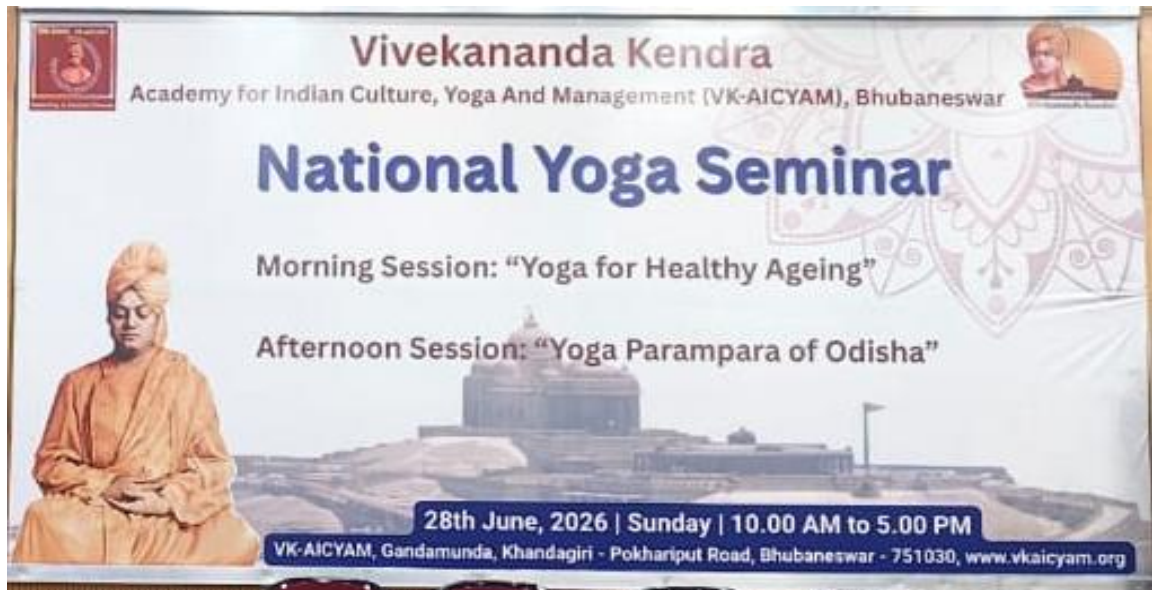


PROCEEDINGS

of the

NATIONAL SEMINAR ON YOGA



Theme (Morning Session)

Yoga for Healthy Ageing

Theme (Afternoon Session)

Yoga Parampara of Odisha — Learning from Ancient Literature

Sunday, 28th June 2026, Auditorium, VK-AICYAM, Bhubaneswar, Odisha

Organised by

Vivekananda Kendra Academy for Indian Culture, Yoga and Management (VK-AICYAM)

Plot No. 1561(P), Gandamunda, Khandagiri–Pokhariput Road, Bhubaneswar – 751030, Odisha, India

1. About Vivekananda Kendra and VK-AICYAM

Vivekananda Kendra was founded at Kanyakumari in 1972 as a spiritually oriented service mission with 'Man-Making' and 'Nation Building' as its twin objectives, central to the philosophy of Swami Vivekananda. The Kendra imbibes the thought that “Service to Mankind is Service to God”, guided by the national ideals of Renunciation and Service. To actualise these twin objectives, the Kendra operates through more than 1200 branch centres spread across 25 states and 05 UTs of India, working across all layers of society to rebuild the nation.

In 2020, the Vivekananda Kendra Academy for Indian Culture, Yoga and Management (VK-AICYAM) was established in Bhubaneswar, Odisha, as a dedicated initiative of Vivekananda Kendra to undertake a wide range of activities in the fields of Indian culture, yoga, and management, with a particular focus on the Eastern region of India. As part of its annual activities, VK-AICYAM organises a Yoga Seminar and Vimarsh each year.



VK-AICYAM campus, Khandagiri–Pokhariput Road, Gandamunda, Bhubaneswar

1.1 Background

Every year, VK-AICYAM organises a national seminar in observance of the International Day of Yoga, focusing on themes of contemporary relevance. For the year 2026, the Seminar adopted the twin themes “Yoga for Healthy Ageing” and “Yoga Parampara in Odisha”, highlighting the role of yoga in promoting longevity, mobility, preventive healthcare, and holistic wellbeing across all stages of life, while also celebrating Odisha’s rich yogic heritage.

The theme “Yoga for Healthy Ageing” emphasized that healthy ageing extends far beyond the mere absence of disease. It encompasses the preservation of functional ability, physical independence, mental resilience, emotional well-being, and active social participation. Increasing scientific evidence demonstrates that regular yogic practice enhances flexibility, balance, muscular strength, cardiovascular fitness, cognitive function, emotional stability, and stress resilience, thereby contributing significantly to healthy and graceful ageing.

From the perspective of the classical yogic tradition, longevity is understood not simply as an increase in lifespan but as the attainment of a life characterized by vitality, harmony, self-awareness, purpose, and inner balance. Yoga provides a holistic framework for nurturing physical health, mental clarity, emotional equilibrium, and spiritual growth throughout the human lifespan.

Against this backdrop, VK-AICYAM organised a One-Day National Seminar on Yoga on Sunday, 28 June 2026 (9:00 a.m.–5:00 p.m.) at its premises in Bhubaneswar, Odisha. The Seminar addressed one of the most pressing demographic and public health challenges of the twenty-first century — population ageing. According to the World Health Organization (WHO), the global population aged 60 years and above is projected to nearly double by 2050. While increased life expectancy stands as a remarkable achievement of modern medicine, it has also resulted in a growing number of older adults living with chronic diseases, reduced mobility, cognitive decline, emotional distress, and social isolation — complex challenges that require integrated and holistic approaches beyond conventional healthcare.

In this context, yoga, as a comprehensive Indian system integrating āsana (physical postures), prāṇāyāma (breath regulation), dhyāna (meditation), and ethical living, offers a scientifically supported and culturally rooted approach to healthy ageing. The Seminar therefore brought together eminent scholars, researchers, yoga practitioners, academicians, and students to deliberate on both classical wisdom and contemporary scientific evidence concerning yoga’s role in promoting healthy ageing.

The afternoon technical session was devoted to “Yoga Parampara in Odisha,” exploring the rich and largely underrepresented yogic traditions preserved in Odisha’s classical literature, spiritual practices, and indigenous knowledge systems. Distinguished speakers examined yogic concepts embedded in Odia texts and regional spiritual traditions, highlighting Odisha’s unique contribution to the evolution of Indian yoga and emphasizing the continuing relevance of this invaluable heritage in contemporary society.

1.2 Seminar Location

Auditorium, Vivekananda Kendra Academy for Indian Culture, Yoga and Management (VK-AICYAM), Khandagiri–Pokhariput Road, Gandamunda (adjacent to Punjab National Bank / Canara Bank, near Kala Bhoomi Bus Stop), Bhubaneswar, Odisha, India.

2. Seminar Design

2.1 Seminar Title and Scope

Title: National Seminar on Yoga

Morning Session Theme: Yoga for Healthy Ageing

Afternoon Session Theme: Yoga Parampara of Odisha — Learning from Ancient Literature

The Seminar’s scope spanned both a contemporary public-health question — how yoga contributes to longevity, mobility, preventive healthcare, and holistic well-being — and a heritage-

oriented enquiry into Odisha's own yogic and literary traditions. Original research articles were invited from prospective scholars on these themes and related areas, as under:

- Yoga and Geriatric Health: Promoting Physical, Mental, and Social Well-being in Older Adults.
- Prāṇāyāma and Healthy Ageing: Enhancing Vitality, Respiratory Health, and Quality of Life.
- Meditation: Yogic Approaches to Brain Health and Emotional Well-being.
- Yoga as a Preventive and Promotive Healthcare Strategy for Healthy Ageing.
- Holistic Ageing through Yoga: Integrating Physical Health, Mental Balance, and Spiritual Growth.
- Healthy Ageing: Learning based on Indian Scriptures.
- Literature on Yoga Parampara of Odisha — Theory and Practices.
- Contextual Relevance of Yoga Parampara of Odisha based on Learning and Understanding.
- The Bhagavad Gītā as a Guide for Lifelong Health, Purpose, and Successful Ageing.

