In the last century, Yoga has developed in various directions and dimensions under the guidance of many eminent masters. These masters have codified their own Bani (styles) of Yoga that are often at variance with one another but all of them still maintain the traditional lineage to Yoga Vidya or the Science of Yoga. The term ‘unity in diversity’ is apt for these developments as though on the surface the different traditions or Banis may appear to be even contradictory, they all ultimately lead to the same goal of spiritual union though in diverse paths. Major developments in recent times have been the extensive research done in the field of Yoga as well as the transformation of Yoga education from the Gurukula and Ashram settings to the college and university oriented Yoga. This essay is a humble attempt to summarize various developments of the last century with reference to the Indian geographical context.

SOUTHERN INDIA

The Southern Peninsula of India has been the abode of a great many Yoga masters who have made this region their home and sanctified the already holy region. South India escaped the mutilation that befell North India as it was more inaccessible to invaders and the many temples and ancient architectural marvels that are still standing here are a living proof to this truth. It is also seen in the living Vedic culture that still exists south of the Vindayas. Yogacharya Krishnamacharya (1888-1989) was a great master of this science who belonged to Mysore in Karnataka. Sri Krishnamacharya traced his lineage to the great Rishi Natamuni and imbibed the art and science of Yoga from Yogi Ram Mohana Brahmachari at Manasarovar that is at the foot of Mount Kailash. He used to demonstrate the stoppage of his heart for a reported more than two minutes on many occasions. A traditionalist to the core, felt that Yoga must be adapted to the individual. The three main disciples of this master (Sri Pattabhi Jois, Sri TKV Desikachar and Padma Vibhushan Sri BKS Iyengar) have interpreted his teachings in different ways. His son and disciple Sri TKV Desikachar founded the Krishnamacharya Yoga Mandiram in Chennai and developed a system that adapts Yoga to the individual (the ViniYoga of Yoga) that is often erroneously referred to as the ViniYoga tradition in western circles. Emphasis on Sanskrit chanting with the Yoga is a specialty of this centre and the Yoga classes are tailored to the needs of each individual. Sri Desikachar has attracted a large following in recent times and his students led by Sri S Sridharan and Dr Latha Satish continue the Mandiram activities after his passing away in 2016. His wife Smt Menaka Desikachar and their son Dr Kausthub continue his illustrious legacy through their Krishnamacharya Healing and Yoga Foundation also located in Chennai. Sri
Pattabhi Jois of Mysore another of the great disciples of Krishnamacharya has codified the system of **Ashtanga Vinyasa Yoga** based on the **Yoga Korunta**. This is claimed to be an ancient text that few have seen in which the system is delineated. **Ashtanga Vinyasa Yoga** has become a craze in the west with its vigorous nature ideal for those who ‘want to achieve something!’ His grandson is continuing his work in taking this system of vigorous Hatha Yoga to the west. Padma Vibhushan BKS Iyengar settled in Pune and his influence in western India is described later. It is interesting that these three disciples of the same lineage (Krishnamacharya) have codified quite different systems of Yoga though their Guru Parampara was the same.

One of the most famous Gurus of modern times has been Sri Satya Sai Baba of Puttaparthi in Andhra Pradesh. His Prashanthi Nilayam Ashram at Puttaparthi as well the Ashram at Whitfield in Bangalore are his main centres while he has thousands of centres all over the world. Though not a Yoga Guru in the true sense he has been a master of Siddhis or psychic accomplishments. Another recent Mega Guru, Sri Ravi Shankar at Bangalore was a disciple of Maharishi Mahesh Yogi and with his Sudharshhan Kriya (a specialized breathing technique) and his new age ideology has captivated the hip population of India to a great extent. His Art of Living has captured the imagination of many prominent personalities of the high society of India. His ‘Art of Living’ courses are being run all over the country and the world by his disciples and have become the Mantra for the upper classes and professionals. His movement has been likened to a second coming of the TM movement.

A recent mega Guru from South India is Sri Jaggi Vasudev of Coimbatore, commonly known as Sadhguru. He founded the **Isha Foundation**, a non-profit organisation which offers Yoga programs around the world and is also involved in various social and community development activities, which have resulted in it being granted special consultative status with the Economic and Social Council of the United Nations. The Isha Foundation was founded in 1992 and is based at the Isha Yoga Center near Coimbatore, India and at the Isha Institute of Inner Sciences at McMinnville, Tennessee in the United States. It offers Yoga programs under the name **Isha Yoga**. The Isha Yoga Center houses the Dhyanalinga Yogic temple, a space for meditation that does not ascribe to any particular faith or belief system and was consecrated by Sadhguru in 1999.

