

# YUGA SUKHA

A Monthly Journal of SVYASA (Deemed to be University)



## One Week Orientation Program

for ICCR empanelled candidates  
for Teacher of Indian Culture (TIC) abroad  
with the Support of **ICCR** conducted in Prashanti

*Wish you  
Happy Yugadi  
and prosperous year ahead*





*We, the Vice- Chancellor, the Members of  
the Board of Management and Academic Council of*

**Swami Vivekananda  
Yoga Anusandhana Samsthana**  
Deemed to be University

*Request your esteemed presence at the*

## **NINETEENTH CONVOCATION**

At 10 am on Friday, the 22<sup>nd</sup> April, 2022

Chief Guest

**Dr. C N Manjunath**, MD, FRCP  
Padma Shri - 2007  
Director, Sri Jayadeva Institute of  
Cardiovascular Sciences and Research  
*will deliver the Convocation Address*

**Dr. H R Nagendra**

Chancellor

*will Award the Degrees*

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**Dr. M K Sridhar**

Registrar

**Dr. B R Ramakrishna**

Vice-Chancellor

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**Venue: Samskruti Bhavanam, 'Prashanti Kutiram'**  
Giddenahalli, Jigani Hobli, Anekal Taluk, Bengaluru Rural Dist, Bengaluru

**Note:** *Participants should follow Covid - 19 Protocol.*

**livestreaming - [facebook.com/svyasayoga](https://www.facebook.com/svyasayoga) & [youtube.com/user/svyasabl](https://www.youtube.com/user/svyasabl)**



तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

# योगसुखा सुप्रसन्न

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## CONTENTS

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Editorial

2

Message from the Vice Chancellor: Yoga, the Soft Power of Bharat 3



### Division of Yoga-Spirituality

**Brahmasutra** - *Vihitattvāccāśramakarmāpi* - Prof. Ramachandra G Bhat 11

**Hindu: A term used to encompass 6 schools of philosophy**

- Sri D R Kaarthikeyan 12

**Mahashivaratri celebration in Prashanti** 13



### Division of Yoga & Life Sciences

**International Conference 24<sup>th</sup> INCOFYRA: 26<sup>th</sup> - 29<sup>th</sup> May 2022:**

*Integrative Medicine and Optimal Immunity - details* 15

**Good Health is much more than the Absence of Disease**

- Arun K Garg 25

**24<sup>th</sup> INCOFYRA: Call for Papers - details** 40



### Division of Yoga & Physical Sciences

**Stretch in Yoga: A New Twist on Asanas** - Prof. T M Srinivasan 29



### Division of Yoga & Management Studies

**Online Yoga Instructor's Course - details** 32



### Division of Yoga & Humanities

**Yogi Vivekananda - 12** - Dr. K Subrahmanyam 33

**PDC - Apr, 2022 (Personality Development Course) - details** 35



### VYASA, National

**One Week Residential Orientation Program by ICCR** 4

**Short-term Online Courses: April & May, 2022** 14

**International Women's Day at Prashanti Kutiram** 36

**Campus visit of Dr. Prasad Shastry & Dr. Sunita Shastry  
and A delegation from Sarala Yoga Kendra visits Prashanti** 38

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# EDITORIAL

*My dear Brothers and Sisters,*

In Sanatana Dharma, human life is viewed as a continuous whole in which the past, present, and future are interlinked with each other. Our actions (from past and current births) determine our results (for the current and future births). Karma is defined as both action and the results of an action.

If life is based on our Karma and we are free to create our own destiny, what then is the role of the planets in Astrology? Planets or Grahas, as they are referred to in Vedic Astrology, are said to only influence and not determine our life.

What ultimately happens is said to be a combination of the planetary influences and our own actions. While this is helpful, it certainly begs for more clarity.

## There are four types of Karmas:

### Sanchita Karma

This is the balance sheet of all good and bad actions accumulated over past births.

### Prarabdha Karma

It is said that the accumulated Sanchita Karma is too vast to be experienced in one lifetime. Only a portion of it is assigned to the native to experience in this current life.

This is Prarabdha Karma and is seen in the native's astrological charts. This is essentially the balance sheet that one starts with at the time of birth. There are also different levels of magnitude of Prarabdha Karma. Based on planetary positions in the natal and horary charts, we can determine the strength of these influences. **These are broadly classified into three types: Fixed (Dhrida), Changeable (Adhrida), Mixed (Dhrida-Adhrida). Fixed Karma represents those influences that are too strong for an individual to overcome.** Changeable Karmas refer to those influences that are easily changed with effort and remedies. And Mixed Karmas, as the name suggests, is a mid-way between the two.

When using astrology for predictive purposes, it is important to see if there are any Fixed Karmas in the chart. When such Karma is present, the native will experience the ascribed favourable or unfavourable results no matter what their actions are during that period.

The time has come to either reap the fruits of good karma or pay off the debt of bad karma. There is no escape. In the case of an unfavourable period, the

only option for the native is to surrender to the will of God and allow the Karma to burn away. Resistance will simply lead to more suffering.

### Kriyamana Karma

This is the part that deals with our free will - our ability to perform new karma in our response to situations no matter what they are. Even if the native is experiencing an unfavourable period, they can still decide how to respond to it.

If they continue to perform good actions, they will definitely experience the results for the same either in the current lifetime or in a future birth. If they surrender and perform actions bereft of the sense of I-doership, then they will not even accumulate karma. Because even good karma done with the sense of I-doership might require additional births so that you can experience the good results for the same.

To make better predictions, the astrologer must also consider the Kriyamana Karma performed by the native. This is where the horary (Prasna) chart is useful. The chart cast at the time of the native's query offers the latest karmic balance sheet, accounting for both the Prarabdha Karma from past lives and the Kriyamana Karma performed in this life.

### Agami Karma

This part also deals with free will but represents those actions/results that are coming in the future as a result of current thoughts. For example, let's say that you need to go shopping and it's raining heavily which is much to your displeasure. You cannot wish this rain away. You can perform the Kriyamana Karma of taking an umbrella with you and the Agami Karma of planning to go shopping in the future only after checking the weather forecast for the day.

As such, there is sufficient free will in our lives to help us chart our journey for the present and the future. The goal of astrology is to give the native an insight into their karmic balance sheet and the purpose of their current life, all in order to lead to greater self-awareness, self-development, fathoming higher states of consciousness and ultimately MOKSHA or Kaivalya.

■ *Dr H R Nagendra*



# Message from the Vice Chancellor

*Dear Brothers and Sisters,*

Greetings from the desk of the Vice Chancellor

## Yoga, the Soft Power of Bharat

"While 2000, Y2K cross over began in the cyber world, to usher in a new millennium, The Indian IT industry has taken twenty odd years to come to the fore front. A global destination for safe, secure IT solutions, Indian Tech power is at par with any global Country in IT and ITeS.

While basking on the rapid strides of Indian IT, the very economic culture land scape has changed to the Indian Millennial.

The burgeoning lifestyle, economic freedom, race to be famous rich and successful have tilted the Psycho somatic State of each individual. The Software industry has its merits and demerits.

The onslaught of Covid 19 pandemic did its damage. Beyond doubt, the pandemic seamlessly integrated the entire Bio-Technology BT industry not only to India but also the world, less Indian BT fraternity could not have produced Two world-class Covid 19 Vaccines to the world.

While the IT Industry psycho somatic imbalance was self-made, the pandemic imbalance is man-made. Indian BT industry certainly has made its impression globally.

Rapid Technology changes in both IT BT has led to looking beyond the limitations of tech solutions: Having realised this, S-VYASA, the first-ever full-fledged Deemed to be University exclusively for Yoga and Yogic Sciences based out of the Bengaluru has redefined Yoga as

a Technology. YT Yoga as a technology has tremendous scope.

"The world today is at the cross over of massive disruptions. It is mandatory that each individual tweaks his or her life style to be physically mentally spiritually fit. It is more so in the background of Pandemic. It is worth mentioning that we at S-VYASA have devised a new course ALMC Ayurvedic Life Style Management Course".

"With basic Yoga Instructor Course, YIC to Bachelor's, Master's, Doctoral and Research Divisions we, at S-VYASA are taking giant strides in championing the clarion call of propagating Yoga and Spirituality as the Soft Power to the millennial world.

While the Government of India draws up its ambitious plans to take Yoga to the Global level, we at S-VYASA will take the right actions at the right time. A case in point is our Collaboration with ICCR, the Indian Council for Cultural Relations recently to train a batch of 47 Yoga Instructors who would be posted across the globe to spread Yoga and Spirituality as Soft Power. This collaboration definitely is a giant step".

"Well, India traditionally has been known as Soft Ware Export Giant, it's time to position India be positioned as Yoga Soft Power Exporter for the wellness of the millennial world".

*With Pranams*

**Vaidya Dr. B R Ramakrishna**

Vice Chancellor, S-VYASA Deemed to be University, Bengaluru

Editor in Chief 'RAJAS' Journal of AYUSH, RGUHS, Bengaluru







# One Week Residential Orientation Program for empanelled candidates for Teacher of Indian Culture (TIC) by Indian Council for Cultural Relations (ICCR)



Inaugural Ceremony of One Week Residential Orientation Program by ICCR. Chancellor, Dr. H R Nagendra, Deputy Director General of ICCR, Shri Rajeev Kumar, Vice Chancellor, Registrar & many more dignitaries – can be seen

## Inaugural Ceremony

The one week residential orientation program for empanelled candidates for Teacher of Indian Culture (TIC), sponsored by the Indian Council for Cultural Relations (ICCR), GoI, New Delhi was ceremoniously initiated by seeking the divine blessings of Lord Ganesh with the invocation stotra *Maha Ganapathim* sung by BNYS students

Ms. Arpita and Ms. Archita. The program will be conducted under the prestigious banner of S-VYASA University (Deemed to be), Bangalore. The participants were honoured to be in the presence of esteemed dignitaries representing ICCR and S-VYASA. Shri Rajeev Kumar Deputy Director General of ICCR, presided over the inaugural session as the Chief Guest and Dr. H.R. Nagendra, Chancellor, S-VYASA (Deemed to be University). The dais was also chaired by Honorable Vice-Chancellor Dr. B. R. Ramakrishna, Former Vice-Chancellor S-VYASA Professor Ramachandra G Bhat, Chief Advisor to Guruji - Dr. K. Subrahmanyam, Registrar Professor M. K. Sridhar, S-VYASA University, Dr.



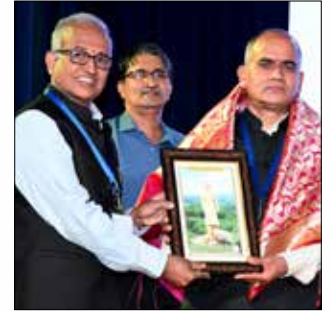
Deputy Director General of ICCR, Shri Rajeev Kumar



A.S Rawat, ICCR- Senior Programme Director, New Delhi and Sri Sudarshan Shetty, ICCR - Regional Officer.

The seven day program promises to be a life changing and memorable event for all the participants as they immerse in theory and practical sessions being conducted by the best teachers in the fields of Yoga, Vedas, Samskrit, Panchakosha Viveka, Special Techniques, Bhagavad Gita, aspects of Indian Culture, Indian Spirituality, Ayurveda and it's applications.

The welcome note was given by Honorable Vice-Chancellor Dr. B. R. Ramakrishna. His powerful message to the audience commenced by seeking the blessings of Guru: *Sadashiva Samarambham Shankaracharya Madhyamam. Asmad Acharya Paryantam Vande Guru Paramparam.* He welcomed all the dignitaries and delegates to the Teacher of Indian Culture (TIC) program by highlighting how Yoga has evolved over the years and has now emerged as being a more scientific based study. Padma Shri Awardee and Chancellor of S-VYASA, Dr. H. R. Nagendra. Guruji's leadership and significant role in creation of a common Yoga protocol for the International Day of Yoga on June 21<sup>st</sup> has been a milestone achievement for our country and Yoga community at large. Dr. Ramakrishna stated that the program has been designed in such a way that they are not only equipped with the ancient knowledge but also with the knowledge of the present during introduction of the comprehensive course structure.



Dr. A S Rawat & Sri Sudarshan Shetty from ICCR

Deputy Director General of ICCR, Shri Rajeev Kumar ji shared his experience of how Yoga has been accepted and holds a promising future on foreign soils. His narration and case studies showed tremendous potential for the participants as Indian Embassies abroad have been instrumental in healing and transforming the communities through Yoga practice. The TIC's objective is to not only promote and teach Yoga abroad but also encourage instructors to adopt it as a means of livelihood. The ambitious goal for each teacher is to teach at least 10 instructors abroad and expand this global family of Yoga practitioners.

Former Vice-Chancellor S-VYASA, Professor Ramachandra G Bhat shared his insights and observations on the strong basis of Indian Culture and the future should be that of Yoga and Yaga. Our mantra should be 3H-health, harmony and happiness as this will be everlasting platform that will drive this world and sustain it. While we embark on this journey to transform lives across the globe, we should enact so on the foundations of Dama, Daya and Daana.



Lecture Sessions by the Chancellor, Vice Chancellor, Registrar, Dean of Academics & many more personalities





Yoga Sessions, Happy Assembly & Yaga Malika

Advisor to Chancellor - Dr. K. Subrahmanyam ji encouraged the participants by empowering them to be the ambassadors of Indian Culture as they reconstruct themselves from health to harmony in all spheres of their being - physical, mental and spiritual.

Padma Shri Awardee and Chancellor of S-VYASA, Dr. H.R. Nagendra Guruji addressed the gathering by enumerating that Yoga is the superpower by which the world can be united and Indian culture is the foundation. We have been bestowed with the wonderful heritage of love, peace and harmony and we need to do our bit in ensuring that this message reaches all corners of the world. All these changes can happen through Yoga when we understand its transformational power to making each and every one super divine human beings, grounded on research based evidences.

The felicitation and vote of thanks was given by the Registrar, Professor M.K. Sridhar ji. He conveyed his gratitude to all the dignitaries for their collaboration and for being the cornerstones of this revolution in spreading

awareness of Indian Culture and Yoga across the globe. He also expressed his gratitude to all the staff members, non-teaching staff, students and technical team for extending their support in ensuring the inaugural to be a grand success. He wished the participants the very best in their journey of expanding Vasudaiva Kutumbakam and spreading the joy of Vedas, Indian Culture and Yoga. The session was splendidly compered by Dr. Renuka and Dr. Akshata Bhat.

The post tea session included introduction to S-VYASA activities, Advance Asanas practice, lecture of Indian Culture, Review of Yogic Texts, Relaxation Techniques and Bhakti Yoga

### Valedictory Programme

The engrossing one week of residential orientation program for empanelled candidates for Teacher of Indian Culture (TIC) sponsored by the Indian Council for Cultural Relations (ICCR), GoI, New Delhi witnessed its successful completion through the valedictory function on 13<sup>th</sup> March 2022. The dignitaries seated at the



Colourful Cultural Evening





During the Valedictory, All the Participants of the Orientation Program with the Dignitaries

dais were Padma Shri Awardee and Chancellor of S-VYASA Dr. H.R. Nagendra, renowned Yoga Guru Sri B Raghavendra Shenoy, Karnataka Rajyotsava Awardee- Director of Arogyadhama - the Mother to students and staff on campus and beloved Didi, Dr. R. Nagarathna, Regional Officer-ICCR, Mr. Sudarshan Shetty, Honourable Vice-Chancellor, Dr. B.R. Ramakrishna and Registrar, Professor M.K Sridhar. The program was wonderfully compered by Dr. Arundhati and Dr. Ganga of BNYS.

The program was initiated by seeking the blessings of Lord Ganesha by 1<sup>st</sup> year BNYS students - Ms. Chaya and Ms. Nivedana. Dr. B.R. Ramakrishna welcomed the gathering and shared his thoughts that the 47 empanelled candidates had witnessed a dynamic and positive experience thus bringing in a commonality to all of them while enjoying their stay. He welcome Guruji to the valedictory function under whose visionary leadership, Yoga across the world and the institute has witnessed a phenomenal transformation. Guruji's teachings are based on research and spirituality. The esteemed guest of honour, Didi was given a hearty welcome. In her role as the Director of Arogyadhama, millions of lives have healed for life. She is the persona of warmth and healing and all the students are inspired by her. Didi is the epitome of knowledge, commitment and research as Anvesana has contributed to over 800 research-based articles. Yoga Guru Shri Raghavendra Shenoy was welcomed with utmost gratitude

and devotion as he was Dr. Ramakrishna ji's first Yoga guru. Shri Raghavendra Shenoy is the founder of Niramaya Yoga Shala, veteran Guru of decades of Yoga Sadhana and Shikshana. He has been recently conferred the Karnataka Rajyotsava Puraskara 2021. Even amidst dire situation of the pandemic he conducted over 300 Yoga sessions.

Mr. Sudarshan Shetty, the regional Director of ICCR was given a warm and hearty welcome. Without his support and direction this training would not have been possible. Dr. B.R. Ramakrishna also cordially welcomed Mr. Soji Benjamin, the Assistant Program Director - ICCR, Dr. Sowmya - Dean of Humanities, Dr. Sony Kumari - Dean of Academics, Dr Apar Saoji Principal, TSYNM (BNYS).

This was followed by four empanelled candidates - Ms. Ankita Sood, Mrs Ritu Singh, Mr. Sumeet and Mr. Harsha sharing their valuable feedback on the stage of how their memorable, short journey has been and how empowered they feel post this training to be posted as ambassadors of Indian culture and Yoga in 47 countries



Shri Raghavendra Shenoy & Mr. Soji Benjamin



Dignitaries at the Valedictory Program

across the world. The participants showcased their gratitude to Guruji and Didi by gifting a beautiful collage of the photographs taken during their stay at Prashanti.

The chief guest Shri Raghavendra Shenoy is a direct disciple of Padma Bhushan Dr. BKS Iyengar Guruji, bestowed his gratitude and respect to his Yoga guru. He appreciated all the efforts and elaborate arrangements made to ensure this event was a grand success. It is quintessential for the ambassadors to be equipped with the enough courage, theoretical and practical knowledge. It is primordial for a teacher to be disciplined and that needs to start from the self. A Yoga teacher can hold effective sessions by doing consistent self-practice, not teaching what one doesn't know and by using pain as a guide and constant interactions with experts. Yoga is the union of *Jivatma* and *Paramatma*. It is necessary to observe and learn lessons from the community culture of how the internal organs work harmoniously in the human body. He wished all the participants the very best and reminded them that teaching is an art of constant practice and dedication.

Dr. R. Nagarathna Didi encapsulated her wisdom in the form of 3 formulas of Yoga. The first being MMM - we need to gain mastery over the monkey mind, second one being MST - capture the modifications of the mind by slowing down of the breath and the third being maintain ST - Samathvam, maintain equanimity and accept all circumstances with

serenity. Didi reminded the participants to use the word Yoga as it is worded in Samskrit and not as Yog as pronounced in Hindi. She also mentioned that it is not necessary to mention Yoga and meditation as two different aspects of practice, as Yoga includes meditation. It is intrinsic for all the empanelled participants to be consistent with their *Sadhana* of 4 hours if they give sessions of 2 hours. Every student that they take class for is an open book and so much can be learnt by observing them, listening to them and by sharing the knowledge learnt amongst themselves. Didi suggested that it would be very beneficial if all the participants learnt the local language of their respective designated countries as they would be more accepted and to be-friend the natives without trying to be a guru to them. As we all look forward to celebrating the 7<sup>th</sup> International Day of Yoga on June 21<sup>st</sup>, it would be very crucial to have the local representative as the lead person in the program that would be organised in the Indian embassies in the 47 countries. During the 11month tenure of the TIC candidates it would be beneficial to conduct at least two Diabetes and YIC camps as this would enable them to perforate in the regions assigned. Didi wished them the very best on their assignments as she envisioned them as future Yoga Gurus.

