

**AN ORIENTATION WORKSHOP IN YOGA FOR  
ALLOPATHIC / AYUSH EXPERTS  
21- 27 - Feb 2010**

**At  
Kaivalyadhama Yoga Institute  
Lonavla**

**Aim:**

To orient Allopathic / AYUSH health professionals to the methods and scope of Yoga by direct interaction with experts of Yoga. Both theoretical, practical and research aspects will be dealt with in the programme. The content is kept simple so that it can be easily assimilated.

**Objective:**

Yoga has proven efficacy in the maintenance of health and reversal of disease. With the emergence of stress and lifestyle disorders as a major cause of disease, yoga and naturopathy are gaining popular acceptance as a means to prevent and overcome disability. These therapies are drugless and are associated with an attitudinal change which improves the quality of life. The benefits are experiential in nature as quality is difficult to quantify.

The proposed introductory programme will give the participant a first hand experience of the theoretical basis and methods employed health care and rejuvenation. The participants will have a chance to explore various therapies currently applied in various departments in the institute.

This synthesis of allopathic research with traditional methods will open avenues for understanding the physiological role of the subtle body and the cause of disease.

**CONTENT**

- Basic Theory and Methods
- Application areas.
- Therapeutic Uses
- limitations

## **Batch Size**

30 Participants will be admitted in each batch / orientation programme.

## **Expenses:**

Lodging & Boarding arrangements and travel expense will be made through the grants received from the Department of AYUSH, New Delhi. THERE IS NO FINANCIAL BURDEN ON THE DEPUTING DEPARTMENT/AGENCY.

## **About the Institute**

Kaivalyadhama Yoga Institute, Lonavla was established in the year 1924 by Rev Swami Kunalayananda. It is the pioneer institute in field of Scientific and Philosophical Literary Research, Training and Therapy in Yoga.

It was in the year 1949 when a discussion in the Parliament emphasized on the importance of the work of Swami Kunalayananda and lent whole hearted support to him. In 1962 the institute was declared as an All India institute for Higher Learning. The institute since then is aided by the Ministry of HRD Govt. of India and Department of Higher and Technical Education, Govt. of Maharashtra. It is recognized as a research institute by the Department of Scientific & Industrial Research, Government of India. It has permanent recognition from the University of Pune .

## **Daily Schedule**

5.30 a.m.	Wake up bell
6.00 a.m.	Tea
7.00 a.m. to 8.15 a.m.	Yoga practice
9.00 a.m.	Breakfast
10.00 to 11.30 a.m.	Lecture & Discussion
12.00 noon	Lunch
1.30 p.m. to 2.30 p.m.	Library reference time
2.30 to 4.00 p.m.	Lecture & Discussion

**4.30 p.m. to 6.00 p.m.**

**Yoga Practice**

**7.30 p.m.**

**Dinner**

**8.30 p.m. to 9.00 p.m.**

**Meditation**

**APPLICATION FOR ORIENTATION PROGRAMME FOR  
ALLOPATHIC/AYUSH EXPERTS**

**21 – 27 Feb 2010**

Name:

Address /Email/ Phone Number:

Qualification:

Previous experience with Yoga if any: