

OCTOBER 2025, ISSUE-68

YOGAVANI

IYA - THE YOGA MOVEMENT

PURPOSE

Sharing the message of Yoga
based on traditional and
scientific foundation

VALUE

Unifying the diverse
traditions of Yoga



Official Monthly of The Indian Yoga Association

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IYA Presents

5th National Conclave of State Chapter Committees

Chintan Shivir – Future of IYA



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7th – 9th Nov 2025

Lekhak Gaon, Chauki, Uttarakhand



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Table of CONTENTS



06	Letters to the Editor
07	Editorial
10	Cover Story – 50th EC Meeting Highlights Progress, Collaboration, and Expansion Initiatives
12	CYCLE 19 – Yoga Therapy for Back Pain
16	Yog Setu by Delhi SCC: Bridging Hearts through Yoga
23	A Moment of Global Recognition for Compassion and Service
24	Headlines
30	Sattvik Recipe – Dalia Khichdi – The Nourishing Ashram Staple
32	Article: <ul style="list-style-type: none"> - The Significance of Chanting Mantras in Preksha - Yoga – The Cultural Custom Rejuvenating Self with Each Breath
38	Practice of the Month: Asanas for a Healthy Gut
41	Academics and Accreditation, IYA Personnel Certification Body (PrCB)
43	Upcoming Batches

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

What a delightful edition of Yogavani! Each page radiates wisdom, insight, and inspiration. The thoughtful selection of articles and the depth of knowledge shared make it a joy to read. I found myself truly enriched and motivated by the content.

My heartfelt appreciation to the entire team for this beautiful work.

- Shri Abhishek Kumar Jayswal

The latest issue of Yogavani has been a source of both enlightenment and encouragement. The way it deepens our understanding of Yoga and its timeless relevance is truly commendable. In today's rapidly changing world, such knowledge empowers us to articulate the true benefits of Yoga and inspire others to embrace it as a path to balance and well-being.

-Ms Nidhi Choudhary

It is a great honour and joy to be part of this satsangha of seekers united through Yogavani. The seamless blend of ancient wisdom and contemporary presentation makes it a real treasure. I pray that this noble service continues to spread widely, carrying the essence of Yoga's timeless knowledge to all corners of the world. May we all draw from this wellspring of higher wisdom, especially in these testing times.

-Shri Alok Chandra Ranjan



I extend my heartfelt gratitude to Yogavani and the Indian Yoga Association for their continuous efforts in promoting awareness and understanding of Yoga. This ancient science is not just a practice but a way of life, and I believe it deserves a central place in our daily living. I eagerly look forward to every issue—particularly the updates from Associate Centres and State Chapter Committees—which reflect the sincere grassroots work being done to bring Yoga into every home and heart.

-Shri Ujjawal Anand

EDITORIAL

– Dr. Hansaji Yogendra

*Director, The Yoga Institute
 President, Indian Yoga Association*

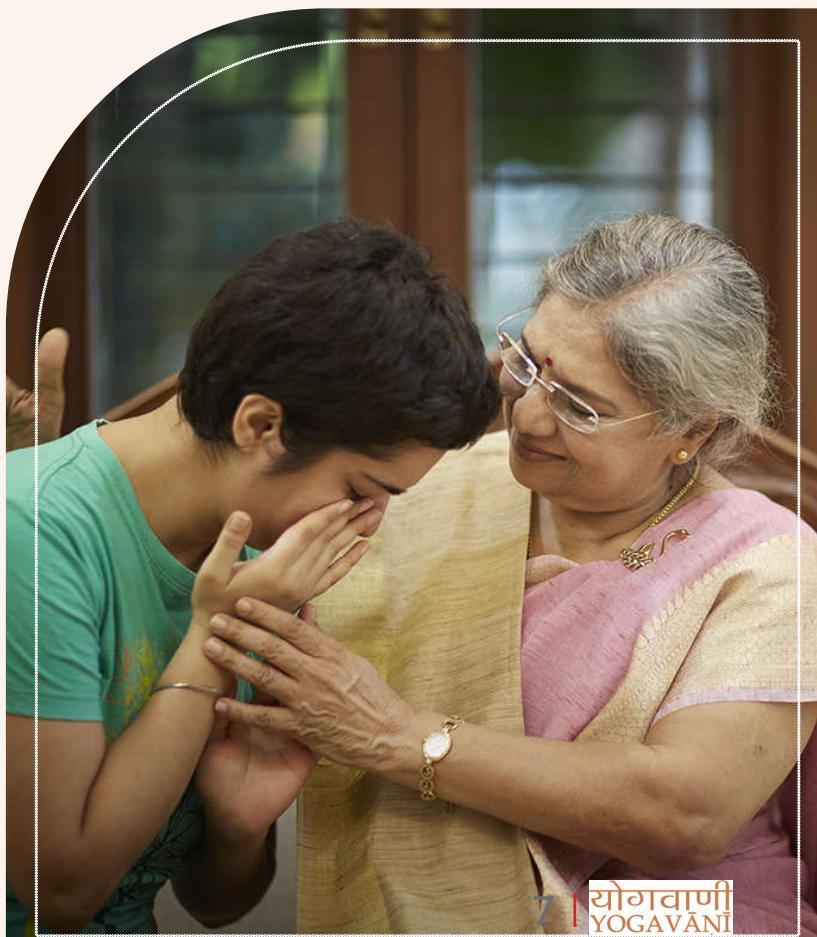


World Peace: Yoga is the Answer

The longing for peace is as ancient as humanity itself. Yet, despite our progress and power, the world continues to wrestle with restlessness. The noise of conflict outside mirrors the turbulence within. True peace cannot be legislated or imposed. It must first awaken in the heart of each human being. Yoga takes us from chaos to calm, from division to unity.

Maharshi Patanjali deined yoga as Chitta Vritti Nirodha, the stilling of the fluctuations of the mind. Every conflict begins not in the outer world, but in the disturbed mind of man. When the mind is restless – relationships, communities, and nations lose balance. When the mind is calm – understanding and compassion dawns naturally. The one who conquers the mind becomes a

source of peace wherever they go. India has carried this vision of peace for millennia. The principle of Vasudhaiva Kutumbakam – “the world is one family” – stands at the heart of our philosophy. It is





not a slogan but a realization that springs from yogic awareness. When one perceives the same consciousness pervading all beings, violence becomes impossible. This is India's message to the world – not dominance, but harmony; not conquest, but consciousness.

Throughout history, India has shared her light through wisdom, not weapons. Her saints, philosophers, and yogis travelled far, carrying no possessions other than the message of unity. They taught that peace does not arise from fear or negotiation, but from awakening. The transformation of the world begins with the transformation of each person. Whenever any person learns to pause, breathe, and reorient, they begin to act with awareness rather than reaction. Peace, then, becomes a living habit – one that grows from the person to the family, from the family to the society, and from the society to the world.

The Bhagavad Gita describes the Sthitaprajna – the person of steady wisdom who remains unshaken amid success and failure, praise and blame. Such equanimity is the hallmark of a yogic mind. A world guided by this understanding would know peace not as an interval between wars, but as a way of existence. When millions around the world sit in silent meditation, a quiet vibration moves through the collective mind of humanity. This is not imagination; it is an energetic truth. Peace spreads not through speeches, but through stillness. Each calm thought, each gentle breath, contributes to the balance of the whole.

The time has come once again for India to guide the world – not through authority, but through awareness. Under the leadership of our Hon. Prime Minister Narendra Modi, the

international community embraced the International Day of Yoga, a global observance celebrated in 191 countries. The spirit of Vasudhaiva Kutumbakam calls upon us to live as one global family, sustained by one Earth and one breath. Every yogic practice — whether asana, pranayama, or meditation — becomes an act of service when done with this

consciousness. For more than a century, The Yoga Institute in Mumbai has carried forward the mission of spreading peace through self-awareness. Its teachings remind us that yoga is not conjoined to postures; it is a way of life, a discipline of thought, word, and deed. Thousands who have walked through its gates have discovered that world peace begins with personal transformation — a calm mind, a kind heart, and a balanced life.

Peace will not descend upon humanity like a miracle. It must rise within each of us. Real transformation occurs when one person internalizes the timeless principles, morals and ethics of classical traditional

yoga such as truthfulness, non-violence, self-restraint, moderation, and self-study. When you change, your relationships change; when relationships change, your community changes; when communities change, the world changes. A person who practices yoga changes the world not by argument, but by example; not through protest, but through presence. When hearts grow still and minds grow clear, the earth heals.

Yoga is not merely India's gift to the world — it is humanity's inheritance, rediscovered through India's vision. And in that rediscovery lies the hope for a peaceful tomorrow



COVER STORY



50th EC Meeting Highlights Progress, Collaboration, and Expansion Initiatives

The Indian Yoga Association (IYA) convened its 50th Executive Council Meeting on July 22, 2025, from 4:30 PM to 5:30 PM via an online platform under the esteemed leadership of Maa Dr. Hansaji Yogendra, President. The meeting was attended by Shri S. Sridharan (Vice President), Shri Subodh Tiwari (Secretary General), Dr. S.P. Mishra (CEO, IYA PrCB), Dr. Manjunath (Director, Research Committee), Prof. Elangovan, and Secretariat. The session commenced with the chanting of the Shanti Mantra by Shri S. Sridharan ji, followed by the opening remarks by Maa Hansaji Yogendra ji, who appreciated the collective efforts of the members and

highlighted the growing strength and activity of the State Chapters.

