ANNUAL REPORT
2020-21
Secretary’s Message

It is my great joy to present the exclusive Annual Report for Ashram Trust for the year 2021. The Covid pandemic has created havoc in the world and we are all reeling with the catastrophic problems it has changed the course of human life and the dire consequences to the economy. We at Kaivalyadhama continued our journey taking every precaution, one step at a time, one day at a time. “Tough Times Never Last, but Tough People Do!” Rightly said, Robert H. Schuller.

In these difficult times we did not give up the vision of our founder. We took recourse to the digital medium of spreading the message of yoga across the world, though our competent team at Prajna Studio. We extensively used our social media platform of website, YouTube, Facebook twitter to reach out to our patrons in the comfort of their homes.

In these moments of deep thinking and introspection our scholars and teachers with the publications team came up with four new books on yoga and philosophy.

Our KVN School kept the beacon hope and knowledge going on. The School continued to connect to its students at regular intervals amidst the pandemic and lockdown via mobile phone, short interactive videos to deliver online lessons.

We have more than fifty-three cows in our Gaushala; only thirteen give milk and are productive but with the generosity of individuals who have contributed to the upkeep, we are looking after all the cows with utmost care.

We want to thank you and all those who stood by us during these trying times. We are grateful to our benefactors and well-wishers for their help and support.

Shri O.P. Tiwari
Secretary, Kaivalyadhama
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A tumultuous year but we hoped for the best and carried on.

Kaivalyadhama Ashram is ever-evolving, growing and multiplying. Today we can be proud of a modern face of an ashram. We maintain the sense of sacredness, transparency, ethics, enriching our way of life where our focus is on the human person, striving for a higher moral ground being effective, and impactful for those who are seeking to make yoga as a way of life.

The Year 2020 was a tumultuous year but we hoped for the best and carried on.

The power of hope is infinite. To get through testing times and remain hopeful in the present we often look back on how far we have come. At other times, hope helps us dream of a future full of new beginnings and possibilities. Hope helps us feel anchored, it is what keeps us going even when the world around us seems uncertain. While the past year may go down as one of the most challenging ones, it was also a year of hope. People all around the world hoped for numerous things – to be reunited with their loved ones, financial stability, sound health, an effective vaccine against the corona virus and a host of other things. Against all odds, people constantly sought sources of hope. Even in the most uncertain times, a sliver of light is all it takes to let hope in. Optimism helps society find hope– a world of infinite possibilities.

We at Kaivalyadhama Ashram kept the beacon of hope alive and continued taking one day at time with due precautions.
Governance of Kaivalyadhama Ashram

Advisory Board

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

Governance Body

Swami Maheshananda
Shri.O.P.Tiwari
Dr.S.K.Ganguly
Shri.Subodh Tiwari

Integral Members of the Trust:

Shri.R.S.Bhogal
Dr.Praseeda Menon
Shri.Anukool Deval

Lay Members of the Trust

Swami Chaitanya Swaroop Das
Shri.Dinesh Panjwani
Shri. Nikhil Jasuja
Smt. Pushpa Mandke

Core Team Members of the Trust

Shri.Nishant Jain
Shri.Kartik Kesarkar
Shri.Dhyaan Kotak
Smt.Nidhi Singhvi

Kaivalyadhama Ashram

Kaivalyadhama Ashram Trust is reorganized in view of its varied activities, which are being undertaken. Each division is recognized by its unique functions.

Utpatti:
Conscious Products for Body & Mind

Utpatti offers a full range of health foods, Natural supplements, and organic produce for healthy living. We also offer cosmetics and natural skin, hair and body products from leading brands. Our aim is to care for the wellness and health for one & all. The strategy includes sharing and educating customers for healthy living, healthy eating. It also has cleansing material and various merchandises like Incense sticks, tracksuits, T Shirts, shawl and scarf with Om print on it. It also has yoga mats, durries for all. It boasts of being one of the first fully functional and operational departments.
There are about more than 160 publications of the Institute in various categories, for layman as well as for academicians and researchers. The books here enhance the Yoga Knowledge right from an amateur to those who have mastered yoga such as ‘Asana, Why & How’ for beginners and Sivasamhita and Yoga Concordance for the professionals or masters. It has books in various languages, English, Hindi, Marathi, Gujarati, Tamil, Urdu and also French, Portuguese & Spanish. It houses books for all, from students and beginners to researchers and masters in Yoga.

1. Unraveling The Reality Interface between Physics and Vedanta
2. Pranayama - revised refurbished user-friendly in a new avatar
3. The Reflection of Yoga in the Principal of Upanishads Vol. I
4. Yoga and Mental Health in Gujrathi
5. Yoga and Mental in Portuguese (by one of our Portuguese Students Ms. Ornella Inês Pezzini)

**UPCOMING PROJECTS:**
1. Value Education & Yoga
2. Yoga for School Children
3. Patanjali – translated in Russian by Mytra Koyal

**GURUKUL:**
This section looks after the Teaching, Training & Workshops. Anushthan, Advanced Pranyama Course, Teacher Training Course & Reorientation Workshops. This took a backfoot due to the pandemic but the online programs continued to connect to our patrons all over the world. Yoga was beamed right in their living rooms. The lucky few managed to arrive in the campus thus we had an onsite and online workshop.

