

# YOGA SUDHA

A Monthly Journal of SVYASA (Deemed to be University)



## VMAC-VTR

Varahamihira  
Advanced Centre of  
Vedic Technology  
Research



**Launched in Prashanti  
the Headquarters of S-VYASA**

A Week long 'Yoga Yaga - Kala Saptah'  
Seminar on Varahamihira were organised



## योग प्रमाणीकरण मंडल

आयुष मंत्रालय, भारत सरकार  
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**F.N:- 6-13/MDNIY/YCI/Board/AC/2018/180**

**Dated 22.07.2022**

### **Subject: Confirmation of approval as a Leading Yoga Institution-Reg:**

Respected Guru ji,

Pranams!

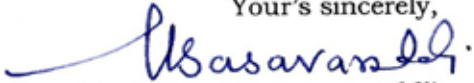
Please refer to your application dated 30.Nov.2021 for accreditation of Vivekananda Yoga Anusandhana Samsthana (VYASA) as Leading Yoga Institute with Yoga Certification Board (YCB). This is to inform you that YCB Assessment Committee meeting held on 19.05.2022 has approved your Institution as a Leading Yoga Institution (LYI). The same has also been approved by the Secretary, Ministry of Ayush, Government of India in his capacity as Chairperson of Yoga Certification Board.

The validity period of Vivekananda Yoga Anusandhana Samsthana (VYASA) as Leading Yoga Institute is from 22.07.2022 to 21.07.2032. The validity of the approved Leading Yoga Institution will depend on compliance to the prescribed standards and guidelines of the Yoga Certification Board from time to time.

Certificate and scope of accreditation of your Institute will be sent separately.

With kind regards,

Your's sincerely,

  
**(Dr. Ishwar V. Basavaraddi) 22/7**  
HoI, YCB and Director, MDNIY

To,

**Dr. H.R.Nagendra**  
Founder- President  
Vivekananda Yoga Anusandhana Samsthana (VYASA)  
19, Eknath Bhavan, Gavipuram Circle,  
K G Nagar, Bengaluru - 560 019

तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

# योगज्ञान सप्तम

Vol. XXXVIII No.8 August, 2022

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# EDITORIAL



*My dear Brothers and Sisters,*

'Azadi Ka Amrit Mahotsav (AKAM)' is a flagship initiative of the Government of India, which has been launched to commemorate 75 years of India's independence. This Mahotsav is dedicated to the people of India who have not only been instrumental in bringing India thus far in its evolutionary journey but also hold within them the power and potential to enable the spirit of Aatmanirbhar Bharat. The objective of AKAM is to recreate and renew the patriotic fervour of the independence movement, to recall the contribution of the freedom fighters, especially the unsung heroes of India's independence; to spotlight and instil a sense of pride in the country's achievements; and to shape a vision and roadmap for India's future.

To achieve this objective S-VYASA planned for **Yoga Teachers Programs** as follows:

- Yoga for Eye Sight Improvement
- Yoga for Voice Culture

- Yoga for Physical Stamina Development
- Yoga for Memory Development
- Yoga for IQ Development
- Yoga for Creativity Development
- Yoga for Stress Management
- Yoga for Ego and Greed Management
- Yoga for Anger Management
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- Yoga for the Development of Civic Sense
- Yoga for Instilling National Awareness
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■ *Dr H R Nagendra*



# Message from the Vice Chancellor

*Dear Brothers and Sisters,*

Greetings from the desk of the Vice Chancellor

India's Democracy and Socio - religious fabrics have been very strong since long time. This is rather inherited in our genes to raise beyond caste, religion, region and race. This has been exhibited by our Hon'ble Prime Minister, Sri Narendra Modi ji and NDA while choosing Hon'ble Smt. Draupadi Murmu ji as the President of the Republic of India. She hails from the most rural, tribal and backward class family from the state of Jharkhand. She has her credibility and experience as a teacher, administrator, politician, social worker and beyond all these she has been a practitioner of Yoga in its real meaning.

She has served in different capacities both at the state and central Government positions.

She has served as the Governor of Jharkhand till she was selected for the big position. She has been known for her simplicity, transparency and commitment to the marginalised community.

She has taken oath as the first citizen of India on 25<sup>th</sup> of July 2022 and will continue to be the custodian and caretaker of the traditions, culture, values and the constitutional responsibilities of our country for 5 years. I whole heartedly express my heart felt Abhinandans and Pranams to the most



respected Honourable President of India, Smt. Draupadi Murmu ji and also wish her good health and easy functioning during her tenure as the president of India.

I am sure that she will reinforce the basic fabrics of our country, Praja Prabhuthva, Sarva Dharma Sama Bhava, Ekaathma Maanavtha, Vishwa Bhrathrthva, Sthree Sammaan, Deena Dalitha Puraskar and Raasteeyatha Bhaava.

I once again wish her all the best on behalf of the entire Yoga fraternity.

*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





## Brahmarshi Patriji

Founder, Pyramid Spiritual Societies Movement

11.11.1947 - 24.07.2022

“Death is only a Transition...  
not Tragedy.  
That is Spirituality”

— Brahmarshi Patriji —

### **Brahmarshi Subhash Patrji**

*A simple concerned individual - creating a Global Spiritual Movement in just Four Decades-Simplifying Meditation-Accessible to Common Man. Creating A Massive Pyramid Meditation Movement - Travelling constantly from Home to Home, Village to Village, Country to Country spreading Meditation and Plant Based Diet to Millions across the Globe - to all irrespective of caste, colour, religion and nationality - left his body on July 24<sup>th</sup> evening at the age of 75.*

**S-VYASA family pays humble tributes  
and prays for Sadgati.**



# Launching Ceremony of Varahamihira Advance Centre of Vedic Technology Research



**Launching Ceremony of VMAC - VTR:** Prof. K Subrahmanyam, Dr. D R Kartikeyan, Sri Surya Pratap Shahi ji, Dr. H R Nagendra, H H Jagadguru Sri Sri Sri Jayendra Puri Mahaswamiji, Dr. B R Ramakrishna, Dr. Manjunath N K, Prof. M K Sridhar & Prof. Ramesh Chandra Panda – *can be seen*

Varahamihira Advance Centre of Vedic Technology Research, was launched on Wednesday, 13.07.2022, on the auspicious occasion of Guru Purnima and Vyasa Purnima in the divine presence of H H Jagadguru Sri Sri Sri Jayendra Puri Mahaswamiji, Padasevaka Peethadhipathi, Sri Kailash Ashram Mahasamsthan, Rajarajeshwarinagar, Bangalore. Swamiji in his address congratulated Dr. H R Nagendra for taking this initiative in doing fundamental research related to Vedic technology, Vedanga Jyotisha, Indian astrology and astronomy. He explained about

the importance and value of zero (0) leading to Parardha ( $10^{12}$ ). He brought out the concept of time from one Kshana to Parardha and Yugas according to Indian mathematicians, astronomers and puranas. Parardha refers to half day in the life of Brahman, who created the Yajna and Yaga, which is being continued even now in India, through Guru Shishya Parampara and Vedic Gurukula system. Swamiji mentioned about the aspect of meditation as reflected in the medical texts of Charaka and Sushruta, these have to be explored and researched from a modern scientific angle. Swamiji had all praise for the University in keeping giant strides in the field of Yaga and Yoga and blessed that Varahamihira Advance Centre of Vedic Technology Research would make singular contributions in the future.

Prof. Ramesh Chandra Panda, Dean, Division of Yoga - Spirituality explained about the etymology of the word Guru Purnima, who dispels darkness and ignorance and usher in light and knowledge. The professor said that the word Guru is not just a word, but a thought to be nurtured by all.

Dr. H R Nagendra, Chancellor, in his introductory remark regarding Varahamihira



H H Jagadguru Sri Sri Sri Jayendra Puri Mahaswamiji



Felicitation to Dr. D R Kartikeyan

Advance Centre of Vedic Technology Research, said that, what sage Patanjali did for Yoga, Sanskrit language and Medicine, Varahamihira to Vedic astronomy, mathematics and astrology. The proposed center would take fundamental research regarding how astrological and astronomical aspects could drive away NCDs, alter the behaviour of human beings apart from literary research.

