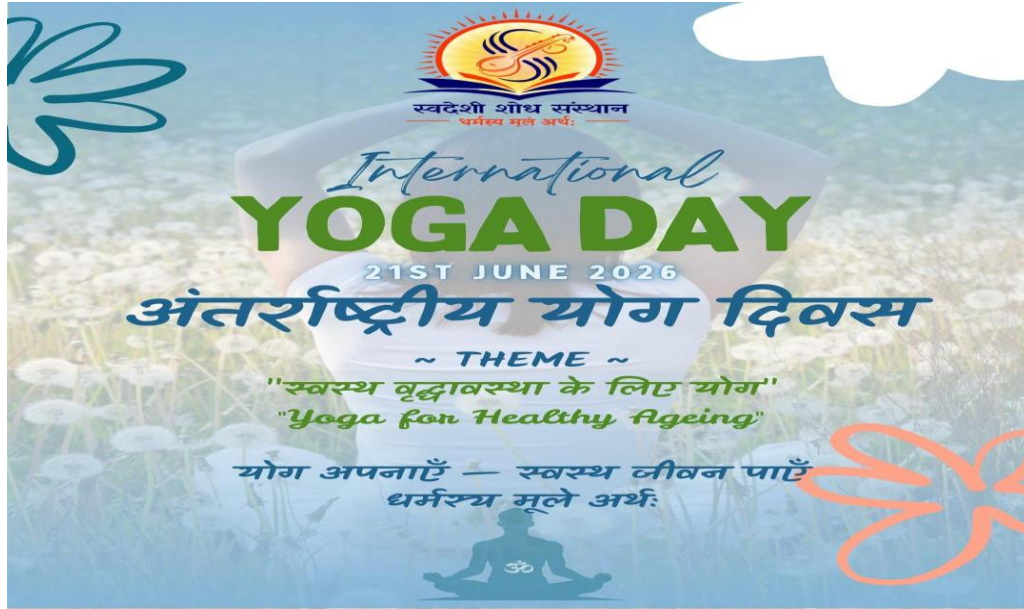


Yoga for Healthy Aging and India's Global Economic Vision

Date 21 June 2026

Venu: Google Meet Platform

Time: 7 PM To 8:30 PM



1. Executive Overview of the 12th International Yoga Day Meeting

This strategic report synthesizes the proceedings of the event organized by **Swadeshi Shodh Sansthan** to commemorate the 12th International Yoga Day. The primary objective of this assembly was to establish a comprehensive framework for integrating traditional Indian Knowledge Systems (IKS) into contemporary socio-economic policy, with a specific focus on the nexus between "Healthy Aging" and national self-reliance.

The forum facilitated a dialogue among distinguished academics and policy analysts to reposition Yoga from a cultural practice to a core pillar of India's global soft power and economic resilience.

Distinguished Dignitaries and Experts:

- **Shri Sathish Kumar**
- **Prof. Somnath Sachdeva:** Vice-Chancellor, Kurukshetra University; Executive President, Swadeshi Shodh Sansthan.
- **Prof. Baldev:** Former Vice-Chancellor, Shri Krishna Ayush University; former Director, Department of AYUSH, Haryana.
- **Shri Satyendra Swaraj**
- **Dr. Ramesh Kumar**
- **Prof. Pradeep Chauhan:** Senior Professor, Department of Economics, Jawaharlal Nehru University (JNU); General Secretary, Swadeshi Shodh Sansthan.