Launched a new website exclusively for our books at www.dhamproducts.com
We had five new books in the year 2020 by Kaivalyadhama Publications
**PRAJNA:**

This section deals with digital Media & communication, wherein it will look after Website Development, and the entire social media platform, Photography & Recording of various events of Institute. It also handles Online Courses which have become very popular and impacting lives where in yoga is carried in their comfort of their homes. We believe that Social media is about conversations, community, connecting with the audience and building relationships. It is not just a broadcast channel or a sales and marketing tool. We are striving to be relevant. Due to the Covid pandemic it has taken a new dimension of active online and onsite programs.

### Online programs at Kaivalyadhama

The Online program at Kaivalyadhama was a grand success. We connected with our patrons, well wishes, accompanied them on their yogic journey, reaching out right into the comfort of their homes via our online programs. Please find details Month wise for the Online Workshops. Apart from this we also had:

1. **Celebration of the 97th Foundation Day of Kaivalyadhama, 2020**
2. **31st Dec program LIVE on YouTube and website - Contemplation and Reflection Bidding adieu to 2020 and Ushering in 2021.**
3. **Online CCY courses conducted which was a new stepping stone in Academic circles.**

### Online Workshop List from May to Dec 2020:

#### Workshops in May

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
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<tbody>
<tr>
<td>Kriya Yoga by Prof RS Bhogal</td>
<td>May 1 - 2</td>
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<tr>
<td>Yoga and Diet by Shri Ravi Dixit</td>
<td>May 5 - 7</td>
</tr>
<tr>
<td>Yoga for depression and anxiety by Shri Neeraj Singh Workshop</td>
<td>May 12 - 13</td>
</tr>
<tr>
<td>Pranayama Workshop by Ms Sandhya Dixit</td>
<td>May 19 - 20</td>
</tr>
<tr>
<td>Raja Yoga Workshop by Dr Rajeshwar Mukherjee</td>
<td>May 29 - 30</td>
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#### Workshops in June

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
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<tbody>
<tr>
<td>Yoga as a Grammar by Shri R K Bodhe</td>
<td>June 19 - 20</td>
</tr>
<tr>
<td>Meditation Workshop by Prof RS Bhogal</td>
<td>June 27 - 28</td>
</tr>
<tr>
<td>Scientific Understanding of Yoga Asanas for Yoga Professionals</td>
<td>June 29 - 30</td>
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#### Workshops in July

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
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<tbody>
<tr>
<td>(Sunday) Hatha Yoga Class from Khamam</td>
<td>July 5, 12, 19, 26</td>
</tr>
<tr>
<td>Certificate Course in Patanjaliyogasutra Chanting by Dr Rajani Pradhan</td>
<td>July 17, 24, 31 (Fri)</td>
</tr>
<tr>
<td>Management of Psychosomatic disorders through Yoga by Dr. Bhalekar</td>
<td>July 18, 19 (Sat-Sun)</td>
</tr>
<tr>
<td>&quot;Pranayama: Evolution, Tradition and Scientific Approach - (3 Series, each every month)&quot; by Ms. Sandhya Dixit</td>
<td>July 25, 26, 27 (Sat-Mon)</td>
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#### Workshops in August

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<tr>
<th>Workshop</th>
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<tbody>
<tr>
<td>Sunday Traditional Yoga (Hatha) Class from Kaivalyadhama by Shri Neeraj Singh</td>
<td>(August Series)</td>
</tr>
<tr>
<td>Yoga Meditation by Prof R S Bhogal</td>
<td>August 1 - 2</td>
</tr>
<tr>
<td>Meditation: Subtler Practices by Prof R S Bhogal</td>
<td>August 29 - 30</td>
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#### Workshops in September

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
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<tbody>
<tr>
<td>Sunday Traditional Yoga (Hatha) Class from Kaivalyadhama by Shri Neeraj Singh</td>
<td>(September series)</td>
</tr>
<tr>
<td>Yoga Meditation (FRENCH) by Prof R S Bhogal</td>
<td>Sept 26-27</td>
</tr>
<tr>
<td>Certificate Course in Patanjaliyogasutra Chanting - II by Dr Rajani Pradhan</td>
<td>[4 Months, every Wed]</td>
</tr>
<tr>
<td>Pranayama: Evolution, Tradition and Scientific Approach (Series 3) by Ms Sandhya Dixit</td>
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#### Workshops in October

<table>
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<tr>
<th>Workshop</th>
<th>Date</th>
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<tbody>
<tr>
<td>Kriya Yoga - Understand and Experience by Prof Bhogal</td>
<td>Oct 31, Nov 1 (Sat-Sun)</td>
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<tr>
<td>Yoga and Naturopathy approach to Weight Management by Dr Ritu Prasad</td>
<td>Oct 31</td>
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#### Workshops in November

