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# Yoga Sudha

A Monthly Journal of SVYASA (Deemed to be University)


## 16th Convocation of S-VYASA

held on Jan 12, 2019 at Prashanti Kutiram, Bengaluru


Chief Guest

**Dr. Rajiv Kumar**

Vice Chairman, NITI Aayog

www.svyasa.edu.in

# New Vice Chancellor of S-VYASA

(Succeeds Prof. Ramachandra G Bhat from Feb, 2019)

## Dr. B R Ramakrishna

BSAM, BAMS, MD (Ayu), MSc, PhD (Yoga)

Dr. B R Ramakrishna resides in Banashankari 2nd Stage, Bengaluru and he is the recipient of **Gold Medal & Karnataka State Award in BSAM**

### Positions held:

- **Professor & HoD,** Sushrutha Ayurvedic Medical College & Hospital, Bengaluru
- **Dean**, Division of Life Sciences, S-VYASA, 2016 to 2018
- **Ex-officio Member** nominated by CCIM to NITI Aayog, 2018
- **Member & Team Leader of NAAC** for developing Accreditation Format for AYUSH Systems, April 2018
- **President I/C**, Central Council of Indian Medicine (CCIM) Govt. of India New, Mar-2018 to Oct-2018
- **Member of the Academic Council,** RGUHS, Bengaluru, May 2018
- **Member of Examination and Valuation Reformation Committee,** RGUHS, Bengaluru, May 2018
- **Member of I-CAP** (Integrated Cancer Project) Govt. of India, 2017-2018

### Awards & Felicitations:

- **Torch Bearer of Ayurveda** by World Ayurveda Foundation, New Delhi, 2017
- **Felicitation** from Shri J P Naddaji, Hon'ble Union Minister for Health & family Welfare and Shri Ananth Kumarji, Hon'ble Union Minister for Chemicals & Fertilizers & Parliamentary Affairs, Adamya Chetana Trust Celebration, Bengaluru, 2016, for remarkable Service and Achievements in the field of Ayurveda
- **Felicitation** by Karnataka State Yoga Academy and S-VYASA, International Day of Yoga, Bengaluru, 2016
- **Felicitation** by Vaidyaratnam Oushadhasala Pvt. Ltd, Platinum Jubilee Celebration, Bengaluru, 2016
- **Felicitation** by Karnataka State Yoga Academy, International Day of Yoga, Bengaluru, 2015
- **Felicitation** by Karnataka Ayurveda and Unani Practitioners Board, Global Wellness Meet, Bengaluru, 2016
- **Kempegowda Prashasthi** by Padmanabhanagara Ward, BBMP, Bengaluru, 2013
- **Vinayashree Award** by Vinay Foundation, 2012
- **Felicitation** by Thathagat Ayurveda Research Foundation-Pune, International Scientific Seminar, Pattaya-Thailand, 2008

तं विद्याद्दुःखसंयोगवियोगं योगसंज्ञितम्

# Yoga Sudha

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# EDITORIAL

As part of the proposed **ICaP (Integrated Cancer Project)** on lines of Diabetes Control Program (NMB - Niyantrit Madhumeha Bharat Abhiyan) which we completed, the following dimensions are planned.

To Screen nearly 2 crore Persons in about 100 Districts of India for oral, breast and cervix cancers.

We elucidate below an Integrated Cancer Control Program that focuses on increasing awareness, making quality cancer care accessible and affordable to the masses through integration of AYUSH in Cancer Care. We propose a three-pronged strategy to improve Awareness, Affordability and Access to Care in Indian Cancer Patients by the following:

1. **Primary Prevention:** Increasing awareness and education of major cancers in India (breast, cervix and oral) among the population and reduce the risk factors that cause them.
2. **Tobacco Cessation Program:** To evaluate AYUSH approaches of Yoga, Naturopathy, Ayurveda, Siddha, Unani and Homeopathy for tobacco de-addiction.
3. **Tobacco Control Policy:** To work with farmers in using alternate crops instead of tobacco. To develop a whitepaper with inputs from experts on the same and facilitate its implementation. In addition, to evaluate alternatives to nicotine that causes addiction.
4. **Multi-centric RCT on Yoga in Cancer directed Treatment:** To evaluate the effectiveness and efficacy of Yoga in patients with breast, cervix and oral cancer undergoing conventional cancer directed treatment.
5. **Six Pilot Studies on each of the AYUSH Systems** on symptom management in cancer patients
6. **Integrated Palliative Care Training of AYUSH Doctors and Support Staff:** To improve palliative care workforce in the country as less than 0.4% of cancer patients have access to palliative care. To impart palliative care training to AYUSH Doctors as also paramedical persons and enable integrated palliative care across the country. To develop manuals of palliative care in each of the AYUSH Systems of Medicine and organise courses of short term and long term training by Online Digital Approach in Learner Support Centers to be established in Medical Colleges and Hospitals.
7. To further evaluate and understand the mechanism of action interventions of Yoga in cancer patients

The role of Yoga and Naturopathy in Palliative Care Centers to be established in Government Hospitals is given below

**Objectives**

- Reduce Perceived Stress
- Improve Appraisal and Coping
- Relax and Calm Down

**Principles**

- Reduction in Anxiety
- Modulation of Relaxation Response
- Reduction in Autonomic Arousal

**Goals**

- Reduce Stress
- Counsel, Educate, Improve Coping Resources
- Manage Symptoms

■ *Dr H R Nagendra*

## **Felicitation for Dignitaries** during 16th Convocation of S-VYASA

Prof. Dr. Sven Michael Nobel

Dr. S M Deshpande

Mr. Prem Bhandari

Prof. C L Khetrapal

# ब्रह्मसूत्रम् (Brahmasūtram)

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

## आध्यानाय प्रयोजनाभावात् (ब्रह्मसूत्रम्-३-३-१४)

Ādhyānāya prayojanābhāvāt (Brahmasūtram-3-3–14)

**Meaning:** *For meditation; as there is no other necessity (of any other purpose).*

The central theme here is *Gunopasamhara* - (method of qualifying the deities of *Upasana* for channelizing the mental energy). Acharya *Badarayana* focuses here on a statement from Kathopanishat:

इन्द्रियेभ्यः परा ह्यर्थाः अर्थेभ्यश्च परं मनः।
मनसस्तु परा बुद्धिः बुद्धेरात्मा महान् परः॥
महतः परमव्यक्तम् अव्यक्तात् पुरुषः परः।
पुरुषान्न परं किञ्चित् सा काष्ठा सा परा गतिः॥

॥ क.उ १-३-१० ११ ॥

*Objects of sense are higher than the senses: and higher than the objects of sense is the Mind: and higher than the Mind is Buddhi; and higher than that is Mahat. And higher than Mahat is the Un-manifest and higher than that is Purusha: these are none higher than the Purusha. Purusha is the culmination. He is the highest goal of the journey.*

These mantras arrange the various faculties of human being in hierarchy while identifying one as superior to the other in respect to its subtlety and deepness. For instance, five senses have their respective objects of perception; here objects are superior to the mind as they are capable of enticing and luring when senses come in contact with objects. Mind is superior to sense etc. In this way while organizing in order, it mentions the ultimate destination is *Purusha*, a conscious being causing all activities.

What is there to analyses in this statement? Is it really a matter of comparing one faculty with others or something else is intended?

The answer is as follows: with an analysis of these mantras one comes to know that obviously *Buddhi* is greater than *Manas* and Manas greater than senses. Keen observation will conclude that these mantras are offered for the purpose of *Dhyana* and *Upasana*. What is the point in proving one is greater than the other? While meditating or sublimating mind towards *Atma* (theory of everything), one has to have an appreciation of how greatest and deepest Atma is when compared to anything else in the world. It's intending to put it in superlative degree only to consider it (*Atma*) to be the supreme. *Kastha* (ultimate horizon) in this series is that *Purusha* in every respect. Going beyond all the limitations is the goal of reaching the state beyond sorrows and pains. That is the achievement when one goes beyond frames, limitations, bondages and narrowness and that is the utility of all these processes.

The intention of introducing these levels is to shackle the limitations of one's own senses, mind, intellect etc. What we read from Sutra is "*prayojana-abhava*" (no purpose) other than fixing the mental power to the ultimate reality, highest power center. The only means to go beyond the death or mortality is *Dhyanam* (deep absorption into the fixed goal such as *Atma*) through intensive *Sadhana*. If it is asked *p39...*


# 16th Convocation of S-VYASA

## Swami Vivekananda Yoga Anusandhana Samsthana

### Deemed to be University, Bengaluru

Convocation is part and parcel of annual academic event of any University / institution, may it be a Regular / Deemed / Private University. As we all know that modern system of education including education at University levels are part and parcel of British regime and thus have Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), the premier Yoga University, in the nation established on the vision of great Indian saint Swami Vivekananda, who promoted the spirit of Universal Brother Hood, for the well being of the entire world for peaceful coexistence. Swami Viveknanda Yoga Anusandhana Samsthana (S-VYASA) is a Deemed to be University established under section 3 of UGC Act 1956.


**Poornakumha Swagatham** for the Chief Guest and other dignitaries accomplished by Nagaswara Vadya and Vedaghosha


Convocation declared Open by the Chancellor, Dr. H R Nagendra

The University promotes Yoga Education and Yoga Research and is recognized as the Centre of Excellence for Yoga Research, and Education by the Ministry of HRD and AYUSH, Govt. of India. The UGC has granted A grade for the University and is also accredited A+ from NAAC.

Convocation may be a regular academic procedure for the Universities / Institutions, but for the student's community it is a great day to showcase their achievement and to set new determinations and direction in their lives. The convocation at S-VYASA is unique as the convocation date is fixed on 12 of January every year, which happens to be the Universal Brotherhood Day and also the Birthday of Swami Vivekananda.

As the Institutes adopts Gurukula System of Education, the convocation is conducted in totally traditional system, beginning from the students and the entire teaching fraternity being robed in traditional attire and the Chief Guest/s are received with Poornakumha Swagatha, accomplished by Nagaswara Vadya and the entire student community chanting Vedaghosha accompanying all to the dais.

## New Yoga Graduates of 2019

| SNo | Course | No. of Candidates |
|---|---|---|
| 1 | DSc | 2 |
| 2 | DLitt | 3 |
| 3 | PhD | 12 |
| 4 | MD | 3 |
| 5 | MSc Yoga Therapy | 40 |
| 6 | MSc Yoga & Consciousness | 8 |
| 7 | BNYS | 18 |
| 8 | BSc Yoga Therapy | 57 |
| 9 | MSc Yoga Therapy (NR) | 9 |
| 10 | MSc Yoga (DDE) | 152 |
| 11 | BSc Yoga (DDE) | 29 |
| **Total** | | **333** |

For the 16th Annual Convocation held on January 2019, Dr. Rajiv Kumar, the Vice Chairman of NITI Aayog, was the Chief Guest of the event. S-VYASA during its 16th Annual Convocation

Dr. H R Nagendra & Dr. Rajiv Kumar

**Sisyanusasanam** (Guru Upadesha) followed by the Graduates of 2019

Day conferred degrees to 333 students, including awarding three honorary degrees of D.Litt (One International and Two National) and two honorary degrees of D.Sc (One International and One National under each category) for those who have done yeomen service for society and excelled in the area of research specially in the areas related to Yoga. Accordingly the members - Dr. Dilip Sarkar, MD, FACS, CAP, C-IAYT; Dr. Manmath Manohar Gharote, Ph.D and Dr. Srinidhi K Parthasarathi, MBA, PGDM, Ph.D, were awarded honorary D.Litt. Dr. Sat Bir Singh Khalsa, Ph.D and Yogacharya Dr. Ananda Balayogi Bhavanani, MBBS, MD, Ph.D, were awarded D.Sc. Apart from these, regular Doctoral, MD, MSc, BSc and BNYS were conferred to the students of S-VYASA.

The Chief Guest, Dr. Rajiv Kumar, the Vice Chairman of NITI Aayog, summarized the importance of convocation, the relation of the students with the Institute and vice versa, in moldings the students and strengthening the

**Poornakumha Swagatham:** Vice Chancellor, Prof. Ramachandra G Bhat & Chancellor, Dr. H R Nagendra welcomed the Chief Guest, Dr. Rajiv Kumar


**Sisyanusasanam** (Guru Upadesha) read by Vice Chancellor, Prof. Ramachandra G Bhat

values of the institution and deepening its roots in the service of the society and mankind. He applauded the inbuilt system of the institute and also the great work done in upholding and promoting Ancient Traditional System of Knowledge of the Indian Subcontinent which very few institutes have adopted. He also praised the great work done by the founder and Chancellor, Dr. H R Nagendra, upholding the Ancient Traditional System of Knowledge Yoga and in making the world to understand and to ripe the benefits of Yoga for the welfare of the society and mankind at large.

