology Association (INSPA), Chennai, Tamil Nadu, India

**Topic:** Sports Psychology Rehab for Enhanced Injury Recovery

Ms. Keerthana Swaminathan stressed the pivotal role of sports psychology rehabilitation

in addressing athletes' mental challenges during injury recovery. She advocated for a holistic approach that integrates emotional support, and mental resilience building, and merges physical and psychological rehabilitation. Ms. Swaminathan emphasized personalized strategies, mental conditioning in routine training, and the significance of mental health in ensuring athletes confidently return to sports post-injury.

**Day 3: Jan 5**  
**Symposia 2C**  
**Rehabilitation Strategies/ Planning**

**Dr Chandra Kant Mishra**, Head of Department -Yoga, Netaji Subhas National Institute of Sports (NSNIS), Patiala, Punjab, India

**Topic:** Optimizing Athlete Recovery: A Comprehensive Framework in Sports Medicine Rehabilitation

Dr. Chandra Kant Mishra emphasized the importance of comprehensive strategies in past sports medicine and rehabilitation. He advocated for a holistic approach, tailored rehabilitation strategies, and integrated psychological support, underscoring collaboration among healthcare professionals, coaches, and athletes for effective and coordinated care, aiming for optimal recovery and sustained athletic excellence.





**Dr P Rajinikumar**, Assistant Professor, Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University (TNPESU), Chennai, Tamil Nadu, India

**Topic:** Precision in Sports Rehabilitation: Maximizing Performance

Dr. P Rajinikumar highlighted the crucial role of biomechanics in understanding yoga poses, emphasizing proper alignment to prevent overuse injuries. He underscored the importance of comprehending joint movements and muscle contractions, as well as the coordination of breath with movement. Dr. Rajinikumar also mentioned tools like the 3D mocap system, force plate, electromyography, and isokinetic dynamometer for assessing yoga poses in a kinematic and kinetic perspective.

**Dr Akhoury Gourang Kumar Sinha**, Professor of Physiotherapy, Ex-Dean Faculty of Medicine, Punjab University, Patiala, Punjab, India

**Topic:** Overuse Injuries in Sports: Management and Challenges

Dr. Akhoury Gourang Kumar Sinha highlighted the surge in overuse injuries among athletes due to increased participation and rigorous training. He emphasized the challenges in managing these injuries, discussing their clinical stages, predisposing factors, and the importance of education for players and coaches in prevention and treatment, including the effective use of yogic asanas.

**Day 4: Jan 6**

**Plenary Session 3**

**Preventive Sports Medicine:  
Advances and Measures**

**Prof Diego A Bonilla**, CEO and Scientific Director, Dynamical Business & Science Society (DBSS) International, Colombia, South America

**Topic:** Allostatic Load in Sports and Physical Exercise

**Prof Dobson Dominic**, HOD Sports Medicine & Sports Science, Saveetha Institute of Medical and Technical Sciences (SIMATS), Chennai, India

**Topic:** Elevating Athletic Performance: Integrating Yoga in Sports Medicine for Rehabilitation and Performance Enhancement

Prof. Dobson Dominic highlighted athlete's rigorous training for excellence and discussed the integrative role of yoga in sports medicine for holistic performance enhancement. Emphasizing the shift towards mindful practices, his research aimed to uncover the nuanced interplay between yoga and sports medicine, contributing to a deeper understanding of empowering athletes for their optimal potential.

**Dr Jagadeesh PC**, Sports Specialised Orthopaedic Surgeon, Kauvery & JOSS, Bengaluru, India

**Topic:** Conservative Techniques in Meniscal Surgery

Dr. Jagadeesh PC stressed the need for arthroscopic repair to prevent early arthritis in meniscus tears, advocating for Meniscal Transplant surgery and minimally invasive techniques like autologous osteochondral transplantation to preserve joint health. He also highlighted High Tibial Osteotomy for treating



knee joint arthritis in active patients, promoting realignment and chondral healing.

#### Day 4: Jan 6

#### Symposia 3A

#### Education & Awareness about Prevention

**Dr G Sivaraman**, Chief Siddha Physician, Managing Director, Arogyadhama Healthcare Hospital, Chennai, Tamil Nadu, India

**Topic:** Postulation of Sports and Rehabilitation - Siddha Approach

Dr. G Sivaraman emphasized the prevalence of sports injuries, highlighting the Siddha system's varmam therapy and Karpam medicine for healing. He underscored the effectiveness of external remedies and ancient surgical practices, such as those mentioned in Agathiyar Rana vaithiyam. Integrative approaches, featured in the British Journal of Sports Medicine, were stressed, with Dr. Sivaraman urging the global dissemination of documented studies for enhanced sports injury treatment protocols.

**Dr Roopesh R Pillai**, Senior Specialist Physiotherapist, Kuwait National Guard

**Topic:** Wellness in Sports: Integrating Education for Injury Prevention

Dr. Roopesh R. Pillai emphasized education and awareness for injury prevention and rehabilitation in sports. He advocated proper body mechanics and preventive exercise, underscoring the importance of nutrition and early injury recognition. His holistic approach included psychological support and regular health checkups for comprehensive athlete well-being.

**Dr Denny John**, Professor of Public Health, M S Ramaiah University of Applied Sciences, Bengaluru, India

**Topic:** Evidence and Access to Injury Prevention in Sports

Dr. Denny John noted a disparity between athletes' awareness of injury prevention and their access to professional support. However,

recent developments include the approval of the Central Athlete Injury Management System (CAIMS) by the Sports Authority of India. This system aims to streamline sports medicine and rehabilitation support, focusing on timely prevention, diagnosis, treatment, and maintenance of injury records for athletes, along with sensitization programs to enhance efficiency and establish standard protocols.

#### Day 4: Jan 6

#### Symposia 3B

#### Empowerment through Sports

**Dr S D Sudarshan**, Executive Director, Centre for Development of Advanced Computing (C-DAC), Bengaluru, India

**Topic:** Harnessing the Power of Advanced Computing in Yoga and Sports Healthcare

Dr. S D Sudarshan highlighted that the Ministry of AYUSH, Govt. of India, undertook significant initiatives, including the development of health information systems and research databases, to reform traditional healthcare systems. He emphasized the importance of leveraging advanced technologies like AI, AR/ VR/ Metaverse, smart wearables, and supercomputing infrastructure to automate monitoring, detection, and analysis for enhancing the physical and mental health of individuals practicing yoga and sports.

**Dr Anulekha Dey**, Assistant Professor, Amity School of Physical Education and Sports Science, Amity University, Uttar Pradesh, India

**Topic:** Role of sports in school and universities in terms of Disability

Dr. Anulekha Dey discussed the comprehensive impact of sports on physical, mental, and social well-being, advocating for its inclusion in the curriculum. She emphasized the development of life skills, ranging from motor skills to qualities like resilience, teamwork, and leadership, across various age groups and types of sports. Dr. Dey also highlighted the accessibility and affordability of indigenous games like Yoga, Malkham, Carrom, Kho-Kho, and Kabaddi, underscoring the broader benefits of sports as a tool for rehabilitation and for the disabled population.



**Shri Gopinathan**, Para-Badminton Coach, National Wheelchair Fencing classifier, International Wheelchair and Amputee Sports Federation and Badminton World - Level 1, Bengaluru, India

**Topic:** Para-Sports

**Day 4: Jan 6**

**Symposia 3C**

## **Traditional Approaches to Injury Prevention**

**Prof Sasikumar Nechiyil**, Chief Physician, Nechiyil Ayurveda Vaidyasala & Nursing Home, Palakkad, Kerala, India

**Topic:** Tradition in Wellness: Exploring Kalari and Yoga's Holistic Impact in Injury Prevention

Prof. Sasikumar Nechiyil emphasized the holistic health approach of Yoga Darsana and Ayurveda, with a focus on logical exercise aligned with individual capacity. He highlighted Kalari, a southern Indian martial art, as part of Dhanurveda, promoting overall well-being through balanced exercises, combat mechanisms, and injury prevention. The integrated practice of Kalari, including Vativu (yogic postures), strengthens the subtle mechanism and contributes to a healthy gross body, aligning with ancient Indian wisdom for the well-being of body, mind, and spirit.

**Prof Manoj Kumar**, Prof. of Orthopaedics, Integrative Orthopaedics and Sports Injury Unit, Dept. of Shalya Tantra, All India Institute

of Ayurveda, New Delhi, India

**Topic:** Empowering an Elite Player to pick-up Gold at the Olympics – Insights of an Orthopaedic Surgeon

Prof. Manoj Kumar highlighted the need to bridge the gap between modern practices and ancient wisdom for preventing injuries and burnout in elite players. He suggested leveraging the vast experiential wisdom from Indian knowledge systems, particularly in sports and martial arts, such as Vashista's Dhanurveda Samhita, Marma chikitsa of kalaripayat tradition, and Patanjali's Yogasutra, to enhance performance. The article aimed at raising awareness among coaches, trainers, teachers, and researchers for the effective application of concepts and techniques from these ancient resources.

**Dr M Kannan**, Scientist-III, Central Council for Research in Siddha (CCRS), Sri Jayachamarajendra Govt. Hospital of Indian Medicine, Bengaluru, India

**Topic:** Traditional Approaches for Musculoskeletal Injuries

Dr. M Kannan highlighted the distinction between acute and chronic types, affecting both athletes and active individuals. Siddha medicine employed traditional methods, such as Varmam Points, Thokkanam, herbal remedies, and martial arts, to address energy blockages and enhance neuro-musculoskeletal health for injury prevention. By incorporating Siddha practices into daily routines, individuals promoted overall health and mitigated the risk of sports-related injuries.



