

JANUARY 2026, ISSUE-72

YOGAVANI

— IYA - THE YOGA MOVEMENT —



VALUE

Unifying the diverse traditions of Yoga

PURPOSE

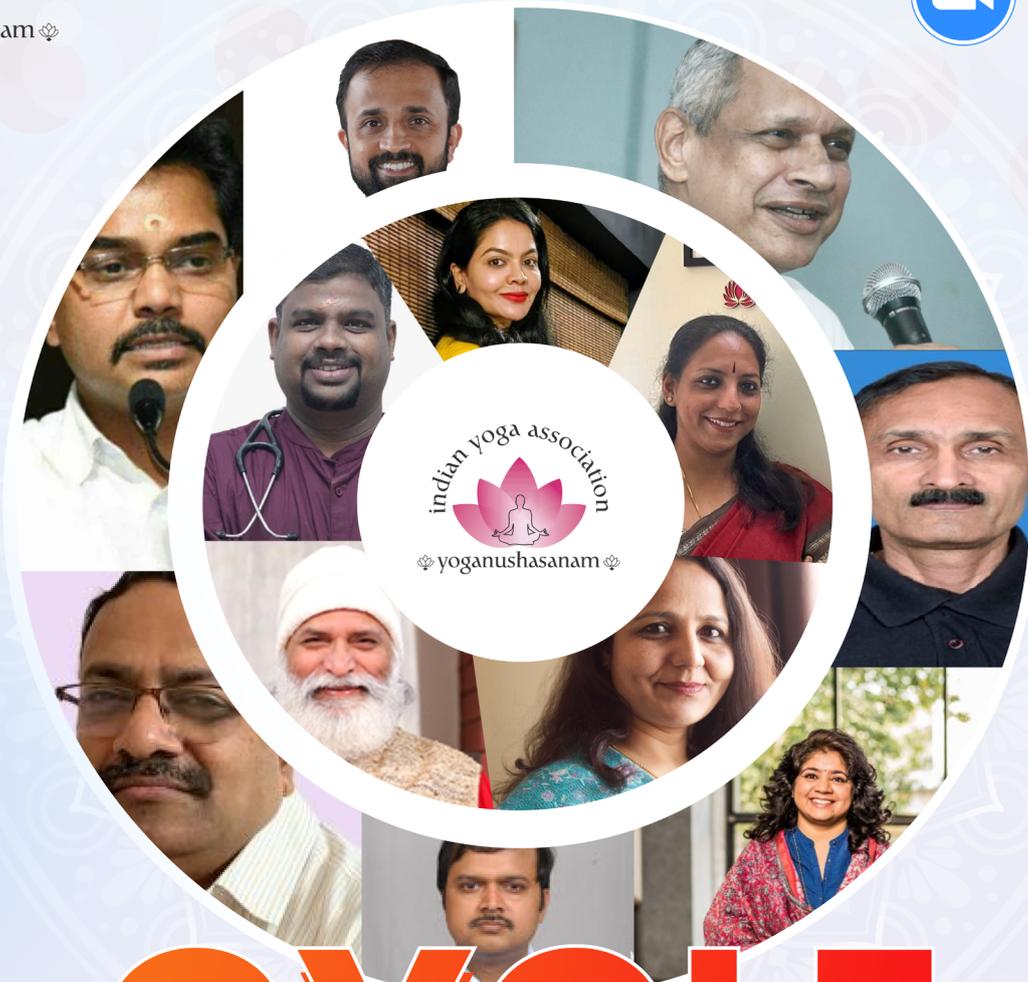
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Indian Yoga Association

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

EDITORIAL

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Letters to the Editor

The December 2025 issue stands out for its strong emphasis on structure, scholarship, and community engagement. The section on Academics and Accreditation by the IYA Personnel Certification Body is particularly noteworthy, as it underscores the importance of quality assurance and professional integrity in Yoga education. I also appreciate the acknowledgement section, which reflects IYA's culture of gratitude and inclusivity. Combined with insightful articles and well-curated headlines, the issue reinforces Yoga's role as both a disciplined science and a collective social responsibility.

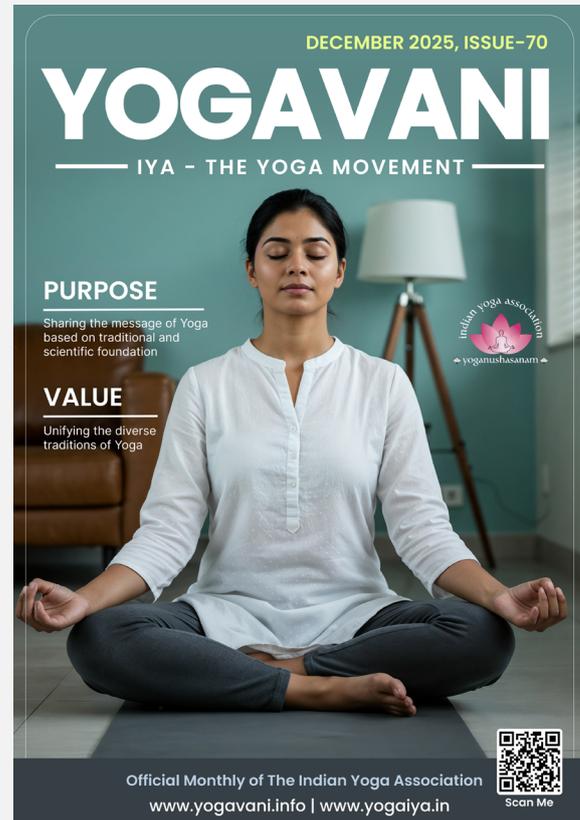
- **Shri Pratim Sengupta**

I thoroughly enjoyed the practice-oriented sections of the December 2025 issue.

The Practice of the Month – Vajrasana was presented with clarity and simplicity, making it accessible to both new and seasoned practitioners. The Sattvik Recipe section featuring Til-Gud Ladoo and Bajra Bhakri was a refreshing reminder of Yoga's close connection with mindful eating and seasonal living.

Such inclusions beautifully reinforce Yoga as a holistic way of life rather than merely a physical practice. The issue reflects thoughtful curation and deep understanding of yogic living.

- **Shri Miteshkumar V Thakkar**



The December 2025 issue is a commendable blend of tradition and innovation. The article on World Meditation Day was deeply inspiring, reminding readers of inner stillness as a universal anchor in today's fast-paced world. Equally engaging was the piece on AI and Big Data in Enhancing Yoga Practices, which opened new avenues for dialogue between ancient wisdom and modern science. The CYCLE Program article, When Yoga Listens to Music, reflected creative exploration while staying rooted in yogic sensitivity. Such content ensures Yoga remains relevant without losing its soul.

- **Shri Ajit Sanghvi**

EDITORIAL

- Yogacharya Dr Anandaji and
Yogacharini Anandhi Mary Cecil



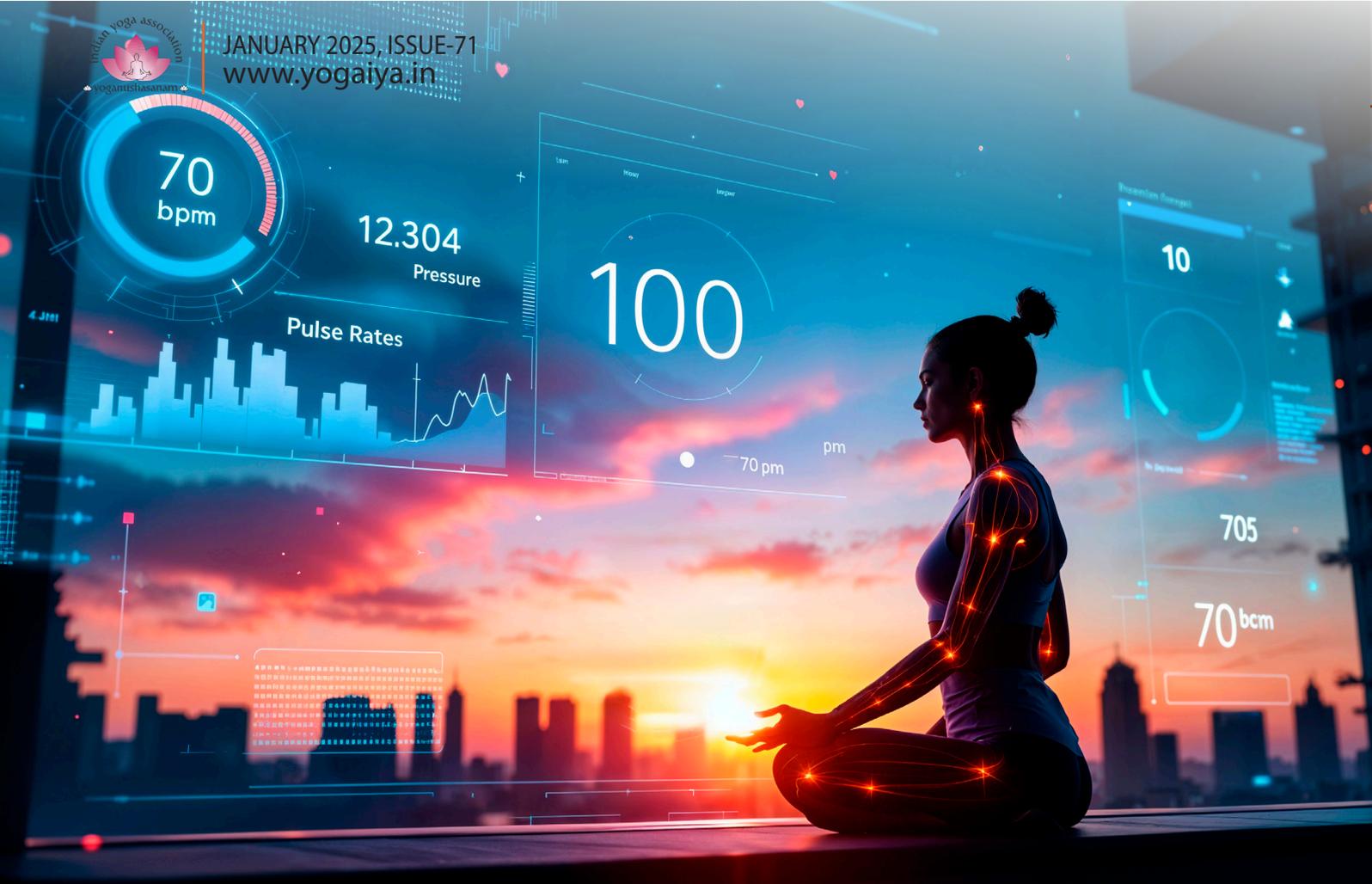
Honouring the True Value of Yoga in Modern Times

Yoga today is more visible than ever before. Studios are full, social media celebrates yogic postures, and the word Yoga has entered everyday language across the globe.

This is indeed a blessing. Yet, alongside this popularity, a quiet imbalance

has begun to surface—one that deserves gentle reflection rather than blame. Across forums and conversations, there is a shared understanding that **yoga teachers deserve dignity, stability, and respect** for their work. Teaching Yoga is not merely a profession; it is a lifelong sadhana, requiring discipline, study, personal practice, and ethical living.





And yet, paradoxically, Yoga itself is often expected to come at minimal or no cost.

Accessibility Is Not the Same as Devaluation

Yoga has always been meant to be accessible—but accessibility was never synonymous with cheapness. In traditional times, **Yoga was sustained through gurukula systems, community patronage, and royal support.** The teacher's material needs were cared for so that they could focus on higher responsibility: guiding others toward health, harmony, and self-awareness.

