

MARCH 2026, ISSUE-72

YOGAVANI

— IYA - THE YOGA MOVEMENT —



VALUE

Unifying the diverse traditions of Yoga

PURPOSE

Sharing the message of Yoga based on traditional and scientific foundation

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.

योगवाणी YOGAVĀNĪ

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Letters to the Editor

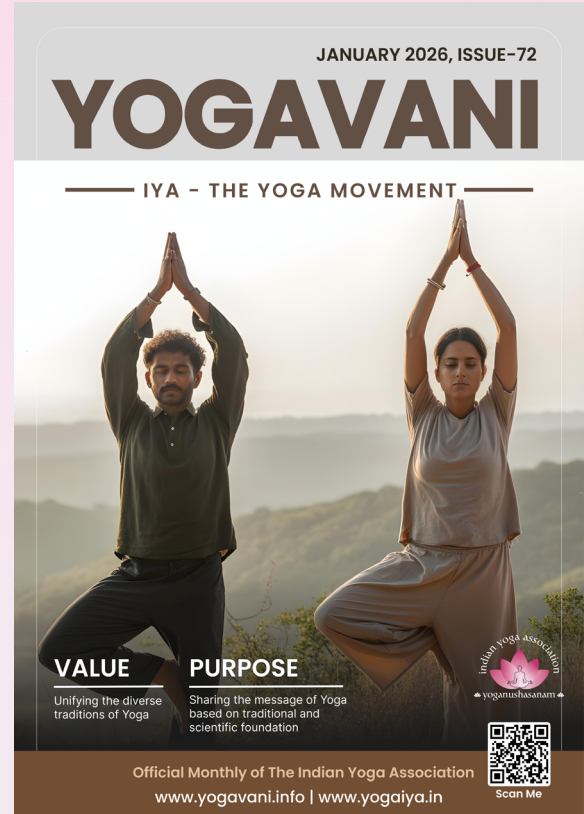
I would like to sincerely appreciate the January 2026 issue of Yogavani, which beautifully reflects the depth and diversity of yoga in contemporary society. The feature on “CYCLE Program – Integrative Medicine and Yoga” and the thought-provoking article “Manthan: Yoga as a Holistic Response to Lifestyle Diseases” were especially relevant in today’s health landscape. The coverage of Yoga Setu initiatives in Saharanpur and Kochi was inspiring, as it showcased unity among yoga institutions and strengthened the collective spirit of the fraternity.

– **Shri Sasidhara Panicker**

The January 2026 issue of Yogavani was both enriching and insightful. I particularly appreciated the article on managing emotional traumas with yoga, as it highlighted the therapeutic dimensions of yogic practice in a compassionate and practical manner. The discussion on the importance of yoga during cold weather was timely and educational.

The Yog Setu initiatives demonstrated how collaboration strengthens the yoga movement at the grassroots level. The blend of philosophy, research, practice, and even sattvik recipe made this issue holistic in every sense. My compliments to the editorial team for maintaining such high standards of content and relevance.

– **Shri Ramesha Venkatarao**



I extend my heartfelt appreciation for the January 2026 edition of Yogavani. The theme “Yogavani in Hands, Yoga in Hearts” truly resonated with me, as it reflected the living spirit of yoga within the community. The coverage of institutional collaborations through Yoga Setu initiatives was motivating and showcased the unity within the yoga fraternity.

The academic and accreditation updates, along with information on upcoming batches, were highly informative for practitioners and aspirants alike. The inclusion of traditional sattvik recipes further emphasized yoga as a complete lifestyle. This issue successfully balanced knowledge, inspiration, and practical guidance.

– **Shri Gobinda Baidya**

EDITORIAL

- Yogacharya Dr Ananda Balayogi Bhavanani

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



The Crossroads of the Mind: Sankalpa vs. Vikalpa

In Yoga, we often talk about Sankalpa, but we rarely address its shadow, Vikalpa. To understand one, we must courageously examine the other. The distance between where you are and where you wish to be is measured by which of these two forces is currently driving your mind.

Sankalpa is often translated as “intention,” but it is much deeper. It is a solemn vow; a focused, one-pointed determination that aligns the subconscious mind with the conscious will.

I often ask: **Are we human at all if we cannot set an intention and follow it?** To be human is to have the capacity for Sankalpa. It is the “Yogic Will” that says, “This is who I am, and this is the path I shall walk.” It is the seed of manifestation that allows the best of our being to bloom.





If Sankalpa is the straight arrow, Vikalpa is the wind that blows it off course. In the Yoga Sutras, Vikalpa is identified as one of the vrittis (mental fluctuations) — specifically, “fancy” or “imagination” based on words that have no corresponding reality.

In a practical sense, Vikalpa is:

- **The Doubt:** The “What ifs” that paralyze action.
- **The Distraction:** The mental wandering that replaces solid intention with empty fantasy.
- **The Deviant:** When we fail to hold our Sankalpa, the mind creates a Vikalpa — an alternative, easier, and often lower-vibrational path.

There is a dangerous progression in the human psyche. When we lack the discipline to maintain our Sankalpa, the mind doesn’t just sit still; it slides.

- **Sankalpa** (Divine Intent) collapses into...
- **Vikalpa** (Mental Distraction/Doubt), which leads to...
- **Vitarka** (Deviant tendencies or degeneration).

This is how we move from being “Human” to “Sub-human.” When we abandon our higher intentions, we lose our grip on the Yamas and Niyamas — our Ahimsa falters, our Satya fades, and our Tapas (discipline) cools down.

We are all unique versions of the universe — our fingerprints and genomes prove it. However, the one thing we all share is the responsibility to choose between these two mental states.

Yoga is the process of strengthening the Sankalpa-Shakti (the power of will) so that Vikalpa no longer has the power to pull us down. We must live our yoga, not just speak it. We must manifest our intentions in thought, word, and deed.

As you move through your day, ask yourself: “**Is this action born of my Sankalpa, or is it a Vikalpa leading me astray?**”

May your Sankalpa be strong, may your “Josh” be high, and may we all grow and glow together in the light of Mother Yoga.



Monalisa Dash
Joint Secretary, Government of India
Ministry of Ayush

I extend my greetings to Yogavani, the publication of the Indian Yoga Association, on the completion of six years of publication.

Yogavani has provided a useful platform for sharing information on the activities of the Indian Yoga Association, its member institutes, associate centres, and practitioners. By bringing together institutional initiatives, field-level experiences, and knowledge resources, the magazine supports informed engagement within the yoga sector.

The efforts of the Indian Yoga Association and the editorial team in sustaining this publication are appreciated. I wish Yogavani continued progress in contributing to the promotion of yoga and in supporting the objectives of the Ministry of AYUSH.

A handwritten signature in blue ink, appearing to read 'Monalisa Dash'.

With best wishes
(Monalisa Dash)



Maa Dr. Hansaji Yogendra
President, IYA

Greetings to the Indian Yoga Association and Yogavani on the completion of six years of consistent service to the yoga community. Over the years, Yogavani has developed into a thoughtful platform that supports the dissemination of authentic yogic knowledge and encourages meaningful dialogue within the yoga fraternity.

My appreciation to the dedicated team whose collective efforts sustain the quality and continuity of this publication — Chief Editor Smt. Kamlesh Barwal, Editor Dr. Ananda Balayogi Bhavanani, Associate Editor Shruti Prabhakar, and the entire Yogavani team. Their coordinated work reflects a commitment to presenting yoga in its traditional, holistic, and responsible spirit.

Yoga is not limited to asana or pranayama practice. It is a way of living with awareness, balance, and empathy. As practitioners and teachers, we are all reminded that our daily sadhana should reflect simplicity and discipline. Even a few moments of conscious breathing, asana practice, and meditation practiced regularly can bring steadiness into our lives.

Publications like Yogavani play an important role in spreading this understanding by encouraging thoughtful study and ethical teaching. I encourage readers to not only gain knowledge through reading, but also to apply its essence into daily life with sincerity.

May Yogavani continue to inspire seekers who come to this path and may we all experience harmony within and around us.

With blessings and best wishes,

Maa Dr. Hansaji Yogendra
Director, The Yoga Institute



Dr. Chinmay Pandya
Vice President, IYA

We have received your affectionate letter regarding the special anniversary issue published on the completion of six successful and meaningful years of Yogvani, the official magazine of the Indian Yoga Association. This achievement is highly commendable and a matter of pride.

The continuous and meaningful efforts being made by Yogvani to bring the classical, scientific, cultural, and practical dimensions of Yoga to various sections of society are truly admirable. In a short span of time, the magazine has established a distinct identity in the world of Yoga, which is a matter of great joy.

Under the guidance of the Indian Yoga Association, Yogvani will continue in the future to disseminate the pure, holistic, and welfare-oriented essence of Yoga to every individual. On this memorable occasion, we extend our heartfelt congratulations to the entire editorial team and the Indian Yoga Association.

We pray to the revered Gurudev and Vandaniya Mata Ji that the journey of Yogvani continues to be inspired by their divine blessings and becomes a powerful medium for the propagation of Yoga, culture, and human values. Our best wishes are always with you.

A handwritten signature in blue ink, which appears to read "Chinmay P." followed by a flourish.

Dr. Chinmay Pandya
Pro Vice Chancellor, Gayatrikunj



Yogācārya S Sridharan
Vice President, IYA

I am extremely delighted to record this message of Congratulations on the occasion of 'Yogavāṇi', the official magazine of Indian Yoga Association (IYA) completing six years of meaningful publication.

IYA, in its 18th year of existence, has been doing a commendable service in bringing together various traditions of Yoga under one umbrella and preserving the teachings for passing on to the future generations. IYA has taken the lead in ensuring that the quality of Yoga is not diluted at the cost of spread. A sudden spurt in demand for Yoga teachers has brought in a responsibility to IYA to ensure tightening the measures of certification. With varied traditions this becomes a challenge which IYA is meeting in a systematic way. IYA is moving towards setting standards to be followed in India and abroad in the field of Yoga.

Yogavāṇi on its part systematically, as the mouthpiece of IYA, brings out delightful and informative articles on various aspects of Yoga apart from covering the happenings around the country.

Yogavāṇi is sure to reach greater heights in its journey in spreading its wings in India and abroad.

Yogācārya S Sridharan
*Trustee, Yoga Therapist Consultant & Mentor,
Krishnamacharya Yoga Mandiram*



Shri Subodh Tiwari
Secretary General, IYA

On the auspicious occasion of the 6th Anniversary of Yogavani, I extend my heartfelt congratulations to the entire editorial team of the Indian Yoga Association for their unwavering commitment to continuity, quality, and constant improvement.

Sustaining a publication is not merely about regularity—it is about nurturing a living dialogue. Over the years, Yogavani has steadily evolved into a meaningful platform of ideas, experiences, and reflections, enriching the collective understanding of Yoga. Each issue bears testimony to thoughtful curation and a sincere effort to inspire practitioners, teachers, researchers, and seekers alike.

What is especially commendable is Yogavani's inclusive spirit. By providing space to diverse voices from across Member Institutions, the magazine truly reflects the unity in diversity that defines the Indian Yoga Association. This shared platform strengthens bonds, encourages collaboration, and reinforces our collective responsibility toward the authentic and holistic propagation of Yoga.

Knowledge, when shared selflessly, multiplies and uplifts society. As beautifully expressed in the Sanskrit tradition:

“न हि ज्ञानेन सदृशं पवित्रमहि वदियते।”

(There is nothing in this world as purifying as knowledge.)

I express my deep gratitude to all revered Gurus whose blessings, wisdom, and guidance continue to illuminate our path. Their grace is the unseen force behind every sincere effort in the service of Yoga.

May Yogavani continue to grow in depth, reach, and relevance—serving as a beacon of yogic thought and a unifying voice for the yoga fraternity.

With warm regards and best wishes,

Shri Subodh Tiwari
Hon Secretary | CEO, Kaivalyadhama



Dr. Manjunath N. K
Member, Executive Council

I extend my warm greetings and heartfelt congratulations to the Indian Yoga Association (IYA) and the entire Yogavani team on the completion of six meaningful years of dedicated service to the yoga fraternity. This milestone reflects a sustained commitment to the authentic dissemination of yogic knowledge and values.

Yogavani has emerged as an important platform for dialogue, reflection, and scholarly exchange, bringing together traditional wisdom and contemporary understanding of Yoga. In an era where Yoga is gaining global recognition, such publications play a crucial role in preserving its philosophical depth, ethical foundations, and holistic intent.

Yoga is a profound science of human transformation, offering solutions for physical health, mental clarity, emotional balance, and spiritual growth. The responsibility before us is not only to popularize Yoga, but to uphold its integrity through education, research, and disciplined practice. IYA has been instrumental in fostering unity among yoga institutions, teachers, researchers, and practitioners across the country.

I sincerely appreciate Yogavani for serving as a voice of informed thought and collective wisdom. I am confident that it will continue to inspire, educate, and guide future generations in their yogic journey.

I wish Yogavani and the Indian Yoga Association continued success in their noble mission of serving society through Yoga.

Dr. Chinmay Pandya
Vice Chancellor, SVYASA



Shir Des Raj
Member, Executive Council

Heartiest congratulations to Yogvani Magazine on the successful completion of six inspiring years of continuous publication. Over these years, Yogvani has emerged as a meaningful and authentic voice of yoga, spreading its timeless wisdom with clarity, sincerity, and scientific understanding.

Yoga is not merely a physical practice; it is a holistic way of life that nurtures physical health, mental balance, emotional stability, and spiritual growth. Yogvani Magazine has played a vital role in conveying this deeper essence of yoga to society by presenting well-researched articles, practical guidance, and thought-provoking insights rooted in our rich yogic heritage.

In an age dominated by stress, lifestyle disorders, and mental unrest, the contribution of Yogvani in promoting yoga as a preventive, promotive, and transformative discipline is truly commendable. The magazine has successfully connected traditional yogic wisdom with contemporary needs, benefiting yoga teachers, practitioners, researchers, and the general public alike.

On this auspicious occasion, I extend my best wishes to the editorial board, contributors, and the entire Indian Yoga Association family. May Yogvani continue to grow, inspire, and illuminate lives, carrying the message of yoga for health, harmony, and holistic well-being to every corner of society.

