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Editor's Note

॥ Om Bhuur-Bhuvah Svah Tat-Savitur-Varennyam Bhargo Devasya Dhiimahi Dhiyo Yo Nah Pracodayaat ॥

It is a matter of great pleasure to present **Volume 15, Issue 1** of the *International Journal of Yoga and Allied Sciences*, being formally released on the occasion of the **12th International Conference on Neuro-Yoga and Consciousness Studies** on **21 February 2026**. This issue marks a significant academic milestone, reflecting the journal's continued commitment to advancing scholarly inquiry in Yoga and allied disciplines.

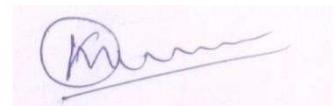
Over the years, the journal has served as a credible, peer-reviewed platform for disseminating quality research in Yoga, health sciences, psychology, neuroscience, and consciousness studies. The present issue carries forward this legacy by focusing on contemporary themes related to **Neuro-Yoga**, mind–brain integration, psychophysiological mechanisms of yogic practices, and evidence-based approaches to holistic well-being.

The articles included in this issue represent methodological rigor and interdisciplinary perspectives, encompassing experimental studies, clinical investigations, and conceptual analyses. Collectively, they highlight the growing relevance of Yoga in understanding cognitive, emotional, and neural processes, while reinforcing its role as both an ancient wisdom tradition and a modern scientific discipline.

The release of this issue alongside the international conference is timely and meaningful, offering a shared platform for dialogue between traditional yogic knowledge and contemporary neuroscientific research. We believe that the ideas presented here will stimulate further research, collaboration, and innovation in the expanding field of Yoga and consciousness studies.

I sincerely thank the authors for their scholarly contributions, the reviewers for their critical insights, and the editorial team for their dedicated efforts. It is our hope that **Volume 15, Issue 1** will serve as a valuable resource for researchers, academicians, clinicians, and students, and contribute meaningfully to the evolving discourse on Yoga and allied sciences.

With sincere reverence and academic dedication,



(Kamakhya Kumar)
Editor-in-Chief

21st Feb. 2026
Vinayak Chaturthi

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