



# YOGAUTSAV 2026

**Celebrating Diversity in Yoga**

**6th National Conclave of the  
Indian Yoga Association**



**Hosted at Kaivalyadhama Yoga Institute,  
Lonavala, Maharashtra**

**29th & 30th May 2026**



## Introduction

Yoga, one of India's most profound contributions to humanity, is a holistic system integrating body, mind, and consciousness. Rooted in ancient philosophical traditions, it has evolved through diverse schools and practices over centuries.

Across time, numerous streams of Yogic knowledge—such as Raja Yoga, Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, and contemporary therapeutic and scientific approaches—have enriched the collective Yogic heritage. While these traditions differ in emphasis and methodology, they share a common philosophical foundation aimed at self-realization, harmony, and well-being.

In recent decades, Yoga has gained global recognition, with the United Nations declaring the International Day of Yoga in 2014 as a significant milestone. Today, Yoga continues to flourish worldwide through diverse traditions and practices, reflecting both its richness and its underlying unity.

## IYA in Numbers

Nearly 23,000 Members

**28**

State Chapters

**300+**

Associate Centres

**10000+**

Certified in India

**2000+**

Certified internationally

National Reach, Global Engagement



## About YOGAUTSAV 2026

YOGAUTSAV 2026 marks the 6th National Conclave of IYA, celebrating the rich diversity of Yoga traditions, practices, philosophies, and applications.

### “Celebrating Diversity in Yoga”

This theme reflects:

- The plurality of Yoga traditions
- The integration of ancient wisdom with modern science
- The adaptability of Yoga across cultures and contexts
- The shared essence of unity amidst diversity



## Eminent Invited Guests



**Shri Prataprao Jadhav**  
MoS I/c, Ministry of Ayush



**Shri Vidut Jamwal**  
Actor & Martial Artiste, IYA's  
Ambassador for Youth IDY



**Shri Suresh Prabhu**  
Chancellor, Rishihood University

## Yoga Gurus (Governing Council Members)



**Dr. O. P. Tiwari**  
Chairman Kaivalyadhama



**Dr. H.R Nagendra, Padmashree**  
Chancellor, SVYSASA



**Maa Dr Hansaji Yogendra**  
President, The Yoga Institute

### Schools of Yoga & Their Traditions

### Established

The Yoga Institute

1918

Kaivalyadhama

1924

The Aurobindo Ashram

1926

Divine Life Society

1936

Bihar School of Yoga

1963

Adhyatma Sadhna Kendra

1965

### Schools of Yoga & Their Traditions

### Established

International Centre for Yoga Education  
and Research, Pondicherry

1968

Mokshayatan Yog Sansthan (Bharat Yog)

1973

Ramamani Iyengar Memorial Yoga  
Institute

1975

Krishnamacharya Yoga Mandiram

1976

The Art of Living

1981

Swami Vivekananda Anusandhan Samsthan

1986

# Eminent Speakers/Resource Persons



**Shri Subodh Tiwari**  
CEO, Kaivalyadhama Yoga  
Institute & Research Center



**Shri S Sridharan**  
Krishnamacharya Yoga  
Mandiram



**Yogacharya Dr Ananda  
Balayogi Bhavanani**  
Chairman and Ashram Acharya  
ICYER, Pondicherry



**Dr. Rajvi H Mehta**  
Iyengar Yoga



**Dr Vrushakapi (Dr ALV Kumar)**  
Traditional Yoga



**Yogacharya Dhakaram**  
Yoga Peace Sansthan



**Yogacharya Sandhya Dixit**  
Kaivalyadhama, Lonavla



**Ms. Vasanti Iyer**  
Sri Sri School of Yoga - Art of Living



**Mr. Nitin Patki**  
New Age Yoga, YCB Yoga  
Therapist



**Shri P. C. Kapoor**  
Sivananda Yoga



**Dr. Ramesh Bijlani**  
AIIMS Professor



**Shri Des Raj Gupta**  
Bharatiya Yog Sansthan



**Prof. Dr. R. Elangovan**  
Secretary, Tamil Nadu State  
Chapter Committee - IYA



**Dr Amit Singh**  
S-VYASA, Swami  
Vivekananda Yoga  
Anusandhana Samsthana

# Objectives

- To showcase the diverse traditions of Yoga across India and the world
- To foster dialogue between traditional lineages and contemporary institutions
- To highlight Yoga as a tool for health, harmony, and cultural unity
- To engage youth in experiential learning of Yoga
- To create a collaborative ecosystem for the future of Yoga



## Key Highlights



### Inaugural Ceremony:

Graced by eminent dignitaries, spiritual leaders, and policymakers.



