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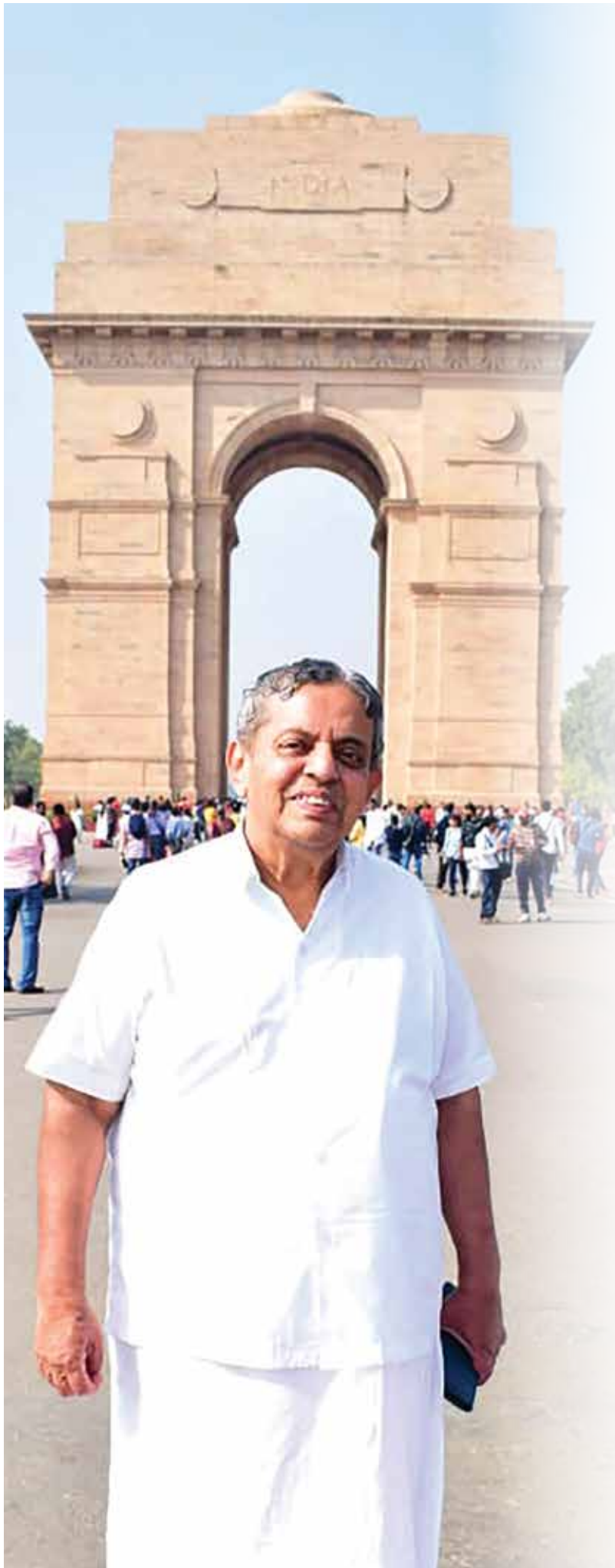
A Monthly Journal of SVYASA (Deemed to be University)



6th Asia Pacific Yoga Therapy Conference held in Hanoi, Vietnam



Naturopathy Day Conclave at the iconic Peace Dome, Pune Experts on Naturopathy from India, Spain & Australia



New Delhi: Recently, Chancellor, Dr. H R Nagendra met the Union Minister, **Dr. Jitendra Singh**.



During the recent visit to Delhi, Finance Officer, Sri H R Dayananda Swamy, Pro-Vice Chancellor, Dr. Manjunath N K, Dr. Kadambini Acharya of VYASA-Delhi with the **Chancellor, Dr. H R Nagendraji** at the premises of India Gate.

तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

योगसुखा सुपर्णा

Vol.XXXVIII No.12 December, 2022

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Bengaluru

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EDITORIAL



My dear Brothers and Sisters,

The readers will be happy to know that IYSF (from Geneva) - International Yoga Sports Federation had organized the **First World Cup on Yogasanas competition**, in Prashanti Kutiram Campus from December 2nd to 4th, 2022.

Earlier they had organized the same in London, Rome, and Beijing.

About 300 people from 20 different Countries joined the event and 150 athletes took part in the competition.

We had Hon'ble Union Sports Minister, Sri Anurag Thakur come online for the inauguration

with top dignitaries on Dec 2nd. We had the Hon'ble Chief Minister of Karnataka, Sri Basavaraj Bommai on Dec 3rd with the Revenue Minister of GoK, Sri R Ashoka and other dignitaries on the dais.

All participants appreciated the in-depth speech of the Hon'ble Chief Minister of Karnataka, Sri Basavaraj Bommai.

IYSF had the Finals on Dec 4th and the closing function on the same day. The prize distribution ceremony was a great event with all athletes on the stage which was powered by a reading of a message from Hon'ble Prime Minister, Sri Narendra Modiji who had sent a message for the success of the event. The full details of the same will appear in the next issue of Yoga Sudha.

A National Conference on Ayurveda is being organized from 10th to 11th December in our campus in the context of 20th year celebrations of the renovated Sushruta Ayurvedic Medical College and Hospital. About 500 delegates have already registered for the same. Look for the details in the next issue.

■ *Dr H R Nagendra*



Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings of the day and early winter!



Let us recall the visit of our Hon'ble Prime Minister, Sri Narendra Modiji to Bali, Indonesia in the context of 2022 G-20 Summit. This was a memorable and most prestigious visit in which our Prime Minister was greeted by each and every leaders of the member countries in a manner of Universal Brotherhoodness. This type of friendly relationship platform was created by none other than our Hon'ble Prime Minister who electrified the whole environment by his kind heart of humanity, royal lion-like walking, friendly chatting and very constructive socio-economic deliberations and decisions.

The entire media of the world has appreciated Respected Modiji's personality, gesture and statesmanship when he reiterated our stand that Wars do not provide any thing to humanity and it is the destroyer of human values.

He stressed in an invoking words the necessity and importance of immediate cease fire of war

between Ukraine and Russia, war like situation between China and Taiwan, terrorist activities supported and sponsored by Pakistan and Afghanistan threatening the world peace and the religious intolerance by the fanatic religions. This great thinking of peace and harmony for the whole world can come through only by a person who is inherited and living with Yogic life style and philosophy.

In the context of Aajaadi ka Amruth Mahotsav and Kannada Rajyotsav the entire state of Karnataka organised several Cultural programmes throughout the state. Koti Kannada Gaayana Namana which means One Crore people singing Kannada patriotic song, saluting the deity of the state Bhuvaneshwari was part of the program. Several Organizations, Government Institutions and the people of the whole state participated with great jubilation and enthusiasm.

The International Yoga Sports Federation (IYSF) a registered NGO registered at Geneva has successfully organised Yoga World Cup 2022 - India at our S-VYASA University Campus, Bengaluru from 2nd to 4th December 2022. The event was 4th one in Bengaluru and the earlier ones were held at London, Rome and Beijing. Participants from more than 27 countries were participated in the competition. Hearty congratulations for the winners, all the participants and the event organisers.

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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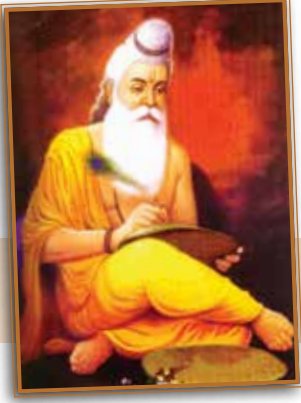
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ब्रह्मसूत्रम् (Brahmasūtram)

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



ऐहिकमप्यप्रस्तुतप्रतिबन्धे तद्दर्शनात् (ब्रह्मसूत्रम्-३-४-५१)

Aihikamapyaprastutapratibandhe taddarśanāt (Brahmasūtram-3-4-51)

Meaning: In this life (the origination of knowledge takes place) if there be no obstruction to it (the means adopted), because it is so seen from the scriptures.

The previous Adhikaranas have mentioned and projected the specific form of Sadhana in terms of Dhyana and contemplation, which needs to be practiced by Brahmachari, Grihastha, Vanaprastha, and Sannyasi elaborately by Maharshi Vyasa.

Shravana, Manana, and Nididhyasana enact as Vidhi (an injunction, not as a suggestion). Human nature, including pious souls, resists orders if they are not injunctions (Vidhis). Systematic and customized methods of instruction need to be enforced on the people in a society belonging to different categories or strata. Vidhis that originate from different sources, such as Vedas, Smritis, Gurus, Guruparampara, Rajashasana, etc., have a higher acceptability rate than an informal suggestion given leisurely to keep it as a continuum progress. Once the orders emerging from different sources have been in force, one must work hard to fix the goal, Phala, or aim and objectives.

