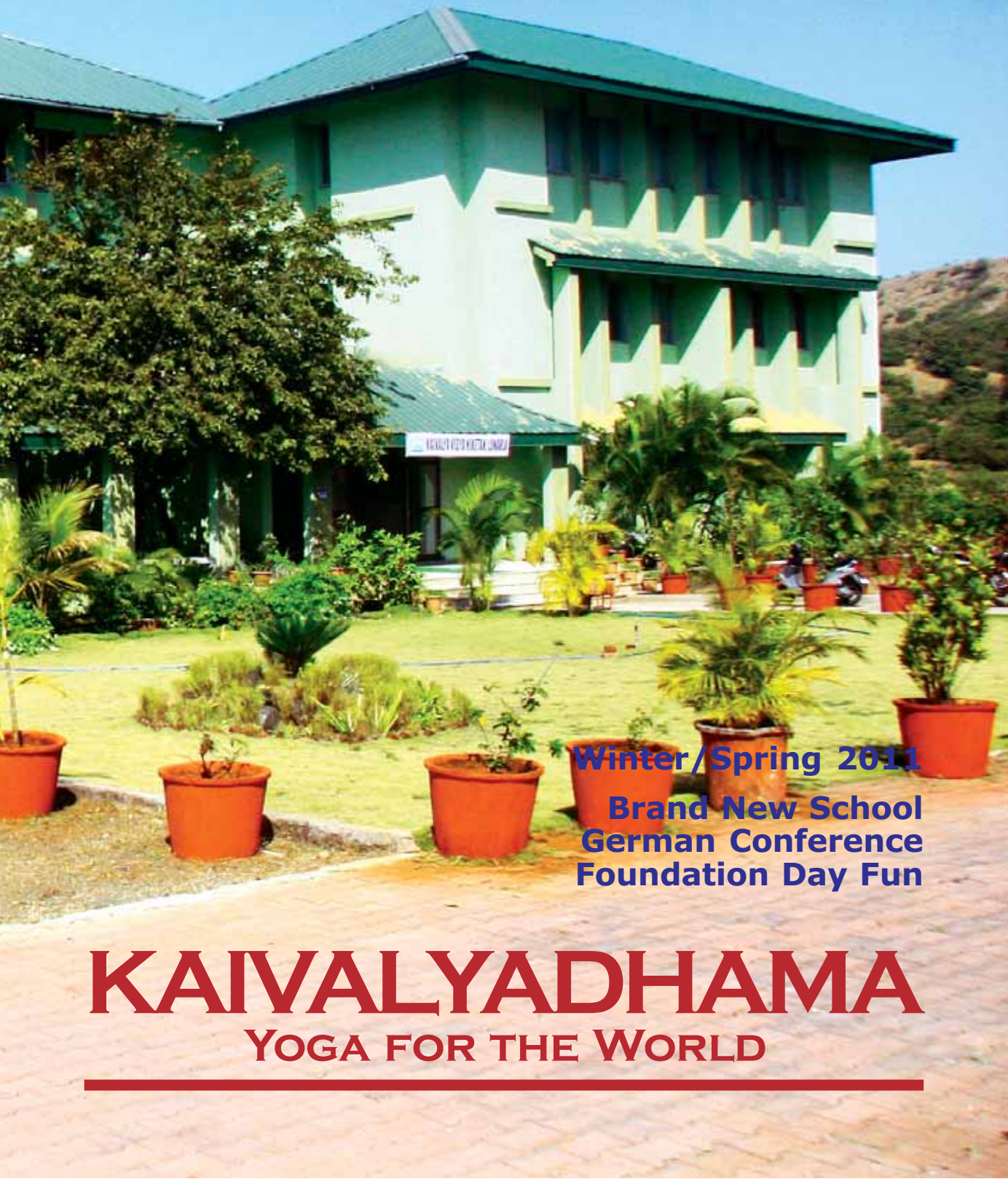


Kdham *WORLD*



Winter/Spring 2011

Brand New School
German Conference
Foundation Day Fun

KAIWALYADHAMA

YOGA FOR THE WORLD

Editorial

The year 2011 started with a bang. An International Conference has been hosted at the Patanjali Vidyapeeth with the theme, *Yoga and Social Transformation*, from 1–5 January. Many learned speakers, academics and researchers participated in this conference. Dr Shirley Tellis, the convener, has made her best efforts to ensure that the Yoga fraternity comes together to discuss various aspects of Yoga and its contribution to social transformation.