In Kerala the Bhakti Yoga movement has flourished in Anandashram at Kanhangad. Founded in 1928 by Swami (Papa) Ramdas, this Ashram continues to serve aspirants on the path of self-realization. Swami Ramdas and Mother Krishnabhai both attained Samadhi through Bhakti for Lord Rama and Swami Satchidananda who has been a devotee of Ramadas since 1947 now runs this Ashram. Swami Atmananda (1889-1971) was a pioneer in introducing the Yogic and Vendantic concepts to the Malayalam population. He founded the Jnana Ashram at Sri Vyasa Giri and was a great source of inspiration to many spiritual seekers. Swami Vishnudevananda, a disciple of Swami Shivananda of Rishikesh, founded the **Shivananda Ashram** at Nayar Dam in Kerala and this centre continues to impart Yoga training in the Shivananda tradition to both Indians as well as westerners.
Pondicherry has been a blessed city and the abode of Sage Agasthiya. Sri Aurobindo Ghose in the beginning of the 20th century and Dr. Swami Gitananda in the later have cultivated it into a “City of Yoga”. Sri Aurobindo settled in Pondicherry in order to escape from the British during the freedom struggle and along with the Mother (Mira Alfassa) founded the Aurobindo Ashram that is world famous. His Integral Yoga and his ideas of the superhuman and super mental brought a great number of devotees from all over the world to Pondicherry. They settled down in the Ashram as well as the international township of Auroville to practice the teachings of Aurobindo and the mother. Sri MP Pandit was a close disciple of Aurobindo and the Mother and continued their work in a great manner. After his Maha Samadhi, Sri Shraddalu Ranade continues to inspire many on the path of Integral Yoga. Yogamaharishi Dr Swami Gitananda Giri founded the Ananda Ashram in 1968 and tens of thousands have received training in the Rishiculture Ashtanga Yoga (Gitananda Yoga) system though the Ashram and its branches all over the world. Swamiji was firm in his insistence that all his students have an understanding of Indian Culture from which Yoga sprouted. Known as the Lion of Pondicherry, Swamiji founded the International Centre for Yoga Education and Research (ICYER) as well as Yoganjali Natyalayam and these world-famous institutions are involved in the propagation of Yoga amongst youth of Pondicherry and the world. His students run more than 130 centres all over the world affiliated to ICYER. His Wife-Disciple Yogacharini Meenakshi Devi Bhavanani is one of the eminent Yogacharinis of the modern Yoga world and has served on numerous committees for Yoga and education including the CCRYN. She is currently a Member of the National Board for Yoga and Naturopathy in the Ministry of AYUSH and along with their son-disciple Yogacharya Dr Ananda Balayogi Bhavanani is continuing the work of the Yogamaharishi. Swami Gitananda’s idea of Yoga Sports has captured the imagination of both the national and international youth and regular Yogasana competitions (Yoga Sports) are conducted under the banner of the national and international Yoga federations all over the world. Swamiji and now Dr Ananda have been involved for many decades in the Yoga Research at JIPMER, an institution of National importance that has contributed many research works in Yoga including those by Dr Gopal and Dr Madanmohan.

Modern medical advancements provide the rationale for integration of various traditional healing techniques like Yoga, Naturopathy, Ayurveda and Siddha to promote health, healing and longevity. Government of India is currently promoting indigenous systems of health in a strong manner through Ministry of AYUSH. The limitations of modern medicine in managing stress induced psychosomatic, chronic illnesses is the strength of these traditional healing systems and hence a holistic integration of both systems enables best quality of patient care. It is imperative that advances in medicine include the holistic approach of Yoga to face the current challenges in health care. The antiquity of Yoga must be united with the innovations of modern medicine to improve quality of life throughout the world.

For probably the first time anywhere in the world, all medical, dental and nursing students of a medical university are receiving regular training in Yoga. This is happening at Sri Balaji Vidyapeeth where all students of SBV’s constituent
colleges are getting exposed to the integrative potential of Yoga with the modern healthcare system.

This is done through CYTER, the Centre for Yoga Therapy, Education and Research functioning at MGMC&RI, Pondicherry since 2010. CYTER conducts a scientifically sound Yoga therapy programme through its Yoga Therapy OPD and more than 40,000 participants have benefited in the past 6 years. CYTER has an integrated set up educating future Yoga therapists, helping patients recover from illnesses and at the same time developing an understanding through scientific research. It is notable that CYTER is an IAYT Member School of the International Association of Yoga Therapists, USA; the first university based Yoga therapy centre in India to receive this honour. A dozen research projects have been completed and many underway while 61 papers have been published in high impact journals. CYTER conducts Certificate Courses in in Yoga Therapy as well as a PG Diploma that further facilitates attainment of M. Phil and PhD in Yoga therapy.

