

JUNE 2026, ISSUE-74

YOGAVANI

IYA - THE YOGA MOVEMENT



Official Monthly of The Indian Yoga Association
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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.

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Letters to the Editor

The April issue of Yogavani was truly enriching and thoughtfully curated. I particularly appreciated the Cover Story on the CYCLE Program for Corporate Stress Management through Yoga, as it addressed a highly relevant aspect of modern life. The article on Usha Paan and the feature on Vrikshasana were both informative and practical, making this edition a valuable guide for holistic well-being.

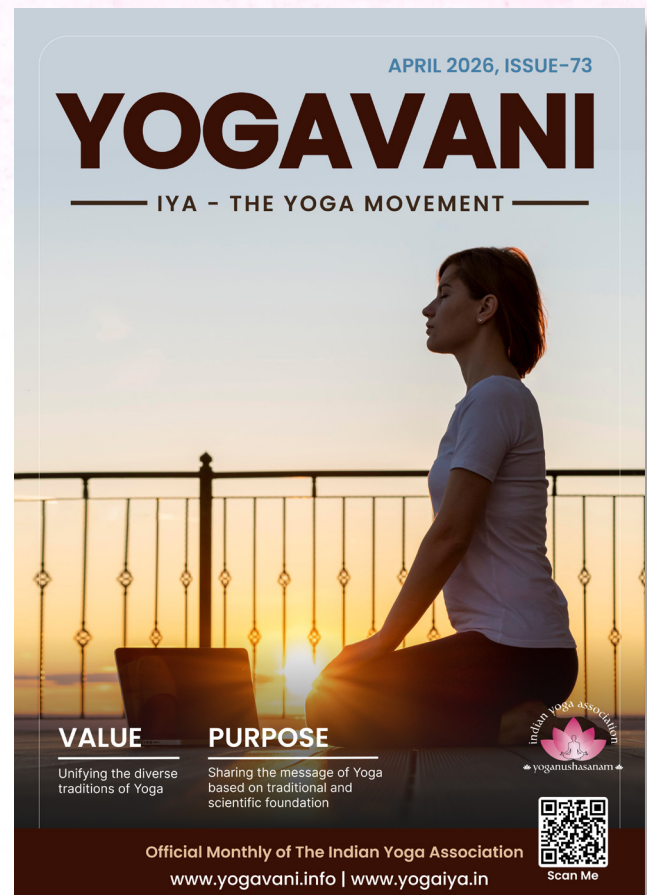
- Ms Mitali Dutta

I found the April edition of Yogavani both insightful and inspiring. The article Nutrition for Health: From World Health Day to the International Day of Yoga effectively highlighted the importance of integrating healthy nutrition with yogic practices. The updates on Academics and Accreditation by the IYA Personnel Certification Body (PrCB) also reflected the organization's commitment to excellence in yoga education.

-Shri Madhukar

The April issue of Yogavani offered an excellent blend of health, wellness, and yoga-related knowledge. I especially enjoyed the Sattvik Ragi Vegetable Khichdi recipe, which presented a nutritious and practical dietary option. The well-explained Practice of the Month, Vrikshasana, and the informative articles on traditional health practices made the issue both engaging and useful.

- Ms Vijayalaxmi Raghavendra Kulkarni



The April edition of Yogavani was a commendable publication that successfully connected traditional yogic wisdom with contemporary health concerns. The Cover Story on corporate stress management, along with the articles on healthy hydration, nutrition, and professional accreditation, provided readers with a comprehensive perspective on wellness. It was a balanced and informative issue that I thoroughly enjoyed reading.

- Ms Natasha Sharma

EDITORIAL

- by **Yogacharya Dr Ananda Balayogi**

Editor, Director ISCM and Professor Yoga Therapy,
Sri Balaji Vidyapeeth, Pondicherry, India.



LIVE YOGA, MANIFEST DIVINITY

The International Day of Yoga has transformed the way the world understands Yoga. When the idea was first introduced globally, many perceived Yoga primarily as a system of physical exercises, postures, and stretches that promoted fitness and flexibility. While these physical benefits are undoubtedly important, they represent only a small aspect of a much larger and deeper tradition. Through IDY, Bharat has helped the world rediscover Yoga as one of humanity's greatest gifts—a practical spirituality that can be lived

by everyone, regardless of age, culture, religion, or nationality.

The essence of Yoga is not merely found in what we do on the mat but in how we live our lives. Yoga teaches us to bring awareness, harmony, and purpose into every thought, every word, and every action. It is a way of living in which the spiritual dimension permeates all aspects of daily life. **Maharishi Patanjali** defined Yoga as “Yogas chitta vritti nirodhah”—the mastery and refinement of the fluctuations of the mind. When the mind becomes calm and clear, life itself becomes an expression of Yoga.





One of the most important messages of IDY is that Yoga is not an individual pursuit aimed solely at personal gain. True Yoga expands our awareness beyond ourselves and connects us with the larger human family. The ancient prayer, “Lokah Samastah Sukhino Bhavantu”—“May all beings everywhere be happy and free”—captures this spirit beautifully.

Every genuine yogic practice ultimately cultivates compassion, responsibility, and a commitment to the welfare of all. This is the spiritual essence of Yoga that the world is gradually beginning to appreciate. At the same time, modern society faces challenges that were unimaginable to previous generations. Today we are more digitally connected than ever before, yet many of us feel increasingly disconnected from ourselves. Our youngsters spend hours scrolling through screens, engaging with an endless stream of information, entertainment, and social interaction.

Technology has given us unprecedented opportunities to connect with others, but it has also created a situation in which we seldom spend time connecting with our own inner being.

This is why Param Pujya Ammaji often said that along with technological advancement, we urgently need a digital detox. The mobile phone can connect us with the world, but Yoga connects us with ourselves. Unless we establish that inner connection, no amount of external connectivity can bring lasting fulfillment.

The wisdom of the **Bhagavad Gita** reminds us of this profound truth. Lord Krishna declares, “Bandhur atmatmanas tasya yenatmaivatmana jitah”—the self is the friend of one who has mastered oneself. The same teaching continues by reminding us that the undisciplined self can become one’s own enemy.



When we understand ourselves, we become our greatest ally; when we neglect self-awareness, we create our own suffering.

Yoga provides the tools for this process of self-discovery. Through conscious breathing, mindful movement, relaxation, meditation, and self-reflection, we learn to understand the workings of our body, emotions, and mind. Gradually we discover an inner source of peace that is not dependent upon external circumstances. **This inner stability enables us to navigate life's challenges with greater resilience and wisdom.** As we become more centred within ourselves, we begin to realize that our health, happiness, and well-being do not have to depend entirely on external conditions or the approval of others. Instead, we become active participants in shaping our own destiny.

Yogamaharishi Dr Swami Gitananda

Giri Guru Maharaj, often expressed profound truths in the simplest possible language. He would say, "If you want to be happy, do happy things. If you want to be healthy, do healthy things." Behind this simple statement lies a fundamental yogic principle: our experiences are shaped by our choices. Health arises from healthy living. Happiness arises from constructive attitudes and actions. Peace arises from cultivating peace within ourselves. Yoga teaches us to take responsibility for these choices and to consciously create the conditions for our own growth and well-being.

Unfortunately, many people still view Yoga as an activity to be performed for twenty or thirty minutes each day, or perhaps as something to be celebrated once a year on Yoga Day.

Such an understanding misses the

true spirit of Yoga. **Yoga is not merely an exercise programme; it is a way of life.** Every breath can become an opportunity for mindfulness. Every interaction can become an opportunity for compassion. Every action can become an opportunity for self-mastery. When awareness permeates our thoughts, words, and deeds, Yoga ceases to be something we do and becomes something we are.

The Bhagavad Gita beautifully states, “Yogah karmasu kaushalam”—“Yoga is excellence in action.” This timeless teaching reminds us that Yoga is expressed through the quality of our living. Whether we are working, studying, serving, caring for our families, or interacting with society, Yoga invites us to bring awareness, balance, and excellence into every moment. Such a life naturally promotes health, happiness, harmony, and fulfilment. Ultimately, the purpose of Yoga is to awaken and manifest the divine potential that already exists within every human being.

Yoga does not ask us to become someone else; rather, it helps us discover who we truly are. Beneath our fears, distractions,

and limitations lies an immense reservoir of wisdom, strength, creativity, and compassion. Through sincere practice and mindful living, this latent potential gradually unfolds.

As we celebrate **International Day of Yoga 2026**, let us remember that Yoga is far more than a set of postures or a once-a-year event. Let us embrace Yoga as a living philosophy, a practical spirituality, and a pathway to self-discovery. Let us learn to disconnect periodically from the noise of the digital world so that we may reconnect with the silence within. Let us cultivate awareness in every breath, mindfulness in every action, and compassion in every interaction.

If we truly live Yoga, health and happiness will naturally follow. More importantly, we will begin to manifest the divinity that resides within us. Let this be our commitment on this International Day of Yoga: to live Yoga every day, to serve humanity through our actions, and to become the best version of ourselves.

Live Yoga. Manifest Divinity.





YOGOTSAV 2026: Celebrating Diversity, Strengthening Unity in Yoga

Against the serene backdrop of the Sahyadri hills, the historic campus of **Kaivalyadhama Yoga Institute**, Lonavala, came alive with the spirit of yoga, dialogue, and collective aspiration as the **Indian Yoga Association (IYA)** successfully hosted **YOGOTSAV 2026 – the 6th National Conclave of the Indian Yoga Association** on 29–30 May 2026.

Centered on the theme **“Celebrating Diversity in Yoga,”** the two-day conclave brought together an extraordinary

confluence of yoga masters, spiritual leaders, policymakers, researchers, educators, therapists, youth icons, and practitioners from across India. More than a conference, YOGOTSAV 2026 emerged as a vibrant celebration of India’s rich yogic heritage and a reaffirmation of the shared values that unite diverse traditions of yoga.

The conclave was graced by the presence of Shri Prataprao Jadhav, Hon’ble Minister of State (Independent





Charge), Ministry of Ayush, Government of India; **Maa Dr. Hansaji Yogendra**, President, Indian Yoga Association and Director, The Yoga Institute; **Guruji Dr. H. R. Nagendra**, Chancellor, S-VYASA University and Governing Council Member, Indian Yoga Association; **Smt Monalisa Dash**, Joint Secretary, Ministry of Ayush, Government of India; **Shri S.K.M. Maeilanandhan**, President, World Community Service Center; **Shri Vidyut Jammwal**, Actor, Martial Artist and IYA Ambassador for Youth IDY; and **Shri Subodh Tiwari**, Secretary General, Indian Yoga Association and CEO, Kaivalyadhama, along with eminent representatives of diverse yoga traditions and institutions from across the country.





A Grand Beginning

The conclave commenced on an auspicious note with the resonant sound of the Shankhnaad by **Shri Vidyut Jammwal Actor, Martial Artist and IYA Ambassador for Youth IDY**, invoking an atmosphere of reverence, positivity, and collective aspiration. The inaugural ceremony brought together some of the most respected voices in the yoga and wellness fraternity and set the tone for two days of meaningful dialogue, reflection, and collaboration. Addressing the gathering, the dignitaries emphasized the importance of preserving the authenticity and philosophical depth of yoga while embracing innovation, inclusivity, and global outreach.

In her keynote reflections, **Maa Dr. Hansaji Yogendra, President, Indian Yoga Association and Director, The Yoga Institute**, beautifully articulated



the essence of the conclave theme. She reminded participants that diversity is a natural expression of life itself and that different yoga traditions, like flowers blossoming from the same soil, enrich the collective landscape of yoga. She emphasized that true growth comes not through comparison but through understanding, mutual respect, and openness to learning from one another.

Addressing the gathering, **Shri Prataprao Jadhav, Hon'ble Minister of State (Independent Charge), Ministry of Ayush**, emphasized that yoga is one of India's greatest gifts to humanity and that unity among traditions strengthens yoga's role as a force for harmony, well-being, and human connection. He appreciated the efforts of IYA in bringing together acharyas, institutions, researchers, youth leaders, and practitioners under one roof in the spirit of collaboration.

Smt Monalisa Dash, Joint Secretary, Ministry of Ayush, lauded the Indian Yoga Association for creating a platform that brings together diverse traditions and institutions. She highlighted the growing





global resonance of yoga and underscored the importance of collaborative forums that encourage dialogue, knowledge exchange, and collective responsibility in carrying yoga forward with sincerity and inclusivity.

Yoga: One Wisdom, Many Traditions – A Special Launch

One of the significant highlights of the inaugural session was the formal launch of the first-ever coffee table book, “Yoga: One Wisdom, Many Traditions,” by the esteemed dignitaries on the dais. The

publication celebrates the rich diversity of yoga traditions while underscoring the shared wisdom and universal values that unite them. Through its visually engaging presentation and insightful content, the book serves as a tribute to yoga’s timeless heritage and its continued relevance in promoting harmony, health, and holistic well-being across cultures and communities.

Ancient Roots, Future Moves

One of the most engaging moments of the inaugural day was the special





youth-focused panel, “Ancient Roots, Future Moves – Yoga for This Generation,” moderated by Yogacharya Ganga Nandini. The session brought together Shri Vidyut Jammwal, and Ms. Eefa Shroff, who explored how yoga can meaningfully connect with younger generations while retaining its depth and authenticity.

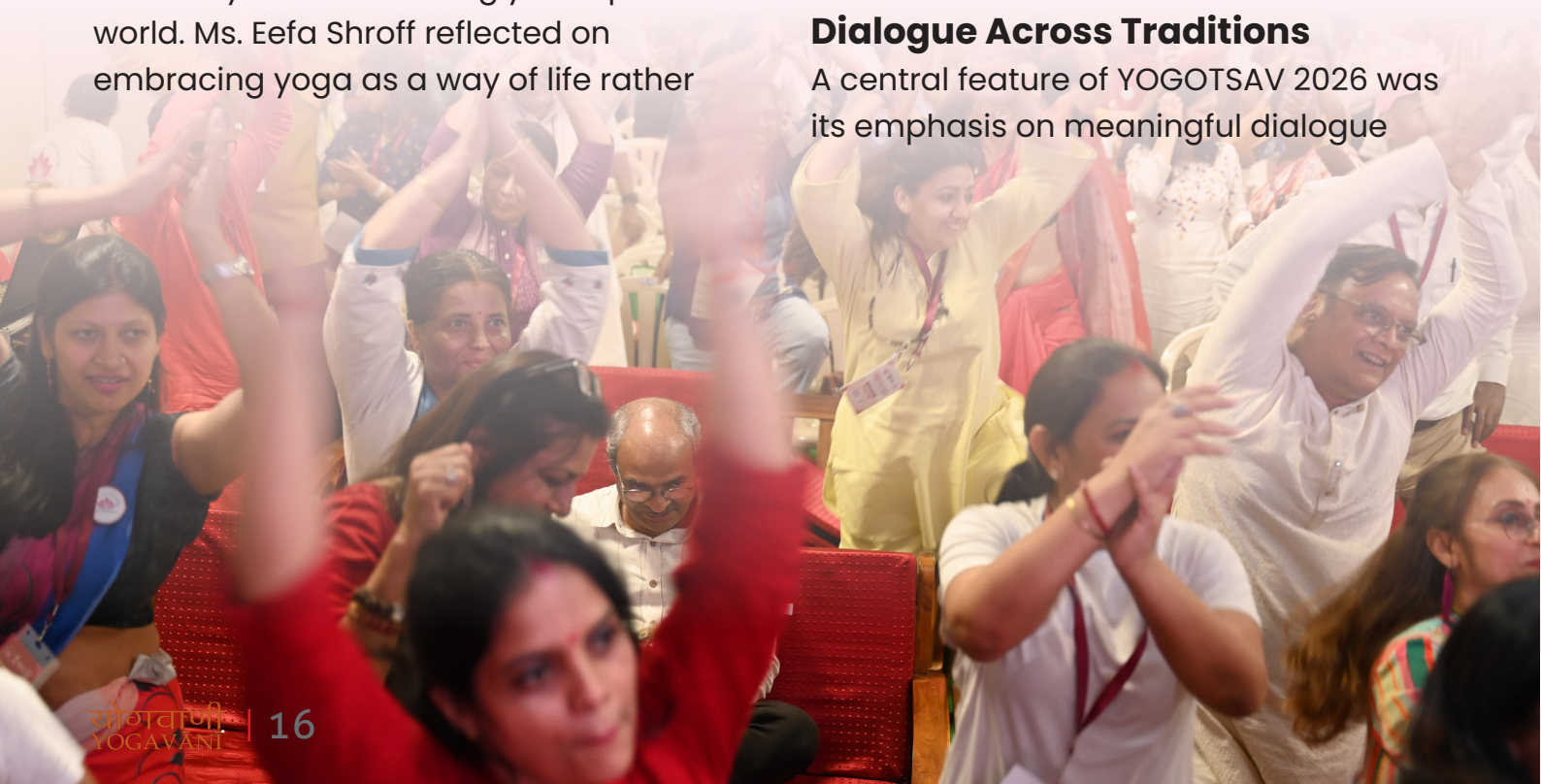
Shri Vidyut Jammwal speaking about yoga’s relevance for modern youth, he emphasized the need for authentic connection, inner stillness, and self-discovery in an increasingly fast-paced world. Ms. Eefa Shroff reflected on embracing yoga as a way of life rather

than merely a physical workout, encouraging young people to engage with yoga as a holistic path of growth and self-awareness. Together, the panel offered a compelling vision of how yoga can inspire clarity, resilience, and purpose among today’s youth.

