

# YOGA SUDHA

A Monthly Journal of SVYASA (Deemed to be University)



**Darsha Ishti & Sri Sukta Havan**  
performed at S-VYASA Headquarters, 'Prashanti'  
*for Universal Wellbeing*





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

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

Conference Venue  
**Prashanti Kutiram**  
Bengaluru, India

### Call for Papers

Scientific Research Papers, Concept and Review Papers on the theme and related topics in Yoga and Integrative Medicine are invited for Oral and Poster Presentations.

Submit your abstract on Conference portal:  
[www.incofyra.com](http://www.incofyra.com)

Last Date for Abstract Submission - **Apr 20, 2022**

The Abstracts will be peer reviewed and acceptance or otherwise will be intimated by **May 5, 2022**

### Conference Registration

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



### Main Events

**Pre-Conference Workshops**  
**Himalaya Yoga Olympiad Finals**  
**Main Conference**



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

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तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

# योगसुधा

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## CONTENTS

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Editorial 2  
Message from the Vice Chancellor 3



**Division of Yoga-Spirituality**  
**Brahmasutra** - *Sarvāpekṣā ca yajñādisruteḥ aśvavat*  
- Prof. Ramachandra G Bhat 5  
**Darsha Ishti** - Prof. Ramesh Chandra Panda 6  
79<sup>th</sup> Birthday celebration of Guruji Dr. H R Nagendra 9  
A heartfelt Tribute to our Geetha ji 10



**Division of Yoga & Life Sciences**  
International Conference 24<sup>th</sup> INCOFYRA: 26<sup>th</sup> - 29<sup>th</sup> May 2022:  
Integrative Medicine and Optimal Immunity - details 13  
**You and Your Health - Integrative Thinking** - Arun K Garg 23  
**Arogyadhama: Holistic Research Health Home** - details 24



**Division of Yoga & Physical Sciences**  
**Loosen it or Lose it: Yoga based Physiotherapy**  
- Prof. T M Srinivasan 27



**Division of Yoga & Management Studies**  
**In Pursuit of Happiness** - Ms. Suman Ramesh 29  
**Online Yoga Instructor's Course** - details 30



**Division of Yoga & Humanities**  
**Yogi Vivekananda - 10** - Dr. K Subrahmanyam 31  
**Omicron: The beginning or the end of the pandemic?**  
- Dr. N Prabhu Dev 33



**VYASA, National**  
**Short-term Online Courses: Feb, 2022** 14  
**National Youth Day** celebration in Prashanti 36  
**Upcoming Shibirs & Retreats in Prashanti** - details 38  
**All India Inter-University Yogasana** at KIIT University 39  
**Dirghayuh Treatment Centre: 20<sup>th</sup> Annual Celebration** 40



**VYASA, International**  
**Vivekananda Yoga University:**  
Online Master of Science (Yoga) - details 22

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# EDITORIAL

*My dear Brothers and Sisters,*

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

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

## **Objectives of the Conference:**

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

■ *Dr H R Nagendra*



**Due to the rise of the 3<sup>rd</sup> Wave of Corona by way of Omicron and as per the Advisory of Govt. of Karnataka, all the programs of 24<sup>th</sup> INCOFYRA and the 19<sup>th</sup> Convocation, scheduled in December 2021 and January 2022 had been postponed. Now, 19<sup>th</sup> Convocation will be held on 22<sup>nd</sup> April 2022 and 24<sup>th</sup> INCOFYRA from 26<sup>th</sup> - 29<sup>th</sup> May 2022.**

# Message from the Vice Chancellor

*Dear Brothers and Sisters,*

Greetings from the desk of the Vice Chancellor

Wishing you all a very happy and prosperous Republic Day. The whole nation celebrates two important National Festivals viz. Independence Day and Republic Day. We got our Independence on the midnight of 14<sup>th</sup> August 1947, after the division of our hearts and the land by the crooked and cunning British and the selfish attitude of some of our own leaders to grab the top post of the post Independence. It was a hurried, suicidal and premature move by the Non-violent group of freedom struggle to negotiate and bargain for the freedom with British government when Indian National Army (INA) headed by Revered Subhash Chandra Bose, one of the forgotten heroes of freedom struggle was marching ahead with a final befitting fight and reply.

It is pertinent to know the truth that British after having realized the real strength of INA and the leadership of Bose decided on 19<sup>th</sup> February 1946 to leave India at the earliest and grant Independence. Clement Attlee who was the Prime Minister of UK between 1945 to 1951, had stated in the British Parliament on the same day that a Cabinet Mission will have to be sent instantly to India for settling terms of India's Independence with her leaders.

This was a great injustice done to Mother India and unpardonable crime that our forefront leaders committed for their personal gains and positions keeping the country in darkness about



the real fact of British position and the strength of INA. Later the show was given to the whole world that India got Independence through Non-violence. For the last 75 years the country has to wait for Hon'ble Prime Minister, Shri Narendra Modiji to pay tributes to the great son of the soil, Revered Subhash Chandra Bose by unveiling his hologram statue at the India Gate on 24<sup>th</sup> January 2022 in the context of Aazadi ka Amruth Mahothsav. I whole heartedly express my heartfelt pranams for this great gesture.

Our younger generation should study and understand the truth of freedom struggle and pay homage to the forgotten heroes of Independence movement.

Let us develop patriotism and Nationalism to protect and safeguard the Independence got to us by millions and millions of great heroes like Bose. This is the real homage we are paying for the great souls who have sacrificed for the nation.

*Jaihind! Bharath Maata ki Jai!*

*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

Swami Vivekananda Yoga Anusandhana Samsthana  
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Bengaluru, India



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- MSc in Yoga Therapy (MYT) - **Yoga and Life Science**
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## ब्रह्मसूत्रम् (Brahmasūtram)

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



This Adhikarana reiterates the role of Karma and Jnana in terms of achievement of absolute liberation. Several Vedic injunctions state that everyone needs to practice Karma (actions) lifelong; hence, the discussion regarding the role of Karma. The topic here is to deal with salient features of Purva and Uttara Meemamsa.

### सवपेक्षा च यज्ञादिश्रुतेः अश्ववत् (ब्रह्मसूत्रम्-३-४-२६)

Sarvāpekṣā ca yajñādiśruteḥ aśvavat (Brahmasūtram-3-4-26)

**Meaning:** *And there is the necessity of all works because the scriptures prescribe sacrifices, etc., (as means to the attainment of knowledge) even as the horse (is used to draw a chariot, and not for ploughing).*

Previous Sutras have already established that Karma is not very useful for Jnana. The question remains if Karma is absolutely useless for Jnana. As it is well-known that there are dual schools of thoughts on the Vedic interpretation; Purva Meemasa leans towards Karma Anushtanam (performance of actions), prescribing four types of actions (Nitya-daily, Naimittika- occasional, Kamyā- goal-oriented and Prayashcitta- remedial steps). On the other hand, Uttara Meemamsa focuses on Jnanam (wisdom), liberation through knowledge, Vidya (enlightenment).

Here the ambiguity is whether Karma has any value towards gaining Jnana or not. To answer this, the present Sutra says that even in the case of path of knowledge, actions are essential. But Karma helps in attaining knowledge indirectly while equipping mind by purification, focus and harmonious attitude towards life.

Considering these two schools of thoughts, Jaimini's emphatic approach makes him an advocate for Karma alone as essence of teachings of Vedas. For him Atmajnana, the knowledge of self is just not equivalent to the actions (Karma

prescribed in the Vedas). Maharshi Veda Vyasa takes a balancing line that action (Karma), contemplation (Dhyana) and wisdom (Jnanam) are arranged in a sequel and intertwined mutually. The climax of one's achievement happens to be a void state of mind and no actions need to be performed. While climbing a mountain after sailing with a boat in the water, one may not carry the boat on shoulder, as it is not a tool to climb a hill. A hiking stick could be the most relevant tool. At the final destination on the hill-station, one removes even the footwear and hiking stick at the door of sanctum sanctorum on the top of the mountain. So also is the role of Karma; when Karma's purpose is over, it could be left there and then itself. The very statements that Yajna etc need to be practiced throughout the life means that Yajna are nothing but internal and knowledge-fruited process, not just external physical actions only.

