

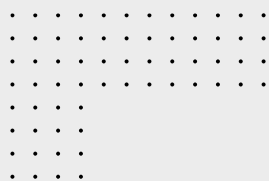
1st International Conference on **YOGA CONCEPTS FOR GLOBAL APPLICATION**

 **At Puducherry (former Pondicherry), India**
January 30 – February 1, 2026

Vedasamskriti Yoga Foundation
(VSYF)
And
Council for Yoga Accreditation
International (CYAI)



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Hear the Words of

The People Behind Our Vision



Rajan Narayanan



Sanjeev Krishna



Vratika Arya



Annamalai



Ashok Agrawala



Sadhna Samant



Suja Pathanjali



K. N. Siva Subramanian



Nargish Khambatta



Gopi Muvva



Dhanya Rathnam



Avani Presswala



Sri Anish



Ashok Thareja



Sankara Bhagvadpada

First International Conference on Yoga Concepts for Global Application

Held at Vedic Vidya Kendra

RS No. 28, Mathur Rd, Ganapathichettikulam, Kalapet, Puducherry 605014, India,

January 30 – February 1, 2026

First International Conference on Yoga Concepts for Global Applications is jointly convened by **Vedasamskriti Yoga Foundation (VSYF)** and **Council for Yoga Accreditation International (CYAI)**

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Life In Yoga
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Background and Key Goals of the Conference

In general, yoga is perceived as physical practices related to postures (Asanas) and breathing techniques (Pranayama). Within narrower segments, meditation and devotional practices (Bhakti Yoga) are also acknowledged as part of yoga. However, the deeper philosophical view of yoga—as the basis of creation, existence, purpose of life and dissolution, as conveyed in the Yoga Sūtras of Patanjali—is often overlooked by many organizations, even though they may know it.

- As a result, focus has been on specific practices of Asanas, Pranayama and Meditation.
- This completely ignores the fact that traditions in every part of the world have rituals in daily life, annual and life-cycle observances (e.g. Vedic Samskaras) that are yogic in nature.
- This First International Conference on Yoga Concepts for Global Application will seek to introduce the lifecycle and lifestyle concept of yoga, individual and social aspects of yoga (related to Dharma), in other words the duties we as humans are bound to follow for individual fulfillment and cosmic harmony.
- This conference introduces several programs to Indian organizations and public to inspire sponsorship, adoption, dissemination and re-education of the gems in the Indian culture. Post conference courses provide training opportunities in some of these programs

Program Agenda in Brief

January 30, 2026

Arrival

Meet & Greet

- Arrival between 2:30 to 5:00 pm. Tour of Facility – 5:00 pm
- Opening Meditation – 6:15 pm followed by Dinner – 7:00 pm
- Post Dinner Introduction of Attendees

January 31, 2026

Part I: Yoga Concepts

Principles & Research

- Session 1 –Heritage of Yoga and its Modern Manifestation and Proliferation
- Session 2 – Yoga and Science: Mechanism of Yoga and its Measurements

Part II: Global Application

From Conception to End

- Session 3 – Sowing the Seed: Yoga Solutions for Pre-Birth and Early Childhood Years
- Session 4 – Laying the Foundations: Yoga Solutions to Enhance Early and Adolescent Education

February 1, 2026

- Session 5 – Yoga Solutions for Advancing in Higher Education and Career for Young Adults
- Session 6 – Conscious Leadership in Work and Family Life: Finding Yogic Harmony in the Rhythm of Life
- Session 7 – Precision Yoga Therapy: Measured Application for Chronic Diseases
- Session 8 – Yoga for Improving Quality of Life and Spiritual Awakenings with Healthy Aging

Post-Conference Training Program

February 2-4, 2026

- **Teacher Training for Adolescents:** Key elements to prepare adolescents to be high performers in life
- **Pancha Prana Training for Yoga Instructors:** Enabling VSYF Yoga instructors to enhance effectiveness of yoga sessions, and to offer daily online program for senior citizens of India
- **Introduction to Measured Yoga Therapy (MYT) :** Concept of Prana flow measurement and translation into organ functionality

JAN 31 - Saturday
OPENING SESSION OF CONFERENCE

9:30 AM

JAN 31 - Saturday

SESSION 1: HERITAGE OF YOGA AND ITS MODERN MANIFESTATION & PROLIFERATION

- Chair Rajan Narayanan
- Historical Development of Yoga (Sanjeev Krishnan)
- Approaches to Yoga Practices & Yogic Realization (TBD)

10:00 AM

JAN 31- Saturday

SESSION 2: YOGA AND SCIENCE: MECHANISM OF YOGA AND ITS MEASUREMENTS

- Chair Annamalai
- Mechanism of Yoga and its Measurements (Rajan Narayanan)
- The Information System Model of Existence (Ashok Agrawala)

11:30 AM

JAN 31 - Saturday

SESSION 3: SOWING THE SEED - YOGA SOLUTIONS FOR PRE-BIRTH AND EARLY CHILDHOOD YEARS

- Chair KN Sivasubramanian
- Bridging scientific inquiry with timeless wisdom (Sadhna Samant)
- Prenatal and Postnatal Lifestyle approaches for healthy Progeny (Suja Pathanjali)

2:45 PM

JAN 31 - Saturday

SESSION 4: LAYING THE FOUNDATIONS - YOGA SOLUTIONS TO ENHANCE EARLY AND ADOLESCENT EDUCATION

- Chair Nargish Khambatta
- The Nādi System and Learning Abilities for Children (Rajan Narayanan)
- Raising Bright and Dharmic Children (Gopi Muvva)

4:30 PM

FEB 1 - Sunday

SESSION 5: YOGA SOLUTIONS FOR ADVANCING IN HIGHER EDUCATION AND CAREER FOR YOUNG ADULTS

- Chair TBD
- Stress Management for Young Adults (Dhanya Rathnam)
- Lifestyle Practices Enhancing Higher Education and Career Success (TBD)

9:30 AM

FEB 1 - Sunday

SESSION 6: CONSCIOUS LEADERSHIP IN WORK AND FAMILY LIFE - FINDING YOGIC HARMONY IN THE RHYTHM OF LIFE

- Chair Rajan Narayanan
- Conscious Leadership: A Yogic Harmony between Head and Heart (Sri Anish)
- Role of Marriage and Conscious Leadership in Life (Gopi Muvva)
- Rhythm of Life (Sanjeev Krishnan)

11:00 AM

FEB 1 - Sunday

SESSION 7: PRECISION YOGA THERAPY: MEASURED APPLICATION FOR CHRONIC DISEASES

- Chair TBD
- Yogic Understanding of Ill-Health and its Measurements (Rajan Narayanan)
- Measured Yoga Therapy and Its Application for Categories of Disorders (TBD)

2:45 PM

FEB 1 - Sunday

SESSION 8: YOGA FOR IMPROVING QUALITY OF LIFE AND SPIRITUAL AWAKENINGS WITH HEALTHY AGING

- Chair TBD
- Enhancing Quality of Life in the Elderly through Yoga: A Holistic Approach (Ashok Thareja)
- Spiritual Awakening (Sankara Bhagavadpada)

4:30 PM

Session 1: Heritage of Yoga and its Modern Manifestation and Proliferation

Origins of Yoga, Patanjali's philosophy, Relationship to Vedic System, Significance of Yama and Niyama, Approaches to Yoga Practices, Yoga type of Practices from other parts of the world, Modern Day Practices.