The Chennai (Madras) Yoga scene has had many eminent personalities such as Sri Yogeshwar (TS Shankar) a retired journalist who wrote many books on Yoga. He was involved in teaching Yoga at many charitable institutions and hospitals and his classic Textbook of Yoga is still used by many colleges and universities in India. Sri Asana Andiappan, a student of Bangalore Sundaram and Swami Gitananda has also created a place for himself in the history of Yoga in Tamil Nadu through his work in Tamil. Taking the teachings of Yoga to the masses of Tamil Nadu in their mother tongue as well as being involved in Yoga Sports movement he has influenced a large number of Tamils to take up a practice of Yoga. His wife and children are assisting him in his work. The Yogasana Alayam in Chennai has also been involved in propagation of Yoga amongst Chennai residents for nearly half a century. Founded by Sri GM Swami and then directed for many years by the late Sri Kalyana Sundaram this centre conducts regular classes for the residents of Chennai. Sri Kannaiah Yogi was one of the extraordinary Acharyas in the field of Yoga, Vedanta and Tantra in Chennai and lived for more than a hundred years. Prof B Ramamurthy, the eminent neurosurgeon and Prof Saradha Subramanyam the eminent physiologist of VHS were instrumental in many doctors taking up the Yoga research in the south as these stalwarts not only were researchers of Yoga but also practiced what they preached. Another great scientist, Prof TM Srinivasan of IIT, Chennai was also involved in the Yoga research with them until he left for the USA but has now re-settled back as a Dean at SVYASA.

Maharishi Arunachalam of the Gandhi Smarak Nidhi in Madurai was instrumental in Yoga becoming part of the Gandhian movement in south India. A true Gandhian Sri Arunachalam inspired many youth to teach Yoga as a social service. In Shantivanam at Kulilitali near Trichi, Rev Father Dom Bede Griffith founded the Satchidananda Ashram in a spirit of Hindu-Christian dialogue and was instrumental in many Indian Christians taking up Yoga. His attempt to unite Indian and western concepts were unique and path breaking and his Ashram is a tribute to his ideas. The Ramana Ashram in Thiruvannamalai founded after Saint Ramana Maharishi has been involved in spreading his teaching of “Who am I?”. Though Yoga as a practice isn’t actively taught there, the emphasis is on Bhakti and Dhyana.
Padmasri Dr HR Nagendra, Chancellor, S-VYASA and President, VYASA located in the beautiful Prashanti Kutiram of Jigani near Bangalore has been the driving force behind the VYASA movement. Dr R Nagarathna, MD, FRCP, MRCP, took to Yoga having studied and excelled in Modern Medicine. She travelled to all important Yoga traditions in the country and is credited with the development of the Integrated Approach to Yoga Therapy model.

In 2002, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) which was an offshoot of VYASA but a separate society, was awarded a deemed-to-university status by UGC, by virtue of being a Yoga research foundation, had established high-quality research facilities; conducted robust, basic, clinical and applied research projects; Since then, S-VYASA has been reviewed and has been upgraded by UGC as a A-list University by MHRD review panel. Their work in Yoga Research and Yoga Therapy has been of great value in developing the scientific outlook to Yoga in the last few decades. Every year a conference is held to propagate Yoga as well as the Himalaya Yoga Olympiad to foster the idea of Yoga Sports. It has been associated with the top organizations around the world including MD Anderson Cancer Care Center, NIMHANS, IISc, AIIMS, KWA Kuratorium Wohnen, Karuna Trust and many others in its major areas of Yoga Therapy, Education and Research. Thousands of Yoga teachers have been trained through a unique Yoga Instructor’s Course program and many thousands of children have participated in the Personality Development Camps held from 1st to 10th class systematically. The first research paper by VYASA, Yoga for bronchial asthma: a controlled study, was finally accepted by British Medical Journal in 1985 after three years of rigorous reviews. Since then VYASA and S-VYASA have accounted for more than 350 papers on Yoga in standard, peer-reviewed, indexed National and International journals.

NIMHANS in Bangalore under Dr T Desiraju and Manipal University under Dr Krishna Bhat have done a great amount of Yoga Research. Dr BN Gangadhar continues the rich legacy of NIMHANS as the director and has also headed the Advanced Centre for Yoga there for the past decade with numerous high impact publications. Sant Keshavdas with his Nada Yoga has also influenced many in Karnataka towards the spiritual and Yogic life. A master of Harikatha he used to enthral thousands with the magic of Indian Mythology and spirituality.

Andhra Pradesh has seen a great wave of Yoga enthusiasm in recent times and a great deal of credit goes to Yogi Sitaramaih (Yogi Ram) who has been a pioneer in this field. A retired police officer his dedication towards Yoga has inspired many to take up the practice of this great art. Yogi Balaih Kovuru is another who has played a great role in the Yoga Education of Andhra Pradesh. A student of Swami Gitananda he also publishes an English and Telegu magazine called ‘Yoga Tara’. Sri Praveen Kapadia and his family as well as Sri Venkata Reddy have also influenced a great many in Andhra. The Yoga institute of Smt Rajalakshmi Devi Bahadur in Thirupathi has contributed immensely via their work in Yoga education and Research. She was a charismatic Yogini who served the cause of propagating Yoga both within and out of India before her untimely death. In Visagapattinam the Institute for Consciousness has done a great amount of research in Yoga while the Vemana
Research Institute in Secundrabad has also been in the forefront of Yoga research in Andhra.

