



NEWSLETTER



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Newsletter

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for monthly
Vedic Mānas Yoga news, training
workshops and event updates

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Meet Our Certified Vedic Mānas Yoga Teachers

Celebrating Our Certified Vedic Mānas Yoga Teachers

A Proud Milestone for Vedic Mānas Yoga as we celebrate the successful completion of the Teacher Training Program conducted by Vedic Mānas Yoga, certified by the University of Patanjali.

This achievement reflects the participants' dedication to self-development, disciplined learning, and the pursuit of timeless Vedic wisdom. Having completed this transformative journey, they are now equipped to inspire young minds and promote holistic education rooted in yoga, values, and inner awareness and inner awakening at large.

We extend our heartfelt congratulations to every participant and wish them success as they embark on their journey as certified Vedic Mānas Yoga educators, contributing to the creation of a healthier, more conscious, and value-driven society.

आज का यह क्षण केवल प्रमाणपत्र प्राप्त करने का नहीं, बल्कि समाज में ज्ञान, संस्कार और चेतना का प्रकाश फैलाने के संकल्प का प्रतीक है।

Receiving certificates with divine blessings of Shraddheya Acharya Balkrishna Ji, a cherished honor and a source of inspiration to serve humanity through knowledge, discipline, & yogic wisdom.



Shraddheya Acharya Balkrishna Ji bestows his blessings upon the newly Certified Vedic Mānas Yoga Teachers, inspiring them to lead with wisdom and purpose.

यह महत्वपूर्ण उपलब्धि श्रद्धेय आचार्य बालकृष्ण जी के प्रेरणास्पद संरक्षण तथा श्री अरविंद राणा जी एवं डॉ. श्रीमती वेद प्रिया आर्या जी के प्रेरणादायी मार्गदर्शन में संपन्न हुई।



Vedic Mānas Yoga
वैदिक मानस योग

PATANJALI

Vedic Mānas Yoga Training & Workshops



A Historic Evening of Wisdom, Discipline & Transformation at Lok Bhavan

Hon'ble Governor Applauds the Vision of Holistic Student Development

A proud moment for Vedic Mānas Yoga - Hon'ble Governor of Uttarakhand Lt. Gen. Gurmit Singh (Retd.) not only attended the concluding session of the two-day Vedic Mānas Yoga programme organised by Patanjali Yogpeeth at Lok Bhavan on Sunday 26th July, but also praised Vedic Mānas Yoga's specialised training methodology developed by Patanjali Yogpeeth, rooted in the principles of Yoga, meditation, and Vedic wisdom aiming to foster concentration, memory, self-confidence, mental balance, and positive thinking among students, contributing to their holistic personality development.

During the programme, children who had undergone Vedic Mānas Yoga training presented a live demonstration, showcasing the concentration, mental awareness, and cognitive abilities they had developed through consistent practice. Their impressive performance reflected the programme's emphasis on cultivating focus, discipline, and overall mental balance and positive thinking among students, contributing to their holistic personality development.



Vedic Mānas Yoga in Action at Lok Bhavan



Sri Arvind Rana ji, Shr. Acharya Balkrishna ji, Hon'ble Governor Lt. Gen. Gurmit Singh (Retd.), First lady Mrs. Gurmeet Kaur, witnessing Training Session



Trainer Ms. Sriya Priyadarshini, Trainer Ms. Namrata Mishra, Mr. Darpan Vyas CEO-VMY, Shr. Acharya Balkrishna ji, Hon'ble Governor Lt. Gen. Gurmit Singh (Retd.), First lady Mrs. Gurmeet Kaur, Shri Arvind Rana ji, Dr. Upasana Agrawal, Smt. Vibhuti Buch



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



Vedic Mānas Yoga

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Vedic Mānas Yoga Training & Workshops



Satyam Sir, Jaya Mam with Sri Arvind Rana ji & Trainer Mr. Sriya Priyadarshini

2- Day Training workshop at Muni International School

A successful 2 day Vedic Mānas Yoga Training Programme was conducted on 5th and 6th July at Muni International School, Dwarka - Vedic Mānas Yoga inspired students to explore learning through greater awareness, concentration, and mindful practice.

