KAIVALYADHAMA

Where Yoga tradition and Science meet

Annual Report

2021-2022



Kaivalyadham Shreeman Madhava Yoga Mandira Samiti



Chairman's Message

I am very happy to present this Annual report of Kaivalyadhama S M YM Samiti. I feel proud to share that all Kaivalyadhama's academic, administrative and support staff stood the test of time during the inordinately threatening pandemic situation and have shown excellent courage, synergy and cooperation during the whole period and the consequent financial issues faced by the institution. Whatever we have achieved or whatever we have done in the field of research , training and treatment is nothing but achievement of our staff. They deserve all the credits. Please remember the last words of Swami Kuvalyananada,. He said that he has brought this institution out of nothing, and if it goes to nothing he doesn't mind but Yoga should never be diluted. This guiding line is an immortal statement for Kaivalyadhama's principles, policy and achievements. I am sure readers, contributors will be happy to read the details of our achievements. This is not the end, we are doing our best to see how practical aspects of Yoga can be explained scientifically which can be verified. As our founder said "Nothing will appear in our reports which has not been scientifically experimented and investigated thoroughly". Same holds true for our receipts and expenditures. We have kept honesty at the highest level because the guiding line is with us is to better close rather than dilute. I want to thank all my staff and people connected directly or indirectly with Kaivalyadhama. I hope they will continue to send their suggestions and guidance so that we grow every day.

Shri O.P. Tiwari
Chairman, Kaivalyadhama

From The CEO's Desk



The pandemic continued and generated great challenges. However, it also gave us the possibility of deeper introspection and realignment.

At the institute we continued to strive towards providing health care services throughout the year and also Yoga education in our college. A very interesting aspect was that, individuals came with a thirst of spiritual experience rather than only looking at Yoga at physical level. This enriched their experience and it also enhanced the possibilities of their growth. The last year also witnessed a growth in the online offerings from Kaivalyadhama studios. It gave us an opportunity to reach those at various corners of the globe, which we otherwise would not have. We do have limitation in online teaching, but what is encouraging is, that the philosophical aspect can be easily conveyed with simple experiential part. This has the possibility of laying out strong foundation for individuals, with a wish list of visiting the institute in near future.

The infrastructural development could also be facilitated to a great extent. This may have happened due to ability to focus and complete tasks at hands from long time. The physical spaces in the institute are important for the experience which one gets. Renovation, up-keep and new creation.

In the month of June, we were faced with a large vacuum when our Chairman Swami Maheshanand ji left the mortal coil on the 28th of June 2021. We saw in reality, the grace and spiritual strength with which he embraced the ultimate truth and merged with the divine energy. He would be missed dearly. His simplicity and humility would always serve as the guiding light.

The theme of the International Conference was inspired by Swami Maheshanand ji. The third wave of COVID 19 was rising, but with great precaution and precision we were able to conduct the International Conference in Hybrid mode. The delegates had a pleasant experience, since, after almost a year and half there was a public gathering and the energies could be shared.

Project Anand – the center for cancer survivor and lifestyle conditions slowed down during the pandemic. However, we were able to complete the first stage of Phase 1, i.e. the civil works for the 18 rooms and the administrative buildings. We are hoping to be able to complete the first phase by the 2023 October when we launch our centennial year celebrations. A blessing in this year was the generous support of Justice M.L.Pendse Foundation towards the project. It shall be named as "Justice M.L.Pendse centre for cancer survivor and lifestyle conditions".

Kaivalyadhama continues to play important role in the policy making at various levels. Its representative was nominated as member of Yoga Certification Board, GB of Inter University Centre for Yogic Science, and GB of National Council for Teachers Education and also Member of the High Impact Task Force on Yoga Research by CCRYN. The institute will ensure that it can contribute its might towards strengthening various bodies in which it has been asked to represent.

We had some good publications from our scientific research department in reputed research journals

a) Verma Anita, Shete, S. U., Doddoli, G., Pandey S., Bhutada, J., & Bhogal, R.S. (2021). Integrated therapy for post-COVID complications: A case report. J Ayurveda Case Rep, 4, 134-7.
b) Verma Anita, Shete, S. U., Ritu, Prasad, Badave, A., Pathak, S. (2022). Yoga and Naturopathy Treatment for Insomnia: A Case Report. Journal of Primary Care Specialities, 3(1), 19-22.
c) Tiwari, S., Sharma, S., & Verma Anita. (2021). Integrated therapy as a tool to help fight asymptomatic COVID-19: A case report. Journal of Integrative Medicine Case Reports, 2(2), 55-57
d) Rajbhoj, P. H., Bhogal, R. S., & Bhalekar, S. D. (2021). Neti Kriya as a therapeutic intervention for chronic allergic rhinitis. Indian Journal of Community and Family Medicine, 7(1), 63.
e) Tolbaños-Roche, L., & Menon, P. (2021). Applying the S-ART framework to yoga: Exploring the self-regulatory action of yoga practice in two culturally-diverse samples. Frontiers in Psychology, 12, 2674.

The Philosophico-Literary research department is also engaged in interesting research works. This will attract a lot of collaboration and great contribution towards the field.

a) Yoga Heritage and Culture Project
b) Study of the elements of Yoga in (10 +1) Principal Upanishads: Monograph Series
c) Critical Study and Philosophical Analysis of Unpublished Manuscript Astangayoga Nirnaya of Samkaracharya
d) Study of the Principles of Causality: In the Perspective of Ancient Indian Wisdom and Modern Science, Indian Council of Philosophical Research, Govt. of India
e) Critical study of the unpublished Manuscript Rajayogamrita: Umamaheshwarasamvada.
f) Critical study of the unpublished Manuscript Saptabhumi.

The G.S.College of Yoga and Cultural Synthesis continued its academic activities, in-spite of the great challenges. All the residential courses were going on and at the same time the classes were also being conducted on online mode. This may sound simple, but execution of the same took a lot of coordination and playing around with technology. But all the staff members came together and were able to execute the tasks with great efficiency.

We are grateful to the Ministry of Education and NCERT for their continued support. We thank the advisory board for your continued guidance, the Members of the Governing Body, who come from various walks of life, to have led the progress. The Life Members of the Trust, who are the bed rock to ensure that the principles of the institute remain intact. The Members of Core Committee who are professionals in their own fields, but have chosen to contribute to the development and progress of the institute. The strength of institute manifests through its family members, and we are proud to have a dedicated, devoted and a disciplined force with us. Our heartfelt thanks to our participants , students and well-wishers who continue to repose their faith and trust in us. The institute is here , primarily to take the message of Yoga to the humanity.

सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः

Shri Subodh Tiwari

CEO, Kaivalyadhama

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Kaivalyadhama

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

- Swami Kuvalayananda, Founder, Kaivalyadhama

Swami Kuvalyananda (30 August 1883 – 18 April 1966) was a great visionary known for his single-minded calling to make Yoga a scientific quest and teach Yoga for health and happiness. In 1924, he established the Kaivalyadhama Health and Yoga Research Centre in the tranquil settings of Lonavala in Maharashtra's Pune district. 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 with the distinct purpose of merging yoga tradition with science, to make this knowledge relevant and accessible to the world. Through his wisdom, he imparted holistic fitness of the outer physical body and inner equilibrium of the mind.

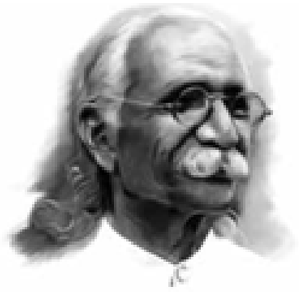
Swami Kuvalyananda's grit made Kaivalyadhama the oldest and most pioneering Yoga institutes in the world for conducting scientific research in Yoga, while retaining the essence of traditional Yoga.

Kaivalyadhama teaches and follows the undiluted principles of traditional Ashtanga Yoga of Patanjali, the yogic seer of the eighth century. His notable students were Mahatma Gandhi, Pandit Madan Mohan Malviya, Dr. B. R. Ambedkar, Pandit Motilal Nehru, Pandit Jawaharlal Nehru, Dr. Rajendra Prasad, Dr. H.V. Kamath, Mr. J. R. D. Tata, Mr. G. D. Birla.

Swami Kuvlayananda's message was "I have brought up this institute out of nothing. If it goes to nothing, I do not mind, but Yoga should not be diluted." Kaivalyadhama is following this legacy till date under the guidance of Shri 0. P. Tiwari who is Chairman of the Institute and responsible for executing decisions of the Governing Body.

Kaivalyadhama's scientific foundation is upheld by the ancient guru-shishya tradition. This ancient tradition emphasises the importance of first-hand experiential knowledge, passed on for generations from a teacher to the student. 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 aspect.

The warm and restoring environment at Kaivalyadhama and its eco-friendly campus sprawling over one hundred seventy acres of land, provide the right ambience for exploring the many benefits of Yoga by way of asanas (postures), **pranayama** (regulated breathing), and several other Yoga techniques. The serene vicinity attracts a variety of birds, wild animals, and butterflies for nature lovers. We serve around six thousand participants and students, for both therapeutic and educational purposes.



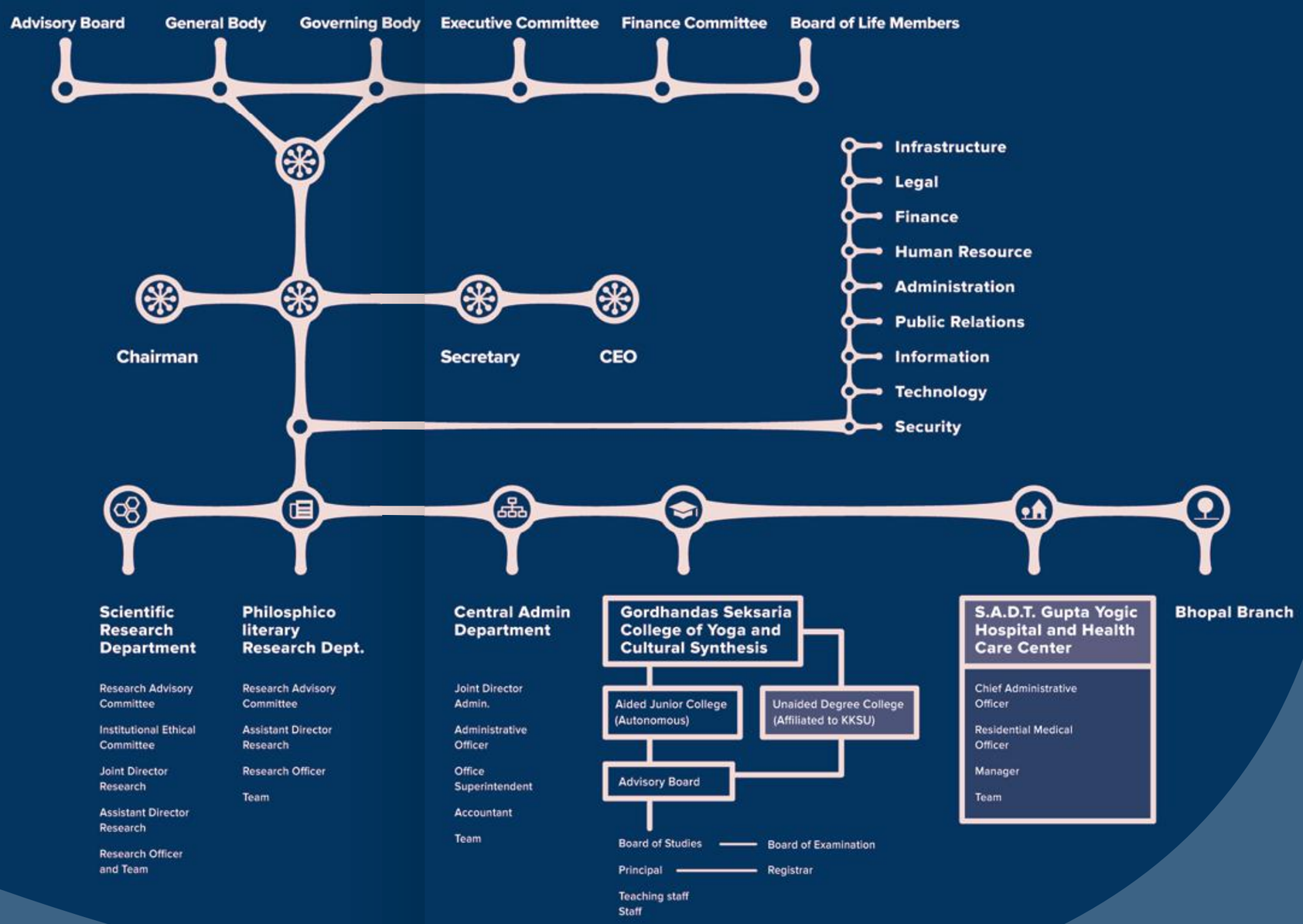
Diverse programs on our sophisticated online media platforms, ensure that this knowledge is made available across the globe, in the comfort of your home and convenience.

We at Kaivalydhama continue to combine advanced scientific discoveries with Yoga for creating synergies across health, education, and research in Yoga. Kaivalyadhama has 16 worldwide centres at present: six in India and ten in international locations across Europe, Americas, and Asia. In 1924, the institute published the oldest and first scientific Yoga journal, known as the **Yoga Mimamsa**, today recognised by UGC-CARE with other reputed medical publications.



Functional Representation of Kaivalyadham Shreeman Madhava Yoga Mandira Samiti

Kaivalyadham Shreeman Madhava Yoga Mandira Samiti



Operations

Governance of Kaivalyadhama

Advisory Board Members

Justice B.N. Shrikrishna (Retd.) - Former Judge - Supreme Court of India (Chairman)
Dr. D. R. Kaarthikeyan - Former Director CBI , Padma Shri Awardee
Shri P.H. Parekh - Senior Advocate and Padma Shri Awardee
Shri. Sashikant Savale – Former Charity Commissioner, Maharashtra
Dr Rajan Welukar - Vice Chancellor, Atlas SkillTech University Mumbai
Shri B.C. Khatua, IAS - Former Secretary GOI
Shri Prasad Menon - Former Chairman Vistara
Dr. Anand Gokani - MD, Diabetologist

Governing Body Members

Shri O.P. Tiwari - Chairman
Justice Dr S. Radhakrishan (Retd) - Former Judge, Bombay HC
Mahant Jagganathji Maharaj of Malsar, Gujarat
Shri Rakesh R. Seksaria
Shri Raj Kumar Seksaria
Director (SE) - Ministry of Education, Govt of India's Nominee
Director (IFD) - Ministry of Education, Govt of India's Nominee
CAO/IFA , NCERT
Director of Higher Education - Govt of Maharashtra
Shri Dinesh Panjwani - Secretary H(S)NC Board
Advocate Nivit Srivastava
Dr Srimanta K Ganguly - Former Principal, G.S. College, Kdham
Shri Ranjeet S. Bhogal - Joint Director - Research, KDham
Smt. P. L. Mandke - Associate Member, Kdham
Shri Subodh Tiwari - Hon Secretary & CEO

Executive Committee Members

Shri O.P. Tiwari – Chairman
Shri Dinesh Panjwani - Member
Prof. R. S. Bhogal - Member
Smt. P.L. Mandke - Member
Shri Subodh Tiwari - Secretary

Finance Committee Members

Shri. O.P. Tiwari – Chairman
Director IFD, Government of India
Director (SE), Government of India
CAO NCERT, Nominee
Director of Education (HE) , GOM
Shri. Subodh Tiwari – Secretary

Institutional Recognitions

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

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

3. Ministry of Science & Technology, Government of India, New Delhi
Recognition under the Scheme on Scientific and Industrial Research Organizations (SIRO's). Letter No.F.No.14/79/1988-TU-V dated 23rd March 2022. Recognition period 01.04.2022 to 31.03.2025

4. 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.

5. 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

6. 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

7. Kavikulguru Kalidas Sanskrit University, Ramtek (M.S)
Accorded the status as Research Centre in the subject of Yoga & Allied subject from the academic session 2020-21 to Gordhandas Sekaria College of Yoga & Cultural Synthesis vide letter no.KKSU/2019-20/BPD/39 dt.19.03.2020

8. Office of the Commissioner of Income Tax (Exemptions) Pune
Exemption under 11 clause (i) of first proviso to Sub-section (5) of Section 80G provisional approval No. AAATK1067BF dt.31.05.2021.

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

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

11. Kavikulguru Kalidas Sanskrit University, Ramtek (M.S)
Certified as Recognised Institute for Specialized Studies vide University letter KKSU/BPD/2019-20/92 dated 12.6.19 for one batch i.e Academic Year 2019-20 for following courses M.A. Yogashstra, B.A. Yogashastra.
They have continued this Affiliation for Academic Year 2021-22 also vide University letter dated 23.06.2021.

