New Delhi, Sept 24 & 25: Submission of...

**New York – Bengaluru Vision Statement 2019**
towards a Global Ecosystem in Yoga Higher Education through Collaboration, Mainstreaming & Accreditation
to the Union HRD Minister, **Shri Ramesh Pokhriyal** &
the Union MoS of AYUSH & Defense, **Shri Shripad Yesso Naik**

www.svyasa.edu.in
Bengaluru: **Felicitation** to the **Union Minister** of Science & Technology, Health & Family Welfare and Earth Sciences, **Dr. Harsh Vardhan** herein RGUHS campus by the Vice Chancellor, Dr. B R Ramakrishana, Vice Chancellor of RGUHS, Dr. S Sacchidanand and Chancellor, Dr. H R Nagendra.

Bengaluru: On behalf of Karnataka State Higher Education Council and Department of Higher Education, Government of Karnataka, the Deputy Chief Minister and Minister of Higher Education, Dr. C N Ashwath Narayan given the **Specialist University recognition to S-VYASA** represented by Vice Chancellor, Dr. B R Ramakrishna. With the score of 754 out of 1000, S-VYASA got Four Stars.
The outstanding tremendous applause by the 50,000 Indian community and enthusiastic friendly response by the Hon'ble President of USA and Senators in Howdy Modi program in Houston raised the honour of our country to the heights unprecedented in the history of our country after the famous 9/11 Chicago Address in 1893. Emphasizing the first aspect of Yama of Patanjala Yoga - Ahimsa to be established by vanquishing terrorism in the world by a synergistic effort of the entire world community to create a world family - Vasudha Eva Kutumbakam, our Hon’ble Prime Minister made it so attractive to everyone in UNO to vote for the concept and to plan for its execution. The two top democratic countries of the world, US and India have come forward to all that is needed to build such an ideal world of sharing, mutual respect, nonviolence, development and prosperity. The goal of all 4 streams of Yoga is to raise us from our normal level to become great human beings to super human heights and through divinity manifested reach the highest goal of perfection, absolute knowledge, infinite bliss and power to achieve highest freedom called Moksha or Kaivalya, the original state of all of us.

Thanks to the intense and dedicated efforts of Prof. Shreenath, Shri Murali Venkat Rao and our team in LA, we have almost got permission for starting our VAYU (Vivekananda Yoga University) in USA. Dr. Judu Ilavarasu as the first to get his PhD of S-VYASA approved by USA education system paving way to other 7 persons as faculty of VAYU. With the License to run our MS (Yoga) courses coming up before end of this month, we will go global in bringing the divine wisdom of our country - Yoga to USA and all over the world by on-line technology as we have already started doing it in India by ODL as an extension of our DDE process all over the country.

Yet another achievement of our country and NAAC is the launch of the New York - Bengaluru Vision Document for standardizing Yoga programs in higher education by both the Ministers of the Ministry of AYUSH and MHRD on 24th and 25th of September.

As the International Day of Yoga is fast spreading its wings all over the world, our PM has rightly mentioned and emphasized that Yoga is not just for celebration on a single day, but should go into all aspects of our lives as a Science of Holistic Living. As a first step he urged in 2016 that the MHRD should come forward to introduce Yoga in the education system. While suitable syllabus has been prepared for introduction of Yoga through NCTE, NCERT and UGC. While it is being implemented in different states (as it is the state responsibility to introduce the same in education), the new Education Policy is bringing this dimension to fruition in all aspects of our educational program.

So the new transformation is arriving in India and Bharat Mata's grace is leading the world in the right direction to bring peace, harmony and growth on earth.

Dr H R Nagendra
Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

Wish you all a very happy and prosperous Navaratri and pray all the Nava Durgas to bless everyone for good health, happiness and harmony.

The rainy season this year has been good for some regions and disastrous across other regions of the country and most of the reservoirs are filled and overflowing. In Karnataka alone, it is estimated that more than 30,000 lakhs worth of property has been lost and many families have rendered homeless due to floods and heavy rains. It is our primary duty and social responsibility to come to the rescue of people who have lost their shelter and lively hoods, in such a situation all of us should volunteer to contribute liberally for Chief Minister’s Flood Relief Fund and also express our heartfelt thanks and appreciation to each and everyone who have contributed for this noble cause. The root cause for such ecological and environmental anger is due to inundated exploitation of natural resources. It is the bounded duty and responsibility of all of us to protect nature with utmost responsibility to work towards attaining the goal of Yoga fraternity “Health, Happiness and Harmony”. To work in this direction let all of us dedicate few hours every day for Swach Bharat and in particular Plastic Mukt Environment from 2nd of October, the Gandhi Jayanti day.

During the month, around 40 students drawn from various countries are taking part in International YIC under Indian Technical and Economic Cooperation (ITEC), similarly under regular YIC around 80 students from different parts of the country are participating.

Guruji conducted two days SMET programme at Lucknow on 17th and 18th August 2019 and huge number of Participants took part in the programme.

Two Days, 4th Asian Yoga Therapy International Conference, jointly organized by Asian Yoga Therapy Association and VYASA Yoga Singapore was held at Bali, Indonesia on 7th and 8th of September 2019 with the theme Yoga Therapy: A Holistic Approach to Wellness. The Conference was inaugurated by Dr. H R Nagendra, people from all over the world witnessed this conference.

It gives me immense pleasure to inform that on 15th September, 2019 S-VYASA Delegation met Hon’ble Union Minister of Health and Family Welfare Dr. Harsh Vardhanji at RGUHS, Bengaluru and discussed many issues relating to woman health and childcare projects and programmes.

The Karnataka State Higher Education Council on 17th September, 2019, in its function organized for awarding ratings of the University awarded Four Star rating to S-VYASA as against maximum of Five Star allocated in the presence of Hon’ble e Deputy Chief Minister and Minister of Higher Education, Science and Technology, IT and BT. Dr. C N Ashwath Narayan. In deed it is a joyful moment to all the stake holders of S-VYASA on this auspicious occasion and I extend heartfelt congratulations to entire fraternity of S-VYASA and request to work hard to achieve 5 out of 5 Stars in the year next.

I wish you all, a very happy and joyful festive season.

