



**KAIVALYADHAMA**

Where Yoga tradition and Science meet

# ANNUAL REPORT

KAIVALYADHAM SHREEMAN MADHAV YOGA MANDIRA SAMITI

## 20-21





# Secretary's Message

Dear Kaivalyadhama family members,

Swami Kavalayananda Ji's blessings have continued to guide the Kaivalyadhama family through years. The difficult times, we had witnessed during the bygone year, has been both rewarding and challenging for Kaivalyadhama. It is said our best is manifested only in trying situations. I am happy to share that all Kaivalyadhama's academic and support staff could stand the test of time during the inordinately threatening pandemic situation and have shown a rarest of rare courage, synergy and cooperation during the period of lockdown and the consequent financial crunch faced by the institution. An Institution has its strength in its selfless and devoted employees and well-wishers, not in buildings and roads. It is a matter of great satisfaction and pride the grace of Swami has been our beacon light during this difficult phase that the Kaivalyadhama family not only withstood all odds, but also bounced back to normalcy and continued to protect the essential purity in yoga, while working hard on all fronts of progress.

Kaivalyadhama has opened new vistas of progress during the year. Our Prajna team, comprising Arjun, Meghna and Rishu, worked day and night for newer and creative endeavors in online yoga programs and contributed to revenue generation when the institution needed it most. Novel modes of online presentations and creative outreach to audience, the world over, have been appreciated even by the overseas experts.

Our SRD team deserves a special mention for their grit and determination in weathering away many a difficulty, in executing their CRC and CCRYN supported projects, amidst the lockdown condition. Dr. Pathak and his team SRD deserve all appreciation for it. PLRD team too has been able to earn prestigious grants for their research and also could publish good books during the year, under the able guidance of Dr. Mukhopadhyay and Prof. Bodhe.

Our Yoga College made new strides in academics. They could initiate M.A. Yoga successfully, while four of its staffs were recognized as PhD guides of KKSU, Nagpur. The college is gearing itself for reviving Diploma in Yoga Therapy, shortly. Dr. Bhalekar and his team college have been showing great application and go-ahead spirit in academia.

Whether it is Ayurveda department, Naturopathy team, S.A.D.T. Yogic Hospital, our devoted team of doctors, Annapurna, Sadapurna or Utpatti all these worked tirelessly to keep the name of Kaivalyadhama aloft, commendably, during the year.

The stewardship of Subodh in all Kaivalyadhama's progressive endeavors is truly worthy of appreciation. Equally creditable is the unflinching support of all employees that he always enjoys. I am sure we are all deserving partners in fulfilling the dreams of Swami Ji in propagating Yoga up to the farthest corners of the world, in its pure and pristine form, nature and essence.

**Shrirastu! Swastirastu!!**

**Shri O.P. Tiwari**

Secretary, Kaivalyadhama



# From The CEO's Desk

This year has been a year of great challenges and many discoveries. The pandemic first four months, from March 2020 to July 2020 were filled with uncertainty. No one knew what was happening or where to go and how to go. Then things seem to have got near normal, and then the second wave came in. It was worse than the first. However, all through out, our ability to adopt and adapt were tested and put in to practice.

At Kaivalyadhama we are thankful to have been in a state of collective awareness. When the lock down happened, while the lockdown continued, when we came out of lockdown and decided to start operations, all throughout the whole of Kaivalyadhama family stayed together, totally aware and together in taking decision, in working together and in facing together.

We all are also blessed to have such a large campus, wherein, the restrictions of the lockdown did not affect our personal spaces. We could go for walks, climb the hill, see the sunrise and set. The vegetable vendors and the grocery stores were helpful and started doing delivery at the institute. So the we could ride the difficult times with limited impact of personal spaces.

In August 2020, we decided to open up the health care center for the participants. We set up the protocols and then we had three participants in the first week and very slowly and steadily in climbed up. We continued to maintain a high level of monitoring and management, and

this made it possible for participants to be in an environment of peace, health and healing.

The Gordandas Sekseria College of Yoga and Cultural Synthesis continued its courses online and got better at it. Our studio "Prajna" rose up to amplify their efforts to contribute more towards online workshops, teachings and courses. This made it possible for us to move towards the possibility of online platform, which had arrived, but there was reluctance to adopt it earlier. We could reach to many more individuals which was limited due to travel and economical reasons. This year we also commenced our PhD Centre in affiliation with KKSU Ramtek.

Four guides were recognized , and we are very happy all four of these are women. This enables 16 students to undergo PhD. The Scientific Research Department continued its work including the testing of subjects with high level of safety and protocols. Their project on " Effect of Yoga in pre-diabetics and its also its impact of gene expression" continued amidst great challenges. The collaborative research center with CCRYN continues to strengthen its roots. This year we also would like to focus on the research on effect of Yoga in special children.

The Philosophic Literary Research Department also contributed with new publications and collaborative projects such as " Yoga Heritage and Culture", "Yogi and Scientist", " Yoga in Pre-vedic era".

The Bhopal branch continued its training at the National Judicial Academy and also at various colleges, to train the teachers of the higher education institutes. The center also established its infrastructure to start the classes, and we are hoping that we can add more in that in this year to come.

The research and training works in the institute have been possible largely because of the support of the Ministry of Education. We have been able to continue the research work, which ultimately benefits masses and also offer training at a subsidized cost to various aspirants throughout India. We express our heartfelt thanks to them. Our members of the Board of Advisory and the Governing Body have been very supportive and have been guiding us in difficult times. Our gratitude towards them.

The greatest strength is our staff members & support staff. They have always stood together in most challenging times. We are sure all of us continue to walk this path, with great strength and togetherness, towards the vision of our founder. Our thanks to our students and guests who believe in Kaivalyadhama and its approach towards 'synthesis of science and tradition in Yoga', who have been benefited but from whom we have been able to also learn much.



**"We must accept finite disappointments  
But we should never loose infinite hope"**

- MARTIN LUTHER KING

We hope to continue to work on this strong foundation towards reaching out & empowering many more individuals, with the tool of Yoga.

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# Kaivalyadhama

**“Yoga has a complete message for humanity. It has a message for the human body, mind, and spirit.”**

**- SWAMI KUALAYANANDA, FOUNDER, KAIVALYADHAMA**

Kaivalyadhama is not just one of the oldest Yoga Institute in the world, but it is one of the most comprehensive. It was founded in 1924 by Swami Kuvlayananda and is, today, one of the oldest and foremost scientific yoga research institutes in the world. It doesn't just teach, but since 1924 it has carried out substantial and innovative studies into almost every aspect of Yoga's practice.

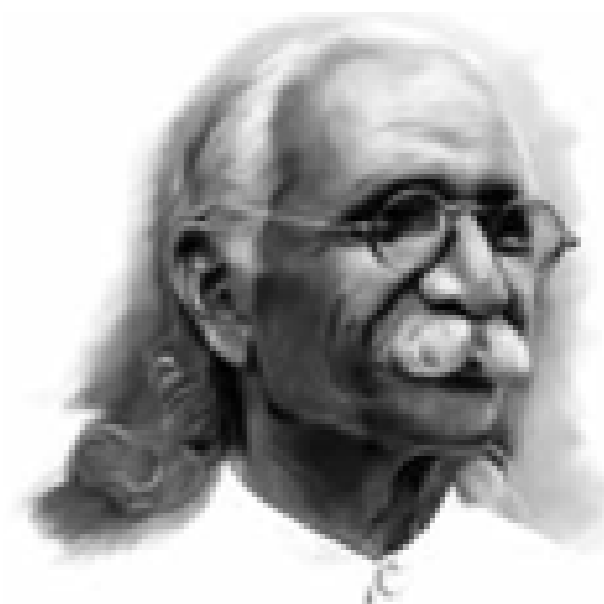
Swami Kuvlayananda (30 August 1883 – 18 April 1966) was a great visionary and a researcher and educator who is primarily known for his pioneering research into the scientific foundations of yoga. Inspired by his Guru, Sri Madhavadasji, a master of yoga, coupled with his own innate desire to bridge the gap between the physical and psycho-spiritual aspect of yoga, Swami Kuvlayananda was led down the path of a spiritual journey. This journey ultimately manifested in the founding of Kaivalyadhama, which has built itself on Swami Kuvlayananda's legacy and mission to bring together traditional yoga with modern science. A great visionary in his own right, Kuvlayanandaji, felt that yoga had the ability to positively transform and heal all elements of a person's life. Building on the wisdom, knowledge and foundation

that Swami Kuvlayananda established, Kaivalyadhama has become a place of spirituality and life transformation for thousands of people that hail from different countries and cultures. To say it is a place where people come simply to practice asanas would do it little justice, as this is just one small piece of the ashram's pie. Rather, Kaivalyadhama is a place of holistic healing, where there is an emphasis on the scientific aspect of yoga just as much as there is the physical. Kaivalyadhama teaches and follows the Ashtanga Yoga of Patanjali, the yogic seer of the eighth century. His notable students were Mahatma Gandhi, Pandit Madan Mohan Malviya, Dr. B. R. Ambedkar, Pandit Motilal Nehru, Pandit Jawaharlal Nehru, Dr. Rajendra Prasad, Dr. H.V. Kamath, Mr. J. R. D. Tata, Mr. G. D. Birla.

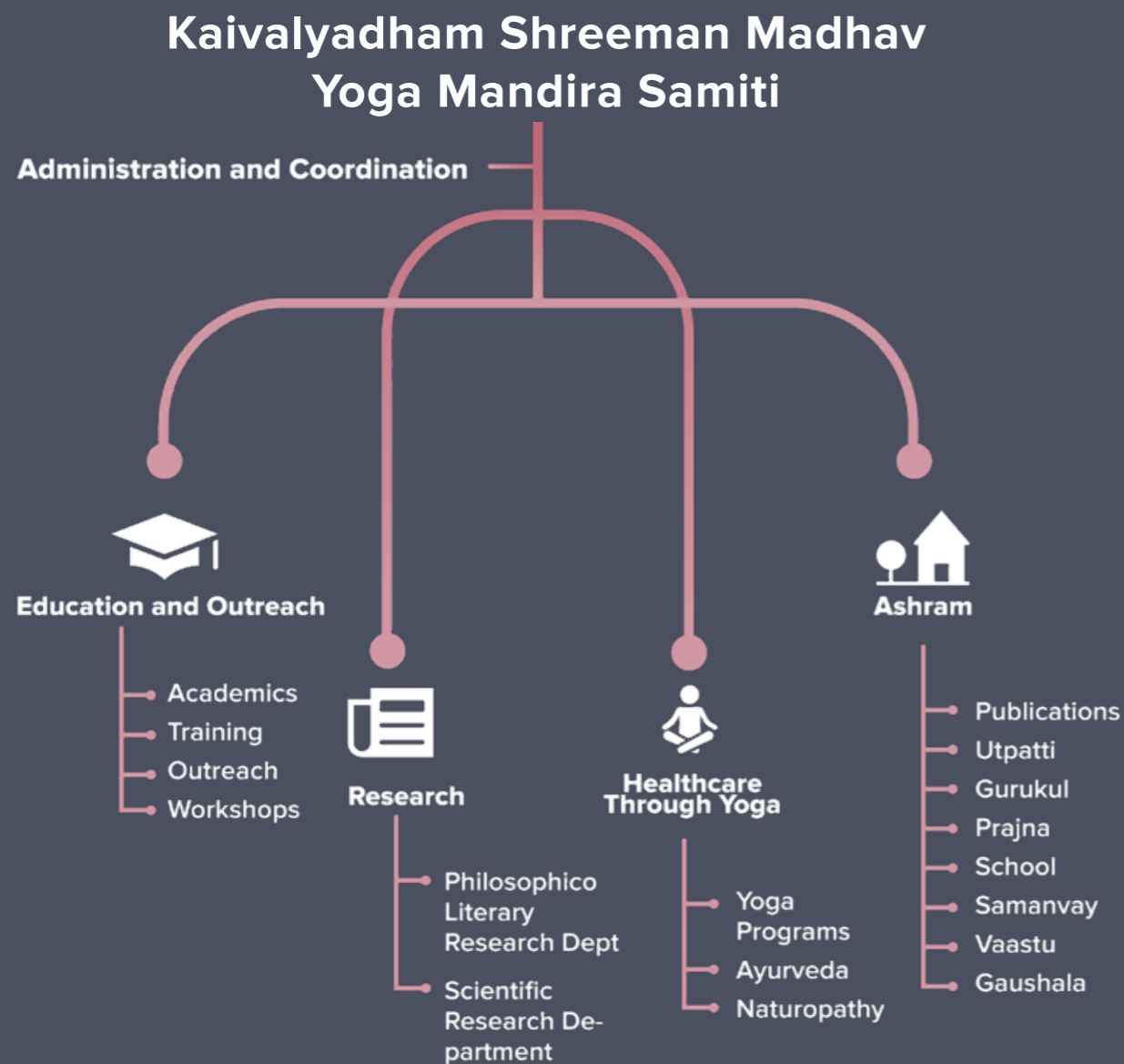
Swami Kuvlayananda's message was “I have brought up this institute out of nothing. If it goes to nothing, I do not mind, but Yoga should not be diluted.” Kaivalyadhama is following this legacy till date under the guidance of Shri O. P. Tiwari who is Hon. Secretary of the Institute and responsible for executing decisions of the Governing Body.

Kaivalyadhama headquarters sprawl over one hundred seventy acres of

land that is nestled in the serene and spectacular Sahayadri mountain ranges of Lonavala, in Western India, which is 120 km from Mumbai, and 60 km from Pune. Its height above sea level is 600 m, which means it enjoys a soothing climate and pleasant weather all year. The serene vicinity attracts a variety of birds, wild animals, and butterflies for nature lovers. We serve around six thousand participants and students, for both therapeutic and educational purposes. The institute has over 13 affiliated centres in 8 countries.



# Functional Representation of Kaivalyadham Shreeman Madhav Yoga Mandira Samiti



# Operations

## Governance of Kaivalyadhama

### ADVISORY BOARD MEMBERS

**Justice B.N. Shrikrishna(Chairman)** - Former Judge - Supreme Court of India  
**Dr. D. R. Kaarthikeyan** - Former Director CBI , Padma Shri Awardee  
**Shri P.H. Parekh** - Counsel, Supreme Court of India and Padma Shri Awardee  
**Shri M. Narsimhappa** – IRS, Former Chief Income Tax Commissioner  
**Dr Rajan Welukar** - Vice Chancellor, Auro University  
**Shri B.C. Khatua**, IAS - Former Secretary GOI  
**Shri Ajit Sharan** -IAS Former Secretary GOI  
**Shri Prasad Menon** - Former Chairman Vistara Airlines  
**Dr. Anand Gokani** - MD, Diabetologist

### GOVERNING BODY MEMBERS

**Swami Maheshananda** - Chairman  
**Shri O.P. Tiwari** - Secretary  
**Justice Devkinandan R. Dhanuka (Retd)**  
**Justice Dr S. Radhakrishan (Retd)** - Former Judge, Bombay HC  
**Shri Subodh Tiwari** - CEO & Acting Secretary, KDham  
**Director** - Ministry of Education, Dept. of SEL, Govt. of India  
**Director (IFD)** - Ministry of Education, Dept. of SEL, GOI  
**CAO** - National Council of Education  
**Director of Higher Education** - Govt of Maharashtra  
**Managing Trustee** - Satyanarayana Mandir, Malsar  
**Shri Dinesh Panjwani** - Vice Chancellor, HSNC University  
**Shri Rakesh R. Seksaria**  
**Shri Raj Kumar Seksaria**  
**Dr Srimanta K Ganguly** - Former Principal, G.S. College, Kdham  
**Advocate Nivit Srivastava**  
**Shri Ranjeet S. Bhogal** - Joint Director - Research, KDham  
**Smt. Pushpa L. Mandke** - Associate Member, Kdham

### EXECUTIVE COMMITTEE MEMBERS

**Swami Maheshananda** – Chairman  
**Shri Dinesh Panjwani** - Member  
**Shri Subodh Tiwari** - Member  
**Smt. P.L. Mandke** - Member  
**Shri O.P. Tiwari** – Member Secretary

### FINANCE COMMITTEE MEMBERS

**Swami Maheshananda** – Chairman  
**Director IFD** , Government of India  
**Director (SE)** , Government of India  
**CAO NCERT**, Nominee  
**Director H & E , GOM**  
**Shri. Subodh Tiwari**  
**Shri.O.P. Tiwari** – Member Secretary

# Institutional Recognitions

## 1. Ministry of Education, Government of India, New Delhi

The Institute is recognized as 'An All India Institute of Higher Education' vide letter No7630/62-U.4 dt.12th Nov.1962.

## 2. Ministry of Finance Government of India, New Delhi

To receive donation under section 35 (1) 9( ii) from 1979. Govt of India's Letter No (F.No.203/11/2009/ITA-11) Notification NO.41/2009 dated 30th April 2009..

## 3. Ministry of Home Affairs, New Government of India Delhi

Permanent Registered under Foreign Contribution Regulation Act.(1976) Regd.No.083930295 dt.09.05.2016.(Period 1st Nov.2016 to 31st Oct.2021. To receive donation for promotion of Research Training & Treatment in Yoga.

## 4. Ministry of Science & Technology, Government of India, New Delhi

Recognition under the Scheme on Scientific and Industrial Research Organizations (SIRO's). Letter No.F.No.14/79/88-TU-V dated 23rd March 2016. Recognition is up to 31.03.2019.

## 5. Finance Division, Mumbai Government of Maharashtra,

14 days On duty leave once in three year and 6 times in service tenure permitted to Government of Maharashtra's Employees for attending 10 days Yoga Training Programme. Vide letter dt.3rd Feb.2004.

## 6. Ministry of HRD, Department Secondary & Higher Education, Government of India, New Delhi

Nodal Agency/Resource Center under 'Introduction of Yoga Education in Schools'. Vide letter dt.5th April 2004

## 7. Navodaya Vidyalaya Samiti, Govt.of India, Department Secondary & Higher Education, New Delhi

Recognized as 'Kaivalyadhama as Yoga Consultant for Navodaya Vidyalayas. Vide letter dt.6th September 2005

## 8. Office of the Commissioner of Income Tax (Exemptions) Pune

Exemption under Section 80G (5) (vi) of the Income Tax Act 1961 No.PN/CIT(Exempt)/Tech/80G/162/2016-17/6147 dt.12.01.2017.

## 9. Ministry of AYUSH, Government of India, New Delh

Inclusion of BA (Yoga Shastra) under AYUSH Scholarship Scheme dt.20.2.2019

## 10. Ministry of AYUSH

Leading Yoga Institution accredited by YCB by Ministry of AYUSH

## 11. Kavikulguru Kalidas Sanskrit University, Ramtek (M.S)

Certified as Recognised Institute for Specialized Studies vide University letter KKSU/BPD/2019-20/92 dated 12.6.19 for one batch i.e Academic Year 2019-20 for following courses M.A. Yogashstra, B.A. Yogashastra.

## 12. Kavikulguru Kalidas Sanskrit University, Ramtek (M.S)

Certificate of Recognition as Research Centre vide University letter KKSU/BPD/2019-20/39 dated 19.03.2020 from the Academic Year 2020-21

## Key Associates

### LEGAL CONSULTANTS

Advocate Shri. Jayant Shaligram, Pune  
Advocate Shri D.D. Shah, Pune  
M/s Parekh & Co., New Delhi  
Srivastava & Maniar, Mumbai  
Advocate Ms. Meghna Patel, Pune

### AUDITORS

M/s R.M. Rajapurkar & Co., CA, Pune  
(Statutory Auditors) - Samiti  
M/s Kautubh Shah & Co - Ashram

### ARCHITECTS

Gayatri Architects, Lonavla

### IT MANAGERS

M/s Indigenous Systems

### WEBSITE & MEDIA MANAGEMENT

Digital Flame

# Collaborations & Affiliations

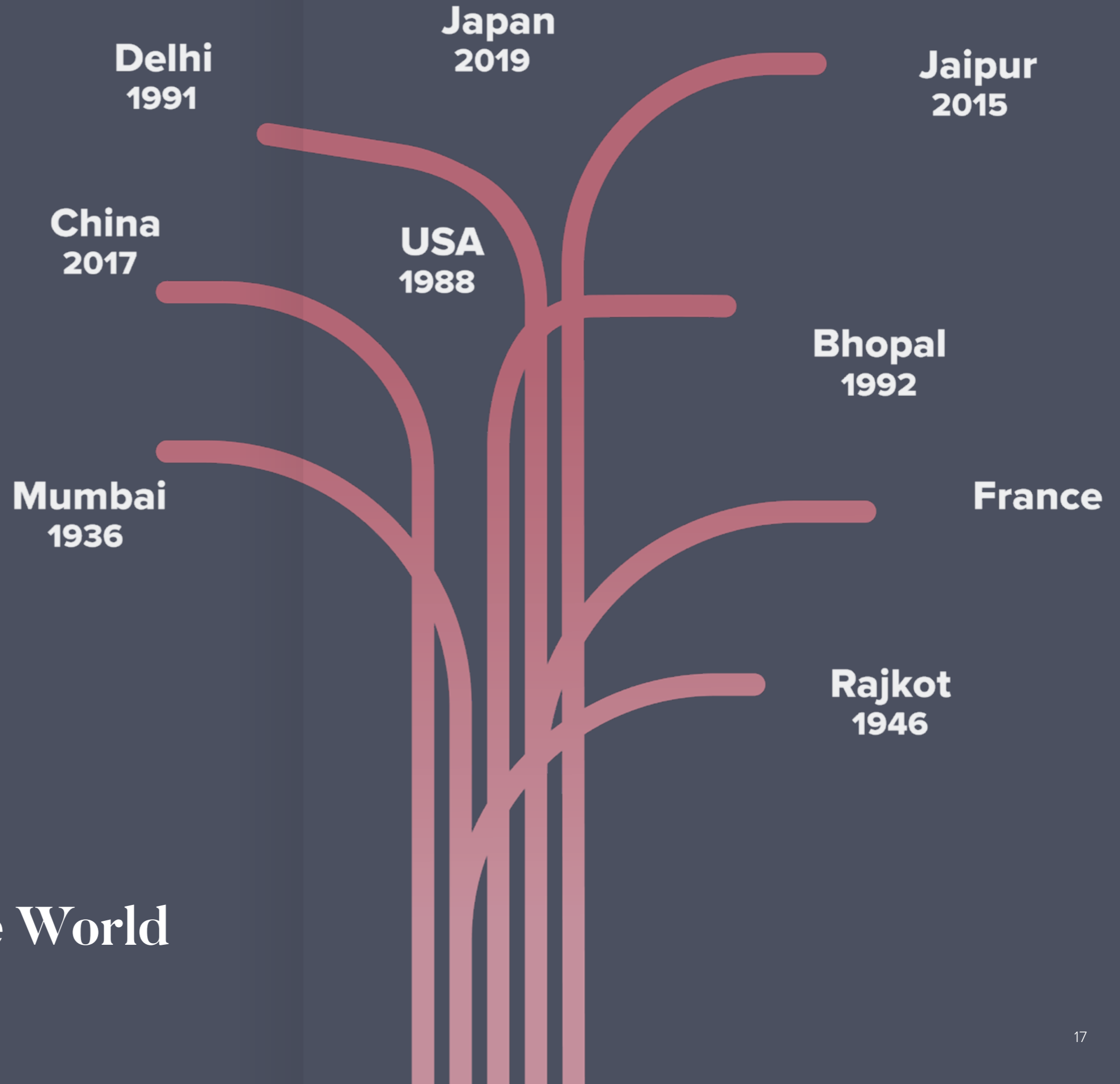
## NATIONAL

- 1. Saurashtra Mandal - Project Life, Rajkot - GUJARAT**  
Therapy/ Research
- 2. Aryakumar Mahasabha - VADODARA, GUJARAT**  
Training
- 3. Shreemati Nathibai Damodar Thackersey Women's University (SNDTMumbai) - MAHARASHTRA**  
Research
- 4. Sri Balaji Vidyapeeth, Pody Pudukerry (Research) - PUDUCHERRY**  
Academic/ Research
- 5. Medknow Publications and Media Pvt. Ltd, Mumbai (Publication of YM, Research) - MAHARASHTRA**  
Publication
- 6. Kavikulaguru Kalidas Sanskrit Vishwavidyalaya, Ramtek, (Statutory Affiliation) - MAHARASHTRA**  
Training/BA/MA
- 7. GeneOm Biotechnologies Pvt. Ltd., Pune, (Research) - MAHARASHTRA**  
Academic / Research
- 8. National Institute for Research in Reproductive Health(NIRRH) Mumbai, (Research) - MAHARASHTRA**  
Academic / Research
- 9. MIMER Medical College, Talegaon Dabhade, (Research) - MAHARASHTRA**  
Academic / Research
- 10. The Mahatma Gandhi Mission Hospital, Navi Mumbai (Research) - MAHARASHTRA**  
Research
- 11. Savitribai Phule Pune University, Pune - MAHARASHTRA**  
Academic / Research
- 12. Vichar Kranti Manch, Jammu - JAMMU & KASHMIR**  
Training
- 13. The Advanced Centre for Treatment, Research and Education in Cancer, Navi Mumbai, (Research) - MAHARASHTRA**  
Training
- 14. Parshwanath Varanasi, Varanasi - UTTAR PRADESH**  
Training
- 15. Central Council for Research in Yoga & Naturopathy New Delhi, (Research) - DELHI**  
Research
- 16. Arka Ventures Mumbai - MAHARASHTRA**  
Promotion & Development
- 17. B.N Purender Arts & commerce college, Valvan, Lonavla - MAHARASHTRA**  
Academic / Research
- 18. Indian Yoga Association, Dwarka - DELHI,**  
Membership
- 19. Diabetic Association of India, Pune - MAHARASHTRA**  
Research

- 20. VTIPES, [Garhbaari, Purba Medinipur - WEST BENGAL**  
Academic
- 21. Dev Sanskriti Vishwa Vidyalaya , Garhbaari - UTTARAKHAND**  
Academic
- 22. Sri Sri University Cuttack - ORISSA**  
Academic
- 23. Cultfit Bengaluru, (information outreach programme) - KARNATAKA**  
Scholarship
- 24. Chinmaya Mission Pune, No Activity - MAHARASHTRA**  
Academic
- 25. Ministry of school Education Youth Welfare, & Sports Development, Govt. of TN - TAMIL NADU**  
Academic
- 26. Sadhu Vaswani Institute of Management Studies, Pune - MAHARASHTRA**  
Academic
- 27. Ritambara Prajna, Howrah - BENGAL**  
Academic & Research
- 28. Sikkim University Gangtok - SIKKIM**  
Academic & Research
- 29. Rhythm of Life Hotel - LONAVALA, MAHARASHTRA**  
Business Partnership

## INTERNATIONAL

- 1. University of La Laguna - CANARY ISLAND, SPAIN**  
Academic/Research
- 2. Bodhi Yoga, Taipei - TAIWAN**  
Academic/Research
- 3. IEPY (Instituto de Ensino e Pesquisas) - BRAZIL**  
Training
- 4. Loyola Marymount University, Los Angles - USA**  
Training
- 5. Naturheilzentrum Neuer Weg - GERMANY**  
Academic/Research
- 6. Wellness Chandra - JAPAN**  
Academic/Research
- 7. Yoga Lite - FRANCE**  
Academic/Research
- 8. Wellness Industry - JEONGSEON, HDC HOTEL**  
Wellness
- 9. CEEC Inc. - USA**



# Branches Across the World

# Meetings

## Kaivalyadham S.M.Y.M. Samiti, Lonavla


SR #	Particulars	DATE
1.	Governing Body Meeting	24.07.2020 19.03.2021
2.	Finance Committee Meeting	04.03.2021
3.	General Body Meeting	19.03.2021
4.	Board of Life Members Meeting	18.03.2021
5.	Board of Advisors Meeting	20.09.2020
6.	Executive Committee Meeting	28.10.2020 15.03.2021

## INVOLVEMENT IN POLICY MAKING

### Formation of national level committee of “Yoga for productivity” by the Ministry of AYUSH, Government of India:

Yoga has become popular the world over due to its spiritual connectedness, and health benefits. This has been championed by Yoga gurus and researchers the world over. However the role of yoga in “Improving productivity” is still less explored. Yoga is now trending in corporate corridors and the workplace. Workplace wellness is now becoming a fad to contend with. Various organizations, industries and corporate houses are hiring HR trainers and yoga instructors to impart workplace yoga for their staff. They believe yoga would help reduce workplace stress, improve interpersonal relationships, reduce conflicts, reduce sickness absenteeism and thereby improve productivity. However, not much research has gone into this domain and we do not have modules that are known to improve productivity at workplace. The need to discern various factors that have a bearing on productivity and develop guidelines on how we can improve “productivity” using yoga approach. Increasing productivity may mean many things such as increasing profitability, lowering operational costs, optimising resources, seizing opportunity for growth, increasing competitiveness, reducing burnout and increasing employee wellbeing. Increasing productivity is vital for the growth and development of a Nation and therefore our PM envisions using the Yoga approach to enhance productivity. With the above mandate , a National Committee on “Yoga for Productivity” was formulated under the Chairmanship of Dr.H.R.Nagendra . In this committee Kaivalyadhama was represented by Shri.Subodh Tiwari ,CEO. The first meeting was held on the 24th March 2021 , virtually.

# Guest Visits

 **Chief Justice of Mumbai High Court visits us**  
Kaivalyadhama and Jurists have had a long association. From 1950's when the founder had its advisory board with Dr. M.R.Jayakar as Chairman & Shri.M.C.Setalvad as member to present, we have Justice B.N.Srikrishna as our Chairman. Probably the ideological alignment to resolve the conflict, rationally, could be the basis. While jurists try and resolve the external conflicts, we at Kaivalyadhama try and resolve the internal ones. It was a pleasure to host Hon'ble Chief Justice of Bombay High Court Shri.Dipankar Datta together with his wife took time out and visited us. They spent time on keenly observing and understanding work of each department.



## Honourable Governor of Maharashtra Sh. Bhagat Singh Koshyari



**Indian Army Institute of Physical Training AIPT- Pune :**

We had around 40 budding Army officers from all over the country, with five staff members who visited Kaivalyadhama on 14 January 2021 under the able guidance of a very tall leader Col. Nitin Joshi – the Iron Man of Indian Army who also holds a Guinness record.

It is very interesting to note that among the strenuous physical training in army boot camp, Yoga has found a prime place in the training modules thus the first education tour post lock down was organized at Kaivalyadhama. The cadets received firsthand the knowledge of the organization as they walked to various

departments and had an experiential session of yoga and meditation, simple satvik food and breathing in the somber spiritual environment added to their delight.

The AIPT is the spiritual home of the APTC. The role of the APTC is to: "... raise, maintain and further improve the standard of physical training, and, to ensure a uniform procedure and method of instructions in physical and recreational training of Army. AIPT intends to collaborate with Kaivalyadhama for yoga in its future endeavors & make this visit an official program of their curriculum.



**Justice Mr.C.V.Bhadang of the High Court of Bombay:** Justice Mr.C.V.Bhadang visited the campus on the 13th of December 2020. A practitioner of Yoga, he went through the various departments of the institute with deep interest.



**Police Training Institute at Khandala with Sh. Sashikant Borate and Sh. Kalyan Pandre** SDO visited the campus and went around the facility with great interest. Mr.Sashikant serves as the Principal of the Police Training Institute, Khandala and Mr.Kalyan is the Deputy Collector in the Slum Rehabilitation Scheme, Mumbai.



# Participation In Conferences/Events

**Sh. O. P. Tiwariji was invited on Rajya Sabha TV on a talk "Tackling COVID with Yoga"**



**International E-Yoga Conclave:** On the 24th May Shri. Subodh Tiwari, CEO participated in the conclave and spoke on the subject of "Yoga for corporates in present times." The talk highlighted the important point, that, for present and future, our focus should be how Yoga and wellness can become integrated part of the corporate culture. Suggestions forwarded were

- a) Corporates should encourage its employees to go for wellness retreats
- b) A short Y break concept, launched by the Ministry of AYUSH, could be incorporated by the corporates for inspiring its employees.



**Relevance of Alternate therapies in COVID:** NamoGange and International Chamber held A session jointly organized for Service Industry. Shri.Subodh Tiwari spoke on "Approach of Yoga to deal with endemic". While addressing the audience, he spoke of the need for not only physical health but ensuring a good mental health. He explained that more than enough evidence existed of the benefit of Yoga for enhancing the immune system and dealing with stress management.







## International Day Of Yoga



The IDY 2020 celebrations were culmination of various activities hosted by the institute since 11th of June 2020. Common Yoga Protocol Interns Training program started from the 11th of June. Kaivalyadhama together with University of Mumbai & Hyderabad (Sindh) National Collegiate Board has, since 2015, focused on yearlong promotion of Yoga, through training of the students in Common Yoga Protocol (CYP) in depth. This not only immerses them in understanding and practice, but also enables them to inspire their fellow students and train them in CYP. This year too, around 6000 students registered for the program. This year, we also curated a series called "Yoga for young minds". We addressed various issues related to the health of the students. Topics ranging from concentration, memory, mental health, emotional stability, spiritual health and more were discussed with the students. A series of inspirational interviews with eminent individuals in their own field were also telecast on YouTube.

We also held discussions with eminent individuals, who have been very successful in their own lives and how they have adopted Yoga to enhance their quality of, live in various dimensions. Dr.Rajiv Kumar, Vice Chairman of NITI Ayog spoke of the importance of spiritual consciousness in our lives , and differentiating with religiousness Dr.Bhushan Upadhyay , IPS and Commissioner of Police Nagpur , spoke on adopting Yogic principles easily by the youngsters. Dr.Bhushan Patwardhan , Vice Chairman of UGC speaks about the experiential paradigm of Yoga in relation to education and the need to reach to authentic source to enhance learning. Dr.Satyapal Singh, MP Lok Sabha spoke on



quality of student and how equanimity in life helps be a better learner. Dr.H.R.Nagendra , Chancellor SVYASA spoke on the importance of adopting and implementing the philosophy in to practice. Mrs.Neha Dhupia , Actor , spoke of the importance of Yoga for maintaining equilibrium and importance of mind.

The final IDY program started with the message from the Hon'ble Prime Minister Shri.Narendra Modi , followed by greetings from Shri.Bhagat Singh Koshiyari , Hon'ble Governor of Maharashtra. Shri.Shripad Naik, Hon'ble Minister of AYUSH also wished the students on the occasion. Dr.SuhasPednekar, Vice Chancellor of University of Mumbai, Dr.Smt.SashikalaWanzare, Vice Chancellor SNDT University, Shri.Kishu Mansukhani, President HSNCB also were present. The program was attended by 500 students on zoom doing practice simultaneously and other 3000 people who joined us on YouTube and FB Live. We saw a representation from 220 colleges of the University of Mumbai and 120 colleges of the SNDT Women University.

**BHAGAT SINGH KOSHYARI**  
GOVERNOR OF MAHARASHTRA



**RAJ BHAVAN**  
Malabar Hill  
Mumbai 400 035  
Tel. : 022-2363 2660  
Fax.: 022-2368 0505

01 June 2020

### MESSAGE

I am pleased to know that 'Kaivalyadhama' is launching "Yoga for Young Minds", an online series on yoga for the youth, as a precursor to the International Day of Yoga.

The Corona Virus epidemic being witnessed by the world has underscored the need to make conscious efforts to improve the physical, emotional and spiritual health of our people. Yoga is one of the most precious and time tested heritages of India. It is an art of healthy living and a science of experience that can be practised by people of all ages. Yoga can help us enhance human capabilities at physical, mental and spiritual levels.

I congratulate 'Kaivalyadhama' for reaching out to the youths and initiating them into the world of good health through yoga, and convey my best wishes for the success of the "Yoga for Young Minds" series.

**(Bhagat Singh Koshiyari)**

Ms. Anjali Deshmukh and Team had a series of virtual workshops, interactive in nature, these online programs, was a run up to the international yoga day. It was extremely encouraging to see so many taking advantage of the initiative in and around Pune.



**ACTREC-Advanced Centre for Treatment, Research and Education in Cancer (ACTREC) participates in yoga program conducted by Mrs. Naina Daryanani:**  
The IDY initiative event with ACTREC & KDHAM had over 70 participants online (including friends & family). The theme for this year's IDY 2020 was, 'Yoga from Home, Yoga with Family'. Thus, the session was conducted in keeping in mind of professionals working from home & students learning from home.

**IDY CELEBRATED AT KAIVALYADHAMA MUMBAI**

**Free Online Classes where CYP was started, 19th to 23rd May:**  
Various yoga Instructors conducted the classes in 4 sessions per day. 200 people per day of different age groups attended the classes. All sessions were conducted using Zoom video calling software.