This was followed by a soulful Sangh Kirtan led by **Yogamitra Dr. Subbu Bhaiya**, whose devotional chanting created an atmosphere of collective harmony, joy, and spiritual upliftment.

Dialogue Across Traditions

A central feature of YOGOTSAV 2026 was its emphasis on meaningful dialogue



Indian Yoga Association

Celebrating Diversity in Yoga

YOGOTSAV 2026



among yoga traditions, institutions, educators, and thought leaders. Through a series of carefully curated panel discussions, the conclave explored the challenges and opportunities shaping the future of yoga while remaining anchored in its timeless wisdom.

The session “Yoga as a Profession – Enhancing Employability & Building Ecosystems,” moderated by Dr. Rohit Sabharwal, Art of Living examined the growing role of yoga in contemporary society and the need to create sustainable professional pathways for yoga practitioners and educators. Dr. Ganesh Rao, Director, Standing Academic and Accreditation Committee, IYA highlighted the integration of yoga into preventive healthcare systems and the expanding opportunities within the wellness sector. Prof. Dr. R. Elangovan, Secretary, Tamil Nadu State Chapter Committee reflected on IYA’s role in creating a unified and





Indian Yoga Association Celebrating Diversity in Yoga

YOGOTSAV 2026

Session 3:

Unity in Diversity – Philosophical Foundations of Yoga



empowered yoga sector through collaboration and collective action, while Prof. Gopalkrishna Joshi, Founding Vice Chancellor, MIT Vishwaprayag University, Solapur emphasized the importance of strategic partnerships among institutions to strengthen the yoga community and amplify its impact. The discussion underscored the responsibility of building a vibrant ecosystem that supports yoga as both a profession and a service to society.

The conversations deepened further during “Unity in Diversity – Philosophical





Foundations of Yoga,” moderated by Dr. S. P. Mishra, CEO, Professional Certification Board, IYA. The session brought together Yogacharya S. Sridharan, Maa Dr. Hansaji Yogendra, and Guruji Dr. H. R. Nagendra, who reflected on the philosophical principles that unite the many streams of yoga. Yogacharya Sridharan explored the common threads that run through diverse yoga traditions, while Maa Hansaji spoke on the importance of understanding and appreciating differences without losing sight of shared values. Guruji Dr. Nagendra offered profound insights into the theme of “One Essence, Many Paths,” reminding participants that diversity is not a source of division but an expression of the richness of yogic wisdom. The session reaffirmed that dialogue among traditions is essential for collective growth and harmony.

Experiencing Living Traditions

Beyond discussions and presentations, YOGOTSAV 2026 provided participants with an opportunity to directly experience the living diversity of yoga.





The experiential segment, “Traditions in Practice – Demonstration by Living Lineages of Yoga,” featured sessions led by renowned institutions and masters representing diverse approaches to yoga. Participants engaged in practices encompassing asana, pranayama, meditation, cyclic meditation, yoga nidra, therapeutic yoga, Bharat Yog Gati, mindfulness, chanting, and other traditional disciplines.

Representatives from institutions such as Kaivalyadhama, S-VYASA, The Yoga Institute, ICYER, Art of Living, Bharatiya Yog Sansthan, Mokshayatan Yog Sansthan, Preksha International, Krishnamacharya traditions, Iyengar Yoga, and several others offered rich experiential insights into their respective lineages. These sessions transformed the conclave from a platform of discussion into a living experience of yoga’s diversity, allowing participants to appreciate firsthand the depth and uniqueness of India’s many





yogic traditions.

Celebrating Culture and Community

A memorable highlight of the conclave was SANSKRITI SANGAM, a vibrant cultural evening celebrating India's rich artistic and spiritual heritage.

The audience was deeply moved by the soulful performance of Shri Nitin





Patki Ji, whose melodious rendition of the beloved bhajan "Vithal Vithalo" created an atmosphere of devotion, joy, and collective harmony. Artists and participants from across the country came together in a celebration that beautifully reflected the cultural diversity that mirrors the diversity within yoga itself.

The evening became a powerful reminder that yoga extends beyond physical practice and encompasses music, art,





devotion, culture, and community.

Day Two: Building the Future of Yoga

As dawn broke over the tranquil surroundings of Kaivalyadhama, the second day of YOGOTSAV 2026 began not with discussion, but with direct experience. In the morning participants immersed themselves in a series of experiential sessions led by distinguished teachers and institutions representing diverse streams of yoga. The early morning atmosphere of practice, reflection, and collective participation beautifully embodied the conclave's theme, Celebrating Diversity in Yoga.

The second day the session on "Yoga Education, Accreditation & Certification," moderated by Yogacharya Dr. Ananda Balayogi Bhavanani, Chairman, International Centre for Yoga Education and Research (ICYER), addressed one of the most significant questions facing the yoga community today—how to expand yoga education while preserving its





authenticity. Dr. Anil Jauhari discussed the evolving standards of yoga education in India and globally, emphasizing the need for excellence and credibility. Dr. Ishwar V. Basavaraddi, Founding Member, IYA highlighted the importance of collaborative governance involving IYA, universities, and certification bodies in establishing robust educational frameworks. Dr. Bhavanani reflected on the challenge of preserving authenticity while scaling yoga education to meet growing global demand. Together, the speakers presented a compelling vision for quality, integrity, and excellence in yoga education.

Equally forward-looking was the session "The Future of Yoga – Innovation, Technology & Global Expansion," moderated by Shri Subodh Tiwari. The





discussion explored how yoga can embrace technological advancement while remaining rooted in its foundational principles. Shri Saurabh Bothra, Founder, Habuild, spoke on digital yoga, artificial intelligence, and the rise of hybrid learning models that are transforming the way yoga is taught and experienced. Shri Sanjay Vedi, Indian Council for Cultural Relations (ICCR), reflected on yoga's growing role as an instrument of global soft power and cultural diplomacy. Shri Subodh Tiwari emphasized the importance of inspiring the next generation and nurturing future leadership within the yoga movement. The session highlighted a shared vision of a future where innovation serves as a vehicle for expanding yoga's reach without compromising its authenticity and essence.

Awards and Recognition

During the programme, special recognition certificates were presented to outstanding contributors for their remarkable achievements and dedicated





efforts in strengthening the Indian Yoga Association's outreach and initiatives. Tamil Nadu State Chapter was acknowledged for securing the Maximum Memberships, while Delhi State Chapter was recognized for organizing the Maximum Events. Among Member Institutions, Bharatiya Yog Sansthan received recognition for achieving the Maximum Certifications, while Aviyog Group was honoured for attaining the Maximum Certifications in the Associate Centre Category.

The occasion also acknowledged the commendable efforts of State Chapter Committees that successfully organized Yoga Setu programmes and contributed significantly to the promotion of yoga at the grassroots level. Certificates of appreciation were presented to the Uttarakhand, Kerala, Andhra Pradesh, West Bengal, Delhi, Madhya Pradesh, and Uttar





Pradesh for their active participation and commitment to the successful implementation of Yoga Setu initiatives across their respective states.

A Collective Vision

Throughout the two days, a common message resonated across every session, discussion, and interaction: diversity is not a challenge to unity; it is its greatest strength.

As participants reflected on philosophical foundations, educational standards, youth engagement, technological innovation, healthcare integration, professional development,

and global outreach, the conclave repeatedly reaffirmed that yoga's future lies in collaboration rather than competition, dialogue rather than division, and mutual respect rather than uniformity.

In the words echoed throughout the conclave, many traditions, one community, one vision.

As YOGOTSAV 2026 concluded with its valedictory session, awards, and felicitations, delegates departed not only with new knowledge and insights but also with a renewed commitment to preserving the authenticity of yoga while embracing its evolving role in contemporary society.





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Hosted at the pioneering institution of Kaivalyadhama, founded by the visionary Swami Kuvalayananda and nurtured through the leadership of Shri O. P. Tiwari, YOGOTSAV 2026 will be remembered as a landmark gathering that strengthened dialogue among traditions, celebrated the richness of India's yogic heritage, and charted a collective path forward for yoga in India and across the world.

YOGOTSAV 2026 was not merely a conclave—it was a celebration of yoga's living diversity, a meeting of minds and hearts, and a powerful affirmation that while the paths may be many, the destination remains one: harmony, wisdom, and collective well-being.



CYCLE PROGRAM: 26

Restoring Wholeness: Yoga and Modern Medicine in Alcohol Rehabilitation by Yoga Thilakam Dr. R. Balaji

A brief Report by Yogacharya Nilachal

The growing burden of addiction in modern society demands approaches that move beyond symptom suppression and address the deeper fragmentation within the human being. In this context, the Indian Yoga Association's flagship initiative, Continuous Yoga Chikitsa Learning and Education (CYCLE), has emerged as an important platform for meaningful dialogue between traditional yogic wisdom and contemporary healthcare practices. Conducted as a LIVE interactive educational forum on the first Sunday of



every month, CYCLE brings together Yoga Chikitsa Ratnas, Acharyas, researchers, therapists, and practitioners from across the country. Over the last two years, it has evolved into a vibrant professional learning



community dedicated to advancing evidence-based and holistic approaches in Yoga Chikitsa. The 26th session of CYCLE addressed a theme of profound relevance in today's world: "Salutogenesis: Yoga and Modern Medicine in Alcohol Rehabilitation."

The session was delivered by Yoga Thilakam Dr. R. Balaji, a distinguished physician, yoga therapist, researcher, and educator deeply rooted in the Rishiculture Ashtanga (Gitananda Yoga) Parampara. With qualifications spanning modern medicine, alternative medicine, emergency medicine, diabetology, and yoga therapy, Dr. Balaji represents a rare integration of scientific rigor and yogic insight. Currently serving as General Secretary of the Indian Yoga Association, Puducherry Chapter, he has dedicated over a decade to integrative addiction

rehabilitation through his work at Mother Care Foundation, Puducherry. His presentation reflected not merely academic expertise, but the wisdom born from years of clinical service, compassionate observation, and committed sadhana.

Addiction: Beyond the Substance

Dr. Balaji began by challenging the simplistic understanding of addiction as merely a behavioral weakness or moral failing. Alcohol dependence, he emphasized, is a biopsychosocial-spiritual disorder involving disturbances in brain reward pathways, emotional regulation, relationships, social functioning, and inner wellbeing.

Distinguishing between Alcohol Use Disorder (AUD) and Alcohol Dependence Syndrome (ADS), he explained that while AUD represents a broad spectrum of problematic drinking behaviors, ADS reflects severe chronic addiction marked by cravings, withdrawal symptoms, tolerance, and loss of control.

Using the "Five Cs" framework, he outlined the classic signs of addiction:

- Craving
- Compulsion
- Loss of control
- Continued use despite consequences
- Chronic use

These patterns, he noted, are no longer restricted to alcohol or drugs alone. Similar mechanisms are increasingly

visible in compulsive social media use, mobile phone dependency, and other behavioral addictions characteristic of modern life.

The Growing Crisis

The presentation highlighted the alarming rise of alcohol use in India, particularly among adolescents and young adults. Dr. Balaji expressed concern about the increasing normalization of alcohol consumption, easy accessibility, peer influence, workplace stress, and the subtle cultural glorification of drinking behavior.

Yet statistics alone did not define the session. What gave the presentation its emotional depth were the lived experiences shared from his clinical work. He described patients whose lives had unraveled through alcohol-related stroke, road accidents, family breakdown, financial collapse, and psychological despair. In many cases, children discontinued education, spouses endured emotional trauma, and families lost not merely economic stability but dignity and peace.

"Addiction," he observed, "never affects only one individual. It silently reshapes the emotional climate of entire families."

The Neurobiology of Addiction

One of the most compelling sections of the lecture explored the neurological pathways underlying addictive behavior. Dr. Balaji explained the roles of the:

- Ventral Tegmental Area (VTA)
- Nucleus Accumbens
- Prefrontal Cortex



Pleasurable stimuli activate dopamine release within the brain's reward circuitry. Over repeated exposure, this reward system becomes increasingly dominant, while the regulatory capacity of the prefrontal cortex weakens.

He used a simple yet powerful analogy: "The gas pedal overpowers the brake." In addition, the reward pathways accelerate compulsive behavior while the brain's capacity for judgment, restraint, and self-regulation becomes impaired. Rational understanding alone is often insufficient because the neurological mechanisms governing craving and reinforcement have already become deeply conditioned.

Yogic Insights into Addiction

What made the session unique was Dr. Balaji's ability to bridge modern neuroscience with yogic philosophy. Drawing from concepts such as the Pancha Kosha, Kleshas, and psychosomatic imbalance, he explained that addiction reflects a deeper disturbance in human integration.

From a yogic perspective, disease emerges when harmony between body,

prana, mind, intellect, and consciousness is disrupted. Addiction represents not merely chemical dependency, but sensory entanglement, emotional instability, and loss of inner awareness.

He repeatedly emphasized that yoga is not simply a physical exercise routine. It is a transformative process that gradually shifts the individual:

“from compulsion to consciousness.”

Yoga as an Adjuvant Therapy

A central theme of the session was the role of yoga as an adjuvant therapy in addiction rehabilitation. Dr. Balaji was careful to clarify that yoga does not replace medical detoxification, psychiatric support, or counseling. Instead, it complements and strengthens conventional rehabilitation processes.

According to his observations and research findings, yoga therapy contributes to:

- Reduction in alcohol cravings
- Better emotional regulation
- Reduced anxiety and perceived stress
- Improved sleep quality
- Enhanced self-awareness
- Greater autonomic balance
- Lower relapse rates

Importantly, yoga helps recovering individuals cultivate the ability to “respond rather than react,” a critical factor in relapse prevention.

Rebuilding the Prefrontal Cortex

Dr. Balaji gave particular emphasis to the

prefrontal cortex, the brain’s executive center responsible for:

- Decision-making
- Impulse control
- Emotional regulation
- Long-term planning

In addicted individuals, this area becomes weakened by repeated overstimulation of reward pathways. Yogic practices, however, appear to strengthen prefrontal functioning by improving attention, emotional stability, and self-regulation.

