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**Promoting
Sustainable Wellness
through Yoga and Meditation**

**The 9th Miryang
International Yoga Festival**

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योगसुधा

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My dear Brothers and Sisters,

The Silent Order Behind Creation

All around us, from the smallest atom to the vast universe, there is a silent rhythm - a harmony that keeps everything in balance. The planets move in perfect order, seasons change on time, and within our bodies, billions of cells perform their duties every second without confusion. This hidden harmony is called coherence. In simple words, coherence means working together in balance. It is when every part of a system - whether atoms, organs, or thoughts - vibrates in the same rhythm and direction, like musicians in an orchestra creating beautiful music.

In Yoga, this natural harmony is known as Samatva, meaning balance or equanimity. The *Bhagavad Gita* defines Yoga as “Samatvam Yoga Uchyate” - *Yoga is balance*. When our body, mind, and emotions work in harmony, we experience health, peace, and clarity. Similarly, when matter itself becomes coherent, it can release or transform energy in extraordinary ways.

At the *Center for Energy Research (CER)*, S-VYASA University, scientists are discovering how this Samatva of nature works not only in our bodies but even in metals and seeds – showing that coherence is the common language of life and energy.

Coherence in Atoms – Gentle Energy from Cold Fusion

For decades, scientists believed that to fuse atoms and release energy, extremely high temperatures – like those inside the sun – were necessary. Traditional nuclear fusion requires millions of degrees, which is impossible to achieve safely on Earth without massive equipment.



But our experiments at S-VYASA showed something extraordinary. When nickel metal powder was combined with hydrogen gas and given a gentle electrical stimulation, the atoms began to vibrate in harmony instead of randomly. This perfect rhythm – coherence – allowed the system to release energy quietly, producing 30 to 50 percent more heat than what was put in. The process even generated traces of helium, a sign that nuclear transformation had taken place.

This phenomenon is often called Cold Fusion or Low-Energy Nuclear Reaction (LENR). However, what makes our discovery unique is that it is not violent or radioactive. The energy appears because the atoms start working together – just like people lifting a heavy object more easily when they move in rhythm. The secret is harmony, not force.

In scientific terms, such behavior is explained by a mathematical equation called the Nonlinear Schrödinger Equation (NLSE), which describes how waves of energy can organize themselves into stable, self-sustaining patterns called *solitons*. These solitons can store and transfer energy efficiently without breaking down. In the nickel-hydrogen system, millions

of atoms create coherent “energy domains,” which sustain heat release even after the external power is turned off.

In other words, matter itself begins to self-regulate, maintaining energy flow far from equilibrium – just as a living being maintains its heartbeat and temperature. This is the physics of Samatva – balance within energy fields.

From Atoms to Life – The Miracle of Seeds

If coherence can make metals come alive with energy, can it also influence living things? To test this, the CER team performed parallel studies on seed germination – using simple green-gram (*Vigna radiata*) and chickpea (*Cicer arietinum*) seeds.

The seeds were divided into two groups. Both were kept under the same temperature and humidity, but one group was exposed to a gentle coherent electromagnetic pattern derived from the Ni-H cold-fusion setup. The results were astonishing: the exposed seeds germinated 25 percent faster and produced stronger, greener shoots. When analyzed using advanced instruments, these seeds showed higher levels of iron, zinc, and manganese.

This surprising change pointed toward a phenomenon known as biological transmutation – the possibility that living cells can subtly rearrange elements within themselves. Though this idea may sound unusual, it aligns with earlier research suggesting that plants can convert one mineral into another under specific energetic conditions. Our work demonstrated that coherence can act as the missing key enabling such gentle transformations at the atomic level within living systems.

The Homa Connection – Fire, Rhythm, and Growth

Encouraged by these results, our team explored

whether natural sources of coherence – such as Agnihotra or Homa, the ancient Vedic fire rituals – could produce similar effects. In new trials, Homa was performed at sunrise and sunset, following the traditional method of offering ghee, rice, and mantras into the sacred fire.

The results were profound. Seeds kept near the fire and its vibrations showed faster germination, stronger root systems, and greater vitality. The rhythmic chanting of mantras, the sound frequencies, and the rising electromagnetic and photonic fields around the fire appeared to create an environment of enhanced coherence.

In simple words, Homa acted like nature’s tuning fork, bringing the surrounding energy fields into balance. The flames, the rhythmic sound of mantras, and the emotional devotion of the practitioners all contributed to a state of resonance – harmony in sound, light, and consciousness. This coherent field supported the growth and vitality of life around it.

These observations suggest that ancient Yogic and Vedic rituals were, in essence, technologies of coherence, using rhythm and sound to tune nature into balance.

What Exactly Is Coherence?

To understand this simply, imagine an orchestra. When each musician plays separately, the sound is chaotic. But when they tune their instruments and follow the same rhythm, the music becomes powerful and beautiful. That harmony – when many act as one – is coherence.

In scientific terms, coherence means energy waves moving together in phase – like synchronized ripples on a pond. In biological systems, coherence appears when the heart, brain, and breath align rhythmically. In social life, it happens when people cooperate with a shared purpose. Everywhere, coherence is unity in diversity – the balance that gives rise to creativity and strength.

In Yoga, this is called Samatva, the equilibrium of body, mind, and spirit. When the mind is calm, emotions balanced, and actions steady, we experience peace and clarity. Just as coherence brings stability to atoms and seeds, Samatva brings stability to human consciousness. Hence, coherence is the scientific face of Yoga's Samatva.

Holistic Biology – Life as a Symphony of Coherence

Modern biology has long studied life as a collection of chemical reactions. But a new understanding is emerging – called Holistic Biology or the Biology of Adaptation. It views life not as a machine, but as a self-organizing, adaptive network that thrives by maintaining coherence across all its parts.

Living systems constantly face changes – temperature, stress, or disease. Yet they maintain internal order through feedback and adaptation. This happens because the body's subsystems – brain, heart, endocrine, immune, and cellular – communicate through subtle electromagnetic and biochemical signals that keep everything synchronized. When this synchronization is lost, illness appears; when restored, healing begins.

Scientific studies now show that healthy heart rhythms are fractal – meaning self-similar patterns repeat at many scales, from cellular oscillations to whole-body rhythms. This “fractal physiology” is a signature of coherence. It reflects how life maintains harmony through non-linear, dynamic balance, not static equilibrium.

When different subsystems of the body reach their own Critical Instabilities (CIs) – points where they can reorganize – they can couple together through coherence, producing a higher level of order. This coupling of multiple coherent systems creates global coherence, integrating the whole organism.

In spiritual language, this is the awakening of the Life-Force (Prana) – the ordered field that

sustains vitality and consciousness.

The Life-Force as Energy of Coherence

Ancient Yoga and Ayurveda describe life as the flow of Prana – the intelligent energy that connects body and mind. Prana is not just oxygen or air; it is the organizing principle behind all biological and psychological processes. When Prana flows freely, the body is healthy and the mind is clear. When blocked, disorder and disease arise.

From a scientific point of view, Prana corresponds to coherence within the body's energy fields – electrical, magnetic, and biochemical. Each cell functions like a miniature oscillator, and when millions of cells vibrate in tune, they create a coherent field that supports healing and awareness.

Just as the Ni-H lattice generates heat through atomic coherence, the living body generates vitality through bio-coherence. Meditation, pranayama, and mantra chanting strengthen this coherence, leading to what we experience as balance, calmness, and wellbeing.

Thus, coherence is Prana in scientific language, and Prāna is coherence expressed as life.

From Cold Fusion to Consciousness - One Continuum

The discoveries at S-VYASA reveal that the same laws that govern atomic coherence also govern living systems and even consciousness. Whether in a metal reactor or in the human mind, order arises when energy is guided by harmony rather than randomness.

- In the nickel-hydrogen system, atomic coherence creates excess heat and elemental transformation without radiation.
- In seed germination, biological coherence accelerates growth and enhances nutrient formation.

- In Homa, spiritual coherence arises through sound and devotion, energizing both the environment and living organisms.
- In Yoga, mental and emotional coherence manifests as peace, clarity, and wisdom.

These are not separate miracles but expressions of one universal principle – Samatva, the balance of energies that holds the cosmos together. Coherence is, therefore, the scientific expression of Yoga itself – the bridge between matter, life, and awareness.

Why This Matters

Understanding coherence has practical implications for the future of science and humanity.

1. **Clean Energy:** Cold-fusion research points to a safe, sustainable source of energy where coherence replaces combustion or radiation.
2. **Agriculture and Food Security:** Coherence-based methods like Homa farming and energy-pattern exposure can enhance seed vitality and crop yield naturally, reducing chemical dependence.
3. **Health and Medicine:** Viewing the body as a coherent network opens doors to new approaches in integrative medicine – using Yoga, pranayama, and meditation to restore harmony across systems.
4. **Education and Human Development:** When coherence guides learning, emotions and intellect integrate. Students become creative, focused, and compassionate – true expressions of balanced consciousness.

Thus, coherence provides a unifying framework for science, health, and spirituality.

The Samatva of the Universe

The sages of India long ago declared, “*Yatha pinde tatha brahmande*” – as is the microcosm, so

is the macrocosm. Modern science now echoes this truth: the laws that govern the smallest particle also govern the galaxies, and the same principle of coherence holds them together.

Coherence is the Samatva of Nature, the equilibrium through which diversity becomes unity. It is the rhythm that allows the universe to breathe, the atom to fuse, the seed to sprout, and the heart to love. It is the unifying song of existence – the link between energy and consciousness.

When we live in coherence – within ourselves, with others, and with nature – we align with the creative power that sustains life. Yoga teaches us to reach this state through awareness and equanimity. Science now confirms that when our inner waves of thought, breath, and emotion are synchronized, we become not just healthier but more luminous – living embodiments of the universal Samatva.

Conclusion

The journey from cold fusion to consciousness reveals that the universe is not a machine but a living symphony of coherence. From atoms in metals to seeds and human minds, all matter seeks balance and harmony. When achieved, miracles happen – energy flows effortlessly, life flourishes, and awareness expands.

Coherence is not only a scientific discovery; it is a spiritual realization. It shows us that the essence of Yoga – *Samatvam Yoga Ucyate* – is also the essence of physics, biology, and life itself.

When science and spirituality meet in coherence, we glimpse the true nature of reality – one infinite field of balance, creativity, and light.

■ *Dr H R Nagendra*





Late Vilasgauri Ratilal Dhanani, MBE

3 April 1937 – 5 November 2025

It is with great sadness we announce the passing of Vilasgauri Dhanani on 5th November 2025. She was the loving wife of Late Mr. Ratilal Dhanani

Daughter of Late Devchand Mulji & Late Hiraben
Devchand Dodhia

Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

The month of October holds profound significance in the Indian calendar - a time for reflection, renewal, and celebration. On **2nd October 2025**, we observed **Gandhi Jayanti**, paying homage to **Mahatma Gandhi**, the Father of our Nation, whose ideals of **truth, non-violence, simplicity, and selfless service** remain timeless and ever-relevant. Gandhiji's philosophy of holistic living and his unwavering commitment to inner transformation through discipline and compassion continue to inspire generations.

At **S-VYASA Deemed to be University**, we find deep resonance between Gandhiji's vision of "Sarvodaya" - the welfare of all - and our mission of promoting health, harmony, and peace through Yoga, spiritual science, and integrative education. His belief that education must cultivate both intellect and character reflects our own institutional ethos, where knowledge and values go hand in hand. On this day, our campus reverberated with heartfelt tributes, prayers, and reflections on his life and message. Students and faculty alike participated in discussions and cultural activities that celebrated his legacy of truth and service.

Later in the month, we **celebrated Deepavali**, the festival of lights, with great joy and enthusiasm across the University campus. The celebrations brought together the entire S-VYASA fraternity - students, faculty, staff, and residents - in a spirit

of unity, positivity, and cultural harmony. The lighting of lamps illuminated our surroundings as well as our hearts, symbolizing the eternal triumph of **light over darkness, good over evil, and knowledge over ignorance**. The event featured devotional songs, traditional dances, and moments of shared happiness, reminding us all that Deepavali is not merely a festival, but a celebration of life, inner illumination, and hope.

The festival also served as a reminder to look within and dispel the shadows of negativity, replacing them with compassion, gratitude, and wisdom. It was heartening to witness the active participation of our students and staff, who together made the occasion truly memorable. Such celebrations strengthen the cultural and spiritual fabric of our University, creating an atmosphere of harmony and collective joy.

As we move forward with renewed energy and inspiration, I extend my sincere appreciation to all members of the S-VYASA family for their continued dedication and service. Let us carry forward the spirit of these occasions - Gandhian simplicity and Deepavali's radiance - in our everyday lives and work. Together, let us continue to uphold our University's vision of integrating the best of the East and the West, and contributing meaningfully to the creation of a healthy, peaceful, and enlightened world.

With warm regards,
Dr. Manjunath N K
Vice Chancellor

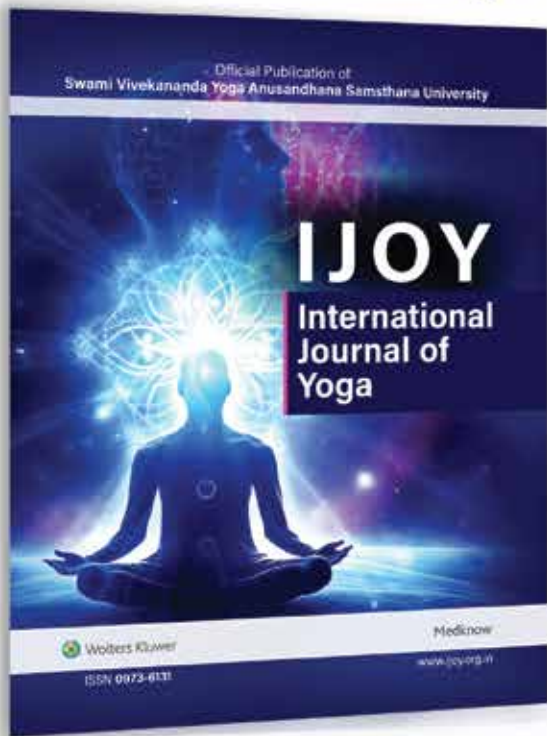
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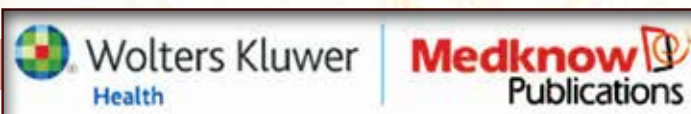
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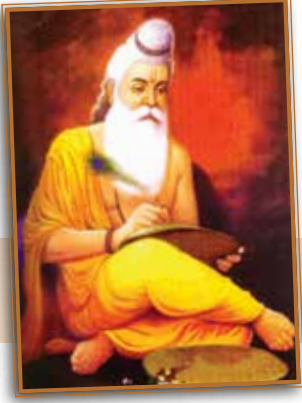
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ब्रह्मसूत्रम् (Brahmasūtram)

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



ब्राह्मेण जैमिनिरुपन्यासादिभ्यः (ब्रह्मसूत्रम्-४-४-५)

Brāhmena jaiminirupanyāsādibhyaḥ (Brahmasūtram-4-4-5)

Meaning: (The released soul exists) as possessed of (the attributes of) Brahman;
(thus) Jaimini (opines) on account of the reference etc.

