



# YOG-YTHM

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Wave of Life

YOGYTHM  Wave of Life

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# YOGA & HAPPINESS

Sisir Biswas



I started my journey as a Yoga Instructor in Phek District, Nagaland, with a vision to spread yoga awareness in my hometown, Samudragarh, Burdwan District, West Bengal. After six months of dedicated work, I returned home and organized several free yoga camps in government schools, alongside my friend Subir Sarkar. When asked about our organization's name by a school headmistress, I mentioned our Facebook group, 'Yoga Can Make Your Life Happy.' However, realizing the need for a more impactful name, we gathered our well-wishers and collectively decided on "YOGA & HAPPINESS."

One evening, I visited Subir's home, and he expressed the urgency of creating a logo for 'Yoga & Happiness.' He insisted that I stay overnight to work on it together. We spent hours discussing and brainstorming, and by around 2:30 AM, we finally settled on the logo design for 'Yoga & Happiness.'





In our organization, the roles were as follows:

- *President: Sisir Biswas*
- *Secretary: Subir Sarkar*
- *Treasurer: Harasit Biswas*

In 2017, we initiated two PMKVY centers in Burdwan District, located in Parulia Bazer and Nadanghat More, Samudragarh. Through these centers, we successfully trained over 1000 Yoga instructors. Unfortunately, in 2019,

Subir passed away due to cancer, leading to a halt in Yoga & Happiness activities.



During the lockdown period, I launched an Online Yoga Institute under the same banner. To date, we have trained and certified over 3000 students globally. I had been serving as a Yoga Examiner since 2016 under QCI, later transitioning to YCB in 2018. In 2020, I was appointed as the lead yoga examiner with YCB.



During the lockdown, while in my native village of Samudragarh, Purba Bardhaman, my wife Himashree and Annaya Majumder supported me in conducting classes and ensuring the smooth operation of our work.

In 2021, I organized a 3-day yoga retreat at **ISKCON, Mayapur**, with 35 delegates. This was followed by a yoga retreat in Rishikesh in 2022, accommodating 75 delegates for a 7-day camp. Additionally, we conducted a Yogic Trek in Kedarnath in October 2022, hosting 8 delegates.

In May 2023, we held another **Rishikesh retreat** with 30 delegates, followed by a 3-day retreat in **Shantiniketan** in November 2023 with 46 delegates. A 4-day retreat in Goa with 31 delegates also took place.

The primary objective of these yogic retreats is to provide participants with an immersive experience of a yogic lifestyle and to rejuvenate their lives. In March 2023, I traveled to Chittagong, Bangladesh, to conduct a Yoga Course.





I would like to acknowledge and remember the contributions of some of my students who have been instrumental in spreading Yoga awareness and education, as well as in publishing our yoga magazine,

## 'YogYthm - Wave of Life':

1. Gynendra Kumar
2. Soumendu Manna
3. Ritanjali Mohapatra
4. Dr. Partha Krishna Ghosh
5. Dr. Oindri Ray
6. Madhusatta Chaudhury
7. Nawneet Lodha
8. Dr. Santosh Kumar Pandit
9. Priyanka Pareek
10. Neetu Pareek
11. Trisha Ganguly
12. Choyona Dey Mukhopadday
13. Sumit Kumar Agarwal

Your dedication and support have made a significant impact, and you will always be remembered for your valuable contributions to our mission of spreading Yoga awareness and education through 'YogYthm - Wave of Life' magazine.

In 2023, we had the privilege of celebrating the International Day of Yoga with the Governor of West Bengal, Dr. CV Anand Bose, at Raj Bhawan. It was an honor to have his presence at the event, and we were delighted to be invited to be a part of such a grand celebration.

Our next goal is to expand our reach by establishing a Yoga Institute and eventually transforming it into a Yoga University.

We seek the support of everyone to achieve this significant milestone in the world of Yoga. Our approach combines scientific knowledge with traditional practices, ensuring a holistic approach to yoga education and practice.

