



S-VYASA

AT A GLANCE

REGISTERED UNDER THE
KARNATAKA STATE SOCIETY REGISTRATION ACT

Research | Education | Health



Swami Vivekananda Yoga Anusandhana Samsthana

vedas
yoga
distance education
commerce
stress management
positive health
entrepreneurship

business management
computer science
artificial intelligence
molecular bioscience lab
analytics

wellness
computer applications
cognitive neuroscience
consciousness
training
integrative medicine

ayurveda and naturopathy
engineering
physiotherapy
sanskrit treatment
allied health
humanities

education
spirituality
occupational therapy
philosophy
rehabilitation
logistics & aviation
research publications

Guided by the vision of
Swami Vivekananda



Honoring the legacy of



Shri. H. V. Sheshadri

With the
Heartfelt Gratitude to



**Pujya
Lakshmi Amma**



At S-VYASA Society, our mission is to integrate research, education, and healthcare to create a holistic and transformative impact. We have dedicated ourselves to making Yoga a socially relevant science, ensuring that our ancient wisdom is validated through modern research and applied in real-world scenarios.

Our society functions as a hub for scientific exploration, academic excellence, and integrative healthcare. Through Anvesana, we are conducting pioneering studies on the therapeutic applications of Yoga, bridging spirituality and science. Our education system, deeply rooted in the Gurukula tradition, is designed to equip students with knowledge, life skills, and resilience, preparing them to excel in both personal and professional spheres. Our healthcare initiatives, led by Arogyadhama, provide evidence-based Yoga therapy, Ayurveda, Naturopathy, and modern medicine to thousands seeking holistic healing. With the launch of our City Campus, we are expanding our vision—bringing Yoga and well-being into every field of study, ensuring students are prepared to thrive in a fast-evolving, technology-driven world while staying grounded in traditional Indian values.

Together, through research, education, and healthcare, we are shaping a future of holistic well-being, self-reliance, and global impact.

With Warmest regards
Dr. H. R. Nagendra
President
S-VYASA Society

VICE PRESIDENTS



S-VYASA is honored to have Sajjan Bhajanka, a distinguished leader in the business and industrial sector as our Vice President. As the Chairman & Managing Director of Century Plyboards (India) Ltd, he has played a pivotal role in expanding the company's footprint across India.

His foresight and leadership have contributed immensely to making Century Plyboards a household name in the wood-based manufacturing industry. With his extensive entrepreneurial expertise and governance skills, he brings a unique perspective to S-VYASA strengthening our mission to integrate Yoga, Science, and Holistic Health at a global scale. His presence ensures strong institutional development, strategic growth, and impactful leadership in our journey towards spreading the wisdom of Yoga worldwide

Mr. Sajjan Bhajanka
Vice President



A distinguished business leader, Satish Gupta has pioneered SB International, Inc. into a global force in steel and metal trade. His dedication to education, healthcare, and philanthropy continues to impact lives through the Gupta Agarwal Charitable Foundation. As Vice President of S-VYASA, he plays a key role in advancing its mission of wellness and academic excellence.

His leadership and strategic vision continue to drive impactful change across industries and social initiatives. With a deep passion for holistic development, he bridges business expertise with a commitment to societal well-being.

Mr. Satish Gupta
Vice President



Dr. R. Nagarathna is an expert in Yoga therapy, integrating modern medicine with ancient healing sciences. As a Co-Founder and Vice President of S-VYASA Society, she has shaped evidence-based Yoga therapy for chronic and lifestyle diseases.

A distinguished medical professional, she holds an MBBS, MD in Internal Medicine, and MRCP & FRCP from Edinburgh, UK. Her contributions include over 80 research publications and 11 books outlining therapeutic Yoga protocols for conditions like asthma, diabetes, hypertension, heart disease, digestive disorders, and cancer. With five decades of experience, Dr. Nagarathna continues to revolutionize Yoga therapy, mentoring scholars and impacting thousands of lives through compassionate healing.