The encouraging response from students, educators, and school leaders reminds us that education is not only about acquiring knowledge— it's also about nurturing awareness, confidence, character, and a lifelong love for learning. The training empowered students to experience learning through

enhanced awareness, concentration, and mindful practices. The sessions introduced students to powerful Vedic Mānas Yoga techniques designed to strengthen focus, memory, confidence, and overall personality development.

Mr. Ashok Kumar Thakur, expressed his deep appreciation for the transformative impact of the training and extended special honour to Mr. Darpan Vyas, CEO of Vedic Mānas Yoga, in recognition of his leadership and commitment to bringing holistic education to young learners across the entire nation to each and every child.



Students Actively Participating in the Vedic Mānas Yoga Training Session



Building Focus, Confidence, and Self-Awareness



Students Engaged in Transformative training under guidance of master trainer Sri Arvind Rana ji

"वैदिक मानस योग बच्चों को केवल पढ़ना नहीं सिखाता, बल्कि जागरूक होकर जीवन जीना सिखाता है।"



Vedic Mānas Yoga
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Vedic Mānas Yoga Training & Workshops



Training workshop at Swami Vivekanand School, Gandhinagar Redefining Learning Through Inner Awareness

*Students of Swami Vivekanand School,
highly engrossed in training*

Vedic Mānas Yoga Workshop Successfully Conducted at Swami Vivekanand School, Gandhinagar, Gujarat

A transformative 2-day Vedic Mānas Yoga Workshop was successfully organized on 15th and 16th July through the collaborative efforts of the Wadokai Karate- DO Federation of India, Rotary Club of Capital, Gandhinagar, & Swami Vivekanand School, Gandhinagar, Gujarat.

Another Vedic Manas Yoga Workshop conducted from 21st to 27th July for 2 hours Daily at Chotipura Gurukul, Amroha, UP

Throughout the workshop, the children actively engaged in practices rooted in Yoga, meditation, concentration techniques, and Vedic wisdom. As the workshop concluded, each child carried home not just new skills, but renewed confidence, greater self-awareness, and the timeless values that will guide them throughout their life no matter what profession they desire to pursue.



*Students at Swami Vivekanand School, Learning
with Awareness*



*Trainer Ms. Gunika Chaudhary interacting with
students at Chotipura Gurukul*



30+ Kids Program at Chotipura Gurukul



*Students at Chotipura Gurukul, developing focus
Through Vedic Mānas Yoga Training*

"बाल्यावस्था में बोए गए संस्कार जीवनभर सफलता और चरित्र का आधार बनते हैं।"



Vedic Mānas Yoga

वैदिक मानस योग

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Atmadarpan



Atmadarpan Pre-Launch

A New Chapter in Student Self-Discovery



Manish Sharma ji, Shri Arvind Rana ji, Prof. Mayank Kumar Agrawal (Pro Vice Chancellor), Prof.(Dr.) Deepesh Kumar Saxena (Registrar), Mr. Darpan Vyas (CEO-VMY), Dr. Ritwik Sahai Bisariya (Dean Research & Academics)

Introduction of Atmadarpan at the University of Patanjali- 24TH JULY

Following the successful implementation of Vedic Mānas Yoga across participating universities, *Atmadarpan* was introduced through a special pre-launch session for university students. The initiative provided an overview of Atmadarpan's vision and demonstrated how it aims to help students understand their cognitive abilities, learning patterns, strengths, and areas for personal growth.



