



KAIVALYADHAMA

Where Yoga tradition and Science meet

ANNUAL 2019- REPORT 2020





Secretary's Message

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

From CEO's Desk

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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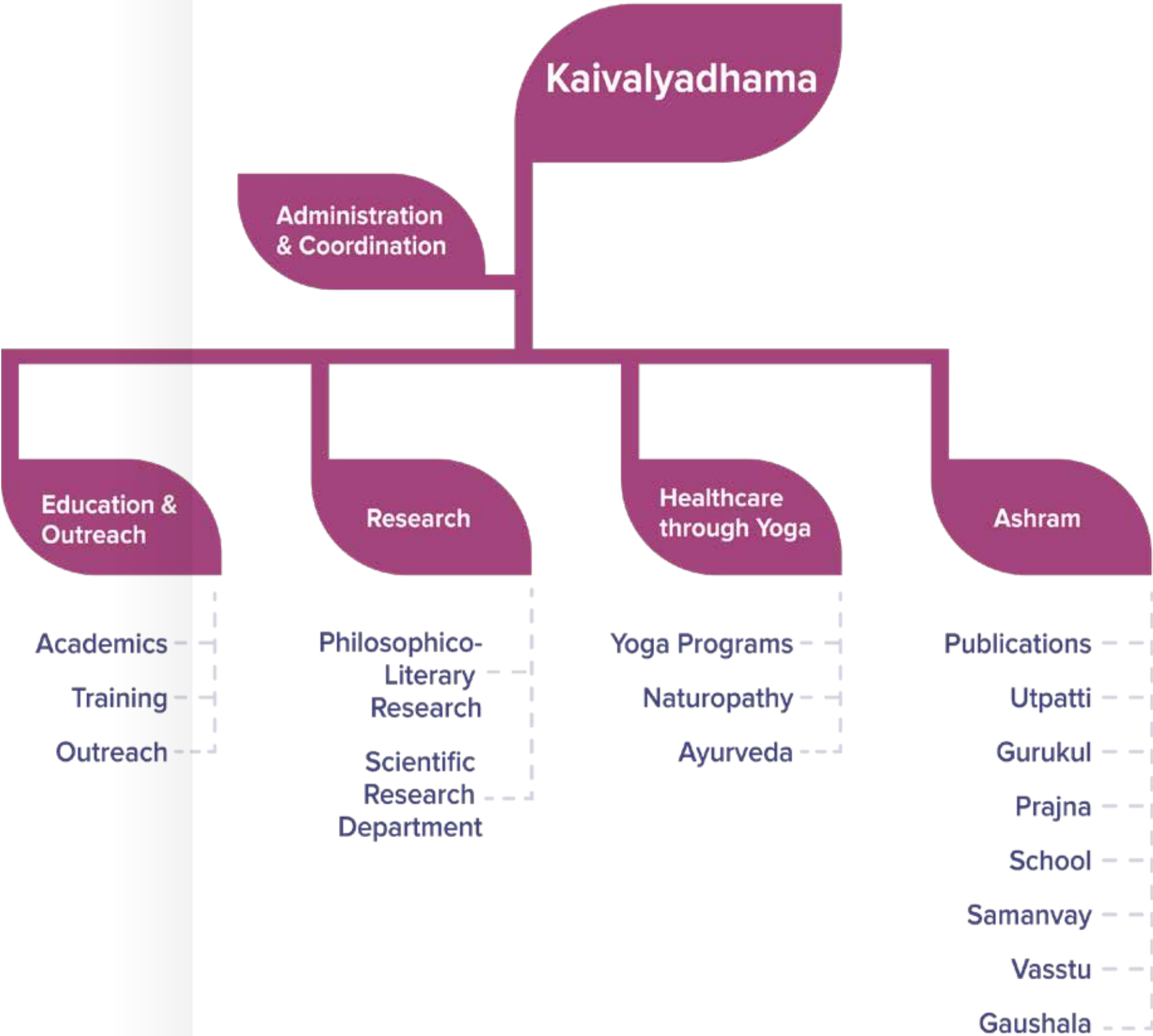
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Kaivalyadhama

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

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.Karthikeyaan - Former Director CBI , Padma Shri Awardee
Shri P.H. Parekh - Senior Advocate and Padma Shri Awardee
Shri M. Narsimhappa – 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 Malsar, 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 , GOM
Shri.Subodh Tiwari
Shri.O.P.Tiwari – Member Secretary)

Institutional Recognitions

- 1. Ministry of Education, Government of India, New Delhi**
The Institute is recognized as ‘An All India Institute of Higher Education’ vide letter No7630/62-U.4 dt.12th Nov.1962.
- 2. Ministry of Finance Government of India, New Delhi**
To receive donation under section 35 (1) 9(ii) from 1979. Govt of India’s Letter No (F.No.203/11/2009/ITA-11) Notifica-
tion NO.41/2009 dated 30th April 2009..
- 3. Ministry of Home Affairs, New Government of India Delhi**
Permanent Registered under Foreign Contribution Regulation Act.(1976) Regd.No.083930295 dt.09.05.2016.(Period
1st Nov.2016 to 31st Oct.2021. To receive donation for promotion of Research Training & Treatment in Yoga.
- 4. Ministry of Science & Technology, Government of India, New Delhi**
Recognition under the Scheme on Scientific and Industrial Research Organizations (SIRO’s). Letter No.F.
No.14/79/88-TU-V dated 23rd March 2016. Recognition is up to 31.03.2019.
- 5. Finance Division, Mumbai Government of Maharashtra,**
14 days On duty leave once in three year and 6 times in service tenure permitted to Government of Maharashtra’s
Employees for attending 10 days Yoga Training Programme. Vide letter dt.3rd Feb.2004.
- 6. Ministry of HRD, Department Secondary & Higher Education, Government of India,
New Delhi**
Nodal Agency/Resource Center under ‘Introduction of Yoga Education in Schools’. Vide letter dt.5th April 2004
- 7. Navodaya Vidyalaya Samiti, Govt.of India, Department Secondary & Higher Education,
New Delhi**
Recognized as ‘Kaivalyadhama as Yoga Consultant for Navodaya Vidyalayas. Vide letter dt.6th September 2005
- 8. University of Pune, Pune**
Approved Centre for Post graduate research 14.09.2007
- 9. Office of the Commissioner of Income Tax (Exemptions) Pune**
Exemption under Section 80G (5) (vi) of the Income Tax Act 1961 No.PN/CIT(Exempt))/Tech/80G/162/2016-17/6147
dt.12.01.2017.
- 10. Ministry of AYUSH, Government of India, New Delh**
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. Yogashstra, 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

Key Associates

LEGAL CONSULTANTS :

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

AUDITORS

M/s R.M. Rajapurkar & Co., CA, Pune
(Statutory Auditors) - Samiti
M/s Kautubh Shah & Co - Ashram
Mr Paresh Bhatt, Indore (Internal Auditor)

ARCHITECTS

Gayatri Architects, Lonavla

IT MANAGERS

M/s Indigenous Systems

WEBSITE & MEDIA MANAGEMENT

Shri Tuhin Chaudhary

Collaborations and Affiliations

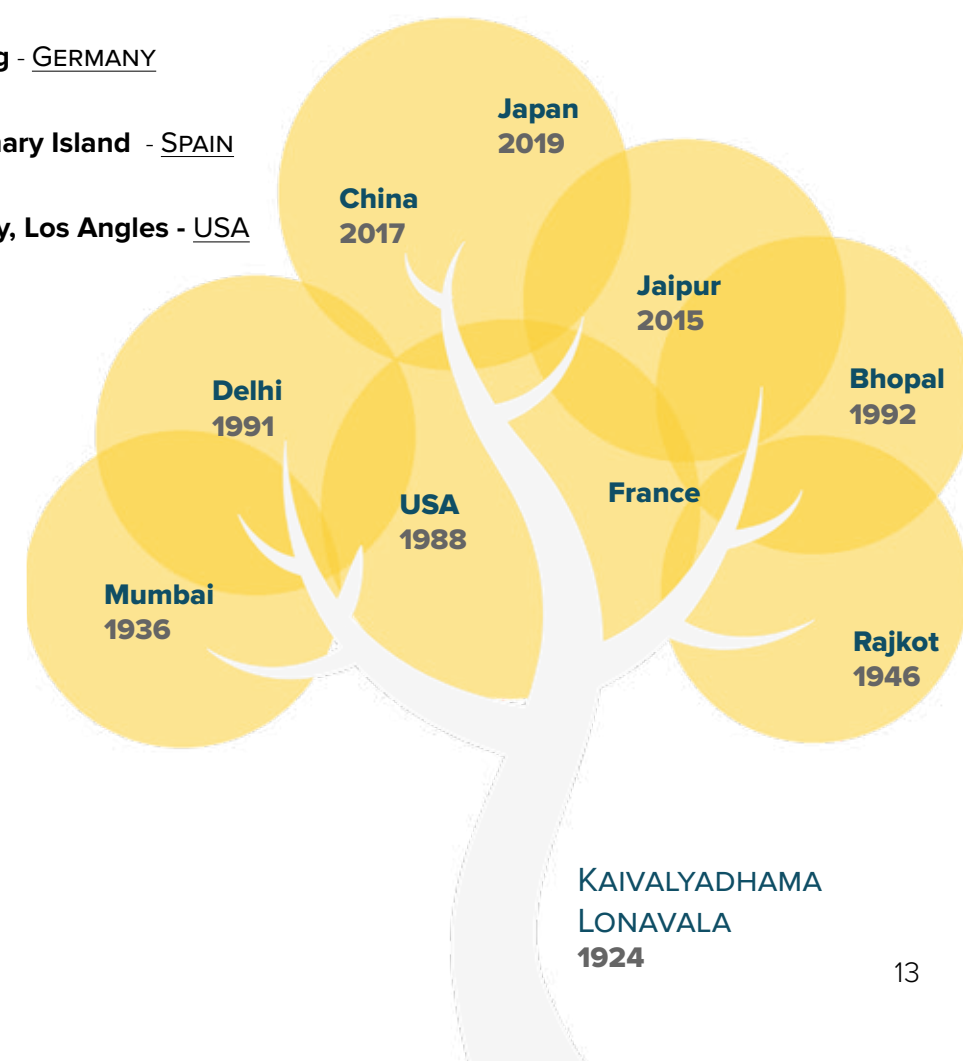
NATIONAL

1. **Shreemati Nathibai Damodar Thackersey Women's University (SNDTMumbai) - [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 Vishwavidyalaya, 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 Purender Arts & commerce college, Valvan, Lonavla - [MAHARASHTRA](#)**
Academic / Research
18. **Indian Yoga Association, Dwarka - [DELHI](#),**
Membership
19. **Diabetic Association of India, Pune - [MAHARASHTRA](#)**
Research
20. **Vrindavan Habitat, Nagpur - [MAHARASHTRA](#)**
Promotion & Development
21. **VTIPES, [Garhbaari, Purba Medinipur - [WEST BENGAL](#)**
Academic

22. **Dev Sanskriti Vishwa Vidyalaya , Garhbaari - [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 Angles - [USA](#)**
Training
6. **Bodhi Yoga, Taipei - [TAIWAN](#)**
Academic/Research



Meetings

Sr. #	Meetings	Dates
1.	General Body Meeting	10.08.2019 & 19.10.2019
2.	Finance Committee Meeting	10.08.2019
3.	Executive Committee Meeting	16.05.2019, 10.08.2019 & 19.12.2019
4.	Governing Body Meeting	10.08.2019
5.	Advisory Board Meeting	28.07.2019

INTERNAL

1. Advisory Board Meeting



1. Advisory Board Meeting



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.



2. Institution Ethical Committee Meeting

3. General Body Meeting



3. General Body Meeting



4. Governing Body Meeting

4. Governing Body Meeting

The strength of any Trust is the strength of the individuals who are dedicated to serve and help in its governance. At Kaivalyadhama we have an excellent team of members of the Governing Body. The best part is that families of individuals who helped the founder establish Kaivalyadhama Lonavla are still associated. We also have the Mahant of the Malsar Temple, the Gurusthan of our founder. We have representatives of the Government, a rare possibility which shown the confidence

of the state. We have retired judges from the High Court, we have advocates, educationist's life members who have dedicated their lives to the institute. The meeting of the Governing Body was held on the 11th Jan 2020. Some very important decisions regarding policy matters were taken, taking in to account the futuristic needs of the institute. The fees of the college were revised together with additions of few short-term courses.

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.



1. Ek Prana Roundtable with NITI Ayog

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.



2. IDY Preparation Meeting with AYUSH



3. Inter-Ministerial Committee Meeting

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.



4. IYA GB Meeting

5. Round Table at NITI AYOOG on Indo Russian Economic Forum

Sh. Subodh Tiwari, CEO attended the meeting at the NITIAYOG. 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.



5. Round Table at NITI AYOOG on Indo Russian Economic

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 in to the policy governing Yoga and Naturopathy. One of the important decisions was formation of separate certification board for Naturopathy.



6. Meeting Of The National Board Of Yoga & Naturo University



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.



7. Meeting of the Advisory Board of MCU



7. Meeting of the Advisory Board of Manipur Central Univer-

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.



8. Indo-Russian Economic Global Round Table



8. Indo-Russian Economic Global Round

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.



10. Executive Meeting , IYA



11. Meeting of CEO with Honourable Governor of Maharashtra

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

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

13. Meeting with Honorable Shri. Suresh Prabhu (Member of Rajya Sabha)

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

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 -



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



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



14. CEO was invited at NCTE, Hindi Pakhwada celebration

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.



15. The Governing Council Meeting of the IYA



15. The Governing Council Meeting of the IYA



15. The Governing Council Meeting of the IYA

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.



16. Meeting With Cm Uttarakhand

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.



17. IYA meet for Accreditation Committee roadmap

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



1. Hon'ble Smt. Pratibha Patil visits

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



2. Padma Shri Dr. Prakash Amte and his wife Mandakini

3. Governor Anandiben visits Kaivalyadhama Bhopal



3. Governor Anandiben visits Kaivalyadhama Bhopal



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 11 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.



4. College of Defence Management Officers

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.



5. Dr. Vijay Bhatkar, maker of Param Supercomputers



6. Dr. Christopher Key Chapple from Loyola Marymount, LA

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 Yogavisistha. It was interesting and noteworthy to listen to a foreigner quote

and dwell on Sanskrit texts of the The Samkya Karika and Yogavisistha.

Dr. Christopher Key Chapple is the also Doshi Professor of Indic and Comparative Theology. His research interests focus on the renouncer religious traditions of India: Yoga, Jainism, and Buddhism. the Samkhya Karika and the Yogavisistha.

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



7. Minister of School Education and Sports Tamil Nadu with Secretary of Education

8. Swami Parmatmananda Saraswatiji

Swami Parmatmanand Saraswatiji Maharaj took a 6 Day Discourse on Bhagvad Gita (Chapter – 1) from 21st to 26th December.



8. Swami Parmatmananda Saraswatiji



8. Swami Parmatmananda Saraswatiji

9. 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)



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

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.



1. National Seminar organised by MDNIY with AYUSH

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.



1. National Seminar organised by MDNIY with AYUSH



2. International Naturopathy Organisation trg. prog.



2. International Naturopathy Organisation trg. prog.

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.



3. Yogashala Expo New Delhi

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.



4. Yoga Mahotsav Curtain Raiser for IDY , New Delhi



3. Yogashala Expo New Delhi



4. Yoga Mahotsav Curtain Raiser for IDY , New Delhi

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.



5. Jury in National Yoga Olympiad, NCERT



5. Jury in National Yoga Olympiad, NCERT

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-15th June 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, Kaivalyadham, Mumbai, delivered an invited talk on "Garbhasanskar: Preventive Approach towards Disability in the Child," Dr.Praseeda Menon, Scientific Research Department, Kaivalyadham, 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 Kaivalyadham 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, ViceChancellor, Dr.Anand Bhavanani Director CYTER, Dr.Meena Ramnathan, Organising Secretary were amongst those present in the inaugural function



6. Seminar in Balaji Vidyapeeth, Puducherry



6. Seminar in Balaji Vidyapeeth, Puducherry

7. Kaivalyadhama celebrated Yoga around the nation on the occasion of 5th International Day of Yoga.





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 “Nishank”, 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. Smt. Rina Ray, Secretary School Education indicated the seriousness and sincerity of the Ministry to support developing ways and means of better teachers education and the need to train the existing teachers.



9. Banaras Hindu University Celebration

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.



10. World AYUSH Expo 2019, Mumbai



10. World AYUSH Expo 2019, Mumbai

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.



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

12. International Symposium on Yoga Therapy, BRAZIL

Shri. Subodh Tiwari was invited by IEPY (Insituto de EnsinoPesquisans em Yoga) and Yoga Bahia to the International Symposium on Yoga Therapy at Sau 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 Shri. 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.



12. International Symposium on Yoga Therapy, BRAZIL



12. International Symposium on Yoga Therapy, BRAZIL

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.



12. International Symposium on Yoga Therapy, BRAZIL

13. CEO invited by SDM College, Ujire

CEO was invited as the Chief Guest for the “shish upnyan” 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.



13. CEO invited by SDM College, Ujire

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.



14. CII event

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.



15. CEO inaugurates Yoga Mahotsav, Pune

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, APJ 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 Kuvalayananda 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 to not 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.



16. Foundation Day



16. Foundation Day



16. Foundation Day



16. Foundation Day

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.



17. INFOCYRA 2020, SVYASA, Bengaluru

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.



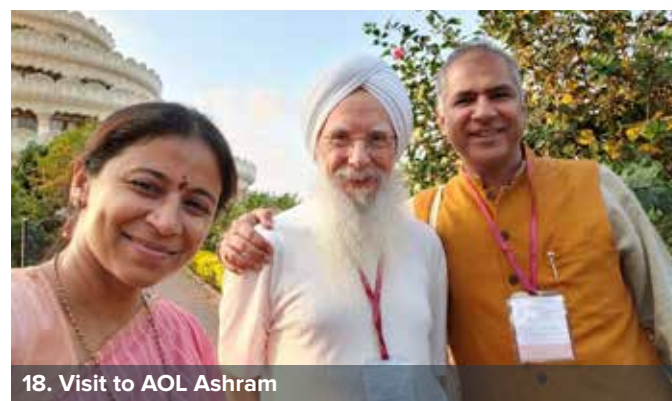
18. Visit to AOL Ashram

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.



19. Kaivalyadhama at Jaipur Literature Festival 2020



18. Visit to AOL Ashram



18. Kaivalyadhama at Jaipur Literature Festival 2020



19. Kaivalyadhama at Jaipur Literature Festival 2020

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.



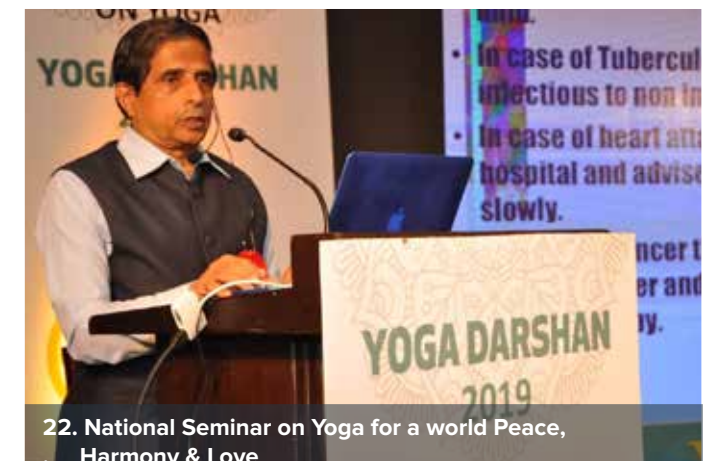
20. 15th FICCI Higher Education summit & Exhibition, Delhi

21. Global Yoga Accreditation Summit, United Nations

In April 2019 Kaivalyadhama USA was represented at the Summit at the United Nations.

22. National Seminar on Yoga for a world Peace, Harmony & Love

Dr Sathish Pathak represented Kaivalyadhama at Satyanand Yoga Research Centre Kozhikode



22. National Seminar on Yoga for a world Peace, Harmony & Love

23. 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 Gujarat. Dr Pathak also presented Research paper in the event.



23. International Conference on Yoga : The Key To Health, Harmony & Absolute Peace, Gujarat

24. 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. International Conference on Yoga for Heart Care, Mysore

25. Faagun-2020, Mumbai

Dr. Ganesh N. Rao delivered a key note 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

S.#	Date	Name Of The Groups	Students
1.	13.04.2019	Swami Vivekananda Yoga kendra, Navi Mumbai	13
2.	13.04.2019	Yog Vidhya Dham	12
3.	16.04.2019	IICTN, Mumbai	30
4.	26.04.219	Welingkar Business School	27
5.	25.05.219	Switch India	30
6.	21.06.2019	GGIS, Pimpri, Vallabh Nagar, Pune	500
7.	7.07.2019	Maha Metro, Pune	65
8.	10.07.2019	Jaistha Nagrik Yog Mitra Mandar	25
9.	10.08.2019	Rich Heritage Yoga	30
10.	10.08.2019	Mithbhai College, Mumbai	37
11.	22.08.2019	MES Ayurved Mahavidyalaya	26
12.	24.08.2019	Mumbai Kaivalyadham	22
13.	24.08.2019	Nashik Yoga Vidhyadham	40
14.	26.08.2019	College of Defense Academy, Foreign Students	16
15.	29.08.2019	SIES College of Philosophy, Mumbai	25
16.	31.08.2019	Health Center, SPPU	46
17.	14.09.2019	Yog Vidyadham	20
18.	28.09.2019	Chinmaya Vishwavidyapeeth, Kolwan	16
19..	15.10.2019	Illionos College of Medicine, USA	6
20	19.11.2019	Jaipur Kaivalyadham	13
21.	21.11.2019	ONGC	30
22.	1.12.2019	Siemens Excutives	15
23.	15.12.2019	Yogashrayyog Foundation	44
24.	9.01.2020	ONGC	30
25.	18.01.2020	Symbiosis College	45
26.	20.01.2020	Gerson D'Addio da Silva Group, Brazil	17
27.	25.01.2020	Mumbai Kaivalyadham	23
28.	29.01.2020	Yoga Mahavidyalaya	45
29.	30.01.2020	Dr. BabaSaheb Ambedkar Marathwada University Yogashastra	18
30.	8.02.2020	Ghantali Mitra Mandal	155
31.	15.02.2020	Ghantali Mitra Mandal	140
32.	21.02.2020	Welingkars Business School	25
33.	25.02.2020	Rich Heritage Yoga	18
34.	25.02.2020	Yoga Studio Tapsavya	25
35.	14.03.2020	Healthcare Chunabhatti Citizens Association	40



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.



