



वैदिक मानस योग NEWSLETTER



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Newsletter

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Vedic Mānas Yoga news,
learning tips, and event updates

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Under the Leadership of
Our Visionary Leaders and
FOUNDING MEMBERS

Our Visionary Leaders

Re-engineering the Human Brain

Swami Ramdevji

Vedic Mānas Yoga is a program guided by Swami Ramdev, a globally respected icon of Yoga who has inspired millions to adopt a healthier, disciplined, and spiritually enriched lifestyle. His vision provides a strong spiritual and cultural foundation, shaping the program's approach toward holistic well-being and inner transformation bringing unmatched authenticity, credibility, and depth to Vedic Mānas Yoga

Acharya Balkrishnaji

Vedic Mānas Yoga is a program guided by Acharya Balkrishna, a distinguished scholar and visionary known for bridging traditional Ayurveda with modern clinical research.

With his deep expertise in natural healing, herbal science, and holistic wellness, he has played a vital role in promoting India's ancient knowledge systems on a global scale, bringing timeless wisdom into practical, contemporary application.

Arvind Ranaji

Arvind Rana is a distinguished Chief Master Trainer and an expert in Brain Activation and Neuro-Education techniques. With deep knowledge of Vedic wisdom and modern training methods, he has guided thousands of students toward improved Concentration, Enhanced memory and clarity, Confidence, Inner awareness and Self realisation journey



Vedic Mānas Yoga

Darpan Vyas, CEO

Leadership that Inspires: Orientation Insights from Haridwar

Darpan Vyas delivered an inspiring orientation speech at Patanjali Haridwar, reflecting his dynamic leadership and forward-thinking vision.

A strategic leader known for driving global expansion and building strong institutional partnerships, he brings a powerful blend of vision, clarity, and execution.

He began by emphasizing that growth is not just about expansion in numbers, but about expansion in impact.

True leadership lies in creating value, building trust, and contributing to a larger mission.

Through his insightful address, he emphasized growth, collaboration, and purpose-driven leadership—motivating the team to align with a larger mission of impact and excellence.

**“Leadership is not about position—
it is about the IMPACT you
create in the lives of others.”**



The Power of Strategic Partnerships United efforts, UNLIMITED Possibilities

The coming together of Darpan Vyas and Arvind Rana marks a significant step in the propagation of the Vedic Mānas Yoga program.

With his dynamic leadership and expertise in global expansion and institutional partnerships, Darpan Vyas brings a strong strategic vision to scale the reach and impact of the program. Complementing this, Arvind Rana, as the Chief Master Trainer and expert in brain

activation and mind development techniques, provides the depth of knowledge and transformative training methodologies that form the core of Vedic Mānas Yoga.

It is not just a partnership—it is a shared mission to create a stronger, more aware, and empowered generation through the integration of ancient Vedic wisdom and modern scientific approaches.

Vedic Mānas Yoga

Celebrating Our Trainer Community

With over six plus years of experience in teaching yoga and ten plus years in practicing yoga she is a dedicated and dynamic trainer specializing in Vedic Mānas Yoga. A certified 500-hour Yoga Teacher Training Course (YTTC) teacher.

She brings discipline and focus into her teaching approach. Her academic background in Psychology (Honours) enables her to deeply understand child behavior, emotions, and learning patterns, while her Master's degree in Indian History enriches her sessions with authentic insights into

India's Vedic knowledge systems. Her sessions aim not only at improving memory, focus, and cognitive abilities but also at building confidence, emotional stability, and inner awareness in every child she mentors.

A state-level gold medalist in swimming, Proud Vedic Mānas Yoga Trainer

**"Vedic Mānas Yoga is not just practice—
it's a TRANSFORMATION I see in
my students every day."**

Featuring Our Expert Trainer- Sriya Priyadarshini



Vedic Mānas Yoga



Orientation Visit of entire staff at Patanjali, Haridwar

The entire team undertook an enriching orientation visit to Patanjali Haridwar, on 16th April, gaining valuable insights into holistic wellness, discipline, and the philosophy behind Vedic Mānas Yoga . The visit strengthened our collective vision and commitment toward purposeful growth.



Vedic Mānas Yoga



Empowering minds through
Focus, Confidence, and
Holistic Development

Successful Training Workshops by Vedic Mānas Yoga

From **LEARNING** to
Transformation

15th April, 2026

– Workshops conducted in Haridwar and Devprayag, focusing on yoga and VMY training.

24th April, 2026

– Workshop conducted at Arya Kanya Gurukul and R.S. Model Senior Secondary School, Shastri Nagar, near Ishmeet Singh Chowk, Model Town, Ludhiana (Punjab).

28th to 30th April, 2026

– Workshop conducted at Patanjali Kanya Gurukul, Devprayag, received positive response and engagement across all workshop locations.

Expanded outreach and increased visibility of VMY through consistent on-ground activities.

Key Highlight

Our research work has been selected for the IISTAC 2026 Award, The award ceremony is scheduled for 15th July 2026, in association with: World Research Council Oxford Research News Z24 News



MOMENTS THAT MATTERED



Student Spotlight

Student- Shivangi Ahir showcases exceptional self-defense skills—even while blindfolded. A powerful display of focus, awareness and fearless self-defense

A Journey of GROWTH, Confidence, and Holistic Development



Vedic Mānas Yoga

UPCOMING EVENTS

* Our research work

15th July 2026,

Selected for IISTAC 2026 Award, The award ceremony is scheduled in association with:

World Research Council
Oxford Research News
Z24 News

* 15 Days Instructor Course

15th June to 30th June 2026

Admissions are open for Short Term Certificate course for INSTRUCTOR of Vedic Mānas Yoga, to be held at Haridwar, certified by University of Patanjali

Academic Spotlight

Learning Together, Growing Stronger

A Grand Closing Ceremony Successfully Celebrated by Students of Patanjali Kanya Gurukul, Devprayag, marking the culmination of a transformative learning journey. The event reflected the students' dedication, confidence, and growth, showcased through inspiring performances and demonstrations. Filled with enthusiasm and pride.

The ceremony highlighted the values of discipline, focus, and holistic development nurtured throughout the program. Teachers and mentors appreciated the remarkable progress of the students, making the occasion truly memorable. It was not just a conclusion, but a celebration of achievement, self-belief, and a strong foundation for future success.

Meet the Author

A thoughtfully curated perspective by
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Message from Param Pujya Yog Rishi Swami Ramdevji Maharaj

Vedic Mānas Yoga Program is designed to awaken the latent potential of the brain and the Pineal gland, also known as the "third eye"