In the concluding portion of the fourth chapter, this Adhikarana highlights the profound reflections of the sage Jaimini.

The question raised in this context is: what is the real nature (Swaroopa) of Brahman? Is it qualified by attributes (Saguna) or is it beyond all qualifications (Nirguna)? According to Jaimini, when the individual soul (Jīvātma) reaches the summit of self-realization, it attains unity with Saguna Brahman - the Supreme endowed with auspicious qualities. This Brahman, he says, is free from sin (Apahata Pāpmatvam), ever truthful in desire and resolve (Satya Kāma, Satya Sankalpa), and eternal (Shashvata). It does not possess a mortal or physical body but a divine, immortal presence that manifests joy, play, and knowledge in an infinite, non-worldly manner. The liberated being, according to Jaimini, participates in this divine experience of Brahman that is conscious, blissful, and expressive. Thus, the culmination of human striving, he argues, is union with the qualified and dynamic aspect of the Divine.

However, the next Sutra introduces a strikingly different view, that of the sage Audulomi: "Chichitmatrena Tadatmakattvād iti Audulomi." According to Audulomi, Brahman is pure consciousness (Chinmatra), absolutely free from all distinctions, forms, or qualifications.

Liberation (Moksha) does not imply union with a Saguna Brahman but complete absorption into this infinite consciousness - existence, knowledge, and bliss (Sat-Chit-Ānanda). For Audulomi, the individual soul, on attaining perfect knowledge, becomes identical with that consciousness itself. There remains no difference between the knower and the known, between Jīvātma and Paramātma. "Tadevabhavati Tad Jṣātvē" - having known That, one becomes That. The mortal sheath is dissolved, and what remains is the pure, luminous awareness that is Brahman. Thus, Audulomi's perspective represents the non-dual (Advaita) view that liberation is the complete transcendence of individuality, where only consciousness itself exists.

At first glance, the viewpoints of Jaimini and Audulomi appear to stand in opposition. Jaimini affirms a Brahman that retains attributes, the Lord of the cosmos, ever-joyful and omniscient. Audulomi, on the other hand, speaks of a Brahman beyond all form and qualification, the formless, infinite light of awareness. To reconcile these views, the great sage Vyasa - known as Bādarāyana, the author of the Brahma Sutras - offers a unifying explanation. He declares that there is no real contradiction (Avirodha) between the two. The attributes described by Jaimini p15 ►►



Yogopanishad-sara – 14

Yoga Kundali Upanishad

Pathways to Kundalini Awakening, Wellbeing and Liberation

Introduction

The Yoga Kundali Upanishad, regarded as the fourteenth among the Yoga Upanishads, is traditionally associated with the Krishna Yajurveda, as noted by Upanishad Brahendra, the traditional commentator. The text elaborates on the disciplines of Hathayoga and Lambika Yoga, ultimately guiding the aspirant toward the realization of Brahman - the Supreme Reality beyond all limitations and dualities.

The Upanishad is divided into three chapters: the first comprising 87 verses that detail the principles and practices of Hathayoga; the second containing 49 mantras devoted to the exposition of Khechari Vidya - the subtle yogic science of inner ascent; and the third consisting

■ *Prof. M Jayaraman*
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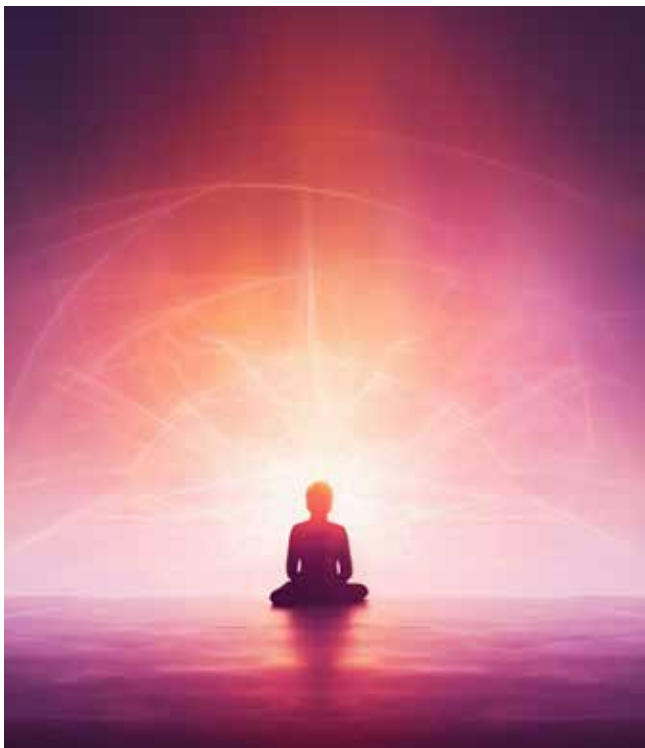
of 35 mantras culminating in the realization of Brahman through Raja Yoga.

This article presents an overview of the structure, key teachings, and philosophical significance of this profound text.

Chapter 1: Hathayoga

Vasanas Pranayama and Mitahara
The Yoga Kundali Upanishad opens by emphasizing that the mind's activities are shaped by two principal forces: vasanas (latent impressions and revived memories) and prana (the vital life force governed by breath). The text teaches that when either vasanas or prana becomes inactive, the mind itself lapses into inertia, revealing their deeply interconnected roles in the yogic journey. Of these two, the Upanishad declares the regulation and mastery of prana through pranayama (systematic breath control) as the first step towards genuine mastery of the mind.

Recognizing that the mind and body are deeply affected by one's dietary habits, the Yoga Kundali Upanishad places strong emphasis on mitahara - temperance or moderation in food. The ideal practitioner is urged to consume nourishing, moderate portions, habitually leaving a quarter of each meal as an offering to Shiva, thereby cultivating both discipline and spiritual awareness. It is to be noted that all the above thoughts and wordings also resemble the





content in Hathayogapradeepika.

Two Asanas: Padmasana and Vajrasana

This section from the Yoga Kundali Upanishad introduces Padmasana and Vajrasana as primary yogic postures. Padmasana is achieved by placing each foot on the opposite thigh (right foot on left thigh, left foot on right thigh), which is praised for its purificatory effects. Vajrasana, according to this text, involves positioning the left heel beneath the navel with the other heel on top and maintaining an erect posture.

While both Padmasana and Vajrasana are also mentioned in the Hathayogapradeepika, there is a noteworthy difference: in Hathayogapradeepika, Vajrasana is described as a variant of Siddhasana and the method of practice also varies.

Kundalini arousal and two methods: Sarasvati Chalana and Pranayama

The Upanishad speaks about arousing Kundalini. The key steps for awakening Kundalini in this practice are:

- Sarasvati Chalana
- Pranayama

When both are practiced together consistently, the Kundalini energy gradually becomes steady and rises upwards, enabling spiritual progress and balance

Sarasvati Chalana

Sarasvati Chalana, as described in the Yoga Kundali Upanishad, is a yogic practice for awakening Kundalini energy and promoting health. It combines Padmasana, pranayama, and bandhas to channel prana up the Sushumna Nadi, with breathwork and visualization guiding the energy between the navel and the eyebrows. Practiced regularly, Sarasvati Chalana is said to cure abdominal ailments like dyspepsia, dropsy, and spleen disorders by clearing the nadis, balancing digestion, and enhancing vitality. Thus, it is both a method for spiritual growth and a practical tool for disease prevention and digestive health. This technique is rarely discussed in contemporary yoga

discourse, yet it holds significant therapeutic potential and merits further investigation for integration into modern therapeutic practices.

Pranayama – its definition and the four techniques

The Yoga Kundali Upanishad defines Pranayama as the control of prana, or vital air, through the practice of breath retention, called Kumbhaka. Pranayama is classified into two main types: combined (practiced with various techniques) and solitary (practiced by itself). The Upanishad outlines four principal pranayama techniques: Surya, Ujjayi, Sitali, and Bhastrika. The Upanishad also present elaborate techniques of Practice of these practices. Mastery is recommended through combined practice before attempting Kumbhaka alone. This systematic approach emphasizes both the diversity and integration of pranayama methods to attain deeper control over prana and support spiritual progress

Unique Insights on Pacing the Pranayama with Bandhas

Following the instructions on pranayama, the Yoga Kundali Upanishad presents detailed descriptions of the three bandhas: Mula Bandha, Uddiyana Bandha, and Jalandhara Bandha. Notably, both the methods and the therapeutic benefits attributed to these bandhas - as well as the four pranayama techniques - closely parallel the systematic enumeration found in the Hathayogapradeepika.

The Yoga Kundali Upanishad offers a precise and progressive schedule for practicing the four types of Kumbhaka (pranayama) together with the three bandhas. On the first day, each Kumbhaka is to be performed ten times. On the second day, the number increases to fifteen repetitions, and on the third day, to twenty. Thereafter, practitioners are instructed to increase the count by five for each type every day. This methodical and incremental approach is unique, emphasizing daily practice and integration of bandhas to ensure steady advancement and the safe development of pranayama capacity.



Ten Obstacles in the Path of Yoga

After this the ten obstacles in the path of Yoga is detailed in this Upanishad which is tabulated below –

| No. | Obstacle | Description |
|-----|---|---|
| 1 | Fear from Illness or Discomfort – Yogabhyasena roгах | Discontinuing practice due to perceived illness or discomfort from yoga |
| 2 | Doubt – Samshaya | Questioning the efficacy of yoga or lack of faith in the practice |
| 3 | Confusion - Pramattata | Carelessness or a state of mental confusion |
| 4 | Indifference (Laziness) – Alasaya | Lack of diligence, apathy, or motivation |
| 5 | Sleep – Nidra | Excessive drowsiness or sleep interfering with practice |
| 6 | Cessation (Attachment to Sense Objects) - Virati | Inability to detach from sensory pleasures |
| 7 | Delusion – Bhranti | Erroneous perception or misunderstanding |
| 8 | Worldly Concerns – Vishaya | Excessive focus on material or mundane affairs |
| 9 | Ineffable Cause (Inadequately Explained Hurdle) – Anakhya | Unidentified, subtle or unexplainable obstacles |
| 10 | Lack of Aptitude – Alabdhi | Absence of necessary disposition or understanding for yoga |

Each of these obstacles needs to be recognized and overcome through self-awareness and dedicated investigation to progress on the yogic path

Kudalini Awakening and Samadhi

After listing the ten obstacles to yoga, the Yoga Kundali Upanishad unfolds the climactic teachings of Chapter 1 with a vivid account of Kundalini awakening and spiritual transformation. Through breath regulation, bandhas, and deep concentration, the yogin enables Apana and Prana to unite at the base of the spine, igniting Kundalini. This awakened energy ascends through the Sushumna, pierces the three granthis (Brahma, Vishnu, Rudra), and traverses the chakras, culminating in the thousand-petaled lotus (Sahasrara) where union with Shiva or supreme consciousness is realized. As Kundalini rises, bodily elements dissolve, vital airs stabilize, and nectar (amrita) flows, signifying inner bliss and transcendence. The yogin then experiences the dissolution of separateness, attaining oneness with Brahman and culminating in Videha-mukti—liberation beyond the body. This state brings realization of one's true, undivided self as pure consciousness, free from delusions and limitations, fulfilling the highest yogic goal.

Chapter 2 - Khechari Vidya

Introduction and Significance

Chapter 2 of the Yoga Kundali Upanishad centers on Khechari Vidya, the profound yogic science and practice of “moving in the sky/ether.” This secret technique is said to bestow freedom from decay, disease, and death, and grants mastery over the senses and liberation from worldly attachments. The Upanishad emphasizes that mastery in Khechari Vidya is extremely rare and difficult, attainable only through serious, rigorous, and prolonged yogic effort under a competent guru. The teaching insists that a mere intellectual understanding or theoretical instruction, without



both Shastra and Guru's guidance and actual dedicated practice, is insufficient.

Tabular Overview: Khechari: Requirements and Rewards

| Aspect | Description |
|---------------------|---|
| Initiation | Hidden and highly secret, imparted only by the Guru, guarded from the uninitiated |
| Qualifications | Lifelong dedication, scriptural grounding, and teacher's grace |
| Difficulties | Not easily attained, even over many lifetimes |
| Results of Mastery | Freedom from death, disease, and old age; transcendence of worldly limitations |
| Ultimate Liberation | Identification with Shiva; dispassion; realization of the highest yogic states |

Preparations: Khechari Bija and Mantra

- The Upanishad prescribes the extraction and muttering of the Khechari mantra, constructed from a cryptic combination of Sanskrit syllables ([Hrīm, Bham, Saṃ, Shaṃ, Phaṃ, Saṃ, Kṣaṃ]) The mantra is to be recited, with full concentration, up to 500,000 times daily for twelve days to invoke the power of the Khechari Vidya and Yoga. It is said that by doing so, all obstacles vanish and the practitioner receives divine protection and grace.

Method and Practice: Physical and Subtle

- Khechari Mudra, the practical side of this Vidya, involves gradually elongating the tongue and inserting it upwards behind the soft palate into the nasopharynx, eventually reaching towards the crown of the head (Brahmarandhra).
- The process requires a multi-year regimen of severing the tongue's frenulum and daily stretching, combining physical procedures with mantra, meditation, and strict observances.

Outcomes

For Khechari Practice - Physical rewards include - Prevention of aging and grey hair, Destruction of disease, Longevity and health and Spiritual rewards include -Inner vision of the macrocosm and microcosm ("seeing the universe in oneself") Realization of ultimate consciousness and freedom from rebirth

Chapter 2 of Yoga Kundali Upanishad thus stands as a detailed yogic manual, blending esoteric physiology, mystical symbolism, mantra discipline, and ethical requirements, all culminating in the realization of Khechari Vidya—one of the highest yogic attainments according to the Yoga Kundali Upanishad. The chapter emphasizes the unity of physical austerity, inner discipline, scriptural grounding, and divine grace as the essential foundation for true yogic liberation.

Chapter 3: The Vision of the Ultimate and Realization

The Melana-Mantra

The third chapter opens with the revelation of the Melana-Mantra: Hrīm, Bham, Saṃ, Mām, Pām, Sām, Kṣaṃ. This mantra is deeply symbolic and is said to be efficacious if practiced during the critical lunar moments - on the new moon, full moon, and the first day of the lunar fortnight. The correct use of this mantra is linked to specific forms of visual practice:



- **Amāvāsyā** (“complete shutting” of the eyes)
- **Pratipad** (“partial shutting”)
- **Paurṇamāsī** (“eyes wide open”)

The text instructs, for spiritual steadiness, that stabilization is achieved using the Paurṇamāsī form - the eyes open wide - when difficulties in eye concentration arise during practice. This is symbolic of the practitioner’s inner vision and awakening.

Rule Regarding the Pūrṇimā Vision

A central teaching in this chapter is the transformation of desire and attachment. The yogin is cautioned against seeking fulfillment in sensual pleasures, urging instead the consistent pursuit of the non-material Self (Ātman) as the true object of longing. The text introduces the concept of “Pūrṇimā Vision” - a transcendental state where the mind, renouncing all attachments, projects itself into the Kundalini Śakti and, through concentrated awareness in the region between the eyebrows, realizes its true identity as Brahman.