Shri Kudilal Govindram Seksaria Bhavan

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.



Project Anand

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.



Project Anand

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.



Renovation Work done at Ayurveda & HHCC.

Gaushala

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



Gaushala

Vaastu

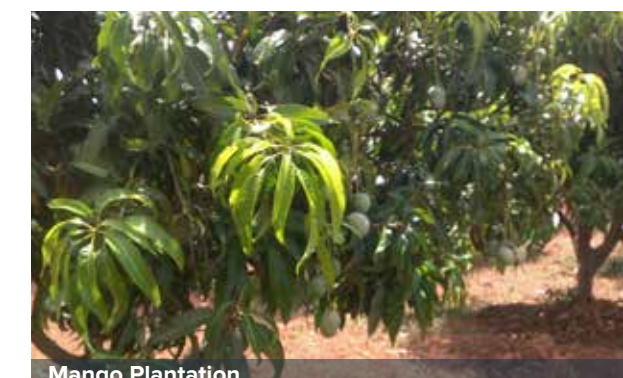
Vaastu comprises of following sections in the vacant lands of our campus:

Herbal Garden

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



Herbal Garden



Mango Plantation

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.



Organic Farming



Water Filtration plant

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: Phytoid 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.

Renovation of SRD



Renovation of SRD



Renovation of SRD



Renovation of SRD



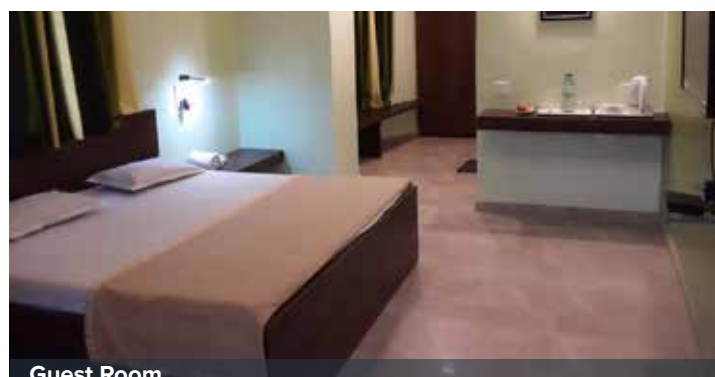
Cottage Renovation

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-furnished. The interiors have been re-design to make it more functional and aesthetically better. The doors panelling and cupboards have also been renovated.



Cottage Renovation



Guest Room

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.



Organisational development Program

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.



Cultfit Recruitment drive at Kaivalyadhama

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.



Alumni Meet



Alumni Meet

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 joiners, 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 Kaivalyadhama 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 trainings 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 Swamiji on 30th August, 2019 as its humble homage for the contribution of Swami Kuvalyanandaji in the field of Yoga.

Swami Kuvalayananda 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.





A Proud Moment for Kaivalyadhama Family



A Proud Moment for Kaivalyadhama

Dr. Satish Pathak felicitated with "YOGARATNA"

Award from Vishva Yoga Kendra, Miraj – Sangali.
He dedicated this award to Sh. O P Tiwariji.

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



Dr. Satish Pathak Felicitated with YOGARATNA



Dr. Satish Pathak Nominated

Award for Excellence in IT in AYUSH sector 2019



Awards for Excellence in Information Technology (IT) in AYUSH Sector - 2019

Congratulations to all the winners

<p>Dr. Suma Adoor, Bengaluru Name of Project: <i>Ayurwiki.org</i> (Award: Gold)</p>	<p>Central Council for Research in Ayurvedic Sciences Name of Project: <i>Ayurvedagranth Samuccayah</i> (Award: Silver)</p>
<p>Shri B.M.K Ayurveda Mahavidyalaya, Belgaum, Karnataka Name of Project: <i>Jnana Taranga</i> (Award: Letter of commendation)</p>	<p>Department of Computer Science and Engineering: University College of Engineering, Nagecoil, Tamil Nadu Name of Project: <i>Development of device to sustain fitness of an individual utilizing Naadi</i> (Award: Silver)</p>
<p>S.A.D.T. Gupta Yogic Hospital & Healthcare Centre Name of Project: <i>Program Participant</i> (Award: Letter of commendation)</p>	





LETTER OF COMMENDATION

To,
Shri O P Tiwari
Secretary
Kaivalyadhama,
Swami Kavyasanda Marg, Lonarhi,
Dist. Pune, Maharashtra - 410403

Dear Sir,

This relates to your entry to the "Award for Excellence in Information Technology (IT) in AYUSH Sector - 2019" submitted to Ministry of AYUSH.

The Jury for the Awards considered your Project "Program Participant Management System - PPMS" in detail and has appreciated your efforts in the field of Health IT. Further, the Jury commended your achievement in putting together the "Program Participant Management System - PPMS" project which has clearly helped to utilize the potential of Information Technology to transform the workflow and outcomes in the chosen area.

The Ministry of AYUSH commends your esteemed organization for the aforesaid commendation by the Jury, and offers the best of its wishes for all its future endeavours, especially in the adoption of IT to make positive changes in the AYUSH Sector.

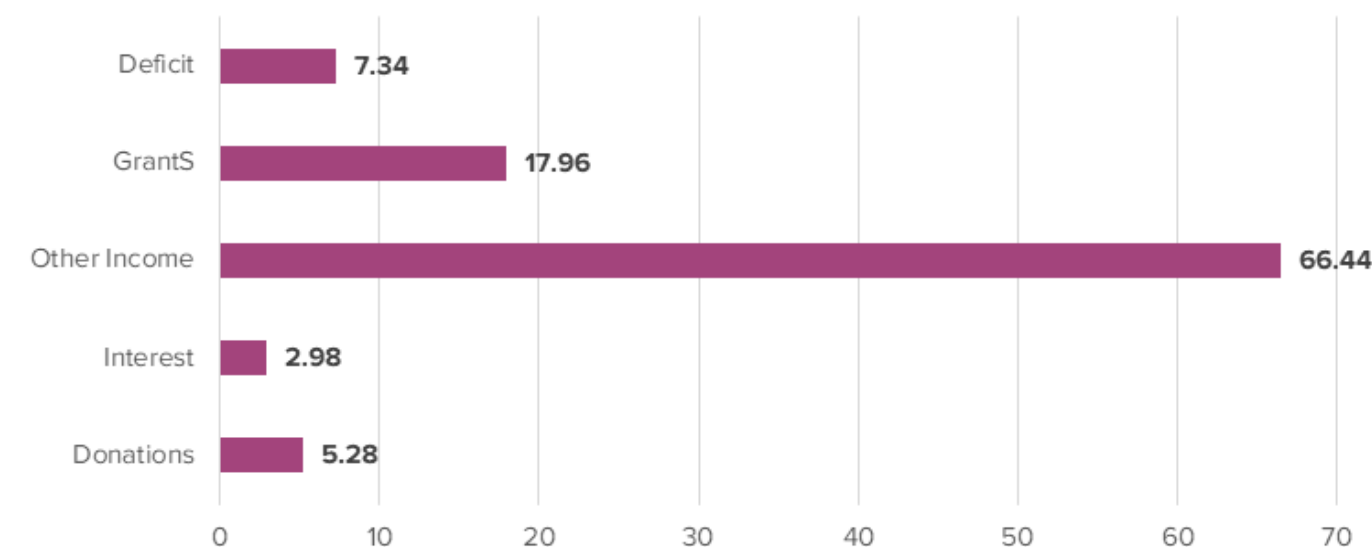
Thanking you,

Yours sincerely,

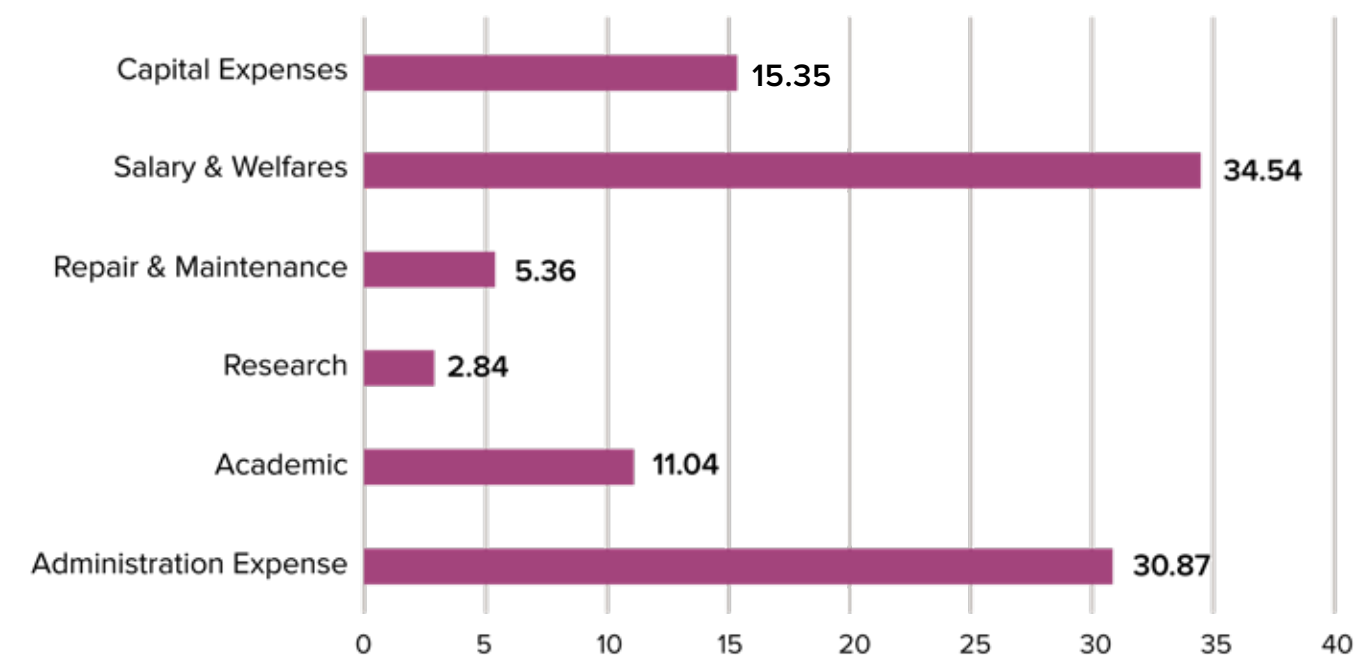
(P.N. Ranjit Kumar)

Finances

INCOME 2019-20 IN %



EXPENSE 2019-20 IN %

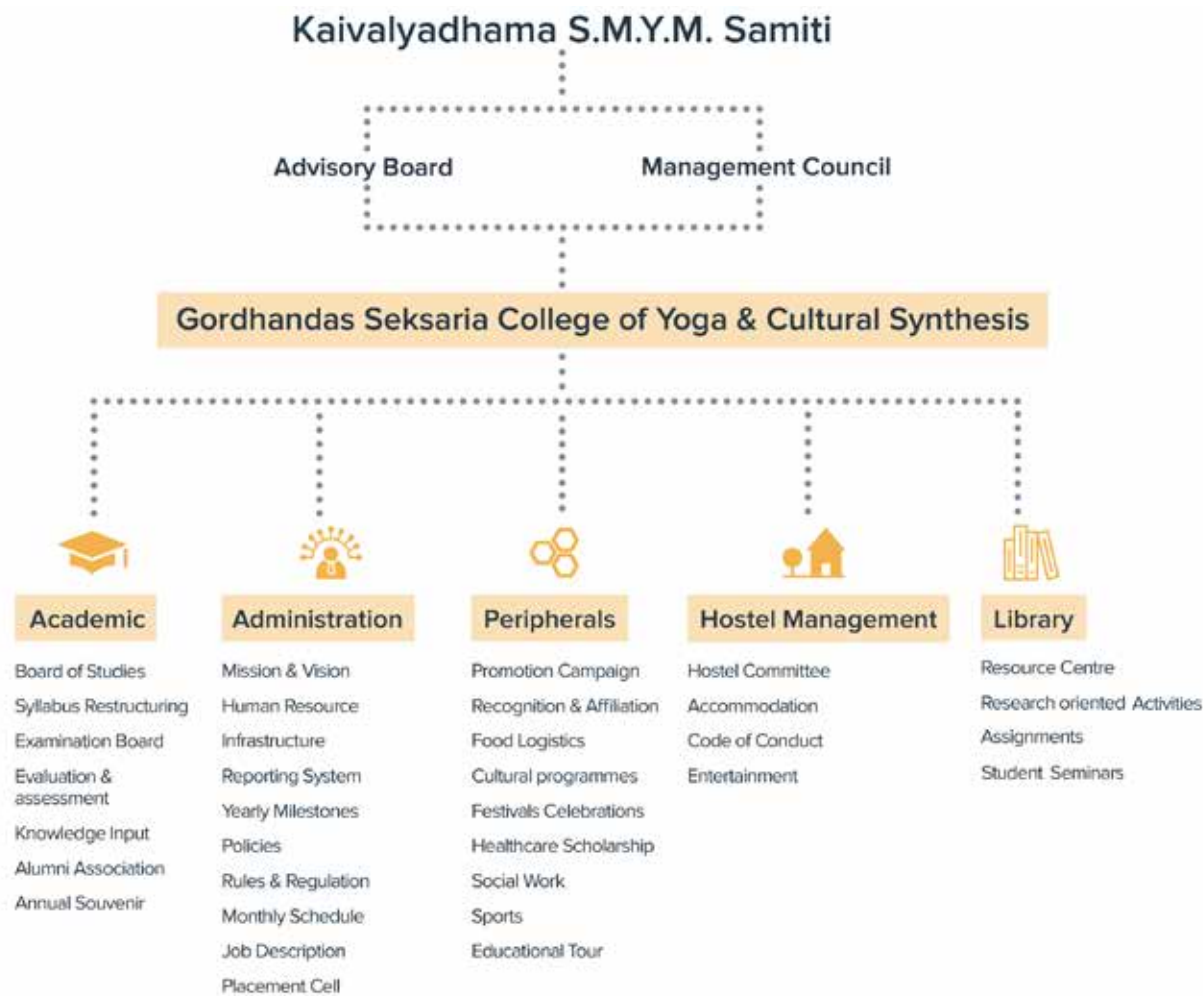


Education and Outreach



Academics

Gordhandas Seksaria College of Yoga & Cultural Synthesis



EQUIVALENCY

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

OBJECTIVES

- 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

S.N	Name of the Course	Duration	Indians			Foreign Nationals			Grand Total		Total
			Male	Female	Total	Male	Female	Total	Indian	Intl	
1	Advance Course in Yoga (March-19)	1 Month	3	2	5	0	4	4	5	4	9
2	C.C.Y. (May-June 19)	42 Days	17	33	50	0	4	4	50	4	54
3	In-Service Teachers Training Course (2019)	21 Days	3	1	4	0	0	0	4	0	4
4	Foundation Course in Yoga and Ayurveda (2019)	21 Days	0	3	3	0	1	1	3	1	4
5	M.A. (Yogashastra)	Two Years	6	7	13	0	0	0	13	0	13
6	B.A. (Yogashastra)	Three Years	23	17	40	0	0	0	40	0	40
7	P.G.D.Y.Ed. (2019-2020)	1 Academic year	44	29	73	2	4	6	73	6	79
8	C.C.Y. (Aug-Sep 2019)	42 Days	15	25	40	0	1	1	40	1	41
9	Foundation Course in Yogic Traditional Texts (2019)	21 Days	0	2	2	0	1	1	2	1	3
10	C.C.Y. (Nov-Dec 2019)	30 Days	8	3	11	0	0	0	11	0	11
11	C.C.Y. (Jan-Feb 2020)	30 Days	8	8	16	2	7	9	16	9	25







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

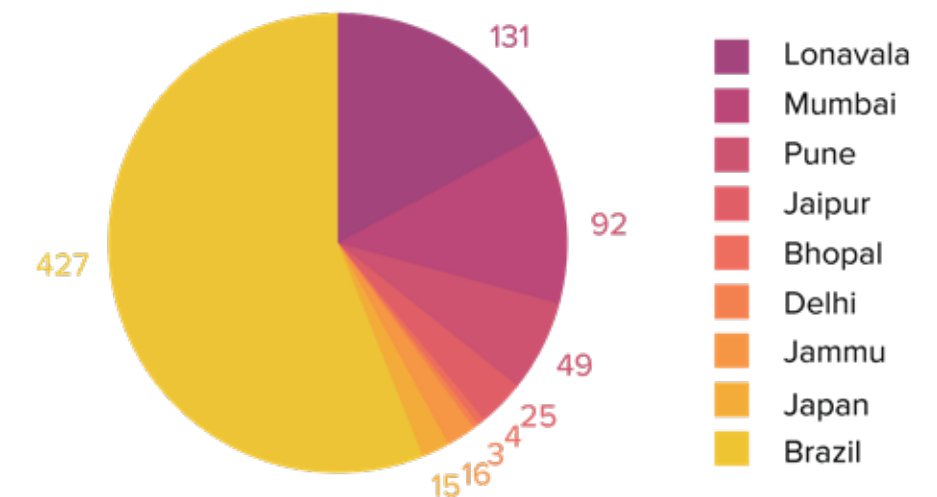
body. They will participate in discussions, lectures and hands on training to gain new insights on what it means to be a yoga teacher and to enhance their teaching abilities.

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.

Branch wise distribution of Students



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.



In-Service Teachers Training Course 2019

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

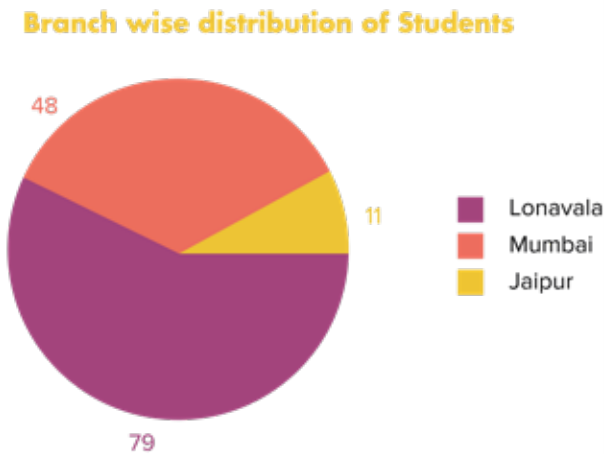
This B. A. in Yoga philosophy is three years full time course, which at training students with the concepts and practices to learn yoga at the graduation level. We have 40 students in the course.

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.



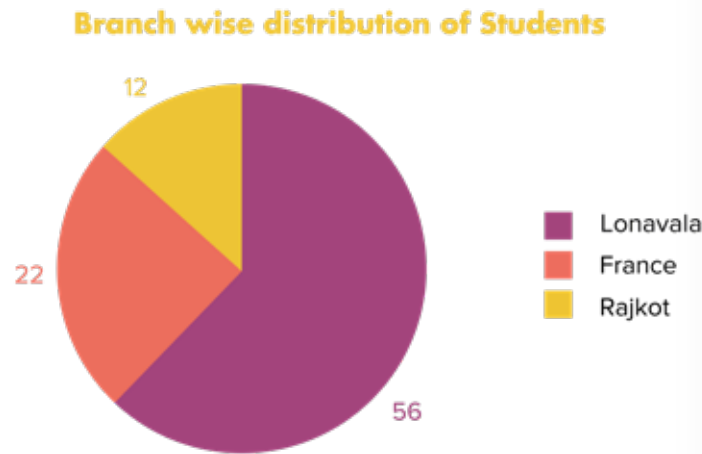
Foundation Course in Yoga with SVIMS- Pune

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:

Date	Number of Participants
20 to 24 October, '19	11
24 to 28 November, '19	11



SPECIAL YOGA TRAINING PROGRAMMES

4 Weeks Certificate Course in Yoga at INPT, Goa

Batch	Number of Participants
Batch I: 8 to 28 July, '19	11
Batch II – December 28, 2019 to January 25, 2020	11

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. Bhogal 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, Kaivalyadhama, was arranged from March 01 to 06, 2020 to Malsar, Gujarat which is the Tapobhoomi of Paramhansa Swami Madhavdasji Maharaj, Guru of Swami Kuvalayanandaji.

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 Sabarmati Ashram, Akshardham Temple (ISKCON), Hare Krishna Mandir. At Hare Krishna Temple, students visited



Educational Tours

Akshaya Patra and participated in the satsang and Kirtan. Students did Karma Yoga in Satyanarayan Mandir that involved mainly the cleaning of the area.

Kriya Yoga Anushtana

The Kriya Yoga Anushtana, a spiritual retreat was held under the guidance of Rev. Swami Maheshanandaji from February 22 to 27, 2020. The schedule consisted of Kriya Yoga Anushtana 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.



Kriya Yoga Anushtana



Kriya Yoga Anushtana



Kriya Yoga Anushtana

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 Lonavla 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 Kaivalyadhama, Lonavla were also shared, with the request to provide necessary input/guidance as and when sought by the faculties of Kaivalyadham Branches.



