

# योगा सुदीपा

A Monthly Journal of S-VYASA Yoga University



## VIVEKADHARA

**Waterfall** in the Entrance of Prashanti Kutiram  
Dedicated by **Pujya Baba Ramdev Ji**



# S-VYASA: Role Models Peethadhipatis & Chairs



**Pujyaa Samananda Saraswati Ji**  
Bhagavan Shankaracharya  
Jnana Yoga Pithadhipati



**Pujya Swami Prajna Aranyaji Maharaj**  
Bhagavan Ramanamaharshi  
Smaraka Dhyana Yoga Pithadhipati



**Pujyaa Prema Pandurang**  
Bhaktiyoga Pithadhipati



**Prof. ECG Sudarshan**  
Chair for Excellence  
in Physical Sciences



**Sri Sri Ravishankar Guruji**  
Shantiyoga Pithadhipati



**Dr. D Veerendra Heggade**  
Karmayoga Pithadhipati



**Pujya Swami  
Dayananda Saraswathi**  
Bhagavan Shankaracharya  
Jnana Yoga Pithadhipati  
1930-2015



**Sri ASN Shastry**  
Inspiration behind  
VYASA Movement  
1925-2004



**Sushri Lakshmi Amma**  
The Founder of  
Prashanti Kutiram  
1920-2009



**Dr. M Balamurali  
Krishna, Chair for  
Excellence in  
Sangeeta Samrajya**  
1930-2016



We give below the details of

# S-VYASA

Swami Vivekananda Yoga  
Anusandhana Samsthana

(Deemed University)

Established under Section 3 of the UGC Act, 1956)

■ **A World Class Yoga University**  
*based on the Teachings of Swami Vivekananda*

*Vision*

# *Be and Make*

*Mission*

To combine

**the Best of the East**

*(Yoga and Spiritual lore) with*

**the Best of the West**

*(Modern Scientific Research)*



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

नाट्यं भिन्नरुचेः जनस्य बहुधाप्येकं समाराधनम्  
॥ काळिदासः ॥

*Nāṭyāni bhinnaruceḥ janasya bahudhāpyekāni samārādhanam*  
॥ Kālidāsaḥ ॥

*Dance and Drama  
are the offering to the divinity  
which is manifested in the form of people of multiple tastes...!!!*



**Division of Yoga nad Humanities  
Installation of Kalāyoga Pīṭham**

**S-VYASA Yoga University  
offers the Chair  
for Fine Arts**

*to*

**Padma Vibhushana  
Sonal Mansingh**

**An Indian  
Classical Dancer and  
Cultural Icon of India**

**14 Aug 2017, Monday | Prashanti Kutiram**

- Yajna and Purnahuti – 5 - 6.45 am
- Chair Installation – 10 - 12 am
- A special cultural event – 5 - 7 pm

तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्  
**YOGA SUDHA**

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**Division of Yoga-Spirituality**

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S-VYASA Yoga University  
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Asst. Editor: Dr. Aarti Jagannathan  
Publisher: Subhadra Devi  
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## Greetings from Prashanti Kutiram...



S-VYASA is a unique Yoga University based on the teachings of Swami Vivekananda adopting the broadened perspective of Yoga including Jnana Yoga, Raja Yoga, Bhakti Yoga and Karma Yoga, all leading independently to Moksha, the original state beyond space, the causation, *Mama buddhi chitta ahankara*, reached by infinite bliss, knowledge, power and freedom from where the whole creation comes out and gets dissolved back to it. This, I call it, as our real 'Home', the sweetest one.

To bring Yoga to highest Academic Standards, based on the teachings of Swami Vivekananda, we have set the curricula in each of the Five Divisions into semester system including the component of modern scientific and ancient traditional research.

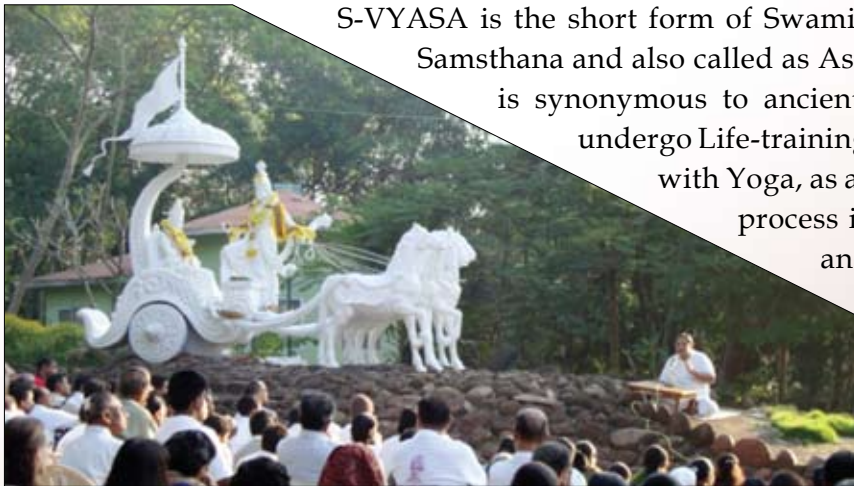
The broad dimensions of Yoga have been brought to the standard University pattern by setting up the Five Divisions as below:

- **Division of Yoga - Spirituality**
- **Division of Yoga & Life Sciences**
- **Division of Yoga & Physical Sciences**
- **Division of Yoga & Management Studies**
- **Division of Yoga & Humanities**

■ **Dr H R Nagendra**  
Chancellor, S-VYASA



## S-VYASA Gurukula System of Education and Yoga way of life



S-VYASA is the short form of Swami Vivekananda Yoga Anusandhana Samsthana and also called as Ashrama since here education system is synonymous to ancient Gurukula system, here students undergo Life-training and Character-building education with Yoga, as a way of life. Here teaching learning process is very much synonymous to Guru and Shisya Parampara.

The residential campus is called Prashanti Kutiram situated in Jodi Bingipura village 35 Kms from Corporation office of Bengaluru city.

Holistic Yoga practiced here is as envisioned by Swami Vivekananda in his proclamation - "Each soul is potentially divine. The goal is to manifest this divinity by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy - by one, or more, or all of these - and be free. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but secondary details."

The four streams of Yoga - Karma, Raja, Bhakti and Jnana - encompass all dimensions of Yoga including Hatha, Naada, Mantra, Kundalini and other yoga systems as it works at the level of Intellect, Will power and Mind, Emotions and application in day to day life.

As Swami Kuvalayananda said 'Yoga has a message for all'" Applications of Yoga have their role in all aspects of human life and can meet all challenges of modern life.

The whole day's routine is worked out to translate into action a yogic way of life in its entirety. The students here undergo Life-training and Character-building education with Yoga as a way of life in Guru-Shishya Parampara as envisioned by Swami Vivekananda as "*Guru-Griha Vasa*" to practice Yoga in different dimensions through Modern Scientific Research.

### A Brief History of the University

- **From 1981 to 1986** the organisation was called Vivekananda Kendra Yoga Cikitsa Tatha Anusandhana Samiti (VK YOCTAS)
- **In 1986** it was registered as **Vivekananda Kendra Yoga Anusandhana Samsthana (VK YOGAS)**. Which was named as "one of the four premier Yoga institutions in the country" in the words of Y N Chaturvedi, Secretary, University Grants Commission (Reference letter No. F.8-1/93 (Secy. dated August 10, 1993). As per their mandate, Yoga centers were set



up by VKYOGAS in 6 university campuses supported financially by UGC and run by VYASA which attracted large number of students, faculty and their family.

- In 2000, the name was changed to **Vivekananda Yoga Anusandhana Samsthana (VYASA)** while applying for university status. Yoga being verifiable by scientific research and since it is no dogma or blind faith, VYASA had done substantial research and had published papers in Journals as British Medical Journal and became known for yoga research in several countries of the world. VYASA was affiliated to Bangalore, Mysore, Mangalore and Rajiv Gandhi universities to run Ph D programs in Yoga.. Many have got their Doctoral degrees on Yoga from Bangalore University before 2002.
- In 2002 VYASA was recognized as a Deemed to be University under Section 3 of the UGC Act, 1956 in the year 2002 and named later as Swami Vivekananda Yoga Anusandhana Samsthana S-VYASA
- As per the UGC 2010 regulations, S-VYASA statutes have been amended. And S-VYASA has been registered as a separate charitable society in Bengaluru. It is also the First ISO 2001:2008 Certified Yoga University. VYASA as the mother organization continues to support S-VYASA.



## Objectives of the Institution

- To provide instructions and training in Yoga and Spiritual lore as propounded by Swami Vivekananda for Total Personality Development.
- To provide advanced research and dissemination of all the streams of Yoga and its applications to offer solutions for major challenges faced by the world at large.
- To undertake extra-mural studies, extension programmes and field-outreach activities to contribute for bringing Peace, Poise, Harmony, Love, Health and Happiness.



Thus, the University functions with a Mission to combine Yoga with the modern scientific research. The University strongly believes in the words of Swami Vivekananda in making the Vision into a reality





## Holistic Curriculum

Catering to all dimensions of modern life, the curriculum is set to semester and credit system, bringing research dimensions of our ancient Yoga Shastra and modern scientific research, measuring the growth process of students qualitatively and quantitatively. S-VYASA has been able to combine the best of East with the best of West effectively in University curriculum in all subjects making it the most unique University of the world.

Yoga has been developed as a science of holistic living for a conscious process to unravel the hidden dimensions of human potential to bring out the Physical, Mental, Emotional and Intellectual Development of the students. It is not only transfer of knowledge but also it is Value based transformation of individuals which equips the students to come out as yogis.

## Life-training

This has been the part and parcel of the curriculum right from the inception of the Institution. The uniqueness of S-VYASA University is that quality reigns supreme in all spheres wherein Yoga, our ancient science is a scientifically provable component in all the disciplines strengthening the Realm of knowledge to bring values in life. Skill imparting techniques and Value inculcating components lead to a healthy and all-round academic completion. The need of the education is





not mere economy-enriching education but a wholesome and personality developing curriculum which is achieved by theoretical and practical aspects of Yoga. This is the main thread running through all disciplines.