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
Advocate Shri Tushar Goradiya, Mumbai

Auditors

M/s R.M. Rajapurkar & Co., CA, Pune

Architects

Architect Smt. Gayatri, Lonavla
Architect Shri Naeem S. Dholkawala, Pune
Architect Smt. Revati Datar, Pune
Architect Shri Jital Choksi, Lonavla

IT Managers

M/s Indigenous Systems

Website & Media Management

Digital Flame

Collaborations And Affiliations

NATIONAL

1.	**Saurashtra Medical & Educational Charitable Trust, Project 'Life'** Educational	**Rajkot, Gujarat**
2.	**Parshwanath Vidyapeeth** Training	**Varanasi, UP**
3.	**Shreemati Nathibai Damodar Thackersey (SNDT) Women's University** Educational & Research	**Mumbai, Maharashtra**
4.	**Sri Balaji Vidyapeeth** Research	**Puducherry**
5.	**Sikkim University** Educational & Research	**Gangtok**
6.	**Ritambara Prajna** Educational & Research	**Howrah**
7.	**Govt. of Maharashtra (GR)** Healthcare	**Maharashtra**
8.	**DSVV - Dev Sanskriti Vishwavidyalaya** Educational	**Haridwar, Uttarakhand**
9.	**National Institute for Research in Reproductive Health (NIRRH)** Research	**Mumbai, Maharashtra**
10.	**MIMER Medical College, Talegaon Dabhade** Healthcare	**Maharashtra**
11.	**MGM Hospital** Research	**Navi Mumbai, Maharashtra**
12.	**Savitribai Phule Pune University** Educational/ Healthcare	**Pune, Maharashtra**
13.	**Vichar Kranti Manch** Educational	**Jammu Kashmir**
14.	**SSSP(Sanskriti Sanvardhan and Sandshodhan Pratishthan)** Research	**Mumbai, Maharashtra**
15.	**SVIMS** Educational	**Pune, Maharashtra**
16.	**CCRYN** Research	**New Delhi**
17.	**Arka Ventures** Strategic Partnership	**Maharashtra**
18.	**B.N Purender Arts & commerce college, Valvan** Educational & Research	**Lonavla, Maharashtra**
19.	**Rhythm of Life Hotel** Strategic Partnership	**Lonavla, Maharashtra**
20.	**Gokhale Education Society** Educational	**Maharashtra**

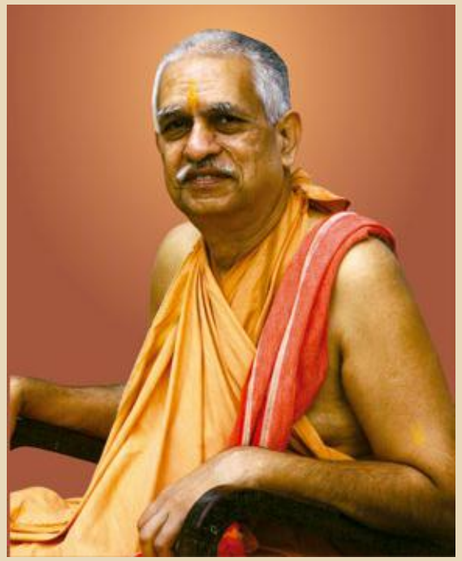
INTERNATIONAL

1.	**Bodhi Yoga, Taipei** Educational	**Taiwan**
2.	**IEPY (Inatituto de Ensino e Pesquisas)** Educational	**Brazil**
3.	**Loyola Marymount University, Los Angles** Educational	**USA**
4.	**Wellness Chandra** Educational	**Japan**
5.	**Yoga Lite** Educational	**France**
6.	**CEEC Inc** Research	**USA**



Branches Across The World

Swami Maheshanandaji



1950-2021

न जायते म्रियते वा कदाचि
नायं भूत्वा भविता वा न भूयः ।
अजो नित्यः शाश्वतोऽयं पुराणो
न हन्यते हन्यमाने शरीरे ।। २० ।।

na jāyate mriyate vā kadāchin
nāyam bhūtvā bhavitā vā na bhūyah
ajo nityah śhāśhvato 'yam purāno
na hanyate hanyamāne śharīre

The soul is neither born, nor does it ever die; nor having once existed, does it ever cease to be. The soul is without birth, eternal, immortal, and ageless. It is not destroyed when the body is destroyed.

ॐ शांतिः शांतिः शांतिः ।

A Tribute

Swamiji left his mortal coil on 28th June at 1:50 pm. He was a chairman and spiritual guide of Kaivalyadhama for more than 3 decades, he guided the institution towards maintaining simplicity and authenticity and a sense of purpose in Yoga, keeping aloft always the vision of the founder. Swami ji succeeded Swami Digambar-ji as a spiritual guide of the institute. He lived in the “kuti” for all the three decades with a very simple lifestyle. He lived a minimalistic life in deep contemplation and in a very humble manner. His simplicity and depth of under- standing was inspirational.

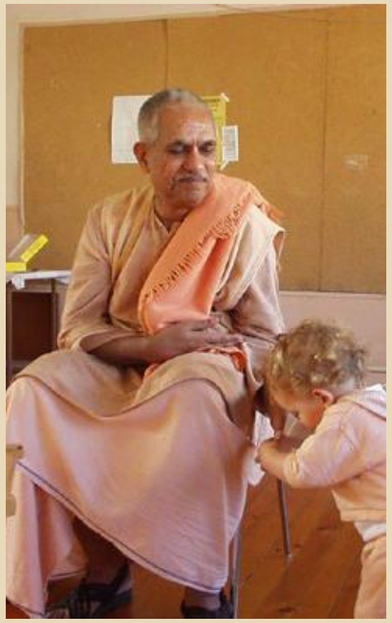
A Samadhi has been built as his resting place in the kuti near the samadhi of Swami Digambarji, a place where he spent so many decades and a place, which is abundant with spiritual energy. The practice of ‘swadhyay’ and ‘havan’ will continue with dedicated ‘sadhaks’.

We present few of the tributes and eulogy.

It is still difficult to believe that revered Swami Maheshanand ji is no more. He was a spiritual beacon, a man of few words but an inspiration to all around him. His serene visage, radiating love and kindness for one and all, will always be remembered with love and reverence. May his soul attain moksh and eternal peace and his spiritual presence guide all of us. Om Shanti, Shanti, Shanti.

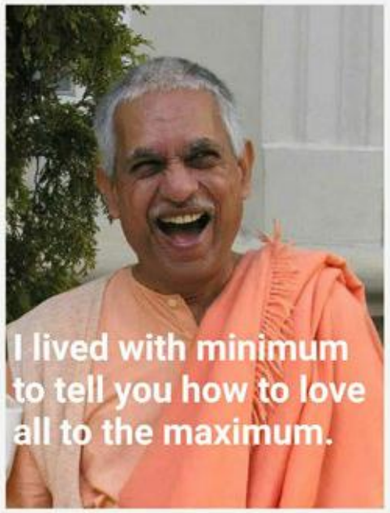
- B C Khatua











Please accept our condolences. I had wonderful meetings with Swamiji a few times when I came there. I am so much grieved about the loss not only to you, Kaivalyadhama but also to world of Yoga. With Love

- Dr H R Nagendra-Chancellor of SVYASA University.

My condolence on Swamijis passing on. One of the reasons I had strong connection with Kaivalyadhama is because of the loving presence of Swamiji. He has been a constant guide in my life. I will really miss him but I'm happy that he is peaceful. With you all in mourning,

- Fiona

Very sorry to hear the sad news. He was an evolved soul. I was impressed by his simplicity and genuineness. May his atma attain sadgati.

- Shri SC Khuntia-: Chairman Indian Insurance Regulatory Authority

पूजनीय स्वामी जी के स्वधाम सिधारने पर आयुष मंत्रालय परिवार की ऑर से श्रद्धांजलि। ॐ शान्ति शान्ति

- Secretary, Ministry of Ayush

Swamiji has attained Mahasamadhi. A simple, sacred great soul. I vividly remember joining in the solemn hawan ceremony with him. Also the many many days attending functions in his gracious presence. Such Mahatmas continue to be with us all, even after leaving the mortal body. I join you all in offering our Shraddhanjali to HIM.

- Dr. DR Kaarthikeyan



We are really sorry to know about demise of Swami Maheshananda ji.
Our heartfelt condolences to you and entire Kaivalyadham Family. We will always cherish the memories of time spent with him, his simplicity, his kind behavior, caring nature and sharing valuable insights each time he met... May his soul rest in peace

- Dr Abhishek from Urlikanchan

Sad news, only spoke to him a couple of times- very gracious person. God bless his soul.

- Mr Prasad Menon

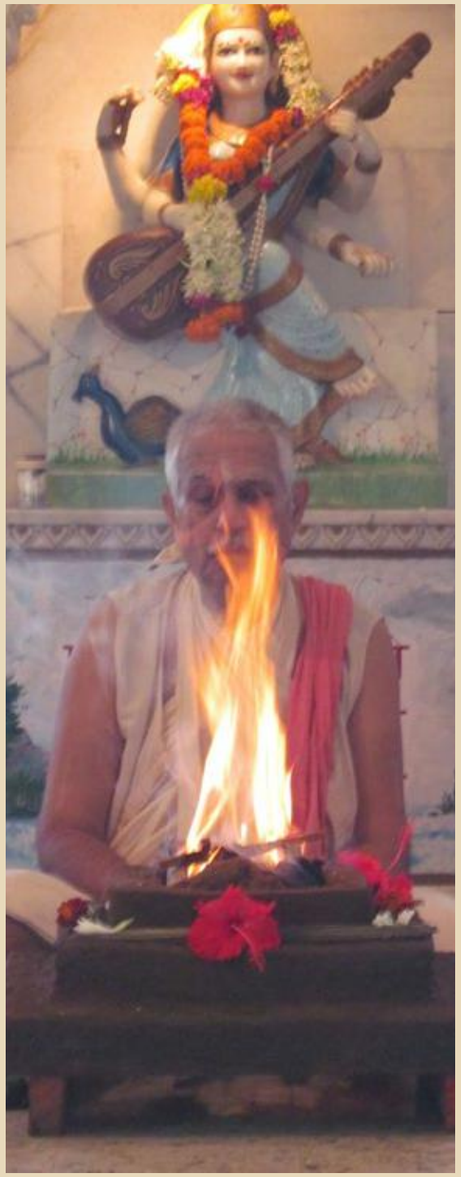
A learned honest divine soul has departed. God bless his soul. Irreparable loss to Kaivalyadham

- Dr. Dinesh Panjwani



Shocked to learn of the untimely sad demise of beloved Swami Maheshanandji. Kindly accept our heartfelt condolences. Pray his soul may rest in peace. He was a fatherly figure for all of us with commendable commitment, he dedicated his life with discipline, dedication, determination, and devotions helped each and every person. For us HE was a big loss.

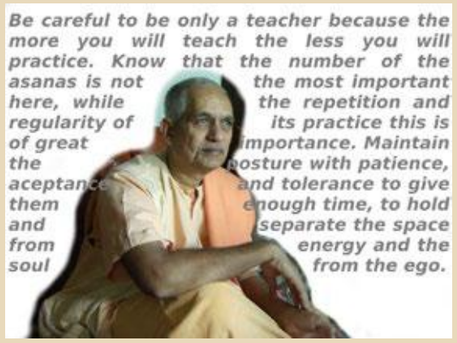
- Shashikant Koticha, Chandrakant Koticha. Meetal Koticha Shah One all at Life organization, Rajkot, Gujarat, India.





My prayers for him. Irreplaceable loss. My interactions with Him were blessings. I remember and learnt a lot from a noble person

- Mr Gautam Mashruwala

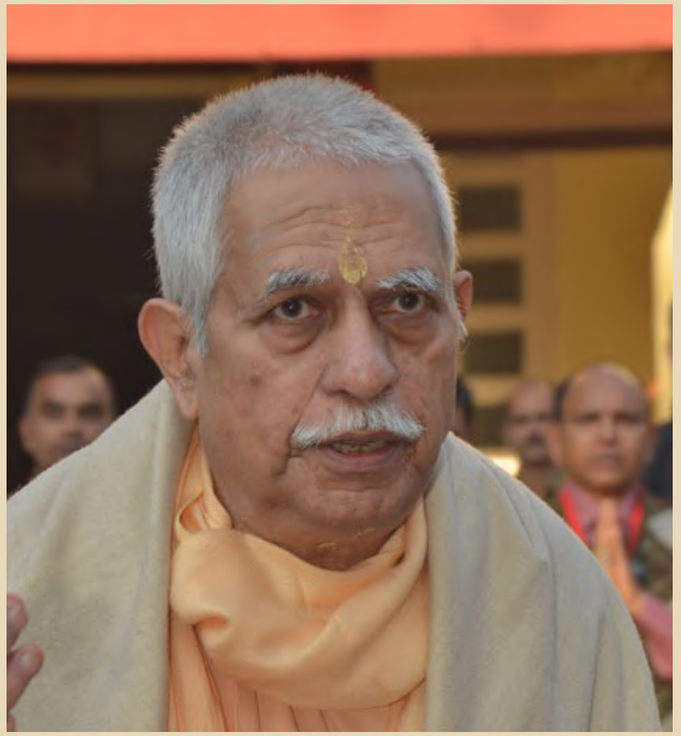


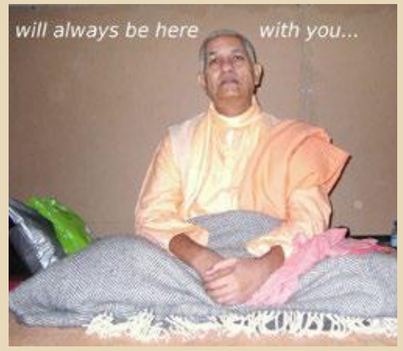
I am deeply saddened by the demise of my very dear friend Swamiji Shri Maheshananda. We were in good friendship for the last 16 years. He was like a brother to me. Because of him, I gained easy and ready access to Kaivalyadhama. I became friends with so many of you. It is because of him, that I have been called quite regularly to give lectures at to Kaivalyadhama.. I was also able to be a guest of the Government of India in New Delhi. He confided in me and also approached me with some of his needs. It used to be a great pleasure for me to visit him at Kaivalyadhama. Such was our fraternal bonding and deep friendship. We remained united to each other. The departure of Swamiji Shri Maheshananda leaves a great void in my life. But I am sure that God Almighty will fill it with His love. I offer my heartfelt condolences to all my friends at Kaivalyadhama, Lonavla, Pune - May their souls Rest in Peace.

- Bishop Thomas Dabre- Catholic Church of Pune Diocese

Saashtanga pranam at the lotus abode of bhagavan in whom swamiji has merged by de-identifying from this mortal body with so much acceptance --- .urvaarukamiva bandhanaat!! padmini told me and she was in much grief for losing her guru who was a great source of strength for her. i have heard a lot about swamjiji from padmini whom i had met once at the center.