The Yogic Path: Channels, Chakras, and Sushumna

A substantial portion of the chapter recapitulates yogic physiology:

- The subtle body is structured around the Sun (Mūlādhāra) and the Moon (Brahma-randhra), with the Sushumna Nadi (central channel) as the vital conduit for Kundalini energy.
- The yogin, having pierced the three knots and mastered the Sushumna, is instructed to rest the “vital air” at the Bandhava-sthāna (middle of the eyebrows) and direct the mind to the Bindu, underlying supreme consciousness and bliss.
- The six chakras are enumerated: Mūlādhāra (base), Svādhiṣṭhāna (genital), Maṇipūra (navel), Anāhata (heart), Viśuddhi (throat), and Ājṣā (between the eyebrows), with sahasrāra (crown) as the ultimate seat.

Yogic Attainment and Realization

At the heart of this chapter is a profound vision of spiritual realization:

Samādhi is described as a flame of knowledge kindled by yogic practice, with the ātman (Self) as the lamp that shines within once all impurities are dispelled.

The necessity of a Guru is re-emphasized for imparting right knowledge and dispelling ignorance, likened to a boatman carrying one across the ocean of mundane existence.

True knowledge is said to arise only when all other mental modifications have ceased - the mind, purified and introverted, sees the Brahman as its sole reality.

The culmination is the state of “Jīvanmukti” (liberation while living): the yogin, established in the deep conviction “I am He,” is beyond turmoil; his speech, thoughts, and being flow spontaneously from the experience of non-dual Brahman.

Lessons on the Macrocosm and Microcosm

The Upanishad further describes how, through yogic realization, the practitioner perceives the unity of the macrocosm (the universe) and the microcosm (the individual), dissolving all distinctions in the experience of pure consciousness. In the final dissolution, all dualities are burned in the fire of knowledge, leaving only the indescribable, undivided Brahman.

Meditation and Liberation

The practitioner, having meditated deeply, experiences complete absorption in the light of the Supreme Self. Even the notion of “I” is transcended, with the final verses affirming the liberated yogin’s entry into an eternal, immutable state, beyond all change, decay, and duality.

Conclusion: Therapeutic and Spiritual Significance

Yoga Kundali Upanishad is both a sophisticated spiritual manual and a holistic guide to personal transformation.



Therapeutic Significance:

- Regimens of asana, pranayama, bandhas, mudras, and diet (mitahara) create a strong, disease-free body, regulate the energies (prana, apana), and balance hormonal and psycho-physiological functions.
- Specific instructions - such as the pacing of pranayama, cleansing techniques, and inner focus - have direct health benefits, especially in regulating the nervous and digestive systems and supporting mind-body harmony.

Spiritual Significance:

- At its core, the text reveals practical means for awakening latent spiritual potential (Kundalini), harmonizing the mind and vital energies, and guiding the seeker toward ultimate realization.
- It affirms the indispensability of Guru, Shastra, and direct personal effort.
- The text's model of Jīvanmukti (liberation-in-life) and Videha-mukti (liberation after death) provides a nuanced, integrative

vision: union with Brahman is accessible in embodied life and is not dependent upon renunciation or esoteric withdrawal but upon inner realization and mastery.

Final perspective:

The Yoga Kundali Upanishad masterfully integrates physical, energetic, and spiritual disciplines, asserting that the path to well-being and supreme bliss lies in the harmonization of the body, mind, and consciousness. Its relevance endures for all sincere seekers, affirming the unity of therapeutic health and spiritual liberation as the true aim of yoga.

References

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

◀p9 ब्रह्मसूत्रम् (Brahmasūtram)

belong only to the phenomenal appearance of Brahman, superimposed by human perception. These qualities - omniscience, omnipotence, and playfulness - are apparent manifestations meant to aid understanding but do not define Brahman's ultimate nature. The true Brahman, Vyasa asserts, remains unchanged, self-luminous, and beyond all superimpositions. Mortality, limitation, and diversity are merely external coverings, while immortality and consciousness are inherent and eternal.

Vyasa illustrates this through a beautiful analogy. Just as an actor assumes different roles - be it of a king, sage, or hero - without losing his true identity, the individual soul, too, assumes the roles of various embodiments through the play of karma and māyā. Yet, when the drama of life ends, the actor returns to his

original form. In the same way, the Jīvātma, after shedding all superimposed limitations, regains its original state of pure consciousness - Sat-Chit-Ānanda Brahman. The apparent embodied (Mūrta) existence once again becomes purely conscious (Chinmaya). Vyasa thus harmonizes both perspectives - acknowledging the Saguna aspect as a means for devotion and worship, while affirming that the final realization lies in the Nirguna Brahman, pure being and consciousness. The conclusion of this Adhikaraṇa reveals Vyasa's profound synthesis: Brahman is both the cause and the essence of all creation - Srishti, Sthiti, and Laya Karanam. Yet, in its deepest truth, it is Satchidānandam Eva Brahma - the eternal, self-luminous, blissful consciousness that alone is real. Om Tat Sat.

to be continued...



Vedic Wellness Series – 4

(Vidhāna Texts: Jyeṣṭha Ṛgvidhānam)

Introduction

In the Vedic Wellness series, we have examined excerpts from the Jyeṣṭha Ṛgvidhāna in connection with health and wellness through mantras and yajñas. The Vidhāna literature also contains another Ṛgvidhānam, known as the Kaniṣṭha Ṛgvidhāna. The critical edition of this text, accompanied by the traditional commentary of Māṭṛṣunu and edited by M. Balakrishna Reddy, was published by M. Suman Kumari in 2011.¹

According to M. Balakrishna Reddy, the work is often attributed to Śaunaka; however, there also exists

a manuscript of the Ṛgvidhānam known as the Aindra Ṛgvidhānam. The

confusion regarding authorship can be resolved by accepting

that Śaunaka is a generic appellation, making

it impossible to identify the precise author.

Over the centuries, the text appears to have

undergone successive improvements and

revisions by various contributors, with

the extant version possibly compiled

by Aindra. References to Śaunaka

within the Ṛgvidhāna itself suggest

that he was not the author

of its current recension.

Rather, it seems that the

existing Ṛgvidhāna is based

on an older, more cryptic

text that was originally

attributed to Śaunaka.

Certain passages found verbatim in both

the Purāṇas and the Ṛgvidhāna further indicate that

the present form of the text was likely composed after 600 CE. This raises the question of who authored

the ancient Ṛgvidhāna. In summary, the authorship and evolution of the Ṛgvidhāna reflect a long-

standing tradition of revision and compilation, with Śaunaka serving as an influential figure rather than the sole author.²

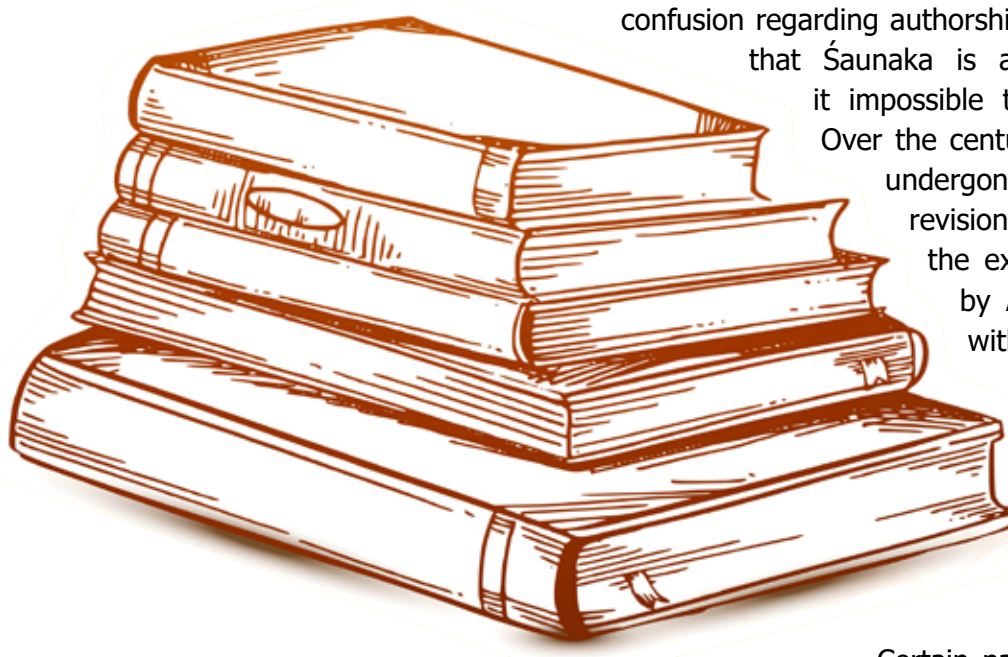
Furthermore, Balakrishna Reddy observes that several translations by previous scholars often fail to

capture the true import of the text, as demonstrated by Māṭṛṣunu's commentary. Since neither of

those translators were actual ritual specialists, they misunderstood many of the liturgical instructions

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1 Reddy Balakrishna M, Rgvidhana (The Book of Rgvedic Magical Rituals), M. Suman Kumari, Puttaprthi, Andhra Pradesh, 2011.

2 Preface, Rgvidhana (The Book of Rgvedic Magical Rituals)



in the Ṛgvidhāna. Balakrishna Reddy obtained a previously unknown Ṛgvidhāna manuscript from Shri Narendra Kapre, a noted Ṛgveda scholar, who had in turn received it from an Agnihotri Brāhmaṇa of Satara named Shri Ramachandra Bhatta Joshi. This manuscript later served as the basis for the doctoral thesis of Sadanand Chitamber Joies, a critical edition of the newly discovered Ṛgvidhāna manuscript.³ Although this edited version was commendable, it still contained several grammatical inconsistencies and possibly interpolated verses. Therefore, as that manuscript too exhibited textual issues, there arose the necessity of producing a recension as close as possible to the original form. In his work, Balakrishna Reddy attempted to achieve this by utilizing Māṛṣunu's commentary to identify and remove later additions. He also consulted manuscripts preserved at the Baroda Oriental Institute and the Bombay University Library.

This recension of the Ṛgvidhāna is generally referred to as the Kaniṣṭha Ṛgvidhāna because it contains fewer śloka than the Jyeṣṭha Ṛgvidhāna. The Kaniṣṭha Ṛgvidhāna is organized into four adhyāyas (chapters).

Wellness Practices in Kaniṣṭha Ṛgvidhāna

After offering salutations to Brahmā, the śloka emphasizes the significance of health (ārogya) as one of the primary objectives of human life.

आयुः स्वर्गो द्रविणं सूनवश्च चतुर्विधं प्रोक्तमाशास्यमग्रे ।

अन्ये कामाः शतशः सम्प्रदिष्टाः संस्तुवद्भिर्ऋषिभिर्देवताश्च ॥

āyuh svargo draviṇaṃ sūnavaśca caturvidhaṃ proktamāśāsyamagre .

anye kāmāḥ śataśaḥ sampradiṣṭāḥ saṃstuvadbhirṛṣibhirdevatāśca ..⁴

Among the numerous goals of human existence, health and wellness are mentioned by the ṛṣis as one of the foremost aims. Other primary objectives include attaining svarga (heaven), acquiring wealth through dharma, and ensuring the continuity of one's lineage.

The following śloka identifies mantra as the principal means for achieving these desired ends.

सिद्धा मन्त्रा विधिना ब्राह्मणस्य फलं यच्छन्ति विधिवत्प्रयुक्ताः ।

सत्यं तेषां साधनं संयमश्च शमस्तितिक्षानसूया दमश्च ॥

siddhā mantrā vidhinā brāhmaṇasya phalaṃ yacchanti vidhivatprayuktāḥ.

satyaṃ teṣāṃ sādhanam saṃyamaśca śamastitikṣānasūyā damaśca..⁵

तस्माद्द्विजः प्रशान्तात्मा जपहोमपरायणः ।

तपस्यध्ययने युक्तो भवेद्भूतानुकम्पकः ॥

tasmāddvijāḥ praśāntātmā japahomaparāyaṇaḥ.

tapasyadhyayane yukto bhavedbhūtānukampakaḥ..⁶

When Vedic rites are performed according to the proper procedure and accompanied by the correct mantra,

3 Joies, Sadanand Chitamber. *Aindra-ṛgvidhānasya saṃpādanam sāmīkṣātmakeṇ-adhyayanam* ca. 1996. Shri Lal Bahadur Shastri National Sanskrit University, Department of Ved.

4 Kaniṣṭha Ṛgvidhānam, 1.6

5 Kaniṣṭha Ṛgvidhānam, 1.7

6 Kaniṣṭha Ṛgvidhānam, 1.8



by a person who is truthful, disciplined, calm, free from envy, and sincere, the mantra thus chanted bestows the intended results.

Therefore, the brāhmaṇa should cultivate a tranquil mind and devote himself to japa and homa. He should engage in tapas (austerity) and adhyayana (Vedic study), and be compassionate towards all living beings.

The Kanishtha Rgvidhanam further mentions that the Vedic practices performed by such person would provide any desired objectives such as pacification of enmity, antidoting the poison and curing diseases.

The Kaniṣṭha Rgvidhāna further declares that such conscientious performance of Vedic rites can yield any desired results, such as pacifying enmity, neutralizing poison, and curing diseases. It also states that a person who lives in accordance with the Vedas and Dharmasāstra by following daily duties like Sandhyāvandana becomes qualified to undertake various Vedic rituals to attain chosen goals and aspirations.

The text provides numerous mantras and yajñas for the alleviation of ailments, reaffirming that restoration of health and longevity is one of the fundamental objectives of human life as taught by the Vedic ṛṣis (seers).

Vedic Wellness for Enhancing Intelligence

मेधातिथावृषौ पुनः सदसस्पतिमित्यृचम् ।

मेधाकामो जपेन्नित्यं जुहुयाच्चाज्यमेतया ॥

medhātithāvṛṣau punaḥ sadasaspatimityṛcam.

medhākāmo japennityaṃ juhuyāccājyametayā..⁷

The Kaniṣṭha Rgvidhāna prescribes the chanting of the mantra of Rgveda beginning with sadasaspatim, revealed by the Ṛṣi Medhātithi, as a means to enhance intelligence (medhā). The practitioner is advised to recite this mantra daily and to perform yajña using clarified butter (ghee). Such regular practice is believed to strengthen memory, comprehension, and discernment.

The referenced mantra is as follows:

सदसस्पतिमद्भुतं प्रियमिद्रस्य काम्यम् । सनिं मेधामयासिषम् ॥

sadasaspatimadbhutaṃ priyamidrasya kāmyam . sanim medhāmayāsiṣam ..⁸

Vedic Wellness for General Health

अम्बयो यन्ति या प्रोक्ता नवर्चस्त्वभिषेचनीः ।

आयुष्यास्ताः परिप्रोक्ता भैषज्याः पापमोचनीः ॥

ambayo yanti yā proktā navarcastvabhiṣecanīḥ .

āyuyāstāḥ pariproktā bhaiṣajyāḥ pāpamocanīḥ ..⁹

The water consecrated with the nine mantras beginning with 'ambayo yanti' (Rgveda, 1st Maṇḍala,

⁷ Kaniṣṭha Rgvidhānam, 1.85

⁸ Rgveda, 1st Maṇḍala, 18th Sūkta, 6th Mantra

⁹ Kaniṣṭha Rgvidhānam, 1.89



23rd Sūkta, 16th–24th Mantras) are to be sprinkled upon a person to restore general health and vitality. The chanting of this Sūkta itself is considered an act of wellness purification.

