OCTOBER 2026, ISSUE-78

YOGAVANI

IYA - THE YOGA MOVEMENT



VALUE

Unifying the diverse traditions of Yoga

PURPOSE

Sharing the message of Yoga based on traditional and scientific foundation

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THE ART OF LIVING

YOGA SANGAM

योग संगम

BEYOND BORDERS.
WHERE JOURNEYS CONVERGE.

An International Confluence of Yoga, Culture & Knowledge

International Conclave of the Indian Yoga Association

23–24 January 2027
Siliguri, West Bengal, Bharat

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Table of CONTENTS



07	Editorial
13	CTB OUTREACH
14	IYA 56th Executive Council
17	SANGOSHTI 2026 - 7th National Conclave of the Indian Yoga Association
29	CYCLE PROGRAM 32
35	MANTHAN – Monthly Lecture Series
41	Headlines
52	Sattvik Recipe - Raw Banana Tikki
53	Article
55	Acknowledgement
56	Practice of the Month: EKA PADA PARIVRTTA TĀDĀSANA JANU AERIAL
58	Academics and Accreditation, IYA Personnel Certification Body (PrCB)

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
YOGAVĀṆĪ

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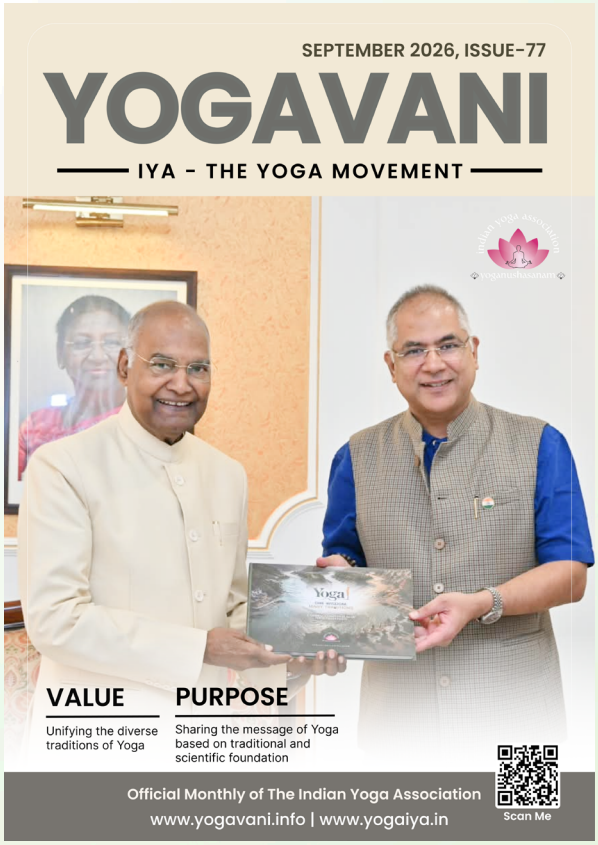
Letters to the Editor

The growing integration of Yoga with modern medicine is an encouraging development. Yoga is no longer being viewed merely as a physical practice but as a holistic approach that can support physical, mental and emotional wellbeing. The article on Yoga and Modern Medicine in Alcohol Rehabilitation particularly highlights how yoga can contribute to recovery by addressing not only the body but also the mind and patterns of behaviour. Such applications remind us that the true potential of Yoga lies in its ability to complement contemporary healthcare while retaining its traditional foundations.
I hope Yogavani continues to explore such meaningful intersections between ancient wisdom and modern needs.

- Shri Chiranjit Sutradhar

The celebration of International Day of Yoga 2026 from every corner of the world is a beautiful reminder of Yoga's universal appeal. What began as an ancient Indian discipline has become a shared language of wellbeing across cultures and communities.
Yet, beyond photographs, events and large gatherings, the real celebration of Yoga lies in making it part of everyday life—with awareness, compassion, discipline and balance.

- Shri Sanjay Pareek



In an age of constant information, comparison and digital distractions, maintaining a positive and balanced mind has become increasingly challenging. The article on cultivating a positive mind is therefore especially relevant to today's generation.
I believe this aspect of Yoga deserves greater attention, particularly among young people. If we can teach children and youth how to work with their minds along with caring for their bodies, we may be preparing them not just for successful lives, but for meaningful ones.

- Shri Rabindra Das

From the Editor's Desk:

- **By Dr. N. Ganesh Rao**
Founder of ACT Yoga | Editor, Yogavani, IYA



Hatha Yoga vis-à-vis Patañjali's Astānga Yoga

Introduction

The popularity of Yoga is in the ascendance all over the world increasing by geometric progression spanning across all differences pertaining to caste, creed, race, region, religion, nationality, gender, age, profession, etc. The practices of Yoga which are popular today, such as kriyās, āsanas and prāṇāyāma, are sourced in Haṭha Yoga (HY).

Therefore, the order of the day in Yoga can be said to be that of HY. However, Patañjali's Yoga Sūtras (PYS) comprise the basic text of Yoga philosophy or Yoga darśana. Therefore, it is in order to consider a few observations concerning Haṭha Yoga vis-à-vis Patañjali's Aṣṭāṅga Yoga, observations which may add to the understanding of Yoga in general and these two traditions of Yoga in particular - features which are common and which are contrasting between the two traditions.



Distinctions between HY and Aṣṭāṅga Yoga of PYS

Some of the basic and interesting differences between Haṭha Yoga and Patañjali's Yoga are enumerated and described below:

1. History

Indian spiritual tradition can be classified into two branches – the Āgama and the Nigama traditions. The former is the tantric tradition while the latter is the Vaidika tradition. Accordingly, HY rises from Tantra and Aṣṭāṅga Yoga of Patañjali arises from Vedas.

The PYS seems to be composed between 250 and 500 B.C. HY texts are supposed to be written between 6th and 18th centuries AD. But references to HY are found in the Upaniṣads (earlier than 6th century BC) and also in the Śrīmad Bhāgavatam.

A category of Upaniṣads called Yoga Upaniṣads are dedicated totally to the theme of Yoga. Generally speaking, HY seems to have developed in the post-classical era of Indian Philosophy wherein its formative period can be placed between the 9th and 10th centuries A.D. – the period during which the great Siddhas, Matsyendranāth and Gorakṣanāth, are said to have flourished.

Though HY is looked down upon by 'sophisticated' practitioners of predominantly 'mental' forms of yoga (because of HY's physically-oriented approach), it's (rooted in Tantra) basic metaphysical tenets are continuous with those of the Śruti (the Vedas). In fact, Tantra considers itself as "Śruti-śākha-viśeṣa"1. Thus it may not be wrong to say that HY based on Tantra is Vaidika. The basic texts on HY are as follows:
The Gorakṣa Śataka (GS) by Gorakhnāth (c. 10th century A.D.); The Haṭhapradīpikā by Swātmarāma (1350-1550); Haṭharatnāvali by Śrinivāsabhaṭṭa Mahāyogindra (1625-1695);



Gheraṇda Saṃhitā (GhS) by sage Gheraṇda (1675-1725); Śiva Saṃhitā (1700-1750)

2. HY is Physically-oriented while Aṣṭāṅga of PYS is Mentally-oriented

The main difference between the two does not pertain to the destination but to the emphasis laid on the path to the destination. HY lays more emphasis on the physical practices while Patañjali's Aṣṭāṅga Yoga lays emphasis on the mind. This can be simply seen as an example in the effects of the asanas as given by both these varieties of Yoga – In PYS it is "dvandva anabhighātaḥ"2 whereas in HY it is "sthairyaṃ, ārogyaṃ, aṅga lāghavaṃ3 and dṛḍhatā"4.

In ancient times, it is said that HY practices were exclusively confined to the Śuddhi or Śodhana Kriyās or purification practices. But consequent to hundreds of years of evolution, HY emerged as a path of yoga which, though laying emphasis on the physical practices, aims at the ultimate goal of Self-realization.

Interestingly, one of the meanings of the term 'Haṭha' is 'determination' or 'stubbornness' conveying the idea that a lot of will-power is involved in HY practices or that the Haṭha Yogis test their will power by straining and paining their bodies. This need not be the only meaning of HY. HY starts with physical purification practices strengthening the body, functionally and structurally by making it free of toxics. Consequently, the mind becomes

1 A special branch of the Śruti (the Vedas).
2 PYS Ch II S:48 "Tataḥ dvandva anabhighātaḥ"
3 HP Ch I S:17 " ... kuryāt tat āsanaṃ sthairyaṃ, ārogyaṃ ca aṅga lāghavaṃ"

4 Effect of āsanas as per GS

healthy ("mens sana incorpore sana" – "sound mind in a sound body"), leading thereby to the attainment of the spiritual goal of liberation – kaivalya, mokṣa, etc. This difference also accounts for why is

HY more popular today.

- i. Because being pre-dominantly physical in nature the effects of HY practices can be seen in short term and can be measured.
- ii. In modern times where man is more action-oriented, result-oriented and time- conscious, HY being more physical is most appealing.
- iii.PYS being more mind-oriented, its practices which affect the mind beneficially (say for example the several mind control techniques of PYS or even for that matter yamas and niyamas or meditation) lose out on popularity because their effects cannot be perceived and measured with certainty and objectivity.
- iv. But it has to be kept in mind that in HY, the physical practices lead to practices which control the mind and finally enable the practitioner to transcend the mind reaching thereby the unmani avasthā (no-mind state).

3. Meaning of "Haṭha" Yoga:

i. The term 'Yoga', in one of its etymological senses is derived from 'Yujir-yoge', meaning "union" or "merger", which can be better understood as integration – integration of human personality and thereby making man wholesome, harmonious and happy. In HY, etymologically, the integration is of the "ha" and "ṭha", the two major energy systems in the body – the prānic śakti and the mānsika śakti. These two systems are naturally imbalanced in the human being thereby creating a lop-sided personality.

Haṭha Yoga practices being holistic in nature rectify this basic imbalance and aim at creating a balanced and harmonious personality.

ii. The term, 'Haṭha' is made up of two parts, 'Ha' and 'Ṭha'. 'Ha' stands for 'prānic śakti or energy" and 'Ṭha' stands for "mānsika śakti or Consciousness". These two aspects also have several connotations as follows:

Ṭha	Ha
Śiva	Śakti
Mental Śakti / Consciousness	Prāṇa Śakti



/ Energy
Iḍa / Candra Nāḍi Piṅgalā / Sūrya Nāḍi
Moon Deity Sun Deity
Energy Matter
Yin Yang
Puruṣa Prakṛti
Female Male

These two śaktis or forces normally remain in an unbalanced and un-harmonized form (as seen in alternate rhinitis or single-nostril dominance in breathing at any point of time).
Due to this imbalance, either physical diseases or mental diseases occur. Over preponderance of mānasic śakti leads to mental problems while that of prānic śakti leads to people becoming angry, aggressive, creating wars, murders, etc.
HY tries to harmonize these two great forces. The body, the mind and the spirit are not three, but one. Thus, in HY, first of all the body is purified by ṣaṭkarmas leading to calming the mind and finally transcending the mind. Thus Haṭha Yoga is holistic.
PYS too propounds holistic Yoga in that the 8 aṅgas5 represent 8 dimensions of human
personality and all the 8 dimensions are developed and transcended.

4. Metaphysical Difference
Philosophically speaking Patañjali's Yoga based upon Sā khya philosophy leads to separation between Puruṣa and Prakṛti. In some texts of HY (e.g. HP) the non-dualist philosophy is propounded wherein the idea of samādhi as union between individual consciousness (ātman) and universal consciousness (Brahman) is spoken of.
In Patañjali's Yoga, in Kaivalya there is final disunion / separation between Puruṣa and
Prakṛti. So Yoga is understood as 'separation' here. In Haṭha Yoga, Yoga is sometimes

5 The eight aṅgas or limbs of Aṣṭāṅga Yoga are Yamas (social), Niyamas (personal), Āsanas (physical), Prāṇāyāma (physiological & mental), Pratyāhāra (mental), {Dhāraṇā, Dhyāna and Samādhi – psychological, intellectual & spiritual)

understood as the 'union' between the individual consciousness / soul and the universal consciousness / soul.