With Pranams
Dr. B R Ramakrishna
Vice Chancellor, S-VYASA
New York - Bengaluru Vision Statement 2019 towards Yoga Higher Education Accreditation released by Hon’ble Minister of HRD and Minister of AYUSH

In a historical move, the National Assessment and Accreditation Council (NAAC) of India, released the New York - Bengaluru Vision Statement 2019 towards a Global Ecosystem in Yoga Higher Education through collaboration, mainstreaming and accreditation worldwide on 24th & 25th September 2019 at the hands of Shri Ramesh Pokhriyal ji, Hon’ble Union Minister of HRD and Shri Shripad Yesso Naik ji, Hon’ble Union Minister of State (IC), Ministry of AYUSH organised by NAAC at New Delhi in presence of Dr. H R Nagendra Guruj, Chairman, IUC-YS, Bengaluru & Hon’ble Chancellor, S-VYASA, Bengaluru, Pooyja Maa Smt. Hansaji J Yogendra, Director, The Yoga Institute, Prof. S C Sharma, Director, NAAC & Dr. Jagannath Patil, Adviser, NAAC, Convener of the Programme and other Yoga dignitaries of India and around the world. This will be counted as a major landmark in both the national and international history of Yoga higher education quality assurance.

The worldwide release programme happened at different places of the countries. Yoga organisations around the world particularly United States, China, Canada and Italy joined

Prior to this, The “Global Yoga Accreditation Summit (GYAS): Beginning of a Conversation towards a Global Ecosystem in Yoga Higher Education through Collaboration, Mainstreaming and Accreditation” held on 26th April 2019 at the United Nations Headquarters, New York, USA in close collaboration with the Asia Pacific Quality Network (APQN) and The Permanent Mission of India to the United Nations was firmed on the intent of bringing Yoga stakeholders towards beginning of a conversation on collaboration, mainstreaming and accreditation of Yoga programs within the Higher Education ambit worldwide.

The Eminent Yoga Stalwarts & Academicians around the world participated in the release of New York - Bengaluru Vision Statement & wished via video conference included Prof. Jianxing Zhang, President, Asia Pacific Quality Network (APQN); Antonietta Rozzi, ASOYOGA Italia Accreditation, Italy; Sarva Yoga International, India / Italy; Dr. C Rajan Narayanan, Life in Yoga Institute & Foundation, USA and Dr. Arun K Garg, Canada India Network Society, Canada.

Apart from this, Indian Yoga Stalwarts including Shri Baba Ramdev ji, Yoga guru, Founder of Patanjali Ayurved, and Sri Sri Ravi Shankar

April 26: A view of the Global Yoga Accreditation Summit (GYAS), jointly organised by NAAC, PMI-UN & APQN at United Nations Headquarters, New York, USA in presence of H.E.K. Nagaraj Naidu, Indian Ambassador to UN, Dr. H.R. Nagendra, Hon’ble Chancellor, S-VYASA, Bengaluru, Dr. Geetha Krishnan Gopalakrishna Pillai, World Health Organization, Geneva, Prof. Jianxing Zhang, President, APQN, China & Dr. Jagannath Patil, Adviser, NAAC & Convener-GYAS.

Shri Ramesh Pokhriyal ji, Hon’ble Minister of HRD has given special address on Importance of Yoga for human in all aspects and appreciated the NAAC initiative for undertaking Assessment and Accreditation (A&A) Process on Yoga Higher Education. He assured that Yoga Higher Education accreditation framework developed by NAAC will be promoted worldwide.

He highlighted that Shri Narendra Modi ji, the Hon’ble Prime Minister of India has made Yoga as an initiative of globally celebrated Indian brand around the world and expressed the need to ensure quality of Yoga through accreditation.

Shri Shripad Yesso Naik ji, Hon’ble Minister of State (IC), Ministry of AYUSH, appreciated the visionary efforts made by the team of NAAC and Yoga Experts within India and around the world. He highlighted the New York - Bengaluru Vision Statement 2019 will be counted as a major landmark in both the national and international history of higher education quality assurance. He gave assurance that the Ministry of AYUSH will make all efforts to promote this spirit of this NY - Bengaluru Yoga Vision Statement and taking forward the message around the world.

All participated invitees and Global Yoga Stalwarts, QA Academicians via video conference has appreciated the visionary effort by NAAC Core Working Group (CWG) & Dr. Jagannath Patil, Adviser, NAAC for his immense contribution as a convener of CWG under the guidance Dr. H R Nagendra Guruji and leadership of Prof. S C Sharma, Director, NAAC.

The Eminent Yoga dignitaries, Academicians & Key persons of Higher Education from India included Shri Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, New Delhi; Dr. Jayant Yashwant Deopujari, President, Central Council of Indian Medicine (CCIM), New Delhi; Dr. I V Basavaraddi, Director, Morarji Desai National Institute of Yoga, New Delhi; Dr. S B Arora, Former VC (I/C), IGNOU, Director, School of Health Sciences (SOHS), Indira Gandhi National Open University (IGNOU), New Delhi; Shri P C Kapoor, Sivananda Yoga Vedanta Dhanvantari Ashram, Thrivananthapuram, Kerala; Dr. S P Mishra, Vice - President & CEO, PrCB, Indian Yoga Association, New Delhi; Shri Ravi Tumuluri, Joint Secretary, Indian Yoga Association, New Delhi; Dr. Richa Chopra, Head – Dept of Contemplative and Behavioural Sciences, Member – Internal Quality Assurance Cell, Sri Sri University & Senior International Yoga Faculty, Art of Living, Bengaluru; Smt. Kamlesh Barwal, Secretary General, Indian Yoga Association (IYA), New Delhi; Dr. Jaideep Arya, Chief Central Coordinator, Patanjali Yog Samiti, Haridwar, Uttarakhand; Dr. K Subrahmanyam, Adviser, (Former Pro-Chancellor), S-VYASA, Bengaluru; Dr. B N Gangadhar, Director, National Institute of Mental Health & Neuro Sciences (NIMHANS), Bengaluru; Sri O P Tiwari, President, Council of Yoga Accreditation International, Secretary General, Director & Spiritual Head, Kaivalyadhama Yoga Institute, Pune; Shri Subodh Tiwari, Executive Director and Trustee, Kaivalyadhama Ashram, Pune; Dr. Dinesh Upadhyay, National Co-ordinator of Indian Medical Cell, Member of Governing Body of CCRYN, Ministry of AYUSH, New Delhi; Dr. M K Taneja, Indian Institute of Ear Diseases, New Delhi; Ms. Padmini Rathore, The Yoga Institute, Mumbai; Shri Amit Nagpal, Poorvi Pitampur, Delhi; The officials from NAAC who participated in event included Dr.
Devender S Kawday, Deputy Adviser, Dr. Darikhan Kamble, Assistant Adviser, Subedar Major Rajrup Singh, Consultant and Mr. Umesh Kumar R, JRF, NAAC.

On behalf of Ministry of HRD and Ministry of AYUSH, Shri Ramesh Pokhriyal ji and Shri Shripad Yesso Naik ji ensured that all efforts will be made to promote the spirit of this NY - Bengaluru Yoga Vision Statement and taking forward the message around the world.

“Yoga is an Achievement of Divine Knowledge. The presence of Humanity in Human will create the new world through Yoga. The great efforts taken by NAAC for promoting Yoga worldwide is matter of pride”.

Shri Baba Ramdev ji
Yoga Guru, Founder of Patanjali Ayurved, Patanjali Yogpeeth, Bharat Swabhiman Trust

“NAAC has taken this initiative to streamline and standardise all those different schools of Yoga and different thought streams to make it suitable globally for Higher Education, and All Yoga Students & Teachers around the world. It was a need these days that proper standardisation and accreditation is necessary so NAAC has taken up this important step towards Yoga Accreditation”

Sri Sri Ravi Shankar Guruji
Indian Spiritual Leader, Founder of the Art of Living Foundation, Bengaluru

This New York - Bengaluru Vision Statement is very useful in promoting Yoga Higher Education in China as well as in Countries of Asia Pacific region. On behalf of over 200 members of APQN in 42 Countries, we welcome this yoga accreditation vision statement”

Prof. Dr. Jianxin Zhang
APQN President, Chief Expert of Yunnan Higher Education Evaluation Center, Professor of Yunnan University, China

“I am glad to participate in the release of the New York – Bengaluru Vision Statement. The official certification of the Universities and International Network with the support of NAAC and Govt. of India will be easier to promote Yoga as an Important culture heritage of all societies and eventually have official recognitions by Government”

Antonietta Rozzi
President, Sarva Yoga International – Italy
Prime Minister Awardee for Outstanding and Development of Yoga 2019

“We Support the efforts of the NAAC to bring Yoga in ambit of accreditation in Higher Education”

Dr. C Rajan Narayanan
Executive Director, Life in Yoga Institute & Foundation, USA

“Delighted to be participating in the release of the New York-Bengaluru vision Statement, the release of this statement will support standards and will also help the promotion of Yoga and quality of Yoga Teaching”.

Dr. Arun K Garg
Canada India Network Society, Canada
The 4th Asian Yoga Therapy Conference was held at the 'Land of thousand temples' Bali, Indonesia between Sept 7-8, 2019. It successfully concluded with new dimensions to propagate Yoga therapy in the right way. It was jointly organised by Asian Yoga Therapy Association and Vyasa Yoga Singapore. There was a great representation from 20 countries across the world and about 300 delegates.

The event was inaugurated on 7th Sept by Mr. Sunil Babu, Consulate General of India to Bali; Dr. H R Nagendra, Chancellor of S-VYASA University; Dr. David Frawley, Founder, American Institute of Vedic Studies; Dr. R Nagarathna, President AYTA; Dr. N K Manjunath, Vice President, AYTA; Mr. Manoj Thakur, Director, Vyasa Yoga Singapore and Mr. John Kepner, Executive Director of International Association of Yoga Therapists (IAYT).

The inaugural event was followed by key note address by Dr. H R Nagendra on ‘Global trends in Yoga therapy and Education’.

The first session of the conference was on ‘Yoga for Pain management and Mental health’. The focus was on ‘Yoga and Ayurveda for Pain management’ and the speakers were Dr. Vasudha M Sharma, Ms. Sarah Manning and Dr. Abhishek Joshi.

The next session of Day 1, focussed on Yoga for Anxiety, Depression and Insomnia and the speakers were Dr. Lalitha Gaurav, Ms. Madoka and Ms. Yukiko and Dr. Abhishek Joshi, while the final session of the day was on Yoga based lifestyle for management of Heart diseases and the speakers were Dr. Vetrivendan, Dr. Bijendra Shah, Ms. Sanjay Kumar Choudhary and Ms. Kadambini Acharya.
The day 2 of the conference began with the keynote addresses on ‘Ancient Ayurvedic insights into preventive health care’ by Dr. David Frawley and ‘Traditional Approaches to evidence based Yoga therapy’ by Dr. Nagaratna.

The topic of the first session of the day was on ‘Traditional and modern perspectives of autoimmunity’ and speakers were Dr. Manjunath N K, Dr. Krishnamurthy and Dr. Malvina Garner. The session which followed was on the Importance of Yoga based diet and lifestyle in Obesity and associated co-morbid conditions and contributing speakers were Dr. Poornima Krishnamurthy, Dr. Sarita Shrestha, Ms. Akriti Pandey and Ms. Maya Safira.

Lots of practical sessions including chakra meditation, singing bowl meditation, preksha dhyan, sarva sara meditation apart from pranic
energization, mastering emotions technique and Mind sound resonance technique were conducted. The other interesting and refreshing part of the conference was the Sunrise Yoga conducted by Ms. Neetu and Ms. Anand on the beach side. Satsang sessions by Raghuram ji was very well received.

Educational programs were complemented by Indonesian dance and music with mixed Indian and Indonesian food.

The event concluded on the 8th Sept, with a Valedictory function in the evening with the chief guest being His Royal Highness Dr. Shri I Gusti Ngurah Arya Wedakarna, Senator Indonesia / DPD-MPR. The guests were Prof. Dr. I Gusti Ngurah Sudiana, VC IHDN; Mr. Manohar Puri, Director SVCC; Shri Anil Sarode, Director, Vivekanda Needam and Mr. Bajrang Sharma, President, Vyasa Yoga Singapore.