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<th>Workshop</th>
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<tbody>
<tr>
<td>Sunday Traditional Yoga (Hatha) Class by Shri Neeraj Singh</td>
<td>Nov 1, 8, 15, 29</td>
</tr>
<tr>
<td>Special Asana (online) Classes by Prof Neeraj Singh</td>
<td>Nov 21 - 23 (Sat - Mon)</td>
</tr>
<tr>
<td>Management of Chronic Diseases through Yoga by Dr Bhalekar</td>
<td>Nov 7 - 8</td>
</tr>
<tr>
<td>Pranayama: Evolution, Tradition and Scientific Approach by Ms Sandhya Dixit</td>
<td>Starting Nov 20 (3 months)</td>
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<tr>
<td>Yoga and Value Education by Prof Bodhe</td>
<td>Nov 27</td>
</tr>
<tr>
<td>YOGINAR 3: Detox and Rejuvenate with Yoga and Diet by Shri Ravi Dixit</td>
<td>Nov 23</td>
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#### Workshops in December

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<tr>
<th>Workshop</th>
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<tbody>
<tr>
<td>Samyama for Health, Harmony &amp; Success by Prof Bhogal</td>
<td>Dec 26, 27, 28 (Fri - Sun)</td>
</tr>
<tr>
<td>Essence of Naturopathy for Better Health by Dr Santosh Pandey</td>
<td>Dec 28 - 29</td>
</tr>
<tr>
<td>YOGINAR 4: Kriya Yoga Meditation by Prof Bhogal</td>
<td>Dec 5</td>
</tr>
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Glimpses of some our popular creative posters

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Online Workshop on Manage Auto-Immune Disorders with Yoga

Part 1 (Foundation Program)
Date: 3rd & 4th Oct 2020
Time: 10:30 am to 1:30 pm (IST) 16:30 hrs (GMT)
Registration Link: https://bit.ly/3dv5vB
Facilitator - Ms. Renu Jain

Online Yoga Class at Kaivalyadhama Jaipur Branch.
Class Days Monday to Saturday
- Group Class
- Individual Session (Alternate Days)
- Individual Session (Everyday)

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

Kaivalyadhama Presents

"The role of Kriyas in Yoga"
Come join us in the Wells of Wisdom from The Master Himself
Live On Facebook and Youtube

Date: 17th Sept, 2020
Time: 5.30 pm

Shri. O. P. Tiwari

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ICYHC Kaivalyadhama Mumbai
Cordially invites you to a Series of Webinars on
Yoga & Ayurvedic approach for digestion related disorders (Stability & Constipation) by Dr. Gayatri Gohil 25th July, Sunday
Therapeutic approach to Hypertension (High Blood Pressure) through Yoga, Naturopathy & Diet (Lifestyle & Diet modification with Yogic & Ayurvedic remedies) by Dr. Aparna Shenoy 2nd August, Sunday
Complete care of Back & Knee problems through Ayurveda, Yoga & Naturopathy by Dr. Animesh Karmakar 9th August, Sunday
COVID and Mental Health (Issues holistic care (Ayurveda, Yoga & Modern Science) by Dr. Nutan Pahare 16th August, Sunday
Mental & Emotional Health in the New Normal by Dr. Jawahar Mehta 23rd August, Sunday

Online Yoga Classes to Improve Immunity & Stay Healthy & Fit while at Home
Weekday & Weekend Batches
Date: 1st Aug to 31st Aug 2020
Weekday Classes:
Morning: 7:30 am to 8:30 am and 9:45 am to 10:45 am
Evening: 4:30 pm to 5:30 pm and 6:45 pm to 7:45 pm
Visit: https://kdham.com/mumbai

Unlimited access to our classes for the month of August

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Purpose of Pranayama Practice

By Shri. O.P. Tiwari
5th December 2020

Schedule:
11:00 – 11:30: Lecture Topic: Short Mystic class on Surya by Shri. Neeraj Singh
11:30 – 15:00: Indian Time
11:30 – 15:00: Indian Time
11:30 – 15:00: Indian Time
11:30 – 15:00: Indian Time
11:30 – 15:00: Indian Time
11:30 – 15:00: Indian Time

Japanese Translation by Ms. Moksha Saboo

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Online Certificate Course in Yoga

Date
1st Dec 2020 to 1st Jan 2021
To register, visit https://bit.ly/2TS1Kh8

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

Consecutive Interpretation into Japanese
by Dr. Mokoko Saito

Dates & Timings
21st Nov. 12:30 to 13:30 (IST) 16:00 to 17:30 (Japan)
22nd Nov. 07:30 to 08:30 (IST) 10:30 to 11:30 (Japan)
22nd Nov. 12:30 to 13:30 (IST) 16:00 to 17:30 (Japan)
23rd Nov. 07:00 to 08:00 (IST) 10:00 to 11:30 (Japan)

Facilitator
Mr. Neeraj Singh

Yoga Meditation (Dhyana) – Easy Traditional Practices

Online Workshop By
Prof. R.S Bhogal

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

Congratulations

Dr. Bandita
Dr. Prasoonda
Dr. Neeta
Dr. Rajni

Authorized as Ph.D Guide

Online Certificate Course in Patanjalayogasutra Chanting by Dr. Rajani Pradhan

4 months, July to October 2020
Every Friday

ONLINE WORKSHOP ON
Pranayama
Evolution, Tradition & Scientific Approach

Facilitator
Yogacharya Sandhya Dikshit

Time: 04:30 pm to 06:45 pm (IST)
3 Series
(Each Series has 5 Sessions each)
To Register: https://bit.ly/3lwWfWZ
Series 1: 26th, 21st, 22nd Nov 2020
Series 2: 18th, 19th, 20th Dec 2020
Series 3: 22nd, 23rd, 24th Jan 2021
This section is the Central Coordination department having all experts from various fields.

- The coordination and administration of Kaivalyadhama trust.
- Takes care of external training program.
- Takes care of affiliations granted by the Trust.
- Overall guidance for Trust
- Taking care of all the finance of the Kaivalyadhama
DAIRY AND AGRICULTURE:

The vacant land of the trust is used for the purpose of agricultural activities and plantation. In some field we grow cow feed, which nourishes them and on others we have herbal, Medicinal and other plants such as guava, Jamun, Mango & banana plantation which belong to the Western Ghats. We are committed to promote eco-friendly ways in principle and in practice. Among the plants which we are planting are Gulmohar (Delonix Regia), Mango (Mangifera Indica), Nilgiri (Eucalyptus), Ashok (Polyalthia Longifolia), Rai-Avala (Cicca Disticha), and the list goes on.

For the existing plantation we have provided for water saving ways such as drip water irrigation, which nourishes the plants well and also is very economical as far as the consumption of the water is concerned. Apart from Medicinal plants we have also started organic vegetable farming with an aim to supply fresh, chemical-free produce vegetables to one & all. At present we have grown limited vegetables. They were supplied to Annapurna Mess & Sadapurna Mess. The emphasis of the farm is on integrating yogic principles and sustainable agriculture.

Gaushala

The Ashram has a cowshed; located just near Swamiji’s kuti, constructed in the area of 5,000 sq.f. Around 100 cattle’s can be accommodated in this cowshed. We have total 60 cattle at present. In future there is a plan to increase the number of Cattle’s in this cowshed. Total milk production is 50 liters per day.
Narangi Estate:

Narangi, Bhuvaneshwar, is a part of Kaivalyadhama Ashram, Lonavala, which is spread in more than 40 acres of land. Although Lonavla conducts all Yogic activities, it was thought desirable to develop an exclusively spiritual center for the Ashram. The place selected for this purpose was the Kanakeshwara Hill in the Colaba District. This hill rises about 1200 ft. above the sea-level and is only 12 air miles from Bombay. This hill had, and even now has, several attractions. Seen from its top the island of Bombay looks like a lotus floating in the lake of the Arabian Sea. In spite of its proximity to Bombay, the Kanakeshwara hill remains yet secluded, as there is no easy approach to it. The hill has an attractive old forest capable of being turned into a Tapovan with some re-conditioning. The hill has an ancient temple of Mahadev and a lovely tank in its proximity. But the real attraction which proved overwhelming to the Kaivalyadhama was the fact that His Holiness Paramhansa Shree Madhavadas Ji Maharaj, the spiritual Gurudev of Swami Kuvalayananda, stayed there for nearly twelve years for his Tapasya. For the support of the spiritual activities at Kanakeshwara, the Ashram has grown a mango grove at the foot of the hill, at Bhuvaneshwar. The mango grove has yielded a good crop. The Ashram has constructed two buildings, one for the Vishnu Bua who prefer to live there since the 1960’s and the other building was for the Care taker cum watchman. No special activity could be started but people very frequently visited and stayed for spiritual practices. The Ashram has future plans to construct some rooms and a Asana Hall so that the spiritually oriented workshop, Asanas, Pranayama and Meditation could be conducted there. Currently there is more than 40 acres of land with the Ashram and the Ashram is keen to use it for the propagation of Yoga. Shri. Sudarshan Rai is full time care taker of Kaivalyadhama Ashram Narangi.
Nestled at the foothills of Valvan’s green hillocks, Kaivalya Vidya Niketan is the concrete form of an ardent wish by the venerable sage, Swami Kuvalyanandaji. He dream 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.

At KVN we believe that each child is special, that each child has the right to learn all those things that can lead him to a brighter future. Our staff of dedicated teachers is forever attentive and constantly encouraging for the students to walk that extra step, to do that extra assignment. With a parent body that has invested its trust in the goodness and the quality of life skills imparted within the portals of the renowned Kaivalyadhama Institute of Yoga, we are bound by honour to make every struggling child's life a success story...

For more information about our school check out at https://kvn.edu.in/

A Lighthouse of Education in the storm of Covid Pandemic

The Academic session of 2020-2021 commenced from 1st April 2020 in the midst of lockdowns. KVN School continued to connect to its students at regular intervals amidst the pandemic and lockdown, using various devices like Smart phones, Tabs and laptops via an app developed with the help of Vinnovate Technologies. The school delivered online video lessons, Worksheets, video links. Enclosed are some of the highlights and contributions of the school which kept the beacon of knowledge alive and active in difficult and different times.

