

# योगा इपर्षा

A Monthly Journal of S-VYASA Deemed to be University



**Dr. Manjunath N.K, VC S-VYASA alongside Shri Prataprao Jadhav, Ministry of Ayush at AIIA Meet**

**International Conference on Indian Knowledge Systems and Yoga for Holistic Health**



**Sri Rama Navami Celebrations at S-VYASA University**



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



Dr. H R Nagendra



Dr. H R Dayanand Swamy



Prof. Manjunath NK



Prof. Sony Kumari



# SAMADHI SADHANA SHIBIR

## An Advanced Meditation Programme Leading to Samadhi Glimpses

ANCIENT WISDOM • SCIENTIFIC VALIDATION • TRANSFORMATIONAL EXPERIENCE

### 15-DAY RESIDENTIAL PROGRAMME



**Duration:** 15 Days  
(Residential)  
**Dates:** May 15th to 28th  
**Venue:** Prashanti Kutiram  
Campus, Bengaluru, India



**CONDUCTED BY**  
**Dr. H. R. Nagendra**  
Chancellor,  
S-VYASA Deemed to be University  
Padma Shri Awardee



**ASSISTED BY**  
Team of  
Faculty and  
Volunteers



**IDEAL FOR**

- Serious seekers
- Yoga teachers
- Therapists
- Researchers
- Professionals
- Spiritual aspirants

### ABOUT THE PROGRAMME

A deeply immersive 15-day residential programme that integrates ancient yogic practices with modern science. Designed to systematically guide participants from effortless concentration (Dharana) to effortless meditation (Dhyana) and glimpses of Samadhi through Cyclic Meditation (CM), MSRT, PET, MEMT and other practices, supported by yoga practices, devotion and personal guidance.



### TECHNIQUES COVERED



**CYCLIC MEDITATION (CM)**  
A dynamic process of alternating stimulation and relaxation leading to deep physical, mental and emotional relaxation.



**MSRT (MIND SOUND RESONANCE TECHNIQUE)**  
Utilizing sound vibration (A-U-M) to resonate the body, calm the mind and lead to inner silence.



**PET (PRANIC ENERGIZATION TECHNIQUE)**  
A systematic process to sensitize, energize and expand one's pranic awareness.



**MEMT (Mastering the EMOTIONS TECHNIQUE)**  
A powerful technique to transform emotions, release inner blocks and cultivate positivity, clarity and inner balance.

### DAILY SCHEDULE (DAYS 3 TO 14 – CORE PROGRAMME)

| TIME                | SESSION  |
|---------------------|--|
| 5:00 – 6:00 AM      | Prayer, Śīthlikarana Vyāyāma & Āsanas            |
| 6:00 – 7:00 AM      | Breathing Practices, Kapālabhāti & Prāṇāyāma     |
| 7:00 – 8:30 AM      | Theory + PET Practice                            |
| 9:00 – 9:30 AM      | Breakfast (Mindful Silence)                      |
| 9:30 – 10:30 AM     | Self Practice (Anusandhana – Inner Exploration)  |
| 10:30 AM – 12:00 PM | MSRT – Theory + Practice                         |
| 12:00 – 1:30 PM     | Cyclic Meditation (CM) – Theory + Practice       |
| 1:30 – 3:30 PM      | Lunch + Rest (Mauna)                             |
| 3:30 – 5:00 PM      | PET – Theory + Practice                          |
| 5:00 – 6:00 PM      | Walking Meditation (Tuning the Mind)             |
| 6:00 – 7:00 PM      | MEMT (Mastering the EMotions Technique) – 1 Hour |
| 7:00 – 7:45 PM      | CM Practice                                      |
| 7:45 – 8:30 PM      | MSRT Practice                                    |
| 8:30 – 9:00 PM      | Dinner   |
| 9:00 – 9:00 PM      | Group Interaction / Counselling / Reflection     |
| 9:30 – 10:00 PM     | Self Practice (Anusandhana – Inner Exploration)  |
| 10:00 PM            | Silence / Lights Off – To Bed                    |

### SCIENTIFIC FOUNDATION

The programme is supported by Anveshana – Research Wing of S-VYASA with pre- and post-assessments to validate inner transformation through modern scientific methods.

- EEG (Electroencephalogram) Brain wave analysis
- HRV (Heart Rate Variability) Autonomic nervous system balance
- Biofield (GDV) Energy field assessment
- Blood Tests (Complete Hemogram, Biochemistry, Hormones, Vitamins & more)
- BHT (Breath Holding Time) Pranic efficiency
- PFR (Peak Flow Rate) Pulmonary function

### PROGRAMME PHASES (15 DAYS)

- 1 Orientation & Assessments
- 2 Preparation & Stabilization
- 3 Deepening & Expansion
- 4 Integration & Inner Silence
- 5 Final Assessment & Feedback

### SCIENTIFIC ASSESSMENTS (Pre & Post)

Conducted at ANVESHANA  
(Research Wing of S-VYASA)

- EEG (Electroencephalogram) – Brain wave analysis
- HRV (Heart Rate Variability) – Autonomic balance
- Biofield (GDV) – Energy field assessment
- Blood Tests (Complete Hemogram, Biochemistry, Hormones, Vitamins & more)
- BHT (Breath Holding Time) – Pranic efficiency
- PFR (Peak Flow Rate) – Pulmonary function

**Objective:** To scientifically validate the inner transformation.

### ACADEMIC STRUCTURE (TOTAL THEORY: 22 HOURS)

- Cyclic Meditation (CM) – 6 Hours
- MSRT – 6 Hours
- PET – 6 Hours
- MEMT – 2 Hours
- General Theory (Dharana, Dhyana, Samadhi, Mind, Consciousness) – 2 Hours

### PRACTICE STRUCTURE (DAILY)

- CM Practice – 2 sessions (45 min each)
- MSRT Practice – 2 sessions (45 min each)
- PET Practice – 2 sessions (45 min each)
- MEMT – 1 hour (Evening)
- Āsanas + Śīthlikarana – 1 hour
- Prāṇāyāma + Kapālabhāti – 1 hour
- Walking Meditation – 1 hour
- Silence (Mauna) + Rest

### FACILITIES

- Individual accommodation (meditation-friendly rooms)
- Sattvic vegetarian food (nutritious & hygienic)
- Serene natural campus environment
- Personal counselling & medical support

### PROGRAMME INCLUDES

- Accommodation (Individual Room)
- Sattvic Vegetarian Food (Special Diet)
- Study Material
- Yoga Kit
- Laundry
- Wi-Fi
- Medical Support
- Regular Health Monitoring
- Safe & Serene Environment

### HOW TO REGISTER

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- +91 98450 54523
- [programs@svyasa.edu.in](mailto:programs@svyasa.edu.in)
- [www.svyasa.edu.in](http://www.svyasa.edu.in)



SCAN TO  
APPLY NOW!



# YOGA SUDHA

May 2026

No. 05

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Publisher  
**Mahadevappa B**

Printer  
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# EDITORIAL |

**Dr H R Nagendra**  
**President S-VYASA**



From IDY to a National Movement: Building Drug-Free Campuses Through Yoga

India stands at a defining moment where the strength and direction of our youth will shape the future of the nation. The growing challenge of substance abuse among students calls for more than awareness—it demands a unified national movement rooted in inner transformation.

The Nasha Mukta Bharat Abhiyan (NMBA) provides a strong foundation. Its true impact can be realized through the synergistic efforts of the Ministries of Social Justice & Empowerment, AYUSH, Health, Skill and Sports, working in alignment with UGC, AICTE, NCERT, and AIU. Educational institutions must evolve into centres of character, resilience, and self-mastery, where students are empowered not only intellectually, but also emotionally and spiritually.

Encouragingly, we already have living models of drug-free campuses.

Institutions such as the Lakshmi Bai National Institute of Physical Education (LNIPE), Gwalior, and S-VYASA, Prashanti Kutiram, demonstrate that a disciplined lifestyle, combined with yoga, sports, and value-based education, can naturally foster a drug-free culture. These examples reaffirm that prevention is not merely about restriction—it is about creating positive engagement and inner fulfilment.

A significant development strengthening this movement is the exponentially growing appeal of Yogasana as a sport among children and youth all over India. Its dynamic and performance-oriented nature has attracted millions of students across the country. The efforts of the Association of Indian Universities (AIU) in organizing Yogasana competitions have extended this interest to hundreds of universities and scores of students in colleges.



## SAY NO TO DRUGS



Similarly, the Himalayan Yoga Olympiad (HYO), organized by S-VYASA for decades and revitalized after the COVID period, is now attracting thousands of participants. These initiatives serve as powerful entry points—where students initially engage through sport, and gradually evolve towards a deeper yoga-based lifestyle. This transition—from competition to consciousness—is the key to long-term transformation.

To scale this across the nation, we need a powerful launchpad. International Day of Yoga (IDY) offers an unparalleled opportunity.

Taking IDY as a national trigger to launch the “Nasha Mukt Campus Movement” is the way forward. On this day, every school, college, and university can take a collective pledge, initiate structured programs in yogasanas, meditation, and sports, and commit to building a drug-free campus ecosystem.

Through the collective platform of the Indian Yoga Association (IYA) and leading institutions like S-VYASA, this can evolve into a sustained national movement integrating:

- Daily meditation, and Yogasana sports
- Value-based education and life-skills training
- Counselling and peer support systems
- Faculty mentorship and leadership development
- Continuous engagement beyond IDY

When youthful energy is channelled positively, it naturally builds discipline, clarity, emotional balance, and willpower—the very qualities required to say “No” to drugs.

Let us envision every campus in India as a “Nasha Mukt Campus”—where youth are physically vibrant, mentally strong, emotionally balanced, and socially responsible. When supported by a unified national framework and empowered by the science of yoga, our young generation will not only resist harmful influences—but will lead the world towards a healthier, more conscious future.

**Let IDY ignite this movement. Let our campuses lead the change.**

# Message From the Vice Chancellor

**Dr. Manjunath N K**  
**Vice Chancellor**  
**S-VYASA Deemed to be University**  
**Bengaluru**



In the pursuit of a meaningful and fulfilling life, one word consistently emerges: balance. This concept extends beyond the mere division of time between work and leisure; it is fundamentally about cultivating harmony within oneself and with the external world.

Leading a balanced life requires an equitable distribution of energy across various domains that contribute to physical, mental, and emotional well-being. These domains include work, relationships, social engagement, hobbies, and self-care practices. Striking a balance between responsibilities and personal interests lays a strong foundation for realizing one's full potential, navigating unforeseen challenges, and effectively managing stress.

A truly balanced life integrates four key elements: a healthy diet, a healthy mind, a disciplined lifestyle, and a sustainable environment. Each of these pillars contributes uniquely, and when harmonized, they create a resilient, grounded, and conscious way of living. A healthy diet serves as the fuel for both body and mind. The journey toward balance begins with the nourishment we choose. The importance of a balanced diet goes beyond taste; it lies in sustaining long-term health. Our dietary choices influence not only physical well-being but also vitality, mood, and mental clarity.

A healthy mind forms the foundation of inner equilibrium. In today's fast-paced

world, stress, anxiety, and overwhelm have become common. A calm and focused mind empowers us to face challenges, build meaningful relationships, and stay aligned with our values.

The environment connects our external surroundings with our internal experience. The conditions in which we live significantly affect our emotional and psychological states. Creating a clean, supportive, and uplifting environment enhances overall well-being. Sustainability plays a vital role here, as individuals can cultivate harmony by living in alignment with nature.

True balance is not limited to personal health but extends to a lifestyle that is both preventive and promotive. A disciplined lifestyle enables us to prioritize well-being without compromising physical, mental, social, and spiritual health.

Sustainable living is not about perfection—it is about progress. Every small step contributes to a more balanced world. By choosing sustainability, we create a positive ripple effect that benefits the environment, future generations, our communities, and ourselves.

As human beings, we possess the capacity to initiate this transformation. Let us commit to living a balanced life through our thoughts, choices, and actions, thereby fostering a world that is more harmonious, compassionate, and sustainable.

## धर्मसूत्रम् (Dharmasūtram)



**Prof. Ramachandra G Bhat**

Former Vice Chancellor

S-VYASA deemed to be University, Bengaluru

Codanā lakṣaṇo'rtho dharmah || Pūrva Mīmāṃsā Sūtra 1.1.2||

**Meaning:** Dharma is that which, being desirable, is indicated (or taught) by Vedic injunction.

Dharma, as understood in the tradition of Pūrva Mīmāṃsā, is defined through the aphorism “Dharma, as understood in the tradition of Pūrva Mīmāṃsā, is defined through the aphorism “चोदना लक्षणोऽर्थो धर्मः.” The second sūtra states—vedāḥ smṛtiḥ sadācāraḥ svasya ca priyam ātmanaḥ—etat chaturvidhaṁ prāhuḥ sāksād dharmasya lakṣaṇam. Dharma is the central theme of karma-mīmāṃsā. Mīmāṃsā is the science for understanding the performance of actions. Dharma must be understood by all human beings, because action is intrinsic to life. From birth, activity begins and perception continues. Inside the body, every organ functions through constant vibration, sustaining life. Dharma is ordinarily translated as duty, and duties are inseparably connected with our journey.

At every stage, we face dilemmas. Even in a harmonious society, young or misguided minds experience confusion and ambiguity. They naturally approach respected elders of the community for guidance. With modern communication, this has become more accessible. karma-vicikitsā and vṛtta-vicikitsā—doubts about duties and behaviour—are inevitable. The Vedas advise seeking guidance from such trustworthy individuals. Thus, dharma-nirṇaya becomes clear and practical. Above all, the Vedas are considered the primary authority. When accepted as a guide, questions such as kim sādhyet? kena sādhyet? katham sādhyet? arise. The Vedas—sāṃhitā, brāhmaṇa, āraṇyaka, and upaniṣad—provide answers. When not directly accessible, smṛtis and itihāsa texts like mahābhārata and rāmāyaṇa serve as guides, presenting role models like rāma and kṛṣṇa.





