



वैदिक मानस योग NEWSLETTER



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Newsletter

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Vedic Mānas Yoga news,
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*"Under the expert guidance of
Shri Arvind Rana Ji, students at
Amber International School
achieved 100% Activation
Results."*



Proud Amber International School Students

100% Activation results witnessed in students of Amber International School, Thane, Mumbai

The Vedic Mānas Yoga workshop achieved 100% activation results among all participating students, reflecting the effectiveness of the Vedic Mānas Yoga methodology.

Amber International School authorities appreciated the initiative, emphasizing the importance of such holistic educational programs in nurturing not only academic excellence but also self-confidence, discipline, emotional balance, and value-based learning. They expressed their happiness at witnessing the hidden potential of their students being awakened through this unique training experience.

First time ever school in Thane, Amber International School, implemented a remarkable two-day demonstration session of Vedic Mānas Yoga on 19th and 20th June, adopting an innovative approach to enhancing children's awareness, concentration, confidence, and cognitive abilities.

30 Enthusiastic students representing different categories and classes of different age groups, underwent a series of structured awareness and mind-training exercises designed to develop Focus, Sensory Responsiveness, and Mental Clarity under the expert guidance of Master Trainer Shri Arvind Rana Ji.



Shraddhey Acharya Balkrishna ji

**“बच्चों की सबसे बड़ी शक्ति उनकी
जागृत चेतना है; उसे सही दिशा देना ही
सच्ची शिक्षा है।”- श्रद्धेय आचार्य
बालकृष्ण जी**



A transformative 5-days Vedic Mānas Yoga Workshop, conducted in Haridwar

Learning Life Values with Shri Arvind Rana Ji

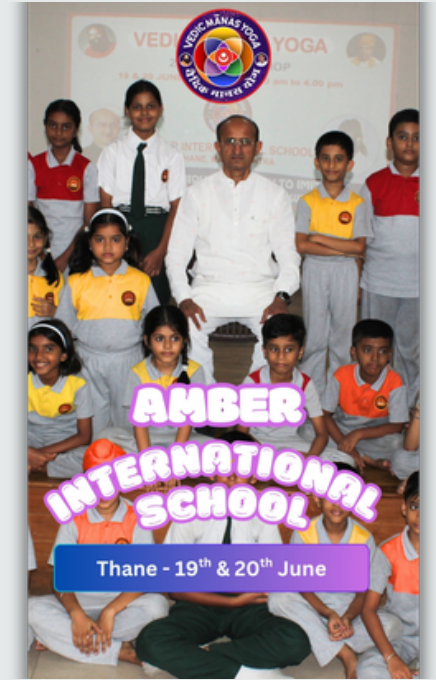
Successfully conducted Vedic Mānas Yoga sessions at Bal Sanskar Shivir and witnessed remarkable transformations in the children. It was amazing to observe the enhancement in their sensory awareness, especially their abilities of smelling and seeing, along with improved focus, confidence, and mindfulness.

The innocence, enthusiasm, and receptiveness of these young minds reaffirm the immense potential of Vedic wisdom in nurturing holistic development. Watching children discover their inner capabilities through Vedic Mānas Yoga was both heartwarming and inspiring.

On other hand the demonstration at Amber school witnessed enthusiastic participation from children, along with incredibly positive feedback from parents. Seeing happy, confident children and empowered families is the greatest reward for us.



Transformed student exploring her inner awakening



[Watch Full Video on Instagram](#)



Are you a School, Educator, Institution, or Parent looking to empower the next generation?

Associate with Vedic Mānas Yoga to organize workshops, live demonstration sessions, teacher training programs, student camps, and holistic education initiatives.

"योग शरीर को स्वस्थ बनाता है, वैदिक मानस योग मन को जागृत करता है; और जागृत मन ही असाधारण व्यक्तित्व, श्रेष्ठ संस्कार और उज्ज्वल भविष्य का निर्माण करता है।" - श्री अरविंद राणा जी



Celebrating the Impact We Create Together

Psychologist Ms. Namrata Mishra's Observation

Psychologist Ms. Namrata Mishra observed a remarkable positive change in Gunita and several other children following the Vedic Mānas Yoga workshop. She shared that children who previously struggled to pay attention or understand classroom lessons became noticeably more attentive and receptive after the training.

According to her observations, students who often found it difficult to grasp concepts explained by their teachers were able to follow instructions and understand lessons more effectively after participating in the workshop. She noted improvements in their concentration, listening skills, and overall classroom engagement, describing the experience as a meaningful step toward enhancing children's learning abilities and confidence.





Opening New Horizons

Principal Ms. Preetika Das called Vedic Manas Yoga "The Need of the Hour"

Principal of Amber International School, Ms. Preetika Das called Vedic Mānas Yoga "the need of the hour," emphasizing that every child possesses immense untapped potential waiting to be awakened. She expressed immense gratitude and happiness at witnessing students discover greater confidence, discipline, and self-awareness through the program.

As schools increasingly seek holistic approaches to education, Vedic Mānas Yoga offers a powerful framework for nurturing focused minds, emotional balance, moral values, and lifelong learning skills. By combining timeless Vedic practices with structured cognitive training, the program is helping shape confident, responsible, and future-ready individuals.



