



May 5 - 11, 2025

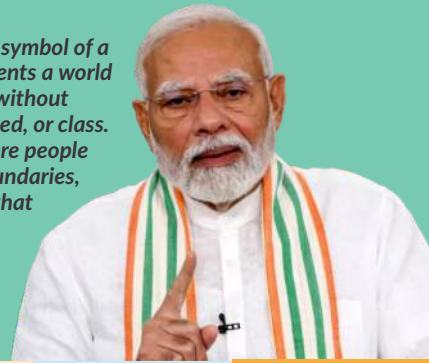
# IDY2025

## International Day of Yoga NEWSLETTER

### Yoga Quote

"The spread of Yoga is the symbol of a changing world. It represents a world where knowledge flows, without restriction of country, creed, or class. It represents a world where people come together across boundaries, for causes and concerns that unite the planet."

Shri Narendra Modi  
Prime Minister



## Shri Prataprao Jadhav: IDY 2025 will not just be successful, but inspirational for the entire world

Shri Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush, and Minister of State, Ministry of Health and Family Welfare, reviewed the progress of the preparations of International Day of Yoga (IDY) 2025, in a meeting convened on May 7, 2025, in New Delhi. The highlight of the meeting was the call of the Minister: "Let us reach every corner of the country and every part of the globe with the message of holistic well-being through Yoga."



The Minister focused on the plans and activities for the 10 Signature Events, and issued directions aimed towards making this year's Yoga Day celebration truly extraordinary and impactful. He also laid down approaches for involving the young generation, leveraging the energy of our educational institutions, and harnessing the influence of community leaders in amplifying the message and encouraging the widespread participation in IDY 2025.

Yoga Sangam, Harit Yoga, Yoga Connect and Yoga Bandhan were some of the key initiatives, discussed in meeting. Senior officials from the Ministry of Ayush participated in the review meeting, strategising the planning and implementation of major initiatives designed to make IDY 2025 as a most engaging event both nationally and internationally.

The Minister also reflected on the journey of this global initiative, he noted how the IDY, born from the vision of our Prime Minister Shri Narendra Modi and adopted by the United Nations in 2015, has grown into a worldwide cultural and wellness phenomenon that continues to inspire millions each year.

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Director ISCM of Sri Balaji Vidyapeeth,  
Puducherry





## Yoga in the hills

As the days draw closer to IDY 2025, the excitement and awareness surrounding Yoga is spreading to every corner of the country. Champawat, a picturesque city located between the Sharda River and the Indo-Nepal border—the gateway to the mountains, has also embraced the spirit of Yoga.



With the support of the district administration, Common Yoga Protocol (CYP) sessions are being organised at different unique locations under the IDY 2025 theme, “Yoga for One Earth, One Health.”

These sessions have been held regularly since the beginning of the month. One such location was the Shiv Mandir in Bandela Dhek where a Yoga session was organised by Ayushman Aarogya Mandir on May 5, 2025. A drawing competition and Yoga session were also held at a local school on May 6, 2025. Countdown events for IDY 2025 were organised at several villages and schools on May 7, 2025. This chain of events does not end here, the Police Line in Champawat also hosted a CYP session for police personnels to promote fitness and well-being amid their demanding routines. This session was conducted under the guidance of Dr Anand Singh Gusain, the District Ayurvedic & Unani officer.

Champawat district is actively participating in the IDY 2025 countdown events across villages, schools and offices, inspiring other districts and states to adopt a yogic lifestyle in their daily lives.

If a hilly region with limited resources can integrate Yoga to improve the quality of life, then why can't we? These consistent efforts serve as motivation for others to join the movement and become a part of the IDY 2025.

## Create your Yoga masterpiece for IDY 2025

With the upcoming IDY 2025, the Ministry of Ayush, Central Council for Research in Yoga & Naturopathy (CCRYN) and MyGov invites citizens to visually express the transformative power of Yoga through the IDY 2025 E-Poster Competition. This is your chance to inspire others with your vision of wellness! You can submit your work from April 8, 2025, to May 30, 2025.

### Want to be a part? Here's how you can.

Create a single-slide, PowerPoint E-poster (36"x48" size, portrait, 24-36 pt font) on themes like Yoga for Children, Women's Health, Productivity, Hypertension, Cancer, Mental Health, and more. Ensure your infographics and images are original and align with your chosen theme.

### Looking for submission guidelines!

Submit your E-poster in pptx format via MyGov.in. You can insert JPEG, BMP etc. Pictures, diagrams, graphs, tables and charts which should be of clear resolution. Ensure that your E-poster has a one-line certification. “I (insert name) certify



that this E-poster is solely made by me and no one else has any claim to the copyright.”

This is your moment to shine! Your e-poster could be featured in the Ministry of Ayush's digital exhibitions at events like Arogya fairs, Ayurveda Parv, and Yoga Fest. Show the world how Yoga promotes holistic well-being.

For more details on the contest, visit **MyGov.in**

<https://www.mygov.in/task/e-poster-competition-occasion-idy-2025/?target=inapp&type=task&nid=358511>

Scan and Participate



## Weekly Yoga Podcast launched for IDY 2025

The Ministry of Ayush has introduced a Weekly Yoga Podcast, produced by the Morarji Desai National Institute of Yoga (MDNIY), to promote holistic wellness. Launched on May 11, 2025, by Shri Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush, and Minister of State, Ministry of Health and Family Welfare via his social media platforms, the podcast blends traditional Yoga practises with modern lifestyles, aiming to make Yoga accessible to diverse audiences worldwide.

The inaugural episode of the podcast sets the tone for a transformative journey into the world of Yoga. The podcast series is designed to engage listeners with insightful discussions, guided practices, and expert interviews, making Yoga accessible and relatable to people of all ages and backgrounds.

In the first episode, listeners are welcomed into a vibrant conversation about the essence of Yoga and its global impact. The podcast highlights how Yoga, once a sacred Indian tradition, has become a worldwide movement for health and harmony.

This initiative aligns with IDY 2025, themed "Yoga for One Earth, One Health," as highlighted by Prime Minister

Shri Narendra Modi in his Mann Ki Baat address on March 30, 2025. The theme reflects Yoga's role in fostering physical, mental, and environmental well-being, inspired by India's G20 ethos of "Vasudhaiva Kutumbakam" - the world is one family.



## YOGA TECH



## Yoga Mudras: Well-being through gestures

India's wellness scene is being re-set with the technological innovations, and Yoga is at its heart. From apps to studios, there's a Yoga solution for everyone.

In this crowded space, Yoga Mudras – Asanas of Yoga app stands out as more than just a practice platform— it's a comprehensive digital space dedicated to enhancing physical, mental, and spiritual well-being through the ancient practice of mudras and Yoga postures.

Developed by Dharmesh Kathiriya and launched on April 7, 2020, the Yoga Mudras app offers a detailed catalogue of over 50 essential mudras, each accompanied by step-by-step instructions, benefits, and targeted body parts. And this is what makes the app unique, its USP being hand mudras – a vital yet often overlooked aspect of Yoga.

It says to its users – discover the art of hand mudras, choose gestures by health goal or body part, set your own practice

timer, and immerse yourself in a personalized, stress-relieving, and mindful Yoga experience. Its intuitive design and multilingual content have made it popular among users worldwide. The app works offline, making it accessible anytime, anywhere.

"Yoga Mudras app assists you to perform Yoga that improve your mental health, Physical health as well as spiritual health," says Dharmesh.





## Signature Events of IDY 2025

Ever thought Yoga could be your kind of cool? As IDY 2025 is approaching, Yoga Unplugged, one of 10 Signature Events, is here to make Yoga a vibrant part of your life. Designed for young people like you, this initiative mixes mindfulness with modern energy, bringing wellness to every corner of India.