A statement from Brihadaranyaka says that "aspirers of Brahma engage themselves in everlasting practices such as Yajna (sacrifice), Daana (philanthropy) and Tapas (penance) - तमेतं p8 ▶▶

# Darsha Ishti



We are really very lucky to be a member of this university or rather we can say of this Gurukula. Here we achieve both Abhyudaya as well as Nihshresha. Abhyudaya is worldly prosperity and Nihshresha is ultimate reality. Along with the Educational Programs, we arrange some spiritual activities also now and then. Thus, the education we impart here is based on Indian culture and values. In other words, the education the students get here is the manifestation of the perfection which is already in the man. So as a part of our teaching and research program, the Division of Yoga and Spirituality organized the Darsha Ishti performance for three days, beginning from 1<sup>st</sup> Jan to 3<sup>rd</sup> Jan 2022. The priests headed by Yagneshwarji Selukar were invited from Gangakheda Maharashtra. The word Darsha

■ *Prof. Ramesh Chandra Panda, Dean, Division of Yoga - Spirituality, S-VYASA*



stands for Amavasya (New Moon day). So, this Ishti is performed on the next day of Amavasya that is on Pratipada of shuklapaksha, though first step of Ishti performance, Agni Manthana and Agnisthapana started on the previous day of Amavasya in the evening. On 2<sup>nd</sup> Jan the priests performed both morning Agnihotra and evening Agnihotra. On 3<sup>rd</sup> Jan after performing morning Agnihotra, they started the Ishti Yajna at 9.30 A.M and it continued up to 12.30 pm. The details of three days Ishti performance are given below.

1. In the first day morning they prepared a Vedi with five Kundas namely Garhapatya, Ahavaniya, Dakshinagni, Avasathya and Sabhya. As per the names of the three agnis the first three Kundas were prepared and the other two kundas namely Avasathya is for smarta activities and Sabhya kunda is for sakshi agni.
2. In the evening on the 1<sup>st</sup> day there was Agnimanthana and Agnisthapana. Through the procedure of Agnimanthana the priests



Yagneshwarji Selukar of Gangakheda, Maharashtra, performing Ishti





get this sacred fire for Ishti. Normal fire is not used in Ishti. On the second day (2-1-22) in the morning at 6.00 am there was Morning Agnihotra Homa where Ahutis (oblations) were given to the God Surya and Prajapati.

3. At 10.00 am Pitripinda daana Yajna was performed. Here Pindas were offered to ancestors who have already passed away. Their satisfaction is also taken care of by performing Ishti. However, this is prescribed only in the Ishti of new moon day not of full moon day.
4. At 5.00 pm on the same day Shrisukta Havana was performed, where more than two hundred people of our university including Hon'ble Guruji Dr. H. R. Nagendraji, Prof. Ramchandra Bhatji, Prof. Subhramaniyamji and our finance director Shri Dayanandji were present. In Shrisukta Havana the oblations are given to Lakshmi, the goddess of wealth, in order to get her blessings. This is not a part of Ishti.
5. On the third day (3-1-22) in the morning at 6.00 am morning Agnihotra Yajna was performed. This is the daily duty of every Agnihotri.
6. The main Ishti was performed at 9.30 am and it continued till 12.45 pm. In the Ishti, including Yajamana and Yajamana Patni, there were six Vaidikas who were doing their duties. The other four vaidikas were Brahma, Adhvaryu, Hota and agnidhra. Brahma is the observer of all the activities of



Dr. Ramachandra Bhatji, Guruji & Prof. Subrahmanyamji at Vajrashala

Yajna, Hota recites the Mantras, Adhvaryu performs the activities relating to Yajna and Agnidhra protects the Kundas and Agnis. So, he keeps a weapon with him.

7. The procedure adopted in Ishti is as follows:
  - a. **Paatrashadana:** purifications of different utensils and instruments to be used in the ISHTI is done in the beginning.
  - b. **Process for preparing Purodasha:** Triphalakarana cleaning the Atta (wheat flour) which is used for Purodasha. Preparation of Purodasha with the shape of half circle is made. There will be small holes as per the number of the pravaras of the Yajamana, Cooking of Purodash with the help of Garhapatya Agni is done after that.
  - c. Invites the Hota for the Yajna.
  - d. After that there are some small Yagas performed in Ahavaniya Kunda, e.g. Chakshusha Yaga where the ahutis are given to Agni Devata and Soma Devata.
  - e. Performance of Pancha Prayaja (samit, tanunapat, Ida and barhi)



Felicitation to Yagneshwarji Selukar and the Pandits with him



8. In Pradhana yaga the Devatas are Agni, Soma and Mahendra.
9. Swishtakrit yaga is performed at the end.
10. There is no Poornahuti in Ishti. After Avavritha Snana (taking bath with the water used in yajna) and vrata visarjana (ending the vrata, the Yajamana and Yajamana Patni observe for three days), the Ishti becomes completed.

### The Objectives of the Ishti:

- a. To satisfy different Gods by giving them oblations (Ahutis). When the Gods are satisfied then the creatures of the universe live happily.
- b. To purify the external world.
- c. To purify the internal body of human being.

Further, I can say that discipline and social integrity can be learned from the systematic shastric performance of Ishti. This point will be elucidated later.

### «p5 ब्रह्मसूत्रम् (Brahmasūtram)

वेदानुवचनेन ब्राह्मणा विविदिषन्ति यज्ञेन दानेन तपसाऽनाशकेन - बृ.उ.४.४.२२ (tametañi vedānuvacanena brāhmaṇā vividiṣanti yajñena dānena tapasā'nāśakena - Br.U.4.4.22). Karma's position is an auxiliary to Jnana. In the Sutra. An analogy to the horse conveys that even when a horse is capable to pull anything tied to its body, it will not be used to plough agricultural field by its merit, only bulls will be used in such cases. Similarly, Karma may equip a seeker to purify the mind and prepare to receive Jnanam, hence it is an indirect means for Jnana. Then the question remains what makes a man an eligible receiver of Jnanam? The very next sutra elaborates:

शमदमाद्युपेतः स्यात्तथापि तु  
तद्विधेस्तदङ्गतया तेषामवश्यानुष्ठेयत्वात् ॥२७॥

(śamadamādyupetaḥ syāttathāpi tu tadvidheta-  
daṅgatayā teṣāmanavaśyānuṣṭheyatvāt ॥ 27 ॥)

*But all the same (even though there is no injunction to do sacrificial acts to attain knowledge in the Brihadaranyaka text) one must possess serenity, self-control and the like, as these are enjoined as auxiliaries to knowledge and therefore have necessarily to be practised.*

If someone argues that Karma need not be auxiliary to Jnanam, as Shastras nowhere mandated their position, then the argument is that there are multiple times Shastras injuncted Yajna as a necessary component of life for all humans

belonging to various stages of life (Brahmacharya, Grihastha, Vanaprastha and Sannyasa). Yajnas acts as a purifier of mind, an indirect means of knowledge. Though there are innumerable tangible benefits of Yajna such as wealth, health, prosperity, hygiene, harmony, comforts etc., but ultimately in this process, Karma purifies the mind and six preparatory aspects of mind; 1. Samah (शमः), Mastery over the mind; 2. Damah (दमः), Control of the external senses, 3. Uparama (उपरमः) Observance of one's own dharma, 4. Titiksha (तितिक्षा), Endurance of opposites (heat and cold, pleasure and pain, etc), 5. Sraddha (श्रद्धा), Reverential Faith in the words of the Scriptures and the Guru, and 6. Samadhanam (समाधानं), Focussing or single-pointedness of the mind, for the ultimate liberation from all sorts of bondages. These will be manifested in the life of aspirer as a practical and visible signs.

