

CONVOCATION

S-VYASA University,

Bengaluru, Karnataka

12 January, 2024

This morning feels so refreshing and energetic. I am truly very happy to be at Swami Vivekananda Yoga Anusandhana Samsthana to attend the 21st Convocation ceremony on the grand occasion of the birth anniversary of Swami Vivekananda, one of the most influential philosophers and social reformers of India.

It feels so privileged to visit S-VYASA, which is a unique Yoga University translating the vision and teachings of Swami Vivekananda to action through academic higher education programs. My young friends, you are lucky to complete your graduation from the most prestigious University which stands by its vision and mission which is BE and MAKE.

Friends, whatever you have learned here at SVYASA will go along with you forever. You are the pillars to carry forward the legacy of SVYASA and Yoga to future generations, and make them aware about the importance, significance and benefits of Yoga in their lives.

Friends, do not consider this day as the end of your learning phase, instead term your graduation as the stepping stone to change

the lives of many people around you. The learnings and discipline instilled in you at SVYASA will contribute to the wellbeing of many.



We all know that SVYASA has adopted the concept of Yoga and its applications to meet the challenges of modern society based on the teachings of Swami Vivekananda. SVYASA is doing a commendable job of making Yoga as a socially relevant Science. The mission of VYASA is to combine the best of the East (Yoga and Spiritual lore) with that of the West (modern scientific research). SVYASA is working on an objective to provide for research and for the advancement and dissemination of all the streams of yoga and its applications to offer solutions for major challenges of the Globe.

Friends, the importance of Yoga in our life is no less than a miracle. Today, a lot of countries have understood the significance of Yoga but many would be surprised to know that Yoga was first mentioned in ancient sacred texts called the Rig Veda. It was refined and developed by Rishis who documented their practices and beliefs in the Upanishads, a huge work containing over 200 scriptures. Yoga is amongst the six schools of philosophy in Hinduism, and is also a major part of Buddhism and its meditation practices. Yoga is a 5,000-year-old tradition from India that

combines physical, mental and spiritual pursuits to achieve harmony of the body and mind.

I would like to mention before my young friends that on 11th December 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga. The declaration came at the behest of the Hon'ble Prime Minister, Narendra Modi during his address to the UN General Assembly on September 27, 2014, wherein he stated: "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and nature". Suggesting June 21, which is the Summer Solstice, as the International Day of Yoga, Narendra Modi had said: "The date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world."

Friends, under the leadership of PM Narendra Modi, India is taking major steps to revive our culture and roots in every

Sl. No.	Program	Award Details	Name of the Candidate	
1	Doctor of Philosophy	Academic Excellence Award in PhD Program	Chidananda Kaligal	
2	Master of Science (Yoga Therapy)	Academic Excellence Award for Overall Topper in MSc-Yoga Therapy Program	Yadav Brijeshkumar Bahadur	
3	Master of Science (Yoga and Vedic Therapy)	Academic Excellence Award for Overall Topper in MSc-Yoga and Vedic Therapy Program	Soniya Yadav	
4	Master of Science (Yoga Therapy)	Sitaram Jindal Academic Excellence Award for Overall Topper in BSc-Yoga Therapy Program	Shruti	



field. Indian culture is all about sustainability and striving for the welfare of all. In order to become the Knowledge power in this century, it is imperative that we understand our heritage and teach the world the 'Indian way' of doing things. The Ministry of Education has established the Indian Knowledge System (IKS) Division in AICTE in 2020 with a vision to promote interdisciplinary and transdisciplinary research on all aspects of Indian Knowledge Systems (IKS), preserve and disseminate IKS knowledge for further research and societal applications. The Indian Knowledge Systems comprise of Jnan, Vignan, and Jeevan Darshan that have evolved out of experience, observation, experimentation, and rigorous analysis.

I encourage young minds of our country to go through the portal of Indian Knowledge System and get an idea of how it works. Friends I advise you all to never stop the urge to learn more. Always be curious to explore and evolve in your career.