Shir Des Raj
President, Bharatiya Yog Sansthan



Dr.R.Elangovan
Member, Executive Council

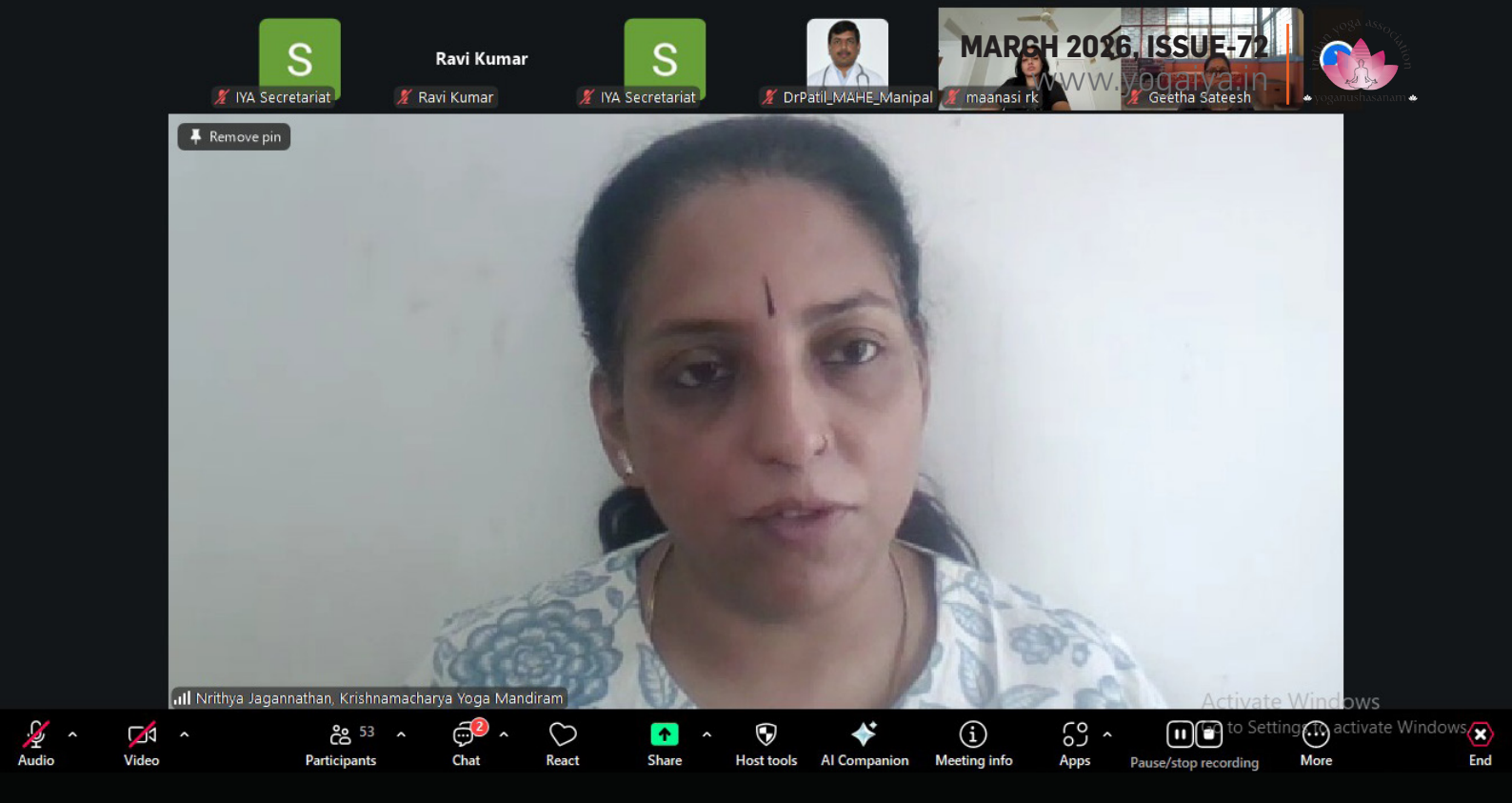
Yogavani, the official monthly magazine of Indian Yoga Association (IYA), the world's largest yoga family began its journey six years ago... In this campaign, it became a part of ours and somewhere along the way, we became a part of it. Its journey is a soul's journey to reclaim world peace and harmony.

Yogavani is a key that unlocks potential, helping us to surge ahead. It is a treasure house and has been at the heart of our current. Yogavani's vision as like IYA on nurturing an individual globally to lead a holistic healthy living in all angles integrating traditional wisdom with modern knowledge is highly appreciable and laudable. It bridges between books and real life.

It provides accurate, relevant with attractive presentation, design and layout and high ethical standards. It is known for quality content, credibility, creativity, accuracy, editorial standards, reader engagement, regularity, social responsibility and accessibility. It provides a platform to all walks of life. Advertising, career and professional development, short stories, poems, interviews, research articles related to yoga may be included in the magazine in near future.

Congratulations and credit goes to the entire team of Editorial board and other connected personnel who are the reason we have flowed this far and with strength. Our pranams to all the Gurus and the spiritual institutions who continue to encourage our incredible publication. They do yeomen service to the ordinary people in particular regardless of their status in life, by showing them that yoga is accessible to worldwide. The wisdom of intellectualization and gentleness as demonstrated by Shri Subodh Tiwari ji, the Secretary General of the IYA remains cornerstone of effective leadership.

May Yogavani's journey ahead be as remarkable as past years, and we look forward to many more years the continued innovation, service with integrity.



CYCLE PROGRAM

Pariksha: A 360° Approach to Yoga Chikitsa by Nrithya Jagannathan

A brief Report by Yogacharya Nilachal

The 24th session of CYCLE, organized by the Indian Yoga Association, brought together yoga therapists, teachers, clinicians, and dedicated students for a

thoughtful exploration of therapeutic yoga. The theme, Pariksha – A 360° Approach to Yoga Chikitsa, was presented by Nrithya Jagannathan ji, Director of the KYM Institute of Yoga Studies, Krishnamacharya Yoga Mandiram (KYM), Chennai.

CYCLE has grown into a sustained



What is Cikitsā?

- The term, 'cikitsā,' means "therapy" and *cikitsā krama* focuses on relieving any problems arising on account of a disturbance in a person's physical, mental, emotional or psychological health.
- Yoga Therapy is a self-empowering process, where the care-seeker, with the help of the yoga therapist, implements a personalized and evolving yoga practice, that not only addresses the illness in a multi-dimensional manner, but also aims to reduce his/her suffering in a progressive, non-invasive and complementary manner.



(estd. in 1977)

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Remove pin

Nrithya Jagannathan, Krishnamacharya Yoga Mandiram

academic platform where Yoga Chikitsa is examined with seriousness, philosophical grounding, and clinical responsibility. This session continued that trajectory by addressing a concern increasingly relevant in contemporary yoga: the oversimplification of yoga therapy.

Reclaiming the Meaning of Yoga Chikitsa Today, "yoga therapy" is often interpreted as posture correction or as a gentler version of physiotherapy. While such applications may have value, they represent only a fraction of what classical yoga chikitsa intends.

Within the lineage of T. Krishnamacharya and T.K.V. Desikachar, yoga chikitsa is not technique-centered but person-centered. It is rooted in yoga philosophy and guided by intelligent, context-sensitive application of yogic tools.

At the heart of this approach lies *pariksha*, careful and comprehensive examination. Healing does not begin with a diagnosis. It begins with understanding the individual in totality.

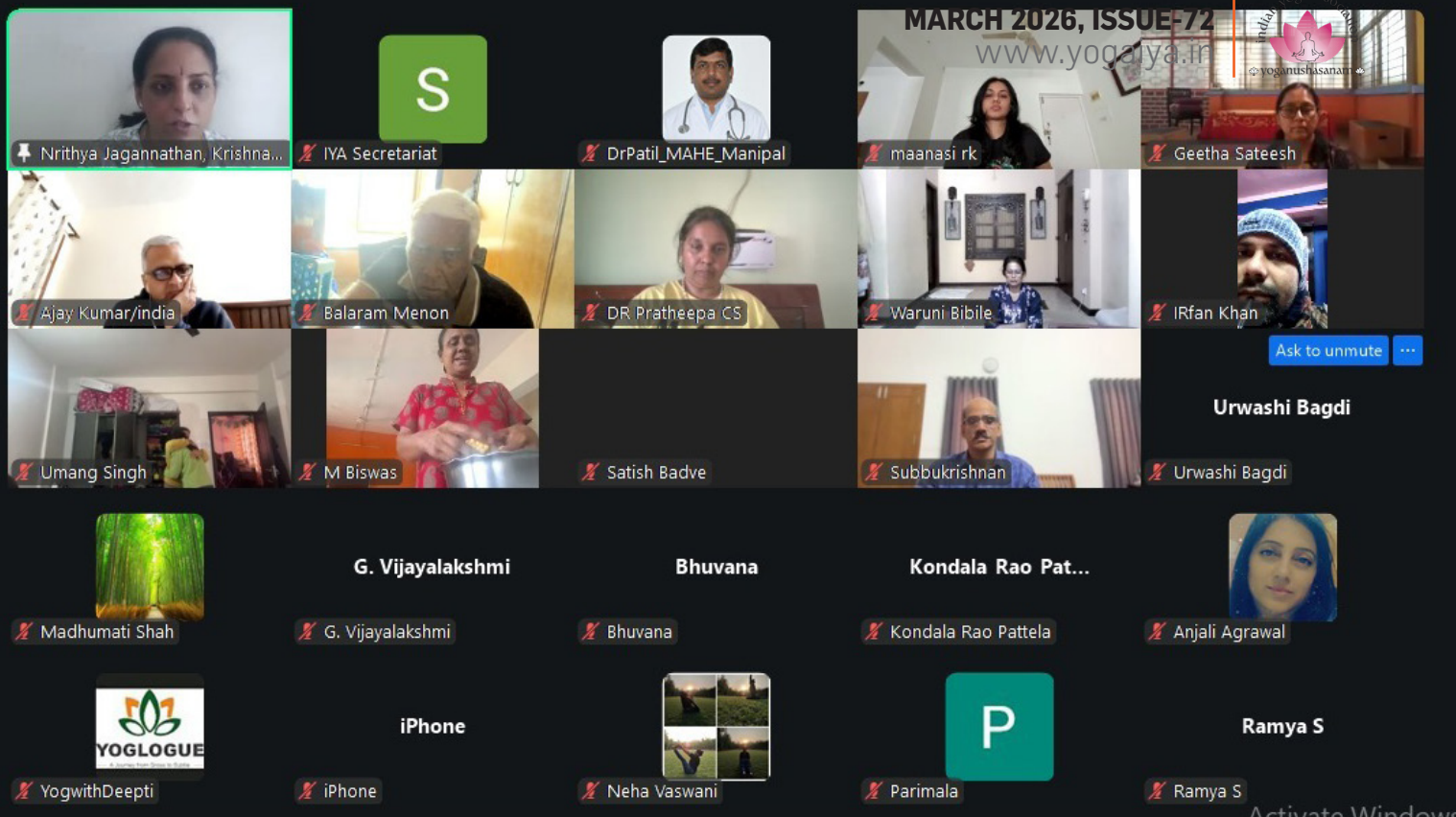
Looking Beyond the Disease Label

Yoga chikitsa does not treat "diabetes," "back pain," or "anxiety" as isolated categories. Instead, it asks more fundamental questions:

- Where is the symptom manifesting?
- What underlying factors may be contributing to it?
- What is the present capacity of the individual?
- What are the short-term and long-term goals of intervention?

Two individuals with the same medical diagnosis may require entirely different therapeutic approaches. Age, constitution, occupation, stress exposure, breath rhythm, emotional resilience, sleep patterns, and lifestyle habits all shape the therapeutic design.

For this reason, fixed protocols cannot replace individualized assessment. A 360° perspective ensures that therapy remains responsive and alive, rather than mechanical or prescriptive.



The Panchamaya Framework
The session revisited the classical Panchamaya model, the understanding of the human being through five interconnected dimensions:

- The physical body
- The energy body (prana)
- The sensory-emotional mind
- The intellect and conditioning
- The deeper emotional-existential layer

Disturbance in one layer may originate in another. Chronic back pain may reflect long-standing emotional tension. Digestive imbalance may be influenced by anxiety. Fatigue may arise from pranic depletion rather than muscular weakness. This multidimensional lens prevents superficial intervention. It shifts yoga chikitsa from symptom management to systemic balance.

Individualization as a Discipline

At the Krishnamacharya Yoga Mandiram,

even when several care seekers present with the same condition, each receives a uniquely designed practice plan. Therapy is centered on the person, not the pathology.

Equally important is the understanding that practice must evolve. What is appropriate during an acute phase may not be suitable during recovery. As awareness deepens and capacity changes, the practice changes. Yoga chikitsa is not a static prescription. It is a living process.

Tools Beyond Asana

Asana remains an important tool, but it is not the whole system. The session emphasized the breadth of therapeutic possibilities within yoga:

- Intelligently sequenced, breath-linked asana
- Pranayama for pranic regulation
- Chanting and mantra for emotional



refinement

- Meditation, when clinically appropriate
- Lifestyle guidance (ahara and vihara)
- Ethical anchoring through yama and niyama
- Reflective dialogue and perspective shifts

Breath was highlighted as central. Refining the breath influences prana, regulates autonomic balance, and improves resilience. Modern physiology describes this through vagal tone and parasympathetic activation. Yogic language speaks of pranic harmony. The two perspectives, rather than conflicting, can complement one another.

Form vs. Function

A practical demonstration illustrated a key principle: in therapeutic practice, function matters more than form.

A posture need not resemble textbook

perfection to be effective. Through careful modification, using supports, reducing range, or altering position, the intended therapeutic function can be preserved safely.

The objective is not aesthetic alignment but intelligent adaptation. This principle reinforces the foundational yogic value of ahimsa.

The Responsibility of the Therapist

The session also emphasized the responsibility borne by the yoga therapist.

Personal practice is essential. Without it, therapeutic work risks becoming mechanical.

Self-regulation is necessary; therapists must remain steady and clear. Humility is critical; yoga chikitsa does not promise cure.



The therapist facilitates. The care seeker participates.

Collaboration with medical professionals and clarity of scope are integral to responsible practice. Integration does not mean replacing other systems; it means working alongside them with mutual respect.

From Duhkha to Sukha

Ultimately, yoga chikitsa supports a gradual movement from duhkha (distress) to sukha (ease).

Through sustained and individualized practice:

- Breath steadies.
- Mental agitation softens.
- Awareness sharpens.
- Resilience strengthens.

Even when a medical condition persists, a shift in one's relationship to it can transform lived experience. The care seeker may not always be cured, but may become more stable, self-aware, and empowered. This shift itself is therapeutic.