To get clarity of aim and objectives, one needs to discard the obstacles in the way of progress, since knowledge is Aikantika (absolute, confirmed, and obvious), and it never deludes from its goal or destination. Once the light is lit, the surrounding darkness gets expelled naturally. On the contrary, if the light is covered with a thick blanket, even the brightest light can

not discard the darkness. This Sutra focuses on what Shrutis claim for this aspect in the context of knowledge. After practicing Shravana etc., the result is Atmadarshanam (vision of reality within), for which one must step out from the limited "sense of self" falsely created by the body, mind, intellect, and many identifications of ego. Nirvana, Kaivalya, Moksha, or Mukti denote the same state of self, achieved after the committed and sincere effort.

Brihadaranyaka declares - "Atma vaare drashtavyah, shrotavyah...", Atma needs to be seen and experienced. If Atmadarshanam is not happening even after serious effort, it signals that there is some obstacle to be cleared. Obstacles obstruct the clarity of vision. The residue of Samsara still exists in the form of knots holding to lower levels of identities as obstacles derail the journey. Like a ripened leaf drops from a tree branch by the simple flow of wind, similarly, a link of samsara drops if all the Karma-bandha (bondage of Karma) is released, leading to the ultimate destination.

However, one's Prarabdha Karma (stock of previous Karma) works as a pulling and binding factor, and freedom is not the consequence of any serious effort. As portrayed by Kalidasa in his work Raghuvamsha (1.8) -

शैशवेऽभ्यस्तविद्यानां यौवने विषयैषिणाम् ।



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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).

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DARBHA – The Sacred Grass

Introduction to Darbha

Darbha is known as Darbai in Tamil, Dabh in Hindi and Kusha in Sanskrit. It is known as cotton wool grass in English. The scientific name of Darbha is *Desmotachya bipinnata*. This grass has a sharp coating that can cut one's skin if plucked carelessly. It is not cultivated everywhere but grows naturally in selective places and is available in northeast and west tropical, and northern Africa and countries in the Middle East, and in temperate and tropical Asia.

Darbha is symbolically known as a survivor as its roots go deep in search of water. And it is also as a powerful symbol of regeneration, renewal, rebirth and fertility due to its sprouting nature.



■ *Dr. Divya Keshavamurthy*
Assistant Professor, Division of
Yoga-Spirituality, S-VYASA



In Vedas and Puranas

The references of Darbha grass is mentioned in Rigveda and Atharaveda. In the sacred ceremonies darbha is used to prepare a seat for priest and for the Gods. The three deities, Brahma at the root, Keshava, in the middle and Shankara, at the tip is stationed in the Darbha grass.

Vena, an evil king who murdered people and prevented sacrifices was killed by the priests using the kusha grass (M. Bh.12-59.99).

In "Atma Samyama Yoga" of Bhagavadgita, (*Dhyana Yoga-verse 11*), Lord Krishna explains Arjuna, that for the process of meditation a layer of Kusha (Darbha) grass should be spread and the seeker should sit on it to meditate.

According to the puranas, it is believed that this grass came into existence at the time of Samudra Manthan (Churning of Ocean). In the churning process, the hairs of the Kurma (Tortoise) shedded due to the friction of the Mandara Parvatha on its back. The hair which washed away to the shore became Darbha grass.

In the Garuda purana, it is mentioned to place

«p5 ब्रह्मसूत्रम् (Brahmasūtram)

वार्धक्ये मुनिवृत्तीनां योगेनान्ते तनुत्यजाम् ॥

Kings belonging to Raghu dynasty would meticulously follow every act at different stages of life; study at a young age, enjoy life in adulthood, restrain in late adulthood life, and

follow Yoga while departing from this body. Even this kind of life will not result in reaching the destination if Karma exists as residue to block progress.

to be continued...



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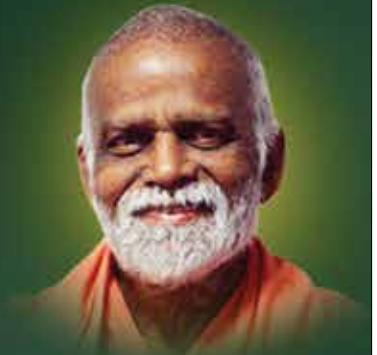


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the corpse on the darbha grass to prevent evil spirits entering the corpse.

In the Buddhist traditions, darbha grass was used as meditation seat and the Enlightenment was attained by Sakyamuni Buddha under the Bodhi tree. The capital city of Malla kingdom of Buddhist is named Kushinagara, to honor Kusha grass. It was in this city Lord Buddha was cremated.

Religious Significance

Darbha grass is used in all, auspicious and inauspicious occasions. It is a purifying agent and it energetically shields the area around it from the negative energies created by negative thoughts. It is identified with Lord Vishnu and is believed to possess the power to purify anything. It is worshipped on Darbhashtami in the month of Bhadrapada. The most important use of Darbha Grass in Hinduism is to make "Pavithram".

In the Hindu wedding rituals, the bride wears a belt tied from darbha. Similarly in the Upanayana ceremony, the brahmacharis wear a belt made of darbha. While performing the sankalpa of any ritual the wife provides an energetic connection to her husband by touching him with the darbha grass.

Priests in India dip its tip in water and sprinkle all over the house or temple to purify the place. During the Hindu sacred fire rituals (Yaga/ Yajna/ Homa) - darbha is placed inside the fire altar (homa kunda) and also on its four sides before the sacred fire is lit. Darbha in and around the sacred altar accompanied with the Vedic mantras is believed to keep the negativity away and empower the rituals. Upon the completion of the homa/ sacred fire rituals, the darbha placed on the four sides of the homa kunda is burnt with special mantras. The ash of this darbha is mixed with ghee and blessed with mantras and offered to the devotees.

At the time of temple consecration, the rope made of darbha grass (Nadisandama) is used to



connect the kalasa to the idol and the tower.

These grasses are placed in the sacred water pots (kumbhas) when the Devas/deities are invoked. This acts as a shielding effect to prevent the influences from the lower astral realms and amplifies the effectiveness of a prayer.

Kusha Grahani Amavasya is dedicated to the Kusha Grass or Darbha or Durva. The ritual for this is known as Kushotpadidni Amavas (कुशोत्पादिनी अमावस). This Amavasya is observed on the No Moon day in the month of Bhadrapada as per the traditional calendar followed in North India. In Gujarat, Kushgrahani Amavasya ritual is observed on the no moon day in the month of Shravan. It is also observed as Pithori Amavasya and Matru Amavasya. This day is considered ideal to perform Tarpan and Shraddha.

The Thiruppullani temple located in Tamilnadu worships Lord Vishnu as Adi Jagannatha Perumal and Lakshmi Devi as Padmasini. According to the Sthalapuranam, three Maharishis, Pullavar, Kalavar and Kannavar, came to this temple and covered forest with darbha grass and started tapasya. Pleased with this, Mahavishnu appeared in the form of Arasa Maram and blessed them.

It is also said that, Sri Rama seated on the darbha grass, prayed here to Samudra Rajan before proceeding to Lanka. It is this place where Shri Rama preached the doctrine of "Surrender" when Vibheeshana, surrenders to Him. Hence



Table 1: Darbha and its Healing Significance for different health conditions (easyayurveda.com)

Part of the plant	Nature of administering	For Health Conditions
Root	As decoction (in dose of (40-50ml)	Diarrhea and excessive burning sensation of the body, also for micturition, retention of urine in renal calculi, and for cleansing urinary bladder.
Root	As cold infusion (in dose of (40-50ml)	Dysmenorrhea and leucorrhea
Root	As paste	Eczema (application of the root paste on the affected part)
Root	Boiled in milk (in dose of 30-40ml regularly)	To increase breast milk in the lactating women
Kusha	As decoction along with neem, turmeric and triphala	For washing the fresh wound
Root	Mixed with bala root and taken with rice water	Checks bleeding from piles

this temple is also called Sharanagathi Kshetram. Since Sri Rama rested on the Darbha grass he is worshipped as Darbha sayaneswarar.

Since Sri Rama used Darbha grass here to sleep, the village attained the name Thiruppullani. (In Tamil, Thiru means sacred, pul means grass and anai or thalai anai means pillow). This place is also known as Darbhasayanam. Sri Mutthu Svami Dikshitar, in his Krithi - "Sri Ramam Ravikulabधि Somam" describes Rama as "Sudarbha Shayanam".

For religious purposes, this grass is not cut or plucked on every day, but only on Krishna Paksha Padyami (Next day after Full Moon day). Sravan Amavasya day is designated as a Kusha grass collecting day. The Kusha grass plucked on Kausiki Amavasya day can be used

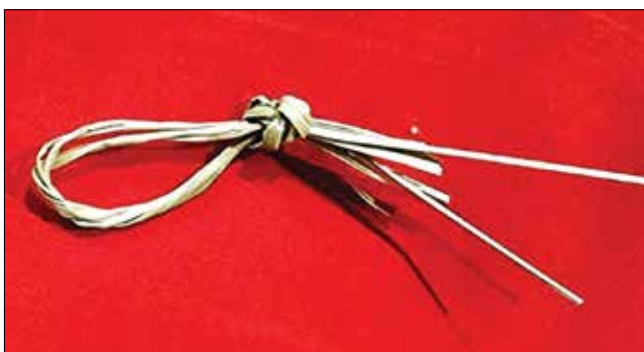
for an entire year or more. On other days if the Kusha grass is plucked it has to be used within the same day.