शुनःशेषमृषिं बद्धः सन्निरुद्धोऽथवा जपेत् ।

मुच्यते सर्वपाशेभ्यो गदी चाप्यगदी भवेत् ॥

śunaḥśepamṛṣiṃ baddhaḥ sanniruddho'thavā japet .

mucyate sarvapāśebhyo gadī cāpyagadī bhavet ..¹⁰

The 24th to 30th Sūktas of the R̥gveda (1st Maṇḍala), with Mahārṣi Śunaḥśepa as mantra draṣṭā, consist of a total of 97 mantras. Regular recitation of these verses is believed to free one from all ailments and restore health, as Śunaḥśepa himself symbolizes deliverance from affliction and bondage.

आकृष्णेनेत्यृचा त्वेव यो नित्यं सूर्यमर्चति ।

प्रातर्मध्येऽस्तगं वापि स जीवेदगदः सुखी ॥

ākṛṣṇenetyṛcā tveva yo nityaṃ sūryamarcati .

prātamadhye'stagaṃ vāpi sa jīvedagadaḥ sukhī ..¹¹

आकृष्णेनेत्यृचं त्वेकां ध्यायन्निशि दिवौकसः ।

अग्नौ हुत्वैतया चाज्यं दीर्घमायुरवाप्नुयात् ॥

ākṛṣṇenetyṛcaṃ tvekāṃ dhyāyanniśi divaukasah .

agnau hutvaitayā cājyaṃ dīrghamāyuravāpnuyāt ..¹²

One who worships the Sun daily - at dawn, midday, and dusk - while reciting the mantra 'ā kṛṣṇena' remains happy and free from disease. Additionally, the one who meditates upon the deities during the night and performs yajña with ghee while reciting this mantra attains long life and robust health.

The mantra referred to here is as follows:

आ कृष्णेन रजसा वर्तमानो निवेशयन्नमृतं मर्त्यं च ।

हिरण्ययेन सविता रथेनाऽऽदेवो याति भुवनानि पश्यन् ॥

ā kṛṣṇena rajasā vartamāno niveśayannamṛtaṃ martyaṃ ca .

hiraṇyayena savitā rathenā"devo yāti bhuvanāni paśyan ..¹³

Vedic Wellness for Mental Health

In this shloka, R̥gvidhanam provides a Vedic Wellness practice for a good mental health not only for humans, but also for cattle.

रौद्रीभिः षड्भिरिशानं तुष्ट्याद्यो दिने दिने ।

स नारीनरगोशान्तिं शङ्करात्प्राप्नुयात्सदा ॥

raudrībhiḥ ṣaḍbhirīśanaṃ tuṣṭyādyo dine dine .

sa nārinaragośāntiṃ śaṅkarātprāpnuyātsadā ..¹⁴

10 Kaniṣṭha R̥gvidhānam, 1.90

11 Kaniṣṭha R̥gvidhānam, 1.93

12 Kaniṣṭha R̥gvidhānam, 1.94

13 R̥gveda, 1st Maṇḍala, 35th Sūkta, 2nd Mantra

14 Kaniṣṭha R̥gvidhānam, 1.97



In this śloka, the Ṛgvidhāna prescribes a Vedic wellness practice that promotes mental well-being not only for humans but also for cattle. It states that one who daily recites the Sūkta beginning with the mantra 'kadrurāya pracetase' attains peace and tranquillity for women, men, and livestock alike, through the grace of Śaṅkara.

The Sūkta referred to here consists of six mantras and is identified as the 43rd Sūkta of the 1st Maṇḍala of the Ṛgveda. Regular recitation of these Mantras is believed to remove distress, calm the mind, and restore harmony within both the human community and its natural environment.

Glance of the Aforesaid Therapies

| SNo | Vedic Therapy for | Śloka in Kaniṣṭha Ṛgvidhānam | Mantra/ Sūkta in Ṛgveda |
|-----|------------------------|--|--|
| 1 | Enhancing Intelligence | मेधातिथावृषौ पुनः सदसस्पतिमित्यृचम् । मेधाकामो जपेन्नित्यं जुहुयाच्चाज्यमेतया ॥ | Ṛgveda, 1 st Maṇḍala, 6 th Mantra of 18 th Sūkta |
| 2 | General Health | अम्बयो यन्ति या प्रोक्ता नवर्चस्त्वभिषेचनीः । आयुष्यास्ताः परिप्रोक्ता भैषज्याः पापमोचनीः ॥ | Ṛgveda, 1 st Maṇḍala, 16 th to 24 th Mantras of 23 rd Sūkta |
| 3 | | शुनःशेषमृषिं बद्धः सन्निरुद्धोऽथवा जपेत् । मुच्यते सर्वपाशेभ्यो गदी चाप्यगदी भवेत् ॥ | Ṛgveda, 1 st Maṇḍala, 24 th to 30 th Sūktas |
| 4 | | आकृष्णेनेत्यृचा त्वेव यो नित्यं सूर्यमर्चति । प्रातर्मध्येऽस्तगं वापि स जीवेद्गदः सुखी ॥ | Ṛgveda, 1 st Maṇḍala, 2 nd Mantra of 35 th Sūkta |
| 5 | | आकृष्णेनेत्यृचं त्वेकां ध्यायन्निशि दिवौकसः । अग्नौ हुत्वैतया चाज्यं दीर्घमायुरवाप्नुयात् ॥ | |
| 6 | Mental Health | रौद्रीभिः षड्भरीशनं तुष्ट्याद्यो दिने दिने । स नारीनरगोशान्तिं शङ्करात्प्राप्नुयात्सदा ॥ | Ṛgveda, 1 st Maṇḍala, 43 rd Sūkta |

Conclusion

The Kaniṣṭha Ṛgvidhānam stands as a remarkable link between ancient Vedic practices and the modern quest for integrative wellness. Beyond its ritual prescriptions, it encapsulates a vision of health that harmonizes the physical, mental, intellectual, and spiritual dimensions of human life. By advocating practices such as japa, yajña, and adhyayana, the text proposes a way of living that sustains not only bodily vigour but also clarity of mind and emotional equilibrium.

This holistic model aligns closely with the foundational ideas of Āyurveda and Yoga. Both these systems, like the Vidhāna texts, regard health as a state of harmony arising from the balance of energies, ethical conduct, and spiritual awareness rather than mere absence of disease. The role of sound (śabda), sacred intent (saṅkalpa), and disciplined repetition of mantras demonstrates an early understanding of what modern therapeutic science identifies as psychoacoustic healing and mindfulness-based stress reduction.



Furthermore, the Kaniṣṭha Ṛgvidhānam offers a collective vision of wellness, extending its benefits to all beings - humans, animals, and the larger environment. Such inclusiveness reflects a profound ecological awareness grounded in the Vedic worldview where life is perceived as an interconnected web sustained by ṛta (cosmic order).

In the contemporary world, where physical illness, mental unrest, and global disharmony often coexist, revisiting the insights of the Kaniṣṭha Ṛgvidhānam invites us to rediscover equilibrium through sacred sound, mindful ritual, and compassionate living. It urges the modern seeker to recognize that authentic well-being is not achieved through external means alone but through a harmonious alignment of the body, the mind, and the spirit with the eternal rhythm of nature.

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South Korea: President of S-VYASA, **Dr. H R Nagendra Guruji** and Vice Chancellor of S-VYASA, **Dr. Manjunath N K** graced the **9th 2025 Miryang International Yoga Festival** and had a lunch with Mayor of Miryang City in an ancient Heritage Resort which is 1500 years old and renovated by the Government.



Arogyadhama - Success Story

Dept of Neurology

Arogyadhama's Department of Neurology deals with neurological disorders like Parkinson's Disease, Cerebral palsy, Multiple Sclerosis, post stroke rehabilitation, etc. Since Neurology is concerned with the diagnosis and treatment of nervous system diseases, as well as prevention of neurological disorders, diseases affecting neurons, neurotransmitter chemical imbalance, central nervous system, and spinal cord are treated here. This includes neuropathies, migraines, epilepsy, and congenital diseases like Spina bifida and others -

Patients who have undergone surgery, or those advised surgery for neurological complaints, also come to us for rehabilitation.

Under the able guidance of Dr Nagarathna and her team of doctors and therapists, an integrated approach of therapy is applied. This includes Yoga therapy, Ayurveda, Naturopathy, Acupuncture, Physiotherapy, Psychotherapy and Diet therapy, for treatment of diseases and promotion of positive health.

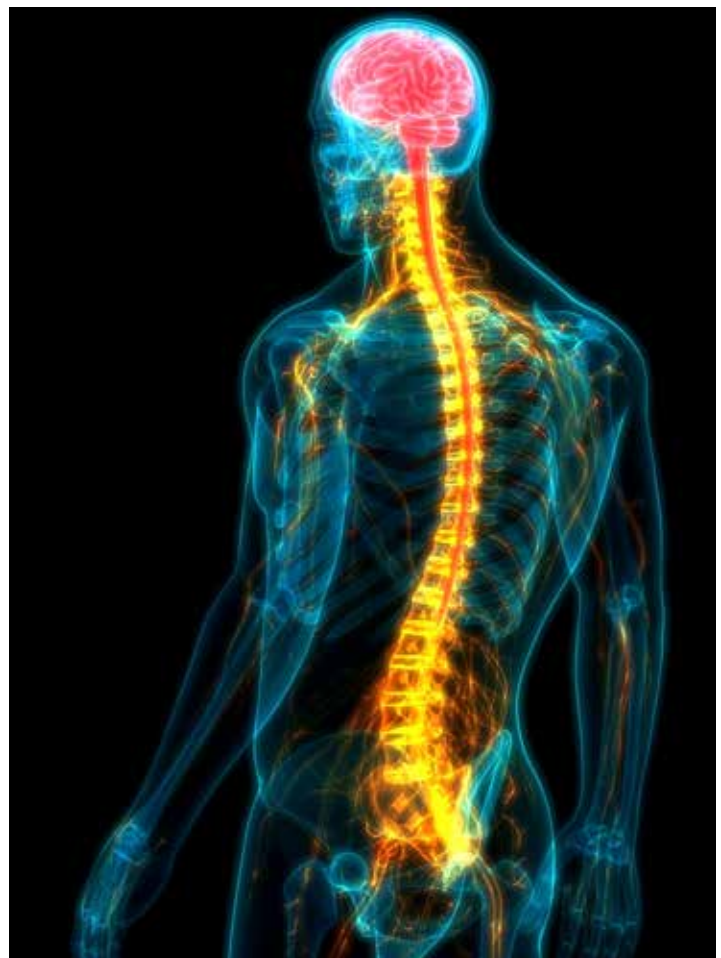
Integrated Yoga Therapy in the Management of Spinal Cord Injury: Case of Pramila Narasimhan, age 57 years

Here we share the experience of Pramila Narasimhan (name changed) who stayed at Arogyadhama for two months, in July-September 2025.

Pramila came with the complaints of restricted upper and lower limb movement, difficulty in sitting, standing and moving her right hand. She had severe pain in her right arm.

Her problems had started after a road accident in which she suffered spinal cord injury which caused bruising, as well as swelling of the vertebrae (C-3, C-4, C-7 cord contusion with cord oedema and stenosis). Further, there was mild traumatic bleeding in the brain - thin acute subdural haemorrhage in the right parietal convexity, and mild acute subarachnoid haemorrhage in the right fronto-parietal cortical sulci.

She had to undergo surgery. At Arogyadhama, she also presented with complaints of pain all over the body and





numbness post her surgery. She came for management of her condition.

She was given Integrated Yoga Therapy for restoring 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. In Pramila’s case, these included:

- Special techniques for neurology – passive and active Sukshma Vyayama, certain Asanas and breathing practices;
- Pranayama and Meditation techniques like MSRT to relax the mind.
- Devotional sessions on Gita, Upanishads and Vedas;
- Lectures on Lifestyle management, and
- Yogic counselling.

This was combined with some Naturopathy treatments like Mustard pack, as well as Physiotherapy and Acupuncture.

A Journey from Immobility to Independence

Over her two-month stay at Arogyadhama, Pramila’s condition improved dramatically. Her pain score had gone down from 7 to 2. When she was discharged, she felt much better and had a favourable prognosis. When asked if she would like to mention any specific practice that she liked, she said, “*Ashwini mudra is very helpful in passing urine. It really helped me, I’m very happy.*”

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

| Condition | At Admission (Pre-Treatment) | At Discharge (Post-Treatment) |
|-------------------------|--|---|
| Mobility & Pain Score | Bedridden, no limb movement. Pain Score: 7 (with medication) | Walking independently Pain Score: 2 (without medication) |
| Bladder & Bowel Control | Complete loss of control | Regained full control |
| Muscle Strength | Weak and flaccid limbs | Improved tone and strength |
| Dependency | Fully dependent for all activities | Independent in daily activities |
| Mental Status | Hopelessness and fatigue | Confidence, motivation, and calmness |
| Overall Progress | Limited physical and emotional capacity | Remarkable functional recovery and vitality |



Cultural Colors at 9th 2025 Miryang International Yoga Festival

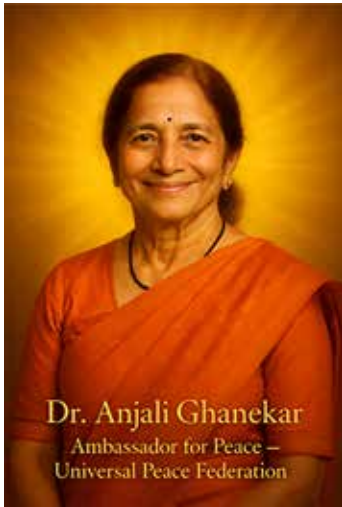




“Hero Within” – The Path of Character: Empowering Youth through the Yoga-Way-of-Life

■ *Dr. Anjali Ghanekar*

Professor Emeritus, S-VYASA Yoga University / Ambassador for Peace, Universal Peace Federation / Founder - The Path of Character Initiative



Awaken the Hero Within

In today’s rapidly changing world, youth hold the promise of tomorrow. They are visionaries, innovators, and emerging leaders capable of shaping societies with wisdom,

compassion, and integrity. Yet, to fully realize this potential, young people need more than knowledge - they need guidance, practical tools, and inspiration to align character with action, and service with purpose.

Across the globe, young people face unprecedented pressures: rapid technological change, social and political turbulence, environmental crises, and subtle erosion of moral and emotional grounding. In this landscape, leadership cannot be measured by success alone; it must be defined by character, integrity, and the ability to create positive impact.