HISTORICAL DEVELOPMENT OF YOGA

From time immemorial observing the nature of temporal existence, understanding life and its secrets of existence, has been the human quest. This connective harmony of the body, mind and spirit called Yoga arises from the root word "YUJ" meaning to connect in the Sanskrit language. A logical and clear exposition of this knowledge has been provided by Maharishi Patanjali in his Yoga Sūtras. This document is considered the fifth in chronological order among the six most ancient Indian philosophies. The sixth in chronological order is the Vedānta philosophy expounded in the Brahma Sūtras of Sage Vyāsa after he compiled the four Vedas. By writing a commentary on the Yoga Sūtras, Vyasa established the parity in the philosophy of Vedānta and Yoga, thus establishing the direct relationship between Yoga and the Vedic system.

In the world today, some see yoga just as an exercise practiced in gym and yoga studios. Others see it in religion. And those with deeper awareness see it in every aspect of existence – that connects everything in existence. Perceptions based on one's experience and intellectual understanding define one's view. Hence the term Yoga is understood in different manner across the globe.

In this presentation, we will begin the journey from the Vedic period and the proliferation of yoga through the era of Jainism and Buddhism, post-Shankaracharya period and the influence of Tantra, the emergence of Haṭha Yoga, yoga missionaries of the last two centuries and the modern-day manifestation of yoga in different ways.

APPROACHES TO YOGA PRACTICES AND YOGIC REALIZATION

This session derives its content directly from the Yoga Sūtras of Maharishi Patanjali. The real practice approaches are presented as three-fold: physical purification, vibrational purification and mental purification. Respectively these are Haṭha Yoga, Tantra Yoga and Bhakti Yoga. The realization of yoga (the yogic state) is described as Kriya Yoga (which is Karma Yoga where one realizes that the body is only an instrument to fulfill the Karmas and Kleshas and be purified) and Jñyāna Yoga (that is realization of the nature of existence). The path to these higher realizations is meditation in its highest state, enabled by purification and inquiry.

This session carefully connects the practices, the pathways and realizations that are implied in the Yoga Sūtras to remove any confusions coming from various perceptions and modern-day proliferation of yoga approaches.

Session 2 -Yoga and Science: Mechanism of Yoga and its Measurements

Nadi System and Pancha Prana, Application in Ayurveda and traditional medicine systems, Modern measurement tools, Learning from clinical research using conventional physiology and modern 'energy medicine' measurements.

MECHANISM OF YOGA AND ITS MEASUREMENTS

The Vedic system is anchored in the six ancient philosophies. Yoga Sūtras of Patanjali is one of the six ancient philosophies that serves as a guidance to the seeker on practice methods for self-realization, while lightly touching on the nature of creation and its mechanism. The Sāṅkhya philosophy provides details on the nature of creation, while the Vaiṣṇeshika philosophy provides details on the nature of the Pancha Prāṇa as the connector between the spiritual world and physical existence. The concept of communication channels, called Nādis, are gleaned from the combined wisdom of Ayurveda, Tantra, Chinese bio-meridians and personal yogic experiences.

In the research of the last 100 years or so, mostly from Russia, different types of measurement instruments have surfaced that provide deeper understanding and quantifiable measurement of Nādis.

In this presentation, following the exposition of the yoga-vedic model in terms of three levels of existence, we track the research on EAV (Electro-acupuncture according to Voll) and our chakra measurements, the use of Electro-photonic imaging, and Metatron technology. Other measurement approaches are briefly noted without discussion.

THE INFORMATION SYSTEM MODEL OF EXISTENCE

Our personal yogic experiences combined with the knowledge from the Vedic system philosophies and measurement tools of the modern age, allow us to present a structural model of existence in terms of modern physics. Thus, in this presentation, we:

- Provide insight into a fifth force beyond the four forces of classical physics that may provide insight into the grand unification of all forces.
- Suggest three levels of existence, consistent with the Vedic philosophy and those of most religions, viewed as the physical world, spiritual world and the source world (God).
- Present this existence as a communicating system with differences in each world and with respect to animate and inanimate.
- View the physical world as a projection of a programmed entity in a spiritual world.
- Link the structure to the concept of Puruṣha and Prakṛiti of Yoga.
- Hypothesize the method of communication through particle motion.

Session 3 – Sowing the Seed: Yoga Solutions for Pre-Birth and Early Childhood Years

Yogic and physiological understanding of fertility, pregnancy, childbirth and early child development (until the age of seven).

BRIDGING SCIENTIFIC INQUIRY WITH TIMELESS WISDOM

“Sowing the Seed” examines conception, pregnancy, childbirth, and early childhood (up to age seven) through the dual frameworks of modern biomedicine and yogic philosophy. A holistic understanding of these formative stages requires integrating insights from both domains. On the one hand, modern medical science elucidates the physiological, genetic, and neurological mechanisms of reproduction and development. On the other hand, yogic and Ayurvedic traditions highlight prana, mental balance, subtle energies, and the influence of consciousness and environment. Notably, both perspectives converge on the recognition of maternal well-being — particularly the reduction of stress — as a central determinant of maternal-fetal health, neurodevelopment, and long-term resilience.

Drawing on research in endocrinology, psychoneuroimmunology, and developmental neuroscience, alongside classical yogic and Ayurvedic texts, this presentation explores how integrative, evidence-informed practices can optimize maternal-child outcomes. By bridging scientific inquiry with timeless wisdom, the discussion underscores the potential to cultivate not only healthier individuals but also more compassionate, resilient societies through conscious nurturing in the earliest stages of life.

