

IYA – THE YOGA MOVEMENT!

YOGAVANI

Official Monthly of The Indian Yoga Association

NOVEMBER 2025, ISSUE-69



PURPOSE

Sharing the message of Yoga based on traditional and scientific foundation

VALUE

Unifying the diverse traditions of Yoga



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Indian Yoga Association

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

Aims and Objectives

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

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EDITORIAL

Chief Editor
Smt Kamlesh Barwal

Editor
Dr Ananda Balayogi Bhavanani

Associate Editor
Shruti Prabhakar

ART

Designer
Deepak Rawat

PRODUCTION

Production Manager
Praveen Prabhakar

ADVERTISING, SUBSCRIPTION & CIRCULATIONS

9999973450
ads@yogaiya.in

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Letters to the Editor

Yogavani continues to inspire with its thoughtful articles and authentic presentation of yogic wisdom. Each issue feels like a gentle reminder to stay rooted in discipline and humility. I sincerely appreciate the team's dedication to maintaining such quality content.

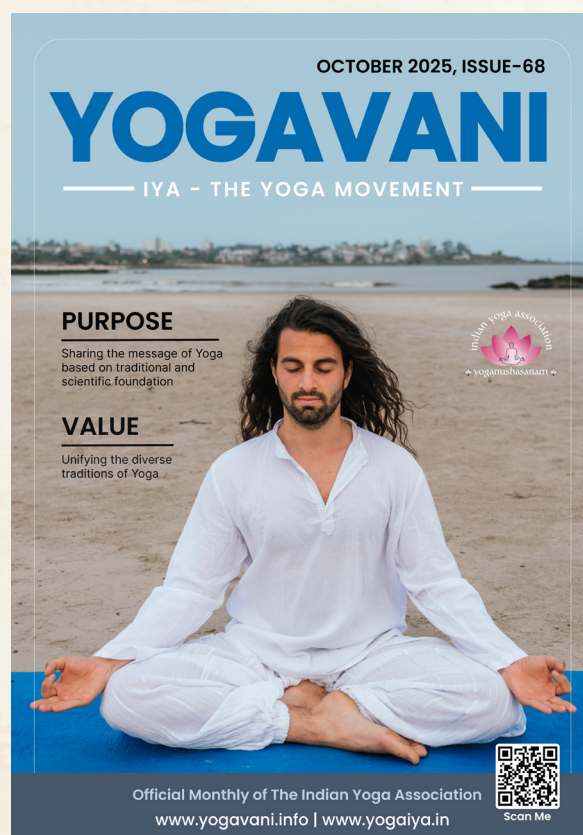
- Shri Sanjay Kumar Agrawal

The magazine beautifully weaves tradition with contemporary relevance. Every edition motivates me to deepen my personal practice and stay connected with the larger yoga community. Thank you for this meaningful publication.

-Smt Amita Singh

I am grateful for Yogavani's consistent efforts in showcasing the work happening across various IYA State Chapters. It brings a sense of unity and purpose to all readers. Please continue this wonderful service.

-Smt Kusum Dhiman



Yogavani remains a valuable source of knowledge and inspiration for practitioners like me. The clarity, depth and sincerity reflected in each issue truly set it apart. My appreciation to the entire editorial team.

- Shri Hemanth V. R. Yandamuriaa

EDITORIAL

– by Prof. Dr. R. Elangovan

Secretary, Tamil Nadu State Chapter Committee
and Executive Committee Member,
Indian Yoga Association



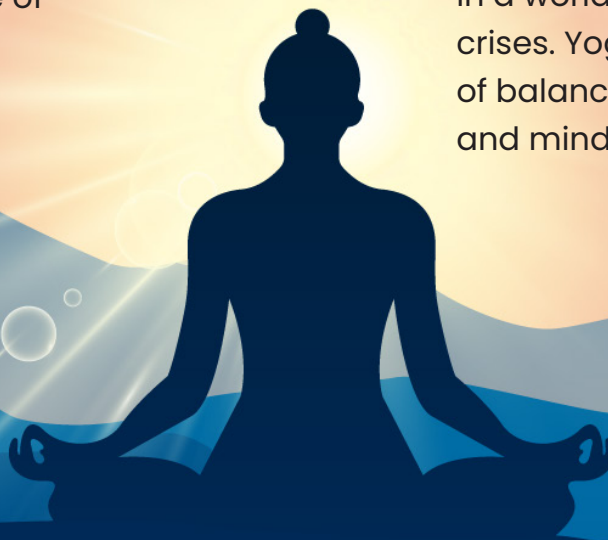
Yoga – A Symbol of Performance, Perfection and Promise

Yoga is an invaluable gift of India's ancient tradition. It is a science of being's evolution. It is a science of activating inner energies.

Blossoming of human potential to its fullness is Yoga. Yoga is a scientific study of balanced intellectualism. It is the scientific tool to get experiences to its depths and dimensions. It is a scientific process of enhancing total wellbeing to find out the highest possible potentiality. It is one of

India's best exports to the world. It is a trans- continental hybrid practice. As one embraces this path, the transformation transcends physical prowess, blossoming into a holistic mastery that enriches every facet of existence. Yoga is a transformative path that leads to peace and harmony. Peace is one of the pillars of the world, without it, the social order cannot exist. Yoga fosters world peace, mitigates the consequences of climate change and combat-armed violence, also.

Yoga is a symbol of stability in a world going through crises. Yoga's core philosophy of balance – between body and mind, humans and



nature, consumption and conservation – offers relevant solutions for contemporary challenges; Yoga therapy provides a framework that addresses both personal and planetary health. It is a preferred choice for rejuvenation and preventative care. Yoga transits individuals from 'me' to 'we'. Yoga is



a transformative path that leads to inner peace, freedom, spiritual realization and ultimately world peace.

Controlling mind is Yoga (Yoga chitta vritti nirodha) – Yoga Sutra 1.2
Excellence in action is Yoga (Yogah Karmasu Kaushalam) – Bhagavad Gita 2.50
Equanimity is Yoga (Samatvam Yoga ucyate) – Bhagavad Gita 2.48

Our life revolves around these three concepts.

Yoga therapy provides a framework that addresses both personal and planetary health. It is a preferred choice for rejuvenation and preventive care. The approach of Yoga Therapy emphasizes health care that is preventive, affordable, inclusive and sustainable. Yoga Therapy's expansion is the need of the hour. It reflects a fundamental shift in health care philosophy from reactive treatment models to proactive, preventive approaches that address root causes rather than symptoms alone.

Latest trends in medicine, nutrition and yoga:

Yoga 2.0: It is a modern, updated, next generation version of yogic practices with new modern products, are in practice now. Yoga Therapy 2.0: It is based on anatomical, physiological, and psychological based concepts than the traditional factors such as Panchaboodhas, Koshas, Doshas etc., which is very famous now. Current world depends on Medicine 2.0: refers to the integration of Web 2.0 technologies and principles into health care, which is to treat the patient, particularly with holistic approaches. The world moves slowly into Medicine 3.0, which identifies markers of disease based on an individual's unique genetic and medical history and concentrates on personalized approach to wellness and preventive care before actual disease sets in to live long. Nevertheless, our traditional systems of medicine, including yoga therapy, follow already individualized treatments and advocate



Notable Developments of yoga in the last eleven years in India:

The resolution to establish International Yoga Day was adopted in December 2014 at United Nations Organization. The first International

the preventive approach a long back. As far as nutrition is concerned, Nutritional biochemistry and Nutrigenomics are the modern approaches. Functional foods 3.0 are famous now. It is highly personalized and pegged to our own unique health parameters. Western Psychologists coin Pranayamas now as breath work techniques. Zone Zero training is popular globally, resembling asanas .VR Meditation is an AI assisted digital technique, is also popular. When it is done, EEG will show at once, and we can understand which type of wave in our brain is present. 5 minutes of yogic practices (2min asanas, 2min pranayama and 1min meditation) is famous now. AI based mechanical tools, particularly mood trackers, VR therapy, and specific apps, are available now with the inclusion of the regular practices like meditation, pranayama mindfulness, affirmation, etc., to promote mental health. "Decode yourself, eat right, and do yogic practices - live long qualitatively minus disease" - is the latest mantra.

Day of Yoga was celebrated worldwide on June 21st, 2015. The Government of India gives the Prime Minister's Awards for Yoga annually. Yoga and tourism have become a major source of employment. 'Yoga economy' has immense potential for employment generation. India is the leading exporter in yoga props. 100% foreign investment is directly allowed in India to promote yoga. Pakistan Government has also accepted yoga officially to handle classes at its parks Thiruvalluvar Cultural Centers are being opened worldwide by the Central Government to popularize yoga. Yoga is included in Saudi Arabia's educational system; Yoga - specific schools are established in Mongolia; Short-term yoga programs are introduced for foreign tourists. Tourist visa and e- visa are available for foreigners to learn yoga in India. Full pledged yoga departments are introduced in a few specific Central Universities. Ph.D. program in yoga with full financial support for it is available for foreigners. Certification for yoga teachers and yoga centers are also officially



introduced; UGC-NET examinations are conducted regularly in yoga. Yoga is introduced in teacher training and professional courses. A few AYUSH universities are being established in India. Yoga therapy is adopted in Turkmenistan medical universities. A few seats are available exclusively for yoga in the M.D. program in Yoga and Naturopathy in Tamil Nadu. NCTE is to introduce 4- year B.A B.Ed., B.Sc B.Ed programs soon in yoga. 40.8% approved doctors in India are AYUSH doctors. The death rate of pregnant women during delivery has decreased in recent times in Tamil Nadu. Percentage of cesarean cases have come down due to yogic practices in Tamil Nadu. King Charles III of England visited Bengaluru to undergo holistic treatment in traditional medicine systems for his cancer. Leading hospitals started launching traditional medicine system centers in India; World Health Organization (WHO) approved yoga as a Traditional Complimentary and integrative Medicine (TCIM) along with Ayurveda. Siddha and Naturopathy. India signed with WHO to integrate yoga

into allopathic medicine and primary health services and for promoting research in AYUSH subjects; World Health Organization's Global Center for Traditional Medicine was instituted in Jamnagar, Gujarat. Traditional medicine systems were included in the 11th revision of the WHO's International classification of diseases (ICD) recently. A yoga trainer with Indian contingent was sent for 2016 Rio Olympics; Hybrid classes have become popular for yoga enthusiasts to enhance their holistic development. Yoga has become a recognized demonstration sport at the 2026 Asian games. Yoga is mandatory for medical students. For 2025 International Day of Yoga, the central government spent Rs.120 crore, three times higher than the year 2024. International Meditation Day will be celebrated every year on 21st December worldwide.

Srimad Bhagavad Gita has been inscribed in UNESCO's Memory of the world Register. Existing parks in rural and urban areas are being converted into Yoga parks for making Yoga more

accessible, visible and mainstream for people from all walks of life. It is being made a unifying inclusive cultural movement. India becomes first nation in the world to digitize traditional systems of medicine with AI – powered library to preserve ancient health practices and support future research. These are not merely achievements in Yoga, It is the intellectual decolonization that India awaited for a long time, which will catapult India into the comity developed Nation. Indian Yoga Association reaffirms yoga's universal relevance in fostering global health, harmony & well-being. Indian Yoga Association (IYA) is doing a lot for the promotion of yoga throughout the world.

