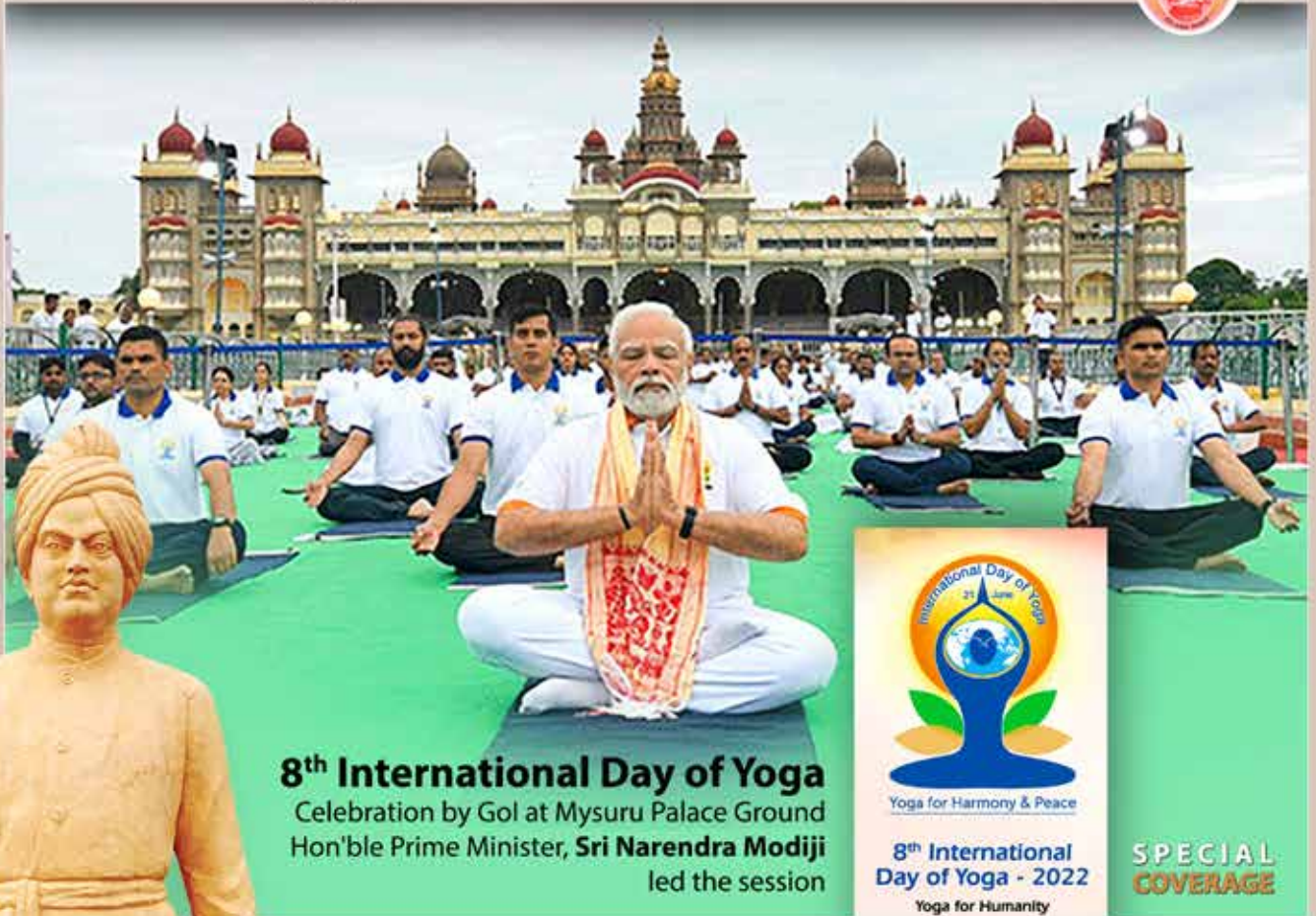


YOGA SUDHA

A Monthly Journal of SVYASA (Deemed to be University)



8th International Day of Yoga

Celebration by Gol at Mysuru Palace Ground
Hon'ble Prime Minister, **Sri Narendra Modiji**
led the session



**SPECIAL
COVERAGE**



Vivekananda Yoga University Graduates Debut Batch of Master of Science (Yoga)

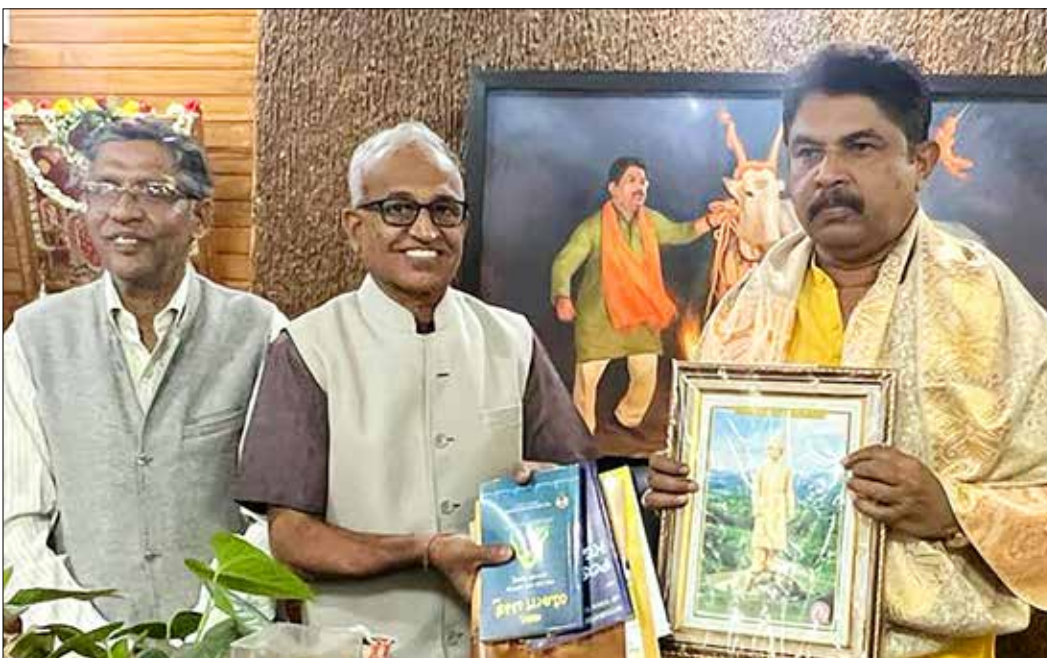
Preparatory Meeting of **Yogathon** and Practice of **Common Yoga Protocol** by **5 Lakh Performers** on Aug 14 in Blr



NSS Coordinators of Karnataka Universities, Assistant, Deputy Directors and District representatives of Department of Youth Empowerment and Sports (DoYE&S), GoK, State Youth Officers, Nehru Yuva Kendra (NYK), GoI, AYUSH Dept. representatives, all Senior Officers of DoYE&S, and Ayush TV, were invited for a State Level Meeting organized at State Youth Center on Wednesday, June 29th. Dr. Shalini Rajneesh, IAS, Additional Chief Secretary chaired the session.

The Senior Officers directed for Organizing of Yogathon, Yuvajanotsava on August 12, 2022 (International Youth Day), Rehearsal of Common Yoga Protocol on August 13, 2022 and actual Yogathon and Common Yoga Protocol performance by students, of schools, colleges, representatives of Yoga organizations, yoga enthusiasts (5 lakh performers covering all 31 districts of Karnataka) on August 14, 2022. It has been resolved by DoYE that One Lakh Ten Thousand Yoga performers will

be performing CYP on August 14, 2022 for breaking the old record and for entering into Guinness Book of new World Records in a single day in Bangalore and all over Karnataka, totally 5 lakh Yoga performers will be performing simultaneously to enter into Guinness Book of new World Records. Dr. Shalini Rajneesh, IAS Additional Chief Secretary, DoYE & S, GoK suggested that S-VYASA University will be Knowledge Partners and Collaborators for these events and informed that Registrar should send the list of Yoga trainers of VYASA, S-VYASA , alumni, affiliated centers with their mobile no. and email within one week to DoYE &S. The Yoga trainers, therapists, faculty and students will be assigned the CYP training work through online and offline mode to all people in Karnataka. Jakkur Aerodrome will be the likely venue for the above event. S-VYASA was represented by Prof. M K Sridhar, Registrar and Sri Kirankumar, Assistant Director, Dept. of Physical Education.



Vice Chancellor,
Dr. B R Ramakrishna
and Registrar,
Prof. M K Sridhar
felicitated
Sri R Ashoka,
Hon'ble Revenue
Minister, on his
birthday on behalf of
S-VYASA Deemed to
be University.

तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

योगसुखा

Vol.XXXVIII No.7 July, 2022

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EDITORIAL

My dear Brothers and Sisters,

According to Yoga, it is believed that our present life is the result of our past life Karmas based on the concept of reincarnation. Our heredity as said in modern medical system and our entire personality trait characterised by the three Gunas are a manifestation of these Karmas accumulated from our past lives. Astrology tells us that the position of planets at the time of birth is related to this personality and gives direction to a person's life. This can be clearly brought out by Janma Kundali by knowing the Date, place and time of birth.

But achievements and failures of an individual do not depend on this only. While the actions of our previous birth predicted by astrology affect all the current happenings of our life, we all have the freedom to change them. This is the freedom that we all possess and is the Divinity in us. Yoga offering tools as a science of Holistic living containing the four-fold streams of Yoga (Jnaana, Bhakti, Karma, and Raja Yogas) helps to change these tendencies of heredity and personality traits predicted by astrology.

In Astrology, the account of all these actions can be analyzed through the fifth house. Its placement, the placement of the lord of this house, the planets placed in this house, and the planets having an aspect on it can tell us about the happenings of the present and future. Bhogya Dasha at the time of birth of the child can also tell us about the happenings of the future. Many individuals take birth at the same time. If they develop only under the influence of planets and Nakashatras then their lives should be the same. But the place of birth will vary. So, the effect of the actions of their previous lives makes their destinies different.

Karmas are of three kinds: Sanchit Karma, Prarabdha Karma and Kriyaman Karma (or Agami Karma). Actions accumulated from all the previous life are known as Sanchit Karma. It follows the law of "Action and reaction are equal and opposite". If you do a good action, you will get good Sanchita Karma, do bad action you get bad Sanchita Karma. So, the Sanchita Karma has both good and bad imprints in Chitta (Mind).

This works like a savings bank account, in which a person deposits money regularly and it remains in the account until he withdraws it. Similarly, if you do not get the results of Karmas then those Karmas are saved for your next life. It is rightly said in Shastras that; "अवश्यमेव भोक्तव्यम् कृतः कर्म शुभाशुभम्" (*avaśyamēva bhoktavyam kṛtaḥ karma śubhāśubham*) It means that consequences of all the good or bad actions always appear.

Another kind of Karma is known as Prarabdha. Prarabdha Karmas are all the pains and gains we get in this life essentially from our previous life. The possibility of occurrence of these depends on the strength of the Prarabdha Karmas. They are classed as Drdha (strongest, say Severe), Adhrdha (not strong, Mild), and Drdhaadhrdha (in between – say moderate).