### Yoga Unplugged

Yoga Unplugged invites you to dive into Yoga through youthful experiences. Picture Yoga fusion sessions mixing traditional poses with music and dance, or youth festivals buzzing with cultural performances, Yoga competitions, and street art. Online, you can join quizzes, e-poster contests, or social media challenges to share your Yoga story. Offline, workshops and campus Yoga spaces will bring communities together, even weaving Yoga into sports for extra energy.

Want to be part of this? You can jump in through the Samarpan Volunteer Programme, where students like, you can help organise events and earn certificates for your leadership.

#### How organisations can be part of it

Educational institutions, especially colleges, are invited to lead the charge by hosting festivals or workshops. Your university could create dedicated Yoga zones or partner with youth organisations to amplify the movement.

## In Conversation

### Dr Ananda Balayogi Bhavanani

Joint Secretary, IYA; Vice President Yogasana Bharat; & Director ISCM of Sri Balaji Vidyapeeth, Puducherry



#### Growing up in an environment immersed in Yoga and Indian classical arts, how did your early exposure shape your path as a Yogacharya?

I grew up in the traditional Gurukula atmosphere of Ananda Ashram, Puducherry where the art and science of Yoga was a way of life. I learnt Yoga from my Guru-Father Yogamaharishi Dr Swami Gitananda Giri and both Yoga and Bharatanatyam from my Guru-Mother Ammaji Yogacharini Meenakshi Devi Bhavanani. I was nominated as my father's successor at the tender age of 4, and now I'm completing 50 years as lineage holder of this Rishiculture Ashtanga (Gitananda) Yoga tradition. Everything is Yoga for me, and the love for Indian Culture was instilled deeply by my parents.

#### As a gold medallist in MBBS, how do you integrate modern medical science with traditional Yoga practises in your work?

I serve as Professor and Director of the Institute of Salutogenesis & Complementary Medicine of the Sri Balaji Vidyapeeth, a modern health care university in Puducherry. This is the only place in the world where both Yoga and music therapies are offered free of cost to all care seekers in all departments of medical, dental, nursing colleges as well as through our rural health services. Students from all streams of healthcare receive Yogabhyasa as an academic elective and local communities are served through multiple outreach programs. We have documented all of this through more than 200 research publications in highly reputed journals.

#### How do you see initiatives like Samyoga – one of Signature Events of IDY 2025 which takes Yoga to groups with special needs – help in advancing the integration of Yoga with public health on a broader scale?

One of our best practices of the School of Yoga Therapy, ISCM of SBV is phenomenal work with the Divyanga community. We offer therapeutic "Divyanga

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## Students' stress buster: Yoga for surviving exams

Youth, the driving force of our nation, face relentless academic stress from continuous classes, assignments, and exam schedules. This pressure takes toll on their mental and physical well-being.

While academic pressure is persistent, Yoga offers a vital means to manage it. It helps students to cultivate a calmer, more peaceful mind, fostering an optimistic outlook and enhancing overall well-being.

To gather insights into this topic, our team visited some students, and enquired about the role of Yoga in their hectic lives.



**Rajeshwari Paswan,**  
UPSC aspirant

*"Being a student can be mentally exhausting and for relief, I turned to Yoga. Over time, I realised that Yoga anchors me in the present, the only place where life truly exists. Yoga reshapes the mental patterns that fuel my anxiety. It took me some good years to understand Yoga. For me, Yoga is not just about flexibility, but a way to create a safe space for myself, appreciate my body and mind, and strengthen my ability to grow and persevere through difficult challenges."*



**Shrishti Ojha,**  
Bsc Ayurveda, JNU

*"I was introduced to Yoga during my school years, and that initial exposure inspired me to begin my own practise. Pranayama marked the starting point of my Yoga journey and it has proven to be highly beneficial, contributing to both my mental and physical well-being."*



**Shaurya Mohan,**  
Bsc Ayurveda, JNU

*"I began practising Yoga in class 8th, back in 2018. It played a significant role in helping me lose weight and even contributed to an increase in my height. In class 10th, I contracted COVID-19, and hospital beds being unavailable, I relied solely on Yoga for recovery. Practising Pranayama helped me manage negative thoughts. I firmly believe Yoga is a powerful tool for enhancing one's overall lifestyle."*