5. Aṣṭāṅga Yoga v/s HY:
Aṣṭāṅga Yoga, sometimes called as Rāja Yoga or Royal Yoga, has one text Book viz. PYS. HY, sourced in Tantra, has several Text Books propounding Yoga with various numbers of angas
e.g. Caturaṅga Yoga, Saptāṅga Yoga, Ṣaḍaṅga Yoga, Aṣṭāṅga (Charan Das), etc. When we refer to the term 'Haṭha Yoga', we actually mean the common features of all these schools of HY as given by various Texts.

6. HY is a preparation for Rāja Yoga.
Body Mind Spirit
HY and Rāja Yoga are considered as two essential aspects of Yoga. In fact, yogic processes form a continuum wherein HY and Rāja Yoga are interdependent. Rāja yoga is the mental side and Haṭha yoga is the bodily side of one and the same

discipline called yoga. The final goal of Yoga is spiritual.

7. HY begins with the cleansing practices (śodhana kriyās) and Yamas and Niyamas are done away with (though their importance is recognized). Aṣṭāṅga Yoga begins with Yamas and Niyamas.

8. PYS gives principles of Yoga practices which are applicable to HY practices. The names of various practices of Yoga (Āsanas, Prāṇāyāma, Mudrās, Bandhas, etc.) and their techniques are found in HY. PYS enunciate the principles behind these practices but do not provide the names or techniques of the practices.

9. Therapeutic effects of Yoga are sourced from HY practices. No direct mention of therapy is made in PYS. The therapeutic effects of HY practices are however only by-product and incidental. Physical health and mental health are means and not ends in themselves. They must lead to transformation in nature and personality. Freedom from disease should be followed by freedom from bondage and from the chain of birth-death-rebirth.

10. Kuṇḍalinī Awakening: HY has to do with Kuṇḍalinī awakening whereas not so in Aṣṭāṅga Yoga. When kuṇḍalinī ascends and establishes at the sahasrāra cakra, Yoga is consummated. Yoga means union of Śiva (consciousness) and Śakti (energy) in Kuṇḍalinī Yoga.

11. Control of Mind by Prāṇa v/s Control of Mind by Mind: While in Aṣṭāṅga Yoga attempt is made to confront and control the mind directly by mind, in HY attempt is made to control the mind by controlling the prāṇa (breathing). Most people cannot control the mind by the mind. It is easier to control the prāṇa (breathing) and thereby control the mind. HY is the most effective way of transcending the mind by working on the prāṇa.

12. Some Unique Features of Haṭha Yoga
The Śodhana Kriyās or purification practices; the Concept of Prāṇa as the inter-face between the body and mind; the Concept of Mudrās / Bandhas; the Concept of Kuṇḍalinī and its Awakening; the Concept of Yogic Diet (Mitāhāra); Therapeutic aspects of yoga.

Some Principles of HY	Some Principles of Aṣṭāṅga Yoga
Conservation of Energy	Transcendence v/s Abandonment
Middle Path (avoidance of extremities)	Distracted & lethargic mind - Concentration
Awareness	- Pure awareness

Conclusion

Thus we can see that HY and Patañjali's Aṣṭāṅga Yoga differ in several respects. But despite all these differences, the practices of both enable the practitioner of Yoga to attain the same goal i.e. of Self-realization.



CTB OUTREACH

IYA presents its Coffee Table Book to the Hon'ble Vice President of India

In a significant step towards taking the message and legacy of yoga to the highest public offices of the country, Shri Subodh Tiwari, Secretary General, Indian Yoga Association (IYA), met the Hon'ble Vice President of India, Shri C. P. Radhakrishnan, along with Shri Suresh Prabhu, Chairman, Kaivalyadhama Global.

During the meeting, Shri Subodh Tiwari presented the Coffee Table Book of the Indian Yoga Association, a publication that celebrates the rich heritage, diversity and collective spirit of the Indian yoga community. The presentation formed part of IYA's ongoing outreach initiative to share the Association's journey, vision and contributions towards the promotion and propagation of yoga.

This engagement marks a meaningful milestone in IYA's efforts to strengthen awareness of India's yogic heritage and highlight the role of collaborative institutions in preserving and advancing yoga. Through its Coffee Table Book outreach initiative, the Indian Yoga Association continues to connect with distinguished leaders and institutions, carrying forward the vision of making yoga a more visible and integral part of contemporary society.



IYA 56th Executive Council emphasises yoga education, research and independent regulation

The Indian Yoga Association (IYA) held its 56th Executive Council Meeting online on 21 August 2026, marking the first meeting of its newly constituted Executive Council for the 2026–30 term. Chaired by Maa Dr. Hansaji Yogendra, President, IYA, the meeting brought together the Council's leadership and directors of its Standing Committees to review ongoing initiatives, discuss institutional priorities, and chart the way forward for strengthening Yoga education, research, professional standards, and public outreach.

In her opening remarks, Maa Dr. Hansaji Yogendra emphasised the importance of regular Council meetings, collective responsibility, and strengthening IYA's distinct identity as a leading self-regulatory body for Yoga organisations in India. Secretary General Shri Subodh Tiwari welcomed the newly constituted Council and reviewed the progress made by the Association, including the implementation of previous decisions and the expansion of its institutional activities.

Advancing Academic Excellence and Scientific Research

A significant part of the meeting focused on strengthening IYA's academic and research framework. The Standing Academic and Accreditation Committee reported encouraging responses to IYA's Foundation, Certificate, and Advanced Certificate Courses in Yoga, alongside plans to introduce a Yoga Therapy course and

pursue collaborations with universities to facilitate academic recognition and credit transfers.

The Council approved the formation of sub-committees focusing on standardisation, accreditation, training, research, digitalisation, and documentation. These initiatives aim to strengthen academic quality, improve professional competencies, and support the development of structured Yoga education programmes.

The Standing Committee on Scientific Research highlighted the need for collaborative, multicentric studies and rigorous research protocols to strengthen the scientific evidence base for Yoga. It also proposed greater participation by IYA's State Chapters and member institutions in research initiatives, alongside efforts to expand Yoga awareness at the grassroots through schools and community-based programmes.

Strengthening Traditional Yoga Scholarship

Recognising the importance of preserving and advancing India's traditional yogic knowledge, the Council resolved to establish the Yoga Vidya Samiti, a committee dedicated to traditional Yoga literature and textual research.
The committee will encourage scholarly engagement with classical Yoga texts and promote research that connects traditional knowledge with contemporary academic and scientific inquiry. State Chapters will be invited to recommend scholars and contributors, enabling wider institutional participation.

Sangoshthi 2026 and Youth Outreach

The Council reviewed preparations for Sangoshthi 2026, the 7th National Conclave of IYA, scheduled for 12–13 September 2026 at Adhyatma Sadhna Kendra, Chhatarpur, New Delhi. The conclave was planned as a platform for discussions on Yoga research, philosophy, practice, policy, and certification. Council members were encouraged to support registrations and sponsorship efforts.

The meeting also acknowledged IYA's ongoing youth outreach initiatives, including a webinar with Shri Vidyut Jamwal, IYA Youth Ambassador, scheduled for the same evening. With approximately 560 registrations reported at the time, the initiative reflected the Association's efforts to engage younger audiences and expand awareness of Yoga.

Updates were also shared on the successful completion of YOGAUTSAV 2026 at Kaivalyadhama, Lonavala, and IYA's participation in Global Yoga Therapy Day, organised by the International Association of Yoga Therapists. These initiatives provided opportunities to showcase IYA's work and strengthen engagement with the wider Yoga community.

A Distinct Regulatory Framework for

Yoga

One of the most significant discussions centred on the regulation of Yoga and its distinction from Naturopathy. After detailed deliberations, the Council reaffirmed IYA's position that Yoga should have a separate regulatory framework, distinct from Naturopathy, with clearly defined minimum standards for trained Yoga therapists.

The Council agreed to consolidate the views of Executive Council members and institutional representatives to develop a formal position paper for submission to the Ministry of AYUSH and other appropriate forums. A core group led by Dr. Ananda Balayogi Bhavanani, Vice President, IYA, along with Dr. Amit Singh, the Secretary General, and the Secretariat, was tasked with coordinating the deliberations.

The discussion underscored the need to protect the distinct identity of Yoga while strengthening professional standards, recognising the role of qualified Yoga therapists, and promoting the responsible integration of Yoga into healthcare and wellness settings.

Strengthening Governance and Institutional Systems

The Council reviewed reports from the Standing Committees on Legal Affairs, Finance, Academic and Accreditation, Scientific Research, and Publicity and Awareness. The activation of these committees was noted as an important step towards more structured institutional functioning.

The Council also endorsed the centralisation of State Chapter finances, with expenditure to be governed by advance budget approvals and appropriate documentation. In addition, it approved an 8% increment for all IYA Secretariat staff, effective April 2026, and approved the proposed compositions of the Tripura State Chapter Committee and the re-formed Assam State Chapter Committee.

These decisions reflect IYA's efforts to strengthen administrative accountability, improve coordination between the central body and State Chapters, and establish more robust systems for institutional growth.

Moving Forward with a Shared Vision

The meeting concluded with a renewed emphasis on coordinated action, academic rigour, institutional accountability, and the preservation of Yoga's distinct identity. Under the leadership of its newly constituted Executive Council, IYA reaffirmed its commitment to advancing Yoga education, promoting scientific research, preserving traditional knowledge, and strengthening professional standards. The decisions taken at the meeting provide a strategic direction for IYA's 2026–30 term, with a focus on building stronger institutional partnerships, expanding outreach, and positioning Yoga as a distinct and well-recognised discipline contributing to individual and societal well-being.



SANGOSHTI 2026

Where Timeless Wisdom Met the Questions of Our Time

The 7th National Conclave of the Indian Yoga Association | 12–13 September 2026 | New Delhi

Two days of dialogue, reflection and experiential learning brought India's diverse yoga community together to explore the relevance of traditional yogic wisdom in contemporary life.

Yoga has evolved in its practice and application over the years, finding a place in healthcare, education and modern wellness. Yet, its deeper philosophical foundations continue to offer insights into how we understand ourselves and the world around us. Exploring this relationship between tradition and contemporary thought was the central theme of Sangoshti 2026, the 7th National Conclave of the Indian Yoga Association (IYA), held on 12–13 September at Adhyatma Sadhna Kendra, Chhattarpur, New Delhi.





The two-day gathering brought together spiritual leaders, yoga masters, researchers, healthcare professionals, scholars and practitioners for discussions on clinical research, artificial intelligence, yoga philosophy, wellness and professional standards. Alongside these deliberations, experiential sessions offered participants an opportunity to engage with different dimensions of yogic practice.

The conclave provided a common platform for examining the opportunities and challenges facing yoga today, while reaffirming the importance of preserving its traditional knowledge and values.

An Auspicious Beginning

The conclave opened with Shanti Path, followed by the ceremonial lighting of the lamp, marking the beginning of two days dedicated to learning and exchange. The inaugural ceremony brought together Maa Dr Hansaji Yogendra, President, IYA; Swami Bharat Bhushan, Governing Council Member, IYA; Dr



Ramesh Bijlani, recipient of the Prime Minister's Yoga Award; Muni Shri Jay Kumar Ji, revered Jain monk; Shri K. C. Jain, Treasurer, IYA; and Dr S. P. Mishra, CEO, IYA's Personnel Certification Body.



In her welcome address, Maa Dr Hansaji Yogendra spoke about yoga as a means of cultivating greater awareness, balance and harmony. Her message set the tone for the discussions that followed, emphasising the importance of understanding yoga in its entirety rather than limiting it to physical practice.
The addresses during the inaugural session reflected on yoga's continuing relevance and the responsibility of the yoga community to carry its teachings forward while remaining connected to their traditional foundations.