The 16th Annual Convocation was declared closed after brief stint of speech by all the dignitaries on the dais including the Vice Chancellor and the Registrar, by chanting Shanti Mantra.


**Convocation Oath** read by PhD Graduate, Dr. Vasudha M Sharma

**Convocation Oath** followed by the Graduates of 2019

# Jagadguru Bharat
# 16th Convocation Address

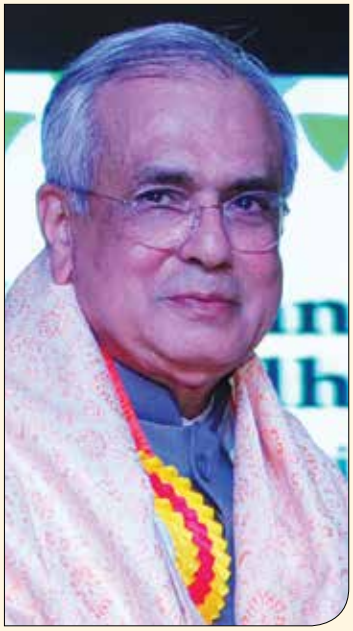

## Dr. Rajiv Kumar

Vice Chairman, NITI Aayog


"When the real history of India is unearthed,
it will be proved that, as in matters of religion, so in fine arts,
India is the primal Guru of the whole world"

P. 316 of Swami Vivekananda's Collected Works


Hon'ble Dr. H. R. Nagendra, Chancellor, Vice-Chancellor, Prof. Ramchandraji Bhat, Members of Board of Studies, Medical Director, Arogyadhama Dr. R. Nagarathna, Registrar, Dr. Srinidhi K Parthasarthi, Deans, Distinguished Faculty members, invitees, and my dear students and proud parents. For a mere economist like, it would be normally inconceivable to even contemplate the possibility of addressing as erudite and accomplished a gathering as present here. I am fully aware of all the eminences who have addressed 15 earlier convocations at S-VYASA and being aware am humbled to have been included in their company. For this I am eternally grateful to Dr. Nagendra, whose sterling qualities have been lauded from this platform on umpteen occasions. He has displayed his utter magnanimity in asking me, an economist, whose professional dharma immerses him into gross materialism, far removed from the spiritual journey that all of you are seeking of achieving *Yoga, Nirvichar Samadhi, Nirvikalpa Samadhi* and finally God realization.



**Dr. Rajiv Kumar,** has a wide experience of having worked in Government, Academia, Industry as well as in Multinational Institutions. A Founding Director of Pahle India Foundation, Dr. Kumar was a Fellow at CPR and earlier the CEO of Indian Council for Research on International Economic Relations (ICRIER). He has also been Chief Economist at CII and Secretary General of Federation of Indian Chamber of Commerce & Industry (FICCI). He was a professor at Indian Institute of Foreign Trade (IIFT) and serves as the Chancellor of Gokhale Institute of Politics and Economics, Pune. In the government, he was Economic Advisor with Department of Economic Affairs (DEA), Ministry of Finance and Bureau of Industrial Costs and Prices (BICP), Ministry of Industry. He was Principal Economist at Asian Development Bank, Manila where he spent 10 years. Prior to his appointment as Vice Chairman, NITI Aayog, he served on many Boards including that of RBI and SBI.

The only possible justification I can think of for explaining my presence here is that perhaps Dr. Nagendra and the esteemed faculty, including Professor Manjunath who met me at NITI Aayog, wanted the graduating class to recognize that they will have to themselves continuously find the balance in their future life between all that is *Maya* on the one hand and spiritual seeking and aspirations on the other. I hope and indeed pray to God Almighty who I recognize as *Param Chaitanya,* to give you all the *Subuddhi* to realize that the journey towards seeking our Self Realization and achieving Yoga, when successfully undertaken, yields all possible and desirable material benefits as a bye product.

In economics we refer to these bye-products as positive externalities. But in the journey of spiritual quest, we are doubly benefited. We not only receive all the incidental positive (material) externalities but also the substantive gift of *Santosh* drawn from even a limited set of material possessions. This attitude affords us the huge bonus of enjoying our material benefits rather than be continuously running after the next material goal and suffering immense stress that arises from dis-satisfaction. Material attainment, whether of money power or fame, is transitory and fuels the insatiable desire for more.

That makes economics a dismal science as defined in the Western economic thought to be the study of insatiable wants and limited means (I would like to draw attention to a seminal work by Professor H.K. Manmohan Singh, of Punjabi University Patiala, whose book "*Demand Theory And Economic Calculation In A Mixed Economy*" (George Allen & Unwin Ltd, London 1963) was to my knowledge the first ever attempt to question this definition of economics).

I am sure that at S-VYASA, you have been brought up to realize that satisfaction brings greater joy and happiness than any amount of material possessions and worldly achievements. May I suggest that we start a course here on Yoga and Materialism. Such a course would bring to the fore the Indian thought that rational demands, which when combined with deep satisfaction, will require only limited and finitely available resources. Our planet will be saved and *Vasudhev Kutumbukam* will be not only a mere exhortation but also realized even within your lifetimes. We in India, have not and will not go about conquering nature but continue


**Felicitation** to Chief Guest of the 16th Convocation of S-VYASA, **Dr. Rajiv Kumar.**
Vice Chancellor, Prof. Ramachandra G Bhat & Chancellor, Dr. H R Nagendra - *can be seen*

to live with and within *Prakriti.* We will be at peace in preserving *Prakriti* in its pristine form and not despoil it. This tradition of rationalizing our demands, such that we remain in sync with nature, in contrast to the Occidental practice of bending nature to human will and ego, is surely one of the many dimensions on the basis of which Swami Vivekananda predicted that Bharat that is India which is Hindustan, is destined to be a *Jagadguru* and will show the way forward in the 21st century.

"*The problems in India are more complicated, more momentous, than the problems in any other country. Race, religion, language, government- all these together make a nation." (Madras 14 February 1897).* Swamiji had the insight to point out that ours is a country with the greatest diversity and plurality in the world with "… all the nations of the world, as it were, pouring their blood into this land." And yet the founding fathers of our independence had the vision and the required courage to initiate a simultaneous triple transition at the time of our independence. With the adoption of our Constitution in 1950, India started on the most difficult path of undertaking the social, economic and political transitions simultaneously. And by any reckoning we have succeeded so far in doing so. While the journey is only half completed, my young friends, you must realize that ours is the only country in the history of modern civilization that has had the courage and audacity to try and implement this triple transition simultaneously. We have not brought in slaves; not colonized and plundered other lands; not even suppressed individual freedoms and rights; and respected every aspect of our plurality while undertaking this historical transition. And when we complete this transition, which we will by becoming a prosperous society when we celebrate the centenary of our independence in 20147, India would be an exemplar, even in material terms, to the rest of the world.

I am certain that other nations will look to India to learn the art of managing seemingly insurmountable differences while ensuring a more fulfilling life for all our citizens with equality of opportunity. Over the last seven

decades, we have lived up to Swamiji's expectation of us when he said "Therefore, the world is waiting for this grand idea of universal toleration." Toleration with Universal Prosperity (*sabka saath sabka vikas)* will be India's unique message to the global community as it moves into the 21st century.

S-VYASA is now globally recognized to be at the forefront of subjecting Ayurveda to scientific rigor and validation. This is essential for expanding its global appeal and acceptance. This most laudable effort has been led relentlessly by the Chancellor himself. My sincere congratulations to him and his team. This complements the successful effort of our Hon'ble Prime Minister in making Yoga globally more attractive and in the UN adopting June 21st as the International Yoga Day.

Traditional, Complementary and Alternative Medicine (TCAM) practitioners play an important role in providing health services to the population in countries like China. TCAM in China accounted for 16% of total medical care in 2015, up from 14% in 2011. In India TCAM's share in outpatient care is about 10% and in hospital care less than 1%. This needs to change. In China, traditional medicine is taught alongside modern medicine. In 2016, the integration of Chinese and Western medicine was mandated by law according to which Traditional Chinese Medicine must be delivered in publicly-funded general hospitals as well as in mother and child care centres.

China has also achieved a large export market for Chinese medicine. The benefits go beyond simple economics and include its soft power influence. It is notable that China based research into its traditional medicine system are well ahead of Western research on Chinese medicine, whereas in the case of Yoga-Ayurveda the West leads in the research in many respects. But we don't necessarily have to be imitate the Chinese. We can actively cooperate with the US and other interested countries to foster a global eco-system for research in Yoga and Ayurveda. It is indeed heartening to recognize the significant interest and support these traditional Indian systems of health care are receiving in leading US universities and research institutes.

AYUSH and other forms of traditional medicines have not received their due recognition since independence. However, the present government is working to formally mainstream AYUSH and revitalise local traditions under the National Rural Health Mission. The National Health Policy, 2017 also recommended the mainstreaming of AYUSH. The government has allowed 100% FDI in AYUSH. The Centre for Integrative Medicine & Research (Yoga & Ayurveda) is a pioneering initiative by AIIMS, New Delhi, which seeks to converge contemporary medicine with the ancient and traditional medical practices of India. An agreement has been signed with the World Health Organisation for developing benchmarks and standards for *Yoga, Unani, Ayurveda, and Panchkarma.*

Now with Dr. Nagendra's active guidance and cooperation, we have launched an initiative in NITI Aayog for promoting Integrative Medicine in India. NITI Aayog's recently launched *Strategy for New India @ 75* recommends that AYUSH services should be co-located in at least 50% of primary health centres, 70% of community health centres and 100% of district hospitals by 2022-23. Our long-term goal should be to emulate the Chinese practice of integrated courses in medical colleges in which all medical students will be required to study both modern and traditional forms of medicines in the first two years. They will then go on to specialise in their respective disciplines. This will ensure a seamless interface between the two and encourage collaborative research.

I am personally convinced that future breakthroughs in life sciences will come from such a seamless and trust-based interaction between modern and traditional medical

approaches. It is high time that my friends in the allopathic community and members of the IMA give up their antipathy towards traditional medicine practitioners and work with NITI Aayog to ensure that we make the best use of our human resources to fill the yawning gaps of health providers at practically all levels of health care system in the country.

I cannot but use this excellent opportunity afforded by Dr. Nagendra to talk of my own journey from a devout *Nastik* and one wedded to dialectical materialism to become a seeker of spiritual depth and self-realization. Robots are now threatening to take over the world and armed with artificial intelligence already at the cusp of making us humans redundant for meeting all our material needs. They are already displaying brain power higher than humans and taking over not only routine but also complex and soft tasks, which had been so far the sole preserve of us homeo sapiens. Therefore, the question must be asked about the goal and objective of the human race. Swamiji provided the answer already in his brilliant short life when he said, "The *rational* West is earnestly bent upon seeking out the rationality, the *raison d' ëtre* of all its philosophy and its ethics;" But he also warned that no human creation or person, of even the highest stature can be the source of these ethics and morality. Because according to Swami Vivekananda, "… Where is that eternal sanction to be found except in the only infinite reality that exists in you and in me and in all, in the Self, in the Soul."

Therefore, my young friends you have to now embark upon another journey, as I did on my own in 1988, to identify with your Self, the Soul and try and achieve Self Realization. That journey can be Sahaja, in fact according to all *Satgurus,* should be simple. The Supreme Power has created us in his / her own image, has bestowed each one of us irrespective of religion, caste, creed, colour or class, with the subtle mechanism within us that can be used to achieve this. God has only given us, the human race, the ability to evolve from one level of consciousness to a higher level and become deeper in our seeking and Spirituality. So far, we have prided and distinguished ourselves from all other creations on the basis of the amazing capability of our brains- the ultimate machine. But now we are faced with the prospect of AI driven machines becoming smarter, cleverer and faster than the most superior human brains. The experiments on going at the Singularity University in the Bay Area, are showing that this is now an almost irrevocable path.

