I am happy to present the annual report of the Trust, inspite of the global pandemic, COVID19 which has put world in a crisis. The institute hosts around 200 family members and has hosted around 50 students including international stranded students, and I am happy that all of them have maintained good health and spirit. The credit goes to their sincere effort. Kaivalyadhama is handling this period of difficult times very courageously & with determination. I always feel that blessings of our founder and my teacher Swami Kuvalyananda ji are omnipresent in the campus of the institute. We feel reassured each time when we need help. We also have with us our Board of Advisors and members of Governing Body who have been a sense of great support and we express our sincere thanks to them. Our heartfelt thanks to the Ministry of HRD, Government of India and NCERT for their continued support to encourage research and training in Yoga. I am sure the readers shall find this report interesting and useful.

Shri O.P. Tiwari
Secretary, Kaivalyadhama
Each year has its reasons to celebrate and it has also points to contemplate. The contemplation leads to further progress and growth.

The Gordhandas Seksaria College of Yoga & Cultural Synthesis got recognized as a “Un-aided Degree College” by the Government of Maharashtra and it got affiliation with the Kavi Kulguru Sankrit University, Ramtek. So we now offer the BA and MA degrees from this college. College is embodiment of the vision of our founder, where he wished to create an environment of experiential education. We have also received the first line of clearance as “Research Institute” by the KKSU University and we shall soon re start the PhD programs. I am particularly happy about this, because the institute has state of art infrastructure, and what would get greater joy, then to provide these resources for high quality research works. We were also able to add a new building to the college, now named as ”Kudilal Bhavan”. It was a very touching moment when a family member of the Seksaria family, Shri.Raj Kumar Seksaria decided to contribute towards the cause and name the building after his father. The college is now equipped with two halls which can seat 500 people each. Shri. Raj Kumar Seksaria also joined us in the true spirit of Yoga, as a family of Kaivalyadhama.

The Scientific Research, the foundation of the institute has been steadily growing and laying out a strong foundation. Research is not a activity which can be objectively analyzed for output. It is a frame of collective mindset, which wants to continuously word towards strengthening scientific dimensions in Yoga. A very interesting and intense random control trial was conducted on ”Breath, Stress and Health: A Biocultural study of Hatha Yoga Practice” in collaboration with Mr. Paul Dallaghan, from Emory University. Another interesting project is on ”Effect of Yoga in pre-diabetics and their gene expression”. The Ministry of AYUSH has funded this project as an extra mural research project. There has also been a conscious effort to increase the case studies of participants who come in the health care center. This has proven to be a very great collection of information as evidence of improvement and a great motivator to the participants who come in with a certain condition.

The Health Care center is on steady growth pattern, with great efforts to improve upon the level of services and giving better experience to the participants who come in for health care.

The centre implemented the Participants Project Management Systems; this takes care of the process since reservation to check out of a participant. This project received a certificate of commendation from the Ministry of AYUSH, as a contribution in the IT field.

The Philosophico literary research department published some good books and has undertaken several projects, important amongst those are 1. The Yoga Heritage and Culture 2. Study of the principals of causality: interfacing ancient Indian wisdom with modern physics and ICPR project. We also have acquired some important manuscripts, which would come in to publication in near future. Kaivalya Vidya Niketan, our CBSE School has decided to start the 11th & 12th grade in Arts and Science. The idea is that this would enable students to pursue humanities and inculcation of Yoga in life can be embodied through their pursing higher education in Yoga. Yoga is an integral part of the school curriculum and will strengthen over a period of time.

Our efforts for finding ways of synthesizing with nature continue as before. We have adopted a technology developed by DRDO, ‘bio-digester’ which replaces the conventional ‘ septic tanks’. We have installed this at various locations. With this non-mechanical method, the black water is treated with the help of the bacteria’s. Our Guashala with 60 cattle’s is a place with ‘happy cows’. While the institute benefits with the milk from indigenous gir cows (after their calves consume), the dung is used as organic manure for the agricultural activities.

The financial year concluded with the onset of COVID 19, the endemic. The institute had to close down and today while I write this, we are still under lockdown. This was a “adhidaivik” dukkha in nature, a calamity which was beyond human control, probably a rebuttal by nature. So the lock down forced people to introspect retrospectively. The institute adapted to online teaching to continue its ways to disseminate the science of Yoga and its experience. We also ensured that we started to supply the herbal tea, masks and herbal supplements to the front line workers and servers to ensure their good health and well-being. Through this, what a realization has come to each , that the door of inquiry opens ‘inwards’ and not ‘outwards’.

My appreciation to the team which has enabled the annual report to come out in time to enable our well wishers to peep in to the activities of the trust.

Shri Subodh Tiwari
CEO, Kaivalyadhama
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Kaivalyadhama

Kaivalyadhama was founded in 1924 by Swami Kuvalayananda and is, today, one of the oldest and foremost scientific yoga research institutes in the world. 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 Kuvalayananda was led down the path of a spiritual journey. This journey ultimately manifested in the founding of Kaivalyadhama, which has built itself on Swami Kuvalayananda’s legacy and mission to bring together traditional yoga with modern science. A great visionary in his own right, Kuvalayanandaji, 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 Kuvalayananda 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. Swami Kuvalayananda’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.

Our headquarters sprawl over one hundred seventy acres of land that is nestled in the foothills of Lonavala, India. The institute has over 13 affiliated centres in 8 countries. Each year, we serve over three thousand participants and students, for both therapeutic and educational purposes.
Governance

ADVISORY BOARD MEMBERS

Justice B.N. Shrikrishna(Retd) - Former Judge - Supreme Court of India – Chairman
Dr.D.R.Karthikiyaan - Former Director CBI, Padma Shri Awardee
Shri P.H. Parekh - Senior Advocate and Padma Shri Awardee
Shri M. Narasimhappa – IRS, Former Chief Income Tax Commissioner
Dr Rajan Welukar - Former Vice Chancellor University of Mumbai
Shri B.C. Khatua, IAS - Former Secretary GOI
Shri Ajit Sharan -IAS Former Secretary GOI
Shri Prasad Menon - Former Chairman Vistara

GOVERNING BODY MEMBERS

Swami Maheshananda - Chairman
Justice Devkinandan R. Dhanuka (Retd)
Justice Dr S. Radhakrishan (Retd)
Mahant Jagganathji Maharaj of Malisar, Guajrat
Shri Rakesh R. Seksaria
Shri Raj Kumar Seksaria
Director (SE), Ministry of HRD, Govt of India's Nominee
Director (IFD), Ministry of HRD, Govt of India's Nominee
CAO/IFA NCERT, Nominee
Director of Higher Education, Govt of Maharashtra
Shri Dinesh Panjwani
Advocate Nivit Srivastava
Dr S.K. Ganguly
Shri Subodh Tiwari
Shri R.S. Bhogal
Smt. P.L. Mandke
Shri O.P. Tiwari - Secretary

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, GOI
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 No.7630/62-U.4 dt.12th Nov'1962.

2. Ministry of Finance Government of India, New Delhi


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

5. Finance Division, Mumbai Government of Maharashtra

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. University of Pune, Pune
Approved Centre for Post graduate research 14.09.2007


10. Ministry of AYUSH, Government of India, New Delhi
Inclusion of BA (Yoga Shastra) under AYUSH Scholarship Scheme dt.20.2.2019

11. Ministry of AYUSH
Leading Yoga Institution accredited by YCB by Ministry of AYUSH

12. 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. Yogashashtra, B.A. Yogashastra.

13. Trade Mark Act, Govt. of India
Kaivalyadhama has been registered under Trade Mark Act on 29/1/2019 by Trade Mark No. 4070766
### Collaborations and Affiliations

#### NATIONAL

1. Shreemati Nathibai Damodar Thackersey Women’s University (SNDT Mumbai) - **Maharashtra**
   - Research

2. Saurashtra Mandal - Project Life, Rajkot - **Gujarat**
   - Therapy/ Research

3. Sri Balaji Vidyapeeth, Pondy Puducherry (Research) - **Puducherry**
   - Academic/ Research

4. Medknow Publications and Media Pvt. Ltd, Mumbai (Publication of YM, Research) - **Maharashtra**
   - Publication

5. Kavikulaguru Kalidas Sanskrit Vidyapeeth, Ramtek, (Statutory Affiliation) - **Maharashtra**
   - Training/BA/MA

6. GeneOm Biotechnologies Pvt. Ltd., Pune, (Research) - **Maharashtra**
   - Academic / Research

7. National Institute for Research in Reproductive Health(NIRRH) Mumbai, (Research) - **Maharashtra**
   - Academic / Research

8. MIMER Medical College, Talegaon Dabhade, (Research) - **Maharashtra**
   - Academic / Research

9. Ek Prana, New Delhi – 110033, Shalini - **Delhi**
   - Training

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 Purrender Arts & commerce college, Valvan, Lonavla - **Maharashtra**
    - Academic / Research

18. Indian Yoga Association, Dwarka - **Delhi**
    - Membership

19. Diabetic Association of India, Pune - **Maharashtra**
    - Research

20. Vrindavan Habitat, Nagpur - **Maharashtra**
    - Promotion & Development

21. VITPES, (Garbaari, Purba Medinipur - **West Bengal**
    - Academic

22. Dev Sanskriti Vishwa Vidyalaya , Garbaari - **Uttarakhand**
    - Academic

23. Sri Sri University Cuttack - **Orissa**
    - Academic

24. Cultfit Bengaluru, (information outreach programme) - **Karnataka**
    - Scholarship

25. Chinmaya Mission Pune, No Activity - **Maharashtra**
    - Academic

26. Ministry of school Education Youth Welfare, & Sports Development, Govt. of TN - **Tamil Nadu**
    - Academic

27. Sadhu Vaswani Institute of Management Studies, Pune - **Maharashtra**
    - Academic

28. Ritambara Prajna, Howrah - **Bengal**
    - Academic & Research

29. Sikkim University Gangtok - **Sikkim**
    - Academic & Research

#### INTERNATIONAL

1. Wellness Chandra - **Japan**
   - Academic/Research

2. IEPY (Instituto de Ensino e Pesquisas) - **Brazil**
   - Training

3. Naturheilzentrum Neuer Weg - **Germany**
   - Academic/Research

4. University of La Laguna, Canary Island - **Spain**
   - Academic/Research

5. Loyola Marymount University, Los Angeles - **USA**
   - Training

6. Bodhi Yoga, Taipei - **Taiwan**
   - Academic/Research
Meetings

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**INTERNAL**

1. **Advisory Board Meeting**

2. **Institution Ethical Committee Meeting -**
   On 24th August 2019 we had the august gathering of experts of the core committee members to review the Status of institution Ethics & it's working.

3. **General Body Meeting**

4. **Governing Body Meeting**

**INvolvement in Policy Making**

1. **Ek Prana Roundtable with NITI Ayog**

2. **IDY Preparation meeting with AYUSH**
   Kaivalyadhama was invited to the IDY Meeting held yesterday, 24 April 2019, in MDNIY, New Delhi. The meeting was chaired by Shri P N Ranjit Kumar, Joint Secretary, Ministry of AYUSH, Govt. of India, to primarily discuss a one-day seminar to be held on 2 May 2019 and other activities for IDY.

3. **Inter-Ministerial Committee Meeting**
   Inter-Ministerial Committee Meeting held at 11.00 a.m. on 13 May 2019 in New Delhi under the Chairmanship of Secretary (AYUSH) for observation of the forthcoming 5th International Day of Yoga on 21 June 2019.
4. **IYA GB Meeting**

The Indian Yoga Association is a premiere body of the Yoga institutions. The General Body of the Indian Yoga Association met at Navi Mumbai. The meeting was hosted by Reliance Jio in their board room. Some historical decisions were taken by the Indian Yoga Association which shall strengthen the Yoga fraternity.

5. **Round Table at NITI AYOG on Indo Russian Economic Forum**

Sh. Subodh Tiwari, CEO attended the meeting at the NITI AYOG. One of the components of discussion was health and wellness tourism, including AYUSH in June. The meeting was attended by various Stakeholder from the industry of both countries.

6. **Meeting Of The National Board Of Yoga & Naturopathy**

The National Board of Yoga and Naturopathy met after a gap of two years on the 11th of July 2019. The meeting was presided by Sh. Shripad Naik, Hon’ble Minister of AYUSH. Many important policy related matters were discussed in the Board. The board is formed to look into the policy governing Yoga and Naturopathy. One of the important decisions was formation of separate certification board for Naturopathy.

7. **Meeting of the Advisory Board of Manipur Central University**

Shri. Subodh Tiwari attended the meeting of the advisory board for Yoga at the Manipur Central University on the 27th of May. He also delivered a talk next day at the University.

8. **Indo-Russian Economic Global Round Table Organised By Niti Ayog**

A round table was held in Delhi on the 10th July 2019 to discuss bilateral advancement in areas of economic growth for India and the Russian Federation. One of the round table was to discuss the possibility of increasing the health and wellness tourism between both the countries. Shri.Subodh Tiwari, CEO and Vice President of IYA was invited to represent the field of Yoga. Interesting discussions were held and many ideas exchanged.

9. **Meeting at NAAC, New Delhi**

In a historical move, the National Assessment and Accreditation Council (NAAC) of India, released the New York-Bengaluru Vision Statement 2019 towards a Global Ecosystem in Yoga Higher Education through collaboration, mainstreaming and accreditation worldwide on 24th & 25th September 2019 at the hands of Shri Ramesh Pokhriyal ji, Hon’ble Minister of HRD and Shri Shripad Yesso Naik ji, Hon’ble Minister of State (IC), Ministry of AYUSH organised by NAAC at New Delhi. Sh. Subodh Tiwari, CEO represented Kaivalyadhama at the event.

10. **Executive Meeting , IYA**

The Executive Committee meeting of the IYA was held in Delhi on the 17th Dec. The meeting witnessed some important discussions on the accreditations initiated by IYA PrCB. The wings of IYA have spread across around 17more states in form of state committees. Secretary AYUSH Vaidya Rajesh Kotecha and Joint Secretary Shri. P.N.Ranjit Kumar also joined the discussions. Areas of collaborations with the Ministry of AYUSH were discussed. Dr. H.R.Nagendra presided over the meeting while Sh. Subodh Tiwari who is also the Vice President of the IYA, actively participated.
The Governing Council Meeting of the Indian Yoga Association was held on 10th of Feb 2020 at Isha Foundation, Coimbatore. Yogacharya Swami Ramdev, Sadhguru Jaggi Vasudev, Swami Chidananda Saraswati, Shri.O.P.Tiwari, Dr.H.R.Nagendra, Smt. Hansaji Yogendra, Dr.Ishwar Basavaraddi were the members who were present. Many important issues, related to some core issues and philosophy were discussed. Amongst this, one was that IYA principle as to competition in Yoga is clear, and that is, it shall not participate in any way to promote competition in Asana or any other form. This comes from the fundamental principle that “Yoga is essentially a science of transformation” and hence the foundation should be set right.

11. Meeting of CEO with Honourable Governor of Maharashtra Shri. Bhagat Singh Koshyari

12. Meeting of CEO with the CM of Goa, Dr. Pramod Sawant

13. Meeting with Honorable Shri. Suresh Prabhu (Member of RajyaSabha)
An old friend and confidante of Kaivalyadhama.

14. CEO was invited at NCTE at Hindi Pakhwada Celebration

15. The Governing Council Meeting of the Indian Yoga Association

16. Meeting With the CM of Uttarakhand
Shri. Subodh Tiwari, CEO was invited for a meeting with Hon’ble CM of Uttarakhand, Mr. Trivendra Singh Rawat and officials of the state. The meeting was in relation to the upcoming wellness conclave being organized by the State of Uttarakhand. The meeting was facilitated by the CII.

17. IYA meet for Accreditation Committee roadmap
A part of IYA’s mandate is to develop accreditation standards. These would be minimum standards for Yoga institutes which are developed by themselves. The effort is to raise the bar for those who are below the line, thus, qualitatively strengthening the education of Yoga.
Guest Visits

1. Hon’ble Smt. Pratibha Patil’s visits
We were honoured to receive as our the 12th President of India, Hon’ble Smt Pratibha Patil, who spent the morning at our ashram in Lonavala on 3 apr’19

2. Padma Shri Dr. Prakash Amte and his wife Mandakini Amte visit Kaivalyadhama
on 25th Apr 2019

3. Governor Anandiben visits Kaivalyadhama Bhopal

4. College of Defence Management Officers
We were privileged to have the visit of sixteen international senior officers of CDM, from II nationalities, to understand the importance of holistic idea of Yoga and beyond. The College of Defence Management (CDM) is a premier tri-Service institution imparting management training to officers of the Defence Services. CDM is entrusted with the responsibility of instilling contemporary management thoughts, concepts and practices in the senior leadership of the three Services.

5. Dr. Vijay Bhatkar, the maker of Param Supercomputers visits Kaivalyadhama.
Padma Shri Dr. Vijay Bhatkar best known as the architect of India’s National Initiative in Supercomputing and also a Padma Bhushan and Maharashtra Bhushan awardee visits Kaivalyadhama.

