



24 March-06 April, 2025

IDY 2025

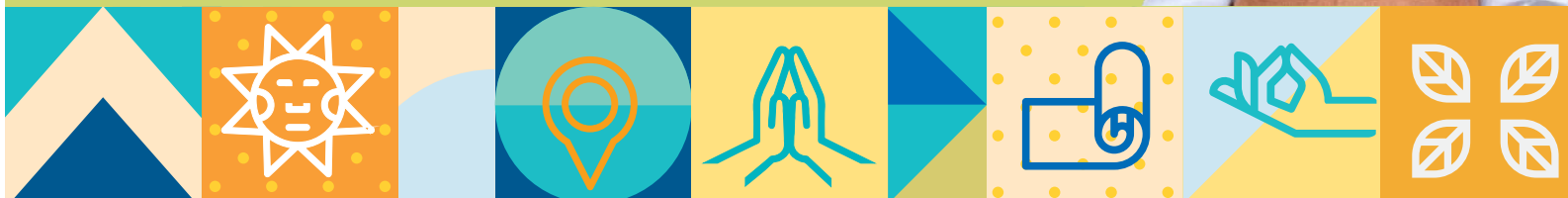
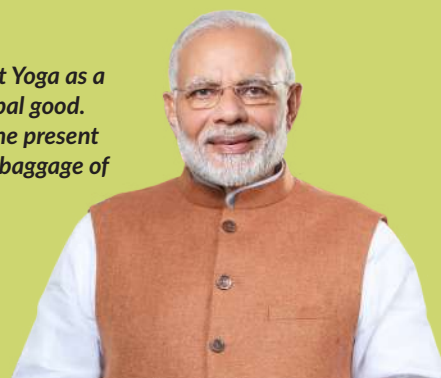
International Day of Yoga

NEWSLETTER

Yoga Quote

“The world is looking at Yoga as a powerful agent of global good. Yoga helps us live in the present moment, without the baggage of the past.”

Shri Narendra Modi
Prime Minister



'Yoga for One Earth, One Health'

Theme for IDY 2025 announced by PM Modi in Mann Ki Baat

The theme for IDY 2025 would be 'Yoga for One Earth, One Health', announced PM Narendra Modi in his 'Mann Ki Baat' address on March 30, 2025. Sharing India's vision for a healthier world population, the PM stated, “The theme of Yoga Day 2025 has been kept as Yoga for One Earth One Health. That is, we wish to make the whole world healthy through Yoga.”



The IDY observation each year is guided by a theme announced in the run-up to the event. Some of the themes in the past were 'Yoga for Harmony and Peace' (2015), 'Yoga at Home and Yoga with Family' (2020), Yoga for Wellness (2021) and Yoga for Vasudhaiva Kutumbakam (2023). The theme provides a central focus to the IDY observation each year, and various activities are designed around it.

As the world gears up for International Yoga Day (IDY) 2025, the theme 'Yoga for One Earth One Health' now takes centre stage, guiding a wide range of activities that highlight Yoga's role in promoting physical, mental, and environmental well-being, aligning with global calls for sustainability and unity.

Among the various programmes planned by the Ministry of Ayush, Government of India, for IDY-2025, many align with the theme "Yoga for One Earth One Health." One key initiative is "Yoga Samavesh," which aims to promote Yoga among special groups, including senior citizens, diabetic patients, pregnant women, and individuals in drug de-addiction treatment.

During the Mann Ki Baat programme, the Prime Minister expressed pride in the growing global interest in Yoga and traditional medicine. He highlighted the rising popularity of Ayush systems worldwide and praised contributors like the 'Somos India' team meaning We are India in Spanish—for promoting Yoga and Ayurveda for nearly a decade through treatment and education. They've translated key material into Spanish, with around 9,000 participants in their events last year.

PM Narendra Modi also appealed to everyone to include Yoga into their routine and take pride in the country's traditional wisdom for overall well-being.

