



# स्वामी विवेकानन्द योग अनुसंधान संस्थान

## Swami Vivekananda Yoga Anusandhāna Samsthāna

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

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

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

E-mail: [svyasa@svyasa.org](mailto:svyasa@svyasa.org) Website: [www.svyasa.org](http://www.svyasa.org)

Date: 20 April 2018

### Circular

### Arogyadhama

#### Background

Arogyadhama uses self-healing special techniques based on research by Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA): A premier yoga research university in the world with over 250 research papers in leading peer reviewed national and international journals on health, education, management and other fields.

#### Promotion of Positive Health

Yoga and detoxification by Ayurveda and Naturopathy are offered to normal persons to move towards higher abilities at physical (beauty, fitness, immune stamina, eye sight), mental (better concentration, IQ, memory, emotional stability), social (healthy interpersonal relationship), emotional (mastery over anger, fear, anxiety and depression) and spiritual levels (inner joy with right knowledge and confidence).

#### Holistic Therapy Home

- A holistic research based health home in tune with traditional Indian holistic health care by Yoga Therapy, Ayurveda, Naturopathy and Modern Medicine for the treatment of life style related ailments
- 250-bed inpatient facility
- Prevention and treatment of diseases
- Long-term rehabilitation
- Promotion of Positive Health



*Shubha MK*

Dr. M K Sridhar, MA, Ph.D  
Registrar  
S-VYASA (Deemed-to-be-University)



# स्वामी विवेकानन्द योग अनुसंधान संस्थान

## Swami Vivekananda Yoga Anusandhāna Samsthāna

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

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

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

E-mail: [svyasa@svyasa.org](mailto:svyasa@svyasa.org) Website: [www.svyasa.org](http://www.svyasa.org)

### Ailments Treated

#### Section A

- **Neurology:** Epilepsy, Migraine, Parkinson's, Muscular dystrophy, Cerebral Palsy, Multiple sclerosis, Mental retardation
- **Oncology:** Breast cancer stage 1, 2, 3, 4; Colon, Prostate, Blood, Myelomas

#### Section B

- **Pulmonology:** Bronchial Asthma, Nasal Allergy, Chronic Bronchitis, COPD
- **Cardiology:** High BP, Low BP, Heart Disease (CAD)s

#### Section C

- **Psychiatry:** Anxiety, Depression, Psychosis, OCD, mental retardation

#### Section D

- **Rheumatology:** Arthritis, Knee Pain

#### Section E

- **Spinal disorders:** Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Bulge, Disc Prolapse, Scoliosis, Neck Pain

#### Section F

- **Metabolic disorders:** Diabetes, Hypothyroidism

#### Section G

- **Gastroenterology:** Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis

#### Section H

- **Endocrinology:** Obesity, Thyrotoxicosis

#### Promotion of Positive Health

- **Eye Problems:** Short Sight, Long Sight, Astigmatism, Squint, Early Cataract, Glaucoma

#### Treatments at Arogyadhama



*Handwritten signature in blue ink.*



# स्वामी विवेकानन्द योग अनुसंधान संस्थान

## Swami Vivekananda Yoga Anusandhāna Samsthāna

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

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

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

E-mail: [svyasa@svyasa.org](mailto:svyasa@svyasa.org) Website: [www.svyasa.org](http://www.svyasa.org)

### Yoga therapy

- All full time registered final year students of SVYASA Yoga University, Bengaluru, are eligible to participate in the recruitment process for placements through the Training and Placement (T&P) Cell
- All students eligible for on-campus jobs have to register themselves with T&P
- Students from earlier batches who are specially permitted as per Deferred Placement Policy will also be eligible to participate in the recruitment process

### Ayurveda

Panchakarma treatments following the traditional system of management with technical support from 'Arya Vaidya Pharmacy', Coimbatore.

