

IYA – THE YOGA MOVEMENT!

Yogavani

SEPTEMBER 2025, ISSUE-67

PURPOSE

Sharing the message of Yoga
based on traditional and
scientific foundation

VALUE

Unifying the diverse
traditions of Yoga



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Indian Yoga Association

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

Aims and Objectives

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

योगवाणी YOGAVĀNĪ

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Letters to the Editor

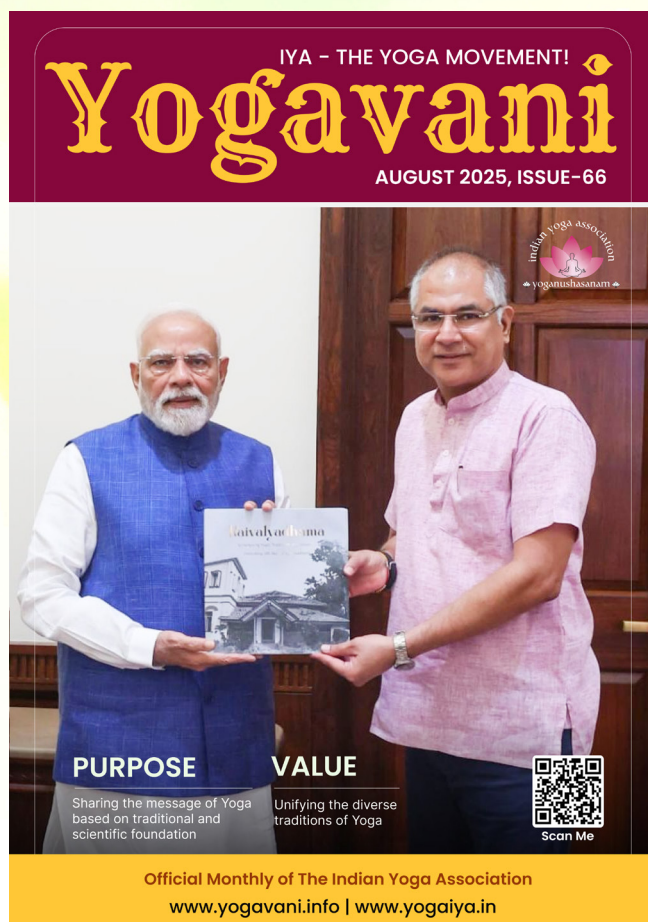
Our hearts overflow with gratitude for the last two issues of Yogavani magazine, which beautifully captured the facts and figures of International Day of Yoga 2025 celebrations from around the world. It was an absolute pleasure to read these issues. They serve as invaluable resources for anyone exploring yogic approaches to happiness and are truly worth preserving.

The editorial team has done an outstanding job in selecting unique and meaningful events, presenting them thoughtfully in both English and Hindi. This challenging task was handled with courage and skill, making the content accessible and useful for both yoga practitioners and lay readers alike. These issues are a moment to be cherished and celebrated, offering a distinct voice for yoga beyond the regular features.

They are certain to broaden the global reach of Yogavani and serve as powerful tools for spiritual and yogic transformation. These editions act as beacons of light, guiding seekers toward a deeper understanding of yoga and the world.

Heartfelt congratulations to the entire team."*

– Prof. Dr. R. Elangovan, Executive Council Member, IYA



I would like to express my sincere gratitude to the entire Yogavani team for its generous coverage. The visibility and recognition your platform provides play a vital role in advancing the mission of the Indian Yoga Association. The depth and variety of topics featured in Yogavani reflect the magazine's commitment to promoting the rich traditions of yoga while also highlighting contemporary practices. Your work significantly strengthens the reach and impact of yoga in India and beyond.

–Shri Sumit Kumar Singh

EDITORIAL

– by **Ganga Nandini**

*Yogacharya at Parmarth Niketan &
Secretary, Uttarakhand SCC, IYA*



Yoga in Action: From Swarth to Parmarth

This September, as the rains retreat, both the Himalayas – our nation’s crown – and Punjab – our nation’s breadbasket – bear the scars of devastating floods and environmental disruption. The mountains that gift us life-giving waters and the fertile plains that nourish our people are crying for our care. Just as a balanced mind is the foundation of a harmonious life, so too is the preservation of our rivers, ecosystems, and agricultural

heartlands the prerequisite for a healthy world and community.

Yoga, at its essence, is not only about what we do on the mat, but how we live and serve in the world. It is a movement from swarth to parmarth—from the small “i” to the infinite “I” that embraces all of humanity. Our practice calls us to see ourselves as instruments of service,





dynamic vehicles of change in our communities, and guardians of the Earth that sustains us.

The Bhagavad Gita reminds us:

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥ (२.४७)

“You have the right to action alone, never to its fruits. Let not the results of action be your motive, nor let your attachment be to inaction.”

Seva is sadhana. Just as meditation refines the inner landscape, selfless service nourishes the outer world. Both are inseparable aspects of true yoga. Pujya Swami Chidanand Saraswatiji often reminds us: “Serve, serve, and serve like the Sun and like Maa Ganga—without expectation, without hesitation, without

discrimination, and without vacation.” This is the yoga of action, the yoga of the heart.

The Maha Upanishad offers us the expansive vision of Vasudhaiva Kutumbakam:

अयं बन्धुरयं नेतृगिणना लघुचेतसाम् ।
उदारचरितानां तु वसुधैव कुटुम्बकम् ॥

“The narrow-minded think, ‘This one is mine, and that one is not.’ But to the noble-hearted, the whole world is one family.”

This vision stems from udārta—generosity, abundance, and expansiveness. It calls us to live by the yamas and niyamas – ahimsa (non-violence), aparigraha (non-hoarding), satya (truthfulness) – not merely as



moral codes but as daily sādhanas that reorient our lives away from greed and ego, and toward harmony with all creation.

Today, the yoga world is often celebrated for its byproducts – flexible bodies, wellness industries, and growing influence. Yet yoga was never about kaya (the body) or maya (money, glamour, and illusion). Its true aim is moksha – freedom, liberation, and the realization of our oneness with all. When yoga expands beyond asana into awareness, compassion, and responsibility, it transforms into a powerful force for healing – not only of the self but of society and the planet.

This month is especially sacred. We begin with Ganesh Utsav, invoking the remover of obstacles. We honor our ancestors during Pitru Paksha, pledging to make the Earth better for future generations. Soon comes Navratri, a celebration of Shakti, the divine feminine power that protects, nourishes, and sustains. And next month, as Diwali arrives, we will celebrate the festival of light. Yet even now, in every moment and

with every festival, we can begin making space for that light – with the opportunity to lead each day as a celebration, each act as an offering, each breath as a prayer.

As yoga practitioners, teachers, and institutions, may we allow these festivals to inspire us to live yoga, not only in asana but in action, not only in personal practice but in planetary preservation. Let us commit to conserving our rivers, protecting our mountains and plains, and honoring our ancestors through conscious choices and compassionate living.

For yoga is not only what we practice, it is who we become. When we live as light, as love, and as seva, we embody the highest promise of yoga: union, liberation, and lasting harmony for all.

With love and gratitude from the banks of Mother Ganga,

**In reverence of life through service,
Ganga Nandini**

COVER STORY

Session 9

Manthan – Monthly Lecture Series



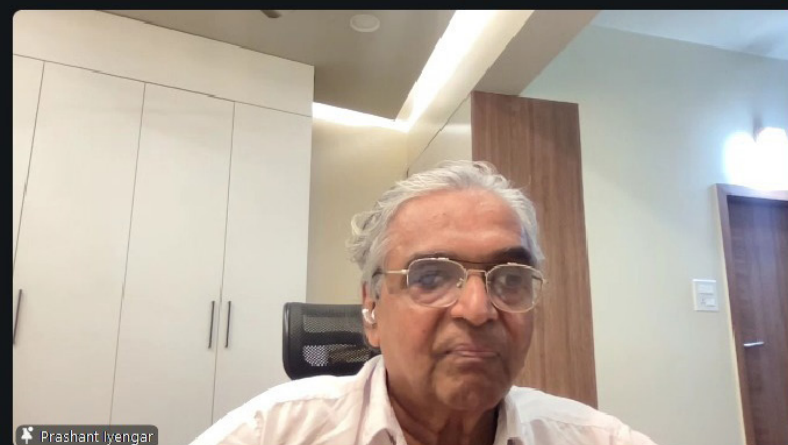
From Tradition to Global Practice: Shri Prashant Iyengar on Yoga Philosophy

The ninth edition of the Indian Yoga Association's (IYA) monthly lecture series Manthan was held on September 7, 2025, at 6:00 PM IST in an online format, bringing together Yoga enthusiasts and practitioners from across the globe. The session, titled "Foundations of Yoga Philosophy," was honored to welcome Shri Prashant S. Iyengar ji, son of the legendary Yogacharya BKS Iyengar and a recognized authority on Yoga, as the speaker.

Shri Prashant ji currently serves as the Director of the Ramāmani Iyengar Memorial Yoga Institute (RIMYI), Pune, and

is widely respected for his profound knowledge of ancient scriptures and classical texts. Before dedicating his life fully to Yoga, he was an accomplished violinist and often integrates his musical sensibilities into his teaching, adding depth and harmony to the learning experience.

He shared profound insights into the essence of Yoga, tracing its historical roots, exploring its philosophical foundations, and highlighting the practical application of its principles in daily life. The lecture emphasized the universal relevance of Yoga, demonstrating how ancient wisdom



continues to inspire, guide, and enrich modern living for individuals around the world.

Manthan, an initiative of the Indian Yoga Association, is a monthly lecture series designed to spark deep reflection and dialogue on Yoga's enduring role in contemporary life. Each session encourages both Yoga professionals and seekers to integrate traditional knowledge with modern practices, fostering personal growth and collective consciousness.

Recognition and Global Reach of Yoga

Shri Prashant ji began by highlighting the global growth of yoga, emphasizing that yoga is spreading far and wide as a cultural and spiritual practice. Under the guidance of senior teachers and with divine blessings, the RIMYI has played a key role in disseminating authentic yoga knowledge globally. The institute was honored with the first-ever Prime Minister's Award for outstanding contribution to the promotion

of yoga during the International Yoga Decade. Through its programs, students worldwide have gained exposure to Chitta Vigyan (science of consciousness), Yoga, and Atmik Shastra (spiritual science).

He also expressed gratitude to the Indian Yoga Association and its founding members for their role in fostering yoga education and awareness globally.

The Philosophy and Essence of Yoga

Prashant ji emphasized that yoga is much more than physical postures. It is a holistic science encompassing the body, mind, and consciousness. True yoga practice develops higher faculties of awareness and consciousness, rather than just improving physical fitness.

