

Bihar School of Yoga, Munger, presents

Yoga for the Year of Kindness

Bihar School of Yoga dedicates the year 2026 to the development of two qualities: *dayaluta* or kindness, and *santosh*a or contentment. The world is in great need of kindness, of gentle expressions of kindness towards our fellow beings and our natural environment. Along with kindness, *santosh*a or contentment develops a sense of calm acceptance and inner peace.

On the occasion of the twelfth International Day of Yoga, the annual *sadhana* of the Bihar School of Yoga encourages yoga aspirants to make kindness and goodwill the foundation of their interactions with others. To facilitate the expression of kindness, the mental state and inner attitude of contentment has to be nurtured and strengthened. *Santosh*a ignores any lack or absence in life and fully lives in the understanding that all that is needed is provided for, materially, mentally, emotionally and socially.

Towards *dayaluta* and *santosh*a, kindness and contentment

Asana, pranayama, relaxation and meditation establish the first level of connection, namely to a healthy, relaxed body and mind. A well-balanced yogic lifestyle further promotes health by connecting us to a harmonious and disciplined daily routine.

Dayaluta is being kind, without any self-oriented intention. It is being kind for kindness sake and for the upliftment of others. As Swami Sivananda Saraswati said, "Little acts of kindness create an ocean of goodwill." There are countless ways of expressing kindness to one another. Use every opportunity to share your inexhaustible treasure of kindness.

*Santosh*a is an attitude, a feeling, a state of mind which experiences completeness. There is no thought, desire or hankering for more. It is the foundation and launchpad for further improvement, where and when required. Swami Niranjanananda Saraswati says, "The purpose of yoga is to find contentment in life, and through contentment, total perfection." Contentment is your true wealth.

Living the *yama* of *dayaluta* and the *niyama* of *santosh*a enables you to face the currents of everyday life calmly and efficiently. Yoga will become a living experience and impact your immediate environment through positive connections and goodwill.

Your Program for the International Day of Yoga 2026

Early morning on waking, preferably before sunrise

Three Mantra Sadhana

1. Mahamrityunjaya mantra with sankalpa for healing, energy, power, immunity and strength (11 rounds):

Om tryambakam yajāmahe sugandhim puṣṭivardhanam.
Urvārukamiva bandhanāt mṛtyormukṣīya māmṛtāt.

2. Gayatri mantra with sankalpa for wisdom, inner clarity, intuitive knowledge and learning (11 rounds):

Om bhūrbhuvaḥ svaḥ tatsaviturvareṇyam.
Bhargo devasya dhīmahi dhiyo yo naḥ prachodayāt.

3. 32 names of Durga with sankalpa for overcoming distress in life and experiencing peace and harmony (3 rounds):

Om durgā durgārtīsamanī durgāpadvinivāriṇī.
Durgamachchhedinī durgasādhini durganāsinī.
Durgatoddhāriṇī durganihantrī durgamāpahā.
Durgamajñānadā durga daityalokadavānalā.
Durgamā durgamālokā durgamātmasvarūpiṇī.
Durgamārgapradā durgamavidyā durgamāśritā.
Durgamajñānasamsthānā durgamadyānabhāsinī.
Durgamohā durgamaḡā durgamārthasvarūpiṇī.
Durgamāsurasamhantrī durgamāyudhadhāriṇī.
Durgamāṅgī durgamatā durgamyā durgameśvarī.
Durgabhīmā durgabhāmā durgabhā durgadāriṇī.



Morning, preferably before breakfast

*Asana capsule**

Akarna Dhanurasana
Samakonasana
Dwikonasana
Eka pada pranamasana
Ardha Ushtrasana
Shashankasana
Marjari asana
Sarpasana
Kandharasana
Vipareeta karani asana
Matsyasana, variation with legs outstretched
Shavasana, whenever required

- * *Practise up to 10 rounds depending on your ability and condition. Awareness should be directed to the physical movement in the first 5 rounds, and breath and pranic awareness in the next 5 rounds.*

Pranayama capsule

Nadi shodhana 1:1:2:1 (5 rounds, with jalandhara and moola bandhas during internal and external retention)
Bhramari (10 rounds, with awareness in the chest region)

Late afternoon or early evening

Relaxation capsule

Yoga nidra or yoga nap

Night, before sleep

Meditation capsule

- Review of the Day, which involves reflection on the events of the day to see how you have lived your day and how you can do things better tomorrow. The SWAN principle can be used to have more clarity about the area you need to improve and how you can do it.



- Ajapa japa, with awareness of *So Ham* in the frontal psychic passage between navel and throat, 5 minutes.

Throughout the day

- Use your activities throughout the day with the intention of developing a sincere connection with all, with your task at hand and the people you work with.
- Apply the yama of *dayaluta*, being kind in all situations. Discover your ability to smile, say a few kind words, offer a patient ear and extend a helping hand. Be generous with your kindness throughout the day.
- Apply the niyama of *santosha*, being content with how things are, with how others are, with situations and circumstances. Make contentment the solid bedrock of your life and the starting point to grow until nothing can shake or unsettle you.

All sincere yoga aspirants are advised to incorporate into their lifestyle as many of these elements as possible for one year, and then reflect on the changes experienced in the quality of life. We hope and pray that the inspiration of yoga remains with you and in turn, you are able to assist others on the path of yoga and yogic living.

Hari Om Tat Sat
IYD Coordinator

We are happy to inform yoga aspirants about the 'For Everyone' series, a valuable resource for personal practice and social application. This year's program is a reflection of this series, and with a total of fifteen titles in the series, aspirants will find a wealth of information on yoga capsules tailored for various categories and conditions. All the fifteen titles are available on Amazon Kindle, and also freely available on Satyam Yoga Prasad (www.satyamyogaprasad.net).