Sri Surya Pratap Shahi ji, Hon'ble Minister of Agriculture, Govt. of Uttar Pradesh, in his speech told that the Chancellor has dedicated his entire life for Yoga, Yaga and Social service. He mentioned that he had come here to learn Yoga as a student under tutelage of Sri H P Shesadriji, Sri Madanji and Dr. H R Nagendra. He paid rich tributes to Varahamihira for the study of stars, establishing observatory 1500 years ago, which is amazing and far advanced. He gave advice to students that they are fortunate to be here and for learning the ancient Indian wisdom with modern relevance. They would understand about this University better, when they go abroad as this is the first and foremost University in the world propagating Yogic sciences.

The Hon'ble Prime Minister as per the advice of Yoga gurus initiated the International Yoga Day now being celebrated globally. The Uttar Pradesh is fortunate to have river Ganga, whose pollution had reached high levels and thanks to Prime Minister, Shri Narendra Modiji for initiating of "Namami Ganga" project in rejuvenating it. The Prime Minister also has mooted the implementation of ancient Indian

agricultural system in Uttar Pradesh, which can also be taken up in Karnataka.

Dr. D R Kartikeyan, Former Director General of CBI and Former Chairman of NHRC, Govt. of India, quoted about the importance of Sanskrit and Vedas according to Pandit Jawaharlal Nehru. He said that, in 2002 in Lisbon, Portugal, IDY was celebrated by Swamiji, which crystalized during Shri Narendra Modi's time. Dr. D R Kartikeyan said that even amidst materialistic pleasures, modern people and youth are suffering from variety of stress and happiness. Modern education and technology have failed to drive away stress. Yoga and Meditation have the power to drive away stress and bring happiness and peace. He appealed to the youth to practice these two as regular life styles. On the occasion, a booklet titled "Varahamihira - Life, Date & Contribution" written by Dr. H R Nagendra, Prof. Sridhar M K and Dr. Ramachandra G Bhat was released by dignitaries. Dr. Srigowri, Asst. prof., BNYS student team sang Gurupaduka stotram of Sri Shankaracharya. Dr. B R Ramakrishna welcomed the dignitaries and elaborated upon the importance of Guru Purnima and Azadi ka Amrit Mahotsav. Prof. M K Sridhar proposed hearty vote of thanks. Ms. Karishma queen Saikia, MSc. Student compeered the program.



Felicitation to  
Sri Surya Pratap Shahi ji







# S-VYASA

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



Division of Yoga-Spirituality



## VMAC-VTR

Varahamihira  
Advanced Centre of  
Vedic Technology  
Research

**Launching soon**  
in S-VYASA Headquarters, 'Prashanti Kutiram'

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

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

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

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

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

### Courses offered:

**Certificate Program  
in Medical Astrology  
(CPMA) 1 month/ 6 months**

**Diploma Program  
in Medical Astrology  
(DPMA) 6 months**

**MSc-YVT  
(Yoga & Vedic Therapy) 2 yrs**

**BSc-YVT (as per NEP)  
(Yoga & Vedic Therapy) 4 yrs**

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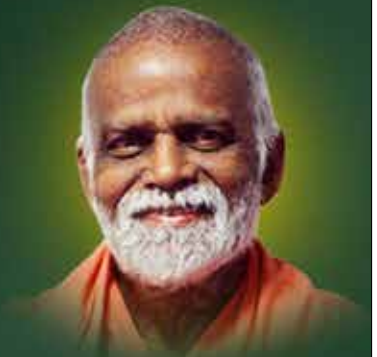


# Atma Parishodhana Yoga Sadhana Saptaha

- **7 days exclusive Meditation Program** designed by Pujya Swami Prajnaranyaji based on ancient teaching of the Upanishad and modern scientific evidences.
- It is a residential program under guidance of highly experienced and senior disciple of Prajnaranya Swamiji.

### Course details:

- 2 Courses are conducted every month starting on 2<sup>nd</sup> and 4<sup>th</sup> Wednesday
- There is no Fees or Charges for the Courses, only Accommodation and Food Charges are applicable.



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## 'Yoga Yaga - Kala Saptah' A Seminar on Varahamihira



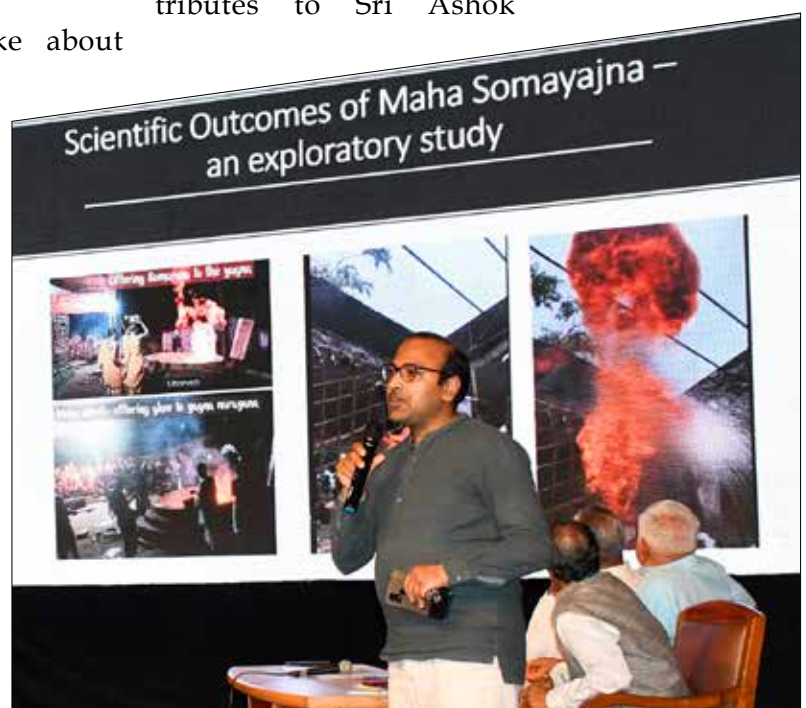
As a part of 'Yoga Yaga- Kala Saptah' a Seminar on Varahamihira was organised on Thursday, 14.07.2022 in Mangal Mandir. Dr. H R Nagendra, Chancellor gave the introductory remarks & said that Varahamihira's mathematical contributions might have led to Einstein special & general theory of relativity. His predictions about people based on their horoscope had come true including earthquakes.

Prof. M K Sridhar, Registrar spoke about the life, date, works, significant contributions of Varahamihira & his encyclopaedic work Brihat Samhita. Dr. Ramachandra G Bhat, Former Vice-Chancellor, spoke about the importance of Vedanga Jyotisha & how it has become relevant even now.

Prof. K Subrahmanyam, Adviser to Hon'ble Chancellor, Dr. Prahlada Ramarao, Pro-Chancellor, Mr. Dilip Kumar Surana, Industrialist & Prof. R C Panda, Dean, Division of Yoga & Spirituality were the panellists. Dr. Manjunath Gururaj, Associate Professor compeered the program.

### Research findings:

As a part of the launch of Varahamihira Advance Centre of Vedic Technology Research and way forward, a stage program was organized. Sri Nagendra T Ranapur and his party sang the invocation song. Dr. N K Manjunath Sharma, Pro-Vice Chancellor and Director of Anveshana Research Lab invited the guests. He paid rich tributes to Sri Ashok





Soota, Executive Chairman, Happiness Minds Technologies Ltd., one of the pioneering Indian IT industry. He told that, Sri Ashok Soota through his SKAN, a non-profit organization has funded generously to SVYASA for doing medical research on ageing, neurological disorders, for which 2000 people will be interviewed across the length and breadth of India and data will be collected. The post survey session will be followed up with counselling, treatment and adherence to Yoga for a long period of time by participants.