It is perhaps now time for us to evolve further and make Spirituality our principal driver. That would imply achieving Yoga- defined as the Union (yoking together) of the Self with the *Param Chaitanya* or the merging of the *Atman* with the *Parmatman*. From my own experience over the last three decades, I am convinced that we have the resources, and may I dare say the science that can make it possible for the entire human race to achieve Yoga. I have found it through Sahaja Yoga, propounded by Shri Mataji Nirmala Devi since 1970. It enables us to recognize and use our subtle system of the *nadis and chakras* to achieve yoga and the resultant *nirvichar Samadhi, even if for fleeting moments. It holds out the prospect of achieving Nirvikalp Samadhi that would end all doubts and questions.*

My strong desire is for S-VYASA to devote the smallest share of its resources in validating the claims made by proponents of Sahaja Yoga. These, to the best of my knowledge, are backed by empirical evidence gathered over the last four decades since its inception.

But going by our glorious Indian tradition, it is always true that *Ekam sat vipra bahuda vadanti:* So each one of us will find our own path to this ultimate goal. However, the journey must start and what better day than today when you step out into the real world with the laurels that you have achieved here.

As has been recently proposed in a co-authored book titled "*The Evolutionary Leap*", *(Routledge,*

*2017)* we may well be on course to transforming ourselves into Homeo Spiritualis from Homeo Sapiens. I believe that not only is that possible but perhaps necessary if we want to rise above the current divisions, conflicts and supremely narrow selfish interests that threaten the very existence our planet and our race. And making Spirituality, the main driver of our existence and of our source of ethics and the fountainhead of the meaning in our lives, we may well find the true *raison d'ëtre of our lives.* India will then fulfil Swamiji's dream of once again leading the world.

I must of course end by echoing the call to the youth made by Swamiji in 1897 when he addressed the meeting in Madras (now Chennai) and exhorted them thus "Young men of Madras (S-VYASA), my hope is in you… Each one of you has a glorious future if you dare believe me. Have that faith, each one of you, in yourself-that eternal power is lodged in every soul- and you will revive the whole of India"

*Thank you for your patient listening*

Jai Hind


**PhD Scholars** with the Chancellor, Vice Chancellor, Registrar & other Dignitaries


**MD (Yoga and Rehabilitation) Graduates** with the Chancellor, Vice Chancellor, Registrar & other Dignitaries

# Doctor of Science (Yoga)

## Yogacharya Dr. Ananda Balayogi Bhavanani

**Professional Qualifications:**

- **Diploma (DY)** and **Advanced Diploma in Yoga (ADY)** at ICYER, Ananda Ashram, Pondicherry under direct guidance of **Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj** in 1991-92 and 1992-93.
- **MBBS** Degree from Nagpur University at JNMC, Wardha, Maharashtra during 1993-1997. Passed Final M.B.B.S. with **Distinction in General Surgery** and **Gold Medal in Community Medicine**. Internship at JIPMER during 1998-99.
- **Diploma in Psychological Counseling and Diploma in Stress management** from Institute for Health Care Administration, Chennai, Tamil Nadu. (2001)
- Two Year **Post Graduate Diploma in Family Health (PGDFH)** from Sri Ramachandra Medical College and Research Institute (Deemed University), Porur, Chennai-116, Tamil Nadu. (2001-2003). (Achieved merit distinction)
- Completed **PG Certificate course in Pediatrics (PGCP)** from IMA AK Sinha Institute, New Delhi. Designated counselor with 180 hours CME credit in 2005.
- Elected Fellow of the Indian Academy of Yoga (**FIAY**) in 2005 and received prestigious fellowship at Banaras Hindu University, Varanasi.
- **Post Graduate Diploma in Yoga (PGDY)** from Annamalai University in 2005
- Awarded **MD (Alternative Medicine)** by Indian Council of Alternative Medicines, Kolkata, West Bengal in 2013.
- Recognized as **PhD Guide** (Yoga Therapy and Inter Disciplinary Research) by Sri Balaji Vidyapeeth, Pondicherry in August 2016.
- Recognized as **IAYT Certified Yoga Therapist** by International Association of Yoga Therapists, USA in 2016. 1st Indian to receive this honor.

**Publications:**

- 197 published papers and 76 abstracts in National and International journals and proceedings. Hundreds of articles in newspapers and magazines worldwide.
- 1620 Citations, h-Index 20 and i10-Index 35
- 23 books, 29 compilations and 19 DVDs on Yoga

**Yoga Research Experience:**

- **Director and Professor Yoga Therapy:** Centre for Yoga Therapy Education and Research (CYTER), Sri Balaji Vidyapeeth, Pondicherry from 3 May 2017 to date. Served as Deputy Director of CYTER from 11 July, 2013 to 2 May 2017. More than a dozen research projects completed with 86 publications, 7 CMEs and numerous outreach programs.

# Doctor of Science (Yoga)

- **Programme Coordinator**, **ACYTER** (Advanced Centre for Yoga Therapy, Education and Research), JIPMER from March 2009 till July 10, 2013.
- **Senior Research Fellow** in **CCRYN** sponsored Yoga Project in **Department of Physiology, JIPMER** from November 2000 to February 2004.
- **Senior Research Fellow** in **DIPAS** sponsored Yoga Project in the Department of Physiology, JIPMER from April to December 2004.
- Associated with the Pondicherry Govt. Sponsored **DSTE** Yoga project in the Physiology Department at JIPMER during 2001-02.
- **"Dr. Sushila K. Thaker Prakruti Mandir Annual Research Award & Gold Medal for work at National Level in field of Yoga"** from AADAR, Ahmedabad, Gujarat (2006).
- "**Lifetime Achievement in Field of Yoga Award"** by Department of Tourism, Govt of Pondicherry during 18th International Yoga Festival at Pondicherry-Jan, 2011.
- Included in Reference Asia, Emerald Who's Who in Asia, Biography India, Asia Pacific Who's Who, Famous India: Nation's Who's Who, Asia: Men & Women of Achievement, Kohinoor Personalities of Asia & Asian American Who's Who.

**Yoga Teaching Experience:**

- **Yoganjali Natyalayam-** Theory and practical classes - **25 years**. Has trained thousands of students in classes on Yoga Theory, Practicals, Shat Kriyas, Yoga Psychology, Yoga Therapy, Yoga Anatomy and Physiology and Yoga Research**.**
- **International Centre for Yoga Education and Research (ICYER) –** Trained hundreds of teacher trainees in Yoga theory, practicals, Shat Kriyas, Mantra, Laya, Yoga Psychology, Yoga Therapy, Yoga Anatomy & Physiology, Yantra and Yoga Research methodology. **- 20 Years**.
- **Honorary International Advisor** to International Association of Yoga Therapists, Australasian Association of Yoga Therapists, World Yoga Foundation and Gitananda Yoga worldwide.
- **Yoga Therapy Consultation –** > 50,000 patients of various medical conditions from 1993 at Yoganjali Natyalayam, from 2009 at JIPMER and from July 2013 at MGMCRI on OPD basis.
- **Member of National Board** for Promotion and Development of Yoga & Naturopathy, Ministry of AYUSH, Govt of India; Standing Finance Committee of CCRYN (Earlier on its Scientific Advisory Committee), as well as Expert Committees of AYUSH for Celebration of International Yoga Day and Yoga & Diabetes programs.
- Director Publications and EC Member of **Indian Yoga Association** and Board of Directors of **Council for Yoga Accreditation International**.
- Member Technical Committee of **Yoga Certification Board** and Consultant Resource Person for **WHO Collaborative Centre** in Traditional Medicine (Yoga) at MDNIY, New Delhi.
- Member **Academic Council** and **Research Advisory Board** of **Sri Balaji Vidyapeeth**, Pondicherry and **Kaivalyadhama** Yoga Institute, Lonavla.
- Travelled abroad 18 times and conducted invited talks, public events, workshops and retreats and been major presenter at Yoga conferences in the UK, USA, Italy, South Africa, Germany, Switzerland, Canada, Australia and New Zealand.

# Doctor of Science (Yoga)

## Dr. Sat Bir Singh Khalsa

Assistant Professor of Medicine, Harvard Medical School, Associate Neuroscientist, Division of Sleep and Circadian Disorders, Departments of Medicine and Neurology, Brigham and Women's Hospital, USA.

Sat Bir Singh Khalsa, Ph.D. has been fully engaged in basic and clinical research on the efficacy of yoga and meditation practices in improving physical and psychological health since 2001. He has practiced a yoga lifestyle since 1972 and is a certified instructor in Kundalini Yoga as taught by Yogi Bhajan. He is the Director of Research for the Yoga Alliance and the Kundalini Research Institute, Research Associate at the Benson Henry Institute for Mind Body Medicine, Research Affiliate of the Osher Center for Integrative Medicine, and an Assistant Professor of Medicine at Harvard Medical School in the Department of Medicine at Brigham and Women's Hospital in Boston. He has conducted clinical research trials evaluating yoga interventions for insomnia, post-traumatic stress disorder, chronic stress, and anxiety disorders and in both public school and occupational settings. Dr. Khalsa works with the International Association of Yoga Therapists to promote research on yoga and yoga therapy as the chair of the scientific program committee for the annual Symposium on Yoga Research and as editor-in-chief of the International Journal of Yoga Therapy. He has two Harvard Medical School publications, as author of the ebook Your Brain on Yoga, and medical editor of An Introduction to Yoga. He is chief editor of the medical textbook The Principles and Practice of Yoga in Health Care.

# Doctor of Letters (Yoga)

## Dr. Manmath Manohar Gharote

### Director, Lonavala Yoga Institute

Dr. Manmath M. Gharote is Director of The Lonavla Yoga Institute, the institute which is publishing the ancient literature on Yoga which based on ancient Manuscripts.

He completed his Ph.D (Physical education) from Mumbai University which was first Ph.D degree in Physical Education from this university.

He has written & published more than 27 books on ancient literature of Yoga. Some are like

# Doctor of Letters (Yoga)

1. Critical Edition of selected Yogopanisad. (Trishikhibrahmanopanishad, Yogakundalyupanishad, Yogachudamanyupanishad, Mandalbrahmanupanishad, and Nadabindupanishad)
2. Therapeutical References in Traditional Yoga text.
3. Amanaska Yoga
4. Contribution of Swami Kuvalayananda in the fields of Yoga and Physical Education.
5. Miraculous wisdom of Sadguru Shree Satam Maharaj – Essence of Spirituality
6. Traditional Theory of Evolution and its application in Yoga
7. Amrutvakyam of Gorakshanath
8. Dattatreyayogashastram etc.

He is recognized Ph.D. Guide for various universities in India. He is travelling extensively to conduct Yoga seminars to European countries like Germany, Italy, Switzerland, Norway, Portugal, Croatia, Latin American countries like Brazil, Argentina, Peru & Bolivia and some of the Asian countries like Thailand to conduct several seminars and lectures related to Yoga.

He has received several International and National awards.

**He is a patron and committee member of various International institutes like**

- Member, European College of Teaching Yoga (ECTY), GERMANY
- Member, GGF Yoga School, Dusseldorf, GERMANY.
- Member, Yoga school, Dresden, GERMANY.
- Advisor, Institute for wellness and Yoga, Geneva, SWITZERLAND
- Advisor, Institute for Yoga and Ayurveda, Zagreb, CROATIA
- Advisor, Atmabodha, Institute for Yoga, ARGENTINA
- Member, C.C.R.Y.N. (E.M.R.) project evaluation committee (2009-2010), Govt. of India, Delhi
- Member of the NAAC Committee 2016-2017

## Dr. Dilip Sarkar

### Chairman, Center for Integrative Medicine and Yoga, Taksha Institute, Hampton, Virginia, USA

Dilip Sarkar, MD, FACS, CAP, C-IAYT, a retired Vascular Surgeon turned Certified Yoga Therapist and Certified Ayurveda Practitioner is one of the foremost experts in Yoga Therapy who combines his 45-year experience in Western Medicine with his extensive knowledge of Integrative Medicine, including Ayurveda and Yoga Therapy. Dr. Sarkar has held positions that included teaching as a primary focus of his medical career. He was an Associate Professor of Surgery at Eastern Virginia Medical School in Norfolk, Virginia, and Chairman of the Department of Surgery and Chief of Staff at Portsmouth General Hospital.