### Tradition Showcases:

Presentations and demonstrations from various Yoga schools and paramparas.

### Scholarly Dialogues

Panel discussions on:

- Yoga and Public Health
- Yoga Education & Policy
- Scientific Research in Yoga
- Yoga for Mental Well-being



### Experiential Workshops

Hands-on Sessions Covering:

- Asana & Pranayama traditions
- Meditation practices
- Yoga therapy modules
- Subtle aspects of Yoga (Nada, Mantra, etc.)



### Youth Engagement – IYA YUVA:

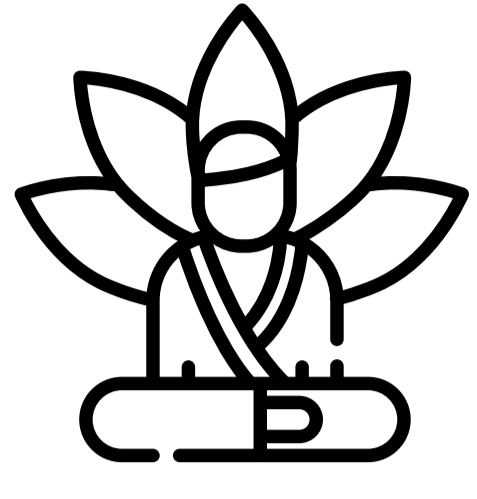
Interactive sessions designed to inspire and involve the next generation.



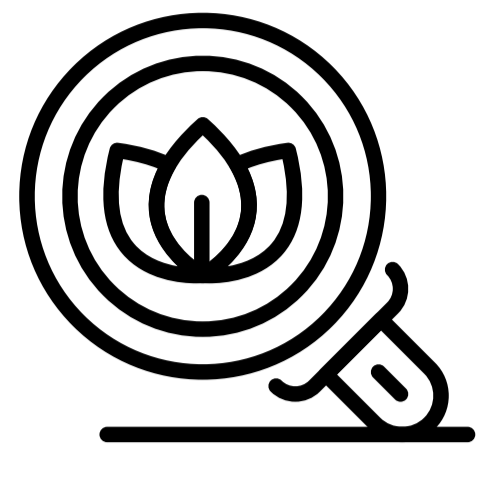
### Cultural Evenings:

Celebrating the artistic and spiritual dimensions of Yoga through music and performances.

## Who Should Attend



Yoga practitioners  
and teachers



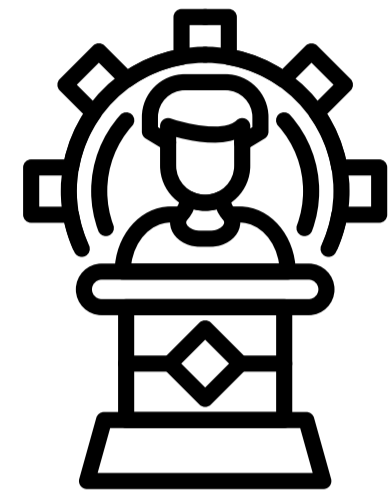
Scholars and  
researchers



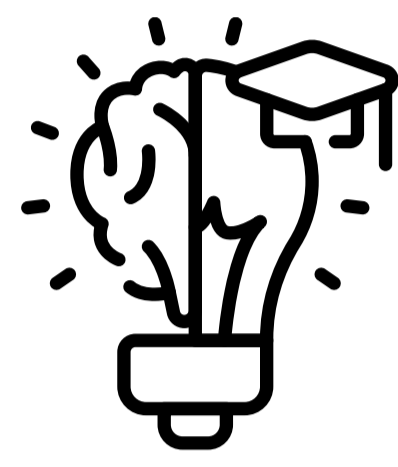
Students and youth



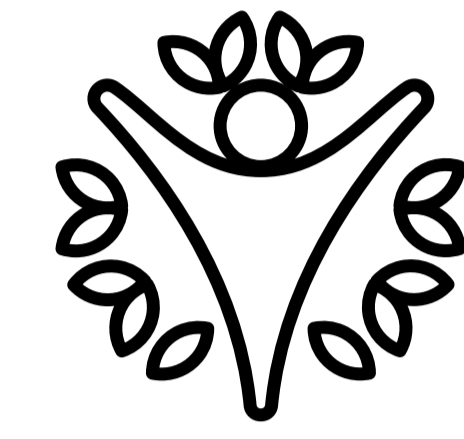
Healthcare  
professionals



Policy makers and  
administrators



Representatives of Yoga  
institutions



Wellness and holistic  
health enthusiasts

## Why You Should Participate

- Experience the true diversity of Yoga under one platform
- Learn directly from renowned masters and experts
- Build meaningful connections within the Yoga ecosystem
- Contribute to shaping the future direction of Yoga in India and globally