Plucking the darbha grass, is one of the tasks given to students in the Gurukula system of education. It was to develop the skill of plucking the grass without injuring the hands or the skin. This act of plucking the Kusha grass by the brahmacharin for their Guru was known as kushala (expert).

Darba Ring

Darbha is worn as a ring called as Darbhai pavitram by a person/ priest performing any ritual. This ring of darbha is worn in right hand while chanting Vedic mantras or when performing sacred and divine rituals. These rings acts as a shield to protect the wearer from any form of negativity. Wearing of the darbha ring also helps in energizing the prayer effect.

The number of darbha leaves to make a ring is also important and this is based on the nature of the occasion. For ceremonies related to death, only one darbha leaf is used. For auspicious and daily routine a ring made of two leaves is used. For inauspicious rituals other than the death





ceremony like Amavasya tarpanam, Pitru puja a three leaf darbha ring is used. For temple puja and prayers 4 leafed darbha is used.

Scientific Significance

During eclipse, the wavelength and intensity of light radiations on the earth's surface is altered. The natural disinfecting property derived from blue and ultraviolet radiations becomes less available during the period of eclipse. This can lead to uncontrolled growth of micro-organisms in food products making it not suitable for consumption. According to a research conducted from SASTRA University it was found that during such occasions, Darbha is used as natural disinfectant. The nano patterns and the micro structures in the darbha grass has enabled it to be used in place of harmful chemical preservatives as a natural preservative. Due to its natural disinfectant properties it could find applications in the health care where sterile conditions are required.

In a recent medical research darbha grass is observed to block the X-ray radiations and it is found to have the highest value in conducting the phonetic vibrations through its tip.

Medicinal Importance

Darbha as Kusha (*Desmotaschya bipinnata*) is considered as an Ayurvedic herb. It is found to be useful in the treatment of diarrhea, skin disease, renal calculi, dysmenorrhea and for improving breast milk at the time of lactation as mentioned in the below Table 1.

This grass is also grounded up to make several items like essence and oil. The oil is known as Kusha oil which can be used in summers to get cooling effect. The extract of grass is used to make cool drinks called Sharabhat. These drinks are known for their cooling effect on the body.

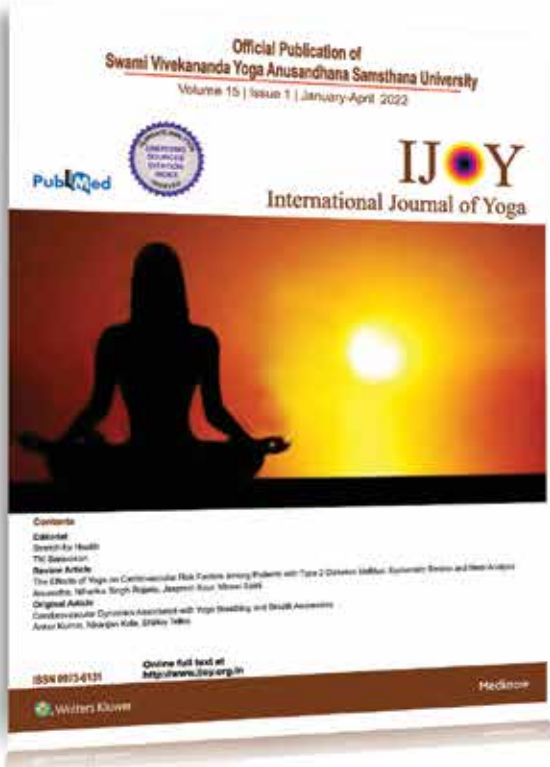
For Yoga Practitioners

Darbha is used for making asana (seats for prayer and meditation) since it is biodegradable and ecofriendly in nature. A Darbha-asana aids in meditation and protects the person who sits on it from all sorts of negative spiritual energies. It is believed to block energy generated during meditation from being discharged through our body (mostly through legs and toes) into ground. Practice of Yoga using darbha mats helps in retaining energy, wicks away sweat and absorbs moisture.



Prashanti, Nov 8:
Prof. Sanjay Singh,
Vice-Chancellor,
Babasaheb Bhimrao
Ambedkar University,
Lucknow, visited
S-VYASA and met
the Hon'ble Chancellor,
Dr. H R Nagendra
ji and addressed
the students during
morning Maitri Milan
session.

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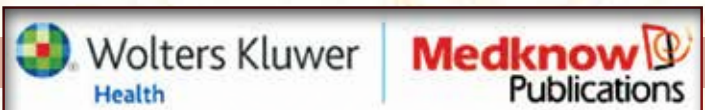
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Yoga including Meditation

A theoretical and practical perspective

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Yoga symbolises the Union of the Individualized consciousness with the Cosmic Consciousness.

Yoga is more than just a workout or physical exercise. It is truly a combination of four components, viz: - Body posture, Breathing practice, Deep relaxation, and Meditation which can transform one's health at many different levels. It is the Science embedded with the Spirituality and Philosophy aiming at Health, Happiness, Harmony and Self-realization.

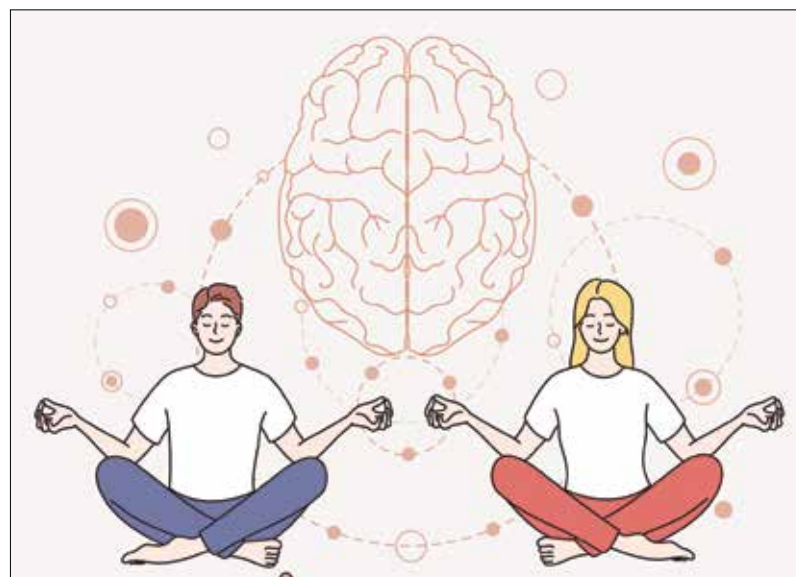
Yoga is a re-discovery of who we are? and going back to a stage of joyfulness, delight, and autonomy. The Science of Yoga, recognizes different personalities and preferences and offers the practitioner the four Paths, or sets of spiritual practices, to help one to reach this goal.

In our routines, we can act, we can think, we can feel, or we can do nothing. To act is **Karma Yoga**; to think is **Jnana Yoga**; to feel (love) is **Bhakti Yoga**; and to do nothing is **Samadhi**-the final step of **Raja Yoga** and the goal of all

paths of Yoga. If we are able to align with any one school of thought from the above four, then we can control the five major causes of suffering (**Kleshas**):

1. Not knowing who we are.
2. Attachment to material things.
3. Trying to avoid things that are not real or aversion.
4. Ego
5. Fear of Death

According to Patanjali's Yoga Sutras, there is an eight-fold path leading to liberation, known as the "**Ashtanga Yoga System**" or "Eight Limbs of Yoga" (the words 'ashta' means 'eight' and 'anga' mean 'limb'). *If we are able to practice the 8 limbs of yoga, we can easily attain 'MOKSHA' i.e. liberation, freedom, emancipation or bliss.* It is a state of non-ego, where the *ahamkara* or "I-maker" vanishes and one stands free from all desires, actions, and consequences in a total state of oneness or absorption.



Attachment, the inability to see or experience the oneness and desire of all life, binds us to this material world. The science of yoga views this bond as the primary source of suffering in human life. Moksha is the path of liberation from suffering and the attainment of self-realization. Through this path of liberation, one can experience transcendental planes of existence and a profound state of bliss.

Moksha is the ultimate goal of Yoga practice. When we practice Yoga,



we're practicing to free ourselves from the bonds of our own ego. We're learning to let go of what we think we know, and instead, we're cultivating a greater sense of who we really are by trying to know ourselves from within, contrary to what we are used to doing otherwise.