**Ayushi Dubey,**  
Bsc Ayurveda, JNU

*"I have been practising Yoga since my school days. My interest deepened over time, and I chose to explore it further. Now I am studying Yoga as an academic subject. Yoga helps me stay calm and maintain discipline amid the demands of my busy schedule, which includes intensive studies and back-to-back classes."*



**Shivani,**  
Bsc Ayurveda, JNU

*"I began practising Yoga two years ago, and its positive effects have been clearly noticeable, it helped me recover from various health issues, including an eye condition for which I was initially prescribed glasses. Regular Yoga has significantly improved my issues. I am truly grateful to Yoga for playing a vital role in resolving my health concerns."*



**Dheeraj Kumar,**  
Bsc Ayurveda, JNU

*"I was diagnosed with nasal polyps at an early age. I was advised to practise Anulom-Vilom to improve my breathing, and it helped me manage the condition. Since then, I have been practising Yoga daily to maintain and enhance my respiratory health."*



**Ravi Raj,**  
Bsc Ayurveda, JNU

*"I have been living in hostels since the 3rd standard, where I was first introduced to Yoga. That early discipline continued, and when I chose to pursue Ayurveda, I once again had the opportunity to study and practise Yoga in greater depth. I've rarely experienced confusion or frustration as Yoga has helped me stay focused, calm and grounded."*

**If you would like to share your success/ideas or how you are 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](mailto:sharestoriesidy25@gmail.com)

**Got some news to share?**

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Yoga” sessions on a regular basis for children with special needs and collaborate with premier institutions such as Satya Special School for this purpose. We have conducted National level “Training of Trainers” programs for special educators in collaboration with Kaivalyadhama supported by Ministry of Ayush. We provide Yoga for caregivers of special children as they suffer immense caregiver burden. Many doctoral projects have been completed with high impact publications and Dr Meena Ramanathan who is a renowned Yoga expert in this field has also made a copyright on “Making Yoga Fun for Special Children.” We are willing to serve as a nodal centre to train personal and provide resources both nationally and internationally.

**Having travelled to numerous countries for Yoga conferences and retreats, how has the IDY contributed to spreading awareness of Yoga's benefits?**

Before 2015, Yoga and Yoga teachers were only featured on the side-lines of so many events. However thanks to the foresight of our honourable PM, Shri Narendra Modiji, today each and every Yoga teacher and therapist has gained recognition and respect worldwide. Yoga has moved from the side-lines to the spotlight. Yoga is the best gift of India to the world and this gift highlights our adherence to the universal brotherhood dictum, 'Vasudhaiva Kutumbakam'- this is well brought out in this years' theme of 'Yoga for One Earth, One Health',

**What advice would you give to the next generation of Yoga practitioners and therapists?**

Be authentic, be faithful to the Yoga parampara, and serve humanity with love, compassion and dedication. Indian standards of Yoga and Yoga therapy must be the platinum standards for the whole world.



## CYP Decoded

**Shri Dilip Kumar**  
Yoga Instructor,  
MDNIY



### Prone postures spark strength and calm

Ever noticed how lying face-down feels oddly soothing? In this edition of CYP Decoded, we're rolling out the mat to explore the prone postures of the CYP and they're more powerful than they look. We spoke with Mr Dilip Kumar, Yoga instructor, MDNIY since 2018, who calls these asanas your secret to strength and inner calm.

“Prone postures seem simple, but they work deep,” Dilip says. Shalabhasana and Adho Mukha Naukasana, strengthen your spine, tone your core, and gently massage your organs. They open your chest for better breathing and activate your vagus nerve, melting stress away. Dilip calls Adho Mukha Naukasana his personal favorite: “It balances the body on the navel, works on the core, and aligns the chakras. It's a powerhouse pose,” he shares.