This neurophysiological perspective offers an important scientific explanation for why yoga-based rehabilitation programs often demonstrate reduced relapse rates and improved behavioral stability.

Vagal Tone and Nervous System Regulation

The discussion on vagal tone provided another important bridge between yoga and modern physiology. The vagus nerve plays a major role in autonomic regulation, emotional stability, heart rate variability, and stress resilience.

Yoga practices such as:

- Asana
- Pranayama
- Relaxation techniques
- Meditation

help enhance vagal tone, reduce

cortisol levels, improve parasympathetic dominance, and restore nervous system balance.

These physiological effects support not only emotional calmness and sleep quality, but also the individual's capacity to withstand stress without reverting to addictive coping mechanisms.

Research Evidence Supporting Yoga Therapy

Dr. Balaji also presented findings from several research studies conducted through Mother Care Foundation and associated institutions. These studies demonstrated that yoga therapy, when integrated with standard medical treatment, produced:

- Significant reduction in alcohol cravings
- Lower perceived stress scores
- Improved sleep quality
- Better blood pressure regulation
- Enhanced quality of life
- Reduced relapse and readmission rates

The research also explored the concept of Sense of Coherence, central to salutogenesis. Patients practicing yoga reported greater feelings that life was understandable, manageable, and meaningful — psychological dimensions deeply relevant to sustained recovery. Healing Families, Not Just Individuals Perhaps the most moving reflection of the session came toward its conclusion. Dr. Balaji observed that when an individual overcomes addiction, the healing extends far beyond the person alone.

- Children regain a parent.
- Spouses regain trust.
- Homes regain peace.
- Families regain dignity.

Recovery, he emphasized, restores hope. This perspective transformed the session from a purely clinical discussion into a deeply human exploration of healing, responsibility, and compassion.

Conclusion

Dr. R. Balaji's presentation offered a powerful and timely reminder that addiction rehabilitation must evolve beyond fragmented models of care. Modern medicine may stabilize the body, but yoga helps restore awareness, balance, resilience, and meaning.

The integration of yoga therapy with modern medical rehabilitation represents not merely an alternative approach, but an essential movement toward truly holistic healthcare. Through his work, Dr. Balaji demonstrated how evidence-based yoga therapy can become a transformative force in addiction recovery by addressing the physical, emotional, social, and spiritual dimensions of human suffering.

In an age marked by increasing dependency, emotional exhaustion, and psychosocial stress, the session reaffirmed a timeless yogic truth: healing begins when awareness returns, balance is restored, and the individual rediscovers wholeness within.



HEADLINES

Yogis Trust conducts Yoga & Meditation Camp

Yogis Trust, an Associate Centre of the Indian Yoga Association (IYA), successfully organized a Yoga & Meditation Camp at the Yogis Meditation Center, Ambasamudaram, Tirunelveli, Tamil Nadu. The camp was designed to promote holistic health, mental well-being, and inner harmony through the practice of Yoga and Meditation. Participants were guided through various yogic practices aimed at enhancing physical fitness, mental clarity, and emotional balance. The training programme was conducted successfully, with around 60 participants actively taking part in the sessions. The enthusiastic participation reflected the

growing interest in Yoga and meditation as effective tools for healthy and balanced living.

Through such initiatives, Yogis Trust continues to contribute to the dissemination of authentic yogic knowledge and the promotion of wellness in society, in alignment with the vision and mission of the Indian Yoga Association.





Oordhvam Yoga & TNSCC organizes webinar series

As part of the preparations for the International Day of Yoga (IDY) 2026, Oordhvam Yoga, an Associate Centre of the Indian Yoga Association (IYA), under the leadership of Dr. Kaushik R., Founder, and Dr. Subha M., Co-Founder, in collaboration with the IYA-Tamil Nadu State Chapter Committee (IYA-TNSCC), successfully conducted a five-part online webinar series during May 2026.

The webinar series was designed to deepen public understanding of Yoga's diverse dimensions and its significance in contemporary life. Bringing together eminent speakers from various streams of Yoga, the programme attracted enthusiastic participation from more than 400 yoga practitioners, teachers, students, and wellness enthusiasts from across the country.

The series commenced on 3 May 2026 with a session on "Latest Scientific Models of Yoga for the Improvement of Health" by Prof. Dr. R. Elangovan, who highlighted contemporary scientific approaches to Yoga and presented evidence-based applications for enhancing health and well-being.

He emphasized the importance of integrating traditional yogic wisdom with modern scientific advancements. On 10 May 2026, Smt. R. Thangalakshmi Balasubramanian, State Secretary of Vivekananda Kendra, Kanyakumari, delivered an insightful talk on "Avarti Dhyana (Cyclic Meditation) for Positive Health and Beyond." The session explored the concept of positive health from both traditional and scientific

perspectives while explaining the unique methodology and benefits of Cyclic Meditation in promoting higher levels of well-being.

The third webinar, held on 17 May 2026, featured Swami Taponidhi Saraswati of the Bihar School of Yoga, who spoke on “Yoga Darshan – Vision of the Rishis.” He offered profound insights into the yogic path envisioned by the ancient seers and explained how Yoga Darshan serves as a framework for self-development, inner growth, and transformation.

On 24 May 2026, Dr. E. Santhi, Assistant Professor (Yoga), Vethathiri Maharishi College of Yoga, Chennai, addressed participants on “Yoga – The Purpose of Life.” Her presentation encouraged participants to reflect on the deeper meaning of life through Yoga, emphasizing awareness in thought, word, and deed, along with the cultivation of gratitude as a foundation for harmonious living.

The webinar series concluded on 31 May 2026 with Dr. S. Selvalakshmi, Associate Professor-cum-Sports Secretary, Department of Yoga, Tamil Nadu Physical Education and Sports University, presenting on “Yoga Beyond Asanas.” The session highlighted Yoga as a holistic way of life that extends far beyond physical postures, encompassing physical, mental, emotional, social, and spiritual well-being. The series successfully showcased the richness and diversity of Yoga—from scientific research and meditation practices to classical philosophy and holistic living. Through these meaningful interactions, Oordhvam Yoga and IYA-TNSCC inspired and educated a wide audience, strengthening awareness about Yoga and its transformative potential in the lead-up to International Day of Yoga 2026.

Oordhvam Yoga continues to remain committed to its mission of disseminating authentic yogic wisdom and promoting health, harmony, and holistic well-being through education, awareness programmes, and transformative practices.

TNSCC takes yoga to Chennai’s Besant Nagar Beach to mark IDY 2026

In the run-up to the 12th International Day of Yoga (IDY) 2026, IYA Life Member Gnanasiriyar N. Elumalai organized a special yoga practice session at Besant Nagar Beach, Chennai, in collaboration with the Indian Yoga Association – Tamil

Nadu State Chapter Committee (IYA-TNSCC).

The initiative brought together students who regularly attend yoga classes conducted by Shri Elumalai at



the Ashok Nagar Anjaneyar Temple. The beach setting was chosen to provide participants with a refreshing environment while simultaneously creating awareness about Yoga among the large number of visitors and families frequenting the beach during the summer holidays.

Shri Elumalai shared that this was his first initiative to celebrate International Day of Yoga 2026 at a public beach venue. He emphasized the importance of taking Yoga beyond traditional practice spaces and making it accessible to the wider community. The event attracted the attention of many visitors, helping spread awareness about the benefits of Yoga and the significance of International Day of Yoga.

As part of the ongoing IDY 2026 celebrations, Shri Elumalai and his team are also conducting additional activities, including Yoga sessions for school

children and Common Yoga Protocol demonstrations, to further promote health, well-being, and yogic living among the public.





Amritwani Yog Kendra organizes transformative 7-Day Yoga Retreat in Ladakh

Amritwani Yog Kendra (AYK), Mumbai, an Associate Centre of the Indian Yoga Association (IYA), successfully conducted a seven-day Yoga Retreat in the scenic region of Ladakh from 10–16 May 2026, bringing together 32 participants from across India ranging in age from 12 to 78 years.

The retreat was designed to promote holistic wellness through a balanced blend of yogic practices, therapeutic sessions, cultural immersion, and nature-based experiences. Daily morning

sessions focused on therapeutic Yoga for spine health, gut health, stress management, anxiety relief, and other lifestyle-related concerns. The sessions were expertly guided by senior AYK teachers Anshu Ji, Amrita Ji, and Yogi Bhanu, who ensured participants received both practical and therapeutic benefits.

Evening programmes featured calming and restorative practices such as Trataka, Bhajans, and Yoga Nidra, creating opportunities for deeper relaxation, self-reflection, and inner growth.

A special cultural evening was organized in collaboration with the Ladakh Cultural Academy, where participants experienced traditional Ladakhi music and dance while gaining valuable insights into the region's rich history, heritage, and customs.

The retreat was hosted at Le Mentok Wellness Resort, Leh, situated on the banks of the Indus River, providing an ideal setting for Yoga, meditation, and wellness activities. Participants also explored some of Ladakh's most iconic destinations, including Nubra Valley, the Shyok River,

and Pangong Lake, enriching their experience of the region's unique natural beauty.

Amritwani Yog Kendra expressed gratitude to its supporting partners, including Le Mentok Wellness Resort and the Ladakh Cultural Academy, for their valuable cooperation. The retreat concluded with a valedictory session, leaving participants with cherished memories, renewed vitality, and deeper insights into Yoga and holistic well-being.

TNSCC organizes Free Summer Yoga Classes for Children in Chennai

A ten-day Free Summer Yoga Camp for Children was successfully conducted from 20 to 30 May 2026 at the Ashok Nagar Sub Centre, Anjaneyar Temple, Chennai, for children in the age group of 5-16 years. The programme was organized by Gnanasiriyar N. Elumalai and Rangarajapuram SKY Trust in collaboration with the Indian Yoga

Association – Tamil Nadu State Chapter Committee (IYA-TNSCC) as part of the lead-up activities for the 12th International Day of Yoga 2026.

The closing ceremony was graced by Prof. S. Murugan, President, World Community Service Centre (WCSC), Chennai Zone, as the Chief Guest. Appreciating the





organizers for their efforts, he commended the initiative for introducing children to Yoga at an early age and encouraging healthy lifestyle habits. He was particularly impressed by the students' Yoga demonstrations presented during the programme.

Prof. Murugan distributed participation certificates to all students and prizes to outstanding performers. In his address, he highlighted the importance of Yoga for students, especially those in Classes IX and X, noting that regular practice can significantly improve concentration, academic performance, and overall well-being.

The event was also attended by P. C. Karthigeyan, Secretary, WCSC Chennai Zone, and S. Ethiraja, Treasurer, WCSC Chennai Zone. Felicitations were offered by Gnanasiriyar G. Jayaraman, President of Rangarajapuram SKY Trust, while Dr. S. Kalaichelvi, Vice President of the Trust,

delivered the vote of thanks.

The successful completion of the camp reflected the growing interest among children and parents in Yoga as a means of fostering physical fitness, mental focus, discipline, and holistic development.





NIRAMAYA leads Yoga-Sampark Abhiyan in Tripura

As part of the celebrations leading up to the 12th International Day of Yoga (IDY) 2026, NIRAMAYA School of Yoga Education (Member Institution of the Indian Yoga Association and a Yoga Certification Board-accredited institution under the Ministry of AYUSH, Government of India) has been conducting a series of awareness and outreach initiatives under its flagship programme, "Yoga Chetana Mahotsav."

One of the major highlights of the campaign was the successful organization of the Yoga-Sampark Abhiyan (Yoga Outreach Campaign) in Tripura. The initiative aimed to promote yoga education, yogic wellness, and the integration of Yoga into academic institutions and community life. During the campaign, representatives of

NIRAMAYA School of Yoga Education met with Dr. Bibhash Deb, Vice-Chancellor of Maharaja Bir Bikram University, Agartala, to discuss the role of Yoga in enhancing the physical, mental, and emotional well-being of students. Dr. Deb emphasized that Yoga provides the inner strength needed to remain calm and resilient during challenging situations and highlighted its importance as a daily practice for students, teachers, and parents alike.





The Vice-Chancellor also expressed interest in exploring ways to incorporate yoga education within the university framework to support the holistic development of students. The proposal was further discussed in the presence of the University Registrar, Controller of Examinations, and faculty members, all of whom showed keen interest in promoting yoga education and wellness initiatives on campus.

Representing NIRAMAYA School of Yoga Education were Director Smt. Shatakshi Bhattacharya and Chief Coordinator Yogacharya Divya Geetanand Rahul, who shared the institution's vision of making Yoga an integral part of modern education and healthy living.

As part of the outreach programme, a similar awareness initiative was conducted at Hindi Higher Secondary

School, Agartala, where Acting Principal Bhavani Jamatia and faculty members actively participated in discussions on the importance of Yoga in fostering discipline, health, and overall well-being among students.

Through the Yoga-Sampark Abhiyan and other activities under Yoga Chetana Mahotsav, NIRAMAYA School of Yoga Education continues to strengthen public awareness about Yoga and contribute meaningfully to the nationwide celebrations of International Day of Yoga 2026.





NIRAMAYA conducts 'Yoga Sadhana' session at Assam University

NIRAMAYA School of Yoga Education, Associate Centre of IYA, successfully conducted a special "Yoga Sadhana" session at Assam University in collaboration with Bharatiya Shikshan Mandal, bringing together academicians, educationists, and wellness enthusiasts for an enriching yogic experience.

The programme was attended by several distinguished guests, including Dr. Niranjana Roy, Vice-Chancellor of Gurucharan University, Dr. Anup Kumar Dey, Professor at Assam University, and representatives of Bharatiya Shikshan Mandal, who actively participated in the session.

The Yoga Sadhana programme was led by Yogacharya Divya Geetanand Rahul, with practical demonstrations conducted by Ratul Chakraborty. Participants were guided through a series of yogic practices designed to promote physical fitness, mental clarity, emotional balance, and inner well-being.

The session emphasized the relevance of Yoga in contemporary life and highlighted its role in enhancing concentration, stress management, self-discipline, and overall quality of life. The participants appreciated the practical orientation of the programme and its applicability within educational environments.

The event also served as a platform for promoting the integration of Yoga into academic institutions and encouraging greater awareness of holistic health practices among students and educators.

Through such initiatives, NIRAMAYA School of Yoga Education continues to advance its mission of spreading authentic yogic knowledge and fostering a culture of wellness, self-development, and mindful living across educational institutions and communities.



Jharkhand SCC and Gramin Upkar Sansthan organizes 100-Day Countdown programme for IDY 2026

As part of the nationwide celebrations leading up to the 12th International Day of Yoga (IDY) 2026, Jharkhand State Chapter Committee of IYA in collaboration with the Gramin Upkar Sansthan, Jharkhand, an Associate Centre of the Indian Yoga Association (IYA), successfully organized a grand Common Yoga Protocol (CYP) Programme and Yoga Awareness Workshop on 13 April 2026 at Jamshedpur Women's University, Jamshedpur.

The programme, supported by the Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India, formed part of the 100-day countdown series to International Day of Yoga and marked the 69th day of the nationwide





campaign. Conducted under the guidance of Vice-Chancellor Prof. Ila Kumar, the event witnessed enthusiastic participation from students, faculty members, yoga practitioners, and wellness enthusiasts. The programme commenced with a morning session of the Common Yoga Protocol, including Yogasanas, Pranayama, and Meditation, at the university's Bistupur campus. Hundreds of participants joined the practice session, reaffirming their commitment to adopting Yoga as a way of life. The inaugural ceremony included the traditional lighting of the lamp and a yoga-based cultural presentation by students of the university.

Mr. Saryu Rai, MLA, West Singhbhum, graced the occasion as Chief Guest and highlighted the role of Yoga in fostering unity, health, and harmony. He encouraged participants to make Yoga an integral part of their daily routine and emphasized its growing global significance.