The minutes of the 49th Executive Council Meeting held on May 8, 2025, were confirmed with collective chanting of 'Om'. The Secretary General, Shri Subodh Tiwari ji, presented the Action Taken Report, highlighting that the Yog Setu at Parmarth Niketan on May 25, 2025, was successfully conducted despite weather disruptions, leading to the onboarding of one new Associate Centre and one Yoga Professional Members. The Monthly Cycle Sessions continued effectively on the first Sunday of each month with notable speakers including Shri Durgadas Sawant and Shri M. Janakiraman. The

Global Yoga Research Conference was confirmed for January 30 – February 1, 2026, at the Art of Living Ashram, Bengaluru, with Shri Sridharan and Dr. Manjunath leading coordination. The Rashtrapati Bhavan Workshops proposal received appreciation from the Hon'ble President of India, while the Manthan Sessions continued successfully, with Dr. Prashant Iyengar scheduled to lead the upcoming session online. The IYA PrCB certification for Mokshayatan commenced, marking a significant milestone, and IYA's contribution to IDY 2025 was appreciated by the Ministry of Ayush. A special Guru Purnima Instagram Live session was also conducted to strengthen digital outreach.

To enhance IYA's outreach and engagement, the Council reviewed and finalized upcoming events including Yog Setu – Indore on August 3, 2025, at Parmanand Yoga Institute, with participation from Dr. H.R. Nagendra and Shri Radheshyam Mishra; Yog Setu – Kerala on August 31, 2025, at Art of Living, Kochi; and the National Conclave in Rishikesh from November 7–9, 2025, at Lekhak Gaon, near the airport, with a capacity for 100 participants. The conclave will feature workshops, satsangs, and nature walks designed to strengthen institutional collaboration and collective learning. The amendment in the Andhra Pradesh State Chapter Committee was unanimously approved, appointing Sri Paritala Gopi Krishna and Dr. Satyamurty Kashibhatta as Vice Chairpersons. Discussions on international collaboration included a proposed MoU with the Yoga

Association of Australia, following the visit of Mr. Josh Pryor (CEO) on June 25, 2025, at Anuvrat Bhawan. Representing more than 2,500 teachers and 150 yoga institutes, the Australian association expressed a keen interest in promoting traditional Indian Yoga. The draft MoU is under review and verification before signing.

On the recommendation of Yogacharya Shri S. Sridharan ji, the Council unanimously approved the nomination of Dr. A.L.V. Kumar (Dr. Vrukshakapi) for the Yoga Chikitsa Ratna Award, recognizing his outstanding contribution to Yoga therapy. Under other matters, the Council approved the IYA PrCB certification at S-VYASA, to align with its January 12, 2026 convocation, with registrations commencing in November 2025 under the coordination of Dr. Shiv Shankar Sai (Registrar).

Additionally, the revision of international membership fees was approved, setting Yoga Volunteer Membership at USD 10, YPM at USD 40, and Life Membership at USD 250, in an effort to align with global norms and encourage wider participation. The meeting concluded

on a positive and collaborative note with closing remarks and a prayer by Maa Hansaji Yogendra, who commended the continuous dedication of all members and encouraged collective efforts to further strengthen IYA's global vision and mission.



Dr. Ananda Balayogi Bhavanani

Dr. Harzana Siraj - Orange Ray Holistic Clinic

S IYA Secretariat Vijaya Virendra vikram... Ajay Kumar Sandhya Nataraj Nataraj Natra Gayatri Agarwal Madhavi Chhaya

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CYCLE 20

Yoga Therapy for Back Pain: A Therapeutic Revolution in Motion by Dr. Harzana Siraj

A brief Report by Yogasadhaka Nilachal

Introduction

Low back pain (LBP) is one of the most widespread health issues of modern times, affecting people across professions and ages. From sedentary office workers and manual laborers to athletes and seniors, the discomfort is universal, but the solution, as highlighted in the 20th edition of the CYCLE Program by the Indian Yoga Association (IYA), is often closer than we think.

Her session "Backing Up with Yoga Therapy: Free Yourself from Back Pain" that healing often lies not in surgery but in evidence-based yoga therapy. Having overcome chronic back pain herself, Dr. Harzana Siraj blended clinical insight, yogic philosophy, and personal experience to demonstrate yoga's power as a compassionate tool for recovery. A yoga therapist, acupuncturist, and nutrition coach trained under Guruji B.K.S. Iyengar, Dr. Siraj holds a Ph.D. and

post-graduation in Yoga Therapy from SVYASA University, Bengaluru. She is the founder of Orange Ray, a holistic health clinic in Chennai integrating Ayurveda, Yoga Therapy, Acupuncture, Nutrition, Homeopathy, and Counselling for chronic pain and lifestyle disorders. Recognized among the Top 16 Powerful Yoginis of India (2019) and honored as Yoga Chikitsa Acharya by the Indian Yoga Association, she advocates that true health must embrace the physical, mental, emotional, spiritual, and social dimensions of life.

Understanding the Anatomy of Back Pain

Back pain is not a single condition but a multifaceted issue influenced by physical, emotional, and lifestyle factors.

Common causes include:

- Muscular or ligament strain.
- Degenerative disc disease, spinal stenosis, spondylolisthesis, and arthritis.
- Poor posture, sedentary lifestyle, and occupational strain.
- The overlooked role of fascia, especially the thoracolumbar fascia, which can intensify pain across the body.

The two key stabilizing systems of the spine are:

- Passive stability: bones, discs, ligaments.
- Active stability: muscles and nerves.

When approached correctly, yoga therapy strengthens both systems, offering a holistic solution that restores natural alignment and flexibility.

Pain: A Biopsychosocial Experience

Pain is never just physical. Pain has biopsychosocial nature:

- Pain triggers stress, increasing cortisol.
- Stress leads to muscle guarding and inflammation.
- Over time, the brain learns pain, creating hypersensitivity.
- Yoga therapy breaks this pain–stress loop by integrating breath, movement, and mindful awareness.





"Motion is lotion," she said. "A little gentle movement can do more than days of bed rest."

A Stepwise Therapeutic Framework

Dr. Siraj outlined a clear, progressive yoga therapy sequence designed to relieve back pain while promoting long-term spinal health.

1. **Mobilization (Foundation)**

- Gentle Marjariasana/Bidalasana to awaken spinal mobility.
- Apanasana for hip and lower back release.
- Modified Shavasana (legs on chair) to decompress the lumbar spine.

2. **Fascia Release**

- Low-angle Supta Padangusthasana for gentle lengthening.

- Supported twists to unwind tight fascia.

3. **Stretch and Decompress**

- Supported Adho Mukha Śvānāsana (neutral spine).
- Ardha Uttanasana with wall or chair for traction.

4. **Strengthening (When Pain ≤ 3/10)**

- Controlled Shalabhasana and Setu Bandhasana using props.
- Focus on pelvic stability and breath-led movement.

5. **Breath and Nervous System Regulation**

- Dirgha breathing, Anulom Vilom, Bhramari, and Yoga Nidra to calm the mind and rebalance the nervous system.

This sequence, rooted in classical

vinyasa krama and modern therapeutic principles, encourages healing through mindfulness and progressive movement.

Outlined key therapeutic principles:

- Ahimsa: Never push through pain, the body heals best in safety.
- Function over Form: Prioritize comfort, not perfection.
- Documentation: Track pain and progress systematically.
- Collaboration: Work alongside medical experts when required.

She emphasized awareness of red flags such as incontinence, neurological deficits, and persistent night pain, which demand medical attention rather than self-treatment.

Important: Dr. Fharzana emphasized that every therapeutic intervention is individualistic. No single practice or sequence fits all. The above framework is intended to build understanding, not to serve as a one-size-fits-all prescription. Personal assessment and customization are key to safe and effective yoga therapy.

The Mind-Gut-Spine Connection

A highlight of the session was the discussion on the link between immobility, constipation, and back pain. Gentle hip openers, hydration, and mindful movement ease both spinal discomfort and digestive sluggishness. This reflects a beautiful synergy between Ayurvedic principles and fascia science, showcasing yoga therapy's multidimensional healing power.

A Vision for Modern Yoga Therapy



Dr. Fharzana Siraj's session reflected the future of Yoga Chikitsa:

- Evidence-informed and clinically grounded.
- Personalized to meet individual needs.
- Holistic, addressing mind, body, and spirit.
- Collaborative, complementing modern medicine.

Conclusion

Dr. Fharzana Siraj's session at the CYCLE Program was a powerful reminder that true healing is both scientific and deeply personal. Yoga therapy, when applied with precision, compassion, and individual attention, can address not just the body but the mind and spirit as well. Her integrative approach bridges the ancient wisdom of yoga with modern clinical understanding, offering a pathway that is safe, sustainable, and empowering. Above all, her core message resonates clearly: every healing journey is unique, and yoga therapy must honor that individuality—guiding each person toward balance, strength, and inner harmony.



Yog Setu by Delhi SCC: Bridging Hearts through Yoga

The Delhi State Chapter of the Indian Yoga Association (IYA) hosted a remarkable gathering, "Yog Setu – One Sankalp with IYA", on September 21, 2025, at Indian Yoga Association, Anuvrat Bhawan, New Delhi. The event, held under the aegis of the Indian Yoga Association, resonated with the spirit of unity and wellness. Coinciding with the International Day of Peace, the day highlighted yoga as a bridge – a setu – connecting minds, hearts, and communities for a harmonious world. The event was sponsored by Vridhee Innovations Pvt Ltd, Purplewave and Healy India and supported by Anuvrat Bhawan.





Lighting the Lamp of Consciousness

The morning began with the ceremonial lighting of the lamp, symbolizing the dispelling of ignorance and the illumination of wisdom. The dignitaries gracing the occasion included Shri C.P. Kapoor, Executive Committee Member and Chairman, Finance Committee, IYA; Shri K.C. Jain, Treasurer, IYA and Trustee, Anuvrat Trust; Dr. C.S. Ram, Director, Banarsidas Chandiwala Institute of Physiotherapy; and Shri Des Raj, President, Bhartiya Yog Sansthan.