When mind is purified, the actions performed through body, speech and mind will be evaporated naturally and gets equipped to acquire and hold the wisdom. Unprepared mind cannot stand the wisdom. Vidya (enlightenment) and Vividisha (preparedness) will the two aspects left in the entire journey to reach the destination. However, these two schools of thoughts are complementary. For the sake of clarity, they discuss, debate and summarise different angles of the process.

*to be continued...*



**79<sup>th</sup> Birthday celebration of  
Guruji Dr. H R Nagendra**

on Dec 29<sup>th</sup> 2021 (*Janma Nakshatra*)  
at Venkateshwaraswami Temple,  
JP Nagar, Bengaluru and

on 1<sup>st</sup> Jan 2022 (*Date of Birth*)  
in Prashanti Kutiram, Jigani, Bengaluru





## A heartfelt Tribute to our Geetha ji

Geetha ji, Prashanti's senior most karma yogi, left her mortal body on 11<sup>th</sup> January 2022 but her contributions to the development of the Organization of VYASA Movement have been exemplary and will stay with us for a very long time to come.

Geetha ji has set a fine example for all of us through her selfless work full of *shraddha* and *bhakti* with a mindset of total surrender for over three decades.

Geetha ji stepped in to Prashanti campus in February 1989. She worked relentlessly until 2018. Four decades ago, Prashanti Kutiram was just a start-up set up, brimming with ideas. The amenities and comforts were hard to come by. Year after year, new ideas, efforts and a strong will to work for the overall wellbeing of the community strengthened the organization and the present-day edifice called Prashanti Kuteeram of over 100 acres stands in all its glory and it is there for all of us to see. Geetha ji played a major part in all the endeavors of the institution.

Last three years were a bit of a struggle and challenge for Geetha ji due to age related ailments. Prashanti family members recall with heart full of gratitude, Geetha ji's sincere and selfless service for the growth of the institution.

She was highly disciplined and turned out near perfect work; she expected the juniors to imbibe values and qualities of dedication, sincerity, honesty and selfless work for the overall good of the community. Indeed, Geetha ji practiced tenets of the Bhagavad Gita truly - "Karmanyeva adhikaaraste maa phaleshu khadhachana"... i.e. belief in right to work, not to the fruits of such actions, with absolutely no expectations whatsoever.

Her intervention in all departments of the institution brought innumerable solutions. She brought to the table practical solutions rather than mere problems. Prashanti is truly blessed to have the presence of a noble soul such as Geetha ji.



She was always Grateful to God, Eager and Enthusiastic to complete the tasks that fell into her lap. She strongly believed in the Team work and encouraged her team mates to always take the work to the next level of perfection. From her point of view, there was always scope for improvement. She was Hospitable to the visitors, besides being Affectionate and hopeful of positive outcome of all initiatives of the institution.

All the highlighted alphabets in the paragraph, when put together, reads as GEETHA. That was our beloved, affable and motherly Geetha ji for every one of us.

She was a pillar of strength to many of us; she involved herself in all kinds of work as she believed in worshipping the work, a character synonymous with karma yogi. In her eyes, no work was small or big, easy or difficult. There was nothing untried or untested by her. She had her hand in the kitchen work, garden work, involved herself in maintenance department work, Purchases, cash counter and all other work that needed a push. She motivated and encouraged the young team, creating opportunities for all to learn the work meticulously. She would wholeheartedly celebrate festivals to create



awareness about the importance of rituals and culture.

Prashanti family owe a lot to Geetha ji for She was a fine role model of dedicated work culture that's worthy of emulation. Her work had the perfection of clockwork but she hardly looked at the clock for She always tried completing the tasks ahead of time.

Indeed, Geetha ji has truly lived up to the purpose God meant for her. We are sure God is mighty pleased with her dedication and humane qualities.

We at Prashanti Kuteeram pray for sadhgati to her Atma that's on its way to merge with the Paramatma.

Om Shanti.

## Reminiscences of Beloved Geetha Didi

■ *Subbu Bhaiya, Adhyatma Yoga, Bengaluru*

With the demise of beloved Geetha Didi, Prashanti Kutiram lost one of the senior most Karyakartas who had nurtured the plants that were sowed by Pujya Lakshmi Aunty and grown by Guruji and his associates like Mohanji and Dr. Nagarathna Didi. The plants that were nurtured by Geetha Didi were hospitality, student's welfare, welfare of Sevavratris and the campus culture.

When Prashanti Kutiram was at crossroads about two decades ago, transforming itself into a Yoga University from an Ashram, that too with only residential courses, mere a co-coordinator or a warden was not enough to take care of the students. The then students ranged from reputed Swamiji, doctors and teens. The most versatile Geetha Didi played multi-faceted responsibility of a course coordinator, a warden and above all a beloved mother. While she would never compromise on the Ashrama values, discipline and standards set by Lakshmi Aunty, the founder and the ideal leaders of the organisation like Guruji or Prof. N V C Swamy with all gaambhirya, yet she brought in the dimension of soulabhya by making us understand the why of such values in a friendly and jovial manner and made us to adhere to them in her own way of course with subtle relaxations wherever possible. It was not so easy for any of us to get an out pass from her; but at the same time she would manage to get us our weekly Karma Yoga quota of coffee from Prashanti's kitchen.

Can you imagine students getting to drink

Badam milk or malt and eating snacks to keep themselves relaxed while writing an university exam? Yes she made it possible!

As Prof. Swamy and many other seniors would call her, she was the Annapurneshwari of the campus.

Right from deciding the right menu for the right occasion, making appropriate menu for specific festivals, encouraging students to join the kitchen team to prepare the special cuisines of their respective states for their respective festivals and feeding the therapy participants with the suitable diet and taking at most care in athithi satkara, orienting the students in the science and shastra of serving, she had her stamp!

All our International Conference delegates would never forget her hospitality. Even now esteemed friends like MDNIY Director, Dr. Ishwar Basavaraddi reminiscence the heartfelt hospitality of beloved Geetha Didi.

April was a month of festivity for us at Prashanti as we would have the PDC camps for kids and Geetha Didi would be vibrant in organising special snacks in the evenings either from Prashanti Kitchen or Ananda Venkateshwa Bakery at Jigani. Dilpasand was our Didi's favorite always.

As we young students have all left homes and were staying long term in campus, she would never miss a chance to take us out to the city for a change whenever possible - It could be for



a discourse of Prof. Shastry ji or for an event of Guruji or any other spiritual event at the city. And it was a routine ritual that the vehicle would automatically stop on our way back at either SLV or Adigas restaurants for Masala Dosa and filter coffee.

Geetha Didi with the support of Surendraji got the big TV at the reception hall and would have spiritual movies or serials like Mahabharata shown daily nights after dinner for the relaxation of Sevavratris and staff. And she would never miss to be a part of it.

Geetha Didi was very keen and strict about observing and celebrating all festivals of religious importance in the campus; especially the festivals important for ladies like Varamahalakshmi or Gowri Vrata. Right from getting the appropriate things and Prasada as per shastra and planning about who all should be involved in the Puja and getting all that executed were all her priorities. When she saw that I had a taste and background of organising such festivals in a grand scale she whole heartedly encouraged me with all possible support which made us to shift the festivals from Vasishtha to the erstwhile Prarthana Mandira. This enabled not only a few to benefit from the pujas or festivals but the entire campus. In fact later when it turned out that I needed a separate room to store all Puja, decoration items and Dussehra dolls she made sure to get a spacious

room at Ashwini building for that.

The care that she gave to the girls at the campus needs a special mention. Though many would have felt at that time that she was intruding into their personal space or was over spying them, all of them thank beloved Geetha Didi for having protected them by giving the right directions at the right time.

No one can match Geetha Didi in her at highest respects and devotion to the organisation, the campus of Prashanti Kutiram and all the Gurus and seniors. She was certainly impartial in that regard. Not only that she had it in her, she did not fail to inculcate the sense and attitude of such high respect to the seniors amongst the staff and the students.