Furthermore, all donations made towards this endeavor will be eligible for tax deductions as per government norms. We kindly request everyone to spread this message, and if we receive land donations, we will commence our work towards this noble cause.

Currently, we are teaching the following courses from Indian Yoga Association (IYA):

1. Foundation Course in Yoga (FCY)
2. Certification Course in Yoga (CCY)
3. Advance Certificate Course in Yoga (ACCY)

One Year Diploma in Yoga by 'Yoga & Happiness'

Yoga Certification Board (YCB), Ministry of AYUSH, Govt. of India

1. Yoga Volunteer (YV)
2. Level-1 Yoga Protocol Instructor (YPI)
3. Level-2 Yoga Wellness Instructor (YWI)
4. Level-3 Yoga Teacher & Evaluator (YE&T)
5. Level-4 Yoga Master (YM)
6. Assistant Yoga Therapist (AYTH)
7. Yoga Therapist (YTH)

# A YOGIC JOURNEY TO SHANTINIKETAN, MY MEMOIR.



I want to share with all my experience about the yogic trip to Shantiniketan organised by Yoga and Happiness. My recent Yogic tour to Santiniketan was a transformative journey that left an indelible mark on my soul, enriching my mind, body and spirit in profound ways. The focal point of my Yogic journey was, of course, the practice of Yoga itself. Under the guidance of my instructor, SISIR BISWAS, I delved deep into the ancient art of Yoga, exploring various asanas, pranayama techniques and meditation practices. Each session was a revelation, as I discovered new depths within myself and forged a deeper connection with my body, mind and breath. The very essence of this place encouraged introspection and self-reflection. Every moment felt like a step closer to inner harmony. One of the highlights of my Yogic tour was the opportunity to emerge myself in the rich cultural heritage of Santiniketan.

*Thanks to, SISIR BISWAS, my Yoga instructor, I thank him for such a Yogic tour.*



# THE MYSTICAL VOYAGE OF CLASSICAL YOGA

*TUMPA KHAN*

The word 'yoga' holds a mystical allure for me, as I firmly believe it has the potential to turn any challenging situation into one of health and vitality, both for the mind and body. The ancient origins of yoga, as mentioned in the Rig Veda, highlights its timeless significance in promoting spiritual, mental, and physical well-being. Referred to as '*Gurumukhi vidya*' in those ancient times, yoga was seen as a pathway to understanding one spiritual self through the guidance of a master or Guru. It was not merely a means of spiritual enlightenment but also a method for healing the body and mind from incurable ailments and damage. Maharshi Patanjali is widely recognized as the '*Father of Yoga Philosophy*', pioneer of yoga due to his seminal work, '*Yogasutra*' or '*Yoga Darshan*.'



In this text, he outlines the eight limbs of yoga, known as '*Ashtanga Yoga*.'

These eight limbs include:

- *Yama (abstinence)*
- *Niyama (observance)*
- *Asana (yoga postures)*
- *Pranayama (breath control)*
- *Pratyahara (withdrawal of senses)*
- *Dharana (concentration)*
- *Dhyana (meditation)*
- *Samadhi (absorption)*

Patanjali's Ashtanga Yoga provides a comprehensive framework for achieving harmony and balance in life through its eight limbs, guiding practitioners towards a state of profound inner peace and fulfilment. Through the diligent practice of these limbs, one can attain boundless happiness, inner peace, a healthy body, and success in various aspects of life, even unlocking the divinity within which is narrated as "Aham Brahm Asmi" "I am divine" in Brihadaranyaka Upanishad.



