

ICT AS LEARNING RESOURCE

I. www.svyasa.org

YOGA:

The 'Yoga' section carries the VYASA methodology for yoga teaching.

It contains audios of yogic chanting, audio lectures about the VYASA philosophy, audios of yogic discourses with abstracts, questions and answers on yoga with abstracts and bhajans and patriotic songs. Postures of Asanas will also be made available in due course of time.

A learner or a visitor who visits the Yoga section is given a comprehensive vision of Yoga. This content is freely available to the public and also forms an online knowledgebase and support system for yoga students of SVYASA University

The manifold objectives of the Yoga section are:

- Provide original content at no cost to the yoga learner
- Provide a platform to showcase the VYASA school of thought in yoga
- Provide a platform for many yogic seers and experts, both spiritual and scientific a forum to showcase their experiences and wisdom
- Provide SVYASA and other yoga students a ready reference for their spiritual growth
- Provide an online Prashanti Kutiram, the campus of SVYASA, so learners can sit themselves amidst VYASA residents from anywhere in the world.

Methodological considerations

Yoga section on the SVYASA website is an attempt to reproduce the four streams of yoga online on the internet. Raja Yoga, Karma Yoga, Bhakti Yoga and Jnana Yoga are the four streams of yoga as classified by Swami Vivekananda. While many efforts have been made to teach these streams of yoga through offline delivery modules, this is an attempt to provide an online platform for the same. The Yoga section is aimed to be a single window to entire, broad spectrum of Yoga

For each stream of Yoga, a micro site has been created and the following categories of content have been added:

- Gita Chanting – At SVYASA, we chant 18 slokas or verses from the Bhagavad Gita collected as Raja Yoga slokasangraha or collection of verses, Karma Yoga slokasangraha, Bhakti yoga slokasangraha and Jnana yoga slokasangraha. Other than these streams, Unity in Diversity slokasangraha is also available. Transliterated texts of the slokas have also been provided so the chanter can read the same as the chanting progresses. At the SVYASA campus in real time, these verses are chanted every morning in a session called Maitri Milan (Fraternity Meet).
- Four Streams of Yoga – Audios of the lecture series by Dr HR Nagendra, the Vice Chancellor of SVYASA on the four streams of yoga. The schematic representation of each stream of Yoga is

also available along with the audios. In real time during the Maitri Milan, speakers elaborate on the four streams of yoga.

- Discourses – Select discourses by various speakers at SVYASA Maitri Milan are added to this section. Eventually, we plan to add these discourses every day.

- Questions & Answers – During the Maitri Milan, yoga learners pose questions to the speakers sometimes during a satsangh or question-answer session. These recordings have been made live in this section. Other than the four streams of yoga, questions have also been categorised as Unity in Diversity questions and questions on Indian Culture.

- Bhajans and Patriotic Songs – have been added in the Bhakti Yoga section. In real time, a Bhajan session happens every evening at SVYASA campus. Patriotic songs are sung in a group during Karma Yoga sessions when the participants of SVYASA programmes collectively do a piece of work, joyously singing and enjoying.

The future – In future, content about various postures, textual, graphical and audio-visual will be added to the Raja Yoga section. Interactivity will be added to the Karma Yoga section so a learner can do something online as part of his Karma Yoga. Books or a reading room will be added to the Jnana Yoga section.

For all the pages in the yoga section, a copyright notice has been placed with an indication that the content may be used freely by individuals. Similarly, suggestions and questions from the visitors have been sought on content@svyasa.org

Published Papers on this section:

Ravi, Tumuluri; Dr Nagendra, HR - Using internet as a medium for Yoga Learning. International Conference on Digital Libraries Souvenir, Delhi February, 2010 - Submitted to ICDL

YOGA COURSEWARE

Yoga Courseware is a repository of Yoga courses on the SVYASA website designed on the lines of the open Courseware as developed by MIT (Massachusetts Institute of Technology). It is an online resource on Yoga available to the website visitors for reading, copying and printing. Through the Yoga Courseware, syllabus of courses taught at SVYASA have been published online with plans to integrate features such as virtual classrooms, classroom videos, lecture audios, references and other related useful links.

The manifold objectives of the Yoga Courseware are:

- Provide a standardized Yoga Syllabus, based on years of experience in Yoga Research and Yoga Dissemination for yoga schools / studios around the world
- Provide yogis a free-to-use online resource on yoga
- Provide Yoga Institutes, Yoga Schools and Yoga Teachers a ready-to-use resource for reference

- Provide Yoga Learners a resource to begin / continue their journey in Yoga
- Allow different Yoga schools of thought a forum to interact / suggest improvisations.

