



WEDNESDAY, 20 JULY AND THURSDAY, 21 JULY 2022
SATHYA SAI GRAMA, MUDDENAHALLI

CONFERENCE AGENDA



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SRI SATHYA SAI
UNIVERSITY FOR
HUMAN EXCELLENCE

IN COLLABORATION WITH



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Ministry of Ayush, Government of India



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**Sri Sathya Sai University for Human Excellence
Central Campus, Kalaburagi, Karnataka**



SRI SATHYA SAI UNIVERSITY FOR HUMAN EXCELLENCE

Inspired by the ancient Indian way of education that caters to all aspects of human development with spiritual evolution at its very core, the Sri Sathya Sai University for Human Excellence was established by Sadguru Sri Madhusudan Sai as a Private University under the Karnataka Legislative Act 2018 at Navanihala Village, Kamalapur Taluk, Kalaburagi District in Karnataka. The University encapsulates values-based integral education in a unique residential environment, with the core idea to create individual excellence in all fields of knowledge. The purpose is to promote and propagate science, humanities, all forms of fine arts, and spirituality, free of any tuition fees or other charges, based on the ancient Indian *gurukula* system of education, to all students without any discrimination.

ātmano mokṣārthaṁ jagad hitāya ca - 'Redemption of one's own self and the welfare of society' is the principle on which the Sri Sathya Sai University for Human Excellence has been founded. The emphasis at the University is, first and foremost, on a perfect balance between spiritual education and material education, or rather, between the means of living and the ultimate goal of life.

The University is determined to reverse the current trends of commercialisation of knowledge, and herald a new goal of divinisation of humans by teaching sciences alongside spirituality, humanities alongside divinity, and excellence alongside enlightenment.

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GLOBAL CONFERENCE ON VEDIC IDEAS FOR A BETTER SOCIETY

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WEDNESDAY, JULY 20 AND THURSDAY, JULY 21 2022
SATHYA SAI GRAMA, MUDDENAHALLI



Encapsulating the essence of the deep spiritual experience of ancient sages, the *vedas* are the heart and soul of Indian culture. Delving into the transcendental secrets of the Universe and uncovering the profound truths underlying all that exists, the *vedas* are a treasure house of knowledge and wisdom, covering a vast array of subjects ranging from art and architecture to science, medicine, healthcare, and spirituality. Exploring the realms of *vedic* thought offers an insight into living a holistic lifestyle that takes care of our inner and outer sanctuaries of existence. *vedas* are beneficial to the society in more than one way; be it their intonations, the words, the sound, the meaning, and its effect—it comes as a package of three aspects – the head of Shankara, the heart of Buddha, and the hands of Janaka. In other words, it is a compendium of wisdom and a treasure trove of compassion that translates into the magnanimity of service to all without any discrimination.

The two-day conference aims to assemble a panel of experts and academicians in the field of *vedic* sciences and research to discover those *vedic* thoughts that have gone unnoticed, and relating to the contemporary needs of the society.

OBJECTIVES

1. To understand and consolidate *vedic* ideas on physical, mental, emotional, spiritual health and well-being.
2. To learn about *āyurvedic* healthcare practices for a healthier society.
3. To gain insight into the *vedic* perspective of education, its principles, purpose and schooling system.
4. To delve into *vedic* ideas on service and spirituality.





Sadguru Sri Madhusudan Sai
Founder – Sri Sathya Sai University for Human Excellence

FOUNDER'S MESSAGE

The *vedas* are *apauruṣēya*, which means that they were not created by men. They are divine whispers into the ears of the *ṛṣis* while they were in their highest communion with the Divine. Therefore, the *vedas* are also called as *śruti* – that which is heard. The same Divine consciousness which is the very substratum of all creation and which pervades it, alone knows the secrets of everything, by being everything – including you and me.

Therefore, the *vedas* are revelations of all the secrets for a happy and purposeful life, both spiritual and material. It is the need of the hour to not merely learn the truths of the *vedas* but to understand and interpret them correctly, apply them in our daily lives and thus make *vedic* knowledge relevant to modern society.





CONFERENCE AGENDA

WEDNESDAY 20 JULY 2022

Inaugural Session: 9:30 a.m. to 10:30 a.m.

SESSION 1 – 11:00 a.m. to 1:00 p.m.

Theme: The *vedic* Way of a Healthy Lifestyle

स्वस्तिपन्थामनुचरेम – *svastipanthāmanucarema* - May we pursue our path with good health

Session Goal: To understand and consolidate *vedic* ideas on physical, mental, emotional, spiritual health and well-being.

