

National Representative Report

Name
Dr Sanghamitra Sau Sengupta
Email
drsanghamitrasausengupta@gmail.com
Country (click and select)
India
Do you represent a second country?
No
Reporting Year
2026
General Summary: What's happening within the field of breathwork in your country? What actions or activities did you create as the National Representative?
General Summary In India, awareness of Breathwork is gradually increasing as people seek holistic approaches to mental health, emotional well-being, stress management, meditation, internal clarity, personal growth, and spirituality. While Breathwork is often associated with traditional yogic breathing practices, there is growing interest in its application within psychology, psychotherapy, and holistic healthcare. As a Health Psychologist-Psychotherapist and National Representative, I have integrated Breathwork into my therapeutic work for the past 23 years. I use Breathwork as part of a holistic approach to support individuals facing emotional challenges, stress, anxiety, depression, trauma, relationship difficulties, and various health conditions. My contribution has primarily been through direct clinical practice, counselling, psychotherapy, teaching, writing, and public awareness initiatives. I have incorporated Breathwork into my books and educational content, highlighting its role in managing psychological disorders, health challenges, emotional regulation, and overall well-being. Through my work, I strive to bridge modern psychology, holistic health, mindfulness, and breath-based practices, making these tools accessible and practical for everyday life. My focus has been on helping individuals understand the connection between breath, mind, emotions, body, and consciousness, and empowering them to use conscious breathing as a pathway toward healing, resilience, spirituality, and personal transformation.
Number of individual members in your country
1

National Representative Report

Number of professional members in your country
0
Number of schools / organisations in your country
1
How do you enjoy serving as your country's National Representative? On a scale from 0 to 10, where 10 is the best.
10
Elected as NR in (year)
2014
Will you continue in your role as National Representative for the coming year?
Yes
What are your objectives for next year?
writing Books on mental health, holistic health and wellbeing with breathwork in it and sessions, classes i am providing online
Did you attract new members?
No
Have you connected with existing members in your country?
Yes
How was the experience?
In India, most Breathwork trainings are conducted by yoga professionals and sadhus. I guided her to connect with other schools. Encouraged and motivated her to attend the Global Inspiration Conference (GIC) .
Were you engaged in World Breathing Day (April 11) in your country/region?
Yes
What happened in your country on the WBD?

National Representative Report

it was amazing
Do you run a national IBF social media channel in your country?
No
Did you attend most NR/Taskforce meetings during the last year?
Yes
Do you need support from the organisation, or from fellow NR/Ambassadors?
No
How was it for you to work with members of the IBF leadership teams? On a scale from 0 to 10, where 10 is the best.
10
How do you feel about being in service for the organisation? On a scale from 0 to 10, where 10 is the best.
10
Will you be attending the next conference?
No
Do you plan to attend the online AGM's?
Yes
How do you like where the organisation is heading? On a scale from 0 to 10, where 10 is the best.
10
How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.
10
Room for a personal message (optional)
Best wishes for the GIC

National Representative Report

GDPR Agreement
Accepted
Date of submission
15/06/2026