## Academic Programmes
Admissions for 2018-19

<table>
<thead>
<tr>
<th>SNo</th>
<th>Name of the Programme</th>
<th>Duration</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>YIC (Yoga Instructor Course)</td>
<td>1 month</td>
<td>10, +2 / PUC / 2 years Diploma</td>
</tr>
<tr>
<td>2</td>
<td>MSc (Yoga Therapy) *</td>
<td>2 years</td>
<td>10, +2 / PUC, any Under Graduate (UG) programme</td>
</tr>
<tr>
<td>3</td>
<td>MSc (Yoga Consciousness) *</td>
<td>2 years</td>
<td>10, +2 / PUC, any Under Graduate (UG) programme</td>
</tr>
<tr>
<td>4</td>
<td>PGDYT (Post Graduate Diploma in Yoga Therapy) *</td>
<td>15 months</td>
<td>10, +2 / PUC, any Under Graduate (UG) programme</td>
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<tr>
<td>5</td>
<td>MD (Yoga) *</td>
<td>3 years</td>
<td>10, +2 / PUC + any Medical Graduation</td>
</tr>
<tr>
<td>6</td>
<td>PhD (Yoga) *</td>
<td>As per UGC Regulations</td>
<td>10, +2 / PUC, any Under Graduate (UG) + Post Graduate (PG) programme</td>
</tr>
</tbody>
</table>

**Note:** * For all the Programmes YIC is mandatory

**For further details:**
Kindly visit our Website: www.svyasa.edu.in  
Kindly Contact: 080 – 2263 9968 / 96327 53030  
You can send a Mail to: admissions@svyasa.org

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**Combine the best of the East with that of the West**

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**vision: Be & Make**
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EDITORIAL

The world has seen significant improvements in the quality of cancer care over the last decade though it remains one of the most dreaded ailments, which instantly triggers a situation where the shadow of death becomes a constant companion. The risk of course has been mitigated significantly with the advancement of care programs and medical technology, the most critical factor however being timely discovery and optimal treatment. Still the debilitating impact of a cancer incidence is catastrophic, not only to the patient but in the collective psyche of his near and to dear ones, given its financial, emotional and social implications.

The context of cancer care in India is characterized by high incidence, late detection, and lack of access to quality affordable care to majority of the populace and hence high mortality. It is agonising to observe high percentage of late detection owing to issues of access, affordability and awareness given that both the cost and success of treatment is favourably skewed towards earlier detection in a significant manner, leave alone the anguish of the family that has to negotiate with the reality of losing their loved one knowing that it is a travesty, not tragedy, of destiny. Further, it is of great concern to observe increasing deterioration of the key risk factors that contribute to the sickness, viz. use of alcohol / tobacco, obesity, environmental pollution etc. It is imperative for the stakeholders of Indian healthcare to address this growing menace before it becomes a national catastrophe.

It is laudable that the Ministry of AYUSH has initiated Cancer Control Program by forming a Team of Experts to work out a detailed plan for the same. A few meetings have had good outcome and a good proposal has been prepared.

A Four-pronged Strategy for the same has been developed:

1. To screen large number of about 1 to 2 crore persons in nearly 100 districts, diagnose pre-cancer conditions, cancer patients, patients needing palliative care etc. so that we use methods to promote Awareness, Education for Primary Prevention.

   The Deliverables:
   • Develop a risk based questionnaire for Screening in Indian Population for Specific Cancers - Head and Neck, Breast and Cancer Cervix.
   • Develop and validate new Screening Tools such as thermograph as a field screening tool in Breast and Oral Cancers.
   • Use IT based App for screening of Oral Cancers and develop a Demographic Database for population studies in future.
   • Develop and Introduce Yoga based De-addiction Programs for Tobacco and Alcohol
   • Conduct Awareness and Education Camps with posters, media and social media platforms to promote wellness and healthy Lifestyle.

2. To reduce treatment related side effects and make cancer care more affordable.

   The Deliverables:
   • Assessing Efficacy of Yoga Intervention in reducing treatment related distress, toxicity, hospitalizations, treatment delays and defaults
   • Developing Level - I Evidence for Integrating Yoga in Cancer care.
   • Evaluating Cost Effectiveness of Yoga Interventions.

3. Understanding the Mechanisms of Yoga Intervention in Cancer care

   The Deliverables:
   • Assessing the changes in Gene Expressions
   • Evaluating the changes in Brain Functioning
   • Assessing the usefulness of Yoga in Improving the Quality of Sleep

4. To improve access to Palliative care Services and Integrate AYUSH into Oncology Mainstream

   The Deliverables:
   • Create a strong Palliative care Workforce in the country by developing comprehensive Palliative care Training Modules, Certificate and Diploma Courses.
   • Strengthening domiciliary healthcare in offering palliative care services in rural areas.
   • Integrate AYUSH therapies in Palliative care settings.
   • Develop AYUSH hospitals to cater to palliative care in Oncology.
   • Conduct training programs in palliative care for AYUSH doctors and Yoga therapists to work in AYUSH and other hospitals.

■ Dr H R Nagendra
Dear All,

I am very glad to inform you that we are going to celebrate the 75th Birthday of Guruji on Monday the 1st January, 2018. On that occasion we are going to release a Commemorative Book (Abhinava Vivekananda) comprising Messages, Articles and Album of Guruji. We request you to send an Article highlighting Yoga (any dimension) and the contribution of our Guruji to it. The Article may be for about 750 words (roughly 1 page), along with the article please send your Photograph and any rare Photographs with Guruji to my E-mail. We will be very glad if you can send the Articles / Messages to reach us on or before 10th December, 2017.

Thanks with Regards,
Prof. Dr. Chikkahejjaji Mahadev
Dean of Yoga and Humanities, S-VYASA (Deemed university)
E-mail: deanhumanities@svyasa.org  |  Cell: +91-98450 40603

MoU between VYASA and JWCT of Dabur Group of Companies

Nov 14: A historical MoU was signed on the occasion of World Diabetes Day, between Vivekananda Yoga Anusandhana Samsthana (VYASA) and the Jivanti Welfare and Charitable Trust (JWCT) of the Dabur Group of Companies to conduct a Research Project for the Prevention and Management of Diabetes through Ayurveda and Yoga. Dr. R Nagarathna, Vice President, VYASA, signed the MOU on behalf of VYASA and for JWCT, Sri A Sudhakar, Trustee was the signatory. The Research Project will have Dr. R Nagarathna as the Principal Investigator and Dr. Manjunath Sharma as the Co-PI. The project is expected to produce Research Papers in High Impact Journals and give research opportunities to VYASA Students. The project will be supported by Dr. JLN Sastry, Head, Health Care Division, Dabur and his team from Dabur.
Become a Partner in the Growth of VYASA Movement

<table>
<thead>
<tr>
<th>Platinum Donor</th>
<th>₹ 5 Crores</th>
<th>Cottage Sponsorship</th>
<th>₹ 25 Lakhs</th>
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<tr>
<td>Diamond Donor</td>
<td>₹ 4 Crores</td>
<td>Super Deluxe Room Sponsorship</td>
<td>₹ 15 Lakhs</td>
</tr>
<tr>
<td>Gold Donor</td>
<td>₹ 3 Crores</td>
<td>Deluxe Room Sponsorship</td>
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<tr>
<td>Silver Donor</td>
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<td>Double Room Sponsorship</td>
<td>₹ 7.5 Lakhs</td>
</tr>
<tr>
<td>Chair</td>
<td>₹ 4 Crores</td>
<td>Single Room Sponsorship</td>
<td>₹ 5 Lakhs</td>
</tr>
<tr>
<td>Associate Donor</td>
<td>₹ 5 Lakhs</td>
<td>Annual Donors</td>
<td>₹ 10 Thousand / Year</td>
</tr>
</tbody>
</table>

Donations can be used to avail Tax Exemption under the Section 35(1)(ii)

For more details please Contact
Dr. Rabindra Acharya – +91-87503 16280 | Sri Raghu Bengaluru – +91-98440 68250
Dr. Natesh Babu - +91-93428 25813
22nd INCOFYRA

International Conference on Frontiers in Yoga Research and Its Applications

Theme: Integrative Oncology: The Future of Cancer Care

Jan 5-8, 2018 | Prashanti Kutiram, Bengaluru - 560 105

Pre Conference Workshops
Date: Dec 29, 2017 - Jan 4, 2018
Venue: Prashanti Kutiram

Organised by: VYASA, Bengaluru
Technical Support by: S-VYASA (Deemed University), Bengaluru

www.vyasa.org | www.svyasa.edu.in
My Dear Brothers and Sisters,

Cancer is one of the leading cause of death worldwide, with an incidence of 14 million new cases / year with about 1 million diagnosed in India. The prevalence of cancer has increased over the past decade and is expected to rise by 8% in the next 5 years. Regular screening, early detection, and improved therapies have increased the 10 year survival from 61% to 77% in the past decade. However, advancements in cancer treatment has not changed mortality rates.