## About The Indian Yoga Association

The Indian Yoga Association (IYA) stands as the apex body of leading Yoga institutions in India, established with the vision of bringing together diverse streams of Yoga onto a common platform. Since its inception, IYA has worked towards preserving the authenticity of Yoga while promoting its global relevance through education, research, and policy advocacy.

## About Kaivalyadhama Yoga Institute

A globally renowned institute founded by Swami Kavalayananda, Kaivalyadhama Yoga Institute, Lonavala is a pioneer in integrating Yoga tradition with scientific research. Set amidst the serene Sahyadri hills, it provides the ideal environment for deep learning and experiential immersion.



# Schedule

## Day 1 – 29th May 2026

Time	Session
9:00 – 10:00 a.m.	<b>Registration</b>
10:30 – 11:30 a.m.	<b>Inaugural Ceremony</b>
12:00 – 1:00 p.m.	<b>Session 1: Unity in Diversity – Philosophical Foundations of Yoga</b> <ul style="list-style-type: none"><li>• Exploring the common threads.</li><li>• Dialogue between traditional paramparas</li><li>• “One essence, many paths”</li></ul>
1:00 – 2:00 p.m.	<b>Lunch</b>
2:30 – 3:30 p.m.	<b>Session 2: Yoga &amp; Public Health – From Individual Wellness to National Policy</b> <ul style="list-style-type: none"><li>• Yoga in preventive and promotive healthcare</li><li>• Integration with Ayushman Bharat / public health systems</li><li>• Role of Yoga in non-communicable diseases</li></ul>
3:45 – 4:45 p.m.	<b>Session 3: Scientific Research &amp; Evidence-Based Yoga</b> <ul style="list-style-type: none"><li>• Bridging ancient wisdom and modern science</li><li>• Clinical research, neuroscience, physiology</li><li>• Standardization vs personalization debate</li></ul>
5:30 – 6:30 p.m.	<b>Session 4: Traditions in Practice – Living Lineages of Yoga</b>
7:00 – 8:30 p.m.	<b>Cultural Program</b>
9:00 p.m.	<b>Dinner</b>

## Day 2 – 30th May 2026

6:30 – 7:45 a.m.	<b>Session 5: Traditions in Practice – Living Lineages of Yoga</b>
8:00 – 9:00 a.m.	<b>Breakfast</b>
9:30 – 10:45 a.m.	<b>Session 5: Yoga Education, Accreditation &amp; Policy Framework</b> <ul style="list-style-type: none"><li>• Standardization of Yoga education in India &amp; globally</li><li>• Role of IYA, universities, and certification bodies</li><li>• Challenges in preserving authenticity while scaling</li></ul>
11:00 – 12:15 p.m.	<b>Session 5: The Future of Yoga – Innovation, Technology &amp; Global Expansion</b> <ul style="list-style-type: none"><li>• Digital Yoga, AI, hybrid learning</li><li>• Global diplomacy through Yoga</li><li>• Youth engagement and next-generation leadership</li></ul>
12:30 – 1:00 p.m.	<b>Valedictory , Awards and Felicitations</b> Lunch and Departure

## Join Us

Be a part of a transformative gathering that celebrates not just Yoga as a practice—but as a living, evolving, and unifying force for humanity.



**YOGAUTSAV 2026 –**  
**Where Traditions Meet, and Unity Emerges.**



## Registration Details

### Registration Category:

- Delegates
- Representatives of Yoga Institutions
- Researchers / Academicians
- Students
- International Participants

Mode of Registration:

Online

### Registration Link:

<https://www.yogaiya.in/celebrating-diversity-in-yoga-utsav-2026/>



Scan to register

### For Registration Assistance:

Ph: +91 9667181329

Email: secretariat@gmail.com

Event Date:

**May 29-30, 2026**



## Contact US

**Indian Yoga Association**

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Deen Dayal Upadhyay Marg, ITO, New Delhi 110002



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