Inside



Page 2
Yoga on clouds



Page 3
Yoga a cornerstone of MBBS curriculum



Page 4
In conversation with Shri Udit Sheth, President, Yogasana Bharat Founder & MD, TransStadia Chairman, TransStadia University





Yoga on clouds

Leh, the enchanting town with ancient monasteries and breathtaking mountain views, woke up to a special Yoga event on March 25. Hosted by the National Institute of Sowa-Rigpa (NISR) and set against the stunning backdrop of the Himalayas at an altitude of 11,562 feet (3,524 meters), the event was part of the country-wide activities being organised to mark the 100-day countdown to the International Day of Yoga - 2025.

The team of NISR including staff and students conducted the Yoga session at the Institute campus as per the Common Yoga Protocol (CYP) developed by the MDNIY. With snow-capped peaks, crisp mountain air, and an aura of serenity, Leh provided the perfect setting for this event. Dr. Padma Gurmet, Director, NISR said, "Yoga is not just a practice; it is a way of life that nurtures both the body and the mind. In today's fast-paced world, it serves as a powerful tool to achieve inner balance, mental clarity, and physical well-being. Through Yoga, we cultivate resilience, harmony, and holistic health—not just for individuals but for society as a whole. At the majestic heights of Leh, we reaffirm that Yoga transcends

boundaries, uniting us all in the pursuit of wellness and peace."

Ms. Tsewang Lhamo, the Yoga instructor from Mahabodhi International Yoga and Meditation Centre Leh also participated in the event and stated, "Yoga plays a vital role in our daily lives by promoting physical health, mental clarity, and emotional balance. Regular practice enhances flexibility, strengthens muscles, reduces stress, and improves overall well-being. It also fosters mindfulness, helping individuals maintain inner peace and harmony amidst the challenges of everyday life."

NISR is an autonomous Institute under the Ministry of Ayush for the preservation, promotion and development of Sowa-Rigpa.



Join the 'Yog Geet' jingle contest for IDY 2025

As IDY 2025 approaches, the Ministry of Ayush and MyGov present an exciting opportunity for the creatively minded. The 'Yog Geet' jingle contest invites citizens to create an original Yoga Song or Jingle. It is open from March 27 to April 25, 2025, entries can be in any official Indian language.

The aim? Craft a piece that highlights Yoga as a path to holistic health. The "Yog Geet" should engage all ages, spreading awareness and encouraging yoga practice. It should inspire participation in IDY 2025, promoting family and community involvement.

Focus on the benefits of regular Yoga. Highlight its role in managing health, preventing obesity and NCDs, relieving stress, and boosting workplace productivity. Submit a 25-30 second audio piece and a script in PDF format.



For more details on the contest and IDY 2025, visit [MyGov.in](https://mygov.in).

Yoga a cornerstone of MBBS curriculum

Shri Prataprao Jadhav highlights the relevance of Yoga's holistic approach for medical students' well-being.

Shri Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush and Minister of State, Ministry of Health and Family Welfare, underlined the role of Yoga in medical education, explaining its integration into the MBBS curriculum as a step towards improving student well-being. This was stated by him in Rajya Sabha, in a written reply to a parliamentary question on March 25, 2025.

Highlighting the initiatives implemented by the National Medical Commission (NMC), the Minister stated that a mandatory 10-day Yoga module has been introduced for all MBBS students, with faculty participation also encouraged.



These will precede the International Day of Yoga on 21st June. The students will be doing Yoga for 1 hour daily as per a module designed by Morarji Desai National Institute of Yoga (MDNIY).

Additionally, Yoga has been incorporated into the induction course at the beginning of 1st year of MBBS, providing students with early exposure to stress management techniques and holistic well-being practices. In his reply, the Minister also stated that these initiatives are crucial for fostering mental resilience, equipping students with the necessary tools to manage academic pressure while ensuring their overall well-being.