Addressing the root cause and using holistic healing methods along with the conventional methods would be the best solution. Hence, this year we have selected a theme ‘Integrative Oncology: Future of Cancer Care’ for 22nd INCOFYRA. The 22nd INCOFYRA will make an effort to integrate Ayurveda, Naturopathy, Yoga, Unani, Siddha, Homeopathy and Modern Medicine by bringing prominent researchers and doctors from all these fields under one platform to evolve better cancer care.

We welcome you all to our Prashanti Kutiram campus.

With Love

Dr. H R Nagendra
President, 22nd INCOFYRA
President, VYASA and Chancellor, S-VYASA (Deemed University)

Conference Objectives

1. To disseminate the research findings in the field of integrative oncology and give directions to future research
2. To translate the available research findings of CAM therapy for Cancer into clinical practice
3. To establish working groups comprising universities, health care providers and policy makers to initiate collaborative research programs
4. To deliver cost effective cancer care
5. To have discussions on reforms in policies related to integrated health care system
Main Conference: Integrative Oncology: The Future of Cancer Care

Jan 5 - 8, 2018: The 22nd INCOFYRA will make an effort to integrate Ayurveda, Naturopathy, Yoga, Unani, Siddha, Homeopathy and Modern Medicine by bringing prominent researchers and doctors from all these fields under one platform to evolve better cancer care.

Conference Programs at a Glance

<table>
<thead>
<tr>
<th>Date</th>
<th>Program</th>
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<tbody>
<tr>
<td>Dec 29, 2017 - Jan 4, 2018</td>
<td>Pre-Conference Workshop</td>
</tr>
<tr>
<td>Jan 3 &amp; 4, 2018</td>
<td>Himalaya Yoga Olympiad Finals</td>
</tr>
<tr>
<td>Jan 5 - 8, 2018</td>
<td>Main Conference</td>
</tr>
</tbody>
</table>

Main Conference Program Highlights

Jan 5, 2018: Inaugural Ceremony

Jan 8, 2018: Valedictory Ceremony

Jan 6-8, 2018: Morning Yoga Session

5:30 - 6:30 am General Yoga Session, Disease Specific Yoga Session (8 Modules), Advanced Yoga Techniques

Common Morning Maitri Milan Session

7 - 8 am Main Hall

Jan 6, 2018: Scientific Sessions

9 - 10:30 am Plenary Session

11 - 1 pm Parallel Symposia

2 - 3:30 pm Parallel Symposia / Poster Session

4 - 5 pm Poster Session

January 7, 2018: Scientific Sessions

9 - 10:30 am Plenary Session

11 - 1 pm Parallel Symposia

2 - 3:30 pm Oral Presentation

4 - 5 pm Oral Presentation

January 8, 2018: Scientific Sessions

9 - 10:30 am Plenary Session

11 - 1 pm Common Panel Discussion

Common Evening Sessions

5 - 6 pm Satsang

6 - 7:30 pm Cultural Program

Refreshments

8 am Breakfast  | 10:30 am Tea Break  | 1 pm Lunch  | 3:30 Tea Break  | 7:30 Dinner
Conference Venue - Bengaluru

Bengaluru, the capital of the Karnataka, is fifth largest city in India. It is also known as the ‘Garden City of India’. The beautiful parks and gardens and tree-lined streets of Bengaluru make travel to the city a pure pleasure. The year 2000 saw the introduction of Information Technology in Bengaluru and since then, the city has not looked back. It has reaped the most out of the IT Boom in India and boasts of the highest concentration of IT companies in the country. Today, Bengaluru is known as ‘The IT Capital of India’ and “The Silicon Valley of India’. There are a number of places in Bengaluru that are worth visiting, including gardens, museums, palaces, temples, etc. One of the major attractions of the city is the Vidhana Soudha, the State Secretariat, adorned with delicate Dravidian architecture. For the nature lovers, there is the famous Cubbon Park, stretching over an area of 250 acres. Not to be missed are the amazing museums in the city, especially the Visvesvaraya Technological and Industrial Museum. The Ulsoor Lake of Bengaluru is also quite known for its beautiful locales and boating facilities. Even from education point of view, Bengaluru is very popular. A large number of students come to Bengaluru every year to enroll in the various undergraduate as well as postgraduate programs. The city also boasts of two excellent institutions, namely Indian Institute of Management and Indian Institute of Science.

Welcome to Bengaluru

Prashanti Kutiram

Prashanti Kutiram is the headquarters of Vivekananda Yoga Anusandhana Samsthana. It is located 32 kmts away from Bengaluru city. The serene atmosphere, Gurukula lifestyle, modern technology, topnotch research facilities are the unique features of this campus. In its 100 acre spacious campus it houses following:

a. S-VYASA - S-VAYSA is Deemed University recognized by the Ministry of Human Resource Development, Govt. of India. It offers Bachelors, Masters, Post Graduate programs in Yoga.
b. VYASA - VYASA is a registered charitable institution (1986) working for making Yoga as 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, Govt.
c. Arogyadhama - A 250 bedded holistic health home and research center
d. Anvesana - State-of-the-art research facility for yoga research. The laboratory includes Molecular biosciences, Psychophysiology, Cognitive neuroscience, Sleep medicine, and Psychology and Subtle energy labs.
e. VYASA Health Care Pvt Ltd - VYASA Health Care Pvt. Ltd. is an outreach partner of VYASA and industry partner of S-VYASA (Deemed University), aims at establishing wellness and holistic healing centers globally under the brand names Vivekananda Health Global (VHG)™ and Vivekananda Yoga Global (VYG)™ with trade names (VH)™ & (VY)™
f. SVYP - An exclusive yoga publication house
g. Sushruta Ayurvedic Medical College and Hospital - With emphasis on high quality practice of Ayurvedic medicine and research. And a naturopathy college, the school of yoga and naturopathic medicine.
h. The School of Yoga and Naturopathic Medicine - It offers Bachelor in Naturopaty and Yogic Sciences (BNYS), a 5½ year medical graduation program
Who Should Participate?

1. Medical professionals
2. Practitioners of Indian medicine (AYUSH)
3. Yoga researchers and yoga therapists
4. Wellness and health industry persons
5. Policy makers

Pre Conference Programs

Himalaya Yoga Olympiad

Starts on - Nov 1, 2017 | Finals - Jan 1-3, 2018 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 Jnána Yoga, Rája Yoga, Bhakti Yoga and/or 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 proactive living. Coordinator: Dr. Vikas Ravat - +91-91486 54898

Pre Conference Workshops

Dec 29, 2017 - Jan 4, 2018 at Prashanti Kutiram

During the pre-conference workshop, three independent workshop tracks are offered, CME, CRE, and CYE. Participants can attend any one of the track, as all these sessions will be happening in parallel.

Continuing Medical Education (CME)

CME on holistic healing includes 7 different diseases (Oncology, Cardiology, Mental Health, Rheumatology, Spinal disorders, Metabolic disorders, Endocrinology). The basic principles of Integrated Approach of Yoga Therapy (IAYT) and latest approaches towards Holistic Healing will be addressed. Both theory and practice will be covered in this CME.

