



Head Office

## Youth of India Foundation

Hotel Lemon Tree Building, 1<sup>st</sup> Floor,  
Sevoke Road, Siliguri,  
West Bengal - 734008

+91 78660 03362  
youthofindia.org.in  
info@youthofindia.org.in

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Registered Office

## Youth of India Foundation

R-35, B/2 1<sup>st</sup> Floor,  
Pul Pehladpur, New Delhi-110044

+91 78660 03362  
youthofindia.org.in  
info@youthofindia.org.in

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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 yojī & 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.





## bridging centuries of **BHARATYA WISDOM AND GLOBAL CONNECTIVITY**

*“When the five fingers are touched and pressed in a peculiar way to form a Mudra, it affects the levels of the five elements in our body, thus balancing those elements and inducing good health.”*

Mudras, a gift to the modern world from ancient Bharat through texts like the **Natyashastra**, serve as a bridge between not only the physical and the spiritual aspects of one’s being, but also is the embodiment of unity across the globe. Cultures know the same Mudras by different names and various usages, weaving a tapestry of tradition that has not only evolved with time, but also remains an external **expression of internal resolve** at their core. In fact, ancient traditions believed that positioning the hands in specific ways would direct **internal energy (prana)** to areas that need healing or energizing. Oh, and here’s a fun fact: The Japanese call the gestures “insō”, which combine the characters for **"seal"** and **"form!"**

Found across religions and traditions including Hinduism, Buddhism, Christianity, Egyptian hieroglyphics, Tantric rituals, Roman art, Asian martial arts, Taoism and Indian classical dance, we, at the **Youth of India Foundation**, aim to rediscover the usage of this ancient remnant of wisdom to **Engage, Empower,** and Evolve the world towards a Future where we leave NO ONE Behind. Our initials, ‘Y’, ‘O’, and ‘I’ form the **YoI Mudra**, that finds home in the **Agni or Mayura Mudra**, that has over the years added immense value to our Mission & Vision towards the centenary year of India’s Independence - 2047.

When we realised that the practice of our “YoI Mudra” is nothing less than a holistic experience, we set out to explore how these small effort, big impact hand gestures have been healing people across the world for centuries now, and what we found is a huge, interconnected web of art, rituals, tradition, and culture that tell us that all of us come from the **Pancha-Tattva** (The 5 Natural Elements that make up the Universe), and will rest only with the Pancha-Tattva.

Let’s delve into this kaleidoscope of high-energy Mudras and explore how they weave together people & stories from across the world, all the while interconnecting us to the universe’s energies!

Mudras, originating in Indian culture and spread across Asia through Buddhism, hold profound spiritual and artistic significance. Although Mudras find their abode mainly in Eastern countries, it’s fascinating to discover that similar hand gestures have been used across the globe, even in Western and Mediterranean regions.

The **Vitarka Mudra** is common in **Indian cultures** and **Japanese** representations of Shakyamuni Buddha, while the **Varada Mudra**, symbolizing charity, is depicted with slight variations in hand positioning across the globe! Greece mirrors these two Mudras in their teaching and sacrificial rituals, while the **Roman Orator’s Gesture and Pax Romana Gesture** find echoes in the Vitarka Mudra!

In **China, Indonesia, Nepal & Thailand**, the **Dharmachakra Pravartana Mudra** symbolizes the Wheel of Dharma and is represented by forming a circle with both hands, while the **Bhumisparsha Mudra** is practised in other eastern countries to pay respect to Mother Earth. In **Chinese Daoist practices, Qi Gong and Tai Chi Mudras** are practised to align energy, intentions, and channel Qi (life force). **Japan’s Raigō-in** symbolizes Amida Nyorai (Buddha of the Limitless Light) welcoming souls into the Pure Land, **Shinto rituals use mudras** in prayers, and both **Thai and Korean** dances **employ mudras** for storytelling and emotional expression!