Key clarifications included:

- **Pranayama:** Often misunderstood as mere breath regulation, pranayama is actually the management and cultivation of prana, the universal



life force. It harmonizes body, mind, and consciousness and should not be reduced to simple respiratory control.

- Asanas: Physical postures are not exercises alone; they affect breathing patterns, body alignment, and mental states. The configuration of the body, gestures, and conscious breathing are integral to the practice.

Understanding the Body and Mind

Prashant ji illustrated the dynamic and chemical nature of the human body, which is constantly renewing itself. Organs, skin, hair, and bodily fluids are continually changing. Yoga cultivates awareness of these processes, enhancing both health and longevity.

He emphasized the marvels of the human body:

- Every organ, from the heart to the

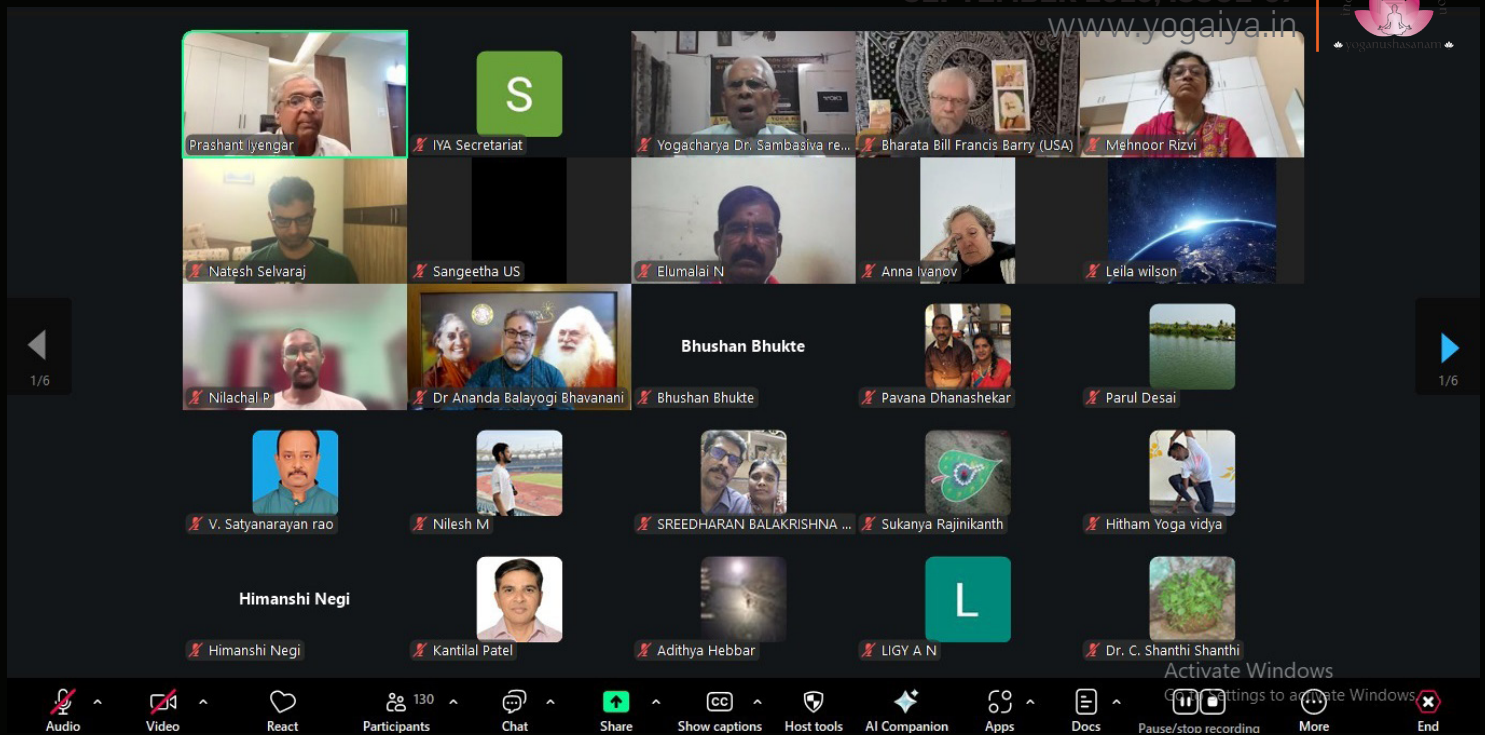
kidneys, functions as an intricate system of filters and processes.

- Food transforms into body and mind, unlike machines that rely on fuel; yoga allows us to understand and respect this transformative process.

Integrating Tradition with Modern Understanding

He encouraged students to study the history of yoga, emphasizing that contemporary practice must remain rooted in traditional knowledge. Whether yoga is pursued professionally, as a hobby, or informally, practitioners should:

- Understand its philosophical foundations.
- Appreciate the historical and cultural context.
- Avoid reducing yoga to a series of exercises or superficial wellness routines.



Pratyahara and Meditation

Shri Prashant ji elaborated on Pratyahara (sense withdrawal) as a critical yogic practice. Pratyahara involves turning the senses inward, beyond external stimuli, cultivating inner focus and higher awareness. Meditation, similarly, is not mere relaxation or concentration, but the development of higher faculties of the mind.

Yoga as a Universal Science

Yoga is not limited to seated or inverted postures. The human body can perform countless movements, and yoga can be integrated into all daily activities. What matters is the awareness and conscious intention behind every action. He stressed the importance of preserving yoga's authentic essence while sharing it globally:

- Yoga should maintain its traditional roots.
- It must be adaptable for students worldwide without losing its core philosophical principles.

Conclusion

Shri Prashant ji concluded by emphasizing that yoga is a comprehensive science of the body, mind, and consciousness. It fosters balance, clarity, and harmony, and has the potential to benefit the entire world. Practitioners must approach yoga with respect for its history, awareness of its deeper purpose, and dedication to its authentic principles.

The session provided participants with a profound understanding of yoga's philosophy, practical guidance for practice, and inspiration to approach yoga as a holistic way of life.



Indian Yoga Association holds 49th Executive Council meeting online

The Indian Yoga Association (IYA) convened its 49th Executive Council Meeting on May 8, 2025, from 4:30 PM to 5:30 PM on an online platform. The meeting was presided over by Maa Dr. Hansaji Yogendra, President, and attended by Shri S. Sridharan (Vice President), Shri Subodh Tiwari (Secretary General), Shri K.C. Jain (Treasurer), Dr. S.P. Mishra (CEO, IYA PrCB), Shri Desraj, Prof. Elangovan, along with special invitee Shri Dheeraj Saraswat, and Secretariat members. The session commenced with the Shanti Mantra, followed by opening remarks from Smt. Hansaji Yogendra, who highlighted the importance of balance and preparedness in the face of global fluctuations.

The minutes of the 48th Executive Council Meeting held on April 15, 2025, were confirmed after incorporating suggestions from Shri P.C. Kapoor. The Secretary General presented the Action Taken Report, noting that monthly Yoga Therapy sessions continue, with the 16th session featuring Acharya Birju Maharaj.

Preparations for the Global Research Conference (Jan 29–Feb 1, 2026) are underway, and the Telangana, Andhra Pradesh, and Delhi state chapters have been successfully restructured. The FSSA Council was approved as an Associate Centre, and over 50 programs were conducted under the Harit Yoga Initiative in collaboration with the Ministry. The monthly lecture series, Manthan,

continues, with Dr Prashant Iyengar delivering the May session online.

Discussions also covered collaboration with the Ministry of Ayush for IDY 2025 celebrations, with the Minister expressing willingness to attend an event in Delhi. The upcoming 'Yog Setu' Program in Rishikesh on May 25, 2025, aims to bring together over 50 small yoga centres to strengthen the network of IYA Associate Centres. The use of IYA-certified signature logos for professional communications was approved, and efforts to increase certification among member institutions were emphasized.

Other matters discussed included IYA representation at the Inter-Ministerial AYUSH Meeting on May 13 at Vigyan Bhawan, with the Secretariat coordinating invitations, and the formation of a subcommittee to organize International Meditation Day on December 21, 2025, with preliminary protocols and references from ancient texts shared. The meeting concluded with closing remarks and a concluding prayer by Smt. Hansaji Yogendra.

Become IYA Institution today!

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

- Member Institution
- Associate Center
- International Associate

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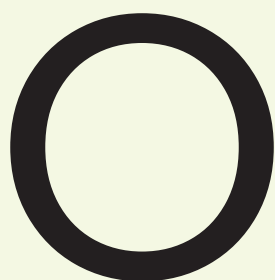




CYCLE 19

Making Yoga Fun for Special Children by Prof Dr Meena Ramanathan

A brief Report by Yogasadhaka Nilachal



On August 3rd, 2025, the Indian Yoga Association's prestigious CYCLE (Continuous Yoga Chikitsa Learning

and Education) platform welcomed a radiant and deeply moving presentation by Prof. Dr. Meena Ramanathan, Principal of the School of Yoga Therapy at ISCM, Sri Balaji Vidyapeeth. Her session, titled "Making Yoga Fun for Special Children," was not merely a lecture. It was an immersion into

Chitta Bhumi (चित्तभूमिः)
States/Stages of Mind

- **Mudha**- Donkey mind- dull & lazy like donkey
- **Kshipta**: Monkey Mind- restless, difficult to focus or find inner calm.
- **Vikshipta**: Butterfly Mind- momentary stillness
- **Ekagra**: Crane Mind- single-pointed undistracted by external influences
- **Niruddha**: Mastered Mind- completely still un-agitated by ext or int factors.

a deeply human and divinely inspired therapeutic journey rooted in experience, science, and love.



Prof. Dr. Meena Ramanathan is the Principal of the School of Yoga Therapy at the Institute of Salutogenesis and Complementary Medicine (ISCM), Sri Balaji Vidyapeeth, Pondicherry. The first woman to earn a Ph.D. in Yoga from Pondicherry, she also holds an M.Sc., M.Phil., and multiple postgraduate diplomas in Yoga. An IAYT Certified Yoga Therapist (USA) with over 25 years of experience, she has authored 60+ research papers, three books, and six book chapters, and guides Ph.D. scholars in interdisciplinary yoga research.

She has coordinated yoga programs across leading institutions and is a leading voice in Divyanga Yoga, working extensively with children with disabilities, senior citizens, and the transgender community to make yoga accessible and transformative. Recipient of awards like Yoga Lakshmi Puraskara (2024) and Women Icon of the Year 2024, she also serves as Lead

Examiner for the Yoga Certification Board, SME for CSIR-TKDL, and Vice Chairperson of IYA Puducherry Chapter. Known for her inclusive, evidence-based approach, she bridges ancient wisdom with modern therapeutic practice.