Conclusion

Healing, as presented in this session, is not about correcting a symptom alone. It is about understanding the person behind the symptom, their capacity, patterns, breath, history, and potential. It is about applying yogic tools intelligently, ethically, and with humility. So, yoga chikitsa is a movement - from fragmentation to integration, from agitation to steadiness, from duhkha to sukha. It may not always promise cure, but it offers something equally powerful: agency, awareness, and inner stability.



Yoga Setu by Maharashtra SCC: A New Bridge to Health and Happiness

Bandra transformed into a vibrant hub of wellness and positive energy as the Indian Yoga Association (IYA), Maharashtra Chapter, hosted Yoga Setu on 21st February. The grand event witnessed an overwhelming response, drawing over 550 participants, including college students, yoga practitioners, academicians, and esteemed dignitaries.

The program commenced on an inspiring note with breathtaking demonstrations of advanced yogasanas by national-level yoga athletes under

the expert guidance of Dr. Pallavi Kavhane. Their remarkable strength, balance, and flexibility left the audience spellbound, beautifully showcasing the depth and discipline of yogic practice.





The Chief Guest, Shri Suresh Prabhu, Chancellor of Rishihood University and Chairman of the Indian Chamber of Food and Agriculture, applauded the vision of Yoga Setu, appreciating its mission of “bringing people together for a healthy and happy future.” Smt. Hansa Yogendra, Director of The Yoga

Institute, Santacruz, shared her blessings through a video message, emphasizing the need to embrace “Yogamaya Jeevan” — a truly yogic lifestyle.

The gracious presence of Shri Subodh Tiwari ji, Secretary General of IYA, added immense dignity and inspiration to the occasion. In his address, he highlighted the collective responsibility of yoga

institutions to uphold authenticity, unity, and quality in the propagation of yogic knowledge. He appreciated the Maharashtra Chapter for conceptualizing Yoga Setu as a platform that not only demonstrates yogic excellence but also connects communities, academia, and leadership under one common vision of holistic well-being. His words rein-





forced IYA's commitment to making yoga a transformative force at the grassroots as well as at national and global levels. Smt. Radhika Rastogi, IAS, Chief Secretary (Home Department), spoke candidly about her personal journey, sharing how practices such as Jal Neti and Pranayama helped her overcome anxiety and asthma. She highlighted that "having a purpose in life is the most important survival technique."

Shri Kartik Vyas, motivational speaker and trainer, addressed the challenges of stress and anxiety in today's rapidly evolving VUCA world. He guided the audience through a refreshing relaxation session, which was received with great enthusiasm.

In a special segment on "Yogic Manage-

ment of Stress," Yogacharya Shri Shabbir Shaikh elaborated on the transformative power of Shavasana, sound meditation, Yoga Nidra, and creative visualization with music as effective yogic tools for mental well-being.

A cultural highlight of the evening was the mesmerizing Samkhya Nritya Natika presented by members of the New Age Yoga Institute. Through graceful dance and evocative poetry, 28 performers illustrated the Samkhya philosophy of evolution propounded by Kapil Muni, explaining the profound dual principles of Purush and Prakriti. The audience watched in awe as philosophy came alive on stage.

The concluding highlight was an enlightening session on Ratricharya (sleep management) by Shri Nitin Patki, of-

INDIAN YOGA ASSOCIATION -
MAHARASHTRA CHAPTER

Bringing people together for a healthy
& happy future

21ST FEBRUARY 2026
SATURDAY, 2PM - 6PM
R D NATIONAL COLLEGE, LINKING ROAD,
BANDRA (WEST)



face bearer of IYA Maharashtra. In what proved to be a true eye-opener, he explained how five minutes of early morning sunlight, regular Surya Namaskar, an early dinner, and setting a sleep alarm can significantly enhance sleep quality. He further emphasized that sound sleep plays a vital role in maintaining healthy blood pressure and balanced sugar levels.

Smt. Sandhya Patki, Founder of NAYI, led the gathering through Bhramari Pranayama and Antar Darshan (internal reflection), sharing that “10 minutes of daily Bhramari practice at bedtime is the secret formula for health and happiness.”

The event concluded on a soulful note with a melodious Marathi bhajan rendered by Shri Nitin Patki, with the entire audience joining in harmony. The atmosphere resonated with unity, joy, and col-

lective well-being — truly reflecting the spirit of Yoga Setu as a bridge connecting people to health and happiness.



HEADLINES



Gujarat SCC & Bihar SCC unite for yoga exchange at Bodhgaya

The Gujarat and Bihar Chapters of the Indian Yoga Association jointly organized a unique and inspiring yoga exchange program at Bodh Gaya, Bihar.

The program was conducted under the esteemed leadership of Shri Shaileshji Rathod, Chairman of the Gujarat Chapter, and Shri Nitin ji, Vice Chairman of the Bihar Chapter, whose guidance and vision made this cross-state initiative a great success.

This special event brought together yoga enthusiasts from both states, creating a vibrant platform for sharing yoga concepts, practices, and leadership experiences. Participants from Bihar and Gujarat engaged in meaningful dialogue, collaborative sessions, and practical demonstrations, strengthening the spirit of unity through yoga.



Haryana SCC strengthens lifetime membership and expands outreach initiatives

The Haryana State Chapter Committee of the Indian Yoga Association (IYA) held a meeting on 26 February 2026 in the presence of Smt. Seema Ji, Shri Pramod Ji, Smt. Pinki Ji, and Shri Ashish Ji. The discussion focused on strengthening lifetime membership, enhancing member engagement, expanding outreach activities, and improving the digital presence of IYA across Haryana.

The key agenda centered on the lifetime membership initiative. The objective is to expand lifetime membership by providing structured access to IYA resources that support professional growth and promotion. Strategies were discussed to actively encourage enrollment by clearly communicating long-term benefits. It was proposed to organize self-contributory programs (online and offline) exclusively for lifetime members.

The committee emphasized conducting regular monthly events and webinars in both online and physical formats. An online event is planned for 22 March (World Water Day) to engage existing members and attract prospective lifetime members. Ongoing activities will include structured webinars and

gatherings. Smt. Seema Ji proposed a “Mann Ki Baat” interactive session for open dialogue among members. Shri Pramod Ji suggested Lifetime Member Contributory Lunches, while Smt. Pinki Ji proposed expert sessions on the Bhagavad Gita and scholars of the Patanjali Sutras. The team also discussed participation in global observances such as 2 April – World Autism Day and 7 April – World Health Day.

Under the prospective organization outreach plan, a city-wise and area-wise database of registered and unregistered institutes across Haryana will be prepared to ensure structured outreach and localized engagement programs.

The meeting also highlighted strengthening the chapter’s digital presence by verifying and activating the IYA Haryana Facebook page and increasing social media engagement for better visibility.

The meeting concluded with a shared commitment toward systematic growth, stronger member engagement, and expanded outreach to establish Haryana Chapter as a dynamic and proactive chapter.

SHANKARI INSTITUTE OF AND RESEARCH CENTER



Sri Shankari Institute sets Nobel World Record with mass yoga performance

In a remarkable achievement, Sri Shankari Institute of Yoga and Research Center, an associate centre of the Indian Yoga Association, successfully set a new benchmark by securing a place in the Nobel World Records.

The record was achieved with the maximum number of children collectively performing Parivrtta Janu Sirsasana and holding the posture with discipline and stability for 10 continuous minutes.

The event showcased exceptional coordination, focus, and dedication by the young participants. Under the expert guidance of trained yoga instructors, the children demonstrated correct alignment, breath awareness, and synchronized execution of the



asana. The sustained hold for 10 minutes reflected not only physical endurance but also mental concentration and yogic discipline.

Parivrtta Janu Sirsasana (Revolved Head-to-Knee Pose) is known for enhancing spinal flexibility, improving digestion, strengthening abdominal organs, and promoting overall balance in the body.



Achieving such a feat at a young age highlights the institute's commitment to nurturing holistic development through yoga.

The accomplishment stands as a proud moment for the institute and the broader yoga community. It reinforces the growing enthusiasm for yoga among children and reflects the mission of promoting

authentic yogic practices at the grassroots level.

This milestone further strengthens the role of Sri Shankari Institute as a dedicated contributor to the vision of spreading yoga for physical, mental, and spiritual well-being across society.

AYG Academy conducts Corporate EAP Session

The Associate Centre of the Indian Yoga Association, AYG Academy, organized a Corporate Employee Assistance Program (EAP) session on 31 January 2026 in collaboration with Heartfulness, hosted at the Head Office of Union Bank of India. The session, titled "Ayurvedic Lifestyle for a Stress-Free Work Life," was conducted in a hybrid format and witnessed participation from approximately 150 attendees on-site in Mumbai and 100 participants from other locations.

The programme focused on practical Ayurvedic lifestyle measures to manage





stress, enhance mental clarity, and cultivate emotional balance in the workplace. The session was appreciated for its relevance and practical applicability in a corporate setting.

During the same period, the Prenatal-Postnatal Yoga & Garbhasanskar Teacher Training Course (PPYG TTC) continued successfully with two ongoing batches. The curriculum, integrating yoga, Ayurveda, and Garbhasanskar principles, emphasized structured learning, practical exposure, and mentoring support.



Vedic Kaya Sadhna participates in Yogagangothri Karnataka – 9th Year Radhasaptami

Vedic Kaya Sadhana, an Associate Centre of the Indian Yoga Association, proudly marked its participation in Yogagangothri Karnataka – 9th Year Radhasaptami, a large-scale yoga and wellness event held at Vidhana Soudha, Bengaluru on 25 January 2026. The event witnessed enthusiastic involvement from students of the institution, accompanied by Dr. Kokila Kulkarni (Teaching Faculty), Shri Manjunatha N (Technician), and Dr. K. Aparna Rao (Deputy Director), reflecting the institution's strong commitment to holistic health, discipline, and community engagement.

The students actively participated in the early-morning yoga session in alignment with the spirit of Radhasaptami, symbolizing vitality, energy, and the awakening of positive consciousness. Their participation demonstrated physical endurance, focus, and a deep appreciation for India's rich yogic heritage.

The presence of the faculty member provided academic and moral guidance, while logistical coordination was efficiently supported by the technical staff. The participation of the Deputy Director further strengthened institutional representation and highlighted the administration's encouragement of wellness-oriented and value-based



activities.

Such mass yoga events play a vital role in nurturing physical well-being, mental clarity, teamwork, discipline, and social responsibility among students. The institution remains committed to promoting yoga and holistic education, encouraging active engagement in programs that contribute to individual growth and societal well-being in alignment with the vision of the Indian Yoga Association.



ATLAS SkillTech University conducts International Yoga Day Session on “Mindfulness Meditation with Mudras”

As part of the International Day of Yoga celebrations, ATLAS SkillTech University, an Associate Centre of the Indian Yoga Association, organized a mindfulness-focused yoga session titled “Mindfulness Meditation with Mudras” for university staff on Friday, 20 June, from 10:00 am to 11:30 am at Room 707.

The session was facilitated by Yogacharya Satish Sharma, an AYUSH Ministry-approved yoga expert, who guided participants through the principles and practical application of mindfulness meditation integrated with various mudras. The session emphasized mental clarity, emotional balance, stress reduction, and overall well-being, in alignment with the spirit and objectives of International Yoga Day.

Staff members present on campus actively participated in the practice. The facilitator explained the significance of different mudras and demonstrated meditation techniques that can be comfortably incorporated into daily routines. Conducted in a calm and engaging manner, the session encouraged participants to cultivate breath awareness, mindful presence, and inner balance.

Participants were advised to wear comfortable clothing and to have completed their breakfast at least 90 minutes prior to the session to ensure an effective and smooth practice experience. The programme concluded at 11:30 am and was well received by all attendees, reinforcing the importance of yoga and mindfulness as essential tools for sustaining physical, mental, and emotional health.

Shiv Darshan Yoga Vidyalaya celebrates a month of devotion, seva, and TTC Valediction

Shiv Darshan Yoga Vidyalaya, an Associate Centre of the Indian Yoga Association, commenced the New Year 2026 with spiritually uplifting and service-oriented programmes reflecting its commitment to yoga, devotion, and





social responsibility.

On 1 January 2026, the institution organized the collective chanting of the Hanuman Chalisa 108 times, invoking strength, grace, and divine blessings of Hanuman. The sacred chanting created a deeply devotional atmosphere, marking the beginning of the year with spiritual resolve and positive energy.

On 26 January 2026, coinciding with Republic Day, a sacred Homam was conducted at the Ashram in Thiruvannamalai, Tamil Nadu, with heartfelt prayers for world peace and universal harmony. Children participated as young devotees, offering prayers with innocence and devotion. The ritual symbolized collective aspirations for global well-being and invoked divine grace for the welfare of humanity.

The month concluded with the Teachers Training Course (TTC) Valedictory Function on 31 January 2026, marking the

successful completion of the training programme. The occasion began with a sacred journey from Chennai to Thiruvannamalai, undertaken by teachers, TTC students, and devotees, and culminated in the auspicious distribution of mark sheets and certificates in the revered presence of Swami Gambhirananda.

The gathering was spiritually enriched by devotional yoga dance presentations by TTC students and yoga children, along with special meditation sessions and Hanuman Pooja. Teachers were honoured for their dedicated service, and the young performers were appreciated with gifts for their graceful presentations. The institution also extended seva through the distribution of clothes and food to the needy, embodying the true spirit of compassion and social responsibility in alignment with the vision of the Indian Yoga Association.



Project 'Life' hosts session on "Attaining Joy through Mindful Meditation" in Rajkot

Project 'Life', an Associate Centre of the Indian Yoga Association, organized a special session titled "Attaining Joy through Mindful Meditation" on 19 February 2026 at the Life Health & Wellness Centre, Life Building, Race Course Ring Road, Rajkot.

The session was conducted by Shri Kamlesh Udasi, Advisor of the Gujarat SCC, Indian Yoga Association and commenced with a warm introduction by Ms Vagbhi. Addressing the gathering, Shri Kamlesh Udasi emphasized that in today's fast-paced world, individuals often search for happiness in external accomplishments, whereas true and lasting joy arises from inner awareness and balance.

He described mindful meditation as the practice of being fully present and observing thoughts without judgment. Highlighting conscious breathing as a powerful tool, he guided participants to move from reaction to observation, fostering calmness, emotional stability, resilience, and inner harmony. Participants

experienced deep mental peace and a profound sense of meditative awareness during the session.

The programme witnessed enthusiastic participation from yoga practitioners who benefitted from the insightful guidance and practical meditation techniques shared. The session concluded with a vote of thanks proposed by Rajeev Kumar Mishra, Secretary, IYAGC.

