

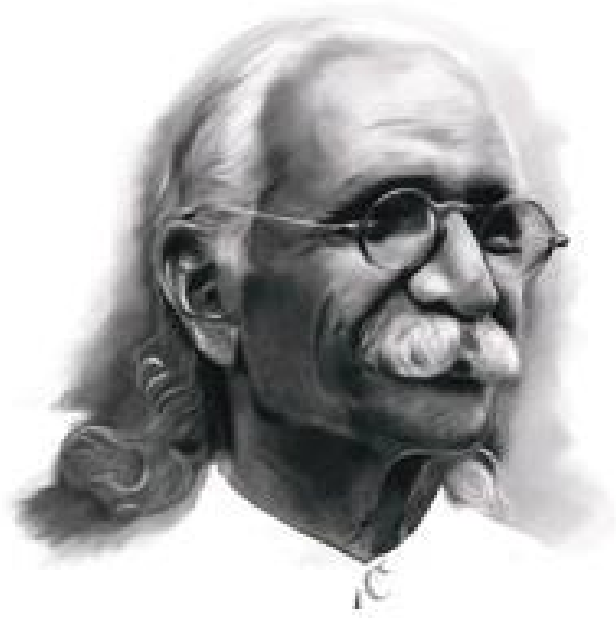
**KAIVALYADHAMA**

Where Yoga tradition and Science meet

"Any act of kindness,  
no matter how small,  
is never wasted"

## MESSAGE OF SWAMI KUVALAYANANDAJI

FOUNDER OF KAIVALYADHAMA



SWAMI KUVALAYANANDAJI

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

“Will intelligent and capable youth come forth to carry this message to every individual, not only in India, but also to every other part of the world?”

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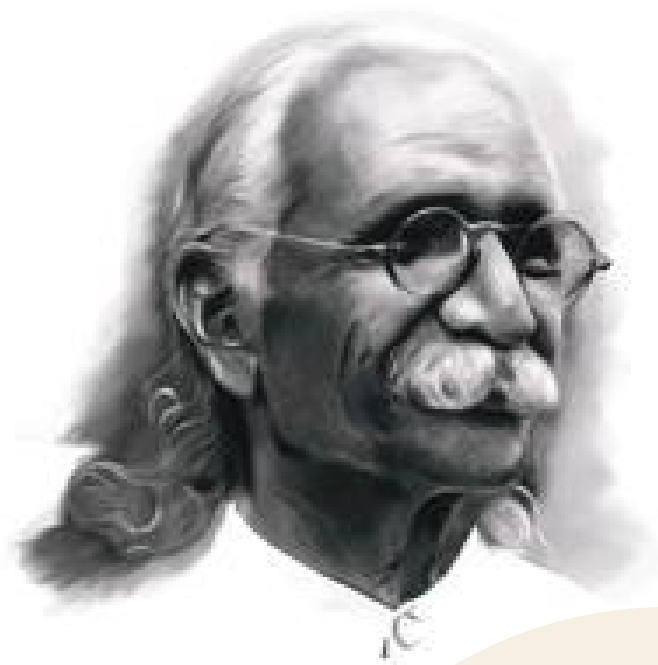
दातव्यमिति यद्यानं दीयतेऽनुपकारिणे |  
देशे काले च पाले च तद्यानं सात्त्विकं तव स्मृतम् ॥

दान देना हि कर्तव्य है -ऐसे भाव से जो दान देश तथा काल और पाल के प्राप्त होने पर उपकार न करने वाले के प्रति दिया जाता है, वह सात्त्विक कहा गया है ॥20॥

Shloka 20

A charity which is offered as a humble duty, at the proper time and place, to a worthy person and without expectation of any returns, is considered to be the DIVINE CHARITY, in the mode of goodness.