2.2 Key Features of the Seminar

- A full-day, invitation-only academic program combining keynote addresses and panel discussions.
- Two thematically distinct sessions — a morning session on Yoga for Healthy Ageing and an afternoon session on the Yoga Parampara of Odisha.
- Participation of scholars, yoga faculty, students, researchers, and Karyakartas of Vivekananda Kendra, with no participation fee.
- Circulation of a digital compilation of all accepted articles to Seminar participants.
- A closing ceremony including a 'Life Lesson' address and certificate distribution to speakers, presenters, and participants.

2.3 Expected Outcomes

- A scholarly platform for the exchange of ideas on yoga's contribution to healthy ageing.
- A structured examination of longevity, mobility, preventive healthcare, and holistic wellbeing through the lens of classical and contemporary yogic thought.
- Documentation of the Yoga Parampara of Odisha as recorded in ancient literature, and reflection on its contemporary relevance.
- A compiled digital research articles for wider academic circulation through the VK-AICYAM website.
- Strengthening of a scholarly and practitioner network around yoga, healthy ageing, and Odisha's literary-yogic heritage, consistent with VK-AICYAM's annual Yoga Seminar.

3. Venue, Host, Chair and Programme Committee

3.1 Venue

Auditorium, Vivekananda Kendra Academy for Indian Culture, Yoga and Management (VK-AICYAM), Gandamunda, Khandagiri-Pokhariput Road, Bhubaneswar – 751030, Odisha, India.

3.2 Host

Vivekananda Kendra Academy for Indian Culture, Yoga and Management (VK-AICYAM), Bhubaneswar, an initiative of Vivekananda Kendra.

3.3 Session Chairs

S. No.	Role	Name
1	Anchor — Inaugural Session, Afternoon Session, and Vote of thanks	Shri Ajaya Kumar Sahoo
2	Session Chair — Morning Session	Dr. Santosh Mohanty
3	Session Chair — Afternoon Session	Dr. Subash Chandra Sarangi
4	Anchor — Closing Ceremony	Dr. Prafulla Kumar Tripathy

4. Organising Committee

The successful organisation of the National Seminar on Yoga 2026 was made possible through the dedicated efforts, meticulous planning, and wholehearted cooperation of the following members of the Organising Committee:

1. Dr. Santosh Mohanty
2. Shri Ajaya Kumar Sahoo
3. Dr. Prafulla Kumar Tripathy
4. Dr. Subash Chandra Sarangi
5. Shri Samarendra Nayak
6. Smt. Bijayalaxmi Pattanaik
7. Shri Ram Kishor Sharma

The Organising Committee was responsible for the comprehensive planning, coordination, and execution of all aspects of the Seminar, including academic scheduling, participant registration, venue management, technical arrangements, documentation, and hospitality. Shri Naresh Das assisted with certificate preparation, while Mr. Hohom Kanglom managed the sound system and technical arrangements. Through their collective commitment, teamwork, and attention to detail, the Committee ensured the smooth and efficient conduct of the event.

Their dedicated service contributed significantly to fostering a vibrant academic atmosphere, facilitating meaningful scholarly interactions, and creating a memorable and enriching experience for all participants. The Organising Committee's unwavering commitment and collaborative spirit were instrumental in the overall success of the National Seminar on Yoga 2026.

5. Objectives of the Seminar

1. To create a scholarly platform for the exchange of ideas on yoga's contribution to healthy ageing.
2. To examine longevity, mobility, preventive healthcare, and holistic well-being through the lens of classical and contemporary yogic thought.

3. To explore the Yoga Parampara (tradition) of Odisha as documented in ancient literature, and its contemporary relevance.
4. To bring together scholars, practitioners, and students for keynote addresses, paper presentations, and panel discussion.
5. To disseminate the accepted research articles as a compiled digital volume to all participants.

6. Participation

The National Seminar on Yoga 2026 was conducted on an invitation-only basis. Invitations were extended to academicians, researchers, yoga practitioners, students, and members of VK-AICYAM. There was no participation fee, enabling wider academic participation. The seminar was attended by approximately 101 delegates at the VK-AICYAM Auditorium, Bhubaneswar, representing universities, research institutions, yoga organizations, professional bodies, and independent scholars. The broad participation enriched the academic discussions and promoted meaningful exchange of ideas on the Seminar themes, Yoga for Healthy Ageing and Yoga Parampara in Odisha.

6.1 Participant Profile

The National Seminar on Yoga 2026 attracted approximately 101 participants, representing a diverse cross-section of the academic, research, and yoga communities, including scholars, faculty members, researchers, yoga practitioners, students, and members of VK-AICYAM, whose active engagement enriched the scholarly discussions and interdisciplinary exchange of ideas. The participant profile was as follows:

S. No.	Category	Number
1	National Seminar on Yoga (NSY) Paper Presenters	10*
2	NIOS MKK Students	17
3	VK-AICYAM Members	22
4	Other Participants (Faculty Members, Researchers, Yoga Practitioners, and Invited Delegates)	52
	Total Participants	101

* Out of 11 accepted research papers, nine presenters delivered their papers in person and one presenter presented through a pre-recorded audio presentation. One presenter was absent in the seminar.



A section of delegates at the Seminar auditorium

6.2 Institutional Representation

The Seminar witnessed participation from a wide spectrum of universities, research organizations, government institutions, and yoga organizations, including:

1. Rama Devi Women's University
2. Chandigarh University
3. Utkal University of Culture
4. KIIT University
5. KISS University
6. Sri Sri University
7. Dayananda Academy of Art, Culture and Yoga
8. Indian Vastu Academy
9. CESYAN
10. Department of AYUSH, AIIMS Bhubaneswar
11. Government Polytechnic, Bhubaneswar
12. Smile Yoga
13. Srusti Academy of Management
14. Bharatiya Yog Sansthan

The broad institutional representation reflected the Seminar's interdisciplinary character and national outreach. The participation of delegates from universities, research institutions, government organizations, and yoga institutions fostered meaningful academic dialogue, collaborative learning, and the exchange of diverse perspectives. Their active involvement significantly enhanced the scholarly quality of the Seminar and underscored the growing national interest in evidence-based yoga research, healthy ageing, and the preservation of Odisha's rich yogic heritage.

7. Seminar Agenda and Schedule

Venue: Auditorium, VK-AICYAM | Date: Sunday, 28th June 2026

Time	Activity	Details
09:00 – 09:45 AM	Registration	Pre-populated list for signature
09:45 – 09:55 AM	Sitting Facilitation	Participants / Guests seated in the Auditorium
09:55 – 10:10 AM	Event Initiation	Dīpa Prajwalan and Prayers
10:10 AM – 01:00 PM	MORNING SESSION — Yoga for Healthy Ageing	
10:10 – 10:15 AM	Session Introduction	Dr. Santosh Mohanty (Session Chair)
10:15 – 11:10 AM	Presentation: Group A	6 Research Papers
11:10 – 11:25 AM	Break	

Time	Activity	Details
11:25 AM – 12:10 PM	Presentation: Group B	5 Research Papers
12:10 – 12:20 PM	Presentation Summary	Session Chair
12:20 – 01:00 PM	Keynote Address	Prof. (Dr.) Satya Mohapatra, Founder & Director, IHS
01:00 – 02:00 PM	Lunch	Annapurna, 4th Floor VK-AICYAM
02:00 – 04:15 PM	AFTERNOON SESSION — Yoga Parampara of Odisha	
02:00 – 02:10 PM	Session Introduction	Dr. Subash Chandra Sarangi (Session Chair)
02:10 – 03:00 PM	Keynotes	Prof. (Dr.) Pradipta Kumar Panda, SOA University Prof. (Dr.) Santosh Kumar Rath, SOA University
03:00 – 04:15 PM	Panel Discussion	Prof. Pradipta Kumar Panda Prof. Santosh Kumar Rath Dr. Pradeep Kumar Das Dr. Braja Sundar Mishra Dr. Debi Prasad Swain
04:15 – 05:00 PM	CLOSING CEREMONY	Dr. Prafulla Kumar Tripathy (Anchor)
04:15 – 04:30 PM	Life Lesson	Address by Shri Laxminarayan Panigrahy
04:30 – 04:55 PM	Certificate Distribution	Speakers / Presenters / Participants and NIOS students
04:55 – 05:00 PM	Vote of Thanks	Shri Ajaya Kumar Sahoo

8. Inaugural Ceremony

The National Seminar on Yoga 2026 commenced with the registration of participants, followed by the reception and seating of distinguished guests, invited delegates, scholars, and participants in the seminar auditorium. The inaugural session began with the chanting of three Omkāras (Om), followed by a solemn invocatory prayer rendered by Pragnya Didi, Nibedita Didi, and Tanushree Didi, creating a serene and contemplative atmosphere befitting the spirit of the Seminar.