Speaker Topics:

1. Dr Raja Luis Alvarez – *vedic* prescriptions for living a healthy lifestyle – healthy diet, healthy habits, and healthy routine.
2. Dr Tony Nader – *vedic* ideas on building fundamental societal values and knowledge systems for a better society.
3. Ms Sinu Joseph – Demystifying orthodox practices and taboos prevalent in society.

End of Session Summary: 12:45 p.m. to 1:00 p.m.

SESSION 2: Afternoon – 3:00 p.m. to 4:45 p.m.

Theme: *vedic āyurveda* – The *vedic* Health Science

सर्वेषांस्वस्तिर्भवतु – *sarveṣāṃsvastirbhavatu* – May all be healthy

Session Goal: To learn about *āyurvedic* healthcare practices for a healthier society.

Speaker Topics:

1. Dr Jorge Luis Berra – Concepts of *āyurvedic* science and *āyurvedic* practices.
2. Prof Dr Tanuja Nesari – Tertiary care management through the holistic and integrated approach of *āyurveda*.
3. Dr Manoj Nesari – Modern advancements in *āyurveda* – ayurgenomics.
4. Prof Dr Mita Kotecha – Scientific importance of plants used in rituals from *vedic* era.
5. Vaidya Rajesh Kotecha – The journey and impact of *āyurveda* on modern healthcare.

End of Session Summary: 4:30 p.m. to 4:45 p.m.

THURSDAY 21 JULY 2022

SESSION 3 – 9:00 a.m. to 11:00 a.m.

Theme: The *vedic* Way of Education

विद्ययाविन्दतेऽमृतम् – *vidyayāvindate'mṛtam* – Through knowledge, one finds immortality

Session Goal: To gain insight into the *vedic* perspective of education, its principles, purpose, and schooling system.

Speaker Topics:

1. Prof Upendra Kumar Tripathi – Facets of education from *vedic* wisdom.
2. Ms Sahana Singh – *gurukula*: the best teaching and learning ground.
3. Prof Vijay Shankar Shukla – Education in *vedic* times – the basis of all the four *āśrama dharmas*.

End of Session Summary: 10:45 a.m. to 11:00 a.m.

SESSION 4 – 11:30 a.m. to 1:00 p.m.

Theme: Spirituality in *vedas*

आत्मनोमोक्षार्थंजगद्धिताय च – *ātmanomokṣārthamjagadhitāya ca* – Salvation of the soul and welfare of the world

Session Goal: To delve into *vedic* ideas on service and spirituality.

Speaker Topics:

1. Prof Rakesh Upadhyay – The importance of reintroducing ancient practices of education into the modern learning space.
2. Mr Nithin Sridhar – The *dharmic* way of life as per *vedas*.
3. Prof Hriday Ranjan Sharma – The ultimate teaching of the *vedas* - realising one's true potential.

End of Session Summary: 12:45 p.m. to 1:00 p.m.

Valedictory Session: 5:30 p.m. to 7:00 p.m.

Founder's Address

Sadguru Sri Madhusudan Sai

Founder of Sri Sathya Sai University for Human Excellence, Kalaburagi, Karnataka

SPEAKERS



Dr Raja Luis Alvarez

Director – Maharishi European Research University (MERU)
University President – Universidad Maharishi de Latino America y el Caribe (UMLAC)

Dr Raja Luis Alvarez studied and worked with Maharishi Mahesh Yogi for more than 30 years. He received his doctorate degree in the Science of Creative Intelligence (DSCI) from Maharishi European Research University (MERU), Seelisberg, Switzerland and a Doctorate degree in Maharishi Vedic Science (DVS) from Maharishi Vedic University, Netherlands in 1993. Dr Alvarez is a world leading expert in the application of *vedic* technologies of consciousness, brought to light by Maharishi Mahesh Yogi, in education, government, and military training. He has introduced the *vedic* Science of Consciousness to over 250 schools in 23 countries in Latin America, with more than 195,000 students participating. The results of these programmes have been so positive that it has motivated government and education leaders in Brazil, Mexico, Ecuador and other countries, to offer this programme to millions of children throughout Latin America. In addition, he has overseen a training programme in the military of several countries in Latin America, most notably in Ecuador, where thousands of military personnel have utilised *vedic* Science in their training.

Dr Alvarez is a leader within the Transcendental Meditation (TM) organisations who is best known for creating groups of thousands of TM meditators in Latin America, Africa, and Asia to raise collective consciousness. Thanks to his many years of working closely with Maharishi, he is an expert in Maharishi's *vedic* Science. He has also mentored many youths and is loved for his big heart and wisdom. More than 110 countries have benefitted from his values-based education, meditation and various socio-development projects.