Veda, smṛti, and sadācāra guide daily life. In our surroundings, role models help resolve doubts of karma-vicikitsā and vṛtta-vicikitsā, making society structured and guided. Yet, dharmasya tattvaṁ nihitaṁ guhāyām—the essence of dharma is subtle and difficult to realise. In dilemmas—whether to act or not—we rely on inner consciousness. This must be purified through yoga and yajña. Thus, antaḥkaraṇa-śuddhi and manaḥ-śuddhi become essential for right decision-making. Mīmāṃsā emphasises chodanā—Vedic injunction—as the basis for dharma. To decide dharma, chodanā—the teachings of ṛṣis or Vedic commands—must be followed. Here, mānādhīna meya siddhiḥ is discussed: meya is the subject of inquiry, and māna is pramāṇa, which must be examined. Therefore, ādau parīkṣyo vedārthaḥ, as stated by prabhākara, meaning the Veda must be examined first.

Another school in mīmāṃsā, called bhāṭṭa-mata, states that dharmasya jñāpakam mānaṁ yad uktaṁ chodanātmakam. Chodanā means Vedic injunction. The Vedas teach non-harm—mā himsyāt sarva-bhūtāni. One should not harm

others for personal gain. Needs must be fulfilled without disturbing others, and excessive desire must be controlled. The Veda clearly indicates what is to be done and avoided through vidhi-vākyas or chodanā-vākyas. Based on these, duties are determined without ambiguity. Dharma is of two kinds—pravṛtta and nivṛtta. Nivṛtta relates to knowledge and renunciation. In pūrva-mīmāṃsā, actions are classified into nitya, naimittika, kāmya, and prāyaścitta. These are performed through body, speech, and mind. Regular actions prevent impurity and must be performed daily. Hence, trikaṇa-śuddhi—purity of body, speech, and mind—is essential. Without this, dharma cannot be understood or practised. Chodanā also implies motivation—prachodanā. Vedic injunctions motivate right action. With guidance from scholars and well-wishers, dharma becomes clear. In uttara-mīmāṃsā, jñāna-knowledge and jijīviṣā—the will to live; are emphasised. Kurvanneveha karmāṇi jijīviṣet, as stated in the īśāvāsya upaniṣad, must also be understood. Thus, through dharma, chodanā, and jijīviṣā, clarity in life is attained.

## Prof. M. Jayaraman Delivers Twin Lectures on Vedānta and Yoga for National and International Audiences

April 5, 2026: Prof. M. Jayaraman, Dean, Division of Yoga & Spirituality, delivered two lecture engagements on the same day, addressing audiences in both in-person and international online settings. In Bengaluru, he spoke at the Vedanta Shraavanam program organized by the Aham Brahmaasmi Foundation at the Indian Institute of World Culture. His talk on Nitya–Anitya Vastu Viveka focused on the discernment between the eternal and the transient, contributing to the collective śravaṇam and svādhyāya of earnest Vedānta aspirants.

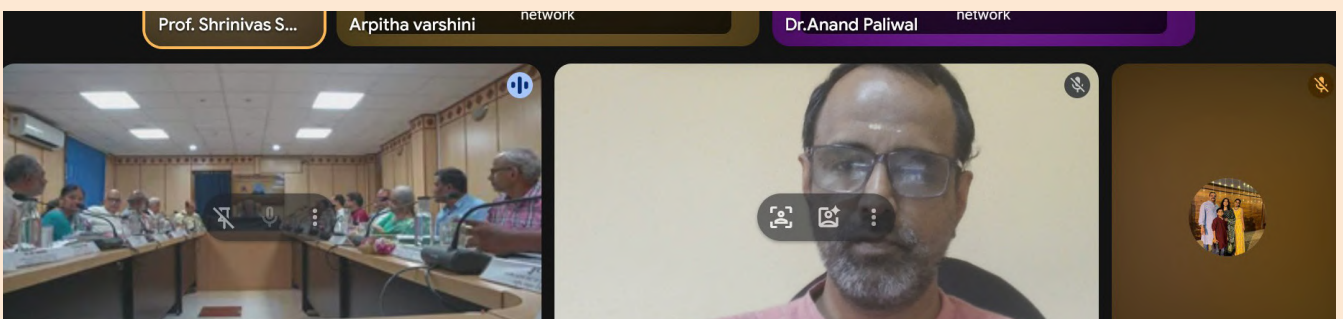
On the same day, Prof. Jayaraman delivered an online lecture for the University of Pennsylvania, Centre for Ancient Studies, on Citta Parikarmas – Seven Methods for Calming the Mind. The session explored classical yogic approaches to mental discipline and was marked by thoughtful engagement from participants. Both lectures were well received, reflecting Prof. Jayaraman’s continued efforts in disseminating traditional knowledge systems to diverse audiences across academic and spiritual platforms.



## Prof. M. Jayaraman Contributes to National Sanskrit University Court Deliberations on Yoga Education

Tirupati, April 9, 2026: Prof. M. Jayaraman, Dean, Division of Yoga & Spirituality, participated as an expert external member in the 2nd Court Meeting of the National Sanskrit University, Tirupati, representing the field of Yoga. Prof. Jayaraman participated online.

In the university context, the Court serves as a key administrative body comprising university officials and invited experts from within and outside the institution, entrusted with overseeing the overall functioning and development of the university.



The session was chaired by former Chief election Commissioner of India and the Hon'ble Chancellor of the University, Dr. N. Gopalaswami. During the deliberations, Prof. Jayaraman offered several suggestions aimed at strengthening and advancing Yoga education within the university framework. His proposals were well received and are expected to be considered for implementation.

The meeting marked a significant step in fostering academic and institutional growth through expert engagement and collaborative vision.

### **Prof. M. Jayaraman Proposes Three-Tier Framework for Integrating IKS in Higher Education**



Chennai, April 10, 2026: Prof. M. Jayaraman, Dean, Division of Yoga & Spirituality, participated as an invited panelist in the Apex Meeting on Indian Knowledge Systems (IKS) hosted by Jeppiaar University, Chennai.

The meeting brought together academicians and thought leaders to deliberate on effective strategies for integrating IKS into Higher Education Institutions. In his address, Prof. Jayaraman proposed a structured three-tier framework for approaching IKS: Āgama (inherited textual wisdom), Anumāna (critical and contemporary analysis), and Abhyāsa (practical application for present-day challenges).

Drawing from his experience as a textual researcher, he emphasized the importance of engaging deeply with primary sources across Indian languages. He highlighted the relevance of reviving Tantrayukti methodologies—an indigenous system of textual analysis found in Sanskrit, Tamil, and Pali traditions—as a powerful tool for research, interpretation, and transmission of knowledge.



### **Śāstra Education is a Path of Living Wisdom: Prof. M. Jayaraman at Medha Gurukulam Outreach**



Chennai, April 10: Prof. M. Jayaraman, Dean, Division of Yoga & Spirituality, participated in an outreach program organized by Medha Gurukulam at Ranjani Hall, Nanganallur, where he delivered a talk on the relevance and necessity of Śāstra education in the contemporary era.

The event was graced by distinguished scholars including Mahāmahopādhyāya Ācārya Manidraida Śāstri, Ācārya Devadatta Patil, Ācārya K.E. Devanathan, and young scholar Shankararama Sharma. In his address, Prof. Jayaraman emphasized that Gurukula education plays a vital role in shaping character, fostering values that bridge generational gaps and address modern social challenges such as alienation and neglect of elders. Drawing from his own seven-year Gurukula experience, he noted that such education harmonizes Ācāra (conduct) and Vicāra (thought), which are often fragmented in contemporary systems.

## Sri Rama Navami Celebrations at S-VYASA University

The Division of Yoga Spirituality at S-VYASA Deemed to be University celebrated Sri Rama Navami with great devotion and spiritual fervor on 27th March 2026.

The program commenced with a special puja dedicated to Sri Rama, creating a serene and devotional atmosphere. This was followed by the collective chanting of Samkshepa Ramayana and Hanuman Chalisa, in which students and faculty actively participated.

A highlight of the event was the recitation of the sixteen gunas (virtues) of Sri Rama, rendered in sloka form as described in the Valmiki Ramayana, led by Prof. M. Jayaraman. The students enthusiastically repeated the verses, making it an engaging and spiritually enriching experience. The gathering was further inspired by a discourse from Prof. K. Subrahmanyam, Former Chancellor of S-VYASA, who elaborated on the noble qualities and ideal character of Sri Rama, emphasizing their relevance in contemporary life.

The program concluded with Mangala Neeranjanam offered to Sri Rama, followed by the distribution of Tirtha Prasada and Panaka to all participants. The event was conceptualized by Prof. M. Jayaraman, Dean, Division of Yoga Spirituality, and efficiently coordinated by Dr.NagarajanV,AssistantProfessor,VMAC-VTR.



## Flow of Discipline: A Landmark Ashtanga Vinyasa Workshop at S-VYASA



The serene campus of S-VYASA Deemed to be University came alive with discipline, rhythm, and mindful movement as it hosted its first-ever Ashtanga Vinyasa Workshop on 28th and 29th March 2026. This remarkable initiative, organized by the Student Council of the School of Yogic Sciences with the support of the Management, marked a significant step in promoting traditional yet dynamic yogic practices among students and practitioners.

The workshop was led by Nikhil Uthappa, whose expertise and dedication created an inspiring learning environment. Along with his proficient team from Samudra Yoga, he delivered in-depth training on the Ashtanga Vinyasa Primary Series. The sessions were thoughtfully structured, combining precise demonstrations, clear instructions, and personal guidance. Special emphasis was given to correct alignment, breath coordination, and the meditative flow of each posture, ensuring that participants experienced yoga beyond mere physical exercise.



Ashtanga Vinyasa Yoga integrates breath and movement in a continuous flow, enhancing strength, flexibility, and mental clarity while promoting holistic well-being.

The workshop saw enthusiastic participation and received highly positive feedback, reflecting a growing interest in authentic yogic practices. It was successfully organized through the collective efforts of the Samudra Yoga team, Student Council members, and leaders including President Arnav Dosi, General Secretary Manavi Nagpal, and Literary Secretary Aakashdeep, with strong support from the Management.

This initiative not only enriched participants' practice but also laid a solid foundation for future yogic programs at the university.

## Martyrs' Day 2026: Inspiring Minds Through Legacy and Learning



On 23rd March 2026, the Student Council of the School of Yogic Sciences solemnly observed Martyrs' Day, marking the supreme sacrifice of the great freedom fighters Bhagat Singh, Sukhdev, and Rajguru. The occasion was conducted with a blend of reverence, learning, and active student participation.



The day began with a special quiz competition held during the prayer session. The quiz aimed to enhance awareness about India's freedom struggle and the lives of the martyrs. Students participated enthusiastically, showcasing their knowledge and patriotic spirit. Winners were awarded prizes in recognition of their performance. Alongside the quiz, valuable insights were shared about the significance of Martyrs' Day, highlighting the courage, ideals, and sacrifices of the freedom fighters.

In the evening, a screening of the movie *The Legend of Bhagat Singh* was organized. The film served as a powerful medium to emotionally connect students and staff with the historical events and the indomitable spirit of the martyrs. The screening was attended by students, faculty, and staff members, creating a reflective and respectful atmosphere.

The event was successfully organized by the Student Council members, under the leadership of President Arnav Dosi, General Secretary Manavi Nagpal, and Literary Secretary Aakashdeep, with the constant support of the management team.

The observance of Martyrs' Day not only honored the sacrifices of the heroes but also instilled a sense of responsibility, patriotism, and inspiration among the students.

## World Autism Awareness Day- 2nd APRIL, 2026

On the occasion of World Autism Awareness Day, the School of Allied Health Sciences, S-VYASA Global City Campus, organised an academic program on 2nd April, 2026, themed “Autism and Humanity: Every Life Has Value”.

### Participants

The program witnessed active participation from students and faculty members from:

- School of Allied Health Sciences, S-VYASA Global City Campus
- School of Physiotherapy, S-VYASA Prashanti Kutiram Campus



### Inaugural Session

The program commenced with Dr. Soniya S (OT), Assistant Professor, serving as the Master of Ceremonies, ensuring the smooth flow of events. A soulful invocation by Ms. Sindhu (BOT student) set a serene and positive tone for the day.

The formal inauguration began at 9:30 AM with the traditional lighting of the lamp, in the gracious presence of the following dignitaries:

- Dr. Angela David, Developmental Pediatrician, New Beginnings Early Intervention Center for Children
- Dr. Priti S. Parikh (OT), Sensory Integration therapist
- Dr. Sridhar S, Academic director, S-VYASA deemed-to-be University.
- Mrs. Neha Cadabam, Executive Director, Cadabams Group
- Mr. Arvind John Victor, Senior Director, Learning and Development, S-VYASA deemed-to-be University.
- Dr. Sriraghunath S (PT), Dean, Allied Health Sciences, S-VYASA deemed-to-be University.
- Dr. Gaurav Thapliyal, Professor and HOD, Department of Clinical Psychology, S-VYASA deemed-to-be University.
- Dr. Prashanth M (PT), School of Physiotherapy, Prashanthi Kutiram, S-VYASA deemed-to-be University.



### Addressing the gathering

Dr. Sridhar S, Mrs. Neha Cadabam, and Dr. Gaurav Thapliyal addressed the gathering, emphasizing awareness, early identification, inclusive education, individualized interventions, and family-centered care for individuals with ASD.

### Academic Sessions

The event featured a series of expert guest talks by renowned professionals in the field:

#### Session 1- Dr. Angela David

**Topic:** Inside Autism – What Young Therapists Need to Know

Dr. Angela discussed early signs, diagnosis, and practical early intervention approaches for young therapists working with children with autism.

#### Session 2- Dr. Priti S. Parikh (OT)

**Topic:** Behaviours in Autism Impacting Academic Performance

Dr. Priti explained how behavioral challenges in autism affect academic performance and shared classroom and therapeutic strategies to enhance participation.