Faculty workshop across of all national branches



Faculty workshop across of all national branches

Faculty Orientation Program

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



Faculty Orientation program

GUEST WORKSHOPS ORGANIZED

Yoga Vedanta Workshop on Tattvabodha by Rev. Swami Swatmananda

Students of BA, MA & PGDYEd attended the 4-Days Yoga Vedanta Workshop on Tattvabodha by Rev. Swami Swatmananda of Chinmaya Mission, Mumbai from September 25 to 28, 2019. The Workshop consisted Discourses, Meditation Session, Interactive Sessions lead by Swami Swatmananda



Yoga Vedanta Workshop on Tattvabodha



Yoga Vedanta Workshop on Tattvabodha

An Interactive Workshop with Dr. Sat Bir Khalsa on “on “Biomedical Research on Yoga: Understanding the Science & its Relevance to Society”

Students of BA, MA & PGDYEd 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.

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

On November 20, 2019, students of BA, MA & PGDYEd 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 Yogic 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 Saraswati

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

Lecture on “Vedanta” by Rev. Swami Sreekan-tananda

A Lecture on “Vedanta” by Rev. Swami Sreekan-tananda, Ramkrishna Math, was organized for PGDYEd students on February 1, 2020. He also explained briefly about Tattvabodha 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.



Lecture on Sanskrit by Dr. Mahavir Aggarwal

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 PGDYEd 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 a 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 Ayoga. 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 workshop at Centro de Yoga Kamalabari, Spain

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



Pranayama TTC , YogaLite in Lille, France

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 Yoga TT course, Bodhi Yoga ,Taipei

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 Asanas and Pranayama , Shanghai , China

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.



Traditional Yoga Workshop ,Hohhot, China



Traditional Yoga Workshop ,Hohhot, China

Asanas, Pranayama and Mantra chanting workshop, Lille, France

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



Asanas, Pranayama & Mantra chanting workshop, Lille, France

Lecture At The Indian Embassy , Beijng

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.



Lecture At The Indian Embassy , Beijng

Introduction To Traditional Yoga Workshop, Shiga, Japan

Dr. Bhalekar 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.



Understanding & Practicing Maharishi Patanjali's Kriya Yoga, Vienna.

Pranayama Workshop, Helsinki

Shri. Sudhir Tiwariji took Pranayama workshop with Lana Prana on 20th Aug 2019.

Pranayama and Traditional Yoga Workshop, Vienna

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



Introduction To Traditional Yoga Workshop, Shiga, JAPAN



Pranayama Workshop at Samahita Retreat



Pranayama Workshop, Helsinki



Pranayama and Traditional Yoga Workshop, Vienna

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.



Essence of Classic Yoga, Taipei

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.



Essence of Classic Yoga, Taipei

YoagLite conducts yoga programs, France



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.



Fundamentals of Classical Yoga & Ayurveda, 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.



Essence of Vedanta teachings, France

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 Pranyama practice and Definition and ultimate goals of yoga therapy and techniques.



Pre Teachers Training Pranayama at Delight Yoga, Amsterdam.



Class of Classic Yoga , Taipei

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 Kinjyo 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.

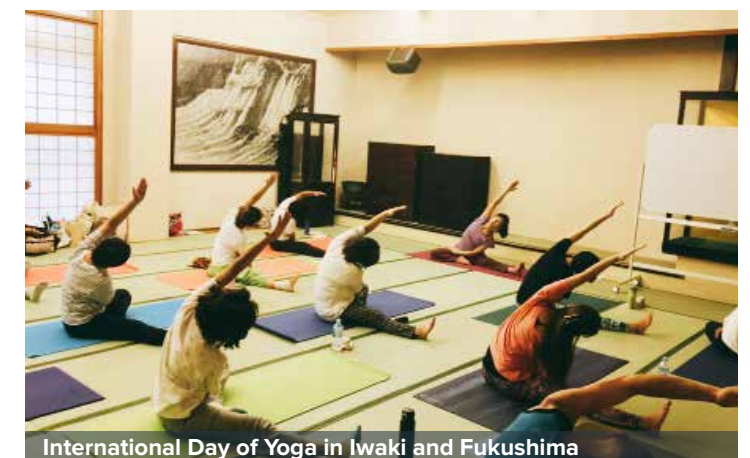
International Day of Yoga in Iwaki and Fukushima, Fukushima was conducted by our Japan affiliate from 21st to 23rd June 2019. Total 134 attendees. The sessions were traditional asana class, therapy class, pranayama class and lecture class.



Yoga Therapy in Hospital, Japan



International Day of Yoga in Iwaki and Fukushima



International Day of Yoga in Iwaki and Fukushima

Meditation Workshops

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

October, Hangzhou

December, Guangzhou



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 1st 2019.



Workshop on Patanjali Yoga Sutras Demystified

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 for DHS National Health Mission

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.



Workshop on Healing Through Sound Therapy

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.



Indian Philosophy and Psychology Workshop

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



Yoga Therapy and Counselling workshop



Yoga Therapy and Counselling workshop

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



Shakti Practices and Beeja Mantra Chanting workshop

Three years TTC in Pranayama

The course is led by Shri Sudhir Tiwari, Director, Kaivalyadhama International and teaches as per kaivalyadhaam 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.



Three years Teachers' Training Course in Pranayama



Three years Teachers' Training Course in Pranayama

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.



Meditation Workshop

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 Selmeeci getting interested students to experience the traditional practices of yoga at Kaivalyadhama.



Raja Yoga Workshop



Meditation Workshop



Yoga workshop for Myanmar Judges



Yoga Philosophy Workshop



Workshop with Hungarian Yoga Academy

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.



Workshop on Yoga & Mental health, Meditation

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.



Wellness Chandra Centre from Japan

Hatha Yoga Workshop by Dr. N Ganesh Rao



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.



Pranayama Course with Kaivalyadhama China

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 Anushtana – 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 Anushtana is held under the guidance of Rev. Swami Maheshanandaji. This year the Kriya Yoga Anushtana 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 Anushtana 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.



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.



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, session, 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 Muncipal 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

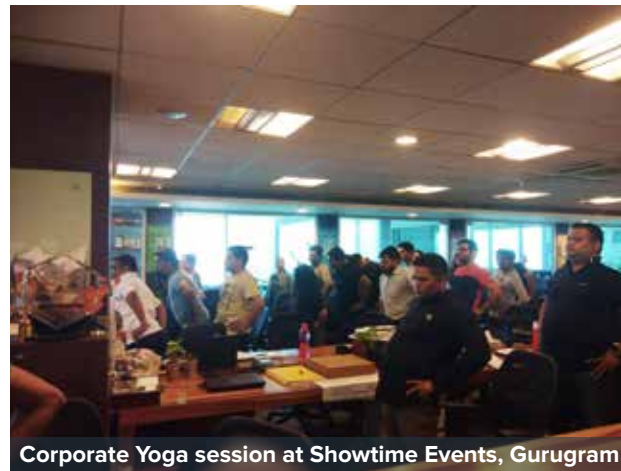
Outreach

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 Bisht 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.



Corporate Yoga session at Showtime Events, Gurugram

Wellness session at Adlift Marketing, Gurugram

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



Wellness session at Adlift Marketing, Gurugram

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.



Wellness session at Adlift Marketing, Gurugram



Workshop for Tata Project Ltd

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 60 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.



Yoga Recharge session with EkPrana at Teamworkarts, New Delhi



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.



Kaivalyadhama China Conducted Yoga class for IBM

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.



ONGC visits Kaivalyadhama

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.



Corporate Yoga Program for Abbott Pharmaceuticals

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.



Workshop for ONGC Employees



Maha Metro Pune visits Kaivalyadhama.

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.



SIEMENS Compact three day program

SOCIAL OUTREACH

Kaivalya Vidya Niketan

Nestled at the foothills Lonavala's green hillocks, Kaivalya Vidya Niketan is the concrete form of an ardent wish 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 Kaivalyadhama. 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.



Annual Day



Grandparents' Day



Science Exhibition



Independence Day



Science Festival



Sports Day



Teachers Day



Sports Day



Science Fest



Sports Day

Lectures at Swabhiman Parisar New Delhi

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



Lectures at Swabhiman Parisar New Delhi



Lectures at Swabhiman Parisar New Delhi

'मधुमेह रोगियों के लिए अनुलोम, विलोम लाभदायक'



स्वाभिमान परिसर में योग के बारे में बताते योग प्रशिक्षक डॉ. शास्त्री

जागरण संवाददाता, पृथ्वी दिल्ली: कस्तूरबा नगर स्थित स्वाभिमान परिसर में अनुग्रह संस्था की ओर से बुजुर्गों के लिए योग सत्र का आयोजन किया गया। इस मौके पर प्रख्यात योग प्रशिक्षक डॉ. वीपी सिंह ने बीपी, शुगर, भूलने की बीमारी आदि पर महत्वपूर्ण जानकारी दी। इस दौरान उन्होंने उपस्थित लोगों को अनुलोम, विलोम का अभ्यास भी कराया।

डॉ. वीपी सिंह ने बताया कि मधुमेह रोगियों के लिए अनुलोम, विलोम, प्राणायाम काफी लाभदायक होता है। हाई बीपी के लिए उन्होंने प्रक्सन, बोर निद्रा, शुद्ध सात्विक भोजन, मंत्रजाप का अभ्यास करने की सलाह दी। वहीं, स्मरण शक्ति बढ़ाने के लिए उन्होंने सभी से छह से आठ घंटे की नींद, मंत्रजाप, अनुलोम-विलोम, कपालभाति, ताड़ासन, सात्विक भोजन, चौटी वाली जगह को एक मिनट तक दबाने को कहा। उन्होंने लोगों से कहा कि यदि वह नियमित रूप से इन सब का अभ्यास करेंगे तो जल्द ही उनके शरीर को इन बीमारियों से रहित मिलनी शुरू हो जाएगी।

इस मौके पर चारु राजपूत, चित्रा मित्तल, अधिवक्ता दिनेश कुमार गुप्ता, राकेश कुमार के अलावा 80 वरिष्ठ नागरिक शामिल रहे।

Lectures at Swabhiman Parisar

Food and Nutrition Talk, Mumbai

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



Food and Nutrition Talk, Mumbai

Lymphedema Awareness Workshop for Breast Cancer Patients in Pune

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.



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



Kaivalyadhama's yoga in Sikkim Army Camp

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

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.



Family court judges yoga sessions

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



Workshop on World AIDS Day

Kaivalyadhama Bhopal conducted Yoga Classes for NDPS Courts Judges from many states of India

Yoga Internship conducted at Mumbai University

At various colleges these programs were conducted to prepare them to spread the message of Kaivalyadhama Tradition.



Kaivalyadhama Bhopal conducted Yoga Classes for NDPS Court



Yoga Internship conducted at Mumbai University



Yoga Internship conducted at Mumbai University

BMC Schools - Yoga Training

Kaivalyadham'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.



BMC Schools - Yoga Training

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.



BMC Schools - Yoga Training

Workshop on Geriatric Management - 100 Not Out

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



Workshop on Geriatric Management - 100 Not Out

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 Cancer patients MDTC, Pune

Yoga workshop for Special Children, Pune

The Kaivalyadham Outreach Team did this workshop at Shasakiya Bahuuddeshiya Apang Samishra 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.



Yoga workshop for Cancer patients MDTC, Pune



Yoga workshop for Special Children, Pune



Yoga workshop for HIV positive children, Pune.

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.



Pune Gramin Police personnel

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.



An intensive Yoga workshop in Kadewadi, Baramati.



भवानीनगर : योगासनाचे प्रात्यक्षिक सादर करण्यात आले.

योग्य शिक्षण महत्वाचे माध्यम - अंजली देशमुख

भवानीनगर, दि. २८ (वार्ताहर)- विद्यार्थ्यांना जीवनामध्ये संचल करत असताना त्यांना चांगल्या प्रकारे ऊर्जा मिळवि, त्यांचे शरीर सुदृढ आणि निरोगी राहावे यासाठी योग्य शिक्षण हेच महत्वाचे माध्यम असल्याचे मत कैवल्यधाम आउटरिच टिमच्या अंजली देशमुख यांनी मत व्यक्त केले. माजी कृषीमंत्री शरद पवार यांच्या वाढदिवसानिमित्त पुणे जिल्हा राष्ट्रवादी युवक काँग्रेस, कैवल्यधाम आउटरिच टीम पुणे आणि श्री छत्रपती संभाजीराजे साहेबराव आचार्य यांच्या वतीने श्री छत्रपती संभाजीराजे साहेबराव आचार्य यांच्या आवासात योग शिबिराचे आयोजन केले होते. त्यावेळी त्या बोलत होत्या. शिबिराचे आयोजन पुणे जिल्हा राष्ट्रवादी युवक काँग्रेसचे उपाध्यक्ष जितेंद्र कोटे यांनी केले होते. यावेळी तंटामुक्तीचे माजी अध्यक्ष राजेंद्र पवार, राष्ट्रवादी युवक काँग्रेसचे तालुकाध्यक्ष राहुल बाबळे, सरचिटणीस अविनाश काळकटे, युवराज कोटे, विश्वास धाणुडे आदी उपस्थित होते. कैवल्यधाम आउटरिच टीममधील अंजली देशमुख, योगेश वैद्य, स्वाती पुले, सुष्मा वाकडे, वसुधा जोशी, रुची अग्रवाल, तेजस्विनी, रमिका, रूपाली गोखले, सोनाली कोलते यांनी योगासनाचे विविध प्रकार, प्रात्यक्षिक करून दाखविले. जितेंद्र कोटे यांनी आभार मानले.

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 Bharathi Mission (DBM)

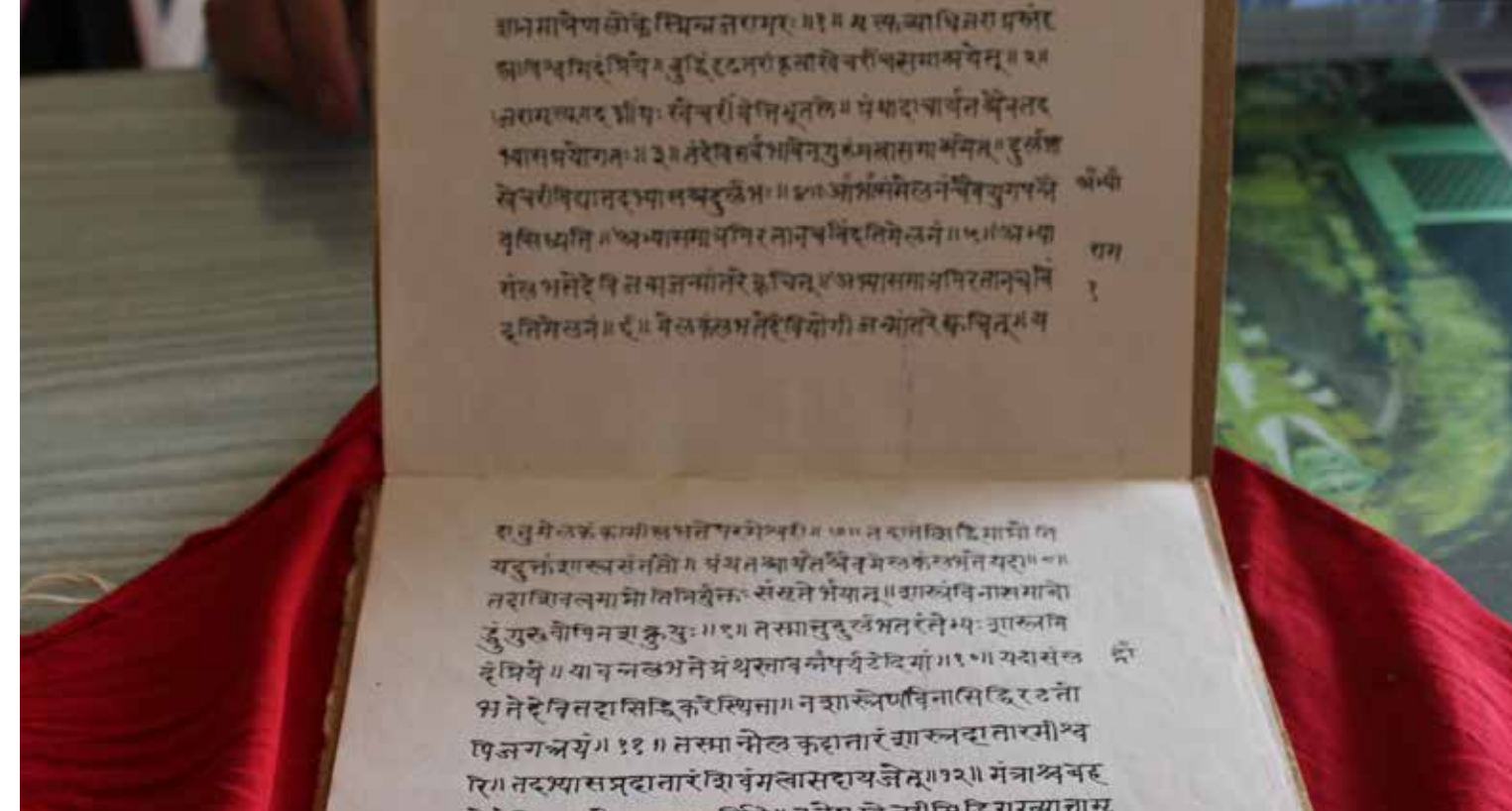
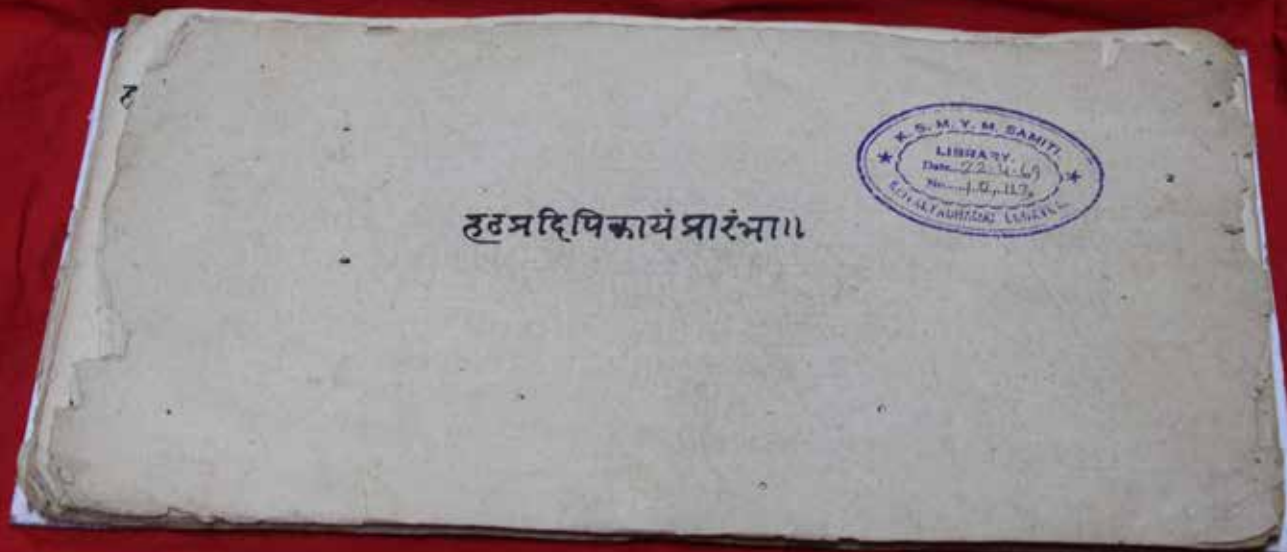
A joint collaborative project with expertise of Kaivalyadhama, Dharam Bharati Mission and Baldeodas Bhagirathi Shah Trust has been inaugurated for Senior Citizens at Mahalaxmi, Mumbai. This project is to enable Senior Citizens to keep themselves well & healthy and at the same time take case of each problem.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