Students at Patanjali University Exploring Atmadarpan



Universities students & trainers with Distinguished Guests Experiencing Atmadarpan



A Journey of Self-Discovery at Patanjali University



Mr. Manish Sharma (Deep Parenting) sharing insights

"आत्मदर्पण"

The Event Witnessed the Participation of **930+** students

आत्मदर्पण केवल व्यक्तित्व का परिचय नहीं, बल्कि प्रत्येक व्यक्ति के भीतर निहित संभावनाओं को पहचानने और उन्हें जागृत करने की एक सार्थक पहल है।



Atmadarpan



Atmadarpan

Discovering Potential Beyond Limitations

Inclusive Education in Action- 18th July

As part of its commitment to fostering inclusive and personalised education, *Atmadarpan* conducted a fingerprint scanning assessment for partially and fully blind students at Shri Swami Azranand Andh Vidhyalay High School, Haridwar. The initiative was designed to make a statement for more personalised approach to methodologies by encouraging educators to better understand each child's individuality, capabilities, and learning journey. Beyond the assessment, meaningful interactions with the students revealed remarkable curiosity, discipline, enthusiasm, and a strong desire to learn.

The Vision of Atmadarpan

In the Indian knowledge tradition, real education is not limited to acquiring information—it is about discovering oneself. Just as a mirror reflects our outer appearance, *Atmadarpan* symbolically reflects our inner qualities, strengths, talents, and possibilities, for children—especially those who face physical challenges such as visual impairment, this philosophy becomes even more meaningful. Rather than focusing on limitations, it encourages us to recognise their unique abilities, interests, and aspirations, helping each child grow with confidence, purpose, and self-belief.



Trainer Ms. Namrata Mishra with Swami Shyamanand & Swami Chitranand



Trainer Ms. Sriya Priyadarshini with Visually Impaired students



Trainers with Visually Impaired students at Shri Swami Azranand Andh Vidhyalay High School

हम आत्मदर्पण, श्री स्वामी अजरानन्द अंध विद्यालय हाई स्कूल के प्रबंधन, समस्त शिक्षकों एवं कर्मचारियों तथा उन सभी विद्यार्थियों के प्रति अपनी हार्दिक कृतज्ञता व्यक्त करते हैं, जिन्होंने इस अनुभव को इतना प्रेरणादायी, सार्थक और अविस्मरणीय बनाया।



Vedic Mānas Yoga

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Vedic Mānas Yoga & Deep Parenting Unite for Holistic Child Development

Vedic Mānas Yoga is proud to announce the signing of a strategic Memorandum of Understanding (MoU) on 25th July with Deep Parenting, founded by Mr. Manish Sharma. This partnership marks a significant milestone in our shared vision of nurturing emotionally resilient, mindful, and value-driven children.

By combining the timeless principles of Vedic Mānas Yoga with Deep Parenting's progressive parenting approach, this collaboration aims to strengthen awareness-based education, empower parents and educators, and foster the holistic development of children across India and beyond.

This partnership brings together the shared vision of empowering parents, educators, schools, and communities through Vedic Mānas Yoga, while creating new opportunities to extend its workshops, teacher training programs, and awareness initiatives to a wider audience.

Alliance & Partnerships



Darpan Vyas (CEO-VMY), Mr. Manish Sharma (Deep Parenting), Shraddeh Acharya Balkrishna ji & Shri Arvind Rana ji

Recognising a Visionary Collaboration in Conscious Parenting



Mr. Darpan Vyas (CEO-VMY), Mr. Manish Sharma (Deep Parenting), Shraddeh Acharya Balkrishna ji & Shri Arvind Rana ji

Vedic Manas Yoga Welcomes Mr. Manish Sharma as VP–Growth

With his rich experience in parenting, education, and community development, Mr. Sharma brings invaluable leadership and vision to our growing mission.

In his new role, he will spearhead strategic growth initiatives, strengthen partnerships with educational institutions and organizations, expand Vedic Mānas Yoga training programmes across India and internationally, and help bring the transformative benefits of awareness-based education to more children, parents, educators, and communities.

We are excited to embark on this new chapter together as we continue building a future where timeless Vedic wisdom empowers the next generation with focus, confidence, emotional well-being, and holistic development. His vision continues to inspire a movement towards conscious parenting and holistic child development.





Vedic Mānas Yoga

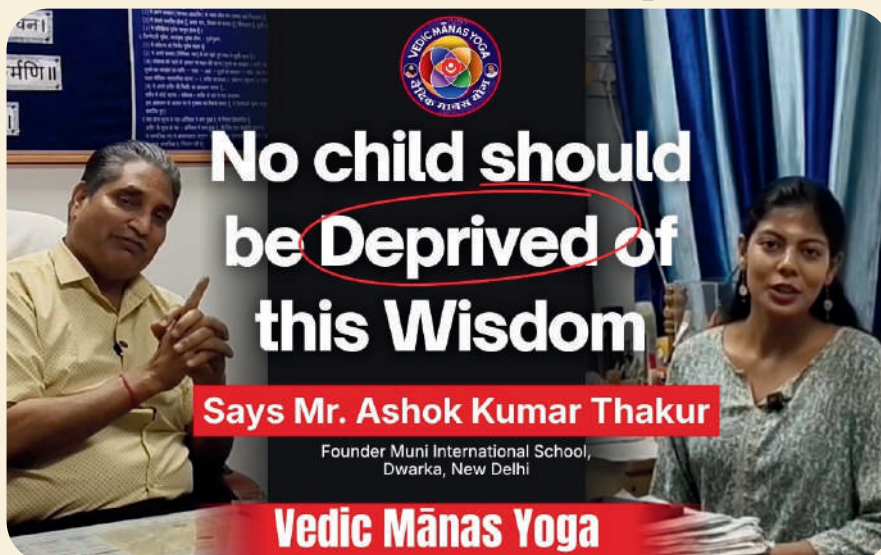
वैदिक मानस योग



No child should be Deprived of the transformative power of Vedic Mānas Yoga — Mr. Ashok Kumar Thakur

Conversations That Inspire

According to Mr. Ashok Kumar Thakur, Founder, Muni International School, Dwarka, "Every educational institution should explore initiatives like Vedic Mānas Yoga because education extends beyond academic achievement. In his view, schools have a responsibility to nurture children who are focused, self-aware, emotionally balanced, and guided by strong values." Watch Full video on our Youtube channel.



Mr. Ashok Kumar Thakur, Founder, Muni International School, Dwarka, interviewed by Ms. Sriya Priyadarshini

Meet Our Trainers



Aditya Jain, Vedic Mānas Yoga Coach



Kamlesh Vaghela, Vedic Mānas Yoga Coach

Meet our VMY Certified Coach- A Journey of Inner Awakening

Aditya Jain shares his experience after embracing Vedic Mānas Yoga, says "The entire training team was highly knowledgeable, interactive, and explained every concept with clarity and precision, making even complex topics easy to understand. One of the most memorable moments for me was witnessing children enthusiastically participate in awareness-based activities, including recognizing colors while blindfolded during the workshop demonstrations. Watching their confidence and engagement was truly inspiring."

Kamlesh Vaghela shares how Vedic Mānas Yoga helped him unlock focus, confidence, and inner potential

"वैदिक मानस योग का 7 दिवसीय प्रमाणन प्रशिक्षण मेरे लिए अत्यंत प्रेरणादायक और जीवन को नई दिशा देने वाला अनुभव रहा। आस्था चक्र, यज्ञ, योगासन, ब्रेन जिम तथा मस्तिष्क एवं पीनियल ग्रंथि से जुड़े विषयों को सरल, वैज्ञानिक एवं व्यवहारिक रूप में समझाया गया। इस प्रशिक्षण से मुझे मानसिक एकाग्रता, आत्मविश्वास और सकारात्मक जीवनशैली अपनाने की प्रेरणा मिली। इस उत्कृष्ट प्रशिक्षण के लिए मैं समस्त आयोजन टीम का हृदय से आभार व्यक्त करता हूँ। विशेष रूप से आदरणीय मास्टर ट्रेनर श्री अरविंद राणा जी के प्रेरणादायी मार्गदर्शन, सरल शिक्षण शैली एवं समर्पण के लिए मैं उनका हार्दिक धन्यवाद एवं अभिनंदन करता हूँ।"



Our Success Highlights Gallery



Sri Arvind Rana ji addressing concluding session at Lok Bhavan, Uttarakhand



Shraddhey Acharya Balkrishna ji with Hon'ble Governor of Uttarakhand Lt. Gen. Gurmit Singh (Retd.) & addressing at Lok Bhavan



Hon'ble Governor of Uttarakhand Lt. Gen. Gurmit Singh (Retd.) addressing concluding session at Lok Bhavan



Live demonstration at Lok Bhavan



Live demonstration at Muni International School



Mr. Darpan Vyas, CEO-VMY addressing at Lok Bhavan



Mr. Darpan Vyas, CEO-VMY with Swami Shyamanand & Swami Chitranand



Mr. Ashok Kumar Thakur, Founder, Muni International School with Mr. Darpan Vyas, CEO-VMY



Sri Arvind Rana ji concluding training at Muni International School



Shraddhey Acharya Balkrishna ji & Hon'ble Governor Lt. Gen. Gurmit Singh (Retd.)



Third eye activation in progress at Lok Bhavan



Hon'ble Governor of Uttarakhand Lt. Gen. Gurmit Singh (Retd.) Applauds the Vision of Vedic Manas Yoga



Vedic manas Yoga Training at Arya Kanya Gurukul, Ludhiana



In action with student



Proud trainers with Dr. Smt. Vedpriya Arya & Sri Arvind Rana ji



MOMENTS THAT MATTERED



Roshni, Arya Kanya Gurukul

Student Spotlight

Roshni's demonstration after 2 days' workshop at Arya Kanya Gurukul, Ludhiana was the highlight of the program as she performs action-imitation exercises, recognises objects and even gestures while blindfolded.

Watch the demonstration and see the activities presented during the session for yourself on Vedic Mānas Yoga youtube channel. If you are a school, educator, institution, or parent interested in organizing Vedic Mānas Yoga workshops, teacher training programs, or student camps, connect with us today.

Meet the Author

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

Author & Creative Designer: Bhavna Sahay
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From Uttarakhand to the Entire World



Uttarakhand Talks FEATURES
Vedic Mānas Yoga



This inspiring moment was featured on the official X handle of Hon'ble Governor Lt. Gen. Gurmit Singh (Retd.).



राज्य ब्यूरो, जागरण • देहरादून : राज्यपाल लेफ्टिनेंट जनरल गुरमीत सिंह (सेनि) ने कहा कि वैदिक मानस योग नई पीढ़ी के सर्वांगीण विकास का सशक्त माध्यम है, जो विद्यार्थियों में एकाग्रता, स्मरण शक्ति, आत्मविश्वास, मानसिक संतुलन और सकारात्मक सोच विकसित करता है। राज्यपाल ने रविवार को लोक भवन में पतंजलि योगपीठ की ओर से आयोजित दो दिवसीय वैदिक मानस योग प्रशिक्षण कार्यक्रम में प्रतिभाग किया।

Read full article - <https://uttarakhandtalks.com/vedic-manas-yoga-is-a-powerful-medium-for-mental-intellectual-and-character-development-of-the-new-generation-governor>

Media Spotlight

Uttarakhand Talks | 26 July 2026

Must Read: "वैदिक मानस योग नई पीढ़ी के मानसिक, बौद्धिक और चारित्रिक विकास का सशक्त माध्यम: राज्यपाल"

Hon'ble Governor of Uttarakhand applauds the Vision of Vedic Mānas Yoga on his official X handle I says " as India move towards the vision of Viksit Bharat, It is essential to inspire the younger generation to embrace self-discipline, self-awareness and our timeless knowledge traditions."