Who can participate? Yoga therapists, Yoga teachers and doctors

Coordinators: Dr. Amith Singh & Dr. Ashween S Bilagi
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 intermediary level 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, Docear, 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

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 Kausal Technique, Ananda Amruta Sincana these advanced yoga techniques theory and practice will be conducted.

Who can participate? Yoga therapists and Yoga teachers

Coordinator: Dr. Balaram Pradhan

Workshops on Yoga for Cancer

As a part of pre-conference, half day workshops on ‘Yoga for Cancer’ will be conducted worldwide. S-VYASA will provide resource materials for the workshop. VYASA/S-VYASA affiliate centers, VYG/ VHG centers and any other institutes can conduct this workshop. Workshop report / photographs has to be submitted to conference email.

Coordinators: Dr. Subramanya Pailoor & Mr. Chirag Hakked
Conference Organizing Committee

President
Dr. H R Nagendra

Vice Presidents
Dr. Ramachandra G Bhat, Sri T Mohan,
Dr. K Subrahmanyam, Prof. K B Akhilesh, Dr. R Venkatram

Scientific Committee Chairs
Dr. R Nagarathna, Dr. Manjunath N K, Dr. Raghavendra Rao,
Dr. Sandhya T L, Dr. Ramesh M N

Organizing Secretaries: Dr. Amarnath B, Dr. B R Ramakrishna

Treasurer: Sri H R Dayananda Swamy

Delegate Registrations and Accommodation: Prof. Prahlada Ramarao & Team

Technical Sessions and Souvenir: Dr. Raghavendra Bhat & Team

Exhibition and Stalls: Dr. Vasudev Vaidya

Cultural Program
Nadoja Dr. Mahesh Joshi, Dr. B R Ramakrishna,
Dr. Chikkahejjaji Mahadev, Dr. Sanjib Kumar Patra

Himalaya Yoga Olympiad
Dr. Rabindra Acharya, Dr. Balaram Pradhan, Dr. Vikas Rawat

International Co-ordinators: Dr. Subramanya Pailoor, Dr. Vasudha Sharma

Pre-Conference Workshops: Dr. Amith Singh, Dr. Ashween S Bilagi

Hospitality
Sri Ananda Shetty, Smt. Sharada Shankar, Smt. Sudha Tumuluri, Smt. Manjula

Publications: Sri M S Surenordra

Media and Govt Laison: Sri Raghu Bengaluru, Sri Chirag Hakkad

Transport: Sri Mohan Kishore, Sri Devaraju U N

Website Management: Sri Ravi T & Team, Sri Bharatheesha P,

Video & Photography: Sri Murulidhara H D, Sri Elumalai, Sri Manoj Singh

Campus Logistics - Chair: Prof. Sitharam T G & Team

Campus Logistics - Co-ordinators: Sri Balachandra Rao, Sri Chetan L Rao

Volunteers – Co-ordinators: Dr. Abhijit Ghosh, Ms. Padmashree
Conference Registration: Registration Fee /person

Register before Nov 30, 2017 to obtain Maximum Concession

<table>
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<th>Programs</th>
<th>Dates</th>
<th>SAARC Countries</th>
<th>International</th>
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<tr>
<td>Pre-Conference</td>
<td>Dec 29, 2017 - Jan 4, 2018</td>
<td>5,000</td>
<td>5,000</td>
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<tr>
<td>Main Conference</td>
<td>Jan 5 - 8, 2018</td>
<td>4,000</td>
<td>5,000</td>
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<tr>
<td>Combined for Pre &amp; Main Conference</td>
<td>Dec 29, 2017 - Jan 8, 2018</td>
<td>9,000</td>
<td>10,000</td>
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<tr>
<td>Day Rate for Conference</td>
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<td>1,275</td>
<td>1,750</td>
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- Registration includes Vegetarian Food and Attendance for all Conference Programs
- Please Note: Choose your own Accommodation (Optional) Accommodation in Prashanti Kutiram and on first come basis
  - Shared (2 persons in 1 room): AC - ₹ 1500 | Non AC - ₹ 975 /day /person
  - Dormitory: ₹ 500 /day /head | for Foreigners: US$ 75 /day /person
- Students & S-VYASA Alumni are entitled to 50% concession in Registration Fees (Student ID card/letter from Principal should be submitted during registration process)
- Registration Counter at S-VYASA Campus and S-VYASA City office is available
- Mode of Payment: Online Payment, Cheque, Bank Draft, Debit / Credit Card Online Bank Transfer, payable to VYASA ‘Vivekananda Yoga Anusandhana Samsthana’
- Online Transfer Details for Indian Nationals:
  - A/C Name: Vivekananda Yoga Anusandhana Samsthana
  - A/C No: 31527234022; Bank: SBI; IFS Code: SBIN0011355
- Online Transfer Details for Foreign Nationals:
  - A/C Name: Vivekananda Yoga Anusandhana Samsthana
  - A/C No: 31527234022; Bank: SBI; Branch Code: 06866; Swift Code: SBININBB421
  - Foreign Transfer Bank Address: SBI Specialised Banking Branch, St. Marks Road, Bangalore, Karnataka, India
- 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.svyasa.edu.in

Hotels in the vicinity of Prashanti Kutiram

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Distance from the Venue</th>
<th>Phone</th>
<th>Booking Portal</th>
<th>Special Offer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hotel Sai Vishram</td>
<td>12 kms</td>
<td>+91-80-4040 0400</td>
<td><a href="http://www.saivishram.com">www.saivishram.com</a></td>
<td>50% off</td>
</tr>
<tr>
<td>Bommasandra, Bengaluru</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hotel R V International</td>
<td>5 kms</td>
<td>+91-80-2782 6099 +91-90352 02384</td>
<td></td>
<td>---</td>
</tr>
<tr>
<td>Jigani, Bengaluru</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hotel V Inn</td>
<td>5 kms</td>
<td>+91-80-2782 5000 +91-99722 05912 +91-99006 49448</td>
<td><a href="http://www.hotelvinn.com">www.hotelvinn.com</a></td>
<td>---</td>
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<tr>
<td>Jigani, Bengaluru</td>
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For details on Concession Rates at Hotels and Direct Booking please visit www.incofyra.com
## Dates to Remember

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Pre Conference programs</td>
<td>Dec 29, 2017 - Jan 4, 2018</td>
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<tr>
<td>Main Conference</td>
<td>Jan 5 - 8, 2018</td>
</tr>
<tr>
<td>Registration to avail early bird offer</td>
<td>Oct 15, 2017</td>
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<tr>
<td>Last date for Abstract submission</td>
<td>Dec 10, 2017</td>
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<tr>
<td>The abstracts will be peer reviewed and acceptance or otherwise will be intimated by</td>
<td>Dec 15, 2017</td>
</tr>
</tbody>
</table>

- Scientific research papers and review papers on the theme and related topics in Yoga and Integrative Oncology 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

## Contact

**City Office:** Sri Mahadevappa  
‘Eknath Bhavan’, #19, Gavipuram Circle, K G Nagar, Bengaluru – 560 019  
*ph:* 080-2661 2669

**Prashanti Kutiram campus:** Dr. Shree Varaprasad N S  
Vivekananda Road, Kalluballu Post, Jigani, Anekal, Bengaluru – 560 105  
*ph:* +91-80-2263 9963 / 55 | *cell:* +91-70220 24777 | *e-mail:* incofyra@svyasa.org  
*web:* [www.incofyra.com](http://www.incofyra.com) ; [www.vyasa.org](http://www.vyasa.org) ; [www.svyasa.edu.in](http://www.svyasa.edu.in)  
*facebook:* svyasayoga | *YouTube:* svyasablr

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**Route Map to Prashanti Kutiram, Jigani, Bengaluru**
New Team of S-VYASA

**Dr. R Chandrasekhar, MSc, ME, PhD**
Professor and Dean of Academics

Dr. R Chandrasekhar has completed M.Sc. Mathematics during 1981 from Bangalore University and Ph.D in Discrete Mathematics (Graph Theory) from Bangalore University in 2005. He has also completed ME in Computer Science from Vinayaka Mission University, Salem in 2009. He is guiding Ph.D. students for their doctoral degree in Mathematics as well as in Computer Science from VTU, Belagavi and Bharathiar University, Coimbatore. He has 36 years of a very rich experience of teaching UG, PG, Ph.D. students in engineering and science subjects. He has published about 21 research papers in National and International journals and conferences in Discrete Mathematics and Computer Science. He has conducted one International and many National conferences.