YOGA TECH



The Indian Yoga Association (IYA) Mobile App is a one-stop platform for individuals seeking a holistic approach to health and wellness. Available on both iOS and Android, the app connects users with nearby Yoga teachers, universities, institutes, wellness centres, Ayurveda and naturopathy services, physiotherapy options, and upcoming Yoga events.



The app was launched by Sri Sri Ravi Shankar, Chairman and Governing Council Member of IYA, during the 4th National State Chapter Conclave of IYA on March 3,

2025. Designed for accessibility and ease of use, the app offers a user-friendly interface, making it easier for individuals to find qualified Yoga instructors and wellness centres that align with their personal health goals. Users can explore teacher profiles, Yoga centres listings, and health recommendations based on their location – all for free.

Beyond location-based services, the app also provides wellness tips for stress management, improved sleep quality, and overall well-being. By integrating multiple wellness disciplines into a single platform, the IYA Mobile App serves as a valuable tool for anyone looking to adopt a consistent and effective Yoga and wellness routine.

Indian Yoga Association (IYA)
Mobile App





Yoga's role in integrative medicine: Insights from the AIIMS, New Delhi conference

Yoga's growing credibility as a cost-effective therapy for many disease conditions was the highlight of the First International Conference on 'Advances in Integrative Medicine' held at the Centre for Integrative Medicine and Research (CIMR) at AIIMS, New Delhi, earlier this month. The conference brought global experts together to explore the synergy of traditional and modern medicine.

The hosts, the CIMR of AIIMS New Delhi, has been working on integrating Yoga with modern medical science since 2016. Over eight years, CIMR has worked with 20 AIIMS departments, publishing research in top scientific journals. Their studies confirm Yoga's role in mainstream healthcare, especially its effectiveness in treating neurological and cardiac conditions.

Dr. Gautam Sharma, Founder Professor in-charge of CIMR, presented key findings. Research shows Yoga alleviates migraines, reduces syncope episodes (temporary unconsciousness), and supports heart health. "Yoga significantly decreases migraines and syncope episodes in regular practitioners," Dr. Sharma told DD News.

CIMR's work has gained international recognition. The European Society of Cardiology invited Dr. Sharma to present findings on Yoga as a therapy. The American Heart Rhythm Society and other organisations are keen to explore Yoga-based treatments.

One major study examined the economic burden of vaso-vagal syncope, a condition causing sudden heart rate and blood pressure drops. In the U.S., it results in 740,000 emergency visits and 460,000 hospital admissions annually. CIMR's research found Yoga, when combined with medical treatment, reduces syncopal events more effectively than medication alone, making it a cost-effective alternative.

As scientific validation increases, Yoga is becoming a key part of patient-centred healthcare. By integrating Yoga into treatment plans, healthcare providers can improve outcomes, lower costs, and enhance overall well-being.

In Conversation

Shri Udit Sheth

President, Yogasana Bharat,
Founder & MD, TransStadia
Chairman, TransStadia University



What attracted you to the practice of Yoga?

Shri Udit Sheth: I have been practicing fitness and wellness in various forms over the last 27 years. I have seen that having a supple spine, and a flexible body can lead to better mobility, and Yoga helps precisely to achieve these. It helps to improve focus and recovery as well. Yoga renews our focus on breath work and it leads to wonderful results.

What is your perspective on Yogasana being viewed as a competitive sport?

Shri Udit Sheth: When we incubated Yogasana Sport the 2 critical points were - i) if we didn't formalize it, another country might do so and sell it back to us, even though Yoga is India's gift to the world. (ii) while Yoga is presently popular mainly with those over 30, making it a sport can engage youth across genders, offering them international medal opportunities. Additionally, Yogasana Sport will boost the wellness and fitness economy by providing prize money and better pay, making it economically appealing. It's also attractive to female gender, and brands would love that too.

How has IDY observation specifically impacted the development and recognition of Yogasana as a sport, both in India and internationally?