During his visit, Shri Kamlesh Udasi also toured Project 'Life' and the Life Blood Centre, and held a meeting with Ms. Meetal Koticha Shah, Joint Executive Trustee & CEO and Senior Vice Chairperson, Gujarat SCC. She briefed him on the various humanitarian initiatives and ongoing community welfare activities undertaken by Project 'Life', reflecting the organization's commitment to service and holistic well-being.



Sukshma – The School of Yoga Leads “Yoga Seva Abhiyan” for community health and well-being

Sukshma – The School of Yoga, an Associate Centre of the Indian Yoga Association, has been actively implementing Yoga Seva Abhiyan, a structured 90-day free community yoga initiative designed to make yoga accessible to all sections of society. With a clear vision of building a physically strong, mentally balanced, and socially aware community, the initiative promotes yoga as a fundamental need for preventive healthcare and emotional stability rather than a luxury lifestyle activity.

Phase 1 was successfully conducted at Mahila Mandal Hall, Lonavla, where participants from diverse backgrounds engaged in disciplined daily practice. The programme focused on enhancing strength, flexibility, stress reduction, emotional balance, improved sleep, and



the development of a consistent daily routine. The positive response and continued participation reflected the meaningful impact created at the grassroots level.



Building on this momentum, Phase 2 has commenced at Sumitra Hall, Bhangarwadi, with two structured batches conducted daily under the same 90-day model. Through its phase-wise expansion across the Maval region, Yoga Seva Abhiyan continues to establish a scalable and sustainable community wellness model, reinforcing yoga as an essential daily discipline for long-term physical and mental well-being.

Telangana SCC organizes meeting at Ramakrishna Math, Hyderabad

The meeting of the Telangana State Chapter Committee of the Indian Yoga Association was held on 17 February 2026 at the Institute of Human Excellence, Ramakrishna Math, Lower Tank Bund, Hyderabad. The gathering commenced with a prayer and was addressed by Shri Kambhampati Subrahmanyam.

The meeting was attended by Shri Ravi Tumuluri, Secretary, Shri Amarendra A, Secretary; Ms. Ramya, Treasurer; Shri Nageswara Rao Polisetty, Vice Chairperson; Joint Secretaries Shri Srinivasa Rao Ch V and Shri Srinivasulu Arroju, along with members Shri Sambasiva Rao

Haridasu, Shri Murali Krishna, Shri Siva Rama Krishna, and Shri Munnaiah. Shri Subrahmanyam ji was felicitated with a bouquet and sweets on behalf of IYA-TSCC.

Shri Ravi Tumuluri outlined the purpose of the meeting and shared insights into the various yoga courses and certifications offered by IYA across India. Shri Kambhampati Subrahmanyam emphasized the importance of organizing YogSetu in Telangana with adequate planning, highlighting the need for financial resources, manpower, suitable venues, influential chief guests, media



outreach, and cultural programmes to strengthen the visibility of IYA and support membership drives. He stressed the importance of targeting youth in schools, colleges, and institutions, noting the growing need for mental health support through yoga. He encouraged proactive outreach through workshops, seminars, competitions, and institutional visits to identify community needs and build meaningful connections.

Digitalization initiatives and effective use of the IYA app in coordination with the Secretariat to expand outreach was suggested. Updates on meetings with vice-chancellors, political leaders, and community representatives, and discussed the development of district-level committees were shared. Members introduced themselves and shared their

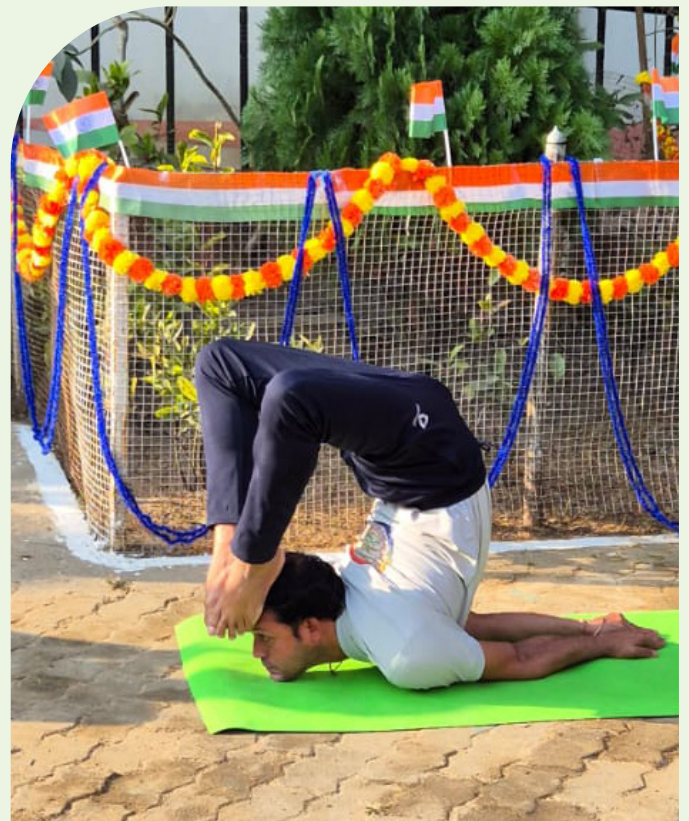
respective roles. Updates on upcoming Telangana activities, including YogSetu during Ugadi, preparatory meetings before International Day of Yoga (IDY) 2026, IDY 2026 celebrations, and public workshops were also shared. A brief discourse on mental health and yogic principles such as Yama, Niyama, and “Yogaha Chitta Vritti Nirodhaha” was delivered by Shri Subrahmanyam.

The meeting concluded with a vote of thanks by Shri Amarendra, who also emphasized strengthening financial transparency, enhancing manpower, region-wise expansion, and collaborative efforts under the guidance of senior members. The gathering ended with high tea, a concluding prayer, and a group photograph.



IYERHS launches “Yoga Dham se Yoga Gaon” – free yogic wellness initiative for rural communities in Assam

The Institute for Yoga Education Research & Holistic Sciences (IYERHS), Silchar, Assam (North-East), a Member Institute of the Indian Yoga Association, recently launched “Yoga Dham se Yoga Gaon”, a free yogic wellness programme aimed at promoting holistic health in rural communities, particularly in tea garden areas. The initiative was formally inaugurated on 26 January 2026 by Shri Rituraj Bordoloi (Circle Officer, Udharband, Cachar, Assam), Shri Mihir Kanti Shome (MLA, Udharband), Shri Kishalaya Bhattacharjee, Shri Maroof Barbhuiya, Shri Fakhrul Islam Laskar, along with officers and staff of the Udharband Circle and Settlement Office.





Under the first phase of this outreach project, IYERHS has committed to adopting three villages to create awareness and provide structured training in yogic practices. The programme aims to enhance physical health, mental well-being, and lifestyle discipline among rural populations. As part of this initiative, the institute will also conduct free yogic wellness sessions in educational institutions located in tea garden areas, thereby extending the benefits of yoga to students and young learners.

On the occasion of Republic Day, IYERHS was also invited by the Udharband Circle Office to conduct a special Yogic Wellness Programme. Yogacharya Rahul, Himaghna Bhattacharjee, and Ratul Chakraborty played key roles in successfully conducting the session, which included advanced asana demonstrations and a Y-Break

workshop. The institute received a letter of appreciation from the Circle Office in recognition of its valuable contribution, which was formally handed over by the Circle Officer and the MLA, marking a significant acknowledgment of IYERHS's service-oriented efforts in the region.





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NIRAMAYA strengthens academic outreach under “Yoga Samparka Abhiyaan”

NIRAMAYA – School of Yoga Education, a Member Institute of the Indian Yoga Association continues its dedicated efforts to promote structured yoga education through its outreach initiative, “Yoga Samparka Abhiyaan”. As part of this initiative, the Director of the institute, Ms. Shatakshi Bhattacharjee, recently visited Lala Rural College, Assam, where she held a constructive and meaningful discussion with Dr. Himabrata Chakraborty, Principal of the college. The interaction focused on introducing and strengthening yoga education within the academic framework to benefit students’ physical health, mental balance, and overall development. In a similar outreach effort, Yogacharya Rahul, Legacy Person and Chief Coordinator of NIRAMAYA, visited N.C. College and met with Dr. Parthasarathi



Das (Principal) and Dr. Joynal Abedin Tapadar, Senior-most Professor of the institution. The meeting resulted in positive discussions and a shared vision to promote yoga education in collaboration for the well-being of students and the wider community. Through such institutional engagements, NIRAMAYA continues to expand the reach of authentic yoga education, fostering holistic growth and societal wellness in alignment with the objectives of the Indian Yoga Association.



Yog Gangotri conducts 9th annual ratha Saptami Surya Namaskar event at Vidhana Soudha

Yoga Gangotri, associate centre of Indian Yoga Association, with Department of Ayush, Government of Karnataka organised very unique program Ratha saptami day by performing 108 round Surya namaskar by nearly 2000 yoga lovers from across Bangalore and other parts of Karnataka.

The program guided by Yog Guru Aaradhya, founder yoga gongotri has been successfully organised for 9th year at Grand steps of vidhana soudha Bangalore.

Many yoga schools students performed advanced yoga pradarshan. Students from Central University, RV institutions, Shri Patanjali yoga, Mam Dev yoga and

many college students participated in this successful event.

Ramakrishna math president Shri Yogeshwarananda Swamiji, Miss World competitor miss Avani, Shri Anant biradar, President, INO, Smt Roma world record water yoga practitioner and many Ayush officials witnessed the occasion.





Delhi SCC successfully observes World Meditation Week

The Delhi State Chapter Committee of the Indian Yoga Association successfully organized World Meditation Week from 15–20 December 2025, culminating in the celebration of the 2nd World Meditation Day on 21 December 2025. The initiative aimed to promote meditation, mental well-being, and emotional resilience across educational institutions, workplaces, healthcare centres, and community spaces throughout Delhi and NCR.

Meditation sessions were conducted under the dedicated guidance of volunteers and coordinators including Shri Yogacharya Arjun Singh, Ms. Mamta Rathore, Ms. Kashish, Ms. Pratigya Sharma, Ms. Poonam Sisodia, Ms. Somya Chauhan, Shri Ajay Kumar,





Shri Manoj Gupta, and Advocate Shri Shyam Sundar Tiwari. The programmes were hosted at several prominent institutions and public venues such as DAV Senior Secondary Schools (Gandhi Nagar), Ryan International School (Rohini), Jaswant Public School (Budh Vihar), Delhi Convent School (Ghaziabad), Manavi Public School (Rohini), DCM Shriram Industries, Kapil Hospital, Gauri Shankar Park (Shalimar Bagh), Arya Samaj Mandir and Agarwal Sabha (Keshavpuram), and Metro Vihar (Mukundpur). In appreciation of their cooperation, commemorative mementos were presented to the participating institutions. The outreach initiative witnessed strong engagement, benefiting 84 teachers, 1,240 students, and 121 community members, taking the total participation to 1,445 individuals.

In continuation of the celebrations, the Delhi Chapter organized a felicitation ceremony on 11 January in New Delhi during the Manthan Series at Anuvrat Bhawan to honour volunteers who made outstanding contributions during Meditation Week. The event was attended

by Delhi Chapter committee members, volunteers, and wellness enthusiasts. The volunteers were recognised for their dedication, professionalism, and unwavering commitment in successfully conducting meditation sessions across multiple platforms.

Addressing the gathering, Delhi Chapter Secretary highlighted the transformative impact of meditation on individual well-being and societal harmony, while applauding the volunteers as true ambassadors of mindfulness and inner balance. The ceremony concluded with a renewed resolve to further strengthen meditation outreach initiatives and inspire greater community participation in future wellness programmes.





Universal Peace Foundation conducts series of spiritual, educational and national events at Thirumoorthi Hills

The Universal Peace Foundation, an Associate Centre of the Indian Yoga Association, organized a series of spiritually enriching, educational, and nationally significant programmes during January and February 2026 at its Gnanapeedam, Thirumoorthi Hills. These events reflected the Foundation's continued commitment to youth empowerment, spiritual awakening, yoga education, and national values. A motivation session for board exam students was conducted on 7 February 2026 for 150 students of Grades X and XII from Nachammal Vidya Vani Senior Secondary School, Avinashi, accompanied by faculty members and parents. The students participated in an orientation programme, watched educational documentaries on spiritual reality and

pyramid meditation, and meditated inside the Golden Pranavalayam. His Holiness Gurumahan, revered as the "Ambassador for Peace," blessed the students, guided them on examination preparation, and personally trained them in one-minute silence meditation, encouraging courage, clarity, and confidence before examinations. Hall tickets were distributed with blessings, and the visiting team returned with heartfelt satisfaction.

On 4 February 2026, a special course on spiritual awareness through meditation & yoga was conducted for 100 BNYS students from Kongu Naturopathy & Yoga Medical College, Perundurai.



The programme included lectures on Jeeva Raksha, practical training sessions, teachings on Yama and Niyama, and insights into cosmic energy and pyramid meditation. His Holiness Gurumahan delivered a profound spiritual discourse on microcosm and macrocosm, world peace through individual peace, and the responsibilities of medical professionals. The session concluded with honors, blessings, and a group photograph.

The Foundation also celebrated the 77th Republic Day at Shri Paranjothi Yoga College, Thirumoorthi Hills (South Kailash), with patriotic fervor. The ceremony included flag hoisting, pledge-taking, reading of the Preamble, and inspiring speeches highlighting national values, yoga awareness, and responsible citizenship. Cultural programmes such as Bharatanatyam and yoga performances added vibrancy to the celebration.

In addition, international Pongal celebrations were conducted with traditional rituals including Bhogi, Thai Pongal, and Mattu Pongal. Devotees, international participants from countries including Malaysia and Germany, spiritual

seekers, and local dignitaries took part in satsangs and festive rituals under the blessings of Gurumahan, symbolizing harmony between tradition, spirituality, and global unity.

The Foundation also organized a felicitation ceremony at Shri Paranjothi College to honour achievers of the 23rd State-Level Open Yoga Competition 2026 held in Dindigul. The event was graced by international peace activist Dr. Jill Car Harris and Dr. P. V. Rajagopal, who encouraged students to uphold the values of yoga and global peace inspired by Mahatma Gandhi.

Certificates and prizes were distributed, celebrating excellence and dedication. Through these diverse initiatives—ranging from student motivation and spiritual education to national celebrations and cultural observances—the Universal Peace Foundation continues to strengthen its mission of fostering inner peace, holistic education, youth empowerment, and societal harmony in alignment with the vision of the Indian Yoga Association.