- Dr R Nagarathna, Medical Director, Arogyadhama, VYASA





We had the privilege of being in his presence every time we came to Kaivalyadhama. Maheshananda conveyed without speaking. His silence is eternal. Bhavpurna shradhanjali

- Mr Vandan Shah- SIPRA Group of Companies

Please accept my deepest sympathies and heartfelt condolences over the passing of revered Swami Maheshananda-ji. His great life was an inspiration to all, and we are all blessed to have known such a great soul so closely, My Pranaams to all, With all love and blessings,

- Alex Hankey

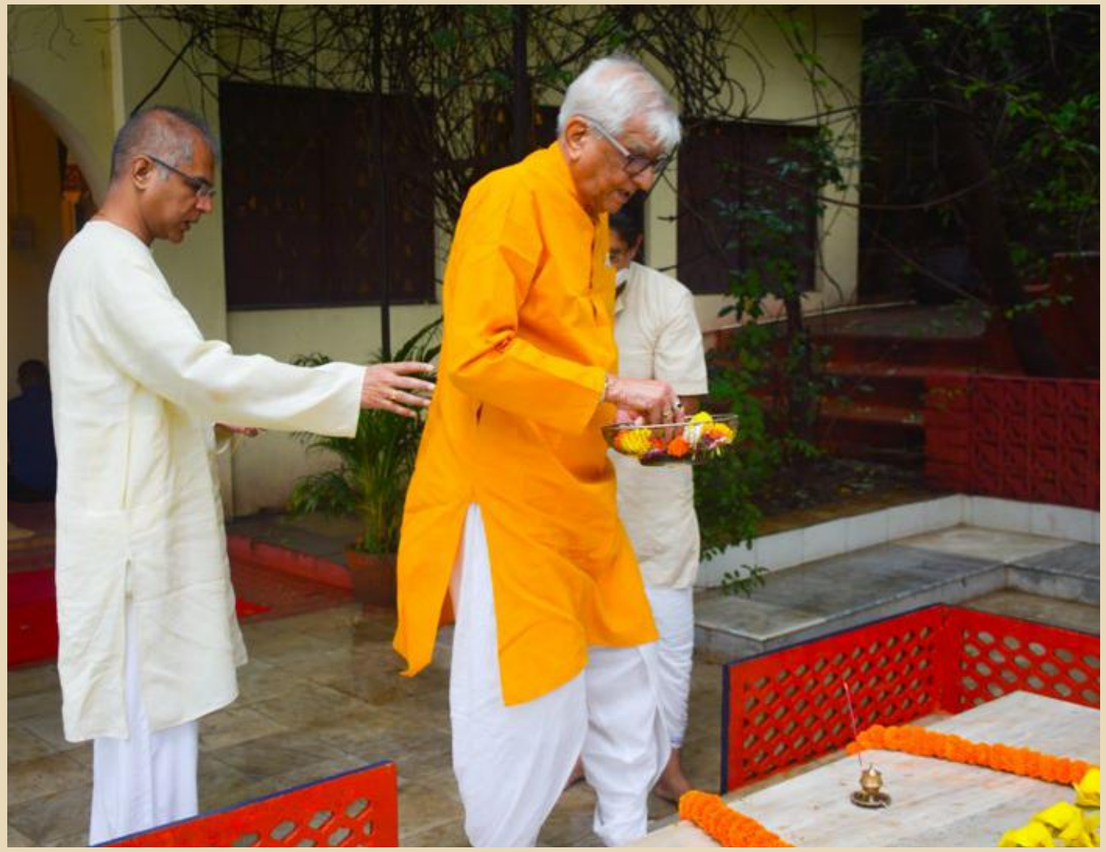
Since I was a child I remember being in company of Swami Maheshanand ji. My most pleasurable activity after the school was to rush to the Printing Press at Kaivalyadhama , where Swami ji use to serve in 1980's. Spend time with him and he use to make me do the puzzles. Then i went to Bombay to do my higher studies , he use to make time to come and spend days with me. Always subtly guiding me by stories and inspiration. When i joined Kaivalyadhama , he always stood right behind like a rock to support all the new ventures and plans which I had. Apart from other times, each Sunday since last eight years , an hour or two was spent with him, discussing everything under the sun. I learnt simplicity, i learnt modesty, i learnt that 'be' what you are, is important. Last three months since it was apparent that the transition from mortal body was to happen, I spent each evening with him. I use to see the real "pratyahar". It was his choice to slow disconnect with the world. Till the end , he retained his humour , his cognition , alertness and compassion. On 26th he conveyed that time has come and preparations should be made for transition. On the 28th at 1.47 p.m. he left his mortal body, while the chanting of bhagvad gita and mahapurshavidya was going on. The calves bid goodbye with their calling , the birds sang to wish farewell and the flowers bloomed to pay homage. Even in the thick monsoon , the Sun rose to welcome him to heavens. I witnessed him in transition , peaceful and ready to leave. A large vacuum for me , which can now be only partially filled with his memory and love.

- Shri Subodh Tiwari

Remembering Swami Maheshananda ji, a havan was organized at his kuti and Samadhi in prayer seeking his blessings and recollecting his vision and teachings









Swami Maheshanand ji Kalash Samadhi sthapana was done next to Swami Digambarji's samadhi.



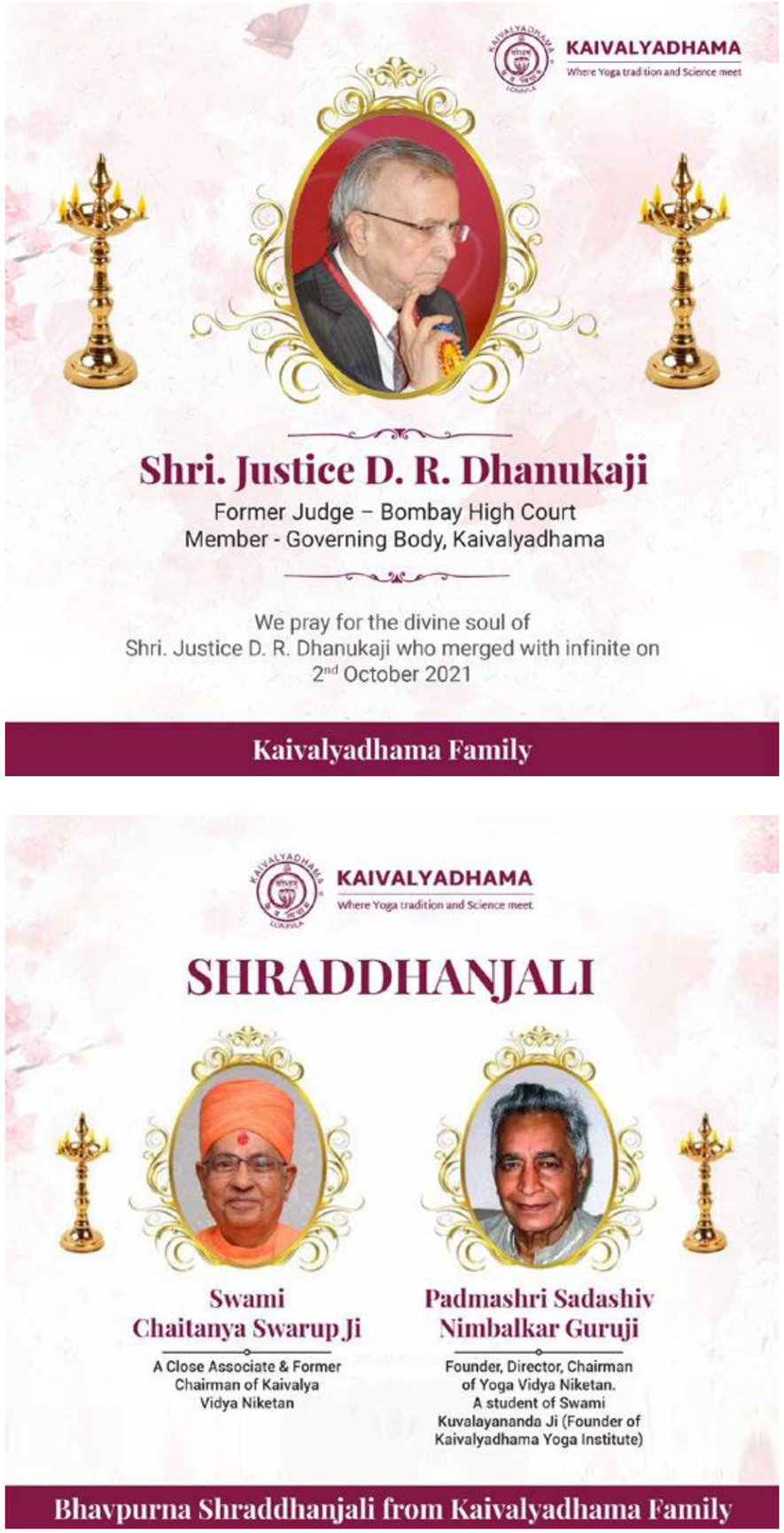
We shall continue to remember Swami ji for all his love and care which was omnipresent and beyond all limits. We will continue to remember him for his simplicity, deep understanding of realities and his empathetic approach to all, both well-known and less known. We shall continue to feel his pure aura and energy around us for decades to come.

Tributes



A fitting tribute by Prof RS Bhogal

Dr. M.V. Bhole's demise has a severe blow to the world of Yoga. Let the almighty give strength to his bereaved family to withstand the immeasurable loss. A person of a humble background, rising to dizzy heights in yoga research, will always be remembered for his unparalleled contribution to Experiential Yoga. Known as an unshakeable pillar and advocate of "Yogabhyasa with essential nature of yoga" Dr. Bhole will be fondly remembered by all knowing him and hearing about his passion for authentic nature of yoga. Dr. Bhole commendably carried the torch of Dr. Vinekar, Swami Digambar Ji, in respect of the synthesis of the scientific and traditional nature of yoga for yoga practice for our posterity. Along with Tiwari Ji, he contributed to the great name and image of Kaivalyadhama throughout the world. Let his soul Rest in Peace. Hari Om!



On 2nd October Kaivalyadhama Family extends their bhavpurna shraddhanjali to Padmashri Sadashiv Nimbalkar Guruji, Swami Chaitanya Swarup Ji and Justice Dhanuka ji all were associated with our organization.



Meetings

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

Sr #	Particulars	Date
1.	Governing Body Meetings	17.08.2021 30.03.2022
2.	Finance Committee Meeting	18.02.2022
3.	General Body Meeting	30.03.2022
4.	Board of Life Members Meeting	27.04.2022 30.06.2021
5.	Advisory Board Meeting	28.05.2021
6.	Executive Committee Meeting	28.08.2021 29.10.2021 17.02.2022 11.03.2022





Independent Ethics Committee

Independent Ethics Committee meeting was organized by the Kaivalyadhama Yoga Institute in online mode on 17th July. All the IEC members were present in the meeting. As per the policies of the Scientific Research Department all the research proposals approved by the Research Advisory Committee of the institute were presented here for approval. In total two new projects were presented in the meeting, after incorporating the valuable suggestions of the committee members, both the projects got approved. In the IEC meeting previously sanctioned five projects were also updated and their proceedings were discussed. The Chairman of the IEC committee praised the endeavours of researchers and encouraged them.

Guest Visits

1. Shri Patanjali, accompanied by Shri Amitabh Shukla, senior officials from the Income Tax Department, visited the Kaivalyadhama campus on 7th July 2021.





2. Dr Nitin Kareer, Additional Chief Secretary, MH visited our campus in August as Chief Guest at the Inauguration of the New Academic Year. Guest of Honour was Shri Shobhit Gupta, Director(IFD) - Ministry of Education, Government of India.





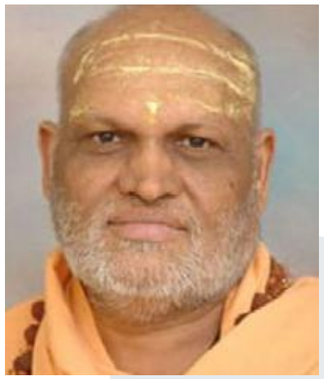
3. Shri Ram Kumar Rathi, an eminent businessman and Yoga supporter, visited Kaivalyadhama. He serves on the Board of the Patanjali Trust and also Vice-President at SVYASA, Bengaluru. Shri Rathi ji has extended a strong financial support to Project Anand, the centre for holistic healing coming up at Kaivalyadhama. He was accompanied by Smt. Sunanda Rathi, Director, Chiranjeev Foundation. They paid their respects to the Chairman Shri O.P. Tiwari ji and went around the institute.





4. Mr. Praveer Sinha , CEO & Managing Director of The Tata Power Company Limited made a personal visit to Kaivalyadhama to have a Yogic experience. It was pleasure to host an individual with pragmatic and futuristic vision.

5. We are honored to welcome, Param Pujya Mahamandleshwar Sh. Swami Vishveshwaranand Ji Maharaj. Swami Vishveshwaranand is the President of Suratgiri Bangla, Haridwar & President of Sanyas Ashram Vile Parle Mumbai. Swami Ji is deeply involved in organizing & spreading awareness about Vaidik Religion through Spiritual lectures and cultural programmes in India & abroad.



Swami Ji is also involved in managing his ten Ashrams and working along with many others Religious and Social organizations for human welfare.



6. Admiral Kishore Thakare visited Kaivalyadhama in October and with his remarkable experience came back again.



7. Mr. Sashank Manohar, an eminent lawyer and Mrs. Varsha Manohar a social welfare contributor visited and stayed in Kaivalyadhama Lonavla for a week. They are also Trustees of M.L.Pendse Foundation, wherein Shri Nitin Thakkar, President of Bombay Bar Association is also a Trustee and close associate of Kaivalyadhama. The M.L.Pendse foundation decided to support the up-coming Project Anand - the centre for cancer survivors and lifestyle disorders. The centre will be named as " Justice L.M. Pendse centre for cancer survivors and lifestyle conditions".

Events

Swami Kuvalyanandji Birth Anniversary

Kaivalyadhama Family celebrated the birth of our founder Swami Kuvalayananda (born Jagannatha Ganesa Gune, 30 August 1883). He was a yoga guru, researcher, and educator primarily known for his pioneering research into the scientific foundations of yoga. In the morning there was Pooja at Swamiji's Kuti and the Samadhi. In the evening college put a nice show with cultural performances using Yogic practices. Kaivalyadhama Bhopal celebrated by doing plantation and taking pledge to continue to take legacy of Kaivalyadhama ahead.







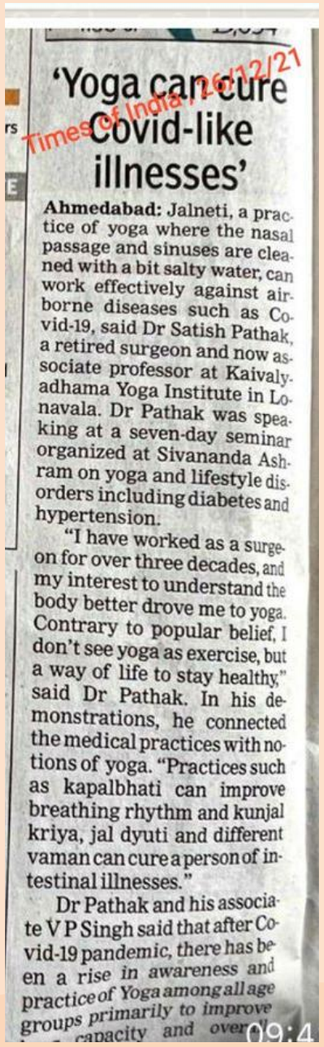


Diabetes Shivir at Sivananda Ashram, Ahmedabad

Kaivalyadhama participated in a week long Diabetes Shivir at the Ashram in Ahmedabad in December. There was also one to one doctors consultation with Dr Pathak at the camp along with Yoga practices for managing such life style disorders.







'Yoga can cure Covid-like illnesses'

Times of India 1 Dec 12/21

Ahmedabad: Jalneti, a practice of yoga where the nasal passage and sinuses are cleaned with a bit salty water, can work effectively against airborne diseases such as Covid-19, said Dr Satish Pathak, a retired surgeon and now associate professor at Kaivalyadhama Yoga Institute in Lonavala. Dr Pathak was speaking at a seven-day seminar organized at Sivananda Ashram on yoga and lifestyle disorders including diabetes and hypertension.

"I have worked as a surgeon for over three decades, and my interest to understand the body better drove me to yoga. Contrary to popular belief, I don't see yoga as exercise, but a way of life to stay healthy," said Dr Pathak. In his demonstrations, he connected the medical practices with notions of yoga. "Practices such as kapalbhati can improve breathing rhythm and kunjal kriya, jal dyuti and different vaman can cure a person of intestinal illnesses."

Dr Pathak and his associate V P Singh said that after Covid-19 pandemic, there has been a rise in awareness and practice of Yoga among all age groups primarily to improve capacity and over

Webinar on Yoga for Sleep, MDNIY, New Delhi

Prof. R S Bhogal delivered a talk on Yoga for Sleep organized by MDNIY, New Delhi in Nov.27, 2021.

Stress management workshop, Dr. Ambedkar University, Aurangabad

Dr Pathak was invited for conducting this workshop on managing stress through Yoga in December.

Suryanamaskar Challenge, Ministry of Ayush, GOI

On Makarsankranti, 14th Jan, 2022, Kaivalyadhama came alive and participated joining the Ministry of AYUSH, Government of India 's initiative Suryanamaskar Challenge as part of Azadi Ka Amrit Mahotsav.



Collector Office Yoga Day:

Collector's office celebrated 'Good Governance Week' from December 20 to 25, 2021 with Kaivalyadhama Mumbai. There were talks and yoga sessions.





Webinar on Y Break with CII

Sh. Subodhji as CII Co-Chair for Sub-group on Yoga supported this webinar. The theme was "Implementation and Inculcation of Y-Break for the corporate sector". Mr Rajiv Vasudevan, Founder & CEO, AyurVAID Hospitals was the other Key speaker.

MOU signed with Hinduja College

Kaivalyadhama Mumbai signed the MOU with K. P. B. HINDUJA COLLEGE OF COMMERCE.



Film Shooting of “Salaam Venky” in Kaivalyadhama

Salaam Venky is a Bollywood comedy-drama movie, directed by Revathy. The movie star Kajol is in the lead role, this will be produced by Suraj Singh and Shraddha Agrawal.
The story is a very inspirational movie based on a true story about a mother and a son’s relationship and ashram is a place that changed their life. The son who is suffering from DMD, a disease in which a person doesn’t live for more than 16 years Venkatesh lives for 24 years and inspires a lot of lives. In the story Ashram plays an elevating role which is blessing in disguise for them. They learn positive walks of life and make the son learn a positive way to live his life in this place. The mother who is played by Kajol Devgun serves at the ashram for making a livelihood takes help of Guruji at this Ashram. The story is in line with the aspirations of Swami Kuvalayananda Ji, who always expressed his wish to reach Yoga to the man on the street.





Doordarshan making documentary on Kaivalyadhama:

The Doordarshan Team from Delhi visited Kaivalyadhama in March to produce a documentary on the 100 years journey of its existence. The Team was headed by Mr. Prakash Pant - News Editor. It was a fascinating journey for the team to relive the 100 glorious years of the institute.



Talk at Aarogya Bhavan, Mumbai

Dr. S D Pathak was invited to give a talk on Yoga awareness.