Having lived a life of dedication for more than three decades to the organisation, Geetha Didi was very determined to stay and serve the campus even after her official retirement and ailing ill health.

It is overwhelming to see that three of her sisters Jamuna, Jayashree and Meera Didi are also part of the Prashanti Pariwar.

All of us - Sevavratris, staff, students and therapy participants, always knew that we had a round the clock-all in all service station at room number 6 of Ashwini building. Especially there was an Avatara of Annapurneshwari!



Prashanti Kutiram, Jan 1<sup>st</sup>: **Send off to Shri Dattathri Raghu**, the Estate Manager of S-VYASA from the Prashanti Family. About 15 long years' service was much appreciated by all.

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



**Integrative Medicine  
and Optimal Immunity**

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

Hybrid  
Conference

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



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

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



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



## Short-term Online Courses February, 2022

SNo	Course	Conducted by	Starts on	Fee (₹)
1	Yoga for Ego and Greed Management	Dr. H R Nagendra	Feb 7	4500
2	Chair Yoga for Women	Mrs. Durga Manikandan	Feb 7	Free
3	Yoga for Anger Management	Dr. H R Nagendra	Feb 14	4500
4	Swaskosh Shuddhi Kriya Level-1	Mr. Rajesh Kanoi	Feb 15	Free
5	Introduction to Seven Chakras (Batch 3)	Dr. Divya B R	Feb 17	2200
6	Yoga for Memory Development	Dr. H R Nagendra	Feb 21	4500
7	Yoga For Concentration	Dr. H R Nagendra	Feb 28	4500
8	Introduction to Indian Music Therapy (Batch 10)	Dr. Karuna Nagarajan	Feb 28	2500

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

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

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

### Parallel Symposia

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

## Main Conference Program Highlights

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



Eminent Speakers of the Conference



**Dr. Ferid Murad**  
The Nobel Prize in Physiology or  
Medicine in 1998, University of Texas  
Medical School at Houston, TX, USA



**Dr. Lorenzo G Cohen**  
Professor, Department of General  
Oncology and the Integrative Medicine  
Department, The University of Texas



**Dr. H R Nagendra**  
Chancellor,  
S-VYASA Deemed to be University,  
Bangalore, India



**Dr. Bhushan Patwardhan**  
Interdisciplinary School of Health  
Sciences, Savitribai Phule Pune  
University, Pune, India



**Dr. Deanna Minich**  
Human Nutrition and Functional  
Medicine Graduate Program, University  
of Western States, Portland, Oregon, USA



**Dr. Darshan Mehta**  
Medical Director, Benson-Henry Institute  
for Mind Body Medicine, Massachusetts  
General Hospital, Boston, USA



**Dr. B R Ramakrishna**  
Vice Chancellor,  
S-VYASA Deemed to be University,  
Bangalore, India



**Dr. Manjunath N K**  
Pro Vice Chancellor & Director Research,  
S-VYASA Deemed to be University,  
Bangalore, India



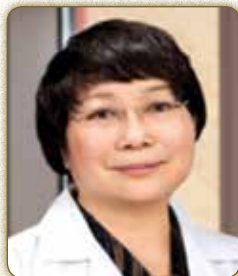
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Assistant Professor of Medicine, Harvard  
Medical School, Dept. of Medicine,  
Brigham and Women's Hospital



**Dr. Amit Sood**  
Executive Director, Global Center for  
Resiliency and Wellbeing, Rochester,  
Minnesota, USA



**Dr. V Ravi**  
Nodal Officer, State COVID Cell for  
Genetic Confirmation of SARS-CoV2,  
Bangalore, India



**Dr. Chenchen Wang**  
Director, Center for Complementary  
and Integrative Medicine, Tufts Medical  
Center, Boston, MA, USA



**Dr. Roshini Yapa**  
Director at nodMD,  
Phoenix, Arizona, USA



**Dr. Manjunatha M V**  
Associate Professor at NIMHANS,  
Bangalore, India



**Dr. Ashwini Godbole**  
Associate Professor, Centre for Ayurveda  
Biology and Holistic Nutrition,  
Bangalore, India



**Dr. Sayed Ahmed**  
Associate Professor, Pharmacognosy and  
Phytochemistry, Jamia Hamdard,  
New Delhi, India



**Dr. Akshay Anand**  
Professor, Neuroscience Research Lab,  
PGIMER, Chandigarh, India



**Dr. Sanjeev Rastogi**  
State Ayurvedic College and Hospital,  
Lucknow University, Lucknow, India

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

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

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





## Himalaya Yoga Olympiad

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

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

### Pre Conference Workshops

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

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

### Continuing Medical Education (CME)

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

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

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

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

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



## Continuing Medical Education (CME)

### Who can participate?

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

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

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

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

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

## Continuing Research Education (CRE)

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

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

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

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

## Continuing Yoga Education (CYE)

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

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

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



• **Pre-Conference Workshops - 20<sup>th</sup> - 24<sup>th</sup> May 2022**

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

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

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

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

### Conference Organizing Committee

**President:** Dr. H R Nagendra

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

**Organizing Secretary:** Dr. Sridhar Melukote K

**Joint Secretaries:** Dr. Pranesh Gudur  
Dr. Shree Varaprasad N S, Dr. Sony Kumari  
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**Delegate Registrations & Accommodation**  
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Dr. Nimisha B Raj, Dr. Shrijin Raj, Sri Narendra Shetty

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

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

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

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

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

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

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

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

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

**Media and Govt. Liaison:** Sri Raghu Bengaluru  
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Sri Murulidhara H D, Sri Elumalai, Sri Arijit Ghosh  
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**Volunteers & Coordinators:** Dr. Vasudeva Vaidya  
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## Conference Registration

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

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

## Contact

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cell: +91-70220 24777 | ph: +91-80-2263 9968 | e-mail: incofyra@svyasa.org  
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## Connecting the Dots - Building Healthy Society You and Your Health - Integrative Thinking

What a year it has been! What the last 22 months have been since COVID 19 became a pandemic. It has changed our thinking and future. A new NORM, a new chapter in our health care. This column engages for better health, and connecting the dots and building a healthy civil society through Integrative Thinking and best of east and best of west. It incorporates new vision for you and your health; before going further let me reemphasize, please protect and prevent and promote good health to reduce the impact of COVID. If not already done so, please vaccinate and protect your family, your friend, colleagues, and above all, yourself.

I am introducing the term of Integrative Thinking for this engagement. What do I mean by integrative thinking? It is how you think about your health in total. Is it connected to the environment or climate? Is it part of Prakarti? Is it the whole sum of your lifestyle and interactions? Western industrial reductive medicine (of which I am a practitioner) is excellent in addressing physical components. It treats each component individually the notion of integrative thinking to bring the whole concept of health as one and think of health integrated to nature, surroundings, family, friends, colleagues, and above all, you as a whole. Health is more than

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



the absence of disease and treatment than just an individual part of the physical body. Integrative thinking is to think about health as a total body and go deeper .The more profound journey is health as the sum of physical, mental, and emotional wellbeing and the product of total physical, mental, and intellect.

It is like a symphony, with all players, conductors, and musicians working with e purpose of creating beautiful music from individual notes. Similarly, integrative thinking allows us to think of ourselves and our health as the sum of all moments. Integrative thinking connects physical and deeper layers of mind and intellect to healthy living (Body-Mind and Intellect Medicine).