Activities of KVN School

Board Results:
- 5th batch of Class 10th posted qualitatively and quantitatively 96% results in July 2020.
- Board Examination conducted by the CBSE.
- 26 of 27 passed. (96% pass)

Rank holders:
1. Devang Berot – 482 (96.4%)
2. Tanmay Wankhade – 470 (94%)
3. Irfan Shaikh – 443 (88.6%)
4. Bhagyashree Kadam – 431 (86.2%)

Independence Day:

Yoga For All:
Inaugurated by Shri Subodh Tiwari Ji
2nd October 2020:
Celebration of Gandhi Jayanti and Lal Bahadur Shastri Jayanti

7th and 9th October
KVN Teachers on LMC Survey for COVID-19 cases: All teaching and non-teaching members of the school staff volunteered to participate in the LMC drive to search door to door for COVID-19 cases. Using the Oximeters and thermal guns, face masks and shields as well as gloves, they covered the areas of Khondgewadi, Thombrewadi, Bhangarwadi and Gawliwada. Around 1500 people were covered in the two days- 7th and 9th October. The Principal Mrs. Desai expressed the support of the Kaivalyadham Management for the noble cause by presenting the hot Kadha and a bottle of Chyavanprash to each volunteer.

20th to 29th October
Term End Examinations conducted: A novel experiment in a test of integrity of parents and students was conducted through open book tests across all classes from 3rd to 10th. Parents were asked to buy exam sheets from the market and question papers were uploaded on the App. Parents were asked to see that the child solved the paper in time without conferring with peers. They were allowed to open text books/notes to refer and respond. The parents were made the custodians and the school opened its gates to collect answer sheets in the first week of November. Teachers reported that most students had applied themselves sincerely to this unusual exam pattern. Papers were assessed and records maintained.

21st November
Holistic Health at KVN- A meeting was convened by the Director, Dr. N.D. Joshi to elaborate on taking forward the vision of the CEO, Shri Subodhji Tiwari regarding making KVN a Nodal center for Holistic health education in the region. Smt Renu Jain and Shri Sanjay Bhukan were special invitees who participated in working out the ideals of Holistic health of students, teachers, parents and the society at large.

4th December
Yoga for KVN family- Mr. Hitendra Pagar, the Yoga teacher enthusiastically began with a special programme in Yoga for teachers. He conducted a session of Asanas and elaborated on the benefits of regular yogic practices. Inaugurated formally with cutting the ribbon, Principal Mrs. Varsha Desai extended the enterprise a hearty support.
10th December
Guest lecture at KVN - Dr. Sharadchandra Bhalekar, Principal, G.S. College of Yoga, was invited for a guest lecture at KVN on Thursday, 10th Dec. 2020, under the Holistic Health Care programme for its teachers, “Yoga for KVN family”. He delighted everyone with his simple yet practical tips of living consistently with Yoga. The Director Dr. N. D. Joshi, Principal Mrs. Varsha Desai and all teachers appreciated Dr. Bhalekar’s wise guiding tenets.

31st October:
Rashtriya Ekta Diwas celebrated - Students were led into the Integrity pledge online in a special assembly organized in the morning. Students were encouraged to take the oath through WhatsApp following a video shared on each class group.

CAA Lantern Making

24th November:
Celebrating Baal Din - The PTA body pooled in resources to make the Baal Din beautiful by organizing special online webinars for students of different age groups: like Story telling with indigenous values for our tiny tots, ‘Less Known Loves’ & ‘Fun Facts about nature by nature writer’ for the middle school group, ‘Basics of Creative writing’ for our young adults of the higher classes. Mrs. Vrushali Barbare of ‘Enlit Kids’ conducted these colourful activities via Google meet.

Online Story telling, creative writing skill and about
3rd Jan:
Birth Anniversary of Savitribai Phule It was celebrated online through a special assembly to commemorate the life and works of the torch bearer of women’s education in Maharashtra.

15th Jan:
Interactive Session by Mrs. Shilpa Lunavat with the Foundatioal Course teachers: Mrs. Shilpa Lunavat, a dedicated mother to a smart pre-schooler, was invited for a guest lecture to discuss and share the tips and techniques a teacher can use to initiate the thinking skills in kids

16th Jan:
Career Guidance session by Shri. Mayank Lunavat
If you are born poor it’s not your mistake but if you die poor it’s your mistake.
To prove this quote right a successful businessman and a kind hearted personality Mr. Mayank

18th Jan to 17th Feb:
Road safety month
‘18th to 22nd of Jan special online assemblies were conducted to make children aware of the importance of road safety. Various activities like Essay writing, Dance competition, Poster making, slogan writing and singing competition on the topic were conducted innovatively on the school’s App to create awareness. Lunawat (CA, MBA, Owner of Trustwell Management Services Private Limited) delivered an amazing talk to the students of class 9th, 10th and 11th who were allowed to attend offline classes for a month or so in January. He emphasized on choosing the right career, being a life-long learner, and letting no opportunity pass by. His practical and simple approach made him very effective.

18th Feb
Fire Safety Webinar through Zoom for classes 3rd to 11th: Safe Kids foundation Pune had organized online session on ‘Fire safety training’ for children of classes 3rd to 11th through zoom meet. Mr. Madhav Chavan and his team conducted the session enumerating the common causes of fires and showed the children preventive measures and also how to manage and handle such eventualities. Total 114 students along with all the teachers participated in the session.
26th Jan

Republic day celebrated
Shri Subodh Tiwari ji did the honour of unfurling the tricolor that fluttered majestically in the blue skies. A small assembly of students and in-house staff of Kaivalyadhama was involved in the programme that had a Reading of the Preamble by Mrs. Baljeet Kaur, a presentation of Patriotic song by Class X, Address by Director KVN –Dr. N.D. Joshi, a fantastic presentation of Yoga poses and asanas ‘Vande Mataram’ by the students of the G.S. College of Yoga and ended with Blessings by the Guest of Honour and Fruit distribution.