Dr. R Nagarathna
Vice President



Smt. Subhadra Devi is a founding member of the SVYASA Society and has dedicated her life to the service of others and the teaching of Vedanta. She imparts knowledge to individuals interested in Indian philosophy through both offline and online classes.

The most significant contribution lies in training individuals with knowledge of Bhagavad Gita, with core teachings rooted in value based education and the principles of Indian philosophy. Additionally, she has played a pivotal role in groundbreaking research in the field of yoga therapy. Notably, she contributed to the first breakthrough study on "Yoga for Bronchial Asthma," which was published in the British Medical Journal (BMJ) in 1985.

Smt. Subhadra Devi
Vice President



Dr. H. R. Dayananda Swamy has been a dedicated force behind the growth and stability of S-VYASA for over three decades. He has played a key role in the institution's financial and administrative evolution since its inception.

A commerce graduate from Mysore University, he further honed his expertise with an MBA in Finance from Bharathiar University, M.Sc. in Yoga and a Ph.D. He combines deep financial acumen with a profound understanding of Yoga and institutional development.

As Secretary of S-VYASA Society, his leadership ensures financial sustainability and strategic administration, making him an integral part of the organization's continued success. With a keen eye for financial prudence and operational excellence, he remains a cornerstone in S-VYASA's mission to integrate Yoga, science, and education for global well-being.

Dr. H. R. Dayananda Swamy
Secretary



Dr. Rabindra Acharya has been an integral part of S-VYASA since 2004, playing a key role in the institution's expansion and outreach. As the Joint Secretary of the S-VYASA Society, he has contributed significantly to the development of yoga education, research, and wellness programs.

A distinguished academic, Dr. Acharya holds a Master's degree in Science (M.Sc.) and a Ph.D., specializing in yoga therapy and its applications for holistic well-being. His deep knowledge and dedication to the field have positioned him as a leading expert in integrating yoga with modern health sciences.

Currently, he serves as the In-Charge of the VYASA Delhi Centre, where he actively promotes yoga at the national level.

Dr. Rabindra Acharya
Joint Secretary

OFFICE BEARERS



Sri B. Mahadevappa has been an integral part of S-VYASA Society for over 4 decades, contributing significantly to its growth, financial sustainability, and strategic development. As the Treasurer, he has played a crucial role in managing financial operations, resource planning, and ensuring the smooth functioning of the society's initiatives in research, education, and healthcare.

He is also the publisher of Yoga Sudha, the monthly journal that shares scientific advancements, research insights, and traditional wisdom in Yoga with a global audience. His dedication and commitment continue to strengthen S-VYASA's mission of making Yoga a globally recognized, evidence-based science.

Sri B. Mahadevappa
Treasurer



Dr. Amit Singh, an expert in Integrative Medicine, Ayurveda, and Yoga Therapy, serves as the Chief Medical Officer at Arogyadhama, S-VYASA Health Home. With over 13 years of experience, he has successfully treated more than 30,000+ inpatients using a holistic approach combining Ayurveda, Yoga, and modern rehabilitation methods.

A prolific researcher, he has around 50 international medical journal publications and has been recognized by the American Diabetes Association for his contributions to integrative healthcare. He is the National Coordinator for the Stop Diabetes Movement, working towards preventive and therapeutic solutions for lifestyle diseases. Through his leadership, Arogyadhama continues to be a premier 350-bed integrative medicine hospital, pioneering evidence-based Yoga and Ayurveda therapies

Dr. Amit Singh
Chief Medical Officer, Arogyadhama
Member



As Vice President of S-VYASA, he brings his expertise in operational leadership, development, and international collaboration. His strategic vision helps bridge traditional wisdom with modern education and research, ensuring the continued growth of S-VYASA as a global center for Yoga, Ayurveda, and holistic health.

Chat Ganesh is a seasoned global business leader with an experience in international trade, corporate finance, and strategic development. With a career spanning multiple industries and continents, he has successfully led business expansion

Mr. Chat Ganesh
Member

THROUGH THE YEARS



S-VYASA
SOCIETY

Dr. H. R. Nagendra returned from NASA, USA, inspired to develop Yoga as an evidence based science.