But we can change these manifestations (our fate) as said before by using the freedom present in us. By good conduct, good behaviour, and doing good deeds we can reduce the bad effects. But we also have the freedom to make our lives worse by doing bad deeds. But this good or bad change is partial and confined. Depending on the level of freedom we develop, change can occur. According to astrology, birth and death are predestined. Similarly, other important Drdha happenings of our lives are also mostly fixed. That is why future happenings are known as Prarabdha or destiny.

The change an individual can bring according to his good or bad deeds is known as free will. For instance, sometimes when a patient's condition is critical and doctors are hopeless about him, then the prayers and beliefs of his well-wishers can save his life.

The third type of Karma is known as Kriyaman Karma or Agami Karma. These Karmas are inspired by the actions of the previous birth and the present environment of an individual. Here, the principle of Desh (country), Kal (time), and Patra (character) come into existence. The factors like environment, eating habits of a person, and the way of living also affect the life of an individual. Astrology has prioritized actions more than destiny. Yoga comes here to bring the necessary changes for the needed changes. Destiny always favours the person who makes efforts for something.

So essentially there are two forces one the destiny based on our Sanchita and Prarabdha Karma and the other is the Divinity in us. Yoga is a systematic process to develop the strength and power within us to deal with the effects of Prarabdha Karma. If the effect is Adhrdha, Mild, it is easy to change. But it is Dhrdha it needs very great growth in Yoga using any one or more of all the four streams of Yoga. That is the way of Uttara Mimamsa.

But often it goes beyond our capacity to develop such strengths to deal with severe conditions. Then Purva Mimamsa offers Havans, Homas, yajnas, Yagas, Pujas, etc performed by experts of Purva Mimamsa keeping the person in with them. Even doing such karmas in their absence for them can bring the results, Astrology says. Does it have a non-local effect is the question.

The new Venture of S-VYASA is to unravel the science behind these Vedic technology processes through rigorous scientific research by setting up Varaha Mihira Advanced Centre of Vedic Technology Research or VMAC-VTR for short.

We invite persons interested to join us for our short and long-term courses and to support this venture financially or in Kind.

■ *Dr H R Nagendra*



Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings of the day from the desk of Vice Chancellor from Seoul, South Korea.

Wishing you all a very happy and healthy International Day of Yoga 2022 (IDY), the mega event which was celebrated throughout the world jubilantly on 21st of June 2022 and being celebrated in different places for the entire month of June so differently and colourfully.

Really it has been the experience of the season of festival like in many places. Our Hon'ble Prime Minister, Sanmaanya Narendra Modi ji participated IDY and addressed Yoga Saadhakaas at the palace city of Mysore in front of the Mysore palace.

It was a memorable day and moments for participants and viewers. Hon'ble Chief Minister of Karnataka, Sri Bassvaraj Bommayi ji, few of his colleagues, celebrities and officers also participated which added more colours to the event.

I am sure that all of you have heard and seen the news coming from different places of the whole world on the success of IDY. It is heard that all together more than 3000 million people participated in the program. I whole heartedly congratulate all the participants.

The theme of this year's IDY has been 'Yoga



for Humanity; which is a very meaningful one in the context of war between the countries of Russia and Ukraine, a war threat of Peoples Republic of China on Vietnam, continued activities of terrorism and militancy in the state of Jammu and Kashmir and the attitude of intolerance and hatredness among different sections and religions.

Hon'ble Prime Minister gave a message to the whole world through IDY to make a Sankalpam to practice Yoga

every day by making it as a Life-style to achieve absolute Health, Happiness and Harmony the main components of Humanity.

Sanaatana Dharma upholds always Vasudhaiva Kutumbakm (The whole world is a Family) and recommends to be in Yoga way of life to achieve this.

Yoga takes everyone from lower dimensions of life to the highest and finally to get totally dissolved in the Supreme Consciousness the ultimate aim and objective of every individual.

In this context, I extend my cordial Abhinandans to all the participants all over the world for making the event a grand success in a befitting manner.

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





S-VYASA

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MSc in Yoga Education (MYED) - **Yoga & Humanity**
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ब्रह्मसूत्रम् (Brahmasūtram)

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



न चाधिकारिकमपि पतनानुमानात्तदयोगात् (ब्रह्मसूत्रम्-३-४-४१)

Na cādhikārikamapi patanānumānāttadayogāt (Brahmasūtram-3-4-41)

Meaning: And there is no fitness for expiation in the case of a Naishthika Brahmacharin (who is immoral), because a fall (in his case) is inferred from the Smṛiti and because of the inefficacy (in his case) of the expiatory ceremony.

Atadbhavaḥ means irreversible permanent changes in certain disciplinary volunteered decisions in connection with a specific life style taken by an ascetics (*Sannyasi*). In the previous Adhikarana, do's and don'ts have been analysed for an ascetic on what should be the course of life. This Adhikarana discusses about the disciplinary journey of a *Sannyasi* who decided to remain life-long in that asrama after getting initiated into Gayatri Upasana at prescribed biological and intellectual age. The point of initiation is very critical for Vedic tradition followers with an intention of making 'a man' into "The Man". It happens eventually by the grace of Devatas and Gurus in most cases, it doesn't happen in few others.

The described stages of a common man's life described in Shastras are: *Brahmacharya* (student life), *Grihastha* (married with commitment), *Vanaprastha* (restraining from active involvement in life) and *Sannyasa* (working for absolute freedom). Falling down, raising up, falling apart etc., are the possibilities in this journey. To ensure the seamless upward journey of a person, the *Sanatana Dharma* established a set of value-added processes called 'Samskaras' of which Upanayana is very important. Upanayana Samskara mandates dismissal

of triple instinctive behaviour (*Kamavada*, *Kamachaara* and *Kamabhakshana*) by instilling a triple of divine (*Shraddha*, *Medha* and *Prajna*) qualities. This is called rebirth (*Dvijattva*), being born for the second time. When one adopts this and starts leading a *Brahmacharya Vrata*, one follows the Upanishad Vrata, Godana (charity of cows), *Veda Adhyayana* and *Svadhyaya*. In case of *Naishthika* Brahmachari (one who has decided to remain in Brahmacharya throughout the life), one should remain in the mentorship of Acharya, observe Sandhya, *Agnikarya* etc. In other cases, for those who are willing to go on to the next stage of life i.e., *Grihasthashrama* (married life), after *Samavartana* (formal graduation) one would continue with making progeny and looking after the family members etc. This is actually a common practice in this *Sanatana Dharma* without much exceptional cases of caste or creed, throughout nook and corner of Bharata. In spite of noble guidance of spiritual masters, man is man. Even after the study of Vedas, *Purshartahs* and many Shastras, it can not be guaranteed that one is out of traumas, instincts, negative impressions that would pop-up anytime, and it is an equal possibility to fall down anytime. This possibility of down fall is called *Patana Anumana* (doubt of falling down). In this case what should be done is the question?



Vedic flying machines are possible now Can be used to generate electricity using low speed wind

Rukma vimana with an axial thrust screw propeller will not work (IISc Bangalore proved it in 1974), however with a 360-degree thrust wheel propeller it will work.

Below is the proof that compact wheels are used in ancient times.

परिवर्तनावर्तनार्थं पश्चात् तस्य यथाविधि ।

पीठमूले चतुर्दिक्ष्वर्धचन्द्राकारत क्रमात् ॥८४ ॥

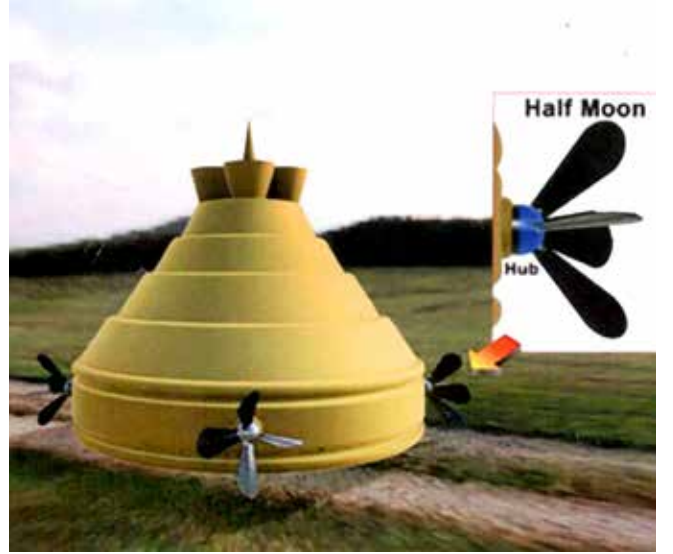
*parivartanāvartanārtha paścāt tasya yathāvidhi ।
pīṭhamūle caturdikṣvārdhacandrākārata kramāt
॥ 84 ॥*

As per the above shloka 84 from Brihad Vimana Shastra, Page 300: For direction change, circular rotation direction is controlled by the blades. **Half-moon-shaped devices** are fixed in 4 directions.

नालान्तर्गतचक्राणि भामयन्ति परस्परम् ।

तद्वेगेनाथ तत्कीलशङ्खवश्च यथाकमम् ॥१२ ॥

*nālāntargatacakrāṇi bhāmayanti parasparam ।
tadvēgenātha tatkīlāśaṅkhavaśca yathākamam
॥ 12 ॥*



As per the above shloka (decrypted by Dr. CSR Prabhu): page 300 slokas 92 means: keela shanku - meaning rotating joint/ elbow in the shape of a cone/ triangle. Wheels inside the pipe rotate and **the Keela Shanku as well rotates/ revolves in sequence**. This is exactly how cycloid SunPlower Propeller works. This is just the beginning; more work needs to be done.

ब्रह्मसूत्रम् (Brahmasūtram)

The very next Sutra clarifies the doubt by giving an acceptable logical viewpoint as follows. *Pataka* (sinful action) is divided into two; *Mahapataka* (major sin, such as having illegal relation etc) and *Upapataka* (minor sin, such as eating stale and prohibited food). If a *Sannyasi* does a *Mahapataka*, he should go for *Prayashchitta* (expiation), *Papaprakshalana* (the process of washing all sins by strict rituals etc.). But for *Naishthika* Brahmachari if something offensive is conducted, there is an expiation.

One can go for *Prayashchitta*. The strictness of expiation and punishment for *Brahmachari* and *Sannyasi* differ as their level of being model in the society is different. For *Sannyasi* it is very strict, but for *Brahmachari* the possibility of corrective measures are followed. This *Adhikarana* is a continuation of the previous discourse about ascetic life as *Sannyasi* and its strong regimentation as for as the life-style is concerned.

to be continued...