Welcoming the august gathering, Shri V. Srinivasan, Chairman, IYA Delhi State Chapter, spoke about the deeper meaning of Setu — a bridge not only between individuals and organizations, but also between the physical and spiritual dimensions of yoga. He urged the yoga fraternity to come together

under one platform and take yoga to every home, every heart, and every institution. Emphasizing the holistic nature of yoga, he reminded everyone that yoga is a journey from movement to stillness, from the outer world to inner realization.





Voices of Wisdom

The session witnessed profound reflections by revered yoga leaders. Shri K.C. Jain beautifully traced the spiritual and philosophical roots of yoga, linking it to Bodh Dharma and Jain Dharma. He elaborated on the practice of pranayama, highlighting the importance of correct breathing and the power of conscious breath in achieving clarity, balance, and inner strength.

Shri P.C.Kapoor, in his address, described the transformative role of IYA in promoting yoga at the national and international levels. He emphasized that peace and health can only be achieved through discipline, regular practice, and a satvik lifestyle. Sharing insights on the science of yoga, he explained how mindful breathing, proper asanas, and meditation enhance cellular regeneration and overall vitality.





Dr. C.S. Ram bridged the world of modern science and ancient yoga, explaining how both complement each other in ensuring holistic health. He spoke about the significance of mind-body harmony and led the audience in a guided meditation practice, allowing participants to experience moments of deep stillness and awareness.

Reflections from the Yoga Community

Shri Des Raj, President of Bhartiya Yog Sansthan, shared the inspiring journey of yoga's growing acceptance and awareness since 2014. Speaking about the stresses of modern life, he emphasized that yoga and meditation are the ultimate tools for balance and resilience. He urged participants to cultivate consistency and discipline in their daily practice, asserting that without regular yoga, the true essence of the movement cannot be realized.





Adding another spiritual dimension to the day, Shri Rajeev Dhall, Senior Faculty, Art of Living, shared insights from the Shiv Puran, explaining meditation as a sacred process of connecting with the higher consciousness. His reflections on dhyana

inspired the audience to embrace meditation not just as a practice, but as a way of life.

Messages, Moments and Meaning

A special recorded video message from Pujya Gurudev Sri Sri Ravi Shankar Ji, Chairman of IYA, was played for the audience, reinforcing the role of yoga in nurturing inner peace and societal harmony.

A presentation by Shri V. Srinivasan ji further highlighted the vision and ongoing efforts of the Indian Yoga Association in uniting yoga professionals, institutions, and enthusiasts under a single banner to expand yoga's reach to every household.

Celebrating the Spirit of Seva

Acknowledging the tireless efforts behind the event, the Delhi Chapter





extended gratitude to all contributors and volunteers, including Mr. Praveen Prabhakar (Vice Chairperson), Smt. Neha Saraswat (Vice Chairperson), Dr. Vinod Kashyap, Secretary, Shri Manoj Gupta (Joint Secretary), Smt. Dimpy Mediratta (Joint Secretary), Shri T.N. Hassija, Yogacharya Arjun Singh, and the dedicated IYA Secretariat staff and volunteers.

Unity in Celebration

Around 200 participants, including yoga lovers, teachers, students, and institutional representatives, joined the event. The gathering concluded with a collective Yoga Pledge, reaffirming the commitment to take yoga to every corner of society. A group photograph, breakfast, high tea, and community lunch added to the sense of camaraderie and shared purpose.

A Step Towards Collective Wellness

In his concluding remarks, Shri V. Srinivasan expressed heartfelt gratitude to the Anuvrat



Trust for their support and to all partners who contributed to the success of Yog Setu. He emphasized that the Delhi State Chapter will continue to build bridges between yoga, spirituality, and society—connecting corporate professionals, students, and communities in the Delhi-NCR region.

The event concluded on a note of unity, inspiration, and collective resolve—a true celebration of yoga as a living bridge (Setu) between self and society, peace and purpose.





**GLOBAL AFFAIRS
PRESS RELEASE**



GURUDEV SRI SRI RAVI SHANKAR NAMED HUMANITARIAN OF THE YEAR BY THE LOS ANGELES TRIBUNE

A Moment of Global Recognition for Compassion and Service

Indian Yoga Association is proud to share that our Hon'ble Chairman, Gurudev Sri Sri Ravi Shankar, has been honoured with the "Humanitarian of the Year" award by The Los Angeles Tribune.

This prestigious recognition celebrates Gurudev's lifelong dedication to uniting communities, fostering peace among nations, and bringing solace to those affected by conflict, disaster, and distress.

Through his tireless humanitarian efforts and spiritual leadership, Gurudev continues to inspire millions across the world to live with harmony, compassion, and inner joy.

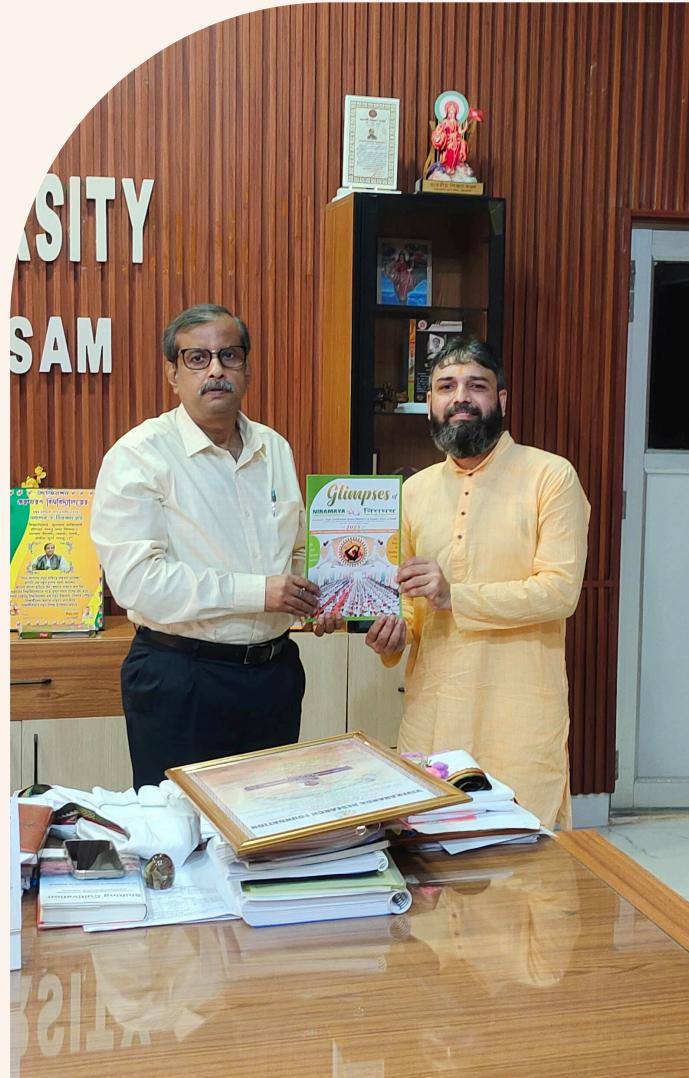
Presented by Dr. Emily Letran on behalf of The Los Angeles Tribune, Los Angeles, USA.

HEADLINES



NIRAMAYA: Spreading the Light of Yoga Education

In the month of September, Niramaya (School of Yoga Education) – an Associate Centre of the Indian Yoga Association (IYA) and Accredited by the Yoga Certification Board (YCB), Ministry of AYUSH, Government of India – organized a series of meaningful yoga-related activities aimed at promoting holistic education and awareness. Among the month's highlights, Shri Divya Geetanand Rahul, Legacy Person and Chief Co-ordinator of Niramaya, met Dr. Niranjan Roy, Vice Chancellor of Gurucharan University. The meeting was centered around fostering collaboration and promoting yoga education at the academic level. During the visit, Shri Rahul presented Dr. Roy with a copy of "Glimpses of Niramaya", symbolizing Niramaya's commitment to integrating yoga with formal education and community development.





Continuing its mission to take yoga to the grassroots, Niramaya conducted a Yoga Awareness Programme at Netaji Subhash Chandra Residential School, under the Rajabazar Education Block of Cachar, on 17th September 2025, as part of its ongoing campaign, Yoga Chetna Abhiyan. The event aimed to introduce students to the physical, mental, and spiritual benefits of yoga and inspire them to adopt it as a way of life.

From Niramaya, Director Smt. Shatakshi Bhattacharjee and Guide Smt. Tulana Das Purkayastha conducted training sessions focusing on the fundamentals of yoga education and the importance of regular practice. School Superintendent Shri Bishwajit Nath, Chief Co-ordinator Shri Divya Geetanand Rahul, Member Shri Nirupam Das Purkayastha, along with teaching and non-teaching staff, actively participated in the session, making the event both interactive and inspiring. As a token of appreciation, Niramaya presented a memento, certificate, and the booklet "Glimpses of Niramaya" to Shri Bishwajit Nath. Expressing his gratitude, he



acknowledged the growing significance of yoga in today's world—not only as a means to maintain physical and mental health but also as a promising avenue for employment. He further emphasized that early exposure to yoga can nurture discipline, focus, and holistic development among students.

Concluding the program, Director Smt. Shatakshi Bhattacharjee encouraged every student to dedicate at least 30 minutes daily to yoga practice and administered a pledge to integrate yoga into their daily lives. Through such initiatives, Niramaya continues to uphold its mission of promoting yoga education for the all-round growth and wellbeing of the younger generation.