CENTRAL INDIA

Sagar University in Madhya Pradesh has been in the forefront of bringing traditional Yoga teachings into the academic setup. A great deal is owed to Dr Joshi who upon deputation by Swami Kuvalayananda went to the university and built up a formidable Yoga department. His work has been continued in later years by Dr Ganesh Shankar who also served as Director of the Central Council for Research in Yoga and Naturopathy when it was under Ministry of Health and Family Welfare. In Bhopal Prof SV Rao in the Government Medical College has been an inspirational figure for Yoga Research who as both a physiologist and Yogi propagated a scientific view of Yoga on many platforms. Yogarathna KM Ganguly, a successful businessman turned Yogi has been an example of how Yoga Sadhana can be combined successfully with the material success. Even at a very senior age his performance of Yogasanas used to put others younger to him by decades to shame.

WESTERN INDIA

The western part of India has seen the emergence of the Brahma Kumaris world spiritual university as a great institution propagating Raja Yoga Mediation. With their head quarters at Mt Abu they have spread all over India and the world. Founded in the 1930s by Brahma Babu (1880-1969) and run today by Dadi Prakash Mani, the Brahma Kumaris teach that we must turn inward to realise that we are the pure peaceful soul. Suraj Karan Jindel, of Jaipur has been acclaimed as the ‘Nauli Man” for his flawless performances of the Nauli Kriya and other shat Karmas. A successful lawyer he has been instrumental in creating great interest in Yoga in Jaipur and Rajasthan. Dr. Virendra Singh has done a lot of research in Yoga and designed the Pink City Flow meter for Asthma patients.

The state of Maharashtra has been a great source of joy to Yoga with two illustrious disciples of Paramahans Madavdasji going on to create world famous Yoga institutes. Swami Kuvalayananda founded Kaivalyadham at Lonavla, while Sri Yogendra founded the Yoga Institute at Santa Cruz in Mumbai (formerly Bombay). Swami Kuvalayananda (1883-1966) who was known as Jagannath Ganesh Gune prior to Sanyasa rendered yeoman service to the cause of scientific Yoga. He founded Kaivalyadham in 1924 and also started the famous journal ‘Yoga Mimamsa”. Swami Kuvalayananda was also to a great extent responsible for Yoga becoming a college subject and for Yoga colleges and universities replacing traditional Ashramas. Many eminent personalities such as Mahatma Gandhi and Jawaharlal Nehru used to take his advice regarding Yoga and Yoga therapy. Swami Digambarji succeeded him and now Swami Maheshanandaji is the Director while Sri OP Tiwari is the secretary. Sri OP Tiwari who is acknowledged as one of India’s senior most Yoga experts is currently the President of the Indian Yoga Association as well as the Chairperson of the Council for Yoga Accreditation International (www.cyai.org). Kaivalyadhama has over the past nine decades years done a great
amount of literary and scientific research in the field of Yoga and also conducted numerous national and international Yoga conferences. Shri RS Bhogal is Assistant Director Research while Dr BR Sharma is principal of GS College of Yoga and Cultural Synthesis. Sri Subodh Tiwari is the able administrator of Kaivalyadhama while the Yoga Seva of so many stalwarts such as MV Rajapurkar, MV Bhole, TK Bera, RK Bodhe, MM Gore, PV Karambelkar, ML Gharote and SL Vinekar have contributed to a greater understanding of Yoga through their scientific and literary research. Sri KS Joshi upon the deputation by Swami Kuvalayananda went to Sagar University and developed the Yoga department as one of the best in the country.

The Yoga Institute at Santa Cruz in Mumbai is a standing testimony to the insights of the great Yogi Sri Yogendra who founded it in 1918. He was a pioneer in taking Yoga to the West by founding probably the first ever Yoga Institute in America, in Harriman Tuxedo Park, New York in the year 1919. A student of Paramahamsa Madhavdasaji his Bani is very different from that of Swami Kuvalayananda and the emphasis is on “Householder Yoga.” Yoga for the modern world is one of the teachings at this centre and many busy executives have benefited from the Yoga offered here. Shri Yogendra who received initiation in Yoga from his Guru, at his ashrama at Malsar where he stayed for two and a half years felt that Yoga is an essential science of living which would benefit one and all. In the early years of his struggle to popularize Yoga, he was assisted by his wife, mother Sitadevi, who was the first woman to write a book on Yoga for women. His son, Dr. Jayadeva Yogendra, the present President is ably supported by his wife Smt. Hansaji Yogendra, the present Director, who is Vice President of the Indian Yoga Association, Chairman of the Certification Committee of Quality Council of India and President of International Board of Yoga. They have systematized their teachings of Yoga to make it experiential thus making the Yoga Institute a Life School where one can learn the art of living. The teachers training programs started in 1958 have trained thousands of sadhakas thus bringing the message of Yoga to all. The Yoga Institute has published many books on Yoga of which four have been preserved in The Crypt of Civilization in the Oglethorpe University, USA to be opened after 6000 years in 8113. The research work of the institute deals with education, indology and therapeutics and has been published in books, national and international journals. In recent time Shri Hrishi Yogendra, Assistant Director and his wife Pranee Yogendra, the Dean, have begun taking active interest in the working of the Institute; thus signalling the involvement of the third generation of the legendary Yogendra family. Smt. Hansaji sums up their mission by saying, “The Yoga Institute’s teachers’ task is to ensure that their students become better contributors and better humans.” Dr. Jayadeva adds, “the aim of Yoga is growth of consciousness” thus conveying clearly what The Yoga Institute stands for.