Shri Udit Sheth: Since 2015, IDY has brought unprecedented global attention to Yoga, leading also to increased interest in Yogasana as a competitive sport. Countries have started going beyond Yoga's wellness aspect and are now recognizing its athletic aspects. This led India to incubate Yogasana Sport in 2019 with the Ministry of Ayush and recognize it as a sport in 2020 under the Ministry of Youth Affairs and Sports (MYAS). IDY has prompted international sports organisations to consider Yogasana. I believe IDY should evolve into year-round activities, further boosting Yogasana through collaboration with Ministries and Consulates in India and globally.

» Page 6



Empowering lives through Yoga journey of self-growth

Yoga harmonises body, breath, and mind through postures, breathing, and meditation. Beyond exercise, Yoga is a lifestyle, promoting mindfulness and resilience.

To explore Yoga's impact on the everyday lives of those who practice it, the IDY 2025 Newsletter (I2N) team spoke with practitioners. They shared their personal journeys and insights. Here are their voices on the transformative power of Yoga.



Subodh Kumar
Auto Driver

"I have been practising Yoga for the past 20 years, and it has become an integral part of my life. Through regular practice, I have experienced its profound benefits, not only in maintaining physical fitness but also in achieving mental clarity and emotional balance. Yoga nurtures both the body and mind, promoting overall well-being and inner peace."



Vijay Singh
Auto Driver

"I regularly practise Yoga for half an hour every day. This is the reason why, even at the age of 75, I am free from any illness. Even today, I drive my auto from morning till evening with full energy and enthusiasm. Yoga has filled my life with happiness and prosperity."



Md. Ajam
Central Armed Police Forces (CAPF)

"Duties and responsibilities play a crucial role in our lives. In this regard, Yoga proves to be a valuable gift, promoting both physical well-being and mental tranquility. It serves as a powerful tool for maintaining balance and leading a fulfilling life."



Anju Kajla
CAPF

"Yoga not only strengthens our physical health but also nurtures mental peace, allowing us to stay composed and focused while carrying out our responsibilities. By promoting mindfulness and self-discipline, it helps us manage stress and maintain emotional stability."



Mahesh Kumar
CAPF

"Yoga is not merely a physical exercise; rather, it is a holistic lifestyle that helps establish balance on mental, physical, and spiritual levels. It serves as a powerful catalyst for transformation, enriching our lives in profound ways."



Ramesh Gupta
Businessman

"I practice Yoga regularly because it helps me stay healthy and strong, both physically and mentally. It increases my energy, improves my focus, and makes me feel more balanced. Yoga also brings a sense of peace and spiritual growth, helping me lead a happier and more fulfilling life."



Nalinesh Sharma
Teacher, Delhi Govt.

"Yoga is an integral part of my routine, enhancing both physical health and mental resilience. It boosts energy, improves flexibility, and nurtures overall well-being, bringing greater balance, meaning, and fulfillment to life."



Rajat Gupta
MCA

"I began practising Yoga last year, and it has significantly contributed to my overall well-being. Yoga not only helps in maintaining physical fitness but also plays a crucial role in preventing obesity by promoting flexibility and improving metabolism."

Got some news to share?

If you would like to share your success/ideas or how you preparing for IDY 2025, please submit an article of around 150 words ASAP, so we can publish it in our next issue. Please include photos or feedback and send to: sharestoriesidy25@gmail.com



«Page 4

To what extent has Yogasana evolved independently from traditional Yoga?

Shri Udit Sheth: Unlike traditional Yoga, which focuses on personal well-being and spiritual growth, Yogasana as a sport follows standardized rules, scoring criteria, and competitive structures. Yogasana has gained official recognition as a competitive discipline under MYAS, giving it an independent identity in the sports domain. National and international governing bodies regulate Yogasana, organising events like the Asian Yogasana Championship and Yogasana Super League (YSL). While traditional Yoga is often associated with mindfulness and spiritual development, Yogasana has been packaged beautifully to attract younger generations with dynamic, acrobatic elements.

Has your experience in building world-class sports infrastructure through TransStadia helped you to adopt specific innovations or approaches for the development of Yogasana as a sport?