# Doctor of Letters (Yoga)

He serves on several local and national healthcare boards as: Past-President of the Board of Directors, American Heart Association, Hampton Roads Chapter, Virginia, Chairman of its Mission Committee and My Life Check; Life Member, National Ayurvedic Medical Association (NAMA) and Member of its' Standards Yoga Subcommittee; President of the Board of Directors, International Association of Yoga Therapists (IAYT); Fellow, American College of Surgeon (FACS) Fellow, American Association of Integrative Medicine (AAIM) and Chairman of the Board, Life in Yoga Institute. He is a Certified Ayurvedic Practitioner and Certified Yoga Therapist. He continues to practice and teach classes in Yoga Therapy, Ayurvedic Medicine and Integrative Medicine. He teaches Yoga Therapy both nationally and internationally to health care providers, on integrating Yogic wisdom and science of Western Medicine. He started the first category one ACCME approved CME course in USA for physicians: "Yoga Therapy for Medical Professionals" in 2010. His new DVD "Yoga Therapy for Health and Healing: A Daily Practice" and his book "Yoga Therapy, Ayurveda and Western Medicine: A Healthy Convergence" published in April of 2017" has been well received by the Yoga Therapy, Ayurveda and Western Health Care community. Currently, he is the Chairman, Center for Integrative Medicine and Yoga, Taksha Institute, Hampton, Virginia. After 25 years of practice as a Vascular Surgeon in Tidewater Virginia, Dr. Sarkar retired from practice after suffering a heart attack and undergoing coronary artery by-pass surgery in 2001. Since then, he developed a profound interest in Ayurvedic medicine and Yoga Therapy, devoting considerable time to the study of these ancient treatments and wellness philosophies in Virginia and in India.

**Awards**:

- Research Award for presentation During Surgical Residency
- Distinguished Teacher's Award Portsmouth Family practice Residents, Eastern Virginia Medical School, Norfolk, VA. May 31st, 1985.
- Received Award as Recognized Student of K-25 batch of Dhaka Medical College on 47th Foundation and Alumni Day, 1993.
- Award from Mymensingh Sammelani, Kolkata, India as a Token of Appreciation for the Outstanding Performance in the Medical Field, 2003
- Bangladesh Medical association of North America, Award for excellent leadership and Promoting Bengali Culture, NYC, July 31, 2004
- Health Care Hero Award by Insider Business, Norfolk, Virginia, February 22, 2011, Norfolk Waterside Marriott
- Received Seal of the President, The United States of America at The White House, by Anju Bhargava of Hindu American Seva Communities during 2nd Annual Conference "Impacting Change in America and Abroad" at the Eisenhower Executive Office, Washington D.C., July 29, 2011.
- Community Service Award, Taste of India, Ted Constant Convocation Center, ODU campus, Norfolk, Virginia, April 22, 2012, award given by John Broderick, President of ODU
- Champion of Diversity Award, Office of Institutional Equity and Diversity, ODU, Norfolk, Virginia, April 16, 2013, award given by John Broderick, President of ODU
- The India Alumni Association of Trinidad and Tobago, In Recognition of His Outstanding Contribution towards the Health and Wellness through Yoga, Pranayam and Ayurveda Workshop, September 27-29, 2013.

# Doctor of Letters (Yoga)

- Received Medal of Honor from the office of US Pentagon Chaplain for teaching Yoga Therapy to the DOD (department of defense) employees and spiritual fitness excellence, courageous in spirit, continual in care, constant in prayer on May 8, 2014.
- Received "YOGA ACHARYA" award by the award committee of Paramanand Institute of Yoga Science and Research, Indore, India for devotion, dedication, service and knowledge in the field of yoga therapy for serving the mankind, January 8, 2015
- Recognized at the AAPI (American Association of Physicians of Indian origin) 34th Annual Convention at Marriott Marquis, NYC during Board of Trustees Lunch by the Chair. Board of Trustee, Dr. Aravind Pillai, President AAPI, Dr. Seema Jain and Convention Chair. Dr. Rita Ahuja with a plaque "In Recognition as a Great Son of India, Dedicated in Yoga".

## Dr. Srinidhi K Parthasarathi, BE, PGDM, Ph.D.

### Registrar at S-VYASA Deemed-to-be-University

Dr. Srinidhi K Parthasarathi has been spearheading the spiritual beacon in India across diverse audience with his lectures, musical discourses, writings and classes since the year 2003.

Dr. Srinidhi K Parthasarathi earned his Bachelor's degree in Electrical Engineering and later completed his Post Graduation in Management from T.A Pai Management Institute, Manipal. He has secured his Ph.D in Quality Management based on spirituality contained in the Bhagavad Gita.

Having been an industrialist entrepreneur and an academic administrator at leading corporates and institutions like Godrej Ltd, ITW Signode Ltd, Hallmark Protective and Decorative Coatings Pvt. Ltd. and National School of Business since the last 26 years, he is now serving as the **Registrar of S-VYASA University**, Bangalore.

**Contribution to Spirituality:**

Dr. Srinidhi has **delivered over 2000 invited lecture s/ discourses, has done over 800 TV shows in Kannada and English** across various topics such as Srimad Ramayana, Srimad Bhagavatha, Sri Bhagavad Gita, Sriman Narayaneeyam, Tiruppavai, Divya Prabandham apart from various other Spiritual works. He has performed musical discourses on various topics from contribution of Saint composers like Sri Thyagaraja, Sri Purandaradasa, Sri Muttuswami Dikshitar to name a few.

He has contributed 65 articles to Spiritual Magazines and newspapers and has published 5 Research Articles in research journals. His book **Total Quality Management- The Bhagavad Gita Way** was launched and a literary work on relevance of Gita at Workspaces is under progress.

**Tutelage:**

He learnt all the **82 prashnas of the Krishna Yajurveda** under the tutelage of Vedanta Pravachana Ratna Sri.U.Ve. G.N. Ramaprasad for a period of 12 years and **Divyaprabhandham** under

# Doctor of Letters (Yoga)

Divyaprabhandha Choodamani Sri.U.Ve. P. Srinivasan Swami. He also learnt **Karnatic classical Vocal music** under Vidwans Sri S. Lakshmana Shastry, Sri Madhur Balasubramanyam and Sri G.N. Desikan. He has passed the senior grade in Karnatic Classical –Vocal Music.

**Television Media:**

**His talks on Bhagavad Gita titled Geetopadesha were telecast by TV9 Kannada over 700 daily episodes and has been highly rated by the discerning viewers.**

He has been involved in spreading spirituality-based management through Television media. He has associated with **TV9 kannada, DD Chandana, Sri Sankara TV, SVBC. Kalki TV and Anush**. **He also featured in two-month long Tiruppavai series on Sankara TV and also in numerous talks and discussions in various channels.**

**Service and Recognition:**

Dr. Srinidhi has been training many discerning students in Yajurveda, 'Dravida Veda', commonly known as 'Nalayira Divya Prabhandham', Sriman Narayaneeyam and Srimad Bhagavad Gita since 2003. He has been associated with many temples, mutts, universities, colleges and corporate houses to address, train and mentor both faculty and students. He has handled subjects like Emotional Intelligence, Stress Management, Life skills, Teaching beyond curriculum, Individual Effectiveness, Effective communication etc.

**For his contribution to Spirituality and Indian Culture, he has been conferred the title 'Veda Maartaanda'.**

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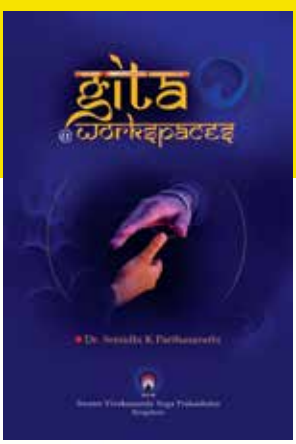


## gita@workspaces released

**Prashanti Kutiram, Jan 12:** During the celebration of Swami Vivekananda Jayanti the Book, **gita@workspaces** was released by the Chancellor, Dr. H R Nagendra, the Vice Chancellor, Prof. Ramachandra G Bhat and the other Dignitaries. The book is written by **Dr. Srinidhi K Parthasarathi,** the Registrar of S-VYASA. It's been published from Swami Vivekananda Yoga Prakashana (SVYP), Bengaluru.

# Awards for Achievements

| SNo | Award | Awardees |
|---|---|---|
| 1 | Manonmani Rudraiah and Laxmi Memorial Academic Excellence Award for PhD Best Thesis | **Dr. Ramajayam G** |
| 2 | Dr. Dayananda Dangonkar Memorial Award for PhD Best Paper Publication | **Dr. Vasudha M Sharma** |
| 3 | D K Poddar Award for Academic Excellence among MD Graduates | **Dr. Monika Gautam** |
| 4 | Sitaram Jindal Foundation Award for Academic Excellence among M.Sc. Yoga Therapy Graduates | **Kalyan Maity** |
| 5 | Sri Venkatanarayana Sastry Memorial Award for Academic Excellence among M.Sc. Yoga & Consciousness Graduates | **R. Ramanujan** |
| 6 | Academic Excellence Award among M.Sc. Yoga Distance Education Graduates | **Kolera Ponnappa Vanamala** |
| 7 | Award for Best Outgoing Student among BNYS Graduates | **Naorem Subhadra Devi** |
| 8 | Academic Topper among BNYS Graduates in Modern Medicine Subjects | **Naorem Subhadra Devi** |
| 9 | Academic Topper among BNYS Graduates in Naturopathy Subjects | **N. Indushree Shetty** |
| 10 | Academic Topper among BNYS Graduates in Yoga Subjects | **Aranke Anjali Dhananjay** |
| 11 | Award for best Outgoing Student among B.Sc. Yoga Therapy Graduates | **Arpana Chandrashekar Bhat** |
| 12 | Award for Best Outgoing Student among B.Sc. Yoga Distance Education Graduates | **Maitreyi K. V** |

# PhD in Yoga

## Scholars and Publications

### Purnima Datey


**Thesis Title:** Potential of *Rasāhāra* and Yoga in Treatment of Pre-Diabetes - A controlled trial

**Publications:**

1. Datey P. Hankey A. Nagendra H.R. (2017) Lowering Creatinine Levels by Herbal Treatment and Yoga: a Pilot Controlled Trial. *European Journal of Pharmaceutical and Medical Research, 2017; 4(1):452-456.*
2. Datey P. Hankey A. Nagendra H.R. (2017) Combined Ayurveda and Yoga Practices for newly Diagnosed Type 2 Diabetes Mellitus: *A Controlled Trial. Journal of Forschende Komplementärmedizin, 2017; 24*
3. Datey, P. & Hankey, A. (2016) ESTABLISHING THE VALIDITY OF AHARA AND VIHARA IN AYURVEDA: Failure to Observe their Principles as Risk Factors for Disease. Annals of Ayurvedic Medicine, 5 (3-4), 69-77.
4. Datey P, Hankey A, Nagendra HR (2016) Ayurveda Herb Juices and Yoga for Blood Pressure and Pulse Rate: a Controlled Trial. Int J Complement Alt Med 4(3): 00121.

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### Dr. Ramajayam G

**Thesis Title:** Effect of add-on Yoga Therapy on Social Cognition in Schizophrenia

**Publications:**

1. **Govindaraj, R**., Varambally, S., & Gangadhar, B. N. (2015). Yoga for schizophrenia: Patients' perspective. *International journal of yoga*, *8*(2), 139.
2. **Govindaraj, R**., Varambally, S., Sharma, M., & Gangadhar, B. N. (2016). Designing and validation of a yoga-based intervention for schizophrenia. *International Review of Psychiatry*, *28*(3), 323-326.
3. **Govindaraj, R**., Karmani, S., Varambally, S., & Gangadhar, B. N. (2016). Yoga and physical exercise–a review and comparison. *International Review of Psychiatry*, *28*(3), 242-253.
4. **Govindaraj, R.,** Naik, Shalini., Manjunath, NK., Mehta, UM., Gangadhar, BN., Varambally, S. Add-on Yoga therapy for Social Cognition in Schizophrenia-a Pilot Study *International journal of yoga* (In press)
5. Bhat, S., Varambally, S., Karmani, S., **Govindaraj**, **R**., Gangadhar (2016). Designing and validation of a yoga-based intervention for obsessive compulsive disorder. *International*

*Review of Psychiatry* 28 (3), 327-333.