I would also like to highlight a few words on the emergence of advanced technologies like AI etc. Friends, AI is indeed transforming various aspects of our lives, and while it offers incredible potential, there are concerns about its impact on jobs, decision-making, and society as a whole. As machines and AI systems become more advanced, there's an uncertainty of jobs in some sectors. However, I always feel that instead of creating a fear of losing something, one should embrace change and

adapt to new ways of sustainability and growth.

Also, in the context of emerging technologies, it becomes crucial for students to understand the importance of humaneness, emotional intelligence, and social well-being. While machines excel in tasks involving data processing, pattern recognition, and computation, they lack the innate human abilities of empathy, creativity, critical thinking, and emotional understanding. Therefore, students need to develop these humane skills alongside technical knowledge.

Friends, AICTE is very particular about introducing Human Values among students through education. With the help of industry-academia experts, AICTE has even framed the curriculum for Minor Degree in Universal Human Values (UHV) to develop teachers, parents and policy makers of tomorrow who will have a humane worldview along with technical skills and strive to ensure value-based living for themselves as well as the society.

Apart from that, AICTE is engaged in various activities and programs to enhance the quality of technical education and promote innovation among students. Some of the key initiatives undertaken by AICTE are:

- Induction Programs for new students entering technical institutions. These programs aim to orient students towards their chosen field



of study, provide them with an understanding of the curriculum, and introduce them to the institution's culture and facilities.

- AICTE encourages and facilitates internships for students in collaboration with industries. More than 2 crore students are registered on AICTE Internship portal with over 75,000 companies offering internships.
- Similarly AICTE has a placement portal for rural and tribal area students. More than 2,000 companies are offering jobs on the portal.
- AICTE also promotes entrepreneurship and innovation through various initiatives such as the Atal Incubation Centers (AICs) and Startup Policy Implementation. These programs provide support, funding, mentoring, and infrastructure to students and aspiring entrepreneurs to incubate and nurture their startup ideas.

Friends, AICTE is doing everything possible to equip the students with advanced skills and technologies, to make them future ready and inculcate the values of entrepreneurship among them.

I would also like to mention that the AICTE association with S-VYASA is not new. We both are being associated for some good projects like SWAYAM Yoga online credit courses by AICTE, which have been designed by S-VYASA University. Also, as part of ongoing commitment to promote a healthy and balanced lifestyle for office staff, AICTE is running yoga sessions at our workplace in New Delhi, which is again in close coordination with SVYASA.

I truly appreciate the efforts of SVYASA that they put in "To combine the best of the

East (Yoga and spiritual lore) with the best of the West (Modern scientific research) wherein, the science and spirituality are amalgamated for peaceful and mutually useful society" for Self- Reform.

Lastly, I convey my heartiest congratulations to the Graduates of SVYASA. Each one of you has received a formal recognition in the form of a degree that will empower you to become a great achiever and will make your parents proud and your Alma mater proud of you for years to come. However, as you celebrate your achievements, do not forget the support systems that have been the bedrock of your success. Your families, professors, mentors, and friends have been our guiding lights, offering unwavering encouragement, wisdom, and love. Their sacrifices and belief in our abilities have brought you to this momentous day.

Also, do not forget the objective of S-VYASA which is to undertake extra-mural studies, extension programs and field-out-reach activities to contribute to bring Peace, Poise, Harmony, Love, Health & Happiness.

My dear young ladies and gentlemen, the world is big. You have plenty of opportunities before you. You deserve to be proud of this achievement, and to take this opportunity to celebrate. Let your dream be your wings to carry you into the future. As you embark on this new chapter, dare to dream, strive for excellence, and always remember the lessons learned within these walls. May your future be filled with boundless opportunities and may you continue to make us proud.

Once again Congratulations to all of you. Good luck and good health to all of you.

Thank You! Jai Hind.

Watch full video: <https://www.youtube.com/watch?v=SA29RN7qVOs>