

YOGA SUDHA

A Monthly Journal of SVYASA (Deemed to be University)



International Conference

24th INCOFYRA

successfully concluded at **S-VYASA**

Bengaluru, India.

**Hon'ble Governor & Chief Minister
of Karnataka** and many more Dignitaries
graced the occasion



Basavashri Award to Dr. H R Nagendra ji

Recently, Chancellor, Dr. H R Nagendra ji, was honoured with Basavashri Award by Basava Vedike (R.), Bengaluru. Sri Shivarathri Deshikendra Swamiji of Suttur Math, Hon'ble Chief Minister, Sri Basavaraj Bommai ji, Hon'ble Union Minister, Sri Pralhad Joshi ji and many more dignitaries graced the occasion.



तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

योगसुखा सुपर्णा

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EDITORIAL

My dear Brothers and Sisters,

While we have done our contributions for Yoga Therapy for over 30 years in the form of more than 900 Research Papers published in the Peer Reviewed Journals, we now are venturing into a new Project related to the Purva Mimamsa Shastra.

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

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

Hence in his name we have now planned to open a new venture, passed in our BOM of S-VYASA.

Name is 'Varaha Mihira Advanced Centre of Vedic Technology Research' or VMAC-VTR for short to explore the benefits of Purva Mimamsa of the Vedas consisting of Karma Kanda and Upasana Kanda. I call this as the Technology of Vedas while Uttara Mimamsa containing The Prasthanas Traya: Upanishads, Brahma Sutra and Bhagavadgita is the Science of the Vedas.

Please read Albert Einstein's work on Astronomy and astrology.

Einstein's Field Equations and Astrology

A very strong mathematical foundation for Astrology can be related to Einstein's Field Equations of General Theory of Relativity.

According to the General Theory of Relativity, all motions are relative. With respect to Sun (with respect to its Rest frame), all objects are in motion. With respect to Earth (with respect to its Rest frame), all objects in the Universe are in motion. With respect to Moon (with respect to its Rest frame), all objects in the Universe are in

motion. With respect to any arbitrary Observer (with respect to his Rest frame) everything is moving around the Observer.

$$G_{ij} = -kT_{ij}$$

This idea is complemented by the most beautiful equations in human history describing the nature of existence of the material distribution in this Universe.

G is called Einstein's Tensor. Representing gravitational field manifested in the form of space-time curvature. It's a highly complicated mathematical object (very difficult to analyze): that is why Einstein called it Pillar of Iron.

T is called Energy - momentum Tensor of material distribution. Einstein called it as Pillar of Straw (very easy to analyze).

K is Einstein's gravitational constant.

Solving these equations with respect to an Astronomical object, one gets G_{ij} (the metric tensor of space-time) with respect to rest frame of the Astronomical object. The distance between two events is "ds" is expressed by the equation being the coordinate differentials representing the 4-vector separation between events. Every observer is influenced by the totality of material distribution in the universe. is the Metric tensor of spacetime. Every object must have its own influence on an observer through the metric tensor.

The most difficult aspect of this concept is that the influence is always non-linear (other mathematical difficulties exist). So, it is not practically easy to find the 'effective G_{ij} ' on the observer.

■ *Dr H R Nagendra*



Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

I express my heartfelt thanks to all the sponsoring and receiving stakeholders of 24th INCOFYRA (International Conference on the Frontiers in Yoga Research and Its Applications) which was held between 26th May to 29th May 2022 and Maha Soma Yaga between 3rd of May to 16th of May at the University Campus, Prashanti Kutiram, Bangalore.

Both are the brainchildren of our Guruji, respected Nagendra ji, Hon'ble Chancellor of S-VYASA Deemed to be University Bangalore. The Soma Yaga was conducted by the most learned and authoritative team of Yagna Maarthanda Sri Ranganath Selukar Somayaaji Maharaaj from Gangakhed, Parbhani District, Nasik, Maharashtra, for cleansing our environment and for the benefit of the society during the present Covid scenario. Our scientific team of Anvesana, the Research Laboratory under the guidance of our Director of Research, Dr. N K M Sharma has conducted several Scientific tests and investigations to understand the scientific basis of Soma Yaga and the findings are in the process of analysis.

The other important program INCOFYRA was conducted to explore and publish the Scientific Studies Research on Yoga and its allied subjects conducted all over the world over years.

Both the events yielded in active participation of concerned people more than the expected.

During these programs many dignitaries

including Hon'ble Governor of Karnataka, Sri Thawar Chand Gehlot ji, Hon'ble Chief Minister of Karnataka, Sri Basavaraj Bommai ji graced and supported the cause whole heartedly, for which I am totally indebted.

During the month of June, we have International Day of Yoga (IDY) on 21st June which will be celebrated world over.

I request the entire Yoga community to take active part in organising the event at their vicinity and contribute to the cause of popularising and making Yoga a socially relevant Science the vision and mission of our Hon'ble Prime Minister, Sri Narendra Modi ji and our Guruji Dr. H R Nagendra ji.

Good news for the Yoga fraternity of Karnataka that, Hon'ble Prime Minister, Sri Narendra Modi ji will be joining us to celebrate IDY at Mysore, the most beautiful and cultural City of Karnataka.

Our University which has established VAAYU University in collaboration, at Los Angeles, USA will be celebrating its first Convocation ceremony during the month of June. I congratulate all the students, faculties and the management of both S-VYASA and VAAYU Universities for their exemplary performance and reaching the goal of bringing out the first batch of MSc in Yoga from USA.

Finally, I wish all the Yoga Bhandhus well in advance a very happy and prosperous IDY 2022.

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





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Inaugural Ceremony of 24th INCOFYRA



Inaugural Ceremony of 24th INCOFYRA: Paramhans Swami Maheshwarananda Puriji; S-VYASA Chancellor, Dr. H R Nagendra; Hon'ble Governor of Karnataka, Shri Thaawar Chand Gehlot ji; ICCR President, Dr. Vinay Sahasrabuddhe; and more dignitaries - *can be seen*

May 26: S-VYASA, Deemed to be University marked the beginning of the 24th INCOFYRA at Samskriti Bhavan, at 4.00 pm. The inaugural function began with the singing of National Anthem by everyone.

The Honorable Governor of Karnataka, Shri Thaawar Chand Gehlot ji was the Honorable Chief Guest of this event. The Guests of Honor were Dr. Vinay Sahasrabuddhe, Honorable M. P., Rajyasabha and President, Indian Council

for Cultural Relations (ICCR), His Holiness Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwarananda Puriji, Panchayati Maha Nirvani Akara, Vienna, Austria. This event was presided by Dr. H. R. Nagendra, President, 24th INCOFYRA and Chancellor, S-VYASA Deemed to be University, Bangalore.

The gathering was warmly welcomed by our Honorable Vice Chancellor, Dr. B. R. Ramakrishna and gave details about the



Souvenir of 24th INCOFYRA released



Guard of Honour to the Hon'ble Governor of Karnataka, Shri Thaawar Chand Gehlot ji

international conference and achievements of the University.

Dr. N. K. Manjunath, Pro Vice Chancellor, gave brief details regarding the conference which is spread over 4 days with 5 plenary sessions and 4 parallel symposia, where 49 National and International Speakers will be sharing their knowledge with about 1500 delegates based on the theme - Integrative Medicine and Optimal Immunity. Interactive sessions by key clinicians will be held in a hybrid mode focusing on the latest translational research on Immune health especially COVID-19 with a 3-dimensional

view of Immunity, Autoimmune disorders and Infections.

He said students will also get an opportunity to interact with a galaxy of speakers and to present papers orally or through poster presentations.

The Guest of Honor, Dr. Vinay Sahasrabudde addressed the gathering as his family and offered his best wishes for the conference. He referred to S-VYASA as a Tapobhoomi for Research in the field of yoga, creating a niche of its own. He stressed upon globally sound and comprehensive character of Yoga. A loud and clear message was spread as to how one should



Shri Thaawar Chand Gehlot ji, Paramhans Swami Maheshwarananda Puriji, Dr. Vinay Sahasrabudde, Dr. H R Nagendra and Dr. Manjunath N K



Felicitation to **Paramhans Swami Maheshwarananda Puriji & Dr. Vinay Sahasrabuddhe**

Inaugural address by him. He reviewed the long-term effects of COVID-19 and how it cannot be tackled just by modern medical system which is why the Honourable Prime Minister together with the Ministry of AYUSH are encouraging the integration

include yoga in their lifestyle as well how Yoga should try and accommodate different lifestyles. Advice was also given on forming a minimum yoga protocol that is applicable globally in an attempt to bring different schools of Yoga together. He urged to institute award of scientific yoga literature in different world languages to make available for common people across the world. The speech was concluded on a note "Yoga is the Skill in action but skills also require Yoga discipline" which is provided by S-VYASA!

of traditional medicine with the modern one. He rightly pointed that "Yoga is not just Vyayama (exercise) but also a fourth Ayama (dimension) of science". Evidence-based studies and integrative medicine promoters were heartily congratulated.

His holiness Swami Maheshwarananda ji encouraged more Indians to practice Yoga in its right form, follow conducive diet and lifestyle in order to preserve the art and science of Yoga.

A hearty vote of thanks was offered by Prof. M. K. Sridhar on behalf of the organizing committee of the 24th INCOFYRA and S-VYASA, Deemed to be University.

The presidential address was given by Guruji Dr. H. R. Nagendra. The delegates were motivated to update themselves on integrative health to cope up with challenges of non-communicable diseases, strengthening and balancing of immune system and dealing with optimal immunity. It was clearly conveyed that integrating the healthcare delivery system, cost effectiveness is the only way forward.

The dignitaries such as Prof. K Subrahmanyam, Advisor to the Chancellor, Dr. Prahlada Rama Rao, Pro-Chancellor, Dr. R Nagaratna, Director, Arogyadhama, Prof. Ramachandra G Bhat, Director of Varahamihira advanced centre for Vedic tech and Research were also present.

Souvenir of the 24th INCOFYRA was released by the Governor which was followed by an

Totally 2000 delegates from all parts of India including delegates from USA, UK, Canada, Algeria, Bahrain, Srilanka, Bangladesh, Saudi Arabia and other Nations were also present.

As part of INCOFYRA, the Pre-Conference Workshop was organized on Continuing Research Education, Continuing Yoga Education, Continuing Medical Education followed by Himalaya Yoga Olympiad finals in which teams from 17 states participated.

Dedication of New Ambulance Facility in Prashanti



Valedictory Programme of the Conference



Valedictory Programme of 24th INCOFYRA: Address by the Hon'ble Chief Minister of Karnataka, Sri Basavraj Bommai ji

May 29th: The 4 days of magnificent 24th INCOFYRA came to an end with a valedictory function graced by the Hon'ble Chief Minister of Karnataka, Sri Basavraj Bommai ji at Samskriti Bhavan. The program began with the beautiful invocation song, by 2nd yr BNYS student Miss. Mrunalini.