The formal inauguration was marked by the traditional Dīpa Prajwalan (Ceremonial Lamp Lighting), symbolizing the dispelling of ignorance through the light of knowledge and wisdom. The ceremonial lamp was lit by Shri Laxminarayan Panigrahy, Secretary, VK-AICYAM; Prof. (Dr.) Santosh Kumar Rath; Prof. Basudev Chotoi; Dr. Sachidananda Panda; and Ms. Nilakshi Borgohain.

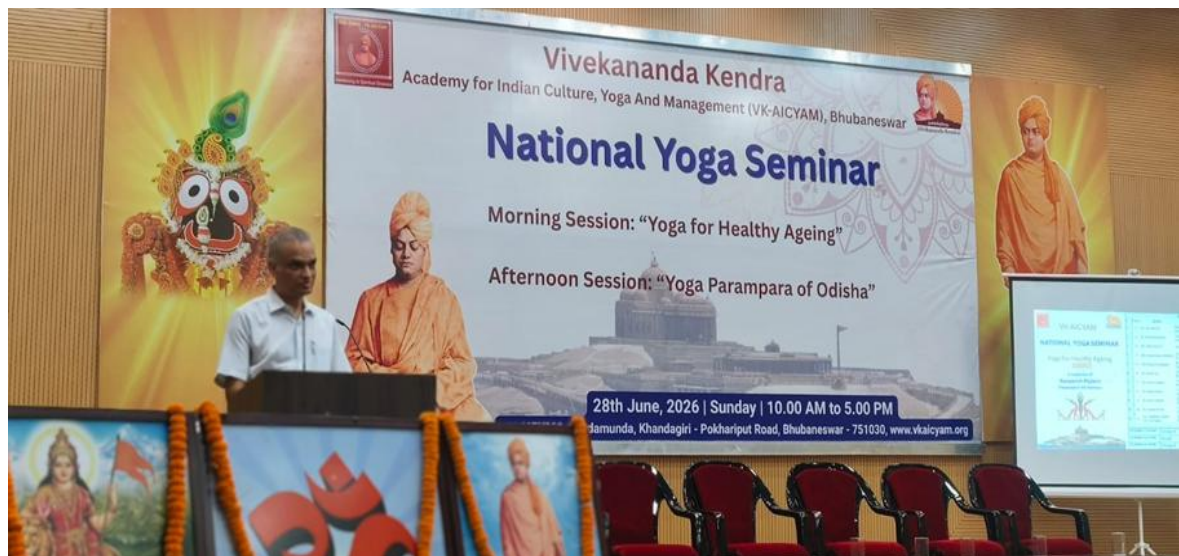
The inaugural ceremony reflected the rich cultural and spiritual ethos of the Indian knowledge tradition and set an inspiring and dignified tone for the day's academic deliberations. It served as a fitting commencement to a Seminar dedicated to exploring the relevance of yoga for healthy ageing and celebrating the rich Yoga Parampara of Odisha through scholarly dialogue and interdisciplinary exchange.



Dīpa Prajwalan at the Inaugural Ceremony

9. Morning Technical Session: Yoga for Healthy Ageing

The Morning Technical Session (10:10 a.m.–1:00 p.m.) was chaired by Dr. Santosh Mohanty. Introducing the theme of the session, he emphasized the growing significance of yoga in addressing the multifaceted challenges of healthy ageing through an integrated approach to physical, mental, emotional, and social wellbeing.



Address by Dr. Santosh Mohanty, Session Chair

The technical session featured the presentation of eleven research papers, organized into Group A (six presentations) and Group B (five presentations), with a short break between the two sessions. The papers addressed diverse aspects of yoga and healthy ageing, encompassing

preventive healthcare, therapeutic applications, psychological well-being, lifestyle management, and emerging research perspectives. Following the paper presentations, the Session Chair presented a concise summary of the deliberations, highlighting the key findings and recommendations emerging from the discussions.

9.1 Paper Presentations — Group A

10:15 – 11:10 AM (Six research papers)

S. No.	Title	Presenter
1	Prāṇa, Breath, and Consciousness: Yogic Pathways to Mental Resilience and Healthy Ageing	Ms. Anwesha Kar
2	Yoga for Healthy Ageing: Rediscovering Purpose through Conscious Action	Dr. Debi Prasad Swain
3	Transformative Power of Dhyāna on Healthy Ageing	Ms. Manaswini Das
4	An Integrative Approach to Longevity, Mobility, Preventive Healthcare, and Holistic Wellbeing	Shri Manoj Kumar Mukharjee
5	ସୁସ୍ଥ ବୃଦ୍ଧାବସ୍ଥା ପାଇଁ ଯୋଗ ଏକ ପ୍ରତିଷ୍ଠେୟ ଏବଂ ପ୍ରୋତ୍ସାହନମୂଳକ ସ୍ବାସ୍ଥ୍ୟସେବା (Yoga for Healthy Ageing — A Preventive and Promotive Health Service)	Ms. Pragnya Priyadarsini
6	Adjustment Mechanisms for Healthy Ageing: The Bhagavad Gītā Perspective on Ageing	Dr. Sasmita Kar

9.2 Paper Presentations — Group B

11:25 AM – 12:10 PM (Five research papers)

S.No.	Title	Presenter
7	Yoga as a Preventive and Promotive Healthcare Strategy for Healthy Ageing	Dr. Sasmita Tripathy
8	Yoga as a Multidimensional Approach to Holistic Ageing	Dr. Sujata Acharya
9	ସୁସ୍ଥ ବାର୍ଦ୍ଧକ୍ୟ ପାଇଁ ଯୋଗ – ଦୀର୍ଘାୟୁ, ଗତିଶୀଳତା ଏବଂ ସାମଗ୍ରିକ କଲ୍ୟାଣର ଏକ ସମନ୍ୱିତ ଦୃଷ୍ଟିକୋଣ (Yoga for Healthy Ageing — An Integrated View of Longevity, Mobility and Holistic Wellbeing)	Dr. Sujata Mohanty
10	Yoga and Geriatric Health: Promoting Physical, Mental, and Social Wellbeing in Older Adults	Dr. Tarulata Parida (Absent)
11	The Bhagavad-Gītā as a Guide for Life-long Health, Purpose and Successful Ageing	Ms. Tusharbala Tripathy (pre-recorded audio presentation) and Ms. Jyoti Sharma

9.3 Abstracts of Papers Submitted and Accepted for Presentation

Group A

1. Prāṇa, Breath, and Consciousness: Yogic Pathways to Mental Resilience and Healthy Ageing

Ms. Anwesha Kar

B.E. CSE Student, Chandigarh University

Abstract

Healthy ageing is not only limited to preserving the physical state of the body but also extends to mental resilience, emotional balance, purpose, and inner vitality. Classical yoga locates this inner vitality in prāṇa, the vital force intimately linked with breath and mind. Drawing on Upaniṣadic anthropology, the Haṭha Yoga Pradīpikā, the Bhagavad Gītā, contemporary research on prāṇāyāma, and Odisha's Jagannath traditions, this paper argues that the quality of one's breath influences the quality of one's mind, and that breath-centric yogic practices can meaningfully contribute to psychological well-being and healthy ageing.