Principal Ms. Preetika Das (Amber International School) with
Mr. Girish Gohpal (Vice President, Vedic Mānas Yoga)

"Bringing Holistic Learning to More Schools"



Principal Ms. Preetika Das (Amber International School)
felicitating Mr. Darpan Vyas (CEO, Vedic Mānas Yoga)

Collaborating to Empower Young Minds

Honouring a Shared Vision for Holistic Education

Mr. Darpan Vyas was felicitated by Ms. Preethika Das, Principal of Amber International School, in recognition of his dedicated efforts to promote holistic education through Vedic Mānas Yoga.

The felicitation reflects a shared commitment to empowering children with more than academic excellence—by nurturing concentration, awareness, emotional balance, moral values, and self-confidence. As schools increasingly embrace holistic approaches to education, Vedic Mānas Yoga provides a meaningful framework that blends timeless Vedic wisdom with structured cognitive training, helping shape confident, responsible, and future-ready individuals.

This recognition celebrates a collective vision of creating stronger minds, noble values, and brighter futures for the next generation.

Vedic Mānas Yoga

Celebrating Our Trainer Community

Featuring Our Expert Trainer & Manager- Vasundhara Mahne

Vasundhara Mahne holds a Bachelor degree in Mass Communication and serves as the Regional Sales Manager at Vedic Mānas Yoga. She is also a Certified Vedic Mānas Yoga Trainer, dedicated to creating a positive and lasting impact in the lives of children through scientifically designed brain development and mindfulness techniques. With a child-centric approach, Vasundhara believes that every child is unique.

She takes the time to understand each child's individual learning style, emotional needs, and potential, ensuring that every session is engaging, personalized, and effective.

Her passion, empathy, and commitment have helped many children improve their focus, confidence, emotional well-being, and overall development.



Vasundhara Mahne
Regional Sales Manager

"I believe every child deserves the opportunity to thrive emotionally, mentally, and socially. Vedic Mānas Yoga is a journey from self-discovery to self-mastery."



Ritika Jindal (Owner Tap & Clap Academy, Delhi)



Parents Interaction at Pratibhalaya, Delhi



Happy Children at Tap & Clap Academy

Tap & Clap Academy-

It was a pleasure meeting Ms. Ritika Jindal, Owner of Tap & Clap Academy, who shared her heartfelt appreciation for the positive transformation she has witnessed in children after participating in the Vedic Mānas Yoga program.

She expressed that words are not enough to convey her gratitude after observing noticeable improvements in the children's focus, confidence, awareness, and overall learning approach.

Ms. Vasundhara Mahne shares how grateful she is for the trust and support and look forward to continuing our shared mission of empowering children through awareness, concentration, and timeless Vedic wisdom.

Pratibhalaya - Learning Partner for Life

A Heartwarming Interaction with Parents at Pratibhalaya

It was a wonderful opportunity to meet the parents at Pratibhalaya and hear their heartfelt experiences after the Vedic Mānas Yoga session.

Trainer Ms. Sriya Priyadarshini, shared how truly mind-opening the experience was, expressing that the workshop offered a new perspective on children's hidden potential and the importance of nurturing awareness, concentration, and inner growth from an early age.

Conversations like these reaffirm our mission to empower children and inspire parents through holistic education rooted in timeless Vedic wisdom.

MOMENTS THAT MATTERED



Sukhnoor Singh, 5 years old

Student Spotlight

One of the most heartwarming moments at Tap & Clap Academy was watching a little child, not even five years old, confidently identify different colors during the Vedic Manas Yoga session, which reminds us that every child has unique potential waiting to be discovered through awareness-based activities and guided learning.

UPCOMING EVENTS

✳️ **1st & 2nd August**

Vedic Manas Yoga Workshop
Vadodara, Gujarat

Meet the Author

A thoughtfully curated perspective by
Curator : Shri Arvind Rana ji

Author & Creative Designer: Bhavna Sahay
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Parents Speak: A Journey of Growth, Confidence & Transformation



Happy Parents Talwinder Singh and Jasprit Kaur



Happy Parent Mr. Kapil Dev



Happy Parent Ms. Tanvi

Academic Spotlight

When Parents See the Difference, Our Mission Becomes Meaningful.

Parents expressed overwhelming appreciation for the initiative as Mr. Kapil Dev shared that the positive transformation in his daughter was beyond words and recommended the Vedic Mānas Yoga program for children across the nation. Parents Talwinder Singh and Jasprit Kaur described the experience as "not merely a yoga program but a holistic mind activation journey that enhances concentration, awareness, confidence, memory, and overall cognitive development."

Ms. Tanvi says what makes Vedic Mānas Yoga unique is its focus on developing the child's inner potential rather than concentrating solely on academic performance.

If you are you a School, Educator, Institution, or Parent looking to make a lasting difference in a child's life, partner with Vedic Mānas Yoga and help children develop focus, awareness, confidence, and strong values for a brighter tomorrow, contact at the information below.