These postures, part of CYP's balanced flow from standing to lying, draw from ancient yogic wisdom and modern science, boosting lung capacity, digestion, and even preparing you for meditation. “When your spine's open and breath's steady, you're ready for deeper practice,” Dilip explains.

New to Yoga? Start slow with easier variations, like alternating legs in Shalabhasana, and always train under a certified instructor especially if you're pregnant or recovering from injury. “Yoga's personal,” Dilip reminds us.

Ready to find your calm? Try prone postures and feel the balance within. Connect with a local teacher and make these asanas your own!



## Toronto

On May 2, 2025 the Consulate hosted Yoga events in association with Isha Foundation and Sahaja Yoga Canada in Toronto



## Lome, Toge

The Embassy of India Lomé at the University of Lomé campus in association with the students and faculty of the University conducted a Yoga session on May 2, 2025



## Kandawgyi Lake, Myanmar

On May 2, 2025- Swami Vivekanand Cultural Centre, Embassy of India, Yangon conducted a Yoga session at the scenic Kandagwyi Lake in IDY 2025 context.



## Armenia

The Special Yoga Session was conducted on May 2, 2025 in Armenia.



## Madrid, Spain

The Embassy of India, Madrid, in collaboration with Bharat Padma Yoga, hosted a serene Yoga and Pranayama session on May 2, 2025







## International Indian School, Abu Dhabi

Embassy in collaboration with International Indian School and Shining Star International School in Abu Dhabi organised Yoga sessions on May 2, 2025.



## Muscat, Oman

Embassy of India, Muscat conducted a Yoga event on May 2, 2025 in Oman.



## Seef, Manama, Bahrain

As a precursor to IDY 2025, a Yoga event was held at the Indian Embassy premises in Seef district, Bahrain



## East Side Gallery, Germany

Embassy of India in Berlin and The Tagore Centre marked the IDY 2025 with a Yoga session at iconic East Side Gallery on May 2, 2025



## Ubon Ratchathani University, Thailand

SVCC, Embassy of India, Bangkok in collaboration with India Studies Centre, Ubon Ratchathani University, Thailand organised a Yoga workshop on 'Yoga for balance in Life' on May 2, 2025.







## **Washington DC, USA**

As a part of IDY 2025 celebration, the Embassy of India in USA organised a special Yoga session at various iconic sites in Washington DC on May 3, 2025.



## **Atlanta**

CGI Atlanta, in association with Indian Friends of Atlanta (IFA), organised a Yoga event as mark to IDY 2025.



## **SVCC, Fiji Sevashram Sangha**

On May 3, 2025, Yoga at Fiji Sevashram Sangha was organised by HCI Suva and ICCR Suva.



## **Fornebu Hovedgard, Norway**

At Fornebu Hovedgård was conducted with a dedicated Yoga session in May, 2025.



## **Divya Jyoti Jagrati Sansthan, Brisbane**

CGI Brisbane, with Divya Jyoti Jagrati Sansthan, Brisbane, organised a prelude event to IDY 2025 on May 3, 2025.







## General Seyni Kountche Stadium, Niamey

The Embassy of India in Niger, in association with Rotary Club organised a Yoga session on May 4, 2025 outside Général Seyni Kountché Stadium, Niamey.



## Nasr Club, Cairo

On May 5, 2025, ICCR Egypt organised a revitalising Yoga session at the Nasr Club, Cairo



## JSW School Workshop

NWCC, Thimphu organised the Yoga session on the context of IDY 2025 at JSW School of Law, Paro on May 5, 2025.



## Tanzania

Workshop on 'CYP' was organised on May 8, 2025 at Tanzania.



## Sittwe, Myanmar

A Yoga session in Sittwe was organised on May 8, 2025.







## Yoga is more than gentle stretching – it's a powerful workout

Yoga is an art of healing, paving the way for inner growth. It is often perceived as a gentle discipline and acts as a catalyst for holistic health. Recent research reveals that 2 hours of Yoga can match the physical effort of taking 11,400 steps.

