

Annual Report 2018 - 19



A View of 16th Convocation of S-VYASA

Chief Guest: Dr. Rajiv Kumar, Vice Chairman, NITI Aayog, GoI



S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana

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

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ಸಹಕಾರ ಇಲಾಖೆ

ನೋಂದಣಿ ಸಂಖ್ಯೆ : 399/2009-10

ವಾಲಿಷ್ ಸಂಖ್ಯೆ : 547/2018-19

ಸಂಘಗಳ ಜಿಲ್ಲಾ ನೋಂದಣಾಧಿಕಾರಿಗಳ ಕಛೇರಿ
3ನೇ ವಲಯ, ಬೆಂಗಳೂರು ನಗರ ಜಿಲ್ಲೆ
ನಂ.146, "ಸಹಕಾರ ಸೌಧ", 2ನೇ ಮಹಡಿ
8ನೇ ಅಡ್ಡರಸ್ತೆ, 3ನೇ ಮುಖ್ಯರಸ್ತೆ, ಮಾರ್ಗೋಪಾ ರಸ್ತೆ
ಮಲ್ಲೇಶ್ವರಂ, ಬೆಂಗಳೂರು-560 003.

ದಿನಾಂಕ : 25.10.2018

:- ಸ್ವೀಕೃತಿ ಪತ್ರ :-



ಕರ್ನಾಟಕ ಸಂಘಗಳ ನೋಂದಣಿ ಕಾಯಿದೆ 1960 ರ ಕಲಂ 13 ರನ್ವಯ ಸಲ್ಲಿಸಬೇಕಾದ
01-04-2017 ರಿಂದ 31-03-2018 ನೇ ಸಾಲಿನ ಲೆಕ್ಕಪತ್ರಗಳು / ಸರ್ವಸದಸ್ಯರ ಸಭೆಯ ನಡವಳಿಕೆ
2018-19 ನೇ ಸಾಲಿನ ಕಾರ್ಯಕಾರಿ ಸಮಿತಿ ಪಟ್ಟಿಯನ್ನು

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA

KEMPEGOWDANAGAR, BANGALORE.

ಸಂಘದ ಅಧ್ಯಕ್ಷರು / ಕಾರ್ಯದರ್ಶಿಯವರು ದಿನಾಂಕ: 17.10.2018 ರಂದು ಪ್ರಸ್ತಾವನೆ ಸಲ್ಲಿಸಿರುತ್ತಾರೆ. ಸದರಿ
ದಸ್ತಾವೇಜುಗಳನ್ನು ದಿನಾಂಕ : 25.10.2018 ದಾಖಲಿಸಿದೆ. ಪಾವತಿಸಬೇಕಾದ ಶುಲ್ಕ ರೂಪಾಯಿ 145000/-
ಗಳನ್ನು (ಅಕ್ಷರಗಳಲ್ಲಿ ರೂಪಾಯಿ One Lakh Forty Five Thousand Rupees Only/-
) ಮಾತ್ರ ಪಾವತಿಸಿರುತ್ತಾರೆ.

ಈ ಸ್ವೀಕೃತಿ ಪತ್ರ ಕೆಳಕಂಡ ಷರತ್ತುಗಳಿಗೆ ಒಳಪಟ್ಟಿರುತ್ತದೆ.

1. ಸಂಘದ ಚಟುವಟಿಕೆಗಳು ಸಾರ್ವಜನಿಕರ ಹಿತಾಶಕ್ತಿಗೆ ಹಾಗೂ ಕಾನೂನಿಗೆ ವಿರುದ್ಧವಾಗಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದೆ ಎಂದು ಕಂಡು ಬಂದರೆ
2. ಸಂಘದ ಬಗ್ಗೆ ನ್ಯಾಯಾಲಯಗಳಲ್ಲಿ ಅಥವಾ ಯಾವುದೇ ಅಧಿಕಾರಿಯವರ ಮುಂದೆ ವಿಚಾರಣೆ ನಡೆದು ಸಂಘವು ಸಲ್ಲಿಸಿರುವ ಪ್ರಸ್ತುತ ದಾಖಲೆಗಳು ಸಿಂಧುವಲ್ಲವೆಂದು ಧೃಢಪಟ್ಟರೆ.
3. ಸಂಘದಲ್ಲಿ ಸ್ವೀಕರಿಸಿರುವ ಎಲ್ಲಾ ರೀತಿಯ ವಂತಿಗೆ ಹಾಗೂ ಸದಸ್ಯತ್ವ ಶುಲ್ಕವನ್ನು ಸಂಘದ ಉದ್ದೇಶಗಳಿಗೆ ಬಳಸದೆ, ಯಾವುದೇ ರೀತಿಯ ಹಣ ದುರುಪಯೋಗವಾಗಿದೆ ಎಂದು ಕಂಡುಬಂದರೆ.
4. ಸಂಘವು ನೀಡಿರುವ ದಾಖಲಾತಿಗಳಲ್ಲಿ ಯಾವುದೇ ರೀತಿಯ ಆಕ್ಷೇಪಣೆಗಳು / ಲೋಪದೋಷಗಳು ಕಂಡುಬಂದಲ್ಲಿ ಅಥವಾ ಸಂಘಕ್ಕೆ ಸಂಬಂಧಪಟ್ಟಂತೆ ಯಾವುದೇ ರೀತಿಯ ದೂರುಗಳು ಸಾಬೀತಾದಲ್ಲಿ.
5. ಲೆಕ್ಕಪತ್ರಗಳು ಅಥವಾ ಆದಾಯ ಮತ್ತು ವೆಚ್ಚಗಳಲ್ಲಿ ತಪ್ಪು ಮಾಹಿತಿ ನೀಡಿ ಸರ್ಕಾರಕ್ಕೆ ಪಾವತಿಸಬೇಕಾದ ಶಲ್ಕದಲ್ಲಿ ಕಡಿಮೆ ಪಾವತಿ ಸಾಬೀತಾದಲ್ಲಿ ಸ್ವೀಕೃತಿ ರದ್ದುಪಡಿಸಲಾಗುವುದು.

ಸಂಘಗಳ ಜಿಲ್ಲಾ ನೋಂದಣಾಧಿಕಾರಿಗಳು,
3ನೇ ವಲಯ, ಬೆಂಗಳೂರು ನಗರ ಜಿಲ್ಲೆ



S - V Y A S A

Swami Vivekananda Yoga Anusandhana Samsthana

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

Admn. Off.: 'Eknath Bhavan', #19, Gavipuram Circle, K G Nagar
Bengaluru - 560 019, India

Campus: 'Prashanti Kutiram', Giddenahalli
Jigani Hobli, Anekal Taluk, Bengaluru - 560 105, India

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1. INTRODUCTION

The Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) is a seat of learning, the most comprehensive repository of Yoga and spiritual lore and modern knowledge of science and technology. Swami Vivekánanda Yoga Anusandhána Samsthána (S-VYASA) is a Yoga University approved by University Grant Commission (UGC) U/s 3 of UGC Act, 1956 in the field of Yoga and Science.



Prashanti Kutiram (*Abode of tranquility*)

S-VYASA campus at 'Prashanti Kutiram', 30 Kms away from the center of Bengaluru, the Abode of Peace. Lying in the lap of nature amidst greenery, the campus lays sprawling over 100 acres. The campus is about 14 Kms from the bountiful Bannerughatta National Park.

S-VYASA Society Registration

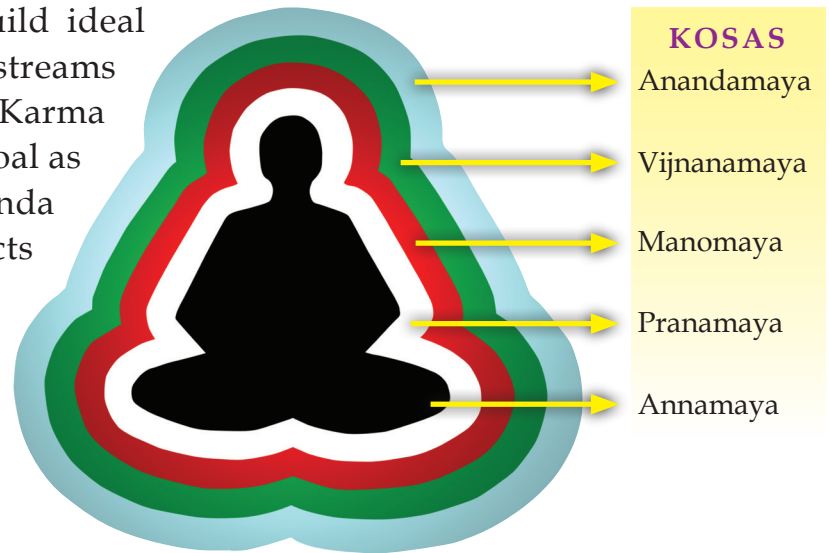
Separate Society is registered in the name of Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore on July 6, 2009 (See Front Inner Cover of this Report) Land Area of 8.17 Acres on the outskirts of Bangalore; Survey Nos. 15, J Bingipura Village, Jigani Hobli, Anekal Taluk, Bangalore with the buildings & labs needed for the five Divisions was transferred from VYASA to S-VYASA.

Vision of S-VYASA:

'Be and Make'

Yoga as a way of life would bring health and wealth, peace and efficiency, harmony and growth in individuals. The Integrated Yoga Approach can solve the problems

of the modern society and build ideal social orders. To use the four streams of Yoga (Jnana, Raja, Bhakti & Karma Yoga) all leading to the same goal as envisioned by Swami Vivekananda and its applications to all aspects of modern life.



Mission of S-VYASA

‘Combine the best of the East with that of the West’

To explore and unravel the hidden dimensions of Yoga and spiritual lore through modern scientific research.

Objectives of S-VYASA Society

- to undertake the scientific research in the area of yoga and allied systems of health care (Ayurveda & Naturopathy etc).
- to establish, operate, promote, run, maintain, manage, affiliate institutions including colleges and Universities or their extension centers engaged in the advancement pertaining to yoga research in Yoga and other systems of health care.
- to provide research facilities for carrying out basic and applied research in the concerned systems and disciplines, such as yoga therapy, higher states of consciousness, etc.
- to conduct experiments and to undertake and carry on research, experiments and tests related to the concerned research disciplines such as yoga therapy, higher states of consciousness, etc.
- to establish, provide, maintain and conduct or assist research laboratories and experimental institutions for scientific research.
- to give advice on, publish and/or otherwise promote utilization of research results in the field of yoga, yoga therapy and other applications of yoga supporting and other systems of health care.
- to promote, develop and improve scientific exchange of knowledge as well as

- technical co-operation between similar research institutions.
- h. to conduct conferences, refresher courses, lectures, seminars, demonstrations and exhibitions relating to the researches carried out and the results obtained.
 - i. to make available to others techniques and materials developed as a result of research.
 - j. to do all acts, matters and things as are incidental or conducive to the attainment of the above aims and objectives, any one or more of them.
 - k. to print, publish, exhibit, subscribe and subsidize the periodicals, books, pamphlets or posters, produce albums, videos, films, etc. related to research that may be considered desirable for the promotion of the objectives of the society.
 - l. to acquire, build, hire, maintain, run research laboratories and related facilities and to equip them with amenities considered necessary for the proper discharge of the functions of the society.
 - m. to borrow or raise monetary fund's against securities or otherwise from time to time for the purposes of the society upon such items and conditions as may be deemed reasonable and/or other similar payments to students and research scholars to facilitate them to undertake scientific research in the area of interests of the society.

S-VYASA has, over the years, standardized such Advanced Yoga techniques as CM (Cyclic Meditation), PET (Pranic Energisation Technique), MSRT (Mind Sound Resonance Technique), MEMT (Mastering the Emotions Technique), MIRT (Mind Imagery Technique), VISAK (Vijnana Sadhana Kausala) and ANAMS (Anandamrita Sincana).

Achievements & Recognitions

1. The S-VYASA is a Deemed University U/s 3 of UGC Act 1956 since 08.05.2002. [Vide F.6-4/2002 (CPP-1) dated 30.04.2002]
2. The Govt of India, Ministry of Health & Family Welfare, Dept. of AYUSH has accorded Center of Excellence in Yoga for S-VYASA.
3. Indian Council for Medical Research (ICMR) Centre for Advanced Research in Yoga and Neurophysiology [ICMR. CAR Y&N] -2007-2012]
4. S-VYASA have MOU/Linkages with 20 leading Universities and Research

Centers with all over the world for conducting collaborative research in Yoga.

5. Trained more than 50,000 yoga teachers teaching all over the world.
6. Produced the largest number of research papers in the field of Yoga. Over 290 papers in National and International indexed journals.
6. S-VYASA has an MoU with the biggest 250 beds Yoga Therapy Health Home called Arogyadhama in the Prashanti Kutiram Campus, Bengaluru.
7. S-VYASA & VYASA have organized more than 25 National and International Conferences in India and Abroad.
8. Established high tech naturopathy centre 'Surabhi'.
9. Accredited with 'A+' grade by NAAC.
10. Elevated to 'A' by MHRD in the year 2013. [Vide F.9-26/2009-U.3(A)(Vol.5) dated 18.06.2013]
11. ISO 9001:2008 Certified University.
12. Scientific & Industrial Research Organisation from Dept. of Scientific & Industrial Research, Ministry of Science & Technology, GOI, in the year 1988.
13. International Journal of Yoga [IJOY]-the first Yoga Journal in PubMed.
14. S-VYASA is publishing a Monthly magazine containing educative articles on Yoga Activities, Research on Yoga, Spirituality etc., namely 'Yoga Sudha'.
15. Bi-annual Index Research Journal namely IJOY-PPP.