*Bhagvad Gita – (Chapter 17 Text -20)*



**Swami Kuvalayananda**  
The Founder

## Kaivalyadhama Leadership



**Justice Srikrishna**  
Retd Judge – Supreme Court  
Chairman – Advisory Board



**Shri O P Tiwari**  
Student of Swami  
Kuvalyananda  
Chairman, Kaivalyadham



**Shri Subodh Tiwari**  
CEO | Hon. Secretary,  
Kaivalyadham

## Board of Advisors

- ▶ **Justice (Retd.) Shri B. N. Srikrishna**  
Former Judge Supreme Court of India
- ▶ **Dr. D. R. Karthikeyan, Padmashree Awardee**  
IPS, Former Director General CBI, President – Foundation for Peace, Harmony & Good Governance
- ▶ **Dr. Rajan Welukar**  
Vice Chancellor, Atlas SkillTech University, Mumbai
- ▶ **Shri B. C. Khatua, IAS**  
IAS, Former Secretary, GOI
- ▶ **Shri Sashikant Savale**  
Former Charity Commissioner, Maharashtra
- ▶ **Shri P. H. Parekh, Padmashree Awardee**  
Senior Counsel Supreme Court
- ▶ **Shri Prasad Menon**  
Former Chairman, Vistara Airlines
- ▶ **Dr. Anand Gokani**  
MD, Diabetologist



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## Kaivalyadhama in a Nutshell

**Kaivalyadhama was founded by Swami Kuvalayananda in 1924.**

It is a pioneering institute for synthesis of classical yoga and scientific research. It focuses on research, training and health care in Yoga. It has impacted thousands of people globally including stalwarts like Mahatma Gandhi, Pandit Motilal Nehru, Dr. B. R. Ambedkar etc. Kaivalyadhama has centres across 16 locations worldwide: six in India and ten in other international locations across Europe, Americas and Asia.



### Recognitions received...

- All-India level institute for higher learning in Yoga
- Nodal Institute for Promotion of Yoga in Schools
- Scientific Research Institute under SIRO

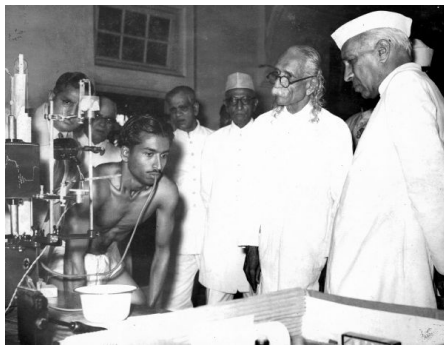


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## Major Departments



### Scientific Research Department (SRD)

- Revolutionary experiments and investigations on effects of yoga on various biochemical, physiological and psychological parameters of the body.
- Recognized as an Institute of Scientific Research by SIRO.
- Path breaking research on the impact of Yoga on Cancer, Chronic diseases, Gene therapy, Auto Immune diseases.



### Philosophical Literary Research Department (PLRD)

- Fundamental research in Yoga, Philosophy and Literature.
- Library of over 30,000 books and 240 Yoga Manuscripts.

### Therapy and Health Care

- Residential programs with Yoga, Ayurveda, Naturopathy, Weight Management, Pain Management, Healing program, Auto-Immune disorders, Post Covid Recovery program (Prabalatwam), Intensive Yoga (Sadhana) for health care, detoxification and rejuvenation.
- Over 5000 people benefit annually at Lonavala.



### Training & Education

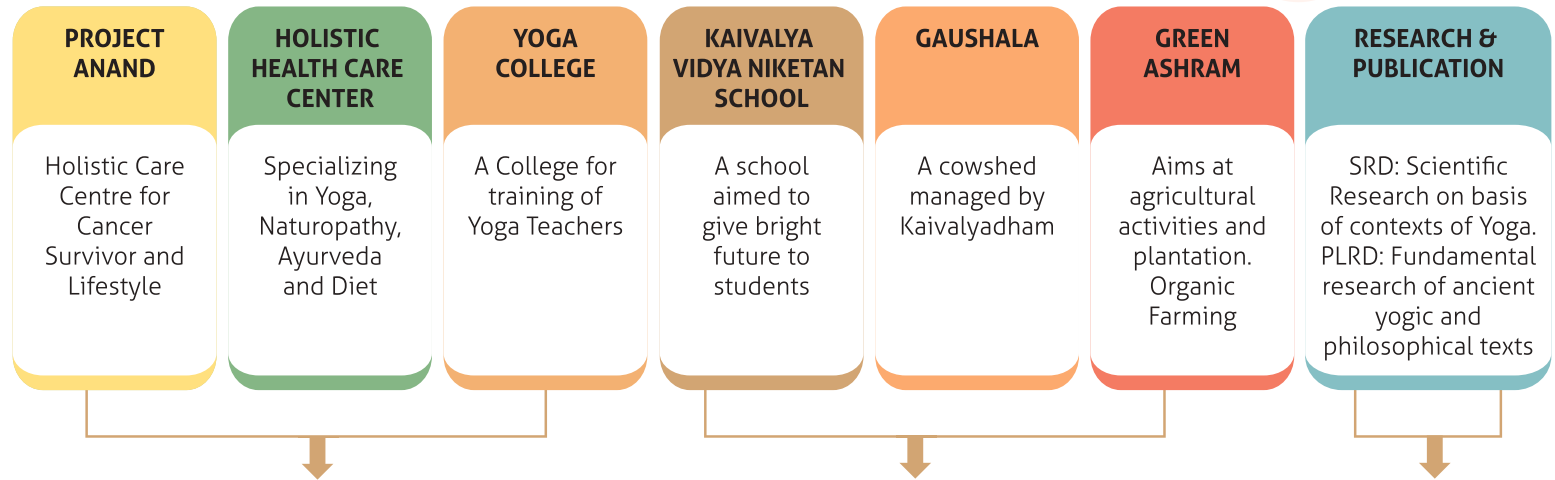
- Gordhandas Seksaria College of Yoga and Cultural Synthesis.
- We take pride in being the World's first Yoga College to extend theoretical and practical knowledge in Yoga and Yoga-related fields. Offering Full-time Residential courses for Degree/ Diploma and Certificate courses.
- Our students from 60+ countries now teach across continents.