As a concluding annual norm, the founding members of AYTA proposed the next conference at the beautiful country of Srilanka.
Sunrise Yoga on the Beach

Indian dance & music special

Bhajans: Dr. H R Nagendra & others

Advanced Yoga demonstration
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Vedādyarthabhedaḥ (Brahmasūtram-3-3-25)

Meaning: Because the matter (of certain Mantras) such as piercing and so on is different (from the matter of the approximate Vidyas), (the former are not to be combined with the latter).

There is only one Sutra in this Adhikarana. Focus of this Adhikarana is to clarify the confusion of different prayers in different branches of the Vedas, especially in Atharva Veda; whether to combine these with Shanti Mantras of other branches of other Vedas.

The fierce statements occur at the end of Brahmana section of Atharva Veda, as Upasamhara: “pierce the whole (body of the enemy), pierce his heart, crush his veins, crush his head” etc. Since this Mantra appears at the end of Brahmana, proximal to Upanishads, it may seem as to be combined with Upanishadic way of meditation. In most of the cases, heart represents as the abode of meditation in Upanishads. Rigveda, Yajurveda and Samaveda have Mangala gana (prayer) before initiation of the activities. Generally these prayers are offered not only in the beginning but at the end also or even on other important occasions.

Pravijya (piercing, breaking) is prevailing word in Atharva Veda mantra similar to Sham (calm, auspicious, balance) in shanti mantras. Should this kind of piercing act be part of meditation or mangala shloka is the matter of discussion here. Badarayana Vyasa sheds light on these types of mantras to understand their deep meaning or intention in right spirit according to the context. Contextualising each act, thought and word is the speciality of the ancient seers.

Atharva Veda is known for eliminating demonic, evil forces. They stand against destructive factors in creation. From time immemorial, balance of divine and evil forces is inevitable part of fascinating creation. There will be bad if there is good, there will be demons if there are divines. In spite of the bad prevailing initially, the divine wins for obvious reasons. Atharva Veda offers innumerable methods to set aside the negative and evil forces. One such mantra says, “pierce the whole (body of the enemy), pierce his heart, crush his veins, crush his head” etc. Though mantra claims to pierce the body, it intends to demolish the mind-set. No scripture has enmity with any specific persons. Detrimental forces have to be tamed and mended properly, to be eliminated if needed. Many yajnas and rituals are meant for this purpose. It is very similar to removal of unwanted plants when we are developing medicinal garden. The gardener uses all kinds of tools to uproot those plants; similarly well-wisher of the social balance should have these kinds of prayers and performances to eliminate the bad and elevate the good. In Abrahamic religions, negative forces are called satanic which are to be annihilated.

In conclusion, Vyasa in consultation with proper guidance of Meemamsa sutras of Jaimini, clarifies the right spirit of Mantra from Atharva Veda and says not to combine these with other shanti mantras of other branches used for different purposes.

to be continued...
Bengaluru, Sept 27: **Memorandum of Understanding** between S-VYASA & RGUHS Karnataka (Rajiv Gandhi University of Health Sciences). *(from left)* Vice Chancellor of RGUHS, Dr. S Sacchidanand; from S-VYASA – Vice Chancellor, Dr. B R Ramakrishna; Chancellor, Dr. H R Nagendra; Former Vice Chancellor, Prof. Ramachandra G Bhat; Registrar, Dr. Srinidhi K Parthasarathi; Admin Secretary to the Chancellor, Mr. Raghunandan – *can be seen*

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Bengaluru, Sept 25: **RGUHS University** felicitated the **Vice Chancellor of S-VYASA, Dr. B R Ramakrishna** for his dedicated services rendered to the student community in the Field of Ayurveda, during Teachers’ Day celebration at the campus
INTRODUCTION

There seems to be similar psycho-physiologic responses to Yoga Nidra (YN) and Lucid Dreaming. However, we need to look at these two closely before a firm conclusion could be made. First, let us introduce Lucid Dreaming (LD). It is said that the unused part of brain has extra-ordinary possibilities and LD could bring forth these for the greater good [1]. Lucid means a very clear; in the LD state, one is aware that one is dreaming. It is not necessary to achieve control over anything through LD, though many people attempt LD for just this reason. People think they have no control on events they go through every day; hence, they think through LD, they may somehow get to control events in the awake state. This need not be the outcome; actually, this does not happen in spite of the person’s fondest wish! However, a person in LD could undergo sensations and activity normally not possible in wake state such as tasting the fire! It is said that “More and more experienced lucid dreamers are realizing the benefits of lucid dreaming. You can use it to explore the boundaries of your own agency and the limits of the universe” [1].

Let us examine when a dream becomes lucid dream. As one falls asleep, one should be aware of details of dreaming; an unusual scene or event that is not possible in waking could be a start for LD. In other words, one becomes highly aware of the surroundings and the happenings. It is possible a vivid event during the day could also trigger a lucid dream; for example, a near traffic accident could give a possible outcome in LD such as rushing to a hospital in an ambulance etc. Some dreamers go through therapy sessions and some even claim spiritual experiences. In all these cases, the driving condition is a heightened state of awareness; even a small shift in the scene in LD produces a profound shift in awareness and one’s assessment of a situation. All these could be useful in solving problems both at transactional level and also at spiritual insights. Rigorous scientific studies are lacking though narrations of unique insights abound in popular literature.

It is possible to lead a person to therapy through LD. In a case narration of overcoming writers’ anxiety or phobia through an awareness of inability to use a computer for writing which was transformed into using the computer in LD state. It is possible more applications of LD in therapy is forthcoming; we should study how such an outcome could be different from autosuggestion or for that matter, self-hypnosis. Though a book describing these aspects has an interesting title [see reference 1], the nature and outcome of self-realization seems to be far away from any lucid dream mechanism or reported self-awareness in those studies.

There is at least one paper that cautions use of LD routinely [2]; the authors say, “We conclude that lucidity should not be considered as necessarily suggestive of well-being; LD may
be positive or negative, depending on lucidity characteristics. Additionally, deliberate LD induction may harbor negative long-term risk”. It is obvious that there are unknown factors in LD induction which should be studies if any clinical applications are desired.