2. MANAGEMENT

General Body Members

President

Sri T Mohan, Social Worker

Vice President

Dr. R Nagarathna, Medical Practitioner

Secretary

Smt. Subhadra Devi, Social Worker

Joint Secretary

Smt. Smita Dayananda, Social Worker

Treasurer

M S Surendra, Social Worker

Members

Kum. S K Geetha, Social Worker

Kum Rukmini, Social Worker

Board of Management

Special Invitee - Chancellor

Dr. H R Nagendra, ME, PhD (Engg)

Vice Chancellor

Dr. Ramachandra G Bhat, MA, PhD, DLitt

Secretary - Registrar

Dr. Amaranath B, BSc, PGDMM, MBA, PhD

Deans of Faculties

Prof. K Subrahmanyam, MA, PhD

Dr. R Chandrasekhar, MSc, ME, PhD

Three Eminent Academicians

Dr. N K Manjunath, BNYS, PhD

Dr. M N Ramesh, MSc, PhD

Dr. Prahlada Ramarao, ME, PhD

One Eminent Academician deputed by MHRD

Prof. C L Khetrapal, PhD

Three Nominees of the Sponsoring Society

Sri T Mohan, MSc

Smt. Subhadra Devi, MA

Dr. R Nagarathna, MBBS, MD, FRCP, DSc

One Nominee of the Finance Committee

Sri H R Dayananda Swamy, MBA, MSc

Academic Council

Chairperson - Vice Chancellor

Dr. B R Ramakrishna, BSAM, BAMS, MD (Ayu), MSc, PhD

Farmer Vice Chancellor

Dr. Ramachandra G Bhat, MA, PhD, DLitt

Dean of Faculties

Dr. R Chandrashekar, MSc, ME, PhD

Prof. M K Sridhar, MA, PhD

Dr. Balasubramanya Sree Jahannathan, MA, MPhil, PhD

Prof. K B Akhilesh, MSW, PhD

Prof. T G Sitharam, MSc, PhD

Dr. B R Ramakrishna, MD, PhD

Dr. Ravindra Kumar, MA, MPhil, PhD

Heads of the Departments

Dr. R Nagarathna, MBBS, MD, FRCP, DSc

Dr. N K Manjunath, BNYS, PhD

Dr. Sanjib Kumar Patra, MSc, PhD

Professors

Dr. M N Ramesh, MSc, PhD

Dr. Sony Kumari, MA, PhD

Two Associate Professors

Dr. Raghavendra Bhat, MSc, PhD

Dr. Balaram Pradhan, MSc, PhD

Two Assistant Professors

Mr. Rajesh H K, MSc

Dr. Puneeth Raghavendra, BNYS, MD

Three Educationists of Repute

Dr. B N Gangadhar, MBBS, MD

Dr. G G Gangadharan, MD, PhD

Dr. K Muralidhar, MBBS, MD

**Three persons who are not Members of the Teaching Staff,
Co-opted by the Academic Council for their Specialized Knowledge**

**Prof. M L Munjal, ME, PhD
Dr. H R Aravinda, MBBS, MD
Prof. B S Mahadevaiah, MA, PhD**

Special Invitees

**Dr. Natesh Babu, MSc, PhD
Dr. Judu Ilavarasu, MSc, PhD**

Secretary - Registrar

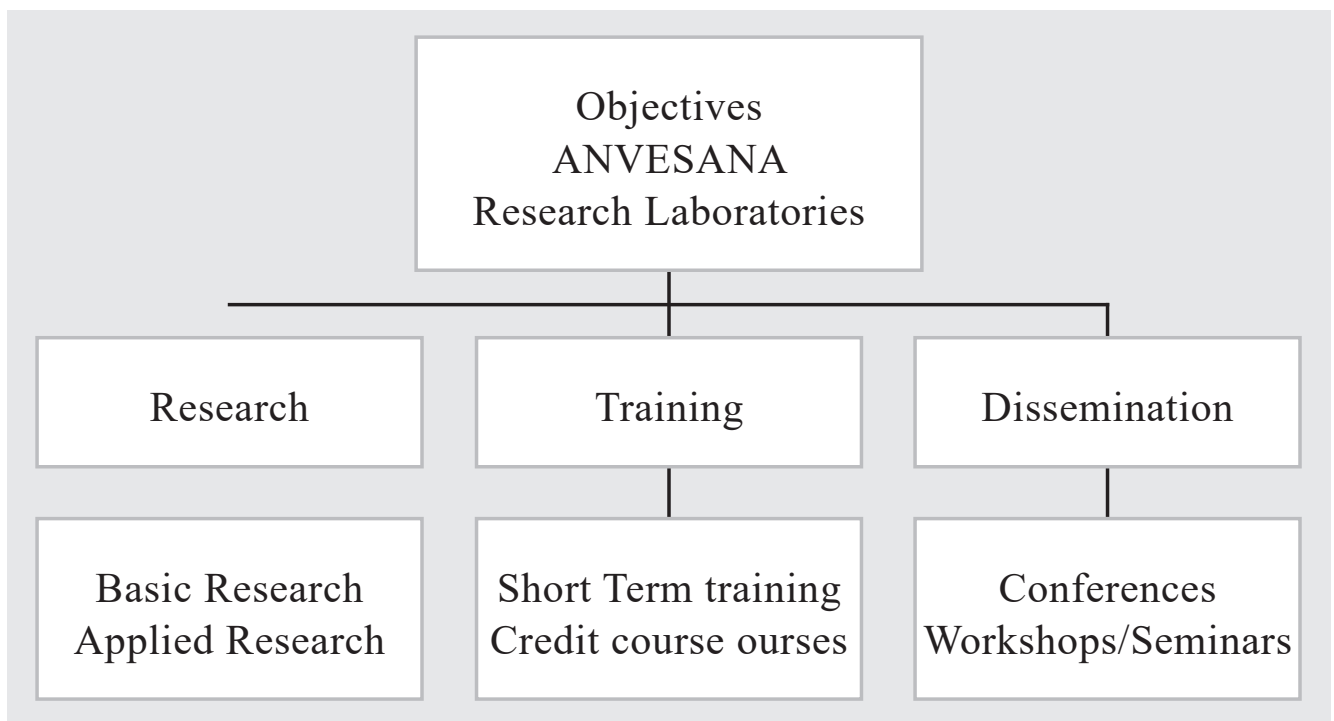
Dr. Srinidhi K Parthasarathi, BE, PGDM, PhD

3. ANVESANA

About Research at S-VYASA

Anvesana research laboratories is the centralized research facility for all the divisions at S-VYASA University. Research at Anvesana research laboratories is organized across six major disciplines, each with its strength, specialties and goals. The common theme is the emphasis on understanding the complex interplay between the physical, mental, social and spiritual planes of people. All the research disciplines also undertake fundamental studies providing opportunities for medical applications and standardization of tools.

Continuous efforts have been made to improve the research laboratory. Research Developmental grant (5 Crore) was obtained from department of AYUSH, Govt. of Karnataka and research facility is upgraded. Currently, University has State-of-Art research laboratories for conducting High-end research.



Recognitions and Accomplishments

- Scientific and Industrial Research Organization (SIRO), certification by the Department of Scientific and Industrial Research, Ministry of Science and Technology, Govt. of India, New Delhi (No. 14/43/1988-TU-V). - 1985

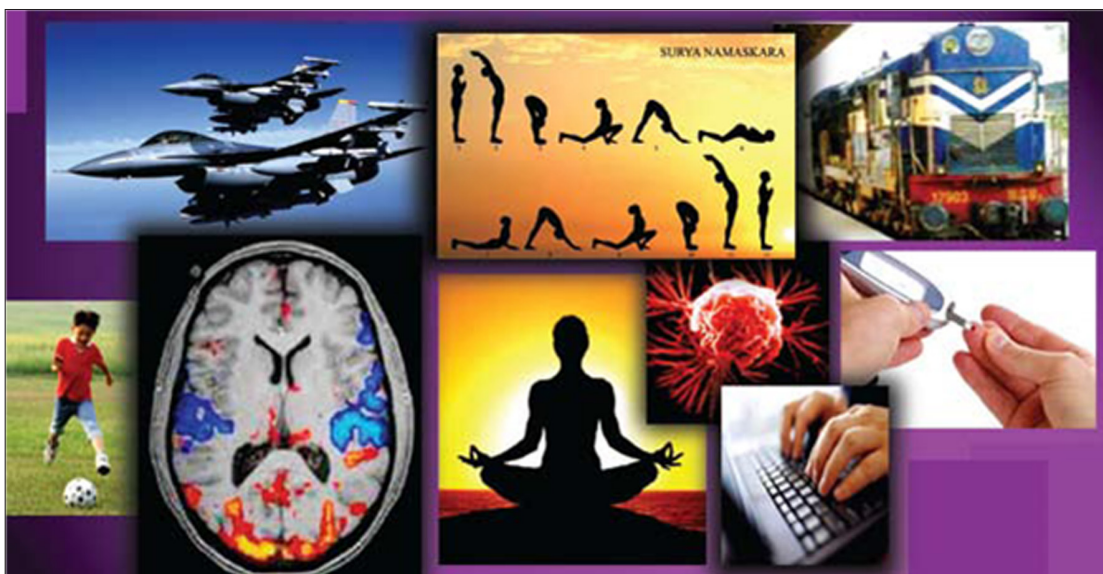
- S-VYASA became Deemed University recognised by the Ministry of Human Resource Development, Govt. of India - **2002**
- “Centre for Advanced Research in Yoga and Neurophysiology” (ICMR CAR Y&N) recognized by the Indian Council of Medical Research, New Delhi - 2007 - 2012.
- S-VYASA was recognized as “Centre of Excellence in Yoga” by the Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. - 2011
- First ISO 2001:2008 Certified Yoga University in the county -2011
- S-VYASA has published more than 430 research papers on Yoga in national and international journals
- Conducted 21 international conferences on frontiers in Yoga research and its applications
- S-VYASA publishes two Yoga research journals:

International Journal of Yoga” PubMed indexed multidisciplinary journal dedicated to yoga research and its applications. It is the first yoga journal included in PubMed.

International Journal of Yoga, Philosophy, Psychology and Parapsychology, to promote philosophical and literary research in the field of yoga.

Major Areas of Research

S-VYASA University has five divisions, under which yoga research is carried out. These are division of yoga & spirituality, yoga & life sciences, yoga & physical sciences, yoga & management and yoga & humanities.



Division	Research Areas
Spirituality	<ul style="list-style-type: none"> • Effect of Yajna • Agnihotra • Vedic chanting • Vedic lifestyle • Vedic education system
Life Sciences	Physiological effects of yoga practices <ul style="list-style-type: none"> • Therapeutic applications of yoga • Yoga for rehabilitation • Yoga for perception and performance • Meditation and cognition • Yoga and molecular mechanisms
Physical Sciences	<ul style="list-style-type: none"> • Subtle energy • Effect of pyramid • Yantra & Vastu • Consciousness studies • Sustainable green energy • Theoretical modelling
Management Studies	<ul style="list-style-type: none"> • Stress management • Leadership development • Yoga and performance • Holistic System Management (HOLSYM)
Humanities	<ul style="list-style-type: none"> • Effect of classical music • Classical dance • Fine arts

Research Facilities

Molecular Bioscience Laboratory

The Molecular Bioscience Laboratory is dedicated to understanding important biological processes at the molecular level – with the goal of using this knowledge to tackle major problems in human health and disease. The Molecular Biosciences laboratory is an exclusive facility which focuses on the molecular basis of Yogic practices. The techniques that are pioneered in our laboratory include DNA sequencing, microarrays, flow cytometry, fluorescent microscopy, high performance liquid chromatography, chemiluminescence, and 2D electrophoresis to name a few. The Molecular Bioscience group is working to understand the influence of Yoga at the biochemical, genomic and proteomic levels in states of health and various diseases

especially Non-Communicable diseases with special interest to type 2 Diabetes Mellitus and Cancer. This work is likely to lead to a better understanding of the Yoga practices which we hope to involve in the regulation of genes and interactions of proteins inside the cell.

The group is also working on development of kits to quantitatively evaluate psychophysiological stress and computational modalities to accrue information from Arogyadhama, a 250 bedded Holistic Health care home. This is likely to give a basic information about the subjective and objective outcomes of the patients further to the practice of yoga.

Objectives

To understand the mechanisms underlying:

- Stress information transmission
- Prevention of NCD's thro' Yoga practices
- Alleviation of complications of NCD's through Yoga practices

Research Facilities

- Next Generation Sequencing – Ion Torrent PGM
- Flow Cytometer – BD FACS Verse
- RT-PCR – ABI 7500
- Protein Purification & Extraction – HPLC
- Fluorescent Microscope – EVOS FL

Psychophysiology Laboratory

This laboratory pioneers in autonomic & metabolic function testing and exercise physiology testing. In the past years, this laboratory has added a lot to the understanding of autonomic modulations following yoga practices, evaluating the functions of autonomic nervous system in various mental states, meditation and breathing practices. To name a few key contributions, an overall parasympathetic predominance and a considerable reduction in metabolic rate & oxygen consumption in Yoga practitioners were observed from research studies. Also, the capability of the autonomic nervous system to respond to stressful stimuli without getting stressed following yoga practices reported from this laboratory has gained great attention.

Based on its previous studies, emphasizes the need for understanding the mechanism of action, efficacy, safety and effective administration of Yoga. Also, this laboratory caters to basic science research works in understanding the management of neuropathies associated with non-communicable diseases.

Objectives

- To understand the regulatory effect of yoga practices on autonomic nervous system in normal and various pathologies
- To understand the metabolic changes during yoga practices
- Stress evaluation

Research Facilities

- 16 Channel Polygraph with telemetry facility
- Metabolic and Pulmonary functions testing system
- Continuous Non- Invasive Blood Pressure (NIBP), Finometer MIDI
- 4 Channel portable Polygraph

Cognitive Neuroscience Laboratory

To investigate the effect of Yoga on functional connectivity of the brain. The cognitive neuroscience laboratory (CNL) through its multidisciplinary approach studies the neural underpinnings of human behavior, primarily using 128 channel dense EEG, and Evoked Potentials, functional Near Infrared Spectroscopy (fNIRS). The cognitive neuroscience research group targets to ascertain the role of yoga as a mindbody intervention in regulating the neural

processes influencing cognition pertaining to various mental states. Recent studies from this group with f-MRI & dense array EEG has identified increased activity of cortical areas associated with working memory, and attention following cyclic meditation. Also, an interesting observation of better performance in an attention based task despite having lesser oxy-hemoglobin levels in pre-frontal cortex of meditators has been reported. This group focusses on understanding the default mode network in yoga practicing population and are exploring the mechanisms of enhancing the process of cognition in elderly population with yoga practices.

