

# DISTINGUISHED INSTITUTIONAL LEADERSHIP



**SHRI GAUTAM ADANI CONFERRED THE  
DISTINGUISHED SANSTHAGAT NETRITVA SAMMAN  
UPON PROF. LAXMIDHAR BEHERA**

acknowledging his visionary stewardship and impact in shaping world-class  
education **at Adani Global Indology Conclave** on 21st November 2025

# NEWSLETTER | Quarterly Edition December 2025



## A Blessed Visit



Radhanath Swami is an internationally acclaimed spiritual leader and humanitarian, whose bestselling books and teachings have inspired global audiences across universities, corporations, and interfaith platforms



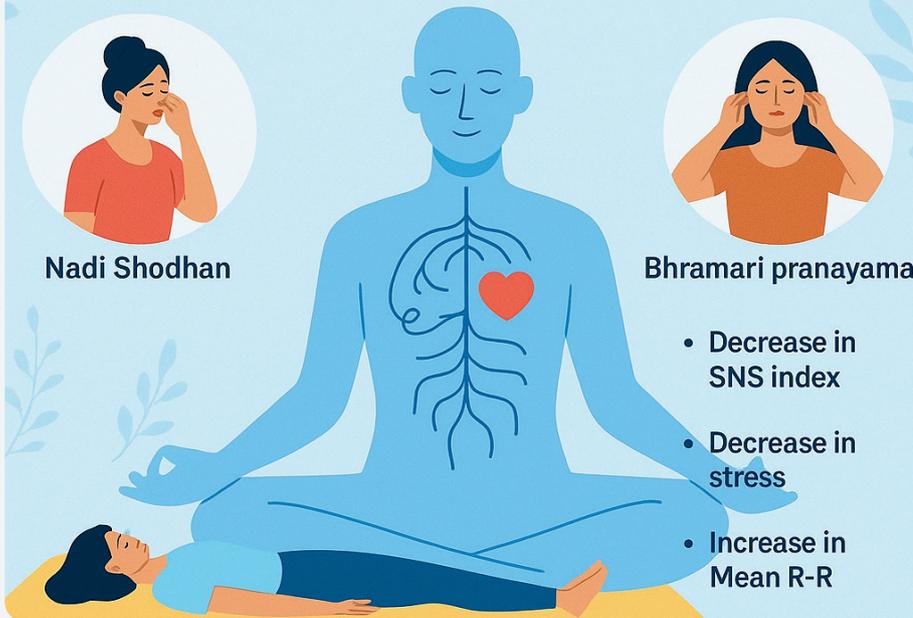
Gauranga Das, in right most, is an internationally recognized social leader known for advancing sustainable development, environmental innovation, and values-based education. His work with Govardhan Ecovillage, UNESCO-aligned sustainability programs, and global youth initiatives has earned him wide acclaim beyond spiritual circles.



## Research In Focus

### Acute Effect of Single-Session Pranayama and Yog Nidra Intervention for Autonomic Nervous System Regulation among Healthy Young Adults: A Pilot Study

Shivangi Sharma, Geeta Rani – Venkatesh H Chembrolu



Can a single 50-minute Yoga Nidra and pranayama session scientifically reduce stress?

Is it possible for your breath to shift your nervous system in just minutes?

What happens inside your brain and body when you practice Nadi Shodhana or Bhramari?

Can ancient yogic wisdom create measurable physiological changes in young adults today?

Why are the top institutions using advanced HRV technology to study breathing and relaxation?

In a world where young adults constantly navigate deadlines, digital overload, and emotional strain, researchers set out to explore an ancient yet powerful remedy—how breath and deep yogic relaxation can reset the stressed nervous system. **Guided by Prof. Laxmidhar Behera, a leading voice in Indian Knowledge Systems and mind-body research at IIT Mandi, this study became a pioneering step in bridging traditional wisdom with modern physiology.**

A group of 57 healthy young adults participated in a simple but revealing experiment. One group practiced Nadi Shodhana, Bhramari Pranayama, and Yoga Nidra for just 50 minutes, while the comparison group sat quietly. Using advanced Heart Rate Variability (HRV) measures, the researchers evaluated how the autonomic nervous system responded before and after the session.