Art of Living with Gujarat SCC successfully organizes Yoga Mahotsav

In a vibrant celebration of yoga and collective wellness, the Art of Living, in collaboration with the Indian Yoga Association – Gujarat Chapter, successfully organized Yoga Mahotsav at Deesa, Gujarat.

The grand event witnessed the enthusiastic participation of more than 300 yoga practitioners and wellness enthusiasts, reflecting the growing awareness and commitment towards holistic health in the region.

The program was conducted under the able guidance of Shri Shaileshji Rathod, Senior Teacher of Art of Living and Chairperson of the Indian Yoga Association – Gujarat Chapter. His insightful instructions and motivational address

inspired participants to integrate yoga into their daily lives for physical, mental, and spiritual well-being.

The event concluded on a positive and uplifting note, strengthening the collective resolve to promote yoga as a way of life across Gujarat.



Grand celebration of the 11th Surya Namaskar Vinyasa in Mumbai with over 200 participants

Swayamsiddha Yoga, an Associate Centre of the Indian Yoga Association, successfully organized its 11th Surya Namaskar Vinyasa with great enthusiasm and participation. Dedicated to the promotion of yoga for the past 30 years, the institution conducted this grand event under the able guidance of Yogacharya Neeta Sharma, Founder of Swayamsiddha Yoga. The program witnessed the active participation of around 200 yoga practitioners who joined both online and offline, reflecting the growing awareness and commitment towards holistic wellness.

A key highlight of the event was the exciting competition titled “Maximum Surya Namaskar in 2 Minutes,” which generated tremendous energy among participants. Shri Ramvruj Yadav secured the first position, followed by Poonam Shelar in second place and Omkar Devrukhkar

in third place. The presence of world record holder Sandeep Arya, who accomplished 20,000 Surya Namaskars in 37 hours, added immense inspiration to the gathering. His motivating call, “Rise, Youth!” deeply resonated with the participants and encouraged them to strive for higher levels of physical and mental discipline.

The program was held at the Arey Bhaskar Sports Ground, Goregaon, Mumbai, and saw enthusiastic participation from other yoga institutions in the area as well. With the generous support of various trusts and social contributors, the event concluded successfully, beautifully embodying the harmonious blend of physical strength and mental peace that yoga represents.

YogaPeace Sansthan organises “Anandam” programme to promote joyful living through yoga in rural Nepal

Under the joint aegis of YogaPeace Sansthan and the Indian Yoga Association, an inspiring yoga-awareness programme titled “Anandam – How to Live Joyfully in Life” was successfully organized at Tribhuwan Higher Secondary School,





Shankar Pokhari 33400, Ward No. 3, Pakhar Chor Parvat, Nepal. The programme was thoughtfully designed for school children along with their parents and teachers, addressing the growing need for holistic education that nurtures academic excellence alongside emotional balance, inner happiness, and ethical living.

The session was conducted by Yogacharya Dhakaram Guruji, who guided participants on the fundamental question of how to remain truly happy in life. Through his simple, compassionate, and practical teachings, Guruji explained that true anandam (joy) arises when the body, mind, and soul are in harmony. Hundreds of children were introduced to the importance of yogic discipline in daily life, simple practices for physical health and vitality, techniques to calm the mind and manage emotions, and yogic methods for purifying the body and inner consciousness. He emphasized that happiness is not dependent on material possessions or external situations but





S V Yogalaya, Chennai celebrates Republic Day, Ratha Saptami and hosts insightful Tapas Yoga Club session

S V Yogalaya, Arumbakkam, Chennai, an Associate Centre of the Indian Yoga Association, marked significant occasions with devotion, discipline, and yogic awareness through a series of meaningful programmes.

On the occasion of Republic Day, a grand archery event was organized at S V Yoga Center, symbolizing focus, strength, and patriotic spirit. The celebration beautifully reflected the values of determination, balance, and precision—qualities deeply connected with yogic practice. Participants enthusiastically took part in the event, making it a memorable tribute to the nation.

The centre also celebrated the auspicious



occasion of Ratha Saptami with a special pooja dedicated to Surya Bhagavan. As part of the sacred observance, 21 rounds of Surya Namaskar were performed with devotion and collective discipline. The atmosphere was filled with spiritual fervor as participants offered salutations to the Sun God, invoking health, vitality, and positive energy.

Adding further depth to its activities, the Tapas Yoga Club conducted an insightful session on the subject “Prana in Pranayama.” The session explained that prana is not merely air or breath, but the vital life force energy that sustains all living beings. When the air we inhale and exhale transforms within the body, it generates subtle energy known as prana vayu. The discussion elaborated on the five types of prana—Prana Vayu,



Apana Vayu, Samana Vayu, Udana Vayu, and Vyana Vayu—highlighting their roles in maintaining physical, mental, and energetic balance.

Through these celebrations and knowledge sessions, S V Yogalaya continues to promote patriotic values, spiritual devotion, and deeper yogic understanding, contributing meaningfully to the holistic well-being of the community.

Yogis Foundation successfully held yoga and meditation camp in Ambasamudram

The Yogis Foundation successfully held a two-day Yoga and Meditation Camp on 7th and 8th February 2026 at the Yogis Meditation Center, Ambasamudram, Tirunelveli District, Tamil Nadu. The camp witnessed enthusiastic participation from aspirants and yoga practitioners representing various regions across the state. Designed as an immersive learning experience, the programme aimed to deepen participants’ understanding of yogic discipline while strengthening physical health and mental balance in a serene and focused environment. Each day featured nearly six hours of dedicated Yogasana practice

and meditation sessions, allowing participants to refine their techniques and enhance inner awareness. The structured training emphasized posture alignment, breath coordination, and mindful meditation practices to cultivate clarity and stability of mind. At the conclusion of the camp, certificates bearing the official logos of the Indian Yoga Association and Yogis Trust were presented to all participants who successfully completed the training. The initiative was widely appreciated for fostering discipline, harmony, and a spirit of collective learning among attendees.

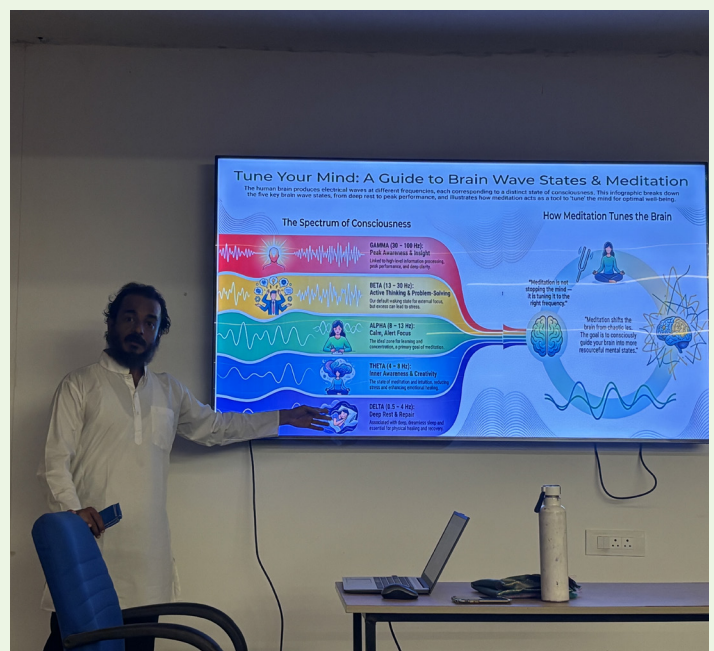


Oordhvam Yoga marked National Youth Day with inspiring workshop at SIMATS, Chennai

On the occasion of National Youth Day, Dr. Kaushik R, Founder of Oordhvam Yoga, an Associate Centre of the Indian Yoga Association, delivered an inspiring one-day workshop titled “Elevate Your Well-Being: Tools for Calm Minds, Healthy Bodies & Stronger Connections.” The session took place at the RB Seminar Hall, SIMATS Engineering, Chennai, and drew active participation from students eager to explore practical strategies for balanced living.

The workshop introduced simple yet powerful yogic tools to manage stress, improve concentration, and nurture emotional resilience. Through interactive discussions, guided practices, and relatable examples, Dr. Kaushik R encouraged the youth to integrate yoga and mindfulness into their daily routines.

The programme successfully instilled confidence and self-awareness among participants, reinforcing the message that physical vitality, mental calmness, and meaningful connections are essential pillars for holistic growth.





MAHER spearheads community wellness initiative

Reaffirming its commitment to community well-being and the propagation of yoga, the Faculty of Yoga Sciences and Therapy (FYST), Meenakshi Academy of Higher Education & Research, Chennai – an Associate Centre of the Indian Yoga Association – conducted a five-day Social Service Activities and Free Yoga & Natural Medicine Camp at the Adayalampattu Panchayat Office under Villivakkam Panchayat Union, Thiruvallur District.

The camp was carried out by the First Year B.Sc. Yoga & Yoga Therapy students under the esteemed guidance of Principal Dr. V. Subbulakshmi, reflecting the institution's dedication to integrating academic excellence with social responsibility. The inaugural session commenced with a welcome address by B.Sc. Yoga student Ms. R. Harini. The Chief Guest, SKY Professor Gnanasiriyar N. Elumalai, highlighted the importance of promoting yoga practice at the village level and creating awareness

about the benefits of free natural yoga therapy services. He advised students to approach community service with humility and compassion, particularly while interacting with elders.

The programme was attended by Dr. A. Annadurai, Assistant Professor, FYST; Alumni Student Mr. V. Anniyappan; Mr. P. Arumugam, Village Panchayat Office Librarian; and Ms. S. Nithya Lakshmi, GRS.

The session concluded with a vote of thanks proposed by B.Sc. Yoga student Ms. N. Hemasree.

Through this impactful outreach initiative, MAHER, as an Associate Centre of the Indian Yoga Association, continues to actively advance the vision of holistic health and grassroots-level yoga awareness in the community.



Bihar SCC convenes meeting, adopts strategic resolutions

The Bihar State Chapter Committee of the Indian Yoga Association convened its meeting on 27 February 2026 from 5:00 pm to 7:00 pm at Energy Yoga Healing Centre, Patna. The meeting was attended by all newly appointed Executive Committee members and focused on strengthening the administrative framework, enhancing coordination among members, and planning future outreach initiatives in the state.

During the session, several key decisions were taken to streamline the functioning of the Bihar State Chapter Committee (BRSCC). It was resolved to establish a registered office in Patna to ensure smooth and systematic operations. The committee also decided to open an official bank account for BRSCC to facilitate transparent financial management. In addition, the preparation of an official letterhead was approved to formalize communications and documentation.

To ensure regular coordination, the committee finalized that Executive

Committee meetings will be conducted online on the 1st of every month from 9:00 PM to 9:30 PM, while offline meetings will be held once every two months for detailed in-person discussions.

In order to strengthen connectivity among members across the state, it was decided to create a dedicated WhatsApp group for all IYA members from Bihar. The responsibility of managing and developing the Bihar State Chapter's social media platforms was entrusted to Mr. Nisant Ranjan to enhance digital presence and outreach.

The meeting also included discussions on expanding the State Chapter Committee through the inclusion of new members and initiating preparatory plans for the upcoming Yoga Setu programme. The session concluded with a shared commitment to strengthening the organizational structure and outreach activities of the Indian Yoga Association in Bihar, thereby promoting the vision of holistic health and yoga awareness across the state.



ISCM and Puducherry SCC promotes Yoga & Music Therapy for De-addiction

The Institute of Salutogenesis and Complementary Medicine (ISCM) of Sri Balaji Vidyapeeth (SBV), in association with the Mother Care Foundation (MCF)—a centre for alcohol and cannabis de-addiction and rehabilitation; organised and conducted an awareness program on de-addiction and rehabilitation — in collaboration with the Indian Yoga Association (IYA), Puducherry Chapter and the Indian Medical Association (IMA) on the 5th of February 2026. This unique activity involving both Yoga and Music therapies from a Health care University- marked a significant milestone in the field of alcohol deaddiction in Puducherry.

The programme was led by Dr. Balaji R, Assistant Professor, School of Yoga Therapy, ISCM, General Secretary of the IYA Puducherry Chapter; who also serves as the Medical Officer at MCF. The initiative aimed to promote awareness, healing, and overall well-being through complementary therapies.

The programme began with a yoga therapy session conducted by Prof. Dr. Meena Ramanathan- Principal, School of Yoga Therapy, ISCM and also the Vice Chairperson of IYA Puducherry Chapter. The session included Jathis, Om Chanting, and Bhramari Pranayama, which collectively helped participants release tension, let go of negative energy, improve emotional



balance, and experience calmness and inner stability.

This was followed by a highly engaging music therapy session delivered by the School of Music Therapy, where participants actively took part in group singing and music-coordinated movements, creating a lively, joyful, and interactive atmosphere that encouraged emotional expression and relaxation.

The sessions were conducted successfully and witnessed active and enthusiastic participation from over 70 patients. The thoughtfully designed activities created a calm, positive, and supportive environment, enabling participants to relax, reflect, and actively engage in the therapeutic process. Participants expressed heartfelt gratitude for the initiative and emphasized the importance of conducting such programmes regularly. They were highly motivated and appreciated

for their openness and willingness to embrace positive change. The programme effectively highlighted the transformative and long-lasting impact of yoga and music therapies in the recovery journey, reinforcing the value of holistic approaches in de-addiction and rehabilitation.

We express our sincere gratitude to Prof Dr Ananda Balayogi Bhavanani, Director of ISCM, SBV and Chairperson of the IYA Puducherry Chapter; Dr. Sudhakar, President of the Indian Medical Association (IMA) Pondicherry; and Mr. Ramesh, Chairman of the Mother Care Foundation, for their valuable support and encouragement in making this programme a success.

Overall, the initiative proved to be meaningful, inspiring, and memorable for all involved.

Ash Gourd – Ragi Noodles

By Dr. Vasundhara V R, JEEVANAM Yoga Shiksha Kendra

A light, hydrating, and nutrient-dense alternative to conventional grain-based pasta, this wholesome recipe beautifully blends the cooling nature of ash gourd with the grounding and mineral-rich goodness of ragi (finger millet). Naturally gluten-free and gut-friendly, it is ideal for those following a yogic and holistic lifestyle.