# Yoga, A Transforming Force in My Life

## SEEMA MADHUSUDANAN

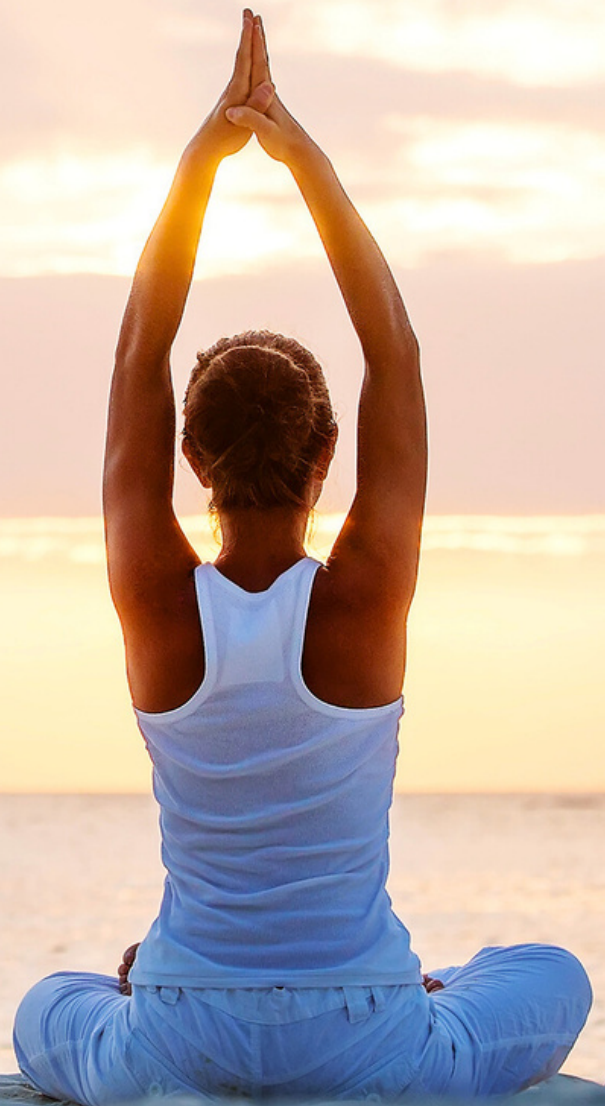
Despite being a trained medical professional, as is the wont of very many, I also did not have the time nor the inclination to look after my own health. Studies, Professional and family life balancing, other familial responsibilities, frequent transfers from one end of the country to another, all contributed towards my lethargy and always created an excuse for not looking after my own health. I am certain that most of us working mothers or homemakers face these same situations in one form or other. To cut short the long story short, it was not till our Lucknow posting in 2014 that I finally got an opportunity to learn YOGA in a structured manner from a qualified Yoga Instructor. I stand indebted to Mrs Deepa Santosh for introducing me formally in to the wonderful world of YOGA.

I came to realise that YOGA is not only a form of physical exercise but also a process by itself which provides its practitioners, mental well-being and happiness. When I started practising Yoga regularly, my short-term health issues and other long-time ailments commenced to take a back seat slowly but steadily. I started loving YOGA and never left practising it regularly.

The second opportunity came my way for a more formal and structured approach to learn YOGA whilst we were at Kolkata. In search for a certificate course on YOGA, I came across the Institute of YOGA and Happiness and through that, the venerable Yoga Guru, Shri SISIR Sir.

The way YOGA was taught and made to be practised by SISIR Sir and his team of Instructors during the course were not only enjoyable but also thoroughly professional. Being a golfer, Yoga has helped me in improving my game as well.

My life has been transformed in the last decade due to YOGA. I therefore implore everybody to take up YOGA in full earnest. I am sure that you all shall have a positive impact due to YOGA in your lives.



**BEGINNER YOGA TEACHERS  
TRAINING COURSE (LEVEL-1)**

Do One Course  
Get Two Certificates

Live Theory and Practical

Yoga Protocol  
Instructor

Yoga Certificate Board  
(YCB), Ministry of AYUSH  
Govt Of India

Foundation Course  
in Yoga

Indian Yoga Association  
Better Job opportunities in India & Abroad

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# YOGA FOR YOUTH IN DEALING WITH SOCIETAL PRESSURE

## SWAGATA CHATTOPADHYAY

The fundamental issues impacting the mental, emotional, and spiritual well-being of millennials and Gen Zs in today's modern society are of paramount concern.

**Life is a race:** Most of us in today's world want to attain a better social position than others. We are hungry for success and success is measured only by materialistic profit.