2. Yoga for Healthy Ageing: Rediscovering Purpose through Conscious Action

Dr. Debi Prasad Swain

Principal Consultant, Tata Consultancy Services; Karyakarta, VK-AICYAM

Abstract

This article presents Yoga as a framework for healthy ageing through purposeful and conscious action. Drawing on Rama's vairāgya in the Yoga Vāsiṣṭha and Arjuna's viśāda in the Bhagavad Gītā, it shows that life's later stages need not mean withdrawal, but renewed contribution. Through Patañjali's Yoga and karmayoga, ageing becomes maturing — preserving balance, relevance, wisdom, and meaningful participation in personal and social life.

3. Transformative Power of Dhyāna on Healthy Ageing

Ms. Manaswini Das

Yoga Teacher, Kendriya Vidyalaya-4, Bhubaneswar

Abstract

Human life is the most precious gift, offering opportunities for growth, self-realization, and meaningful contribution to society. Ageing is a natural and inevitable process accompanied by profound physical, cognitive, and psychological changes. With increasing life expectancy worldwide, healthy ageing has become a major global concern demanding holistic and sustainable solutions. Among the various approaches to promoting healthy ageing, Dhyāna (Meditation) occupies a unique place due to its transformative power on physical, mental, and spiritual well-being. This paper explores the concept of Dhyāna as rooted in Indian philosophical tradition, its scientific validation, and its multidimensional role in fostering healthy ageing.

4. An Integrative Approach to Longevity, Mobility, Preventive Healthcare, and Holistic Wellbeing

Shri Manoj Kumar Mukharjee

Yoga Faculty, Indian Vastu Academy

Abstract

Healthy ageing emphasizes maintaining functional ability, mobility, and well-being throughout life. Yoga offers a holistic approach by integrating physical postures, breathing techniques, meditation, and

lifestyle practices. This article explores the role of yoga in promoting healthy ageing and examines the effects of yoga on longevity, mobility, preventive healthcare, and holistic well-being. This study is based on a narrative review of published literature, including peer-reviewed articles, and WHO reports.

5. ସୁସ୍ଥ ବୃଦ୍ଧାବସ୍ଥା ପାଇଁ ଯୋଗ ଏକ ପ୍ରତିଷ୍ଠିତ ଏବଂ ପ୍ରୋତ୍ସାହନମୂଳକ ସ୍ୱାସ୍ଥ୍ୟସେବା (Yoga for Healthy Ageing — A Preventive and Promotive Health Service)

Ms. Pragnya Priyadarsini

Varga Sikhyak, Vivekananda Kendra, Bhubaneswar Nagar

Abstract

The World Health Organization (WHO) has laid emphasis on the importance of healthy ageing. Yoga is fully aligned with this objective, as it promotes physical wellness, mental strength, emotional balance, and social activeness. The paper discusses how yogic practice — asana, prāṇāyāma, and meditation — supports elders in maintaining strength, flexibility, disease prevention, sound sleep and a positive, purposeful outlook in the later years of life.

(Original article presented in Odia.)

6. Adjustment Mechanisms for Healthy Ageing: The Bhagavad Gītā Perspective on Ageing

Dr. Sasmita Kar

Assistant Professor and Head, P.G. Department of Education, Rama Devi Women's University, Bhubaneswar

Abstract

People worldwide are living longer. A longer life brings with it opportunities, not only for older people and their families, but also for societies as a whole. If people can experience these extra years of life in good health, their ability to do the things they value will be more meaningful and happier. This paper attempts to explore the spiritual theories of the Bhagavad Gītā — decision-making, harmony and resilience, self-esteem, and balanced lifestyle — in order to make ageing healthy and happy.

Group B

7. Yoga as a Preventive and Promotive Healthcare Strategy for Healthy Ageing

Dr. Sasmita Tripathy

Associate Professor, KSSYS, KIIT University

Abstract

Population ageing is one of the most significant demographic transformations of the twenty-first century. Advances in medicine and public health have increased life expectancy worldwide; however, longer life does not necessarily guarantee better health. Consequently, the concept of healthy ageing has emerged as a major public health priority. The present paper examines yoga as both a preventive and promotive health-care strategy for healthy ageing, discussing its physiological, psychological, social, and spiritual benefits, and its role in extending health span and enhancing quality of life.

8. Yoga as a Multidimensional Approach to Holistic Ageing

Dr. Sujata Acharya

Associate Professor & Dean, School of Tribal Heritage and Tribal Indology, KISS University, Bhubaneswar

Abstract

Yoga as a comprehensive approach to holistic ageing promotes physical health, emotional stability, social connectedness, and spiritual well-being. It offers a multidimensional framework to address issues and challenges associated with ageing. As the elderly population is growing worldwide, there is

now a need to adopt appropriate approaches to meaningful ageing. This paper highlights how yoga contributes to the quality of life and successful ageing in the later stages of life.

9. ସୁସ୍ଥ ବାର୍ଦ୍ଧକ୍ୟ ପାଇଁ ଯୋଗ – ଦୀର୍ଘାୟୁ, ଗତିଶୀଳତା ଏବଂ ସାମଗ୍ରିକ କଲ୍ୟାଣର ଏକ ସମନ୍ୱିତ ଦୃଷ୍ଟିକୋଣ (Yoga for Healthy Ageing — An Integrated View of Longevity, Mobility and Holistic Wellbeing)

Dr. Sujata Mohanty

Former Professor of Mathematics, Rizvi College of Engineering, Mumbai University; Karyakarta, VK-AICYAM

Abstract

The elderly population worldwide is increasing rapidly, making healthy ageing an essential social and health priority. Healthy ageing is not merely the absence of disease but the maintenance of physical capacity, mental stability, emotional balance, and social activeness. This paper discusses the role of yoga in healthy ageing, along with scientific evidence, research findings, and policy implications.

(Original article presented in Odia.)

10. Yoga and Geriatric Health: Promoting Physical, Mental, and Social Wellbeing in Older Adults

Dr. Tarulata Parida

Faculty Member, CESYAN, Utkal University of Culture, Odisha

Abstract

The global population of older adults is growing fast, straining healthcare systems worldwide. Many face physical decline, psychological stress, and social isolation, all of which reduce quality of life. Yoga, an ancient practice combining postures, breathing techniques, and meditation, has gained recognition as a holistic response to these challenges. This paper examines how yoga supports physical, mental, and social well-being in older adults, and argues for its wider use as an affordable, accessible, and sustainable approach to geriatric health, while candidly discussing the mixed evidence from recent large-scale trials.

11. The Bhagavad-Gītā as a Guide for Life-long Health, Purpose and Successful Ageing

Ms. Tusharbala Tripathy (Research Scholar) and Ms. Jyoti Sharma (Assistant Professor)

Faculty of Health and Wellness, Sri Sri University, Cuttack, Odisha

Abstract

The Bhagavad Gītā is a doctrine of universal truth dealing with the most sacred metaphysical science. It offers timeless wisdom for achieving holistic well-being, purposeful living and successful ageing. This qualitative study explores selected verses of the Bhagavad Gītā to examine their relevance in promoting lifelong physical, mental, emotional, social and spiritual health, and provides practical guidance for stress management, emotional regulation and healthy lifestyle to enhance quality of life.

In addition to the paper presentations, a special talk was delivered by Shri Samarendra Nayak, Member, VK-AICYAM, on his experience of translating the book *Yoga (Ekatma Darshan Adharit Jeeban Shaili)*, originally written by Susree Nibedita Raghunath Bhide. He presented the book's contents in brief to the audience, focusing on yoga darshan (yogic philosophy) and its practice.



The session concluded with the keynote address by Prof. (Dr.) Satya Mahapatra.

9.4 Keynote Address — Prof. (Dr.) Satya Mahapatra

Founder and Director, Institute of Health Sciences (IHS)



Prof. (Dr.) Satya Mahapatra delivered the keynote address on the theme “Yoga for Healthy Ageing in Contemporary Society.” Drawing upon his extensive experience in healthcare, he discussed the challenges posed by demographic ageing and the growing burden of chronic non-communicable and lifestyle-related diseases. He underscored the need to move beyond ‘disease centered’ treatment towards preventive, promotive, and holistic models of healthcare, wherein yoga can play a pivotal role.