6. Dr. Christopher Key Chapple, Loyola Marymount University, LA
Dr. Chapple, Director of the Master of Arts in Yoga Studies visited Kaivalyadhama interacting with the College Students and Faculty creating opportunity for future projects. More than 150 Students, faculty and staff listened in wrapped silence for a two and half hour discourse on Yoga Therapy as Tied to Outlook: The Samkhya Karika and the Yogavasistha. It was interesting and noteworthy to listen to a foreigner quote and dwell on Sanskrit texts of the The Samkya Karika and Yogavasistha.

7. Minister of School Education and Sports Tamil Nadu with Secretary of Education
Mr. Thiru Sengottaiyan K.A visits Kaivalyadhama along with Mr. Pradeep Yadav. MoU Signed between Kaivalyadhama and Dept. of Education, Government of Tamil Nadu

8. Swami Parmatmananda Saraswatiji
Swami Parmatmanand Saraswatiji Maharaj took a 6 Day Discourse on Bhagvad Gita (Chapter – 1) from 21st to 26th December.
Participation in Conferences & Events

1. National Seminar organised by MDNIY with Ministry of AYUSH

Kaivalyadhama was invited to the National Seminar at Talkatora Stadium, New Delhi, on 2 May 2019. Dr Praseeda Menon represented Kaivalyadhama in the event. Dr B R Sharma gave a talk on Ahaar. The event was attended by approx. 3,000 yoga teachers from various institutes in NCR, along with prominent experts from various yoga institutes from all over the world.

2. International Naturopathy Organisation training program for IDY

As a part of their preparations, the INO organised this to train all the District coordinators and State coordinators of INO for the International Day of Yoga 2019, at our campus Lonavala. It was attended enthusiastically by close to 400 naturopaths from 22 states across the country. Various sessions by different speakers of Kaivalyadhama and guest speakers were arranged to understand the concept of health and effect of Yoga for non-communicable diseases.

3. Yogashala Expo New Delhi

Shri Subodh Tiwari-ji was invited to the 4th Edition of the Yogashala Expo and Seminar on Cancer Management and Lifestyle Disorders which was held at Pragati Maidan in New Delhi on 10-12 May 2019. He spoke on Classical Yoga in Modern Times, stating that the practice of yoga nowadays has been reduced to the slim, trim and the beautiful from its classical roots according to the sutras of Patanjali.

4. Yoga Mahotsav Curtain Raiser for IDY, New Delhi

Kaivalyadhama was invited to participate in the Yoga Mahotsav held at Indira Gandhi Indoor Stadium in New Delhi on 2 June 2019. Our exhibit was great success with our publications lot in demand. A pranayama workshop was also held in the event.

5. Mr. Rajiv Kumar, Vice-Chairman of the NITI Aayog

We were honoured to have Rajiv Kumarji visit us. He also gave the inaugural address at our Foundation day. He also serves as the Chancellor of Gokhale Institute of Politics and Economics, Pune. He has also been Chief Economist at CII and Secretary General of Federation of Indian Chamber of Commerce & Industry (FICCI).
5. Jury in National Yoga Olympiad, NCERT

Kaivalyadhama was invited to be a Jury member in National Yoga Olympiad, 2019 held in NCERT. Sh. V P Singh represented as the Jury member. Total teams competing were 37 with Number of participants as 564.

6. Seminar in Balaji Vidyapeeth, Puducherry

A two-day national seminar cum workshop was held on “Divyanga Yoga: Yogic Approach to Special Needs” at Centre for Yoga Therapy Education & Research (CYTER), Sri Balaji Vidyapeeth, Puducherry from 14th-15thJune 2019. Kaivalyadhama was one of the co-sponsors of this event, which was part of the celebrations of IDY. Sh.Subodh Tiwari, CEO graced the occasion as the Chief Guest and released the souvenir as well as addressed the audience regarding the on going collaboration on yoga for special needs between the CYTER and Kaivalyadhama. Dr. Nutan Pakahare, Kaivalyadhama, Mumbai, delivered an invited talk on “Garbhasanskar: Preventive Approach towards Disability in the Child,” Dr.Praveena Menon, Scientific Research Department, Kaivalyadhama, Lonavala, apprised the audience of previous research studies and the research roadmap for the future through her invited talk on “Divyanga & Yoga: Current Research Scenario.” This talk was also well received as it set the stage for future collaborative work in this area by both the institutions. Mrs. Anjali Deshmukh and Mrs. Deeya Ramrakshani, both alumni and current collaborators of Kaivalyadhama took part in the panel discussion on “Yogic approach to Divyanga.” This discussion was engaging for the audience as it revealed interesting aspects of Divyanga Yoga. Amma Meenakshi Devi Bhavanani, Prof. Subhash Chandra Parija, Vice Chancellor, Dr.Anand Bhavanani Director CYTER, Dr.Meena Ramnathan, Organising Secretary were amongst those present in the inaugural function.
8. International Conference On “Role Of Teachers Education-Local to Global”

An international conference was held by the National Council for Teachers Education on the 17th and 18th of August 2019. It was inaugurated by Shri. Ramesh Pokriyal “Nishak”, Hon’ble Minister of HRD. The event witnessed some interesting deliberations by renowned speakers across the spectrum. This conference was part of the 25-year celebrations of the NCTE and 1300 delegates across the world attended this conference. Dr. Satbir Bedi, Chairperson of the NCTE emphasized on the need for enhancing the quality of teachers education system in the country.

9. Banaras Hindu University Celebration

Dr. Bhalekar represented Kaivalyadhama and delivered a speech on Yoga and Ayurveda at Banaras Hindu University.

10. World AYUSH Expo ’19, Mumbai

Kaivalyadhama was invited in various capacities to participate in the expo held in August 2019. Prof. Bhogal also presented a paper on “Yoga & Mental Health” and conducted a Meditation Workshop. Dr. Nutan Pakhare delivered talk on two topics : “Role of Yoga in Education” & “Yoga for prevention of Cardiac disease”. Mr. Anukool Deval delivered a talk on Career in Yoga. Dr. Gore chaired two sessions in the event.

11. CYP (Common Yoga Protocol) Training for Interns, Mumbai

As part of IDY preparation, a meeting was held with JS Ministry of AYUSH, Sh. PN Ranjit Kumar in Mumbai to train maximum youth across the state on CYP.

12. International Symposium on Yoga Therapy, BRAZIL

Shri. Subodh Tiwari was invited by IEPY (Instituto de Ensino Pesquisas em Yoga) and Yoga Bahia to the International Symposium on Yoga Therapy at Sao Paulo, where in 400 participants were present. CEO visited various training programs being held by IEPY, which is a Kaivalyadhama affiliate founded by Prof. Marcos Rojo, who completed his Diploma in Yoga Education from Kaivalyadhama Lonavla in the year 1979. CEO was also invited by the Indian Consulate General Shr. Amit Mishra, to deliver a talk on Yoga tradition in the Swami Vivekananda Cultural Centre. There were many seekers present to listen to the history of Yoga.

In Bahia state in the City of Salvador, CEO participated in the Certificate Distribution Ceremony for the recent graduates, and also delivered a talk to the students. Yoga Bahia is founded by Mr. Marcos Aquino and the courses are taught in the same tradition of Kaivalyadhama.
Brazil has a rich tradition and culture. Immense respect and reverence to Swami Kuvalyananda is visible amongst the practitioners. Kaivalyadhama shall also be affiliating a institute of Yoga in Argentina shortly. This institute was founded by long associate of the institute Dr. Alicia Souto and now his daughter taking it forward.

13. **CEO invited by SDM College, Ujire**

CEO was invited as the Chief Guest for the “shish upnayan” for the BNYS course. CEO paid his respects to Dr.Virendra Hegde, the Dharamadhikari of the Temple. Other dignitaries present were Dr. Raghvendra Rao, Director CCRYN and Dr. Prashant Shetty, Principal SDM College.

14. **CII Event**

CEO was invited to address the CII meet in Mumbai. The theme was on women empowerment with the title “SHE Matters” and liked CEO’s address.

15. **CEO inaugurates Yoga Mahotsav, Pune**

Kaivalyadhama participated in the Yoga Mahotsav which was also attended by eminent Doctors, thought leaders, spiritual teachers, and wellness and meditation experts.

16. **Foundation Day**

The 95th Foundation Day at Kaivalyadhama, Lonavala, was initiated with the National Seminar on “Yoga and Values in Indian Education System – A Review and Forward Path”. The inaugural ceremony was guided by Kaivalyadhama’s spiritual leader, Swami Maheshanandaji and welcome addresses by Sri O. P. Tiwari, Secretary Kaivalyadhama. Presiding over the inaugural ceremony included various esteemed dignitaries Dr. Ramesh Bijlani, Dr. Srijan Pal Singh (Social Entrepreneur & Co-Founder, API Abdul Kalam Centre), Dr. Bhushan Patwardhan, Vice-Chairman, and University Grants Commission. Dr. Rajiv Kumar, Vice-Chairman, NITI Aayog.

This institute rests on the foundations laid by Swami Kuvalyananda who was firm and uncompromising in opposing the dilution of yoga. He did not mean to say that asanas cannot be modified into simpler forms, but that yoga’s values must not be diluted. Yoga is a comprehensive philosophy in 24/7 discipline that gives guidance on how to use the body and mind. The mind is the invisible part of yoga where the inner work of the sadhaka such as introspection and reflection take place. Is there any need to teach values to school children? They already know what is right and wrong - they know what a good child should do in a hypothetical scenario. The ideal way to teach values is to incorporate the concept of reward and punishment into stories and hypothetical scenarios to make children internalize values, like mothers do. Children often perceive values as something used to escape punishment, pass exams or create a positive impression on others, especially when values are taught separately, as an additional subject. Unfortunately, evil is tempting and gives fleeting pleasure so this knowledge of values is seldom acted on for the right reasons. This also causes crime to thrive because the thought of only doing the right thing to avoid punishment evolves into doing the wrong thing covertly enough not to get caught. However, the punishment for wrongdoings and minor lapses comes from within and cannot be escaped. It manifests as guilt, shame and uneasiness. Neither can the inner rewards, which manifest as bliss, be controlled. The realization that there is a happiness independent of people, circumstances and objects paves the way for yoga. This is what value education should be about not a subject to be passed but that wherein teachers can frame stories, reflections etc. so that children can internalize values and understand that following values is for themselves.
17. INFOCYRA 2020, SVYASA, Bengaluru
The CEO was invited to Chair a session on “Yoga and Pain Management” at the International Conference held at SVYASA, Bengaluru. It was an opportunity to spend some time with Dr. H.R. Nagendra, the strength behind the policies of Yoga in the Government. In addition to the session, there was also a meeting of the Indian Yoga Association members, to drive home the agenda to progress in a unified form.

18. Visit to AOL Ashram
Post the conference, CEO visited the Art of Living Ashram and paid respects to Gurudev Sri Sri Ravi Shankar ji. He also visited their research facility, an excellent Ayurveda hospital. On this visit to AOL, Dr. Sat Bir Khalsa an eminent researcher also accompanied. Head of the Yoga School of AOL, Smt. Kamlesh Barnwal was an elegant host during the visit, displaying the all-pervasive love and affection of the founder.

19. Kaivalyadhama at Jaipur Literature Festival 2020
CEO Shri. Subodh Tiwari was invited to the very prestigious Jaipur Literature Festival 2020 wherein he conducted Pranayama Sessions in the mornings. The Jaipur Literature Festival, or JLF, is an annual literary festival which takes place in the Indian city of Jaipur each January. It was founded in 2006. It is the world’s largest free literary festival.

20. 15th FICCI Higher Education summit & Exhibition, New Delhi
Federation of Indian Chambers of Commerce & Industry (FICCI) in association with MHRD, Government of India & MCI, Government of India organised the 15th Higher Education Summit & Exhibition 2019, a three-day Global Conference & Exhibition on Higher Education from 27th November-29th November 2019 at Vigyan Bhawan, New Delhi. In this summit Kaivalyadhama exhibited at the “Study In India” pavilion.

Dr Sathish Pathak represented Kaivalyadham at Satyanand Yoga Research Centre Kozhikode

22. International Conference on Yoga : The Key To Health, Harmony & Absolute Peace, Gujarat
The conference theme had special reference to Mahatma Gandhi and was held at Gujarat Vidyapith Ahmedabad. Dr Pathak also presented a Research paper in the event.

23. International Conference on Yoga for Heart Care, Mysore
Kaivalyadhama was represented by Dr Sharad Bhalekar and Dr Pathak who also presented paper in this conference conducted by Ministry of AYUSH at Karnataka State Open University in Mysuru.

24. Faagun-2020, Mumbai
Dr. Ganesh N. Rao delivered a keynote address on the theme “Yoga Education: Giving Teachers an Edge,” and Dr Praseeda Menon delivered an invited talk on “Research evidence about yoga in school education” at the inaugural session of the college fest “Faagun-2020” of the Bombay Teachers’ Training College on 3rd February 2020. Ms. Naina Daryanani conducted the experiential session on how teachers can use yoga with children in schools. Other Kaivalyadhama team members, Mr. Bernard Britto and Mr. Hitendra Pawar, also contributed their inputs during the sessions.
# Group Visits

<table>
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<tr>
<th>S.#</th>
<th>Date</th>
<th>Name Of The Groups</th>
<th>Students</th>
</tr>
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<tr>
<td>1.</td>
<td>13.04.2019</td>
<td>Swami Vivekananda, Yoga kendra, Navi Mumbai</td>
<td>13</td>
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<tr>
<td>2.</td>
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<td>3.</td>
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<td>4.</td>
<td>26.04.219</td>
<td>Welingkar Business School</td>
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<td>5.</td>
<td>25.05.219</td>
<td>Switch India</td>
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<td>6.</td>
<td>21.06.2019</td>
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<td>7.</td>
<td>7.07.2019</td>
<td>Maha Metro, Pune</td>
<td>65</td>
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<td>10.07.2019</td>
<td>Jaishtha Nagrik Yot Mitra Mandar</td>
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<td>9.</td>
<td>10.08.2019</td>
<td>Rich Heritage Yoga</td>
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<td>10.</td>
<td>10.08.2019</td>
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<td>22.08.2019</td>
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<td>12.</td>
<td>24.08.2019</td>
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<td>24.08.2019</td>
<td>Nashik Yoga Vidhyadham</td>
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<td>14.</td>
<td>26.08.2019</td>
<td>College of Defense Academy, Foreign Students</td>
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<td>SIES College of Philosophy, Mumbai</td>
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<td>16.</td>
<td>31.08.2019</td>
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<td>18.01.2020</td>
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<td>25.01.2020</td>
<td>Mumbai Kaivalyadham</td>
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<td>28.</td>
<td>29.01.2020</td>
<td>Yoga Mahavidyalaya</td>
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<td>29.</td>
<td>30.01.2020</td>
<td>Dr. BabaSaheb Ambedkar Marathwada University Yogashastra</td>
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<td>30.</td>
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<tr>
<td>31.</td>
<td>15.02.2020</td>
<td>Ghantali Mitra Mandal</td>
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<td>32.</td>
<td>21.02.2020</td>
<td>Welingkars Business School</td>
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<tr>
<td>33.</td>
<td>25.02.2020</td>
<td>Rich Heritage Yoga</td>
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<tr>
<td>34.</td>
<td>25.02.2020</td>
<td>Yoga Studio Tapsavya</td>
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<td>35.</td>
<td>14.03.2020</td>
<td>Healthcare Chunabhatti, Citizens Association</td>
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</tr>
</tbody>
</table>
Infrastructure

Shri Kudilal Govindram Seksaria Bhavan

We celebrated the inauguration of the new wing of our college named Shri Kudilal Govindram Seksaria Bhavan on 22 May 2019, at the auspicious hands of Param Pujya Swami Paramatmananda Saraswati (Founder Arsha Vidya Mandir, Rajkot) and Swami Chaitanya Swaroopdasji, and in the august presence of Swami Maheshananda, Shri O.P. Tiwari-ji, Shri Subodh Tiwari-ji and other invited dignitaries and staff of Kaivalyadhama.

Project Anand

Non-communicable diseases like cancer and diabetes kill 40 million people each year, which is equivalent to 70% of all deaths globally. Kaivalyadhama has been conducting evidence based scientific research and programs which have helped ushering holistic improvement of health and psychological empowerment to people suffering from non-communicable diseases through yoga and allied therapy.

We thus urgently need a Holistic Care Centre for serving Cancer Survivors and people affected by Lifestyle conditions and are building “Project Anand” at our Lonavala campus for the same. The 31,000 sq feet new Project Anand facility will provide accommodation, treatment, therapies, dining etc in our effort to serve such people and others. The Bhoomi Pujan for performed on 13th April 2019 and Phase 1 construction has begun in full swing.

Renovation Work done at Ayurveda & HHCC.

Health care center and Ayurveda section was renovated with new sanitary fittings, plumbing fittings, tiles to enhance the aesthetics, comfort and convenience of participants.

Gaushala

The Ashram has a spacious cowshed in an area of 5,000 sq ft with 66 healthy cattle as of now.

Vaastu

Vaastu comprises of following sections in the vacant lands of our campus:

Herbal Garden

We grow Cayenne Pepper, Chamomile, Dandelion, Echinacea, Garlic, Lavender, Lemon Balm, turmeric etc.