A CYCLE Session That Broke the Mold

CYCLE is India's flagship monthly educational yoga therapy series, known for featuring leading voices in Yoga Chikitsa. Dr. Meena's session stood out for its innovative spirit and compassionate depth. She reframed therapy for the so-called 'disabled' through the lens of Divyanga Yoga, a term born from a national shift in perception – "Divyanga" meaning divinely-abled.

But her work went far beyond

*Paigindra vayuk kuraiyir kuralaagum
Paigindra vayu villaikkin mudamaagum
Paigindra vayu naduppadir koonagum
Paigindra vayu matharkillai paarkkile (480- Thirumandiram)*

Birth Imperfections Explained

When after intercourse, the man is short of breath,
The infant born a dwarf will be;
When breath blows feeble,
The issue may be defective limbs be born;
When breath halts in mid-act
A hunch-back will be born;
All these apply not to woman's rhythm.



semantics. With two decades of hands-on engagement, 100+ research publications, and PhD supervision, she revealed not just a methodology, but a movement: to reclaim dignity, confidence, and capability for children with special needs.

Yoga for the 'Divinely Abled'

Dr. Meena ji traced her journey back to a humble beginning in 2004, volunteering at a school for children with autism, Down syndrome, cerebral palsy, and multiple impairments. Overwhelmed yet driven, she discovered what no textbook could offer, i.e., transformation through joyful adaptation.

She shared how traditional yoga techniques of Gitananda Yoga Tradition like Mukha Bhastrika, Nada Pranayama, Virabhadrasana, and Brahma Mudra can be modified into fun, engaging, multisensory practices that activate neuroplasticity, improve coordination, and

empower autonomy. These weren't theories; they were living results backed by clinical research and testimonials from caregivers, educators, and the children themselves.

What elevated the session to a landmark event was the blend of rigorous research with deeply personal narratives. Dr. Meena ji showcased:

- Evidence of yoga improving dental hygiene, attention span, muscular strength, and emotional regulation
- Case studies showing decreased caregiver burnout and improved family dynamics

The Power of Play

During the session, she guided participants through a range of practical, embodied activities that demonstrated her therapeutic methodology firsthand. Attendees

Points to remember while dealing with this population

- Be friendly
- Try to **establish a routine/** sequence
- Support the child physically **if required**
- View things from the child's perspective
- **Demonstration is always more effective than explanation**
- **Be a role-model**
- Yogic techniques need to be modified depending on the impairment.
- Yogic protocol needs to be tailored as per the ability of each individual or the group being addressed



- **Don't wait for perfect science.** Start with perfect intention.
- **Don't call it a class.** Call it a transformation.

With open access to all her research, tools, and methods, she invites therapists,

followed her lead in imitating animals, such as roaring like lions and wriggling like caterpillars, practicing rhythmic clapping, coordinated crawling, and chanting mantras with playful vocalization. She also demonstrated techniques like Nasagra Mukha Bhastrika in a storytelling format, transforming breathing exercises into interactive, sensory-rich experiences that children could relate to and enjoy.

Each activity served a dual purpose: to stimulate motor coordination, breath control, and sensory integration, while also fostering joy, trust, and connection. The session underscored how empathy, repetition, and creative play can become powerful tools in yoga therapy.

A Wake-Up Call to the Yoga World

Beyond the techniques, Dr. Meena ji issued a powerful call to action: to scale, to collaborate, and to dignify.

- **Don't call it sympathy.** Call it inclusion.

researchers, and educators globally to join this mission.

Conclusion

Dr. Meena Ramanathan's session under the CYCLE program was a transformative synthesis of research, lived experience, and heartfelt delivery that redefined yoga therapy for children with special needs. Through playful, sensory-rich demonstrations like Nasagra Mukha Bhastrika, cross-body coordination, chanting with movement, and full-body shaking, she not only showcased evidence-backed practices but also rekindled a deeply human connection to yoga's inclusive essence. Her work emphasized that yoga for Divyangajan is not an adaptation, but a return to yoga's most universal purpose: to heal, empower, and unite. The session left participants inspired, informed, and reminded that the divine is most visible when we choose to see ability, not disability, in every child.



HEADLINES

Easy Yoga Studioz spreads the joy of yoga across borders and communities

August was a month of inspiration and togetherness at Easy Yoga Studioz, an Associate Centre of IYA. The highlight of the month was a 200 Asanas Online Session, which saw enthusiastic participation from across India and overseas, including yogis from the U.S. The program concluded on a beautiful and uplifting note, reflecting the dedication and passion of every participant. In collaboration with Lions Club Lady Bird, Bangalore, the centre also hosted a special online wellness program to raise funds for the education of

underprivileged children. With 130 registrations and over 50 active attendees, the session combined chair yoga practices with calming meditation, leaving participants refreshed and connected to a meaningful cause.

Adding to the spiritual essence of the month, a Full Moon Meditation was organized for more than 70 participants, with a special guest joining from Spain. The evening was dedicated to chakra balancing through meditation and powerful mudras, creating moments of deep peace and inner alignment.

The studio's corporate wellness

programs continued to bring yoga and mindfulness into the workplace, helping employees find balance, reduce stress, and make wellness an integral part of their daily routine.

Friendship Day was celebrated with warmth, laughter, and a focus on mental well-being. More than 30 women

participated in the offline event, enjoying fun games, laughter yoga, and heartfelt moments of connection.

The month concluded with a feeling of deep gratitude and fulfillment, as Easy Yoga Studioz successfully spread the spirit of yoga, wellness, and community across borders.

Kerala State Chapter Committee finalizes Yog Setu plans

The Kerala State Chapter Committee (SCC) of IYA held its meeting on 8th September 2025 via Zoom, with Shri Rajgopal Krishnan, Shri Shyju Krishnan, Harilal Ji, Shri Vasudevan Ji, and Shri Thippe Swami Ji in attendance. The meeting began and concluded with the chanting of the Shanti Mantra.

Key decisions included finalizing October 12, 2025, as the date for Yogasetu, with the venue remaining unchanged. It was agreed to invite Maha Mandaleshwar from Kerala as the Special Guest for the program, with Shri Vasudevan Ji confirming his availability. The committee also unanimously supported nominating the Maha Mandaleshwar as an Eminent Yoga Professional (EYP) / Eminent Yoga Acharya.

Harilal Ji shared details of the upcoming Arsha Yoga Gurukulam Anniversary on October 2, 2025, which will feature a panel discussion with experts from different streams of AYUSH, in association with IYA Kerala Chapter. Rajgopal Krishnan Ji also highlighted the State Chapter Conclave scheduled to be held in Rishikesh from November 7–9, 2025, and requested Thippe Swami Ji and Harilal Ji to represent the Kerala Chapter at the conclave.

The meeting reflected a spirit of collaboration and focused planning, ensuring the Kerala SCC's active contribution to IYA's upcoming events and initiatives.



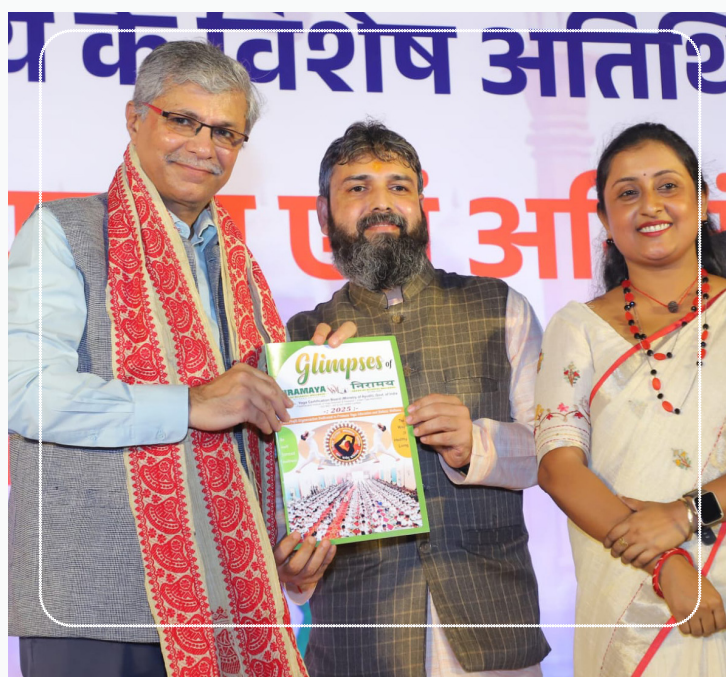


NIRAMAYA shines nationally at Red Fort

August was a truly historic month for NIRAMAYA, Associate Centre of Indian Yoga Association. On National Sports Day, Director Smt Shatakshi Bhattacharjee — who also serves as Zonal Coordinator for the North-East — was invited to speak at Cachar College, a prestigious institution in the region. She delivered an insightful talk on “Body and Mind Relaxation through Yogic Practices” and was honored by the college authorities. The session was attended by Principal Dr. Apratim

Nag, Professor Ratan Das, distinguished guests, and students, all of whom appreciated the valuable contribution of yoga to holistic wellness.

Adding to the month’s significance, NIRAMAYA made history as the only YCB-accredited institution from the entire North-East to be invited by the Ministry of Ayush as a special guest for the 79th



Independence Day celebrations at the Red Fort, New Delhi.

Representatives Shatakshi Bhattacharjee and Divya Geetanand Rahul (Legacy Person and Chief Coordinator) attended the program and held meaningful interactions with senior dignitaries including:

- Vaidya Rajesh Kotecha (Hon’ble



Secretary, Ministry of Ayush)

- Dr. Kashinath Samagandi (Director, MDNIY)
- Dr. S.P. Misra (CEO, IYA)
- N.K. Kansara (Principal Consultant, YCB)

On behalf of NIRAMAYA, they presented the honored guests with the traditional Assamese Uttariyo and Gamochha, symbolizing respect and cultural pride. In return, the Ministry of Ayush presented them with mementos, yoga books, and khadi jackets, marking this as a moment of pride for the entire North-Eastern yoga fraternity.

These milestones highlight NIRAMAYA's dedication to advancing yoga education and its growing recognition at the national level.





Subhiksham Yoga conducts free workplace wellness camps in Chennai

Subhiksham Yoga, Chennai, organized free yoga camps at OMR Radha Engineering Works, Siruseri IT Park, and SKV Engineering Pvt. Ltd., Manali, Chennai. The sessions introduced employees to simple yoga practices, breathing techniques, and relaxation methods designed to reduce workplace fatigue and improve overall well-being. These initiatives reflect Subhiksham Yoga's commitment to spreading awareness about holistic health and making yoga accessible to people in their daily work environment.