The outcome was remarkable: even a single session led to a measurable reduction in sympathetic (“fight-or-flight”) activity, lowered stress markers, and improved indicators of physiological calmness. These ancient practices didn’t just soothe the mind—they produced immediate, quantifiable shifts in the body’s stress-response systems.

This research beautifully demonstrates what yogic traditions have long taught: **the breath is medicine.**

In less than an hour, pranayama and Yoga Nidra can help restore balance, offering young adults a natural pathway to emotional resilience and mental clarity.

## Research In Focus

# Research on Sacred Geography and Architecture



SDG linkage



Focus

UNESCO theme: World Heritage  
and sustainable development



These projects are dedicated to the sustainable preservation of India's intangible cultural heritage, exploring the intricate relationship between sacred spaces and architectural marvels.

They delve into the historical, spiritual, and cultural significance of India's diverse landscapes and temples, aiming to safeguard these treasures for future generations while fostering a deeper understanding of their enduring legacy.

1. Satyavratashetra Devadhamam - Kanchipuram
2. Madanmohan: A rendition
3. Following the Caitanya Trail: Situating the Cult of Jagannātha in Bengal
4. Situating the Vaisnava Mathas and Sreepaths in the trajectories of the Religious History of Bengal emphasizing the Revivalist Trend in Gaudiya Vaisnavism: A Case Study Based on Kolkata, North and South 24 Parganas. Vraja-bhakti-vilāsa (Sanskrit)
5. Sacred Geography Tirupati
6. Sacred Geography Chennai
7. Medieval Temples of Braj Region
8. Kunds of Braj - Past to Present
9. Sacred space of Narasimha - Nanded special



# NEWSLETTER

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Technology



BHAKTIVEDANTA  
UNIVERSITY



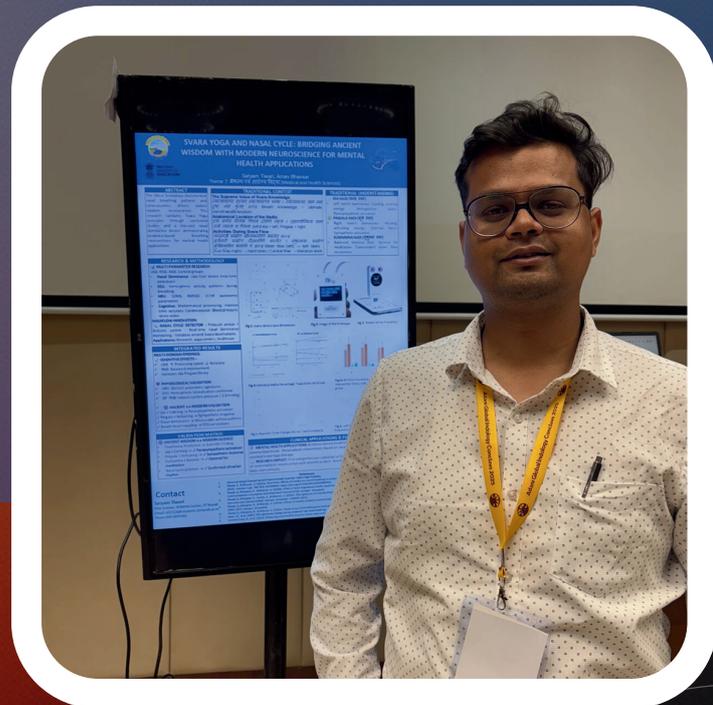
## IKS Researcher under guidance of Prof Laxmidhar Bahera wins Prestigious PragmaTech Deep-Tech Challenge at the Adani Global Indology Conclave 2025



In a proud moment for the Indian Knowledge Systems (IKS) community at IIT Mandi, Satyam Tiwari, an IKS student, emerged as the winner of the PragmaTech Deep-Tech Challenge at the Adani Global Indology Conclave 2025 held in Ahmedabad. His innovative project, the Svara Yoga Detection Device, which blends ancient yogic insights with modern technological design

## Technology: Svara Yoga Detection Device

Satyam Tiwari received the award from Dr. Priti Adani, Chairperson of the Adani Foundation, in the distinguished presence of eminent personalities such as Gautam Adani Ji, Shankaracharya Swami Avimukteshwarananda Saraswati Ji, Ganti Murthy Ji, Raghava Krishna Ji, Ami Ganatra Ji, J. Sai Deepak Ji, directors of various IITs, Arun Govil Ji, and Nitish Bharadwaj Ji.