PRENATAL AND POSTNATAL LIFESTYLE APPROACHES FOR HEALTHY PROGENY

In the context of traditional practices, we present lifestyle elements that are integral for stress reduction, improved vitality, proper nutrition, and balanced state of mind for conception, fetal development, effortless delivery and recovery of the mother after childbirth. The key to successful conception and good progeny is the optimal state of the body and mind of both father and mother and the household environment. In addition, we present popular practices of prenatal yoga that enables healthy formation of the fetus and easy, natural delivery of the child. The importance of suitable practices is divided by each trimester in consideration of the state of the mother and fetus.

Postnatal recovery for the mother is a very important element for the health of the family and the newborn child. The yogic approach to this outcome is also discussed. In cases of infertility, the yogic approach to address this problem is also discussed.

Session 4 – Laying the Foundations: Yoga Solutions to Enhance Early and Adolescent Education

Leveraging the Nāḍi system growth to enhance learning abilities and understand the role of Dharma in living.

THE NĀḌI SYSTEM AND LEARNING ABILITIES FOR CHILDREN

From the spiritual view, the physical form of a person (lower Prakṛiti) is a projection of the spirit that resides in the spiritual dimension (higher Prakṛiti), beyond the three-dimensional world. A soul awaiting birth resides in the spiritual domain until it finds a suitable womb.

After birth, the process of establishing continuous connection of the physical form with the spiritual domain begins through the Nāḍi system and Chakras, fully formed by about age seven. Between the age of seven and puberty, the programs (karmas and kleśas) of the being become firmly connected. At this time meditative practices help the child to harmoniously connect into its program of life.

With puberty, these programs manifest more strongly, giving rise to the challenges of adolescence, when children seem to assert independence. Proper guidance at this stage is critical for shaping bright, focused, and dharmic individuals. In this presentation, the focus will be on how the Nāḍi system supports learning abilities, and how yoga practices can help children navigate adolescence while cultivating a Dharmic approach to living.

RAISING BRIGHT AND DHARMIC CHILDREN

The two formative phases in a child's life—ages seven to puberty, and puberty to about 15—are deeply tied to Nāḍi system development and shape the future.

Gentle prāṇāyāma, transcendental meditation, and a joyful environment help children avoid stress and grow harmoniously in the first phase. From puberty onwards, specific practices can prepare them for a fulfilling experience for the rest of their lives.

As the child grows, it is important the parents provide the right environment. Our program called Gurukul ELP (Elite Learning Program) helps parent to enable the child and the whole family to manage stress effectively, promoting Dharmic living and an environment for all in the family to find fulfillment in life. Gurukul ELP addresses the limitations of conventional education and tackles challenges such as academic overload, rote learning, lack of practical exposure, stress, and absence of value-based education.

In this session, the focus will be on structured programs for accelerated academic mastery, applied learning methods, memory and speed-reading techniques, yoga, mindfulness, and cultural grounding, and how it empowers students to achieve academic excellence while cultivating confidence, resilience, and emotional balance. Gurukul ELP deeply inspired by the essence of spiritual texts encourages students to live a happy, balanced, and purposeful life.

Session 5 – Yoga Solutions for Advancing in Higher Education and Career for Young Adults

Cultivating lifestyle practices for stress management and enhancing academic performance and building confidence and leadership skills.

STRESS MANAGEMENT FOR YOUNG ADULTS

Young adults often fall into two broad groups: those with big dreams who work hard passionately towards achieving them, and others who face failure on the path to success and become depressed. Even the most driven students who seem to be progressing encounter obstacles such as headaches, vision problems, and frustration when things do not go their way. It is the rare few who appear to move through life effortlessly, as if success opens its doors to them with little effort. The key to such ease lies in effective tools for stress management, which directly enhance academic performance, self-confidence, thought leadership, and long-term career success.

The Patañjali Yoga Sūtras present a dual approach through Kriya Yoga — Iśhvara Praṇidhāna (surrender to the divine or letting go) and Svādhyāya (self-inquiry) — which results in Tapas (purification of karmas) in activity. This process of de-stressing allows young adults to remain receptive to their inner, i.e., spiritual, guidance in response to life's inquiries. Rather than forcing outcomes, one learns to let the cosmic intent reveal the path to fulfilment.

In this session, the discussion will focus on how the principles of Kriya Yoga can be applied for stress management, enabling young adults to cultivate daily meditation, seek clarity, and achieve lasting success. The message to young adults is BE A DAILY MEDITATOR and seek your inner guidance . . . and become high achievers!

LIFESTYLE PRACTICES FOR YOUNG ADULTS ENHANCING HIGHER EDUCATION AND CAREER SUCCESS

There is no single prescription of lifestyle practices that applies to everyone; however, the guiding principles remain universal. These principles are laid out in the Yama and Niyama of Aṣṭāṅga Yoga. In a nut-shell, it is about being true to your conscience, seeking to explore and understand, having regularity in living with an attitude of letting go. Put in conventional lifestyle, it is about leading a disciplined life, where you get adequate sleep, ensure proper nutrition as suitable for you, and always ensure you have daily personal time when you have the attitude of a pure observer letting go of all worldly thoughts. This letting go can be a form of transcendental or mindfulness meditation practice. While transcendental meditation is better, even mindfulness practices like daily walking meditation, engrossment in music or any activity where you do for the sake of it without any expectations other than being in the moment. However, it must be the same practice every day to ensure that it builds a meditative awareness.

In this session, the discussion will focus on how the principles of Yama and Niyama can be integrated into daily living, helping young adults manage stress, enhance higher education performance, and achieve long-term career success.

Session 6 – Conscious Leadership in Work and Family Life: Finding Yogic Harmony in the Rhythm of Life

Cultivating inner awareness and perspective in social living by finding Rhythm of Life balance between family responsibilities and work stress.

CONSCIOUS LEADERSHIP: A YOGIC HARMONY BETWEEN HEAD AND HEART

Every one of us is a leader in our own kshetra (field) with a certain radius of impact. And, in this hyper-connected world, none of us are living in silos. Every thought, word and action of ours influences people around us and especially those whom we lead. Hence, the need to be much more conscious.

And for this consciousness to grow, we need to expand our zone into integrative perception of micro and macro situations – the Nano and Cosmic aspects. This is the conscious leadership that we need, that will help the collective humanity . . . to continue, to grow and to evolve. Conscious Leadership is about creating a Yogic harmony and a delicate balance between work and family life, between head and heart and between competition and cooperation.

ROLE OF MARRIAGE AND CONSCIOUS LEADERSHIP IN LIFE

Marriage in most religious traditions is considered a sacrament. It is the coming together of two souls who become united as one in their program content (Karmas and Kleshas). Thus, in marriage the weakness of one is overcome by the strength of the other to fulfill their joint purpose in life. Ideally, each partner in marriage with their base programs would carry complementary vibrations like the perfect mantra that leads to transcendence in meditation, eventually extinguishing all programs to attain Moksha at the end of life.