Kaivalyadham represented in Yoga Mahotsav 2022

100 days Countdown to International day of Yoga 2022 in the form of Yoga fest in the prestigious Vigyan Bhawan, New Delhi was organized by MDNIY on 13th March 2002. The event was graced by Hon’ble Cabinet Minister of Ayush and Ports, Shipping & Waterways Sh. Sarbananda Sonowal and Hon’ble Minister of State, Ministry of Ayush and Ministry of Women & Child Development Dr. Munjpara Mahendrabhai Kalubhai. The other dignitaries present were Hon’ble Union Minister of State for External Affairs and Culture Ms. Meenakshi Lekhi, Hon’ble Union Minister of Labour & Employment and Environment, Forest & Climate Change Sh. Bhupender Yadav, Hon’ble Chief minister of Haryana Sh. Manohar Lal Khattar and Hon’ble Chief minister of Sikkim Sh. Prem Singh Tamang. There were Yoga gurus and members of yoga fraternity. Kaivalyadhama was represented by a team of 15 Yoga teachers at the event.

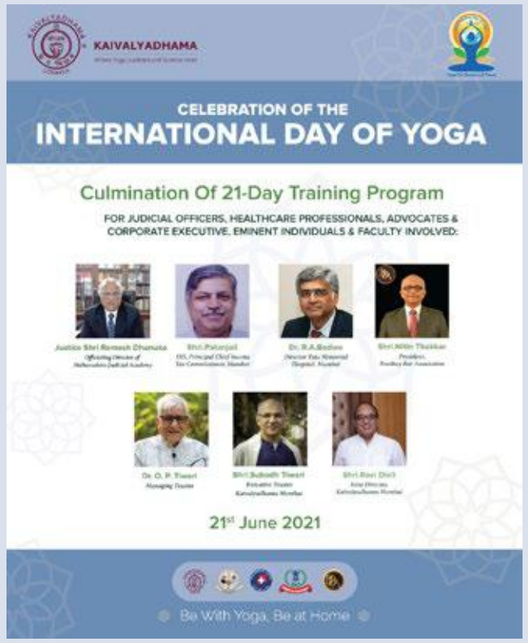




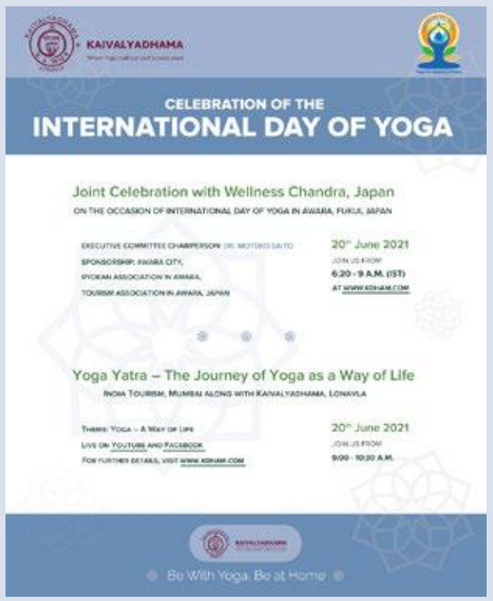
INTERNATIONAL DAY OF YOGA 2021

And contribution by Kaivalyadhama





IDY-International Day of Yoga celebrated with all gusto & vigor





Kaivalyadhama presented Common Yoga Protocol (CYP) Appreciation Course for Young Minds open to all leading to IDY Celebrations

It aimed to reach a large number of individuals, in a manner, where they can 'dip' in this vast ocean of knowledge in Yoga and also have some first-hand experience. CYP Appreciation Course on Learning Platform has been launched . Target was 100000 students who will receive certificate. We collaborated with HSNC University for all their colleges. It continues to be a free program:
https://kdham.com/yoga-for-young-minds/





KAIVALYADHAMA in association with Ministry of AYUSH With the theme Be With Yoga, Be At Home conducted a series of program for which was projected on the official platform of Ayush

Yoga for health care professionals

In association with Tata Memorial Hospital online sessions were conducted and also with 50 more hospitals. Three videos of Kaivalyadhama were released by TMC on their employee portal to promote yoga.

Yoga for Judicial Officers

Launched this on 15th May with Maharashtra Judicial Academy and High Court of Bombay and the Judges and Judiciary staff members of the Maharashtra State along with Goa, Dadra & Nagar Haveli, Daman & Diu. Chief Justice Bombay High Court Dipankar Dutta and 4 High Court Judges also attended these sessions.



Webinar by the Healthcare Sector Skill Council



It was held on 16th June where CEO said that Kaivalyadhama has conducted research on cytokines and yoga which has become relevant now in times of pandemic. He also said that IDY should be celebrated to re-iterate that we will continue to do yoga as a lifestyle.

IDY celebration by Jawaharlal Nehru University, New Delhi

As Chief Guest at the JNU, CEO emphasized that IDY should be celebrate to re-iterate that we will continue to do yoga as a lifestyle. He explained the difference when one does asana as prescribed by Maharishi Patanajali vs when it is done as exercise. Yoga asana has to be steady in itself. It is about awareness in asana. JNU was happy to collaborate with Kaivalyadhama.

Seminar by Yoga library, Singapore

The online seminar on “Yoga for anxiety” was held on 19th June. It was attended also by Mr. P.Kumaran, High Commissioner of India to Singapore. Kalivalyadhama was represented by our CEO. He talked about how Yoga teaches one to manage stress in life. One cannot eliminate stress in life and we need to be happy in spite of and not despite of. It was encouraging that pandemic has made more people embracing yoga. Yoga has to be simple and explained the eight limbs of Ashtanga yoga in simple terms.



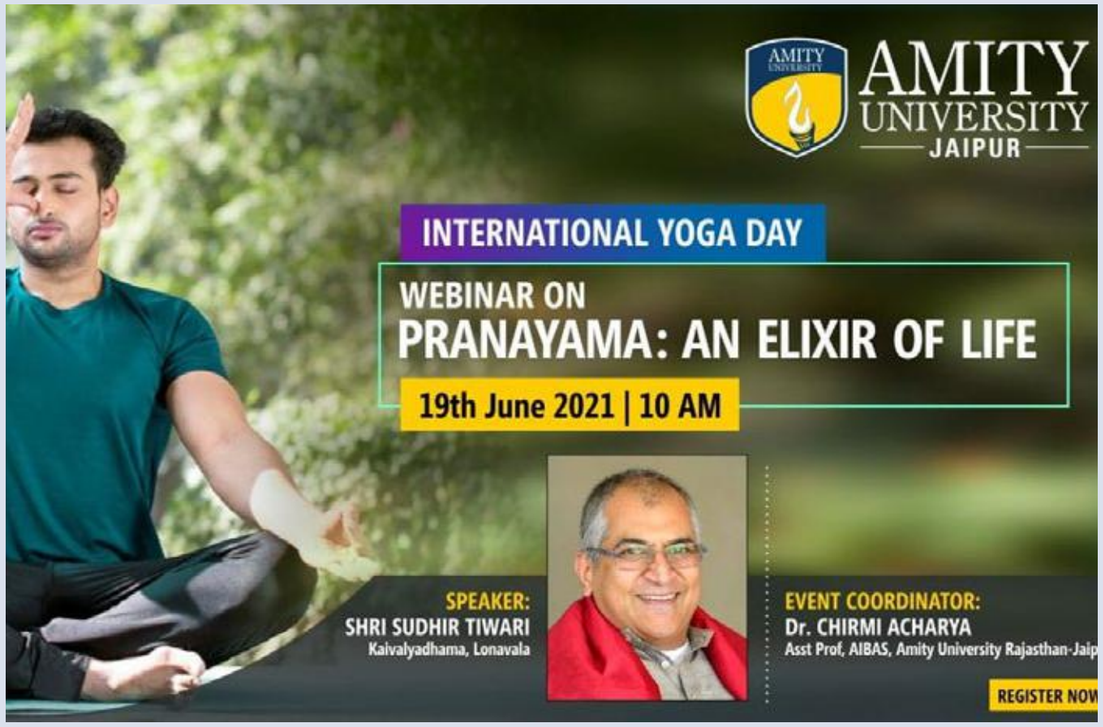
International Seminar by United Consciousness

108 Masters, from 50 countries and all 6 continents came together to disseminate life transforming ancient yoga wisdom. Shri.Subodh Tiwari Spoke on " Samadhi- the state of absorption"

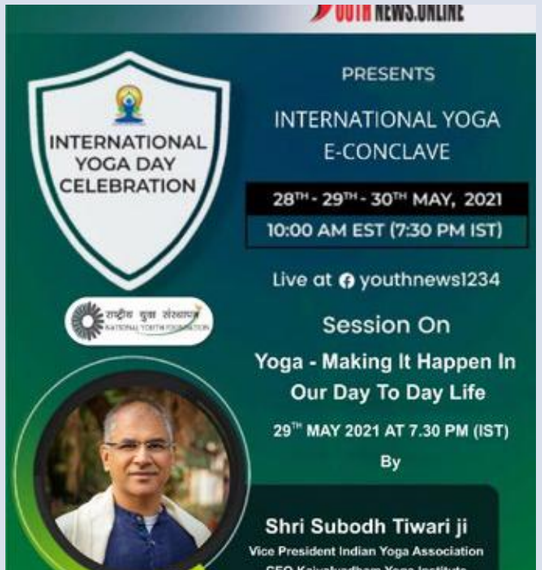
Embassy of India in Brazil

A webinar on '"Meditation and Yoga: Connecting Body and Mind was hosted by the Indian Cultural Centre, Sau Paulo, Brazil.This webinar was attended by Amb Suresh Reddy, Consulate General Mr.Amit Sharma, Ms.Puja Kaushil Director ICCR Centre , Prof. Marcos Rojo from IPEY and many other distinguished speakers. Shri.Subodh Tiwari spoke on the fundamental aspects of Astang Yoga and how Yoga is a holistic science.

Amity University, Jaipur



International Yoga E-Conclave



Youth News Online, the news portal organised International Yoga E-Conclave on 29th May. Kaivlaydhama was represented by our CEO who spoke on "Yoga - Making it happen in our day to day life."

IYA Gujarat Chapter webinar on IDY

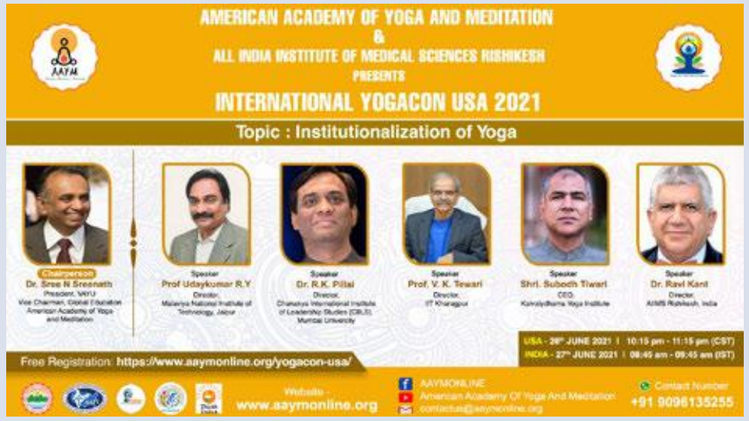


Birla College

Culmination of the Yoga training workshop of 10 days was on 21st June. Shri.Subodh Tiwari was the Chief Guest at the concluding function at Birla College.

International Yogacon USA 2021

Sh. Subodh Tiwari, Prof. Bhogal and Dr Praseeda represented Kaivalyadhama during the month-long International YogaCon USA 2021 jointly organised by the American Academy of Yoga and Meditation, USA, and the AIIMS, Rishikesh, India. Prof Bhogal conducted a meditation workshop and Dr Praseeda was the moderator of the panel discussion titled, “Role of yoga in hypertension”.



INS, Lonavla

Indian Naval Services celebrated IDY with Kaivalyadham for their sailors and officers.



Uttar Pradesh Police

IDY was celebrated in several places like Etawah, Bakewar, Anatram and Mahewa by Kaivalyadham teachers.









International day of Yoga celebrations of Kaivalyadhama Mumbai.

More than 10,000 people participated online with each participant having 3 -4 members practicing with them and from various walks of life. We engaged Covid Warriors, Doctors, nurses, Healthcare Workers, Essential Services, BMC, Police, Jumbo Covid Centers and Judiciary etc. for three weeks and the response was very humbling and heartwarming.

1. Free CYP online program was initiated for people from various walks of life (Covid Warriors, Doctors, nurses, Healthcare Workers, Essential Services, BMC, Police, Jumbo Covid Centers and Judiciary etc.) from May 31, 2021, The response was really overwhelming. This was a true symbol of **#familyyogakarona** wherein we could see families sitting together and doing the daily yoga practice.



2. Mumbai Police invited Kaivalyadhama to celebrate the International Day of Yoga at their Naigaon center. DCP Mr. Nimit Goyal was the chief guest at the event.



3. Director General Police office invited us to their office to celebrate IDY.



4. Mumbai Fire Brigade celebrated International day of Yoga with us.



5. National Institute of Industrial Engineering (under Ministry of Education, GOI) celebrated IDY with us



6. SYNC - HR College celebrated the International Day of Yoga with us for 3 days.

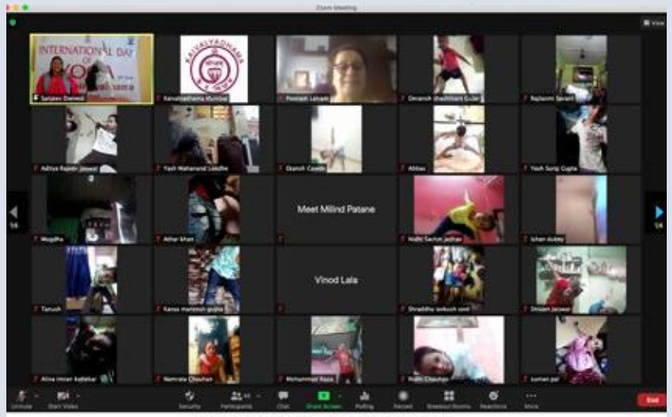
7. Marine Drive Police Station celebrated international day of yoga with us online.

8. Income Tax Office - Pune celebrated International Day of Yoga with Chief Guest for the event, Ms. Chhabi Anupam – Principal Chief Commissioner of Income Tax

9. Income Tax Office - Mumbai celebrated International Day of Yoga with the chief Guest, Income Tax Commissioner Mr. Patanjali - Principal Chief Commissioner of Income Tax. Joint Director Shri Ravi Dixit, Actress Shilpa Shetty and Malika Arora were also invited as special speakers.



10.Life Foundation requested Kaivalyadhama to conduct a yoga program to celebrate IDY with BMC school students.

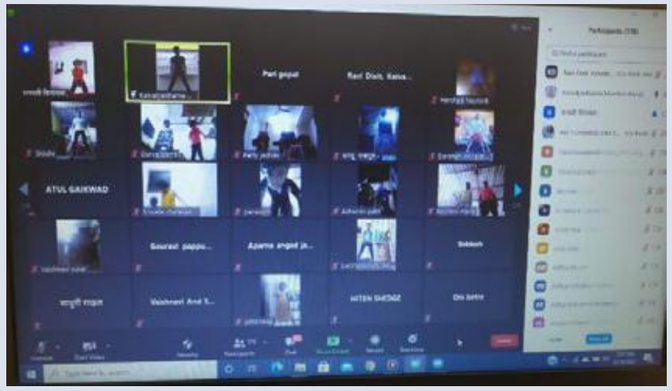


BMC SCHOOLS MUMBAI

11. KishinchandChellaram College (KC College) invited us to celebrate IDY for their staff and students online.



12. ETOS Syntel one of the leading KPO requested us to conduct Yoga sessions for kids of their community center at Ghansoli and Turbhe as a part of their CSR activity. It was a wonderful experience for us to cover almost 190 children on June 19 & 21, 2021 on online platform.



13. ETOS Syntel Global also requested for online sessions for its staff. It was attended by 685 participants from different time zones as the organization has a worldwide reach. Each staff participated with the families taking the reach higher.



14. Gilder Path Municipal School requested us to celebrate IDY with their students. There students with special need were happy to practice yoga after a long gap. They all enjoyed and practiced with their parents/siblings.

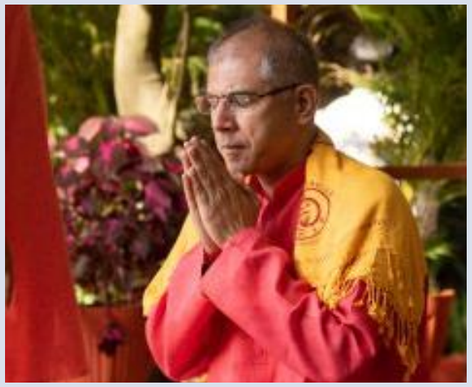
15. Aapla Maharashtra telecasted a recorded program on June 21, 2021 at 7.30 PM.



97th FOUNDATION DAY

Kaivalyadhama celebrates its 97th foundation day on Dussera.