That social ecosystem has changed. Today's yoga teacher lives within the realities of the modern world—housing, healthcare, education, professional training, and technological demands.

Expecting renunciation from the teacher while enjoying comfort ourselves is neither spiritual nor sustainable. True Yoga is rooted in dharma and balance, not silent sacrifice imposed on one side alone.

A Gentle Mirror to Our Collective Choices

We rarely hesitate to spend on convenience, comfort, or lifestyle upgrades. Yet when it comes to Yoga—a discipline that supports the nervous system, prevents illness, stabilizes the mind, and nurtures inner clarity—we often ask for discounts, free access, or shortcuts.

This is not criticism; it is an invitation to reflect.

What we value is revealed not by words, but by our choices.

When Yoga is treated purely as a commodity, depth slowly gives way to speed, numbers, and marketing. Teachers become service providers. Students become consumers. The sacred relationship of guru–shishya bhavana quietly erodes.

Preserving the Soul of Yoga

The challenge facing the yoga profession today is not lack of interest, nor external opposition. It arises from within—when we unconsciously undercut one another, normalize unpaid labour, or equate spiritual sincerity with financial neglect.

In Yoga, self-respect (swabhimaan) and right livelihood (artha) are not opposed to spirituality. They are expressions of it. By honouring the value of Yoga—financially, ethically, and culturally—we protect its depth, its authenticity, and its future

generations.

A Shared Responsibility

Yoga reminds us that balance is the key to health—samatvam yoga uchyate. The same principle applies here.

When teachers are valued, they can teach from steadiness rather than strain. When students invest with awareness, they receive with reverence rather than entitlement.

When Yoga is honoured, it continues to uplift society as a whole.

Let us not make Yoga cheap in the name of accessibility—

for wisdom, when undervalued, becomes costly in ways we may realize too late.

Yoga is not free—it is priceless.





CYCLE PROGRAM

Integrative Medicine and Yoga

by Dr. Neetinakumar J. Patil

A brief Report by Yogacharya Nilachal

Introduction

On the 23rd Session of the CYCLE Program of the Indian Yoga Association, yoga therapists, teachers, clinicians, and serious students of Yoga Chikitsa came together online for an enriching academic interaction focused on the integrative understanding and application of Yogic principles in health, healing, and clinical practice. Conceived as a sustained learning initiative rather than a one-time event, CYCLE has gradually evolved into a reflective space where yoga therapy is explored in depth—through dialogue, lived

experience, and responsible inquiry.

The session led by **Dr. Neetinakumar J. Patil** focused on Integrative Medicine, a subject of growing relevance in contemporary healthcare and Yoga Chikitsa practice. The lecture drew wide participation, reflecting the increasing need among yoga professionals to engage thoughtfully with medical systems, education, and policy.

The Speaker and His Perspective

Dr. Neetinakumar J. Patil is an Additional Professor (Yoga Therapy & Ayurveda



diagnostics, pharmacology, and acute care, it often falls short in addressing the role of stress, behaviour, emotional health, and lifestyle in chronic disease.

Conditions such as diabetes, autoimmune disorders, chronic pain, and metabolic syndromes are deeply influenced by the mind–body interface. Yet clinical encounters frequently prioritise numbers over narratives. Yoga, he suggested, enters precisely at this gap—not as a cure-all, but as a discipline that cultivates self-regulation, awareness, and sustained behavioural change.

Yoga and Medical Education

One of the most compelling segments of the lecture focused on medical students and healthcare professionals themselves. High levels of stress, burnout, emotional fatigue, and screen dependence are now well documented within medical education. Dr. Patil observed that lack of knowledge is rarely the problem. Medical students often know what constitutes a healthy lifestyle,

yet struggle to live it. The missing link is practice. Yoga, when introduced experientially rather than theoretically, helps bridge this gap by fostering resilience, emotional balance, and reflective capacity.

Doctors who practise yoga, he noted, are more likely to understand its value, communicate with empathy, and recommend it responsibly to patients.

Yoga and Ayurveda: A Shared Root

The lecture also revisited the traditional relationship between yoga and Ayurveda. Historically, these were not separate disciplines but complementary dimensions of a unified life science. Yoga addressed mind management and inner discipline, while Ayurveda provided detailed guidance on diet, routine, constitution, and prevention.

Dr. Patil emphasised that even a basic understanding of Ayurvedic principles—such as individual constitution and daily and seasonal rhythms—can greatly



enhance yoga therapy practice. This integration supports personalisation, sustainability, and preventive care, aligning closely with contemporary healthcare goals.

Implications for Yoga Chikitsa Practice

For yoga therapists, the session carried an important professional message. Integration does not mean overstepping boundaries or replacing medical systems. It means collaboration, clarity of role, ethical practice, and readiness to refer when needed.

Dr. Patil reminded participants that credibility in healthcare is built through responsibility and consistency. When yoga therapists practise within their scope and communicate clearly with other professionals, they become valued collaborators rather than peripheral contributors.

Conclusion

This CYCLE session reaffirmed the program's role as a living learning platform for Yoga Chikitsa, one that values depth over dogma and dialogue over division. Dr. Neetinakumar J. Patil's lecture offered both clarity and direction, encouraging participants to see integrative medicine not as a trend, but as a mindset rooted in prevention, education, and self-awareness. The session concluded with a quiet but powerful reminder: yoga belongs not at the margins of healthcare, but at its foundations when practised with discernment, humility, and commitment to holistic wellbeing.





SESSION 11

Manthan: Yoga as a Holistic Response to Lifestyle Diseases

The Manthan – Session 11, centred on the theme “Role of Yoga in Managing Non-Communicable Diseases – Hypertension, Chronic Kidney Disease and Obesity,” was held on Sunday, 23 November 2025, at the headquarters of Bharatiya Yog Sansthan, Rohini, Sector 3, New Delhi. The session formed part of the ongoing Manthan series, a knowledge-sharing initiative jointly organised by the Delhi State Chapter, Indian Yoga Association and Bharatiya Yog Sansthan.

The programme commenced in a serene and traditional manner with lamp-lighting, invocation, and collective Om chanting. The opening proceedings were coordinated by Shri Manoj Gupta, Joint Secretary, IYA Delhi, who also guided the





initial rituals. He was supported by Adv. Neha Saraswat, Vice-Chairperson, IYA Delhi State Chapter, who played a key role in setting the tone for the session.

In her keynote address, Adv. Neha Saraswat expressed sincere gratitude to Shri Des Raj and the team of Bharatiya Yog Sansthan for their continued cooperation with the Indian Yoga Association. She reiterated the shared mission of taking yoga to every household and highlighted the Manthan series as a monthly platform for dialogue, reflection, and dissemination of authentic yogic knowledge relevant to contemporary health challenges.

Yoga and Hypertension

The first technical session was delivered by Shri Des Raj, President, Bharatiya Yog Sansthan, on the theme "Role of Yoga in Hypertension." He briefly outlined the journey of Bharatiya Yog Sansthan since its establishment in April 1987 and shared that the organisation now operates more



than 4,500 centres across India and 61 centres abroad. Emphasising that hypertension is a silent condition affecting vital organs such as the brain, heart, and kidneys, he underlined the importance of yogic lifestyle management, disciplined daily practice, appropriate diet, and a supportive environment. He also touched upon obesity as a growing concern and stressed the role of parents and elders in setting healthy examples for children.

Yoga, Diet and Chronic Kidney Disease

Dr Govinda Trivedi, CMO, Balaji Wellness Centre, spoke on “Yoga and Diet for Chronic Kidney Disease.” He presented a holistic understanding of disease by classifying ailments into Atmik, Mansik, and Sharirik dimensions. Drawing philosophical references from the Bhagavad Gita, he explained how emotional states such as fear, anger, and anxiety can adversely impact kidney function. His talk included practical guidance on balanced water and salt intake, the importance of regular Kidney Function Test (KFT) monitoring, and the supportive role of simple home-based dietary measures using fruits and vegetables.

Pranayama and Obesity Management

The third session was delivered by Dr Mohan Karki on “Obesity and the Role of Pranayama.” He elaborated on the therapeutic benefits of practices such as Kapalhati, Bhastrika, and other pranayamas in managing excess weight. He explained how these practices aid detoxification, improve metabolism, enhance respiratory efficiency, and strengthen the body’s vital energy, thereby contributing to sustainable

weight management.

Interactive Dialogue

Each presentation was followed by an interactive question-and-answer session. Participants actively engaged with the speakers, seeking clarifications on managing hypertension, chronic kidney disease, and obesity through yogic interventions. The responses provided practical, experience-based insights and reinforced confidence in yoga as a complementary and preventive health approach.

Valedictory Session

The concluding remarks were delivered by Shri Vinod Kashyap, Secretary, IYA Delhi, who expressed heartfelt appreciation to all the speakers, with special acknowledgement of Shri Des Raj for his guidance and long-standing contribution to yoga dissemination. He also invited volunteers to extend their support for the observance of World Meditation Day on 21 December 2025.

The session concluded with a short guided meditation led by Shri Manoj Gupta, followed by the distribution of certificates to participants. Bharatiya Yog Sansthan graciously hosted lunch and tea, providing an opportunity for informal interaction and networking. Manthan – Session II successfully reaffirmed the evidence-based and experiential role of yoga in managing major lifestyle disorders and inspired participants to adopt regular practice while promoting yoga within their communities, in alignment with the larger vision of the Indian Yoga Association.



Yog Setu by UPSCC unites yoga institutions in Saharanpur

The Uttar Pradesh State Chapter of Indian Yoga Association successfully organised Yog Setu at Mokshayatan Yog Sansthan, Saharanpur on November

Organised in the form of Chintan Shivir and Yog Setu, the conference reflected the vision of building meaningful connections among individuals and institutions through the traditional and experiential wisdom of yoga.

16, 2025. The programme brought together yoga practitioners, educators, scholars, institutional representatives, and dignitaries from across the state, reaffirming yoga's vital role in personal transformation, social harmony, and national well-being.





The programme commenced with a Vedic yajna in the presence of eminent yoga leaders and distinguished guests. Children and youth from Mokshayatan Yog Sansthan and National Builders Academy presented inspiring yoga demonstrations, showcasing discipline, balance, inner awareness, and the transformative impact of sustained yogic training.

of the nation and humanity, and not confined merely to personal practice. His message strongly resonated with the spirit of Yog Setu, which seeks to integrate yoga with national character building. Event was also marked with the divine presence of Acharya Pratishta and Shri Dheeraj Saraswat. The conference was graced by

Padma Shri awardee, internationally renowned yoga guru, and Governing Council Member Swami Bharat Bhushan addressed the gathering and emphasised that yoga is the only true bridge connecting the individual to humanity, society, and higher consciousness. He stated that a yogi becomes a true yogi only when yoga is applied for the welfare





the presence of senior government representatives and public leaders, including Uttar Pradesh State Minister Kunwar Brajesh Singh as Chief Guest, along with legislators, yoga scholars, institutional heads, and senior office-bearers of the Indian Yoga Association. The programme was presided over by Mayor Dr Ajay Kumar Singh, who highlighted that the yogic culture nurtured at Mokshayatan empowers youth with strength, direction, self-confidence, and inner discipline, enabling them to grow into responsible and conscious citizens.

During the conference, detailed presentations were made on the activities undertaken by the Uttar Pradesh State Chapter over the past year, along with future plans aimed at expanding yoga outreach at the grassroots level. Sessions on meditation, yogic philosophy, and experiential practices conducted by senior acharyas and practitioners





reinforced yoga as a holistic path encompassing health, ethics, discipline, and spiritual growth. Shri Peeyush Kant Mishra ji, Chairman, UPSCC and Shri Amit Garg ji, Secretary, UPSCC also made their presence felt.