Your Contribution can  
make a Difference



# KAIVALYADHAMA

## DONATION Avenues



### A. FOR INDIAN DONORS

For Project Anand, Holistic Health Care Centre and Yoga College	For Kaivalya Vidya Niketan, Gaushala and Green Ashram	For Research
<b>Bank</b> : State Bank of India, Lonavla (Current A/c) <b>Account Name</b> : Kaivalyadhama S. M. Y. M. SAMITI <b>Account No.</b> : 38959342987 <b>IFSC Code</b> : SBIN0000555	<b>Bank</b> : ICICI Bank, Lonavla <b>Account Name</b> : Kaivalyadhama <b>Account No.</b> : 059505000135 <b>IFSC Code</b> : ICIC0000595	<b>Bank</b> : Canara Bank, Lonavla <b>Account Name</b> : Kaivalyadhama S. M. Y. M. SAMITI <b>Account No.</b> : 53262160000076 <b>IFSC Code</b> : CNRB0015326
<i>(Tax Exemption: All donations under this account are 50% exempt under Section 80G of the Income Tax Act.)</i>	<i>(Tax Exemption: All donations under this account are 50% exempt under Section 80G of the Income Tax Act.)</i>	<i>(Tax Exemption: All donations under this account are 100% exempt under section 35(l)(ii) of the Income Tax Act.)</i>

### B. FOR INTERNATIONAL DONORS

Please connect with us on [contribute@kdham.com](mailto:contribute@kdham.com)

Website Link: <https://kdham.com/donate-page/>

**Address: Swami Kuvalyananda Marg, Lonavala 410401, Dist. Pune, Maharashtra, India**



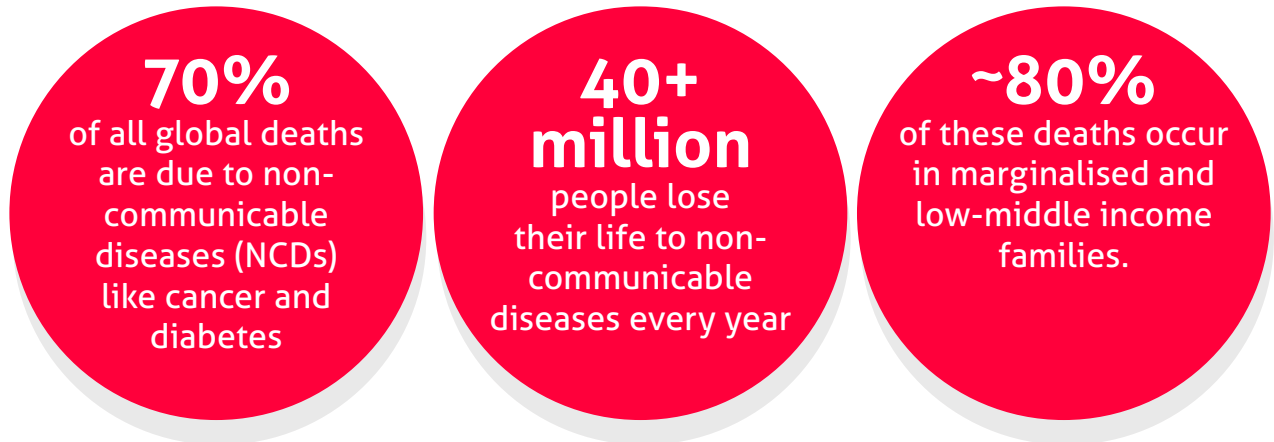
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## PROJECT ANAND

Holistic Care Centre for Cancer Survivors and Lifestyle Conditions

### The Problem



### The Good News!

These deaths are preventable. Precious lives could be saved.