The Chief Minister of Karnataka, Sri Basavraj Bommai ji was the Honorable Chief Guest of this event. The Guests of Honor were Sri M Krishnappa, Hon'ble MLA, Bangalore South

Constituency, Dr. V V Prakasa Rao, President of Global Hindu Heritage Foundation (GHHF), Texas, USA, Mr. Karan Talreja, Founder, RESET TECH, Mumbai. This event was presided by Dr. H. R. Nagendra, President, 24th INCOFYRA and Chancellor, S-VYASA Deemed to be University, Bangalore.

Vice President, 24th INCOFYRA and Vice-Chancellor of S-VYASA, Dr. B R Ramakrishna warmly welcomed the gathering and gave highlights of CM's contribution to the state. Dr. N K Manjunath, Pro - Vice Chancellor, International Coordinator and Director of Research, S-VYASA gave a quick recap of the International Conference.

Dr. V V Prakash Rao, President of Global Hindu Heritage Foundation, Texas, USA spoke about Hinduism and how the youngsters of today must preserve our culture. Shri M Krishnappa, Hon'ble MLA of Bangalore South Constituency spoke about S-VYASA and how it's a sacred place of Yoga Sadhana. Mr. Karan Talreja, Founder, RESET TECH, Mumbai, gave a brief introduction about the "Aayu".

The Hon'ble Chief Minister of Karnataka, Sri Basavraj Bommai ji and other dignitaries on the



Hon'ble Chief Minister of Karnataka, Sri Basavraj Bommai ji



S-VYASA Reports: Official Publication of S-VYASA was released



App Aayu, powered by S-VYASA was launched



Inauguration of the 360° Virtual Tour of Prashanti



Felicitation to the Hon'ble CM of Karnataka, Sri Basavraj Bommai ji



Guruji & Bommai ji



Felicitation to Sri M Krishnappa, Hon'ble MLA, Bangalore South



Felicitation to Dr. V V Prakasa Rao, President of GHHF, Texas

stage launched the app "Aayu" powered by S-VYASA and released the Journal of Applied Consciousness Studies, Official Publication of S-VYASA, Deemed to be University, Bangalore, the S-VYASA Reports with the aim to promote young researchers, publish their work, to reach Global audience and inaugurated the 360° virtual tour of Prashanti Kutiram.

Prize winners of Oral and Poster Presentations were felicitated by the Honorable Chief Minister of Karnataka Sri. Basavraj Bommai ji.

The Honorable Chief Minister of Karnataka, Sri Basavraj Bommai ji gave a very profound, insightful, valedictory address endowed with wisdom, knowledge and pragmatism. He said that person who has control on himself is the real Yogi and Yoga is the only instrument to



Hon'ble CM of Karnataka, **Sri Basavraj Bommai ji** and other dignitaries at **Anvesana Research Laboratories**

preserve what is given by God.

Dr. H R Nagendra, President, 24th INCOFYRA and Chancellor, S-VYASA Deemed to be University, Bangalore blessed the gathering with his wisdom. A hearty vote of thanks was offered by Prof. M. K. Sridhar, Registrar, S-VYASA on behalf of the organizing committee of the 24th INCOFYRA. Felicitations were offered to Sri. Basavraj Bommai ji, Shri M Krishnappa, MLA of Bangalore South Constituency, Dr. V V Prakash Rao, President of Global Hindu Heritage Foundation, Texas, USA, Mr. Karan Talreja, Founder, RESET TECH, Mumbai and his highly dedicated team. And also offered grateful thanks to Honorable Union Ministry of AYUSH, Govt. of India, and other Officers for collaboration to this Conference, Dr. Manjunath, the DC, Sri Chandrashekar, the IGP, Sri Vamshikrishna, the SP, Dr. H R Nagendra, President, 24th INCOFYRA and Chancellor, S-VYASA Deemed to be University, Bangalore, and also to Sri R Ashoka in his absence for continuous support and help. A special thanks was also offered to Prof. K Subrahmanyam, Advisor to the Chancellor, Dr. R Nagaratna, Medical Director of Arogyadhama, Dr. Prahlad Rama Rao, Pro -



Chancellor, Prof. Ramachandra G Bhat, Director of Varaha Mihira Centre for Advanced Yogic Technology for their continuous guidance.

The dignitaries on the dais, the delegates who had assembled from all the parts of India and 18 countries, senior officers of various Universities, invitees and members of the organizing committees, teaching, non-teaching, supporting staffs, more than 200 volunteers, RESET Mumbai, the print and electronic media, staff of Chief Minister, Police personnel, the Govt. of India and the Govt. of Karnataka, Chancellors, Vice - Chancellors, Registrars, Secretariat, and Principals of all the colleges were extended gratitude for making this event grand success. The program ended with singing National Anthem.

Technical Notes of Scientific Sessions



Inaugural Ceremony of Scientific Sessions

Day 2: May 27th

Plenary Session

Understanding immunity- the Eastern and Western perspectives

Dr H R Nagendra, Chancellor, S-VYASA Deemed to be University, Bengaluru, India

Title of Talk: Understanding Stress and Immunity the Eastern and Western Perspectives.

The keynote talk by Dr Nagendra focused on the perception of stress by East and west. The talk brought out the need to understand stress; one of the primary reasons being that it disturbs homeostasis. Dr. Nagendra showed with clarity that stress manifests in multiple dimensions from psychology to physiology. And going further he brought out the importance of holistic approach to deal with stress in comparison to modern sciences' approach which is limited to physical universe.



Dr Bhushan Patwardhan, Chairman, NAAC EC & Former Vice Chairman UGC, Distinguished Professor, Interdisciplinary School of Health Sciences, Savitribai Phule Pune University, Pune, India

Title of Talk: Addressing immunity and inflammation with Yoga and Ayurveda

Dr Patwardhan addressed Immunity and Inflammation with Yoga and Ayurveda. He emphasized on the importance of understanding Shotha and Ojas which corroborates with inflammation and immunomodulation respectively. Ayurveda is more of a physical intervention, adding Yoga and meditation to it, hones integrative approach. He emphasized that the world is looking towards the integrative approach to health and Yoga & Ayurveda can together offer the same.

Dr Chechen Wang, Professor of Medicine, Tufts University School of Medicine Director, Centre for Complementary and Integrative Medicine Division of Rheumatology, Allergy & Immunology; Tufts Medical Centre, Boston, MA

Title of Talk: The Role of Integrative Mind-Body Medicine on Immune Health.

Dr Wang explained about Integrative Health care (IHC) as a holistic, patient-focused approach to health care and wellness including mental, emotional, functional, spiritual, social, and community aspects – and treating the whole person rather than, for example, one organ system. She provided





an overview of vast scientific literature covering effect of Tai chi on health outcomes in patients with chronic conditions.

Day 2: May 27th

Symposia: 1A

Immune Resilience through Holistic Nutrition

Dr. Deanna Minich, Human Nutrition and Functional Medicine Graduate Program, The University of Western States, Portland, OR, United States of America

Title of the Talk: Phytonutrient support for healthy Immune system

Dr. Minich essentially brought out the importance of plant-based, colourful foods to help best fortify our bodies against pathogenic invaders. Along with this the importance of emotional-mental health was also shown as significantly impacting immune health.

Dr. Ravindra P V, Department of Biochemistry, CSIR-Central Food Technological Research Institute (CFTRI), KRS Road, Mysuru, India

Title of the Talk: Phytonutrient support for healthy Immune system

Dr. Ravindra focused on describing a few aspects of personalized medicine, the role of gut microbiota in immunity, and how manipulation of gut microbiota through bioactive will help in optimizing the individual's immunity in the fight against invading pathogens.

Dr M K Sridhar, Registrar, S-VYASA Deemed to be University, Bengaluru, India

Title of Talk: Relevance of Balanced Diet/ Holistic Nutrition.

Prof. Sridhar in his talk, provided references from ayurvedic texts, Bhagavadgita and texts from vedic period to emphasize on the requirement of proper diet, like *satvik* food based on seasons and regions, with the practice

of *yamas* and *niyamas*, for getting full benefits of Yoga.

Day 2: May 27th

Symposia: 1B

Understanding Stress and Immunity

Dr Manjunath M V, Associate Professor, Neurovirology National Institute of Mental Health and Neurosciences, Bengaluru, India

Title of Talk: Effect of yoga practices on Natural Killer (NK) cells and their Cytotoxicity on Cancer cell

Dr. Manjunath talked on investigations on the effect of basic Yogasanas and a 4-component Pranayama on the NK cell cytotoxicity in breast tumour patients, which showed that Yoga on a regular basis can increase the number of NK cells in patients with cancer. He also added that the effect of Yoga practice on the functionality of NK cells has not been investigated in tumour patients.

Dr Amit Awasthi, Associate Professor Translational Health Science and Technology Institute, Faridabad, India

Title of Talk: Impact of yoga and meditation on the Immune system

Dr. Awasthi in his talk touched upon the effect of Yoga/ Meditation individually on neurotransmitters, immune function and brought out the gene signatures associated with Yoga. He went on to show that specific immune signature was found to be dysregulated in autoimmune disease conditions and Covid19 patients.

Dr Nanda Rajneesh, Senior Surgeon, Apollo Spectra Hospitals, Bangalore, India

Title of Talk: Stress and Cancer

Dr. Rajneesh elucidated Stress as a psycho-physiological response of our body. The Surgeon also derived the path of how stress



act as a promoter or enhancer of direct-acting carcinogens and also alter hormonal and immunological mechanisms that may be involved in the inhibition of secondary tumour spread.

Day 2: May 27th

Plenary Session

Understanding immunity- the Eastern and Western perspectives

Dr B N Gangadhar, Former Director of National Institute of Mental Health and Neurosciences, Bengaluru President, Medical Assessment and Rating Board, NMC, New Delhi, India

Title of Talk: Yoga and Neuroprotection

Dr B N Gangadhar a renowned psychiatrist talked about Stress and how yoga can produce the molecular level of resilience conducive to brain repair and neuroprotection. Quoting from his extensive research he eloquently brought out the relation between Brain-derived-neurotrophic-factor (BDNF), Cortisol and Yoga in depressed individuals. Using a combination of neuro-imaging and biochemical methods in his research he showed how Yoga lowered Cortisol and increased BDNF levels to manage stress and also showcasing antidepressant of Yoga.