The successful organisation of Yog Setu at Saharanpur marked an important milestone for the Uttar Pradesh State Chapter of the Indian Yoga Association. It strengthened coordination among yoga institutions and reaffirmed yoga's enduring relevance as a unifying force for individual well-being, social harmony, and national consciousness.





Yoga Setu held in Kochi: Kerala SCC brings diverse Yoga schools together

The Kerala State Chapter Committee of the Indian Yoga Association (IYA) organised Yoga Setu on October 12, 2025, a dignified and spiritually uplifting gathering of

presence and blessings of revered Acharyas, senior yoga leaders, and committed practitioners from across

diverse yoga schools, in Ernakulam, Kochi. True to its name, Yoga Setu emerged as a bridge—uniting lineages, institutions, teachers, and seekers—under the shared vision of strengthening Yoga as a living, collective tradition. The programme was held in the august





Kerala and beyond.

The function was graced by Acharya Maha Mandaleshwar Swami Anandavanam Bharathi of Juna Akhada, Varanasi, whose presence sanctified the occasion. He was joined by Swami Chidakasha of The Art of Living Foundation, lending further spiritual depth to the gathering.

Senior representatives from IYA Delhi Executive Council—Dr. Ganesh Rao and Dr. S. P. Mishra—were present, offering guidance and insights on national programmes and academic pathways in Yoga. The event was led by Dr. M. Lakshmi Kumari, Chairperson, IYA Kerala State Chapter Committee, and Chairman, Vivekananda Kendra Anandadham, Kodungallur. The leadership team also included Kaithapram Vasudevan Namboothiri, Senior Vice Chairperson, IYA Kerala and Director, Paithrik School of Yoga; Rajgopal Krishnan, General Secretary, IYA Kerala; along with eminent yoga teachers,

yoga couples, students, and family members.

Invocation & Opening

The programme commenced with a prayer, setting a serene and reverential tone. In his welcome address, Sri Rajgopal Krishnan highlighted the spirit of unity and mutual respect among yoga schools, emphasising that Yoga Setu was envisioned as a platform for dialogue, recognition, and collective growth of the yogic ecosystem in Kerala. Delivering the presidential address, Dr. M. Lakshmi Kumari reflected on the responsibility of yoga institutions to uphold authenticity, ethical teaching, and community service. She underlined the role of the IYA as a unifying national body that nurtures collaboration while honouring the diversity of yogic traditions.

Blessings & Key Honours

The blessing address by Maha



Mandaleshwar Swami Anandavanam Bharathi was a spiritual highlight of the day. His words resonated with clarity and compassion, reminding participants of Yoga's deeper purpose—inner transformation, social harmony, and service to humanity.

On this occasion, Swami Anandavanam Bharathi was conferred Eminent Membership of the Indian Yoga Association, acknowledging his lifelong contribution to spiritual and yogic pursuits. He also ceremonially distributed Associate Centre Certificates to yoga schools that had enrolled as Associate Centres of IYA, marking an important step towards institutional strengthening and national integration.

Felicitations & Recognitions

Felicitations were offered by Swami Chidakasha, who spoke on Yoga as a universal science transcending boundaries, and by Kaithapram Vasudevan Namboothiri, who reflected on Kerala's rich yogic heritage and the need to preserve

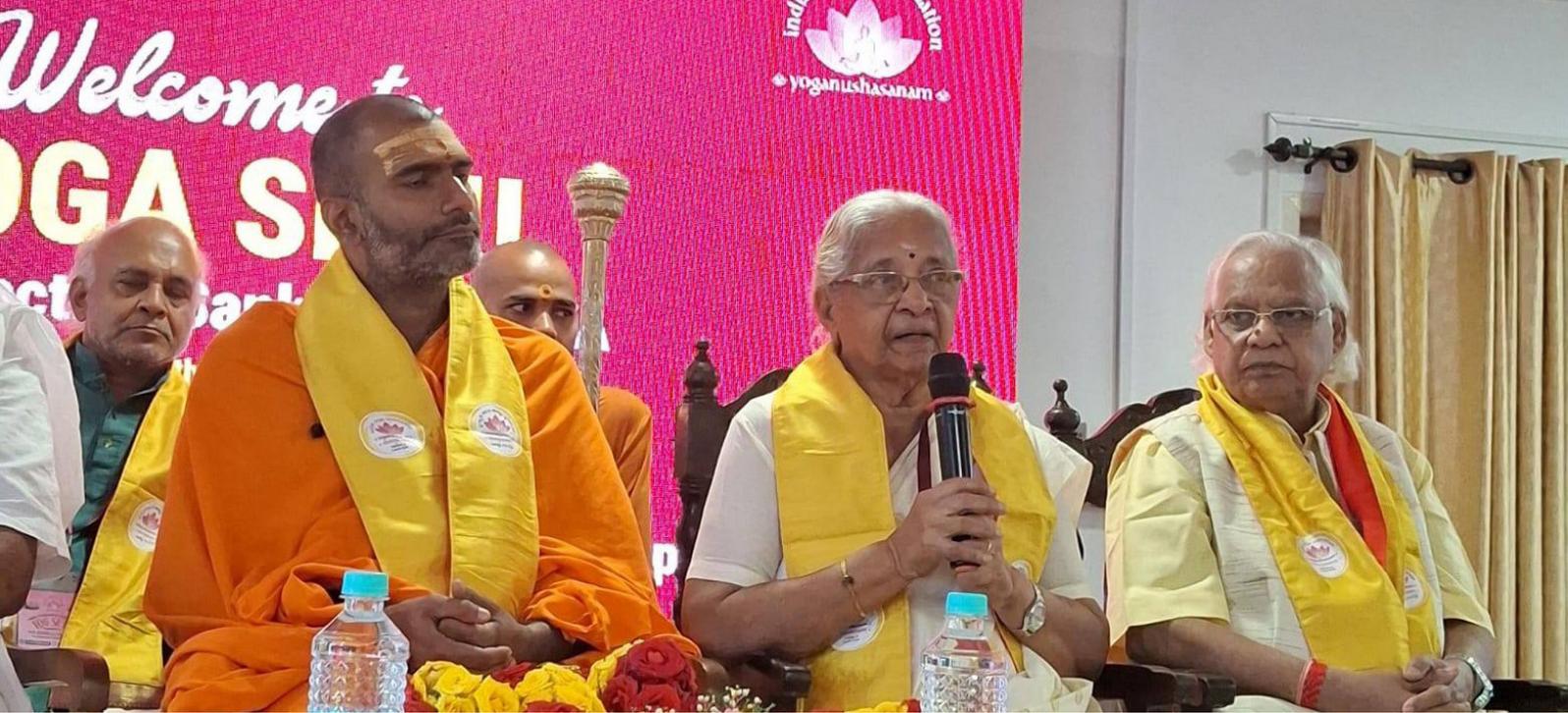
traditional wisdom while engaging with contemporary systems.

Acharyas from distinguished yoga schools of Kerala, yoga couples, and yoga teachers with long and dedicated service in the field were honoured, creating moments of gratitude, inspiration, and collective pride.

Closing & Cultural Harmony

The formal proceedings concluded with a heartfelt vote of thanks by Yogacharya Harilal, Joint Secretary, IYA Kerala. The post-lunch session included an interactive talk by Dr. Subramaniam, followed by an in-depth discourse by Dr. Ganesh Rao on "Meditation – From the Yog Sutras of Maharishi Patanjali", seamlessly blending philosophy with practice.

Dr. Ganesh Rao also presented an overview of IYA's national programmes and activities, highlighting opportunities for collaboration, outreach, and capacity building. This was followed by Dr. S.



P. Mishra, CEO, IYA PrCB, Delhi, who elaborated on Courses and Examinations conducted by IYA, offering clarity on structured learning, certification, and quality assurance in yoga education. The day flowed into Satsang, Meditation, and the traditional Kerala Sadhya, reinforcing the sense of shared culture, community bonding, and yogic living.

A Living Bridge of Yoga

Yoga Setu stood as a luminous example of unity in diversity—where multiple yoga streams converged with mutual respect and shared purpose. Organised with dedication by the Kerala State Chapter Committee of the Indian Yoga Association, the event reaffirmed the collective resolve to walk together on the yogic path, building bridges of wisdom, service, and harmony for generations to come.





HEADLINES



IYERHS launches 'Dhyan Se Gyan' – A nationwide meditation movement

The Institute for Yoga Education Research and Holistic Sciences (IYERHS), a Member Institution of the Indian Yoga Association in the North-East region, launched a large-scale

meditation initiative titled 'Dhyan Se Gyan' on the auspicious occasion of World Meditation Day, in association with NIRAMAYA – School of Yoga Education. Conceived as a transformative wellness movement, the initiative carries a powerful sankalpa to conduct over 1,000 meditation programmes across the country in its first phase. The vision, objectives, and execution roadmap of the programme were outlined by Dr. Ajit Kumar Bhattacharjee, Dr. Apratim Nag, Shatakshi Bhattacharjee, and Bikramjit Chakraborty, executives of both institutions. They emphasised meditation as a vital tool for cultivating

meditation initiative titled 'Dhyan Se Gyan' on the auspicious occasion of World Meditation Day, in association with NIRAMAYA – School of Yoga Education. Conceived as a transformative wellness movement, the initiative carries a powerful sankalpa to conduct over 1,000 meditation programmes across the country in its first phase. The vision,





mental clarity, emotional stability, and social harmony.

The campaign was formally inaugurated on 21 December, World Meditation Day, with a grand meditation programme organised in collaboration with 3 Assam NCC Battalion. Over 1,000 participants experienced a deeply calming and elevating meditation session guided by Shatakshi Bhattacharjee, Zonal Coordinator (North-East), IYA, and Yogacharya Divya Geetanand, Chairman, IYERHS. The session created a collective atmosphere of silence, awareness, and inner bliss.

As part of its outreach and developmental initiatives, representatives of IYERHS met Shri Mihir Kanti Shome, Hon'ble MLA, Udharband, Assam. The discussions focused on the expansion of free yoga education programmes under the NIRAMAYA banner, particularly in rural and underserved areas. The interaction reinforced a shared commitment to integrating yoga into public health and education systems.

In addition to its North-East initiatives, IYERHS extended its wellness outreach to Ghaziabad and Delhi, where 25 free 'Yogic Wellness' programmes were conducted. These programmes aimed to familiarise the public with yogic practices for physical health, mental well-being, and stress management, in alignment with the mission of the Indian Yoga Association.

The programmes received enthusiastic participation and were effectively coordinated by Smt Navaswati Bhattacharjee and Smt Swati Deb, whose dedicated efforts ensured smooth execution and community engagement.





NIRAMAYA – School of Yoga Education strengthens grassroots yoga education

Niramaya – School of Yoga Education, accredited by the Yoga Certification Board, Ministry of AYUSH, and a Member Institution of IYA, conducted more than 40 yoga programmes during December 2025, significantly expanding its educational footprint.

Under the 'Yoga Chetana Abhiyan', a free yoga education initiative, 30 programmes were organised across various educational institutions. Additionally, over 700 students of GC University of North-East participated in an intensive five-day yoga and wellness practical programme, experiencing tangible improvements in awareness, discipline, and well-being.

The sessions were conducted by committed teachers including Smt Tulana Das Purkayastha, Shri Pallab Kanti Dey, Shri Ratul Chakraborty,





Smt Taniya Shyam, and others. Overall guidance and supervision were provided by Smt Shatakshi Bhattacharjee, Director, NIRAMAYA, and Yogacharya Divya Geetanand, Legacy Person, NIRAMAYA, whose leadership ensured consistency, quality, and authenticity.