At Kaivalyadhama, we conduct evidence-based scientific research, which proves the effectiveness of holistic care and Yoga Practices in dealing with non-communicable diseases.

However, due to limited infrastructure and staff, we feel guilty for being unable to serve more than 75% of the people who reach out to use.



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## The Solution



We are constructing Project Anand to help cancer patients and those affected by lifestyle conditions.



This center will be located within our Lonavala campus to effectively serve those who are suffering.



We envisage to provide accommodation, treatment and therapies as per the needs of the cancer survivors and people affected by NCDs.



Wouldn't you help the Cancer Survivors and people affected by lifestyle conditions?



## DONATION AVENUES

1. Sponsor ONE new room for Cancer/NCD patients	One time	Rs. 20,00,000
2. Sponsor Holistic Care Program for ONE Cancer/ NCD patient for TWO weeks (Includes Stay, Meals, Yoga, Therapies).	One time / Yearly subscription	Rs. 50,000
3. Sponsor Ayurveda for a Cancer/NCD Patient for a week.	One time / Yearly subscription	Rs. 15,000
4. Sponsor Naturopathy for a Cancer/NCD Patient for a week.	One time / Yearly subscription	Rs. 8,000
5. Sponsor Yoga Therapy for a Cancer/NCD patient for a week.	One Time	Rs. 5,000
6. Bricks for Project Anand - Per Brick.	One Time	Rs. 500

We do have a separate Brochure for Project Anand, we can provide you with it if you are interested.

naturopathy  
ayurveda

relaxation

weight management

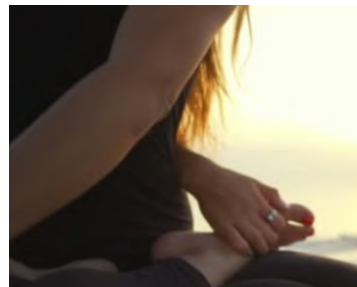
**Kaivalyadhama is visited by over 5,000 people every year. People come for weekly packages consisting of yoga and relaxation, panchkarma, ayurvedic therapy, naturopathy and massage therapy. Weight management.**



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## Holistic Health Care Center



- **Yoga + Relaxation**
- A week of learning yoga and relaxing in nature.



- **Yoga + Naturopathy**
- Naturopathy is a natural healing technique using the healing powers of nature.



- **Yoga + Ayurveda**
- The word 'ayurveda' means 'the science of life'. It is a complete ancient medical system.



### Yoga For Weight Management

through naturopathy, diet and yoga

If you are not suffering from any health issues, but just think that you are not being able to perform to your best, our detox program is just the solution for you. Our program does not require you to fast or simply stay on soups and juices. We focus on removing processed food from your diet by encouraging you to eat wholesome food, fruits and vegetables. Also, detoxification is a wonderful way to kick-start weight loss.



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## Holistic Health Care Center



## DONATION AVENUES

1. Sponsor Ayurvedic Treatment for One poor patient for one week	One time / Yearly subscription	Rs. 15,000
2. Sponsor Stay for One poor patient for one week with meals and yoga therapy	One time / Yearly subscription	Rs. 8,000
3. Sponsor Naturopathy Treatment for One poor patient for one week	One time / Yearly subscription	Rs. 8,000
4. Sponsor food for One Poor patient for One week	One Time	Rs. 3,500
5. Contribute towards Room Renovation Fund	One Time	As per wish



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## Yoga College

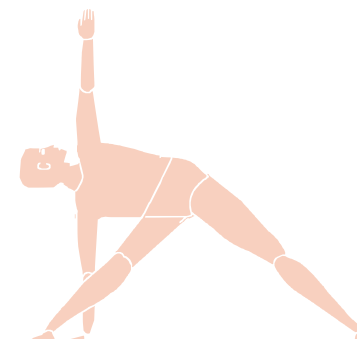
The Gordhandas Seksaria College of Yoga and Cultural Synthesis, theoretical and practical training for Certificate, Diploma, Advanced Teacher Training, Yoga Therapy and Specialist Courses for Management Development.