Post-Covid, this concept is making sense and talked about. The importance of self in fighting the virus became the main stream and reaffirmed the importance of you as the centre of your health. You are essential to your health and how you think about your health is the key to a healthy life. Industrial reductive medicine is based on external intervention, you are a passive player and follow interventions being done for you. These are crucial intervention and required for health, especially in acute illness. However as covid has shown, we had limited to no external tools to fight this new enemy SAR-Covid 2 virus. All interventions became part of you, washing hand, physical distance, there was no vaccination in early stage. You had to engage yourself in care. In addition of above, mental wellness became critical, prayers,



# arogyadhama

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the Guidance of

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Consultant

**Dr. R Nagarathna**

MBBS, MD, FRCP, MRCH, DSc



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meditation, promotion of healthy living (diet, sleep, stress,) became crucial. In other words, internal interventions of non-physical body and in Yogic Science astral body of pranic energy, Manamaya energy and intellect energy. I term this Integrative Medicine, fusion of best of East and best of West. And fusion of External and Internal interventions for better health, promotion of healthy living, prevention of illness and management of chronic diseases.

Integrative thinking also leads to Integrative Leadership. It allows you to be positive and successful, lead you to integrative health, the core of unifying medicine. It is most important in chronic day-to-day areas, where healthy living is critical - like living with chronic diseases such as diabetes and mental wellness. It is and even more critical, for promoting healthy living and preventing chronic disease (or at least delaying its onset). It is a critical component of reversing chronic diseases like diabetes. Till recently, we did not talk about reversing diabetes (Type 2). The power of integrative thinking is starting

to show that one can be maximise the benefit of external interventions. Internal intervention of astral body enhances awareness of sleep, nutrition, stress, and family relations - plays a crucial role in these chronic diseases.

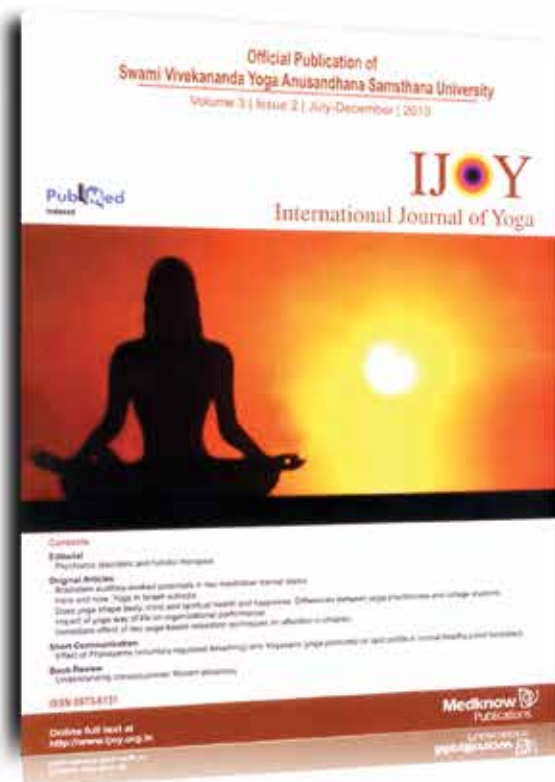
Thus, fusion of best of east (integrative Yogic Science) and best of west (reductive industrial scientific medicine) is the future and the change we must embark for healthy civil society.

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**Arun K Garg**, PhD, MD, FRCPC  
Medical Director, South Asian Health Institute, Fraser Health; Clinical Professor, Faculty of Medicine, UBC; Adjunct Professor Faculty of Health Sciences SFU; Distinguished Visiting Professor, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA); Executive Member, Global Association of Physicians of India Origin ([www.gapio.in](http://www.gapio.in)); Founding Chair, Canada India Network Society ([www.thecins.org](http://www.thecins.org))



Prashanti Kutiram, Jan 25: Guruji, Dr. H R Nagendra ji and Dr. R Nagarathana with **Dr. Srinivas B C**, Cardiologist, having experience of over 30 years, gave a **Speech** in a **Weekly Seminar** on 'Prevention of Heart-attack is a Myth or Reality'.



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# Loosen it or Lose it: Yoga based Physiotherapy

## Introduction

Physiotherapy is an integral part of any post-operative hospital procedure, be it a cardiac surgery or a few stitches to tidy over a deep cut in a hand. The patient, after the procedure, should learn to bring the healed system back to normal or near normal function. The deficiency in coordinated movement, range of motion and strength should all be restored through proper methods of physiotherapy. Further, in case of say, a joint replacement, the tendons, muscles activating the joint and related bones, the control of the muscle must all be rehabilitated precisely through properly designed exercises. Fortunately, large amount of detailed and insightful research has provided methods of physiotherapy required for rehabilitating each muscle group with positive outcomes.

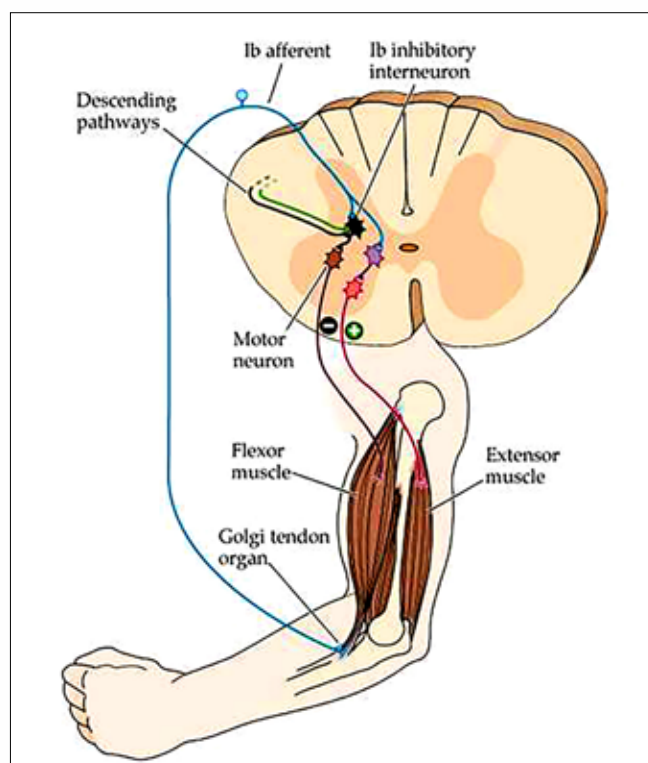


Fig 1: Anatomical landmarks in muscle control [1]

■ T M Srinivasan

Professor, Division of Yoga and  
Physical Sciences, S-VYASA



Fig 1 shows an outline of neurons that connect the brain to a skeletal muscle; there are numerous feedbacks from tendon, muscle and joint itself to the spinal cord and brain to maintain proper sequential movement in tact in a normal individual. If a joint function is lost and replaced through joint replacement or other operative procedures, the feedback information from muscles and joint will be compromised. Here is where rehabilitation methods through exercise and yoga become critical. Let us see briefly how we can achieve coordinated movement through an integration of these methods.

## Physiyo (go) Therapy

Integrating the principles of yoga in physiotherapy could result in an optimal therapy for the patient (Fig 2). Asanas can be performed either quickly (without lingering in any position) or slowly by maintaining a posture for a short time (say one minute). Further, we can let the person stay in a position and concentrate on stretching the muscles involved to the extent the person could tolerate the discomfort (read pain!). In the latter case, the muscles involved and the tendons are stretched to maximum extent. Hence, now we have a combination of movements to administer to the patient: slow stretch, fast stretch and maintaining the stretch of muscles. These combinations could be used fruitfully for rehabilitation of a joint or group of muscles to function better [please consult reference 2 for details].



## Muscle Dynamics

A normal functioning muscle should have the following characteristics: a) Strength; b) flexibility and mobility; c) coordinated movement; d) stability and, e) endurance. All these aspects should be brought back to a muscle or a joint with associated tendons and muscles. Loosening of the affected joint is very important; without such loosening a joint will freeze in a fixed position (post-operatively, for example). Hence, *physiyoga* program must be started as soon as possible after an intervention. Stretches practiced in asana practice are very important since they loosen the joint as well as bring control to the muscles involved. The two aspects of asana practice, namely stretch and isometric contraction at the final position of asana are thus vital to bring muscle back to proper coordinated functioning. These principles could also be introduced in rehabilitating patients with muscle tremor or muscle weakness.