Dr Tony Nader

Head of the International Transcendental Meditation® Organisations, Netherlands

Dr Tony Nader received his MD degree from the American University of Beirut, where he also studied internal medicine and psychiatry. His PhD is in the area of Brain and Cognitive Science from the Massachusetts Institute of Technology (MIT). He was a Clinical and Research Fellow in Neurology at the Massachusetts General Hospital, Harvard Medical School, and Assistant Director of the clinical research centre at MIT. Currently, he is the International President of Maharishi Vedic Universities, Maharishi Universities of Management and Maharishi Open University.

In appreciation for his achievements, Dr Nader was honoured by Maharishi with the title 'Maharaja Adhiraj Rajaram' and given responsibility for guiding the Global Country of World Peace, the umbrella organisation for all of Maharishi's worldwide legacy.

Dr Nader's vision is to bring happiness, health, and peace to the minds and hearts of the entire global family. His experiences as a teacher, father, leader, scientist, and doctor have inspired his dedication to all global citizens. His commitment is to opening their awareness to the important things in life, from a truly profound perspective. To help remove conflicts in society, so that higher values and superior goals become the guiding light of everyone, is his prime focus. He has worked in more than 110 countries in the areas of values-based education, meditation and various socio-development projects.



Ms Sinu Joseph

Managing Trustee – Mythri Speaks Trust, Karnataka, India

Ms Sinu Joseph is a menstrual educator, an author, and one of the pioneers of the menstrual health movement in India. Her work on menstruation has been unique in its efforts of unearthing the ancient science behind native menstrual practices and bringing forth a narrative which is the Bharatiya perspective on menstruation. She is the Co-Founder and Managing Trustee of Mythri Speaks, and also works with The Forward Foundation.

She started her work in the developmental space as a part time volunteer in 2009, and gradually took up leadership roles on various issues such as healthcare, women's health and safety, action-research on native sciences and culture, rural development and urban civic issues such as waste management and lake rejuvenation. She completed BE Instrumentation Technology, from M.S. Ramaiah Institute of Technology in the year 2005.



Dr Jorge Luis Berra

Director – *Fundación de Salud Ayurveda Prema*, Argentina

Dr Jorge Luis Berra is an Argentinean medical doctor, MD in Paediatrics and Family Medicine, and Honorary Professor at the *Universidad del Gran Rosario*.

He is the Director of *Fundación de Salud Ayurveda Prema*, an institution which is a collaborative centre of the Institute of Teaching and Research of Ayurveda and Gujarat Ayurved University. *Fundación de Salud Ayurveda Prema* also has an MoU with National Academy of Ayurveda (Rashtriya Ayurveda Vidyapeeth, Ministry of Ayush). Since the year 2000, Dr Berra has been serving as the Director of Postgraduate Courses on Ayurvedic Medicine at multiple academic institutions in Argentina, including the Argentine Medical Association (*Asociación Médica Argentina, AMA*) and the *Universidad del Gran Rosario*.

Dr Berra has participated as an invited expert by the World Health Organisation and the Ministry of Ayush of India to write the 'Benchmarks for the Teaching and Practice of Ayurveda and Panchakarma', which were published in the year 2018.



Prof Dr Tanuja Nesari

Director – All India Institute of Ayurveda, New Delhi, Government of India

Prof Dr Tanuja Nesari has completed her MD and PhD in Ayurvedic Pharmacology (Dravyaguna vidnyan) from Gujarat Ayurved University, Jamnagar. Currently, she is working as Director as well as Head Division of Translational Research and Biostatic at All India Institute of Ayurveda, New Delhi. She is also a Chair for Healthcare Sector Skill Council for the Ministry of Ayush. She has worked as CEO of National Medicinal Plants Board at the Ministry of Ayush.

She is a University Approved Ayurveda Professor with more than 29 years of experience of teaching in Dravyaguna and Rasashastra, and Research in Quality, Safety and Efficacy of Medicinal Plants. She was the recipient of 'Best Ayurveda Teacher Award' of the year 2005.

She has successfully completed 21 clinical research projects as a Principal Investigator. Her main area of interest is interdisciplinary and collaborative research and networking, developing new methodologies of experimental, pharmacological and clinical research suitable for research in Ayurveda.



