

Dr. Yogini Ujjwala: Spreading Spiritual Awareness, Yoga and Women's Empowerment

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Through Adishakti Atmodya Peeth, Dr. Yogini Ujjwala brings together yoga, spiritual practices, women's empowerment and community service, encouraging people to explore personal growth and social responsibility.

For more than two decades, Dr. Yogini Ujjwala, known among many spiritual practitioners as *Yogini Maharaj*, has been involved in spiritual learning, yoga and service-oriented initiatives. Her work focuses on sharing spiritual practices, encouraging self-reflection and connecting personal development with a broader sense of social responsibility.

An important part of her work involves promoting Kriya Yoga associated with Mahavatar Babaji, along with Kundalini and chakra-based spiritual practices. Through these activities, she seeks to make spiritual learning more accessible to people interested in exploring these traditions.

Adishakti Atmodya Peeth: A Platform for Spiritual Learning

Through **Adishakti Atmodya Peeth**, a non-profit organisation, Dr. Yogini Ujjwala works to share yoga, meditation and other spiritual practices with the wider community.

The organisation's approach places emphasis on self-development, emotional balance, confidence and a positive outlook on life. Its broader philosophy encourages individuals to look beyond personal progress and consider how their learning and actions can contribute to the welfare of others.

By bringing spiritual practices into community settings, Dr. Yogini aims to encourage people to make time for reflection, develop greater self-awareness and engage more thoughtfully with their daily lives.

Encouraging Women's Empowerment Through Yoga and Self-Reflection

Women's empowerment is an important part of Dr. Yogini Ujjwala's work. Through yoga, meditation and self-reflection, she encourages women to pay attention to their well-being, recognise their capabilities and move forward with confidence.

Her approach highlights the importance of women having opportunities to understand themselves, develop their strengths and participate actively in society.

By combining spiritual learning with a focus on confidence and personal growth, she seeks to encourage women to explore their potential and contribute to their families and communities.

Community Service Through Free Training Initiatives

Dr. Yogini Ujjwala's activities also extend to community service. As part of her outreach, she visits schools serving underprivileged students and old-age homes, where free sessions are conducted on simple breathing exercises, stress management, concentration and memory-related techniques.

These initiatives aim to introduce students and older adults to practical activities that may support relaxation, attention and general well-being. The sessions also provide opportunities to discuss the importance of looking after one's health.

This community-focused work reflects her view that spiritual learning and wellness education can be shared beyond formal settings and made accessible to people from different backgrounds.

Preserving Indian Culture Through Digital Platforms

Sharing Indian cultural traditions and values is another aspect of Dr. Yogini Ujjwala's work. She uses digital platforms to connect with audiences and encourage younger generations to engage with India's knowledge traditions.

She also emphasises collective spiritual practice as a way of encouraging togetherness and a sense of social connection. By using digital communication alongside community activities, she seeks to reach people who may not otherwise have easy access to such programmes.

Her approach combines traditional spiritual interests with contemporary methods of communication, creating opportunities for broader participation.

A Journey Connecting Spirituality with Social Welfare

Dr. Yogini Ujjwala's journey brings together spiritual practice, yoga, women's empowerment and community engagement. Through Adishakti Atmodya Peeth, she works to share practices that encourage self-reflection while supporting initiatives intended to benefit students, older adults and women.

Her work highlights a service-oriented understanding of spirituality—one that connects personal development with care for the wider community.

By continuing to promote spiritual learning, wellness activities and cultural awareness, Dr. Yogini Ujjwala seeks to encourage a more thoughtful and socially connected way of life.

Contact Details

- **Mobile:** 8779909287
- **Email:** yogini@adishaktiatmodya.org