### **Curricula and Routine**

The curriculum has been designed according to the Vision and Mission of the University to develop higher order cognitive skills. The curriculum components are mandatory under the direction of the UGC. The curriculum has been brought under Choice Based Credit System (CBCS) in 2015-16.

The courses are offered under four parts, Part I- Institutional Core, Part II- Divisional Core, Part III- Divisional Elective and Part IV – Institutional Elective. Apart from these, Value Based Courses (Skill Development Courses) are also offered.

Though the curriculum is in accordance with the rules of the UGC, the freedom of autonomy has been used to frame the content in tune with the current needs of the society as revealed by our studies. The curriculum provides for academic progression in an interdisciplinary approach. The programmes take into account personal and professional needs of the students on the one hand and core values of courses on the other hand.

The routine has been designed in such a way that it provides for knowledge accumulation, skill development and value inculcation.

### **Physical Culture**

As the harmonious development of the students through Yoga is the Mission of the University, attention is bestowed upon the physical culture of the students. To prove the words of Swami

Vivekananda –“Strength is life; Weakness is death. Muscles of iron and nerves of steel” – the students make their physique stronger by doing Yogasanas in the morning and in the evening. Apart from this, the students involve themselves in doing Pranayama, Kriyas, Krida yoga, Happy Assembly (recreational get-together), Maitri Milan (friendship meet) and Devotional sessions which help them to inculcate the values of courage, self- confidence and self- composure. Records show that many students of the University have become Yoga Instructors, Yoga Lecturers, Yoga Researchers, Yoga Scientists and Yoga Doctors throughout the world.



## Yoga Culture

In the Gurukulam, Yogic culture envelops and pervades the atmosphere and all activities. The students perform prayer twice a day in the morning Maitri Milan and Satsang in the evenings respectively in solemn quiet and impressive orderliness at these times. Sitting erect and stilling the oscillations of the mind, they meditate on the body as a Sacred Temple and on the Blissful conscious principle within them as the true Self of their being. All this is an affair of a few minutes each time. But no other time of their life is better

spent. This every day a minute's absorption in the immensity of the Inner Self is the secret of true progress.



## Recognitions

- Scientific and Industrial Research Organization (SIRO) - 1988
- Deemed to be University, MHRD, Govt. of India - 2002
- ICMR Center for Advanced Research in Yoga and Neurophysiology [ICMR CAR Y & N] – 2007-2012
- DST-CSI – 2011-2013
- Center for Excellence in Yoga by Dept. of AYUSH - 2011
- Research Developmental Grant (5 Crore) – Govt. of Karnataka - 2013

# Board of Management

**Chairperson  
Vice Chancellor**



Dr. Ramachandra G Bhat, MA, PhD, DLit

**Deans of Faculties**



Prof. M K Sridhar, MA, PhD



Prof. G N Bhat, MA, PhD



Prof. B N Gangadhar, MBBS, MD, DSc



Prof. M K Sridhar, MBA, PhD



Prof. B S Mahadevaiah, MA, PhD

**Three Eminent Academicians  
nominated by the Chancellor**

**Professors**



Dr. N K Manjunath, BNYS, PhD



Dr. M N Ramesh, MSc, PhD



Sri T Mohan, MSc



Smt. Subhadra Devi, MA



Sri H R Dayananda Swamy, MSc, MBA



Dr. R Nagarathna, MBBS, MD, FRCP, DSc

**Four Nominees (maximum) of the Sponsoring Society**

**One Assistant  
Professor**



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**Secretary  
Registrar**



Dr. Sanjib Kumar Patra, MSc, PhD

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**Seven Internal Members**



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Prof. G N Bhat



Prof. K B Akhilesh



Prof. T G Sitharam



Prof. G Venkatasubramanian

**Chairperson  
Vice Chancellor**



Dr. Ramachandra G Bhat, MA, PhD, DLit

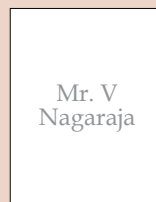
**Three outside Eminent Experts**



Dr. Darshan Shankar



Dr. Vinutha Shankar



Mr. V Nagaraja

Mr. V Nagaraja



Dr. Manjunath N K



Mr. H R Dayananda Swamy

**Secretary-Registrar**



Dr. Sanjib Kumar Patra

# Academic Council

## Chairperson Vice Chancellor



Dr. Ramachandra G  
Bhat, MA, PhD, DLit

## Deans of Faculties



Prof. M K  
Sridhar, MA, PhD



Prof. G N Bhat,  
MA, PhD



Prof. K B  
Akhilesh,  
MSW, PhD



Prof. T G  
Sitharam,  
MSc, PhD



Prof. G  
Venkatasubra-  
manian, MBBS, MD

## Heads of the Departments



Dr. R Nagarathna,  
MBBS, MD, DSc



Dr. D Nagaraja,  
MBBS, DM



Dr. N K  
Manjunath,  
BNYS, PhD



Dr. B R  
Ramakrishna,  
MD, PhD



Dr. M N Ramesh,  
MSc, PhD



Dr. Vinoy Singh,  
MBBS, MS

## Professors

## Two Associate Professors



Dr. Subramanya  
Pailoor, MSc, PhD



Dr. V Kavita,  
BNYS, MD

## Three Educationists of Repute



Dr. B N  
Gangadhar,  
MBBS, MD



Dr. G G  
Gangadharan,  
MD, PhD



Dr. K Muralidhar,  
MBBS, MB

## Two Assistant Professors



Dr. Raghavendra  
Bhat, MSc, PhD



Dr. Judu V  
Ilavarasu, MSc, PhD

## Three Persons who are not Members of the Teaching Staff, co-opted by the Academic Council for their Specialized Knowledge



Prof. M L Munjal,  
ME, PhD



Dr. H R Aravinda,  
MBBS, MD



Prof. B S  
Mahadevaiah,  
MA, PhD

## Secretary Registrar



Dr. Sanjib Kumar  
Patra, MSc, PhD

## Programs offered at S-VYASA

SNo	Course	Programs	Duration	Eligibility	Number of seats
1	<b>YIC</b>	Short term Programs	One month	12 <sup>th</sup> pass / PUC	Based on the occupancy
2	<b>BNYS</b>	UG Program	5 ½ years	12 <sup>th</sup> / PUC with Biology	100
3	<b>MSc (YT)</b>	PG Programs	2 years	12 <sup>th</sup> / PUC + UG	40
4	<b>MSc (YC)</b>		2 years	12 <sup>th</sup> / PUC + UG	20
5	<b>MD (Yoga)</b>		3 years	12 <sup>th</sup> / PUC + any 5 ½ years medical degree	10
6	<b>MBA (POM)</b>		2 years	12 <sup>th</sup> / PUC + UG	10
7	<b>PGDYT</b>		15 months	12 <sup>th</sup> / PUC + UG	20
8	<b>PGDYT (D)</b>		12 months	12 <sup>th</sup> / PUC + any 5 ½ years medical degree	10
9	<b>PhD</b>		3 years	12 <sup>th</sup> / PUC + UG + PG with 55% in specialized courses	Based on the requirement under each supervisor

\* Bridge Course - One month Yoga Instructors Course (YIC) is compulsory for all long term courses.  
 YT - Yoga Therapy, YC - Yoga and Consciousness, YN - Yoga and Naturopathy, YR - Yoga and Rehabilitation, POM - People and Organization Management

## S-VYASA - Distance Education

### Objectives & Recognitions

DDE's Mission is 'Yoga to Every Doorsteps'. It caters to the needs of all the Yoga enthusiasts who are unable to attend our residential Yoga courses at Prashanti Kutiram campus.

### Courses offered in Distance Mode

1. **MSc (YEd)** - Master of Science in Yoga and Education
2. **MSc (Y)** - Master of Science in Yoga
3. **PGYTD** - PG Diploma in Yoga Therapy for Doctors
4. **PGDYT** - PG Diploma in Yoga Therapy
5. **BSc (YEd)** - Bachelor of Science in Yoga and Education
6. **BSc (Y)** - Bachelor of Science in Yoga
7. **YIC** - Yoga Instructor's Course

# S-VYASA - Faculty

## Division of Yoga-Spirituality

### Professor and Dean:

- Prof. Gopalakrishna N Bhat, MA, PhD

### Asst. Professors:

- Dr. S Sushrutha, MSc (Yoga) PhD
- Sri H K Rajesha, MSc (Yoga)
- Sri Chandramouli, MSc (Yoga)
- Sri Surendra Kumar H S, MA (San)
- Sri P Kaushik, MSc (Yoga)

### Senior Visiting Fellows:

- Dr. R Rangan, Visiting Professor, WEBOLIM
- Dr. Mahabaleshwara S Bhat, Principal, Veda Vijnana Shodha Samsthanam
- Dr. Tilak M Rao, Asst. Director, Veda Vijnana Shodha Samsthanam
- Prof. C R Anatharaman, Retd. Prof. of Sanskrit, and Head, Dept. of Philosophy, Vivekananda College, Madurai

### Emeritus Professor:

- Dr. V K Hampihole, UGC Emeritus Professor (2015-17)

## Division of Yoga & Life Sciences

### Professor & Dean:

- Dr. G Venkatasubramanian, PhD

### Professor & Associate Dean:

- Dr. B R Ramakrishna, BAMS, MD, PhD

### Distinguished Professors:

- Dr. R Nagarathna, MBBS, MD, FRCP, DSc
- Dr. P Nagaraj Rao, MBBS, FACA, DPMR
- Dr. Shamantakamani Narendran, MA, MD, PhD

### Professors:

- Dr. N K Manjunath, BNYS, PhD
- Dr. M N Ramesh, PhD
- Dr. Vinoy Singh, MBBS, MS, MCA

### Associate Professors:

- Dr. V Kavitha, BNYS, MD
- Dr. G Manjunath, BAMS, MS
- Dr. P Subramanya, MSc, PhD