The major highlights of his address are summarized below:

- While advances in medical science have considerably increased life expectancy, ensuring healthy longevity remains a major challenge. Lifestyle disorders, autoimmune diseases, neurodegenerative conditions, and mental health problems are increasing across all age groups, significantly affecting quality of life.
- Many chronic illnesses can be effectively managed but not completely cured through conventional medicine alone. Preventive strategies remain inadequate, highlighting the need for complementary approaches that promote long-term health and functional independence.
- The gradual decline of the traditional joint family system has reduced the availability of family-based caregiving and social support for older adults. As a result, long-term care is increasingly shifting towards institutional settings, which often face limitations in infrastructure, accessibility, and integrated service delivery.
- Yoga offers a safe, non-invasive, and cost-effective approach to enhancing physical fitness, cognitive function, emotional stability, and functional capacity. Regular yogic practice enables individuals to maintain independence, improve resilience, and lead active and meaningful lives.
- Prof. Mahapatra emphasized that yoga should become an integral component of everyday life rather than merely an occasional therapeutic intervention. He highlighted that regular practice of āsana, prāṇāyāma, meditation, relaxation techniques, and appropriate dietary

discipline can help slow age-related degeneration, improve physiological functioning, and provide supportive care for chronic metabolic, neurological, and psychosomatic disorders.

In his concluding remarks, Prof. Mahapatra advocated for the systematic integration of yoga into public health initiatives, educational institutions, and healthcare systems to promote healthy ageing, enhance quality of life, and reduce the burden of chronic diseases. He emphasized that yoga represents a comprehensive model of health that nurtures physical vitality, mental resilience, emotional balance, and social well-being.

The keynote address was highly appreciated by the participants for its scientific outlook, practical relevance, and insightful analysis of contemporary public health challenges. It provided a compelling framework for understanding yoga as an evidence-informed approach to healthy ageing and lifelong well-being.

10. Afternoon Technical Session: Yoga Parampara of Odisha

2:00 p.m.–4:15 p.m. (*Yoga Parampara of Odisha — Learning from Ancient Literature*)

The Afternoon Technical Session, chaired by Dr. Subash Chandra Sarangi, was devoted to the theme “Yoga Parampara of Odisha — Learning from Ancient Literature.” The session brought together eminent scholars to explore Odisha’s rich yogic heritage as preserved in its classical literature, spiritual traditions, and indigenous philosophical thought. Through keynote addresses and scholarly deliberations, the session examined the historical evolution of yoga in Odisha and its continuing relevance in contemporary society.

10.1 Keynote Address — Prof. (Dr.) Santosh Kumar Rath

Professor, SOA University

ମୁଖ୍ୟ ବକ୍ତବ୍ୟ

ବିଷୟ: ଓଡ଼ିଶାର ଯୋଗ ପରମ୍ପରା – ପ୍ରାଚୀନ ସାହିତ୍ୟରୁ ଶିକ୍ଷା

ଏସ୍.ଓ.ଏ. ବିଶ୍ୱବିଦ୍ୟାଳୟର ପ୍ରଫେସର (ଡଃ.) ସନ୍ତୋଷ କୁମାର ରଥ ତାଙ୍କ ବକ୍ତବ୍ୟରେ ଉଲ୍ଲେଖ କରିଥିଲେ ଯେ ଆଜି “ଓଡ଼ିଶାର ଯୋଗ ପରମ୍ପରା – ପ୍ରାଚୀନ ସାହିତ୍ୟରୁ ଶିକ୍ଷା” ବିଷୟ ଉପରେ କିଛି କହିବାର ସୁଯୋଗ ପାଇ ମୁଁ ଆନନ୍ଦିତ।

ସାଧାରଣତଃ ଯୋଗ ଆଲୋଚନାରେ ଆମେ ପତଞ୍ଜଳିଙ୍କ ଅଷ୍ଟାଙ୍ଗ ଯୋଗକୁ ସ୍ମରଣ କରୁ। କିନ୍ତୁ ଓଡ଼ିଶାର ଯୋଗ ସାହିତ୍ୟ ଅଧ୍ୟୟନ କଲେ ଜଣାପଡ଼େ ଯେ ଏଠାରେ ଏକ ସ୍ୱତନ୍ତ୍ର ଏବଂ ସମୃଦ୍ଧ ଯୋଗ ପରମ୍ପରା ବିକଶିତ ହୋଇଥିଲା। ଅଷ୍ଟାଦଶ ଶତାବ୍ଦୀରେ ନାରାୟଣାନନ୍ଦ ଅବଧୂତ ସ୍ୱାମୀଙ୍କ ରଚିତ ରୁଦ୍ରସୁଧାନିଧି ଗ୍ରନ୍ଥରେ ସାପ୍ତାଙ୍ଗ ଯୋଗର ଏକ ବିଶିଷ୍ଟ ବର୍ଣ୍ଣନା ମିଳେ। ଏହା ଓଡ଼ିଶାର ଯୋଗଚିନ୍ତାର ମୌଳିକତା ଏବଂ ସ୍ୱାଧୀନ ପରମ୍ପରାର ପରିଚାୟକ।

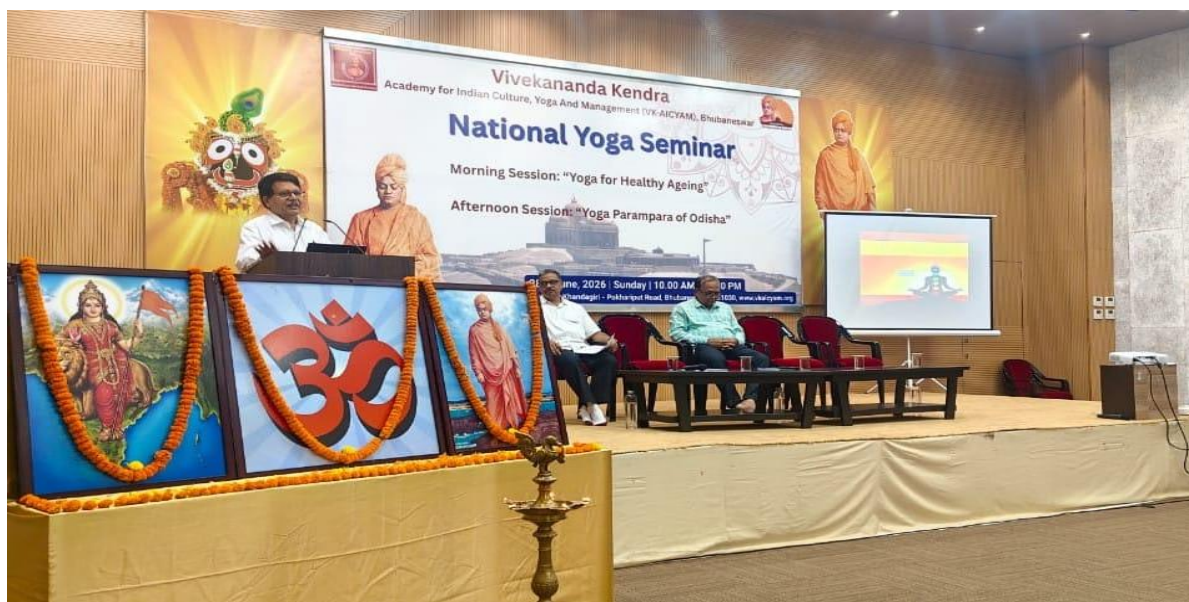
ଏହି ଗ୍ରନ୍ଥରେ ଯୋଗସାଧନାର ଆରମ୍ଭ ହୁଏ ମହାବ୍ରାହ୍ମ ମୁହୂର୍ତ୍ତରେ ଜାଗରଣ, ଶରୀର ଓ ଇନ୍ଦ୍ରିୟଶୁଦ୍ଧି ଏବଂ ସୂର୍ଯ୍ୟଧ୍ୟାନ ମାଧ୍ୟମରେ। ଏହା ସୂଚିତ କରେ ଯେ ଯୋଗ କେବଳ ଶାରୀରିକ ବ୍ୟାୟାମ ନୁହେଁ, ବରଂ ଏକ ଶୃଙ୍ଖଳିତ ଜୀବନପଦ୍ଧତି।