Didi's inspiring talk was followed by Guruji sharing his memories of meeting Yoga Guru BKS Iyengar Guruji and how dynamic a personality he was. Guruji's meeting with BKS Iyengar ji formed the landmark in synergising all the





Yoga masters in India on a common platform of Indian Yoga Association. He elucidated that we should be able to accept all religions abroad rather than tolerate them. Acceptance brings in synergy. As ambassadors of Indian culture, Yoga and ICCR they will need to transform challenges into opportunities, use pain as a chance to learn through different forms of Yoga through the lenses of intricate understanding of the human structure. Guruji felicitated them with the holistic vision of Yoga and the grandeur that it holds as Indian culture, heritage, of ICCR and that of India.

All the participants were then presented with their certificate from Yoga Master Mr. Raghavendra Shenoy ji and Guruji. Professor

M.K. Sridhar delivered the hearty vote of thanks to the dignitaries, participants, students, staff and alumni of - S-VYASA University (Deemed to be), BNYS, Sushrutha Ayurvedic Medical College, Anvesana Research Laboratory and all the supporting staff in every vertical who made this event an overwhelming and astounding success. The book containing the syllabus of various courses was also released during the event.

The valedictory was followed by mesmerising show of talent in cultural program performed by students of BNYS and Sushrutha Ayurvedic Medical College. A camp fire was also organised to extend the celebrations of the evening.



During the recent visit to Prashanti, **Dr. C N Ashwath Narayan**, Former Deputy Chief Minister of Karnataka, Minister of Higher Education, Electronics, Information & Biotechnology, Science & Technology, Skill Development, Entrepreneurship and Livelihood, was felicitated by Vice Chancellor, Pro-Vice Chancellor, Registrar & others.



# S-VYASA

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



## Programs in Yoga

### **New PG Programs in Regular Mode:**

MSc in Yoga & Vedic Therapy (MYVT) - **Yoga and Spirituality**

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MSc in Yoga Education (MYED) - **Yoga and Humanity**

MSc in Yoga Integrative Sports science (MYISS) - **Yoga and Humanity**

Masters' in Physiotherapy (MPT) - **Yoga and Life Science**

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## ब्रह्मसूत्रम् (Brahmasūtram)

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



### विहितत्वाच्चाश्रमकर्मापि (ब्रह्मसूत्रम्-३-४-३२)

Vihitattvāccāśramakarmāpi (Brahmasūtram-3-4-32)

**Meaning:** *And the duties of the Ashramas (are to be performed also by him who does not desire emancipation) because they are enjoined (on him by the scriptures).*

This Adhikarana discusses and establishes the inevitable role of Ashrama-Dharma (duty of stages of life) of human beings in social activities for harmony. The duties discharged through physical body, oral speech and mental actions are well guided. The previous Adhikarana narrated about food regime while explaining the story of Chakrayana.

In the realisation process, the cognitive path (Jnana), the path of contemplation (Dhyana) and path of desire-driven action (Karma) are common steps followed by all the Ashramis (commuters in human life journey). *Brahmacharya* (first stage of life just for acquiring knowledge), *Grihastha* (experiencing the life by marrying and actively taking responsibility of looking after the family and the society along with Yajna (sacrifice), Adhyayana (study) and Daana (charity), *Vanaprastha* (grooming the upcoming generation, guided by one's own experience) and *Sannyasa* (relieving oneself from narrow bindings and expanding the responsibility to the universe and focused only in wisdom, Moksha); these are four Ashramas and responsibilities. All these activities do not cause wisdom directly but prepares one to purify the mind and be eligible for knowledge.

*Nitya* (Sandhya and Puja), *Naimittika* (occasional activities such as festival rituals),

*Kaniya* (desirous Yajnas) and *Prayashcitta* (compensatory actions) are the types of actions prescribed in traditional lineage. Finally, 48 Samskaras have been mentioned in *Ashwalayana Sutras* (injunctive rules for a specific community following that tradition) as part of Karma. In any manner, these will not be direct cause of Jnana but preparation is being made easy.

The take away lesson from this Adhikarana is very interesting. The path towards self-realization inherits many obstacles upon our own previous accumulation of actions and their influences on our behaviour in the form of desire, lust, anger, greed etc, which demand special attention to tame them. All of the above said factors peep in and divert or distract the *Sadhaka* (aspirer) from achieving the intended goal which is already fixed. To overcome those obstacles, one needs apt tool to drive away hurdles and hassles. Ashrama-Karma, set of duties and responsibilities, pave the way to make the path hassle-free and to accelerate the realization process in an efficient manner.

Thus, focus is gained, concentration is made more efficient and without getting diverted towards unnecessary things, it becomes an easy path to walk through.

*to be continued...*



## Hindu: A term used to encompass 6 schools of philosophy, that gives freedom through adopting the ultimate way of life... no dogmas

■ *From the Collection of Sri D R Kaarthikeyan*

*Former Director of the CBI & Director General, National Human Rights Commission*

You are the master of your life not a slave to rigid pathways.

### So what is special about being a Hindu?

- Believe in God! - Aastik – Accepted
- Don't believe in God! - You're accepted as Nastik
- You want to worship idols - please go ahead. You are a Murti Pujak.
- You don't want to worship idols - no problem u can focus on Nirguna Brahman.
- You want to criticise something in our religion. Come forward. We are logical. Nyaya, Tarka etc are core Hindu Schools
- You want to accept beliefs as it is. Most welcome. Please go ahead with it.
- You want to start your journey by reading Bhagvad Gita - Sure!
- You want to start your journey by reading Upanishads - Go ahead
- You want to start your journey by reading Purana - Be my guest.
- You just don't like reading Puranas or other books. No problem my dear. Go by Bhakti tradition.
- You don't like idea of Bhakti! No problem. Do your Karma. Be a Karmayogi.
- You want to enjoy life. Very good. No problem at all. This is Charvaka Philosophy.
- You want to abstain from all the enjoyment of life & find God - jai ho! Be a Sadhu, an ascetic!
- You don't like the concept of God. You believe in Nature only - Welcome. (Trees are our friends and Prakriti or nature is worthy of worship).
- You believe in one God or Supreme Energy. Superb! Follow Advaita philosophy
- You want a Guru. Go ahead. Receive Gyaan.
- You don't want a Guru... Help yourself! Meditate, Study!
- You believe in Female energy! Shakti is worshipped.
- You believe that every human being is equal. Yeah! You're awesome, come on let's celebrate Hinduism! 'Vasudhaiva kutumbakam' (the world is a family)
- You don't have time to celebrate the festival. Don't worry. One more festival is coming! There are multiple festivals every single day of the year.
- You are a working person. Don't have time for religion. It's okay. You will still be a Hindu.
- You like to go to temples. Devotion is loved.







- You don't like to go to temples - no problem. You are still a Hindu!
- You know that Hinduism is a way of life, with considerable freedom.
- You believe that everything has God in it. So, you worship your mother, father, guru, tree, River, Prani-matra, Earth, Universe!
- And If you don't believe that everything has GOD in it - No problems. Respect your viewpoint.
- '*Sarve jana sukhino bhavantu*' May we all be happy!
- This is exactly the essence of Hinduism, all inclusive. That is why it has withstood the test of time, in spite of repeated onslaughts both from within and outside and assimilated every good aspect from everything. That is why it is eternal.
- There is a saying in Rigveda, the first book ever known to mankind which depicts the Hinduism philosophy in a Nutshell - '*Ano bhadrah Krathavo Yanthu Vishwathah*' - Let the knowledge come to us from every direction.



**Mahashivaratri**  
celebration  
at Sri Yoga Vinayaka Mandira  
of Prashanti Kutiram





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



## Short-term Online Courses April & May 2022

SNo	Course	Conducted by	Starts on	Fee (₹)
1	Yoga for Palliative Care - 1	Dr. R Nagarathna	Apr 4	3000
2	Yoga for Palliative Care - 2	Dr. R Nagarathna	Apr 11	3000
3	Introduction to Mudras	Dr. Divya Keshavamurthy	Apr 11	2200
4	Yoga for Diabetes Management - 1	Dr. R Nagarathna	Apr 18	3000
5	ShwasKosha Shuddhi Kriya	Mr. Rajesh Kanoi	Apr 19	Free
6	Tridosha Balancing (Kapha Dosha Nivaran)	Mr. Rajesh Kanoi	Apr 22	1000
7	Yoga for Diabetes Management - 2	Dr. R Nagarathna	Apr 25	3000
8	Introduction to Indian Music Therapy	Dr. Karuna Nagarajan	May 9	2500

### Yoga Instructor's Course (YIC)

12 Credit Course of 300 hrs of Learning

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**Contact: +91-79759 27219**

**E-mail: [onlineyogacourses@svyasa.edu.in](mailto:onlineyogacourses@svyasa.edu.in)**

**Apply Online @ [www.svyasa.edu.in](http://www.svyasa.edu.in)**



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



**Integrative Medicine  
and Optimal Immunity**

26<sup>th</sup> - 29<sup>th</sup> May 2022

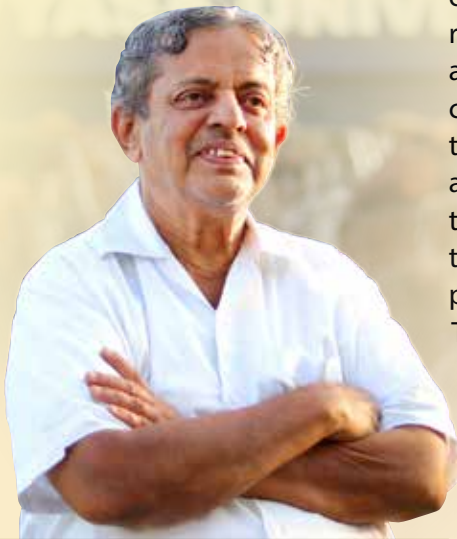
Hybrid  
Conference

Conference Venue  
**Prashanti Kutiram**, Bengaluru, India



Organised by  
**S-VYASA, Deemed to be University**  
Bengaluru, India

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



*With Love*

**Dr. H R Nagendra**  
President, 24<sup>th</sup> INCOFYRA  
Chancellor, S-VYASA  
President, VYASA  
and Chairman, VAYU

*My Dear Brothers and Sisters,*

The growth of Medical Science is a never-ending and learning journey towards meeting the demands of human health care. The recent outbreak of COVID-19 has further imposed a tough challenge on the healthcare professionals demanding their utmost commitment and sacrifice to save humanity. On the contrary, the exciting outcome of this pandemic is the global recognition of our ancient healthcare systems and interventions against the combat and prevention of the disease. The same could also fulfill the necessity of the development of affordable treatment regimes. Allopathy, Yoga, and other systems of AYUSH approach patient care in their unique ways. Though each of these methods has its advantages, none of them could meet the challenges in isolation. Hence, it is necessary to explore the possibilities of their amalgamation to bring out the best solutions. Towards the same, we have selected the theme “Integrative Medicine and Optimal Immunity” for 24<sup>th</sup> INCOFYRA to make an effort to integrate Indian medical systems with Allopathy. Yoga is the basis for integration and provides insights by its Adhi-Vyadhi concepts. The evidence-based approach and the role of Integrative Medicine on immune health will be presented at this conference by world-renowned scientists and clinicians.

