

IYA – THE YOGA MOVEMENT!

Yogavani

AUGUST 2025, ISSUE-66



PURPOSE

Sharing the message of Yoga based on traditional and scientific foundation

VALUE

Unifying the diverse traditions of Yoga



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Official Monthly of The Indian Yoga Association

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YOGA CHIKITSA RATNA DR. VRUSHAKAPI

At the age of 12, Dr. Vrushakapi began his journey of Yoga with formal studies at Kailash Ashram and with Swamy Vishnudevananda at Sivananda Ashram. He was initiated by Swami Chinmayananda, Sachidananda & Omkarananda and later under Swami Rama and Satyananda Saraswathi. He had the privilege of learning asana practice directly with Krishnamacharya, BKS Iyengar, Pattabhi Jois, Desikachar among other renowned teachers as well as unknown but equally accomplished Himalayan masters and monks. The other schools of learning include Kaivalya Dhama – Lonavala, Ananda Ashram– Himachal, and the Kriya Yoga traditions such as Babaji Kriya Yoga, Yogoda, Mangeshta; the Nyingma School of Tantra–Sikkim/Tibet; Bon School of Tantra–Burang County, Kailash; and the Nyingma School - Nanda Devi Peak, Uttarakhand.

In 1992, he suffered multiple fractures in his lower spine, hip bones, and pelvic bones, and lost control over his lower torso when he had a road accident. His urethra was ruptured and he was told that he would not be able to have children and may not walk again. After a year of experiencing no progress, he began practicing yoga and started treating himself with the techniques of Nauli, Vajroli. After two years of practice, he could run, perform all asanas and also had his first child in 1994.

Dr. Vrushakapi (Dr ALV Kumar)

Eminent Yoga Acharya.

Founder, Traditional Yoga (IYA Member Institute).

Founder, Vedic Nutraceuticals.

Chairperson, IYA- Telangana State chapter committee.

Yoga Kaya Chikitsa

Yoga Kaya Chikitsa is a branch of Yoga that deals with the treatment of body without medicine practiced by Beshaja Buddha/Baijyonth, the Shiva as Physician. It involves Yoga Kaya Samvahana (Physical Masso Therapy) and Yoga Kaya Samvadana (Yoga Medicinal Oil Therapy by Oil mardana and Sevana), a detailed therapeutic system of annamaya and pranamaya koshas to solve problems of Saptha Dhatus and Pranas, also deploying methods arrived from different yoga limbs for purification, detoxification and rejuvenation. Kaya Chikitsa is to be practiced on those who are unable to practice Yoga for themselves. It is to be practiced with loving kindness and is effective for severely ill or terminal patients. Kaya Chikitsa can be used to treat a wide range of problems including Cancer, Muscular Dystrophy, heart problems, skin disease such as Erythroderma, spinal problems including slipped disc and Spondylitis, reproductive problems such as infertility, polycystic ovaries, thyroid disorders, as well as respiratory problems such as asthma and sinusitis.



Kaya Chikitsa involves both diagnosis and treatment. The diagnostic process includes respiratory and pulse tests, along with physical examination of the affected body organs. Its methodology requires an understanding of the 72,000 neuron transmission channels known as Nadis. Working with Nadis is foundational in reflexology. Kaya Chikitsa is effective in addressing the root causes of illness at the brain level. Healing systems such as acupressure, acupuncture, Thai massage, Shiatsu, and Kerala Panchakarma have deep roots in the ancient science of Yoga Kaya Chikitsa.

Dr. Vrushakapi has been a dedicated practitioner and teacher of Kaya Chikitsa. These techniques, practiced in the lineage of Narayana Swamy the author of Hatha Yoga Ratnavali were passed down through his family to Narayana Munindra, under whom Dr. Vrushakapi studied. With his advanced understanding of these techniques, deep medical insight, and compassionate approach, Dr. Vrushakapi continues to bring effective relief to countless individuals. The long-term benefits include the regeneration of the entire bodily system and the attainment of complete health.



Dr. Vrushakapi's methodology of yoga is based on the Kramas (Sequences), viz., **Sristi Krama** (for endurance and for improved Cardiac Recovery Rate (CRR); **Sthira Krama** (for strength which consumes glycogen); **Avarodha Krama** (resistance based increases lungs capacity and helps in building anaerobic muscle); **Rakshana Krama** (for alignment and balance); **Adhyatmika Krama** (effort less way of doing and aerobic in nature); and **Chikitsa Krama** (therapeutic yoga to address a particular health problem with or without the support of props).

Dr. Vrushakapi offers a unique and deeply traditional approach to Therapeutic Yoga and Kaya Chikitsa, blending classical yogic wisdom with practical healing methods rooted in Ayurveda and subtle body sciences. His programs conducted currently online and Meditation retreats in person twice a year focus on addressing chronic physical and psychosomatic conditions through personalized asana, pranayama, mudras, mantra therapy and dietary guidance. Emphasizing the role of pranic balance in holistic well-being his sessions support healing from ailments such as spinal disorders, stress, hormonal imbalances and metabolic conditions. Through regular workshops, retreats, and one-on-one guidance, he empowers students to access the deeper healing potential of yoga, not merely as a practice, but as a holistic system of medicine. His offerings are available through traditionalyoga.co.in and traditionalyoga.co.uk, serving seekers worldwide with authenticity and care.



Being a consultant trainer at Yoga Campus in London, he trained hundreds of yoga teachers for the last four decades. He was invited by the United Nations, International Labour Organization in Geneva, to lead celebrations for International Yoga in 2017 and 2018. In addition to his engagements with reputed Indian institutions, he has delivered lectures at Oxford Brookes University, the Bath Royal Literary and Scientific Institution, Imperial College of London, and Kyungpook National University, School of Medicine in Daegu, Korea.

Trained and worked for Merck pharmaceuticals and nutraceuticals as formulation specialist, being a double doctorate in drug and peptide synthesis, his research and development have facilitated the availability of epigenetic nutrition for genetic disorders and advance natural peptides to cure acute and chronic problems of old age, cancers, joint related issues, auto immune disorders and advanced anti aging peptides for longevity. He has founded a Non Profit No Loss Entity called Vedic Nutraceuticals to provide advanced nutritional therapies at affordable costs. The Yoga Healing Foundation, a registered charity under the UK Charities Act, is the first such yoga - based charity in the UK. Similar charities in operation in USA and India through which the Traditional Yoga Foundation has been extending free online teaching and education accessible to all, to address the physical and mind related problems of the mankind and to lead them to the highest level of meditation practices culminating in self-realisation, self-actualization or singularity by Vedic Method of Siddhantha Vicharana.



<http://www.youtube.com/@TraditionalYoga>



CYCLE



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CONTINUOUS YOGA CHIKITSA LEARNING AND EDUCATION



**Learn principles and methods of yoga chikitsa
from the pioneers themselves!**

**First Sunday
of Every Month 2024**

Starts At
10AM TO 12:00 PM

**Essential prerequisite for yoga
Chikitsa recognition by IYA!**

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Indian Yoga Association

Indian Yoga Association is a registered society, Registered under the Society Registration Act of 1860 bearing Registration No: SI/63761/2008, Dated on 31st October, 2008 Yogrishi Swami Ramdev ji Maharaj was the First Chairman of the Governing Council, Currently Gurudev Sri Sri Ravishankar ji is the new Chairman of the Governing Council and Maa Dr. Hansaji Yogendra is the President. Founded under the legendary Yogi Padma Vibhushan Late Dr BKS Iyengar ji, IYA is a maiden attempt to unite all yoga paramparas in a common cause. Indian Yoga Association is committed to promotion and advancement of Yoga and its applications around the world, a policy advocacy body in yoga and is an industry-cum-self-regulatory body to facilitate activities of its member institutions.

Aims and Objectives

- Promotion and advancement of Yoga and its applications.
- Maintaining and promoting the different Indian Yoga traditions.
- To provide extensive research facilities for carrying out fundamental and clinical research in the discipline of Yoga and its applications keeping in view the socio-economic needs of all sections of the society.
- To hold Conferences, Seminars, Workshops, Camps and Public meetings to propagate information and knowledge of Yoga, its various techniques and practice in various parts of India as well as abroad.
- Accreditation and affiliation of Yoga Institutions including Prescribing of basic requirements for affiliation of Yoga Institutions.
- To bring certain amount of self discipline in the operations of the Yoga Institutions
- To conduct experiments and research on emerging trends in Yoga.
- To develop techniques and approaches based on the Ancient Yoga Texts and Granthas of Yoga to meet the challenges of the modern era.
- Development and dissemination of new approaches to the practice, teaching and research of yoga.
- To prescribe different courses for imparting education and training in Yoga;
to prescribe syllabus and curriculum for various Yoga education, Yoga therapy and Yoga training courses and programmes;
also to prescribe guidelines to carry out research in Yoga and its applications at various levels.

योगवाणी YOGAVĀNĪ

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Letters to the Editor

I wish to extend my heartfelt appreciation for Yogavani. Each issue carries a fragrance of yoga's timeless wisdom and inspires us to bring balance into our daily lives. Your effort in nurturing this bridge between tradition and modern seekers is truly commendable. May Yogavani continue to guide many more on the path of health, peace, and inner harmony.

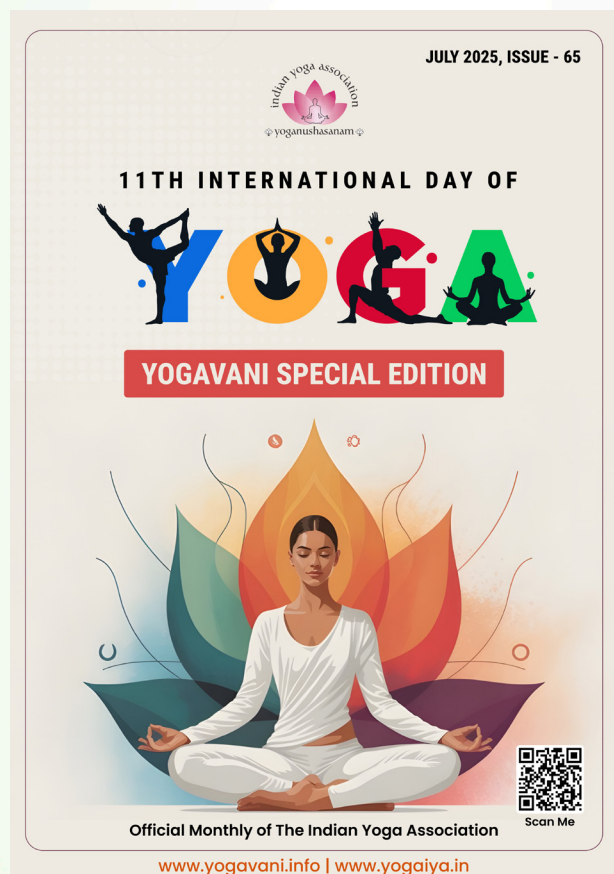
- Smt. Renu Jain

It is with deep gratitude that I write to commend the work of Yogavani. The magazine reflects the spirit of yoga not just as a practice, but as a way of life. The insightful articles, interviews, and experiences shared make it an authentic source of guidance for all. I wish the team continued success in spreading the light of yoga.

- Shri Viral Raval

I eagerly look forward to every edition of Yogavani. It enriches our understanding of yoga philosophy and inspires practitioners at all stages. The blend of tradition, research, and lived experiences makes it unique and meaningful. Please accept my best wishes for your ongoing efforts in taking the message of yoga to every corner.

- Smt. Ranjana Swain



Yogavani beautifully reflects the inclusive and holistic spirit of yoga. In today's fast-paced world, such authentic content is not only valuable but essential. The clarity with which yoga's wisdom is shared strengthens our collective journey toward health and harmony. I extend my best wishes for the continued growth of this noble initiative.

-Shri Sumit Kumar Singh

EDITORIAL

- Dr Ishwar V. Basavaraddi

Founding Member, IYA



Yoga a Traditional Medicine

Yoga is an ancient science and an art of healthy living that is intended for a healthy mind in a healthy body. Yoga gives us knowledge of the

body, mind and the self. The methods used by Yogis are sensory observation, logical reasoning, insight and introspection; hence, it is a science.

Yoga is also an art; it teaches us how to live well, by bringing harmony between man and nature. Yoga has been in the public domain for thousands of years and has been practiced by millions of people worldwide with benefits.