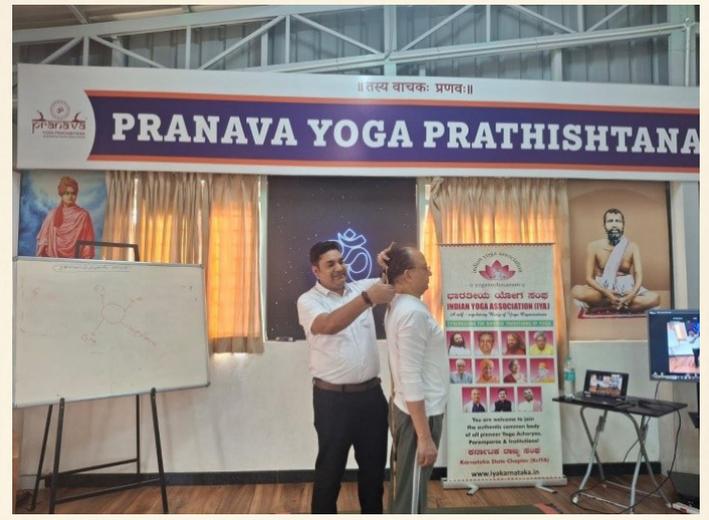
In a significant policy-level interaction, Shri Shekhar Chakraborty, Chairman, Executive Council, NIRAMAYA, met Vaidya Rajesh Kotecha, Hon'ble Secretary, Ministry of AYUSH, Government of India, in Delhi. The meeting focused on NIRAMAYA's long-term vision, yoga education framework, and community outreach models.

Shri Shishir Maharaj of Bharat Sevasram Sangha was also present during the interaction. Valuable guidance received during the meeting is expected to further strengthen NIRAMAYA's institutional direction and national impact. Under 'Yoga Saparka Abhiyan', a programme designed to strengthen dialogue with policymakers and opinion

leaders, NIRAMAYA representatives—including Dr. Anup Kumar Dey, Smt Shatakshi Bhattacharjee, Yogacharya Divya Geetanand, Shri Pallab Kanti Dey, and Shri Binay Paul—met key leaders in Assam.

They interacted with Shri Kaushik Rai, Hon'ble Cabinet Minister, Assam, and Shri Parimal Shuklabaidya, Hon'ble Member of Parliament, Silchar, and received valuable insights on promoting yoga education and advancing the mission of the Indian Yoga Association. These interactions marked a meaningful close to 2025, immersed in yogic purpose and vision.





Karnataka SCC commemorates 107th Birth Anniversary of Padma Shri B.K.S. Iyengar

The IYA Karnataka Chapter organised a half-day workshop on Yoga Anatomy on 14 December 2025, commemorating the 107th birth anniversary of Padma Shri Late B.K.S. Iyengar, at Pranava Yoga Prathishtana, Bengaluru.

The workshop was conducted by Dr. Mrityunjay Rathore, Professor of Anatomy, AIIMS Raipur, and Secretary, IYA Chhattisgarh Chapter. With 30 participants attending physically and 30 joining virtually from across India, the workshop attracted yoga teachers, medical professionals, students, and yoga enthusiasts.

Dr. Rathore elucidated anatomical planes, biomechanics of yogasanas, and the importance of precise alignment. Participants were guided through experiential learning of anatomical subtleties in yogasana practice. Dr. A. Subramanian, Secretary, IYA Karnataka

Chapter, highlighted the necessity of anatomical knowledge for safe and effective practice and felicitated the speaker on behalf of the chapter.





YogaPeace Sansthan celebrates World Meditation Day and Women's Wellness

YogaPeace Sansthan, Associate Centre of the Indian Yoga Association, marked World Meditation Day and reinforced its commitment to holistic well-being through a series of impactful programmes under the banner "Anandam", held in Jaipur and Kuchaman City, Nagaur.

On the auspicious occasion of World Meditation Day, a one-day meditation camp titled "Anandam – Osho Omkar Meditation: For a Blissful World" was organised in Jaipur under the joint aegis of WHWF – World Health and Wellness Fest and YogaPeace Sansthan. The programme was held at Hotel Clarks Amer and witnessed the enthusiastic participation of over 200 seekers, reflecting a growing collective inclination towards meditation,





inner harmony, and conscious living. The meditation session was conducted by Yogacharya Dhakaram, who guided participants with remarkable simplicity and depth. Through Omkar Meditation, he explained the purification of body, mind, and soul, highlighting meditation as a natural path towards inner silence, awareness, and joy. His experiential guidance enabled participants to connect effortlessly with calmness and inner balance, making the session deeply enriching.

Extending the spirit of Anandam towards women's empowerment and wellness, YogaPeace Sansthan, in collaboration with SheFest Carnival, organised a one-day yoga camp titled "Anandam – For Women, Towards a Blissful World" at Kuchaman City, Nagaur. The programme

was dedicated to nurturing the physical, mental, and emotional well-being of women.

Conducted by Yogacharya Dhakaram, the camp

witnessed the participation of over 700 women and children, showcasing a strong and encouraging response. Specially designed yogasana and pranayama practices were taught in a simple and accessible manner, enabling women of all age groups to participate comfortably. The collective practice fostered inner confidence, emotional stability, and a sense of calm and joy among the participants. YogaPeace Sansthan expressed heartfelt gratitude to Shri Mahendra Ji Rathore, along with all organisers, volunteers, and participants, for their invaluable support. These initiatives reaffirmed YogaPeace Sansthan's vision of promoting authentic yogic practices as tools for individual transformation and societal harmony, with women as the true foundation of a blissful world.





Yogis Trust conducts Yoga and Varma Training programme at Ambasamudaram

Yogis Trust, Ambasamudaram, Associate Centre, IYA successfully conducted a three-day Yoga and Varma training programme at the Yogis Meditation Center, aimed at preserving and propagating traditional yogic and healing sciences.

The programme witnessed the participation of around 30 dedicated learners, who underwent systematic training combining yogic practices with the principles of Varma therapy. The sessions focused on discipline, practical application, and experiential learning, enabling participants to gain deeper insight into traditional wellness methodologies.



Upon successful completion of the training, participants were awarded certificates bearing the logos of the Indian Yoga Association and Yogis Meditation Center (YMC). The certification served as recognition of their commitment and successful participation, further motivating them to continue their journey in yoga and holistic healing.



Gujarat SCC organises grand Yoga Mahotsav at Morbi

The Gujarat State Chapter Committee of Indian Yoga Association in collaboration with Art of Living, Member Institution of IYA successfully organised a large-scale Yoga Mahotsav at Morbi, Gujarat, drawing participation from over 1,000 yoga practitioners and enthusiasts.

The programme was conducted by Shri Shaileshji Rathod, Senior Art of Living Teacher and Chairperson, IYA Gujarat Chapter. The event created a vibrant and inspiring atmosphere, bringing together people from diverse backgrounds to experience the unifying power of yoga. Through collective practice and guided sessions, participants experienced the physical, mental, and emotional benefits of yoga, reinforcing its relevance as a holistic lifestyle practice. The Yoga

Mahotsav stood as a testament to Gujarat Chapter's active efforts in spreading awareness and encouraging mass participation in yoga for health and well-being.



Anjali Acupressure Treatment and Yoga Center conducts Certificate distribution ceremony

Anjali Acupressure Treatment and Yoga Center, Jaipur, Associate Centre of Indian Yoga Association organised a Yoga Certificate Distribution Ceremony to felicitate students who successfully completed the Yoga Teacher Training Course, certified by the Yoga Certification Board (Ministry of AYUSH, Government of India) and the Indian Yoga Association. The ceremony marked the culmination of months of disciplined training covering yoga philosophy, yogasana, pranayama, meditation, and holistic wellness practices. Each graduate received a nationally recognised certificate, symbolising their readiness to serve as trained and

responsible yoga teachers.

Addressing the gathering, Dr. Anjali Swami, Founder of the centre, congratulated the students and inspired them to uphold yogic values in both teaching and personal life. She emphasised that yoga teachers are not merely instructors but ambassadors of wellness, peace, and conscious living.

The centre extended its best wishes to all graduates, encouraging them to continue learning, remain grounded in yogic ethics, and contribute meaningfully to society by sharing the

Narchinthanai Vattam organises 2nd World Meditation Day in Bangkok

Narchinthanai Vattam (NCV), Chennai, Associate Centre of IYA, in association with the Indian Yoga Association – Tamil Nadu State Chapter, successfully organised the 2nd World Meditation Day on 21 December 2025 (Sunday) at Echotel Hotel, Bangkok, Thailand. The programme was held from 6:30 a.m. to 7:10 a.m. and witnessed the enthusiastic participation of around 60 participants, reflecting the growing global resonance of meditation and yogic awareness.

The event was conducted under the able guidance of Professor Dr. R. Elangovan,

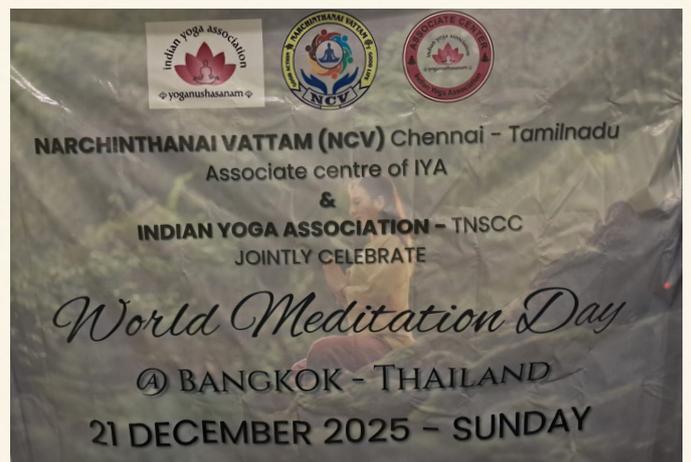




Secretary, IYA Tamil Nadu State Chapter Committee. The session commenced with a warm and thoughtful welcome address by Shri R. Balan, President, Narchinthanai Vattam, who highlighted the universal relevance of meditation in today's fast-paced and stress-filled world. He emphasised meditation as a unifying practice that transcends geographical and cultural boundaries, fostering inner peace and collective harmony.

This was followed by a deeply reflective and experiential meditation session led by Professor Dr. R. Elangovan. With clarity and calm authority, he guided participants into a state of inner stillness, awareness, and balance. The meditation enabled participants to experience mental clarity, emotional calmness, and a profound sense of inner connection, making the short yet powerful session deeply impactful.

The programme concluded with a formal vote of thanks by Shri R. Ramachandran, Founder and Director, Indian Yoga Services, who expressed gratitude to all organisers, participants, and supporters for contributing to the success of the event. He acknowledged the collaborative efforts of NCV and the Indian Yoga Association in promoting meditation as a vital tool for individual well-being and global peace.





Global Meditation Marathon by Preksha International unites the world in collective awareness on World Meditation Day



On the occasion of World Meditation Day, Preksha International, a Member Institute of the Indian

Yoga Association, envisioned and successfully organised the Global Meditation Marathon, a 24-hour continuous meditation initiative designed to transcend geographical boundaries and time zones. A dedicated digital platform served as the heart of the marathon, enabling participants from across the world to join the meditation seamlessly at their convenience and ensuring an uninterrupted global flow of collective awareness.