Let us all hope that through yogic way of life, we are all able to be kind, compassionate, loving, tolerant, nonviolent so that our planet is illuminated with peace, harmony, divinity, bliss and wisdom.

Ways and means to strengthen the fields of yoga and yoga therapy:

Yoga should be included in schools' educational system (curriculum) compulsorily. 'Five minutes yoga break' will be extended to all the departments and organizations each and every day at the national level. Separate yoga departments should be established in all the central universities and are deemed to be universities at least. Academic jobs are to be created for undergraduate, postgraduate students, and Ph.D holders. One yoga expert for 1000 people should be appointed by the

Govts to promote holistic well-being of the people. Steps to be taken to export yoga experts to popularize yoga globally through National Skill Development Corporation, including for yoga props. Yoga therapists are to be treated on par with other health care professionals; Steps are to be taken to popularize yoga therapy in other countries as like the steps taken for Ayurveda. Autonomous National Regularly Body is needed for yoga therapy. Medical insurance schemes in the yoga therapy sector are to be available. Yoga therapy should be included in the ISD-II TM-2 of World Health Organization. Each Government hospital should have one yoga therapist atleast. Special economic zones are to be established in each state for yoga AYUSH tourism should be strengthened; Grants to be given to establish yoga centers. Yoga research Grants should be made available for all the Yoga related research scholars. Yoga writer incentives are to be extended to all the states; Meditation halls are to be constructed in each and every village; Yoga modules are to be designed for all walks of life, including high- risk groups and for all stages of life, including for women. Strong inter-Ministerial coordination as well as between central and state governments are essential to promote the fields yoga and yoga therapy in these regards.

The governments should allocate budget exclusively for yoga therapy. Full integration of Yoga Therapy into primary healthcare and universal health insurance schemes are to be introduced; Updating national diagnostic



manuals and policies are required. Establishment of rigorous cascade – based monitoring and evaluation system nationwide is essential. Public campaigns and ensuring literacy should be reached all. Stronger inter-ministerial coordination aligning health, Education, social justice is indispensable. Women & child welfare and labour policies can be created to maximize synergies and outcomes. India must treat Yoga Therapy (Yoga health) as an emergency, not as an afterthought with independent funding and clear accountability. Counselling must become a public infrastructure, not a charity. Every school, college, hospital should have a trained yoga therapist funded by central budgets. Special outreach programmes are needed for high-risk groups such as homemakers, skilled and unskilled laborers, aged and students etc., Regulation of digital health eco-system with apps and AI tools in Yoga Therapy

are also important.

Planning and Execution what the future are essential if yogic administrators are to take an active part in the direction and shaping of the future of Yoga. Such Planning requires that yoga professionals recognize that rapid change is characteristic of our way of life. The wellness movement and the fitness movements to involve individuals of all ages is appropriate divine activity.

More than even before, we need to inform the public and decision makers about the contributions of yoga to the society. Expanding frontiers of the habitable universe, preparing for space and underwater living, developments to communications and other technological developments including the services of artificial intelligence will influence the future of Yoga. Yoga needs to improve the delivery systems. The future of Yoga is bright but we only must determine how much it is to be brighter.

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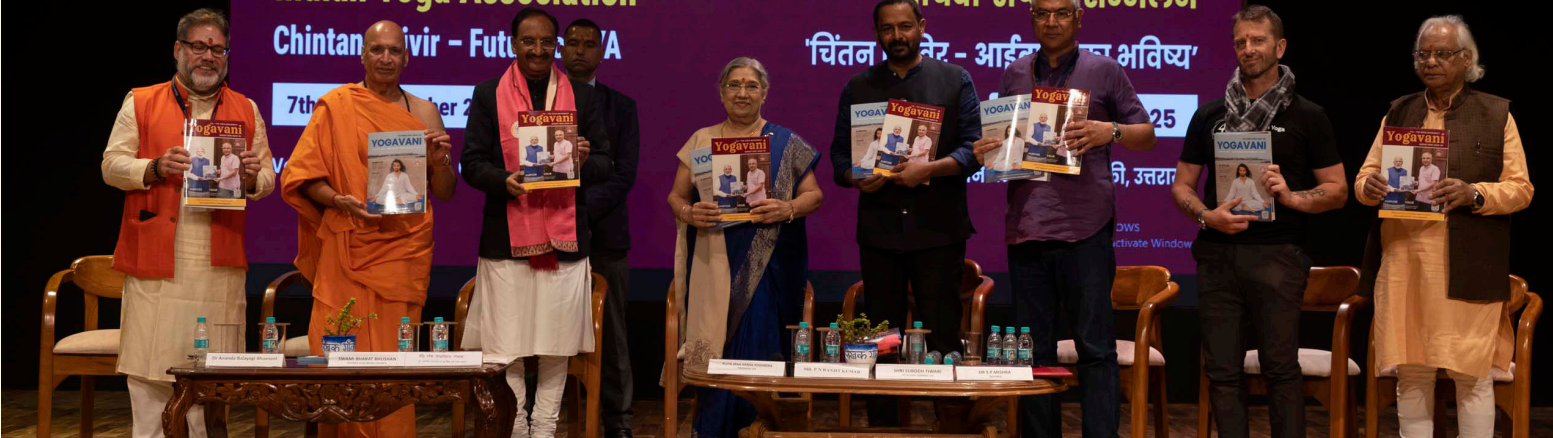
COVER STORY

5th National Conclave of the Indian Yoga Association

Chintan Shivir - Future of IYA

इंडियन योग एसोसिएशन का
पाचवा राष्ट्रीय सम्मेलन

'चिंतन शिविर - आईयए का भविष्य'



In the Himalayas, Where the Soul of Yoga Still Breathes

5th National Conclave of State Chapter Committees "Chintan Shivir: The Future of IYA"

The 5th National Conclave of State Chapter Committees - "Chintan Shivir: The Future of IYA" unfolded in the serene, contemplative silence of

Lekhak Gaon, nestled in the sacred valleys of Uttarakhand from 7-9 November, 2025. As 17 State Chapter representatives, yoga acharyas, institutional heads and visionaries gathered from across India, the mountains seemed to welcome them with an ancient familiarity. The atmosphere carried the fragrance of pine, the purity of still air, and the unmistakable sense that this was not merely a meeting — it was a pilgrimage back to the roots of India's yogic heritage.





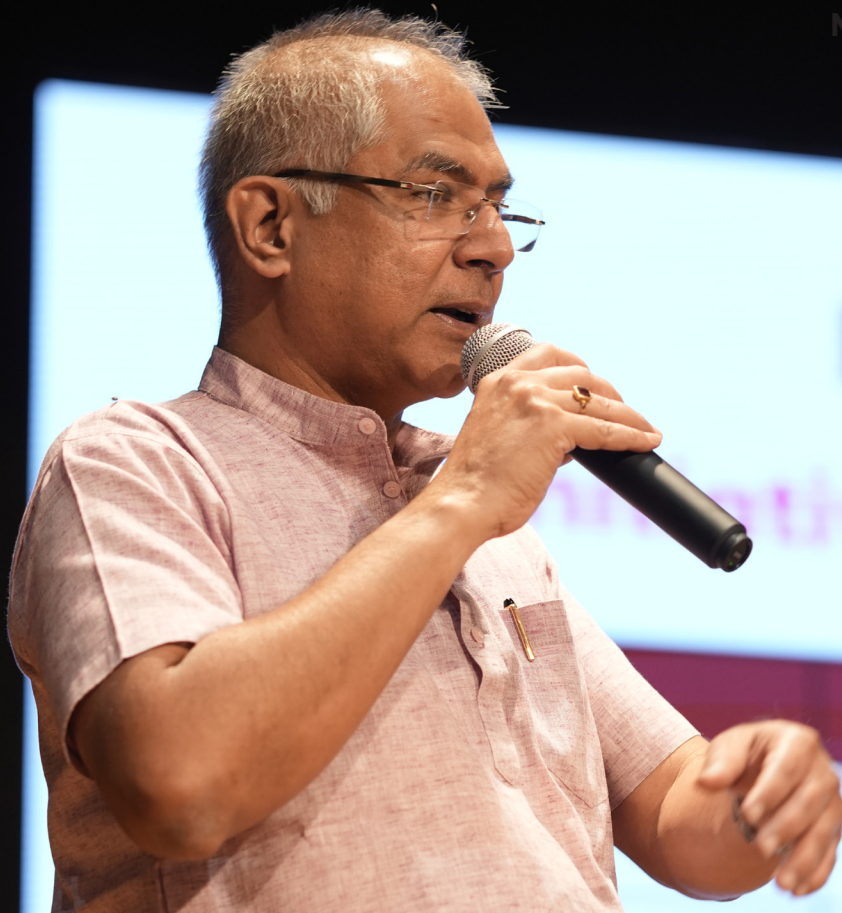
From the very beginning, the gathering felt like a tapestry of culture, devotion and shared purpose. Conversations flowed with warmth, and the energy carried the depth of sincerity that only a gathering of sincere practitioners and teachers of yoga can generate. The Conclave promised reflection, exchange, and a collective re-envisioning of the future of yoga through the lens of IYA — and it delivered all this with the grace of a Himalayan sunrise.

A Sacred Weaving of Light, Wisdom and Vision

The inauguration of the Conclave was a moment of quiet magnificence. The recitation of the Shanti Path set a spiritual foundation, its chant merging seamlessly with the natural silence of the hills. The dignitaries — Maa Dr Hansaji Yogendra, President, IYA; Swami Bharat Bhushan, Governing Council Member, IYA; Dr Ramesh Pokhriyal 'Nishank', Former Chief Minister



of Uttarakhand and Union Minister; Shri P.N. Ranjit Kumar, Joint Secretary and OSD (IDY Coordination), Ministry of Ayush; Shri Subodh Tiwari, Secretary General, IYA; Shri S.P. Mishra, CEO, Personnel Certification Board, IYA and Yogacharya Dr Ananda



Balayogi Bhavanani, Joint Secretary, IYA — joined in lighting the ceremonial lamp. The rising flame felt symbolic of the collective resolve to protect, nurture and expand the message of authentic yoga across India and the world.

In his welcome and introductory remarks, Shri Subodh Tiwari, Secretary General, beautifully reflected on the journey of IYA — its founding principles, its alignment with India's rich yogic lineage, and its role as the central, unifying body for yoga traditions across the nation. His invocation of the Association's history and legacy prepared the ground for the profound messages that followed.

The first address came from Dr Ramesh Pokhriyal 'Nishank', who spoke with poetic devotion and patriotic pride.

He congratulated the Indian Yoga Association for creating a space where saints, scholars and practitioners could come together for a





sacred dialogue. He reflected on IYA's founding vision — to unite India's diverse yoga traditions under a single umbrella — and praised its evolution into one of the world's most influential collectives dedicated to authentic yoga. Dr Nishank emphasized that yoga is more than a practice; it is India's gift to humanity, a philosophy that harmonises body, mind and soul while connecting us deeply to society and to the cosmos. His address brought a sense of purpose, possibility and national responsibility to the gathering, marking a powerful beginning to the Conclave.