Yoga is increasingly recognised by Indian and Western culture as a holistic health intervention with various illnesses including pain, chronic diseases, metabolic conditions, cardiac and cancer rehabilitation and mental illness. As a result, there is a growing number of researches looking into





the health and therapeutical benefits of Yoga. This suggests that Yoga protocols of similar composition and duration, improve exercise capacity and health related quality of life among patients with chronic diseases.

Researches show, Yoga practices particularly pranayama and meditation, can increase multiple neurotransmitters and hormones such as GABA, serotonin, and dopamine—all-natural anti-depressants. They have been shown to increase levels of melatonin, helping to initiate sleep, improving sleep quality and sleep regulation, and increasing levels of oxytocin—the bonding hormone. Dean Ornish found a significant association between comprehensive lifestyle changes (including yoga, meditation, breathing, stress management and a healthy whole-food, plant-based diet), and increased

telomerase activity in human peripheral blood mononuclear cells. Of interest, the participants of this study also showed significant reductions in psychological distress and low-density lipoprotein cholesterol. Yoga practices can help to lower blood pressure, increase lung capacity, improve respiratory function and heart rate, improve circulation and boost muscle tone. Yoga reduces stress both by balancing the autonomic nervous system with increased parasympathetic and reduced sympathetic activities, respectively, thus optimizing and restoring the body's homeostasis (decreasing allostatic load), as well as decreasing the reactivity of the HPA axis. By decreasing both of these pathways, yoga can interrupt multiple different inflammatory events on the cascade

toward CVD and enhance cardiovascular function.

This is an era of AI, science and technology. There is a need to look and evaluate traditional, age-old Yoga practices and concepts of yoga through scientific lenses and methods without compromising the individual experiences. This brings medical and scientific community to accept and practice yoga. We have to show, Yoga practices and conscious breathing & relaxation techniques helps to regulate neurotransmitters, neuropeptides, hormones, and cytokines that mediate interactions between the central nervous system and the immune system. These techniques reduce the psychological and physiological effects of chronic stress.

Yoga is based on the principle that the mind and body are inter related. Yoga practice can improve the functions of a different system of the body, foster psychological well-being and, improve the oxygen delivery to tissue, remove the metabolic waste product, carcinogens, and cellular toxins; and scientific evidence has begun to emphasize its efficacy. It is now considered a low-cost intervention to control various lifestyle disorders. The main aims of the implications of Yoga are to increase parasympathetic and decrease sympathetic activities.

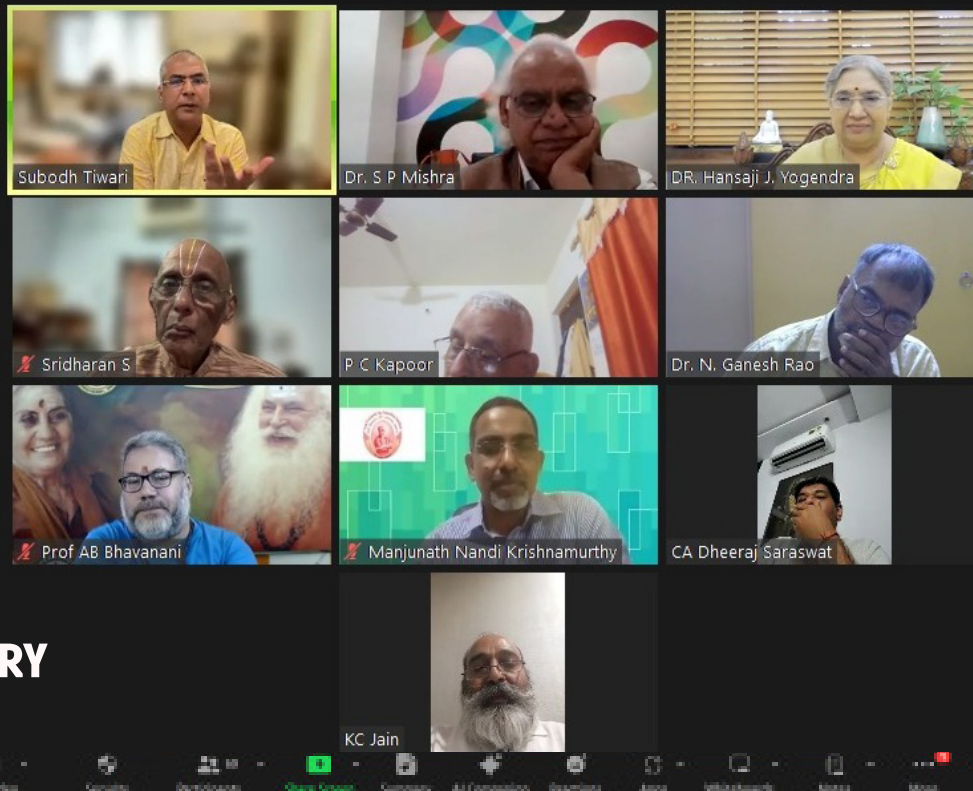
It may be further hypothesized that Yoga-based practices correct under activity of the parasympathetic nervous system and gamma amino butyric acid systems, partly through the stimulation of the vagus nerves, the main peripheral pathway of the



parasympathetic nervous system. Yoga enables us to move from a state of ill health to one of fitness and healthy living. Yoga is an excellent tool for global health and wellbeing.

Its numerous benefits, including stress reduction, improved mental clarity and focus, physical health, mindfulness and spirituality, make it a valuable practice for anyone seeking to improve their overall wellbeing. Yoga can also contribute to global wellbeing by promoting peace and harmony, environmental sustainability, cultural awareness and unity in diversity.

Regular Yoga practice can be done in many ways, such as at home or at work place or in a Yoga studio/centre setup. There are many different styles of Yoga in present times to choose from, so individuals can find a style that suits their needs and preferences. Let IYA, Yoga lineages and Institutions shall look in to these possibilities to promote Yoga as a traditional medicine.



COVER STORY

50th Executive Council Meeting: Strengthening Outreach & Recognizing Excellence

The 50th Executive Council Meeting (ECM) of the Indian Yoga Association (IYA) was held online on July 22, 2025, under the leadership of President Maa Dr. Hansaji Yogendra. The meeting was attended by Shri S. Sridharan, Vice President; Shri Subodh Tiwari, Secretary General; Dr. S.P. Mishra, CEO IYA PrCB; Dr. Manjunath, Director, Research Committee and Prof. Elangovan, Member, Executive Committee

A Sacred Beginning

The session began on a serene note with the chanting of the Shanti Mantra by Shri S. Sridharan. Maa Dr Hansaji Yogendra



opened the meeting by acknowledging the dedication of members and the growing vibrancy of State Chapters. The minutes of the previous meeting, held on May 8, 2025, were confirmed with unanimous approval.

Action Taken: The Progress

The Action Taken Report presented by the Secretary General reflected steady momentum across various fronts. The Yog Setu at Parmarth Niketan on May 25, 2025, drew around 50 participants despite challenging weather and led to the onboarding of a new associate centre and YPM. The Monthly Cycle Sessions continued to engage members with enriching talks by speakers such as Shri Durgadas Sawant and Shri M. Janakiraman.

Preparations for the Global Yoga Research Conference, to be held from January 30 to February 1, 2026, at AOL Ashram, are in full swing under the coordination of Shri Sridharan and Dr. Manjunath. The monthly workshops at Rashtrapati Bhavan received warm appreciation from the Hon'ble President of India, while the Manthan lecture series maintained its rhythm with upcoming online sessions already lined up. Another milestone was the commencement of IYA PrCB Certification at Mokshayatan, strengthening the journey towards standardization in yoga. IYA's active role in IDY 2025 celebrations was well recognized at the Ministry level, and the special Guru Purnima Instagram Live was celebrated as a creative outreach effort that connected warmly with the community.

Exciting Events on the Horizon

The ECM gave its nod to several significant upcoming events. Yog Setu – Indore will be hosted on August 3, 2025, at Parmanand Yoga Institute with the participation of Dr. H.R. Nagendra and Shri Radheshyam Mishra. This will be followed by Yog Setu – Kerala on August 31, 2025, at AOL Kochi. The much-anticipated National Conclave of State Chapter Committees will take place from November 7 to 9, 2025, at Lekhak Gaon, Rishikesh, offering members an immersive experience with workshops, satsangs, and nature walks.

Strengthening Chapters and Global Ties

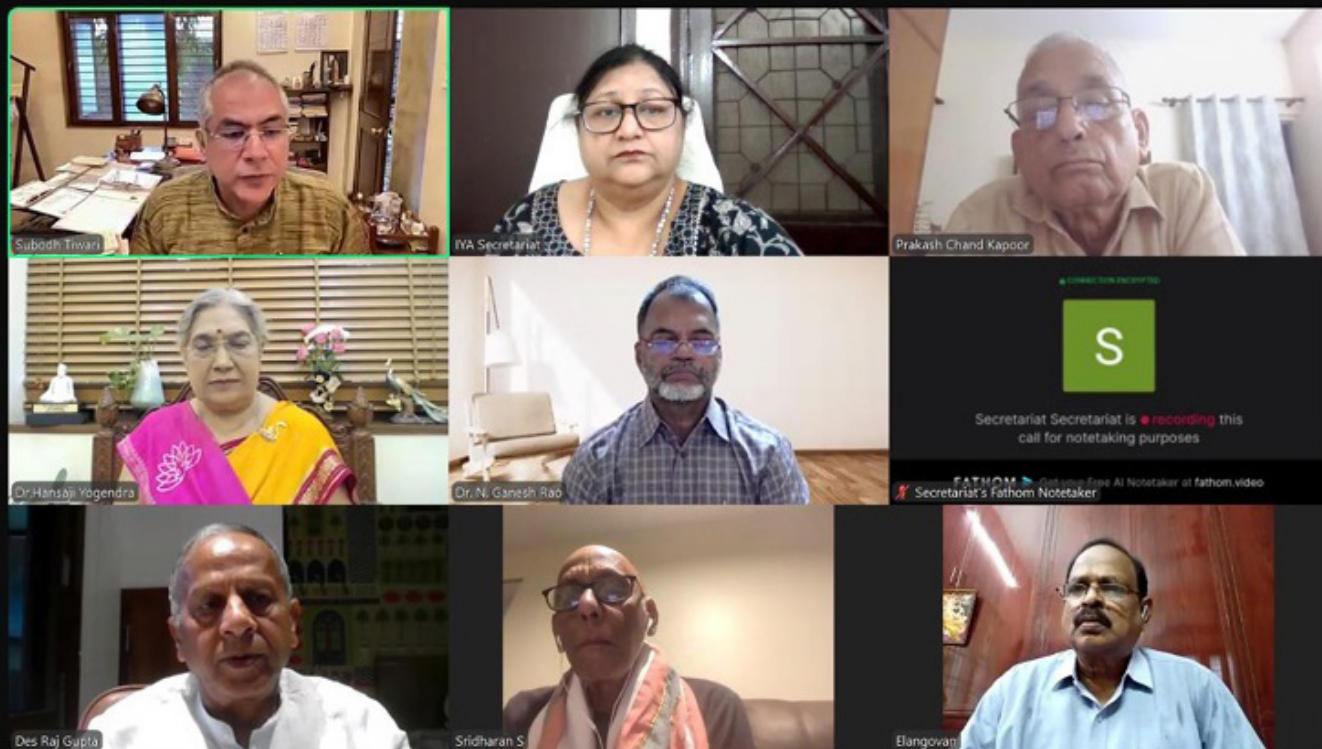
The meeting confirmed amendments to the Andhra Pradesh State Chapter Committee, welcoming Sri Paritala Gopi Krishna and Dr. Satyamurty Kashibhatta as Vice Chairpersons. On the international front, discussions regarding a formal MoU with the Yoga Association of Australia are progressing positively. With 2,500 teachers and 150 yoga institutes already associated, this collaboration is set to carry the legacy of traditional yoga into Australian communities.

Recognizing Excellence

The Council unanimously resolved to honour Dr. Vrukshakapi (Dr. A.L.V. Kumar) with the Yoga Chikitsa Ratna Award for his exceptional contributions in the field of yoga therapy.

Decisions Shaping the Future

Several forward-looking organizational



decisions were also finalized. The IYA PrCB Certification at SVYASA will be inaugurated at the Convocation on January 12, 2026, with registrations opening in November 2025. The Council also approved a ChatGPT subscription for the research team to support academic initiatives, and sanctioned a new website and app banner policy that will enable revenue generation through member institute advertisements. To encourage broader international participation, the membership fee structure was revised, setting YVM at \$10, YPM at \$40, and Life Membership at \$250.