Dr Raghavendra Rao Director, Central Council for Research in Yoga & Naturopathy (CCRYN), New Delhi

Title of Talk: Integrative medicine and optimal immunity

Dr. Rao in his presentation described the role of stress on various aspects of immunity and the role of yoga in managing the same. The chronicity of the disease coupled with treatment-related side effects causes severe distress and secondary complications if not addressed properly. The role of yoga in COVID 19 management was elucidated. A decrease in stress, anxiety, self-reported depression and lesser requirement for Oxygen in the yoga group were observed. This was related to better relaxation response and heart rate variability in yoga groups.

Mr Luke Coutinho, Founder, Holistic Healing Systems Private Limited, Mumbai, Maharashtra, India

Title of Talk: Integrative and Lifestyle Medicine: The Future Of Wellness And Happiness

Mr. Luke Coutinho talked about Integrative and Lifestyle Medicine. He advocated four pillars: Cellular Nutrition, Adequate Exercise, Quality Sleep, and Emotional Detox. He mentioned about personalized food depending on the disease and avoiding foods that worsen the condition. Special mention was given to quality sleep to harness the inner intelligence to get better emotional wellness so that internal environment promotes healing to take place.



Day 2: May 27th

Symposia: 1C

Optimal Immunity through Mind-Body Interventions

Dr Darshan Mehta, Medical Director, Benson-Henry Institute for Mind-Body Medicine, Boston, United States

Title of Talk: Is it truly all in your head? – Optimal Immunity and Mind-Body Interventions.

Dr. Mehta talked about how mind-body interventions makes a person more resilient by up regulating relaxation response, which he showed is majorly impacted by lifestyle. This was eloquently described using COVID-19 as paradigm where public health measures could have mitigated the risk to larger extent.

Dr Arun Garg, Biochemical Medicine: Consultant Medical Biochemist Clinical Professor, Pathology and Laboratory Medicine/ Fac of Medicine, The University of British Columbia, Vancouver, Canada.

Title of Talk: Integrative thinking to Integrative medicine- Food and Health.

Dr. Garg in his talk laid out how modern medicine (based on principle of reduction) differs from Yogic holistic medicine. Taking one of the component of life-style, food as an example, he chalked out how it can influence pathophysiology of Diabetes and how precision of treatment can be improved by inculcating the concepts of Dosha and Guna.

Dr Ashwini Godbole, Associate Professor Centre for Ayurveda Biology and Holistic Nutrition the University of Trans-Disciplinary Health Sciences and Technology Bengaluru, India

Title of Talk: Immune system and Brain Health.

Dr. Godbole started her talk with an exposition on the immune system and brain function having a bidirectional relationship and the role of gut-brain axis. Further based on her *c.elegans* based research work, elucidated the mode of action of nootropic ayurvedic herbs and its protective effect in Alzheimer's and Parkinson's disease models.

Day 3: May 28th

Plenary Session

Understanding immunity- the Eastern and Western perspectives

Dr Lorenzo Cohen, Prof. Department of General Oncology and Behavioural Science, MD Anderson, Texas, United States

Title of Talk: Yoga as a way to transform your Life and Health

Dr Lorenzo Cohen Professor in Clinical Cancer Prevention stated that Yoga being a mind-body practice, can have a profound impact on people with cancer. He backed up his statement with results of extensive research on yoga improving overall health, quality of life, physical function, and multiple biological outcomes (immune



function, hormone regulation, etc.). Also, Dr. Cohen provided evidence for the benefits of yoga in populations suffering from autoimmune disorders such as multiple sclerosis and osteoarthritis.

Dr Amit Sood, Executive director, Global Centre for Resiliency and Wellbeing, Rochester, United States

Title of Talk: Emotional Resilience: Need of the Hour

Dr. Sood, also known by the name of Happiness Doctor shared three key neuroscience insights to help participants develop awareness about how the brain generates and multiplies negative emotions. Talking on the outcome from over 30 clinical trials he showcased the efficacy of Emotional Resilience, which teaches to shift attention towards more nurturing aspects of life, in improving stress, resilience, anxiety, quality of life, happiness, mindfulness, and positive health behaviours.

Dr Gautam Sharma, Professor In-charge, Centre for Integrative Medicine and Research (CIMR), All India Institute of Medical Sciences, New Delhi, India



Title of Talk: Role of yoga in Cardiac Rehabilitation

Dr. Sharma aptly talked about intricate yoga and heart connection with evidence based insights. As per evidences, chronic stress was reported to be a key risk factor for CVD which can be effectively managed through Yoga. Evidence based studies has shown yoga to positively affect the autonomic nervous system, reduces psychological stress and thus improves cardiac health. Dr. Sharma also talked on how application of yoga within the context of modern medicine are being evaluated, and enunciated that ancient yoga techniques can be a boon for prevention and management of cardiac health.

Day 3: May 28th

Symposia: 2A

Reversing inflammatory responses in autoimmune diseases

Dr Uma Kumar, HOD and Professor Department of Rheumatology AIIMS, New Delhi, India

Title of Talk: Impact of yoga on Inflammation and Psychosomatic components in Rheumatoid Arthritis (RA)

Dr. Kumar in her talk covered the biology of Rheumatoid arthritis (RA) and, further listed out from her extensive work on RA and Yoga almost all molecular mechanisms implicated in RA (oxidative stress, mitochondrial health, genome stability, immunohomeostasis etc.) and, how Yoga reestablishes immunological tolerance and induces molecular remission in RA.





Dr Vasudha Sharma, Director- Medical services, Vivekananda Health Global, Bengaluru, India

Title of Talk: Effect of Ayurveda Intervention, Lifestyle Modification and Yoga Therapy in the management of Autoimmune disorders

Dr. Sharma in her talk provided systematically, from the definition to remedy of autoimmune disorders according to Ayurveda with an emphasis on metabolism (Agni) and improving the *Vyadhikshamatva* (Immunity). While Yoga, she noted, describes autoimmunity through the concept of *Viparyaya* and finally research evidence on the effect of Yoga and Ayurveda on immune markers was presented.

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

Title of Talk: Auto-Immune Disorders Not So Immune To Ayurveda: The Cases of Rheumatoid Arthritis and Psoriasis, Ashwagandha Gets into the Lead

Dr. Varshney began his talk with an overview on Ayurveda Drug development research facility established at Patanjali Yog Peeth. He further elaborately explained the ongoing research work on Ayurvedic formulations from *Ashwashila* and oil from the seeds of *Withania somnifera* for treating RA and psoriasis. Highlight of the talk was the approach, using plethora on in vitro and in vivo experiments, to drug development which left no stone unturned and was on par with pharmaceutical drug development efforts.

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Day 3: May 28th

Symposia: 2B

Preventing Complications of AID through Integrative Medicine

Dr Vineet Ahuja, Department of Gastroenterology, AIIMS New Delhi, India

Title of Talk: Inflammatory Bowel Disease: The Search for a cure continues

Dr. Ahuja's talk unraveled the clinical aspects and pathophysiology of Inflammatory Bowel Disease (IBD) also cautioning about the frequent ambiguity in diagnosis with other conditions with similar symptoms. He also spoke about Therapeutic strategies including immunomodulators, monoclonal antibodies and one of the emerging and interesting microbiome modifying therapies through faecal microbial transplantation.

Dr Dharmanand B G, Senior Rheumatologist Sakra Hospital Bengaluru India

Title of Talk: Integrative approach to Autoimmune Rheumatic diseases

Dr. Dharmanand provided a comprehensive picture on Autoimmune diseases (AID) and why they are considered complex clinical illnesses due to complex interplay between genetic predisposition, gender and numerous environmental factors. He noted that the alternative systems can be very beneficial in minimising potentially harmful immunosuppression associated with allopathy treatment.

Dr G S Gaur, Professor (& Former Head), Department of Physiology, JIPMER, Puducherry, India

Title of Talk: Preventing complications of Autoimmune disorders through Integrative Medicine

Dr. Gaur added on to the knowledge on Autoimmune disorders (Ads) talking on pragmatic approaches for treating the symptoms of Ads. The debilitating side effects associated

with the symptomatic treatment, both at physical and mental level is a cause of concern, Dr. Gaur said. And he opined that Yoga can provide the much needed relief for this.

Day 3: May 28th

Symposia: 2C

Pain management in autoimmune diseases

Dr P Rammanohar, Research Director, Amrita School of Ayurveda, Amrita Vishwa Vidyapeetham, Chennai Campus Thiruvallur, Tamil Nadu, India

Title of Talk: Pain Management in the Autoimmune Diseases: The Ayurvedic Perspective

Dr. Rammanohar provided an Ayurvedic perspective of the Ads and insisted the pain management as one of the crucial part of therapy. Further elaborating on this he proposed that Ayurvedic concepts of Ama (metabolic responses that trigger inflammatory responses) and Vatavaigunya (pathological mechanisms that trigger pain) could offer a fresh perspective for understanding the pathology and pain management in autoimmune diseases.

Dr Chandrashekhar, Prof and Managing Director, ChanRe, Rheumatology and Immunology Centre and Research, Bengaluru, India

Title of Talk: Pain Management in Inflammatory Autoimmune Diseases.

Dr. Chandrashekar talked about various



At Conference Registration Office

methods of Pain Management in Inflammatory Autoimmune Diseases and that that pain affects each person differently everybody has different pain threshold. He advocated for personalized understanding of all the avenues of pain. While modern medicines have proved to be beneficial, various alternative treatments like acupuncture, massage, and mind body therapies also are efficacious he said.

Dr Amit Singh, Associate Professor Arogyadhama S-VYASA deemed to be University, India

Title of Talk: Role of Integrative Medicine in Pain Management of Ankylosing Spondylitis

Dr. Singh spoke about one other AD with no cure available, Ankylosing Spondylitis. Dr. Singh quoting from his extensive clinical experience felt that Integrative care through Yoga for Ankylosing Spondylitis is healing-centric and cost-effective. He also discussed about the possible mode of action through modulation of the psychoneuroimmunology pathways.

Day 3: May 28th

Plenary Session

Understanding immunity- the Eastern and Western perspectives

Dr Manjunath N K, Pro-Vice-Chancellor, Director of Research, S-VYASA Deemed to be University, Bengaluru, India

Title of Talk: A Comprehensive Approach to Combat the Covid-19 Pandemic: Behavioral Surveys to Randomized Clinical Trial

Dr Manjunath talked about pan India study during pandemic where they undertook large cross-national (n=3371) and national surveys (n=23000) to address the need for population differences and disparities which were deemed critical for response and long-term recovery from the pandemic. Results indicated an overall consistent positive influence of increased interpersonal relationships on health perceptions and adopted lifestyle behaviours

during the pandemic. In another randomized controlled trial of tele-yoga Dr. Manjunath reported that there was a drop in CRP and LDH levels along with other favourable changes.