This was followed by Maa Dr Hansaji Yogendra's address, whose presence itself brought a wave of warmth and elevation to the hall. Speaking with the clarity and compassion that define her leadership, Maa reminded everyone that the essence of yoga lies not merely in techniques but in the art of living joyfully and harmoniously. She spoke of how true success lies in walking together, supporting one another and allowing the fragrance of inner balance to colour every interaction. In her gentle yet powerful way, Maa addressed the

बल सङ्घशक्ता हि यस्माद् युगेऽस्मिन् समस्तास्तु योगे प्रविर्भाव्यते
ततो भारतीयो हि योगस्य सङ्घः समैक्यस्य केन्द्रं स आविर्बभूव ॥६॥

Balaṁ saṅghaśaktau hi yasmād yuge'smin mastāstu yoge pravīṇāḥ sametāḥ |
tato bhāratīyo hi yogasya saṅghaḥ samāyogya kendraṁ sa āvirbhāvya || 6 ||

Since in this age true collective effort
the leading experts together
formed the Bhāratīya Indian Y
the central of un





emotional challenges of modern life — stress, loneliness, restlessness — and reminded all that yoga provides the tools to move from confusion to clarity, from heaviness to lightness, and from sorrow to inner strength. Her message was a call to keep the heart open, to avoid hurting anyone, and to move forward with affection and mutual upliftment — the true path of yoga.

This was followed by the insightful address of Shri P.N. Ranjit Kumar, Joint Secretary and OSD (IDY Coordination), Ministry of Ayush, who placed the Conclave's purpose within a national perspective. He shared the findings of a recent survey that revealed a heartening trend: in every 35 people in India, at least one person practices yoga regularly, and many others practice occasionally. This, he emphasized, is proof that yoga remains an integral part of India's cultural fabric, expanding



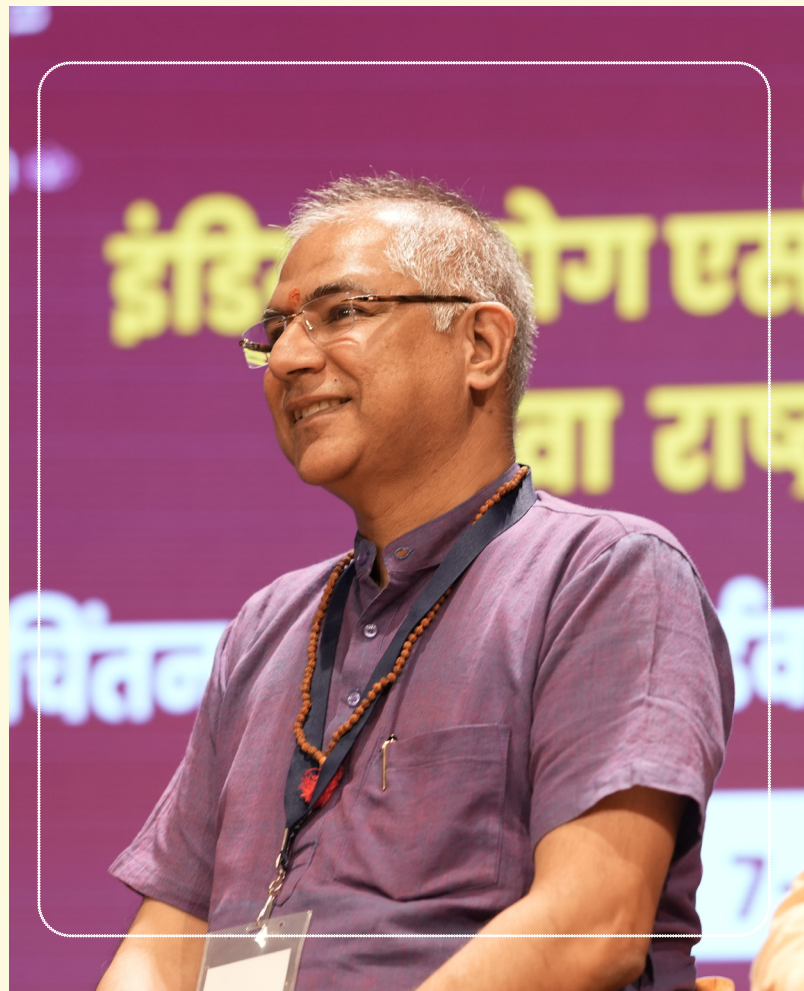


quietly yet powerfully into mainstream living. He highlighted the Indian Yoga Association's crucial role in sustaining this growth — guiding practitioners, institutions and communities towards authentic, traditional and scientifically grounded yogic pathways.

A deeply moving moment arrived with the benediction of Swami Bharat Bhushan, whose words flowed like nectar from the heart of yogic tradition. He spoke of the journey of purification that yoga undertakes within us: how asanas purify the body, pranayama purifies prana, pratyahara steadies the senses, and dharana purifies the intellect. Together, these lead life towards wisdom and illumination. His words gently reminded everyone that the unfolding of inner potential requires trust, steadiness and perseverance. He also emphasized that man's greatness lies in his capacity for manan and

chintan, making a gathering like this Chintan Shivir both meaningful and necessary for IYA's journey.

The inauguration also witnessed two significant milestones: the signing





of the MoU with Yoga Australia, symbolising IYA's expanding international collaborations; and the unveiling of the "Sannidhi" website, a tribute to the sacred seeds of yoga and a gateway for future experiential learning.

Evening of Devotion, Culture & Community

As the sun softened behind the jagged Himalayan silhouettes, the Conclave seamlessly shifted into an evening of inspiration and devotion. Students from Swami Rama University presented a graceful yoga demonstration that reflected both discipline and youthful joy. Their synchronised movement, rooted in traditional practice, brought a refreshing blend of strength, elegance and cultural pride. The audience watched with admiration, recognising that these young practitioners represented the future torchbearers of India's yoga legacy.





After a short tea break, the hall once again filled with the serene presence of Maa Dr Hansaji Yogendra, who led an evening satsang infused with warmth, humour and timeless wisdom. Her words gently reminded everyone that spiritual growth is not confined to asanas or rituals alone — it lives in kindness, authenticity



and the ability to stay centred even in challenging circumstances. Her satsang was not only an offering of guidance but a soft, motherly embrace to every member present.

The day concluded with a charming cultural programme presented by the local community. Folk melodies, traditional movements and the raw artistic expression of the region reminded everyone that yoga is inseparable from Indian culture. The performance created a bridge between ancient heritage and modern participants, leaving hearts full and spirits uplifted. Dinner that followed



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 5th National Conclave of the
Indian Yoga Association

 इंडियन योग एसोसिएशन का
राष्ट्रीय सम्मेलन


was a continuation of camaraderie — conversations, laughter and heartfelt exchanges rippled across the dining hall, bringing the day to a gentle, fulfilling close.

Second Day: Practice, Reflection & Deep Collective Thinking

The second day began with the crisp, refreshing air of the mountains greeting participants as they assembled for Hatha Yoga with Yogacharya Dr Ananda Balayogi Bhavanani. His session, infused with breath awareness and subtle body observation, set the perfect tone for the day's deep engagements.

After breakfast, the atmosphere turned reflective as the gathering honoured the contributions of IYA Members and State Chapter Committees. There was a palpable sense of pride as the growing national tapestry of yoga work came into focus — each State Chapter carrying its own stories of dedication, outreach and transformation.

This led into a comprehensive presentation by Shri S.P. Mishra who



2. Opening remarks Moderated discussion



offered a clear understanding of the work undertaken by the Personnel Certification Board, explaining IYA's efforts to uphold quality and credibility in yoga education and professional certification.

Shri Subodh Tiwari then took the audience on a journey through IYA's evolution

— from its foundations to its present stature as a self-regulatory national body. His address highlighted the importance of standards, collaboration and continuity.

In a gesture of deep appreciation, IYA felicitated its State Chapters, acknowledging their tireless work in nurturing yoga's reach and



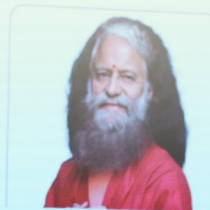
Pujya Chanderdev Sri Sri
Member, Governing Council



Dr. Pranav Pandya
Member, Governing Council



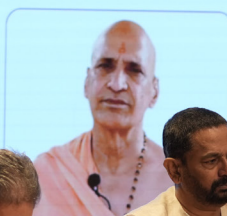
Guruji Dr HR Nagendra
Member, Governing Council



Pujya Swami
Chidanand Saraswati ji
Member, Governing Council



Shri O.P. Tiwari
Member, Governing Council



Shri Bha
Member, Governing Council



Shri Ishwar
Member, Governing Council



strengthening the Association's presence across the nation.

The Panel Discussions – The Heart of the Chintan Shivir

The mid-morning panel discussion on “Overcoming Barriers and Strengthening the Future” brought together Maa Dr Hansaji Yogendra, Shri P.N. Ranjit Kumar, Yogacharya Dr Ananda Balayogi Bhavanani, Prof. Dr. R. Elangovan and Shri S.P. Mishra, moderated by Shri Subodh Tiwari.



This session became one of the most insightful dialogues of the entire Conclave.

The panelists reflected deeply on the gaps between Associate Centre membership and certification, agreeing that many institutions proudly hold IYA membership but do not progress towards recognised certification. The need for a structured pathway to guide these



institutions was emphasised repeatedly.

Another powerful insight emerged around positioning the Indian Standards of Yoga (ISY) as the global platinum benchmark. With IYA's unique lineage, intellectual depth and traditional authenticity, the panelists felt that IYA holds the responsibility to set uncompromising standards for the world.

Discussions also highlighted the significance of digital visibility for State Chapters. A dedicated online presence — with updates, achievements, event documentation and membership progress — was identified as essential for strengthening State identity and inspiring institutions to participate more actively. Equally important was the call to shift the mindset from "What can I get from IYA?" to "What can I contribute to IYA?" — a transformative suggestion that resonated through the hall.

Concerns about delays in certification processes were candidly expressed, and suggestions for smoother coordination between YCB and IYA were discussed. The panel also underlined the crisis emerging from unregulated short-duration courses offered elsewhere, making it imperative for IYA to maintain rigorous quality benchmarks.

Yoga education, livelihood opportunities for yoga professionals, student engagement, and structured certification pathways also emerged as crucial themes. The panel stressed the importance of creating safe, ethical, culturally sensitive and professionally





organised yoga environments across India.

This session left the gathering thoughtful, energised and aligned toward unified action.

After a reflective Q&A on Yoga 365 policies shaped by the Ministry of Ayush, the afternoon unfolded with a dynamic session on Krida Yoga by Dr Subramanian Ananda Venkata, bringing energy, playfulness and childlike enthusiasm into the gathering.





This was followed by an experiential workshop, “Sannidhi – The Sacred Seeds of Yoga,” led by Yogacharya Dr Ananda Balayogi Bhavanani and Yogacharini Anandhi Mary Cecil. Their session brought the subtle, inner dimensions of yoga alive – through chant, breath, embodied awareness and traditional perspectives. Many participants described this session as the “soul” of the Conclave.