YOGA NIDRA

Yoga Nidra (YN) is an ancient technique to quieten the body and mind, which is similar to the more recent progressive muscle relaxation [3]. The technique of progressive muscle relaxation (PMR) was described by Edmund Jacobson in the 1930s. This is based on the assumption that mental calmness and physical calmness go hand in hand. Thus, when the body is calmed, mental processes also slow down so as to minimize any stress reaction in the body / mind complex. While lying down in a relaxed state, one goes through relaxing major muscles of the body starting from the feet all the way up to the face. Many scientific studies have found good body response to this auto suggestion. This practice can be carried out just before going to sleep; sleep disturbances are reduced.

Yoga Nidra follows similar principles; we can understand the process of Yoga Nidra through its profound effect on the physical and psychic systems. It starts with internalized relaxation of body muscles; affirmation or sankalpa which is intoned silently; body and breath relaxation and awareness of their activity as they slow down; guided imagery; total relaxation and after some time (say 15 minutes), one comes back to normal awake state. Thus, YN differs from other relaxation practices with affirmations (both at start and at finish of practice), breath awareness and gentle muscle relaxation.

A useful categorization has been carried out recently [4]. Four specific levels have been identified and presented by that author: Level 1: Deep relaxation which is found to be useful in self-healing; brain in alpha and theta states. Level 2: Improving creativity and problem solving abilities; brain producing theta with some delta waves. Level 3: Deep non-REM sleep, still awareness of surrounding is not lost. Level 4: Deeper relaxation with brain producing theta and delta waves.

Thus we see a profound shift in awareness in practitioners of YN. The benefits of this practice include heightened awareness, reduced emotional reactions, stabilizing some centres of the brain (such as hypothalamus) and an innate ability for self-repair of tissues of the body. The body’s intelligence is invoked so that it is able to correct neuromuscular, psychological and even spiritual problems giving an insight to problems on hand and how to solve them.

CONCLUSION

There seems to be profound differences between outcomes of Yoga Nidra and Lucid Dream. Research in LD is still lagging behind in many areas related to brain function and biochemical responses. The taxonomies are also different with focus on different outcomes. Yoga Nidra has been found useful in many psychosomatic problems, including stress reduction, better sleep in older population and a profound neuromuscular relaxation. The increase seen in dopamine (up to 65%) after practicing YN is important to alleviate many central nervous system disorders such as Parkinson’s; even schizophrenia involves altered levels of dopamine activity. Though it is too early to state how much YN could help in these patients, there is a window of opportunity in applying this technique for the management of these disorders.
REFERENCES AND NOTES


YIC (Yoga Instructor’s Course) - Batch No. 205; Sept, 2019

Bengaluru, Aug 29: Sudarshanyoga, an affiliated center of VYASA, conducted Yoga Demonstration held as a part of the celebration of the National Sports Day at Vidhanasoudha where Chief Minister of Karnataka, Shri B S Yediyurappa graced the occasion.

Uttar Pradesh, Sept 12: Chancellor, Dr. H R Nagendra graced a Program on Yoga held herein JIC Ground of Banda and Prof. C L Khetrapal accompanied him. The District Magistrate of Banda, Shri Heeralal, IAS, took the initiative of the program.
Finals: Dec 30 & 31, 2019 | Prashanti Kutiram, Jigani, Bengaluru

**Competition Structure:**

- **1st Level Competition at S-VYASA**
  - June, 2019 – 22nd & 23rd
  - July – Nov, 2019 – 2nd Sat & Sun
- **2nd Level Competition at S-VYASA**
  - Dec, 2019 – 3rd Week
- **National Level Competition for All State Teams**
  - Dec, 2019 – 4th Week
- **International Level Competition for All International Teams**
  - Dec, 2019 – 4th Week

**Age Groups for Participants**

10-14 yrs | 15-24 yrs
25 yrs & above

**Registration Charge**

- Rs. 100/- for Indians & US$ 20 for Foreigners.
- Food & Accommodation Charges to be paid separately.

**Participants should come in 3-5 Members Group**

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Prashanti Kutiram: SMET Program (Self-Management of Excessive Tension) participants from ONGC

SMET program at NALCO, Bhubaneswar. Chancellor, Dr. H R Nagendra led the sessions and the Asst. Prof, Dr. R M Acharya accompanied him.
VYASA Business School welcomed MBA Freshers.
A simple ceremony was held in Prashanti. Chancellor of S-VYASA, Dr. H R Nagendra; Registrar, Dr. Srinidhi K Parthasarathi; Dean of Academics, Dr. R Chandrasekhar graced the occasion.

On Sept 5th, the Teacher’s Day was celebrated by VYASA Business School. In-charge Director of VBS, Dr. Srinidhi K Parthasarathi and Dean of Academics of S-VYASA, Dr. R Chandrasekhar and faculties graced the occasion.
Desire, Outgrow Desire, Fulfil Desire

Desire is desire’s parent. Desire begets desire. Desire is rarely born single. It is born with a brood of evils such as ill will, envy, possessiveness, miserliness, greed etc. If the desire is fulfilled it breeds fear --- fear of losing the fulfillment. If the desire is not fulfilled it breeds depression and frustration. In either case desire is detrimental to peace of mind.

People in general have desires such as high position, power, wealth and luxury. In short it is desire for heaven or Swarga. In Swarga there is Kamadhenu, wish fulfilling cow; Kaplataru, wish fulfilling tree; Chintamani, wish fulfilling diamond; Airavatam and Uchchaihshravas, precious vehicles; Nectar and beautiful girls like Rambha and Menaka. But unfortunately the lord of heaven, Indra does not have peace of mind. He is always afraid of somebody dethroning him. He feels unsafe and insecure. That is to say fulfillment of desires does not give peace of mind. On the other hand, it causes stress, tension, anxiety and insecurity.

Unless one outgrows desire one cannot be peaceful. On mount Kailas is lord Shiva without any desire. He has outgrown all desires. No temptation can draw his attention. Manmath and Vasanta are reduced to ashes. Therefore, he is peacefully happy. He is able to unite all types of people. In his august presence, people of diverse traits and animosities live harmony. Rat of Vinayaka is safe though there is a cobra nearby. The snakes are happy and safe since the peacock of Kartikeya does not dare to prick it. Bull, the vehicle of Shiva feels very safe even though Parvati’s lion is nearby. In the presence of a loving person without desires people live happily together. Also Shiva is not a Bhogi, a person of luxury. He is simple and austere. Therefore, he is able to swallow poison. Thereby he saved all.