6. Karmani, S., & **Govindaraj, R.** (2017). SU105. Mechanisms of Yoga in Schizophrenia: Focus on Mirror Neuron Activity. *Schizophrenia bulletin*, *43*(Suppl 1), S199.

## Reshma M Shetkar

**Thesis Title:** Empirical evidence for increased creative cognition and associated EEG synchrony following experience of self during low default mode network activity in youth.

**Publications:**

1. **Dr. Rashmi Shetkar.,** Dr. Alex Hankey., Dr. H.R. Nagendra, (2017). First Person Accounts of Yoga Meditation yield clues to the Nature of Information in Experience. *Cosmos and History: The Journal of Natural and Social Philosophy,* Vol. 13, no. 1, 2017.
2. **Dr. Rashmi Shetkar.,** Dr. Alex Hankey., Dr. H.R. Nagendra, (2016). Reason for Health Benefits of Deep Meditation; Self Organized Criticality Restores Regulation to Optimal. *European Journal of Pharmaceutical and medical research, EJPMR, 2016, 3(5), 435-441.*
3. **Dr. Rashmi Shetkar.,** Dr. Alex Hankey., Dr. H.R. Nagendra, (2018). Biophysics of Meditation in the Light of Complexity Biology. *J. Indian Counc. Philos. Res.*
4. **Dr. Rashmi Shetkar.,** Dr. Alex Hankey., Dr. H.R. Nagendra., Balaram Pradhan., (2017). Association between Cyclic Meditation and Creative Cognition: facilitating connectivity between the frontal and parietal lobes. *IJOY International Journal of Yoga. Vol: 12 Issue: 1 29-36.*
5. Dr. Alex Hankey., **Dr. Rashmi Shetkar.,** (2016). Self-transcending meditation is good for mental health: why this should be the case. *International Review of Psychiatry, Volume 28, 2016 - Issue 3.*
6. **Dr. Rashmi Shetkar.,** Dr. Alex Hankey., Dr. H.R. Nagendra., (2014). Optimizing Emotional Intelligence in Managerial Education; A role for Vedic Sciences. *NMR Nitte Management review EBSCO. PubMed: EDUVED Global Management Research. (GMR).* Volume 8, Issue 2, December 2014.
7. **Dr. Rashmi Shetkar.,** (2017). How the Panchakosha Model of Experience fits the understanding of Shunya and how it helps explain Quantum Reality. *Proceedings of Conference – Delhi, ICCR, ICPR, ICHR, Delhi.*
8. **Dr. Rashmi Shetkar.,** (2017). Cognition of Pure Consciousness and its Structure: A Comparison of Vedic Theories with Modern Science and their Synthesis. *Special Issue, Vedanta Congress - University of Massachusetts, Dept. of Indic Sciences.*

## Dr. Ragavendrasamy B

**Thesis Title:** Optimal and Efficient Regulation through Yoga: A Gene Expression Study.

**Publications:**

1. Ragavendrasamy, B., Nanjundaiah, R.

M., & Manjunath, N. K. (2017). Voluntarily induced vomiting–A yoga technique to enhance pulmonary functions in healthy humans. *Journal of Ayurveda and integrative medicine*.

2. Ragavendrasamy, B., Nanjundaiah, R. M., & Krishnamurthy, M. N. (2017). Nāsadiya Sūktam: The earliest cosmology on origins of life. *International Journal of Yoga- Philosophy, Psychology and Parapsychology*, 5(1), 24.
3. Ragavendrasamy, B., Nanjundaiah, R. M., & Krishnamurthy, M. N. (2017). Design and validation of Integrated Yoga Therapy module for Antarctic Expeditioners. *Journal of Ayurveda and Integrative Medicine*.

## Monali D Mathad

**Thesis Title:** Effect of Yoga on Psycho-physical Functioning of Nursing Students- Randomized Wait-list Controlled Study

**Publications:**

1. Mathad, M. D., Pradhan, B., & Rajesh, S. K. (2017). Correlates and predictors of resilience among baccalaureate nursing students. *Journal of Clinical and Diagnostic Research*, *11*(2), JC05-JC08.
2. Mathad, M. D., Pradhan, B., & Sasidharan, R. K. (2017). Effect of yoga on psychological functioning of nursing students: A randomized wait list control trial. *Journal of Clinical and Diagnostic Research*, *11*(5), KC01-KC05.
3. Mathad, M. D., Rajesh, S. K. & Pradhan, B. Spiritual Well-Being and Its Relationship with Mindfulness, Self-Compassion and Satisfaction with Life in Baccalaureate Nursing Students: A Correlation Study. *Journal of Religion and Health*. Accepted for publication. DOI: 10.1007/s10943-017-0532-8.
4. A journey from empathy to self-compassion: A prerequisite in nursing. MD Mathad, B Pradhan, SK Rajesh, *Indian Journal of Positive Psychology*. 8 (4), 670-672.

## Dr. Saoji Apar Avinash

**Thesis Title**: Neurocognitive and Psychophysiological Changes Associated with *Kumbhaka*: Yogic Breath Holding

**Publications:**

1. **Saoji, A.A.**, Raghavendra B. R., & Manjunath. N.K. (2018). Immediate Effects of Yoga Breathing with Intermittent Breath Retention on the Autonomic and Cardiovascular Variables Amongst Healthy Volunteers. *Indian Journal of Physiology and Pharmacology, 62 (1): 41-50.*
2. **Saoji, A. A.**, Raghavendra, B., & Manjunath, N. K. (2018). Effects of Yogic Breath Regulation: A Narrative Review of Scientific Evidence. *Journal of Ayurveda and Integrative Medicine. DOI: 10.1016/j.jaim.2017.07.008.*
3. **Saoji, A.A.**, Raghavendra B. R., Rajesh. S. K., & Manjunath. N.K. (2018). Immediate Effects of Yoga Breathing with Intermittent Breath Holding on Response Inhibition Amongst Healthy Volunteers. *International Journal of Yoga, 11(2), 99-104.*

## Vasant V Shastri

**Thesis Title:** 'Evaluation of Yoga Präëäyäma and Vedic Maths Methods in the management Of Math Anxiety and Cognitive Skills in School Children.

**Publications:**

1. Shastri, V., Hankey, A., Sharma, B., & Patra, S. (2016). Efficacy of vedic mathematics and yogic breathing in school children: A pilot study. *International Journal of Yoga - Philosophy, Psychology and Parapsychology*, *4*(1), 16–23. http://doi.org/10.4103/ijny.ijoyppp_3_16
2. Shastri, V., Hankey, A., Sharma, B., & Patra, S. (2017b). Investigation of yoga pranayama and vedic mathematics on mindfulness, aggression and emotion regulation. *International Journal of Yoga*, *10*(3), 138–144. http://doi.org/10.4103/0973-6131.213470
3. Shastri, V., Hankey, A., Sharma, B., & Patra, S. (2017a). Impact of pranayama and vedic mathematics on math anxiety and cognitive skills. *Yoga Mimamsa*, *49*(2), 53–62. http://doi.org/10.4103/ym.ym_13_17

## Dr. Neetinakumar Patil

**Thesis Title:** Effect of integrated Yoga in nursing professionals with chronic low back pain – A randomized control trial.

**Publications:**

1. Patil NJ, Nagarathna R, Tekur P, Patil DN, Nagendra HR, Subramanya P. Designing, validation, and feasibility of integrated yoga therapy module for chronic low back pain. Int J Yoga. 2015 Jul-Dec;8(2):103-8.
2. Patil, N., Patil, D., Tekur, P. Venkatarathnamma PN, Manohar PV. Sciatica (Gridhrasi) - An Ayurveda Perspective. Journal of Ayurveda And Integrated Medical Sciences (ISSN 2456-3110), 2(5), 102 - 112.
3. Patil NJ, Nagaratna R, Tekur P, Manohar P V, Bhargav H, Patil D. A randomized trial comparing effect of yoga and exercises on quality of life among nursing population with chronic low back pain. Int J Yoga 2018;11:208-14
4. Patil NJ, Nagarathna R, Tekur P, Patil D, Nagendra HR. Manohar PV. Effect of Integrated Yoga on pain, functional disability and fear avoidance in chronic low back pain among female nurses – RCT (**Under review** – Journal of Complimentary and Integrative Medicine)
5. Effect of validated integrated Yoga module on Stress, anxiety and HRV among nurses with chronic low back pain. (**under review**) – A RCT

## Dr. Vasudha M Sharma

**Thesis Title:** Use of an Integrated Approach of Yoga Therapy and Ayurveda in the Management of Migraine Headache

**Publications:**

1. **Vasudha, M.S.,** Manjunath, N.K., Nagendra, H.R. (2018). Changes in MIDAS, Perceived Stress, Frontalis Muscle Activity and Non-Steroidal Anti-Inflammatory Drugs Usage in Patients with Migraine Headache without Aura following Ayurveda and Yoga Compared to Controls: *An Open Labeled Non-Randomized Study. Ann Neurosci, 25: 250-260.*
2. **Sharma, V.M**., Manjunath, N.K., Nagendra, H.R., Ertsey, C. (2018). Combination of Ayurveda and Yoga therapy reduces pain intensity and improves quality of life in patients with migraine headache. *Complement Ther Clin Pract, 32: 85-91.*
3. **Vasudha, M.S**., Manjunath, N.K., Nagendra, H.R. (2018). Lifestyle – a common denominator for both onset and management of Migraine headache. *Complementing tradition with science. Int J Yoga, 2018 [In Press].*
4. Ertsey, C., Csepany, E., Manjunath, N.K., **Vasudha, M.S**., Nagendra, H.R., Jankovic, S.V., Pakpour, A., Srivastava, A. (2015) The comprehensive headache-related quality of life questionnaire: status report, *Cephalalgia, 35: 181-182.*

## Ananda Gaihre

**Thesis Title:** Effect of Yoga on Psycho-Motor and Cognitive Function Among Substance Abuser: Randomized Active Control Study.

**Publications:**

1. Gaihre, A., & Rajesh, S. K. (2018). Effect of Add-On Yoga on Cognitive Functions among Substance Abusers in a Residential Therapeutic Center: Randomized Comparative Study. *Annals of Neurosciences*, *25*, 38–45.
2. Gaihre, A., & Rajesh, S. K. (2018). Effect of Yoga and Physical Exercise on Motor Functions among Substance Abusers : A Randomised Comparative Study. *Journal of Clinical and Diagnostic Research*, *12*(10), 10–14
3. Gaihre, A., & Rajesh, S. K. (2018). Role of stress and sleep on addictive behaviour an application of yoga-based intervention: Short review. *International Journal of Social Sciences Review*, *6*(7), 1448–1450

## Poornabodha Vadiraj Kadagadakai

**Thesis Title:** Effect of Yogic Practices and Physical Fitness Training on Performance of College Football Players.

**Publications:**

1. Poornabodha V., Kadagadakai., & Balaram Pradhan., (2018). Association of physical fitness and soccer skills in diploma college soccer players. *International Journal of Physiology, Nutrition and Physical Education 2018; 3(1): 20-22.*
2. Poornabodha V., Kadagadakai., & Balaram Pradhan., (2018). Study of physical fitness and technical skills on college soccer players playing positions. *International Journal of Yoga, Physiotherapy and Physical Education 2018; 3(2): 22-26.*
3. Poornabodha V., Kadagadakai., & Balaram Pradhan., (2018). Effect of fitness training and yogic practices on football passing skill. *International Journal of Physiology, Nutrition and Physical Education 2018; 3(2): 120-122.*

## Shambhu Dayal Sharma

**Thesis Title:** Yoga for Psychological Wellbeing of Orphan Children.

**Publications:**

1. Sharma, S. D., Pailoor, S., & Tikhe, S. G. (2015). Rehabilitation in orphan children: Role of evidence-based yoga. *Yoga Mimamsa*, *47*(1), 3.
2. Sharma, S. D., Subramanya, P., Ganpat, T. S., & Nagendra, H. R. (2018). Role of Yoga for Psychological Distress in Orphaned Adolescents. *Annals of Medical and Health Sciences Research.*
3. Sharma, S., Rajesh, S., & Subramanya, P. (2017). Orphan children and yogic approach. *International Journal of Yoga-Philosophy, Psychology and Parapsychology*, *5*(2), 64-64.