### Assistant Professors:

- Dr. Padmini Tekur, MBBS, MD, PhD
- Mrs. Monalisa Das, MSc
- Dr. Amit Kumar Singh, BAMS, MD
- Dr. Kashinath G Metri, BAMS, MD
- Mrs. Shashiprabha, MSc
- Dr. Promila Choudhary, BAMS, MD
- Mrs. V R Bharati Dhevi, PhD
- Dr. L Nivethitha, BNYS
- Dr. Apar Saoji, BNYS
- Dr. Sharvari D Rao, BNYS
- Dr. Deepeshwar Singh, MSc, PhD
- Dr. Raghavendra Bhat, MSc, PhD
- Dr. V Sonu, BNYS
- Dr. Amritavarshini, BNYS
- Dr. Shreya Revadi, BNYS, MD
- Dr. Punit, BNYS, MD
- Mrs. Auravinda M, MSc
- Mrs. V Sasipriya, MSc
- Ms. Sreeparna Roy, MSc
- Dr. S Prashanth, BNYS
- Dr. Swarna, BNYS
- Dr. Sheetal, MSc
- Dr. Kshamashree, BNYS
- Dr. Priyanka, BNYS
- Dr. Bhavana, BNYS
- Dr. Sharvari, BNYS
- Dr. Shambhavi Kulkarni, BNYS
- Dr. Trupti, M Tech (Biotechnology)
- Dr. Mitthila

### Senior Visiting Fellows:

- Dr. Jaideep Banarjee, Senior Scientist, BIOCON, Bangalore
- Dr. John Ebenezer, Consultant Orthopedic Surgeon, Parimala Health Care Services, Bannerghatta Main Road, Near IIM, Bilekahalli, Bangalore

### Adjunct Professors:

- Dr. H S Vadiraj, Research Officer, CCRYN, Delhi
- Dr. P N Ravindra, Associate Professor, Bellary Medical college, Bellary

# S-VYASA - Faculty

## Division of Yoga & Physical Sciences

### Professor & Dean:

- Prof. T G Sitharam, PhD

### Distinguished Professors:

- Prof. N V C Swamy, PhD
- Prof. T M Srinivasan, PhD, DSc
- Prof. Alex Hankey, PhD
- Prof. Mukund Rao, Ph D

### Professor:

- Dr. R Venkatram, PhD

### Assistant Professors:

- Dr. Itagi Ravi Kumar, ME, MS, PGDCA, MCA, PhD (Yoga)
- Ms. G Padmasri, MSc (Applicable Mathematics), MSc (Yoga Psychology), MSc Yoga
- Dr. S K Rajesh, MSc, PhD
- Dr. Judu Ilavarasu, MSc, PhD
- Dr. K B Meenakshy, MSc, PhD
- Dr. Guru Deo, MSc, PhD

### Senior Visiting Fellows:

- Prof. Siva Umapathy, Professor, Inorganic and Physical Chemistry Department, IISc
- Dr. Andrew Meulenberg, Visiting Scientist, IISc

## Advanced Research Center for Alternate Energy

### Director:

- Prof. Prahlada, PhD

### Research Associate:

- Dr. N S Varaprasad, MSc, PhD

### Project Assistants:

- Mr. Shashank G Dath, BE
- Mr. Shyam Sunder, BE, MSc

## Division of Yoga & Management Studies

### Professor & Dean:

- Dr. K B Akhilesh, MSW, PhD

### Director - Center for CSPr:

- Dr. Subhash Sharma, MSc, PhD

### Associate Professor:

- Dr. Sony Kumari, MA, PhD

### Assistant Professors:

- Dr. R M Acharya, MBA, PhD

### Senior Visiting Fellows:

- Dr. Mahendra Raju, Commissioner (Retd.)
- Dr. B Mahadevan, Professor
- Dr. Swarup Mohanty, Professor
- Dr. Chokkalingam, Assistant Professor

### Adjunct Faculty:

- Sri B Arunachalam, Joint Registrar, Gandhi Gram Rural Institute - Deemed University

## Division of Yoga & Humanities

### Professor & Dean:

- Prof. M K Sridhar, MA, PhD

### Professor:

- Dr. Sudheer Deshpande, PhD

### Assistant Professors:

- Dr. Balaram Pradhan, PhD
- Dr. Natesh Babu, PhD
- Dr. Satyapriya Maharana, PhD
- Dr. Karuna Nagarajan, PhD
- Dr. Vikas Rawat, PhD
- Smt. Kadambini Acharya, MSc
- Mr. Sailesh Pradhan, MSc
- Dr. Soubhagyalaxmi Mohanty, PhD
- Dr. Satyaprakash Purohit, PhD

### Senior Visiting Fellows:

- Prof. K Chandra Mohan, Professor of English, Andhra Loyola College, Vijayawada
- Vidushi Dr. T S Satyavathi, Prof. & Head, Vidyavardhaka Sangha, Bangalore
- Dr. Pramod Kumar, Head, Department of Cultural Education, Amrita University, Coimbatore

### Adjunct Faculty:

- Dr. R Ilango, Former Vice-Principal, Vivekananda College, Madurai



# Research Accomplishments

## Research Facilities at a glance: Anvesana

- Anvesana research laboratories is the centralized research facility for all the divisions at S-VYASA University. Research at Anvesana research laboratories is organized across six major disciplines, each with its strength, specialties and goals. The common theme is the emphasis on understanding the complex interplay between the physical, mental, social and spiritual planes of people.



- All the research disciplines also undertake fundamental studies providing opportunities for medical applications and standardization of tools.
- Continuous efforts have been made to improve the research laboratory.
- Research Developmental grant (5 Crore) was obtained from department of AYUSH, Govt. of Karnataka and research facility is upgraded. Currently, University has State-of-Art research laboratories for conducting High-end research.

- Anvesana Research laboratory has research facility to track changes in all five layers of human existence (Pancha Kosa)



## Measurements at Annamaya Kośa

# Autonomic Function Testing and Exercise Physiology Laboratory

### Objectives:

- To understand the regulatory effect of yoga practices on autonomic nervous system in normal and various pathologies
- To understand the metabolic changes during yoga practices

### Research facilities:

- 16 Channel Polygraph with telemetry facility
- Metabolic and Pulmonary functions testing system
- Continuous Non- Invasive Blood Pressure (NIBP), Finometer MIDI



Exercise Physiology Testing System



16 Channel Human Physiology System



Ergometer Bicycle

Continuous NIBP (Finometer MIDI)



## Molecular Biology Laboratory

### Objectives:

To understand the mechanisms underlying:

- Stress information transmission
- Prevention of NCD's Yoga practices
- Alleviation of complications of NCD's Yoga practices

### Research facilities:

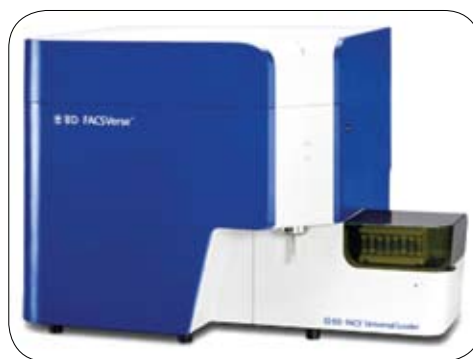
- Next Generation Sequencing - Ion Torrent PGM
- Flow Cytometer - BD FACS Verse
- RT-PCR - ABI 7500
- Protein Purification & Extraction - HPLC
- Fluorescent Microscope - EVOS FL



Fluorescent  
Microscope



Real Time PCR



Flow Cytometer



Next Generation Sequencing  
Ion Torrent PGM

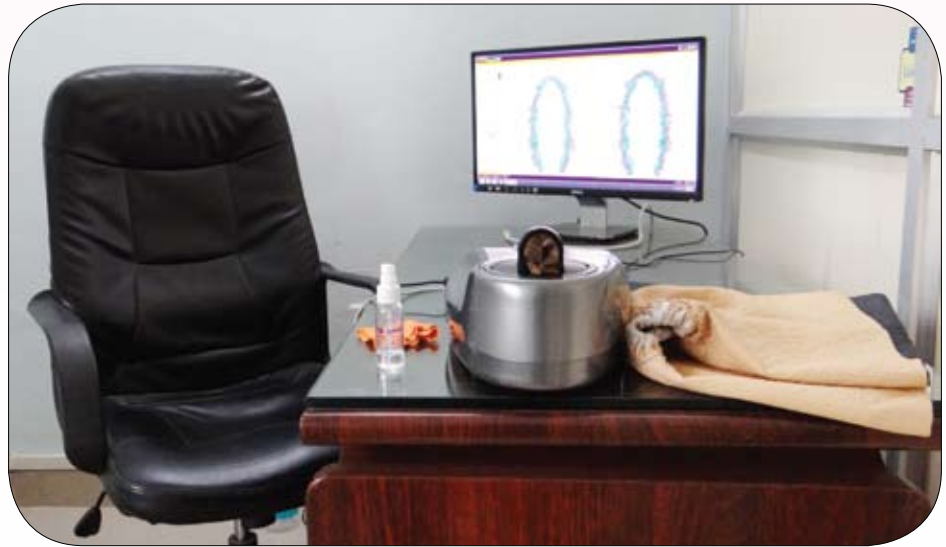


# Measurements at Prāṇamaya Kośa

## Bio-Energy Laboratory

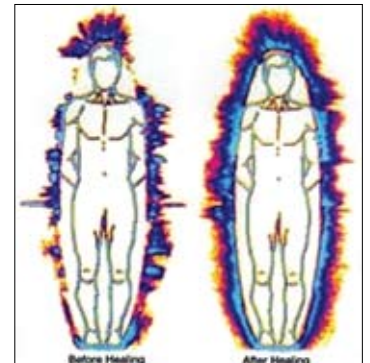
### Objectives:

- To track scientifically the subtle human energy field
- To establish scientific evidences for scriptural concepts like Aadhi and Vyadhi
- To develop normative data in Indian population according to various demographic parameters.
- To cater to the clinical need of patients with various ailments, especially earlier diagnosis of disease before its physical manifestation.