19th Feb

Shiv Jayanti: A Portrait of Shri Chatrapati Shivaji Maharaj was garlanded by the Principal, Smt. Varsha Desai in the presence of the Vice Principal, Mrs. Geeta Rai, Mrs. Megha Mavkar and students of class 8th who also prepared a short video clip on Chhatrapati Shivaji Maharaj.

22nd Feb

Thinking Day: Lord Baden Powell’s Birth anniversary is celebrated as Thinking Day under Scouts and Guides movement. This year it was celebrated online through school Whatsapp group. The History of Lord Baden Powell, information about Scouts and Guides and Old sweet memories of KVN Scouts and Guides were shared through videos.

27th Feb

Marathi Bhasha Diwas: It was celebrated Online on the 27th Feb 2021 to commemorate the Birth Anniversary of the eminent Marathi poet, ‘Kusumagraj’. A documentary Video about Marathi Bhasha Diwas and a speech by a student, Ms. Esha Gawhale of class 8th was shared with the school.

28th Feb

Science day: A special assembly was conducted online on the occasion of National Science Day some fun and enjoyment following activity was conducted for students. After the Assembly students were allowed to ask some What If .... questions to their classmates such as

1. What if all animals were herbivores?
2. What if birds could speak to us?

Lateral Thinking, Creativity, Critical and Innovative thinking skills of students was sought to be enhanced.

8th March

Women’s Day celebration in school: A small get together was organized among teachers along with Principal and Vice Principal to celebrate Women’s Day. As to keep the norms of Social distancing it was celebrated in two groups on two different days with 50% attendance.
30th March
ICT Training: A training about the developed app its working and how to use all the function was taken by ICT in charge Mrs. Dhanashree Takalkar for all the teachers.

31st March
Send off: Mrs. Baljeet Sehgal (TGT, SST teachers) and Mrs. Rupali Waikar (Computer/ Science) were taking a bow and had decided to leave KVN. A short and emotional send-off party was held in their honour.

Collection of Answer Sheet of Final Examination

Examinations and Reports
Assessments Conducted: There were MCQs designed to take up almost bimonthly tests, the Terminal exam, the Final exam and Pre-board 1 were conducted on an innovative manner by uploading the Question papers on the App. Pre board 2 was conducted using creating question papers on Google forms and the students were instructed to answer on sheets of paper that were later collected at the school following strict Covid-19 Protocols. Besides this, activities were also conducted periodically and assessed for Subject enhancement.

Preparation of report cards
Paper checking and preparation of Report cards was completed on 29th March and Results were declared on the app on 30th March 2021.

This also marked the end of the tumultuous Academic session 2020-2021.
SHRI.RAMESHWAR PRASAD NEVATIAJI SCHOLARSHIP

Shri. Rameshwar Prasad Nevetia scholarship award function was held on Sunday 21 March 2021. Hon’ble Justice C.V.Bhadang, Judge High Court of Bombay was the Chief Guest. Four students from Maharashtra, Bengal and Tripura were awarded the scholarship. The environment was beautiful. The Chief Guest spoke of the importance of “Ekant”. While thanking him, Subodh Tiwari -CEO related the symptoms of inner peace: Frequent attacks of smiling, frequent overwhelming episodes of appreciation, loss of ability to worry, tendency to act on hope and not on fear and ability to share with less fortunate. He also thanked the students who braved and got out of their house to learn and share. मंज़िले मिलेंगी, भटक कर ही सही, गुमराह तो वो हें जो घर से निकले ही नहीं!

Mr. Vandan Shah and family, the benefactors of the fund also shared in our joy he recounted the history of the fund and spelled out the purpose and objective. The Yoga Education Fund came into existence in the year 2007 in the memory of “Shri Rameshwar Prasad Nevetia” with an objective to encourage young men and women into basics of yoga science in all its pure and pristine form so that they can pursue their life’s mission in the multiple disciplines of Yoga Science or take yogic practices to common man by involving themselves in spare time teaching while they adopt any other career path for their living.

A few glimpses of the Award ceremony held on in presence of Chief guest Hon’ble Justice Shri C. V. Bhadang, Judge, High Court of Mumbai.
B.B Shah Trust has started at activity club for Vaidu community children, in association with Kaivalyadhama & Anum Foundation. Activities are conducted daily between 4 to 6 pm from Monday to Saturday.

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

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

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

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

Indian Army Institute of Physical Training (AIPT) - Pune visits Kaivalyadhama
For an Education Tour.

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

It is very interesting to note that among the strenuous physical training in army boot camp, Yoga has found a prime place in the training modules thus the first education tour post lock down was organized at Kdham.

The cadets received firsthand the knowledge of the organization as they walked to various departments and had an experiential session of yoga and meditation, simple satvik food and breathing in the somber spiritual environment added to their delight.

The AIPT is the spiritual home of the APTC. The role of the APTC is to: “raise, maintain and further improve the standard of physical training, and, to ensure a uniform procedure and method of instructions in physical and recreational training of Army.

