

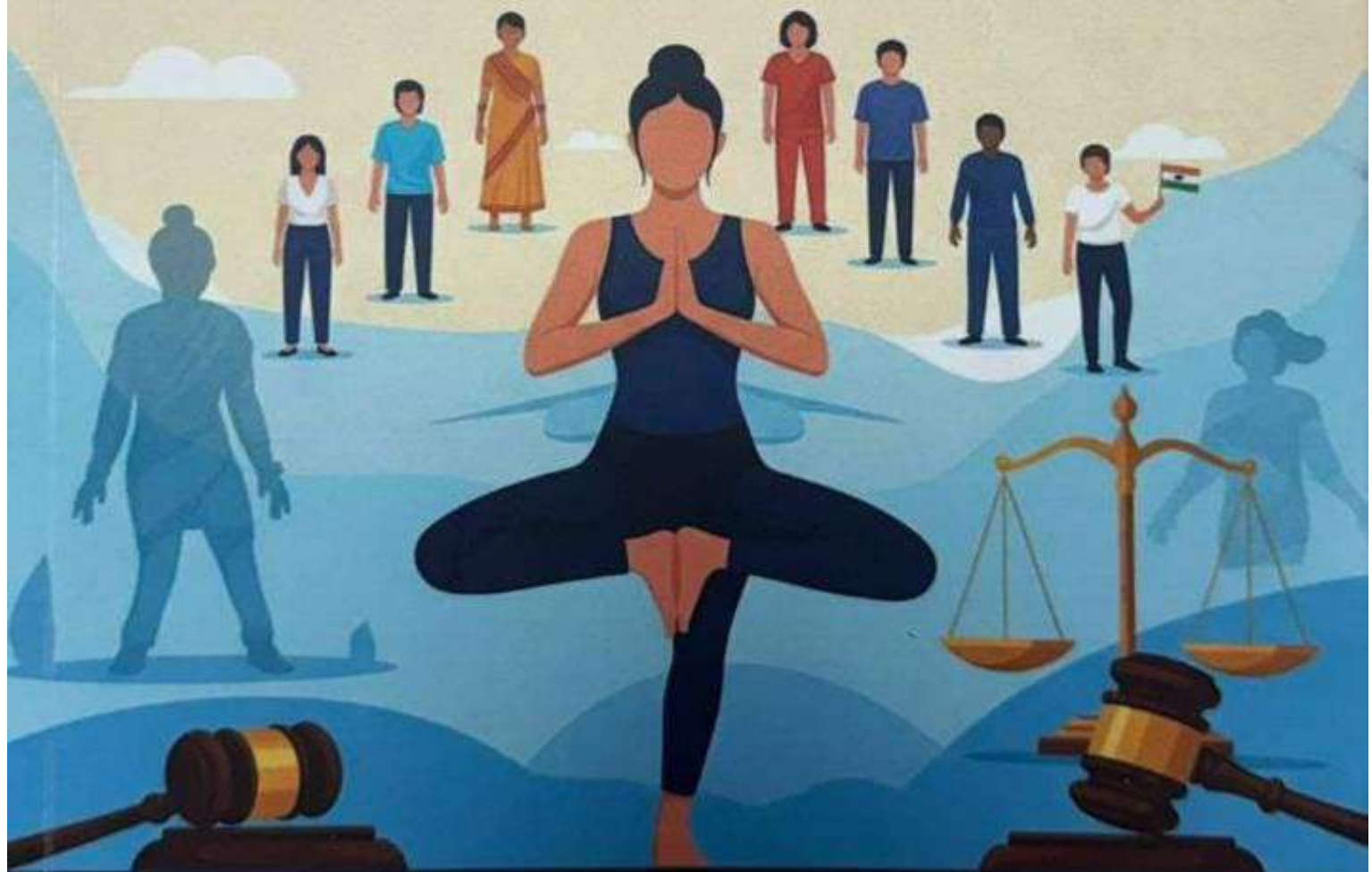


Prof. Rajendra Singh (Rajju Bhaiya) University,
Prayagraj UP

YOGA

Dialogue on Wellness

A Multidisciplinary Approach



EDITORS: Dr. Utkarsh Upadhyay, Dr. Rahul Singh

Yoga
Dialogue on Wellness:
A Multidisciplinary Approach

Dr. Utkarsh Upadhyay
Dr. Rahul Singh



Published by

HSRA Publications 2025

#02, Sri Annapoorneshwari Nilaya,

1st Main, Byraveshwara Nagar, Laggere,

Bangalore – 560058

Sales Headquarters – Bangalore

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ISBN : 978-93-6850-171-8

First Edition 2025

No. of Pages – 214

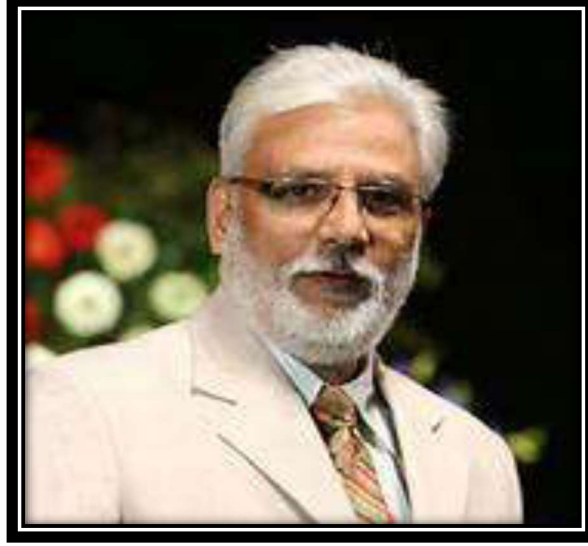
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प्रबुद्धप्रेरणा



माननीय श्री राज्यपाल एवम् कुलाधिपति

मार्गदर्शक एवम संरक्षक



माननीय कुलपति महोदय

डॉ अखिलेश कुमार सिंह

Foreword

It gives me immense pleasure to write the Foreword for this significant academic endeavor titled "*Yoga- Dialogue on Wellness: A Multidisciplinary Approach*". This volume, edited by Dr. Utkarsh Upadhyay and Dr. Rahul Singh, brings together an impressive collection of scholarly contributions that thoughtfully explore the convergence of three deeply impactful domains, the ancient discipline of Yoga, the evolving contours of legal systems, and the universal language of human rights. In a world increasingly grappling with physical unrest, mental stress, and socio-legal challenges, the relevance of Yoga as a tool of holistic wellness has acquired global attention. However, the true academic value of this book lies in its ability to transcend the traditional boundaries of Yoga as merely a spiritual or physical practice. Instead, it places Yoga within a constitutional and human rights framework, urging a deeper reflection on its implications for dignity, justice, and social equity.

The interdisciplinary insights offered in this volume are timely and much needed. As societies strive to humanize legal systems, improve the quality of institutional life—whether in prisons, educational spaces, or workplaces—and uphold the right to mental and physical health, Yoga emerges as a bridge between tradition and transformation. This volume responds to that call with intellectual rigor and conceptual clarity.