Swami Bharat Bhushan highlighted this balance between continuity and change,



observing that yoga must respond to the needs of the present without losing sight of its essence, discipline and deeper purpose.

His words reflected the larger intent of Sangoshti: to encourage fresh perspectives and meaningful dialogue while keeping the foundations of yoga firmly in view.



Yoga and Modern Healthcare: Bridging Experience and Evidence



The panel discussion “Yoga in Modern Clinical Practice: Clinical Trials, AI Posture Analysis & Integrative Healthcare” explored the growing relationship between yoga and contemporary healthcare. Moderated by Sadhwi Vasanthi Iyer, Director, Sri Sri School of Yoga, the session featured Dr Ramesh Bijlani, Dr M. K. Taneja and Dr K. C. Jain. The discussion addressed the role of



scientific research in understanding yoga's applications and the possibilities offered by emerging technologies, including artificial intelligence in posture analysis. It also drew attention to the need to recognise yoga's wider scope, which extends beyond physical postures to encompass a more holistic approach to wellbeing.

Beyond the Mat: Rediscovering Yoga's Philosophical Foundations

The session "Beyond the Mat: The Philosophical Foundations of Yoga" turned the focus to the principles that underpin yogic practice. Moderated by Yogacharya Ganga Nandini of Parmarth Niketan, the discussion featured Yogacharya Dr Shankarbhai Patel, Yogacharya Dhakaram, Shri Vikas Tiwari and Dr Ajay Kumar Shastri of Jawaharlal Nehru University.

The panel explored the relevance of yoga's philosophical heritage in contemporary life, highlighting the importance of understanding the ideas and principles that give direction to practice. The discussion complemented





the clinical perspective of the earlier session, bringing attention to both the application of yoga and the knowledge traditions from which it emerges.



When Knowledge Finds Expression in Joy



The first day's programme also included music, movement and cultural presentations, bringing a lively and experiential dimension to the conclave. A flute rendition by Manik offered a musical interlude, followed by Hasya Yog with Yogacharya Dhakaram. Students from Shoolini University presented Yog Dance, while YoGGarbA, led by Shri Anish Rangrej, added colour and energy to the evening. The day concluded with Satsang with Maa Dr Hansaji Yogendra, providing participants with an opportunity for reflection and shared learning.



These sessions added a different dimension to the conclave, bringing



together artistic expression, joyful participation and contemplative engagement alongside the day's discussions.



Learning Through Practice: The Body, Breath, Sound and Stillness



The second day began with Bharat Yog Gati, led by Shri Amit Garg of Mokshayatan Yog Sansthan, followed by "Power of Nada Yoga," conducted by Yogacharya Dr Navdeep Joshi, Founder of Navyoga Institute of Yoga and Naturopathy, Suryodaya Sewa Samiti.



Shri K. C. Jain subsequently guided participants through Preksha Sadhna, a contemplative practice rooted in the Jain tradition.

Together, these sessions offered participants an opportunity to experience different approaches to movement, sound and meditation. They also complemented



the conclave's discussions by bringing the focus back to the practice and personal exploration that remain central to yoga and India's wider contemplative traditions.

Bio-hacking and Yoga: Exploring Contemporary Wellbeing

The panel discussion "Bio-hacking & Yoga: Merging Ancient Wisdom with Modern Health & Wellness" brought contemporary approaches to health and wellness into conversation with yoga's holistic perspective.

Moderated by Shri Haridutt Mishra, Vice Chairperson, Uttar Pradesh State Chapter Committee, the session featured Dr B. S. Dabral, Shri Kushal Roy Joy of Bangladesh, Shri Shambhu Raj Pandit and Shri Ashish Nakra.

The discussion examined the relationship between emerging wellness practices and traditional yogic approaches, reflecting the growing interest in





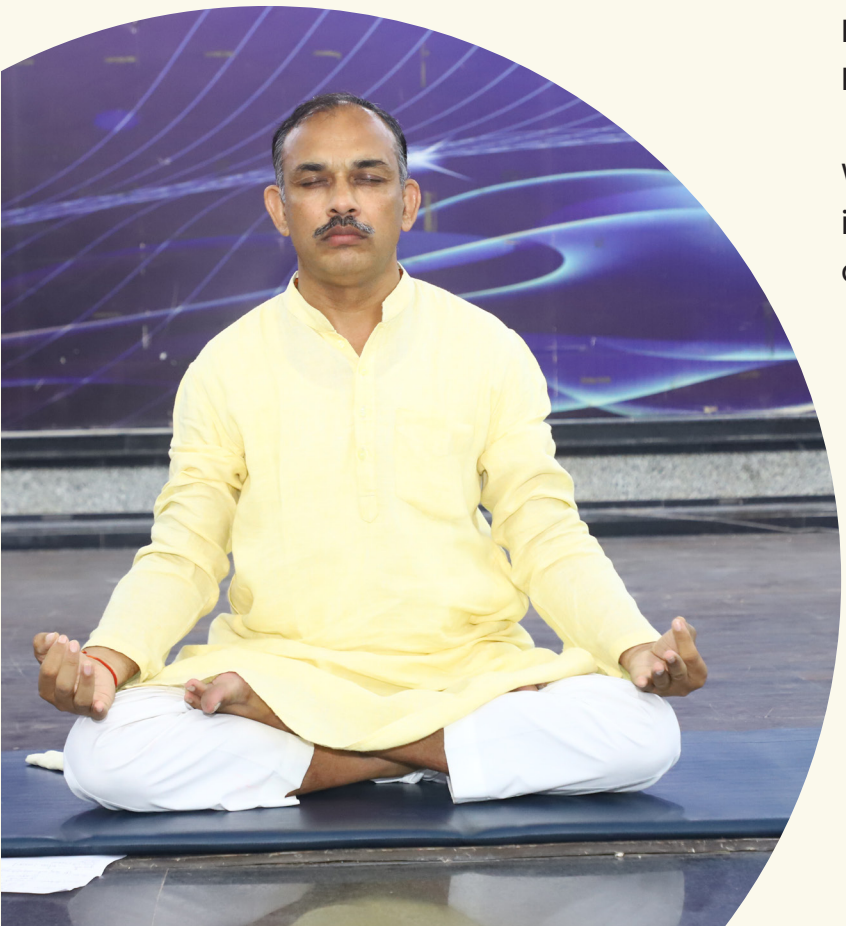




understanding health through multiple perspectives.

Strengthening Professional Standards and Credibility

The session “The Certified Creator: Building a Global High-Impact Career through Authentic Yoga Standards” addressed the importance of certification, accreditation and professional education in strengthening the credibility of yoga.



Moderated by Prof. (Dr.) Nideesh Kumar Yadav of Shoolini University, the panel featured Dr Pradyumn Singh Shekhawat, Dr S. P. Mishra, Shri Ajay Dubey and Shri Pankaj Bhagat.

With yoga reaching wider audiences in India and internationally, the discussion highlighted the need for appropriate professional standards, quality assurance and ethical practice. It also drew attention to the role of institutions and certification frameworks in supporting practitioners and strengthening confidence in yoga education.



One Association, Many Regions:

Strengthening the Collective Vision
The second day also featured reports from the Indian Yoga Association's North, South, East and West zones.

Shri Amit Garg presented the report for the North, Shri A. Subramanian for the South, Shri Pankaj Bhagat for the East and Shri Vishwanath Mahajan for the West. The presentations offered a regional perspective on the Association's activities and engagement.

The zonal reports provided an opportunity to share updates from across the country and highlighted the importance of coordination among the Association's regional units. Such exchanges remain an important part of IYA's efforts to bring yoga institutions and practitioners together around shared objectives.









A Valedictory Reflection: Carrying the Dialogue Forward

Sangoshti 2026 concluded with the Award Ceremony and Valedictory Session, attended by Maa Dr Hansaji Yogendra, Shri K. C. Jain and Dr S. P. Mishra.



The session recognised contributions to the field of yoga and brought the two-day gathering to a close. It also offered an opportunity to reflect on the themes that had shaped the conclave, from scientific inquiry and philosophical understanding to contemporary wellness and professional development.



Across its sessions, Sangoshti brought together different perspectives on yoga and its place in contemporary society. The discussions highlighted the importance of research, the continued relevance of philosophical foundations, the value of experiential practice and the need for credible professional standards.
For the Indian Yoga Association, the





conclave served as a platform for exchange among members of the wider yoga community. It reinforced the importance of continued dialogue and collaboration in strengthening yoga's presence across different fields while preserving the knowledge and values at its core.

As Sangoshti 2026 drew to a close, it left participants with much to reflect upon: how yoga is understood, how it is practised and how its wisdom can continue to inform contemporary life. The conversations initiated over these two days remain an important pa





CYCLE PROGRAM: 32

Where the Streams Meet

A special panel discussion on integrative Yoga Chikitsa

With Dr Karuna, Dr Nutan Pakhare and Vinay Siddaiah

A brief Report by Yogacharya Nilachal

The 32nd session of CYCLE introduced a refreshing variation to its established format. Rather than featuring a single speaker, Rishiputra Balayogi Dr Ananda ji convened a panel discussion bringing together three distinguished practitioners from complementary disciplines — Dr Karuna, founder of the Swaraveda Foundation, music therapist, researcher and curriculum developer; Dr Nutan Pakhare, Ayurvedic physician and founder of the AYG Academy; and Vinay Siddaiah, founder of Yogavijnana, Bengaluru. Two of the three panellists had addressed CYCLE in recent months, and this special session provided a unique opportunity for meaningful dialogue, exchange of perspectives and collaborative exploration of integrative Yoga Chikitsa.

Raga as Therapy: the Science Behind the Sound

Dr Karuna's entry into music therapy came, as she told it, by instruction rather than by choice. She had intended to take yoga therapy as her PhD subject when Dr

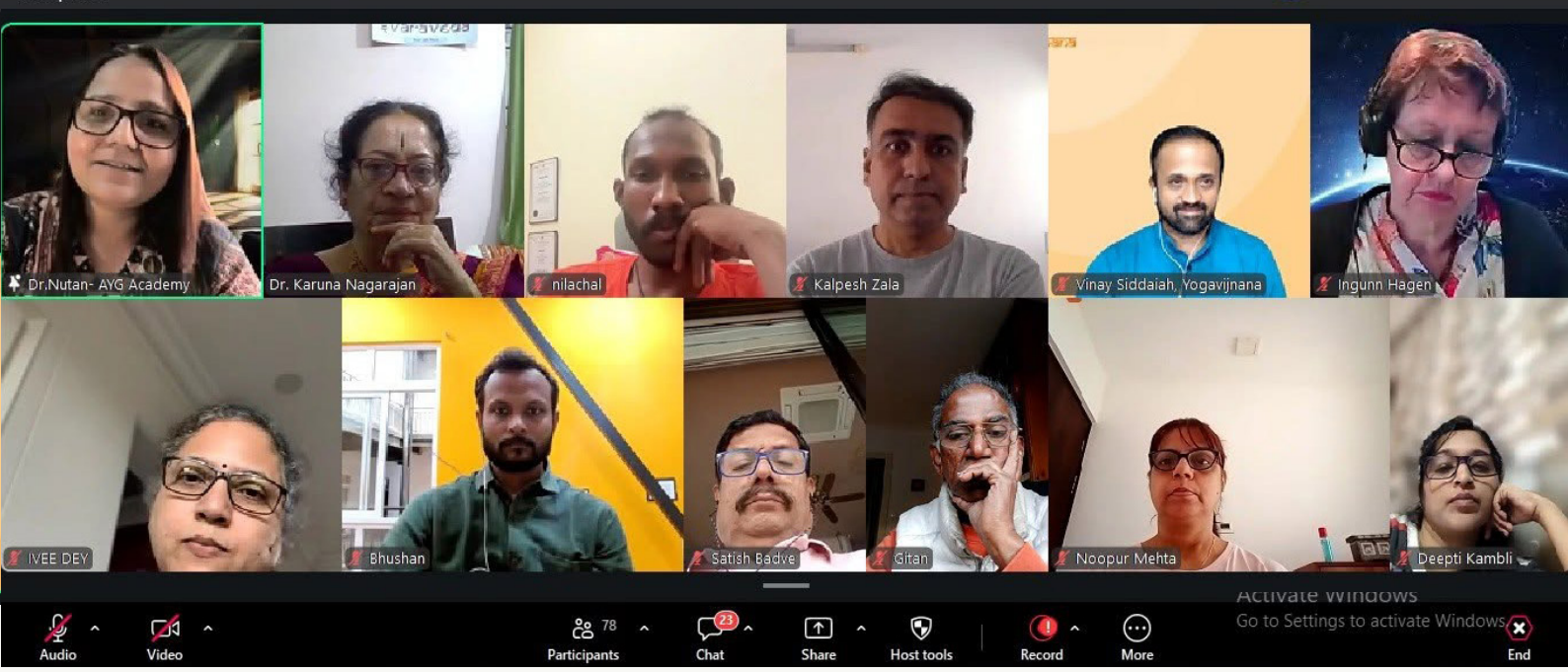


H. R. Nagendra ji sent her to an ashram in Mysore. There she was seated in a reclining chair, given headphones, and asked her rashi (zodiac). On hearing the answer, the attendant played Hindola. She asked why that raga for that rashi, and no explanation was given. She returned and reported this to her Guru, Dr H. R. Nagendra ji who told her: this is your research topic. The PhD took eight years instead of four, because she first had to study Ayurveda and medical astrology.