## Conclusion

Physiyoga consists in combining principles of Yoga Asana practice and physiotherapy. One may say this combination could bring maximum benefit to the person going through post-operative rehabilitation. Scar tissues – both seen outside on the skin and inside – usually make a rigid platform providing stability of a joint and tissues around. However, the scar tissues also tend to make the joint rigid without its normal flexibility of movement. Take, for example, a shoulder replacement known technically as arthroplasty [3]. Post-surgical movement of the joint will be very painful and restricted. Let to itself, the joint will freeze in a neutral position and after a few weeks, it will be almost impossible to move the joint. Both gross and fine motor movements (such as writing) will be near impossible. The only way to prevent this is to start physiotherapy as soon as possible (with the advice of the surgeon, of course). Slow stretching of the joint in all directions, carrying small weights in hand while stretching, rotation, reaching out for an object etc should be tried out to the extent possible. Warming the joint before

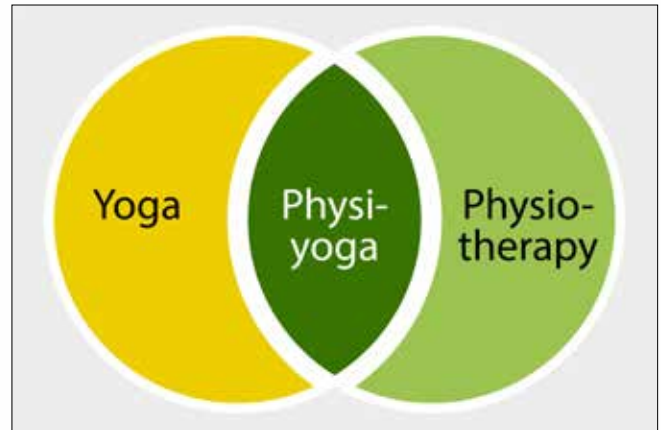


Fig 2: Intersection of Yoga and Physiotherapy

stretch will facilitate better extensions and less pain. A target should be set for every session of physiyoga, slowly extending the target every day and achieving near normal range of motion within a couple of months.

In all earlier examples, it is necessary to exercise caution. Improvements could take months and the final outcome may not be ideal, but useful to the patient. In elderly people, falling and breaking femur (the big thigh bone) is common. Here along with mobility, weight bearing is of importance. Extreme care is required from physiyoga therapists in evaluating and providing properly designed asana program. Chair based asanas and asanas while sitting and reclining in a bed should be incorporated based on the mobility and strength of the joint. Relaxation such as Yoga Nidra, good breathing practices along with meditation could also be included to let prana course through the body and bring healing to scarred parts of the individual. The mantra in all these is: loosen it before losing it!

## References and Notes

1. Credits: Wikipedia
2. T. M. Srinivasan, *Model, Methods and perspectives in Yoga*, Swami Vivekananda Yoga Prakashana, Bengaluru, 2017, p. 158-164.
3. Mayo Clinic website: "Shoulder replacement removes damaged areas of bone and replaces them with parts made of metal and plastic (implants). This surgery is called shoulder arthroplasty. The shoulder is a ball-and-socket joint. The round head (ball) of the upper arm bone fits into a shallow socket in the shoulder. Damage to the joint can cause pain, weakness and stiffness".



# In Pursuit of Happiness

■ Ms. Suman Ramesh, Online YIC Batch 8, S-VYASA

Often, we use this term but what exactly is happiness?

We have heard that it's a feeling that comes over us when life is going well and we can't help but smile. It's a sense of joy, wellbeing and contentment that we experience. But where can we find this?

Most of the time we are chasing the mirage of happiness because we try to associate it with objects of enjoyment. We fail to understand that happiness diminishes with repetition, it is subjective, varies from person to person, and the mental state or mood of the person.

To quote a few examples

- Just because I love Bengali sweets, if I had them every day, would I be really happy?
- I love traveling, but I can't expect my spouse to feel the same way.

We can come across innumerable examples in this way.

So, what exactly is happiness and where can we find it?

Happiness is being comfortable with oneself, accepting ourselves the way we are, resolving the issues of our past, making peace with them.

This is something that I have been trying to practice since January after I attended my yoga instructor course at S-VYASA University. I used to carry a lot of baggage from my past which harmed me more than helping me in any way. I realized that I was trying to exercise my control or blaming myself for everything that concerned me. Spending time with myself through introspection I realized that I can only act on what's in my sphere of control, to a certain extent



can only try to influence what's beyond mine and not in everything that I am concerned about.

For instance, I can only work on my present but can't change my past nor can I influence my future.

Taking one day at a time and living the right way to the fullest is all that we can do. No matter what, how, and whom we blame, we can't change our past.

I resolved my brother's demise, which was not in my control, and stopped blaming myself, forgave people who hurt me and belittled me but didn't forget the lessons they taught.

All these made me more humane, compassionate, and empathetic, in understanding the emotional needs of people and to reach out to them. Never have I been so comfortable, content and at peace with myself.

So, my new learning in life is: To be happy, start looking inwards, understand and accept yourself, don't compare your life with others, rather try to be a better version of yourself and learn to resolve your life, because it is yours. Start owning it.

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# Yogi Vivekananda - 10

The temple or tower of yoga has three components. The first and foremost component which is the very foundation of yogic edifice is moral uprightness. If the foundation is weak the whole palace of yogic heights is sure to collapse. The second most essential component is ethical excellence. Ethics is humanism. No yogi can afford to be immoral and unethical. Ethics is love of mankind, love of nature, love of environment and love of all species. In one word, it is *ahimsa*. In the name of yoga, one cannot afford to be selfish or greedy. Yoga cannot be used for money making and self-aggrandizement. Yoga is meant for strengthening moral practices and upholding service activities. The third component is spiritual sublimity. Spirituality does not mean escapism from reality. Spirituality means seeking the all-pervading divinity in everyone at all times and in all places.

Purity is power. Purity coupled with humanism is greater power. Purity and humanism crowned with spirituality is supreme power. Yoga is therefore a combination of purity, philanthropy, and spirituality. Swami Vivekananda almost in all his letters insists upon purity, which is nothing but character. Character is consistency in thought, word, and deed. Secrecy or deceitfulness has no place in the character. It is sinful to have any secret. Secrecy is different from privacy. If a person is in the washroom, there is nothing secret about it. It is private. Unless individuals practice this

■ Dr. K Subrahmanyam  
Advisor to Chancellor  
S-VYASA



transparency in life there cannot be any yogic growth. Mere transparency is insufficient. A stone is transparent in the sense, it is open. It has no feeling. Feelings are essentially available in every heart. They are both negative and positive. When the negative feelings are eliminated, and positive feelings are promoted, it is humanism. The essential feeling invariably available in every heart is love. When this love is combined with the purity of character, then it becomes selfless service for the wellbeing of all. Swami Vivekananda is not only of purity but also of humanism. Therefore, he is able to enter into the realms of spirituality. The great sentences of Vivekananda which are very popular now are: "Him I call a Mahatma, whose heart bleeds for the poor", and "Him I call a *Duratma*, traitor or *Drohi*, who having been educated at the cost of





millions and millions of people does not bear love for them". These two sentences clearly indicate yogi Vivekananda's humanism.

On the 11<sup>th</sup> September, because of humanism Swamiji has risen to the heights of universal brotherhood. His personality, magnetic looks, and attractive voice are secondary. His triumph at the parliament of religion is chiefly because of his purity of character manifesting itself in the physique and the humanism revealing itself in the voice. His metallic voice is appealing to all because of the all-embracing love. This love is due to his ability to see divinity in all.

