



NEWSLETTER



PATANJALI®

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Newsletter

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info@vedicmanasyoga.com



Vedic Mānas Yoga वैदिक मानस योग

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Letter of Appreciation That Inspires a Larger Vision

ले ज गुरमीत सिंह

वीवीएसएम, यूवाईएसएम, एवीएसएम,
वीएसएम (से नि)

राज्यपाल उत्तराखण्ड



लोक भवन उत्तराखण्ड

देहरादून 248003

दूरभाष : 0135- 2757400
2757403

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माननीय आयुर्वेद शिरोमणी आचार्य बालकृष्ण जी,

विगत दिनों लोकभवन देहरादून में, पतंजलि योगपीठ द्वारा आयोजित दो दिवसीय “वैदिक मानस योग” कार्यक्रम का सफलता हेतु मेरी ओर से हार्दिक बधाई एवं शुभकामनाएँ।

कार्यक्रम के दौरान विद्यार्थियों द्वारा दी गयी प्रस्तुति ने यह सिद्ध किया कि वैदिक मानस योग केवल एक प्रशिक्षण पद्धति नहीं, अपितु व्यक्तित्व के समग्र विकास का प्रभावी माध्यम है। बच्चों की एकाग्रता, आत्मविश्वास एवं मानसिक जागरूकता में आए सकारात्मक परिवर्तन ने उपस्थित सभी महानुभावों को प्रभावित किया। इस अभिनव पहल के माध्यम से विद्यार्थियों में एकाग्रता, आत्मविश्वास, मानसिक संतुलन तथा सकारात्मक सोच के विकास हेतु किये जा रहे आपके प्रयास वास्तव में प्रशंसनीय हैं। भारतीय ज्ञान परंपरा, योग एवं वैदिक चिंतन को आधुनिक शिक्षा से जोड़ने का आपका यह प्रयास नई पीढ़ी के उज्ज्वल भविष्य के निर्माण में महत्वपूर्ण योगदान देगा। इस कार्यक्रम की उत्साहवर्धक सफलता के दृष्टिगत मेरा यह विचार है कि आगामी समय में उक्त विषय पर अधिक व्यापक स्तर पर कार्यक्रम आयोजित किया जाए जिसके माध्यम से वैदिक मानस योग का संदेश जन-जन तक पहुंचेगा।

मुझे पूर्ण विश्वास है कि आपके नेतृत्व में यह अभिनव अभियान उत्तराखण्ड से प्रारम्भ होकर सम्पूर्ण देश और विदेश में भारतीय ज्ञान परंपरा, योग एवं आध्यात्मिक चेतना का प्रभावी संदेश प्रसारित करेगा। आपके उज्ज्वल एवं सफल प्रयासों के लिए पुनः हार्दिक शुभकामनाएं।

शुभकामनाओं सहित,

भवदीय
गुरमीत

ले ज गुरमीत सिंह

वीवीएसएम, यूवाईएसएम, एवीएसएम, वीएसएम (से नि)

आयुर्वेद शिरोमणी आचार्य बालकृष्ण जी
कुलपति, पतंजलि विश्वविद्यालय,
हरिद्वार।

Vedic Manas Yoga received an official letter from Lok Bhavan, Uttarakhand marking an important step toward institutional recognition and further engagement. A moment of immense pride and gratitude for Shraddheya Acharya Balkrishna Ji and the entire Vedic Mānas Yoga team. Following the two-day Vedic Mānas Yoga programme at Lok Bhavan, the Hon'ble Governor of Uttarakhand, Lt. Gen. Gurmit Singh Ji (Retd.), appreciated the initiative and its vision for nurturing the next generation.

“वैदिक मानस योग केवल एक प्रशिक्षण पद्धति नहीं, अपितु व्यक्तित्व के समग्र विकास का एक प्रभावी एवं सशक्त माध्यम है।”

Hon'ble Governor Lt. Gen. Gurmit Singh (Retd.) further expressed appreciation for the efforts being made through this innovative initiative to develop concentration, mental balance and positive thinking among students, calling these efforts truly commendable and highly appreciable. This appreciation strengthens our resolve to take Vedic Mānas Yoga forward as a meaningful pathway for **mental, intellectual, emotional and character development**, empowering children to discover their inner potential and build a more aware, confident and balanced future.

वैदिक मानस योग इसी जागृति के माध्यम से मानसिक, बौद्धिक, भावनात्मक एवं चारित्रिक विकास की दिशा में एक सशक्त कदम है—जो बच्चों को अपने अंतर्निहित सामर्थ्य को पहचानकर अधिक जागरूक, आत्मविश्वासी और संतुलित भविष्य की ओर बढ़ने की प्रेरणा देता है।



Above- First lady Mrs. Gurmeet Kaur, Shr. Acharya Balkrishna ji & Hon'ble Governor Lt. Gen. Gurmit Singh (Retd.)
Below- Shri Arvind Rana Ji, Shr. Acharya Balkrishna ji, Hon'ble Governor & Mr. Darpan Vyas CEO-VMY



Proud Vedic Manas Yoga students appreciated
by Lt. Gen Gurmit Singh ji (Retd.)