Madhya Pradesh SCC restructures team and outlines future plans

The Madhya Pradesh State Chapter Committee (SCC) of the Indian Yoga Association convened its meeting on 30th August 2025 via Zoom with twelve members in attendance, including Gajendra Goutam, Dr. Yashwant Bhati, Ankur Goyal, Pushpanjali Sharma, Vikas Tiwari, Neha Raca, Sandeep Dixit, Gourav Jain, Shivkant Shukla, Anant Rokhande, Bhavna Puri, and Atul Ji. The meeting opened with a discussion on strengthening the chapter through active participation and inclusivity.

One of the major decisions taken was to restructure the team by removing inactive members and inviting new members to take on leadership roles. After a unanimous decision, Smt. Urvashi Bagdi was appointed as Joint Secretary and Dr. Ajay Dubey as Vice Chairperson. Chairperson Gajendra Ji personally spoke with all concerned nominees

before confirming the appointments, ensuring smooth transitions and a renewed sense of energy within the team.

The committee also finalized the representation for the upcoming SCC Lekhagram meeting in Rishikesh, nominating Gajendra Goutam, Dr. Yashwant Bhati, and Vikas

Tiwari to attend on behalf of the Madhya Pradesh chapter. Recognizing the vast geographical spread of the state, a plan was formulated to divide Madhya Pradesh into three zones to improve outreach and ensure full regional coverage. The detailed plan for this division will be shared with members soon.

Looking ahead, the committee announced its next major program, which will be organized in collaboration with Heartfulness and Shankar Seva Nyas. The event will focus on spiritual themes, with the final schedule to be confirmed after further discussions. The meeting also included a financial update, where Ankur Ji presented the accounts and shared the chapter's current status with members. The meeting concluded with a collective commitment to strengthen the chapter's activities, encourage wider participation, and make upcoming events more impactful.



Shiv Darshan Yoga Vidyalaya organizes webinars

Shiv Darshan Yoga Vidyalaya, an Associate Centre of IYA, organized a three-day Free Yoga Webinar for Seniors on 13th, 14th, and 15th August 2025. Led by Swami Gambhirananda Saraswati, a veteran with over three decades of experience in yoga, the sessions offered simple yet highly effective practices to improve mobility, enhance health, and promote overall well-being. Participants deeply appreciated the opportunity to learn gentle, accessible yoga techniques designed especially for seniors.

On 24th August 2025, the institution successfully conducted the Teacher Training Course 1 (TTC1) Webinar for USA Launch, catering to international yoga trainers and teachers in their time zone. This 60-minute session introduced the Therapy Course focused on managing health concerns such as

high blood pressure, diabetes, asthma, and cervical and lumbar spondylitis. It also incorporated practices in Yoga Nidra and meditation and included an interactive Q&A session, allowing participants to clarify doubts and gain a deeper understanding of therapeutic yoga.

Adding to its August initiatives, Shiv Darshan Yoga Vidyalaya also launched a three-month Weight Loss Yoga Course designed to help participants shed excess weight naturally through yoga, without the need for a gym. The program, which will be held every Sunday for 75 minutes, has been affordably priced to make it accessible for all and has already attracted enthusiastic participation.

YogaPeace Sansthan inaugurates 68th Yoga Teacher Training Course

The 68th Yoga Teacher Training Course (TTC) at YogaPeace Sansthan, an Associate Centre of IYA, was inaugurated on 17th August 2025 with a sacred Havan ceremony, marking the beginning of a transformative journey for aspiring yoga teachers. The program attracted students from across 10 states of India and three foreign countries, all eager to

deepen their knowledge and practice under the guidance of International Yoga Guru, Yogacharya Dhakaram Ji. On this auspicious occasion, each participant received a study kit, symbolizing their readiness and commitment to embrace authentic yogic learning. The environment was charged with devotion, enthusiasm, and



a shared spirit of growth, setting the stage for an immersive educational experience. The program not only trains students to become certified yoga teachers but also nurtures them to emerge as guides and healers, carrying the essence of yoga and wellness worldwide.

The inauguration was graced by esteemed dignitaries who inspired the students with their words of wisdom. Pandit Suresh Mishra Ji, National President of Sarv Brahmin Mahasabha and social activist, encouraged participants with the message, "Nothing is impossible in life." Dr. Kashinath Samagandi Ji, Director of Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India,

Mr. Govind Pareek Ji, Deputy Director of the Department of Information and Public Relations, Jaipur, Shri Ashok Kumar Kothari Ji, internationally renowned Sujok lecturer, and Dr. Sushma Singhvi Ji, Emeritus Professor of Prakrit and Sanskrit, also blessed the ceremony with their presence. Their guidance and encouragement

infused the event with inspiration, wisdom, and a renewed commitment to the path of yoga, making the inauguration of the 68th TTC a truly memorable and motivating occasion.



AYG Academy celebrates Teacher's Day with launch of Continuous Garbhasanskar Education

AYG Academy, an Associate Centre of IYA, marked Teacher's Day with a unique blend of gratitude and innovation, unveiling its latest initiative: Continuous Garbhasanskar Education (CGE). This program aims to provide structured, monthly expert sessions to seamlessly integrate Ayurveda, Yoga, and Garbhasanskar into modern family life. Founder and Director, Dr. Nutan Pakhare, shared her vision of blending Shastra with Science to create a holistic, ongoing educational experience for teachers and families. In the keynote address, Dr. Rajan Welukar, Former Vice-Chancellor of the University of Mumbai, highlighted the timeless role of mothers in nurturing children even from the womb. He emphasized the importance of mantra, music, storytelling, meditation, silence, and limited screen use, while stressing mental health as a core pillar of education. Dr. Welukar described

Garbhasanskar as a powerful tool for instilling values, culture, and ethical development.

The Guest of Honour, Krishna Prakashji, a traditional teacher of Indic wisdom, ICF-certified coach, and founder of Shrimath Yoga Nidra, spoke on Yoga Nidra, discipline, and emotional resilience. He explained the activation of brainwaves from alpha to gamma and recommended listening to the Sundarkand during pregnancy as a transformative practice.

This milestone event followed the Academy's 5th Foundation Day celebrations on 19th August 2025, where distinguished guests, including Dr. Deepak Bagadia and Krishna Ji, shared profound insights on holistic well-being and the role of Garbhasanskar in modern family life.

Deepam Yogalaya & Kids Academy sets two world records on 11th IDY

On 3rd August 2025, Deepam Yogalaya & Kids Academy, West Tambaram, Chennai, an Associate Centre of IYA, celebrated the 11th International Day of Yoga with a grand event aimed at achieving two world records under the

theme "Yoga for One Earth, One Health."

The event drew a huge response from participants, both online and offline, showcasing the growing enthusiasm for yoga in the community.

The first record attempt featured the

Vethathiri Maharishi College of yoga hosts Job Fair and specialized guest lecture

On 24th August 2025, Vethathiri Maharishi College of Yoga, an Associate Centre of IYA, in collaboration with its alumni, organized a Job Fair – 2025 at its Chennai campus. The event saw participation from five organizations, offering a total of 10 job vacancies. Twenty-five students actively engaged in interviews, showcasing their skills and potential. Mr. R. Elangovan, Secretary of the Indian Yoga Association (IYA), graced the occasion as the chief guest and addressed the gathering. Participating institutions included Swabhimaan Trust for Autism, Agni Physio Clinic, and consultancy by Dr. Nandhini, Yoga and Naturopathy Consultant.

In addition to the job fair, the college hosted a specialized guest lecture for Ph.D. scholars on the topics of “Biomechanical Laws – Controlling the Human Body” and “Biochemical Principles – Regulating the Human Body.” The lecture was delivered by Dr. K. Raghurajaprakash, who shared deep scientific insights supported by research, bridging modern neuroscience with the philosophy of Vethathiri Maharishi.

The seminar began with meditation led by Ph.D. scholar Ms. Amirtha, followed by a warm welcome from Dr. S. Shekar, General Secretary of WCSC, and an introductory speech by Principal Dr.



S. Jayaprakash. Faculty members, Ph.D. scholars, and students actively participated in the interactive session.

Dr. Raghurajaprakash’s keynote address explored concepts such as electricity, magnetism, and electromagnetic forces, drawing parallels with black holes and the universe, and applied these principles to human body and mind functioning.

Key highlights included techniques for enhancing gamma brainwave performance, neuroplasticity-based memory improvement, understanding the centre of gravity in daily activities, energy dynamics through Ohm’s law, and the chemistry of mindfulness via gratitude, exercise, and deep breathing. The lecture beautifully blended modern science with Vethathiri philosophy and practical lifestyle applications, leaving participants enriched with knowledge and inspiration.

The event concluded with a Vote of Thanks by Ph.D. scholar Ms. Kadambari Murugan, marking a successful day of learning, career opportunities, and holistic education.



Jharkhand SCC celebrates World Brotherhood Day with symposium

On the occasion of World Brotherhood Day, Jharkhand SCC of Indian Yoga Association with Rashtriya Suraksha Jagran Manch, organized a landmark symposium at Audrey House. The program focused on the theme, "The Importance of a Vast and Prosperous India for World Brotherhood," highlighting India's rich cultural and spiritual heritage while emphasizing national unity and global harmony.

The symposium underscored the timeless message of Vasudhaiva Kutumbakam—the world as one family—and its relevance in fostering unity and security in a global context. His Excellency, Shri Santosh Kumar Gangwar, Governor of





Jharkhand, graced the event as the chief guest and highlighted India's spiritual and cultural legacy as a source of worldwide harmony. The keynote address was delivered by Shri Golak Bihari Rai, Member of the All India Steering Committee of the Rashtriya Suraksha Jagran Manch, who emphasized India's vision as a unifying force globally.

Distinguished participants included Shri Vikramaditya Singh, National Organizing Secretary of the Manch; Shri Gopal Singh, Ranchi President of the Manch and former Chairman of CCL-CIL; Shri Amit Kumar, Secretary of the Indian Yoga Association, Jharkhand Chapter; Shri Guru Sharan Ji, Patron Minister, Seva Bharati; Shri Brijkishor Ram, representative of the ST, SC, OBC Front, Coal India; and Shri V.N. Pandey, Seva Awareness Forum. Shri Amit Kumar also expressed gratitude to the organizers, participants, and the Governor for their support in making the symposium a

success.

The event attracted 350 to 400 attendees, including intellectuals, social workers, youth, and citizens from across Jharkhand. Extensive media coverage featured prominent newspapers such as Dainik Jagran and Hindustan.

Key outcomes of the symposium included reaffirming India's spiritual heritage, connecting local Jharkhand traditions with the global ethos of world brotherhood, and promoting public engagement through dialogue. Organizers recommended expanding similar initiatives at the district level, incorporating interactive workshops for youth, and enhancing media outreach. The symposium concluded on a dignified note, with participants praising the Governor's presence and the contributions of distinguished guests. The gathering reinforced the message that India's spiritual values can serve as a bridge to global harmony.