This session presents the key to success in marriage as conscious leadership, which is true in all walks of life where we interact with others, including our work environment. When one works with meditative awareness, there is no concept of having to do anything, but rather simply letting it happen in higher consciousness to fulfill our life's purpose.

RHYTHM OF LIFE

Rhythm of Life is the wisdom of living in line with the biological rhythm of mother nature for a harmonious blend in lifestyle journey. Humans are the most evolved species, and hence the designated CEOs for this Universe, with intelligence and capability to thrive and strive to create the best for this world by maintaining good health. Our true nature is to follow our activities in rhythm to sustain, maintain and retain our biological age and optimum wisdom, and contribute to this world of nature . This awareness is wisdom.

In this session, we present the linkage between our own rhythmic patterns in eating, sleeping, and our overall lifestyle that connects with our harmonious bodily existence. To know and master these life management principles is the wisdom to live with a healthy body, a dynamic mind and purpose in life. Mastering this rhythm is the key to success in life..

Session 7 - Precision Yoga Therapy: Measured Application For Chronic Diseases

Difference between conventional medicine systems and the yoga approach. Introduction of Measured Yoga Therapy integrative of scientific inquiry of energy medicine modalities, traditional medicine methods and concepts of modern medicine within the philosophical view of yoga about the nature of existence.

YOGIC UNDERSTANDING OF ILL-HEALTH AND ITS MEASUREMENTS

We present the yogic concept of health as the perfect balance of the five Pranas – Prana, Apana, Vyana, Udana and Samana – which in turn fulfills the person's cosmic purpose of life, contributing to the Brahman (all of creation). Lack of that is the imbalance that creates ill health. The same is expressed in Ayurveda in terms of Vata, Pitta and Kapha that is measured by examining the vibrations of the pulse with three fingers near the wrist.

Further, in this presentation, we distinguish between the roles of Prakriti and Purusha and the nature of imbalances that manifest as different types of disorders. While Samana of the Pancha Prana is considered the balancer, its role in sustaining chronic diseases is also explained. We present measurement technologies that use instruments and give specific measurements of individual organ systems as understood by modern anatomy and physiology. The input used for measurement is the same vibrations that is measured by Ayurveda and other traditional medicine systems. Another important concept is that any intervention by medication or lifestyle can immediately change the balance of the five Pranas and modern technology can measure its impact on each organ system. This is the concept of Measured Yoga Therapy with lifestyle interventions only, and while it only measures the immediate impact, it is predictive of healing with sustained practice to create permanent balance in the Samana.

MEASURED YOGA THERAPY AND ITS APPLICATION FOR CATEGORIES OF DISORDERS

Measured Yoga Therapy is a trademarked system developed by Life in Yoga Institute. It is based on the instrumentation of Electro-Photonic Imaging that captures biophotons from the tip of the ten fingers when placed in an electromagnetic field. The instrument called Bio-well translates the intensity and pattern of the biophotons to assess the health of about 40 organ systems of the body. Intrinsically, it is measuring the same vibrations as done with three fingers by a traditional medicine physician, although the image of the biophotons may seem different. When any intervention is done, whether it is by medications or lifestyle practices, the changes are instantaneous. However, since vibrations in the human system are subject to changes from any influence whether it is food, thought or environment, error variations can be significant. Further the difference in the left and right hand can be significant in assessing therapy potential.

Measured Yoga Therapy is presented as the integrative art of:

- Correlating allopathic diagnosis with the biophotons readings and understanding the specific prana that creates the root imbalance; and
- Knowledge of appropriate lifestyle practices that counter it and finding the imbalance reduced or eliminated in the biophoton readings immediately after applying such a practice, like a specific breathing practice or mantra or meditation; and
- Recommending it for daily practice.

Within the time available, approaches to autoimmune, neuro-musculoskeletal, neurological, cardio-respiratory, metabolic and mental health disorders will be discussed briefly.

Session 8 - Enhancing Quality of Life in the Elderly through Yoga: A Holistic Approach

Aging issues and yoga programs specifically designed for elderly to manage their vitality, health, sleep, fitness and spiritual pursuits.

ENHANCING QUALITY OF LIFE IN THE ELDERLY THROUGH YOGA

This presentation explores how yoga serves as a holistic lifestyle strategy to significantly enhance the quality of life for older adults. Recognizing that quality of life encompasses physical health, psychological well-being, independence, social interactions, personal beliefs, and environmental engagement, this talk emphasizes yoga's comprehensive benefits for the elderly. Physically, yoga improves flexibility, strength, and balance, crucially reducing fall risks and mobility-related injuries. It also helps manage chronic conditions like arthritis, hypertension, and chronic pain, thereby fostering independence and reducing discomfort. These improvements are pivotal for enhancing the overall quality of life.

Psychologically, yoga offers stress reduction and mental clarity through mindful breathing and meditation. It aids in emotional regulation and tranquility, essential for mental health and well-being among seniors. Socially and existentially, yoga helps older adults maintain and build social connections, reducing loneliness and fostering community. It also promotes personal growth and self-awareness, facilitating a sense of purpose and fulfillment in later life.

The talk will introduce practical yoga adaptations from the Life in Yoga Institute, ensuring accessibility and safety for older adults with varying mobility levels. Attendees will gain insights and motivation to integrate yoga into their routines or those of their elderly loved ones, supporting sustainable holistic health and improved quality of life.

SPIRITUAL AWAKENING

In this talk, the theme of spiritual awakening is not being approached along the traditional lines of Yoga, Vedanta, the Upanishads, & the Gita. Rather spiritual awakening will be presented from the point of view of Sri. J. Krishnamurti.

In the Krishnamurtian Darshana (framework) of 'Inward Flowering through self-Knowing', the domain of study, or the 'seen' is not the Divine, not sacred texts, not traditional practice, but rather, the whole movement of the self within the consciousness of the individual in our day-to-day moments, as we face our challenges. In the context of the human life, this movement of the self is fundamentally, sorrow-breeding & sorrow-begetting. An opportunity for self-Knowing descends on us massively, may be only three or four times in life. Those are times when life destroys the empires that the self-seeking self has erected for its vain glorious life.

It is only at such opportune 'seasons' (crises) that self-Knowing can really happen, resulting in the calming, silencing & even the dying of the self. Put differently, awakening to suffering; observation of suffering; ending of suffering are the three phases of self-Knowing. When this happens, the fragmentation of consciousness; the duality in consciousness - between the self and the 'other'; between idealism & reality; between the 'seer' & the 'seen'; between the human & his imagined god is ended. To come this far, there has to be the negation of authority, prioritizing. This is the new Krishnamurtian Darshana: 'Inward Flowering through self-Knowing'. In other words, spiritual awakening entails the dying of the self, and Inward Flowering results in the Sthitha Prajnya state of the individual.