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

## Online Yoga Classes

**Days:**  
Monday to Saturday  
(For the month of June)

**Timings:**  
8:30 am to 9:30 am  
5:30 pm to 6:30 pm

**How to register?**  
Go to [www.kdham.com/mumbai](http://www.kdham.com/mumbai) or use the link in the description to fill the form for registration. After the payment of a concessional fee, you will have unlimited access to our Classes for the Month of June!

For more information on our Online Activities, visit [www.kdham.com/mumbai](http://www.kdham.com/mumbai)

## Free Online Yoga Classes

Dates: 19th May - 23rd May, 2020  
Timings: 8:00am to 9:00am, 9:00am to 10:00am, 5:00pm to 6:00pm & 6:00pm to 7:00pm

Q. How can I join the classes?  
Ans. Super simple, DM us or email us at [kdhamonlineconsultation@gmail.com](mailto:kdhamonlineconsultation@gmail.com) and we will share the Zoom Link with you.

**'NO YOGA NO PEACE, KNOW YOGA KNOW PEACE'**

Webinars on Patanjali Yoga Sutras, Mental Health and Psychology were held on 7th and 14th of June in promotion of IDY

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

## Webinar on Patanjali Yoga Sutras, Mental Health & Psychiatry

(Learn how to tackle your problems with Yoga Theory & Practical)

via **f LIVE** Date: Sunday, 14th June, 2020  
Time: 5:30 pm - 7:00 pm (IST)

Shri Ravi Dixit (Jt Director, Kaivalyadhama Mumbai)  
Dr. Jawahar Mehta (MD Psychiatry and Mental Health Professor)

**IDY celebration with KAASH**  
ICYHC Kaivalyadhama, Mumbai celebrated IDY 2020 along with KAASH Foundation. The Event had 3 sessions on different topics. Approximately 1000 people joined in everyday for the webinars.

**IDY celebration with National Institute of Industrial Engineering Vihar Lake, Mumbai.**  
ICYHC Kaivalyadhama conducted sessions for the National institute of industrial engineering Vihar Lake, Mumbai on the auspicious occasion of International Yoga Day-2020. The theme suggested at the Ministry of AYUSH undertaken in two sessions as per following schedule

- I. Importance of Yoga with family in the covid19 situation & II. Yoga practices as per common yoga protocol

Yoga Session was conducted by Jt. Director Ravi Dixit for Abbot Group for Immunity and Mental Health in promotion of IDY

**Abbott**

## ALL INDIA PURCHASE MANAGERS PROGRAM 2020

6<sup>TH</sup> JUNE 2020 | 6:00 PM - 8:00 PM

TOPIC	FACULTY	TIME
Digital tools in Product Management	Mr. Hitesh Motwani	6:00pm to 7:15pm
Mental Health fitness	Mr. Ravi Dixit	7:15pm to 8:00pm

FOR DIRECT ACCESS TO THE WEBINAR [CLICK HERE](#)

**NITIE**  
NATIONAL INSTITUTE OF INDUSTRIAL ENGINEERING (NITIE) Mumbai  
An autonomous Institute under the Ministry of IITs, Govt. of India  
Vihar Lake Road, Powai, Mumbai 400075

## Celebration 6<sup>th</sup> International Yoga

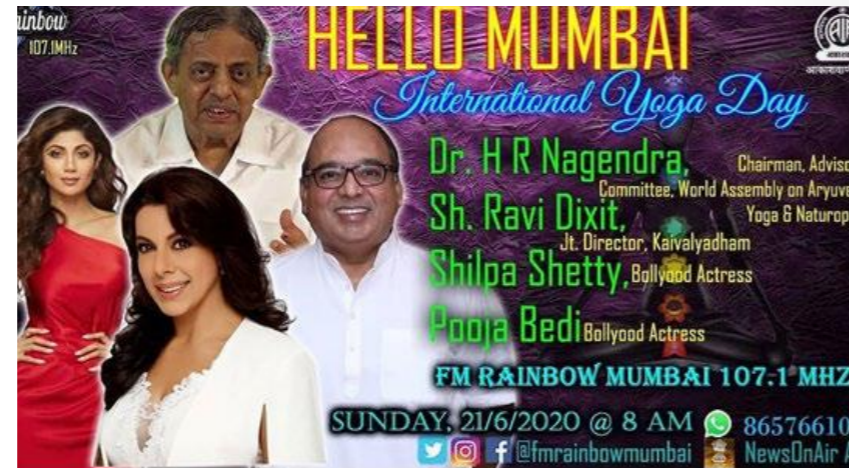
**Yoga at home  
Yoga with Family**

**Dr. Nutan Pakhare**  
Ayurveda & Yoga Experts  
Counselor  
&  
Qualified for Assistant Prof. in Yoga

🌸 IDY Celebration with H.R. College of Commerce & Economics, Churchgate



🌸 Radio Interview by FM Rainbow of Jt. Director which was aired on 21th June for IDY.



🌸 Television Live Interview for IDY on DD Sahyadri of JD on 21st June 2020, 5 to 6 pm



🌸 Kaivalyadhama Delhi conducted an online session for SwabhimanParisar, New Delhi, a model complex of Delhi State Legal Authority



🌸 Celebration of International Day of Yoga at Kaivalyadhama Bhopal with honourable committee members and participants while doing meditation.



🌸 Department of Yoga and NSS Units of Midnapore College (Autonomous), Midnapore, West Bengal, organized the National webinar on "Mind, Body, Exercise and Life Style Management in Changing Environment". Dr Rajeshwar Mukhopadhyay delivered talk entitled "Effect of Yoga and chronic exercise on immunity boost up to fight against catastrophic COVID-19 pandemic" in the above said National webinar.



🌸 Live Interview at Doordarshan M.P. by Shri. Sandeep Dixit on the occasion of 6th International Day of Yoga.



## 96<sup>th</sup> foundation Day of Kaivalyadhama

On this occasion Kaivalyadhama conducted an online symposium on the theme Yoga therapy Traditional and Contemporary Approach. The symposium was held from the 24th - 25th of October 2020 via the ZOOM video-conferencing platform. In line with our founder's humanistic philosophy and to provide maximum benefit to attendees during the current global COVID crisis, registration for participation in the symposium was kept free. Swami Kuvalayanandaji wanted "to present a comprehensive picture of the scientific aspect and rationale of Yogic Therapy in the layman's language," and nurtured a truly humanistic and noble vision that through yoga, even "the man on the street" can be led towards self-realization. Keeping this historical

background in view, the intent of the current symposium on "Yogic Therapy: Traditional and Contemporary Approach" provided an online forum for deliberating on 'Yogic Therapy,' delve into its origin in our traditional yogic texts, and chart its journey through the times of Swami Kuvalayanandaji, and other great yoga masters of 'Yogic Therapy' to its current status. Through this symposium, there was sharing the knowledge on 'Yogic Therapy,' cross-reference and compare modern views with concepts and principles in the yogic texts, as well as revisit its current implementation at the global level. SRD team contributed in the online symposium sessions.

### Some of the High lights of the two day programs were:

- Yogic Therapy: Concepts and Principles in Yogic Texts: Shri Sudhir Tiwari
- Yogic Therapy: Modern Approaches - Do they Synthesize with Original Yogic Concepts and Principles?: Dr.Ganesh Rao
- Yogic Therapy can only mature with Ongoing Research: Advancing Swami Kuvalayananda's Legacy from Philology to Physiology: Mr. Paul Dallaghan
- Yogic Therapy: Where Tradition meets Science - A Brief about ongoing Research Studies at Kaivalyadhama: Dr.Satish Pathak
- Practical Sessions- Yogic Therapy in the Management of Diabetes: Shri Sandeep Wankhade
- Bridging Qualitative and Quantitative Approaches of Research in Yogic Therapy: Dr. Chinmay Pandya
- Yoga Intervention as Therapy in a Medical Institution: A First-hand Experience: Dr.AnandaBalayogiBhavanani
- Panel Discussions
  - o Adopting Principles of Modern Medical Research to establish the Effectiveness of an Ancient Science: the Risks and Rewards by Dr. Sat Bir Singh Khalsa, Dr. Mahesh Karandikar & Dr. Akshay Anand with Moderator: Dr. Praseeda Menon
- Yogic Therapy in the Management of Non-communicable Diseases Dr. Shirley Telles
- Yogic Therapy in the Management of Cancer and its After-effects
- Dr. Raghavendra Rao Yoga Can Work Miracles, but "Conditions Apply" Dr. Ramesh Bijlani and Dr.Arthur Brownstein



## 13 Years of Ayurveda

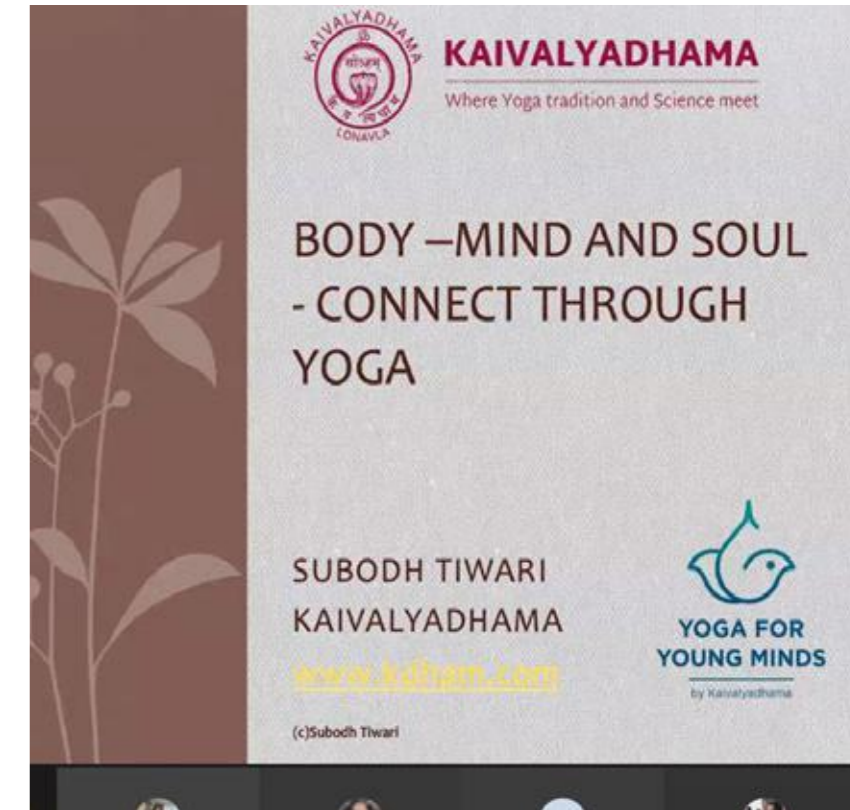
The Ayurveda Department at Kaivalyadhama completed thirteen years on 28th July 2020. More than three thousand people visited and took advantage of the ancient healing practice. Congratulations to the initiator and visionary Shri Subodh Tiwari and the executors Dr Jagdish and Dr Gururaj. We would like to acknowledge and express gratitude to all the team members of therapists, who have touched lives.

We witness people from all over the world, who arrive with every ache and pain to be refreshed, healed and alter their lives.



### E- Session on Shaastraartha at Mithibai Law College

Shri Subodh Tiwari conducted an E-Session on shaastraartha- Debate for students of law at the Mithibai College Andheri Mumbai in the month of March for faculty and students alike, it was much appreciated, the ancient and the new came alive. The topic was "How philosophy and hermeneutics of the ancient are relevant for modern day living?". Sh. Subodh Tiwari being a past pupil of KC Law College connected to the students immediately and his insights and presentation was much appreciated and applauded by both students and the staff.



## SAMAGAM-An online reunion of the alumni

“Reunions are of the alumni, by the alumni and for the alumni.” The first day of samagam began on July 4, 2020 at 9:00 a.m. with lighting of the lamp and aashirvachan by Swami Maheshanand Ji. The power and in depth of a meditation session was conducted by Professor R. S. Bhogal Sir. A yoga sadhika and a sadhak are not only adept in yoga Shastra but they are brilliant performers as well. This was very well proved by the performances of Dr. Pankaj Sainekar on flute and Mrs. Anjali Sharma with her Hasya Yoga. Abhijit Gaikwad with his presentation on digital yoga showed us that when the going gets tough the tough gets going. He showed us excellent ways to take online classes and to promote yoga in these challenging times. There could not have been a better way to begin the evening session than the session of pranayama by Sandhya Dixit Madam. Learn how to master the breath by the master oneself. Yoga is not only a means to achieve Samadhi but also to improve performance in sports at the highest level was proved by our alumni Mr. Vinay Menon who joined us LIVE from London. Mr. Menon is a wellness consultant with Chelsea Football Club. When it comes to understanding the yoga philosophy then who can do this better than Dr. N. Ganesh Rao Sir. His sessions as always are filled with ancient wisdom which is relevant in modern times as well. The first day of Kaivalya samagam ended with lots of brilliant performances, refreshing sessions

by the masters of meditation and pranayama and experience of our alumni.

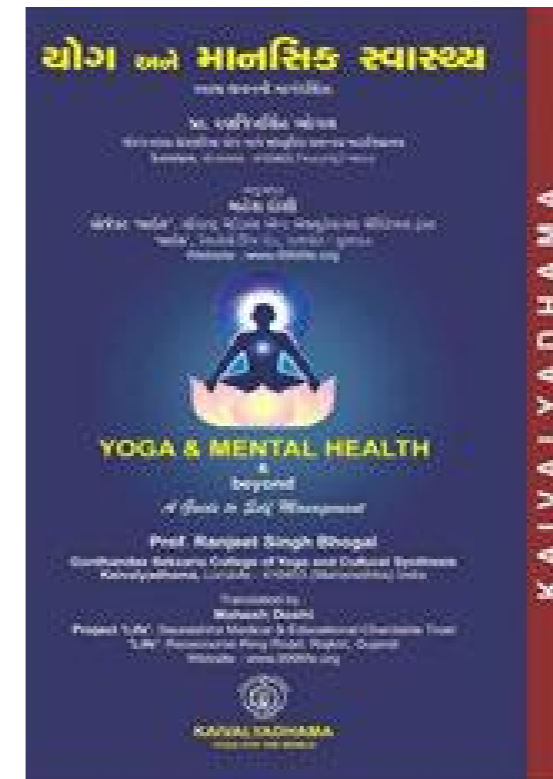
The second day of samagam was an extremely important and auspicious day as it was the day of Guru Purnima. Mr. Lav Sharma from France gave a melodious performance on flute. Honourable Shri O. P. Tiwari Sir enlightened the path of the students with his deep knowledge and wisdom in the field of yoga. Every day, every hour, every minute and every second of our lives can be made great when we get an opportunity to listen to such Gurus. It was a very exciting and knowledgeable session of interaction with the Acharya's like Professor Bodhe, Dr. Gore, Yogacharya Bharat Singh and Dr. Shilpa Joshi. Each of them is a sea of knowledge and experience and can lead a person from darkness to light. The evening session had valuable tips on life and nutrition in new normal. This was powered by Mrs Meenaksi Rawat by sharing her experience of how yoga changed her life from being a patient to fit as a fiddle. Mrs Rawat is an economic adviser to Government of India and alumni of Mumbai branch. Mr. Sushant Singh, alumni of Lonavala gave a fantastic presentation on all the gurus and Acharya's. Pallavi Kumbhar, alumni of Kaivalyadhama Mumbai paid homage to Guru with a very beautiful live classical dance performance. The Kaivalya samagam 2 came to its conclusion by a wonderful speech by the CEO of Kaivalyadhama.

## Virtual Launching Event Of Book Translated In Gujarati

Virtual launching event of the book titled 'YogaAneMansikSwasthya' was organized on Tuesday, 1st December, 2020 at Project 'Life', Rajkot. Original version of the book 'Yoga & Mental Health' is written by Prof. R.S. Bhogal in Hindi and English languages and published by Kaivalyadhama, Lonavla and now translated in Gujarati by Project 'Life', Rajkot.

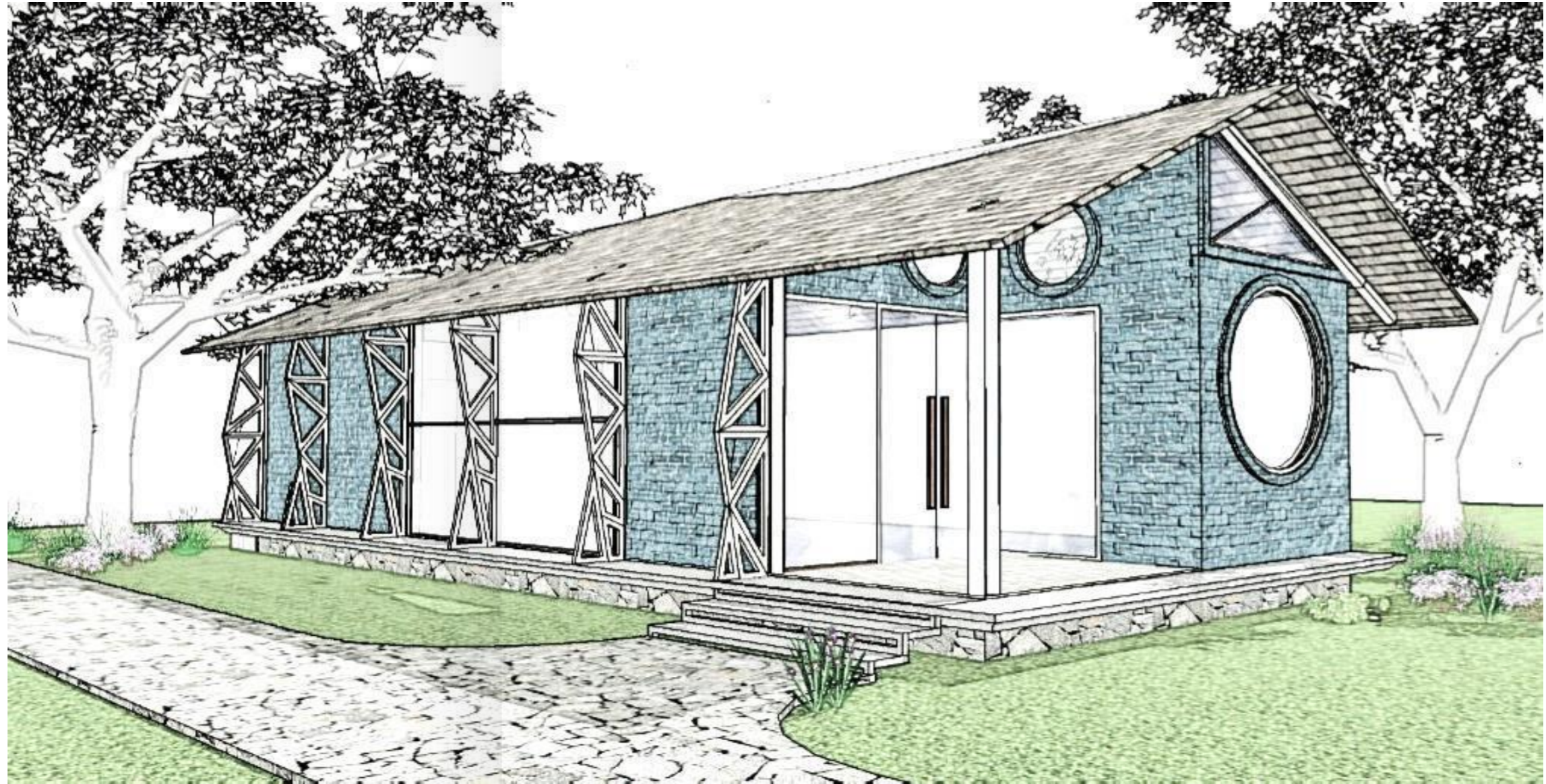
The book was launched with the august hands of Param Pujya Parmatmanand Saraswatiji, Founder Arsh Vidya Mandir, -

Rajkot in presence of Dr. Kamal Parikh, M.D. a social thinker, writer and a motivational speaker associated with Project 'Life', Rajkot, Shri Mahesh Doshi, an Ex-Editor of Gujarati Newspaper 'Phulchhab', Rajkot, who translated the book and Mrs. Parin Somani, UK, an Ambassador of Project 'Life' & an international motivational speaker, Mr. Chandrakant Koticha, Executive Trustee & Ms. Meetal Koticha Shah, Joint Executive Trustee of Project 'Life', Rajkot.



# Infrastructure

🌸 New Welcome Centre on the occasion of the First Death Anniversary Shri Sitaram Shah - visionary, friend and benefactor of Kaivalyadhama. He practiced and promoted the ideals of yoga through YEF- Yoga Education Fund which he created to promote yoga through publications, scholarships, many less fortunate students were beneficiaries for the past 10 years. His memories and ideals needed to be remembered and enshrined. In a simple yet meaningful ceremony in the presence of Swami Maheshananda , Sh. Subodh Tiwari , Sh.Vandana Shah &Kaivalyadhama Family. We had a ceremony to mark the occasion. In the program Sh. Subodh Tiwari CEO spoke and briefed about the purpose of the Project and its significance. Sh. Vandana Shah opened curtains of the project- shared his experience, memories of his father Shri Sitaram Shahs Sir and long relationship and his Father had with Kaivalyadhama Mumbai and Lonavla. Special Prasad was served to all present. There was symbolic plantation of the Neem tree in Ayurveda Park in his honor.



On the occasion of the First death Anniversary of **Shree Sitaram Shah Sir** .....*Visionary , Friend and Benefactor of Kaivalyadhama.*

Site Confirmation on the **6<sup>th</sup> Nov 2020** in the presence of **Swami Maheshananda ,Shri.O.P.Tiwari ,Shri. Vandan Shah and Kdham Family"**

*Committing to our step forward-" Welcome Centre"*



## Ms. Angelica Ji attained Mahasamadhi

Angelika Ji attained Mahasamadhi at 5pm on 28 November 2020 at Kaivalyadhama, Lonavala

She was born in Germany, a lawyer by profession; she belonged to an affluent family. Thirty years ago she fell in love with Kaivalyadhama and lived on. She surrendered all, gave up everything and lived a simple life. Living a life totally committed to prayer and meditation, with joy and a twinkle in her eye she lived dispassionately, detached, and renounced all, a true yogini. She was regularly performing the morning and evening Pooja & Havana at Swamiji's Kutli.

She is a great inspiration and has deeply touched many people's lives with her-simplicity, devotion, dedication.



# HR Initiatives

## 🌸 HHCC-Health Care Staff gets trained professionally

The staff of the Health Care Department in F&B Production and Service took time out for a successful 2 days STEP-UP training program (A step towards excellence in service) for Housekeeping, Sadapurna, Naturopathy & Ayurveda therapist & Supervisors. The Topic Focused on Personality Development, Team work, Communication, Guest Service enhancement, & varied techniques customer centric. The staff enjoyed every moment of the training program which also a moment of joy and togetherness.



**Invest In Your Self**

The management took special care and initiative to look after its own team member, who stood toll during these difficulty times. It gave an opportunity to the workers for introspection stating the fact that the best investment is in one’s wellbeing. Thus call to take care of one’s self, psychically, mentally and spiritually. A daily program of Mindful mediation - awareness and relaxation. Yoga - Asana of the day, Pranayama - Meditation Chanting was organized by the in house faculty. At the end of the working day say various departments taking turns investing ones wellbeing for at least thrice a week.



**Celebrating womanhood- Program exclusively for women of Kaivalyadhama**

International Women’s Day is a global holiday celebrated annually on March 8 to commemorate the cultural, political, and socioeconomic achievements of women.

An exclusive and creative program was organized by team HR for all the wonderful hard working ladies working in Kaivalyadhama spanning the full week.

- A. Express yourself on “Your woman idol” original poems and essays
- B. Best out of waste, especially for support staff members, creative items from nothing
- C. Cooking without fire-quick cooking without fire

Enclosed photos and glimpses of this very joys and successful event.

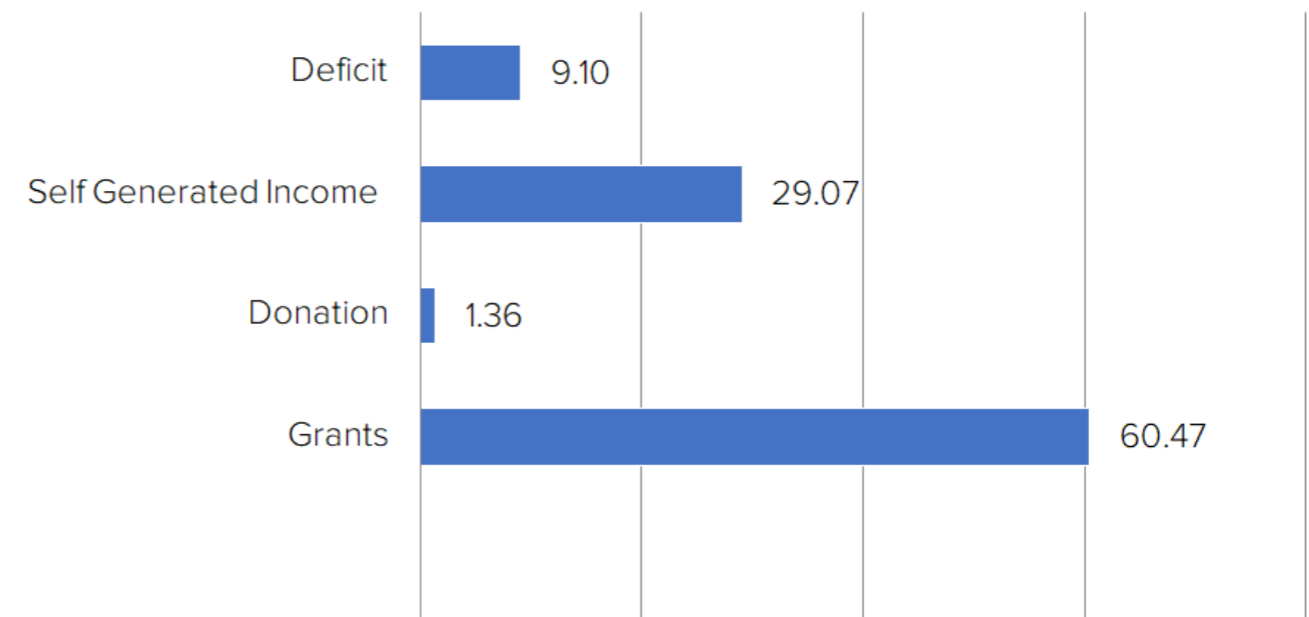


# Finances

**KSMYM Samiti FY 2020-21**

**INCOME %**

INCOME	%
Grants	60.47
Donation	1.36
Self-Generated Income	29.07
Deficit	9.10



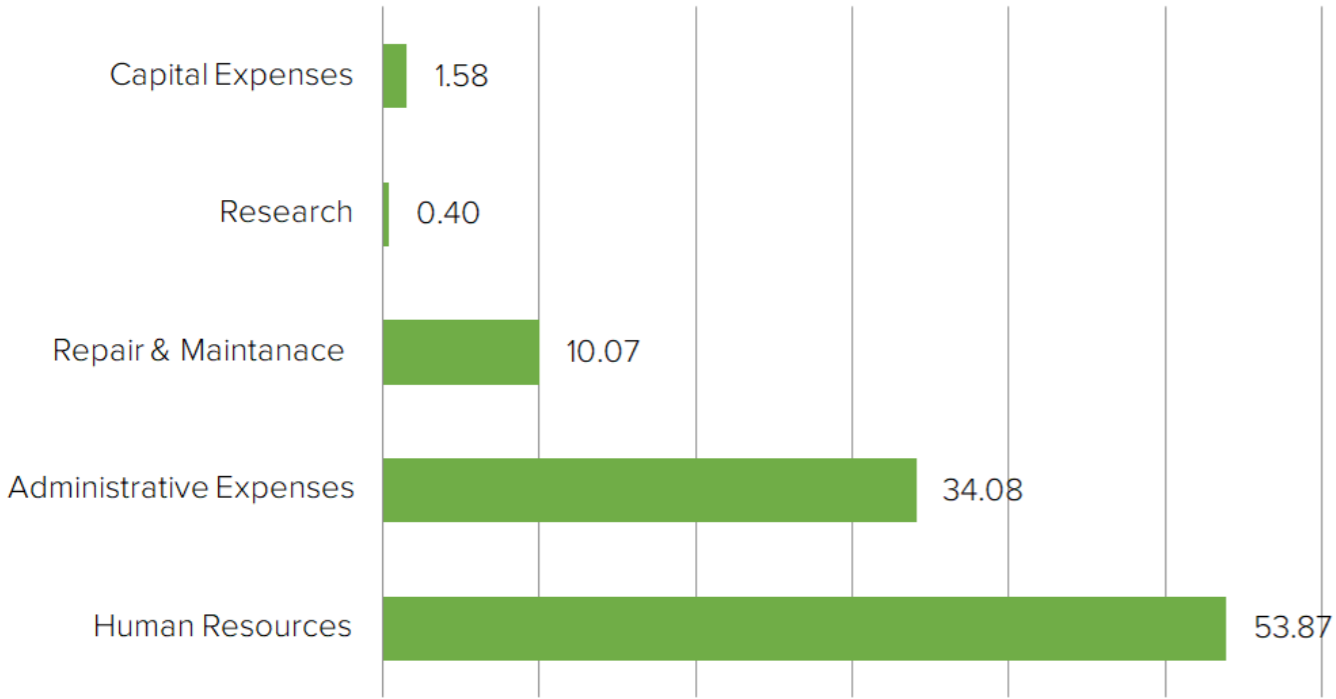
# Major Accomplishments



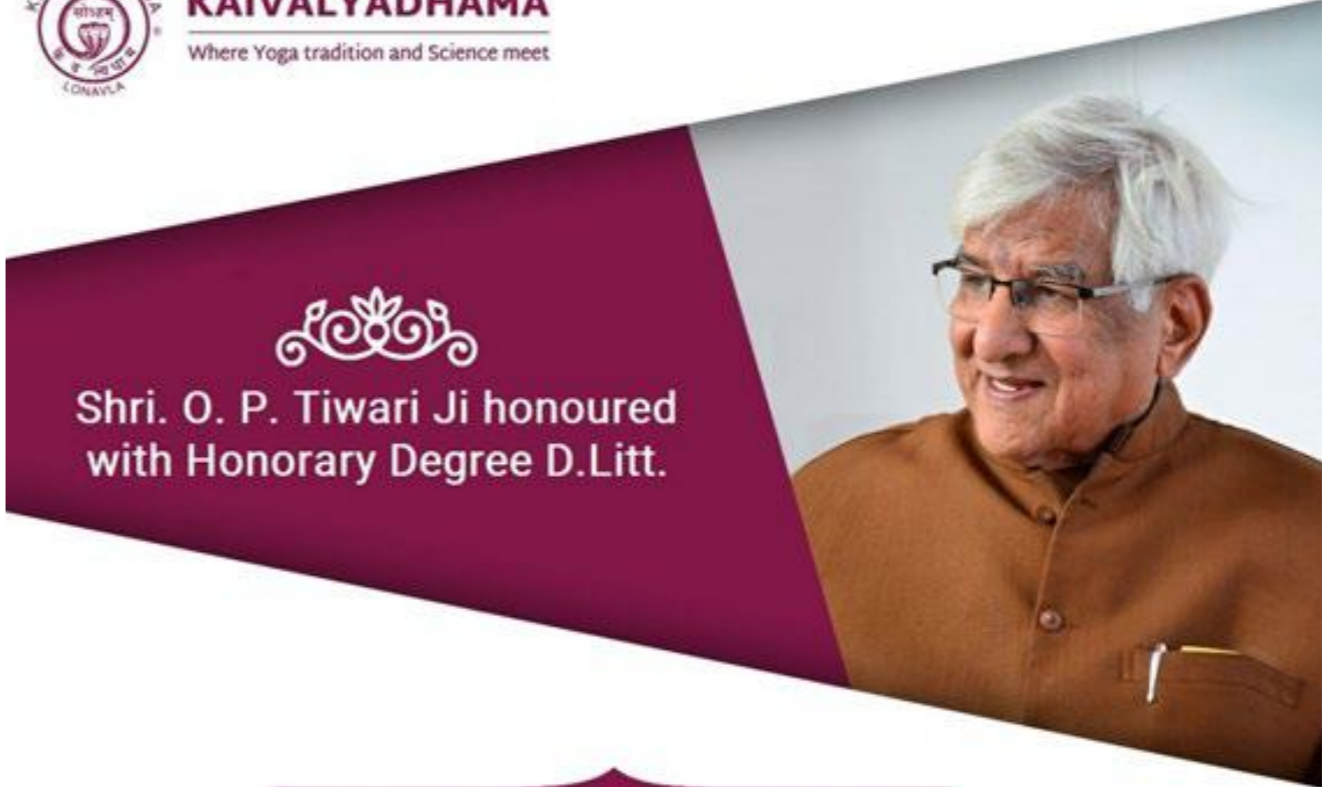
Congratulations to Shri OP Tiwari ji

## EXPENSES %

EXPENSES	%
Human Resources	53.87
Administrative Expenses	34.08
Repair & Maintanace	10.07
Research	0.40
Capital Expenses	1.58



**KAIVALYADHAMA**  
Where Yoga tradition and Science meet



We are delighted to share that **Kavikulaguru Kalidas Sanskrit University confers Honorary Degree (D.Litt.)** as a recognition of his yeomen services & contributions to the knowledge society in the field of Yoga & Ayurveda



Governor Bhagat Singh Koshyari presented the Swami Kuvalyananda Yoga Awards for the year 2020 at Kaivalyadhama in Lonavla. Additional Director General of Police Dr. Bhushan Upadhyay, IPS and Yogacharya from Kaivalyadhama, Sandhya Dixit were presented the Awards for propagation and promotion of Yoga. This was the first of the awards presented leading to the centenary celebrations of Kaivalyadhama which began its journey in the year 1924.



**कैवल्यधाम योग संस्थान**  
**KAIVALYADHAMA**  
 Where Yoga tradition and Science meet  
 लोनावला, जिला - पुणे / LONAVLA, DIST. - PUNE

**स्वामी कुवलयानंद योग पुरस्कार, 2020**  
**SWAMI KUALAYANANDA YOG PURSKAR, 2020**

**प्रशस्ति पत्र**

परम हर्ष का विषय है कि श्रीमती संध्या दीक्षित, योगाचार्य को उनकी दीर्घ कालिक सत्यनिष्ठा, कर्तव्य परायणता, और विगत ३८ वर्षों की समर्पित सेवा के लिए "स्वामी कुवलयानंद योग पुरस्कार, 2020" से सम्मानित किया जा रहा है।

श्रीमती दीक्षित की योगयात्रा कैवल्यधाम, दिल्ली शाखा में "संयोजिका" के रूप में सन् १९८४ से प्रारंभ हुई। इन्होंने अपने सतत और अथक प्रयासों के फलस्वरूप दिल्ली शाखा को २१ वर्षों तक विकसित, पल्लवित, पुष्पित और सुफलित किया।

तत्पश्चात् २००५ से २०१८ पर्यन्त, इन्होंने अपनी महनीय सेवाओं के माध्यम से "योग महाविद्यालय, लोनावला" में संचालित डिप्लोमा और सर्टिफिकेट कोर्स के सभी प्रतिभागियों को अपनी प्रतिभाराशि से लाभान्वित किया।

वास्तव में, आपको योग चिकित्सा में महारथ प्राप्त है, और सभी प्रतिभागी-वर्ग आपके योगकौशल से, समान रूपेण विगत चार दशकों से लाभान्वित होते रहे हैं।

ज्ञातव्य है कि श्रीमती दीक्षित रूस में संपन्न हुए "युवा सम्मेलन" में कैवल्यधाम की प्रतिनिधि के रूप में १९८७ में भाग ले चुकी हैं। पुनश्च भारतीय दूतावास द्वारा सन् २०१० में तीन वर्षों के लिए आपका चयन वरिष्ठ योग शिक्षक के पद पर, अयुधावी में उच्च प्रशिक्षण हेतु किया गया। वस्तुतः आपको "कैवल्यधाम योग संस्थान" के द्वितीय निदेशक, सहभाष्य के परम धनी और परमयोगी स्वामी विनांबर जी महाराज की शिष्या होने का गौरव भी प्राप्त है। अतः श्रीमद् भगवद्गीता की निम्न सूक्ति आपके जीवन में चरितार्थ होती दिखती है:-

"योगस्थः कुरु कर्माणि, संगं त्यक्त्वा धनंजनः।  
 सिद्धसिद्धयोः समो भूत्वा, समतं योग उच्यते।। २/४८

फलतः योग संस्थान ने आपकी योगसाधना का लाभ जन-मानस तक पहुंचाने के लिए ही, सेवानिवृत्ति के बाद भी, आपको २०१८ से "स्वास्थ्यकेन्द्र" में वरिष्ठ योगाचार्य के रूप में प्रतिष्ठापित किया है।

वस्तुतः आप "योग-परामर्शक" और "योग-चिकित्सक" के रूप में जानी जाती हैं। अतः योग संस्थान, सदैव आपकी योग के क्षेत्र में दी गई, महनीय सेवाओं का सम्मान करता आया है।

आप सदैव स्वस्थ रहें, दीर्घायु रहें, और साथ ही योग के माध्यम से आजीवन समाज की सेवा करती रहें, इन्हीं अपेक्षाओं के साथ पुनः आपको अनंत बधाई और हार्दिक शुभकामनाएं।

स्वस्तिरस्तु, श्रीरस्तु!!