Understanding the human body's composition is inherently necessary for understanding yogic concepts and practising yoga to achieve oneness with oneself. The body is composed of five sheaths, or koshas, i.e. Physical, Physiological, Psychological, Intellectual and Spiritual. Any dimension, if imbalanced leads to diseases, which in turn affect the Lifestyle and become the root cause for all types of diseases. Any imbalance in these factors can result in tremendous changes in the body, like Mental Disturbances, Hypertension, Anxiety, Depression, Autoimmune and Degenerative diseases.

To maintain the fine balance of these five koshas, Yoga prescribes multiple ways. One of these ways is Mindful Meditation. The English word "meditation" is derived from Old French "*meditacioun*", in turn from Latin "*meditatio*," from a verb "*meditari*", meaning to think, contemplate, devise, ponder. In the Catholic tradition, the use of the term "*meditation*" as part of a formal, stepwise process of meditation dates back at least to the

12th-century monk Guigo II, before which the Greek word "*theoria*" was used for the same purpose. Apart from its historical usage, the term "**meditation**" was introduced as a translation for Eastern spiritual practices, referred to as *dhyāna* in Hinduism and Buddhism, which comes from the Sanskrit root *dhyai*, meaning to contemplate or meditate.

Meditation has been practiced for thousands of years. Meditation was originally intended to aid in the deeper understanding of life's sacred and mystical forces. These days, meditation is commonly used for relaxation and stress reduction. Meditation is considered a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

One can implement yogic breathing where with the help of Abdominal Muscles, Thoracic, and Clavicular we can enhance the lung capacity slowly with 5-10 rounds we can eventually proceed with A, UU, Maa loud chanting gradually reducing the pitch and then recite in the mind. The process is called as Anaahata chanting, followed by the Sankalpa.



Nov 3: **The Faculty Workshop on "iTrack" Learning Managing System (LMS) implementation** organised by Centre for Open and Distance Education (CODE) in association with Internal Quality Assurance Cell (IQAC), S-VYASA in Samskrithi Bhavan, Prashanti Kutiram. The resource person from Trans Neuron Technologies Pvt. Ltd, Koramangala, Bangalore gave the training to our faculties.



Smart Yoga Instructor for Guiding and Correcting Yoga Postures in Real-Time

Yoga is a form of exercise that is followed all over the world due to its physical, psychological, and spiritual advantages. People all across the world have started practicing yoga for health benefits and has gained popularity. It is important to practice yoga in the right form. Performing the wrong posture by pushing themselves beyond their flexibility limit and Practicing yoga inaccurately without proper guidance could lead to pain and added muscular problems. Yoga practitioners may find it helpful to have a trainer overseeing their performance, but there may be drawbacks such as a lack of time due to work demands or the cost of hiring an instructor for private classes.

The COVID-19 pandemic has created awareness of the health benefits of practicing yoga and has also made people apprehensive about taking personal guidance from yoga practitioners. Computer vision techniques used for yoga posture estimation and correction could be a promising solution. With the use of artificial intelligence and deep learning techniques, yoga practitioners will be able to practice yoga at their convenient place and time.

This study aims to provide a device that will act as a personal yoga instructor and practitioners can practice yoga in their comfort zone. The device is interactive and provides audio guidance to perform different yoga asanas. It makes

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Deputy Director, Open & Digital Learning (ODL), S-VYASA



use of a camera to take the picture of the person performing yoga. This captured pose is compared with the benchmark postures. A pre-trained deep learning model is used for the classification of different yoga postures using a standard dataset. Based on the comparison, the practitioner's posture will be corrected using a voice message to move the body parts in a certain direction. As the device performs all the operations in real-time, it has a quick response time of few seconds. Currently, this work aids the practitioners in performing five asanas, namely, Ardha Chandrasana, Tadasana, Trikonasana, Veerabhadrasana and Vrikshasana as shown in Figure 1.

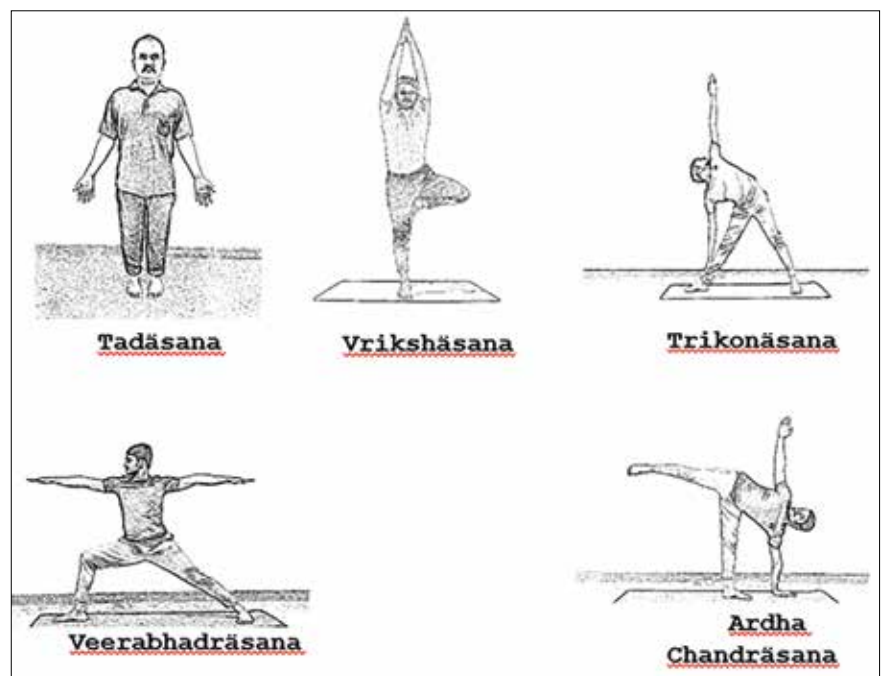


Figure 1: Shows the postures selected for study



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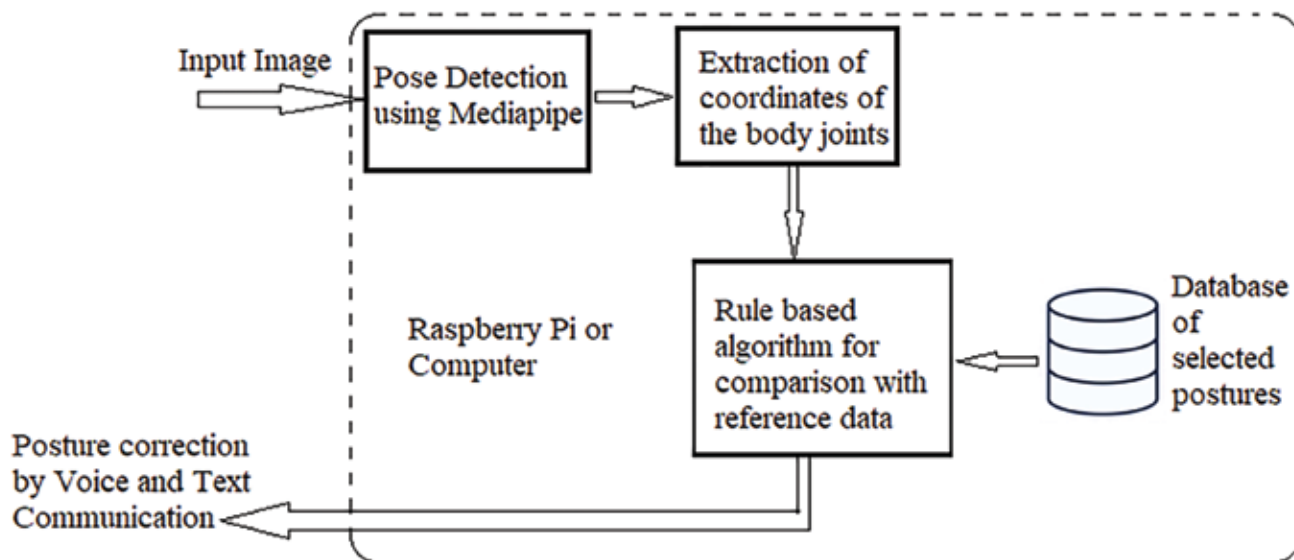
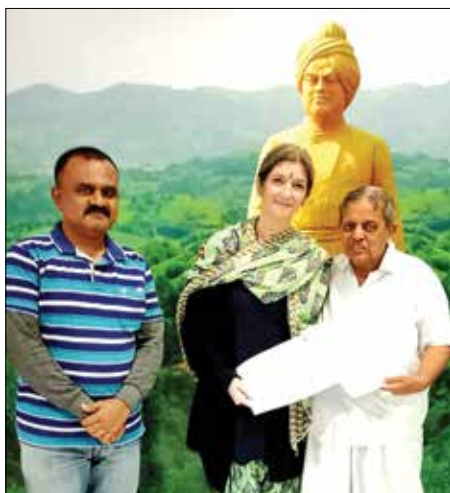


Figure 2: Block diagram of the system

The implementation of the complete posture estimation followed by posture correction is shown in Figure 2. The image of a yoga practitioner performing an asana is captured and fed to the Media pipe architecture, a pre-trained pose estimation model that detects human postures in images or videos by extracting the Key points. A rule-based algorithm in which the input image is divided into 4 four quadrants and the key points lying within the divided quadrants were compared with standard key points. Real-time pose estimation and correction are implemented using the trained dataset. An error message is displayed if it did not match any of the pre-selected yoga postures (asana) from the database.