Dr Alkhatib Ahmad, Centre for Public Health Associate Professor (Research) in Public Health/ Preventative Healthcare School of Health and Life sciences, Teesside University, Tees Valley, UK

Title of Talk: Nutrition and exercise combinations in disease prevention from complementary medicine to modern science"

Dr Ahmed a recognised expert in health nutrition and exercise science expressed his views on effectiveness of personalised lifestyle to effectively reduce diabetes and cardiovascular disease risks, especially in high-risk populations. He highlighted the food groups based on their antiviral properties, which highlight a dual role for functional foods in both non-communicable and communicable diseases.

Dr Sat Bir Khalsa, Associate Professor of Medicine, Harvard Medical School, Boston, Massachusetts

Title of Talk: The Science and Research on Yoga for Anxiety.

Dr Khalsa presented scientific data from different research studies of anxiety and yoga. Each of the anxiety disorder have its own symptoms but all symptoms cluster around excessive irrational worry and dread. He quoted different studies from UK with anxiety cases in different populations and showed effectiveness of yoga in reducing anxiety.

Day 4: May 29th

Plenary Session

Understanding immunity- the Eastern and Western perspectives

Dr Ravi V, Former Senior Professor and Head, Department of Neurovirology Registrar &

Dean-Basic Sciences, NIMHANS, Bengaluru, India Nodal Officer for Genomic Confirmation of SARS-CoV-2, Government of Karnataka

Dr. Ravi based his talk on the extensive experience as Nodal officer during pandemic, concentrating on the origin and evolution of Corona virus. He mentioned about furin site in the spike protein which is the basis for calling it a manmade virus against the spill over theory. In the talk he also elaborated on the different variants, their contagiousness as defined by Ro, Vaccines produced in India and INSACOG (Indian SARS-CoV-2 Genomics Consortium) created by government for Genomic Surveillance for SARS-CoV-2 in India. Giving future direction, he mentioned that a lot of surveillance is required to check for natural spill over and enormous biosecurity (stored viruses should be checked periodically) practice to be put in place.

Dr B R Ramakrishna, Vice-Chancellor, S-VYASA Deemed to be University, Bengaluru, India

Title of Talk: Role of Ayurveda in the Prophylaxis and management of Covid-19

Dr. B.R. Ramakrishna shared his thoughts about integrative medicine and provided a very comprehensive understanding of Ayurveda therapy which works by a combination of *Ahara* (Diet & dietetics), *Vihara* (Habits and practices), *Vichara* (Mental Health or Thoughts), *Acharya* (Daily regimen), *Vyavahara* (Profession) and *Adhyatma* (Spiritual health) and its importance. He also talked about way of integrating the medical system between east's consciousness based paradigms (all AYUSH systems) with that of west's evidence based science

Dr Venkat Ram, Director, Apollo Institute for Blood Pressure Management, Professor Apollo Medical College, Hyderabad, India

Title of Talk: Effects of lifestyle changes on the Cardiovascular System.

Dr Venkat Ram talked about the health of heart and how lifestyle changes can help in maintenance of a good health for our heart. Yoga he felt, in comparison to all therapies



was the best for cardiovascular diseases. He corroborated this with the emerging data which supports great benefits of yoga for patients with heart diseases. Objectively assessing the limitations he felt that in order to make Yoga universally acceptable a few limitations need to be addressed like uniform standard, more outcome studies and inclusion of surrogate markers for assessment.

Day 4: May 29th

Symposia: 3A

Post-Covid Rehabilitation

Dr Sanjay Raghav, Neurologist and Associate Professor RMIT and Senior Lecturer at Monash University, Australia

Title of Talk: Neurological involvement in Covid-19

Dr. Raghav spoke on less talked about fall outs of the COVID-19 pandemic. He felt that neurological complications caused by COVID-19 are frequent and variable compromising the functional capacity and the life of patients added to this is the challenge of rehabilitation of these patients. Dr. Raghav suggested adopting lifestyle changes including a whole meal plant-based diet, regular meditation and yoga for prevention and rehabilitation for post covid neurological syndrome.

Dr Aarti Jagannathan, Additional Professor of Psychiatric Social Work/ Psychiatric Rehabilitation Services, NIMHANS Bangalore, India

Title of Talk: Advent of Tele-Yoga post-Covid-19: feasibility and challenges

Dr. Jagannathan talked about a very relevant study she conducted during pandemic, feasibility of yoga delivered online. Dr. Jagannathan mentioned that though Tele-yoga offers a lot of promise it is imperative to also think about evaluation, management, and monitoring of the possible barriers to ensure quality. She also opines that future scientific trials are required to test the effectiveness of tele-yoga as compared to face to face yoga.

Dr Sumitra Jalaj Bentur, Ayurvedic Physician Synergy, The centre for well-being Greater NOIDA, UP, India

Title of Talk: Personalised Integrative Ayush intervention for Covid: black-box approach- accomplishments, challenges and future directions

Dr. Bentur's talk continued on the topic of Tele-yoga and specifically on the issues related to clinical evaluation of personalised integrative AYUSH intervention and personalised-approach-based clinical trial design (for example Black-Box design). Dr. Bentur pointed out that though above mentioned is appropriate for AYUSH system it creates problem when it comes to ethics approval and publication to address which she suggested a multi-pronged approach involving all the stakeholders to overcome these challenges.

Day 4: May 29th

Symposia: 3B

Use of AYUSH in infectious diseases

Prof. Tanuja Nesari, Director and Head, Division of Translational Research & Biostatistics All India Institute of Ayurveda, New Delhi

Title of Talk: Role of Ayurveda in the management of COVID-19.

Dr Sanjiv Rastogi, Dept of Kaya Chikitsa State Ayurvedic College and Hospital Lucknow, 226003, India

Title of Talk: COVID-19 pandemic: A Pragmatic Plan for Ayurveda intervention

Dr. Rastogi gave a informative report on Ayurveda system's performance during the pandemic. He felt that though there was a huge increase in knowledge accumulation in traditional systems driven by pandemic, it was still underutilized due to Governments not making it official. Also, he mentioned that there had not been many robust clinical trials in Ayurveda and COVID-19, which he said could have been a game changer in handling the pandemic.

Dr Akshay Anand, Professor, Neuroscience Research Lab, Department of Neurology PGIMER, Chandigarh

Title of Talk: Short breathing practice and Covid-19 management

Dr. Anand talked about the results of research study on Yogic breathing (YB) in COVID patients. Short and long duration breathing techniques were evaluated in COVID positive, recovered and health care workers. Dr. Anand provided convincing evidence on the significant benefits of YB based on psychophysiological and biochemical assessments. Dr. Anand proposed further studying changes in the expression of immunity related gene expression level due to YB.

Day 4: May 29th

Symposia: 3C

Relevance of Lifestyle as a preventive strategy for COVID-19

Dr Sayeed Ahmed, Bioactive Natural Product Laboratory, Department of Pharmacognosy

and Phytochemistry, School of Pharmaceutical Education and Research, Jamia Hamdard (Deemed University), New Delhi, India

Title of Talk: Metabolomic Profiling of Traditional Unani medicine for Quality Control and Scientific Validation of Traditional Claims.

Dr. Ahmed in his talk provided very useful information for AYUSH researchers working on characterization and extraction of compounds in terms of different techniques like metabolomics, mass spectrometry, chromatography etc. that can be used at different stages of drug development. Dr. Ahmed conveyed that metabolomics has a promising future in this drug industry.

Dr Mandip Goyal, Department of Kayachikitsa, Institute for Post Graduate Teaching & Research In Ayurveda GAU, Gujarat, India

Title of Talk: Potential of a healthy lifestyle in the prevention of Infectious Diseases

Dr. Goyal in her talk drew a clear message that prevention is better than cure. Talking from Ayurveda perspective Dr. Goyal tracked the initiation of pathogenesis and manifestation of the disease through the following factors: the cause (Nidana), vitiation of the bio humor (Dosha) ending in malfunction of susceptible tissue (Dushya). Also proposing a remedy Dr. Goyal proposed avoidance of the cause, reversal of the vitiated state of Dosha and increasing the resistance of Dushya.

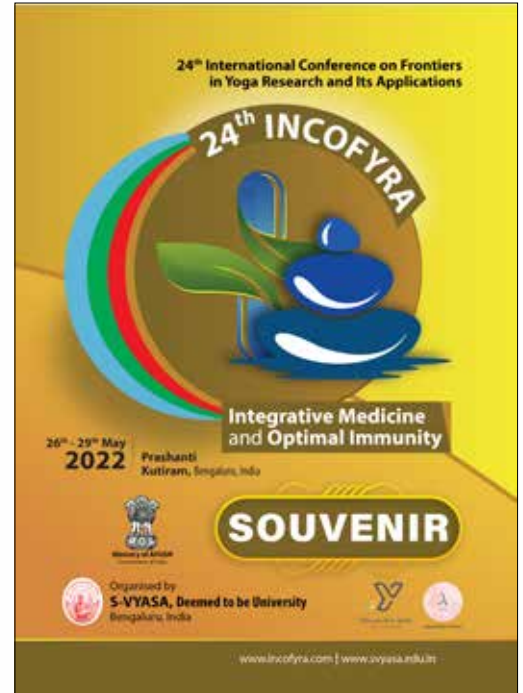


Gurujii welcomed Hon'ble CM, Sri Basavraj Bommai ji

Souvenir of 24th INCOFYRA

With a view to have the glimpse of the conference, for the benefit of those who could not attend the conference and to extend gratitude to those who have provided their support in making the conference more meaningful, a Souvenir was prepared. The Conference Souvenir included of abstracts of all the scientific presentation held during the conference. It was released on 26th May during inaugural function

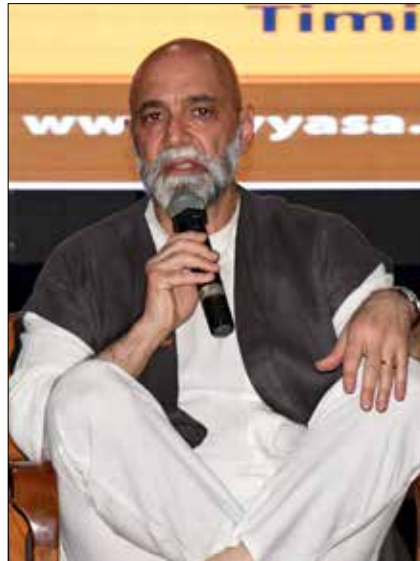
Scan here
to Download the Souvenir



Homa & Discourses in Conference



Yogashree N V Raghuram



Mr. Pierre Ravan



Dr. M A Alwar

On the occasion of the 24th INCOFYRA, the Division of Yoga- Spirituality organized Homa & Discourses at the University Campus. On May 27th Ganapati Homa was performed.

