



**From Dr. H. R. Nagendra,
Board Member**

Human beings are made of Pancha Koshas which provide them a road map for better understanding of psychological and spiritual development. The aim of Yoga is to move inward, taking a journey through higher states of consciousness to one's true nature of hidden infinite bliss, Knowledge, Power & Freedom.

Clinical Researches are being carried out all over the world to scientifically assess the benefits and impact of Yoga practices. The results so far have established the science behind Yoga and therefore Yoga is being widely accepted as a discipline which leads to physical and mental wellness of human being. Yoga as a way of life will also bring experience about the real essence of Yoga.

Yoga Certification Board has been established by Ministry of AYUSH to spread Yoga in an organized and professional manner. I invite Yoga Professionals and Yoga Institutions / Centres worldwide who want to serve humanity through Yoga, to partner with YCB for mutual growth and betterment of mankind.

I feel privileged to be a partner in this noble initiative of Government of India in the service of Yoga.

With Love,

A handwritten signature in black ink, appearing to be 'नगेंद्रः' (Nagendra) with a horizontal line underneath.

**Dr. H.R Nagendra
Chancellor-SVYASA**