Due to overlapping time zones—from sunrise in Japan to sunset in California—the meditation stream extended to nearly 36 hours. Participants from 38 countries came together, with over

4,700 meditators contributing more than 102,000 minutes of meditation, creating a living global rhythm of mindfulness, inner peace, and conscious living. With deep gratitude, Preksha International acknowledges all participants, supporting organisations, and volunteers whose collective spirit made this worldwide movement possible, and invites seekers to continue their journey through the Preksha Meditation App.



Inspired by the Global Meditation Marathon, international Preksha trainers extended the observance beyond virtual spaces by conducting offline meditation sessions in their respective countries. Sessions were held in Dubai, Sri Lanka, Vietnam, Spain, and Nepal, reaching diverse groups including children, students, professionals, hospitality staff, and local communities, thereby



reinforcing meditation as a lived, accessible practice across cultures and age groups.

Alongside these offline initiatives, multiple online meditation sessions were conducted throughout the day, with participants joining from India and abroad. The sessions included conceptual introductions to Preksha Meditation, guided practices by international trainers, and inspirational addresses by senior office-bearers and invited guests. Participants from countries such as Kazakhstan, Taiwan, Russia, Spain, Mexico, and the United States reflected the truly global reach of the observance.

A significant highlight of the marathon was the disciplined commitment of Preksha International trainers and facilitators, who completed a 96-slot continuous meditation chain from midnight on 21 December to 12:15 a.m. on 22 December (IST). Each trainer undertook

a 30-minute meditation practice in overlapping slots, creating an unbroken chain of collective practice while simultaneously coordinating digital platforms, online sessions, and international offline events. This collective effort stands as a testament to the unity, dedication, and sincerity of the Preksha International family, rooted deeply in practice and strengthened by shared purpose, echoing the universal message of 24 HOURS ~ ONE BREATH ~ ONE WORLD ~ ONE MEDITATION.



Virtual Celebration Marks the 7th Foundation Day of the Gujarat SCC

The Gujarat State Chapter of Indian Yoga Association celebrated its 7th Foundation Day in a meaningful and inspiring manner through a virtual programme on 29 December 2025, witnessing the gracious presence of esteemed dignitaries, advisors, office bearers, and members from across the state.

The programme commenced on an auspicious note with an invocation prayer offered by Ms. Hinal Thakkar and Ms. Zeel Patel, Joint Secretaries of the Gujarat Chapter, setting a serene and reflective tone for the celebration.

Formally welcoming the gathering, Ms. Meetal Koticha Shah, Senior Vice Chairperson, Gujarat SCC, and Joint Executive Trustee & CEO, Project 'Life', Rajkot, highlighted the growing relevance of Yoga in contemporary life. She appreciated the sustained and dedicated efforts of the Gujarat Chapter in spreading the values, discipline, and holistic vision of Yoga across communities.

Shri Shailesh Ji Rathod, Chairman, Gujarat SCC, reflected on the significant milestones achieved by the chapter over the past seven years. He elaborated on the guiding vision of "Yoga Ek: Dhara Anek," emphasizing Yoga's ability to unite diverse paths, traditions, and practitioners

Indian Yoga Association - Gujarat Chapter
Virtually Celebrates 7th Foundation Day

YOG EK DHARA ANEK

29th December: 5 PM to 6 PM

Swami Nikhileswarananda
Heads
Shri Ramakrishna
Ashrama, Rajkot

Sri Shaileshji Rathod
Senior Art Of Living
Teacher, Chairman
IYA - Gujarat

Indian Yoga Association - Gujarat Chapter

Sri Shaileshji Rathod
Chariman

Meetal Koticha Shah
Senior Vice Chairperson

Mauli Bavisker
Vice Chairperson

Rajeev Kumar Mishra
Secretary

Zeel Patel
Joint Secretary

Vikram Mistry
Treasurer

Hinal Thakkar
Joint Secretary

Bhakti Shah
AC Convenor, Membership

Live On Youtube
Link: <https://youtube.com/@gujaratiya?si=xt0SnsbcCL2P4C9P>

while fostering inclusivity, harmony, and holistic well-being.

Adding spiritual depth to the occasion, Swami Nikhileswarananda Ji, Adhyaksha, Shri Ramakrishna Ashram, Rajkot, shared profound insights into the essence of Yoga through the four classical paths—Raj Yoga, Bhakti Yoga, Gyan Yoga, and Karma Yoga. His discourse beautifully

conveyed the underlying unity within Yoga's diverse streams, echoing the spirit of Yoga Ek: Dhara Anek.

Acharya Birju Maharaj, Advisor, Gujarat SCC, spoke on the seamless integration of various yogic paths and highlighted Yoga's comprehensive impact on physical, mental, emotional, and spiritual well-being, advocating regular practice for balanced and holistic living.

Further enriching the celebration, Shri Vikram Mistry, Treasurer, shared reflections on the inherent unity behind diverse yogic traditions, while Ms. Mauli Baviskar, Vice Chairperson, spoke on various Yoga techniques and their practical benefits.

The programme was smoothly and gracefully anchored by Ms. Bhakti Shah, whose poised coordination ensured seamless flow throughout the event.

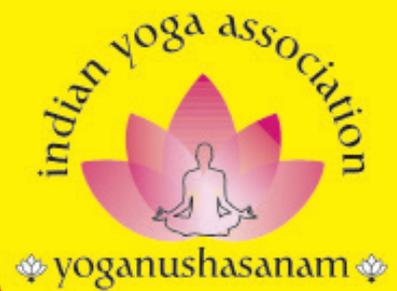
The celebration concluded with a heartfelt vote of thanks by Shri Rajeev Kumar Mishra, Secretary, Gujarat SCC, who expressed sincere gratitude to all dignitaries, speakers, and participants for making the 7th Foundation Day a meaningful and memorable milestone in the journey of the Indian Yoga Association – Gujarat Chapter.

Join the largest Yoga Family!

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- Yoga Professional Member
- Yoga Volunteer Member

Visit www.yogaiya.in





Yogavani in Hands, Yoga in Hearts: Reaching the Living Corners of the Yoga Fraternity

As Yogavani approaches the completion of six enriching years, it has begun reaching diverse and significant corners of the Yoga fraternity—teachers, institutions, wellness spaces, and thought leaders—becoming an increasingly visible and unifying presence within the yogic community.

The distribution of Yogavani by members of the Indian Yoga Association (IYA) across the country reflects a vital phase in the Association's growth and outreach. These moments, captured through photographs, represent more than circulation; they symbolise shared responsibility, collective pride, and the joy





of carrying authentic yogic thought into varied spaces of learning and practice.

the vision, values, and collective aspirations of IYA.

Over the years, Yogavani has evolved into a key instrument in the growth and development of IYA, serving as its

official mouthpiece—documenting initiatives, amplifying voices across traditions, and nurturing dialogue rooted in the timeless wisdom of Yoga. As Yogavani reaches new hands and homes, it continues to strengthen connections within the yoga fraternity, carrying forward



Roasted Makhana

By The Yoga Institute

Makhana has inflammatory properties. It is good for our spleen health and also maintains blood pressure. It is beneficial for arthritis patients. Makhana is beneficial in weight loss, diabetes, for athletes, children, adolescents, in pregnancy, for bone and muscle health.

Ingredients

Makhana (Foxnuts)	3 cups
Turmeric Powder	¼ tsp
Rock Salt	½ tsp
Oil or ghee	1 tsp

Method

- Heat oil in a pan or kadhai.
- Add the makhana and roast for a good 5 minutes on a low flame till they become crispy and crunchy.
- Keep on stirring in between.
- Add turmeric powder and salt.
- Toss the whole mixture well.



ARTICLE

-By Vinay Siddaiah,
Founder of Yogavijnana,
Yoga Chikitsa Acharya by Indian Yoga
Association



Why Yoga becomes especially important during cold weather?

Every winter, I notice the same pattern in my yoga classes. Students become very irregular and often a quiet apology at the beginning of class: "I've been very irregular with my practice these days" During winter it is natural that our bodies feel stiffer, and there is more resistance in movement. Some mention feeling heavy and dull, others complain of dryness, joint pain, or low motivation. Almost everyone agrees on one thing that winter makes Yoga practice harder.

Figure 1: Vinay Siddaiah practicing Pincha Mayurasana at Annapurna Base Camp, Nepal
Over the years, these seasonal changes have taught me something important. The problem is not that winter weakens us.

The problem is that winter changes what the body needs, while we often continue to approach yoga in the same way or abandon it altogether. I have seen many skipping practices during winter and they love to sleep more! In this blog let's deep dive to understand what happens during cold weather.



Cold weather naturally draws the body inward. From an Ayurvedic perspective, winter is actually a season of strength.

It says that cold weather is the time when digestive fire, or Jatharagni, is strongest. External cold pushes heat inward, enhancing digestion and increasing hunger. This is something we often see as stronger appetite, cravings for heavier foods, and a sense that the body wants nourishment. When Prana moves more to the core, the joints and muscles naturally become stiffer.

Moreover, winter increases Kapha, bringing heaviness and slowness, and cold also aggravates Vata, leading to dryness, stiffness, and irregularity. Without adequate movement, this strong digestive capacity does not translate into vitality. Instead, it manifests as lethargy, congestion, and a sense of being weighed down.

When students reduce their practice in winter, I often see this imbalance clearly. Strong appetite combined with low movement quickly leads to heaviness, stiffness, and mental dullness. Yoga changes this equation by voluntary producing heat through movement and breath. Unlike the passive warmth of

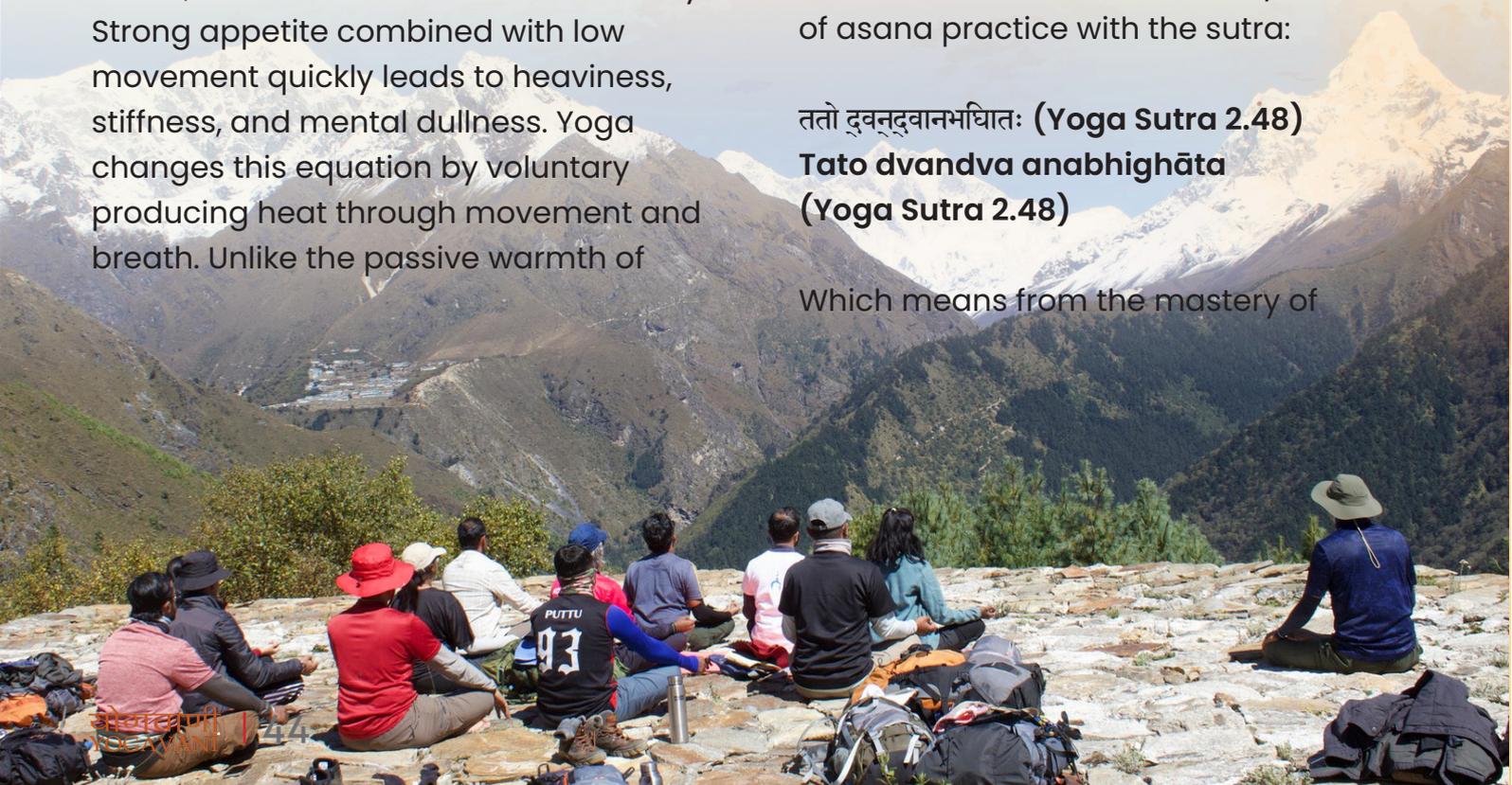
heaters or heavy clothing, the warmth generated through asana is more alive and circulating. It reaches the joints, improves blood flow, and keeps tissues supple. Over time it prevents the seasonal decline in energy that many people assume is inevitable.