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## Yoga College



## DONATION AVENUES

1. Partial Scholarship for Meritorius students - ONE Student PG Diploma (Study, Stay and Meals) - 9 months Course	One time / Yearly subscription	Rs. 51,000
2. Partial Scholarship for Meritorius students - ONE Student CCY ( Study, Stay and Meals) - 1 month course	One time / Yearly subscription	Rs. 21,000
3. Sponsor Hostel Stay and Meals for One economically weak student for One month	One time / Yearly subscription	Rs. 11,000
4. Sponsorship for uniform of economically weak students - 1 Set	One time / Yearly subscription	Rs. 2,000
5. Contribute towards Common Fund for helping economically weak students with fee discounts.	One time / Yearly subscription	Rs. 10,000
6. Contribute towards New Hostel Building Fund	One Time	As per wish

## Kaivalya Vidya Niketan

### A School that was...

- ▶ ...Born out of an urge to serve the society.
- ▶ ...A dream of a sage, Swami Kuvalyananda to satisfy the thirst of knowledge in the humblest homes.
- ▶ ...Set up on the tapobhoomi of the visionary yoga leader, having served selflessly throughout his life.
- ▶ ...Founded with the primary intention of service from the heart.





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## Kaivalya Vidya Niketan

### A place where the girl child is honoured and women empowerment practiced

- Head of the institution is a woman.
- 95% of the teaching staff and 60% of MSW are women.
- Office administration is manned by 100% women staff.
- The school Canteen is run by a woman entrepreneur.
- The four House leaders are all girl students.
- We have a Girl Guide movement in full action which is also supervised by two lady teachers.
- The school proposes to sponsor free education to 50 girl students from Nursery to Senior Secondary (15 years).
- 80% Class Parent Representatives are women. The students' Council is headed by a Girl Student.



## Kaivalya Vidya Niketan

### Empowering the Economically weaker sections of the society

- We guide and assist students so as to enroll themselves for the 25% free seats, under the provisions of the RTE Act (2009) as envisaged by the Government of India.
- There has been a steady rise in these enrolments over the years and 100% enrollment is ensured under the RTE category.
- A Support fund has been set up within which we encourage parents to donate on the occasions of children's birthdays, in order to support the students falling under the ambit of EWS category.
- Teachers contribute to this fund by raising money through various events like Balmela, and book fairs. This fund is utilized for the stationery and uniforms to the needy ones.
- The school has a system of Out-of-school donors who wish to help out the students in their need.



- The school supports its staff at the times of dire needs in emergencies like hospitalization and other serious issues monetarily.
- Audit reports all the donations are scrutinized and Audited by a team of Internal and External auditors duly certified by a C.A.
- Donations received for the purpose are covered under 80 G of the IT Act and are exempt from Taxes.



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## DONATION AVENUES

### Kaivalya Vidya Niketan School



1. Contribute towards Common Fund for helping economically weak students with fee discounts.	One time / Yearly subscription	As per wish
2. Sponsoring of fees for One economically weak student/s (from 01 - 12 yrs of schooling).	One time / Yearly subscription	Rs. 30,000
3. Sponsoring books and stationery for one economically weak student/s (from 01 - 12 yrs of schooling).	One time / Yearly subscription	Rs. 5,000
4. Sponsoring uniform set for one economically weak student/s (from 01 - 12 yrs of schooling).	One time / Yearly subscription	Rs. 5,000

### Infrastructure Development

5. Contribution towards School Infrastructure Development Fund.	One time / Yearly subscription	Rs. 10,000 onwards
6. Sponsoring upgradation/maintenance of play ground.	One Time	Rs. 15,000
7. Contribute towards Sports and Talent Development Fund.	One Time	Rs. 25,000
8. Contribute towards Computer Lab Development Fund.	One time	Rs. 40,000



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## Gaushala

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

The words of Lord Caitanya Mahaprabhu, the greatest authority, herein clearly indicate that one becomes pious simply by keeping cows and protecting them." – Caitanya Caritamrta, Adi Lila 17.111