He is actively involved in research. He has started a group called MIGD (Monthly Informal Group Discussion) which will be held on third Sunday of every month at one of the educational institutions such as IISc, Bangalore, Christ University, Bangalore, PES Institute of Technology, Bangalore, etc. It has successfully completed 77 months without any interruption. This group discussion helps the young researchers to get motivated, find a research problem, and find a guide, etc. in Mathematics and Computer Science subjects.

**Dr. Sandhya Thumsi Kumar, MBBS, MSc (Anatomy & Counselling)**
Dean, Division of Yoga and Life Sciences

Dr. Sandhya Thumsi Kumar has a versatile and unique professional profile of being a MBBS Doctor (India), MSc Anatomy (Singapore) and MSc Counselling (Australia). After a fruitful family and professional life for the past 20 years in Singapore, she returned to India in 2014 seeking a holistic experience of life that includes the rich spiritual heritage of India that is Bharat. She believes this is the critical game changing factor if one wants to achieve goals of empowering people and communities to overcome physical mental and emotional barriers for holistic success and progress in life.

She comes with a rich multidisciplinary background as a doctor, educator and health counsellor. A certified facilitator in Problem Based Learning (PBL) methodology she taught medical subjects for 9 years in Republic Polytechnic, Singapore. Her keen interest in health psychology and impact of emotions on health was useful in her role as Infertility counsellor in a Life, Singapore. On her return to India, she worked in Learning and development at Narayana Hrudayalaya and taught at Narayana Hrudayalaya Foundation colleges of nursing and allied health. She also worked at Academy for Creative education for various professional training programs. She has also been a mentor for students and teacher trainees at CIDTL program in Indus International School. She also conducted training workshops in creating inclusive education awareness and mental health awareness on SLD-Dyslexia in partnership with Reissure Trust Bangalore.

She is a qualified Continuing Education (CE) trainer and trained adult learners for various certification courses in upgrading professional skill sets in technical subjects in Singapore. In India she has been certified as Assessor of the Modular Employability scheme under the DGT scheme for Vocational training under the Union HRD ministry in India. Being multilingual and proficient in English, Kannada, Telugu, Tamil and Hindi and Sanskrit allows her to reach
across to people beyond language barriers.

Dr. Sandhya believes in lifelong learning with a “Growth” mindset and self-development and people development as a life goal. She strongly believes in translating learnt knowledge into real life application in health and in employable education. This allows our youth to be better placed to utilize opportunities in the national and global world stage – Yoga education is an ideal platform for the same. She resonates to the power of Education for holistic wellbeing for all that S-VYASA mission of “BE and Make” stands for. Coming to the family of Prashanti Kutiram and S-VYASA is like coming back home for Dr. Sandhya. She believes working at S-VYASA is God’s grace and is a privileged opportunity for doing Sadhana and Yoga in all its dimensions.

Prof. Dr. Chikkahejjaji Mahadev, MA (Kan), PhD (Kan)
Dean, Division of Yoga & Humanities

Academic and Administrative:
• Served 25 years as Head of the Department & Professor and Vice-Principal & Incharge Principal in Bengaluru University Affiliated Colleges
• Worked as Academic Counsellor & Asst. Co-ordinator in IGNOU, Bengaluru
• Worked as Director, Registrar & Pro Vice Chancellor, Apex Professional University, Arunachal Pradesh

Papers Published: 25 papers & articles published in State & National Level news papers, magazines and books

Books Published: 5 Books

Awards Received: Literary, cultural, social, educational, religious and other organisations conferred more than 100 awards of State, National & International fame. Some of them are, Dr. Sarvepalli Radhakrishnan Award – 2007, Rajeev Gandhi Ektha Award – 2007, Vishwa Kannada Kanmani Award – 2007, Swami Vivekananda Award – 2008, International Ideal Teacher Award – 2010, Dr. B R Ambedkar Award – 2011, Dr. Abdul Kalam Award – 2012, Sree Basaveswar Award – 2012, Karnataka Rajyothsava Award - 2013

Dr. Karuna Nagarajan, BCom, MBA, MSc (Yoga), PhD (Yoga)
Assistant Director, DDE

• Chief Compiler of Self Learning Material on Yoga for Distance
• Writer of Yoga books for NCTE – Yoga Education for BEd, MEd, DElEd
• Writer of Official Guidebook for Certification of Yoga Professionals Level 1 and 2 under the Yoga Scheme by Ministry of AYUSH, managed by Quality Council of India.

Distinctions
• Technical Committee Member of Quality Control of India (QCI) for Yoga Accreditation.
• Working Committee Member for UGC Syllabus for Yoga in Universities.
• Working Committee Member of NCTE BEd (Yoga) Syllabus.
• Committee Member for NCTE Yoga Text Books
• Member for UGC Yoga Textbook Committee
• Lead Examiner for Indian Yoga Association, PQMS and QCI
Dr. Varsha Karanth, MBBS, M.D. (Psychiatry)
Associate Professor

Dr. Varsha Karanth has completed MD in Psychiatry with flying colours and have topped the examinations of Rajiv Gandhi University of Health Sciences (RGUHS), Bengaluru, with Gold Medal. She has opted Psychiatry by choice as she was fascinated by it.

Her interests lie in debusting the myths about mental illnesses and their treatment which is the need of the hour in creating mental health awareness for the betterment of the society. She is keen on integrating the profound knowledge of Yoga for treatment and rehabilitation purposes.

She looks forward to be a part of research on how various facets of Yoga helps in calming down the stressed mind and how accurately those things can be used along with scientific evidence to prove the ancient scientific knowledge of Yoga was second to none in those days which holds good even today.

Conference on Stop Diabetes, Singapore

Vyasa Yoga Singapore had organized a one-day conference on Stop Diabetes on the 19th November 2017. Diabetes is now identified as a huge burden for Singapore with as much as 5 out of 10 Indian diaspora in Singapore diagnosed as Diabetic. Recent research data from Singapore suggests that most of them have sleep debt which they compensate in the weekend. This conference was organized with an objective to communicate the scientific basis of Yoga practices in the management of Diabetes Mellitus. A standardized yoga practice session was conducted by Dr. Kuldeep Kushwah and team followed by a scientific session on the Role of Yoga practices in the management of Type 2 Diabetes Mellitus by Dr. B. Ragavendrasamy from S-VYASA (Deemed University), Bangalore. The program was well received with over 100 members participating in the event.

Participants of SMET Program - Senior Management Officials from Canara Bank RSETI
We have examined that how the five elements; aether, air, fire, water and earth cause the universe (multifaceted and multicultured) by their combination and multiplication, in the previous section. It’s beautiful and worth knowing that only five elements create this world, called Bhutagrama (group of animals) which are categorised as follows: Andaja (born out of eggs), Svedaja (born out of moisture), Udbhijja (born out of breaking the surface of earth; plants) and Jarayuja (mammals).

The question arises to how inanimate objects which are the five elements, cause the universe that is dancing with vitality or Prana? Are these five elements not inanimate? Does earth look as a living being? Similarly all other elements seem all inanimate. Then, how do they cause universe which is bubbling with Prana or Vital force? This seems miraculous. This is the focus of discussion here.

If you take handful of mud in your hand, it looks like nonliving. But, according the Vedic tradition, all the particles are bubbling with Pranic force. Ever vibrating particles look to be apparently dormant, because of Tamasic nature being very active. Dormant, passively seeming particles are inherently active for their origin is Ishvara, the nature of Isa Shakti (Paramatma Shakti, Chaitanya).

