

ANVESANA RESEARCH LABORATORIES

‘Adopt a Research Project’



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SVYASA University

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) is deemed to be University established in the year 2002. Be and Make, is the motto of S-VYASA. It is to bring the holistic vision of Yoga and spiritual lore to one and all as a way of life that would bring Health and Wealth, Peace and Efficiency, Harmony and Growth to solve the problems of modern society and to build the ideal social order.

S-VYASA is an exclusive Yoga university based on the principle teachings of Swami Vivekananda on education and research. The University is offering various Yoga courses where students undergo life training and character- building education with Yoga as a way of life. Here Gurukula way of education is combined with the modern scientific approach. The emphasis is practical hands-on experience and in-depth research.

S-VYASA has come a long way in creating a platform of healthcare and advanced research of international recognition during the last 2 decades, without any financial support either from State Government or Central Government. The entire infrastructure has been built gradually by donations received from well-wishers of Vivekananda Kendra, Yoga lovers, beneficiaries, and philanthropists. The society, as a whole, has built the present setup of the largest Yoga Arogyadhama, a Research center and a University.

Message

Founder



I take immense pleasure to inform you that Swami Vivekananda Yoga Anusandhana Samstana (S-VYASA University), Bengaluru as a deemed University established under Section 3 of the UGC Act, 1956, is a premier yoga university dedicated to Yoga education, research and therapy.

I Inspired by the teachings of Swami Vivekananda, S-VYASA is instrumental in developing four-fold personality development through yoga for (Physical, mental, emotional and intellectual) in addition to four-fold consciousness (civil sense, service zeal, national awareness and spiritual quest) to a modern stream of education by combining the best of the east (Yoga and Spirituality) with the best of the west (Modern Scientific Research). Thus by promoting Yoga to the academic higher education level, a revolution has been created in moulding the students as divine human beings.

Research Director



S-VYASA, envisioning to make yoga a socially relevant science stands unique amongst other schools of yoga in the nation for its scientific contributions. Adding to our credentials, we are one of the few laboratories exclusively carrying out research work in the field of Yoga

Anvesana's up-gradations funded by the AYUSH, Government of Karnataka provides a new leap forward for the existing researchers with the state of the art laboratories, equipment and research space helping to progress in the advent of understanding the newer dimensions. Supporting scientists and sustaining a robust environment that nourishes the knowledge will remain the key to our continuing success.

Research in Anvesana

Research at Anvesana research laboratories is organized across six major disciplines, each with its strength, specialities and goals.

Though there are several areas under interrogation at each facility, the common theme is the emphasis on understanding the complex interplay between the physical, mental, social and spiritual planes of being. All the research disciplines also undertake fundamental studies providing opportunities for medical applications and standardization of tools.



Major areas of research

- Physiological effects of yoga practices
- Therapeutic applications of yoga
- Yoga for rehabilitation
- Yoga for perception and performance
- Higher states of consciousness



Adopt a Research Project

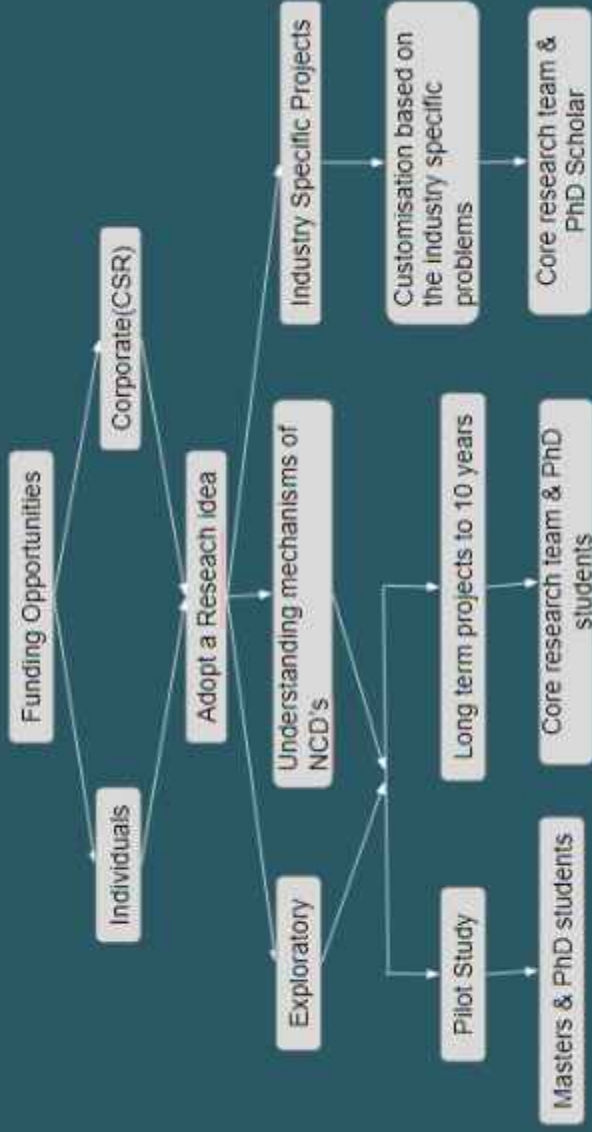
'Adopt a Research Project', is a program which gives opportunity to individuals from all walks of life to contribute and be a part of our emerging research projects. Individuals or companies can choose research projects of their interest, fund and adopt a research project of their own or make a smaller contribution towards the research project.