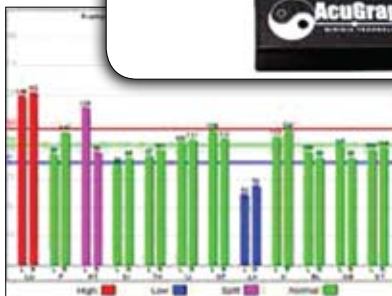


### Research facilities:

- Gas Discharge Visualization (GDV)
- Acugraph
- Random Event Generator
- Nadi Tarangini

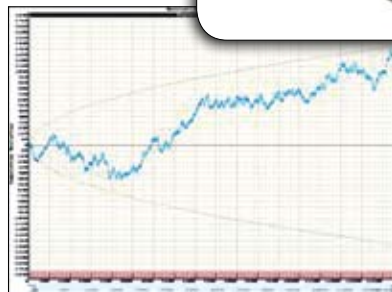


Gas Discharge Visualization (GDV)  
Advanced Kirlian System to check Pranamaya Kosa



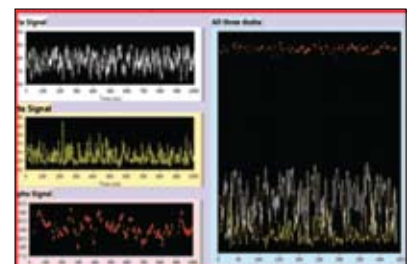
Acugraph

Tracking the Bio Impedances of all meridians



Random Event Generator (REG)

Measuring the Consciousness Field (Manomaya Kosa)



Nadi Tarangini

Measuring the Dosas

## Psychology Laboratory

### Objectives:

- Understanding and development of human psychological strengths
- Developing & standardizing the psychological measurement for AYUSH systems of medicine
- To measure mental processes from simple motor performance to complex problem solving skill
- To understand cause and management of psychological disorder from the perspective of traditional knowledge

### Research facilities:

- Motor Function
- Perception
- Executive Function
- Attention
- Intelligence
- Memory & Creativity
- Personality Tests
- Psychosocial Assessments



Wechsler Intelligence Scale for Children - Fourth Edition

Delis-Kaplan Executive Function System



O'Connor Tweezer Dexterity Test

Mirror Star Tracing



## Cognitive Neuroscience Laboratory

### Objectives:

- Understanding the basic neural processes that underlie complex higher-order cognitive operations
- Understanding the functional and neural mechanisms of cognitive processes related to yoga practices
- Understand event related potentials [ERPs] while performing attention tasks related to yoga practices

### Research facilities:

- 128 Channel Electro Encephalogram (EEG)
- 64 Channel Functional near infrared spectroscopy (fNIRS)
- Transcranial Doppler
- 16 Chanel Evoked Potential system



- 1 Transcranial doppler
- 2 Functional Near Infrared Spectroscopy (fNIRS)
- 3 128 Channel high density MR compatible EEG

Measurements  
at  
**Ānandamaya  
Kośa**

## Sleep Laboratory (Polysomnography)

### Objectives:

- To understand the sleep architecture in meditators and non-meditators
- To understand the clinical implications of yoga for sleep disorders

### Research facilities:

- 55 Channel Polysomnography

55 Channel Polysomnography System



## Ongoing Projects

SNo	Title of the Project	Funding Agency	Investigator	Duration	Amount ₹
<b>Govt. Funded Projects</b>					
1	Cerebral autoregulation and sympathetic nervous system activity (SNS) while performing cognitive tasks during yoga practices which have different effects on SNS	Science and Engineering Research Board, Dept. of Science & technology, Govt. of India	Dr Deepeshwar Singh	2016-2019 [3 Year]	33,76,290
2	Effect of Yoga on Gene expression and telomere biology in extreme climatic conditions	Defense Institute Of Physiology & Allied Science-Defence Research and Development Organisation DIPAS - DRDO, New Delhi	Dr Manjunath N K Dr Ramesh M N	2015-2017 [2 Year]	9,70,000
3	Effect of Yoga practices on DNA damage in healthy and clinical population	University Grants Commission (UGC)	Dr Ramesh M N	2016-2018 [2Year]	27,00,000
4	Efficacy of Yoga-based Lifestyle Intervention on Acute-phase Insulin Release (AIR) in Pre-diabetes	Ministry of AYUSH, New Delhi	Dr Ramesh M N	2016-2019 [3 years]	29,59,824
<b>Other Funded Projects</b>					
1	Effect of Yoga practices on Gene Expression in Diabetic population - A controlled study	Blue Star India Pvt Ltd	Dr R Nagarathna	2016-2017 [1 year]	10,00,000
2	Effect of Yoga practices on Insulin regulation in Pre-Diabetic & Diabetic Patients	TVS Motors Private Limited	Dr Ramesh M N	2016-2017 [1 year]	5,00,000

For more details log on to - [www.svyasa.edu.in/research](http://www.svyasa.edu.in/research)

## Recent Publications

1. Gowda, S., Mohanty, S., Saoji, A., & Nagarathna, R. (2017). Integrated Yoga and Naturopathy module in management of Metabolic Syndrome: A case report. *Journal of Ayurveda and integrative medicine*, 8(1), 45-48.
2. Angadi, P., Jagannathan, A., Thulasi, A., Kumar, V., Umamaheshwar, K., & Raghuram, N. (2017). Adherence to yoga and its resultant effects on blood glucose in Type 2 diabetes: A community-based follow-up study. *International journal of yoga*, 10(1), 29.
3. Milbury, K., Kavanagh, A., Meng, Z., Chen, Z., Chandwani, K. D., Garcia, K., ... & Liao, Z. (2017). Depressive symptoms and positive affect in Chinese and United States breast cancer survivors: a cross-cultural comparison. *Supportive Care in Cancer*, 25(7), 2103-2109.
4. Hankey, A., & Shetkar, R. M. (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*, 13(1), 240-252.
5. Ghosh, K., Hankey, A., & Srinivasan, T. M. (2017). Effect of lotus posture on acupuncture meridian energies: A controlled trial. *International journal of yoga*, 10(2), 88.
6. Ghosh, K., Hankey, A., & Srinivasan, T. M. (2017). Electrodermal screening of asthmatics with acugraph 4. *Journal of Acupuncture and Meridian Studies*, 10(2), 125-130.
7. Ghosh, K., Hankey, A., & Srinivasan, T. M. (2017). Acupuncture Meridian Energies in Patients Who Are Mentally Disturbed. *The Journal of Alternative and Complementary Medicine*.
8. Hankey, A. (2017). Quantum Fluctuation Fields and Conscious Experience: How Neurodynamics Transcends Classical and Quantum Mechanics. *Cosmos and History: The Journal of Natural and Social Philosophy*, 13(2), 26-33.
9. Vadiraja, H. S., Rao, R. M., Nagarathna, R., Nagendra, H. R., Patil, S., Diwakar, R. B., ... & Ajaikumar, B. S. (2017). Effects of yoga in managing fatigue in breast cancer patients: A randomized controlled trial. *Indian Journal of Palliative Care*, 23(3), 247.
10. Taware, D. S., Kumari, S., Akhilesh, K. B., & Nagendra, H. R. (2017). Impact of Integrated Yoga Module (IYM) on Decision-Making Style of Managers-Randomised Controlled Trial Study. *Siddhant-A Journal of Decision Making*, 17(1), 25-36.
11. Hegde, A., Metri, K., Chwadhary, P., Babu, N., & Nagendra, H. R. (2017). *Effects Of Yoga On Cardiac Health Sleep Quality, Mental Health And Quality Of Life Of Elderly Individuals With Chronic Ailments: A Single Arm Pilot Study*(No. 2017-06-07).
12. Rao, R. M., Raghuram, N., Nagendra, H. R., Kodaganur, G. S., Bilimagga, R. S., Shashidhara, H. P., ... & Rao, N. (2017). Effects of a yoga program on mood states, quality of life, and toxicity in breast cancer patients receiving conventional treatment: A randomized controlled trial. *Indian Journal of Palliative Care*, 23(3), 237.
13. Kumar, P. V. G., Deshpande, S., Joshi, A., More, P., Singh, A., & Nagendra, H. R. (2017). Effect of Integrated Yoga Therapy on Arterial Stiffness: A Pilot Study on Young and Older Adults with Obesity. *Integrative Medicine International*, 4(1-2), 85-93.
14. Rao, R. M., Vadiraja, H. S., Nagarathna, R., Gopinath, K. S., Patil, S., Diwakar, R. B., ... & Nagendra, H. R. (2017). Effect of yoga on sleep quality and neuroendocrine immune response in metastatic breast cancer patients. *Indian Journal of Palliative Care*, 23(3), 253.