1973



Established Vivekananda Kendra, Bengaluru and built Vashista Building for spiritual discourses & Yoga practice.

1975



Dr. H. R. Nagendra & Dr. R. Nagarathna trained under Pujya Shastriji in Yoga & Vedanta.

1978



Birth of Integrative Approach to Yoga Therapy (IAYT) by Dr. R. Nagarathna

1979



First Yoga Therapy Camp for Asthma conducted, leading to disease-specific therapy camps.

1981



Start of Yoga Therapy Instructor Course (YTIC).

1982



Research breakthrough "Yoga for Bronchial Asthma" published in British Medical Journal (BMJ)

1985



SIRO (Scientific & Industrial Research Organization) recognition by Govt. of India.

1986



Arogyadhama – Yoga Healthcare Center was established with 10-15 bed facilities.

1986



Recognition of Anveshana Research Wing under Ministry of Science & Technology, Govt. of India

1988



First INCOFYRA (International Conference on Frontiers in Yoga Research & Applications) held.

1991



Development of Advanced Yoga Techniques & Research Modules.

1994



Major outreach programs in media (TV, Radio, Newspapers) began, increasing awareness of Yoga Therapy.

1996



S-VYASA officially recognized as a Deemed-to-be University.

2002



Introduction of BSc, MSc, MD, PhD, PGDYT, YIC courses.

2003



Renovation and expansion of Anvesana Research Lab with Neurophysiology, Neuropsychology, EEG, Polysomnography.

2004



DST-FIST program funding received for research infrastructure

2005



Recognized as a "Center for Advanced Research in Yoga & Neurophysiology" by ICMR.

2007



Declared a Center for Excellence by the Ministry of AYUSH.

2008



Launch of Stop Diabetes Movement (SDM) Camps, which later transformed into Madhumeha Mukta Bharat (MMB).

2010



Over 1,200 diabetes camps conducted across India.

2013



Grant from the Govt. of Karnataka for upgrading research facilities.

2014



Establishment of Molecular Bioscience Lab, Cognitive Neuroscience Lab, Bio-Energy Research Lab

2015



Establishment of the School of Advanced Studies, strengthening Yoga education, research, and global outreach.