2. Core Theme: Yoga for Healthy Aging (Jara Mrityu Nashan)

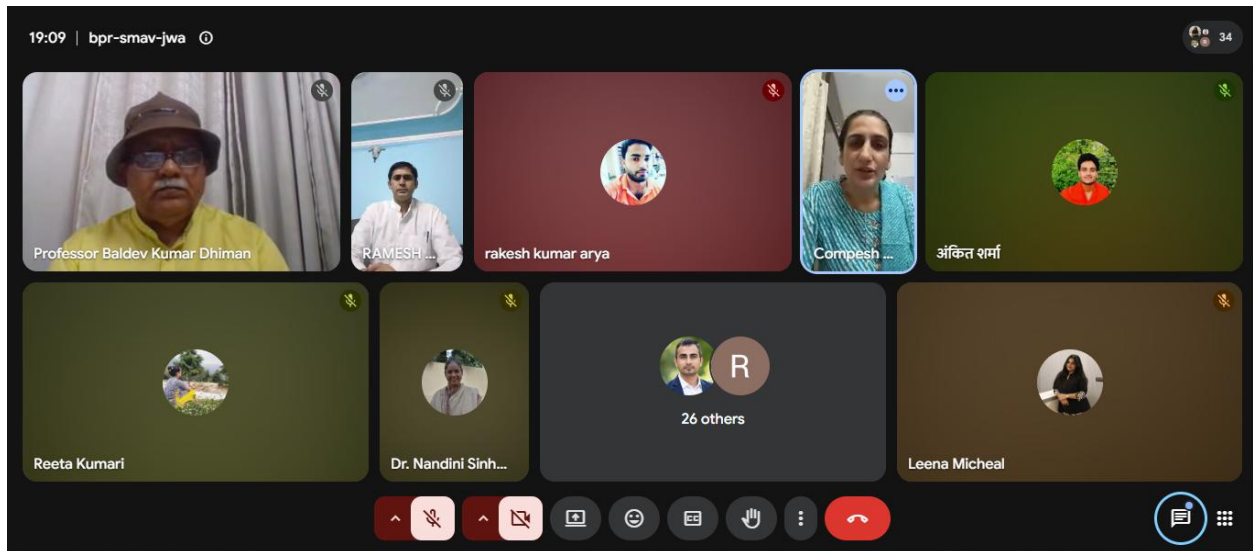
Dr. Ramesh Kumar (Assistant Professor, SLBNS University) articulated the theme of "Healthy Aging," rooted in the Vedic concept of *Jara Mrityu Nashan*. This is defined not merely as the absence of disease, but as a **biological deceleration strategy**. While chronological aging is fixed, Yoga serves as a methodology to mitigate the velocity of biological decay, preserving physical and cognitive capital over the human life cycle.

In this developmental framework, Yoga functions as a "Guru" (universal guide), transcending temporal boundaries to assist practitioners across three distinct stages of evolution:

- **Adham (Beginner):** Establishing foundational physical discipline and somatic awareness.
- **Madhyam (Intermediate):** Cultivating psychological equilibrium and breath regulation.
- **Uttam (Advanced):** Achieving spiritual integration and higher states of consciousness.

Beyond physical posture, the forum defined Yoga as a vital methodology for human capital development:

"Yoga is not merely a physical exercise; it is the research of the self (*Swayam ka Anusandhan*). By implementing Yoga as a rigorous self-research methodology, we transform individual capacity, which in turn strengthens the collective fabric of society."