## **Souvenir of 25<sup>th</sup> INCOFYRA**

With a view to have the glimpse of the conference, for the benefit of those who could not attend the conference and to extend gratitude to those who have provided their support in making the conference more meaningful, a Souvenir was prepared. The Conference Souvenir included of abstracts of all the scientific presentation held during the conference. It was released on 3<sup>rd</sup> January, 2024 during inaugural function.

**Souvenir can be downloaded from here:**

<https://www.incofyra.com/downloads>



# 21<sup>st</sup> Convocation of S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana  
Deemed to be University, Bengaluru

The 21<sup>st</sup> Annual Convocation of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) was a ceremonious event held with all the splendor and gaiety at Prasanti Kutiram, Bengaluru. The convocation celebrated the academic accomplishments of its graduates in various programs on 12<sup>th</sup> of January 2024.

The event commenced with the arrival of distinguished guests, including Deans of Divisions, Members of the Executive Council, Members of the Academic Council, and Recipients of Honorary Degrees. Convocation stoles were ceremoniously presented to these esteemed individuals, symbolizing their pivotal roles in the academic community of S-VYASA.

The Chief Guest Prof. (Dr.) T G Sitharam, a prominent figure in the field, was warmly welcomed, by the Vice-Chancellor, Pro-Vice-

Program	Graduands
Doctor of Science (DSc)	1 (National)
Doctor of Letters (DLitt)	2 (1 National & 1 International)
Doctor of Philosophy (Yoga)	15
Doctor of Medicine (MD in Yoga)	6
Master of Science (Yoga Therapy, Yoga & Vedic Therapy and Yoga)	368
Bachelor of Naturopathy and Yogic Sciences (BNYS)	64
Bachelor of Science (Yoga Therapy, Yoga & Consciousness and Yoga)	76

Chancellor, Registrar, Dean of Academics, and Controller of Examination. Convocation stoles





**Convocation declared open by the Chancellor of S-VYASA, Dr. H R Nagendra**

were then presented to both the Chief Guest and the revered Chancellor Guruji, adding a touch of distinction to the event.

Ceremonial convocation procession commenced from the Yoga Vinayaka Temple with Veda ghosa, Nadaswara and the Registrar leading with the convocation danda reaching to the venue of the convocation. The assembly warmly welcomed the procession, setting a ceremonial tone for the rest of the event.

The official opening ceremony featured the ceremonial lighting of the lamp and the rendition of 'Vande Mataram'. Following this, the Vice-Chancellor Dr. B R Ramakrishna formally requested the Hon'ble Chancellor Dr. H R Nagendra to declare the convocation open. The Chancellor officially declared the convocation open, emphasizing its purpose to confer degrees upon successful candidates.

The Chief Guest Prof. (Dr.) T G Sitharam was introduced by Vice-Chancellor Dr. B R Ramakrishna during this segment, adding a distinguished presence to the convocation. Vice-

Chancellor also had given brief overview of the achievement of S-VYASA for the last one year.

The Controller of Examination, Prof. Sony Kumari took the stage, presenting a detailed report on the degrees to be conferred. This segment highlighted the academic accomplishments of the graduating students. An approval of the same was given by the members on stage by chanting 'Om,' symbolizing a sacred affirmation of the proceedings.

The pivotal moment of degree conferment occurred when the Chancellor, vested with the authority, officially conferred degrees upon the deserving candidates, marking the culmination of their academic journey. Guru Upadesha (Shishya anushasanam) was conducted by Prof. M Jayaraman. He also explained the meaning of this mantra from "*Taitarya Upanisad*", explaining the duties and the responsibilities of shishya after completing his/her studies at Gurukulam.

Following this, one of the senior Ph.D. awardees of this year, Dr. Jyoti Ramesh Singh administered an oath to the graduates of this year, urging each





Felicitation to the Chief Guest of the Convocation, **Prof. (Dr.) T G Sitharam**, Chairman of AICTE

of them to follow the highest standard of ethics, morals, taught to them at S-VYASA University.

The program then featured the reading of names of awardees, including recipients of D.Sc. and D.Litt. (Honoris causa), Ph.D. graduands, and M.D. graduands and prize winners were announced by Controller of Examination Dr. Sony Kumari.

Dr. Chidananda Kaligal, the best academic excellency awardee in Ph.D., delivered the valedictorian address, followed by an address by the revered Chancellor, Dr. H R Nagendra.

The Chief Guest, Prof. T.G. Sitharam, Chairman of the All India Council for Technical Education (AICTE), delivered a warm and inspiring speech at S-VYASA's 21<sup>st</sup> Convocation. Extending New Year wishes, he celebrated the birth anniversary of Swami Vivekananda and congratulated graduates and parents. Prof. Sitharam emphasized the uniqueness of S-VYASA, a Yoga University embodying Swami Vivekananda's teaching. He urged graduates to see their education as a tool for positive impact. Recognizing Yoga's ancient roots, he highlighted global acknowledgment,

citing the UN's International Day of Yoga. Encouraging adaptability in the face of technological advancements, especially AI, he stressed emotional intelligence and humane skills. AICTE's efforts in education quality, innovation, and entrepreneurship were outlined. The speech concluded with congratulations, encouragement for continuous learning, and a call to uphold S-VYASA's values for a harmonious society.

The Chancellor signed the scroll, and the Vice-Chancellor requested the Chancellor to dissolve the convocation. The Chancellor officially dissolved the convocation, concluding the formal part of the ceremony.

The national anthem and a closing prayer marked the formal conclusion of the 21<sup>st</sup> Annual Convocation of S-VYASA. The University felt a sense of accomplishment, celebrating academic excellence and setting the stage for the promising future of the graduates in the field of Yoga and beyond. The event showcased a harmonious blend of tradition, recognition, and a hopeful outlook for the graduates.





PhD - Yoga Scholars



MD - Yoga Graduates



MSc - Yoga Therapy and Yoga & Vedic Therapy Graduates

# 21<sup>st</sup> Convocation Address by the Chief Guest

**Prof. T. G. Sitharam**

Chairman of the All India Council for Technical Education (AICTE)

on 12<sup>th</sup> Jan 2024

Namaskar and Happy New Year 2024!

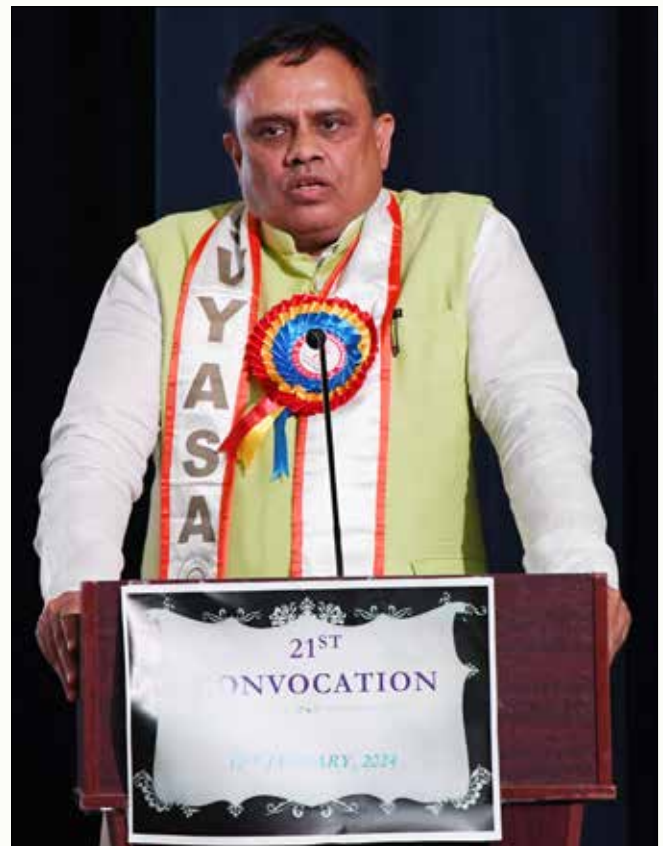
I extend my warm greetings to Dr. H R Nagendra, Chancellor at S-VYASA, Dr. B R Ramakrishna, Vice Chancellor, Dr. Prahlada Ramarao, Pro Chancellor, Dr. K Subrahmanyam, Advisor, Prof. S. Siva Sankara Sai, Registrar, Dr. N K Manjunath, Pro Vice Chancellor & Director, Research, distinguished Directors, Deans, Faculty Members, Students, and their proud parents.

It brings me immense joy to be present here today at the 21<sup>st</sup> Convocation of S-VYASA, especially on the auspicious occasion of Swami Vivekananda's birth anniversary. My heartiest congratulations to the graduates and their proud parents for the remarkable academic achievements we celebrate today.

S-VYASA holds a unique position as a Yoga University, translating the profound teachings of Swami Vivekananda into tangible actions through its academic programs. The privilege of being here is not lost on me, and I urge each graduate to consider their education at this esteemed institution as a stepping stone to positively impact the lives of others.

The vision of S-VYASA, to "BE and MAKE," is not merely a motto but a guiding principle. Graduates, as you step into the world beyond these walls, I encourage you to embody this vision and be agents of positive change.

Yoga, deeply rooted in ancient texts like the Rig Veda, has gained global recognition, with the UN declaring June 21st as the International Day



of Yoga. I commend India's efforts, spearheaded by Prime Minister Narendra Modi, to revive our rich cultural heritage. It is crucial that we understand and promote Indian Knowledge Systems to preserve our identity in this rapidly changing world.

In the face of technological advancements, particularly in artificial intelligence, I urge you to embrace change and adapt to new ways of sustainability and growth. Your technical knowledge should be complemented by emotional intelligence and humane skills.