Kaivalyadhama celebrates its 97th foundation day on Dussera. It's "Institute" at body level and "Ashram" at the soul. We continue to maintain focus on the vision of our founder Swami Kuvalyanand ji. Guided by his student Shri. O. P. Tiwari ji , we move forward with conviction and strength , to reach the message of Yoga to the world. The journey becomes more meaningful with institutes with the similar cause and vision working together, building up strength through unity. There was a panel discussion on the theme "Kriya Yoga: Perspectives & Practices". Prof Bhogal also took practical session on kriya yoga for all students and staff. There was also Havan at Swamiji's kuti by Sh. O.P





Tiwariji and Sh. Subodh Tiwari along with Kaivalyadhama family. Swami Maheshanandaji's samadhi sthapna was also done on this important day. There was mahaprasad for all. A lovely cultural program was organized by the college with some traditional dance programs and yoga demonstrations. Bhajan Sandhya was also organized in the evening for all.





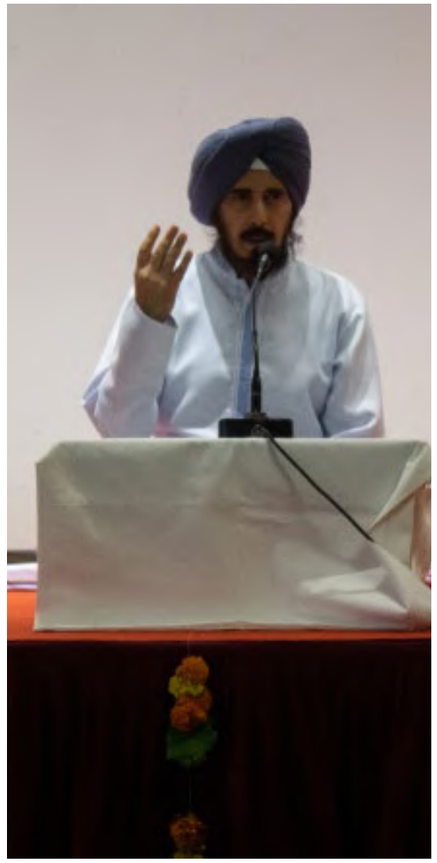



Where Yoga tradition and Science meet
Celebrates
14-15 October 2021
९७ वा स्थापना दिवस
ya Yoga : Perspectives & Practices






KAIVALYADHAMA
97th Foundation Day
14-15 October 2021
Kriya Yoga : Perspectives & Practices






स्वामी महेशानंदजी
ॐ

10th INTERNATIONAL CONFERENCE ON YOGA & MENTAL HEALTH

Kaivalyadhama successfully completed the 10th International Conference on Yoga and Mental Health from 28th -30th December 2021. Kaivalyadhama aimed to initiate a futuristic debate and discussion for integrating traditional Yogic science with modern psychological systems, at the policy level.



The International Conference was a 3-day event both online and offline featuring 26+ speakers, 3 panel discussions, 4 practical workshops and 4 online discourses with an aim to initiate debate and discussion to develop synergies in



Yoga and Mental Health at a global level. They also focused on addressing mental well-being issues from routine conditions to chronic ailments, to encouraging futuristic frameworks that can be implemented and to publish effective solutions that can be recommended at the policy level.

During the time of pandemic, getting people together was a challenge. However, with all precautions, we took that step. The presence gave the opportunity to experience individuals and environment.

The Patanjali Puja on the 28th of Dec' 2021 started the conference amidst the shankhnaad and the recitation of the mantras, we invoked the divine blessings. The early morning air at the Patanjali

Circle (the puja venue) filled with the chants of ancient Vedic hymns, recited by the gathering of students, staff, delegates and Guests of Honour, set the spiritual tone of the IYC, 2021.
The Inaugural ceremony thereafter commenced with the welcome addresses by Shri Om Prakash Tiwari and CEO Shri Subodh Tiwari. The ceremony was presided over by Justice (Retd.) Shri B.N. Srikrishna, Honourable Supreme Court in the august presence of Chief Guest Justice Shri Abhay Oka, Honourable Supreme Court and Guest of Honour Justice Shri Ramesh Dhanuka, Honourable Bombay High Court.



Justice Shri Srikrishna highlighted the impact of Yoga not only in personal development, but also in the social sector.





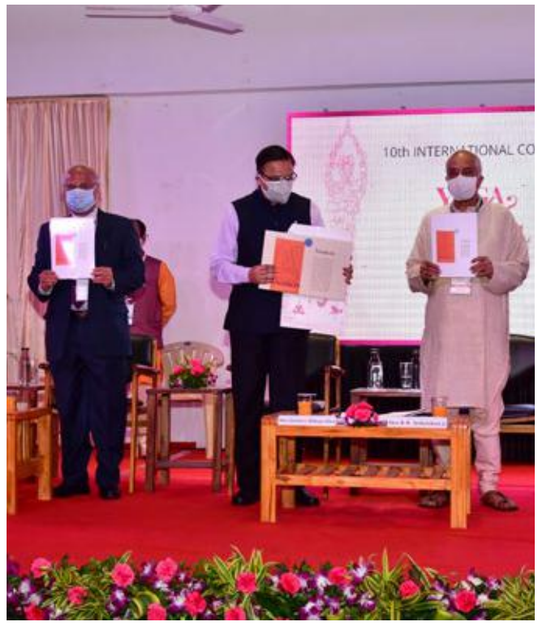
Justice Shri Abhay Oka outlined a wide range of present day challenges where potential improvement is possible through Yoga intervention. In this context, he highlighted the stress for Judges, more so with obligation to decide a case "correctly" and the state of mental health of all stakeholders in such a scenario. He also talked about reformation of prisoners, improvement of environment in prisons using yoga.
Justice Shri Ramesh Dhanuka, shared from his own experiences that physical illness affects the state of mental health and it can be addressed through Yoga, as it has cascading effect at all aspects. He further shared how deep breathing particularly can reduce anger, anxiety, help maintain patience and improve the tendency in Judges to do fair judgements.

There were two book releases during the ceremony:

1. 'Through and Through Yoga' by Dr Ganesh Rao

2. 'Asanas' by Swami Kuvalyananda, translated by Mr. Inez Romeo to Brazilian Portugese.





Felicitations:

Senior staff members, Shri Sharad Kr Sinha (Mentor, Accounts) and Prof. Ravindranath Bodhe (Asst. Professor) were felicitated in recognition of their long standing services of more than 4 decades to Kaivalyadhama.





Day 1

Key note address:

Dr. B N Gangadhar expounded on how to integrate Yoga and spirituality in clinical psychiatry. He presented wide range of studies and clinical evidences of Yoga interventions in various mental health disorders and reported proven effects. As a roadmap towards integration in clinical practice, he suggested formulation of generic yoga modules validated by experts. He summarized that though it is possible to integrate Yoga and clinical Psychiatry, due deliberation to establish standards in Yoga practices is required; whether to use Yoga as monotherapy or add- on, whether to as first line of treatment or second or later, side effects and their management, who should deliver yoga therapy', insurance and liabilities.

The Scope of Yoga vis-a-vis Mental Health: Challenges, Prospects, and Realistic Roadmaps

Plenary Session # 01 (Afternoon)

Dr Bessel van der Kolk

Dr Bessel based his talk on Post Traumatic Stress Disorder (PTSD) and stated that trauma is the main cause of mental illness. In order to heal, there is a need to go inside and observe ourselves. So, yoga teachers can gently help people to establish relationship with their bodies and deeply experience themselves. Traumatized people need to have physical and sensory experiences to unlock their bodies through movement, tolerate their sensations, befriend their inner experiences and cultivate new action patterns; all of these can be addressed through Yoga.

The Scope of Yoga vis-a-vis Mental Health: Challenges, Prospects, and Realistic Roadmaps

Panel Discussion # 01 (Afternoon)

Speakers: Dr Laura Tolbaños Roche, Dr Kashinath Metri, Ms Prathiba Subramaniam, Ms Saraswathi Vasudevan
Moderator :Dr Praseeda Menon

Dr Laura Tolbaños Roche remarked thatwestern psychology has limitations in studying emotional feelings etc. Eastern psychology is more focused in inner experiences, and studying one's own mind. Psychotherapists can use this knowledge to help people to improve emotional regulation and achieve a healthy mind by promoting healthy physical, mental and cognitive habits.

Dr Kashinath Metri said that today's health care system is moving towards holistic health and it is important to combine the strengths of both – the tools, diagnosis, acute remedies of modern Psychotherapy and the techniques of ancient Yogic wisdom. Yoga helps to correct imbalances at physical and physiological level; it works on the autonomic nervous system and there is a neurobiological basis for any mental health disorder
Ms. Prathiba Subramaniam works with children and their family as a psychotherapist and said that there is a looking forward in understanding what Yoga can do to a child's developing nervous system and personality at an experiential level to enhance the child's mental health.
Ms. Saraswathi Vasudevan remarked that the earliest text on human psychology was the Yogasutras, compiled 2000 years ago. It says that we cannot separate mind and the body which is one continuum and so healing has to be seen as a holistic process. One can use the body and breath to access the mind indirectly.

Dr Praseeda Menon facilitated this panel discussion and concluded that it is very important for the mind to be ready for any therapy to happen and Yoga makes one's mind more open and receptive to therapy and also in bringing self- discipline to abide by the treatment.



Kriya Yoga meditation for Mental Health

Practical Workshop (Evening)
Prof. Bhogal shared the techniques of Kriya Yoga as per ManuSmriti, which has the three components of Anuloma Viloma, Om chanting and Gayatri Mantra japa.



Cultural Program

Kathak Anubhuti- Indian dance performance by Ms Mugdha Pathak and troupe





Day 2

Evidence-Based Application of Yoga in Mental Health: Challenges, Prospects, & Realistic Roadmaps

Plenary Session #02

Dr Sat Bir Singh Khalsa

Dr Khalsa pointed out that Yoga is presently practiced only in standalone pockets and there is a challenge to bring it into social institutions. As a roadmap, he presented the pyramid of evolution of different types and strengths of research works, which can contribute to the implementation of Yoga into society.

Through his works on 'Yoga for Anxiety', he presented a logic model that summarizes how Yoga works to improve the entire spectrum of human functionality – physical & mental health performance, stress & emotion regulation, mind - body awareness & mindfulness, and ultimately the state of metacognition. Relating the Yogasutras to be an essay on metacognition, he said that it is the very principle that underlines CBT (Cognitive Behavioral Therapy), the most universally used form of psychotherapy today.



He stressed that Yoga is exactly such an intervention that has the components of asanas, pranayama, meditation all of which contribute substantially to the potential benefits in mental health conditions.

The Ancient Yogasutra & the Modern Psychological Science: Possibilities of a Synthesis

Panel Discussion #02

Speakers: Dr Latha Satish, Dr Richa Chopra, Prof. R.S. Bhogal, Dr Matthijs Cornelissen
Moderator: Dr Ganesh Rao

Prof. Bhogal said that the maximum extent of 'personality development' as per Modern Psychology is self-actualization, whereas in Yoga, it is about transcending even the personality and moving towards Self- Realization.

Dr Latha Satish identified that the synthesis can happen at three levels - Education, Research and Therapy. She spoke about building 'models of counselling' based on YogaSutras, integrated with western modalities, to help the person come out of crisis.

Dr Richa Chopra commented that Real synthesis would start by bringing down Yoga education to a very simplistic level where every child is taught at an early age to understand body, breath, mind, intellect, memory etc. as different faculties available to 'who I am'



Dr Matthijs Cornelissen cited that, there is a need to create a common knowledge system for the subjective domain that is not based on any specific tradition, where the best of Yogasutras, Modern Psychology or any other can be brought together, to come to a still deeper insight and get to the real essence of it all.
Dr Ganesh Rao facilitated this panel discussion and concluded that Yoga, as a philosophy is mainly mind -oriented. So, there is certainly a possibility of synthesis. Modern Psychology stops at mind, whereas in Yoga, mind is an instrument to transcend itself to the state of 'Pure Consciousness'. This is 'Yoga Psychology'.

The Futuristic Evolution of Yoga in Promoting and Managing Mental Health: Challenges, Prospects, and Realistic Roadmaps

Plenary Session # 03

Dr Shivarama Varambally

Dr Varambally outlined the **components of Integrative Medicine** as:

- Traditional medical/ health approaches including lifestyle.
- Modern biomedical treatments as required
- Modern research methodology

Yoga is 'training the brain' to enable self- regulation in all aspects of human functionality.
He delineated 3 points which will define the **future of Yoga and Mental health**:

1. **Rigorous scientific research** and establish Yoga as a scientific method.
2. **Customized Yoga programs** based on both the modern diagnosis as well as assessment of traditional systems (like gunas/ doshas status)
3. Overcome barriers to reach Yoga to population (like tele-yoga).

Research and Application of Yoga in various Mental Health Related Problems

Scientific Session # 04

Speakers: Dr Chris Streeter, Dr Helen Lavretsky, Dr Rima Dada, Dr Catherine Cook-Cottone
Moderator: Dr Sat Bir Singh Khalsa

Dr Chris Streeter said that balance is very important, and Chronic stress brings Allostatic load which is outside of homeostasis and yoga can help return the system to balance. There should be no conflict between eastern and western philosophies, rather the integration can be more sophisticated.

Dr Helen Lavretsky opined what actually is required is 'Resilience' building interventions, which can boost the ability to bounce back from adversity. Yoga has been the most commonly used complementary health approach among U.S. adults and is a very potent form of intervention; even brief practices can lead to enhanced results.

Dr Rima Dada summarized by saying that Yoga is an art of living which modulates the internal pharmacy and the best mind- body intervention for improving mental health.



Dr Catherine Cook-Cottone introduced 'The Embodied Self Model' with Yoga as a pathway to 'Embodiment', which is a way of being with the internal experience of oneself, external experiences including cultural influences, and existential dimensions of life.

Dr Sat Bir Singh Khalsa summarized that at the core, Yoga enables self- regulation of the stress system. It is stunning to see the broad impact not only across all systems, but also on neurophysiology, impacting brain networks and thus behavior.

Practical Workshop



Yoga Practices for Maintaining and Promoting General Mental Health

Dr Ganesh Rao. He explained and led the participants through various yogic breathing practices and then relaxation through Savasana



Yogic Kriya of Tratak for Mental Health

Yogacharya Sandhya Dixit explained the detailed technique of Trataka Kriya and followed by its practice.



Yoga vis-à-vis Psychology: a Portrayal

A Yoga demonstration skit was presented by 55 students of Kaivalyadhama potraying a bird eye view of the journey on the evolution of Yogic Psychology from ancient to modern period.



Cultural Programme

Kabir Bhajan aur Kabir Bani, Indian folk vocal recital by Padmashree Shri Prahlad Tipania ji and troupe

Day 3

Yoga and Mental Health: Has the Covid-19 Pandemic Presented an Opportunity for a Promising Intersection?

Panel Discussion # 03

Speakers: Prof. Danilo Forghieri Santaella, Dr Meena Ramanathan, Dr Hemant Bhargav, Dr Ananda B. Bhavanani
Moderator: Dr Meeta Sharma

Ananda B. Bhavanani underlined that it is first needed to make a paradigm shift from arogaya (absence of disease) to swasthya (wellness) i.e. from Pathogenesis (disease prevention, cure and care) to Salutogenesis (health promotion). Yoga therapists have to be clear about the limitations and strengths of Yoga as a therapy. He concluded that one's connectivity or disconnectivity with the Universe impacts one's health.

Dr Meena Ramanathan said that the potential utility of Yoga as a complimentary therapy is being explored more during the COVID-19 global health emergency. She reported remarkably positive outcomes - reduced anxiety levels, improved oxygen rate, reduced fatigue, reduced stress symptoms.

Prof. Danilo Forghieri Santaella shared his project 'Living Lungs' project, a free online Yoga project for Covid 19 with special emphasis on breath awareness and received very positive feedback and outcomes. Referring to the principles from the Yogasutras, he emphasized that meditation is integral to all Yoga practices and mind is the absolute.



Dr Hemant Bhargav drew attention to the surging psychiatric cases in young students and adolescents during the COVID times. He spoke about various tele - yoga and onsite initiatives of NIMHANS for varied groups of staffs, residents, free online open classes for children. The prevention aspects of Yoga and Ayurveda can be positively brought to the mainstream of our treatment

Practical Workshop



Yoga Practices and Mental Health in Chronic Diseases

Dr Bhalekar guided the class through meditation based on the PYS concepts of Cittaprasadanam (bringing tranquility of mind) and Pratipakshabhavanam (countering negative thoughts with positive) to cleanse the mind.



Discourses by Swami Anubhavananda Ji

- Look Within
- Discover Yourself
- Transcend Worries
- Be Happy

Swami Anubhavanandaji said that any issue that happens in life is an opportunity to look within. He gave away the secret of being happy by not seeking happiness, but by just expressing it. He emphasized living in the present moment and giving it our hundred percent. Our goal should be the attainment of equaminity, the highest attainment of truth.