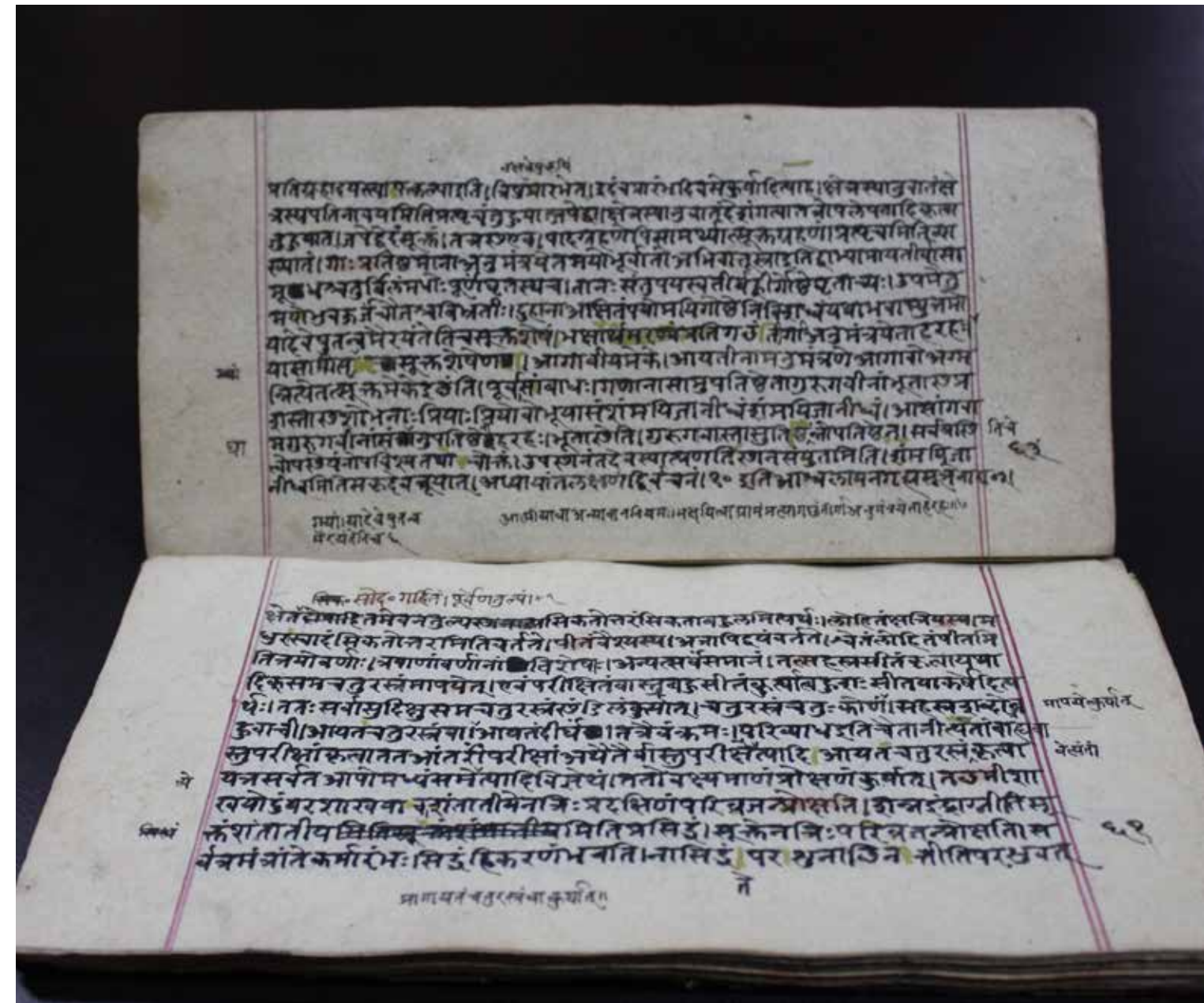
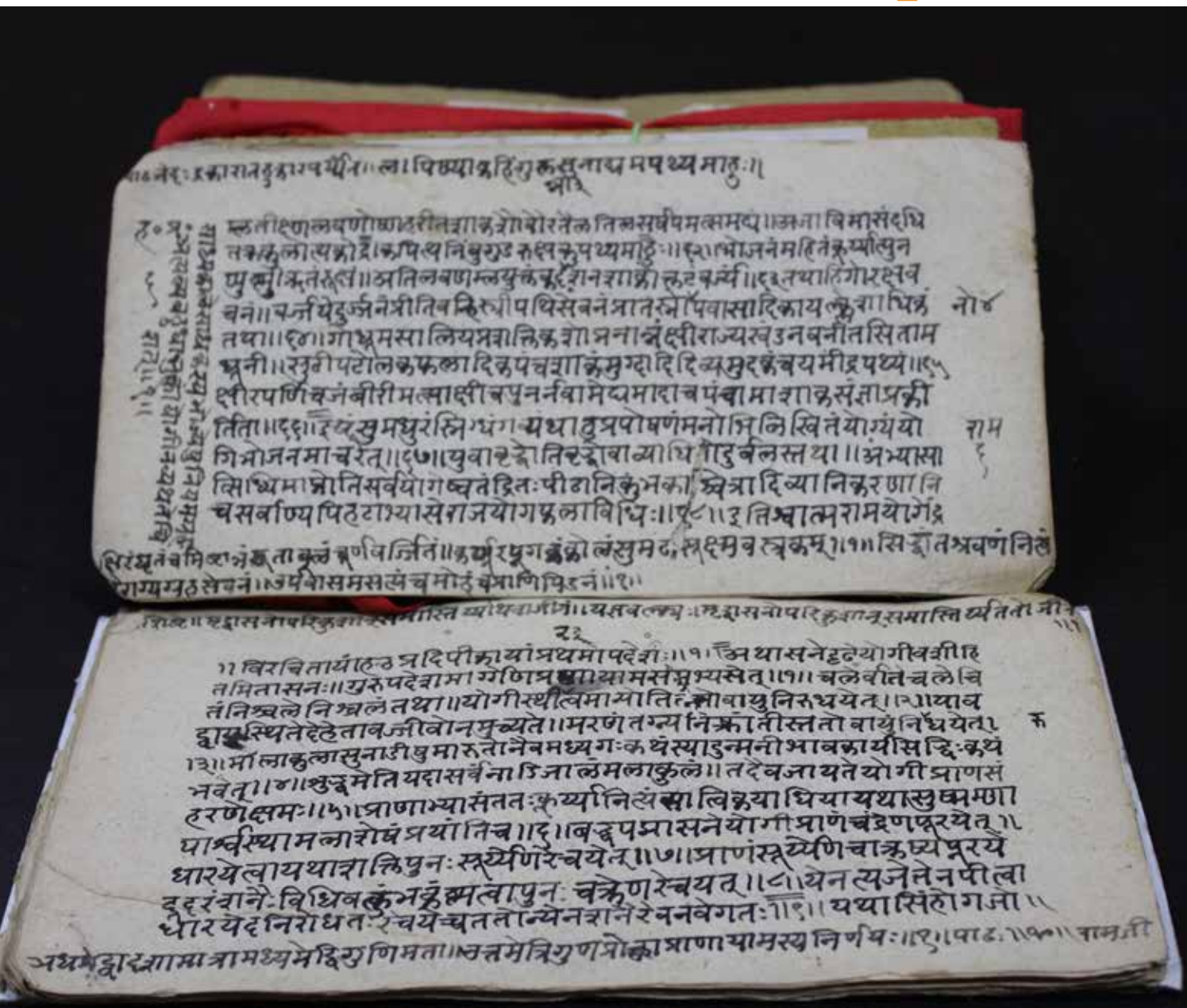
DAE Yoga Workshop, Mumbai

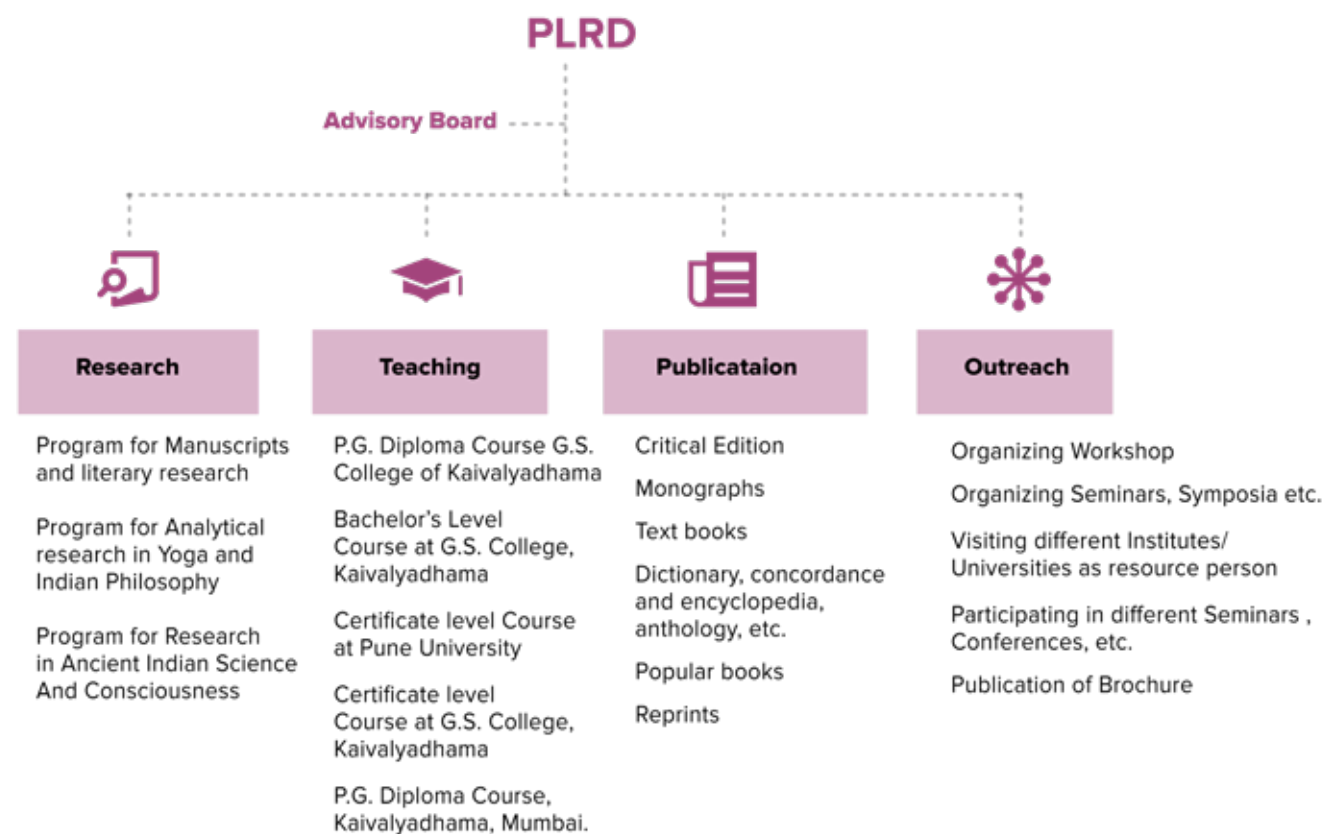
Yoga workshop to remain Young Old at BARC Staff Club was held in Chembur, Mumbai





Philosophico-Literary Research





OBJECTIVES

Tejasvinavadhitamastu

May the Acquired Wisdom be Effulgent

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

ADVISORY BOARD MEMBERS



01. Prof. Ravindra Muley

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



02. 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

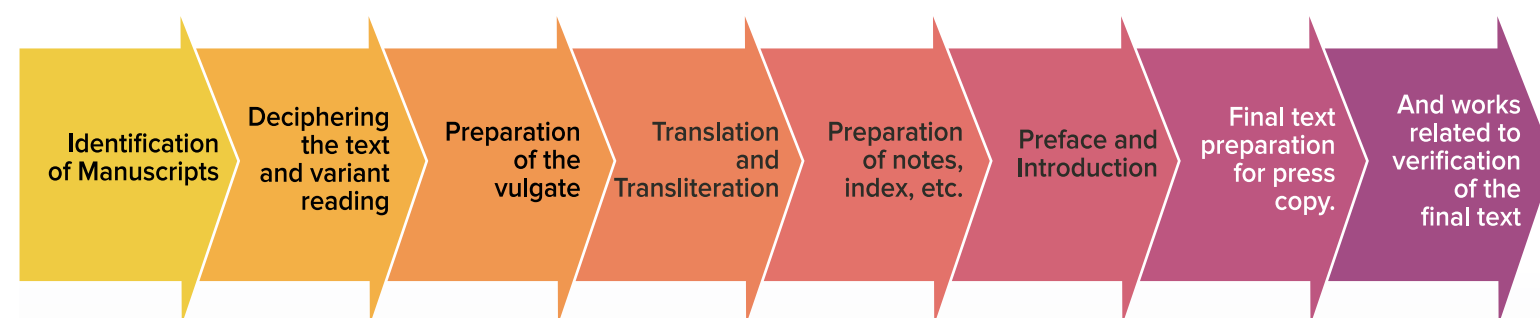
1. RESEARCH

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

1. MANUSCRIPT AND LITERARY RESEARCH IN YOGA

METHODOLOGY



Work done during 2019-2020

Khechari Mudra Patala Yogashastra(KMPY)

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

New projects for 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:

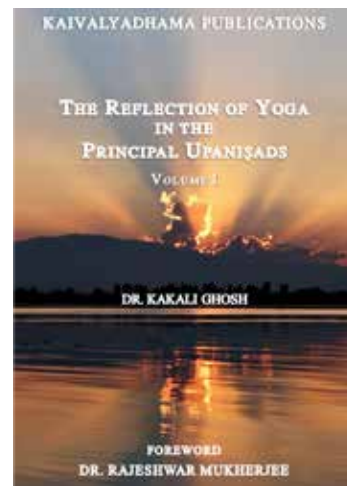


**“World: The Expression of the Absolute”
by Dr.Rajeshwar Mukherjee**

“World: The Expression of the Absolute” by Dr.Rajeshwar Mukherjee, Published in All India Oriental Conference, Centenary Celebration Publication Series -20, ISBN no- 978-81-8315-387-4

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.



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

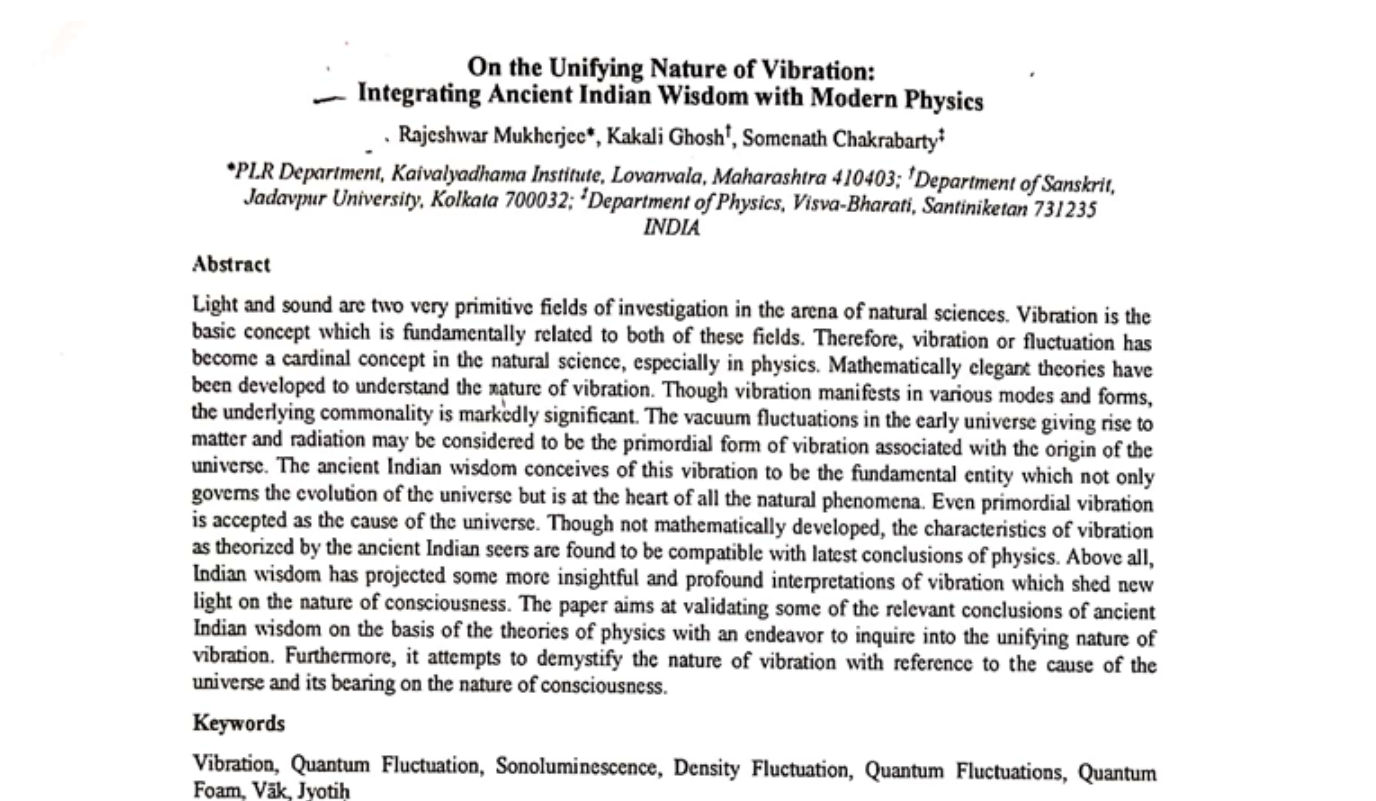
Associate Professor, Jadavpur University & Adjunct Researcher,PLRD, Kaivalyadhama. ISBN 978-93-87198-07-4Celebration Publication Series -20, ISBN no- 978-81-8315-387-4

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)



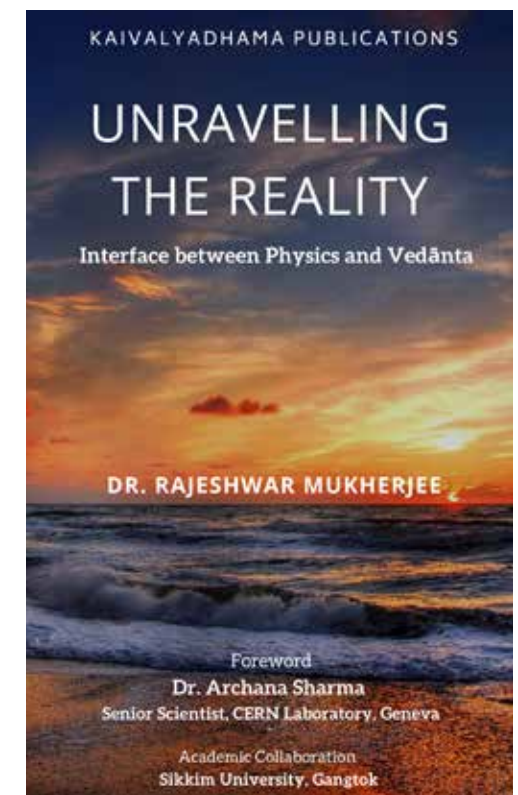
2) Publication of Book

“Unravelling the Reality: Interface Between Physics and Vedanta” By Dr.Rajeshwar Mukherjee with a foreword by Dr. Archana Sharma Senior Scientist, CERN Laboratory Geneva. (ISBN : 978-93-87198-08-1). Published in Academic Association with Sikkim Central University

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

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 : 2year

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 staffs also provides its services towards related works such as assignments, question paper setting/evaluation/ discussion with the students etc.

1.	P.G. Diploma Course G.S. College of Kaivalyadhama, Lonavala.	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.

- 4. 270 photocopies of Yoga Manuscripts and 30 Xerox MSS
- 5. 68 copied Manuscripts
- 6. Library also provides services to researchers from different Universities, Colleges and Institutions. During this year 9-10 researchers and 5 Ph.D. Students have availed the services.

Facilities Provided:-

- 1. The library provides Internet facility as well as Scanning, Xeroxing and Printing and facility to our readers on nominal charges.
- 2. It provides the Facility of Cyber Café.
- 3. Central Library is also being used by students of various courses conducted by Kaivalyadhama.
- 4. Library Membership is open to University students, research scholars and other academicians across the globe.
- 5. New arrival of 124 books and120 CDs/DVDs
- 6. During 2019-2020 around 500 students from various courses conducted by Kaivalyadhama and institutions outside from Kaivalyadhama have availed the facilities from the Library.
- 7. 50 Groups visited the library from different institutes.



3. PUBLICATIONS

Research article “Quality Improvement in Sanskrit Education and Research” was published in Proceedings of Quality Improvement in Education and Research in Higher Educational Institutions with Special Emphasis on Sanskrit Education” (Sponsored by UGC, New Delhi & NAAC, Bangalore) by Kavikulaguru Kalidas Sanskrit University Ramtek Nagpur (April 2020) ISBN -978-93-85710-18-6.

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 Sikshanamandira, 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.
- 3. Keynote Address ‘Raja Yoga for Human Excellence’ on January 3, 2020 in an International Workshop organized jointly by Ritambhara Prajna and Makaiaas.
- 4. Invited Talk on ‘Grand Unification: Science Meet Vedanta’ at the international Symposium in Jadavpur University on January 9, 2020
- 5. Plenary Talk on ‘Scriptural basis of Raja Yoga’ at the international Workshop in Jadavpur University on January 9, 2020.

Scientific Research Department



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.

Other key posts held by Dr. Gangadhar include Honorary Dean, Life Sciences at SVYASA Yoga University, Bengaluru (from 2013); Adjunct Faculty on Consciousness at National Institute of Advanced Studies (from 2014); President, Indian Psychiatric Society Karnataka Chapter (2012-13); Visiting Fellow (IBRO), Vienna, Austria (1987-88); Consultant to WHO for inspection of Tsunami relief projects (2008). He is also part of the expert committees of DST and the National AYUSH Committee for Integrative Medicine.

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



Dr. B. N. Gangadhar



Dr. Ananda Balayogi Bhavanani

Dr. Ananda Balayogi Bhavanani

Yogacharya Dr. Ananda Balayogi Bhavanani was born to the world famous Yoga team of Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj and Pudevai Kalaimamani, Yogamani, Yogacharini, Smt. Meenakshi Devi Bhavanani and has written 23 books and presented 20 DVDs on Yoga. He has had more than a hundred scientific papers, scientific abstracts and compilations on Yoga research published. Dr. Ananda is Chairman of the 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 MGMCRI, 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.



Dr. B. B. Singh
(Chairman)



Dr. Ulka Natu
(Member)



Mrs. Sandhya Dixit
(Member)



Dr. Arvind Ranade
(Member)



Dr. Sharad Bhalekar
(Member)



Dr. Shailesh Shah
(Member A)



Adv. Tanu Mehta
(Member)



Dr. Ganesh Rao
(Member)



Dr. J. O. Bachhav
(Member)



Mr. Anil Chandawani
(Member A)



Dr. Bharat Bhushan
(Member)



Dr. Bhaskar R. Shejwal
(Member A)



Mrs. Pratibha Rajbhoj
(Member Secretary)

1. RESEARCH

OBJECTIVES

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

THROUGH

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

RESEARCH PROJECTS:

1. **Title:** Breath, Stress and Health –A Bio-cultural study of Hatha Yoga Practices
PI. 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. Praseeda 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.