S-VYASA

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Division of Yoga-Spirituality



VMAC-VTIN

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

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

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

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

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

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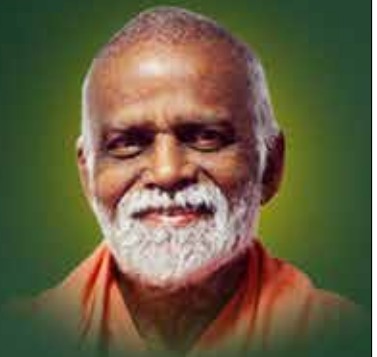


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8th International Day of Yoga

A Bird's Eye View



The 8th International Day of Yoga was inaugurated by Sri Narendra Modiji, Hon'ble Prime Minister on Tuesday, 21st June 2022 at 6.30 am at Mysuru Palace Ground. Rajamata Pramoda Devi Wadiyar, Prince Yaduveer Krishnadatta

Chamaraja Wadiyar, Sri Pratap Simha, Hon'ble MP, Mysuru Loksabha constituency, Hon'ble Governor, Sri Thaawarchand Gehlot, Sri Basavaraj Bommai, Hon'ble Chief Minister of Karnataka, Hon'ble Union Minister for AYUSH, Ports, Shipping and Waterways, Sri Sarbananda Sonowal were present on the stage.

Hon'ble Prime Minister said in his speech: "Yoga

brings peace to the people, the society, the nation and to the universe and a problem-solver for the universe. The saints and the gurus have said that Yoga brings peace to us. The peace from Yoga is not only for individuals but for society. Yoga brings peace to our nation, the world, and to our universe. This must feel extreme to someone but Indians have answered '*Yat pinde tat brahmande*'. The whole universe starts from our body and soul. The universe starts from us and Yoga makes us conscious of everything within us and builds a sense of awareness, adding that it starts with self-awareness and proceeds to awareness of the world".

Further Hon'ble Prime Minister said: "When we become aware of ourselves and our world, it begins to spot the things that need to be changed both in ourselves and in our world. These may be individual lifestyle problems or global



Common Yoga Practice by the Hon'ble Prime Minister, Governor of Karnataka, Chief Minister, Dignitaries and the General Public



Yoga Performance by the **Team of S-VYASA** comprising faculty and students

challenges like climatic change and international conflict. Yoga makes us conscious, and competent and millions of people with common consciousness, conscience, and inner peace will create an environment of global peace. This is how yoga can connect people, countries and this is how yoga can become a problem solver for all of us,". Modi said Yoga is not limited to any individual and is for the entire humanity. Thus, this year's theme is 'Yoga for Humanity', he added. Yoga has become a 'Vishwa Karma', work of the world. He also said that the AYUSH Ministry and the State governments have taken

up an initiative 'The Digital Yoga Exhibition', which will showcase the latest technologies like Virtual Reality (VR) to project the history and wisdom of Yoga.

S-VYASA, Deemed to be University comprising a team of 174 students, teaching and non-teaching staff performed Common Yoga Protocol (CYP) from 7.00 - 7.45 am in Mysore Palace Ground. Registrar, Prof. MK Sridhar, Dr. Soumya Chavan, Dean of Yoga and Humanities Division, Dr. Natesh Babu, Deputy Director ODL, Mr. Kiran Kumar, Asst. Director of Physical Education, Drs. Shruti V, Junu Upadhyay, Srigothri, Asst. Professors BNYS course and Mr. Narendra, Event Manager were present.

The exhibition stalls were opened by the Hon'ble Prime Minister during the post-yoga session and visited the RESET stall where the AAYU app had been displayed in collaboration with S-VYASA. S-VYASA was given five stalls in which displays and materials of Yoga, Anvesana, SVYP, Naturopathy, and Ayurveda were presented (Stall No. 63-67). All the students and a few



Deputy Director of ODL & Registrar of S-VYASA



staff were accommodated in the hostel of Suttur Matt, Nanjungud taluk, as per the kind advice of H. H. Sri Sri Deshikendra Swamiji, Pontiff of Suttur Matt. The stalls were coordinated by Dr. Ganga K V, Asst. Professor, BNYS and managed by Ms. Jintu Kurian, Ms. Sasikala, Mr. Chandan, Ms. Rashmi Bapat, Mr. Mayur and Dr. Harish. Mr. Basavaraj, Mr. Adarsh, Smt. Gangotri and Ms. Asima Adya were co-coordinators of the trip.

Our University was in news all over India from Delhi to Salem, Mumbai to Assam for celebrating IDY - 2022 in collaboration with several Universities, Degree Colleges, PU Colleges, and NGOs. All our Senior officers participated in CYP, panel discussions, Webinars, and talks, related to Yoga and its multifarious benefits. 39 faculty members (teaching and non-teaching combined) and students as demonstrators participated. In IDY celebrations throughout the month.

The staff of S-VYASA participated in this IDY 2022 coinciding with "Azaadi ka Amrit Mahotsav" from 02.06.2022 - 03.06.2022 covering

Andaman & Nicobar Island, Assam, Karnataka, Kerala, Madhya Pradesh, New Delhi, Punjab, Tamil Nadu, Uttarakhand, Uttar Pradesh, etc.

International coordinator of S-VYASA, Dr. Manjunath N K gave webinars related to Yoga covering 7-10 countries. Dr. B R Ramakrishna, Vice-Chancellor, Dr. Manjunath N K, Pro-Vice-Chancellor, and Sri Dayanand Swami, Finance Director participated in the International Conference on Yoga & Natural Health Care for COVID Pandemic: From Prevention to Long term Rehabilitation, organized by ICCR (GOI), Seoul, South Korea from 25th - 26th June 2022.





'Prashanti Kutiram' S-VYASA Headquarters



IDY-2022 Celebration in S-VYASA Campus was organized and conducted in three different venues for students of all courses, teaching, and non-teaching staff of S-VYASA and Sushrutha Ayurvedic Medical College and Hospital.

One of the venues was Samskriti Bhavan, in which more than 200 teaching, non-teaching staff and students' of Sushrutha Ayurvedic Medical College participated and practiced the CYP - IDY program under the supervision of Dr. Vasudeva Vaidya, Deputy Medical Superintendent, Arogyadhama.

The other two venues were Santosha and Mangal Mandir, in which more than 200 and 150 students and staff of S-VYASA participated and practiced the CYP -IDY program under the guidance of Mr. Shaliesh Pradhan, Mr. Dharnesh, Mr. Nixon, Mrs. Simla Nixon, Dr. Pranab, Mrs. Ashwini, and other faculty members.

Overall in charge of all the three venues and programs were Dr. Sony Kumari, Dr. Vikas Rawat, and Mr. Veeresh.

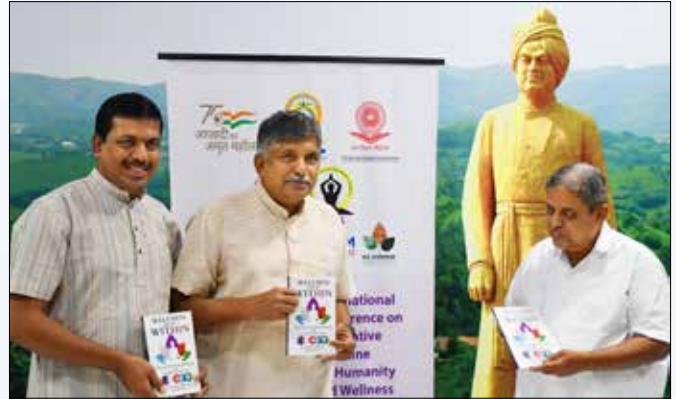






Chancellor, Dr. H R Nagedraji's 8th IDY celebration - engagements

- **International Festival of Yoga & Meditation** by Mahabodhi International Meditation Centre, Leh-Ladakh
- **JKYog International Festival of Yoga**, June 15th to 21st - A weeklong event for body, mind, and soul @ Radha Krishna Temple, Dallas
- **International Yoga Week** on 25th June 2022 by United Consciousness
- **Yoga Mahotsav** on 19th June 2022 by Sant Gadgebaba Amravati University
- **International E-Yoga Conclave** on 10th - 11th June 2022 by Youth News Online, Delhi College of Arts and Commerce, Delhi University
- **8th International Yoga Day celebration** by Siksha Anusandhan University, Bhubaneswar
- **Address - People-to-people Exchange and Cultural Communication between China and India** by Yunnan Minzu University, China
- **IDY - 2022 celebration** by Beauty & Wellness Sector Skill Council (B&WSSC)
- **Inaugural Ceremony of International Yoga School** by Vishwa Jagriti Mission International Yoga School, New Delhi
- **8th IDY celebration** by Indian Yoga Association (IYA)



Book Release - Wellness from Within,
by Guruji, Vice Chancellor of SDAHER, Kolar and Dr. N J Patil

Vice Chancellor was the Chief Guest in BJP Office Program



Hon'ble Vice-Chancellor Dr. B R Ramakrishna, S-VYASA, Deemed to be University was the Chief Guest at the IDY Celebration organized by Bharatiya Janata Party (BJP) in Bangalore. It was presided by Sri Nalini Kumar Kateel, Hon'ble State President of BJP, Ms Aditi Prabhudeva, the film actress, was the Chief Guest, Dr. Jayakar Setty, State Co-ordinator, Medical Cell, and Sri B Narayan, District President, Bangalore North were present.



8th IDY celebrations by S-VYASA Staff & Students

Central University of Kerala

Prof. Vidvan Ramachandra G Bhat, Director of Varaha Mihara Advanced Centre for Vedic Technology Research and former Vice-Chancellor, S-VYASA, was the chief guest for the 8th IDY-2022 at the Central University of Kerala, in collaboration with Inter-University Centre for Yogic Sciences. Prof. H Venkateshwarlu, Hon'ble Vice-Chancellor, Central University presided.



Central Sanskrit University, Tirupati

Prof. R C Panda, Dean, Division of Yoga & Spirituality was invited by Hon'ble Vice Chancellor of the Central Sanskrit University, Tirupati, Andhra Pradesh as the Chief Guest of IDY program organised by the Department of Yoga of the same university on 21st June.

National Yoga Olympiad by NCERT

Union Education Minister Dharmendra Pradhan inaugurated NCERT's three-days National Yoga Olympiad 2022 which was jointly organised by the Ministry of Education and the National Council of Educational Research and Training (NCERT) from June 18 to 20, 2022.

From S-VYASA Dr. Rabindra Mohan Acharya



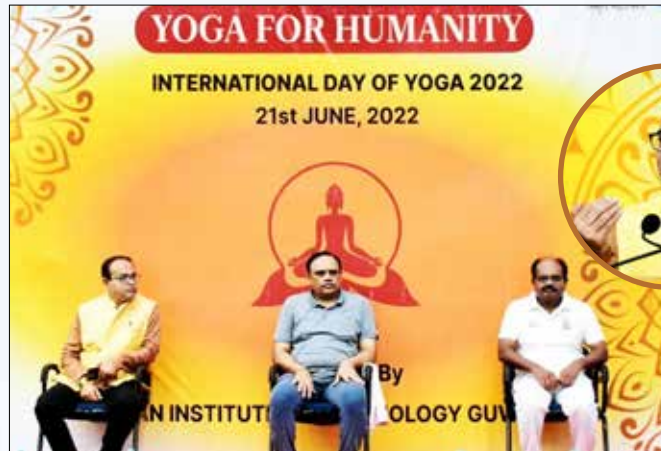
and Dr. Vikas Rawat had participated in the event as a Jury member. Around 600 students had participated in National Yoga Olympiad from all over the country.

In Valedictory ceremony Dr. Vinay P Sahasrabuddhe, Hon'ble Member of Parliament and Chairperson, Parliamentary Standing Committee on Education, Women, Children, Youth and Sports was the Chief Guest.



Department of Science and Technology (DST), New Delhi

A virtual program on 'Yoga for Home and Yoga with Family' was organized by DST on June 18, 2022 from 7:15 am to 9:30 am. Along with Dr. Deepeshwar Singh from S-VYASA, Dr. Vandana Singh, Scientist D, and Dr. Nisha, Advisor to DST, and other 55 DST officials joined the program. The program starts with a brief lecture followed by a yoga session. A total of 140 DST personnel get benefitted from the program.



IIT - Guwahati

On June 21st, Dr. Manjunath G, Associate Professor @ S-VYASA, attended as the Chief Guest @ IIT-Guwahati for the 8th IDY celebrations. The programme was presided by the Director of IIT, Prof. Seetharam.T G and staff & students participated. The Hon'ble Prime Minister's IDY Address was simultaneously aired live during the function and everyone followed the Common Yoga Protocol.



ISRO - LPSC, Bengaluru

8th IDY celebrations were organized by Liquid Propulsion System Centre, ISRO, HAL 2nd Stage on June 21st, in technical support with S-VYASA, Bengaluru. 1 hour Yoga practice sessions were conducted for men and women separately by Dr. Soorya Narayanan, Asst. Professor, S-VYASA and Ms. Chandana, BNYS students at S-VYASA.

At last, the participants were briefed about the work done in academics, research and clinical practices of yoga at S-VYASA.

35 employees of ISRO including senior scientists, deputy directors and others participated.

Prior to that from June 2nd - 9th in technical support with S-VYASA, Bengaluru. Everyday 1 hour Yoga practice sessions were conducted for men and women separately by Dr. Soorya Narayanan, Asst. Professor, S-VYASA and Ms. Chandana, BNYS students at S-VYASA. On June 2nd, Dr. Soorya Narayanan gave a lecture, 'Integrated Approach of Yoga Therapy for Stress Management'. During his talk, Dr. Soorya Narayanan gave an overview about what is Yoga, Concept of stress with its effects on human body & Yoga for stress management. At last, the participants were briefed about the work done in academics, research and clinical practices of yoga at S-VYASA.

60 employees of ISRO including senior scientists, deputy directors and others participated in the lecture session and daily yoga sessions.





ISTRAC campus, Bangalore

On behalf of S-VYASA University, June 2nd, 2022 on the occasion of international Yoga Day an invited talk followed by Common Yoga Protocol practice session was arranged at ISRO, peenya, Bangalore. There were more than 500 employees participated from different departments in presence of Director Sri V V Srinivasan, ISTRAC. Dr. Sony Kumari gave a talk on Yoga and busy life Style topic and Dr. Vikas Rawat gave demonstration cum instruction on common yoga protocol for all the employees as well as for higher management at ISTRAC campus, Bangalore.

Department of Space

On the occasion of the International Day of Yoga, the Ministry of AYUSH and the Government of India have assigned June 2nd as the day to celebrate in the Department of Space.

Dr. Prasanna and Mr. Krishna Dwivedi were assigned for the same to deliver a talk about yoga and humanity and demonstrate common yoga protocol.

Dr Prasanna spoke about the importance of following Ashtanga yoga (8 limbs of Yoga by Maharshi Patanjali) by every individual to attain peace and humanity on the planet earth. Yoga is not alone confined to an asana practice, or commonly misunderstood as an activity to reduce overweight. But, Yoga practice teaches us to be in a balanced state of mind in every given situation. Dr. Prasanna also spoke about how regular practice of yoga and meditation in her life taught patience, bravery, and empathy and brought peace and love into her life.

Mr. Krishna demonstrated the common Yoga protocol for the scientists and staff of ISRO. Around 100 members of all branches in the ISRO main branch including both offline and online view (Exclusively telecasted LIVE for the officers) have participated in the program. Response by the attendees was good.

AIIMS - Rishikesh

Dr. Apar Avinash Saoji, Principal, The School of Yoga and Naturopathic Medicine was invited to give a video talk during the IDY-Amrit Mahotsav, a week-long celebration at AIIMS Rishikesh. He spoke about the role of Yoga in Humanity and personality development. The week-long celebrations involved the healthcare, research, nursing and security staff of AIIMS Rishikesh. Other speakers included Dr. Vartika Saxena, Dean of Research and Head of Community Medicine and AYUSH at AIIMS, Rishikesh, Dr. Raghavendra Rao, Director, CCRYN, New Delhi and Dr. Ishwar Basavaraddi, Director, MDNIY, New Delhi.





Yoga Fest 2022 @ Mahapursh Srimanta Sankardeva University

Yoga Fest – 2022 Organized by Mahapursh Srimanta Sankardeva University (MSSV), Guwahati, Assam, and the Ministry of AYUSH between 11-13 June 2022. More than 3500 participants/ delegates attended this Yoga Fest from all parts of India. Dr. Deepeshwar Singh was invited to deliver a talk on Day 1 Plenary Session and the title was “Evidenced Based Integrated Approach of Yoga for lifestyle disorders”. Further on Day 2 – Chaired a session with Prof. Ishwar Bharadwaj Ji (Retired Prof from Gurukul Kangari, Haridwar) on Traditional wisdom of Yoga and Mental health.

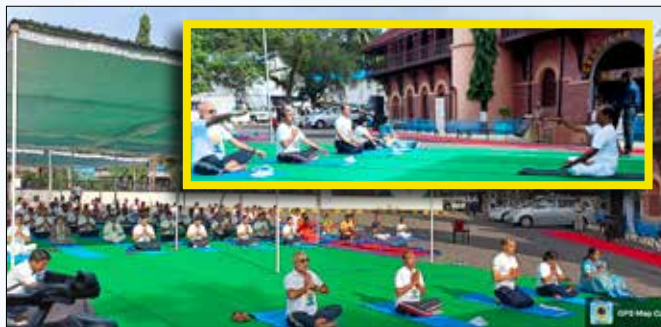


Punjab Sport University, Patiala

Dr. Deepeshwar Singh gave an invited talk by virtual mode was given at the **International Conference on the Importance of Traditional Yoga on Mental Wellbeing**. The Vice-Chancellor, University Staff and more than 850 students joined in this program. The HoD of Yoga Department of the More than 280 participants attended the session.

National Institute of Technology (NIT), Rourkela, Orissa

NIT Rourkela organized a workshop on ‘**Yoga for Health, Harmony and Happiness**’ on 22nd June 2022 and Dr. Deepeshwar Singh represented from S-VYASA. In this workshop, NIT staff, officials, Ph.D. Scholars, and Engineering students. A total of 586 participants attended the session.



Cellular Jail, Port Blair, Andaman

As assigned by the GoI, under the 75th Amrit Mahotsav event, the nation was supposed to celebrate 8th IDY in 75 iconic places of India. One among them was The Cellular Jail or Kala Pani Jail of Port Blair in Andaman. The cellular jail is the National Monument for the patriotism and sacrifice of our freedom fighters.

The event at Cellular Jail was jointly organized by the health secretariat, District Administration, and Dept of AYUSH. The resource person Mr. Bikash Purohit and Dr. Ritesh were part of this event as well. Mr. Bikash Purohit was the lead demonstrator for the practice of common yoga protocol.

The event was graced by the presence of chief guest Dr. Munjpara Mahendrabhai, Hon’ble Minister of State for Ministry of Women and Child Development, and AYUSH, GoI. Admiral D K Joshi, Hon’ble Lieutenant Governor, A&N Islands and Vice Chairman, Islands Development Agency. The Chief Secretary, Andaman & Nicobar Administration Shri Jitendra Narain, IAS welcomed the gathering. Director, Health Secretariat Dr. Munni Singhania, was present at the event. The protocol was practiced by a total of 1000+ participants all over Andaman including govt officers, CRPF Jawans, students of the different institutions, and the common public.



Gampaha Wickramarachchi University, Colombo

On June 22nd, Dr. Manjunath G, Associate Professor, S-VYASA, was the Keynote Speaker at the IDY celebrations by Gampaha Wickramarachchi University, Colombo, Srilanka. The topic of the address was 'Yoga for Humanity' and more than 200 participants attended.

NIMHANS, Bengaluru

On June 18th, Dr. Manjunath G, Associate Professor @ S-VYASA, attended as a Judge in Bhagavad Gita recitation competition of 12th & 15th chapters conducted by NIMHANS for the staff children.

Income Tax Office, Bangalore

On the occasion of IDY, the Income Tax Office, Bangalore organized a Yoga program in association with S-VYASA on 21st June between 7 am to 8:30 am. Shri Nitin Gupta ji, Member, (Investigation) CBDT, New Delhi delivered the inaugural address. He said Yoga connects body and mind. It is a way of life and very much needed in today's world. Everyone must adopt yoga in daily life and be healthy. Dr Raghavendra Bhat, Associate Professor, S-VYASA delivered a talk on 'Yoga in Daily Life'. Followed by a talk yoga practice session (Common Yoga Protocol) was conducted by the S-VYASA team. Shri. Debbyoti Das, Principal Commissioner of Income Tax, Shri Raj Tandon, Chief Commissioner Income Tax, Shri Akash Bhairannavar, Deputy Commissioner Income Tax and other senior officers were present in the function. Total 105 senior officers attended the IDY program.



EPFO, Electronic City, Bengaluru

On the occasion of the 8th international yoga day, a Yoga camp was conducted at Employees' Provident Fund Organization, Electronic City, Bengaluru by S-VYASA, Deemed to be University, Bengaluru. The camp was led by Dr. Arundhati Goley (Assistant Professor) along with a BNYS 3rd year student Sanju Khaiju demonstrating the yoga asanas. There were a total of 30 participants including male and female along with the commissioner of the organization, Mr. Naveen Emmanuel who also participated in this program. The total duration of the program was 1½ hr, started at 7.45 am and ended by 9.15 am in which a small talk was given by Dr. Arundhati Goley on 'how yoga improves the stress'.



EPFO, Malleshwaram, Bengaluru

Celebration of International Yoga Day was organized on 21st June in the Employees' Provident Fund Organization office, Malleshwaram, Bengaluru at 8:00 AM which was hosted by S-VYASA Deemed to be University.

Mr. Jayashankar, EPFO Officer, welcomed the gathering and emphasized the need to practice Yoga in the modern

era. Dr. Ranjitha R, Assistant Professor from S-VYASA University started the session with a brief introduction on the Basic concept of Yoga, applications of Yoga in treating Non-Communicable diseases, and misconceptions about Yoga for 20 minutes. Around 35 to 40 people attended the sessions actively.

In the next session, Miss. Amruta and Ms. Jyothi demonstrated the Basic yoga protocol of the IDY program instructed by Dr. Ranjitha which included Loosening practices, Breathing exercises, Asanas, Pranayama, and Relaxation Practices for 45 minutes.

Mr. Prashanth, Commissioner of EPFO thanked the organization for conducting a yoga talk and a class and also advised his colleagues to visit and admit themselves as a participant at Arogyadhama to ensure optimum health.



AYUSH Hospital, Port Blair

As a part of this event, on the 18th June, two resource persons from S-VYASA University, Dr. Ritesh C, Assistant Professor, S-VYASA, and Mr. Bikash Kumar Purohit, senior therapist, Arogyadhama, holistic

research health home, S-VYASA, organized a Practical session for the practice of common yoga protocol for the general public at the district AYUSH hospital, Port Blair, Andaman & Nicobar in collaboration with the Department of AYUSH, Andaman & Nicobar Islands.

On the morning, a total of 45 members attended the practical session from 6.00 AM to 7.00 AM and learned the techniques for the practice of yoga asanas, pranayama, and meditation, and at the end took Sankalp to maintain their, mental and physical health at an optimum level with the practice of yoga asanas every day. The same was telecasted live through the YouTube channel of S-VYASA University.



Aqua Yoga Performance by the Indian Navy divers

The district health secretariat in association with, AYUSH trained the Indian Navy divers for the underwater yoga performance and the same was displayed in front of the doctors of the AYUSH department of Andaman & Nicobar. For the same event, the resource persons from S-VYASA were invited as the special invitees and shared the stage with the director of the health secretariat, Dr. Munni Singhania.



Talk in All India Radio, Andaman & Nicobar division



On 20th June, one day prior to the 8th IDY, Mr. Bikash Kumar Purohit, delivered a lecture at the All-India Radio Station, Andaman & Nicobar division. The lecture session educated people on, what is yoga, the divisions or limbs of yoga difference between yoga asana and physical exercises, the history and conception of International Yoga Day, the theme of this year's IDY, the Importance of practice of yogasana, pranayama, dhyana and answered the calls of yoga enthusiasts and cleared their doubts.

RR Institutions, Bangalore

Dr. Apar Avinash Saoji, Principal, The School of Yoga and Naturopathic Medicine was invited as the Chief Guest at the IDY celebrations by the RR institutions, Chikkabanavara, Bangalore. More than 750 students and faculty members from Engineering, Nursing, Allied Health Sciences and PU colleges participated in the program. The Principals and staff of all the educational institutions participated in the program. The talk was followed by CYP practice, which was led by Ms. Varshini, Ms. Nirupama and Ms. Anushree of final year BNYS.

Sanjay Gandhi College of Education, Bangalore

On behalf of S-VYASA University, June 21st, 2022 on the occasion of International Yoga Day an invited talk as a part of webinar on Yoga for Humanity theme was arranged at Sanjay Gandhi College of Education, Bangalore. There were more than 150 students' participated from different programs along with staffs and Principal of SGCE Dr. R Lathakumari. Dr. Sony Kumari gave a talk on Applications of Yoga in Creating Value Based Education System in online mode. The lecture was well received by listeners and they were also ready to inculcate principles and practice of yoga in daily routine.



TOPCEM Meghalaya Cement Limited

IDY 2022 celebrated in TOPCEM Meghalaya Cement Limited. Dr. Amit Singh, Chief Medical Officer, Arogyadhama invited as the Guest Speaker followed by Practical Session conducted by Mr. Tankeshwar on 21.06.2022.



Sir MVIT, Bengaluru

This special lecture by Dr Vijaya Majumdar, Associate Professor, S-VYASA, was organized as a part of commemoration of International Yoga Day 2022. Dr H G Nagendra, Professor and HOD, Department of Biotechnology, Sir MVIT welcomed the gathering and introduced the guest speaker.

The lecture was on Scientific Perspectives of Yoga and Human Health (Yoga and Meditation to Control Mental Illness).

In this lecture, the speaker explained the scientific studies to prove the impact of yoga on human health. She has given many illustrations to prove yoga practice having an impact on reducing the effects of aging. A study conducted the speaker's research group on COVID19 patients proved yoga practice can reduce the severity of the cases and it boosts immunity in patients. Yoga can optimize the mitochondrial functioning, which is responsible for the overall energy production of an individual. Many clinical trials done by the researchers S-VYASA University proved yoga has epigenetic effects and it can control the DNA damages. In conclusion, the speaker, highlighted yoga has lot healing effect as well as preventive effect on life style disorders.

After the presentation by the resource person students and staff interacted with the speaker to seek clarity on their doubts.

After this lecture, Ms. Snigdha, Research Scholar from S-VYASA University conducted a 20 minutes mediation session for the participants.





Sushrutha Ayurvedic Medical College and Hospital, Bangalore

A program was organized in Samskruthi Bhavan for Ayurveda College Students on 15th June 2022 from 11:30 am to 1:15 pm. Dr. Swathi Somayaji introduced the Guest Speaker, Dr. Shruthi V, Asst. Professor, BNYS emphasized on importance of yoga in day to day life. In the next session Common Yoga Protocol was made to practice by students.



Narayana Hrudayalaya, Bangalore

Dr. Reshma J was invited along with her BNYS students to Narayana Hrudayala, Bommasandra, Bangalore. There were around 60 people including senior Doctors who attended the session.



Chaitanya Science and Art Collage, Chhattisgarh

Dr. Reshma J gave Online talk on "Yoga as a Holistic Health" on the occasion of IYD at Chaitanya Science and Arts College, Pamgarh Janjgir, Chhattisgarh.



Aduodi Police Quarters, Bangalore

DCP, Mr. Chanabasappa P Hosamani was the Chief Guest. IDY common protocol was followed. Inspector, Mr. Ravi and other 130 police men attended the session. Class was arranged in police quarters ground. Session was conducted for an hour later DCP sir and Dr. Ramesh (Anvesana Dept, S-VYASA) gave a speech regarding Yoga and how to adopt yoga as a routine in our daily life. Yoga class was conducted by P. Meghana.





CDSIMER, Kanakapura Road, Bengaluru

Dr. Apar Avinash Saoji, Principal, School of Yoga and Naturopathic Medicine was invited as the Chief Guest for the IDY celebrations at CDSIMER Dr Chandramma Dayananda Sagar institute of Medical Education and Research, Harohalli, Kanakapura Road, Bengaluru. He gave a talk on the beneficial role of Yoga in human personality development and encouraged the medical students to take up yoga practice for their own growth. Dr. Rajagopalan, Medical Director and Dr. Prakash, Vice Principal and Head, Dept. of Physiology were also present for the program. 150 first year MBBS students along with 50 staff members practiced the practical Yoga session.

Father Muller's Charitable Institutions, Mangaluru

June 21: The Father Muller's Charitable Institutions conducted a united Yoga programme for all the sister concerns of the Institutions on the 8th International Yoga Day 2022. This time over 500 students participated in the programme, covering the entire Father Muller Indoor Stadium.



The inauguration of the IYD celebration was presided over by Fr Richard Aloysius Coelho, Director, FMCI and honored the Chief Guest, Dr. Rajesh Nair, who led the yoga session. The management committee members adorned the stage giving vibrancy to the intuitions celebrations. In his inaugural address, Fr Richard A Coelho, emphasized the importance and usefulness of yoga for the betterment of humanity, peace and well-being of individual and society at physical, mental and spiritual levels. The whole event echoed with overwhelming response by the students for a united Yoga session called on by the director of FMCI.

The IYD Yoga session was also the culmination of a 10 day workshop at FMCI guided by Dr Rajesh Nair. Dr Shailaja Katti (Associate Professor Biochemistry) and the NSS Coordinator FMCI had taken the leadership in organizing the yoga-workshop and the IYD celebration.





GR International School, Bengaluru

Dr. Satyaprakash Purohit was the chief guest at GR International School. There were around 300 students from Primary, High School and PU along with 25 staff attended the programme. The Founder/ Academic Director, Dr. Geetha Ramanujan and Principal, Dr. Bhushan shared the stage.

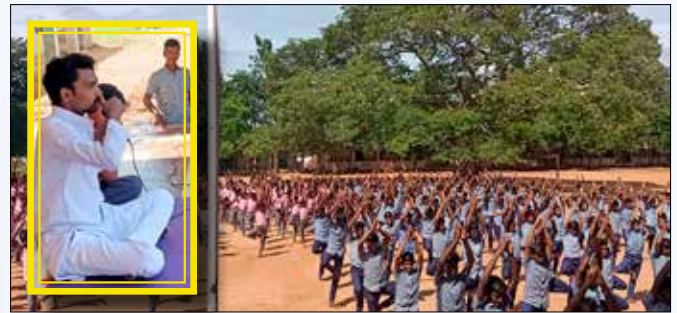


TATA Advanced Systems Limited, Jigani

On the occasion of International Day of Yoga-2022 at TATA Advanced Systems Limited, Jigani Industrial Area, Bengaluru. Sri Veeresh, and Smt. Ashwini H R attended, demonstrated and taught the CYP to various departments which were divided into 9 batches. In total 430 staff including Senior Officials had attended the Yoga programme on 21/06/2022.

Government Boys Higher Secondary School, Rayakottai

IDY 2022 was celebrated at Government Boys Higher Secondary School, Rayakottai, Krishnagiri District, Tamil Nadu. Mr. Rathnakumar started the session with a short speech on yoga. Common Yoga Protocol was practiced. There were more than 500 students from Government school who participated. Session included loosening exercise, Asana, Pranayama, meditation and relaxation and successfully ended up with shanti mantra.



Government Girls Higher Secondary School, Rayakottai

IDY-2022 was celebrated at Government Girls Higher Secondary School, Rayakottai, Krishnagiri District, Tamil Nadu. Mr. Rathnakumar started the session with a short speech on yoga. Common Yoga Protocol was practiced and there were around 200 students from Government School. Session included loosening exercise, Asana, Pranayama, meditation and relaxation and successfully ended up with shanti mantra.





Spandana Hospitals

IDY was celebrated in Spandana Hospitals. Hospital management, staff and students, totally 200 persons Yoga Protocol for an hour. BNYS students were called to lead Yoga Session.



Akshaya Patra Foundation, Jigani

Anushree V and Varshini, 4th Year BNYS visited the Akshaya Patra Foundation, Jigani for the IDY celebrations. They spoke to the workers and staff of the foundation about the importance of Yoga in day to day life and conducted the Common Yoga Protocol for 60 participants.



Shree Krishna PU & Degree College, Jigani

Shree Krishna PU & Degree College, Jigani, Bengaluru, celebrated 8th IDY. Faculty of TSYNM, Dr. Bhavana delivered a address and BNYS Students lead the CYP.

Soundarya Institute of Management and Sciences, Sidedahalli

C H Suhapriya, Bhuvanisha R, Nivedhitha P, Nidhila Jayasri Mohandas of 4th year BNYS visited the Soundarya Institute of Management and Sciences, Sidedahalli, Nagasandra, Bengaluru. They conducted the common yoga protocol for 500 participants which included the students and faculty members. Dr. Suresh C Hegadi, Principal of the institute encouraged the students to take up Yoga as a everyday activity.

Bangalore Palace

Ms. Baswajyothi and Ms. Niharika had been to Bangalore Palace, as part of the program organized by the DAO office. Smt. Anita Lakshmi, Additional Deputy Commissioner, Bengaluru Urban District was the Chief Guest. Around 100 people participated in the Common Yoga Protocol practice.

Konsandra Govt School

Neha, Lavanya and Anil to Konsandra Govt School. Around 150 people participated.



Freedom Park, Bengaluru

The Govt. of Karnataka had organized IDY common yoga protocol practice at the iconic Freedom park at Bengaluru. Shri J Manjunath, I.A.S, Deputy Commissioner and District Magistrate of Bengaluru Urban District was the Chief Guest for the program. BNYS students of 4th year, Madhura, Vishal, Rushika, Mamatha instructed and demonstrated the common yoga protocol for about 250 participants.



And in another program on June 19th, Dr. Manjunath G, Associate Professor, S-VYASA, was the Chief Guest at Freedom Park celebrations by Suvarna News Channel.

Bangalore Palace

Ms. Baswajyothi and Ms. Niharika had been to Bangalore Palace, as part of the program organized by the DAO office. Smt. Anita Lakshmi, Additional Deputy Commissioner, Bengaluru Urban District was the Chief Guest. Around 100 people participated in the Common Yoga Protocol practice.

S-VYASA, Navi Mumbai

On June 21st evening the Guest Lecture was delivered by Dr. Manjunath G, Associate Professor, S-VYASA, at the celebration by S-VYASA, Navi Mumbai and the topic of address was Yoga and Healing. Almost 100 participants attended.



St Joseph PU College

Manik and Ananya (3rd year) went to St Joseph PU College. Around 150 people participated.



Webinar by Dayalbagh Education Institute, Agra

Prof. M K Sridhar, Registrar, S-VYASA



Webinar by EMRC, Mysore, and S-VYASA

June 14th: Educational Multi-Media Research Centre (EMRC), Mysore University, Manasagangotri, Mysore in collaboration with Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Deemed to be University, Bangalore organized a Webinar titled “Yoga and Multifarious Health Benefits” keeping in view of IDY-2022 on 14th June 2022. Dr. Sri Gowri, Associated Professor, BNYS sang the invocation.

Prof. H Rajshekhar, Director, EMRC, Mysore welcomed the guests. Prof. G Hemanta Kumar, Hon’ble Vice-Chancellor, Mysore University, spoke about adopting yoga as a Lifestyle in one’s life. He said that Yoga is the pride of India and Dr. H R Nagendra Gurujii has

promoted yoga at the global level through S-VYASA, which is the 1st Yoga University in the world. Yoga is a medical science with a spiritual dimension and has gained importance all over the world. Thanks to the COVID-19 pandemic, the ancient Indian health system has come to the fore. Today we have to fight against this pandemic through modern lifestyle and its nature leading to the diseases. He said that we also have to understand other systems of medicines.

Prof. M K Sridhar, Registrar, S-VYASA, Deemed to be University spoke on the topic “History and Evolution of Yoga”. He stressed the origins of yoga from Rig Vedic times (11500 BCE) to the present where yoga has become a global phenomenon.

Dr. R Nagarathna, Medical Director, Arogyadhama, S-VYASA spoke on the multifarious health benefits of yoga and how it could prevent non-communicable diseases. A video of Common Yoga Protocol (CYP) was screened by S-VYASA. Dr. Sony Kumari, Academic DEAN, proposed a hearty vote of thanks. Prof. Srikanthachar, EMRC, Mysore and Dr. G Narsimhan, S-VYASA co-ordinated the seminar.





Webinar on Human Values in Yoga and its Impact on Health & Disease

June 18: The theme of this IDY was yoga for humanity. In this context, a webinar was organized on emphasizing the references provided by Maharshi Patanjali for human values in his work, The Patanjali yoga sutras. The references were also drawn from the Bhagavtgitā and how this is applicable in present-day lifestyle for uplifting, humanity, and moral values. The webinar also shed light on the aspects of how deviating from moral values will lead to vyadhi or diseases and how again yogic techniques help to overcome this. The session was for 2 hours. It included the theory and practice of cyclic meditation.



Celebration in Strasbourg - France

by Mr. Pascal Papillon, PhD (Scholar) @ S-VYASA

In Strasbourg - France, at the castle of Pourtalès, this Tuesday, motivated practitioners met for this beautiful International Yoga Day.

The program was varied as the French public seeks - from 7.00 am, Sunyoga led by Michael, then sounds and vibrations with the drum, Tibetan bowls with Else, then morning yoga with postures and sun salutation, a session of pranayama, meditation for peace with Michael, a sequence focused on immunity and finally the creation of a path of evolution on the theme: wonder, strength and joy of living.

Pascal Papillon, President of the ALSACE-RHINDIA NGO, organizer of the day, likes to remind how important positive health and the art of "living together" are and how yoga with its many facets can promote.





App – AAYU selected as ‘the Start-up in Yoga for Digital Era’ by AYUSH

Mysuru, June 21st & 22nd: A proud moment in the International Day of Yoga 2022 with Hon’ble Prime Minister, Sri Narendra Modi ji at the Exhibition Centre, Mysore with an opportunity to explain the core objective of AAYU in association with and powered by S-VYASA, Deemed to be University, Bangalore. The way Modi ji is promoting this ancient wisdom of Yogic sciences to the world at large gives us enormous hope and makes us believe that as an organisation RESET TECH, is on the right path to make "Yoga as a way of life".



Along with Hon’ble Prime Minister, Sri Narendra Modi ji, Hon’ble CM, Sri Basavaraj Bommai ji, Hon’ble Governor, Sri Thawar Chand Gehlot ji and AYUSH Secretary, Sri Rajesh Kotecha, Hon’ble Cabinet Minister of Law and Justice Kiren Rijiju visited the AAYU stalls in the IDY 2022.

The app has been selected for ‘start-up in Yoga for digital Era’ an initiative by the Ministry of AYUSH which is working towards the road map of the government’s ‘Digital Bharat/ Digital India’ vision.

Hosted couple of Yoga Interactive activities at the stalls - ‘Spin the Wheel’ and ‘Word Search’. The ‘Spin the Wheel’ had 12 moderate Yoga Asana names written on the wheel. The participant had to spin the wheel and whichever Asana name is stopped by the arrow, the participant had to perform and hold the final pose for 1 min and win souvenirs from AAYU. The other one ‘Word Search’, here the participant had to find 15+ words in 5 min and win souvenirs. The Hindustani Flutist from Soorya Performing Arts, Mr. Prakash Hegde with his extremely proficient skills added a musical vibe to the stalls and the Exhibition at large.

The entire team of AAYU including the Co-Founder and CTO, Mr. Vamsi Talasila, CEO, Mr. Abidali Dantrelia, Business Manager, Sailee Dipankar, Product Manager, Himanshu Bhiwandkar, Subject Matter Expert, Dr. Shreya Pujari and Procurement Manager, Abdul Raqib had an amazing experience interacting with various experts from the Ministry of AYUSH, Yoga Fraternity, Media personnel and students who had keen interest in Yoga and upcoming digital platforms. Prof. M K Sridhar, Registrar & Dr. Natesh Babu, Deputy Director, ODL, S-VYASA, Deemed to be University visited RESET stalls.



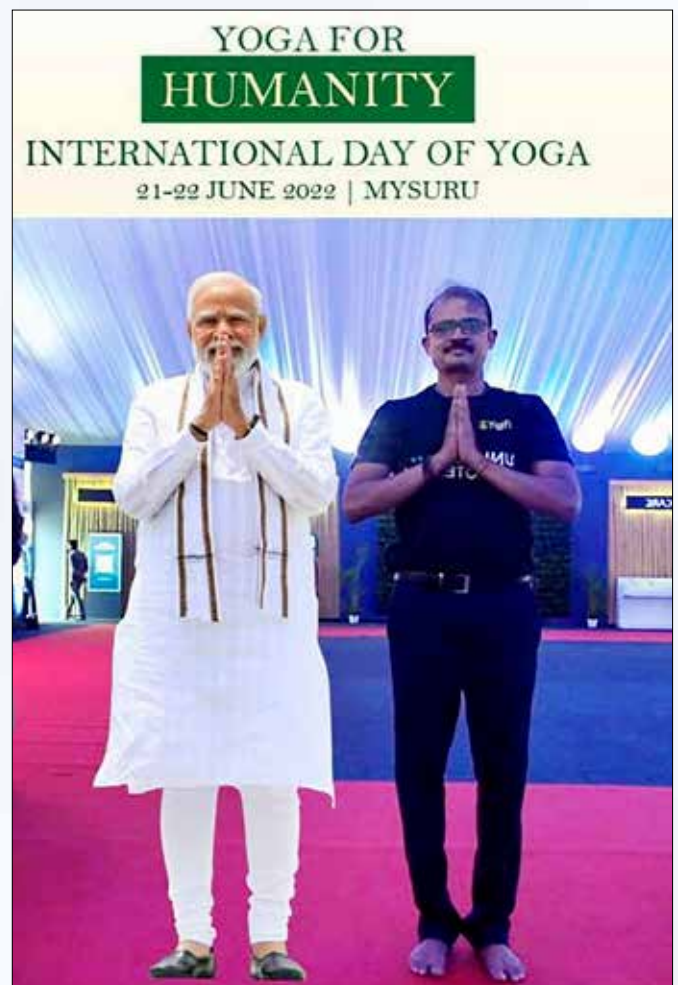


App – YogiFi highlighted as the revolutionizing startup in Digital Era



YogiFi has been highlighted amongst the top startups revolutionizing “Yoga in the Digital Era”, as part of the digital exhibition inaugurated by our Hon'ble Prime Minister, Shri Narendra Modi at Mysore. Thanks to the recognition by the Ministry of AYUSH and CCRYN, this would only amplify our mission to integrate yoga into everyone's daily life and thus prevent or address lifestyle diseases.

Apple Inc., (US) highlighted "YogiFi" as the "*The lighthouse Yoga App with AI from India*" and included ours in the curated list of top apps for Yoga Day. Also launched the 21-Day Sun Salutations Challenge on the YogiFi app that leverages computer vision technology to track the practice along with the yoga trainer.





S-VYASA
Deemed to be University
Bengaluru, India



Short-term Online Courses July & Aug, 2022

SNo	Course	Conducted by	Starts on	Fee (₹)
1	Swaskosh Shuddhi Kriya Level-1 (Batch - 7)	Mr Rajesh Kanoi	July 5	Free
2	Introduction to Hatha Yoga (Batch - 2)	Dr. Divya KeshavaMurthy	July 18	2500
3	Tridosha Balancing Program	Mr Rajesh Kanoi	July 11	1000
4	Introduction to Indian Music Therapy (Batch - 11)	Dr. Karuna Nagarajan	July 18	2500
5	Yoga for Diabetes Management 1	Dr. R Nagarathna	July 18	3000
6	Yoga for Diabetes Management 2	Dr. R Nagarathna	Aug 1	3000
7	Yogic Counselling	Dr. R Nagarathna	July 18	5000

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List of 8th IDY Celebrations led by S-VYASA Staff & Students

No	Date	Organization Name	Faculty Visited	People attended
1	02.06.2022	ISRO-Telemetry Tracking and Command Network (ISTRAC), Peenya Industrial Estate	Dr. Sony Kumari & Dr. Vikas Rawat	500
2	02.06.2022	ISRO (Near M S Ramaiah Hospital)	Dr. Prasanna & Krishna Dwivedi	100
3	02.06.2022	Liquid Propulsion Systems Centre/Indian Space Research Organisation (LPSC/ISRO)	Dr. Soorya Narayanan & Ms. Chandana	55
4	11.06.2022 to 13.06.2022	Yoga Fest organized by Mahapursh Srimanta Sankardeva University, Guwahati, Assam	Dr. Deepeshwar Singh	3500
5	14.06.2022	Educational Multimedia Research Centre, University of Mysore & S-VYASA jointly organized one day Webinar Titled "History of Yoga and its Multifarious Benefits" on the event of IDY	Webinar-Zoom	98
6	15.06.2022	Importance of Yoga for Humanity and practice of Common Yoga Protocol for Sushrutha Ayurvedic Medical College and Hospital, Bengaluru	Dr. Shruthi V & Ms. Yamuna	120
7	16.06.2022	AIIMS, Bhopal (Webinar)	Dr. Padmini Tekur	500
8	18.06.2022	AIIMS Rishikesh as part of Amrit Mahotsav Week and IDY, Talk on Yoga for Humanity	Dr. Apar Avinash Saoji	300
9	18.06.2022	Department of Science and Technology (DST), New Delhi	Dr. Deepeshwar Singh	140
10	18.06.2022	Punjab Sport University, Patiala, Punjab	Dr. Deepeshwar Singh	280
11	22.06.2022	Webinar - National Institute of Technology (NIT), Rourkela, Orissa	Dr. Deepeshwar Singh	560
12	21.06.2022	Dayalbagh Education Institute, Agra, India (Webinar)	Prof. M K Sridhar (Webinar)	100
13	18.06.2022 to 21.06.2022	IDY at Andamaon & Nicobar 1. Webinar on Human Values in Yoga and its Impact on Health & Disease - 18.06.2022 2. Aqua Yoga Performance by the Indian Navy divers - 18.06.2022 3. Department of AYUSH, Andaman & Nicobar Islands - 18.06.2022 4. Talk In All India Radio, Andaman & Nicobar division - 20.06.2022 5. IDY Main event, Cellular Jail, Port Blair, Andaman - 21.06.2022	Dr. Ritesh & Bikash Kumar Purohit	1250



No	Date	Organization Name	Faculty Visited	People attended
14	18.06.2022 to 20.06.2022	National Council of Educational Research and Training, Delhi	Dr. Rabindra Mohan Acharya & Dr. Vikas Rawat	600
15	21.06.2022	Office of the Principal Chief Commissioner of Income Tax, Bengaluru	Dr. Raghavendra Bhat	100
16	21.06.2022	Central University of Kerala	Vidwan Dr. Ramachandra G Bhat	200
17	21.06.2022	PF Office, Singasandra, Bangalore	Dr. Arundhati Goley	30
18	21.06.2022	PF Office, Raja Ram Mohan Roy Road, Bangalore	Dr. Ranjitha R	35
19	21.06.2022	Liquid Propulsion Systems Centre/Indian Space Research Organisation (LPSC/ISRO)	Dr. Soorya Narayanan & Ms. Chandana	40
20	21.06.2022	CAR police quarters, Audigodi	Dr. Ramesh M N	130
21	21.06.2022	G R Residential School & College, Kanakapura Road, Bangalore	Dr. Satyaprakash Purohit	500
22	21.06.2022	Sir M Visvesvaraya Institute of Technology, Bangalore	Dr. Vijaya Majumdar	200
23	21.06.2022	Akshay Patra Foundation, Jigani	2 BNYS Students	60
24	21.06.2022	Govt. School. Konasandra	2 BNYS Students	150
25	21.06.2022	Aadya Academy, Jigani	2 BNYS Students	180
26	21.06.2022	Sri Krishna P U College, Mantapa, Bannerghatta	Dr. Bhavana & 1 BNYS Student	60
27	21.06.2022	Dayananda Sagar Medical College, Bangalore	Dr. Apar Avinash Saoji & 1 BNYS Student	175
28	21.06.2022	Tata Advanced system, Jigani	Mr. Veeresh & Mrs. Ashwini H R	430
29	21.06.2022	Spandana Hospitals, Bangalore	Mr. Sathwitk Reddy, BNYS 4 th Year	200
30	21.06.2022	Soundarya Institute of Managment and Science, Bangalore	Ms. Suhapriya, Ms. Bhuvanisha, Ms. Nividitha, Ms. Nidhila	455
31	21.06.2022	Bharatiya Janata Partry, Jagannath Bhavan, Bangalore	Dr. B R Ramakrishna	350
32	21.06.2022	Govt. Boys Higher Secondary School, Rayakottai, TN	Mr. Arun R S	500
33	21.06.2022	Govt. Girls Higher Secondary School, Rayakottai, TN	Mr. Arun R S	200
34	21.06.2022	TOPCEM Meghalaya cement limited, Meghalaya	Dr. Amit Singh	80
35	21.06.2022	IIT, Guwahati	Dr. Manjunath G	300
36	21.06.2022	National Sanskrit University, Tirupati	Prof. R C Panda	100



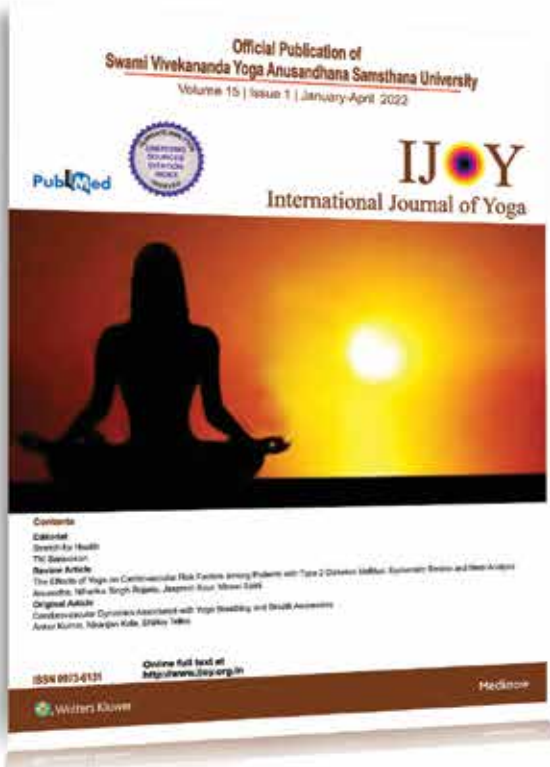
No	Date	Organization Name	Faculty Visited	People attended
37	21.06.2022	Sanjay Gandhi College of Education	Dr. Sony Kumari	150
38	21.06.2022	Freedom Park, Bangalore	BNYS Student	250
39	21.06.2022	Bangalore Palace	BNYS Student	100
40	21.06.2022	Sanjay Gandhi College of Education	Dr. Sony Kumari (Online)	150
41	21.06.2022	IDY - 2022 event at Mysore		180
42	21.06.2022	IDY- 2022 celebrations at S-VYASA University Campus (3 venues)		500
43	21.06.2022	Narayana Hrudayalaya, Bommasandra, Bangalore	Dr. Reshma & BNYS students	60
44	21.06.2022	Chaitanya Science and Art Collage, Pamgrah Janigir, Pamgarh, Chhattisgarh	Dr. Reshma J (Google Meet)	25
45	23.06.2022	Sri Devaraj URS Academy of Higher Education & Research, Kolar	Dr. Padmini Tekur	250
46	23.06.2022	RR Institutions, Chikkabanavara, Bangalore	Dr. Apar Avinash Saoji	1000
47	24.06.2022	Dept. of Yogic Science, Soban Singh Jeena University, Almora, Uttarakhand	Dr. Vikas Rawat (Online)	740
48	25.06.2022	Dept. of Yogic Science, Soban Singh Jeena University, Almora, Uttarakhand	Dr. Sony Kumari (Online)	520
49	25.06.2022	Sri Prasanna Veeranjanya Yoka Kendra, Nahalakshmpuram, Bangalore	Prof. M K Sridhar	200



8th
International Day of Yoga
by



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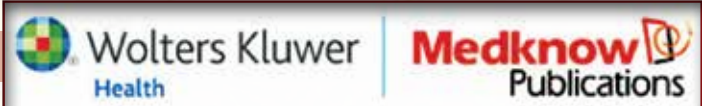
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8th IDY celebration by VYASA & S-VYASA Affiliates

VYASA - Kalyan

VYASA - Kalyan celebrated IDY - Yoga for Humanity, with 500+ school children of different schools in Kalyan. Kalyan Vikas Foundation and Subhedar Katta collaborated themselves with the celebration. Dr. Amit Mishra and Dr. Mamta Mishra of VYASA-Kalyan, taken the lead.



Doon Yogpeeth, Dehradun

8th edition of IDY celebrated in Doon Yogpeeth, Dehradun. The Speaker of Uttarakhand Vidhansabha Ms. Ritu Khanduri graced the occasion.

Celebration by Ms. Ambika Nayak

Yoga Day was celebrated at Patel Group of Institutions by Ms. Ambika Nayak. She took an hour long Yoga session for PUC Nursing and MBA Students. Sessions were consisting of Sukshma Vyayama, Super Brain Yoga, Laughter Therapy, Standing Asana and Meditation.



Aqua Yoga

About 70 percipients including joint pain patients practiced Aqua Yoga for 90 minutes. Performance in swimming pool stood unique.



Atmasamyama Yoga Gurukula, Bengaluru

Samyama Trust (R) Atmaamyama Yoga Gurukula organized 8th IDY celebrations and IDY protocol was led by Founder President of the Institute, Dr. Dhanvanthari S Wodeyar. About 900 participants were participated. Yoga Parichaya, book written by Atmaprem Dr. Dhanvanathari Wodeyar and forwarded by Guruji Dr. Nagendraji was released by Sri Prakash Yogi Guruji. Sri S S Chakravarti, President Swami Vivekanada Youth Club and Sri Shivakumar Aradhya were on the dais. Function was presided by Smt. Sumatharani, Managing Trustee of Samyama Trust.



Mathura Yoga Planet, Uttar Pradesh

IDY celebrations by Mathura Yoga Planet were held in Sports Stadium Ganeshera Mathura, Uttar Pradesh.

Yoga City, Oman

Yoga is a gift bestowed to humanity as a whole. Exemplifying this motto, a diverse group of yoga enthusiasts gathered at Yoga City, Oman, to celebrate International Yoga Day on 21st June. Under the patronage of Indian Embassy, Oman, Yoga City hosted several Talk Shows dedicated to Muscat Yog Mahotsav 2022. The Talk Shows were directed towards understanding the importance of sustainably building our lifestyle and engaging in wholesome health with key topics like 'Food for Thought', 'Yoga for Youth', 'Art of Wellness' and the gem of it all was the Talk Show with Dr. H. R. Nagendra Guruji, Chancellor, S-VYASA University on 'Yoga Philosophy as a Tool for Happiness' which was hosted by our Mentor Dr. Baby Sam Samuel.