The second phase of the programme featured a Yoga Awareness-cum-

Workshop at the Kharkai Auditorium, centred on the theme "Yoga for Wellness, Wisdom and World Peace." Eminent speakers from the fields of Yoga, health, education, and wellness shared valuable insights on the transformative power of Yoga in addressing modern-day challenges and promoting holistic well-being.

The workshop included presentations on Yoga and mental health, stress management, Mudra Yoga, Ayurveda, healthy ageing, and the practical application of yogic principles in daily life. Speakers underscored the importance of integrating Yoga into educational institutions and community life to build healthier and more resilient societies.

The event witnessed the active participation of nearly 1,000 students, along with university officials, faculty members, non-teaching staff, and representatives of various yoga and wellness organizations. Key contributors included Mr. Amit Kumar, Secretary, IYA



Jharkhand State Chapter Committee, and Mr. Kalidas Tiwari, Organizer, Gramin Upkar Sansthan, whose efforts played a significant role in the successful execution of the programme.

Through this impactful initiative, Gramin



Upkar Sansthan and the IYA Jharkhand State Chapter Committee reinforced their commitment to spreading awareness about Yoga and advancing the vision of holistic health and well-being envisioned by the International Day of Yoga movement.

Uttar Pradesh SCC inaugurates Four-Day Yoga Camp at Balrampur District Jail

As part of the nationwide countdown to the 12th International Day of Yoga (IDY) 2026, the Uttar Pradesh State Chapter Committee of IYA successfully inaugurated a four-day Yoga Camp at Balrampur District Jail on the 20th day of the countdown celebrations.

The camp was organized jointly under the aegis of the Indian Yoga Association (IYA), Indian Yoga Federation, National Institute of Holistic Health, and Yoga Sport Foundation, with the objective of promoting physical, mental, and emotional well-being among inmates through the practice of Yoga. The inaugural session was conducted by Yoga Guru Dr. Virendra Vikram Singh,

a retired officer of the State Bank of India, who guided the participants through a structured Common Yoga Protocol-based practice. The session commenced with subtle yogic exercises, including movements for the neck, shoulders, waist, and knees, followed by a series of standing and seated yogasanas.

Participants practiced Tadasana, Vrikshasana, Trikonasana, Padahasthasana, Ardha Chakrasana, Bhadrasana, Vajrasana, Ardha Ushtrasana, Purna Ushtrasana, Shashankasana, and Vakrasana. The session also included the practice of



Kapalabhati, Anulom-Vilom, Sheetali, and Bhramari Pranayama, helping inmates experience the holistic benefits of yogic practices.

Jailers Ram Pravesh, Abhay Kumar Yadav, Somnath Pandey, and Ran Vijay Singh, along with other jail officials and staff members.

More than 100 inmates enthusiastically participated in the camp, demonstrating keen interest in adopting Yoga as a means of improving health, reducing stress, and cultivating inner balance.

District Jail Superintendent Shri Mukesh Kumar and Shri Shailesh Kumar Singh Sonkar played an important role in facilitating the programme. Addressing the participants, the Superintendent highlighted the physical, mental, and spiritual benefits of Yoga and encouraged inmates to incorporate regular practice into their daily routine for a healthier and more positive lifestyle.

The programme was attended by Deputy





Uttar Pradesh SCC conducts CYP in Lucknow

As part of its ongoing efforts to promote Yoga and holistic well-being, the Uttar Pradesh State Chapter Committee of IYA organized a Common Yoga Protocol (CYP) practice session on 2 June 2026 at Sadbhavana Park, Jankipuram, Lucknow. The session was conducted in accordance with the Common Yoga Protocol prescribed by the Ministry of AYUSH, Government of India, and aimed to encourage regular Yoga practice while raising awareness about its numerous physical, mental, and emotional benefits.

The programme was led by Yoga Acharya Suresh Dubey Ji, who guided participants through a systematic series of Yogasanas, Pranayama, and relaxation techniques. Under his expert instruction, the practitioners performed the practices



with enthusiasm and discipline in a peaceful outdoor setting.

The session emphasized the importance of Yoga as an effective tool for enhancing physical fitness, mental calmness, and overall well-being. Participants experienced the benefits of mindful

movement, breath awareness, and relaxation, reinforcing the role of Yoga in maintaining a healthy lifestyle.

The programme reflected the growing interest in Yoga among community members and supported the vision of the Ministry of AYUSH to promote traditional

Indian systems of health and wellness.

Through such initiatives, the IYA Uttar Pradesh State Chapter Committee continues to inspire individuals to embrace Yoga as a way of life and contribute to a healthier and more harmonious society.

Bihar SCC meets online to discuss the way forward

The Bihar State Chapter Committee of the Indian Yoga Association (IYA) convened an online Executive Committee meeting via Zoom on 1 May 2026. The meeting was attended by the Executive Committee members and focused on strengthening the chapter's activities, expanding outreach, and planning future initiatives. A key agenda of the meeting was the promotion of the IYA membership drive across the state. Members discussed strategies to increase awareness about the Indian Yoga Association and encourage greater participation from yoga professionals, institutions, and practitioners in Bihar.

The Committee also resolved to motivate and support Executive Committee members to participate in the upcoming National Conclave at Lonavala, recognizing it as an important platform for networking, knowledge sharing, and strengthening the IYA movement nationwide.

As part of its digital outreach efforts, the Committee announced the launch of its

official social media presence through Facebook and Instagram. Members were encouraged to actively share and promote these platforms through their networks and WhatsApp groups to enhance public engagement. The official Facebook page of the Bihar State Chapter was launched under the handle @IYABiharStateChapter.

To strengthen administrative processes and official communication, it was decided that a dedicated Bihar State Chapter letterhead would be developed and used for all future correspondence and organizational activities.

The Committee also discussed preparations for the upcoming International Day of Yoga 2026, with a focus on organizing impactful programmes across the state and expanding the reach and visibility of the Bihar State Chapter.

The meeting concluded with a collective commitment to strengthening the presence of the Indian Yoga Association in Bihar and promoting Yoga as a tool for health, harmony, and holistic well-being.



YogaPeace Sansthan organizes inspiring heritage and learning tour to Jaipur

YogaPeace Sansthan, under the visionary leadership of its Founder, Yogacharya Dhakaram, successfully organized an educational and cultural excursion to Jaipur for its students. The tour reflected the institution's commitment to providing holistic learning experiences that extend beyond the classroom and yoga hall. Accompanied by Yogacharya Dhakaram, the students visited several iconic landmarks of the Pink City, including Amer Fort, Jantar Mantar, Hawa Mahal, City Palace, Albert Hall Museum, and Jal Mahal. The visit offered participants an opportunity to explore India's rich cultural, historical, and scientific heritage while strengthening bonds of friendship and community.

Throughout the journey, the students demonstrated discipline, enthusiasm, and teamwork—values that are central to the





teachings of YogaPeace Sansthan. The tour served as a practical reminder that Yoga is not limited to physical practice but is a way of life that encourages awareness, learning, harmony, and personal growth.

The presence and guidance of Yogacharya Dhakaram made the experience especially meaningful, inspiring students to embrace the spirit of Yoga in every aspect of life. The excursion provided a platform

for experiential learning, cultural appreciation, and collective growth, making it a memorable chapter in the journey of TTC Batch 69.

Through such initiatives, YogaPeace Sansthan continues to nurture well-rounded yoga practitioners by combining yogic education with opportunities for cultural exposure, self-development, and community building.





YogaPeace Sansthan celebrates Holi Sneh Milan 2026

YogaPeace Sansthan celebrated Holi Sneh Milan 2026 with great enthusiasm, bringing together members, students, and well-wishers for an evening filled with joy, devotion, and fellowship.

The celebration commenced with Yogacharya Dhakaram, Founder of YogaPeace Sansthan, warmly welcoming guests with a traditional chandan tilak, reflecting the institution's values of respect, unity, and Indian cultural traditions.

A special highlight of the event was the Flower Holi, where participants celebrated with flower petals, creating a vibrant and uplifting atmosphere. The programme also featured music, dance, and festive interactions, encouraging participants to celebrate the spirit of Holi in a joyful and harmonious manner.

The event beautifully reflected the strong sense of community and togetherness that defines the YogaPeace family. Through such celebrations, YogaPeace Sansthan continues to foster cultural values, human connections, and the spirit of joyful living alongside the practice of Yoga.

The Holi Sneh Milan concluded on a cheerful note, leaving participants with cherished memories of friendship, unity, and celebration.





Common Yoga Protocol classes organized by TNSCC ahead on IDY 2026

As part of the celebrations leading up to the 12th International Day of Yoga (IDY) 2026, regular Common Yoga Protocol (CYP) classes are being conducted in Chennai by Tamil Nadu State Chapter Committee of IYA and under the guidance of Gnanasiriyar N. Elumalai, Ph.D. Scholar, Faculty of Yoga Sciences and Therapy (FYST), Meenakshi Academy of Higher Education and Research. The programme is being organized in alignment with this year's International Day of Yoga theme, "Yoga for Healthy Ageing," which highlights the role of Yoga in promoting strength, mobility, vitality, and overall well-being as individuals age. The initiative also reflects the broader themes of "Yoga for Wellness, Wisdom and World Peace" and "Women Empowerment through Yoga." These Common Yoga Protocol classes are conducted annually as part of the International Day of Yoga observances inspired by the vision of the United Nations General Assembly's proclamation of IDY in 2014. The sessions

aim to encourage regular Yoga practice and raise awareness about its benefits among people of all age groups.

More than 25 participants have been actively attending the current series of classes. The programme is being coordinated by Dr. S. Kalaichelvi, Vice President of Rangarajapuram SKY Trust, whose efforts have contributed significantly to the smooth conduct of the event.

The classes are scheduled to continue until 18 June 2026, after which participation certificates will be distributed to all attendees in recognition of their commitment and involvement.

Through such initiatives, the IYA Tamil Nadu State Chapter Committee continues to promote the message of Yoga as a pathway to health, harmony, and holistic well-being in the lead-up to International Day of Yoga 2026.



Parmarth Niketan marks Pujya Swamiji's 75th Birth Anniversary

Parmarth Niketan, a Member Institute of the Indian Yoga Association (IYA), celebrated the Birth Anniversary of its President and Spiritual Leader, HH Pujya Swami Chidanand Saraswatiji Maharaj, Governing Council Member, IYA, on the sacred banks of Maa Ganga in Rishikesh. As Pujya Swamiji entered his 75th year, the gathering also reflected on the theme of the International Day of Yoga 2026, "Yoga for Healthy Ageing." Saints, spiritual leaders, devotees, and seekers shared their thoughts on how yoga, selfless service, spiritual practice, and a life of purpose contribute to healthy and fulfilling ageing.

Ganga Nandini, Yogacharya at Parmarth Niketan and Secretary of the IYA Uttarakhand Chapter, highlighted the significance of the theme and emphasized that the foundations of healthy ageing are built through conscious living, service, and care for





society and the environment. During the celebration, several spiritual leaders shared their reflections. Pujya Sadhvi Bhagawati Saraswatiji spoke about finding purpose and fulfilment through a life of service and spiritual practice. Pujya Yogrishi Swami Ramdev Ji Maharaj praised Pujya Swamiji's unwavering energy and dedication to yoga, service, nature, and culture. Pujya Acharya Mahamandaleswar Swami Avdheshanand Giri Ji Maharaj emphasized the importance of leaving a positive legacy through service and environmental stewardship.

Other saints highlighted Pujya Swamiji's lifelong commitment to environmental protection, cleanliness, humanitarian service, and the preservation of India's spiritual and cultural heritage. A major highlight of the celebration was the collective pledge to plant 75,000 trees to mark Pujya Swamiji's 75th year,

reflecting his longstanding dedication to environmental conservation and sustainable living.

Expressing gratitude to his Guru, the saints, and Maa Ganga, Pujya Swami Chidanand Saraswatiji Maharaj called upon everyone to work together for a cleaner, greener, healthier, and more compassionate world. He also reiterated his commitment to environmental protection, healthcare, education, humanitarian service, and the rejuvenation of India's rivers.

The celebration served as a meaningful reminder that healthy ageing is not only about physical wellbeing, but also about living with purpose, service, compassion, gratitude, and spiritual awareness. Through his life and work, Pujya Swamiji continues to inspire people across generations to lead lives dedicated to the welfare of all.



Jammu SCC organises second session of 40-Day Countdown to IDY 2026

The Jammu & Kashmir State Chapter Committee (SCC) of the Indian Yoga Association (IYA) formally launched its 40-day countdown to the International Day of Yoga (IDY) at Himmat Learning Field Higher Secondary School, Channi Himmat, Jammu. The programme was organized under the chairmanship of Dr. Shreyansh Kumar Jain, Chairman, IYA Jammu & Kashmir SCC and State Yoga Commissioner.

The event was graced by Shri K. S. Samyal, H. C. Vaid, and Shri Ashok Khajuria as Guests of Honour. The proceedings were conducted by Shri Ashok Gupta, General Secretary, IYA Jammu & Kashmir SCC, who also led a session of Hasya Yoga, creating an atmosphere of joy and positivity. Welcoming the guests and participants, Smt. Sudha Chander Sharma, Senior

Vice President, emphasized that yoga should become a way of life rather than being observed only on a single day, highlighting its role in promoting holistic health and inner well-being.

A special attraction of the programme was the yoga demonstration by Shri Raghu, a student of HLF School. Dr. Jain guided the participants through Yogasanas, Pranayama, and Meditation based on the Common Yoga Protocol prescribed by the Ministry of AYUSH. Addressing the gathering, he highlighted the significance of the annual countdown programmes organized by the IYA Jammu & Kashmir SCC in the lead-up to the globally celebrated International Day of Yoga on 21 June.

The programme was meticulously organized by the Himmat Learning Field

School team under the guidance of Shri Chander Mohan Sharma, Smt Indu Sharma, and Smt Pritee Sharma. Adding a cultural and spiritual dimension to the event, Shri K. S. Samyal presented a devotional bhajan, while Dr. Jain recited a special Yoga Geet composed for the occasion.

Shri Chander Mohan Sharma, Chairman of HLF School, expressed his gratitude to the Indian Yoga Association for selecting the institution to host the inaugural programme of the IDY celebrations. Among the distinguished participants present were Shri Rakesh Misra, Shri Nitin Jain, and Shri Ramakant Sharma.

During the programme, Shri Abhinandan Jain addressed the students and shared valuable insights on the importance of moral, ethical, and cultural values in shaping responsible citizens and a strong society.

The vote of thanks was proposed by Smt Indu Sharma, Principal of the institution. The programme concluded with the singing of the National Anthem, marking the successful commencement of the 40-day countdown to the International Day of Yoga.

UPSCC celebrates International Women's Day 2026

The Uttar Pradesh State Chapter Committee of the Indian Yoga Association (IYA UPSCC) celebrated International Women's Day 2026 through an online programme on 8 March 2026, based on the theme "Give to Gain." The event brought together yoga practitioners, teachers, and enthusiasts from across Uttar Pradesh to reflect on women's empowerment through the transformative power of yoga.

The programme was chaired by Shri Piyush Kant Misra, Chairman, IYA UPSCC, in the presence of Shri Hari Dutt Mishra, Vice President, and Shri Amit Garg, Secretary, IYA UPSCC.

The Chief Guest, Acharya Pratishtha Ji, internationally renowned yoga teacher and cultural ambassador, highlighted the

role of yoga in empowering women by strengthening their physical, emotional, and mental well-being.

Distinguished speakers included Dr. Parul Gupta, who shared insights on women's neurological health and the benefits of yoga and meditation in stress management; Ms. Natasha Sharma, who conducted a breath-awareness session; Dr. Archana Dubey, who spoke on creating a balanced society through mutual support and yogic living; and Yogacharya Monika Sharma, who inspired participants through her presentation, "From Passion to Profession," highlighting opportunities in the yoga profession. The programme also featured a cultural segment with inspirational

poetry presented by Dr. Bhavana Misra and Smt. Kiran Singh, celebrating womanhood and motherhood.