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

PI: Dr. Satish D. Pathak, 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. CCCRYN has awarded the CRC Scheme to Kaivalyadhama’s Scientific Research Department (SRD) for five years. Under this scheme we had appointed Research Officers, Yoga Therapists and other required office staff for its smooth functioning. Kaivalyadhama’s CRC centre will work on experimental studies, pilot studies as well as on case studies based on Pranayama and Shuddhi Kriyas. Kaivalyadham’s CRC unit has proposed three experimental studies, as well as, case studies.

Ongoing research Projects under the scheme:

1. Title: Effect of Agnisara 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. Agnisara Kriya, as mentioned in the ancient texts, improves the digestive fire and cures abdominal diseases. Research studies claim that Agnisara 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 Agnisara Kriya on pre-diabetes and weight 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 Trataka Kriya on psychological and physiological parameters in mothers of Pre- SSC students
PI - Dr. Satish Pathak
Duration of Project: One year
History and Objectives: Trataka 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 Trataka 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 Trataka 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 Kapalabhati 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 Kapalabhati 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 Kapalabhati 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.

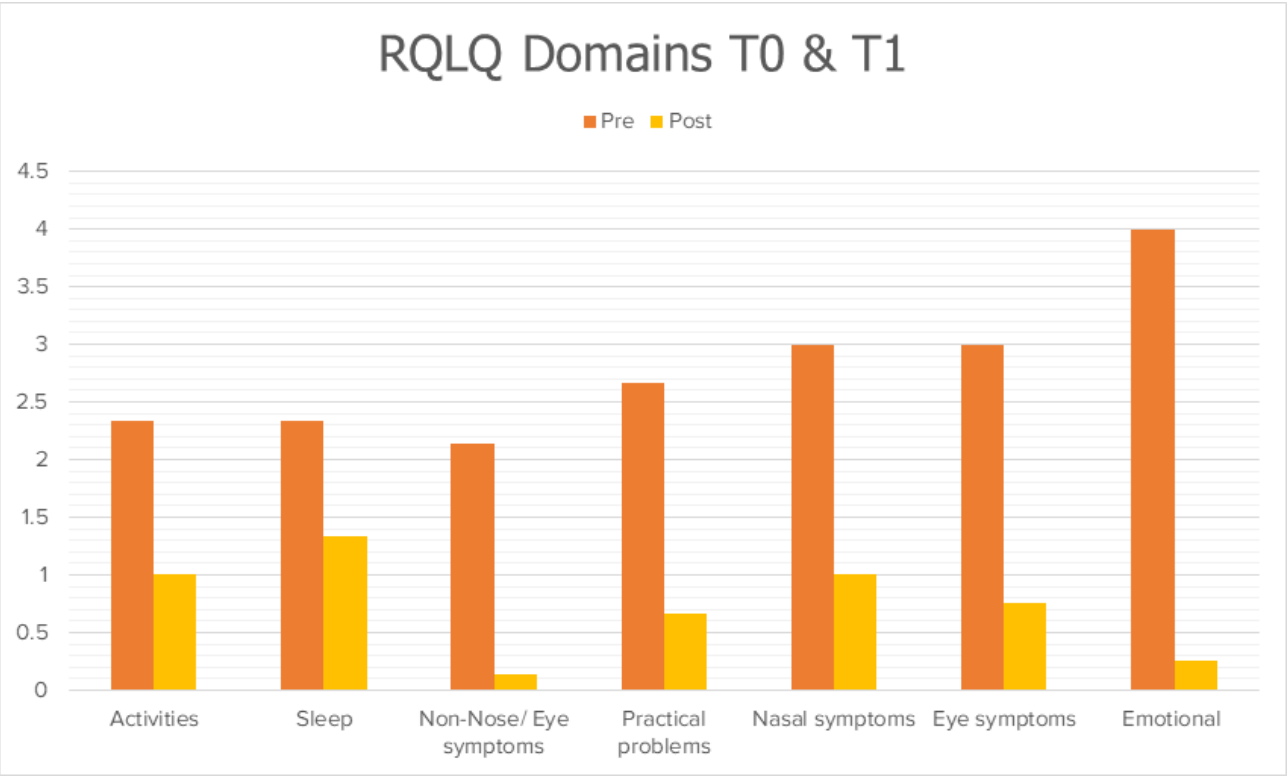
Status: The above three projects are at the stage of approval from the CCRYN.

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. Therefor 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.



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 fasciitis, 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.

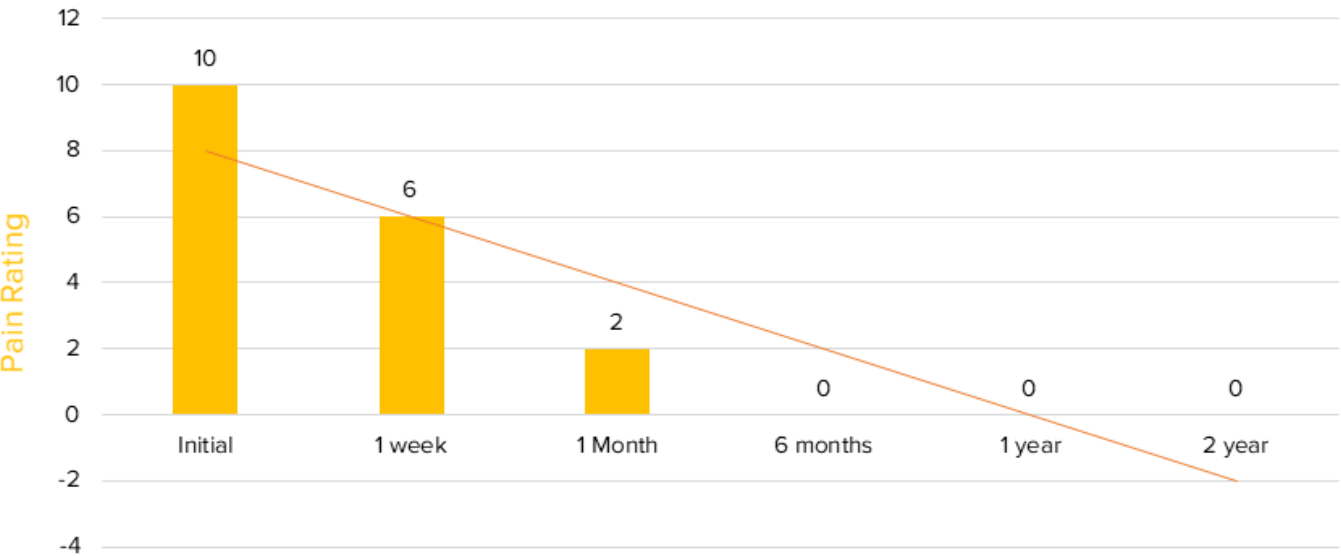
Objective: The main objective of this research was to study the long term effect of agnikarma therapy on heel pain without any concomitant conservative treatment.

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.

Heel pain after Agnikarma Therapy



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.

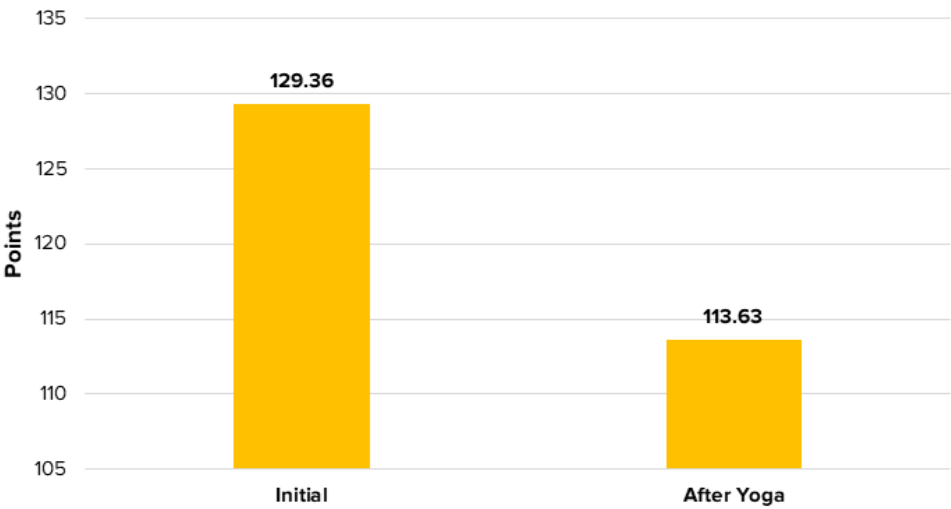
Objective: The objective of this study was to assess the effect of 1-week residential yoga training program on occupational stress and its subscales among principals.

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.

Occupational Stress after Yoga Training



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 fatigued. 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.

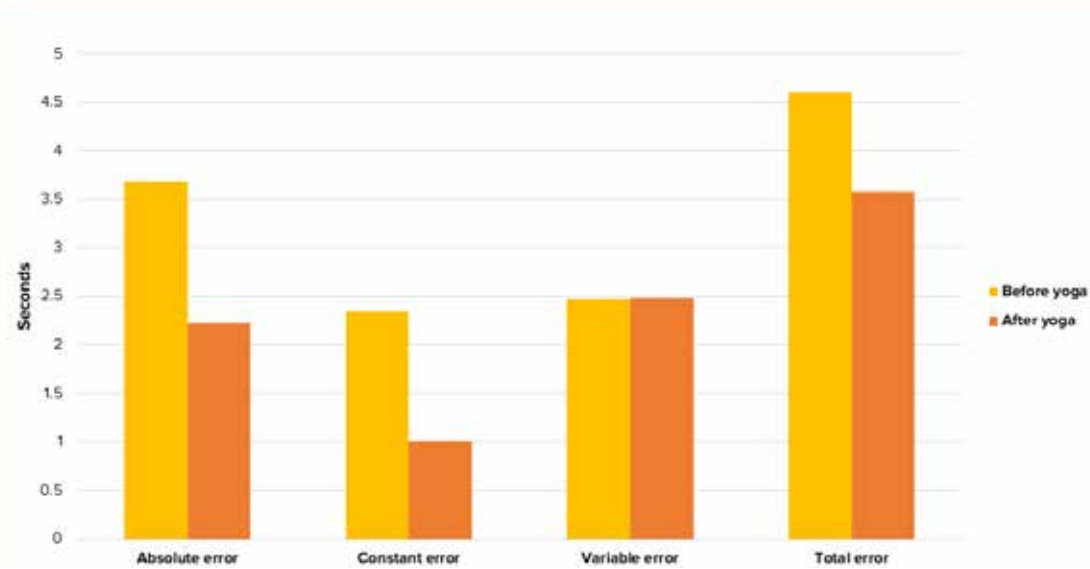
Objective: The objective of this study was to assess the effect of yoga training on coincidence anticipation time response in loco engine drivers. The study was conducted on 80 male loco drivers aged 25-57 years. The yoga intervention was imparted daily one hour for fifteen days. The coincidence anticipation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

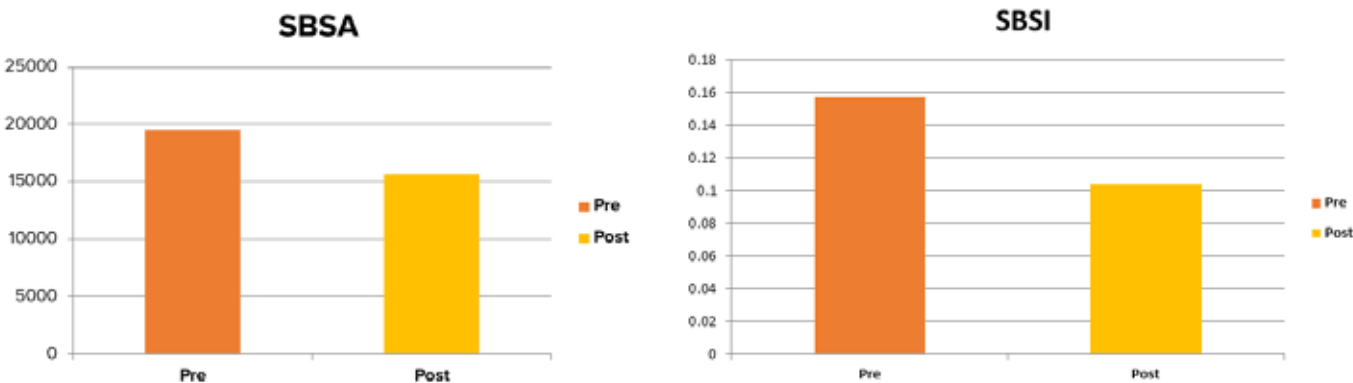
Background: According to WHO, Obesity is a global epidemic. For example in US prevalence of obesity remains high at 35.7%, while 68% are classified as obese or overweight with highest rates among poor, lower education and minority groups. Similarly, 16.9% of obese are seen in childhood and adolescents 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.. However, the measure of degree of obesity through the correlates of physical, physiological and biochemical parameters such as height, weight, waist-hip ratio, skin fold thickness, Body Mass Index (BMI), lipid profile, insulin, glucagon levels, etc, seems partly relevant in the assessment of mortality, although it is not pin pointed and remained elusive.

Objective: Among indirect measures of visceral adiposity, Body Shape Index (BSI), which is defined as $\text{waist circumference (WC)} / (\text{body mass index (BMI)}^{2/3} \times \text{height}^{1/2})$, 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



10. **Title:** Role of yoga in self-regulation: A cross-cultural study on Indian and Spanish samples.

Investigators: Dr. Laura Tolbanos 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:

1. Book chapter from this collaboration: Tolbaños-Roche, L., & Menon, P., & Tiwari, S. (in press). Yoga in the management of arterial hypertension. In I. B. Ray, D. Mehta, & S. Telles (Eds.), The principles and practice of yoga in cardiovascular medicine. Singapore: Springer Nature.
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.

11. **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 Pasrija

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 Samwad 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/o9yMJvhzrHM>) 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.

Publications: Menon, P. (2019). Yoga's potential: 'Rewiring' brains with intellectual and other mental disabilities. In A. B. Bhavanani, M. Ramanathan, G. Dayanidy, & B. Ilanthirayan (Eds.), Souvenir of the National Seminar cum Workshop on Divyanga Yoga: Yogic Approach to Special Needs (pp. 43-49). Puducherry, India: Sri Balaji Vidyapeeth Publications.

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.

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

PI :Dr.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 effect 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.

13. **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

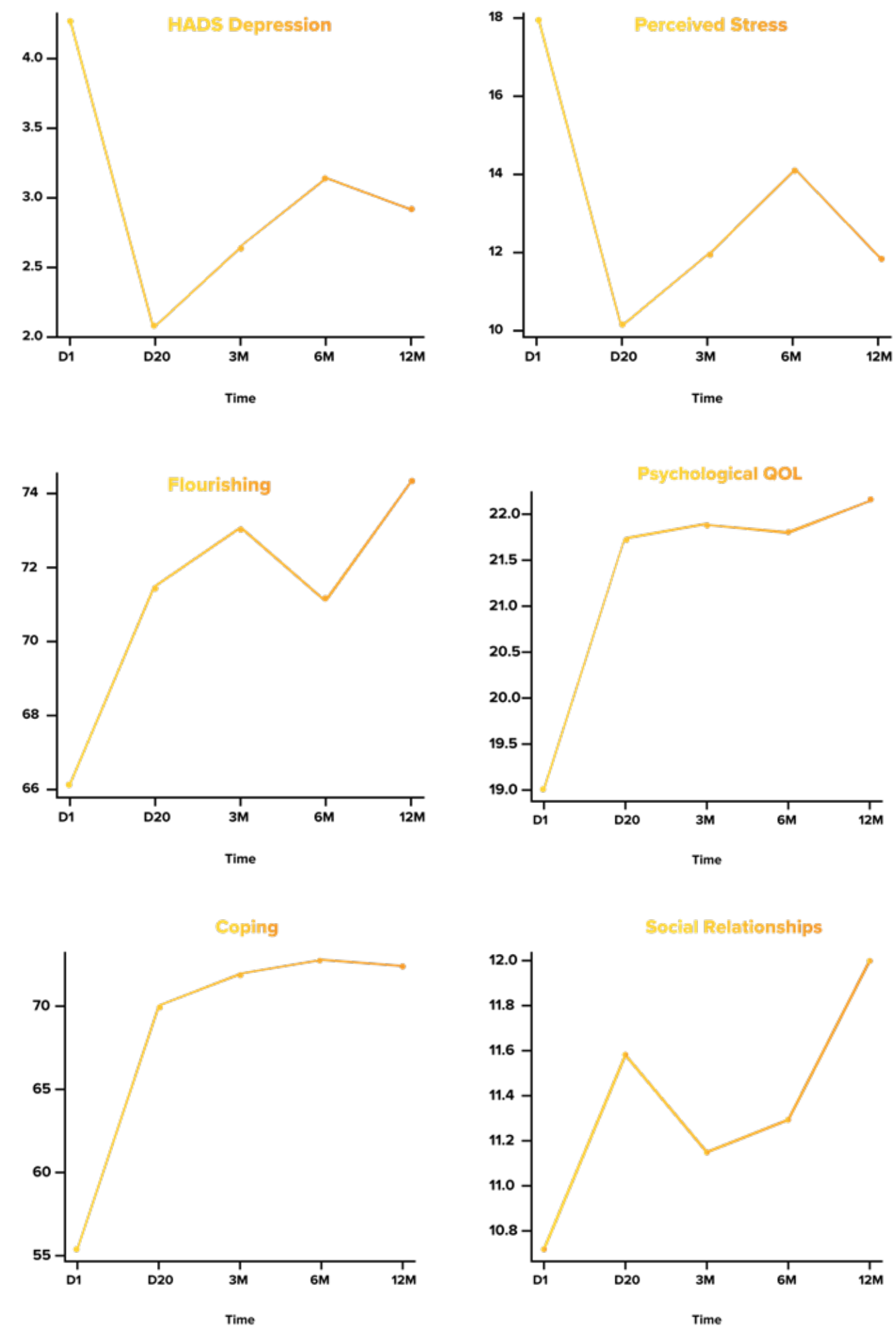
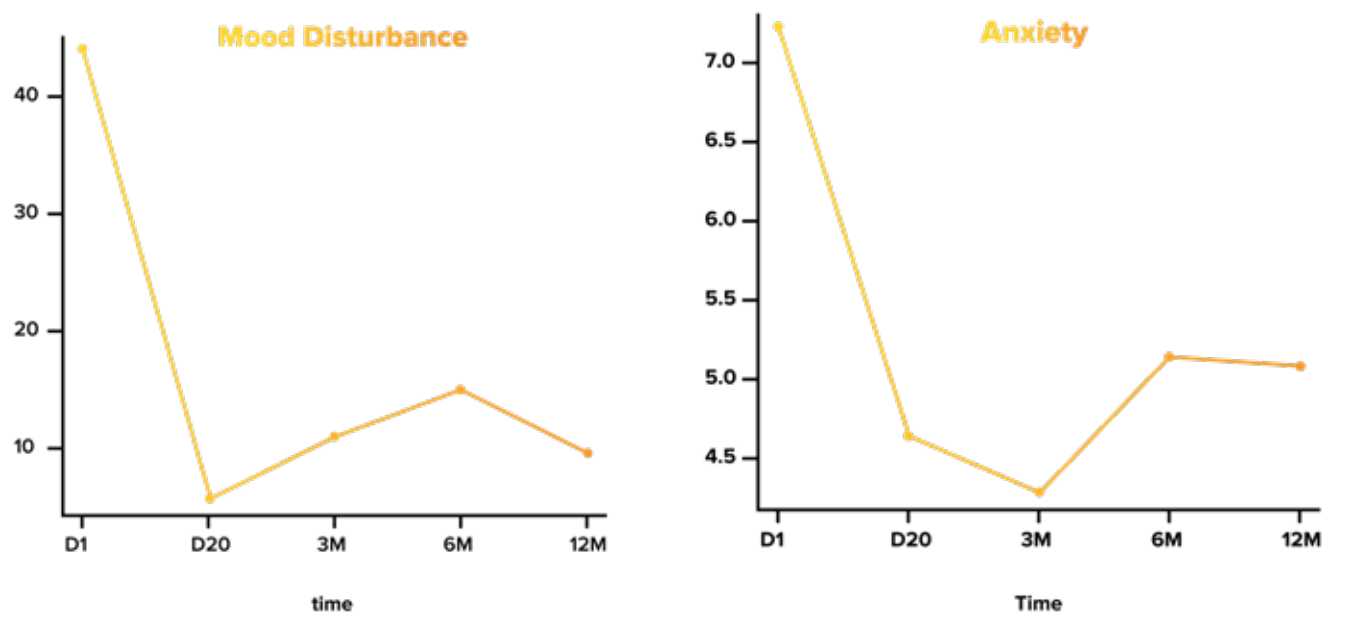
Team members: Ms. Lee Majewski, Dr. Ravi Kulkarni, Mrs. Akshata Badave, Ms. Priya Nayar

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
PI. 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.