**श्रीमती संध्या दीक्षित**  
 योगाचार्य, स्वास्थ्यकेन्द्र, कैवल्यधाम, लोनावला  
 तिथि - ८ फरवरी, २०२१,  
 पोष, कृष्ण-द्वादशी, वि. संवत्, २०७७

**ओम प्रकाश तिवारी**  
 सचिव, कैवल्यधाम, लोनावला

**स्वामी महेशानंद**  
 अध्यक्ष, कैवल्यधाम, लोनावला

**कैवल्यधाम योग संस्थान**  
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**स्वामी कुवलयानंद योग पुरस्कार, 2020**  
**SWAMI KUALAYANANDA YOG PURSKAR, 2020**

**अभिनंदन पत्र**

तिथि - 8 फरवरी, 2021, पोष, कृष्ण - द्वादशी, वि. संवत्, 2077

डा. भृषण कुमार उपाध्याय, भा.पु.से. को योग के क्षेत्र में अनुपम योगदान के लिए स्वामी कुवलयानंद योग पुरस्कार, 2020 से सम्मानित करते हुए, आज हम सभी गौरवान्वित अनुभव कर रहे हैं।

आप धैर्यकाल से ही प्रतिभा के धनी, अक्षरब्रह्म के आराधक, योगसाधना के उपासक और प्राकृत तथा अर्वाच्य ज्ञान के संयोजक रहे हैं।

हितोदेश की निम्न सूक्तिः

विद्या ददाति विनयं, विनयान् याति पात्रताम्, पात्रत्वान् धत्तामप्योनि, धनतां धर्मं, ततो सुखम् ॥

आपके जीवन में पूर्णतया चरितार्थ होती है। अपनी प्रतिभा के अनुरूप, अपने योगाचार्य श्री शारदा की अनुकम्पा से स्नातकोत्तर परीक्षा में प्रथमस्थान व स्वर्णपदक प्राप्त किया, और संस्कृत में विश्वाचार्यपद की उपाधि प्राप्त की। विशेष गौरव का विषय है कि संघ सेवा आयोग द्वारा वरीयता सूची के आधार पर, आपका चयन भारतीय पुलिस सेवा के लिए सन् १९८९ में हुआ। महाराष्ट्र कैड्र में नियुक्ति के बाद, आप विगत ३२ वर्षों से, अनेकानेक नगरों और महानगरों में जनता की अग्रिम सेवा करते आ रहे हैं।

चूंकि दक्षता और विकासशीलता आपके बहु आयामी व्यक्तित्व के अभिन्न अंग हैं, अतः कर्मसाधना के सारथी की भांति आप सदैव क्रियाशील रहे हैं। इसी क्रम में पुलिस कमिश्नर के पद पर रहते हुए सोलापुर और नागपुर में आपने अविस्मरणीय कार्य किए, इसी प्रकार पुणे जेल में महानिरीक्षक (पुलिस) के रूप में, योगाभ्यास के माध्यम से, कैदियों के जीवन में नये चेतना का संचार किया। वस्तुतः आपका व्यक्तित्व चित्त, मनस और योग साधना से परिपूर्ण है, इसी का परिणाम है कि आपके संपर्क में आने वाले सभी नगरवासियों के जीवन में अभूतपूर्व सकारात्मक परिवर्तन दिखाने में सफल रहे हैं।

फलतः उद्युत श्रीमद् भगवद्गीता का संदेश आपके जीवन का ध्येयवाक्य बन गया है:-

युद्धियुक्तो जहातीह, उभे सुकृतयुक्ते।  
 तस्मान् योगाय युज्यते, योगः कर्मसु कौशलम् ॥ (२/५०)

वर्तमान में आप अतिरिक्त महानिरीक्षक (पुलिस) के पद पर मुंबई में कार्यरत हैं, और इस मुकुरतभार का सफलता पूर्वक वहन कर रहे हैं।

वस्तुतः निःस्वार्थसेवा के परिणामस्वरूप, आपको अनेकानेक उपलब्धियों और पुरस्कारों से सम्मानित और सुरजित किया गया है। निम्न

विशिष्टसेवा पदक - २००५, भारतीय पुलिस पदक-२००५,  
 अतिरिक्तसुरक्षा पदक - २००५, महानिरीक्षक पुलिस गौरव - २००५,  
 राष्ट्रपति पदक - २०१३, महाराष्ट्र उद्युत अकादमी विशेष सम्मान-२०१४ प्रमुख हैं।

प्रसन्नता है कि भारतीय पुलिस सेवा के मुकुरत भार के बाद भी आपकी ज्ञान पिपासा और सृजनशीलता सदैव जागृत रही है। फलतः आपकी लेखनी से सृजन की अनसुंधा सदैव प्रवाहमान रही है। आपकी प्रमुख रचनाएं हैं-

"Mind Management" "The Great Mind Managers of the World."  
 "महाभाष्य और ध्वनि विचार" "नये भवन्तु मुनिः।  
 वस्तुतः आपके जीवन में तथा कार्यशैली में, अहंगयोग की शिक्षा, प्रतिफल चरितार्थ होकर जनमानस के सर्वांगीण विकास में सहायक हो रही है, यह देख कर कैवल्यधाम योग संस्थान गौरवान्वित अनुभव करता है, और इस सम्मानपत्र के माध्यम से अपनी प्रसन्नता व्यक्त करता है।

आप सदैव स्वस्थ रहें, दीर्घायु रहें और योग के माध्यम से समाज में उन्नत मानदंडों को स्थापित करते रहें, इस अपेक्षा के साथ पुनः आपको अनंत बधाई और हार्दिक शुभकामनाएं।

स्वस्तिरस्तु, श्रीरस्तु ॥

डा. भृषण कुमार उपाध्याय, भा.पु.से.,  
 अतिरिक्त महानिरीक्षक (पुलिस), मुंबई,  
 महाराष्ट्र सरकार

**ओम प्रकाश तिवारी**  
 सचिव, कैवल्यधाम, लोनावला

**स्वामी महेशानंद**  
 अध्यक्ष, कैवल्यधाम, लोनावला

# Education & Outreach

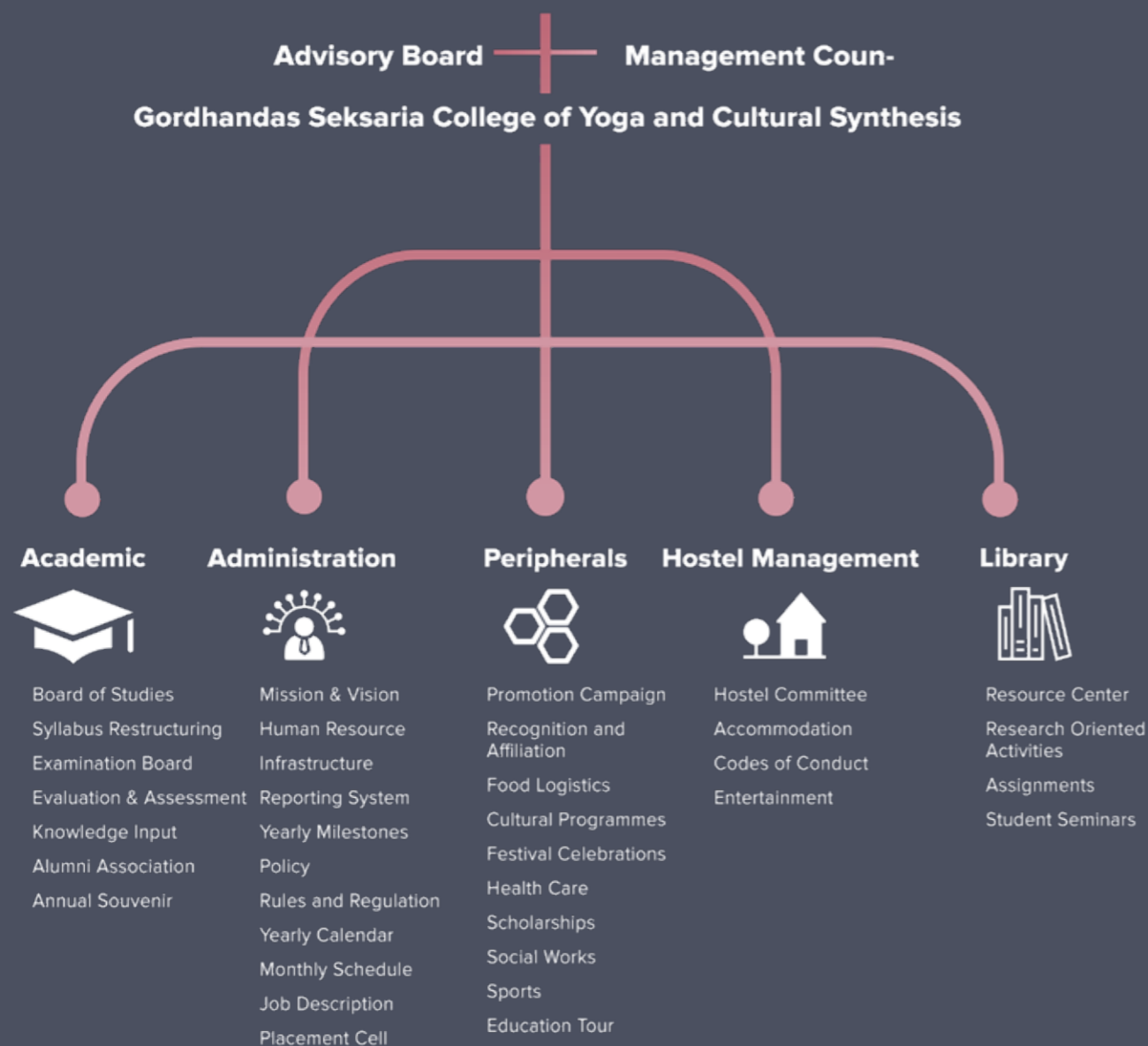


# Academics

GORDHANDAS SEKSARIA COLLEGE OF YOGA & CULTURAL SYNTHESIS

## Kaivalyadhama S.M.Y.M. Samiti

Advisory Board + Management Coun-  
Gordhandas Seksaria College of Yoga and Cultural Synthesis



## Equivalency

Our Diploma in Yoga Education is having an Equivalency Certificate as Post Graduate Diploma in Yoga Education (P.G.D.Y.Ed.) from the Kavikulaguru Kalidas Sanskrit University, Ramtek. Maharashtra.

## Objectives

- To spread the message of Health, Harmony and Happiness through Yoga and Cultural Synthesis
- To cultivate excellence in students through Traditional & Scientific principles of Yoga without diluting their basic tenets.
- To acquaint the students with prominent features of all cultures so as to enable them to perceive broader horizons of Yoga encompassing all world cultures.
- To enable them to discover Yogic tenets in their own cultures.
- To get them well grounded in a cultural synthesis so that they may strive not only to lead a well integrated life themselves, but also to teach others to attain the same to establish health, harmony & happiness on the face of earth.
- To make them well equipped should they opt for teaching in Yoga, as a freelance yoga professional or as an institution based yoga teacher.

## Recognition

Credited with a permanent recognition from NATIONAL COUNCIL FOR TEACHER EDUCATION (NCTE, NEW DELHI) the College, over the years, has blossomed into a leading educational agency in Yoga Education, flowering itself into numerous Yoga courses/Yoga programmes. It is also accredited as a Leading Yoga Institution - Certified by Ministry of AYUSH









## Regular Courses (Academic Year 2020-21)

### ACADEMIC COURSES CONDUCTED AT LONAVALA DURING THE YEAR (2019-20) AT A GLANCE

S.N	Name of the Course	Duration	Indians			Foreign Nationals			Grand Total		Total
			Male	Female	Total	Male	Female	Total	Indian	International	
1	C.C.Y. (May 2- June 1, 2020) Online	30 Days	14	22	36	01	06	07	36	07	43
2	C.C.Y. (June 8-July 7, 2020) Online	30 Days	04	16	20	03	01	04	20	04	24
3	C.C.Y. (Aug 17-Sep 16, 2020) Online	30 Days	04	14	18	01	02	03	18	03	21
4	C.C.Y. (Oct 5 -Nov 5, 2020) Online	30 Days	03	13	16	00	00	00	16	00	16
5	C.C.Y. (Dec 1, 2020-Jan 1, 2021) Online	30 Days	04	13	17	00	01	01	17	01	18
6	C.C.Y. (Jan 5-Feb 15, 2021) Online	30 Days	01	09	10	00	06	06	10	06	16
7	M.A. (Yogashastra)	Two Years	10	17	27	00	00	00	27	00	27
8	B.A. (Yogashastra) (Online)	Three Years	24	25	49	00	00	00	49	00	49
9	P.G.D.Y.Ed. (2020-2021)	1 Academic year	31	27	58	00	00	00	58	00	58

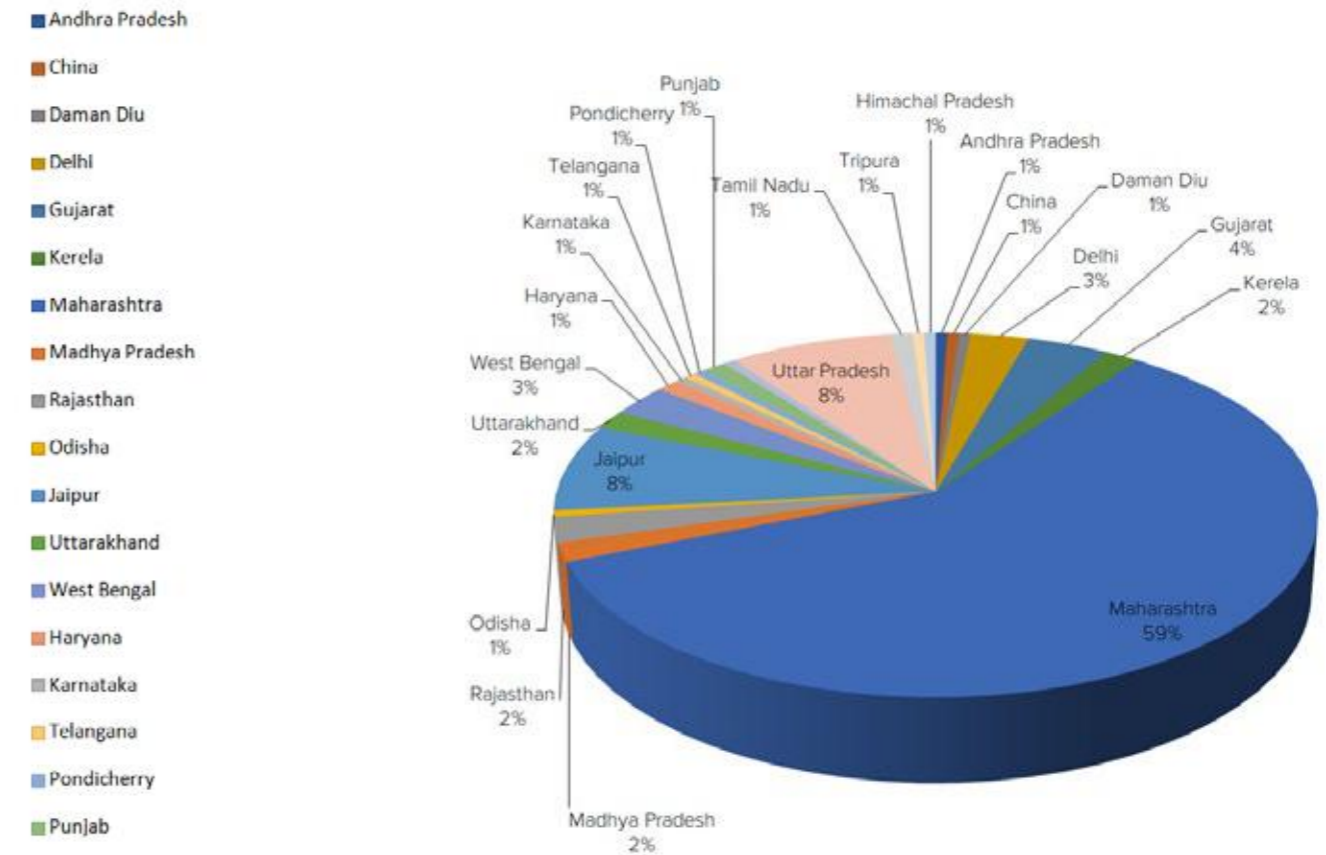


## CERTIFICATE COURSE IN YOGA

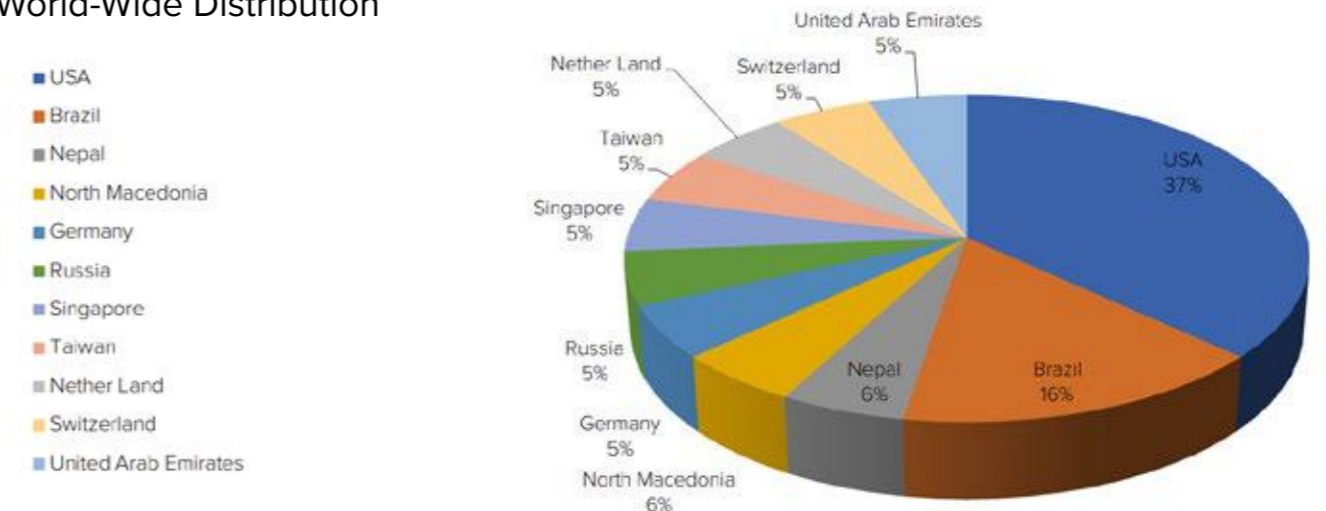
This 30-day yoga certificate course is a stepping stone for yoga seekers who wish to pursue a career in this field. It gives an in depth understanding of yoga covering the textual, psycho-physiological, and practical aspects of yoga, as well as, teaching methods in yoga.

Due to the Pandemic situation this Course was offered in Online Mode. G.S.College of Yoga and Cultural Synthesis conducted the C.C.Y Batches Online. Faculties guided the students in covering the textual, psycho-physiological, and practical aspects of yoga through online Lectures and Practical Sessions. Students could get the knowledge of Learning Yoga from their own place.

### Pan India Distribution



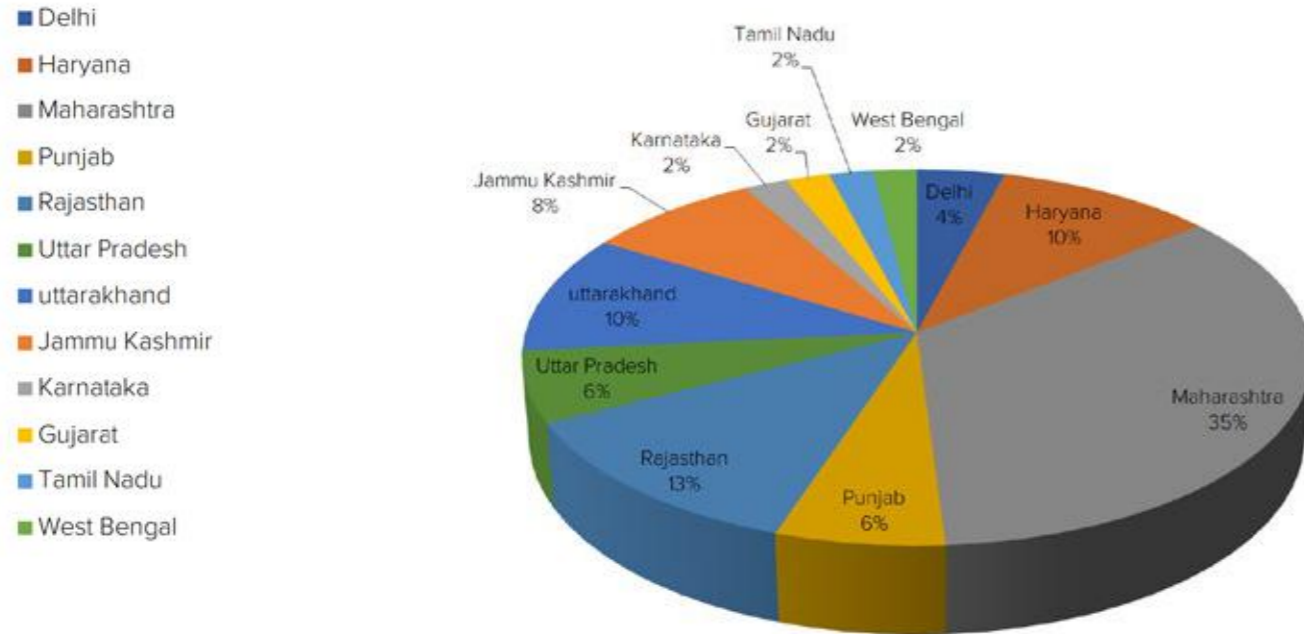
### World-Wide Distribution



**B.A. IN YOGASHASTRA**

B. A. in Yogashastra is a three years full-time course, which trains students with the concepts and practices to learn yoga at the graduation level. It is affiliated to Kavikulaguru Kalidas Sanskrit University and currently we have 49 students in the course.

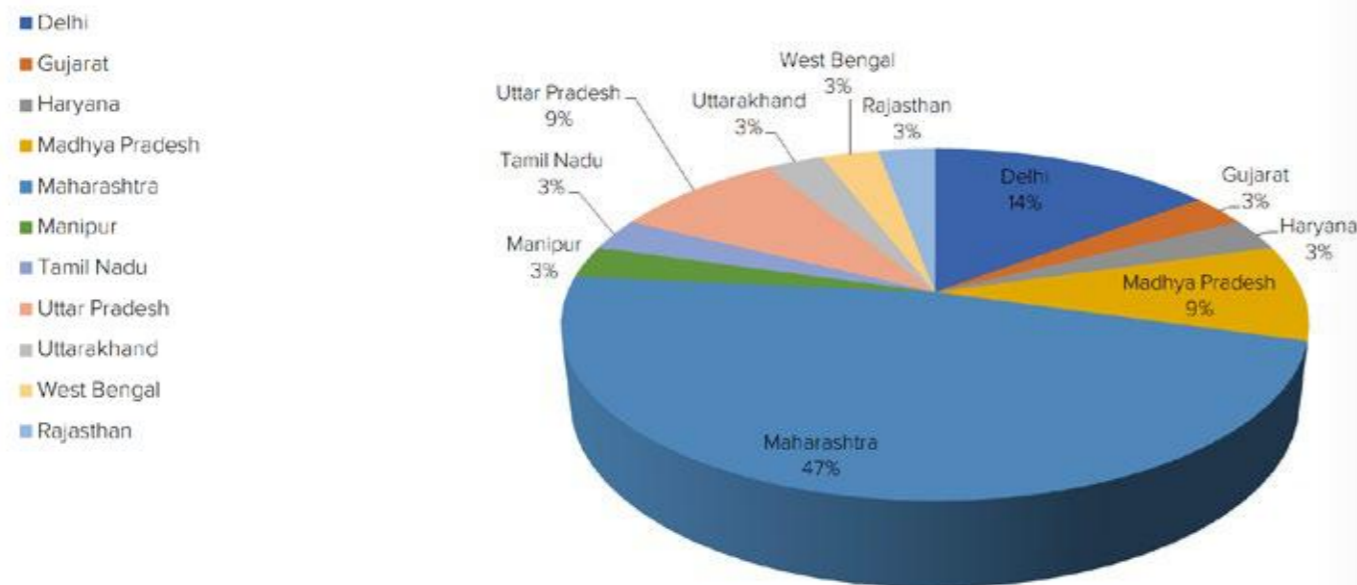
**Pan India Distribution**



**M.A. YOGA PHILOSOPHY**

M.A. Yogashastra, Affiliated to Kavikulaguru Kalidas Sanskrit University aims at training students to take up yoga study at the postgraduate level. It is available at Lonavla and Mumbai campus.

**Pan India Distribution**

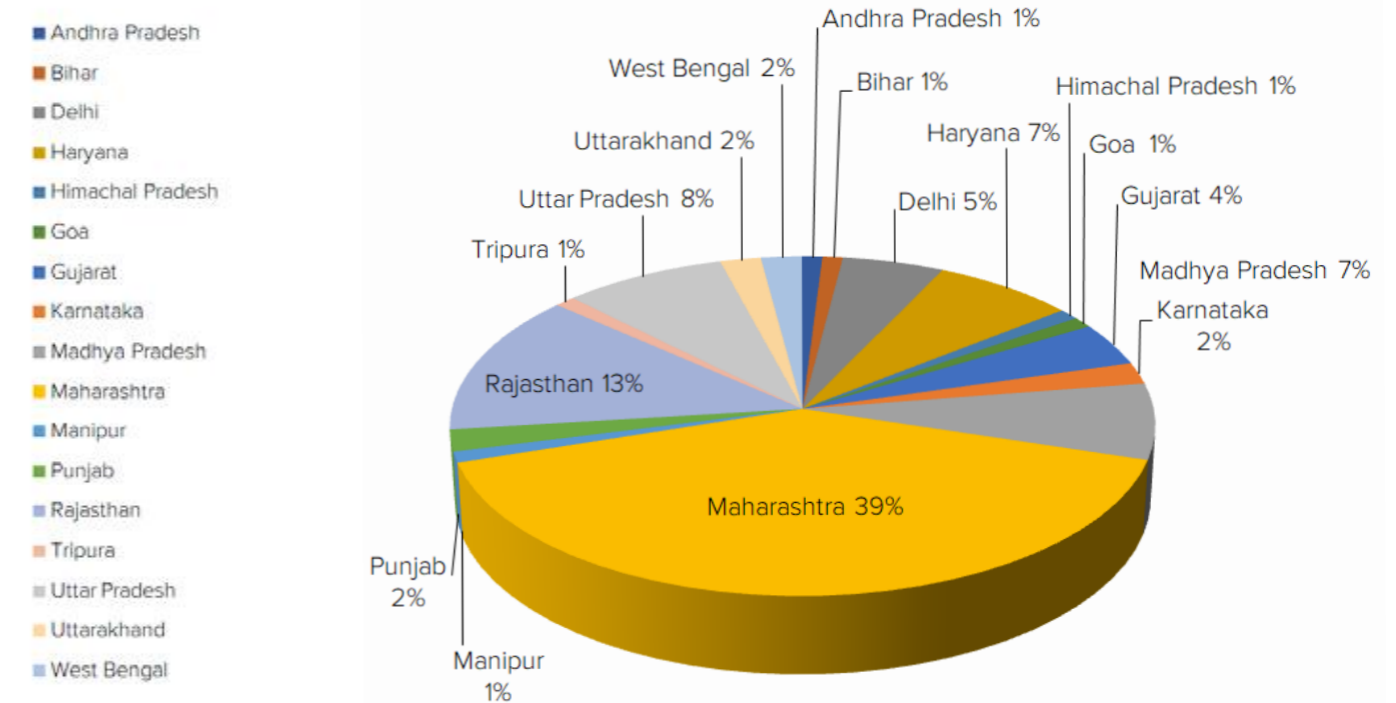


**P.G. DIPLOMA IN YOGA EDUCATION**

PGDYED course commenced online from Aug 1, 2020. Online classes were conducted till the end of September, 2021. Students were asked to come in Kaivalyadham campus by following all Covid-19 protocol and were quarantined in two batches. After two weeks, clinically it was assured they didn't have any clinical complaint and found ready for offline classes. Welcome ceremony conducted on 9th Oct, 2020 and then onsite classes started.

The aim of this course is to train and prepare students in the esoteric aspects of Yoga, which deals with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices. This course is conducted by Lonavla, Jaipur and Mumbai branches as of now.

**Pan India Distribution**



## PH.D. IN YOGA

Ph.D. in Yoga under the auspices of Kavikulaguru Kalidas Sanskrit University, Ramtek.

Four Professors from Kaivalyadhama Yoga Institute are selected as guide for Ph.D programme:

1. Dr. Neeta Gade
2. Dr. Rajani Pradhan
3. Dr. Praseeda Menon
4. Dr. Bandita Sathapathy

16 students are enrolled in this year. At present they are doing course work online with KKSU.



## YOGA INSTRUCTOR COURSE – ONLINE

YIC-Online intensive course is one of the ongoing popular courses in yoga offered to professionals across the world. It was conducted from 7th to 19th September 2020 for more than 12 students across the world online and onsite. This foundation teacher's training course provides an intimate experience online, with over 60 hours of in-depth video lectures and guidance from the teachers over email. There are five core yoga ebooks to study. Together they amount to more than 100 hours of study and immersion. It's a self-paced course, allowing the student up to one year to assimilate the deeper relevance of their practice. The yogic practices, and examinations for final certification, is covered in 2 weeks intensive at Kaivalyadhama, India. The course from 3rd to 16th January 2021 was conducted by one of the most experienced faculty of Kaivalyadhama, Ms. Sandhya Dixit and assisted by Asst. Yoga Teacher Ms. Pooja Bhosale. There were six students, from different states. Students were of different age groups, senior most being 63!; proving age is no bar for learning. The concluding event was blessed by the presence of Swami Maheshanandji, spiritual head and chairman of Kaivalyadhama.



## Special Yoga Training Programmes

**CCY INPT, GOA (JANUARY 4 - JANUARY 30, 2021)**

It was organised by GordhandasSeksaria College of Yoga and Cultural Synthesis, Kaivalyadhama from January 4 - January 30, 2021. Mr. Pratik Patil conducted CCY course at INPT GOA, for the Naval Officers.

**KAIVALYADHAMA YOGA PRASHIKSHAN KENDRA, BHOPAL**

We are in an era of online classes and outreach. Kaivalyadhama Yoga Prashikshan Kendra, Bhopal conducted Online Yoga Classes in the month of March 2021 for five Government colleges at various locations of Madhya Pradesh. Total number of participants including teaching staff was 359. These were month long classes.

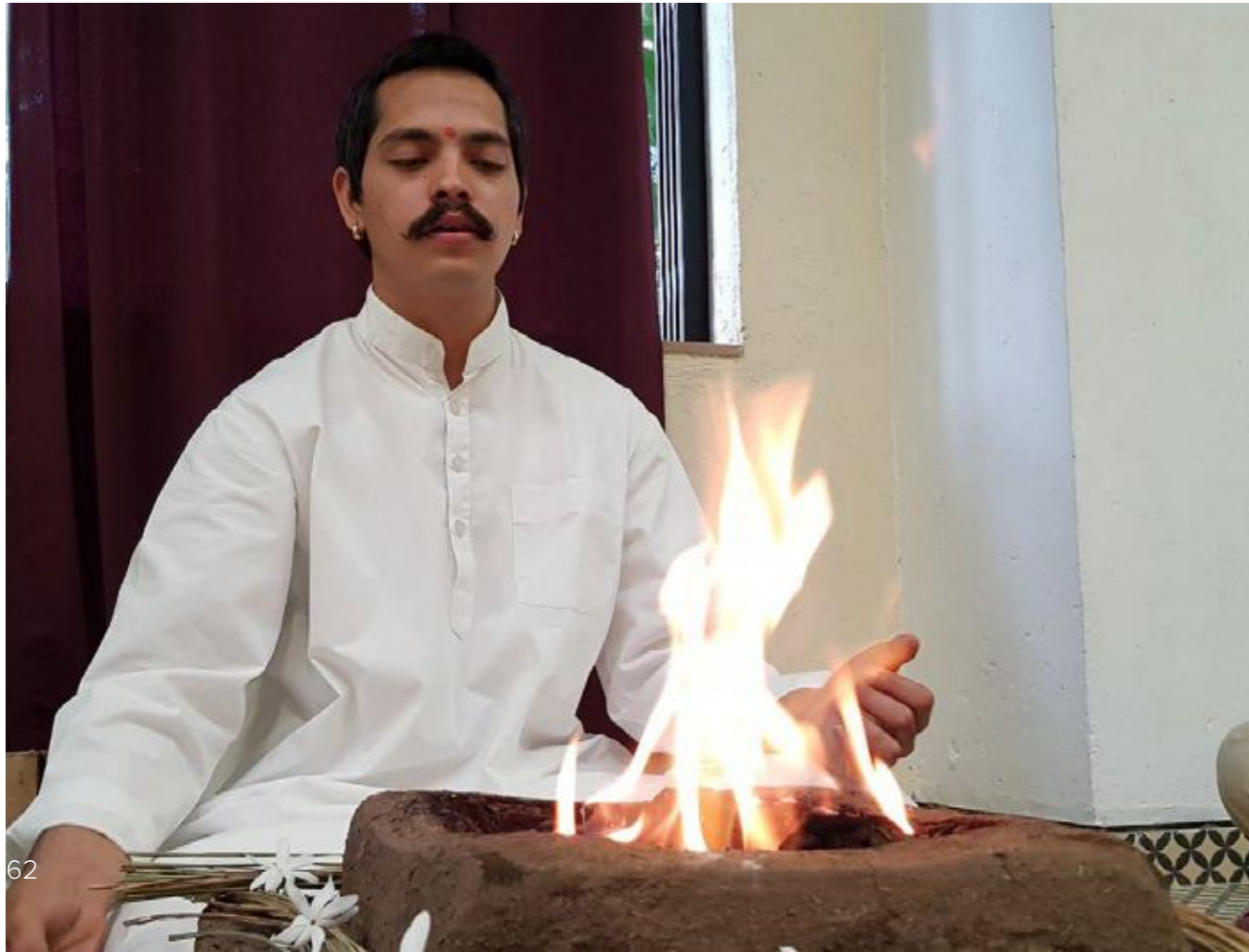
## Faculty and Student Development Programs

**KRIYA YOGA ANUSHTHANA – SPIRITUAL RETREAT**

The college of Yoga went for a week long retreat from 22nd to 27th February 2021. An opportunity for the college of yoga students to be immersed into the observance of religious rights and principles. The objective is to take stock of one's life, to attain the spiritual pursuit - predominantly experiential oriented endeavour.

The Kriya Yoga Anushtana is held under the guidance of Rev. Swami Maheshanandaji. This year, some sessions were conducted by the college faculty members Dr.S.D. Bhalekar and Mr. Vivek Tiwari. Sessions include:

1. Practice of Yogasanas
2. Pranayama and Prandharana
3. Chittaprasadana & Pratipakshbhavana
4. Havan with Mantra- Japa and Pray.



## Scholarships

### SMT. BHAGWATI DEVI BABURAM TIWARI SCHOLARSHIP

Kaivalyadhama announces that “Smt.BHAGWATI DEVI BABURAM TIWARI SCHOLARSHIP” has been instituted for the worthy students of the Post. Graduate Diploma in Yoga Education. The scholarship is available to outstanding students of the course.