Organic Farming

We use ecologically balanced agricultural principles like crop rotation, green manure, organic waste, biological pest control to grow vegetables like Brinjal, Spinach, Cauliflower, Chillies, tomatoes, bottle gourd etc.
**Green Ashram Project:** Trees must be saved as they are a very important natural resource. Green Ashram Project focus on saving trees and planting new trees in the campus. Lot of new trees have been planted under this project and people visiting the campus are encouraged to plant trees.

**Mango Plantation:** Mangoes are organically cultivated in Narangi situated little far from the campus. The yield of mangoes are very good and taste nice as they ripened naturally.

**Water Filtration Plant:** Phytorid Wastewater Treatment Technology using CSIR’s Neeri treatment is a subsurface wastewater flow is applied to system filled with porous media such as crushed bricks, gravel and stones.

**Cottage Renovation:** All the 4 cottages have been completely renovated in terms of all Bathrooms, redoing the roof to avoid water seepage. Flooring for all rooms have been re-furbished. The interiors have been re-designed to make it more functional and aesthetically better. The doors panelling and cupboards have also been renovated.

**Guest Room**

The room has been renovated complete with new design and contemporary deluxe room to offer comfortable accommodation to our VIP guests coming to Kaivalyadhama.

**HR Initiatives**

**Organisational development Program**

Organisational development programme dealt with interpersonal skills, team building and customer orientation. The programme was conducted by Mr Nishant Jain who engaged us in both indoor and outdoor activities, and gave us much to think about.

**Cultfit Recruitment drive at Kaivalyadhama**

The team of 4 team members from Bangalore, Mumbai and Pune came for the placement sessions. Around 23 Students applied and went through 4 rounds of On line questions, present a class, Q&A, and group discussion. They found the students excellent and very good with the yoga practices. Cultfit is ready to help us with the tools for quick language skills with modules.

**Alumni Meet**

Our first Alumni Meet Kaivalya Samagam was a very inspiring event with lot of energy and bonding. There were meeting with old masters and new learning sessions. There was lot of catch up on new initiatives and programs and creation of a core team to make this alumni network stronger and ever connected.

**Trip arranged for our Multi skilled Staff**

A memorable trek to Tikona Fort at a height of 3600 feet was arranged for our MSW staff. Such excursions are opportunities for refreshing and rejuvenating, for motivation and camaraderie of our working staff who toil and are lost with routine work in the campus.
Monthly meetings

Monthly meetings with the briefing from each and every department about their achievements, developments and further plan of action for the year along with welcome of new joinees, celebration of birthdays etc. It helps to develop bond between all and helps to create the feeling of oneness amongst all. Our team members are educated on various topics like PF, Basecamp operations, IT / social media usages and new initiatives of Kaivalyadham as a whole.

Training calendar

A formalised HR Training calendar is prepared for all the staff members. It is an initiative to enhance the skills and knowledge of the staff. It is crafted based on the training needs assessment and nature of the duties of staff members / departments. Various training sessions are planned for the year for different carders and different job profiles right from technical to soft skills.

Celebrating festivals together

This HR initiative was taken to strengthen the bond of a team members. We have celebrated Diwali, Christmas, New Year, Local festivals like Ganesh Chaturthi, Sankranti, Gandhi Jayanti, Holi with one another and around a theme to make it more interesting and complete with traditional puja and rituals. Festivals play an important role in our culture and tradition and necessary to keep them alive in their original spirit. During Diwali we also introduced inter departmental decoration competition. The staff members used their creativity to prepare hand made decorative articles.

Suggestion Box

A suggestion box is placed to collect different suggestions from all the staff members for enhancement of the processes and to break the barriers.

Condolence Meet in honour of Respected Sitaram Shah Sir.

A condolence meeting was organized by the Kaivalyadhama Family to pay respect and homage, in gratitude to Shri Sitaram Shah Sir on 6 November 2019. We had Shri OP Tiwari ji, Rev. Swami Maheshananda, who shared their fond memories. We played a video recording of Shah Sirs talk on the 10th Anniversary of Yoga Education Fund, pioneered by him. The program concluded with silent prayer, paying flower tributes and inspirational memories of his mission and vision.

Major Accomplishments

Kaivalyadhama on Study in India, MHRD, Govt. of India Portal

‘Study in India’ mega project by the Govt. of India under the aegis of the Ministry of Human Resources (MHRD) in collaboration with Ministry of External Affairs launched its Niche Course segment for academic year 2019-20. It was observed by government that demand for niche courses like Yoga, Ayurveda, Buddhism is high and popular among foreign students. Kaivalyadhama was selected as one of the leading institutes in the above Niche courses.

Yoga Ratna Award 2019

Yoga Ratna Award was given to three dedicated and devoted individuals of Kaivalyadhama, Dr. M.V. Bhole, Dr. M.M Gore and Dr. Sharad Bhalekar.

A Proud Moment for Kaivalyadhama Family

The Contribution of Swamiji was acknowledged by Ministry of AYUSH which launched commemorative Stamps on 136th Birth Anniversary of Swami Kuvalyanandaji in the field of Yoga. Swami Kuvalyananda was instrumental in making Yoga more acceptable to the modern world through research work on Yoga techniques. He published the first journal namely “Yoga Mimansa” devoted to scientific investigation into Yoga. He founded Kaivalyadhama Yoga Institute in 1924.
Dr. Satish Pathak nominated as a Non-officio Member on the General Body of the MDNIY
(Morarji Desai National Institute of Yoga), Ministry of AYUSH, Govt. of India, New Delhi

Award for Excellence in IT in AYUSH sector 2019

**Finances**

**INCOME 2019-20 in %**

- Deficit: 7.34
- Grants: 17.96
- Other Income: 66.44
- Interest: 2.98
- Donations: 5.26

**EXPENSE 2019-20 in %**

- Capital Expenses: 15.35
- Salary & Wages: 34.54
- Repair & Maintenance: 5.36
- Research: 2.84
- Academic: 11.04
- Administration Expense: 30.87
Education and Outreach
Academics

Gordhandas Seksaria College of Yoga & Cultural Synthesis

Recognition

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

Objectives

1) To spread the message of Health, Harmony and Happiness through Yoga and Cultural Synthesis
2) To cultivate excellence in students through Traditional & Scientific principles of Yoga without diluting their basic tenets.
3) 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.
4) To enable them to discover Yogic tenets in their own cultures.
5) 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 and happiness on the face of earth.

Regular Courses (Academic Year 2019-20)

Academic Courses conducted at Lonavala during the Year (2019-20) at a Glance

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Name of the Course</th>
<th>Duration</th>
<th>Indians</th>
<th>Foreign Nationals</th>
<th>Grand Total</th>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Male</td>
<td>Female</td>
<td>Total</td>
</tr>
<tr>
<td>1</td>
<td>Advance Course in Yoga (March ’19)</td>
<td>1 Month</td>
<td>3</td>
<td>2</td>
<td>5</td>
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<tr>
<td>2</td>
<td>C.C.Y (May-June ’19)</td>
<td>42 Days</td>
<td>17</td>
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<tr>
<td>3</td>
<td>In-Service Teachers Training Course (2019)</td>
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<td>Foundation Course in Yoga and Ayurveda (2019)</td>
<td>21 Days</td>
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<td>5</td>
<td>M.A. (Yogashastri)</td>
<td>Two Years</td>
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<td>13</td>
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<tr>
<td>6</td>
<td>B.A. (Yogashastr)</td>
<td>Three Years</td>
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<td>7</td>
<td>P.G.D. Y.Ed. (2019-2020)</td>
<td>1 Academic year</td>
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<td>29</td>
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<tr>
<td>8</td>
<td>C.C.Y (Aug-Sep ’19)</td>
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<td>9</td>
<td>Foundation Course in Yogi Traditional Text (2019)</td>
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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.
Advanced Course in Yoga

The course emphasizes integration of the classical yogic texts with the practice of teaching. Participants will advance their deeper understanding of impact of yogic practices on anatomy and physiology of human body. They will participate in discussions, lectures and hands-on training to gain new insights on what it means to be a yoga teacher and to enhance their teaching abilities.

Certificate Course In Yoga

This 30 days, yoga certificate course is a stepping stone for yoga seekers who wish to pursue a career in this field. It gives you an in depth understanding of yoga covering the textual, psycho-physiological, and practical aspects of yoga, as well as, teaching methods in yoga. This course is conducted by all the branches in India and abroad. It is conducted in Pune with Savitribai Phule Pune University and in Jammu with Vichar Kranti Manch.

In-Service Teachers Training Course 2019

This course is aimed at school teachers who wish to hone their yoga teaching skills and impart the elementary knowledge of yoga to school students. The teaching methodology is one essential aspect to master and this course has been designed specifically with that objective.

Foundation Course in Yoga & Ayurveda

21 Days Foundation Course in Yoga Ayurveda started 7th June 2019 which was inducted by Dr. Satish D. Pathak. The main objective of the course is to promote the awareness for Positive Health and Yogic Personality Development in students.

B.A. Yoga philosophy

Affiliated to Kavikulaguru Kalidas Sanskrit University

This B. A. in Yoga philosophy is three years full time course, which at training students with the concepts and practices to learn yoga at the graduation level. We have 40 students in the course.

M.A. Yoga philosophy

Master’s program first course was inaugurated on 1 July 2019. The Chief Guest was Dr. Vijay Kumar, Registrar(I/C) Kavikulaguru Kalidas Sanskrit University, Ramtek. 13 Students have enrolled for the course.
PG Diploma In Yoga Education
A diploma course for aspiring Yoga teachers was inaugurated on 1st August, 2019 by the Faculty and management. 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 Lonavala, Jaipur and Mumbai branches as of now.

Foundation Course in Yoga & Traditional Texts
This course is aimed at getting students acquainted with historic and traditional roots of yoga, as well as, its philosophy and applications, as drawn from traditional yogic texts.

Foundation Course in Yoga with SVIMS- Sadhu Vaswani Institute of Management Studies, Pune
Foundation Course in Yoga in collaboration with Kaivalyadhama was introduced at SVIMS (Sadhu Vaswani Institute of Management Studies, Pune) for girls. 24 students. In presence of Dr. Bhalekar, Ms. Deeplaxmi Bhalal, Ms. Anjali Deshmukh.

P G Diploma Course in Yoga in Meditation
Parshwanath Vidyapeeth now has been emerged a Centre of Yoga in Varanasi in collaboration with Kaivalyadhama. Since March 2019, Parshwanath Vidyapeeth is running a P G Diploma Course in Yoga in Meditation. It has a strength of 17 students.

Yoga Instructor Course - Online
An interesting mix of students, who completed their theory modules online, arrive and spend two weeks in the quiet, peaceful and serene environment of our institute in Lonavala for completing their practical modules and evaluation. It involves immersion in practice and also interaction with the faculty. The flexibility of the course encourages a lot of professionals joining this program. The Yoga Instructor Course was also organized by Life Yoga Academy, Rajkot in collaboration with Kaivalyadhama from 12 Jan to 20 May 2019.

Promotion Of Yoga In Schools
Kendriya Vidyalaya Sanghathan (KVS)
There were 2 batches of 5 days Orientation training for Non-teaching faculty of Kendriya Vidya Sanghathan (KVS) in Kaivalyadhama Yoga Institute. The batches were held in the following dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Number of Participants</th>
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<tbody>
<tr>
<td>20 to 24 October, ’19</td>
<td>11</td>
</tr>
<tr>
<td>24 to 28 November, ’19</td>
<td>11</td>
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</tbody>
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Special Yoga Training Programmes

4 Weeks Certificate Course in Yoga at INPT, Goa

<table>
<thead>
<tr>
<th>Batch</th>
<th>Number of Participants</th>
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</thead>
<tbody>
<tr>
<td>Batch I: 8 to 28 July, '19</td>
<td>11</td>
</tr>
<tr>
<td>Batch II – December 28, 2019 to January 25, 2020</td>
<td>11</td>
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</tbody>
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Project Life, Rajkot

Pranayama workshop by Shri O. P. Tiwari-ji at Rajkot in June 2019 was organised by Project Life, Rajkot. Many participants took advantage of this opportunity.

Dr S D Pathak conducted seven days “Yoga for Total Health” workshop at Rajkot which was attended by 174 participants.

Asana and Mantra Workshop by Smt. Sandhya Dixit was held from 16th Sep to 21st Sept 2019.

A Seven Day Meditation Workshop at Life Health & Wellness Centre, Project Life, Rajkot was conducted by Prof. Bhagat from March 1-7, 2020, for 160 participants. As an outcome a Hindi book, “Yoga Evam Manasik Swasthya” will be published in Gujarati language by the Life Institute, Rajkot.

Faculty and Student Development Programs

Educational Tours

Educational tour of 76 students of B.A. Yogashastra, M.A. Yogashastra, P.G.D.Y.Ed. 2019-20 Courses of GS College, Kaivalyadham, was arranged from March 01 to 06, 2020 to Malsar, Gujarat which is the Tapobhoomi of Paramhansa Swami Madhavdasji Maharaj, Guru of Swami Kupalayanandaji. The tour included a visit to Tithal Beach on the way, visits to several Mandirs in local area of Malsar around the Ashram, and also visits to places like Anasuya Mata Mandir, Statue of Unity, Garudeshwar Mandir, Neelkanth Dham at Poicha, etc. Students and the staff also went to Ahmedabad to visit Saharmati Ashram, Akshardham Temple (ISKCON), Hare Krishna Mandir. At Hare Krishna Temple, students visited Akshaya Patra and participated in the satsang and Kirtan. Students did Karma Yoga in Satyayanan Mandir that involved mainly the cleaning of the area.

Kriya Yoga Anushthana

The Kriya Yoga Anushthana, a spiritual retreat was held under the guidance of Rev. Swami Maheshanandaji from February 22 to 27, 2020. The schedule consisted of Kriya Yoga Anushthana Sessions, led by Rev. Swami Maheshananda-ji and Swadhyaya Sessions by Rev. Swami Anubhavananda-ji. All the students of the college, H.H.C.C. residents and other interested staff members of Kaivalyadham participated in the programme.

Faculty workshop across of all national branches of Kaivalyadham

The meet cum workshop was organized for the faculty across the branches to train and enable all centres to be on the same page as headquarters. The examination is conducted and certificates are awarded centralized by Lonavala and so in the best interest of the students it was imperative that the teachers of each centre communicate with the faculty of Kaivalyadham Head Quarters and seek guidance/assistance for better coverage of syllabi, which will minimise grievances amongst the students. The Email Ids of Faculties of Kaivalyadham, Lonavla were also shared, with the request to provide necessary input/guidance as and when sought by the faculties of Kaivalyadham Branches.
An Interactive Workshop with Dr. Sat Bir Khalsa on "Biomedical Research on Yoga: Understanding the Science & its Relevance to Society"

Students of BA, MA & PGDYEEd participated in An Interactive Workshop with Dr. Sat Bir Khalsa, an eminent Researcher and Assistant Professor of Medicine at Harvard Medical School, on "Biomedical Research on Yoga: Understanding the Science and its Relevance to Society" on November 12, 2019.

Faculty Orientation Program

Shri Sudhir Tiwari-ji conducted a Development Programme for the staff members of Kaivalyadhama Mumbai on 1st April.

Guest Workshops Organized

Yoga Vedanta Workshop on Tatvabodha by Rev. Swami Swatmananda


Lecture on "Vedanta" by Rev. Swami Sreekantananda

A Lecture on "Vedanta" by Rev. Swami Sreekantananda, Ramkrishna Math, was organized for PGDYEEd students on February 1, 2020. He also explained briefly about Tatvabodha in simple language.

Lecture on Sanskrit by Dr. Mahavir Aggarwal

A Lecture on "Sanskrit" by Dr. Mahavir Agrawal, (Pro Vice-chancellor) University of Patanjali was organized for BA and MA Students on February 14, 2020.

An Interactive Session with Dr. Nidheesh Yadav

An Interactive Session with Dr. Nidheesh Yadav, Assistant Professor, Department of Yoga, University of Patanjali (Former Lecturer in GS College of Yoga & Cultural Synthesis) was organized on February 14, 2020 for PGDYEEd students. The students asked their queries of various topics ranging from Philosophy aspects to Modern Anatomy & Physiology.

An Interactive Workshop on Patanjala Yoga Sutra by Dr. B. R. Sharma – November 20, 2019

On November 20, 2019, students of BA, MA & PGDYEEd attended 3 hours long lecture on Philosophical Foundations of Patanjala Yoga Sutra by Dr. B. R. Sharma, Dean, Faculty of Health and Wellness (Former Principal of G S College of Yoga & Cultural Synthesis, Kaivalyadhama); Prof. & Head – Department of Yoga; Science. He spoke about different schools of Yoga with special emphasis on Bhakti Yoga.

Lecture by Dr. Vijay Bhatkar

In the Graduation Ceremony of TTC Pranayama Course, Dr. Vijay Bhatkar, Padma Bhushan Awardee and Chancellor Nalanda university, as a Chief Guest spoke about his experiences of creating Supercomputers and also about how technology and Yoga are related. His talk to the students of College was a part of his Address on November 22, 2019.