Padma Vibhushan Sri BKS Iyengar who left his body at the age of 96 went to Pune in 1937 upon the invitation of the Deccan Gymkhana Club. He settled down there and founded the Ramamani Iyengar Memorial Yoga Institute. His system of Yoga now known as Iyengar Yoga has a worldwide following. His book “Light on Yoga” remains one of the best instruction manuals for Yoga and is the standard text book for Yogasana competitions in the Yoga Sports movement. This book first published
in 1966 is still undergoing reprints and has been translated into 28 languages. Subsequently he has written 30 books including Light on Pranayama, Light on Yoga Sutras of Patanjali, Light on Ashtanga Yoga, Light on Life, Core of the Yoga Sutras and Yoga for Sports. He innovated the way students could attain precision in their practice of asanas by the development of Yoga props, including the now famous Yoga mat. These Yoga props have helped the sick, the disabled, the aged and the weak to practice Yogasanas efficaciously. He was first invited to the West by the famous violinist Yehudi Menuhin in 1953 after which he took Yoga to all corners of the world. His last trip was at the age of 93 to China where he personally taught 1200 Chinese enthusiasts. He was named as the 100 most influential people in the world by Time Magazine and even the Oxford English Dictionary defines Iyengar as a form of Yoga. Today, there are certified Iyengar Yoga teachers in 80 countries. There are about 75 scientific research papers from Universities across the world about the efficacy of Iyengar Yoga as a therapeutic modality for health disorders. His daughter (Geeta Iyengar) and son (Prashant Iyengar) are now in the forefront of leading his students who have centres worldwide. Guruji as Sri BKS Iyengar is known, was the Founder President of the Indian Yoga Association, a self regulating association of the important Yoga traditions of India (http://www.Yogaiya.in ).

Yogashri Ma Yoga Shakti at Gondia in Maharasthra has been an example of the feminine Shakti in the field of Yoga. A disciple of Swami Satyananda, she has charted her own novel path that emphasizes the Bhakti Yoga path.

EASTERN INDIA

Swami Satyananda and his disciples have put Bihar on the Yoga map with the Bihar School of Yoga that has been a beacon light for the seeker of Yoga. With numerous branches all over the world and Australia in particular, Swami Satyananda built up the Bihar School of Yoga on the back of the Ganges at Munger in the 1960s. A favorite chela of Swami Sivananda, his Bani encompasses the Yoga, Vedanta and Tantric traditions dealing with Yoga as a medium to gain and control the Psychic energies. The signature practice of the BSY is the Yoga Nidra that was developed by Satyananda. Swami Niranjananda continues the work of his Guru after Swami Satyananda attained Maha Samdhi. The Ashram in the mid period had become a deemed university under the name of Bihar Yoga Bharathi offering masters courses in the science of Yoga but then has changed back due to numerous developments.

The Ramakrishna mission has continued the Bhakti Yoga movement started by Swami Vivekananda and spread all over the country. The main Ashram (Belur Mutt) in Kolkata (Calcutta) sits opposite the river from the Kali shrine (Dakshineshwar) where Ramakrishshna had his mystical experiences with Kali. The Swamis of this order are known for their great wisdom and compassion and the mission has carried out a great number of social projects for the underprivileged population. Translation of Indian cultural literature is another of the yeoman works by this mission. Their work in the Northeast along with the Vivekananda Kendra has been vital in maintaining the integrity of India.

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**Yogodha Satsangha**, the Indian wing of the Self Realization fellowship was founded by Swami Yogananda and has been responsible for a great many westerners taking up the practice of Yoga through the medium of *Kriya Yoga*. His famous book ‘Autobiography of a Yogi’ was a starting point in the spiritual journey of many westerners. His Guru Sri Yukteshwar and Sri Ram Gopal Mujumdar (Swami Kanakananda) the Guru of Swami Gitananda were disciples of Sri Lahiri Mahasaya. Bikram Chowdhary the controversial Yoga star in the USA who founded Hot Yoga, claims to be a descendent of Swami Yogananda.

Swami Ritajananda Saraswathi in Patna Yoga Vidyalaya has been a great inspiration to the people of Patna through his Yogashram and its publications. He has been a member of CCRYN and a great example of the Sivananda Yoga Tradition. Dr Niren Mujumdar has been the guiding light for the Yoga Sports movement in India as the General Secretary and now as the Secretary General of the *Indian Yoga Federation* at Calcutta. His attempts to unify participants of Yoga sports and bring forth a standard have been achieved to some extent. His work with Swami Gitananda as well as Shri Gurupriya in Italy has paved the way for the *International Yoga Federation* that conducts Yogasana Championships all over the world with great success.

**NORTHEASTERN INDIA**

Swami Sivananda of Guwahati and the Vivekananda Kendra have been instrumental along with the Ramakrishna Mission in keeping the Indian culture as well as Yoga alive in the North Eastern part of India that is sadly neglected even in the field of Yoga. Animesh Dhar has also been doing a good job with his time effective Yoga in this zone.

**NORTHERN INDIA**

Banaras Hindu University has been actively involved in Yoga Research, therapy as well as Yoga Education thorough the Yoga Sadhana Kendra in Malaviya Bhawan. Prof TR Anantharaman who was the director, Institute of Technology, BHU and the president of the *Indian Academy of Yoga* has contributed immensely to the union of ancient Yoga and Modern science through his literary works and lectures all over India and the world. He now runs the Ashram Atmadeep in Gurgaon near Delhi. Prof Dr KN Udupa who was the professor of surgery and director of the Institute of Medical Sciences and Prof RH Singh the Professor of Kaya Chikitsa have contributed early research works on Yoga that have set a standard for other researchers in the field. Their work in establishing Yoga therapy protocols for various medical disorders is to be highly appreciated. A physicist by training Sri UA Asrani was another scientist who had a great role in the Yoga work at BHU before he settled down in Lucknow.

*Swami Sivananda Saraswati*, a medical doctor from south India settled in Rishikesh after Sanyas and founded the *Sivananda Ashram* in 1932 and the *Divine Life Society* in 1936. He started the *Yoga Vedanta Forest Academy* in 1948 and trained
many hundreds of students. Swami Shivananda tried to simplify the Yogic and Vendantic concepts in practical tips for the modern man. His disciples have spread his unique teachings that are a combination of Yoga and Vedanta throughout the world. Swami Chinmayananda went on to found the Chinmaya Mission that has done great work in bring the Bhagavad Gita to the common man. Swami Vishnudevananda founded the Shivananda Ashram in Canada as well as at Nayar dam in Kerala. Swami Chidananda helped to establish the Divine life society as a world order through his dedicated and selfless service while Swami Satchidananda and Swami Jyothirmayananda took Shivananda’s teachings to the west and established centers in Yogaville and Miami respectively. Swami Satyananda founded the Bihar School of Yoga in Munger and also the Sivananda Mutt at Ganga Darshan. Swami Venkateshananda also took his teachings to various part of the world while Swami Krishnananda carried on the Guru’s tradition at Rishikesh itself. These are only are a few of the very well known disciples who have carried forth the name and fame of their great Guru.

Gurukula Kangri University was founded on 4 March, 1902 by Swami Shraddhanandaji with the sole aim to revive the ancient Indian Gurukula System of education, on the bank of Ganges at a distance of about 6 km. from Haridwar. This institution was established with the objective of providing an indigenous alternative to Lord Macaulay’s education policy by imparting education in the areas of Vedic Literature, Indian Philosophy, Yogic Science, Indian Culture, Modern Sciences and Research. It is a deemed to be University fully funded by UGC/Govt. of India. This university has been well known for its high standard in the field of oriental studies like Vedas, Sanskrit, philosophy etc. In 1984, another milestone was erected in the faculty of oriental studies by establishing the Department of Yoga to propagate the ancient Indian culture and science in India and abroad by Dr. Ishwar Bhardwaj. The department of Yoga came in to existence in 1984 by the starting of 4 months Diploma in Yoga. This was an important progressive step in the field of oriental studies of this university. Yoga department of this university has been a premier institution to start with Yoga as elective subject at graduation level in 1990; MA/M.Sc. in Yoga in 1992 and Ph.D. program in Yoga in 1996 in India & abroad. In order to strengthen this department, the proposal of setting up of the Dept. of Human Consciousness and Yogic Science was sent to UGC and got approval vide UGC letter no. F-16/2001(PES) dated 29th March, 2001 and department was established as Human Consciousness and Yogic Science in 2002. The dept. has performed excellently to achieve the goal of propagation of ancient Indian Yogic science among newly aspiring young generation of India for healthful utility in India and abroad. 40 students completed their research work and got Ph.D. degree. Many students are working in various cities of India and abroad as U.S.A, Russia, and China etc. The dept. has also been spreading its wings by signing MOUs with various foreign Yoga institutions in China, Spain etc.