Sattvik Recipe

Maduwa & Kholanga Roti

by Yogi Kali Das Tiwary, Kulsachiv, Gramin Upkar
Sansthan, Ranchi (Jharkhand)

Maduwa is the local name for Ragi (finger millet). In Jharkhand, Maduwa roti is a traditional, healthy, and sattvik dish, often enjoyed with milk, jaggery, or sweet accompaniments. This recipe uses ragi flour, mixed with wheat or lentil flour, to

make soft and nutritious rotis.

Ingredients

- Ragi (Maduwa) Flour – 1 cup
- Wheat Flour (optional, for softness) – ¼ cup
- Dal Paste (arhar/urad/any dal soaked and ground) – 2-3 tbsp
- Mustard Oil / Olive Oil / Ghee – 1-2 drops (for greasing)
- Water – as needed to make a flowing batter
- Jaggery (Goor) – optional, for serving

Method

1. Prepare the Dough
 - o Mix ragi flour, wheat flour (if using), and dal paste in a bowl.
 - o Add water gradually to form a flowing dough/batter.
2. Heat the Tawa
 - o Grease the tawa





with a drop or two of mustard oil, olive oil, or ghee.

- o Spread the oil evenly across the surface.

3. Cook the Roti

- o Pour the batter onto the hot tawa and spread it evenly into a circle about 6 inches in diameter.
- o Cook for 3–4 minutes on one side.
- o Flip carefully and cook the other side for about 1 minute.

4. Serve Hot

- o Serve with warm milk, sabudana kheer, or jaggery (goor).
- o Garnish with almonds and raisins for added taste and nutrition.

Nutritional Benefits of Ragi (per 100g)

Nutrient	Amount
Energy	328 kcal
Protein	7.3 g
Carbohydrates	72 g
Fat	1.3 g
Dietary Fiber	11.5 g
Calcium	364 mg
Iron	11.3 mg
Vitamins	Good source of B-complex vitamins (thiamine, riboflavin, niacin, folic acid)
Minerals	Contains phosphorus, potassium, magnesium, zinc

Health Benefits:

- Helps control blood pressure
- Provides sustained energy for work and daily tasks
- Rich in calcium and iron for bone and blood health
- High in fiber, aiding digestion



ARTICLE

Yogacharini Anandhi Mary Cecil & Yogacharya Dr Ananda Balayogi Bhavanani



*Founders of SANNIDHI: The Sacred Seeds
of Yoga, India*

Inner Experience & Self-Mastery Through Yoga

Editor's note: We are pleased to share this highly contemplative spiritual offering that was inspired by "The Lectures of Swami Vivekananda". May we all awaken to higher consciousness through a life of Yoga.

Humanity has always sought knowledge — of the world, of life, and of itself. From the earliest observations of the stars to the most recent inquiries into the fabric of the cosmos, we have pursued truth through experience. Whether through the physical sciences, the humanities, or spiritual traditions, the common foundation of all knowledge remains the same: experience, observation, and analysis.



Sannidhi

तेह इहत्तरे इहत्तरे ठं पुठ्ठ



In modern science, knowledge is derived from verifiable facts. The conclusions of physicists, chemists, and biologists are rooted in methodical experimentation. They ask not for faith but for replication; for others to follow the method and see for themselves. This appeal to universal human experience is what gives science its authority.

Yet when we turn to religion and spirituality, we often find ourselves in murky waters. Instead of experience, we are offered doctrines. Instead of investigation, we are expected to believe. Instead of being encouraged to question, we are taught to conform. The result has been centuries of division, conflict, and spiritual stagnation. One religion claims ultimate truth, another refutes it. Wars are waged over creeds, while the deeper purpose of religion: self-transformation and liberation remains elusive.

But is this what religion truly is? Or is this a distortion?

When we trace the roots of the world's great religious traditions, we find something striking. At the origin of every religion is the experience of a human being — not a theory, but a direct perception. Christ saw God. Buddha awakened to the truth of suffering and the path beyond it. The Rishis of ancient India, through profound inner silence, realised the eternal Self and sang their revelations in the hymns of the Vedas. Every genuine religion begins with someone who knew; who did not merely believe but perceived. Religion, then, at its core, is not belief. It is an experience. It is the echo of the infinite in the human heart. And the science that seeks to systematise the method of attaining such experience is called Yoga.

The Call of the Inner Scientist



Yoga is not a religion in the conventional sense. It does not ask who your ancestors were, what your scriptures say, or whether you subscribe to a particular dogma. It begins with a single question: **Are you willing to know yourself ?**

Just as Physics studies the laws of the external world, Yoga is the study of the **internal world**: the domain of thought, emotion, perception, and ultimately, consciousness itself. Like any science, it has its methods, its principles, its disciplines. It requires neither blind belief nor mystical sentimentality. It demands clarity, effort, and above all, practice.

In the external sciences, we use instruments: a telescope for astronomy, a microscope for biology. But in the science of mind, the instrument is the mind itself. This poses a unique challenge: the observer and the observed are the same.

The subject and the object merge. The laboratory is the human psyche, and the microscope is attention itself.

The ancient yogis discovered that the mind, though naturally scattered and restless, can be trained; concentrated into a single stream of awareness. This power of concentration is the key to unlocking the secrets of both the universe and the soul. When the rays of the mind are scattered, they reveal nothing; but when gathered and focused, they illumine even the darkest corners of consciousness.

Concentration: The Gateway to Knowledge

Every advancement in human understanding has come through the concentrated application of the mind. The chemist peering through a beaker,

the musician absorbed in sound, the philosopher deep in contemplation; all rely on concentration. The more the mind is one-pointed, the more it penetrates reality.

Yoga applies this principle to the highest goal: the realisation of the Self. But here, the challenge is greater. In the outer sciences, the mind naturally reaches out to objects. But in this path, the mind must turn back upon itself, studying its own movements, tendencies, and fluctuations. This is the involution of awareness, where both the question and the answer merge into the seeker.

The yogi cultivates a subtle power of inner observation; a stillness so sharp that it can perceive thoughts as they arise, trace the flow of sensation through the nervous system, and ultimately see the difference between mind and the pure witness-consciousness beyond it. This witness — the Purusha; is untouched, eternal, beyond pleasure and pain, beyond birth and death.

To reach this state, the yogi must pass through the veils of the mind: the senses, the emotions, the intellect, and the I-sense. Each must be observed, understood, and transcended. This process is not abstract philosophy but a lived experience. It is a methodical, step by step transformative journey, through which the inner universe is mapped; and liberation becomes not a veiled promise but a transcendental and manifest reality.

Breaking the Myth of Mystery

Over time, the discipline of Yoga has been veiled in secrecy, misinterpreted as occultism or dismissed as superstition. In some cultures, seekers were persecuted as heretics or witches. In others, the knowledge was hoarded by a few and distorted by ego and ambition.

But the essence of Yoga is not mysterious. It is rational, open to inquiry, and rooted in self-verification. There is no room for blind faith. "Believe nothing until you find it for yourself," is its uncompromising message. If a practice is true, it will stand in the light of reason and the test of experience. If not, it must be discarded.

Yoga, therefore, demands both discernment and discipline. It asks the seeker to test its methods, not just to accept them. It invites challenge, experimentation, and direct realisation. This is the dignity it offers every human being: the right to know truth, not through hearsay, but through self-effort and self-discovery.

Mind, Body, and the Path to Unity

The journey of Yoga is not only mental. The yogis recognised that the body and mind are deeply interconnected. A disturbed body agitates the mind; a disturbed mind weakens the body. Hence, the first steps of the practice involve creating physical and mental balance: neither indulgence nor suppression, but moderation and harmony.

Conducive diet, healthy lifestyle,

enhanced pranic awareness through breath control, and adoption of somato-psychic postures to cultivate awareness are all part of the yogic discipline. They are not an end in themselves, but are essential supportive agents for our ascent towards the higher goal. Just as a seed must be protected while it grows, so must the early stages of practice be guarded by ethical living and healthy habits. Once the tree of inner knowledge is strong, it can withstand the winds of the external world.

The final goal of Yoga is nothing less than the mastery of nature: both internal and external. By controlling the mind, the yogi discovers the subtle laws that govern reality. And as Science seeks unity behind diversity, Yoga reveals that mind and matter, self and world, thought and substance, are not fundamentally separate. The apparent duality dissolves into an unchanging unity, which is our own true being. **“Sat Chit Ananda”**

The Universal Right to Truth

Yoga does not belong to any one tradition, culture, or era. It is the birthright of every conscious being. Whether one is a believer

or a skeptic, the call of truth must resound in every heart. All it asks is sincerity, effort, and the courage to look within. When the mind becomes still, when the fluctuations cease, the yogi comes face to face with that which never changes — pure awareness, boundless and free. All suffering falls away. Fear vanishes. Death is seen not as an end, but as a

transformation. Life, once full of struggle and confusion, becomes a luminous expression of that inner freedom.

This is not a matter of faith. It is a matter of method. As sure as the sun rises, so too will the light of truth dawn in the mind that is prepared. The sages of all lands and all times have declared this. Their voices echo not in belief, but in verification. And they invite us, not to worship them, but to walk the path, practice the method, and realise the truth.

“Tat Tvam Asi”

Both authors are the founder of Sannidhi: The Sacred Seeds of Yoga, a new offering that envisions the integration of traditional teachings of Yoga with modern medical understanding. It also marks the beginning of collaborative efforts by the Chairperson of the IYA Puducherry Chapter and the Vice Chairperson of the IYA West Bengal Chapter showcasing the role of IYA in bringing together Yoga traditions from all across the country





Acharya Birju Maharaj
Author – Patanjali Yoga
Sutra – A complete
manual of Auto-gene
Therapy 2021

आचार्य बिरजू महाराज कृत पतंजलि योग चालीसा



Anant Krupalu Pujaya Gurudev
Swami Shri Manuvaryaji Maharaj

Priceless

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Sung by Dr. Rashmi Acharya

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महर्षि पतंजलि वंदना

कृपासिंधु पत्-अंजलि जाया ।
कपिल कृतार्थ सांख्य समझाया ॥
दीर्घद्रष्टा मुनि अन्तर्यामी ।
पूर्ण योग दिय सूत्र समाही ॥
कार्य-कारण सिद्धांत समाया ।
आत्म-चिकित्सा कर्म बताया ॥
चतुष्पाद जीवा..टन दिन्हा ।
योग ज्ञान से उन्नत किन्हा ॥
समाधि सिद्धि तव गर्भसुजाना ।
मातृशक्ति का मरम बखाना ॥
केवल कर्म मारग दिखलाया ।
मोक्ष प्राणी का सहज बनाया ॥
ऐसे योगी के वर को ध्याकर ।
अंतर-मन ईश्वर सो उजागर ॥
चितिशक्ति निजरूप-ही दिलाकर ।
भये योग प्रचंड महासुख सागर ॥