IYA strengthens its presence in Karnataka

The Indian Yoga Association (IYA) continues to expand its outreach and engagement across Karnataka through meaningful participation in cultural and yoga events. Yogamitra Sri Subbu Bhaiya, Member of the Karnataka State Chapter Committee and Karyadarshi of IYA, represented the Association as the Chief Guest at two significant events held in the state during September 2025.

On September 7, 2025, Sri Subbu Bhaiya was invited as the Chief Guest at the Pratibha Puraskara event organized by the Vipra Vrunda Organization at JSS School Auditorium, Mysuru. The ceremony also witnessed the presence of Dr. Niranjan Vanalli, Honourable Vice Chancellor of Bengaluru North University. Addressing the gathering, Sri Subbu Bhaiya spoke on





the antiquity and scientific relevance of the Vedas, emphasizing how their timeless wisdom continues to guide modern living. His unique and humorous analogy of the three varieties of Masala Dosa to explain the Advaita, Vishishtadvaita, and Dvaita philosophies was widely appreciated by the audience. On behalf of the Indian Yoga Association, he extended best wishes to all the awardees and encouraged everyone to join hands with the global Yoga movement. During the event, Smt. Padmalatha Mysuru, Senior Yoga Professional Member of IYA, was also felicitated for her contributions to yoga and literature.

Furthering IYA's presence, the Association participated in the Yoga Dussehra Utsava, organized by the Shivamogga District Mahanagara Palike in association with all Yoga Institutions and Kendras of Shivamogga, on September 28, 2025. The event witnessed an inspiring turnout of nearly 2,000 yoga enthusiasts who gathered at the Kuvempu Ranga Mandira Grounds for a Samuhika Yoga Abhyasa

led by Senior Yoga Acharyas. Sri Subbu Bhaiya, representing IYA Karnataka, was invited as the Mukha Adhithi (Chief Guest) for the celebration, which was also graced by Shri S.N. Chennabasappa, Honourable Member of the Legislative Assembly, and senior district officials.

In his address, Sri Subbu Bhaiya emphasized the often-overlooked importance of Yama and Niyama, the ethical and personal disciplines forming the foundation of Yoga. His insightful and light-hearted talk resonated deeply with the audience. On the sidelines of the event, he also held discussions with senior Yoga Masters and founders of over 60 Yoga Kendras regarding collaborative initiatives to expand IYA's activities in the Shivamogga District. The overwhelming enthusiasm and support shown by the Yoga fraternity reflected a growing commitment to strengthen IYA's mission in the region.



YogaPeace Sansthan promotes Inner Joy at Jaipur

The Indian Yoga Association, through its Associate Centre, YogaPeace Sansthan, played a pivotal role in fostering spiritual wellness and authentic yogic practices at two landmark events in Jaipur on September 28, 2025. These initiatives showcased IYA's ongoing commitment to connecting traditional wisdom with contemporary seekers and spreading the holistic benefits of yoga and meditation across the nation.

The Global Happiness Festival – 2025 at Hotel Clarks Amer featured the transformative Osho Omkar Meditation, led by internationally acclaimed Yoga Guru, Yogacharya Dhakaram, founder of YogaPeace Sansthan. Organized under the guidance and support of IYA, the session drew around 50–60 participants who immersed themselves in rhythmic chanting and guided meditation. The





practice fostered deep relaxation, emotional release, and a collective sense of inner joy. Speaking on the occasion, Yogacharya Dhakaram emphasized, "Meditation is not merely a technique; it is a celebration of life. When we immerse ourselves in Omkar, stress, fear, and anxiety naturally dissolve, leaving behind peace and bliss." The event was jointly supported by YogaPeace Sansthan, FitYog Fitness Centre, and the Global Happiness Festival, demonstrating IYA's commitment to promoting yoga as a universal pathway to happiness and wellbeing.

Earlier in the day, the "Ānandam Yoga Shivir" at the Purnahuti Mahotsav and Bhaktamal Katha Pandal brought together hundreds of seekers for an early morning session of yogic kriyas, pranayama, and meditation. Conducted by Yogacharya Dhakaram and supported by IYA, the session aimed to awaken inner joy, harmony, and collective



consciousness. Yogacharya Dhakaram remarked, "Ānanda is the natural state of life. Through consistent yoga and meditation practice, we reconnect with that innate bliss within us, bringing health, serenity, and completeness to our lives." Participants described the session as deeply transformative, nurturing the body, mind, and spirit alike.

Sattvik Recipe

Dalia Khichdi The Nourishing Ashram Staple

by Swami Gambirananda Saraswathi, Shiv Darshan
Yoga Vidyalaya, Chennai

Food can be classified into three types according to its influence on the body and mind. Tamasic food, such as fermented dishes or items kept overnight, increases tamas, leading to sleepiness, lethargy, and inactivity. Rajasic food, rich in spices, oil, and

and restlessness. In contrast, Sattvic food is light and simple, prepared with minimal oil and spices, often boiled, semi-boiled, or eaten raw. It promotes mental clarity, is easy to digest, prevents gastric issues, and is considered ideal for meditation and spiritual growth.

A wholesome and comforting dish from Shiv Darshan Ashram, Dalia Khichdi is a light yet nourishing meal made from broken wheat (dalia) and mung dal,

gently cooked with soft vegetables and a touch of ghee. Easy to digest and rich in fiber, it makes an ideal evening dinner that promotes restful sleep and healthy digestion.

Ingredients (Serves 2-3)

- $\frac{1}{2}$ cup broken wheat (dalia)
- $\frac{1}{4}$ cup split yellow mung dal
- $1\frac{1}{2}$ cups mixed vegetables

(bottle gourd, ridge gourd, beans, carrots – finely chopped)

- 1 tablespoon ghee
- $\frac{1}{2}$ teaspoon cumin seeds

deep-fried preparation—traditionally favored by Kshatriyas—stimulates hyperactivity but may also cause acidity



- A pinch of asafoetida (hing)
- $\frac{1}{4}$ teaspoon turmeric powder
- 1 teaspoon grated ginger (optional)
- Salt to taste
- 3–4 cups water (adjust for desired consistency)
- Fresh coriander leaves for garnish

Method

- Wash the dalia and mung dal thoroughly. In a pan, lightly roast them together for 2–3 minutes until aromatic.
- In a pressure cooker or deep pan, heat ghee. Add cumin seeds and let them splutter. Add asafoetida, turmeric, and grated ginger.

- Stir in the chopped vegetables and sauté for 2–3 minutes.
- Add the roasted dalia and mung dal. Mix well, add salt, and pour in the water. Close the lid and cook for 3–4 whistles (or until soft and porridge-like).
- Once the pressure releases, open and stir gently. Add a small drizzle of ghee if desired.

- Garnish with fresh coriander leaves and serve hot—preferably at 6 PM for an early, light dinner.

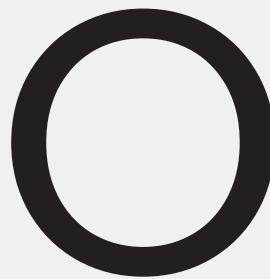


ARTICLE

-by Shri K.C Jain,
Treasurer IYA
Director, Adhyatm Sadhna Kendra



The Significance of Chanting Mantras in Preksha



One of the most effective ways to free our minds of the stress and clutter we may have accumulated from our office work, personal lives, or other activities is meditation, a practice of sitting in silence and concentrating on a particular object to achieve calmness. The key to successfully mastering this practice lies in mantras. Chanting mantras is an easier and effective way to achieve the desired ends because of the multiplier effect which enhances the outputs of even a few minutes spent in meditation. Let us then first begin by understanding the concept of what are mantras?





Mantras are sacred words associated with dhwani, or sound, which is nothing but energy vibrations. Every alphabet or akshara is a mantra in itself. The continuous repetition of any mantra or akshara generates energy vibrations that affect us. For instance, when we repeat the alphabet 'Ra', or 'ram' (ରାମ), it generates heat in our body, thus exciting us.

This energy that is generated when the mantras are chanted can be channeled to address the various ailments of physical, spiritual, emotional or mental nature affecting us. In fact, in Preksha, mantra chanting is used to treat physical disorders, for grah shanti, for spiritual disorders, emotional and mental disorders including stress management, and even for the attainment of the ultimate goal, enlightenment.

There are several people who complain that mantra chanting hasn't accrued

the desired results/benefits to them. This is stating only the half-truth. For the mantras and meditation to have effect, it is important that the proper steps are followed diligently, which are as follows.