The implementation of human posture estimation and correction, which may be utilized successfully in the health and fitness industry, has been made feasible by technological developments in the fields of machine learning, artificial intelligence, and computer vision. Due to yoga's popularity and widespread acceptance around the world, an assistive system that can let someone practice yoga on their own without the need for a trainer has been put in place. This work implements a full pose correction system with voice aid and displays messages. This research can be developed further to include topics such as Zumba, aerobics, physiotherapy for certain medical disorders, and effectively treating a few chronic diseases.



MoU between VYASA and Prana Shakti Yoga Academy (Saudi Arabia)

Nov 5: Sri P Ravi Kumar, Chief General Manager, The National Small Industries Corporation Ltd. (NSIC) visited S-VYASA and met the Hon'ble Chancellor, H R Nagendra ji



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The hard-to-ignore connection between PERMA and PRANA

Turn anywhere and even children over 10 years can talk about how to stay fit and healthy and what to eat in order to be that way. There's remarkable job done in helping people understand that physical health is of utmost importance. Every street in a city or metropolitan will probably have a fitness studio or a yoga centre. However, when it comes to good mental health, we don't know whom to turn to.

It is surprising that almost a billion people around the world live with a diagnosable mental health disorder. Most of which goes untreated due to lack of resources, or the stigma surrounding the subject. In many countries, the financial resources backing treatment of mental health disorders are insufficient. The gap of accessible healthcare is a staggering 90%. At any given point in time, at-least 15% of the world's working population is known to face a mental health disorder.

Mental health is a human right and is a significant priority in the lives of human beings. It influences how we live and thrive in this world. It is a given that good mental health is a critical contributor to greater economic progress and social well-being. Yet, the scope for early diagnosis and development of mental health

■ *Dr. Baby Sam Samuel*
Mentor, Social Entrepreneur
& Business Consultant



around the world remains huge.

The truth of the matter is that mental health never exists on a black or white palette- which means, it is not defined by the presence of a mental disorder or the lack thereof. Moreover, mental health is a complicated state with experiences ranging from a happy state of well-being to one of deterioration characterized by emotional trauma and pain. Therefore, good mental health is always a journey and never a destination. It is an ongoing process, something each of us have to continually work on, nourish and nurture.

Of all the definitions of good mental health, the one below is my personal favorite. It is by William Glasser, psychiatrist and the founder of choice theory psychology

"You are mentally healthy if you enjoy being with most of the people you know, especially with the important people in your life, such as family and friends. Generally, you are happy and are more than





willing to help an unhappy family member, friend, or colleague to feel better. You lead a mostly tension-free life, laugh a lot, and rarely suffer from the aches and pains that so many people accept as an unavoidable part of living.

You enjoy life and have no trouble accepting that other people are different from you. The last thing that comes to mind is to criticize or try to change anyone. You are creative in what you attempt and may enjoy more of your potential than you ever thought possible. Finally, even in difficult situations when you are unhappy – no one can be happy all the time – you'll know why you are unhappy and attempt to do something about it."

I would ask you to read and re-read the definition. Let it resonate within you. If you look carefully, you would notice that the word mostly used in the definition is happy/ unhappy. So is happiness associated with good mental health? The answer is a bold 'YES'. According to Davidson, Sells, Songster, & O'Connell, the key to maintaining good mental health is to look at happiness as an 'essential human skill'. A skill needs to be constantly improved upon, and so does our mental health.

Positive Psychology is an area that talks about the power of our internal strength and how to enhance our intrinsic capabilities to make the best of the current moment. The field supports mental health by focusing on happiness as a treatment goal. To give a perspective, the focus now is on filling the half full glass than trying to understand why the glass is half empty.

In order to explain the state of happiness and well-being better, Dr. Martin Seligman, the father of contemporary positive psychology, created the PERMA Model. PERMA is the acronym for different elements that constitute happiness and wellbeing- them being; positive emotions, engagement, relationship, meaning and accomplishments. 'Positive emotions' deal with gratitude about the past, contentment about the present and hope for the future. 'Engagement' deals with achieving well-being by practicing

hobbies and interests, 'relationship' is the social connections built, 'meaning' is about finding a larger purpose to life, and 'accomplishments' deal with the success stories, goals and targets.

Our breath is a latticework of all the activities of our body, woven together within the central hub.

"A mortal lives not through that breath that flows in and that flows out. The source of his life is another and this causes the breath to flow." – Paracelsus.

There is more to breathing than what we think there is. The first body system to change when you feel different emotions like happiness, excitement, surprise, grief, etc. is not your brain, but your breath. That's why early practitioners used to check pulse to determine health status.

Your emotions are found to change when you breathe. A research study shows that our breathing rhythm undergoes changes when experiencing different emotions. So breathing has a significant influence on our happiness and well-being. That's why yoga focuses on the power of breath through 5 energies – also known as PRANA vayus- they being Prana, Samana, Vyana, Udana, and Apana.

Both PERMA and PRANA deal with happiness and well-being as an outcome. So how is PERMA and PRANA inter-twined? Let's see the connection.

Positive Emotions and Prana

Positive emotions are more than just happiness. It recalls flourishing and they can be cultivated. We draw our hope, interest, joy, love, compassion, gratitude, etc, from people or things around us. Likewise, Prana refers to vitality in total- vitality that makes us flourish. It also refers to the ways in which we take in energy. We draw energy from the sights, sounds and smells around us. From outside to within is what is represented by positive emotions and prana.



Engagement and Samana

When we get in line with the flow, then there is calmness, we tend to gain focus. Engagement is trying to find that flow where there is almost a loss of consciousness and complete absorption in the activity. It could be in reading a book, it could be in going to dance classes, etc. Samana is a function that deals with digesting and assimilating incoming energy. Assimilation creates calmness and allows the natural rhythm of the body flow.

Relationship and Vyana

Any interaction that we may have with our family, partners, friends, colleagues, etc. and the community taken in total, is called positive relationship. Social connections always played a solid role in shaping how we feel at any given point in time. Research shows that celebrating successes and showing enthusiasm have a huge role to play here. The energy taken in by our body needs to be branched and distributed throughout our body. It helps in the flow of blood into all parts of the body, causes sweat glands to work, and creates a unified network with all parts of our body. The interaction of our breath-work with all parts of the body is what makes 'Vyana'. This is very much in connection with the interaction with have with our social environment. It gives us energy and vitalism to carry out our everyday tasks and removes unnecessary stress.

Meaning and Udana

The sense of understanding the meaning and of purpose of worth is one of the qualities bestowed upon human beings. Meaning connects with something greater than oneself, a greater sense of worth and value. It is an upward looking trait. The pranic movement called Udana stems from the word 'Ud' meaning upward movement. When air rises upward in the larynx, it supports the voice and singing of a person. The upward movement discussed here also has a deeper meaning. It implies that every human being operates from a higher purpose. Udana is said to

help in revitalization and transformation where needed. Hence Udana is linked to meaning and purpose in life.

Accomplishments and Apana

Accomplishment in the field of PERMA relates to the sense of achievement when you employ your skills to reach or attain something. While having a sense of achievement, there is self-motivation to do what one sets out to do. It is more intrinsic than anything else. In the process of accomplishment, and over time it is a given that one loses his or her ego, arrogance, hard-heartedness, etc. As your achievement grows, you let loose of what you think will not fit you. Apana is that prana that is said to be responsible for removal of waste from the body. It acts just as accomplishments do. In order to achieve what our incredible bodies are made to do, the unwanted wastes need to be eliminated. Downward movement of energy happens here and that which is unnecessary is eliminated from the body.

Yoga talks about balancing the energies within our body. Disturbances to one of them can cause disruption to the whole body. When all of them work in coordinated rhythm, then happiness and well-being is compounded. With the practice of yoga, one can learn to balance these energies. PERMA talks about a higher level of well-being in life and being able to 'flourish' and not just live. The commonalities between Martin Seligman's PERMA model and rootedness of PRANA vayas of yoga is hard to ignore and is responsible in its own ways, for transforming individuals for the better.