The principle at Kaivalyadhama, which I have been hearing since I was born, is that Yoga is a lifestyle and not merely some asanas or other practices. It's so true. Yoga is a way of living for a harmonious coexistence.

It's the combination of individuals which form a family, the combination of families which form a village, then towns, cities, nations and the world at large. The root lies in that one individual. Therefore we can expect a large scale change only if we are able to impact rightly on the individual. And I believe that to usher in a transformation to an individual, he or she has to be motivated not only in theory and philosophy but also in practice, wherein that person can feel and experience. In consequence, it is important to initiate people towards the practice of Yoga and allied sciences, which will drive individuals toward a harmonious existence. Then we would be able to see miniscule change in the world at large.

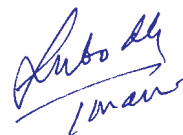
The introduction of Yoga in schools is definitely a step towards this direction. There is much effort being made, however this needs to be systematized. I have probably written many times that there is a need for standardization of Yoga training syllabi under a council or group

which can positively contribute towards enhancing quality. No heed has been paid towards this. The rate at which institutes and agencies imparting training in Yoga is growing and I fear that this may create more confusion and also may adversely impact the science of Yoga.

This I say from our own experience. The department of AYUSH conducts reorientation programmes for medical professionals and it has distributed this training across India to various institutes. When I met a group of doctors from north India I was astonished to find that, during their training, what they were taught was more about ritualistic practices than Yoga's scientific and therapeutic aspects, which may encourage them to adopt it incorrectly to their practices.

Similarly schoolteachers from Madhya Pradesh confessed that while they had attended various training programmes in Yoga, it did little to streamline their approach and offer better understanding. Rather it had created greater confusion.

The point I am making is that in a set up as it is in India, the Government has to step in NOW to come up with a council or agencies in line with MCI or BCI, or else it will be too late.



- **Subodh Tiwari**
Administrator

KVS staff get refreshed



It's been some time that training programmes had been organized for school teachers and also orientation programmes for the officers. However, the Kendriya Vidyalay Sangathan earnestly thought about the matter and deputed its office staff to undergo a four-day programme on health and wellness. The programme was aimed at slowing down the pace of office life and breaking its monotony in a healthy way.

The staff made the effort to come to the Institute and spend some quality time in its environs. All of them sincerely attended all practice sessions and lecture sessions, which were aimed at imparting some knowledge of Yoga and health. They also enjoyed the rejuvenating therapies of Naturopathya and Ayurveda.

ANTIPODEAN YOGA

Yoga was taught to an Australian group of 30 students who were on an Indian study tour staying at the K.C. College for three days in November. They were given practical and experiential sessions while exposing them to the classical practices of Yoga. The classes were conducted by Sri Ravi Dixit who was assisted by Mr Viral Thakur.



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Dream Realized

Kaivalyadhama is starting its new school “Kaivalya Vidya Niketan”, which is affiliated to Central Board of Secondary Education, from the start of the academic year 2011.

Although the building was constructed in 2007, the starting of school was delayed due to lack of financial resources and an expert team. The school is a project conceived by Sri O. P. Tiwari to fulfil the desire of his master, Swami Kuvalyananda, to start a school which would be rich in Indian culture and at the same time create individuals with a global vision. This project will be successful due to the munificent donation of the NOK Foundation, which facilitated the generation of the infrastructure. Sri Gopichand Gupta has also contributed towards the sponsorship of the library and Smt Renuka Kotak towards a classroom.