With this focus of 24<sup>th</sup> INCOFYRA on Integrative Medicine and Optimal Immunity with Yoga as a lifestyle intervention, we welcome you all to our Prashanti Kutiram campus. Given the influence of the ongoing pandemic, we also give full consideration to the online participation of delegates and speakers at the conference.

## Objectives

- To bring researchers, physicians, scientists, academicians, and therapists from various disciplines of medicine under one platform
- To disseminate experiences and research evidence on aspects of Integrative Medicine that could aid in sustaining optimal function of the immune system.
- To create awareness on integrated medical policies in a global perspective.
- To identify strategic actions towards an effective and efficient inclusion of Yoga and Allied Systems of Traditional Medicine in Integrative Health care Delivery System.





## Main Conference: **Integrative Medicine and Optimal Immunity**

26<sup>th</sup> - 29<sup>th</sup> May 2022: The 24<sup>th</sup> INCOFYRA will address the linkages between Immunity and Integrative Medicine, including perspectives, and research-based evidence. It will include interactive sessions by the key clinicians and scientists, who have contributed substantially to the success of "Integrative Medicine".

Conference Programs at a Glance	
20 <sup>th</sup> - 24 <sup>th</sup> May 2022	Pre – Conference Workshops
22 <sup>nd</sup> - 24 <sup>th</sup> May 2022	Himalaya Yoga Olympiad Finals
26 <sup>th</sup> - 29 <sup>th</sup> May 2022	Main Conference

### Parallel Symposia

- Understanding stress and immunity
- Immune resilience through holistic nutrition
- Optimal immunity through mind-body interventions
- Pain management in autoimmune diseases
- Reversing inflammatory responses in autoimmune diseases
- Use of AYUSH in infectious diseases
- Role of Lifestyle in preventing infectious diseases
- Post-Covid Rehabilitation

## Main Conference Program Highlights

<b>26<sup>th</sup> May: Inaugural Ceremony</b>	
<b>29<sup>th</sup> May: Valedictory Ceremony</b>	
<b>27<sup>th</sup> - 29<sup>th</sup> May: Morning Yoga Session</b>	
5:30 – 6:30 am	General Yoga Session, Disease Specific Yoga Session (8 Modules), Advanced Yoga Techniques
<b>Common Morning Session: Maitri Milan</b>	
7:00 – 8:00 am	Bhagavad Gita Chanting
<b>27<sup>th</sup> May: Scientific Sessions</b>	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
2:00 – 5:00 pm	Poster/ Oral Presentation Sessions
4:00 – 5:00 pm	Panel Discussion
<b>28<sup>th</sup> May: Scientific Sessions</b>	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
2:00 – 5:00 pm	Poster Presentations
<b>29<sup>th</sup> May: Scientific Sessions</b>	
9:00 – 10:30 am	Plenary Talk: Keynote Address 1 & 2
11:00 am – 1:00 pm	Parallel Symposia in three tracks: Invited Talk 1, 2 & 3
<b>Common Evening Sessions</b>	
5:00 – 6:00 pm	Satsang
6:00 – 7:30 pm	Cultural Program
<b>Refreshments</b>	
8:00 am - Breakfast   10:30 am - Tea Break   1:00 pm - Lunch 3:30 pm - Tea Break   7:30 pm - Dinner	



## Eminent Speakers of the Conference



**Dr. Ferid Murad**

The Nobel Prize in Physiology or  
Medicine in 1998, University of Texas  
Medical School at Houston, TX, USA



**Dr. Lorenzo G Cohen**

Professor, Department of General  
Oncology and the Integrative Medicine  
Department, The University of Texas



**Dr. H R Nagendra**

Chancellor,  
S-VYASA, Deemed to be University,  
Bangalore, India



**Dr. Bhushan Patwardhan**

Interdisciplinary School of Health  
Sciences, Savitribai Phule Pune  
University, Pune, India



**Dr. Deanna Minich**

Human Nutrition and Functional  
Medicine Graduate Program, University  
of Western States, Portland, Oregon, USA



**Dr. Darshan Mehta**

Medical Director, Benson-Henry Institute  
for Mind Body Medicine, Massachusetts  
General Hospital, Boston, USA



**Dr. B R Ramakrishna**

Vice Chancellor,  
S-VYASA, Deemed to be University,  
Bangalore, India



**Dr. Manjunath N K**

Pro Vice Chancellor & Director, Research,  
S-VYASA, Deemed to be University,  
Bangalore, India



**Dr. Sat Bir S Khalsa**

Assistant Professor of Medicine, Harvard  
Medical School, Dept. of Medicine,  
Brigham and Women's Hospital



## Eminent Speakers of the Conference



**Dr. C Venkat S Ram**

Director, Apollo Institute for Blood  
Pressure Management and Professor,  
Apollo Medical College, Hyderabad, India



**Dr. Uma Kumar**

HOD and Professor, Department of  
Rheumatology, All India Institute of  
Medical Sciences, New Delhi, India



**Dr. Ahmad Alkhatib**

Professor of Health Nutrition and Exercise Science,  
Reader of Public Health and Preventative Healthcare;  
Director of Doctorate of Public Health and Social Care,  
School of Health and Life Sciences, Teesside University,  
Tees Valley, Middleborough, United Kingdom



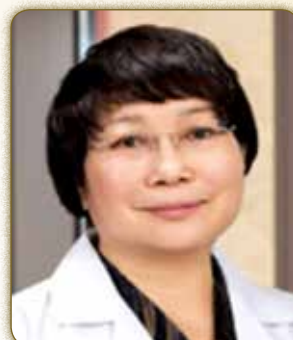
**Dr. Amit Sood**

Executive Director, Global Center for  
Resiliency and Wellbeing, Rochester,  
Minnesota, USA



**Dr. V Ravi**

Nodal Officer, State COVID Cell for  
Genetic Confirmation of SARS-CoV2,  
Bangalore, India



**Dr. Chenchen Wang**

Director, Center for Complementary  
and Integrative Medicine, Tufts Medical  
Center, Boston, MA, USA



**Dr. Roshini Yapa**

Director at nodMD,  
Phoenix, Arizona, USA



**Dr. Manjunatha M V**

Associate Professor at NIMHANS,  
Bangalore, India



**Dr. Ashwini Godbole**

Associate Professor, Centre for Ayurveda  
Biology and Holistic Nutrition,  
Bangalore, India



Eminent Speakers of the Conference



**Dr. Sayed Ahmed**

Associate Professor, Pharmacognosy and  
Phytochemistry, Jamia Hamdard,  
New Delhi, India



**Dr. Akshay Anand**

Professor, Neuroscience Research Lab,  
PGIMER, Chandigarh, India



**Dr. Sanjeev Rastogi**

State Ayurvedic College and Hospital,  
Lucknow University, Lucknow, India



**Dr. Arun Garg**

Biochemical Medicine: Consultant  
Medical Biochemist; Clinical Professor,  
Pathology and Laboratory Medicine,  
University of British Columbia



**Dr. Anurag Varshney**

Vice President and Head - Drug Discovery  
and Development, University of  
Patanjali, Patanjali Yog Peeth, Haridwar,  
India



**Dr. P Rammanohar**

Research Director, Amrita School of  
Ayurveda, Amrita Vishwa Vidyapeetham,  
Tamil Nadu, India



**Dr. Nanda Rajneesh**

Apollo Spectra Hospitals, Bangalore,  
India



**Dr. G S Gaur**

Professor (& Former Head), Department  
of Physiology, JIPMER, Puducherry, India



**Dr. Chandrashekhar**

ChanRe, Rheumatology and  
Immunology Centre and Research



**Dr. Alka Sarpal, MBBS, MD**

Dr. Alka's Skin Care & Health Care,  
Mohali, Punjab, India



Conference Venue: **Prashanti Kutiram**, Jigani, Bengaluru

**Prashanti Kutiram** is the residential headquarters of Swami Vivekananda Yoga Anusandhana Samsthana. It is located 32 kms away from Bengaluru city. The serene atmosphere, Gurukula lifestyle, modern technology, top notch research facilities are the unique features of this campus. In the serene campus it houses the following:

- **S-VYASA** is a Deemed to be University recognized by the Ministry of Human Resource Development, Govt. of India. It offers Bachelors, Masters, Post Graduate and Doctoral programs in Yoga. 
- **The School of Yoga and Naturopathic Medicine** - It offers Bachelor in Naturopathy and Yogic Sciences (BNYS), a 5<sup>1</sup>/<sub>2</sub> year medical graduation program
- **Vyasa Business School** - Under the Division of Yoga & Management Studies of S-VYASA University, Vyasa Business School has been built and developed which focuses on the Indian System of Management.
- **Arogyadhama** - A 600 bedded Integrative Medicine Hospital
- **Anvesana** – State-of-the-art research facility for yoga research. The laboratory includes Molecular biosciences, Psychophysiology, Cognitive neuroscience, Sleep medicine, Psychology and Subtle energy labs.
- **VYASA** is a registered charitable institution (1986) working for making Yoga a socially relevant Science. It is recognized as a Scientific & Industrial Research Organization (SIRO) from the Department of Scientific & Industrial Research, Ministry of Science & Technology, Gol.
- **VYASA Health Care Pvt Ltd** - VYASA Health Care Pvt. Ltd. is an outreach partner of VYASA and industry partner of S-VYASA University, aims at establishing wellness and holistic healing centers globally under the brand names Vivekananda Health Global (VHG)<sup>TM</sup> and Vivekananda Yoga Global (VYG)<sup>TM</sup> with trade names (VH)<sup>TM</sup> & (VY)<sup>TM</sup>
- **Sushruta Ayurvedic Medical College and Hospital** - It offers Bachelor in Ayurveda, Medicine, and Surgery (BAMS), a 5<sup>1</sup>/<sub>2</sub> year medical graduation program.