Dr. H R Nagendra, Hon'ble Vice-Chancellor in his introductory speech elaborated upon integrative approach of Yoga Therapy for curing non-communicable diseases. In this regard RESET, Mumbai has developed an Aayu app in collaboration with S-VYASA through which people can log in and get counselling. The Varahamihira Advance Centre of Vedic Technology Research will do research related to NCDs, stroke by examining the horoscope of participants and find out at the gene level cause for such diseases. Dr. Deepeshwar Singh, Associate Professor presented the research findings of Maha Soma Yaga and Vedic Chanting, which was conducted in the second week of May 2022. He explained the methods, interventions, applications and contemporary relevance of this ongoing research.

The Chief guest Sri Ashok Soota, Executive

Chairman, Happiness Minds Technologies Ltd., emphasized on the research to be taken up related to mind, mindfulness. He said that, we should explore the knowledge from all quarters, address the attitudinal changes of people, especially the youth. They should be inculcated with value such as gratitude, happiness and charity etc. He told that the innate power of the mind is extraordinary and the right and positive mind leads a person to health, happiness and gratitude and a pro-active mind can reverse diseases. Further he said that western psychopathy is not fully effective and it should be combined with AYUSH life style.

Dr. D R Kartikeyan, Former Director General, CBI, and Former Chairman, NHRC, Govt. of India said that integrative medicine as promoted by Dr. H R Nagendra and Dr. R Nagarathna for saving lives of critically ill people has been successful. Prof. K Subrahmanyam told that S-VYASA has given academic status to Yoga, Vedic Technology, in generating employment and bringing most distinguished people to the campus.

Prof. M K Sridhar, Registrar offered grateful thanks to Sri Ashok Soota for his generous donation and all who had assembled there. Sri Ashok Soota and Mr. David Karedan, Managing Director, Ashirvad Trust, Trustee, Vice-Chairman, Happiness Minds were felicitated.



**Sri Swami Siddhananda ji**, Founder of Samvit Sagar Trust, Chennai, visited Prashanti Kutiram on July 23<sup>rd</sup> and met the Hon'ble Chancellor, Dr. H R Nagendra ji.



## 'Yoga Yaga - Kala Saptah' Havana Malika

Every day Homa was organised in the morning in Yoga Vinayaka Temple premises from 5:30 am to 8:00 am. The young priests & students of Veda Vijnana Gurukulam, Chennenahalli led by Vidwan Dr. Mahabaleshwar Bhat conducted these Homas.

Date	Homa
July 13	Navagraha Homa & Ganapati Homa
July 14	Yoga Dakshinamurthy Homa & Saraswati Homa
July 15	Mahalakshimi Homa & Srisukta Homa
July 16	Navagraha Shanti Homa
July 17	Sudarshana Homa
July 18	Mrityunjaya Homa
July 19	Ashlesha-Sarpa Shanti
July 20	Dhanvantari Homa





# S-VYASA

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Division of Yoga-Spirituality

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Retreat

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- As they dwell deep in their sadhana they will gain the art for getting at Happiness more and more.
- The program involves morning Yoga Practices, Lectures, Interactive Sessions, Contemplative Write-ups, Q&A and Guidance to Solve the Challenges to go deeper.

### Course details:

- **Retreat by:** Dr. H R Nagendra & Swami Shuddhananda
- **1<sup>st</sup> – 7<sup>th</sup> Sept 2022**
- in 'Prashanti Kutiram', S-VYASA Headquarters, Jigani, Bengaluru – 560 105
- **Retreat Fee: ₹ 10,000** (inclusive of Boarding & Lodging in Dormitory or Small 6ft \* 10ft Rooms in Saadhana & Samvit Buildings, Healthy Vegetarian Food suited for growth in Meditation)

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apply online & visit: [www.svyasa.edu.in](http://www.svyasa.edu.in)



# Yoga Yaga Kala Saptah

## A Report of Cultural Programs

to celebrate the launch of  
**Varaha Mihira Advanced Center of Vedic Technology Research  
and Azadi Ka Amrit Mahotsav**

Saraswati with her veena is the goddess of music. Narada and Ravana are accomplished musicians; Gandharvas are presented as spirits who are musical masters, and the gandharva style looks to music. Gandharva veda, is the upaveda of the "Sama Veda,". It is the study of all art forms including music, dance and poetry. This Vedic text contains information about the laws and ways to practice music as well as how music works as a therapy to heal the body and soul. This is effectively used in meditation as it helps the yogi transcend to the innermost level of the mind. While Veenadhara Dakshinamurthy is the teacher of Music and arts, Nataraja is the Lord of Dance and divinities like Ganapati, Skanda, Kali, Saraswati, Krishna have their nritya-murti - dance forms. The story of the gopis dancing with Sri Krishna is nothing but an allegory of the humane soul dancing with the Infinite, the jiva's union with Paramatman. The seven-day cultural program every evening from 5 30 pm to 7 30 pm as a part of the "Yoga Yaga Kala Saptah" were designed to express and experience Bhakti Yoga.

### July 13: **Bhajan by Sri Mysuru Ramchandra Acharya & Team**

Kannada Bhajans were sung by Sri Mysuru Ramachandra Acharya with great devotion and eloquence set in rhythmic tunes that touched the hearts of the audience. The Bhajans were complimented with many posters of relevant deities and their various forms with pilgrimage significance of India. The repetitive chanting of 'Vittala Vittala' let the audience drenched in Bhakti. The Dasara Padagalu and bhajans were dedicated to deities like Ganesha, Rama, Krishna, Laksmi, Hanuman and Raghavendra Swamigalu. The bhajans being interactive, the audience were invited to compliment with singing and dancing.

### July 14: **Nama Sankeertana and Bhajans by Smt. Triveni D Madhusudan & Team**

A team of fifty ladies led by Smt. Triveni Madhusudan started a procession with singing





Smt. Jyothi Shastri and Team and Gayathri Yakshagana Mandali, Theerthahalli presented a 'Katha Prasanga' titled as, 'Narendra Vijaya', an imaginative narration based on life and events of India's Prime Minister Narendra Modi ji. Written by Jyothi Shastri who also played the character of Modiji, the others of Mummela (actors who speak and dance are called the mummela) were Jyothi Shastri, Varada Aithal, Mayuri Upadhyaya, Nirmala Golikoppa, Savitha Bhat, Sharvani Bhat, Nalini Rao, Disha Joise, Mallika Raghavendra Bhat and others.



Those who were part of the Himmela (background music) are, Bhagavatar (the main singer) Nagesh Kulal Nagarakodige, Maddala - the percussion instrument by Ajneya Bhat and Chande - the drum was played by Kiran Bhat. Makeup and Costumes were designed by M R R Nayak Siddapura.

and dancing the traditional Kolata from the Yoga Ganapati and Yoga Dakshinamurti Temple filling the path to Mangal Mandir with rhythm and devotion. They were all clad in mustard sarees with a combination of red. Their Kannada bhajans eulogized the divine and set the mood of total bhakti beginning with Ganesha, Guru Raghavendra, Krishna, Rama and other divinities.

**July 15:**  
**Yakshgana titled Narendra Vijayam**  
**- Jyoti Shastri & Team, Tirthahalli,**  
**Shimoga District**







**July 16:**  
**Bhajan and Nama Sankirtan by Rukma Bhajana Mandali, Bangalore, a team of six female singers with a tabla artiste led by Bhagavatar Shanmukaguru**

The songs were mainly in the genre of Abhangs, the devotional songs composed and sung by Sants Thukaram, Namadev, Gnaneswar, Muktha bai, Samarth Ramdas, Thulsi das and Meera bai. The audience were invited to dance around the idol of Lord Krishna in typical footsteps which were demonstrated by the singers themselves setting an ambience of total devotion.



**July 17:**  
**Bhajan by Sri Nagendra T Ranapur**

Around forty children aged from four to fifteen led by Sri Nagendra T Ranapur of Sri Guru Kumara Panchakshreshwara Sangeetha Kala Vedike of Bangalore left the audience mesmerized. The children in pairs, group and in solo sang songs in praise of Ganesha, Shiva, Parvati, Panduranga Vittala etc. followed by patriotic songs. It was a great celebration with children and they were presented with gifts by Guruji.