The school will start under the guidance of Sri V. K. Jain, Consultant, who has vast experience in the field of school education. The Managing Committee of the school is Chaired by Swami Chaitanya Swaroop Das who is a disciple of Swami Vallabdasji and has been part of the management of schools being run at Pardi (Gujrat) and Sion, Mumbai.



6TH SEMINAR ON
**ADVANCES IN
 YOGIC THERAPY**
 29th & 30th January 2011



Ishwardas Chunilal Yogic Health Centre
KAIVALYADHAMA

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KAIVALYADHAMA

Yoga for the world

International Conference in Germany



Yoga Vidya is a large institute of Yoga based in the spa town of Bad Meinberg, Germany. This town is famous for its healing waters and attracts large numbers of people seeking health and healing. The Yoga Centre itself is spread across five acres of land with three large buildings and parks and walkways near by. The Institute has been organizing the Yoga Congress every year for the last 12 years and this year it was the International Conference, which witnessed participation from a dozen countries such as Italy, USA, Poland, India, Bulgaria and more.

The Conference started 12 November with some motivating words from the founder Sukhdev. He reminisced the ways and manner in which Yoga Vidya had progressed over the year and expressed happiness that they had

received such a large participation at the Congress. He also read the letter from the Indian Ambassador Mr. Pradeep Vyas, who congratulated the Centre on this Congress. The Editor, also was invited to speak at this occasion, expressed that Yoga Vidya was doing remarkable work in spreading the message of Yoga and sharing this knowledge through the Conference. He also congratulated the organizers for the hard work which has been put in such event. The Conference was inaugurated with chanting of Mantras.

The programme was very complex, running with, at times, eight tracks. But this was organized and conducted with German precision. The topics covered were widespread: Mr Doyle speaking of Yoga in Kashmir; Dr Sat Bir Khalsa on Yoga Research and Therapy; Dr Mrs Jyoti Oak on Backache Management; Swami Yoga Swarupananda led the Japa Meditation; Sri Subodh Tiwari spoke on Yoga for Students, a collective approach and also led a class of meditation; Billy Doyle spoke on Kashmir tradition in Yoga; Acharya Mahashakti a faculty member at Yoga Vidya spoke on Yoga Therapy; and Claudia and Thomas Perche presented a case study of the relief of sciatica through Yoga. There were many more presentations which dealt with various aspects in Yoga.

The Conference concluded 14 November with blessings from Swami Yoga Swaru-pananda and a message from Sukhdev.

Pranayama Sadhana Shibir

A Pranayama workshop was held at Kaivalyadhama Mumbai from 6–18 December. The workshop was conducted by Sri Parmanand

Aggarwal. Basic concepts of Pranayama were imparted to the participants along with sound practice.

Happy Thoughts with Happy Swami

Swami Anubhavananda conducted a “Anand Mangal Camp” from 26–31 December at the Institute. Around 100 seekers participated in this

camp. Swamiji spoke on various aspects of the Bhagavad Gita and ushered in the New Year amidst chanting and a bonfire.

Mumbai Trust meeting

A Trust board meeting of Kaivalyadhama Mumbai was held 16 December 2010 and was chaired by Justice Sri D. R. Dhanuka (retired). The board reviewed the progress at the centre and sanctioned some future projects. Some of the important decisions were taken at the meeting. The renovation of the Kriya section on the ground floor of the Centre was sanctioned. This will complete the series of renovations, which

were taken in stages. A new water recycling plant will be installed. The Ayurvedic section will be opened to walk in members since the therapies which are being offered are rejuvenative in nature. And finally, to start Yoga sessions between 10.00 a.m to 3.00 p.m. in addition to the existing timings. These classes can be group classes.