The session was skillfully moderated by Yogacharya Deepti Jain, Founder of Yoglogue and Publicity Convenor, IYA UPSCC, who shared valuable insights on Garbhasanskar, conscious parenting,

and the role of yoga in nurturing future generations.

The event concluded with a vote of thanks to all speakers and participants, reaffirming IYA's commitment to promoting respect, empowerment, and holistic well-being for women through yoga.

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Get included as one of IYA centers today and take up all IYA activities

- Member Institution
- Associate Center
- International Associate

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Sattvik Recipe

Odana (Rice Pudding)

By The Yoga Institute

Odana is a highly nutritive and aids in digestion. Nutmeg helps to diarrhea (in low dose), detoxify the body and stimulate the brain.

It has antioxidant, antimicrobial and antifungal properties. Cardamom treats respiratory and gastrointestinal tract infections along with kidney and urinary disorders. Odana is very beneficial for bone disorders, heart diseases and brain diseases.

Ingredients

Rice	30 grms
Milk	200 ml
Raisins	1 tsp
Cardamom	2 no
Honey	1 tsp
Nutmeg Powder	1 tsp

Method

- Rinse rice in cold water. In a pan, add barley and 1 cup of water. Cover it with a lid.
- Bring the mix to a boil.
- Then drain the rice and add it to the pan.
- Add milk, honey, cardamom and raisins.
- Bring the mix to a simmer, cover and cook until the rice is tender and the milk has thickened, stirring occasionally.
- Garnish the nutmeg powder.

Healthy Cooking Tips

- Can use almond milk or coconut milk as an alternative.
- Can use barley as an alternative to rice.
- Skim the cream and then use the milk for drinking.
- Cow's milk also contain a high amount of saturated fats and cholesterol, which can increase the risk of heart diseases. You can replace cow's milk with goat milk or soya milk.

ARTICLE

– by **Yogacharini Anandhi and
Yogacharya Dr Ananda Balayogi
Bhavanani**

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Karma: The Science of Conscious Action – A Yogic and Scientific Exploration

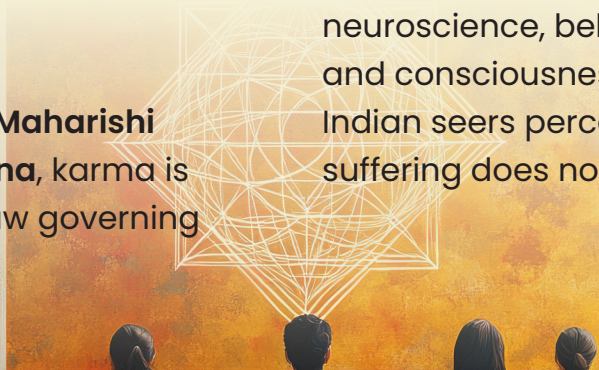
Introduction:

In contemporary culture, the word karma is often reduced to a simplistic notion of reward and punishment: “what goes around comes around.” Popular understanding treats karma almost as a cosmic bookkeeping system that distributes fortune or misfortune according to one’s deeds. However, the classical Indian yogic tradition presents a far more nuanced, psychological, and deeply scientific understanding of karma.

From the perspective of **Maharishi Patanjali’s Yoga Darshana**, karma is not merely an external law governing

events in the world. Karma is the subtle mechanism through which consciousness becomes conditioned. Every thought, emotion, intention, perception, and action leaves impressions upon the mind-field (chitta). These impressions gradually shape personality, tendencies, habits, cognition, emotional reactivity, and ultimately destiny itself.

The yogic understanding of karma therefore extends beyond morality into the realms of psychology, neuroscience, behavioural conditioning, and consciousness studies. Ancient Indian seers perceived that human suffering does not arise merely from





circumstances, but from unconscious patterns embedded within the psyche. Modern science increasingly validates this insight through discoveries in neuroplasticity, habit formation, stress physiology, psychoneuroimmunology, and epigenetics.

The science of karma is thus not merely metaphysical speculation. It is a profound exploration of how repeated patterns of thought and action shape the human organism at physical, mental, emotional, and energetic levels.

Karma in Yoga Darshana

The Sanskrit word karma derives from the root kri, meaning “to act.” In yogic philosophy, karma encompasses far more than physical action alone. It includes:

- Thoughts
- Emotions
- Intentions
- Speech

- Behavioural tendencies
- Psychological reactions
- Subconscious impulses

Maharishi Patanjali’s Yoga Sutra explain that human suffering arises due to the pancha klesha — ignorance (avidya), ego-identification (asmita), attachment (raga), aversion (dvesha), and fear-based clinging (abhinivesha). These klesha generates actions rooted in unconsciousness, which in turn creates deeper conditioning.

Thus, karma is intimately connected to the cyclical nature of conditioning:

Thought -> Action -> Impression ->
Tendency -> Habit -> Character ->
Destiny.

Modern psychology describes similar loops through behavioural reinforcement theory and neural conditioning. Repeated behaviours strengthen neural pathways, making

future repetition more likely. The yogic sages observed this same process thousands of years ago through direct meditative insight.

Yoga therefore seeks not merely behavioural correction, but purification of the very source from which behaviour emerges.

Karma as Conditioning of Consciousness

The yogic model of the mind proposes that every experience leaves behind a subtle impression known as a samskara. These samskara accumulate over time and influence perception, emotion, and future action.

Modern neuroscience parallels this understanding through the principle of neuroplasticity — the brain's ability to reorganize itself based on repeated experiences and behaviours.

Neurons that repeatedly fire together form stronger synaptic connections. Over time, repeated emotional states and behaviours become automatic patterns. Chronic anger strengthens anger pathways. Repeated fear strengthens fear circuits. Compassion, mindfulness, and equanimity similarly create new neural patterns.

This is remarkably close to the yogic understanding that repeated karmic patterns deepen samskaric grooves within consciousness.



The sages therefore understood that karma is not punishment imposed externally by a deity. Karma is self-conditioning through repeated unconscious participation in mental and behavioural patterns.

The Neuroscience of Karma – Habit Loops and Automaticity

Modern neuroscience demonstrates that much of human behaviour is automatic rather than conscious. The basal ganglia, a region associated with habit formation, stores repeated behavioural patterns, allowing actions to occur with minimal conscious effort.

Similarly, yoga teaches that most human beings function through vasana — subconscious tendencies that

drive behaviour automatically. Without awareness, life becomes mechanical.

This explains why individuals repeatedly engage in patterns they intellectually know are harmful:

- addictive behaviour,
- destructive relationships,
- compulsive anger,
- anxiety loops,
- emotional reactivity, and
- self-sabotage.

Yoga identifies these as karmic tendencies operating beneath conscious awareness. Meditative practices interrupt these automatic loops by increasing self-observation and enhancing activity in regions associated with executive control and emotional regulation, particularly the prefrontal cortex.

Thus, yogic awareness transforms karma by bringing unconscious patterns into conscious observation.

Stress Physiology and Karmic Reactivity

The modern nervous system exists in a state of chronic overstimulation. Constant sensory bombardment, digital hyperconnectivity, emotional stress, and cognitive overload activate the sympathetic nervous system continuously.

From a yogic perspective, such chronic agitation increases rajas — the guna associated with restlessness, overactivity, impulsivity, and mental turbulence. This rajasic state generates reactive karma. When the nervous system remains dysregulated:

- emotional impulsivity increases,
- cognitive clarity decreases,
- fear responses dominate, and
- decision-making becomes reactive rather than conscious.

Scientific studies show that chronic stress elevates cortisol levels, impairs immune function, disrupts digestion, affects sleep cycles, and alters emotional processing. Yoga recognized this

psychophysiological relationship long before modern medicine. Yogic practices were designed specifically to reduce rajasic overactivation and cultivate sattva — clarity, harmony, balance, and higher discernment.

Increased sattva enhances the human capacity for conscious action rather than conditioned reaction.

Karma and the Tri-Guna

The doctrine of the tri-guna provides one of the most sophisticated psychological frameworks in Indian philosophy.

The three guna s are:

Tamas — inertia, ignorance, dullness
Rajas — activity, restlessness, agitation
Sattva — harmony, clarity, wisdom

All karmic activity emerges through the interplay of these three forces.

Tamasic Karma:

Actions rooted in ignorance, laziness, confusion, violence, or apathy create deeper unconsciousness and suffering.

Rajasic Karma:

Actions driven by ambition, craving, competition, ego, attachment, and constant activity generate agitation and psychological instability.

Sattvic Karma:

Actions arising from awareness, compassion, balance, service, and wisdom purify consciousness and enhance inner stability.

Modern psychology similarly distinguishes between impulsive/reactive behaviour and reflective/self-regulated behaviour. Sattvic functioning correlates strongly with emotional regulation, resilience, prosocial behaviour, and psychological well-being.

Thus, the cultivation of sattva may be understood not only spiritually, but neuropsychologically.

Karma Yoga: The Transformation of Action

The Bhagavad Gita introduces one of humanity's greatest psychological and spiritual teachings: Karma Yoga.

Karma Yoga does not mean withdrawal from action. Rather, it transforms the inner orientation behind action. The Gita teaches: "act without attachment, perform duty without ego-identification, surrender outcomes, maintain equanimity, and offer action to a higher consciousness".

This teaching has profound psychological implications. Attachment to outcomes produces anxiety, fear of failure, comparison, chronic dissatisfaction, and emotional exhaustion. Research in positive psychology and mindfulness studies demonstrates that excessive outcome fixation correlates with stress and reduced well-being. Process-oriented engagement, however, enhances flow states, intrinsic motivation, and psychological resilience.

Karma Yoga therefore functions as a sophisticated method of cognitive-emotional regulation.

- Action becomes meditation.
- Daily life becomes spiritual practice.

Epigenetics and Intergenerational Karma

One of the most fascinating modern



scientific developments relevant to karma is epigenetics. Epigenetics demonstrates that environmental experiences, stress, trauma, lifestyle, and behavioural patterns can influence gene expression and potentially affect future generations.

This does not prove metaphysical karma in a literal sense. However, it strongly supports the yogic insight that actions leave consequences extending beyond immediate visible effects. Trauma patterns, emotional conditioning, and behavioural tendencies can propagate across generations biologically, psychologically, and socially.

The yogic tradition has long maintained that unresolved samskara perpetuate suffering until brought into awareness and transformed.

The Role of Awareness in Transforming Karma

Yoga repeatedly emphasizes one central principle:

- Awareness transforms karma. Without awareness; action becomes compulsion; thought becomes conditioning; emotion becomes bondage.
- With awareness; reaction becomes response; compulsion becomes choice; conditioning becomes transformation.

Modern neuroscience supports this through findings on mindfulness-based interventions, which demonstrate measurable changes in:

- emotional regulation,
- stress reduction,
- attentional control,
- cognitive flexibility, and
- neural integration.

Meditative awareness weakens automatic reactivity and strengthens conscious regulation. In yogic terms, awareness gradually burns

karmic conditioning through the fire of consciousness.

Karma, Consciousness, and Human Evolution

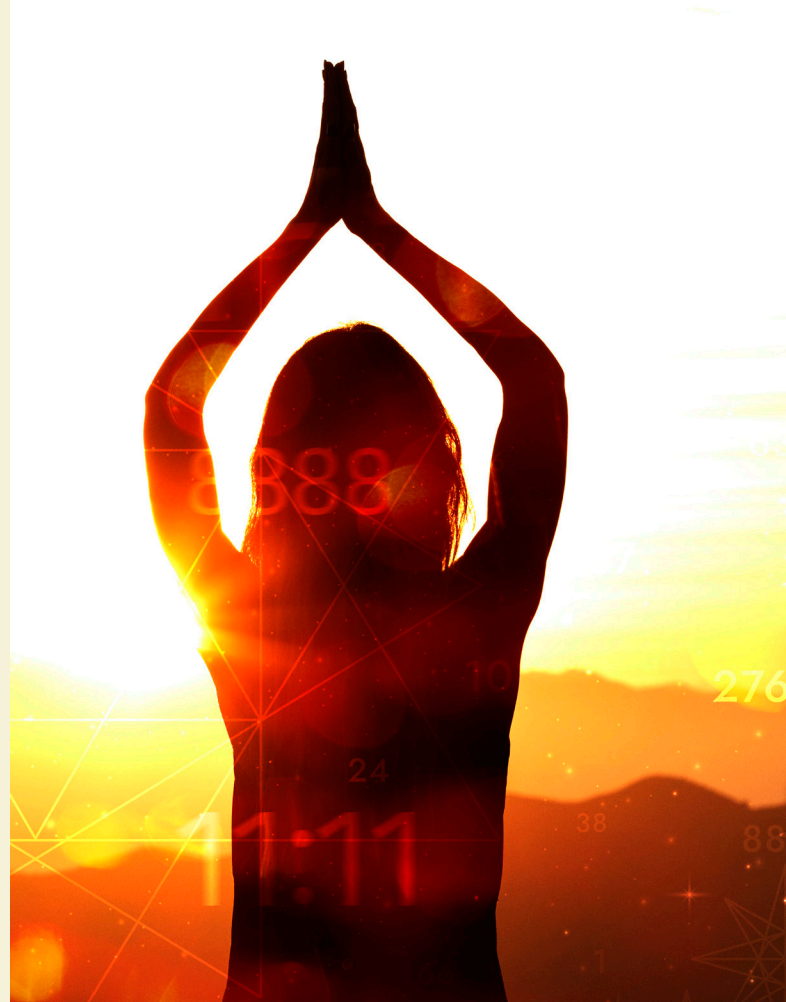
The yogic sages viewed human life not merely as biological existence, but as an opportunity for evolution of consciousness. The purpose of yoga is therefore not simply physical fitness or stress management. It is liberation from unconscious karmic conditioning. Every moment presents a choice : unconscious reaction or conscious response, craving or contentment, ego or surrender, agitation or awareness, bondage or freedom.

This capacity for conscious choice is one of the greatest powers of the human being. Modern civilization has advanced technologically, yet psychologically humanity often remains deeply reactive, fragmented, and externally driven. The science of karma reminds us that true evolution is inward.

Without transformation of consciousness, external progress alone cannot eliminate suffering.

Conclusion

The yogic doctrine of karma is not a primitive superstition, nor merely a religious belief. It is a sophisticated science of human conditioning and transformation. Long before neuroscience, psychology, and behavioural science emerged, the Indian rishis recognized the conditioning power of repeated thought and action, the role of



subconscious impressions, the impact of emotional states on behaviour, the importance of awareness, and the possibility of inner transformation.

Modern science increasingly validates these ancient insights.

Karma therefore must be understood not as fatalistic destiny, but as dynamic conditioning that can be transformed through awareness, discipline, sattvic living, and yogic practice. The ultimate teaching of yoga is profoundly empowering : human beings are not prisoners of conditioning. Through awareness, conscious action, and spiritual practice, karma can evolve from bondage into liberation.

And in that transformation lies the true purpose of yoga.



– Shri Manish Ahuja

Assistant Professor, Starex University

Activating the Third Eye (Ajna Chakra) and Pineal Gland through Yogic Techniques

Introduction: The Yogic Perspective

In yogic philosophy, the activation of the Ajna Chakra, commonly known as the Third Eye, is considered essential for spiritual growth and higher consciousness. The Ajna Chakra is the sixth major energy center in the human body and is associated with intuition, wisdom, inner vision, and spiritual awakening. It is often referred to as the "Inner Guru" or the "Eye of Knowledge."

An awakened Ajna Chakra is believed

to help practitioners overcome common obstacles such as laziness, excessive sleep, fear, confusion, and uncontrolled desires. Through regular yogic practices, an individual can cultivate mental clarity, inner bliss, heightened awareness, and deeper spiritual understanding.