15. Kakde, N., Metri, K. G., Varambally, S., Nagaratna, R., & Nagendra, H. R. (2017). Development and validation of a yoga module for Parkinson disease. *Journal of Complementary and Integrative Medicine*.
16. Metri, K. G., Pradhan, B., & Nagendra, H. R. (2017). Impact of Short-Term Residential Yoga-Based Lifestyle Intervention on Cognitive Function in Hypertensive Patients. *Journal of Stem Cells*, 12(1), 33.
17. Nagendra, H. R. (2017). Integrating yoga in cancer care: Scope and challenges. *Indian Journal of Palliative Care*, 23(3), 223.
18. Taware, D. S., Kumari, S., Akhilesh, K. B., & Nagendra, H. R. (2017). Impact of Integrated Yoga Module on Leadership Competencies of Managers. *Prabandhan: Indian Journal of Management*, 10(7), 7-23.
19. Bhargav, H., Srinivasan, T. M., Bista, S., Mooventhan, A., Suresh, V., Hankey, A., & Nagendra, H. R. (2017). Acute effects of mobile phone radiations on subtle energy levels of teenagers using electrophotonic imaging technique: A randomized controlled study. *International journal of yoga*, 10(1), 16.
20. Nagashree, R. S., Manjunath, N. K., Indu, M., Ramesh, M., Venugopal, V., Sreedhar, P., ... & Nagendra, H. R. (2017). Effect of a Diet Enriched with Fresh Coconut Saturated Fats on Plasma Lipids and Erythrocyte Fatty Acid Composition in Normal Adults. *Journal of the American College of Nutrition*, 1-5.
21. Milbury, K., Kavanagh, A., Meng, Z., Chen, Z., Chandwani, K. D., Garcia, K., ... & Liao, Z. (2017). Depressive symptoms and positive affect in Chinese and United States breast cancer survivors: a cross-cultural comparison. *Supportive Care in Cancer*, 25(7), 2103-2109.
22. Shankar, N. R., Manjunath, N. K., Venugopal, V., Sreedhar, P., Sukanya, R., & Nagendra, H. R. (2017). Concept of Holistic Diet-Blending of Yogic Diet and Balanced Diet-A. *International J. Of Healthcare and Biomedical Research*, 5(02), 59-71.
23. Taware, D. S., Kumari, S., Akhilesh, K. B., & Nagendra, H. R. (2017). Conceptual Exploration of Leadership Phenomenon through 'vedanta Model of Leadership'. *Purushartha: A Journal of Management Ethics and Spirituality*, 9(2).
24. Nivethitha, L., Manjunath, N. K., & Mooventhan, A. (2017). Heart rate variability changes during and after the practice of bhramari pranayama. *International journal of yoga*, 10(2), 99.
25. Nivethitha, L., Mooventhan, A., Manjunath, N. K., Bathala, L., & Sharma, V. K. (2017). Cerebrovascular hemodynamics during pranayama techniques. *Journal of neurosciences in rural practice*, 8(1), 60.
26. Nivethitha, L., Mooventhan, A., & Manjunath, N. K. (2017). A pilot study on evaluating cardiovascular functions during the practice of Bahir Kumbhaka (external breath retention). *Advances in Integrative Medicine*.
27. Kumar, R., Mooventhan, A., & Manjunath, N. K. (2017). Immediate Effect of Needling at CV-12 (Zhongwan) Acupuncture Point on Blood Glucose Level in Patients with Type 2 Diabetes Mellitus: A Pilot Randomized Placebo Controlled Trial. *Journal of Acupuncture and Meridian Studies*.
28. Hakked, C. S., Balakrishnan, R., & Krishnamurthy, M. N. (2017). Yogic breathing practices improve lung functions of competitive young swimmers. *Journal of Ayurveda and Integrative Medicine*, 8(2), 99-104.

29. Saoji, A., Mohanty, S., & Vinchurkar, S. A. (2017). Effect of a single session of a yogic meditation technique on cognitive performance in medical students: A randomized crossover trial. *Journal of religion and health*, 56(1), 141-148.
30. Mooventhan, A., & Nivethitha, L. (2017). Evidence based effects of yoga practice on various health related problems of elderly people: A review. *Journal of Bodywork and Movement Therapies*.
31. Venugopal, V., Rathi, A., & Raghuram, N. (2017). Effect of short-term yoga-based lifestyle intervention on plasma glucose levels in individuals with diabetes and pre-diabetes in the community. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*.
32. Rao, M., Metri, K. G., Raghuram, N., & Hongasandra, N. R. (2017). Effects of Mind Sound Resonance Technique (Yogic Relaxation) on Psychological States, Sleep Quality, and Cognitive Functions in Female Teachers: A Randomized, Controlled Trial. *Advances in mind-body medicine*, 31(1), 4-9.
33. Bhat, R., & Srinivasan, T. M. (2017). The Hatayogapradipikā: Jyotsnāyutā. *International Journal of Yoga*, 10(2), 111.
34. Srinivasan, T. M. (2017). Models in medicines. *International journal of yoga*, 10(1), 1.
35. Srinivasan, T. M. (2017). Biophotons as subtle energy carriers. *International journal of yoga*, 10(2), 57.
36. Rao, R. M., Amritanshu, R., Vinutha, H. T., Vaishnaruby, S., Deepashree, S., Megha, M., ... & Ajaikumar, B. S. (2017). Role of yoga in cancer patients: Expectations, benefits, and risks: A review. *Indian Journal of Palliative Care*, 23(3), 225.
37. Mooventhan, A., & Nivethitha, L. (2017). Evidence based effects of yoga in neurological disorders. *Journal of Clinical Neuroscience*.
38. Narasingharao, K., pradhan, B., & navaneetham, J. (2017). Efficacy of Structured Yoga Intervention for Sleep, Gastrointestinal and Behaviour Problems of ASD Children: An Exploratory Study. *Journal of clinical and diagnostic research: JCDR*, 11(3), VC01.
39. Mooventhan, A. (2017). A narrative review on role of Yoga as an adjuvant in the management of risk factor, disease progression and the complications of type 2 diabetes mellitus. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*.
40. Purohit, S. P., & Pradhan, B. (2017). Effect of yoga program on executive functions of adolescents dwelling in an orphan home: A randomized controlled study. *Journal of traditional and complementary medicine*, 7(1), 99-105.
41. 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 & Diagnostic Research*, 11(5).
42. Narasingharao 1\*, Balaram Pradhan 2, Janardhana Navaneetham,(2017). Feasibility of parent-based yoga intervention for group of autism spectrum disorder children in special schools: a pilot study. *International Journal of Research in Ayurveda and Pharmacy*, 8 (2), 2017

**For more details log on to - [www.svyasa.edu.in/research](http://www.svyasa.edu.in/research)**

# 14<sup>th</sup> Convocation of S-VYASA

Swami Vivekananda Yoga Anusandhana Samsthana



Doctor of Science (D.Sc) award  
to *Dr. K. K. Deepak*



Doctor of Science (D.Sc) award  
to *Dr. R. Nagarathna*



Doctor of Letters (D.Litt) award  
to *Prof. M A Lakshmithathachar*

## Scholars - PhD in Yoga



Dr. Hemant Bhargav



Mr. Umesh Dwivedi



Mr. Sathya Prakash Purohit

## Scholars - MD in Yoga & Rehabilitation



Dr. V Suresh Babu



Dr. Binod Ghimire



Dr. Donirung Reang

## Graduates - PG & UG Courses

### MSc (Yoga Therapy)

No	Name
1	Lopamudra Gupta
2	Gowtham C
3	Sneha
4	Jayanthi Rao H R
5	Praveen Kumar B
6	Zhang Qiaoyi
7	Satyajit Sinh Dharmendrasing Zala
8	Emmanni Sireesha
9	Albert K C
10	Saumya Bitla
11	R Deepmala Rao
12	Sumati Mishra
13	Pallavi M
14	Amrita Ghimire

15	Dilip Kumar Mahato
16	Rupam Mishra
17	Shivam Singh
18	Sidda Nagaraju
19	Shivaditya Purohit
20	Srinibas Panda
21	Chanda Yoganandu
22	Leah Goerk
23	Shikha Moni Nath
24	Jintu Kurian
25	Kankan Gulati
26	Naresh Kumar Patel
27	Darshan G R
28	Jagdeep Sharma
29	Uma Bastola
30	Purna Bahadur Shahi
31	Annu Kumari

### MSc (Yoga & Consciousness)

No	Name
1	Anatha Sharma
2	Raghuveer Billigadde
3	Rajesh K R
4	Umesha Hegde
5	Bhaskar K S
6	Dattatreya Dixit
7	Gajanana Bhat
8	Bheemashankar
9	Avinash Chettiyar B
10	Shreenath KP
11	Lee Young Joo
12	Nadezhda Baissalova

## BNYS

No	Name
1	Shambhavi Kulkarni
2	Arundati Goley
3	K S Nibedita
4	Pallavi Jha
5	Manjula Devi
6	Suvith V Das
7	Roda
8	Pooja Prakash Udane
9	Monika Jha
10	Naga Sukeerthi
11	Nandini
12	Ibotombi
13	Shagnika Pradhan
14	Biswaranjan Sahu
15	Ranjan Kumar
16	K Prema Kumari

## BSc (Yoga Therapy)

No	Name
1	Madhukumar M
2	Abhishek Kumar
3	Marri Gayathri
4	Raman Vachaspati
5	Sanchi Vaid
6	Kaushal Kumar
7	Nandlal
8	Raju Kumar
9	Sudhir Ranjan Singh
10	Mallina Karthik
11	Pinky Prajapati
12	Sanjay Kumar
13	Munjuluri Madhusudhan
14	Shanmuga Priya V
15	Chandan Padhan
16	Priya Joshi
17	Niranjan Gaihre
18	Tankeshwar Meher
19	Kalyan Maity

20	Prasenjit Jana
21	V Dolly Ravi Teja
22	Aarekh Goyal
23	Pavuluri Naga Sai Pavani
24	Abhay Kumar
25	Pathare Shamlee Shekhar
26	Krishna
27	Gawade Bharat Nagesh
28	Sreeja Shikari
29	Mayank
30	Kumari Rai
31	Bissa Latika Pravin
32	Kumeriya Swapnil Babulal
33	Prativa Raila
34	Sharmila Paudyal

## BSc (Yoga)

No	Name
1	Juwon Oh
2	Jai Bhagwan
3	Avinash Kumar Mishra





**S-VYASA**  
University

# 71<sup>st</sup> Independence Day and Prashanti Day

*celebration on Aug 15, 2017*  
Prashanti Kutiram, Jigani, Bengaluru

## Programs

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- 6.30 am - Suryanamaskar & Yoga Demonstration
- 7 am - Flag Hoisting, *Vivekananda Open Air Theatre*
- 12 noon - Seminar Meeting / Project Discussion  
on Omkara and Consciousness  
Guests - Dr. Khetrapal, Lucknow;  
Dr. Baldev Raj, Director, NIAS, Bengaluru
- 4.45 pm - Prashanti Day celebration, Samskriti Bhavanam  
Guests – MD / CEO from ISIRI Media Pvt. Ltd, Bengaluru;  
Sri T S Nagabharana & Sri T N Sitaram



## International Conferences at a glance



**21<sup>st</sup> INCOFYRA - 2016** (International Conference on 'Frontiers in Yoga Research and its Applications) held in Prashanti Kutiram, Bengaluru from Jan 3 - 7, 2016. The Conference was inaugurated by **Hon'ble Prime Minister of India Shri Narendra Modi ji**. The Theme of the Conference was 'Yoga in Integrated Healthcare Systems'.