## Prof. T G Sitharam

Prof. (Dr.) T G Sitharam assumed the role of Chairman at the All India Council of Technical Education (AICTE) on December 21, 2022. Before this, he served as the Director of the Indian Institute of Technology Guwahati (IITG) from July 2019 to December 2022. With a background in Civil Engineering, he obtained his B.E. from the University of Mysore, followed by a Master's from the Indian Institute of Science, Bangalore, and a Ph.D. from the University of Waterloo, Canada.

During his distinguished career, Prof. Sitharam worked as a lecturer at the University of Waterloo and as a research scientist at the University of Texas at Austin. He held additional responsibilities as the Director of the Central Institute of Technology Kokrajhar, Assam, and chaired the Boards of Governors at CIT, Kokrajhar, and the Board of Management of NERIST, Arunachal Pradesh. Currently, he is a board member of the Indian Institute of Science Council.

With over 35 years of experience, he served as a Senior Professor at the Indian Institute of Science, Bangalore, contributing significantly to the field of geotechnical and infrastructure engineering, seismic microzonation, and soil dynamics. Prof. Sitharam played a pivotal role in establishing the Centre for Infrastructure, Sustainable Transport, and Urban Planning (CiSTUP) at IISc and developing a Master's program.

He has an extensive research portfolio with around 500 technical papers, 20 books, and an impressive Google Scholar H-index of 55. Prof. Sitharam supervised numerous students and professionals, filed patents, and executed consulting projects. His global recognition is evident in being listed in the top 2% of scientists by Stanford University from 2020 to 2023.

As Director of IIT Guwahati, he expanded the institution, creating new schools and multidisciplinary centers. Under his leadership, IITG achieved notable rankings, becoming the second-highest institute in citation per faculty in India (Rank 37 globally) in the QS World Ranking for 2022 and 2023. He facilitated strategic partnerships with the Government of Assam for a medical school and a state-of-the-art Multispecialty Hospital at IITG.

Prof. Sitharam's influence extends beyond academia, with memberships in various prestigious boards, councils, and international forums. His commitment to science and education is underscored by his editorial roles in esteemed journals. His multifaceted contributions have earned him numerous awards, including the Sir C.V. Raman State Award and the Sir M. Visvesvaraya Senior Scientist State Award.

AICTE, in alignment with these principles, is committed to integrating Human Values into education.

Our efforts at AICTE aim to enhance the quality of technical education, promote innovation, and support entrepreneurship among students. The collaboration between AICTE and S-VYASA on projects like SWAYAM Yoga online credit courses and workplace yoga sessions exemplifies our commitment to holistic education.

As you embark on your professional

journey, remain curious, explore, and evolve. Acknowledge the support systems that have contributed to your success and take pride in your achievements. Remember, you are not just graduates; you are ambassadors of the values learned at S-VYASA.

In conclusion, let us collectively work towards the objective of S-VYASA - to contribute to peace, poise, harmony, love, health, and happiness. Carry these values forward, and may your futures be filled with success and fulfilment.

## Doctor of Science (Yoga)

### Dr. Gautam Sharma (National Category)

Dr. Gautam Sharma is a Professor of Cardiology at All India Institute of Medical Sciences (AIIMS), New Delhi. Dr. Sharma did his M.D in Internal Medicine from PGIMER Chandigarh and Fellowship (DM) in Cardiology from AIIMS, New Delhi. His Post-Doctoral Fellowship in Cardiac Electrophysiology was at the Royal Adelaide Hospital, Australia. At India's largest tertiary care Medical Institute,



he practices as an interventional cardiologist with expertise in complex coronary interventions and radio-frequency ablation for cardiac arrhythmias, his area of interest being Atrial Fibrillation. Dr. Sharma has authored several scientific publications in leading peer-reviewed journals and is a regular speaker at national and international forums. He is passionate about integrating Yoga and Indian traditional medicine with modern medicine. He is heading the Center for Integrative Medicine and Research at AIIMS and is leading the research initiative in this field.

## Doctor of Letters (Yoga)

### Dr. Rajiv Malhotra (International Category)

Dr. Rajiv Malhotra is an Indian American researcher, author, speaker, thinker, and public intellectual on contemporary issues as they relate to civilization, cross-cultural encounters, spirituality, and science. He studied Physics at St. Stephens College in Delhi and did his post-graduate education in Physics and then Computer Science in the USA. After a successful corporate career in the US, he became an entrepreneur and founded and ran several IT companies in 20 countries. Since the early 1990s, he has been researching civilizations and their engagement with technology from a historical, social sciences, and mind sciences perspective.



He has authored several best-selling books, including "Being Different: An Indian Challenge to Western Universalism", "Breaking India: Western Interventions in Dravidian and Dalit Fault lines", "Indra's Net: Defending Hinduism's Philosophical Unity", and "The Battle for Sanskrit: Is Sanskrit Political or Sacred, Oppressive or Liberating, Dead or Alive?". His latest book on AI is titled, "Artificial Intelligence and the Future of Power: 5 Battlegrounds", in which India is the case study to analyze the impact of AI in a variety of domains. Infinity Foundation, founded by Dr.



Malhotra in Princeton, USA, has published a 14-volume series on the History of Indian Science & Technology. He has disrupted the mainstream thought process among academic and non-academic intellectuals alike by providing fresh provocative positions on Dharma and on India. Some of the focal points of his work are: Interpretation of Dharma for the current times; comparative religion; globalization and India's contributions to the world. He has authored a large number of articles, published 1,000 video lectures, and provided strategic guidance to numerous organizations. He also serves as Chairman of the Board of Governors of the Center for Indic Studies at the University of Massachusetts, Dartmouth, and is a visiting professor at Jawaharlal Nehru University. He is on the Advisory Board of the Indian Institute of Advanced Studies, Shimla.

## Dr. K. Leela Prakash (National Category)

She has Master's and Doctorate degrees in Sanskrit and Master's degree in Psychology. She is a renowned Carnatic musician, poet and daughter of world renowned Sanskritist and Indologist Prof. Keralapura Krishnamoorthy, former Chairman of PG Dept. of Sanskrit, Karnataka University, Dharwad. She taught Sanskrit, Ayurveda and Yoga in several colleges in Mysore and Bangalore. She established Dr. K. Krishnamoorthy Foudation (R), Mysore in 2011 and organized several state and national conferences on Sanskrit language & literature, Ayurveda & Yoga and honored eminent Sanskritists every year. She has authored 10 works in Sanskrit apart from publishing and re-publishing 50 works of her late father with scholastic prefaces by her. She has given invited talks in various universities in Karnataka State, UK, Europe and USA. Recently a felicitation volume namely 'Leelabhinandana' was released in Mysore when she turned 60 years of fruitful life. She is the recipient of several state awards.



**BNYS (Bachelor of Naturopathy and Yogic Sciences) Graduates**

# PhD in Yoga

## Scholars and Publications

### 1. P Krishna Chaitanya

**Thesis Title:** Yoga For Smartphone Addiction

**Guide:** Dr. Deepeshwar Singh, **Co-Guide:** Dr. Rajesh S K

**Publications:**

1. Putchavayala, C. K., Singh, D., & Sashidharan, R. K. (2022). A perspective of yoga on smartphone addiction: A narrative review. *Journal of family medicine and primary care*, 11(6), 2284. Swamy, H. D., & Agoramoorthy, G. (2022). Evolution of yoga: From spiritual uplift to business outburst. *Yoga Mimamsa*, 54(1), 36.
2. Putchavayla, C.k., Rajesh, S. K., & Singh, D. (2022). Development, Content Validation, and Feasibility of Yoga Module for Smartphone Addiction. *Advances in Mind-body Medicine*, 36(2), 14-22.
3. Putchavayala, K. C., Sasidharan, K. R., Krishna, D., & Deepeshwar, S. (2023). Correlation between Excessive Smartphone usage, Basic Psychological Needs, and Mental Health of University Students. *Journal of Mental Health and Human Behaviour*, 28(1), 65-71.



### 2. Chidananda Kaligal

**Thesis Title:** Prefrontal oxygenation changes associated with working memory following yoga practice in type 2 diabetes mellitus patients

**Guide:** Dr. Deepeshwar Singh

**Publications:**

1. Kaligal, C., Kanthi, A., Vidyashree, M., Krishna, D., Raghuram, N., Hongasandra Ramarao, N., & Deepeshwar, S. (2023). Prefrontal oxygenation and working memory in patients with type 2 diabetes mellitus following integrated yoga: a randomized controlled trial. *Acta Diabetologica*, 60(7), 951-961
2. Kaligal, C., Kanthi, A., Mahadevappa, V., & Deepeshwar, S. (2022). Influence of Yoga on Cognitive Functions in Individuals with Mental Disorders: A Systematic Review of Randomized Controlled Trials. *Integrative and Complementary Therapies*, 29(1), 15-24.
3. Chidananda, K., Singh, D., Amit, K., Mahadevappa, V., & Krishna, D. (2023). Yoga Practice





Facilitates Prefrontal Oxygenation and Working Memory in Type 2 Diabetes Mellitus Patients: A Pilot Study. *Advances in mind-body medicine*, 37(2), 24-31

### 3. Venkatesan R

**Thesis Title:** Role Of Yoga On Psychological Profile Of Emerging Adults And Its Implication On Implicit Attitude Towards Engineering.