## Pre Conference Programs

### Himalaya Yoga Olympiad

**Started on** - Oct 1, 2021 | **Finals** - 22<sup>nd</sup> - 24<sup>th</sup> May 2022 **at** Prashanti Kutiram

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

### Pre Conference Workshops

20<sup>th</sup> - 24<sup>th</sup> May 2022 **at** Prashanti Kutiram

Pre-Conference Workshops have been an integral part of INCOFYRA, and are conducted as three independent tracks, namely **Continuing Medical Education (CME)**, **Continuing Research Education (CRE)** and **Continuing Yoga Education (CYE)**. These are small focused meetings that take place few days before the main conference. They are intended to provoke intellectual discussion, among a diverse range of participants, on a specific topic. PCWs may also consist of workshops discussing critical issues, methods, theories emerging in the field. Participants can attend any one of the tracks, as all these sessions will be happening parallelly.

### Continuing Medical Education (CME)

Our current knowledge-based society and the many actualizations within the yoga profession require a great responsibility of physicians and yoga teachers to continuously develop and refine their skills.

Professionalism is a key component to this end. A prerequisite for this aim is lifelong learning so that own practice performance will improve.

Indeed, it turns out that it is not enough to solely rely on experience. Although it is generally assumed that an increase of professional experience, knowledge and skills through the years of practical exercise leads to a higher quality of care, research demonstrated inverse relationship.

CME on Integrative Medicine based on holistic health includes the following;

Different diseases including (COVID-19, Cardiac Health, Respiratory Health, Diabetes Mellitus, and Mental Health). The basic principles of integrative medicine along with Integrated Approach of Yoga Therapy (IAYT) and latest updates on clinical, academic and research approaches towards Holistic Healing will be addressed. Both theory and practice will be covered in this CME.





## Continuing Medical Education (CME)

### Who can participate?

*Yoga students, Yoga therapists, Yoga teachers and Doctors*

**Coordinators:** Dr. Amit Singh, Dr. Umashankar, Dr. Champa Panth, Mr. Sumit

**Contact:** Dr. Amit Singh - 93418 54502, Dr. Umashankar – 98808 25203

**Email:** argd.sft@svyasa.edu.in

SNo	Topics	CME Pre-Conference Dates
1	Integrative Medicine for Respiratory System	20 <sup>th</sup> - 24 <sup>th</sup> May 2022
2	Integrative Medicine for COVID – 19	
3	Integrative Medicine for Mental Health	
4	Integrative Medicine for Diabetes Mellitus	
5	Integrative Medicine for Cardiac Health	

## Continuing Research Education (CRE)

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

**Course Syllabus** (25 hours): Introduction of research in AYUSH – Need & Scope, Research process, Visit of research facility, Developing good research question, Literature review, Softwares for organizing literature – Mendeley, Key concepts of research methodology (NHST, Sampling, Controlling bias, research design, validity & reliability), Introduction to R for statistical analysis – Installation, descriptive stats, assumption tests, Choice of assessment tools and data collection methods, Statistical analysis using R – Correlation, t-tests, One way ANOVA, interpretation of results and reporting, Statistical analysis using R – chi square test, non-parametric tests, interpretation of results and reporting, Documentation of clinical information for research purpose, applying for grants.

**Who can participate?** *Clinical practitioners, academicians, MSc, MD & PhD scholars*

**Coordinator:** Dr. Judu Ilavarasu | **Email:** judu@svyasa.edu.in | **Contact:** 90357 30812

## Continuing Yoga Education (CYE)

S-VYASA has developed several advanced yoga techniques based on traditional yoga texts. These advanced yoga techniques are very much useful in the management of NCDs and also promote positive health. Cyclic Meditation, Mind Sound Resonance Technique, Pranic Energisation Technique, Mind Imagery Technique, Mastering the Emotion Technique, Vijnana Sadhana Kaushal Technique, Ananda Amruta Sincana. These Advanced Yoga Techniques with theory and practice will be conducted.

**Who can participate?** *Yoga therapists and Yoga teachers*

**Coordinator:** Ms. Padmasri G | **Email:** padmasri@svyasa.edu.in | **Contact:** 95916 43807



## Dates to Remember

- **Pre-Conference Workshops - 20<sup>th</sup> - 24<sup>th</sup> May 2022**
- **Himalaya Yoga Olympiad Finals - 22<sup>nd</sup> - 24<sup>th</sup> May 2022**
- **Main Conference - 26<sup>th</sup> - 29<sup>th</sup> May 2022**
- **Last Date for Abstract Submission - Apr 20, 2022**
- The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by **May 5, 2022**

Scientific research papers and review papers on the theme and related topics in Yoga and Integrative Medicine are invited for oral and poster presentations.

Submit your abstract on conference webpage. Please visit conference webpage for details.

For any queries please write to **incofyra@svyasa.org**

## Conference Organizing Committee

**President:** Dr. H R Nagendra

**Vice Presidents:** Dr. B R Ramakrishna  
Dr. K. Subrahmanyam, Prof. Prahalad Ramarao  
Dr. Nagarathna R, Dr. Manjunath N K

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**Joint Secretaries:** Dr. Pranesh Gudur  
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Dr Sangamitra Patnaik

**Scientific Committee:** Dr. Ramesh M N, Dr. Vijaya Majumdar  
Dr. Deepeshwar Singh, Dr. Raghavendra Bhat, Dr. Judu Ilavarusu  
Dr. Mithila M V, Dr. Alok Roy, Dr. Apar Saoji

**Finance Committee:** Dr. B R Ramakrishna  
Dr. Manjunath N K, Dr. Sridhar Melukote K  
Sri H R Dayananda Swamy, Sri Dhananjay C

**Treasurer:** Mr. H R Dayananda Swamy

**Delegate Registrations & Accommodation**  
Dr. Shree Varaprasad N S, Dr. Vasudeva Vaidya, Dr. Bhavana M  
Dr. Nimisha B Raj, Dr. Shrijin Raj, Sri Narendra Shetty

**Exhibition and Stalls:** Dr. Nethravathi, Dr. Santosh  
Dr. Sreenidhi G S, Sri Anish J

**Cultural Program:** Dr. Karuna Nagarajan, Ms. Padmasri G  
Dr. Champa Pant, Dr. Vanishree, Dr. Swathi P S, Dr. Dhriti B Reddy  
Sri Krishna Dwivedi

**Spirituality Events & Discourses:** Dr. R C Panda  
Dr. Divya B R, Sri Surendra Kumar

**Himalaya Yoga Olympiad:** Dr. Rabindra Mohan Acharya  
Dr. Balaram Pradhan, Sri Kiran Kumar N S, Dr. Vikas Rawat

**International Co-ordinators:** Dr. Vasudha Sharma  
Dr. Deepeshwar Singh, Sri Raghu Bengaluru, Mrs. Manasa Pawan

**Pre-Conference Workshops:** Dr. Judu Ilavarusu  
Dr. Champa Panth, Dr. Amit Singh, Dr. Remitha  
Ms. Padmasri G

**Hospitality:** Mrs. Sharada Shankar, Dr. Bharathi Dhevi  
Dr. Reshma J, Dr. Malini Gowda

**Publicity:** Sri Mahadevappa, Sri Mohan Kishore D  
Sri Anish J

**Publication and Souvenir:** Dr. Raghvendra Bhat  
Dr. Deepeshwar Singh, Dr. Natesh Babu, Dr. Ramya Biswas  
Dr. Divya B R, Dr. Renuka, Dr. Swathi P S

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Sri Murulidhara H D, Sri Elumalai, Sri Arijit Ghosh  
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Ms. Padmasri G, Dr. Soubhagyalaxmi Mohanty  
Dr. Suresh Babu, Dr. Vikas Rawat

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**Felicitation & Stage Committee:** Dr. Swathi P S  
Dr. Ganga K V, Dr. Ritesh C, Sri Sumanth Gowda  
Sri Narendra Shetty





## Conference Registration

Individual Programs	Dates	SAARC Countries	Non-SAARC Countries
		in ₹	in US\$
<b>Pre-Conference</b>	20 <sup>th</sup> - 24 <sup>th</sup> May 2022	3500	300
<b>Main Conference</b>	26 <sup>th</sup> - 29 <sup>th</sup> May 2022	3500	250
<b>Both Programs</b>	20 <sup>th</sup> - 24 <sup>th</sup> & 26 <sup>th</sup> - 29 <sup>th</sup> May 2022	7,000	550
<b>Rate/ Day</b>	---	1,500	100

