

Vasudeva Rao (Jijnasu)

Native: Mangalore, Karnataka
YOB: 1984

YouTube: [Jijnasu](#)

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Website: <http://www.jijnasu.yoga>

Engineering

2001-05 **B.E.** in Chemical Engineering
from National Institute of Technology Karnataka (NITK), Surathkal

2005-10 **Software Engineer**
at Cognizant Technology Solutions (India & U.S.)

Yoga

2011-12 **M.Sc.** in Yoga (with Best student award for academic excellence)
from Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bangalore

2013-17 Practitioner and teacher (volunteer) at SVYASA

- Monthly lectures for Yoga Instructors Course (50+ batches) and M.Sc. course
- Conducted YIC camps for **Indian Air Force** personnel at Delhi
- Invited to **IIM Calcutta** for a workshop on Yogic Introspection

2017 Assistant Professor at SVYASA Distance education

- Subject Matter Expert in Bhagavadgita, Patanjali Yoga Sutra, Narada Bhakti Sutra, Science and Consciousness, Yoga Philosophy and Health

2018-20 Full time volunteer at **Isha Foundation**, Coimbatore

- Translation of Sadhguru's videos (200+) and books (2) from English to Kannada
- Live translator at major events like Maha Shivaratri
- Hatha and Kriya Yoga Sadhana

2021-Present Freelance Yoga teacher; Guest speaker; Author; [Jijnasa Yoga retreats](#)

Books and Articles

- [INQUIRY](#) (2023) – A book that decrypts the basis of all the four streams of Yoga in a simple, non-jargonish language, and with direct insights, clears the clutter that often haunts spiritual seekers.
- Study Material for Bhagavadgita for M.Sc. course at SVYASA
- Study Material for Yoga Philosophy and Health for M.Sc. course at SVYASA
- Article on [Uncertainty Principle](#) (quantum physics) for a reputed scientific journal

Accolades

- Best student award for academic excellence at SVYASA
- Received first prize from Shringeri Sharada Peetham for memorization of the whole Bhagavadgita
- Honoured by SVYASA for being able to recollect Gita shlokas in reverse order ([Video](#))
- Life Member of the Indian Yoga Association (membership ID: IYA/LM/757)