Speaker Profile

C. Rajan Narayanan



C. Rajan Narayanan serves as the Chair of Board and Executive Director of Life in Yoga Institute (lifeinyoga.org), Secretary of the Council for Yoga Accreditation International (CYAI), Mentor and Visionary for Vedasanskriti Yoga Foundation. Narayanan serves multiple roles in the service of yoga to the world presenting yoga as a spiritual and scientific discipline coming from the Vedic system, even as the spirituality core is equally applicable to all religions of the world. He is an active researcher, who in 2015 created a system called Measured Yoga Therapy® (MYT) that integrates scientific measurement systems with traditional medicine systems which come from yogic wisdom. In this process he demonstrated the ability to cure incurable diseases, not as a random event, but as a predicted event with objective measurement of yogic applications, especially mantra vibrations. The method is published and indexed in the National Library of Medicine and can be accessed at [Bioenergy and its Implication for Yoga Therapy](#). This enhanced healing abilities with MYT has resulted in a volunteer network of over 50 people around the United States and other parts of the world who are trained, being trained, and are treating health issues. Well over 1,000 cases have been recorded with this system. More recently his research has been looking to develop a separated understanding of each of the five Pranas associated with yoga and Ayurveda, and their healing abilities, with a focus on understanding universal communications in collaborative work with Prof Ashok Agrawala. He has been studying detox techniques of traditional systems that impact the gross (physical) body and concurrently working on research with scalar waves to access the causal body or the spirit, which is normally in the intuitive zone of yogis.

On another front, he leads efforts for the public benefit of the systems Life in Yoga Institute has developed with free daily yoga classes on zoom, while also serving as the administrative head of the organization.

On a third front, in his CYAI role, he has tried to bring yoga standards in certification that reflect the spiritual backbone of yoga along with transfer of the methods developed from Life in Yoga research for other like-minded yoga institutions and teachers. A recently published textbook called Yoga Concepts for Global Application published by CYAI for instructors and a certification exam for instructors is the movement in this direction. Higher level books for therapy and deeper spiritual understanding are in the works.

In a fourth role, he has been the initiator to integrate all the yoga efforts to bring it to India through Vedasanskriti Yoga Foundation.

He received his PhD from the University in Stony Brook, New York in 1985, and his B.Sc. from Calcutta University, St. Xavier's College in 1981. He has served as a professor of economics, management science and marketing in different Universities and has also worked as a manager at American Express in New York between 1989 and 1993.



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Speaker Profile

Sanjeev Krishnan



Sanjeev Krishnan, founder of Sanjeev Krishna Yoga (SKY), affectionately addressed as “Guruji” established his Dubai-based yoga center in 2003. His spiritual path began early, influenced by Shri Thankappan (Siddha Vedam), Transcendental Meditation from Maharishi Mahesh Yogi, Kriya Yoga, Raja Yoga, Siddha Samadhi Yoga, and teachings from Swami Anandamangal of Bihar School of Yoga. His lifelong quest for inner awakening continues to shape his work as teacher, entrepreneur, and social leader. Sanjeev created the transformative “Rhythm of Life” program, impacting thousands worldwide. He serves as Director at CYAI, Advisory Board Member at ARYIC (UAE), and was recognized by Dubai’s Department of Health in 2004 for advancing global health through yoga. An active Rotarian since 1996, he co-founded the Rotary Club of Dubai Downtown and has held multiple leadership roles. SKY, an ISO-certified CYAI-accredited institution, offers wellness and yoga teacher training programs. He is also co-author of Yoga Concepts for Global Application, furthering yoga education and standards worldwide.

Vratika Arya



Vratika Arya is the anchor being all activities at Vedic Vidya Kendra (VVK), Puducherry and Sanchalika of Sarvadeshik Arya Veerangana Dal (All India). Trained in Yoga in different traditions with many years of dedicated practice, she leads meditation and asana-pranayama practices at Vedic Vidya Kendra . Coming from Gurgaon, Haryana, where she served as a Yoga Teacher and Therapist at Pathways World School Aravali, she along with her husband have dedicated their life to the work of Arya Samaj and the development of Vedic Vidya Kendra as a Gurukul facility by moving to South India.



Speaker Profile

Ashok Agrawala



Ashok Agrawala serves on the Board of Life In Yoga Institute and is a Professor in the Department of Computer Science at University of Maryland at College Park and Director of the Maryland Information and Network Dynamics (MIND) Lab. He is the author of seven books and over two hundred peer-reviewed publications. Glenn Ricart and Ashok Agrawala developed the Ricart-Agrawala Algorithm. The Ricart-Agrawala Algorithm is an algorithm for mutual exclusion on a distributed system. This algorithm is an extension and optimization of Lamport's Distributed Mutual Exclusion Algorithm. He has been interested in spirituality for many decades and has been a regular meditator for over 20 years. He has been researching measurement systems that look beyond conventional health measurements to understand the nature of physical existence of the human spirit. Recently he has embarked on a project to map the nature of existence from the source of creation to the manifest world in terms of an information management system model.

Agrawala received B.E. and M.E. degrees in Electrical Engineering from Indian Institute of Science, Bangalore, India in 1963 and 1965 respectively; Masters and Ph.D. degrees in Applied Mathematics from Harvard University, Cambridge, Massachusetts under the supervision of Yu-Chi Ho in 1970.

He started his professional career as Senior Engineer at the Applied Research Lab of Honeywell in Waltham, Massachusetts in 1968 and developed an Optical character recognition machine. He started his academic career at the University of Maryland, College Park in 1971 as Assistant Professor of Computer Science where he rose to the rank of Full Professor in 1982.



Life In Yoga
BE IN THE MOMENT, WHERE LIFE EXISTS

Sadhana Samant



Dr. Sadhana Samant is an accomplished OB/GYN and Integrative Medicine physician with over four decades of clinical experience in India and the United States. She has served at leading institutions, including Lucile Packard Children's Health at Stanford, Alameda County Medical Centre, and Kaiser Permanente, where she practiced for more than a decade. A pioneer in holistic women's health, she integrates conventional medicine with Ayurveda, yoga, and modern science to support well-being.

She is board-certified by the American Board of Integrative Medicine (ABOIM) and the American Association of Physician Specialists in Obstetrics and Gynecology. Additionally, recognized as Fellow of the Academy of Integrative Health and Medicine (FAIHM). She is a certified Yoga Protocol Instructor (AYUSH, India) and Ayurvedic Health Counsellor. Currently associated with Soluna Health in California and Life in Yoga Institute, Dr. Samant is dedicated to advancing women's health through integrative approaches that nurture body, mind, and spirit, bridging traditional wisdom with evidence-based modern practices for transformative wellness.