It is not enough if we are desire less. We must be in a position to fulfil the desires of others. That is what is done by both Shiva and Vishnu.

Vishnu is peaceful and highly useful. He provides good governance. Because he has no desires and he is always peaceful. Goddess Lakshmi therefore is always with him. He is prosperous, giving prosperity to all the seekers. He frequently descends to the earth to solve the problems of mankind. He who has no problems for himself can solve the problems of others. He who has no desires, can fulfil the desires of others. The two Yogis, Shiva and Vishnu are therefore not only peaceful but useful to all. Vishnu has assumed many Avatars to help solve the problems of mankind.

Swarga is a place of materialism and luxury without peace of mind. Kailas and cremation ground are the habitats of Shiva because he has no desire and he is a Tyagi. Vaikuntha is the abode of Vishnu who has all peace and is highly useful to all by giving prosperity.

Yoga is to desire, outgrow desire and finally fulfil the desires of others. To be peacefully useful, and to be usefully peaceful is Yoga.
Directorate of Open & Digital Learning
S-VYASA Deemed to be University
u/s 3 of the UGC Act, 1956

Higher Education in Yoga through Open & Digital Learning

Admissions Open for

Certificate Programs
1. Yoga Instructor’s Course (YIC - 6 Months)
2. Yoga Principles and Practices (YPP - 3 Months)
3. Yoga Instructor’s Course for Diabetes Management (YIDM - 3 Months)
4. Yoga Instructor’s Course for Cancer Care (YICC - 3 Months)
5. Certificate Program in Vedanga Jyotish (CVJY - 3 Months)
   (CVJY Course is offered only in S-VYASA University Campus)

Graduation Program (3 Years)
1. Bachelor of Science (BSc - Yoga)

Diploma Programs (1 Year)
1. Diploma in Yoga Principles and Practices (DYPP)
2. Diploma in Yoga Therapy (DYT)
3. Post Graduate Diploma in Yoga Therapy (PGDYT)
4. Post Graduate Diploma in Yoga Therapy for Doctors (PGDYTD)

Post Graduation Program (2 Years)
1. Master of Science (MSc - Yoga)

Job Prospects
- Recognition of Yoga as an Elective in CBSE open avenues for pupils of Yoga Teachers
- Openings in Government Schools and Colleges, Yoga Institutions, AYUSH Centres and other Hospitals.
- Overseas opportunities available in Yoga Therapy
- Good openings in corporate sector as Yoga Professionals
- As Self-employed Yoga Professionals earning handsome income

Special Features of Open and Digital Learning (ODL) Education
- ODL offers grand opportunities to become qualified Yoga Professionals without any displacement from one’s current occupation / position
- In addition to qualifying as a Yoga Professional the learner can also become Yoga Executive and Entrepreneur Specialised in Promotion of Positive Health and Yoga Therapy as well
- Study Material developed and validated by eminent Yoga Experts
- Programs offered at Pan India Learner Support Centres (LSC) with counselling facility on weekends / holidays

For further Enquiry & Admissions Log on: www.odl.svysana.edu.in
Academic Session begins: 1st July 2019
Email: admissions-odl@svysana.edu.in
Phone: 080-2263 9901 / 02
A Monthly Yoga Journal of S-VYASA Deemed to be University
Editor: Dr. H R Nagendra

### Subscription Rates

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The Circulation Manager, Yoga Sudha
Swami Vivekananda Yoga Anusandhana Samsthana
No 19, ‘Eknath Bhavan’, Gavipuram Circle
Kempe Gowda Nagar, Bengaluru – 560 019
e-mail: yogasudha@svyasa.edu.in
www.svyasa.edu.in

Be a Subscriber & Advertiser of Yoga Sudha
DSc to Dr. H R Nagendra from CSJM University

Kanpur, Sept 11: During the 34th Convocation, Chhatrapati Shahu Ji Maharaj University awarded the DSc to Dr. H R Nagendra, Chancellor of S-VYASA. The ceremony was chaired by the Hon’ble Governor of Uttar Pradesh, H.E. Ms. Anandiben Patel and the Vice Chancellor of the University, Prof. Neelima Gupta graced the occasion.
Gauri-Ganesha were celebrated in Prashanti. On Sept 2nd, Gauri-Ganesha were installed and Puja-Bhajans were performed for the next one week. On Sept 8th, with a grand procession the Visarjanam of Gauri-Ganesha was carried-out.
Bengaluru, Sept 15: Meeting with the Union Minister of Science & Technology, Health & Family Welfare and Earth Sciences, Dr. Harsh Vardhan herein RGUHS campus.

Bengaluru, Aug 28: Meeting with the Chief Minister of Uttarakhand, Shri Trivendra Singh Rawat during Uttarakhand Investors Meet
Bengaluru, Aug 20: **Congratulating Dr. Ashwath Narayan** on assuming the Office of the Deputy Chief Minister and the Minister of Higher Education of Karnataka.

Hyderabad, Aug 25: Graced the occasion, Vishwa Ayurveda Parishad, as a **Guest of Honor**.

Bengaluru, Sept 17: **Meeting** with the Minister of Health and Family Welfare, GoK, Shri B Sriramulu.

Hyderabad, Aug 25: Graced the occasion, Vishwa Ayurveda Parishad, as a **Guest of Honor**.

Active participation in Eco-friendly Campaign in Prashanti.
Guest Lecture by Shri Shrinivas Arka

Prashanti Kutiram, Sept 3: Shri Srinivas Arka, a World Renowned Philosopher, Inspirational Speaker and Author, gave a Guest Lecture on Introduction to Intuitive Meditation.

Sept 5: Hon'ble Member of Parliament from Azerbaijan, Dr. Nagif Alashraf Oglu Hamzayev visited Prashanti and had a meeting with the Chancellor, Dr. H R Nagendra
Dharmasthala: Former Vice Chancellor, Prof. Ramachandra G Bhat gave a lecture in the Workshop on Concept of Health in Vedas and Upanishads.

Sept 14: To make the atmosphere of Prashanti more echo friendly, a start-up company from Bengaluru, Bounce has agreed to keep and maintain 50 bicycles in the campus. Ms. Ayushi Jain from Bounce handed over the bicycles to the Chancellor, Dr. H R Nagendra.

