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life | Ayman Al-Khatib | TEDxNDULouaize

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As the world struggles to heal physically and psychologically after battling a global crisis, the well-being humanity precariously hangs in the balance. Millions of people still reel ...

Divine Art of Yoga Center, OC India Association Mark International Day of Yoga: Now More Relevant Than Ever

Presently, people have been suffering from various types of psychosomatic disorders for which they have been taking medicines for many years.

Expert sheds light on how yoga can be utilised as a therapy for the enhancement of physical and mental health

Can Yoga increase one's creativity/productivity? The spiritual claims of Yoga are based on extremely dubious assumptions which can hardly be subjected to evidence-based research as the PM desires them

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The relevance of ‘ political ’ Yoga

Morning yoga benefits your health, energy and stress levels in incredible ways, so consider this a case to roll out your mat in the a.m.

Secret Side Effects of Doing Yoga Before Breakfast, Says Science

When you look at ancient pictorial depictions of Gemini, you see one of the twins with a bow and a lyre, and one of them with a sickle or club. One twin represented the practical aspect of life, one ...

What we can Learn about Yoga & Duality from the Sun in Gemini.

But what happens when the path itself has lost its hold on reality? I ’ ve read scattered stories about the yoga community that links some members, the smallest of minorities, that resist being ...

Yoga, Covid, and the Wrong Path

Sentient Decision Science's groundbreaking technology is being used to quantify the physical and mental health effectiveness of yoga practice in aging adults. "This work is uncovering ...

Sentient Decision Science's Emotional Intelligence Technology Demonstrates How Yoga Improves the Well-Being of Aging Adults

Science of Identity Foundation announces the release of a new meditation video series called, “ Kirtan Meditation ” These ten meditations are available on the Official YouTube channel for viewing at one ...

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Science of Identity Foundation releases ‘ Kirtan Meditation ’ video series

Morarji Desai National Institute of Yoga, Ministry of AYUSH, Government of India, a premier institute for Planning, Training, Promotion, and Propagation of all aspects of Yoga Education, Training, ...

Admissions at Morarji Desai National Institute of Yoga, New Delhi: Apply by July 15

Terming this as a great example of the fusion of modern technology and ancient science, the prime minister expressed hope that the M-yoga app will help in spreading yoga the world over and ...

Yoga remains 'ray of hope', source of strength as world fights Covid: PM Modi

Today even medical science lays emphasis on the healing process, besides medical treatment. Yoga helps in healing process: Prime Minister Narendra Modi. -No country was prepared when the invisible ...

International Yoga Day: Yoga a ray of hope against Covid-19, says PM Modi

As far as we ’ re concerned, every day is International Day of Yoga. We honor and respect science and system rooted in South Asia—and acknowledge mind-body healing traditions that were developing in ...

Practice With 5 of Our Favorite International Yoga Influencers

Minister of State for Education Sanjay Dhotre launched a diploma course in Yoga Science developed by the National Institute of Open Schooling (NIOS). During the launch, Mr Dhotre highlighted the ...

International Yoga Day 2021: Sanjay Dhotre Launches NIOS Diploma Course In Yogic Science

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yoga can motivate them to pursue courses and careers in yogic disciplines both in India and abroad. It is not just a collection of exercises but an art and science that can boost collaboration and ...

Should yoga be made a mandatory part of the curriculum post the pandemic?

"The M-Yoga app will be a great example of the fusion of modern technology and ancient science. I believe that the application will play a great role in expanding Yoga across the world and will ...

PM Modi Announces Launch Of M-Yoga App To Spread Yoga Across World

Modi noted that the medical science focuses as much on "healing" as on treatment, and said yoga plays a role in healing New Delhi: Prime Minister Narendra Modi on Monday said yoga remains a "ray ...

Yoga remains 'ray of hope' as world fights Covid: PM Modi

The Prime Minister further said that even the medical science lays emphasis on the healing process, besides medical treatment, and yoga can help in it. "When I talk to frontline warriors and ...

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