Discourse on Bhagvad Gita (Chapter 1) by Swami Parmatmananda Saraswatiji

A 6-Day Discourse on “Bhagvad Gita (Chapter 1) by Swami Parmatmananda Saraswatiji, scholar of Advaita Vedanta was organized in memory of Sh. Sitaram Shahji. He spoke about meaning of Gita, explained why was Gita told on battlefield. His discourse was full of real life examples and relevance of Gita in day to day life.

Workshop on Kundalini Yoga by Dr. Alan Weiss and Mr. Nihal Singh Khalsa

A Full Day Workshop was organized on January 2, 2020 for all college students on “Kundalini Yoga and understanding anatomy and physiology in relation to Yoga” by Dr. Alan Weiss, MD, Professor, Medicine and Mr. Nihal Singh Khalsa, from United States. The Workshop consisted of Lecture on Kundalini and Practical Sessions related to awakening of Kundalini. Students also learnt about techniques to correct Navel displacement.

An Interactive Session with Dr. Nidheesh Yadav

An Interactive Session with Dr. Nidheesh Yadav, Assistant Professor, Department of Yoga, University of Patanjali (Former Lecturer in GS College of Yoga & Cultural Synthesis) was organized on February 14, 2020 for PGDYEEd students. The students asked their queries of various topics ranging from Philosophy aspects to Modern Anatomy & Physiology.
Scholarships

Shri Rameshwar Prasad Nevatia Scholarship (Yoga Education Fund)

To build up a trained yogic generation with the following motto:
- Educate people in India and abroad on what yoga means by sharing 'preached and practiced' yoga knowledge for social awareness among people.
- Professionally publish scientific and traditional yogic thought through books periodicals, CDs and films and other media & means for promoting scientific approach of Kaivalyadham.
- Following students were awarded with Nevatia Scholarship:
  - Mr. Rohit Kumar
  - Mr. Ivan Mercier
  - Mr. Prasad Pawar
  - Ms. Geetai Dakore
  - Ms. Prachi Tiwari
  - Ms. Neha Singh

Plans for next year

Academic Plans: In addition to the on-going regular activities, the college proposes to start following new courses:
- Diploma in Yoga Therapy (D.Y.T.)
- Ph.D. in Yoga under the auspices of Kavikulaguru Kalidas Sanskrit University, Ramtek.
- Weekend Yoga Programmes for Corporates

Trainings

At Kaivalyadhama, we have year round workshops on authentic, traditional yoga. Some are experiential, healing and some to deepen understanding on important topics like yoga sutras, raja yoga, yoga philosophy, traditional practices of asana, pranayama and meditation and on a wide range of other topics. Our teachers conduct such workshops across the world and in India.
Kaivalyadhama
Across the World

Japan 13
China 8
France 4
Taiwan 3
Austria 2
Thailand 1
Finland 1
Netherlands 1
Spain 1
Trainings

Pranayama workshop at Centro de Yoga Kamalabari, Spain

A pranayama workshop in Centro de Yoga Kamalabari in Canary Islands was held by Laura Tolbaños Roche and KK or Yang YU.

Pranayama TTC, YogaLite in France

Sh. Sudhir Tiwari ji did the workshop part of the 3 years Pranayama TTC program from 9 to 15 April 2019.

Traditional Yoga TT course, Bodhi Yoga, Taipei

300 hour Traditional Yoga TT course at Bodhi Yoga Taipei conducted by Shri Sudhir Tiwari-ji during 11-19 May 2019.

Traditional Asanas and Pranayama, Shanghai, China

The workshop was on the Kaivalyadhama lineage conducted by Shri Sudhir Tiwari-ji during 1-3 May 2019, organized by Ms Zhou Lu.

Traditional Yoga Workshop, Hohhot, China

Swami Kuvalyananda said, “May Yoga and its message be spread to every corner of the world.” This introduction to traditional Yoga by Shri Sudhir Tiwari-ji for the people of Inner Mongolia, China, is a step in that direction.

Asanas, Pranayama and Mantra chanting workshop, Lille, France

Asanas, Pranayama and Mantra chanting workshop was conducted in Yoga Lite conducted by Ms. Jyoti Soni.

Lecture At The Indian Embassy, Beijeng

Sudhir Tiwari was invited by Beijing Indian Embassy to have a lecture on traditional yoga and pranayama in particular on 13th July. Sudhir Tiwari emphasized the importance of learning yoga on the right proposition followed by the yogic texts. He also explained the foundational techniques of Pranayama in a very acceptable, simple manner in line with how Kaivalyadhama spreads the traditional yoga with purity and sincerity in the world. Over 100 attendees experienced the fundamental pranayama practice.
Introduction To Traditional Yoga Workshop, Shiga, Japan
Dr. Bholekar took classes to teach the principles of Traditional Yoga to common people in Japan from Oct 30th to Nov 5th' 2019.

Pranayama Workshop at Samahita Retreat, Thailand
O.P Tiwariji held a Pranayama workshop at Samahita Retreat in Thailand

Understanding & Practicing Maharishi Patanjali’s Kriya Yoga, Vienna.
A workshop was done under the guidance of Shri. Sudhir Tiwariji for understanding and practicing Maharishi Patanjali’s Kriya Yoga with Horst and a wonderful group of Practitioners from 22nd 25th Aug’ 2019.

Pranayama Workshop, Helsinki

Pranayama and Traditional Yoga Workshop, Vienna
Sudhirji conducted a week (August 12-18) at Atmajyoti with Viveka and her group, Introduction to Pranayama/Traditional Yoga, plus five days for continuing practitioners and Yoga Sutras.

Essence of Classic Yoga, Taipei
This Four-day Intensive Course of Patanjali’s approach for Body, Mind and Spirit was conducted by Shri. Sudhir Tiwari at Bodhi Yoga foundation. The overall objective of this course was to ensure that participants experience how Yoga can transform their lives and how it contributes towards handling stress in every day situations, how it contributes towards living a healthy, happy and a wholesome life.

Teachers Training Course, China
The second step of the four step 300 hours TT course with 54 students at China branch with Zhu Yan and team under the directives of Shri Sudhir Tiwari.

YoagLite conducts yoga programs, France

Teachers Training Course, Beijing, China
Workshop on Fundamentals of Classical Yoga & Ayurveda, China
A 4 Day workshop on Fundamentals of Classical Yoga and Ayurveda was organized at Guanzhou, China.

Essence of Vedanta teachings, France
Workshop on Essence of Vedanta as well as classical Asanas/Pranayama/ Chanting in Nantes France under the able guidance of Shri Sudhir Tiwari.

Pre Teachers Training Pranayama at Delight Yoga, Amsterdam.

Class of Classic Yoga, Taipei
A two-day Intensive Course on classic Yoga was conducted on December 13th & 14th 2019. It was conducted by Sudhir Tiwari and interpreted by Shri Sudhir Tiwari. The objective of this course was Essence of Classical Hatha Asana, Yoga as a living Philosophy and Pranayama practice and Definition and ultimate goals of yoga therapy and techniques.

Yoga for medical practitioners, Japan
Yoga sessions are being conducted every Tuesday at Fukui Red Cross Hospital for patients and their family members who come to OPD in hospital.

Yoga Sessions conducted once a month at Fukui Red Cross Hospital for breast cancer patients who are under chemotherapy, radiotherapy and post-operative conditions

Yoga session for nurses at palliative care department conducted every Tuesday for 15 minutes at Fukui Red Cross Hospital

Yoga session conducted for school nurses who take care of severely handicapped children in school.

Yoga session conducted for mothers who have special needs children once a month in Nagoya

Yoga for University staff members and students, Japan

Yoga classes was conducted a month at Kiryjo Gakuin University in Nagoya

Conducted Traditional hatha yoga class at International Yoga Therapy Day in Omiya city

Yoga courses for Trauma Care in Fukushima which had suffered big disasters of earthquakes and Tsunami

Hatha Yoga Basic course was conducted in Iwaki once a month, Fukushima from June to August 2019.

Pranadharana, Kriya and Pranayama course, Fukushima.

International Day of Yoga in Iwaki and Fukushima
International Day of Yoga in Iwaki and Fukushima, Fukushima was conducted by our Japan affiliate from 21st to 23rd June 2019. Total 134 attendees. The sessions were traditional asana class, therapy class, pranayama class and lecture class.
Meditation Workshops

Prof. Bhogal conducted the very popular meditation workshops across China throughout the year.

- Beijing, August
- October, Hangzhou
- December, Guangzhou

WORKSHOPS

Workshop on Patanjali Yoga Sutras Demystified
A very popular workshop by Dr N Ganesh Rao held in April 2019.

Workshop for DHS National Health Mission
A 2-day workshop on Yoga & Stress Management for the participants nominated by DHS NHM was organised in Lonavala on 1st June. It began with prayers and lighting of the lamp and an orientation to meditation by Prof. Ranjit Singh Bhogal. The workshop was coordinated by Dr Pathak and Sh. Wankhede.

Workshop on Healing Through Sound Therapy
Our 5-day Healing Through Sound Therapy workshops were conducted in April and June by Ms. Roshan Bahar, an experienced and talented Sound Healer. The participants were engaged in both group and one-on-one sessions.

Indian Philosophy and Psychology Workshop:
Unearthing its links to Organizational Behaviour and Development

This workshop was organised for the faculty members from the College of Defence Management, Secunderabad, who also visited some of our main facilities such as the Library and the Scientific Research Department, and had a meeting with Shri O P Tiwari-ji who shared a few bits of Kaivalyadhama history.

Yoga Therapy and Counselling workshop
This workshop was led by Dr. Ganesh N. Rao in June’19. The participants shared their feedback wholeheartedly on their one week of enlightening journey with Mr. Rao. Overall energy in the group was

Shakti Practices and Beeja Mantra Chanting workshop
The 6 days workshop was led by renowned Nada Anusandhan expert Dr. Shruti Nada Poddar in the month of July. It was a unique celebration of chanting and connecting to the self and divine. We had 15 participants from all over the world that thoroughly enjoyed the program.

Three years TTC in Pranayama
The course is led by Shri Sudhir Tiwari, Director, Kaivalyadhama International and teaches as per Kaivalyadhama lineage. The participants are across the world who came together to complete the second step of their second year during July 2019. The schedule is quite intensive filled with lectures, practical sessions (asanas and kriyas), discussions on Pranayama, pranayama practise sessions.
Raja Yoga Workshop

Our 6 Days workshop of Raja Yoga led by Dr. Rajeshwar Mukherjee concluded on 27th July in Holy Presence of Swami Srikantanandaji from Ramkrishna Math, Pune.

Meditation Workshop

Meditation workshop commenced on 25th August conducted by Prof. R.S Bhogal. In the current stressful commercial world, taking a break for introspection is vital. This workshop serves a tool and an experience for life. The other workshop happened in October.

Yoga workshop for Myanmar Judges

A week long workshop led by Mr. Sandeep Dixit for 40 judges of Myanmar from 24th to 29th Aug'2019 took place at National Judicial Academy Bhopal.

Yoga Philosophy Workshop

Dr. N. Ganesh Rao conducted this workshop in September which had national and International enthusiasts and Yoga Teachers to learn about Samkhya, Yoga Philosophies & Psychology. Apart from the lectures, the participants also practiced Asanas, Pranayama and Meditation in the Classical / traditional manner.

Workshop with Hungarian Yoga Academy

The group of 12 ardent yoga students from Hungary came to Kaivalyadhama for an intensive yoga course. During the course of the year, at regular intervals we have Mr. Csongro and Ms. Agota Selmeci getting interested students to experience the traditional practices of yoga at Kaivalyadhama.

Workshop on Yoga & Mental health, Meditation

Prof. R.S. Bhogal took this workshop of the group of Kaivalyadhama Japan students in September. The aim is experience deepening insight and enhancing self-discipline about the essence of “Hath Yoga” technique to improve the level of mind and body integration by directly and indirectly acting on the autonomous physiological mechanism of the human body. They come here to learn the traditional research and skills of yoga accumulated in Kaivalyadhama, to acquire correct yoga knowledge and skills.

Intensive yoga Workshop for Wellness Chandra Centre from Japan

Motoko Saito MD, PhD, the founder of Yoga & Wellness Chandra in Japan got her group for a week long intensive yoga program in Kaivalyadhama. In the year 2007, she met Shri O.P. Tiwari (Tiwariji) and became his follower and student.

Hatha Yoga Workshop by Dr. N Ganesh Rao

Pranayama Course with Kaivalyadhama China

One week of Pranayama course was arranged for these students under the able guidance of Shri. O.P Tiwari.

Graduation Ceremony, 3 Years Pranayama TTC Program

This very popular led by Shri Sudhir Tiwari concluded successfully with a beautiful graduation ceremony in the august presence of Padma Bhushan Dr Vijay Bhatkar, Chancellor Nalanda University, Shri O P Tiwari, Swami Maheshanandaji attended by faculty and students alike. It was moment of great pride and happiness for our 16 participants from 13 countries came together 9 times in 3 years to complete the course. Some of the students shared their experience of this journey which changed their lives. It was an emotional moment for them and inspiring for the audience.
Learning with the Master - Beginners Pranayama.

We had the group of 49 students from across the world attending the workshop which was designed for those who have a strong foundation in yoga, but are new to the lineage of Kaivalyadhama and wish to deepen their understanding of Pranayama practice.

Yoga & Stress Management Workshop for NHM Public Health Dept, Govt of Maharashtra.

Kaivalyadhama in collaboration with AYUSH National Health Mission had organized a 2 days of Yoga & Stress Management workshop for Yoga & Naturopathy experts of AYUSH, NHM Public Health Dept, Govt of Maharashtra.

Workshop for Taiwan group

An exclusive Taiwan group of Helena Weng came for an intensive course of practical yoga under the guidance of Shri Neeraj Singh.

Practical Vedanta Workshop

The six day Practical Vedanta Workshop was conducted by Dr. Rajeshwar Mukherjee. Vedanta Yoga is one aspect of Yogic practice that is promulgated by the ancient Himalayan masters. Vedanta is the process of engaging in self-inquiry and exploration, in order to become immersed and merged in the Divine within our own beings. It is the end goal of the Vedas.

Kriya Yoga Anushthana – A Spiritual Retreat

Kriya Yoga offers a direct approach for “attenuation of kleshas” and “cultivating inner ambience for samadhi” according to Patanjala Yoga Sutra. Therefore, every year Kriya Yoga Anushthana is held under the guidance of Rev. Swami Maheshanandaji. This year the Kriya Yoga Anushthana was held from February 22 to 27, 2020 by most Rev. Swami Anubhavananda-ji, who delivered much appreciative discourse in the form of “Swadhyaya” as a part of Anushthana in Hindi and English! Main teachings: Greatness is achieved by paying attention to small things. Do not struggle for God realization. Let him manifest through you.

Kriya Yoga Anushthana – A Spiritual Retreat

Treatment Oriented Yoga Therapy Workshop

A 6 days' Workshop for Yoga Professionals (teachers/therapists) conducted by Dr. Satish Pathak comprised of indications, contraindications and limitations of Yoga pertaining to different diseases/disorders. Modern Allopathy has divided the human being in multiple pieces with each piece being treated by separate specialists, without knowing to what is happening with the other piece(s). Yoga has a holistic approach to human life & living. If practiced properly Yoga can set right the biological clock of our body, endowing us with a sound health and long disease free life.

Treatment Oriented Yoga Therapy Workshop
Yoga Lite Group Workshop

We had a group of 42 people from France under the able guidance of our Alumni Ms. Neda Lazarevic. There were sessions conducted on Sudhhi kriyas, sessions, Asanas, Pranayama sessions, Tratak sessions, Hawan, Chanting session, Meditation session, lectures, along with Visit to Chinmay mission.

Healing through Sound Therapy workshop

Six days of Sound Healing workshop conducted by Ms. Roshan. Just as musical instruments produce their best music when they are in tune, our bodies and minds become aware and perform their best when they are in tune. This requires periodic ‘tuning’ of our bodies and minds through certain practices and consciousness training, which are paths of wisdom followed from ancient times. As a result, we are able to achieve the balance our bodies and minds seek so we can perform at optimum levels. It was an interactive session, which involved Yogic sittings, Shuddhi Kriya, Asanas, Pranayama, Trataka and Chanting.

Workshop at National Judicial Academy

Two days workshop for honourable judges of High courts from 28 to 29 Sep. 2019 at National Judicial Academy.

Asana to Pranayama workshop, Mumbai

Pranayama to Meditation workshop, Mumbai

Yoga and Research Global Perspective by Dr Satbir Singh Khalsa

Pranayama to Meditation workshop by Shri Sudhir Tiwariji

Workshop on Stress management through Yoga and Diet, Mumbai

5 min “Y” Break by Ministry of AYUSH

Kaivalyadhama, Mumbai conducted “Y” break trials at the Briham Mumbai Municipal Corporation. The Commissioner of the BMC as well as other officials attended. With the very forthcoming support of the Municipal Commissioner, Mr. Praveen Pardesi, these sessions are organised in every BMC office across Mumbai. It was also done across number of corporates in Mumbai.