Shri Udit Sheth: I have been part of the sporting industry and my learning of branding, packaging, objectivity and framework has been very useful to contribute towards this development. The work that we have put to develop sporting infrastructure and manage it has played an invaluable role to drive the ashram to arena process for Yogasana as a sport.

What are the biggest hurdles Yogasana Bharat faces in achieving global standardisation, and what strategies are you employing to overcome them?

Shri Udit Sheth: The main challenge for Yogasana Bharat is to differentiate it from traditional Yoga and make it TV-friendly to gain increased audience interest. Establishing a universally accepted scoring system that balances artistic presentation and technical precision is critical. For global standardisation, we need sponsors, franchise investors, and media rights deals, making it essential for Yogasana to evolve. Strategies adopted include creating an international standardisation framework, aligning with the Ministry of Sport, implementing AI-assisted scoring, and launching the Yogasana Super League (YSL) to professionalise the sport. Integrating Yogasana into school and university sports leagues globally is also a goal.

What message would you like to share with aspiring Yogasana athletes on the occasion of IDY-2025?

Shri Udit Sheth: I would keep my message succinct, "work hard, innovate and capture the imagination of the fanbase".

CYP Decoded



Sh. Amit Sharma
Yoga Instructor MDNIY

Yogic Sukshma Vyayama

The power of gentle movements

Sukshma Vyayama, a fundamental yet often overlooked aspect of Yoga, plays a vital role in enhancing flexibility and overall well-being. To understand its significance, we spoke with Shri Amit Sharma, an experienced Yoga Instructor at the Morarji Desai National Institute of Yoga (MDNIY). With years of expertise, he shared valuable insights into the key components of Sukshma Vyayama, focusing on movements for the neck, shoulders, trunk, and knees.

Explaining its essence, Shri Sharma emphasized that Sukshma Vyayama consists of gentle yet effective exercises designed to improve circulation, alleviate stiffness, and prepare the body for advanced postures. He highlighted how neck movements can counteract the strain caused by prolonged sitting and poor posture. Simple bending and rotation exercises help relieve tension and enhance mobility.

Regarding shoulder movements, he pointed out that excessive screen time often leads to stiffness and back pain. Regular flexibility exercises can prevent these issues and improve posture. Shri Sharma also stressed the importance of trunk movements for spinal health, noting that bending, stretching, and twisting not only enhance flexibility but also aid digestion by stimulating internal organs.

For knee health, he recommended gentle exercises such as bending, rotation, and leg raises to strengthen muscles, improve joint lubrication, and reduce the risk of arthritis. He advised beginners to start slow, remain consistent, and integrate mindful breathing for lasting benefits.

In conclusion, Shri Sharma encouraged everyone to embrace Yoga as a daily practice, calling it a valuable gift for overall well-being.





10 years of CYP: Redefining Yoga journeys worldwide

The emergence of the Common Yoga Protocol (CYP) and its growing adoption over the past decade has led to increased harmony in the way Yoga is practised in different parts of the world. Designed as a comprehensive, scientific, and structured approach to Yoga, CYP has become a cornerstone of the International Day of Yoga (IDY), inspiring millions worldwide to embrace Yoga as a way of life. Three research papers were presented on CYP in New Delhi on March 13, 2025 during Yoga Mahotsav 2025, which examined the impact and effectiveness of CYP, revealing significant findings on its benefits for physical, mental, and spiritual well-being.

The following are some highlights:

A research-based perspective

Dr. Raghavendra Rao, Director of CCRYN, New Delhi, conducted a research survey in 2021 to assess the impact of IDY and Yoga practice on human health. His findings highlighted the risks associated with physical inactivity, including stress, difficulty in relaxation, and sedentary lifestyles. The survey indicated that participation in IDY motivated 39.3% of individuals to practice Yoga, with 46.2% reporting reduced stress and 31.9% gaining increased awareness and knowledge about health. The study further concluded that inflammatory conditions in Yoga practitioners showed considerable improvement, immune system efficiency increased, and mental wellness was significantly enhanced.