ଗ୍ରନ୍ଥରେ ଚଉରାଶୀ ଆସନର ଉଲ୍ଲେଖ ଥିଲେ ମଧ୍ୟ ପଦ୍ମାସନ, ଭଦ୍ରାସନ, ସ୍ୱସ୍ତିକାସନ ଓ ସିଦ୍ଧାସନକୁ ବିଶେଷ ମହତ୍ତ୍ୱ ଦିଆଯାଇଛି। ସିଦ୍ଧାସନକୁ ଧ୍ୟାନ ଓ ଆତ୍ମସାକ୍ଷାତ୍ତାର ପାଇଁ ଉତ୍ତମ ଆସନ ଭାବେ ବିବେଚନା କରାଯାଇଛି। ଏହା ପରେ ଅଷ୍ଟାଦଶ ବନ୍ଧ, ଚତୁଷ୍ପଞ୍ଚ ମୁଦ୍ରା ଏବଂ କୁଣ୍ଡଳିନୀ ତତ୍ତ୍ୱର ବର୍ଣ୍ଣନା ମିଳେ, ଯାହା ଓଡ଼ିଶାର ଯୋଗ ପରମ୍ପରାର ତାତ୍ତ୍ୱିକ ଓ ଆଧ୍ୟାତ୍ମିକ ଗଭୀରତାକୁ ପ୍ରକାଶ କରେ।

ରୁଦ୍ରସୁଧାନିଧିର ଏକ ବିଶେଷତ୍ୱ ହେଉଛି ଯୋଗଶରୀର ଏବଂ ବ୍ରହ୍ମାଣ୍ଡୀୟ ତତ୍ତ୍ୱର ସମନ୍ୱୟ। ଦ୍ୱାଦଶ ନାଡ଼ୀ ଓ ଦ୍ୱାଦଶ ଆଦିତ୍ୟର ସମ୍ପର୍କ ମାନବ ଶରୀରକୁ ବ୍ରହ୍ମାଣ୍ଡର ଏକ କ୍ଷୁଦ୍ର ପ୍ରତିରୂପ ଭାବେ ଦେଖିବାର ଭାରତୀୟ ଦୃଷ୍ଟିକୋଣକୁ ପ୍ରତିଫଳିତ କରେ।

ଧାରଣା, ଧ୍ୟାନ ଏବଂ ସମାଧିର କ୍ରମିକ ବର୍ଣ୍ଣନା ଦ୍ୱାରା ଏହି ଗ୍ରନ୍ଥ ଯୋଗର ଚରମ ଲକ୍ଷ୍ୟ—ଆତ୍ମୋପଲବ୍ଧି ଏବଂ ପରମ ଚେତନାର ଅନୁଭୂତି—ପ୍ରତି ମାର୍ଗଦର୍ଶନ କରେ। ଏହାର ସବୁଠାରୁ ଉଲ୍ଲେଖନୀୟ ଦିଗ ହେଉଛି ଯେ, ଯୋଗସିଦ୍ଧିକୁ ଶ୍ରୀଜଗନ୍ନାଥଙ୍କ ଅନୁଗ୍ରହ ସହିତ ସମ୍ପୃକ୍ତ କରାଯାଇଛି। ଏଥିରେ ଯୋଗ, ଭକ୍ତି ଏବଂ ତନ୍ତ୍ରର ଏକ ଅଦ୍ୱିତୀୟ ସମନ୍ୱୟ ଦେଖାଯାଏ, ଯାହା ଓଡ଼ିଶାର ଆଧ୍ୟାତ୍ମିକ ପରମ୍ପରାର ବିଶେଷ ଲକ୍ଷଣ।

ଏହି ପ୍ରାଚୀନ ସାହିତ୍ୟ ଆମକୁ ଶିଖାଏ ଯେ ଯୋଗ କେବଳ ଆସନ କିମ୍ବା ପ୍ରାଣାୟାମରେ ସୀମିତ ନୁହେଁ; ଏହା ଜୀବନଶୈଳୀ, ଆତ୍ମଶୁଦ୍ଧି, ଆଧ୍ୟାତ୍ମିକ ଅନୁଶାସନ ଏବଂ ଜଗତର ସମସ୍ତ କ୍ଷେତ୍ରରେ ଏକ ସମଗ୍ର ପ୍ରକ୍ରିୟା। ତେଣୁ ଓଡ଼ିଶାର ଯୋଗ ପରମ୍ପରାକୁ ଅଧିକ ଗବେଷଣା, ସଂରକ୍ଷଣ ଏବଂ ବିଶ୍ୱସ୍ତରରେ ପ୍ରଚାର କରିବା ଆମ ସମସ୍ତଙ୍କର ଦାୟିତ୍ୱ।



English Translation (Summary)

Prof. (Dr.) Santosh Kumar Rath highlighted the rich and distinctive yogic heritage of Odisha, emphasizing that the state's contribution extends beyond the classical traditions commonly associated with Patanjali's Aṣṭāṅga Yoga. Drawing upon the eighteenth-century text Rudrasudhānidhi by Narayanānanda Avadhūta Swami, he explained the unique concept of Saptāṅga Yoga and its significance in demonstrating Odisha's independent yogic tradition. He described the systematic approach to yogic discipline beginning with Brahma Muhurta, personal purification, and Surya Dhyana, followed by discussions on important meditative postures, bandhas, mudras, Kundalini, and subtle body concepts. The speaker further explained the harmonious integration of yogic practice, devotion to Lord Jagannath, and tantric spirituality, illustrating how Odisha's literary heritage presents yoga as a comprehensive path of ethical living, self-realization, and spiritual awakening. He concluded by emphasizing the urgent need for systematic research, preservation, and wider dissemination of Odisha's invaluable yogic literature and philosophical traditions.

10.2 Keynote Address — Prof. (Dr.) Pradipta Kumar Panda

Professor, SOA University

ଏସ୍.ଓ.ଏ. ବିଶ୍ୱବିଦ୍ୟାଳୟର ପ୍ରଫେସର (ଡଃ) ପ୍ରଦୀପ୍ତ କୁମାର ପଣ୍ଡା, ତାଙ୍କର ମୁଖ୍ୟ ବକ୍ତବ୍ୟରେ “ସାରଳା ମହାଭାରତରେ ଯୋଗତତ୍ତ୍ୱ” ବିଷୟ ଉପରେ ବିସ୍ତୃତ ଆଲୋଚନା କରିଥିଲେ। ସେ ଉଲ୍ଲେଖ କରିଥିଲେ ଯେ ଆଦିକବି ସାରଳା ଦାସଙ୍କ ରଚିତ ସାରଳା ମହାଭାରତ ଓଡ଼ିଶାର ଆଧ୍ୟାତ୍ମିକ, ଦାର୍ଶନିକ ଏବଂ ସାଂସ୍କୃତିକ ପରମ୍ପରାର ଏକ ଅମୂଲ୍ୟ ନିଦର୍ଶନ। ଏହି ଗ୍ରନ୍ଥରେ ଭକ୍ତି, ଜ୍ଞାନ, ଧ୍ୟାନ, କର୍ମ, ବୈରାଗ୍ୟ ଏବଂ ମୋକ୍ଷର ଧାରଣା ମାଧ୍ୟମରେ ଯୋଗତତ୍ତ୍ୱର ଗଭୀର ପ୍ରତିଫଳନ ଦେଖାଯାଏ।