A Collective Spirit

The meeting drew to a close with words of gratitude from Maa Dr. Hansaji Yogendra, who emphasized that the strength of IYA lies in collective effort and shared vision.

The session concluded with the chanting of the Shanti Mantra, leaving everyone inspired to continue working towards expanding the reach of yoga worldwide.





CYCLE 18

Essential Elements of Yoga Therapy in the KYM Tradition by Yoga Cikitsa Āchārya V.M. Janakiraman

A brief Report by Yogasadhaka Nilachal

Introduction

The Continuous Yoga Chikitsa Learning and Education (CYCLE) program of Indian Yoga Association has reached a landmark moment in its journey of nurturing knowledge and practice. With the successful completion of its **18th consecutive monthly session**, the initiative celebrates not just longevity, but an unbroken tradition of bringing

together some of the finest minds in the field of yoga therapy. This milestone session, titled “Essential Elements of Yoga Therapy in the KYM Tradition,” was led by **Yoga Cikitsa Āchārya V.M. Janakiraman, Senior Yoga Therapist, Krishnamacharya Yoga Mandiram (KYM).**

Yoga Cikitsa Āchārya V.M. Janakiraman, is a Senior Yoga Therapist at the



revered Krishnamacharya Yoga Mandiram (KYM), embodies over two decades of dedicated service to the art and science of yoga therapy. In 2000, he made a life-defining choice by leaving a senior Central Government position to walk the yogic path full-time. Renowned for seamlessly integrating āsana, prāṇāyāma, Vedic chanting, nyāsa, and mudrā, he has guided and inspired students across India and the globe. A respected examiner for QCI and YCB, a key contributor to the Government of India's Common Yoga Protocol, his work bridges timeless tradition with contemporary application. At KYM, he upholds the enduring truth of the lineage: yoga therapy is not for the disease, but for the unique person who carries it.

From Philosophy to Practice

Janakiraman's approach draws

from Sāṅkhya philosophy and the pañcamaya model of the Taittirīya Upaniṣad, which views human existence through five sheaths:

- **Annamaya (Physical)** – worked on through āsana
- **Prāṇamaya (Energetic)** – addressed via prāṇāyāma
- **Manomaya (Mental)** – supported through dhāraṇā
- **ijñānamaya (Intellectual)** – deepened via nyāsa and mudrā
- **Ānandamaya (Blissful)** – accessed through Vedic chanting

The Breath as a Bridge

Prāṇāyāma prepares the mind for pratyāhāra (withdrawal of the senses), leading to dhāraṇā and samādhi. The KYM method centers on breath as the



foundation of yoga therapy:

- Each āsana is synchronized with inhalation and exhalation.
- Movements are repeated six to eight times with mindful transitions and counterposes.
- Vinyāsa krama ensures safety, awareness, and injury prevention.

The KYM Therapy Process

Therapy is seen as an evolving process built on trust and patience. KYM's therapy model is exclusively one-on-one, consisting of:

1. **Detailed Intake** – lifestyle, diet, sleep, medical history
2. **Observation (Darśanam)** – posture, gait, body language
3. **Touch Assessment (Sparśanam)** – including pulse (nāḍī) reading
4. **Inquiry (Praśnam)** – understanding illness from the student's perspective
5. **Customized Practice** – designed for function, not form

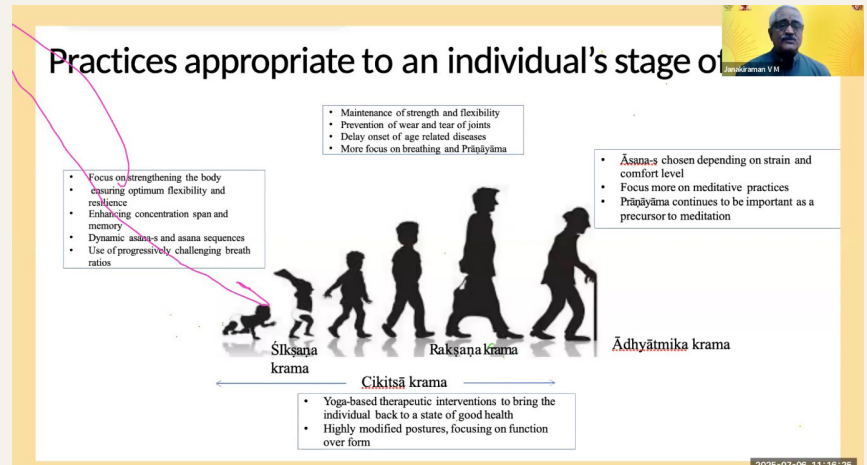
6. Follow-up Sessions – ongoing adaptation of practice

During the session, **V.M. Janakiraman ji** explained that the stick diagram devised by Yoga Chikitsa Viśārada T.K.V. Desikachar is a key part of the KYM yoga therapy process.

He described it as a practical and personalized visual record of the practice given to a student. Each diagram is drawn by the therapist after the one-on-one consultation and includes:

- Simple stick figures representing each āsana in the sequence.
- Arrows and breath cues showing when to inhale, exhale, or hold the breath.
- Repetitions, timings, and counterposes to ensure safe and balanced practice.
- Additional notes for focus, awareness, or modifications.

Janakiraman highlighted that this diagram is never a standard template—it is unique to each individual, reflecting their current condition, capacity, and therapeutic needs. Over time, as the student progresses, the stick diagram is revised, making it a



living document of their yoga journey. He stressed that this method not only helps the student remember the sequence but also reinforces KYM's central principle: the practice adapts to the person, not the other way around.

Lifestyle and Prevention

Lifestyle as Medicine

"We eat to please the inner Śiva, not the tongue."

Balanced living—āhāra (food), activity, and rest—forms the backbone of the KYM approach to yoga therapy. Drawing from the Bhagavad Gītā, Janakiraman ji emphasized the importance of moderation in every aspect of life, noting:

Prevention as the Goal

"Pain that is yet to come can be avoided."

This philosophy extends beyond treatment into the realm of prevention. He reminded participants:

heyam duḥkham anāgatam (PYS 2.16)

In the KYM tradition, the ultimate

aim is not merely recovery but the empowerment of individuals to sustain long-term health and well-being through mindful choices and self-awareness. Janakiraman ji taught that the ultimate goal of yoga therapy is the prevention of future suffering. Through one-on-one, individualized guidance, and the integration of āsana, prāṇāyāma, dhāraṇā, and Vedic chanting, practitioners can align body, breath, and mind, creating the conditions for both physical health and inner harmony.

Conclusion

The 18th CYCLE session was a rich exploration of the Essential Elements of Yoga Therapy in the KYM Tradition, offering participants both philosophical depth and practical guidance. Through his clear, experience-based teaching, V.M. Janakiraman ji illuminated how yoga therapy, when rooted in tradition and tailored to the individual, becomes a lifelong tool for healing, prevention, and self-transformation. As the program moves forward, its commitment to preserving and sharing such wisdom ensures that the essence of yoga chikitsa continues to inspire and empower seekers everywhere.

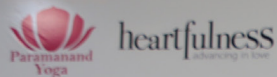


Yog Setu at Indore: A Soulful Confluence of Yoga, Service, and Sankalp

The Madhya Pradesh State Chapter of the Indian Yoga Association (IYA), in collaboration with Paramanand Institute of Yoga Sciences & Research, Indore, hosted Yog Setu on Sunday, August 3, 2025. Set against the serene backdrop of the Paramanand Institute, the day-long gathering brought together yoga practitioners, institutions, leaders, and seekers in a profound celebration of tradition, vision, and collective resolve for the future of Yoga.

Graced by eminent dignitaries such as Dr. Omanand Guruji, Chairman, Paramanand University Trust; Guruji Dr.



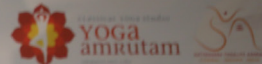


Indian Yoga Association Presents Yog Setu: The Collective Sankalp with IYA

Supported by: Paramanand Institute of Yoga Sciences & Research

Aug 03, 2025

Venue: Madhya Pradesh
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इंडियन योग एसोसिएशन

प्रस्तुत करते हैं

योग सेतु

आईवाईए के साथ सामूहिक संकल्प

सहयोग: परमानंद इंस्टिट्यूट ऑफ योग साइंसेज एंड रिसर्च

अगस्त 3, 2025



H. R. Nagendra, Governing Council Member, IYA; Shri Shankar Lalwani Ji, Member of Parliament (Lok Sabha); Shri Pushyamitra Bhargav Ji, Mayor of Indore; Dr. Radheshyam Mishra Ji, Founder, YogaLife Global; Shri Subodh Tiwari Ji, Secretary General, IYA; and Dr. S. P. Mishra Ji, CEO, Professional Certification Board (IYA), the event

became a vibrant confluence of wisdom and inspiration. From the Secretariat, Shri Deepak Rawat and Smt Ankita Pandey marked their presence.

Sacred Beginnings

The gathering opened with the resonant chanting of Om, filling the atmosphere

with vibrations of peace. The traditional lamp-lighting ceremony, accompanied by mantras, followed as a symbol of





wisdom dispelling darkness. This spiritual beginning set the tone for a day rooted in reverence and collective aspiration.

for the cause of Yoga.

Welcome & Felicitations

Smt. Pushpanjali Ji extended a heartfelt welcome to dignitaries, guests, and participants, followed by felicitations to honor the yoga leaders present. This warm gesture created a sense of shared belonging, reminding everyone that the event was not just a program, but a family coming together





Messages of Vision

Building upon this spirit of unity, Shri Subodh Tiwari Ji, Secretary General of IYA and CEO of Kaivalyadhama Yoga Institute, delivered an inspiring address on the Past, Present, and Future of IYA. He

highlighted key initiatives such as the IYA Mobile App, certification programs, and collaborations with AYUSH and ICCR, stressing: **“When we are organized, we gain the power to set higher standards and expand the reach of Yoga globally.”**

Reflecting on the International Day of Yoga 2025, he proudly noted the record participation of 25

crore people worldwide, an increase from 23 crore in 2024, underscoring the growing global resonance of Yoga.





To keep the audience engaged, a lively quiz session followed, sparking enthusiasm and testing participants' knowledge about Yoga and IYA. This seamless blend of inspiration and interaction carried forward the energy of the morning.

Spiritual Reflections

Adding depth to the proceedings, Pandit Radheshyam Mishra Ji and Swami Omanand Ji shared profound insights, reminding that Yoga is not merely a practice but a transformative way of life. Pandit Ji beautifully articulated: "True change does not come from words alone, but from practice. When





citizens themselves embrace Yoga, it transforms both the individual and society."

The gathering was further blessed by the online Aashirvachan of Maa Dr. Hansaji Yogendra, whose message of gratitude and collective resolve inspired all. Continuing this thread, Gurujji Dr. H. R. Nagendra Ji spoke on Yoga as the bridge between science and





consciousness, affirming its growing role in managing stress, lifestyle diseases, and complementing modern medicine. This segment concluded with a special presentation on the IYA App by Shri Deepak Rawat, showcasing how technology is now enabling seamless connections between yoga teachers, students, and institutions.

Music, Fellowship & Reflection

The morning session culminated on a devotional note with a soulful musical performance by Purohit YT & Rhythmic PY, which immersed participants in bhakti and rhythm. A group photograph followed, capturing the spirit of unity before everyone gathered over lunch, fostering moments of fellowship

and shared reflection.

Empowering Through Knowledge & Practice

Recharged after lunch, the assembly reconvened with another short quiz





and meditation practice, grounding participants in stillness.

The afternoon's highlight was a session

by Dr. S. P. Mishra Ji, CEO of IYA PrCB, who spoke on Reaching the Masses through Certifications. He emphasized how standardized training ensures authenticity and quality in yoga education worldwide, sparking an engaging Q&A session with participants.



The momentum seamlessly transitioned into a profound session on Nasha Mukh Bharat, led by Gururji Dr. H. R. Nagendra, highlighting Yoga's role in building an addiction-free, healthier society.

As the day progressed, the spirit of recognition and encouragement was carried into a certificate distribution ceremony, celebrating the



contributions of yoga practitioners and leaders, followed by another collective photograph.

Looking Ahead

The Madhya Pradesh Chapter then outlined its future plans — a roadmap to strengthen institutions, deepen outreach, and foster collaborations to spread authentic Yoga further.