**July 18:**  
**Bharatnatyam/ Kathak/ Kuchipudi**  
**dance recital by BNYS students**

Plenty of Young Energy is being channelized at S-VYASA University, providing the students appropriate platforms to showcase their innate talents. It has been a constant endeavour to tap the hidden potential in all the students, be it sports, art forms or extracurricular activities which help an overall development of their personalities besides excelling in their academic pursuits. Students from BNYS performed traditional and folk dances of different parts of India. The hall filled with students brought encouraging applause and cheer.

**July 19:**  
**Saundarya Lahari Patanam**

An introduction to Saudarya Lahari was delivered by Prof. M.K. Sridhar, Registrar, S-VYASA Deemed to be University. Adi Shankaracharya, born in 788 AD in Kaladi, travelled the length and breadth of India re-establishing temples and the ritual system. He wrote commentaries to Bhagavadgita, Principal Upanishads and Bhrahmasutra and revived the Advaita Philosophy. He is also well known for composing stotras or hymns in praise of various deities of the Hindu pantheon like Ganesha, Shiva, Parvathi, Vishnu, Lakshmi etc. He composed lengthy hymns like Shivananda





Lahari and Saundarya Lahari. The Saundarya Lahari is a hymn in praise of the Goddess Tripurasundari in one hundred hymns.

The chanting of Saundarya Lahari was rendered by a group of around thirty ladies led by Smt. Mangala Bhaskar of Muttanjaneya Mahila Satsanga and Smt. Sudha Prasanna of Prashantnagar Bhajana Mandali, Vijayanagar, Bangalore. The singers were trained under the Vedanta Bharati initiative to teach and popularise the chanting of Saundarya Lahari. The chanting for around forty-five minutes was done with total discipline and devotion.

### Acknowledgement

To conclude I would like to acknowledge the team which worked hard day and night to put this program together. The first offering of gratitude goes to Pujya Guruji, Dr. HR Nagendra ji, Chancellor of S-VYASA for heading the team and being a source of constant inspiration. A gesture of gratefulness is presented to honorable Vice Chancellor, Dr. B. R. Ramakrishna, Hon'ble former Vice Chancellor and Prof. Ramachandra Bhat, Director of Varaha Mihira Advance

Centre of Vedic Technology Research; we are extremely thankful to Prof. K. Subrahmanyam, Advisor to Chancellor and a guiding force to all of us for gracing the cultural programs and giving his expert views; Pro Vice Chancellor, Dr. Manjunath for their constant support; We are enormously thankful to Sri. Dr. D.R. Kartikeyan ji, former IPS, Dr. R. C. Panda, Dean of Yoga-Spirituality, and Dr. Narayan Behera, Dean of Yoga and Physical Sciences, for their active participation in the programs; the program was possible only due to the core team including Prof. M.K. Sridhar, Registrar; Sri. Krishnamurthy, Admin Officer; Sri Narendra Shetty, Event Manager, and Sri Uma Maheshwara, a noted Yoga Teacher and Alumni of S-VYASA. Last but not the least, heartfelt thanks are conveyed to the staff of S-VYASA and YIC - Mr. & Mrs. Simla, Mrs. Chaya, Mrs. Malathi, students, the photographers, Mr. David and Mr. Arjit and the Mr. Murali and the technical team.

**Dr. Soumya Manjunath Chavan**  
Dean, Division of Yoga & Humanities  
S-VYASA



**Workshop for Youth Empowerment** held at Prashanti by Essae Foundation from July 15<sup>th</sup> - 17<sup>th</sup>



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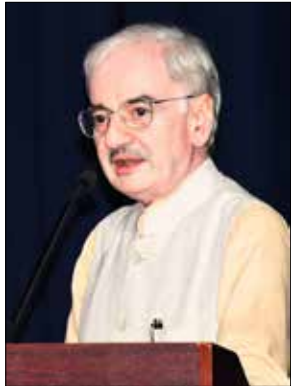
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- **8<sup>th</sup> – 14<sup>th</sup> Sept 2022**
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# Valedictory of Varahamihira Advance Centre of Vedic Technology Research



Valedictory of VMAC - VTR: Dr. G Ramesh, Swami Sarvatma Chaitanya & Dr. H R Nagendra

The valedictory of Azadi ka Amrit Mahotsav titled “Yoga Yaga Kala Saptaha” and inauguration of Indian Banks’ Association (IBA), SMET program for senior officers was held on Wednesday, 20.07.2022 in Samskrithi Bhavan. The students of Veda Vijnana Gurukulam, Chennenahalli recited Veda Ghosha. Prof. M K Sridhar, Registrar welcomed the guests and gave a brief report of week-long academic activities.

Dr. Soumya Manjunath Chavan, Dean, Division of Yoga and Humanities presented the report of Yoga Yaga Kala Saptaha, followed by video screening of the activities. Dr. G Ramesh, former Professor, IIMB in his address while inaugurating the SMET program for officers of IBA told that S-VYASA has brought a change in the life of many a people through its need based

special program. IITs in Kanpur and Kharagpur, IIM Jammu are working on Indian Knowledge System for unearthing ancient Indian chemical technology just as introduction and implementation of GST was done as a mission. Promotion of Indian Knowledge System should p22 ▶▶





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3	Yoga for Diabetes Management - 2	Dr. R Nagarathna	Aug 8	3000
4	Introduction to Yajna – Sacred Fire Rituals	Dr. Divya KeshavaMurthy	Aug 22	2500
5	Swaskosh Shuddhi Kriya Level-1 (Batch - 07)	Mr Rajesh Kanoi	Aug 15	Free
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## ब्रह्मसूत्रम् (Brahmasūtram)

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



As it has been noted and also debated in the fourth Pada of third Adhyaya of Brahmasutras, the focus has been on the Sadhana of *Nirguna Vidya* (contemplation on attribute-less reality) as one gets qualified to continue further. *Sadhana* (means and path of spiritual growth) is of two types; nearest and far. The proximate and nearest means form *Sadhana Chatushtaya* in Vedanta - *Viveka* (discrimination of truth and untruth), *Vairagya* (knowing the validity of pleasure-happiness dichotomy and restraining from indulgence), *Mumuksha* (unshakable commitment for truth seeking), and *Shamadi-Shat sampatti* (inevitable tools for truth seeking such as physical and mental discipline etc.,).

*Viveka* refers to opening a third eye through *Sadhana*, later it is fructified as *Prajna Shakti* (wisdom of experience). This power of wisdom does not come from any source, but from within. It gets activated through committed effort of a seeker. In order to activate *Prajna Shakti*, one has to discipline the potentiality at *Muladhara Chakra* according to Yogic tradition. In this context, the present *Adhikarana* deliberates as given in the *Sutra*.

### बहिस्तूभयथापि स्मृतेराचाराच्च (ब्रह्मसूत्रम्-३-४-४३)

*Bahistūbhayathāpi smṛterācārācca* (Brahmasūtram-3-4-43)

**Meaning:** *But (they are to be kept) outside the society in either case, on account of the Smṛiti and custom.*

Many Sutras earlier to this have narrated how should the life of a celibate *Sannyasi* be. While humans are being humans, the life of an ascetic was regimented accordingly to ensure the growth in spiritual path.

Turmoil, fluctuation of a feeble-minded persons needs such a strict discipline in order to elevate them. Imbalances in the mind may deviate a seeker from set goal for which the Shastric approach is generous and even flexible sometimes. There are some concessions for *Brahmacharis*. On the other side, *Sannyasis* are never given such concession as they move to the next level from where they can not slip for whatever reason, no permission to come down, in fact the decision is taken by oneself after performing *Viraja Homa* (ritual performed for taking *Sannyasa*, renunciation). Body, speech and

mind should restrain from indulgence, violence and many such causes of downfall from heights of ethics. *Smritis* and noble person's behaviour indicate that *Sannyasi* should form a life of discipline without fail. *Sannyasa* become a *Vrata* (austerity, vow of life).