#### Session 3- Dr. Inayath Ulla (PT)

**Topic:** Sensory Integration Strategies for Children with Autism: A Physiotherapist's Perspective

Dr. Inayath described sensory processing issues and demonstrated sensory integration strategies to improve functional abilities in children with autism.

Guest speakers were felicitated with shawl & memento as token of gratitude.



## Participation in Mangalore Physiocon 2026 – International Physiotherapy Conference

The Department of Physiotherapy from the School of Allied Health Sciences, S-VYASA Deemed to be University, Sattva Global City Campus actively participated in Mangalore Physiocon 2026, held on April 10 & 11, 2026.

Dr. Ashna Waseem Patel (PT), Assistant Professor, presented a research paper in the Academician category titled “Sleep Health, Fatigue Severity and Cardiometabolic Risk Factors – A Cross-Sectional Study.”

In addition to her scholarly presentation, she also contributed to the conference in multiple professional roles. She served as a Judge for the Undergraduate (UG) poster presentation category. Furthermore, she served as a Moderator for a scientific session conducted by Dr. Dipali Dhamija on the topic “Nutrition in a Rehabilitation Setting,” effectively facilitating engagement among participants.

The conference also featured student participation, with Ms. Riddhi Sanjay Shukla, a Second-Year BPT student, presenting a poster in the UG category titled “The Importance of Diaphragm in Core Stability and Posture – A Literature Review.”



## World Parkinson’s Day- 13th April, 2026

The School of Allied Health Sciences, S-VYASA organized the program “Understanding Parkinson’s – One Frame at a Time” on World Parkinson’s Day, attended by students of BOT, BPT, and MSc Clinical Psychology.

The program began with a curated documentary screening that showcased the real-life experiences of individuals living with Parkinson’s disease. The documentary highlighted their daily challenges, levels of independence, and the impact on their quality of life, helping students develop empathy and a deeper insight.

Following the screening, an online quiz on Parkinson’s disease reinforced learning, and student feedback indicated the session was informative, engaging, and beneficial.



## Free Eye Check-Up Camp

A Free Eye Check-Up Camp was successfully organized by the Students Welfare Committee at Mangal Mandir on 16 April 2026, from 10:00 AM to 5:00 PM. The camp aimed to promote eye health awareness and provide basic vision screening services to students.



The program was conducted by Vision Tech, with expert professionals offering comprehensive eye examinations. The camp was guided by Dr. Vasudev Vaidya, whose supervision ensured the smooth functioning and quality of the services provided. The event was coordinated by Dr. Ankita, who managed the arrangements and student participation.

A total of 50 to 60 students actively participated in the camp and underwent eye check-ups. The examinations included vision testing, basic eye health assessment, and professional advice for further care where needed. Students benefited greatly from the initiative, gaining awareness about eye care and early detection of vision-related issues.

The camp was well-organized and received positive feedback from participants. Such initiatives play a vital role in promoting student health and well-being, and the success of this event highlights the importance of regular health check-ups within the academic community.



## Blockchain Club Inauguration

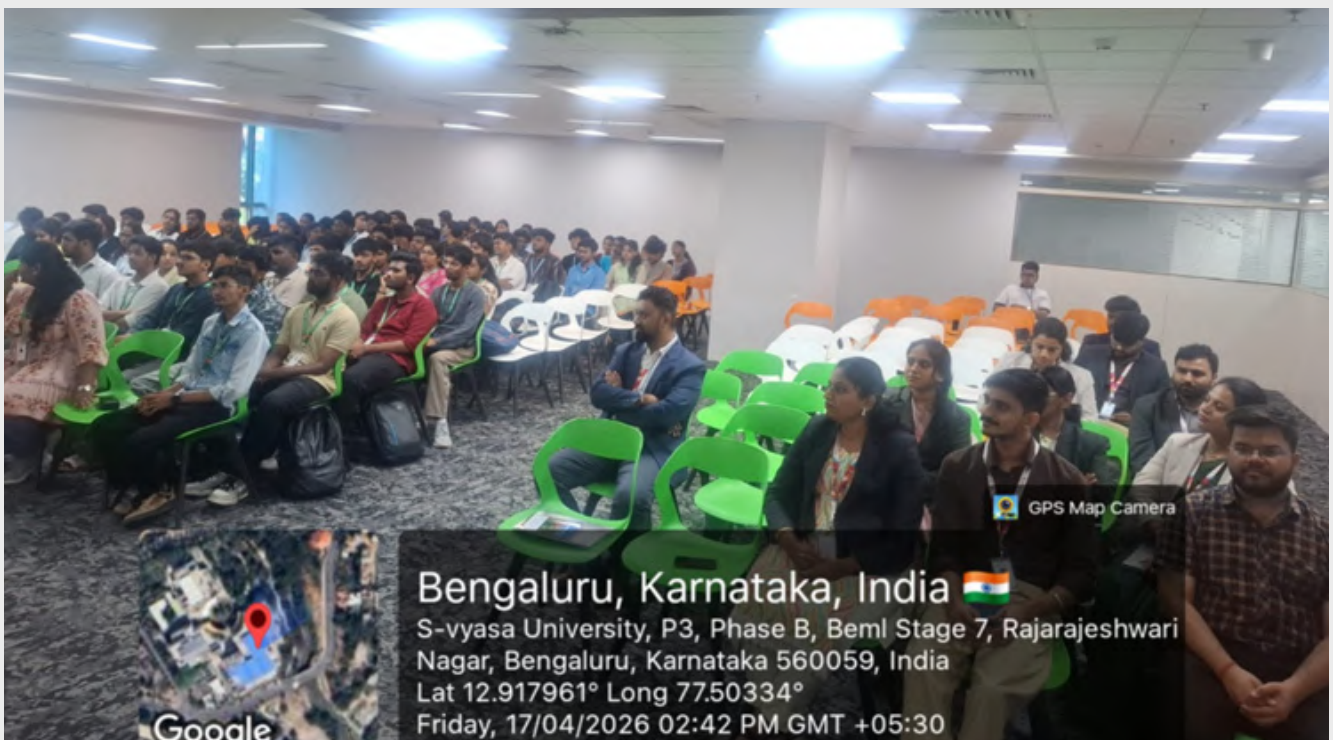
The School of Computer Science and Applications at S-VYASA Deemed to be University successfully organized the Blockchain Club Launch Event on 17th April 2026 at the Seminar Hall. The event marked a significant step toward fostering innovation and awareness in emerging technologies, particularly blockchain, among students.

The program witnessed enthusiastic participation from students of MCA, MSc, BCA, and BSc programs of the School of CSA. The primary objective of the event was to introduce the Blockchain Club, highlight its vision and mission, and create a platform for students to explore advancements in blockchain technology.

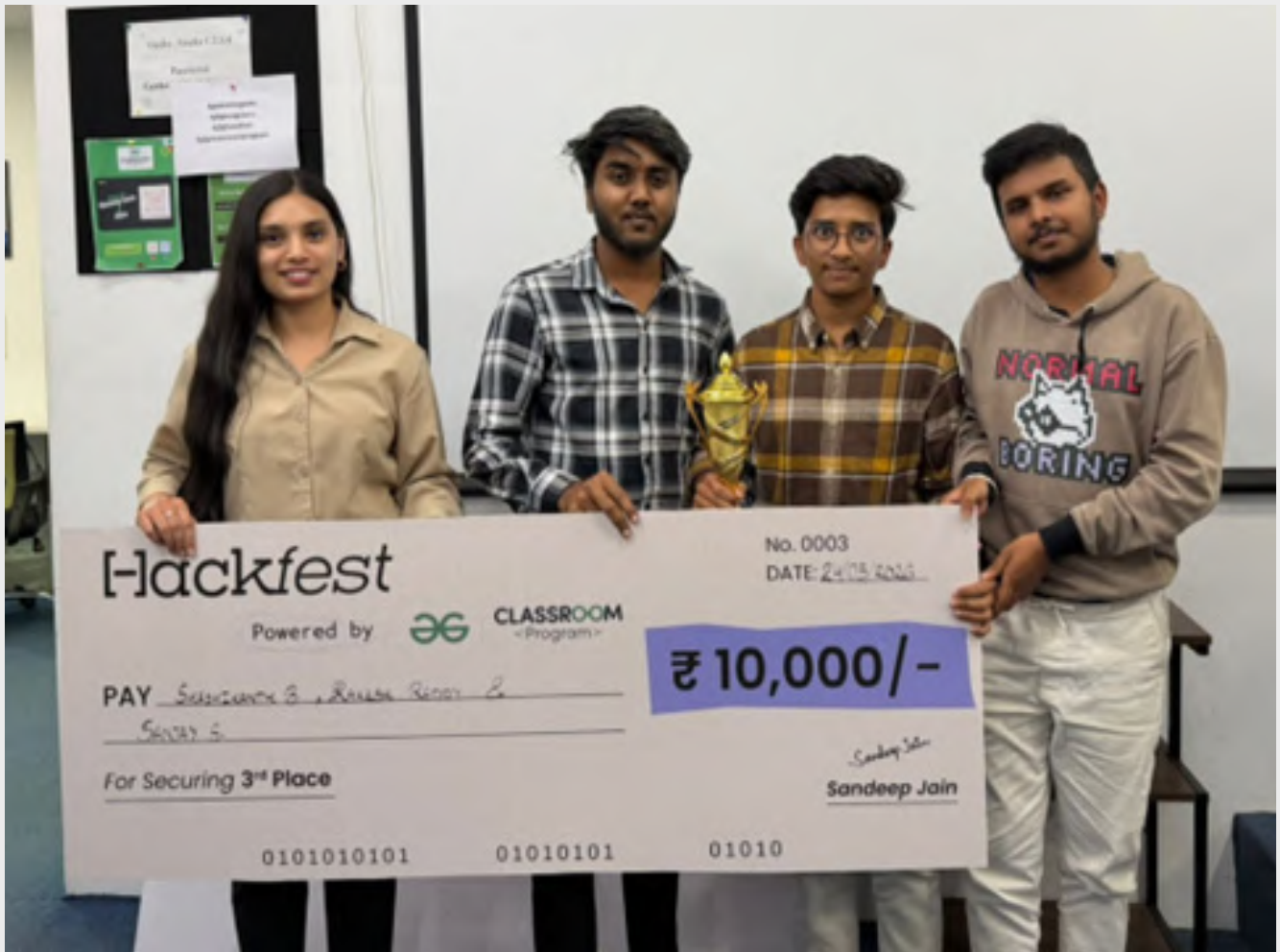
The event featured distinguished speakers including Bhupendra Chauhan (Chief Guest), along with guest speakers Darshan Krishna and Vinith N. The speakers shared valuable insights on blockchain fundamentals, real-world applications, and career opportunities in decentralized technologies. Their sessions emphasized the importance of blockchain in sectors such as finance, supply chain, healthcare, and governance.

The speakers also motivated students to actively engage in the Blockchain Club's upcoming activities, including workshops, hackathons, and research initiatives. The interactive sessions encouraged students to clarify their doubts and explore practical learning opportunities in this rapidly evolving field.

The event concluded on a positive note, successfully igniting curiosity and interest among students. The launch of the Blockchain Club is expected to serve as a dynamic platform for knowledge sharing, skill development, and innovation in blockchain and related technologies.



## School of Engineering and Technology Shines at GeeksforGeeks HackFest 2026



School of Engineering and Technology, S VYASA Deemed to be University, is proud to celebrate a remarkable achievement at the GeeksforGeeks HackFest Bengaluru 2026. On 12th March 2026, our students put forth an outstanding performance at the City Level round, sweeping all three podium positions and reflecting the depth of talent within our School.

ShashiKanth B, Sanjay S, and Rakesh Reddy claimed 1st Place; Dhanushri G, Pavithra S, and Pranav B Rao secured Runner Up; and Ujwal Bhansali, Smaran Prakash, and Jani Tarun A earned 3rd Place, with all three teams qualifying for the Grand Finale. Rising to the occasion on 24th March 2026, ShashiKanth B, Sanjay S, and Rakesh Reddy represented our institution with confidence and technical excellence, competing against top teams from colleges across Bangalore and securing a well deserved 3rd Place at the Grand Finale.

Their success at such an early stage of their academic journey is truly commendable and a source of immense pride for the entire institution. We congratulate all the participants and thank GeeksforGeeks for providing such a valuable platform for young innovators. This achievement stands as a proud reflection of the spirit of excellence nurtured at the School of Engineering and Technology.

## Exploring Career Trends, Skills, and Future Opportunities

The School of Management & Commerce organized an insightful expert talk on “Exploring Career Trends, Skills, and Future Opportunities” on March 26, 2026, at Room No. 5, P3 Block. The session was designed for students of I and II Year BBA, B.Com, and MBA programs, with the aim of preparing them to navigate the rapidly evolving professional landscape.

The session was delivered by Dr. Venkateswaran Raman, Vice Chairman of the National Aviation Research Forum, who brought with him a wealth of industry experience and a forward-looking perspective. His address provided students with a deeper understanding of emerging career pathways and the competencies required to succeed in a dynamic, technology-driven world.



In his engaging talk, Dr. Raman highlighted how advancements in artificial intelligence, data analytics, and automation are transforming industries and redefining job roles. He emphasized the importance of adaptability and continuous learning in staying relevant in today’s competitive environment. The speaker also underlined the growing significance of interdisciplinary knowledge, effective communication, critical thinking, and problem-solving skills as essential attributes for career success.

A special focus was given to emerging opportunities in sectors such as aviation and research, encouraging students from commerce and management backgrounds to explore diverse and unconventional career options. Practical insights were shared on building a strong professional profile, gaining industry exposure through internships, and enhancing digital and analytical capabilities.

The session was highly interactive, with students actively participating and seeking guidance on career planning, industry expectations, and skill development strategies. The discussion fostered a sense of clarity and motivation among participants.

Overall, the expert talk proved to be a valuable learning experience, equipping students with a clearer vision of future career trends, an understanding of industry-relevant skills, and the importance of lifelong learning in achieving professional growth.