What emerged is a system of some precision. Each dosha, she explained, carries a psychological signature — vata fear and anxiety, pitta anger, kapha sadness and disgust. The therapeutic principle is Patanjali's pratipaksha bhavana, which Ayurveda states in its own idiom as the principle of opposites: where there is sadness one offers shringara rasa, and so forth. The ragas are chosen to carry that rasa, and also by time theory, so that a raga is given at the hour appropriate to it. She added that she builds the four bhavanas of Patanjali — maitri, karuna, mudita, upeksha, directly into her module, since these are the positive states the appropriate raga is meant to evoke.

Asked for detail, she was specific. The music is instrumental rather than vocal, since lyrics interfere with the yoga instruction given alongside; it is tuned to 396 Hz; and the instrument follows the Natya Shastra, which assigns instruments to rasas — the flute for pranayama, the veena and sitar where shringara is wanted. She showed a published study on menstrual cramps in which ragas were assigned by time slot and aligned with specific yoga practices, with reductions recorded on





pain and premenstrual scales alongside vata, pitta and kapha lakshana.

Her own summary was modest and worth repeating: music therapy is an add-on therapy. Yoga therapy addresses the physical aspect and music therapy the emotional, and the two blend naturally when used hand in hand.

The Engineer's Inquiry

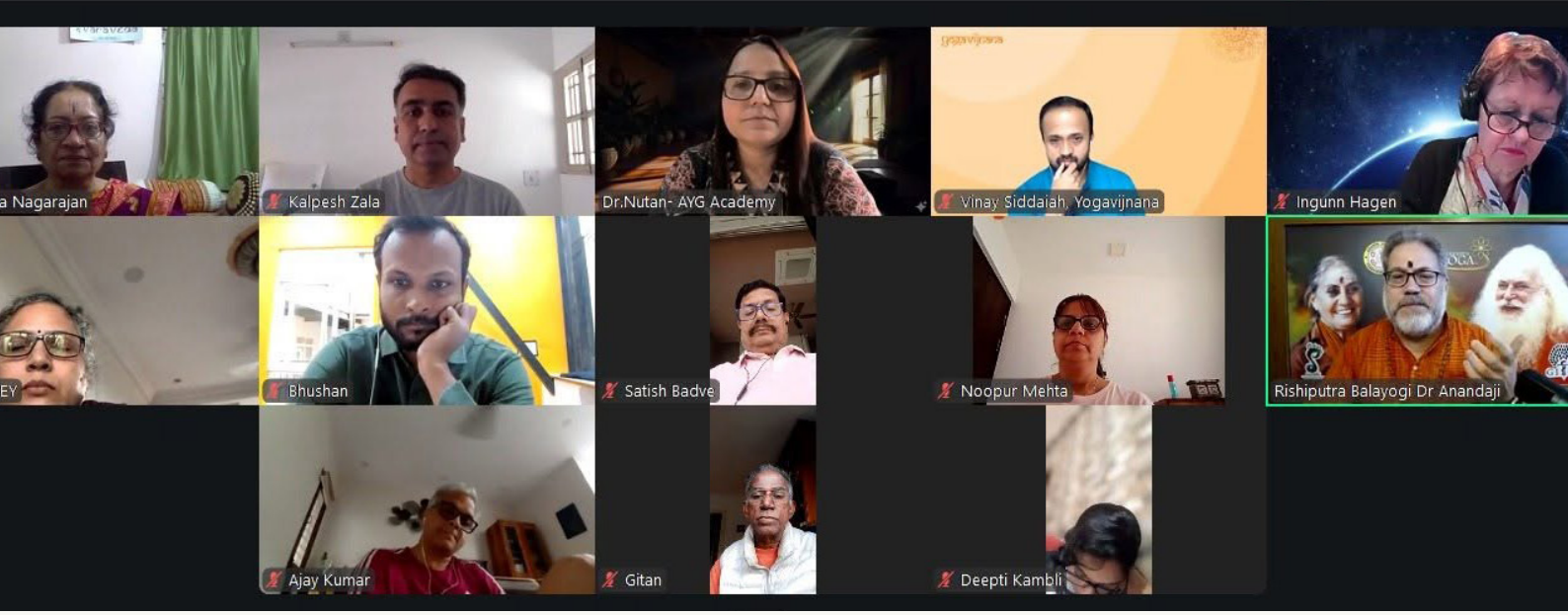
Asked how an engineering career shapes a yoga practitioner, Yogacharya Vinay Siddaiah ji recalled a manager who once asked whether he preferred solving open questions or closed ones. He had not understood the question at the time; later it became clear that he had been given projects in which he had to identify the problem himself before solving it. That, he said, is simply inquiry and the only thing that changed when he came to yoga was the direction of it. Earlier he had inquired into systems outside himself; the inquiry that began with his own back pain turned inward, went deeper than he expected, and eventually left him unable to find a purpose in his corporate work.

On entrepreneurship he was equally direct. He did not found Yogavijnana to become an entrepreneur; the organisation grew as an outlet for what he was inquiring into. His counsel to those entering the profession was to stop asking what can be made from yoga and start asking what can be offered to it. Anything that grows quickly falls quickly, he observed; organisations that have outlasted their founders grew slowly. His own largest investment, a collection of chanted yoga texts, including rarely heard Upanishads, now freely available on every streaming platform returns nothing financially, and was never meant to.

"We ask what we can get from yoga. Can we also ask what we can offer to it?"

From Paraplegia to Garbha Sanskar

Dr Nutan Pakhare's account of her own path was the most personal contribution of the panel. An Ayurvedic physician since 2001, she was running a clinic when, in 2008, an accident and subsequent spine surgery left her with paraplegia, and



medical opinion was that she would not walk or sit again. A meditator visited her home and sat beside her in silence day after day until she began, reluctantly at first, to do the same — her first encounter with meditation, and the beginning of a changed perspective on healthcare.

Recovery took a year and proceeded like a second birth: moving the toes, turning on her side, crawling, standing with crutches, walking.

What she drew from it was simple: we attend to this body only when it fails, and Ayurveda and Yoga exist to keep it well for longer. Her yoga journey began at Kaivalyadhama in 2011, and the gap she subsequently identified was specific — yoga teachers were working with pregnant women without adequate grounding in reproductive physiology.

Asked how the therapy changes across a pregnancy, she described working from prakriti outward. A vata-predominant woman receives grounding, nourishment, stability and meditation; a pitta-predominant one, cooling and less stimulating practice; a kapha-predominant one, more movement and dynamic work. Across the trimesters she applies her 3S framework - Stability first, then Strength, then Space, noting that the second trimester is where emotional resilience can be built and the third where the mother and child are both, quite literally, looking for room. Whatever is given, she insisted, must follow the history, the reports and anything the treating doctor has flagged. One practice suitable for one woman may not suit another, or even the same woman in a second pregnancy.
Scope of Practice: Collaborator, Not Competitor

Both Dr Nutan Pakhare and Dr Ananda ji emphasised the importance of recognising professional boundaries and fostering collaboration within integrative healthcare. Dr Nutan highlighted that Garbha Sanskar involves both parents, rather than focusing exclusively on the mother, and should complement rather than replace conventional medical care. Drawing upon her clinical experience, she shared examples illustrating the complex and multifactorial nature of infertility. In one case, a couple had

undergone treatment for several years without a semen analysis being performed. Subsequent investigation revealed azoospermia associated with a varicocele, requiring surgical intervention. In another case, a couple married for eight years had undergone multiple cycles of assisted reproductive treatment without the underlying difficulty related to intimacy being adequately identified or addressed.

These examples underscored the importance of comprehensive assessment, sensitive counselling and timely medical referral. Dr Nutan ji emphasised that infertility cannot be approached from a single perspective and that effective counselling requires sustained engagement, understanding and individualised care.

Dr Ananda ji extended this into a principle for the fraternity. At their hospital, music therapy students work live in the labour room during delivery and alongside endoscopy, not instead of the procedure, but with it. If we want our therapies accepted into mainstream healthcare, he said, we must position ourselves as collaborators rather than competitors. He also shared findings from a nursing PhD on hypertensive disorders of pregnancy, in which the group receiving a yoga-inclusive programme showed markedly lower rates of pre-term labour, operative delivery, postpartum haemorrhage and low birth weight and, among those mothers, no neonatal death. Small practices, he reminded participants,



make large differences to one mother and her family.

What Would an Ideal Curriculum Look Like?

Asked what a yoga therapist should be trained in, Dr Karuna ji put empathy first, and then named the components she builds into her own courses:

- Patanjali's Yoga Sutra and modern psychology taught in parallel — a combination she studied under Dr H R Nagendra ji and the late Prof. N. V. C. Swamy ji.
- A genuine research component,

because research trains a therapist to observe what is actually happening in the person before them.
- Ayurveda alongside modern anatomy and physiology — knowing one's own body, she argued, should begin at school.
- The nurturing of an art, any art — music, dance, painting, sculpture — since it is the practice of an art that makes a person empathetic.

Dr Ananda ji agreed that empathy is fundamental and raised the difficulty honestly: in an outcome-based framework,

how does one grade it? If empathy earned an O grade, people would simply find a way to perform empathy. The deeper problem, he suggested, is that we have forgotten that the process matters more than the outcome, the process being the sadhana itself. He illustrated it from his own early research, in which a study of autonomic responses to different music yielded incomprehensible results until a junior colleague asked whether they had thought to find out which music the students actually liked. They had not. It was the listener's preference, not the music, that determined the response.
In Closing

The 32nd session of CYCLE beautifully reflected the spirit of integrative Yoga Chikitsa, bringing together diverse perspectives while reaffirming the shared purpose of holistic healing and compassionate care. Through their experiences and insights, the panellists highlighted that the true strength of Yoga Chikitsa lies not in working in isolation, but in embracing collaboration, respecting professional boundaries and recognising the uniqueness of every individual. The discussions reinforced the importance of combining traditional wisdom with contemporary scientific understanding, nurturing empathy alongside clinical competence, and placing sincere Sadhana and selfless service at the heart of therapeutic practice. As Dr Ananda ji reaffirmed his commitment to the continuing journey of CYCLE and the evolving standards of the Indian Yoga Association, the session served as a meaningful reminder that the future of Yoga Chikitsa rests upon unity of purpose, openness to learning and a collective commitment to the well-being of humanity.