Parameshvara (omnipotent), residing in each and every particle, meditates to expand in their own respective elements; more earth content if earth particles are more, watery elements cause ocean, river etc, similarly other objects are created. They respectively have those characteristics corresponding to the major element rested in that particular object. That is how the process of imagination of creation, namely ABHIDHYANAM is presented. The same fact is substantiated in one of the Mantras in Brihadaranyaka Upanishat, ‘yah prithivi…’, the lordness of these elements residing in them, pervading them, controls and maintains. That is how all these five elements have ISHVARA content in them. After having created the universe, Ishvara entered them.

It is not just aether creates the air, air creates fire, fire creates water and finally water creates the earth. This order is for preliminary understanding which is presented in Taittiriya Upanishat. This should be understood as from the viewpoint of ISA (lord). Aether does not create anything on its own, but the lord residing in the aether creates air, so on and so forth. This is how the universe gets expanded gradually, from subtle to gross and gets tangible form. Therefore, ‘Atmanam svayamakuruta…’, meaning ‘he only created the form of this universe’. Therefore, in all these five elements, their creation and its multiplication, one has to see the power of the Lord (Ishvara Shakti) in each and every object. The Lord imagined, assumed, visualised and finally created the world. The entire process is called ‘Abhidhyaana’, meditated. This entire section should be properly presented to modern science and to logical minds.

Modern science has many theories; big bang, string etc; all these theories indirectly support veda based cosmological expansion. So, in this context, creation should be understood; not accidental, agnostic, unplanned. The creation is well planned by a Chaitanya vastu.

Place, time, cause and effect, intended result, creator, created world and intention; these are all planned well to be the way they exist. This is in reality Upanishad based cosmological theory.
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Division of Yoga - Spirituality

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Dec 2017
Srimad Bhagavadgita competiton
Ku. Srigowri C recited all the 700 shlokas of Bhagavadgita

Sringeri & Prashanti Kutiram: Recently, BNYS student Ku. Srigowri C by hearted all the 700 shlokas of Srimad Bhagavadgita and she had participated in Gita Jnana Yajna in Sringeri Sharada Peetham, presented in ascending order and won the prize.

And later in memory of Pujya Lakshmi Amma an open competition was held in Prashanti by Lalitha Rama Lakshmi Trust. The recitation was presented in digital order (Shalaka Pariksha) and S-VYASA Chancellor Dr. H R Nagendra, Vice Chancellor Prof. Ramachandra G Bhat and Vidwan Gajanan Bhat were the examiners.
Recently, Sri Rajesh H K, Assistant Professor at S-VYASA, has conducted Two Days Workshop for BEd, MEd and MPhil Students of Rashtriya Sanskrit Samsthan, Sringeri. The Havans have been performed for the Welfare of the student community and all the residents of the campus. It is important to consider the nature while constructing any building for living. All the Grahas (celestial beings) would facilitate the human beings to live harmoniously if only they are shown respect and gratitude. Thus in the new buildings of the University Campus; Tyaga, Maitreyi and Lakshmi buildings. Navagraha, Vastu and Rakshogna Havanas were conducted with the help of Vidwan Ananta Narayana Vadyar and the spirituality team successfully.
The Second Indian Cancer Congress, with the theme being insight, innovation and integration, was organized between 8th and 12th Nov, 2017 at Clarks Convention Centre, Bengaluru. As part of this, a full day scientific program on integrating AYUSH into oncology practice, with the focus on safety and Efficacy, was organized on the 8th, the first day of the event, with support from the Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, Govt. of India.

The AYUSH track was inaugurated by Dr. Manoj Nesari (Advisor, Ministry of AYUSH, Govt. of India), Dr. K S Gopinath (Chairman, 2nd Indian Cancer Congress), Dr. Ramesh Bilimaga (Secretary General, 2nd Indian Cancer Congress), amongst other dignitaries.

The four keynote sessions by Dr. Nagarathna Raghuram (Medical Director, S-VYASA), Dr. Lorenzo Cohen (Director, Integrative Medicine, M. D. Anderson Cancer Centre), Dr. Suzanne...
Danhauer (Associate Professor, Wake Forest School of Medicine, USA), and Dr. Karen Mustian (Professor, University of Rochester Medical Center, USA) were the highlights of the day. These talks shed light on the why and how yoga has shown to benefit cancer patients, its role in cancer rehabilitation, during and post treatment survival, while providing groundbreaking research findings from studies done in India and The United States of America.

Invited talks in all streams of AYUSH, including Ayurveda, Homeopathy, Yoga & Naturopathy, Unani and Siddha, showed equally impactful research findings and outcomes of clinical experiences, highlighting the role of AYUSH systems in cancer care.

The full day program was attended by about 360 delegates that included AYUSH practitioners, faculty, and students from various undergraduate and postgraduate AYUSH courses from across India. The program also hosted a significant number of international delegates and representatives from the pharmaceutical and nutraceutical industry.

The program summarized that, while emphasis needs to be on developing stronger (level-I) evidence for AYUSH interventions, based on the existing evidence for AYUSH in cancer care and experience from clinical practice, the time is right to think of a structured plan for integration of AYUSH into oncology care. Supportive care, Quality of Life and Palliation are key areas where integration could commence in the field of oncology. Also, practitioners of AYUSH systems and western medicine need to increase and improve cross-communication with the objective of providing integrated cancer care. Secondly, professional and continued educational needs to equip oncologists and AYUSH doctors, on areas of integration.
Prashanti Kutiram, Nov 7: S-VYASA made a catalytic move to provide value based management education to the discerning students who are keen to pursue an MBA program. With a single minded purpose of providing holistically developed human resources to serve the corporate world, S-VYASA entered into an MoU with National School of Business (NSB) and launched Academy for Management Excellence.

Dr. R Nagarathna, Medical Director of Arogyadhama, acknowledged and appreciated Sri Sanjay Kumar Agarwal from Nepal for his generous contribution towards Wheel Chair for Arogyadhama.
Arogyadhama Success Stories

Section A - An improved case of Neurology & Oncology Dept.

She had five health issues — Parkinson’s disease, back pain, knee pain, tremors in hand and difficulty in speech. She got done an MRI of brain and another MRI of spine. The first scan showed mild cerebral atrophy and the second indicated spondylitis changes in the lumbar vertebra. She was managing Parkinson’s disease well with medication since a year. It had started gradually two years ago as pain and tremors in left arm.

Mrs. Sheila (name changed) came to our Aarogyadhama in February 2015. During her stay of 2 weeks she underwent Yoga Practices based on Integrated Approach of Yoga Therapy (IAYT) which comprised a special yoga module prepared by us for neurological ailments based on yoga research. Along with this she underwent other treatments in ayurveda, naturopathy, physiotherapy and acupuncture also. There were counselling sessions to sublimate her inner emotions and correct her stress levels. She was put through cleansing procedures, called kriya, twice a week to cleanse her system completely. Her schedule used to start at 5:30 am with meditation and continued till 7:30 pm. Her daily schedule included special techniques designed according to her ailment (asana, loosening exercises, relaxation techniques, pranayama, cyclic meditation (CM), trataka, mind sound resonance technique (MSRT) and pranic energisation technique (PET).

After first week she reported significant improvement in back and knee pain. During the second week there was a reduction in hand tremors and significant improvement in her speech. At the time of discharge, she reported she was totally relieved of knee pain, had significant improvement in back pain, much-reduced tremors and marked improvement in speech.
Vital Parameters as on Date of Arrival (DoA) and Date of Departure (DoD)

<table>
<thead>
<tr>
<th>General Parameters</th>
<th>DoA</th>
<th>DoD</th>
<th>Specific Parameters</th>
<th>DoA</th>
<th>DoD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulse Beats/min</td>
<td>86</td>
<td>86</td>
<td>Weight in Kg</td>
<td>62.1</td>
<td>62.6</td>
</tr>
<tr>
<td>BP in mm Haemoglobin</td>
<td>122/78</td>
<td>120/80</td>
<td>Height</td>
<td>153</td>
<td>-</td>
</tr>
<tr>
<td>Respiratory Cycles/min</td>
<td>20</td>
<td>20</td>
<td>Medication Score</td>
<td>10</td>
<td>8</td>
</tr>
<tr>
<td>Symptom Score</td>
<td>5</td>
<td>2</td>
<td>Brahmari Time (Sec)</td>
<td>5</td>
<td>11</td>
</tr>
</tbody>
</table>

Week-wise Improvement of the Patient

<table>
<thead>
<tr>
<th>Description</th>
<th>1st Week</th>
<th>2nd Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improved Symptoms</td>
<td>Back pain ceased, Knee pain ↓ Back pain ↓ 100 % No more fatigue Constipation resolved fully</td>
<td>SStoop in walk ↓ 100 % Hand Tremor persisting Speech improved Total knee pain relief</td>
</tr>
</tbody>
</table>

T2DM, Essential Hypertension, COPD, Hypothyroidism, Polyarthralgia, S/P AVS (Aortic Valve Stenosis) closure, S/P L4-L5 disc decompression

A participant named Mr. Gopal (name changed), aged 46, came to Arogyadama in January 2015. He is a known case of T2DM since 20 years, Hypertension since 10 years, chronic obstructive pulmonary disease (COPD) since 8 years, hypothyroidism and joint pain since 6 months. S/P AVS (Aortic Valve Stenosis) since 20 years and S/P L4-L5 disc decompression since 21 years. He was taking Inj H. Insulin along with oral hypoglycemic medicine and anti-hypertensive and maintaining with Diet.