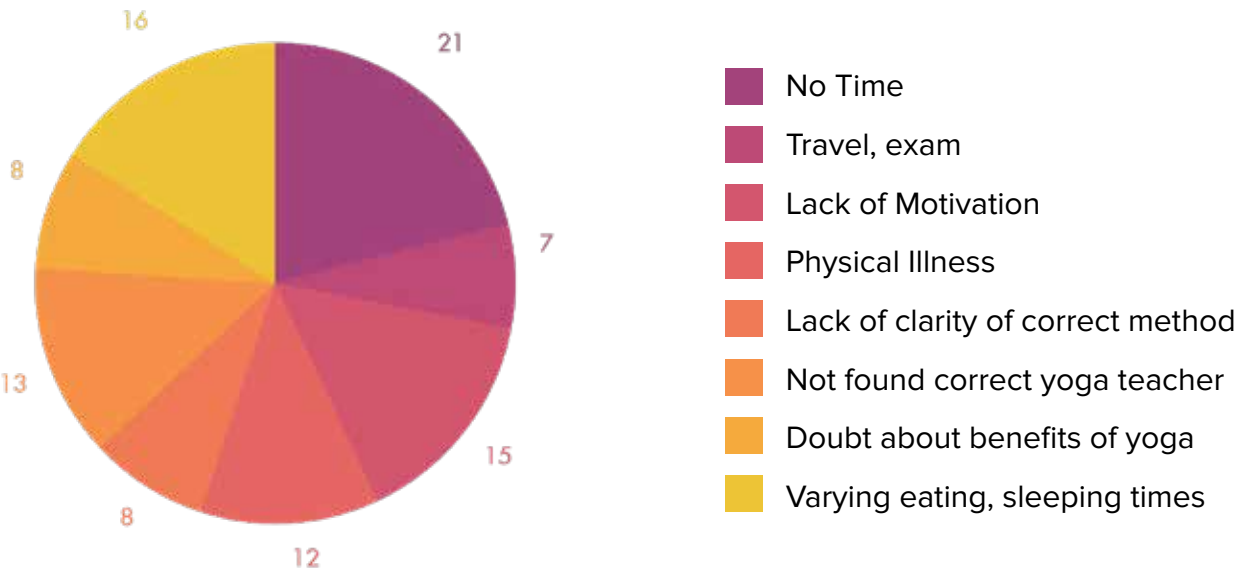
Objective: The objective of this study was to find out the most common reasons for not being able to do yoga everyday.

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.

Common barriers for regular yoga practice



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

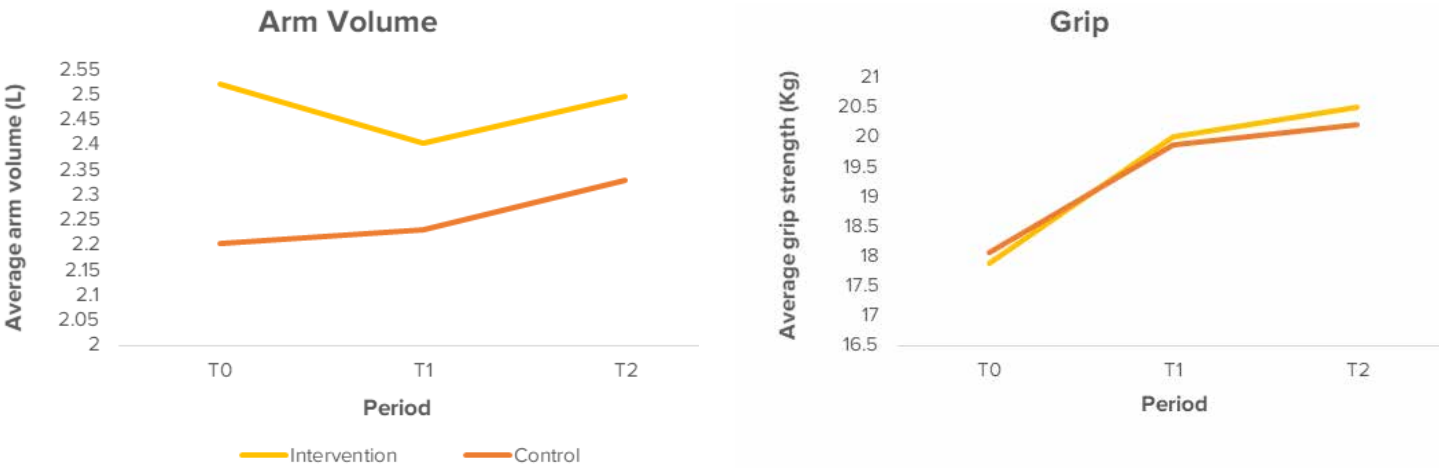
Background: Breast cancer related lymphedema (BCRL) is a chronic debilitating condition resulting in upper extremity morbidities post treatment of breast cancer. Every breast cancer patient is at a lifelong risk for BCRL. Impairments resulting from the development of BCRL, include decreased arm function, 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.

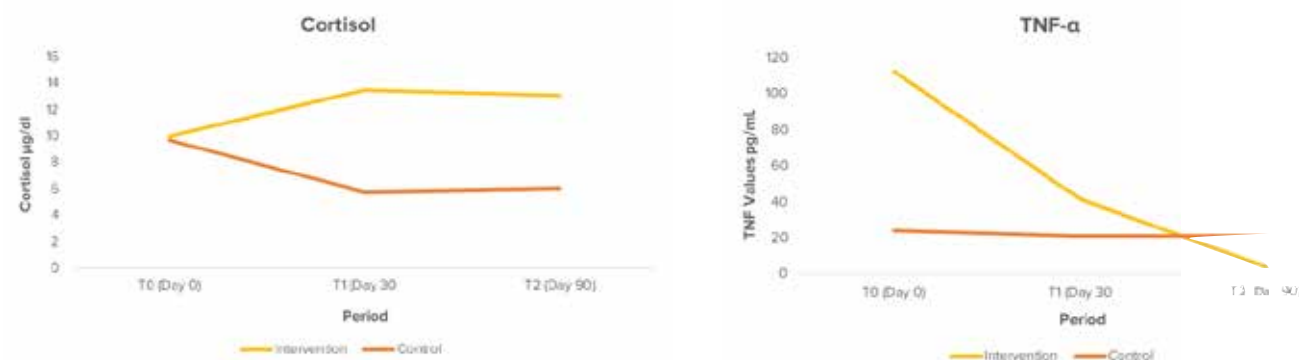
Objective: The study aims to investigate the influence of an improved yoga protocol on arm volume, functionality of upper extremities, inflammation, stress and wellbeing and in patients of BCRL.

Summary: The current study started with enrolling 19 BCRL patients from the defence hospital out of which 6 dropped out. Out of the remaining 13 patients, 4 were from the yoga intervention group and 9 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.

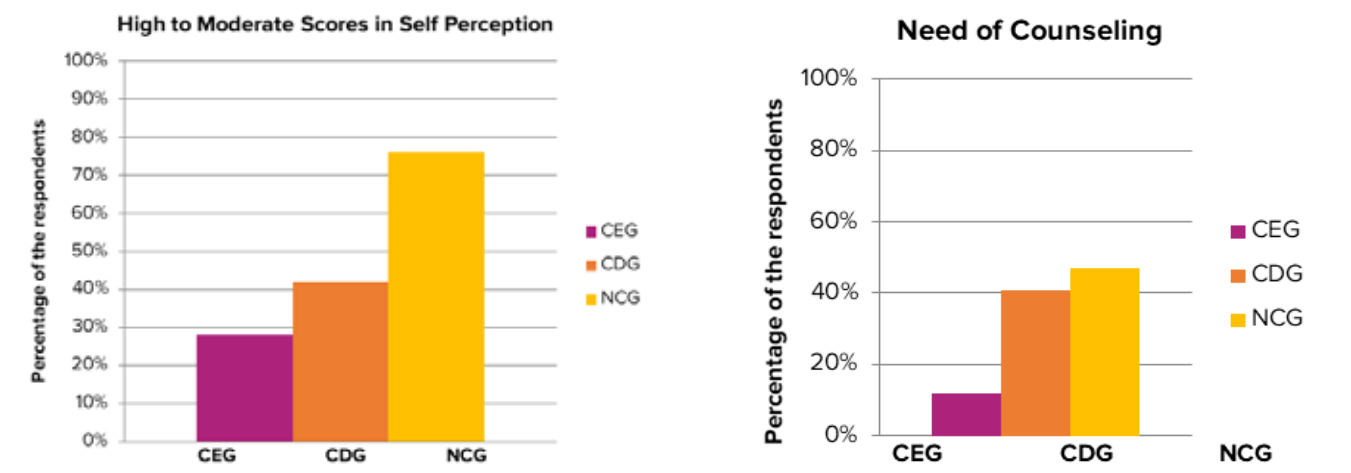
Background: Self-Perception has a strong bearing upon the personality dispositions and motivation.

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

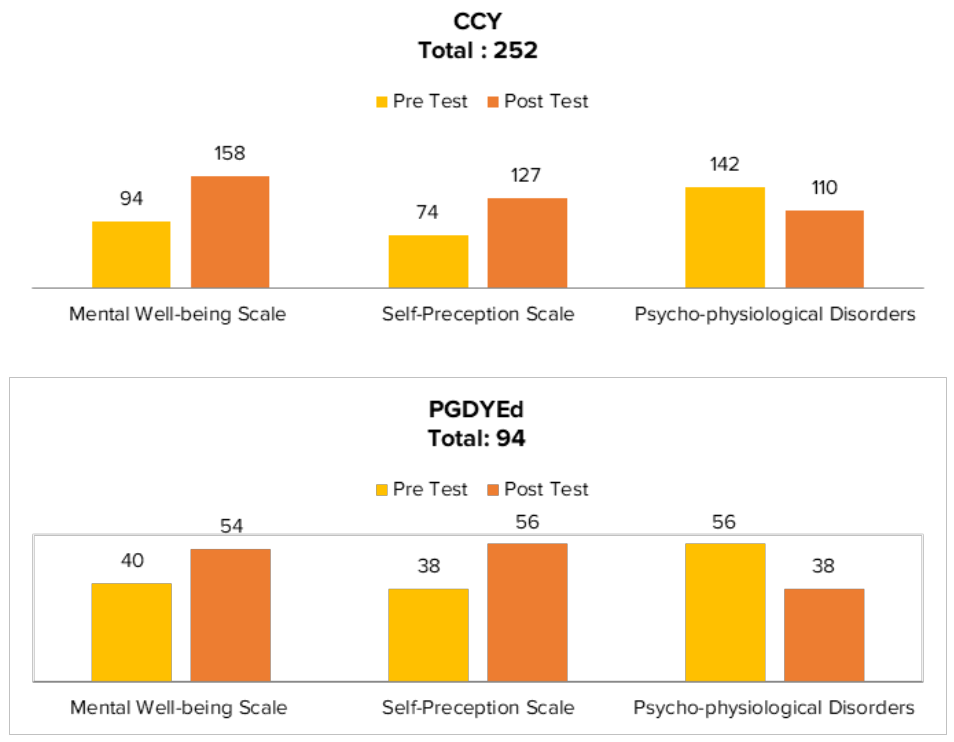
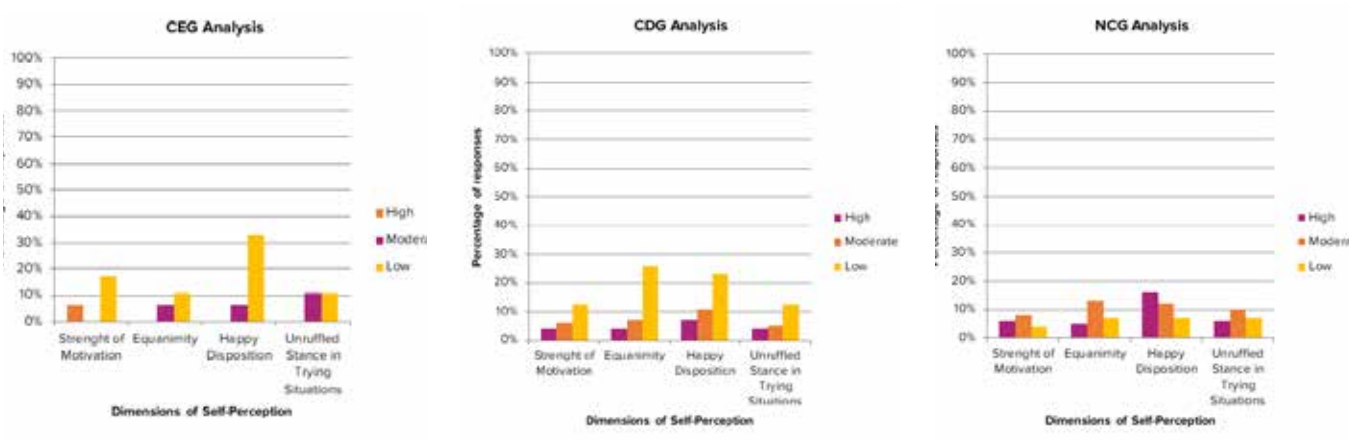


17. Title: Efficacy of yoga training on mind-body health of yoga students.
PI-Mrs. Pratibha Rajbhoj Co- PI Mrs. Akshata Badave

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.



18. **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

1. Bhogal, R. S., Tiwari, Subodh & Shinde, C. G. (2019). **Yoga Education for Children (Scientific Rationale and Research Evidences)**, Lonavla: Kaivalyadhama Publications
2. Published second edition of “Yoga as Therapy” Medical view

PAPERS PUBLISHED

1. Verma, Anita, Shete, S. U., & Doddoli, Gururaj. (2019). **An integrated therapy approach for the management of obesity-associated disorders: A case report.** *Journal of Family Medicine and Primary Care* 8 (4), 1491. (PubMed Central indexed Journal).
2. Verma, Anita, Shete, S. U., & Doddoli, Gururaj. (2020). **Impact of residential yoga training on occupational stress and health promotion in principals.** *Journal of Education and Health Promotion* 9 (1), 30. (PubMed Central & SCOPUS indexed Journal).
3. Majumdar, R., Bhogal, R. S., Raje, Swati., Pathak, Satish & Dandekar Ashlesha (2019). **Pranayama and Hypertension: Need for Investigation,** *Journal of Preventive Medicine and Holistic Health*, 2 (5). 17-19

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

1. Bhogal, R. S. (2019). **Protecting Essential Nature of yoga through its Experiential Phenomena,** *Yoga Mimamsa*, Vol. 51(1), 1-2 (editorial)
2. Bhogal, R. S. (2019). **Qualitative Analysis in Yoga Research: Quantifying the Experiential Phenomena,** *Yoga Mimamsa*, Vol. 51(2), 1-3 (editorial)

2. SERVICE

OBJECTIVES

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

THROUGH

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





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.

Stress Management Workshops: Dr Pathak conducted five 2- days Yoga for stress management workshop 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 life-style 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.



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.

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



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.



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

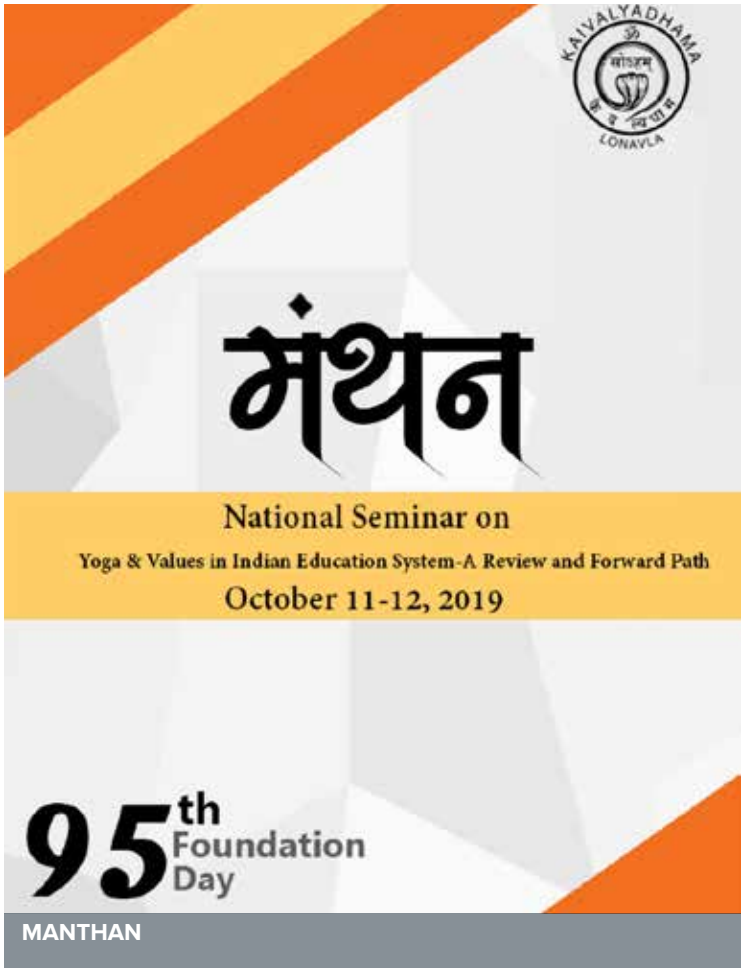
- 1. To publish scientific articles, pamphlets, books etc.

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.



Yoga awareness lectures for L & T Staff.



Yoga awareness lectures for Siemens Staff.



Yoga awareness lectures for ONGC Staff.



Talk on “Yoga and values in Indian education system: A review of existing policies and future possibilities” at Kaivalyadhama’s 96th Foundation Day National Seminar.



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.

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.

Sr. No.	Name of Staff	Number of lectures
1.	Prof. R. S. Bhogal	118
2.	Dr. S. D. Pathak	20
3.	Dr. Praseeda Menon	68
4.	Mrs. Akshata Badave	11
5.	Mr. Vivek Tiwari	24 Lectures & 192 Practical Sessions
6.	Mr. Sandeep Wankhade	11 Lectures, 60 yoga sessions

LECTURES



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

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



Yoga Awareness lecture at Yoga Niketan, Rishikesh



Yoga lecture at World Peace School Rishikesh

FACULTY DEVELOPMENT TRAININGS



Workshop on “Research Methodology in Basic & Clinical Research in Yoga”

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 “Divyanga 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 “Divyanga Yoga: Yogic Approach to Special Needs” held at CYTER, Sri Balaji Vidyapeeth (SBV), Puducherry, on 15th June 2019.



Training workshop on “Divyanga Yoga”

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 Rathipatanjali 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.

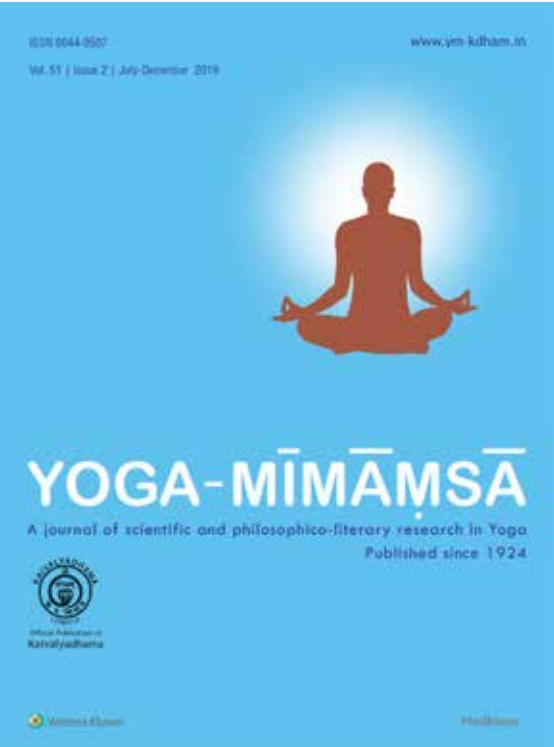
THROUGH

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

YOGA MĪMĀMSĀ JOURNAL

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

The journal is registered with the following abstracting partners: Baidu Scholar, CNKI (China National Knowledge Infrastructure), EBSCO Publishing’s Electronic Databases, Exlibris – Primo Central, Google Scholar, Hinari, Infotrieve, National Science Library, ProQuest, TdNet.



YOGA-MĪMĀMSĀ		
Official Publication of Kaivalyadhama		
Table of Contents Author Institution Mapping Reviewer Institution Mapping Citations Access Statistics		
Total articles: 76, Full text: 76		
Figures next to 'Accessed' indicate the number of times the articles in that issue have been viewed on this site		
Most popular articles	Most cited	
Vol.51 2019	Issue 2 (July-December) Page Nos. 41-70 Accessed - 3554	Issue 1 (January-June) Page Nos. 1-39 Accessed - 5704
Vol.50 2018	Issue 2 (July-December) Page Nos. 31-61 Accessed - 7040	Issue 1 (January-June) Page Nos. 1-30 Accessed - 8015
Vol.49 2017	Issue 2 (July-December) Page Nos. 41-75 Accessed - 21143	Issue 1 (January-June) Page Nos. 1-39 Accessed - 16024
Vol.48 2016	Issue 1 & 2 (January-December) Page Nos. 1-40 Accessed - 14155	

- 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.
3. Keeping the Yoga Mimamsa Journal website updated.
4. In works for inclusion of Yoga Miamamsa Journal in Directory of Open Access Journal.
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 workshop for children with Special Needs



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 Bapuji 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 for wellness



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.”