MANTHAN

Explores an Integrated Approach to Heart Attack Prevention on World Heart Day

On the occasion of World Heart Day, observed annually on 29 September, the Indian Yoga Association (IYA) organised the 13th edition of its Manthan – Monthly Lecture Series, focusing on an issue of growing concern: the prevention of heart attacks through an integrated approach to cardiovascular health. The session featured **Dr. Susheel K. Sharma, Interventional Cardiologist, and Dr. Anand Agarwal, FRCS, M.Ch.**, Consultant Adult and Minimal Access Cardiac Surgeon. The discussion emphasised the importance of early risk identification, lifestyle modification, stress management, and the integration of yoga with evidence-based medical care.

The growing incidence of heart attacks among young adults formed a central theme of the discussion. Traditionally associated with advancing age, cardiovascular disease is increasingly affecting people in their 30s and 40s. Both speakers expressed concern over this trend, highlighting how sedentary lifestyles, unhealthy dietary habits, inadequate sleep, chronic stress, and metabolic risk factors are contributing to the growing burden of heart disease. They stressed that cardiovascular health must become a priority from childhood, rather than a concern addressed only after symptoms appear.



Know Your Risk Before Your Heart Misses a Beat

Dr. Susheel K. Sharma opened his address by referring to the World Heart Day theme, “Don’t Miss a Beat,” and emphasised the need to identify cardiovascular risks before a cardiac event occurs. He introduced the concept of the Four Bs—Bloodline, Body, Blood and Behaviour—as a simple framework for understanding heart attack risk.

Bloodline: Understanding Family History

A family history of premature heart disease or stroke can indicate an increased predisposition to cardiovascular problems. Dr. Sharma advised individuals to be mindful of such risks, particularly when close male relatives have experienced these conditions before the age of 55 or female relatives before the age of 65. Awareness of family history can help individuals seek timely medical evaluation and take preventive measures.

Body: Recognising Physical Warning Signs

High blood pressure, excess body weight, an elevated body mass index (BMI), and abdominal obesity are important cardiovascular risk factors. Regular health assessments can help identify these conditions early and enable appropriate interventions.

Blood: Assessing Biochemical Risk Factors

Dr. Sharma highlighted the importance of evaluating blood-based markers to understand cardiovascular and metabolic risk. These may include



lipid parameters, such as apolipoprotein B (ApoB), the ApoB/ApoA1 ratio, non-HDL cholesterol and lipoprotein(a), alongside assessments of blood glucose, inflammation and other clinically relevant markers. He emphasised that risk assessment should be individualised and guided by qualified medical professionals.

Behaviour: Transforming Everyday Habits

The fourth B, Behaviour, encompasses smoking, alcohol consumption, physical inactivity, unhealthy dietary patterns, inadequate sleep and unmanaged stress. Dr. Sharma underscored that sustainable lifestyle changes are essential for reducing cardiovascular risk. He also highlighted the role of yoga and meditation in cultivating discipline, emotional balance and greater awareness of one's daily habits.
He explained that heart disease rarely develops because of a single isolated factor. Rather, it often results from the combined influence of several risk factors over time. Recognising these factors and assessing their cumulative impact can help individuals make informed decisions about their health.

Why Are Heart Attacks Affecting Younger People?

Sharing his clinical experience, Dr. Anand Agarwal expressed deep concern over the changing profile of cardiac patients in India. Recalling his training in the United Kingdom, where he frequently encountered patients requiring cardiac surgery at an advanced age, he observed that many patients he now treats in India are considerably younger, often in their 30s and 40s.

As a cardiac surgeon specialising



in bypass surgery, Dr. Agarwal has witnessed the serious consequences of premature coronary artery disease. He explained that cardiovascular risk factors can begin accumulating early in life, making childhood and adolescence critical periods for prevention.

He drew attention to the growing pressures faced by young people, including competitive examinations, academic expectations, job insecurity, long working hours and financial concerns. These pressures, when combined with poor lifestyle habits, can contribute to chronic stress and adversely affect cardiovascular health.

Dr. Agarwal explained that the endothelium, the inner lining of blood vessels, plays a crucial role in maintaining vascular health. Factors such as hypertension, diabetes, abnormal cholesterol levels and smoking can impair endothelial function and contribute to the development of atherosclerosis. In some younger patients, vulnerable plaques may rupture and trigger a sudden blockage of a coronary artery, resulting in a life-threatening cardiac event.

His observations reinforced a vital message: a heart attack may appear sudden, but the underlying risks can develop silently over many years. The speakers also emphasised the importance of recognising cardiovascular disease in women.

Symptoms may differ from the commonly recognised presentation of a heart attack, potentially delaying diagnosis and treatment. Greater awareness among the public and healthcare professionals, coupled with timely medical evaluation, is therefore essential.

Yoga: The Foundation of Sustainable Lifestyle Transformation

A key highlight of Dr. Sharma's address was his perspective on yoga as the foundation of a comprehensive approach to health. Comparing the human body to a computer, he described yoga as its operating system—the framework that guides how individuals live, make choices and manage their daily lives.

He cautioned against viewing yoga merely as a collection of physical postures intended to reduce specific clinical parameters. Instead, he presented yoga as a holistic discipline that can support behavioural change, mental transformation, self-regulation and a more balanced way of living.
According to Dr. Sharma, meaningful lifestyle transformation begins with a change in behaviour, which is supported by a transformation of the mind. Yoga can contribute to this process by cultivating discipline, discernment, consistency and awareness.

He advocated an integrated model that combines the strengths of traditional yogic practices with modern medical science. While research continues to explore the effects of yoga, pranayama and meditation on cardiovascular health, these practices should complement, rather than replace, appropriate medical assessment, prescribed treatment and established preventive measures.

He also referred to emerging recognition of selected breathing practices in cardiovascular discussions, including their potential relevance to heart rate variability and stress regulation. He stressed the importance of building comprehensive programmes that combine preventive education, lifestyle counselling and evidence-based clinical care.

Ahar and Vihar: Returning to the Fundamentals of Health

Dr. Agarwal further elaborated on the traditional concepts of Ahar (diet and intake) and Vihar (lifestyle and daily activities), presenting them as essential elements of cardiovascular prevention. He explained that Ahar extends beyond food consumed through the mouth to include what individuals absorb through their senses and experiences. The information people consume, the environments they inhabit and the habits they cultivate can all influence their overall well-being.

He expressed concern about late-night routines, sleep deprivation, irregular eating patterns, prolonged screen time and inadequate physical activity, particularly among younger people. He encouraged families to model healthier habits and help children develop a balanced relationship with study, recreation, sleep and exercise.

Both speakers emphasised the importance of a nutritious diet, adequate sleep, regular physical activity, outdoor exposure and stress management. Dr. Agarwal recommended making exercise an integral part of everyday life, whether through walking, cycling, swimming, running, yoga or sports. He also highlighted the value of incorporating appropriate aerobic activity and strength training into a regular fitness routine.

The discussion acknowledged that individual choices are influenced by broader social and environmental conditions. Academic pressures, workplace expectations, air pollution, food quality and other environmental exposures can affect health outcomes. Addressing cardiovascular disease therefore requires not only individual awareness but also supportive families, healthier institutions, community initiatives and effective public health measures.

Prevention Through Awareness and Action

The session highlighted that cardiovascular prevention must extend beyond awareness campaigns to sustained, practical action. Individuals need to understand their personal risk factors, undergo appropriate health assessments and seek medical advice when necessary. Those with established cardiovascular conditions must continue their prescribed treatment and follow professional guidance.

The speakers also cautioned against dismissing symptoms or assuming that young age offers complete protection against heart disease. Chest discomfort, breathlessness, unexplained sweating, faintness or other potentially concerning symptoms warrant prompt medical evaluation. Suspected heart attack symptoms require immediate emergency medical attention.

Dr. Sharma reiterated that prevention involves identifying risks early and addressing them systematically. Dr. Agarwal reinforced this message by highlighting the urgency of protecting the cardiovascular health of younger generations.

The 13th Manthan session concluded with questions from the participant and a call to move from reactive treatment towards proactive prevention. Its central message was clear: **heart health is shaped by everyday choices, early risk recognition and timely medical care.** By bringing together the wisdom of yoga and the advances of modern cardiology, the Indian Yoga Association's Manthan series underscored the potential of an integrated approach to promoting cardiovascular well-being.

On World Heart Day, the discussion served as a timely reminder that protecting the heart begins long before an emergency occurs—with awareness, balanced living, regular physical activity, stress management and responsible healthcare decisions.



IYERHS advances yoga education and rural outreach

The Institute for Yoga Education, Research & Holistic Sciences (IYERHS), a Member Institute of the Indian Yoga Association (MIIYA), Silchar, Barak Valley, Assam, continued its efforts to promote yoga education and expand awareness of its benefits. As part of these initiatives, IYERHS teachers Navaswati Bhattacharjee and Swati Deb conducted several free awareness programmes on yoga education, encouraging greater community engagement with Yoga.

The institute was also represented at the 7th National Conclave of the Indian Yoga Association, where Navaswati Bhattacharjee and Swati Deb received the blessings of Maa Dr. Hansaji Yogendra, President of IYA, along with other revered gurus and yoga practitioners.

In another significant development, Yogacharya Rahul, Chairman of IYERHS; Shatakshi Bhattacharjee, CEO of IYERHS; and Nirojit Das, Chief Coordinator of IYERHS and KYBCF, met with MLA Kamalakhya Dey Purkayastha under the Yoga Samparka Abhiyaan. The meeting focused on a comprehensive roadmap to promote yoga education across the rural areas of Katigorah. The MLA assured the delegation of his full support for upcoming initiatives aimed at strengthening yoga education and extending its reach to rural communities.





NIRAMAYA expands yoga education through academic collaborations and community outreach

NIRAMAYA – School of Yoga Education (MI-IYA) has strengthened its commitment to promoting Yoga education across Assam by signing Memorandums of Understanding (MoUs) with five higher educational institutions, including Gurucharan University, Silchar.







The collaboration with Gurucharan University, facilitated through its Skill Development Centre, aims to extend Yoga education to students, faculty members, and the local community. The MoU was signed by Dr. Bidyut Kanti Paul, Registrar, Gurucharan University, and Dr. Anup Kumar Dey, Senior Trustee, Niramaya. The occasion was graced by Vice-Chancellor Prof. Niranjan Roy, former Assam University Vice-Chancellor Dr. Dilip Chandra Nath, Niramaya Director Shatakshi Bhattacharjee, Chief Coordinator Yogacharya Rahul, and other dignitaries.



Niramaya also formalised academic collaborations with four colleges—Cachar College, Silchar College, Nehru College, and Government Model College, Borkhola. The respective principals, Dr. Apratim Nag, Dr. Dhriti Rajkumar, Dr. Sahab Uddin, and Dr. Shubhojit Chakraborty, participated in the ceremonies alongside Niramaya's Academic Director, Dr. Sunil Sharma, and Governing Council Chairman, Shekhar Chakraborty. These partnerships aim to facilitate greater access to structured Yoga education within higher education institutions. Furthering its emphasis on experiential learning,

Niramaya organised an Internship Programme on Yogic Wellness in September, engaging more than 200 fifth-semester students in practical sessions designed to familiarise them with the principles and applications of Yogic wellness.

As part of its community outreach initiatives, Niramaya-MI conducted its second free workshop for media professionals at Bhaktidham. It also distributed certificates to participants of the Girls' Special Yogic Wellness Programme, organised at Bhaktidham in collaboration with Saraswati Smarak Samiti and Rashtra Sevika Samiti.

Through these academic partnerships, experiential learning opportunities, and community-based programmes, Niramaya continues to work towards integrating Yoga education into diverse learning environments and making its benefits accessible to wider sections of society.