Speaker Profile

Suja Pathanjali



Suja Pathanjali is a yoga teacher and healer with over four decades of experience in traditional yoga, holistic healing, and therapeutic wellness. Based in Dubai, she has worked with diverse communities to promote health, balance, and spiritual growth. Her expertise spans Yoga Therapy, Ayurveda, Sound Healing, Pranic and Crystal Healing, Kalari Marma Therapy, and special needs training. She is certified as a Yoga Teacher & Evaluator by AYUSH, holds RYS 500 Yoga Alliance certification, and has advanced training in Ayurveda Panchakarma, Dorn Therapy, Kundalini and Hatha Yoga, and Singing Bowl Healing. A practitioner of Kriya Yoga initiated by Shibendu Lahiri (great grandson of Shyama Charan Lahiri), she also received initiation from Guru Sri Thathatha. She has taught in India for more than 30 years and, since 2014, in Dubai across wellness academies and studios. Her teaching integrates ancient yogic wisdom with practical healing, empowering individuals to transform through harmony of body, mind, and soul.

Gopi Muvva



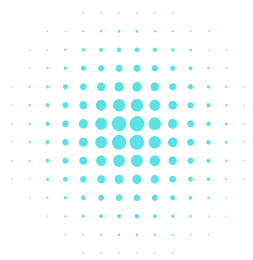
Gopi Muvva is the co-founder of the Vedasamskriti Yoga Foundation, established in 2017. After completing his BBA, he worked as a Senior Support Engineer at CSS Corp, Chennai, until 2011 before dedicating himself to the transformative path of yoga. Trained under Rishi Prabhakar of SSY, he is a Certified Yoga Instructor from S-VYĀSA University and a Yoga Trainer accredited by Yoga Alliance USA. Known for his expertise in āsana, prāṇayama, and meditation, he emphasizes integrating traditional yogic wisdom with modern living. He is particularly focused on children's education, developing methods that enhance cognitive ability and mindfulness through dhāraṇā practices. Through the Gurukul Elite Learning Program (ELP), he has pioneered a holistic education model that blends academics, life skills, yoga, and cultural grounding. Since 2017, his initiatives, including a 36-day residential summer camp, have impacted over 4,000 children. He also shares insights on yoga and lifestyle awareness through regular appearances on Telugu television channels.



VEDASAMSKRITI
YOGA FOUNDATION

Affiliate of Council for Yoga Accreditation International

Speaker Profile



Dhanya Rathnam



Dhanya was initiated into yoga at a young age by her father, Yogacharya Sanjeev Krishna, founder of Sanjeev Krishna Yoga. She has grown up in the holistic environment of yoga, developing a deep connection with its principles and practices.

As a certified trainer in Hatha Yoga and Prenatal/Postnatal Yoga, she has conducted personalized classes tailored to meet the unique physical and mental needs of individuals. Her approach to teaching is compassionate and mindful, ensuring a balanced and healing practice for all her student.

In addition to her dedication to yoga, she holds a Master's degree in Human Resources and manages the HR & administrative functions at Sanjeev Krishna Yoga. Her passion for classical music, particularly with the Veena, complements her yoga journey, contributing to her overall wellness philosophy.

Sri Anish



Sri Anish is a spiritual teacher, visionary, author, and leadership mentor. Formerly a corporate CEO and co-founder of the HR Tech firm People Strong, he renounced worldly pursuits following a deep inner awakening and spent twelve years in the Himalayas engaged in rigorous spiritual sadhana. In 2017, guided by his Guru's command to "share what has been received," he began teaching globally, offering programs, retreats, and community-building initiatives rooted in ancient wisdom yet relevant to modern seekers. His concept of Maitri Yoga emphasizes interconnectedness and harmony within human relationships and with existence itself.

To promote conscious leadership, he founded Bodhshala – A Conscious Leadership Academy, whose flagship AtmaBodh program facilitates profound inner transformation for corporate, bureaucratic, and educational leaders. His book "Let the Mud Settle" has been widely acclaimed. With Saadho Sangha, his spiritual community and ashram in Dharamshala, Sri Anish continues to inspire collective awakening through compassionate presence and transformative vision.



Speaker Profile

Ashok Thareja



Ashok Thareja founded A&T Systems in 1984, providing managed services for mission-critical cloud, IT, and telecom infrastructures. After leading the company for four decades, he transitioned it into a 100% Employee-Owned Company, continuing as Chairman of the Board. With deep interests in health, wellness, and education, he shares personal insights on his blog [PurposelyLiveTo120.com](https://www.purposelylive.com). Dr. Thareja serves on the Board of Visitors for the College of Computer, Mathematical and Natural Sciences at the University of Maryland, College Park. He also chairs the Board of Life in Yoga Foundation, funding yoga research and education, and is a Board Member of the Council for Yoga Accreditation International (CYAI), working to advance yoga globally. He earned a Ph.D. in Computer Science from the University of Maryland, where he also directed the Laboratory for Parallel Computation as Research Faculty. His career bridges technological leadership, corporate innovation, and a commitment to advancing health and yoga research.



Let us show you what real performance is.



Life In Yoga

BE IN THE MOMENT, WHERE LIFE EXISTS

Sankara Bhagavadpada



Sankara Bhagavadpada is a spiritual teacher, who founded Shri Maitreya Amanaska Yoga Research Inc in 2024. He authored Sri Ramana Maharshi's Moksha (2008) and Self-Realization through Self-Knowing (2016), both published by Yogi Impressions. In 2011, he founded Amanaska Yoga (<https://www.amanaska.net/>) through Tat Tvam Asi Trust and later launched an online course with Sri Tuhin Choudhry in 2022. His teaching and research expanded internationally across the Americas and Europe. Currently, he is working on two AI-Research projects for the Amanaska Yoga and Jyotisha Online Courses. Sankara Bhagavadpada has a background in theoretical physics and spirituality. After earning his Master's from IIT Madras in 1971, he pursued doctoral research at the Tata Institute of Fundamental Research (TIFR), Mumbai, from 1971 to 1980, followed by postdoctoral work as an Alexander von Humboldt Fellow at Goethe University, Frankfurt (1980–1982). Briefly he was the principal of a Krishnamurti School in 1983. Then he served Sri Bhagavan in Oneness work until 1999. Currently he is based in Chennai with his wife and daughter

Speaker Profile



Nargish Khambatta

Nargish Khambatta is Principal and CEO of GEMS Modern Academy and Senior Vice-President – Education at GEMS Education. She received the inaugural GEMS Exceptional Head of School Award in 2018 for outstanding leadership and contributions to education. With more than 32 years of experience, she began her career teaching after completing a Master's in Microbiology, later transitioning into leadership roles across elite institutions. She has worked at The Doon School (Dehra Dun), The Indian School (Muscat) and Sophia College (Mumbai), before joining GEMS Modern Academy in 2009. An advocate of positive psychology in education, she has been a speaker and panelist at multiple international iPEN conferences in the USA, China, and Australia. Under her leadership, GEMS Modern Academy has become a hub of academic innovation, resilience-building, and student well-being, while also setting benchmarks in holistic education. Her career reflects a dedication to shaping education that nurtures excellence, balance, and global citizenship.