*Sannyasi* is mandated to make a shelter simple and humble enough to just sustain the life, dedicated for *Atma-Moksha*. *Sannyasi* abides by nature. Only a few *Rishis* and *Sannyasis* had an exceptional and *OTP* (one-time permission) with greatest caution to experiment other side of the wall and go beyond normal rules. *Bhagavad Gita* explains about the downfall of any human saying, "tri-vidhaṁ narakasyedaṁ dvāraṁ nāśhanam ātmanaḥ| kāmāḥ krodhas tathā lobhas tasmād etat trayam tyajet (BG 16.21) - There are three ways leading to



### «p19 Valedictory of Varahamihira Advance Centre of Vedic Technology Research

be taken up by all of us and also S-VYASA as the new India is emerging as a knowledge hub for such activities for which we should have faith in ourselves and in what we do.

Swami Sarvatma Chaitanya, who was the direct disciple of Swami Dayananda Saraswatiji during his address told that he learnt the *prasthanas trayas* in Telugu language and propagating the Vedic and Rishi samskriti everywhere. He further said that S-VYASA apart from imparting modern education should develop the Gurukula model for students. He said that basic Sanskrit should be taught to all students and staff.

Prof. K Subrahmanyam, advisor to Chancellor told that our mythology has stories and episodes which elaborates on personality becoming Gods such as Rama and Krishna. Gods establishing principles such as Shiva and Vishnu through their incarnation. People being inspired by them should perform activity with precision, efficiency and good management. S-VYASA

will revive Sanatana Dharma, culture of Indian knowledge and philosophy.

Dr. H R Nagendra, Hon'ble Chancellor in his presidential remark said that Varahamihira made significant contribution in the domains of Vedic astronomy, mathematics and astrology result oriented. These thoughts could be examined in the context of individual horoscope of people with advanced scientific instruments with the emerging medical astrology. These researches can be undertaken by Varahamihira Advance Centre of Vedic Technology Research for the betterment of individuals and the society. Dr. Manjunath Gururaj, Associate Professor proposed vote of thanks, Dr. Ranjitha, Assistant Professor compeered the program.

The Indian Banks' Association (IBA) in collaboration with IIMB will have the SMET program in our University and senior officers from all major banks are participating in three days program.

### «p21 ब्रह्मसूत्रम् (Brahmasūtram)

the hell of self-destruction—Kama (lust), Krodha (anger), and Lobha (greed). Therefore, one should abandon all three." As on today, it's very difficult to follow such life, even for a Sannyasi. Therefore, at any given point of time in humans' life, the possibility of not downfall cannot be guaranteed for which Sannyasi life is made really tight and strict without any kind of compromises.

Kanchi Paramacharya lived the true life of Sannyasi as seen by the few people belonging to the present generation. Not even *Upapataka* (minor sin) is allowed to be committed by a Sannyasi, no remedy is prescribed to nullify the post effect of sin. Once they go to the high and don't maintain the internal purity, one will be punished without excuse. If someone adopts Sannyasa Dharma, one should

be either *Kutechaka* (hermit dweller) or *Bahudaka* (continuous traveller) which are difficult in Kaliyuga practically. *Hamsa* and *Paramahamsa* are the states of Sannyasa which are much higher than what would us really imagine. On the contrary, majority of Sannyasis today get actively involved in business, finances, property dealings, politics and many prohibited activities for them eventually drawing all focus which must be pointed towards Sadhana. At least, simple live, yoga practices, maintaining distance from active engagements would assist a true Sadhana even without taking Sannyasa literally.

With this Sannyasa Dharma or duties of ascertain is almost concluded which was a discussion in previous Adhikaranas.

*to be continued...*





# You - Your Health and Your Food and Integrative Thinking

Food is critical to our survival. When Integrative thinking is applied to role of Food and Health, it becomes apparent that Food Security includes climate, supply chain, sustainable agriculture practices, harvesting, storage and processing of Food. There is much talk about fresh food and processing of food and its impact on health. Nutritive value of Food. This op-ed will focus more on role of the individual and Food and their Health. Individual role is critical in their health.

The body requires biological energy in the form of ATP and biochemical metabolic pathways to survive. All this requires availability of nutrients in the form of basic component of carbohydrate, proteins, fats, micro nutrients. To complete production of biological energy, body requires vitamins, enzymes etc., all are derived from the external food intake.

Industrial Revolution has made it possible that food supply chain permits distribution of food and basic ingredients to

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



large population. However, with this increased supply chain has come unintended consequences of loss of Balance. We must maintain balance in eating, balance in type of food, balance in amount of food, balance in when and how we eat. Loss of balance is a major factor in ever increasing obesity, and chronic diseases like diabetes, arthritis and even mental wellness.

India has been home to development of great knowledge about Food, describing and classifying types of food on to health a value and the food and cuisine is one of the healthiest. We need to pay attention to our habits around food, when we eat, how much we eat, how we eat, why we eat, and last but not the least what we eat. These habits are more important than actual what we eat

Let us take these ideas further for better health, first of all you as an individual is in total control of your habits around eating, being aware, why you eat is critical. Our habits are formed around social behavior and very large time and amount of food is directly as part of social visitation. With the availability of Tea (Chai), it is one of the commonest social drink, each cup is taken with one or two teaspoons of white refined sugar. One gets addicted to sugar, this is one of the biggest culprits in ever rising obesity and diabetes. Each teaspoon is 4 to 5 gm as of sucrose. Sucrose produces both glucose and fructose and thus a large load of glucose is delivering to the body just by one cup of tea taken with 2 teaspoons of





sugar. Body has to set the metabolic machinery to metabolism this sugar and excess intake is converted into storage in the form of fat. So, called visceral fat, this fat plays a major role in insulin resistance and inflammatory pathway. Thus, be aware of amount of simple added sugar one consumes in a day. It is estimated average diet may have as much as 65 to 100 grams of simple added sugar. That is one of the key issues around chronic diseases and you can make the change, if you're aware of the amount of sugar you take.

Similarly, when you eat, late eating puts excessive burden on body metabolism to digest and metabolizes calories, our habit of late eating (9 -10 pm is not uncommon), These 2 simple changes can lead to lowering the burden of chronic disease, think of it and add quality life

years to your health. More on other in upcoming editorial, till then reduce added sugar and be aware of what are you eating, Food is this medicine. Yoga science prescribes solutions to both these issues and recommend eating before sunset, and considering seasonality and individual type of personality in eating.

**Arun K Garg** is Medical Lead, South Asian Health Institute, Fraser Health ([www.fraserhealth.ca](http://www.fraserhealth.ca)), Clinical Professor, Faculty of Medicine. The University of British Columbia, Adjunct Professor Faculty of Health Sciences Simon Fraser University; 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))



### Meeting for Varahamihira Advanced Centre of Vedic Technology Research

The meeting for the Varahamihira Advanced Centre for Vedic Technology Research was held on July 7<sup>th</sup> with the agenda of discovering how astronomy and astrology plays and important role on the health of human beings on earth. A wide exploration on this topic was done by H H Swami Jagadamananada ji, Dr. H R Nagendra ji, Hon'ble Chancellor, S-VYASA, Dr. R Nagarathna, Medical Director of Arogyadhama, Prof. Ramachandra Bhat ji, Former Vice-Chancellor of S-VYASA, Dr. Ramesh Chandra Panda, Dean, Division of Yoga - Spirituality & others. Dr. N K Manjunath, Pro-Vice Chancellor, was also present in this brain storming session by giving his research inputs on this topic.





# Psychophysical Plasticity and Yoga

## Introduction

Psychophysical implies focussing on both psyche (mind) and physical (body) for health [1]. Plasticity usually implies an ability to make new connections and repair of older trauma as happens in the brain. Thus, the brain is said to have plasticity to overcome damage to itself through making new connections, a capacity that was not acknowledged by science till very recently. Actually, both mind and body have the capacity for self-repair and regeneration. In case of bone repair, an MD would (unwittingly) use the term bone healing itself, meaning if given time and circumstances, a broken bone will repair itself, just as we see a cut skin would close by itself and prevent further damage.

