

## Advisory Committee

**Sri Dwarka Nath Acharya**  
Strategic Advisor, SPFT, Mysuru  
**Sri G. L. Vishwanath**  
Senior Advocate, Bengaluru; Legal Advisor, SPFT, Mysuru  
**Dr Renuka Devi C**  
BAMS, MD, DAO, Mysore  
**Dr. Subramanian**  
Secretary, IYA Karnataka, Bengaluru  
**Dr. Basavaraj L**  
Principal, ATME College of Engineering, Mysuru  
**Dr. Subramanya**  
Principal, RVCE, Bengaluru  
**Dr. Sadashive Gowda**  
Principal, VVIE, Mysuru  
**Dr. Shivakumar**  
Principal, GSSSI, Mysuru  
**Sri Srihari Dwarkanath**  
Founder & Trustee, GSS YRF, Mysore  
**Smt. Sarada Raghavan**  
MD, Dathathreya Integrated Holistic Healthcare, Kanjoor, Kerala  
**Dr PN Ganesh kumar**  
President KSAYS, Founder at MVE & RI  
**Sri Bhawarlal Arya**  
KSPP, Patanjali Yogpeeth, Hubballi  
**Dr. B P Murthy**  
Founder President of Chaitanya Yoga Kendra

## Organising Committee

**Sri. Nikhil Karje** SPFT Web Designer, S.E. Manager  
**Sri Ravi Shankar** Financial Advisor, SPFT, Mysuru  
**Smt. Vijayalakshmi** Administrator, SPFT, Mysuru  
**Ms. Sheetal Soni** Manager, SPFT, Mysuru  
**Sri C. V. Prakash** Print Coordinator, SPFT, Mysuru  
**Smt. Hema Sheshadri** Life Member, SPFT, Mysuru  
**Smt. Chandrika Varna** Life Member, SPFT, Mysuru  
**Smt. Shylaja** Life Member, SPFT, Mysuru  
**Smt. Mytri Simha** Life Member, SPFT, Mysuru  
**Prof. Dr. Shiva Prakash** Life Member, SPFT, Mysuru  
**Sri B.R. Madhav Sadashiv** Life Member, SPFT, Mysuru  
**Dr. Shruthi Narasimhan** Life Member, SPFT, Mysuru  
**Sri S. Shashi kumar** Secretary, PYS & BST South Karnataka  
**Dr. Lingayya Hiremath** Prof. Dept. of Biotechnology, RVCE, Bengaluru  
**Smt. Spoorthi P N** Asst. Prof. Dept. of ECE, ATMECE, Mysuru  
**Mr. Kushal** Student, ATMECE, Mysuru  
**Sri MSS KUMAR** Ex Syndicate Member Mysore VV

## VOLUNTARY SUPPORT

Your presence is our strength.  
Your voluntary contribution  
strengthens our mission

SBI A/c No.: 42165178154  
IFSC Code: SBIN0011799



QR Code Payment



QR Code Registration

## With the Divine Blessings of



**Sri Jagadguru Shivarathri**  
**Deshikendra Mahaswamiji**  
Suttur Math, Mysuru



**Sri Vishwaprassanna**  
**Teertha Swamiji**  
Adokshaja Sri Pejawara Matha, Udupi

## Resource Persons



**Dr. H.R. Nagendra**  
Padmashree Awardee,  
Founder, S-VYASA, Bengaluru



**Vaidyaratnam**  
**Dr. Raghavan Ramankutty**  
Chairman, Dathathreya Hospital,  
Ernakulam, Kerala



**Dr. K. Subrahmanyam**  
Ex Chancellor, S-VYASA,  
Bengaluru



**Dr. Rajashekara Reddy Poreddy**  
Neurosurgeon, Bengaluru;  
Founder, Yoga University Of Bharath  
Medical Science Advisor, SPFT, Mysuru



**Dr. Ishwar V. Basavaraddi**  
Former Director, MDNIY,  
New Delhi



**Dr. Sharadchandra Bhalekhar**  
Kaivalyadhama,  
Lonavala



**Dr. Vinod Kumar Katiyar**  
Professor, University of Patanjali,  
Haridwar Uttarakhand



**Dr. PRAHLADA RAO C G**  
MBBS ; FCCP; FAIMS General  
Physician, Mysuru



**Dr. Geetha**  
Retd. HOD bioscience,  
Chairperson Genetics, Bangalore



**Dr. Bhavya HB**  
Medical officer. Ayush dept.  
Tumkur

Welcome to All



**SPFT®**  
Mysuru



**ATME**  
College of Engineering

Organised by

Scientific Pranayama Foundation Trust (R), Mysuru

In collaboration with

ATME College of Engineering, Mysuru

In association with



RV College of Engineering, Bengaluru &  
Indian Yoga Association (IYA), Karnataka  
AYUSH Department Mysore

Two Day

**National Conference on Pranayama-  
Bharat 2026**

*"Pranayama is India's timeless science of breath—  
awakening clarity, vitality, and inner peace."*

12<sup>th</sup> & 13<sup>th</sup>  
March 2026



9:00am  
onwards

ATME College of Engineering,  
Mellahalli, Bannur Road, Mysuru - 570 028

<https://share.google/w5jlf85t4EXSx9BQv>

## About the Organizers

### Scientific Pranayama Foundation Trust\*, Mysuru

Established in 2023, the Scientific Pranayama Foundation Trust\* (SPFT) was founded by Dr. Devaki Madhav, an internationally recognized Pranayama scientist, psychologist, Ph.D. holder in Yoga Pranayama, and Life Member of the Indian Yoga Association. Under her leadership, SPFT\* is dedicated to advancing the well-being of humanity by spreading the scientifically validated benefits of pranayama.