جيمس مودرن أكاديمي
GEMS Modern Academy



Avani Presswala

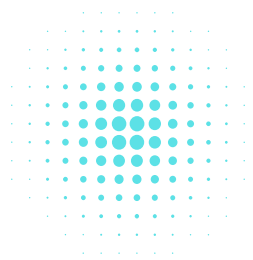
Avani Presswala serves on the Board of Life in Yoga Foundation. She is an expert in Measured Yoga Therapy and has served clients of all ages from adolescents to senior citizens. While trained in yoga practices and leading sessions for Life in Yoga's daily yoga program, she is an advanced intuitive who serves young and old with counseling in both lifestyle and life orientation. Professionally a travel consultant, over the years she has been focused on pursuing her passion in Yoga while helping her husband with their family business. She is the mother of two children and active in their temple community in Maryland.



Life In Yoga

BE IN THE MOMENT, WHERE LIFE EXISTS

Speaker Profile



M. A. M. M. Annamalai Chettiar

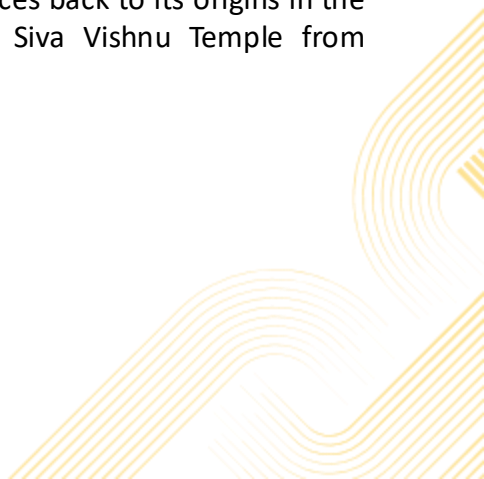
Descended from the lineage of the Rajah of Chettinad, known for its legacy of leadership and service, he established the Royal Academy to Regenerate and Energize Life (RARE Life). Through this initiative, he has undertaken extensive interdisciplinary research spanning traditional medical systems, modern clinical sciences, and futuristic health paradigms. His current focus is on quantum resonance and its applications in predictive, preventive, and regenerative healthcare. He has established a therapy center in Guindy, in Chennai, and has another ancillary facility outside Chennai. He holds a Bachelor's degree in Engineering from Bangalore University and a Master of Science from the University of Colorado at Boulder, USA. His academic journey includes advanced research in optics and quantum engineering, and he was invited to be a fellow and scholar at Stanford University, California.



K. N. Siva Subramanian

Dr. Siva is Professor Emiretus of Neonatology from Georgetown University Medical School in Washington, DC, USA. Even while practicing as a physician, he was one of the founders of Sri Siva Vishnu Temple in Lanham, Maryland in the outskirts of DC. He has a keen interest in spirituality associated with temple worship and Vedic samskaras relative to human well-being. He is well versed in the concept of temple cleansing and consecration (Kumbhabhishekam – Prana Pratistha) and the concept has relevance to that of yoga as well.

Life in Yoga Foundation and Institute traces back to its origins in the yoga practices that began at the Sri Siva Vishnu Temple from January 1998.



Daily Schedule (Jan 31st to Feb 4th)

Conference participants are welcome to join

6:30 am	Morning Yoga followed by Agnihotra
8:00 am	Breakfast followed by Personal Time
9:30 am to 1:00 pm	Morning Sessions
1:00 pm	Lunch followed by rest time
2:45 pm to 5:45 pm	Afternoon sessions with Tea between 4:00 and 4:30 pm
6:00 pm	Evening Practices
7:00 pm	Dinner
8:00 pm to 9:00 pm	Open Discussion Forum

Facilities Nearby of Interests

- **Auroville**

A unique international township dedicated to human unity and spiritual growth. For Auroville visit, seeking a reservation a month or two in advance is recommended. See- <https://www.auroville.org>

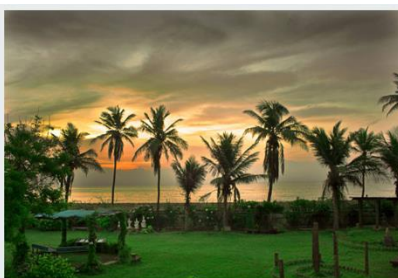
- **Beaches**

Pondicherry offers serene beaches such as Promenade, Paradise, and Serenity Beach, ideal for relaxation and quiet reflection. See Pondicherry Beaches Guide - <https://pondicherrytourism.co.in>