Voices of Wisdom: Charting the Future Pathways of the IYA

In the evening, the hall once again became a space of powerful thought and vision during the second panel on “Future Vision of IYA – Global” chaired by Yogacharya Dr. Ananda Balayogi Bhavanani, brought together State Chapter



5th National Conclave of the Indian Yoga Association Chintan Shivir – Future of IYA

7th–9th November 2025

Venue: Lekhak Chauki, Uttarakhand

इंडियन योग एसोसिएशन का पाचवा राष्ट्रीय सम्मेलन 'चिंतन शिविर - आईवाईए का भविष्य'

7-9 नवंबर 2025

स्थान: लेखक गांव, उत्तराखंड



representatives including Prof. Dr R Elangovan, Tamil Nadu State Chapter, Shri Sabir Sheikh, Maharashtra SCC, Shri Rajagopal Krishnan, Kerala SCC, Yogacharya Dhakaram ji, Rajasthan State Chapter and senior members to reflect on the evolving role of the Indian Yoga Association and the skills required to strengthen the yoga ecosystem in India and abroad.

The second panel discussion, chaired by Yogacharya Dr. Ananda Balayogi Bhavanani, opened a profound space for deep reflection on the evolving role of the Indian Yoga Association. Dr. Bhavanani began by outlining what he described as the three fundamental pillars of IYA's work. The first, he said, is the preservation and progression of authentic yoga traditions—protecting the living lineages of India while offering frameworks that enable their meaningful and contemporary growth. The second pillar



emphasises strengthening certification, accreditation and member support so that yoga professionals receive not only recognition but also improved livelihood prospects, confidence and a strong professional identity. The third pillar focuses on communication and outreach, ensuring that IYA engages effectively with the public, government systems and global communities through structured, meaningful initiatives that carry the voice of authentic yoga to wider audiences.



Building on this foundation, the panel turned its attention to the landscape of yoga participation in India. While crores of Indians express curiosity and interest in yoga every year, the conversion to regular, committed practice remains surprisingly low. This gap, panelists noted, must be addressed through creative and targeted outreach models—such as simple, accessible “five-minute activation practices” at workplaces or community spaces that can serve as gentle entry points, eventually inspiring deeper engagement with yoga.

A particularly promising area highlighted was the potential of corporate and CSR engagement. Panel speakers suggested developing an “assembly line” of ready-to-implement projects in areas like women’s health, student wellbeing, workforce wellness, and vulnerable communities. These modules





could be offered to PSUs and major corporates such as TATA, SAIL, NTPC, Coal India and others, enabling long-term collaborations that would bring yoga into the mainstream fabric of organisational and social wellbeing.

Education emerged as another major theme. The panel expressed the need for a structured, ongoing academic and professional development framework

for yoga practitioners. Dr. Bhavanani proposed the creation of CARE — Continuous Academics, Research and Education in Yoga, a robust system designed to elevate teachers' knowledge, deepen their understanding of classical texts and strengthen overall pedagogy. Alongside this, the importance of communication and soft skills was repeatedly emphasised. While many teachers possess strong technical ability, not all are equally comfortable with



5th National Conclave of the Indian Yoga Association

Chintan Shivir – Future of IYA



public communication, interpersonal sensitivity or multicultural contexts—skills essential for reaching diverse audiences both within India and internationally.

Skill orientation for yoga teachers was discussed with great seriousness. Panelists stressed the need to equip teachers with the ability to assess student readiness, adapt practices responsibly, study scriptures with depth, understand cultural nuances when teaching globally, and uphold safe, ethical standards in their classes.

Concern was raised over the growing trend of candidates appearing for YCB exams after short-term courses, diluting the very standards that organisations like IYA strive to uphold. Stronger foundational training was identified as crucial to maintaining IYA's credibility and the integrity of yoga education.

The conversation then shifted to global





opportunities. Several speakers shared examples of alumni from Indian yoga institutions who now teach worldwide and how they could be formally connected to IYA through Associate Centre affiliations or Recognition of Prior Learning (RPL). Alumni networks, the panel observed, are a powerful but underutilised channel through which IYA can expand its international presence, reputation and influence.

Integrating yoga with traditional medicine and healthcare emerged as another rich area of discussion. With global interest in Ayurveda, Siddha, naturopathy and traditional healing systems rising rapidly, yoga therapy holds immense potential in hospitals, nursing programmes, psychology departments and wellness centres. As the global medical and wellness industry expands, so does the need for trained, credible yoga professionals—marking this as a fertile ground for IYA's future initiatives.





A cautionary reflection came toward the end of the session. While short-duration practices of five or ten minutes can be useful as introductory tools, panelists warned against mistaking them for complete yoga solutions. Depth, time, personalisation and adherence to classical principles remain essential to authentic yoga education. They urged State Chapters to reinforce high standards uniformly and guard against superficial trends.

The panel concluded with a clear and hopeful message: the future of the Indian Yoga Association is bright, but it calls for collective responsibility, professional excellence and unity among State Chapters. Under Dr. Bhavanani's insightful moderation, the session moved from reflection to actionable pathways—embracing skill development, international engagement, systemic strengthening and a deeper rooting of yoga education.





This discussion enriched the spirit of the Conclave, offering direction and inspiration as the gathering moved forward into the next phases of deliberation.

DAY 3 – GRATITUDE, COMPLETION & A NEW BEGINNING

The final morning started with Nature walk and a grounding yoga session led by Shri Amit Negi, Joint Secretary, Uttarakhand SCC. The practice helped participants integrate the intensity of the previous day's discussions with inner calm and renewed clarity.

Following breakfast, the Valedictory Session led by the Uttarakhand State Chapter created an atmosphere of gratitude and fulfilment. Representatives expressed their reflections on the Conclave – how the mountains, the masters, and the collective spirit had together created a transformative space for all.





As the gathering prepared to disperse, there was no sense of ending — only continuity. A deeper sense of unity among State Chapters, a clearer commitment to standards and authenticity, and a renewed excitement for IYA's national and global mission filled the air.

The Flame Carries Forward

The 5th National Conclave of the Indian Yoga Association was not merely a meeting of minds; it was a meeting of hearts, traditions and visions. In the silent embrace of the Himalayas, yoga's custodians reviewed the past, reflected on the present and imagined the future. The light lit at the inauguration now travels with each participant — into their work, their centres, their State



Chapters, and ultimately into the homes, institutions and communities across India.

The mountains witnessed it.

The masters blessed it.

The members carried it.

And the Indian Yoga Association now steps into its next chapter — stronger, clearer and more united than ever before.

A Proud Moment for IYA

The Indian Yoga Association celebrates a remarkable achievement as the Karnataka State Chapter team, representing our esteemed Associate Centre Yogavijnana, reached the Mount Everest Base Camp last month. Under the inspiring leadership of our Core Team Convenor, Yogamitra Sri Vinay Siddaiah, the team proudly hoisted both the National Flag and the IYA Flag at this iconic altitude.

This historic gesture symbolizes the spirit of Indian Yoga touching new heights—Yoga through IYA has truly reached Everest.

Heartiest congratulations to Sri Vinay Siddaiah and the entire Team Yogavijnana for this extraordinary accomplishment. Their dedication, discipline, and devotion to the yogic path continue to inspire the entire IYA fraternity.





IYA Holds 51st Executive Council Meeting Online

The Indian Yoga Association (IYA) convened its 51st Executive Council Meeting on September 18, 2025, through an online platform.

The meeting was chaired by Maa Dr. Hansaji Yogendra, President, and attended by Shri Subodh Tiwari (Secretary General), Shri K.C. Jain (Treasurer), Shri P.C. Kapoor (Director, Standing Finance Committee), Prof. Elangovan, Shri Desraj, special invitee Shri Dheeraj Saraswat, and Secretariat members.

The session opened with the chanting of the Shanti Mantra, followed by Maa Hansaji's welcoming remarks. She acknowledged the collective commitment of the Executive Council and appreciated the progress achieved in recent months. The President then invited the Secretary General to present updates and take the meeting forward.

The minutes of the 50th EC Meeting held on July 22, 2025, were placed before the Council. With no additional suggestions received, the minutes were confirmed through a collective chanting of "Om."

Presenting the Action Taken Report, Secretary General Shri Subodh Tiwari highlighted major developments since the last meeting. The Yog Setu program held at Paramanand Yoga, Indore on August 3 saw enthusiastic participation of nearly 500 yoga practitioners and led to increased memberships and new Associate Centre enrollments. The Monthly Cycle Sessions continued successfully with eminent speakers Dr. Meena Ramanathan and Dr. Farzana Siraz addressing recent editions. Key administrative decisions—such as amendments in APSCC, dispatch of the Yog Chikitsa Ratna certificate to Dr. A.L.V. Kumar, activation of the ChatGPT subscription for research support, revision of international membership fees, and

initiation of revenue generation via website banners—were also completed.

The Council reviewed upcoming IYA outreach events, including Yog Setu Delhi (21 September), Rajasthan – Jaipur (5 October), Kerala (12 October) and Uttar Pradesh – Mokshayatan (16 November). Updates were also shared on preparations for the 5th National Conclave scheduled from November 7–9, 2025, at Lekhak Gaon, Rishikesh. Maa Hansaji confirmed her presence for the inaugural session.

Matters relating to State Chapter Committees were presented next. The proposed new formation of the Jammu & Kashmir SCC, submitted after their General Body Meeting, was placed before the EC and approved unanimously. Amendments in the Madhya Pradesh SCC, including the appointment of Smt. Urvashi Bagdi as Joint Secretary and Dr. Ajay Dubey as Vice Chairperson, also received unanimous approval.

The Council then discussed financial matters. Based on the recommendation of the Standing Finance Committee, the reappointment of statutory auditors for the forthcoming term was approved. The SOP for State Chapter fund release, drafted in line with previous EC resolutions and practical operational requirements, was also unanimously approved to streamline financial governance.

Two new institutional membership applications were considered. Niramaya (School of Yoga Education), already an Associate Centre of IYA, was approved

under the State Registry. The Katirail Yoga Byayam Centre, Silchar, Assam, was also approved unanimously.

The syllabus for the 30-hour Common Yoga Protocol Appreciation Course (CYPAC), developed by Dr. Ganesh Rao and vetted by the SAAC, was presented. The Council decided that the course would be conducted free of cost through State Chapters, reinforcing grassroots outreach and public awareness.

Recommendations of the YT Screening Committee for Yoga Chikitsa certifications were placed before the EC. Approvals were granted for 14 Yog Chikitsa Acharya, 31 Yog Chikitsaka, and 6 Yog Chikitsa Sahayaka certifications.

Under “Any Other Matters”, the Council approved the proposal to appoint Dr. A. Subramaniam and Prof. Elangovan as additional central coordinators to support State Chapters and member institutions in certification drives. The EC also approved the Kerala State Chapter’s proposal to recognise Swami Anandavanam Bharathi, newly appointed Mahamandaleshwar of Juna Akhada, as an Eminent Yoga Professional (EYP), noting that this would greatly strengthen activities in the region.