**Guide:** Dr. Judu V Ilavarasu

**Publications:**

1. R, V., & Judu, I. (2021). Patanjali Yoga Sutra and Thirumoolar Thirumandiram a comparative study. *International Research Journal of Tamil*, 3(4), 32-43. <https://doi.org/10.34256/irjt2145>
2. Venkatesan R, Ilavarasu J (2022) Effect of Simplified Kundalini Yoga Meditation on Engineering Students: An EEG Study. *Indian Journal of Science and Technology* 15(24): 1180-1186. <https://doi.org/10.17485/IJST/v15i24.751>
3. Venkatesan R, Ilavarasu J. Parenting styles and dimensions of emerging adulthood in yoga and nonyoga practitioners. *J Appl Conscious Stud* [serial online] 2022 [cited 2023 Jul 20];10:134-9. Available from: <http://www.jacsonline.in/text.asp?2022/10/2/134/360863>.



### 4. Usha Mohan B P

**Thesis Title:** Research-Effect Of Bhramari Pranayama And Mind Wandering On Auditory Evoked Potentials.

**Guide:** Dr. Judu Ilavarasu

**Co-Guide:** Dr. T M Srinivasan, Dr. Yamini B K, Dr. Aravind Kumar R

**Publications:**

1. Bhramari Pranayama as an aid to meditation: A review of classical yoga texts  
Published in *International Journal of Yoga - Philosophy, Psychology and Parapsychology*.  
Published by S-VYASA
2. A Framework of Measurable Features of Bhramari Pranayama Leading to Meditation  
Published in *Indian Journal of Science & Technology* Published by Indian Society for Education and Environment (iSee) Web of Science.
3. Nitric Oxide, Humming, and Bhramari Pranayama  
Published in *Indian Journal of Science & Technology*. Published by Indian Society for Education and Environment (iSee), Web of Science.



## 5. Krishna

**Thesis Title:** Changes In Cortical And Autonomic Activities During Heartfulness Meditation: A Cross-Sectional With An Immediate Effect Study

**Guide:** Dr. Deepeshwar Singh

**Publications:**

1. Krishna, D., Prasanna, K., Angadi, B., Singh, B. K., Anurag, S., & Deepeshwar, S. (2022). Heartfulness Meditation Alters Electroencephalogram Oscillations: An Electroencephalogram Study. *International journal of yoga*, 15(3), 205-214.
2. Krishna, D., Singh, D., & Prasanna, K. (2022). A cross-sectional study on impulsiveness, mindfulness, and World Health Organization quality of life in heartfulness meditators. *Yoga Mimamsa*, 54(1), 24-30.
3. Krishna, D., Prasanna, K., & Singh, D. (2022). Association between impulsiveness and quality of life among heartfulness meditators: A cross-sectional study. *Indian Journal of Mental Health*, in Press.



## 6. Jyoti Amit Singh

**Thesis Title:** Yoga As An Add On Intervention To The Conventional Management Of Ankylosing Spondylitis: A RCT Study

**Guide:** Dr. Kashinath Metri, **Co-Guide:** Dr. Padmini Tekur

**Publications:**

1. Singh, J., Metri, K., Tekur, P., Mohanty, S., Jha, M., Singh, A., & Raghuram, N. (2022). Designing, validation, and the feasibility of a yoga module for patients with ankylosing spondylitis. *Journal of Ayurveda and Integrative Medicine*, 13(1), 100479
2. Singh, J., Tekur, P., Metri, K. G., Mohanty, S., Singh, A., & Nagaratna, R. (2021). Potential Role of Yoga in the Management of Ankylosing Spondylitis: A Retrospective Study. *Annals of Neurosciences*, 28(1-2), 74-78.
3. Singh, J., Jha, M., Metri, K., Mohanty, S., Singh, A., & Tekur, P. (2022). A study protocol for a randomised controlled trial on the efficacy of yoga as an adjuvant therapy for patients with Ankylosing spondylitis amidst COVID-19 pandemic. *Advances in Integrative Medicine*, 9(1), 75-79.
4. Singh, J., Metri, K., Tekur, P., Mohanty, S., Singh, A., & Raghuram, N. (2023). Tele-yoga in the management of Ankylosing Spondylitis amidst COVID pandemic: A Prospective Randomized Controlled Trial. *Complementary Therapies in Clinical Practice*, 50, 101672





## 7. Chametcha Singphow

**Thesis Title:** Effect of Yoga and Mindfulness Meditation on Chronic Low Back Pain in Computer Users: A Randomized Control Trial

**Guide:** Dr. Padmini Tekur, **Co-Guide:** Dr. T M Srinivasan, Dr. Yamini B K

### Publications:

1. Singphow C, Purohit SP, Tekur P, Bista S, Panigrahy SN, Raghuram N. Integrated effect of yoga and mindfulness meditation on pain, functional disability, and spinal flexibility in computer users with chronic low back pain: A prospective randomized active control trial. *Yoga Mimamsa* 2022;54:4-11
2. Singphow C, Purohit SP, Tekur P, Bista S, Panigrahy SN, Raghuram N, et al. Effect of yoga on stress, anxiety, depression, and spinal mobility in computer users with chronic low back pain. *International Journal of Yoga* 2022;15:114-21
3. Singphow C, Purohit SP, Tekur P, Bista S, Panigrahy SN, Raghuram N, et al. Effect of Yoga and Mindfulness Meditation on Quality of Life in Computer Users with Chronic Low Back Pain: A Prospective Randomized Active Control Trial. *Journal of Applied Consciousness Studies* 2023;11:3-11



## 8. Kanika Verma

**Thesis Title:** A Randomized Comparative Clinical Study to Evaluate the Efficacy of Yoga module and Nasya Karma in Insomnia.

**Guide:** Dr. Deepeshwar Singh, **Co-Guide:** Dr. Alok Srinivas

### Publications:

1. The Impact of Complementary and Alternative Medicine on Insomnia: A Systematic Review.
2. Effects of Yoga on Psychological Health and Sleep Quality of Patients With Acute Insomnia: A Preliminary Study
3. Sleep Disorders and its Consequences on Biopsychosocial Health: A Narrative Review
4. Comparative Impact of Yoga & Ayurveda Practice in Insomnia: A Randomized Controlled Trial



## 9. Shweta Chauhan

**Thesis Title:** Combined effect of yoga and naturopathy on uncomplicated varicose veins-a prospective randomized control trial

**Guide:** Dr. Sanjib Kumar Patra, **Co-Guide:** Jitendra D Lakhani

**Publications:**

1. Yoga and its adjuvant therapies for the management of varicose vein disease: A narrative review
2. Combined effect of yoga and naturopathy on perceived stress and quality of life in uncomplicated varicose veins - a prospective
3. Yoga and related exercises in Chronic Venous Disease- A Narrative Review (Manuscript Accepted).
4. Effect of Yoga and Naturopathy in Uncomplicated Varicose vein disease - A prospective randomized controlled trial



## 10. R Senthil Kumar

**Thesis Title:** Study of Mindfulness on emotional regulation strategies using implicit and explicit paradigms.

**Guide:** Dr. Rajesh S K, **Co-Guide:** Dr. Judu V Ilavarasu

**Publications:**

1. Kumar, R. S., Britto, J., Ilavarasu, J., & Rajesh, S. K. (2022). Study of Emotion Regulation Based on Yogic Personality Using Implicit, Explicit, and Eye Tracking Techniques. *International Journal of Yoga*, 15(2), 122.
2. Senthil, K., & John, B. (2022). Yoga based Ocular Exercise (Trataka): The Scriptural and Scientific Review. *Journal of Positive School Psychology*, 6231-6240.
3. Kumar, R. S., Rajesh, S. K., Illavarasu, J. (2022). Emotion Regulation Differences Between Emerging Adult Seminarians and College Student. *The National Council of Churches Review*, Vol. CXLII No.5.





## 11. Dr. Meenakshi

**Thesis Title:** Understanding the molecular basis effect of yoga on overweight and obese population: a Randomized controlled trial

**Guide:** Prof. Ramesh M N

### Publications:

1. Chobe, M. P., Nanjundaiah, R. M., & Chobe, S. (2021). Designing and validation of a yoga-based module for obesity with metabolic comorbidities. *Journal of Complementary and Integrative Medicine*, 18(1), 159-163
2. Chobe, M. P., & Chobe, S. V. (2021). Hypothetical model for explaining yoga mediated modulation of pathways implicated in obesity. *Indian Journal of Traditional Knowledge (IJTK)*, 20(3), 638-643
3. Chobe, M. P., Nanjundaiah, R. M., & Chobe, S. (2022). Effect of Yoga on Sleep, Self-Esteem and Wellbeing Among Overweight and Obese-A Randomized Controlled Trial. *Indian Journal of Science and Technology*, 15(43), 2297-2302
4. Chobe, M. P. (2023). Effect of yoga on adipokine levels among overweight and obese people: A systematic review. *Journal of Ayurveda and Integrative Medicine*, 14(6), 100813



## 12. Dr. Parimala Srikanteshwara

**Thesis Title:** Study of knowledge, attitude and practice of physicians on yoga in Karnataka

**Guide:** Prof. Vidwan Ramachandra G Bhat, **Co-Guide:** Judu V Ilavarasu

### Publications:

1. Parimala S, Kanchibhotla D. Association Between Yogic Breathing Practice With Perceived Impact of COVID-19: A Cross-Sectional Study From India. *Asia Pacific Journal of Public Health*. 2021;33(1):157-159. doi:10.1177/1010539520975282
2. Parimala S & Ilavarasu, J. (2022). Self Determination Theory And Traditional Wisdom For Sustainable Physician-Patient Relationship. *Journal of Positive School Psychology* <http://journalppw.com> 2022, Vol. 6, No. 8, 1118-1123.
3. S, P., & Ilavarasu, J. (2022). Self-determination Theory and Indian Wisdom. *NHRD Network Journal*, 15(4), 438-445. <https://doi.org/10.1177/26314541221123103>
4. Parimala S & Ilavarasu, J. (2021). Role of Yoga in Influencing Self-Determination and Social Determinants of Health: Evidence from Ancient Scriptures and Ayurveda. *International Journal of Science and Consciousness (IJSC)*, Mar. 2021 | Vol. 7 | No. 1 | Pages 23-33 eISSN: 2455-2038



### 13. Sachi Sharma

**Thesis Title:** Effect Of Yogic Practices On Body Posture And Its Correlation With Physical And Mental Health In Adolescents

**Guide:** Dr. Vikas Rawat

**Publications:**

1. Sharma, S., & Rawat, V. (2023). Effect of Yogic Practices on Body Posture and its Correlation with Physical and Mental Health in Adolescents. *Indian Journal of Medical Specialities*, 14(4),
2. Sharma, S., & Rawat, V. (2023). The Importance of Body Posture in Adolescence and its Relationship with Overall Well-being. *Indian Journal of Medical Specialities*, 14(4), 197-205 [https://doi.org/10.4103/injms.injms\\_29\\_23](https://doi.org/10.4103/injms.injms_29_23)
3. Sharma, S., & Rawat, V. (2023). The Need for Yamā and Niyamā in Promoting Adolescents' Physical and Mental Well-being. *Journal of Applied Consciousness Studies*, 11(1), 51-59.