ସେ କହିଥିଲେ ଯେ ପଞ୍ଚଦଶ ଶତାବ୍ଦୀରେ ରଚିତ ସାରଳା ମହାଭାରତ ଭାରତୀୟ ମହାକାବ୍ୟ ପରମ୍ପରାର ଏକ ସ୍ୱତନ୍ତ୍ର ଓ ମୌଳିକ ସୃଷ୍ଟି। ଏଥିରେ ଲୋକଧର୍ମ, ବୈଷ୍ଣବ ଚେତନା, ଶାକ୍ତ ଉପାଦାନ ଏବଂ ଯୋଗିକ ଆଧ୍ୟାତ୍ମିକତାର ସୁନ୍ଦର ସମନ୍ୱୟ ଘଟିଛି। ଯଦିଓ ଗ୍ରନ୍ଥରେ ପତଞ୍ଜଳିୟ ଅଷ୍ଟାଙ୍ଗ ଯୋଗର ପ୍ରତ୍ୟକ୍ଷ ବିବରଣୀ ମିଳେନାହିଁ, ତଥାପି ଇନ୍ଦ୍ରିୟନିଗ୍ରହ, ମନଃସଂୟମ, ଈଶ୍ୱରଭକ୍ତି, ଆତ୍ମଜ୍ଞାନ ଓ ବୈରାଗ୍ୟ ଭଳି ଯୋଗର ମୌଳିକ ଉପାଦାନଗୁଡ଼ିକ ସ୍ପଷ୍ଟ ଭାବେ ପ୍ରକାଶିତ ହୋଇଛି।

ପ୍ରଫେସର ପଣ୍ଡା ମତ ପ୍ରକାଶ କରିଥିଲେ ଯେ ସାରଳା ଦାସଙ୍କ ଦୃଷ୍ଟିରେ ଭକ୍ତି, ଜ୍ଞାନ, ଧ୍ୟାନ ଏବଂ ନିଷ୍କାମ କର୍ମର ସମନ୍ୱିତ ସାଧନା ହେଉଛି ମୋକ୍ଷ ପ୍ରାପ୍ତିର ପଥ। ଏହି ଦୃଷ୍ଟିକୋଣ ଓଡ଼ିଶାର ଲୋକଧର୍ମ ଏବଂ ଭାରତୀୟ ଯୋଗପରମ୍ପରାର ଏକ ଅନନ୍ୟ ସମନ୍ୱୟକୁ ପ୍ରତିଫଳିତ କରେ। ତାଙ୍କ ବକ୍ତବ୍ୟ ସାରଳା ମହାଭାରତର ଯୋଗଦର୍ଶନ ସମ୍ବନ୍ଧୀୟ ଅଧ୍ୟୟନକୁ ଏକ ନୂତନ ଦୃଷ୍ଟିଭଙ୍ଗୀ ପ୍ରଦାନ କରିଥିଲା ଏବଂ ଉପସ୍ଥିତ ଶ୍ରୋତାବୃନ୍ଦଙ୍କ ମଧ୍ୟରେ ବିଶେଷ ଆଗ୍ରହ ସୃଷ୍ଟି କରିଥିଲା।



English Translation (Summary)

Prof. (Dr.) Pradipta Kumar Panda presented an insightful exposition on the yogic philosophy reflected in the Sarala Mahabharata. He explained that the fifteenth-century masterpiece of Adikavi Sarala Das embodies the spiritual, philosophical, and cultural ethos of Odisha through its harmonious integration of devotion, knowledge, meditation, righteous action, detachment, and liberation. Although the text does not explicitly describe Patanjali's Aṣṭāṅga Yoga, it vividly reflects the essential principles of yogic discipline, including self-control, mastery of the senses, devotion to God, self-realization, and ethical living. The speaker highlighted how the Sarala Mahabharata synthesizes folk traditions, Vaishnava devotion, Shakta elements, and yogic spirituality, thereby presenting an indigenous interpretation of yoga rooted in Odisha's cultural landscape. He

concluded that the text provides valuable insights into the holistic vision of yoga and deserves greater scholarly attention within contemporary studies of Indian yogic literature.

The presentations stimulated engaging discussions among participants and underscored the need for systematic research, documentation, preservation, and wider dissemination of Odisha's unique yogic heritage. The session concluded with a renewed appreciation of the state's enduring contribution to the philosophical, literary, and practical traditions of yoga in India.

10.3 Panel Discussion

3:00 – 4:15 PM

Dr. Subash Chandra Sarangi, Chair of the session, opened the panel discussion by introducing the theme and inviting the speakers to reflect on the distinctive features of Odisha's yogic tradition. Through a series of insightful questions, he encouraged meaningful deliberations on the literary, philosophical, and cultural dimensions of Odisha's ancient yoga heritage.

S. No.	Name	Role / Affiliation
1	Prof. (Dr.) Pradipta Kumar Panda	SOA University — Keynote Speaker & Panelist
2	Prof. (Dr.) Santosh Kumar Rath	SOA University — Keynote Speaker & Panelist
3	Dr. Pradeep Kumar Das	Former Deputy Director, Higher Education, Govt. of Odisha — Panelist
4	Dr. Braja Sundar Mishra	Associate Professor & HOD, Dept. of Sanskrit, Utkal University, Vani Vihar — Panelist
5	Dr. Debi Prasad Swain	Product Leader, TCS; Karyakarta, VK-AICYAM — Panelist

Prof. Pradeep Kumar Panda delivered an insightful lecture on the concept of chakras and their dalas (petals) as described in the Sarala Mahabharata. He explained the symbolic significance of the chakras and their petals within the Odia spiritual tradition, highlighting how the text presents subtle yogic concepts in a unique and culturally rooted manner. His presentation emphasized the relevance of these indigenous descriptions in understanding the rich yogic heritage of Odisha.

Prof. (Dr.) Santosh Kumar Rath delivered an erudite lecture on the Odia yogic text Rudrasudhānidhi, highlighting its significance in the Odisha Yoga Parampara. Quoting and interpreting several stanzas from the text, he elucidated its profound yogic, philosophical, and spiritual teachings. His presentation demonstrated the richness of Odisha's indigenous yoga literature and its enduring contribution to the development and preservation of the region's yogic heritage.

Prof. Pradeep Kumar Das delivered an insightful lecture on the concept of Piṇḍa–Brahmāṇḍa Tattwa, explaining the correspondence between the individual (microcosm) and the universe (macrocosm) through various layers and systems of existence. He further emphasized how the principles of yoga can be effectively integrated into education to promote holistic development, ethical values, self-awareness, and the harmonious growth of body, mind, and consciousness.

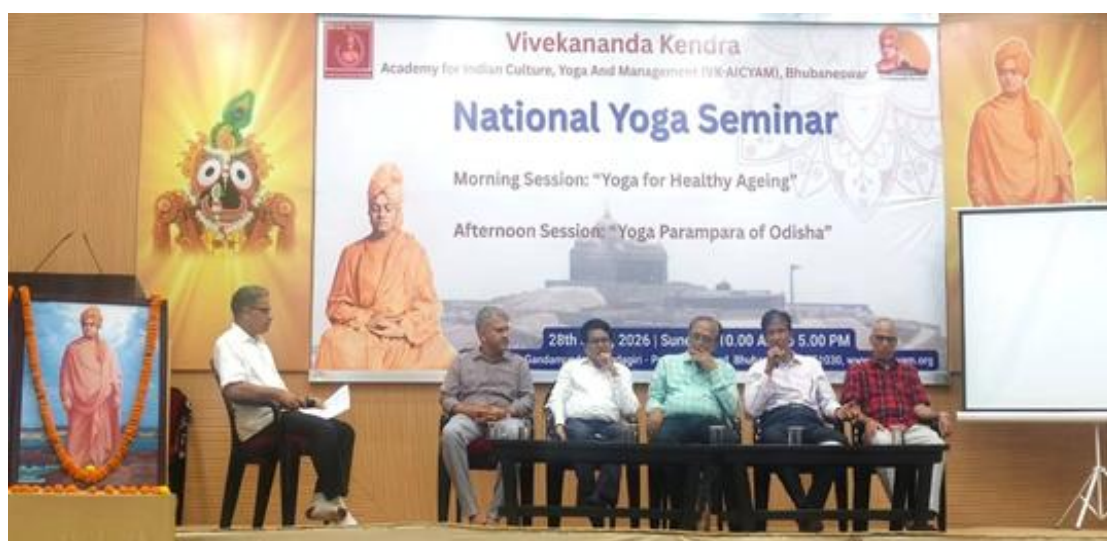
Prof. Brajasundar Mishra delivered an illuminating lecture on the Bhagavata Purana, highlighting the various dimensions of Aṣṭāṅga Yoga embedded within its teachings. He explained how the text integrates the principles of yoga with devotion, ethics, and spiritual realization, and discussed their relevance within the Odisha Yoga Parampara. His presentation underscored the distinctive yogic traditions of Odisha and their deep roots in the Bhagavata Purana, enriching the understanding of the region's spiritual and philosophical heritage.