This forward-looking note paved the way for a heartfelt Vote of Thanks by Shri Yashwant Ji, who expressed gratitude to all dignitaries, teachers, and participants. Special appreciation was extended to the State Chapter team, including Shri Gajendra Ji, Smt. Neha Racca Ji, Smt. Pushpanjali Ji, and Shri Yashwant Ji, whose efforts made the event a success. The day concluded with

High Tea, leaving participants enriched with fellowship and inspiration.

Spirit of Yog Setu

Beyond rituals, talks, and sessions, Yog





Setu – Indore emerged as a sankalp — a collective resolve to carry Yoga into every home, institution, and heart, nurturing a Swachh (clean), Swasth (healthy), and Samanvit (harmonious) Bharat.

As Paramanand Gururji reminded: “The strength of the Association lies in

these many hands and hearts who walk together to take Yoga forward.”



Indian Yoga Association
Presents

Yog Setu: The Collective Sankalp with IYA

Supreme & Paramananda Institute of Yoga Sciences & Research

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With chanting, reflection, wisdom, and music, Yog Setu – Indore became a living bridge between India's ancient yoga traditions and the modern vision of collective wellbeing. It will be remembered as a soulful milestone in the journey of the Indian Yoga Association – where unity, wisdom, and service lit the path ahead.







Yoga for One Earth, One Health: West Bengal's Inspiring IDY 2025 Celebration

The West Bengal State Chapter Committee of the Indian Yoga Association (IYA) marked the International Day of Yoga 2025 with a vibrant celebration on 26th July 2025 at Rabindra Sanskriti Mancha, Nabadwip. Organized in collaboration with the Yog Sports Association of Bengal and the Nari Shakti Yog Sports Association, the event carried the inspiring global theme "Yoga for One Earth, One Health", highlighting yoga's timeless relevance for both personal wellbeing and planetary harmony.

Uniting Leaders and Communities
The celebration was graced by





distinguished dignitaries who brought strength, vision, and inspiration to the

gathering. Among them were Shri Subodh Tiwari, Secretary General of IYA and CEO of Kaivalyadhama Yoga Institute (Chief Guest); Shri Suresh Kumar, World President of UYSF International; Shri Shivam Mishra, National Secretary of Yog

Sports Foundation; and Shri Biman Krishna Saha, Chairman of Nabadwip Municipality.



Adding a spiritual depth to the occasion, Swami Vidyapradanandaji Maharaj and Swami Kaleshanandaji shared their blessings and messages, reminding participants that yoga is not only a path of health but also of higher



consciousness and harmony.

Celebrating Yoga's Collective Spirit
The event embodied the essence of International Day of Yoga—bringing people from diverse walks of life onto a single platform of unity and well-being. Speeches, reflections, and cultural elements reinforced how yoga serves as a bridge between tradition and modernity, between inner balance and social responsibility.

Shri Subodh Tiwari, in his keynote, highlighted the expanding role of the Indian Yoga Association in creating platforms for teachers, institutions, and practitioners, while also strengthening international collaborations. He emphasized yoga's growing global footprint, seen in the record participation during IDY 2025.





Other leaders echoed this sentiment, stressing how yoga—when practiced collectively—can empower communities, inspire youth, and serve as a powerful tool for both health and harmony.

A Celebration with Purpose

The program went beyond being a formal gathering; it became a celebration of purpose. With active participation from yoga practitioners, leaders, and community representatives, the event reaffirmed yoga's role in shaping a Swachh (clean), Swasth (healthy), and Samanvit (harmonious) Bharat.

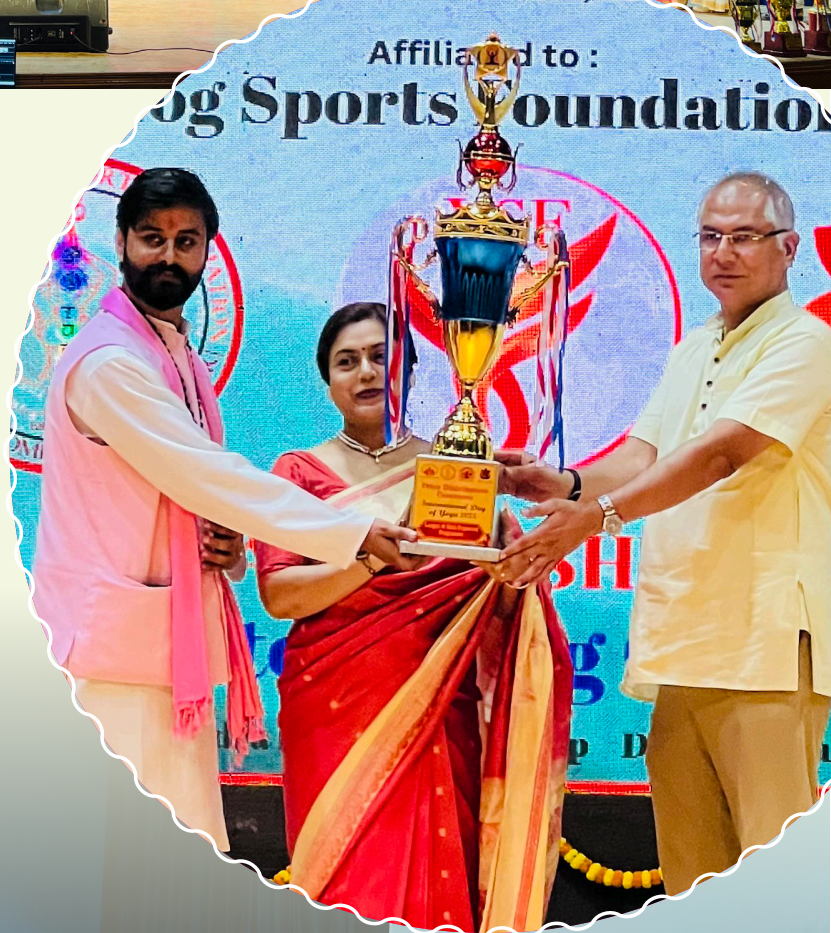
Organized under the able leadership of Shri Pankaj Bhagat, Secretary, West Bengal SCC of IYA, the celebration





demonstrated the strength of collaboration—between institutions, associations, and communities—for the larger cause of yoga seva.

The International Day of Yoga 2025 celebrations in West Bengal will be remembered not just for its distinguished gathering, but for the spirit of unity it radiated. By embracing the theme “Yoga for One Earth, One Health”, the event became a powerful reminder of





yoga's role in nurturing both individual well-being and collective harmony across the world.





HEADLINES



Strengthening the Light of Yoga: IYA Secretary General Meets Hon'ble Prime Minister

Shri Subodh Tiwari, Secretary General of the Indian Yoga Association (IYA), had the honour of meeting Hon'ble Prime Minister Shri Narendra Modi ji.

During the interaction, Shri Tiwari apprised the Prime Minister of the wide-ranging activities of the Indian Yoga Association and the progressive steps being undertaken to promote Yoga—both as a way of life and as a science for holistic well-being. The discussion





highlighted how Yoga, rooted in India's timeless wisdom, continues to serve as a global bridge of health, harmony, and peace.

On this occasion, Shri Subodh Tiwari, in his capacity as CEO & Secretary of Kaivalyadhama, also presented the Centenary Coffee Table Book of the institute to the Prime Minister, in the presence of Shri Suresh Prabhu ji. The book, a tribute to the pioneering vision of Swami Kuvalayananda, encapsulates Kaivalyadhama's 100-year contribution to the scientific study, research, and dissemination of Yoga.

Speaking about the meeting, Shri Subodh Tiwari ji shared, "It was very encouraging to share our work with the Prime Minister. His genuine interest in the scientific approach to yoga is a powerful validation of the mission. This recognition inspires us to continue the legacy of traditional Yoga for generations to come."

With the Prime Minister's vision and encouragement, the Indian Yoga Association stands ever more committed to carrying the light of Yoga to every household and every heart, while honouring the contributions of its member institutions in advancing Yoga as both tradition and science.



V European and III World Yoga Congress concludes successfully in Germany

The V European Yoga Congress (April 25–26) and the III World Yoga Congress (April 27) were held at the Yoga Vidya Ashram in Bad Meinberg, Germany, International Associate under the auspices of Master Sukadev, to whom we express our heartfelt gratitude for his vision, dedication, and gracious hospitality.

Both Congresses witnessed remarkable participation, bringing together delegates from across Europe and the world. Representatives from the UK, Ukraine, Portugal, Spain, Germany, and several other countries joined alongside participants from Asia and the Americas, creating a truly global gathering.

Distinguished dignitaries, including eminent leaders from India and influential German officials, graced the sessions, underscoring the growing

recognition of Yoga's universal relevance.

The Congresses were a resounding success, fostering dialogue, collaboration, and a shared commitment to the spread of Yoga for peace, harmony, and human well-being.





Grand yoga workshop at Nivaru Military Station

To mark International Yoga Day 2025, the Longewala Brigade organized a grand yoga workshop at Nivaru Military Station in collaboration with the Indian Yoga Association. The event, held under the theme "Yoga: The Fountain of Youth," witnessed enthusiastic participation from soldiers, including Brigadiers, Colonels, and Commandos.



The session, conducted from 6:00 AM to 7:30 AM, was led by Yogacharya Dhakarram, Founder of YogaPeace Sansthan, and Yogi Shravan, Corporate Yoga Manager. The program emphasized pranayama, meditation, and physical balance, offering participants a refreshing and rejuvenating experience.

As a gesture of appreciation, Brigadier Vikram Singh felicitated Yogacharya Dhakarram and Yogi Shravan with the prestigious 'Maratha Medallion,' an award presented by the Indian Army in recognition of outstanding dedication, service, and social contribution.



Speaking on the occasion, Brigadier Vikram Singh highlighted, "Yoga is not just about physical fitness; it builds mental resilience and discipline. The guidance provided by Yogacharya Dhakarram and Yogi Shravan has been invaluable for our forces."

Expressing his gratitude, Yogacharya Dhakarram said, "Connecting our brave soldiers with yoga is a form of nation-building. Yoga brings discipline, balance, and purpose to life."

Yogi Shravan added, "Through yoga, we become invincible—not only in body but also in mind and spirit." YogaPeace Sansthan, with its presence in India, Dubai, and the UK, continues to advance its mission of empowering individuals and communities—physically, mentally, and spiritually—through the timeless science of yoga.





Arshayoga Gurukulam highlights Yogic Approach to healthy living in the Seminar

Arshayoga Gurukulam, Vadanappilly, Thrissur, Associate Centre of Indian Yoga Association, recently organized a seminar on the theme “Food is Medicine,” highlighting the intrinsic connection between diet, health, and yoga.

The session was led by Mr. Oneil K. J., Retired Deputy Director of Agriculture, and attended by nearly 50 participants. As part of the initiative, vegetable saplings



were distributed to encourage home gardening and sustainable food practices.

The program, designed as part of a broader awareness series, successfully promoted the idea of food as a foundation for wellness—encouraging the community to adopt a lifestyle of balance, sustainability, and holistic well-being.



TNSCC celebrates the spirit of yoga

Yoga, a transformative path leading to peace and harmony, is one of the greatest gifts of India to the world. True yoga transcends physical prowess, bringing balance, discipline, and holistic well-being into every aspect of life.

Under the able chairmanship of Padma Shri SKM. Maeilanandhan, President of the World Community Service Centre, the Indian Yoga Association – Tamil Nadu State Chapter Committee (IYA–TNSCC) reaffirmed this vision by celebrating the 11th International Day of Yoga (IDY) – 2025 with unprecedented scale and participation.

As part of the AYUSH Ministry's 10 Signature Events of IDY 2025, IYA–TNSCC successfully organized programs in 10 foreign countries and at 4,476 locations across India and abroad, reaching over 7.36 lakh participants from all walks of life. This remarkable effort positioned Tamil



Nadu at the forefront of the global yoga movement.

Member institutes including the World Community Service Centre, Krishnamacharya Yoga Mandiram, Universal Peace Foundation, Vivekananda Rock Memorial and Vivekananda Kendra, and Krishnamacharya Healing and Yoga Foundation played vital roles in flagship programs such as Yoga Sangam, Yoga Maha Kumbh, and Harit Yoga.

Highlights included:

- Yoga Bandhan celebrations by WCSC branches in 10 countries and the Universal Peace Foundation in 2 countries.
- Yoga Park events conducted by associate centres and professional members in Chennai, Trichy, and Ambasamudram, with approvals secured for year-round yoga activities at public parks.
- Yoga Maha Kumbh, a week-long program from June 15–21, organized jointly with Samskrita Bharati in Chennai.
- Signature events like Yoga Samavesh, Yoga Unplugged, and Sam Yoga conducted extensively across Tamil Nadu.