His achievement stands as a testament to the vision of Prof Laxmidhar Bahera's IKS program—to nurture young minds capable of harmonizing India's timeless knowledge traditions with cutting-edge scientific innovation. Satyam's work not only showcases the potential of IKS-inspired research but also represents a significant stride toward bringing traditional yogic science into contemporary technological applications.

## Core Member in Focus – Dr Ashok Kumar



Former Visiting Professor at Harvard Medical School, contributing to advanced clinical and biomedical research. Experienced medical scientist and educator with expertise in translational medicine and evidence-based healthcare. Recognized for interdisciplinary research integrating modern medical science with holistic approaches to wellbeing. Mentor and academic leader, guiding young researchers and fostering high-level scientific inquiry. Core contributor to BU's vision, helping shape world-class programs in biomedical research, medical humanities, and ethical healthcare innovation.

Dr. Ashok Kumar is an accomplished medical scientist and educator with distinguished experience at some of the world's leading research institutions. As a Former Visiting Professor at Harvard Medical School, he contributed to advanced clinical research, interdisciplinary medical innovation, and global health initiatives. His academic career spans extensive work in translational medicine, biomedical research, and mentoring emerging scholars in cutting-edge medical sciences.

Beyond his contributions at Harvard, Dr. Kumar has held key academic and research positions in India and abroad, focusing on evidence-based medicine, public health impact, and the integration of modern scientific frameworks with holistic approaches to wellbeing. He is widely respected for his collaborative leadership, depth of scholarship, and commitment to empowering the next generation of researchers.

As a core member of the Bhaktivedanta University team, Dr. Ashok Kumar brings unparalleled academic expertise and international research experience. He plays a vital role in shaping the university's vision for world-class scientific research, medical humanities, and interdisciplinary innovation grounded in ethical values and human-centered education.

## Collaborations, MoU's - ground work for various departments

MoU Signed Between Bhaktivedanta Research Center (BRC) and PVG's College of Engineering & Technology and G.K. Pate (Wani) Institute of Management, Pune.

This collaboration marks a significant step toward joint academic research in Sanskrit, Philosophy, and India's rich cultural heritage.

As part of this MoU, both institutions will collaborate on training, seminars, and workshops focused on value-based education, life skills, self-management, leadership, spiritual intelligence, emotional fitness, green skills, environmental protection, and the upliftment of tribal and weaker communities.

This partnership reflects a shared vision of integrating ancient wisdom with modern education for holistic growth and social impact.

Bhaktivedanta Research Center (BRC) signed a Memorandum of Understanding with Sister Nivedita University (SNU), Kolkata, establishing a meaningful academic partnership.

The MoU aims to strengthen research collaboration, facilitate joint academic initiatives, and advance scholarship in Indian Knowledge Systems, manuscript studies, Vaishnava literature, and interdisciplinary humanities.

The ceremony at the SNU campus marked the beginning of a long-term cooperation focused on integrating traditional wisdom with modern academic and digital research methodologies.

Memorandum of Understanding (MoU) was signed on 18 November 2025 between the Bhaktivedanta Research Center (BRC), the Management & Entrepreneurship and Professional Skills Council (MEPSC), and Nalanda Learning Systems Pvt. Ltd., at the Press Club in Kolkata. This collaboration marks BRC's ongoing efforts to bring India's rich knowledge traditions into the national skill development ecosystem.

**Purpose & Vision of the MoU**  
Integrate the profound values of the Indian Knowledge System (IKS)—including holistic learning, value-based education, early cognitive development, and cultural grounding—into MEPSC's Pre-school Facilitators and Caregivers Certification Program.