A pathway to higher consciousness

Prof. Dr. R. S. Bhogal, Joint Director (Research) of Kaivalyadhama, Lonavala, Pune, in his research delved into the deeper dimensions of Yoga, highlighting how CYP is designed to optimize the mind-body complex. His study emphasizes the role of CYP in regulating the endocrine system, ensuring proper nerve connections, and facilitating spinal health. According to Dr. Bhogal, CYP activates the Kundalini energy through refined blood circulation in the pelvic region, reducing carbon dioxide production and slowing lung and heart activity, leading to a transcendental experience.

A bridge between tradition and science

Dr. Purushottam Bung, Director of RV Institute of Management, Bengaluru shared his experiences and experiments, focusing on the holistic structure of CYP, emphasising its scientific foundation rooted in ancient texts such as the Vedas, Bhagavad Gita, and Patanjali Yoga Sutras. CYP follows the principles of Ashtanga Yoga and the Panchakosha model, guiding practitioners from physical wellness (Annamayakosha) to ultimate bliss (Anandmayakosha). The practice integrates elements such as Sukshma Vyayama, Asanas, Kriyas, Pranayama, and meditation, ensuring a comprehensive approach to health.



The journey of CYP over the past decade evidences its global impact – by providing a standardised practice for beginners, it has attracted millions of new adopters to Yoga. Research by Dr. Rao, Dr. Bhogal, and Dr. Bung confirms its benefits: stronger immunity, better cognitive function, mental peace, and overall well-being. The message is clear: Yoga should be made a part of daily life for lasting health and happiness. And there is no vehicle which gives an easier entry into this world of wellbeing than CYP.



Japan’s cherry blossom Yoga event sets the tone for IDY 2025

With just months to go before the IDY 2025 , images of Yoga enthusiasts gathering across the world have begun surfacing on social media. The growing global acceptance of Yoga as a way of life is evident, and Japan is no exception.

The Embassy of India in Tokyo hosted a Curtain Raiser event for IDY 2025 on March 28, where a large number of Yoga practitioners gathered under the iconic Cherry Blossoms. Ambassador Sibi George addressed the participants, highlighting the significance of Yoga for humanity.



Vietnam prepares for IDY 2025 with monthly workshops



As the countdown to IDY 2025 begins, Yoga lovers in Vietnam are actively engaging in preparatory sessions. The Swami Vivekananda Cultural Center, in collaboration with the Embassy of India in Hanoi, recently conducted a special Yoga workshop focusing on chest-opening postures, Surya Namaskar, and breathwork on March 22, 2025.

The session saw participation from both seasoned practitioners and beginners eager to experience the holistic benefits of Yoga. With IDY 2025 approaching, these monthly workshops are helping to create awareness and encourage a wider audience to embrace Yoga.

YOGA CELEB



“Yoga is not just about the body; it's about the mind and soul. It teaches patience, balance, and self-discipline, which are essential in life.”

Anupam Kher
Indian Actor and Director



Delhi govt schools to introduce Yoga in curriculum

Yoga and mindfulness will soon become an integral part of the curriculum in Delhi government schools as part of a new course, Science of Living. The course, designed by the State Council of Educational Research and Training (SCERT), will be introduced for students from kindergarten to Class 10.

The initiative aims to promote physical well-being, mental clarity, and emotional balance among students. It will include various forms of meditation, Yoga postures, stretching exercises, and mindfulness techniques, helping children develop focus, resilience, and stress management skills.

A senior SCERT official emphasized that incorporating Yoga into the school curriculum aligns with the growing global awareness of holistic education. "By introducing Yoga and mindfulness practices, we are ensuring that students not only excel academically but also develop habits that contribute to lifelong well-being," the official stated.



With this initiative, Delhi joins a growing list of regions worldwide recognizing Yoga's role in education, reinforcing its benefits for young minds.