AIPT intends to collaborate with Kaivalyadhama for yoga in its future endeavors and make this visit an official program of their curriculum.

CCY- Mumbai All women Group visits Kaivalyadhama

16 February 2021: We had an all-women power, ladies group of the CCY- Certificate Course in Yoga Mumbai visited Kaivalyadhama for a day education tour. This was part of the program where the students get exposure and opportunity to meet the faculty and learn from the mother house of in Kaivalyadhama Lonavla.

This 4 months, Yoga Certificate Course, is a stepping stone for the 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.

For information connect to https://kdham.com/mumbai/online-certificate-course/
Chief Justice of Mumbai High Court visits us

Chief Justice of Mumbai High Court visit Kaivalyadhama on February 20, 2021. Kaivalyadhama and Jurists have had a long association. From 1950's when the founder had its advisory board with Dr. M.R. Jayakar as Chairman & Shri. M.C. Setalvad as member to present, we have Justice B.N. Srikrishna as our Chairman. Probably the ideological alignment to resolve the conflict, rationally, could be the basis. While jurists try and resolve the external conflicts, we at Kaivalyadhama try and resolve the internal ones. It was a pleasure to host Hon'ble Chief Justice of Bombay High Court Shri. Dipankar Datta together with his wife took time out and visited us. They spent time on keenly observing and understanding work of each department.
Manage Autoimmune Disorders with Yoga

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

Kaivalyadhama Yoga Prashikshan Kendra, Bhopal

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

YIC- Yoga Instructors course

The successful conclusion of YIC set the ball rolling for onsite programs. Yoga Instructor’s Course held from 3rd to 16th January 2021. This very first onsite course conducted after the lockdown due to COVID-19 PANDEMIC was a great joy to see our patrons visit us from far and wide.
**YIC - Yoga Intensive Course successfully conducted in the midst of the pandemic.**

The YIC is an intensive course in Yoga for professionals who want to get certification through Kaivalyadhama. This is an online course for a period of one year but to complete the procedure and examinations, theory and practicals, the students are expected to live in Kaivalyadhama campus for 2 weeks. YIC has been conducted for the past few years; this was the first On-site batch in the midst of pandemic. The course was conducted by one of the most experienced faculty of Kdham, Ms. Sandhya Dixit and assisted by Asst. Yoga Teacher Ms. Pooja Bhosale. There were six students from different states. Students were of different age groups, senior most being 63! Proving age is no bar for learning. At the end of two weeks, certificates were provided to the students for successful completion of the course. The concluding event was blessed by the presence of Swami Maheshanandji, spiritual head and chairman of Kaivalyadhama.

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**Bhopal Kaivalyadhama**

February 2021 with 8 participants enrolled Prabalatwam Program in Kaivalyadhama Bhopal began the yogic journey post pandemic slowly but surely gaining the confidence of people to participate in yoga.

**Dr. Bhushan Upadhyay, Sandhya Dixit was presented with the Swami Kuvalyananda Yoga Awards by the Governor Bhagat Singh Koshyari**

Governor Bhagat Singh Koshyari presented the Swami Kuvalyananda Yoga Awards for the year 2020 at Kaivalyadhama in Lonavla. Additional Director General of Police Dr. Bhushan Upadhyay, IPS and Yogacharya from Kaivalyadhama Sandhya Dixit were presented the Awards for propagation and promotion of Yoga.

Chairman of Kaivalyadhama Swami Maheshananda, General Secretary O P Tiwari, Joint Director (Research) Ranjit Singh Bhogal, CEO Subodh Tiwari and others were present. This was the first of the awards presented leading to the centenary celebrations of Kaivalyadhama which began its journey in the year 1924.

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**Congratulations**

Yogacharya Sandhya Dixit

For being bestowed with Swami Kuvalyananda Yoga Puraskar 2020
प्रमाण ध्यान का विशेष है कि आभासी संध्या दीपक, योगशाखा की उन्मित चर्चित संस्थापाल, कर्तव्य पालक, और विभाग 3.2 की संपूर्ण सेवा के लिए "स्वामी कुवालयानंद योग पुरस्कार, 2020" का सम्मानित किया जा रहा है।

स्वामी कुवालयानंद की योगशाखा वैविध्यधाम, विजयपुरी, गढ़वाल में "संस्थापक" के रूप में सन् 1968 में स्थापित हुई। इसकी आरंभिक श्रीमान और श्रीमान श्रीमान के हार्दिक शान्ति को 31 वर्षों का शिक्षण, पथ्यिक, पूर्णिमा और सुधारित किया।

सन् 2008 में 2018 वर्ष, इसके अन्य महत्वपूर्ण आयोजनों के माध्यम से "योग वायुदेश, लोहारू" में संस्कृत भाषा और सन्तान्ति के समूहों के साथ संवाददाता का अपनी प्रवृत्तियों से सम्मानित किया।

समाज में, अभी योग विशिष्टों में आर्य प्रवृत्ति है, और सभी त्रिविकालीन नर-निरुक्त योगी को आयुक्त के रूप में सम्बन्धित विशेषांक की प्रमाण साझा करने में सहायता होती है।