Yoga and the Pineal Gland

From a scientific perspective, the pineal gland is a small endocrine gland located near the center of the brain. In yogic physiology, it is often associated with the Ajna Chakra or Third Eye. Ancient yogic texts describe this region as the meeting



point of Ida, Pingala, and Sushumna Nadis, making it a significant center for consciousness and spiritual energy.

According to yogic traditions, activation of this center enhances concentration, intuition, farsighted thinking, and self-awareness. Yoga offers several techniques that are believed to stimulate this area and support both mental and spiritual development.

The Third Eye in Yogic Scriptures

Bhagavad Gita

The Bhagavad Gita highlights the importance of concentration between the eyebrows.

Chapter 5, Verse 27 describes a meditative practice in which the practitioner controls the senses and fixes awareness between the eyebrows to attain mental discipline and inner peace.

Chapter 8, Verse 10 explains that at the time of death, a yogi who concentrates life energy between the eyebrows with devotion and yogic strength attains the Supreme Divine.

Hatha Yoga Traditions

Classical Hatha Yoga texts describe several cleansing and concentration techniques related to the Ajna Chakra.



Practices such as Trataka, Jala Neti, and Sutra Neti are traditionally recommended to purify the senses, enhance concentration, and prepare the mind for higher states of meditation. Gheranda Samhita

Maharishi Gheranda describes meditation in three stages:

1. Sthula Dhyana (Gross Meditation)
2. Jyoti Dhyana (Meditation on Light)
3. Sukshma Dhyana (Subtle Meditation)

In Sukshma Dhyana, the practitioner focuses on the point between the eyebrows while practicing Shambhavi Mudra, directing awareness toward Kundalini consciousness.

Shiva Samhita

The Shiva Samhita emphasizes the significance of the Ajna Chakra and associates it with the seed sounds

Ham and Ksham.
Concentration on this center is believed to facilitate spiritual knowledge and mastery of higher yogic states.

Yoga Yajnavalkya

This text identifies the region between the eyebrows as the seat of the mind and a focal point for meditation and concentration.

Shat Chakra Nirupana

The Ajna Chakra is associated with the divine principles of Hamsa (Supreme Shiva) and Hakini (Supreme Shakti). The chakra's bija mantra is Om, and its symbolic color is white, representing purity and wisdom.

Understanding the Pineal Gland

The pineal gland is a small pinecone-shaped endocrine gland situated in the center of the brain. It weighs approximately 0.1 grams and measures about 5–10 mm in length.

Its primary function is the secretion of the hormones melatonin and serotonin, which play important roles in regulating sleep, mood, and biological rhythms.

Functions of the Pineal Gland

- Regulation of the body's biological clock (circadian rhythm)



- Regulates sleep patterns
- Supports immune system function
- Maintains circadian rhythms
- Influences body temperature regulation
- Promotes restful sleep
- Melatonin levels typically rise in the evening and decline with exposure to morning light.

Serotonin: The Hormone of Light
Serotonin (5-Hydroxytryptamine or 5-HT) is a neurotransmitter synthesized from the amino acid tryptophan.

Functions of Serotonin

- Regulates mood and emotional stability
- Supports digestion and bowel function
- Enhances feelings of well-being
- Helps reduce anxiety and depression
- Facilitates communication between nerve cells

Because serotonin production is associated with daylight and alertness, it is sometimes referred to as the "Hormone of Light."

Yogic Techniques for Activating the Third Eye

1. Shambhavi Mudra (Third Eye Meditation)

Method

- Sit comfortably in a meditative posture with the spine erect.
- Place the hands on the knees in Jnana Mudra.
- Gently direct the gaze upward and inward toward the space between the eyebrows (Bhrumadhya).
- Maintain awareness at this point without strain.
- Relax if discomfort occurs and gradually increase the duration of practice.

Benefits

- Enhances concentration and awareness
- Promotes mental clarity
- Supports meditative depth
- Traditionally believed to awaken the Ajna Chakra

2. Bhramari Pranayama (Humming Bee Breath)

Method

- Sit comfortably in Sukhasana or Padmasana.
- Take a deep inhalation.
- Close the ears with the thumbs and lightly rest the fingers over the face.
- Exhale slowly while producing a humming sound such as "Om" or "Ham."
- Repeat 5–15 rounds.

Benefits



- Calms the nervous system
- Reduces stress and anxiety
- Improves concentration and memory
- Supports healthy sleep patterns
- Creates soothing vibrations throughout the head region

3. Trataka (Candle Gazing)

Method

- Sit comfortably in a dark, draft-free room.
- Place a candle approximately 16–20 inches away at eye level.
- Gaze steadily at the flame without blinking.
- When tears begin to form, close the eyes and visualize the flame internally.
- Repeat for several rounds.

Benefits

- Strengthens eye muscles
- Improves concentration and willpower

- Enhances mental focus
- Helps reduce anxiety and restlessness
- Traditionally associated with stimulation of the Ajna Chakra

Dietary Considerations

Certain foods may support neurological health and hormonal balance.

Recommended Foods

- Bananas
- Eggs
- Milk
- Fatty fish
- Spinach
- Beetroot
- Cherries
- Almonds
- Turmeric (Curcumin)
- Chlorophyll-rich foods and algae

Foods to Limit

- Excessive refined sugar
- Excess caffeine
- Highly processed foods
- Excessively acidic foods

A balanced, natural diet combined with yogic discipline contributes to overall mental and physical well-being.

Asanas for Third Eye Awareness

Several yoga postures are traditionally believed to enhance circulation toward the head and promote concentration.

Recommended Asanas

- Siddhasana
- Shirshasana (Headstand)
- Sarvangasana (Shoulder Stand)
- Viparita Karani
- Adho Mukha Svanasana (Downward-Facing Dog)

During practice, awareness may be gently directed toward the space between the eyebrows.

Benefits

- Improved blood circulation
- Increased oxygen supply to the brain
- Enhanced concentration
- Reduced stress
- Calming effect on the nervous system
- Greater mental clarity

Conclusion

The Ajna Chakra, or Third Eye, occupies a central place in yogic philosophy and meditation practices. Ancient yogic texts describe it as a gateway to higher awareness, intuition, wisdom, and spiritual realization. From a modern scientific perspective, the pineal gland plays an important role in regulating sleep cycles, hormonal rhythms, and overall well-being.

Practices such as Shambhavi Mudra, Meditation, Trataka, Bhramari Pranayama, appropriate diet, and selected yoga asanas can contribute significantly to mental focus, emotional balance, and self-awareness. While the time required for progress varies from person to person, regular and disciplined practice remains the key to experiencing the transformative benefits of yoga.

The journey toward awakening the Third Eye is ultimately a journey toward deeper self-understanding, inner peace, and expanded consciousness.



-Vinay Siddaiah

Founder of Yogavijnana
Yoga Chikitsa Acharya by IYA

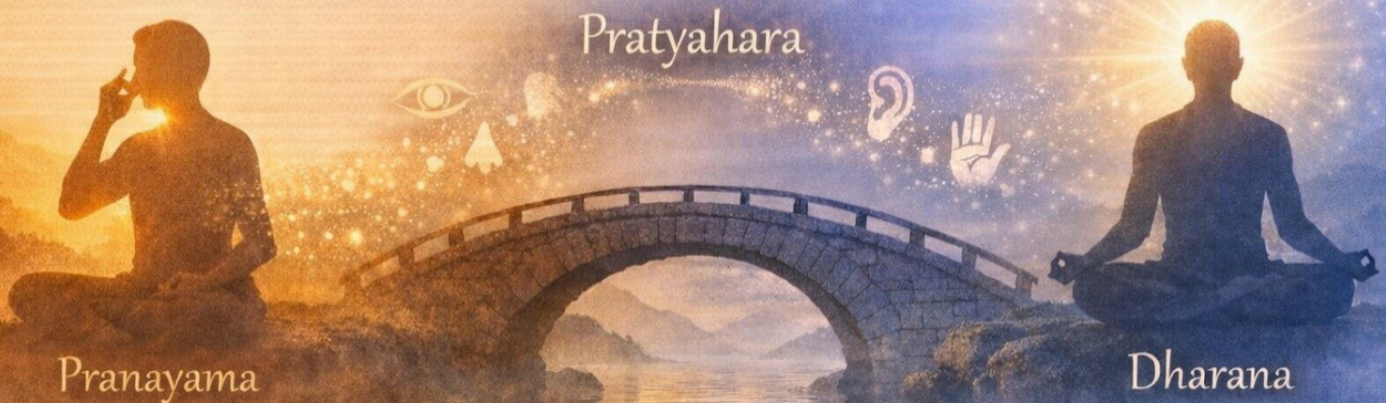
How do we practice Pratyahara?

Recently, I was asked a very interesting question about how to practice Pratyahara. I felt this cannot be answered directly in a few lines, because to understand this properly, we need to look at another important concept from the Yoga Sutras of Patanjali.

In Ashtanga Yoga, we see the sequence as Pranayama, Pratyahara, Dharana, Dhyana

and Samadhi. That is the order given. But at the same time, Patanjali in verse 2.53 of Yoga Sutra says that the result of Pranayama is धारणासु च योग्यता मनसः (Yoga Sutra 2.53)

dhāraṇāsu ca योग्यता मनसः
which means the mind becomes fit for Dharana. Naturally, a question arises. If Pranayama is preparing the mind directly for Dharana, then where is Pratyahara in between?



If Pranayama leads to Dharana,
how do we practice Pratyahara?



Let us understand this from a couple of perspectives.

First, we need to see what exactly Pranayama is doing. Pranayama essentially helps in calming the mind. When the mind becomes calm to such an extent that it can stay with a single thought, that is what Dharana is. Initially, this will require some effort, but the preparation happens through Pranayama.

Now in this transition from Pranayama to Dharana, Pratyahara is not something separate that we are doing. It is something that is happening in the process itself. As the mind starts calming down, the sensory inputs may still continue to come, but the mind slowly reduces its reaction to those inputs. The world does not stop, the senses do not stop, but the reaction reduces.

This reduction in reaction is what we can understand as Pratyahara. So in this way, Pratyahara can happen naturally as a result of practicing

Pranayama, which eventually prepares the mind for Dharana. At the same time, it is also something that can be consciously cultivated.

There is another way of looking at this, which is more practical.

Normally, our senses are always directed outward. This is their default state, and this often happens unconsciously. If we observe carefully, we are constantly reacting to sounds, visuals and other sensory inputs without even being aware of it. We are simply living in an impulsive way, allowing the senses to respond to whatever is happening outside.

Now what happens if we start becoming aware of these sensory processes? For example, there are always sounds around us. These sounds keep coming into our ears and create a kind of background activity in the mind. Usually, this happens unconsciously. But the moment you become consciously aware of your hearing, something changes. Instead of all the random

noise going on in the background, your attention becomes more structured.

When you become aware, you naturally start focusing only on certain inputs, and the rest of the random inputs lose their impact. In a way, you are reducing unnecessary sensory engagement without trying to suppress anything.

So the awareness of the senses itself becomes a way of practicing Pratyahara.

The more and more you become aware of sensory inputs, the randomness reduces. The mind is no longer scattered across multiple inputs. This itself brings a certain calmness to the mind. Earlier, the sensory inputs were going in all directions and creating disturbance. Now, because of awareness, that unconscious disturbance reduces.

So from one perspective, Pratyahara happens when the mind becomes calm through Pranayama. From another perspective, Pratyahara can be approached through awareness of the senses, where unconscious engagement reduces.

Both ways point to the same thing.

Pratyahara is not about forcefully cutting off the senses. It is about reducing unconscious reactions and bringing awareness into how we experience sensory inputs. Instead of the senses constantly pulling the mind outward, the senses begin to

follow the state of the mind.

This is why Patanjali directly says that Pranayama prepares the mind for Dharana. Because once the mind is calm and less disturbed by sensory inputs, it naturally becomes capable of focusing. So Pratyahara is not missing. It is happening in between, but in a very subtle way.

If we understand this clearly, then the whole process of Ashtanga Yoga becomes much more meaningful. It is not just a sequence to be followed mechanically, but a process that unfolds within us.

And in that process, Pratyahara plays a silent but very important role.



Practice of the Month

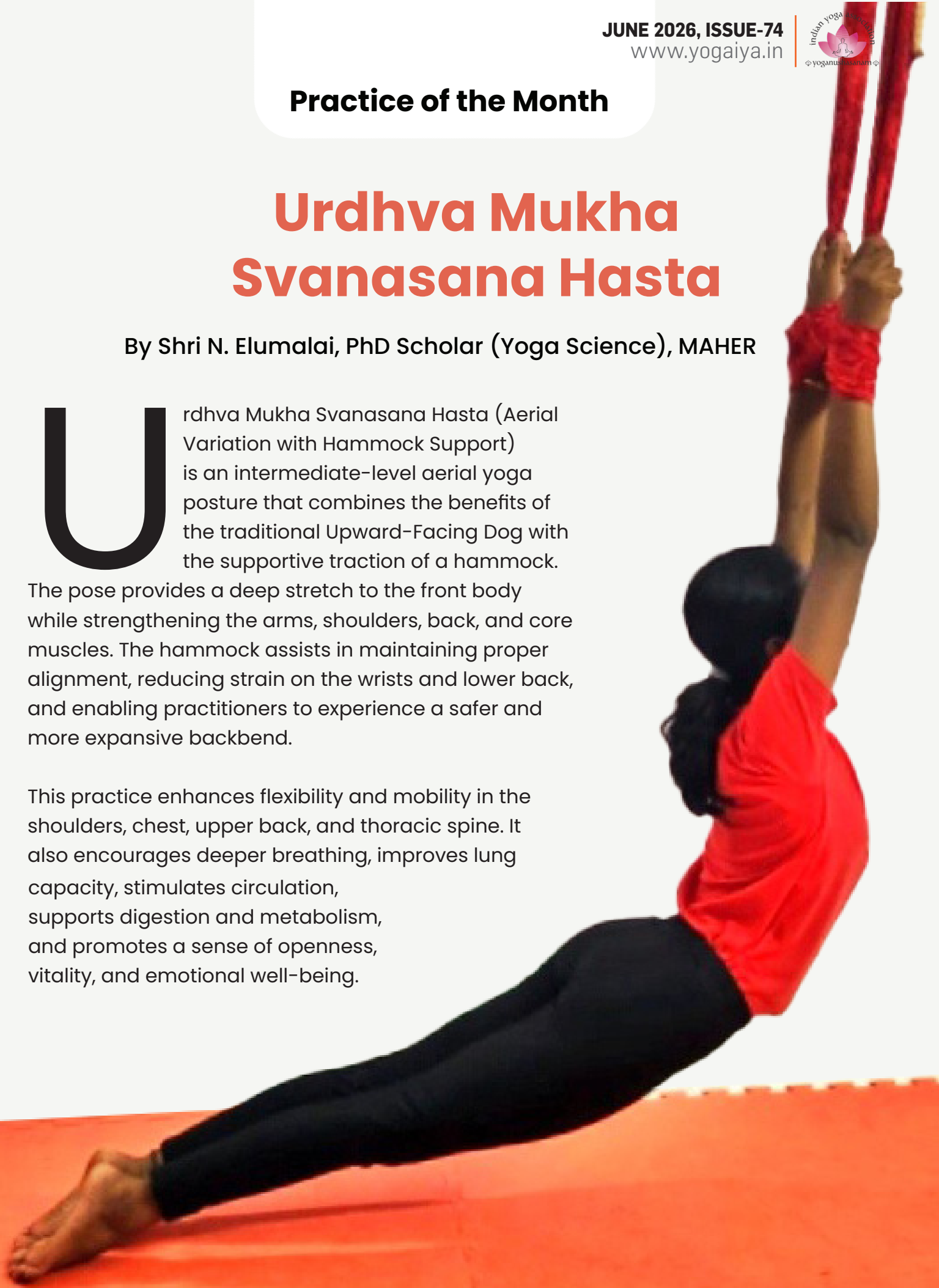
Urdhva Mukha Svanasana Hasta

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

Urdhva Mukha Svanasana Hasta (Aerial Variation with Hammock Support) is an intermediate-level aerial yoga posture that combines the benefits of the traditional Upward-Facing Dog with the supportive traction of a hammock.

The pose provides a deep stretch to the front body while strengthening the arms, shoulders, back, and core muscles. The hammock assists in maintaining proper alignment, reducing strain on the wrists and lower back, and enabling practitioners to experience a safer and more expansive backbend.

This practice enhances flexibility and mobility in the shoulders, chest, upper back, and thoracic spine. It also encourages deeper breathing, improves lung capacity, stimulates circulation, supports digestion and metabolism, and promotes a sense of openness, vitality, and emotional well-being.



Steps to Practice

1. Place a yoga mat beneath the hammock to provide cushioning and stability. Adjust the hammock height so that it comfortably supports the wrists while kneeling with the arms extended overhead.
2. Kneel facing the hammock and place the wrists into the hammock using the Flamenco Grip, keeping the wrists neutral and the elbows softly bent. Inhale and lengthen the spine while broadening the collarbones.
3. Maintaining an open chest, exhale and gently hinge forward. Step or slide the knees closer to the hammock and glide the torso forward and downward toward the mat.
4. Extend both legs straight back, pressing the tops of the feet firmly into the floor. Engage the quadriceps and draw the shoulders away from the ears.
5. Inhale and lift the chest forward and upward. Press through the tops of the feet to elevate the thighs and hips off the mat, similar to Urdhva Mukha Svanasana (Upward-Facing Dog). The hammock provides gentle traction, allowing for greater lift and expansion.
6. Roll the shoulders back and down, drawing the shoulder blades toward the spine. Keep a slight bend in the elbows to avoid locking the joints.
7. Engage the mid-back muscles for shoulder stability. Draw the lower ribs inward and lengthen the tailbone to protect the lumbar spine.
8. Maintain a soft gaze forward or slightly upward. Breathe smoothly and evenly. With each inhalation, expand the chest and side ribs; with each exhalation, engage the core and lengthen through the spine.
9. Hold the posture for 6–8 breaths, or according to individual comfort and capacity.
10. To release, exhale slowly and lower the chest. Exit the Flamenco Grip, place the hands beneath the shoulders, and gently slide the knees forward to return to a kneeling position.
11. Rest the arms alongside the body or on the thighs. Conclude the practice in Balasana (Child Pose) or Makarasana (Crocodile Pose) for relaxation.

Benefits

- Deeply stretches the front body, including the chest, abdomen, hip flexors, quadriceps, shoulders, and neck.
- Strengthens the arms, shoulders, wrists, back, pelvis, and legs.
- Improves spinal flexibility, posture, alignment, and overall body awareness.
- Enhances mobility of the shoulders, chest, and thoracic spine, preparing the body for advanced backbending and aerial yoga practices.
- Expands the chest and diaphragm, increasing lung capacity and supporting healthy respiratory and cardiovascular function.
- Stimulates the abdominal organs, aiding digestion, metabolism, and elimination while helping relieve constipation and bloating.
- Promotes healthy circulation and improves oxygen supply throughout

the body.

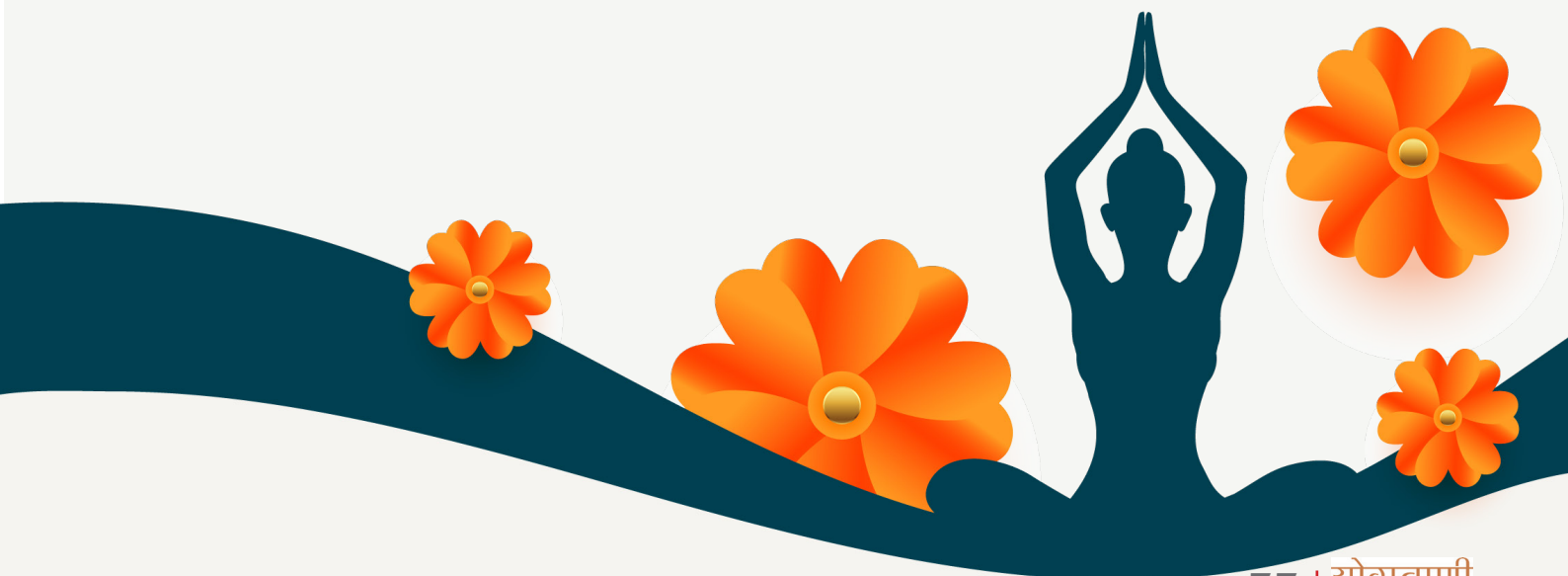
- Balances the Pancha Vayus and supports the harmonious flow of energy, vitality, and digestive fire (Agni).
- Stimulates the pituitary, pineal, and thyroid glands, contributing to hormonal balance and metabolic regulation.
- Calms the nervous system, reduces stress and fatigue, and promotes mental clarity and emotional well-being.
- Enhances blood circulation, supports nervous system health, and helps maintain overall physical and energetic balance.
- Therapeutic Applications
- May help relieve mild lower back discomfort when practiced correctly under guidance.
- Supports respiratory health and may benefit individuals seeking to improve breathing efficiency.
- Can be useful in yoga therapy programs aimed at posture correction and spinal health.
- May assist in reducing stress-related tension and promoting mental relaxation.

Contraindications and Precautions

This posture should be avoided or practiced only under expert supervision by individuals with:

- Wrist, ankle, shoulder, or hip injuries or sprains
- Recent surgeries involving the knees, ankles, shoulders, wrists, hips, or spine
- Cervical spondylosis
- Carpal tunnel syndrome
- Significant scoliosis or kyphosis
- Serious heart conditions
- Severe joint weakness or instability
- Pregnancy
- Advanced age with reduced mobility or balance

Individuals with arthritis of the knees, osteoporosis, or other musculoskeletal concerns should practice cautiously and only under the guidance of a qualified yoga therapist or experienced yoga teacher.



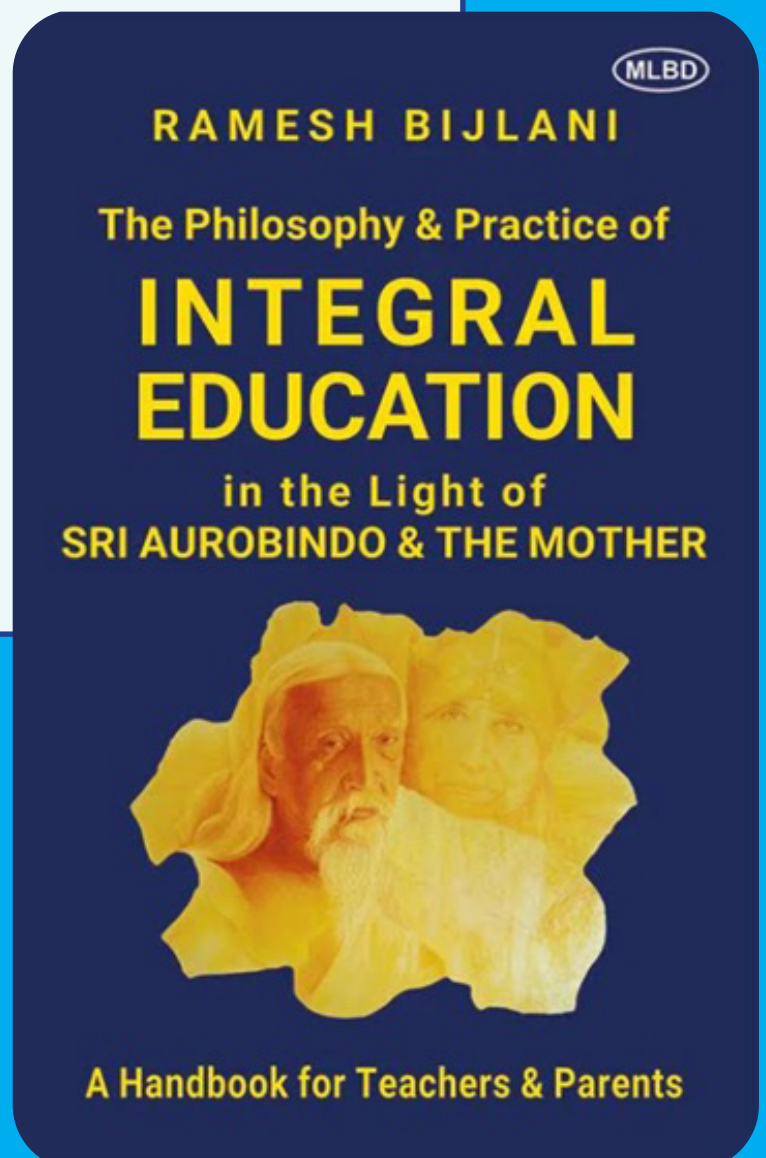
Announcement

New Revised Edition of The Philosophy & Practice of Integral Education

We are pleased to announce the publication of the revised 2026 edition of The Philosophy & Practice of Integral Education by Dr. Ramesh Bijlani. The book has been published by Motilal Banarsidass Publishing House, renowned for publishing works on Indic wisdom since 1903.

In his endorsement, James W. Peterson, retired educationist from California, USA, and author of The Secret Life of Kids, writes: "I only wish I had had this book when I set out on my teaching career in California 45 years ago!"

The book is available through the publisher's website as well as on Amazon India, Amazon UK, and Amazon USA. The Kindle edition is also available.



Academics and Accreditation

Membership Data (Till 2022 and After)

Type of Members	Till 2023	2024	2025	2026	Total
Yoga Volunteer Members	5,811	1449	1946	139	9345
Yoga Professionals Members	6,779	2269	2279	1005	12332
Life Members	610	196	156	56	1018
Eminent Yoga Professionals	16	01	01	--	20
Associate Centers	204	46	53	19	322
International Associates	12	02	04	01	19
Member Institutes	43	02	03	4	52



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]	27 June 2026, 12 July 2026, 25 July 2026, 8 August 2026, 23 August 2026,

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



Upcoming Batches

Certificate Course in Yoga

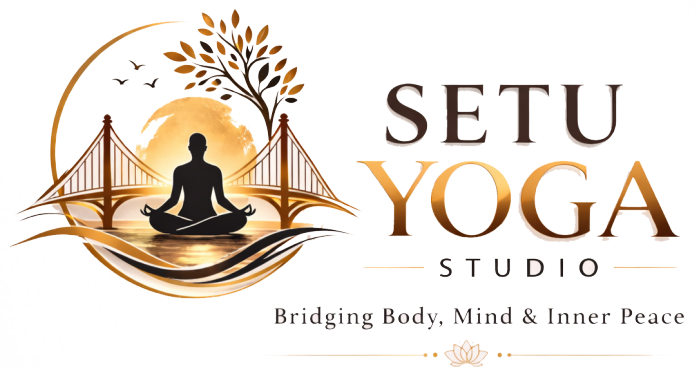
Insignia	Course Date	Venue	Institution	Fees
	1st Jun - 28 Jun 2026	On Campus	The Yoga Institute	INR 60,000
	1st Jun - 28 Jun 2026	Non-Residential	The Yoga Institute	INR 33,000
	1st Jun - 28 Jun 2026	Online	The Yoga Institute	INR 27,500
	1st Sep – 30 Sep, 2026	Lonavla, Maharashtra	Kaivalyadhama	INR 57000 US\$ 1150
	15th Nov - 15 Dec 2026	Lonavla, Maharashtra	Kaivalyadhama	INR 57000 US\$ 1150
	14th July 2026 To 1st June 2027	(Physical Mumbai)	Yoga Vidya Niketan Mumbai	INR 30,000 / 35,000/-
	2nd August 2026 To 30th April 2027	Online	Yoga Vidya Niketan Mumbai	INR 20,000 / 25,000/-

ASSOCIATE CENTRE



Kamala Serene Yogalaya

Kamala Serene Yogalaya is a dedicated yoga academy located in Chennai, committed to promoting holistic health and nurturing future yoga teachers through quality training programs. The institute offers specialized classes in weight management, mental wellness, healing yoga, children's yoga, and yoga for depression. Along with asana practice, it places strong emphasis on traditional chanting and pranayama for overall well-being. Through its comprehensive approach, the academy aims to make yoga accessible and transformative for people of all ages.



SETU YOGA STUDIO

SETU YOGA STUDIO is a wellness-focused institute dedicated to fostering physical, mental, and emotional well-being through authentic yogic practices. Based in Hyderabad, the studio offers therapeutic yoga, classical yoga, breathwork, meditation, and lifestyle wellness programs tailored to individual needs. Its personalized approach supports stress management, mobility improvement, posture correction, and overall health enhancement. Through small-batch classes, teacher training programs, and both online and offline sessions, it creates a nurturing environment for sustainable wellness and self-discovery.



Shivayogi Wellness and Yoga Therapy Centre

Shivayogi Wellness and Yoga Therapy Centre is a holistic health institute committed to integrating traditional yogic wisdom with modern therapeutic practices. The centre offers a wide range of programs including yoga therapy, meditation, pranayama, stress management, prenatal and postnatal yoga, and corporate wellness training. With a strong focus on preventive healthcare and natural healing, it supports individuals in managing lifestyle-related health conditions through disciplined yoga practice. Through community outreach, awareness initiatives, and teacher training programs, the institute continues to inspire healthier and more balanced living.

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LIFE MEMBERS



Ms. Deepika Chalke

Ms. Deepika Chalke is a dedicated yoga educator and a UK-registered Senior Yoga Teacher with over 15 years of experience in the field of yoga and wellness. Holding multiple certifications recognized by the Ministry of AYUSH, she specializes in advanced asana practice and holistic yoga training. Her teaching emphasizes alignment, discipline, and the transformative power of yoga for physical and mental well-being.



Smt Nisha Bhimjiyani

Smt Nisha Bhimjiyani is a Yoga Therapist and Wellness Practitioner with more than two decades of experience in therapeutic yoga and holistic healing. With a Master's degree and Postgraduate Diploma in Yoga, she integrates traditional yogic wisdom with modern wellness approaches. Through her initiatives, she is committed to making yoga therapy more accessible, structured, and outcome-oriented for individuals seeking better health and quality of life.