Revision Activity at Amber International School



Conducted a **Vedic Manas Yoga revision activity at Amber International School on 1st August.**

Students participated in practical revision activities designed to reinforce their learning and experiences from the program.

जब मन जागृत होता है, तब आँखों की नहीं, चेतना की दृष्टि काम करती है। वैदिक मानस योग केवल पढ़ना नहीं सिखाता, बल्कि भीतर छिपी अनंत संभावनाओं को जागृत करता है।”

An unforgettable day at Amber International School as students participated in the Revision Workshop & Post-Activation Session of Vedic Mānas Yoga. The students' transformation was nothing short of extraordinary. The confidence, focus, and awareness they demonstrated left everyone amazed.

From fluently reading while blindfolded to recognizing objects without using their eyes, these remarkable experiences reflected a heightened state of awareness and concentration. This is the power of consistent practice through **Vedic Manas Yoga**—awakening the mind, enhancing focus, and unlocking hidden potential.

The overwhelming feedback from students, teachers, and parents reminds us that when the mind is trained, possibilities expand beyond expectations.

परिवर्तन को केवल सुनें नहीं—स्वयं अनुभव करें।

आइए, मिलकर हर विद्यार्थी के उज्ज्वल भविष्य की दिशा में एक सार्थक बदलाव लाएँ।



Enthusiastic Amber School students participating proactively in activities



Celebrating Shraddhey Acharya Balkrishna Ji's Birthday

On the auspicious occasion of **Shraddheya Acharya Balkrishna Ji's birthday**, a special **Vedic Mānas Yoga demonstration** was presented as part of the celebration. The demonstration offered a glimpse into the **practical, experiential and transformative dimensions of Vedic Mānas Yoga**, showcasing how ancient wisdom can be applied to nurture **greater awareness, concentration, inner potential and holistic development**.

A meaningful tribute to a visionary Shraddhey Acharya Balkrishna ji whose work continues to inspire the journey towards a **healthier, more conscious and empowered generation**.

“जिसने योग को केवल साधना नहीं, बल्कि समाज और आने वाली पीढ़ियों के जागरण का माध्यम बनाया—ऐसे दूरदर्शी व्यक्तित्व को जन्मदिवस पर शत्-शत् नमन।

आचार्य बालकृष्ण जी की ज्ञान, सेवा और संस्कारों की प्रेरणा से जागृत हो रही चेतना ही एक स्वस्थ, समर्थ और संस्कारित भारत की सच्ची नींव है।



Pujya Swami Ramdev ji, Shr. Acharya Balkrishna ji
with Shri Arvind Rana ji



Shri Arvind Rana ji with student
Ms. Kritika Joshi & Ms. Mayurika



Mayurika sketching Indian Flag
blindfolded



Advanced Training Workshop | Muni International School |

An **Advanced Training Workshop of Vedic Mānas Yoga** was successfully conducted at **Muni International School** on **8 August**, taking participants beyond foundational learning into deeper understanding and practical application. The session focused on **advanced techniques, experiential learning, refined practice, and deeper awareness**, empowering participants to strengthen their understanding of Vedic Mānas Yoga and integrate its principles more effectively into practice.

From learning the method to experiencing its deeper potential—every advanced practice is a step towards **greater awareness and mastery**. Following this training some more advanced training workshop was conducted on 14th August.



Experiential Demonstration: "See Back from Head"

An intriguing **"See Back from Head"** experiential demonstration was conducted at **Muni International School** on **17 August**, offering participants an opportunity to witness an unconventional dimension of the Vedic Mānas Yoga methodology.

The demonstration highlighted the program's emphasis on **experiential learning, focused awareness and innovative mind-training practices**, encouraging participants to explore perception and awareness beyond conventional approaches.



Live Vedic Manas Yoga
workshop in action

Independence Day Celebrations | Muni International School

The **Independence Day celebrations** at Muni International School on 7th August concluded on a joyful and inspiring note with a series of **blindfold painting and Rangoli competitions**, showcasing the remarkable creativity, confidence and awareness developed through **Vedic Mānas Yoga**.

The students proudly demonstrated

their artistic abilities and unique skills before visiting **Japanese delegates**, adding a special dimension to the celebration and creating a beautiful bridge of **culture, learning and friendship between India and Japan**.

A celebration where creativity knew no boundaries, confidence had no limits, and the spirit of

independence came alive through the extraordinary talents of our students. The visiting **Japanese delegates were deeply impressed and inspired** to witness students demonstrating the unique practices of **Vedic Mānas Yoga** with remarkable confidence, focus and awareness.



Live demonstration conducted
under training of Shri Arvind Rana ji

The Vichar Bindu Karyashala - 1

Why open a Vedic Manas Yoga Kendra ?