Varanasi: Chaitanya Yog Seva Sanstha, an affiliated center of VYASA, organized the competitions of Himalaya Yoga Olympiad on Aug 31 & Sept 1 and RMO, Dr. Amit Singh represented S-VYASA.

Gauri-Ganesha celebrations at Eknath Bhavan, the City Office of S-VYASA.
Prashanti Kutiram: The Ministry of Culture Govt. of India which has initiated various programs and schemes for promoting the Indian Culture, History and Education across various nations of globe, with a view to promote Yoga is deputing students from various nations to undergo One Month Yoga Instructors Course to S-VYASA regularly. On Friday the 13th August 2019, the Valedictory Function of the 12th batch of International Yoga Instructor’s Course, with students drawn from various nations was held at Prashanti Kutiram campus Samskruthi Bhavan in the traditional way and Hon’ble Justice of High Court of Karnataka, Shri Sreedhar Rao was the Chief Guest, Nadoja Shri Mahesh Joshi, former Additional Director, Broadcasting, as a Guest of Honor, Dr. H R Nagendra Presided over the function along with host of dignitaries and students. The Chief Guest and the Guest of Honor, highlighted and appreciated the service rendered by the institute and Dr H R Nagendra for selfless service rendered in promoting the Ancient Indian Traditional Knowledge across globe for the welfare of the society and mankind in particular and wished that the S-VYASA will continue to serve the society for years to come. The foreign nationals expressed their happiness as to the facilities extended, faculties involved in imparting knowledge and intention to continue further studies in Yoga with S-VYASA and thanked one and all of S-VYASA for their support.
S-VYASA USA, Houston Center conducts Workshop on Classical Yoga Texts

S-VYASA USA, Houston center hosted three textual workshops on two weekends in the month of September (7th & 8th, 14th & 15th September 2019).

a. Haṭhayoga-pradīpikā
b. The Yoga Bhagavadgītā
c. Introduction to Indian Philosophy and relative position of Yoga in it.

The workshops were conducted by Dr. Jayaraman Mahadevan, Director Literary Research Division of Krishnamacharya Yoga Mandiram, and Chennai. He is among the National members of board of reviewers in International Journal of Yoga –Philosophy, Psychology and Parapsychology a peer reviewed research journal of S-VYASA University.

The first workshop was for 20 hours and the next two were for six hours each.

As part of the first workshop on the 15th century text Haṭhayoga-pradīpikā - The four limbs of Haṭhayoga were discussed in detail (āsanas, prāṇāyāma, mudrā, nādānusandhāna). Fifteen āsanas, eight prāṇāyāma, ten mudrās and nādānusandhāna that were described in the text were discussed, with inputs from the 19th century Brahmānanda’s Commentary to the text. The method of practice and the benefits were also presented.

In the second workshop - The four Yogas of Bhagavadgītā namely – Karma Yoga-, Bhakti Yoga, Dhyāna Yoga and Jñāna Yoga were analyzed with suitable anecdotes and analogies.

In the introduction to Indian Philosophy workshop - An overview of the six āstika – orthodox schools of Indian philosophy (viz Nyāya, Vaiśeṣika, Sāṅkhya, Yoga Mīmāṃsā, and Vedānta) were presented. Three Nāstika schools– namely Cārvāka, Baudhā and Jaina systems were also briefly introduced. Finally Yoga Darśana was comparatively analyzed with respect to the nature of soul (jīva), God (iśvara), world (jagat), Epistemology (pramāṇa) and steps for Liberation (Sādhana-mārga) vis a vis the other schools of philosophy.

All the sessions were interactive and focused with active participation from the participants. The participants appreciated the systematic approach to the topics and lively delivery of the sessions. These workshops were basically meant for the students of Yoga Therapist Training Program. Other enthusiasts also joined in. In all, nearly 40 participants took part in these workshops. Certificates were distributed to all the participants. Sri. Vishwarup Nanjundappa and Smt. Smitha Mallaiiah, directors of VYASA Houston, coordinated the sessions.

Dr. Jayaraman who flew in for this workshops from Chennai, India, was also invited by Samskrita Bharati, USA, to the Jāhnavi Sāmskrita Camp at New Jersey (August 29 to Sep 2, 2019) to teach Yogasūtra of Sage Patañjali in Sāmskrita language to advanced Sāmskrita learners. As a part of his lecture tour Dr Jayaraman also addressed National level organizers meet of Samskrita Bharati on “Ten Essential qualities from the Upanishads for Samskrita Karyam” on the 13th of September 2019.
LETS TAKE HOLISTIC WELL-BEING CONCEPT TO THE MASSES, ACROSS THE GLOBE WITH WAAYN 2019

WHY WAAYN 2019?
World Assembly on Ayurveda, Yoga & Naturopathy (WAAYN) being organized at India Expo Centre & Mart, Greater Noida, will be the biggest platform for the domain of Ayurveda, Yoga, and Naturopathy. It will lay a concrete foundation and set ambitious goals to greatly increase market share, customer access and profitability in these sectors.

WAAYN will connect the best of the natural health experts and academic institutions across the globe. The most indicative and extensive information, products and insights about Ayurveda, Yoga, Naturopathy & Wellness will find global audience at WAAYN. 2019. A golden opportunity for the budding scholars, researchers/practitioners, and users and trading bodies to gain better and deeper understanding of the traditional systems of medicine.

It’s your opportunity to showcase Ayurveda, Yoga, Naturopathy & Wellness to the global audience at one place. The assembly will be of great help in sharing present educational knowhow and augment networking among the professionals worldwide.

20+ COUNTRIES 600+ STALLS 2Lakh+ VISTORS 5000+ DELEGATES 15+ EVENTS

**Ayurvedic products & ayurvedicisation**

WHERE THE BEST MINDS WILL MEET

**where the best opportunities will emerge**

**PATRONS**

**WAAYN EXPO**
BIGGEST PLATFORM TO SHOWCASE AND PROMOTE HOLISTIC WELL-BEING

WAAYN Expo will be the biggest commercial congregation of different systems of medicine for holistic well-being. It will focus on everything that contributes towards well-being of mankind. Ayurveda, Yoga, Naturopathy and Well-being enterprises big and small will get a chance to showcase their products and facilitate international promotion, development and foster interaction of stakeholders. The expo will give boost to the products in the international market.
Let's take holistic well-being concept to the masses, across the globe with WAAYN 2019.