### 14. Sheetal J Gupta

**Thesis Title:** Can Sudarshan Kriya Yoga And Related Meditation Techniques (Sky) Protocol Facilitate Acclimatization At High Altitude

**Guide:** Dr. Manjunath N K, **Co-Guide:** Dr. Akshay Anand, Dr. Disha Bhanushali

**Publications:**

1. Sheetal J Gupta, Rahul Tyagi, et al., (2021) COVID-19 and High altitude-induced hypoxic conditions and its management: A perspective for managing through Yoga. *Turkish Online Journal of Qualitative Inquiry (TOJQI)* Volume 12, Issue 10, October 2021: 4132-4143 Link of paper: <https://www.tojq.net/index.php/journal/article/view/8417>
2. Sheetal J. Gupta, Balaram Pradhan, et al., (2022). Physical and mental health at high altitude of individuals doing yogic practices. *J Neurosci Rural Pract.* 2022 Oct-Dec; 13(4): 647-651. Published online 2022 Dec 16. Published online 2022 Dec 3. doi: 10.25259/JNRP2022-3-25: 10.25259/JNRP-2022-3-2
3. Sheetal J. Gupta, Balaram Pradhan, et al., (2022). Positive Psychological Changes at High Altitude Shown by the Low Landers after the Yoga Intervention – Sudarshan Kriya Yoga (SKY). *Annals of Neurosciences* 1-6 The Author(s) 2022 Reprints and permissions: [in.sagepub.com/journals-permissions-india](https://www.in.sagepub.com/journals-permissions-india) DOI: 10.1177/09727531221117637.





## 15. Amith Somnath Kanthi

**Thesis Title:** Neural Correlates Of Cognitive Performance In Type 2 Diabetes Mellitus Patients Following Yoga Practice: A Randomized Controlled Trial

**Guide:** Dr. Deepeshwar Singh

**Publications:**

1. Changes in electrical activities of the brain associated with cognitive functions in type 2 diabetes mellitus A systematic review
2. Efficacy of yoga practices on emotion regulation and mindfulness in type 2 diabetes mellitus patients
3. Changes in heart rate variability and Executive functions following yoga practice in type 2 Diabetes patients A pilot study



**BSc - Yoga Therapy and Yoga Consciousness Graduates**



**CODE BSc - Yoga Graduates**

# MD in Yoga



## Dr. Maheshwor Bhatta

**Dissertation Title:** Development, Validation, and Feasibility testing of yoga therapy module for erectile dysfunction.

**Name of the Supervisor:** Dr. Suchitra Patil

---

## Dr. H M Vinaya

**Dissertation Title:** Effect Of Mind sound resonance technique on chronic musculoskeletal pain, stress, anxiety and sleep quality on geriatric population at old age home-a randomized controlled trial.

**Name of the Supervisor:** Dr. Apar Avinash Saoji

---



## Dr. Pravalika B

**Dissertation Title:** Effect of Integrated Yoga intervention on Musculoskeletal Pain and discomfort, Perceived Stress, and Quality of Sleep in industrial workers: A Randomized Controlled Study

**Name of the Supervisor:** Dr. Apar Avinash Saoji

---



## Dr. Gawali Madhur

**Dissertation Title:** Effect of Mind Sound Resonance Technique on Climacteric Symptoms, Perceived Stress and Quality of Sleep in Perimenopausal Women: A Randomised Controlled Trial

**Name of the Supervisor:** Dr. Arundhati Goley

---



## Dr. Amrutha M P

**Dissertation Title:** Effect of uninostril yoga breathing on prefrontal cortex oxygenation

**Name of the Supervisor:** Dr. Deepeshwar Singh

---



## Dr. Tutu Narayanan

**Dissertation Title:** The effect of IAYT in patients with chronic low back pain- A retrospective study.

**Name of the Supervisor:** Dr Suchitra Patil

---





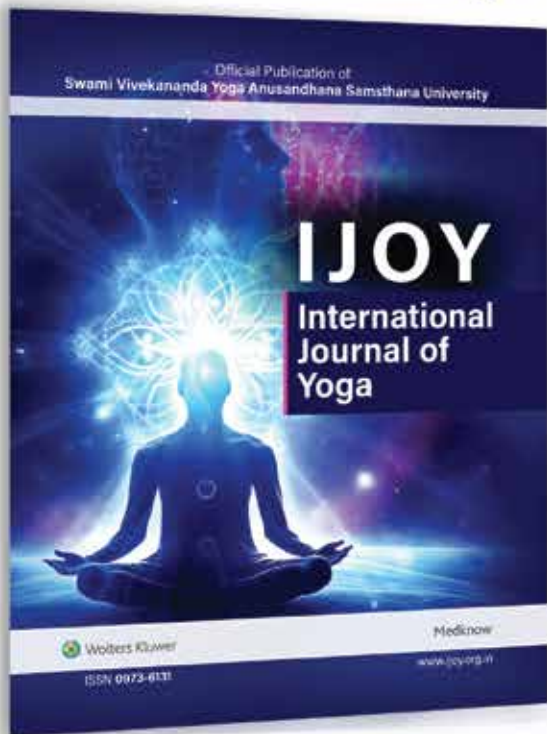
## Awards

	Student	Program	Awards
	<b>Chidananda Kaligal</b>	Doctor of Philosophy	Academic Excellence Award in <b>PhD Program</b>
	<b>Brijeshkumar Bahadur Yadav</b>	Master of Science (Yoga Therapy)	Academic Excellence Award for <b>Overall Topper in MSc-Yoga Therapy Program</b>
	<b>Sonia Yadav</b>	MSc (Yoga and Vedic Therapy)	Academic Excellence Award for <b>Overall Topper in MSc-Yoga &amp; Vedic Therapy Program</b>
	<b>Jyoti</b>	Bachelor of Science (Yoga Therapy)	Sitaram Jindal Academic Excellence Award for <b>Overall Topper in BSc-Yoga Therapy Program</b>
	<b>Soumya Raghunath Shanbhag</b>	Bachelor of Naturopathy and Yogic Sciences (BNYS)	Sitaram Jindal Academic Excellence Award for <b>Yoga Subjects in BNYS Program</b>
	<b>Sri Ranjani S L</b>	Bachelor of Naturopathy and Yogic Sciences (BNYS)	Academic Excellence Award for <b>Modern Subjects in BNYS Program</b>
	<b>Shivakameshwari D</b>	Bachelor of Naturopathy and Yogic Sciences (BNYS)	Academic Excellence Award for <b>Naturopathy Subjects in BNYS Program</b>
	<b>Prakriti Bohra</b>	Master of Science (Yoga) - ODL	Academic Excellence Award for <b>Overall Topper in MSc-Yoga (ODL)</b>
	<b>Radhika N</b>	Bachelor of Science (Yoga) - ODL	Academic Excellence Award for <b>Overall Topper in BSc-Yoga (ODL)</b>



Impact Factor  
for 2022: **1.6**

# IJOY International Journal of Yoga



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



## Subscription Rates:

- ▶ Print ₹ 3500 in India for Individual & Institute.
- ▶ USD \$ 400 for Overseas for Individual & Institute.
- ▶ Single Issue ₹ 1458 in India for Individual & Institute.
- ▶ Single Issue \$ 167 for Overseas for Individual & Institute.

## Cheque should favour

“Wolters Kluwer India Pvt. Ltd., Mumbai”  
or Pay online at [www.medknow.com/subscribeonline.asp](http://www.medknow.com/subscribeonline.asp)

## Correspondence address

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

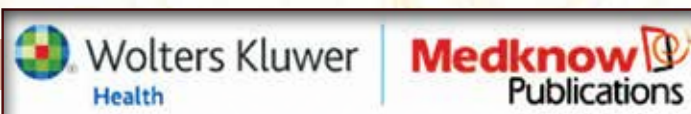
## Editor In Chief

**Prof. Nagendra H R**  
Chancellor, S-VYASA

## Editorial Office

E-mail: [editor@ijoy.org.in](mailto:editor@ijoy.org.in)  
Phone: +91-080-2263 9906

[www.ijoy.org.in](http://www.ijoy.org.in)





## Himalaya Yoga Olympiad National & International



Bengaluru: National and International Himalaya Yoga Olympiad held in S-VYASA Campus, Prashanti Kutiram from 30<sup>th</sup> December 2023 to 2<sup>nd</sup> January 2024 as part of Pre-conference of 25<sup>th</sup> INCOFYRA.

This time from 14 States, 5 Countries and 270 Individuals (participants and coaches) had participated in Himalaya Yoga Olympiad.

