

Life Time Achievement Award

YOGA



Prof. H. R. Nagendra

Vice Chancellor

Swami Vivekananda Yoga Anusandhana Samsthana (University)
Bangalore

Prof H R Nagendra, a doctorate in Mechanical Engineering but with a life mission to explore subtle aspects of consciousness through yoga is the Vice-chancellor of Swami Vivekananda Yoga Anusandhana Sansthana (SVYASA, University) and President of Vivekananda Yoga Research Foundation, Bangalore. Prof. Nagendra was a NASA research associate and consultant at Harvard University before his interests turned to full time involvement in human engineering and the search for ultimate reality.

A teacher & a researcher par excellence, he has devoted over 30 years of his life to teaching, research, consultancy and training in Stress management & Yoga practices, Health management with yoga therapy and management of VYASA institution. He has published nearly 35 books in Yoga and has authored and co-authored 70 research papers, He has guided nearly 250 dissertations and presented nearly 400 papers relating to yoga therapy and other applications in leading conferences all over the world.

Prof H R Nagendra has established many SVYASA centers all around the World and collaborated with many natural health centers like Indus Valley Ayurveda Centre in Mysore, National Institute of Mental Health and Neurological Sciences (NIMHANS), Bangalore in India and Hindu University of America, Orlando and Centre for positive health, South Florida, USA.

To examine the efficacy of yoga practices to solve the basic problems of the high-tech era, Prof Nagendra through The Indian Yoga Institute, the academic wing of VYASA, has set up PhD courses recognized by Universities of Bangalore, Mysore, Mangalore and the Rajiv Gandhi Institute of Health Sciences, Bangalore.

For his distinguished contributions in the field of Yoga and Science, Prof H.R.Nagendra is being honoured with Life Time Achievement Award at the National symposium on Science of Holistic Living and its Global Application, being organized by Arogyadham at Mahatma Gandhi Institute of Medical Sciences, Sevagram on 16th & 17th November 2006.