It was awarded to the following students:

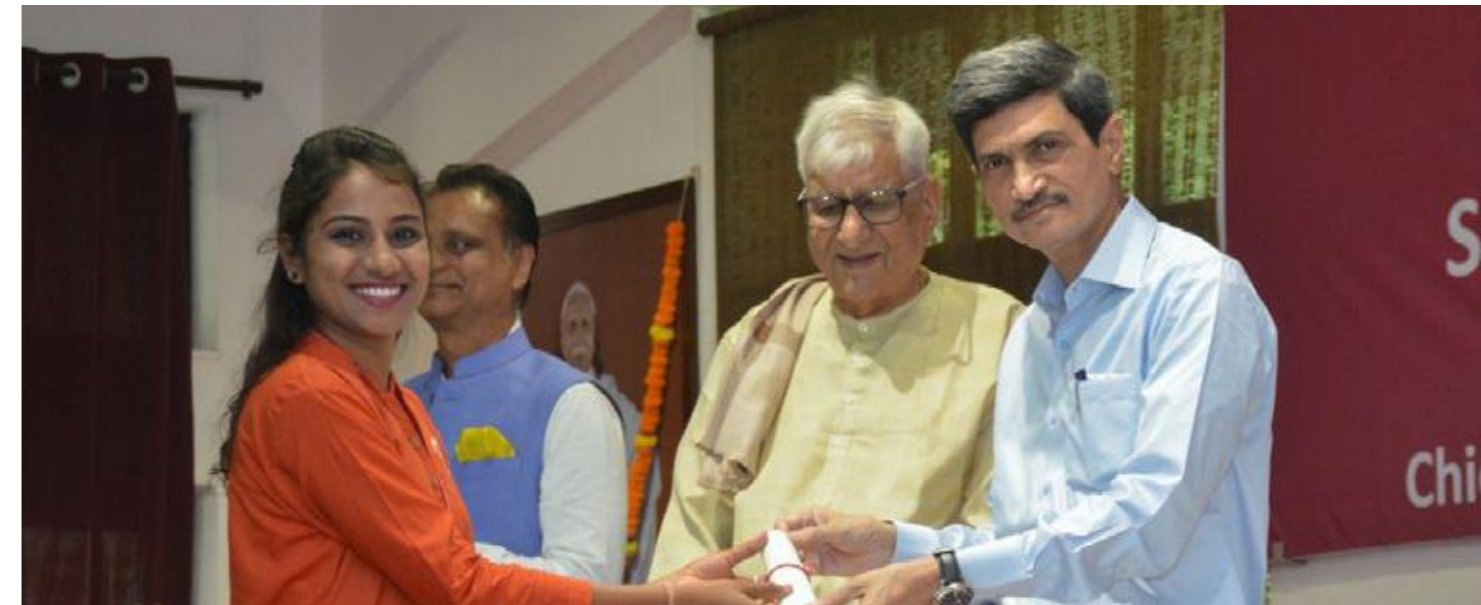
1. Chirag Tanna (Rs.10000/-)
2. Shweta Shelke (Rs. 10000/-)
3. Ahsan Huda (Rs.7500/-)
4. Kaveri Kapoor (Rs. 7500/-)



### SHRI RAMESHWAR PRASAD NEVATIA SCHOLARSHIP (YOGA EDUCATION FUND)

The year 2020 has been marred by the effects of the coronavirus pandemic. Amidst these dark moments, YEF Scholarship is announced with an objective to encourage youngmen and women into basics of yoga science in all its pure and pristine form sothat they can pursue their life’s mission in the multiple disciplines of YogaScience or take yogic practices to common man by involving themselves inspare time teaching while they adopt any other career path for their living. Shri. Rameshwar Prasad Nevetia scholarship award function was held on Sunday 21 March 2021. Hon’ble Justice C.V.Bhadang , Judge High Court of Bombay was the Chief Guest . He spoke of the importance of “Ekant”.Four students from Maharashtra, Bengal and Tripura were awarded the scholarship.

1. Mr. Saheb Mallik
2. Mr. Abhash Das
3. Ms. Shivani Prashant Ingawale
4. Ms. Shweta Dnyaneshwar Shelke



# TRAININGS

## Kaivalyadhama Across The World

### BEIJING, CHINA

**Ayurveda and women' health by Dr.Supriya:**  
It was Online where 135 students studied the concept of Ayurveda, woman's life cycle, the diseases of women related to the different stages in life, the daily regime and self-care.



**Pranayama workshop - Basic level by Zhu Yan**  
The workshop taught concepts of yoga, traditional yoga, yoga sutra, citta and pranayama along with practice of shat kriya, pranayama, chanting, yogic lifestyle and asanas.



### **Yogic purification workshop**

It was conducted off line with 6 students where they learnt the yogic method to purify the body and mind including shat kriya, asana, simple pranayama, self-awareness and sattva cooking.



### **Pregnancy, an Ayurveda perspective by Dr. Supriya**

It was done online in October where 52 students studied the Pregnancy guidelines for couple . Ayurveda suggests guidelines right from the preconception period, throughout the course of nine months of pregnancy and post-delivery phase.

### **Chanting workshop by Bipin**

It was done online twice a week where the mantras were taught from Kaivalyadhama chanting book and Bhadram.



**Kaivalya Upanishad workshop by Sudhirji**

It was in collaboration with Megan from Taiwan conducted in Online mode where 68 participants attended. Sudhirji explained the Upanishads and students who come from different schools got some depth into the Vedas.

**Insomnia by Dr.Supriya**

It was an online workshop where the cause, the symptoms and the regime for the insomnia was discussed.

Several interesting workshops like Ayurveda healthy diet and cooking by Zhu Yan, Ghee making in the traditional way by Dr.Supriya, Indian Laddu and kheer making for winters, facial beauty, Skin health, facial beauty, the ayurvedic and yogic way by Vivienne. China Branch also celebrated Diwali complete with the story behind the festival, chanting and meditation. There was also a workshop on Ayurveda for hair by Vivienne where all learnt to make Ayurvedic hair oil and to how to promote good head health.



**FUKUI, JAPAN**

**Special Asana Classes by Neeraj Singh**

It was This collaboration workshop with Wellness Chandra was conducted during special retreat in Awara, Fukui, Japan. In Awara, total 15 students had attended the asana classes with 33 online participants.

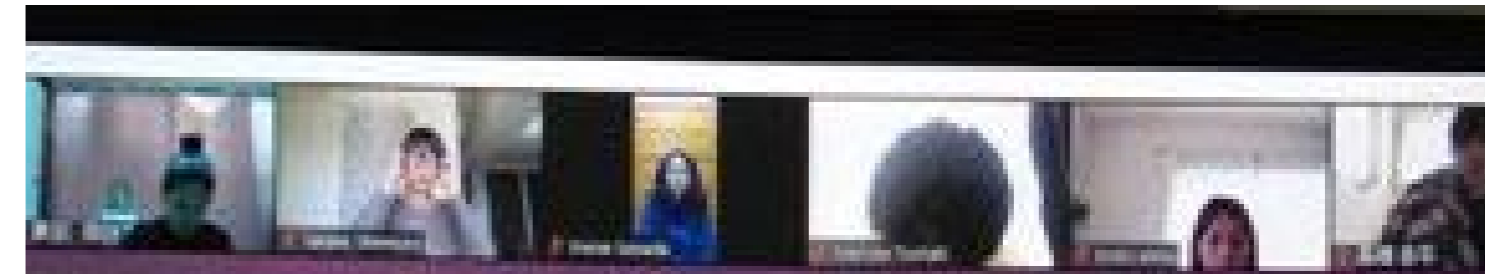


**SUNDAY YOGA (HATHA) WORKSHOPS**

SR #	DATE	Event	PARTICIPANTS
1.	June 2020	International Day of Yoga (21st June) by Mr. Neeraj Singh	95
2.	July 2020	Sunday Yoga (Hatha) Workshop by Mr. Neeraj Singh	106
3.	Aug 2020	Sunday Yoga (Hatha) Workshop by Mr. Neeraj Singh	120
4.	Sept 2020	Sunday Yoga (Hatha) Workshop by Mr. Neeraj Singh	95
5.	Nov 2020	Sunday Yoga (Hatha) Workshop by Mr. Neeraj Singh	59
6.	Jan 2021	Sunday Yoga (Hatha) Workshop by Mr. Neeraj Singh	61
7.	March 2021	Sunday Yoga (Hatha) Workshop by Mr. Neeraj Singh	51
8.	May 2021	Sunday Yoga (Hatha) Workshop by Mr. Neeraj Singh	48

**Collaboration workshop with Wellness Chandra, Japan**

Collaboration workshop with Wellness Chandra, Japan in February with 34 participants. The practical sessions were conducted by Sh. Neeraj Singh



# Workshops

## YOGA FOR GERIATRIC CARE IN COLLABORATION WITH MINISTRY OF AYUSH

10 Days of focused & intensive Yoga for Senior citizens was conducted in collaboration with Ministry of Ayush, Govt. of India, we had more than 100 people from across the world who took advantage of this unique offering which was open to all.



### WHAT PEOPLE SAID

"I have been practicing Yoga for a long time. However, during the lockdown I practiced with the series "Yoga for Seniors" conducted by Kaivalyadhama and shown live on FB page of Ministry of AYUSH. I want to compliment all the teachers of the Institute for such a beautiful, simple, loving and affectionate teachings, unique in my experience"

DR. VIJAY BHATKAR  
PADMA BHUSHAN AWARDEE

## ADVANCED MEDITATION WORKSHOP BY PROF. R.S BHOGAL

The first onsite advanced meditation workshop in pandemic was conducted in the month of October 2020 by Prof. Bhogal. The participants from various cities of Bangalore, Delhi, Pune and Mumbai. During this 6 days of workshop, the participants experienced the meditation techniques that are traditionally tested, Yogic Tenets, drawn from ancient text of Patanjalia Yoga Sutra , Hath Pradipika, VijnanaBhairava Tantra, Simha Samhita as well as form Buddhist and other traditions alive to this date. This Workshop was designed to experience once own existential happiness and bliss, any time at will. This also led them to understand the Spiritual Healing Phenomenon, with practical and safe guidance towards the healing proficiency, along with practical precautions. The participants appreciated the content of the workshop, and felt blessed to be part of it.



### ONLINE PROGRAMS AT KAIVALYADHAMA- A GRAND SUCCESES

The Online program at Kaivalyadhama was a grand success. We connected with our patrons, well wishers, accompanied them on their yogic journey, reaching out right into the comfort of their homes via our online programs.

Please find details Month wise for the Online Workshops. Apart from this we also had:

- 1) 31st Dec program LIVE on YouTube and website - Contemplation and Reflection Bidding adieu to 2020 and Ushering in 2021.
- 2) Online CCY courses conducted which was a new stepping stone in Academic circles.

### ONLINE WORKSHOP LIST FROM MAY 2020 TO MAR 2021:

Workshops in May 20		Date
Kriya Yoga By Prof RS Bhogal	May 1 - 2	
Yoga and Diet	By Shri Ravi Dixit	May 5 - 7
Yoga for depression and Anxiety	By Shri Neeraj Singh Workshop	May 12 - 13
Pranayama Workshop	By Ms Sandhya Dixit	May 19 - 20
Raja Yoga Workshop	By Dr Rajeshwar Mukherjee	May 29 - 30

Workshops in June 20		Date
Yoga as a Grammar -	By Shri R K Bodhe	June 19 - 20
Meditation Workshop -	By Prof RS Bhogal	June 27 - 28
Scientific Understanding of Yoga Asanas for Yoga Professionals -	By Shri Vivek Tiwari	June 29 - 30

Workshops in July 20		Date
(Sunday) Hatha Yoga Class from Kdham	By Shri Neeraj Singh	July 5, 12, 19, 26
Certificate Course in Patanjalyogasutra Chanting	By Dr Rajani Pradhan	July 17, 24, 31 (Fri)
Management of Psychosomatic disorders through Yoga	By Dr. Bhalekar	July 18, 19 (Sat-Sun)
"Pranayama: Evolution, Tradition and Scientific Approach - (3 Series, each every month)"	By Ms. Sandhya Dixit -	July 25, 26, 27 (Sat-Mon)

Workshops in August 20		Date
Sunday Traditional Yoga (Hatha) Class from Kaivalyadhama -	By Shri Neeraj Singh	(August Series)
Yoga Meditation	By Prof R S Bhogal	August 1 -2
Meditation: Subtler Practices for Yogic Well-Being	By Prof R S Bhogal	August 29 - 30
Pranayama: Evolution, Tradition and Scientific Approach (Series 2)	By Ms Sandhya Dixit	

Workshops in September 20		Date
Sunday Traditional Yoga (Hatha) Class from Kaivalyadhama	By Shri Neeraj Singh	(September series)
Yoga Meditation (FRENCH)	By Prof R S Bhogal	Sept 26-27
"Certificate Course in Patanjalyogasutra Chanting - II -	By Dr Rajani Pradhan	(4 Months, every Wed)
Pranayama: Evolution, Tradition and Scientific Approach (Series 3) -	By Ms Sandhya Dixit	
Yogic and Naturopathy approach to Weight Management	By Dr Ritu Prasad	

Workshops in October 20		Date
Kriya Yoga - Understand and Experience	Prof. Bhogal	Oct 31, Nov 1 (Sat-Sun)
Manage Auto-Immune Disorders with Yoga	(By Ms Renu Jain)	
Yoga for Women's Health	Ms Sandhya Dixit	Oct 10,11 (Sat-Sun)
YOGINAR 1- Live Yoga off the Mat	By Shri Premeet Kotak	Oct 17
YOGINAR -2 Yogic Breath Work	By Dr Praseeda Menon	Oct 31

Workshops in November 20		Date
Sunday Traditional Yoga (Hatha) Class	By Shri Neeraj Singh	Nov 1, 8, 15, 29
Special Asana (online) Classes	By Shri Neeraj Singh	Nov 21 - 23 (Sat - Mon)
Management of Chronic Diseases Through Yoga	Dr Bhalekar	Nov 7 - 8
Pranayama: Evolution, Tradition and Scientific Approach	By Ms Sandhya Dixit	Starting Nov 20 (3 months)
Yoga and Value Education	By Prof Bodhe	Nov 27
YOGINAR 3 - Detox and Rejuvenate with Yoga and Diet	Shri Ravi Dixit	Nov 23

Workshops in December 20		Date
Samyama for Health, Harmony & Success	Prof. Bhogal	Dec 26, 27, 28 (Fri - Sun)
Essence of Naturopathy for Better Health	Dr Santosh Pandey	Dec 28 - 29
YOGINAR 4: Kriya Yoga Meditation	By Prof Bhogal	Dec 5

Workshops in Jan 21		Date
Yoga & Meditation	By Prof. R S Bhogal	Jan 30 & 31
(Sunday) Hatha Yoga Class from KDham	By Shri Neeraj Singh	Jan 10, 17, 24, & 31
Certificate Course in Srimadbhagwatgita Chanting	By Dr Rajani Pradhan	4 Months, every Wed
Introduction to Yoga therapy	By Dr S. Bhalekar	Jan 30 & 31
YOGINAR: Inner Silence	By Premeet Kotak	Jan 30

### Workshops in Feb 21

Date

Yoga and Ayurveda for insomnia -	By Shri Neeraj Singh and Syad	Feb 6 & 7
Stress Management with Yoga Therapy	By Dr. Santosh Pandey	Feb 13 & 14
Meditation: Basics & Practice	By Prof. R S Bhogal	Feb 27 & 28

### Workshops in March 21

Date

(Sunday) Hatha Yoga Class from Kdham	By Shri Neeraj Singh	March 7, 14, 21, 28
"Management of Lifestyle Disorders by Yoga Therapy and Naturopathy	By Dr. Santosh P	
Management of Psychosomatic disorders through Yoga	By Dr. Bhalekar	March 18, 19 (Sat-Sun)
Meditation for Continual Wellness	By Prof. R S Bhogal	March 27 & 28

🌸 Glimpses of some our popular creative posters

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

Online Course  
**ŚRĪMADBHAGAVADGĪTĀ  
CHANTING**

**Facilitator  
Dr Rajani Pradhan**

Day -  
Every Wednesday and Friday  
starting from January 27th, 2021.

Time -  
4:30 pm to 6:30 pm  
(Indian time; +5:30 hrs GMT)

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

Online Workshop  
**Dhyana (Meditation) : Basics & Practice**

**Facilitator  
Prof R. S. Bhogal**

Dates  
27<sup>th</sup> and 28<sup>th</sup>  
February 2021

Time  
16:30 to 19:00  
(Indian time; +5:30 hrs GMT)

**Fees 2,100/- INR Only**

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

Workshop On  
**Detox Through Naturopathy, Yoga & Diet**  
Necessity of Cleansing And Detoxification

\* Lecture Date \*  
**6<sup>th</sup> March 2021**  
**By Dr. Santosh Pandey**

\* Resource \*  
**8<sup>th</sup> to 13<sup>th</sup> March 2021**  
**Dr. Apoorva Shenoy**

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

**Breathe New Life Into  
Your Living**

- \* Yoga + Ayurveda ,
- \* Yoga + Naturopathy
- \* Yoga + Relaxation

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

## Online Workshop on Manage Auto-Immune Disorders with Yoga

**Part 1 (Foundation Program)**  
Date: 3<sup>rd</sup> & 4<sup>th</sup> Oct 2020  
Time: 4:30pm to 7:00pm (IST; +5:30 Hrs GMT)

**Part 2 (Core Program)**  
Date: Every Tuesday & Friday, starting from 20<sup>th</sup> Oct 2020  
Time: 5:30pm to 7:00pm (IST; +5:30 Hrs GMT)

Registration Link:  
<https://bit.ly/3kaevib>

**Facilitator - Ms. Renu Jain**

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

## Online Yoga Class at Kaivalyadhama Jaipur Branch.

Class Days  
**Monday to Saturday**

- ▶ Group Class
- ▶ Individual Session (Alternate Days)
- ▶ Individual Session (Everyday)

To Register, Visit - <https://kdham.com/jaipur/>

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet



Kaivalyadhama's Gordandas Sekseria College of Yoga and Cultural Synthesis has been granted recognition as a "Research Centre" by the Kavi Kulguru Kalidas Sanskrit University vide Notification KKSU/2019-20/BPD/39.

This enables students to register for PhD in "Yoga & Allied Subjects" from the academic year starting 2020 onwards.

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

PRESENTS

## Live Session with The Master on "The role of Kriyas in Yoga"

Come join us to the Words of Wisdom from The Master Himself  
Live On  and 

**Shri. O. P. Tiwari**

Date: 17<sup>th</sup> Sept, 2020  
Time: 5:30pm

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

## ICYHC Kaivalyadhama Mumbai Cordially Invites you to a Series of Webinars on


Yogic & Ayurvedic approach for digestion related disorders (Acidity & Constipation) by  
**Dr. Gayatri Gohil**  
26<sup>th</sup> July, Sunday

Therapeutic approach to Hypertension (High Blood Pressure) through Yoga, Naturopathy & Diet (Lifestyle & Diet modification with Yogic & Naturopathic remedies) by  
**Dr. Apoorva Shenoy**  
2<sup>nd</sup> August, Sunday

Complete care of Back & Knee problems through Ayurveda, Yoga & Panchkarma by  
**Dr. Animesh Karmakar**  
9<sup>th</sup> August, Sunday

PCOD and Menstrual health issues holistic care (Ayurveda, Yoga & Modern Science) by  
**Dr. Nutan Pakhare**  
16<sup>th</sup> August, Sunday

Mental & Emotional Health in the New Normal by  
**Dr. Jawahar Mehta**  
23<sup>rd</sup> August, Sunday

Live on 

Time **05:30 pm to 06:30 pm** IST

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

## Online Yoga Classes to Improve Immunity & Stay Healthy & Fit while at Home

**Weekday & Weekend Batches**  
Date: 01<sup>st</sup> Aug to 31<sup>st</sup> Aug 2020

**Morning:** 7:30 am to 8:30 am and 8:45 am to 9:45 am

**Evening:** 4:30 pm to 5:30 pm and 5:45 pm to 6:45 pm

Visit: <https://kdham.com/mumbai>

**Unlimited access to our classes for the month of August**

## Purpose of Pranayama Practice

By Shri. Neeraj Singh




By Shri. O.P Tiwari

5th December 2020

Japanese translation by Ms. Motoko Saito

**Schedule -**

- 19:00 - 19:20 (Japan Time) Short Asana class on chair by Mr. Neeraj Singh
- 15:30 - 15:50 (Indian Time)
- 19:25 - 20:00 (Japan Time) Lecture by Shri O. P. Tiwari-ji
- 16:00 - 16:30 (Indian Time)

@KaivalyadhamaYogaInstitu  
@YogaWellnessChandra



Online Workshop By  
Prof. R.S Bhogal

27th - 28th June, 2020 | 16:30 to 19:15 hours IST



**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

ONLINE WORKSHOP ON  
**Pranayama**  
Evolution, Tradition  
& Scientific Approach



- Facilitator -  
**Yogacharya Sandhya Dixit**

**Time:** 04:30 pm to 06:45 pm (IST)  
3 Series

(Each Series has 3 Sessions each)

**To Register:** <https://bit.ly/35wwVEd>

**Series 1:** 20<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup> Nov 2020

**Series 2:** 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup> Dec 2020

**Series 3:** 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup> Jan 2021



**Special Asana (Online Classes) in Collaboration  
with Yoga & Wellness Chandra, Japan**

Consecutive Interpretation  
into Japanese  
by **Dr. Motoko Saito**



**Dates & Timings**

21<sup>st</sup> Nov: 12:30 to 13:30 (IST)  
16:00 to 17:00 (Japan)

22<sup>nd</sup> Nov: 07:00 to 08:00 (IST)  
10:30 to 11:30 (Japan)

22<sup>nd</sup> Nov: 12:30 to 13:30 (IST)  
16:00 to 17:00 (Japan)

23<sup>rd</sup> Nov: 07:00 to 08:00 (IST)  
10:30 to 11:30 (Japan)



Facilitator  
**Mr. Neeraj Singh**



**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

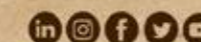
**Online Certificate Course in  
Patanjalayogasutra Chanting**  
by



**Dr. Rajani Pradhan**



4 months, July to October 2020  
Every Friday



**WORKSHOP ON YOGA AND STRESS MANAGEMENT FOR THE DOCTORS DEPUTED BY DHS, NHM, MUMBAI**

An online CME workshop on 'Yoga and Stress Management' for doctors deputed by DHS, NHS, Mumbai, was organised under Kaivalyadhama collaboration with AYUSH National Health Mission in Lonavala.

Glimpses of the two days AYUSH-sponsored online workshop on "Yoga and Stress Management" for Doctors deputed by DHS, NHS, Mumbai:



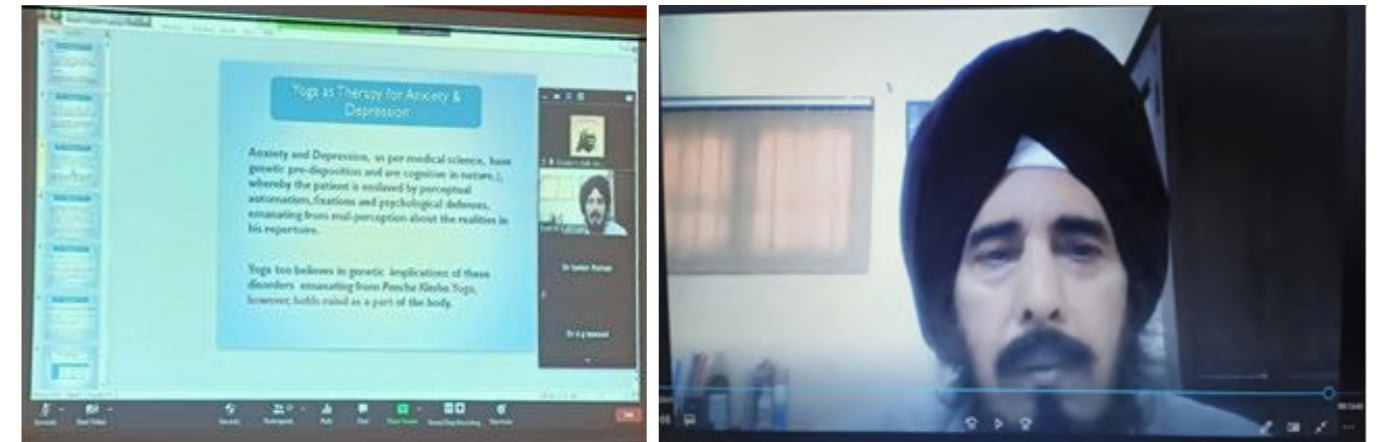
Prof.R.S.Bhogal Sir Joint Director Research Kaivalyadhama inaugurating the workshop



Yoga teacher Mr Wankhade conducting Yoga classes in two days online workshop



Dr. S. D Pathak, ADR, Kaivalyadhama Lonavla delivered four lectures on topics  
 1 & 2. "Yoga for Doctors – scientific basis of Yoga therapy in conventional medicine" (Part I & II),  
 3. "Indications, contraindications and limitations of Yoga in different diseases"  
 4. "Yoga modules in different diseases."



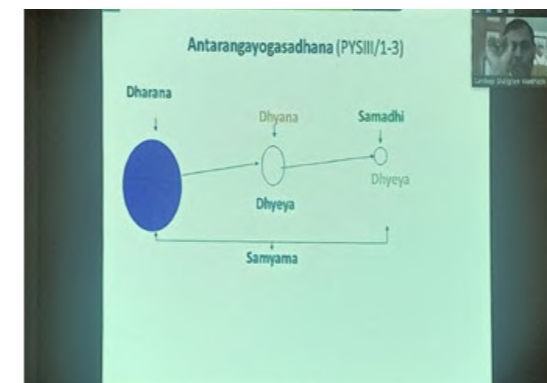
Prof. R. S. Bhogal gave lecture on "Yoga and Stress Management".



Dr. S. D. Bhalekar gave two lectures on topics "Yoga and Personality Development" and "Progress and practices in Pranayam".

Vaidya Pawargave lecture on topic "Life Style and Ayurved"

Prof. R. K. Bodhe gave lecture on "Relevance of PYS in day today life with reference to Yama and Niyama".



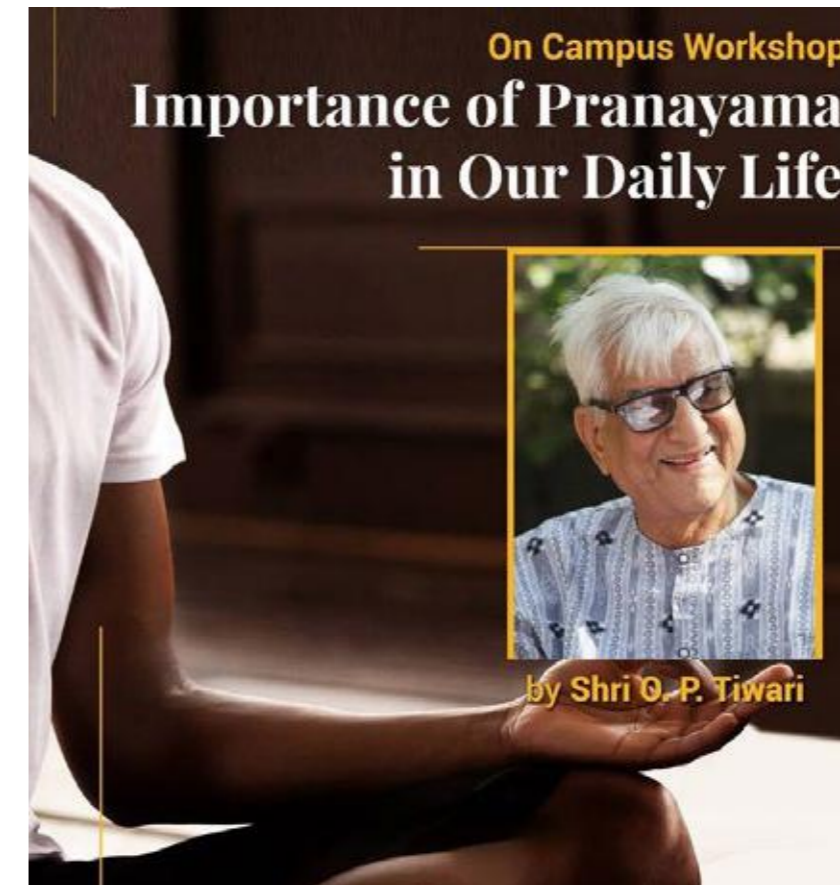
Shri Sandeep Wankhade gave lecture on topic "Important tips for yoga practices".



Valedictory Function

## MANAGE AUTOIMMUNE DISORDERS WITH YOGA

The first of its kind at Kaivalyadhama, an on-site workshop on “Manage Autoimmune Disorders with Yoga” was conducted by our experienced faculty Ms. Renu Jain, from 7 to 14 February 2021. This was an intensive program. An autoimmune disease is a condition in which your immune system mistakenly attacks your body. The immune system normally guards against germs like bacteria and viruses. When it senses these foreign invaders, it sends out an army of fighter cells to attack them. Yoga can be used as an aid to cure the disease.



**IMPORTANCE OF PRANAYAMA IN OUR DAILY LIFE**  
It was an exclusive workshop by the master Sh. O P Tiwari.

## 🌸 Online Activities Of Mumbai Branch

SR #	Event	DATE
1.	Work from home, Yoga for home by Ravi Dixit	22/03/20
2.	Work from home, Yoga for home by Ravi Dixit	23/03/20
3.	Healthy life style tips during the lockdown by Ravi Dixit	26/03/20
4.	Modified yoga practices for home by Ravi Dixit	02/04/20
5.	Tips of pranayama by Ravi Dixit	04/04/20
6.	Yogic siesta (Simple yoga) & diet tips by Ravi Dixit	06/04/20
7.	Live meditation with Ravi Dixit	20/04/20
8.	88th foundation day of panel discussion on “holistic health through yoga, Naturopathy, psychiatry & ayurveda - by Ravi Dixit, Anvay Dixit, Dr. Gayatri, Dr. Apoorva, Dr. Nutan, and Dr. Jawahar Mehta (live)	30/04/20
9.	Video by team Kaivalyadhama Mumbai	30/04/20
10.	Online workshop balance yoga program & diet tips by Ravi Dixit	5/5/20 - 7/5/20
11.	Labour day-yoga for support staff by Ravi Dixit	01/05/20
12.	Webinar on “ balancing mental ,physical emotional health through yoga diet & counselling by Ravi Dixit & Dr. Jawahar Mehta	26/05/20
13.	Webinar on- complete cure of back & knees problem through ayurveda, Yoga & panchkarma by dr.Animesh Karmarka	27/05/20

SR #	Event	DATE
14.	Webinar - Yogic ayurvedic approach to lifestyle disorders by dr.gayatri	28/05/20
15.	Webinar - Holistic health care of women's health through yoga by Nutan Pakhare	29/05/20
16.	Therapeutic approach to diabetes mellitus through yoga, naturopathy & diet by Dr. Apoorva	30/05/20
17.	Webinar on patanjali yoga sutra mental health & psychiatry part - 1 by Ravi Dixit & Dr. Jawahar Mehta	07/06/20
18.	Hello mumbai with RJ Neeta (107.1) along with ravi dixit	10/06/20
19.	Webinar on patanjali yoga sutra mental health & psychiatry part - 2 by Ravi Dixit & Dr. Jawahar Mehta	14/06/20
20.	B.K Birla college Kalyan (workshop)	17/6/20 - 21/6/20
21.	International day of yoga _hr college - by Ravi Dixit	18/6/20 - 21/06/20
22.	Speaker for 4th health event of international day of yoga - yoga, psychology & psychiatry by Dr. Jawahar Mehta	19/06/20
23.	Speaker for 5th health event of international day of yoga - Yoga and Lifestyle by Ravi Dixit	20/06/20
24.	Speaker for 6th health event of international day of yoga - Yoga and Diet by Dr. Apoorva shenoy	21/06/20
25.	Webinar on yogic & ayurvedic approach for digestion related disorder by Ravi Dixit & Dr. Gayatri	26/07/20
26.	Therapeutic approach to hypertension through yoga & diet by Ravi Dixit & Dr. Apoorva Sehnoy	02/08/20
27.	Complete cure of back & knees problem through ayurveda, yoga & Panchkarma by Dr. Animesh Karmarkar	09/08/20
28.	Webinar on pcod& menstrual health issues holistic care through ayurveda, Yoga & modern science by Dr. Nutan Pakhare	16/08/20
29.	Webinar on mental & emotional health in new normal by Ravi Dixit & Dr. Jawahar Mehta	23/08/20
30.	Age with grace- be youthful, be useful by - by Ravi Dixit, Dr. Gayatri, Dr. Apoorva, Dr. Animesh, and Dr. Mehta	06/09/20
31.	Teenage - the pangs of growing up by Ravi Dixit, Dr. Gayatri, Dr. Apoorva, Dr. Nutan, Dr. Mehta, Dr. Animesh K. & Minoojokhi	20/09/20
32.	How to improve your memory & concentration through yoga & meditation by Ravi Dixit & Minoojokhi	27/09/20
33.	Mind over matter through meditation by Ravi Dixit & Dr. Kruti Parekh	11/10/20
34.	International day of older person - Shri. O. P. Tiwariji, Shri Ravi Dixit, Dr. Abha Chaudhary, & Dr. Gauri Sengupta	27/10/20
35.	Detox -rejuvenate with yoga & diet	23/11/20
36.	Essense of pranayama & Meditation	03/12/20
37.	Swami anubhavananda speaks on the vision beyond	01/01/21
38.	Scientific Research on meditation By Dr.Bhalekar	09/01/21
39.	Stress management through yoga & diet By Sudhir Tiwari	13/02/21
40.	Detox through Naturopathy yoga & Diet By Dr.Apoorva & Shri. Ravi Dixit	06/03/21

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

**B. K. BIRLA COLLEGE (AUTONOMOUS), KALYAN**  
UGC sponsored centre for Yoga, Philosophy and Practice,  
N.C.C. Unit and Sports  
In association with  
Kaivalyadhama Yoga Institute, Mumbai  
Organizes  
**Five Days Yoga workshop**  
on  
"Healthy Body and Healthy Mind"  
Date : 17<sup>th</sup> - 21<sup>st</sup> June 2020 Time: 8.00 am to 9.00 am  
Platform : Microsoft Teams

**ICYHC Kaivalyadhama Mumbai**  
Cordially Invites you to a Series of Webinars on

Yogic & Ayurvedic approach for digestion related disorders (Acidity & Constipation) by  
**Dr. Gayatri Gohil**  
26<sup>th</sup> July, Sunday

Therapeutic approach to Hypertension (High Blood Pressure) through Yoga, Naturopathy & Diet (Lifestyle & Diet modification with Yogic & Naturopathic remedies) by  
**Dr. Apoorva Shenoy**  
2<sup>nd</sup> August, Sunday

Complete care of Back & Knee problems through Ayurveda, Yoga & Panchkarma by  
**Dr. Animesh Karmakar**  
9<sup>th</sup> August, Sunday

PCOD and Menstrual health issues holistic care (Ayurveda, Yoga & Modern Science) by  
**Dr. Nutan Pakhare**  
16<sup>th</sup> August, Sunday

Mental & Emotional Health in the New Normal by  
**Dr. Jawahar Mehta**  
23<sup>rd</sup> August, Sunday

Live on Time 05:30 pm to 06:30 pm IST



**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

Presents  
**A Panel Discussion,**  
**'Age with Grace - Be Youthful, Be Useful'**  
(highlighting Geriatric Issues)  
on Sunday, the 6th of September, LIVE at 5:30 PM  
with expert faculties



Dr. Jeevan Mohita  
MD, Psychiatry

Moderator: Gini Ravi Dobb  
Lit. Director, Kaivalyadhama Mumbai

Dr. Animesh Karmakar  
Yoga & Ayurveda

Dr. Ganesh Gehli  
Yoga & Ayurveda


Dr. Apoorva Shetty  
Naturopath & Dietician

**TUNE IN LIVE ON** 

Page Name:  
ICYHC Kaivalyadhama Yoga Centre

**YOGINAR™**  
by Kaivalyadhama

**Detox & Rejuvenate  
with Yoga & Diet**



**Mr. Ravi Dixit**  
Facilitator

**Few Days Left. Book Your Seat Now!**

Date: 23<sup>rd</sup> November 2020, Monday  
Time: 05:30 pm to 07:00 pm IST  
Registration Link: <https://bit.ly/3jY9Nn4>

**Swami Anubhavananda**  
speaks on  
**THE VISION BEYOND**  
(Based on Kaivalyopanishad)

from 1st to 7th January, 2021  
Time - 6pm. to 7.15 pm.  
at Kaivalyadhama Mumbai  
and live on Facebook/YouTube.