The **Vichar Bindu Karyashala** commenced with an insightful introduction to its **purpose, vision and objectives**, setting the foundation for a meaningful two-day journey of learning and exploration. **Shri Manish Sharma Ji** introduced the concept and shared what participants could expect from the transformative programme.

Dr. Ved Priya Arya Ji introduced the broader work and vision of Patanjali, highlighting **Vedic Mānas Yoga** as an important initiative, while **Shri Arvind Rana Ji** offered a deeper

understanding of its **philosophy, methodology and practical relevance**.

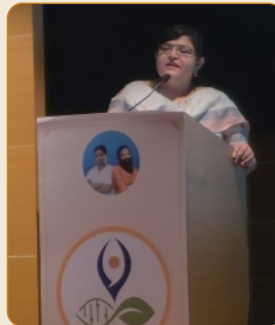
The session progressed through **meaningful discussions, practical insights and knowledge sharing**, giving participants greater clarity about the vision, possibilities and future direction of **Vedic Mānas Yoga**.

Who should consider opening a Kendra?

So if you are a Entrepreneurs & business leaders, Educationists &

school leaders, Yoga & wellness professionals, Parents & community leaders or Young changemakers **Vichar Bindu** is an opportunity to take the vision of **Vedic Mānas Yoga beyond a workshop and into the community**—creating a dedicated space where children, parents, educators and adults can experience structured mind-training and awareness practices.

“विचार जब दिशा पाता है, तो संकल्प बनता है; और संकल्प जब कर्म से जुड़ता है, तो परिवर्तन की शुरुआत होती है।”



Dr. Vedpriya Arya delivered an insightful presentation on the Patanjali ecosystem and its futuristic projects, highlighting the organisation's vision of integrating Seva (service), innovation, technology, and traditional wisdom. She shared how Patanjali is working towards creating technologically innovative products, systems, and solutions while keeping the spirit of service and social welfare at the core.





Shraddheya Acharya Ji's Message

“आज बहुत से लोग Third Eye Activation सिखा रहे हैं, लेकिन इतने कम समय में इतने प्रभावशाली परिणाम—लगभग 99.9% सफलता — देखना अपने आप में असाधारण है। मैं पूरे विश्वास से कह सकता हूँ कि इस स्तर का परिणाम शायद पूरे विश्व में कहीं और देखने को नहीं मिलता।”

Shree Arvind Ranaji's Message

Vedic Manas Yoga brings focus and calm to the mind, values and संस्कार shape the right direction for life and the future.

बच्चों की स्मरणशक्ति, एकाग्रता और व्यक्तित्व को निखारने की यह पहल निश्चित ही सराहनीय है। ऐसे प्रयास ही संस्कारवान, आत्मविश्वासी और सशक्त नई पीढ़ी के निर्माण के साथ एक उज्ज्वल एवं सशक्त भारत की मजबूत नींव रखते हैं।





MOMENTS THAT MATTERED

Media Spotlight



We are proud to share that **Vedic Manas Yoga** – PATANJALI has been **featured by GUJPRENEUR** in an insightful interview exploring our vision of bringing India's ancient wisdom into the world of cognitive development.

CEO Darpan Vyas explains at Vedic Manas Yoga, we believe every child carries extraordinary potential. The real question is not whether that potential exists — but how consciously we nurture it.

Our approach brings together the timeless principles of Indian wisdom, Yogic knowledge and modern understanding of cognitive development **to help children build awareness, focus, emotional balance and inner strength.**

Read the full story on GUJPRENEUR.

<https://www.gujpreneur.com/vedic-manas-yoga-patanjali-cognitive-development/>



24 August 2026

Meeting with the Hon'ble Governor of Uttarakhand

A significant and meaningful meeting was held with the **Hon'ble Governor of Uttarakhand**, focusing on the vision of **expanding the reach of Vedic Mānas Yoga** and creating greater opportunities for students across the state.

The discussions explored the possibility of developing and implementing a **structured Vedic Mānas Yoga Government School Module across Uttarakhand**, with the aim of bringing its practices and learning framework to a wider student community through the government-school ecosystem.

The meeting marked an **important step towards institutionalising the vision of nurturing a more focused, balanced, confident and conscious generation**, making the benefits of Vedic Mānas Yoga accessible to more children across Uttarakhand.

Meet the Author

A thoughtfully curated perspective by
Chief Master Trainer
Shri Arvind Rana ji

Author & Creative Designer:
Bhavna Sahay
email: bhavna.s@vedicmanasyoga.com



दिव्य योग मंदिर ट्रस्ट संचालित

वैदिक मानस योग

पतंजलि योग पीठ-फेज-१, माहर्षि दयानंद ग्राम, दिल्ली-हरिद्वार नेशनल हाइवे, हरिद्वार-२४१४०५, उत्तराखंड

+91-1334-240008, 244107, 246737 +91-1334-244805, 240664

✉ Info@vedicmanasyoga.com ☎ 81-419-419-81 ☎ 9586-030-030

🌐 vedicmanasyoga.com

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