

1st International Conference on **YOGA CONCEPTS FOR GLOBAL APPLICATIONS**

 **At Puducherry (former
Pondicherry), India**

January 30 – February 1, 2026

Vedasamskriti Yoga Foundation
(VSYF)
And
Council for Yoga Accreditation
International (CYAI)



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WWW.VSYOGA.ORG

First International Conference on Yoga Concepts for Global Applications

Held at Vedic Vidya Kendra

RS No. 28, Mathur Rd, Ganapathichettikulam, Kalapet, Puducherry 605014, India,

January 30 – February 1, 2026

The *First International Conference on Yoga Concepts for Global Applications* is jointly convened by The **Vedasamskriti Yoga Foundation (VSYF)*** and The **Council for Yoga Accreditation International (CYAI)***, and supported by



Life In Yoga
BE IN THE MOMENT, WHERE LIFE EXISTS



Background and Key Goals of the Conference

In general, yoga is perceived as physical practices related to postures (Asanas) and breathing techniques (Pranayama). Within narrower segments, meditation and devotional practices (Bhakti Yoga) are also acknowledged as part of yoga. However, the deeper philosophical view of yoga—as the basis of creation, existence, purpose of life and dissolution, as conveyed in the Yoga Sutras of Patanjali—is often overlooked by many organizations, even though they may know it.

- As a result, focus has been on specific practices of Asanas, Pranayama and Meditation.
- This completely ignores the fact that traditions in every part of the world have rituals in daily life, annual and life-cycle observances (e.g. Vedic Samskaras) that are yogic in nature.
- This First International Conference on Yoga Concepts for Global Application will seek to introduce the lifecycle and lifestyle concept of yoga, individual and social aspects of yoga (related to Dharma), in other words the duties we as humans are bound to follow for individual fulfillment and cosmic harmony.
- This conference introduces several programs to Indian organizations and public to inspire sponsorship, adoption, dissemination and re-education of the gems in the Indian culture. Post conference courses provide training opportunities in some of these programs.

*Vedasamskriti Yoga Foundation (VSYF) is an India-based non-profit organization that has been providing holistic education, leadership training, wellness services and empowerment of students since 2017. Council for Yoga Accreditation International (CYAI), a US-based non-profit organization, is a Global Forum that recognizes broad applications of yoga philosophy across disciplines and is modelled as a knowledge integrator for global advancement.

In May 2025, VSYF and CYAI came together to expand the reach and impact of their respective programs focused in India. This conference will serve as an introduction of their unique approaches and initiatives to Indian institutions, organizations, and the general public.

Program and Agenda

January 30, 2026

Arrival

Meet & Greet

Arrival between 3:00 to 5:00 pm. Tour of Facility – 5:00 pm

Opening Meditation – 6:15 pm followed by Dinner – 7:00 pm

Post Dinner Introduction of Attendees

January 31, 2026

6:30 am to 8:00 am Morning Yoga, followed by Breakfast

Part I: Yoga Concepts

Principles & Research

Opening Session – 9:30 am

Gathering of Sponsors and dignitaries with official opening of conference

- **Session 1 –Heritage of Yoga and its Modern Manifestation and Proliferation (10:00 am – 11:15 am)**

Origins of Yoga, Patanjali's philosophy, Relationship to Vedic System, Significance of Yama and Niyama, Approaches to Yoga Practices, Yoga type of Practices from other parts of the world, Modern Day Practices.

- **Session 2 – Yoga and Science: Mechanism of Yoga and its Measurements (11:30 am – 12:45 pm)**

Nadi System and Pancha Prana, Application in Ayurveda and traditional medicine systems, Modern measurement tools, Learning from clinical research using conventional physiology and modern 'energy medicine' measurements.

Lunch Break and rest – 1:00 to 2:30 pm

Part II: Global Applications

From Conception to End of Life

- **Session 3 – Sowing the Seed: Yoga Solutions for Pre-Birth and Early Childhood Years (2:45 pm – 4:00 pm)**

Yogic and physiological understanding of fertility, pregnancy, childbirth and early child development (until the age of seven)

- **Session 4 – Laying the Foundations: Yoga Solutions to Enhance Early and Adolescent Education (4:15 pm – 5:30 pm)**

Leveraging the Nadi system growth to enhance learning abilities and understand the role of Dharma in living

- **Evening Meditation followed by Dinner 6:30 pm**
- **Post Dinner Open Discussion forum 8:00 pm**

February 1, 2026

6:30 am to 8:00 am Morning Yoga, followed by Breakfast

Part II: Global Applications

- **Session 5 – Yoga Solutions for Advancing in Higher Education and Career Orientation: Stress management for young adults (9:30 am)**

Simple regular lifestyle practices for enhancing academic performance and building confidence and leadership skills.

- **Session 6 – Balancing Work and Family Life: Finding Yogic Harmony in the Rhythm of Life (11:00 am)**

Cultivating inner awareness and perspective in social living by finding Rhythm of Life balance between family responsibilities and work stress.

Lunch Break and rest – 1:00 to 2:30 pm

- **Session 7 – Precision Yoga Therapy: Measured Application for Chronic Diseases (2:45 pm)**

Difference between conventional medicine systems and the yoga approach. Introduction of Measured Yoga Therapy integrative of scientific inquiry of energy medicine modalities, traditional medicine methods and concepts of modern medicine within the philosophical view of yoga about the nature of existence.

- **Session 8 – Yoga for Improving Quality of Life and Spiritual Awakenings with Healthy Aging (4:15 pm)**

Aging issues and yoga programs specifically designed for elderly to manage their vitality, health, sleep, fitness and spiritual pursuits.

- **Evening Meditation followed by Dinner 6:30 pm**
- **Post Dinner Open Discussion forum 8:00 pm**

Post-Conference Program

February 2-4, 2026

- **Teacher Training for Adolescents**

Key elements to prepare adolescents to be high performers in life

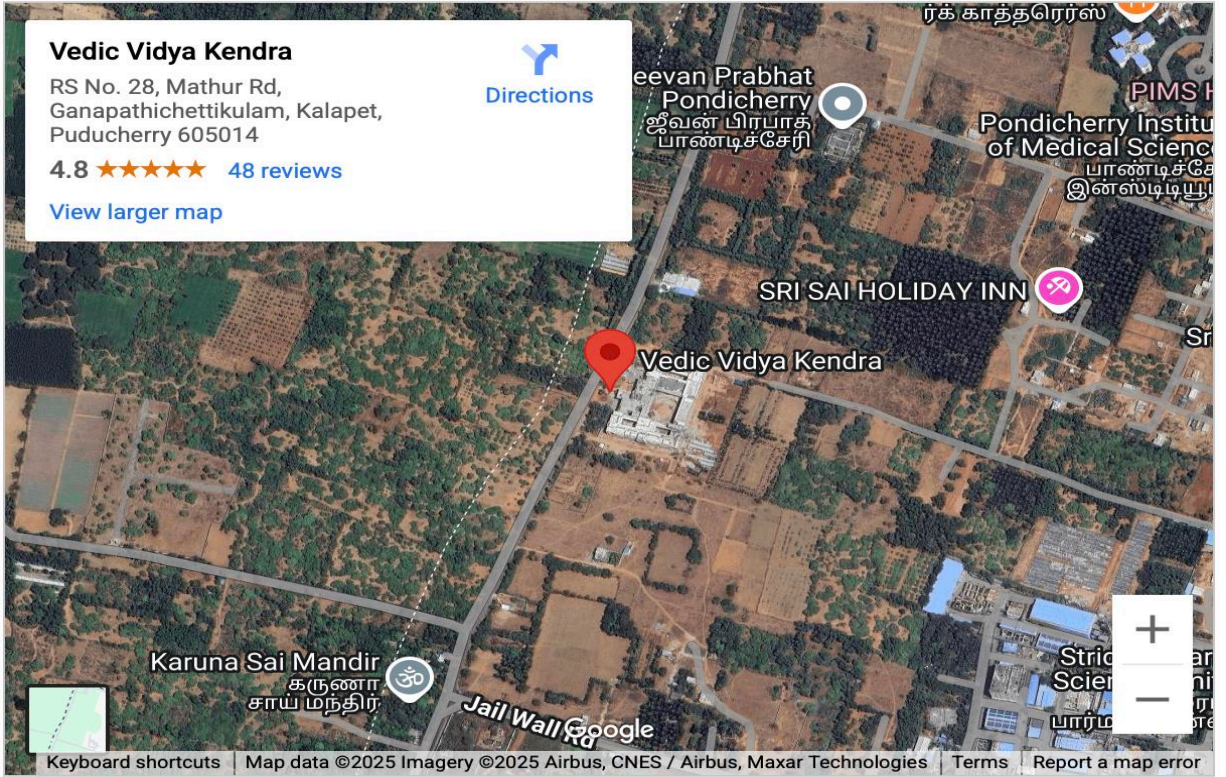
- **Pancha Prana Training for Yoga Instructors**

Enabling VSYF Yoga instructors to enhance effectiveness of yoga sessions, and to offer daily online program for senior citizens of India

- **Introduction to Measured Yoga Therapy (MYT)**

Concept of Prana flow measurement and translation into organ functionality

Map of Facility



There are two routes from Chennai to Puducherry, one via East Coast Road (ECR) and the other via Tindivanam (NH32). While going from Chennai to Puducherry via ECR, 10-12 kms before Puducherry, there is a place called Kalapet. From there, take a right turn. Vedic Vidya Kendra (VVK) is 3 kms from ECR. (There is also an alternate route via Tindivanam to reach VVK).

The major places near VVK and their distance from VVK are as follows –

- Pondicherry University 4-5 kms (When you are going from Chennai to Puducherry, VVK comes before the University)
- Pondicherry Institute of Medical Sciences (PIMS) (2 kms)
- D.A.V. School, Puducherry (400 m)

Vedic Vidya Kendra and the above-mentioned major places are available on Google Maps, from which you can get directions.

- Chennai Airport to Vedic Vidya Kendra – 3 hrs (143 km)
- Chennai Central Railway Station to Vedic Vidya Kendra – 3 hrs (140 km)
- Puducherry Railway Station to Vedic Vidya Kendra – 35 min (17.7 km)
- Puducherry Bus Terminus to Vedic Vidya Kendra – 30 min (20 km) One way bus fare between Chennai and Puducherry is Rs 250 - 350. Taxi fare per person (pool taxi) will be around Rs 1000.

Individual vehicles will be available for Rs 2500 – 3500. Travel desk will provide you appropriate assistance.