

Report on Lecture by Dr. Nidheesh Kumar Yadav

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Bio: Dr. Nidheesh Kumar Yadav is currently serving as Associate Professor and Head, Yogananda School of Spirituality and Happiness, Shoolini University. He is a well-known academician and practitioner in the field of yoga, with wide-ranging publications on yoga training, yoga therapy, and structured yoga modules. His interdisciplinary approach, combining traditional yogic wisdom with modern scientific research, made the lecture highly informative and impactful.

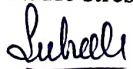
Report: An invited expert lecture on the topic “Misconceptions of Yoga” was delivered by Dr. Nidheesh Kumar Yadav on 26th December, 2025 at the School of Yoga Sciences, Swami Rama Himalayan University (SRHU). The lecture was organized with the objective of clarifying common misunderstandings about yoga and presenting its authentic philosophical, therapeutic, and scientific foundations. The session was attended by faculty members, research scholars, postgraduate and undergraduate students of yoga and allied health sciences.

At the outset, Dr. Yadav highlighted that yoga is often misunderstood in contemporary society due to partial knowledge, commercialization, and media representation. One of the most common misconceptions addressed was that yoga is limited only to physical postures (*āsanas*). He emphasized that while *āsanas* are an important component, yoga is a comprehensive life science encompassing ethical disciplines (*yama and niyama*), breath regulation (*prāṇāyāma*), sense withdrawal (*pratyāhāra*), concentration (*dhāraṇā*), meditation (*dhyāna*), and spiritual absorption (*samādhi*), as described in the *Yoga Sūtras of Patañjali*.

Another major misconception discussed was the belief that yoga is a religious practice. Dr. Yadav clearly explained that yoga is spiritual but not religious, and it transcends boundaries of religion, culture, and nationality. He stated that yoga focuses on self-awareness, mental discipline, and holistic well-being, making it universally applicable. Yoga, according to him, can be practiced by individuals of all faiths without conflict.

Dr. Yadav also addressed the widespread notion that yoga is only for flexible or young individuals. He clarified that yoga is adaptable and inclusive, and therapeutic yoga practices can be modified according to age, physical condition, and health status. Drawing from his experience in yoga therapy, he shared examples of how yoga interventions have been successfully used for managing lifestyle disorders, stress-related conditions, and psychosomatic illnesses.

A significant part of the lecture focused on misconceptions related to yoga therapy. Dr. Yadav cautioned against the unscientific application of yogic techniques without proper training and assessment. He stressed that yoga therapy should be evidence-based, individualized, and


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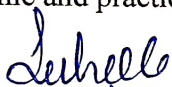
supervised by qualified professionals. He also highlighted the importance of standardized yoga modules and research-backed practices for ensuring safety and effectiveness.

Another misconception discussed was that yoga provides instant results. Dr. Yadav explained that yoga is a gradual process that requires patience, consistency, and discipline. Unlike quick-fix solutions, yoga works at the level of body, breath, mind, and behaviour, leading to sustainable and long-term benefits.

The lecture also shed light on the misunderstanding that yoga is only about relaxation. While relaxation is one outcome, Dr. Yadav emphasized that yoga is equally about self-discipline, self-regulation, and inner transformation. He encouraged students to approach yoga not merely as a profession but as a way of life grounded in ethical conduct and self-reflection.

The session concluded with an interactive discussion, during which students and faculty raised questions related to yoga education, research challenges, and professional ethics. Dr. Yadav responded thoughtfully, motivating young scholars to engage in authentic practice, rigorous research, and responsible teaching of yoga.

Overall, the invited lecture was highly enriching and succeeded in dispelling prevalent misconceptions about yoga. It reinforced the need to preserve the classical essence of yoga while integrating scientific validation. The School of Yoga Sciences, SRHU expressed gratitude to Dr. Nidheesh Kumar Yadav for his valuable insights and contribution toward strengthening academic and practical understanding of yoga.


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