Oral paper Presentations

We invited delegates to present paper on their research work under two categories – Scientific and Philosophical. There were 17 (scientific) and 8 (philosophical) abstracts received which were evaluated by an independent committee of senior faculty members of Kaivalyadhama.

Valedictory Ceremony



The Valedictory Ceremony was presided over by Justice Shri C.V.Bhadang, Honorable Bombay High Court in the august presence of Shri Shrikant Deshpande (Principal Secretary, Govt. of Maharashtra) as the Chief Guest; Shri Sandeep Patil (DIG, Gadchiroli Range, Maharashtra) as the Guest of Honour and with the blessings of Sh. O P Tiwariji.

DIG Sandeep Patil inspired the audience by sharing his own journey of ardent practice of Yoga, especially meditation over many years and how it increasingly transformed him into a calmer and more balanced individual. He said that a daily dose of positive energy through meditation is required for e. doctors, police personnel, lawyers and politicians as they are always surrounded by negative energy.

Justice C.V. Bhadang said that one should look within and not without. Mental conditioning by yoga for judges is required for making fair judgments.



Shri Shrikant Deshpande said that Yoga can improve emotional Intelligence, which is important at all levels – how one manages one's own emotions and deal with others' emotions. He concluded by acknowledging the contribution of Kaivalyadhama and its founder Swami Kuvalyananda, in the field of Yoga.

Staff member and some support staffs comprising all the departments of the Institute were felicitated for their relentless services to the Institute over last many years.

Awards

For the Best Paper Award, one winner each from both Scientific and Philosophical categories were declared.

- **o Dr Ruchika [Scientific Paper]**
- **o Mr. Harshavardhan Jhaveri [Philosophical Paper]**



The conference concluded with resolutions, which were the outcomes of discussions and deliberations. We shall continue and pursue them to be accomplished.

1. A CME program, under the aegis of AYUSH Ministry, for Psychiatrists, Clinical Psychologists and Mental Health Experts with the intention of educating and equipping them with Yoga expertise thereby complementing and supplementing their existing capacity should be initiated. (proposed by Dr Meeta Sharma)
2. Education in Yoga as regards to its potential and dimensions for Mental Health should be incorporated in all (Advanced) Learning and Training Institutes of the Govt. in all areas catering to officials at all levels. (proposed by Prof. R. S. Bhogal)
3. A capsule of Yoga for Mental Health should be incorporated in all renowned Educational Institutions like IITs, IIMs, Defense Forces and Institutes of Services. (proposed by Admiral Kishore Thackeray)
4. The benefit of Yoga as regards to Mental Health should be provided on a sustained basis to Legislators, Beaurocrats, Judicial Officers and such individuals who endure a lot of strain and stress in professional life. (proposed by Shri Shrikant Deshpande)
5. Research as regards to the philosophy and practices of Yoga, instrumental in catering to Mental Health should be encouraged and incorporated in Research Institutions. (proposed by Dr Sabir Shaikh)



Infrastructure

New Utpatti Wellness Store

On 5 November 2021 the second death anniversary of the Late Shri Sitaram Shah Sir, the New Utpatti Wellness Shop was inaugurated by his son and benefactor Mr. Vandan Shah and his wife Ms. Ekta Shah. A very symbolic and sweet ceremony was there in loving memory of Sitaram Shahji: Friend, Yogi and Guide. The state of art architecture has made the whole place literally come alive and is beaming with lights and energy. The area near the main entrance of Kaivalyadhama now comprises the welcome Centre, the wellness shop, the history gallery and the Sattva juice cafe. The team of architects were applauded by CEO as being a fitting tribute to the legacy and memory of Shri Sitaram Shah Sir.









Visitor Area

An ample ambient waiting area for the comfort of the visitors have been created in Gool Ville.





Asana Halls Renovated

The asana halls Vashishtha Hall, Adinath Hall, Manan, Kudilal Halls have been renovated and beautified further.









Renovated Soham deluxe rooms

The newly renovated 5 rooms of Soham were once a place for living for Kaivalyadham sadhakas. The sadhakas used to stay and spent their time in simple living and meditating. Relive the experience here.





Outdoor Dining

In the wake of the pandemic situation and to enable social distancing now-a-days, we made alternative arrangements for Sadapurna Dining. An extended outdoor dining facility for HHCC participants was welcomed by the participants.





Ayurveda enhancements

The seating arrangements in the Ayurveda section has been renovated for the comfort of the participants. Therapy beds have been renovated to make them bigger for participants comfort.





Therapy Room for guests

A therapy room has been renovated for exclusive use of our guests.



Executive Rooms

Luggage racks and side tables have been added in the Executive category room.

HR Initiatives

Abhyas for the Staff: *Every month we have yoga sessions for the staff of Kaivalyadhama to keep them attuned to themselves and tradition of the institute.*

Shramdan

On every third Saturday of each month you will find all the staff members working doing “Shramdan”. It’s a great opportunity & initiative to bring everyone together and work hand-in-hand to make our workplace & premises beautiful and a better place to live in. It inspires the students and also promotes the philosophy through practice.

Vaccination drive for Kaivalyadhama parivar



Sanjeevani Hospital team was invited for administering the vaccination. A lot of staff members including their family members were vaccinated.

Celebrating Womanhood

Women’s Day was celebrated with full vigour and zest for the woman in the campus and neighborhood. Highlights were Yoga and meditation specific to Woman self-love and Self-care was also conducted. There was presentaion on the life and Story of Padma Shri Ms. Sindhutai Sapkal who was an Indian social worker and social activist known particularly for her work in raising orphaned children in India. Common Gynecological Conditions & Women’s Health Issues was presented by Dr. Seema Shinde of Nirmeeti Foundation.



Major Accomplishments

Kaivalyadhama announced as one of the Fit India Yoga Centers by the Union Minster of Sports


CERTIFICATE NO : FI-YCB-05

VALID TILL : 14-06-2022

FIT INDIA

सत्यमेव जयते

YOGA CERTIFICATION BOARD

&

FIT INDIA MOVEMENT

CERTIFICATE

OF RECOGNITION

Kaivalyadhama Shriman Madhav Yoga Mandir Samiti

has been issued this certificate of recognition on getting declared as a Fit India Yoga Centre.

Kaivalyadhama Shriman Madhav Yoga Mandir Samiti

Can now use the Fit India Logo. The Centre is expected to support the Fit India Movement by promoting and participating in Fit India activities and to maintain the standards of YCB, established by Ministry of AYUSH.

Ms. Ekta Vishnoi
Mission Director Fit India Movement
Ministry of MYAS | Govt of India

Dr. Ishwar V. Basavaraddi
Head of Institution Yoga Certification board
Ministry of AYUSH | Govt of India

www.fitindia.gov.in

ISSUING DATE : 15-06-2021

www.yogacertificationboard.nic.in

Fit India Mission, in association with the Ministry of Ayush, has identified and recognised 25 Yoga Centres as 'Fit India Yoga Centres' across the country. On the occasion of International Day of Yoga on June 21, Union Minister of Sports Kiren Rijiju announced the launch of 25 Fit India Yoga Centres. The centres are spread across nine states

CEO nominated Member Governing Body IUCY- UGC

Sh. Subodh Tiwari has been nominated as Member of Governing Board of Inter-University Centre for Yogic Sciences. This has been established by University Grant's Commission at Bengaluru. He has been nominated as an expert for a period of three years.

CEO nominated Member High Impact Task Force on Research in Yoga , Ministry of AYUSH.

Another moment of great pride was when Sh. Subodh Tiwari was nominated as an expert member of AYUSH Interdisciplinary Task Force on High Impact Research in Yoga in December 2021. It is very important for Kaivalyadhama being a pioneer institute on scientific research in Yoga

CEO elected Secretary general of IYA

Shri Subodh Tiwari, our CEO has been elected as the Secretary General of Indian Yoga Association. We appreciate this opportunity to work towards the vision and mission of Indian Yoga association and achieve its objectives. Kaivalyadhama is a founder member institute of this important organisation.

Member of Scientific Advisory Committee, MDNIY

Dr Satish Pathak has been nominated as a member of Scientific Advisory Committee, MDNIY, New Delhi. Dr Satish D. Pathak, M.S., F.C.P.S., M.N.A.M.S, is a retired surgeon and yoga consultant. He is Asst Director of Research - Scientific Research Department and Associate Professor at Kaivalyadhama.

Kaivalyadhama, Bhopal Awarded by Indian Society for Training and Development

Indian Society for Training and Development Bhopal (ISTD) awarded Sh. Sandeep Dixit Innovative Trainer's Award 2021 given by Sh. Avdhesh P. Singhji, Principal Secretary of M.P on 28 February 2022.



Prof Bhogal awarded Yogratna Puraskar

Sangli Maharashtra awarded Yogaratna Puraskar to Prof Bhogal on 12 March 2022 for his contribution in yoga and mental health.



Member of Yoga Certification Board

Shri Subodh Tiwariji has been nominated as a Member of Yoga Certification Board, under the Ministry of AYUSH, Government of India. We appreciate this opportunity enabling contribution towards enhancing and strengthening policies and quality of certification in Yoga.

Education & Outreach

Academics

Gordhandas Seksaria College of Yoga & Cultural Synthesis



The Gordhandas Seksaria College of Yoga and Cultural Synthesis was established in 1951 by Swami Kuvalyananda, with the purpose of imparting secular and scientific training and education in traditional Yoga. The college conducts both short-term and long-term programs with options that include full-time, residential, day-learning, and online courses across, Masters, Degree, Post Graduate Diploma, and Certificate levels.

Objectives

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

Recognition

Credited with a permanent recognition from **NATIONAL COUNCIL FOR TEACHER EDUCATION (NCTE, NEW DELHI)** the College, over the years, has blossomed into a Leading educational agency in Yoga Education, flowering itself into numerous Yoga courses/Yoga programmes. It is also accredited as a Leading Yoga Institution - Certified by Ministry of AYUSH. Kavikulguru Kalidas Sanskrit University, Ramtek has continued its affiliation with the college as Recognised Institute for Specialized Studies Academic Year 2019-20 for following courses **M.A. Yogashstra, B.A. Yogashastra** for Academic Year 2021-2022 also.

Kavikulguru Kalidas Sanskrit University, Ramtek has also given the college recognition as **"Research Centre"** in the subject of Yoga & Allied subject from the academic session 2020-21.



कविकुलगुरु–कालिदास–संस्कृत–विश्वविद्यालयः
Kavikulaguru Kalidas Sanskrit University, Ramtek

Certificate of Recognition as
RESEARCH CENTRE This is to certify that,
Gordhandas Seksaria College of Yoga & Cultural Synthesis, Lonavala
of Kaivalyadhama Shriman Madhava Yoga Mandir Samiti is hereby given recognition as 'RESEARCH CENTRE' under Kavikulaguru Kalidas Sanskrit University, Ramtek (M.S.) vide University letter KKSU/BPD/2019-20/39 dated 19th March 2020 from the academic year 2020-21 for the research in Yoga and allied subjects.

Date: - 19th March 2020
Place: - Ramtek

Prof. Srinivasa Varakhedi
Vice-Chancellor

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.**

Regular Courses

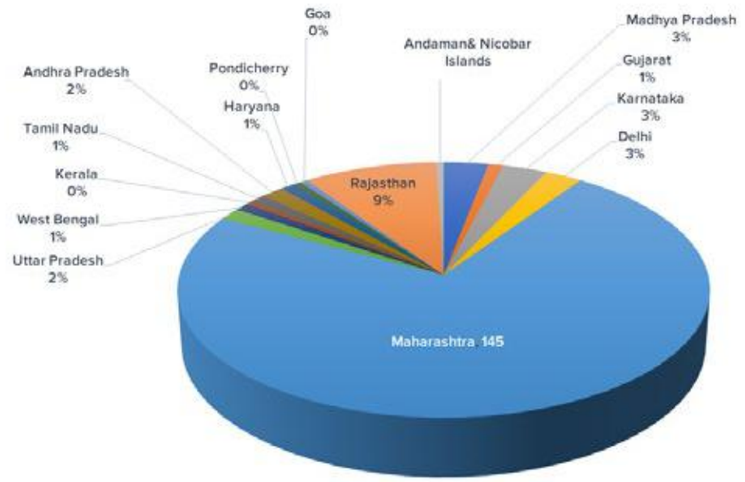
Academic Courses conducted during the year (2021-22) At a Glance

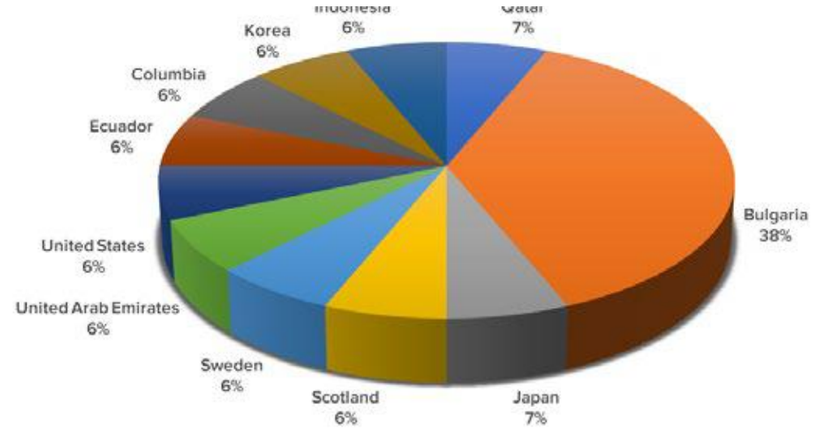
S.N	Name of the Course	Duration	Indians			Foreign Nationals			Grand Total		Total
			Male	Female	Total	Male	Female	Total	Indian	Int'nl	
1	C.C.Y. (May 3 - June 3, 2021) Online & Onsite	30 Days	5	34	39	1	0	1	39	1	40
2	C.C.Y. (Aug 16 - Sep 17, 2021) Online & Onsite	30 Days	5	24	29	0	3	3	29	3	32
3	C.C.Y. (Nov 15 - Dec 14, 2021) Online & Onsite	30 Days	3	8	11	1	2	3	11	3	14
4	C.C.Y. (Jan 15 - Feb 15, 2022) Online & Onsite	30 Days	1	14	15	0	0	0	15	0	15
5	Foundation Course in Ayurveda 2021	21 days	0	1	1	0	0	0	1	0	1
6	Foundation Course in Yoga 2021	7 Days	0	3	0	0	0	0	3	0	3
7	B.A. (Yogashastra) 2021-24	3 yrs	22	30	52	0	2	2	52	2	54
8	M.A. (Yogashastra) 2021-2023	2 yrs	23	8	31	0	0	0	31	0	31
9	P.G.D.Y.Ed. 2021-2022	1 A.Yr.	35	32	67	1	0	1	67	1	68
10	D.Y.T. 2021-2023	1 A.Yr. + 6 Months Internship	1	6	7	0	0	0	7	0	7

Certificate course in Yoga

This 30-day yoga certificate course is a stepping stone for yoga seekers who wish to pursue a career in this field but are unable to commit longer periods of time for course completion. It gives an in depth understanding of yoga covering the textual, psycho-physiological, and practical aspects of yoga, as well as, teaching methods in yoga. Its being conducted by college in Hybrid Mode due to the pandemic situation. (Online as well as onsite). This course is also conducted at Mumbai and Jaipur branches also. This course is accredited as Certificate Course from **Indian Yoga Association (IYA)** and the Syllabus is equivalent to Level 2 – (Yoga Wellness Instructor) of **Yoga Certification Board (YCB).**













Foundation Course in Ayurveda 2021

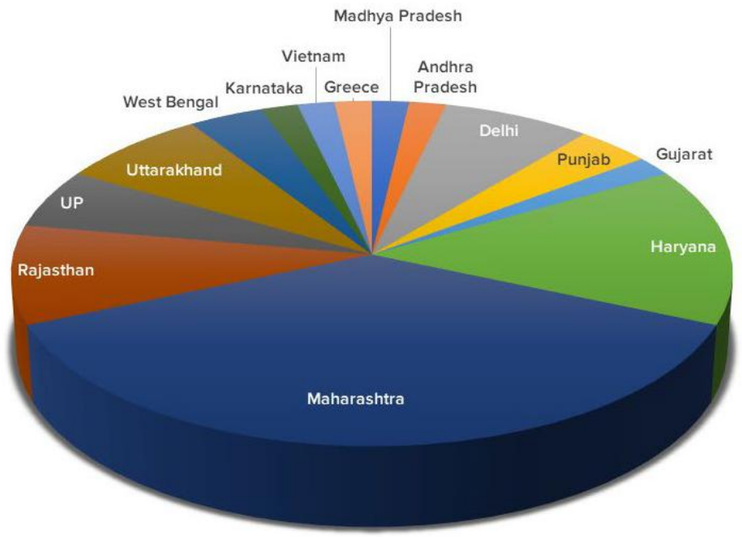
This course incorporates a holistic understanding of herbal decoctions, satvik diet, Ayurveda supplements, massages, and different therapies with medicated oils and ghee. Aspects of Yoga are covered for healing, detoxification, and rejuvenation through Ayurveda.