# MD in Yoga & Rehabilitation

## Dr. Monika Gautam

**Dissertation Title:** Effect of Intensive Integrative Therapies on Pain, Disability and Quality of Life in Patients with Osteoarthritis Knees: A Comparative Observational Study

## Dr. Suman Chaulagain

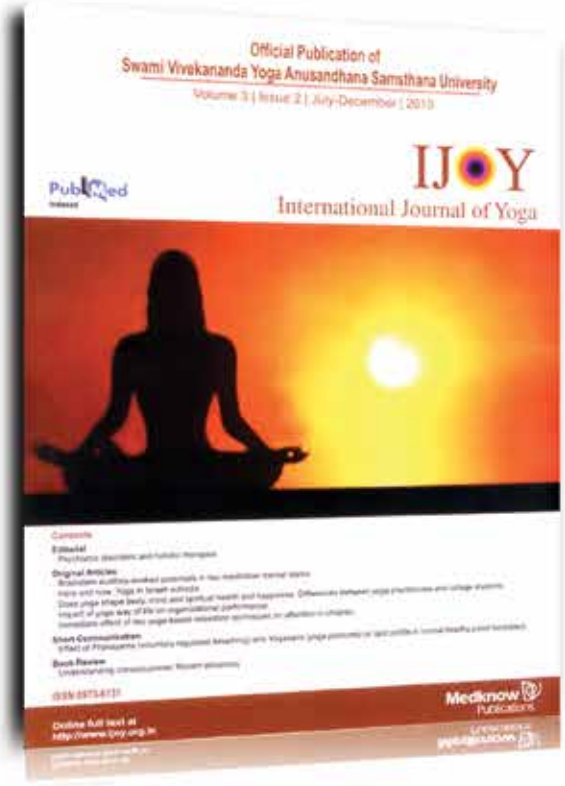
**Dissertation Title:** Immediate Effect of *Pranayama* on State Anxiety and Cognition in Patients Suffering from Chronic Neurological Disorders

## Dr. Pukar Lohani

**Dissertation Title:** Efficacy of Integrated Approach of Yoga Therapy on Cognitive Measures and Psychopathologies among Elderly Persons with Mild Cognitive Impairment

# IJOY International Journal of Yoga

PubMed Indexed

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MEDITATION CONFERENCE

*Meditation as Medicine*

# WORLD'S FIRST SYMPOSIUM

*On*

## "Role of Meditation In Prevention And Treatment Of Cardiovascular Diseases."

*At*

## All India Institute Of Medical Sciences, Rishikesh
## अखिल भारतीय आयुर्विज्ञान संस्थान, ऋषिकेश

*9th - 10th March 2019*

**Virbhadra Road, Rishikesh, Uttarakhand- 249203, India**

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*Steering Committee*
**H R Nagendra**

*Organising Committee*
**Prof. Ravi Kant**

### *Vice Chairman*

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**Vinay P Sahasrabuddhe**

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*Co-Program Director*
**Dr. Bhanu Duggal**

*Co-Program Director*
**Dr. Darshan Mehta**

*Co-Program Director*
**Dr. Raghavendra Rao**

# INVITATION

*Dear all,*

We, the organizing committee members, invite you to the International conference on -

**"Role of Meditation in Prevention And Treatment Of Cardiovascular Diseases."**

The biggest and the most comprehensive Yoga and Cardiology meeting in India will be held at Rishikesh, a magnet for spiritual seekers, the "Yoga Capital of the World", also known as "Dev Bhumi" or the land of the Gods. Located in the foothills of the Himalayas along the banks of the river Ganga, All India Institute of Medical Sciences (AIIMS) Rishikesh is a 100-bedded advanced medical center.

The Cardiovascular Department of AIIMS, Rishikesh will host this conference to bring about a confluence of the latest in modern medicine and ancient healing techniques for today's medical practitioners. The occasion will bring together the Himalayan Masters of Meditation and the world's most famous physician scientists who endeavoured not only to discover the science behind Meditation but to implement it in clinical practice.

The Conference outputs will include a high-level statement including practical guidelines to caregivers of Cardiovascular diseases and how to harness the power of yoga and meditation for rehabilitation and prevention of cardiovascular diseases. This would be a historic addition to the science and understanding of the use of Meditation to decrease the mortality of cardiovascular diseases.

This meditation and science conference will bring together the brightest minds of our day, doing scientific research on yoga and meditation's effects on cellular regeneration, longevity, consciousness and health. Internationally recognized speakers will describe their own groundbreaking research, demonstrate models that integrate eastern philosophy and western medicine, and provide practical guidance for the use of these techniques in clinical medicine.

Billions of dollars are needed to combat cardiovascular diseases, which is the biggest killer in the world today. Such a symposium will help determine a unique way of combining the best of modern medicine and age-old Hindu practices that is relevant in the scenario.

**Organizing Committee**

**Dr. Indranill Basu Ray** **Prof. Ravi Kant**

# PLENARY SPEAKER

## GREGORY L. FRICCHIONE, MD

**Topic : Heart and the Brain-Understanding what meditation does to the heart**

**Associate Chief of Psychiatry and Director**
**Benson-Henry Institute for Mind Body Medicine**

**Gary Gottlieb MD Professor of Global Mental Health and Director**
**Pierce Division of Global Psychiatry**

**Massachusetts General Hospital**

**Mind Body Medical Professor of Psychiatry**
**Harvard Medical School**

## OUR EMINENT SPEAKERS

| Eminent Speakers | Topic | Designation |
|---|---|---|
| Prof. (Dr.) Indranill Basu Ray | Yoga and Meditation in clinical cardiovascular diseases | Visiting Professor, AIIMS Rishikesh<br>Cardiologist and Electrophysiologist,<br>St. Francis Hospital, Memphis USA |
| Prof. (Dr.) Bhanu Duggal | Imaging and the role of using different modalities to guide integrative medicine therapy | H.O.D, Cardiology Department<br>AIIMS Rishikesh |
| Dr. Rajesh Kotecha | Ayush and its relevance in Modern Day Non-Communicable Epidemics. | Secretary, Ministry of AYUSH,<br>Former Vice Chancellor of Gujarat Ayurveda University, Jamnagar |
| Dr. Darshan Mehta | Meditation and Hypertension-what does decades of research say. | Director of Medical Education,<br>Benson-Henry Institute for Mind Body Medicine<br>Massachusetts General Hospital |
| Prof. Subhash Manchanda | Meditation and Prevention of Cardiovascular Disease what does trials say. | Senior consultant, Sir Ganga Ram Hospital, New Delhi. Former Prof and Head,<br>All India Institute of Medical Sciences, New Delhi. |
| Prof. C N Manjunath | Meditation and Secondary Prevention of CAD | Professor & HOD of Cardiology,<br>Director, Sri Jayadeva Institute of Cardiovascular Sciences and Research, Bangalore |
| Dr. Nagrathna | Case presentation in use of meditation for DM/CAD | Director of health services of SVYASA |
| Dr. Gopallakrishna Pillai | Worldwide Epidemic of Cardiovascular disease | Technical Officer, Traditional, Complementary, and Integrative Medicine Unit HQ/HIS/SDS/TCI<br>World Health Organization |
| Prof. Yashwant Pathak | The inhibitory cost of cardiovascular pharmaceutical development. The need for prevention is ever more important than treatment. | Dean School of Pharmacy,<br>University of South Florida, USA |
| Prof. (Dr.) Gautam Sharma | The need and methods to incorporate the scientific teaching of Yoga and Meditation in our Medical Syallabus | Professor, Department of Cardiology,<br>Professor in Charge-Centre for Integrative Medicine and Research,<br>All India Institute of Medical Sciences,<br>New Delhi. |
| Prof. (Dr.) T.N Sathyaprabha | Yoga and Cardiac Autonomic Functions | Prof. of Neurophysiology, National Institute of Mental Health and Neuro Sciences |
| Prof. Shantanu Tripathi | Autonomic Nervous System and Meditation | Prof and Head of Pharmacology and Experimental therapeutic, School of Tropical Medicine, Kolkata, India. |
| Dr. Shirley Telles | How to do research in Meditation-skill sets and the protocols. | Director,<br>Patanjali Research foundation |

## REGISTER YOURSELF ON :

**www.meditationconference.org/register**

## REGISTRATION PACKAGE INCLUDES

**Conference Fee + Conference Kit**
**Lunches on 9th & 10th March, 2019**
**Banquet Dinner on 9th March, 2019**

**Visit to Trade Exhibition**
**Registration Fee is inclusive of Taxes**

## CALL FOR ABSTRACTS

**Abstracts invited for oral and poster presentations at the conference**

### Topic : Yoga and Meditation in Prevention & Treatment Heart Disease

**All researchers are hereby requested to submit their respective abstracts on or before February 15th, 2019**

**Best research projects will be awarded as follows :**
**Prizes : I st, II nd and III rd for Poster**
**Prizes : I st, II nd and III rd for Oral**

**Best posters in Allopathic and Ayush category will be awarded**

MEDITATION CONFERENCE
*Meditation as Medicine*

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**www.meditationconference.org**

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# 23rd INCOFYRA

## International Conference on Frontiers in Yoga Research and Its Applications

**Theme:** Yoga as Lifestyle Medicine

**Jan 2-5, 2020 | Prashanti Kutiram,** Bengaluru - 560 105

**Pre Conference Workshops**

Date: Dec 27-31, 2019

Venue: Prashanti Kutiram

Organised by: VYASA, Bengaluru

Technical Support by:

S-VYASA (Deemed to be University), Bengaluru

www.incofyra.com | www.vyasa.org | www.svyasa.edu.in

*My Dear Brothers and Sisters,*

In modern times, management of noncommunicable diseases has become an enormous challenge to the medical fraternity worldwide. It is increasingly being recognized that non-communicable diseases are multifactorial problems and therefore the solutions to these have to be multi-faceted. Evidence based approach is of utmost importance to provide the best possible care for the patients.

Equally important is to develop cost-effective treatments. Modern Medicine, Yoga and other AYUSH systems of medicine approach patient care in their own unique ways. Each system has got its own advantages. Hence it is necessary to explore how these systems of medicine can complement each other in order to provide best solutions for the management of non-communicable diseases.

Hence, we have selected a theme "**Yoga as Lifestyle Medicine**" for 23rd INCOFYRA. This will make an effort to integrate Indian medicine and Modern Medicine with Yoga as basis for integrative medicine by bringing prominent researchers and doctors from all these fields under on one platform. The focus of 23rd INCOFYRA will be on reversal of Diabetes and Heart disease with Yoga as lifestyle intervention.

*We welcome you all to our Prashanti Kutiram campus.*

*With Love*
**Dr. H R Nagendra**
President, 23rd INCOFYRA
President, VYASA and
Chancellor, S-VYASA University

## Conference Objectives

1. To disseminate the research findings in the field of integrative medicine and give directions to future research
2. To translate the available research findings of CAM therapy for NCDs 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 health care

## Main Conference: Yoga as Lifestyle Medicine

**Jan 2 - 5, 2020:** The 23rd 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

| Date | Program |
|---|---|
| **Dec 27 - 31, 2019** | Pre – Conference Workshop |
| **Dec 30 & 31, 2019** | Himalaya Yoga Olympiad Finals |
| **Jan 2 - 5, 2020** | Main Conference |

## Parallel Symposia

- Consciousness based approach to healthcare
- Reversing NCDs through Yoga
- Yoga: The basis for Integrative Medicine

## Main Conference Program Highlights

| | |
|---|---|
| January 2, 2020: Inaugural Ceremony | |
| January 5, 2020: Valedictory Ceremony | |
| Jan 3 - 5, 2020: 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 | Bhagavag Gita Chanting |
| January 3, 2020: Scientific Sessions | |
| 9 – 10:30 am | Plenary Talk: Keynote Address 1 & 2 |
| 11 – 1 pm | Parallel Symposia in three tracks: Invited Talk 1, 2 & 3 |
| 2 – 3:30 pm | Poster Presentations |
| 4 – 5 pm | Panel Discussion |
| January 4, 2020: Scientific Sessions | |
| 9 – 10:30 am | Plenary Talk: Keynote Address 1 & 2 |
| 11 – 1 pm | Parallel Symposia in three tracks: Invited Talk 1, 2 & 3 |
| 2 – 3:30 pm | Oral Prize Paper Session |
| 4 – 5 pm | Oral Prize Paper Session / Poster Presentation |
| January 5, 2020: Scientific Sessions | |
| 9 – 10:30 am | Plenary Talk: Keynote Address 1 & 2 |
| 11 – 1 pm | 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 Registration