## Expert Talk on “Shaping Organizational Culture for Sustainable Growth”



The School of Management and Commerce organized an insightful expert talk on the theme “Shaping Organizational Culture for Sustainable Growth”, featuring Dr. Sameena Noor Ahmed Panali, Associate Director, Office of the Chancellor, Presidency University, as the distinguished speaker.

The session provided students with a valuable opportunity to explore the critical role that organizational culture plays in driving sustainable success. Dr. Sameena eloquently highlighted how values, leadership, ethics, and employee engagement collectively influence the long-term growth and resilience of organizations.

Drawing from her rich professional experience, she shared practical insights and real-world perspectives on aligning organizational culture with strategic goals. She emphasized the importance of fostering inclusivity, adaptability, and innovation in today’s dynamic business environment. Her discussion also shed light on the role of ethical leadership in building a positive and sustainable workplace culture.

One of the most engaging aspects of the session was its interactive nature. Students actively participated by raising thoughtful questions and sharing their perspectives, leading to meaningful discussions on contemporary organizational challenges. The exchange of ideas created a vibrant learning atmosphere and enriched the overall experience.

The session proved to be highly informative and inspiring, equipping students with a deeper understanding of workplace dynamics and the significance of culture in achieving sustainable growth. It was indeed a valuable learning experience that bridged theoretical concepts with practical insights.



## Swami Vivekananda - The Humanist 17

**Dr. K. Subramanyam**  
Former Chancellor, S-VYASA



In the boyhood days, Swami Vivekananda was known to all as Narendranath Datta. He was called Naren by his friends and relatives. His teachers too used to refer to him as Naren. One day, a teacher in the class wanted to know the hopes and ambitions of the students. Each one expressed his aspirations. One student wanted to be a police officer, another wished to become a famous lawyer, and yet another hoped to become a great judge. One after another, each student expressed his heartfelt desire and ideal in life. Now it was the turn of Naren to speak about his ideals, goals, or ambitions. Cheerfully and with enthusiasm, he stood up and told the class his heartfelt desire and that was “to become a driver of a horse carriage.”

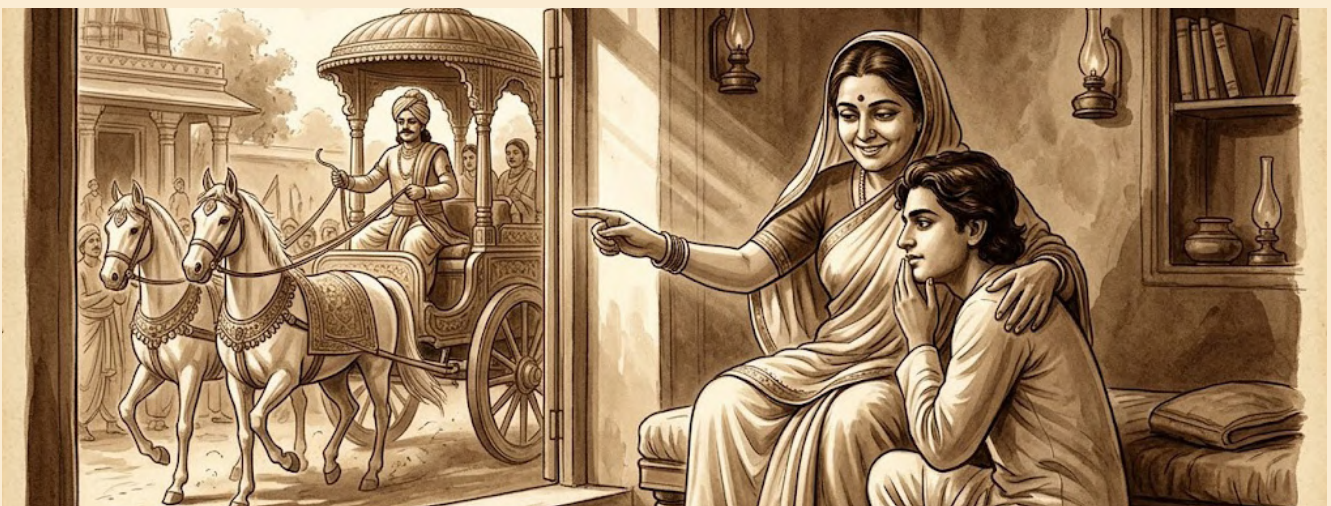
Including the teacher, all the students laughed at his petty desire. The boy Naren felt humiliated and heckled; he almost broke down in tears. After school hours, he went home and wept before his mother, telling her what had happened in the classroom.

Ma Bhuvaneshwari Devi held him with affection, hugged him with loving care, and consoled him with intellectual insight. He was able to explain the reason for his choice of ideal. Naren was going every day to school by a horse-drawn carriage. The humanism of the driver fascinated him.

The person drove the vehicle without causing confusion to the pedestrians on the road. Nor was he creating any anxiety for the people sitting in the carriage. He never whipped the horse, nor did he hasten it. He was kind towards the animal, compassionate towards the people on the road, and concerned about the safety of the passengers. He was very skilful in driving the vehicle. He was, all the time, simple, humble, and unassuming. He was always calm and composed; all the while, he was thinking of everybody’s welfare while driving the cart.

Many people are engaged in various duties for the benefit of society; how many of them do their duty with modesty, without anxiety, and skilfully for the welfare of all? Almost all the officers nowadays are interested in their salaries and in gaining popularity; very few are karma yogis, doing their duty for the benefit of the beneficiaries.

Do it intelligently, do it lovingly, do it skilfully, do it silently; do it without any expectation, do it without selfishness, do it without anxiety to yourself and unto others. This way of performing duty—with devotion, dedication, and humanism, without causing stress to anyone—is called karma yoga.





A young boy of hardly ten years was able to admire the dexterity and devotion of the driver while performing his duty with humanism. That is the reason why he wanted to become a driver. But this was not understood by the teachers or by the classmates. They considered that the job of a carriage driver was mean and low.

No work is small or shameful, ugly or dirty. Every act can be noble and profound, divine and humane. The boy Naren always wanted to be useful to all with humanism.

Mother Bhuvaneshwari Devi was able to understand the great thought of Naren, and she said, “My boy, your ambition is not low, nor is it unworthy. The great Krishna, the Gita Acharya, is himself a carriage driver, a charioteer. And today we worship him as a role model for all Yogas such as Raja Yoga, Jnana Yoga, Bhakti Yoga, and karma yoga. He is a guide and God to Arjuna in particular, and to people at large in general.

What society needs now is direction, good guidance, and righteous goals, as shown in the Bhagavad Gita. Everyone can become a Yogi, if only the charioteer Krishna, the humanist, is followed and emulated. Therefore, my boy, you are ideal to become a driver; it is not bad, nor is it to be looked down upon. “May you become a role model to entire mankind for your humanism and ideal life for the betterment of mankind”.

Naren, right from childhood, is essentially a humanist. No yoga is ever possible if one is not a loving person. Ahimsa and Prema are highlighted by every leader. Every spiritual giant and every social reformer is essentially a humanist. Swami Vivekananda is great today because he is essentially a humanist. He promoted humanism, and he wanted everybody to be a humanist. If only we follow the footprints of Vivekananda, humanism will flourish and people will be happy.

# Naada Nriya Arpana

A Unique Dance-Music Offering

An innovative and rare presentation based on the compositions of **Vijayadasaru**, where the dancer **sings while performing**, creating a seamless blend of music, rhythm, and expression.

**Featuring:**

- ◆ Ganesha Stuti
- ◆ Sharada Stuti
- ◆ Lakshmi Keertane
- ◆ Durga Suladi

A soulful journey of devotion where voice and movement unite in a deeply immersive experience.

By:  
**Vidushi Dr. Ramya C R**

Date:  
**10<sup>th</sup> April 2026**  
(Friday)

Time:  
**6:30 PM**

VENUE:  
**KAPPA NNA ANGALA**  
# 148/1, 32 A Main Road, JP Nagar 1st Phase, Bengaluru-560078

Kindly come and grace the occasion  
All are Welcome

## A Celebration of Dance, Devotion & Tradition

An Evening to Inspire, Uplift & Celebrate Our Rich Cultural Heritage



1  
**Sarvam KrishNArpaNam**  
(Hindustani Devotional Music)  
Smt. Gargi Panchangam

2  
**Kathak**  
Nriya Manjari  
Bhuvana G Prasad

3  
**Kum. Shivaranjani Harish**

**Saturday, 11th | 5:00 PM**

**Mangala Mandir Auditorium**

ORGANISED BY  
**Kannada Sangha, SVYASA**  
in Prashanti Kutiram  
Mangala Mandir Auditorium

# ತುಮಕೂರು ಮಿತ್ರ

ಕನ್ನಡ ದಿನಪತ್ರಿಕೆ

## ಇದು ಜನರ ಧ್ವನಿ...

**“ದೇವಾಲಯ ಶಿಲ್ಪಗಳಲ್ಲಿ ಜೀವಂತ ನೃತ್ಯ ಪರಂಪರೆ” : ಡಾ. ಕರುಣಾ ವಿಜಯೇಂದ್ರ**  
**“ನೃತ್ಯ, ಸಂಸ್ಕೃತಿ ಮತ್ತು ಸಂಶೋಧನೆಗೆ ಸೇತುವೆಯಾದ ರಸಗ್ರಾಹಿ ಉತ್ಸವ”**

ಕುಮಕೂರಿನ ವಿದ್ಯಾನಗರ 7ನೇ ಕ್ರಾಸ್‌ನಲ್ಲಿರುವ ಶ್ರೀ ಸಾಯಿ ರಾಮನ್ ನೃತ್ಯ ಕೇಂದ್ರದ ಚಾವಡಿ ದೇದಿಕೆಯಲ್ಲಿ ಏಪ್ರಿಲ್ 9, 2026 ರಂದು ಕನ್ನಡ ಮತ್ತು ಸಂಸ್ಕೃತಿ ಇಲಾಖೆಯ ಸಂಯುಕ್ತಾಶ್ರಯದಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿದ್ದ “ರಸಗ್ರಾಹಿ ಸಾಂಸ್ಕೃತಿಕ ಉತ್ಸವ ? 2ನೇ ಆವೃತ್ತಿ” ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮುಖ್ಯ ಅತಿಥಿಗಳಾಗಿ ಭಾಗವಹಿಸಿದ್ದ ದಿವ್ಯಾ ಡಾ. ಕರುಣಾ ವಿಜಯೇಂದ್ರ ಅವರು ಮಾತನಾಡುತ್ತಾ, ಕರ್ನಾಟಕದ ಸಮೃದ್ಧ ನೃತ್ಯ ಪರಂಪರೆಯ ಕುರಿತು ಹೆಚ್ಚಿನ ಸಂಶೋಧನೆ ಮತ್ತು ದಾಖಲಾತಿ ನಡೆಯಬೇಕೆಂದು ಒತ್ತಾಯಿಸಿದರು. ತಮ್ಮ ಭಾಷಣದಲ್ಲಿ ಅವರು ಕರ್ನಾಟಕದ ದೇವಾಲಯಗಳನ್ನು ಆ ಕಾಲದ ನೃತ್ಯಗಳ “ಜೀವಂತ ಪ್ರದರ್ಶನ ವೇದಿಕೆಗಳು” ಎಂದು ವಿಶ್ಲೇಷಿಸಿದರು. ದೇವಾಲಯಗಳ ಶಿಲಾಶಾಸನಗಳು ಹಾಗೂ ಶಿಲ್ಪಶಾಸ್ತ್ರಗಳಲ್ಲಿ ಕಾಣಿಸಿದ ನೃತ್ಯಭಂಗಿಗಳ, ಕರಾರುಗಳು ಮತ್ತು ಕಲಾರೂಪಗಳು ಆ ಕಾಲದ ನೃತ್ಯ ಸಂಪ್ರದಾಯಗಳ ಸ್ಪಷ್ಟ ಸಾಕ್ಷಿಗಳಾಗಿವೆ ಎಂದರು. ಈ ಶಿಲ್ಪಗಳು ಕೇವಲ ಅಲಂಕಾರವಲ್ಲ, ಅವು ನೃತ್ಯದ ಆಳವಾದ ಆಧ್ಯಾತ್ಮಿಕ ಹಾಗೂ ಸಾಂಸ್ಕೃತಿಕ ಅಭಿವ್ಯಕ್ತಿಯ ಪ್ರತಿಬಿಂಬವಾಗಿವೆ ಎಂದು ವಿವರಿಸಿದರು. ಇದನ್ನೂ ಇಂದಿನ



ಯುವಪೀಳಿಗೆ ಮುಂದೆ ಬಂದು ಈ ನೃತ್ಯಪರಂಪರೆಯನ್ನು ದಾಖಲಿಸುವುದು, ಪುನರುಜ್ಜೀವನಗೊಳಿಸುವುದು ಹಾಗೂ ವ್ಯಾಪಕವಾಗಿ ಪ್ರಸಾರ ಮಾಡುವುದರಲ್ಲಿ ತೋಡಗಿಸಿಕೊಳ್ಳಬೇಕು ಎಂದು ಅವರು ಕರೆ ನೀಡಿದರು. ಕಾರ್ಯಕ್ರಮದ ಅಂಗವಾಗಿ ಭಾರತೀಯ ದೇವಾಲಯ ನೃತ್ಯದ ಕುರಿತು “ರಂಗ ವೈಭವ” ಡಾಕ್ಯುಮೆಂಟರಿ ಪ್ರದರ್ಶನ ನಡೆಯಿತು. ಇಂತಹ ಕಲಾರೂಪವನ್ನು ಡಾಕ್ಯುಮೆಂಟರಿ ಮೂಲಕ ಪರಿಚಯಿಸುವುದು ಅತ್ಯಂತ ಸಮಂಜಸವಾಗಿದೆ ಎಂದು ಅವರು ಅಭಿಪ್ರಾಯಪಟ್ಟರು. ಇದೇ ಸಂದರ್ಭದಲ್ಲಿ, ಕಾರ್ಯಕ್ರಮವನ್ನು ಯಶಸ್ವಿಯಾಗಿ ಆಯೋಜಿಸಿದ ಡಾ. ಸಾಗರ್ ಹಾಗೂ ಶ್ರೀ ಸಾಯಿ ರಾಮನ್ ನೃತ್ಯ ಕೇಂದ್ರದ ಅಪರ ಪರಿಶ್ರಮವನ್ನು ಅವರು ಪ್ರಶಂಸಿಸಿದರು. ಡಾಕ್ಯುಮೆಂಟರಿ ನಂತರ