Objectives

- Understanding the basic neural processes that underlie complex higher-order cognitive operations
- Understanding the functional and neural mechanisms of cognitive processes related to yoga practices
- Understand event related potentials [ERPs] while performing attention tasks related to yoga practices

Research Facilities

- 128 Channel Electro Encephalogram (EEG)
- 64 Channel Functional Near Infrared Spectroscopy (fNIRS)
- Functional Transcranial Doppler Sonography (fTCD)
- 16 Chanel Evoked Potential system

Polysomnography Laboratory

To assess the practice of Yoga on quality of Sleep in clinical and non-clinical population. The sleep group is working on understanding sleep architecture in meditators and non-meditators.

They are also trying to explore impact on yoga in the management of Sleep Disorders.

Objectives:

- Understanding sleep architecture in meditators and non-meditators
- To explore the efficacy of Yoga in Sleep disorders.

Psychology Laboratory

Psychology lab attempts at standardizing tools and designing theoretical frameworks from traditional knowledge, to address the specific needs of Yoga research.

The laboratory hosts a spectrum of facilities to assess cognition, physical abilities, professional skills using computerized tests. The laboratory has shown evidences to bring out the efficacy of yoga in performance, cognitive abilities, etc., following traditional Indian system of education. Recently implicit tools were used to study inherent attitudes and preferences in yoga population.

The laboratory is working further to develop specific tools for assessment for Yoga research integrating the western methodologies and the concepts of Indian psychology

Objectives

- Understanding and development of human psychological strengths
- Developing & standardizing the psychological measurement for AYUSH systems of medicine
- To measure mental processes from simple motor performance to complex

problem solving skill

- To understand cause and management of psychological disorder from the perspective of traditional knowledge

Research Facilities

Motor Function, Perception, Executive Function, Attention, Intelligence,

Bio-Energy Laboratory

The Bioenergy laboratory explores subtle energy aspects of biological and inanimate systems. The facilities of the lab include Electrophotonic Imaging- a Kirlian principle based system for subtle energy measurements; Acugraph- a electrodermal assessment based on Chinese traditional medicine system; Nadi Tarangini- an indigenous pulse based diagnostic system for assessment of tridosha (vata, pitta, kapha) based on Ayurveda principle and Random Event Generator to study the influence of human mind on the hypothetical consciousness field & power of intention of individuals.

Recognizing the need for standardization of subtle energy measuring instruments, initial work of the Laboratory involved experiments to validate these instruments to meet the scientific standards.

Using these tools later research showed effect of Yoga in organism's regulation at subtler levels. Evidence from these experiments support the existence of subtler dimensions like pranamaya kosha.

Effects of various traditional rituals have also been shown on the consciousness field.

Future directions of the lab include developing ability to assess a person's state of health using non-invasive subtle energy tools, complementing the modern methods of diagnosis, resulting in early detection of manifestation of diseases.

Objectives

- To track scientifically the subtle human energy field
- To establish scientific evidences for scriptural concepts like Aadhi and Vyadhi
- To develop normative data in Indian population according to various demographic parameters.
- To cater to the clinical need of patients with various ailments, especially earlier diagnosis of disease before its physical manifestation.

Research Facilities

- Gas Discharge Visualization (GDV)
- Acugraph
- Random Event Generator

Eminent Scientists

- **Dr. H R Nagendra**, the Chancellor of Swami Vivekananda Yoga Anusandhana Samsthana, a deemed to be university, Bengaluru. The Government of India awarded him the fourth highest civilian honour of the **Padma Shri**, in 2016, for his contributions to society. He has authored 35 books and over 182 research papers on Yoga and he guide 30 PhD students.
- **Dr. R Nagarathna** is the Dean, Division of yoga and life sciences and chief consultant at Arogyadhama, SVYASA. Dr. Nagarathna did her MBBS from Bangalore medical college, MD in internal medicine from Mysore medical college. She had completed MRCP and FRCP from Edinburg, UK. She has over 80 publications in national and international journals and has 11 books on series of yoga for different ailments published. Recently, she has received 'Vivian Fonseca and Nagendran Family Diabetes Research Award' from American Diabetes Association (ADA) for her intensive scientific work on 'Diabetes Prevention through Yoga-Based Lifestyle: A Pan India Randomized controlled trial study.
- **Dr Manjunath N K**, the Director of Research at S-VYASA University Bengaluru. He is also the Editor of International Journal of Yoga (IJOY), a PubMed indexed yoga research publication of S-VYASA. He is also director of VYASA health care global Pvt Ltd. He has 35 years of research experience and holds more than 40 research publications on Yoga. He has guided more than 15 M.Sc. & 10 M.D. students in yoga. He is also member of Scientific Advisory Committee, Department of Science and Technology, Govt of India.
- **Dr. Ramesh Mahavathur**, is working as Associate Professor in Swami Vivekananda Yoga University (S-VYASA). He has completed PhD from Max Planck Institute for Terrestrial Microbiology, Marburg and Jacobs University, Bremen, Germany and Post-Doc from University of Massachusetts Medical School, USA. He played a key role in the establishment of Molecular Genetics Laboratory in S-VYASA. Currently, he is involved three major Government funded projects received from Ministry of AYUSH. He has published more than 10 research papers in International Peer-Reviewed Journals.

- **Dr. Prahlada Ramarao**, the Distinguished Scientist, Swami Vivekananda Yoga Anusandhana Samsthana, Bangaluru. The Government of India awarded him the fourth highest civilian honour of the **Padma Shri**, in 2016, for his contributions to society. His major contribution was development, testing, and manufacturing and delivery of surface to Air Missile System, AKASH, to the country and taking defence R&D in higher levels. Currently, he is working in the Division of Yoga and Physical science, and area of interest is energy, propulsion, experimentation.
- **Dr. T M Srinivasan** - He was Professor of Biomedical Engineering at IIT, Chennai between 1972 and 1989. He served as the Director of Yoga Research Institute in Tirupathi during 1977-1978. He later went to Research on Acupuncture and Yoga at the Fetzer Institute, Kalamazoo, Michigan. He was also a professor and later Associate Dean at ITT Technical College, Phoenix, Arizona. He is the founder member and past president and editor for the International Society for the Study of Subtle Energies and Energy Medicine. He has edited two books: 'Sense Perception in Sciences and Sastras' and Energy Medicine around the World'. He has authored a book titled 'Gita SagaraSaram'. Another book titled 'Yoga SagaraSaram' is under publication.

Research Collaborations

National

SNo	National of the Institute/ Organization/University	Brief Description of MoUs	Division	Date & Year
1	Narayana Hrudayalaya Limited, Bangalore	Research, Development of Education of training, exchange of Scientist and Students	Yoga and Life Sciences & Yoga and Physical Sciences	June 27, 2016
2	National Institute of Engineering, Mysore, Karnataka	Research, Resources exchange, Organizing Joint Conferences and Seminars, Faculty/ Students Exchange Program	Yoga and Life Sciences	June 15, 2016
3	Dayananda Sagar University (DSU), Dayananda Sagar College of Engineering, Bangalore	Exchange of Scientist and Students, Research Projects, Funding and Finance	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	September 21, 2015

4	PES University, Bangalore	Exchange of Scientist and Students, Research Projects, Funding and Finance	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	November 25, 2015
5	SYMBOISES Institute of Health Sciences	Exchange of Faculty Members for Conduct of Teaching and Training Yoga Programs, Exchange of Academic Information and Recourse Materials	Yoga and Management	September 3, 2015
6	All India Institute of Medical Sciences (AIIMS), New Delhi	Establishing Integrative Healthcare Unit at AIIMS with technical support from SVYASA, Collaborative Research Project, Co-design, design and develop research facilities for clinical research and prevention of diseases	Yoga and Life Sciences	March 15, 2015
7	National Institute of Advance Studies (NIAS), IISc Campus, Bangalore	Exchange of Scientist and students, Research	Yoga and Life Sciences, and Yoga and Physical Sciences	February 4, 2015
8	Academy of Acupressure and Acupuncture, Bangalore	Research, Therapy, Exchange of Resources	Yoga and Life Sciences Yoga and Physical Sciences	October 27, 2014
9	Manashakti Research Centers, Lonavala, Maharashtra	Research	Yoga and Life Sciences	June 7, 2014
10	Indian Institute of Sciences (IISc), Bangalore	Exchange of Scientist, Students, and Resources, Research Projects	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management	June 26, 2014
11	Global Health Private Limited, Gurgaon, Haryana	Joint clinical research, resource exchange	Yoga and Life Sciences	December 24, 2014
12	Sri Ramachandra University, Chennai	Yoga courses, Yoga therapy, Research	Yoga and Life Sciences	December 3, 2014
13	Jain Vishva Bharti, Ladnu	Exchange of Resources, Faculties, Joint Research Projects, Seminars and Conferences	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	November 29, 2014

14	Rani Chennamma University, Belagavi	Exchange of Resources, Faculties, Joint Research Projects, Seminars and Conferences	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	February 26, 2014
15	INFLIBNET Center and IUC of University Grants Commission, Gandhinagar	Electronic Theses and Dissertations	Yoga and Life Sciences, Yoga and Physical sciences, Yoga and Management, Yoga and Spirituality, and Yoga and Humanity	January 7, 2014
16	Assam Medical College, Dibrugarh	Exchange of Resources, Faculties, Joint Research Projects, Seminars and Conferences	Yoga and Life Sciences	June 17, 2013
17	Sri Aurobindo Society, SAS, Delhi Branch, New Delhi	Academic Events, Teaching, Training & Research, Seminars & Conferences,	Yoga and Life Sciences	January 8, 2013
18	HIHT University, Dehradun	Exchange of Resources, Faculties, Joint Research Projects, Seminars and Conferences	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	January 10, 2013
19	Sri Devaraja Urs Academy of Higher Education & Research, Kolar, Karnataka	Exchange of Resources, Faculty and Students, Research	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	February 3, 2011
20	Srimanta Sankaradeva University of Health Sciences (SSUHS), Bangalore	Academic Events, Teaching, Training & Research, Seminars & Conferences	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	June 9, 2011

International

SNo	National of the Institute/ Organization/ University	Brief Description of MoUs	Division	Date & Year
1	Gyeongsangnam-do and Miryang, South Korea	Establishment of Indian Yoga School at Korea, Exchange of Resources and Faculties	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	April 25, 2016

2	Yunnan Minzu University, China	Establishment of Indian Yoga School at China, Exchange of Resources and Faculties, Seminars and Conferences, Research	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	March 21, 2016
3	University of Latvia, Riga	Exchange of Resources, Faculties	Yoga and Physical Sciences	November 27, 2015
4	HR&S Ravanna, Italy	Health related research and Industrialization	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	October 26, 2015
5	Saint-Petersburg Federal Research Institute of Physical Culture and Sports, Russia	Research, Exchange of Resources, Conferences and Seminars	Yoga and Life Sciences	September 13, 2015
6	Taksha University, Virginia, USA	Education, Research and Clinical Research related to Yoga	Yoga and Life Sciences	July 4, 2015
7	University of La Lguna, Spain	Teaching, Culture and Research, Exchange of Students and scientific and administrative staff, Technological co-operation	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, Yoga and Humanity	April 29, 2015
8	Korea India Association, Korea	To provide framework for Joint Co-operation in the field of Yoga Education	Yoga and Management	April 1, 2015
9	Health Ricerca E Sviluppo S.r.L. Bologna University Academic Spin Out, Italy	Promote scientific and academic excellence and advancement in translational research, fellow/post-doctoral/faculty training, personal exchange, or project	Yoga and Life Sciences, Yoga and Physical Sciences, Yoga and Management, Yoga and Spirituality, and Yoga and Humanity	August 15, 2014
10	Dali University, China	Research, Exchange of Resources, Faculty Training	Yoga and Life Sciences	July 11, 2014
11	Midizin Park Ruhr, Germany	Research and Development, Researchers exchanges, Conducting Jointly conferences	Yoga and Life Sciences	January 19, 2014
12	Gampaha Wickramarachchi Ayurveda Institute (GWAI), University of Kelaniya	Exchange of Researchers, Faculties, Trainings, Seminars & Conferences	Yoga and Life Sciences	November 29, 2012

Research Journals

International Journal of Yoga (ISSN # 0973-6131), is a Multidisciplinary Semi-annual Scientific Yoga Journal, dedicated to Yoga Research, published by Medknow Publications, Mumbai, India.

Editor In Chief: Dr. HR Nagendra, Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA Universtiy), Bengaluru, India

International Journal of Yoga - Philosophy, Psychology and Parapsychology (IJOY - PPP)

It is a peer-reviewed online journal of Swami Vivekananda Yoga Anusandhana Samsthana University (S-VYASA), with semi-annual print on demand compilation of issues published. The journal's full text is available online at <http://www.ijoyppp.org>.

Editor in Chief: Prof. H. R. Nagendra, Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA Universtiy), Bengaluru, India

Yoga Sudha

To bring out the key essence of research findings from the research papers and their social relevance, a popular monthly magazine called "Yoga Sudha" (current ISSN number 0972-074X) is being published, for the last 32 years.

Editor: Dr. HR Nagendra, Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA Universtiy), Bengaluru, India

From 2013 November, Yoga Sudha has been taken over by S-VYASA from SVYP (Swami Vivekananda Yoga Prakashana)

Ongoing Projects

SNo	Title of the Project	Principal Investigator	Funding Agency	Duration
1	Exploring the Yoga Benefits of Cognitive Improvement and Metabolic Mediator of neuro-endocrine biomarkers in patients with Type 2 Diabetes.	Deepeshwar Singh, M.Sc., Ph.D.	Ministry of AYUSH, New Delhi	Nov, 2017 to Nov, 2020
2	Efficacy of Yoga-based Lifestyle Intervention on Acute-phase Insulin Release (AIR) in Pre-diabetes.	Prof. Ramesh M N, M.Sc., Ph.D.	Ministry of AYUSH, New Delhi	2016 - 2019

Completed Project

SNo	Title of the Project	Principal Investigator	Funding Agency	Duration
1	Effect of Yoga practices on DNA damage in healthy and clinical population	Prof. Ramesh M N, M.Sc., Ph.D.	University Grants Commission (UGC)	2016 - 2018

4. INFRASTRUCTURE FACILITIES IN PRASHANTI KUTIRAM

Om Building: Registrar's Office



Admission Cell, Examination Department, I-T Hub, Studio-Recording Room, Swami Vivekananda Yoga Prakashana – Main Store, Security Cabin, Registrar's Office, Finance & Planning Department

Tarangini



Chancellor and Vice-Chancellor Secretariat

Nalanda: Deans Office



Class Rooms



Anvesana - Research Laboratory



Reception building



Avarthana
Director of Distance Education



Saraswati - Library



Arogyadhama
Holistic Health Home



Samparka
STD & Internet Booth



SVYP Sales Counter
Book Stall



Boys Hostel



Faculty Block



Lakshmi Amma Girls Hostel



Dining Halls



5. GLIMPSES OF ACTIVITIES: 2018-19

Shankara Jayanti Utsav in Prashanti



S-VYASA organized Shankara Jayanti Utsav at Samskruti Bhavan, Prashanti Kuteeram on 10th April, Tuesday, 2018.