Swami Rama of the Himalayas (1925-1996), was raised from early childhood by a great Yogi named Bengali Baba (ca. 1820-1981). He served for several years in his twenties as Shankaracharya of Karvirapitha in Nasik, renounced that position in the 1950’s and eventually built an ashram, Sadhanamandir, on the banks of Ganga in
Rishikesh in the mid-1960’s. His mission, however was to go to the West (1969) to demonstrate to the scientific community that there is much more to the mind than science conceived at that time. He demonstrated many extraordinary abilities under laboratory conditions, including the first EEG study of Yoganidra, as well as studies of the control of cardiac function and telekinesis at the Menninger foundation in the United States. He founded the Himalayan Institute of Yoga Science and Philosophy, initially in Minneapolis, MN, then started an ashram in Chicago, IL and finally settled at the Himalayan Institute campus in Honesdale, PA. In 1992 he returned permanently to Northern India to realize his master’s dream of a hospital and medical school in Uttarakhand which is now the Himalayan Institute Hospital Trust and Swami Rama University, a deemed university. He was assisted in this work by numerous disciples, both Indian and American, including MahamandaleshvaraSwami Veda Bharati (1933-2015) who built his own ashram, Swami Rama Sadhakagram, in Rishkesh in 2004, Pandit Rajmani Tigunait, who assumed spiritual directorship of the Honesdale Institute in the U.S., Swami JnaneshvaraBharati the creator of the excellent Yoga website www.swamij.com and Swami Veda Bharati’s successor Swami Ritan Bharati, the current Ashram Pramukh of Swami Rama Sadhaka Gram and spiritual preceptor of the Association of Himalayan Yoga Societies International (AHYMSIN) founded by Swami Veda Bharati.

Dev Sanskriti Vishwavidyalaya (DSVV) in Haridwar is a university dedicated towards the confluence of traditional education with science and spirituality. It aims to promote and propagate the scientific and philosophical aspects of Yoga through its several courses (Certificate, Diploma, UG, PG, and PhD), researches, conferences and workshops. The university has three designated centers-Center of Human Consciousness & Yogic Sciences, Center of Holistic Health Management, and the Center of Complementary & Alternative Medicine, focusing on Yoga, Yagya, Ayurveda, Naturopathy, Panchkarma, Pranic Healing, Psychotherapy, Biofeedback, Homeopathy, Unani, Diet-Nutrition, Spiritual healing and modern medicinal techniques to spread awareness, prevent, and fight disorders. The signature Yogic tradition followed and propagated here is Pragya Yoga, a holistic system for healthy tuning of all the three bodies (physical, subtle, and causal) by incorporating selected asanas and pranayams along with chanting of mantras. These Pragya Yoga asanas and Pragya Sadhana were proposed by Yug Rishi Pt. Shriram Sharma Acharya (1911-1990; Patron founder-Shantikunj) to deal with contemporary health and stress related issues. The university under the aegis and teachings of its Guru, Pt. Shriram Sharma Acharya, and his discipline Dr. Pranav Pandya (Chancellor, DSVV) is achieving many accolades on the academic and applied fronts in the field of Yoga and is duly recognized and well accredited by UGC, ISO, and NAAC for its achievements.

One of the biggest influences on Yoga in India during the past few decades has been Baba Ramdev who was born as Ramkrishna Yadav in 1965, in Alipur village of Mahendragarh district, of Haryana. He is famous for popularizing Yoga among Indians through the medium of television and his mass Yoga camps. His Yoga camps are attended by thousands of people and he has taught many celebrities. He
became a very well-known Yoga teacher and in 2003 he began appearing on Aastha TV in a series promoting Yoga. The show proved to be very popular with the audiences and he gained a large following. He established Divya Yoga Mandir Trust in 1995 along with Acharya Balkrishna who is an Ayurveda expert. The headquarters of the trust is at the Kripalu Bagh Ashram of Haridwar. He founded Patanjali Yogpeeth in Haridwar which is one of the largest Yoga institutes in India. The main purpose of the institute is to promote and develop Yoga and Ayurveda. It is also the home of the University of Patanjali that was started in 2006.

Swami Bharat Bhushanji is another prominent Yoga Guru who founded Mokshayatan International Yogashram in Saharanpur that lies at the foot hills of Shivalik mountains in Uttar Pradesh in the year 1973 at a young age of 21. His mission and vision of “Bharat Yoga” aims to keep the spiritual essence of Indian culture alive in modern Yoga (as Bharat Varsh is the motherland of yoga science). One of his many contributions is ‘Yoga Gatis’ (Yogic movements); a scientific vision to provide health benefits to even those who have absolutely no knowledge of Yoga. He also developed several meditation techniques and worked on popularizing the spiritual aspect of Yoga and not just physical. Former Prime Minister Sh Atal Behari Vajpayee after witnessing his Yoga skills lovingly called him 'Living Manu' in 1978. Over the decades Mokshayatan International Yogashram inspired the youth with the motto "Shakti: Samyam: Seva" through different platforms such as Live Blood Bank, Sanskara Shiksha, Rashtra Vandna Mission, Gymnasiums, Yoga & Nature Cure, Education Forum etc. He initiated Spiritual Tourism on behalf of Government at Rishikesh in 1990 through 1st International Yoga Festival that celebrated its Silver Jubilee in 2015. Mokshayatan also initiated Yoga training for army, paramilitary forces, police, research scientists, administrative and police academies, industries and jails etc. Swamiji was the first Yogi to be awarded 'Padma Shri' by Government of India in 1991 and D. Lit. by CCS State University for contribution to yoga. Mokshayatan Yogashram through its national and international branches is imparting Yoga education through different courses, worldwide Yoga camps, TV programs and a wide range of Yoga books and CDs and his daughter Acharya Pratishtha is supporting her father's spiritual mission and vision by also propagating the message to all classes and masses worldwide.