Methodological considerations

Yoga Courseware was initiated by SVYASA based on the MIT Open Courseware model and on SVYASA's rich experience in yoga dissemination.

For all the pages in the detailed syllabus section, a copyright notice has been placed with an indication that the syllabus may be updated as per the needs of the times. Similarly, suggestions from the visitors have been sought on syllabus@svyasa.org

On the Yoga Instructor's Course syllabus pages, the 'Life and Message of Swami Vivekananda' audio lectures have been included as part of the courseware. More audio and video content will be added in times to come.

Published Papers on this section:

Ravi, Tumuluri; Dr Nagendra, HR - Yoga Courseware – An Online Project by SVYASA. International Conference on Digital Libraries Souvenir, Delhi February, 2010

AROGYADHAMA:

Arogyadhama is the Yoga Research Health Home at Prasanti Kutiram on the SVYASA campus. Here well-trained yoga teachers conduct daily routines designed to provide glimpses of a tension-free life of no excesses in a serene, tranquil and homely atmosphere. It has a departmental library, yoga equipment, and medical facilities. Regular lectures on yoga, audio-visual presentations, yoga therapy and other applications; discussion and clarification sessions on various techniques and principles of yoga; devotional session and educative yoga entertainments; yoga counseling are some of the activities of the unit.

ONLINE IAYT

IAYT as part of the Online Health is an attempt to provide the user or the reader an introduction to the potential benefits of the IAYT.

The manifold objectives of the Online IAYT module are:

- Provide introductory information about the IAYT
- Provide information about specific techniques for specific diseases
- Inform patients suffering from specific ailments about the availability of the IAYT for specific diseases
- Introduce Yoga lifestyle through therapy
- Introduce the possibilities such as a stay at Prashanti Kutiram campus, books on specific diseases, articles related to specific diseases, etc by providing relevant information
- Provide yogis a free-to-use online resource on yoga therapy
- Provide Yoga Institutes, Yoga Schools and Yoga Teachers a ready-to-use resource for reference for yoga therapy

Methodological considerations

Arogyadhama is VYASA's holistic health home. Arogyadhama is a 250-bedded inpatient facility where various illnesses are treated. All illnesses are categorised in eight main sections. Each section has developed its IAYT to treat ailments under it. The IAYT include various lifestyle changes such as asanas, pranayama, meditation, counseling, chanting, diet, etc. Other than the eight sections, Arogyadhama also has the section for Promotion of Positive Health (PPH).

On the SVYASA website at www.svyasa.org, we have a section about Arogyadhama. Like in physical world of Arogyadhama, on the website too we have created the eight sections and a section on the PPH. Various ailments categorised under each section have also been listed on this section of the website. Each ailment then opens into a micro site providing Description, Possible Causes, Diagnoses, Treatments, the IAYT technique and any other information available about the disease.

From each disease section, the user or the patient is provided different options to practise the yoga lifestyle.

For all the pages in the Online IAYT section, a copyright notice has been placed with an indication that the information is only for preliminary consumption and yoga therapy techniques should be practiced under supervision. Similarly, suggestions from the visitors have been sought on content@svyasa.org

For the future, we have plans to include content such as pictures /photos of techniques, audios of various lectures, videos of sessions, experiences of participants in the audio-visual /textual format, etc.

Published Papers on this section:

Ravi, Tumuluri; Dr Nagendra, HR - Yoga Courseware – An Online Project by SVYASA. International Conference on Digital Libraries Souvenir, Delhi February, 2010; Submitted to

LIBRARY:

DIGITAL LIBRARY

SVYASA Digital Library has already initiated steps towards achieving its mission by providing the open access to the following

- Yoga Research Papers

This is a collection of papers on research in yoga and allied fields carried out by SVYASA faculty and students for the past 25 years. The papers have been published in important journals in medicine, psychology, etc.

- Yoga Dissertations

These dissertations record the results of research by yoga students at SVYASA mainly on scientific validation of yoga, combining the best of the East with the best of the West.

- Yoga Theses

These theses collections represent the results research by doctoral (PhD) students at SVYASA, covering scientific study and validation of yoga.

- Digital Library

The Digital Yoga Library is an online collection of links to web sites around the world on the Internet, especially selected for the benefit of yoga students.

- International Journal of Yoga

International Journal of Yoga is a peer-reviewed open access scholarly publication of SVYASA.

- Yogasudha

Yogasudha.com is a monthly magazine from the Swami Vivekananda Yoga Prakashan, to propagate the message of Yoga.