That day when he became a messiah or a prophet and a global personality, he was visited by the rich people of Chicago. Many business magnets and senior officers visited him with gifts and delicacies. They all showered encomiums on

him. Swamiji was not interested either in the praises or in the gifts. He is all the while thinking of the mankind or the fellow human beings. He felt that he had no right to enjoy the pleasures of body when his fellowmen are starving without food and suffering without shelter or clothing. Therefore, he is a yogi. Today we consider him to be a great yogi not because of his life of a monk, but because of his life as a humanist. Girish Chandra Ghosh, a disciple of Sri Ramakrishna found out the essential trait of Swam Vivekananda to be humanism or love of mankind. In the footprints of Sri Rama, and Sri Krishna, Swami Vivekananda is full of love for society. Unfortunately, today yoga is confined to physical exercises for selfish purposes. As the followers of Swami Vivekananda, it is our duty to uphold moral uprightness, practice service activities and see God in everybody.

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# Omicron

## The beginning or the end of the pandemic?

*It is in the nature of a virus to mutate, or make errors in replication, presenting a number of variations that could either lessen or heighten the potency of the virus. The time for lockdowns has passed - the world is coming to terms with living with the virus and what that could mean for us. Omicron might be a milder variant but caution is advised, as entering another lockdown might not be the answer. Extra care is vital, more so with the emergence of florona, a combination of the influenza and Sars CoV2 viruses.*

Omicron has overtaken the Delta variant -- with the latest mutation of the coronavirus accounting for more than 70% of all cases the world over. This new variant poses a number of questions, including: Do we see another variant in the near future? If so, what can that mean for the general population? The idea of encountering another variant is not far-fetched since mutations are common with viruses.

The virus will always make errors as it reproduces. Those errors in replications are what we call mutations. Most mutations offer no advantage to the virus and some of them might even make the virus nonviable. Some mutations offer an advantage in transmission, and therefore to reproduce...The virus just wants to reproduce as much as possible. So there certainly can be

■ **Dr. N Prabhu Dev**  
Former VC, Bangalore University  
& Former Director, Jayadeva  
Institute of Cardiology



more mutations. And some can be lethal.

The Omicron variant has dominated headlines, prompted dramatic government reactions, and sparked a renewed interest in pandemic forecasts. Early opinions have veered from knee-jerk responses, worst-case scenarios to assertions that - as nothing can be said with certainty now.

### Learn to live with it?

Coronavirus will be the new flu virus we have to live with now! No matter the severity of the variant, the appetite for shutdowns or other large-scale social interventions simply isn't there. Early data indicates that the immediate epidemiological future is uncertain - it could be a mere few months of relatively mild inconvenience before Omicron goes out without a whimper. Whatever course Omicron or future strains of the disease - might take, we are about to experience the end of the pandemic as a social phenomenon.

This means that we have effectively given up





on ‘slowing the spread’ or ‘flattening the curve’. To a much greater degree than we did during previous waves, we have quietly decided to throw up our hands. Scientists have their own way of deciding that a pandemic is over. But one useful social-scientific marker is when people have gotten used to living with the ongoing presence of a particular pathogen. This is known as Virus Fatigue. By that definition, the massive surge of Omicron infections that is currently coursing through scores of developed countries without eliciting more than a half-hearted response marks the end of the pandemic as a social phenomenon.

Viruses are most dangerous when they are introduced into a population that has never had contact with them before. The more “immunologically naive” people there are, the more of them are likely to suffer from bad outcomes. Vaccines will lower the proportion of hospitalizations especially because Omicron is infecting lots of vaccinated people.

Vaccines are a triumph of hope and life over fear. They are the triumph of science over pathology!

India has administered more than one billion vaccine doses by October end. 73% of the total population have been given at least a single dose of the vaccine; close to 30% have received both doses and India is yet to start vaccinations of those under the age of 18. Vaccines for those in the 12-18 age group, Zy-CoV-D were approved on August 20 along with Bharath Biotech vaccine for the same age group!

Once a large portion of the population is exposed to Omicron, humanity will be a lot less immunologically naive, which might help us better handle future strains of the coronavirus without a significant increase in mortality.

## **An uncertain future**

What seemed likely earlier this month is now quite certain: A big Omicron wave is coming. A lot has changed for Omicron in just two weeks.

At December’s onset, the variant was barely present in Europe, showing up in 1 to 2 percent of COVID cases. Now, the variant accounts for 72 percent of new cases in London, where *e v e r y b o d y* seems to know somebody with COVID. In the U.K. and Denmark, Omicron case numbers are doubling every other day. The same exponential growth is happening in the United States too, in the midst of the holiday season.

We know enough about Omicron to understand that the time to act is now. It is the fifth variant of concern of Coronavirus. We know that it is more infectious but less virulent. For the record, Omicron is currently three to five times as transmissible as Delta. The most intriguing unknown— the one in which we might like to place our hopes— is that Omicron could be milder than Delta. But a milder, more transmissible virus can easily sicken so many people that it ends up increasing hospitalizations and stretching our ailing public health system.

Not every case will be mild, though, and even a small hospitalization rate on top of a huge case number will be a big number. Preliminary data suggests two doses of the Pfizer-BioNTech vaccine were 70 percent effective at preventing hospitalization from Omicron infections, down from 93 percent before as for Delta. If that holds, it’s a “huge decrease.





I am convinced 2020 was a cursed year, probably the worst in the history of human civilization. If any year ever feels like the worst, it's mostly because our brains have a tendency to judge the present more harshly. 2020, indeed tested us beyond measure.

2020 - We had barely got done greeting each other a happy new year, when COVID-19 engulfed the world. COVID-19 spread rapidly in its initial epicentre - Wuhan. Quickly spreading and affecting millions, a pandemic was declared by the WHO in early March. Fastforward a month; the virus had reached most parts of the world. From China to India, Italy to Spain and the USA to Honduras, SARSCoV- 2 was everywhere.

January 2020 we all hoped, marked the beginning of a brand new decade that we looked at with optimism hoping to be the best year of the new decade. But the months that went by were horrible. I kept wondering if the year could get any worse! The COVID was all

pervasive. Thousands lost their lives. Thousands lost their near and dear ones. Thousands were jobless. Millions of desperate migrant workers were stranded without work or food after the nationwide lockdown.

A virus unknown to the world a few months back brought the world to its knees - without anyone immune, no treatments, no vaccines, high transmission rates, long incubation period and high asymptomatic cases. Add politics and misinformation and now we have chaos.

The interplay of mutants and vaccines over the next couple of months will decide the future of COVID in India and the world. The intensity of the surge after the first wave suggests that there were a huge number of susceptible people. The grim spectre unfolding across India points at multiple failures - religion and personal behaviour.

**Courtesy:**  
<https://www.newstrailindia.com/inner.php?id=2115>



Yoga Instructor's Course (YIC) – Batch 223, Jan, 2022



## National Youth Day celebration in Prashanti 159<sup>th</sup> Birth Anniversary of Swami Vivekananda

National Youth Day was celebrated at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Deemed to be University along with celebration of the 159<sup>th</sup> Birth Anniversary of Swami Vivekananda on 12<sup>th</sup> January 2022. Prof. M K Sridhar, Registrar welcomed all the dignitaries and explained about Swami Vivekananda's everlasting messages which could inspire youths in particular and people in general.

Speaking on this occasion, Prof. K Subrahmanyam, Adviser to Hon'ble Chancellor said that Swami Vivekananda was a prophet, messiah, patriot, militant monk and a true Yogi. By hearing the name of Swami Vivekananda, one can remember his yogic contributions to youths which is upheld by twin dimensions of peacefulness and usefulness which are the two sides of the same coin. He further said that Yoga is a social necessity which strives to bring in equanimity, usefulness at physical state coupled with happiness from emotional, intellectual, social and at spiritual levels. He narrated the story of Mahabharata in which the service spirit of Dharmaraja was upheld where he said that



Chief Guest, Prof. Ramdev Bharadwaj



Chancellor, Dr. H R Nagendra

'Sewa' occupies a top most position in the yogic academia.