Ingredients

For the Noodles

- 500 g Ash Gourd (peeled, deseeded, and coarsely grated)
- 3–4 tbsp Ragi Flour (to prepare the malt)
- Water (for blanching and preparing the slurry)

For the Protein & Sauté

- 100 g Paneer or Tofu (cut into small cubes)
- 1 medium Carrot (julienned)
- 1 small Onion (thinly sliced)
- 10–12 French Beans (finely chopped)
- 2 tbsp Ghee



For the Spice Blend & Aromatics

- 1-inch Ginger (finely grated)
- 1 Green Chili (optional, slit)
- 1 tsp Cumin Seeds
- ½ tsp Black Pepper (freshly crushed)
- ¼ tsp Turmeric Powder
- Rock Salt (Saindhava Lavana), to taste
- Fresh Coriander (for garnish)
- A squeeze of Lemon Juice

Method of Preparation

Prepare the Ash Gourd Base

Bring a pot of water to a rolling boil. Add the grated ash gourd and blanch for about 10 minutes until tender yet firm. Drain thoroughly using a fine sieve and gently press to remove excess moisture without mashing the strands.

Prepare the Ragi Coating

In a small bowl, mix ragi flour with a little water to form a smooth, lump-free slurry. Heat the mixture in a pan on low flame, stirring continuously until it thickens into a silky malt-like consistency. Gently coat the blanched ash gourd strands with the ragi malt, ensuring even coverage. Spread them on a tray and allow to air-dry for about 5 minutes so the coating adheres well.

Prepare the Sauté & Protein

Heat ghee in a wide pan. Add cumin seeds and allow them to splutter. Add grated ginger and green chili, sautéing briefly until aromatic. Introduce paneer or tofu cubes and cook until lightly golden at the edges. Add sliced onions, carrots, and beans, and sauté on medium-high heat for 3–4



minutes until the vegetables are tender yet retain a slight crunch.

Final Assembly

Carefully fold the ragi-coated ash gourd strands into the vegetable mixture. Add turmeric, rock salt, and freshly crushed black pepper. Toss gently for 1–2 minutes, allowing the flavors to blend harmoniously without breaking the strands.

Garnishing

Switch off the flame. Finish with freshly chopped coriander leaves and a squeeze of lemon juice, which enhances flavor and supports iron absorption from the ragi.

Health Benefits

- Ash Gourd is highly alkaline, cooling in nature, and supports digestive health and hydration.
- Ragi (Finger Millet) provides low-glycemic carbohydrate source rich in calcium and essential minerals.
- Black Pepper and Ginger help balance the SheetaVirya (cold potency) of ash gourd, making the dish suitable for all seasons.

This nourishing preparation offers a balanced blend of taste, texture, and therapeutic value—perfect for mindful eating aligned with yogic principles.

ARTICLE

—by Smt Shashi Vadana Reddy,
Yogoda Satsanga Society

The Power of Affirmation for Mental Clarity and Inner Strength

In the ancient science of yoga, thought is understood not merely as mental activity, but as a potent force that shapes consciousness and experience. Paramahansa Yogananda, founder of Yogoda Satsanga Society of India, taught that mental clarity and inner strength arise from the deliberate cultivation of right awareness—a capacity accessible to all who seek a more balanced and purposeful life.

At the heart of this approach lies the practice of affirmation: the conscious direction of thought, feeling, and will toward a chosen truth. Affirmations are not techniques to be mechanically repeated, but rather a discipline of awareness—a way of aligning the mind with higher realities through sincere conviction and calm concentration. Long before the use of affirmations

was embraced in diverse mainstream settings as hospitals, recovery programs, sports arenas, and corporate suites, Paramahansa Yogananda understood and taught the deep spiritual principles that make this ancient scientific tool so powerfully effective.





Scientific Healing Affirmations explains:

“Words saturated with sincerity, conviction, faith, and intuition are like highly explosive vibration bombs, which, when set off, shatter the rocks of difficulties and create the change desired.”

This understanding invites us to recognize that lasting transformation begins within. When we repeatedly dwell upon constructive, uplifting thoughts with genuine feeling, we gradually dissolve habitual patterns of worry, confusion, and self-doubt. In their place emerges steadiness of mind, emotional equilibrium, and a quiet inner strength that supports us amid the responsibilities and uncertainties of daily life.

Yet affirmations require patience and sincerity. They are not substitutes for professional care when needed, but rather

companions on the path of self-awareness—a means of remembering, moment by moment, our deeper nature.

As Paramahansa Yogananda reminds us, true clarity arises not from controlling outer circumstances, but from nurturing an inner attunement to peace, wisdom, and truth.

He said, “Man’s word is Spirit in man...” This groundbreaking book reveals the hidden laws for harnessing the power of concentrated thought — not only for physical healing, but to overcome obstacles and create all-around success in our lives.

Includes comprehensive instructions and a wide variety of affirmations for healing the body, developing confidence, awakening wisdom, curing bad habits, and much more.

-By Shri Nitin Patki,
Secretary, Maharashtra SCC,
New Age Yoga, CEO



Emotional Education – The Missing Link in Today’s Yoga Community

In today’s Yoga community, emotional education is an urgent need. While Yoga is rightly seen as a science of body, breath, and mind, we often overlook one of its deepest layers – emotional balance.

Samatvam, or balance, is described in Yoga philosophy as the essence of Yoga. But balance does not mean the absence of emotions. Unfortunately, many Yoga teachers misinterpret it this way. Emotions are not disturbances; they are sources of energy. As Yoga teachers, it is not enough to silence or suppress emotions – we must learn how to understand, manage, and channel them. This is the foundation of emotional intelligence, and it deserves a formal place in Yoga education.

As a musician, I constantly work with emotions – evoking, stabilizing, and transforming them through sound. But over time I have realized this is not just the need





of artists; it is equally essential for Yoga teachers. If we cannot recognize or stabilize our own emotions, how can we guide our students in theirs?

Patanjali himself emphasized the role of emotions in spiritual growth. In his Yoga Sutras, he speaks of generating bhavana – emotions of friendliness (maitri), compassion (karuna), goodwill (mudita), and acceptance (upeksha) towards different states of people: the happy, the sorrowful, the virtuous, and the non-meritorious. This practice is not about reacting to others' emotions but consciously generating appropriate emotions within ourselves.

Similarly, in Pratipaksha Bhavanam, Patanjali instructs us to replace harmful thoughts with their opposite. This too is an exercise in emotional mastery – the art of responding with the right emotion rather than being carried away by the wrong one. For these reasons, I strongly believe

that emotional education should be formally included in the YCB syllabus. Just as we train teachers in asana, pranayama, and philosophy, we must also equip them with tools for emotional intelligence. Only then can Yoga teaching become holistic and complete.

Mastery over emotions is not suppression – it is wisdom, awareness, and creativity in action. If our teachers learn to embody this, Yoga will truly serve its purpose of bringing harmony – not just in body and mind, but in heart and life.



Practice of the Month

Yoga Poses for Hunchback

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

Most people nowadays are so lazy and importantly they do

not sleep and sit correctly, which leads to many problems. Particularly, laying in the wrong position causes 'hunch.' There are several things that contribute to the formation of a hunchback, depending on an individual's family history, environmental factors and the type of activities or practices one engages in. Some of them are: osteoporosis, wrong posture, injury, congenital kyphosis, spinal cancer, arthritis, Scheuermann's disease, etc. Recently, experts have attributed some cases of hunched shoulders and poor posture increased by laptop and computer use, especially among students. Yoga is a way to assist in strengthening the backbone and retaining the natural alignment, which in turn corrects the poor hunchback. Yoga



practice aligns 3 natural curves in the thoracic, cervical and lumbar vertebrae. It is therefore important to know how to correct hunchbacks by practicing yoga poses.

1. Tadasana (Palm Tree Pose)

Steps

- First, stand straight with a small gap between your feet.
- With deep breathing (inhale) raise both your arms.
- Keep your arms upward by interlocking your fingers.
- Try to come on the toes by raising your heels simultaneously.
- Feel the pressure of stretching from toes to fingers.
- Maintain it as long as you can with slow and deep breathing.
- Come to the original position with deep breathing (exhale).
- Perform the number of rounds as per your convenience and then relax.

Benefits

- Gives stretch and strength to arms, shoulders, hips, and legs.
- More helpful to reduce hunchbacks.
- Helps to remove lethargy from the body.
- Reduces the problem of flat feet.
- Deep breathing provides strength and expansion to the lungs.
- Best exercise to increase height.
- Develops and activates the nerves of the entire body.
- Gives strength to the vertebral column and heart.
- Good for regulating the menstrual cycle in women.
- Cures the problems related to indigestion.

2. Dhanurasana (Bow Pose)

STEPS

- Lie on your stomach with feet hip-width apart and arms by your side.
- Bend your knees, reaching back to firmly grab the ankles.
- Now inhale, lifting your chest and thighs off the floor.
- Use your legs to pull the upper body up.
- Keep your weight on the lower abdomen, gaze forward, and breathe deeply for 15–90 seconds.
- Exhale and slowly lower your chest and legs to the floor and then relax.



BENEFITS

- It helps stretch the back muscles and relieves back pain.
- Enhances the flexibility of the spine.
- Relieves all types of muscle pains.
- Especially reduces hunchbacks besides symptoms of depression.
- Decreases depression, stress, and anxiety.
- Helps in mental and physical development.
- Reduces obesity, keeping the body balanced.
- Controls the level of cortisol hormone.
- Strengthens abdominal muscles.
- Improves blood circulation.
- Cures acute back pain in women.
- Tones muscles of the hands, shoulders and arms.

3. GOMUKHASANA (COW FACE POSE)

STEPS

- Sit in a cross-legged posture.
- Bring your right foot on top of the left thigh and slide it as close to the left hip as possible.
- Bring your left ankle by the side of the right hip, ensuring that one knee is over the other.
- Slide both your feet far behind with your comforts.
- Keep the spine straight and vertical and head facing forward.
- Raise your right arm and bring it over your shoulder.
- Wrap your left arm behind the back and reach to grasp your left hand with the right hand behind the back, clasping the fingers together.
- Stay here for about 10-12 breaths.
- Repeat the asana using the opposite limbs. Then release and relax.



BENEFITS

- Helps to stretch your hips.
- Provides power to your ankles, thighs, shoulders, armpit, chest, deltoid and triceps.
- Relieves chronic knee pain.
- Strengthens your spine and abdominal muscles.
- Stretches the spine, shoulders, hips, and legs, that corrects hunch.
- Helps decompress low spine (during folded variation).
- Strengthens the hip and shoulder joints.

4. SUPTA PARIVARTANASANA (SUPINE SPINAL TWIST POSE)

STEPS

- Lie on your back, and take 4-5 breaths.
- Bring knees to the chest, and lower both the knees to the right side.
- Extend your arms in a "T" position
- Keeps both shoulders anchored to the floor.
- Gaze in the opposite direction of the knees.
- Stay here for 4 to 6 breaths.

- Feel stretch in your left gluteus, on your left abdomen and your lower back.
- Repeat it with another side of twisting.

BENEFITS

- Detoxifies your inner organs.
- Increases the function of various glands.
- Improves the alignment of the spine.
- Helps to correct hunch.
- Tone the muscles, reducing the spine ailments.
- Gives strength to joints at the sacrum.
- Helps to maintain body balance.
- Provides the flexibility of the spine at the lower back.
- Get rid of constipation problems.
- Keeps mind relaxed and calmed.
- Cope up with insomnia and practice it before going to bed.
- Regulates blood circulation and helps proper stomach functioning.
- Involves reducing stress levels.

5. BHUJANGASANA (COBRA POSE)

STEPS

- Lie in a prone position, legs outstretched and feet hip-width apart.
- Place the palms below the shoulders, elbows bent, hugged towards the torso.



- Pressing the tops of the feet and pubic bone firmly into the floor.
- Inhale, lift the chest and begin to straighten the arms.
- Keep the shoulders away from the ears, drawing the shoulder blades



towards one another.

- Lift as far as possible whilst still keeping the pubic bone connected to the mat. Hold the pose as long as the breath remains smooth and steady.
- Gaze on the floor, maintaining a neutral neck position.
- Exhale slowly come out of the pose.

BENEFITS

- Stretches the chest and shoulders, countering the forward-rounded posture.
- Builds spine strength and supporting muscles, promoting an upright posture.
- Promotes mobility in the spine,

reducing stiffness.

- Activates the proper functioning of digestive organs.
- Heals lungs and respiratory disorders.
- Good blood circulation, ensuring transport of nutrients, hormones, and oxygen.
- Relieves backache, neckache and other such ailments.
- Cures sciatica pain and helps healthy urinary systems.
- Balance the seven chakras.

Become IYA Institution today!

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

- Member Institution
- Associate Center
- International Associate

Visit www.yogaiya.in



Six years of Yogavani

A Journey of Vision, Unity, and Collective Progress towards Excellence in Yoga

As Yogavani completes six remarkable years of dedicated service to the yoga fraternity, we look back with pride and gratitude at a transformative journey of collective vision and tireless effort. Over the past five years, landmark initiatives such as the National Conclaves, International Conferences, Yoga Setu programmes, Executive Council and Governing Council Meetings, Manthan deliberations, Yog Samvaad dialogues, and numerous outreach activities have steadily strengthened the foundation of the Indian Yoga Association.

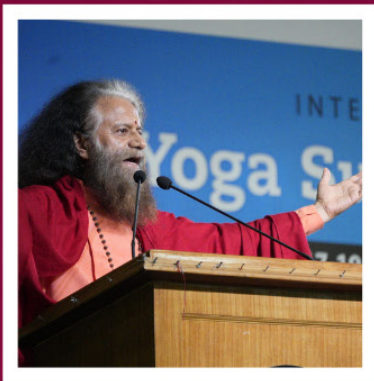
Each gathering has not merely been an event, but a step forward in uniting

institutions, teachers, researchers, therapists, and practitioners under one cohesive national platform.

Through meaningful dialogue, policy discussions, grassroots engagement, academic collaboration, and community service, IYA has consistently advanced towards its larger goal of standardizing, promoting, and globalizing authentic yoga. This collective momentum has enabled the Association to move closer to its vision of fostering harmony, professionalism, and excellence in the yoga ecosystem—positioning IYA as a guiding force in shaping the future of yoga in India and beyond.



International Yoga Summit @DSVV



NOVEMBER 17-19, 2023



National Conclave

Indian Yoga Association



Anuvrat Bhavan, New Delhi
on March 3, 2023.