The following Discourses were organised:

- May 26th – of **Yogashree N V Raghuram**, Chairman and Spiritual Founder of Yoga Bharati
- May 27th – of **Mr. Pierre Ravan**, Heartfulness and Meditation Expert, International DJ and Producer in Fashion and Perfume Industry Dubai and Paris
- May 28th – of **Dr. M A Alwar**, Professor, Sri Maharaja Sanskrit College, Mysore

Oral and Poster Presentations @ 24th INCOFYRA



There were 140 abstracts submitted through conference website. After blinded review, 115 papers were selected for poster and 9 were selected for oral presentations. The poster paper session was conducted on 27th May in which 108 posters were exhibited. The 9 oral paper presentations happened with the theme, Integrative Medicine and Optimal Immunity, on 28th May. A panel of two judges (Dr. Hemanth Bhargav and Dr. Deepeshwar Singh) evaluated the poster presentations. Both oral and poster sessions happened with lively participation of delegates. The panel members for oral paper evaluations were Dr. Ramesh M N and Dr. Aarti Jagannathan. Details of prize winners presented below.

Prize Winner	Prize	Category	Title of the Presentation
Dr. Somi Shetty Kaushik Gupta	First	Poster Presentation	Effect of yoga and naturopathy based intervention on nerve condition in type 2 diabetics patients-a prospective match controlled trial
Dr. Minal Panchal	First	Poster Presentation	Effect of yoga therapy on girth measurements and pain for breast cancer related lymphoedema (BCRL): a randomised control trial
Dr. Farkhand Jihan N	Second	Poster Presentation	Effect of pranayama and yoga nidra on side-effects of chemotherapy and radiotherapy in patients with cancer of the cervix- a case series
Dr. Sahana C	Third	Poster Presentation	Integrative approach to CTD (connective tissue disease) - ILD (interstitial lung disease) systemic sclerosis- a case report of 53 year old female patient
Mr. N V Parth Bharadwaj	Third	Poster Presentation	Effect of height and vision on stance stability while performing vrikshasana using empirical mode decomposition and hilbert transform
Ms. Roshita P	Third	Poster Presentation	Cure of a 5 cm endometrial chocolate cyst through yoga: a case report
Dr. Shiva Prasada Shetty	First	Oral Presentation	The effect of integrated yoga module on cardiovascular parameters in patients of hypertension
Mr. Aniruddh Pratap	Second	Oral Presentation	Kinematic study of yoga asanas using optitrack and opensim
Dr. Kavita Bakshi	Third	Oral Presentation	Cross-Sectional Clinical Study on Concerns Related to Non-Steroidal Anti-Inflammatory Drug Usage and Awareness Perspectives Towards Ayurvedic Treatment Regimens in Indian Population

Cultural Program

26th – 29th May 2022



Culture is a concept encompassing the range of phenomena that are transmitted through social learning in human societies. Cultural universals are found in all human societies. These include expressive forms like art, music, dance, ritual, religion, and technologies like tool usage, cooking, shelter, and clothing. The concept of material culture covers the physical expressions of culture, such as technology, architecture and art, whereas the immaterial aspects of culture such as principles of social organization (including practices of political organization and social institutions), mythology, philosophy, literature (both written and oral), and science comprise the intangible cultural heritage of a society.

We at the S-VYASA create cultural programs with an inclusiveness of many art forms like literature, art, music and dance choreographed with highly competitive technology. The four days of the conference had a cultural program on every evening of 26th, 27th, 28th and 29th May 2022 for 90 minutes from 6:00 pm – 7:30 pm.

The details of the program are as follows:

Program 1 (May 26): Chicago to Chicago - Drama by Students of BSc and MSc Yoga

Swami Vivekananda delivered his landmark speech on September 11, 1893 at The Art Institute of Chicago, where the World Parliament of Religions was held. The drama 'Chicago to Chicago', opened with the scene of Swami Vivekananda delivering his speech at Chicago and took through the life of Swamiji and concluded with the lecture. Depicting the birth and celebration of Swamiji it was followed by episodes from his childhood, in search of God, he meeting Ramakrishna Paramahansa,





who gives him the ultimate spiritual experience resulting in a trance. His many experiences with his Guru and Goddess Kali were enacted with great sincerity. He finally takes to monkhood and travels all over India and abroad with the message of Indian Philosophy and universal brotherhood.

Excellentlly played by around 60 students from Yoga Therapy and Yoga and Consciousness, the play was a treat to the august audience. The play was directed by Ms. Padmashree G and Mr. Krishna.

Program 2 (May 27): Sahase Vasati Jayashree - Drama by Students of Bachelor of Naturopathy and Yogic Sciences (BNYS)

‘Sahase Vasati Jayashree’, meaning ‘Victory lies in courage’, a series of dances and narrative episodes began with the yoga performance which demonstrated the Yugas based on the Panchmahabhuta concept. The whole drama showed the complete timeline of the history of India. It displayed the struggle of freedom fighters like Mahatma

Gandhi, Mangal Pandey, Bhagat Singh etc. It was followed by a yoga performance which was a tribute in the form of yoga postures portraying the Army, Navy and Airforce. The event was concluded with the college choir which enthralled the audience with their rendition of patriotic songs followed by a patriotic dance. The event was a great success because of the 4th year students of TSYNM and it was all done under the guidance of Dr. Ganga K V, Dr. Shruti, Dr. Arundhati, Dr. Ranjhita and Dr. Ritesh. The principal of TSYNM, Dr. Apar Saoji congratulated all the students for such an amazing event.

Program 3 (May 28): Nava Nartana - Bhakti Sinchana - Dance Drama by Students of Sushrutha Ayurvedic Medical College & Hospital

A scintillating performance by around 70





students depicted the nine sentiments of devotion. Nava Nartana Bhakti Sinchana, theme depicted nava vidha bhakti prakara-s in different styles of dance. It began with a sacred chanting of the Ashwini Sutra and a prayer dance to Lord Ganesha. The devotion filled episodes from the epics and puranas were elaborated. Parvati's devotion to Lord Shiva; reverence to Durga through dance was offered in Gujarati style Garbha dance etc. and concluded with a gala presentation of Sita Kalyana.

Concluding remarks were given by Dr. H.R. Nagendra, Chancellor of S-VYASA Deemed to be University, Prof. K Subhramanyam, Advisor to Chancellor; Dr. R Nagaratha, Director of Arogyadhama; Dr. Manjunath Sharma, Pro-Vice Chancellor; Prof. M K Sridhar, Registrar and Dr. Soumya Manjunath Chavan, Dean, Division of Yoga and Humanities along with the visiting delegates for the INCOFYRA were present and interacted.

Program 4 (May 29): Navarasa Ramayana - Dance Drama/ Ballet by Dr. Jayashree and Troupe

The Source of the lyrics was Valmiki Ramayana. Conception and choreography of this ballet was done by Dr. Jayashree Ravi, artistic director of Layaabhinaya Cultural Foundation. The Artists were Dr. Jayashree Ravi, Shreeraksha Hegde, Varna Hegde, Jeevitha S., Sunidhi P., Anusha Mundaganur, Shreyas Hegde, Sameeksha, and Gowri. Nine Rasas being Sringara, Hasya, Karuna, Roudra, Veera, Bhayanaka, Bibhatsa, Raudra and Shanta were depicted through different episodes of Ramayana.



Pre-conference Workshops



Inaugural Ceremony of 24th INCOFYRA Pre-conference Workshops

Hon'ble Minister of Mines and Geology, Gok, **Sri Murugesh R Nirani** and **Dr. B T Rudresh**, Well known Homeopathy Doctor, graced the ceremony. Chancellor of S-VYASA, Dr. H R Nagendra presided over. Workshops were scheduled for 5 days from May 20th to 24th.



Himalaya Yoga Olympiad - 2022



Felicitation to **Sri V Somanna ji**, Hon'ble Minister in GoK

On the occasion of 24th INCOFYRA, Himalaya National & International Yoga Olympiad was conducted from 22nd to 24th May 2022. The event boasted of 98 people as the participants comprising of 10 teams from all over the nation. Due to covid-19 this year number of participants were less in comparison to previous years. In 23rd Himalaya, 384 participants had participated from 18 states.

On 22nd May, Himalaya Yoga Olympiad began with inaugural ceremony. Swaskosh Suddhi Kriya specialist, Mr. Rajesh Kanoi (Rajyogi) was the Chief Guest of the function.

The assessment and proceedings took place under the keen eye of 24 coaches and referees.

The criteria of assessment as follows:

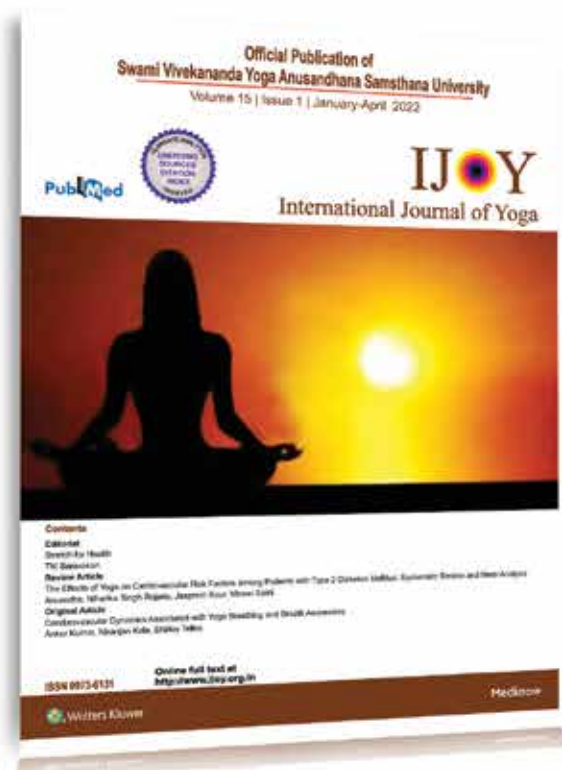
- Suryanamaskara - Grace, natural smile on the face, flexibility and continuity.
- Asana - Grace, relaxation, natural smile on the face, flexibility and maintenance.
- Pranayama - Slowness, relaxation, grace, kevala kumbhak duration, sounds in Ujjayi, Bhramari and Bhramar balance between the two nostrils.
- Bandhas - Correctness, relaxation, effortless special bhavas
- Mudras - Special bhavas and a natural smile on the face
- Kriyas - Ease of performance-mastery level.
- Theory Assessment - Basic Knowledge of Yoga

The Valedictory Ceremony of the Himalaya was held on 24th May. Hon'ble Minister of Housing and Infrastructure Development, Govt. of Karnataka, Sri V Somanna ji was the Chief Guest of Valedictory Ceremony.

This year over all runner team was Chhattisgarh and Champion of Champions team was S-VYASA.