Singapore Sun Festival Workshops



“Real Yoga”, a centre in Singapore, has been affiliated to Kaivalyadhama for a year. The Centre will offer a certificate course on the lines of the Institute and in keeping with the principles of classical Yoga. The Centre was part of the team which organized the Sun Festival in Singapore and had requested Lonavla to depute a Yoga Teacher. The Institute deputed Mr Anukool Deval, Yoga Teacher at Kaivalyadhama Mumbai, for these workshops. The classes were well appreciated by the participants.

Workshop 1: The importance of Pranayama. Definition and basic information of Pranayama was given to the participants with a traditional reference. Later, techniques of some Pranayamas were taught along with their effects as per the traditional texts and participants practised these techniques. Lastly, the scientific view of Pranayamas was introduced with its research.

Workshop 2: The traditional way of doing Asanas. The background, basic information, importance of doing Asanas in

traditional way and the way of doing them were explained. For the last hour, a practical session of Asanas was conducted to help participants feel the effects of the practice.

Workshop 3: The history of Yoga. Unlike the other workshops, this was a complete philosophical and theoretical session. It started with the basic concept of Yoga. Then, the history of Yoga was overviewed along its timeline, from the evolution of man to the present scientific era. The last part was an open discussion about the future of Yoga.

Workshop 4: Kundalini Chakra meditation. Participants were explained the basic Hatha yogic concepts of Prana, Nadi, Kundalini etc. Then, information on Chakras was given in detail. Lastly, participants were introduced briefly to a few meditation techniques on Chakras and instructed the same in short along with some Mantra chanting.

Foundation Day Celebrations



Foundation Day was celebrated on 16 October 2010 with a small function organized by students of the College. Students presented a cross-cultural programme which enthralled the audience. Starting with Shanty Patha, the function went on to showcase a Rajsthani folk dance which was followed by an excellent and inspiring demonstration of advanced Asanas. The concluding event was a folk dance depicting Lord Krishna in Vrindavan.

During the programme the Chief Guest, Dr Rajan Welukar, Vice Chancellor, appreciated the students and promised all support towards the

cause of Yoga by the University of Mumbai. He also drew the attention of the audience towards the growing popularity of Yoga and the need for institutes like Kaivalyadhama to lead the scientific aspect.

Justice Dr S Radhakrishna, Chairman, Maharashtra Administrative Tribunal, emphasized that Yoga should not be diluted and that it should be practiced and adopted into our lifestyle. Swami Maheshananda remembered the words of the founder and reiterated the Institute's commitment to strive towards making a greater contribution to the various aspects of Yoga.

CHINESE CERTIFICATES

A special certification course for Chinese students was started from 6 December for a period of one month. The students who participated in this course were already experienced Yoga practitioners. They went through intensive training in Yoga Asanas, Pranayama Kriyas and other theoretical aspects. It is the endeavour of the Institute to impart

knowledge of traditional Yoga supported by scientific work. A translator facilitated during the lectures and practice sessions. There were 20 students who underwent this training programme. The inaugural programme was graced by Swami Maheshananda and other faculty members.

YOGIC APPROACH TO TECHNO-STRESS

DR. B. R. SHARMA

Stress is major problem in modern times but it is not an illness in itself, rather the term is given to a maladaptive response to a particular situation. When occurring over longer periods, it results in mental and emotional imbalances that ultimately lead to susceptibility of various ailments.

A leader in the field of techno-stress (a computer-related disorder) sees that it is 'a modern disease of adaptation caused by inability to cope with new computer technologies in a healthy manner'. Thus techno-stress can be defined as any negative effect on human attitudes, thoughts, behaviour and psychology that directly or indirectly result from technology, particularly computer technology.

Heavy use of computer technology at home or at work results in eyestrain – burning sensation in eyes, redness, double vision or blurred vision – headaches and backache, plus tingling and numbness in the hand, wrist and arm caused by continuous, rapid use of the fingers.

Headache and muscular dysfunctions can also result from an over exposure to computer terminals, while electromagnetic radiation produced by Visual Display Units (VDUs) has been linked to miscarriages and to serious medical conditions including cancer. Heat and static electricity produced by terminals may also lead to fatigue and general debility and older VDUs are likely to radiate more than newer ones.