### Naturopathy

De-stressing & Detoxifying treatments with latest modern equipment like Deluxe Under Water massage, Jacuzzi, Colon Hydro therapy, Swedish massage, Aroma therapy, Steam bath, Sauna bath, Mud therapy & Acupuncture/Pressure – administered by qualified professionals.

### Diet

Simple, wholesome vegetarian individualized diet prescription based on concepts from Modern Medicine, Ayurveda, Yoga & Naturopathy

### Residential facilities

Dormitory, Single rooms, Double rooms, Deluxe rooms (cottages), Super deluxe (A/C & Non-A/C), Suite.





# स्वामी विवेकानन्द योग अनुसंधान संस्थान

## Swami Vivekananda Yoga Anusandhāna Samsthāna

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

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

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

E-mail: [svyasa@svyasa.org](mailto:svyasa@svyasa.org) Website: [www.svyasa.org](http://www.svyasa.org)

### Other features

- Good library facilities with more than 15,000 books on Yoga, Philosophy, Ayurveda, Naturopathy and Modern Medicine
- Audio-Visual presentations
- Advanced techniques of Meditation
- Research

### Emergencies and First Aid

Facilities for immediate management of emergencies or acute episodes are available (Life-saving drugs, cardiac monitors and oxygen), 24 hours ambulance services to the city are ensured.

*R Nagarathna*

Dr. R Nagarathna, MBBS, MRCP, FRCP,

Medical Director, S-VYASA



*Sridhar MK*

Dr. M K Sridhar, MA, Ph.D  
Registrar  
S-VYASA (Deemed-to-be-University)



# स्वामी विवेकानन्द योग अनुसंधान संस्थान

## Swami Vivekananda Yoga Anusandhāna Samsthāna

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

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

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

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

### Circular

Date: 25/10/2018


#### Use of Anvesana Research Facility

This is to inform the students and faculty members of SVYASA that facilities of the Anvesana research laboratory can be availed by following the following process:

- 1) Submit the detailed research proposal forwarded through the research supervisors to the concerned lab in-charges.
- 2) After assessing the feasibility of the work at the lab, and also evaluating the background expertise of the students, training will be provided to the students to use the instrumentation facility.
- 3) Any financial support required for the research project, has to be separately made and sanction from the concerned department should be sought by the research supervisor.
- 4) Lab in-charges:
  - a. Psychophysiology Lab: Dr. Raghavendra Bhat
  - b. Cognitive Neuroscience Lab: Dr. Deepeshwar Singh
  - c. Sleep Lab: Dr. Suresh Babu
  - d. Psychology Lab: Dr. Rajesh S. K.
  - e. Bioenergy Lab: Dr. Judu Ilavarasu
  - f. Molecular Biology Lab: Dr. Ramesh M. N.

Dr. Manjunath N. K.

Director, Anvesana

  
Dr. M K Sridhar, MA, Ph.D.  
Registrar  
S-VYASA (Deemed-to-be-University)





# स्वामी विवेकानन्द योग अनुसंधान संस्थान

## Swami Vivekananda Yoga Anusandhāna Samsthāna

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

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

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

E-mail: [svyasa@svyasa.org](mailto:svyasa@svyasa.org) Website: [www.svyasa.org](http://www.svyasa.org)

### Circular

Date: 16/03/2021

#### Subject: Library Facility and Digital Library Registration

All the students and faculty members are informed that the Saraswati Central Library has updated repository of e-journals and course text books. Further, the SVYASA Digital repository can be accessed through free registration. For registration to the digital repository, please contact the librarian.

Link for the SVYASA's digital repository: <http://www.libraryofyoga.com/>

Email: [library@svyasa.edu.in](mailto:library@svyasa.edu.in)



*Swami Vivekananda*

*Sridhar HK*

Dr. M. K. Sridhar

Registrar, S-VYASA

**Dr.M K Sridhar, MA, Ph.D**

**Registrar**

**S-VYASA (Deemed-to-be-University)**

Circulated to:

- 1) All the course notice boards