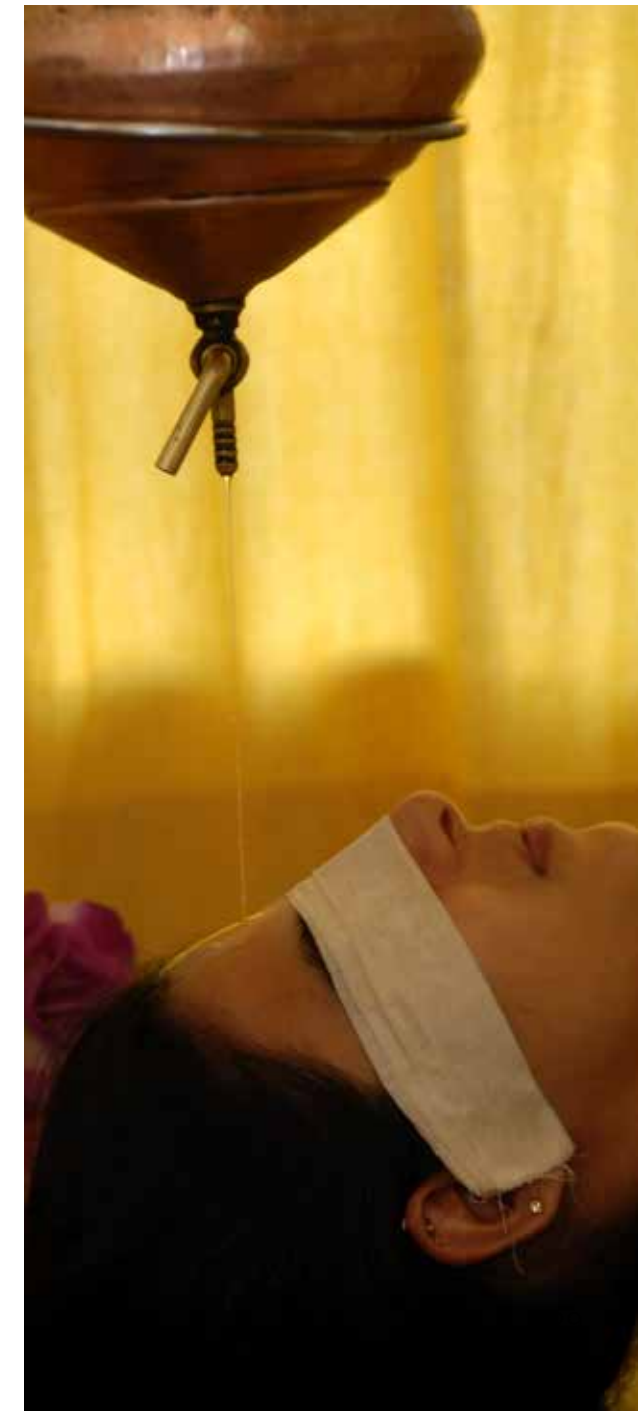


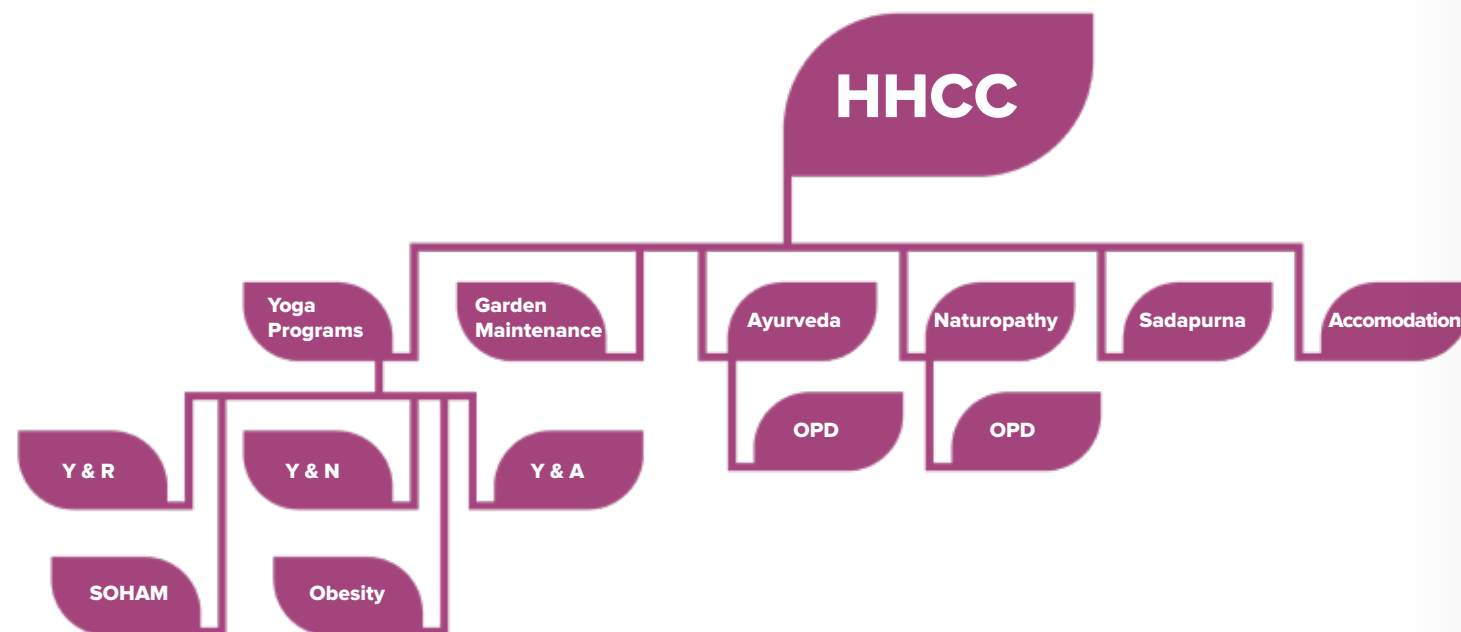
Yoga class for the staff of Aarogyabhavn Mumbai



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

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

YOGA & RELAXATION

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.

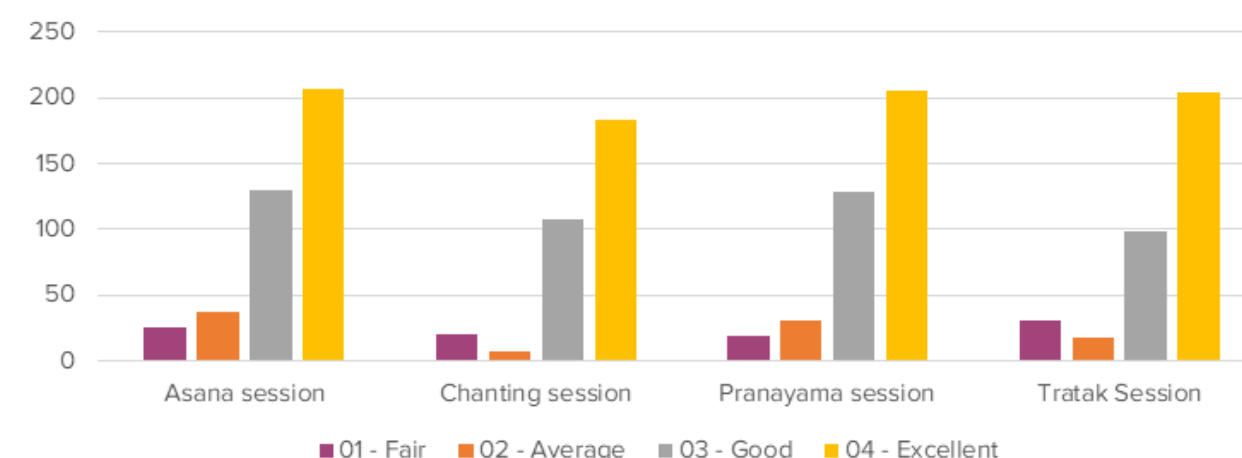
Kriyas are purifying processes which eliminate toxins from the body.

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

Feedback on Yoga



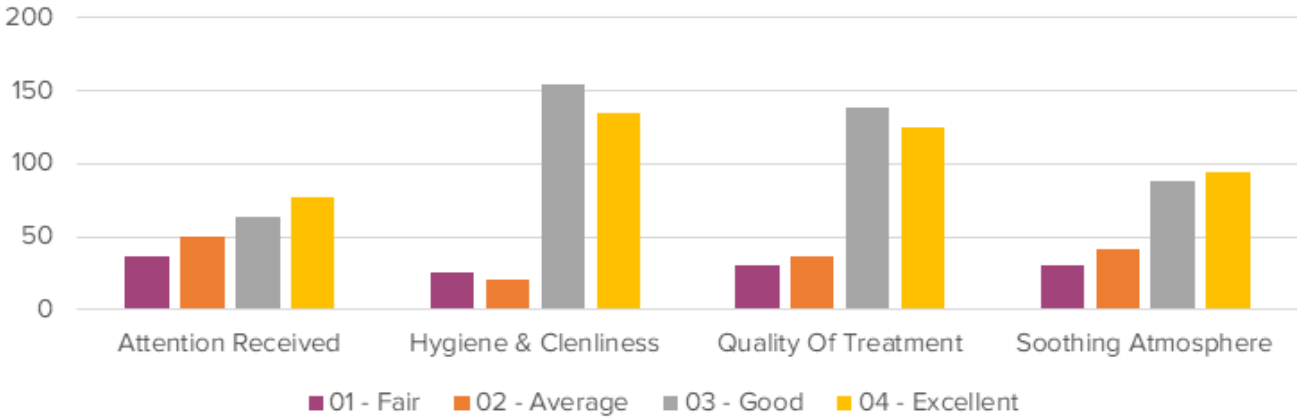
Yoga & Naturopathy

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



Feedback on Treatments - Naturopathy



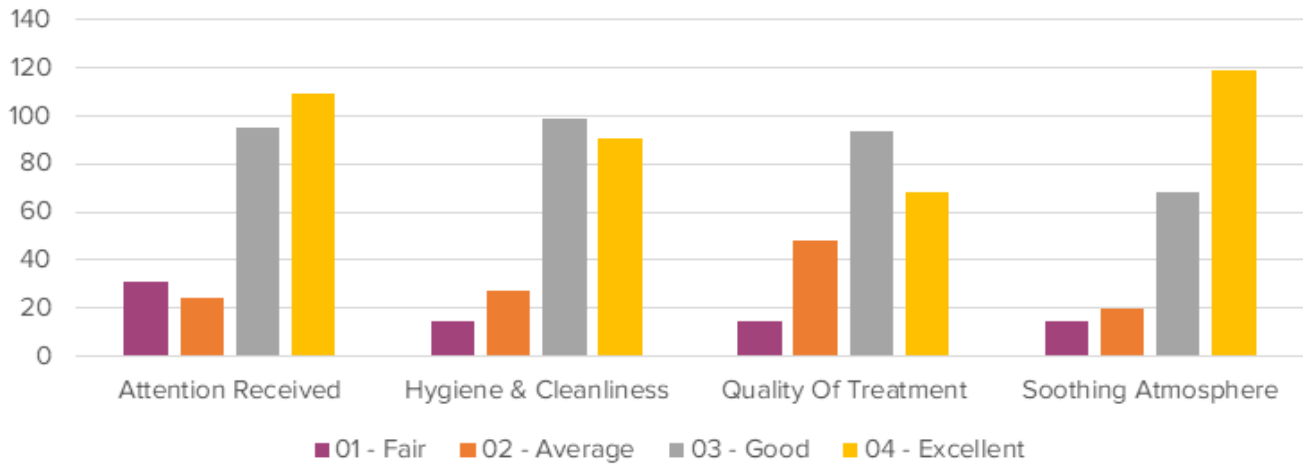
Yoga & Ayurveda

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.



Feedback on Treatments - Ayurveda



Obesity

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 participants 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.

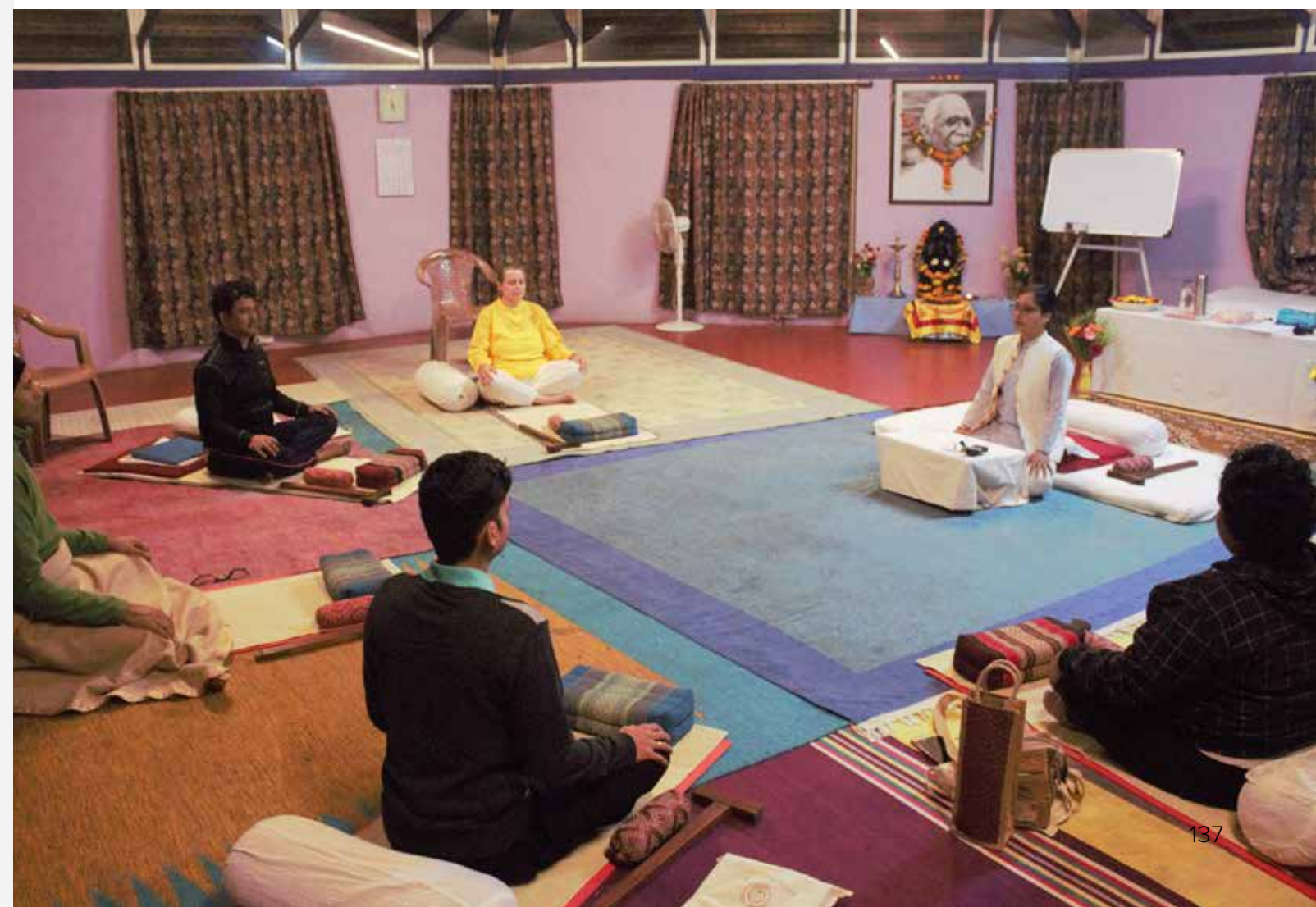
A lot of people have been benefitted through this program till date. We had 12 people in two different batches from India, Spain, Germany and United Kingdom. The program is based on the three integral steps / measures of Yogic- Therapy as given by Swami Kuvalyananda –

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, HTN, 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 convention 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, Pranayam, Yog Nidra 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.

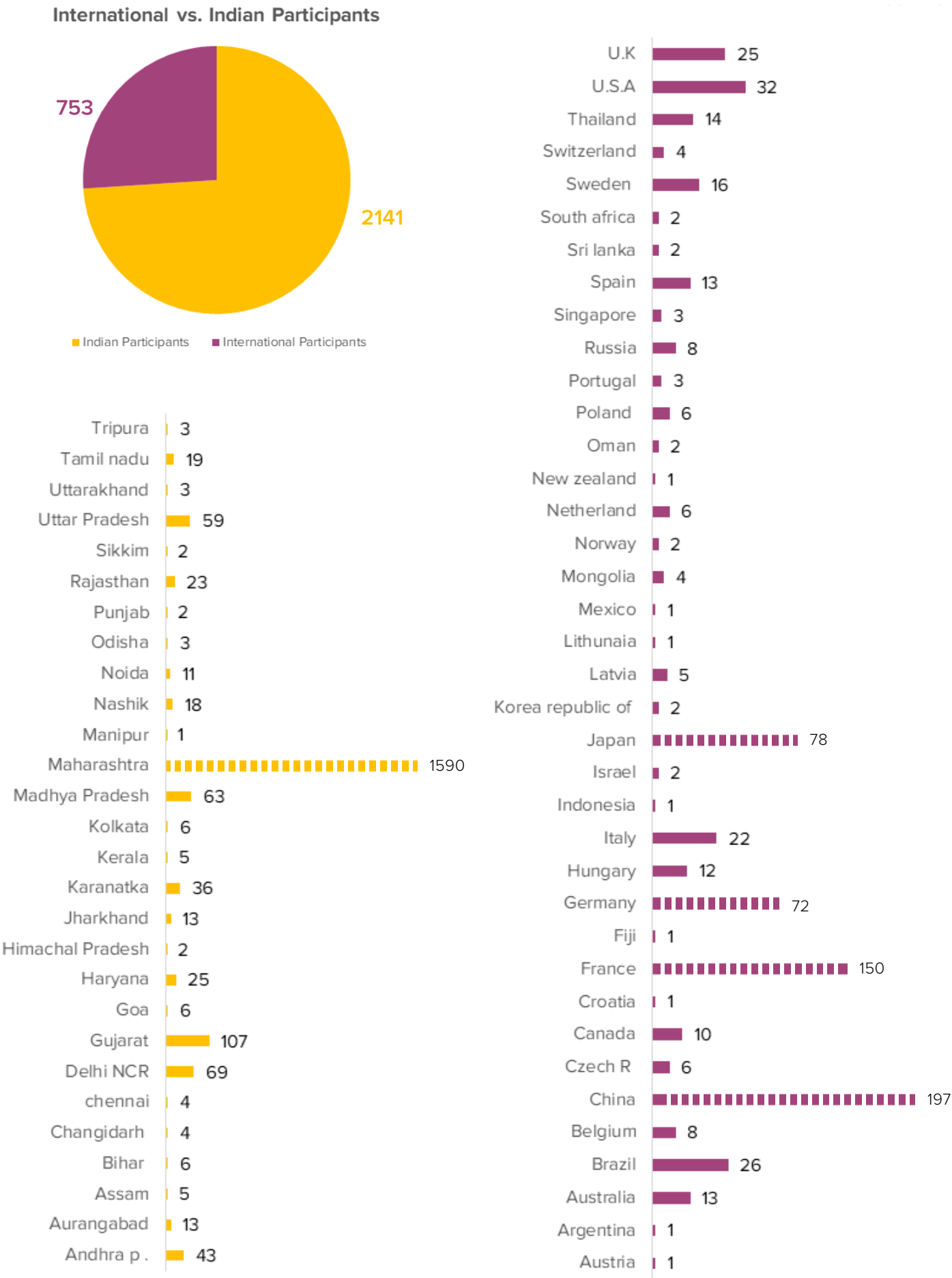
At the end of 1st week, I was able to sit comfortably long hours for practice without back pain and felt energetic and happy. At the end of the program, I could easily apply many of the Asana, Pranayama, Mantra and yog therapy tools for self-healing. The change is visibly noticed!

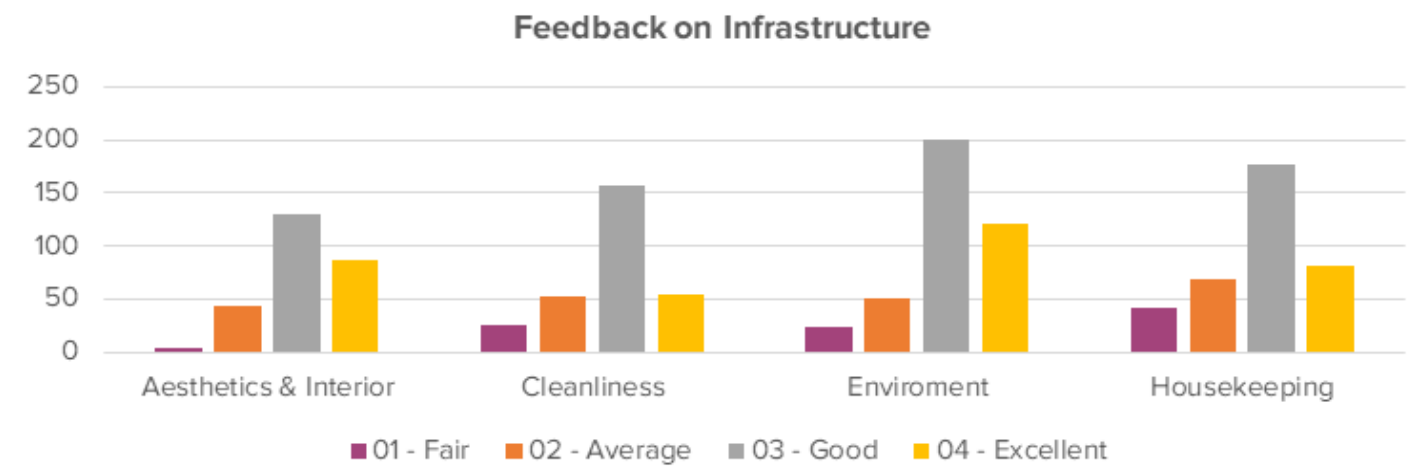
IMPORTANT STATISTICS

Participants	Ayurveda	Naturopathy	Relaxation
Male	333	271	490
Female	636	428	736
TOTAL	969	699	1226
O.P.D.	389	1976	--



PARTICIPATION STATISTICS





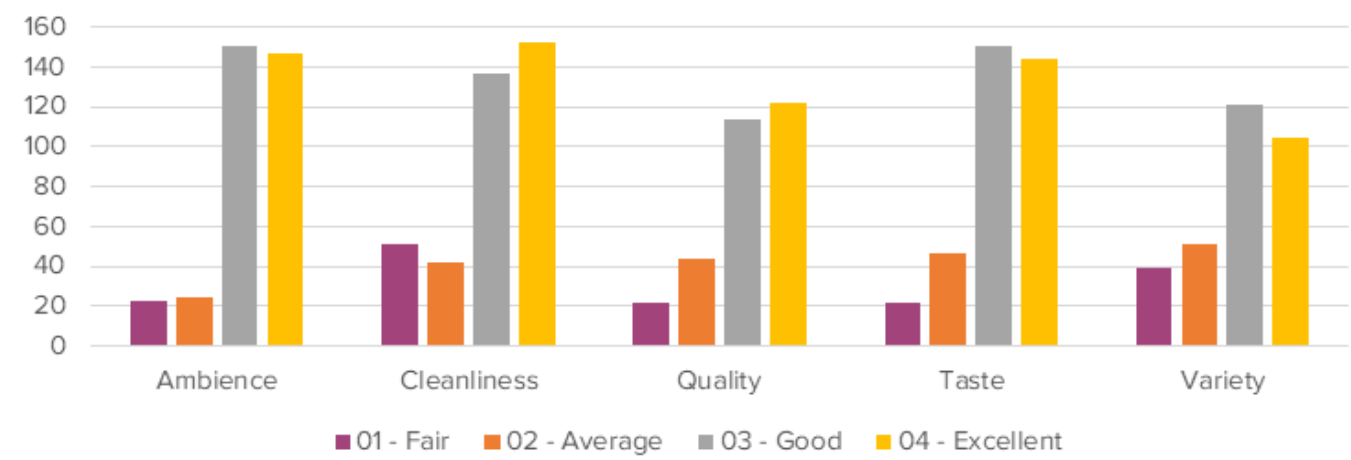
Sadapurna

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

Ayurvedic tea and fresh milk is served in the mornings and late afternoon. Panchkarma patients have their own special diet. All this has been possible not merely by the efforts of the people of this Institute but also because of yoga enthusiasts who have been visiting the place over the years in increasing numbers. Their valuable suggestions have helped the institute in its endeavour towards perfection.