YogaPeace Sansthan hosts collective osho omkar meditation in Jaipur

Reinforcing the role of Yoga and meditation in fostering holistic well-being, YogaPeace Sansthan, an Associate Centre of the Indian Yoga Association (IYA), organised a collective session of Osho Omkar Meditation on 20 September 2026 at its premises in Shastri Nagar, Jaipur. The programme was organised in collaboration with IYA and the Global Happiness Festival & Forum 2026 as part of the pre-festival activities, bringing together participants for an immersive experience of meditation, self-awareness, and inner harmony.



The session was guided by Yogacharya Dhakaram, who introduced participants to the four stages of Osho Omkar Meditation. Integrating breath awareness, meditative practice, and the resonance of Omkar, the session encouraged participants to turn their attention inward and experience greater mental stillness and awareness. The collective practice created



an atmosphere of tranquillity and togetherness, offering participants an opportunity to step away from everyday distractions and engage in an inward journey.

The programme highlighted the significance of meditation as a pathway to self-awareness, emotional balance, and holistic well-being. It also demonstrated how traditional contemplative practices can provide meaningful opportunities for inner reflection in contemporary life.

The initiative reflected the shared commitment of YogaPeace Sansthan, IYA, and the Global Happiness Festival & Forum to making Yoga and meditation accessible to wider sections of society. By bringing India's traditional knowledge systems into contemporary conversations on happiness and well-being, the programme reinforced the importance of inner balance and self-awareness in cultivating a more harmonious society.





Global School of Yoga brings together 1,250 participants at the 13th Tamil Nadu Yoga Festival

Celebrating the spirit of Yoga, discipline, and community participation, the 13th Tamil Nadu Yoga Festival 2026 was held on 23 August at Decathlon, Nolambur, Chennai. Organised by the Global School of Yoga, an Associate Centre of the Indian Yoga Association (IYA), in collaboration with Universal Yoga Club, the festival witnessed the participation of over 1,250 yoga enthusiasts and an audience of more than 5,000 people.



A major highlight of the event was the world record attempt titled '72,000 Seconds for 72,000 Nadis' under the Global Book of Yoga Records. Participants performed Yogasanas as part of this initiative, symbolically celebrating the traditional yogic concept of 72,000 Nadis,



or energy channels, described in yogic literature. The festival also featured the State Yoga Selection and Championship, providing a platform for yoga practitioners from across Tamil Nadu to demonstrate their skills and compete for honours. Participants in the record initiative received medals and certificates recognising their achievement.

The event was graced by several distinguished personalities, including Atma Nani, Founder, and R. Karpagavalli, Co-Founder, Global School of Yoga; Dr. S. Murugesan, Professor and Head of the Department of Yoga and Naturopathy; R. Ganesh, Director of Academic Affairs; Yogi Sathyanarayan, Bhagavad Gita spiritual teacher; and G. Saranya, Treasurer, Universal Yoga Club.

With enthusiastic participation from students, teachers, yoga practitioners, and the wider community, the festival showcased the growing reach of Yoga in Tamil Nadu. The initiative reflected the commitment of the organising institutions to promoting yoga education, encouraging young practitioners, and creating platforms that celebrate Yoga as both a discipline and a way of life.

Here is the revised section with Yogacharya Dhakaram Ji explicitly included among the Yog Rattan awardees.





Punjab SCC collaborates for Punjab Health & Wellness Awards 2026

Recognising contributions to Yoga, health, wellness, and social service, the Punjab Health & Wellness Awards 2026 was held on 5 September at Clay World School, Ludhiana. Organised by Everest Yoga & Pilates Institute in association with the Indian Yoga Association (IYA), Punjab Chapter, the event honoured more than 125 individuals from across India for their contributions to these fields

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Shri Daljit Singh Grewal (Bhola), MLA, Ludhiana East, attended the ceremony as the Chief Guest and congratulated the award recipients. The event highlighted the growing recognition of Yoga and wellness initiatives in promoting healthier communities.

Among the major honours, the Bharat Yog Rattan Award, the event's highest recognition, was conferred upon Dr. Anil Bharti, Yogacharya Dhakaram Ji of Jaipur, and Swami Jeetanand Ji of Gwalior. The Punjab Rattan Award was presented to Shri Maneet Dewan, Shri Yashpal Bangia, and Shri Krishan Lal Gupta.

The Yog Rattan Awards recognised 20 individuals from across the country for their contributions to Yoga. The awardees included Yogacharya Dhakaram Ji, Ashutosh Ji Maharaj, Naveen Joshi Ji Maharaj, Dr. Sanjay Singh, Acharya Dr. Bipin Joshi Ji Maharaj of Dehradun, Dr. Poonam Singh, and Dr. Navdeep Joshi, along with other eminent yoga practitioners.

The ceremony also recognised contributions across diverse fields through 19 Samaj Rattan Awards for social service and Vedic outreach, 14 Swasthya Awards for contributions to health and wellness, and over 70 Yog Gaurav Samman presented to Yoga teachers and wellness professionals from Punjab.

The event provided a platform to acknowledge the efforts of practitioners, educators, and social contributors working to advance Yoga and holistic well-being. The association with IYA's Punjab Chapter further reflected the importance of collaborative initiatives in strengthening the reach of Yoga and promoting its wider adoption in society.



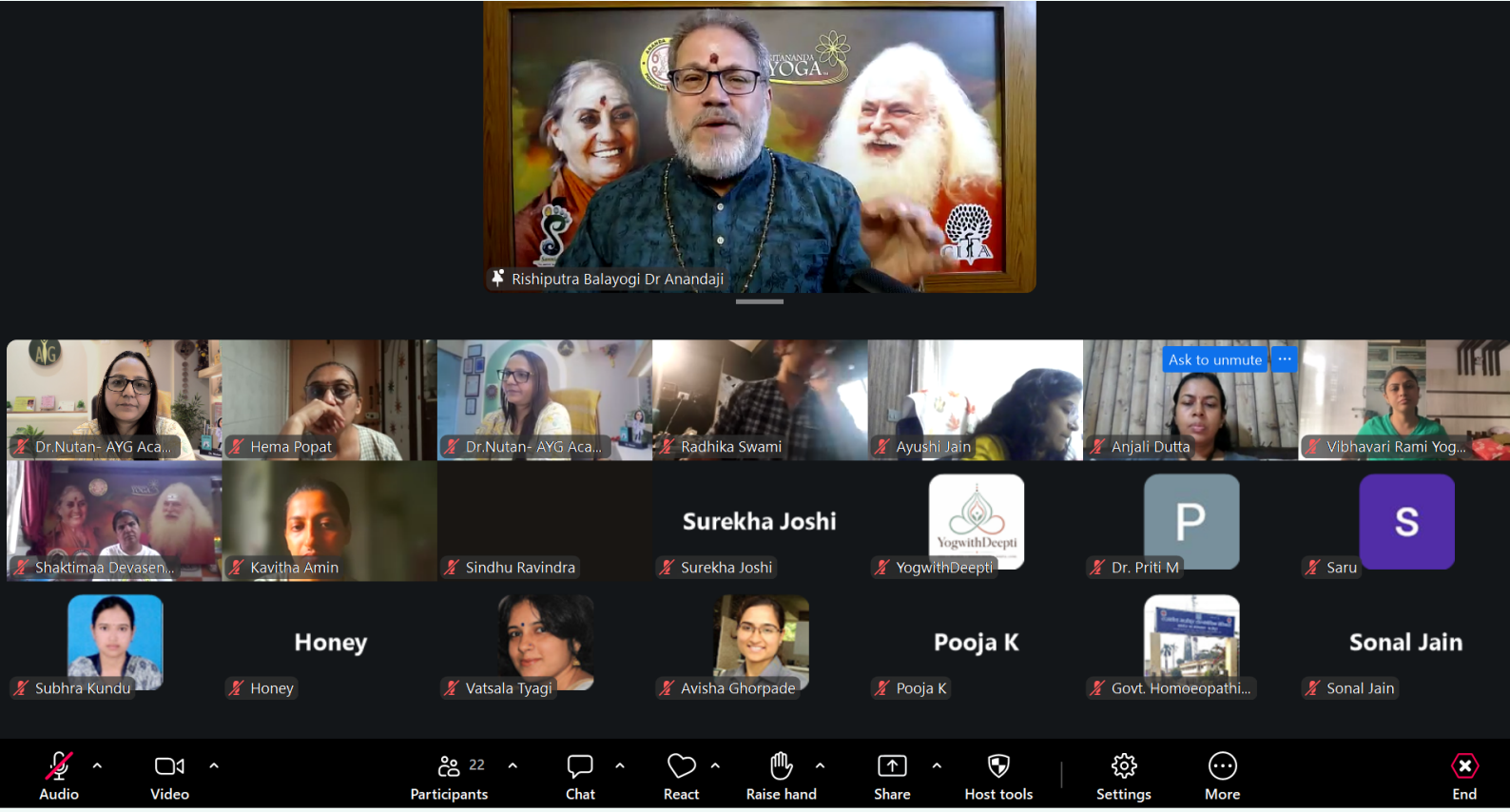
Yogacharya Dhakaram honoured with Yogshree Award in Vietnam

Recognising his contribution to Yoga education, global outreach, and holistic well-being, Yogacharya Dhakaram was conferred the prestigious Yogshree Award at an international yoga conference held at IVS International Stadium, IVS International School, Hanoi, Vietnam. Organised by Yoga Song Khoe Hanoi, the conference brought together yoga practitioners, educators, and wellness experts to promote Yoga and its role in fostering health and harmony.

The recognition acknowledges Yogacharya Dhakaram's efforts to share India's traditional yogic wisdom with wider audiences and promote Yoga as a holistic discipline integrating physical health, mental well-being, and inner awareness. The event was attended by Mr. Vũ Trọng Lợi, President of the Vietnam Yoga Federation.

Yogacharya Dhakaram expressed his gratitude to Dr. Vinod Kashyap, Chairman, National Institute of Holistic Health (NIHH), Dr. Shivam Mishra, and Ms. Wu Hong Yen for their support and contributions to the initiative.

Emphasising Yoga's universal relevance, Yogacharya Dhakaram highlighted its potential to transcend geographical and cultural boundaries and bring humanity closer through shared values of health, peace, and harmony. The honour marks a significant moment in his journey and reflects the growing international recognition of India's rich yoga tradition.



AYG Academy marks 6th Foundation Day, celebrates milestones in prenatal wellness education

AYG Academy (Ayurveda Yoga Garbhasanskar Academy), an Associate Centre of the Indian Yoga Association (IYA), celebrated its sixth Foundation Day on 19 August 2026 through an international online gathering, bringing together more than 22 participants and experts from across the world. The occasion also marked the global launch of the Academy's new brand logo for its Prenatal, Postnatal Yoga and Garbhasanskar (PPYG) programme.

During the celebration, Founder Dr. Nutan Pakhare highlighted the Academy's journey of training over 5,000 teachers across 18 countries, advancing education in prenatal and postnatal wellness. The programme featured expert sessions by Yogacharya Dr. Ananda Balayogi Bhavanani, Vice President, IYA, who spoke on Yoga: An Ideal Partner in Pregnancy, and international Ayurveda expert Dr. Nirav Joshi, who discussed Ayurvedic principles of prenatal care and Garbhasanskar. Rohan Shroff, co-founder of Samayah Wellness, conducted an experiential sound meditation session focusing on relaxation and emotional well-being.

A key highlight was the launch of the new PPYG logo, symbolising the connection between mother and child and the Academy's integrated approach to maternal wellness.

Over its six-year journey, AYG Academy has published three books on Garbhasanskar, pregnancy Yoga, and nutrition, developed its proprietary 3S Pregnancy Yoga methodology, and upgraded its Kurla studio in Mumbai to support training and wellness programmes. Through its educational initiatives and international network of trained teachers, the Academy continues to contribute to the promotion of Yoga, Ayurveda, and holistic care during pregnancy and the postnatal period.