Prof. K Subrahmanyam, Adviser to Hon. Chancellor welcomed the Chief Guest and the gathering. He in his address mentioned the great contributions of Shankara to the world and also spoke about S-VYASA's initiatives in establishing Vemana Vivekananda Yoga University in Andhra Pradesh.

Shri L V Subramanyam, IAS, Special Chief Secretary for Ministry of Sports, Youth

Adventure, Culture and Tourism, Govt. of Andhra Pradesh, highlighted the philosophical contributions of Shankaracharya. He called upon the students to cherish the eternal values emphasized by Shankaracharya and appealed to them to face challenges in life, to utilize the time preciously during their student life and attain success in their desired goals.

Dr. H R Nagendra, Hon. Chancellor compared the Advaita philosophy of Shankaracharya with the postulates of theoretical physics with suitable examples. He informed that Shankaracharya's Birthday has been declared as **World Philosophers' Day** by the UNO and this day is celebrated all over the world. He said that this year happens to be 1241st birthday of Adi Shankaracharya.

Prof. M K Sridhar, Dean, Division of Yoga-Spirituality, S-VYASA proposed a Hearty Vote of Thanks. Sri Rajesha H K, Faculty Member and Students of Yoga-Spirituality Division sang Nirvana Shatakam of Shankaracharya as Invocation at the beginning of the programme. Sri Ramanujam, a MSc 4th Sem Student compeered this programme.



Felicitation to Shri L V Subramanyam, Special Chief Secretary for Ministry of Sports, Youth & Adventure and Culture & Tourism in AP Govt.

Prashanti Premier League (PPL) Cricket Tournament for Boys



Prashanti Premier League (PPL) – Cricket Tournament held in Prashanti from May 7–18, 2018



Guruji, Vice Chancellor, Registrar and Dean of Academics graced the Inaugural



Prior to the Inaugural Match, Guruji batted and Dr. N K Manjunath bowled



6 Teams fought for the Rolling Trophy



Tyaga Titans won the Trophy



Prashanti Warriors became runners

IDY Celebration at S-VYASA Headquarters Prashanti Kutiram, Jigani, Bengaluru



The official International Yoga Day protocol is practiced in fixed time from 7 am to 8 am in Vivekananda Rock, in the august presence of Dr. Nagaratna Didi, who joined with us to complete practice for one hour and followed by her blessings.

Dr. Chandrashekar, Dean of Academics, Dr. Sandhya, Dean of Yoga & Life sciences and Dr. Raghuram, Principal of SAMC&H, Mr. Sumanth, Co-ordinator of YIC, were present.

There were 500 participants, BNYS students, BAMS students, YIC students, Teaching & Non-teaching Staff, Therapy Participants and few neighbors were also present in the practice. All the participants were involved actively in the celebration of IDY Program which was followed by distribution of sweets & Gurujī addressed about IDY from New York.

The program was ended with blessing from Dr. Nagaratna Didi, who explained, how June 21st is decided as International Yoga Day and its importance.



Chief Guest, Dr. R Nagarathna - Address & Practice



World Environment Day in Prashanti

■ Dr. Raghurama Bhatta, Principal, SAMC&H



Oath taken for Greener Globe during Environment Day celebration

World Environment Day was celebrated on Tuesday on June 5th at Samskriti Bhavanam of Prashanti Kutiram, S-VYASA campus with the theme 'Beat Plastic Pollution'.

The National Service Scheme (NSS) Unit and Dept. of Dravyaguna of Sushruta Ayurvedic Medical College and Hospital (SAMC&H) in collaboration with Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) organized the above program. Dr. K Subrahmanyam, Hon'ble Adviser to Chancellor, S-VYASA, graced the function as chief guest and elaborated on the necessity of protecting our environment for leading a healthy and prosperous life and has empathy and concern towards fauna and flora. He appealed to all the inmates of S-VYASA to stop using plastic and use paper or cloth bags thus maintaining a plastic free environment.

Dr. Ravikiran, Professor and HoD, Department

of Agada Tantra, SAMC&H, in his introductory remarks, cautioned the society not to be careless about the hazards of plastic as well as environment exploitation and told that due to the deforestation, the temperature of the atmosphere has increased and if the same trend continues, one day the river Ganges will not exist and many households will be washed away with the melting snow.

Prof. M K Sridhar, Dean, Division of Yoga - Spirituality, S-VYASA, spoke about the environmental awareness as reflected in Sanskrit texts. He also explained about the importance of preservation of rare plants and animals, biodiversity for an eco-friendly co-existence and healthy living. He elaborated on the issue of Global warming, excessive emission of Chloro-flouro carbons and the commitment of Most Industrialized nations (G-20) in reducing the emission of poisonous gases by 2% in the coming





years. He proposed a hearty vote of thanks to one and all. Dr. B R Ramakrishna, Director, Dr. Vasudev Vaidya, Administrative Officer, Dr. R Chandrashekhar, Dean of Academics, were on the dais. Dr. Raghurama Bhatta, Principal, SAMC&H, welcomed the guests and gathering. Prof. K Subrahmanyam, Dr. B Amaranath, Registrar and Dr. Vausdeva Vaidya gave away the prizes to winners of various competitions.

In the morning a cleaning drive for creating environmental awareness among the students was organized by SAMC students. All the students were divided into four groups and they were involved enthusiastically for cleaning the plastic and papers in and around the S-VYASA university campus. A placard competition was conducted for the students on the topic 'Beat plastic pollution'. 33 students participated. Debate and Collage competition on the topic 'Plastic boon or bane' were organized. The program culminated in the afternoon with the plantation of rare saplings around Manjushri and Surabhi blocks by the Chief Guest, faculty and students. BAMS students Kavana - Keerthana and her team sang invocation song. Faculty members of SAMC&H sang NSS theme song. Dr. Soumya Kiran compeered the program. Dr. Renuka, Dr. Anupama, Dr. Sashidhar and their teams coordinated the program.



Saplings for
Brighter
Tomorrow

Sports Meet 2018

■ Ms. Muskan Periwal, BNYS II Year



Inauguration: Shri O P Tiwari Ji & Guruji

Prithvi, Agni, Jala, and Vayu named after the Pancha Mahabhootas. Each team also had their own team jerseys and logos. The captains and vice- captains were also chosen through lottery system among the selected.

The tournament was a week-long affair which lit up from May 28th with an inaugural ceremony comprising of the esteemed, the chancellor, Dr. H R Nagendra, the Registrar, Dr. B Amarnath, Dean of Academics, Dr. Chandrashekhar Rao and an honorary person from Kaivalyadhama, Dr. O P Tiwariji till the June 1st with a closure of prize distribution ceremony.

The first match of throwball kicked off on May 28th between Jala and Vayu witnessed by the elites and the indistinct audiences. The Kho-Kho matches kicked off on May 31st with Jala and Vayu in the play off. Throughout all the

The Official Tournament for Throwball and Kho-Kho for Girls was formulated by the Registrar, Dr. B. Amarnath on the truly based ideas of our beloved Guruji, Dr. H R Nagendra and was organized by Dr. Vikas Rawat and Dr. Swathi Gowda.

The teams were split by completely non-biased lottery system which consisted of both the BNYS and the BAMS students likely in the presence of the organisers. The four teams were



Throwball Winners: Prithvi team with Dignitaries



Kho-Kho Winners: Vayu team with Dignitaries

matches that were played each team played fairly against the other 3 and strived hard to win the tournament.

Team Agni in throwball and team Vayu in Kho-Kho qualified directly to the finals as they won all the matches played. The semi-finals for throwball took place on 30th of May between Jala and Prithvi, where Prithvi earned a slot in the finals; while the Kho-Kho semi-final was held on June 1st between Agni and Jala and the final slot against Vayu was earned by Jala.

The finals kicked off with great excitement among the audiences and the esteemed on 1st of June at 3.00 pm, for throwball Agni v/s Prithvi and kho-kho Jala v/s Vayu. After great amount of competition Prithvi bagged the throwball

winners title and Vayu bagged the kho-kho winners title. The matches were soon followed by prize distribution and a photo session with the esteemed the Chancellor, Dr. H R Nagendra, the Registrar, Dr. B Amarnath, Dean of Life Sciences, Dr. Sandhya, the organisers Dr. Vikas Rawat and Dr. Swathi Gowda, and the Girls hostel warden Mrs. Usha Hegde.

The week-long tournament ended with some hearty conversations between the students and the esteemed describing their experiences. All the students were thrilled, excited and had a great experience and also bonded with their team mates and the other course students too. They also demanded for more such exposures in the upcoming future.



MSc - Y&C Student **Ms. Jyothi Mukherjee** won 3 Gold Medals in State Level Shooting Event

Aug, 2018: Ms. Jyothi Mukherjee of MSc-Yoga & Consciousness, has won 3 Gold Medals in Karnataka State Inter-School, Inter-Collegiate and Open Category 10 Mts. Open Sight Air Rifle Shooting Competition - 2018, held at Sheshadripuram Institute of Commerce and Management, Bengaluru. For the remarkable achievement Guruji and Dr. Nagarathna congratulated her.



Jagannatha Rathayatra 9 days celebration in Prashanti



Jagannatha Rathayatra celebrations were started with Srigundicha Yatra on July 14, continued for next 9 days and concluded with Bahuda Yatra on July 22. Everyday Puja, Namasankirtan, Satsang, Arati & Prasad distribution was there.



ITEC-YIC: Batch 5



Inaugurated by Arogyadhama Medical Director, Dr. R Nagarathna. Registrar, Dean of Academics - *can be seen*

The prestigious ITEC-YIC Program, of the Ministry of External Affairs, Government of India, awarded to S-VYASA in 2016, successfully stepped into its 3rd Consecutive Year with the launch of Batch No 5, and the 1st Batch of the Academic Year of 2018-19.

30 participants from 19 Countries around the world assembled at Samskruthi Bhavan at the sprawling Prashanti Kutiram campus of S-VYASA, Deemed to be University.

The course was declared open by Pujya Dr. Nagarathna Didi, in the august presence of the Registrar, Dr. Srinidhi K Parthasarathy, Dean of Academics, Dr. R Chandrashekar and Dean of Spirituality, Prof. M K Sridhar also graced the inaugural session and wished all the participants happy learning and hearty success.

The participants of the special YIC will undergo rigorous Yoga Training between July 16 - August 12, including Educational Trip.



Exhibitions by The School of Yoga and Naturopathic Medicine



Inauguration of Exhibition by Dr. H R Nagendra



Pancha Tattva Therapy Model in Exhibition

There were two exhibitions organized by third and final year Bachelor of Naturopathy and Yogic Sciences (BNYS) students on Thursday, 23 August, 2018. The objectives of the expo were to encourage the creativity of the students and to transform the theoretical knowledge of the subjects of Naturopathic medicine into hands on practical tools for therapeutic applications. The exhibitions were inaugurated by the Hon'ble Chancellor Dr H R Nagendra by watering the Holy Tulasi. The invited dignitaries of the expo

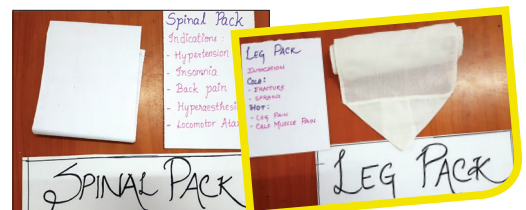
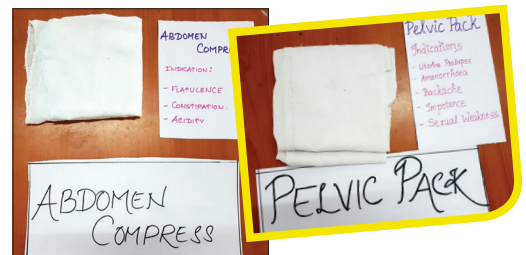
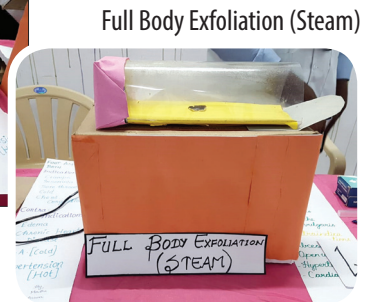
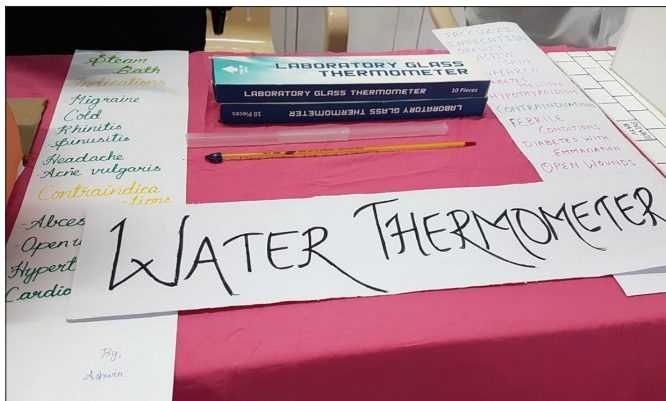
who graced the occasion were Dr R Nagarathna, Prof. K Subramanyam, Prof. Prahalada Ramarao, Dr Srinidhi K Parthasarathi, Dr Manjunath NK, Dr Chandrashekar R. Among other dignitaries included Dr B S Madhukar, the Advisor, NAAC, Members of Indian Army, Principal and faculty members of Sushrutha Ayurveda Medical College. The expo was visited by the students and staffs of S-VYASA, therapy participants, the participants from International YIC. The visitors found the expo innovative, thought provoking.