The meeting concluded with closing remarks by Maa Hansaji, who expressed satisfaction with the progress of ongoing programmes and encouraged continued dedication and teamwork. The session formally ended with the recitation of the Shanti Mantra, reinforcing the spirit of unity and purposeful action.



CYCLE PROGRAM

Yoga Therapy for Holistic Rehabilitation by Prof. Dr. R. Elangovan

A brief Report by Yogasadhaka Nilachal

Introduction

The CYCLE (Continuous Yoga Chikitsa Learning and Education) program continues to bring together experts who share new insights in yoga therapy and healing.

In this session, Prof. Dr. R. Elangovan offered a fresh and practical look at rehabilitation through yoga showing how it can go beyond physical

recovery to restore total well-being. He emphasized that true healing means rebuilding balance in body, mind, and spirit, making yoga therapy a complete system for modern health and rehabilitation.

He emphasized that rehabilitation is not about returning to normal, but about restoring balance and wholeness in body, mind, and spirit. His message was simple yet profound:



“Yoga therapy helps rebuild life, not just muscles or movement.”

Prof. Dr. R. Elangovan ji is one of India’s most respected figures in yoga education and therapy. A teacher, researcher, and institution builder, he has dedicated over four decades to advancing the academic and therapeutic dimensions of yoga.

Currently serving as an Executive Council Member of the Indian Yoga Association (IYA) and Secretary of its Tamil Nadu Chapter, he has been instrumental in bringing yoga therapy into universities, hospitals, and public health systems. He was the first Professor of Yoga under the Government of Tamil Nadu, has guided more than 50 PhD scholars, and authored seven influential books. Dr. Elangovan highlighted how yoga’s ancient framework aligns with modern physiology, especially in addressing the growing burden of chronic, lifestyle, and psychosomatic disorders.

New Dimensions in Yoga Rehabilitation

1. From Therapy to Rehabilitation Science

He proposed that yoga therapy should no longer be viewed merely as supportive care but as a core system of rehabilitation, capable of addressing neuromuscular, emotional, and cognitive dysfunctions.

“Rehabilitation is not recovery, it’s renewal,” he said, describing yoga as a process of retraining both body and consciousness.

2. Updated Diagnostic Perspective

For the first time in a CYCLE lecture, the traditional Darśana, Sparśana, Praśna, and Nāḍī Parīkṣā model was discussed as a structured diagnostic framework, blending yogic intuition with clinical precision.

3. Personalized Practice through



Brahmana–Langhana–Samana

He revisited the classical trio: Brahmana (nourishing), Langhana (reducing), and Samana (balancing) linking them to modern metabolic states. This framework offers yoga therapists a scientific method to design personalized sessions based on energy balance and recovery goals.

4. Diet as an Extension of Therapy

Emphasizing the therapeutic value of nutrition, Dr. Elangovan ji connected sattvic dietary principles with current nutritional science, noting how anti-inflammatory foods accelerate tissue repair and mental clarity.

“When your diet is light, your mind becomes bright,” he said, reminding practitioners that what you eat is as important as what you practice.

Scientific Foundation of Yoga Therapy

“Yoga is surgery without instruments.”

Dr. Elangovan ji presented data showing how yoga influences the body at molecular and neurological levels:

- Improves gene regulation and immune response
- Balances neurotransmitters like serotonin and dopamine
- Enhances neuroplasticity and cellular longevity
- Regulates hormones and circadian rhythms

He explained that consistent yogic practice “tunes” the nervous and endocrine systems — restoring stability

in mood, metabolism, and immunity.

Yoga Therapy Meets Modern Medicine

“Tomorrow’s therapy rooms will look like yoga halls: peaceful, mindful, and alive.”

Dr. Elangovan ji discussed how the next wave of yoga research will move toward Yoga Therapy 2.0, integrating traditional techniques with emerging technologies like:

- AI-assisted health tracking
- Virtual Reality (VR) meditation
- Biofeedback-based emotional regulation
- Integrative models recognized by WHO and AYUSH

He predicted that in the near future, yoga therapy centers will collaborate directly with hospitals as complementary rehabilitation hubs, combining asana, breathwork, and counseling with mainstream medical care.

Key Takeaways for Practitioners

- Think rehabilitation, not just treatment. Yoga therapy is a long-term journey of rebuilding vitality.
- Diagnose holistically. Observe, touch, listen, and sense, not just measure.
- Match practice to need. Use Brahmana, Langhana, and Samana principles intelligently.
- Integrate diet and lifestyle. Food and sleep are therapy too.
- Measure and document results. Bring credibility through evidence-based practice.



Conclusion

“The world already believes in yoga. Now it’s time for India to prove it scientifically.”

Dr. Elangovan ji urged young yoga professionals to become both practitioners and researchers, saying that the future of yoga therapy depends on data, documentation, and disciplined compassion. He stressed that while India gave yoga to the world, it must now lead in scientific validation and global implementation.

Prof. Dr. R. Elangovan’s insights connected ancient therapeutic logic with modern physiological understanding, giving yoga therapists a clearer, evidence-based framework for personalized healing.

His message was both practical and profound: rehabilitation is not about returning to what was lost but awakening what remains. As yoga therapy continues to evolve, his work reminds us that balance, awareness, and compassion remain its true medicine.



HEADLINES

Niramaya School of Yoga education expands Yogic Outreach

In October 2025, Niramaya – School of Yoga Education, a proud Member Institution of the Indian Yoga Association and accredited by the Yoga Certification Board (Ministry of Ayush), conducted more than fifteen programmes focused on “Yogic Wellness” across different regions. These programmes were designed to deepen public understanding of yoga-based lifestyle practices and to strengthen the culture of wellness in communities through practical sessions, lectures, and experiential learning formats.

Furthering its commitment to expanding yoga education, Niramaya signed significant Memorandums of Understanding with Pranabananda Vidyamandir, Maibong (Dimahasao region), Pranabananda Vidyamandir,





Maibong Katlichhera, and Pranabananda Vidyamandir, Gangaganagar in the Barak Valley region. These partnerships mark an important step in integrating yoga education into institutional frameworks and promoting holistic development among students and educators.

The programmes and MoU ceremonies were graced by respected dignitaries such as Swami Shadhanananda Maharaj, Chief Organizer of Bharat Sevashram Sangha (North-East), who has been supporting yoga activities in the region. Leadership from Niramaya, including Dr Ajit Bhattacharjee, Chairman of the institution; Shekhar Chakraborty, Chairman of its Executive Council; and Shatakshi Bhattacharjee, Director of Niramaya, were instrumental in conceptualising and executing these initiatives.

Several key contributors from the Niramaya team—including Sovon Banerjee, Advisor; Yogacharya Divya



legacy contributor; and instructors Ratul Chakraborty, Tulana Das Purkayastha, Pallab Kanti Dey, Nirupam Das Purkayastha, and Madhumita Banerjee—actively led sessions, workshops, and community engagement activities. Their collective effort ensured that each programme offered both authenticity and impact.

Through these initiatives, Niramaya continues to emerge as a catalyst for holistic wellness, empowering individuals and communities while strengthening the larger vision of the Indian Yoga Association in expanding authentic yoga education across India.



AYG Academy showcases attends in Vietnam

A YG Academy, an Associate Centre of the Indian Yoga Association, brought global recognition to India's yoga community through its active participation at the 2nd International AyurHealth Summit on Ayurveda & Yoga, held on 1st and 2nd November 2025 in Ho Chi Minh City, Vietnam. Representing India, Dr Nutan Pakhare contributed significantly to the event's intellectual and cultural exchange by presenting her specialised work on prenatal yoga and holistic maternal wellness. The summit brought together eminent Ayurveda leaders and practitioners from across the world, including Dr Tanuja Nesari, Director of the Institute of Research in Ayurveda and Former





Director of AIIA; Dr Sandeep Kale; Dr Laxmikant Korkiat; and Dr Shilpa Swar, CEO of SIFA Ayurveda. Their presence contributed to rich discussions on integrating traditional Ayurvedic wisdom with modern scientific research, providing a strong platform for collaborative exploration.

On the first day of the summit, Dr Nutan presented her research paper on the “3S Pregnancy Yoga Module – Stability, Strength & Space.” This unique model blends classical yoga principles with prenatal biomechanics and mindful movement practices to support women throughout pregnancy. Her presentation received warm appreciation from international faculty for its clarity, scientific structure, and grounding in traditional Indian knowledge systems.

The second day marked the formal release of her English book, “Food as a Sanskar,” a

thoughtful work that highlights Ayurvedic nutrition, seasonal dietetics, and emotional nourishment for expectant mothers and infants. The book launch garnered attention not only at the summit but also in Maharashtra Times print media, reflecting its growing relevance in the field of maternal wellness. Students from AYG Academy’s 68th and 69th Prenatal–Postnatal Yoga & Garbhasanskar TTC batches were present across the border, sharing their pride in witnessing their teacher’s contributions on an international stage. Continuing its mission of expanding holistic maternal care, AYG Academy has also announced two new batches beginning on 15th and 21st November. Through its sustained efforts, the Academy continues to uphold the Indian Yoga Association’s objective of promoting authentic, research-based yoga education globally.



Krish Yoga Vidhyaalaya hosts 3-Day transformative workshop

Krish Yoga Vidhyaalaya, an Associate Centre of the Indian Yoga Association, successfully organised a transformative three-day yoga workshop in collaboration with Puvudham Rural Development Trust in Dharmapuri. The first day, held on 10th October 2025 at the Krish Yoga Vidhyaalaya campus, focused on an immersive Iyengar Yoga Props Workshop that combined theoretical explanations with practical demonstrations.

Participants learned to use props such as forward benders, headstand supports, backbenders, yoga wheels, blocks, belts, wall ropes, and even aerial yoga equipment, enriching their understanding of alignment and support-based practice. The following two days, 11th and 12th October, were hosted at the serene and eco-conscious Puvudham campus, offering participants a natural environment



ideal for learning yogic purification techniques and sustainable living principles. The workshop was inaugurated by Dr Amarnath, Founder of Converge Yoga Studio, Trichy, who encouraged participants to explore the deeper dimensions of yoga beyond physical postures. The sessions began with a comprehensive introduction to Shatkriya, the



yogic cleansing techniques described in the Gheranda Samhita, essential for maintaining internal balance and vitality.

Under the guidance of experienced instructors from Krish Yoga Vidhyaalaya, participants observed and practiced dhauti, basti, trataka, and related cleansing methods. Discussions explored the contemporary relevance of Shatkriyas, emphasising their role in detoxifying the body and stabilising the mind. This was followed by an insightful session led by Mrs Krishnadevi K, Administrator of Puvudham Rural Development Trust, who introduced the concepts of self-sustainable living. Her talk covered permaculture, water conservation, waste management, and natural building—themes deeply aligned with eco-friendly lifestyles.

On the final day, participants practiced additional techniques including nauli, neti, and various forms of kapalabhati, supported by detailed demonstrations and supervised practice. Over the three days, they followed a pure sattvic

diet—simple, wholesome meals like rice porridge and ghee-flavoured khichdi with minimal spices—which further deepened the transformative experience. The workshop concluded with a certificate distribution ceremony, a heartfelt feedback session, and group photographs capturing the joy and gratitude of everyone involved.