In yogic terms, winter naturally calls disciplined effort that generates inner heat and clarity. This does not mean pushing harder or practicing aggressively which is what many do. But we should understand that excessive intensity can also be destabilising as it can aggravate vata further. What winter asks for is intelligent effort. Just enough movement to counter Kapha's inertia, enough rhythm and breath to stabilize Vata, and enough awareness to avoid exhaustion. Yoga teaches this balance better than almost any other practice.

But beyond these physical and metabolic benefits, yoga offers something deeper. Patanjali, in the Yoga Sutras, describes one of the key benefits of asana practice with the sutra:

ततो द्वन्द्वानभघातः (Yoga Sutra 2.48)
Tato dvandva anabhghāta
(Yoga Sutra 2.48)

Which means from the mastery of





asana arises freedom from disturbance by the pairs of opposites (dwandvas). Cold and heat, pleasure and pain, comfort and discomfort are all dwandvas. Winter intensifies our relationship with these opposites. We resist cold, seek warmth, avoid discomfort, and cling to ease.

Yoga practice in winter becomes a living opportunity to observe this resistance. When we keep up our practice despite the cold, we begin to experience what Patanjali points toward, a state where external conditions no longer dictate our inner stability. This does not mean ignoring the body's needs or practicing harshly. Yoga never asks for violence. The body still feels sensation, but the mind is no longer dominated by it.

As a practitioner and a teacher, I have come to see winter not as a difficult season for yoga, but as one of the most rewarding. Winter strips away our dependence on comfort and exposes how conditional our discipline can be. At the same time, it offers a powerful opportunity to cultivate tapas. Tapas in winter is not

about doing more; it is about staying present when conditions are not ideal. It is about choosing awareness over avoidance, steadiness over withdrawal. In this sense, winter practice becomes deeply spiritual. By learning to remain undisturbed by cold and discomfort, we are not just adapting to a season where we are loosening our attachment to the dualities that bind the mind.

Yoga ultimately points toward liberation, not merely flexibility or strength. Liberation begins in small, daily moments when we stop being pushed and pulled by nature's opposites. Winter, with all its resistance, simply makes this teaching clearer.

When yoga practice is aligned with the nature of winter, it builds resilience without draining energy. When practice is neglected, winter's inward pull easily turns into stagnation. So, remember that when we stop resisting the seasons, they stop disturbing us. At the end of the day, Yoga is all about controlling our mind from these disturbances.



-Smt Meetal Koticha Shah

Joint Executive Trustee & CEO - Project 'Life' &
Senior Vice Chairperson, Gujarat State Chapter

Managing Emotional Traumas with Yoga:

A Holistic Approach to Emotional Well-Being

Emotional highs and lows – joy, enthusiasm, stress, anxiety and sadness are inevitable in life. Though very natural, persistent emotional turbulence can impact mental and physical health, productivity and interpersonal relationships. Scientific practice of Yoga renders effective ways to understand, regulate and harmonize emotionally wearing experiences. Yogic philosophy defines emotional instability as being consequent from disturbances in the mind, referred to as Chitta Vritti. Agitated mind experiences intense and fluctuating emotions. Methodical integration of breath, postures, and meditative practices of Yoga help reduce these mental oscillations, nurturing composure and resilience.

Pranayama, the potent method of conscious breath regulation, is one expedient technique for restoring emotional balance. The breath reveals the mental state; rapid during anxiety, short in stress, and irregular in agitation. Consciously controlled and regulated breathing stimulates the mind to shift from reactive to responsive state.

No less important, Asanas help release emotional tension stored within the body and play a significant role in regulating and stabilizing emotions. Beyond being perceived as physical exercises, their impact spreads beyond just the body. They affect the nervous system, hormones and breathe and proliferate subtle energy flow which effectively contribute to emotional well-being.

Meditation deepens emotional awareness and cultivates inner space to help discerningly observe feelings without judgment. Breath Awareness Meditation anchors the mind in present moment, reducing rumination. Mantra Meditation, chanting **“Om” or “So Hum”** promotes emotional harmony and inner peace.

Yogic lifestyle further endorses emotional well-being. Adequate rest, sattvic (pure and balanced) nutrition, mindful routines and regular self-study (Swadhyaya) nurture stability, clarity and positive mental state.

Yoga does not suppress emotions; it helps to navigate them with awareness, balance, and wisdom. Consistent practice of Pranayama, Asanas and Meditation,

augmented with mindful living, generates the capacity to respond to life's challenges with composure, strength, and inner harmony.

Embracing Yoga to manage emotional traumas is neither a task, nor a challenge. It is the most natural therapy to manoeuvre emotional challenges in life.

Let life, not strife, thrive!!



Practice of the Month

Yoga for a Healthy Pregnancy

by Aattangaogam, Associate Centre, IYA

Pregnancy is a sacred and transformative phase in a woman's life, where physical well-being, emotional balance, and mental calm play a vital role in nurturing new life. Rooted in the timeless wisdom of yoga, Attangaogam, Associate Centre of Indian Yoga Association offers gentle, safe, and holistic practices that support the mother's body and mind through the journey of pregnancy. When practiced with awareness and medical guidance, yoga helps the expectant mother adapt to the natural changes of pregnancy, prepares her for childbirth, and creates a calm, positive environment for the growing fetus.

Aligned with the spirit of the Swasth Nari, Sashakt Parivar Abhiyaan, this initiative highlights the role of yoga

as a preventive and promotive health practice for maternal well-being. Through simple asanas, relaxation techniques, and pranayama, the practices shared in this article aim to promote a joyful pregnancy, emotional stability, and a deeper connection between mother and child—laying the foundation for the birth of healthy, balanced, and noble future generations.

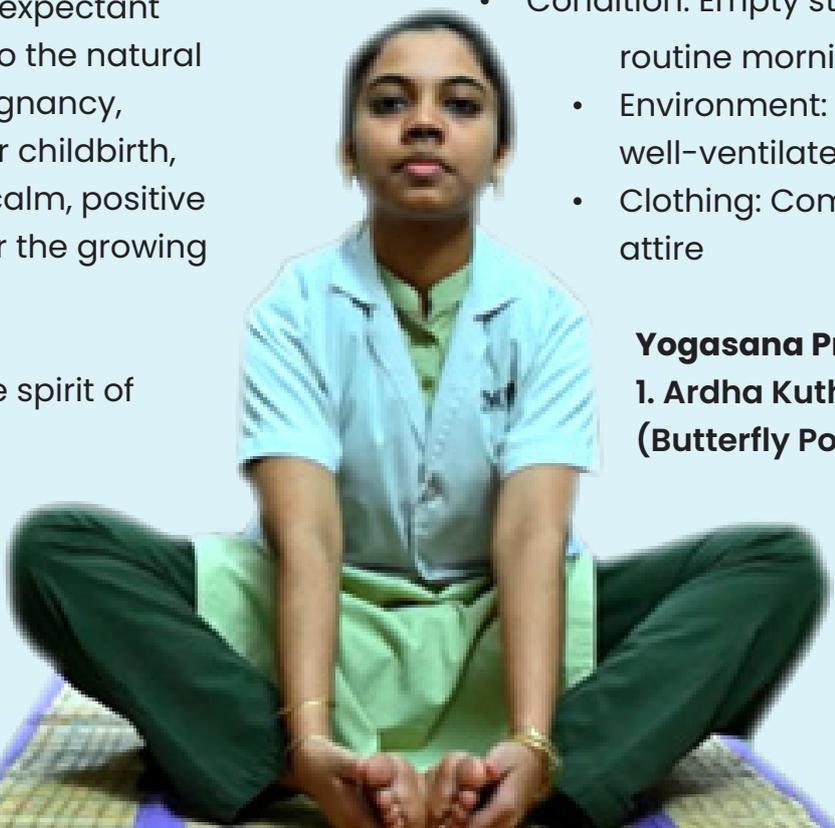
General Practice Guidelines

- deal time: Morning at 6:00 am or evening at 6:00 pm
- Condition: Empty stomach, after routine morning activities
- Environment: Clean, calm, and well-ventilated room
- Clothing: Comfortable cotton attire

Yogasana Practice

1. Ardha Kuthapatha Asanam (Butterfly Pose)

- Sit upright with legs stretched forward.
- Bend the knees and bring the



soles of the feet together, drawing them close to the body.

- Hold the feet gently with both hands.
- Keep the spine erect, shoulders relaxed.
- Allow the knees to gently move up and down like butterfly wings or remain still in the posture for 1–3 minutes, breathing naturally and calmly.
- Never force the knees downward—allow gravity and breath to guide the movement.
- Slowly release the posture and relax.

For Pregnant Women:

Sit with adequate back support. Avoid deep forward bending. Use cushions under knees or hips if needed. Discontinue immediately and consult your doctor if there is pelvic pain, discomfort, or cramping.

Deep Relaxation

2. Yoga Nidra / Shanti Asanam (Up to the First Trimester)

- Lie down comfortably on the back, facing upward.
- Gently turn to the right side and rest in a fully relaxed state.
- When getting up, always turn to one side first and rise slowly.
- This method should be followed while resting or sleeping.

Pranayama Practice: Nadi Shuddhi Pranayama

Sit comfortably in a cross-legged position on the floor or sit upright on a chair. Keep the spine erect, shoulders relaxed, and face calm.

Practice Time & Rounds:

- Practice 5 slow rounds each.
- Can be done in the morning, evening, and before bedtime.