- **Registration Fee includes only Food and Attendance of Conference Programs**
- **Accommodation Charges are separate**
- **Please Note:** Choose your own Accommodation (Optional)  
Accommodation in Prashanti Kutiram (*limited*) from **26<sup>th</sup> - 29<sup>th</sup> May 2022 (4 nights)**  
Non A/C Standard Room for SAARC Nationals (*2 persons in 1 room*): ₹ **950/head/day**  
Non A/C Standard Room for Non-SAARC Nationals (*2 persons in 1 room*): **US\$ 60/head/day**  
Dormitory for SAARC Nationals: ₹ **500/head/day**
- **Students & S-VYASA Alumni** are entitled for **50% concession**  
(Student ID card/letter from Principal should be submitted during registration process)
- Registration at S-VYASA campus office is also available
- Mode of Payment: by Cash, Cheque, Bank Draft, Debit/ Credit Card,  
Online Bank Transfer, payable to **S-VYASA 'Swami Vivekananda Yoga Anusandhana Samsthana'**
- **Online Transfer Details for Indian Nationals:**  
A/C Name: Swami Vivekananda Yoga Anusandhana Samsthana; A/C No: 31527257460;  
Bank & Branch: SBI, Jigani; IFS Code: SBIN0011355
- **Online Transfer Details for Internationals:**  
A/C Name: Swami Vivekananda Yoga Anusandhana Samsthana; A/C No: 31527257460;  
Swift Code: SBININBB230; Branch Code: 09044; Foreign Transfer Bank Address: SBI,  
No. 26/A, Electronic City, Hosur Road, Bangalore, Karnataka, India, Ph: 94489 93322  
A/C Managed in: CA 4/1, APC Circle, Jigani Indl Area, Phase 1, Jigani,  
Bangalore - 562 106, Karnataka, India; MICR Code: 56002123; IFS Code: SBIN0011355
- After Online Payment, please Mail a Copy of Payment Receipt to  
**accounts@svyasa.org & copy to incofyra@svyasa.org**
- For more details please visit conference website **www.incofyra.com**

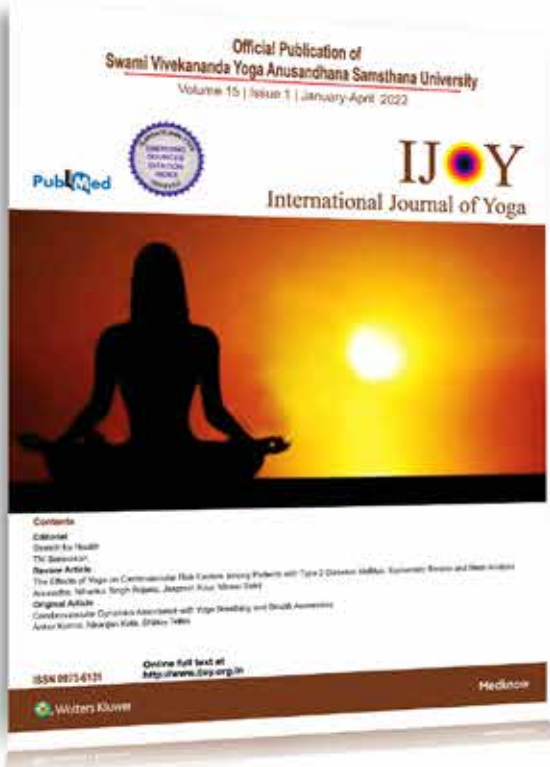
## Contact

**'Prashanti Kutiram' Campus:** Vivekananda Road, Kallubalu Post, Jigani, Anekal, Bengaluru – 560 105  
cell: +91-70220 24777 | ph: +91-80-2263 9968 | e-mail: incofyra@svyasa.org  
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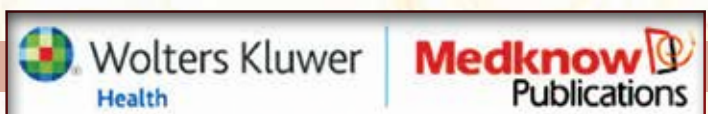
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# Good Health is much more than the Absence of Disease

**Opinion:** Physicians typically don't prescribe yoga, tai chi or meditation to their patients, but maybe they should

Evidence proves that self-awareness and self-care taught through techniques such as yoga and meditation improve wellbeing.

Finally, it seems, there is a light at the end of this long, dark pandemic tunnel. With health restrictions being lifted, British Columbians are breathing easier, they are considering travelling again, or maybe even attending a concert or hockey game.

Although we all must remain cautious, this undoubtedly comes as a much-needed mood boost for all of us. But as a lifelong physician, I'm hoping this won't simply be a return to normal. That's because the "normal" that many people are living is marked by unhealthy foods, high stress, insufficient exercise, poor sleep, and burnout. The results are evident - widespread obesity, high blood pressure, coronary heart disease, and many other chronic ailments. The South Asian community, of which I am a proud member, is considered a high-risk population for developing Type-2 diabetes.

We all know that COVID was particularly tough on those with underlying health

■ **Arun K Garg, PhD, MD, FRCPC**  
*Medical Director, South Asian Health Institute, Fraser Health*



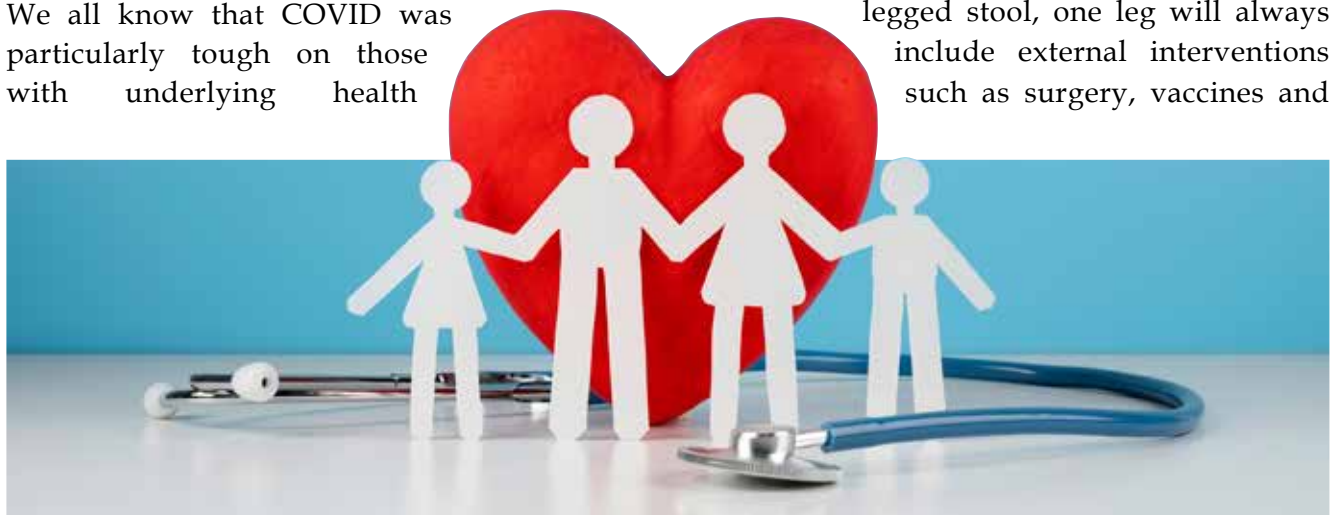
conditions like these.

It doesn't need to be this way. It is not sustainable for our health-care system, and it's not healthy for us.

As we emerge from COVID and its many restrictions, I am advocating a significant reset in the way we think about our health. There is no miracle vaccine that is going to cure us of our food addiction or free us from our mortgage stress or work anxiety. But there is a better path to improved health.

In addition to traditional medicine, there is emerging evidence that suggests mind-body medicine can improve health, prevent disease and contribute greatly to our wellbeing.

Good health is much more than the absence of disease. It's about total body health, including physical, mental and spiritual health. Think of it this way: If health care were a three-legged stool, one leg will always include external interventions such as surgery, vaccines and





pharmaceuticals. A second leg is lifestyle, involving things such as nutrition, sleep and stress. But for true balance, we require the third leg - self-care - which connects the body, mind and intellect. It is an integrative approach known as mind-body medicine.

Physicians typically don't prescribe yoga, tai chi or meditation to their patients, but maybe they should. Stress and unhealthy lifestyles represent a massive public health burden. We can create healthier outcomes if we encourage better nutrition, daily exercise and embrace practices that enhance mind health.

The Canada India Network Society believes we can improve health outcomes through the acceptance of this integrative thinking. It's about empowering individuals to take an active role in all aspects of their health.

For generations, western medicine and I have been a practitioner for more than 40 years has focused on what you can see, the physical body, and developed interventions to improve health.

But for centuries, eastern health practitioners have focused on the brain and the role the mind plays in our overall health. Evidence proves that self-awareness and self-care taught through techniques such as yoga and meditation improve wellbeing.

Yes, there are skeptics and those who would call this airy-fairy nonsense. Frankly, for most of my career as a B.C. physician and medical leader, I failed to recognize the life-changing benefits of mind-body medicine. But there is clear evidence that the nervous, endocrine and immune systems communicate with each other, which explains why our emotional wellbeing and belief system can affect our physical health.

I truly believe we can improve our health by marrying the best of western medicine with the best of the east. The integration of mind-body medicine is still relatively new, but it is being taught in some health-care settings and at universities such as Harvard.

Much more needs to be done and I am encouraging my health colleagues - doctors, nurses and other health-care professionals to embrace the transformative power of mind-body medicine. I'm asking policymakers to study this inexpensive way to improve health outcomes and drive down costs.

For me, it's not about "fixing" our flawed health system. Now, it's time for healing ourselves.

Dr. Arun Garg is a clinical professor at the University of B.C. and president of the Canada India Network Initiative ([thecins.org](http://thecins.org)).



### Meeting with Dr. C N Manjunath

Dr. B R Ramakrishna, Hon'ble Vice-Chancellor, Prof. M K Sridhar, Registrar, and Dr. Vasudev Vaidya, Chief Medical Superintendent, SAMC&H met Dr. C N Manjunath, Professor & HOD of Cardiology, Director, Sri Jayadeva Institute of Cardiovascular Sciences and Research on March 29<sup>th</sup> and requested him to be the Distinguished Chief Guest for our forthcoming 19<sup>th</sup> Convocation to be held on April 22<sup>nd</sup>.





# Stretch in Yoga: A New Twist on Asanas

## Introduction

Research in Yoga is taking us through many paths with exiting panorama; we are following a king's path! Every anga or limb of Yoga has a profound impact on the psychophysiology, behaviour, interaction and outlook of the practitioner. In these troubling times, we wish peace to oneself and to others. Peace is a holistic entity; until everyone is at peace, no one could be at peace. Yoga practices could bring the much desired benefits to body and mind.