### Isn't this great news?

Definitely, it is a good one. Yoga may appear less like a typical cardio activity, yet it is more active and engaging. And the best part is the Metabolic Equivalent of Task (MET) value of 2.8 – an impressive statistic that redefines Yoga as a robust form of exercise. This equivalency highlights how even slow, mindful movements can accumulate into significant physical activity, supporting not just flexibility and strength, but also cardiovascular fitness. So, why to walk kilometres and miles away, if you can choose a space with your Yoga mat and take up your drill. Even if it is the Padmasana, Vajrasana, Dhanurasana or the simple Surya Namaskar, all of them play a compelling role and contribute in your metabolic growth.

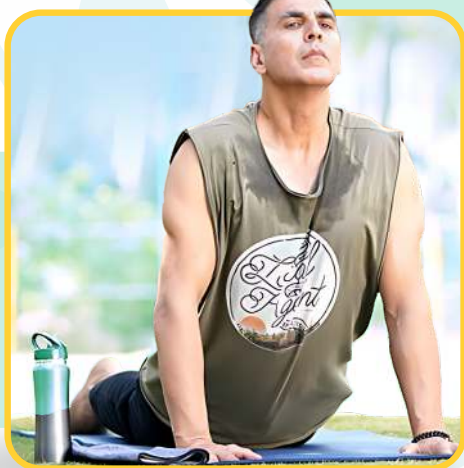
Yoga's therapeutic effects are well-documented with each of its yogic asanas and practise. It can lower blood pressure, improve circulation, and even aid in the management of chronic conditions, from pain to diabetes and heart disease.

Mentally, Yoga is a proven stress reliever. It fosters mental clarity, emotional resilience, and improved sleep. Its

meditative aspects can rewire the brain, boost mood and help us deal with psychosomatic issues promoting psychological well-being. Whether practised for physical vitality or mental peace, Yoga offers a comprehensive path to wellness.



## YOGA CELEB



*"For me, Yoga is not just exercise, it's a way of life. It keeps me balanced and energised."*

**Akshay Kumar**

Indian Bollywood Actor





## Harit Yoga blooms in the heart of Andaman Islands

On a beautiful day, Andaman and Nicobar Islands echoed with a harmonious blend of peaceful breath and Yoga movements, as the spirit of Harit Yoga came alive. On May 3, 2025, the beautiful surroundings of Biological Park, Chidiyatapu, South Andaman, became a part of the celebrations for the IDY 2025. The event gracefully wove together the threads of personal well-being through Yoga and environmental responsibility through Harit Yoga.



The CYP demonstration saw active participation from park staff, workers and their families, Yoga practitioners, and forester trainees from the Forest Training Institute, Wimberlygunj. Their involvement brought energy and purpose to the lush landscape of the park.



After the Yoga session, participants took part in a plantation drive, planting endemic and native saplings around the park. It was an act symbolising their commitment to nurturing their own health and that of mother Earth, reinforcing the bond between humans and nature.

This initiative was articulated by Shri A. C. Tilak, Deputy Director, Biological Park, Chidiyatapu and the plantation drive was coordinated by Miss B. Shweta, Camp Officer (Plant Section), ensuring the smooth execution of the event.

Day concluded with a solemn pledge to protect the environment and carry forward the essence of Harit Yoga into local communities, not just for one day, but as a way of life.

## Dehradun resonates with yogic spirit during CISCE trials

Dehradun, a city surrounded by lush green forests and the rolling hills of the Himalayas, felt the peaceful vibrations of Yoga and mindfulness, as IDY 2025 celebrations started off there. On May 7, 2025, The Doon Girls' School, Dehradun, played host to the CISCE Schools East Zone Yoga Trials, bringing together young Yoga enthusiasts from the surrounding region. The event showcased their commitment to yogic discipline and holistic well-being.

The competition was organised in three categories - Under 14, Under-17, and Under-19 with boys and girls participating enthusiastically and with great focus. Their determination was clearly reflected in their graceful postures embodying the essence of discipline, balance and inner peace.

