

From: IYA Newsletter
Date: 2015-12-13 14:44
To: Dr HR Nagendra
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Indian Yoga Association

Newsletter Issue 01/2015

*8th International Conference
Yoga & Education*

27th - 30th December 2015



KAIVALYADHAMA
Where Yoga tradition and Science meet

Register at: kdham.com/conference-2015/



YOGA & EDUCATION
PRINCIPLES AND PRACTICE

Editorial

Yujyate anena iti yogah. Yoga is indeed union, communion and reunion. It is the integration of body, mind and spirit enabling us to realize the oneness that lies within our own self.

Yet for so many years, there was no one single body to bring together the living traditions of Indian Yoga and hence a state of vi-yoga existed amongst the great institutions and traditions of Yoga in our country.

After years of consultation with eminent Yoga experts, the then Department of AYUSH (now a separate ministry in the Government of India) under the guidance of the Ministry of Health and Family Welfare, sponsored the establishment of the Indian Yoga Association (IYA) that was formally registered on 31 October 2008.

Read More...



Editor

Yogacharya Dr Ananda Balayogi
Bhavanani



COMMON YOGA PROTOCOL

Common Yoga Protocol developed by IYA being practised by record-breaking yoga Group including Prime Minister Narendra Modi ji at Rajpath in New Delhi on 21st June, 2015 on the occasion of International Day of Yoga!

What is the Common Yoga Protocol?

The Common Yoga Protocol is a common protocol that can be practised by all yoga practitioners for their growth. This protocol has been developed by the Indian Yoga Association.

An elaborate booklet is available on the IYA Website on www.yogaiya.in

Please [click here](#) to download PDF file of Common Yoga Protocol.

MESSAGES



President,



Senior Vice President,

Shri OP Tiwari

The importance of yoga has much increased after the Honourable Prime Minister's message to promote it globally. Our awareness can be increased only with powerful means. We should keep in mind that growth should not result in dilution of yoga. This newsletter must always carefully take traditional yoga practices ahead with the time. As said by a famous Yogi "Yoga has a complete message for humanity. It has a message for the human body, it has a message for the human mind and it also has a message for the human soul. Will youth come forward to carry this message, not only in India but in every corner of the world?" I wish that the newsletter will gain popularity among the masses...

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Vice President, Smt Hansa Yogendra Jayadeva

"Yoga is a way of life and not a religion. It can give you eternal peace of mind which will help you live a happier and a healthier life".

"Yoga is a means through which you can acquire a healthy body, a superior mind and thereby lead a happy and meaningful life which will give you a sense of fulfillment".

"Yoga is an experience of real knowledge to lead a stress free happy and healthy life, where you would find purpose and meaning in life and you would be able to spread balance state and peace in the world".

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Dr HR Nagendra

Indian Yoga Association – a realization of a dream! It is a matter of great pride that Indian Yoga Association (IYA) has become active again. The fact that the legendary Bheeshma Pitamah of modern yoga Late Padma Vibhushan Dr BKS Iyengar initiated the process of IYA may be a reason that all yoga schools could come together for a single cause. At the time of the formation, many different schools were doing good work in their own different way. But with the formation of the Association, there appeared hope that yoga could be standardized. Under the leadership of Late Dr BKS Iyengar Guruji, we found a way to realize the dream of a yoga not 'fragmented by narrow domestic walls' as Rabindranath Tagore said,

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Vice President, Prof SP Mishra

It is a great honour to become a part of the unifying activity of various Yoga Traditions under the Indian Yoga Association. Although, as the Vice Chancellor of Dev Sanskriti Vishwavidyalaya, Shankti Kunj, Haridwar, life offered me an opportunity to contribute towards Indian Culture and Yoga, I should say I am doubly grateful that God has given me another opportunity to continue to contribute to this most noble, enormous task through IYA. To be a part of the team that was originally headed by Guruji Late Padma Vibhushan Dr BKS Iyengar ji, and many others who have contributed immensely, is truly a humbling experience and a life-changing one too. Yoga is the cultural heritage of India...

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**Secretary,
Dr Ishwar Basavaraddi**

Yoga has the history of more than 5000 years. Over the years the tradition of Yoga has undergone changes and still catered to the needs of the common people. Therefore, it is still alive and deservedly placed in driver's seat. This is because of its simplicity but efficient techniques for disease prevention and health promotion which is the motto of Yoga and Indian systems of medicine.

Several Yoga Masters devoted their life for the practice and promotion of Yoga. They took Yoga to all the nooks and corners of the globe and made it a globally accepted system of health care. It was the need to bring all these Yoga techniques among leading Yoga masters under one umbrella and put forward some standards which will help in inclusive growth of the system. [Read More..](#)



IYA Round Up

IYA setup a stall for the delegates from the yoga community and Kaivalyadham students on the occasion of Kaivalyadham Foundation Day on 24th October, 2015. IYA also visited Somaiya Vidyapeeth in Mumbai to register students on the 25th October, 2015!



8th EC Meeting held

The 8th meeting of the Executive Council of the Indian Yoga Association was held on the 4th November, 2015 at 11:30 am at its headquarters in MDNIY, New Delhi. Important decisions relating to yoga were taken and the progress of activities updated.



General Memberships Open! Register Now!!

- The General Member will get ID card with Registration No. as an acknowledgement IYA member.
- The General Member will get 10% discount in the registration in the event organize by the member institutions e.g. seminar, conference, workshops etc.
- The General Member will get 2 newsletters annually published by the association electronically.
- The General Member will get accreditation under the different category from IYA as per the accreditation criteria and processes.

The fees for General Membership is Rs 250/- (Rupees Two Hundred Fifty only) per annum. The membership is renewable annually. Fees may be paid in the following ways:

Cheque / DD should be drawn in favour of Indian Yoga Association. For RTGS and Cash Deposits:

Account Name: Indian Yoga Association
Account No.: 30724796663
IFSC Code: SBIN004041

To Register online click [here](#)

FROM ANNALS OF MODERN YOGA RESEARCH HISTORY!

- Dr R Nagarathna, Dr HR Nagendra (*Published in British Medical Journal, October 1985*)

Abstract

Fifty three patients with asthma underwent training for two weeks in an integrated set of yoga exercises, including breathing exercises, suryanamaskar, yogasana (physical postures), pranayama (breath slowing techniques), dhyana (meditation), and a devotional session, and were told to practise these exercises for 65 minutes daily. They were then compared with a control group of 53 patients with asthma matched for age, sex, and type and severity of asthma, who continued to take their usual drugs. There was a significantly greater improvement in the group who practised yoga in the weekly number of attacks of asthma, scores for drug treatment, and peak flow rate. This study shows the efficacy of yoga in the long term management of bronchial asthma, but the physiological basis for this beneficial effect needs to be examined in more detail..

UPCOMING INTERNATIONAL YOGA EVENTS

21st INCOFYRA



Theme: Integrating Best of East
with Best of West
in Medical Practice



On Jan 3, 2016
Inauguration by
Shri Narendra Modi Ji
Hon'ble Prime Minister

Jan 3 - 7, 2016
Prashanti Kutiram, Bengaluru

[click here](#) ►►

22nd International Yoga Festival

Jan 4th to 8th, 2016

Organised by: Government of Pondicherry,
India



National Yoga Week

17th International Yoga Festival

Theme: Yoga for Geriatrics
February 12-18, 2015

1-7 March, 2016

Organized by: MDNIY, New
Delhi

Organized by Parmarth Niketan,
Rishikesh

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