Thus, the entire mind-body complex has a

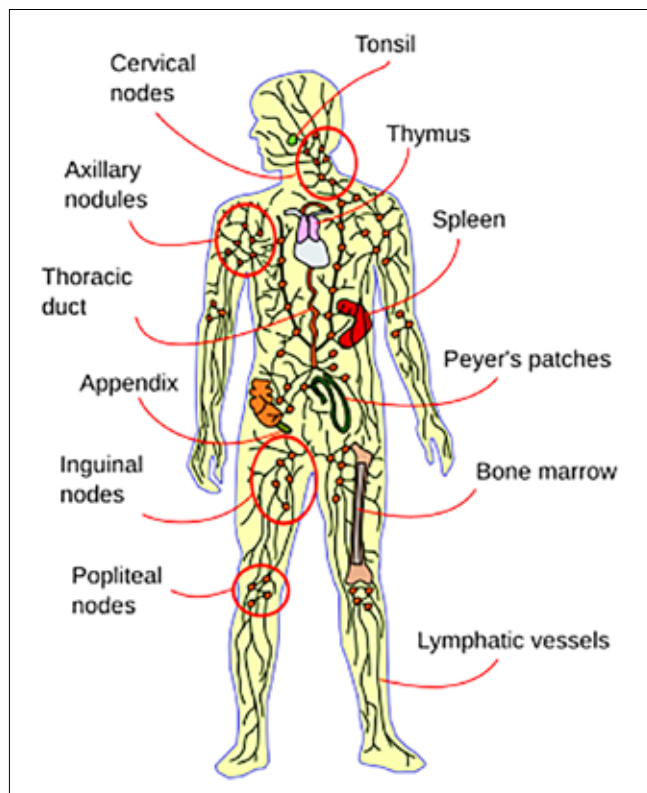


Fig 1: Lymphatic System

■ T M Srinivasan, PhD  
Professor  
Yoga and Physical Sciences



capacity for healing and regeneration if proper environmental support is provided. We present how such an environment is presented by yoga angas in what follows. Hence the title of this paper!

In the Yoga Sutras of Sage Patanjali, asanas are characterised by stira and sukha. In other words, asana should be both steady and comfortable. We may say that stira is related to the body while sukha is conferred by the mind. Thus, here also we see a mind-body interaction. As we practice asanas, we extend and contract the muscles, tendons and even the blood vessels and nadis (which carry prana to all cells of the body). We have presented at length the advantages of muscle and tendon extensions during asana practices in these columns in earlier papers [2].

Repair and regeneration is facilitated through adequate blood flow and sufficient rest to the injured part. Thus, asanas are designed based on possible increase in blood flow to the area affected. For example, for maintaining cardiac health, inverted postures and pavanamuktasana type asanas are useful. In the inverted postures, increased blood flow to cardiac muscles seems to occur, thus facilitating repair mechanism to set in.

Table I summarises some major systems of the body and impact of certain asanas in bringing healing to the organs involved. As already mentioned, to improve cardiac health, apart from exercises (for young people), inverted postures improve blood flow to cardiac muscles



**Table I: Select Systems of the Body and Related Problems\***

System	Selecting Asanas	Impact	Comments
<b>Cardiac system</b>	Inverted poses; Pavanamuktasana	Improves blood flow to cardiac muscles	Cardiac muscles receive oxygenated blood during diastole
<b>Brain</b>	Pranayama with kumbaka	Holding breath initially increases CO <sub>2</sub> ; on releasing kumbaka, O <sub>2</sub> to brain increases	Inverted poses will not increase blood flow to brain
<b>Abdominal organs</b>	Asanas that compress the abdomen. Spinal Twists.	Moving in and out of asana improves blood circulation	Many ailments involve organs in the abdomen region; so asanas are vital for overall health
<b>Immunity</b>	Most dynamic asanas	Improves immunity at cellular, organ levels	Improves blood flow as well as lymphatic flow

\***Note:** The suggested asanas and kriyas are for normal healthy individuals; people with specific problems must consult a medical professional before attempting self-cure.

themselves. The cardiac muscles receive oxygenated blood both during systole and diastole although most happens during diastole (as the heart expands, it sucks the blood from the aorta!). It is a miracle and beauty of nature that this happens; a wonderful mechanism! Hence, if we are dealing with a heart with deficient blood flow to its muscles, then we should time the inflation/ deflation of a balloon inside the artery so that back flow to cardiac muscles takes place during diastole (called balloon counter pulsation). An EKG recorder and a precise timer could achieve the desired result! This is for an ailing heart. For a normal heart, such precise timing is not required; through the action of gravity we can get similar results in inverted postures. This, in a nutshell, is the result of inverted asanas, namely improved circulation in cardiac muscles.

Brain is an important organ that provides information and control to all parts of the body; hence its health determines the health of the person. Many problems set in as one grows old, with memory and muscle coordination getting the biggest hits! Is there any way of preventing or at least postponing these recurrent lapses;

can we age gracefully and die peacefully? Yes, it seems this is possible if we follow some simple ways to improve blood flow and oxygenation to the brain. Please note inverted postures will not improve blood flow to the brain. Brain is a well-protected organ, so such simple tricks will not work here; but yet, we can cheat nature through some pranayama practices. Anahar Kumbaka, whereby after inhalation, breath is held inside is a simple and effective way to achieve the desired result. When the breathing is suspended for say 20 seconds, the CO<sub>2</sub> level in blood increases; this dilates blood vessels in the brain (which cannot tolerate the increase in carbon dioxide) facilitating increased blood flow to brain [3]! This fascinating observation has been reported by many researchers around the world. This one pranayama could help our aging population immensely in maintaining brain health, rejuvenating the brain and central nervous system.

Abdomen contains many organs such as liver, pancreas, stomach, the intestines etc. Maintaining health of these organs is vital to avoid many modern life-style (or lack of life-style!) disorders. Absorption of nutrients,



elimination of waste products, maintaining acid-alkaline balances etc are the major functions that need to be supported through proper food and liquids intake. Asanas that cross the centre line of the body (ex. Parivritta-trikonasana) which twists the spine, asanas that compress the abdomen and those that open up the abdomen are all of importance. Churning the abdomen as in some kriyas is very important since this improves immunity through stimulating lymph nodes embedded in the lining of intestines (note Peyer's patches in Figure 1).

## Conclusion

In this paper, we have not presented specific asanas for disorders; it is thought that one disease-one asana is not a good model to work on. It is not like a medicine where it is assumed that one medicine will take care of a disorder. It is important to consider incorporating asanas which are relevant to address that particular disorder in a group of asanas. Since asanas have a synergistic action, each could influence a part of outcome with specific asanas focus on the problem. Hopefully, this approach presented here will be of use to therapists who are dealing with various disorders and put together a series

that cater to the particular need of the person.

In conclusion: my favourite question to students after all the details of blood flow and repair mechanisms is the following: what asanas would you recommend for countering toothache! Well, the answers are always interesting; from sirsasana to kapotasana to various pranayamas! My answer is: improve your immunity; you will have no problem with tooth breaking or falling as one advances in age (personal experience!).

## References and Notes

- [1] In English dictionaries around 1920's, the word psyche refers to soul. As the term soul was little understood in the West at that time, the meaning was subsequently changed to another ill-defined term, mind! Mind-body problem came into prominence in Allopathic Medicine only in the last 50-odd years; unfortunately, the term mind is still not clearly defined.
- [2] Many of the papers in this column have appeared in a book form published by this University with the title "Model, Methods and Perspectives in Yoga". Please refer to the book for the details touched upon in this paper as well as papers in this column.
- [3] "This mechanism may be short lived as acidosis from increased carbon dioxide leads to vasoconstriction resulting in autoregulation". This comment and the overall physiological correctness of this paper is provided by Dr. Ravindranath, M. D., Columbia University, New York, U.S.A.

Hon'ble Vice-Chancellor. **Dr. B R Ramakrishna** attended the two days **Orientation & Learning Summit for Independent Directors of CPSEs** organised by Indian Institute of Corporate Affairs in collaboration with Capacity Building Commission from 11<sup>th</sup> to 16<sup>th</sup> July, 2022 at New Delhi.





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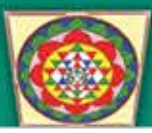
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was conducted for  
the Officials of  
**Indian Bank Association.**  
The program was  
scheduled from  
July 20<sup>th</sup> to 22<sup>nd</sup> and  
69 participants were there.