Orissa was the National Champion and Karnataka was the runner up of the Himalaya.

In the International category Bahrain was the champion and China was the runner up.





# Oral and Poster Presentations @ 25<sup>th</sup> INCOFYRA



There were 130 abstracts submitted through conference website. After blinded review, 119 papers were selected for poster and 7 were selected for oral presentations. The poster paper session was conducted on 4<sup>th</sup> Jan 2024 in which 91 posters were exhibited. Four oral paper presentations happened with the theme, “Integrative Sports Medicine and Rehabilitation”, on 5<sup>th</sup> Jan 2024. A panel of three judges (Dr. Aarti Jagannathan, Dr. Raghavendra Bhat and Dr. Hemanth Bhargav) evaluated the poster presentations. Both oral and poster sessions happened with lively participation of delegates. The panel members for oral paper evaluations were Dr. Sathyaprabha T N and Dr. Deepeshwar Singh. Details of prize winners presented below.

## Delegates in 25<sup>th</sup> INCOFYRA

<b>Main Conference</b>	<b>601</b>
<b>Pre-conference</b>	<b>97</b>
Delegates from India, UK, USA, UAE, Singapore, Srilanka, Argentina, Senegal, China, Poland, Portuguese	<b>11 Countries</b>
<b>Delegates Major Institutes:</b> G Made Gowda INYS, Mandya Alvas CNYS, Mudabidri Excel MCNY, Tamilnadu Swami Vivekananda NYMNC, Salem SDM CNYS, Ujire	

Prize Winner	Prize	Category	Title of the Presentation
Mr. Abhilash Manu	1 <sup>st</sup> Prize	Oral Presentation	Yogalytics - Customized Yoga for Tennis Forehand Perfection: A Computer Vision Based Study
Dr. Srihari Sharma K N	2 <sup>nd</sup> Prize	Oral Presentation	Effect of Yoga Practice on The Performance Indicators of Kabbadi Players- A Pilot Study
Mr. Jairam Kushwaha	1 <sup>st</sup> Prize	Poster Presentation	Effect of Pranayama and Vipassana Meditation on Emotional Intelligence and Mental Health in University Students
Ms. Prathima David	2 <sup>nd</sup> Prize	Poster Presentation	Optimizing Base Running Performance: Integrating Yogic Techniques for Enhanced Endurance and Respiratory Health
Mrs. Ashwini Surpur	3 <sup>rd</sup> Prize	Poster Presentation	Effects of a Yoga Intervention on Attention and Executive Functioning in Children with Symptoms of ADHD



## Special Sessions at 25<sup>th</sup> INCOFYRA



### Workshop on Integrative Approach to Pain Management and Injury Rehabilitation in Sports

Vivekananda Health Global (VHG) in association with S-VYASA University is organising this one-day workshop which will focus on practical and evidenced-based integrative therapy applications for treatment and better management of major injuries related to

- Ankle
- Knee
- Posture and Lower Back
- Shoulders
- Muscle strains

#### Instructors:

- **Dr. Vasudha M Sharma**, Co-Founder and CEO, Speciality Consultant and Entrepreneur (Integrative Medicine), Vivekananda Health Global (VHG), Bengaluru.
- **Dr. Aniruddha Arya**, Senior Research Fellow, Anvesana Research Laboratory, Specialisation in Sports Science and Medicine (Loughborough, UK).

- **Dr. Jishnu Kartha**, MPT (Sports and Orthopaedics), HOD, School of Physiotherapy, S-VYASA University, Bengaluru.
- **Dr. Architha**, Ayurvedic Physician at Vivekananda Health Global (VHG), Bengaluru.
- **Dr. Deexak Bhat**, Integrative Medicine Doctor, Vijayi Bharat Sports Academy, Gujarat.

### Level 1 - Technician Restricted Profile Anthropometry

Jan 8-10: International Society of Advancement in Kinanthropometry (ISAK) Level 1 certification was organized by Dynamic Business & Science Society - DBSS International SAS - International Society for the Advancement of Kinanthropometry at S-VYASA University, Bengaluru.

Level 1 is designed for the majority of ISAK-accredited anthropometrics who have ongoing requirements for more than the measurement of base measurements and skinfolds. A small number of girths and three bone breadths



have also been included at this level to enable the monitoring of health and growth variables and calculation of the somatotype and body composition - all of which ISAK sees as valuable tools for the comparison of body size, shape, and composition. Thus, a person who successfully completes Level 1 can demonstrate adequate precision in 4 base measures, 8 skinfolds, 6 girths and 3 breadths and has a basic understanding of the theory of anthropometric applications.

### Target audience:

Aimed primarily at advanced students, and professionals in the areas of nutrition, medicine, physical education, training, and sports science. Personal trainers and those with previous training in exercise science are also eligible.

### Objectives:

- To train and certify anthropometric

technicians in the theoretical and practical components of the restricted anthropometric profile according to the ISAK protocol (anatomical reference points, marking, measurement, data recording, calculation of the ETM, and data analysis).

- Learn to interpret the data and use different analysis tools according to the objectives and population (Body Composition, Somatotype, etc.)

### Instructor:

**Prof. Diego A Bonilla**, ISAK 3, CEO & Scientific Director at DBSS - Dynamical Business & Science Society Biochemistry & Molecular Biology (UD), GICAFS (Unicordoba), NUTRAL (CES) Editor: PLOS ONE, Frontiers, MDPI, RENHyD. Columbia.



Registration Team of 25<sup>th</sup> INCOFYRA



## CYE in Pre-conference

### Continuing Yoga Education by Division of Yoga - Spirituality

Dec 28 – Jan 2: Everyday all the 7 techniques for balancing and strengthening the five Kosas were practiced with theoretical understanding that was given.

Everyday started with cyclic meditation at 5.30 am for strengthening Annamaya Kosa. Pranica Energization technique from 9 am to 10 am for strengthening the Pranamaya Kosa.

Mind Sound Resonance Technique from 11 am to 12 noon for strengthening the sound aspect of the mind. Mastering the Emotions Technique from 12 noon to 1 pm for strengthening the emotions aspect of the mind.

Mind Imagery Technique from 2 to 3 pm for strengthening the image aspect of the mind. Vijnana Sadhana Koushala from 3 to 3.45 pm for strengthening Vijnanamaya Kosa.

Ananda Amruta Sinchana from 3.45 to 4.30 pm for strengthening the Anandamaya Kosa were practiced after a short theoretical description.

All the participants actively participated all the sessions and enjoyed themselves. Especially in all practical sessions, their subtle experiences were very good and all of them loved to practice them lifelong.

### **A Holistic Exploration of Health and Well-being through Yoga and Vedic Wellness Practices**

#### **Ayurveda**

- Basic fundamental concepts of ayurveda covered.
- How sports and rehabilitation is viewed under ayurveda got covered.
- Basic structure of ayurveda texts and how-to study was covered.
- Disease concepts & treatment concepts in ayurveda was also covered in short.

- A one to one deha prakruti analysis was done (Nadi Pariksha) in consultation session and their personal health issues if any, was addressed and treatment prescription was given.

#### **Chanting for Wellness**

- A introductory session for chanting was given.
- 3 Mantras (Shanno Mitra, Mahamrutunjaya and Ayur Mantra) were thought.
- A meditation was given which involves Mantra for Stress relief and focus.
- Science of Mantra was also explained briefly.
- How Mantra can help sports person was explained.

#### **Jyotisha & Wellness**

- Jyotisha science or superstition. Introduction to zodiac cycle.
- Planets and our life.
- Rashis and body parts.
- Planets and diseases.
- Consultation.

#### **Textual Study methodology was imparted – Word split etc**

- Yoga-Ayurveda-Jyotisha

### **Lectures on Yoga by faculty of School of Yogic Sciences: Panchakosha model approach to Yoga Therapy**

- Yoga for health and wellness: Yogic Panchakosha Module for Sports person (Theory).
- Yoga for health and wellness: Asana for Sports person (Theory)
- Yoga for health and wellness: Pranayama for



sports person (Theory)

- Yoga for health and wellness: Yogic Relaxation techniques and meditation for sports person (Theory)
- Yoga for health and wellness: Yogic lifestyle and Diet for sportsperson (Theory)

Apart from this one to one Vedic Wellness consultation was also given. Sessions were enjoyed and they opined that experience was authentic, immersive, transforming handled by enthusiastic faculty well assisted by students who were volunteers.

As a part of conference held in our university, homas were conducted every day in the morning. the homas conducted were ganapati homa, mahalakshmi homa, dhanvantari homa, saraswati homa, navagraha homa, ayushya homa and sudarshana homa. participants of conference got the blessings of the dieties of the homa and also attended the scientific conference which was held, this made an atmosphere of best of west and best of east.

**Yajnas Conducted:**

The INCOFYRA was a unique convergence of ancient traditions and modern knowledge.

Each day began with a series of homas - rituals invoking deities like Ganesha, Mahalakshmi, and Dhanvantari - setting a spiritually enriching tone. This sacred start was seamlessly integrated with a scientific conference featuring keynote speakers and research presentations. The harmonious blend of these traditional practices and contemporary academia created an atmosphere that symbolized the synthesis of the best of the East and the West.

**Participant Experience and Impact:**

Participants not only attended enlightening scientific sessions but also received blessings from revered deities, fostering a holistic experience. The conference left an indelible mark on attendees, who expressed appreciation for the balanced approach. The fusion of ancient wisdom and modern knowledge not only enhanced intellectual engagement but also contributed to the overall well-being of participants. The Conference stands as a testament to the potential of integrating diverse practices, creating an environment that transcends conventional conference boundaries and fosters a transformative and holistic learning experience.