Register before Sept 15, 2019 to gain Maximum Concession

| Individual Programs | Dates | SAARC Countries | | International | |
|---|---|---|---|---|---|
| | | *Before* Sept 15, 2019 in ₹ | *After* Sept 15, 2019 in ₹ | *Before* Sept 15, 2019 in US$ | *After* Sept 15, 2019 in US$ |
| Pre-Conference | **Dec 27 - 31, 2019** | 5,000 | 5,000 | 300 | 400 |
| Main Conference | **Jan 2 - 5, 2020** | 4,000 | 5,000 | 250 | 300 |
| Both Programs | **Dec 27, 2019 - Jan 5, 2020** | 9,000 | 10,000 | 550 | 700 |
| Day Rate for Conference | ----- | 1,275 | 1,750 | 100 | 150 |

- This includes Vegetarian Food and Attendance of all Conference Programs
- **Please Note:** Choose your own Accommodation (Optional)
  Accommodation in Prashanti Kutiram (*limited*) from Jan 5th - 8th (*4 nights*)
  Shared Rooms: ₹ 750/day (4 persons in 1 room)
- **Students & S-VYASA Alumni** are entitled for **50% concession**
  (Student ID card/letter from Principal should be submitted during registration process)
- Registration at S-VYASA campus office is also available
- Mode of Payment: by Cash, Cheque, Bank Draft, Debit/Credit Card, Online Bank Transfer, payable to **VYASA 'Vivekananda Yoga Anusandhana Samsthana'**
- **Online Transfer Details for Indian Nationals:**
  *A/C Name:* Vivekananda Yoga Anusandhana Samsthana; *A/C No:* 31004780111;
  *Bank & Branch:* SBI, Jigani; *IFS Code:* SBIN0011355
- **Online Transfer Details for Internationals:**
  *A/C Name:* Vivekananda Yoga Anusandhana Samsthana; *A/C No:* 31527234022;
  *Swift Code:* SBININBB421; *Branch Code:* 06866
  Fgn 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

| | | |
|---|---|---|
| Hotel R V International | 080-2782 6099 / 6100 | 90352 02384 |
| Hotel V Inn | 080-2782 5000 / 1 | 99722 05912<br>99006 49448<br>97406 03111 |
| Hotel Sai Vishram | 080-4040 0400 | |

## Dates to Remember

| | |
|---|---|
| Pre Conference programs | **Dec 27 - 31, 2019** |
| Main Conference | **Jan 2 - 5, 2020** |
| Registration to avail early bird offer | **Sept 15, 2019** |
| Last date for Abstract submission | **Nov 30, 2019** |
| The abstracts will be peer reviewed and acceptance or otherwise will be intimated by | **Dec 5, 2019** |

- 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:**
Vivekananda Road, Kalluballu Post, Jigani, Anekal, Bengaluru – 560 105
*ph:* +91-80-2263 9963 / 55 | *cell:* +91-70220 24777 | *e-mail:* incofyra@svyasa.org
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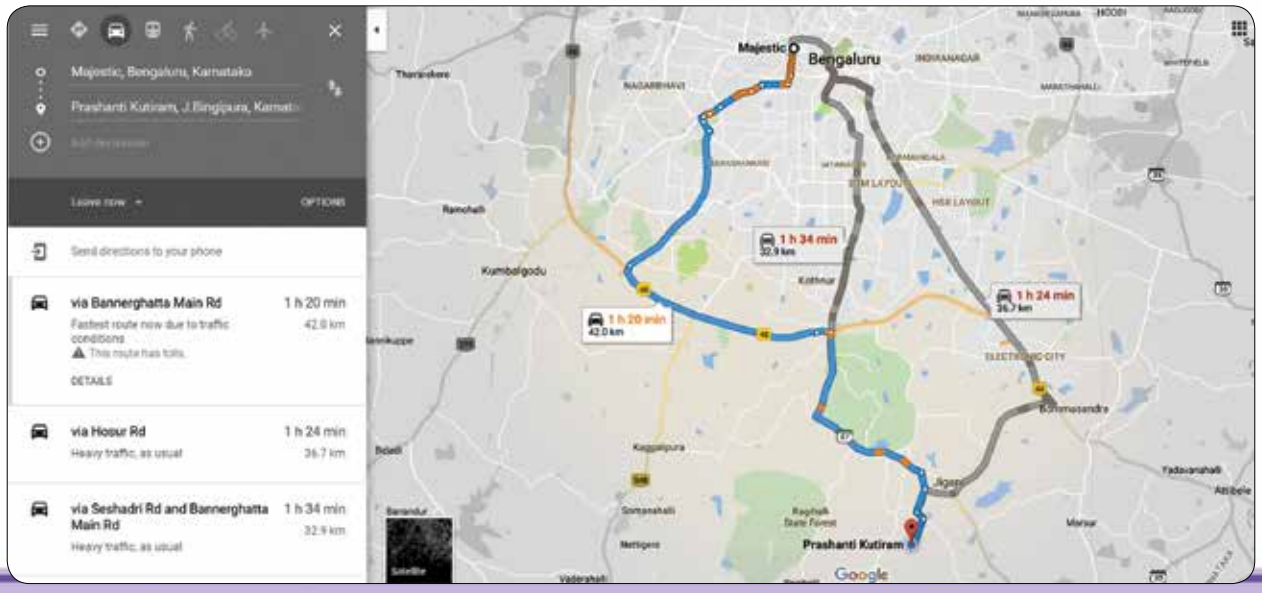
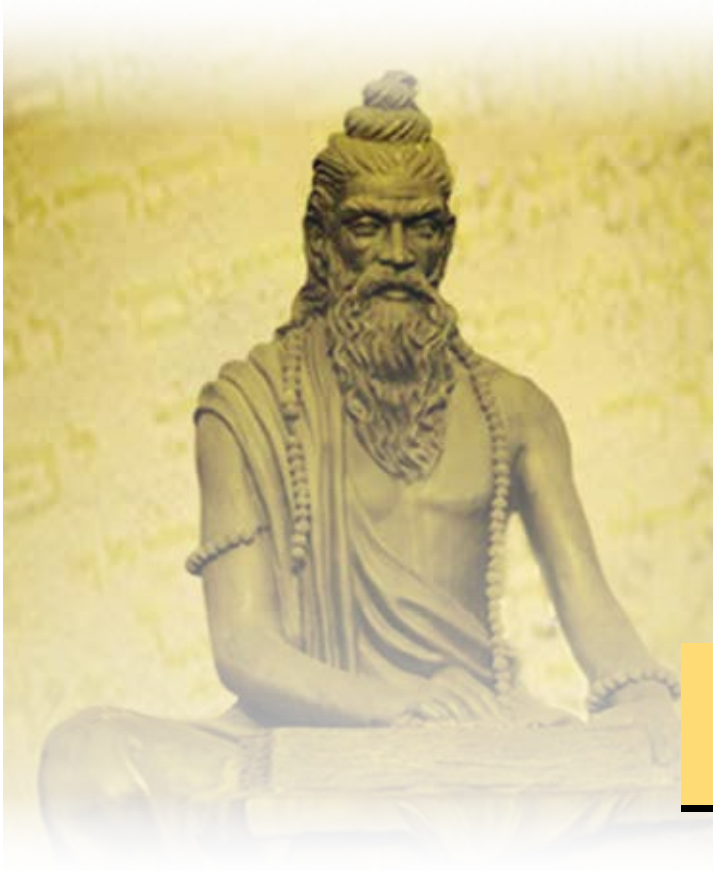



**Route Map to Prashanti Kutiram,** Jigani, Bengaluru



# 47 ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ

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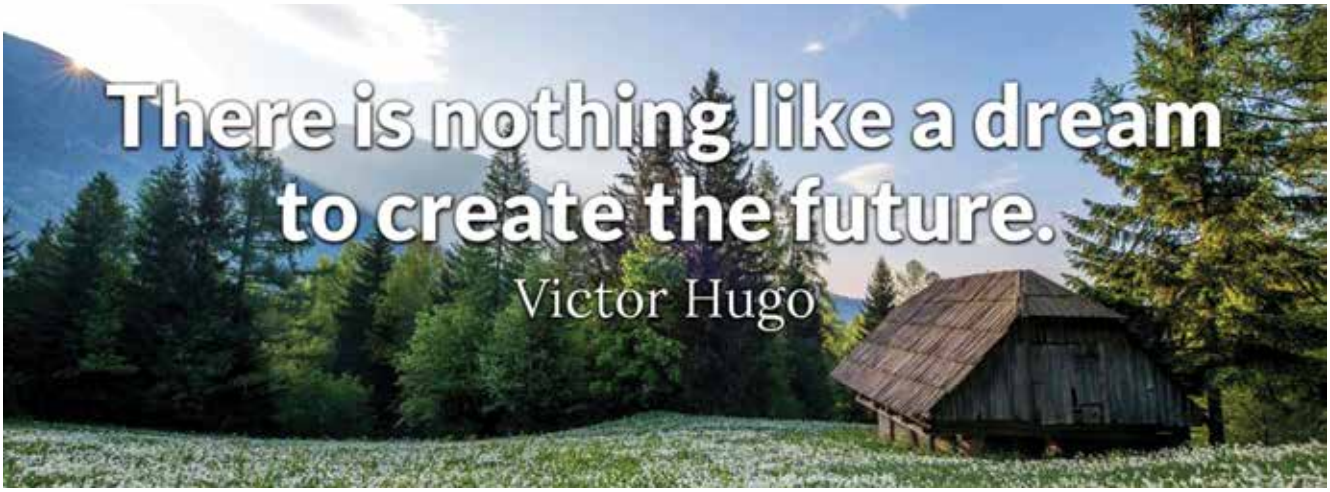
(ಕಳೆದ ಸಂಚಿಕೆಯಿಂದ ಮುಂದುವರಿದ ಭಾಗ)

ಕಳೆದ ನಾಲ್ಕು ಸಂಚಿಕೆಗಳಲ್ಲಿ ನಾವು ಸ್ವಪ್ನಗಳ ವಿವಿಧ ಮಜಲುಗಳನ್ನು ಅವಲೋಕಿಸುತ್ತಿದ್ದೇವೆ. ಮೊದಲನೆ ಸ್ತರದ / ವಿಧದ ಸ್ವಪ್ನಗಳು ಅಸಂಬದ್ಧ, ಅಪ್ರಸ್ತುತ ಹಾಗೂ ಅನಿಯಂತ್ರಿತ. ಎರಡನೆ ವಿಧದ ಸ್ವಪ್ನಗಳು ಸುಪ್ತ ಮನಸ್ಸಿನಿಂದ ಒಂದೊಂದಾಗಿ ನೀರಿನ ಬುಗ್ಗೆಯಂತೆ ಮೇಲೇಳುತ್ತಿರುತ್ತವೆ. ಕಾರಣ ನಮ್ಮೆಲ್ಲಾ ತೀರದ ಬಯಕೆಗಳು ಸುಪ್ತ ಮನಸ್ಸಿನಲ್ಲಿ ಹುದುಗಿರುತ್ತವೆ. ಇನ್ನು ಮೂರನೆಯ ವಿಧದ ಸ್ವಪ್ನಗಳು ನಾವು ಸದಾ ಜಾಗೃತರಾಗಿದ್ದಲ್ಲಿ ಮಾತ್ರ ಗ್ರಹಿಸಲು ಸಾಧ್ಯ. ಅವುಗಳು ದಿವ್ಯ ಸಂದೇಶದಂತೆ ಆಗಾಗ್ಗೆ ಗೋಚರಿಸುತ್ತವೆ. ಇನ್ನು ನಾಲ್ಕನೆಯ ಸ್ವಪ್ನಗಳು ನಮ್ಮ ಪೂರ್ವ ಜನ್ಮಕ್ಕೆ ಸಂಬಂಧಿಸಿದವುಗಳು. ನಾವು ಸದಾ ಜಾಗೃತರಾಗಿದ್ದಲ್ಲಿ ಪದೇ ಪದೇ ಈ ರೀತಿಯ ಸ್ವಪ್ನಗಳನ್ನು ಅರಿವಿನಿಂದ ಗಮನಿಸಲು ಸಾಧ್ಯವಿದೆ ಮತ್ತು ಪೂರ್ವಜನ್ಮದ ಪುನರಾವರ್ತಿತ ಸ್ವಪ್ನಗಳು ನಮ್ಮನ್ನು ವೈರಾಗ್ಯದೆಡೆಗೆ / ಸನ್ಯಾಸದೆಡೆಗೆ, ಸಮತ್ವದೆಡೆಗೆ ಪಾಥೇಯವನ್ನೀಯುತ್ತವೆ.