Let us look into asana practice and the latest excursion in scientific research that has opened new vistas of understanding and exciting clinical applications. Whether a person practices asanas - mindfully or in a mind wandering manner - the outcome could be profound. The cardinal aspects of asana practice are repetition



Fig 1: Standing Stretch

(how many times we repeat that particular asana in a session), stretch and maintaining the stretch. Thus, stretching a muscle and its associated tendons is an integral part of asana practice. A muscle is not intended to work by stretching; muscles carry weight of the body and they do so while in a contracted state. In a gym, people

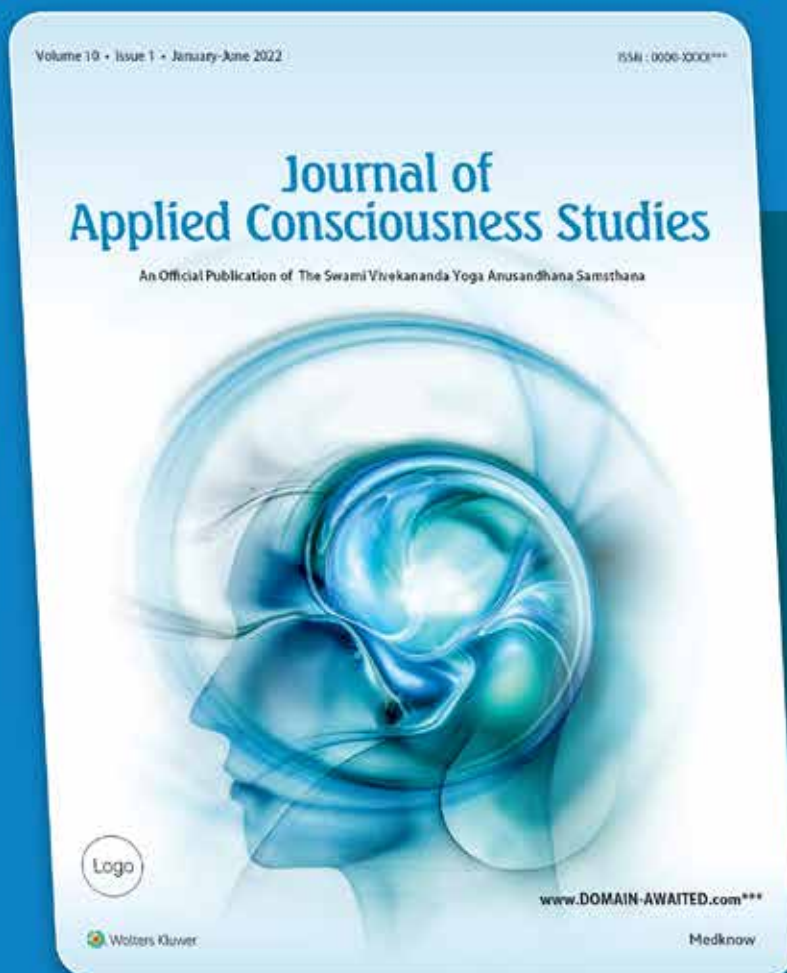
■ T M Srinivasan, PhD  
Professor, Division of Yoga and  
Physical Sciences, S-VYASA



are trying to build muscle mass by weight lifting and other means. However, a muscle must also be able to move smoothly and in a coordinated manner. As we walk or run, a large number of muscles are coordinated in a smooth sequential manner so that the walk is accident free! The coordination comes due to control of the muscles by the brain and spinal cord (CNS) which sequentially triggers the muscles to contract and relax. Without such control signals from the brain, smooth and safe movements are not possible.

Stretching a muscle and its associated tendons improves *muscle control*! This is an important point to keep in mind including those who visit gym. A well formed muscle is of no use if it is not controlled properly. Thus, in modern exercise regimen, muscle stretch is also incorporated. The muscles have blood vessels imbedded in them; as the muscles are stretched, the blood vessels are also stretched. An important question arises if stretching a blood vessel is good or will such a stretch damage the vessel itself. These and related questions are addressed in some recent research.

A detailed experiment earlier has provided a basis for answering the above concern [1, 2]. The authors have compared a group of yoga practitioners and a group who were walking briskly for the same duration of time. They found that the yoga group had a reduced arterial stiffness which was better than the measures in the walking group. In conclusion, the authors



## Journal of Applied Consciousness Studies

Journal of Applied Consciousness Studies is an official publication of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), deemed to be university, Bengaluru, India. It is a peer-reviewed journal, published semi-annually in both print and online modes. Journal of Applied Consciousness Studies was earlier known as International Journal of Yoga - Philosophy, Psychology and Parapsychology (print ISSN # 2347-5633; online ISSN # 2348-5108). This journal is enlisted in the UGC Care list. From 2022 onwards the change of name of this journal is in effect. The journal's full text will be available online at <https://jacsonline.in/>. The journal allows free access (Open Access) to its contents and permits authors to self-archive final accepted version of the articles on any OAI-compliant institutional / subject-based repository. The journal does not charge for submission, processing or publication of manuscripts and even for color reproduction of photographs.

The journal will accept original, and review articles related to applied consciousness studies. Applied consciousness studies includes areas related to yoga, spirituality, mindfulness studies, Indian philosophy and psychology, transpersonal psychology, parapsychology, and other areas of research that bring out the unifying principle the applied consciousness studies.





Fig 2: Sitting Stretch

state: "It may be presumed that yoga practice can play a major role in prevention of cardiovascular disease by reducing or controlling the arterial stiffness". This is an important outcome of all studies reported so far, though the numbers of robust studies are limited. It is also pointed that young participants and some older ones too had positive outcome, namely reduction in arterial stiffness which is a preventive for cardiac and brain related incidences.

A new study from Italy reports that a stretched blood vessel is able to carry more blood post stretch and becomes less stiff. "... a 12-week stretching regimen improved blood flow, lowered blood pressure, and decreased the stiffness of arteries. Good blood flow leads to less damage on artery walls and may mean a lower risk for heart attacks and strokes. People with stiff arteries often have high blood pressure, high cholesterol, and/or inflammation" [3].

The study had 39 young adults; 27 carried out leg stretches five times a week for 12 weeks, while the other 12 did no stretching. The stretching group held thigh stretches in standing position for 45 sec with 15 sec rest, and repeated this five times for each leg. See fig 1 for the simple practice. They repeated each set a total of five times. Blood flow measurements before and

after the study showed increased blood flow due to dilated blood vessels.

## Conclusion

It is likely the stretches as carried out in asana practices could have a global effect through biochemical pathways [3]. In other words, it is not simply reducing the stiffness of arteries which are stretched; it could also reduce arterial stiffness in other areas of body especially in the heart and brain. This is not established yet; however, normally a biochemical response is not simply local; it will spread to the entire body due to blood flow.

Is there any other simple ways of practicing stretch? How about sitting on the floor and in sukha asana?! This is a position in which we used to sit in the prehistoric times - namely, hundred years ago! We cooked food sitting on floor, ate sitting on the floor, slept etc in direct contact with the floor [Fig 2]. In addition to muscle stretch, the floor sitting and walking bare foot provides free electrons to the body from the ground. Mother earth is provider of these free electrons (which are not bound as in an atom or in a molecule). These electrons prevent free radical formation in the body. These radicals are harbinger of many biochemical imbalances in the body. Thus, connecting with the earth, sitting in sukha or padmasana are contributors of healthy arteries and natural methods for avoiding strokes and cardiac conditions.

## References and Notes

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# Yogi Vivekananda - 12

We make money and we become slaves of money. We make destiny and become victims of destiny. Spider weaves the web and is caught in it.

Swami Vivekananda is a *raja yogi*. A *raja yogi* is a person of strong Will power. Everyone is born with the Will power. It is this Will power that prompts and propels the growth of individuals physically, emotionally, intellectually and spiritually. But unfortunately, very many people forget the very existence of the Will within them and become weaklings. Every person is capable of making his or her destiny. Destiny is not God given. Will power is God given. With the Will power we make the destiny and after making the destiny we forget the strength of the Will and become slaves of destiny.

If we study the lives, there is no effect without a cause. There is no destiny without a maker of it. For all our sufferings, sorrows or events of happiness, we are responsible; and we have made them in the past. If we dig back into the past, we reach a point where there is only cause, and there is no effect and that original cause is the seed for the chain of actions and reactions, causes and effects. There is no interference of God or supreme power in this long chain of causes and effects. Therefore, Swami Vivekananda says that we are the makers of our destiny. We are the architects of our future. We workout our fate. As we have the powers to kickstart the giant wheel of actions and reactions, we have the powers to stop the wheel and also alter the course of the wheel. Man may be destroyed but never defeated. Man has the potential to become the supreme power. The five elements contributing to the structure of the individual may take back their contribution but nothing can be done to shake the individual Will which is all powerful.

■ Dr. K Subrahmanyam  
Advisor to Chancellor  
S-VYASA



To highlight the greatness and grandeur, power and potential, strength and energy, the *vedas* and the *prastanatraya* highlight in a single phrase this unique nature of the Will in the sentence- *uddhared atmanaatmanam*. Nobody can save or harm anybody. One has to save oneself, make oneself, or mar oneself. Such is the uniqueness of Will power. Swami Vivekananda is specially fond of *raja yoga* because it highlights the strength of Will power. Vyasa maharishi tried his best through many a story the greatness of the Will power.

Markandeya is a boy of 16 years destined to die because of his father's option. But the boy defied fate, destroyed destiny, negated the dictum and stayed determined to alter the so-called invincible fate. "When Shiva is in me, what can Yama do to me?" It means to say, when I have the Will to live what can fate do? Faith or self-confidence is capable of making destiny, altering destiny, and defying destiny. Not without a purpose has Vyasa maharishi narrated this story. Similarly, in the life of a great lady by named Savitri we find the destiny trying to

Swami Vivekananda  
One infinite power body - beyond thought  
beyond qualities - Shri Vivekananda, 1892



Swami Vivekananda

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wag its tail before the power of Will. Savitri's chosen husband is destined to die within a year after marriage. The love of Savitri for her chosen lover is so strong and pure that she challenges fate and wins the game. She has conquered fate. If Markandeya has won, it is because of strength of faith and devotion, which are the very forms of Will. If Savitri was been successful, it was because of her love and devotion, which are also an expression of one's Will and determination. Similarly, we find another young boy by name Dhruva, who is the very embodiment of determination, establishing himself as personification of Will power. We find the same strength of Will power in the form of knowledge when we study the story of Nachiketa. In all these examples our *rishis* have highlighted the power of Will.