Shri Vishwanath Sawant



Shri Vishwanath Sawant is an experienced yoga instructor dedicated to helping individuals achieve balance, strength, and inner harmony through yoga. His teaching approach combines mindful movement, breath awareness, and holistic wellness practices tailored to practitioners of all levels. He is passionate about promoting physical fitness, mental clarity, and overall well-being through authentic yogic practices.



Prof. Tarak Nath Pramanik

Prof. Tarak Nath Pramanik is a distinguished academician, researcher, and professor specializing in Yoga and Exercise Physiology. With over 22 years of experience in teaching and research, he has made significant contributions to yoga education and scientific inquiry. An internationally invited faculty member, he is committed to advancing evidence-based yoga and promoting its academic and therapeutic applications globally.



Ms. Shraddha Naik

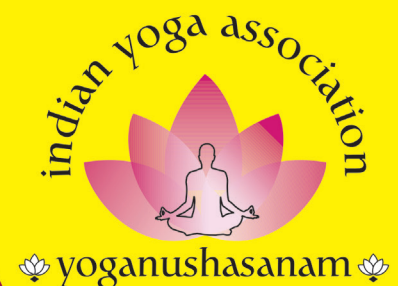
Ms. Shraddha Naik is a passionate yoga practitioner and wellness advocate committed to integrating yogic principles into everyday life. She believes in the transformative potential of yoga for cultivating physical health, mental resilience, and inner balance. Through her involvement in the yoga community, she seeks to inspire individuals to embrace a holistic and mindful lifestyle.

Join the largest Yoga Family!

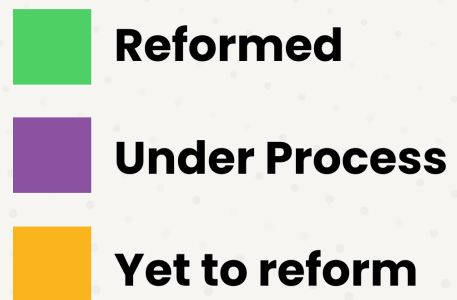
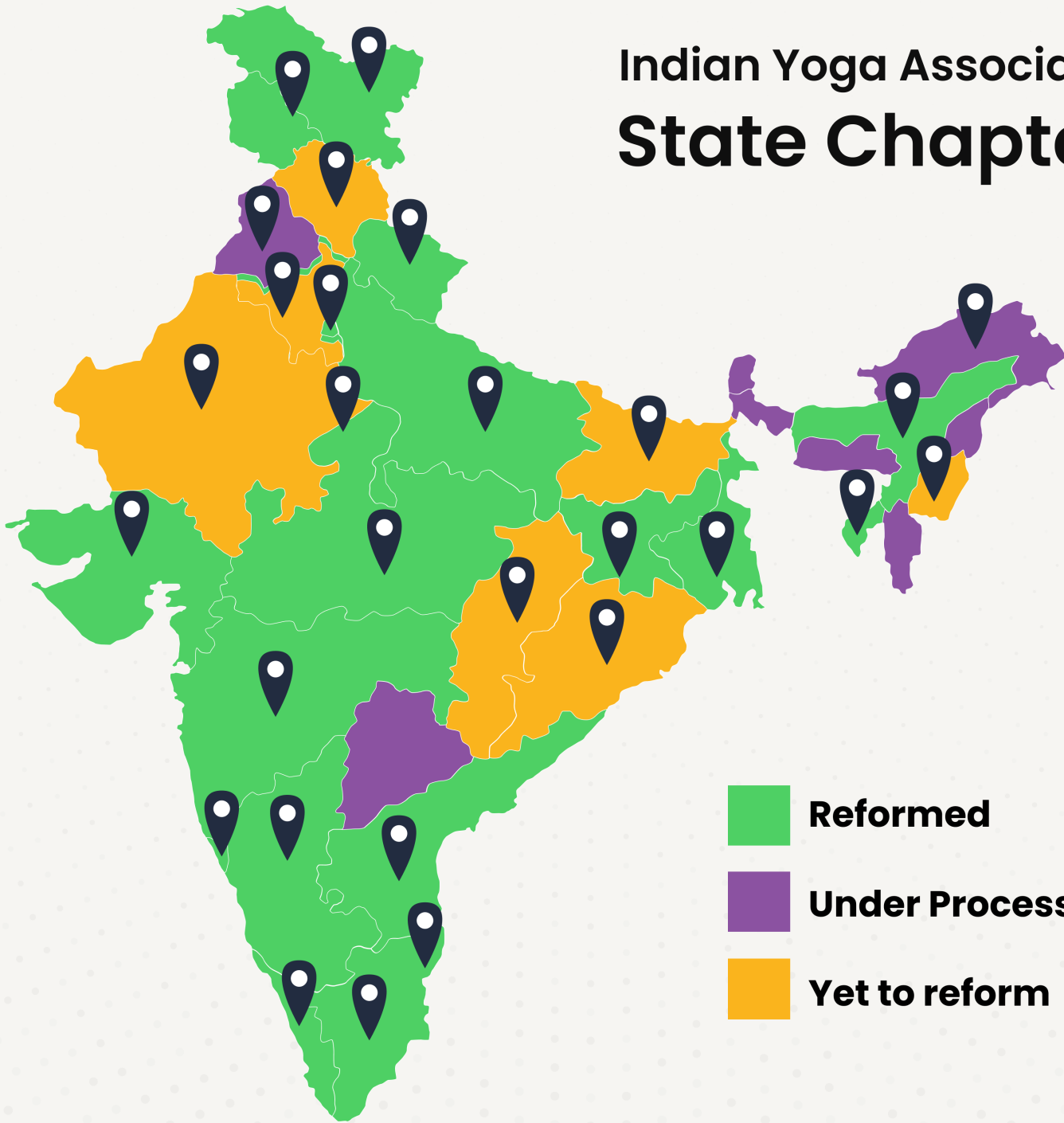
Become a member of IYA

- Life Member
- Yoga Professional Member
- Yoga Volunteer Member

Visit www.yogaiya.in



Indian Yoga Association State Chapters

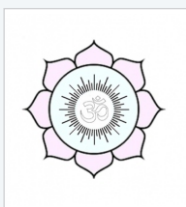
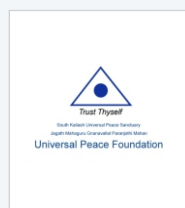
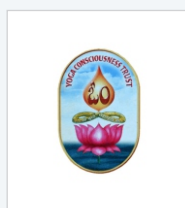
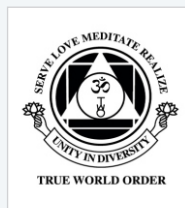
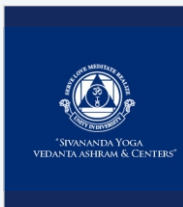
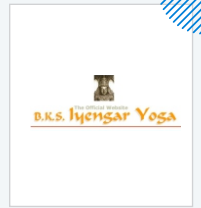
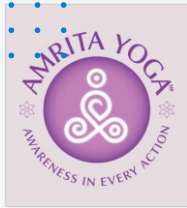


- ✓ Andhra Pradesh SCC
- ✓ Assam SCC
- ✓ Uttar Pradesh SCC
- ✓ Chandigarh UTC
- ✓ Delhi UTC
- ✓ GOA SCC
- ✓ Kerala SCC
- ✓ Maharashtra SCC
- ✓ Uttrakhand SCC

- ✓ Puducherry UTC
- ✓ West Bengal SCC
- ✓ Jharkand SCC
- ✓ Chattisgarh SCC
- ✓ Tripura SCC
- ✓ J&K UTC
- ✓ Madhya Pradesh SCC
- ✓ Gujrat SCC
- ✓ Rajasthan

- ✓ Tamilnadu SCC
- ✓ Karnataka SCC
- ✓ Haryana SCC
- ✓ Bihar SCC
- ✓ Himachal Pradesh
- ✓ Manipur
- ✓ Odisha
- ✓ Telangana

MEMBER INSTITUTIONS



Not just a yoga school. A living lineage of yoga.

Founded by **Gurudev Sri Sri Ravi Shankar**, Sri Sri School of Yoga carries the living pulse of the Vedic tradition into the modern world. Rooted in ancient wisdom, yet radically accessible — across ages, abilities, cultures, and faiths — SSSY delivers yoga in its fullest, most authentic form: body, breath, mind, and spirit, unified.



National Branches:

Bangalore | Mysore | Rishikesh |
Dharamshala



International Branches:

North America | South America | Europe



Yoga gave you something. It's time for you to give back.

Choose from our teacher training programs:

- 200H TTC
- Prenatal TTC
- 300H TTC
- Sri Sri Hatha Yoga TTC
- Children TTC



Scan to know more

One mat. Infinite possibilities.



Our daily yoga classes continue to transform millions across the world.

Be a part of the revolution.



Scan to know more

**Step onto the mat.
Step into something larger.**





Smile Within. Balance Daily.



BAKUL



Helps in pyorrhea
& dental caries.

LAVANGA



Reduces toothache
and cavities.

MARICHA



Potent antibacterial
activity.

MAYAPHAL



Alleviate
bleeding gums.

DALCHINI



Alleviates plaque
and freshens breath.

A smile is natural. Oral care is about maintaining balance so comfort and confidence stay undisturbed. Most toothpastes chase foam and flavour. Sudanta focuses on balance-cleaning effectively without harshness.

Ayurvedic oral care scientifically designed for everyday balance.



Effective
Ayurvedic care



Gentle, non-harsh cleansing
(SLS Free, Non-Fluoride)



For Daily Balance,
Long-term Oral Health

Life Health & Wellness Centre Since 2003

- ◆ **9,75,000** People Reached
- ◆ **2,145** Yoga Programmes
- ◆ **1,262** Outdoor & Indoor Yoga Shibirs
- ◆ **659** Yoga Demonstrations in Educational Institutions
- ◆ **330** Lectures on Health & Healthy Life Style
- ◆ **162** Yoga Teachers Trained under CCY
- ◆ Associate Centre - Indian Yoga Association
- ◆ Extension Centre - Kaivalyadhama, Lonavala



Yoga Batches

- › *Healthy Life Club*
- › *Fitness Yoga*
- › *Women's Yoga*
- › *Hatha Yoga*
- › *Ashtang Yoga*
- › *Obesity Yoga*
- › *Counselling*
- › *Yoga for Professionals*
- › *Pranayama & Meditation*
- › *Pre-Pregnancy Yoga*
- › *Senior Citizen Unit*
- › *Advance Yoga*
- › *Kids Corner*
- › *Weight Management Unit*

One of the Best Yoga Institutes of the Region with more than **27,000 sq. ft.** of dedicated space

Project 'Life'

Saurashtra Medical & Educational Charitable Trust
Racecourse Ring Road, Rajkot-360 001, Gujarat, India.

☎ +91-281-2479133 📞 85 11 33 11 33

✉ savelife@999life.org 🌐 www.999life.org

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Other Interventions of Project 'Life'



Life Blood Centre

Blood Components Issued **7,90,200**
Lives Served **4,74,125**



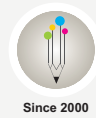
Life Greenfield Centre

Trees Distributed for Replantation **2,83,000**
Plants up to 6-15 Feet Ready for Distribution



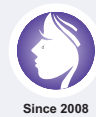
Life Thalassaemia Prevention Centre

Persons Screened **7,41,000**
Thalassaemia Awareness **1.5 million**



Life Education Centre

Primary Schools Dedicated to Govt. **119**
Students Benefitted Every Year **35,000**



Life Women Empowerment Centre

Women/Widows Trained **14,000**
People Benefitted **56,000**



NRG Centre

NRGs/NRIs Benefitted **3,000**
NRGs/NRIs Visiting Every Year **500**



Life Institute of Health Centre

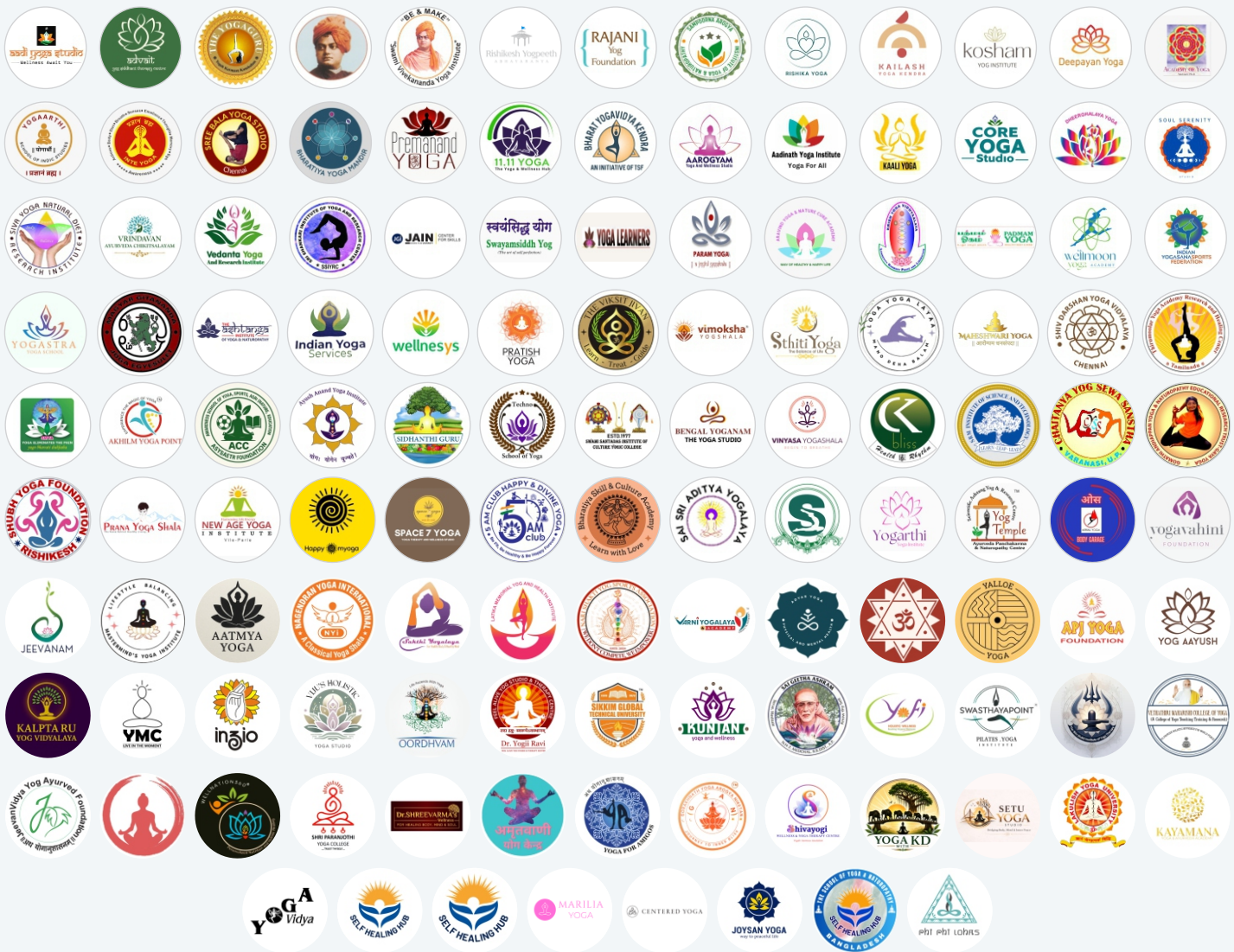
Students Turned to Lab Technician **115**

9.8 Million Lives Transformed

since 1978

A Temple of Humanitarian Services





ASSOCIATE CENTRES & INTERNATIONAL ASSOCIATE