**Peer pressure:** We think we must do the same things as other people of the same social group to be accepted by them. As a result, the young generations are suffering from an unnatural sense of fitting in and seeking approval.

**Unrealistic Goal Setting:** When at a young age people are uncertain about their potential & purpose, they tend to set goals out of a competitive mindset and peer pressure.

**"Just live how you want, your life is yours!**

**Do not try so hard, it's alright to lose"**

These are the lines from a song called 'Fire' by globally famous South Korean band BTS.



When someone follows the yogic path of living, accepts success and failure as the same with equanimity of mind (Srimadbhagavadgita, chapter 2,48). Yoga is not just about practicing Asanas to have a fit & flexible body. It is an art of exploring life. The path of Yoga, explained in Srimadbhagavadgita can help the youth to discover who they really are, their true potential and to find their purpose.

- *Karma Yoga: One can enjoying doing things without worrying about the result*
- *Gyan Yoga: Knowing the reality through practice and knowledge in depth*
- *Bhakti Yoga: Growing a sense of passion or devotion*
- *Raja Yoga: A form of Yoga and mindfulness that aids to achieve control over mind & emotions.*

In the process of yogic journey "तत् त्वम् असि" (Tat Tvam Asi, That you are, Chandogyo Upanishad), self-realization and self-acceptance are eventually achieved by the practitioner.

When an individual considers own self as the part of the universal superpower, embraces all his/her attributes including the flaws and drawbacks. The individual also discovers the true potential and purpose of life. That is the juncture where he/she perceives that life is not a race to compete but an expedition to accomplish. As eminent writer Ralph Waldo Emerson beautifully penned, "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

**INTERMEDIATE YOGA TEACHERS TRAINING COURSE (LEVEL-2)**

**Do One Course Get Two Certificates**

Live Theory and Practical

Yoga Wellness Instructor

Yoga Certificate Board (YCB), Ministry of AYUSH Govt Of India

Certificate Course in Yoga

Indian Yoga Association

Better Job opportunities in India & Abroad

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100% JOB ASSISTANCE

# CHOOSING YOGA OVER GYM FOR BETTERMENT OF YOUR HEALTH

*NEETU PAREEK*

Fitness is a way of life and not just as set of work out that aid in weight loss and staying lean or muscular. Yoga and gyming both offer effectiveness and each has a distinct advantages and personal preferences.



## YOGA

Yoga means re union of our soul with body. It comes from Sanskrit word “yuj” which means “to join” or “to yoke.” It is an ancient practice compiled first by Sage Patanjali centuries ago.

Yoga makes us understand our body and mind well. It reduces stress, lose weight increases flexibility and prevent chronic diseases, yoga is not a religion but a variety of life. It is holistic approach which involves Pranayama, Kriyas, Dhyana or meditation, breadth work

and following the sattvic diet. Yoga offers benefits for physical, mental, emotional and spirituality well-being and it improves in building core and muscle strength. Our skin begins to glow, reduces stress, increases focus and awareness. It helps in anger management and brings calmness. Through Yoga, we also learn how important is to keep our chakras open and activated.



**ADVANCE YOGA TEACHERS TRAINING COURSE (LEVEL-3)**

Do One Course  
Get Two Certificates

Live Theory and Practical

Yoga Teacher and Evaluator

Yoga Certificate Board (YCB), Ministry of AYUSH Govt Of India

Advance Certificate Course in Yoga

Indian Yoga Association

100% JOB ASSISTANCE

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# GYM

Word gym is a short form of gymnasium, it is an indoor venue for exercise using variety of equipment. It was established at the end of the 19th century. Gym mostly focuses on weight lifting, strength building. Gym uses different ways to exercise that focus on a full body workout with exercise for each of the major muscle groups.



In gym the natural tendency and focus is on muscle building. Yoga is bit calmer and should have positive frame of mind benefit of yoga have a permanent effect on body and mind.

Yoga classes often foster a sense of community and support among participants, providing a social aspect that some people may prefer over working out alone in a gym.