As a part of 21<sup>st</sup> INCOFYRA, **National Arogya Expo - 2016** was organized in Prashanti Kutiram, Bengaluru from Jan 3 - 7, 2016.



**19<sup>th</sup> INCOFYRA - 2011** (International Conference on 'Frontiers in Yoga Research and its Applications) held in Prashanti Kutiram, Bengaluru from Dec 20 - 23, 2011. The Theme of the of the Conference was 'Yoga for Global Health Education & Peace'.



ICYN - 2012 (International Conference on Yoga, Naturopathy and Arogya Expo - 2012) held in Palace Grounds, Bengaluru from Feb 9 - 13, 2012. Chief Minister Sri D V Sadananda Gowda Ji Yogacharya, Sri B K S Iyengar Ji, Dharmasthala Dharmadhikari Dr. D Veerendra Heggade ji were the dignitaries. The Committee of the Conference was Chaired by Dr. H R Nagendra ji and the Theme of the Conference was 'Yoga and Naturopathy for Holistic Health'.



**International Conference on Yoga in Education - 2012** held in Tumkur University campus from Nov 27 - 28, 2012. The Conference was inaugurated by H H Dalai Lama and Sri Sri Sri Shivakumara Mahaswamiji. S-VYASA and Tumkur University jointly organized the conference.





## List of Conferences

SNo	Title of the Conference	Theme	Organized by	Date
1	International Conference on Frontiers in Yoga Research & its Application (21 <sup>st</sup> INCOFYRA)	Integrating Best of East with Best of West in Medical Practice	Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru	Jan 3 - 7, 2016
2	4th International Symposium on Hydrogen - Matter Interactions		S-VYASA University, Bengaluru	July 30 - Aug 1, 2006
3	International Conference on Frontiers in Yoga Research & its Application (20 <sup>th</sup> INCOFYRA)	Yoga: A Public Health Strategy for Diabetes - Prevention and Education	Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru	Jan 2 - 5, 2014
4	International Conference On 'Yoga in Education'	Yoga in Education	Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru & Tumkur University, Tumkur	Nov 27-28, 2012
5	International Conference on Frontiers in Yoga Research & its Application (19 <sup>th</sup> INCOFYRA)	Yoga for Global Health, Education & Peace	Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru	Dec 20 - 23, 2011
6	International Conference on Frontiers in Yoga Research & its Application (18 <sup>th</sup> INCOFYRA)	Yoga, and Diabetes - Underlying Mechanisms	Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru	Dec 19 - 22, 2009
7	1 <sup>st</sup> International Conference on Yoga, Cow and Rural Reconstruction- Scientific Research Perspectives	Research on Pancha Gavyas	Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru & Govigyan Anusandhana Kendra, Nagpur	Dec 28 - 30, 2008
8	International Conference on Frontiers in Yoga Research & its Application (17 <sup>th</sup> INCOFYRA)	Yoga It's Underlying Mechanisms	Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru	Dec 20 - 24, 2004
9	International Conference on Frontiers in Yoga Research & its Application (16 <sup>th</sup> INCOFYRA)	Yoga Works... But How?	Kolkata	Dec 25 - 27, 2006
10	International Conference on Frontiers in Yoga Research & its Application (15 <sup>th</sup> INCOFYRA)	Let Every Mother and Child Count	Bengaluru	Dec 16 - 19, 2005
11	International Conference on Frontiers in Yoga Research & its Application (14 <sup>th</sup> INCOFYRA)	Pranavesana	Bengaluru	Dec 18 - 21, 2003
12	International Conference on Frontiers in Yoga Research & its Application (12 <sup>th</sup> INCOFYRA)	Satyanvesana	Bengaluru	Nov 17-21, 2001



**20<sup>th</sup> INCOFYRA - 2014** (International Conference on 'Frontiers in Yoga Research and its Applications') held in Prashanti Kutiram, Bengaluru from Jan 2 – 5, 2014. The Theme of the Conference was 'Yoga, a Public Health Strategy for Diabetes Prevention & Education'.

**Yoga Sangam - 2012:** International Yoga Conference held in California, USA, from Sept 8 – 9, 2012. Yoga Bharati, in collaboration with VYASA organized the Conference. The Theme of the Conference was 'Philosophy, Health and Research'.



**6<sup>th</sup> Annual International Yoga Conference - 2013** held in Melbourne, Australia from Nov 23 – 24, 2013. In Technical Collaboration with S-VYASA, Vasudeva Kriya Yoga organized the Conference. The Theme of the Conference was 'Yoga and Mental Health'.



# 22<sup>nd</sup> INCOFYRA

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

**Theme:** Integrative Oncology: The Future of Cancer Care

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



## **Pre Conference**

**Theme:** AYUSH Interventions for Integrative Oncology

**Date:** Dec 29, 2017 - Jan 4, 2018

**Venue:** Prashanti Kutiram



Organised by: **VYASA**, Bengaluru

Technical Support by: **S-VYASA** Yoga University, Bengaluru

## My dear brothers and sisters...

Cancer is one of the leading cause of death worldwide, with an incidence of 14 million in 2012 and about 1 million diagnosed each year, of which 10% is from India. The prevalence of cancer has increased over the past decade and is expected to rise by 8% in the next 5 years, regular screening, early detection, and improved therapies have increased the 10-year survival from 61% to 77% in the past decade. Though there is lot of advancement in technology we have failed to tackle cancer. Addressing the root cause and using holistic healing methods along with the conventional methods would be the best solution.

Hence, this year we have selected a theme "Integrative Oncology: Future of Cancer Care" for 22<sup>nd</sup> INCOFYRA. The 22<sup>nd</sup> INCOFYRA will make an effort to integrate Ayurveda, Naturopathy, Yoga, Unani, Siddha, Homeopathy and Modern Medicine by bringing prominent researchers and doctors from all these fields under one platform to evolve better cancer care. We welcome you all to our Prashanti Kutiram campus.

With Love

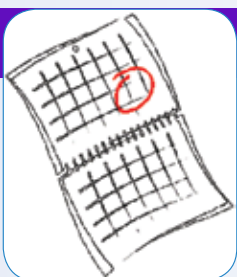
**Dr H R Nagendra**

President, 22<sup>nd</sup> INCOFYRA  
President, VYASA and  
Chancellor, S-VYASA University



## CONFERENCE OBJECTIVES

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



## DATES TO REMEMBER

Pre Conference programs	Dec 29, 2017 - Jan 4, 2018
Main Conference	Jan 5 - 8, 2018
Registration to avail early bird offer	Oct 15, 2017
Last date for Abstract submission	Nov 30, 2017
The abstracts will be peer reviewed and acceptance or otherwise will be intimated by	Dec 10, 2017

- 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](mailto:incofyra@svyasa.org)



# 2<sup>nd</sup> Indian Cancer Congress

## Insight Innovation Integration

08-12 November, 2017 | Bengaluru

*The second chapter of the Indian Cancer Congress (ICC) 2017 is an amalgamation of four major national oncology associations and all sub-specialty associations to improve the quality of cancer care in the country.*

*On behalf of my fellow members of the local and national organizing committees, I cordially invite you to participate in the second chapter, which will be held in Bengaluru, the Silicon Valley of India. However, as oncologists, I am sure all of you will also appreciate that Bengaluru has contributed significantly in some of the revolutionary changes in the field of medical education and it has also united scientists & oncologists for the advancement of medical science.*

*The organizing committee is working tirelessly to ensure this is a fruitful conference by setting definite goals to improve the academic standards and enter the space of global leadership, and building clear partnerships to progress in the field of oncology across the globe.*

*Our aim is foster research & treatment of cancer in India, along with establishing professional networks. This will help foster data collation and develop publications to address the needs of oncologists and cancer patients in India.*

*I do foresee various challenges in the coming years, but let us face them with a courage of conviction knowing that we can make a difference when we are together. On that note, I am delighted to inform you of the theme for the conference this year: Insight Innovation Integration.*

*I look forward to your active participation, and would like to acknowledge and thank the first committee who put together ICC in 2013. I sincerely hope this second chapter will move forward to greater heights. Look forward to seeing you there!*

**Prof. K S Gopinath**  
Chairman, 2<sup>nd</sup> Indian Cancer Congress  
Bengaluru

Contact...  
**Prof. Ramesh S Bilimagga**  
ICC Conference Secretariat  
4<sup>th</sup> Floor No 44-45/2, 2<sup>nd</sup> Cross, Raja Ram Mohan Roy Extn.,  
Off Double Road, Lalbagh Road, Bangalore - 560 027  
Ph: 080-4020 6408 | +91 76 76 11 2017  
E-mail: indiancancercongress2017@gmail.com  
[www.indiancancercongress2017.com](http://www.indiancancercongress2017.com)



# 2<sup>nd</sup> Asian Yoga Therapy Conference

July, 2017 | Miryang, South Korea



Speakers with their Token of Appreciation



Mr. Vikram Doraiswami



Dr. Manjunath moderating the Plenary Session



Guruji, Dr. H R Nagendra



Guests at the Inaugural Ceremony of the Conference

The Asian Yoga Therapy Association (AYTA) conducted its 2<sup>nd</sup> annual conference on “Yoga for Health and Global Peace” at the beautiful city of Miryang in South Korea on 1<sup>st</sup> & 2<sup>nd</sup> July, 2017. This was also the 1st Miryang International Yoga Therapy Conference co-sponsored by Miryang City government, co-hosted by Vivekananda Yoga Global with technical support from S-VYASA University.

The inaugural ceremony was a grand event which included a spectacular display of Indian and Korean Traditional Art



form. The first ever large scale conference on Yoga in South Korea was opened by our beloved Guruji, Dr. H R Nagendra, Chancellor, S-VYASA University. This was followed by a welcome address by the Honourable Mayor of Miryang Mr. Il-ho, Park.

The Ambassador of India in South Korea Mr. Vikram Doraiswami, The Mayor of Miryang city and other senior Government officials of the city were the chief guests at the opening ceremony.

The first key note address by Dr. H R Nagendra, Chancellor, S-VAYSA University, Bengaluru on 'Yoga based education for social transformation and global peace' set the stage for the whole conference and was highly appreciated.