मनचाहे है कि आभासी संध्या दीपक हमारे संघर्ष के पर्याप्त है "योग सम्मान" में योगराज्य की प्रतिष्ठा के रूप में सन् 1968 में धारा लें जब है। पृथ्वी भाषादीप का समायोज्य द्वारा पर 2010 में संस्कृत के लिए आसान बनाने वाले योग परमेश में उन्नति प्राप्त किया गया।

श्रीमला अभियंता को "वैविध्यधाम योग संस्थान" के निवासन शिक्षण, संस्कृति के रूपों और अन्यगोरी योग में उपचार का निर्माण करने वाले गरीब को प्रमाण तथा प्रमाण प्रदान करने वाले विचारक है।

अभी देशभर अभियंता, सान्तान्ति, संस्कृति दीपक की प्रमाण साझा करने वाले विचारक है।

"योगशाखा कुवालयानंद, विजयपुरी, गढ़वाल धार्मिक।"

सिद्धिविधि, सभी भूमि, सम्पत्ति गोरू उपयोग।

फाँसी: योग संस्थान ने आर्य को संस्थापन का नाम जन-मानस तक पुरस्कार के लिए है, संस्कृतिक तथा जन-मानस के रूप में प्रवृत्तियों की प्रमाण निर्माण की।

सोनारा, अभी "योग, विचारंक" और "योग, विचित्रित" के 180 में जाने जाती है 1.अभी: योग संस्था, तीव्र अभियंता के बीच से है जो नए आश्विन संस्था का समय बनाने आया है।

अभी शहीद समाधी, ध्यान-मनोरंजन से आसान मनोरंजन संस्था की सेवा करने तथा उन्मित अभियंता के साथ है।

श्रीमती संध्या दीपक

योगशाखा, वैविध्यधाम, लोहारू, गढ़वाल

लिखित - 8 फरवरी, 2019,

मोटियादम, लोहारू, गढ़वाल उपयोग उपयोग के तहत

स्वामी महेशत्मानंद

अभियंता, केंद्रीय वैविध्यधाम, लोहारू, गढ़वाल
‘Prabalatwam’ A Post Covid Recovery Program

Happy & Healthy Days are back again “Kaivalyadhama presented “Prabalatwam” A Post Covid Recovery Program. This program was especially designed for the individuals who have recovered from COVID-19 and are looking for bouncing back to their fighting fit health status, particularly, through improving their lungs capacity, total body detoxification in ridding off the medication effects and discovering their best efficiency and effectiveness in their work a day life & living, and above all, accessing their own peace and harmony within! To apply and know more: https://kdham.com/post-covid-recovery-program/

This program was a successful venture and had many patrons who took advantage of this opportunity to get back to normal.

HHCC-Health Care Staff gets Trained Professionally

Cyclone Nisarg did not spare Kaivalyadhama

The mayhem and devastation of Cyclone Nisarg did not spare Kaivalyadhama. It uprooted trees, crumbled buildings; shake walls, dissembled electric poles. It was like a scene of a war zone. The photos of the destruction will tell the story. We salute our unsung heroes. Big thank you to the never say die spirit of the workers of Kaivalyadhama. They put their every might to set the ashram back to normal within 2 days.

Severe Cyclonic Storm Nisarg was the strongest tropical cyclone to strike the Indian state of Maharashtra in the month of 2 June since 1891. It was also the first cyclone impact to Mumbai since Cyclone Phyan of 2009.
FOUNDATION DAY ON THE DUSSERA

INTERNATIONAL CONFERENCE 2021

Date: 28th to 30th Dec 2021.
Theme: “Yoga and Mind - a journey from chaos to peace”
Mode of conference: Hybrid model

CONTRIBUTION of FUNDS for YOGA

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

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

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

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

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

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

Swami Kuvalayananda
1883-1966
FOUNDER
Kaivalyadhama Yoga Institute

Our Products are Now Online!
One stop shop for everything yogic, books & products
Order Online from the comfort of your homes
Visit: www.kdhamproducts.com

All donations to Kaivalyadhama are exempted under Sec 80(G) of Income Tax Act for 50% deduction
The year has been tumultuous and uncertain but we kept the faith and drew from the blessings and inspiration of Swami Kuvalyananda and moved on with our programs of online, onsite surely but steadily making inroads in spite of the hurdles taking every precaution and care.

Hopeful persons are not merely optimistic or wishful thinkers. They are realistically aware of their circumstances and challenges; yet maintain a hopeful, positive outlook; and work with motivation and commitment towards achieving their goals. Trust in a loving, caring, and provident God; and connection with supportive persons help them to remain motivated amidst Setbacks. Hopeful persons enjoy a sense of self-efficacy, positive well-being, and are often successful in life. Their lives inspire and motivate others as well. (Developed with insights from: Elaine Houston, What is Hope in Psychology + 7 Exercises & Worksheets. https://positivepsychology.com/hopetherapy)

Benefits of Being Hopeful
Several researches have shown that persons who are hopeful...

- Enjoy an enhanced sense of self-esteem and well-being
- Cultivate positive relationships
- Demonstrate good academic or athletic performance
- Are less anxious and are more satisfied with their lives.

We hope the year 2021 bring in more joy, peace good health and joy