Associate centres such as Easy Yoga Studio'z, Yogalaya Health Care Institute, Mahatma Gandhi Yoga Institute, Thirumoolar and Patanjali Ashram School of Yoga, Narchinthanai Vattam, Global School of Yoga, Ananda Chaitanya Foundation, Vidya Teertha Gnyana Yoga Kendra, Sree Bala Yoga Studio, Krish Yoga Vidhyaalaya, Geetham Institute of

Alternative Medicine, SAHS-VMRF, Indian Yoga Services, SRMIST, and Sri Sankari Institute of Yoga and Research Centre made outstanding contributions to the celebrations.

Further, SRM IST (DU) Chennai and Gandhigram Rural Institute (DU) actively participated in the AYUSH Ministry's Yoga Utsav countdown initiative—100 Days, 100 Cities, 100 Organizations. The School of Allied Health Sciences, VMRF-DU organized large-scale Harit Yoga programs in Salem, while Narchinthanai Vattam and Vivekananda Yoga Centre, Trichy staged Yoga Sangam events with the support of CCRYN and MDNIY.

These efforts showcased the power of yoga as a unifying and inclusive cultural movement, accessible to people across geographies, communities, and age groups.

The Tamil Nadu State Chapter expresses heartfelt gratitude to the Indian Yoga Association, AYUSH Ministry, CCRYN, MDNIY, and all dedicated member institutes and professionals who made IDY 2025 a historic celebration of wellness, unity, and peace.





Niramaya advances yoga education with key initiatives

In July 2025, Niramaya, Associate Centre, IYA organized over ten impactful programs, including four major initiatives dedicated to promoting yoga education and furthering the mission of the Indian Yoga Association.

A Niramaya delegation visited MBB University, Agartala, Tripura, where they held discussions with Dr. Bibhas Deb (Hon. Vice Chancellor), Dr. Sumanta Chakraborty (Registrar), Jyoti Prasad Debbarma (COE) and senior faculty members Dr. Anuj Kanchan Duttaroy, Dr. Devdatta Adak, Dr. Runu Dhar, Dr. Jhuma Majumdar, Dr. Rakesh Roy, and Rebeka Debbarma. Representing Niramaya were Shatakshi Bhattacharjee (Director), Yogacharya





Divya Geetanand Rahul (Legacy Person, Yoga Parampara & Chief Coordinator), and Pallab Kanti Deb.

The team also met Dr. Niranjana Roy (Hon. Vice Chancellor, Gurucharan University) to explore ways of promoting yoga education at the university level. On behalf of Niramaya, the delegation presented the Yoga Sangam Memento and shared glimpses of Niramaya's initiatives with both universities.

Additionally, Yogacharya Divya Geetanand Rahul presented Yoga Sangam Participation and Appreciation Certificates to institutions including NCC 3 Assam Battalion, NCC 62 Girls Battalion, GC College, Women's College, PM Shree Bhara Khai School, Saint Vincent School, and Emanuel School in recognition of their active involvement.

One of the major highlights was a yoga workshop conducted for the officers and

staff of Unit-510 (GREF) in the presence of Commanding Officer Col. Amit Agarwal.

Looking ahead, Niramaya has planned a series of programs for August and September 2025 to strengthen its Yoga Education Movement and continue spreading the message of holistic well-being.



Maha SCC meets online

The Maharashtra State Chapter Committee of Indian Yoga Association held its online meeting on 19th August 2025 at 9:00 pm to discuss forthcoming events and initiatives.

The Secretary announced the upcoming National State Chapter Conclave scheduled at Lekhak Gaon, Rishikesh from 7th to 9th November 2025. From the Chapter, Mr. Sabir Shaikh and Ms. Pallavi Kavhane expressed their intent, and their participation was formally approved by the EC.

Dr. Vikas Chothe proposed organizing a State Conclave in Pune on 1st November 2025, with the All India Naturopathy Centre Hall as the suggested venue. The program, expected to be a half-day event with around 500 participants. It was further suggested that participants receive takeaway items such as pens or bags, sponsored either by EC institutes or the Chapter. Institutional support to mobilize participants will be coordinated by Dr. Vikas, Dr. Pallavi, and Dr. Vinod.

The Committee also planned a Meditation Session by

Dr. Samprasad Vinod at Patidar Hall, Ghatkopar, Mumbai (venue availability to be checked by Dr. Bagadia). Tentative dates are 30th August or 13th September (with the latter more likely). The program will be a three-hour event in two consecutive sessions, with breakfast served from 9:00 am, followed by the sessions from 10:00 am to 1:00 pm. This program will be open and free for members.

It was further proposed that travel allowance (TA) be provided to state chapter members for such programs to ensure full participation. The next offline EC meeting will be scheduled after the Conclave.

The meeting was attended by Dr. Samprasad Vinod, Dr. Deepak Bagadia, Mr. Nitin Patki, Mr. Sabir Shaikh, Dr. Vikas Chothe, Dr. Pallavi Kavhane, and Ms. Jyoti Keswani.





IYTA Brazil celebrates 50 years of yoga excellence

IYTA Brazil, the International Associate of the Indian Yoga Association, celebrated its 50th anniversary with a three-day event held from August 1 to 3, 2025, in São Paulo. The celebrations, organized at the Associação Cultural e Assistencial Mie Kenjin do Brasil, brought together yoga practitioners, teachers, and enthusiasts to honor five decades of dedicated work in yoga teaching and community building across Brazil.

The highlight of the event was the keynote sessions by the esteemed Nepalese yoga master Bholanath Yogi, whose inspiring lectures and practices guided participants toward self-knowledge and transformation. The program also included a dynamic yoga

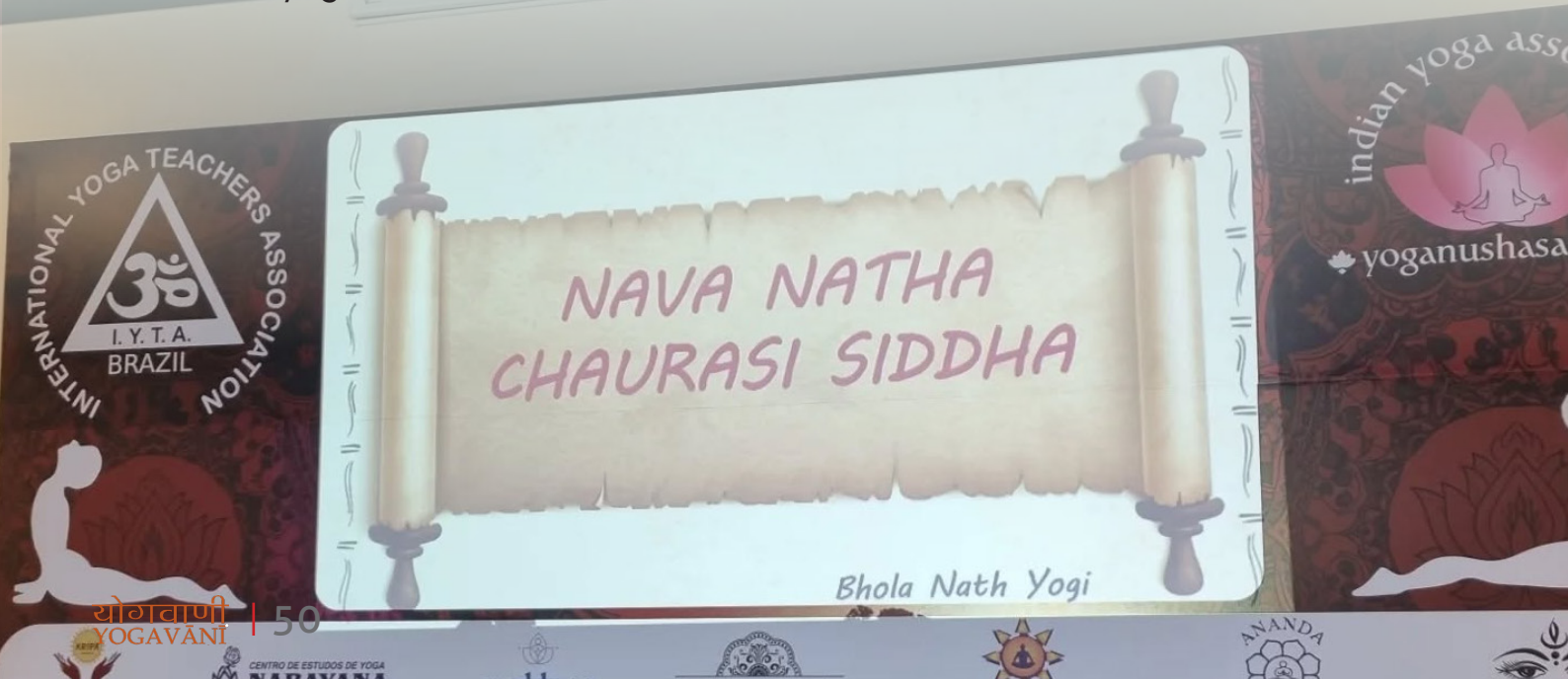


pair performance that demonstrated synchronization and fluidity in practice, a lecture on Laya Yoga by Salete Figueredo exploring the energetic dimensions of



yoga, and a guided meditation session led by Professor Noemia Saporito Marine, who at 102 years of age shared her profound wisdom and experience. An enchanting Mohiniattam dance performance further deepened the cultural and spiritual connection of the gathering, while an interactive Ethics Laboratory on the Yamas and Niyamas conducted by Cristiane Posso illuminated yoga's ethical core.

The golden jubilee celebration stood as a milestone in IYTA Brazil's journey, honoring its legacy while reinforcing its mission of promoting yoga education and fostering international collaboration within the global yoga community.





Chandigarh UT Chapter organizes four inspiring events

The Indian Yoga Association, Chandigarh UT Chapter, has been actively engaging the community through a series of impactful initiatives and celebrations in recent months. Four major events were organized, each reflecting the Chapter's commitment to yoga, culture, environment, and national spirit.

1. Plantation Drive (July 27, 2025)

Under the visionary leadership of Shri Mahendra Nath Pandey ji, the Chapter launched a large-scale Plantation Drive across the Tricity region. Members and volunteers enthusiastically planted a variety of saplings, promoting ecological awareness and sustainable living. The initiative reinforced the yogic

principle of living in harmony with nature while contributing to environmental preservation.

2. Teej Festival (July 20, 2025)

Led by Ms. Sarabjit Kaur Saini, the Chapter celebrated the vibrant Teej festival at Hotel Metro, Sector 35, Chandigarh. The evening came alive with spirited Giddha and Bhangra performances by talented artists including Amrit, Mandeep Kaur, Sujata, Santosh Sharma, Kuldeep Kaur, Shalu, Bharti Verma, Anamika, and Shaveta. Chief Guest Ms. Anju Katyal, Area Councillor, not only presided over the event but also joined in the performances, making the occasion even more joyous. A heartfelt vote of thanks was extended

by Ms. Iqbal Kaur, Sujata, and Mandeep Kaur.

3. Yoga Competition & Drawing/Painting Event (August 19, 2025)

Organized by Behan Rita Devi ji in Aerocity, this event created a platform for children to showcase their yoga and artistic talents. Five-



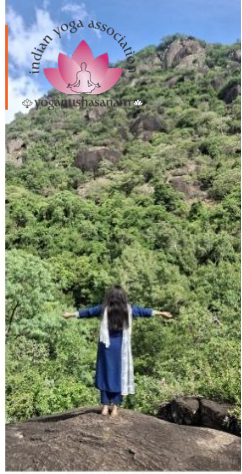
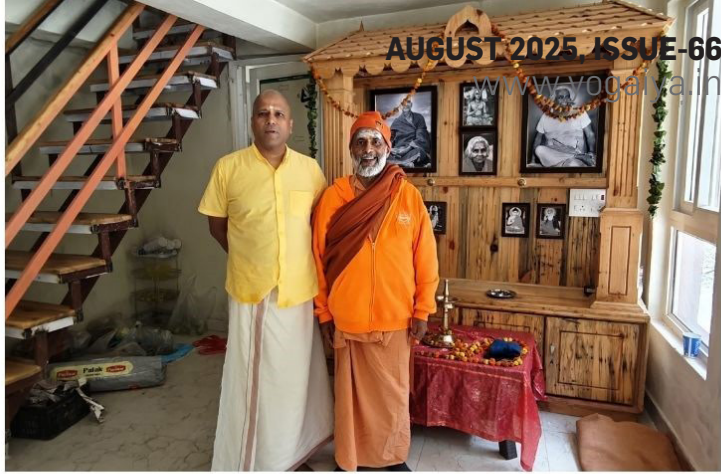
year-old Kanika Ballu emerged as the Gold Medalist in the Yoga Competition with her flawless Shirshasana, while in the Drawing Competition, Sakshi Kumari won the Gold Medal among participants including Aastha Kumari, Kanika Ballu, Hitisha Dwivedi, and Ekam Veer Singh. The event was a delightful blend of creativity, discipline, and youthful energy.