CODE BSc - Yoga Graduates



## Exhibition and Stalls @ 25<sup>th</sup> INCOFYRA

- Stalls of INCOFYRA were made to set up at the Sports Ground of S-VYASA Campus.
- In Total there were **40 stalls** which includes, Commercial Stall - 13, In House Stalls - 8, Food Stalls - 9, Food Stalls from outside - 10
- Various exhibition stalls like Medical equipment's, Spiritual books, art and craft items, manuscripts etc. were made available, and the good response was observed from the students and delegates of the Conference.
- Members of the Exhibition and Stall Committee: Dr. Sreenidhi G S, Dr. Sandeep S, Dr. Ramyashree G, Dr. Alaka, Dr. Anju P S, Dr. Titty George





# Jan 3: Dignitaries & Cultural Extravaganza





## Jan 4: Dignitaries & Cultural Extravaganza





# Jan 5: Dignitaries & Cultural Extravaganza





# Rama Pranapratishtapana program in Prashanti



The Division of Yoga-Spirituality at S-VYASA organized a profound and spiritually enriching celebration on January 22, 2024, in honor of Rama Pranapratishtapana. The event comprised several key activities, meticulously organized to instil a sense of devotion, unity, and cultural heritage among the university community.

**1. Puja and Vighraha sthapana:** The day commenced with a soulful Puja dedicated to Lord Rama, symbolizing the initiation of the Pranapratishtapana ceremony. Simultaneously, installation of an idol of Lord Rama on the university campus emphasized the infusion of

divine energy into the educational environment.

**2. Rama Nama Sankeertana:** Sri Kaushik and his team led a poignant Rama Nama Sankeertana. The musical rendition created an atmosphere of devotion, fostering unity among the participants and elevating the spiritual resonance of the event.

**3. Enlightening Discourses:** Esteemed speakers from the Division, including Guruji Dr. H R Nagendra, Dr. R Nagarathna, and Vice-Chancellor Dr. B R Ramakrishna, addressed the gathering. Their insightful discourses



emphasized the significance of Lord Rama and the virtues that students should incorporate into their lives. These talks provided a holistic perspective, intertwining spiritual values with academic pursuits.

**4. Live Telecast from Ayodhya:** As an innovative addition to the celebration, live telecast of the pranapratishtapana ceremony in Ayodhya was organised. This allowed the university community to connect with the larger spiritual community and witness the historic event, fostering a sense of cultural unity.

The seamless coordination and execution of these activities by the Division of Yoga-Spirituality created a harmonious and spiritually charged environment on our campus. The integration of traditional rituals, devotional practices, and modern technology reflected the Division's commitment to providing a holistic and culturally rich educational experience.

**5. Lectures:** One week prior to the consecration ceremony of Lord Rama in Ayodhya, a Ramayana Saptaha event was organized. During this session, specific verses from the Ramayana were selected, and students actively participated in chanting them in the prayer sessions. The significance and meaning of these shlokas were elucidated by esteemed figures such as Guruji, Subramanyamji, Prof. Jayaraman, and other revered elders.



In conclusion, the Rama Pranapratishtapana celebrations, organized by the Division of Yoga-Spirituality, were a resounding success. The event not only deepened the spiritual atmosphere within the university but also strengthened the cultural bonds among the students, faculty, and guests. The Division's efforts in seamlessly blending tradition with contemporary elements showcased their dedication to imparting holistic education and fostering a spiritually aware community at S-VYASA.





Jan 1:  
81<sup>st</sup> Birthday  
celebration of  
Puja Nagendra  
Guruji in Prashanti



Visit of TCS  
Yoga Family Members  
to Prashanti on Jan 11<sup>th</sup>



**Paroksha Ramayanam - a Samskrita** poetic composition with English Translation, of Prof. M Jayaraman, Dean, Division of Yoga Spirituality, encapsulating entire Ramayana in 50 simple verses was released during the celebrations for Rama Prana Prathistha at Ayodhya, organized at S-VYASA university on the 22<sup>nd</sup> of Jan 2024. The Chancellor of S-VYASA, Dr. H R Nagendra, Dr. R Nagarathna, Director Arogyadhama, Dr. B R Ramakrishna, VC, S-VYASA, Acharya Dr. Ramachandra Bhat, Former VC, S-VYASA, Prof. Shiva Shankara Sai, Registrar S-VYASA, Dr. N K Manjunath, Director, Anvesana Research Labs - released the book.

**Paroksha Ramayanam can be purchased online Ebook:**

<https://store.pothi.com/book/ebook-m-jayaraman-paroksa-ramayanam/>

**Hard copy:** <https://store.pothi.com/book/m-jayaraman-paroksa-ramayanam/>



YIC (Yoga Instructor's Course) Batch - 247, January, 2024



Prof. M Jayaraman, Dean, Division of Yoga Spirituality, was felicitated by His Highness Maharaja of Mysore Yaduveer Krishnadatta Chamaraja Wadiyar for his contributions to the field of Yoga on the 19<sup>th</sup> of January 2024 in the 6<sup>th</sup> Annual Mysore Yoga Traditions Conference held at Chitravana resorts, Mysore - jointly organized by Samskriti Foundation, Mysore and Ashtanga Yoga Studio, Oklahoma, USA. Prof. Jayaraman also delivered a lecture in the conference on the topic - Essentials of Hathayoga.



ITEC - YIC Participants



Prof. M Jayaraman, Dean, Division of Yoga Spirituality, delivered two 90 mins **Online Lectures on Introduction Indian Science of Research Writing**-organized by the Malaviya Mission Teacher Training Centre (Formerly UGC - Human Resource Development Centre), Devi Ahalya Vishvavidyalaya, Indore - on 18<sup>th</sup> and 23<sup>rd</sup> Jan, 2024.



**Prof. M Jayaraman, Dean, Division of Yoga Spirituality, delivered an Online Lecture on "Vedic Ideas for National Reconstruction" in the ICPR sponsored lecture series for the celebration of World philosophy day organized by SASTRA Deemed University, Thanjavur, Tamilnadu on the 24<sup>th</sup> of Jan 2024.**



**YIC 7<sup>th</sup> Batch at Astangam Ayurveda Chikitsalaya (Medical College) Vavanur**



**YIC 48<sup>th</sup> Batch at Patanjali Yoga Training & Research Centre, Ernakulam**

# arogyadhama

Holistic Research Health Home



To promote health  
by using the best of  
all Healthcare Systems

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

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

Integrative Medicine  
Consultant

**Dr. R Nagarathna**

MBBS, MD, FRCP, MRCH, DSc



Admission  
Everyday

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

#### Campus

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

#### Correspondence Address

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



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

# CODE MSc – Yoga Graduates









**S-VYASA**  
Deemed to be University  
Bengaluru



**Online Learning**

## Yoga Instructor's Course

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

- **YIC is mandatory for Long Term Courses in S-VYASA**
- **Course Duration:** 2 months, 5 hrs / day
- **Timing:** 6:00 - 8:00 am and 4:00 - 7:00 pm (*flexible for working people*)
- **Eligibility:** 10<sup>th</sup> Std/ SSLC/ equivalent
- **Fees** - ₹ . 25,000/- for Indians & US\$ 1,000/- for Foreigners

Call: **+91-87629 96815**

E-mail: **onlineyogacourses@svyasa.edu.in**

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



**Enroll Now!**

[www.svyasa.edu.in](http://www.svyasa.edu.in)



# स्वामी विवेकानन्द योग अनुसंधान संस्थान

## Swami Vivekananda Yoga Anusandhāna Samsthāna

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019

Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645

E-mail: svyasa@svyasa.org Website: www.svyasa.org

**Date: 22/1/2024**

### **SVY/REG/001/CC Recruitment/ January-2024**

### **Vacancy Advertisement**

**Swami Vivekananda Yoga Anusandhana Samsthana,  
Deemed to be University,  
City Campus, Bengaluru.**

SVYASA is opening another branch within the City Limits, inside an IT Park area. It is also expanding and offering academic programs in the areas that serve the current needs of our Society. As part of this new venture, SVYASA is recruiting new faculty members.

**Note: The eligibility criteria of University Grants Commission and All India Council for Technical Education will be considered for the recruitment of all the staff positions.**

### **Applications are invited for the following positions**

<b><u>Positions</u></b>	<b><u>Eligibility / Qualifications</u></b>
<b>Campus Director</b>	Maximum age limit of 55 years. a) A Master degree with at least 55% of the marks or its equivalent grade of B in the UGC seven-point scale along with Ph.D. from recognized University. b) At least 20 years of experience in educational administration, teaching & Management. c) A strong knowledge in AICTE & UGC NAAC regulations for deemed to be University is required. d) Experience in the industry at managerial level will be given preference.

**Department of  
Computer  
Science**

- a. **Assistant Professor:**  
Qualification: BE/B.Tech & ME/ M.Tech in relevant branch with 1st class or equivalent either in BE/B.Tech or ME/M.Tech.
- b. **Associate Professor:** Qualifications- As above that is for the post of Assistant Professor, as applicable and PhD or equivalent, in appropriate discipline. Post PhD publications and guiding PhD students is highly desirable.  
Experience: Minimum of 5 years' experience in teaching / research /industry of which 2 years post PhD experience is desirable.
- c. **Professor:** Qualifications- As above that is for the post of Associate Professor, applicable. Post PhD publications and guiding PhD students is highly desirable.  
Experience: Minimum of 10 years teaching/ research /industrial experience of which at least 5 years should be at the level of Associate professor. or Minimum of 13 years experience in teaching and / or Research and /or Industry. In case of research experience, good academic record and books/ research paper publications /IPR/ patents record shall be required as deemed fit by the expert members of the selection committee. If the experience in industry is considered, the same shall be at managerial level equivalent to Associate Professor with active participation record in devising/ designing, planning, executing, analyzing, quality control, innovating, training, technical books/ research paper publications / IPR/ patents, etc., as deemed fit by the expert members of the Selection committee.
- d. **Dean:** A senior Professor cadre possessing a minimum of 15 plus years of experience in academic / research / industry with publications and patents in their credit are required.  
Or  
A Professor of minimum of 5 years' experience with proven track record of academic publications, patents, experience in guiding Ph.D. candidates are desired.