He was diagnosed as T2DM, Essential Hypertension, COPD, Hypothyroidism, Polyarthralgia, S/P AVS (Aortic Valve Stenosis) closure, S/P L4-L5 disc decompression.

During his stay of 2 weeks, he underwent Yoga Practices based on the integrated approach to Yoga therapy which is a special yoga module prepared in our campus based on yoga research for Diabetes mellitus ailments.

He was made to practice breathing exercises for his Hypertension, sukshma vyayama for his multiple joint pain along with yogasanas like Ardha matsendrasana, vakrasana, trikonasana, parivrrtakonasana etc along with kriyas (Yogic external detoxification techniques) like vamana.
dhouti (cleansing upper gastrointestinal tract) and laghu sanhka prakshalana (intestinal cleansing technique). He was taught Abhyantara kriyas like agnisara and nauli kriya and made to practise them to the extent possible for his T2DM. A diabetic diet was planned according to his needs which included boiled / raw vegetables as a major portion. He was taught to practice Cyclic Meditation and MSRT (Mind Sound Resonance Technique) in order to give total rest to his body and mind. Counselling sessions were organised to sublimate his suppressed emotions. He was daily made to practice “chair breathing”. Lectures on lifestyle and diet management were organised. Thus, keeping in mind his overall health condition he was put through a pre-planned yoga module suited for him.

Parameters: After 2 weeks of stay in Prashanti, his blood sugar came to normal multiple and joint pains improved by 70%. His sleep improved and bowel movement became regular. His quality of life improved by 70%. He learnt all about an ideal diet for a diabetic and importance of Yoga as a way of life.

General Parameters on Date of Admission (DoA) and Date of Discharge (DoD)

<table>
<thead>
<tr>
<th>Parameters</th>
<th>DoA</th>
<th>DoD</th>
<th>Specific Parameters</th>
<th>DoA</th>
<th>DoD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulse Rate (Beats/min)</td>
<td>90</td>
<td>78</td>
<td>Symptom Score</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Blood Pressure (mm of Hg)</td>
<td>110/74</td>
<td>100/60</td>
<td>Medication Score (Tablets)</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Bhramari Time (Sec)</td>
<td>8</td>
<td>13</td>
<td>Inj. Insulin</td>
<td>66</td>
<td>36</td>
</tr>
<tr>
<td>Weight in Kg</td>
<td>74</td>
<td>73.5</td>
<td>FBS (Fasting Blood Sugar)</td>
<td>102</td>
<td>101</td>
</tr>
<tr>
<td>Respiratory Rate (Cycles/min)</td>
<td>18</td>
<td>16</td>
<td>PPBS (Post Prandial Blood Sugar)</td>
<td>219</td>
<td>241</td>
</tr>
</tbody>
</table>

Symptoms as on Date of Admission (DoA) and Date of Discharge (DoD)

<table>
<thead>
<tr>
<th>Description</th>
<th>DoA</th>
<th>1st Week</th>
<th>2nd Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improved Symptoms</td>
<td>Multiple Joint Pains</td>
<td>Multiple Joint Pains down by 40%</td>
<td>Multiple Joint Pain reduced by 70%</td>
</tr>
<tr>
<td></td>
<td>High Postprandial blood sugar</td>
<td>Blood sugars came to normal</td>
<td>Inj. Insulin was reduced by 30 units.</td>
</tr>
<tr>
<td></td>
<td>Disturbed sleep</td>
<td>Sleep Improved by 50%</td>
<td>Sleep Improved by 80%</td>
</tr>
<tr>
<td></td>
<td>Bowel movement irregular</td>
<td>Bowels were clear and regular</td>
<td>The quality of Life Improved</td>
</tr>
<tr>
<td></td>
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</tbody>
</table>
A recently published article by PhD student Kuntal Ghosh and Dr. Alex Hankey in the Journal of Alternative and Complementary Medicine clearly explains a valuable new method of analysing data from research on Yoga medicine. When looking at results of medical treatments, all conventional medical research looks at changes in the means of variables being measured, because causing a change in a variable, is what medical drugs are designed to do. Yoga medicine treatments are designed to do very much more, however. Their aim is to restore normal functioning to the physiology, particularly to remove stresses that are interfering with the regulation of physiological functions. Restoring regulation to its desired optimal state of functioning will restore health, because optimal regulation is an important and simple condition for health in any organism. Decreasing quality of regulation will reduce quality of health; correspondingly, restoring quality of regulation will restore health, as a 2015 article from S-VYASA established.

The main aim of practice of Yoga Medicine is to restore and maintain optimal functioning of the human body and mind, including optimal regulation of all aspects of their functioning. Yoga Medicine taught at S-VYASA has been shown to do this highly effectively. But removing stress and restoring normal function is a far more profound modality of medical treatment than anything offered by western medicine. It requires a different kind of analysis to properly demonstrate the profundity of its effects. Results should be subject to different tests.

Drugs used in modern medicine are designed to have precise effects on a single enzyme - a difficult goal to achieve. In contrast, the various limbs and practices of Yoga are designed to maintain perfect, integrated function of the whole system, and to prevent problems from arising, rather than fighting them once they do. A drug for high blood sugar problems in diabetes is designed to reduce sugar levels in the physiology, and only to reduce them. Similarly, a drug for high blood pressure is only designed to reduce blood pressure. You should not take a drug for diabetes if you have hypoglycaemia, low blood sugar levels. That would only make the condition worse. Similarly, you should not take a drug for high blood pressure if your blood pressure is too low – that would be potentially harmful.

With Yoga medicine, on the other hand, the general effect of Yoga practice is to restore biomedical variables to their normal range. Yoga will help restore low blood sugar levels to normal, just as much as high blood sugar levels. Similarly, Yoga medicine can be used to treat low blood pressure just as much as high blood pressure. It can be used to treat both ends of the medical spectrum – low blood sugar as well as...
high blood sugar, and low blood pressure as well as high blood pressure (hypotension as well as hypertension). When a variable is in its normal range, Yoga practice will not move it away from its normal change. In fact, Yoga should strengthen its ability to remain within its normal range.

This idea was first pointed out to me by my student Dr. Purnima Datey, when we were investigating the results of a combination of Ayurveda and Yoga medicine in a three-month randomised controlled trial of the two systems. Dr. Datey insisted that we should demonstrate that variables being measured (about 16 in all) were being restored to their normal, healthy range. I was able to put this together with results obtained from studies of levels of Prana in the physiology, using the AcuGraph system of measurement. Beginning in 2013, we had noticed that Yoga practice tends to reduce the variance of the levels of Prana measured by the AcuGraph instrument, and had reasoned that this suggested that Yoga practice was improving regulation of these variables.