Yoga: A Timeless Path to Self-Mastery

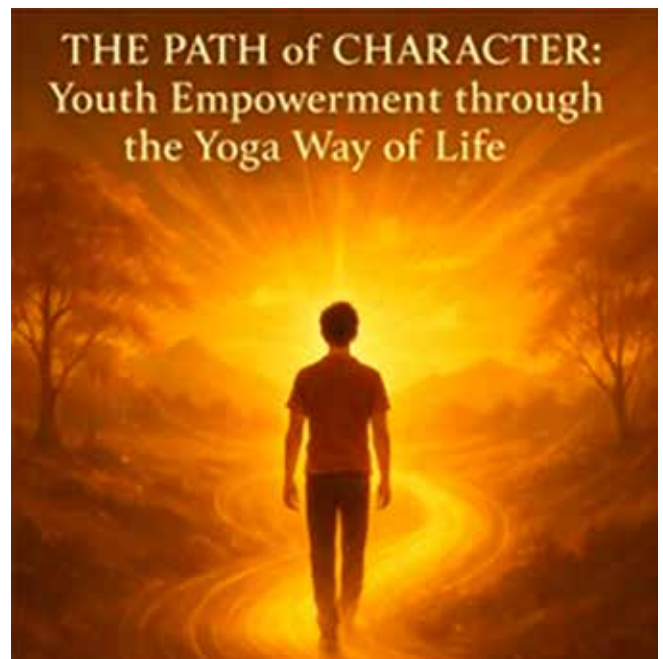
Yoga provides more than physical postures; it is a framework for self-mastery, ethical living, and mental clarity. When paired with deliberate character-building, it equips young people with the skills to manage emotions, make ethical decisions, and approach life with resilience and focus.

The Path of Character initiative integrates these ancient principles with modern mentorship, creating an experiential journey that strengthens the mind, heart, and spirit.

Empowering Youth for Global Leadership

The course “*Empower the Hero Within*” is designed to cultivate:

- **Self-awareness & emotional resilience** - navigate personal and interpersonal challenges mindfully.
- **Ethical leadership & service** - translate inner values into community action.
- **Global citizenship & vision** - think beyond borders and foster cross-cultural understanding.
- **Selfless service (SEVA)** - contribute to





positive change while reinforcing personal growth.

"The world needs leaders grounded in wisdom and service. The Path of Character helps youth become those leaders - today."

Distinct Roles in the Initiative

Youth: Discover inner strengths, apply learning, and lead change both locally and globally.

Mentors: Guide, inspire, and provide frameworks to ensure reflection and real-world application.

Educators: Integrate lessons into academic and character-building contexts, nurturing long-term growth.

Together, youth, mentors, and educators form a living ecosystem of growth, learning, and positive action.

From Knowledge to Action: Creating a Ripple Effect

Participation in the Path of Character initiative is not just individual growth - it is the start of a **global network of conscious leaders**. Youth empowered through this course can positively impact their communities, society, and the planet, creating a ripple effect that transcends borders and cultures.

"With collective dedication, the Path of Character can grow into a global movement of empowered youth shaping a better world."

Global Vision & Call to Action

The Path of Character envisions a world where young people are equipped to lead with wisdom, integrity, and compassion. By participating now, youth contribute to a larger movement toward sustainable, peaceful, and harmonious societies. Mentors and educators can guide this transformative journey, while organizations can amplify the impact worldwide.

The course is **100% free, online, and globally accessible**. To awaken your 'Hero Within' and become part of this movement:

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

HERO WITHIN - THE PATH OF CHARACTER
Youth Empowerment through the Yoga-Way-of-Life

Free, globally accessible, self-paced, online certification program

Key Benefits:

- Self-Awareness & Resilience
Navigate challenges confidently
- Ethical Leadership - Lead with integrity
- Global Perspective - Think beyond borders
- Selfless Service (SEVA) - Make a positive impact

Free Online Course - Join Now!



Swami Vivekananda - The Humanist - 12

Humanism abhors separatism, segregation, and seclusion. It never entertains discrimination. To be ethical is to be humane, kind, and considerate. Humanism integrates and harmonizes, knitting society together. Barriers and barricades are never the delight of humanism.

Swami Vivekananda, from childhood, was essentially a humanist. Generosity in him was genetic or inborn, not cultivated or cosmetic. He could not bear the sight of suffering and sorrow, and his heart overflowed with love and affection, always eager to alleviate the suffering of those around him. His compassion was not limited by caste, creed, or religion, for his vision of humanity transcended all such barriers. Casteism has caused more harm to society than good. While categorization may be necessary



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



for effective governance, caste by birth is never conducive to the harmonious wellbeing of any people, in any society. The rigid structures that casteism enforces create division, breed prejudice, and prevent the flourishing of individuals. Bifurcation and segregation in the name of caste are unacceptable to any rational society. Human dignity and equality are the pillars on which any just and progressive society must stand.

The Sun does not give light differently to different castes, nor is the earth or water prejudiced towards any particular caste. Wind and space are equally essential to people of all castes. Swami Vivekananda was always a rational thinker. As a boy, he questioned the propriety of having different smoke pipes for different castes in his father's office. He succeeded in proving that there was no harm, and that the heavens would not fall, if all the smoking pipes were interconnected.

As a wandering monk, Swami Vivekananda travelled the entire length and breadth of this great country, India. In Rajasthan, while walking on the highway, he came across a cobbler enjoying a hookah to his heart's content by the roadside. Swamiji was tempted and instantly wanted to share the smoke with the shoemaker. But unfortunately, the blind traditions and stupefying superstitions that had been entrenched in this country for centuries held him back. He could not, burdened by the weight of tradition, withdraw from the spot. Very soon, his intellect awakened and whipped him with the stick of logic. Is casteism born to



segregate people? Is casteism created to oppress the unfortunate? Is casteism a cruel demon, crushing the underprivileged in poverty? Are not all people born with the same limbs? Do physical needs not remain the same? Are our physical frames not similar? Why, then, should there be devastating discrimination? Perhaps some are intellectually sharp and some less so, but that does not justify humiliating social discrimination that suppresses anyone under the feet of the rich and powerful. Why should one's worth be determined by birth or social standing? The mind knows no caste, and the heart knows no division. Very soon, Vivekananda was convinced that humanism demands mutual cooperation and social solidarity. Therefore, he went back to the shoemaker to share the smoke, addressing him as "brother."

Unfortunately, the reaction of the cobbler was

not favourable. He was not forthcoming in offering the pipe of smoke to Swamiji. Now, the task before Swami Vivekananda had grown greater and more essential - he had to educate the diffident and oppressed masses, to awaken in them a sense of equality and shared humanity. Without hesitation, Swami Vivekananda sat on the roadside, placing his hands on the cobbler's shoulder with brotherly affection. At that very moment, Swamiji envisioned his great matinee idol, Sri Rama, of the ruling class, embracing Guha, the boatman of the tribal community. Blood is the same. Air is the same. Earth is the same. Hunger too is the same. Why, then, this discrimination?

The humanism of Swami Vivekananda is vibrant. It is invincible. It is ever-successful. Swamiji, therefore, practiced and preached humanism. Only by being humane can people come together and rise together.



Prashanti Kutiram: During the recent visit of **Sri Manohar Lal Khattar**, Union Minister of Power and Housing & Urban Affairs



Yoga Researcher from Poland Felicitated at S-VYASA



Dr. Krzysztof Stec was felicitated during the Prarthana Milan at S-VYASA on September 30, 2025. He is a Senior Lecturer at the Collegium Medicum, Jan Długosz University, Poland.

A distinguished scholar in the field of yoga, Dr. Stec holds multiple degrees from renowned institutions – D.Y.Ed. from Kaivalyadhama Yoga Institute, B.Sc. from the University of Cincinnati (USA), M.P.Ed. from Banaras Hindu University, M.Phil. from the University of Rajasthan, and Ph.D. from Jozef Piłsudski University of Physical Education in Poland.

With a deep passion for yoga, Dr. Stec has trained under eminent yoga researchers, gurus,

and saints across India. Having visited India more than 30 times and spent over a decade here, he has actively contributed to the global promotion of yogic science. He has presented numerous research papers on yoga techniques at international conferences in Poland, India, Germany, and the USA, and authored over 70 scientific publications in reputed journals.

His books “Effects of Suryanamaskar, Suryanamaskar: Sun Salutations, and Hygienic-Therapeutic Techniques of Yoga” are well recognized in the field. He is currently pursuing his habilitation (D.Litt.) at Jan Długosz University, Poland.



Prashanti Kutiram, Oct 24: During the 66th Executive Council Meeting (ECM) of S-VYASA



Sūryanamaskāra Research Project

Anvesana Research Laboratory, S-VYASA (Deemed to be University), Bengaluru, India



The Anvesana Research Laboratory, S-VYASA (Deemed to be University), Bengaluru, successfully conducted a single case study of World record Holder Mr. Sandeep Arya, who has done 20,000 rounds of Surya namaskar over 37 hours. Here in S-VYASA campus, Mr. Sandeep has performed Sūryanamaskāra continuously for 10 hours, which counts for about 2260 rounds of Suryanamaskara. Around 400 students visited him and got motivated by his strenuous performance during the event. This Research Project is a pioneering scientific study exploring the limits and dimensions

of yogic performance during the last week of September 2025.

The project commenced on **24th September 2025** with **pre-data collection**, which included **psychological assessments** and **semi-structured interviews** for qualitative analysis. The core aim of the study was to examine the Physiological, Psychological, Cerebrovascular Correlates and Biomarker Assessments of 10 hours of continuous Surya Namaskar practice by world record holder Mr. Sandeep Arya. On **27th September 2025**, Mr. Sandeep Arya, performed a **10-hour Sūryanamaskāra session** under real-





time monitoring by the Anvesana research team. This session marked the central experimental phase of the study, integrating advanced data monitoring and observation techniques.

The study was designed and supervised by **Prof. Dr. Ramesh Mathur**, Research Director, Anvesana Research Laboratory, in collaboration with **Dr. Krzysztof Stec** from Jan Dlugosz University, Poland, who facilitated communication with the performer. Dr. Dhamodhini K S served as Project Coordinator, overseeing all stages from planning to execution. In addition, Mr. Murugesh K, Dr. Pradeep S R, Dr. Krishna Dwivedi and Dr. Sridevi K J were also involved dedicatedly in data collection and data extraction. All **Ph.D. scholars of Anvesana** participated actively in data management and collection. The S-VYASA management provided essential financial and institutional support throughout the project.

The data collection processes were continued till **3rd October 2025**. The data extraction and **data analysis has been completed before 15th October 2025**. Our research team is currently working to publish the work soon and are anticipated to reveal **new scientific and philosophical insights into the transformative effects of sustained Sūryanamaskāra practice**.

This **Sūryanamaskāra Research Project** stands as **one of its kind**, representing a **unique convergence of traditional yogic wisdom and modern scientific inquiry**, and is expected to mark a **significant contribution to the field of yoga research**.

Key Data Outputs:

- **Cardiovascular Stability:**
 - i. BP and pulse remained steady throughout the 10-hour session (SBP: 110–120 mmHg; DBP: 70–80 mmHg; HR: 82–88 bpm).
 - ii. Indicates exceptional cardiovascular endurance, autonomic balance, and

efficient physiological regulation.

- **Metabolic Adaptation:**
 - i. Fasting glucose reduced from 91.4 → 63.7 mg/dL, reflecting enhanced glucose utilization and insulin sensitivity.
 - ii. Potassium normalized dynamically (5.9 → 3.7 → 4.8 mmol/L), showing effective ionic regulation.
- **Autonomic and Psychological Balance:**
 - i. HRV indices showed transient sympathetic dominance post-session (LF/HF: 1.51 → 8.26), suggesting temporary physiological arousal.
 - ii. GSR shifted from negative to positive, indicating increased skin conductance and alertness.
 - iii. Despite these shifts, anxiety and stress scores remained low, demonstrating emotional regulation and mental calmness.
- **Cerebrovascular and Bioenergetic Insights:**
 - i. Transcranial Doppler showed increased left MCA velocity with reduced pulsatility and resistance indices, implying improved cerebral perfusion.
 - ii. Bio-Well analysis revealed enhanced bioenergetic field and chakra activation mid-session, with balanced organ energy (notably in cardiovascular and endocrine systems).
 - iii. Mild end-session fatigue observed in respiratory and urogenital domains, consistent with prolonged exertion.
- **Overall Outcome:**

The study revealed a synchronized psychophysiological response - **enhanced aerobic efficiency, cerebral perfusion, and bioenergetic coherence**, coupled with **mental equanimity and adaptive recovery**, exemplifying the integrative potential of advanced yogic training.



S-VYASA Welcomes Freshers with Sacred Homa & Vibrant Celebration



On 20 September 2025, the School of Yogic Sciences (SYS) at S-VYASA set the ball rolling for the new academic year with a dawn Homa and a lively evening Freshers' bash.

The day kicked off at 7 AM with the sacred Homa at Shruthi Mandir, carried out hand-in-hand with the YIC students. The chanting and offerings lifted everyone's spirits, blessing the freshers as they geared up for their new journey.

During evening, the spotlight shifted to Samskruti Bhawan for the long-awaited Freshers' Party - 'OJAS 2025'. The Student Council pulled out all the stops, pitching in with décor, lights, music, games, snacks, and food, all running like clockwork under the management's steady hand.

The evening got underway with a lamp-lighting ceremony led by the Registrar, faculty, and student reps, throwing open the celebrations. Dances, songs, and games - Cup Snatching, Balloon Race, and playful tasks - kept the crowd on its toes and broke the ice for the newcomers.

The night wrapped up with a hearty dinner

that brought everyone to the same table, strengthening bonds between students and teachers.

The event was steered by the Student Council - President Arnav Dosi, VP Ishan Khatri, GS Manavi Nagpal, Literary Sec Aakashdeep, Cultural Sec Aryan Jain, Sports Sec Raj Kumar, and Hostel Secs Srinivas Prasad & Tisha Agrawal with full backing from the management.

'OJAS 2025' lit up the campus, capturing the true spirit of energy, camaraderie, and fresh beginnings.





Launch of Medical Astrology Web Page



The **Varahamihira Advanced Centre for Vedic Technology and Research (VMAC-VTR)**, Division of Yoga-Spirituality, **Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**, organized a special discussion session for the **launch of the Medical Astrology Software - "Vedic Health"** on 14.10.2025

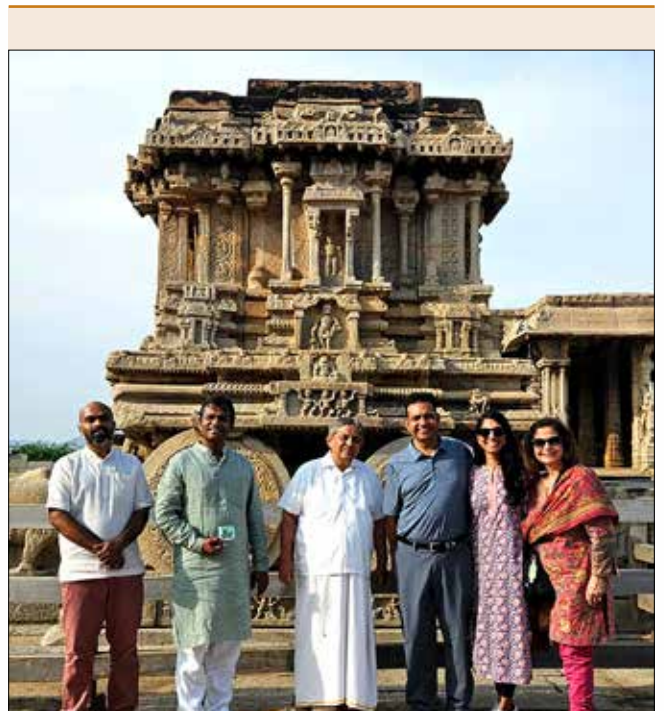
The session was graced by **Pujya Dr. H. R. Nagendra Guruji**, President of S-VYASA, **Pujya Swami Jagadatmananda ji** of Arsha Vidya Gurukulam, Coimbatore, **Prof. N K Manjunath**, Hon'ble Vice-Chancellor of S-VYASA, **Dr. Vasudev Vaidya**, Deputy Registrar, **Dr. Nagarajan V**, Assistant Professor and Coordinator of VMAC-VTR, **Dr. A. Sreenivasa Sarma**, Assistant Professor, Division of Yoga-Spirituality, and **Ms. Guru Preeth Singh**, Volunteer, S-VYASA.