4. Independence Day Celebration (August 15, 2025)

The Chapter also marked Independence Day with great patriotic fervor at the Community Centre, Sector 47, Chandigarh. Chief Guest Shri Amarjeet Singh ji, Ex-Defence Personnel, graced the occasion. The

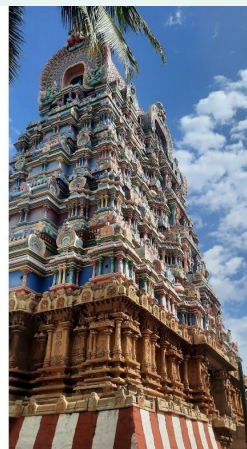
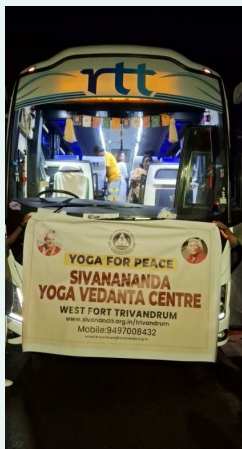
soulful program, led by Behan Rita Devi ji, featured meditation, patriotic songs, and performances by children and members, including a solo by Master Ekam Veer Singh, a poem by Ms. Jeenal, a guitar recital by Shri Hridyansh Verma, and a spirited group presentation by Behan Amita ji and her team. The event concluded with flag hoisting, the National Anthem, and prasad distribution, witnessed by around 50 enthusiastic participants.

Through these diverse initiatives—spanning environmental action, cultural celebration, children’s engagement, and national pride—the Chandigarh UT Chapter has continued to embody the holistic vision of yoga as a way of life.



From Netala to Gangotri: A vibrant month for Sivananda Ashram

Sivananda Ashram, a proud Member Institute of the Indian Yoga Association, has had a vibrant month filled with inspiring activities and community gatherings across its ashrams, centres, and other sacred locations in India.



Highlights included a refreshing trip by students and teachers of the Trivandrum Centre to Thirunelveli, where they enjoyed a serene walk and temple visit amidst the mountains; the inauguration of a new Health Hut and boutique at the Netala Ashram; the first-ever India Directors' Retreat at Varkala; a soulful satsang at Mitra Yoga Centre in Kadappa; and the installation of a new Siva Lingam at the revered Gangotri Cave. Each of these moments reflected the ashram's spirit of

devotion, service, and spiritual growth.

From July 7 to 14, the divine Bhagavata Saptaha recitation was conducted inside Swamiji's sacred cave at Gangotri by the ashram priest. The serene setting of the Himalayas added to the depth of the spiritual experience.

On July 14, the ashram joyfully organized its very first bhandara for the sadhus of Gangotri, marking a memorable milestone in seva and collective devotion.

Sattvik Recipe

Red Lentil Dal

by Sivananda Yoga Vedanta Dhanwantari Ashram

Red Lentil Dal is served over rice and/or with chapatis as the standard meal of northern India. For a simple meal – yet very satisfying – serve it with plain rice, yoghurt and Curried Vegetables. For a more aromatic dal, add a cinnamon stick and/or 5 or 6 cloves to the lentils while cooking.

Ingredients: Serves 4–6:

Red Lentils: 200 grms

Water: 750 ml

Turmeric: 1 teaspoon

Bay leaf: 1

Ghee, butter or oil: 1–2 tablespoons

Mustard seeds: 1 teaspoon

Cumin or fennel seeds: 1 teaspoon

Ground coriander: 2 teaspoons

Tomatoes, coarsely chopped: 2

Salt: 1 teaspoon

Lemon juice (optional): ½–1 tablespoon

Chopped fresh coriander: 4 tablespoons

Method

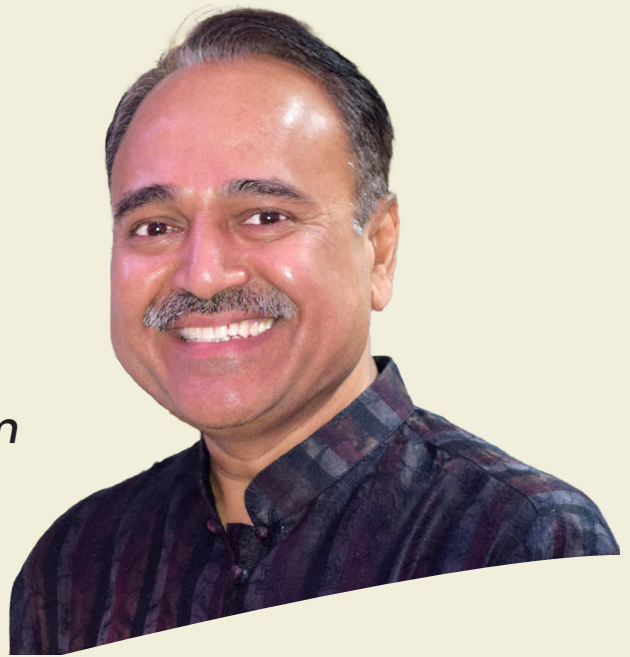


- Place the lentils in a pan with the water, turmeric and bay leaf.
- Simmer for 15–20 minutes, until the lentils are tender.
- Meanwhile, heat the ghee, butter or oil in a heavy frying pan.
- Add the mustard and cumin or fennel seeds and cook over a high heat until they 'pop'.
- Add the ground coriander and tomatoes and cook for another 5 minutes, then add the mixture to the cooked lentils.
- Add more water if the mixture is too thick, or cook a little longer to make it thicker.
- Add the salt and lemon juice, if desired. Stir in the chopped coriander and serve at once.



ARTICLE

by Shri K. C. Jain, Treasurer,
*IYA and Managing Trustee, Adhyatm
Sadhna Kendra, Delhi*



Understanding the Basics of Colour Meditation

Take a look at your surroundings and you will be astonished by the sheer numbers of colours you can identify. Even when we close our eyes, the darkness we see is nothing but the colour black. In all aspects of our lives there is the manifestation of colours. Why should our existence be any different?

Our existence can be distinguished into the living “consciousness” and the non-living “matter”, or our body. These two components of our existence are inter-related. The nirguna or formless consciousness drives matter (the physical body) and in turn needs the



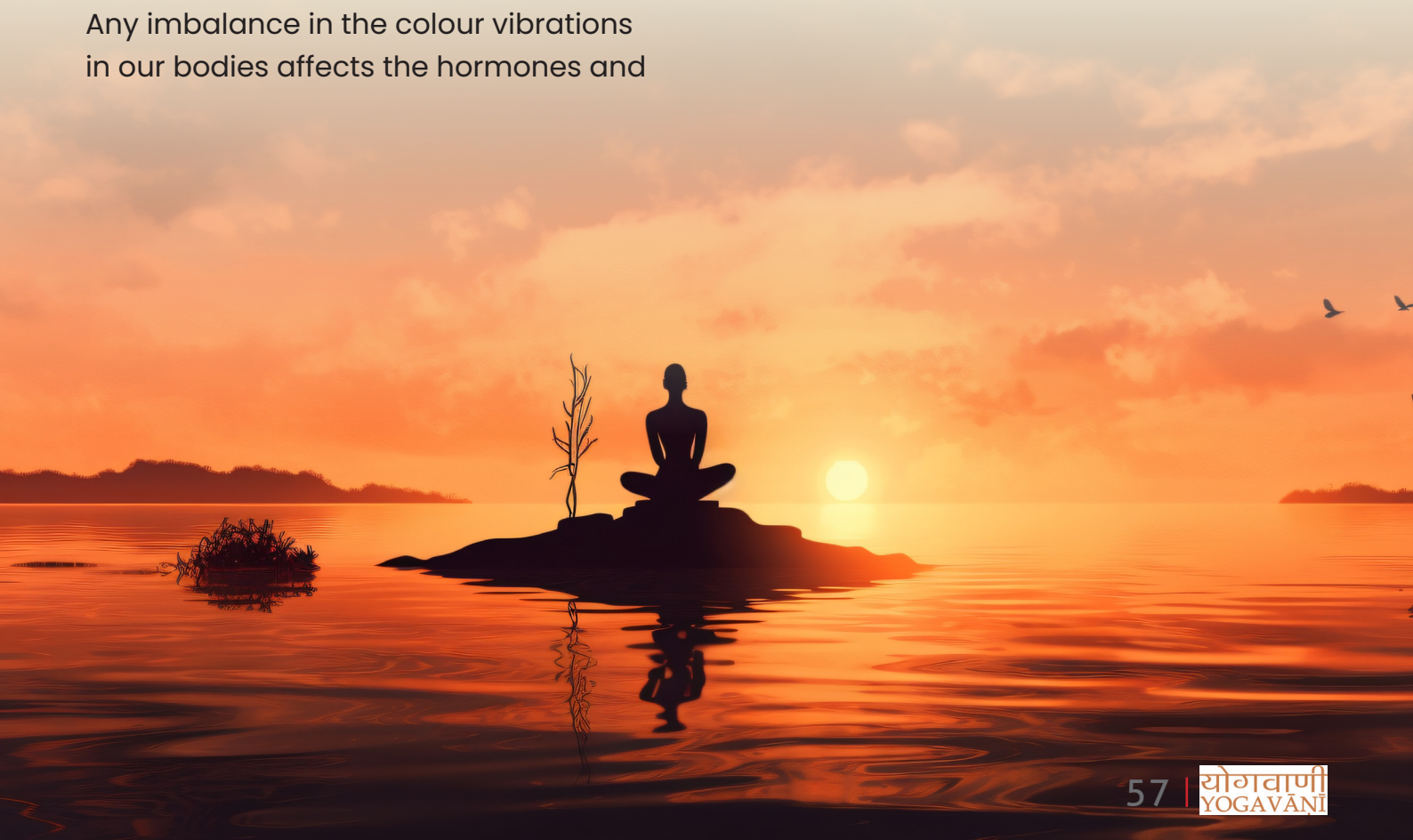
sarguna (manifest) matter to express itself. If to this equation we bring Einstein's well-known formula, $E=MC^2$, we understand that matter is equivalent to energy, which in nature is manifested through colour vibrations, thereby implying that both consciousness and matter are impacted by energy or colour vibrations.

These colour vibrations are in turn related to our chakras, the energy centres in our bodies. Each of the chakras is associated with a particular colour and through the chakras, these colours affect what is known in the biological sciences as our neuroendocrine system, or our glands. The hormones secreted by the glands are thus affected by the chakras and the colours thereof, affecting their quality, quantity, chemical composition, etc. In turn, these hormones affect our moods, thought process, analysis, and ultimately our behaviour and actions.

Any imbalance in the colour vibrations in our bodies affects the hormones and

causes disorders. In this context, we should understand that if we start correcting the manifestation of colour vibrations at the initial stage itself, we can resolve the physical, mental, emotional, and spiritual issues affecting our well-being. This can be achieved through the practice of colour meditation, where the colour chosen during meditation begins to have its effect on the chakras, thus harmonizing our energies and healing us both within and without.

Choosing the right colour while meditating then becomes of the utmost importance to address the imbalance of energy in our bodies. Using bright colours while meditating energizes our chakras positively, while dark colours create negativity. This is why it is essential that we focus our concentration on bright colours during meditation. This can be achieved through the correct practice of colour meditation and the chanting of mantras.



by Smt Meetal Koticha Shah,
*Joint Executive Trustee & CEO – Project
'Life' & Senior Vice-Chairperson,
Gujarat State Chapter Committee, IYA*



Yoga – The Cultural Custom Rejuvenating Self with Each Breath

Wellbeing—the most essential yet often second-prioritized aspect of life—is rarely nurtured by fleeting doses of medication or weekend escapes. The age-old discipline of Yoga delivers time-tested, inclusive restoration to lasting health and harmony.