Dr. Baby Sam Samuel is a strong advocate of lifelong learning; he believes in the continuous pursuit of learning & utilization of the knowledge for the benefit of the community. Dr. Sam believes that "Holistic Health is very important for creating a healthy mindset & is an investment in your overall well-being"
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Yogi Vivekananda - 18

Yogis are pure at heart. They are always positive in outlook. They never find anything negative anywhere. For them nobody is a sinner. Therefore, they find divinity in everyone. Swami Vivekananda is pure and positive because he is a yogi. When he was in America he addressed many gatherings. Every time he had an opportunity he addressed the audiences as "Ye children of immortality". On one occasion, an American gentleman objected to his divine address. He said that all are sinners.

Swami Vivekananda asked the gentleman how and why everybody was considered to be a sinner. The gentleman replied that all of us are the children of the first parents who were sinners. They were sinners because they were disobedient to god. Because of their disobedience, they fell. Swamiji immediately said that they have fallen from the divine state. What is it that we call as the original state... the fallen state or the state from which they have fallen. Definitely the state from which they have fallen is godhood which is eternal and immortal.

No doubt the first parents of mankind are the children of god. They are asked by god not to touch the forbidden fruit. But contrary to the instruction of god, they were tempted by the evil spirit and induced to eat the forbidden fruit. Immediately therefore they fell from the divine state of health, happiness and godhood. No doubt, they committed the sin of disobedience. As a result of that they have fallen. The fallen state is profane. The state from which they fell is profound. From the heights of glory and godhood they

■ *Dr. K Subrahmanyam*
Advisor to Chancellor
S-VYASA



have fallen to the depths of degradation and difficulties. Now what is their original state? Is it the ditch into which they fell or the divine height from which they fell? Should we refer to their sin and fallen state or to their merit and the state from which they have fallen? If we look at their sin and the consequent fall, it is negative approach and outlook. If we look at their merit and origin in godhood, it is positive outlook. By being negative we spoil our minds and close the gates of returning to the heights.

Suppose there is a young man, well dressed and rich and happy living in a palace. By a sheer accident he slipped and fell in the ditch water near the entrance of his palace. By his accidental fall does he become poor and despicable in no time he gets up removes the dirty cloths and reappears to regain his rich looks. The fall is transient and not a permanent sin. Even when he was in the ditch he was rich. He should not





be referred to as a poor person, nor as a sinner.

It is a sin to call anybody a sinner, infact there is no sin at all. It is our mind that makes a hell or haven. There is nothing like good or bad, thinking makes it so. A positive person finds everything to be good and heavenly. A negative person finds everything to be wrong and bad. To transcend both is to be yogic.

On the road or on the earth, we find ups and

downs, hills and valleys. When we go beyond road and globe, there are no distinctions or differences. A yogi goes beyond all pairs of opposites and is established in yogic equanimity. There is then only divinity.

Swami Vivekananda is always pure and positive. He is of love and equanimity. He sees only divinity everywhere and always. Therefore, he is a yogi.



Nov 8: **Dr. Soumya Manjunath Chavan**, Dean, Division of Yoga & Humanities deputed as **Director of Swami Vivekananda Cultural Centre (ICCR)** to Tanzania. The felicitation function was organised in Tarangini Board room.





Former Vice Chancellor of S-VYASA, **Prof. Ramachandra G Bhat** at the Conference on Maharshi Aurobindo in Aurobindo Ashram, Delhi



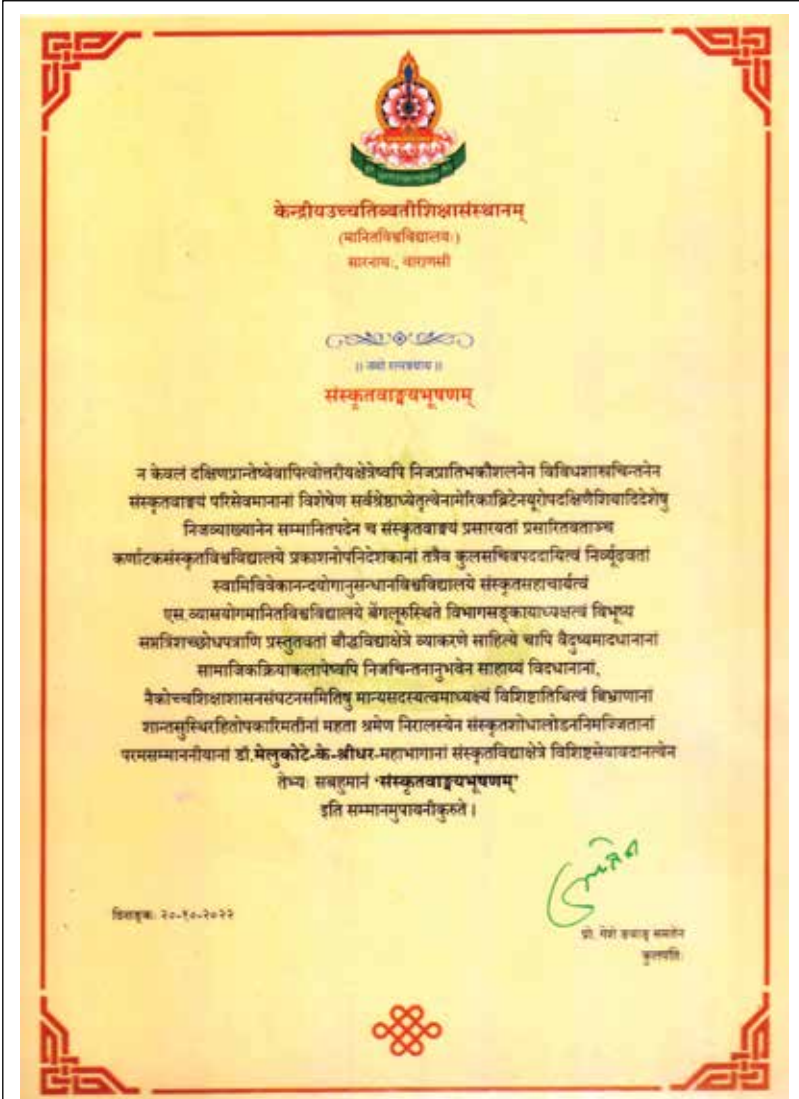
Pro-Chancellor of S-VYASA, **Dr. Prahlada Ramarao** at the 12th ASIP Conference 2022 in Bengaluru



Vice Chancellor of S-VYASA, **Dr. B R Ramakrishna** at the Convocation of Ashwini Ayurvedic Medical College, Hospital and Research Centre, Tumakuru



Vice Chancellor of S-VYASA, **Dr. B R Ramakrishna** with the Indian Ambassador to Wien Austria **Sri Jaideep Mazumdar ji** and First Secretary, **Sri Gyanaveer Singh ji** and Smt. Jyoti Mittal and requested to take the initiative to organise the **International Conference of Yoga 2023** at Vienna in the context of IDY 2023.



Recently, **Prof. M K Sridhar**, Distinguished Professor at S-VYASA was honoured with the **Citation Award** by Prof. Gewong Samten, Hon'ble Vice Chancellor of **Central Institute of Higher Tibetan Studies (CIHTS)**, Saranath (Deemed University, funded by Ministry of Culture, GoI, since 1968), having recognized his humble contributions to Sanskrit, Buddhism, Indology for four decades in India and abroad.

The Citation Award titled, '**Sanskrita Vangmaya Bhushanam**' was authored by Dr. Dharmadatta Chaturvedi ji, Professor of Sanskrit, CIHTS and an alumni of Banaras Hindu University.



Naturopathy Day celebration by TSYNM, S-VYASA



The School of Yoga and Naturopathy Medicine, S-VYASA commemorated the 5th National Naturopathy Day on November 18, 2022. Our chief guest, a recognized naturopath Dr. Akhila Joshi, who is passionate about women's health, arrived first, leading off the programme. The guests and other dignitaries lit the lamp to begin the event, which was then followed by an invocation song. Dr. Bhavana delivered the welcome address. Dr. Jincy briefed about the highlights of Naturopathy Day. The Registrar-Dr Shiv Sankara Sai, Dean of Academics - Dr Ramesh M.N and Vice-Chancellor - Dr. B R Ramakrishna addressed the audience and underlined the value of naturopathy in the modern world. The guest speaker, Dr. Akhila Joshi, shared her practical experience and her

principles which made her successful. The official programme was concluded with Vote of Thanks by Dr. Ritesh.

The official programme was then followed by inauguration of the Exhibition in Sambhuti in which displayed the charts and models about Intermittent fasting, Panchatantra, Tongue Diagnosis, Panchamahabhuta, Festive Fasting, Chromo diagnosis, Magneto therapy, Chromo therapy and its various applications.

A Walkathon was organized on the same day from Prashanti Kutiram to BSR Layout where students and faculties made an effort to raise awareness about Naturopathy.

The 5th Naturopathy Day celebration was simple yet effective in its own way.





S-VYASA Annual Sports Meet 2022-23



Bengaluru: S-VYASA Annual Sports Meet 2022-23 was conducted in 'Prashanti Kutiram' campus from Sept 21st to 23rd. Volleyball, Throwball, Basketball, Kabaddi, Kho-Kho and Yogic Games were there in the meet.