Unlike going to the gym, which requires access to specific equipment or facilities, yoga can be practiced almost anywhere with just a yoga mat. This makes it a convenient option for people with busy schedules or those who prefer to exercise at home.

Ultimately, the decision to choose yoga over gym or vice versa comes down to individual preference, goals, and what type of exercise aligns best with one's lifestyle and interests. Some people may even choose to incorporate elements of both Yoga and gym workouts into their fitness routine for a well-rounded approach.



**ADVANCE YOGA THERAPIST COURSE**

Do One Course  
Get Two Certificates

Live Theory and Practical

Yoga Therapist (YTh)

Yoga Certificate Board (YCB), Ministry of AYUSH  
Govt Of India

Advance Certificate Course in Yoga

Indian Yoga Association

Better Job opportunities in India & Abroad

100% JOB ASSISTANCE

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# EXPLORING THE BENEFITS OF ONLINE YOGA TEACHER TRAINING

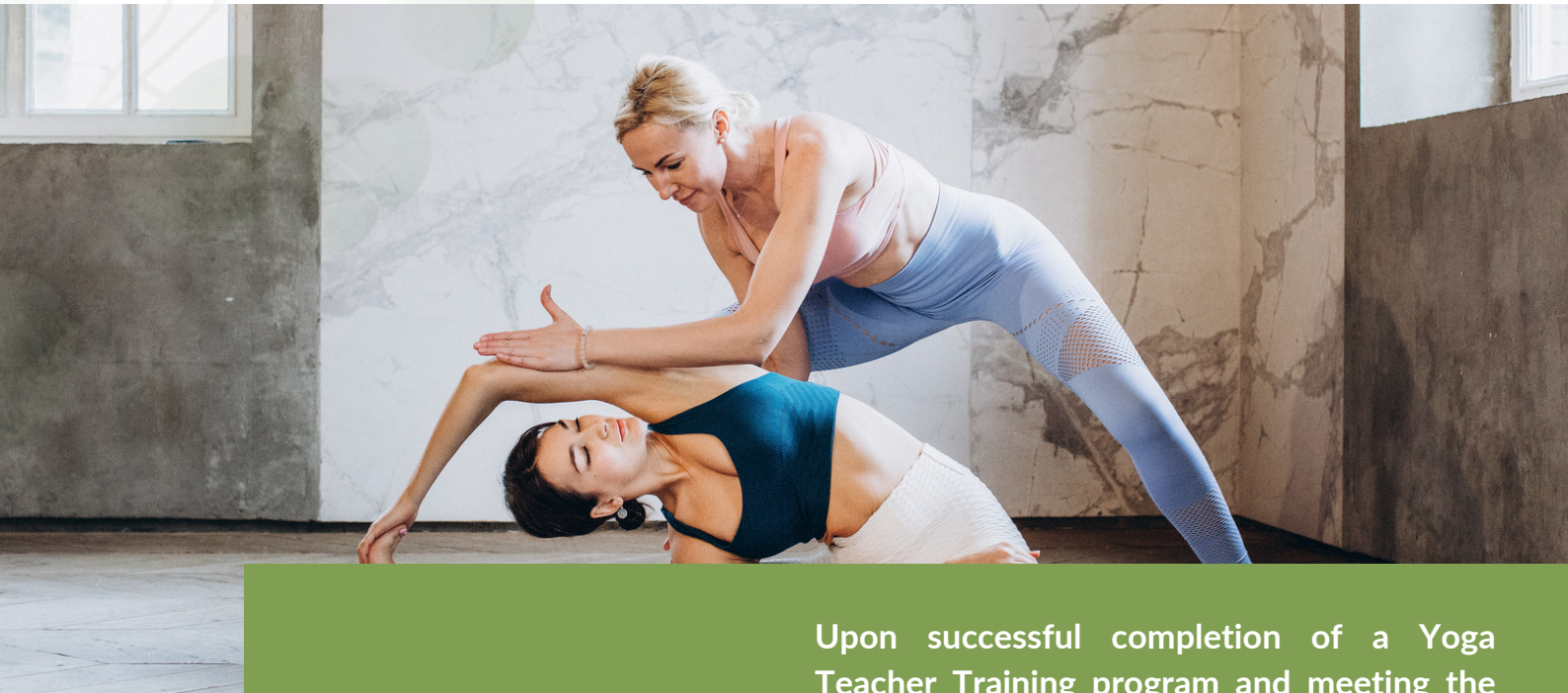
*SISIR BISWAS*



Yoga Teacher Training (YTT) refers to a structured program designed to educate and certify individuals as qualified yoga instructors. These training programs typically cover a wide range of topics related to yoga philosophy, anatomy, teaching methodologies, asanas (yoga postures), pranayama (breathing techniques), meditation, and more.

Yoga Teacher Training programs can vary in duration, intensity, and focus. They may span a few weeks to several months, with some programs offering part-time or full-time options. The curriculum often includes theoretical study, practical training, teaching practice, and assessments to ensure that trainees develop the necessary skills and knowledge to teach yoga safely and effectively





Upon successful completion of a Yoga Teacher Training program and meeting the certification requirements, graduates are awarded a Yoga Teacher Certification. This certification allows them to teach yoga professionally in various settings such as yoga studios, fitness centers, wellness centers, schools, corporate environments, and online platforms.