I congratulate both editors for envisioning and curating such a volume that not only enriches legal and philosophical discourse but also opens new avenues of policy, pedagogy, and reform. Their efforts to integrate diverse perspectives—academic, practical, cultural, and legal—deserve special mention. This book will certainly be of immense value to law scholars, yoga practitioners, human rights advocates, and policymakers alike. I am confident that it will find a well-deserved place in university libraries, research institutions, and the hands of all those who seek a more integrated and humane approach to justice and well-being. I extend my best wishes to all the contributors and hope that this pioneering work will inspire further research and dialogue at the national and international levels.

Dr. Akhilesh Kumar Singh

Vice Chancellor

Prof. Rajendra Singh (Rajju Bhaiya) University, Prayagraj

Preface

The journey of human civilization has always involved a continuous effort to balance physical well-being, inner peace, and societal justice. This edited volume, *“Yoga- Dialogue on Wellness: A Multidisciplinary Approach,”* is a commendable initiative that attempts to bridge these domains through thoughtful academic inquiry.

The idea of Yoga as a holistic discipline, beyond physical postures and meditative practices, is deeply rooted in the Indian philosophical tradition. Its evolution as a global phenomenon has raised pertinent legal and ethical questions regarding its institutionalization, cultural interpretation, and human rights dimensions. This volume engages with these questions in a manner that is both scholarly and socially relevant.

The editors, **Dr. Utkarsh Upadhyay** and **Dr. Rahul Singh**, deserve special appreciation for curating such an interdisciplinary work. They have brought together an array of scholars and practitioners whose contributions reflect a diverse yet unified vision—one that recognizes the potential of Yoga in enhancing individual dignity, promoting mental and physical well-being, and addressing systemic injustices.

This book explores, among other things, the legal recognition of Yoga in institutional frameworks, its role in prison and workplace reform, and the nuanced human rights debates it invokes in secular and democratic societies. It does not merely extol Yoga's virtues; rather, it presents a critical dialogue—examining its promises and paradoxes, its universal appeal and its local sensitivities.

In an era when global communities are grappling with stress, polarization, and inequity, this academic engagement is both timely and necessary. It invites policymakers, legal professionals, academicians, and spiritual practitioners to rethink the frameworks of justice, not only through the language of law but also through the ethics of care and inner awareness.

I am confident that this volume will serve as a foundational text for further research and discourse in the fields of wellness jurisprudence, cultural rights, and holistic human development. I commend the efforts of all the contributors and extend my best wishes for the wide dissemination and impactful reception of this important work.

Shri Sanjay Kumar

Registrar

Prof. Rajendra Singh (Rajju Bhaiya) University, Prayagraj

Acknowledgment

It is with great pleasure and a deep sense of gratitude that we present this edited volume titled "*Yoga- Dialogue on Wellness: A Multidisciplinary Approach*". This book is the culmination of months of rigorous academic endeavor, collaborative engagement, and intellectual curiosity. It reflects a confluence of traditional wisdom and contemporary legal thought, aiming to create a meaningful discourse on how the ancient practice of Yoga intersects with the evolving frameworks of law and human rights in both national and global contexts.

First and foremost, we wish to express our sincere thanks to the Hon'ble Vice Chancellor Prof. (Dr.) **Akhilesh Kumar Singh, Prof. Rajendra Singh (Rajju Bhaiya) University, Prayagraj**, for his constant encouragement and for fostering a research-driven academic culture that enabled this scholarly work to take shape.

We are especially grateful to all the **contributors**—eminent professors, legal scholars, researchers, yoga practitioners, policy experts, and academicians—who have enriched this volume through their original, well-researched, and insightful chapters. Their willingness to explore critical issues at the intersection of law, wellness, rights, and tradition has made this book a vibrant and interdisciplinary contribution to legal and socio-cultural scholarship.

Special appreciation is due to the University staff, for their continued institutional support, collegiality, and valuable academic inputs throughout this editorial journey.

We would like to extend our gratitude to the **coordination committee of International Yoga Day 2025**, whose efforts and enthusiasm provided the initial spark and thematic inspiration for this project. This book was conceived as a legacy contribution to mark that important occasion and aims to carry forward the dialogue on how Yoga, as an ancient heritage, can serve as a transformative tool in legal, correctional, educational, and human rights frameworks.

We are also indebted to the **anonymous reviewers and subject experts** who evaluated each submission with great care, helping to uphold the

academic integrity and quality of this volume. Their critical insights and constructive feedback were indispensable in refining the final contributions.

We also acknowledge the behind-the-scenes contributions of our colleagues, research assistants, technical team, and publishing partners who ensured smooth communication, formatting, and timely progress of the publication process.

This book is not just a scholarly volume; it is a humble offering toward creating a more inclusive, mindful, and just society. It is our hope that it will open new avenues of research and inspire future dialogue in universities, think tanks, policy-making institutions, and among yoga practitioners and legal minds across the globe.

We dedicate this work to all seekers of knowledge, peace, justice, and well-being

Dr. Utkarsh Upadhyay

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Prof. Rajendra Singh (Rajju Bhaiyya) University, Prayagraj

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"Balancing Cultural Promotion and Individual Rights: The Human Rights Implications of Mandating Yoga in a Secular Democratic Framework"

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Abstract

Yoga, whose roots lie in ancient Indian spirituality, has become recognized internationally for its health advantages, such as enhanced flexibility, reduced stress, and mental well-being. Its inclusion in the curriculum in schools follows a trend to introduce greater mindfulness and physical education. Nevertheless, in secular democracies where the state should be neutral on matters of religion, compulsory yoga presents serious human rights issues, especially those of freedom of religion and belief. This topic is sensitive as yoga is linked to Hinduism, and in some manner, teaching it may be seen as imposition on students of a pluralistic faith background.

In India, the cultural importance of yoga is mirrored, with the government actively advocating for it as national heritage, most prominently through International Yoga Day, declared in 2014 under Prime Minister Narendra Modi. Mandating yoga in schools has been controversial, though, raising the ire of religious minorities, most specifically Muslims, who see it as the forced imposition of Hindu rituals. An NPR report in 2017 underscored that certain Muslims believe that yoga has been "weaponized," and activities such as chanting "Om" and Sun Salutations as encouraging Hindu nationalism.