



वैदिक मानस योग NEWSLETTER



VOL.
02

May, 2026
Newsletter

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Pujyaniya Swami Ramdev Ji Reveals – Why Every Student Needs Vedic Mānas Yoga ?

Pujya Swami Ramdev Ji emphasizes that along with traditional yogic practices such as Shirshasana, Anulom-Vilom, Pranayama, and Yajna, children also need systematic training of the mind.

He explains that Vedic Mānas Yoga is a powerful awareness-based technique that helps make students deeply focused, inwardly aware, and highly concentrated. According to Swamiji, when the mind becomes more refined and disciplined, remarkable positive changes can be observed in a child's behavior, concentration, confidence, emotional balance, and learning abilities.

In his words, yoga should not only strengthen the body but also awaken the immense potential of the mind. Vedic Mānas Yoga is an important step in this direction, helping children become more attentive, conscious, and mentally resilient in today's highly distracted world.



The difference is not merely theoretical—it can be seen in the confidence, focus, discipline, and overall personality development of the students who practice it regularly.

"योग शरीर को स्वस्थ बनाता है, लेकिन जागरूकता और एकाग्रता का प्रशिक्षण मन को असाधारण बना सकता है।" - श्रद्धेय आचार्य बालकृष्ण जी





A Remarkable Display of Awareness, Courage, and Self-confidence – demonstrating that true strength begins with an awakened mind.

Through Special Training under Master Trainer Shri Arvind Rana Ji

Under the guidance of Master Trainer Shri Arvind Rana Ji, Pujya Swami Divya Dev Ji, Sanyojak of Acharya Kulam, Ranchi, witnessed an impressive demonstration by Shubhi Dubey as she confidently defended herself despite being securely blindfolded.

The demonstration showcased exceptional awareness, alertness, coordination, and responsiveness. Swamiji closely observed Shubhi's ability to accurately sense movements and react with confidence without relying on visual input, appreciating the remarkable focus and presence of mind displayed during the activity.

Shri Arvind Rana Ji explained how awareness-based training aims to cultivate concentration, inner awareness, self-confidence, and mental discipline in children serving as an inspiring example of how focused training can help children become more attentive, responsive, and confident in challenging situations.



Swami Divya Dev Ji, Shubhi Dubey & Shri Arvind Rana ji



[Watch Full Video on Instagram](#)



Vahin Buch

In another instance Vahin Buch from Gandhinagar, demonstrated remarkable focus, awareness, and confidence by accurately identifying colours placed at a distance and even behind a laptop screen while securely blindfolded.

"बच्चों में असाधारण संभावनाएँ निहित होती हैं; सही मार्गदर्शन, नियमित अभ्यास और उचित प्रशिक्षण से उनकी जागरूकता, आत्मविश्वास तथा परिस्थितियों के प्रति सजग प्रतिक्रिया देने की क्षमता विकसित होकर नई ऊँचाइयों तक पहुँच सकती है।" – श्री अरविंद राणा जी



EXPLORING New Opportunities

Mr. Kanwar Deep Singh, Former Member of Parliament (Rajya Sabha), Discuss expansion plans

An inspiring discussion of Mr. Darpan Vyas with Mr. Kanwar Deep Singh, Former Member of Parliament (Rajya Sabha) on bringing Vedic Mānas Yoga to more communities across Punjab and Haryana.

He had an insightful discussion with Kanwar Deep Singh ji regarding the possibilities of establishing Vedic Mānas Yoga centres in Punjab and Haryana. His experience in public leadership and social development makes his perspective valuable for expanding impactful educational and wellness initiatives. The discussion centered around the growing need for focused, emotionally balanced, and mentally strong youth in today's highly distracted world, and how Vedic Mānas Yoga can contribute toward creating positive transformation through awareness-based mind training programs in schools, communities, and wellness centres.



Mr. Darpan Vyas, Mr. Kanwar Deep Singh (Former Member of Parliament) & Mr. Girish Gohpal

"Leadership begins - when your vision becomes someone else's inspiration."

The Power of Strategic Partnerships

United efforts, UNLIMITED Possibilities

Mr. Darpan Vyas had a productive meeting with Mr. Manish Sharma, founder and director Deep Parenting in Chandigarh to explore opportunities for collaboration in the field of parenting, child development, and awareness-based education through Vedic Mānas Yoga.

Mr. Darpan Vyas and Mr. Manish Sharma, both shared a common vision of supporting parents with practical tools and transformative programs that foster healthy emotional, mental, and cognitive development in children.