Dr Manoj Nesari

Advisor – Ministry of Ayush, New Delhi, Government of India

Dr Manoj Nesari has 20 years of outstanding experience as an Ayurveda Clinician during which time, he developed expertise in Ayurvedic Management of pain dominant conditions – e.g. Spinal Degenerative Diseases.

His contribution towards development of Ayush sector has been in areas, such as policy and planning for matters pertaining to Ayurveda education, practices and research, capacity building of stakeholders, development of new courses, regulations, research plans, various schemes for promoting different sectors in Ayush, etc. He has represented the Department of Ayush in various committees, meetings, discussions and negotiations with different ministries of Government of India, and national as well as international regulatory authorities and organisations. He has participated in numerous seminars and conferences as invited faculty and has delivered many lectures in medical and science universities in India and abroad.



Prof Dr Mita Kotecha

Head of Department of Herbal Medicine – National Institute of Ayurveda,
Rajasthan, India

Prof Dr Mita Kotecha obtained her MD of Ayurveda in Dravyaguna Gujarat Ayurveda University and her PhD of Ayurveda from Dr Sarvepalli Radhakrishnan Rajasthan Ayurved University at Jodhpur. Currently, she serves as Professor and Head of the Dravyaguna Department at the National Institute of Ayurveda (NIA) in Jaipur.

Her professional career is dedicated to herbal medicine, and this has been her area of interest for teaching and training ever since 1991. Dr Kotecha is also Chairman and member of a number of committees including Ayush, NIA and Rajasthan Ayurveda University.



Vaidya Rajesh Kotecha

Secretary – Ministry of Ayush, New Delhi, Government of India

Vaidya Rajesh Kotecha has over 30 years of experience in administration, higher education, scientific research, and institutional governance. He is a distinguished academician and researcher committed to innovative, dynamic, and well-organised work for the advancement of Ayurveda. Since 29 June 2017, he is serving as Secretary to the Government of India, Ministry of Ayush. Throughout his tenure as Secretary, he has been successful in maintaining accuracy and productivity in the Ayush sector.

Vaidya Rajesh Kotecha has been the Chief Physician and Executive Director of Chakrapani Ayurveda Clinic and CEO of Chakrapani Global Centre for Training and Research. For his outstanding contributions to the field of Ayurveda, he has received numerous recognitions and awards, including the Padma Shri, the fourth highest Civilian Award (2015), the Ayurveda Ratna Award (2008), and the Global Ayurveda Physician Award (2007), to name a few.

He took the lead in COVID-19 crisis management, leveraging the potential of Ayush systems through research and development and public health initiatives. During his current tenure as Secretary, Ministry of Ayush, The WHO Global Centre for Traditional Medicine (GCTM) is being established in India. As a decisive leader and collaborative team builder with proper planning, he has brought about tremendous growth in the Ayush sector in recent years, backed by research and development in the field.



Prof Upendra Kumar Tripathi

Coordinator of Centre for Vedic Sciences – Banaras Hindu University, Varanasi, India

Professor Tripathi had taken his early education from his grandfather Vedamurti Acharya Late Jagannath Tripathi Ji in the Gurukul tradition. He has completed Prathama, Purvamadyama Uttarmadyama in the traditional manner from Sampurnanand Sanskrit Vishwavidyalaya, and Graduation and Postgraduation from Banaras Hindu University (BHU) in traditional Sanskrit. Prof Tripathi was consistently the top ranker up to Postgraduation and won five University gold medals. After completing his PhD from BHU, he worked as a Lecturer in Himachal Adarsh Sanskrit College, Shimla from 2004 to 2006.

Since November 2006, he has been working at the Department of Veda, Faculty of Sanskrit Vidya Dharma Vigyan (SVDV), BHU, and currently he is the Head of the Department of Veda. Furthermore, he is working as Coordinator, Centre for Vedic Science, BHU, since September 2017. Prof Tripathi has been serving as Visiting Fellow at the Department of Veda, Shri Jagannath Sanskrit Vishwavidyalaya, Puri from February 2014; and Department of Sanskrit, Himachal Pradesh University Shimla, from the year 2015.



Ms Sahana Singh

Author and Commentator

Ms Sahana Singh is an author and commentator based in Texas, USA. She is an Environmental Engineer by qualification, who writes on a variety of issues including Indian history, water management and education. Her first book 'The Educational Heritage of Ancient India - How an Ecosystem of Learning was Laid to Waste' has been appreciated for awakening Indians to the role played by India in spreading knowledge around the world. Her second book titled 'Revisiting the Educational Heritage of India' published by Vitasta has been released in September 2021. It explores in greater depth, the subject of India's unique ecosystem of learning which created a knowledge-centred society and laid the foundation of the major academic disciplines being pursued today.