----- Exhibition and Demonstration by BNYS Students -----

Jalasya Tatvam Mahat:

Water being an important part of the ecosystem and being the most important factor in the evolution of the mankind, the therapeutic vision of it as a part of the naturopathic medicine. The expo by final year BNYS students depicted the development of hydrotherapy from the past centuries. It was presented in the form of working and nonworking miniatures of hydrotherapy treatment modalities such as baths, packs and douches. The introduction of various Hydratic measures were colourfully exhibited in artistic manner through "The Hydros Tree", Holistic healing wall art, The Metallic Art and the roof was innovatively decorated by showering cloud, rain drops & various thought provoking and informative chart-works were presented covering the history, different types of temperatures, effects, indications and contra-indications of Hydratic applications.



Prakritika Nandana Marga:

An expo based on the Integration of Massage therapy with the theme of Natural Path to Paradise, in which varieties of therapeutic oils for Massage therapy were exhibited. The exhibits included aroma oils, colour charged oils, magnetized oils, solarized oils, and herbal oils. Various preparations such as herbal soaps, herbal powders, aromatic soaps, aroma lip balms, pain balms, aromatic candles, yogic chromo - thermoleum, incense sticks, room freshener, shampoos, body spray etc., which were prepared by the third-year students were displayed and sold. The other attractions of the exhibition included charts presenting different types of massage techniques such as hot stone massage, powder massage, Shiatsu, Thai-yogic, Balinese, dry brush and mechanical massage. All the visitors could experience the healing touch of massage, administered by the students.



Chromo Massage Team



Colour Therapy



Chromo Team



Massage Room Model



Pain Balm Preparation



Aroma Soaps



Aroma Products



Aroma Candles



Aroma Incense Products



Aroma Lip Balms

One day Workshop 'Sphurti' on Empowering Employability through Entrepreneurship AYUSH



(Standing) Program Organisers with the Dignitaries on the dais...
(Sitting from Left) Dr. B R Ramakrishna, Prof. K Subrahmanyam, Swami Veereshananda ji, Dr. Madhukar, Dr. Srinidhi K Parthasarathi

Prashanti Kutiram, Aug 29: The National Assessment and Accreditation Council (NAAC) organized one day Workshop on 'Sphurti' on Empowering Employability through Entrepreneurship AYUSH, at Prashanti Kutiram, the Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) campus.

Swami Veereshananda, President of the Ramakrishna Mutt, Tumkur was the Chief Guest for the workshop along with Dr. Madhukar, Adviser NAAC. Prof. K Subrahmanyam,



Inauguration of the Workshop - Sphurti

Adviser to Chancellor, S-VYASA University, Dr. B R Ramakrishna, Director Sushruta Ayurvedic Medical College and Dr. Srinidhi K Parthasarathi, Registrar, S-VYASA shared the dais along with the Chief Guest.

The workshop was inaugurated by lighting the lamp from the Chief Guest, other dignitaries and students present for the workshop by singing shanty mantra followed by invocation song.





Dr. Madhukar, Dr. Srinidhi K Parthasarathi, Prof. K Subrahmanyam, Dr. B R Ramakrishna, Dr. N K Manjunath, Dr. B T Rudresh & other Speakers

Dr Bharathi Devi, Assistant Professor, and in charge of IQAC welcomed the Chief Guest and other dignitaries present for the workshop.

Dr. Madhukar, Adviser NAAC gave small introduction on NAAC from its inception and the progress made till dat. He also explained the advantages of the Accreditation not only for the institutes but also for the individual students in their career growth. Dr. Madhukar highlighted and appreciated the vision and goal of S-VYASA and also how S-VYASA is different from other institutes in molding students for the future and also expressed his happiness to be part of the third event organized by NAAC across the nation.

Dr. Madhukar explained the audience the vision of the current generation, which aims at achieving the targets in a short span as compared to earlier long-term plans. He stated that the workshop would be termed successful even if 10% of the participants turnout to be

entrepreneurs in the future.

The Chief Guest Swami Veereshananda, of Ramakrishna Mutt, Tumkur, quoted the sayings from great thinkers and philosophers such as Omar Bradley, Swami Vivekananda, Martin Luther King etc, and explained the importance of human values in the society for co-existence of human beings as good citizens.

He also explained the role of human values spread by the great Indian sage Swami Vivekananda, in capturing the hearts of every one across globe, for establishing healthy society. He also informed the vision of Swami Vivekananda towards schools in building human characters rather than working towards craving information followed by the current day schools. He also informed the august gathering to study the books, “Values” and Health Social Science Medicine: published by Ramakrishna Mutt, which emphasizes the philosophy and advise of Swami Vivekananda



Felicitation to Swami Veereshananda, Ramakrishna Mutt, Tumkur



Felicitation to Dr. Madhukar, Adviser, NAAC



Students from AYUSH Educational Institutions

for rebuilding the society. He also quoted that today's globalization is Westernization and Americanization which is not the reality as the current day education is not able to demarcate what is good and bad. Education should work moving towards Human Development rather than become Animal Training institutes. He also emphasized that we have to prioritize towards our duties rather than claim over rights. He requested prospective entrepreneurs not to deviate from the objective.

Dr. B R Ramakrishna, thanked the NAAC authorities for indentifying S-VYASA for conducting the Workshop. He also spoke on the role of Holistic Health in the current day situation specially Yoga and Ayurveda and it being practiced and adopted by large number of people across globe and also the need for integration of the traditional system of medicine with the modern medical system for

addressing various ailments. He opined that the work shop would give lead for establishing entrepreneurship in the field of AYUSH.

Prof. K Subrahmanyam, explained the role of Secularism and Spirituality in building society and clearly narrated how closely they are interconnected with entrepreneurship. Prof. Subrahmanyam, through a beautiful example established the importance of circulation theory which every entrepreneur should understand for the growth and thanked the NAAC and the entire team in organizing the workshop.

Dr. M K Srdihar, thanked the Chief Guest Swami Veereshananda of Ramakrishna Mutt, Tumkur, Dr. Madhukar, Adviser NAAC for sparing their valuable time to be part of the event time amidst their busy schedule. He also summarized the address made by all the dignitaries and extend vote of thanks on behalf of the institute.



S-VYASA Sports Day - 2018

Aug 25 - Sept 1 in Prashanti Kutiram

S-VYASA Sports Day - 2018 was observed in Prashanti Kutiram. The event was inaugurated by the Registrar, Dr. Srinidhi K Parthasarathi and the Dean of Academics, Dr. Chandrasekhar R. Under the supervision of Physical Education of Director, Mr. Kiran Kumar N S the following Sport Events were conducted: Basket Ball, Throw Ball, Volley Ball, Kabaddi, Tug of War, Shot Put, Leg Cricket, Dog & Bone and Broom Hockey.



A Voluntary Blood Donation Camp at S-VYASA

A voluntary blood donation camp was conducted by Narayana Hrudayalaya, Bangalore on 5th September, 2018 at S-VYASA (Deemed to be University), Prashanti Kutiram, Bangalore from 10 am to 5 pm. A very good response by the students and faculty of S-VYASA enabled to collect a good amount of blood from all the categories of blood groups. About 180 persons appeared for the blood donation, out of which 145 persons were eligible and donated blood. Among this group, 90 were male and 55 were female. We are proud that this is the highest amount of blood donated in a day from S-VYASA. Later in the day an appreciation certificate from NH Health City, was given to our Honorable Guruji, Dr. H R Nagendra by the consultant. This camp provided an opportunity to avail blood requirement of any faculty or student from NH Health City, in case of an emergencies or otherwise, in future.



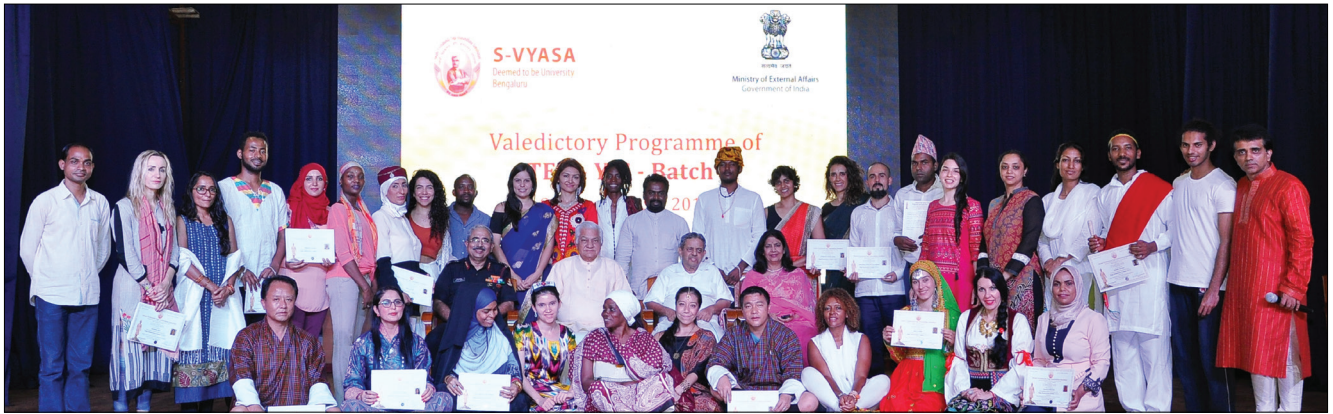
A Glimpse of the Blood Donation Camp:

- People participated - 180
- Male - 90 | Female - 55
- Blood collected - 145 units

Prashanti Kutiram:
Guruji with
Mr. Azim Premji,
Chairman of Wipro Ltd.



ITEC-YIC 2018 - Batch 6



The 6th Batch of ITEC – YIC was started on Aug 20 and ended on Sept 17. 32 Students from 21 Countries, have successfully completed the Program.



For the Students the following Theory Classes were conducted: SMET, Raja Yoga, Bhakti Yoga, Karma Yoga, Jnana Yoga, Yoga & Diet, Unity in Diversity, Kriya theory, Mantras and their meanings. And the Practical Sessions were... Asana, Pranayama, Kriya, Trataka, 8 Step Teaching Method, Cyclic Meditation, Mind Sound Resonance Technique, Pranic Energisation Technique.

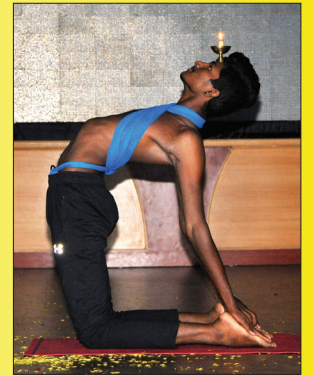


Pratibhaa - 2018

Annual Talent Show

was held in Prashanti on Oct 16, 2018





Navaratri celebrations in Prashanti



Durga Puja



Chandi Havan



Kannika Puja



Ayudha Puja





63rd Kannada Rajyotsava celebration at S-VYASA

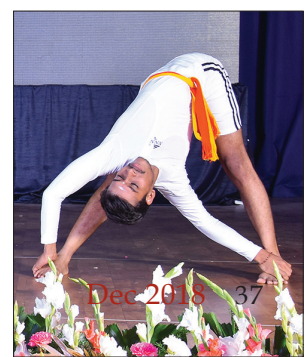


On Nov 1st, 63rd Kannada Rajyotsava was celebrated in Prashanti. Celebrations started in the morning with a Grand Procession of Goddess Bhuvaneshwari Devi. Bands, drums, Veeragase and dance performances added the colour to the procession.

And in the evening a Stage Programme was conducted. Chief Guest, Sri Suchindra Prasad,



an actor from Kannada Film Industry, Chancellor, Pro-chancellor, Registrar and many more dignitaries graced the occasion. Later, it was concluded with the Cultural Performances from the students of Venki School of Dance, Bengaluru. And Moonlight Dinner was also organized.



Guru Gaurava Samarpanam to Pujya Swami Chidanand Saraswatiji

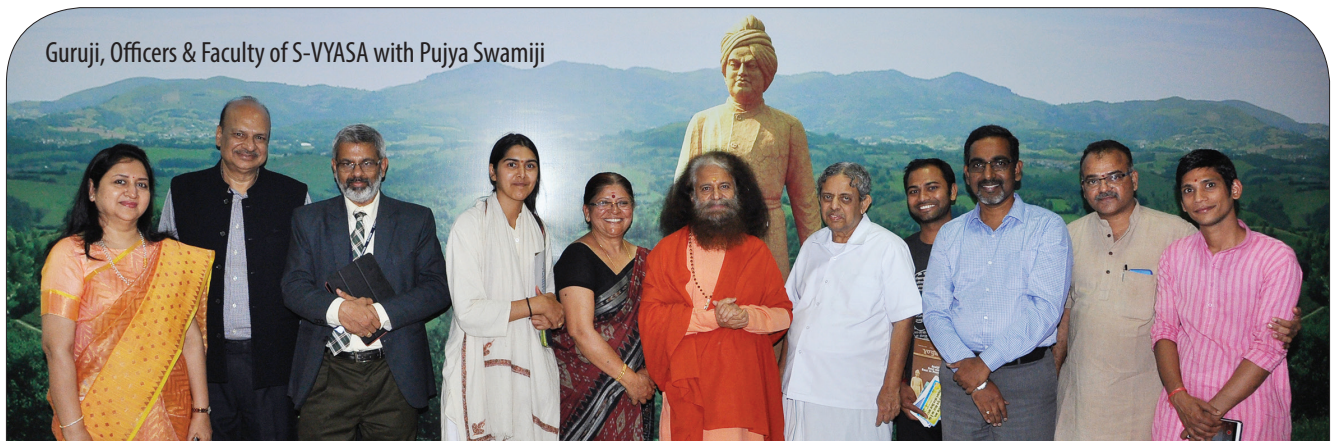


Nov, 2018: S-VYASA offered Salutations to Pujya Swami Chidanand Saraswatiji of Parmarth Niketan Ashram, Rishikesh on his recent visit to Prashanti Kutiram.



Registrar, Adviser to Chancellor & Chancellor of S-VYASA

Guruji, Officers & Faculty of S-VYASA with Pujya Swamiji



Sri Prahalada Charitram & Sri Krishna Leela Musical Discourses in Prashanti by the Registrar, Dr. Srinidhi K Parthasarathi

Srimad Bhagavatam is one of the foremost Puranas which fills the reader or the listener with immense devotion. In fact, the world Bhagavatam could be expanded as **Bhakti, Jnana, Vairagya & Tyaga**. Sustained reading or listening to Srimad Bhagavatam instills the above four qualities in a human being.