The discussion focused on how it can be worked together to support parents and children in today's increasingly distracted and challenging environment. Dr. Sheetal Sharma shared valuable insights from psychology and child behavior, along with practical tools and techniques that can complement the Vedic Mānas Yoga framework and enhance its impact on children's emotional, cognitive, and behavioral development.



Mr. Neeraj Sharma, Girish Gohpal, Dr. Sheetal Sharma, Mr. Darpan Vyas & Mr. Manish Sharma

Vedic Mānas Yoga



Celebrating Our Trainer Community

Featuring Our Expert Trainer- Namrata Mishra

Namrata Mishra is a UGC-NET Qualified Psychologist with a Master's degree in Psychology from the University of Lucknow. She brings a strong blend of academic excellence, clinical exposure, and research expertise in the field of mental health and human behavior.

Her professional training includes practical experience at King George's Medical University (KGMU) and clinical training at Tulasi Healthcare.

She specializes in Cyberpsychology, with research focused on the impact of cyberbullying on mental health and wellbeing. Passionate about mental health awareness, child development, and psychological education.

Namrata is committed to empowering young minds through evidence-based psychological insights and practical interventions.



Namrata Mishra,
VMY Psychologist

Vedic Mānas Yoga

" I am Committed to nurturing emotional wellbeing and personal growth through practical psychological interventions. Vedic Mānas Yoga is where POTENTIAL meets TRANSFORMATION ."



Namrata Mishra



Celebrating the Impact We Create Together

Team Feature



Raj Gaikar

Executive Assistant to CEO, Darpan Vyas

"As the Executive Assistant to the CEO at Vedic Manas Yoga, I am committed to supporting a vision that empowers children with the tools they need for better mental wellness, emotional balance, and personal growth. Every day, I help build strong teams that drive meaningful impact on young minds, bringing the right educators and professionals together to create lasting impact."

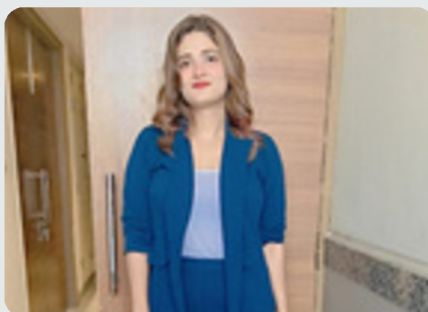
The goal is not just organisational excellence but contributing to a movement that helps children develop mindfulness, resilience, focus, and emotional well-being through the transformative practices of Vedic Mānas Yoga.



Sriya Priyadarshini

Regional Training Manager

Successfully facilitated the registration of two schools—Pratibhalya School and The Learning Brush School—for the Vedic Mānas Yoga program.



Vasundhara Mahna

Regional Sales Manager

Successfully facilitated the registration of K Kashish Academy—for the Vedic Mānas Yoga program.



Ritesh Singh Sikarwar

Business Development Manager

Achieved an impressive milestone by enrolling over 250 students in the Vedic Mānas Yoga workshop.

MOMENTS THAT MATTERED



Student Spotlight

Vahin Buch from Gandhinagar amazed everyone by accurately identifying colours from behind the laptop screen while securely blindfolded.

UPCOMING EVENTS

- * **8th June - 14th June**
Training program at Pratibhalaya Academy
- * **10th June - 14th June**
Training program at The Learning Brush
- * **15th June - 19th June**
Training program at K Kashish Academy
- * **17th June**
Training program on Intelligent quotient By Sriya Priyadarshini
- * **20th June**
Training program at Amber School, Mumbai

Meet the Author

A thoughtfully curated perspective by
Curator: Shri Arvind Rana ji

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A Journey of GROWTH, Confidence, and Holistic Development



Academic Spotlight

Vedic Mānas Yoga

Grateful for the opportunity to exchange IDEAS with visionary educators

A significant step forward in our mission— a highly productive discussion with **Kanwar Deep Singh ji**, *Former Member of Parliament (Rajya Sabha)* on the vision of making Vedic Mānas Yoga accessible to children, parents, and educators across Punjab and Haryana, fostering stronger minds and brighter futures.

Engaged in a meaningful discussion with **Dr. Sunil Dalwadi**, *Chairman of JC Group, Vadodara* on the vision, principles, and growing relevance of Vedic Mānas Yoga in modern education, personal development, and holistic wellbeing. The conversation explored how awareness-based learning can help students develop stronger concentration, emotional balance, self-confidence, mental resilience, and overall personality development.

Message from Param Puja Yog Rishi Swami Ramdevji Maharaj

"Vedic Mānas Yoga encourages children to discover their untapped potential through awareness-based learning and disciplined practice."