Chief Guest, Prof. Ramdev Bharadwaj, Professor Emeritus, S-VYASA and Former Vice-Chancellor of Atal Bihari Vajpayee National Hindi University, Bhopal, Madhya Pradesh, greeted all on the occasion of National Youth Day and said that Swami Vivekananda was a potent force in the country among youths who aspired



Book Release - 'Yoga-Yugadharma-Karika', a Sanskrit anthology of poems by Prof. Ramachandra G Bhat



for Sewa, and for societal welfare, personality development and which finally leads to Nation building. He said that the message of Swami Vivekananda was very clear which were directed towards self-development, psychological development, sympathy, empathy, fearlessness and upliftment of downtrodden. He also gave a call to all the students and youths to shun negativity, fear, evils against women and have a clear mind to reform themselves for building a strong nation.

Dr. H R Nagendra ji, Hon'ble Chancellor, S-VYASA in his presidential address explained the Guru Parampara of Ramakrishna order carried out by Ramakrishna Mission and Sharada Mission. He said that Vivekananda Kendra has attracted the spiritual seekers from all the corners. He said that Swami Vivekananda through his messages brought transformation among youth and society where he said that 'each soul is potentially divine and the goal of life should be to manifest the divinity already present in man' followed by the 'real goal of education should be art of man making and nation building which is also the true essence of Yoga'. He elucidated that in educational stream the essence of Yoga should be personality development, in management it is called Total Quality Management (TQM) and Vedantic Management aspect, in science the parameters of Yogic research should go beyond

the physical world and reach the consciousness level, and at financial level the essence and goal of Yoga should be integrity in wealth accumulation, at societal level the essence and goal of Yoga should be bringing bliss and eternal happiness. In his concluding remarks he said that the National Education Policy-2020 is directed completely towards Nation building process through skill based education system with research on ancient knowledge systems of our country through practicality, innovation, creativity and other good qualities. He gave a call to all the students of S-VYASA and Yoga Bandhus to make the great event of 75 lakh Suryanamaskara programme on 14<sup>th</sup> & 15<sup>th</sup> January, 2022 organised by Ministry of AYUSH, GoI in coordination with other National agencies a grand success.

The dignitaries released 'Yoga-Yugadharma-Karika' a Sanskrit anthology of poems written by Prof. Ramachandra G Bhat, Director-Veda Vijgyan Gurukulam and Former Vice-Chancellor, S-VYASA. Prof. Ramachandra G Bhat ji recited a poem on Swami Vivekananda his virtues, thoughts on Vedanta, Yoga and Yagaparampara.

Dr. Sony Kumari, Dean of Academics proposed a hearty Vote of thanks to all the dignitaries, teaching and non-teaching staff and students who had participated in the programme. The programme concluded with Shanti Mantra.

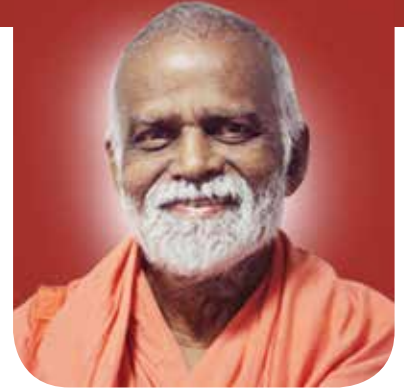


Jan 6: **Dr. Sanjay Raghav**, MD, FRACP, visited to TSYNM, S-VYASA Deemed to be University and delivered a **Lecture on Parkinson's Disease & its Integrative Management** to the final year students of BNYS. Dr. Sanjay Raghav is a neurologist and movement disorders specialist. He is an Associate Professor at RMIT and senior lecturer at Monash University. He is a senior consultant neurologist at Monash Medical Centre and Frankston hospital. His main area of interest and experts is Parkinson's disease, tremors, tics, dystonia, progressive supranuclear palsy and restless leg syndrome.

# Upcoming Shibirs & Retreats in Prashanti

## Atma Parishodhana Shibir

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- Highlight of the Session:  
**Meditation in the serene atmosphere of Prashanti**
- Course by: **Smt. Annapurna**



## Spiritual Retreat



- 1 week long course to introduce the **Holistic Vision of Yoga-Spirituality**
- Eligibility - **16+ yrs age group**
- Starts on - **Second Friday of every month**
- Sessions from **5:00 am to 10:00 am** daily
- **Theory Portions:**  
Message of Upanishads, Concept of Dharma
- **Practice includes:** Asanas, Pranayama, Cyclic Meditation, Bhajans, Maitri Milan, Karma Yoga in Goushala
- Course by: **Dr. H R Nagendra & team**
- Course Fee: **₹ 10,500** (including Boarding & Lodging in shared Accommodation/ Special Individual Meditation Rooms)

## Yoga Intensive

- 1 week course on **Advanced Asanas and Nauli Kriya**
- **Eligibility:** Only to those who have practiced basic Asanas and are willing to undergo advanced practices
- Duration - **31<sup>st</sup> Dec 2021 evening - 6<sup>th</sup> Jan 2022 evening** (participants can leave the campus on 6<sup>th</sup> evening/ 7<sup>th</sup> morning)
- Course by: **Smt. Bhagyashree & Sri Satish**
- Course Fee: **₹ 10,500** (including Boarding & Lodging in shared Accommodation/ Special Individual Meditation Rooms)

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







**Birthday Wishes to Guruji**  
from Mrs. Prema Arun,  
Yoga City, Muscat,  
VYASA – Oman Centre.

## All India Inter-University Yogasana at KIIT University 4<sup>th</sup> Place for S-VYASA Students

S-VYASA Students secured 4<sup>th</sup> place in All India Inter-University Yogasana (team championship) held at Kalinga Institute of Industrial Technology, (Deemed-to-be University) Bhubaneswar, affiliated to Association of Indian Universities, during Dec 25 - 28, 2021.

**Student Contingent:** Aditya Prakash Jangam of BNYS 1<sup>st</sup> Year, Garvit Dubey of BSc 1<sup>st</sup> Sem, Sanket Lingayat of MSc 1<sup>st</sup> Sem, Varun Patel of BSc 5<sup>th</sup> Sem, Rudra Prasad of MSc 1<sup>st</sup> Sem and Jegathkrishnan of BNYS 2<sup>nd</sup> Year.

Jan 12: Prof. K Subrahmanyam, Adviser to Hon'ble Chancellor; Dr. H R Nagendra, Chancellor of S-VYASA and Prof. Ramdev Bharadwaj, Professor Emeritus, S-VYASA and Former Vice-Chancellor of Atal Bihari Vajpayee National Hindi University, Bhopal, gave the Yoga Championship Certificates to Sri Kiran Kumar, Asst. Director, Physical Education, S-VYASA, on behalf of all the students, during Vivekananda Jayanti & National Youth Day celebrations held on Jan 12<sup>th</sup> in Prashanti Kutiram.





**Karma Yoga by the Students of BNYS and Sushruta Ayurvedic Medical College & Hospital.**

## Dirghayuh Treatment Centre: 20<sup>th</sup> Annual Celebration

**Kalyan, Jan 26<sup>th</sup>:** Dirghayuh Treatment Centre celebrated its 20<sup>th</sup> Annual Function online with its team and participants in the auspicious presence of our beloved Guruji and Nagrathna Didi.

On this day, Guruji did the virtual launch of our new project on Garbh Samskar and Nagrathna Didi gave her blessings for the project. Other highlights are - Dr. Amit Mishra (BAMS, PhD Yoga) the Director of the Centre, threw some light on how to increase children immunity during this pandemic and why is it important,

Mrs. Aruna Hamirwasia (MSc Yoga) gave a presentation on Ante Natal Yoga, Mrs. Neetu Saini (MSc Yoga) presented on Pre-Natal Yoga.

Dirghayuh Treatment Centre Bharati Purohit Yoga Samsthan is affiliated to Vivekanand Yoga Anusandhan Samsthana under S-VYASA Deemed to be University, Bengaluru. From the past 20 years Dirghayu Treatment Centre is dedicatedly giving effective treatments to its participants with the integrated approach of Ayurveda and Yoga Therapies.



Prashanti Kutiram, Jan 2: **Sri Sukta Havan** was performed by the inmates of Prashanti

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