Yoga Teacher Training programs are offered by accredited yoga schools and institutions globally. They are led by experienced yoga teachers who guide trainees through the journey of deepening their understanding of yoga, refining their practice, and acquiring the skills needed to inspire and instruct others on the path of yoga.



In recent years, online education has gained immense popularity, offering convenience and accessibility to learners worldwide. This trend extends to yoga teacher training, providing aspiring teachers with unique benefits that enhance their learning experience and prepare them for a fulfilling career. Let's delve into the advantages of online yoga teacher training:



### **FLEXIBILITY IN LEARNING:**

Online yoga teacher training offers unparalleled flexibility, allowing students to study and practice at their own pace and convenience. This flexibility is especially beneficial for those with busy schedules or commitments.

### **ACCESSIBLE EDUCATION:**

Geographical barriers are no longer a hindrance with online training. Students from diverse backgrounds and locations can access high-quality yoga education without the need to travel to a specific location



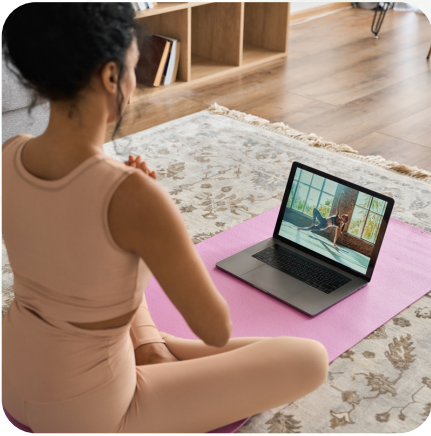
### **COST-EFFECTIVE:**

Online programs often have lower tuition fees compared to traditional in-person training. Additionally, savings on travel, accommodation, and other expenses make online yoga teacher training a cost-effective option.

### **PERSONALIZED ATTENTION:**

Despite being virtual, online training programs can provide personalized attention to students. Through live sessions, one-on-one interactions, and feedback mechanisms, instructors can tailor guidance to each student's needs.



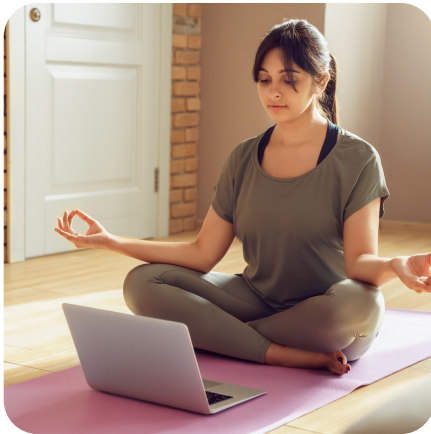


### COMPREHENSIVE CURRICULUM:

Online yoga teacher training programs typically offer a comprehensive curriculum covering yoga philosophy, anatomy, teaching methodologies, and practical sessions. This well-rounded education prepares students to excel as competent and confident yoga teachers.

### INTERACTIVE LEARNING PLATFORMS:

Modern online learning platforms facilitate interactive experiences through live classes, discussions, multimedia content, and collaborative projects. This interactive approach enhances engagement and knowledge retention.



### COMMUNITY SUPPORT:

Virtual learning environments foster a sense of community among students. Through online forums, group discussions, and networking opportunities, students can connect with peers, share experiences, and support each other's growth.

### TECHNOLOGICAL ADVANCEMENTS:

Online training leverages technological advancements such as video conferencing, virtual reality (VR) tools, and interactive simulations to enhance the learning experience. These tools offer innovative ways to explore and practice yoga concepts..







### CONTINUED LEARNING OPPORTUNITIES:

After completing the initial training, online platforms often provide access to ongoing education, workshops, and resources. This continuous learning approach allows teachers to refine their skills, stay updated with industry trends, and expand their knowledge base.

### GLOBAL RECOGNITION AND CERTIFICATION:

Reputable online yoga teacher training programs provide certifications that are recognized globally. These certifications open doors to teaching opportunities in various settings, including yoga studios, wellness centers, corporate environments, and online platforms.



In conclusion, online yoga teacher training offers a host of benefits that cater to the evolving needs of modern learners. From flexibility and accessibility to personalized attention and global recognition, online programs empower aspiring yoga teachers to embark on a rewarding journey of self-discovery and professional growth.

# YOGA IN SCHOOL EDUCATION

*SISIR BISWAS*

Implementing yoga education in the school curriculum is a crucial step towards promoting holistic development among students. Yoga, with its myriad physical, mental, and emotional benefits, plays a significant role in nurturing young minds and fostering a healthy lifestyle. Despite the government of India's efforts through circulars issued since 2006 to introduce yoga in schools, the lack of implementation due to its optional nature has hindered its widespread adoption. This issue has largely remained under-discussed, both by social organizations and educationists on social media platforms.



However, the introduction of the Yoga Education Bill in the Indian Parliament in 2023 marks a pivotal moment to advocate for the execution of yoga education in school curriculums, especially at the Primary School level. Here are the key reasons why implementing yoga in school education is imperative



Here are the key reasons why implementing yoga in school education is imperative:



### HOLISTIC DEVELOPMENT

Online yoga teacher training programs typically offer a comprehensive curriculum covering yoga philosophy, anatomy, teaching methodologies, and practical sessions. This well-rounded education prepares students to excel as competent and confident yoga teachers.

### STRESS REDUCTION

In today's fast-paced world, students face academic pressure, social challenges, and mental stress. Yoga techniques such as deep breathing and relaxation exercises can significantly reduce stress levels, improve concentration, and enhance academic performance.



### PHYSICAL FITNESS

Regular practice of yoga asanas improves flexibility, strength, and overall physical fitness. It installs healthy habits from a young age, contributing to a lifelong commitment to wellness and disease prevention.

### EMOTIONAL REGULATION

Yoga teaches students self-awareness, emotional regulation, and coping mechanisms for managing emotions effectively. This leads to improved social interactions, empathy, and conflict resolution skills.





Here are the key reasons why implementing yoga in school education is imperative:



### HEALTHY LIFESTYLE CHOICES

Through yoga education, students learn about nutrition, hygiene, and lifestyle choices that promote well-being. This knowledge empowers them to make informed decisions for a healthy lifestyle.

### INCLUSIVITY AND DIVERSITY

Yoga is a non-denominational practice that respects diverse cultural and religious backgrounds. It fosters inclusivity, tolerance, and respect for differences among students, promoting unity and harmony.



### PREVENTIVE HEALTHCARE

Yoga's emphasis on preventive healthcare and wellness complements traditional medical approaches. It equips students with tools to maintain health, prevent diseases, and lead fulfilling lives.