Sri Prahalada Charitram & Sri Krishna Leela are two important episodes in Srimad Bhagavatam. While Sri Prahalada Charitram gives the glory of a true devotee, symbolism of Sri Krishna Leela takes us through the various steps during our personality growth.

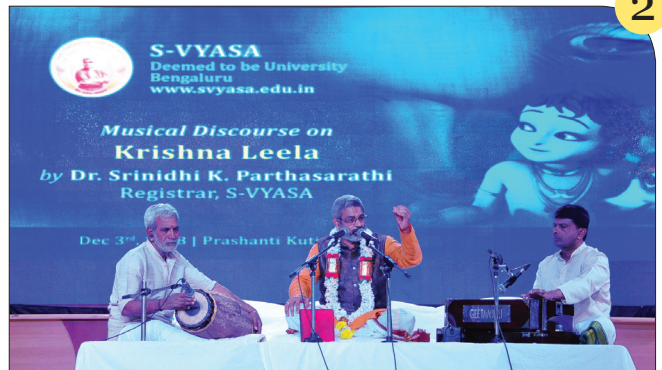
The pace with which Lord Narasimha manifested himself to bless the child devotee Prahalada and the simplicity with which Krishna descended to gel with Gopis leaves us awestruck on the various designs of the Lord to bless His devotees.



Puja during Sri Krishna Leela by Guruji



1



2



3



4

1. Sri Prahalada Charitram | 2. Sri Krishna Leela
3. Audience | 4. Felicitation by Guruji to the Registrar



Message from The New Vice Chancellor

Dr. B R Ramakrishna

BSAM, BAMS, MD (Ayu), MSc, PhD (Yoga)



March 3rd, 2019
Prashanti Kutiram, Bengaluru

My Dear Brothers & Sisters,

Greetings from Prashanti Kutiram...

At the outset, I prostrate at the holy lotus feet of the great monk of India and paragon of **S-VYASA** Deemed to be University, Sri Swami Vivekananda Maharaj, the Spiritual and Scientific embodiment of the whole Universe.

I express my whole hearted respects and tributes to the Souls of Smt. Lakshmi Amma, Sri H V Sheshadriji, Prof. Satyanarayana Shastriji and all others who have contributed for the VYASA Movement and S-VYASA University.

I am highly indebted to our Guruji, Dr. HR Nagendraji, Hon'ble Chancellor of S-VYASA, for officiating me as Vice Chancellor and his total dedication and sacrifice for the birth and overall progress of multifarious activities of Prashanti Kutiram.

My special thanks and gratitude to the service of Dr. R Nagarathna, who is the pillar of Arogyadhama, a holistic center of healing.

I acknowledge the services rendered by Prof. Ramachandra G Bhatji, Former Vice Chancellor of the University, Prof. N V C Swamy, Prof. Raghuramji and others in the progress of the University.

I assumed the charge on 6th Feb 2019. In this context I

pledge myself to continue the heritage and tradition of the University 'Be & Make'. Unite Best of the East with that of the West to Serve the Humanity through the Vision and Mission of Yoga to achieve Health, Happiness and Harmony for all.

I would like to take S-VYASA, a Yoga University to a greater and greater height by incorporating discipline, zero tolerance of indiscipline, hygienic environment and good facilities for studies as well carrier build-up.

In addition to Academics, the University will encourage extracurricular activities, research and overall personality development.

In this occasion, I seek the blessings of all the learned and elders and co-operation and support by all the stake holders to fulfil the Dreams, Vision and Mission of the founder pillars of the VYASA Movement and S-VYASA Deemed to be University.

Pranams...





16th Convocation of S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana
Deemed to be University, Bengaluru

Convocation is part and parcel of annual academic event of any University / institution, may it be a Regular / Deemed / Private University. As we all know that modern system of education including education at University levels are part and parcel of British regime and thus have Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA),

the premier Yoga University, in the nation established on the vision of great Indian saint Swami Vivekananda, who promoted the spirit of Universal Brother Hood, for the well being of the entire world for peaceful coexistence. Swami Viveknanda Yoga Anusandhana Samsthana (S-VYASA) is a Deemed to be University established under section 3 of UGC Act 1956.



Poornakumha Swagatham for the Chief Guest and other dignitaries accomplished by Nagaswara Vadya and Vedaghosha



Convocation declared Open by the Chancellor, Dr. H R Nagendra

The University promotes Yoga Education and Yoga Research and is recognized as the Centre of Excellence for Yoga Research, and Education by the Ministry of HRD and AYUSH, Govt. of India. The UGC has granted A grade for the University and is also accredited A+ from NAAC.

Convocation may be a regular academic procedure for the Universities / Institutions, but for the student's community it is a great day to showcase their achievement and to set new determinations and direction in their lives. The convocation at S-VYASA is unique as the convocation date is fixed on 12 of January every year, which happens to be the Universal Brotherhood Day and also the Birthday of Swami Vivekananda.

As the Institutes adopts Gurukula System of Education, the convocation is conducted in totally traditional system, beginning from the students and the entire teaching fraternity being robed in traditional attire and the Chief Guest/s are received with Poornakumha Swagatha,

New Yoga Graduates of 2019

SNo	Course	No. of Candidates
1	DSc	2
2	DLitt	3
3	PhD	12
4	MD	3
5	MSc Yoga Therapy	40
6	MSc Yoga & Consciousness	8
7	BNYS	18
8	BSc Yoga Therapy	57
9	MSc Yoga Therapy (NR)	9
10	MSc Yoga (DDE)	152
11	BSc Yoga (DDE)	29
Total		333

accomplished by Nagaswara Vadya and the entire student community chanting Vedaghosha accompanying all to the dais.

For the 16th Annual Convocation held on January 2019, Dr. Rajiv Kumar, the Vice Chairman of NITI Aayog, was the Chief Guest of the event. S-VYASA during its 16th Annual Convocation



Dr. H R Nagendra & Dr. Rajiv Kumar



Sisyanusasanam (Guru Upadesha) followed by the Graduates of 2019

Day conferred degrees to 333 students, including awarding three honorary degrees of D.Litt (One International and Two National) and two honorary degrees of D.Sc (One International and One National under each category) for those who have done yeomen service for society and excelled in the area of research specially in the areas related to Yoga. Accordingly the members - Dr. Dilip Sarkar, MD, FACS, CAP, C-IAYT; Dr. Manmath Manohar Gharote, Ph.D and Dr. Srinidhi K Parthasarathi, MBA,

PGDM, Ph.D, were awarded honorary D.Litt. Dr. Sat Bir Singh Khalsa, Ph.D and Yogacharya Dr. Ananda Balayogi Bhavanani, MBBS, MD, Ph.D, were awarded D.Sc. Apart from these, regular Doctoral, MD, MSc, BSc and BNYS were conferred to the students of S-VYASA.

The Chief Guest, Dr. Rajiv Kumar, the Vice Chairman of NITI Aayog, summarized the importance of convocation, the relation of the students with the Institute and vice versa, in moldings the students and strengthening the



Poornakumha Swagatham: Vice Chancellor, Prof. Ramachandra G Bhat & Chancellor, Dr. H R Nagendra welcomed the Chief Guest, Dr. Rajiv Kumar

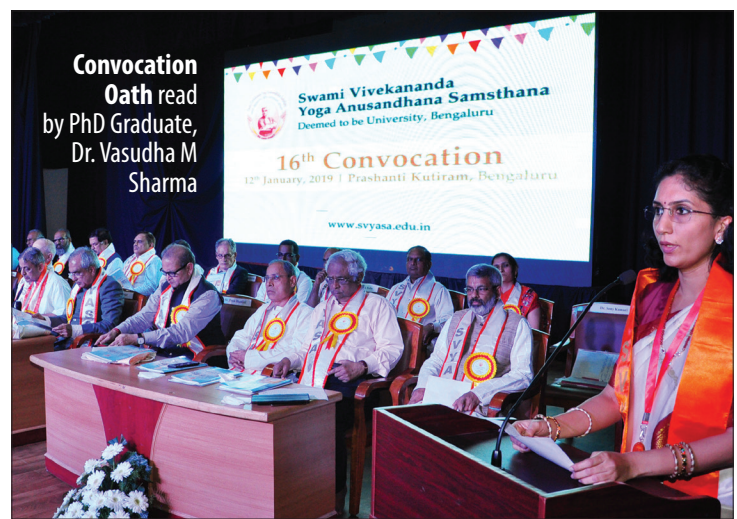


Sisyanusasanam (Guru Upadesha) read by Vice Chancellor, Prof. Ramachandra G Bhat

values of the institution and deepening its roots in the service of the society and mankind. He applauded the inbuilt system of the institute and also the great work done in upholding and promoting Ancient Traditional System of Knowledge of the Indian Subcontinent which very few institutes have adopted. He also praised the great work done by the founder and Chancellor, Dr. H R Nagendra, upholding the Ancient Traditional System of Knowledge Yoga and in making the world to understand and to ripe the benefits of Yoga for the welfare of the society and mankind at large.

The 16th Annual Convocation was declared closed after brief stint of speech by all the dignitaries

on the dais including the Vice Chancellor and the Registrar, by chanting Shanti Mantra.



Convocation Oath followed by the Graduates of 2019

S-VYASA Research Team at Prayagraj Kumbh Mela - 2019



Prayagraj, Jan 15 - Mar 10: A team of researchers from S-VYASA Yoga University visited Kumbh Mela at Prayagraj. They studied impact of Kumbh Mela and Shahi Snaan on consciousness field using REG (Random Event Generator) device. A survey was conducted to understand spiritual practices of Sadhus and their belief about Shahi Snaan. Subtle energy level of few sadhus was also studied using electro photonic imaging (Bio-well).

The Kumbh is the largest public spiritual gathering in the world. The Mela draws millions of pilgrims over the course of approximately 49 days to bathe at the sacred confluence of the Ganga, the Yamuna, and the mystical Sarasvati. Primarily, this congregation includes Ascetics, Saints, Sadhus, Sadhvis, Kalpvasis, and Pilgrims from all walks of life.

During the Kumbh Mela, a number of



ceremonies took place. The traditional procession of Akharas called 'Peshwai' on elephant backs, horses and chariots, the shining swords and rituals of Naga Sadhus during 'Shahi Snaan', and many other cultural activities including Yoga Kumbh Utsav that attracted millions of pilgrims.



Prof. K Subrahmanyam, Adviser to Chancellor of S-VYASA attended the Conference 22 crore devotees took holy dip in 49 days. Prayagraj Kumbh Mela 2019 has been placed in the Guinness World Records in three sectors. It includes largest traffic and crowd management plan, the biggest painting exercise of public sites under paint my city scheme and biggest sanitation and waste disposal mechanism.



Hon'ble Prime Minister, Shri Narendra Modiji performing the Ganga Puja



A Research Team from S-VYASA



70th Republic Day Celebration



Bengaluru, Prashanti Kutiram: Saturday, the 26th January, 2019, we celebrated India's 70th National Republic Day. At 6.45 am, students, faculty, staff gathered at the amphitheatre opposite to Swami Vivekananda statue. A beautiful flower arrangement and Rangoli in the form of India's map graced the entrance.

The Chief Guest for the occasion was Dr. Satya Prakash Swamiji from VISHWA Foundation, Canada, Dr. Veena Gandhi and Shri Sharat Gandhi, well-wishers of Prashanti Kutiram, also graced the occasion. Dr. Veena Gandhi is a Gynecologist in the USA and has been associated with the Ekal Vidyalaya movement in India. Her husband, Shri Sharat Gandhi has been associated with the Vishwa Hindu Parishad movement in the USA.

The Program began with Geeta Chanting. Then our Chancellor, Dr. H R Nagendra 'Guruji', Vice Chancellor, Vidwan Prof. Ramachandra G Bhat, Registrar, Dr. Srinidhi K Parthasarathi ascended the dais with the Chief Guest and Dignitaries present. The student choir inspired the gathering with a beautiful patriotic song. Then the Registrar welcomed the Chief Guest & Dignitaries to the celebration sharing with the audience, their inspiring life stories.

Later, the Chief Guest and



Dignitaries hoisted our Rashtriya Dhwaja. Shri Kiran Kumar N S led the gathering to standing in attention and paying our salutations to our National Flag along with singing the National Anthem.

Following this, our Vice Chancellor Vidwan Prof. Ramachandra G Bhat addressed the audience on the occasion of our 70th National Republic Day, reminding us of the resilience that our country and its culture bear.

Then the Chief Guest, Swami Satya Prakashji inspired the audience with his thought-provoking poetry and words about our Country and the role we all have to play in the future to spread Yoga and its rich knowledge to all corners of the world.

This was followed by another wonderful presentation of a bilingual version of 'Ae Mere Watan Ke Logon' by the student choir. Then the guest for the occasion was felicitated and Dr. Veena Gandhi addressed the audience impromptu, sharing that this was the most memorable Republic Day Celebration she had experienced in a long time.

Finally, the Chancellor, Dr. H

R Nagendra 'Guruji' shared with the audience, the excellent efforts being put in by the Indian Government to spread Yoga to all corners of the country, how Yoga is becoming an important aspect of the Integrative Model of Medicine, further plans for World Yoga Day and collaborations with Universities all over the world for Research Projects. He thanked all the faculty members for the enduring efforts and showed a promising picture of the role that this University and its members have to play in the future of Yoga and its role in healthcare globally.

The celebration concluded with a beautiful rendition of the complete version of our National Song, 'Vande Mataram' by Sheela didi. One and all left the venue with a feeling of pride to belong to this Matrubhoomi.





Inauguration of Tejas ONGC Boys Hostel @ VYASA Campus, Prashanti Kutiram, Bengaluru

Bengaluru: Tejas ONGC Boys Hostel was inaugurated on Feb 3rd in the august presence of following dignitaries.