Yoga Connect 2026 brings together yoga professionals in Jalandhar

Promoting collaboration and professional networking within the Yoga community, the Department of Yoga, Government Arts & Sports College, Jalandhar, organised Yoga Connect 2026 under the theme "Know • Understand • Grow Together." The programme was coordinated by Dr. Charu Sharma, Assistant Professor and Coordinator, Department of Yoga, and Research Convener, Indian Yoga Association (IYA), Punjab Chapter.

The event brought together 32 yoga centre owners and over 20 yoga professionals from across the region to share experiences, showcase their initiatives, and explore opportunities for collaboration. Members of the IYA Punjab State Chapter introduced participants to the Association's initiatives and its role in strengthening the Yoga community. The programme commenced with a welcome address by Principal Dr. Ranbir Singh, who appreciated the initiative.

A key highlight was an interactive session by Ms. Ankita Pandey, representing the Public Relations and Certification Board (PRCB) of IYA. She briefed participants on the Association's activities and the certification pathways offered by the Yoga Certification Board (YCB). She also announced that Government Arts & Sports College, Jalandhar, would serve as an examination centre for the YCB examination scheduled for 20 August 2026.

The programme featured participant introductions, discussions on ongoing activities at various yoga centres, and opportunities for future partnerships. Certificates were presented to participating yoga professionals and centre owners, followed by an informal networking session.

Yoga Connect 2026 served as a valuable platform for fostering professional relationships, strengthening collaboration, and advancing Yoga education and professional development in the region.

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Raw Banana Tikki

by The Yoga Institute

Raw Bananas Tikkis are enriched with raw banana and nutritious vegetables. Raw Banana improves blood sugar and are good for digestive health. Peanuts are high in energy. It improves heart health and prevent gallstones. The magnesium content of peanut helps to reduce the inflammation. Carrots are good source of Vitamin A, biotin, vitamin K, potassium and vitamin B6

Ingredients

- Banana, raw, boiled and grated 1 (50 g)
- Beetroot, boiled and grated 1 (75 g)
- Carrot, boiled and grated ½ (30 g)
- Coconut, freshly grated 2 tbsp
- Ginger, grated 1 inch
- Coriander Powder ½ tsp
- Peanut Roasted 1 tbsp
- Cumin Powder ½ tsp
- Ajwain seeds 1 tsp
- Groundnut Oil 2 tbsp
- Salt ½ tsp

Method of Preparation

Boil the carrot, beetroot, and pressure cook banana for 2 whistles and set aside. Once cook, grate them. In a bowl add oil coconut, ginger, ajwain, cumin, coriander and peanut then mix the vegetables, including salt, and shape into tikkis. Shallow fry the tikkis in a pan on both sides until light brown in colour; enjoy with chutney of your choice.





- by Yogacharini Anandhi and Yogacharya Dr Ananda balayogi Bhavanani,
Founder Sannidhi



The Guiding Light Within: Isvara

Isvara is not merely a presence to be sought outside; Isvara is the silent, knowing presence within.

The sixth mantra of the Mandukya Upanisad describes Prajna — the deepsleep state — at the cosmic level as Isvara: The Lord of all, the Knower of all, the Inner Controller, the source from whom the entire universe arises and into whom it ultimately resolves.

एष स्रवेश्रवरः एष स्रववज्ञ एषोऽन्तर्यवम्रेष रोन ः स्रववस्र प्रभरवयप्ररौ हभिूतय यम् ॥ ६ ॥

Eṣa sarveśvaraḥ, eṣa sarvajñaḥ, eṣo'ntaryāmī, eṣa yoniḥ sarvasya; prabhavāpyayau hi bhūtānām.

"This is the Lord of all, the Knower of all, the Inner Controller, the source of all; from Him all beings arise and into Him they return."

— Māṇḍūkya Upaniṣad 6

At the individual level, Prajna is the experiencer of deep sleep, where differentiation has temporarily resolved into an undivided causal state. At the cosmic level, this same causal principle is understood as Isvara — Sarvesvara, Sarvajna and Antaryamin: The Lord of all, the All-knowing, and the indwelling regulator.

This gives a profound depth to the idea of inner guidance.

In lived experience, we may contemplate Antaryamin as that quiet inner awareness which seems to know the right direction even before the reasoning mind has finished its arguments. It does not shout. It does not compel. It simply knows.



Yet the Mandukya does not literally equate Isvara with the psychological faculty we commonly call "conscience." Rather, conscience may be understood as one way in which a deeper inner discernment

becomes perceptible within individual experience. And why do we so often fail to listen? Maharishi Patanjali provides a remarkable bridge:

क्लेशकमवव्रवपयकयशरैरपरयमष्टः पुरुषवव्रवशषे ईश्रवरः ॥ १.२४ ॥
Kleśa-karma-vipākāśayair aparāmṛṣṭaḥ puruṣa-viśeṣa Īśvaraḥ.

"Isvara is a special Purusa, untouched by the klesa, karma, the fruits of karma and latent impressions."
What clouds us does not cloud Isvara.
Our awareness is colored by avidya, asmita, raga, dvesa and abhinivesa. We are drawn towards what we desire and pushed away from what we dislike. Very often, therefore, we do not hear what is true; we hear what our conditioning wants to hear.

Maharishi Patanjali continues:
तत्र न रनतशरं स्रववज्ञबीजम् ॥ १.२५ ॥

Tatra niratiśayaṃ sarvajña-bījam.
"In Him is the unsurpassed seed of omniscience."
Notice the beautiful resonance: the Mandukya calls Isvara Sarvajna — the All-knowing, and Maharishi Patanjali speaks of Isvara as possessing the unsurpassed bija of Sarvajnatva, omniscience.

And then comes the extraordinary statement: स एष पूरवेषयमवप गुरुः कयले य रवच्छेदयत् ॥ १.२६ ॥

Sa eṣa pūrveṣām api guruḥ kālenānavacchedāt.
"He is the Guru even of the ancient teachers, being unrestricted by time."

The guidance therefore does not begin with any historical teacher. The Guru-principle precedes every human Guru.

Gaudapada takes the Mandukya vision still deeper:

अ यहदमयरय सुपतो रदय जीरवः परबुधरते । अजमन दरमसरवप मदरवैतं बुधरते तदय ॥
Anādimāyayā supto yadā jīvaḥ prabudhyate, ajam anidram asvapnam advaitaṃ budhyate tadā.

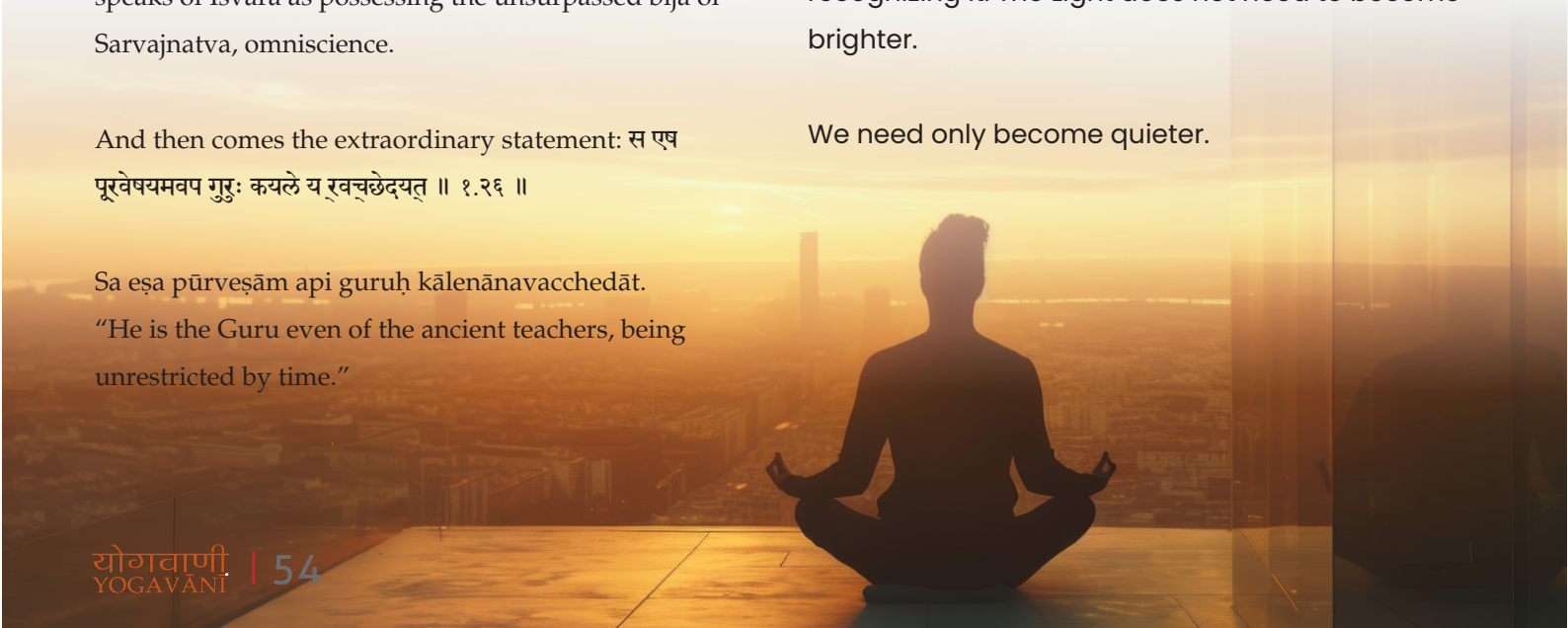
"When the jīva, asleep under beginningless Māyā, awakens, it realises the unborn, sleepless, dreamless, non-dual Reality."
— Gauḍapāda Kārikā I.16

The Light, therefore, was never absent. What was absent was our recognition of it.

The Prajna–Isvara of the Mandukya, the Sarvajna–Antaryamin, and Maharishi Patanjali's klesa-free, timeless Guru may be contemplated as converging insights: beyond the noise of the conditioned personality lies a wisdom untouched by our raga and dvesa, eternally illuminating the way.

Sadhana is not about creating that Light. It is about removing that which prevents us from recognizing it. The Light does not need to become brighter.

We need only become quieter.





Acknowledgement

A MOMENT OF PRIDE FOR IYA

Heartiest Congratulations to Shri K. C. Jain Ji

The Indian Yoga Association (IYA) extends its heartfelt congratulations to Shri K. C. Jain Ji, Treasurer, IYA, on being conferred the prestigious Jain Ratan Award in recognition of his distinguished contributions to the Jain community, spirituality, social welfare and humanitarian values.

The award was presented during the Vishva Maitri & Kshamapana Diwas ceremony held on 4 October 2026 at Vigyan Bhawan, New Delhi, in the esteemed presence of Hon'ble Vice President of India Shri C. P. Radhakrishnan Ji, Hon'ble Governor of Punjab Shri Gulab Chand Kataria Ji, and other distinguished dignitaries and revered Jain spiritual leaders.

This honour reflects the shared values of Yoga and Jain philosophy—self-discipline, compassion, non-violence, harmony and selfless service. Shri K. C. Jain Ji's recognition is a moment of pride for the entire IYA fraternity and reinforces the importance of living by these timeless principles.

Yogavani joins the Indian Yoga Association in extending its warmest felicitations to Shri K. C. Jain Ji on this well-deserved honour.



Practice of the Month

EKA PADA PARIVRTTA TĀDĀSANA JANU AERIAL

By Shri N. Elumalai, PhD Scholar (Yoga Science)
Meenakshi Academy of Higher Education & Research, Chennai–78

One-Legged Revolved Mountain Pose – Knee Aerial



INTRODUCTION

Eka Pada Parivṛtta Tāḍāsana Janu Aerial is a beginner-level standing and twisting pose performed with the support of an aerial yoga hammock. A variation of the traditional Hatha Yoga pose, it combines balance, spinal rotation and mindful breathing. The suspended position engages the core muscles, challenges stability and encourages spinal mobility. The lateral stretch may improve flexibility along the sides of the torso, while focused breathing promotes concentration, body awareness and relaxation.