Registration: ☎ Tel: (022) 22818417/22886256/9869266030 ✉ kdhamyogcenter@gmail.com 🌐 www.yoginara.com 📍 43 Netaji Subhash Road, Marine Drive, Mumbai - 400002

**KAIVALYADHAMA**  
Where Yoga, Tradition & Science Meet Since 1921  
is now a **Leading Yoga Institution (LYI)**  
43 Netaji Subhash Road, Marine Drive, Mumbai - 400002

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

On Campus  
**Weekend Yoga Classes -  
For peace, health &  
healing.**

Rejuvenate & Unwind your weekends  
with **Ms. Ami Kothari**  
Yoga Teacher, Kaivalyadhama

Days	Time
Saturday and Sunday	7am to 8am

To Register visit -  
Kaivalyadhama, 43, Netaji Subhash Road, Marine Drive,  
(Near Taraporewala Aquarium) Mumbai-400 002.  
Call - (0091-22) 2281 8417 / +91 98200 85965

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

On Campus  
**Yoga Class -  
Focus On Holistic  
Health & Wellbeing**

with **Ms. Ami Kothari**  
Yoga Teacher, Kaivalyadhama

Days	Time
Monday, Wednesday, & Friday	11.30am to 12.30pm

To Register visit -  
Kaivalyadhama, 43, Netaji Subhash Road, Marine Drive,  
(Near Taraporewala Aquarium) Mumbai-400 002.  
Call - (0091-22) 2281 8417 / +91 98200 85965

**KAIVALYADHAMA**  
Where Yoga tradition and Science meet

Workshop On  
**Stress Management Through Yoga & Diet**  
Diabetes & Hypertension Management

Lecture On  
Saturday, 13<sup>th</sup> February 2021  
Time: 06:00 pm

By **Shri. Sudhir Tiwari**

Workshop from  
15<sup>th</sup> to 20<sup>th</sup> February 2021  
Time: 07:00 am to 08:15 pm  
Or 06:00 pm to 07:15 pm

Conducted By  
**Ms. Nitisha Visaria**  
Yoga Teacher

Tel.: (022) 22818417/22886256/9869266030  
Gmail: kdhamyogcenter@gmail.com  
Website: www.kdham.com/mumbai  
43 Netaji Subhash Road, Marine Drive, Mumbai 02

# OUTREACH

## ONLINE CORPORATE YOGA

Kaivalyadhama conducted a series of programs exclusively for corporates, in Yoga, Mental Health and Wellness, pan India, for selected audiences, those who were working in closed up offices and some stranded at home due to the pandemic. We had two organizations that approached Kaivalyadhama. Abbott India Ltd. is an Indian subsidiary of the American worldwide healthcare company, Abbott Laboratories, with its head office in Mumbai, Maharashtra, India. Danaher is a global science and technology innovator committed to helping customers solve complex challenges and improving quality of life around the world.



## SOCIAL OUTREACH DURING COVID 19

The institute set in right from 20th March 2020 to provide herbal drink (Kadha) to all the police personnel's and personnel's from the Lonavla Municipal Council.

The institute also contributed in form of facemasks to LMC so that it could be distributed to the needy. Our joys to serve the frontlines that are helping us deal with the situation in every way a possible to us



# AMERA SAPNA

## Activity Club for Children



**KAIVALYADHAMA**

Where Yoga tradition and Science meet



### MONTHLY REPORT OF MARCH 2021

B.B Shah Trust has started at activity club for Vaidu community children, in association with Kaivalyadhama & Anum Foundation. Activities are conducted daily between 4 to 6 pm from Monday to Saturday.

Number of Beneficiary: Boys - 47  
Girls - 56  
Total - 103

#### YOGA CLASS



#### **SUPTAVAJARASANA:-**

**Benefits:-** This is very good for the lower spine. It strengthens the abdominal muscles. It helps in relieving constipation and is good for high blood pressure and sciatica.

#### **KAPALABHATI:-** Rapid breathing with jerk

**Benefits:-** This is very good for cold and asthma. It improves digestion and helps in relieving constipation. All the organs in the stomach are made healthier. Respiratory rhythm is improved. This is one of the best breathing exercises.

**Feedback:-** They are more confident to making advance asana. They also practice at home of advance asana. If someone is not able to perform advance asana. They help to their friend to make asana. They are also focus on pranayama and learning what the right technique of breathing is.

### KAIVALYADHAMA OUTREACH GROUP PUNE

On the occasion of Rathasaptami (19th February 2021), Kaivalyadhama Outreach Group Pune organised a Suryanamaskar workshop for the Health Centre, Savitribai Phule Pune University. The workshop was conducted on the picturesque lawns of the heritage Main Building of SPPU. Along with the rising sun, 35 participants performed 108 Aditya Aradhana Suryanamaskar. This was followed by cooling down asanas and "Pranav Jap". The workshop was attended by 45 participants through online platform. The senior members performed "Chair Suryanamaskar". The youngest participant was 10 years old and the oldest 75 years old granny from a village near Jalgaon. The event was a great success. A customized Tee Shirt was awarded to each person who attended the workshop at the university, by Health Centre SPPU. Demonstration of various sequences of Suryanamaskar was done by the members of Kaivalyadhama Outreach Group. The workshop was much appreciated and more of such workshops were requested by the participants.



On the occasion of RathaSaptami, Health Centre SPPU and Kaivalyadhama Outreach is organising

**108 SURYANAMSKAR Yoga workshop**

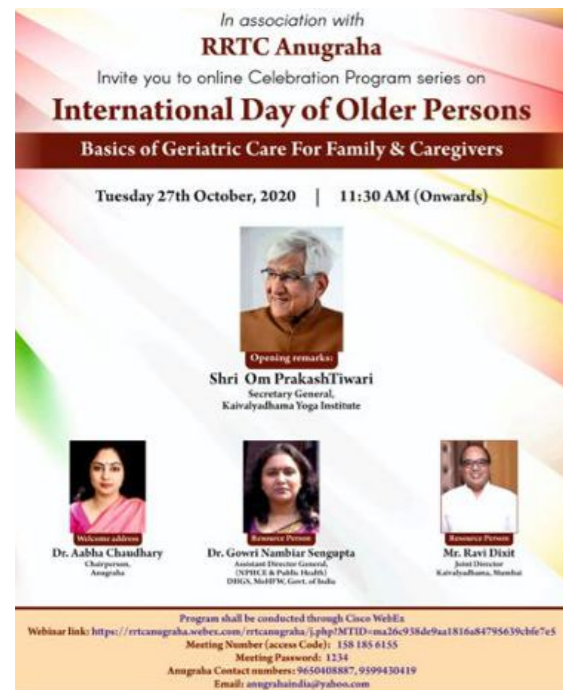
**Day: 19<sup>th</sup> Feb, 2021; Time: 6.30 am**

**Venue- Main Building, Savitribai Phule Pune University**



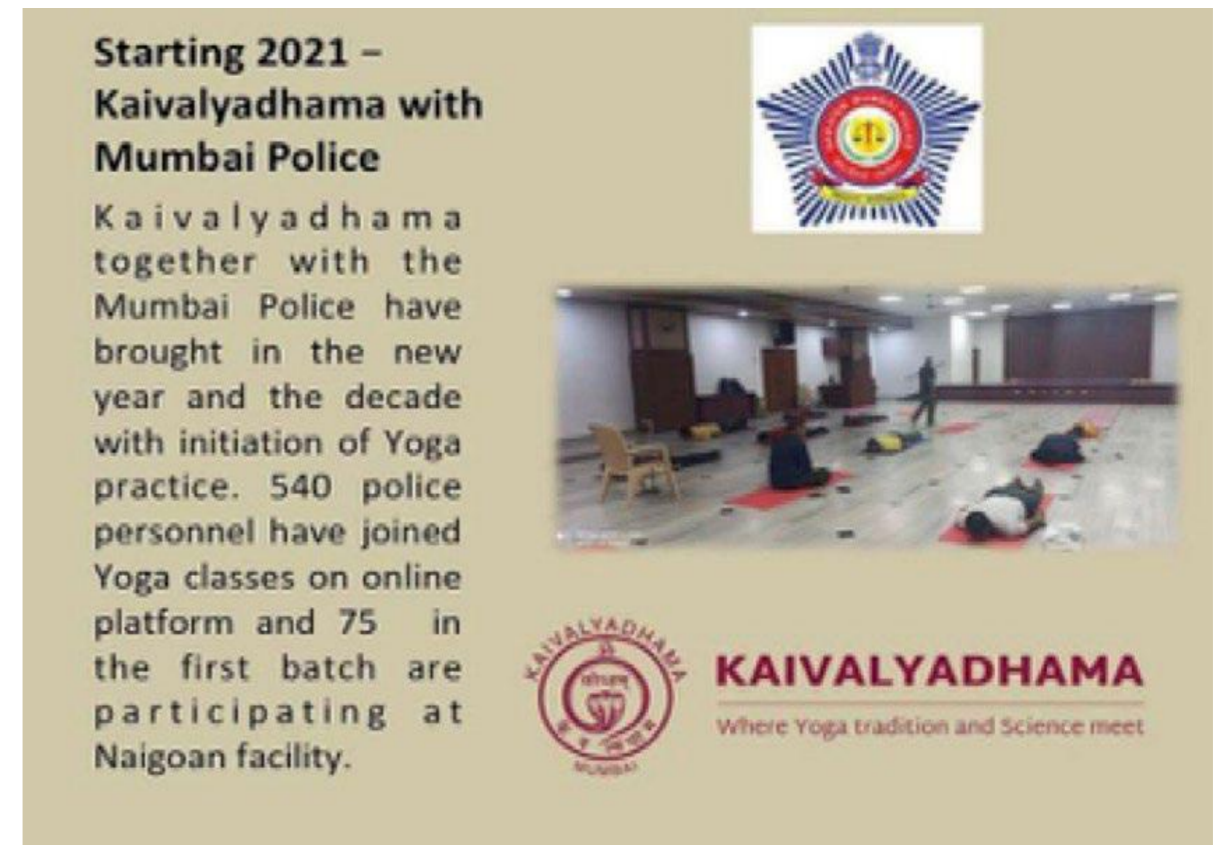
**INTERNATIONAL DAY OF OLDER PERSON'S CELEBRATIONS WITH RRTC ANUGRAHA AND THE MINISTRY OF SOCIAL JUSTICE AND EMPOWERMENT**

Seen below are Shri O.P. Tiwariji (Managing Trustee) and Shri Ravi Dixit (Joint Director) who addressed a large group of people from various NGOs and Old Age Homes on the value of life and the Importance of Yoga for Seniors.



**YOGA SESSIONS FOR THE MUMBAI POLICE**

This New Year brought about a new initiative with the @mumbaipolice ! Kaivalyadhama Mumbai conducted Yoga Classes for our Front line Warriors. The Mumbai Police has been keeping us safe through this difficult time, so the least we could do is to give back to them by adding a little value to their lives through Yoga. These classes went on through the month of January.



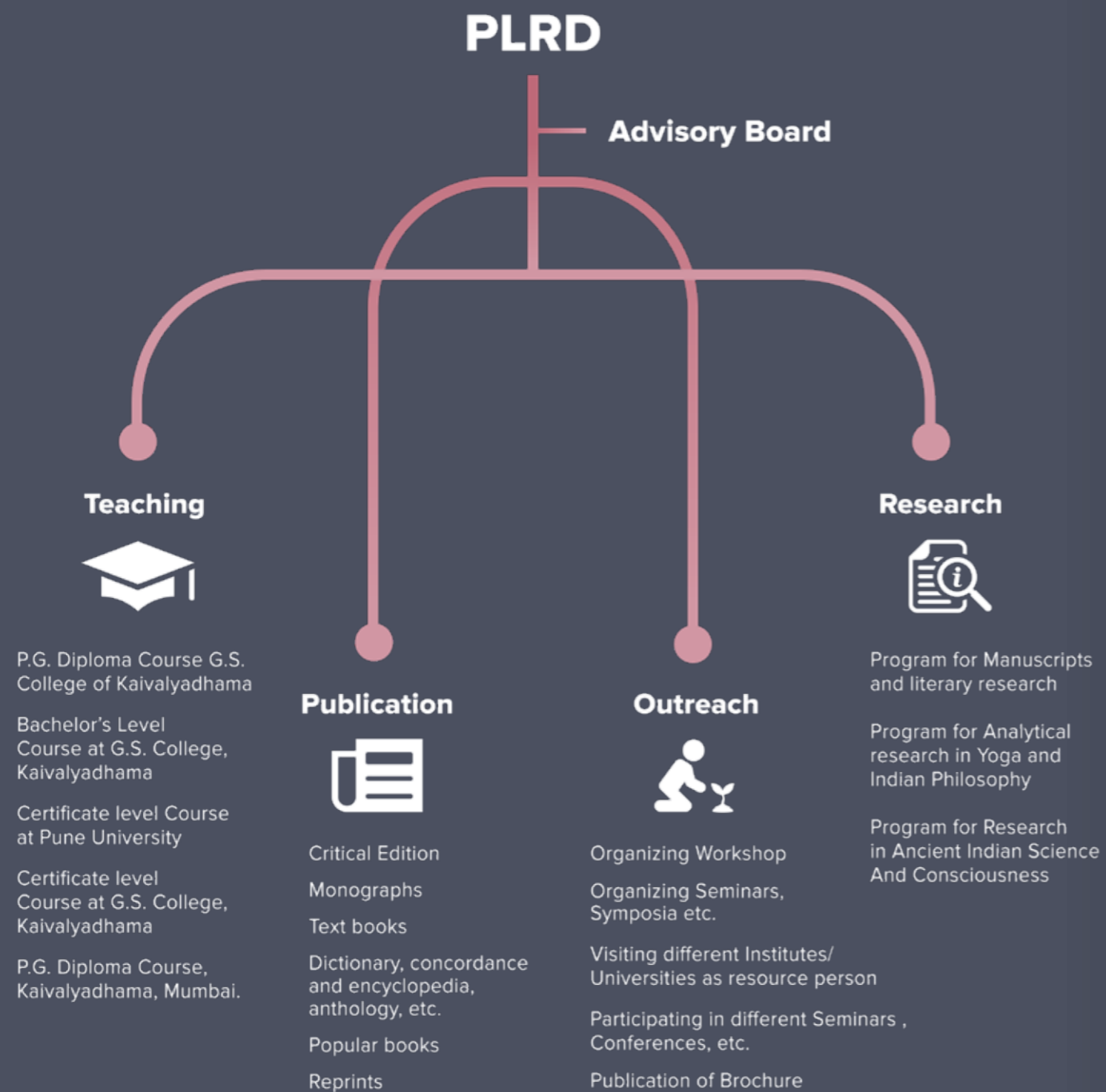
**YOGA SESSIONS AT THE COLLECTOR'S OFFICE IN MUMBAI**

Kaivalyadhama Mumbai conducted Yoga sessions for the Collector's Office in Mumbai during the month of February. In rotation, 25 participants attend every week for a month.





# Philosophico-Literary Research Department



## Principal Research Collaborators of PLRD

1. **Prof. Somenath Chakrabarty**, Department of Physics, Visva- Bharati Central University, Santiniketan
2. **Prof. Samiran Mandal**, Department of Yogic Art and Science, Visva- Bharati Central University, Santiniketan
3. **Dr. Veenu Pant**, Department of History, Sikkim University
4. **Prof. Niradbaran Mandal**, Retired Professor of Sanskrit, Visva- Bharati Central University, Santiniketan



## Advisory Board Members



**Prof. Ravindra Muley**

*Director, Centers of Advance study of Sanskrit, S.B. Pune University*



**Prof. Vijay Shankar Shukla**

*Director, Indira Gandhi National Centre for Arts, Varanasi*

## Objectives

*Tejasvinavadhitamastu (May the Acquired Wisdom be Effulgent)*

1. To expand the horizons of knowledge leading to holistic wisdom.
2. To undertake hardcore research in Yoga and allied fields of Philosophy, Science and Literature.
3. Decipher the significant texts of Yogashashtra and allied areas written in.
4. Restoring the ancient manuscripts and preserve them for the use in the Research.
5. Study the beneficial effects of yogic practices and promote their awareness through publications.
6. Study and Research in the areas of Ancient Indian wisdom-Modern Science Interface
7. Research in the Areas of Science of Consciousness.
8. Scientifically analyzing the philosophical concepts and apply them in diverse research areas.
9. Apply the research output for the wellbeing of the humanity in general





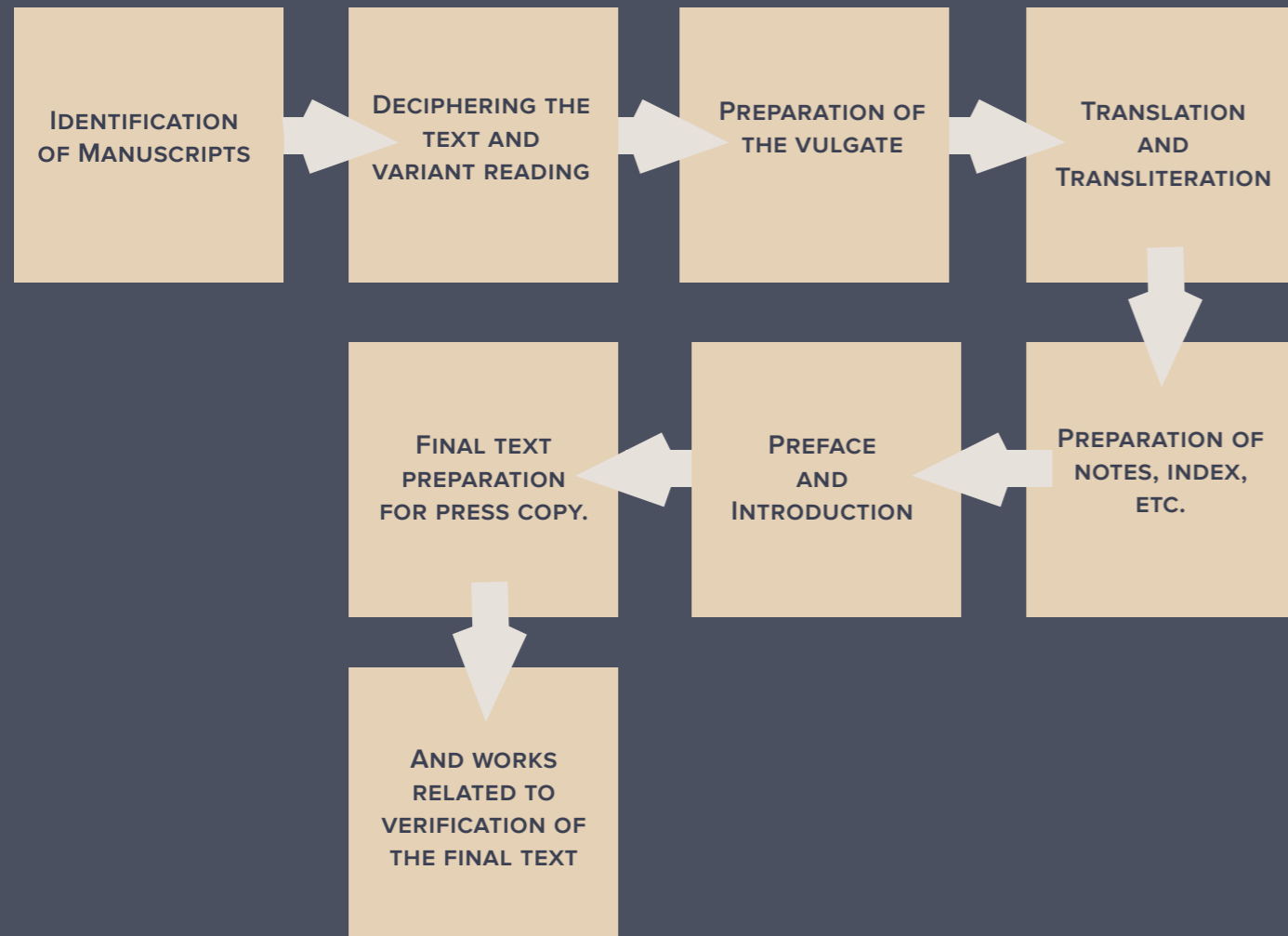
# Research

## AREAS OF RESEARCH

1. Manuscript and Literary Research in Yoga
2. Analytical Research in Yoga and Allied philosophy
  - A. Yoga Across Tradition and Culture
  - B. Value Education
3. Science- Indian Wisdom Interface
4. Science of Consciousness

## 1. Manuscript and Literary Research in Yoga

### METHODOLOGY



## WORK DONE DURING 2020-2021

### Khechari Mudra Patala Yogashastra(KMPY)

The work titled “Yogashastra Khechari Mudra Patala(YKMP) is a single manuscript by Adinatha. It is a unique traditional Hatha Yogic text which deals with Khechari Mudra which is very much popular in Hatha Yogic text. It explains in a very much traditional manner and with a view of modern and Scientific explanations. It also explains about Mudras , Bandas and other Hatha Yogic concepts. The present text starts with dialogue between Lord Shiva and Paravati which contains Four Patala (Four Chapters). The present text is available in Manuscript form and is yet unpublished.

## NEW PROJECTS FOR 2021-2022

### Khechari Mudra Patala Yogashastra(KMPY)

1. Completion of the ongoing Transliteration of all FOUR chapters.
2. Completion of English Translation of all FOUR chapters.
3. Preparation notes, word index, verse index
4. Finalization in the form of Critically edited BOOK.

## 2. Analytical Research in Yoga and Allied philosophy

### A) YOGA ACROSS TRADITION AND CULTURE

#### Work done during 2020-2021 - Publication of Books:

#### 1. Produced a short film for IISF 2020 (India International Science festival)

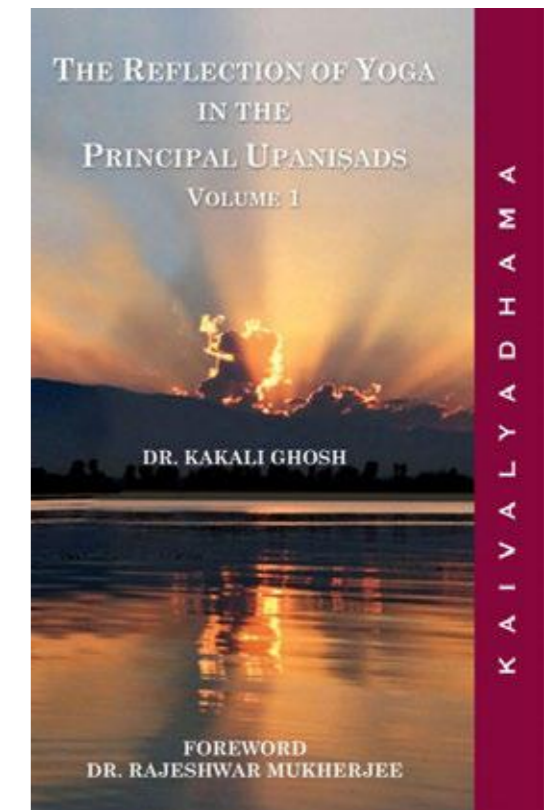
Organized by the Ministry of Science and Technology, Govt of India titled Atha Yoganusasanam on Yoga Heritage and Culture. <https://www.youtube.com/watch?v=YxK8nUuA7GY>

#### 2. Produced a short film for IISF 2020 (India International Science festival)

Organized by the Ministry of Science and Technology, Govt of India titled AdhihiBhagavo Brahma on Ancient Indian Teaching-Learning System. <https://www.youtube.com/watch?v=7mjtwnRwv>

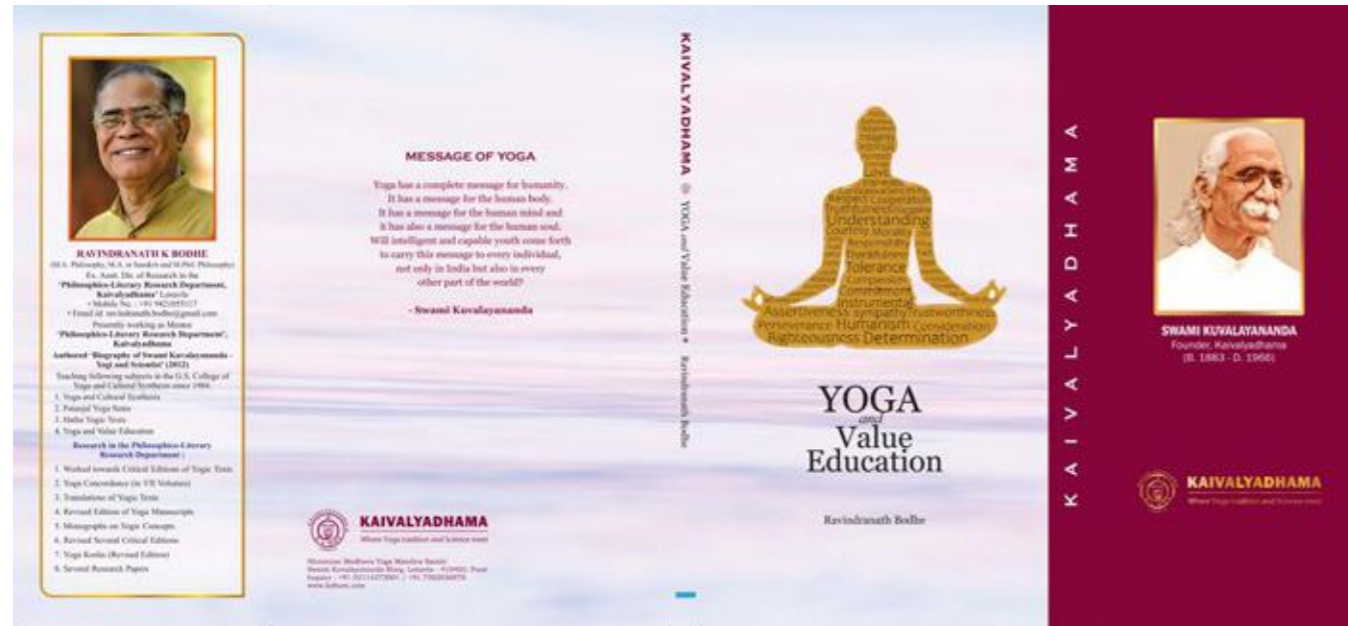
#### 3. The Monograph on “The Reflection of Yoga in the Principal Upanisads” By Dr. Kakali Ghosh

Associate Professor, Jadavpur University & Adjunct Researcher,PLRD, Kaivalyadhama. ISBN 978-93-87198-07-4. Published on June 21, 2020



## B) VALUE EDUCATION:

A thoroughly researched book on Yoga and Value education has been completed by Sri Ravindranath Bodhe. The book is the first of its kind which will give new insights to the students, researchers and scholars.



## NEW PROJECTS FOR 2020-2021

### 1. Monograph "Yoga in the Pre-Vedic India"

Is in the process of publication - Dr. Bandita Satapathy

## 3. Science- Indian Wisdom Interface

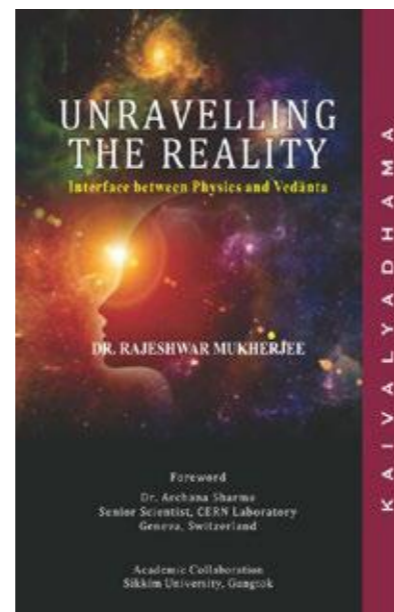
Work done during 2020-2021 -

### Publication of Book:

#### 1. "Unravelling the Reality: Interface Between Physics and Vedanta"

By Dr. Rajeshwar Mukherjee with a foreword by Dr. Archana Sharma Senior Scientist, CERN Laboratory Geneva. (ISBN : 978-93-87198-08-1). Published in Academic Association with Sikkim Central University

This book is a research-oriented book which interfaces Vedanta with Physics. It has been observed that there are several subtle hints in the world of physics which are yet unattainable by the methods of physics. The early fathers of quantum mechanics have been emphatic on deriving insights from Vedanta to the world of physics in order to discover these subtleties. Published on June 21, 2020.



### Project Yogi-Scientist:

Rejection of the Theory of Ether: A Scientific Analysis of Swami Vivekananda's Contribution, A Research paper by Dr. Rajeshwar Mukherjee, Sri Santi Kumar Ghosh is ready to be communicated.

### ICPR Approved Research Project:

**Title:** Study of the Principle of Causality: In the Perspective of Ancient Indian Wisdom and Modern physics and Neuroscience.

**Principal Investigator:** Dr. Rajeshwar Mukherjee, Assistant Director of Research, PLRD

**Tenure :** 2 year

### Scope and Objective of the Project:

1. Causality engenders Issues in Indian Philosophy and Modern Science
2. To investigate into the different areas of Indian philosophy and understand the import of causality in Indian philosophy.
3. To have a proper understanding of the concepts of Indian philosophy with the rationale of modern science.
4. To identify the gap areas of modern science and derive insights from the Indian philosophical wisdom to facilitate the development of the novel theories of modern science.
5. To spread a general awareness of the scientific dimension of Indian philosophy amongst common people.

## 4. Science- Indian Wisdom Interface

### New Projects 2021-2022

- i) Research on Raja Yoga Meditation is in Process
- ii) Online Certificate Course on Consciousness Studies: Modern Science and Ancient Indian Wisdom in collaboration with the Academy of Research for Cultivation of Indian Sciences, Kolkata





## Teaching

Departmental staff render its services to G.S. College of Yoga in teaching, the particulars of which in terms of hours, are as follows. Besides these hours the staffs also provides its services towards related works such as assignments, question paper setting/evaluation/discussion with the students etc.

1.	P.G. Diploma Course G.S. College of Kaivalyadhama, Lonavala.	105 hrs
2.	C.C.Y Course at G.S. College, Kaivalyadhama, Lonavala.	31 hrs
3.	C.C.Y (Bengali)	12 hrs
4.	Kriya Yoga Anushthana, Kaivalyadhama, Lonavala	1 hr
5.	Bachelor's Level Course at G.S. College, Kaivalyadhama, Lonavala	190 hrs
6.	Dhi Project Lectures	2 hrs
7.	Pranayama workshop	2 hrs
8.	Certificate Course in Consciousness Studies	30 hrs

### Launched Online Certificate Course in Yoga (Bengali)

Started the Online Certificate Course on Consciousness Studies: Modern Science and Ancient Indian Wisdom in collaboration with the Academy of Research for Cultivation of Indian Sciences, Kolkata

### Central Research Library:

- 1) Library has a collection of 30,490 books on Yoga, Philosophy, Religion, Ayurveda, Mysticism, Tantra, Medicine, Science, Sociology, Psychology, Linguistics, Physical Education, Literature (Marathi, English, Hindi) etc. The library has rare collection of Encyclopaedia on Philosophy, Religion and Ethics, Indian Philosophy, Hindi Shabdasagar and BharatiyaSanskriti Kosha etc.
- 2) It receives 37 Journals including Annual Subscription of 28 Journals.
- 3) **1,000 photocopies** of Original Manuscripts on Yoga related subjects.
- 4) **270 photocopies** of Yoga Manuscripts and **30 Xerox MSS**
- 5) **68** copied Manuscripts
- 6) Library also provides services to researchers from different **Universities, Colleges and Institutions. During this year 9-10 researchers and 5 Ph.D.** Students have availed the services.

### Facilities Provided:

- 1) The library provides Internet facility as well as Scanning, Xeroxing and Printing and facility to our readers on nominal charges.
- 2) Central Library is also being used by students of various courses conducted by Kaivalyadhama.
- 3) Library Membership is open to university students, research scholars and other academicians across the globe.
- 4) New arrival of 124 books and 120 CDs/DVDs
- 5) During 2020-2021 around 500 students from various courses conducted by Kaivalyadhama and institutions outside from Kaivalyadhama have availed the facilities from the Library.
- 6) 30 Groups visited the library from different institutes.

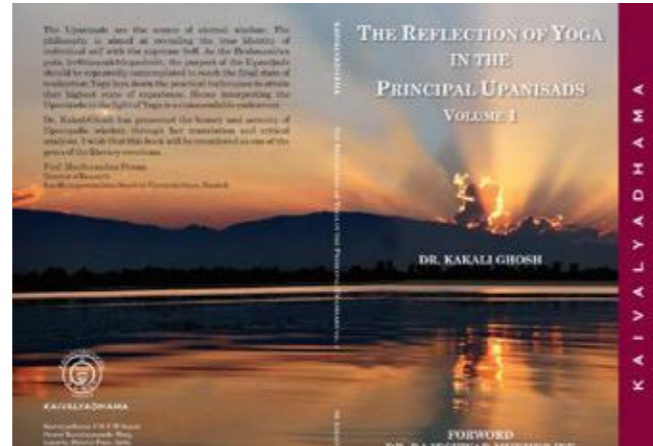




## Publications:

### New Publications:

- Yoga and Value Education by Sri RavindranathBodhe
- Unravelling the Reality: Interface between Physics and Vedanta by Dr. Rajeshwar Mukherjee
- The Reflection Yoga in the Principal Upanishads by Dr. Kakali Ghosh



## Outreach:

The faculty members of PLRD travels to different universities and institutes at different parts of the country to give lectures and presentations:

- Dr. Rajeshwar Mukherjee, Co-ordinator, IISF 2020, Organized by the Ministry of Science and Technology, Govt. of India
- Dr. Rajeshwar Mukherjee delivered an invited lecture on the Concept of Shunya at the IISF 2020 organized by the Ministry of Science and Technology, Govt of India.





**Scientific Research  
Department (SRD)**

# Scientific Research Department (SRD)



## Research Advisory Board

### Objectives

1. To advise the CEO & Secretary of the Institute on any matter which may affect the quality and execution of research projects within the Institute.
2. To assist and guide researchers in the development and implementation of research projects.
3. To advise on the disbursement of the institute's research and infrastructure budget.
4. To encourage and assist researchers and management to apply for appropriate research grants.
5. To advise on opportunities for collaborative research endeavors.

The Research Advisory Board of Scientific Research Department is chaired by Dr. B. N. Gangadhar, Director of National Institute of Mental Health & Neuro Sciences (NIMHANS) and Dr. Ananda Balayogi Bhavanani, Chairman, International Centre for Yoga Education and Research at Ananda Ashram, Pondicherry. The members are nominated by the CEO, for a 3-year term. The research projects/activities are reviewed time to time by the Scientific Research Advisory Board which represents a broad and expert coverage of medical and yoga sciences.



**Dr. B. N. Gangadhar**



**Dr. Ananda Balayogi Bhavanani**

### Dr. B. N. Gangadhar

Dr. Gangadhar brings over 30 years of extensive experience in the field of mental health, from both clinical and academic perspectives. He was conferred the prestigious Fellow of National Academy of Medical Sciences (FAMS) degree in 2006 and D.Sc. (Doctor of Science) from SVYASA Yoga University, Bengaluru for his research work on Yoga and Mental Health in 2012. He is the recipient of the coveted Sir CV Raman Award and Doctors Day Award from the Government of Karnataka. He has also shared over 25 awards with other primary recipients. Other key posts held by Dr. Gangadhar include Honorary Dean, Life Sciences at SVYASA Yoga University, Bengaluru (from 2013); Adjunct Faculty on Consciousness at National Institute of Advanced Studies (from 2014); President, Indian Psychiatric Society Karnataka Chapter (2012-13); Visiting Fellow (IBRO), Vienna, Austria (1987-88); Consultant to WHO for inspection of Tsunami relief projects (2008). He is also part of the expert committees of DST and the National AYUSH Committee for Integrative Medicine.

With his primary research interests spanning Electroconvulsive Therapy (ECT), Schizophrenia, Community Psychiatry, Public Health and Yoga, he has successfully guided about 50 MD students and PhD scholars. He has more than 300 research publications in various national and international indexed journals (H-Index-34, RG Score 44.27) to his credit. He is the co-editor of the Asian Journal of Psychiatry (from 2009) and active member of editorial boards of national and international journals. Known for his 'hands on' approach to governance and his student friendly attitude, Dr. Gangadhar believes in team work and quick results.

## Dr. Ananda Balayogi Bhavanani

Yogacharya Dr. Ananda Balayogi Bhavanani was born to the world-famous Yoga team of Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj and Pudevai Kalaimamani, Yogamani, Yogacharini, Smt. Meenakshi Devi Bhavanani and has written 23 books and presented 20 DVDs on Yoga. He has had more than a hundred scientific papers, scientific abstracts and compilations on Yoga research published. Dr. Ananda is Chairman of the International Centre for Yoga Education and Research (ICYER) an internationally acclaimed Yoga Institute established as Ananda Ashram in 1968. He is also Chairman of Yoganjali Natyalayam, a world-famous Institute of Yoga, Bharat Natyam, and Carnatic Music established in Pondicherry in 1993. He is at present, Deputy Director of the Center for Yoga Therapy, Education and Research (CYTER) at MGMCRI, Sri Balaji Vidyapeeth University, Pondicherry.