Yoga takes centre stage at IIT Delhi's mind lab



IIT Delhi's newly established Mind Lab is integrating Yoga and mindfulness into academic research to enhance well-being and cognitive performance.

Using advanced technology, the lab measures stress, focus, and mental states, offering scientific insights into Yoga's benefits. It also provides courses blending Yoga, gratitude journaling, and mindfulness to help students manage stress and improve concentration.

This initiative highlights India's leadership in holistic wellness, making Yoga an essential part of modern scientific research.

IDY RECAP



When Algeria embraced the gift of Yoga

The IDY celebrations lit up iconic locations across Algeria, one of the most memorable being the Jardin d'Essai du Hamma, which was transformed into a vibrant Yoga hub on 21st June 2024. The event was organized by the Embassy of India for the third consecutive time at this historic venue, echoing the growing resonance of Yoga in Algeria. The event witnessed the enthusiastic participation of several distinguished personalities including Olympian and renowned celebrities.

The CYP session, saw active participation from hundreds of Yoga enthusiasts, was led by three dedicated instructors. Among them was Ms. Hayet Hamlaoui, who began her Yoga journey in 2016 after training in India and went on to found Algeria's first holistic center.



Journey from a young Yoga enthusiast to a beloved Yoga teacher



Neetu Saini
Yoga Instructor, MDNIY

Many years ago, a young Neetu Saini discovered Yoga in the bustling heart of Delhi. By sixth grade, she was already shining in competitions, twice earning the prestigious 'Miss Yogini National Award.' Initially, Yoga was just a passion. But a Diploma at the Morarji Desai National Institute of Yoga (MDNIY) changed everything.

A Turning Point

Ms. Saini remembers the time when she joined MDNIY – she had been facing a long and difficult battle with pneumonia and respiratory issues. But at MDNIY, through Shatkarmas, her health transformed. Yoga not only boosted her well-being but also her confidence. Under the mentorship of Dr. Ishwar Basavaraddi, the then Director of MDNIY, she mastered alignment and breathing. His guidance taught her the values of simplicity and inner peace. She transformed into an effective communicator and teacher of Yoga.

Teaching and Growth

For three years, Ms. Neetu Saini taught MDNIY's foundation course, inspiring students of all ages. Her horizons expanded as she contributed to the IDY booklets, which came to be used by millions across the country. A trip to China during IDY Week from June 16-22, 2017, revealed

to her the world's hunger for authentic Yoga knowledge. During COVID-19, she led Yoga sessions on Doordarshan and Sansad TV channels.

Empowering Women

Ms. Saini believes Yoga is crucial for women's empowerment. This is not a mere conviction, but something she has gathered over years of teaching Yoga. She has seen increased female participation in MDNIY's Yoga courses. Through conversations with her female pupils, she learned that many women are prioritizing health and many are gaining financial independence through Yoga.

Global Impact

A visit to Denmark from Jan 31-Feb 02, 2025, made Ms. Saini understand the magnitude of Yoga's growing appeal. She credits Prime Minister Narendra Modi for helping change perceptions, and for making Yoga a respected profession.

Beloved Teacher

Graceful, fit, and unassuming, Ms. Neetu Saini is one of the most visible presences in the MDNIY campus today. Her genuine care for each student's progress and her ability to connect with people on a personal level earned her the love and admiration of many. Ms. Saini's journey embodies the essence of Yoga, showcasing its transformative power, impacting health, careers, and society.

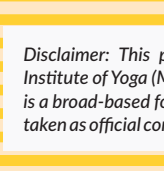
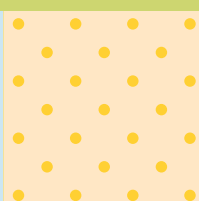


24 March-06 April, 2025

IDY 2025

International Day of Yoga NEWSLETTER

Issue 2 & 3



Disclaimer: This publication is brought out by the Morarji Desai National Institute of Yoga (MDNIY), for the purpose of dissemination of information. This is a broad-based forum, and the views and articles appearing here are not to be taken as official communications from the Institute.