By integrating traditional yogic practices with principles of sustainable living, Krish Yoga Vidhyaalaya continues to uphold the vision of the Indian Yoga Association to promote authentic, holistic, and environmentally aligned yoga education.





Rajasthan SCC hosts Gurudev Sri Sri Ravi Shankar

On the auspicious occasion of the Jaipur visit of Gurudev Sri Sri Ravi Shankar ji, Chairman of the Indian Yoga Association, the Rajasthan State Chapter Committee of the Indian Yoga Association extended a warm and heartfelt welcome to him. Being in the divine presence of Gurudev and experiencing his simplicity, compassion, and radiant joy was truly an elevating and inspirational moment for the entire team.

During this special meeting, the Rajasthan leadership—including State Chairperson Shri Mahesh ji, Senior Vice President Yogacharya Dhakaram ji, Vice President Shri Megh Singh ji, and Coordinators Dr Alok Dixit ji, Shri Satyapal Singh ji, Smt Hemlata ji, Ms Shivani Verma ji, and Ms Deeksha Jamwal ji—had the honour of

welcoming Gurudev and receiving his divine guidance and blessings.

The team shared with Gurudev the ongoing initiatives, outreach activities, and collective efforts being undertaken across Rajasthan through the Indian Yoga Association. Gurudev graciously blessed the committee and encouraged everyone to continue working with dedication for the advancement of yoga, service, and global well-being.

The sacred presence of Gurudev Sri Sri Ravi Shankar ji strengthened the resolve of the Rajasthan Chapter and filled everyone with renewed enthusiasm and purpose.

Sattvik Recipe

Healthy Millet Bhel

By Jeevanam Naturopathy and Yoga Therapy
Health Clinic

A light, wholesome and crunchy snack — perfect for yoga practitioners, wellness seekers, and anyone on a mindful, weight-management diet.

Millet Bhel (Crisp, Fiber-Rich & Oil-Free)

Ingredients (Serves 1-2)

Base

- 1 cup puffed millet (Use any variety: ragi, jowar, bajra or foxtail millet murmura)
- ½ cup moong or mixed sprouts

Fresh Vegetables

- 1 small cucumber, finely chopped
- 1 small tomato, chopped
- 1 small carrot, grated
- 1 small

capsicum, chopped

- 1 tbsp fresh coriander leaves

Seasoning

- ½–1 tsp lemon juice
- A pinch of rock salt
- A pinch of black pepper
- Optional: ¼ tsp roasted cumin powder

Optional Add-ons

- 1 tbsp roasted peanuts
- 1 tbsp pomegranate seeds



Method

1. In a mixing bowl, add puffed millet.
2. Add sprouts along with all the chopped vegetables.
3. Mix in roasted peanuts if you prefer extra crunch and protein.
4. Sprinkle rock salt, pepper, and cumin powder.
5. Add fresh lemon juice and toss gently.
6. Garnish with coriander leaves and serve immediately to retain crispiness.

Sāttvik Benefits

- Completely oil-free and low in calories
- High in dietary fiber, keeping you light

yet satiated

- Sprouts add a natural protein boost
- Gluten-free and suitable for diabetics
- Fresh, plant-based, and ideal for maintaining yogic discipline
- Supports digestion and enhances pranic energy

This refreshing Millet Bhel is a simple yet nourishing way to bring balance, energy, and mindfulness into your daily diet. Enjoy it as a guilt-free mid-meal snack or post-yoga refreshment!



ARTICLE

—by Acharya Birju Maharaj,
Yoga Chikitsa Acharya, IYA



The Science of Prāṇāyāma: A Yogic and Scientific Exploration of the Transformative Mechanisms of Life

Introduction
The science of Prāṇāyāma is fundamentally the discipline of regulating and harmonizing the functional transformations and reciprocal transmutations within the human physiological system through the medium of Prāṇa, the vital life-force.

Yoga, the cornerstone of Indian philosophy, culture, and life, holds Prāṇāyāma as one of its most essential limbs (Aṣṭāṅga Yoga of Patañjali). More than a mere respiratory practice or physical exercise, Prāṇāyāma is the science that bridges individual life with cosmic energy.

Through its systematic practice, it balances the threefold dimensions of human existence — the physical

(śārīrika), mental (mānasika), and spiritual (ādhyātmika). Ancient treatises — Pātañjala Yogasūtra, Haṭha Yoga Pradīpikā, and the Upaniṣads — expound this discipline, which modern physiological and neurobiological sciences are only beginning to validate.

II. The Principle of Creation and the Twofold Nature of Māyā
Before delving into the dynamics of Prāṇāyāma, it is essential to comprehend the Sṛṣṭi Siddhānta — the principle of creation.

Māyā, the primordial Ādiśakti, manifests in two aspects: Mahāmāyā and Yogamāyā.

Mahāmāyā is the creative potency that generates the Pañca Mahābhūtas (the five great elements) and the life principles.

Yogamāyā is the kinetic force of



consciousness — Prāṇa, the operative power that infuses vitality and sustains the life cycle.

Mahāmāyā, through the Yogic Shakti of Yogamāyā, unites the elements and the vital forces to manifest living beings. Thus, life itself is the self-manifestation of Māyā in its subtle form — a divine play (Līlā).

यत् ब्रह्माण्डे तत् पण्डे।

प्राणो ब्रह्म। (Bṛhadāraṇyaka Upaniṣad 1.3.23)

Translation:

That which exists in the macrocosm (Brahmāṇḍa) is reflected within the microcosm (Piṇḍa). Prāṇa itself is Brahman, the all-pervading reality.

Hence, Brahmanāṇḍa = Macrocosm = Ādīśakti, and Piṇḍa = Microcosm = Puruṣa.

The Prāṇa serves as the bridge between the two. Through Yoga, the inherent potential of Prāṇa transforms the vast cosmic energy into the limited form of the individual. This process of transformation, mediated through Prāṇa, is the very foundation of Yoga.

III. The Threefold Structure of the Human Being

According to Yogic science, the human entity exists in three principal states: Sthūla Śarīra (Gross Body) — the visible, material form responsible for worldly actions and physiological functions. Sūkṣma Śarīra (Subtle Body) — the invisible body composed of the mind, intellect, and prāṇa; it mediates consciousness and life-energy. Kāraṇa Śarīra (Causal Body) — the finest



and most subtle substratum, the cause and regulator of both the gross and subtle bodies.

The force that connects, transforms, and integrates these three planes is Yoga, while the operative agent in this process is Prāṇa.

The Kāraṇa Śarīra manifests through the Sūkṣma Śarīra into the Sthūla Śarīra, and this regulated transformation is governed by the Yogic mechanism of Prāṇa. Maharshi Patañjali reveals that disturbances or kleśas in the causal realm lead to imbalances in the subtle body, eventually manifesting as disease in the gross body. Through Prāṇāyāma, the subtle body is harmonized, causal obstructions are removed, and the physical form regains equilibrium.

IV. The Philosophical Foundation:

Prāṇa as the Causative Principle

प्राणः कारणम् कारणस्य।

नमित्तितम् सर्व कर्मसु॥

प्राणः शक्तिप्राण रूपः,

प्राणही कारकत्व सर्व सृजनम्।

प्राणः करणत्व कार्येषु,

कर्तरषु कारकता॥

क्रियायां करणम् प्राणः।

प्राणः ब्रह्म सनातनः॥

Translation and Analysis:

Prāṇa is the cause of causes, the instrumental factor behind all action.

It is both the energy and the form of energy within all creation.

In every act, Prāṇa functions as the medium (kāraṇa), empowering the doer. Thus, Prāṇa is the eternal Brahman — the imperishable principle that animates existence.

In essence, Prāṇa is the ultimate causal substratum of creation, preservation, and dissolution — the very expression of the Divine Principle within living beings.

V. The Yogic Understanding of Prāṇa as Divine Presence

नरेषु नारायण प्राणः सर्व संभव संभावते।

प्राण प्राणाय प्राणनिं, शविशक्तयिस्य

प्रदायते॥

Translation:

In human beings, Prāṇa is Nārāyaṇa

Himself — the source of all potential and possibility.

Prāṇa animates all living beings, infusing them with the union of Śiva (Consciousness) and Śakti (Energy).

Thus, Prāṇa is both the sustainer and the regulator — the life-giving and liberating power that bridges consciousness and matter.

VI. The Ontology of Prāṇa and its Temporal Dimension

प्राणः सूक्ष्म प्राणः दीर्घ लोकन्यासात्
प्रवर्तन्ते।

प्राण आदि प्राण शेषः प्राण कालात् न विस्तन्ते॥

Translation:

Prāṇa, in its subtle form, pervades all worlds as the foundational force of movement and creation.

It is both the beginning and the end of existence. When Prāṇa withdraws in time, all activity ceases — and dissolution (Pralaya) ensues.

Interpretation:

Prāṇa is not merely an individual energy but the universal current that sustains cosmic order. When withdrawn, dissolution follows, both in the body and in the cosmos.

VII. The Lexical and Functional Nature of Prāṇa

प्राण शब्दः प्राण उद्भा प्राण जीवो सहायकः।
प्राणः स्थिति उत्पत्ति प्राण ही प्रलय
नयामकः॥

Translation:

Prāṇa is the very definition and power of

life.

It sustains, creates, and regulates dissolution.

It is the assistant, the supporter, and the ruler of existence.

Thus, Prāṇa is the dynamic principle that governs birth (utpatti), sustenance (sthiti), and dissolution (pralaya).

VIII. Etymological Insight: The Meaning of Prāṇa

The term Prāṇa derives from the roots pra (primordial, first, forward) and āṇa (to draw or bring forth). Hence, Prāṇa signifies “that which draws forth the primordial energy” — the force that connects Śiva (pure consciousness) with Śakti (creative energy).

It manifests the unmanifest (avyakta), makes the invisible visible, and transforms potential into actual.

In the absence of Prāṇa, all creation reverts to its latent state. Thus, Prāṇa is the axis of manifestation, maintenance, and return.

IX. The Science of Prāṇāyāma

Prāṇāyāma literally means the dimensioning or regulation (āyāma) of Prāṇa. Through the expansion, retention, and channeling of Prāṇa, the Yogī harmonizes the triadic cycle of creation (sṛṣṭi), regulation (sthiti), and dissolution (laya).

According to Patañjali Yogasūtra (2.49–52), the process involves the suspension of the natural rhythm of inhalation and exhalation, leading to the refinement of consciousness:

“Tataḥ kṣīyate prakāśāvaraṇam” — “Then, the

veil obscuring the inner light is destroyed.” Through Prāṇāyāma, disturbances in the flow of life-energy are resolved, leading to the illumination of consciousness (cit-prakāśa).

X. The Physiological and Modern Scientific Correlation

Modern biophysiology identifies parallels to Prāṇa in:

ATP (Adenosine Triphosphate): the cellular energy currency;

Neuronal impulses: the bioelectric communications of the nervous system;

Respiratory and oxygen transport systems: the fundamental basis of metabolism.