2024





S-VYASA
Deemed-to-be University

Prashanti Kutiram
Main Campus

Centre for
Open & Distance
Education

School of
Advanced Studies
City Campus



S-VYASA
SOCIETY
Research | Education | Health



AROGYADHAMA
S-VYASA HEALTH HOME



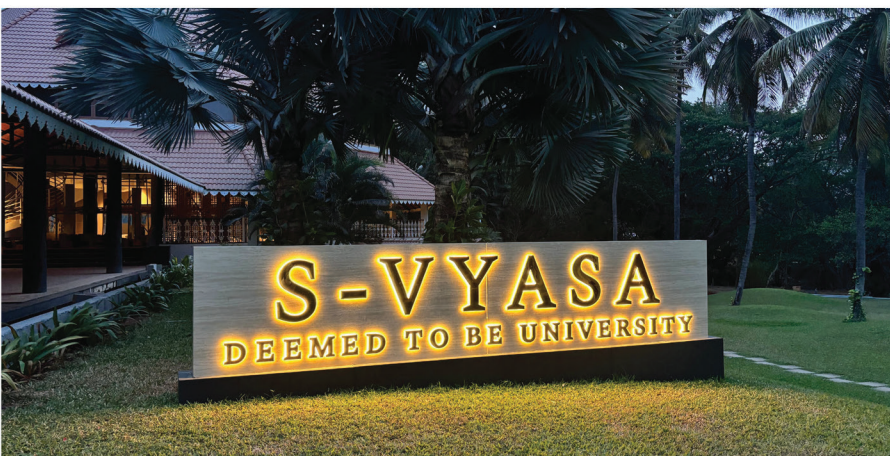
ANVESANA
RESEARCH & DEVELOPMENT
CENTRE



S-VYASA
Deemed-to-be University



Prashanti Kutiram Main Campus



School of Advanced Studies City Campus



Prof. K Subrahmanyam serves as the Chancellor of S-VYASA Deemed to be University, guiding the institution with his deep wisdom, academic excellence, and commitment to integrating traditional knowledge with modern education. A distinguished scholar, educator, and philosopher, he has played a pivotal role in shaping the university's vision of promoting yoga as a scientifically validated discipline. With a strong academic background, Prof. Subrahmanyam holds advanced degrees in Philosophy and English, along with a Ph.D. His expertise spans across education, culture, and Vedantic philosophy, making him a revered figure in academia. He has mentored numerous M.Phil. and Ph.D. scholars, contributing significantly to research and higher education.

As Chancellor, he provides strategic leadership to S-VYASA, ensuring that the institution upholds its mission of combining the ancient science of yoga with modern scientific research. Under his guidance, the university continues to expand its academic programs, global collaborations, and research initiatives, establishing itself as a world leader in yoga education and therapy.

Dr. K. Subrahmanyam
Chancellor



Dr. B. R. Ramakrishna, Pro-Chancellor of S-VYASA Deemed to be University, is a renowned expert in Ayurveda, Yoga, and Integrative Medicine. With over 40 years of experience in education, research, and clinical practice, he has been instrumental in promoting holistic health sciences. His leadership has guided the development of evidence-based Ayurvedic formulations and innovative wellness programs.

A respected academic, he has mentored numerous postgraduate and Ph.D. scholars in Ayurveda and Yoga therapy. Through his contributions, S-VYASA continues to bridge ancient wisdom with modern scientific advancements for global well-being.

Dr. B. R. Ramakrishna
Pro-Chancellor



Dr. N K Manjunatha Sharma, Vice Chancellor of S-VYASA Deemed to be University, is a distinguished academician and researcher with over 32 years of experience in Yoga, Naturopathy, and Integrative Medicine. A Ph.D. holder in Yoga, he has published over 100 research papers in leading international journals.

His expertise in psychophysiology, meditation, and aging has earned him global recognition, including engagements with Harvard Medical School, Monash University, and the World Health Organization (WHO). As Editor of the International Journal of Yoga (IJOY), he plays a key role in advancing evidence-based Yoga research. He is actively involved in shaping policies for Yoga education, research, and accreditation.

Dr. N K Manjunatha Sharma
Vice Chancellor



Prof. S. Siva Sankara Sai serves as the esteemed Registrar of S-VYASA Deemed to be University, playing a crucial role in the university's academic and administrative framework. With a strong background in scientific research, he holds an M.Sc. and Ph.D., contributing significantly to the integration of traditional wisdom with modern education.

As Registrar, he has been instrumental in fostering collaborations, including key partnerships and MoU's. Prof. Sai's dedication to institutional growth and academic excellence continues to shape S-VYASA's vision of bridging ancient Yogic sciences with contemporary research.

Prof. S. Siva Sankar Sai
Registrar



Ramesh MN has 23 years of research experience in the field of biochemistry and molecular biology. After having gained research experience from reputed research organisations like Max Planck Institute in Germany and UMass in The US.

Ramesh is currently serving as the Director of research & development at S-VYASA University in Bangalore pursuing his long term interest in psycho- somatic angle of understanding physiology in health and disease and its modulation through Yoga and other traditional systems of medicine.

Dr. Ramesh M N

Director, Research & Development



Dr. Natesh Babu serves as the Director of the Directorate of Distance Education (DDE) at S-VYASA University, Bengaluru, India. In this capacity, he oversees the university's distance learning programs, ensuring that quality yoga education is accessible to a global audience.

Holding a Ph.D. in Yoga, Dr. Natesh has contributed to the field of yoga through research, with publications focusing on the impact of workplace yoga on various health parameters.

Beyond his administrative and research roles, Dr. Babu is committed to promoting yoga education and research, aiming to integrate traditional practices with modern scientific approaches.