Psychological forms of techno-stress – which may have physical consequences – are rather more complex in nature. Techno-stress may be environmental in origin due to poor ergonomics at computer work-stations, for example. Individuals may also struggle to cope with the skills demanded by new technology, which are now becoming automated. Recent massive investment in automation contributes to a fear that computers are usurping human roles.

There is no doubt that technology provides us with a range of options that can enrich and enhance our lives. However, to fight techno-stress we must learn to be the driver and not be driven by technology. Yoga provides numerous empowering principles out of which awareness is the first step that enables us to decide when and how to use technology and when to put it aside.

Swami Kavalayananda, a pioneer in the field of scientific Yoga, envisaged that Mother Nature has provided us with a mechanism in the body and mind called homeostasis, which contributes to a balanced functioning even in the face of external and internal stimuli (Kleshas). Every stimulus, from within or without – be it mechanical, chemical, electrical, biological or psychological – brings about a certain amount of psycho-physiological disturbance (viksepa). It is the aim of Yoga to help the body-mind complex to maintain its state of balance or regain it quickly if lost in the face of such disturbing factors.

According to Swami Kavalayananda's yogic approach, great emphasis is made on three aspects. First the cultivation of correct psychological attitude; second reconditioning of the neuro-muscular and neuro-glandular system; and finally a healthy diet and encouraging the natural process of elimination of waste material.

In fact, Yoga practices work at the visceral and emotional levels and tackle functional disturbances of the neuro-vegetative system. It also works on attitudinal and emotional domains of human personality by way of balancing and harmonizing the functioning of the body-mind complex – body becomes highly flexible and mind accepts any challenge. Strong willpower with virtues like love, compassion and so forth can be developed. While working, we remain relaxed and enjoy our work and hence energy

conservation is evidenced. Several yogic principles can be followed:

1. Age-old Yoga traditions have identified two sets of mechanisms in the human body. First, cleansing the body with the help of Kriyas – Neti, Dhauti, etc; Trataka particularly helps to overcome eye problems; Nadi-shudhi, breathing exercise, helps in purifying the energy channels; and Pranayamic breathing sets right the imbalances created by malfunctioning of the Pranic force. Secondly, nourishing the body-mind using what the ancient yogis called Mitahara not only guides us about the quality and quantity of food but also about our attitude while eating food.
2. Revitalization through deep relaxation can be achieved by using the practice of yogic Asanas. This not only keeps neuro-muscular coordination intact but also maintains proper blood circulation and proper excretion of

waste material from the body.

3. Emotional regulation through prayer, chanting of mantras and devotional sessions can help in regulating our emotions.
4. Thinking regulation can help through first the analysis of one's capacity – selfevaluation as to what you wish and establishing what is your capacity; second to determine your limitations and know your self; and finally, meditation, which is a great tranquillizer for real emotional stability and integration of personality.

In short, Yoga ultimately enriches our thinking and emotional value systems while helping towards an objective attitude for life as a whole. It stimulates the inherent power of adaptation and adjustment and helps us, in turn, in overcoming our modern maladies in general and techno-stress in particular.

Kaivalyadhama Bookstall



The Publication Department held a bookstall during the meeting of Vice Chancellors at the Bharateeya Vidya Peeth. The stall attracted a crowd of the young students who were interested

in the scientific publications of the Institute. Various vice chancellors also visited the staff. Mr B. D. Kute managed the stall with Mr Ram Mene.



Students of college on educational tour at Kaivalyadhama Mumbai

Future Programmes

Lonavla

Certificate Course in Yoga:

15 January to 24 February.

Advanced

Yoga Teachers Training

Programme:

15 March to 15 April.

Mumbai

Backcare through Yoga:

7–19 February.

Hypertension and Cardiac Rehab:

7–19 February.

Meditation and its techniques:

21 March to 3 April.

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