## Institutional Ethical Committee

### Objectives

The ethical committee is very important in any research institution that would approve the project that follows all the ethical norms during the intervention, project period and research dissemination. The Indian Council of Medical Research (ICMR) had published detailed guidelines on the composition and responsibilities of IECs and has established ethical guidelines for biomedical research on human subjects. On the basis of ICMR2006/AYUSH-2013 guidelines, the Scientific Research Department has formed its Institutional Ethics Committee.



**Dr. B. B. Singh**  
(Chairman)



**Dr. Ulka Natu**  
(Member)



**Mrs. Sandhya Dixit**  
(Member)



**Dr. Arvind Ranade**  
(Member)



**Dr. Sharad Bhalekar**  
(Member)



**Dr. Shailesh Shah**  
(Member A)



**Adv. Tanu Mehta**  
(Member)



**Dr. Ganesh Rao**  
(Member)



**Dr. J. O. Bachhav**  
(Member)



**Mr. Anil Chandawani**  
(Member A)



**Dr. Bharat Bhushan**  
(Member)



**Dr. Bhaskar R. Shejwal**  
(Member A)



**Mrs. Pratibha Rajbhoj**  
(Member Secretary)

## Research

### OBJECTIVES

1. Conceptualizing & Designing research protocols/models/yoga modules.
2. Exploring National & International collaborative research endeavours.
3. To conduct Research internship programs.

### THROUGH

1. Research in various disciplines such as Biochemistry, Physiology, Psychology, Neuro-psychology, Physical Education and Alternative medicine such as Ayurveda & Naturopathy.

## Research Projects:

### EMR Ayush Research Projects



**Title:** Studies on effect of Yoga and relevant training on averting symptoms of Diabetes Type 2 and its correlation with gene expression- A prospective outcome randomized controlled study.

**Investigators:** PI: Dr. Satish D. Pathak, Co-PI: Dr. Amol D. Raut, Mrs. Pratibha H. Rajbhoj, Prof. R. S. Bhogal

**Team members:** Mrs. Akshata Badave, Dr. Abrar Syed, Mr. Vishesh Kamble, Ms. Nivedita Dhage, Shri Sandip Wankhade, Dr. Ramesh Godbole, Dr. A. P. Kulkarni

**Duration:** 2019-2021

**Background and Objective:** The present project is sponsored by the Ministry of AYUSH, under the Extra Mural Research Scheme, a special call for Diabetes Research. This clinical research is designed to study the effect of the Yoga module on averting or delaying the symptoms of diabetes type-2 and its expression at the genetic level in pre-diabetic population. The research at gene expression level is something different & unexplored till date. We expect improvement also at gene level which can be applied in future for the pre-diabetic population to avert or arrest the progress of diabetes which will help to reduce the morbidity and mortality due to diabetes in India. The first year involved recruitment of the pre-diabetic population in the project, yoga intervention, biochemical & gene expression studies.

Total identified pre diabetic 107 participants were divided in two groups, experimental group and waitlisted control group. Investigators have provided Yoga intervention to the experimental group constituting 57 participants from different locations.

Due to the widespread COVID- 19 pandemic, Central govt. and State Govt. declared complete Lock-down and the daily Yoga classes were suspended temporarily 16th March 2020 onwards.

During the lockdown period, the Yoga teachers of the project, assigned to the groups, were constantly in touch with the participants. The participants were asked to continue the Yoga practice at their homes. The protocol video was shot and sent to participants through social media, so that they can continue their yoga practice, as per the training.

Modern technology came to our rescue in the form of online education via WebExApp which were made available in lockdown period. We pursued the participants to download the App and could start the online Yoga class from 28th April 2020 on daily basis.

There were about 22 participants who have completed the intervention protocol and whose blood testing

after 3 months of intervention was planned.

In September, some movements were permitted with restrictions and subject to the following Government guidelines. On 20th and 27th September, we could conduct the blood collection camp. We followed maximum COVID protocol guidelines as given below:

1. In order to maintain the physical/social distancing, we called the participants in spaced out slots.
2. Conducted camps in a staggered way on two successive Sundays to avoid large gathering.
3. Carried out following checks for participants:
  - a) Thermal screening at Institute's gate
  - b) SPO2 measurement
  - c) COVID antibody test
  - d) Detailed Declaration form about any symptoms, any history of contact with CORONA patient and any family member suffering from CORONA.

Only eligible participants were allowed entry for blood collection. The participants along with all the staff members wore proper safety gear. Total of 20 participants from experimental group and 9 participants from control group were tested in two camps. The participants who have completed 3 months' yoga intervention and also on whom blood testing has been done, now have also completed passive intervention. Again, due to lock down we have not been able to conduct the post passive intervention blood testing.

Glimpses of blood collection camps on 20th and 27th Sept 2021

**Status:** Mid-intervention data collection is completed and passive intervention is going on.



## PROJECTS UNDER COLLABORATIVE RESEARCH CENTRE (CRC) SCHEME OF SRD

**PI:** Dr. Satish Pathak, Co.PI: Prof. R. S. Bhogal,

**R.O.:** Mrs. Pratibha H. Rajbhoj

**R.O.:** Dr. Santosh Pandey

**Background:** CRC is an initiative of Central Council for Research in Yoga & Naturopathy (CCRYN), Ministry of AYUSH. CCRYN has awarded the CRC Scheme to Kaivalyadhama's Scientific Research Department (SRD) for five years. Under this scheme we had appointed Research Officers, Yoga Therapists and other required office staff for its smooth functioning. Kaivalyadhama's CRC centre will work on experimental studies, pilot studies as well as on case studies based on Pranayama and Shuddhi Kriyas. Kaivalyadhama's CRC unit has proposed three experimental studies, as well as, case studies.

### ONGOING RESEARCH PROJECTS UNDER THE SCHEME:

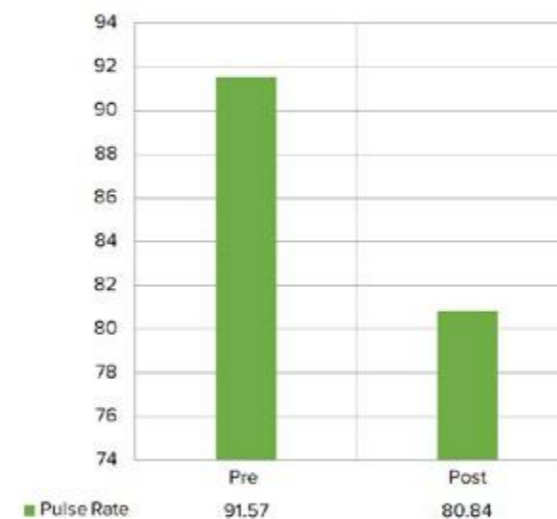
**Title:** Immediate effect of simple Brahmari Pranayama on blood pressure and pulse rate in hypertensive & normotensive participants.

**Investigators:** Dr. S. D. Pathak, Mrs. Pratibha H. Rajbhoj, Prof. R. S. Bhogal, Mrs. Akshata Badave

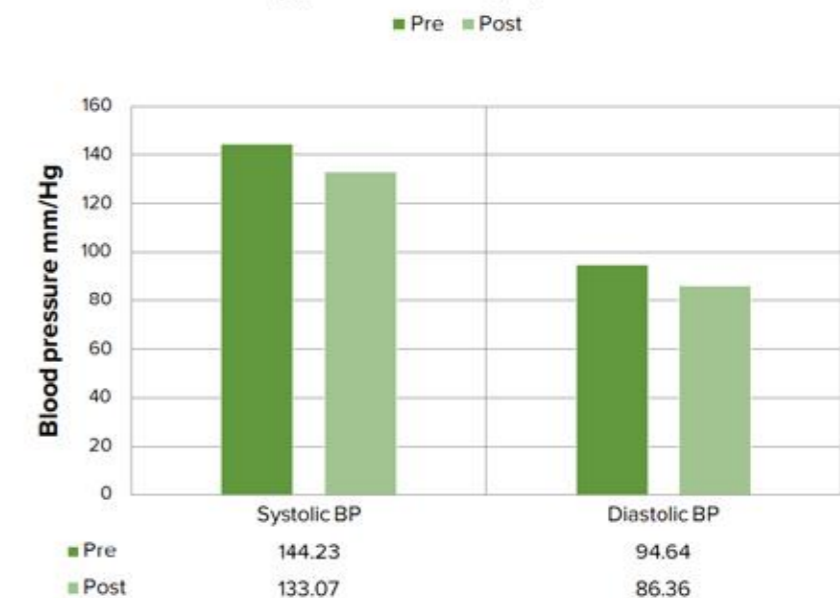
**Duration:** 2018-2020

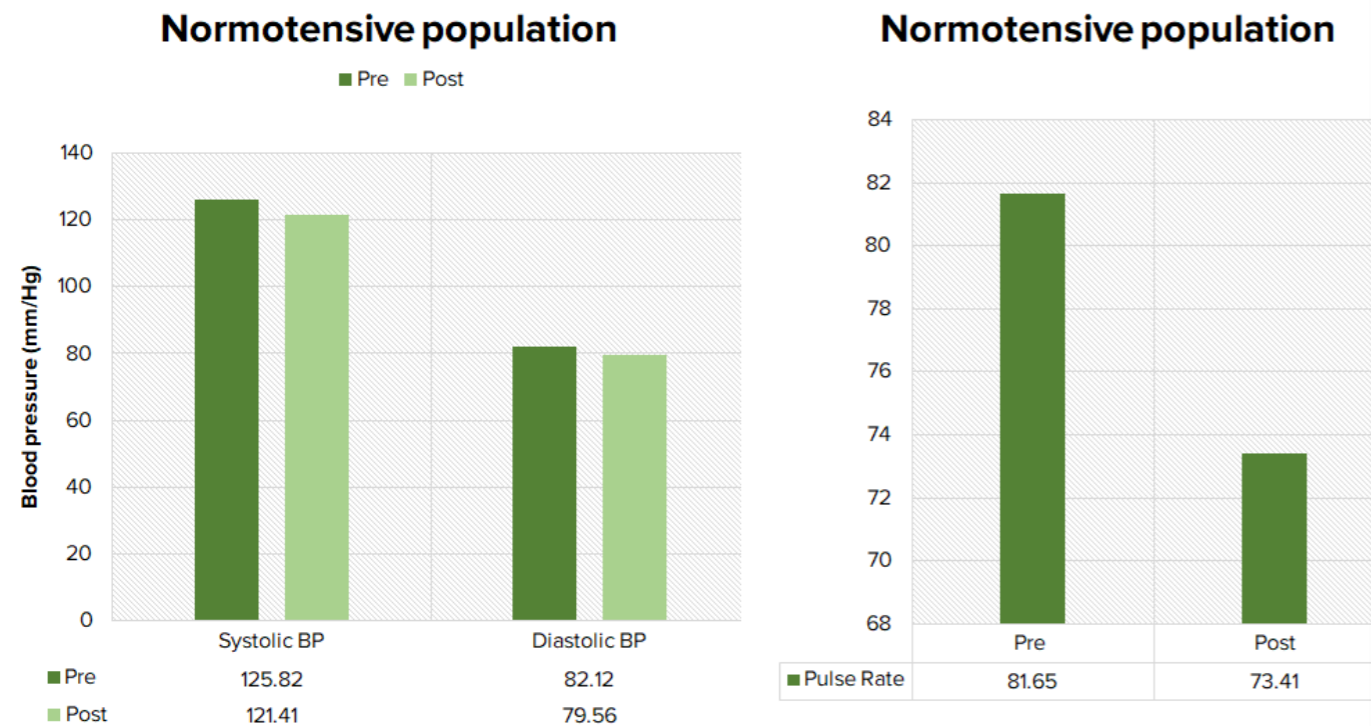
**Summary:** Investigators screened 97 participants for the study who were familiarized and trained to perform the simple Brahmari Pranayama practice. Selected parameters were recorded at the baseline and immediately at the end of the intervention. SBP, DBP and PR values were found to be decreased when compared to their baseline readings with the immediate post-intervention readings.

#### Hypertensive population



#### Hypertensive population





**Trend of results:** The bar graphs are plotted based on mean values of the B.P. and pulse rate in hypertensive and normotensive population.

**Outcome:** Study results were encouraging after only 3 rounds of 10 repetitions of simple Bhramari Pranayama. It was assumed that Bhramari pranayama is helpful in managing and preventing hypertension, this study being experimental forwards a convincing promise to use Bhramari as a single interventional practice for hypertension.

**Status:** Data analysis is completed and paper writing is in progress

**Title:** Effect of Trataka Kriya on Stress, Anxiety and Mental Well Being in Teachers during the COVID- 19 Pandemic condition

**Investigators:** PI Dr. Satish Pathak, Co-I Prof. R. S. Bhogal, Mrs. AkshataBadave, Dr. Santosh Pandey, Mrs. Pratibha H. Rajbhoj

**Duration:** 2019-2020

**Summary:** Common belief about Trataka was that it improves eye condition and relief from eye disorders. There are many research studies done on effect of Trataka Kriya on eye disorders but no relevant research work has been done so far on psychological cleansing through Trataka. However, there is no valid research evident to support the said clinical observations. Hence, the researchers have taken-up this study. The primary aim of the project is to examine the effect of Trataka practice on Stress, Anxiety and Mental Well Being of the Teachers during the Covid 19 pandemic condition.

We have started Trataka project at three different schools, Kaivalya Vidya Niketan; Lonavla, Bhonde School; Lonavla and Abhijat School; Pune. In this project we had 78 participants and have completed around 40 classes. Post-testing is scheduled for those participants who have completed all 40 classes. The other participants who have joined late will continue Trataka intervention till they complete their stipulated 40 classes and then the post intervention data for these participants will be collected.



## THE OTHER PROJECTS UNDER CRC

We had submitted three Proposals 1. Kapalabhati and 2. Agnisara and 3. Trataka for parents of 9th and 10th std students. They could not be taken ahead in view of COVID pandemic.

## FUTURE CRC PROJECTS FOR 2021-22

1. Effect of yoga module on Migraine.
2. Effect of Kapalabhati on heart perfusion.
3. Comparative effects of Shitaliand Anulom-vilom on hypertension.

## SRD RESEARCH PROJECTS

### CASE STUDY

**Title:** Yoga and panchkarma therapy for rehabilitation of alcohol addicts: Case Studies

Verma A., Shete S.U., Doddoli G., Badave A., Bhutada J. & Bhogal, R. S.

**Duration:** 2020-21

**History:** Alcohol addiction may be an outcome of personality make-up and genetic predispositions, as well as, environmental influences. It may get precipitated into mental health complications, physical health problems such as liver damage and kidney disorders. Three patients with average age of 38.6 years, suffering from disturbed sleep, irritation, anxiety, insecurity, and indigestion, visited Health Care Centre, Kaivalyadhama for alcohol de-addiction and rehabilitation. On admission, all the three patients were having difficulty in sharing their problems with the consultant, apparently due to their psycho-physiological inadequacies. Ayurvedic assessment showed their disturbed tridoshas. Hence, the treatment was planned to balance the doshas.

**Outcome:** One week of yoga and panchakarma therapy showed significant improvement in sleep quality of all the three patients. All of them showed positivity towards life and living. Frustration and anxiety was significantly reduced. The patients felt considerable improvement in their psycho-physiological health, as reflected in their subjective expressions.

**Status:** The paper is completed and submitted for publication in our newsletter.

**Title:** Yoga and naturopathy for dyslipidaemia: Case report

Verma A., Shete S. U., Prasad R., & Dr. Pathak

**Duration:** 2020-21

**History:** Abnormal levels of lipids in the blood is termed as dyslipidaemia. The most common (forms of dyslipidaemia are high levels of triglycerides, cholesterol, LDL (Low density lipoprotein), and/or VLDL (Very low density lipoprotein). Lipids are building blocks of life and are highest source of energy. But when present in excessive amount contribute towards development of Coronary

artery disease, hypertension, etc. The patient visited Kaivalyadhama with an abnormal lipid profile. He was advised dietary modifications, yoga practices and naturopathy treatment by the doctor.

**Outcome:** The lipid profile was found to be significantly improved after following diet, yoga and naturopathy treatment for one month.

**Status:** The paper is under preparation.

**Title:** Integrative therapy for post-COVID complications: Case report

Verma A., Shete S.U., Doddoli G., Badave A., Pandey S., Bhutada J. & Dr. S. D. Pathak

**Duration:** 2020-21

**History:** COVID-19 pandemic has led to extreme havoc in our day-to-day lives since past one year. It has affected physical health, mental health, along with social behaviour and inter-personal relationships. It has affected global economy adversely due to lockdown. Several recent studies have shown that COVID-19 infection affects multiple body organs, sometimes, causing extreme discomfort to the patient (Figure 1). Although COVID-19 primarily affects the lung, its multi-organ involvement calls for integrated therapy approach. Integrated therapy such as Ayurveda and naturopathy along with yoga practices might increase a patient's chance of regaining strength and a good quality of life post COVID-19 recovery. Therefore, this case study is aimed at devising an integrated therapy protocol to assist in regaining overall physical and mental health post COVID-19 recovery.

**Outcome:** The patient showed improvement pulmonary functions, quality of life, mental well-being, and sleep quality after undergoing integrative therapy for 15 days at Kaivalyadhama.

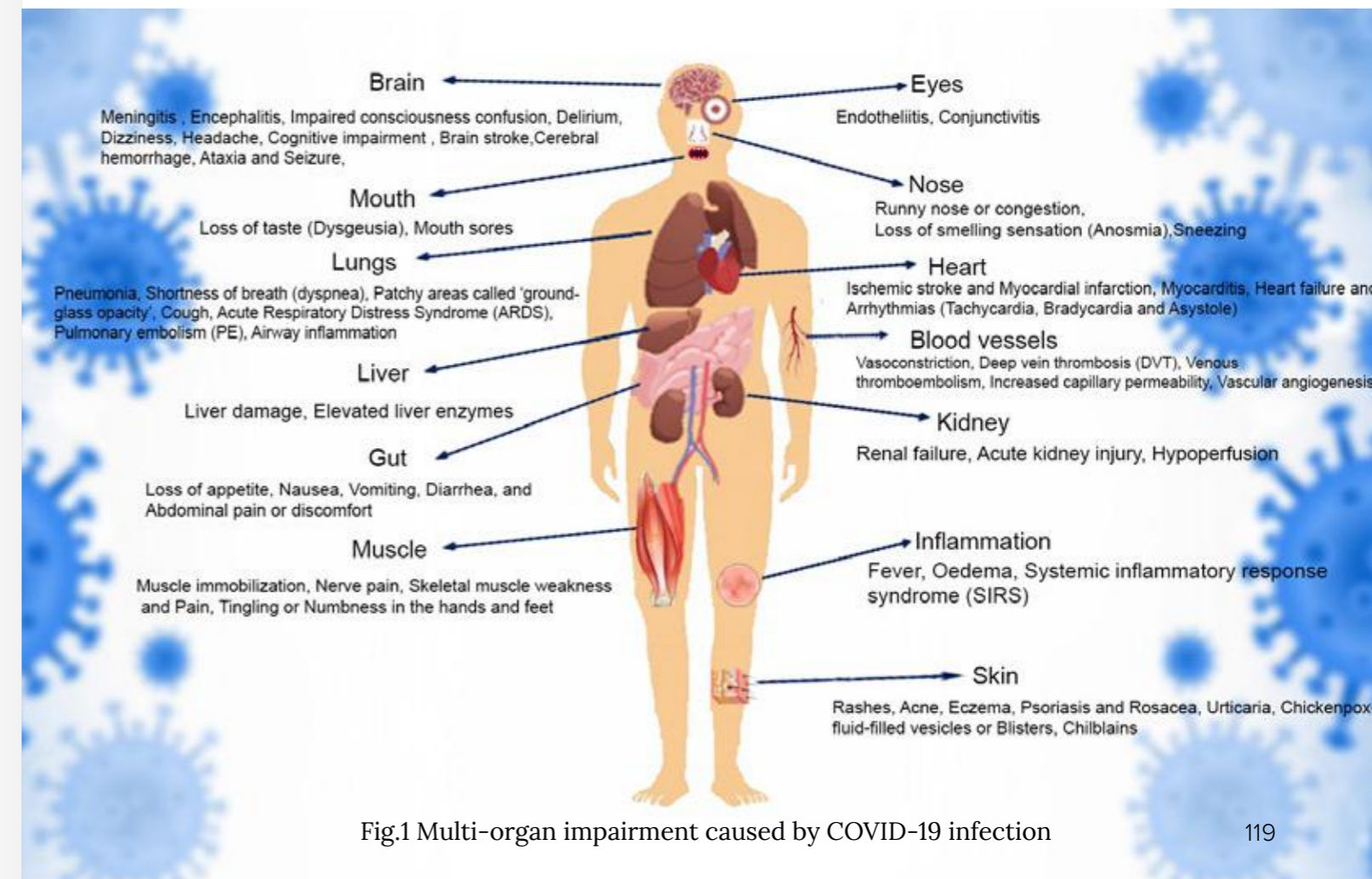


Fig.1 Multi-organ impairment caused by COVID-19 infection

**Title:** Yoga and Naturopathy Treatment for Insomnia

Verma A., Shete S.U., Prasad R., Badave A., Pathak S.D.

**Duration:** 2020-21

**History:** Insomnia is the most prevalent sleep disorder wherein the patient experiences difficulty initiating and maintaining sleep, along with non-refreshing sleep. It adversely affects a person's professional life, physical and mental health as well as overall quality of life. A 42-year-old female, self-employed, presented with severe anxiety, panic attacks, and insomnia at Kaivalyadhama Health Care Centre, Lonavla. This case study was undertaken to explore the cumulative effect of yoga and naturopathy on anxiety disorders and insomnia. The patient was assessed on day 1 and after completion of 30 days therapy for Sleep Quality, Depression, Anxiety, Stress and Musculoskeletal Pain by using standard questionnaires. The patient underwent yoga and naturopathy treatment for one month at Kaivalyadhama Health Care Centre.

**Outcome:** The results of present case study revealed significant reduction in depression, anxiety, stress, and musculoskeletal pain after 30 days of yoga and naturopathy intervention. The patient also showed improvement in sleep quality and reduction in musculoskeletal pain which was sustained even after two months. Thus, an integrative therapy of yoga and naturopathy can be implemented in patients suffering from anxiety disorders and insomnia.

**Status:** The paper is under preparation.

**Title:** Role of yoga in self-regulation:

A cross-cultural study on Indian and Spanish samples

Dr. Laura Tolbanos Roche, Dr. Praseeda Menon.

**Duration:** 2017-20

**Summary:** Mindfulness practices have been used in a variety of therapeutic programmes for stress reduction (e.g., Mindfulness-based stress reduction, or MBSR). The S-ART model (self-awareness, self-regulation, and self-transcendence) has provided an overarching framework to explain overall well-being through mindfulness practices. We make a novel proposition that the S-ART framework can also be used to explain the action of yoga practices as well.

In line with the above, the current study sets two objectives; one is to propose the S-ART model as a framework to explain the mechanisms of action in yoga practice, and to provide preliminary evidence on these mechanisms of action of yoga practice in practitioners and non-practitioners from Indian and Spanish samples.

In order to fulfil the above objectives, a cross-sectional study sample of 362 participants (197 Indian and 165 Spanish) from yoga and educational set-ups were asked to complete four psychological tests, which served as indicators of the three S-ART abilities (self-awareness, self-regulation, and self-transcendence) related to well-being.

Statistical analysis indicated a significant improvement in self-awareness and self-regulation and a tendency to be more compassionate (self-transcendence) in both Indian and Spanish practitioners after one year of yoga practice. However, body listening ability appeared earlier. Indian and Spanish samples showed some differences in emotion regulation and relational compassion.

The three abilities in the S-ART model provided preliminary but promising cross-cultural evidence for mechanisms of well-being in yoga practice in the current study. Thus, this study has helped to understand the psychological mechanisms of action of yoga practice in a cross-cultural sample of yoga practitioners vs. non-practitioners.

**Outcome:** An online poster presentation titled, "Yoga, the S-ART model, and self-regulatory mechanisms of well-being: A cross-cultural study of yoga practitioners and non-practitioners" was done at the International conference on Yoga and Neurosciences: Traditions and Research Approaches (YANTRA) 2020 of the National Institute of Mental Health and Neuro-sciences, Bengaluru on 16th October 2020.

**Status:** A research paper titled, "Applying the S-ART framework to yoga: Exploring the self-regulatory action of yoga practice in two culturally-diverse samples" was submitted to the research journal, 'Frontiers in Cultural Psychology', revised as per their recommendations of the reviewers and re-submitted for further action.



**Title:** The Psychological Impact of a Comprehensive Yoga Module in Cancer and Chronic Non-communicable Diseases (NCDs): An Empirical Study

Dr. Usha Nayar, Dr. Praseeda Menon

**Team members:** Ms. Lee Majewski, Dr. Ravi Kulkarni, Mrs. AkshataBadave, Ms. Priya Nayar

**Duration:** 2017-20

**Summary:** According to the World Health Organisation, non-communicable diseases (NCDs), like cancer and diabetes cause 70% of all deaths globally. Eighty percent of these premature deaths occur in low-middle income countries, including India. Therefore, it is imperative to increasingly conduct research on effective non-pharmacological treatments for people with NCDs, yoga being one of them. The current study aimed to analyse the longitudinal psychological impact of three-week intensive, residential yoga therapy retreats, at Kaivalyadhama, with a multi-limbed intervention conducted for survivors of cancer and other chronic NCDs. The study followed a single group longitudinal pre-post design. A total of 31 patients (Cancer = 15, other NCDs = 16) from 4 yoga retreats dealing with cancer and other chronic NCDs were enrolled in the study, out of which 4 dropped out. Therefore, 27 patients were investigated on psychological measures over a period of one year through online forms: on Day1 (D1) and Day20 (D20) of the retreats; thereafter at 3, 6 and 12 months (3M, 6M, 12M) of going back to their lives.

**Status:** The final draft of the research report of the study was submitted by the investigators and the team members to Kaivalyadhama.

**Title:** Effect of Yoga Training on psychological status of Yoga students:  
A Survey Study

Mrs. Pratibha Rajbhoj, Mrs. AkshataBadave, Prof. R. S. Bhogal

**Duration:** 2017-21

**Summary:** In ancient Indian scriptures one can find the importance of healthy lifestyle and how one can improve their capacity to live healthy life with the help of various methods. Yoga is one of the great and scientifically proven methods to live life healthy. Kaivalyadhama Yoga Institute is running various yoga courses in the Gordhandas Sakseria College of Yoga and Cultural Synthesis. During and after the course period students experienced positive changes in their mental and physical health but those experiences were not well documented. This project was initiated to document those changes scientifically. The two courses Certificate Course In Yoga (CCY) and Post Graduation Diploma in Yoga Education ( PGDYEd ) were included in this project. Investigators have collected a data of 258 students of the CCY course and 118 students of the PGDYEd course. The data collection and data entry was completed. Selected psychological tests were administered on each student on the 1st day of course and then at the end of the test. Investigators do not give any consultation or intervention to the survey study participants i.e. the students of CCY and PGDYEd. With the help of appropriate statistical tools, analysis will be done by expert statistician. The expected outcome of this project is that students will understand the importance of practicing yoga and follow it in their day-to-day life. It will help them to achieve an enduring psycho-physiological balance.

**Status:** Data entry is completed and statistical analysis will be done with the help of expert statistician.

**Title:** Effect of yoga, Ayurveda and Naturopathy on the participants of  
Kaivalyadhama yogic hospital (HHCC)

In today's world, if person wants to stand strong then the adjustment with the changes is necessary at any cost,. In order to fit into digital world, people are running behind updated technology. Each and every moment, competing with the world for a better survival. In the process they forget about their own capacities and limitations resulting into health issues arise at a very early age. To tackle these issues again people go to find the way which might cure the problem immediately.


Yoga is one of the ways to deal with these diseases. Kaivalyadhama Yogic Hospital offers Yoga, Ayurveda and Naturopathy treatments for various diseases. The combination of these three elements HHCC treats the participants according to their health issues.

Participants are referred from HHCC for pre-post testing in Scientific Research Department (SRD) to see the changes scientifically. Qualified doctors decide appropriate tests, as per the participant's health issues and research staff members administer these tests on them accordingly. Till now, a total of 65 participants have been administered the tests with the help of physiological, physical education and psychological instruments and questionnaires.

The expected outcome of this project is that a combination of yoga, naturopathy and Ayurveda practices will help the people suffering from the functional disorders such as diabetes, obesity, and hypertension, as well as, psychic disorders such as anxiety and depression.

**Status:** It is ongoing project and we have completed testing of 65 participants and have written case studies on the data of some of the participants.



 **Title:** Efficacy of SimpleBhramari Pranayama on sleep quality and psychological well-being in hypertensive patients

Mrs. AkshataBadave, Mrs Pratibha Rajbhoj, Dr. S. D. Pathak, Prof. R. S. Bhogal

**Team members:** Ms. Lee Majewski, Dr. Ravi Kulkarni, Mrs. AkshataBadave, Ms. Priya Nayar

**Duration:** 2018-19

**Summary:** Day by day, the modern lifestyle is adversely affecting our psycho-physiological health. The first indication of mental disturbance in today's era is stress. If this stressful situation continued then it paves way to hypertension. Now, it is well known fact that Yoga can help to reduce stress and endows us with an emotional balance.

In this study investigators studied the efficacy of Simple Bhramari Pranayama on sleep quality and psychological well-being in hypertensive patients. Of the 70 participants screened 44 were identified as hypertensive. The participants' pre-post testing was done with the help of psychological questionnaires related to sleep quality and psychological well-being.

A total of 10 participants completed the pre-post testing. Data scoring and data entry of these participants were completed and the statistical analysis will be done with the help of suitable statistical tool and with the expert statistician.

The expected outcome of this study is to improve the sleep quality and psychological well-being of hypertensive patients.

**Status:** Review of literature is going on and paper writing is in process.

#### PAPER PUBLISHED IN PUBMED/SCOPUS INDEXED JOURNAL

1. Verma A, Shete SU. Effect of yoga practices on mental ability in urban residential school children. *Journal of Complementary and Integrative Medicine*. 2020;1-7.
2. Verma A, Shete SU, Doddoli G. Yoga therapy for fibromyalgia syndrome: A case report. *J Family Med Prim Care*; 2020;9:435-8.

#### ARTICLES IN PRESS

1. Rajbhoj P.H., Bhogal R.S. & Bhalekar S.D. (2021). Neti Kriya as a therapeutic intervention for Chronic Allergic Rhinitis: A case study. *Community & Family Medicine*
2. Verma A., Shete S.U., Doddoli G., Badave A., Bhutada J. & Bhogal, R. S. Yoga and panchkarma therapy for rehabilitation of alcohol addicts: case studies.

#### PAPER UNDER REVIEW

1. Long-term effect of Agnikarma therapy on heel pain: A case report (*Journal of Research in Medical Sciences*)  
PI- Anita Verma, Mr. Sanjay Shete & Dr. Gururaj
2. Barriers for regular yoga practice: A cross-sectional study (*Public Health*)  
PI- Ms. Anita Verma Mr. Sanjay Shete

#### PAPER READY FOR PUBLICATION

1. Effect of Kapalabhati on Diastolic Augmentation article completed and ready to be sent for publication

#### PAPERS UNDER PREPARATION

1. Yoga and naturopathy treatment for insomnia: A case report
2. Yoga for post COVID complications: A case report
3. Yoga and naturopathy for dyslipidemia: A case report
4. Immediate effect of simple Bhramari Pranayama on blood pressure and pulse rate, in hypertensive & normotensive participants.

#### ARTICLES PUBLISHED IN KDHAM WORLD NEWSLETTER

- a. Shete S. U., Verma A. External Quality Assessment Scheme (EQAS) at Pathology laboratory of Kaivalyadhama. *KDham World*, 2020; 16-17.



## SERVICE

### OBJECTIVES

1. To provide facilities to the community.
2. Explore new clients, beneficiaries and service areas.
3. To strive for International and National recognition to SRD services.

### THROUGH

- Knowledge base of biochemistry, physiology, psychology and physical education.
- Pathological investigations.
- Providing service in collaboration with Indian Red Cross Society.

### PATHOLOGY LABORATORY

Collection of blood samples and analysis is done by Mr. Sanjay Shete and report preparation is done by Ms. Anita Verma. The tests conducted in the laboratory are CBC, Glucose, lipid profile, kidney function tests, liver function test, thyroid function test, HbA1c etc. Further, to ensure precise blood test results, the laboratory follows internal as well as external quality control. Medical check-up of 85 MSW staff of Kaivalyadhama was done as a part of annual health check-up. CBC, lipid profile and fasting blood sugar were assessed.

### EQAS CERTIFICATE

Diagnostic tests are performed in the pathology laboratory for confirmation or prognosis of any disease or disorder. The test results may be quantitative (number) or qualitative (Positive or negative). Even though the results reported by laboratory are matched with clinical symptoms by a physician, however, there are several biochemical tests which cannot be verified with clinical symptoms. The pathology laboratory of Kaivalyadhama is participating in external quality assurance scheme (EQAS) conducted by Christian Medical College, Department of Biochemistry, Vellore, Tamil Nadu, India.

### PHYSIOLOGY LABORATORY

The laboratory is equipped with Spirometer and BIOPAC-MP160. The BIOPAC MP160 system is a flexible, proven modular data acquisition & analysis system for life science research. This 16-channel system includes AcqKnowledge software with specialized analysis capabilities. These instruments are utilized for assessment of case study participants.

### SERVICE TO EXTERNAL ACADEMIA

Dr. Praseeda Menon was one of the experts in refining the survey, “Future of Yoga in a Post-pandemic Era,” of Sri Sri Institute of Advanced Research (SSIAR).

Resource person in the weekend certificate course on Consciousness Studies and Self-awareness launched jointly by ARCIS, Kolkata and Kaivalyadhama and collaborated with other experts from NIAS, Bengaluru, and CEEC Inc., USA for the same. Prof. Bhogal attended GB Meetings and also Executive Body Meetings at Jnana Prabodhini, Pune during the year 2019.

### SERVICE TO THE OTHER INTERNAL DEPARTMENTS

1. Healthcare participants testing
2. Pre and post psychological testing sessions were conducted during the SOHAM programmes held at Kaivalyadhama and these psychological reports were made available to the SOHAM participants to help understand the improvement in the patients after the programme. Dr. Praseeda Menon also conducted counselling sessions for some of the SOHAM patients as well as suggested improvements to the SOHAM programme for 2021
3. Diabetes Prevention and Management Workshop which was arranged by SRD at Kaivalyadhama for benefit of citizens of , Lonavala

## TRAINING

### OBJECTIVES

1. To impart in-house training to staff/researchers/students.
2. To design training modules as a part of standardization of yoga teaching/technique.
3. To generate income by providing yogic knowledge

### THROUGH

- Yoga training methodology
- Internship program for students.
- Instrumentation usage.
- Teacher training.
- Statistical analysis.
- Counseling and consulting.

### TRAINING CONTRIBUTION IN G. S. COLLEGE:

The staff also provides its services towards academic training and other activities of College and Gurukul. Staff Members have also been assigned as Ph.D. guides, as doctoral supervisor by KKSU and member of the G. S. College's PhD Research Committee. Some are members of the Board of Examinations of the G. S. College. Staff also is involved in assignments, question paper setting/evaluation/ discussion with the students etc. They also are examiners in online practical Exams and Paper checking for CCY,D.Y.ed. and B.A. courses. Some serve as evaluator for the theory examinations on Research Methodology of MA degree course.

Departmental staff effort in teaching of above courses, the particulars of which in terms of sessions, are as follows.

### Service to internal academia

Sr. No.	Name of Staff	Number of lectures
1.	Prof. R. S. Bhogal	115 Lectures
2.	Dr. S. D. Pathak	28 Lectures
3.	Dr. Praseeda Menon	75 Lectures
4.	Mrs. Akshata Badave	49 Lectures
5.	Mr. Sandeep Wankhade	88 Sessions

### TRAINING CONTRIBUTION IN GURKUL COURSES AND WORKSHOPS

- Conducted live classes on “Yoga protocol for Diabetes Management” and “Shata Kriya” through YouTube and Facebook of Kaivalyadhama
- Conducted Workshop “ Essence of Naturopathy”
- Conducted Workshop “Management of stress by Yoga and Naturopathy”
- Conducted Workshop on Management of life style disorders
- Contributed a video lecture titled, “Scientific Research in Yoga: The Story of its History” to our online Foundation Course in Yoga.
- Participated in Yoginar which is a unique Yoga centric short programme with focused takeaways. It brings the wealth of traditional Yoga in very crisp, engaging and experiential format.