The other Keynote Speakers on Day 1 and 2 were Dr. Sat Bir Singh Khalsa from Harvard Medical School, Dr. R Nagarathna, Chief Medical Director, VYASA, Bengaluru and Dr. Dilip Sarkar from USA. Dr. Manjunath Sharma moderated the plenary sessions. The Guest speakers also represented many countries, few of them were Dr. Vasudha Sharma from India, Mr. Manoj Thakur from Singapore, Dr. Avinash Mishra from China, Mr. Kimura from Japan, Ms. Antoneiita Rozzi from Italy and Ms. Viveka Kim from South Korea.

The conference closed with a memorable display of gratitude, where momentos were given away and a great cultural show was presented.



Founder Members of the Association at the Second AYTA Meeting



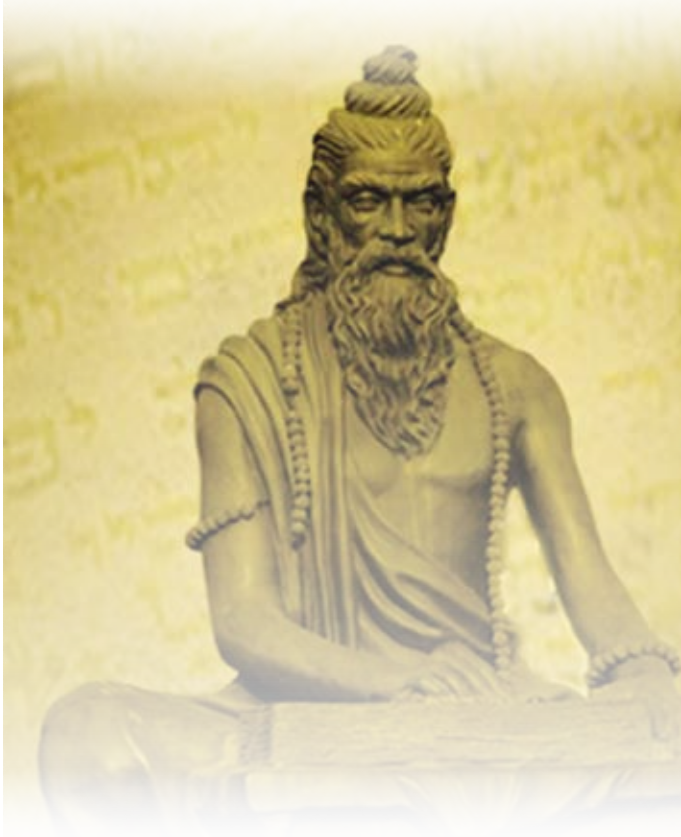
Speakers with the Mayor of Miryang at AYTA Conference



Common Yoga Protocol practised during the IDY event

The Mayor in his vote of thanks quoted - "Through this conference, the city of Miryang will be the best city for yoga and healing in Korea and this conference is expected to be the foundation of cultural exchange with other countries around India" The mayor also announced that S-VYASA and Miryang city are partnering in the most ambitious project of establishing a India Village as part of the Miryang city project which will be ready by 2020.

AYTA also conducted its official General body meeting where members from nine countries presented the activities and it was resolved to award the hosting rights for the next conference in 2018 to Japan Yoga Niketan and Mr. Kimura proposed Tokyo as the city to host the same in the first week of July, 2018.



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# ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ

## ಧ್ಯಾನ ಅಥವಾ ಪ್ರಣವೋಪಾಸನೆಗಿರುವ ಅಡ್ಡಿಗಳು

■ ಶ್ರೀ ರಾಜೇಶ ಎಚ್.ಕೆ.  
ಸಂಯೋಜಕರು ಹಾಗೂ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು  
ಯೋಗ - ಅಧ್ಯಾತ್ಮ ವಿಭಾಗ  
ಎಸ್-ವ್ಯಾಸ ಯೋಗ ವಿಶ್ವವಿದ್ಯಾಲಯ



ವ್ಯಾಧಿಸ್ತ್ರಾನಸಂಶಯಪ್ರಮಾದಾಲಸ್ಯಾವಿರತಿಭ್ರಾಂತಿದರ್ಶನಾಲಬ್ಧಭೂಮಿಕತ್ವಾನವಸ್ಥಿತತ್ವಾನಿ

ಚಿತ್ರವಿಕ್ಷೇಪಾಸ್ತೇಂತರಾಯಾಃ || ಪ.ಯೋ.ಸು - 1.30 ||

ಸ್ತ್ರಾನಃ: ಕಳೆದ ಸಂಚಿಕೆಯಲ್ಲಿ ಯೋಗಸಾಧನೆಗೆ ಬಾಧಕತತ್ವವಾದ ವ್ಯಾಧಿಯ ಬಗ್ಗೆ ಚರ್ಚಿಸಿದ್ದೇವೆ. ಸ್ತ್ರಾನವು ಎರಡನೆ ಅಂತರಾಯವಾಗಿದ್ದು ಇದು ಚಿತ್ತದ ಸ್ವರದಲ್ಲಿ ಉಂಟಾಗುವ ತಾಮಸಿಕ ಸ್ಥಿತಿಯಾಗಿದೆ. ಚಿತ್ತದ ಸ್ವರೂಪ ಮತ್ತು ಲಕ್ಷಣಗಳನ್ನು ನಾವು ಅರ್ಥೈಸಿಕೊಂಡಾಗ ಮಾತ್ರ ನಿರಾತಂಕವಾಗಿ ಅಭ್ಯಾಸ ಮಾಡಲು ಸಾಧ್ಯ. ಅಂತಿಮವಾಗಿ ಯೋಗದ ಅಭ್ಯಾಸವು ವೃತ್ತಿಗಳಿಂದ ಮುಕ್ತಿ, ಮನಸ್ಸು, ಬುದ್ಧಿ, ಅಹಂಕಾರ ಮತ್ತು ಚಿತ್ತಗಳು (ಸ್ಮರಣೆಗಳು) ಅಂತಃಕರಣ ಚತುಷ್ಟಯಗಳು. ಹಾಗಾದರೆ ಚಿತ್ತದಲ್ಲಿ ವೃತ್ತಿಗಳೇಳುವುದು ಅಂತಃಕರಣಗಳ ಕಾರಣದಿಂದ. ಮುಖ್ಯವಾಗಿ ನಾವು ಇಲ್ಲಿ ಅರ್ಥೈಸಿಕೊಳ್ಳಬೇಕಾದ ಸಂಗತಿಯೇನೆಂದರೆ ಚಿತ್ತದ ಸ್ವರದಲ್ಲಿ ಉಂಟಾಗುವ ಆಲಸ್ಯ ಅಥವಾ ಜಡತ್ವ ಅಥವಾ ಸೋಮಾರಿತನವೇ ಅಥವಾ ನಿರ್ಜೀವತೆಯೇ ಸ್ತ್ರಾನ. ಜಡತ್ವ ಅಥವಾ ತಮಸ್ಸಿನ ಕಾರಣ ಮನದಲ್ಲಿ ಸಂಕಲ್ಪ / ವಿಕಲ್ಪವೃತ್ತಿಗಳಿಲ್ಲದಿದ್ದಲ್ಲಿ ಬುದ್ಧಿಯು ಕೆಲಸಮಾಡಲಾರದು. ಹಾಗೆಯೇ ಏನಾದರೂ ಸಾಧಿಸಬೇಕೆಂಬ ಛಲವು ಶೂನ್ಯವಾದಾಗ ರಜೋಗುಣದಿಂದ ಕ್ರಿಯಾಶೀಲವಾಗುವ ಅಹಂಕಾರವು ನಿಷ್ಕ್ರಿಯವಾಗುತ್ತದೆ. ಕೊನೆಯದಾಗಿ ಸ್ಮರಣೆಗಳಿಂದಲೂ ವಿಸ್ಮೃತಿಗೊಳಗಾದ ಚಿತ್ತವೂ

ರಜೋಗುಣಶೂನ್ಯವಾಗಿ ಆಲಸ್ಯ ಅಥವಾ ಸೋಮಾರಿತನದಿಂದ ಯಾವ ಕೆಲಸಗಳನ್ನು ಮಾಡದೇ ನಿಷ್ಕ್ರಿಯವಾಗುತ್ತದೆ. ಇನ್ನೊಂದು ದೃಷ್ಟಿಯಿಂದ ಅವಲೋಕಿಸುವುದಾದರೆ ಏನು ಮಾಡಬೇಕೆಂಬುದು ತಿಳಿದಿದೆ. ಪ್ರವಚನ ಯಾ ಸತ್ತಂಗದ ಮೂಲಕ ವಿಪರೀತ ಮಾತನಾಡಬಹುದು. ಆದರೆ ಅಭ್ಯಾಸದಲ್ಲಿ ಪ್ರಯತ್ನಶೂನ್ಯತೆಯಿದೆ. ಏನೆಲ್ಲ ತಿಳಿದಿರಬಹುದು. ಆದರೆ ಪ್ರಯತ್ನವಿಲ್ಲದಿದ್ದಲ್ಲಿ ಯಾವ ಗುರಿಯನ್ನೂ ತಲುಪಲು ಸಾಧ್ಯವಿಲ್ಲ. ನಮ್ಮಲ್ಲಿರುವ ಊರ್ಜೆಯು ಬಹಿರ್ಮುಖವಾಗಿ ಹರಿದಾಗ ಆಂತರ್ಯದಲ್ಲಿ ಸುಪ್ತವಾಗಿರುವ ಕೇಂದ್ರದ ಕಡೆಗೆ ಹರಿಯಲಾಗುವುದಿಲ್ಲ. ತಮಸ್ಸಿನಲ್ಲಿರುವವನಿಗೆ ಬಹುಕ್ರಿಯಾಶೀಲತೆಯ ಮೂಲಕ ರಜಸ್ಸನ್ನು ದಾಟಿ ಸತ್ವದಲ್ಲಿ ಸ್ಥಿತನಾದಾಗ ಮಾತ್ರ ಅಂತಿಮಗುರಿಯೆಡೆಗೆ ಅಂತರ್ಯಾತ್ರೆ ಮಾಡಬಲ್ಲನು. ಮಹರ್ಷಿ ಪತಂಜಲಿಗಳ ಪ್ರಕಾರ 'ಓಂ' ಜಪದ ಉಪಾಸನೆ ನಿರ್ಜೀವತೆಯಿಂದ ಸಂಪೂರ್ಣಶಕ್ತಿಯೆಡೆಗೆ ಪ್ರವಹಿಸಲು ಅನುವು ಮಾಡಿಕೊಡುತ್ತದೆ.