The event concluded with Shri Amit Negi, Joint Secretary, Uttarakhand State Chapter,

Indian Yoga Association (IYA) presenting the Yogvani magazine to the principal of the school, highlighting the integration of Yoga into education and celebrating its spirit within academic institutions.







## How I made Yoga my own...

**Cherish Kataria**, Yoga instructor and National Player

My journey as a Yoga player started in 11th Class and over the years I have participated and won many Competitions such as All India University Games. Over the years on IDY I have taken CYP sessions at various places and have promoted Yoga by providing classes.



**Anushka Shankar**, Student, PGDMC, IIMC

Starting tomorrow at Thyagraj Stadium, my Yoga journey takes a new turn, rooted in deep inspiration from the Bihar School of Yoga. This step is not just about physical fitness, but about inner harmony, and self-discovery. I'm ready to embrace peace and purpose through Yoga.

**Tarun Badghaiya**, Journalism student

As IDY 2025 gets closer, I've started making Yoga videos to share my journey. Making videos is my way of spreading this positive energy. I want to show people how easy Yoga can be. You don't need to be perfect, just start where you are.



## YOGA RECAP



## Costa Rica's Yoga culture shines with IDY 2024



Costa Rica has celebrated IDY with enthusiasm over the years, showing its commitment to wellness and cultural harmony. Each year, over 200-300 Costa Ricans take part in IDY events, organised in collaboration with local Yoga

institutes, the Indian community in San Jose, and active groups like ASOYOGA and CRIA. The IDY 2024 was no exception.

This tradition with Yoga events and retreats, reflects the growing popularity of Yoga in the region. One notable event is the 'Envision Festival', held in Uvita, which featured a mix of Yoga, music, education, and community activities. The festival brought together Yoga lovers to celebrate in the heart of Costa Rica's lush landscape.

These events promote physical and mental well-being while encouraging cultural exchange. Costa Rica's dedication to the spirit of Yoga continues to grow each year.



## The sadhana of Sandhya Dixit: A yogic excellence



**Yogacharya Sandhya Dixit**  
Mentor Yoga, Kaivalyadhama Yoga Institute

In the silent spirit of Sukhasana, where breathe meets awareness, a journey unfolds as a sadhana for Yogacharya Sandhya Dixit.

From the depths of Antaranga Yoga to the wisdom of yogic counseling, her life became a living mantra rooted in tradition and healing.

With an academic background in biology and a deep yearning to become a doctor, little did Sandhya knew that she will step up in the career of Yoga. But over time, her involvement in Yoga led her to Kaivalyadhama Yoga Institute, Lonavala in 1981, pursuing the Diploma in Yoga education. Beginning as a Yoga instructor in 1982, she became a guiding force in yogic education, shaping minds in courses ranging from Pranayama to Yoga therapy. Her impact extended

beyond India's borders, echoing through studios in China, Macau, the UAE, and Turkmenistan—where through each session she transmitted Indian yogic heritage.

For over four decades, Sandhya dedicated her life to teaching Yoga across India and abroad. Her teaching spanned prestigious programs, from postgraduate diplomas to advanced teacher training programmes.

On the occasion of first IDY 2015 she was invited by the Consulate General of India, Guangzhou, China in June 2015 to observe the first India–China Chengdu International Yoga Festival in the city of Dujiangyan. Since then, she taught various aspects of Yoga therapy and yogic science to Chinese students through workshops till 2019. Apart from teaching Yoga, she helped craft syllabi, and designed senior citizen Yoga programs for the Ministry of Ayush. She also developed effective and novel techniques to train people in Shuddhi Kriyas.

Sandhya was awarded with the Prestigious "Swami Kuvalyananda Yoga Puraskar" by Hon'ble Governor of Maharashtra, Shri Bhagat Singh Koshiyari in 2021, for her outstanding and selfless contribution to Yoga.

She says, "Just try Yoga once, and then you will love it forever, understanding its benefits and the magic of its healing."



May 5 - 11, 2025

**IDY 2025** International Day of Yoga  
**NEWSLETTER**

Issue 8



*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.*