For Yoga to unleash its true healing power, practice must be consistent, woven into daily rhythms, and treated as indispensable as eating or sleeping. Sporadic effort cannot yield transformation; but when cultivated as a lifestyle, Yoga profoundly impacts body, mind, emotions, and spirit.

Perpetual Benefits of Habitual Yoga

1. **Improved Physical Health** Yoga enhances flexibility, tones muscles, improves posture, and boosts stamina. It supports joints, stimulates organs, improves circulation, and builds energy and agility.
2. **Strengthened Respiratory System** Pranayama, Yoga's breathing practice, enhances lung capacity, oxygen intake, and nervous system balance—promoting vitality and alertness.
3. **Mental Clarity & Emotional Stability** Daily Yoga lowers cortisol, calms the mind, strengthens focus, memory, and resilience, and nurtures calmer responses to challenges.

4. **Better Sleep & Digestion**
Consistent practice regulates digestion and promotes restful sleep. Postures like Vajrasana, Pawanmuktasana, and forward bends aid internal organs, easing bloating and acidity.
5. **Mindfulness & Inner Discipline**
Integrating breath, movement, and awareness, Yoga nurtures self-reflection, translating into conscious choices in thought, action, and behaviour][r.

Making Yoga a Life Custom

Yoga as lifestyle requires not just discipline but environment, mindset, and regularity. The path is simpler than it appears:

1. **Start Small** – No perfect beginning is needed. Ten to fifteen minutes of simple postures and breathing can uplift the day.
2. **Set a Schedule** – Mornings are ideal, but consistency at any time matters most.
3. **Create Space** – A quiet, clutter-free spot with a mat, candle, or plant builds a mindful connection.
4. **Choose a Sequence** – Begin with short, enjoyable poses and progress gradually. Joy in practice sustains consistency.
5. **Use Reminders & Rewards** – Phone alerts, journals, or rewarding a week's effort with herbal tea can boost motivation.
6. **Seek Support & Community** – Classes, peers, or online groups inspire commitment. Retreats and workshops deepen engagement.
7. **Be Flexible & Forgiving** – On busy days, modify routines with shorter sessions or



relaxation. Consistency, not perfection, is key.

Yoga Beyond the Mat

Yoga gradually reshapes habits and attitudes, instilling moderation in life choices:

- Food: Choosing fresh, wholesome, sattvic meals.
- Emotions: Responding mindfully instead of reacting impulsively.
- Relationships: Cultivating patience and compassion.
- Consumption: Preferring simplicity and reducing waste.

Passionately embraced, Yoga becomes a life-value—rooted in balance, awareness, and peace. More than a routine, it is a

way to live and a pathway to rediscover the inner self.

The Transformation

Integrating Yoga into daily life is one of the most powerful investments for rejuvenating mind, body, and soul. Though the transformation is gradual, its effects are profound and enduring.

There's no better day than today to begin. Yoga welcomes all—irrespective of age, gender, disposition, or fitness. The journey starts with a single breath, a single stretch, and the willingness to return tomorrow.

“Yoga is the journey of the self, through the self, to the self.” – Bhagavad Gita



Practice of the Month

Anjaneyasana Yoga Mudra (Low Lunge Pose Yoga Mudra)

- by Shri N. Elumalai, PhD Scholar (Yoga Science), MAHER

This Low Lunge Pose Yoga Mudra is a variation of Anjaneyasana (Crescent Low Lunge Pose). In this variation, the upper body has the arms locked behind you in Yoga Mudra, making it a beautiful hip and a heart opening practice. This pose variation enhances strength and flexibility by providing great stretch in the body. This great stretch in the body, particularly opening up the hips and stretching the hamstrings, helps to release tension from the neck and upper back while giving a gentle stretch in the neck, to look up; and shoulders, to bind hands behind. This is an intermediate level pose, which needs a good warm-up. Yoga teachers can include the practice of Crescent High Lunge Shoulder Opener as a preparatory pose, slowly helping students improve in opening the shoulders and gaining better

balance. This variation lays a good foundation to prepare the body for poses like One Legged King Pigeon Pose, Twisted Low Lunge Pose. etc.

STEPS

- First, you have to start the pose with normal breathing and then, while exhaling you can get into Downward Facing Dog (Adho Mukha Svanasana).
- Once you are comfortably holding in the position of Adho Mukha Svanasana, with exhalation, place your right foot in front just beside your right hand, making sure that your right knee and right ankle are in one line.
- After that, you can gently drop your left knee.



- On your inhaling, you can lift your arms and torso.
- And then, lift your arms behind your body in Yoga Mudra so that you can feel the stretch in your shoulder.
- In order to deepen the lunge, shift your balance onto the right foot so that you can feel the stretch in both the legs.
- Now, you can extend your lower back while keeping your spine engaged. Pull your arms backwards so that your chest is pushed up and open up as much as possible.
- You can hold in this position as long as you can balance yourself and maintain breathing normally. The balance plays an important role in this pose.
- To release the pose, with exhalation gently put your arms on the mat and get back to Adho Mukha Svanasana.
- Finally, you can release the pose and relax in Balasana (Child Pose) for a while.
- Once you feel comfortable, you can counter the stretch on the other side following the above instructions.
- Lastly, you can slowly release the pose and come back to relax in Balasana.

Benefits

- This pose stretches and strengthens the shoulders, arms, chest, upper back, upper abdomen, lower back, psoas, quadriceps, hamstrings, and hips, while engaging these muscles to balance the body in a gentle backbend.
- The binding action of the hands behind the back improves shoulder mobility, overall flexibility, and ensures the backbend is smooth and effortless.
- It opens the chest and heart, stimulates the intercostal (breathing) muscles,

improves lung function, and promotes better pranic flow and blood circulation throughout the body, thereby energizing the practitioner.

- This pose supports the digestive system by enhancing oxygenated blood flow, helps relieve soreness in the lower body, and is especially useful for arthritis.
- It brings a deep stretch to the arms, shoulders, psoas, and hamstrings while opening the chest, hips, and heart.
- This asana prepares the body for deeper backbends and can be included in Vinyasa flow as a great warm-up for swimmers, cricketers, basketball/volleyball players, laborers, artists, and teens involved in sports or professions requiring repetitive use of arms and shoulders.

LIMITATIONS

- Students having any injury or surgery related to hip and shoulder joints, especially seniors with weak body frame, extreme knee pain or muscular injuries relating to quadriceps or hamstrings, suffering from HBP, with limited flexibility in the arms and shoulders, instability due to rotator cuff tears, tendonitis, arthritis, or feel any pain or instability in the shoulders, with trauma, anxiety, depression, migraine, or any heart related issues, pregnant and postnatal women and during pregnancy, must avoid this practice.
- The practitioners holding it for a longer period of time can get the maximum benefits and avoid any injuries and muscle pull.

Academics and Accreditation

Membership Data (Till 2022 and After)

Type of Members	Till 2022	2023	2024	2025	Total
Yoga Volunteer Members	4,964	847	1449	1502	8762
Yoga Professionals Members	4,752	2027	2269	1639	10687
Life Members	495	115	196	287	1093
Eminent Yoga Professionals	10	06	01	--	17
Associate Centers	164	40	46	32	282
International Associates	11	01	02	03	17
Member Institutes	43	--	02	--	45



Personnel Certification Body (PrCB)

For Promotion of Yoga, Indian Yoga Association has taken an initiative to make Personnel Certification Body approved under the Scheme for Voluntary Certification of Yoga Professionals owned by Yog Certification Board (Formerly was owned by QCI) launched by Ministry of AYUSH. IYA has created an independent entity within itself named as IYA PrCB by giving functional autonomy to it.

The focus of the Scheme for Voluntary Certification of Yoga Professionals, as it is being called, is to certify the competence of Yoga Professionals who provide Yoga training as Teachers or Instructors etc.

Upcoming Examination Dates of the Yoga Certification Board

Examination	Date & Month
IYA PrCB [Yoga Certification Board]	September 13, 2025 October 10, 2025 October 25, 2025

*The Examination Fees has been reduced for all the Levels
Contact us: sendinfo@iyaprcb.com



Upcoming Batches

Certificate Course in Yoga

Insignia	Course Date	Venue	Institution	Fees
	(English) Sep 1- Sep 30, 2025	On Campus	The Yoga Institute	INR 60,000
	(English) Sep 1- Sep 30, 2025	Non-Residential	The Yoga Institute	INR 33,000
	(English) Sep - Sep 30, 2025	Online	The Yoga Institute	INR 27,500
	15th Sep 2025 - 1st Oct 2026	Physical / Online Zoom Platform	Yoga Vidya Niketan Mumbai	INR 30,000 / 35,000/-
	(English Medium) Sep 15 – Oct 15, 2025	Lonavla, Maharashtra	Kaivalyadhama	INR 61,200 US\$ 1150
	(English Medium) You may apply any-time	Online	Kaivalyadhama	INR 15,000 US\$ 200 *INR 25,000 for Practical
	(English Medium) Sep 1 – Oct 30, 2025	On Campus	SVYASA	INR 30,000 (Dormitory) INR 40,000 (3 sharing) INR 50,000 (2 sharing) INR 60,000 (single occupancy) For Foreigners US\$ 2000 (Double Occupancy) US\$ 2500 (Single Occupancy)



Insignia	Course Date	Venue	Institution	Fees
	Aug 17 to Sep 13, 2025	Gudur, Andhra Pradesh	Sivananda Ashram	INR 30,000 (Dormitory) INR 40,000 (3 sharing) INR 50,000 (2 sharing) INR 60,000 (single occupancy) For Foreigners US\$ 2000 (Double Occupancy) US\$ 2500 (Single Occupancy)
	Sep 14 to Oct 11, 2025	UttarKashi, Himalayas	Sivananda Ashram	INR 30,000/ US\$ 2000
	Oct 5 to Nov 2, 2025	Chiang Rai, Thailand	Sivananda Ashram	INR 30,000/ US\$ 2000
	5 Sep-25 Sep 2025	Mysore Ashram	Sri Sri School of Yoga (AOL)	46000 INR / 2270 USD
	5 Sep-25 Sep 2025	Pune Ashram	Sri Sri School of Yoga (AOL)	55000 INR / 2270 USD
	13 Sep - 5 Dec 2025	Bangalore	Sri Sri School of Yoga (AOL)	45000 INR



New Member

ASSOCIATE CENTRES



Bharatiya Skill and Culture Academy

Bharatiya Skill and Culture Academy integrates yoga into its cultural and educational programs to promote holistic development. Through yoga and self-defence training, the institution empowers women and children, nurturing discipline, confidence, and inner strength.

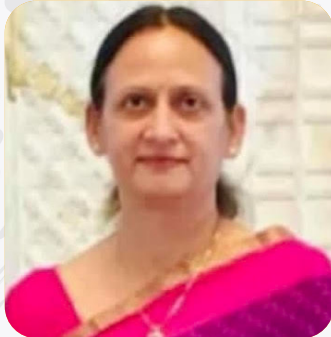
By blending creative arts with yoga practices, it creates a balanced path for physical fitness, mental clarity, and emotional growth.



Sai Sri Aditya Yogalaya

Sai Sri Aditya Yogalaya is dedicated to spreading yoga as a way of uniting body, mind, and spirit. Through asanas, pranayama, meditation, and mindfulness practices, it helps seekers attain physical well-being, mental peace, and spiritual awareness. The Yogalaya emphasizes yoga not as perfection but as presence, guiding individuals towards harmony, clarity, and holistic living.

LIFE MEMBERS



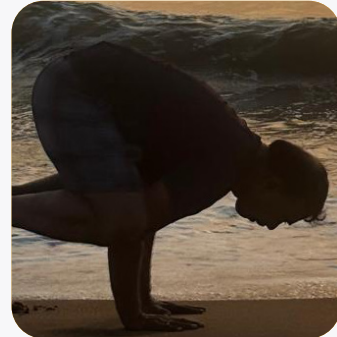
Dr Reeta Sharma

Dr Reeta Sharma is a seasoned Yoga and Ayurveda scholar with over three decades of experience in Yogic philosophy, therapy, and Panchkarma. She has taught Yoga, Ayurveda, and Indian philosophy both in India and abroad, and has served as a lead examiner for international Yoga certification under the Ministry of AYUSH.



Dr R Leenadevi

Dr R Leenadevi is a qualified Physiotherapist and Yoga professional with a Ph.D. in Yoga, an M.Phil., and an M.Sc. in Yoga and Naturopathy. She is trained in Yoga Therapy, Prenatal and Postnatal Yoga, and certified by SVYASA and Bihar Yoga Bharati. With over a decade of experience as a Yoga Therapist and faculty, she integrates physiotherapy with Yogic practices for holistic health. She is a professional member and Yoga Therapist with the Indian Yoga Association.