It is obvious that if regulation of a variable is poor, then its range will be less restricted. The aim of healthy regulation is to keep a variable within the bounds of its optimal range. A series of studies with AcuGraph had consistently demonstrated that groups of healthy subjects had smaller ranges of variation of the variables measured by AcuGraph than groups of patients. The paper now being published in the Journal of Alternative and Complementary Medicine contains an entire Appendix very carefully explaining the reasons why these observations are significant — again for the rather obscure and seldom used acupuncture variables assessed by the AcuGraph Instrument.

Now we are beginning to see the same results in normal biomedical parameters like those measured for diabetes (blood glucose levels) and hypertension (blood pressure levels). In Dr. Purnima Datey’s study it was clear that many of the variables measured were being restored to their normal ranges of healthy operation, rather than merely being shifted in a particular direction, as for biomedical treatments. When a variable in a particular study participant was initially within its normal range, it remained within its normal range. When it started high, it was either restored to its normal range or shifted in that direction. As a result, the results of the study of Ayurveda and Yoga medicine practice showed completely different behaviour from those of modern drugs. Not only did the means of the blood glucose and blood pressure variables move back towards normal, the amounts by which they varied for the group, their ‘variances’, also reduced. What was more remarkable was that the statistical significances for the reductions of variance were much greater than for the reductions in mean. For the reductions in mean, they were a respectable $p < 0.01$. However, for the reductions in variance, they were an extraordinarily significant $p < 0.0001$; Yes, one-in-ten-thousand!

Evidently analysis of changes in variance, known as an ‘$F$’ test, is a very much more powerful means of analysing the effects of Yoga medicine, than the usual biomedical tests of changes in mean of the relevant variable, known as a ‘$t$’ test. Understanding that the aim of Yoga is to restore quality of regulation to the physiology, is a means of justifying the use of this well-known, but hitherto largely neglected, statistical test in medical studies of treatment effects. For studies of Yoga medicine, and also Ayurveda panchakarma therapies, it could prove the means to finally establish their superior value in restoring patients to health.

That Yoga practice reduces variances observed in groups of patients, restoring biomedical parameters to their normal range, constitutes a new ‘Law of Yoga Medicine’. It needs to be tested, and hopefully extended and verified for many different medical variables. Then it can be loudly proclaimed around the world on such occasions as the International Day of Yoga.
Prashanti Kutiram: Recently, SMET Program (Self Management for Excessive Tension) was organized for BSF Officials (Border Security Force). On Nov 1, the Valedictory Program was held and Chancellor, Dr. H R Nagendra, Registrar, Dr. Amaranath B and IG of BSF, Sri N S Jamwal graced the occasion.

Feedback from the BSF Doctors on SMET Program:

- Spreading awareness about activities and contribution of S-VYASA to Country’s image health and wealth
- Further Yoga related Courses relating to overall health & development.
- Good Course
- Being Medical Superintendent of a 100 Bed Composite Hospital of BSF, Gwalior, I will expect all help in academic research activity related to health statistics & to promote Yogic practices in particular. Very happy about the Course.
- To offer services in publishing the excellent work of S-VYASA throughout India.
- Also suggested to extend the course and more focus to be done on with Diabetes and Yoga.
Curiosity is inborn. It grows along with the development of brain. It shows itself as query, question and finally as quest. Child is very curious. Children raise many queries. Some of the questions asked by the children are hard to be answered. Sometimes, elders fail to satisfy the ever-growing curiosity of the children. This inborn curiosity never ceases to grow. Initially, curiosity expresses itself as simple and small queries. The queries may be more for clarification. Child asks the same question many times, until the child is very clear about the answer. The queries will be such as, ‘Where does this road go? How does this train move? Where do the earth and sky meet? etc. If it is a simple query, parents or elders may clarify easily. But sometimes, the queries will become serious questions.

Narendranath wanted to know, out of curiosity, who would be more useful to society? Is it a householder or a bachelor? The clarification to him has come from some seniors, that a bachelor would be more useful to society than a householder. As illustration, it was clarified that Anjaneya, a brahmachari, was more useful to people than Sri Rama Chandra, a householder. There can be a selfish motive attributed to the householders’ welfare activities. But a brahmachari would normally have no axe to grind. The queries can be, to some extent, answered with an illustration to clarify.

The seed of curiosity does not stop with mere queries. It would grow further to deeper questions, for a substantial verification and acceptance. The questions such as ‘where do we come from?’ and ‘where do we go after our death?’ require deeper answers. These questions are very irksome. Nachiketha, in the Upanishad asked the question about the life before death and after death. To answer the question, there is a great Upanishad. Similarly, Swami Vivekananda, as Narendranath, asked the question, ‘Does God exist?’ Unfortunately he was not able to get a satisfactory reply from anybody until he met Sri RamaKrishna. A person who believes in God is a theist. A person who does not believe in the existence of God is called an Atheist. Narendranath was neither an atheist nor a theist. He was an agnostic. So he went on asking the question, repeatedly before
everybody, “Does God exist?” His questions were crystallised into – ‘Have you seen God?’

Sri Ramakrishna was accosted by Swami Vivekananda (Narendranath) with the same question, “Have you seen God?” Narendranath might have expected an evasive reply as was his experience in the past. But Sri Ramakrishna gave an affirmative reply very precisely in one word, one emphatic word: ‘YES’. Then he added, “Naren, I see God very clearly.” Naren should have been satisfied with the answer because it was answered positively. His question was no doubt answered. But he did not stop there. From that question, he went forward with a quest to see God. Therefore, he pleaded with Sri Ramakrishna to show God to him as well. Unhesitatingly, Sri Ramakrishna said that he would certainly show God to Naren. But was Narendranath ready? Did he have the required thirst to see God? Since the quest was not that deep and concentrated, he could not readily experience divinity when Sri Ramakrishna tried to show God. Naren had to do some more sadhana or self-preparation to enhance his quest for divine darshan. His quest should be further intensified.

If the quest is complete, God would certainly be seen. Dhruva’s quest was very high. Markandeya’s quest for immortality was very deep. Similarly, if the quest is very sincere like a bubble pushing itself up to the surface of the water to merge with the air, God would certainly be experienced. It is Jnana yoga when curiosity grows into query, which further develops into question and finally, when it unfolds itself as serious quest to merge with the highest.

Curiosity is common, superficial and it is to learn without intensity of desire. Queries are for clarification. Question is for information and confirmation and Quest is for assimilation and self realization. Very few people reach the stage of quest to know the truth. For want of intense quest, curiosity, query and question remain in the domain of ignorance. It is only the in-tensest quest that takes one to enlightenment.
ಕನ್ನಡ ತಾಳಿಟ್ಟು

62nd ರಾಜ್ಯ ಅಮಿರಾತಿನ ಸಮರ್ಪಣದ ಸಮಾರಂಭ

ದಿ ಅಮಿರಾತಿನ ಬಿದ ಸಮಾರಂಭ | ಸಮರ್ಪಣ ಸಂಪರ್ಕ ಅಸ್ತಿತ್ವ.
ಅಡ್ಡಾದ ಅಗ್ರಭಾಷೆ ತಂದು ಭೂಮಿಭೂಮಿಯಲ್ಲಿ ಸಂಭಾಷಣೆಯ ಅಮೇರಿಕಾನ ಈಸ್ಟ್‌ಟ್ರೀಕ್ಕಾರರು. ಅವುಗಳು ಅಮೇರಿಕಾನ ಸಂಗೀತಾಧಾರಿತ ಒಬ್ಬೆ ನಿಂದ ಕೆಲಸ ಮಾಡುತ್ತವೆ. ಅವುಗಳು ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದವರು. ಅವುಗಳು ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದವರು. ಅವುಗಳು ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದವರು.

ಆದ್ಯತೆಯನ್ನು ಹೋರಿಗೆ ಹೋರಿಗೆ ಮಗೇಡು. ಅವರು ಹೋರಿಗೆ ಹೋರಿಗೆ ಸಂಭಾಷಣೆಯ ಅಮೇರಿಕಾನ ಈಸ್ಟ್‌ಟ್ರೀಕ್ಕಾರರು. ಅವುಗಳು ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದವರು. ಅವುಗಳು ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದವರು. ಅವುಗಳು ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದವರು.