ಅವರೊಂದಿಗೆ ಸಂವಾದ ಕಾರ್ಯಕ್ರಮವೂ ಜರುಗಿತು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಡಾ. ಸಾಗರ್ ಟಿ ಎಸ್ ಅವರು ತಮ್ಮ ಮಾತಿನಲ್ಲಿ, ಶ್ರೀ ಸಾಯಿ ರಾಮನ್ ನೃತ್ಯ ಕೇಂದ್ರವು ಅಖಿಲ ಭಾರತೀಯ ಗಂಧರ್ವ ಮಹಾವಿದ್ಯಾಲಯ ಮುಂಬಡ್ತಿ ಇದರ ವಾಸ್ತವ ಪಡೆದ ಪ್ರಥಮ ಹಾಗೂ ಏಕೈಕ ಪರಿಣಿತ ಕೇಂದ್ರವಾಗಿದ್ದು ಹೆಮ್ಮೆಯ ಸಂಗತಿಯಾಗಿದೆ ಎಂದು ತಿಳಿಸಿದರು. ವರ್ಷಗಳು ಕಳೆದಂತೆ ಈ ಕೇಂದ್ರವು ಹೆಚ್ಚಿನ ಪ್ರಾಮುಖ್ಯತೆ ಪಡೆದುಕೊಂಡಿದ್ದು, ಈ ವರ್ಷ ಮಾತ್ರವೇ ಸುಮಾರು 600 ವಿದ್ಯಾರ್ಥಿಗಳು ವಿವಿಧ ಮಟ್ಟದ ಪರೀಕ್ಷೆಗಳನ್ನು ಬರೆದಿದ್ದಾರೆ ಎಂದರು. ಕುಮಕೂರು ಜಿಲ್ಲೆಯ ಹನ್ನೂದಿಕ್ಕೆ, ಸಂಖಿ, ನಿಟ್ಟೂರು, ಗುಬ್ಬಿ, ಚಿಕ್ಕನಾಯಕನಹಳ್ಳಿ, ನಲಮಂಗಲ, ಕಾಣಿಗಲ್ ಸೇರಿದಂತೆ ಗ್ರಾಮೀಣ

ಪ್ರದೇಶಗಳ 20 ಕ್ಕೂ ಹೆಚ್ಚು ಸಂಸ್ಥೆಗಳು ಈ ಸೌಲಭ್ಯವನ್ನು ಬಳಸಿಕೊಳ್ಳುತ್ತಿವೆ. ಈ ಪ್ರಯತ್ನದಿಂದ ತಾತ್ಕಾಲಿಕ ನೃತ್ಯವನ್ನು ಗ್ರಾಮೀಣ ಭಾಗಗಳಿಗೂ ಸುಲಭವಾಗಿ ತಲುಪಿಸುವಲ್ಲಿ ಮಹತ್ವದ ಸಾಧನೆ ಆಗಿದೆ ಎಂದು ಅವರು ಅಭಿಪ್ರಾಯಪಟ್ಟರು. ಇದೇ ಸಂದರ್ಭದಲ್ಲಿ ಅಖಿಲ ಭಾರತೀಯ ಗಂಧರ್ವ ಮಹಾವಿದ್ಯಾಲಯ ಮುಂಬಡ್ತಿ ಮಂಡಳಿಯ 2025ನೇ ಸಾಲಿನ ಭದ್ರತಾಚಟುವಟಿಕೆಗಳ ಟಾಪರ್‌ಗಳು ಸೇರಿದಂತೆ ಜಿಲ್ಲೆಯ ವಿವಿಧ ಸಂಸ್ಥೆಗಳ ಅತ್ಯುತ್ತಮ ಸಾಧನೆ ಮಾಡಿದ ಕಲಾವಿದರನ್ನು ಅವರ ಗುರುಗಳೊಂದಿಗೆ ಸನ್ಮಾನಿಸಲಾಯಿತು. ಕಾರ್ಯಕ್ರಮದ ಅಂತ್ಯದಲ್ಲಿ ಶ್ರೀ ಸಾಯಿ ರಾಮನ್ ನೃತ್ಯ ಕೇಂದ್ರದ ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ಮನಮುಟ್ಟುವ ಭದ್ರತಾಚಟುವಟಿಕೆ ಪ್ರದರ್ಶನ ನಡೆಯಿತು. ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಅತಿಥಿಯಾಗಿ ಭಾಗವಹಿಸಿದ ಸುಮಾರು ಪ್ರಸಾದ್ ಅವರು ಉಪಸ್ಥಿತರಿದ್ದು ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಗೌರವ ಹೇಚ್ಚಿಸಿದರು. ಒಟ್ಟಾರೆ, ಈ ಚಾವಡಿ ಕಾರ್ಯಕ್ರಮ ಸರಣಿ 02 ನೃತ್ಯ, ಸಂಸ್ಕೃತಿ ಮತ್ತು ಸಂಶೋಧನೆಗಳ ನಡುವಿನ ಸೇತುವೆಯಾಗಿ ಪರಿಣಮಿಸಿ, ಕಲಾಮಂದಿರ, ಸಂಶೋಧಕರು ಹಾಗೂ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಪ್ರೇರಣೆಯಾದ ಒಂದು ಮಹತ್ವದ ಸಾಂಸ್ಕೃತಿಕ ವೇದಿಕೆಯಾಯಿತು.

## Success stories at Arogyadhama – Department of Rheumatology

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

We apply an integrated approach of therapy – which includes Yoga therapy, Ayurveda, Naturopathy, Acupuncture, Physiotherapy, Psychotherapy and Diet therapy – for treating diseases and to promote positive health. Patients with issues of knee pain, joint pains, etc. approach us for management of their condition. Our Yoga and lifestyle-intervention advice has been of help to guide many towards relief from their symptoms.

### Integrated Approach of Yoga Therapy in the Management of Osteoarthritis – Case of Prerna, a housewife, age 63 years

In this article, we share the experience of Prerna Agarwal (name changed), a housewife who stayed at Arogyadhama for a week in December 2024.

Prerna had been suffering from swelling

and pain in the knee for four years, and this pain had even impaired her sense of balance. Before that, she had been diagnosed with Diabetes (T2DM) eight years ago. It was also found that she was suffering from vitamin-D deficiency. Prerna came to Arogyadhama for management of her pain and general condition.

At Arogyadhama, she was given Integrated Yoga Therapy for restoring and maintaining her health, a customized yoga-therapy module of minimum eight sessions daily (from morning 5:30 a.m. to 7:30 p.m.). These sessions are designed to address the Panchakosha – five layers of existence – and in Prerna's case, these included: special techniques for arthritis; Yogic cleansing (Kriyas like LSP, Jalaneti); Pranayama; Meditation techniques like MSRT and CM; Devotional sessions on Gita, Upanishads and Vedas; Lectures on Lifestyle management, Yogic counselling, and also advice for lifestyle change. This was integrated with a special Naturopathy diet that included boiled vegetables and raw juices, as well as Naturopathy treatments like Gastro-hepatic pack and hot oil and mud applications.



### In the Participant's words...

Prerna's health improved within a week.

In her own words: "I am feeling much better. My pain has come down quite a bit, I can confidently say that it has reduced by 50 percent. Other than pain, I used to keep falling down and that made me feel afraid to walk. Now, even that is gone and I am able to get up and move around easily. I have got so much relief here that I feel like staying on for some more time, but unfortunately, there is some urgent work at home for which I have to return. But I plan to return soon and this time, I will stay for two weeks."

The participant's parameters also reflected the ease and improvement that she experienced. They are as given below:

| Parameter               | On Admission | At Discharge |
|-------------------------|--------------|--------------|
| Blood Pressure mmHg     | 130/80       | 116/68       |
| Respiratory Rate / min  | 15           | 20           |
| Bhramari time (seconds) | 9            | 12           |

### What is Osteoarthritis and What Does it Feel Like?

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

Osteoarthritis can damage any joint, but most commonly affects joints of the hands, knees, hips and the spine. The symptoms can usually be managed, even though the damage to joints cannot be reversed.

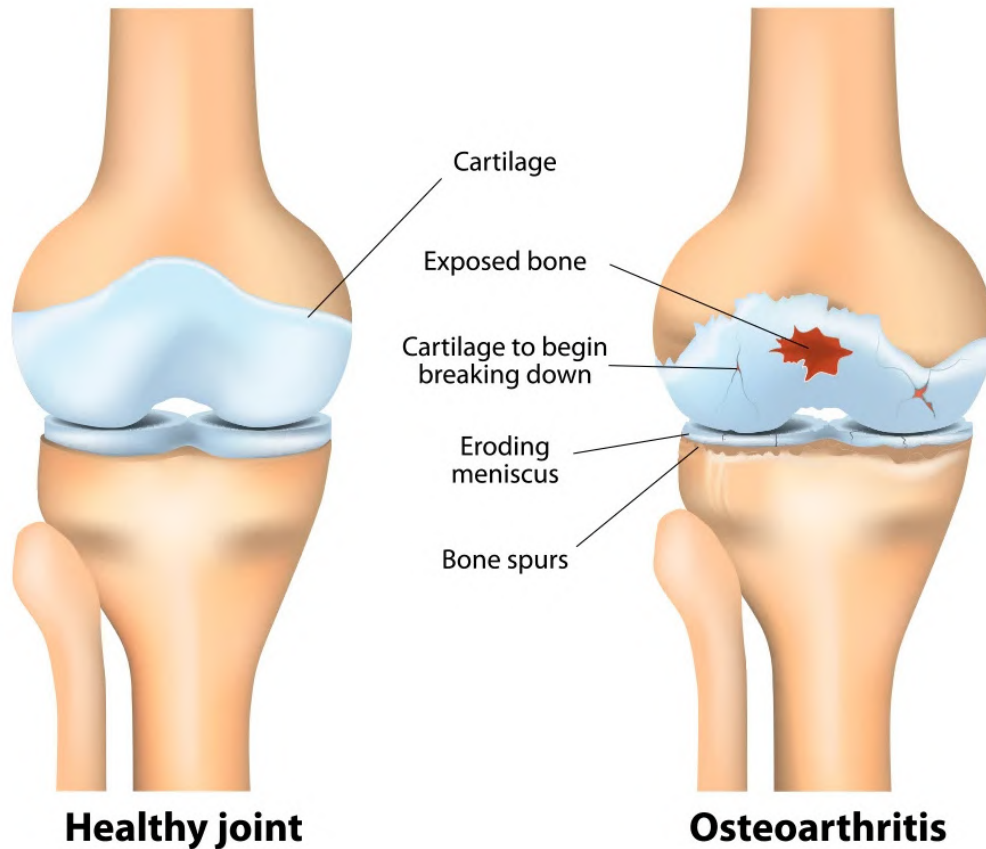
Staying active, maintaining a healthy weight, and going in for certain treatments might slow the progression of the disease and help in improving pain and joint function.

### Symptoms of Osteoarthritis

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

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

# OSTEOARTHRITIS



## Causes of Osteoarthritis

Osteoarthritis is caused by deterioration of the protective cartilage that cushions bones in the joints and enables their frictionless motion. It is referred to as a wear-and-tear disease. Eventually, if the cartilage wears down completely, the bones rub against each other.

Besides the breakdown of cartilage, Osteoarthritis causes changes in the connective tissues that hold the joints together and attach muscle to bone. It also causes inflammation of the joint lining.

## Risk Factors for Osteoarthritis

- Gender – women are more likely to develop osteoarthritis;
- Obesity – wherein the increased weight adds stress to weight-bearing

joints such as the hips and knees. Also, fat tissue produces proteins that can cause inflammation in and around joints;

- Joint injuries – even those that occurred many years ago;
- Repeated stress on the joint – it could be for any reason related to sports or the Workplace;
- Age;
- Genetics;
- Bone deformities – including malformed joints or defective cartilage, and
- Certain metabolic diseases like Diabetes and Hemochromatosis (a condition in which your body has too much iron).

## What We Need to Do in Musculoskeletal Diseases

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

### The Immediate Objectives are:

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

### General Instructions:

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

### Research from SVYASA on Osteoarthritis

1. Managing knee osteoarthritis with yoga or aerobic/strengthening exercise programs in older adults: a pilot randomized controlled trial. <https://link.springer.com/article/10.1007/s00296-016-3620-2#articleinfo>

2. Effect of an integrated approach of yoga therapy on quality of life in osteoarthritis of the knee joint: A randomized control study. <https://www.ncbi.nlm.nih.gov/pmc/journals/1295/>

3. Effect of Yoga Based Lifestyle Intervention on Patients With Knee Osteoarthritis: A Randomized Controlled Trial. <https://pubmed.ncbi.nlm.nih.gov/29867604/>



## Hidden Hunger: Why Zinc May Be the Most Important Micronutrient You're Missing

Micronutrients, including vitamins and trace minerals, are needed in small amounts to regulate physiological functions, maintain health, and reduce degenerative disease risk. Essential trace elements include iron, cobalt, chromium, copper, iodine, manganese, selenium, zinc, and molybdenum. Since the early 20th century, zinc has been recognized as vital for plant and animal growth and survival. In humans, zinc deficiency is

a global concern comparable to iron deficiency, though often clinically subtle. Initially identified through impaired childhood growth, it affects both developed and developing countries, with newborns, children, pregnant women, and the elderly at highest risk. Zinc status is assessed through serum levels, immune cell counts, and enzyme activity, highlighting its critical biological role.



### What makes zinc a unique trace element?

Zinc (Zn), a silver-grey metallic element abundant in Earth's crust, is the second most abundant trace element in the human body, present in all tissues, bones, and fluids. It exists only in the divalent (+2) state. Total body zinc is ~2 g, with skeletal muscle (~60%), bones (~30%), skin (~5%), and other tissues (~5%).