We are delighted and honoured to be part of this resonating initiative. Yoga creates experiences that brings people together with compassion, love, kindness & fosters a sense of unity & instils resilience in people around the world. In this humbling mission of spreading the goodness of Yoga.



Be & Make Swami Vivekananda Yoga, Bengaluru

8th International Day of Yoga was celebrated by Be & Make Swami Vivekananda Yoga in Mallesh Halli, Bengaluru.

Adithya School of Yoga, Bengaluru



M Fitness and Wellness Center, Pune

During the 8th IDY celebration, given Yogic tips to Varkari for their knee and back pain.



Keshav Yoga Training and Research Institute, Nabha, Patiala

Keshav Yoga Training and Research Institute celebrated 8th IDY in Nabha, Patiala.



Panchakosha Abhyasa Dhamam (PAADHAM)

IDY celebrated at PAADHAM and Ms. M Sandhya led the sessions.



Dr. Manisha's Yoga Institute, Pune

Celebrated IDY with 500 participants.

Yoga Camp for Beggars was organised in Shaniwarwada, Pune. On this occasion, the participants were also provided selected groceries with masks and sanitizers. Totally, 200 beggars were participated.

Celebration at Agriculture College, Pune: Around 5000 staff and students were practiced Common Yoga Protocol.





Sri Prasanna Veeranjaneya Yoga Kendra, Mahalakshmiapuram, Bangalore

Celebrated 8th International Day of Yoga in collaboration with S-VYASA on June 26th. Sri Sri Mangalanathanandaji Swamiji from Ramakrishna Mutt inaugurated and gave a lecture. Prof. M K Sridhar, Registrar of S-VYASA was the Chief Guest. Sri Nagesh, President of the Kendra was present.



Aditya Gurukula, Vijaynagar, Bengaluru



Sri Ramani Ranjan Panigrahi

On June 20th participated in a webinar on 'Yoga in Daily Life' in Delhi Public School, Ranchi. On June 21st, 2 online presentations were there at Ramakrishna Mission English School, Jamshedpur and St. John's College, Agra. Along with that Sri Ramani Ranjan Panigrahi participated in the IDY program organised by Ramakrishna Mission, Ranchi and spoke on Yoga for Humanity.





Celebration by Vyasa Yoga and Ayurveda Singapore



Vyasa Yoga and Ayurveda Singapore hosted the 8th International Day of Yoga at over 30 venues working with multiple organizations to reflect upon the true theme of IDY 2022 – Yoga for Humanity. Collaborations with government bodies such as ActiveSG, Sports Hub and Passion Wave, and renowned institutions such as Gardens by The Bay, Citi Changi Office, Muneeswaran Temple supported Vyasa Yoga to join hands with over 1,145 participants in total making it a large success!

These events organized by Vyasa Yoga & Ayurveda Singapore’s were backed by the High Commission of India to Singapore. From Universities, Community Centers, Sports Centers, Recreational Centers, & Temples, this was a great feat of bringing all together – humanity.



Venues of Celebration	Participants
Recreation, Sports & Community Centers	551
Corporate Offices	75
Singapore Government Affiliations	460
Arya Samaj, Temples	130



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Pro-Chancellor,
Dr. Prahlada Ramarao
graced the occasion,
100th Akash Air Force
Launcher Flag-off
Ceremony held in
Bengaluru on June 21st.

Welcome to
**100th AKASH AIR FORCE LAUNCHER
FLAG-OFF CEREMONY**
21st June 2022



S-VYASA entered into an **MoU** with **Vinayaka Mission's Research Foundation**, Deemed to be University, Salem. Vice Chancellor, Dr. B R Ramakrishna and Dr. Vasudeva Vaidya represented S-VYASA.



Arogyadhama: Health & Eye Checkup Camp in Indalavadi



Arogyadhama, Holistic Research Health Home under the aegis of S-VYASA, Bangalore, has always walked an extra mile for providing holistic health services to the community for its overall well-being. As has been a matter of policy and as a part of regular wellness initiative, a team of doctors, guided by Dr. H R Nagendra Guruji and Dr. R Nagarathna, headed by Dr. Amit Singh, Chief Medical Officer, Dr. Umashankar and Dr. Amar Gowda Patil, Rural Development Health Officer, supported by camp organizers, Mr. Basavaraju D M, Mr. Devaraja H R and interns from BNYS College including Mr. Shankar, Mr. Pavan organized a health camp at Indalavadi Village, Jigani Hobli, Anekal Taluk. About forty five villagers participated in the camp. They were provided with free health checkup including eye checkup and free medicines. The volunteers headed by Sri Prasanna Kumar supported the Arogyadhama team.



Send off Ceremony for Dr. Judu Ilavarasu, Associate Professor @ S-VYASA. (from left) Dean of Academics, Dean of Yoga & Humanities, Registrar - Evaluation, Vice Chancellor, Registrar, Dean of Yoga & Physical Sciences, Adviser to Chancellor and Asst. Director of Physical Education - were present.



Workshop for Youth Empowerment:
Held in Prashanti by Essae Foundation for 2 days, June 18th & 19th.

**Farewell
Ceremony
for BSc
Yoga Therapy
Students**



**Inaugural Ceremony of
Student Clubs @ S-VYASA**





Vivekananda Yoga University Graduates Debut Batch of Master of Science (Yoga)



Graduating Students from VaYU debut MS (Yoga) with Dr. H R Nagendra (in white), Prof. Sree N Sreenath, President (to Dr. Nagendra's right side), Prof. Manjunath Sharma, Research Director of VaYU (right side of Dr. Sreenath). Babulal Gandhi (left side of Dr. Nagendra) & Dr. Srinivasa Reddy, Provost next to him.

Los Angeles, CA: Vivekananda Yoga University (VaYU), the world's 1st Yoga University outside India devoted to Yoga education and research, graduated its debut batch of 2022 Master of Science (Yoga) Program at a grand ceremony on Sunday June 12th, 2022 in Los Angeles, California where the university is located.

Dr. H. R. Nagendra, Chairman, Board of Trustees of VaYU, said, "It has taken a full 25

years to realize the dream that Babulal Gandhi and Bhikhubhai Patel Tarsadia [both from Los Angeles, USA], and I had of graduating students from a Yoga University based in the US. With an evidence-based scientific approach at its foundation, what we envisioned was a blend of 'Best of the East with the Best of the West.'" Dr. Nagendra is also the Chancellor of SVYASA University, the world's first Yoga university in Bengaluru, India, which he founded in 2002.

Professor Gajanan Dhapodkar, former faculty at National Institute of Fashion Technology, Delhi, designed the unique graduation dress with a convocation cap of "Mysore peta" and a colourful graduation gown to blend the east and the west. Dhapodkar said "The 'Mysore peta' reflects the tradition of Rajarshi (saintly king) Krishna Raja Wodeyar IV (1894 - 1940), who was the benefactor of Tirumala Krishnamachari.



Celebration with the Chancellor of S-VYASA, Dr. H R Nagendra



Krishnamachari wrote the first published book 'Yoga Markaranda' on Yoga in 1932 in Kannada, the local language of the Mysore Kingdom. This sparked a 'Guttenberg moment for Yoga' where Yoga with thousands of years of literature in Sanskrit was now accessible to the common man in his own language. Krishnamachari went on to train four stalwarts B.K.S. Iyengar, K. Pattabi Jois, T.K.V. Deshikachar (son), and Indira Devia a Russian woman who propagated Yoga to Hollywood.

Prof. Sree N. Sreenath, Ph.D., MBA, President of VaYU said "Five hundred years from hence, the debut MS (Yoga) Program batch of 23 graduates with specialization in Yoga Philosophy, Yoga Therapy, or, Yoga Research will be remembered as pioneers in Yoga graduate education that breached geographical, ethnic, and age barriers (age mid 30s- early 70s). VaYU's success in inspiring our graduates is that half of the graduates have expressed interest in continuing

with VaYU for our Ph.D. Program starting Fall 2022."

Babulal Gandhi, Founding Trustee and Vice Chairman, said "VaYU brings in a value proposition of high-quality graduate education and research at a very affordable price through its unique online-based curriculum. Graduates pursue independent career in yoga studio, healthcare, hospitality industry, and entrepreneurship."

Dr. Murali Venkatrao, VP of Infrastructure & Curriculum Development said "Our curriculum follows a flipped classroom approach wherein students throughout the week study materials through carefully crafted videos, audios, PowerPoint slides, and, class notes online, followed by a unique synchronous Zoom Q&A session with the Faculty each weekend. We have proved this unique pedagogy works. In addition, each odd semester, the students undergo a low-residency, 1-week hands-on training in Asanas





(postures), Kriya (purification techniques), Mudras (hand gestures), Bandhas (locks), Pranayama (controlled breathing), Dhyana (meditation), and Yoga Therapy at our campus in Los Angeles.”

Provost Dr. Srinivasa Reddy, author, researcher, entrepreneur and faculty at the Department of Medicine at the University of California, Los Angeles, and Fellow of the American Heart Association, said “VaYU Faculty are drawn from India and top US research institutions such as MIT, Harvard, UCLA, MD Anderson Cancer Center, etc. Faculty are top-notch, highly-accomplished, world renowned, with 95% of them having PhDs or MDs in yoga or related fields with an average of 26 years of teaching and research experience. VaYU curriculum focuses on three learning objectives: the science of how and why yoga works; art of practicing the yogic techniques deeply; and, treating common diseases using yoga with an evidence based approach.”

Applications for the Fall 2022 semester are open with the first day of classes being August



Chancellor, S-VYASA, Dr. H R Nagendra
@ Sanatana Dharma Mandir, Cerritos, CA, USA

22, 2022. Students can access more information at www.vayuusa.org. **Enrollment is also available during Spring 2023.**



YIC (Yoga Instructor's Course) Batch 228 – June 2022



Convocation of Yoga Bharati San Jose, CA



VYASA Norcal (Yoga Bharati) family with the Chancellor of S-VYASA, Dr. H R Nagendra

On the evening of Tuesday, June 7th, over 100 yoga teachers and their families of VYASA Norcal (Yoga Bharati) attended the Meet and Greet and Convocation with Guruji, Dr. H. R. Nagendra, the Chancellor of S-VYASA University, Bengaluru. Around 40 people attended in San Jose Center of Yoga Bharati and over 60 people joined online. Totally 43 students graduated, eight of them PGDYT, and the rest were YIC graduates. Some received their award in absentia.

The program began with an invocation song of Sahanavavatu Shanti Mantra, followed by a Guru Bhajan. Sri Anil Surpur, the President of Yoga Bharati welcomed the guests. Raghuramji, the Chairman of Yoga Bharati addressed the gathering online from Bengaluru. Dr. Prasad Kaipa, the author and spiritual coach spoke wishing Guruji, Dr. Nagendra. Dr. Manjunath Sharma, the Pro-Vice-Chancellor spoke on the occasion. He expressed his happiness at the warm welcome and gathering of the august audience even with the last-

minute announcement of Guruji's visit. Several community leaders from yoga organizations and Sewa International were present at the program. Guruji, Dr. Nagendra awarded the certificates to the graduates and spoke his keynote address. Students were thrilled to be meeting Guruji and getting the certificates from him.





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Editor in Chief

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