The Winners are:

- Kabaddi (Boys) Winner – MSc
- Kabaddi (Boys) Runner – BSc
- Kho-Kho (Boys) Winner – MSc
- Kho-Kho (Boys) Runner – BNYS
- Kho-Kho (Girls) Winner – BNYS
- Kho-Kho (Girls) Runner – MSc
- Kho-Kho (Girls) 3rd Position – BSc
- Volleyball (Boys) Winner – BSc
- Volleyball (Boys) Runner – MSc
- Basket Ball (Boys) Winner – BSc
- Basket Ball (Boys) Runner – MSc
- Basket Ball (Girls) Winner – MSc
- Basket Ball (Girls) Runner – BSc



Winners of Yogic Games:

- Dodge Ball Winner – BSc
- Dodge Ball Runner – BNYS
- Blind Race Winner – MSc & BSc
- Lokasangraha Winner – BSc
- Lokasangraha Runner – MSc
- Ship Race Winner – BSc
- Ship Race Runner – MSc





Student Council Election



Elected Candidates of The School of Yoga and Naturopathic Medicine (TSYNM)

The School of Yoga and Naturopathic Medicine (TSYNM) had its Student Council Election 2022-23 conducted on 10.11.2022. The preliminary procedures like the issue of circular, filing of nominations, scrutiny, and announcement of final contestants, and campaigning were done for 2 weeks. The election was announced for 8 positions. There were 29 contestants and 308 voters in total. The voting was done in 4 polling booths under the supervision of the Election Committee members. The counting happened on the same day in the presence of the student representatives to ensure transparency. After four rounds of counting, the results were declared and announced. The council will start functioning toward the efficient growth of TSYNM.

The following were the elected candidates for the 8 posts.

Positions	Elected Candidates	Class
President	Dharmaraj	IV BNYS
Vice President	Akarsh	IV BNYS
General Secretary	Dhivagar	III BNYS
Literary Secretary	Kavya Jogi	III BNYS
Sports Secretary	Varad	I BNYS
Cultural Secretary	Krupa	III BNYS
Hostel Secretary (Boys)	Yalla Linga	I BNYS
Hostel secretary (Girls)	Pratiksha	III BNYS



Elected Candidates of S-VYASA School of Yoga



Karnataka Rajyotsava celebration in Prashanti

Bengaluru, Nov 26: Karnataka Rajyotsava was celebrated herein 'Prashanti Kutiram' campus with fervor and enthusiasm.

On that morning at first flag hoisting was done and then procession of Bhuvaneshwari Devi started.



In the evening the stage program was organized and the Senior Journalist, Sri Du. Gu. Laxman graced the ceremony as the Chief Guest. Chancellor, Dr. H R Nagendra Guruji, Registrar, Dr. S Siva Sankara Sai, the Principals of SAMC&H, TSYNM, School of Yoga and Sushrutha Nursing College were also present.

And finally, program was concluded with cultural extravaganza.





Bhagavan Shankaracharya Jnana Yoga Pithadhipati at S-VYASA,
Pujyaa Samananda Saraswati Ji,
 Samadarshana Ashrama, Gandhinagar, Gujarat,
 during the recent visit to Prashanti,
 with the Chancellor, Registrar, Dean & other seniors of S-VYASA.



Nov 5: On the auspicious day of Utthana Dwadashi the **Tulsi Kalyanam** was performed in Sruti Mandir. The special bhajans was also performed by Panduranga Bhajan Mandali , Sri Murthy Bhagvathar and team.



Nov 8: Gow Pooja during Chandra Grahana period in the presence of Union Minister, **Ms. Renuka Singh ji**



Rashtriya Gurukula Sangoshthi 2022

Gurukulashiksha Vishwasudiksha



Janaseva Vishvastamandali and Vedavijnana Gurukulam in Channenahalli, Bengaluru organized the Rashtriya Gurukula Sangoshthi on November 04, 05, 06 in association with Bharatiya Shikshana Mandal. The main objective of this conference is to impart the heritage of Indian science in the Gurukula system and to invent new experiments in education.

The inauguration of Purmandalotsava of Janaseva Vidyakendra was successful on 26/12/2021 in the presence of many dignitaries, seniors, and dignitaries. Many programs such as senior students' convention, initiation of special education, etc. are held as part of Purmandalotsava. The Purmandalotsava Committee has been formed under the honorary chairmanship of the Maharaja of Mysore, Shri Yaduveera Krishnadatta Chamaraja Wodeyar.

It was decided to hold a National Gurukula Sangoshthi in a Janaseva environment on the occasion of Janaseva Purmandalotsava and Gurukula Ardhmandalotsava. Representatives of Gurukulas from different parts of India and

also from other countries like Nepal, Bhutan etc. participated on this occasion. This conference was organized with the main objectives of protecting Indian knowledge heritage and the Gurukula system, Gurukulas should be organized, young men and women of today's generation should be attracted to this system of education, the future of those who studied in Gurukulas should be bright, etc. In 2018, the Virat Gurukul Sammelan was organized in the surroundings of Sandipani Rashtriya Vedavidyapratisthan, Ujjain. On that occasion, many Gurukulas of different types joined. In the background of almost five years since the Virat Gurukul Sammelan was organized and in the background of the new formulation of the National Education Policy, this National Gurukula Samsam is being organized now.

The National Gurukul Sangoshthi program was officially launched on November 04. On the platform of this program Mr. Suresh Soni, immediate past co-ordinator of Rashree Swayamsevak Sangh, Prof. Ramachandrabhata,



Former Vice Chancellor of S-VYASA, **Prof. Ramachandra G Bhat**

Chief Ministers of Indian Education Board Mr. Umashankar Pachauri, Chancellor of Central Sanskrit University Prof. Prof. Srinivasa Varakhedi, Maharshi Sandipani National Institute of Vedic Education. Virupaksha Jaddipala, Vice-Chancellor of Karnataka Sanskrit University Prof. V. Girishchandra and Jan Seva Trust Board Trustee Shri Na. Tippeswamy, Srinivasa Gupta, president of Janaseva Vidyakendra, was present.

As part of this concert, Shrauta Ishti was organized by the name of Mitravinda in the morning of 04. The Yajna was solemnized in the presence of delegates from all over India and from other countries like Nepal. And after the implementation of that yajna, he also organized a regional Veda conference. Scholars from all branches of the Vedas gathered in that meeting. On the same platform, a book about Shankaracharya called 'Shankaracharitam' was launched.

The theme of the program was Gurukul Shiksha Vishwasudiksha. The welfare of the world is certain because of the Indian sciences in the Gurukulas. Since time immemorial, the strength of Sanatana education, hidden in the roots, is the basis for India's strong progress. This river of knowledge that has flowed since then should be delivered to today's generation as if it were

a new root. As Swami Vivekananda said, real education is to awaken the thread of knowledge in man and make it applicable to life, such education is possible only through educational institutions like Gurukulas. Thus, Mr. Suresh Soni delivered the keynote speech and gave a call to the delegates from all over the country that everyone should walk towards Gurukulas and Indian education.

*Chaturvedah Puranani
Sarvopnishadastatha |
Ramayanam Bharatam Cha
Geeta Saddarshanani Cha ||
Jainagamah Tripitakah
Gurugrantah Satam Girah |
Eshah jnananidhi shrestah
shraddheyo hridi sarvada ||*

Protecting this knowledge and passing it on to the next generation is an adventure for those who recite it in the Ekātma Stotra. No wonder Gurukula Shiksha Vishwasudiksha was the mantra of this conference. The ultimate goal of this confluence is that the Gurukula system of education should become the main stream of education. This conference will be the main platform to achieve this goal. Under the guidance of the Board of Education of India, the conference was held in collaboration with three institutions, Central Sanskrit University Delhi, Karnataka Sanskrit University and Sandipani Rashtriya Vedavidya Pratishthan.

Similarly, many eminent scholars in the field of education presented their topics. On the second day, sitting in various sections, everyone discussed the application of Indian education in Eastern, Western, Northern and Southern regions of India. Besides the Gurukulas who teach Veda-Sastras in the traditional way, there were also representatives of Jain, Buddhist and Sikh traditions. Many gurukula who teach music, history, martial arts and other educational institutes also participated.

On 4/11/2022 at 11 am an exhibition was also



organized to introduce the Gurukula system of education and Indian knowledge heritage. Chancellor Dr. H. R. Nagendra, S-Vyasa Yoga University Jigani Bangalore has inaugurated the exhibition. Especially in this exhibition, the introduction of all types of Gurukulas, introduction of ancient India, introduction of Indian sciences, introduction of Indian arts and introduction of various types of educational institutions were made. It was a wonderful opportunity to remember the educational places of ancient India which many have forgotten. Mass Jnansatras and divisional Jnansatras were also held on the remaining two days. On the 4th and 5th nights, cultural programs based on art were presented by various Gurukulas.