## LECTURES:

Dr Pathak Delivered five Yoga awareness lecture for common man in the months of April, May 2020. He also delivered Lecture on 19th June 2020 AYUSH Maharashtra on the topic "Today' need of Yoga"

Yoga lecture live on facebook for S.N.College, Kanpur

Lecture in Shoolini University Himachal Pradesh International Virtual Symposium

Yoga therapy lecture in MDNIY

Eight Lectures on Yoga Therapy at Sagar University.

Lecture on "Dimensions of Aging health" for Anugrah Foundation

Lecture on Yogic Management of stress related diseases for Dr Ambedkar University Aurangabad

Lectures for CCY students of Rajkot Life was conducted.

Lectures on Principles of Yoga as Therapy for Yoga Vidya Niketan, Vashi

Twenty lectures on Yoga Therapy to Swamy Vivekananda Yoga Kendra

Prof. R. S. Bhogal conducted Online Meditation session for Hingori Sutra, Mumbai  
A two day Online Institutional workshop (August 29-30, 2020) on "Yoga Meditation: Easy Traditional Practices." was also conducted.

## FACULTY DEVELOPMENT TRAININGS:

1. Dr. S. D. Pathak, Dr. Praseeda Menon, Ms. Anita Verma & Sanjay Shete, Mrs. Akshata Badave and participated a two-day online workshop on "Presentation Skills in Research" conducted by Dr. Shruti Sharma Goel on 11th - 12th April 2020.
2. Dr. Praseeda Menon attended an online webinar on Pranayama in the first week of May 2020 by Dr N. Ganesh Rao and Mr. Eddie Stern organized by Hello My Yoga.
3. Dr. Praseeda Menon attended "Systematic Literature Review: S. R. A. M. Model" 12th-14th June 2020 by Anant Education Foundation, Gujarat.
4. Dr. Praseeda Menon attended the online International conference on Yoga and Neurosciences: Traditions and Research Approaches (YANTRA) 2020 of NIMHANS in October 2020.
5. Dr. Praseeda Menon attended the Teacher's Training Programme organised by Kaivalyadhama, by two yoga experts, Dr. Ganesh N. Rao and Mr. Sudhir Tiwari, from 14th - 28th September 2020.
6. Dr. Praseeda Menon, Mrs. Pratibha Rajbhoj, Dr. Santosh Pandey, Mrs. Akshata Badave, Mr. Sandeep Wankhade, Ms. Nivedita Dhage, Mr. Vishesh Kamble attended a five-day online training programme on 'Scientific Project Management' organised by Indian Institute of Science Education & Research (IISER), Pune in January 2021.

This 5-day workshop held with support from @IndiaDST concluded today. Mentors discussed #budgeting, #accounting basics, technology licensing and #incubators, writing #grant proposal, communicating about research, and managing scientific and science outreach projects



IISER Pune @IISERPune · Dec 17, 2020



Training workshop in association with @IndiaDST on scientific project management coming up Jan 5-9, 2021

7. Dr. Praseeda Menon, Mrs. Pratibha Rajbhoj attended an online training by Dr Shirley Telles in Jan 2021 on basics of use of the Biopac machine and its measurement parameters.
8. Dr. Praseeda Menon, Dr. Santosh Pandey, Mrs. Akshata Badave, Mr. Sandeep Wankhade participated in an online one-day 'Workshop on Literature Search' conducted by Centre for Publication Ethics (CPE) of Savitribai Phule Pune University on 11th March 2021.
9. Dr. Santosh Pandey, Ms. Nivedita Dhage, Mr. Vishesh Kamble attended and qualified the training of Good Clinical Practice (GCP).
10. Dr. Santosh Pandey Joined fellowship Program in Research Writing by ISWAR
11. Mr. Sandeep Wankhade attended online workshop on "Misconception about Yoga" by Sudhir Tiwariji.
12. Mr. Sandeep Wankhade attended onlineworkshop on "Patanjala Yoga Sutras" by Dr. Rao
13. Mr. Sandeep Wankhade participated in SOHAM workshop at Kaivalydhama Lonavla.



## AWARENESS

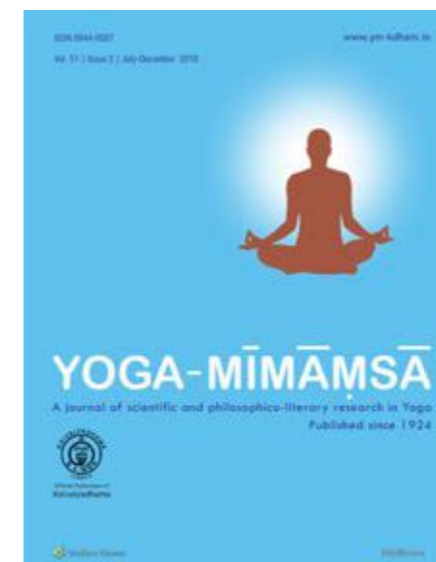
### OBJECTIVES

1. To create awareness about SRD activities, in particular, and about yoga research, in general.
2. To help maintain the Kaivalyadhama legacy of helping people through classical yoga.

### THROUGH

- Scientific exhibits, informatory pamphlets/displays/symposia/conferences/lantern lectures.

### YOGA MĪMĀMSĀ JOURNAL



Yoga Mīmāṃsā (YM), the bi-annual publication of Kaivalyadhama (www.kdham.com), is the oldest (since 1924) peer-reviewed multi-disciplinary research journal on yoga. Yoga Mīmāṃsā publishes scientific and philosophico-literary research articles in Yoga and allied disciplines.

The journal is registered with the following abstracting partners:

Baidu Scholar, CNKI (China National Knowledge Infrastructure), EBSCO Publishing's Electronic Databases, Exlibris – Primo Central, Google Scholar, Hinari, Infotrieve, National Science Library, ProQuest, TdNet.

### ACHIEVEMENTS:

1. Yoga Mimamsa has been included in the UGC-CARE list Group 1
2. Yoga Mimamsa has been indexed with DOAJ (Directory of Open Access Journals)

### STATUS

1. **Published volumes:**
  - Vol. 52 Issue 1
  - Vol. 52 Issue 2
2. **Upcoming volume:**
  - Vol. 53 Issue 1

### VISION FOR UPCOMING YEARS:

- Index in Emerging Sources Citation Index (ESCI)
- Changing the reference format of the journal
- Index in PUBMED/SCOPUS
- Start Article Processing Charges
- Prof. R. S. Bhogal presented a paper in an Online conference organized by Sri Sri Institute for Advanced Research in Art of Living Foundation Course, on June 14, 2020.
- Lecture-cum-experiential session in Yoga & Mental Health was conducted at UoP for UGC-HRDC on June 21, 2021.



# INFORMATION

## OBJECTIVES

- To publish scientific articles, pamphlets, books etc.

## THROUGH

- Newsletter, articles, scientific/yoga expert network.
- Creating research database/reference library

## WORKS

- Interview article for the book by Dr. Anjali Prabhu, “Doctrine of Peace” on March 14, 2020.
- An interview article published in Sunday Midday of July 9, 2020 (Gujarati) on Meditation.
- An Interview article was published in Sunday Midday of Oct.8,2020 (Gujarati) on “Trataka”
- Online meditation session for Academy of Research for Cultivation of Indian Sciences was conducted on March 14, 2021.
- Prof. Bhogals book “Yoga and Mental Health” was translated into Gujarati this year and also translated into Brazilian.
- Kaivalyadhama Yoga Institute, Lonavala, India signed MoU with CEEC Incorporated, California, USA, on 6th June, 2020. The objectives of the collaboration are founded on a “tradition meets science” vision, philosophy and methodology to enhance the use of yogic asanas, kriyas, pran-

- Online Meditation session was organized for Indian Chamber of Service Industry, Asia. Online Invited session was held on “Yoga Meditation for Holistic Wellness” for UGC-HRDC, University of Mumbai.
- A two-day Online Work-shop “Meditation for Yogic Well-being” was conducted for a group of France.
- Delivered an invited talk, “Yoga for Better Sleep” for MDNIY-Ayush sponsored online National Seminar on Nov.27,2020.
- Prof. R. S. Bhogal participated in the virtual book launch event organized by Save Life, Rajkot for launching the Gujarati version of his book “Yoga & Mental Health”.
- A talk on Yoga & Mental Health for the study group of Brazil on “Yoga & Mental Health” book was conducted with 350 participants present in the zoom meeting.
- Lecture on Yoga awareness lecture for APULKI Nanded was conducted.
- Lecture at St. Thomas College Palai Kerala on Therapeutical significance of Yoga was conducted
- Lecture on the event of Inauguration of Yoga classes for Aarogybhavan Mumbai
- Dr S D Pathak wrote various articles for news media like 11th June 2020 MidDay Gujarati issue.

- Article for 15th June 2020 Madhumitra issue.
- Article for 20th June 2020 ETV Bharatdigital media.
- Developed a Video on Eye Care on You tube on 04th July 2020
- Article for 25th July 2020 ETV Bharatdigital media .
- SRD contributed to the ‘Yoga for Young Minds’ online programme launched by Kaivalyadhama by delivering a three-part series on yoga and mental health on the occasion of the International Day of Yoga 2020.
  - o “Yoga and Mental Health - Part 1: Common psychological problems and its self-assessment”
  - o “Yoga and Mental Health - Part 2: Calming Our Mind”
  - o “Yoga and Mental Health - Part 3: Psycho-physiological Balance and Emotional Resilience”
- Contributed to an Instagram Live show as part of promotions for the Rhythm of Life (ROL) Wellness program, a collaboration between the wellness resort, Rhythm, Lonavala, and Kaivalyadhama. The objective of the show was to educate stressed mothers on the benefits of yoga / meditation as well as introduce/promote ROL Wellness. It was organized by ‘Mommydiaries,’ a prominent Mothers group with 67,000 plus membership.
- Participated in “Yogic Breath-Work: The key to a healthier and happier life” session Mrs. Akshata Badave
- Published article on “Benefits of Traditional Health Interventions” in KDHAM WORLD - Jan- Mar. 2021





- Kaivalyadhama and CEEC Inc., USA, partnered together to apply for two research grant applications in May 2020 to two Indian funding bodies, i.e. the United States India Science and Technology Endowment Fund (USISTEF), and the Department of Science and Technology (DST) under the 'SATYAM Special COVID-19 call.' The proposal for grant application submitted to USISTEF was "Rising to the COVID-19 Challenge: Yogic Science Meets Emerging Technologies," and the one submitted to DST SATYAM was "Development of an evidence-based adult yoga and mental health COVID-19 protocol - Dissemination using a web-based platform."

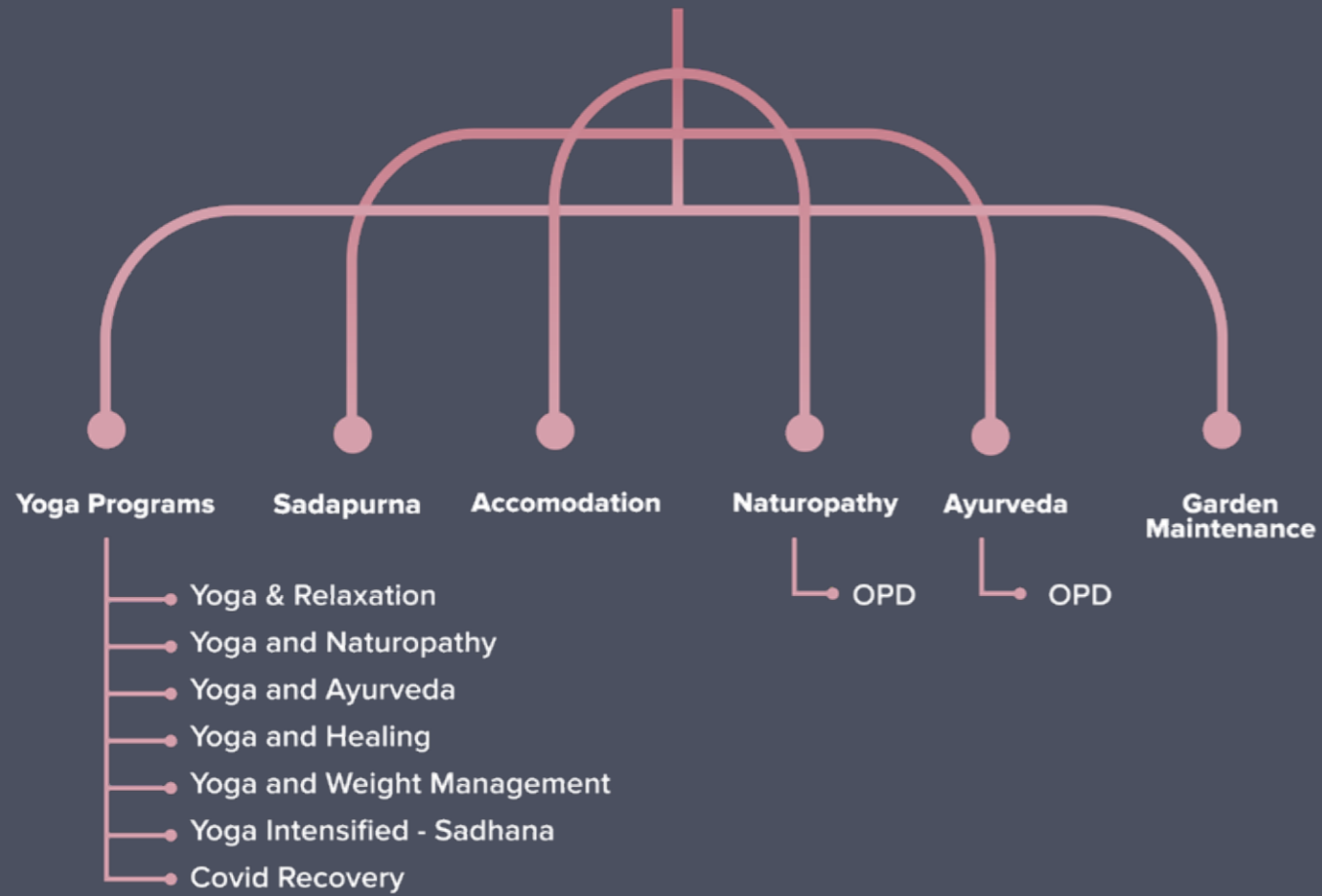
- SRD has prepared user manual on the use of instruments available at SRD to give primary information of the instruments to the HHCC staff.
- Online live sessions on "Yoga for seniors" for Ministry of AYUSH were conducted through YouTube and Facebook during the COVID -19 pandemic lockdown period.



# Healthcare Through Yoga



# HHCC



## S.A.D.T. Gupta Yogic Hospital And Health Care Centre



### WORKS

The value of Yogic System for treatment, rehabilitation and prophylaxis of certain diseases has been well known and rightfully acknowledged for eons. Thus the Rugna Seva Mandir, a department devoted exclusively to the treatment of various diseases through yoga, has been functioning at Kaivalyadhama since 1924, its year of inception. With the passage of time the number of patients seeking the advantages of yogic therapy increased and the need was felt to establish a full-fledged Yogic Hospital to cater to them. This became possible with the bountiful donation by Shri Amritlal Gupta, who personally experienced the benefits of yogic therapy. With the vantage of a century of study and health care practice in Yoga, our holistic Health Care Centre (with SADTG Yogic Hospital) at Kaivalyadhama offers customised and specialised programs for detoxification, healing, and rejuvenation.

This is the first ever hospital of its kind in India where yogic treatment is given under complete medical supervision and results assessed on scientific lines with the help of a research laboratory. The personalized residential plans integrate Yoga with Ayurveda, and Naturopathy. The centre is

fully equipped to administer people with chronic problems and lifestyle-related ailments such as obesity, diabetes, bronchial problems, heart-related disorders, stress, arthritis, insomnia. We also cater to guests who simply wish to pamper the body and relax the mind in a serene surroundings. The health center at Kaivalyadhama has about 55 rooms and hosts over 3000 people every year. People come for weekly packages consisting of yoga and relaxation, panchkarma and ayurvedic therapy and naturopathy and massage therapy. Special care is taken with a physician accessible on call. The warm and helpful staff aim to build a connect with you during your stay and take care of all your service needs. We also ensure that other necessary facilities are made available on request. We place a lot of importance on continuous improvement. So monthly staff meetings are held where the suggestions received from the participants and the staff members are discussed. Kaivalyadhama is a place of spiritual growth and development. It is an environment designed to nurture the intellectual curiosity, external and internal awareness as well as the physical health of all its residents.

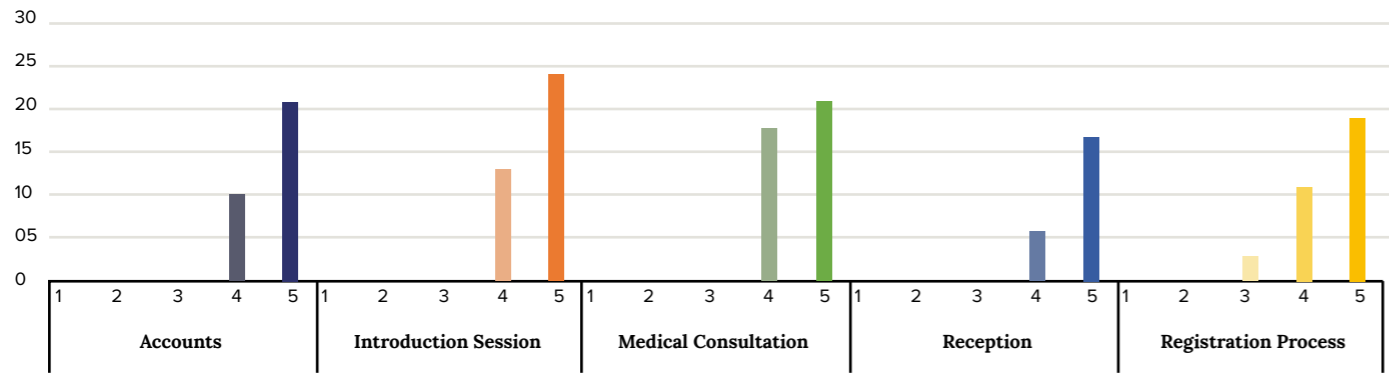
### HOW OUR HEALTHCARE PROGRAMME WORKS

1. Each programme is of duration in multiple of one week, and start from Sunday.
2. Booking for the accommodation and program (Ayurveda / Naturopathy /Relaxation) in advance through online / in person.
3. Welcome mail with instructions and what to expect is sent to all the participants before their arrival.
4. Arrival on Sunday.
5. Medical consultation for Yoga Relaxation, Yoga & Naturopathy / Yoga Ayurveda.
6. Allocation of types of Yoga sessions i.e. Therapy, Basic and Advanced.
7. Payment for the programs.
8. Schedule includes Naturopathy / Ayurveda sessions, lectures, specific pranayama and tratak session and chanting.
9. If participants stay for more than one week then they have progressive schedule of practices.

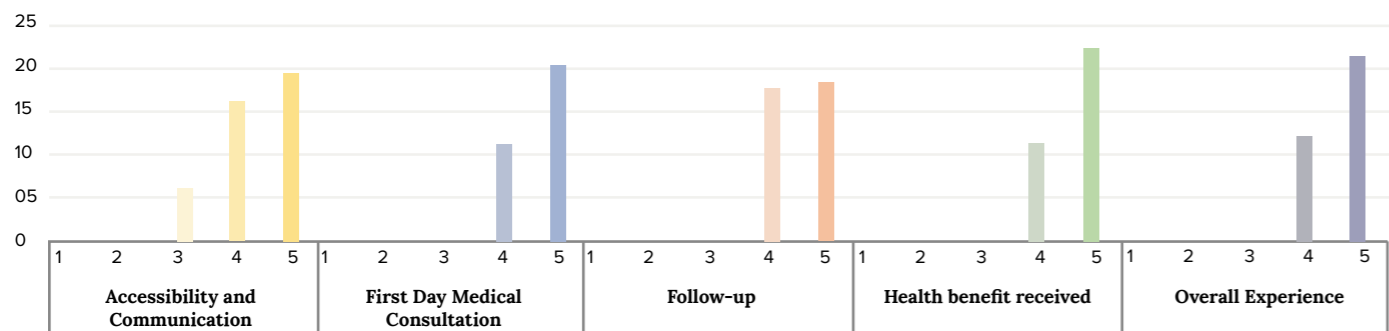
### What People have to say about their Reservation experience



### What People have to say about their Check-In experience



### Feedback on Doctor Consultation



Kaivalyadham started with the same vigour and enthusiasm with the blessings of Swamiji on the 9th of August, 2020. After 4 months of silent roads, participants were welcomed in the new normal. We as a team, with the confidence and positive energies, made it possible to accept the present situation and deal with the challenges. We had taken certain safety measures and made SOPs and Guidelines to start with new normal.

All the participants visiting us have to do a RT PCR test, so everyone inside the campus feels safe. Extra care was taken as far as hygiene, cleaning and protocols for safety are concerned. All the support staff including therapists have been given special training for the new normal.

Following were few of the safety measures which were taken care of:

1. General visitors were not allowed to visit Health care centre.
2. Each person entering the Institute shall go through the process of Body temperature evaluation, hand sanitization, securing facial masks and status of Arogya Setu app.
3. Maintaining proper distancing etc. in Asana halls and Sadapurna mess.



# YOGA PROGRAMS

Our Dinacharya (Daily Schedule) is a very important aspect of your stay at Kaivalyadhama. We have designed the same based on the principles of Yoga, Naturopathy, and Ayurveda to ensure a holistic experience during your stay. From nourishment breaks at fixed time slots

to practices at assigned hours and from wake up time to evening discussions, everything is carefully planned to reset your body clock for optimum performance and yet give you the flexibility to enjoy your therapies and self-time at Kaivalyadhama.

## YOGA & RELAXATION

There are many ways to find easy and quick-fix solutions to manage stress, pain, and other disorders. But yoga provides a holistic balance for sustaining good physical health and emotional wellbeing for life. Traditional yoga is more than just stretching or physical postures. It is a unique workout for the mind and body.

Benefits of Yoga come from combining a specific set of yoga asanas (postures), with pranayama (breathing techniques), and meditation practice. At Kaivalyadhama we Help You Make Yoga a Way of Life. Yoga and Relaxation is a programme including Asana and Pranayama, Tratak, Chanting, Pranayama and specific Yogic advice along with food and stay. Any therapy if availed by these participants is given on a-carte basis, in Ayurveda or Naturopathy dept. The yoga that Kaivalyadhama promotes has three main parts.

First is the practice of asanas, pranayama, kriyas, and meditation. Asanas induce increased awareness of physical and psychological processes by controlled stretching, contraction, and relaxation of various muscles, coordinated through balance and holding of postures. Pranayama involves the manipulation of breathing and an increased awareness of

pressures within the chest and abdomen. Kriyas are purifying processes which eliminate toxins from the body.

Finally, meditation practice increases awareness of one's mental functioning. It makes us more aware of our restlessness, which in turn creates feelings of fear, insecurity, and stress. All aspects of this first part of treatment combine to return the body to its healthy, harmonious, and balanced state.

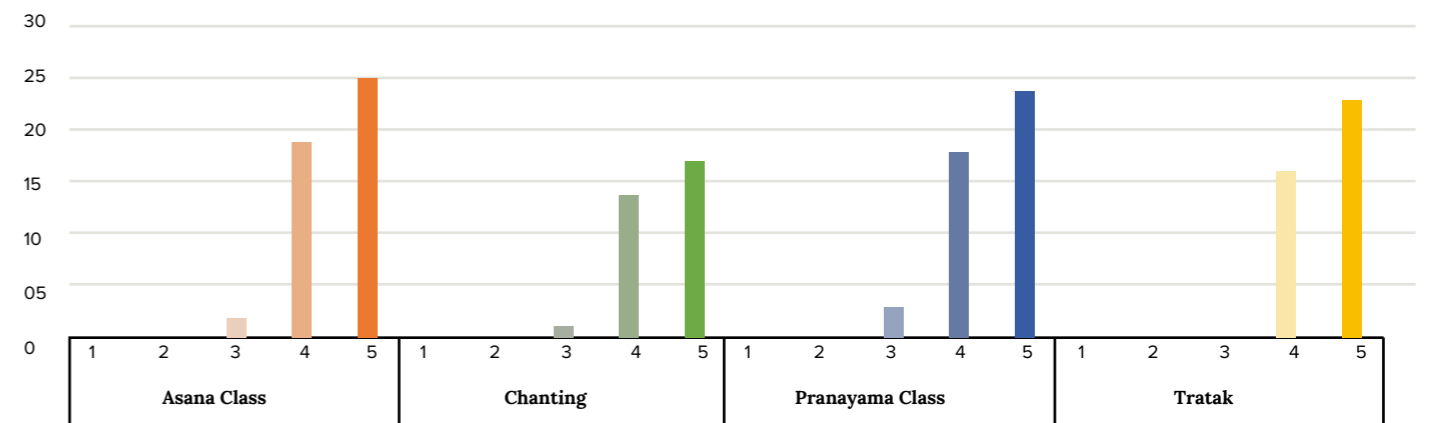
The second part is concerned with the regulation of diet as well as control of daily habits such as sleep, recreation, and work. This helps in removing the irritants responsible for much of our imbalances.

Finally, the third part concerns changes in attitude, behavior, and lifestyle. It helps take care of the following:

- Reduce Mental Decline
- Maintain Healthy Weight
- Reduce Stress & Depression
- Improve Sleep Quality
- Boost Overall Quality of Life

Basic intention of this programme is to improve the Yogic practices and relax in the beautiful environment.

### What do people say about our Yoga Sessions





# YOGA & NATUROPATHY

At Kaivalyadhama, we blend traditional Yoga with Naturopathy for the most calming and rejuvenating experience. Our Naturopathy programs are carefully customised and thoughtfully designed to address the root cause of an ailment.

Resorting to the forces of nature, natural healing is rooted in our body's innate power to heal itself. Earth, Water, Fire, Air, and Space, and Human Life are a product of the great cosmic design. Naturopathy believes that an illness is a violation of nature. It implies that the key to recovery and survival, lies in nature itself.

Naturopathy treatment is a holistic combination of traditional therapies, herbal remedies, and healthy habits. As an ancient Indian traditional practice, Naturopathy is non-invasive and does not use any manmade drugs,

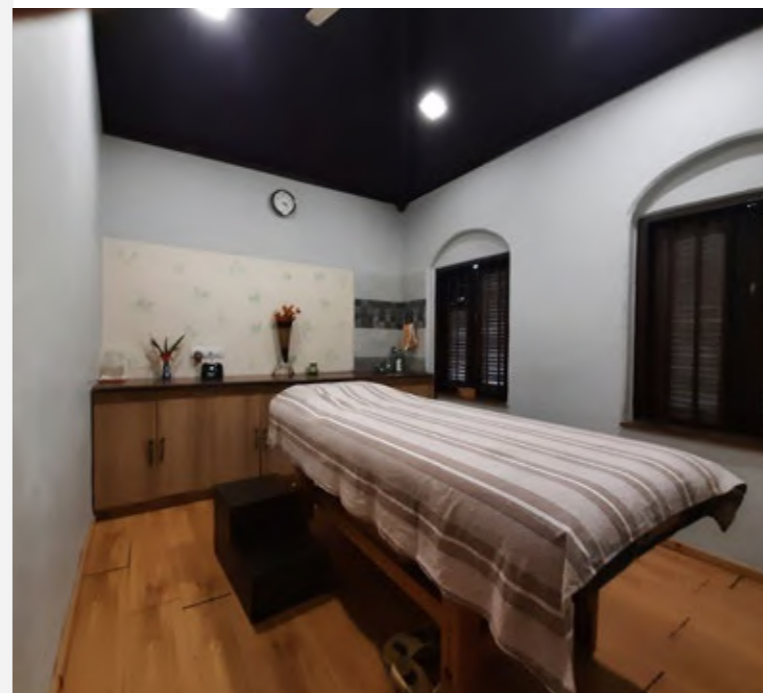
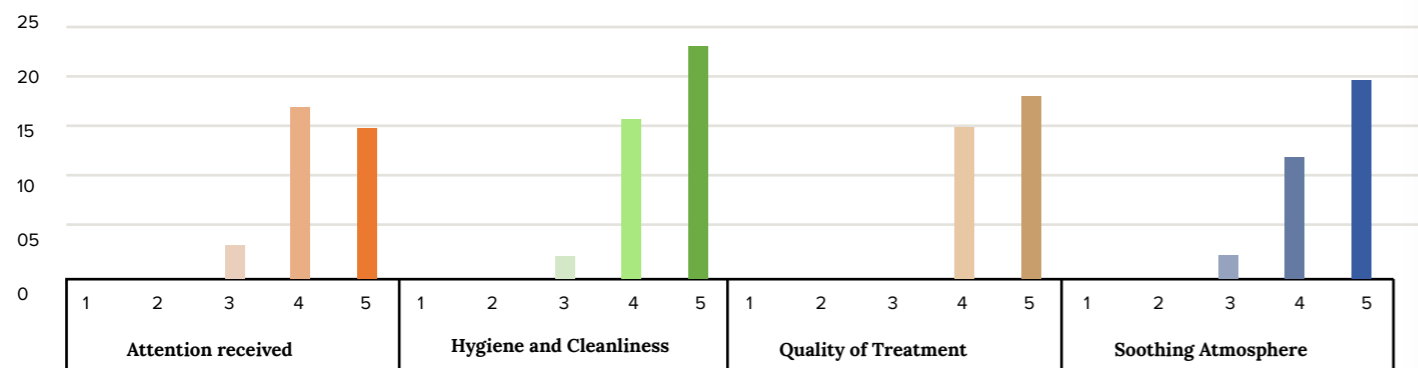
making the entire healing process a natural transformation through the elements of nature.

At the Holistic Healthcare Centre at Kaivalyadhama, we practice the art and science of natural healing by offering the best suited Yoga wellness and naturopathy solutions in the purest, most feasible form. Our well-researched therapies are aimed at complete healing to prevent recurrence and life-long wellbeing. Specialized treatments include Naturopathy modalities, Hydrotherapy, Mud therapy, Diet therapy & Acupuncture.

Healing programs are prescribed by our doctors after a thorough assessment of medical conditions.

Treatment protocol includes individually planned nutrition, stress reduction, Yoga therapy, and lifestyle advice for daily life.

Participants' feedback on Naturopathy



# YOGA & AYURVEDA

Based on the principles of the five elements of nature, Ayurveda can help remove toxic effects of present-day life style issues, unhealthy food, harmful medicines, and environmental changes. This ancient science works on bodily aspects such as Dosha (basic body energy), Dhatu (body tissue), and Mala (excretion).

At Kaivalyadhama, Yoga with Ayurveda and Panchakarma offers you an integrated approach to renew and destress yourself with herbal treatments for ailments, recovery, and restoration. We believe that combining this age-old wisdom of Ayurveda with yoga promotes and maintains sustained physical and emotional health in routine life.

The Ayurveda and Panchakarma course at Kaivalyadhama, begins after a personal medical consultation by an Ayurvedic doctor, depending on the condition of the patient's body. This is an in-depth intervention that

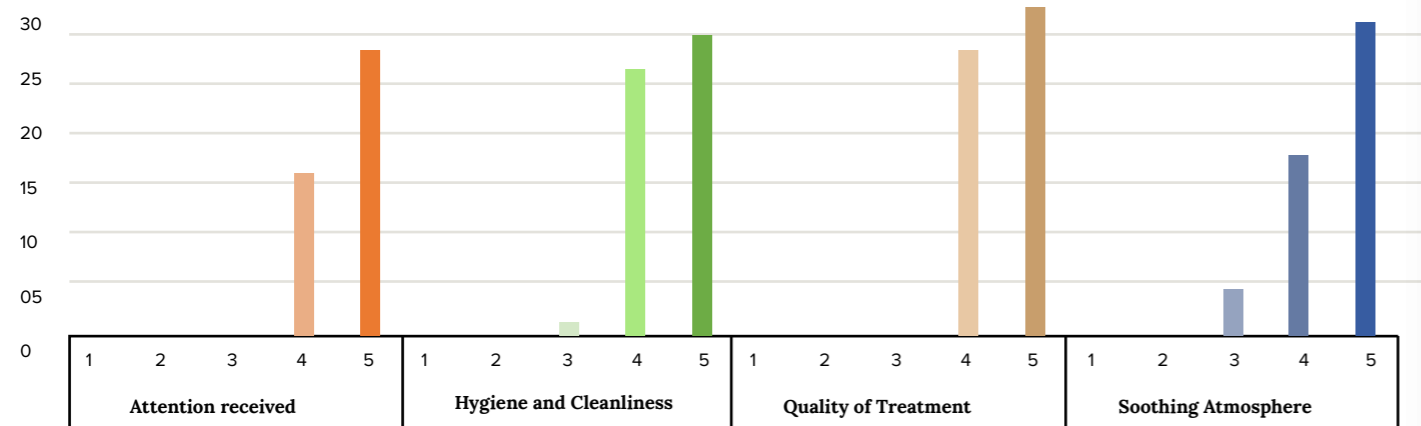
helps our doctors gauge the level and depth of physical and emotional disturbance for planning exclusive treatments. Customised programs are thoughtfully designed for healing, detoxification, and rejuvenation. This involves beginning with internal medicinal lubrication to detach the body from toxins by any one or a combination of procedures. Therapies include Abhyanga, Potali, Swedan, Shirodhara, Padyabahyanga, Nasya Basti, Karnapuran, Netrabasti, Lepa, Facial, Hrudbasti, Katibasti, Manyabasti, Sandhibandha, and so on.

The combined specialised schedule incorporates your yoga practice, intake of herbal decoction teas, a select saattvik diet with supplements, massages and different therapies with medicated oil & medicated ghee. While the guests have a duration choice of a week or more for this program, a longer stay ensures enhanced benefits of Panchakarma.

## Ayurveda is known to Effectively Treat:

1. Chronic and acute allergies, ear, nose & throat problems, chronic cold, asthma
2. Arthritis, rheumatism, spondylosis, slip disk
3. Acidity, colitis, constipation
4. Cancer recovery, heart problems
5. Obesity, blood pressure, diabetes
6. Nervous system disorders, kidney problems
7. Mental fatigue, depression, insomnia
8. Infertility, healthy conception, satisfying sex-life
9. Hormonal imbalance, menopausal problems
10. Difficulty in conception, menstrual irregularities, complaints during & after pregnancy

Participants' feedback on Ayurveda





# YOGA & WEIGHT MANAGEMENT

This program enables you to take charge of your health in the most organic way through yoga and naturopathy. Our Weight Management program does not require you to fast or simply stay on soups and juices. We focus on eliminating processed food from your diet by encouraging you to eat wholesome foods, fruits, and vegetables.

At Kaivalyadhama we offer a holistic Yoga and Naturopathy Weight Management Retreat, that aims to detox the body and mind, and manage your weight, at the same time.

We believe that sustainable long-term weight management is best done naturally and safely through authentic time-tested methods. Weight Management through Yoga and Naturopathy at Kaivalyadhama, is a reliable and result-oriented program that adopts traditional Yoga and Naturopathy treatments. The process involves understanding every aspect of slimming like weight loss, weight gain, inch loss, increased muscle mass, toning, and weight maintenance.

Our doctors consult and advise on appropriate diet plans and simple Yoga practices that can be easily followed in your daily life. Naturopathy weight management therapies are designed to suit individual requirements, such as Detoxification, Herbal fat burning massages, along with steam bath, Colon cleansing (Enema) & Hydrotherapy.

The integrated approach allows for personal attention that blends Yoga including asanas (postures), pranayama (breathing techniques), shuddhikriya (purification), and meditation with Naturopathy therapies and diet modification based on health conditions.

## Result-Driven Weight Management Program

**02 weeks | 04 weeks | 06 weeks**

The Kaivalyadhama weight management retreat is a blend of Yoga and Naturopathy therapies, diet, and lifestyle changes.

# YOGA AND HEALING

At Kaivalyadhama, we understand the concerns of those enduring chronic health conditions or psychosomatic disorders for a long time. We believe that Yoga practice can inspire an encouraging outlook and fulfilling life.

Thoughtfully designed, SOHAM is a highly immersive approach to enhance the overall quality of life by way of traditional yoga. With SOHAM, our expert Yoga masters guide you to deal with struggles and find solace in loss.