- **Dr. Alka Mittal**, Director (Human Resources), ONGC, Delhi
- **Dr. H R Nagendra**, Chancellor, S-VYASA
- **Shri M Krishnappa**, Honb'le MLA, Bengaluru South
- **Smt. Tejaswini Ananthkumar**, Managing Trustee, Adamyia Chetana Foundation
- **Shri R Ravichandran**, IRS, Principal Director, Income Tax Investigations
- **Smt. Geetha Ravichandran**, IRS, Principal Commissioner of Income Tax
- **Shri Mukunda ji**, Joint Gen. Secretary, RSS
- **Dr. R Nagarathna**, CMO, Arogyadhama



TEJAS ONGC BOYS HOSTEL
(VYASA, Prashanti Kutiram, Rajaji Nagar, Bengaluru)
Inaugurated by
Shri. D.V. Sadananda Gowda
Hon'ble Union Minister
Ministry of Labour and Program Implementation

Guest Presence of
Dr. Alka Mittal
(Director, Human Resources, ONGC, Delhi)

In the Gracious Presence of
Smt. Tejaswini Ananthkumar
(Managing Trustee, Adamyia Chetana Foundation)

Shri R Ravichandran, IRS, Principal Director, Income Tax Investigations

Smt. Geetha Ravichandran, IRS, Principal Commissioner of Income Tax

Shri Mukunda ji, Joint Gen. Secretary, RSS

Dr. R Nagarathna, CMO, Arogyadhama

Dr. H R Nagendra, Chancellor, S-VYASA

Shri M Krishnappa, Hon'ble MLA, Bengaluru South



The Two Blocks, North & South were built at VYASA Campus, Prashanti Kutiram, Jigani, Bengaluru, with having sponsored by ONGC under CSR Fund.

During the Inaugural Ceremony...

Registrar of S-VYASA, Dr. Srinidhi K Parthasarthi welcomed the gathering.

Dr. Alka Mittal appreciated the role of S-VYASA in propagation of Yoga.

Shri Mukundanandaji lauded the research abilities of S-VYASA and remarked 'A time will come when everything will be measured by Yogic Parameters'.



Shri M Krishnappa mentioned that it was a matter of great fortune and pride that Prashanti Kutiram lies in his constituency and assured full



Dignitaries after the Inauguration of Tejas ONGC Boys Hostel - visible on the backside

cooperation and support.

Pujya Guruji, Dr. H R Nagendra expressed gratitude towards M/s ONGC for their magnanimous support.

Dr. R Nagarathna briefed about 'Check for Name' Project which will immensely benefit in

combating diabetes in the surrounding villages of Prashanti Kutiram. Representatives of the villages were also present and the Project was launched by all the dignitaries.

The program concluded with a speech and vote of thanks by the Vice Chancellor of S-VYASA, Dr. Ramachandra G Bhat.



Lighting the Lamp by all the Dignitaries



Address by the Chief Guest, Guests of Honor and others



Feb: Chandigarh Program of the Chancellor



MoU between S-VYASA and Post Graduate Institute of Medical Education & Research (PGI) of Chandigarh



Guruji with S-VYASA Family @ Chandigarh

Guruji at an Event in Chandigarh

Feb: Programs of the Former Vice Chancellor



Bengaluru: Blessings from Mata Amritanandamayi



Honored at Bharatiya Shikshana Mandal-Hyderabad



At an International Conference on Prakriti Premi Pragati



Recently, **Rigveda Samhita Swahakara** was conducted in VVSS, Janaseva, Bengaluru, for 7 days. It was organized in collaboration with Anvesana - S-VYASA, Mythic Society - Bengaluru and MSVVP - Ujjain



Feb, 2019: Pro-Chancellor of S-VYASA, **Dr. Prahlada Ramarao** was felicitated by Telangana Academy of Sciences (TAS), Hyderabad for his Outstanding Contributions to Science and Technology

Workshop on Scientific Writing



Bengaluru, Prashanti Kutiram: Two Days Workshop on 'Scientific Writing' was conducted by S-VYASA between Feb 11-12, 2019. Professor Sonal Schneider, Harvard Medical School conducted the sessions.

S-VYASA faculties, Research staff and PhD scholars attended the workshop. The workshop was very informative and it helped the students and faculties.





Ratha Saptami in Prashanti



Free Eye Check-up Camp in Prashanti Screening of Diabetic Changes in Eye for the People aged above 35 yrs

Bengaluru, Prashanti Kutiram, Feb 7: As a part of free medical camp, free eye check-up camp was organized by Shalakyta Tantra Department of Sushruth Ayurvedic Medical College & Hospital and Arogyadhama in collaboration with BOSCH, Bangalore.

On that day the camp was started at 10 in the morning and continued up to 4 in the evening. All the staffs of Shalakyta Tantra Department and the internees posted for the eye camp and awareness has been created among the inmates of Prashanti.

Totally, 194 persons were screened and in that



2 were having diabetic eye changes and 2 were having cataract changes.



Yoga Instructor's Course (YIC) - 199th Batch - Feb, 2019

SMET Program for ONGC Officials

Bengaluru, Prashanti Kutiram: During February, 2019, SMET Program (Self-Management of Excessive Tension) conducted for the Officials of ONGC. From Feb 4 to Mar 1, Four Batches were undergone the program and totally 92 participants were there.



Annual Athletic Meet - 2019



Bengaluru, Prashanti Kutiram:

For the Students of S-VYASA, the Annual Athletic Meet was held on Feb 8 & 9. On the first day,

Registrar, Dr. Srinidhi K Parthasarathi and Dean of

Academics, Dr. R Chandrasekhar kick started the event.

With the aim of Holistic Development of each and every student the following Athletic Events were organized in the serene atmosphere of Prashanti. Almost 500 participants from BSc, MSc, BNYS, MBA, ITEC-YIC (for Foreigners) took part in the event.

- Running - 100, 200, 400, 800, 1200, & 1500 mtr
- Relay - 4x100 mtr
- Shot put & Discuss throw
- Games - Kho-Kho & Fut Sal
- Indoor - Chess & Table Tennis

All the events were conducted under the guidance and supervision of Physical Education Director, Mr. Kiran Kumar N S.



Cheer-up...
Come on...





Two-Day International Conference on Role of Meditation for Prevention and Treatment of Cardiovascular Diseases Organized by AIIMS – Rishikesh

The First Ever International Conference on "Role of Meditation for Prevention and Treatment Of Cardiovascular Diseases" was organized by the Organizing committee of Dept of Cardiology at AIIMS, Rishikesh on 09 & 10 Mar 19. Dr. Indranil Basu Ray, Visiting Professor, AIIMS Rishikesh, Cardiologist, and Electro-physiologist, St. Francis Hospital, Memphis USA was the Program Director and the organizer of the Conference along with Dr. Bhanu Duggal, H.O.D Cardiology Department, AIIMS Rishikesh. Many eminent internationally recognized scientist, physicians and researchers in the field attended to present their research and share their knowledge. Dr. Greg Fricchione, Director of the Benson Henry Institute (BHI) for Mind Body Medicine at Massachusetts General Hospital and

Professor of Psychiatry, Harvard Medical School presented the plenary lecture. He spoke of the latest scientific developments connecting Heart and the Brain. Dr. H R Nagendra, the Vice-chancellor of S-VYASA presented on yogic anatomy and its relevance. Prof Yashwant Pathak, Associate Dean School of Pharmacy, University of South Florida, spoke on the difficulties associated with new drug development. Dr. Robert Schneider, Dean of





Dignitaries during the Inaugural Ceremony of the Conference

the Maharishi University of Management, Ohio, was presented the latest research on the role of Transcendental Meditation in the prevention and cure of cardiovascular disease. Prominent Indian cardiologist including the Director of Cardiology, PGI Chandigarh Dr. Yash Paul Sharma and Head of Cardiology at the Grant Medical College, Dr. Bansal from Mumbai also participated in sharing their knowledge. Dr. Subhas Chandra Manchanda, the former head of cardiology at the All India Institute of Medical Sciences, Delhi and a pioneer in cardiovascular research on Yoga, was also present.

The event was inaugurated in the presence of Swami Chidanand Saraswati, President and Spiritual Head of the Parmarth Niketan Ashram; in the presence of Dr. H R Nagendra, Chairman of the Conference and the Chancellor

of S-VYASA and Shri Subodh Tiwari, Vice President of Indian Yoga Association and CEO of Kaivalyadham. Dr. H R Nagendra spoke of the yogic anatomy and underlining how meditation and Yoga can affect the physical body.

Speaking on occasion, Dr. Indranil Basu Ray, the Program Director said “Research in the last 10-12 years shows that changes in lifestyle or orientation of life with proper diet can reduce chronic diseases like hypertension, stroke, coronary artery diseases. Only depending on medicines can reduce the chance of heart attack but cannot entirely nullify the disease which is majorly caused due to increase in stress level. Worldwide there is an epidemic of Diabetes which is leading to cardiovascular disease and death. India has one of the largest diabetic populations in the world and is slated



Swami Chidanand Saraswati



Dr. H R Nagendra



Dr. R Nagarathna

to overtake the US in the number of patients having and dying due to heart disease. People with diabetes are at an enhanced risk of stroke and heart attack. This grim situation needs serious lifestyle changes in the population along with the latest medical technology to fight it. Research in the last ten years has pointed to the fact that lifestyle modification including meditation and Yoga may have both preventive and curative role in multiple cardiovascular diseases like Hypertension, Coronary Artery Disease, Stroke, etc."

The two days long Symposium witnessed discussions on different topics related to the "Integrated Approach to Prevention of Cardiovascular Diseases" from distinguished physician-scientists who assembled from all over the world.

The conference was attended by over 1000 physician delegates from all over the world.

The sessions discussed the different aspects of cardiovascular health and the role of meditation. Latest research in genetics, epigenetic and molecular biology of meditation physiology was presented by the speakers. Over 450 abstract were received out of which only 70 were accepted for the final poster competition and 10 oral presentations.

Dr. Basu Ray explained the modern scientific evidence of different meditative actions like mudras, pranayama, etc. and their effect on the body. This was followed by a guided scientific meditation session on the morning of the 10th of March that was led by Dr. Indranil Basu Ray with hundreds of people participating.

The Valedictory Function was graced by Acharya Balkrishna, CEO of Patanjali Yogpeeth who along with the Director of AIIMS, Dr. Ravi Kant gave away the prizes for the Poster and Oral Competitions.



New Delhi, Feb, 2019: Chancellor, Dr. H R Nagendra with UGC Chairman, Dr. D P Singh

National Conference on Yoga Accreditation @ S-VYASA University Campus



Dignitaries during the Inaugural Ceremony of the Conference

Bengaluru, Mar 6: The National Conference on Yoga Accreditation, which was co-organised by the National Assessment and Accreditation Council (NAAC), India and Swami Vivekananda Yoga Anusandhana Samsathana (S-VYASA), took place on 6th of March, 2019 at S-VYASA University, Bengaluru, India. Over 50 delegates representing different Institutions / Universities attended the Conference cum Workshop. These included Members of NAAC and Academicians, Vice-Chancellors, Principals, Head of

Departments, Professors representing different Universities / Colleges / Departments from across the country. The conference aimed at the presenting the framework for accreditation of Yoga programme for higher education at national and international levels. The event addressed the first-time accreditation of an educational programme by NAAC. Discussions were focussed on the need, purpose and benefits of implementation of the Yoga accreditation programme at international and national levels;



Delegates from the different Universities & Yoga Institutes with the Dignitaries

Felicitation to the Representatives of the Universities & Yoga Institutes for their Incredible Contribution to Yoga



views of Yoga experts were exchanged through the platform. The newly added or revised key indicators and metrics of the accreditation programme were discussed in detail. Further, the relevance of the accreditation programme was highlight with respect to its international alignment.

Overview of the Conference

Increased popularity of Yoga, privatization and widespread expansion along with increased autonomy and introduction of programmes across various Institutions / Universities have led to widespread concern on the quality and relevance of the Yoga higher education. Hence, the conference focussed towards presentation of the framework developed for national and international accreditation of Higher Education of Yoga. The concerns related to the diverse

and non-uniform Yoga higher education systems across the globe were raised and highlighted based on the non-uniformity in the curriculum and NITI Aayog's proposal to set up a board of regulatory bodies, one of the prime objectives of the accreditation programme was harmonization and quality assessment of the Yoga curriculum for higher education. NAAC, the largest regulatory and autonomous body of quality assessments of higher education in India has taken the lead along with S-VYASA to raise the bar of the curriculum of Yoga education. The prime objective of the conference and the accreditation programme was to project the leadership of India in the field of Yoga research and education at an international level.

Consequently, this national conference brought together NAAC personnel, scholars, academicians from the education sector.



Panel Discussion: Dr. Manjunath N K, Dr. Srinidhi K Parthasarathi, Dr. B R Ramakrishna & Dr. Jagannath Patil

Prof. (Dr.) K Subrahmanyam

Through discussions across a wide range of perspectives, the conference was aimed to better understand the key indicators of quality assessments of yoga based curriculum. An enhanced understanding of these metrics of the accreditation was developed through this conference, this will accelerate growth and aid in meeting the developmental needs of communities of learners – in particular those at the ‘bottom of the pyramid’.

Opening of the Conference

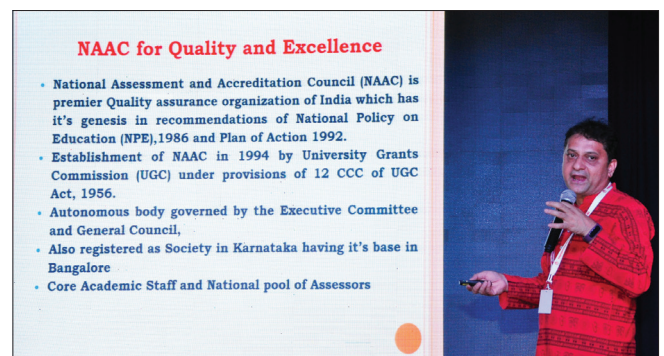
The conference began with a series of welcoming addresses from the Dr. Jagannath Patil, Adviser, NAAC, Dr. H R Nagendra (Chairman of IUCYS, Bengaluru, Hon’ble Chancellor, S-VYASA, Bengaluru), Dr. K Subrahmanyam, and Dr. B R Ramakrishnana from the host organisation.

The welcome address was made by Dr. Jagannath Patil, Adviser, NAAC. Dr. Patil referred the event as a historical occasion wherein the formal accreditation for yoga was being implemented for the very first time. He mentioned that the documents related to the accreditation were the outcome of constant efforts of several months made by the committee. In the month of August, 2018, the first prefinal document was sent to over 30 Universities / Institutions and pilot scale data was collected and analysed that formed the basis of the developed framework. The final framework is an outcome of the collective wisdom of Yogic experts. He mentioned that the purpose of the development of the framework was to create a road map for the future international efforts.