Foundation Course in Yoga

Foundation of Yoga is laid for students based on its philosophy and applications, from traditional yogic texts. Introduction to schools of Yoga and Concept of Asana Pranayama/ Kumbhaka, Bandhas, Mudras, Nadanusandhana & Dhyana in Hathayoga is covered. Perspectives and definitions with explanations from both Hatha yogic texts & Patanjala Yoga Sutra are discussed. Overview of Yogic Anatomy and Physiology along with Understanding of Practical Yoga is covered. We had 3 students onsite.

B.A. Yoga Shastra

B. A. in Yoga Shastra is a three years full-time course, Affiliated to Kavikulaguru Kalidas Sanskrit University, which trains students with the concepts and practices to learn yoga at the graduation level. The comprehensive B.A. program promotes awareness of positive health, personality development, and individual psycho-spiritual evolution. The objective of the course is to train students to take up Yoga Science as a profession and to prepare participants for pursuing higher aspects of Yoga and Yoga Research.



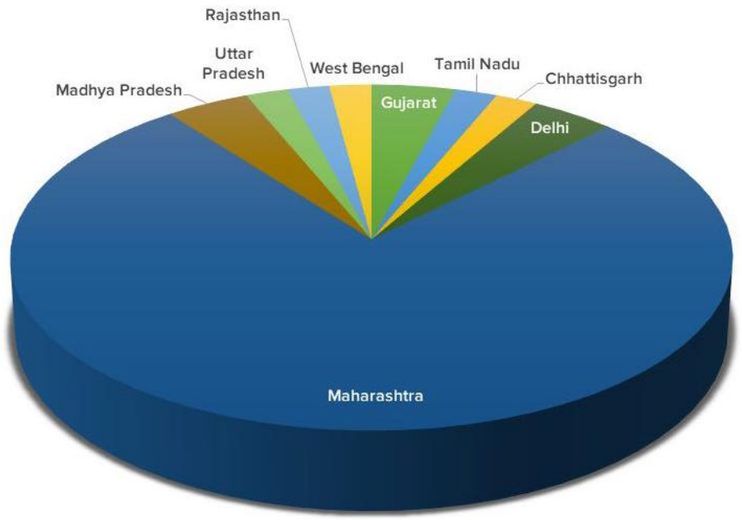






M.A. (Yoga Shastra)

M.A. Yoga Shastra , Affiliated to Kavikulaguru Kalidas Sanskrit University aims at training students to take up yoga study at the postgraduate level. It has students both at Lonavala and Mumbai branch.



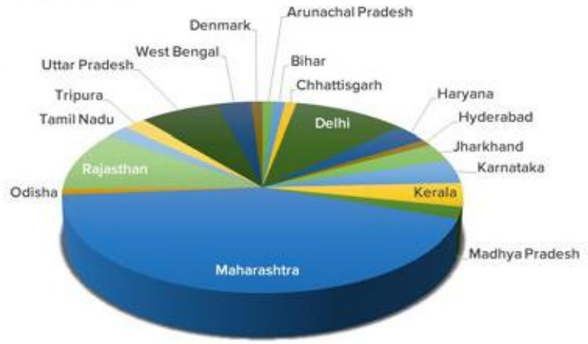




P.G. Diploma in Yoga Education (2021-22)

PGDY.Ed is a post-graduation diploma program for aspiring yoga teachers. 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. The students are grounded in the various academic, practical, and scientific aspects of different Yoga related subjects to be efficiently equipped when they take up teaching.

This course is accredited as **Advanced Certificate Course** from Indian **Yoga Association (IYA)** and the Syllabus is equivalent to **Level 3** – (Yoga Teacher and Evaluator) of **Yoga Certification Board (YCB)** This course is conducted by Lonavala, Mumbai and Jaipur branches.







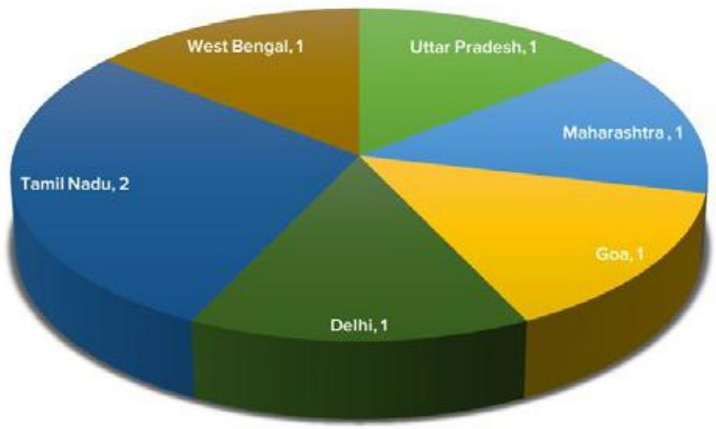






Diploma in Yoga Therapy (2021-23)

DYT is a unique, one-of-a-kind course to train graduates and qualified yoga teachers into clinical/therapeutic aspects of yoga. The objective of this course is to create awareness for positive health and yogic personality development in students and also to develop and impart skills in application of yogic practices for restoring and promoting positive health. The course enables the student to become a Yoga Therapist to understand and tackle certain chronic medical conditions through Yoga. It is a 18 months course including 6 months internship.



Ph.D Yogashastra

Ph.D. program in Yogashastra is affiliated to Kavikulaguru Kalidas Sanskrit University. 9 students are doing their Ph.D. course work in different subjects.
4 students are selected by KKSU for second batch of Ph.D Yogashastra.



CCY held in collaboration with Wellness Chandra, Japan

The certificate course had 20 students and took place from June to October.



CCY by Yogalite, France

CCY course was conducted by school YogaLite in France, under guidance of Neda Lazarevic .They learned the basics of traditional yoga through the prism of Kaivalyadhama lineage : traditional texts and practices and their effects on body, mind and soul.



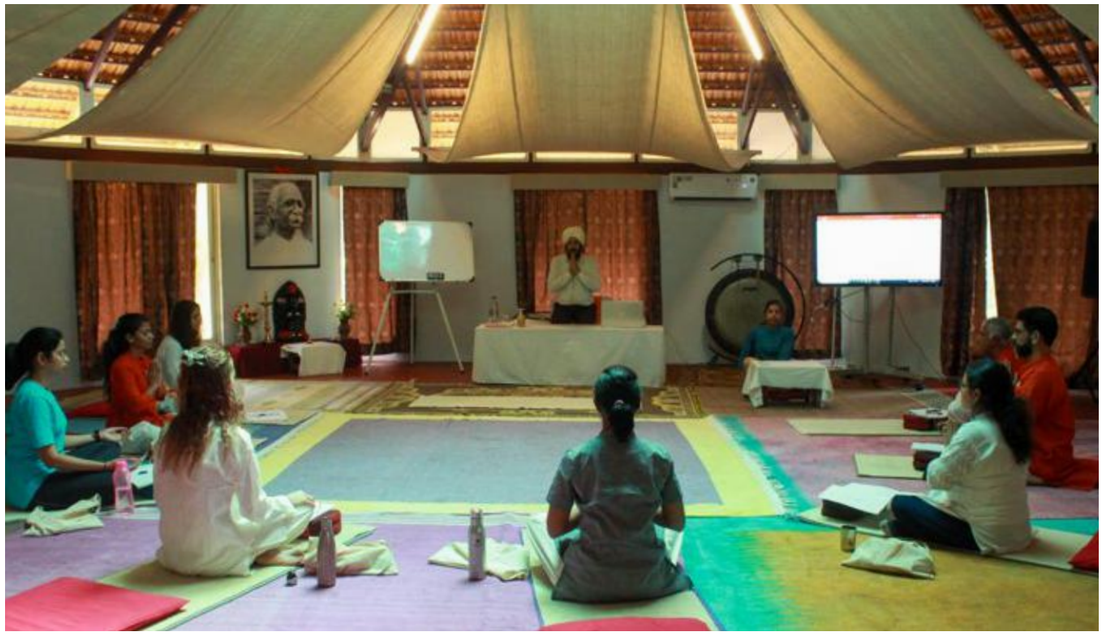


Online Courses

1. Yoga Teacher Training

96 topics covering Patanjali Yoga Sutras, Hatha Yoga, Yogic anatomy and physiology, Yogic psychology and application, Teaching methodology. Classical Yoga e-books. It provides an intimate experience online, with over 60 hours of in-depth video lectures and guidance from the teachers over email. Classical Yoga e-books are provided.





2. Principles of Ayurveda for Yoga Teachers

This course covers the basics of Ayurveda through videos, references and reading, and ten assignments. The course is meant for Yoga Teachers to guide their students on self-care through Ayurvedic principles.

3. Samkhya Philosophy Online Course

One of the six principal systems of Hindu philosophy, Samkhya expounds the why of spirituality, Vedanta describes the end to be attained, and Yoga provides the method for that attainment. 8 hours of video content supported by transcripts.

4. CYP (Common Yoga Protocol) Appreciation Course

This course is teaches the CYP developed by the Ministry of AYUSH , Government of India with help of all the eminent Yoga traditions in India. This effort was to synthesize the commonalities to give to the world a protocol for practice which could be universal, scientific, simple and could relay the essence of Yoga.
This year around 3000 participants took this course.

5. Sthāpanā (स्थापना) - The foundation course in Traditional Yoga

This Foundation Course in Traditional Yoga has been recently launched, a program of basic yet every major form of Yoga, a blended course that goes beyond the various contemporary interpretations of Yoga and lays the foundation for exploration into the study of Yoga. 15 hours of engaging online video content, Start anytime and learn at your convenience
One week On-site module at different locations. The course is open to all. No prior knowledge of Yoga or Sanskrit is required. We have

6. Certificate Course in Pātañjalayogasūtra Chanting

This Course is purported to help in reciting the Pātañjalayogasūtras as per the Śāstra (scriptures), thereby leading to their understanding and to make original Saṃskṛta Sūtras modern-student-friendly without violating the traditional grammatical norms and rules with a view to make it simple and render the Śuddha-pāṭha (the correct text). All 195 Sutras, word-by-word, Sutra-by-Sutra according to the rules of Shastras are taught.

7. Certificate Course in Sānkẖyakārikā-Chanting

This Course is purported to help in reciting the Sāṅkhyakārikās as per the Śāstra (scriptures), thereby leading to their understanding and, to make original Saṃskṛta text modern-student-friendly without violating the traditional grammatical norms and rules with a view to make it simple and render the Śuddha-pāṭha (the correct text).

Special Yoga Training Programs

CCY for Indian Navy at Goa

Kaivalyadhama successfully conducted 1 month CCY for Indian Navy Personnel at INPT Goa, INS Mandovi in 2021. Indian Naval Physical Training School is one of the oldest units of Indian Navy. We conduct certificate courses every year for them. Another batch was conducted in Jan-2022 for Indian Navy Personnel at INPT Goa.

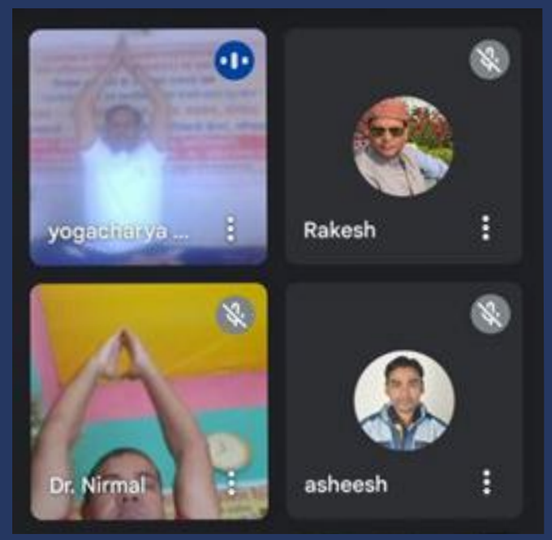






Online Yoga Training in Govt. Colleges of Madhya Pradesh

"एकाग्रता मे वृद्धि एवं मानसिक स्वास्थ्य बनाए रखने" हेतु (Improve concentration and maintain Mental Health). Kaivalyadhama Bhopal organized online classes in 10 Govt. Colleges from all over M.P. From 21/03/22 to 31/03/22. Total no. of participants were 412 from these colleges.





Faculty and Student Development Programs

Mantra chanting for all yoga teachers of Kaivalyadhama

Mantra chanting training sessions were conducted daily by Shri Sudhir Tiwari for all the in-house yoga teachers of Kaivalyadhama diligently for two months.



Along with the meditation practices, prayers and the chanting of the mantras form the main part of the spiritual discipline of Yoga. During the special spiritual course conducted by Kaivalyadhama, lot of emphasis is given to this aspect along with the regular Practice of Asana and Pranayama. By chanting mantras, your mind releases the positive energy that decreases the negative thoughts or stress. Scientific studies have found that chanting mantras like OM for 10 minutes can decrease anxiety and depressive symptoms in the human body



Foundation Day



Teacher's Day

Kriya Yoga Anushthana

KRIYA YOGA ANUSHTHANA, a spiritual retreat was conducted by college team. This year, some sessions of the Kriya Yoga Anushthana were conducted by the college faculty members Dr.S.D. Bhalekar and Mr. Vivek Tiwari. It included following:

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





Guest Lecture

A Guest lecture of Dr. Kala Acharya was conducted for the students of BA Yogashastra



Examinations:

Gordhandas Seksaria College of Yoga and Cultural Synthesis is successfully conducting the examinations of all Branches /Centres of Kaivalyadhama throughout the year and coordination is done centrally from College Office.

Yoga Certification Board Exams

Gordhandas Seksaria College of Yoga and Cultural Synthesis conducted there examinations for YCB certification. On 26th & 27th August 2021, we conducted YCB EXAM online for Level 6 (Yoga Therapist) which was given by 6 students and YCB level 7 (Yoga Therapy Consultant) which was given by 11 students. We also conducted YCB Level 3 Examination for 24 students offline recently.



Scholarships:

Smt. Bhagwati Devi Baburam Tiwari Scholarship

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

Smt. Bhagwati Devi Baburam Tiwari scholarship award program was successfully done in the esteemed presence of Dr. O P Tiwari ji (Chairman). This award was given to the meritorious students of the college.

1. Rohit Kumar
2. Sonali Dhaiya
3. Damini Pundir
4. Ashish Yadav

10,000/- amount and Certificate for the best two students and 7500/- for two runners up students was awarded.







Shri Rameshwar Prasad Nevatia Scholarship (Yoga Education Fund)

YEF Scholarship is announced 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.

1. Ms. Pooja Banik
2. Ms. Kannama Singh
3. Mr. Raghuraj
4. Mr. Suraj Chavan



Corporate Outreach

Yoga sessions for Parker company Mumbai

Online special Yoga sessions on protocol of IDY for the participants of Parker company Mumbai, Maharashtra were conducted on 21st June.

Yoga training in HPL Additives

HPL Additives, a corporate in NCR celebrated their sports day with yoga sessions in March with Kaivalyadhama Delhi . Yogacharya Abhishek Bhaduriya led the huge group through practical sessions on mudras, asana, Pranayama. It is an annual event and they have been doing with us for some years now



Yoga classes at New India Insurance

Kaivalyadham, Mumbai is conducting 6 to 8 Yoga at workplace classes at New India Insurance in Mumbai.



Social Outreach



Kaivalyadhama donated oxygen Machine to Shradha Hospital

We all know the importance of Oxygen machine during the pandemic specially when people are gasping for breath and losing their lives. Kaivalyadhama handed over this life saving equipment to the Shradha Hospital for the use of larger crowds.

Kaivalyadhama shares Oxygen Concentrators to Citizens of Lonavla and Neighboring Villages

Kaivalyadhama is making every effort reach out in service and care. The institute right from March 20, 2020 has been providing Kadha (herbal drink) to all the police personnel and personnel from the Lonavla Municipal Council. The institute has also contributed facemasks to LMC.
Kaivalyadhama received 25 Oxygen Concentrators from Mr. Rajiv Mehta of Ratnanidhi Charitable Trust Mumbai. Five of the Oxygen Concentrators were handed over to Dr. Seema Shinde of Nirmitee Foundation and twenty of them to Shraddha Hospital.