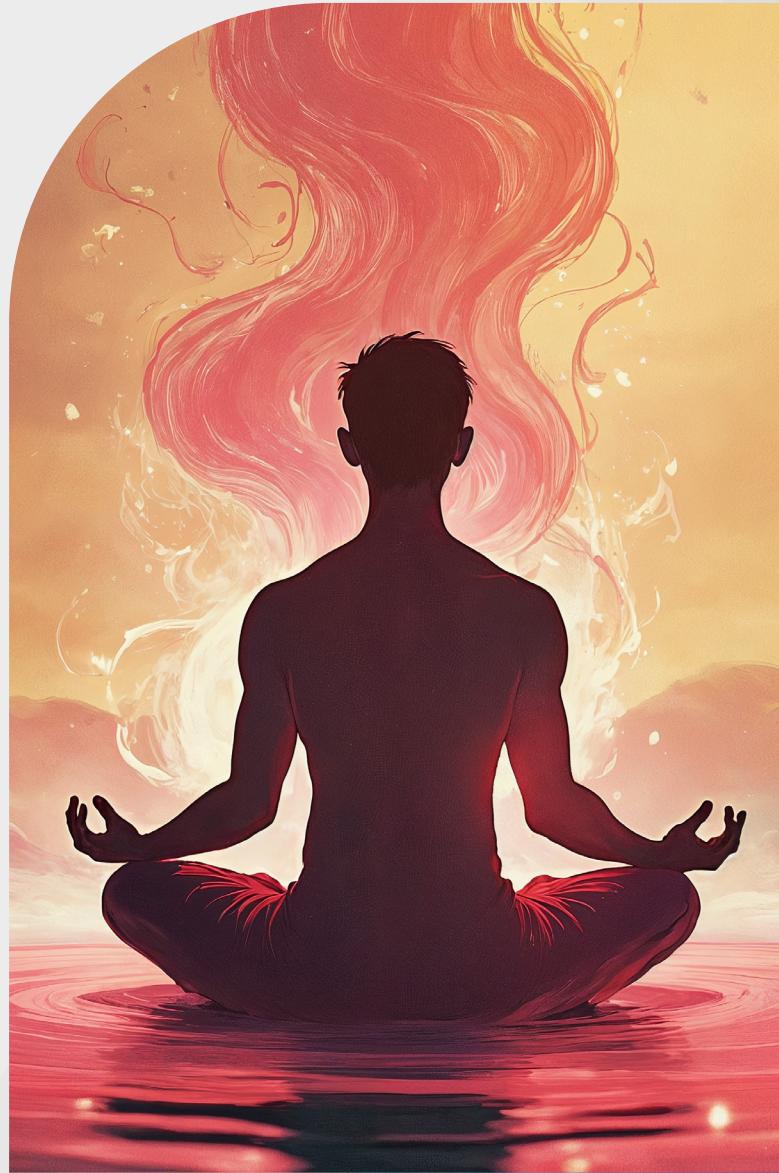
The first is the chanting itself, which must proceed from a loud chanting to chanting at a moderate volume, followed by chanting at a low volume until finally, the practitioner can utter the mantras silently in his/her mind. The second step is to align one's breathing with the mantras while meditating. The rhythm and timing of breathing are crucial to meditation. The third step is to visualize the akshara that is being meditated upon in the mantra. Lastly, for the siddhi of the mantra, the entire process must be repeated with diligence for a cycle of 90 days.

Remember, if you falter even once, you must begin the cycle from square one. For all practitioners, patience is the key



and one must continue to work towards the end with sincerity. With the continued practice of meditation and chanting of mantras, you will find a method which will teach you how to increase concentration and mindfulness, traits that enhance productivity and encourage positive thinking. A few minutes spent in meditating while chanting mantras can do wonders for your overall mind-body physiology and psychology.

However, an important thing to note is that as in the medical sciences, even in the spiritual sciences, self-medication is considered improper. You may think you know the right mantra to choose but you may only end up doing more harm than good to yourself. Only a guru can guide you towards the right mantra which can take you towards your end.



ARTICLE

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



Yoga – The Cultural Custom Rejuvenating Self with Each Breath

Most essential, yet customarily second-prioritized aspect of human life – wellbeing – is hardly ever nurtured by fleeting doses of medication or weekend escapes; or eluding engagements.

The age-old discipline Yoga delivers time-tested and inclusive restoration to enduring state of health and harmony. For Yoga to effectively entail its healing power, its practice must become customary rather than sporadic; it must be interweaved into circadian life rhythm, way beyond being a random hobby or weekly occasion. It needs to be an indispensable lifestyle regime, much

equitable to daily routines. Only when so cultivated, Yoga changes, impacts and transforms life.

Performing Yoga habitually assimilates its benefits over time into physical, mental, emotional and spiritual wellbeing; perpetually manifesting:

1. Improved Physical Health

Yoga enhances flexibility, tones muscles, improves posture, and boosts stamina; supporting joint health, stimulating internal organs, augmenting blood circulation and inculcating vigour, energy and agility.

2. Strengthened Respiratory System

Pranayama (breathing technique), the heart of Yoga, practised consistently,



improves lung capacity, enhances oxygen intake, and balances the nervous system, increasing alertness and vitality.

3. Enhanced Mental Clarity and Emotional Stability

Yoga reduces the stress hormone 'cortisol' and, thus, calms the mind, and cultivates inner stillness; its daily practice enhancing focus, memory and emotional resilience, begetting calm responses to life's challenges.

4. Better Sleep and Digestion

Regular Yoga practice normalises digestive system and promotes deeper, restful sleep. Yoga poses like Vajrasana, Pawanmuktasana and forward bends gently stimulate internal organs and reduce bloating and acidity.

5. Augmented Mindfulness and Inner Discipline

Integrating breath, movement, and mindfulness, Yoga nurtures self-awareness which translates into conscious choices in behavioural

responses, internal, external and intellectual.

Embracing Yoga as a life custom is not merely about discipline, it is about amalgamating right environment, positive mind set and perceptive regularity for it to become a truly evolving life strength.

The process is simpler than it sounds:

1. Starting small and simple

There is no ideal beginning, no perfect day, no perfect gear. Beginning with 10–15 minutes of practice, basic postures and simple breathing exercises in a short session can elevate the entire day.

2. Setting a specific time schedule

Efficacy interlaces with scheduling. Mornings are ideal as the mind is fresh and the energy levels are high, however, consistency in timing – morning, afternoon or evening—is the key.

3. Creating a conducive space

A quiet, clean, and clutter-free designated

space for Yoga practice builds a physical bond with Yoga, making it easier to achieve a mindful state. A mat, a candle, a small idol or plant can make the space inviting, invigorating.

4. Choosing a sequence

Instead of overwhelming complex routines, short and enjoyable set of poses afford easier acceptance which, over time, can be progressed with variations. Loving and enjoying the custom creates enthusiasm and eagerness to practice every day.

5. Using reminders and rewards

Setting reminders on phone, daily planner or writing in a journal can be highly motivating. Upon a consistently successful week of practice, self-rewarding with a favourite cup of herbal tea or a healthy treat can enliven the spirit and meaning of Yoga.

6. Onboarding support and community engagement

Joining a class, group, or online Yoga community, having peers or a teacher for guidance can increase fellowship and can be very inspirational. Attending a weekend Yoga retreat or workshop can also heighten interest and commitment.

7. Being flexible and forgiving

Life happens. Feeling tired or short on time on some days is not unusual in today's humdrum. Instead of skipping practice, modifying the routine, opting for a shorter session or focusing on relaxation poses and deep breathing can serve the consistency well rather than a complete break. Essential aptitude is to not let the

quest for perfection become adversary to consistency.

Yoga is more a way of living. Daily practice gradually reshapes attitudes, habits, and mindset, rendering conscious understanding and acceptance of moderation in life choices :

- Food : Preferring fresh, wholesome, and sattvic meals
- Emotional responses : Responding instead of reacting
- Relationships : Cultivating compassion and patience
- Consumption : Reducing waste and choosing simplicity

Yoga, embraced passionately, becomes a life-value; rooted in balance, awareness, and peace, way greater than merely a routine chore. It becomes a way to live and a pathway to return and find inner self.

Integrating Yoga into daily life is one of the most powerful investments one can make—for rejuvenating mind, body and soul. The self-transformation may be gradual, but nonetheless profound and enduring.

There's never a better day than today! So let us begin, regardless of age, gender, disposition, physique or fitness. The journey begins with a single breath, a single stretch, and the persistence to return tomorrow.

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

Practice of the Month

Asanas for a Healthy Gut

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

The gut, often referred to as the “second brain,” is central to our overall health. It regulates metabolism, supports immunity, and houses trillions of

microorganisms that sustain

wellbeing. Nearly 80 percent of the body’s immune system is located in the gut, making it the foundation of good health. However, modern stressors and erratic lifestyles often disrupt its balance, leading to digestive issues like bloating, acidity, constipation, and even chronic ailments such as diabetes, anxiety, or heart disease.

For centuries, yoga has emphasized the connection between the mind, breath, and digestive fire. Yogic postures that engage the abdominal region stimulate the enteric nervous system, enhancing digestion and promoting calmness. Regular practice of gut-focused asanas can rejuvenate the body’s core and support holistic health.

Supta Matsyendrasana (Supine Spinal Twist Pose)

This gentle twist massages the

abdominal organs, tones the waist, and improves blood circulation in the torso. It enhances spinal flexibility, reduces



menstrual discomfort, and releases fatigue. By stimulating the kidneys, liver, and spleen, the posture supports detoxification and promotes digestive balance. It is particularly effective for improving mobility of the spine and easing tension in the lower back.

However, this asana should be avoided by those with spinal injuries, severe herniated discs, or during pregnancy.

People with recent abdominal surgery or chronic hip pain should practice it under supervision. Overstretching can strain the spine or abdominal muscles, so gentle movement and controlled breathing are essential.

Ardha Matsyendrasana (Half Lord of the Fishes Pose)

A classic seated twist, Ardha Matsyendrasana massages the abdominal organs, enhances digestion, and tones the liver and kidneys. It

strengthens the spine, improves posture, and opens the chest, promoting better lung capacity. This pose also calms the nervous system,

helping relieve stress and anxiety — both of which have a strong impact on gut health.