### LIFE SKILLS DEVELOPMENT

Beyond physical and mental health, yoga education instills life skills such as discipline, perseverance, resilience, and self-confidence. These qualities are essential for success in academics, career, and personal life.





Here are the key reasons why implementing yoga in school education is imperative:

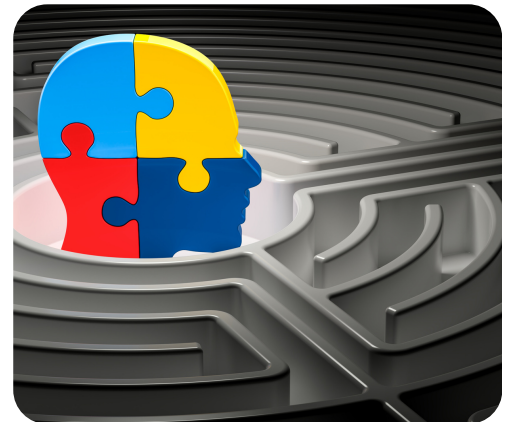


### **MINDFULNESS AND FOCUS**

Mindfulness practices integrated into yoga help students cultivate present-moment awareness, focus, and attention span. These skills are invaluable for academic learning and personal growth.

### **COGNITIVE ENHANCEMENT**

Research indicates that yoga practices can enhance cognitive functions such as memory, attention, and executive functioning. These cognitive benefits translate into improved academic performance and overall cognitive development.



By advocating for the implementation of yoga education in school curriculums, we can pave the way for a healthier, happier, and more resilient generation. It is essential to raise awareness, engage stakeholders, and collaborate with educational institutions to ensure that yoga becomes an integral part of every student's educational journey. Together, we can harness the transformative power of yoga to nurture well-rounded individuals who thrive academically, emotionally, and socially.

# COURSES WE OFFER

## YOGA CERTIFICATION BOARD (YCB)

### YOGA EDUCATION & TRAINING

1. Yoga Volunteer
2. Level 1 – Yoga Protocol Instructor
3. Level 2 – Yoga Wellness Instructor
4. Level 3 – Yoga Teacher & Evaluator
5. Level 4 – Yoga Master



### YOGA THERAPY

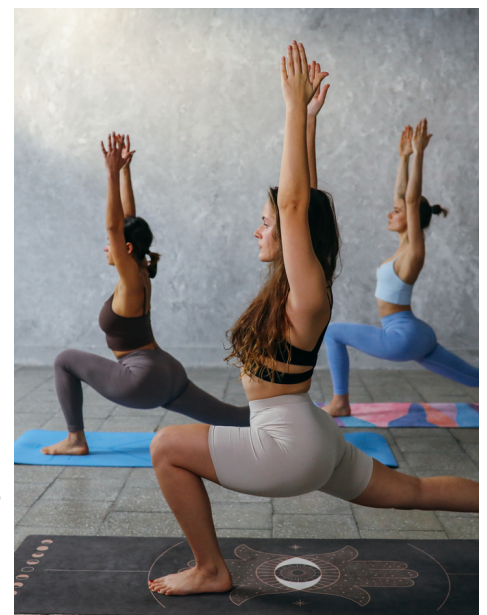
1. Assistant Yoga Therapist
2. Yoga Therapist
3. Therapeutic Yoga Consultant

### INDIAN YOGA ASSOCIATION (IYA)

1. Foundation Course in Yoga
2. Certificate Course in Yoga
3. Advance Certificate in Yoga

### COMBINED YOGA TEACHERS TRAINING COURSES

4. Beginner Yoga Teachers Training Course
5. Intermediate Yoga Teachers Training Course
6. Advance Yoga Teachers Training Course
7. Advance Yoga Therapist Course



# OUR SERVICES:

Yoga Teacher's  
Training Course

Yoga at  
Home

Physical Yoga  
Session in  
Kolkata,  
Guwahati, Delhi

Corporate  
Yoga Sessions

Yoga  
Retreats

Personalized  
Online Yoga  
Session

Yoga  
Studio



# OUR ACTIVITIES





# OUR ACTIVITIES



# OUR ACTIVITIES





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