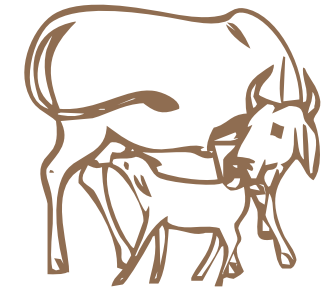


If you live in a place where you cannot maintain cows personally, you can engage in cow protection by adopting one of our resident cows, bulls or calves. You can donate for one month, one year or lifetime feeding and care. For one year and lifetime adoption, you can perform worship of the adopted cow with the assistance of a Goshala priest. In case of lifetime adoption, you can perform the worship every year on your preferred date. Become a Lifetime Adoption member and we will also send you regular updates and photos of your adopted cow. If you are living in a skyscraper of a city and have not place Adopt a tree, grow an herbal plant, we will put your name close to the plant and look after it for you. Plant a tree and save the environment for a better future.



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## Gaushala



## DONATION AVENUES

1. Donation towards Gaushala Common Fund	One Time	As per wish
2. Sponsor for fodder for 1 cow for 1 day	One Time	Rs. 500
3. Sponsor 1 day food supplements to all cows (Jaggery)	One Time	Rs. 1,100
4. Sponsor for 1 day for nutrients to all cows (Kadwa Kutti)	One Time	Rs. 2,100
5. Sponsor for 1 day of raw fodder (Hara Chara) to all cows	One Time	Rs. 3,500
6. Sponsor for fodder for 1 cow for 1 month	One Time	Rs. 6,000
7. Sponsor for medication for 1 month for all cows in the shed	One Time	Rs. 9,000
8. Sponsor for 1 day seva for all cows in the shed	One Time	Rs. 11,000
9. Sponsor for extension of Cowshed	One Time	Rs. 1,00,000 onwards



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## Green Ashram



The vacant land of the trust is used for the purpose of agricultural activities and plantation. In some fields 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 is also very economical as far as the consumption of 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. Come visit our herbal garden, experience the hidden gifts of mother nature.



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## Green Ashram



## DONATION AVENUES

1. Sponsor toward common fund	One Time	As per wish
2. Adopt a plant in our herbal garden	One Time	Rs. 1,000
3. Sponsor ONE solar panel street light	One Time	Rs. 9,000
4. Adopt a Tree for a year (Name of the donor will be displayed appropriately)	One Time	Rs. 10,000
5. Adopt the group of 12 herbal plants	One Time	Rs. 10,000
6. Sponsor ONE electric buggy	One Time	Rs. 3,00,000

## Scientific Research

The Scientific Research Department (SRD) is a ninety-year old pioneer and premier scientific yoga research set-up. SRD's research-based findings immensely contribute to the acknowledgment of yoga as a science, amongst the scientists, academicians and medical people, as well as, contribute to the spread of awareness related to yoga and its cost-efficient health benefits among the general public.





## DONATION AVENUES

### Sponsor to Common Fund

1. For any Research project	One Time	As per wish
2. For publication of book for SRD	One Time	As per wish
3. Training programmes	One Time	As per wish
4. Infrastructure & Instruments for research	One Time	As per wish



## Philosophico-Literary Research

The Philosophico-Literary Research Department is primarily concerned with the qualitative aspects of Yoga, which broadly has ethical, Social, Philosophical, Therapeutical and Spiritual dimensions. To unfold and promote these dimensions, PLRD is continuing the legacy of Kuvalayananda in following ways-

- By ways of unfolding the ancient yogic wisdom, which is embodied in Sanskrit language scattered in different scriptures or still hidden in manuscripts.
- By way of critically editing the ancient yogic texts pertaining to the different concepts and practices and arriving at most authentic readings so that common people can apply this wisdom in their day to day life.
- By way of critical interpretation, conceptualization, translation etc. of various concepts, practices, their effects, ideas, values etc. with a view to promote yogic wisdom among the people.





## DONATION AVENUES

1. Sponsor to Common Fund for Research projects	One Time	As per wish
2. Sponsor to Research on Manuscripts	One Time	As per wish
3. Donate for purchase of books	One Time	As per wish



We make a living by what we get,  
but we make a life by what we give.



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Swami Kuvalyananda Marg, Lonavala, Dist Pune, 410403. Maharashtra. India

Contact Us

+91 072620 26878 / 02114 273001 | [contribute@kdham.com](mailto:contribute@kdham.com) | [www.kdham.com](http://www.kdham.com)