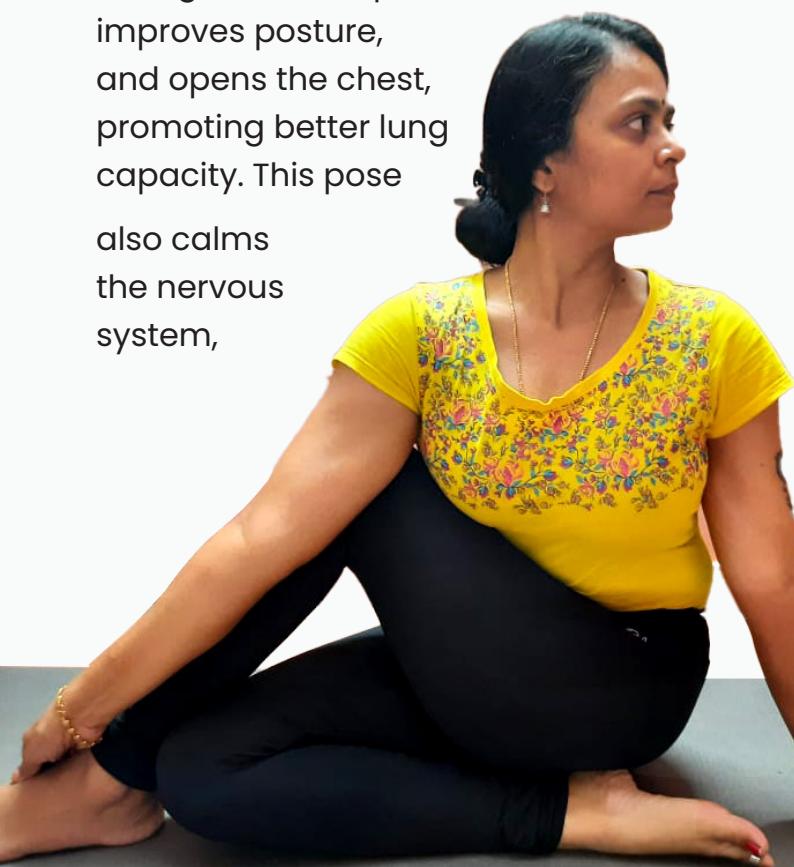
However, individuals with spinal disorders, peptic ulcers, or hernia should avoid deep twists. Those with sciatica, recent abdominal surgery, or pregnancy must modify or skip this asana. It's also advisable to perform the posture on an empty stomach to avoid discomfort.



Apanasana (Knee-to-Chest Pose)

Apanasana, or the Knee-to-Chest Pose, gently compresses the abdomen and massages the internal organs, aiding the release of gas and toxins. It relieves constipation, improves circulation to the lower abdomen, and supports the elimination of waste from the body. The posture is also calming, reducing tension in the lower back and promoting relaxation in the nervous system. While generally safe, those with neck or knee injuries should practice with caution. Pulling the knees too forcefully may strain the hip or lower back. Pregnant

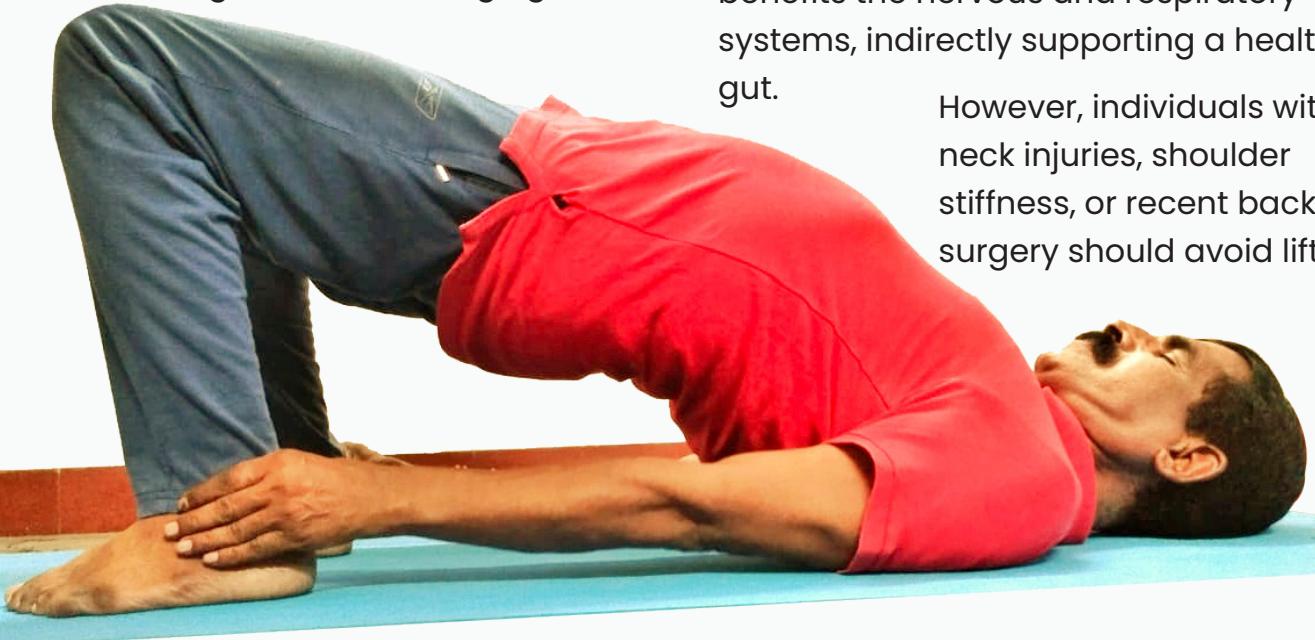
women and individuals with abdominal inflammation or hernia should avoid this



pose. Slow, mindful movement is key to receiving its full benefit.

Setu Bandhasana (Bridge Pose)

This asana strengthens the spine, glutes, and thighs while massaging the



too high in this pose. It's also not advisable for people with uncontrolled high blood pressure or severe migraines. Proper alignment and gradual progression are important to prevent strain.

Dhanurasana (Bow Pose)

Dhanurasana, a deep backbend, strengthens the abdominal and spinal muscles, improves posture, and enhances digestive fire. It massages the stomach and intestines, reducing sluggishness and improving nutrient absorption. The pose also stimulates the adrenal glands, helping balance stress hormones and supporting mental and physical vitality.

This posture, however, should be avoided by individuals with hernia,

abdominal organs and stimulating the thyroid gland. It improves digestion, reduces anxiety, and helps balance hormonal activity. By expanding the chest and improving circulation, it also benefits the nervous and respiratory systems, indirectly supporting a healthier gut.

However, individuals with neck injuries, shoulder stiffness, or recent back surgery should avoid lifting

recent abdominal surgery, or chronic back pain. Those with high blood pressure or heart conditions must practice under expert guidance. Overarching or jerky movements can strain the neck and lower spine, so gradual and mindful execution is crucial.



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	1899	9159
Yoga Professionals Members	4,752	2027	2269	1923	10971
Life Members	495	115	196	139	945
Eminent Yoga Professionals	10	06	01	--	20
Associate Centers	164	40	46	42	292
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

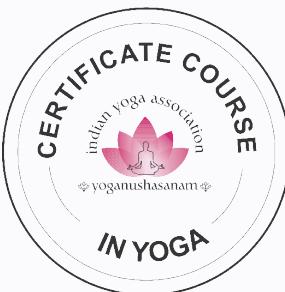
Examination	Date & Month
IYA PrCB [Yoga Certification Board]	October 25, 2025 November 15, 2025

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



Upcoming Batches

Certificate Course in Yoga

Insignia	Course Date	Venue	Institution	Fees
	(English) Nov 1- Nov 30, 2025	On Campus	The Yoga Institute	INR 60,000
	(English) Nov 1- Nov 30, 2025	Non-Residential	The Yoga Institute	INR 33,000
	(English) Nov - Nov 30, 2025	Online	The Yoga Institute	INR 27,500
	15th Nov 2025 - 1st Dec 2026	Physical / Online Zoom Platform	Yoga Vidya Niketan Mumbai	INR 30,000 / 35,000/-
	(English Medium) Nov 15 – Dec 15, 2025	Lonavla, Maharashtra	Kaivalyadhama	INR 61,200 US\$ 1150
	(English Medium) You may apply any-time	Online	Kaivalyadhama	INR 15,000 US\$ 200 *INR 25,000 for Practical
	(English Medium) Nov 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)

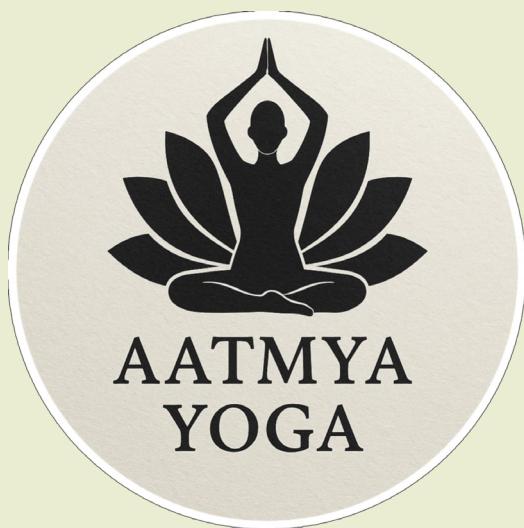
Insignia	Course Date	Venue	Institution	Fees
	Nov 17 to Dec 13, 2025	Gudur, Andhra Pradesh	Sivananda Ashram	INR 30,000 (Dormitory) INR 40,000 (3 sharing) INR 50,000 (2 sharing) INR 60,000 (single occupancy) For Foreigners US\$ 2000 (Double Occupancy) US\$ 2500 (Single Occupancy)
	Nov 14 to Dec 11, 2025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