3. The Philosophical Convergence: Yoga and Ayurveda

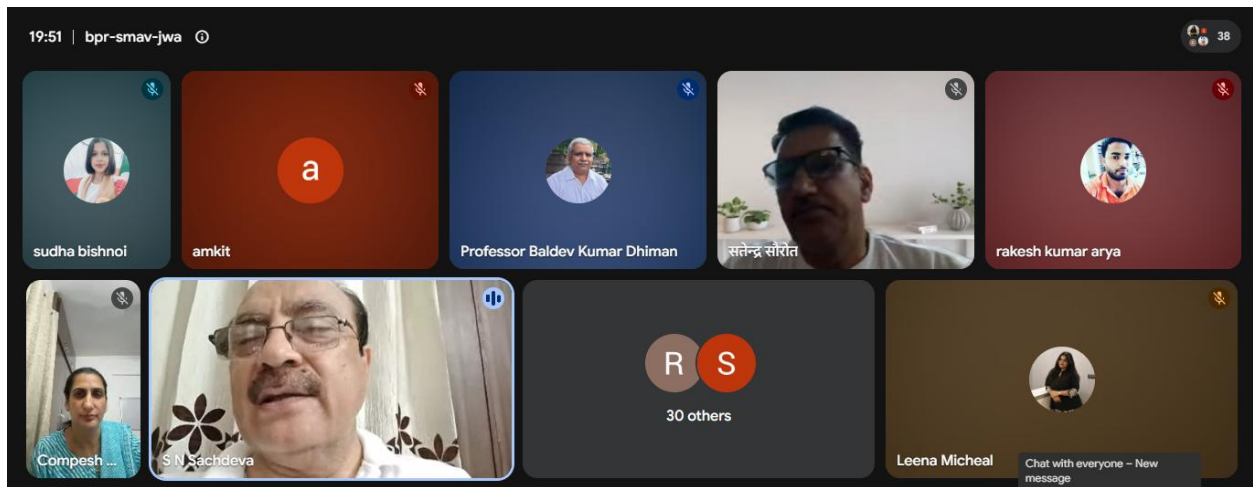
Prof. Baldev Ji detailed the structural integration of Yoga and Ayurveda, asserting that both sciences are inseparable constituents of the Rishi tradition. Within this framework, a human being is viewed as a holistic entity comprising four essential components: the **Five-elemental body** (Panchbhuta), the **Senses** (Indriyas), the **Mind** (Manas), and the **Soul** (Atma).

The pursuit of human excellence is categorized through the *Purushartha Chatusthaya*, where health (*Arogyam*) serves as the prerequisite for all economic and moral achievement.

The Four Pillars of Human Pursuit (Purushartha Chatusthaya)

Purushartha	Role of Health/Yoga
Dharma (Duty/Righteousness)	Health is the fundamental root (<i>Arogyam</i>) required to fulfil moral, ethical, and civic obligations.
Artha (Prosperity/Economy)	Economic productivity relies on the maintenance of a high-functioning mind and body to drive innovation.

Kama (Desire/Pleasure)	Emotional and sensual fulfillment is contingent upon the balanced regulation of the senses and the mind.
Moksha (Liberation)	Yoga provides the path to liberation from all physical and mental sensations (<i>Vedana</i>), including both pain and pleasure.



4. Character Building through Yam and Niyam: The Foundation of Swavalamban

A critical insight offered by Shri Satyendra Swaraj and Dr. Ramesh Kumar concerned the "unseen" disciplines of Yoga. While global attention often focuses on *Asanas* (postures), the strategic foundation of a stable society rests upon **Yam** (social discipline) and **Niyam** (individual discipline). These are the prerequisites for building a person's *Sakha* (reputation and credit), which is essential for business success and national self-reliance (*Swavalamban*).

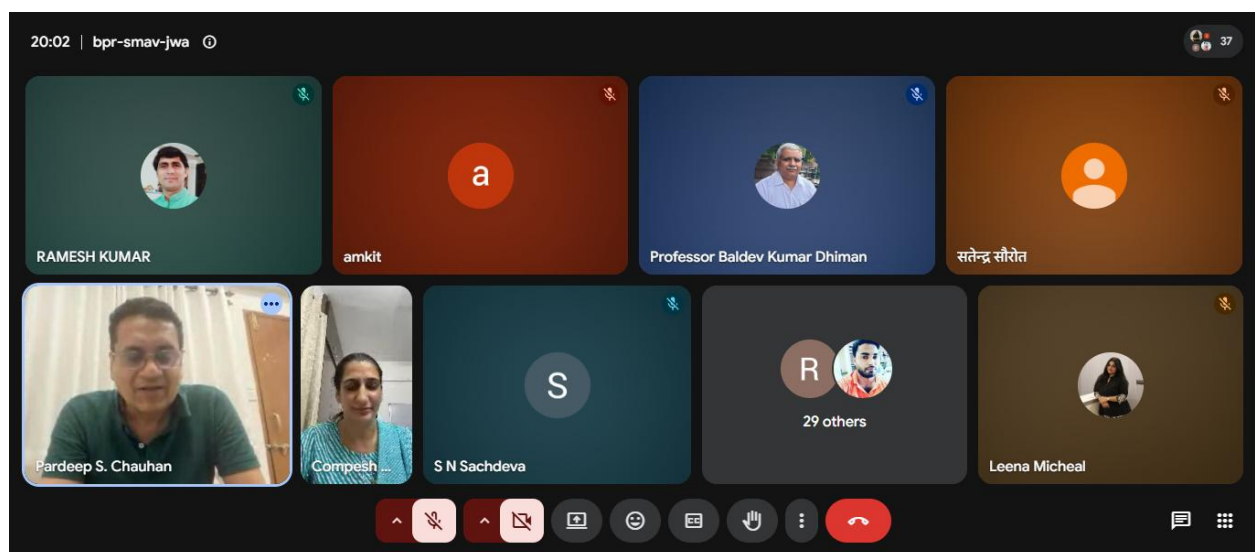
The Five Yams (Social Disciplines)