The Central Council for Research in Yoga and Naturopathy (CCRYN) is the apex body for Yoga and Naturopathy in India and has in the past few decades done great work in propagation of Yoga as a therapy as well as in Yoga education and research. Initially Swami Direndra Brahmachari was the director and following him Dr Naresh Kumar Brahmachari developed the council into a formidable body.

Swami Direndra Brahmachari was one of the most famous Yogis in India during the time of Indira Gandhi who was a student of this maverick Yogi. He founded the Vishwayatan Yogashram in Delhi as well as his Ashram in Jammu and made headlines for even owning a gun factory. After his untimely demise in a helicopter crash, the Indian government took over his Ashram in Delhi and now it is functioning as the Moraji Desai National Institute for Yoga. The present director, Dr IV Basavaraddi has brought all major traditions of Yoga together through the Indian Yoga Association as well as the National Yoga Week held every year in the
MDNIY premises. It has also been accorded the status of a Collaborative Centre for Traditional Medicine (Yoga) by the World Health Organization in 2013.

Yoga research has been performed in an exemplary manner at the All India Institute of Medical Sciences (AIIMS), New Delhi. Prof BK Anand, Prof Baldev Singh and Prof GS Chhinna were amongst the earliest scientists to explore the Yogic phenomenon including the burial of Yogis underground for many hours and stoppage of heartbeats etc. Later many more researchers jumped on the bandwagon and a great amount of work continues to come out of AIIMS thanks to the seeds planted by eminent scientists such as the eminent Scientist-Yogi Prof Ramesh Bijlani who founded the Integral Health Clinic on 3 February 2000.

Dr W Selvamurthy is a Distinguished Scientist who served as Chief Controller, Research & Development (Life Sciences & International Cooperation) at Defence Research and Development Organisation, Government of India. One of India’s most eminent scientists, he has been a top-notch researcher of Yogic phenomenon and his work with Yoga training of the Indian army personnel has been of great value in places such as the Siachin Glacier. His work on stress and in the Pathophysiology of essential hypertension has been path breaking to say the least. Currently serving as President Amity Science, Technology and Innovation Foundation, Noida, he remains one of the humblest human beings who is a great role model for budding scientists.

Motilal Banarsidas, the Indological publishers has recently completed hundred years of their wonderful service to the cause of Indian literature. Virtually any book on indological nature can be found under their banner and this service done by the Jain brothers is to be highly acclaimed.

NORTHWESTERN INDIA

Direndra Brahmachari through his Ashram in Jammu and Prof RC Gupta and Prof GD Sharma through the Himachal University have been instrumental in propagating Yoga in the Northwestern frontier. It is to the credit of Prof RC Gupta and Prof GD Sharma that HP University Yoga Department a well-known name all over the country.

The Chinmaya Mission with its Sidhbari Ashram has carried the message of Swami Chinmayananda (1926-1993) and his Gita Yagnas very efficiently. A great orator, Swami Chinmayananda was known for his skill in explaining the most difficult of concepts to the people through the simplest of words. He inspired a great many youth to take up the path of Karma Yoga and serve the motherland by spreading the message of the Gita to every nook and corner of India. The Vendantic message of Swami Chinmayananda is being continued by the Sanyasins of the Chinmaya order under the able guidance of the charismatic Swami Tejomayananda. The youth wing under Swami Mitrananda is achieving great progress in passing on the message at the youth and children level. The Swamis of this order are known for their great oratory skills and Chinmaya Ashrams are now found all over India. The Chinmaya residential schools are becoming a household name with high education standards as well as a deep emphasis on Indian culture.
Swami Shyam with his international meditation institute at Kullu has been teaching the Advaita Vedanta and has a large European and Canadian following.

Brahmarishi Vishwatma Bawra with his Ashram in Pinjore, Haryana was a magnificent personality. An eloquent speaker on Yoga and allied philosophies he was always in great demand at all conferences all over the country and the world. Swami Yogananda and other disciples at his Ashram are carrying on his work.

Ever since Swami Jyothirmayananda, a disciple of Swami Sivananda left India and steeled in Miami in 1962, there was no one to spread his message in India. Yogirathna Dr Shashi Bhushan Mishra a medical doctor has filled this hiatus and dedicated his life to serving his Guru. He founded the Indian chapter of the International Yoga Society at Ghaziabad in Uttar Pradesh in 1978 and has been publishing all of his Gurus books as well as the monthly journal Yoganjali ever since. He and his wife are also running a clinic and orphanage in their Gurus name.

 NOTE: The author wishes to state that this is only a humble attempt to describe the efforts by various individuals and institutions in the propagation and development of Yoga in India in recent times. It is entirely possible that due to the author’s inexperience, ignorance or oversight he may have failed to mention some eminent personalities or institutions. A humble apology is tendered for such omissions and a request that these omissions be brought to his notice (ananda@icyer.com) so that they may be corrected.