Pujya Guruji welcomed Swami Jagadatmananda ji and introduced the faculties of S-VYASA to him. Following the introductions, **Swami Jagadatmananda ji launched the "Vedic Health" web page**, a self-developed digital platform designed to assist researchers and practitioners in the emerging field of **Medical Astrology**.

The "Vedic Health" tool enables the analysis of birth charts to identify tendencies and potential health issues such as **diabetes, blood pressure, heart ailments, kidney disorders, and cancer** through astrological parameters.

Swami ji elaborated on the technical features and analytical process of the software during the session.

Hon'ble Vice-Chancellor **Prof. N K Manjunath** appreciated the initiative, acknowledging it as a significant step towards integrating Vedic wisdom with modern health research. **Dr. Vasudev Vaidya** delivered the vote of thanks, expressing gratitude to all dignitaries and participants.



A Delegation led by the President of S-VYASA, **Dr. H R Nagendra Guruji** visited **Hampi UNESCO World Heritage Site**



Sanskrit Utsava 2025

A Celebration of Language, Culture and Indian Knowledge Systems



Reviving the Spirit of Samskritam

The **Sanskrit Utsava 2025** was celebrated with great joy and reverence at Prashanti Kutiram Campus organized by the Division of Yoga-Spirituality, School of Yogic Sciences. The event



spanned across three vibrant days (October 7th to 9th), dedicated to the beauty and wisdom of *Sanskritam* - the eternal language that upholds **Bhāratīya Jñāna Paramparā** (Indian Knowledge Systems).

This year's Utsava saw **enthusiastic participation and wholehearted support from over 100 students across all schools**, reflecting a **25% increase** from last year. The event's success was a testament to the **active cooperation of faculty members** and the **enthusiasm and creativity of our students**, who together made the celebration truly memorable.





Competitions and Creative Expressions

Five major competitions formed the heart of the celebration - **Recitation, Speech (Sanskrit & English), Collage Making, Sanskrit Song,** and the **Bhagavad Gita Quiz.** Participants impressed both judges and audiences with their eloquence, scholarship, and artistic talent, expressing the essence of Samskritam through creativity and devotion.

Adding to the scholarly spirit, **book stalls** by **Sanskrit Promotion Foundation (New Delhi), Samskrita Bharati (Bengaluru),** and **Vyoma Linguistic Labs** attracted enthusiastic visitors throughout the event. The stalls offered a wide collection of books on Yoga, Ayurveda, Indian Mathematics, and Sanskrit learning.

Valedictory Programme Highlights

The **Valedictory Ceremony** was graced by **Prof. Ramachandra Bhat Acharya, former Vice-Chancellor of S-VYASA,** as the **Chief Guest,** and **Dr. Mohan, Samskrit Promotion Foundation, New Delhi,** as the **Special Guest.**

The programme commenced with a **Vedaghosha** and **lighting of the lamp** by all the dignitaries. **Prof. M. Jayaraman, Dean, Division of Yoga-Spirituality,** welcomed

the gathering, followed by **Shri. Chaitanya Lakkundi, Assistant Professor, Division of Yoga-Spirituality,** who presented a detailed report on the Utsava along with a short video presentation.

Prof. Sony Kumari, Registrar, delivered an inspiring address in Samskritam, while **Prof. Siva Sankara Sai, Pro Vice-Chancellor,** and **Prof. Subrahmanyam, Chancellor,** shared insightful messages emphasizing the importance of nurturing awareness of Bharatiya culture.

The **Chief Guest's Address** by **Prof. Ramachandra Bhat Acharya** was the highlight of the event, deeply inspiring all present. The ceremony concluded with the **Prize Distribution** by the dignitaries, followed by a heartfelt **Vote of Thanks** delivered by **Dr. N. Sridhar, Associate Professor and Vice-Principal, School of Yogic Sciences.**

The programme was gracefully anchored by **Dr. Anusha S., Associate Professor, Division of Yoga-Spirituality.**

A Celebration of Unity

Sanskrit Utsava 2025 stood as a shining example of **student enthusiasm, and shared cultural pride** that came together to celebrate India's timeless heritage.

जयतु संस्कृतम् । जयतु भारतम् ।

The programme was coordinated by **Dr. Anusha S** and **Shri. Chaitanya Lakkundi** of the Division of Yoga-Spirituality.





Ek Din, Ek Ghanta, Ek Saath: Campus Cleanliness Drive at S-VYASA



tasks, including removing litter, sweeping pathways, collecting and disposing garbage responsibly, and spreading awareness among passersby about the importance of hygiene and discipline. By the end of the drive, these areas had been visibly transformed, projecting both order and aesthetic harmony.

On 25th September 2025, the NSS Unit of S-VYASA University organized a Mass Swachhata Abhiyan, uniting students and faculty in collective service, promoting cleanliness, responsibility, and the essence of Karma Yoga.

The campaign was aligned with the national initiative “*Ek Din, Ek Ghanta, Ek Saath*”, which encourages every citizen to dedicate one hour towards cleanliness and community service.

In the spirit of this noble movement, S-VYASA’s NSS Unit orchestrated a large-scale cleanliness drive that combined discipline, teamwork, and selfless service, thereby translating ideals into meaningful action.

More than 150 participants, including both students and faculty members, actively contributed to the drive. Their enthusiastic participation not only reflected commitment to environmental responsibility but also strengthened the culture of unity and shared purpose within the university community.

The cleanliness campaign systematically covered four vital zones of the campus: the Saraswathi Library premises, the area behind the Girls’ Hostel, the surroundings of the Anvesana Research Lab, and the vicinity of the Swami Vivekananda Statue. For a full hour, participants engaged wholeheartedly in various

The initiative was efficiently coordinated under the able guidance of the NSS Unit In-charges, Dr. Moodala Girishankara K. S. and Dr. Kiran Kumar. Their leadership, coupled with meticulous planning and constant encouragement, ensured smooth execution of the program and high levels of participant involvement.

The outcomes of this Abhiyan were multifold. It significantly improved the cleanliness of targeted areas, set a strong example for the entire campus, and instilled awareness about hygiene and social responsibility among students and staff alike. Most importantly, it provided participants with an opportunity to experience Karma Yoga in practice - serving the community selflessly while cultivating discipline and humility. The drive also reinforced bonds of teamwork and strengthened the sense of belonging among members of the university community.

In conclusion, the Mass Swachhata Abhiyan conducted by the NSS Unit of S-VYASA was more than a cleanliness activity - it was a lived expression of the harmony between action and philosophy. By blending the ideals of Swachhata with the timeless principles of Karma Yoga, the event contributed to both the physical environment and the inner growth of participants.



Krida Vilasa 2025: School of Yogic Sciences Emerges as Top Performer



S-VYASA organized its annual sports event Krida Vilasa from 10th to 12th September 2025. The grand event witnessed enthusiastic participation from various schools of the university, including the School of Yogic Sciences, which excelled remarkably across different competitions.

On the opening day, 10th September, the schedule began with Yogasana and Maitri-Milan, followed by the March Past and Inauguration.

The School of Yogic Sciences created history by securing the first position in March Past, led by Dr. Amit Mishra, Ph.D., making the school shine among all others. In the Yogasana events, the school performed brilliantly: in Rhythmic Yoga, Abhishek and his team won the 1st prize, while Ayush and team secured the 2nd prize. In Asana Holding, Abhishek and team again bagged the 1st prize, while Deelip and team won 2nd prize. The school's Kho-Kho team, led by Vikas Gowda, clinched the 1st prize, setting a strong start for the competitions.

On the second day, 11th September, individual athletic events were held. In Shotput, Mandeep won the 1st prize and Aryan Giri secured the 2nd prize. In Discus Throw, Mandeep once again bagged the 1st prize, while in Javelin Throw, he achieved the 3rd position. Among the girls, Prachi Dabral earned 3rd prize in Javelin, adding pride to the School of Yoga.

On the final day, 12th September, the highlight was the Kabaddi finals, where the School of Yoga team, led by Mandeep, achieved a glorious victory by winning the 1st position. The event concluded with the Tug of War (Girls) and a grand Valedictory ceremony.

Throughout the three days, the School of Yogic Sciences showcased excellent talent, discipline, and sportsmanship. Representing the school as Sports Secretary, Raj Kumar Singh coordinated the teams and ensured outstanding performance. The achievements brought great honor and recognition to the School of Yoga in Krida Vilasa 2025.



Krida Vilasa 2025: A Grand Showcase of Sportsmanship and Yogic Spirit at S-VYASA

The Krida Vilasa Sports Meet 2025 at S-VYASA was a vibrant celebration of athletic talent and team spirit from September 10th to 12th, featuring broad participation from multiple faculties and schools.

The School of Yogic Sciences (SYS) led the opening march past, setting an inspiring tone for the event. The basketball teams of SSYNM dominated both girls' and boys' categories, with the girls' winners including Ragini, Tejasvini, Poonguzhalli, Preethi, Mrithika, Apporva, Bala Raksha, Adwita, and Durgashree. The runners-up team hailed from Sushrutha Ayurvedic Medical College. The boys' winning squad featured Vinay C, Guruprasath, Tejas A, Bishop, Roshan, Pramodh, Kartikey, Abhijeet Kafle, Varun, and Vijayanand with their runners-up also representing the same school.

The Tug of War event was won by the School of Advanced Studies, followed closely by SSYNM. Athletic events highlighted exceptional talent: Ramya R, Tejaswini, and Mandeep, among others, excelled in discus throw, shot put, and javelin with noteworthy performances by Gokul, Suddu, Hamshumala, Soukhya, Yogaa M. S., Aryan Giri, Prachi Debral, Uttam, and Sattvik.

The yoga-centered competitions showcased exceptional talent, with Abhishek Sahu, Utkarsh



Kaushal, Varle Deelip, Sharwari Mitkar, Laxmi Ilakal, and Sujeet Gadde from SYS, along with Vaishnavi S, Pranjali Pratap Patil, Suranjali Chakraborty, Devika Biju, K. Jasmin, C.V. Rechavi, and Manogna P from SSYNM, securing the first prize in Rhythmic Yoga.

The second prize was awarded to Ayush Goswami, Abhay Kotiya, Abantik Biswas, Dineer Naorem, KM Nirali Jaiswal, and Pratiksha Saini. In the Asana Holding category, SYS teams led by Abhishek Sahu and Varle Deelip claimed the first and second prizes, respectively.

Volleyball girls included Harshitha L, Lipika, Vedika, Yoga, Chintana, Dhriti, Tejaswini, and Chaitanya, with runners-up Dharshini, Ragini, Poonguzhali, Preethi, Bala Raksha, Chaitanya Sangh, Harini, Srinidhi, and Jayashree.

Boys' volleyball winners were Parthiv C, Baladithya, Chandan C S, Pramodh, Tejas A, Varad, Vasanth, Sushrutha, and Bishop, while Sujit, Suddu, Abhishek C, Harun, and Mohammad Rihan were runners-up.

In Basketball, boys' winners were Ebin, Abhijeet Kafle, Samyak, Varad, Parikshit, Siddarth C, and Guruprasath; runners-up included Gokul, Vann, Harsha, Vinay, Karthikey, Gajanan, Baladithya, Aakash, Gowtham, and Preetham Raj.

Kho-Kho featured distinguished girls' teams





from- Saloni, Jana Jahanavi, Kusuma, Preethi, Gayatri, Tanushree, Sapna C, Kavya, Kshithija, Ramya, Tejaswini, and Anjali - and the runners-up with Mirthika, Vijayalaxmi, Arthi V, Jahanavi, Sri Darshini, Yamini, Jayaswarana, Amrutha, Chaya Bhagavathi, Harshitha L, Bala Raksha, and Ragashree.

Kabaddi saw the School of Yoga champions Krish Thakur, Anushul Sharma, Shubham, Aryan Giri, Inder Verma, Vishal Thakur, Ansh Thakur, Mohit Thakur, Vikas, and Mandeep win over the SSYNM runners-up Ganesh Pashupathy Raj, Gandhi, Kartekay, Roshan Kumar, Abhijeeth,

Krithik Raj, Varad K, Gokul Kanan, Narendran, Preetham Raj, and Rupesh.

Throw ball girls' winners featured Harshitha L, Yoga, Angelina, Chaitanya, Bala Raksha, Lipika, Poonguzhali, Lekhana, and Jayashree, while runners included Tejaswini, Chandana, Kshithija, Nisha, Sapna C, Ira, Prathyusha, Sowmya, and Ramya.

The event's success was ensured by Physical Education Deputy Director Dr. Kiran N. S, Sports Secretaries Harshitha L, Raj Kumar Singh, and Abhishek, along with the other sports committee members.

Prof. M. Jayaraman, Division of Yoga - Spirituality, S-VYASA, Secure National Project of Central Sanskrit University

The Division of Yoga - Spirituality, S-VYASA Deemed University, Bengaluru, led by Prof. M. Jayaraman, has been awarded a prestigious two-year research project under the Aṣṭādaśī Scheme of the Central Sanskrit University, New Delhi, which promotes Sanskrit and Indian Knowledge Systems (IKS).

The project, titled "Haṭhayogapradīpikā through Saṃskṛta: Saṃskṛta-Based Curriculum for Haṭhayogapradīpikā," has been awarded under the "Yoga through Sanskrit" theme for the year 2024-25. Prof. M. Jayaraman serves as the Principal Investigator (PI), with Dr. N. Sridhar as the Co-Principal Investigator (Co-PI). A funding support of ₹9.00 lakhs has been recommended for the initiative. The Sanction letter was received on the 14th Oct 2025.

This project aims to design a Sanskrit-based curriculum framework for the Haṭhayogapradīpikā, integrating its linguistic, philosophical, and practical dimensions. By doing so, it seeks to facilitate deeper engagement with Yoga texts through the medium of Sanskrit, fostering authentic learning and research in the Yoga-Sanskrit interface.

Through this achievement, the Division of Yoga - Spirituality at S-VYASA strengthens its commitment to advancing Yoga and Indian Knowledge Systems (IKS), by blending classical wisdom with contemporary educational innovation.





Journey to the Self: CODE YIC PCP 2025

23 – 29 August 2025 | Prashanti Kutiram, S-VYASA

By the Centre for Online and Distance Education (CODE)

“Yoga is the journey of the self, through the self, to the self.” - Bhagavad Gita

Amidst the tranquil greenery of Prashanthi Kuteeram, the Centre for Online and Distance Education (CODE) successfully conducted the Personal Contact Program (PCP) for the Yoga Instructor’s Course (YIC) from 23 to 29 August 2025.

For 40 participants who gathered from across India and abroad, this was not merely a residential training - it was a week-long immersion into the yogic way of living. They arrived from diverse

walks of life, yet shared a common aspiration: to explore yoga not just as a practice, but as a path of transformation.

Where Knowledge Met Experience:

The week began with an air of anticipation and serenity as participants settled into the rhythm of yogic discipline. Mornings commenced with the chanting of Om, energizing Asana practice, and Maitri Milan - a heartfelt morning gathering featuring Hanuman Chalisa recitation, Bhagavad Gita

chanting, and satsang.