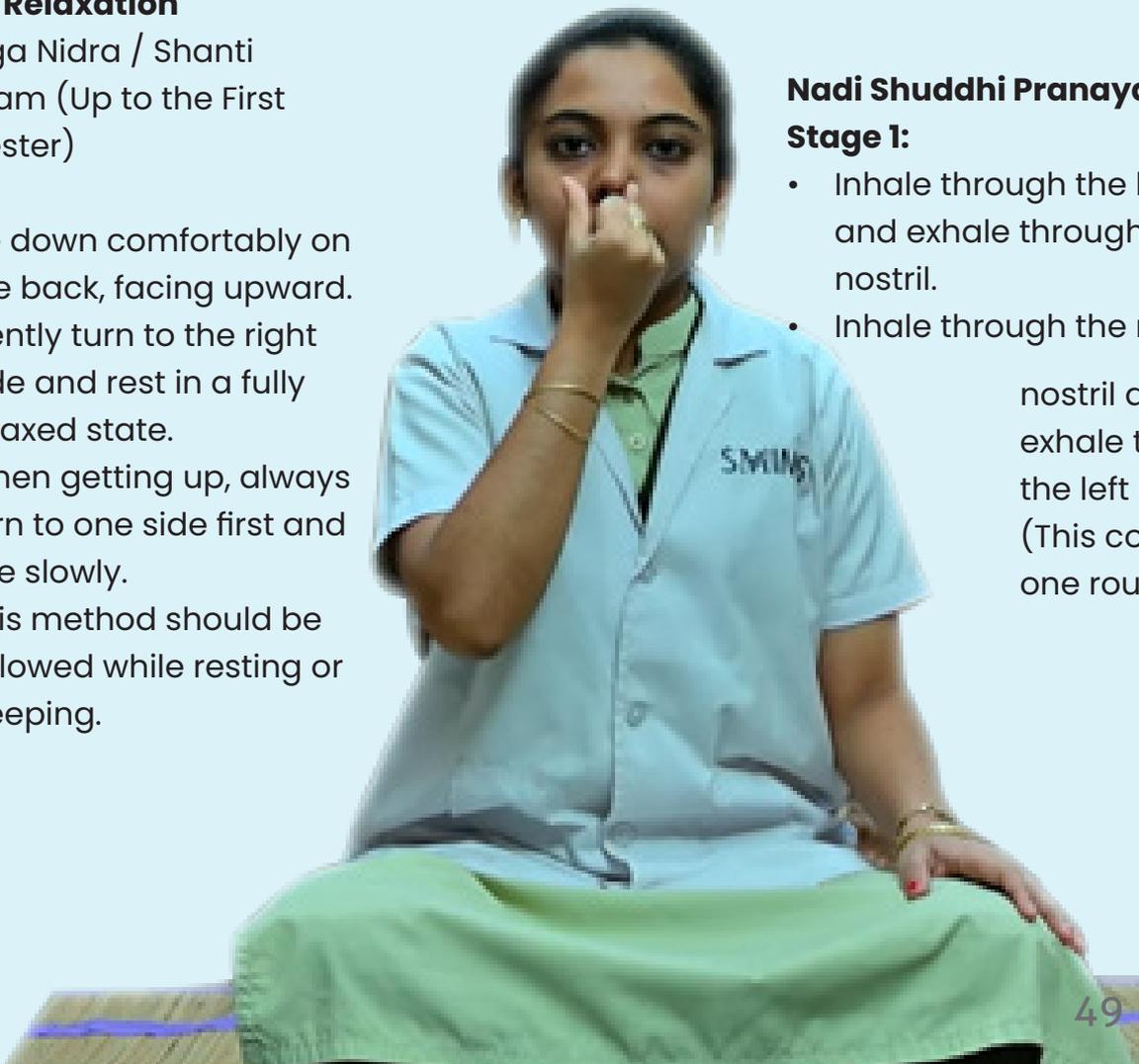
Important Guidelines:

- Breathe gently and naturally through the nose.
- Do not hold the breath.
- Avoid fast, forceful, or strenuous breathing.
- Maintain awareness and relaxation throughout the practice.

Nadi Shuddhi Pranayama – Stage 1:

- Inhale through the left nostril and exhale through the right nostril.
- Inhale through the right

nostril and exhale through the left nostril. (This completes one round.)



Nadi Shuddhi Pranayama – Stage 2:

- Continue alternate nostril breathing as above.
- Allow the breath to become slow, smooth, and effortless.

Key Benefits

- Helps the body and mind accept pregnancy joyfully, preparing for a smooth and natural labor.
- Supports physiological, mental, and emotional balance, nurturing the healthy growth of the fetus.

Supporting Lifestyle Practices

1. **Satvik Diet:** Include green leafy vegetables daily—especially spinach (keerai), except Agathi keerai.
2. **Slow Walking:** 30–45 minutes every day.
3. **Collective Yoga Practice:** Ashtangayoga practices for at least 21 minutes daily, performed by family members and well-wishers to consciously welcome the new life.

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- Associate Center
- International Associate

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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	1946	9206
Yoga Professionals Members	4,752	2027	2269	2279	11327
Life Members	495	115	196	156	962
Eminent Yoga Professionals	10	06	01	01	20
Associate Centers	164	40	46	53	303
International Associates	11	01	02	04	18
Member Institutes	43	--	02	03	48



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]	January 24, 2026 February 7, 2026 February 21, 2026, March 7, 2026 March 21, 2026

*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) Feb 1- Feb 28, 2026	On Campus	The Yoga Institute	INR 60,000
	(English) Feb 1-Feb 28, 2026	Non-Residential	The Yoga Institute	INR 33,000
	(English) Feb 1 - Feb 28, 2026	Online	The Yoga Institute	INR 27,500
	15th Feb2025 - 1st March 2026	Physical / Online Zoom Platform	Yoga Vidya Niketan Mumbai	INR 30,000 / 35,000/-
	(English Medium) Feb 15 – Mar 15, 2026	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) Feb 1 – Feb 28, 2026	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
	Feb 17 to Mar 13, 2026	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)
	Feb 14 to Mar 11, 2026	UttarKashi, Himalayas	Sivananda Ashram	INR 30,000/ US\$ 2000
	Feb 5 to Mar 2, 2026	Chiang Rai, Thailand	Sivananda Ashram	INR 30,000/ US\$ 2000
	5 Feb-25 March 2026	Mysore Ashram	Sri Sri School of Yoga (AOL)	46000 INR / 2270 USD
	5 Feb-25 Mar 2026	Pune Ashram	Sri Sri School of Yoga (AOL)	55000 INR / 2270 USD
	13 Feb - 5 Mar 2026	Bangalore	Sri Sri School of Yoga (AOL)	45000 INR

Advanced Certificate Course in Yoga

Insignia	Course Date	Venue	Institution	Fees
	Sept 29th, 2025 to Feb 27th, 2026	Online Course	Traditional Yoga	FREE

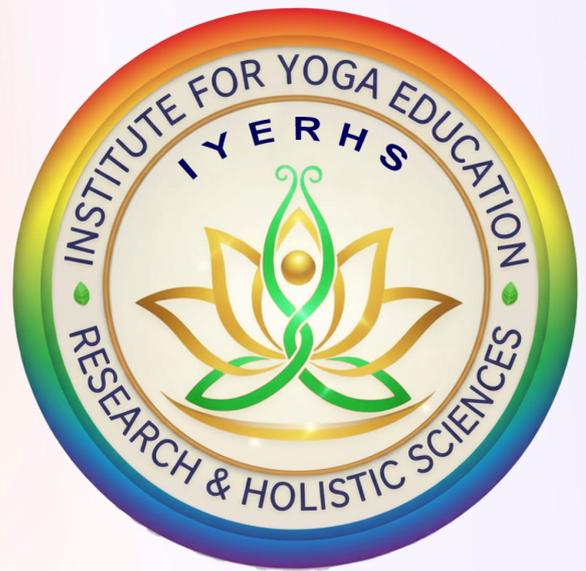
New Member

MEMBER INSTITUTES

Institute for Yoga Education Research & Holistic Sciences (IYERHS)

The Institute for Yoga Education Research & Holistic Sciences (IYERHS) represents a living continuum of India's traditional yogic heritage, rooted in an unbroken family lineage spanning over 130 years. Functioning as a unit of the Katirail Yoga Byayam Centre Foundation, IYERHS carries forward the spiritual and therapeutic legacy of the historic Katirail Yoga Byayam Centre, established on 2 October 1989 at Katirail (Promodnagar, Katigorah), Cachar, Assam, by Yoga Guru Radhesh Chandra Chakraborty.

Yoga Guru Radhesh Chandra Chakraborty inherited this profound tradition through his grandfather, Yoga Guru Late Raman Bihari, and further deepened his yogic understanding through long-standing spiritual association with revered masters such as Swami Shivananda Saraswati, Swami Ramnath Prabhu, and other eminent gurus. Immersed in the discipline of Mouna Achari and initiated through the Adwaita Paribar, his yogic education reflects a rare synthesis of tapasya, therapeutic wisdom, and experiential spirituality. This lineage is



further strengthened by his father, Late Ramesh Chandra Chakraborty, who dedicated his life to yogic practices under the parampara of Swami Shivananda Saraswati.

From its inception, the Katirail Yoga Byayam Centre—now academically represented through IYERHS—has served society through free yoga education, therapeutic interventions, and spiritual guidance aimed at holistic well-being. Over time, the institute evolved into a structured centre of yoga education, offering syllabus-based training, graded certification, and career-oriented pathways without compromising traditional authenticity.

In the year 2000, Yoga Guru Radhesh formally entrusted the lineage to his elder son, Rahul Chakraborty, now known as Divya Geetanand, following spiritual initiation under Guru Sri Sri Balaram Goswami and blessings from Dr. Omanand Guruji. As the fourth-generation legacy bearer, Divya Geetanand serves as Director of the Katirail Yoga Byayam Centre Foundation and Chairman of IYERHS, guiding the institute with scholarly insight, spiritual depth, and contemporary relevance

Today, IYERHS stands as a centre of excellence in yoga education, research, and holistic sciences—honouring tradition while responsibly shaping future generations of yoga practitioners and teachers. Its inclusion as a Member Institute of the Indian Yoga Association is a recognition of its lineage, integrity, and sustained contribution to the yogic tradition of India.

Patanjali Yoga and Research Center

The Patanjali Yoga and Research Center, Kozhikode, Kerala, is a pioneering institution that has consistently demonstrated yoga's relevance as a scientific, therapeutic, and socially transformative discipline. Established in 1997 as a Charitable Trust, the centre has emerged as a beacon of integrative yoga education, research, and humanitarian service, impacting lives across India and internationally.

Central to the institution's vision is Tapovanam Ashram, founded in 2001 on 2.85 acres of land at Badiroor, Kozhikode. Conceived as a space for deep yogic inquiry and service, Tapovanam embodies the belief that yoga is not merely a practice, but a comprehensive solution to human suffering—addressing physical ailments, emotional imbalance, and existential distress. Over the years, the Ashram has become a sanctuary for seekers, students, and individuals who found limited relief through conventional systems of care.

The Patanjali Yoga and Research Center has distinguished itself through extensive



research initiatives, including pioneering studies such as Yoga for Adolescent Girls, conducted in government educational institutions and published in international yoga science journals. In collaboration with medical professionals and academic bodies, the centre has undertaken multiple research programs addressing stress, lifestyle disorders, cardiac rehabilitation, diabetes management, and women's health.

Its outreach spans diverse populations—students, medical professionals, defence personnel, inmates, differently abled children, tribal communities, and senior citizens. The centre has conducted yoga education and therapy programs in schools, universities, medical colleges, correctional institutions, and public welfare settings. It has also played a vital role in training yoga teachers who now serve globally, including in Cyprus, Australia, Denmark, and other international locations.

The institution's contribution extends to media, academic curricula, and public policy engagement, with yoga programs broadcast on national television and integrated into professional

education systems such as Ayurveda, physiotherapy, and management institutions including IIM and NIT Calicut. During the COVID-19 pandemic, the centre demonstrated exemplary social responsibility by providing yoga-based support to homeless populations under government welfare initiatives.