Unlike other exhibition venues, the INDIA EXPO CENTRE & MART is privately owned and managed by seasoned professionals, ready to help 24x7.

- 2 Minutes from Metro Station
- Highly Secured Venue
- World Class F&B Services
- Parking for 5000+ cars
- Accommodation facilities across all hotel categories
- 75 Minutes from Indira Gandhi International Airport
- 40 Minutes from New Delhi Railway Station
- Shuttle Bus Service from hotels
- Metro stations and prominent locations
- Banking, Forex & ATMs

WAAYN PROMOTION:
Extensive exposure through integrated global marketing campaigns covering print, broadcast, social, OOH and trade magazines.

PROPOSED WAAYN 2019
SPACE LAYOUT OPTIONS

RAW SPACE ONLY (96 sqm, 39 sqm)

- Indian companies: INR 7,500 + GST/per sqm
- International companies: US$ 180 + GST/per sqm

BUILT-UP BOOTH (8 sqm & multiple there of)

- Indian companies: INR 15,000 + GST/per sqm
- International companies: US$ 200 + GST/per sqm

- Large open spaces at premium locations
- Preferred location in booths with 200 sqft space
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23rd INCOFYRA
International Conference on Frontiers in Yoga Research and Its Applications

Theme: Yoga as Lifestyle Medicine

Jan 3-6, 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 yoga and give directions to future research
2. To translate the available research findings of Yoga 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 3 - 6, 2020: The 23rd INCOFYRA will present the evidence summary on Yoga for Physical, Mental and Emotional well-being. The therapeutic potential of Yoga in the prevention and management of non-communicable disease will be highlighted in the conference. The main focus of 23rd INCOFYRA will be on reversal of Diabetes and Heart disease with Yoga as lifestyle intervention.

<table>
<thead>
<tr>
<th>Date</th>
<th>Program</th>
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<tbody>
<tr>
<td>Dec 27 - 31, 2019</td>
<td>Pre - Conference Workshop</td>
</tr>
<tr>
<td>Dec 30 &amp; 31, 2019</td>
<td>Himalaya Yoga Olympiad Finals</td>
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<tr>
<td>Jan 3 - 6, 2020</td>
<td>Main Conference</td>
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Parallel Symposia
- Consciousness based approach to healthcare
- Reversing NCDs through Yoga
- Yoga: The basis for Integrative Medicine

Main Conference Program Highlights

<table>
<thead>
<tr>
<th>January 3, 2020: Inaugural Ceremony</th>
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<td>January 6, 2020: Valedictory Ceremony</td>
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<tr>
<td>Jan 4 - 6, 2020: Morning Yoga Session</td>
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<tr>
<td>5:30 – 6:30 am General Yoga Session, Disease Specific Yoga Session (8 Modules), Advanced Yoga Techniques</td>
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<td>7 – 8 am Bhagavag Gita Chanting</td>
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<td>January 4, 2020: Scientific Sessions</td>
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<tr>
<td>9 – 10:30 am Plenary Talk: Keynote Address 1 &amp; 2</td>
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<td>11 – 1 pm Parallel Symposia in three tracks: Invited Talk 1, 2 &amp; 3</td>
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<td>2 – 3:30 pm Poster Presentations</td>
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<td>4 – 5 pm Panel Discussion</td>
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<td>January 5, 2020: Scientific Sessions</td>
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<td>4 – 5 pm Oral Prize Paper Session / Poster Presentation</td>
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<td>January 6, 2020: Scientific Sessions</td>
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<tr>
<td>9 – 10:30 am Plenary Talk: Keynote Address 1 &amp; 2</td>
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<tr>
<td>11 – 1 pm Panel Discussion</td>
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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
**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 - Oct 1, 2019 | Finals - Dec 30 & 31, 2019 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 Karma Yoga, as proclaimed by Swami Vivekananda. The syllabus, therefore, cannot end with physical demonstration of yogasanas only. It also assesses knowledge and grasp of concept and definition of yoga and its various techniques, for total growth of the individual, including physical, mental, emotional and intellectual development and their spiritual basis. HIMÁLAYA thus aims at helping the youth of our country grow together, and expand their vision, so they leave behind the mad rush of cut-throat competition and selfishness and engage in co-operative, harmonious pro-active living.

**Pre Conference Workshops**

Dec 27 - 31, 2019 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 6 different diseases (Oncology, Cardiology, Pulmonology, Diabetes, Mental Health, Musculoskeletal disorders). 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, Dr. Champa Panth & Dr. Remitha

**Contact No:** 93418 54502
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 analyais using R (JASP) – Correlation, t-tests, One way ANOVA, interpretation of results and reporting, Statistical analyais using R (JASP) – chi square test, non-parametric tests, interpretation of results and reporting, Documentation of clinical information for research purpose, applying for grants.

**Who can participate?**

Clinical practitioners, academicians, MSc, MD & PhD scholars

**Coordinator:**

Dr Judu Ilavarasu | **Email:** judu@svyasa.edu.in | **Contact No:** 90357 30812

---

Continuing Yoga Education (CYE)

S-VYASA has developed several advanced yoga techniques based on traditional yoga texts. These advanced yoga techniques are very much useful in the management of NCDs and also promote positive health. Cyclic Meditation, Mind Sound Resonance Technique, Pranic Energisation Technique, Mind Imagery Technique, Mastering the Emotion Technique, Vijnana Sadhana 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 | **Contact No:** 82779 08823
Conference Registration

Register before Oct 31, 2019 to gain Maximum Concession

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Dates to Remember

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<td>Jan 3 - 6, 2020</td>
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<td>Last date for Abstract submission</td>
<td>Nov 30, 2019</td>
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<td>The abstracts will be peer reviewed and acceptance or otherwise will be intimated by</td>
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• Scientific research papers and review papers on the theme and related topics in Yoga and Integrative Medicine are invited for oral and poster presentations.
• Submit your abstract on conference webpage. Please visit conference webpage for details.
• For any queries please write to incofyra@svyasa.org

Contact

City Office:
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