ಸಂಶಯ: ಇದು ಅನಿಶ್ಚಿತತೆಯ ಅವಸ್ಥೆ. ಮಾರ್ಗ ನಿಶ್ಚಯವಿಲ್ಲ. ಬುದ್ಧಿಯು ಸ್ಥಿರವಿಲ್ಲದ ಅವಸ್ಥೆ. ನಿಶ್ಚಿತವಾದ ನಿರ್ಣಯವನ್ನು ತೆಗೆದುಕೊಂಡು ಮುನ್ನಡೆಯಲಾಗದ ಅವಸ್ಥೆ. ವೈರುಧ್ಯಗಳ ನಡುವಿನ

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## MBE for Inspirational Women's Champion, Vilas Dhanani, in 2017 Birthday Honours List

The family of Stanmore resident Vilas Dhanani is delighted to announce that Vilas has been made a Member of the Order of the British Empire (MBE) in the Queen's Birthday 2017 Honours List



for her incredible services to elderly immigrant women in the UK and women and children particularly in need in India.

Vilas, who is 80 years old, has provided 40 years of inspirational leadership to thousands of elderly immigrant women in Northwest London and in India.

When she immigrated to the UK from Kenya in 1972, Vilas became aware of the problems faced by elderly Asian women immigrants. Many of these women did not speak English, were lonely and struggling to integrate.

She decided to help and set up informal groups for these women, explaining the transport system and how local council work and encouraging them to learn English. The group then formally became known as the Shravika Satsang Mandal organization in 1974.

As the organization grew to serve more than 100 women in the North London area, Vilas trained in Yoga and reflexology so that she could do more to help women's health. Once qualified, she set up training sessions and eventually trained more than 500 women as therapists themselves.

Through all of her efforts, Vilas has raised a

Smt. Vilas Dhanani and the family has been a great support to Prashanti Kutiram for last 30 years. Her dedication to Seva has been tremendous.

May god bless her and the family in inspiring people and growing in strength more and more.

steady stream of £10,000 - £15,000 each year for charities. In total, over the last 40 years, Vilas has raised more than £400,000 for charities including Jyoti Hospital, blind rehab centres, abandoned women and the poorest children in Gujarat India, and the Sangat-Social support group in the UK.

As well as routinely collecting clothes, shoes, household and educational materials for direct distribution to those in needs in India, Kenya,



Smt. Vilas Dhanani with Guruji, Dr. H R Nagendra



Gambia, Vilas also arranged for a special cargo collection for the Philippines following the destructive typhoon.

Through her amazing work, she has positively impacted on the lives of tens of thousands of people, including several thousand women in the UK, supporting them through very difficult times in their lives.

Vilas said: "I am extremely honoured and excited to have been put forward as a MBE. I never imagined that the work I've done could come to

this. I have always wanted to help women and children, particularly those in the most in need and in helpless situations. Happiness comes from being able to do something worthwhile."

The honours system recognises people who have made achievements in public life or committed themselves to serving and helping Britain. The Queen's Birthday Honours are a way of acknowledging someone's achievements and rewarding people who have made a real difference in society.

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ತೊಳಲಾಟ. ಇದಕ್ಕೆ ಮುಖ್ಯ ಕಾರಣ ಅಜ್ಞಾನ, ಅಶ್ರದ್ಧೆಗಳು. ಇವುಗಳಿಂದ ಉಂಟಾದ ವಿರುದ್ಧ ಜ್ಞಾನವೇ ಸಂಶಯಕ್ಕೆಡೆಮಾಡಿಕೊಡುತ್ತದೆ. ಸಂಶಯದಲ್ಲಿರುವವನಿಗೆ ನಿಶ್ಚಿತವಾದ ಮಾರ್ಗದಲ್ಲಿ ನಡೆಯಲು ಅಸಾಧ್ಯ ಹಾಗೂ ಯೋಗಪ್ರವೃತ್ತಿ ಉಂಟಾಗಲಾರದು. ಅಂತರಾಯದ ಸ್ವರೂಪವನ್ನು ವಿಶ್ಲೇಷಿಸುವಾಗ ಯಾವುದು ನಿಶ್ಚಿತ ಗುರಿಯೆಡೆಗೆ ಸಾಗಲು ಬಾಧಕವು ಹಾಗೂ ವಿಘ್ನಗಳನ್ನುಂಟುಮಾಡುವುದೋ ಅದೇ ಅಂತರಾಯವಾಗಿರುತ್ತದೆ. ಹೀಗಾಗಿ ಸಂಶಯದಲ್ಲಿರುವವನಿಗೆ ಗುರಿಯೆಡೆಗೆ ಸಾಗಲು ಅಸಾಧ್ಯವಾಗುತ್ತದೆ. ಗುರುವಾಕ್ಯ ಮತ್ತು ಶಾಸ್ತ್ರವಾಕ್ಯದಲ್ಲಿ ಶ್ರದ್ಧೆಯಿಲ್ಲದವನಿಗೆ ಅಜ್ಞಾನದ ಮೂಲಕ ಸಂಶಯವು ಪದೇ ಪದೇ ಕಾಡುತ್ತಿರುತ್ತದೆ. ಪ್ರಾರಂಭದಲ್ಲಿ ಎಲ್ಲ ರೀತಿಯ ಪ್ರಯೋಗ ಪರಿಶೀಲನೆ ಮತ್ತು ಪರಿಷ್ಕಾರಗಳಿಂದ ಮಾರ್ಗವನ್ನು ನಿಶ್ಚಿತಗೊಳಿಸಿಕೊಳ್ಳಬೇಕು. ಈ ಹಂತದಲ್ಲಿ ಏಕಾಂತದಲ್ಲಿದ್ದುಕೊಂಡು ಎಲ್ಲ ರೀತಿಯ ಸಾಧಕ-ಬಾಧಕಗಳನ್ನು ಅವಲೋಕಿಸಿ ನಿಶ್ಚಯಿಸಬೇಕು. ಒಮ್ಮೆ ನಿರ್ಣಯಿಸಿದ ಮೇಲೆ ಮತ್ತೆ ಯಾವ ಕಾರಣಕ್ಕೂ ಸಂಶಯಕ್ಕೆಡೆಗೊಡಬಾರದು. ಸಂಶಯವು ಮತ್ತೆ ಮತ್ತೆ ಮನದಲ್ಲಿ

ಪುನರಾವರ್ತಿಸುತ್ತಿರುತ್ತದೆ. ನಾಯಿ ಬೊಗಳಿದ ಹಾಗೆ. ಒಂದುವೇಳೆ ನಾವದಕ್ಕೆ ಪ್ರತಿಕ್ರಿಯಿಸಿದ್ದೇ ಆದಲ್ಲಿ ಅದು ಮತ್ತಷ್ಟು ತೀವ್ರತೆಯನ್ನು ಪಡೆಯುತ್ತದೆ. ಅದಕ್ಕೆ ಪ್ರತಿಕ್ರಿಯಿಸುವ ಅಗತ್ಯವಿಲ್ಲ. ಮನದಲ್ಲಿನ ಸಂಕಲ್ಪ-ವಿಕಲ್ಪಗಳು, ಬಾಹ್ಯಪ್ರಪಂಚದ ವ್ಯಾಪಾರಗಳು ಮತ್ತೆ ಮತ್ತೆ ಮನವನ್ನು ಬಹಿರ್ಮುಖಗೊಳಿಸುವ ಮತ್ತು ವಿಚಲಿತಗೊಳಿಸುವ ಯಾವುದೇ ಸಂದರ್ಭವಿದ್ದರೂ ಅವುಗಳಿಗೆ ಪ್ರತಿಕ್ರಿಯಿಸದೇ ಕೇವಲ ಗುರಿಯೆಡೆಗೆ ನಮ್ಮನ್ನು ಕೇಂದ್ರೀಕರಿಸಬೇಕಾಗುತ್ತದೆ. ಗೀತಾಚಾರ್ಯ ಕೃಷ್ಣನೂ ಗೀತೆಯಲ್ಲಿ ಇದೇ ಸಂದೇಶ ನೀಡಿದ್ದಾನೆ. (ಅಜ್ಞಶ್ಚಶ್ರದ್ಧಧಾನಶ್ಚ ಸಂಶಯಾತ್ಮಾ ವಿನಶ್ಯತಿ ನಾಯಂ ಲೋಕೋಽಸ್ತಿ ನ ಪರೋ ನ ಸುಖಂ ಸಂಶಯಾತ್ಮನಃ ||ಭ. ಗೀ. 4.40||) ಸಂಶಯವಿರುವವನಿಗೆ ಈ ಲೋಕವೂ ಇಲ್ಲ, ಪರಲೋಕವೂ ಇಲ್ಲ ಹಾಗೂ ಸುಖವೂ ಇಲ್ಲ. ಈ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಪ್ರಣವೋಪಾಸನೆ ಎಲ್ಲ ಸಂಶಯಗಳಿಂದ ಮುಕ್ತನೀಡಿ ಮುಕ್ತನಾಗಲು ಅನುವು ಮಾಡಿಕೊಡುತ್ತದೆ.

(ಸಶೇಷ)

# Value Driven Leadership through

- Quality that is Infinite
- Service that Cares
- Hardwork that Endures



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**Alkem Laboratories Ltd.**

Alkem House, Senapati Bapat Marg, Lower Parel, Mumbai - 400 013, Tel: 022 39829999



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

## OUR HAPPINESS LIES IN CREATING PLATFORMS OF JOY.

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For any queries, SMS 'PLY' to 54646 or call us on 1800-2000-440 or give a missed call on 080-1000-5555

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