



INDIAN INSTITUTE OF YOGIC SCIENCE & RESEARCH (IIYSAR)

(Recognised by Dept. Of Culture, Govt. Of Odisha and Affiliated to Utkal University of Culture)

DIRECTOR'S VIEW



योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन ।

योऽपाकरोत्तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

I salute Patanjali, the highest among the Munis, who shows the way for removing the impurities from the mind by Yoga (explained in Yoga Sutra), the impurities from the speech by Vyakarana (explained in Mahabhasya) and the impurities of body by Ayurveda (explained in Charaka Samhita); I bow down to that greatest Muni Patanjali and seek his blessings.

Yoga is a universal, evolutionary science which was derived from the tantric and Vedic traditions. It has been transmitted down through the ages in an unbroken lineage of yogis, rishis and seers, who developed this science for the expansion and liberation of human consciousness. Yoga is not a religion, as it neither encourages nor imposes any kind of religious dogma or belief. Yoga is a science as it answers the basic questions about human existence and experience. Yoga deals with the problems of human nature and human exigencies through a vast repertoire of practical methods which aim towards physical, mental and emotional purification, regulation and awakening of human potential with a spiritual essence. At present, Yoga is passing through a momentous period of growth and expansion with its rapid integration into to modern society. Indian Institute of Yogic Science & Research (IIYSAR) is constantly engaged in discovering the psycho physiological change in human nature and behaviour by implementing different practices of Yoga which will guide the humanity to utilize this subtle science for a healthy, harmonious and prosperous society. For this mission we seek the cooperation from the students, faculties and well-wishers with full of dedication and sacrifice.

Sanyasi Yogeshwar