As a Member Institute of the Indian Yoga Association, Patanjali Yoga and Research Center exemplifies yoga as a compassionate science—rooted in classical wisdom, validated through research, and dedicated to service. Its inclusion strengthens IYA's collective mission of upholding quality, credibility, and social relevance in the yogic movement.

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ASSOCIATE CENTRES



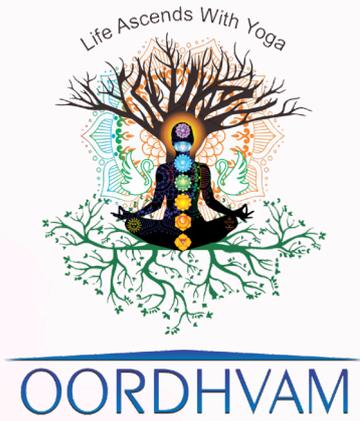
Inzio Yoga

Inzio Yoga is a centre dedicated to the living science of yoga, integrating classical Hatha Yoga with modern understanding. Its approach harmoniously combines asana, pranayama, meditation, and yogic philosophy to nurture holistic well-being. A Registered Yoga School (RYS 200) with Yoga Alliance and recognized by the Yoga Certification Board, Government of India, Inzio offers internationally accredited teacher training. With small batches, personalized mentorship, and experienced faculty, the institute supports both personal transformation and professional growth in a nurturing learning environment.



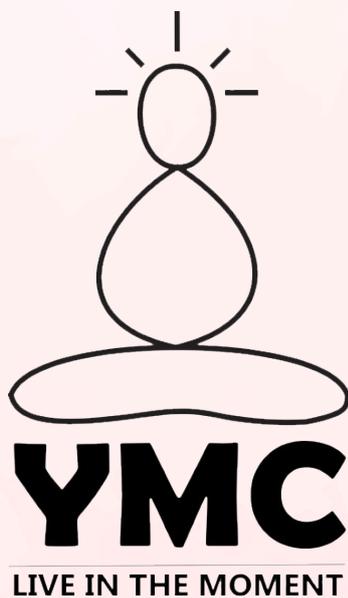
Kalptaru Yog Vidyalaya

Kalptaru Yog Vidyalaya is a dedicated institute committed to propagating the transformative power of traditional yoga for holistic well-being. The centre offers programs ranging from Yoga for General Fitness to specialized Yoga Therapy for specific health conditions. As a recognized training institute, it provides structured Yoga Teacher Training programs with strong theoretical and practical foundations. Kalptaru Yog Vidyalaya aims to guide practitioners toward physical vitality, mental clarity, and spiritual growth through authentic yogic practices.



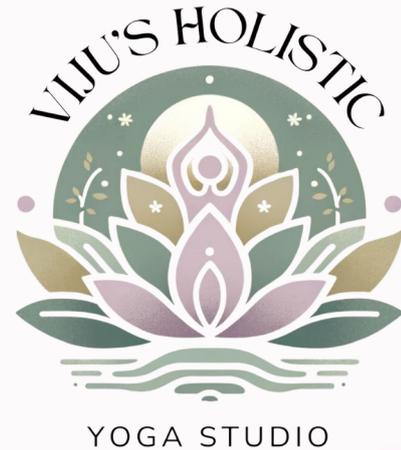
Oordhvam

Oordhvam is a yoga education and training institute devoted to preserving the authenticity of classical yoga while aligning it with modern pedagogical and scientific frameworks. Founded by scholars in Yoga and Yoga Therapy, the institute offers structured programs in yoga education, yoga therapy, pranayama, meditation, and classical yogic paths. Rooted in traditional texts such as the Yoga Sutras and Bhagavad Gita, Oordhvam emphasizes holistic development across physical, mental, emotional, and spiritual dimensions. It also engages in workshops, webinars, and community outreach initiatives.



Yogis Meditation Center

Yogis Meditation Center is a spiritual and social institution dedicated to fostering inner peace, awareness, and conscious living through authentic meditation practices. Rooted in the wisdom of Yoga, Buddha's teachings, and Tamil Siddha traditions, the centre imparts refined meditation and healing techniques free from religious boundaries. With strong emphasis on research, service, and discipline, it conducts educational, wellness, and community programs across India and abroad. Situated in a serene natural setting, the centre provides an ideal environment for deep spiritual practice and holistic transformation.



Viju's Holistic Yoga Studio

Viju's Holistic Yoga Studio is a community-focused wellness space offering traditional yoga, aerial yoga, prenatal yoga, children's classes, and lifestyle-oriented wellness programs. Founded in 2017, the studio evolved from home-based classes into a full-fledged centre responding to growing community engagement. Its practices emphasize balance, flexibility, strength, and mind-body harmony. The studio nurtures an inclusive and supportive environment, encouraging holistic health and sustained well-being.

LIFE MEMBERS



Dr Vijay Singh Gusain

Dr Vijay Singh Gusain is an accomplished yoga academician and researcher specializing in yoga, meditation, stress management, and mental health. As an Assistant Professor at Shri Lal Bahadur Shastri National Sanskrit University, he integrates classical yogic wisdom with modern psychology and research methodologies. With extensive teaching, publication, and community outreach experience, his work contributes significantly to evidence-based yoga education. His scholarship reflects a strong commitment to academic integrity and holistic well-being.



Smt Hemavathy L

Hemavathy L is a dedicated Yoga Therapist and Wellness Coach with over a decade of experience in therapeutic, prenatal, and corporate yoga. With a strong academic foundation in psychology, nutrition, and yoga therapy, she designs structured wellness programs for individuals and organisations. Her work emphasizes pranayama, mental well-being, and women-centric health care. She is recognised for her contributions to holistic wellness and yoga-based lifestyle management.



Shri Kondala Rao Pattela

Kondala Rao Pattela is an experienced yoga teacher with a deep foundation in classical yoga, breathwork, and spiritual practices. Associated with The Art of Living for over two decades, he has actively contributed to stress management, prison rehabilitation, and community welfare programs. Certified by the Yoga Certification Board, his teaching blends discipline, devotion, and service. His journey reflects yoga as a path of inner transformation and social responsibility.



Shri Niraj Gupta

Niraj Gupta is a senior yoga practitioner and faculty associated with The Art of Living, with nearly three decades of involvement in yoga and meditation. Actively engaged in public outreach, governance, and social service, he has conducted yoga and motivational sessions for diverse groups across India. As a State-level organiser and Indian Yoga Association functionary, he plays a vital role in promoting yoga at community and institutional levels. His work reflects leadership rooted in service and discipline.



Smt N. Vahitha Valentina

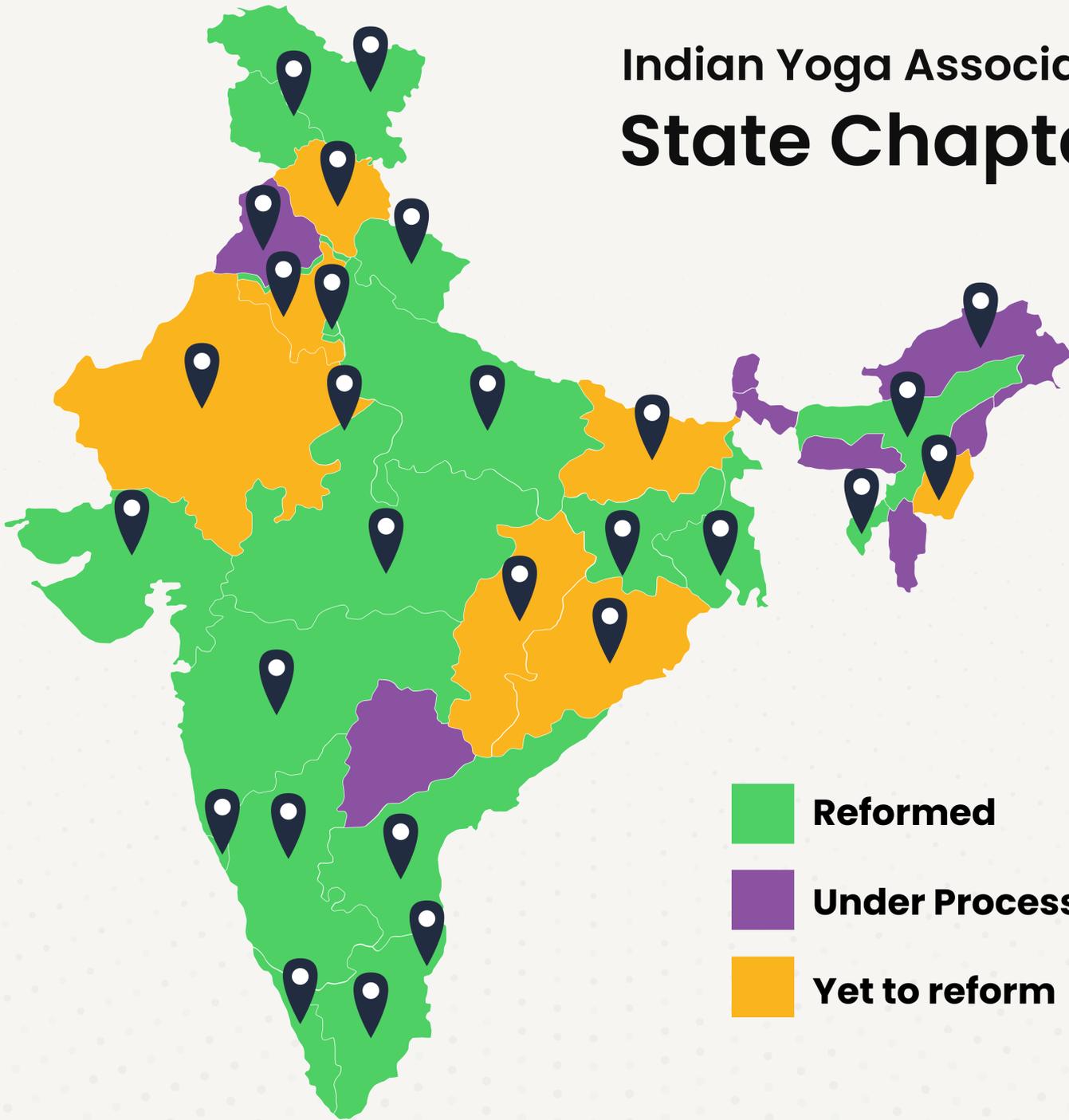
Shri N. Vahitha Valentina brings a unique blend of analytical precision and holistic healing to the field of yoga and wellness. An engineer by training and a therapist by passion, she integrates yogic practices with therapeutic and healing modalities to support individual well-being. Her approach reflects yoga as a science of balance, self-awareness, and compassionate service

Smt Rohini Ghosh



Smt Rohini Ghosh is an experienced yoga educator, research scholar, and wellness professional with over a decade of dedicated teaching practice. Trained in traditional yogic disciplines, she specializes in women's health, pranayama, meditation, stress management, and therapeutic yoga. With a strong academic grounding in Yoga Shastra and active engagement in yogic research, her work bridges classical texts with contemporary wellness needs. Through teaching, research, and digital outreach, she is committed to spreading authentic, women-centric yoga education and yogic lifestyle awareness.

Indian Yoga Association State Chapters



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Course	Location / Mode	Dates
100H Prenatal Yoga TTC	Offline	20th Feb - 1st March 2026
300H Yoga TTC	Online	2nd March - 24th May 2026
95H Children TTC	Offline	25th Jan - 3rd Feb 2026

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