An alumnus of Delhi Technological University, Sahana made a career shift to writing after moving to Singapore. She worked as Editor of Asian Water Magazine for many years. Sahana has won several awards for journalism including the Developing Asia Journalism Award in 2008. A short animation video made by her on the world's water crisis won the top prize at the TU Delft Urban Water Movie Contest awarded by the Delft University of Technology (Netherlands) in 2012.



Prof Vijay Shankar Shukla

Regional Director – Regional Centre, Indira Gandhi National Centre for the Arts,
Ministry of Culture, Government of India

Prof Vijay Shankar Shukla is a scholar of *vedic* studies at Indira Gandhi National Centre for the Arts (IGNCA), New Delhi. He completed his Doctorate of Philosophy in 1991 from the University of Allahabad and continued his academic activities at IGNCA since 1991. He got opportunities to work with eminent scholars like Brahmarsi A Sampat Narayanan, Pandit Satkari Mukhopadhyaya and Prof G C Tripathi. He conceived the concept of various IGNCA programmes.

He was deeply involved with the project on 'Documentation of *vedic* recitation and rituals.' In this connection, Prof Shukla has delivered many lectures on *vedic śākhās* and the cognitive relationship of the *śāstras*, and was also instrumental in documenting the major recordings of the available recensions of the *vedas*. Prof Shukla is also preparing a critical edition of the *adbhutsāgara*, a text of the XII Century AD, on the basis of twelve manuscripts.



Prof Rakesh Upadhyay

Chair Professor – Banaras Hindu University, Varanasi, India

Prof Rakesh Upadhyay is a renowned academician who serves as the Chair Professor in the Bharat Adhyayan Kendra, Banaras Hindu University. He studied TV Journalism and Mass Communication at Indraprastha University, Delhi and completed his Postgraduation Training in Electronic Media. Later on, he completed his Postgraduation Training in Japanese studies at Banaras Hindu University.

He is a former Journalist in Aaj Tak, where he worked in Past-news 24, Live India, ZEE News. Currently, he serves as Professor in the Faculty of Arts in Banaras Hindu University. His teachings about Ancient Hindu Science, Philosophy and Excellence are very uplifting due to his way of explaining such complicated concepts in an easy way for a universal audience.



Mr Nithin Sridhar

Chief Curator – Indica Moksha (Advaita Academy), India

Mr Nithin Sridhar is an author, speaker, and journalist based in Mysuru, India. Though, he was trained as a Civil Engineer who worked in construction sites, his passion for culture and philosophy made him take a career change into journalism. He has authored books like –‘Musings on Hinduism’, ‘Samanya Dharma’, and ‘Menstruation Across Cultures: A Historical Perspective’, which have been read and appreciated widely. His recent book is an English commentary on *īśopaniṣad*. He also contributes well-researched articles to various portals on politics, culture, and religion. Currently, he serves as the Chief Curator of Indica Moksha (Advaita Academy) – an initiative dedicated to the dissemination of *advaita vedānta*.



Prof Hriday Ranjan Sharma

Distinguished Professor of Veda – Department of Veda, Sanskrit Vidya Dharma Vigyan, Banaras Hindu University, Varanasi, India

President Awardee Prof Hriday Ranjan Sharma is a Distinguished Professor of Veda at the Department of Veda, Sanskrit Vidya Dharma Vigyan (SVDV), Banaras Hindu University, Varanasi. He completed his PhD in 1974 from Department of Sanskrit, Faculty of Arts, Banaras Hindu University and continued his academic activities at Department of Veda, SVDV, BHU. He has more than 34 years of teaching experience. His field of specialisation is *vedic* Etymology, Spiritual aspects of the *vedic* Texts and *vedic* Architecture. He has published 35 research papers in national and six research papers in International Journals.

He has attended more than 25 conferences, seminars and workshops. He was invited as one of the keynote speakers at Sivananda International Conference in South Africa during March and April 2006. He was also a member of Advisory Board, International Society for Ayurveda and Health, Farmington, Connecticut, USA.

Lined area for taking notes.

“If vedas are preserved, peace will automatically be the end result. Without vedas, there is no universal peace. Only when we know that God, who is bright and self-effulgent like that of the sun which dispels the darkness of ignorance, resides in us, can we cross the ignorance of this world. Only by knowing our true selves, we can be ever happy and peaceful!”

- Sadguru Sri Madhusudan Sai



A bird's eye view of Sri Sathya Sai University for Human Excellence, Kalaburagi Campus, Karnataka