Scientific studies demonstrate that

Prāṇāyāma:

Reduces stress hormones such as Cortisol;

Increases neurochemicals like Serotonin and Dopamine;

Enhances cardiovascular, respiratory, endocrine, and immune functions.

Thus, Prāṇāyāma integrates physiological regulation with psychoneuroendocrine harmony — reflecting the ancient Yogic understanding of Prāṇa as the life-modulating principle.

XI. The Four Dimensions and Functional Types of Prāṇāyāma

Pūraka – Controlled inhalation;

Kumbhaka – Retention (internal and external);

Recaka – Exhalation;

Śūnyaka – Suspension in the state of stillness.

Functional categories include:

Śodhana Prāṇāyāma – purification,

Sthāpana Prāṇāyāma – stabilization of Ojas

and Tejas,

Sneha Prāṇāyāma – nutritive regulation,

Uddīpana Prāṇāyāma – stimulation of metabolic energy.

XII. The Spiritual and Teleological Significance

Through Prāṇāyāma, the Citta (mind-stuff) attains purity; the radiance of the Self (Ātma-prakāśa) manifests.

The practitioner achieves the fourfold purposes of life — Dharma, Artha, Kāma, and Mokṣa.

Ultimately, Prāṇāyāma unites science, philosophy, and spirituality, restoring balance between the cosmic and the individual, between the seen and the unseen, between energy and consciousness.

XIII. Conclusion

The Science of Prāṇāyāma is both ancient and profoundly scientific.

It bridges Sāṅkhya and Yoga, theory and practice, the causal and the manifest.

While modern science continues to explore biochemical and neurological correlates, the Yogic science of Prāṇa remains the most complete manual for self-regulation, regeneration, and transcendence.

Through the conscious expansion of Prāṇa, man transcends biological determinism, attaining harmony between Puruṣa (consciousness) and Prakṛti (nature) — fulfilling the Vedic ideal:

“Prāṇaḥ Brahma Sanātanaḥ” — Prāṇa is the eternal Brahman.

ARTICLE

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



Returning to Stillness through Yoga



urs is an era where technology has become an intricate part of our existence.

Waking up to the sound of smartphone alarm from the final moments of relaxing sleep, the mind remains engaged with screens throughout the day.

Undeniably, technology has brought unprecedented connectivity and convenience to aid performance and proficiency, yet, it has also led to mental fatigue, distraction, and restlessness. The constant influx of information, notifications, and digital noise silently disrupts inner peace and clarity. Life becomes more in 'cloud' than on 'ground'.

In such times, the ancient discipline of Yoga comes across as profound and timeless therapy to help restore life's equilibrium, showing the path to return to stillness. Yoga vehemently prescribes that peace and wisdom are not external pursuits but are inherent aspects of human existence.

Patanjali defines "Yogah chitta vritti nirodhah", meaning Yoga is the stilling of fluctuations of the mind, which, in present context, holds renewed significance.

Continuous multitasking, information overload, and compulsive reliance on gadgets keep the mind in perpetually active mode. Consistent practice of asana, pranayama, and meditation helps to realign and retrieve mental balance, focus, and serenity.

Asana practice releases the physical strain triggered by long hours of sedentary activity and poor posture associated with device use. Pranayama, the science of controlled breathing, helps to reconnect with the rhythm of life, stabilizing the mind and



world grows noisier, Yoga helps to subscribe to the silence within, leading to moments of quietude in which to rediscover the essentials of natural existence; of feeling calm, centred and complete.

harmonizing the nervous system. Simple yet effective practices like Anulom Vilom and Bhramari reduce digital fatigue and restore composure. Meditation deepens this experience further, creating space between external stimuli and internal response, the space where true stillness unfolds naturally.

Equally important is the cultivation of viveka (discernment) and vairagya (detachment), guiding principles that encourage conscious engagement with technology. Setting healthy boundaries, practicing digital discipline, and dedicating moments for silence and self-reflection helps integrate Yoga into modern life in a practical and meaningful way.

Yoga does not reject technology; it imparts balance and in fact substantiates the usage dynamics. When the outer

In this context, Yoga is the process of effectively integrating the benefits of modern innovation and of remembering to pause, breathe, and reconnect with the stillness that lies at the heart of well-being. This, indeed, is the essence of Yoga in the age of technology; the journey back to stillness.

When attention is constantly divided and senses overwhelmed, Yoga emerges as a timeless pathway to inner harmony; establishing that true peace manifests not from overtly engagement with technology, but is achieved through peaceful engagement with inner self.

Embracing both progress and presence, discovering that stillness is not the absence of activity, but is the presence of awareness, let us travel and return to the stillness within.....

Practice of the Month

Agnisar Kriya: An Unfailing Way to Reduce Belly Fat

by Yogacharya Dhakaram, Founder, YogaPeace Sansthan

Agnisar Kriya is an ancient yogic practice aimed at strengthening the abdominal muscles and improving the digestive system. This practice ignites an internal fire in the stomach, helping to melt away the accumulated fat in the body.

How to Perform Agnisar Kriya:

- Stand in a steady position: Keep both feet shoulder-width apart and bend your knees slightly.
- Place hands on thighs: Place your

palms just above the knees.

- Exhale completely: Exhale fully and then hold your breath outside.
- Move your abdomen in and out: Pull your stomach in and then push it out. Repeat this action as long as you can hold your breath.
- If you feel difficulty in breathing, stop and rest for a while

Benefits

- Reduces belly fat: Regular practice reduces belly fat.
- Strengthens the digestive system: It improves digestion and relieves





problems like constipation.

- Strengthens abdominal organs: It massages and strengthens the abdominal organs.
- Reduces stress: Agnisar Kriya helps in reducing stress.

Who Should Avoid:

- Pregnant women
- Patients with hernia or ulcers
- Patients with heart disease
- During stomach pain

Things to Keep in Mind:

- Always perform Agnisar Kriya on an empty stomach.
- Start slowly and gradually increase the duration of the practice.

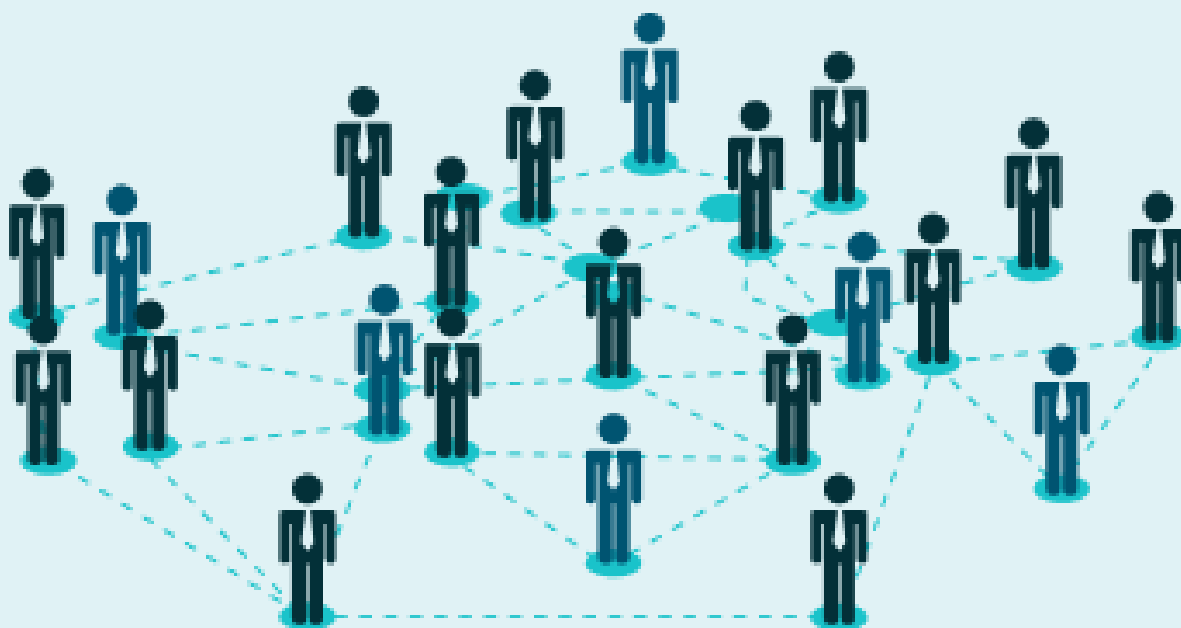
Agnisar Kriya is an excellent yogic practice that can help improve your overall health. With regular practice, you can lead a healthy and fit life. Practice yoga regularly to keep your body, mind, and soul healthy. Stay happy, cheerful, and blissful, and may the grace of the Supreme Father continue to shower



Academics and Accreditation

Membership Data (Till 2022 and After)

Type of Members	Till 2022	2023	2024	2025	Total
Yoga Volunteer Members	4,964	847	1449	1914	9174
Yoga Professionals Members	4,752	2027	2269	2003	11051
Life Members	495	115	196	147	953
Eminent Yoga Professionals	10	06	01	01	20
Associate Centers	164	40	46	46	296
International Associates	11	01	02	03	17
Member Institutes	43	--	02	01	46



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]	December 6, 2025 December 20, 2025 January 10, 2026 January 24, 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) Dec 1- Dec 30, 2025	On Campus	The Yoga Institute	INR 60,000
	(English) Dec 1-Dec 30, 2025	Non-Residential	The Yoga Institute	INR 33,000
	(English) Dec 1 - Dec 30, 2025	Online	The Yoga Institute	INR 27,500
	15th Dec 2025 - 1st Jan 2026	Physical / Online Zoom Platform	Yoga Vidya Niketan Mumbai	INR 30,000 / 35,000/-
	(English Medium) Dec 15 – Jan 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) Dec 1 – Dec 30, 2025	On Campus	SVYASA	INR 30,000 (Dormitory) INR 40,000 (3 sharing) INR 50,000 (2 sharing) INR 60,000 (single occupancy) For Foreigners US\$ 2000 (Double Occupancy) US\$ 2500 (Single Occupancy)



Insignia	Course Date	Venue	Institution	Fees
	Dec 17 to Jan 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)
	Dec 14 to Jan 11, 2026	UttarKashi, Himalayas	Sivananda Ashram	INR 30,000/ US\$ 2000
	Dec 5 to Jan 2, 2026	Chiang Rai, Thailand	Sivananda Ashram	INR 30,000/ US\$ 2000
	5 Dec-25 Jan 2026	Mysore Ashram	Sri Sri School of Yoga (AOL)	46000 INR / 2270 USD
	5 Dec-25 Jan 2026	Pune Ashram	Sri Sri School of Yoga (AOL)	55000 INR / 2270 USD
	13 Dec - 5 Jan 2026	Bangalore	Sri Sri School of Yoga (AOL)	45000 INR

Advanced Certificate Course in Yoga

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

New Member

ASSOCIATE CENTRES



Adyar Yoga Center

Adyar Yoga Center is a holistic wellness institute offering an integrated approach through yoga, naturopathy, and Ayurveda. The centre provides daily yoga classes, therapeutic sessions, meditation programs, and accredited teacher training. With specialised care for children, seniors, stress relief, and chronic pain, each program is led by experienced professionals. Traditional healing therapies like mud baths, banana leaf therapy, and detox treatments further enhance overall well-being. The centre is committed to nurturing the body, mind, and soul for a healthier, more harmonious life.



Yalloe Yoga

Yalloe Yoga is a Jaipur-based institute dedicated to promoting physical, mental, and spiritual wellness through authentic yoga practices. Founded in 2022 by Dr. Swati Saharan, the centre offers structured programs in asanas, pranayama, meditation, and yogic philosophy. With experienced IYA-certified teachers, it provides a safe, spacious, and well-equipped learning environment. The institute specialises in Yoga Teacher Training Courses aimed at developing skilled and confident instructors. Yalloe Yoga strives to be a centre of excellence, contributing to the national and global yoga community.



Sahasara

Sahasara is a serene wellness studio in Anna Nagar created to offer guidance under an experienced guru and a space for deep inner transformation. The centre offers Ashtanga, Vinyasa, and Hatha Yoga along with meditation, pranayama, and Yoga Nidra for complete mind-body balance. Integrative therapies— including Tibetan sound healing, mantra chanting, reflexology, neurotherapy, psychology, and naturopathy—create a comprehensive healing experience. Designed as an oasis of peace, Sahasara helps individuals rejuvenate, restore balance, and reconnect with their inner self.



Varni Yogalaya

Varni Yogalaya is committed to sharing authentic Yoga and Ayurveda to help individuals restore vitality, balance, and natural healing. Through asanas, pranayama, meditation, shatkarmas, and Ayurvedic practices, the centre empowers students to experience holistic wellness.

Its teacher training academy follows the Yoga Certification Board curriculum, ensuring accredited, structured, and in-depth training for aspiring yoga teachers and therapists. The institute also conducts specialised workshops such as Hair Care, Ayurveda, and intensive yoga programs. Varni Yogalaya aims to cultivate knowledgeable teachers and compassionate healers aligned with traditional yogic wisdom.

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LIFE MEMBERS



Shri Ajay Ghosh

Shri Ajay Ghosh has been a devoted practitioner of The Art of Living since 1997, integrating yoga and meditation into his personal and professional life. A retired Chief Engineer from the Kerala LSGD, he continues to serve society through engineering expertise and yogic values. As the State Secretary of TAOL, he actively supports yoga-based community initiatives across Kerala. His long-standing association with social and service-oriented organisations reflects his commitment to holistic well-being. Through the principles of Sri Sri Ravi Shankar, he inspires many to embrace yoga as a path of inner peace and responsible living.



Shri Ramesh K

Shri Ramesh K has been learning and practising yoga for more than 25 years through The Art of Living Foundation, making yoga a cornerstone of his life. As an AOL faculty member since 2009, he has conducted numerous yoga and spiritual programs, touching the lives of many seekers. His disciplined practice has helped him maintain harmony amidst demanding corporate roles in IOCL and BPCL. Passionate about Ayurveda, holistic wellness, and music, he brings a multidimensional perspective to yogic living. His dedication to seva and community service has made him a respected figure in Kerala's yoga circles.



Shri Jeevan John

Shri Jeevan John, a dedicated yogic practitioner since 1999, was inspired by the transformative Sudarshan Kriya of The Art of Living. Closely associated with Gurudev Sri Sri Ravi Shankar for over two decades, he has served in key leadership roles, including Kerala State Chairman of Vyakti Vikas Kendra India. As Convenor of Sri Sri Ravishankar Bal Mandir, he promotes value-based, yogic education. His life reflects deep spiritual commitment and service.



Yogi Shri Kishor B. Shah

Shri Jeevan John, a dedicated yogic practitioner since 1999, has been closely associated with Gurudev Sri Sri Ravi Shankar and The Art of Living for over two decades. A committed sadhak and sevak, he has served in key leadership roles, including Kerala State Chairman of Vyakti Vikas Kendra India. As Convenor of Sri Sri Ravishankar Bal Mandir, he promotes value-based education and continues to serve society through his spiritual commitment.



Shri Sudeesh Kumar N

Shri Jeevan John is a dedicated sadhak and sevak of The Art of Living since 1999, closely guided by Gurudev Sri Sri Ravi Shankar. He has served in key leadership roles, including Kerala State Chairman of Vyakti Vikas Kendra India, and actively promotes value-based education as Convenor of Sri Sri Ravishankar Bal Mandir. His life reflects deep spiritual commitment and service to society.



Shri Kishor B. Shah

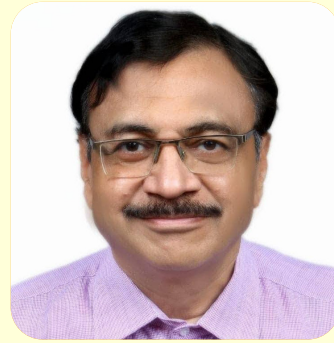
Shri Kishor B. Shah, a dedicated yogi from Chennai, has joined the Indian Yoga Association as a Life Member, reaffirming his commitment to spreading yogic values. Actively involved with Patanjali Yog Samiti and various service organisations, he blends yoga, humility, and community service to inspire positive change. With strong social connections and multilingual reach, he promotes harmony and inner growth across communities. Guided by Yogi Shri R. Ramachandran, he contributes to IYA's mission of uniting yoga paramparas for the welfare of humanity.



Dr. Ranjan Solanki

Dr. Ranjan Solanki is an Associate Professor of Community Medicine at AIIMS Nagpur, who integrates yoga and mind-body medicine with public health and mental well-being. She has conducted pioneering research on the effectiveness of mind-body techniques in managing depression and stress, including mindfulness-based life skills programs for adolescents and medical students.

Dr. Solanki has been a speaker at national and international yoga platforms such as Morarji Desai National Institute of Yoga, Kaivalyadhama, and Mind-Body Medicine conferences. She has initiated a dedicated Mind Body Medicine Clinic at AIIMS Nagpur and conducts regular workshops on emotional intelligence, stress management, and holistic health.



Dr. Jagdish R. Gindodia

Dr. Jagdish R. Gindodia is the Founder of Water Yoga, a unique therapeutic system that blends yoga, hydrotherapy, prāṇāyāma, and meditation for holistic healing and rehabilitation. With over 35 years of clinical experience, he integrates yoga therapy into dermatology and musculoskeletal care through his Gindodia Skin & Yoga Clinic and Dhanvantari Medical Foundation in Dhule. He has developed structured Water Yoga protocols for osteoarthritis, psoriatic arthritis, avascular necrosis, Guillain-Barré Syndrome, and stress-related disorders. Dr. Gindodia pioneers objective, evidence-based yoga research by combining Water Yoga with thermography, imaging, and biochemical parameters. A sought-after speaker at national and international forums, he has conducted more than 100 Water Yoga demonstrations and training workshops, promoting yoga as a scientifically validated, integrative healing modality.

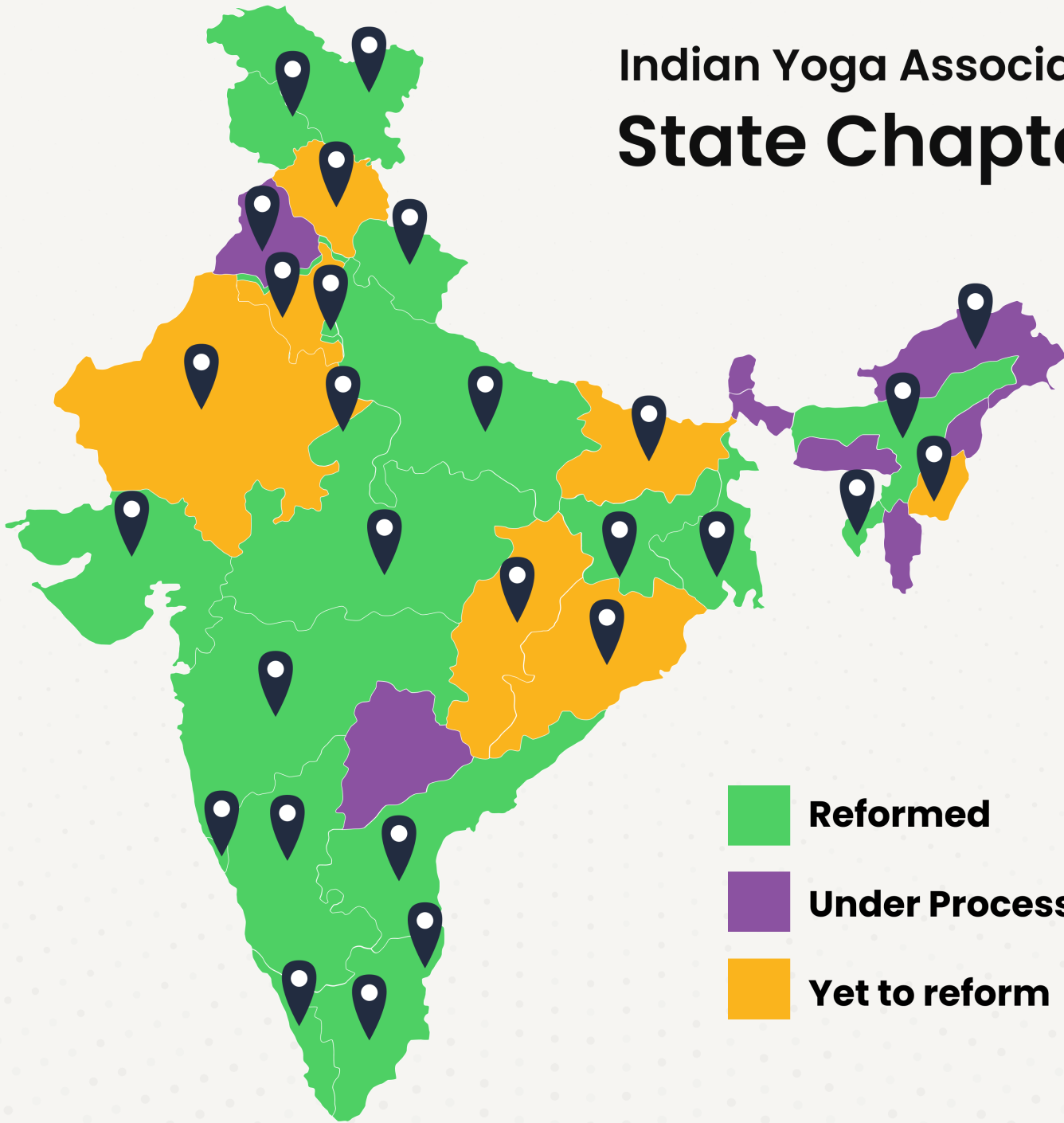
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- ✓ Delhi UTC
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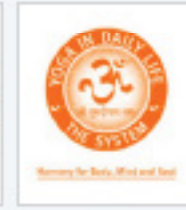
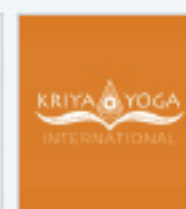
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“

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SCHOOL OF YOGA

Course	Location / Mode	Dates
100H Prenatal Yoga TTC	Offline	20th Feb - 1st March 2026
300H Yoga TTC	Online	15 Dec - 11 Jan 2026
95H Children TTC	Offline	25th Jan - 3rd Feb 2026




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