



INDIAN INSTITUTE OF TECHNOLOGY MANDI

भारतीय प्रौद्योगिकी संस्थान मंडी

Institute Colloquium

“Yoga – A Revolution in The Making”



16th March,
2026



05:00 PM



Auditorium,
North Campus

Dr. H R Nagendra
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Chancellor, S-VYASA
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Anusandhana Samsthana



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Padma Shri - 2016
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YOGA – A REVOLUTION IN THE MAKING

The modern world is undergoing rapid transformation in science, technology, education, and social structures. Although these developments have brought significant material progress, they have also created serious challenges such as stress, psychosomatic diseases, social unrest, addiction, and psychological disturbances. Modern science has successfully explored and controlled the physical universe, but it has limitations in understanding deeper aspects of human life such as the mind, emotions, intellect, and consciousness. This gap calls for a paradigm shift in our knowledge systems—one that integrates both the material and the spiritual aspects of human existence.

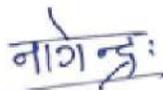
Yoga offers a holistic response to these modern challenges and represents a significant revolution in human understanding and lifestyle. Rooted in the ancient wisdom of the Upanishads and Indian philosophical traditions, Yoga explains human existence through the concept of the Pancha Kosha—the five layers of being: Annamaya (physical), Pranamaya (vital energy), Manomaya (mental), Vijnanamaya (intellectual), and Anandamaya (bliss). According to this model, true health and well-being depend on harmony across all these levels rather than focusing only on the physical body.

Yoga is not limited to physical postures or breathing exercises. It is a conscious process aimed at the evolution of human potential. Great masters such as Swami Vivekananda described Yoga as a means of accelerating the growth of human beings from ordinary awareness toward the realization of their inner divinity. Patanjali defined Yoga as “*Yogah chitta vritti nirodhah*,” the mastery over the fluctuations of the mind, while the Bhagavad Gita emphasizes equanimity and skill in action. These perspectives present Yoga as a science of inner transformation that leads to harmony, efficiency, and inner peace.

In modern society, Yoga has significant applications in addressing stress-related disorders, psychosomatic illnesses, and mental health problems. Through integrated practices such as asanas, pranayama, relaxation techniques, and meditation, Yoga promotes physical health, emotional stability, mental clarity, and spiritual growth. It therefore plays an important role in preventive, promotive, and therapeutic healthcare.

Institutions such as Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) have contributed significantly to the scientific study and application of Yoga in areas like medicine, education, management, and human potential development. By integrating traditional yogic wisdom with modern research, Yoga is emerging as a powerful approach to achieving holistic health and a balanced life.

Thus, Yoga represents a transformative shift from a purely material perspective to a consciousness-based understanding of life. In this way, Yoga can truly be seen as a revolution in the making, guiding humanity toward harmony, well-being, and higher awareness.


(Dr H R Nagendra)



Dr. H R Nagendra, ME, PhD (Mech. Eng.)

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(Deemed to be University u/s 3 of the UGC Act, 1956)

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Dr. H R Nagendra born on Jan 1,1943 completed PhD in Mechanical Engineering in 1968 from IISc, Bangalore. After serving for a short stint as a faculty at IISc, joined University of British Columbia as Post-Doctoral Research Fellow. Moved to NASA Marshall Space Flight Centre as Post-Doctoral Research Associate, and to Imperial College of Science and Technology, as a consultant in 1972 and Visiting Staff.

Joined Vivekananda Kendra during 1975 as a whole-time Honorary Director of Training and served as all India of Yoga and later as Vice president. Vivekananda Kendra, Kanyakumari.

From 1986 to 2000, he was the Secretary of Vivekananda Kendra Yoga Research Foundation, Bangalore and the Director of Indian Yoga Institute. From 2000 till date, he is the President of Vivekananda Yoga Anusandhana Samasthana. Served as Vice Chancellor of S-VYASA (Swami Vivekananda Yoga Anusandhana Samasthana), the premier Yoga University from 2002 to 2013, and currently serving as Chancellor from 2013.

Published 30 Research Papers in Engineering and authored 150 papers on Yoga and co-authored 35 books on Yoga. Guided and co-guided nearly 50 PhD students.

Coveted with innumerable number of national and international awards, citations in recognition of the extemporary contribution in the field of Yoga. During 2016 Government of India honoured him with Padmashree Award.

Recently recognized by Stanford University under Complimentary & Alternative Medicine ranked at 158th world ranking of top 2% Indian scientists.

Awards conferred to him:

- **Padma Shri** award, Government of India – 2016
- **Distinguished Alumni Award of IISc**, Bengaluru – 2015
- **Light of Yoga** award from Hindu Students Council, NJ, USA – 2015
- **Global Peace Award** in UNO hall from Sri Swami Madhavananda, World Peace Council, Vienna – 2015
- **Bharat Gaurav** award in British Parliament – 2015 **International Yoga Grand Master Award** from Portuguese Yoga Confederation – 2013
- **Kannada Rajyotsava Award form Govt of Karnataka** (for Organization) – 2010
- Recipient of **Bharata Ratna Sir M Visvesvaraya Science Award** for the contributions in the field of Yoga Education and Yoga Therapy from Svadeshi Vijnana Andholan, Karnataka – 2010
- **National Citizen's Award** from the hands of Justice P N Bhagavati, Hon'ble Chairman, UN Human Rights Commission – 2001
- Nominated by the American Biographical Association for the **Distinguished Leadership** award for his service to humanity
- Recipient of **Bhaskar** award for the contributions in the field of Yoga by organizers of Mystic India Exhibition, New Delhi from the hands of Sri Ramananda Sagar – 1997

- Recipient of **Patanjali Award 1997** for the contributions in the field of Yoga by ISM&H, Ministry of Health and Family Welfare, Government of India, through Director, ISM&H in Bengaluru
- Award by the Chief Minister, Govt of Delhi for contributions in the field of Yoga Therapy – 1995
- **Yoga Shree** award by Padmashri Yogacharya BKS Iyengar, organized by Bengaluru Yoga Association – 1995
- **Man of Excellence** award by the Badaganadu Sangha Association, Bengaluru - 1994

Presently Positions held:

- Chairman, IUCYS, Inter University Center of Yoga Sciences, MHRD, Govt of India
- Secretary General, Indian Yogasana Sports Federation
- Member, NITI Aayog
- Chancellor, S-VYASA, deemed to be University, Bengaluru
- Chairman, Vivekananda Yoga University (VaYU), Los Angeles, USA
- Expert, Development of Benchmarks for Training in Yoga' - WHO, Geneva
- President, VYASA, Bengaluru
- Chairman, Yoga Certification Board, Ministry of AYUSH
- Chairman, Yoga and Naturopathy Development Committee
- Chairman of SAC of CCRYN, Ministry of AYUSH
- Chairman, National Committee for Development of Yoga Courses Ministry of Skill Development and Entrepreneurship
- Member, General Assembly of ICCR, Ministry of External Affairs
- Secretary General, World Yogasana Sports Federation, New Delhi
- Member of EC, AIISH, Mysore under MOHFW

Formerly he was:

- Chairman, IDY Experts Committee, GOI
- Chairman of Task Force of AYUSH, Govt of India, Ministry of AYUSH
- Chairman, Expert Committee on Yoga for Teacher Educators, NCTE
- Chairman, Expert Committee for Yoga for Schools, NCERT
- Chairperson, "Committee on Yoga Education in Universities", UGC

- Member, Committee for Development of Vision and Road Map for the Development of Sanskrit, Ministry of HRD, Govt of India
- Member Planning Commission, Govt of India
- President, HUA, USA