Feedback on Food



Accommodation

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

HARIT VANAM

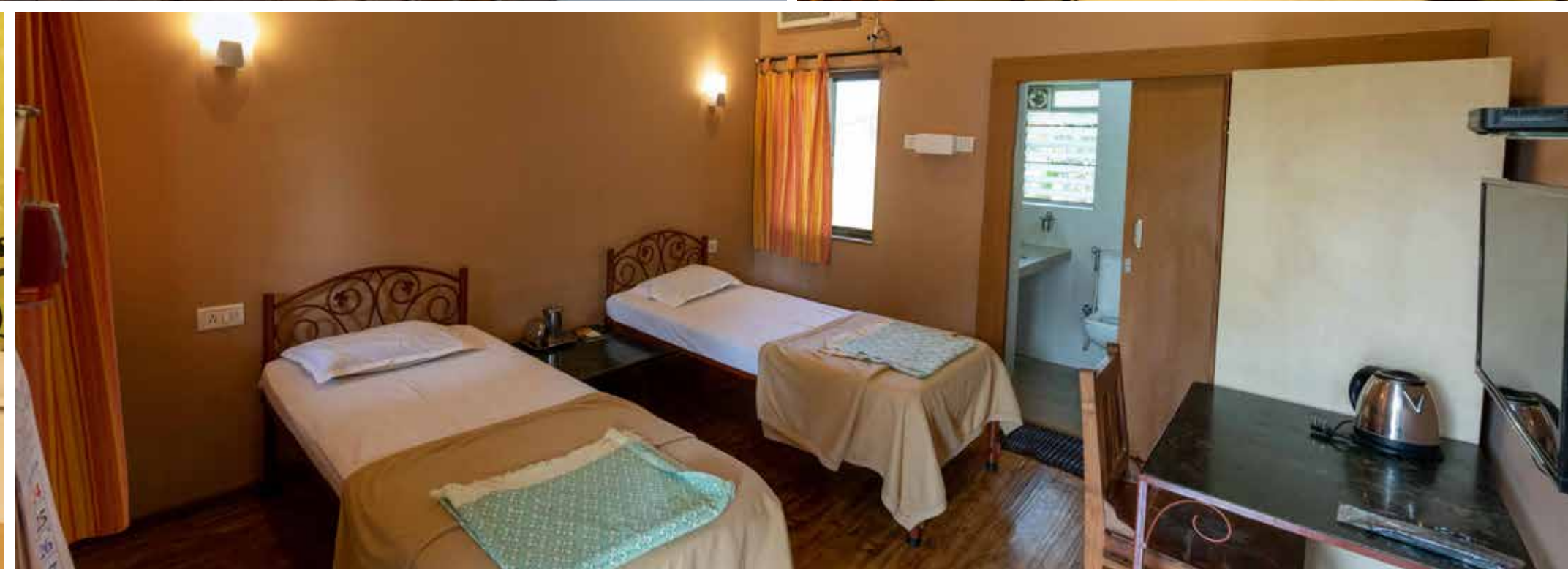
Herbs have many values but a few of the most common uses include aromatherapy, medicinal, as seasonings and flavourings in foods and beverages, and in salads. Many herbs are chockfull of cancer-fighting antioxidants, valuable nutrients, fat-free flavour, and more.

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

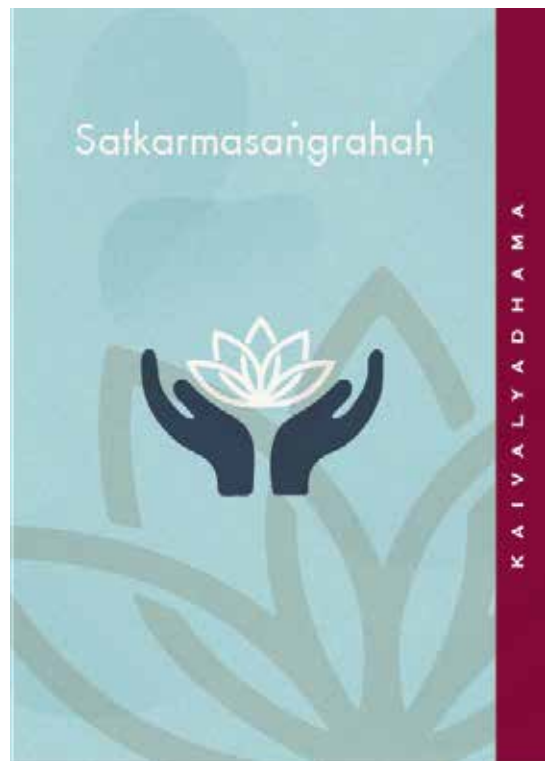
ACCOMODATION & CLASSIFICATION OF ROOMS

ROOMS	Type	No. of Persons	Total
12 MAIN BUILDING STANDARD	Attached Bath Room	2 in each room	24
5 SOHAM KUTIR STANDARD	Attached Bath Room	2 in each room	10
5 SOHAM KUTIR EXECUTIVE	Attached Bath Room	2 in each room	10
10 SOHAM DELUXE	Attached Bath Room	2 in each room	20
9 MAIN BUILDING	Common Bathroom	2 in each room	18
4 MAIN BUILDING	Suites	3 in Suite	12
5 VEDANTA KUTIR	Single Ex Suite	1 in Each Room	5
5 AMRUTA KUTIR	Double Ex Suite	2 in each room	10

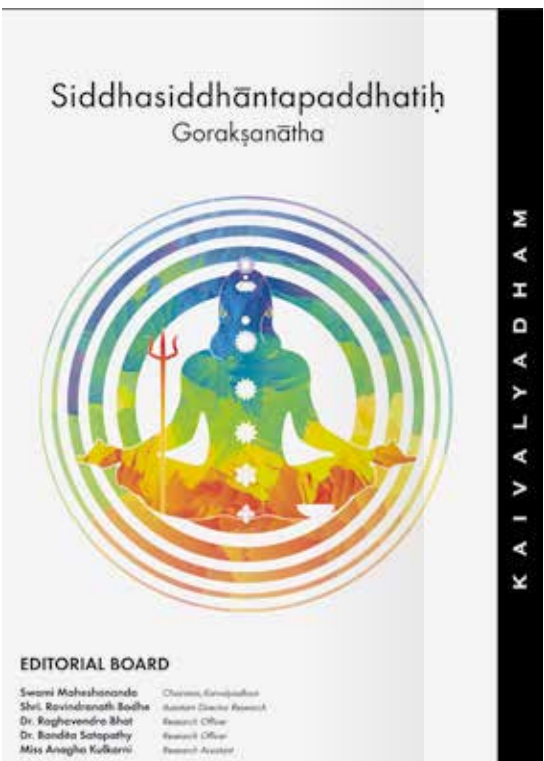




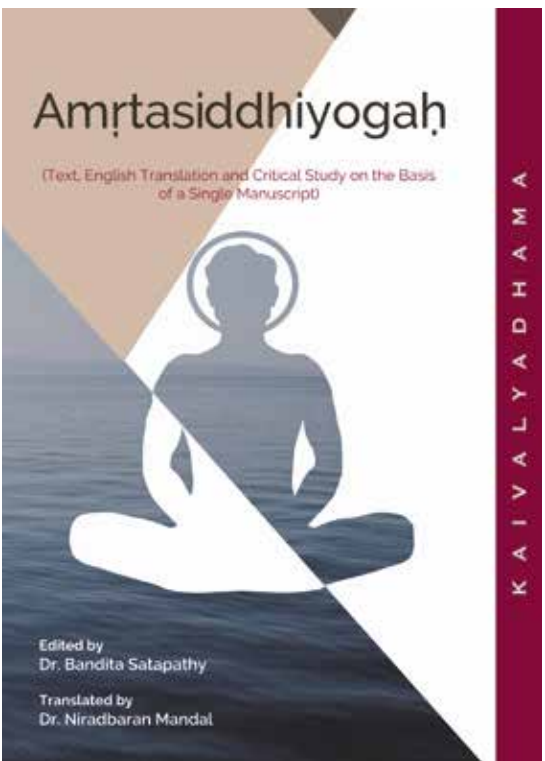
New Releases



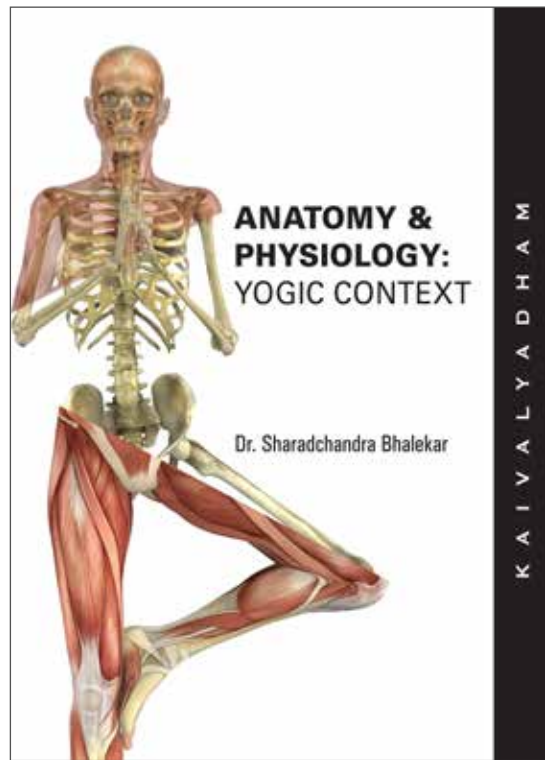
SATKARMASANGRAHAH



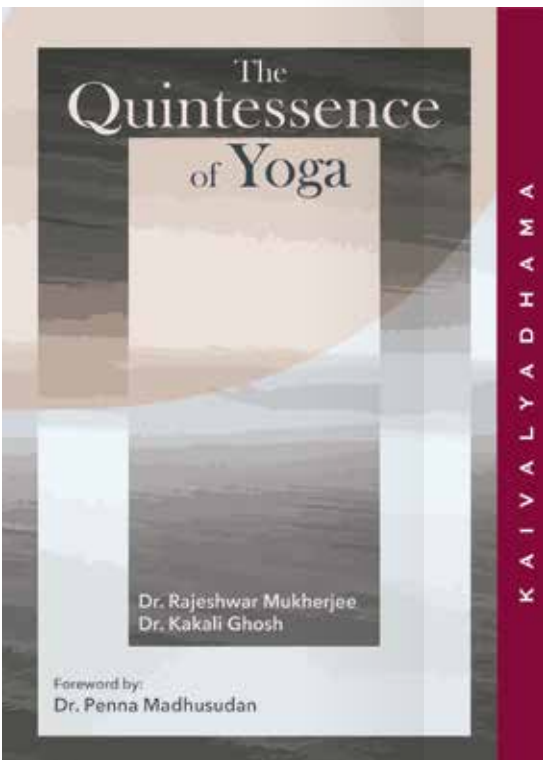
SIDDHASIDDHANTAPADDHATIḤ
Gorakshnath



AMRTASIDDHIYOGAḤ
Dr Bandita Satapathy



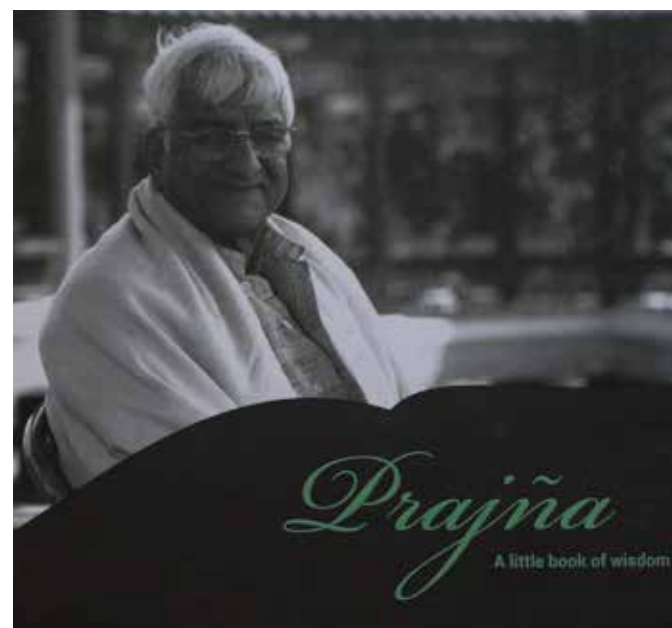
ANATOMY AND PHYSIOLOGY:
YOGIC CONTEXT
Dr. S. Bhalekar



THE QUINTESSENCE OF YOGA
Dr Rajeshwar Mukherjee
and Dr. Kakali Ghosh

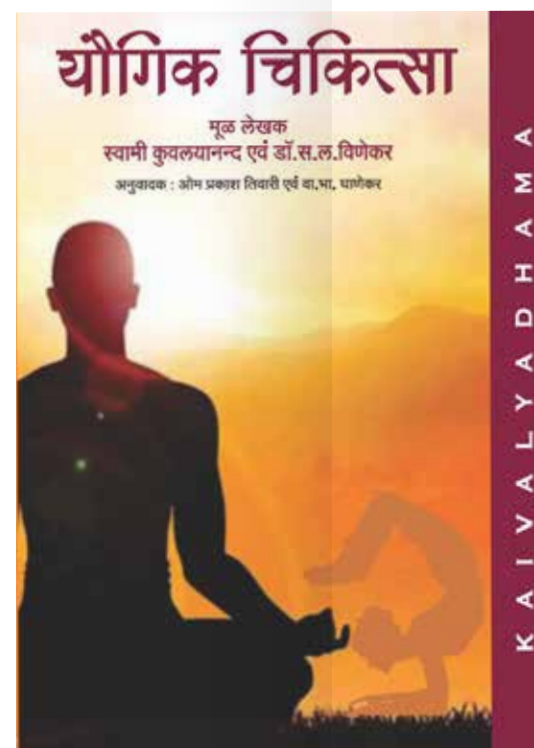


YOGI THERAPY IN
GERMAN
Thomas Pershe &
Claudia Pershe, our
German affiliate
translated the book
“Yogi Therapy” by
Swami Kuvalyananda
in German Language.

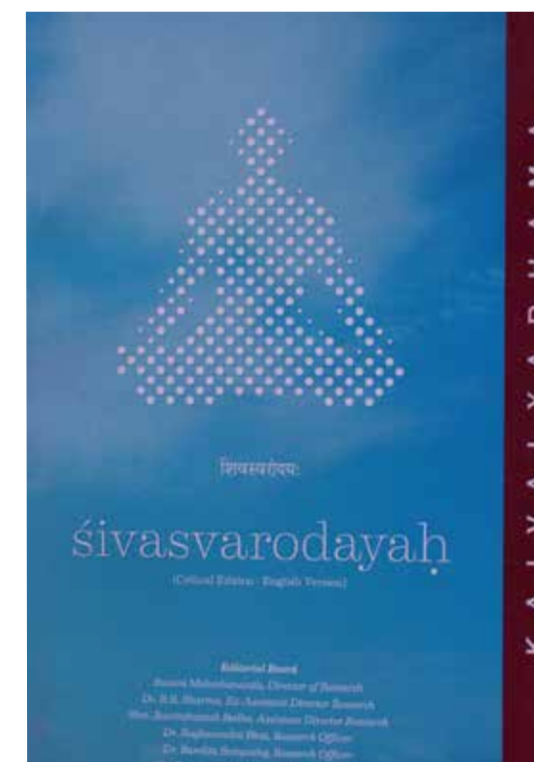


PRAJNA - A LITTLE BOOK OF WISDOM

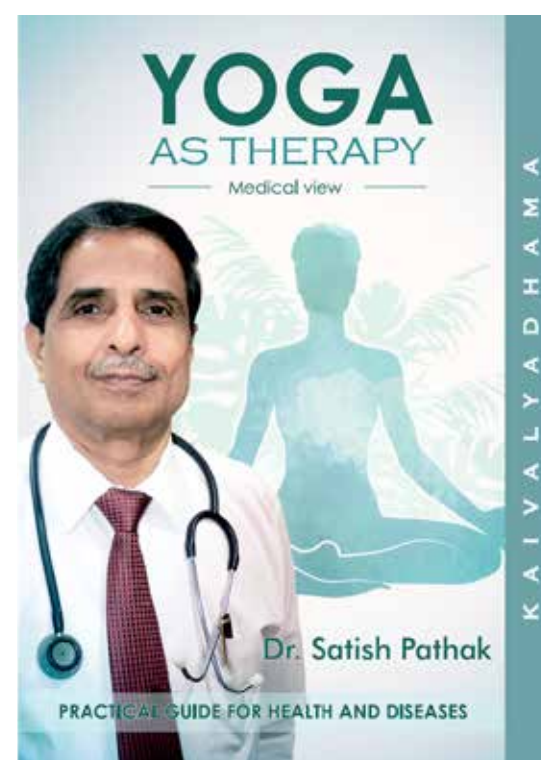
'Prajna - A little book of Wisdom' was launched on the 10th Anniversary Celebration of Yoga Education Fund (YEF) on 5 May 2019 by the Chief Guest, Shri G K Nandanwar, Addl. CJM, Pune. It's a surprise book of wisdom compiled collectively by the students of Shri O P Tiwari-ji in gratitude for the mentorship 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 THERAPY In Hindi reprint

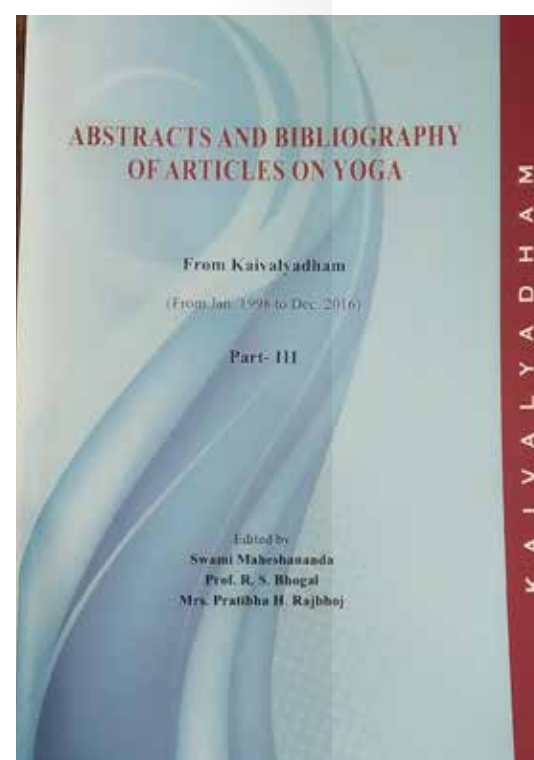


SIVASVARODAYAH

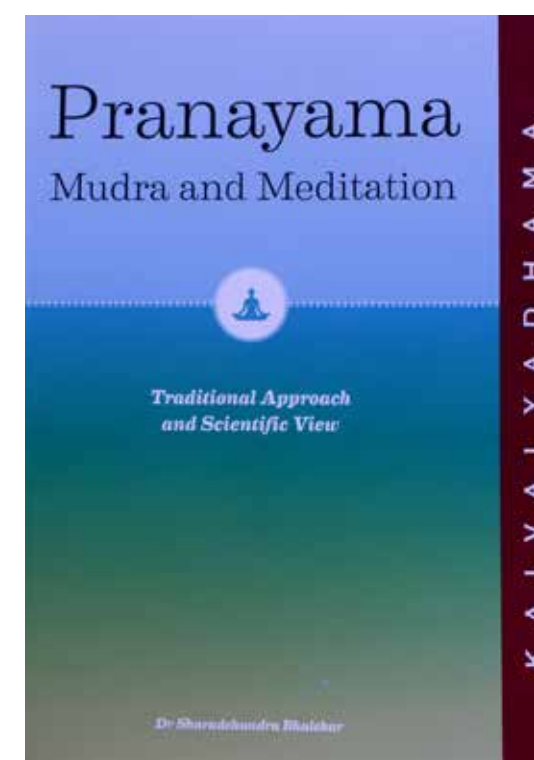


YOGA AS THERAPY

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



ABSTRACTS AND BIBLIOGRAPHY OF ARTICLES ON YOGA



PRANAYAMA, MUDRA AND MEDITATION Dr. S. Bhalekar

Kdham & Project Anand

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 (Atmamanthan)

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 Lonavala 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

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