चौपाई

नमन महर्षि पतंजलि को,
वंदन उनके योगदर्शन को;
परदुःखभंजन योग बताया,
किय उपकार सबू रोग मिटाया ।

योग चालीसा

योग विद्या जीवन सो युक्ति ।
आत्मसाध किय जीव सो मुक्ति ॥
अष्टांगसु नियमन करि हे ।
क्रिये योग ईश्वर सम बनी हे ॥
योग वेद सो अंग कहावै ।
ऋषि-मुनि सत्-रंग बतावै ॥
आत्म-ज्योति का दिया जलावै ।
दिव्यद्रष्टि दिय असत मिटावै ॥
सत्त्वशील जीवन बनी जाता ।
योगद्रष्टि जही गुरु से पाता ॥
करहूं सिद्ध आसन स्थिति पावें ।
प्राण-पर्व प्रच्छेदन लावें ॥
प्राणों का आयाम करावें ।
अन्नमय सुखमय स्वस्थ बनावें ॥
प्राणमयसु विजय दिलावै ।
चित्तवृत्तिसु विकार मिटावै ॥
तप मारग तहीं दिव्य प्रकासा ।
अन्तराय हटी चित्त सुहासा ॥
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प्रत्याहार-सु मनोमय उजला ॥
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क्लेशयुक्त तहीं करम न धरती ।
प्रज्ञा परम आनंदमयि बनती ॥

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किय उन्नत ईश्वरप्रणिधानी ॥
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योगविज्ञान सु करही समरपण ॥
सिद्धि अष्टधा नवधा तुष्टि ।
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परथम चरण समाधि कही है ।
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सुख अनंत ईश्वर अनुरागा ॥
वैराग-चित्त अभिभास-सु पाना ।
स्वाध्याये तप ईश्वर प्रणिधाना ॥
चार द्वार मोक्ष कर्म बतावै ।
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अनुपम स्वर्ग आरोहण यज्ञ ॥
जेही दरस विवेक समाया ।
हान दूर करी दिव्य बनाया ॥

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भूत-भव-इश्य जीव दीर्घायुषी ।
जितेंद्रिय भये योग-मनुषी ॥
तन सुंदर और मन अतिसुंदर ।
आत्मशांति सुख शांत समंदर ॥
भेद योग का जहि जीव जाना ।
ईश्वर सम भये एक समाना ॥
हंस समान निरलेपी होवे ।
सत्-सरोवर में गोते लगावे ॥
यमनियम-मय योगी जीवनभर ।
बा..हर-भीतर चहुं ओर से सुंदर ॥
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षड्-रिपु से कभी पाए न धोखा ॥
जेह मनुष पढ़ें योग चालीसा ।
पूरी होय ऊसकी मुक्ति मनीषा ॥
योगशक्ति का पाठ पढ़ाए ।
मनु मुनिवर बिरजू उर लाए ॥
गुरु-उपकार भये बिरज निवासी ।
आत्मदर्शी योग-पंथ प्रवासी ॥
अमृत-कलश मूझ हाथ में पाया ।
लक्षचौरासी मिटे मोक्ष दिलाया ॥
पतंजलि मुनि उपकार है किन्हा ।
गुरुवर रूप में दर्शन दिन्हा ॥ 2

चौपाई

जय जय जय भारत संस्कृति,
योगमार्ग जहां सबकी प्रवृत्ति;
वेद-उपनिषद-दर्शन है पाया,
धर्म-सनातन समृद्ध बनाया ॥ 2

Practice of the Month

Sirsasana (Headstand)

– by Sivananda Yoga Vedanta Dhanwantari Ashram

Sirsasana, is a powerful inversion asana that brings both body and mind into harmony. In this pose, the body is gently balanced upside down on the crown of the head and forearms, inviting a sense of stillness, clarity, and focus. Practicing Sirsasana is known to improve blood circulation, sharpen concentration, and cultivate inner balance. Because this is an advanced posture, it is recommended to learn and practice Sirsasana under the guidance of a qualified yoga teacher, ensuring both safety and alignment.

Steps

1. From the Child's pose, sit up on the heels, knees together. Place each hand on the opposite elbow, measuring the distance. Bring the elbows to the ground under the shoulders.
2. Bring the hands together so that the arms form a tripod on the ground, interlocking the fingers.
3. Place the head on the ground with the back of the head against the hands. Raise the hips. (Make sure that the elbows are stationary).
4. Walk the feet forward towards the head. Keep the hips up and knees straight.
5. Bend the knees in towards the chest. Bring the heels up to the buttocks.
6. Straighten the back, making sure that



the spine retains its natural curve. Be able to balance in this position for at least 30 seconds before going further.

7. Keeping the knees bent and together, slowly straighten the hips until the bent knees are pointing towards the ceiling.
8. Straighten the knees.

Holding the position:

Start with 15 seconds, gradually increasing the time. Optimum time is 5 - 10 minutes on a daily basis. While in the position make the breath smooth and rhythmic.

To come out of the position:

- Bend the knees, bringing them into the chest.
- Bend the hips bringing the feet to the floor.
- Relax in the Child's Pose before lifting head off the ground.

Do not practise the Headstand if you:

- Have high blood pressure.
- Suffer from Glaucoma.
- Are 4 or more months pregnant.
- Have been advised not to by your doctor.

Benefits of the Headstand

Physical benefits

- By inverting the body and keeping it in a straight line, the pull of gravity is counteracted. The heart needs to pump the blood with only enough force for it to reach the toes; gravity will help to return it to the heart.
- People who practise Sirsasana on a regular basis tend to have slow rates of respiration and heartbeat. This indicates

that the respiratory and circulatory systems are strong and flexible.

- Inverting the body enhances deep breathing, bringing an increased oxygen supply to the brain and sympathetic nervous system.
- As a result of this rich supply of nutrients, all body functions are toned and enhanced.
- Disorders of the nerves, eyes, ears, nose and throat are improved.
- Persons suffering from varicose veins will feel relief in the Headstand as stagnant blood will drain from the lower extremities. Sirsasana is also a remedy for renal colic and stubborn constipation.
- Pressure is relieved on the lumbar and sacral areas of the lower back.
- The Headstand combats dropped stomach and nervous or hepatic asthma.
- The Headstand is one of the most powerful Asanas for body and mind, a virtual panacea for all human ills.

Mental Benefits

- Memory and intellectual capacity are increased.
- Improved concentration; the Headstand is particularly beneficial to people who need strong powers of concentration in their work: students, politicians, artists, scientists and writers.
- Improved sensory faculties (eyesight, hearing).
- The person who practices the Headstand on a regular basis will rarely suffer from nervous disorders.

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	1820	9080
Yoga Professionals Members	4,752	2027	2269	1837	10885
Life Members	495	115	196	133	939
Eminent Yoga Professionals	10	06	01	--	17
Associate Centers	164	40	46	37	287
International Associates	11	01	02	03	17
Member Institutes	43	--	02	--	45



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) Oct 1- Oct 30, 2025	On Campus	The Yoga Institute	INR 60,000
	(English) Oct 1- Oct 30, 2025	Non-Residential	The Yoga Institute	INR 33,000
	(English) Oct - Oct 30, 2025	Online	The Yoga Institute	INR 27,500
	15th Oct 2025 - 1st Nov 2026	Physical / Online Zoom Platform	Yoga Vidya Niketan Mumbai	INR 30,000 / 35,000/-
	(English Medium) Oct 15 – Nov 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) Oct 1 – Nov 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
	Oct 17 to Nov 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)
	Oct 14 to Nov 11, 2025	UttarKashi, Himalayas	Sivananda Ashram	INR 30,000/ US\$ 2000
	Oct 5 to Nov 2, 2025	Chiang Rai, Thailand	Sivananda Ashram	INR 30,000/ US\$ 2000
	5 Oct-25 Nov 2025	Mysore Ashram	Sri Sri School of Yoga (AOL)	46000 INR / 2270 USD
	5 Oct-25 Nov 2025	Pune Ashram	Sri Sri School of Yoga (AOL)	55000 INR / 2270 USD
	13 Oct - 5 Nov 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



Yogarthi

Founded in 2020 by Dr. Sanjay Vaishnav, Yogarthi is a premier yoga institute based in Indore, Madhya Pradesh, committed to transforming lives through authentic and holistic yoga practices. Their offerings include therapeutic yoga, corporate wellness programs, advanced asana training, prenatal and postnatal yoga, and teacher training courses (200/300/500 hours). With a mission to make yoga accessible and impactful, Yogarthi blends traditional yogic wisdom with modern wellness science to help individuals achieve physical health, emotional balance, and spiritual growth.



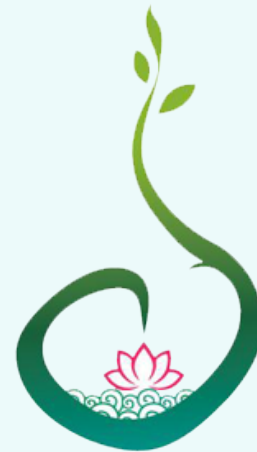
Yoga Temple

Led by Yogi Manoj Garg, Yoga Temple is committed to creating a global revolution in healthy living by addressing the root causes of lifestyle-related diseases. Through a blend of Yoga, Ayurveda, and Naturopathy, the centre promotes preventive health, natural healing, and conscious living. Yogi Manoj Garg himself leads by example, living a completely yogic lifestyle and inspiring others to embrace balance and wellness.



OS – Body Garage

OS – Body Garage is a one-of-a-kind wellness space that blends aerial arts (silk, hoop, hammock) with yoga, therapy, and mindfulness techniques. Their philosophy emphasizes education and empowerment – helping practitioners understand the logic behind every movement and fostering deeper mind-body connection. The centre focuses on building strength, resilience, and clarity, creating a safe, serene environment for personal transformation.



JEEVANAM

JEEVANAM Yoga Shiksha Kendra

As the educational wing of JEEVANAM Naturopathy and Yoga Therapy Health Clinic, this centre is dedicated to offering authentic yoga education that combines classical wisdom with scientific understanding. They conduct Yoga Teacher Training Courses (YTTC), continuing education for teachers, and regular classes for all levels. Their mission is to shape skilled, compassionate yoga teachers and practitioners who can spread the essence of yoga with integrity and purpose.



Lifestyle Balancing Mastermind's (LBM's) Yoga Institute

Established in 2017, LBM's Yoga Institute offers regular yoga classes (offline and online) along with Ayurvedic nutrition and diet consultations. Since 2025, the institute has been providing YCB Level 1, 2, and 3 guidance courses and advanced yoga certification programs.