**Helps in wound healing and treating acne:** Zinc supports skin health by maintaining the integrity of skin and mucosal membranes and is widely used in treating ulcers, commonly as zinc oxide. It is effective in managing conditions like leishmaniasis and eczema (2.5–10 mg/kg zinc sulphate for 45 days). Zinc helps control acne by reducing bacteria and inflammation, and deficiency is often linked to acne. It works with vitamin-A in tissue repair and healing, with a typical dose of 15–30 mg zinc plus 10,000 IU vitamin A for 2–3 months. Zinc-based creams also aid in scar healing and may help prevent herpes outbreaks. [2-3]

**Hair Health:** Zinc supports healthy hair by maintaining the structure of hair follicles. Deficiency can lead to hair loss and poor quality. Zinc sulphate supplementation improves hair condition, while shampoos with 1% zinc pyrithione help treat dandruff.

**Improves Vision:** Zinc is abundant in the retina and aids in melanin formation, protecting the eyes. Its deficiency is linked to night blindness and cataracts. As an antioxidant, zinc may slow age-related macular degeneration (AMD) by preventing retinal damage.

**Builds Immunity:** Zinc strengthens immune defense against bacteria, fungi, and viruses by reducing oxidative stress and inflammation. Deficiency increases infection risk. Zinc, especially as zinc gluconate lozenges, helps reduce the severity and duration of common cold.

**Helps Combat Cancer:** Zinc may inhibit inflammatory blood vessel formation and promote cancer cell death (apoptosis). It can also suppress esophageal cancer cell growth. Deficiency, often seen with low selenium and vitamin D, suggests a role in cancer prevention.

**Promotes Digestive Health:** Zinc is essential for proper digestion, particularly protein digestion, as it is a component of

digestive enzymes like carboxypeptidase in pancreatic juice. It also helps maintain the integrity of the gastrointestinal lining, thereby preventing issues such as diarrhoea and supporting overall gut health.

**Boosts Men's Sexual Health:** Zinc plays a crucial role in male reproductive health by supporting testosterone production. Deficiency can lead to reduced testosterone levels and erectile dysfunction. Supplementation (15–30 mg/day) helps improve testosterone levels and may alleviate male sexual health issues.

**Helpful During Pregnancy:** Zinc is vital for fertility and healthy pregnancy outcomes. A large proportion of pregnant women are zinc deficient, which may lead to intrauterine growth issues and poor birth outcomes. Supplementation improves maternal and infant health and reduces the risk of infections such as diarrhoea in infants.

**Relieves PMS Symptoms:** Zinc helps reduce premenstrual syndrome symptoms such as pain and cramping, especially when combined with magnesium and vitamin B6. It works by improving blood flow to the uterus and reducing inflammation.





**Boosts Brain Health:** Zinc is highly concentrated in the hippocampus and plays a key role in brain function. It supports neuroprotection, enhances memory and learning, and helps regulate stress responses. Zinc supplementation has also shown benefits in certain neurological conditions, including schizophrenia.

#### **Why Zinc is Considered an Important Mineral in Biological Systems:**

Zinc is an essential trace element crucial for growth, immune function, and cellular integrity. It plays a key role as a component of numerous enzymes involved in metabolic pathways and helps stabilize cellular structures and membranes, thereby maintaining cell and organ function.

**Component of Metalloenzymes:** Zinc is a structural component of over 300 metalloenzymes involved in vital biological processes. These include carbonic anhydrase (CO<sub>2</sub> metabolism), alcohol dehydrogenase (alcohol metabolism), and superoxide dismutase (antioxidant defense), highlighting its importance in metabolism.[1]

**Immune Function:** Zinc is essential for the development and activation of T-lymphocytes. Deficiency impairs

immune function, leading to reduced thymus size, decreased T-cell activity, and increased susceptibility to infections. [11]

**Zinc Absorption:** Zinc is released during digestion and absorbed mainly in the jejunum. Around 60% can be absorbed, depending on diet. Animal-based foods offer high bioavailability (50–60%), mixed diets moderate (~30%), and phytate-rich diets low (~15%), as phytates inhibit absorption.

#### **Factors affecting absorption**

**Zinc Intake:** The amount of zinc present in the diet itself affects zinc absorption. With increasing content of zinc in a meal, the fraction of zinc absorption (%) decreases. The diminished fractional absorption of zinc at higher ingestion is probably the result of saturation of the transport mechanisms for zinc.

**Protein Quantity and Quality in Food:** Protein is a major dietary source of zinc and significantly enhances its absorption, with higher protein intake improving zinc bioavailability. The type of protein also plays an important role; for example, zinc absorption is higher from whey-based proteins (such as milk-based infant formula) compared to casein-rich cow's milk, which may inhibit zinc absorption

**Phytate and Fibre Content of Food:** Phytates, naturally present in whole grains, legumes, nuts, and seeds, inhibit zinc absorption by forming strong, insoluble complexes with zinc that are excreted through faeces. Since fibre-rich foods often contain phytates, they may further contribute to reduced zinc bioavailability.

**Interference from Other Minerals:** Calcium negatively affects zinc absorption by forming insoluble complexes with phytates and zinc, thereby limiting its availability for absorption in the body.

**Low-Molecular-Weight Ligands:** Certain compounds, such as EDTA, can enhance zinc absorption by binding with zinc and preventing its interaction with phytates. In the acidic environment of the stomach,

EDTA forms soluble zinc complexes that remain available for uptake by intestinal cells (enterocytes). Within these cells, zinc may dissociate and be transported into the bloodstream either in free form or bound to other ligands.

**Food Sources of Zinc:** The recommended dietary intake of zinc for adults in India is approximately 16 mg per day. Rich sources include red meat, poultry, and seafood - especially oysters, which contain the highest levels per serving. Other important sources include shellfish (crab and lobster), eggs, legumes (chickpeas, lentils, beans), nuts (such as cashew), whole grains, fortified cereals, and dairy products. Although zinc is present in small amounts in many foods, a balanced and varied diet is generally sufficient to meet daily requirements.



Table-1: Zinc-rich foods that can provide this mineral in our daily meals are.

| Food Source    | Zinc Content              |
|----------------|---------------------------|
| Wheat germ     | 17 mg per 100 g           |
| Pumpkin seeds  | 10.3 mg per 100 g         |
| Sesame seeds   | 10 mg per 100 g           |
| Dark chocolate | 6.8 mg per 100 g          |
| Mushrooms      | 1.4 mg per 100 g          |
| Spinach        | 0.53 mg per 100 g (fresh) |

Table -2: Zinc-rich fruits recommended for daily consumption in order to get zinc are.

| Fruit        | Zinc Content             |
|--------------|--------------------------|
| Avocados     | 1 mg zinc per cup        |
| Dried figs   | 0.82 mg zinc per cup     |
| Dry prunes   | 0.77 mg zinc cup         |
| Tangerine    | 0.53 mg zinc per 100 g   |
| Blackberries | 0.53 mg zinc per cup     |
| Raspberries  | 0.52 mg zinc per cup     |
| Apricots     | 0.5 mg zinc per cup      |
| Dates        | 0.32 mg zinc per 3 dates |
| Kiwi fruit   | 0.5 mg zinc per cup      |
| Bananas      | 0.23 mg zinc per banana  |
| Pomegranate  | 0.35 mg zinc per 100 g   |
| Raisins      | 0.32 mg zinc per cup     |
| Strawberries | 0.23 mg zinc per cup     |
| Cantaloupe   | 0.18 mg zinc per 100 g   |



### Side Effects of Excess Zinc Intake

Excess zinc may cause nausea, vomiting, abdominal pain, loss of appetite, headaches, and diarrhoea, and can lead to complications during pregnancy and breastfeeding.

Symptoms of Zinc Deficiency: Common symptoms include changes in appetite, digestive problems (especially diarrhoea), unexplained weight changes, low immunity, chronic fatigue, poor concentration and memory, slow wound healing, and hair loss. It may also worsen premenstrual symptoms in women and contribute to infertility in men.



### Zinc Deficiency in Vegetarian Populations and Its Causative Factors:

The human body contains approximately 2 g of zinc, with ~60% in skeletal muscle, 30% in bones, and merely 0.1% in plasma exhibiting rapid turnover, yet this trace mineral is indispensable for essential physiological functions and health maintenance. Zinc deficiency is prevalent in vegetarian populations due to poor bioavailability from cereal-legume diets rich in inhibitors like phytic acid, tannins, fibre, and calcium, which impair zinc (and iron) absorption. However, bioavailability can be enhanced by organic acids (lime, amchur), Sulphur-rich Allium vegetables (onion, garlic), -carotene sources (carrot, amaranth), and spices (red/black pepper, ginger). Processing methods significantly influence availability: boiling, pressure cooking, roasting, and microwaving often reduce it, while sprouting, fermentation, and malting improve absorption by degrading phytates- e.g., idli/dosa fermentation and wheat/barley malting boost bioavailability (>100% in some cases), though malting decreases it in finger millet. Strategic dietary combinations and traditional processing thus mitigate deficiency risks in plant-based diets. [7]

### Prevalence of Zinc Deficiency in India:

Zinc deficiency is a major public health concern globally, with about 30% of children under five showing stunted growth. In India, nearly 40% of children and around 55% of pregnant women are affected. Even in developed countries like the United States, about 12% of the population and up to 40% of the elderly are at risk due to low intake and reduced absorption. [13]

### Zinc Fortification:

Zinc fortification is an effective and safe strategy to improve zinc status in populations. Fortifying staple foods such as cereal flour can significantly enhance zinc intake and help control widespread deficiency, particularly in populations with limited dietary diversity.

### Interactions with Medications:

Iron and calcium supplements are commonly prescribed to pregnant women to prevent anemia and osteoporosis. However, when consumed in high supplemental doses, both minerals can inhibit zinc absorption, negatively affecting the body's zinc status. They may also interfere with the recovery from zinc deficiency, even when normal dietary zinc intake is maintained. Nevertheless, this adverse effect can be minimized by providing adequate zinc supplementation alongside iron and calcium, thereby helping to maintain proper zinc balance in the body. [14]

## Conclusion

Zinc is an essential micronutrient required in trace amounts for immune function, skin health, insulin regulation, digestion, energy metabolism, and normal brain function, including learning and memory. It also helps in preventing diseases and complications such as diabetes and cancer.

Although present in small amounts in the body, zinc is vital for health, and its deficiency can affect multiple physiological systems. This deficiency is common in populations relying on plant-based diets due to low bioavailability and the presence of absorption inhibitors. Therefore, adequate intake through proper food selection is important. In addition, appropriate cooking methods and food combinations can significantly improve zinc bioavailability in plant-based diets and help reduce deficiency risk.

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**Author Name:** Mr. Bharat Kumar

**Affiliation:** Research Scholar, Anvesana Research Laboratories, S-VYASA University.

## Celebrating the Spirit of Womanhood: International Women’s Day 2026



The campus came alive with vibrant energy and heartfelt celebration as the Women Cell organized International Women’s Day on 17th March 2026 at the Seminar Hall. The event stood as a tribute to the strength, resilience, and achievements of women, bringing together faculty and students in a spirit of unity and appreciation.

This year’s celebration was thoughtfully dedicated to Savitribai Phule, a trailblazing pioneer of women’s education and social reform in India. The programme began with an inspiring video presentation that beautifully captured her life journey, struggles, and unwavering commitment to equality. The narrative served as a powerful reminder of her enduring legacy and the relevance of her vision in today’s world. Adding colour and vibrancy to the occasion were a series of cultural performances by both teaching and non-teaching women faculty. Their enthusiastic participation reflected not only their artistic talents but also the spirit of confidence and empowerment that defines womanhood.

The students further enriched the celebration with their lively performances, bringing fresh energy and creativity to the stage. Their involvement symbolized the voice of the younger generation in carrying forward the ideals of gender equality and respect.

More than just a celebration, the event became a meaningful platform for expression, reflection, and recognition. It reinforced the institution’s commitment to nurturing an inclusive environment where every individual is valued and empowered.

The programme concluded on an inspiring note, leaving everyone with a renewed sense of purpose and admiration for the remarkable journey of women—past, present, and future.



## Transforming Young Minds: A Glimpse into the Personality Development Camp (PDC) at S-VYASA

The Personality Development Camp (PDC) at S-VYASA, Bengaluru, was a vibrant ten-day program designed to nurture the holistic growth of young participants. Rooted in yogic principles and experiential learning, the camp effectively integrated physical practices, mental discipline, emotional balance, and value-based education.

The program began with a structured orientation, setting the tone for discipline, organization, and a supportive group environment. A consistent daily routine helped participants develop healthy habits and a sense of responsibility.

Each day commenced with yogāsana and chanting, promoting physical fitness, mindfulness, and inner stability. This was complemented by prāṇāyāma and deep relaxation techniques (DRT), enhancing mental clarity and emotional regulation. The inclusion of Karma Yoga fostered values such as teamwork, empathy, and selfless service through meaningful activities like goshala visits and assigned responsibilities.



Interactive personality development sessions focused on themes such as kindness, communication, decision-making, and self-awareness. Activities like creativity sessions, Zumba, and Krida Yoga added energy and engagement, while Happy Assembly sessions provided a platform for expression, confidence building, and group bonding. Evening bhajans created a peaceful and harmonious atmosphere.

An educational visit to Bannerghatta National Park and special sessions like a magic show added experiential learning and enjoyment. Daily diary writing encouraged reflection and supported personal growth.



The camp was coordinated by Dr. Sridevi K.J, Associate Dean, Short Term Courses, along with faculty coordinators Dr. Komal and Dr. Srinivasa Sharma from the School of Yoga and Spirituality. It was efficiently executed by B.Sc. 4th Semester students, with valuable support from 1st year BNYS students, two MD scholars, and the dedicated medical team from Sushrutha Ayurveda College and Arogyadhama. The seamless coordination among academic, clinical, and student teams ensured a well-structured and impactful learning environment for all participants.