The Trust has conducted hundreds of free workshops across India and abroad, sharing the transformative power of breath through medically proven examples and evidence-based practices. SPFT\* integrates ancient yogic knowledge with modern scientific research, making pranayama accessible, practical, and relevant for people from all walks of life.

**Aim:** To promote widespread awareness of Scientific Pranayama as a powerful tool for physical health, emotional resilience, mental clarity, and overall well-being. SPFT\* upholds an inclusive mission—serving individuals of all ages, backgrounds, and communities—while actively contributing to mental health and wellness through structured, research-backed pranayama techniques.

### About ATME College of Engineering, Mysuru

Established in 2010, ATME College of Engineering is approved by AICTE, New Delhi, and affiliated with VTU, Belagavi. The college offers 10 UG programs, 2 PG programs (MBA & MCA), and doctoral programs. The research centres recognised by VTU have got around ₹ Rs 5 crores funding and have 25+ global collaborations.

ATMECE holds NAAC A+ accreditation—one among 47 engineering colleges in India to receive this in the first cycle. It is ISO 9001:2015 certified and has received titles such as “Best Emerging Private Engineering College” and “Most Promising Upcoming College in Karnataka.” Key Recognitions: QS I-Gauge Gold Ranking, NABL certification, Swachh Institute Listing, R World SII-Green India Silver Band.

### About RV College of Engineering (RVCE), Bengaluru

Founded in 1963, RVCE is one of India's premier self-financing engineering institutions. Located on a 16.85-acre green campus on Mysuru Road, it offers a conducive environment for world-class academics and research. The college offers 12 UG, 16 PG, and doctoral programs, and is recognized for innovation, sustainability, and outcome-based education.

Core Values: Professionalism, Integrity, Teamwork, and Innovation.

## Registration Details

**Delegates: ₹ 500 - Paper Presenters: ₹ 2000**

**Contact:** Seetha Ramesh - 93412 02292 /

Chandrika Varna-95351 33336 / Mythri -77029 28854 /

Shylaja 94487 50548 / Vijayalakshmi 99001 50619 /

Hema Sheshadri - 98805 41151 / Poornima - 97419 58118 /

C V Prakash - 94806 00849 / Shobha Kamath - 94819 56947

devakimadhav@gmail.com

## About the conference

The National Conference on Pranayama – Bharat 2026 is a heartfelt celebration of the science and spirit of Pranayama, deeply rooted in the transformative discipline of Science of Pranayama.

This vibrant gathering brings together practitioners, researchers, Doctors and wellness enthusiasts to breathe consciously, connect deeply and elevate harmoniously.

Through guided sessions, insightful talks, and healing practices, the conference aims to enhance mental clarity, physical vitality, and holistic well-being

## Objectives

- Deepen understanding of the science and practice of Pranayama in the modern era.
- Highlight its physical, mental, and emotional health benefits, including stress reduction and mental clarity.
- Present research-based insights and practical techniques for holistic wellness and daily well-being.
- Promote simple, effective pranayama practices that can be integrated into everyday routines.
- Encourage academic growth, knowledge sharing, and collaboration among experts, researchers, students, and practitioners.

## Poster Presentation

### National Poster Presentation Competition on Pranayama

## Featured Highlights

### Cultural Programme

### Display of Scientific Pranayama Publications

## Theme for paper presentation

### Title

“The Impact of Pranayama Practice on Physical and Mental Health in the Modern Era”

### Subtitles

For Paper Presentation, but Not Restricted To...

1. Bridging Ancient Pranayama Wisdom with Modern Evidence-Based Living
2. The Science Behind the Secret of Pranayama
3. Pranayama from the perspective of Indian Knowledge Systems

**For manuscript template and other details please visit SPFT website <https://scientificpranayama.co.in/>**

## The accepted papers

**shall be published in Google Scholar Indexed journals.**

| Last Date for Submission of Paper with Abstract | Intimation of Approval for Paper Presentation | Last Date for Registration |
|---|---|----------------------------|
| 8 <sup>th</sup> Feb 2026                        | 18 <sup>th</sup> Feb 2026                     | 28 <sup>th</sup> Feb 2026  |

## Chief Patrons



**Dr. Devaki Madhav**  
Founder President  
Scientific Pranayama Foundation Trust (R),  
Mysuru, Karnataka



**Sri L. Arun Kumar**  
Hon. Chairman  
ATME College of Engineering,  
Mysuru, Karnataka

## Patrons



**Sri Abhimaan Madhav**  
Principal Trustee, SPFT, Mysuru



**Smt. N.R. Seetha Ramesh**  
Secretary, SPFT, Mysuru



**Sri K. Shivashankar**  
Secretary  
ATME College of Engineering  
Mysuru



**Sri R Veeresh**  
Treasurer  
ATME College of Engineering  
Mysuru

## Conveners



**Dr. Bhagyashree**  
Dean Research, Professor  
Department of ECE, ATMECE, Mysuru



**Dr. D.V.S.S.R. Prakash**  
Principal, Administrative  
Management College, Bengaluru



**Sri Sheshadri**  
Rtd. CTO Future group  
Technical Advisor, SPFT, Mysuru

“A breath-based celebration like no other  
— deeply healing and profoundly joyful.”