Detox Workshop On Naturopathy & Yoga, Mumbai
Outreach

CORPORATE OUTREACH

Corporate Yoga session at Showtime Events, Gurugram

Kaivalyadhama New Delhi organised a 3-hour “Ek Prana Recharge” module with the help of teachers Mamta Bishit and V P Singh at Show Time Events Gurgaon. A group of 50 young creative professionals were initiated into stress management using Yoga and nutrition. It was a fun, interactive session. This comprehensive evidence-based module, starting with some yogic and ayurvedic tests, is an ideal format for corporate training.

Wellness session at Adlift Marketing, Gurugram

A 3-hour “Ek Prana Recharge” module with the help of teachers Mamta Bishit and V P Singh at Adlift Marketing Gurgaon was done for young creative professionals were initiated into stress management using Yoga and nutrition.

Workshop for Tata Project Ltd

A team building workshop using yogic practices was organised for 50 plus senior managers (engineers) of Tata Products Ltd at Hotel Novotel in Khopoli, Maharashtra, on 18 May 2019. The workshop focused on breathing exercises, relieving stress, mindfulness, calming the mind and some basic, easy asanas. Those who dared to come down from their cozy conditioned rooms benefited and were beaming with joy to have made the choice to join the yoga classes.

Yoga Recharge session with EkPrana at Teamworkarts, New Delhi

Kaivalyadhama along with EkPrana conducted a stress management capsule at the their head office. There were around 80 participants who were excited and happy with the session. Most of them wanted this to be an ongoing activity and looked forward to more workshops.

Kaivalyadhama China Conducted Yoga class for IBM

Kaivalyadhama China Conduct yoga class for the employees and workers mostly of IBM in China. Zhu Yan had a live streaming for the employees on the topic of Yoga and health. She spoke on the eight limbs of Yoga and history of Kaivalyadhama to nearly 300 people. The audience had initiation into traditional yoga.

ONGC visits Kaivalyadhama

A compact program was conducted in November on Health Management & Yoga at Kaivalyadhama for 30 Off-shore Engineers of ONGC, who work in very stressful conditions and hazardous situations.

Corporate Yoga Program for Abbott Pharmaceuticals

Team Kaivalyadhama conducted a nine day Corporate Yoga Program from 6th to 14th February 2020 time in the mornings for sales representatives of Abbott Pharmaceuticals in five venues at Lonavla. More than 175 participants were benefitted hugely from the same.
Workshop for ONGC Employees

A three days program for ONGC on Yoga and Health Management was conducted by Kaivalyadhama, Lonavala for 30 Senior Executives & offshore engineers.

Maha Metro Pune visits Kaivalyadhama.

60 Senior engineers from Maha Metro Pune took an hour long experiential session on Yoga, Pranayama and Meditation in July. Sh. Anukool Deval took the lecture and nuances and practical implications on Asana Pranayama on to the human body. The session was highly appreciated.

SIEMENS Compact three day program

15 Managers from the Siemens company arrived at Kaivalyadhama for a short 3 days program on Yoga and Wellness, to unwind and recoup their energies, experiencing what Kaivalyadhama has to offer.

Social Outreach

Kaivalya Vidya Niketan

Nestled at the foothills Lonavala’s green hillocks, Kaivalya Vidya Niketan is the concrete form of an ardent wished by the venerable sage, Swami Kuvalyanandaji. He dreamt of equal opportunities in education long before even the NCF was framed in 2005 and the Right To Education made a fundamental right of children in 2009. The school was set up to cater to the needs of the economically marginalized class which dared to dream big and have growing aspirations.

It is a Co-Educational Secondary School institution affiliated to the Central Board of Secondary Education (CBSE) since 2010. The school has been operating officially under the trust Kaivalyadhram. Yoga Education, Sports Education, Computer Literacy, Personality development is an integral part of curriculum at Kaivalya Vidya Niketan. In the Academic Year 2019-2020 as Kaivalya Vidya Niketan entered its 11th year, it crossed the mark of 800 enrolments. With a total staff of 42, the school is doing yeoman’s service under the able guidance of its Director, Dr. N.D. Joshi, and the dynamic leadership of its Principal, Mrs. Varsha Desai. A strong PTA body, a dedicated staff and a very proactive Management makes for a good learning environment in KVN’s well laid out classrooms. The fifth batch of class 10 posted a 100% result with the highest score notched at 93.8% by Master Ashish Mali.

A variety of training programmes for teachers, a plethora of colourful cultural events, healthy sports activities, hearty participation in the Local Municipal and District level events has won KVN recognition in the town. The Annual Day based on Festivals of India, Balmela and Grandparents’ Day celebrations at the school were highly appreciated by the parents and collaborators. The World Yog day, The Sports Day and the Surya-namaskar Utsav held on Rath-Saptami highlighted the importance of physically fit and mentally strong students. KVN is now a registered Fit India School.

A more coordinated collaboration with the Yoga College is sought for inculcating the value systems of Patanjali’s Yogashastra even from the elementary levels. With a dream to create a highway from K.G. to P.G. in Yoga studies, the school is beginning Senior Secondary classes in Commerce and Humanities from the A.Y.2020-2021. The school hopes to breathe in the goodness of available opportunities and breathe out the stresses of modern lifestyles in this way.
Regularly lectures and yoga sessions take place at Swabhiman Parisar (New Delhi) which is a Model Complex for the Welfare of Senior Citizens, developed by Delhi State Legal Services Authority. The topics are hypertension, Diabetes, healthy spine, chair yoga, Yoga for gastric problems & Constipation, etc.

**Lectures at Swabhiman Parisar New Delhi**

A new MoU was signed between Kaivalyadhama and Jhunjhunwala college. Dr. Nutan Pakhare, Ayurveda and Yoga consultant, conducted talk for 150 plus SY and TY B.Sc students and faculty from Jhunjhunwala college, Ghatkopar.
A workshop for Breast cancer survivors and patients was jointly organized by MDTC (Malignant Diseases Treatment Centre), Command Hospital (SC) and Kaivalyadham on 16th May 2019 at MTDC. It was attended by more than 30 patients, survivors and caregivers.

The workshop was aimed towards creating awareness of the condition of Lymphedema of the upper extremities, prevention and management through Complex Decongestive Therapy. A yoga training session was conducted, which included a yoga protocol to mitigate breast cancer treatment related side effects including fatigue, stress, upper extremity impairment and pain.

A unanimous demand for regular yoga classes was also made by the participants. Out of the attendees, 8 participants are suffering with stage II of lymphedema and 4 with primary stage.

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Lymphedema Awareness Workshop

Kaivalyadhama’s yoga in Sikkim Army Camp

Kaivalyadhama’s Shri Dileep Dauneria taught yoga to soldiers in army camp in Sikkim for 15 days in May 2019.

Yoga Session was arranged for a group from New Zealand at St.Regis Hotel by Team Kaivalyadhama Mumbai.

Rajasthan Institute of Engineering and Technology, Jaipur

Kaivalyadhama Jaipur conducted a day group Yoga practice sessions for around 500 students of Rajasthan Institute of Engineering and Technology.

Family court judges yoga sessions

Kaivalyadhama Bhopal conducted yoga classes for few days in September for family court judges from all over the India.

Workshop on World AIDS Day

On the occasion of World AIDS Day 2019, Kaivalyadhama outreach team organized an energizing and fun yoga workshop for the children, teachers and caregivers of Mamta foundation. Mamta is a project for the welfare of HIV +ve children and women.

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BMC Schools - Yoga Training

Kaivalyadhama’s Yoga teachers every year conduct yoga training for BMC school children under the umbrella of YEF Project of Kaivalyadhama Ashrama, led by Chief Co-ordinator of the Project Dr. Nutan Pakhare. This year they covered 15 BMC schools covering South, North, Western and Central Mumbai Regions.

Workshop on Geriatric Management - 100 Not Out

It was conducted by KC College, Mumbai. Dr. Nutan Pakhare represented Kaivalyadhama through Meditation sessions.

Yoga workshop for Cancer patients Malignant Disease Treatment Centre, Pune

Yoga workshop was conducted by Dr. Sharad Bhalekar for Cancer patients, survivors, caregivers and Staff of MDTC, Command Hospital on 13th February.

Yoga workshop for Special Children, Pune

The Kaivalyadhama Outreach Team did this workshop at Shaskiya Bahuuddeshiya Apang Samishtra Kendra, Yerwada Pune, a government funded residential school for deaf and dumb as well as visually challenged boys. Through this initiative, each volunteer will be taking responsibility of 4 special kids. Regular yoga sessions have been conducted at the school for each group of children, and their progress is expected to be reviewed every quarter on parameters of physical balance, focus and span of concentration, aggression, immunity and well-being.

Training is being conducted also at 27 places in Mumbai - BMC school children in various categories, intellectually-challenged children, Children’s Observational homes. This part of the project is sponsored by Life Trust and Kaivalyadhama ashram.

Yoga workshop for HIV positive children, Pune.

Pune Gramin Police Personnel

“Surya Namaskar and Deep Relaxation” sessions was undertaken by Kaivalyadham Outreach Team on the auspicious day of Surya Jayanti at the police lines in Pune for the Pune Gramin Police personnel and their families.

An intensive Yoga workshop in Kadewadi, Baramati.

An intensive Yoga workshop was conducted for more than 350 school students and 20 staff members at a village in Kadewadi, Baramati.

Yoga workshop for Special Children, Pune
Mega Medical Camp of Rotary International, Mumbai

As assigned by Rotary Club of Bombay, Kaivalyadhama team arranged, attended and managed the Medical Camp. “Phoenix Mega Medical camp” was held on 18th & 19th January 2020 at Phoenix Mill compound, Mumbai. Gave free service to members of our community on “Yoga Therapy and Yoga Culture of Life”.

Yoga camp, Jaipur

In the month of October, Kaivalyadhama Jaipur conducted a month long free Yog classes at a local community place in Jhotwara, Jaipur. A reasonable amount of people enthusiastically participated in daily classes and learned about the classical and scientific aspect of Yog.

Yoga Training / Meditation center for Senior Citizens at Mahalaxmi, Mumbai with Dharma Bharati Mission (DBM)

A joint collaborative project with expertise of Kaivalyadhama, Dharam Bharati Mission and Baldeodas Bhagirathi Shah Trust has been inaugurated for Senior Citizens at Mahalaxmi, Mumbai. This project is to enable Senior Citizens to keep themselves well & healthy and at the same time take care of each problem. All Members are now benefitted by having a regular place for yoga practices.

DAE Yoga Workshop, Mumbai

Yoga workshop to remain Young Old at BARC Staff Club was held in Chembur, Mumbai
Philosophico-Literary Research
Objectives

Tejasvina vadhitamastu
May the Acquired Wisdom be Effulgent

1. To expand the horizons of knowledge leading to holistic wisdom.
2. To undertake hard core 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 and Research in the areas of Ancient Indian wisdom-Modern Science Interface.
6. Research in the areas of Science of Consciousness.
7. Scientifically analyzing the philosophical concepts and apply them in diverse research areas.
8. Apply the research output for the wellbeing of the humanity in general.

Advisory Board Members

1. Prof. Ravindra Muley
   Director, Centers of Advance study of Sanskrit, S.B. Pune University

2. Prof. Vijay Shankar Shukla
   Director, Indira Gandhi National Centre for Arts, Varanasi

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

1. 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
3. Science- Indian Wisdom Interface
4. Science of Consciousness

Methodology
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 2020-2021
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 2019-2020 - Publication of Books:

- "World: The Expression of the Absolute" by Dr. Rajeshwar Mukherjee
- "The Monograph on “The Reflection of Yoga in the Principal Upanisads” By Dr. Kakali Ghosh

New projects for 2020-2021
1. Monograph “Yoga in the Pre-Vedic India” will be completed by Dr. Bandita Satapathy.
2. Monograph on Buddhist Concept of Yoga by Dr. Nirodbaran Mandal.

3. SCIENCE- INDIAN WISDOM INTERFACE

Work done during 2019-2020

1) Collaborative Research Project under RUSA 2.0 with Jadavpur University Research Article

On the Unifying Nature of Vibration (Integrating Ancient Indian Wisdom with Modern Physics), Dr. Rajeshwar Mukherjee, Kakali Ghosh, Somenath Chakrabarty. Accepted for Publication in SSRG Indian Journal of Applied Physics (Peer Reviewed Journal with Impact Factor 1.59)

2) Publication of Book

"Unravelling the Reality: Interface Between Physics and Vedanta By Dr. Rajeshwar Mukherjee with a foreword by Dr. Archna Sharma Senior Scientist, CERN Laboratory Geneva. ISBN: 978-93-87988-08-1. 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.

3) Project Yogi-Scientist

The Project has been undertaken by the department which researches on the scientific contribution of the Yogis of India. The project has been financially aided by a patron of Yoga.
4) 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 years

Amount Granted: 2.00 lakhs

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 OF CONSCIOUSNESS:

New Project 2020–2021

Research on Raja Yoga Meditation is in Process

2. TEACHING

Departmental staff renders 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 staff 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. 78 hrs
2. C.C.Y Course at G.S. College, Kaivalyadhama, Lonavala. 31 hrs
3. C.C.Y Course at G.S. College, Kaivalyadhama, Mumbai. 2 hrs
4. Kriya Yoga Anushthana, Kaivalyadhama, Lonavala 1 hr
5. Bachelor’s Level Course at G.S. College, Kaivalyadhama, Lonavala 177 hrs
6. Advance course in Yoga 2019 (till March 2019) 2 hrs
7. Pranayama workshop 4 hrs

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. Among these library has rare collection of Encyclopaedia on Philosophy, Religion and Ethics, Indian Philosophy, Hindi Shabdasagar and Bharatiya Sanskriti Kosha etc.
2. It receives 37 Journals including Annual Subscription of 28 Journals.
3. 1,000 photocopies of Original Manuscripts on Yoga related subjects.
3. Publications

New Publications:
1. World: The Expression of the Absolute
2. Unraveling The Reality: Interface between Physics and Vedanta
3. The Reflection Yoga in the Principal Upanishads.

4. Outreach
The faculty members of PLRD travels to different universities and institutes at different parts of the country to give lectures and presentations.
1. Resource Person in the National Workshop on Yoga and Wellness (Under RUSA 2.0) held at Ramakrishna Mission Sikshamandir, Belur Math during September, 1-2, 2019.
2. Resource Person in National Science Festival organized by Department of Science and Technology, Govt. of India at National Institute of Chemical Biology, Kolkata during November 5-7, 2019.
4. Invited Talk on ‘Grand Unification: Science Meet Vedanta’ at the international Symposium in Jadavpur University on January 9, 2020

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. 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.

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 Puduvai 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 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 Centre for Yoga Therapy, Education and Research (CYTER) at MGMCR, Sri Balaji Vidyapeeth University, Pondicherry. He is also present in number of expert committees.

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.

Research Projects:

1. **Title:** Breath, Stress and Health – A Bio-cultural study of Hatha Yoga Practices
   **Pl:** Paul Dallaghan, Emory University

   **Duration:** 2018-2021

   **Background:** This study aims to contribute uniquely to stress and longevity research in two ways: by focusing on a measured level of activity in rectus abdominus with established scientific stress markers across the SAM axis and biochemical immunity markers; and directly showing effects of breath-based yoga-meditative practice on stress management and markers of aging.

   **Objective:** The objective of this study was to highlight context of the behavioral practice through, one, set up, content and duration of practice, and two, by identifying a quantitative number for the degree of participation by the subject in the practice.

   **Uniqueness of the study:** The study couples emic perspectives from the traditional yoga knowledge base, both textual and practice, with empirical measures from science as an opportunity to bridge these worlds as a first known study of hatha yoga to be tackled by the means and methods of biocultural anthropology.

   **Status:** The study is registered in ClinicalTrials.gov (NCT number): NCT03856892. Pilot and main study completed. The data acquisition on physiological, psychological and biochemical variables have been completed. Statistical analysis of data is in progress. Data extraction of EDA and HRV has been completed by Ms. Anita Verma. Blood Samples collected during the project were extracted and transported to Black Burn Laboratory USA and Datar Cancer Genetics, Nashik.
2. **Title:** Breath, Stress and Health: A biocultural study of hatha yoga practices - Psychological Aspect  
   **Mr. Paul Dallaghan, Dr. Praeeda Menon, and other SRD staff**

   **Duration:** 2018-2021

   **Background:** Yoga practices and techniques done outside of an internally-oriented focus fall under the categories of physical gymnastics and mental attention skills. There is a need to apply rigorous scientific methods to culturally established yoga practices, wherein emphasis is on cultivating internal focus, as well as, on studying concepts, practices and outcomes involved in the Patanjali and Hatha yoga tradition by looking at the necessity of the teacher/guru, the value of tradition, texts and instruction, and the engaged participation of the student.

   The study aimed to characterize the relevant features of the Patanjali and Hatha yoga tradition and empirically assess the effects of training in these techniques on biomarkers and psychological markers of stress. Approximately 100 participants divided into experimental, active control and passive control groups were assessed on psychological parameters of perceived stress, worry, stress reactivity, anxiety, depression, emotion regulation, moods and feelings, coping self-efficacy, awareness of internal sensations, mindful attention awareness, self-compassion, cognitive and affective mindfulness, forgiveness, gratitude and spiritual meaning in life before and after the yoga intervention through a mobile app.