As the sun rose over the campus, classrooms came alive with engaging lectures led by senior faculty - fondly regarded as 'walking embodiments of yogic wisdom.' The sessions harmonized the four classical streams of yoga - Jnana (knowledge), Bhakti (devotion), Karma (action), and Raja (self-discipline) - guiding participants toward inner balance and awareness.

Evenings unfolded in peace and devotion, as the sound of bhajans resonated through the campus, inviting reflection and joy.

“Every act, when done with awareness, becomes yoga.”

Life in the Spirit of Yoga: The serene natural environment of S-VYASA’s Prashanthi Kuteeram Campus became a living classroom. Participants followed a disciplined schedule from dawn to dusk - an experience that taught the value of structure, mindfulness, and moderation.

Wholesome Satvik





meals, lovingly prepared at the Annapoorna Kitchen, nourished both body and mind, embodying the belief that food is sacred energy. Participants also engaged in Karma Yoga, contributing to various service activities on campus, including maintenance and community work - cultivating humility, gratitude, and selfless joy.

Learning Beyond the Classroom: The PCP offered a unique blend of experiential and academic learning. Guided visits to key facilities deepened students' appreciation of yoga as a modern science and timeless art:

- **Anvesana Research Laboratory** - where participants observed innovative studies on yoga's physiological and psychological effects.
- **Arogyadhama** - the holistic health center demonstrating the integration of yoga therapy with modern medicine.
- **Department of Physiotherapy** - offering insights into rehabilitation and integrative wellness practices.
- **Goshala and Campus Tour** - connecting students with S-VYASA's eco-spiritual environment and commitment to sustainability.

These experiences bridged traditional wisdom with contemporary scientific understanding, reinforcing the idea that yoga is both ancient and ever-relevant.

Expressions of Joy and Community: Midweek, the Happy Assembly brought a burst of color, laughter, and creativity. Participants expressed their talents through music, dance, drama, and poetry - celebrating unity in diversity. This joyful event not only dissolved stage fear but also strengthened the sense of community that had blossomed throughout the week.

A Sacred Farewell: As the PCP neared its conclusion, participants prepared for their theory and practical examinations - reflecting on their

personal growth and deepened understanding. The atmosphere was calm, supported by kind invigilators and encouraging mentors.

The week culminated in the Sarasvati Homa, a Vedic ritual of gratitude and wisdom. The sacred fire, glowing under the morning sky, symbolized illumination and learning.

In a moment filled with reverence and pride, Guruji Padmashri Dr. H. R. Nagendra Ji awarded certificates to the newly trained instructors. For many, it was more than the end of a course - it was the beginning of a lifelong commitment to living and sharing the spirit of yoga.

"We came as learners, but we leave as instruments of peace."

Echoes That Remain: As the 40 participants departed from Prashanthi Kuteeram, their hearts were full of gratitude, clarity, and renewed purpose. They left not just as graduates, but as ambassadors of yoga, ready to bring its light into homes, workplaces, and communities.

The August 2025 YIC PCP will long be remembered as a week of awakening - a reminder that yoga is not confined to postures or philosophy, but is a way of being, a harmony between knowledge, service, devotion, and self-awareness.

As one participant beautifully said, "Prashanthi Kuteeram didn't just teach us yoga - it taught us how to live."





S-VYASA Celebrates Navratri with Devotion, Cultural Splendor, and Spiritual Fervor



S-VYASA joyfully celebrated the auspicious festival of Navratri from 28th September to 2nd October 2025 with great devotion, enthusiasm, and cultural vibrancy.

Preparations began on 26th September 2025 with the beautifully adorned Santosha Hall, where the Sthapana of Mata Rani, Lord Ganapati, Mata Lakshmi, Mata Saraswati, and Lord Kartikeya took place. The Sthapana and Pooja ceremony, performed at 6:00 PM, marked the divine commencement of the festivities.

Each day of the celebration began with morning Pooja and Prasadam at 7:00 AM, followed by an evening Pooja at 6:30 PM accompanied by soulful bhajans led by Mr. Pruthvi Kumar. The serene chants and devotional melodies filled the atmosphere with spiritual bliss.

On 29th September, a vibrant Dandiya Night



(Garba) was organized, where students and faculty participated with traditional zeal, joy, and colorful attire. The celebrations continued with cultural programs on 30th September and 1st October, featuring skits, classical and folk dances, and devotional songs that beautifully showcased India's rich cultural heritage.

A special Yajna was performed on 1st October, with the Yajmanas being the families of the Registrar, the Principal of the School of Yogic Sciences, and Dr. Arundhati Goley. The sacred Homa invoked divine blessings and harmony among all attendees.

The celebrations concluded with the Visarjana ceremony on 3rd October 2025 at 4:00 PM, marking a graceful end to the divine festivities.

The entire event was successfully coordinated under the guidance of Dr. Arundhati Goley, Dr. Aishwarya, Mr. Narendra, Mr. Kriti, and Mr. Param, with dedicated support from the Student Council Members of the School of Yoga, School of Yoga and Naturopathy, and School of Physiotherapy.

The Navratri celebrations at S-VYASA were carried out with devotion, discipline, and unity, truly embodying the spirit of the festival and reflecting the cultural and spiritual richness of the University.



Dhi-Diksha Vidhi



The Division of Yoga Spirituality organized the **Dhi-Diksha Vidhi** for the fresh batch of B.Sc. & M.Sc. Yoga and Vedic Wellness students and M.A. Yoga Darshana students on Monday, 6th October 2025, from 6:30 a.m. to 9:00 a.m. With



the benign blessings of **Pujya Gurugi Dr. H. R. Nagendra ji** and the guidance of **Pujya Acharya Prof. Ramachandra Bhat ji**, the program was conducted in a traditional and spiritually uplifting manner.

There are 25 students underwent Dhi-Diksha, out of which three males received **Upanayana Samskara**. Acharya Prof. Ramachandra Bhat ji presided over the event and explained the step-by-step procedure of Dhi-Diksha and given Diksha to the males. Prof. M. Jayaraman, Dean, Division of Yoga Spirituality, highlighted the significance of the ritual and the daily routine to be observed thereafter. **Pujya Srimathi Matrusri** and **Pujya Chaya Matrusri** from Maitri Gurukulam, Mangalore administered Dhi-Diksha to the female participants. **Dr. N. Sridhar**, Vice Principal, School of Yogic Sciences, provided orientation to the students.

As a sacred identity of Dhi-Diksha, each student was offered a Tulasi-Beads Japamala, symbolizing commitment to discipline, prayer, and yogic lifestyle.

The sacred Brahmakurcha Homa, Sri Gayatri Homa and Agni Karyam were performed by **Sri Vinayaka Bhat** from Veda Vijnana Gurukulam as Chief Priest. The program was led by **Prof. M. Jayaraman**, coordinated by **Dr. Nagarajan V**, Assistant Professor, VMAC-VTR, with arrangements made by **Dr. A. Sreenivasa Sarma**, Assistant Professor, Division of Yoga Spirituality. **Sri Pruthvi Pai** and **Sri Ganesh Hedge** were assisted the entire rituals.

The event marked a spiritually enriching beginning for the new students, laying the foundation for their journey in Yoga and Vedic Wellness.



Vedic Wellness Homa



The VMAC-VTR, Division of Yoga Spirituality, S-VYASA organized a Vedic Wellness Homa for a seeker on Saturday, 4th October 2025, from 6:30 a.m. to 9:00 a.m. The program was held with the benign blessings of Pujya Gurugi Dr. H. R. Nagendra ji and under the guidance of Pujya Dr. Nagaratna Didi ji, conducted in a traditional and spiritually elevating manner.

As part of the Vedic wellness process, the birth

chart of the seeker was analyzed by Dr. A. Sreenivasa Sarma, Assistant Professor, Division of Yoga Spirituality. Based on the astrological and spiritual evaluation, the performance of Sri Mahaganapaty Homa and Sri Mahamrutyunjaya Homa was recommended for the seeker's wellbeing.

The sacred homas were performed with full Vedic procedure by Dr. Nagarajan V, Assistant Professor, VMAC-VTR, who served as the Chief Priest of the ceremony.

Mantropadesa of Sri Mahaganapati has given to the seeker by Dr. A. Sreenivasa Sarma.

The Vedic Wellness Homa concluded with prayerful offerings for the seeker's physical, mental, and spiritual harmony, aligning with the vision of integrating traditional Vedic practices with holistic wellness.

Prof. M. Jayaraman participates as Expert in Interim Board of Studies Meeting at Sri Sri Deemed University, Bengaluru

On 26th September, Prof. M. Jayaraman participated as an expert member in the Interim Board of Studies meeting of the newly emerging Sri Sri Deemed University, Bengaluru. The meeting brought together several eminent scholars and educationists, including Dr. B. R. Sharma, former Vice-Chancellor of Sri Sri University, Cuttack, and Dr. Ishvara Basavaraddi, former Director of MDNIY, New Delhi.



The deliberations focused on shaping academic vision for Yoga Programs. Prof. Jayaraman contributed his expertise in Yoga and Indian Knowledge Systems, emphasizing the need to align the curriculum with both traditional wisdom and contemporary educational standards.



S-VYASA Students Join Hands to End Polio Metrothon



On 24th October 2025, as the world came together to commemorate World Polio Day at the MLR Convention Hall, Whitefield, Bengaluru, the students of S-VYASA Deemed to be University actively joined the movement with immense enthusiasm and dedication. They participated in the End Polio Now Metrothon, organised by Rotary and Rotaract District 3191, an inspiring initiative aimed at spreading awareness and reaffirming the global commitment to eradicate polio once and for all.



Running alongside Rotarians, Rotaractors, volunteers, and healthcare professionals, the students reflected the true essence of youth involvement in community service and public health advocacy. Their presence symbolised energy, compassion, and the collective power of young minds in creating positive social change. The event echoed the global call – “One day,

one focus – ending polio.” Every stride taken by the S-VYASA Sattva Global City Campus students represented a step toward hope, resilience, and a healthier world. Their active participation not only strengthened the message of #EndPolioNow, but also highlighted the university’s commitment to nurturing socially responsible citizens dedicated to service, awareness, and global well-being.

Former Ranji Cricketer Sri K. Sridhar Felicitated at Krida Vilasa Awards

Sri K. Sridhar, Former Ranji Cricketer, was felicitated as the Guest of Honour by S-VYASA Pro-Chancellor Dr. B R Ramkrishna during the Krida Vilasa Awards ceremony held at Shruthi Mandir.





Ganesh Chaturthi Celebrations

The auspicious festival of **Ganesh Chaturthi** was celebrated with great devotion, enthusiasm, and cultural vibrance at the **City Campus of S-VYASA Deemed to be University** on **September 2, 2025**. The event brought together students, faculty, and staff in a beautiful expression of faith and festivity.

The celebration commenced at **2:00 PM** with a **grand procession** welcoming Lord Ganesh into the campus. The procession began from the **back gate of Sattva Global City** and made its way up to the **Administration Block**. It was a lively and colourful sight, resonating with music, rhythm, and dance.

The procession featured traditional **Huli Vesha (Tiger Dance)** performers, **Dollu Kunitha** drummers, and energetic **Dhol** performances that added to the festive fervour. Students and faculty members joyfully participated, chanting hymns and slogans like "*Ganapati Bappa Morya!*" as the idol of Lord Ganesh was carried with devotion and grandeur.

Upon reaching the Administration Block, the beautifully decorated **Ganesh idol** was

ceremoniously placed for the **Pooja and rituals**. The atmosphere was filled with spirituality as prayers were offered, invoking blessings for wisdom, prosperity, and success. The fragrance of incense, the rhythm of bells, and the collective chanting created a divine ambiance throughout the campus.

The **Pooja** was conducted with devotion by the officiating priests, assisted by faculty members and student volunteers. Offerings of flowers, fruits, coconuts, and modaks were made to the deity. The entire gathering joined in the **Aarti**, which echoed with devotion and unity. The spiritual energy of the moment touched every participant, marking the true essence of the festival.

Following the Pooja, a series of **cultural performances** by the **students of S-VYASA** added colour and creativity to the celebrations. The cultural segment included a variety of **classical and folk dances, music performances, and group songs** dedicated to Lord Ganesh and the spirit of festivity. Each performance reflected the students' enthusiasm and artistic talent, celebrating the cultural heritage of India. The vibrant costumes, graceful movements, and melodious tunes kept the audience engaged and entertained throughout.

The Ganesh Chaturthi celebration at S-VYASA City Campus was a memorable event that beautifully blended **spiritual devotion and cultural expression**. It not only strengthened the sense of community among students and staff but also reflected the university's commitment to nurturing tradition and harmony along with modern education.

The event concluded with **prasadam distribution**, leaving everyone with a sense of peace, joy, and togetherness.





ThrillOnam 2025



The vibrant festival of Onam, symbolizing prosperity, unity, and cultural heritage, was celebrated with great enthusiasm and joy at the City Campus of S-VYASA Deemed to be University on September 27, 2025. The event, aptly titled “ThrillOnam 2025,” brought together students, faculty, and staff in a spirited celebration that beautifully reflected the essence of Kerala’s grand harvest festival.

The celebration began with a series of exciting competitions and traditional games, setting the tone for a day filled with energy and enjoyment. Participants showcased their creativity and team spirit in various events such as Pookalam (Flower Rangoli) Competition, Tug of War and

Mr. and Ms. ThrillOnam.

Following the games, the rhythmic beats of the Sinkari Melam resonated across the campus, filling the air with festive energy. The traditional percussion ensemble brought alive the spirit of Kerala, drawing everyone into spontaneous claps and dance.

After the cultural programs, everyone gathered to relish the highlight of the day – the grand Onam Sadhya. The traditional feast, served on banana leaves, featured a wide array of delicious Kerala delicacies. The aroma, flavours, and togetherness made it a truly memorable experience for all participants.

The ThrillOnam 2025 celebration at S-VYASA City Campus was a perfect blend of tradition, culture, and togetherness. The day-long festivities strengthened the bond among the university community, reminding everyone of the values of unity, gratitude, and celebration that Onam represents.

The event concluded with heartfelt smiles, laughter, and shared memories, marking yet another successful and joyous celebration at S-VYASA.





Viveka Deepthi

Bengaluru, Oct 23: The School of Management & Commerce organized an enlightening programme titled “Viveka Deepthi” as an initiative of the Indian Knowledge System (IKS) in association with *Vedantha Bharathi*. The session aimed to bridge ancient wisdom with modern understanding by exploring the concept of **consciousness** as revealed in the *Dakshinamurthy Stotra*.

Students were guided in chanting the sacred verses, followed by a profound explanation of their meaning. The *Stotra* beautifully portrays Lord Dakshinamurthy as the embodiment of supreme knowledge, illuminating the truth that consciousness is the eternal witness - unchanging amidst all experiences. Through interactive discussions and reflective activities, students grasped how this timeless wisdom



aligns with self-awareness and inner growth.

The programme inspired participants to see learning not merely as an academic pursuit but as a journey towards understanding the deeper dimensions of the self - the ultimate realization of “Tat Tvam Asi” (Thou art That).