ಇನ್ನು ಐದನೆಯ ವಿಧದ ಸ್ವಪ್ನಗಳ ಬಗ್ಗೆ ವಿಶ್ಲೇಷಿಸೋಣ. ನಾಲ್ಕನೆಯ ವಿಧದ ಸ್ವಪ್ನಗಳು ಪೂರ್ವಜನ್ಮಕ್ಕೆ ಸಂಬಂಧಿಸಿದ್ದರೆ, ಭವಿಷ್ಯದಲ್ಲಿ ಸಂಭವಿಸುವ ಘಟನೆಗಳು ಐದನೆಯ ವಿಧಾನದ ಸ್ವಪ್ನಗಳು. ಅನೇಕ ಮಹಾಪುರುಷರ ಜೀವನಚರಿತ್ರೆಯನ್ನು ಗಮನಿಸಿದಾಗ ಇದು ಸಾಧ್ಯವೆಂದು ಸಾಧಿತವಾಗಿದೆ. ಒಂದು ಘಟನೆಯನ್ನು ಉದಾಹರಿಸುವುದಾರೆ, ಸ್ವಾಮಿ ಶಿವಾನಂದರ (Divine Life Society, Hrishikesh) ಶಿಷ್ಯರೊಬ್ಬರಲ್ಲಾದ, ಉತ್ತರಕಾಶಿಯ ಸ್ವಾಮಿಯೆಂದೇ ಪ್ರಸಿದ್ಧರಾದ ಸ್ವಾಮಿ ಚೈತನ್ಯಾನಂದ ಮಹಾರಾಜ್ ಅವರ ಆಶ್ರಮದಲ್ಲಿ ಅನೇಕ ಬಾರಿ ತಂಗುವ ಅವಕಾಶ ಸಿಕ್ಕಿದೆ. ಅವರೇ ತಪಗೈದು ಗಂಗಾತಟದಲ್ಲಿ ಸ್ಥಾಪಿಸಿರುವ ಶಿವಾನಂದ ಮಠದಲ್ಲೊಮ್ಮೆ ಒಂದು ಮಾಸತಂಗುವ ಭಾಗ್ಯ ವರ್ಷ ೨೦೦೭ರಲ್ಲಿ ನನ್ನದಾಗಿತ್ತು. ಅವರೇ ಬರೆದಿರುವ ತಮ್ಮ ಆತ್ಮಚರಿತ್ರೆಯನ್ನು (The Saga of Spiritual Unfoldment) ಅಧ್ಯಯನ – ಮನನ ಮಾಡುವ ಸುವರ್ಣಾವಕಾಶ ಒದಗಿತ್ತು.

ಅವರೇ ಬರೆದುಕೊಂಡಂತೆ, ಪದೇ ಪದೇ ನಿತ್ಯವೂ ಸ್ವಾಮಿ ಶಿವಾನಂದರ ಮೇರು ವ್ಯಕ್ತಿತ್ವವನ್ನು ಅವರ ಸ್ವಪ್ನದಲ್ಲಿ ಕಾಣುತ್ತಿದ್ದರು. ಆದರೆ ನಿಶ್ಚಿತವಾಗಿ ಅವರೇ ಸ್ವಾಮಿ ಶಿವಾನಂದರೆಂದು ತಿಳಿದಿರಲಿಲ್ಲ. ಆ ಚಿತ್ರಣವನ್ನು ತಮ್ಮ ಮನ:ಪಟಲದಲ್ಲಿ ತಂದುಕೊಂಡು, ಆ ಚಿತ್ರಣವನ್ನು ತಾವೇ ಚಿತ್ರಿಸಿ ಅನೇಕರಲ್ಲಿ ವಿಚಾರಿಸಿದಾಗ ಸ್ವಾಮಿ ಶಿವಾನಂದರೆಂದು ತಿಳಿಯಿತು. ಆಗ ಅವರು ಪಿಯುಸಿ ವಿದ್ಯಾರ್ಥಿ. ತಕ್ಷಣ ಪತ್ರ ಬರೆದರು. ಉತ್ತರವೂ ಸಿಕ್ಕಿತ್ತು. ಶಿವಾನಂದರು ಆಶ್ರಮಕ್ಕೆ ಆಮಂತ್ರಿಸಿದ್ದರು. ತಕ್ಷಣ ರೈಲಿನ ಮೂಲಕ ಪ್ರಯಾಣ ಬೆಳೆಸಿದರು. ಆಶ್ರಮದಲ್ಲಿ ಪೋಸ್ಟ್ ಮಾಸ್ಟರ್ ಆಗಿ ಸೇವೆಗೈದರು. ಸಂಸ್ಕೃತ




ಕಲಿಯುವ ಹಂಬಲ. ಯಾವುದೇ ಹಿನ್ನೆಲೆಯಿಲ್ಲ. ಶಿವಾನಂದರ ಉಳಿದ ಸನ್ಯಾಸಿ ಶಿಷ್ಯರು ಕಲಿಸಿಕೊಡಲು ತಿರಸ್ಕರಿಸಿದ್ದರು. ಶಿವಾನಂದರು ಕೇಶವನಿಗೆ (ಚೈತನ್ಯಾನಂದರ ಪೂರ್ವಾಶ್ರಮದ ಹೆಸರು) ಸ್ವತಃ ತಾನೇ ಪುಸ್ತಕ ಕೊಂಡುಕೊಂಡು ಕಲಿಯುವಂತೆ ಆದೇಶಿಸಿದರು. ಪೂರ್ಣ ಸಂಸ್ಕೃತ ಭಾಷೆಯನ್ನು ಕರಗತ ಮಾಡಿಕೊಂಡರು. ಎಲ್ಲ ಉಪನಿಷತ್ತುಗಳನ್ನು ಶಂಕರರ ಭಾಷ್ಯಸಹಿತ ಅಧ್ಯಯನ ಮಾಡಿದರು. ಅನೇಕ ಬಾರಿ ಶಿವಾನಂದರ ಅನುಪಸ್ಥಿತಿಯಲ್ಲಿ ವೇದಾಂತದ ಸತ್ಸಂಗಗೈದರು. ಒಮ್ಮೆ ಗಂಗೋತ್ರಿಯನ್ನು ನೋಡುವ ತವಕ. ಶಿವಾನಂದರ ಅಪ್ಪಣೆ ಪಡೆದು ಗಂಗೆಯ ಉಗಮ ಸ್ಥಾನವಾದ ಗೋಮುಖದವರೆಗೂ ಪ್ರಯಾಣಗೈದರು. ಗಂಗೆಯ ದರ್ಶನದಿಂದ ಜೀವನ ಪಾವನವಾದ ಮಹತ್ಕ್ಷಣ. ಅಲ್ಲಿಂದ ಮರು ಪ್ರಯಾಣ. ಆದರೆ ಉತ್ತರಕಾಶಿಯಲ್ಲಿ ಅವರ ಮನ ಸ್ಥಿರವಾಗಿತ್ತು. ಗಂಗೆಯ ಸೆಳೆತ, ಅಧ್ಯಾತ್ಮಿಕ ಸಾಧನೆಯ ತುಡಿತ ಅವರನ್ನು ಅಲ್ಲೇ ನೆಲೆನಿಲ್ಲಿಸಿತು. ಹೃಷೀಕೇಶದ ಆಶ್ರಮಕ್ಕೆ ಬರಲು ಮನಸ್ಸಗುತ್ತಿಲ್ಲವೆಂದು ಶಿವಾನಂದರಿಗೆ ಪತ್ರ ಬರೆದರು. ಗುರುಗಳ ಕೃಪೆಯೊದಗಿತ್ತು. ಆರು ವರ್ಷ ಭಿಕ್ಷಾನ್ನ ಮಾಡಿ ಸಾಧನೆಗೈದರು. ಆದರೆ ಗುರುವಿನ ಕರೆಯ ಮೇರೆಗೆ ಮತ್ತೊಮ್ಮೆ ಹೃಷೀಕೇಶಕ್ಕೆ ಪ್ರಯಾಣ. ಆಶ್ರಮದಲ್ಲಿ ಮತ್ತೆ ಅದೇ ಕೆಲಸ. (ಪೋಸ್ಟ್ ಮಾಸ್ಟರ್) ಮತ್ತೆ ಆರು ವರ್ಷಗಳು ಗುರುವಿನ ಸಾನ್ನಿಧ್ಯ. ನಂತರ ತೀವ್ರ ಅಧ್ಯಾತ್ಮಿಕ ಸಾಧನೆಯ ತುಡಿತ. ಮತ್ತೆ ಉತ್ತರಕಾಶಿಗೆ ಪ್ರಯಾಣ. **ನಂತರ ಸುಮಾರು ೨೫ ವರ್ಷಗಳು ಕುಟೀಚಕನಾಗಿ ಭಿಕ್ಷಾನ್ನ, ಮನನ, ಧ್ಯಾನ, ಅಧ್ಯಯನ, ಅಧ್ಯಾಪನ. ಹೀಗೆ ಅಧ್ಯಾತ್ಮದ ಉತ್ತುಂಗಕ್ಕೇರಿದರು.** ಉತ್ತರಕಾಶಿಯ ಸ್ವಾಮಿಯೆಂದೇ ಪ್ರಸಿದ್ಧರಾದರು. ವಿದೇಶದಲ್ಲಿ ನೆಲೆಸಿದ್ದ ತಮ್ಮ ಗುರುಭಾಯಿಗಳ ಸಹಾಯದ ಮೂಲಕ ಪುಟ್ಟ ಆಶ್ರಮ ಸ್ಥಾಪನೆ. ವಿದೇಶಗಳಲ್ಲಿ ಆಂಗ್ಲ ಭಾಷೆಯಲ್ಲೇ ವೇದಾಂತ ಸತ್ಸಂಗ. ಉತ್ತರಕಾಶಿಯಲ್ಲಿ ಉಪನಿಷತ್ ಭಾಷ್ಯದ ಪಾರಾಯಣ ಪರಂಪರೆಯನ್ನು ಆರಂಭಿಸಿದರು. ಹೀಗೆ ಒಂದು ಸ್ವಪ್ನ ಭವಿಷ್ಯದ ಆಧ್ಯಾತ್ಮಿಕ ಸಾರ್ಥಕತೆಯ ಜೊತೆಗೆ ಮಾನವ ಜೀವನದ ಪರಿಪೂರ್ಣತೆಯನ್ನು ಕಂಡ ಮಹಾಪುರುಷ ಸ್ವಾಮಿ ಚೈತನ್ಯಾನಂದರ ಜೀವಚೈತನ್ಯ ಅಚೇತನದಲ್ಲಿ ಲೀನವಾಯಿತು.

(ಸಶೇಷ)

... p3

as to on what one should meditate, the answer is *Atma*, which is ultimate as read in *Kathaopanishat* time and again. For meditation one should not consider sensory perception or inferential objects as object of meditation, but beyond body and its limitations which is *Atma*.

The next Sutra in this *Adhikara* re-emphasizes the use of word Atma in multiple occasions in Kathopanishat to conclude that the context of discussion is meditation on supreme self. Few mantras focus on mastering the senses to reach the destination for which one has to pursue Yoga and *Adhyatma Sadhana* relentlessly. *Vijnana* (awareness of consciousness) is the key method to reach the goal. Purity of mind, sublimation of intellect etc will be achieved by the process of Yoga *Sadhana* which plays a major role in realizing the reality.

"सोऽध्वनः पारमाप्नोति तद्विष्णोः परमं पदम्॥ क उ १-३-९॥ " - "One reaches the platform of pinnacle of pure existence in the path to reality''. Vishnu does mean all pervasive entity, not limited by name, form, space and time etc as told in Puranas.

Interestingly, Yoga of *Kathopanishat* and Yoga of *Patanjali* can be understood as progressive modes when blended; *Vitarka, Vichara, Ananda* and *Asmita Samadhis* indicate progression from gross to subtle; physical body, subtle *Indriya*, subtler intellect and subtlest *Atma* in this sequence as noted in *Kathopanishat*.

*to be continued...*

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