Dr. Debi Prasad Swain beautifully spoke that Artificial Intelligence empowers machines to think and learn, whereas yoga empowers human beings to understand themselves. AI can expand human capabilities, but yoga ensures that technology is guided by wisdom, compassion, and self-discipline. The harmony of AI and yoga can lead to holistic human development.

Overall, the panel deliberated on:

- Evolution of Yoga traditions in Odisha.
- Relevance of classical literature in contemporary Yoga education.
- Integration of traditional wisdom with modern scientific approaches.
- Preservation and dissemination of indigenous Yoga knowledge.

The discussion generated meaningful academic engagement and highlighted several areas for future research.



11. Key Session Learnings

The following reflections, distilled from the presentations and discussions of the day, capture the essential learnings of the Seminar:

1. Supporting healthy ageing extends beyond caring for the body — it is about caring for the quality of breath, mind, relationships, and one's sense of purpose in life.
2. Yoga is the philosophy that unites kartā (the doer) to kartavya (duty) through karmayoga guided by jñānayoga, aligning individual and universal purpose as life unfolds.
3. Dhyāna offers ageing individuals not merely a longer life, but a richer, more meaningful, and more deeply fulfilling one.

4. As global populations continue to age, yoga offers a safe, cost-effective, and holistic approach to promoting functional independence and enhancing quality of life across generations.
5. ବାର୍ଦ୍ଧକ୍ୟ ହେଉଛି ବରିଷ୍ଠ ନାଗରିକମାନଙ୍କ ସକାଶେ ବାସ୍ତବରେ ସେମାନଙ୍କ ଜୀବନର ସ୍ୱର୍ଣ୍ଣମୟ ଅଧ୍ୟାୟ ଯେତେବେଳେ ସେମାନେ ସୁସ୍ଥ, ସୌହାର୍ଦ୍ଦ୍ୟପୂର୍ଣ୍ଣ ଏବଂ ପରିପୂର୍ଣ୍ଣ ଜୀବନ ବଞ୍ଚିପାରିବେ ।
6. A person can remain healthy only when judicious in food, sleep, work, and recreation.
7. Yoga should be recognised as an essential component of preventive and promotive healthcare strategies for healthy ageing in the twenty-first century.
8. Through physical postures, breathing exercises, meditation, and ethical living, yoga supports mobility, emotional balance, cognitive functioning, social connectedness, and spiritual growth.
9. ଯୋଗ ମଣିଷକୁ କେବଳ ଦୀର୍ଘ ଜୀବନ ନୁହେଁ, ବରଂ ଉତ୍ସାହ, ସ୍ୱାଧୀନତା, ସମ୍ମାନ ଓ ଉଦ୍ଦେଶ୍ୟପୂର୍ଣ୍ଣ ଜୀବନ ଦେଇଥାଏ ।
10. With sensible adaptation, proper supervision, and realistic expectations, yoga can be incorporated safely into the lives of older adults.
11. The Bhagavad Gītā encourages self-discovery, offering guidance toward lifelong health, purpose, and, ultimately, successful ageing through self-realisation.

12. Closing Ceremony

4:15 – 5:00 PM

The closing ceremony was anchored by Dr. Prafulla Kumar Tripathy. Shri Laxminarayan Panigrahy delivered a thought-provoking 'Life Lesson' address, sharing inspiring experiences from his life, including anecdotes from his train journeys, to illustrate timeless values rooted in Indian culture and the yogic way of life. Through these practical examples, he emphasized the importance of ethical living, self-discipline, compassion, resilience, and the application of yogic principles in everyday life. His inspiring reflections encouraged participants to cultivate inner strength and lead a life guided by wisdom, service, and moral values.



Life Lesson address by Shri Laxminarayan Panigrahy

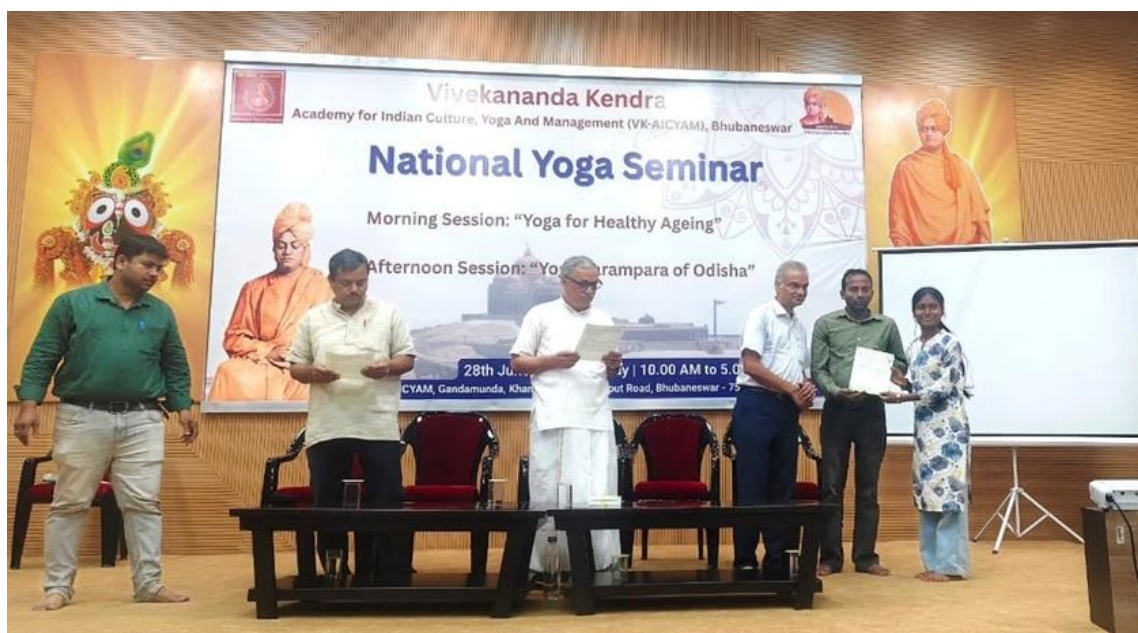
During the session, certificates were distributed to keynote speakers, paper presenters, participants, and volunteers in recognition of their contributions and active participation in the seminar.



Certificate and memento to speakers and presenters

Shri Surjeet Kumar, Regional Director of the National Institute of Open Schooling (NIOS), distributed certificates to the successful students of the 4th Batch of Mukta Kaushal Kendra (MKK) who completed the Yoga and Computer Training Programmes.

On this occasion, the Regional Director addressed the participants and highlighted the NIOS–VK-AICYAM partnership in conducting free certification courses in two subjects: Yoga and Computing. Shri Avaya Kumar Sahoo (MKK Computer Teacher) assisted in the distribution of certificates.



Certificate distribution to MKK students by Shri Surjeet Kumar, NIOS

The seminar formally concluded with a Vote of Thanks proposed by Shri Ajaya Kumar Sahoo. He expressed sincere gratitude to all dignitaries, keynote speakers, paper presenters, participants, organizing committee members, volunteers, and supporters for their invaluable contributions to the successful organization of the National Seminar on Yoga 2026.

The closing ceremony marked the successful culmination of the seminar, reaffirming the importance of Yoga as a holistic approach to healthy ageing and sustainable well-being. Participants departed with renewed inspiration and a deeper appreciation of Yoga's role in promoting physical, mental, emotional, and social health.

VK-AICYAM places on record its sincere appreciation to all keynote speakers, session chairs, panelists, paper presenters, and participants for their valuable contribution to the success of the Seminar, and looks forward to the continued cooperation with VK-AICYAM, in furthering such academic and cultural initiatives.

The program concluded with the recitation of the “SHANTI PATH”.



Group photograph — National Seminar on Yoga 2026

VK-AICYAM

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