



MAHA योग-ध्यान KUMBH 9

॥ वसुधैव कुटुंबकम् ॥

INNER TRANSFORMATION FOR WORLD PEACE



23rd–27th
OCTOBER, 2026



Yog Mahotsav Ghat,
Muni ki reti, Rishikesh, India

8,000*

In-person attendees,
(*As per MYDK 2025 stats)

150+

Cities represented,
18+ countries

8

Editions,
held annually since 2017

www.mydkindia.org

Chalo Rishikesh

Organized by



In association with

Incredible India



ABOUT THE EVENT

MYDK – Maha Yog Dhyan Kumbh – is Bharat's Meditation festival: an annual gathering that unites seekers, spiritual masters, and conscious communities on the sacred banks of Maa Ganga at Yog Mahotsav Ghat, Rishikesh, during Sharad Poornima.

Inspired by the vision of Brahmarshi Patriji and the spirit of Vasudhaiva Kutumbakam – "the world is one family" – MYDK has grown from a small circle of practitioners in 2017 into one of India's most distinctive spiritual convenings.

Now in its 9th edition, it brings together Indian and global teachers, wellness experts, and musicians for collective meditation, wisdom dialogues, and community seva – in service of inner transformation and world peace.



WHO ATTENDS

- Individual seekers and meditation practitioners
- Global spiritual teachers and masters
- Wellness and neuroscience researchers
- Strong youth and volunteering community locally and across India
- Visiting government representatives
- International delegations from 18+ Countries

EVENT HIGHLIGHTS



Yoga Sessions



Sharad Poornima
Intensive Meditation:
9 PM – 12 AM | 25 Oct



Music
Meditations



Ganga Aarti
&
Satsangs



Holistic lifestyle practices
with spiritual science talks,
including youth
empowerment
sessions



Free
Sattvic Meals

OUR IMPACT THROUGH MYDK OVER THE YEARS



30,000
New seekers
connected



300+
Hours of
mass-collective
meditation



60M+
Digital impressions



10 LACS+
Meals served
during the event



25-30 CRS
Local economic
activity generated



15 LACS+
New persons engaged
via state-wise
campaigns



HELD ANNUALLY SINCE 2017,
ON THE BANKS OF THE GANGA



LEGACY & ORGANIZERS

PMC SOCIETY & PSSM



PMC Society is a not-for-profit foundation dedicated to spreading meditation, spiritual science, holistic well-being, and conscious living through education, community outreach, and transformative initiatives.

Working under the aegis of the Pyramid Spiritual Societies Movement (PSSM) – a non-religious, non-cult, voluntary movement founded by Brahmarsi Patriji in 1990 to spread Anapanasati Meditation, Vegetarianism, Spiritual Science, and Pyramid Energy – PMC Society runs youth development, holistic health, prison reform, rural outreach, publications, and community-building programmes across India.

PMC HINDI



PMC Hindi is India's leading transformative media platform dedicated to meditation, spiritual science, conscious living, and holistic well-being.

Through its 24x7 television channel, digital platforms, workshops, guided meditation programmes, podcasts, events, and educational content, PMC Hindi makes timeless spiritual wisdom accessible, practical, and relevant for modern life – reaching millions of viewers and seekers across India and beyond.

PMC'S OUTREACH IMPACT



1 MN+

Community members connected digitally



1.8 BN+

Views across digital platforms



35,000+

App downloads, 24% MAU practising daily meditation



1.5 CR+

Homes reached via TV (Jio TV)



100 MN+

Taught & impacted by Anapanasati Meditation since 1990



96+

Countries reached



OUR INSPIRATION BRAHMARSHI PATRIJI

Brahmarsri Patriji founded the **Pyramid Spiritual Societies Movement (PSSM)** in **1990** and has worked to promote meditation through several autonomous entities, including dedicated meditation channels such as **PMC, meditation ashrams**, and focused organisations under the PSSM umbrella.

CONFIRMED GUEST SPEAKERS AT MYDK 2026



D R KAARTHIKEYAN

Former Director,
CBI, CRPF (GoI)



GAURANGA DAS

Governing Body
Commissioner (GBC)
– ISKCON, Director
– Govardhan Ecovillage



SHREANS DAGA

Vice Chairman –
Pyramid Valley
International,
MD – Betul Oils



Judy Satori

Spiritual Teacher and
multidimensional
channel



SUNIL BHAGATJI

Co-Founder and
Spiritual Guide –
Shree Swaminarayan
Ashram Rishikesh Dham



SUBODH UNIYAL

Honourable Forest Minister –
Government of Uttarakhand



In partnership with the **HeartMath Institute** and **Global Consciousness Project 2.0**, MYDK's mass meditation sessions have recorded **statistically significant increases in global coherence** – an instance of a public meditation event generating peer-reviewable research data.



BEYOND MYDK

1 Jagrut Yuva - Youth education

A mindfulness-based Social-Emotional Learning (SEL) programme for K-12 students, integrating meditation, self-awareness, and ancient Indian wisdom with modern neuroscience through trained facilitators and measurable outcomes



8+
Cities



100+
Teachers
trained



10k+
Students
Impacted



2 Project Azadi - Jails

A meditation-based prison reform initiative helping inmates develop self-control, purpose, self-worth, and responsible citizenship through a structured three-stage programme.

Previously implemented at:

Tihar Jail, Delhi • Sub-Jail Navsari • District Betul Jail
Central Jail Bhopal • Central Jail Nashik



3 Dhyam Grameen - Villages

A grassroots meditation outreach initiative bringing free meditation camps, local awareness, and follow-up support to rural and semi-urban communities across India.



70+
Districts



5,00,000
People Taught
Meditation



200+
Camps
Conducted



4 Antar Darshan - Spiritual Retreats

Immersive residential retreats combining meditation, self-healing, wisdom, and seva to deepen inner awareness and reconnect with oneself. Quarterly retreats at sacred energy spots across India offer participants an opportunity to go deeper in their spiritual journey.



500+

Physical retreat & events
conducted across India
& USA



20,000

Participants served
through retreats &
annual gatherings



1 Mn+

Free meals served
during community
events



COMBINED REACH, SOCIETY-WIDE



40 Lacs+

Free meditation sessions,
75+ cities, 18+ countries



10 Lacs+

Persons enabled through
PMC Society initiatives



10,000+

Pyramids constructed as
meditation infrastructure

PMC हिन्दी is available on



Jio TV - Ch 1109



YouTube



PMC APP Now
in 11 Languages



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