   **Expected outcomes:** The study posits that regulation of respiration through intensive training over time by the experimental group will be associated with altered metabolic and autonomic activity with these changes reducing allostatic load physiologically and psychologically, in comparison to the active and passive control groups. The significance would be in being able to scientifically demonstrate that regulation of respiration through intensive training, which has relevant features of the Patanjali and Hatha yoga tradition, can help counter stress-induced impaired physical health and negative emotions while simultaneously improving physiological and psychological equilibrium.

   **Status:** The follow-up data pertaining to the psychological parameters used in this project was gathered online between Jun-July 2019. The principal investigator is organizing the data and getting it analysed through professionals.

   **Status:** Now its intervention phase is going on at 4 different locations.

3. **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  
   **Pt: Dr. Satish D. Patalk, Co-PI: Dr. Amol D. Raut, Co-I: Mrs. Pratibha H. Rajbhoj & Prof. R. S. Bhogal**

   **Duration:** 2 Years

   **Background & 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. This project will run for two years that includes recruitment of the pre-diabetic population in the project, yoga intervention, biochemical & gene expression studies and final report writing.

   The primary challenge in this research project was to identify the prediabetic population for that investigators had conducted blood test camps at different locations. At Pune camps were conducted with the help of Diabetic Association of India, Pune Branch, at Talegaon with the help of the Senior Citizen’s Group and at Lonavla with the help of Schools, Municipal Council, Mahila Mandal and Industrial Estate Office. In total, investigators had conducted 26 camps where 1435 participants were screened. The initial screening was done on the basis of their fasting Blood Sugar Levels with the help of Glucometer, Body weight, age and detailed family history. A few suspicious participants were then called for the confirmatory tests to ensure their prediabetic status. Total 250 participants were called for confirmatory test in 7 camps. Investigators confirmed and then enrolled 107 pre-diabetic participants in the present research project. These 107 participants were divided in two groups, experimental group and waitlisted control group. Yoga intervention for 3 months is being provided to the experimental group constituting 57 participants from different locations. During the screening process investigators found 48 diabetic patients who were unaware of their health status. Investigators informed them about the test results and advised them to take treatment from a diabetologist/ their family doctor as per research ethics guidelines. As per the study protocol Dieticians were called to give diet advice to all the participants in a group as well as a personalized dietary advice on ‘one to one’ basis. At the end of yoga intervention, a post-test will be carried out and appropriate statistical test will be applied on the pre and post data in order to make scientific conclusion.

   **Status:** Now its intervention phase is going on at 4 different locations.
4. **Title:** Collaborative Research Centre (CRC) Scheme  
**PI:** Dr. Satish D. Pathak, Co-PI: Prof. R. S. Bhogal, RO: Mrs. Pratibha H. Rajbhoj, RO: Dr. Sunita Chavan

**Background:** CRC is an initiative of Central Council for Research in Yoga & Naturopathy (CCRYN), Ministry of AYUSH. CCRYN has awarded the CRC Scheme to Kaivalyadham’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. Kaivalyadham’s CRC centre will work on experimental studies, pilot studies as well as on case studies based on Pranayama and Shuddhi Kriyas. Kaivalyadham’s CRC unit has proposed three experimental studies, as well as, case studies.

**Ongoing research Projects under the scheme:**

1. **Title:** Effect of Agnisarí Kriya on physiological and biochemical parameters in pre-diabetic population.  
   **PI:** Dr. Satish Pathak  
   **Duration of the project:** One year

**History & Objective:** Prevalence of pre-diabetes and its association with major hazards is a chief concern for the present world. It is an outcome of sedentary lifestyle, obesity and genetics, resulting in insulin resistance. Agnisarí Kriya, as mentioned in the ancient texts, improves the digestive fire and cures abdominal diseases. Research studies claim that Agnisarí helps better functioning of Pancreas and other abdominal organs. It appears to have a role in improving metabolism. Therefore, the aim of the study is to understand the effect of Agnisarí Kriya on pre-diabetes and understand the reduction. The outcome of this study may help in reducing the risk, or extend the period, of developing diabetes. The research plan involves, eighty pre-diabetic individuals to be assigned in experimental and control group. Screening of the participants will be done with blood tests and other parameters, pre and post intervention and at the end of the detraining period.

2. **Title:** Effect of Tratakí Kriya on psychological and physiological parameters in mothers of Pre- SSC students  
   **PI:** Dr. Satish Pathak  
   **Duration of Project:** One year

**History and Objectives:** Tratakí is a technique meant for the cleansing of eyes as well as have an effect on variety of psycho-physiological functions. Researches claim that the practice of Tratakí helps to reduce stress and anxiety, improves sleep pattern and concentration and enhances general awareness and mental health. The mothers of Pre-SSC students, on account of demanding circumstances, are supposedly under constant physical and mental strain, and are thereby vulnerable to psycho-physiological instability. The aim of this project is thereby, to assess the effect of Tratakí on the psychological and physiological parameters of Pre-SSC students. The outcome of this study may open up new avenues for dealing with non-clinical personality disorders. The research plan involves hundred subjects, in experimental and control group. They will be screened, pre and post intervention, and after the detraining period, with psychological questionnaires.

3. **Title:** Effect of progressive module of Kapalabhatí Kriya on pulmonary function and antioxidant status of the healthy adults living in urban area: A randomized controlled trial  
   **PI:** Dr. Satish Pathak  
   **Duration of Project:** One year

**History & Objective:** Air pollution is a major environmental risk factor and a significant threat to human health. It leads to rise in oxidative stress, which is closely associated with acute and chronic illnesses related to the respiratory and cardiovascular system. The practice of Kapalabhatí Kriya can improve lung function and cardiopulmonary endurance and help enhance antioxidant levels. Therefore, the aim of the study is to evaluate the effect of progressive module of Kapalabhatí Kriya on pulmonary function and antioxidant status of individuals.

The study is a randomized controlled trial and involves One hundred and forty participants, in experimental and control group. They will be assessed at different time points, starting from baseline to the end of the detraining period, with lung function tests and other supportive measures.

**Status:** The above three projects are at the stage of approval from the CCRYN.

5. **Title:** Neti Kriya as a therapeutic intervention for Chronic Allergic Rhinitis: A case study

**Investigators:** Mrs. Pratibha H. Rajbhoj, Prof. R. S. Bhogal, Dr. Sharadchandra Bhalekar, Dr. Sunita A. Chavan

**Background:** This is a single case study of a 30-year-old working woman with a history of Allergic Rhinitis, since her childhood. As advised by her family physician, she had been on medication intermittently, since many years. The medication could provide temporary relief, but the allergy would relapse with persistent recurrence, limiting her day-to-day activities. Therefore she opted yoga therapy. During her medical check-up, she was diagnosed as a case of moderate chronic AR. Patient followed a suggested Neti Kriya practice for two and half months. Patient was tested in the beginning, as well as, at the end of the intervention period, on Absolute eosinophil count (AEC), Rhinoconjunctivitis Quality of Life Questionnaire (RQLQ), as well as, interviewed with Custom-made Qualitative Questionnaire (CQQ). When data was compared investigators found remarkable improvement in the self-reported RQLQ and CQQ. The raised AEC at baseline showed normal range post intervention.

**Outcome:** On the basis of the above study it can be scientifically concluded that Neti Kriya can be used as a safe, cost effective and drugless treatment for treating and preventing chronic AR. It can be an alternative/complementary therapy for allergic respiratory disorders as well.

![RQLQ Domains T0 & T1](image)
6. **Title:** Long-term effect of Agnikarma therapy on heel pain: A case report  
**PI:** Anita Verma, Shete S. U. & Dr. Gururaj Doddoli  
**Duration:** 2019-2021  
**Background:** Heel pain may be caused due to various reasons such as plantar fascitis, calcaneal fracture, acute tear of plantar fascia, and calcaneal spur. Calcaneal spur is an abnormal bone growth which leads to mild to moderate chronic severe pain at the area where plantar fascia attaches to the heel bone. Modern treatment of heel pain includes use of Non-steroidal anti-inflammatory drugs (NSAIDs) and opioids to reduce pain and inflammation. Other conservative treatments include physiotherapy, cold therapy, and heat therapy to relieve pain, inflammation and improve blood circulation to the affected area. In Ayurveda, Agnikarma has been described as the most effective therapy in the management of painful conditions in calcaneal spur.  
**Objective:** The main objective of this research was to study the long term effect of agnikarma therapy on heel pain without any concomitant conservative treatment.  
**Uniqueness of the study:** Although there are a few research studies conducted on the conservative treatment for calcaneal spur and associated heel pain, there is a dearth of studies wherein long term effect of agnikarma therapy on heel pain has been investigated.  
**Status:** Study is completed. Paper ready for publication.  
**Outcome:** This case study reported complete relief from pain after 3 agnikarma procedures. Furthermore, six-monthly follow-up over a period of two years during which the effect of agnikarma treatment was sustained. The follow-up X-ray revealed that the calcaneal spur growth was arrested in its initial stages. Nevertheless, there was no pain experienced by the patient even after the presence of calcaneal spur.

7. **Title:** Impact of residential yoga training on occupational stress and health promotion in principals  
**PI:** Anita Verma, Shete S. U. & Dr. Gururaj Doddoli  
**Duration:** 2018-2020  
**Background:** Occupational stress is known as harmful physical and emotional responses that occur when the requirements of the job do not match the resources, needs, or capabilities of an employee, leading to poor mental and physical health. The objective of the present study was to assess the effect of 1-week residential yoga training program on occupational stress and its subscales among principals. Thirty-three principals with ages 40–59 years completed the assessment. They received yoga training at Kaivalyadham. All the participants were recruited by Kendriya Vidyalaya Sangathan as part of their on-duty yoga training. They were assessed for occupational stress at the baseline and after 1 week of yoga training. The yoga intervention was given in the morning and evening for 105 min. Apart from yoga training, they were engaged in lectures based on stress management, yoga for total health, meditation, yoga in school education, and scientific basis of yoga, daily for 3 hrs.  
**Objective:** The objective of this study was to assess the effect of 1-week residential yoga training program on occupational stress and its subscales among principals.  
**Uniqueness of this study:** To the best of our knowledge, there are no studies conducted on school principals in India. Even though this study comprises of short-term yoga intervention training, the results are extremely encouraging.  
**Status:** Study is completed. Paper published in Pubmed, SCOPUS indexed journal.  
**Outcome:** The principals showed a significant decrease in role overload ($P < 0.001$), role ambiguity ($P < 0.01$), role conflict ($P < 0.05$), under participation ($P < 0.001$), powerlessness ($P < 0.001$), intrinsic impoverishment ($P < 0.01$), law status ($P < 0.001$), and overall occupational stress ($P < 0.001$) after 7 days of yoga training intervention. However, there was no significant change in unreasonable group and political pressure ($P > 0.05$), responsibility for persons ($P > 0.05$), poor peer relations ($P > 0.05$), strenuous working conditions ($P > 0.05$), and unprofitability ($P > 0.05$) after yoga training intervention. The present study suggests that 1 week of residential yoga training program can improve occupational stress in principals.
8. Title: Effect of Yoga Training on Coincidence Anticipation Time Response among Loco Engine Drivers of Mumbai City
Pi. Sanjay Shete, Anita Verma & Kulkarni D.D.

Duration: 2017-2020

Background: The transport system in big metropolitans is the essential means for commuters to save traffic congestion and destination time. The only choice for massive public transport is local metro rail services or local trains which is widely adopted for the public. The task of driving local train is a continuous and monotonous psycho-motor task with hectic schedule starting at dawn till late mid-night. It is a complex task perceptual-cognitive-motor task function. This involves continuous navigation and monitoring of the situation, further compels to anticipate any unforeseen factors such as weather, public disturbances and communication breakdown, time management of utility of railway tracks by providing frequent trips which makes drivers stressed and exhausted. Hence, their perceptual and motor performance fluctuates due to various work shifts causing health deterioration and fitness further. CAT response to physical fitness and psychomotor performance is essential especially in driving skills such as applying brakes, varying speed, constantly monitoring tracks that may vary in different situations, such as straight or curved track patterns, constant vigil on signal lights that indicate driver to increase or decrease or apply brakes to slow or stop the vehicle, etc. seems to be vital for executing the task.

Objective: The objective of this study was to assess the effect of yoga training on coincidence anticipation time response in loco engine drivers. The study was conducted on 80 male loco drivers aged 25-57 years. The yoga intervention was imparted daily one hour for fifteen days. The coincidence anticipation time was assessed at the baseline and after completion of yoga training intervention.

Uniqueness of the study: To the best of our knowledge, this is the first study conducted in India which assesses the effect of yoga practices on various psycho-motor variables in local engine drivers.

Status: Study is completed and first draft of paper is ready.

Outcome: The preliminary results of three variables of CAT response (Absolute error, Constant error and Variable error) showed decreased errors in anticipation and attention dimensions but not a significant change in timing response after fifteen days of yoga training. This reflects better interaction with external event, reduced anxiety and better focusing of attention and attention response to the event. However, delayed timing response suggests a slow but an accurate psycho-motor coordination in executing motor action through precise coupling of motor response through neuromuscular activity.

Changes in anticipation time errors after yoga practice

9. Title: Effect of yoga training on surface body shape area and body shape index in obese participants
Pi. Kulkarni D.D., Co-PI Sanjay Shete, Anita Verma & Dr. Gururaj, Doddoli

Duration: 2018-2020

Background: According to WHO, Obesity is a global epidemic. For example in US prevalence of obesity remains high at 35.7%, while 68% are classified as obese or overweight with highest rates among poor, lower education and minority groups. Similarly, 16.9% of obese are seen in childhood and adolescents and 31.8% classified as obese or overweight. This leads to risk of developing insulin resistance, dyslipidemia, or hypertension at an early age. The Obesity associated with diabetes mellitus and cardiovascular disease (CVD), has emerged as a major public health challenge with high prevalence of diabetes. The etiology of obesity in the general population is related to the quantity of adipose depots (body fat) along with risk of many chronic diseases as well as other diseases includes depression, mobility issues, some forms of cancer, sleep apnea, and osteoarthritis. It is one of the prime factors responsible for enhanced mortality rate through impaired physiological and biochemical systems causing several disorders such as lack of body flexibility, hypertension, decline in pulmonary functions, enhanced cardiac load, decrease cardiac endurance due to excess vascular cholesterol deposition as well as insulin resistance triggering type 2 diabetes, poor renal functions, etc.

Objective: Among indirect measures of visceral adiposity, Body Shape Index (BSI), which is defined as waist circumference (WC)/(body mass index (BMI)2/3×height1/2), is unique in that BSI is positively correlated with visceral adiposity and is supposed to be independent of BMI. BSI has been also shown to be linearly and positively associated with visceral fat mass and all-cause and cardiovascular disease (CVD) in the general population. Therefore, the objective of this study is to find out whether yoga practices can change BSI in obese adults.

Status: The data collection was done on 40 male and female obese participants. The statistical analysis on 28 female participants has been completed. The analysis includes two objectives: 1) Effect of yoga practices on Relative Fat Mass 2) Effect of yoga training on Body Surface Area and Body Shape Index.

Outcome: The preliminary results of this study showed decrease in surface body shape area and surface body shape index which in fact, suggests that yoga training brought equilibrium in restoration of whole body fat distribution. Further, results suggest that yoga practices prevent obesity mediated risk in cardiovascular diseases.

Changes in Surface Body Shape Area and Index after yoga practice
Title: Role of yoga in self-regulation: A cross-cultural study on Indian and Spanish samples.

Investigators: Dr. Laura Tolbano Roche, Dr. Praseeda Menon

Duration: 2017-2020

Background: 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.

Objective: First 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.

Summary: 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:


2. An abstract about the current study has been submitted to the International conference on Yoga and Neurosciences: Traditions and Research Approaches (YANTRA) 2020, to be held at NIMHANS, Bangalore, in June this year. The research journal to which the full text of the paper will be submitted has been identified. The paper is being refined currently, and will be submitted to the identified research journal in due course.

Title: Education, Rehabilitation and Research Programme (ERRP) on yoga for children with special needs

Investigators: Dr. Praseeda Menon, Dr. Meena Ramanathan

Team members: Mr. Nikhil Jasuja, Mr. Subodh Tiwari, Mrs. Akshata Badave, Dr. Shruti Goel, Ms. Ritu Pasrja

Study duration: 2016-2021

Background: In the last few years, Kaivalyadhama, Lonavala, has been undertaking activities focused on the rehabilitation of children with special needs (CWSN) through yoga education and training with emphasis on the fun element. This project has been undertaken in collaboration with Sri Balaji Vidyapeeth's Centre for Yoga Therapy, Education and Research (CYTER), Puducherry.

This long-term project aims to enhance the quality of life of CWSN and their caregivers, empower them, and to create opportunities for gathering data and publishing related research findings. The research project, to be undertaken in the forthcoming academic year, will help to determine the role of yogic practices in influencing various physical, cognitive, psychological and possibly biochemical parameters related to overall health, well-being and quality of life of CWSN and their caregivers.

This project blends community outreach and scientific research is unique because of its participative approach.