# Yogi Vivekananda - 14

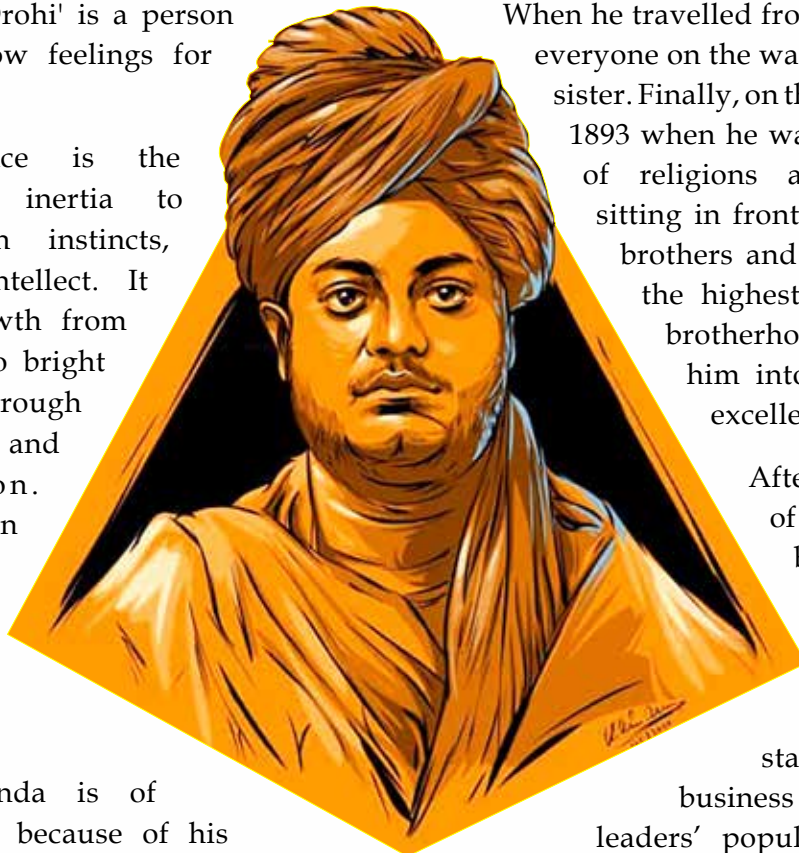
Yoga is human excellence. Human excellence in the normal understanding is to excel others in any field of study, area of activity, or profession. It is an extraordinary skill in any enterprise. To be of human excellence is to be on the top of all as number one. But real human excellence is not to excel in others but to excel oneself from within. If a person has scored a certain mark, he has to rise from that mark to excel oneself. In other words, it is the unfoldment of perfection from within. It is the manifestation of excellence from within. It is the expression of divinity from within. Also, it is the excellence of humanism from within.

Swami Vivekananda is a person of human excellence as the greatest humanist with the highest concern for others. According to him, a mahatma is a person with a kind heart that bleeds for others with love and service.

A 'Duratma' or 'Drohi' is a person who has no fellow feelings for others.

Human excellence is the evolution from inertia to intuition through instincts, impulses, and intellect. It is a vertical growth from gross ignorance to bright enlightenment through doubts, inquiry, and self-examination. Also, it is an expansion of love to the infinite and encompassing circle of all mankind.

Swami Vivekananda is of human excellence because of his



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



massive intellect and enormous love. It is at the parliament of religions; the human excellence of the swami is in evidence. He has reached the pinnacles declared of human evolution when he has declared all as his sisters and brothers.

When Swamiji as Narendra Nath was the son of Bhuvaneshwari Devi, his brothers and sisters were only a few. When he was a disciple of Sri Ramakrishna Paramahansa, all the students of the master became his sisters and brothers, expanding his brotherhood. When he was the wandering monk in India from Kolkata to Kanyakumari, all the children of Mother Bharath, grew to be his brothers and sisters.

When he travelled from India to Chicago, everyone on the way was his brother or sister. Finally, on the 11th of September 1893 when he was at the parliament of religions all the Americans sitting in front of him became his brothers and sisters. He reaches the highest state of universal brotherhood transforming him into a yogi of human excellence.

After the parliament of religions, Swamiji became a global personality of love and service. He was given a cozy apartment for his stay that night. Rich business magnets, political leaders' popular persons, and a





host of admirers visited him with rich gifts and delicious foods to greet him. Encomiums were showered on him. By the time they all left from the room. It was late in the night, and Swamiji was tired. The previous day he was an unknown monk, He even couldn't have good food and restful sleep. As such he should have rushed to the food as soon as the visitors had left him in the night. But strangely he didn't eat or sleep in haste. He rolled on the floor feeling for the poor people starving in the world. There are thousands and thousands of people in the most despicable places all over the world without food, shelter, and clothing. At the same time, many people are enjoying the comforts without any concern for the downtrodden. This is the irony of fate. Swamiji wanted every educated man to be of love and service towards the less privileged and that makes a person a mahatma of human excellence.



Send-off Ceremony to **Dr. Pranesh Gudur, Registrar – Evaluation** by Guruji and other Senior Officials of S-VYASA



Yoga Instructor's Course (YIC) Batch 229, July 2022



# Inauguration of Health Pyramid at Sri Kailash Ashram, Bangalore

In the divine presence of H H Jagadguru Sri Sri Sri Jayendra Puri Mahaswamiji, Padasevaka Peethadhipathi, Sri Kailash Ashram Mahasamsthana, Rajarajeshwarinagar, Bangalore, Jagadguru Dr. Shivacharya Swamiji, Taralabalu Brihanmutt, Sri Sri Sri Jagadguru Desikendra Mahaswamiji of Suttur Mutt & many other Swamiji's, Health Pyramid was inaugurated in Sri Kailash Ashram Mahasamsthana Premises, Rajarajeshwarinagar, Bangalore on July 8<sup>th</sup>. Hon'ble Chancellor of S-VYASA, Dr. H R Nagendra who was one of the Chief Guests.





## Gurupurnima Celebrations in Prashanti



**Gurupurnima Celebrations:** Dr. N K Manjunath, Dr. D R Kartikeyan, Dr. B R Ramakrishna, Dr. H R Nagendra and Prof. K Subrahmanyam – *can be seen*

Guru Purnima was celebrated by S-VYASA, Deemed to be University on Wednesday, 13.07.2022. The Veda Vijnana Gurukulam students recited Vedic hymns. Dr. B R Ramakrishna Hon'ble Vice-Chancellor welcomed the gathering and spoke about the importance of 'Vyasa Purnima'.

Prof. K. Subrahmanyam, Advisor to the Hon'ble Chancellor gave his special lecture on Guru-Purnima, tracing the history from the Vedas to the modern times. He said that Shree Rama learned the theory of statecraft for a week and practiced the same in 14 days under the guidance of Rishi Vishwamitra, whereas Shree Krishna practiced the statecraft for 16 days and then learned the theory. So, education should

associate with both theory and practicals which should help individuals in personal and social development.

Dr. D R Kartikeyan, Former Director General, CBI, Former Director General, NHRC, Government of India, in his address told that he was fortunate to be here on this occasion of Guru Purnima which is being celebrated exceedingly well year after year by S-VYASA University. According to puranic tradition, Adiyogi Shiva taught Yoga to the seven sages. Vishnu Sahashranama should be recited on this day. Veda Vyasa's Contribution to Indian knowledge is immeasurable. The state of the country which honors the teachers will be prosperous and leads to the betterment of society.





Vande Guru Paramparam: **Pranams to Guruji**

Sri S A Chandran, Founder of Essae Foundation, told that parents and teachers are Gurus. My association with S-VYASA is well over four decades and it is my honor to be present while Dr. H R Nagendra is being felicitated on this occasion.

Dr. H R Nagendra was felicitated by the Director, Dr. B R Ramakrishna, and the faculties of Sushruta Ayurvedic Medical College and Hospital & S-VYASA staff.

Dr. H R Nagendra in his address said that whatever felicitation offered to him will go to the sage Vyasa Maharshi, other Vedic sages, the trinity of Ramakrishna order, and Sanatana Dharma Parampara, as S-VYASA University comes from the lineage of VYASA, later he brought out the significant contribution of Vedas Upanishads and Puranic sages such as Pancha Kosha, Prana, etc. which was later propagated by Swami Vivekananda worldwide.