Mudras additionally play a vital role in tantric practices across Eastern traditions, serving as sacred gestures to channel energy and invoke deities. In **Tibetan Buddhism**, Mudras hold esoteric meanings in visualizations and enlightenment rituals, while **Bhutanese Vajrayana Buddhism** integrates them into meditations and sacred dances. **Indian Tantra** uses mudras like the **Yoni Mudra** to awaken one’s Kundalini Energy and harmonize our Chakras. In **Indonesia**, particularly in Borobudur’s art and rituals, mudras depict spiritual teachings and aid meditation.

Mudras are also integral to spiritual practices in the **Philippines, Malaysia, Korea, Vietnam, Burma, Cambodia, Taiwan, and Bangladesh**, where they are commonly used in healing, spiritual and religious rituals. Notable examples include the **Abhaya Mudra** practised in the above-stated countries while the **Dhyana Mudra** in **India, Korea**, the **Ankh** and **Open Hand Gestures** in **Egypt**, symbolizes meditation and enlightenment, also known as **Mudra Mida no Jō-in in Japan**. The **Bodhyagri Mudra** represents Supreme Wisdom in both the cultures of **Thailand** and **Bhutan**, similar to the **Ancient Germanic Runic Gestures**.

Native to India, the **Namaste Mudra** is a gesture of respect, which is also widely used in **Laos**. The hands are pressed together symbolizing the connection of the left and right hemisphere of the brain, and that between the practitioner and the divine! Laos shares cultural influences with **Cambodia**, and **Khmer-style** Mudras can also be found in Lao Buddhist ceremonies and dances. It became a simple but powerful statement among World Leaders, in the wake of our

**Hon'ble Prime Minister Shri Narendra Modi Ji's** constant amplification of our culture and practices, that are rooted in this Mudra.

Today, Mudras are integrated into the daily lifestyles of the most influential people in the world, and are a powerful **Public Statement** to make. One of the prominent examples would be the **Merkel-Raute**, or the Triangle of Power, a hand gesture made by resting one's hands in front of the stomach so that the fingertips meet, with the thumbs and index fingers forming a rough quadrangular shape. This signature gesture of **Angela Merkel**, former **Chancellor of Germany**, has been described as "probably one of the recognisable hand gestures in the world by the Head of the State!"

For some, the Mudras have a distinct, layered complexity to understand its application or effect on the human body, but are also the simplest thing in the world once we understand how they work. Practicing Mudras activates our Chakras - energy centers - that are again rooted in Bharatiya Wisdom that now find popularity in Western Cultures through the popularization of Yoga and Pilates! The Chakras are the **seven energy centers** in the body, spanning from the base of the spine to the crown of the head. Among these, the third chakra—**Manipura**, or the “solar plexus chakra” (also known as the “navel chakra”)—is the body's true energy powerhouse, where universal energies gather most intensely in its latent state. Here, the Yol Mudra plays a pivotal role in igniting the inner light, awakening this reservoir of power among the Youth of India. Through the practice of **Yol Mudra**, the dormant or latent energy transforms into vibrant kinetic energy, fostering movement, growth, and renewal. This Chakra is associated with Life, as any unborn child breathes through the Navel connected by the Umbilical Cord. When the Navel Chakra is activated, energy flows freely, thereby revitalizing Life. Hence, the collective practice of the Yol Mudra will not Evolve the individual - the Youth of India - but also Awaken & Evolve the nation towards its highest kinetic form. For any country, Youth happens to be the heart and soul that propels them forward to fulfil the nation's aspirations and goals.

This process also aligns with our Foundation's most prominent visual aspect, symbolized by Wings. Just like the flapping of the **wings creates an upward movement, practising the Yol Mudra** enables us to transform stagnancy into an unstoppable flow of directed, positive energy propelling each one of us forward with unmatched strength and purpose. Together, we then become a Collective Force of lifting the Wings of 80+ Crore Youth of India, embodying transformative Evolution and boundless potential.

All in all, these universal hand gestures or Mudras reveal a deep human desire to connect with the spiritual realm and express profound concepts through physical movements, standing as testament to the power of human expression, transcending cultural and geographical boundaries, as we continue our journey of mobilizing and connecting youth across the globe to Evolve towards a better Future, all the while finding our answers from our Ancestors in the Past.

## steps to creating the perfect yoī 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!