Champion of Champions: S-VYASA Contingent
Runners: Chhattisgarh



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ब्रह्मसूत्रम् (Brahmasūtram)

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



तद्भूतस्य तु नातद्भावो जैमिनेरपि नियमाद्रूपाभावेभ्यः (ब्रह्मसूत्रम्-३-४-४०)

Tadbhūtasya tu nātadbhāvo jaiminerapi niyamādrūpābhāvebhyah (Brahmasūtram-3-4-40)

Meaning: But for one who has become that (i.e. entered the highest Ashrama, i.e., Sannyasa), there is no reverting (to the preceding ones) on account of restrictions prohibiting such reversion or descending to a lower order. Jaimini also (is of this opinion).

This Adhikarana is focusing on the Sannyasa Dharma (duties of persons of renunciation and commitment to the universal cause). More than anything, the disciplinary directives given in this Adhikarana are more relevant than any earlier ones.

With the following reasons, Badarayana Vyasa denounces a Sannyasi reverting back to the prior stages of life; Upanishad statements unfold the ascending path of a spiritual life but not any sort of descending journey. Social conduct is not to be broken by the one who has reached the ultimate stage, and disciplinary measures overrule every trivial desire of an individual who has reached the final stage. Finally, even Jaimini stands by the same opinion of Upanishadic proclamation. Therefore, in every manner Sannyasi should follow the code of conduct in a mature manner.

Now, it is time to contemplate the contemporary situation while trying to apply the principles of this Adhikarana.

It is a clarion call for all the heads of the Hindu spiritual establishments, religious institutions, Jaina-Bauddha-Abrahamic teaching organisations along with individuals and spiritual mentors, to critically analyse and rectify the gap between external show and internal reality. As of today, it seems the gap is getting widened as the mental and physical slavery to external pleasures deepen in the name of progressive society. Electronic gadgets and technological advancements make us dependent to the extent of losing mental health and physical fitness. Institutions, organisations

and establishments which are supposed to be guiding the common public is behind name, fame and luxuries heedlessly.

Personal life of seekers in these centres should be re-evaluated for their march towards real purpose. Minds of men of today are incapable of balancing pleasure and penance. Austerity on one-side and stage-show on the other is impossible. Hence, the sutra says very clearly that once progressed to the Sannyasa Ashrama, one cannot and should not even think to come back to the previous ones. It is not permitted to succumb to lust, desires and infatuations. Having received initiation at the age of 8 years, one has to enter Gurukula and study after this 'second birth'. In Gurukula, one is taught to deal with the untamed mind and uncultured behaviour (Kamachara, Kaamavada and Kaamabhakshana) by imbibing disciplines (Shraddha, Medha and Prajna). Indianness in education means integrating Shastra and Shastra Vidya for reaching the goals of human life. Secularity and liberal education have no value inherently. Then following the four stages of life becomes easy. Purushartha-directed life must be followed.

Even after educating oneself, if one walks the path of descent, he/she will be prohibited and punished very severely. Yoga, Yaga, Adhyatma discipline have to be followed to progress. Svatantrya (freedom and liberty) in this matter and only Samyama (discipline) can rescue one deviating from spiritual life.

to be continued...



Maha Soma Yaga in Prashanti

A 14 Day Long Maha Soma Yaga was held at Swami Vivekananda Yoga Anusandhana Samsthana, S-VYASA from 3rd to 16th May 2022. This Divine Event was jointly organised by S-VYASA & Maharshi Yajnyavalkya Samskruta Vidya Pratishthana, Gangakhed, Maharashtra



Inaugural Ceremony of Maha Soma Yaga: H.H. Sri Sri Jayendrapuri Tiruchchi Mahaswamigal, Chancellor of S-VYASA, Dr. H R Nagendra, Yajamana & yajamana patni Sri Yajneshwar Selukar ji Maharaj and Smt. Meenakshi Selukar ji and other dignitaries - can be seen

Somayajna has unparalleled importance in *yajna* culture. This special *yajna* is said to provide a powerful boost of healing energy extending to the whole world. The performance of a *Somayajna* is intended to cleanse the atmosphere so that it becomes medicinal, nutritious and disease-free, yielding a qualitative and quantitative

improvement in the psyche. The purported benefits of *Somayajna* are similar to those of the other *Śrauta yajnas*, e.g., cleansing the environment of toxins. The performance of a *Somayajna* has prerequisites apart from the knowledge of *Yajurveda*, together with the auxiliary *sutras* e.g. *Srauta grihya-dharma-*



Dhwaja Arohana



A view of Yajnasala



Pravargya

kalpa, pertaining to the rescension of the Veda.

We felt blessed to witness the Maha Soma Yaga (very rare in the present era, conducted about a handful times post independence) that took place for 14 long days at S-Vyasa Yoga University, Jigani for Lokakalyana/ welfare of the world.

The Yaga will not just deliver an extra powerful boost of healing energy for those who participate but will also cleanse the atmosphere so that it becomes medicinal, nutritious and disease-free for every organism. The Maha Soma Yaga which is in particular Pashukama Navaratra Soma Yaga is the one which was performed.

The highlights of the yajna on 1st day involved with preparatory ritual Upasad which involved



Yajna Prakriya



Pro Chancellor, Dr. Pahlada Ramarao



Vice Chancellor, Dr. B R Ramakrishna



Samuhika Sri Sukta Havana



Data collection by Research Wing @ YajnaShala



Vice Chancellor of Karnataka Samskrita University, **Dr. Devanathan**

Shobha Yatra involving all the dignitaries of S-VYASA and the function blessed by the presence of His Holiness Sri Sri Jayendrapuri Tirucchi Mahaswamigal of Kailasa Ashrama Rajarajeshwari Temple.

This was followed by **Dhwaja arohana** and **Diksha vidhi** to select all the priests by offering madhuparka and somayaga sankalpa vidhi to end the first day activities. This was followed by **uttaravedi puja**.

All the dignitaries like Chancellor, Dr. Nagendra Guruji, Advisor to the Chancellor, Pro Chancellor, Vice Chancellor, Pro Vice Chancellor, Registrar and Finance Director were all present for the inaugural ceremony of Maha Soma Yaga.



Dr. Kartikeyan ji, Former Director of CBI

Maha Soma Yaga prakriyas began with **Pravargya** on 2nd, 3rd and 4th day 3 times a day which was a great sight to watch. The story of Pravargya goes like this in shastras... In the Pravargya ceremony, a Mahāvira earthen pot is made and used to boil milk as an oblation to the Ashwini devatas.

It is believed that the Ashwinis are regarded as the physicians of the gods; and are declared to be able to restore to health, the sick, the lame, and the emaciated amongst mortals. They are the special guardians of the slow and backward; the devoted friends of elderly women who are unmarried. They are said to preside over love and marriage, and are implored to being together hearts that love... the Ashwinis are invoked for "offspring, wealth, victory, destruction of enemies, the preservation of the worshippers themselves, of their houses and cattle".

In the legend of Vishnu's decapitation, the Yagya is stated to have begun without the Ashwinis. Another legend in the Shatapatha Brahmana that leads to the Ashwinis joining the Yagya, and as physicians, using their power to replace the head of Vishnu/ Makha as the head of the Yagya (i.e. the Pravargya, itself). Their request to the gods for this was to be granted oblations at the Yagya, which was accepted (hence boiled milk is offered to them in the Pravargya Yagya). The story related is that after attempting and failing twice to take away Sukanya, the young wife of an elderly Rishi called Chyavana, tells the Ashwinis one of the reasons she won't leave her husband for them because they are imperfect, but will



Valedictory Programme of 14 Day Long Maha Soma Yaga

only tell them why *after* they make her husband young again. They agree, and so she 'tells the Ashvinis that they are imperfect because they have not been invited to join the other gods in a great Yagya that was to be celebrated at Kurukshetra (where Vishnu/Makha is later decapitated). The Ashvinis proceed to this Yagya, and, asking to be allowed to join in it, are told they cannot do so, because they have wandered familiarly among men, performing cures. In reply to this, the Ashvinis declared that the gods were making a headless Yajña. The gods inquiring how this can be, the Asvins reply, "Invite us to join you, and we will tell you." To this the gods consented'. This is the story of pravargya mentioned in the shastras.

In addition every day Ganesha yaga, Chandi yaga and Satyamba puja were conducted along with Somayaga. Many couples did sankalpa and participated in the puja and Havana vidhi.

The Vice Chancellor of Karnataka Samskrita University, Dr. Devanathan & Sri Ganeshwar Shastry Dravid participated in this event gave talk on somayaga. Dr. Kartikeyan ji, Former Director of CBI visited the yajna and participated in various divine activities.

The yajamana & yajamana patni Sri Yajneswar Selukar ji Maharaj and Smt. Meenakshi Selukar ji took the sankalpa deeksha not consumed any food in these 14 days of Maha Soma Yaga and



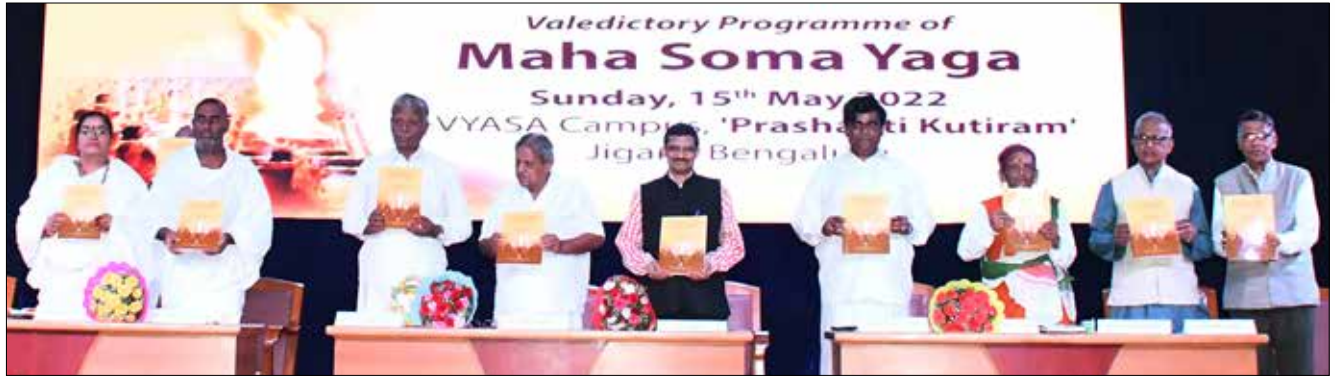
Felicitation to Yajamana, **Sri Yajneswar Selukarji Maharaj** & Yajamana Patni



Dr. Kartikeyan ji



Dr. Ishwar V Basavaraddi



A Compilation of Research Articles: **The Vedas, Vedic Yajna and Scientific Studies of Yajna and Yagas**, was released

just took a glass of milk twice a day to make this Maha Soma Yaga a grand success.