The Chancellor said that these concepts have to be examined

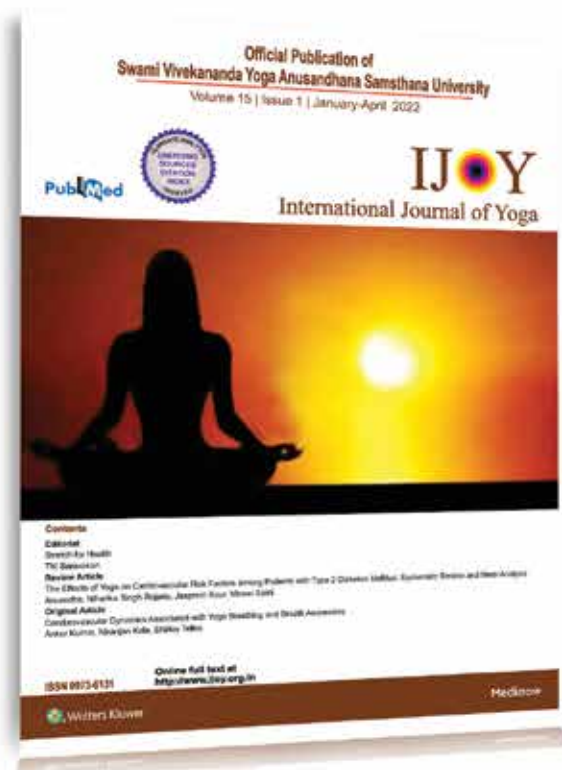
scientifically and the ultimate purpose of human life is to reach the supreme consciousness as materialized by Sri Ramakrishna Paramahansa. He said that S-VYASA aims to bring in 18 yoga parampara of India and integrate them for the benefit of people at large.

Dr. N K Manjunath Sharma paid research tributes to guruj and Prof. M K Sridhar proposed a hearty vote of thanks in Sanskrit.

Sri Prasanha Prabhu, Chairman, Vyakti Vikasha Kendra, India, Sri Umamaheshwar, Spiritual master, staff, and students of yoga, BNYS, and BAMS course were present. Dr. Sri Gowri, assistant professor, BNYS compered the program.



Pranams at the Lotus Feet of the Seniors of VYASA Family



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## S-VYASA - SWAYAM Studio Puja on Guru Poornima day



Bengaluru, July 13: S-VYASA has established the state-of-the-art recording studio to produce quality video content on yoga and to produce online yoga courses for SWAYAM platform. The Ganapati Puja was performed on the auspicious day of Guru Poornima. The studio facility includes soundproof recording room, 4K broadcast cameras, online editing systems, high end edit suits and graphic system. SWAYAM team, S-VYASA senior faculties and staffs attended the puja.

Guruji, Dr H R Nagendra, Chancellor, blessed all the people gathered and said that we must utilize the facility to the fullest and spread Yoga at the global level. Dr Kartkikayan ji, Former Director, CBI, congratulated S-VYASA team for establishing the best recording studio. Dr. Manjunath N K, Pro-Chancellor & Director-Research, said that, establishing the studio with state-of-the-art facility was Guruji's dream and today it has come true & we must produce top quality online yoga courses and reach the larger audience. Prof. M K Sridhar, Registrar, S-VYASA

thanked Mr. Paramesh, Homabale Studios and Shri Hari Krishna, Chairman, AYUSH TV Pvt Ltd, who set up studio and involved in video recording and editing, and also thanked Mr. Anil Iral, Engineer, S-VYASA, for supervising and planning entire civil work. He mentioned the contributions made by Mr. Ravi T and Dr. Natesh Babu who developed our earlier SWAYAM courses which was appreciated by AICTE. Mr. Paramesh, explained about the studio and instruments. Mr. Pavan, CEO, AYUSH TV introduced recording and editing crew from AYUSH TV.





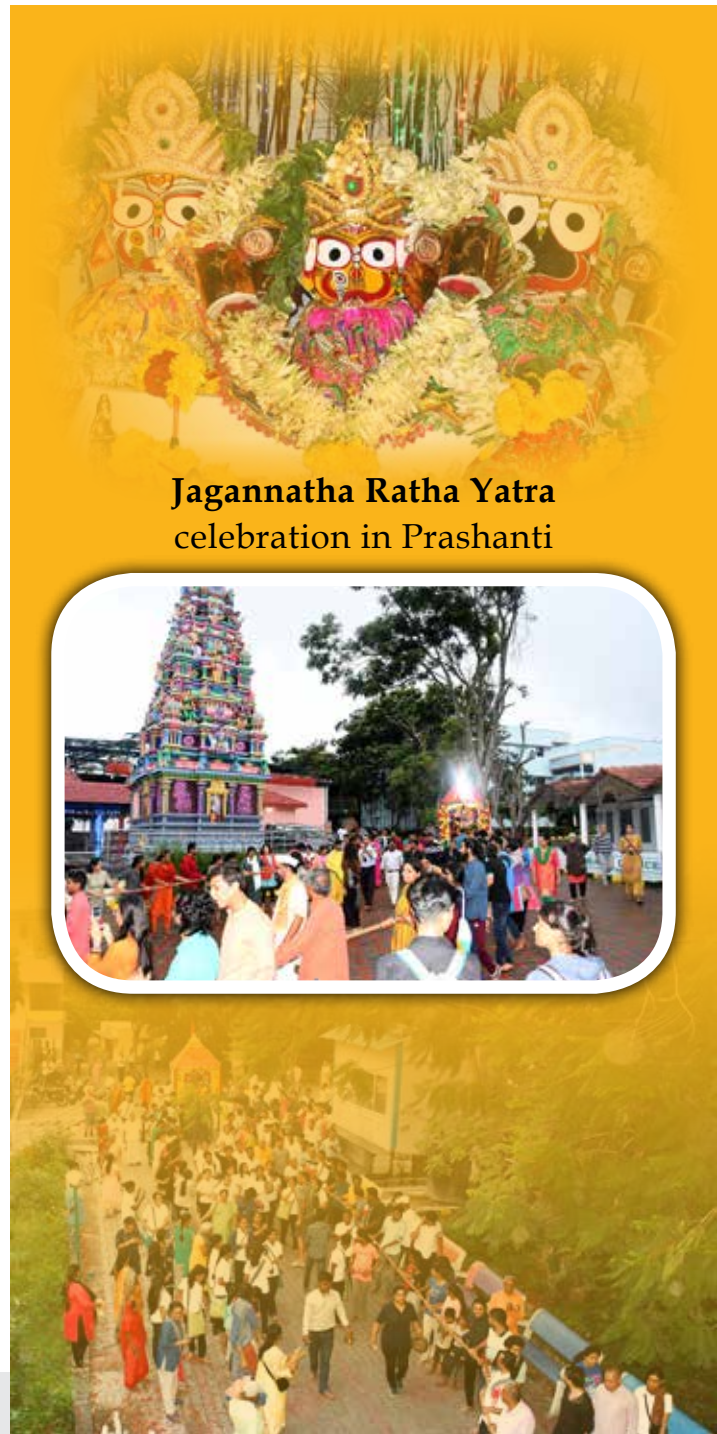
# Life Skill Training Programme

From NSS wing of Sushruta Ayurveda Medical College on the occasion of 'Azadi Ka Amruth Mahotsav', Life Skill Training Programme was conducted from July 4<sup>th</sup> - 6<sup>th</sup> for 30 NSS volunteers by 4 different life skill facilitators sent from Department of Epidemiology, NIMHANS, Bengaluru.





Pro Vice Chancellor and Director of Research at S-VYASA, **Dr. N K Manjunath** and Secretary, VYASA Delhi, **Dr. Rabindra Acharya** at 12<sup>th</sup> Foundation Day of Swami Vivekananda Cultural Centre - Embassy of India, Seoul, on July 1<sup>st</sup>.



**Jagannatha Ratha Yatra** celebration in Prashanti



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