ವಿಶ್ವವಿದ್ಯಾಲಯದ ಪ್ರತಿಯೊಂದು ನೈಸರ್ಗಿಕ ಉತ್ಸವ ಪ್ರತಿ ಪ್ರತಿಯೊಂದು ಬೆಂಬಳಿಗೆ ಹೋರಿಗೆ. ಅವರು ಹೋರಿಗೆ ಹೋರಿಗೆ ಸಂಭಾಷಣೆಯ ಅಮೇರಿಕಾನ ಈಸ್ಟ್‌ಟ್ರೀಕ್ಕಾರರು. ಅವುಗಳು ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದವರು. ಅವುಗಳು ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದವರು. ಅವುಗಳು ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದವರು.

ವಿಶ್ವವಿದ್ಯಾಲಯದ ಪ್ರತಿಯೊಂದು ನೈಸರ್ಗಿಕ ಉತ್ಸವ ಪ್ರತಿ ಪ್ರತಿಯೊಂದು ಬೆಂಬಳಿಗೆ ಹೋರಿಗೆ.

34 Yoga Sudha
Annual Sports Day of S-VYASA was held on Nov 11. The following sport events were conducted for all the students in the campus - Suryanamaskara, Yogasanas, Leg Cricket, Volleyball, Basketball, Throwball.

The prize distribution ceremony for all the above events was held on Nov 18 at Samskruti Bhavan in the presence of the following Guests.

- **Sri Rangapppa**, KAS, Special Deputy Commissioner, Bengaluru Urban District
- **Sri K Ravi**, President, Federation of Karnataka Chamber of Commerce and Industries
- **Sri Praveen Ranka**, International Fame Karate Grand Master

Dr. B Amaranath, Registrar of the University, Prof. Dr. Chikkahejjaji Mahadev, Dean of Yoga and Humanities were also present. All the Staff Members and Students participated in the program.
Adichunchanagiri Institute of Medical Sciences was established in 1986 with a vision to provide medical education to the aspiring students from rural areas. A state level CME program was organized by the Department of Physiology with Department of General Medicine on “Chronic Obstructive Pulmonary Disease – An Update” on the 15th November 2017. Medical students and faculties from several medical colleges had participated in the program. Prof. R. Rajalakshmi & Prof. B.S. Jayaraj BS from JSS Medical College, Mysuru and Dr. B. Ragavendrasamy from S-VYASA (Deemed University) were the resource persons. This CME program was unique to have integrated the modern medical management principles and the scientific rationale for incorporating Yoga therapy regimen in managing Chronic Obstructive Pulmonary Disease.

First YIC Program in Apollo Hospital Centre in Ananthapuram

Total Health, a CSR activity of Apollo Hospital, conducted first YIC program at their Center in Anathapuram, Arogonad, Chittoor Dist, Andhra Pradesh. 16 students enrolled for the program, Sai Prassana and Shanmukhi Priya from S-VYASA successfully conducted the program. All the students were from rural background and were happy to have completed the course.
A three-day Conclave of Directors and Senior Managers of CBRSETIs (Canara Bank Rural Self-employment Training Institutes) sponsored by Canara Bank through its innovative CSR programs was organized from 22nd November 2016 to 24th November 2017 at Prashanti Kutiram.

More than 50 senior management personnel from all over India attended the two-day annual meeting followed by a Full day SMET program organized by S-VYASA. The inauguration on 22 Nov 2017 was graced by Guruji and seniors from the management.

The closing ceremony was on 24 Nov 2017 where the participants shared their memorable experiences of being in Prashanti Kutiram specially the hospitality, warmth and the experience of Yoga as introduced via the SMET program. All participants who were already practicing yoga and new people introduced to yoga for stress management shared that it was a profound and life changing experience for them that they will cherish. They also requested S-VYASA to arrange early morning Yoga sessions in all the days they were present in campus.

The Registrar, Dr. Amarnath, Dean of Yoga and Humanities, Dr. Chikkahajjaje Mahadeviah, Dean of Academics, Dr. Chandrashekar, Dean of Yoga and Life Sciences, Dr. Sandhya Kumar, were also present. Dr. Sandhya Kumar shared that she was witness to their CSR initiatives for more than 40 years and complemented the Canara Bank staff for their dedication and Dr. Chikkahejjaji Mahadeviah invited them and their clients to be part of YIC courses as this would help them personally and provide self-employment opportunities.

Dr. Amarnath addressing the gathering, highlighted the need to strengthen the personality development and nation building vision of Guruji which resonated with the vision of Canara Bank too. He also made an impassioned request for all to become Ambassadors of Yoga and S-VYASA and to support the varied activities here. He also invited the audience to come to Arogyadhama with their families for a rejuvenation of their health and wellbeing. This was met with applause and approval by the whole group.

The Deputy General Manager, Sri Palanivelu and the Board Members of the Canara Bank trust shared their choice of Prashanti Kutiram as venue was a very good decision and their commitment to the holistic wellbeing of all their staff was realized by the experience in these 3 days. They shared their profound gratitude to Guruji and all management and staff. The inspiring speech by Guruji, the warm hospitality, the peaceful ambience and learning yoga in these serene atmospheres was mentioned by them. They also assured the Registrar that his suggestions were well received, and they would implement it for their staff as well as their clients and beneficiaries.
A delegation of 14 Yoga teachers from various parts of China were brought together for a 10 day Yoga Orientation Program in S-VYASA by Mr. Avinash Mishra, The Director of Vivekananda Yoga, China. Each day, they were briefed about the concepts and knowledge of Yoga that is practised here in S-VYASA. Also sessions on understanding Yoga therapy, Yoga education and spiritual teachings were also organised.

In the same month of October we also organised an” Orientation Program to Yoga Therapy” for a Delegation of Yoga Teachers from Italy. A series of lectures on Yoga therapy on various disorders as practised in our Holistic Health Home, Arogyadhama was delivered to them; also a brief summary of the basic concepts of Yoga practised in S-VYASA was introduced. Mr. Eros Selvanizza, President of Italian Yoga Federation & Mrs. Antonietta, President of Sarva Yoga International were instrumental in bringing the entire team of Yoga Teachers together at one platform in S-VYASA.
On 16th October Mr. Park Il-ho, The Mayor of Miryang City, South Korea had visited S-VYASA (Deemed University) with the other Council members. Miryang city had been our successful host for the last “Asian Yoga Therapy Association Conference 2017” in the month of July, which had given a common platform to the Yoga representatives across the globe to share their knowledge and experience of Yoga. At S-VYASA, there was a meeting organised with The Chancellor of S-VYASA, Dr. H R Nagendra to discuss the upcoming project of "Yoga Village" in South Korea. Mr. Edward Chang and Ms. Viveka Kim, the representatives of Vivekananda Yoga Global team in South Korea were instrumental in organising this meet.

The team also had a detailed discussion with the Director of International Affairs and signed an MoU with S-VYASA. This team intends to extend the collaboration between the two Universities in both Academic and Research areas.
Visit of Professors from Yunnan Minzu University, China

The Director, International Exchange, and the Co-operation from Yunnan Minzu University, China with his team has visited the S-VYASA Campus for further discussions with the Director of International Affairs, S-VYASA and his team on the collaborative work and exchange program between the two Universities.

Visit of US Embassy Officials

As Yoga is getting popularised in The United States of America, Officials from US Embassy had come to visit the campus and appreciated the work done here and would like to join the hands in promoting Yoga in US and also to promote the research done in S-VYASA.

Recently,
Former Director General of BSF
Sri Prem Bhandari and
his wife Smt. Rekha Bhandari
met Guruji in Prashanti
A home is just a house till you live in it, till you fill it with little joys. You need to create an environment in which these joys can multiply. That's the reason why, we, at CenturyPly, look at the world a little differently. We don't see a dining table; we see a place where conversations come alive. We don't see a sofa; we see an audience laughing their guts out watching stand-up comedy. Every piece of furniture is like a stage where the drama called life unfolds. Together these pieces make a Khushiyon Ka Rangmarch. No matter what the genre is - comedy, romance, family drama; the stage is always set, so that the show does go on. And we try our best to give you products and services which help you make this stage strong and beautiful.