- Inflibnet IndCat

Inflibnet IndCat is a Union Catalogue of Indian Universities. A Web-based Interface Designed to Provide Easy Access to Bibliographic Databases of Resources available at Major Indian University Libraries

Networking and International Exchanges

Yoga is practiced, experimented with and taught in many centres of the world, and many papers generated. SVYASA has already initiated networking and exchange of information with many of these centres in India and abroad..

The vision to make SVYASA a nodal centre for all study and research in yoga and allied sciences, even as early as 1999, Director had constituted a committee to prepare a plan for the development of the centre as a node. The group has submitted a plan. SVYASA has also taken steps to introduce computer applications in the library

SVYASA researchers have published more than 100 papers which are indexed in MEDLINE and/or Psychlit/Psychinfo. SVYASA has carried itself as a Centre of Advanced Research (CAR) in Yoga and Neurophysiology accredited by the Indian Council of Medical Research (ICMR).

Published Papers on this section:

Kumar, B.L. Vinod and Dr HR Nagendra – A Digital Library for Yoga Studies and Research. International Conference on Digital Libraries Souvenir, Delhi February, 2010

Kumar, B.L. Vinod; Neelameghan, A., Svyasa University Yoga Digital Library, Information Studies, vol. 15, no. 1, Jan 2009, pp. 27-40.

II. NETWORKING AT PRASHANTI KUTIRAM CAMPUS

The entire campus is networked with OFC and Cat5E / 6 cabling to enable:

a. Networking of entire campus:

- SVYASA is connected to the internet through a One Mbps Lease Line provided by BSNL. We also have standby Broadband connection from BSNL of 2 to 8 Mbps.
- The entire campus is networked using Optic Fiber Cable (OFC). The OFC is terminated in 13 facilities in the campus. The Network Topology is given in Fig – 1
- We have 389 Ethernet Points and Six Wireless Access Points in our campus. We also have Wireless Modems for faculty for travel
- It is proposed to hook cameras to all classrooms to stream and broadcast live classes to the entire world

b. Video projection through projectors / Plasma TVs available in all class rooms:

- For large halls and classrooms, we have LCD and DLP high-lumen projectors with FLEX Screens between 8' x 6' to 16' x 10' in dimension.
- Each Course / Programme is provided with a laptop which can be connected to a wireless LAN for access to online content / Intranet Content
- Audio RF Cable is provided for clear audio. We have provided Sound Mixers and Amplifiers in our larger auditoriums and Classrooms

c. Video Studio / Video Conference Facility:

- We have an in house Studio especially designed for Video Conferencing. The Studio is equipped with LifeSize® high definition video communications systems and two (2) number of 42" Plasma.
- Each system is designed to make video communication a highly productive, simple, and reliable experience.
- The machine is configured with static IP address other locations around the Globe and FOUR simultaneous connections using Internet Protocol.

- The additional Sound System with Amplifier helps the voice during the conferencing very clear.