The program concluded with a valedictory function that beautifully showcased the participants' journey, highlighting their growth in confidence, discipline, emotional maturity, and self-awareness. Parents and faculty members observed notable positive changes in the students, reflecting the effectiveness of the program's integrated approach. Cultural presentations, reflections, and shared experiences added depth and meaning to the concluding ceremony.

The initiative continues to gain momentum, with the second batch currently in progress, witnessing enthusiastic participation and engagement. Admissions are open for upcoming batches scheduled from 21st–30th April 2026 and 1st–10th May 2026, offering many more students the opportunity to experience this transformative and holistic program. The growing interest reflects the increasing need for value-based education in today's fast-paced world.

Overall, the PDC at S-VYASA stands as a strong and inspiring model of holistic education, blending yogic wisdom with modern educational practices. It empowers young minds not only academically, but also emotionally, socially, and spiritually, preparing them to lead balanced, meaningful, and socially responsible lives. Such initiatives contribute significantly towards building a healthier, more conscious, and value-driven society.

## Vice Chancellor Dr. Manjunath N.K. Attended Governing Body Meeting in Goa



The All-India Institute of Ayurveda invited Dr. Manjunath N.K., Hon'ble Vice Chancellor of S-VYASA Deemed to be University, Bengaluru, as a member to participate in the 6th Governing Body (GB) Meeting of the All India Institute of Ayurveda, held in Goa on 8th March 2026. The meeting was conducted under the chairmanship of Shri. Prataprao Jadhav, the Union Minister of State (Independent Charge) for the Ministry of Ayush. It was wonderful to have Hon. Chief Minister of Goa,

Dr. Pramod Sawant also participating in a series of inaugural ceremonies of the new facilities added to the All India Institute of Ayurveda including a Physiotherapy Unit, Surgical and diagnostic facility, Pediatric wing and Oncology Unit. Vaidya Rajesh Kotecha, the Hon. Secretary, Ministry of Ayush was present as the visionary behind the growth and success story of the Institute along with the Director of All India Institute of Ayurveda who guided the activities.

The meeting brought together eminent academicians, policymakers, and institutional leaders to deliberate on key aspects of Ayurveda with respect to Education, Clinical services and Research.

During the meeting, Dr. Manjunath N.K. actively contributed to discussions on quality enhancement, research innovation, and the integration of traditional medical wisdom with modern medical science. He emphasized the vital role of yoga in promoting holistic health and well-being, aligning with the broader vision of the Ministry of Ayush to strengthen India's traditional healthcare systems.

His participation in this prestigious Governing Body Meeting Reflected S-VYASA's continued dedication to academic excellence and its leadership in the field of yoga and integrative health. Such engagements further reinforced the university's mission to contribute meaningfully to society through education, research, and holistic development.

## Vice Chancellor Dr. Manjunath N.K. at International Conference on Indian Knowledge Systems and Yoga

Dr. Manjunath N.K., Hon'ble Vice Chancellor of S-VYASA Deemed to be University, Bengaluru, participated as an eminent speaker at the International Conference on "Indian Knowledge System and Scientific Perspective of Yoga for Holistic Health," held on 17th–18th March 2026 at Swami Rama Himalayan University, Dehradun.



The conference brought together distinguished scholars, clinicians, researchers, and yoga practitioners from across India and abroad, creating a vibrant platform for academic exchange and dialogue on the integration of traditional knowledge systems with modern scientific approaches. Organized amidst the serene environment of the Himalayan foothills, the event emphasized the relevance of yoga in addressing contemporary health challenges.

Dr. Manjunath N.K. delivered an insightful talk during the technical session on 17th March on the topic, "Importance of Translational Yoga Research in Evidence-Based Clinical Practice." In his address, he highlighted the growing need to bridge the gap between classical yogic wisdom and modern medical science through rigorous research methodologies. He elaborated on how translational research played a crucial role in bringing validated yoga practices into mainstream healthcare, ensuring both efficacy and scientific credibility.

The session also featured eminent speakers including Dr. Ramesh Bijlani, Former Professor and Head Dept. of Physiology, AIIMS, New Delhi and Ms. Tinyu Chen, Director, AHYMSIN Taiwan. whose deliberations enriched the discourse with diverse perspectives on health, consciousness, and timeless wisdom.

The conference successfully explored synergies between Indian Knowledge Systems and modern science, addressing yoga's vital role in preventive healthcare, integrative medicine, and global wellness.



## Convocation Address by Vice Chancellor Dr. Manjunath N. K, at Lakulish Yoga University, Ahmedabad.

Dr. Manjunath N. K, Vice Chancellor, delivered an inspiring and thought-provoking address as the Guest of Honor at the 6th Convocation Ceremony of Lakulish Yoga University, Ahmedabad, held on 28 February 2026. He began by expressing his gratitude and privilege to be part of the prestigious gathering and acknowledged the rich legacy of Gujarat in supporting ancient knowledge systems, particularly yoga. He invoked the blessings of the Guru tradition and Lakulish Maharaj, thereby setting a spiritual tone for his address.

In his speech, he emphasized that a yoga convocation was not merely a celebration of earning a degree but a celebration of inner transformation. He highlighted that yoga education transcends age barriers, citing examples of elderly individuals achieving academic milestones, thereby demonstrating that learning and self-development are lifelong processes.

Dr. Manjunath explained that, unlike other disciplines that focus primarily on the external world, yoga education enables individuals to master both the internal and external dimensions of life. He stated that graduates of yoga were uniquely positioned to bring transformation to society, especially in a world that is technologically advanced but often emotionally disconnected and spiritually imbalanced.





Addressing the graduates' future, he highlighted the vast opportunities available in the growing global wellness industry. He encouraged them to explore careers in integrative healthcare, corporate wellness, sports, digital platforms, entrepreneurship, teaching, and research. He stressed that teaching is a noble profession and urged graduates to contribute to academia while also engaging in research to strengthen the scientific foundation of yoga.

He also advised graduates to adopt technology and innovation, while staying rooted in yogic values, and cautioned them against being driven solely by material success. Instead, he encouraged them to become change-makers who provide holistic solutions to societal challenges.



Dr. Manjunath N. K., Vice Chancellor of S-VYASA, held a productive meeting with the Consulate General of Australia, along with a delegation from Southern Cross University, Sydney, Australia, laying the groundwork for further Collaboration and Cooperation.

## 15 day Yoga Sahayak training program at Karnal & Panipat districts of Haryana



Karnal: A 15-day training camp on diet and yoga therapy for AYUSH yoga assistants is being conducted until April 16, jointly organized by AYUSH, New Delhi, and the AYUSH Department, Karnal. The programme was inaugurated at 6:30 AM by District Collector Mr. Uttam Singh, with Mr. Kavinder Rana, Representative of Manoharlal, Minister of Housing & Urban Affairs, Government of India, present as a distinguished guest.

The workshop commenced with the ceremonial lighting of the lamp by dignitaries, including District Ayurveda Officer Dr. Satpal, District Programme Officer Pooja, Yoga Coordinator Dr. Rajpal, Yoga expert Dr. Amit Punj, Dr. Amshuman, Mr. Shailesh Pradhan, and Ayurveda pharmacist Naresh.

The sessions are conducted daily from 7:00 AM to 11:00 AM, with practical sessions led by Mr. Shailesh Pradhan and theory sessions by Dr. Amshuman. Addressing participants, officials emphasized that yoga is not merely a temporary remedy but a holistic way of life essential in modern times.

Dr. Amit Punj highlighted that dedicating 30–45 minutes daily to yoga can help prevent lifestyle diseases, improve overall health, and contribute to building a healthier and more energetic society.

## Yoga & Diet Therapy Training Launched in Panipat

PANIPAT: The AYUSH Department launched a Yoga and Diet Therapy Training Programme for 33 yoga assistants at Kabir Hostel, Sector-6, on Thursday. The programme was inaugurated at 2:30 PM by Deputy Commissioner Dr. Virendra Kumar Dahiya, with MP Ramesh Chander Kaushik as Guest of Honour and Superintendent of Police Bhupendra Singh also in attendance. Mr. Gajendra Saluja, Member Representative of the Government of Haryana, was also present.

The sessions are being conducted from 3:00 PM to 7:00 PM daily, with practical sessions led by Mr. Shailesh Pradhan, Assistant Professor, and theory sessions conducted by Dr. Amshuman Yadav, BNYS, MD, representing S-VYASA.

Addressing participants, Dr. Dahiya emphasized that yoga is a holistic way of life promoting physical and mental well-being and encouraged its daily practice. Officials highlighted that the initiative aims to raise awareness about yoga's benefits, including stress reduction, improved immunity, and overall health.

AYUSH Manager Mahipal Bansal welcomed the guests and informed them that the training will continue until April 16 with the support of Swami Vivekananda Yoga Anusandhana Samsthana.



As the camps at Karnal and Panipat conclude, Swami Vivekananda Yoga Anusandhana Samsthana continues to lead the way in promoting yoga as a pathway to a healthier nation, reaching every individual with the transformative power of yoga and fostering a culture of preventive health and mindful living.

## S-VYASA Acknowledges Valuable Contribution of Mr. Sreenivasan N.A. in BNYS Recognition



On April 1, 2026, S-VYASA felicitated Mr. Sreenivasan N.A., father of Dr. Aparna Sreenivasan, for his significant contribution and support in securing BNYS recognition for S-VYASA under the Kerala Medical Council.

His motivation, proactive engagement with higher officials, and dedicated efforts in facilitating official procedures played an instrumental role in this achievement. His commitment and perseverance were vital in accomplishing this important milestone.

## Ugadi Utsav 2026: Celebrating Tradition, Unity, and New Beginnings at S-VYASA



On the auspicious occasion of Ugadi, the Student Council of the School of Yogic Sciences at S-VYASA Deemed to be University organized vibrant celebrations on 18th and 19th March 2026.

The first day featured traditional “Old School Games” like Spoon Lemon Race, Tug of War, and Musical Chairs, bringing joy, unity, and active participation from students and staff. On 19th March, a traditional pooja was conducted for Gudi Padma and Ugadi, followed by the distribution of Pachadi, symbolizing acceptance of life’s diverse experiences.

These festivals signify renewal, positivity, and new beginnings. The event, supported by the university management, successfully strengthened cultural values and fostered a sense of community among participants.

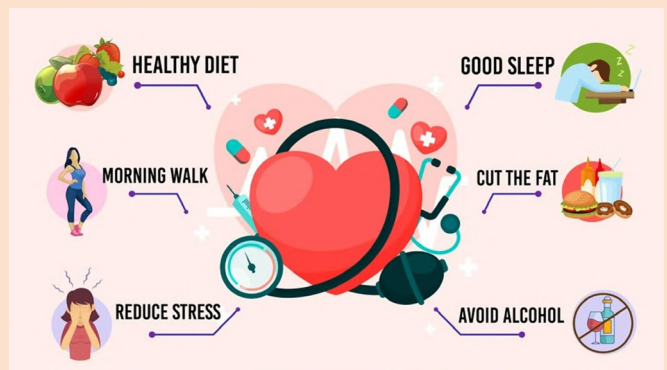
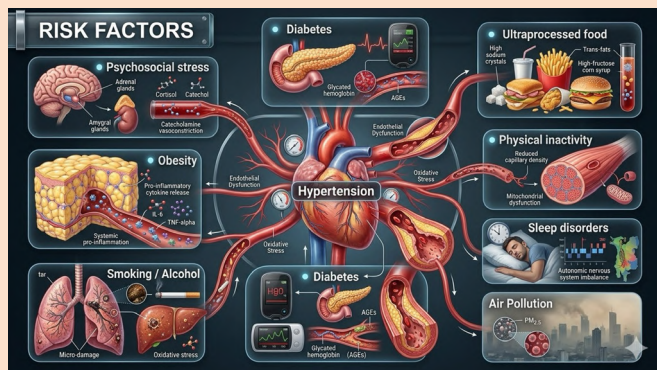
## International Yoga Therapy Workshop organized by Sarva Yoga International, Italy.

Hon. Vice Chancellor, Dr. Manjunath Sharma was invited by Ms. Antonietta Rozzi, Legal Representative and President of Sarva Yoga International, based in Sarzana, Italy to deliver a series of talks on Heart Disease and Hypertension. The invitation was extended for cultural and academic purposes, including a yoga therapy workshop and university-level lectures. The collaboration was supported by a Memorandum of Understanding with S-VYASA University, Bengaluru.

### Topic 1: Heart Diseases – A Global Pandemic

Dr. Manjunath delivered a comprehensive lecture on heart disease as a global health crisis. He defined cardiovascular disease as a group of disorders involving structural and functional abnormalities of the heart and blood vessels that impair circulation and increase morbidity and mortality. He explained the pathophysiology, including coronary artery disease, endothelial dysfunction, lipid oxidation, foam cell formation, plaque development, and rupture.

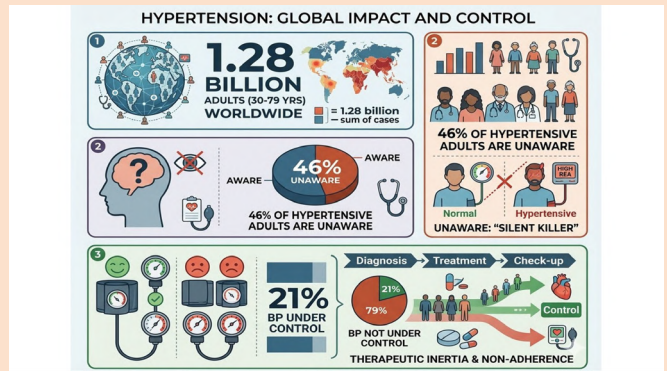
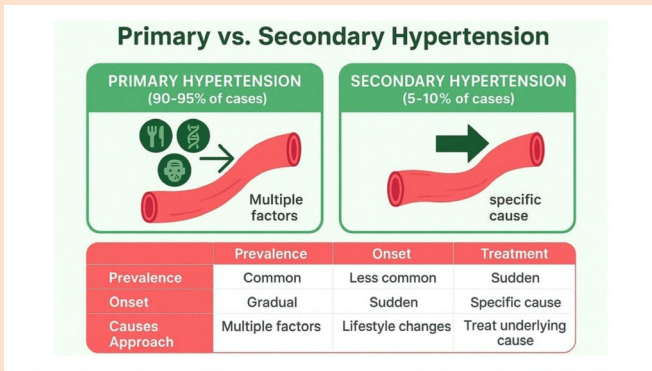
He reviewed various treatment approaches, including pharmacological management and interventional procedures such as Percutaneous Coronary Intervention (PCI), Coronary Artery Bypass Grafting (CABG), valve repair or replacement, device therapies (pacemakers, ICD, CRT), and heart transplantation. He focused on lifestyle medicine as the future of medicine to manage non-communicable diseases, emphasizing the role of yoga, pranayama, and meditation in prevention and management.