LBM also conducts specialized workshops on face yoga, kids yoga, meditation, and Ayurvedic nutrition, combining traditional yoga practices with modern wellness approaches to help individuals achieve a balanced and healthy lifestyle.



Yoga Vahini Foundation

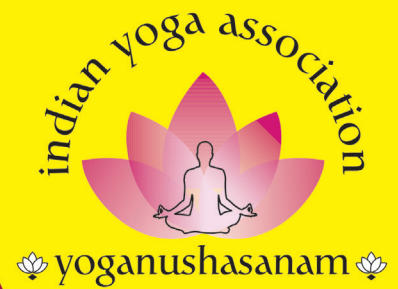
Based in Chennai, Yoga Vahini Foundation is dedicated to making the healing wisdom of yoga accessible to all through personalized yoga therapy, training programs, and community outreach. It offers internationally accredited Instructor (250 hrs), Teacher (500 hrs), and Therapist (800+ hrs) training programs, and is the first school in India accredited by the International Association of Yoga Therapists (IAYT). Rooted in the tradition of Sri T. Krishnamacharya and Sri TKV Desikachar, Yoga Vahini focuses on one-on-one teaching, research, and integrating yoga into mainstream healthcare and education.

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- Life Member
- Yoga Professional Member
- Yoga Volunteer Member

Visit www.yogaiya.in



LIFE MEMBERS



Shri Anil Borgaonkar

A dedicated yoga practitioner for over two decades, Shri Anil Borgaonkar has been associated with Hariom Yog Kendra as a committed Yog Sadhak. Post-retirement, he deepened his study of yoga by completing an MA in Yog from DAVV Indore and achieving YCB Level-7 certification from the Ministry of AYUSH. Guided by eminent teachers like Shri Vijay Madhekar, Dr. Premchand Jain, and Dr. Omanand Gurujji, he continues to share his passion for yoga and spiritual growth.



Aacharyaau Sau. Asmitatai

Founder Co-Director of Niramay Yog-chikitsa Kendra, Aacharyaau Asmitatai has over 22 years of experience in medical yogic science and alternative therapies. Recognized as "Best Yog Therapist" by Shri B.K.S. Iyengar, she has successfully treated more than 40,000 patients and conducted over 120 yoga therapy camps. Her work integrates yoga, naturopathy, and lifestyle management, inspiring thousands to adopt yoga for holistic health and well-being.



Smt Muthulakshmi V.

A Yoga Therapist and Teacher from Tiruchirapalli, Tamil Nadu, has over 20 years of yoga practice and 14 years of teaching experience. Associated with Sri Chakra Yoga Centre since 2011, she offers online yoga therapy sessions for clients in India and abroad, integrating asana, pranayama, meditation, relaxation, and diet guidance to promote holistic well-being.



Er. Patil Rajesh Ichchharam

Head of Yoga Science, KBC North Maharashtra University, he is a UGC-NET qualified M.A. (Yogic Science, University Topper), Chartered Engineer, and University Dy. Engineer. With research on pranayama and menstrual health and a DST grant of ₹30.46 lakh, he contributes actively to yoga education, research, and infrastructure development.



Smt Dimpal Singh

Based in Indore, Dimpal Singh is a faculty member specializing in Anatomy and Yog Sutra, currently teaching at Choithram College of Professional Studies (since 2024). She holds a P.G. Diploma in Yog Sciences from Gujarat Vidyapeeth, along with degrees in LLB, M.A. (Sociology), and Journalism & Mass Communication. Dimpal is pursuing her M.A. in Yoga and has prior teaching experience at Gujarat Vidyapeeth. She is recognized for precise and effective communication with students and colleagues.



Dr. Latika Vyas, Ph.D.

Dr. Latika Vyas, a Ph.D. in Food and Nutrition, is a certified yoga teacher and nutritionist with 15+ years of experience in yoga, therapy, and lifestyle management. Specializing in Ashtang, therapeutic, and kids yoga, she promotes disease prevention through simplified yoga and balanced diet, and is recognized for her work in child nutrition and wellness.



Smt. P. Gunasundari

Mrs. Gunasundari, based in Dindigul, is a seasoned Yoga Therapy instructor with over 13 years of experience. She is the founder of Sai Sathvik Yoga Centre and has trained students in India and abroad (US, UK, Dubai, Australia). She holds M.Sc. Yoga Therapy with Distinction, a Diploma in Yoga, B.A. English Literature, and Yoga Referee certification. Her expertise includes therapeutic yoga for disease management, hormonal balance, nervous disorders, spinal care, and advanced Surya/Chandra Namaskars. She emphasizes individualized coaching and holistic health practices.



Smt A. Jayalakshmi

With 19 years of experience in yoga, A. Jayalakshmi holds an M.A. in English, an M.A. in Yoga for Human Excellence, and a Diploma in Acupuncture. She is a professor at the World Community Service Centre and also serves as a Students' Life Coach. Passionate about holistic well-being, she integrates yoga philosophy, meditation, and therapeutic practices to empower learners and support slow learners through her School of Cognizance. Her motto, "Awakened to Aspire," reflects her commitment to fostering personal growth and excellence in her students.



Shri Mohan Lal Gupta

Shri Mohan Lal Gupta is a dedicated yoga practitioner currently pursuing a Ph.D. in Yoga from Venkateshwar University. He is a Yoga Professional Member of the Indian Yoga Association and has been actively involved in promoting yoga education and research. His areas of focus include therapeutic yoga, meditation, and holistic wellness, and he works to integrate traditional yogic practices with modern lifestyle needs. Committed to spreading awareness about the physical, mental, and spiritual benefits of yoga, Mohan Lal has conducted workshops, training sessions, and community programs aimed at improving well-being across different age groups.



Acharya Shri Kedarnath

Founder Director of Niramay Yogchikitsa Kendra, Pune, Acharya Shri Kedarnath is a distinguished practitioner of Yoga, Naturopathy, and Alternative Medicine with over 22 years of experience. He holds multiple qualifications including B.A. Philosophy, Diplomas in Naturopathy and Yog Therapy, Reiki Grandmaster, and Jyotish Alankar (Medical Astrology). He has treated over 40,000 patients, conducted more than 120 yoga and meditation camps, and received awards such as Best Yog Therapist by B.K.S. Iyengar and Jyotish Ratna Award. He also serves as President of the Hathayog Training & Research Institute.



Dr. Leena Manish Chaudhary

Dr. Leena Chaudhary, Assistant Professor of Yoga Therapy at KBC North Maharashtra University, has 13 years' experience in Ayurveda and 8 years in yoga teaching and research. With a Ph.D. from Mumbai University on yoga and menstrual health, she specializes in Therapeutic Yoga, Anatomy & Physiology, and Yog-Ayurvedshastra, and contributes to DST-funded projects.



Smt Vijayalalitha M

Founder of WeNeedToMeditate.com, Vijayalalitha M combines her IT career (24+ years) with her passion for Yoga, Psychotherapy, and Alternative Healing. She teaches Mudra, Chakra, and holistic yoga practices at Shiv Darshan Yoga Vidyalaya and Tantra Yoga Vidya Peedam, and works as a freelance yoga therapist. She holds M.Sc. Yoga, Ph.D. (Yoga, ongoing), M.Sc. Counselling and Psychotherapy, and various advanced certifications in Tantra Yoga and holistic therapies.



Smt Nidhika Jain

Nidhika is a certified yoga instructor with expertise in wellness, prenatal and post-natal therapy, face yoga, and focus enhancement for children. She conducts group and private sessions, corporate wellness programs, and specialized workshops. With a holistic approach, she integrates mindfulness, meditation, and proper alignment to promote physical, mental, and spiritual well-being. Her teaching is nurturing, inclusive, and tailored to individual needs, helping students explore and deepen their practice safely.

Nidhika's personal journey with yoga inspires her to guide others toward transformation and empowerment through consistent practice.



**Dr. Rajendra Kashinath
Nikumbh**

Dr. Rajendra Kashinath Nikumbh is an International Yoga Professional, Associate Professor, and HOD with over 30 years of experience in yoga education and therapy. He has organized and conducted more than 1,500 yoga camps and trained over half a million people. An award-winning yoga expert, he holds world records for mass yoga performances and has served as an examiner and lead observer for the Ministry of AYUSH.



Smt R. Ramya

Smt R. Ramya is the Founder and Director of Samrakshana Yoga Kendra and Retreat, with over a decade of experience in traditional Hatha yoga and eight years in yoga therapy. She specializes in pain management, yoga for seniors and special needs, lifestyle modification through diet and naturopathy, and stress relief through pranayama and meditation. Trained under the Krishnamacharya tradition, she also holds multiple international certifications and continues advanced studies in yoga. She has conducted corporate wellness programs, online courses, and sessions for special groups, including patients with pulmonary and metabolic conditions.



Smt. Pankaj Paltanwale

Smt. Pankaj Paltanwale, an educator, retired bank officer, and yoga practitioner, conducts classes, workshops, and consultations with a focus on senior citizens.

Passionate about holistic health, she promotes mental clarity, physical wellness, and lifestyle balance through yoga.



Shri Sanjay Solanki

Shri Sanjay Solanki is a Chartered Accountant and Cost Accountant who has transitioned from a successful career in finance to pioneering holistic healing. He is the inventor of V-Heal, a cutting-edge therapy based on energy, frequency, and vibration, integrating ancient Indian wisdom with modern scientific principles. Over the past decade, he has conducted extensive research and patient case studies, successfully treating chronic and complex health conditions where conventional medicine has limited results. Sanjay actively delivers public seminars, awareness programs, and consultations to educate people about alternative healing.



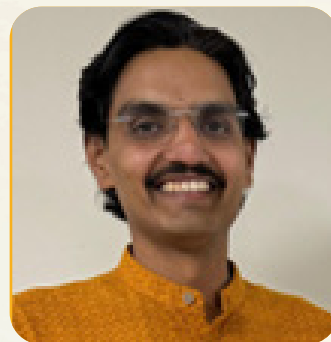
Smt S.Bala

Smt S.Bala is the Founder of Sattva Yog Delhi and an accomplished academic with extensive experience in teaching, research, and curriculum development. She has served as Assistant Professor at Netaji Subhash University of Technology and has trained students across schools and universities in yoga, wellness, and lifestyle management. Bala specializes in lecture planning, student mentoring, time management in research, and developing engaging educational programs. She has worked as a vocational instructor and yoga teacher, delivering training, seminars, and practical workshops for diverse age groups.



Smt Suganya Ravichandran

Smt. Suganya Ravichandran, Founder of Vaasidhva by Sugi, is a Certified Yoga Therapist, International Athlete, and Wellness Coach with 17+ years of experience. She integrates yoga, athletic coaching, chanting, acupressure, and meditation, and has won multiple national and international gold medals in yoga and athletics.