The closing ceremony of this National Gurukula Sangoshthi program was scheduled for 06/11/2022 at 03:30 PM.

The special feature of this meeting was that in the divine presence of Pujya Sri Vishwaprasannatirtha, Pejawara Mutt, Udupi, Under the chairmanship of Prof. Ramachandrabhat Kotemane, Akhilabharat Gurukula Prakalpamukh of Bharatiya Shiksha Mandal. Honorary Secretaries of the Janaseva Trust Board. Sa. In the presence of Nirmal Kumar, a keynote address was delivered by Mr. Mukula Kanitkar, Organizing Minister, of Bharatiya Shiksha Mandal.

On the platform of this program Hon'ble, Shri N. Manjunath Prasad (InS) was present and Prof. Ramachandra released a book called "Photosynthesis in Bhagavad Gita" based on the thoughts and

research of Pro. Ramachandra G Bhat.

Mr. Manjunath Prasad addressing the meeting in this program gave information about the steps taken to implement Indian Gurukul Education as National Education.

Pujya Sri Vishwaprasannatirtha, the abbot of Udupi's Pejawara Mutt, who was in divine presence, addressed the gathering and gave his blessings emphasizing the importance of the education one gets in a Gurukula and the self-imparted by the Guru.

In the same meeting, Mr. Mukul Kanitkar, the Organizing Minister of Bharatiya Shiksha Mandal, in his speech, said, "Gurukul Education, with self-confidence, can correct the practices of the rest of the world. Resolutions for this should be done regularly. The whole world is yearning for this education. Through Gurukula education, nation-building is possible through our penance. He gave a call saying, " Come together, think together, work together"

Addressing more than 750 delegates from different types of Gurukulas from the country and abroad, Prof. Ramachandra Ji Bhatt explained how Gurukula education leads to the evangelization of the world. And preached the Gurukula Pledge of Education to all the delegates and workers.

Such a unique and historical Gurukula conference was attended with great interest by the educationists and many inquisitors.

Report by

Sri Bhojaraja T, Acharya, Vedavijnana Gurukulam





6th Asia Pacific Yoga Therapy Conference at Hanoi, Vietnam



The 6th Asia Pacific Yoga Therapy Association (APYTA) Conference was held in Hanoi, Vietnam from the 25th to 27th of November 2022. Delegations of 12 countries such as Mongolia, Singapore, Thailand, China, Malaysia, Myanmar, Japan, South Korea, Switzerland, Italy, Vietnam and India came to ponder upon the theme of the conference - Bridging Body - Mind - Soul for Innate Healing.

This was the first large Yoga Therapy Conference in Vietnam amassing over 300 doctors, yoga enthusiasts and yoga therapists gathering from all corners of Vietnam. The conference held many interactive sessions both indoors and

outdoors along with deeply insightful topics that highlight the strength of Yoga Therapy.

A large panel of international and local speakers promoted their research & findings on topics such as “Yoga Therapy for Anxiety and Panic attacks” by Dr. Keisin Kimura from Japan; “Specialized Yoga module for Emotional Wellbeing” by Dr. Manjunath Sharma from India; “Experiencing Deep Relaxation” by Mr. Manoj Thakur of Singapore in the first session of Day 1. In the afternoon there were specialized sessions on “Tools and Techniques for a successful Yoga therapist” by Yogi Mohan from China; “Nutrition for Yogis” by Mrs. Vu



Pro Vice Chancellor of S-VYASA
Dr. Manjunath Sharma



Mr. N V Raghuram



Vice Chancellor of S-VYASA, **Dr. B R Ramakrishna**



Dr. Vasudha Sharma

Van Anh from Vietnam; "Integration of Yoga and Ayurveda for Mental Wellbeing" by Dr. B R Ramakrishna from India; and Vinapyoga for Neck - Shoulder Pain, Frozen shoulder, by Dr. Tran Nguyen Phu, of Vietnam.

There was a Gala Dinner during which several Yoga demonstrations, traditional & contemporary dance and music entertained all the delegates and speakers.

The Day two started with Sunrise yoga by Ms. Maria Laura Rose from Italy. The technical sessions started from the talk on "Yoga for Better Resilience in Drug De-Addiction" by Dr. Antonietta Rozzi, Italy; followed by Spine pathology and restorative therapies by Dr. Tran Quoc Khanh and Dr. Hoang Xuan Phu; Understanding of root causes of mental health issues Body-Mind-Energy Healing - Potential solution to reduce Mental Health Issues by Mr. Udvelananda; Yoga therapy for the elderly group with dementia who were infected with CoVid-19" by Dr. Aryong Choi-Hantke of South Korea; Need of Yoga to maintain positive mind in Children with special needs by Dr. Vasudha Sharma and supported by Mr. Vedant Sharma; Om Meditation & Asana by Master Dang Hung; Bhakti Yoga - The Science & Culture of Emotions





by Mr. N V Raghuram and the session ended with a wonderful demonstration of Meditation & Qigong by Master Nguyen Ngoc Dung.

APYTA's goal to promote evidence-based yoga therapy as part of Integrative Medical Science was successfully achieved by providing a platform for Yoga Therapists and physicians to connect, share each other's expertise through networking, exchange programs and standardize yoga therapy at the 6th APYTA Conference. Visit our website at www.asianyogatherapy.com to stay in tune and join us at the next 7th APYTA Conference at Dubai in November 2023.

Thanks to Mr. Dang Hung, Director of Vietnam Yoga Academy and team for hosting and successfully conducting the event. It is Guruji and Dr. Nagaratna's vision taken forward by Mr. Keisin Kimura, Dr. Manjunath Sharma, Mr. Manoj Thakur and Dr. Vasudha Sharma with the support of Mr. Paresh Sharma and Ms. Manasa, under the guidance of Raghuram ji, resulted in yet another wonderful conference in the Asia Pacific region. Join us next year in Dubai during the month November for the 7th APYTA conference.



Nov 11: The **MoU** signed between **S-VYASA** (Swami Vivekananda Yoga Anusandhana Samsthana) and **Southern Cross University**, Australia.



Dr. Manjunath Sharma's visit to Toyo University, Japan



The Pro-Vice-Chancellor & Director of Research of S-VYASA University visited the Toyo University, Tokyo, Japan as a visiting Professor, between October 18-29, 2022.

He was invited by Prof. Kato, the Dean of the Faculty of Information Sciences and Arts, the University of Toyo under a faculty exchange program agreed upon signing an MOU between the two Universities.



During his visit, Dr. Manjunath Sharma presented various traditional and scientific concepts related to integrative medicine, mind-body medicine in general, and Yoga therapy in particular to faculty and students of various

departments. His lecture series included: (i) the Importance of Mind-Body medicine in the 21st century, (ii) Eastern and western concepts of clinical Psychology, (iii) the Importance of Information technology in transforming healthcare, and (iv) the Science behind Yoga. The lecture sessions were followed by practical and experiential Yoga sessions for the students which were enjoyed and appreciated by all. He also participated in various consultative meetings with the heads of other departments including the department of Psychology, Center for computational mechanics research, Center for Artificial Intelligence and Virtual Reality, Center for Mass Media and Vigilance, etc.





A special collaborative meeting was also held with Prof. Toru Maekawa the Director of Bio-Nano Electronics Research Center as well as the Professor of Graduate School of Interdisciplinary New Sciences, Toyo University.

Dr. Sharma also participated as an international Keynote speaker at the 1st East Asia Yoga Therapy Conference held on October 27, 2022, at the Toyo University campus at Tsuragashima. He presented the challenges in Yoga-based Higher Education and its importance in scaling up Yoga Education on a global platform. The other speakers included: Dr. Keisin Kimura, President, of Japan Yoga Niketan, Prof. Kwak Mi Ja, Chief of the Department of Yoga and Director of Yoga Therapy Industry coupled Cooperation Center, Choonhae College of Health Sciences, Republic of South Korea, Prof. Chieko Kato, Dean, University of Toyo, Ms. Aryong Choi-Hantke, Yoga Into the World Institute of Body and Mind, South Korea, Dr. Battuvshin Lkhagvasuren, Mongolian National University of Medical Sciences, Mangolia, Ms. Sofia Ding, Chinese Yoga Therapy Association, China, Ms. Gereltuya Orsoo, Mongolia

Yoga Federation, Mangolia. The program was organized jointly by Toyo University and the Asia Pacific Yoga Therapy Association under the leadership of Dr. Kimura and Mr. Mori.

While staying in Japan, he also visited a few places of spiritual importance like the ancient Zojoji temple, Hodo San Shrine at Nagatoro, etc.

Dr. Manjunath conducted a special Yoga session for the Rugby team of Toyo University which a nationally renowned team. The Coach, Captain, and all the players expressed that they had an amazing experience of relaxation, practicing asanas with awareness and breathing and pranayama & meditation has made them feel light, yet focused.



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