STEPS

1. Place a yoga mat beneath the hammock for additional cushioning. Adjust the hammock to approximately hip height and ensure that it is securely suspended.
2. Stand with your feet hip-width apart and hold the sides of the hammock with both hands. Keep your spine upright and shoulders relaxed.
3. Inhale deeply, engage your core and shift your weight onto your left foot. Carefully lift your right foot and place it in the hammock fabric.
4. Inhale to lengthen your spine. As you

exhale, gently twist your torso towards the right and extend your arms sideways, provided you can maintain your balance.

5. Keep your gaze fixed on a point in front of you. Breathe steadily, maintaining an upright spine and a gentle twist without forcing the movement.
6. Hold the pose for six to eight breaths, or as comfortable. Keep your supporting foot firmly grounded and maintain stability throughout.
7. Inhale and return your torso to the centre. Hold the hammock for support, carefully release your right foot and place it on the mat.
8. Repeat the practice on the other side, placing your left foot in the hammock and twisting your torso towards the left.
9. After completing both sides, stand beside the hammock and rest in Three-Part Breath Mountain Pose for six to eight breaths.

BENEFITS

- Improves balance and stability: Balancing on one leg challenges coordination and postural control.
- Strengthens the core: Maintaining the pose engages the abdominal and stabilising muscles.
- Promotes spinal mobility: The gentle twisting movement encourages spinal rotation.
- Stretches the sides of the body: The lateral extension may improve flexibility in the oblique muscles and surrounding tissues.
- Engages the hip flexors: Lifting and holding the bent leg activates the hip flexor muscles.
- Encourages mindful breathing: Coordinating breath with movement promotes concentration, body awareness and relaxation.

PRECAUTIONS

Individuals experiencing vertigo, frequent dizziness or a significant fear of heights should avoid this pose or choose a suitable alternative. Those with uncontrolled high blood pressure, significant heart conditions, low bone density, arthritis, fibromyalgia or recent injuries or surgery involving the hips, knees, ankles, spine or shoulders should seek appropriate medical advice before practising. Pregnant women should consult their healthcare professional before attempting suspended twisting poses. Always ensure that the hammock and its suspension system are secure. Practise under the guidance of a qualified aerial yoga instructor and stop immediately if you experience pain or dizziness.

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Academics and Accreditation

Membership Data (Till 2022 and After)

Type of Members	Till 2023	2024	2025	2026	Total
Yoga Volunteer Members	5,811	1449	1946	267	9473
Yoga Professionals Members	6,779	2269	2279	1449	12776
Life Members	610	196	156	87	1049
Eminent Yoga Professionals	16	01	01	--	20
Associate Centers	204	46	53	37	340
International Associates	12	02	04	04	22
Member Institutes	43	06	03	04	52



Personnel Certification Body (PrCB)

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

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

Upcoming Examination Dates of the Yoga Certification Board

Examination	Date & Month
IYA PrCB [Yoga Certification Board]	- 14 November 2026 - 28 November 2026 - 12 December 2026 - 26 December 2026



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

Upcoming Batches

Certificate Course in Yoga

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

ASSOCIATE CENTRE

Ananda Yoga Foundation

Ananda Yoga Foundation works to promote Yoga and its benefits among urban and rural communities. Its activities include group, individual and therapeutic yoga classes, along with lectures, seminars, yoga camps and awareness programmes conducted at various institutions. The Foundation maintains a library of over 1,000 books on Yoga, providing resources for the study and understanding of yogic knowledge. Its approach combines regular practice with educational initiatives to extend the reach of Yoga across different sections of society.

Iraivi School of Yoga

Iraivi School of Yoga focuses on promoting a healthy and balanced lifestyle through Yoga and Naturopathy. Its programmes include regular yoga classes, naturopathy-based wellness guidance, relaxation practices and health awareness initiatives. The institute adopts a holistic approach to well-being, with an emphasis on physical fitness, mental wellness and the role of natural practices in everyday life. Through its activities, it seeks to encourage individuals to incorporate Yoga and wellness practices into their daily routines.

Navyoga Institute of Yoga and Naturopathy

Navyoga Institute of Yoga and Naturopathy focuses on yoga education, Nada Yoga, meditation and naturopathy, bringing traditional yogic knowledge into contemporary wellness practices. Its areas of work include structured yoga training, sound-based meditation, pranayama and natural wellness approaches. The institute has been involved in educational programmes, workshops, conferences and community initiatives promoting Yoga and Naturopathy. Its integrated approach emphasises the role of yogic practices in fostering self-awareness, mindful living and holistic well-being.

Mokshaa Yoga

Based in Neelankarai, Chennai, Mokshaa Yoga has been engaged in Yoga and wellness for over a decade. Its programmes include traditional Hatha Yoga, asana practice, Pranayama, meditation, therapeutic yoga, stress management and specialised sessions for different age groups. The centre also conducts yoga teacher training programmes covering yoga philosophy, anatomy and physiology, teaching methodology, professional ethics and safe teaching practices. Its approach emphasises mindful practice, breath awareness, appropriate alignment and a holistic understanding of Yoga as a discipline that integrates the body, breath and mind.

Bharat Padma Yoga (International Associate)

Bharat Padma Yoga draws upon diverse streams of Indian philosophical and yogic traditions, including Patañjali Yoga, Hatha Yoga, Vedānta, Tantra and the non-dual Śaivism of Kashmir. Its work focuses on transmitting this knowledge while preserving its traditional foundations and exploring its relevance to contemporary life. The organisation also serves as a bridge between India and Spain, fostering cultural, spiritual and human connections through Yoga. Its approach views Yoga as a path towards greater awareness, balance and a deeper understanding of life.

LIFE MEMBERS



Dr. Susheel K. Sharma

Dr. Susheel K. Sharma is an accomplished Interventional Cardiologist with extensive experience in cardiovascular medicine and clinical practice in India and the United States. He has served in senior cardiology positions at leading medical institutions, including the University of Maryland Medical Center. He currently serves as Program Director at the Integrated Cardiology Center, Ramakrishna Mission Sevashrama, Kankhal, and the Integrated Heart Center, S-VYASA, Bengaluru. He is also associated with AIIMS Rishikesh and S-VYASA Yoga University as visiting and voluntary faculty, contributing to the integration of modern cardiology with holistic health approaches.



Dr. Sirshendu Saha

Dr. Sirshendu Saha is a multidisciplinary health and wellness educator with an academic background spanning Naturopathy, Yogic Sciences, Nutrition, Ayurveda and Physics. As the Founder of Metabolic Momentum Hub, he integrates Yoga, nutrition and sustainable lifestyle practices to promote metabolic health and holistic well-being. He is passionate about health education, digital learning and empowering individuals to adopt healthier lifestyles. His interdisciplinary approach bridges traditional wellness wisdom with scientific understanding and modern technology.



Smt Poonam Ahuja

Smt Poonam Ahuja is a Yoga and Naturopathy professional associated with SevakRam Naturopathy Centre, Lajpat Bhawan, New Delhi. She holds a Diploma in Yoga and Naturopathy and a Certificate Course in Yoga from NIOS, along with qualifications in Praksha Meditation and the Science of Living. She has also pursued training in acupressure and holds a postgraduate diploma in Personnel Management and Industrial Relations. Her multidisciplinary background reflects her commitment to holistic wellness, yogic practices and naturopathy



Ms Komal Narang

Ms Komal Narang is an Integrative Therapeutic Counsellor, Mind-Body Somatic Practitioner and Wellness Coach with over 15 years of experience in mental health and wellness. Based in Bengaluru, she works with individuals, couples, groups and corporate organisations, adopting a humanistic, collaborative and strength-based approach. Her expertise spans mind-body medicine, trauma, body-based therapies, psychosexual therapy and Yoga therapy. She has received specialised training from institutions in India, the USA and the UK. Through her therapeutic practice and workshops, she supports holistic well-being, personal growth and emotional resilience.

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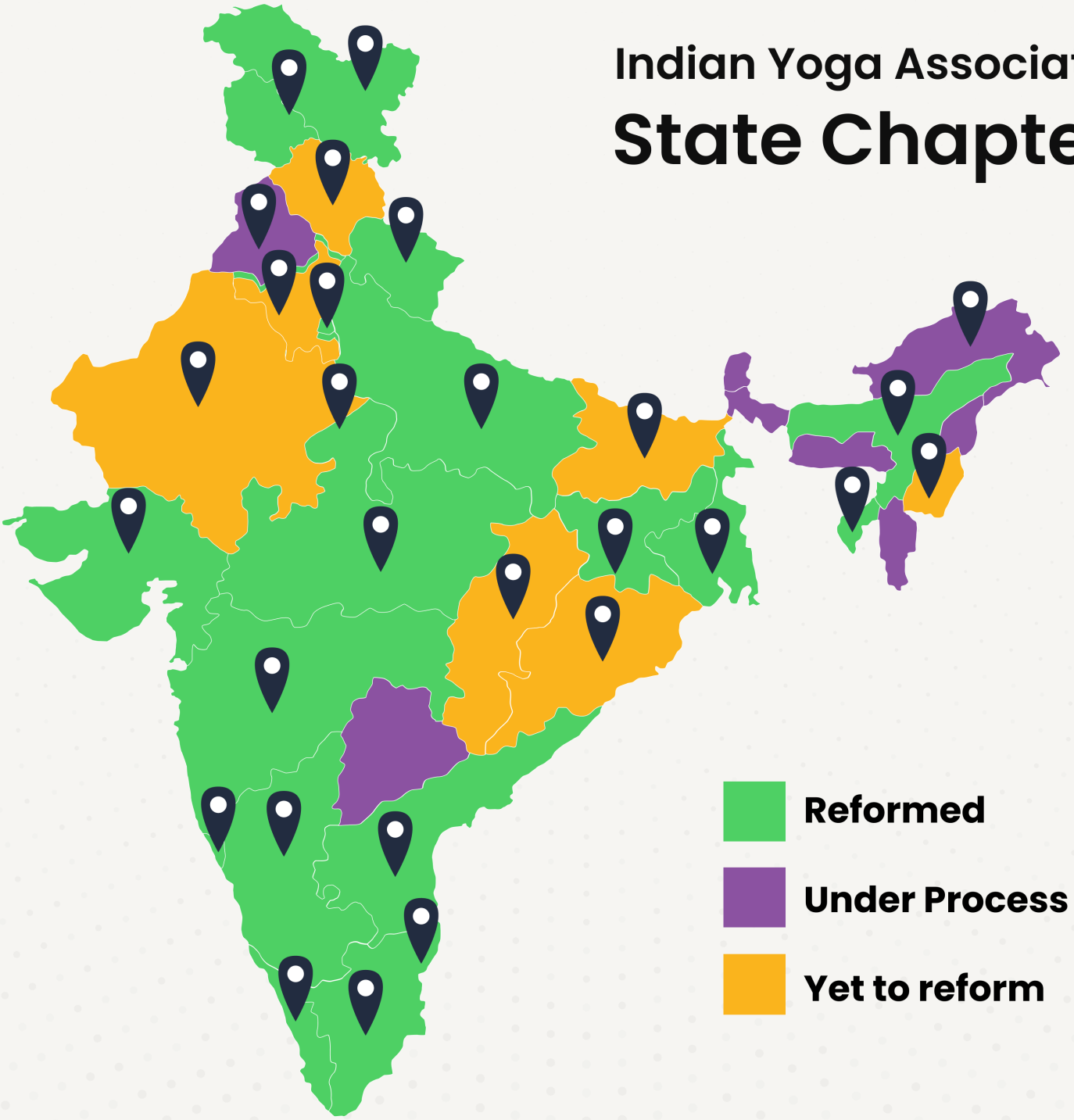

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