S-VYASA Campus Prashanti Kutiram Network Topology

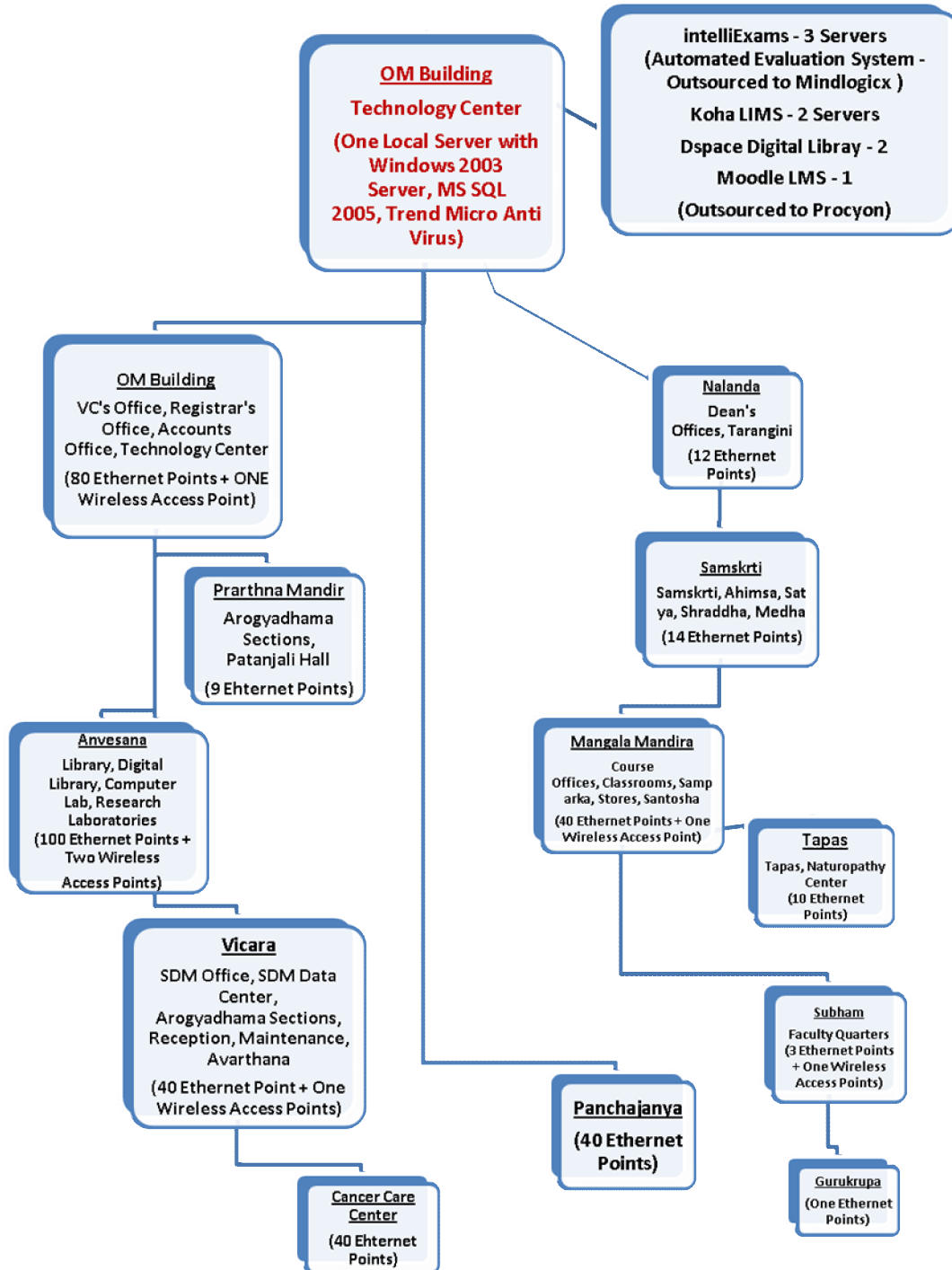


Figure 1

III. KOHA LIBRARY INFORMATION MANAGEMENT SYSTEM:

This application is available on the Intranet for use by resident Students at Headquarters, Prashanti Kutiram and on the internet for use by Students / Visitors / Guests from around the world!

Koha is the first open-source Integrated Library System (ILS). In use worldwide, its development is steered by a growing community of libraries collaborating to achieve their technology goals.

Koha's impressive feature set continues to evolve and expand to meet the needs of its user base.

Full-featured ILS. In use worldwide in libraries of all sizes, Koha is a true enterprise-class ILS with comprehensive functionality including basic or advanced options. Koha includes modules for circulation, cataloging, acquisitions, serials, reserves, patron management, branch relationships, and more. For a comprehensive overview of features visit the Koha feature map.

Dual Database Design. Koha uses a dual database design that utilizes the strengths of the two major industry-standard database types (text-based and RDBMS). This design feature ensures that Koha is scalable enough to meet the transaction load of any library, no matter what the size.

Library Standards Compliant. Koha is built using library standards and protocols that ensure interoperability between Koha and other systems and technologies, while supporting existing workflows and tools.

Web-based Interfaces. Koha's OPAC, circ, management and self-checkout interfaces are all based on standards-compliant World Wide Web technologies--XHTML, CSS and Javascript--making Koha a truly platform-independent solution.

Free / Open Source. Koha is distributed under the open-source General Public License (GPL). More information on the GPL can be found [here](#).

No Vendor Lock-in. It is an important part of the open-source promise that there is no vendor lock-in: libraries are free to install and use Koha themselves if they have the in-house expertise or to purchase support or development services from the best available source. For more information about obtaining support visit the [support page](#).

All SVYASA Library collections are catalogued on Koha

Koha servers / software installation and setup has been outsourced by SVYASA University to Procyon Pvt Ltd

IV. DSPACE:

This application is available on the Intranet for use by resident Students at Headquarters, Prashanti Kutiram and on the internet for use by Students / Visitors / Guests from around the world!

Dspace is the software of choice for academic, non-profit, and commercial organizations building open digital repositories. It is free and easy to install "out of the box" and completely customizable to fit the needs of any organization.

Dspace preserves and enables easy and open access to all types of digital content including text, images, moving images, mpegs and data sets. And with an ever-growing community of developers, committed to continuously expanding and improving the software, each DSpace installation benefits from the next.