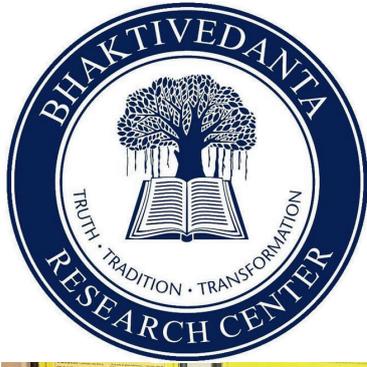
- The collaboration will focus on:
- Developing training content rooted in Indian Knowledge Systems for early childhood educators
  - Designing research-backed modules on holistic child development, cultural literacy, and character formation
  - Undertaking joint research on early childhood learning methodologies

Memorandum of Understanding (MoU) between the Institute of Engineering & Management (IEM/UEM University) - they have more than 12000 students enrolled for their different programs having campuses in Kolkata and Jaipur, ISKCON Mayapur, and the Bhaktivedanta Research Centre (BRC).

Under this MoU, UEM and BRC and ISKCON Mayapur are desirous of establishing collaborative academic degree programs (Doctoral, Masters, Bachelors etc.) in Engineering, Law, Management, Humanities, Basic Sciences, beneficial to all parties including the promotion and development of a culture for interdisciplinary research and academics, joint studies, research and training.

Bhaktivedanta Research Centre (BRC) is a collaborative research wing of Bhaktivedanta University





## MoU SIGNING CEREMONY

Between  
**Bhaktivedanta Research Center**  
 &  
**Management & Entrepreneurship  
 And Professional Skill Council**  
 on **Pre-School & ECCE Ecosystem Skill Building**  
 at  
**Press Club, Kolkata**  
**18th November 2025 | 12:00 PM**  
 in the August presence of



**Dr Sumanta Rudra**  
Dean Academics & Trustee, Bhaktivedanta Research Center



**Colonel Anil Kumar Pokhriyal (Retd.)**  
CEO and Executive Board Member - MEPSC

Implementation Partner



## Distinguished Guest Visits



We were honored to welcome Commander Shri Bhoopendra Singh from the Indian Navy. He shared valuable insights about the disciplined lifestyle of the Indian Navy and spoke about the spirit of service and sacrifice towards the nation. He uplifted the confidence of students and encouraged to embrace courage, dedication, and patriotism in live.

» Commander Shri Bhoopendra Singh



With the gracious words and blessings of Devkinandan Prabhu, we are reminded that every step in building this institution must remain rooted in seva, humility, and unwavering dedication to Śrī Guru & Gauranga.

» HG Devakinandan Prabhu



» Chokhani and family

The Chokhani family's blessings provide a significant pillar of strength as we advance the construction of a globally benchmarked spiritual and scientific infrastructure dedicated to transformative education and research.

Empowered by the gracious blessings of the Chokhani family, we progress toward building a world-class spiritual and scientific ecosystem—one that aspires to set new standards in education, research excellence, and integrated human development.



» HH Bhakti Ashray Vaishnav Swami Maharaj

With deep gratitude, we receive the divine blessings of HG Akhur Prabhu for Bhaktivedanta University, guiding our mission to uphold spiritual wisdom, academic excellence, and service to humanity.



» HG Akhur Prabhu



» Prof. Shrinivasa Varakhedi, Vice Chancellor at Central Sanskrit University

Prof. Shrinivasa Varakhedi's erudition meaningfully contributes to shaping Bhaktivedanta University's academic vision, particularly in integrating classical Indian knowledge frameworks with contemporary research paradigms.



» Dr. P.K. Mishra, VC Kaziranga University

The academic guidelines articulated by Prof. P. K. Mishra, emphasize a balanced framework of scholarly rigor, interdisciplinary integration, and outcome-oriented pedagogy, offering a valuable reference point for institutions aspiring toward academic excellence.