Shri Gnana Prabhu

Shri Gnana Prabhu is a Govt. certified Yoga Teacher, YCB Level 3 (Ministry of AYUSH) and RYT 500 (USA). He specializes in Hatha Yoga, Ashtanga Vinyasa, Vinyasa, Face Yoga, Yoga Nidra, and Mat Pilates. With certifications in Yoga Therapy, Meditation, and Weight Loss Coaching, he blends traditional wisdom with modern approaches to holistic health. His work focuses on improving flexibility, relieving stress, and managing lifestyle disorders through Yoga.



Dr N Sailaja

Dr N Sailaja, a retired Deputy Commissioner of Excise, Government of Andhra Pradesh, has served in various key administrative roles since 1978. As Founder of Dhyanahitha Educational Society, she has been dedicated to skill development, women empowerment, and rural education.



Shri Shivam Dikshith

Shri Shivam Dikshith is deeply rooted in Vedic and yogic wisdom. With an MA and PhD, he blends spiritual knowledge with the practice of yoga mudras and Vedic teachings. Alongside his decades of experience in astrology, he is devoted to spreading yoga education. His mission is to guide and inspire at least 1000 students through the transformative path of yoga.



Shri Nimai Chandra Garai

Shri Nimai Chandra Garai, Head Teacher of Chandpur Primary School, is an active Yoga practitioner and sports enthusiast. Passionate about promoting Yoga at the grassroots, he integrates Yogic discipline into education and community life. He aspires to contribute further to yoga with his association with IYA.



Shri Pierre Close

Shri Pierre Close has been dedicated to daily Yoga Sadhana with his wife since 2005, nurturing discipline and inner growth. His deep interest in Indian philosophy led him to study Hindi, Devanagari, and Sanskrit, enriching his spiritual journey. Since 2018, he has been teaching Sāṅkhya and Vedānta at 'Satya Yoga Liège,' embodying Karma Yoga through sharing knowledge. Rooted in devotion, simplicity, and practice, he integrates Yoga into every aspect of life.



Ms Prarthana Dubey

Ms Prarthana Dubey, Director of Yogprabha Classes, Indore, is a certified Yoga Trainer and Therapist with over 8 years of experience. She has conducted impactful yoga awareness programs for diverse groups, including schools, NGOs, and even prison inmates. Actively engaged in Yogasana Sports, she represents Madhya Pradesh at national platforms while also serving as Social Media Incharge for state and district associations. With dedication to spreading Yoga, therapy, and holistic wellbeing, she continues to inspire many on the yogic path.



Dr Anant Kumar Rakhonde

Dr Anant Kumar Rakhonde, Professor and Head of Surgery at SRVS Government Medical College, Shivpuri, is also a Professional Member of the Indian Yoga Association. He has presented papers on yogic practices, including 'Yogic Breathing,' at international conferences. Actively engaged in integrating yoga with medical science, he contributes to holistic approaches in health and healing. His dedication reflects the blend of surgical expertise and yogic philosophy for overall wellbeing.



Shri Ripon Das

Shri Ripon Das has been dedicated to yoga practice since childhood, overcoming challenges to pursue his passion. He teaches yoga to over 120 children free of cost and also serves as a yoga teacher at One World Public School. With formal training in Yoga Education and Yoga & Naturopathy, he continues to deepen his knowledge. Inspired by his mentor Pankaj Sir, he spreads yoga as a means of discipline, health, and service to society.



Dr S Saroja

Dr S Saroja, Professor at Alagappa University and Coordinator of the Centre for Yoga Education, has over three decades of teaching and research experience.

A YCB Level-3 certified Yoga Teacher & Evaluator, she has guided numerous Ph.D. scholars in yoga. She has published extensively with over 75 research papers and authored books in the field. Passionate about spreading yoga, she has been conducting free classes, workshops, and International Day of Yoga events for more than a decade.



Shri Sudip Biswas

Shri Sudip Biswas has been committed to yoga practice and teaching with deep sincerity and dedication. He emphasizes yoga as a way of life, blending traditional practices with modern awareness. Through his guidance, many have benefited from improved health and inner balance. His work reflects yoga's true spirit of service, discipline, and holistic wellbeing.



Ms Stine Marianne

Ms Stine Marianne is deeply devoted to yoga, nurturing its practice with sincerity and consistency. She has dedicated herself to spreading yoga as a path of health, balance, and inner growth. Her efforts have inspired many to adopt yoga as a way of life. Through her work, she continues to embody the true spirit of yoga in action and service.



Dr Kasibhatta Satya Murty

Dr Kasibhatta Satya Murty has dedicated his life to the study and teaching of yoga and its philosophical roots. With expertise in Upanishadas, he has guided students and researchers in India and abroad. His numerous publications reflect his deep insights into yoga's therapeutic and spiritual dimensions. Through his work, he continues to spread the wisdom of yoga for human excellence and wellbeing.

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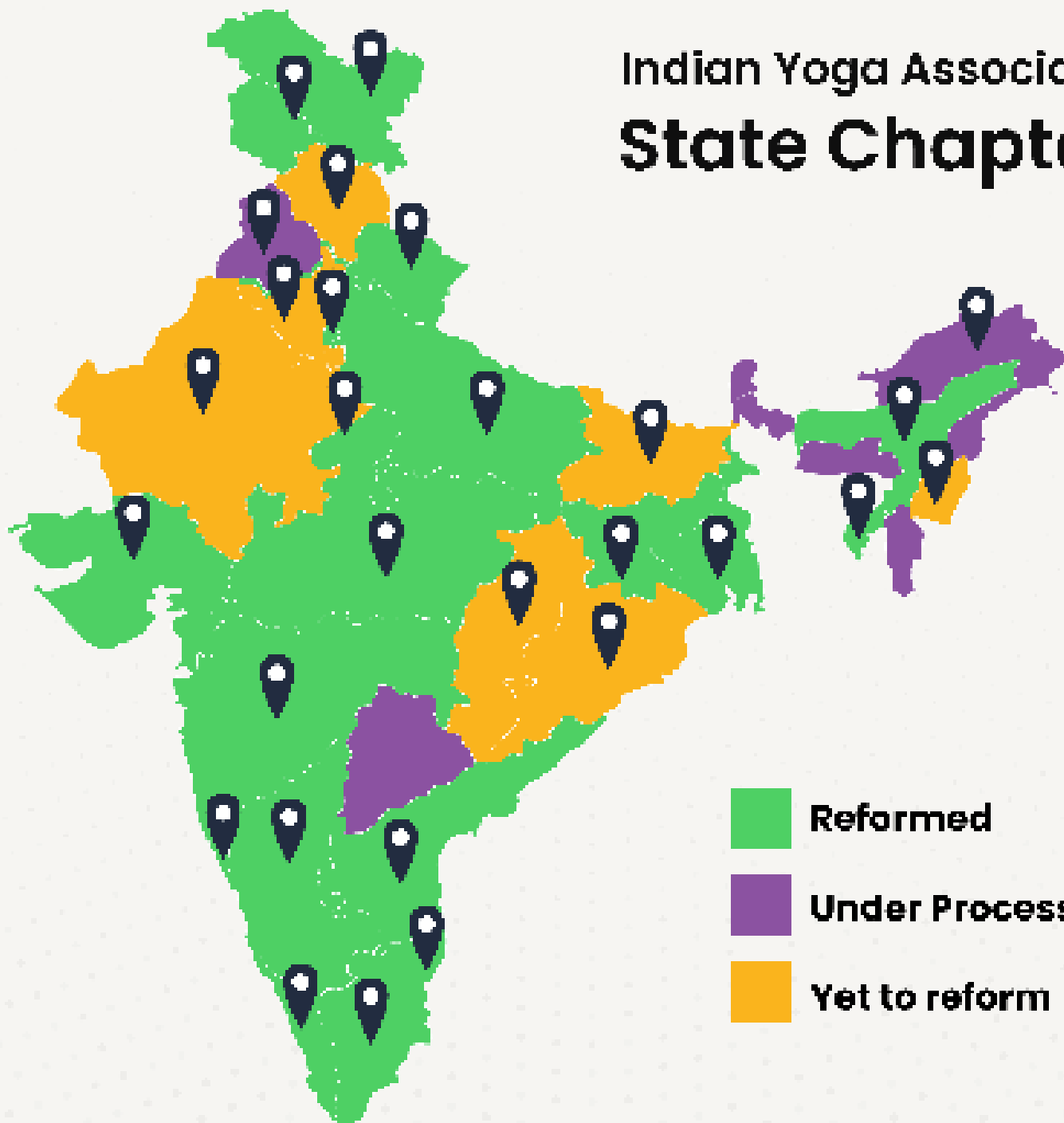
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Indian Yoga Association State Chapters



- Reformed**
- Under Process**
- Yet to reform**

- ✓ Andhra Pradesh SCC
- ✓ Assam SCC
- ✓ Uttar Pradesh SCC
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- ✓ Delhi UTC
- ✓ GOA SCC
- ✓ Kerala SCC
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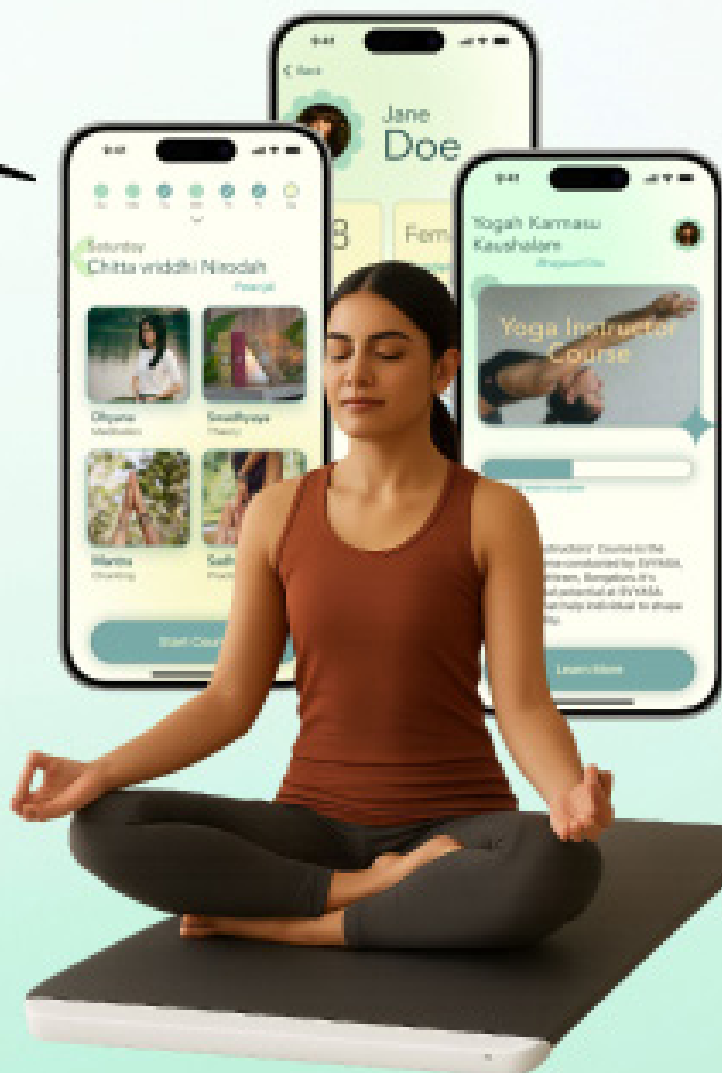
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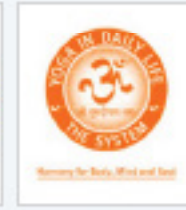
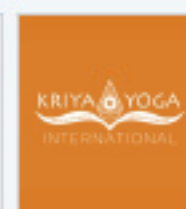
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Upcoming YTTC

Course	Location / Mode	Dates
300H Yoga TTC	Online	13 Sep - 5 Dec, 2025
95H Children Yoga TTC	Bengaluru Ashram	10 Oct - 19 Oct, 2025
Prenatal Yoga TTC	Online	15 Nov - 26 Dec, 2025
300H Yoga TTC	Online	15 Dec - 11 Jan 2026
Spinecare Orientation Program	Online & Offline	Online: 24 Nov - 30 Nov & Offline: 25 Dec - 28 Dec 2025

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