All SVYASA publications including Audios / Videos are available through Dspace

We have converted one of our very popular course, Yoga Instructor's Course into Instruction Design format on a SCORM (Sharable Content Object Reference Model) for web-based learning.

Dspace servers / software installation and setup has been outsourced by SVYASA University to Procyon Pvt Ltd

V. INTELLIEXAMS – www.svyasa.net

This application is available on the Intranet for use by Faculty at Headquarters, Prashanti Kutiram and on the internet for use by Faculty from around the world!

Svyasa University, Bangalore has implemented a state of the art Examination Management System that revolutionizes the entire examination processes by diligently meeting the requirements of the university in conducting examination with utmost security and sophistication enabled by the cutting-edge communication and information technology. The system automates the complete life cycle of Examination Management which includes online registration of candidates, examination fee management, marks uploading, hall ticket generation, question bank management, question paper generation, automated evaluation process and up to the reporting of results.

intelliEXAMS, the Examination Management System, is set to be the benchmark in new-age education delivery systems and set the knowledge revolution in motion. It leverages the power of technology and facilitates to conduct fool-proof examination, reduce turn-around time, enhance accuracy of evaluation and manage vast amounts of data in a distributed environment. Examination Management System has a simple & easy to use web-based centralized user interface system that is used for storing, retrieving, managing and aggregating examination objects. The system is robust & able to handle large amount of data with proper back up &

disaster recovery. It has a comprehensive test engine with randomization of questions and choices and role-based security allowing multiple levels of permissions for authors and administrators.

This process encompasses the management of the complete life cycle of online/offline examinations & assists the institute through:

Distributed Authoring System - The Examination Management System allows distributed authoring of the question bank. Faculty members of affiliated colleges can register themselves as QBank Authors by using the link provided below.

The QBank Authoring Management System manages the question bank for every programme offered by the university, keeping track of questions published in the question paper. Once approved, authors can upload any number of questions for any course. At any point time, registered authors can generate summary reports and view chart of the QBank authored by them.

This system provides a student flexibility and liberty to appear for an examination during a specific time period

Online Hall ticket printing - All admissions are computerized and are available on servers to facilitate online hall ticket generation.

Secured online question paper delivery – A randomized question paper is delivered to a preset printer two papers before the start of the examination. The Questions Papers can be review at the time of printing for any changes as may be required.

Offline & Online examinations – The system is setup to introduce online examinations of an objective format. At present, we generate randomized questions papers which are then delivered offline to students to answer the same in a traditional manner.

Central evaluation System – Although the system offers a facility to view all answer papers online on the web for the evaluators, we have setup a semi-manual system. In our system, we collect answer sheets, grade them and scan all papers for digital archiving. At present, we intend to keep archives for 10 years in the digital format. These archives can also be made available to the students for review. Parents can also login to students' accounts to review their performance.

Certificate authentication system – Since the grades / marks are inserted into the system based on evaluations, the system is setup to automatically generate Certificates and Grade Cards only to those who have made the mark as per the policies of the University.

intelliEXAMS consists of a layered architecture where the major user layers are for admin, university operator, college user, faculty and student. Different set of users at these layers are provided the rights and privileges to perform different set of operations.

intelliEXAMS, the Examination Management System is powered by Mindlogicx Infotech Ltd.

SVYASA University has outsourced the Examination System module to Mindlogicx Infotech Ltd.

VI. INTERNATIONAL JOURNAL OF YOGA - www.ijoy.org.in

International Journal of Yoga (ISSN # 0973-6131), is a multidisciplinary quarterly scientific Yoga journal, dedicated to Yoga research and applications. The journal is an official publication of the Swami Vivekananda Yoga Anusandhana Samsthana (a Deemed University) recognized by the Ministry of Human Resource Development through UGC, Government of India, New Delhi, India. This journal is published by Medknow Publications, Mumbai, India.

Bibliographic listings:

The journal is indexed with Pubmed, Caspur, DOAJ, EBSCO Publishing's Electronic Databases, EMCARE, Expanded Academic ASAP, Genamics JournalSeek, Google Scholar, Health & Wellness Research Center, Health Reference Center Academic, Hinari, Index Copernicus, OpenJGate, SCOLOAR, SIIC databases, Ulrich's International Periodical Directory

VII. YOGASUDHA.COM – www.yogasudha.com

Yogasudha.com is the journal of SVYASA published monthly. It has been in print for more than 20 years. Yogasudha.com is an online, completely free version. We also have online editions in Kannada, Samskrt and Tamil languages