This program focuses on seeking and understanding the meaning in life by altering ways and transforming perspectives. A combination of engrossing therapy sessions, naturopathy treatments, and theoretical discussions, the SOHAM retreat aims at your holistic healing.

SOHAM facilitates deriving and sustaining positive energies, to be able to live life confidently and fully. A lot of people have been benefitted through this program till date.

## The program is based on the three integral steps/measures of Yogic Therapy

As given by Swami Kuvalyananda:

1. Cultivation of correct Psychological attitude.
2. Reconditioning of Psycho-physiological mechanism.
3. Other Yogic Therapeutical procedures and Yogic Principles of Diet.

## Testimonials:

I happened to hit upon SOHAM program and got a seat by chance as one person dropped in the last moment! And the practice started from day 1. From every second of continuous pain in my whole body I started to live the moments. From not able to sit and stand for even 10 min – to doing asanas, yoga and meditation for 6 hours. And from not able to understand what is happenings to my life – to understanding life with love. This 15-day journey has given me another chance to start and live my life completely. This SOHAM program has reversed negative thought process and offered me a joyful way of living my life. The combination of scientific and traditional methods of yoga by this program proved to be really helpful for me. As correctly explained SOHAM healed me through awareness, observation and mantras by it's beautiful and amazing asanas, naturopathy and pranayama techniques.

- Adarsh India

This program has offered me a new way to understand how the mind and the body works. I feel much better after the end of this program. It was excellent! All the techniques that have been taught helps you get rid of lot of the diseases you have.

- Christel, France



# YOGA INTENSIFIED – SADHANA

Sadhana is an effort to effectively integrate Yoga practice into your life. This program is specially designed for individuals who seek to devote more time towards the sustained and holistic wellbeing, of body and mind. Sadhana offers an engrossing and absorbing Yoga experience through a guided and mentored routine.

The soothing and pristine environment of Kaivalyadhama, inspires one to become more aware and conscious in the process of self-introspection and self-discovery. The holistic Yoga intensive schedule with extended stay allows for ample dedicated time to learn and delve deeper into the practice of traditional yoga.

## Interaction with the Experts:

1. Guidance and mentoring with our Yoga experts
2. Meeting specialists from our Scientific Research Department (SRD) to understand the different dimensions of physical and emotional health
3. In-depth discussions with faculty at the Philosophico-Literacy Research Department (PLRD) to comprehend the fundamentals of Yoga philosophy
4. Communicating with senior Yogacharyas on the experiential paradigms of Yoga

## Access to Facilities

1. Free access to Library.
2. Yoga practice and being with nature, on the hills of Kaivalyadhama.
3. Introduction to rasiana (rejuvenation) techniques from Ayurveda.
4. Fresh milk from the Gaushala (cow shed) at Kaivalyadhama.
5. Fresh vegetables from the Kaivalyadhama organic nutrition gardens.
6. Volunteer for different activities at Kaivalyadhama, including gardening.

# “PRABALATWAM”

## POST-COVID RECOVERY PROGRAM

### Bounce back to wellbeing & fitness after COVID-19:

It is available in both one-week and two-week formats. Prabalatwam works towards improving lung capacity with total body detoxification. This process efficiently removes toxins and medication impact on the body for immediate health restoration.

Prabalatwam aims to efficiently rebuild overall physical strength and emotional peace, for harnessing the harmony within. With a century-old legacy in Yoga research, Kaivalyadhama has devised and launched a special protocol for individuals in the post-COVID recovery phase,

to benefit the world. Yoga practice protocol includes attitude forming practices of Yama and Niyama of the traditional Ashtanga Yoga. These are individualized in a need-based/ tailor-made framework. The Protocol involves psycho-physiological practices of Shuddhi Kriyas, Asanas, Prayanama, Bandhas, and Mudras. Our personalized approach focuses on strengthening internal healing. Participants to this program shall be given some specific dietary supplements such as medicated ghee, turmeric milk and Agasti Rasaya.

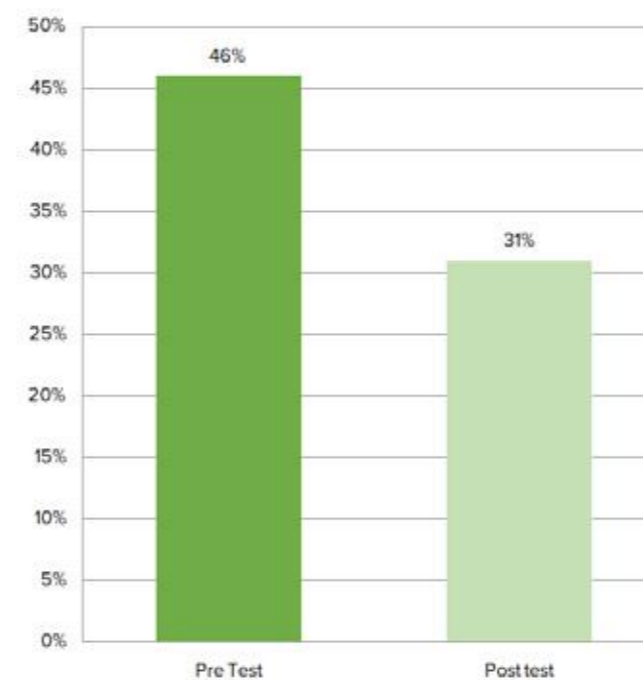
### Post-COVID Evaluation Process

Mandatory pre and post treatment testing is conducted at our Scientific Research Department (SRD) for COVID recovered persons.

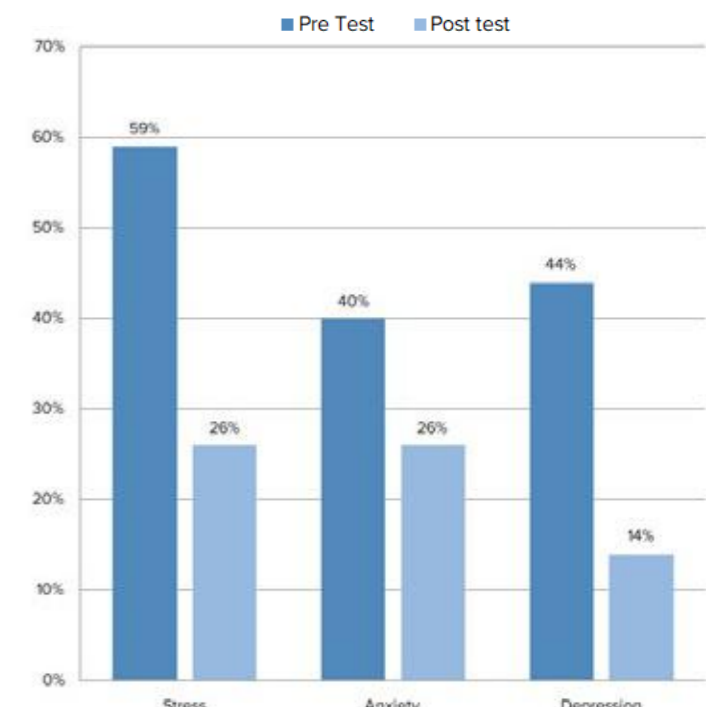
The tests conducted include WHOQOL – BREF, The Warwick – Edinburgh Mental Well – Being Scale, Dass21 and PITTSBURGH SLEEP QUALITY INDEX (PSQI). These evaluate the quality of life and emotional health.

Physiological tests such as Spirometry and Bio-pac assesses the lung capacity of the patient, while keeping a check on heart, brain, and muscle activity. As COVID survivors typically suffer muscle fatigue, joint pain and muscle weakness, physical testing includes the Back leg chest Dynamometer for measuring strength of major muscle groups.

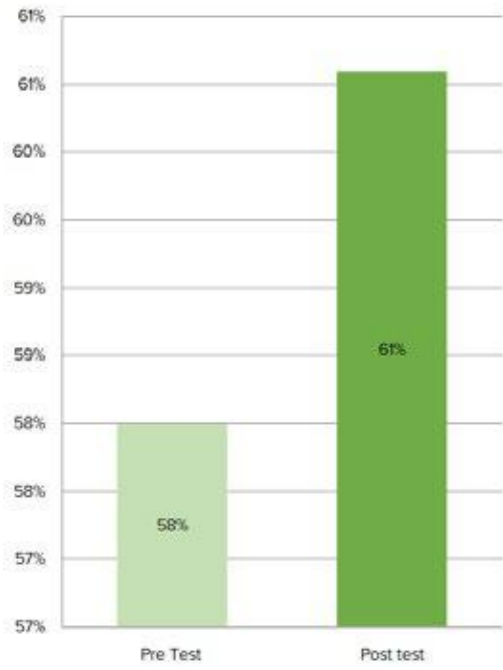
SLEEP DISTURBANCE



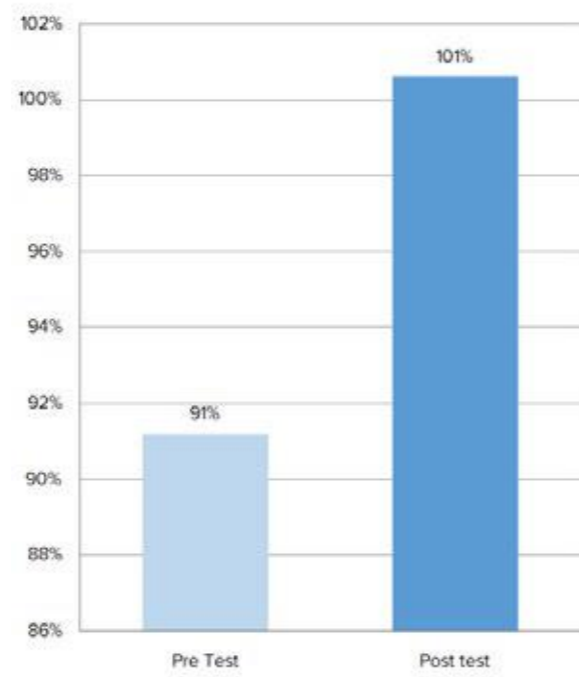
(DEPRESSION, ANXIETY, STRESS SCALE) DASS 21



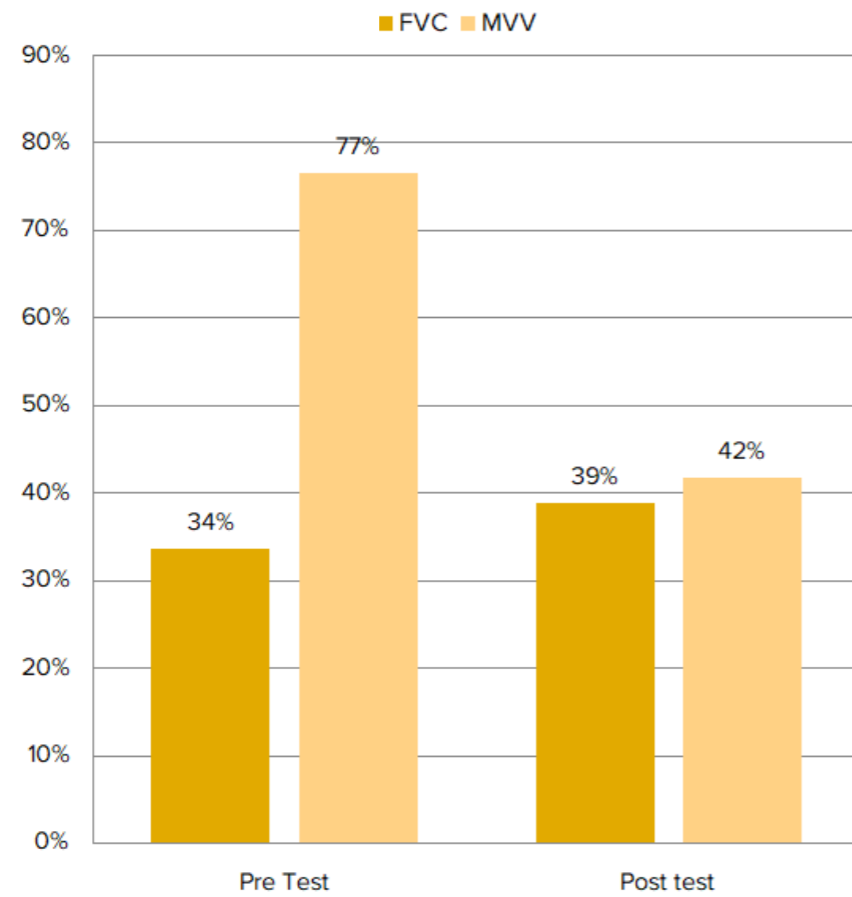
### MENTAL WELL-BEING



### QUALITY OF LIFE



### SPIROMETRY



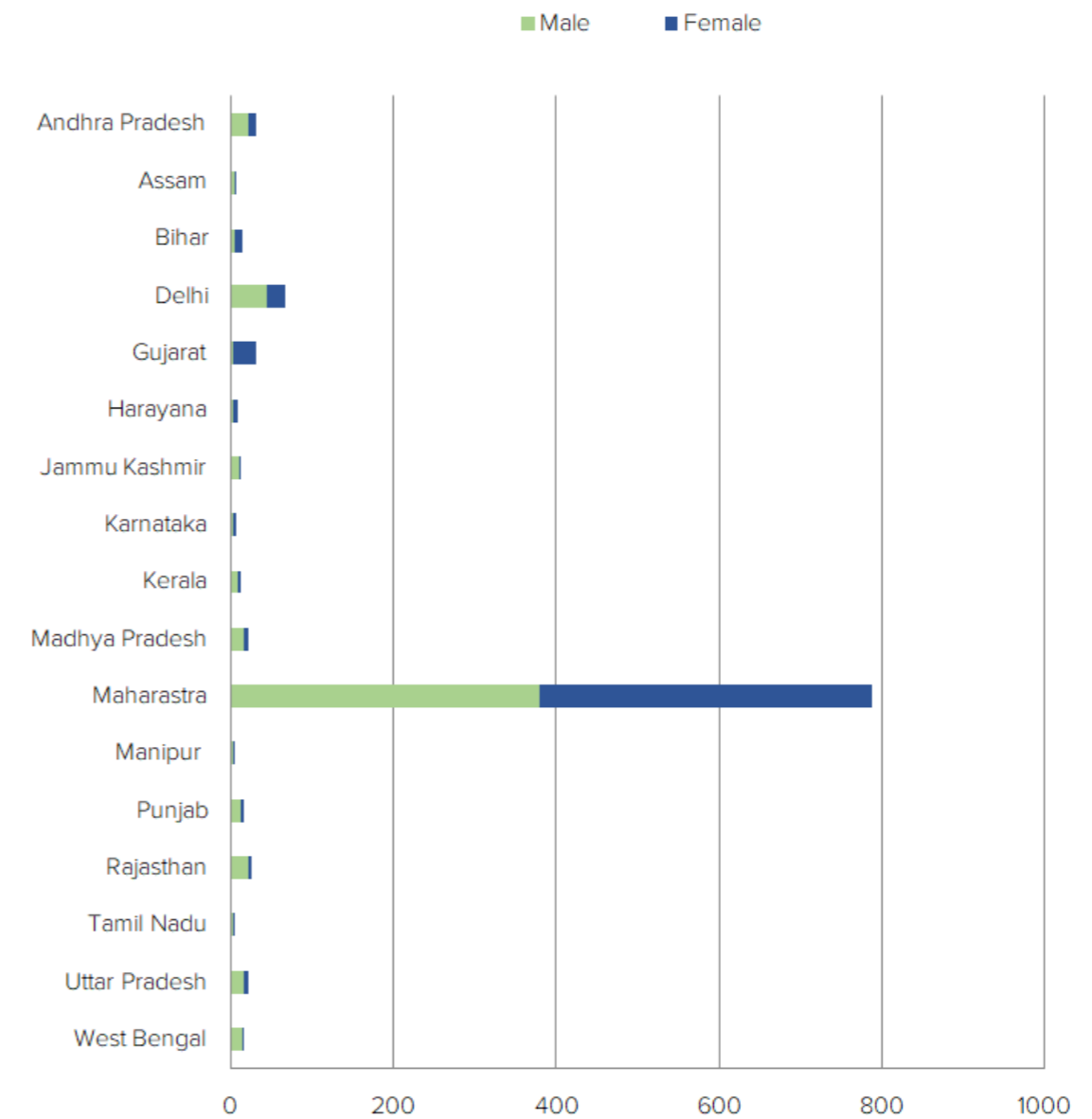
Above charts show overall improvement in Quality of life and Mental well-being along with reduction in depression, stress anxiety levels and sleep disturbance of Post Covid participants.

## IMPORTANT STATISTICS

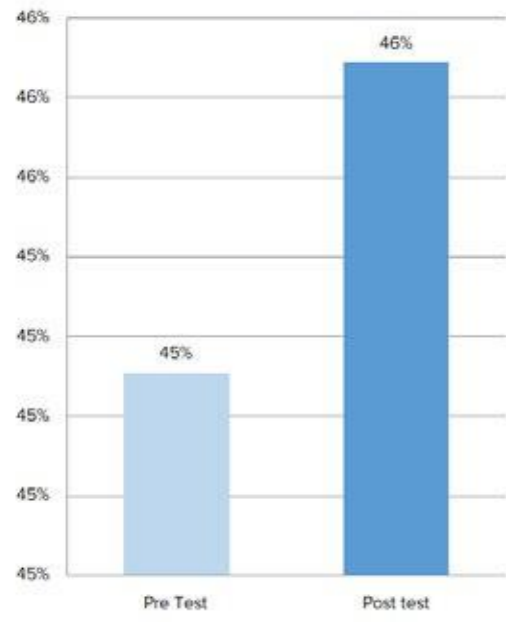
### Participant Distribution in prime programs

Participants	AYURVEDA	NATUROPATHY	RELAXATION
MALE	129	209	20
FEMALE	178	271	47
<b>TOTAL</b>	<b>307</b>	<b>480</b>	<b>67</b>

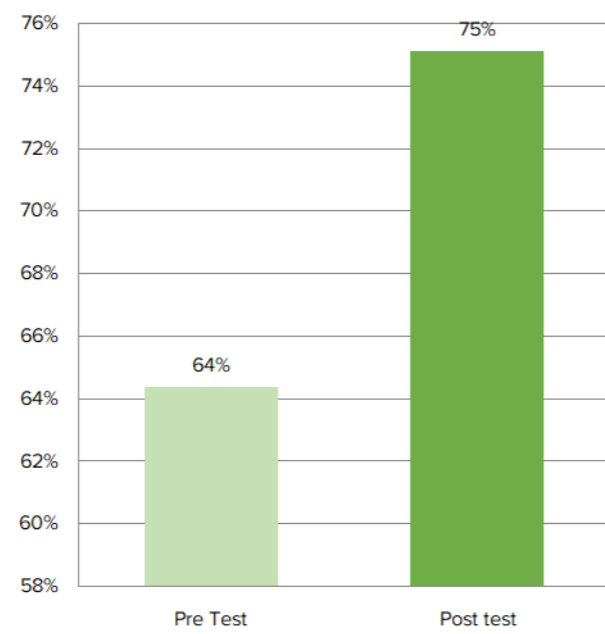
### STATEWISE DISTRIBUTION OF PARTICIPANTS



**BACK, LEG, CHEST DYNAMOMETER**



**HAND GRIP STRENGTH**



Above graphs showed the improvement in Hand Grip strength and Back, Leg, Chest strength.



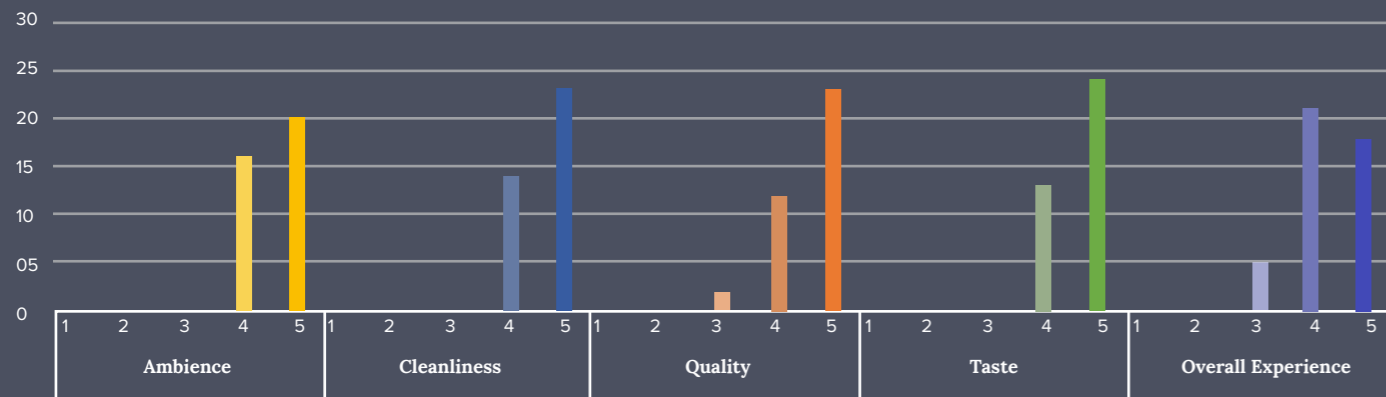
# SADAPURNA

Delicious, nutritious vegetarian food is served in the dining hall at Kaivalyadham. The food is sattvic in nature and the menu is Indian. Hot breakfasts, lunch and dinner are served and fruit is served in the afternoon. Great care is taken to provide wholesome meals, which are nutritious and easily digestible. Meals are accompanied by fresh fruit, soups and salad, thus ensuring a healthy balance of diet. Ayurvedic tea and

fresh milk is served in the mornings and late afternoon. Panchkarma patients have their own special diet.

All this has been possible not merely by the efforts of the people of this Institute but also because of yoga enthusiasts who have been visiting the place over the years in increasing numbers. Their valuable suggestions have helped the institute in its endeavour towards perfection.

**Feedback on Dining Facilities**



# ACCOMMODATION

The accommodations are spread across the campus, with simple clean rooms, attached toilets, air-conditioning and a vegetarian diet. There are various gardens in the campus.

## GARDENS

Apart from several gardens we also house Harit Vanam for medicinal plants. Herbs have many values but a few of the most common uses include aromatherapy, medicinal, as seasonings and flavourings in foods and beverages, and in salads. Many herbs are chockfull of cancer-

fighting antioxidants, valuable nutrients, fat-free flavour, and more.

In Kaivalyadhama, most of the native plants which are medicinal plants are planted are the backbones of Ayurveda as well as useful in Homeopathy, Allopathic and Siddha too.

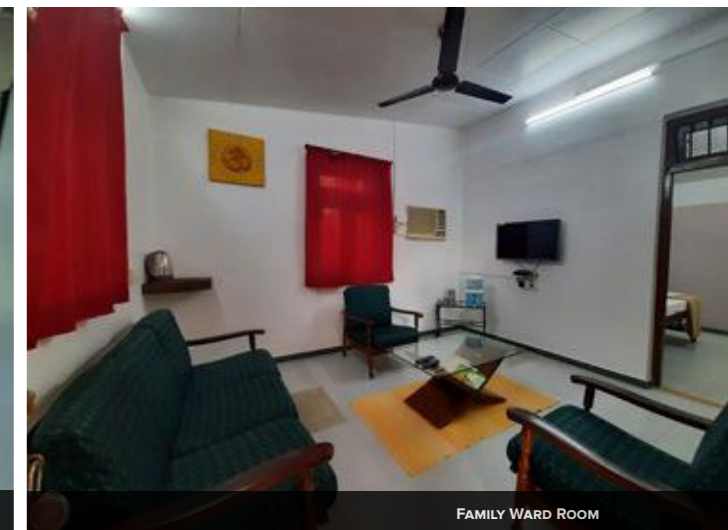


## ACCOMODATION & CLASSIFICATION OF ROOMS

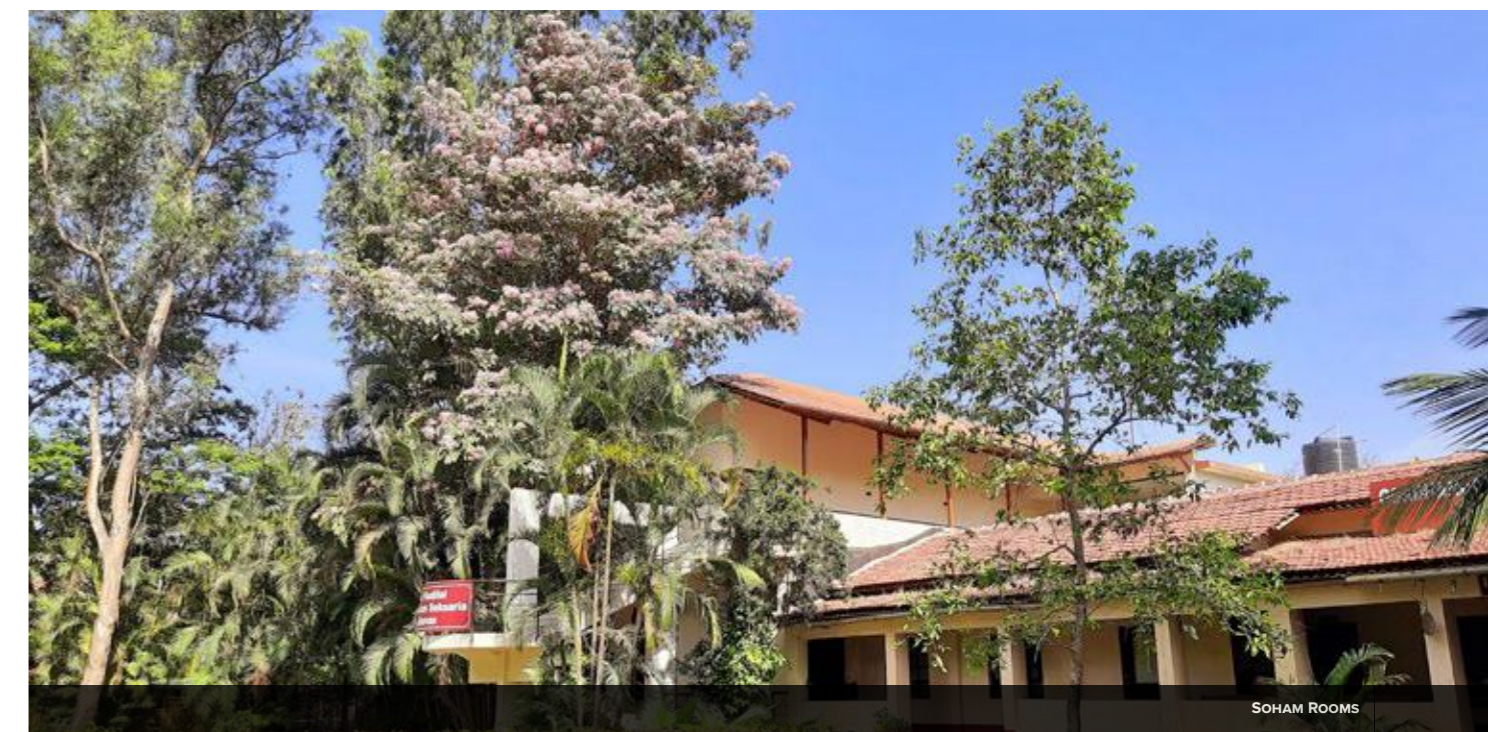
ROOMS	TYPE	NO. OF PERSONS	TOTAL
12 MAIN BUILDING STANDARD	ATTACHED BATHROOM	2 IN EACH ROOM	24
5 SOHAM KUTIR STANDARD	ATTACHED BATHROOM	2 IN EACH ROOM	10
5 SOHAM KUTIR EXECUTIVE	ATTACHED BATHROOM	2 IN EACH ROOM	10
10 SOHAM DELUXE	ATTACHED BATHROOM	2 IN EACH ROOM	20
9 MAIN BUILDING	COMMON BATHROOM	2 IN EACH ROOM	18
4 MAIN BUILDING	SUITES	3 IN SUITE	12
5 VEDANTA KUTIR	SINGLE EX SUITE	1 IN EACH ROOM	5
5 AMRUTA KUTIR	DOUBLE EX SUITE	2 IN EACH ROOM	10
<b>TOTAL</b>			<b>113</b>



SOHAM DELUXE ROOM



FAMILY WARD ROOM



SOHAM ROOMS

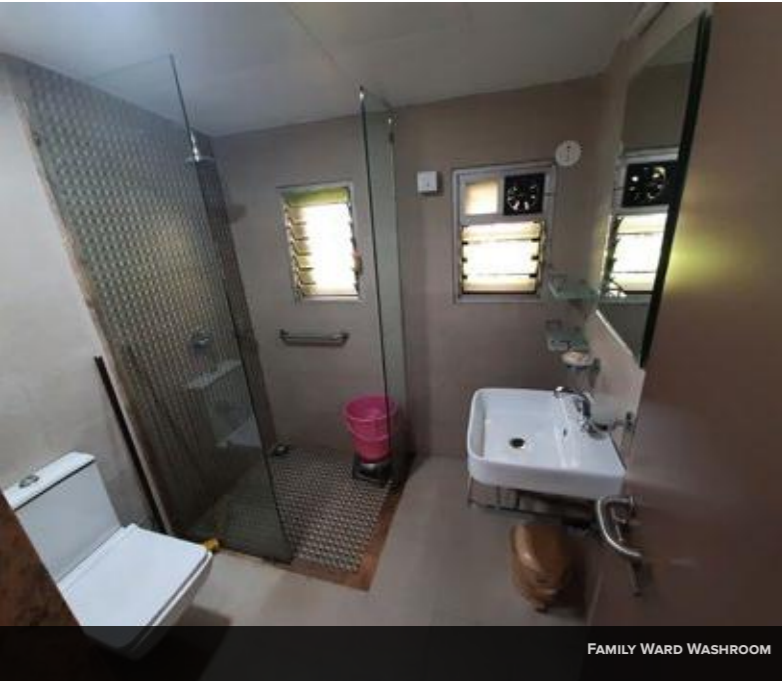
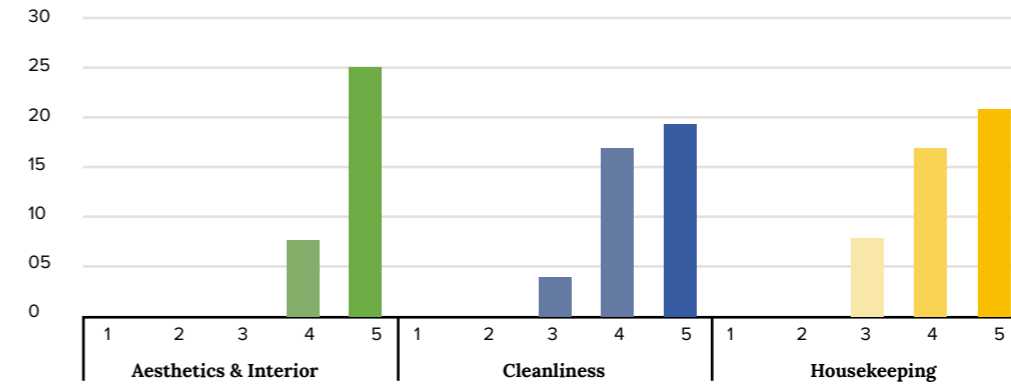


STANDARD ROOMS

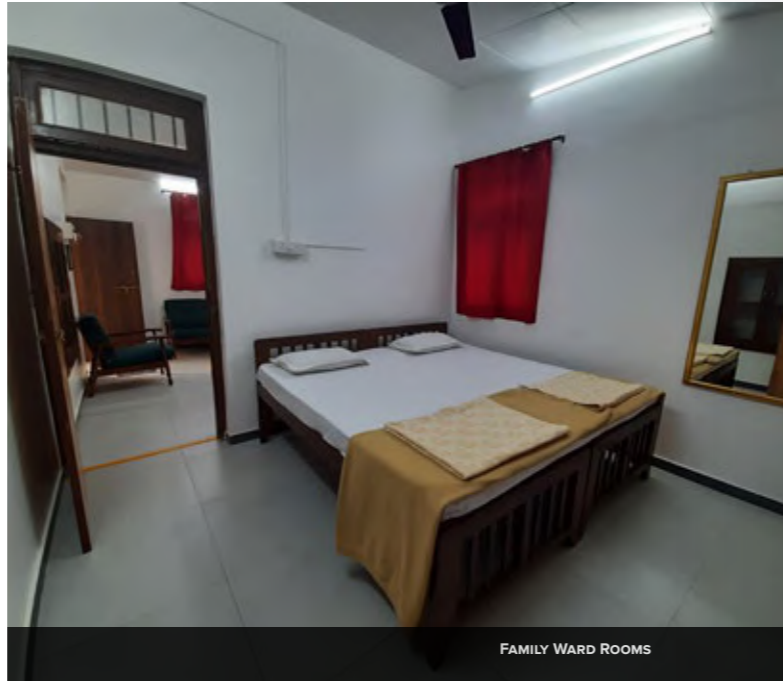


EXECUTIVE ROOMS

Accomodation Experience



FAMILY WARD WASHROOM



FAMILY WARD ROOMS

IMPROVEMENTS

1. Bamboo partition at Soham Kutir garden to allow privacy to our participants who enjoy Sunbathing or just sitting out in the garden.
2. Beautification and to make the place comfortable staying for a person for participants and guest drivers.
3. False ceiling work has been done in the Amruta & Gayatri Kutir blocks to look good dampness and moisture.
4. Soham Deluxe rooms have been repaired and painted for seepages and faded walls to maintain it well.
5. Sound proofing has been done in almost 80-90% of the rooms. It has comparatively reduced to certain extent.



SOHAM BACKSIDE



GREEN ASHRAM PROJECT



DRIVER ROOM



SOUNDPROOF WINDOW GLASS

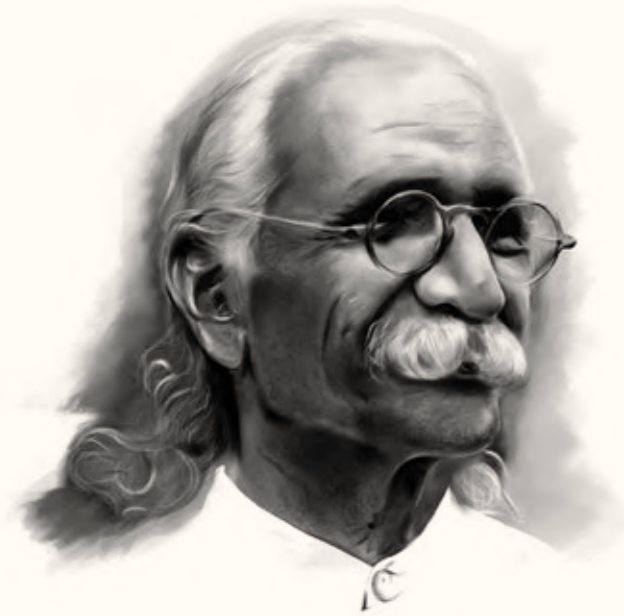


WATER-PROOFING



KUTIR BAMBOO PARTITION

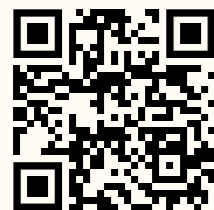
# CONTRIBUTION of FUNDS for YOGA



Swami  
Kunalayananda

1883-1966

FOUNDER  
Kaivalyadhama Yoga Institute



All donations to Kaivalyadhama are  
exempted under Sec 80(G) of Income  
Tax Act for 50% deduction

Right from the times of the Vedas Adhyatma and Science went hand in hand.

Agastya Rishi who was a great explorer, navigator and a scientist had discovered the process of electroplating. He could produce electricity with the help of one hundred cells. That is why he is called Kumbhayoni and gold is called Shatakumbha as electroplated articles had a golden hue. Leading American scientists have acknowledged these facts. Agastya was also the greatest leader of Adhyatma Vidya as disciples of Valmiki came to him in search of Adhyatma.

Had India not given up science, the world would never have turned materialistic. Science would have always remained a handmaid of Adhyatma.

The physical benefits of Yoga have now been acknowledged universally but it requires much deeper scientific investigation, as it has a far deeper bearing on the psychology of man than at present imagined. This investigation requires apparatus, libraries and buildings to house them, along with research workers and subjects for experimental work. Hence the need of funds for yoga.

I do not believe in exclusive self-development, but I felt I have a mission, and I also feel it to be my duty to do anything for its fulfilment.

The future of humanity lies in the hands of 'Adhyatmavadins' who can interpret their theories and experiences scientifically to the world. If I fail in my attempt to make any headway in the direction, God will set up someone else far more competent than my poor self for carrying on this mission. But this will have to be done and God will get it done.

Swami Kunalayananda  
27<sup>th</sup> November 1952



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