On the 5th day of Soma Yaga Mahavedi ahuti with somavalli extract was done with all the procedures of pratah savana, madhyandina savana and truteeya savana, all the rutviks belonging to rigveda (Hota), yajurveda (Adhwaryu) and samaveda (udgata) along with brahma as the supervisor of the all the yajna prakriyas executed their chantings.

9 days of maha ahuti was done at 7 pm every day with a massive gathering of people to witness the event where in 9 ritviks with 9 buckets of liquefied ghee was given ahuti at a time by chanting the hymns which creates a massive fire going up to 60 ft height. Samuhika Sri Sukta Havana was conducted every day at 5.30 pm for the benefit of all.

The students of Yoga & spirituality division took this opportunity and got engaged completely all these 14 days. This was their part of academic curriculum. Research department students conducted their studies.

In olden days for the betterment of the world,

Yaga-Yajnas were performed. It is also true that due to these Yaga-Yajnas, there existed peace and prosperity. In Somayaga, the main ingredient is Somarasa which is extracted from somalata, a herbal plant (*Sarcostemma acidum*). The main deity for this Yajna is Indra. The fire is created by rubbing two pieces of wood (no other external source).

This somayaga continued till 14 days and on the **15th day Avabhruta snaana with visarjana of all the materials used for soma yaga** was done in a nearby natural lake. The whole procedure got concluded with breaking the 15 days fast of yajamana dampati in the presence of all dignitaries. We thank all the people who wholeheartedly donated and participated in these divine enlightening spiritual activities.

S-VYASA thanks all the people who got involved directly or indirectly helping this great divine event for execution by the grace of Almighty. The whole event of Maha Soma Yaga created a good positive vibrations among all the inmates of Prashanti for their individual spiritual growth.



Maharashtrian dance at Shobha Yatra



Vedaghosha by Vatus



Maha Soma Yaga A Feeling of Blessing

■ Ms. Ashwini Rao (MSc Yoga), Alumni from S-VYASA

We felt blessed to witness the Maha Soma Yaga (very rare in the present era, conducted about a handful times post-independence) that took place for 14 long days at S-VYASA Yoga University, Jigani for Lokakalyana/ welfare of the world.

The Yaga will not just deliver an extra powerful boost of healing energy for those who participate but will also cleanse the atmosphere so that it becomes medicinal, nutritious and disease-free for every organism.

The Yaga needs a special ritual ground to be created called the Pragvamsa & Mahavedi. We were pleasantly surprised to see its construction was exactly the same as recorded in the vedic period. This has also been found at Harappa (Hariupa) & Mohenjodaro (Mahayagnadhara), recorded in the book 'The astrological code of Rigveda'.

In olden days for the betterment of the world, Yaga-Yajnas were performed. It is also true that due to these Yaga-Yajnas, there existed peace and prosperity.

In Somayaga, the main ingredient is Somarasa which is extracted from somalatha, a herbal plant (*Sarcostemma acidum*).

The main deity for this Yajna is Indra.

The fire is created by rubbing two pieces of wood (no other external source).

If inviting deities is the work of Hotha (Rigvedic priest), then management of yajnas is the work of Adhvaryu (Yajurvedic priest). The task of pleasing the deities is left to Udhgatr (Samavedic priest). Brahma is the observer of



the Yajna. Thus, the hotha, the adhvaryu, the udgatr and the brahma represent the four Vedas in a sacrifice.

It is commonly believed that Soma-rasa is an alcoholic beverage that was used by the Aryans in ancient times. But there is much more to it, in a spiritual sense. Soma is 'the conceptual beverage of gods.' It is a vehicle of immortality, a drop of life, a supreme medicine, and so on.

The work of this Yajna starts during sunrise and continues even after sunset.

We all must be indebted to Guruji H R Nagendra ji and Soma Yajna Yajamana Dampati and team from Gangakhed, Maharashtra for conducting this divine event... Once in a lifetime to witness.

Yajna narayana bhagavan ki jai!

PS: The curiosity about this rare yagna helped me research a lot into our rich Vedic tradition.

Hope this video lights a fire of curiosity in you!
- <https://youtu.be/gVFAAdQsAtIE>



Let us Save Environment

June 5th is World Environment Day. Environmentalists, environmental enthusiasts, representatives of State and Central Govt., NGOs are celebrating the Environmental Day in multifarious ways. If the world is seen in the present context, we are shell shocked. According to archeologists and anthropologists, human being was born 3 lakhs years ago on this earth, and has destroyed the world owing to his utter selfishness. Birds, animals and plants have lived for the last 27 crore years and they have not destroyed it. The level of seas is raising owing to climate change as natural resources have been used and misused. From Stockholm Convention (1952) of usable and renewable energies to Paris Convention (2022), a number of resolutions/promises have been made by 150+ nations including reducing the emission of carbon and decrease of temperature by 2% or else the world will be heading for an ecological catastrophe.

The glaciers of the Himalayas, north and south poles are melting. The Carbon dioxide and Chlorofluorocarbons emitted from vehicles have added to air pollution and the ozone



■ Prof. M K Sridhar
Registrar, S-VYASA
Deemed to be University



layer has ruined. The poisonous chemicals and effluents released from industries have polluted the waters of rivers and oceans, and have become a threat to the aquatic animals. We are unable to drink the river water. Natural forests have been denuded making way for concrete buildings. The wild animals are unable to live in natural habitat and they are entering villages, towns and cities in search of prey adding to human-animal conflicts owing to excessive hot temperature and climate change. The world is experiencing acid rains, floods, tsunamis. There is ecological imbalance in the world as well as food chain being disrupted. Generally, it takes one million years for the top soil of the earth to be formed, which is responsible for growth of plant kingdom. This top soil has been destroyed owing to untimely floods and sand mafia business. Most industrialized G-20 nations are consuming 80% of the world's natural resources. As per the standard protocol, every country should have 40% forest coverage for Eco-sustainable development. Let us work for protection of the environment and protect ourselves (*Vriksho rakshati rakshitah*). For example, one tree of *Ficus religiosa* absorbs 2178 litres carbon dioxide and emits 1782 litres of oxygen every day.

Maharshi Veda Vyasa had declared in the Mahabharata that Mother Earth has lost her youthful age (*Prithavi gata yauvana*). This type of environmental destruction had not happened during Vedic, Puranic and Classical ages. Our ancestors and sages had given prime importance to nature and five gross elements, namely matter, water, air, fire and ether. They advocated that all the animate and inanimate



beings are the creation of God. They provided the “Right to live” for all the beings. Hence, the theories of “One life and Many lives” were propounded in Indian Philosophy. In a suitable context, there was a tradition to offer worship to animate and inanimate objects. For instance, Atharva Veda mentions that while performing great sacrifices there was a system of bringing 400 animals to the sacrificial hall, tie them to sacrificial post, recite a specific hymn, offer food and release them.

There is elaborate information regarding tree protection, suitable fine and punishment for destroying plants and killing animals in classical Sanskrit, Puranic texts and Kautilya’s Arthashastra. Vishnu purana declares that whoever plants five mango saplings and nourish them will not go to hell (*Panchaamraropi narakam na yati*). Our sages and ancestors had fixed a

family tree, tree for the clan (*Vamsha Vriksha*) and had directed that during auspicious ceremonies and festivals, the inmates of the family should worship those trees and should grow them and there are such 5000 species of trees identified. Hindus all over the world are worshipping cow, bull, tree, river, ocean, and mountains during specific auspicious days in a year. They are never destroyers of nature but are protectors.

The red data book of IUCUN has warned that by 2100 CE, one million rare species of animals would be perished owing to climate change. The United Nations’ Inter Governmental Panel on Climate Change (IPCC) has warned the countries of the world to save the environment. Hence, let us make a pledge to protect environment for future generation and for the benefit of Fauna and Flora and humankind.



Anti-Terrorism Day
(May 23rd) celebrated
in Prashanti and offered Salutations
to the brave hearts who fought
against terrorism



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Yogi Vivekananda - 13

Macrocosm is cosmic body, *brahmanda*. Microcosm is individual body, *pindanda*. At the macro level there is cosmic Will and at the micro level there is individual Will. Similarly, at the macro level we have cosmic love, cosmic intelligence and cosmic action. At the individual level we have individual love, intelligence and individual action. As long as there is difference and friction between macro and micro levels it is confusion and restlessness affecting the equilibrium of the individual. The impact is mutual. The more the distance between the two levels of functioning is reduced, the more peacefulness of the both cosmos and the individual are increased.

Yoga it is to strive for reducing the gap between the two levels. It is a positive attempt of yoga to bridge the gap between the cosmos and the individual. Swami Vivekananda under the tutelage of Sri Ramakrishna Paramahansa learnt the art of becoming one with the cosmic nature



■ Dr. K Subrahmanyam
Advisor to Chancellor
S-VYASA



by following the four streams of yoga, Raja yoga, Jnana yoga, Bhakti yoga, and Karma yoga. For the practice of all the yoga, brain or intellect to a great extent is essential. To put it in other words, the individual intelligence is to be sharpened to be in tune with the cosmic intelligence. When once this attempt is successfully fulfilled, a person raises to be a full-fledged yogi. Whatever may be the specific yoga, it is essential that the yogi is able to be peaceful at all times, places and activities. Swami Vivekananda has successfully practiced this oneness with the cosmos and is able to feel the fullness and blissfulness at all times and places.

Fear is instinctive, reactions to situations are impulsive. Both instincts and impulses are insufficient and incomplete exercise of intellect. Cosmic intelligence is initially available in the lifeless object as inertia. The same at the plant kingdom is visible as impulse. In the animal kingdom it expresses itself as instinct. At the human level it works as intellect with potential to unfold itself into intuition. To be brief, cosmic intelligence is seen as inertia, impulse, instinct, intellect, and intuition. When a *sadhaka* or aspirant by the practice of yoga goes beyond all the four earlier stages blossoms as an intuitive person which is a blissful state.

Swami Vivekananda as a wandering monk was walking in the streets of Varanasi with a shaven head in saffron robes holding a walking stick. His strange attire drew the attention of a few large sized monkeys. They began to chase him. INSTINCTIVELY the yogi in making took to heels. Looking at his predicaments a yogi at a



distance shouted the way out by saying face the brute. Don't run. Swamiji took the hint, stopped instantly. Looked at the chasing beasts. Surprisingly, the beasts too stopped and there was absolute silence. Swamiji looked at them without friction and the animal looked at him without antagonism. There was amicability, there was oneness, there was love blossoming. As a result, the fear and the corresponding negative feelings disappeared. They became friendly with each other. This is what we see in the family of lord Shiva. The vehicle of Shiva, the bull, is not afraid of the lion which is the vehicle of Parvati. Vinayaka's rat is not scared of the snakes crawling around the neck of lord Shiva. The cobra does not have any fear of Karthikeya's vehicle the peacock. They all live in close friendship which is yogic excellence. The five elements too co-exist without any friction. Yoga is therefore a social necessity to bring harmony in every institution, organization and mankind.

The similar experience was enjoyed by Swami Vivekananda when he was in the park in US along with his disciples. One of his disciples wore a red jacket which provoked a wild bull there. It charged and the people ran helter-skelter. But Swami Vivekananda on account of his strong Will in tune with cosmic Will, all inclusive love in tune with cosmic love and intelligence in tune with the cosmic intelligence looked at the charging bull without fear or favour, without preference or prejudice. The bull too looked at him without any likes or dislikes. There was cosmic oneness which is the highest state of yogic experience.

Similar yogic experience is at its zenith when Swami Vivekananda was at the parliament of religion facing a huge gathering of about 3000 people. There was cosmic love at its height without any friction blooming in full i.e., the cosmic beauty of universal love which a yogi experiences and gives to one and all.



YIC (Yoga Instructor's Course) – Batch 227, May 2022



S-VYASA in Arogyamela by SJCIT



Chikkaballapur: SJC Institute of Technology had conducted Arogyamela, a health awareness camp, during 2nd week of May 2022. Various Colleges and Hospitals across the state were part of the camp.

The event was sanctified and blessed by Paramapujya Jagadhguru Sri Dr. Nirmalanandanatha Mahaswamiji. The honourable guests included Sri B L Santosh, BJP Rashtriya Pradhana Karyadarshi, Dr. K Sudhakar, Minister for Health & Family Welfare and Minister for Medical Education, Government of Karnataka and officials of Health Department and held under aegis of AYUSH Ministry.

The venue had various free diagnosis stalls for blood donation, dental check-up, ayurvedic intervention, organ donation, eye tests, and showcased other systems of medicines such as

Naturopathy and Unani.

Students of MSc stream from S-VYASA University took active part in the Mela to showcase the university initiatives and to create awareness about preserving health through non-invasive Yogic techniques.

S-VYASA Students provided 20 minute - demonstration of Yogasanas to cure diseases like diabetes, obesity, metabolic disorders and nadi shuddhi pranayama for stress relief where the audience joined the practice of two rounds of pranayama.

The students expressed their happiness for this unusual learning experience and exposure as the platform provided many insights into understanding various aspects and dimensions of preserving health.



Yoga performance of S-VYASA Students at Arogyamela



International Yogasana Championships



Registrar of S-VYASA, Dr. M K Sridhar, was honoured with Yoga Seva Ratna award

Bengaluru: Yoga Gangotri in collaboration with S-VYASA, Deemed to be University organised 3rd International Yogasana Competition as a part of 8th International Day of Yoga at indoor stadium of BMS College of Engineering (BMSCE), Basavanagudi, Bengaluru, who were also associated.

Dr. HRNagendra, Chancellor sent his best wishes for the championship. As a part of the celebration, a walkathon from BMS College of Engineering to Vivekananda Statue, Ramakrishna Math was organised in which Sri Ravi Subhramanya, Hon'ble MLA, Basavanagudi Constituency, Sri T A Sharavana, Hon'ble MLC, Dr. Mamatha Devraj, Social Activist, Dr. Shivarama Reddy, Director, Department of Physical Education, BMSCE, Dr. M K Sridhar, Registrar, S-VYASA, Deemed to be University, and Dr. N Aradhya Guruji, President, Yoga Gangotri and 300 yoga enthusiasts Participated.

More than 500 Yoga enthusiasts from all parts of India through offline and 18 nations through

online participated in National Yogasana Championship and prizes were awarded individually and team-wise.

Six people were honoured with **Yoga Seva Ratna** award for their contribution to promotion and propagation to Yoga. Our Registrar, Dr. M K Sridhar is one among them.





Aayu App powered by S-VYASA launched



Aayu App powered by S-VYASA was launched by the Hon'ble Chief Minister of Karnataka, Sri Basavaraj Bommai ji during the valedictory of 24th INCOFYRA on May 29th.



Aayu powered by SVYASA, a unique health app, by S-VYASA, in association with Resettech, is a one-stop solution to all the physical, mental and emotional problems. Aayu powered by SVYASA tackles various issues through Yoga and awareness. It effectively counters diseases by getting to its root causes. Learn to manage chronic ailments and lifestyle issues with the scientifically tested, traditional treatment programs customized especially for you!

Aayu's Yoga practice complements the user's pre-existing treatments and accelerates progress. The programs are designed by doctors who are extensively trained in Integrated Yoga Therapy at globally renowned S-VYASA University. It offers a free consultation via the app, to understand the personal history and unique requirements.

Yoga has empirically established that you have the power to heal yourself. At Aayu powered by S-VYASA, studied the benefits of Yoga, the effective synchronization of brain, breath and physical body. It also caters to

heart health, cardiovascular diseases, PCOS, PCOD, hypertension, insomnia, anxiety, arthritis, diabetes, obesity, weight loss, back aches, knee and joint aches, asthma, depression, counselling hypothyroidism, managing stress and relationships.

It offers guided meditations, Yoga exercises, Pranayama, affirmations, breathwork, sound healing, self-care and mindfulness techniques based on Integrated Yoga Therapy.

It is committed to partnering with you on your healing journey.

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Report on Kaushal 2022/ Cultural Competitions



Inaugural Ceremony of Kaushal 2022

Cultural Competitions titled 'Kaushal-2022' was held on 26th of April, 2022 in Samskriti Bhavan, in which 102 students participated from different programs on assigned theme and events. The Registrar, Prof. M K Sridhar gave the welcome address and introduced the Chief Guest. The cultural competition was inaugurated by Prof. Ved P Nanda ji, Distinguished University Professor and Thompson G. Marsh Professor of Law University of Denver, USA, Director, Ved Nanda Center for International Comparative Law Foundation, Hon'ble Chancellor, Dr. H R Nagendra presided.

Prof. Nanda ji told in his speech that, I am most honored. I have gained in 9 days. I am in total awe. VYASA established in 1975, was one building. It is now a global University. Guruji is willing to serve humanity. Building an Institution is not easy. I had privilege of teaching at Oxford. Yale, best Universities in the USA and Europe. Dr. Nagendra ji has built a University in challenging times. It plays an important role in the modern world. Cultural activities are important. You students are the best to exhibit it. This is the one of the best university in the world.

Hon'ble Chancellor, Dr. Nagendraji in his presidential speech, told that students are so fortunate to have such a leading person who has

brought in Indian heritage in the USA. 'Yogah Karmasu Kausalam'. Novel human beings to divine human beings. Work, Work and Excel.

Each program was allotted 15 minutes to exhibit their talent and the program was judged by three jury members named Dr. Renuka, Asst. Professor, Dept. of Basic Principles, SAMC&H, Dr. Champa Pant, Prof. of Kaumarbhritya, SAMC&H and Dr. Varaprasad, Deputy Registrar. At the end of cultural competitions, winner names were announced, in which BNYS program students stood for 1st Prize and MSc-YT & YVT program students stood for 2nd Prize. In addition to this, few appreciation prizes were also announced for other students to encourage and motivate the participation of students. Total duration of program was one hour and thirty minutes.





S-VYASA Annual Athletic Meet



Chief Guest, Major R D Bhargava handed over the torch light



Guruji, Chief Guest & other Senior Officials of S-VYASA



Apr 28: Annual Athletic Meet (2022) of S-VYASA started with prayer. The Registrar, Prof. M K Sridhar introduced the Chief Guest, Major R D Bhargava, welcomed all the dignitaries and students of S-VYASA, Deemed to be University.

Major R D Bhargava, an alumnus of JNU is a veteran from the Indian army. In career spanning over two decades in army, held various positions and served as the Deputy Director, NCC Directorate of Karnataka and Goa before proceeding on Premature retirement. From

1995 he held various leadership roles in Mfg. Industry, Engineering Design and Consulting, IT Industry in the private sector. A qualified Interpreter in Chinese language (Mandarin) and avid enthusiast of Adventure Activity-especially Rock Climbing and Mountaineering, he had the distinction of leading two expeditions in the western Himalayas in 1988 and 1989. He is fond of road trip and has travelled far and wide.

Prof. M.K. Sridhar also spoke about Hon'ble Chancellor and thanked him for Spending his entire life in promoting Yoga through Seva (service), and Tyaga (sacrifice). The dream of Hon'ble Nagendra ji to make Yoga Asana as an Olympic Games in 2032. May come true.

Also, he introduced the Advisor to Hon'ble Chancellor, Prof. K Subrahmanyam ji, who has got the honorary of D.Litt. on 19th Convocation and others who were on the dais and all the students, for their fascinating athletic performances.

Major R D Bhargava handed over the Sports Torch to the Athletes and started his speech by greeting all who were present inside the hall as 'Dynamic and Wonderful Personalities'. He inspired all by saying that 'The soldiers are never Retired and never Tired'. He addressed Youth as the 'Democratic Dividend' and suggested them to follow CCTV (Courage, Compassion, Truthfulness and Values.). He also advised the students to behave better and adhere to the rules and regulation of the University and also the society at large.

Further Dr. Subrahmanyam ji and Hon. Chancellor Guruji wished and blessed all the students for their better performance on the field respectively.

There was an oath taking ceremony by Sri Kiran Kumar, Assistant Director of Physical education.

The Inaugural function concluded with vote of thanks given by Dr. Pranesh Gudur, Registrar Evaluation. Dr. Sony Kumari, Academic Dean wished Athletes, the very best and gave the message that 'Feel the Coordination than Competition'.



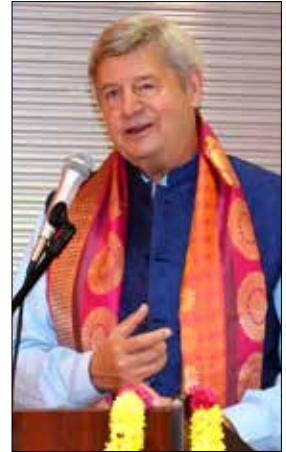
VYASA Houston: Graduation Ceremony for YTTC Students



YTTTC Graduates with the Dignitaries



Dr. Lorenzo Cohen



Mr. John Kepner

VYASA Houston had organized a Graduation Ceremony for Yoga Therapy Training Course (YTTC) on April 23rd, 2022 at S-VYASA Yoga Center in Houston. 16 Yoga Therapy Students Graduated from this 1000 hours Yoga Therapy Course. Invited Chief Guests, Dr. Lorenzo Cohen, Professor, Chair of Integrative Medicine Program, M D Anderson Cancer Center & Mr. John Kepner, Executive Director Emeritus, International Association of Yoga Therapists (IAYT), addressed the gathering.



During the visit to Anvesana Research Laboratories: Hon'ble CM of Karnataka, Sri Basavraj Bommai ji

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