So, be a proud partner of this noble initiative and in our effort to unearth the true potential of yoga & in constructing a healthy future for the generations to follow.

Funding possibilities

Anvesana is grateful for the support from many members of its scientific alumni who laid the seed of knowledge, paving way for a new generation of scientific fraternity.

We are grateful to our generous donors who have come forward to support the noble cause of research in understanding the scientific basis of yoga. Government departments like DST, DBT, ICMR and AYUSH have continuously recognized and supported our research through research grants. We have also been accorded to provide a special tax exemption status for our donors by the government of India under section 35 I (ii). the saying goes "little drops fill the ocean", we intend to pool the small contributions from the employees working in the corporate willing to donate for research at Anvesana and Corporates willing to donate for exploration or any specific stream of studies through CSR funding for the betterment of the society.



Benefits to the donors

- CSR donors
- Tax exemption under 80 (G) or 35 (i) (ii)
Complementary yoga sessions and workshops for your employees
- Acknowledgement in research publications
Opportunity to be a part of the world class research
- Self satisfaction of being a part of the health revolution
Promotion of positive health and consultation with Ayurveda and
- Naturopathy doctors.

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ARP101-DIABETES PREVENTION THROUGH YOGA- BASED LIFESTYLE

Effect of yoga based lifestyle intervention in Diabetes Prevention and reversing β cells dysfunction

Need of the study:

The loss of β cell function begins even before the diagnosis of diabetes. Almost 70- 80% of β cell function is lost during pre- diabetes. The progression rate from pre- diabetes to diabetes is higher in Indians, when compared to other population. Yoga- based lifestyle modification is a six month program for diabetes prevention. Early screening and appropriate intervention is essential to stop the β cell dysfunction and prevent diabetes

Duration: 6 months (and follow up)

Investigator: Dr. V Venugopal

Other benefits for the donor: Donor's own employees and family can avail the benefits by enrolling in the program

Project Expenses-Rs. 5 Lakhs

ARP102-PRANAYAMA IN MANAGEMENT OF DIABETIC FOOT ULCERS

Effect of Brahmari Pranayama on Nitric Oxide and Nitric Oxide Synthase (eNOS) in Diabetes

Need of the study:

Around 180 diabetes patients lose their limbs every day due to diabetes complications. Delayed wound healing is one of the commonest problems faced by diabetes patients, which leads to complications like gangrene or even limb amputation. This study looks at the effect of a particular breathing practice in improving the nitric oxide synthesis in blood and thus help improve wound healing by increasing micro circulation to the wound area.

Duration: 1 month or 3 weeks

Investigator: Dr. V Venugopal

Other benefits for the donor: The donor will be acknowledged in the research

Project Expenses- Rs. 3 Lakhs

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Molecular Bio-sciences laboratory



The Molecular Biosciences laboratory is a specialized facility dedicated to unraveling the molecular underpinnings of Yogic practices. Equipped with cutting-edge technology including a next-generation sequencer, microarrays, flow cytometer, fluorescent microscope, high-performance liquid

chromatography, multimode plate reader, transfection unit, various PCR setups, and 2D electrophoresis among others, our laboratory investigates biological phenomena spanning from genes and proteins to the organismal level.



Psychophysiology laboratory



This laboratory leads in the forefront of autonomic and metabolic function testing, polysomnography, and cerebral blood flow dynamics. Over recent years, it has significantly advanced the understanding of autonomic modulations resulting from yoga practices. The laboratory assesses the

functions of the autonomic nervous system across different mental states, meditation, and breathing practices. Notably, its research has garnered attention for demonstrating how yoga practices can enhance the autonomic nervous system's resilience to stressful stimuli without inducing stress.



Cognitive Neuroscience laboratory

At the Cognitive Neuroscience Laboratory (CNL), we delve into the mysteries of the human mind through a multidisciplinary approach. Our cutting-edge research utilizes advanced technologies such as 128-channel dense EEG, Evoked Potentials, and functional Near- Infrared Spectroscopy (fNIRS) to uncover the neural foundations of human behavior.



Pioneering Research in Mind-Body Connections

Our dedicated team is at the forefront of investigating the transformative effects of yoga on the brain. By studying yoga as a mind-body intervention, we aim to reveal how it regulates neural processes and enhances cognitive functions across various mental states. Join us in our quest to understand the intricate workings of the human brain and discover the profound impact of mind-body practices.

Psychology laboratory

Our Psychology Lab, where we innovate tools and develop theoretical frameworks based on traditional knowledge. We intervene to regulate neural processes that influence cognition across different mental states. Our lab is equipped with a range of facilities for assessing cognition, physical abilities, and professional skills through computerized tests. We have demonstrated the effectiveness of yoga in enhancing performance and cognitive abilities, drawing from the rich heritage of traditional Indian education systems.



Bio-Energy laboratory

our Bioenergy Laboratory, dedicated to exploring the subtle energy dynamics of biological and inanimate systems. Our facilities include:



Electrophotonic Imaging: Utilizing Kirlian principles to measure subtle energy.

Acugraph: An electrodermal assessment rooted in Chinese traditional medicine.

Nadi Tarangini: A pulse-based diagnostic system assessing tridosha (Vata, Pitta, Kapha) according to Ayurvedic principles.

Random Event Generator: Investigating how human minds influence hypothetical consciousness fields and the power of individual intentions.



Contact:

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