Dr. Natesh Babu

Director, CODE



Anish Antony is a visionary leader and an exceptional executionist, driving the rapid growth of the S-VYASA School of Advanced Studies. Through his strategic leadership, he achieved the remarkable feat of enrolling a record number of students in the very first year of operations.

His dedication and ability to turn ambitious goals into reality were demonstrated by the successful establishment of the S-VYASA City Campus in an impressively short span of time. With a strong focus on academic excellence, infrastructure development, and student-centric initiatives, he continues to shape the institution into a center of higher learning and innovation.

Mr. Anish Antony

Executive Director



S-VYASA

Deemed-to-be University



Prashanti Kutiram, translating to "Abode of Peace," serves as the serene headquarters of S-VYASA University, located approximately 30 kilometers from Bengaluru city. Nestled amidst lush greenery, this tranquil campus provides an ideal environment for holistic learning and research in yoga and allied sciences.

The campus is equipped with state-of-the-art facilities, including advanced research laboratories, a comprehensive library, and dedicated spaces for yoga practice and instruction. These resources support a wide range of academic programs, from undergraduate to doctoral levels, fostering a blend of traditional wisdom and modern scientific approaches.



Prashanti Kutiram Main Campus

At Prashanti Kutiram, students engage in a unique educational experience that integrates life training and character building through yoga as a way of life. The institution emphasizes practical, hands-on experience and in-depth research, preparing students to contribute effectively to the field of yoga and holistic health.

The campus also hosts various wellness programs and workshops, promoting the application of yoga for health and well-being. Its serene atmosphere and comprehensive facilities make Prashanti Kutiram a distinguished center for learning, research, and the practice of yoga.



Accreditations

- Accredited by NAAC with a premium A+ rating
- 12B & Category - I Deemed to be University recognition by UGC
- Listed in Category 'A' & AICTE Approval by MHRD, GoI
- KSURF 4 Star Specialist University, by KSHEC, GoK
- ICMR Centre for Advanced Research in Yoga & Neurophysiology
- Center for Excellence in Yoga by Dept. of AYUSH, GoI
- SIRO (Scientific and Industrial Research Organisation) recognition
- ISO certified first Yoga University
- Organised over 25 National and International Conferences in India and Abroad
- Bi-annual Index Research Journal, IJOY (International Journal of Yoga)
- MoUs with about 43 Universities & Research Centres around the world
- Trained nearly 50,000 Yoga Teachers in India and Abroad