# NEWSLETTER

## CAMPUS EVENTS

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**Devotion and love can move mountains, just like Krishna moved Govardhan Hill**

### Shri Krishna Janmashtami

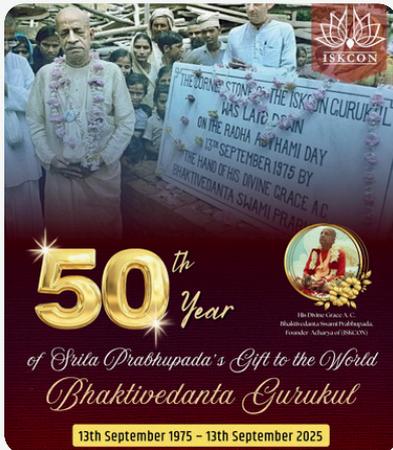


Rejoicing in the sacred birth of Shri Krishna at the Gurukul with heartfelt worship and celebration

### Shri Radhastami



Divine moments at the Gurukul as we celebrate the sacred festival of Shri Radhāṣṭamī



As the Gurukul completes 50 remarkable years, we celebrate Śrīla Prabhupāda's timeless gift to the world—an inspiring model of education that elevates consciousness, nurtures values, and preserves the essence of our Vedic tradition.

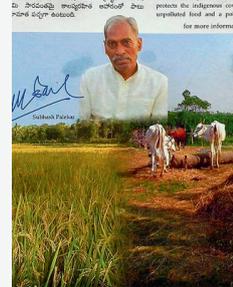


Our campus celebrated Raksha Bandhan with heartfelt joy, tying threads of affection that symbolize protection, gratitude, and the timeless strength of relationships rooted in our rich cultural heritage.



### Activity Corner

## Subhash Palekar Natural Farming



A holistic, agro-ecological farming method developed by Padma Shri Subhash Palekar. It focuses on restoring soil health, enhancing biodiversity, and making farmers self-reliant without depending on agro-chemicals or expensive external inputs. Our campus plantation founded on his core Principles.

1. Beejamrit: Natural seed treatment to protect and strengthen seeds.
2. Jeevamrit: Microbial soil booster that revitalizes soil life.
3. Acchadana (Mulching): Covering soil to conserve moisture and build fertility.
4. Waqphasas: Maintaining ideal soil aeration and moisture balance.
5. Five-Layer Farming: Multi-tier cropping system that mimics a natural forest.

## Get Involved!

The Founders Club will bring together visionary supporters who wish to play a meaningful role in shaping a world-class university that harmonizes ancient wisdom with contemporary knowledge, academic rigour, and global relevance. If you believe in reviving India's intellectual legacy and want to be part of this once-in-a-lifetime mission, stay tuned—your chance to participate in the Founders Club is on the way.

## Ongoing Construction



The construction is progressing steadily, with major foundational work for the Administrative and Academic Blocks completion. With architectural detailing now finalized, the project is entering its next phase of vertical construction, which will include classrooms, laboratories. As the structures rise, the university moves closer to becoming a world-class center for learning, research, and cultural leadership in the sacred land of Sri Vrindavan Dham.



"True education awakens wisdom, compassion, and character from within."  
— Srīla A.C. Bhaktivedānta Swamī Prabhupāda



# BHAKTIVEDANTA UNIVERSITY

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### CLOSING REFLECTIONS

As we move forward on this sacred journey to build a world-class seat of learning in the heart of Vrindavan, we remain humbled and inspired by the support, blessings, and goodwill of our global family of scholars, devotees, supporters and well-wishers. May the timeless wisdom of our heritage continue to illuminate our collective steps toward a brighter, more conscious future.



### CALL TO PARTICIPATE

- *Join our mission as research collaborators, volunteers, or supporters.*
- *Connect with us to contribute to academic development or cultural initiatives.*
- ***Become part of the founding legacy of Bhaktivedanta University.***

### WITH HEARTFELT GRATITUDE

The Bhaktivedanta University Team offers humble gratitude to all supporters who continue to empower this mission—academically, spiritually, and through seva. Your blessings strengthen our commitment to serving Śrīla Prabhupāda’s vision of a global center of holistic education and cultural renaissance.

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