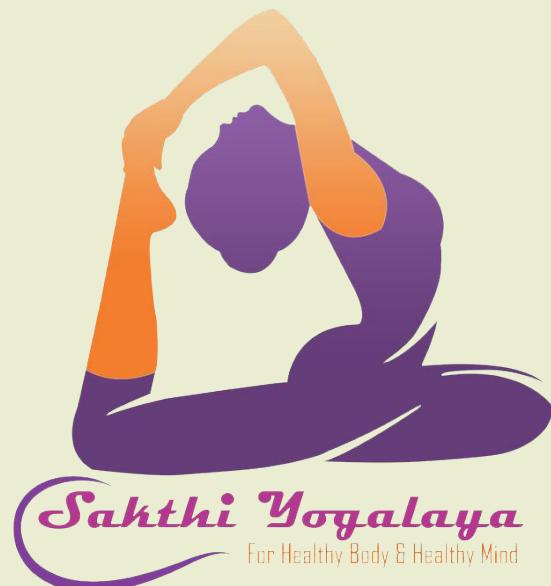
New Member

ASSOCIATE CENTRES



Aatmya Yoga

Aatmya Yoga is a holistic wellness centre dedicated to authentic yoga training rooted in the ancient wisdom of traditional practices. It integrates yoga therapy, Ayurveda, and lifestyle management to support complete well-being of body, mind, and spirit. The centre offers a wide range of programs including kids' yoga, prenatal and elder yoga, and corporate wellness sessions. It also conducts workshops on yoga philosophy, lifestyle management, and teacher training. Aatmya Yoga aims to help individuals reconnect with their inner self and live a more balanced, conscious,



Sakthi Yogalaya

Sakthi Yogalaya offers authentic training in multiple yoga styles including Ashtanga, Hatha, Iyengar, and Vinyasa flow. With centres in Tampa, USA and Trichy, India, it has successfully trained thousands of practitioners of all ages. The institute focuses on a four-dimensional practice—body, breath, chakras, and mind—creating a holistic yoga experience. Along with regular, private, and corporate sessions, it also specializes in therapeutic yoga for chronic pain and lifestyle diseases. Its Krida Yoga program for children promotes self-esteem, concentration, and emotional stability through yogic games and competitive yoga training.



Latika Memorial Yog and Health Institute

Latika Memorial Yog and Health Institute is committed to spreading yoga education and awareness through various initiatives.

The institute organizes workshops, seminars, and therapy-based programs aimed at promoting holistic health and healing. Its focus lies in integrating yoga into daily life as a preventive and curative science. Through educational and wellness activities, it works to make yoga accessible and relevant to people from all walks of life.



Nagendran Yoga International

Nagendran Yoga International is a vibrant centre in Sahakar Nagar, Bengaluru, dedicated to sharing the transformative power of yoga. It provides a nurturing and inclusive space for individuals of all ages and abilities to explore yoga as a way to achieve physical, mental, and spiritual well-being. The centre offers diverse classes ranging from gentle Hatha and restorative yoga to dynamic Vinyasa sessions.

Alongside asanas, pranayama, and meditation, it hosts workshops, retreats, and community events for deeper engagement. Emphasizing accessibility and authenticity, the institute embodies yoga as a journey toward inner harmony and holistic living.



Nari Shakti Yog Sports Association

Nari Shakti Yog Sports Association is devoted to empowering women through yoga, wellness, and sports. It conducts training, certification programs, and awareness workshops focused on women's physical, mental, and emotional well-being. The association actively promotes Yogasana as a competitive sport, encouraging participation in national and international events. It also supports vocational opportunities in yoga instruction and sports management, fostering self-reliance and leadership among women. Through community outreach and social initiatives, Nari Shakti Yog Sports Association uses yoga as a catalyst for empowerment and positive social change.



NIRAMAYA

Founded in 2015 and registered as a non-profit in 2019, NIRAMAYA is a School of Yoga Education dedicated to holistic wellness and yogic learning. Accredited by the Yoga Certification Board (Ministry of AYUSH) and affiliated with the Indian Yoga Association, it promotes authentic yoga education and research. It offers courses, workshops, and awareness programs integrating traditional and advanced yogic practices. Guided by the motto "Be well, spread wellness," the institution works with universities and organizations to promote yoga therapy and holistic healing.



Sadhana Yoga

Established in 2022, Sadhana Yoga is Visakhapatnam's first government-registered Yoga and Therapy Centre, dedicated to holistic well-being and mindful living. Rooted in Maharshi Patanjali's Ashtanga Yoga, it blends traditional yogic wisdom with therapeutic approaches to support physical, mental, and spiritual health. The centre envisions yoga as a way of life, empowering individuals to cultivate harmony within themselves and their surroundings. Through compassionate guidance and authentic practice, it serves as a serene sanctuary for balance, healing, and inner peace.

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LIFE MEMBERS



Dr. Naveen K.H

Dr. Naveen K.H is an Additional Professor in the Department of Community Medicine and Family Medicine at AIIMS, Jodhpur. A gold medallist in M.Sc. (Yoga) from SVYASA University, Bengaluru, he integrates yoga and preventive medicine in medical education and public health. Dr. Naveen has over 25 publications in reputed journals and serves as a reviewer for several national and international medical journals. A passionate yoga practitioner, he also coordinates the Yoga and Meditation Committee at AIIMS Jodhpur, promoting holistic health among healthcare professionals and students.



Dr. E. Santhi

Dr. E. Santhi is an Assistant Professor at Vethathiri Maharishi College of Yoga, Chennai, and a UGC-NET qualified yoga academician. With a Ph.D. in Yoga for Human Excellence, she combines traditional yogic wisdom with modern research and pedagogy. A certified Yoga Teacher and Evaluator (YCB Level 3), she has published papers in national and international journals and actively guides Ph.D. scholars. Her teaching and research emphasize yoga's transformative role in education, wellness, and human excellence.



Smt. Slesha Munshi

Smt. Slesha Munshi is a certified AYUSH Yoga Teacher and Evaluator based in Mumbai, specializing in Pranayama and Therapeutic Yoga. With over four years of teaching experience, she conducts online and offline yoga and meditation classes, focusing on holistic healing. A Reiki Grand Master, she integrates energy work and yoga for complete well-being. Her workshops on women's wellness, pain management, and chakra yoga reflect her commitment to accessible, health-oriented yoga education.



Yogacharini Vijaya

Yogacharini Vijaya is a dedicated practitioner of the Gitananda Yoga tradition since 1992, trained at ICYER, Ananda Ashram, under Ammaji and Yogacharya Dr. Ananda Balayogi Bhavanani. She has taught yoga internationally since 2007, combining classical teachings with a deep therapeutic understanding. Having completed advanced studies in Yoga Chikitsa, she continues to spread the values of traditional Indian yoga with devotion and authenticity. Her work reflects a lifelong commitment to sharing yoga as a path of healing, balance, and spiritual growth.



Smt J. V. Nandini

A passionate yoga trainer with over 8 years of teaching experience, J.V. Nandini has guided diverse groups through yoga for physical, mental, and emotional well-being. She has conducted specialized yoga programs for institutions like the Gandhi Museum, Income Tax Office, and Ambiga College. Her expertise lies in stress management, posture correction, and mindfulness. She has also served as a guest speaker and yoga resource person for International Yoga Day and Women's Day events, inspiring many through her dedicated practice and teaching.



Shri Sanjay Kumar Agarwal

A Chartered Accountant and certified yoga teacher, Shri Sanjay Kumar Agarwal integrates the discipline of yoga with professional excellence. Holding a Bachelor's degree in Naturopathy and Yoga Therapy, he emphasizes holistic health and natural living. His unique blend of financial acumen and yogic wisdom enables him to guide others in achieving balance, focus, and stress relief. Passionate about spreading yoga awareness, he continues to inspire individuals toward physical vitality and inner peace.

Shri V. Satyanaran



Shri V. Satyanaran is an accomplished yoga teacher and consultant with over 25 years of experience in Yoga Therapy, stress management, and lifestyle wellness. He has conducted thousands of corporate, academic, and community yoga sessions, including training programs for schools, colleges, hospitals, and international audiences. He specializes in therapeutic yoga, incorporating anatomy and physiology knowledge for holistic healing. Recognized with titles such as Yoga Kaustubha and Yoga Praveena, he has also produced educational CDs and DVDs to promote yoga practice globally.

Smt Vinita Bhandari



Smt Vinita Bhandari is a passionate yoga educator with an M.Sc. in Yoga (2023–2025) and founder of Garuda Yog Studio. Since 2018, she has been guiding students worldwide, helping in healing and managing conditions such as PCOD, diabetes, obesity, and stress. She holds RYT 200 certification, Therapeutic Yoga Training, and has actively participated in Udaipur Yog Mahotsav 2024. Vinita is committed to spreading wellness through yoga and regularly organizes free yoga sessions to benefit the community.