S-VYASA
Deemed-to-be University



Programs in School of Yoga

YIC Yoga Instructor's Course

BSc Yoga Therapy

BSc Yoga & Vedic Therapy

MSc Yoga Therapy

MSc Yoga & Vedic Therapy

PGDYT Post Graduate Diploma in Yoga Therapy

PhD Yoga

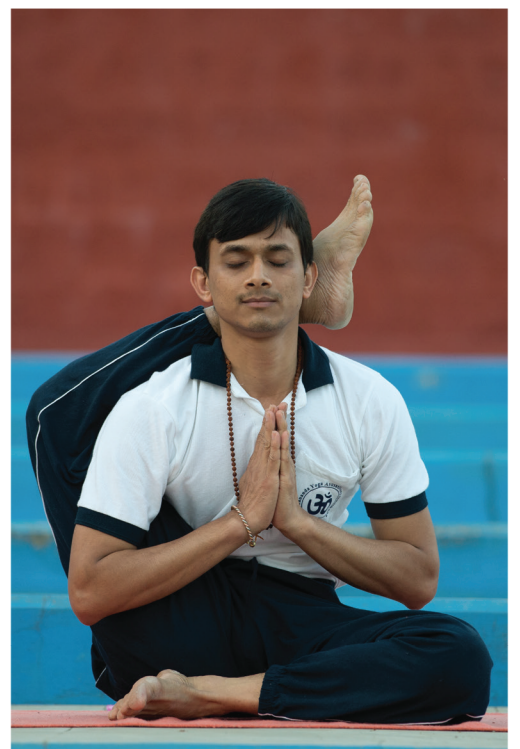


Programs in School of Yoga and Naturopathic Medicine

BNYS Bachelor of Naturopathy & Yogic Sciences

MD Doctor of Medicine in Yoga

PGDYTD Post Graduate Diploma in Yoga Therapy for Doctors



Prashanti Kutiram Main Campus



Hostels



Library



Dining Hall



Sports Complex



Shrut Mandir



Temple



Open Spaces
for walk



Gardens



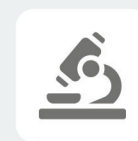
Natural
Environment



Research Lab



Goshala



Clinical
Internships



S-VYASA
Deemed-to-be University



Prashanti Kutiram Main Campus





S-VYASA
CENTRE FOR OPEN &
DISTANCE EDUCATION





S-VYASA
CENTRE FOR OPEN &
DISTANCE EDUCATION



S-VYASA-CODE received its provisional recognition in 2007, which was renewed in 2011, and later approved by the University Grants Commission (UGC) in 2012 following an inspection by the Tripartite Committee. Since its inception, CODE has received four cycles of recognition till 2022, reaffirming its academic excellence and compliance with UGC norms.

S-VYASA is the only Yoga Deemed-to-be University that offers programs in both residential and distance education modes. Currently, over 5000 students are pursuing Yoga education through CODE.

Open and Distance Learning (ODL) is one of the most innovative initiatives undertaken by S-VYASA to make Yoga education accessible to a global audience. The Department of Distance Education (DDE) was renamed as the Centre for Online and Distance Education (CODE) and has been instrumental in offering flexible, high-quality, and structured Yoga education since 2007.



Directorate of Distance Education (DDE)

The Directorate of Distance Education (DDE) operates as an essential arm of CODE, ensuring the smooth administration and academic coordination of all distance education programs. With state-of-the-art digital learning tools, online resources, and structured curriculum, DDE plays a pivotal role in bringing Yoga, Naturopathy, and Allied Sciences to learners worldwide.

Programs

- Yoga Instructor Course (YIC)
- B.Sc. in Yoga.
- M.Sc. in Yoga
- Diploma in Yoga Therapy
- Postgraduate Diploma in Yoga Therapy (PGDYT)
- Postgraduate Diploma in Yoga Therapy for Doctors (PGDYTD)





AROGYADHAMA
S-VYASA HEALTH HOME





AROGYADHAMA
S-VYASA HEALTH HOME



Arogyadhama is a 350-bed integrative medicine hospital located within the serene campus of S-VYASA University in Bengaluru, India. For over four decades, it has been dedicated to preventing and treating modern non-communicable diseases, offering long-term rehabilitation, and promoting positive health. The center has successfully treated more than 30,000 patients, providing a mantra for healthy and stress-free living.

The hospital offers a range of accommodation options to suit individual preferences, including dormitories, single and double rooms, deluxe cottages, and super deluxe suites. Each facility is designed to provide a serene and comfortable environment conducive to healing.

Arogyadhama's commitment to holistic health is reflected in its integrative approach, combining traditional wisdom with modern science to offer comprehensive care tailored to individual needs.





AROGYADHAMA
S-VYASA HEALTH HOME

Our Departments



Neurology



Oncology



Cardiology



Spinal Disorder



Rheumatology



Pulmonology



Promotion of
positive health



Gastroenterology



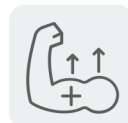
Endocrinology



Psychiatry

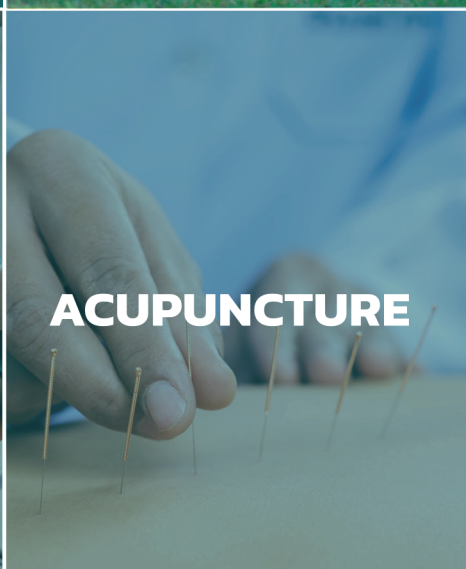


Diabetes



Metabolic
Disorders

OUR SPECIALTIES



Accommodation:

To cater to the diverse needs of its patients, Arogyadhama offers various accommodation options:

- Dormitories
- Single and double rooms
- Deluxe cottages
- Super deluxe suites

Each facility is designed to provide a serene and comfortable environment conducive to healing.



Daily Schedule:

Patients at Arogyadhama follow a structured daily routine that includes:

- Yoga sessions
- Therapeutic treatments
- Dietary plans
- Recreational activities

This regimen is designed to promote holistic healing and well-being.





ANVESANA

RESEARCH & DEVELOPMENT
CENTRE





ANVESANA

RESEARCH & DEVELOPMENT
CENTRE

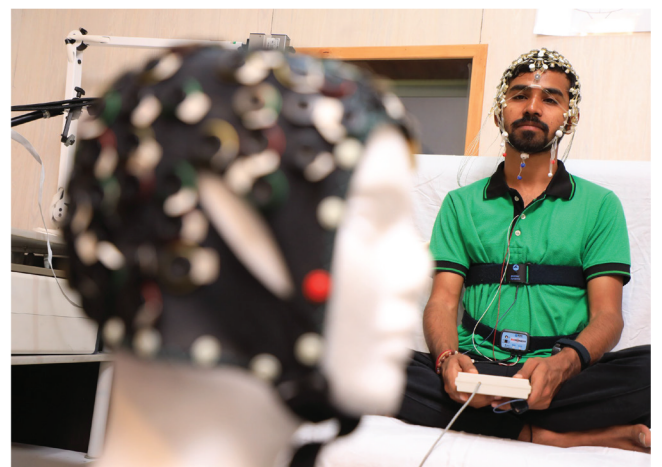


Anvesana Research Laboratories was established over 30 Years ago by Dr. Nagendra H R and Dr.Nagarathna R as the research facility of S-VYASA Deemed to be University, with an aim to conduct empirical research to understand efficacy and mechanism of action of Yoga, make Yoga a socially relevant science and to create an evidence base for Yoga. Back then, Anvesana was first and the only research facility in the world dedicated to Yoga research. electrophysiology was the first area of enquiry started at Anvesana, The immense interest in the present-day world for using yoga as a therapy for common ailments was initiated through pioneering work at Anvesana. Equal furtherance has also been given here for interpreting the yoga's affect at the spiritual and metaphysical level. this diverse platform has made Anvesana a sought-after place for interdisciplinary researchers from all over the world.



S-VYASA and Anvesana Research Labs uses a multi-dimensional approach to understand Yoga by dividing the expertise into five divisions of Humanities, Physical science, Spirituality, life sciences and management. The cutting-edge research conducted at Anvesana has earned it several recognitions, to name a few:

- Center for Excellence in Yoga by Department of AYUSH, Govt. of India
- Centre of Excellence for Meditation Research from DST
- Scientific and Industrial Research Organization (SIRO)
- ICMR Center for Advanced Research in Yoga Neurophysiology





ANVESANA

RESEARCH & DEVELOPMENT
CENTRE

Labs:

- Molecular Biosciences Lab
- Cognitive Neuroscience Lab
- Psychophysiology Lab
- Sleep Medicine Lab
- Psychology Lab
- Subtle Energy Lab

Anvesana's pioneering research contributes to evidence-based Yoga Therapy, fostering global recognition of Yoga as a powerful tool for health, rehabilitation, and overall well-being.

Anvesana has published around 925 research papers which accounts to a significant share in the world's scientific literature on yoga