Outcomes: The outcomes of the project related to awareness and education through yoga for CWSN are as follows:

1. On the occasion of the International Day of Yoga in June 2019, a three-day workshop on fun-based yoga was organized for the CWSN of Samswad Shala, Lonavala.

2. Awareness is being created about how fun-based yoga practices can be used by special educators in their schools through regular screening of the project-specific research documentary (https://youtu.be/o9yMvhrzHM) for visiting groups at Kaivalyadhama as well as for a wider audience during various events held at or participated in by Kaivalyadhama.

3. The project investigators submitted a research pre-proposal in September 2019 under the UGC's Scheme for Trans-Disciplinary Research for India's Developing Economy (STRIDE) for conducting collaborative research with the help of multiple institutions working in the area of yoga for special needs. This pre-proposal has not been accepted.


Status: Dr. Praseeda Menon and Mrs. Akshata Badave, supported by Mr. Nikhil Jasuja, GB member of Kaivalyadhama, visited two schools in Navi Mumbai which cater to children with intellectual disabilities. These two schools have agreed to cooperate with undertaking the research project with their children in consultation with their parents in the forthcoming year. An MoU will be signed with these two schools for the same.

Title: Effect of Yoga on physical and emotional health of infertile women with Polycystic Ovary Syndrome (PCOS).

PI: Anushree Patil from NIRRH Co. PI: Dr Satish Pathak

Sub Area: Clinical Research investigations on the effect of Yoga and Meditation on physical and mental health and well-being.

Duration: 2019-2020

Background: In collaboration with National Institute for Research in Reproductive Health (NIRRH) Mumbai. Project is funded by DST India. Polycystic ovarian syndrome (PCOS) is the most prevalent female endocrine disorder with estimates ranging from 2.2% to as high as 26%. More than 60% of women with PCOS are obese and need lifestyle interventions. Yoga therapy mainly improves reproductive functions by reducing stress and balancing the neurohormonal profile. To the best of our knowledge there are no published research studies on the effect of Yoga on physical and emotional well-being among infertile women with PCOS.

Objective: Hence we had undertaken this prospective intervention study to understand the impact of Yoga on physical and emotional well-being of infertile women with PCOS. We expect that the ovarian functions will improve and they may get relief from the symptoms of PCOD like irregularity in menstrual cycle, which will help them to conceive.

Status: Project recruitment has been completed along with all the physiological, biochemical tests. Yoga intervention is in process and will be completed shortly. Data collection and statistical analysis will follow.
Title: The Psychological Impact of a Comprehensive Yoga Module in Cancer and Chronic Non-communicable Diseases (NCDs): An Empirical Study

Investigators: Dr. Usha Nayar, Dr. Praseeda Menon

Team members: Ms. Lee Majewski, Dr. Ravi Kulkarni, Mrs. Akshata Badave, Ms. Priya Nayar

Project Duration: 2017-2020

Summary of the project: According to the WHO, 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 aims to analyze 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. A total of 16 participants completed all tests at all five time-points of assessment. However, due to inability of some patients for adhering to long-term follow-up, 11 patients had missing data.

Outcomes: Data analysis of 27 patients indicated that the differences between the baseline value (D1) and values at D20, 3M, 6M and 12M were highly significant for all psychological variables, which meant that there was marked improvement in all psychological parameters in the patients at all post testing time-points. The graphs of these highly significant differences are illustrated below for the psychological parameters of Total Mood Disturbance, Anxiety, Depression, Perceived Stress, Psychological Flourishing, Psychological Quality of Life, Coping Self-efficacy and Quality of Social Relationships. These results revealed that complementary treatments with focus on yoga therapy have tremendous potential in bringing holistic health and psychological empowerment to people suffering from NCDs.

Status: The qualitative data obtained from the personal diaries of some patients is being coded, and their content analysed qualitatively. Also, the research paper related to the quantitative data displayed below is being drafted.
14. **Title:** Barriers for regular yoga practice: A cross-sectional study  
Pt. Anita Verma, Shete S. U.

**Project Duration:** 2017-2020

**Summary of the project:** This cross-sectional study was conducted during International day of yoga in Pune district, Maharashtra, India. As part of celebration of IDY, classes were arranged at various places in Pune district. One yoga teacher was appointed at each place to conduct yoga classes. Total 1000 questionnaires were distributed to collect data from various regions of Pune district to the adult participants. The final sample included 644 respondents out of which 411 were male and 233 females. The survey was written in both English and Marathi. It had two parts first part was related to details about respondents age, gender, marital status, occupation, education, socioeconomic status, yoga experience, yoga practice and physical activity other than yoga. The second part of survey, i.e. the most common reason being not able to practice yoga regularly. To ensure appropriateness of questions on barriers, participants were initially asked: “Do you find any difficulty in practicing yoga regularly?” Participants answering “yes” were queried about barriers. On the basis of review and discussion with researchers and yoga teachers 21 common barriers for practicing yoga regularly were identified. Those who have answered “yes” were asked to select 3 most common barriers for being not able to practice yoga regularly.

**Objective:** The objective of this study was to find out the most common reasons for not being able to do yoga everyday.

**Uniqueness of the study:** So far there are only two survey studies conducted regarding the barriers in the path of yoga practice, perceptions and motivators. However, the present study was a questionnaire-based survey conducted on International day of yoga at different centres including yoga practitioners.

**Status:** Study completed. Data acquisition, coding and statistical analysis completed. The paper is ready for publication.

**Outcome:** The results of present cross-sectional survey suggests that there are eight most common barriers for the respondents being not able to practice yoga regularly.

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15. **Title:** A Complementary and Alternative Medical Therapy for Breast Cancer related Lymphedema – Influence of an Improved Yoga Protocol  
Investigators: Col (Dr) Amul Kapoor, Mrs Anjali Deshmukh, LtCol (Dr) Deepak Mulanjkar, Dr. Praseeda Menon

**Team members:** Gp Capt (Dr) TVSVGK Tilak, Mrs Akshata Badve, Dr. Sharadchandra Bhalekar, Mr Subodh Tiwari

**Duration:** 2019-2021

**Background:** Breast cancer related lymphedema (BCRL) is a chronic debilitating condition resulting in upper extremity morbidity post treatment of breast cancer. Every breast cancer patient is at a lifelong risk for BCRL. Impairments resulting from the development of BCRL include decreased arm function, reduced range of motion and strength of the arms along with increased arm swelling and heaviness. This arm swelling can be accompanied by increased tightness of the arm and chest and a general decline in the quality of life. This condition often requires lifelong self-management. Currently, there is no effective cure for BCRL, and it causes daily stress and negative impact on breast cancer survivors’ quality of life. Recent research has shown positive effect of yoga on BCRL patients, making it an effective tool to augment self-management in BCRL. The current study focuses on implementing an improved yoga protocol as a self-management tool, building on earlier research, for BCRL patients taking treatment at a defence hospital in Western India, in order to effectively mitigate the impairment arising from BCRL.

**Objective:** The study aims to investigate the influence of an improved yoga protocol on arm volume, functionality of upper extremities, inflammation, stress and wellbeing and in patients of BCRL.

**Summary:** The current study started with enrolling 19 BCRL patients from the defence hospital out of which 6 dropped out. Out of the remaining 7 patients, 4 were from the yoga intervention group and 3 from the active control group. The intervention group completed 3-4 yoga sessions/week in the first 30 days, and then 2 sessions/week in the next 60 days, whereas the active control group completed 3 yoga sessions and were later asked to practice at home with printed handouts and telephone guidance. Data were collected at 3 timepoints – baseline (T0), after 30 days (T1), and after 90 days (T2).

**Outcomes:** Preliminary findings related to arm volume, hand grip (arm strength and functionality), cortisol, and Tumour Necrosis Factor alpha (TNF-α) from the current small-group study are displayed as graphs below. These data show a positive trend in yoga’s contribution to self-management in the area of arm volume and functionality, as well as promising improvement in TNF-α levels, although cortisol levels rose in the yoga group.

**Status:** The data related to the psychological parameters from the study is being organized. More patients from the defence hospital are being recruited on an ongoing basis to understand how the yoga protocol can help them in self-management of their condition.
16. **Title:** Survey of Self Perception for Counseling needs of the College Students of Kaivalyadhama (Lonavla)

**PI:** Prof. R S Bhogal.

**Background:** Self-Perception has a strong bearing upon the personality dispositions and motivation.

**Objectives:** The purpose of this survey study was to assess the Self-Perception of the college students so as to know their counseling needs.

**Research Design:** This was a Survey Study

**Summary:** The study was done on 58 new College entrants of Kaivalyadhama ( Lonavla), hailing from almost all states of India, in the age range of 18 to 25 years. A Self-Perception Rating Scale (SPRS) i.e. a twelve items custom made Semantic Differential Scale intended to measure four dimensions of Self Perception viz. Equanimity, Happy Disposition, Unruffled Stance in Trying Situations and Strength of Motivation, was developed by the author. This was administered to the students. Dimension wise Self Perception was also analyzed.

**Outcome:** It was concluded that a sizable (53%) new student population of Kaivalyadhama (Lonavla), that hail from all states of India, is in need of psychological counseling so as to enhance their Self-perception for their better well-being. The results also indicate the urgent need for a counselling facility for college students and a revolutionary change in our educational system.

17. **Title:** Efficacy of yoga training on mind-body health of yoga students.

**PI-Mrs. Pratibha Rajbhoj Co- PI Mrs. Akshata Badave**

**Duration:** 3 years

**Background:** We are running various yoga courses in our college and 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. Certificate Course In Yoga (CCY) and Post Graduation Diploma in Yoga Education (PGDYEd) were included in this project. Till now investigators had collected a data of 252 students of the CCY course and 94 students of the PGDYEd course. This is ongoing project and investigators have planned to run this project for another two years.

Selected psychological tests were administered on each student on the 1st day of course and then at the end of the course. Investigators do not give any consultation or intervention to the survey study participants i.e. the students of CCY and PGDYEd. After completion of the data collection on expected sample size appropriate statistical analysis will be done with the help of expert statistician.

**Objective:** The expected outcome of this project is that people will understand the importance of practicing yoga and following Yama & Niyama in their day to day life. It will help them to balance their mind and body. Following graphs roughly shows the improvement in the Mental Well-being, Self Perception, as well as, decrease in psycho-physiological disorders.
**Title:** Effect of yoga, Ayurveda and Naturopathy on the participants of Kaivalyadhama yogic hospital (HHCC)  
**PI:** Mrs. Akshata Badave.

**Background:** In this modern era people are working so hard to achieve their goals that they ignore their health issues or don't even think about their physical and mental health. As a result people suffer from diabetes, Blood pressure, Back pain, Obesity, Depression, Anxiety etc. Yoga is a sure way to deal with these diseases. Kaivalyadhama Yogic Hospital (HHCC) offers Yoga, Ayurveda and Naturopathy programs for various diseases. The participants come from the various locations to get the benefits of these treatments. Participants are referred from HHCC for pre – post testing to see the changes scientifically. As per the participant's health issues, tests are administered. As of now total 45 participants tests have been done with the help of physiological and psychological instruments.

**Objective:** The expected outcome of this project is that people who are suffering from diabetes, obesity, Blood pressure, Depression etc. the combination of yoga, naturopathy and Ayurveda practices will help them to improve their physical and mental health.  
**Status:** Data collection is going on.

**RESEARCH PAPERS**

**BOOKS RELEASED**
2. Published second edition of “Yoga as Therapy” Medical view

**PAPERS PUBLISHED**

**PAPERS UNDER REVIEW**
1. Role of yoga in mental ability of urban residential school children  
   **PI:** Anita Verma, Mr. Sanjay Shete  
2. Long-term effect of agnikarma therapy on heel pain: A case report  
   **PI:** Anita Verma, Mr. Sanjay Shete & Dr. Gururaj  
3. Yoga therapy for fibromyalgia syndrome: A case report  
   **PI:** Anita Verma, Mr. Sanjay Shete & Dr. Gururaj

**PAPERS UNDER PREPARATION**
1. Effect of yoga practices on psychomotor performance of loco-pilots.  
   **PI:** Mr. Sanjay Shete, Ms. Anita Verma, Mr. D. D. Kulkarni  
2. Barriers for regular yoga practice: A cross-sectional study  
   **PI:** Ms. Anita Verma Mr. Sanjay Shete,  
3. Bhogal, R. S. Survey of Self Perception for Counseling needs of the College Students of Kaivalyadhama (Lonavla) (to be submitted to Yoga Mimamsa)

**EDITORIAL PUBLISHED IN YOGA MIMANSA JOURNAL**

**2. SERVICE**

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

**THROUGH**
1. Knowledge base of biochemistry, physiology, psychology and physical education.  
2. Pathological investigations.  
3. Providing service in collaboration with Indian Red Cross Society.

**Maintaining a quality Pathology Laboratory:** During 2019-20 more than 350 patients visited biochemistry laboratory for pathological tests. It participates in external quality assurance scheme (EQAS) conducted by CMC, Department of Biochemistry, Vellore, Tamil Nadu, India. The laboratory receives three lyophilized samples on a quarterly basis over a period of 12 months that needs to be stored, reconstituted and analyzed as per the guidelines and schedule. We participated in chemistry I constituent group of EQAS wherein twelve commonly prescribed parameters were selected for assessment. The results showed that most of the parameters SDI range was in the category of excellent or good performance. The lab has also got ISO 9001:2015 CERTIFICATION OF LAB.
**Stress Management Workshops:** Dr. Pathak conducted five 2-day Yoga for stress management workshops for AYUSH Doctors and paramedical staff of Maharashtra and about 120 participants were benefited.

**Service to external academia:** Dr. Praseeda Menon acted as a reviewer of two research papers of the CSIR journal, Indian Journal of Traditional Knowledge, “Pranic Energy Sensations Experienced by Respondents: A Cross-Sectional Study,” and “Therapeutic application of yoga-asanam in lifestyle disorders - scientific review.” She gave a one-hour plus interview to a doctoral student from the Dept. of Cultural Studies, Bremen University, Germany, about approaches combining yoga with psychotherapy, counselling, and mental health care in India. Dr. Praseeda Menon helped in construct validation of the psychological questionnaire for the assessment of general problems related to menstruation prepared by a doctoral student of the Department of Yoga and Ayurveda, Sanchi University of Buddhist-Indic Studies, Raisen, M.P. Prof. Bhogal attended GB Meetings and also Executive Body Meetings at Jnana Prabodhini, Pune during the year 2019. Prof. Bhogal conducted Meditation Workshop for a French Group in February. KVN School workshop: Arranged a workshop on menstrual hygiene and environmental awareness for girl students of KVN school along with their mothers in collaboration with SheCup.

**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. HRV and EDA analysis along with pulmonary function tests on this system for project participants as well as participants prescribed by health care center. The tests were conducted at the baseline and after completion of one week stay of the participants.
Healthcare participants testing

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 as well as the SOHAM coordinator to help understand the improvement in the patients after the programme.

Mentoring the Environment Club of the G. S. College and organized the following events:

i. Coordinating visit of students to Kaivalyadhama's Vermicompost and Waste Management plant. All students enjoyed this very much and spent a lot of time at the pit asking a lot of questions to the in-charge.

Diabetes Prevention and Management Workshop which was arranged by SRD at Kaivalyadhama for benefit of citizens of Lonavala.

ii. Visit to the Tata gardens at Lonavala and the world-class Mahseer fish breeding facility of Tata Power to enlighten the students and making them ambassadors of our environment.

3. INFORMATION

OBJECTIVE

1. To publish scientific articles, pamphlets, books etc.

THROUGH

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

Visits

Guided tours of the laboratories are one of the channels for disseminating scientific information to non-experts. Every year several common people, students, educational tours and research scholars visits Scientific Research Department. The visitors are given an opportunity to interact with the researchers and provided with an information regarding the ongoing and past research conducted at the institute. According to background and requirements of the visitor they are introduced with in depth knowledge of instruments as well as purpose of specific research project.

Manthan

During 95th foundation day a National Seminar on “Yoga and Values in Indian Education System: A review and forward path” was organized. A book entitled “Manthan” was released on this occasion consisting of articles by eminent personalities in the field of yoga. Further, the book includes past conference resolutions and its implementation.
The paper “Interventional Authenticity and Scientific Research in Yoga Psychology” was presented at the CCIH, SPP University of Pune on July 6th 2019. Yoga awareness lectures for MGM Medical college 1st M.B.B.S. students.

Talk was given on, “The Psycho-physiology of meditation and its Health Benefits: What does research reveal?” at the national seminar as part of the IDY 2019 celebrations organized by MDNIY, New Delhi.

Yoga awareness lectures for L & T Staff.

Yoga awareness lectures for Siemens Staff.

Yoga awareness lectures for ONGC Staff.

4. 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
1. Yoga training methodology
2. Internship program for students.
3. Instrumentation usage.
4. Teacher training.
5. Statistical analysis.
6. Counselling and consulting.
7. Research methodology workshops for medical doctors.