The second National Conclave

Indian Yoga Association



Art of Living International
Center, Bengaluru
on February 24-26, 2024

Manthan – 3rd State Chapter Conclave

Indian Yoga Association

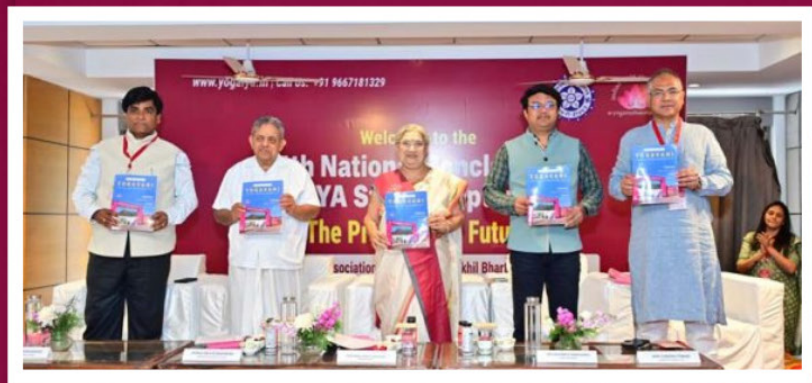


Anuvrat Bhavan, New Delhi
on June 18, 2024



4th National Conclave

Indian Yoga Association

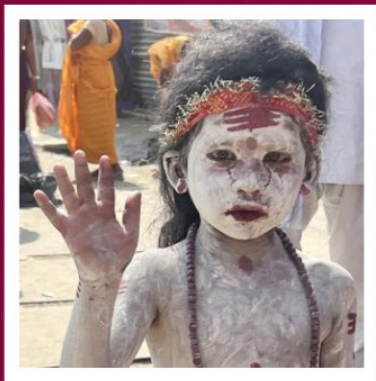
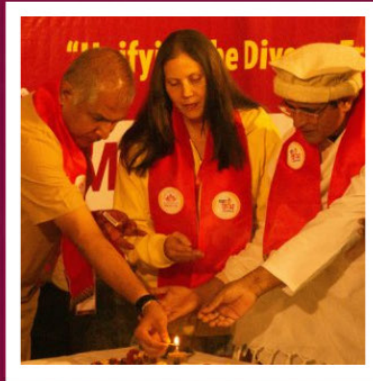


Anuvrat Bhavan, New Delhi
on March 3, 2025



Maha Kumbh 2025

10-Day Camp



Prayagraj
February 7-16 2025





5th National Conclave

Indian Yoga Association



Lekhak Gaon, Uttarakhand
on 7-9 November, 2025

Yog Setu at Rishikesh

Indian Yoga Association



Parmarth Niketan, Rishikesh
on 25th May 2025



Yog Setu at Indore

Indian Yoga Association

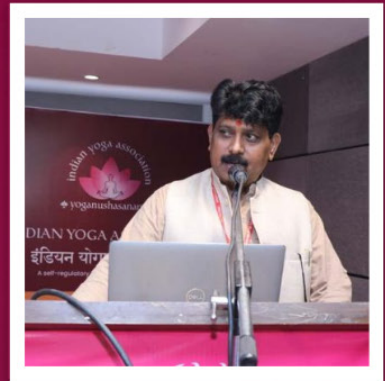


Paramanand Institute of
Yoga Sciences & Research, Indore
on August 3, 2025



Yog Setu at Delhi

Indian Yoga Association



Paramanand Institute of
Yoga Sciences & Research, Indore
on August 3, 2025

Yog Setu at Saharanpur, UP

Indian Yoga Association



Mokshayatan International Yogashram,
Beri Bagh Saharanpur, UP
on November 16, 2025.



Yog Setu at Kerala

Indian Yoga Association



Panampilly Nagar, Kochi, Kerala
on October 12, 2025.

Yog Setu at Maharashtra

Indian Yoga Association



R.D. & S.H. National College,
Bandra, Mumbai.
on February 21, 2026

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	59	9265
Yoga Professionals Members	6,779	2269	2279	579	11906
Life Members	610	196	156	21	983
Eminent Yoga Professionals	16	01	01	--	20
Associate Centers	204	46	53	07	310
International Associates	12	02	04	01	19
Member Institutes	43	02	03	--	48



Personnel Certification Body (PrCB)

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

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

Upcoming Examination Dates of the Yoga Certification Board

Examination	Date & Month
IYA PrCB [Yoga Certification Board]	March 21, 2026 April 11, 2026 April 25, 2026 May 9, 2026 May 23, 2026

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




Upcoming Batches

Certificate Course in Yoga

Insignia	Course Date	Venue	Institution	Fees
	(English) Apr 1- May 28, 2026	On Campus	The Yoga Institute	INR 60,000
	(English) Apr 1-May 28, 2026	Non-Residential	The Yoga Institute	INR 33,000
	(English) Apr 1 - May 28, 2026	Online	The Yoga Institute	INR 27,500
	15th Mar 2025 - 1st Apr 2026	Physical / Online Zoom Platform	Yoga Vidya Niketan Mumbai	INR 30,000 / 35,000/-
	(English Medium) Mar 15 – Apr 15, 2026	Lonavla, Maharashtra	Kaivalyadhama	INR 61,200 US\$ 1150
	(English Medium) You may apply any-time	Online	Kaivalyadhama	INR 15,000 US\$ 200 *INR 25,000 for Practical
	(English Medium) Apr 1 – May 28, 2026	On Campus	SVYASA	INR 30,000 (Dormitory) INR 40,000 (3 sharing) INR 50,000 (2 sharing) INR 60,000 (single occupancy) For Foreigners US\$ 2000 (Double Occupancy) US\$ 2500 (Single Occupancy)

Insignia	Course Date	Venue	Institution	Fees
	Mar 17 to Apr 13, 2026	Gudur, Andhra Pradesh	Sivananda Ashram	INR 30,000 (Dormitory) INR 40,000 (3 sharing) INR 50,000 (2 sharing) INR 60,000 (single occupancy) For Foreigners US\$ 2000 (Double Occupancy) US\$ 2500 (Single Occupancy)
	Mar 14 to May 11, 2026	UttarKashi, Himalayas	Sivananda Ashram	INR 30,000/ US\$ 2000
	Mar 5 to Apr 2, 2026	Chiang Rai, Thailand	Sivananda Ashram	INR 30,000/ US\$ 2000
	5 Mar 25 Apr 2026	Mysore Ashram	Sri Sri School of Yoga (AOL)	46000 INR / 2270 USD
	5 Apr-25 May 2026	Pune Ashram	Sri Sri School of Yoga (AOL)	55000 INR / 2270 USD
	13 Mar - 5 Apr 2026	Bangalore	Sri Sri School of Yoga (AOL)	45000 INR

Advanced Certificate Course in Yoga

Insignia	Course Date	Venue	Institution	Fees
	March 12th, 2026 to July 10th, 2026	Online Course	Traditional Yoga	FREE

ASSOCIATE CENTRES



Dr. Yogii Ravi

FEEL ALIVE YOG STUDIO & THERAPY CENTRE

Feel Alive Yog Studio & Therapy Centre

Feel Alive Yog Studio & Therapy Centre is a professionally managed holistic wellness and yoga education institute integrating traditional yogic wisdom with modern scientific approaches. The center offers yoga therapy, meditation, pranayama, lifestyle correction programs, and internationally certified 200/300/500-hour YTTTC courses. With both online and offline facilities, it prepares students for global teaching careers while addressing therapeutic needs such as stress, diabetes, back pain, and hormonal imbalances. The institute emphasizes ethical practice, preventive healthcare, and professional development.



Kunjan Yoga and Wellness

Kunjan Yoga and Wellness is an Associate Center of the Indian Yoga Association committed to standardized yoga education aligned with IYA guidelines. The institute offers Foundation, Certificate, and Advanced Certificate Courses in Yoga, along with functioning as a Study and Examination Center. It also operates as a Skill Training Center under relevant sector skill councils, promoting employability and professional competence. Kunjan Yoga and Wellness integrates yoga education with workplace wellness initiatives.



Shiv Shakti Institute of Yoga Therapy

Shiv Shakti Institute of Yoga Therapy is an academic and professional institute offering structured Yoga, YCB-aligned programs, and specialized Yoga Therapy certifications. The institute integrates classical yoga with anatomy, physiology, and evidence-based therapeutic applications for conditions such as cancer, mental health disorders, and lifestyle diseases. It maintains high standards aligned with IYA, YCB, and IAYT competencies. The focus remains on ethical practice, standardized assessment, and professional excellence.



Sai Geetha Ashram

Sai Geetha Ashram is a serene spiritual and wellness retreat surrounded by sacred trees and temples. The ashram promotes meditation, chanting, Vriksha Kriya, yoga camps, retreats, and teacher training programs. Rooted in traditional practices and nature immersion, it supports spiritual awakening and inner peace. The center offers a tranquil environment ideal for holistic rejuvenation and self-discovery.

Sikkim Global Technical University (SGTU)



Sikkim Global Technical University is a premier private university established in 2023 in Namchi, South Sikkim, and recognized under Section 2(f) of the UGC Act. Sponsored by the Indira Gandhi Computer Saksharta Mission (IGCSM), it offers traditional and vocational programs supported by modern infrastructure and experienced faculty. The university emphasizes research, skill development, and strong placement partnerships. With inclusive policies and regional commitment, SGTU aims to transform higher education in Northeast India.



Our Yoga Institute

Our Yoga Institute is a holistic wellness space offering Yoga, Pilates, Therapeutic Yoga, Panchakarma, Aerial Yoga, and Bandha Yoga. The institute focuses on detoxification, flexibility, stress relief, and natural healing practices. Programs are designed for balanced living under the guidance of experienced instructors. The environment promotes personalized care and integrated physical, mental, and spiritual well-being.

Yofi Holistic Wellness Center

Yofi Holistic Wellness Center is an affiliated center of Vivekananda Yoga Anusandhana Samsthana, inspired by the teachings of Swami Vivekananda.

Regular classes are conducted at Vivekananda House, Chennai, including general, ladies, and kids' batches, along with Yoga Instructor Courses and YCB coaching. All sessions are led by certified VYASA professionals. The center has delivered thousands of corporate yoga training programs over the past 25 years, supporting stress management and workplace wellness.

INTERNATIONAL ASSOCIATE



MARILLIA
YOGA

Marillia Yoga

Marillia Yoga was established to honor and disseminate the depth and authenticity of traditional Indian yoga. The institute creates a nurturing learning environment where philosophy, dedicated practice, and mindful living converge to promote physical well-being, mental clarity, and inner growth. Its programs offer a comprehensive pathway for both sincere practitioners and aspiring teachers, ensuring an authentic and structured understanding of yoga. In addition to teacher education, Marillia Yoga provides personalized yoga therapy sessions that integrate classical yogic tools to support health, balance, and holistic transformation, while upholding the true essence of yoga with integrity and respect for its origins.



CENTERED YOGA

Centered Yoga

Centered Yoga is an established yoga institute founded in 1999, offering comprehensive 200-hour and 500-hour Yoga Teacher Training programs with over 2,000 graduates worldwide. The center provides hybrid (online and in-person) all-inclusive trainings at a serene beachfront location. Alongside teacher training, it offers daily yoga classes, wellness therapies, and healthy food options. The courses are designed to deepen personal practice, develop teaching competence, and advance professional qualifications.

LIFE MEMBERS



Shri Aditya Nagamani V

Shri Aditya Nagamani V is a committed faculty member of the Art of Living, actively guiding children and teenagers in yoga, meditation, and life-skills development. With over a decade of volunteering experience, he has played a significant role in community outreach initiatives, empowering youth through breathwork and mindfulness practices. He has trained large groups during International Yoga Day celebrations and facilitated programs.



Dr. Anbarasu J

Dr. Anbarasu J is a highly qualified yoga scholar and educator, having completed his Ph.D. in Yoga from Annamalai University, with specialized research on the efficacy of yoga interventions among autistic children. With extensive academic training including M.Phil. and M.Sc. in Yoga, he has consistently demonstrated excellence in both research and teaching. He has served as a Yoga Teaching Assistant at The Gandhigram Rural Institute and as a Yoga Instructor for PG Diploma courses at Annamalai University, guiding students in both theoretical and practical aspects of yoga.

Ms. Sayli Pravin Mulay



Ms. Sayli Pravin Mulay is an experienced Yoga Therapist and AYUSH Ministry Certified Yoga Teacher, currently serving as a YCB Empanelled Examiner under the Yoga Certification Board. She is the Founder of SaamyogbySayli, Pune, and brings over a decade of expertise in yoga therapy, corporate wellness, teacher training, and holistic lifestyle management. A Gold and Silver medallist at district, state, and national yoga championships, she has guided more than 650 students across age groups, blending traditional yogic wisdom with practical modern applications.



Yogacharya Chandrashekhara Pranava

Yogacharya Chandrashekhara Pranava is a distinguished Mind & Wellness Coach, Counselling Psychologist, and Yoga & Consciousness Educator with over 25 years of experience in integrative human development. He is the Founder and Director of Pranava Yoga & Wellness Centre, where he blends scientific psychology with classical yoga, mindfulness, and leadership training to design transformative wellness programs. Alongside his professional practice, he serves as an Agriculture Extension Officer with the Government of Andhra Pradesh, contributing to community capacity-building and field-level leadership.



Shri Bholanath Jena

Shri Bholanath Jena is a seasoned yoga and meditation teacher with over 25 years of experience in promoting holistic wellbeing through traditional yogic practices. As a senior faculty member with Art of Living since 2006, he has trained thousands in asana, pranayama, and meditation-based stress management techniques. He effectively integrates yoga with youth leadership, de-addiction rehabilitation, and community development initiatives, using yogic wisdom as a catalyst for social transformation. A certified Yoga Master Trainer, he has also developed grassroots yoga leaders and implemented impactful yoga interventions across rural, tribal, and institutional settings.

Ms Shanta Kumari Shivraman



Ms Shanta Kumari Shivraman is a qualified yoga educator and therapist with advanced academic training in Yogashastra and over five years of dedicated teaching experience. She holds a Master's degree in Yogashastra from Kavikulaguru Kalidas Sanskrit Vishvavidyalaya and has completed professional training in Yoga Teaching and Naturopathy from Yoga Vidya Niketan. As an online yoga teacher (2020–2024) and a practicing yoga therapy teacher since 2019, she has been actively guiding students in therapeutic yoga and holistic wellness practices.



Shri Amit M Mishra

Shri Amit M Mishra is an experienced Integrative Ayurveda and Yoga physician with over 23 years of leadership as Medical Director of Dirghayuh Treatment Centre, where he combines classical Ayurveda with evidence-based yoga therapy for holistic patient care.