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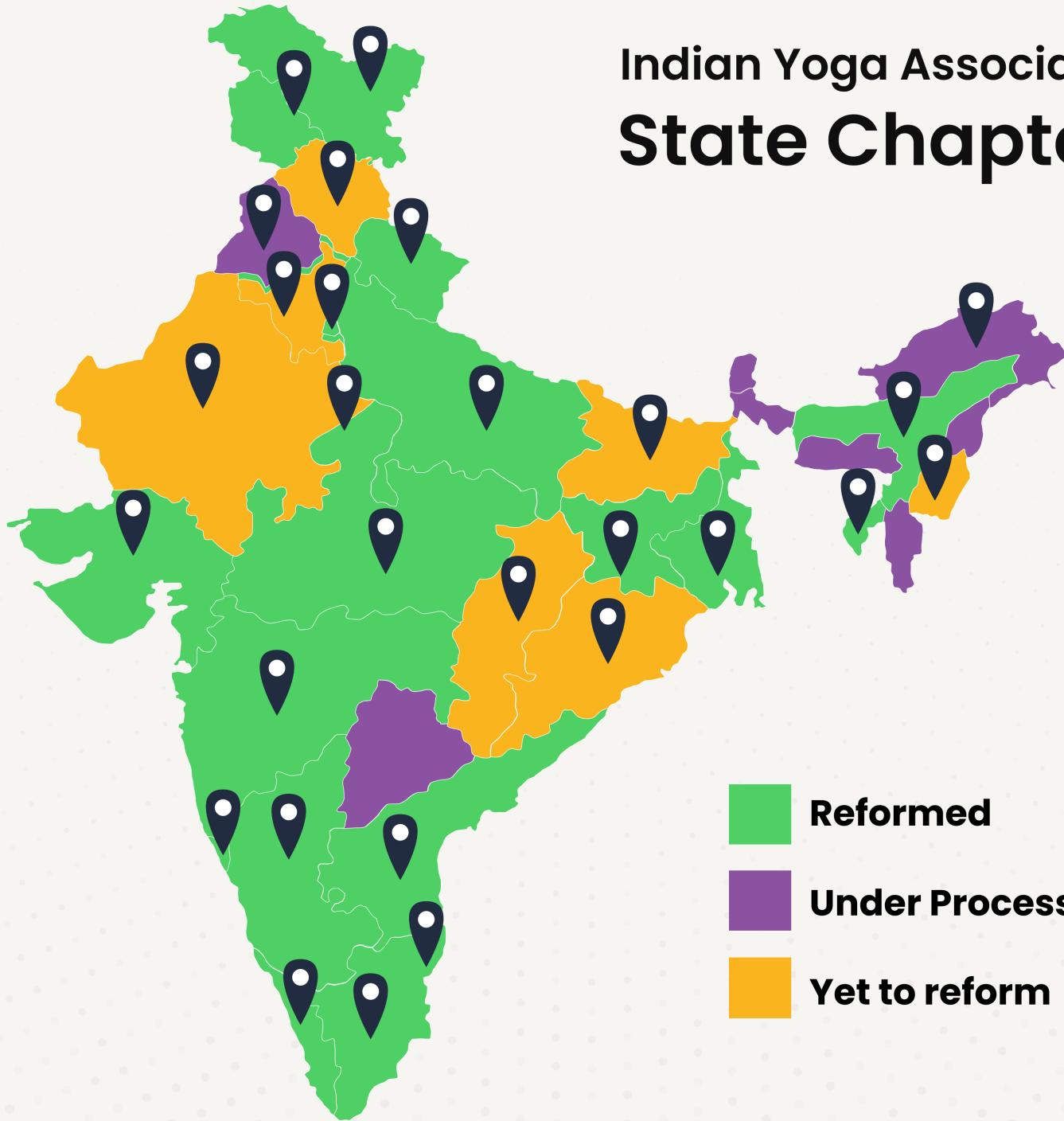
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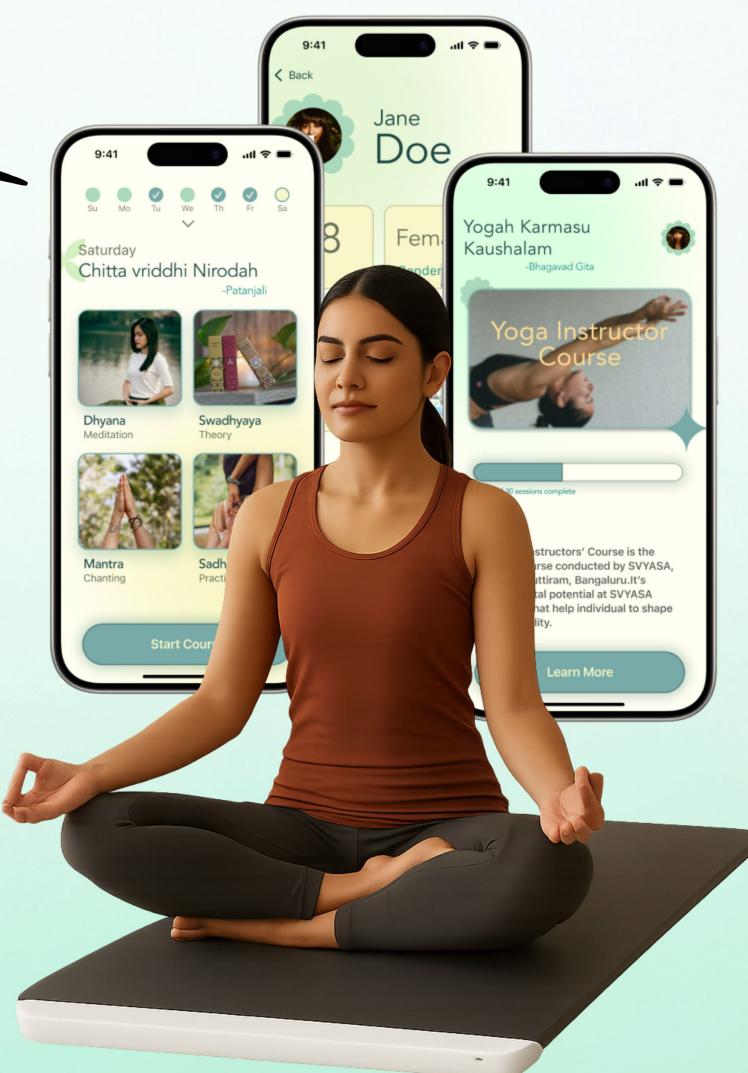
One breath, one moment, one step at a time.

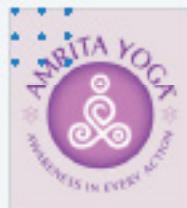


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“Life is like a light. Our soul is also a light; it has always been associated with light. The lamp has a very unique relationship with our life during many different ceremonies in life. It is not sufficient to light just one lamp to bring light. All the lamps in our society need to be lit.”

— Gurudev Sri Sri Ravi Shankar



Upcoming YTTC

Course	Location / Mode	Dates
Prenatal Yoga TTC	Online	15 Nov - 26 Dec, 2025
300H Yoga TTC	Online	15 Dec - 11 Jan 2026
Spinecare Orientation Program	Online & Offline	Online: 24 Nov - 30 Nov & Offline: 25 Dec - 28 Dec 2025



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"Chintan Shivir: The Future of IYA"
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Schedule

November 7, 2025

10:00 AM: Check Ins and Allocation of Rooms

11:00 AM: Informal Sessions

1:00 PM – 2:00 PM | Lunch

4:00 PM – 6:00 PM | Inauguration & Opening Session in the presence of *Swami Chidananda Muniji*, (Governing Council Member, IYA), *Swami Bharat Bhushan* (Governing Council Member, IYA), *Dr Ramesh Pokhriyal 'Nishank'* (Former Chief Minister of Uttarakhand and Union Minister of Human Resource Development), *Maa Dr Hansaji Yogendra* (President, IYA), *Shri Subodh Tiwari* (Secretary General, IYA), Yogacharya Dr Ananda Balayogi Bhavanani (Joint Secretary, IYA), Shri SP Mishra (CEO, PrCB, IYA), Shri KC Jain (Treasurer, IYA)

6:00 PM – 6:30 PM | Tea

6:30 PM – 7:30 PM | Satsang with Maa Dr Hansaji Yogendra, President, IYA

7:30 PM – 8:30 PM | Cultural Program by Locals

8:30 PM – 10:00 PM | Dinner

November 8, 2025

6:00 AM – 7:00 AM | Hatha Yoga Session with Yogacharya Dr Ananda Balayogi Bhavanani ji

7:00 AM – 8:00 AM | Nature Walk and Hasya Yog with Yogacharya Dhakaram ji, Senior Vice Chairperson, Rajasthan State Chapter Committee

8:30 AM – 9:30 AM | Breakfast

10:00 AM – 11:00 AM | From Foundation till Present – Indian Yoga Association

- Detailed Presentation on IYA by Shri Subodh Tiwari, Secretary General, IYA
- Presentation on Personnel Board of Certification by Shri SP Mishra, CEO, Personnel Certification Board, IYA

11:00 AM – 12:30 PM | Panel Discussion – Overcoming barriers and strengthening future.

Moderator: Shri Subodh Tiwari

12.30 P.M. – 1.00 PM | Discussion on Yoga 365 – Terms of reference by Ministry of Ayush

1:00 PM – 2:00 PM | Lunch

2:00 PM – 3:00 PM | Informal Interaction

3:00 PM – 4:00 PM | Sannidhi: The Sacred Seeds of Yoga

An experiential workshop led by Yogacharya Dr Ananda Balayogi Bhavanani and Yogacharini Anandhi Mary Cecil

4:00 PM – 5:00 PM | Krida Yoga by Dr. Subramanian Ananda Venkata, Secretary, Karnataka SCC

5:00 PM – 6:00 PM | Tea

6:00 PM – 7:00 PM | Future vision of IYA - Global

Moderated by Yogacharya Dr Ananda Balayogi Bhavanani, Joint Secretary, IYA

7:00 PM – 8:00 PM | Meditation Session with Shri KC Jain, Treasurer, IYA

8:30 PM – 9:30 PM | Dinner

November 9, 2025

6:30 AM – 7:30 AM | Yoga Session by Shri Amit Negi, Joint Secretary, Uttarakhand SSC

8:30 AM – 9:30 AM | Breakfast

9:30 AM – 10:30 AM | Valedictory by Uttarakhand SCC Members

10:30 AM | Checkout



IYA Presents

5th NATIONAL CONCLAVE OF STATE CHAPTER COMMITTEES

Chintan Shivir – Future of IYA

7th – 9th Nov 2025

Lekhak Gaon, Chauki, Uttarakhand



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