Training contribution in G S College and Gurkul courses & workshops
The staff also provides its services towards academic training and other activities of College and Gurukul. Staff Members have also been assigned a Ph.D. guides. 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. Departmental staff effort in teaching of above courses, the particulars of which in terms of sessions, are as follows.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Name of Staff</th>
<th>Number of lectures</th>
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<tbody>
<tr>
<td>1.</td>
<td>Prof. R. S. Bhogal</td>
<td>118</td>
</tr>
<tr>
<td>2.</td>
<td>Dr. S. D. Pathak</td>
<td>20</td>
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<td>3.</td>
<td>Dr. Praseeda Menon</td>
<td>68</td>
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<tr>
<td>4.</td>
<td>Mrs. Akshata Badave</td>
<td>11</td>
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<tr>
<td>5.</td>
<td>Mr. Vivek Tiwari</td>
<td>24 Lectures &amp; 192 Practical Sessions</td>
</tr>
<tr>
<td>6.</td>
<td>Mr. Sandeep Wankhade</td>
<td>11 Lectures, 60 yoga sessions</td>
</tr>
</tbody>
</table>
LECTURES

A 2 day Yoga Workshop for the Yoga teachers of Vishva Yoga Darshan Kendra Sangali.

Lecture via Video Conferencing on Yoga was done for AYUSH Doctors of Maharashtra from Aarogyabhavan, Mumbai.

Yoga Awareness lecture at Yoga Niketan, Rishikesh

Yoga lecture at World Peace School Rishikesh

Meditation Workshop at Dept. of Physical Education, SPPU (Pune University), on July 9, 2019.

Yoga workshops in North Point

Yoga classes in Sinhagad Institute

Yoga classes in “Yoga and Stress Management” CME workshops

Yoga classes for BA Music, Chinmay University

Lectures in training programs for KVS Staff

FACULTY DEVELOPMENT TRAININGS

Workshop on “Research Methodology in Basic & Clinical Research in Yoga”
SRD staff attended workshop on “Research Methodology in Basic & Clinical Research in Yoga” at the SRD on Aug.22, 2019 by Prof. Dr Ashok Kulkarni.

One-week in-house workshop on Patanjala Yoga Sutras Demystified
Dr. Praseeda Menon participated in the one-week in-house workshop on Patanjala Yoga Sutras Demystified conducted by Dr. Ganesh N. Rao from 1st – 6th April 2019.

Training workshop on “Divyang Yoga: Yogic Approach to Special Needs”
Kaivalyadhama team of Dr. Praseeda Menon, Dr. Nutan Pakhare, Mrs. Anjali Deshmukh and Mrs. Deeya Ramrakshani participated in a teacher training workshop on “Divyang Yoga: Yogic Approach to Special Needs” held at CYTER, Sri Balaji Vidyapeeth (SBV), Puducherry, on 15th June 2019.
Training of Good Clinical Practice (GCP).
Mrs. Akshata Badave, Mrs. Pallavi Patil and Mrs. Pratibha Rajbhoj attended and qualified the training of Good Clinical Practice (GCP).

Workshop on ‘Recent Trends in Yoga Research’
Dr. Praseeda Menon, Mrs. Pratibha Rajbhoj and Mrs. Akshata Badave participated in the workshop on ‘Recent Trends in Yoga Research’ from 5th - 6th July 2019 jointly organized by the Ramkumar Rathi Patanjali Yoga Chair and the AYUSH Center of Excellence of Savitribai Phule Pune University (SPPU).

Workshop on ‘Meta-research and evidence-based medicine’
Dr. Praseeda Menon participated in the workshop on ‘Meta-research and evidence-based medicine’ on 1st December 2019 in above institute.

Workshop on “Improving skills with scientific proposals, manuscripts and oral presentations,”
Dr. Praseeda Menon, Mrs. Pallavi Patil participated in the in-house workshop on “Improving skills with scientific proposals, manuscripts and oral presentations,” and a public talk on "Biomedical research on yoga: Understanding the science and its relevance to society" by Dr. Sat Bir Singh Khalsa from 11th - 12th November 2019.

Workshop on Hatha Yoga conducted by Dr. Ganesh N. Rao
Dr. Praseeda Menon participated in the in-house workshop on Hatha Yoga conducted by Dr. Ganesh N. Rao from 22nd to 29th December 2019.

Workshop on “Kundalini Yoga & Understanding anatomy and physiology in relation to yoga”
Dr. Praseeda Menon participated in the in-house workshop on “Kundalini Yoga & Understanding anatomy and physiology in relation to yoga” conducted by Dr. Alan Singh Weiss and Mr. Nanak Nihal Singh Khalsa on 2nd January 2020.

5. 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
1. Scientific exhibits, informative pamphlets/displays/symposia/conferences/lantern lectures

YOGA MĪMĀMSĀ JOURNAL
Yoga Mīmāmsā (YM), the bi-annual publication of Kaivalyadhama, is the oldest (since 1924) peer-reviewed multi-disciplinary research journal on yoga. Yoga Mīmāmsā 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.

1. Published volumes:
   • Vol. 51 Issue 1
   • Vol. 51 Issue 2
2. Upcoming volume:
   • Vol. 52 Issue 1
Steps taken to update Yoga Mimamsa

1. Regularity and timely publication of each issue maintained from last four years.
2. Reformation of Editorial board.
5. Preparing for inclusion of Journal in UGC-CARE list.
6. Connecting with various Universities/Faculty members.

Yoga workshop for children with Special Needs

On the occasion of the IDY 2019, a three-day fun-based yoga workshop was organized for children with special needs at Samwad Shala, Lonavala. A fun-based yoga session was also offered to the children of the nearby Urdu school on 21st June.

Yoga for Wellness

On World Heart Day, our Outreach Team conducted a “Yoga for Wellness” workshop for 100 plus doctors and other staff of Military Hospital Cardiac and Thoracic Center, Pune.

Yoga sessions, Pune

The Kaivalyadhama Outreach Team conducted yoga sessions combining Suryanamaskara, Bhramari Pranayama, and Pranava Japa followed by meditation for 15 children and adults at the Bapuj Bua Park at Thergaon, Pune, on the 21st of December 2019. Participation in The Yoga Festival of Spiritual India at Pune in February. Prof. Bhogal was one of the two Key speakers for the seminar on “Why Yoga?” and conducted few Meditation Workshops. He also participated in a panel discussion on “Love Soul Connection” in the evening session of the festival.

Yoga awareness lecture, Wellington College Sangali

Yoga class for the staff of Aarogyabhavn Mumbai

Yoga class for the staff of Aarogyabhavn Mumbai who look after the health of Maharashtra people.

Yoga Awareness lectures at Bhonde’s school for the students and parents.

Meditation Workshop at the Pune University for the CCY students on Sept 25th 2019.

Talk at Kaivalyadhama, Mumbai, on June 8, 2019.

Meditation Workshops for the participants of Foundation day celebrations

Meditation Workshops for the Yashada Yoga Club.

Awareness and Guidelines about managing CORONA threat for Kaivalyadham staff.

Sessions on Social media

Live Meditation Workshop on Institutional Face Book on March 30, 2019. Also, Omkar session (1&2) videos, as well as, three videos on “Breathing Awareness Leading to Meditation” were also done by Prof. Bhogal on Face Book and You Tube channels of the Institution.

NEW PROJECTS FOR 2020-21

Research project on “Effect of Yoga Module on Psychological behaviour of new entrants of Professional college students.”
Healthcare Through Yoga
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. The Shrimati Amolakdevi Tirathram Gupta Hospital is a result of his magnanimous donation. 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 aim now is to provide people with an efficient system of health management through yogic practices, Ayurvedic cleansing and naturopathic treatments. 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. 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 to be 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.

Yoga Programs

130 131

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 ala-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. Basic intention of this programme is to improve the Yogic practices and relax in the beautiful environment.
Yoga & Naturopathy

This program includes Naturopathic therapies in addition to sessions for yoga—relaxation. The principal aim of Naturopathy is to teach people the art of healthy living by changing their daily routine and habits—this not only cures the disease but makes our bodies strong and glowing.

There are four aspects: food, mud, water and massage therapies. In food therapy, the idea is to consume what we eat in its natural form as much as possible as it is by itself a medicine. This mainly includes fresh fruit, fresh leafy green vegetables, and sprouts; and there are different combinations of purifying, strengthening, or pacifying foods. These must be consumed in the correct proportion, and the stomach left a little empty.

To extract intoxicants from the body, both mud baths and mud packs are used, particularly for ailments such as high blood pressure, tension headaches, anxiety, constipation, plus gastric and skin disorders.

There are several main types of water therapy using clean fresh water; and after this type of a treatment, the body feels refreshed and energized. Finally there is a massage therapy which increases the blood flow, removing stiffness, weariness, stimulates natural detoxification and pain from muscles and this can work in conjunction with some of the other naturopathic therapies.

Acupuncture has also been introduced last year. Acupuncture is a therapy used to balance the body’s natural harmony by activating the nervous system and major organs of the body. This technique is extensively used to treat illness or controlling pain. More broadly, Acupuncture is a family of procedures involving the stimulation of anatomical locations on or in the skin by a variety of techniques. It helps to maintain good overall health. Therapies based on Naturopathy principles and diet advices based on requirement is given. Fresh pressed juices in ‘Sattva’ juice center is an important part for these participants.
This includes all facilities of Yoga Relaxation plus specific Ayurvedic Therapy in form of Panchakarma. Ayurveda is a complete medical system which has a unique way of understanding the body, and also of interpreting and improving one’s health. Each patient attends consultation with the Ayurveda physician to assess their current state of health and what course of treatment, if any, is to be adopted. There are three specific directions which are followed in deciding the course of treatment: Dosha (body energy), Dhatu (body tissue), and Mala (excretory products); and treatments are in two directions: Shodan (cleansing) and Shaman (balancing). Some treatments are prescribed for a specific reason, but others are given as a tailor-made sequence or programme of approach to the ailment. Some Ayurvedic methods are similar to Naturopathy, but the main differences are that in Ayurveda, the traditional remedies and medicines are implicated to a greater extent; and that the treatment is aimed at specifically curing or relieving ailments. During this, diet of the participants is changed specifically as per therapeutic demand. After the internal and external oilation as required specifically the main therapy is administered followed by rejuvenating therapy. There is a post consultation regarding diet and lifestyle correction along with herbal supplements which is advised for betterment of health. From this year, we started making ash of Shankha, Kapardika etc. It was going very effective in treatment of people with chronic fatigue complaint, cancer survival patients especially. For this multi-purpose furnace built with fire bricks was used. The product from this is used in making of many medications, it is also used independently.
It is a weight management program and the average weight loss for the participants at Kaivalyadhama with restricted diet is 3-4 kgs in 1 week.

The program is based on Yoga practices, dietary restrictions along with naturopathy treatments. In these cases, weight loss was the intention, but by dedicating themselves to healthy habits each participant got so much more than that.

SOHAM

SOHAM which stands for Self – Observation, Healing and Awareness Mantra and is a Two Weeks Immersive Healing Program.

A lot of people have been benefitted through this program till date. We had 12 people in two different batches from India, Spain, Germany and United Kingdom. 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.

Our 15 Days of ‘SOHAM - An Immersive healing workshop’ was conducted in April’19 and June’19 wherein we celebrated life with our super-enthusiastic participants. Few of the participants even shared their journey of progress through program and it was really remarkable. The chronic ailments and health issues included:

1. Chronic kidney disease, keratoconus, hypertension
2. Anxiety disorders/depression, Higher cholesterol, Chronic depression (over 15 years), obsessive compulsive disorder, accumulation syndrome, Breast Cancer, diabetes, hypothyroidism, hypertension
3. Chronic Migraine Headaches, Occasional Gout/hyperuricemia, Severe Body pain and stiffness
4. PCOS, Hashimoto, Hypothyroidism, insomnia, stress, white patches, constipation, overweight,
   DM, LBP + ankle pain, DM, ITN, knee pain + LBP
5. Thyroid for past 6 years, PCOD, Fatty liver, Hypothyroidism, overweight
6. Depression, anxiety, LBP++, bloating
7. Fibromyalgia, Disturbed sleep, reduced muscular strength, stress

The participants also go through online Pre and Post Psychological tests which quantify the results and changes within them.
Testimonials

I am Sukanta Bhatt from Pune. I was diagnosed with a life threatening incurable health condition. I underwent conventional medical treatment and spine surgery which was debilitating my health. I was looking for holistic approach to regain my health and that is when I came to know about Kaivalyadham. I have been regularly attending Yog programs at Kaivalyadham and made good progress. This time I was here to attend the SOHAM program. My objective was to improve my back pain and learn self-healing methods that would enhance my wellbeing. This program has the objective to empower and guide participants towards a better way of living. First week focuses to improve body-mind observation and awareness of participants through Asana, Pranayama and Chanting whereas second week emphasizes self-healing using yog – therapy as a tool (correct psychological attitude, reconditioning, Yogic therapeutic procedures) and deepening the practices. Aspects that I specifically liked are the very conducive environment, faculty expertise and experience, personal attention, Yog (Asana and Pranayama) adaptations for individual limitations and external special experts. Two things in particular I learned are to use breath (rather than force) to attain right posture with ease and focus Prana Dharana (life force) to release pain/discomfort during the new postures.

At the end of 1st week, I was able to sit comfortably long hours for practice without back pain and felt energetic and happy. At the end of the program, I could easily apply many of the Asana, Pranayama, Mantra and yog therapy tools for self-healing. The change is visibly noticed!

IMPORTANT STATISTICS

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<th>Indian Participants</th>
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Important Statistics

Participants in workshops

- Sound Healing Workshop: 10
- Scham Immersive Healing: 10
- Meditation: 29
- Pratical Vedanta: 12
- Scham Immersive Healing: 5
- Hatha Yoga: 29
- Meditation: 35
- Raja Yoga Workshop: 15
- Shakti Practices: 13
- Yoga Therapy & Counseling: 10
- Scham Immersive Healing: 10
- Meditation: 10

participants in workshops

- Anand, Bihor, Chandigarh, Delhi NCR, Gujarat, Haryana, Himachal Pradesh, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Rajasthan, Tamil Nadu, Uttar Pradesh, Uttarakhand, Tripura, West Bengal
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.

Sadapurna

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.

**Harit Vanam**

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 chockful 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**

<table>
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<th>No. of Persons</th>
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<td>Attached Bath Room</td>
<td>2 in each room</td>
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<td>Single Ex Suite</td>
<td>1 in Each Room</td>
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<tr>
<td>5 AMRUTA KUTIR</td>
<td>Double Ex Suite</td>
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New Releases

Satkarmasangrahah

Siddhasiddhantapaddhati

Amrtasadhyogah

The Quintessence of Yoga

Yogi Therapy in German

ANATOMY & PHYSIOLOGY: YOGIC CONTEXT

Dr. S. Bhalekar

Dr. Rajeshwar Mukherjee and Dr. Kakali Ghosh

Thomas Pershe & Claudia Pershe, our German affiliate translated the book “Yogi Therapy” by Swami Kuvalyananda in German Language.
Prajna - A little book of Wisdom

‘Prajna - A little book of Wisdom’ was launched on the 10th Anniversary Celebration of Yoga Education Fund (YEF) on 5 May 2019 by the Chief Guest, Shri G K Nandanwar, Addl. CJM, Pune. It's a surprise book of wisdom compiled collectively by the students of Shri O P Tiwari-ji in gratitude for the mentorship and guidance they received. Wise pearls of wisdom beautifully portrayed in a book. The book is available at our Utpatti Shoppe with an invitation price of Rs.200/-.

Yoga as Therapy

Published second edition of “Yoga as Therapy” Medical view by Dr S D Pathak

Pranayama, Mudra and Meditation

Dr. S. Bhalekar

Abstracts and Bibliography of Articles on Yoga

Dr. S. Bhalekar

Sivasvarodayah

In Hindi reprint

Yoga therapy

In Hindi reprint
1. Kaivalyadhama continues to be the oasis of holistic, undiluted Yoga since 1924

2. We have been conducting intensive residential Yoga therapy retreats with multi-pronged interventions for survivors of cancer and other chronic NCDs, for over 6 years.

3. Our investigations and data have shown that after undergoing the programmes, the participants demonstrated a better ability to manage their illness.

4. Our research indicates that Yoga therapy has tremendous potential in ushering holistic improvement of health and psychological empowerment to people suffering from NCDs.

5. The success of these programs has been validated by the long waiting-lists of interested participants.

6. We continue to undertake demonstrable research on the impact of Yoga on NCDs and thereby integrate the learnings into Yoga therapy.

With your support, we could offer:

- 30 new rooms offering clean, hygienic and comfortable accommodation
- Central space for Yoga and meditation (Dhyan Mandir)
- Dining space and Kitchen (Tattva)
- Special treatment rooms for Therapies
- Library (Atmamasthan)
- Large open space in sync with the nature for relaxation and healing
Your donations are solicited

Holistic Care Centre for Cancer Survivors and Lifestyle Conditions

PROJECT ANAND: An Initiative by Kaivalyadhama

Project Anand is an effort towards helping Cancer patients and those affected by lifestyle conditions. This center will be located within the Kaivalyadhama Lona tala campus to effectively serve those who are suffering. We envisage to provide accommodation, treatment and therapies as per the needs of cancer survivors and people affected by NCDs.

For further information, contact:

**Nishant Jain**, Project Director

+91 9324670503 | nishant@kdham.com | www.kdham.com