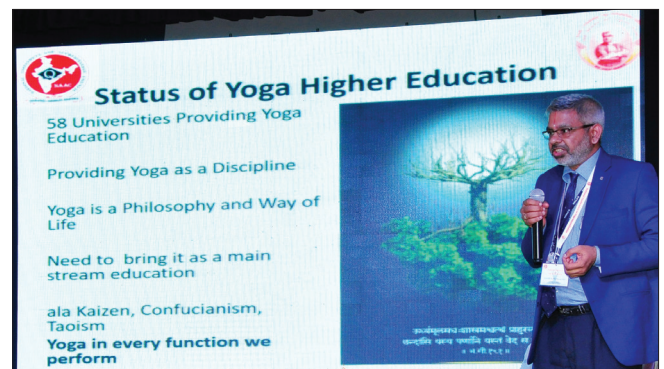
Dr. H R Nagendra gave the keynote address on Yoga Higher Education Scenario in India and around the world. Dr. Nagendra stated that there has been a profuse acceleration

in the growth of Yoga education followed by Hon’ble Prime Minister’s move towards celebrating 21st June as an International Day of Yoga. He brought the attention of audience to the international scenario wherein several international institutions are running Yoga courses at undergraduate and Master’s levels. He emphasized that India should take the lead in preserving the legacy of Yoga, an ancient Indian philosophy.

Dr. B R Ramakrishnana, the Vice-Chancellor of S-VYASA University stated that the developed framework for Yoga accreditation is a milestone in the history of Yogic sciences. He raised the concern of mis-presentation and adulteration of Yogic sciences, in the present era, where Yoga is globalized and commercialized.



Dr. Jagannath Patil, Adviser, NAAC



Dr. Srinidhi K Parthasathi, Registrar, S-VYASA



Pujya Dr. D Veerendra Heggade ji has been felicitated by the INYGMA Core Group during the 2nd National Conference on Yoga and Lifestyle Diseases at Ujire, Karnataka on Mar 15th



Guruji, Dr Nagarathna and Dr. Manjunath with Dr. P K Warriar of Arya Vaidya Shala, Kottakal during NITI Aayog Meeting on Integrative Medicine at New Delhi



Prashanti Kutiram: Guruji in discussion with the Delegation from Tamilnadu

S-VYASA ODL (Open & Digital Learning)

Month of March was full of activity for S-VYASA ODL. Eventful first week was busy with inauguration of in-house learner support center, Induction program for YIC students and two days orientation conference for Zonal head and state coordinators.

Distance learning in its new phase of Open and Digital Learning will reach out and spread awareness of Yoga as an academic discipline with centers all across the country. ODL is barrier free, easy, accessible, reaching out to learner's mode to educate at one's own pace and space, especially with wide range of Yoga programs from short term certificate level to Master's degree.

On 1st March at Eknath Bhavan a formal inauguration and induction program was held for students enrolled for YIC program. There were around 40 students present for the program. Guruji, H R Nagendra, Chancellor S-VYASA, addressed the welcome note to students online. Dr. Natesh Babu, Deputy Director ODL introduced S-VYASA journey and faculty present. Prof. Ravindra Kumar, Director ODL explained the students what is ODL and how will it function facilitating their passion for learning and Yoga. He spoke about the benefits they will get from the program and counselling support learners will receive. Dr. Kuntal Ghosh, program coordinator spoke about the

YIC in great detail and helped them understand the structure of the program. Mohan Kishore Jain is the coordinator at Eknath Bhavan, responsible for arranging and organizing learner support activities.

On 2nd March Model Learner Support Center was inaugurated at Prashanti Kutiram. Guest of Honor was Vinay Sahastrabudde. Also present were the Director of ODL Prof. Ravindra Kumar, Chancellor S-VYASA, Dr. H R Nagendra and Vice Chancellor Dr. B R Ramakrishna with team ODL. Santosha Hall is in-house Model learner support center for ODL programs.

On 3rd and 4th March Orientation Conference was organized for Zonal head and State coordinators to assist the growth of ODL in their respective cities. The theme of the program was functioning of ODL and working of support service network. The Vision of ODL- Yoga as an Academic Discipline and the mission to spread Yoga to every door step will be achieved through this initiative. This will benefit learners with the treasure of Yoga as a way of life. The response of the participants was positive to support and flag the mission.



Mar 2nd: With the Guest of Honor, Shri Vinay Sahastrabudde

Mar: Inauguration of Annapoorna Dining Hall



Mar 8: International Women's Day in Prashanti



Adhyatma Yoga Academy, Bengaluru, felicitated Dr. Nidhi Choudhry, Dr. Gauri Rokkam, Dr. Padmini Tekur & Dr. Karuna Nagarajan, during the celebration of International Women's Day on Mar 8th.

2nd National Conference on Yoga & Naturopathy

Ujire, Karnataka, Mar 15 & 16: 75 BNYS students and four faculty members participated at the 2nd National Conference on Yoga and Naturopathy organized by SDM College of Naturopathy and Yogic Sciences, Ujire. Dr. N K Manjunath, Director (R&D) Chaired the Session on



Evidence based Yoga and Naturopathy for Type 2 Diabetes. Dr. Apar Avinash Saoji, Associate Professor, gave an invited talk on Cardio protective effects of Kumbhaka. 7 posters were presented by the BNYS students and Mr. Harshit Mishra of III Year BNYS bagged second prize for his poster on Effect of Yoga Nidra on Blood Pressure and Cognitive Functions in Healthy individuals. Following the conference, students were taken to study tour to SDM Yoga and Nature Cure Hospital, Dharmasthala & Manipal Anatomy and Pathology Museum, Manipal.

1st International Conference on Yoga & Naturopathy

Bhopal: 14 BNYS students accompanied by Dr. Puneeth Raghavendra, Deputy Director participated in the 1st International Conference on Yoga and Naturopathy organized by Sant Hridayram Medical College of Naturopathy and Yogic Sciences, Bhopal. Dr. Puneeth Raghavendra gave an invited talk on The Concept of Holistic Wellness in Yoga Shastra. Ms. Krithika Ramaswamy of Final Year BNYS secured second place in oral presentation on her paper Integrated treatment strategies decrease inflammation in chronic low-grade inflammatory disorders. Mr. Aniruddha B Arya of Final Year BNYS bagged first place in poster presentation on A study on the effects of cold abdomen pack on primary dysmenorrhea in college students.



Mar 24: Sri Lokesh R, 4th Semester of MSc-YT, won the 3rd Prize in Marathon Run for a Cause, organised by Endeavour Academy, Jigani, Bengaluru

Mar, 2019: Shivaratri Celebration in Prashanti



Research on Rigveda Samhita Swahakara by Anvesana Research Wing and S-VYASA

Anvesana research team and faculty of Division of Yoga & Life Sciences, Division of Yoga-Spirituality and Division of Yoga & Physical Sciences (Dr. Raghavendara Bhat, Mr. Rajesh H K, Dr. Judu Ilavarasu) had participated in the Conference on Rigveda Samhita Swahakara conducted at Veda Vijnana Gurukulam, on 1st March 2019. Dr. Judu Ilavarasu also gave an Invited Talk on 'Scientific Method to Understand Consciousness Field' at the Scientific Session, explaining the details of this field of scientific

study and also the results of the Rigveda Samhita Swahakara.



This time for Africa Valedictory Ceremony of 9th ITEC - YIC



The Valedictory ceremony of the 9th batch of ITEC Yoga Instructor Course (4th February, 2019 - 3rd March, 2019.) was held on March 2nd, 2019 at Samskruthi Bhavan to felicitate the students (30 from 3 different countries in Africa, namely Senegal, Cape Verde & Guinea Bissau) on their successful completion of the course. The program is sponsored by the Ministry of External Affairs, Government of India.

Dr. Vinay Sahasrabuddhe, Hon'ble Member of the Parliament, President of Indian Council for Cultural Relations (ICCR) was the Chief Guest of the function and Sri Rajesh Naik, Dep Regional Passport Officer, MEA, and Dr. Venu Gopal, Vice Chancellor of Bangalore University presided over the ceremony. The program was attended by all the faculties and students of the University.

Mr. Raghu Bengaluru, course in charge for ITEC YIC, began by describing the salient features of the course to the august gathering. The chief guest and the guests of honour were called upon the stage to grace the function by lighting the lamp and were introduced to the audience.

The function started with opening prayer, Om Sahana vavatu, followed by the welcome address by Hon'ble Vice Chancellor, S-VYASA Dr. B R Ramakrishna. Then the outgoing participants of the program shared their memories and experiences. Students felt a noticeable positive change in the overall personality and they were reflecting a greater confidence to implement the learnings in their home country for greater good.

Sri Rajesh Naik, addressed the gathering and



highlighted the importance of Yoga in day to day lives irrespective of lifestyles. And Dr. Venu Gopal, Vice Chancellor of Bangalore University, in his address informed the students of Yoga the rising needs to cater to the needs of the world.

Dr. Manjunath, Director Research, International Affairs, S-VYASA, in his address informed the gathering that It is a very Proud Moment for all of us as our Institute is making exemplary contribution towards healthcare conferences throughout the world.

Afterwards, Prof. K Subrahmanyam addressed the audience and explained the role of yoga in a crucial transition period. He also expressed his belief to overcome the challenges quite successfully with yoga, based on the scientific & spiritual approach as developed by Pujya Guruji, Chancellor S-VYASA.

The programme then followed with address by Hon'ble Pujya Guruji, Chancellor S-VYASA, who congratulated the outgoing students of ITEC YIC. He applauded the role of MEA, towards its major contribution and conveyed his gratitude towards the Chief Guest and Guests of Honor for their presence.

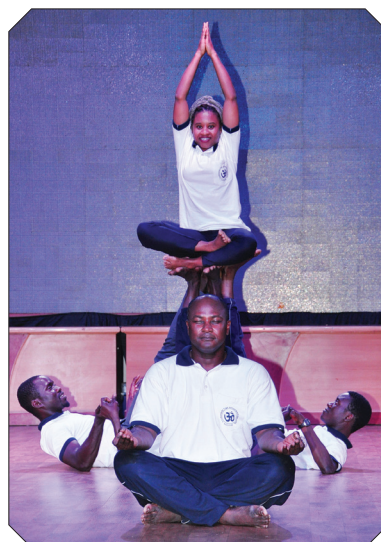
Chief Guest, Dr. Vinay Sahasrabuddhe, Hon'ble Member of Parliament and President of Indian Council for Cultural Relations (ICCR), during his address congratulated the participants for



Felicitation to the Chief Guest, **Dr. Vinay Sahasrabuddhe**, Hon'ble MP successfully completing the YIC course. He complimented the University for attaining institutional excellence and being a torch bearer for the cause of Good Health for the last few decades and urged the participants for selfless dedication towards growth and development of our country India.

The celebration then followed with felicitation of Chief Guest & Guests of Honor and distribution of the course completion certificates. The programme was ended with vote of thanks delivered by Dr. Srinidhi K Parthasarathi, Registrar S-VYASA University and concluded his address with best wishes to the participants. After Valedictory function, Farewell / Happy Assembly function took place for outgoing students. Over all the celebration was a grand success.

Happy Assembly



Yoga: Sthira-sukham-asanam

No.F.9-26/2009-U.3(A)(Vol.5)
Government of India
Ministry of Human Resource Development
(Department of Higher Education)

Shastri Bhawan, New Delhi.
Dated: 18th June, 2013

To,

The Vice-Chancellor,
Swami Vivekananda Yoga Anusandhan Samsthana,
Bangalore

Subject:- Review of the compliance report and the presentation made by Swami Vivekananda Yoga Anusandhan Samsthana, Bangalore before the Task Force – reg.

Sir,

As you are aware, the Government constituted a Task Force to examine applications from institutions that need to take corrective measures to several criteria for satisfying the deemed university status regarding rectification of deficiencies pointed out by the Review Committee constituted by the Government to review the functioning of the existing deemed to be universities. Based on the compliance report and the presentation given by Swami Vivekananda Yoga Anusandhan Samsthana, Bangalore, the Task Force has transited Swami Vivekananda Yoga Anusandhan Samsthana, Bangalore from Category 'B' to Category 'A'. The Government has accepted the report and Swami Vivekananda Yoga Anusandhan Samsthana, Bangalore, is placed in Category 'A'. The report of the Task Force is being uploaded on the website of Ministry of Human Resource Development.

Yours faithfully,



(A.K.Singh)

Under Secretary (ICR),
011-23384897

Ph. 23236351, 23232701, 23237721, 23234116
23235733, 23232317, 23236735, 23239437



विश्वविद्यालय अनुदान आयोग
बहादुरशाह जफर मार्ग
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UNIVERSITY GRANTS COMMISSION
BAHADURSHAH ZAFAR MARG
NEW DELHI-110 002

F.6-4/2002(CPP-I)

October, 2012

The Secretary,
Ministry of External Affairs,
Jawaharlal Nehru Bhawan,
South Block,
New Delhi - 110001

L 8 NOV 2012

Sub: Status of Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore deemed to be university.

Sir,

I am directed to inform you that the Government of India, Ministry of Human Resource Development, on the advice of UGC declared Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore, Karnataka as Deemed to be University vide notification No. F.9-45/2001-U.3 dated 8-5-2002. The Deemed to be University can run courses at its main campus in regular mode in UGC approved subjects. It is, therefore, requested that the name of Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore, Karnataka (Deemed to be University) may be included appropriately in the list of /deemed to be universities maintained, if any, by the Indian Embassies. However, list of universities is available on the web site www.ugc.ac.in. A copy of the same is enclosed.

Yours faithfully,

sd/

(Raksha Pahwa)
Under Secretary

Copy to:-

The Registrar, Swami Vivekananda Yoga Anusandhana Samasthana, No.19, 'Eknath Bhavan', Gavipuram Circle, Kempegowda Nagar, Bangalore-560 019.

(Naresh Kumar Sharma)
Section Officer

Be
and
Make

Combine
the Best
of the
East
with
the Best
of the
West

Yoga
through
Education

Yoga
to Every
Doorstep



Road to Future