As Professor of Practice in the Indian Knowledge System at Indian Institute of Technology Guwahati, he actively promotes yoga as a scientific and preventive healthcare model. His research and international presentations—including at Harvard Medical School—highlight the impact of Integrated Approach of Yoga Therapy (IAYT) in diabetes, obesity, cancer recovery, and stress management.



Shri Himjyoti Deka

Shri Himjyoti Deka is a dedicated yoga professional and certified Yoga Therapist with formal training from Sri Sri Yoga, Patanjali Yogpeeth, and Subh Yoga Foundation, Rishikesh. As a registered Yoga Volunteer under the Yoga Certification Board, Ministry of AYUSH, Government of India, he actively supports the promotion of authentic yoga practices. He runs a Yoga and Martial Arts Centre in Guwahati and conducts yoga programs in local schools under Ekam Foundation, contributing to holistic health, discipline, and value-based education.

Ms Lakshana S



Ms Lakshana S is a dedicated Yoga Instructor currently pursuing a B.Sc. in Yoga Therapy from Meenakshi Academy of Higher Education and Research (MAHER), with a strong academic record. She specializes in designing safe, progressive, and therapeutic yoga sessions tailored to different age groups and fitness levels. Her approach emphasizes strength, flexibility, breath awareness, and overall holistic well-being. Her foundation in yoga therapy enables her to integrate corrective and preventive techniques for comprehensive health benefits.



Ms Manisha Sikarwar

Ms Manisha Sikarwar is a nationally certified Yoga Teacher and Yoga Therapist recognized by the Ministry of AYUSH, Government of India, bringing over 15 years of experience in yoga training and 5 years in therapeutic practice. With advanced training of 900+ hours and specialized certifications including YCP Level 3 and Level 6, she integrates classical yogic wisdom with modern therapeutic applications. Currently pursuing an M.Sc. in Yoga Therapy at SVYASA, she combines breathwork, mindful movement, meditation, and facial yoga techniques to promote holistic well-being.



Ms Manjiri Phadnis

Ms Manjiri Phadnis is a highly experienced Certified Yoga Teacher with over 20 years of dedicated service in clinical, educational, and community settings. As a Yoga Organiser and Teacher at Lilavati Hospital, Mumbai, she designs specialized therapeutic yoga programs recommended by physicians for complementary patient care. Honored with the Lifetime Achievement Award in Yoga, she continues to promote traditional yogic practices integrated with healthcare excellence.

Dr. Naresh Kumar Pathak



Dr. Naresh Kumar Pathak is a distinguished Yoga and Naturopathy expert with more than 25 years of experience in therapeutic yoga, Ayur Yoga, and holistic wellness. Holding a Ph.D. in Ayur Yoga along with advanced qualifications in Yoga and Naturopathy, he integrates traditional yogic sciences with preventive healthcare and lifestyle management. His work emphasizes a balanced integration of yoga therapy, mindfulness, and naturopathic principles for comprehensive well-being.



Dr. Pragya Jain Shrimal

Dr. Pragya Jain Shrimal is a Ph.D. scholar in Yoga from SVYASA and an accomplished yoga academician, therapist, and national-level adjudicator with over a decade of professional experience. As Director of Yoga Pragya Studio and former faculty at DAVV, Indore, she has delivered evidence-based yoga education and therapeutic interventions across diverse platforms. An award-winning researcher with international publications, she is recognized for bridging classical yogic knowledge with contemporary scientific research to advance holistic health and academic excellence.



Dr. M. Rangarajan, USM

Dr. M. Rangarajan is a Ph.D. holder in Yoga from Annamalai University, with research focused on the therapeutic effects of asanas, pranayama, and mudras on psychological variables among hypertensive paramilitary personnel. With over 11 years of experience as a Yoga and Physical Education instructor and more than two decades of service in the CRPF, he has integrated yoga into disciplined training environments for soldiers, students, and families. His expertise spans therapeutic yoga, fitness training, stress management, and holistic well-being for both youth and armed forces personnel.

Dr. Seema Singh



Dr. Seema Singh is a distinguished academic and yoga educator who has conceptualized and delivered university-level courses such as Introduction to Yoga, Science of Yoga, and Science of Wellness at IIT Kharagpur. She has conducted over 130 voluntary three-day yoga workshops and numerous International Day of Yoga modules based on the Common Yoga Protocol issued by the Ministry of AYUSH. Through initiatives like “Har Dil Dhyaan Har Din Dhyaan,” she has significantly contributed to spreading yoga and meditation awareness across academic, corporate, and security institutions.



Shri B. Senthil Kumar

Shri B. Senthil Kumar is a seasoned Yoga Therapist trained at Krishnamacharya Yoga Mandiram with extensive clinical experience, having conducted over 8,000 one-to-one therapy sessions. Currently serving as Assistant Professor (Senior Grade) at Amrita Vishwa Vidyapeetham, he teaches Yoga and Indian Knowledge Systems while leading structured yoga programs for engineering students. His research bridges traditional yoga therapy with modern technology, including AI-based yoga pose recognition and therapeutic recommendation systems.



Shri Shiva Tamang

Shri Shiva Tamang is a dedicated yoga practitioner with strong training in Sri Sri Yoga, pranayama, meditation, and Iyengar Yoga, emphasizing alignment and posture correction. With years of disciplined personal sadhana and experience guiding small group sessions, he supports beginners in developing flexibility, breath awareness, and mental clarity. Actively involved in community service, he promotes holistic well-being through yoga alongside social awareness and environmental initiatives.

Smt Ritu Dhingra



Smt Ritu Dhingra, from Haryana, is a committed yoga practitioner who has completed the CCY (Certificate Course in Yoga) from the Art of Living. Rooted in the principles of Sri Sri Yoga, she integrates asana, pranayama, and meditation practices to promote holistic well-being. Her approach emphasizes breath awareness, inner calm, and balanced living in daily life. She is dedicated to spreading yogic values and encouraging individuals to adopt yoga as a path to physical health and mental clarity.



Dr. Jayana Param Pathak

Dr. Jayana Param Pathak is a highly accomplished yoga academician and therapist with a Ph.D. and advanced qualifications in Yoga and Naturopathy, actively serving in the field since 2018. As former Zone Coordinator (Zone-02) of the Gujarat State Yoga Board, she has played a key role in organizing large-scale yoga outreach programs, competitions, and International Day of Yoga initiatives across Central Gujarat. She is the founder of "Ishavasyam Wellness Medical Yoga Studio" in Anand, where she offers traditional yoga, naturopathy, and medical yoga therapy.



Dr. R. Vetrivendan

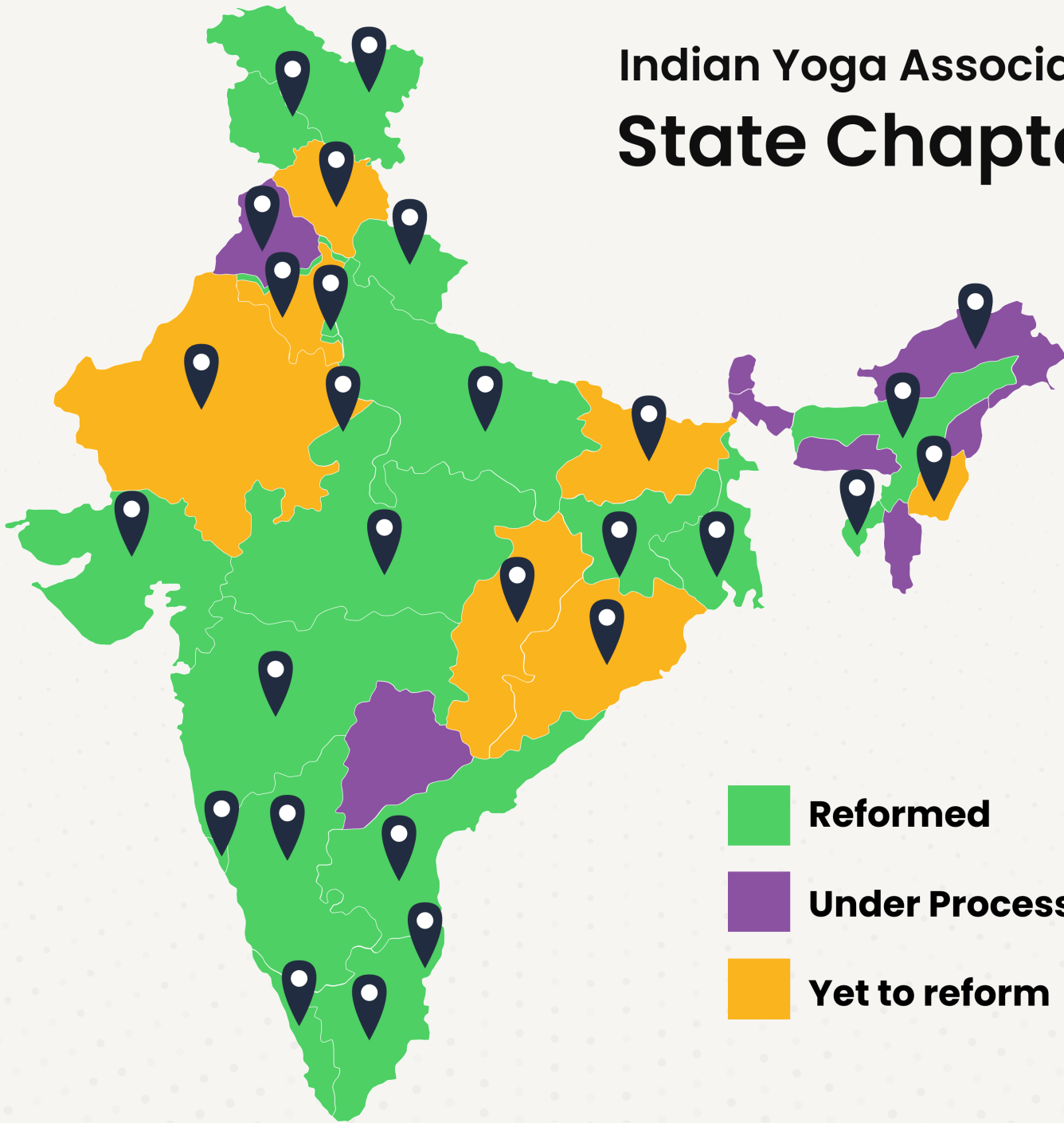
Dr. R. Vetrivendan is a senior Siddha Medical Officer and Yoga Therapy Consultant with over two decades of experience in holistic healthcare under the Ministry of AYUSH, Government of Tamil Nadu. Holding an M.Sc. in Yoga Therapy and a Diploma in Yoga from SVYASA University, he integrates Siddha medicine, yoga therapy, varmam, and lifestyle modification in clinical practice. As Founder of Vasista Clinic, Salem, he has actively contributed to therapeutic yoga research and the management of chronic diseases, including diabetes and non-communicable disorders.

Shri Dayavan Soni (Dev)



Shri Dayavan Soni (Dev) is a dedicated full-time Yoga Therapist with over 10 years of clinical experience, having assisted more than 5,000 patients in managing musculoskeletal and spinal disorders. His specialization includes OA Knee, cervical and lumbar spondylosis, sciatica, slip disc, scoliosis, degenerative disc disease, and ankylosing spondylitis. As a mentor to emerging yoga therapists, he combines structured therapy protocols with a strong spirit of seva (selfless service), working towards pain-free and holistic well-being for every individual.

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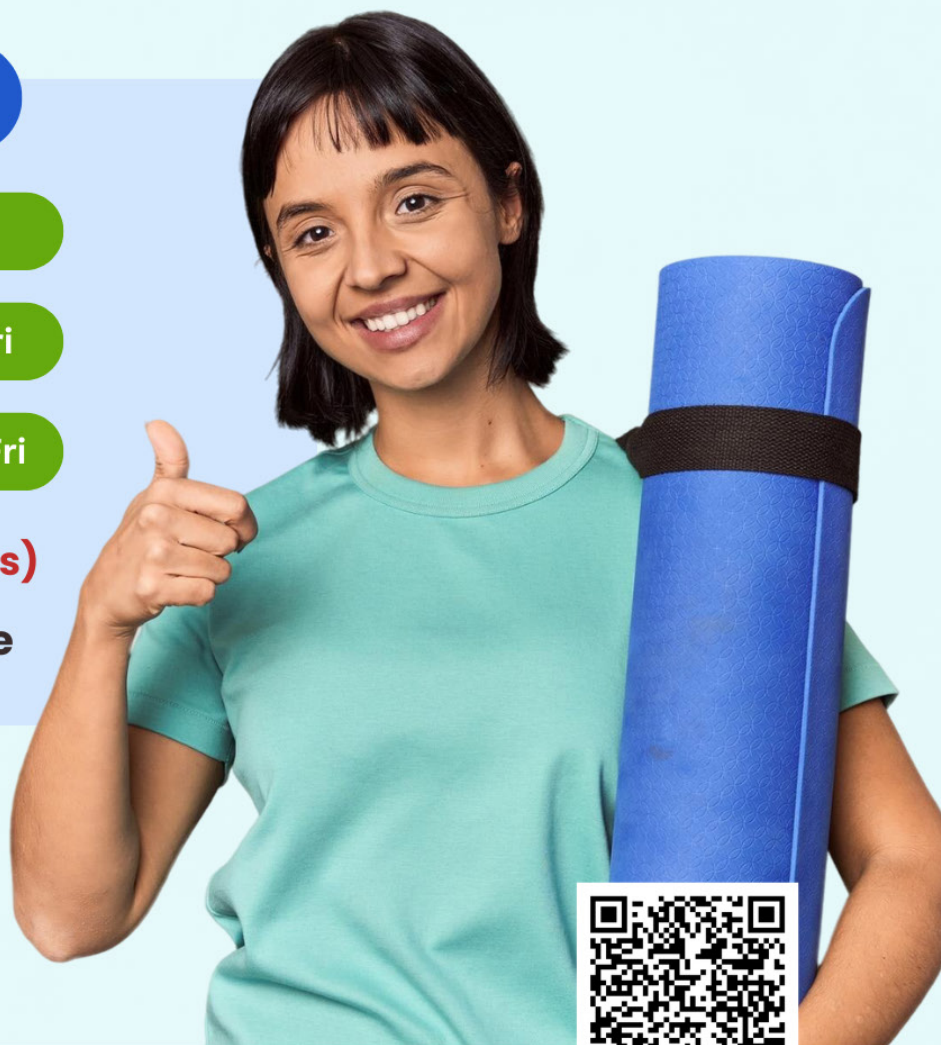
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