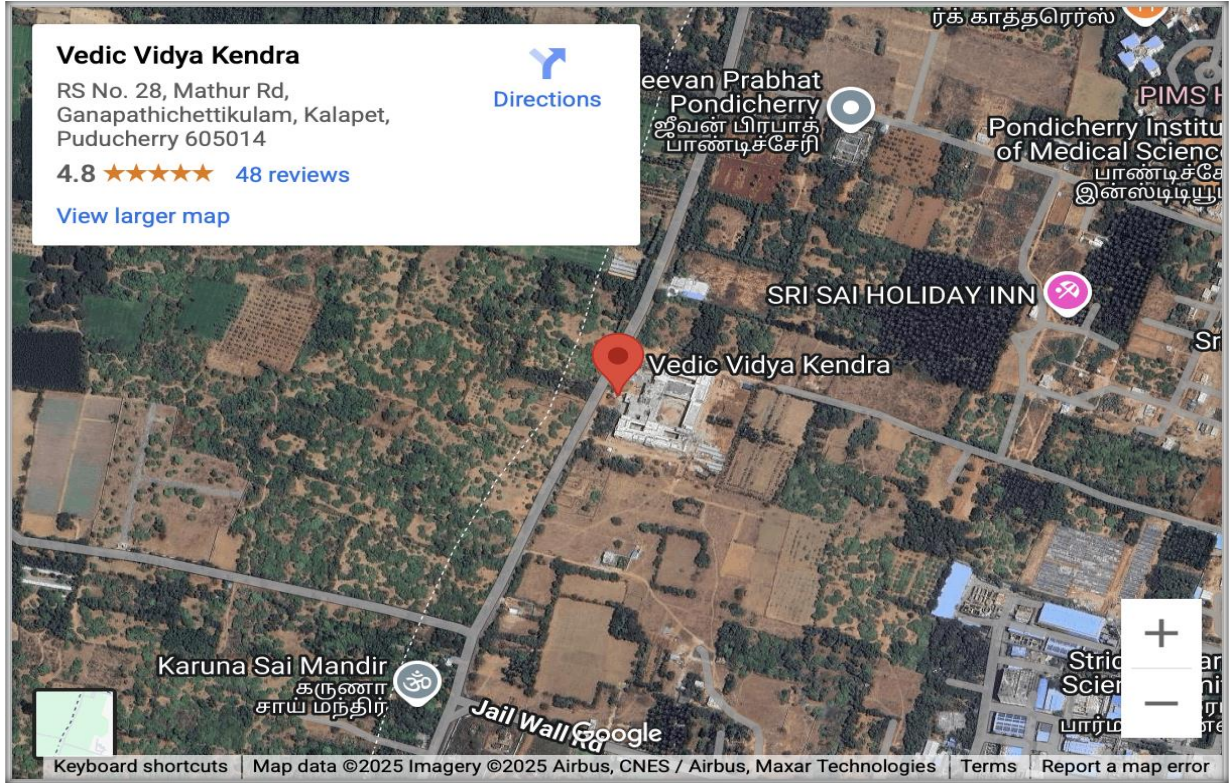
- **Other Attractions**

See - <https://www.incredibleindia.gov.in/en/puducherry/puducherry>

Special arrangements will need to be made for those interested. Please contact (vedasamskriti.yoga@gmail.com, or WhatsApp on +91 74166 12266) well in advance before conference dates.



How To Reach – Vedic Vidya Kendra



Arriving by air -

- Puducherry airport to Vedic Vidya Kendra (Taxi - 30 min, 17.5 km)
- Chennai Airport to Vedic Vidya Kendra (Taxi/bus - 3 hrs, 143 km)

Arriving by train-

- Puducherry Railway Station to Vedic Vidya Kendra (Taxi- 35 min , 17.7 km)
- Chennai Central Railway Station to Vedic Vidya Kendra (Taxi - 3 hrs, 140 km)

Arriving by bus-

- Puducherry Bus Terminus to Vedic Vidya Kendra – 30 min (20 km) One way bus fare between Chennai and Puducherry is Rs 250 - 350. Taxi fare per person (pool taxi) will be around Rs 1500.

Driving from Chennai by Road-

There are two routes from Chennai to Puducherry, one via East Coast Road (ECR) and the other via Tindivanam (NH32). While going from Chennai to Puducherry via ECR, 10-12 kms before Puducherry, there is a place called Kalapet. From there, take a right turn. Vedic Vidya Kendra (VVK) is 3 kms from ECR. (There is also an alternate route via Tindivanam to reach VVK).

Vedic Vidya Kendra is available on Google Maps, from which you can get directions.

Individual vehicles will be available for Rs 3500+ from Chennai.

VVK Travel desk will provide you appropriate assistance.

Venue Pictures– Vedic Vidya Kendra



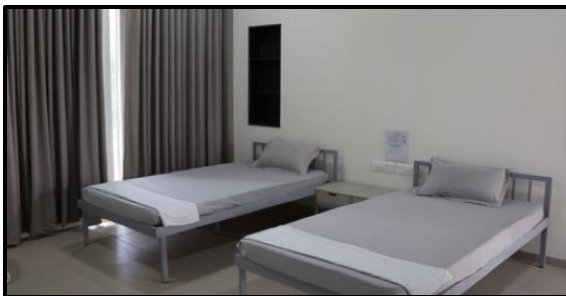
Entrance



Reception Desk



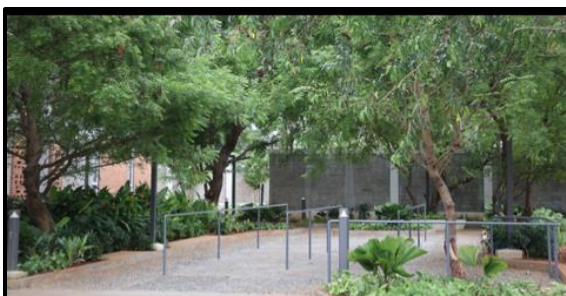
Yagyashala



Guest Room



Dorm Room



Neem Garden

Conference Registration

This is a Hybrid Conference. It means-

(A) You can attend the by staying physically at Puducherry. OR,

(B) You can attend Online Conference by staying at your home.

Physical Conference Registration



Regular Booking

▪ **Per day conference/post conference cost**

INR 1200

(Includes session attendance, breakfast, lunch and tea)

▪ **Per night Lodging Room cost**

- INR 2200 (for single)
- INR 2300 (2 persons in single room)
- INR 2400 (3 person in single room)

▪ **Per Night Dormitory cost** INR 250

If you want to plan extra nights after the conference for other interests in the area Daily cost of food service will be INR 500 in addition to lodging cost.



Student Booking

▪ **Per day conference/post conference cost**

INR 600

(Includes session attendance, breakfast, lunch and tea)

▪ **Per night Dormitory Room with event cost**

- INR 850(for single)
- (Includes session attendance, breakfast, lunch and tea)

Student ID required for registration

Students should email scanned copy of their Institute's Identity Card at
vedasmaskriti.yoga@gmail.com



Instructions for all

- Participants should report at the Conference Venue on Friday, 30th Jan, 2026
- Registration formalities and room allotment will be done between 4 and 8 pm.
- The conference event will start on Saturday, 31st January at 9.30 am.
- The conference will conclude on Sunday, 1st February around 6 pm.
- Post Conference Training Program will be held from 2-4, 2026 February, 2026.
- Parking is available in the premises.



Online Conference Attendance

Zoom Conference Registration Fee – INR 100

Seats are limited — secure your spot now!

Register Now

Copy and past the link in your browser to access Registration Form:

https://docs.google.com/forms/d/e/1FAIpQLSe8o_ZFMjhTtR-oVdK5liIOWKedATpaUDr9xvtsCdeoEI7_Vw/viewform

Any help for Registration or Bookings Contact :
vedasmaskriti.yoga@gmail.com | cyaiorg@gmail.com
+91 74166 12266 (WhatsApp)