Shri Vishwarup Nanjundappa

Shri Vishwarup Nanjundappa, Executive Director at SVYASA-USA, is a Yoga Therapist, Sanskrit scholar, and educator specializing in the Integrated Approach of Yoga Therapy (IAYT). He has mentored 300+ yoga professionals, led clinical yoga therapy, and designed wellness camps worldwide.



Smt Shanthi Sembian

Smt Shanthi Sembian is a professional yoga consultant and therapist with advanced degrees in M.Sc. Yoga and Ph.D. She is internationally certified and registered under the Ministry of AYUSH and the Indian Yoga Association. Shanthi has over 15 years of experience designing yoga programs for diverse groups, including prenatal and postnatal women, senior citizens, children, and individuals with special needs. She specializes in yoga therapy, meditation, mindfulness, and mudra therapy, blending traditional practices with modern therapeutic approaches.



Smt Vartika Chaudhary

Smt Vartika Chaudhary is an energetic yoga trainer with expertise in Hatha, Vinyasa, Ashtanga, and mindfulness practices. She holds advanced degrees in Yoga & Science of Living and Yoga Therapy, along with diplomas in Naturopathy and corporate yoga training. Vartika has taught yoga in universities, schools, and fitness centers, designing tailored programs for students, athletes, and general wellness seekers. She has also participated in state-level athletic competitions and holds certifications in swimming, dance, and personality development.



Dr. NC Siddharthan

Dr. N.C. Siddharthan, MBBS and Yoga Therapist, trained in the Sri Krishnamacharya tradition, specializes in personalized yoga therapy and Srsti Krama for children. With international teaching experience across France, Canada, Belgium, and Dubai, he has authored five yoga books (some in French) and promotes holistic wellness through yoga and meditation.



Dr. H.S. Yadav

Dr. H.S. Yadav, a Certified Yoga Teacher with 20+ years' experience, trained at Morarji Desai National Institute of Yoga, conducts corporate and community programs. He integrates yoga with life-style pursuits like trekking to Everest Base Camp and running a half-marathon, and is the author of Joy of Natural Living and Harmony in Life.

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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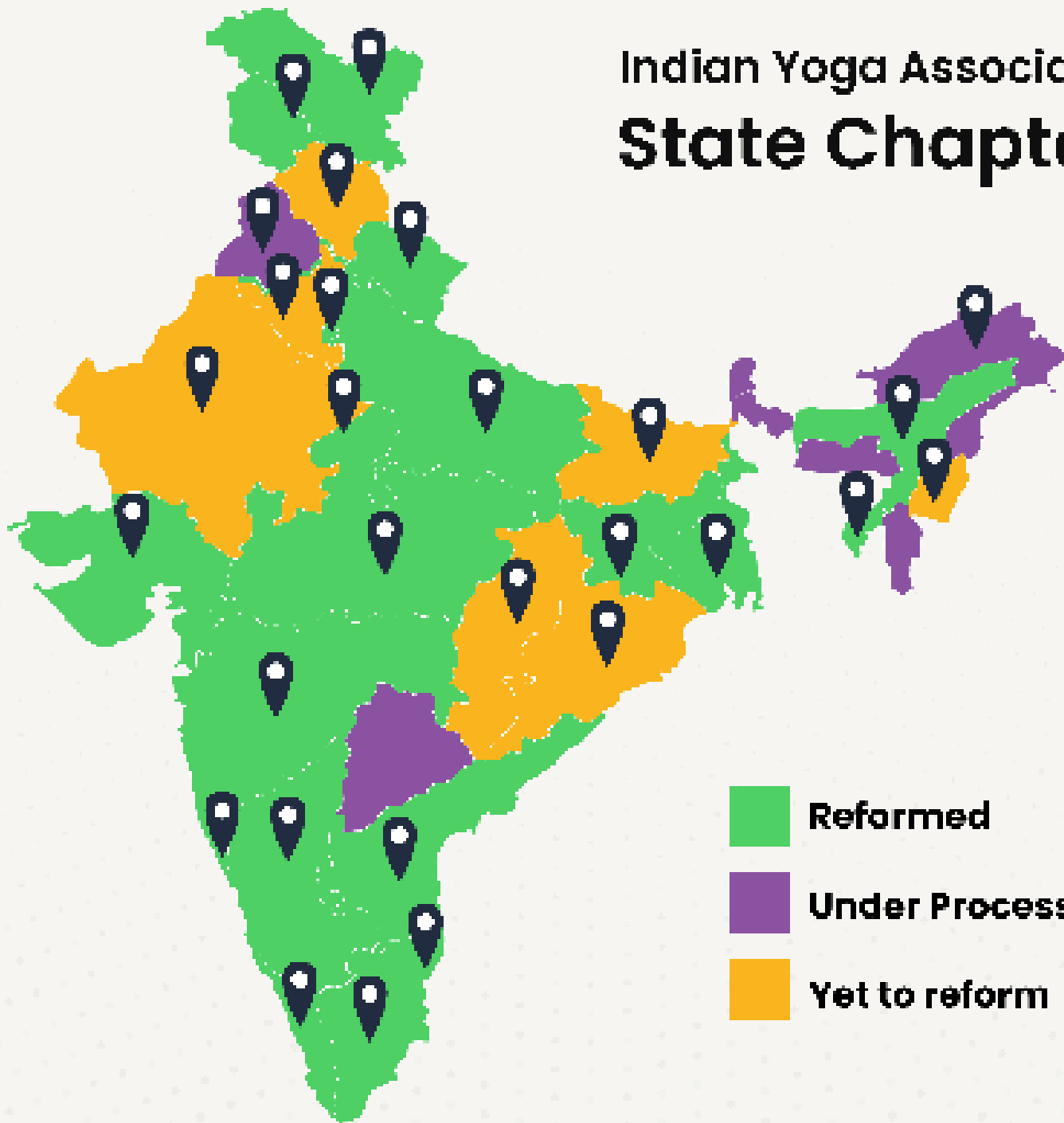
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Indian Yoga Association State Chapters



- Reformed
- Under Process
- Yet to reform

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

- ✓ Puducherry UTC
- ✓ West Bengal SCC
- ✓ Jharkhand SCC
- ✓ Chattisgarh SCC
- ✓ Tripura SCC
- ✓ J&K UTC
- ✓ Madhya Pradesh SCC
- ✓ Gujarat SCC
- ✓ Rajasthan

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- ✓ Haryana SCC
- ✓ Bihar SCC
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- ✓ Manipur
- ✓ Odisha
- ✓ Telangana



१००
वर्ष

१०१ वां स्थापना दिवस



प्रमुख अतिथि

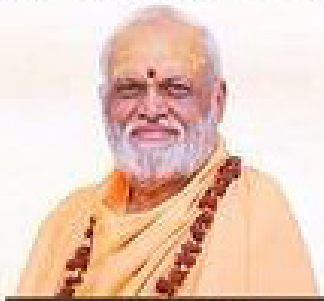
श्री मोहन भागवत

सरसंघचालक - राष्ट्रीय स्वयंसेवक संघ



डॉ. ओ. पी. तिवारी जी

अध्यक्ष,
कैवल्यधाम



माननीय अतिथि

परम पूज्य आचार्य

महामंडलेश्वर

श्री स्वामी विश्वेश्वरानंद

गिरी जी महाराज

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अध्यक्ष - सन्यास आश्रम, मुम्बई



श्री सुरेश प्रभु

अध्यक्ष - शताब्दी समिति, कैवल्यधाम
पूर्व कैबिनेट मंत्री,
कुलाधिपति - कृषिहुड विश्वविद्यालय

१७ अक्टूबर २०२५ | ९ कैवल्यधाम, लोनावला

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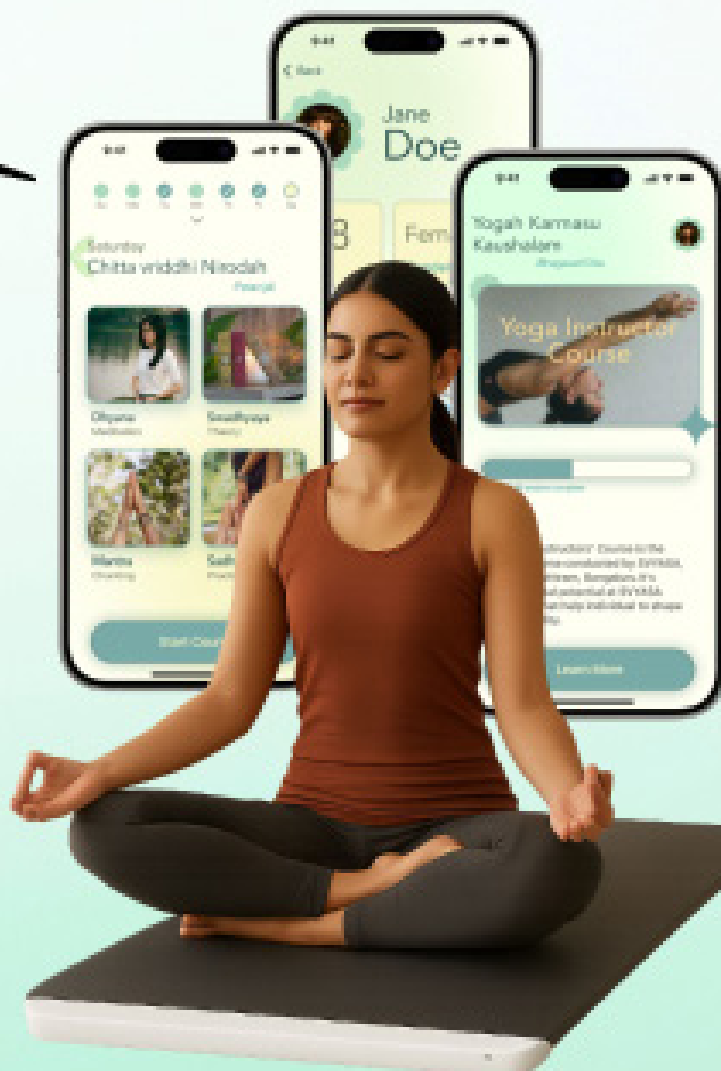
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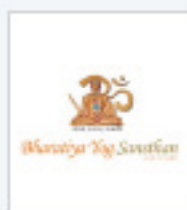


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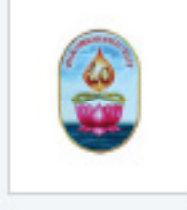
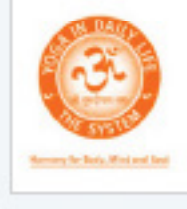
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MEMBER INSTITUTIONS



Upcoming YTTC

Course	Location / Mode	Dates
95H Children Yoga TTC	Bengaluru Ashram	10 Oct - 19 Oct, 2025
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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