Swami Vivekananda is the very personification of Will power. Sri Ramakrishna Paramahansa has kindled that Will power in the disciple and Swami Vivekananda has kept the Will power always bright, effulgent, and alive with vitality

to overcome any onslaught of fate. Once in the life of Swami Vivekananda, a palmist after studying the Swami's lines in the palm predicted something unfavourable. Swamiji counted by saying that he can prevent the ill predicted disadvantage and also alter the corresponding lines in the palm. The palmist was surprised. A few days later, Swami Vivekananda asked the palmist to see whether the same line was still present. To the shock and dismay of the palmist, he found the lines in the palm of Swamiji totally altered, and some lines completely disappeared. It was possible because of the Swami's Will power.

Our youth must not be taught the superstitious slavery to fate and destiny. We make them. We can change them. We can stop them. We make our destiny. Therefore, Swami Vivekananda's exhortation is ever green, to awaken our youth and keep the youth ever fiery and alert. That great exhortation is - *Arise awake and stop not till the goal is reached.* We have the Will to make ourselves unique.







# International Women's Day at Prashanti Kutiram

Mar 8: International Women's Day was celebrated at Prashanti Kutiram. The event was put together by the organizers of Sushruta Ayurvedic Medical College, with the blessings of Dr. B R Ramakrishna, Vice Chancellor, S-VYASA Deemed to be University. The team of SAMC, under the guidance of the Principal, Dr. Sanghamitra Patnaik, coordinated a well-planned event to acknowledge the role of Women in all spheres of society.



Dr. H R Nagendra Guruji, Chancellor, S-VYASA Deemed to be University and the guiding force behind all the endeavours of Prashanti was warmly welcomed on the occasion sought his blessings. Guruji in his speech, emphasized the role of Sthree Shakti - predominantly exists in the nature that drives the entire creation incessantly. Guruji also recognized the positive role of women in the society and fervently emphasized that each one of us must rise up to the occasion, be confident and self-reliant to be achievers in our own unique ways.

The Chief Guest of the Day, Dr. Sowmya Manjunath Chavan, Dean of Humanities, was warmly invited to address the gathering. Dr. Sowmya Chavan accentuated on the

indomitable energy the Women bring to the lives of others in their own innovative ways that is worthy of appreciation. She pointed out the fact that much before earmarking a day to celebrate the day exclusively for women, the ancient Indian wisdom, celebrated women by practicing the tenet - *Yatra Naryasthu Pujyanthe, Tatra Ramanthe Devathah* which means that Gods and Goddesses rejoice where women are looked upon with reverence.

What a respectful approach to build a healthy and peaceful society - handed down by our forefathers!

She quoted widely from the scriptures and from the holy books that looked upon women with reverence and extolled the importance of her contributions.

The event was sprinkled with fun activities







winning prizes and honouring women for their contributions to the society in whatever measure that made a difference to the society. The Vice Chancellor, Dr. B R Ramakrishna was pleased to do the honours. A poem, originally written, for his mother but could relate to all the women in general for their unconditional love and care, was read out by one of the members of SAMC family - that was heart-warming as it depicted and eulogized the positive side of the women.



The modest but elegant event strengthened the resolve to carry forward the legacy that's passed down to us for many generations that's indeed worthy of emulation.

## Gold Creeper

■ *Dr. Nischal Parthasarathy*

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You've never failed to hit the bull's eye!

You've endured it all like an angel...  
You are 'patience' and 'tolerance' personified.  
For, you've treated every difficulty level like its Easy...  
You are a gem of a person - Bonafide!

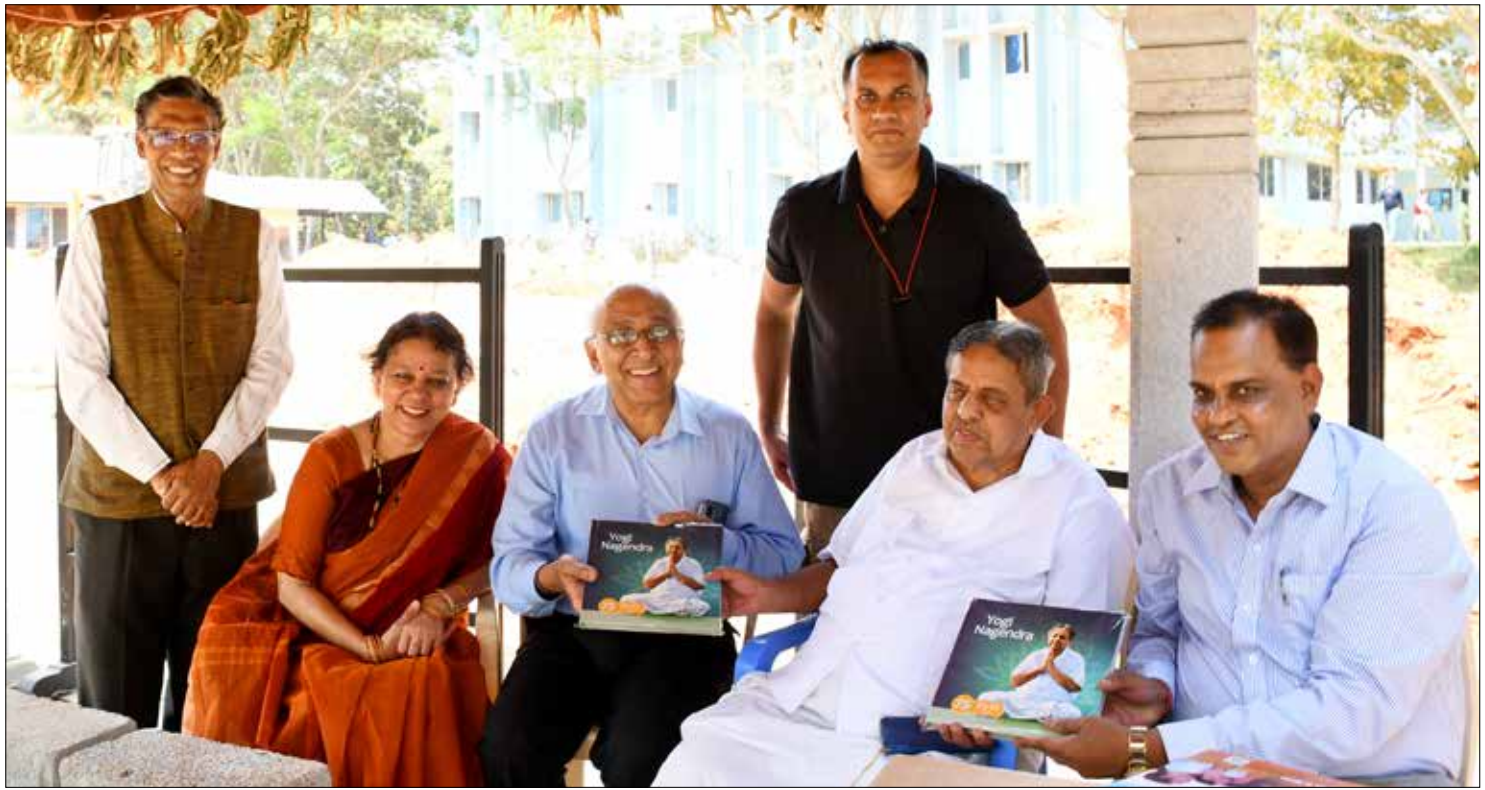
Your unconditional love isn't extreme like summer  
It is as pleasant and soothing like spring  
Which would make me feel, as a receiver,  
Whether I really deserve all the offering!

You fight battles on a daily basis which no one knows  
And end up winning all of them with zero foes  
You never want to rest and you are always on your toes.  
How can such a hardworking human exist?! God only knows!

You don't need an affirmation from people that you are really humane  
You know that you are true to yourself and that's enough for any human.  
So why do you bother about the world and look for happiness outside?!  
Your goodness is the source of your happiness and its in abundance, flowing from inside!

You are doing the most underrated job in the world and you are totally aware of it.  
The job of being a complete woman and its really tough. Everyone knows it.  
Remember that you are a 'Gold-Creeper' which doesn't take support but rather gives it.  
It is one of a kind for its quality and no one can really fake it.





### Campus visit of Dr. Prasad Shastry & Dr. Sunita Shastry

Dr. Prasad Shastry, Prof. of Radio Frequency, Microwave and wireless engineering, Department of ECE, Bradley University, Illinois, USA and his wife Dr. Sunita Shastry, PhD. In Special Education, University of Wisconsin, USA, and Dr. Jayadeva, Department of ECE, Reva University, Bangalore visited the campus on 17<sup>th</sup> March 2022 and paid their respects to Hon'ble Chancellor, Dr. H R Nagendra. Dr. Sunita Shastri and Prasad Shastri are disciples of Swami Dayananda Saraswatiji. They deeply appreciated the research being done at Anveshana, Centre for Energy Research, and the academic interaction they had with Dr. Prahlad Ramarao, Pro-Chancellor, and Dr. N K Manjunath Sharma, Pro Vice-Chancellor & Director of Anvesana. Registrar, Prof. M K Sridhar appraised of University activities.



### A delegation from Sarala Yoga Kendra visits Prashanti

The office bearers and members of Sarala Yoga Kendra, Bangalore visited Prashanti Kutiram on 26<sup>th</sup> March 2022 and saw the facilities. Prof. M K Sridhar, Registrar gave a presentation on VYASA and S-VYASA. The office bearers expressed willingness to have some collaboration with the University in the future.





**Prof. Narayan Behera** joined S-VYASA as the **Dean of Division of Yoga & Physical Sciences.**

He is MSc (Physics) from IIT Kharagpur & PhD (Theoretical Physics) from IISc, Bengaluru.

He was honoured with National Merit Scholarship, GoI (1977-84); Research Associate Fellowship, CSIR (1992-96); Fellowship of France (1996) and he has 470 citations.



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