1. **Ahimsa (Non-violence)**: Maintaining mental purity without causing harm. Crucially, this does not imply passivity; it encompasses the strength for rightful resistance (*Pratikar*) against harassment or injustice.
2. **Satya (Truth)**: Unwavering commitment to truth in thought, word, and deed.
3. **Asteya (Non-stealing)**: Ethical integrity in personal and professional dealings.
4. **Brahmacharya (Right Conduct)**: Disciplined management of vital energy and senses.
5. **Aparigraha (Non-possessiveness)**: Avoiding the excessive accumulation of resources.

The Five Niyams (Individual Disciplines)

1. **Shauch (Purity):** Internal and external cleanliness.
2. **Santosh (Contentment):** Psychological stability and gratitude.
3. **Tapas (Austerity):** Persistent, disciplined effort in one's professional calling.
4. **Swadhaya (Self-study):** Continuous learning and introspection.
5. **Ishwar Pranidhan (Surrender):** Aligning individual effort with a higher national or divine purpose.

These disciplines transform the individual into a self-governed unit, fostering a "Swadeshi" lifestyle that reduces dependency on external healthcare interventions and builds the character necessary for a self-reliant economy.



5. The Yoga Economy: Strategic Imperatives and Global Market Share

Prof. Somnath Sachdeva and Prof. Pradeep Chauhan presented a data-driven analysis of Yoga's economic trajectory. Yoga has transitioned from a traditional practice to a multi-billion-dollar global industry, representing a significant component of India's soft power.

Key Economic Statistics and Strategic Projections:

- **Global Soft Power:** Originally supported by **173 countries** at the United Nations, Yoga is now celebrated in over **190 countries**.
- **Market Scale:** The global Yoga market is projected to reach **\$5–7 billion by 2025–26**.
- **GDP Contribution:** Current contribution to India's GDP is **1.1%**, with a strategic policy target of **5% of GDP by 2047**.

- **Global Competitive Positioning:** Despite India being the progenitor of Yoga, the market is currently dominated by the **United States and China**. It is a strategic necessity for India to reclaim leadership and exploit its competitive advantage in this sector.

The Yoga Ecosystem and Vocational Sectors: Under the systematic development oversight of the **Ministry of AYUSH**, the following sectors have emerged as high-growth vocational corridors:

- Certified Yoga Trainers and Wellness Coaches.
- Clinical Yoga Therapists and Mental Health Specialists.
- Wellness Tourism (leveraging India's heritage sites).
- Manufacturing of indigenous Yoga apparel, equipment, and Ayurvedic supplements.

6. Institutional Integration and Future Roadmap

The institutionalization of Yoga is a primary directive under the **National Education Policy (NEP) 2020**. Prof. Somnath Sachdeva highlighted that while Yoga has been introduced as a **Credit Course** in undergraduate programmes, the strategic challenge remains transitioning it from an "optional choice" (competing with NCC or NSS) to a universal practice for all students.

Strategic Roadblocks and Goals:

- **Human Capital Demand:** There is an acute shortage of certified manpower; **Gurugram alone requires approximately 5,000 Yoga trainers** to meet current wellness demands.