**Department of  
Engineering &  
Technology**

- a. **Assistant Professor:**  
Qualification: BE/B.Tech & ME/ M.Tech in relevant branch with 1st class or equivalent either in BE/B.Tech or ME/M.Tech.
- b. **Associate Professor:** Qualifications- As above that is for the post of Assistant Professor, as applicable and PhD or equivalent, in appropriate discipline. Post PhD publications and guiding PhD students is highly desirable.  
Experience: Minimum of 5 years' experience In teaching / research /industry of which 2 years post PhD experience is desirable.
- c. **Professor:** Qualifications- As above that is for the post of Associate Professor, applicable. Post PhD publications and guiding PhD students is highly desirable.  
Experience: Minimum of 10 years teaching/ research /industrial experience of which at least 5 years should be at the level of Associate professor. or Minimum of 13 years experience in teaching and / or Research and /or Industry.  
In case of research experience, good academic record and books/ research paper publications /IPR/ patents record shall be required as deemed fit by the expert members of the selection committee. If the experience in industry is considered, the same shall be at managerial level equivalent to Associate Professor with active participation record in devising/ designing, planning, executing, analyzing, quality control, innovating, training, technical books/ research paper publications / IPR/ patents, etc., as deemed fit by the expert members of the Selection committee.
- d. **Dean:** A senior Professor cadre possessing a minimum of 15 plus years of experience in academic / research / industry with publications and patents in their credit are required.  
Or  
A Professor of minimum of 5 years' experience with proven track record of academic publications, patents, experience in guiding Ph.D. candidates are desired.

**Department of  
Master in Computer  
Application &  
Bachelor in  
Computer  
Application**

- a. **Assistant Professor:** BE / BTech and ME / M. Tech in relevant branch with First Class or equivalent either in BE/BTech or ME/ MTech OR BE/ BTech and MCA with First class or equivalent in either BE / BTech or MCA OR MCA with first class or equivalent with two years relevant experience.
- b. **Associate Professor:** Qualifications as above that is for the post of Assistant Professor, as applicable and PhD or equivalent, in appropriate discipline. Post PhD publications and guiding PhD students is highly desirable. Experience: Minimum of 5 years experience in teaching / research /industry of which 2 years post PhD experience is desirable.
- c. **Professor & Dean:** Qualifications as above that is for the post of Associate Professor, applicable. Post PhD publications and guiding PhD students is highly desirable. Experience: Minimum of 10 years teaching/ research /industrial experience of which at least 5 years should be at the level of Associate professor. or Minimum of 13 years' experience in teaching and / or Research and /or Industry. In case of research experience, good academic record and books/ research paper publications /IPR/ patents record shall be required as deemed fit by the expert members of the selection committee. If the experience in industry is considered, the same shall be at managerial level equivalent to Associate Professor with active participation record in devising/ designing, planning, executing, analyzing, quality control, innovating, training, technical books/ research paper publications /IPR/patents, etc., as deemed fit by the expert members of the Selection committee.
- d. **Dean:** A senior Professor cadre possessing a minimum of 15 plus years of experience in academic / research / industry with publications and patents in their credit are required.  
Or  
A Professor of minimum of 5 years' experience with proven track record of academic publications, patents, experience in guiding Ph.D. candidates are desired.

<p><b>Department of Management: Master in Business Administration &amp; Bachelor in Business Administration</b></p>	<p>a. <b>Assistant Professor:</b> First Class or equivalent in Masters Degree in Business Administration or equivalent and 2 years relevant Experience is desirable.</p> <p>b. <b>Associate Professor:</b> Qualifications as above that is for the post of Assistant Professor, as applicable and PhD or equivalent, in appropriate discipline. Post PhD publications and guiding PhD students is highly desirable. Experience: Minimum of 5 years experience in teaching / research /industry of which 2 years post PhD experience is desirable.</p> <p>c. <b>Professor Dean:</b> Qualifications as above that is for the post of Associate Professor, applicable. Post PhD publications and guiding PhD students is highly desirable. Experience: Minimum of 10 years teaching/ research /industrial experience of which at least 5 years should be at the level of Associate professor. or Minimum of 13 years experience in teaching and / or Research and /or Industry. In case of research experience, good academic record and books/ research paper publications /IPR/ patents record shall be required as deemed fit by the expert members of the selection committee. If the experience in industry is considered, the same shall be at managerial level equivalent to Associate Professor with active participation record in devising/ designing, planning, executing, analyzing, quality control, innovating, training, technical books/ research paper publications /IPR/patents, etc., as deemed fit by the expert members of the Selection committee.</p> <p>d. <b>Dean:</b> A senior Professor cadre possessing a minimum of 15 plus years of experience in academic / research / industry with publications and patents in their credit are required. Or A Professor of minimum of 5 years' experience with proven track record of academic publications, patents, experience in guiding Ph.D. candidates are desired.</p>
<p><b>Administrative Staff</b></p>	<p>With minimum degree qualification from a recognized university, with computer proficiency, MS Office Suite, candidates with previous administrative experience are desirable.</p>

Interested candidates are requested to forward their detailed CV's to [careers@svyasa.edu.in](mailto:careers@svyasa.edu.in)

**Sd/-  
Registrar**



# Dāna

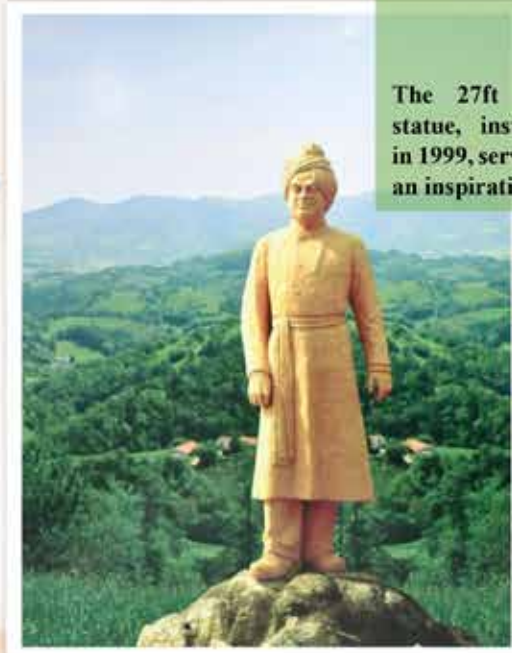
## “Generosity and Giving”

*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.

**A**rogyadhama 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.



**A**nvesana, 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,**  
Vice Chancellor
- ✦ **Dr. N K Manjunath,**  
Pro-Vice Chancellor
- ✦ **Dr. Dayananda Swamy H R,**  
Director, Finance & Administration.
- ✦ **Prof. Siva Sankara Sai,**  
Registrar



- ✦ 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)

**C**ODE 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

**50% tax exemption on taxable income under 80G**

To:

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

Account Holder Name: Swami  
Vivekananda Yoga Anusandhana  
Samsthana  
Bank Name: State Bank of India  
Branch: Jigani  
Account No.: 40495804678  
Type of Accounts: Savings  
MICR Code: 560002123  
IFS Code: SBIN0011355

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

I/We enclose herewith Cash/Cheque/DD No. ....

Dated: .....For Rs.....

Rupees in words: .....

towards.....

From:

Name: .....

Address: .....

Mobile: ..... Email:.....

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
<b>One Day Food</b>	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)
<b>One Meal</b>	Lunch or Dinner served to 1200 residents at Prashanti Kutiram on any one day!	₹ 30,000/- (INR Thirty Thousand Only)
<b>One Breakfast/Snacks</b>	Breakfast / Snacks served to 1200 residents at Prashanti Kutiram on any one day!	₹15,000/- (INR Fifteen Only)
<b>Other</b>	<i>According to the donor's wishes.</i>	<i>As you wish</i>

## 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
<b>One-Year Rehabilitation</b>	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)
<b>One-Month Rehabilitation</b>	Funds will be collected and utilized to provide one bed in Arogyadhama for a duration of one month!	₹ 20,000/- (INR Twenty Thousand Only)
<b>Other</b>	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
<b>One-Year Rehabilitation</b>	Funds will be pooled and used for students who are needy and deserving	₹ 5,00,000/- (INR Five Lakhs Only)
<b>Other</b>	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
<b>Cow</b>	Funds will be pooled and used to purchase of Indian Desi Cow	₹ 60,000/- (INR Sixty thousand Only)
<b>Calf</b>	Funds will be pooled and used to purchase of Indian Desi Calf	₹ 25,000/- (INR Twenty-five Thousand Only)
<b>Food for One Cow /Month</b>	Funds will be used for the feed of Indian Desi Cow	₹ 5,000/- (INR Five Thousand Only)
<b>Other</b>	For the enrichment of the library, lab etc.	As you desire

# Value Driven Leadership through

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



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

**Alkem Laboratories Ltd.**

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

**My reputation is built on the quality  
of my work.**

**I CHOSE CENTURYPLY.**



**OUR PRODUCT PORTFOLIO: PLYWOOD | LAMINATES | VENEERS | DOORS | MDF**

Follow us on: [f CenturyPlyOfficial](#) [t CenturyPlyIndia](#) [y CenturyPly1986](#)

**For any queries, call us on 1800 5722 122 or SMS 'PLY' to 56070**