64th Academic Council Meeting Held at S-VYASA



The 64th Academic Council Meeting was convened on October 15th, 2025, from 9:30 AM to 1:00 PM at Shruti Mandir, S-VYASA. The meeting was presided over by SVYASA Society President H.R. Nagendra, Chancellor Subrahmanyam, the Hon’ble Vice Chancellor Dr. N.K. Manjunath Sharma, and the Pro-Vice Chancellor Prof. S. Siva Sankara Sai.

It was attended by the Registrar Dr. Sony Kumari; School Principals: Dr. Vikas Rawat, Dr. Prashanth Mangalvedhe, and Dr. Apar Saoji; Dean Academics Dr. Jayaraman; Director Academics of City Campus Dr. S. Sridhar; Arogyadhama Chief Medical Officer Dr. Amit Singh; CODE Director Dr. Natesh Babu, and other Academic Council members.



Menstrual Hygiene Awareness Session



Bengaluru: The Internal Quality Assurance Cell (IQAC) of Swami Vivekananda Yoga Anusandhana Samsthan organized a session on “Breaking the Silence: Empowering Women through Awareness and Hygiene” on 9th October 2025. The session aimed to promote awareness on menstrual health and hygiene, dispel myths and stigma surrounding menstruation, and educate students about safe and sustainable menstrual practices.

Welcome and Introduction

The session commenced with a warm welcome to the resource person, Ms. Vedashree R S, from the Menstrual Hygiene Awareness Campaign, Health and Family Welfare Department.

The organizing committee, along with Ms. Shobha and Ms. Ashwathy mam, extended a cordial welcome to the guest. Ms. Ashwathy mam introduced Ms. Vedashree and briefed the gathering about the objectives of the program, setting an engaging and informative tone for the session.

Highlights of the Session

Ms. Vedashree delivered a comprehensive talk on the importance of menstrual hygiene and its direct influence on women’s reproductive health.

She discussed the side effects of using low-quality sanitary pads, emphasizing that several commercial products contain carcinogenic substances that may lead to uterine, ovarian, fallopian tube, and breast cancers. She also stressed the significance of using biodegradable, non-carcinogenic, and non-plastic sanitary napkins to prevent PCOS and other menstrual-related disorders.

A live demonstration was conducted to introduce the Fohoway Sanitary Napkin, which uses advanced technology to ensure comfort and hygiene. To make the session interactive, one faculty member and one student were invited to participate in the demonstration. Ms. Vedashree compared the absorption, comfort, and safety levels of Fohoway napkins with other commonly used brands, explaining how the product helps in preventing gynecological diseases, menstrual disorders, pelvic pain, fungal infections, and other hygiene-related concerns.

She further explained that Fohoway sanitary napkins eliminate skin irritation, rashes, itching, infections, bad odour, and stains, ensuring a clean and comfortable menstrual experience. The napkins are dry, breathable, soft, and free from fluorescent whitening agents, making them both safe and sustainable.

Interaction and Conclusion

The event successfully fulfilled its objectives by creating awareness, fostering open dialogue, and empowering women through knowledge and informed choices.

The IQAC expressed sincere gratitude to Ms. Vedashree R. S. for her valuable insights and engaging presentation, and appreciated the active participation of all faculty members and students who contributed to making the session a success.



World Mental Health Day



Bengaluru, Oct 16: The Department of Psychology celebrated World Mental Health Day on 16th October with great enthusiasm, creativity, and purpose. The event was graced by Dr. Kishan, Consultant Psychiatrist at Cadabams Hospital, who served as the Chief Guest. In his insightful address on the theme “Mental Health in Catastrophes and Emergencies,” Dr. Kishan highlighted the psychological impact of disasters, crises, and pandemics on individuals and communities. He emphasized the importance of early psychological intervention, resilience-building, and the role of mental health professionals in offering support during such critical times. His talk encouraged students to view mental health not only as an individual concern but also as a vital component of collective wellbeing in times of adversity.

As part of the celebration, students organized a variety of engaging and awareness-driven activities including a skit based on child trauma, wish tree, BINGO, painting, pop the insecurities, art therapy, singing along and a treasure hunt, among others. These activities creatively expressed themes of self-care, emotional resilience, and social connection. The event served as an excellent platform for students from different programs to collaborate, express themselves, and deepen their understanding of psychological wellness. The celebration successfully combined education, empathy, and creativity, reinforcing the message that mental health awareness and support are essential for building stronger, more compassionate communities.



Nov 1:
**First Batch of YIC at
Nithya Nuthana Yoga
Kendra, Bengaluru**



Rotaract Club Orientation “RISE” at S-VYASA



Rtn. Rtr. Karthik U. Chikmath, District Rotaract Representative of RI District 3191, and **PP. Rtn. Rtr. Uday Kumar Y**, District Membership Retention and Club Growth Director. Their interactive and motivational talks encouraged students to actively participate in Rotaract activities and contribute meaningfully to society.

Distinguished dignitaries present included **Rtn. Sajeev**, President of Rotary Bengaluru Malhar; **Rtn. Geetha** from Rotary Malhar; **Dr. Karthiyayini O**, Academic Director of S-VYASA; and **Dr. Geethanjali P**, Head of the Department of Management and Commerce.

The Rotaract Club of S-VYASA, sponsored by the Rotary Club of Bengaluru Malhar, organized an inspiring orientation program titled “RISE” on 24th October 2025 for the newly joined students of the university. The event aimed to familiarize students with the Rotaract movement, its mission of service above self, and the opportunities it offers for personal growth, leadership, and community engagement.

The event witnessed enthusiastic participation from 40 students, held in Room No. 10A, marking a vibrant beginning for the Rotaract Club of S-VYASA. The orientation concluded with an interactive session and a group photograph, symbolizing the spirit of unity, service, and leadership among the young Rotaractors.

The session was graced by eminent speakers - **PP.**





Panel Discussion on "From Customer to Contributor: A Journey to Sustainable Living"



Bengaluru, Oct 10: The School of Management & Commerce has organized a panel discussion on the topic "*From Customer to Contributor: A Journey to Sustainable Living*" as part of its commitment to promoting awareness about sustainability among students. The panel featured enthusiastic participation from the III Semester BBA students, who served as panellists and brought forward diverse perspectives on the importance of adopting sustainable practices in daily life.

The discussion was further enriched by the insights of the main resource person, Mr.

Mallinath Hemadi - an esteemed academician and a dedicated member of the NGO *Gopals*, which advocates for sustainable lifestyles. Mr. Hemadi shared real-life examples and encouraged students to rethink their role in the consumer cycle, urging them to become active contributors to environmental preservation.

The session was engaging and thought-provoking, leaving a lasting impact on the audience and inspiring young minds to embrace eco-conscious choices for a better future.





Swasth Nari Sashakth Pariwar Abhiyan

Health Checkup Camp for Women Employees organized under the Nationwide Campaign Swasth Nari, Sashakt Pariwar



As part of the nationwide campaign “**Swasth Nari, Sashakt Pariwar**”, observed from 17th September to 2nd October 2025 and initiated by the Ministry of Health and Family Welfare, Government of India, the Women Cell and IQAC, in collaboration with the Department of Allied and Healthcare and Geneagles BGS Hospital, Kengeri, organized a **Health Check-up Camp for Women Employees** on **Monday, 29th September 2025** at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Deemed-to-be University, Sattva Global City Campus.

The camp focused on preventive care and early detection, offering haemoglobin level screening and free gynaecological consultations. A total of 100 women employees participated in the camp, with 60 benefiting from hemoglobin screening and 40 availing expert gynecological consultations.

This initiative aimed to empower women to take proactive steps towards their own health and wellness, promoting the vision of “Swasth

Nari, Sashakt Pariwar” (Healthy Women, Empowered Families). Together, we move towards a healthier, stronger, and empowered society - because a healthy woman truly forms the foundation of a Viksit Bharat!



New Delhi: **Dr. H R Nagendra**, President of S-VYASA, recently met with the Director of the All India Institute of Ayurveda (AIIA), **Prof. Pradeep Kumar Prajapati**



Cyber Security Workshop for Second year MCA / MSc (CS) Students as a part of Deeksharambha



The Cyber Security Workshop was conducted on 15th October 2025 at Room No. 1, Ground Floor for the Second Year MCA, MSc (Computer Science), and BCA students. The session was led by Dr. Shridhar R, Principal Researcher at Samsung R&D, who shared his expertise and insights on the importance of cybersecurity in today's digital world. The workshop aimed to create awareness among students about online threats, data protection, and the significance of ethical hacking and secure coding practices.

During the workshop, Dr. Shridhar explained

various aspects of cybersecurity, including network security, data encryption, malware analysis, and preventive measures against cyberattacks. He also highlighted real-world case studies to illustrate how cyber incidents can impact organizations and individuals. Students actively participated in the interactive discussions and gained a deeper understanding of how to safeguard digital systems. Overall, the workshop was highly informative and inspiring, equipping students with essential knowledge and practical insights into the field of cybersecurity.

S-VYASA recognizes Sandeep Arya Jangda for Extraordinary Feat of 20,000 Surya Namaskars

S-VYASA felicitated Mr. Sandeep Arya Jangda during the Maithri Milan event on 30th September 2025 for his remarkable achievement in *Surya Namaskar*. Hailing from Hisar, Haryana, he set a world record by performing 20,000 Surya Namaskars continuously for 36 hours and 21 minutes in an international competition held in Gujarat, becoming the first person in the world to accomplish this feat.





World Heart Day Celebrations at S-VYASA Sattva Global City Campus



In celebration of *World Heart Day*, the School of Allied Health Sciences, in collaboration with **Gleneagles BGS Hospitals Kengeri**, organized a vibrant and meaningful event to promote cardiac health awareness among students and staff.

Students and faculty enthusiastically participated in a series of fun fitness activities, team games, and heart-friendly challenges

designed to promote movement, teamwork, and joy. The lively participation reflected the enthusiasm and positive spirit of the S-VYASA community, reinforcing the importance of staying active and mindful for a healthy heart.

Adding to the excitement, a **cheerful mascot** from Gleneagles Hospitals brought smiles and energy to the event, while participants were rewarded with **gifts and tokens of appreciation** for their spirited involvement.

The day beautifully blended **learning, laughter, and heart health**, creating a memorable experience that encouraged everyone to embrace the theme - "*A healthy heart starts with an active lifestyle.*"



Oct 26:
Eighth Batch of YOFI YIC
at **Vivekananda House, Chennai**



S-VYASA

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

Swami Vivekananda Yoga Anusandhana Samsthana
Jigani- Bengaluru-560105

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26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

YOGA AS REHABILITATION MEDICINE

ABSTRACT 
SUBMISSION

LAST DATE OF SUBMISSION

15TH NOVEMBER 2025

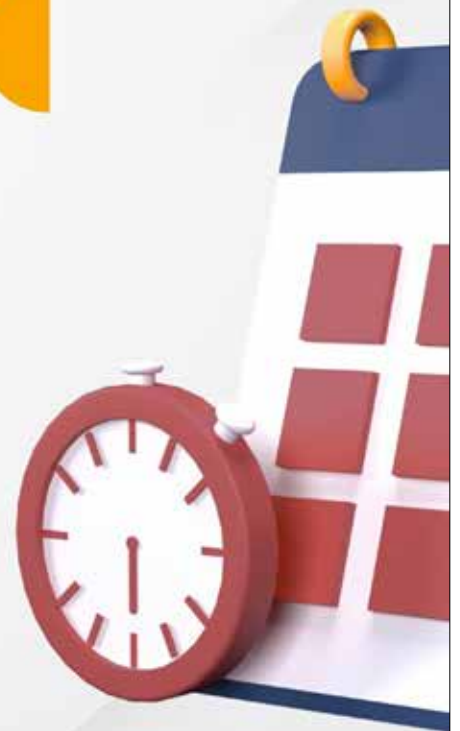
Accepted abstracts will be published in IJOY
Journal Supplement (Impact Factor - 1.1)

IJOY

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**Division of
Yoga-Spirituality**

announces the admission for 2025-26 in

M.A. - YOGA DARSHANAM

(Yoga Philosophy & Textual Studies)

Highlights of the program

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

Duration of the Program

- **2 Years**

Eligibility

- **Any UG with 50 %**

Mode:

- **Residential (offline)**

Contact Details:

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

Be and Make....

26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

YOGA AS REHABILITATION MEDICINE Plasticity, Performance & Resilience

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

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



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



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26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

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

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

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

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

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

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












Main Conference Highlights

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

Objectives

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



Dates to Remember

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

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

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

Who should participate ?



Medical Professionals

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



AYUSH Practitioners

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



Researchers, Occupational Therapists, and Policymakers

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



Wellness and Health Industry Professionals

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



Researchers, Occupational Therapists, and Policymakers

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



Sports Psychologists and Sports Nutritionists

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



Physiotherapists, Coaches and Sports Scientists

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



Conference Program Schedule

18th December, 2025- Thursday

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

19th December, 2025- Friday

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



26th INCOFYRA

International Conference on Frontiers in
Yoga Research and its Applications

20th December, 2025- Saturday

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

21st December, 2025- Sunday

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



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

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

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

Reference Books:

Light on Yoga by Dr. BKS Iyengar

Pranayama - The Art & Science by Dr. HR Nagendra

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

Structure Of Himalaya:

1. Teams

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

2. Venues

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

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



Continuing Medical Education (CME)

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

Who Can Participate?

- Yoga Therapists, Yoga Teachers, Doctors

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

Continuing Research Education (CRE)

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

Who Can Participate?

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

Coordinators- Dr. Apar Saoji

Continuing Yoga Education (CYE)

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

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

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

Stream B: CYE- Advanced Yoga Techniques

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

Coordinators- Ms. Padmasri Gudapati



Eminent Speakers & Panelist of the Conference



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



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



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



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



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



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



Prof. Shivarama Varambally
Professor of Psychiatry
NIMHANS,
Bengaluru



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



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



Dr. Hafez Hussain
CEO at PERKESO Rehabilitation
Centre, Malaysia



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



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



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Eminent Speakers & Panelist of the Conference



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



Dr. Monika Pathania
Professor-
AIIMS, Rishikesh;



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



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



Dr. Lokesh B
Consultant - Neurology
Aster CMI Bangalore



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



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



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



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



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



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



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



Eminent Speakers & Panelist of the Conference



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



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



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



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

Pre-Conference Workshops



CME
Continuing Medical
Education



CYE
Continuing Yoga
Education



CRE
Continuing Research
Education



HYO
Himalaya Yoga
Olympiad



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International Conference on Frontiers in
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Scientific Committee: Co-Chair: Dr. Vijaya Majumdar, Dr. Nikita, Dr. Pradeep S R

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

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

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

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Conference Registration Details

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

Bank Details

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



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

Cancellation Policy

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



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Plasticity, Performance & Resilience



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



S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana
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Division of Yoga-Spirituality



VMAC-VTR

Varahamihira
Advanced Centre of
Vedic Technology
Research

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

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

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

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

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

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

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

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

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State Level: Oct 2025

Nationals: 12th to 14th December

Internationals: 15th to 17th December

Prashanti Kuteeram, Jigani, Bengaluru



Age Groups for Participants
09 to 13 and 14 to 17



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www.svyasa.edu.in

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

HIMALAYA



yoga olympiad - 2025

State Level: Oct 2025

Nationals: 12th to 14th December

Internationals: 15th to 17th December

Prashanti Kuteeram, Jigani, Bengaluru



Age Groups for Participants

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



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