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SCAN TO DONATE



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Rooted,
we flow
with goi mudra



the mayura mudra
bringing the pancha-tattva of life together!



ancient wisdom, modern responsibility: aligning youth with the pancha-tattva

We are created by the Five Elements—Earth, Water, Fire, Air, and Space - and in death, our physical form returns to them. We come from a culture that believes in “अन्ता अस्तपिरारंभ” (The End is the Beginning), and this Mudra, then, becomes a reminder to stay grounded, connect with the Earth and Fire, and live mindfully.

As responsible youth, we must embrace the wisdom of “स्वस्मैस्वल्पं समाजाय सर्वस्व व” (For oneself, take only a little; for the society, for all) to foster sustainability and mindful consumption, aligning personal needs with collective responsibility.

Known as the "Gesture of the Earth," this ancient hand posture is a bridge that spans millennia and connects ancient Bharatiya wisdom to the dynamic energy of the modern Youth.



harnessing primordial energies

The Thumb, strong and dynamic, channels the transformative power of Agni (Fire)

The Ring Finger, bearer of commitment and stability, grounds us in Prithvi (Earth)

When we connect the Ring Finger (Earth) with the Thumb (Fire),

We create a microcosmic circuit that balances these primordial energies within us.



the power of the yoj & mayura mudra: body, mind, and spirit

An Alchemy of Wellness, The Mayura Mudra influences the flow of Energy in the body, providing you with:

physical vitality:

Improved circulation, balanced body temperature, and strengthened hair & nails

mental balance:

Enhanced focus & emotional stability, and reduced stress

spiritual awakening:

A heightened sense of connection to Creation, and balancing of the Muladhara Chakra



the mayura mudra balances
the stable earth energy with
the transformative fire energy.
this equilibrium is crucial
for youth development -
providing a strong
foundation while encouraging
the dynamic energy needed
for progress and
innovation.



how does it GET ITS NAME?

The name "**Mayura Mudra**," derived from the Sanskrit word for peacock, reflects its symbolic significance. The peacock, renowned for its ability to transform poison into beauty, mirrors the essence of this Mudra - detoxification and transformation.

Its mentions trace back to the Vedic texts, (c. 1500 - 500 BCE) and in other historical texts like Natya Shastra, and Abhinaya Darpana, among others. The essence of the Mayura Mudra resonates across diverse traditions.

alignment with YOUTH OF INDIA FOUNDATION

As we turn our focus to India's youth, the Mayura Mudra emerges as a powerful ally for Empowerment. In embracing the Mudra, we not only tap into a powerful tool for individual growth but also forge a living link between India's ancient wisdom and modern-day goals. As India's youth embrace their potential, they can transform themselves and their nation, much like the magnificent peacock, poised for greatness.

Empowering Potentials: The practice of the Mayura Mudra is said to activate latent energies within the body and mind. We, at the Youth of India Foundation, work to unlock the dormant potential of young Indians, helping them unfurl their talents like the peacock's magnificent tail.

Power of Small Engagements: The Mayura Mudra shows how a simple hand gesture can have a profound effect on one's being. This teaches youth the importance of small, consistent actions in creating large-scale change – a principle at the heart of our initiatives.

Cycles of Evolution: The peacock sheds and regrows its feathers annually, symbolizing cycles of renewal. The Mayura Mudra, practiced regularly, promotes rejuvenation, and this constant renewal and adaptation is crucial for youth navigating the rapidly changing landscape of the 21st century.



steps to creating the perfect yoi mudra:



Step 1: Make a 'Y' with your Index and Middle finger



Step 2: Make an 'O' with your Ring finger touching the Thumb



Step 3: The standing Little finger represents the 'I'



And there you go!