### Topic 2: Managing Hypertension the Yoga Way

Dr. Manjunath presented hypertension as a major risk factor for cardiovascular diseases and explained its types and causes. He described hypertension as a persistent elevation of arterial blood pressure and discussed classifications and behavioral contributors such as stress, anxiety, and emotional disturbances.

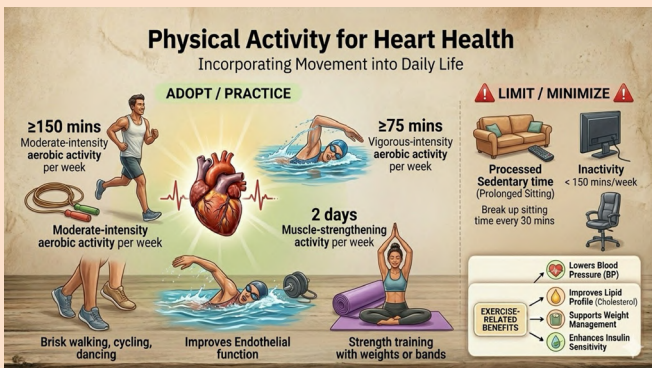
He reviewed pharmacological treatments, including ACE inhibitors, ARBs, calcium channel blockers, diuretics, and additional medications. He then introduced yogic principles, including Raja Yoga, Bhakti Yoga, Jnana Yoga, and Karma Yoga, emphasizing their role in emotional balance, intellectual clarity, and selfless action.



### Topic 3: Yoga-Based Lifestyle Management for Heart Disease

Dr. Manjunath explained yoga as a comprehensive lifestyle approach for the prevention, management, and rehabilitation of heart disease. He highlighted concepts such as Panchakosha, Gunas, stress theories, and yogic purification practices. He discussed scientific evidence demonstrating improvements in cardiovascular function, autonomic balance, inflammation, and quality of life through yoga.

He emphasized the importance of diet, mindful eating, adequate sleep, and stress management. He also explained physiological mechanisms such as improved vagal tone, reduced sympathetic activity, enhanced heart rate variability, and better endothelial function associated with the practice of Yoga.



### Topic 4: Cyclic Meditation

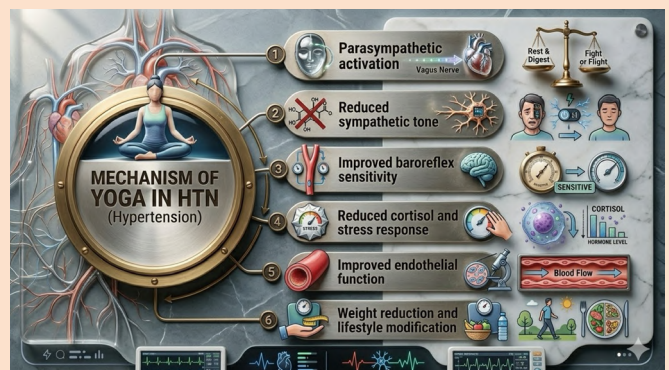
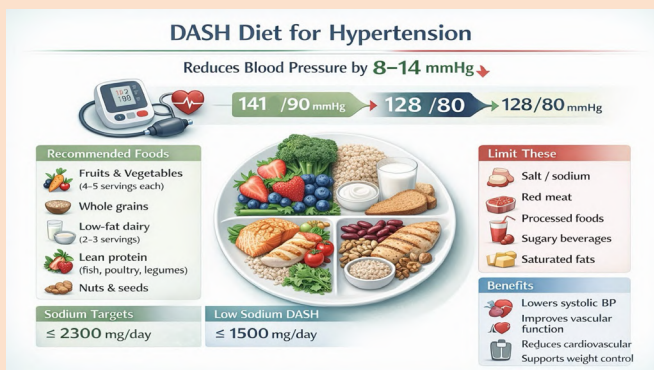
Dr. Manjunath presented the concept and practice of Cyclic Meditation as developed by Pujya Guruji, Dr. HR Nagendra at S-VYASA University. The session included a structured sequence combining stimulation and relaxation techniques, such as Shavasana, Instant Relaxation Technique, Centering, Ardhakati Chakrasana, Quick Relaxation technique, Vajrasana, Shashankasana, Ustrasana, and Deep Relaxation Technique, followed by a closing prayer.



## Topic 5: Yoga Practices for the Management of Hypertension

Dr. Manjunath presented evidence-based yoga interventions for hypertension management. He cited research studies demonstrating significant reductions in systolic and diastolic blood pressure through integrated yoga practices. He explained the role of yoga in improving autonomic balance, reducing stress hormones, and enhancing cardiovascular health.

He presented a structured yoga module including asanas, pranayama, and relaxation techniques, along with guidelines for safe practice. He also highlighted contraindications and precautions, emphasizing the importance of slow breathing, proper technique, and regular practice.



### Conclusion:

The series of online lectures delivered by Vice Chancellor Dr. Manjunath N. K provided a comprehensive understanding of the integration of yoga with modern medical science for the management of heart diseases and hypertension. The sessions effectively combined theoretical knowledge, scientific evidence, and practical applications, making them highly valuable for both academic and clinical audiences.



The 10th batch of the Weekend YIC (Yoga Instructor Course) successfully concluded its four-month journey on Sunday, the 24th, at the Vivekananda Cultural Center, a unit of Ramakrishna Math, Chennai. The program marked a significant milestone for the participants, who underwent systematic training in the principles and practices of yoga.

The valedictory session was graced by Sri Bijudev, Chief Instructor, whose guidance played a pivotal role throughout the course. Swami Mahadevananda, Director of the Vivekananda Cultural Center, Dr. Mohan Kishore, Deputy Controller of Examination, S-VYASA presided over the occasion.



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8<sup>th</sup> May 2025, Friday  
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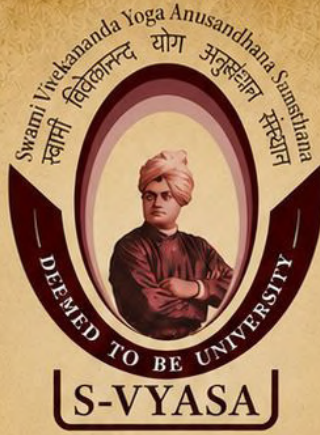
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**PROF SUBRAMANYAMJI, ADVISOR S-VYASA**

SPECIAL PRESENCE

**DR H R DAYANANDA SWAMY, CHANCELLOR S-VYASA**

PRESIDED BY

**DR N K MANJUNATH SHARMA, VICE CHANCELLOR S-VYASA**

ACCOMPANIED BY

**PROF SIVA SANKARA SAI, PRO VICE CHANCELLOR S-VYASA**

**PROF SONY KUMARI, REGISTRAR S-VYASA**

**DR VASUDEVA VAIDYA, DEPUTY REGISTRAR S-VYASA**

*Step in. Stand out. Begin your legacy.*



# S-VYASA

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



## Programs in **YOGA**

## Programs in **YOGA**

### **School of Yoga:**

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

### **School of Physiotherapy:**

**BPT** - Bachelor of Physiotherapy

### **School of Yoga & Naturopathic Medicine:**

**BNYS** - Bachelor of Naturopathy  
and Yogic Sciences  
**MD** - Yoga

### **Programs in CODE**

(Centre for Open  
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**BSc** (Yoga)  
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**YIC** (Yoga Instructor's Course)  
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# S-VYASA

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



**Division of Yoga-Spirituality**

## VMAC-VTR

**Varahamihira  
Advanced Centre of  
Vedic Technology  
Research**

**in S-VYASA Headquarters, 'Prashanti Kutiram'**

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

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

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

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

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

**Consultations offered:**

**Medical Astrology Based  
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**Fees: Rs. 400**

**Academic Programs offered:  
(as per NEP 2020)**

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(Yoga Philosophy & Textual  
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**M.Sc. YVW  
(Yoga & Vedic Wellness) 2 yrs**

**B.Sc. YVW  
(Yoga & Vedic Wellness) 4 yrs**

**for more details, write to us: [spirituality@svyasa.edu.in](mailto:spirituality@svyasa.edu.in)  
apply online & visit: [www.svyasa.edu.in](http://www.svyasa.edu.in)**



# S-VYASA

(Deemed to be University u/s 3 of UGC Act, 1956)

Swami Vivekananda Yoga Anusandhana Samsthana



SVY/REG/1613/04-2026

Date: 20.04.2026

## MD Admission Notification for the Academic Year 2026-2027

We are pleased to announce that SVYASA will be conducting an entrance test for admission to the MD (Doctor of Medicine) program in Yoga for the academic year 2026. This prestigious program offers an in-depth curriculum designed to provide comprehensive knowledge and advanced skills in the practice and science of Yoga.

### Entrance Test Details:

Date: **22<sup>nd</sup> July 2026, Wednesday**

Time: 10:00 AM - 1:00 PM

Venue: BNYS Block, Sambhuti

### Application Process:

Registration: Interested candidates are required to register online through our college website <https://svyasa.edu.in/doctor-of-medicine-yoga> and fill out the application form with the required details.

Application Fee: Pay the non-refundable application fee of Rs 1000/

### Important Dates:

Application Start Date: 25-04-2026

Application Deadline: 15-07-2026

### Instructions for Candidates:

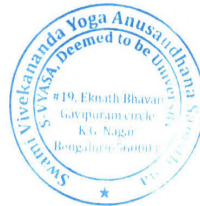
Please carry a printed copy of your 10th and 12th Marks Cards, marks cards of the undergraduate medical course (MBBS / BAMS / BNYS / BSMS / BUMS / BHMS), along with PDC/PRC documents and a valid photo ID to the examination centre.

Arrive at least 30 minutes before the commencement of the test.

For any further information or queries, please visit our website or reach us at [mdyoga@svyasa.org](mailto:mdyoga@svyasa.org). We look forward to welcoming the next generation of leaders in Yoga studies to our esteemed institution.

Best Regards

**Prof. Sony Kumari**  
Registrar



**Registered address :** #19, Eknath Bhavan,  
Gavipuram Circle, Kempegowda Nagar,  
Bengaluru, Karnataka - 560004

080-2661 2669 | +91 7022024777

**Prashanti Campus :** Prashanti Kutiram,  
Vivekananda Road, Kalluballu Post, Jigani,  
Anekal, Bengaluru, Karnataka - 560105

080-2263 9968 | +91 7676749929

**City Campus :** Sattva Global City  
Mysore Road, Rajarajeshwari Nagar,  
Bengaluru, Karnataka - 560059

080-2990 0083 | +91 9070907066



# S-VYASA

(Deemed to be University u/s 3 of UGC Act, 1956)

Swami Vivekananda Yoga Anusandhana Samsthana



Notification No: SVY/REG/1623/05-2026

Date: 06.05.2026

## Admission Notification Regular Residential programme for the Academic Year 2026 – 2027

| Sl. No | Name of the Programme         | Duration | Eligibility  |
|--------|-------------------------------|----------|--|
| 1      | B.Sc. (Yoga Therapy) *        | 4 Years  | 10+2 Years PUC/ 12 <sup>th</sup> Standard 50% Marks in PUC/12 <sup>th</sup> Standard           |
| 2      | B.Sc. (Yoga Vedic Wellness) * | 4 Years  | 10+2 Years PUC/ 12 <sup>th</sup> Standard 50% Marks in PUC/12 <sup>th</sup> Standard           |
| 4      | M.Sc. (Yoga Therapy) *        | 2 Years  | 10+2 Years PUC/ 12 <sup>th</sup> Standard + any Under Graduate (UG) degree 50% aggregate marks |
| 5      | M.Sc. (Yoga Vedic Wellness) * | 2 Years  | 10+2 Years PUC/ 12 <sup>th</sup> Standard + any Under Graduate (UG) degree 50% aggregate marks |
| 6      | M.A. (Yoga Darshanam)         | 2 Years  | 10+2 Years PUC/ 12 <sup>th</sup> Standard + any Under Graduate (UG) degree 50% aggregate marks |

1. The UG programs are for four years' duration as per the new NEP policy.
2. The Academic Programs that are marked with star (\*) are regular running programs The other programs mentioned above are reintroduced this year. These Programs will be offered by S-VYASA, based on the number of eligible applicants.
3. Admission procedure has already started for the academic year 2026-2027
4. For Semester fee structure and other details see the website [www.svyasa.edu.in](http://www.svyasa.edu.in)
5. General enquiry about courses:

Email: [admissions@svyasa.org](mailto:admissions@svyasa.org)

  
**Prof. Sony Kumari**  
Registrar



Registered address : #19, Eknath Bhavan,  
Gavipuram Circle, Kempegowda Nagar,  
Bengaluru, Karnataka - 560004

Prashanti Campus : Prashanti Kutiram,  
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## ISSE BETTER INVESTMENT HAI TOH BATAO!



### E0 EMISSION COMPLIANT

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



### CALIBRATED

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



### DUPLICATE PROOF

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



### FIRE RETARDANT

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



### CUSTOMER SERVICE IN 48 HRS

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



### 30-YEAR WARRANTY

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

**BORER & TERMITE PROOF, BOILING WATERPROOF**



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