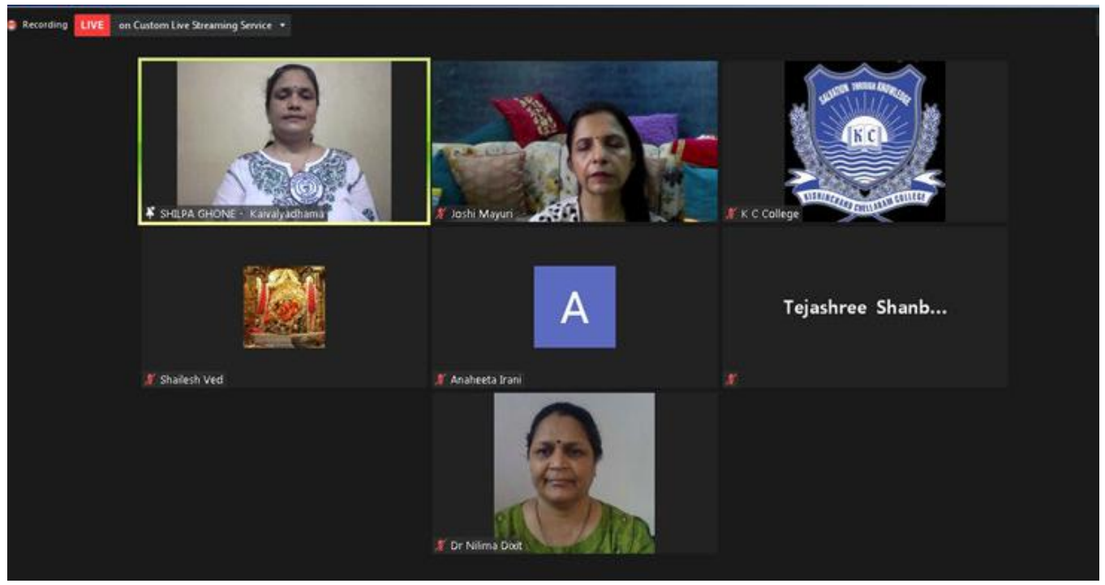
Let's Nurture the Nature for a beautiful Future

On international Environment Day, Ms. Tanu Mehta with the collaboration of Citizen Forum Lonavala sponsored the plants like Gauva, Jammun, Pipal.
Go Green Grow Green Kaivalyadhama Team took a pledge **"I pledge allegiance to the Earth, to its mountains, rivers, soil and sky, One planet, irreplaceable, to be cherished and protected by all."**



Be kind - Un-wind - Yoga for health and well-being"

Yoga session for K.C.College teachers Title "Be kind - Un-wind - Yoga for health and well-being" - Special focus was on stress , anxiety and respiratory health. "from 24th April 2021 to 31st of May A total 21 Classes were conducted, around 30 K.C. College Teachers / staff benefited. Session include relaxation - asana- pranayama

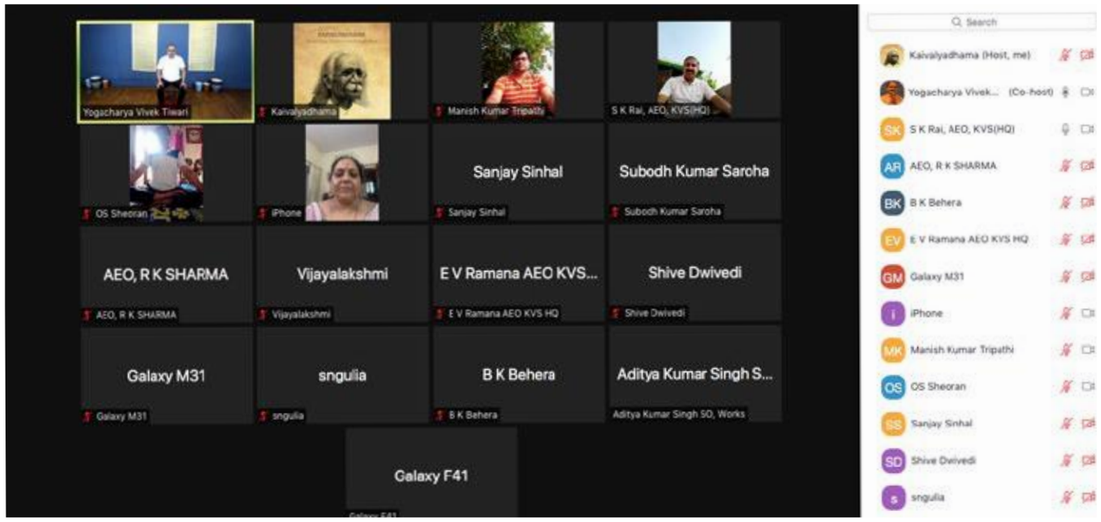


Kaivalyadhama outreach program distributes clothes to the needy

The pandemic has taken an adverse toll on the poor specially the tribal in the surrounding villages of Lonavala . Kaivalyadhama through the good office of Ms. Brinda Ganatra Council Member of Lonavla distributed good clothes to the needy.

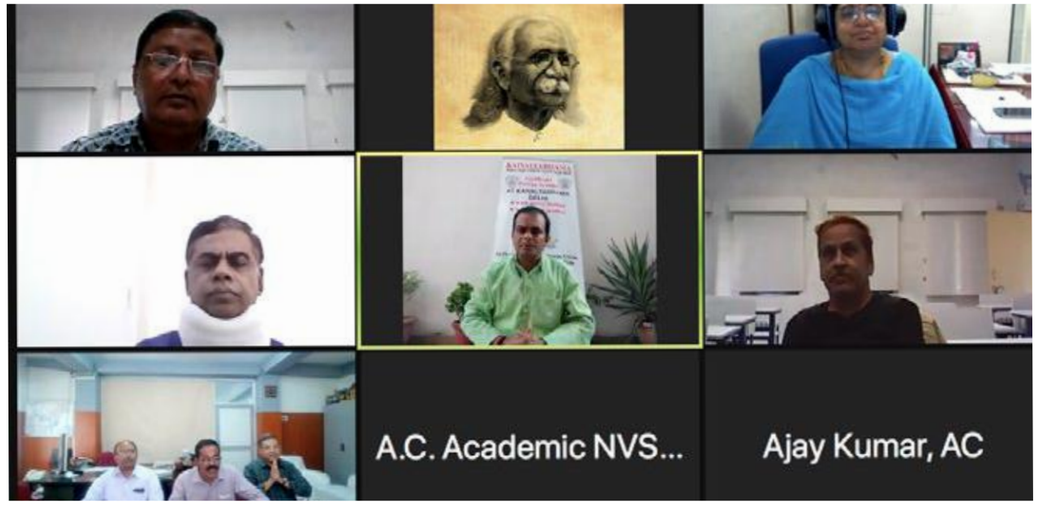
Yoga sessions for Senior functionaries of KVS

As part of our social outreach endeavours, Kaivalyadhama engages in online Yoga sessions with senior functionaries of Kendriya Vidyalaya Sangathan Headquarters at New Delhi. These series of yoga sessions were planned online for 3 months



Yoga Training to the Officers of Navodaya Vidyalaya Samiti

Kaivalyadhama has been promoting Yoga in schools from decades. The Delhi branch did a series of Yoga training for Officers of NVS from across India on Wednesday and Friday for 2-3 months.



Outreach Yoga classes for Slum Children in Mumbai

B. B. Shah Trust & Anum Foundation in Association with Kaivalyadhama are running the activity for Vaidu community children & under privileged children & Adults Literacy Program since October 2020. Total 143 Vaidu community children & 150 under privileged Zilla Parishad school children & 150 Ladies are getting benefits through these activities along with Yoga, Spoken English, Art & craft, Dance & singing classes.





Swami Anubhavanandaji Discourses, Mumbai

Swamiji gave a series of discourses on spirituality for the full first week of January as an outreach program ushering the New Year on a spiritual note.



Yoga classes in Zilla Parishad schools

Promoting Yoga in schools to help the children lay a strong foundation from the beginning. After two years of the pandemic, children are back to school. Kaivalyadhama through its YEF is organizing yoga classes for the primary school children at the Zilla Parishad School, Virar Mumbai.

Cancer Day

"Cancer and Mental Health" online session was held on 4th Feb 2022. It was interesting and informative session coordinated by Ms. Anjali Deshmukh to strive to reach out to people with different conditions to motivate them to resolve their problems through positive lifestyle changes and yoga.



Yoga training at Juvenile Homes in Mumbai

Kaivalyadhama got the opportunity to spread Yogic joy & love on "Valentine's Day" February 14, 2022 to 100 children from Children Aid Society, Mumbai (remand home for girls and boys at Dongri, Mumbai). The idea of Love yourself & do Yoga daily was initiated. We also donated 100 Yoga mats to those children.

On 15 February 2022 we commenced Yoga training at Juvenile Homes in Mumbai. Hon'ble Justice Sadhana Jadhav and Justice A K Menon of Bombay High Court were present. Initiation of implementation of recommendations from International Conference on Yoga and Mental Health which was recently held was taken forward. We will now run Foundation Course in Yoga & Common Yoga Protocol courses and issue certificates to deserving students of juvenile home.







Yoga Training Program for Maharashtra Police Officers

Kaivalyadhama conducted 2 batches of 10 days Yoga Training Program for 100 Maharashtra Police Officers at RPTS Khandala in February and March 2022.

"Bone and Joint" Medical camp, Bhopal

Kaivalyadhama Bhopal, Rotary Club Bhopal South and Apollo Hospital Indore Jointly organized a " Bone and Joint" Checkup camp on 3rd March. In this Medical Camp, Doctors of Apollo Hospital Indore examined the Patients suffering from Bone and Joint Problems. Many Patients got benefited by this medical Checkup Camp.

Complimentary Yoga online classes for Covid warriors, Doctors, nurses and patients, Mumbai

Kaivalyadhama Mumbai arranged complimentary Online Yoga Class to M.C.G.M. Hospitals patients, staff, doctors & nurses. All are front line warrior & working continuously since last year. We all deserve Yoga break at work place or home to refresh, relax and rejuvenate. The class was as per choice of time and day.

Legal literacy camp, Mumbai

Motor Accident Claims Tribunal reached out to Kaivalyadhama Mumbai for a Legal literacy camp on International Womens Day, March 08, 2022 for a talk on women's health and wellbeing through Yoga & Ayurveda.



Yoga sessions for NCERT, Delhi HQ

Kaivalyadhama Delhi conducts yoga sessions on all working days for NCERT staff in their premises all the year around . The practices include asanas, pranayama and shudhhi kriyas.



Trainings

Kaivalyadhama Across the World

Monthly Satsangs, USA

Kaivalyadhama USA conducts online Satsangs every last Sunday of the month. The aim of the Satsang is to create a platform for Kaivalyadhama teachers, students and followers where they can connect. We discuss Patanjali Sutras, practice guided savasana, breathing and chant. Sometimes we invite speakers to give a talk and answer questions from the students. The satsangs are free to all.



Free Yoga classes, USA

These are offered every other Wednesday of the month by Vartika Dubey.

Monthly Pranayama classes

These classes are offered to students who are already practicing Pranayam and have studied with a Kaivalyadhama teacher.

Workshop: From Asana to Pranayam , USA

A workshop on foundations of Pranayam was conducted in June at Piermont NY. The goal was to create awareness about the Pranayam practices in light of science and yogic tradition. The sessions included Asana practices followed by Pranayams instructions and practice and





International Day of Yoga in Awara-Onsen, Fukui, Japan

Wellness Chandra, our associate in Japan celebrated IDY with us in a big celebration on 20th June. There were around 900 participants both in online and offline mode. There was a talk by Sh. Tiwariji for the participants with Yoga sessions conducted in online mode by Sh. Neeraj Singh.





Traditional Yoga (Hatha) Workshop with Shri Neeraj

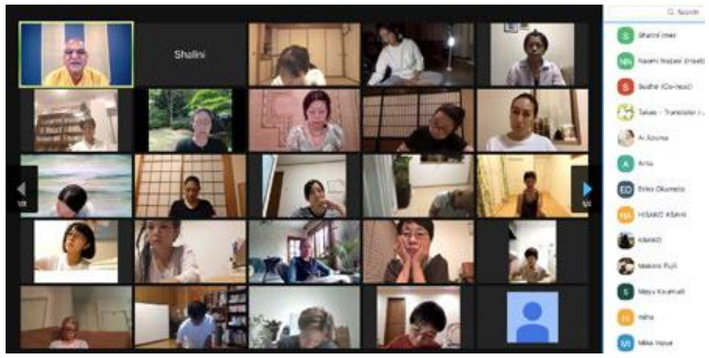
These were held every Sunday in collaboration with Yoga & Wellness Chandra, Japan for 4 months conducted by Shri. Neeraj Singh on different themes. Consecutive Interpretation into Japanese was done by Dr. Motoko Saito . There were in all about 260 participants in these workshop.

March: Yoga for General Health (Digestive system, Cardiovascular system, Mind and Locomotor system)
May: Yoga for Respiratory System
July: Yoga for Anxiety and Insomnia
October: Yoga for Women's Health



Workshop on Kaivalyopanishad , Japan

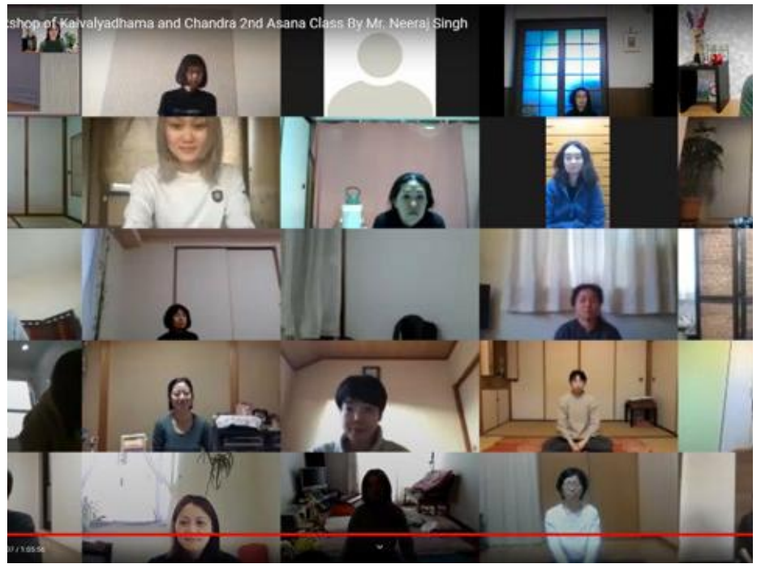
Sh. Sudhirji took a workshop on Kaivalyopanishad :Teaching and Practice for Japanese students online in the month of August.



Collaborative Workshop with Wellness Chandra

Kaivalyadhama held this collaborative workshop for 34 participants from 15th - 18th February with practical Traditional Hatha yoga sessions by Neeraj Singh . There were also lectures on various topics like:

"Physical and Spiritual Benefits of Pranayama" by Shri O. P. Tiwari-ji
"Yama & Niyama" by Dr. Rajeshwar Mukopadhya
"Science of Asana" by Dr. Sharad Bhalekar
"Fundamental Principle of Pranayama" by Dr. Neeta Gade
"Pranayama in Hathapradipika" by Prof. R. K. Bodhe
"Science of Pranayama" by Dr. Sharad Bhalekar
"Meditation from Scientific Points of View" by Dr. Sharad Bhalekar
"Yoga & Mental Health" by Dr. Praseeda Menon

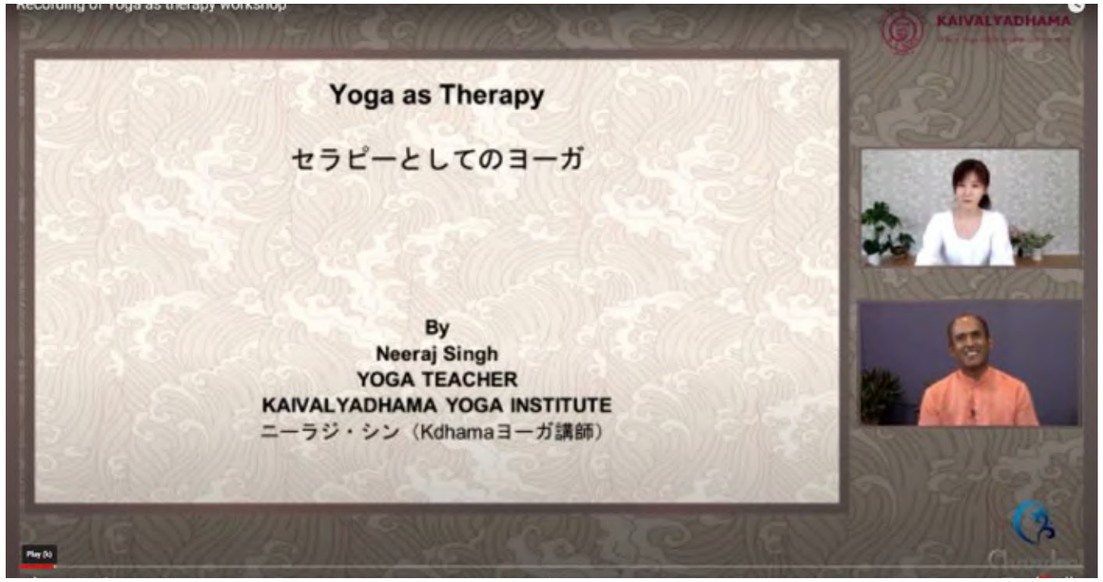






Workshop on Yoga as Therapy

It was also in collaboration with Wellness Chandra with Neeraj ji as Facilitator along with Interpretation into Japanese by Dr. Motoko Saito. There were 29 participants in the class.



Workshop on Basic Ayurveda for Yoga Practitioners

Kaivalyadhama did this 2-day workshop with Chandra in November. The yoga sessions were facilitators were Sh. Neeraj Singh and Dr Gururaj.



Workshops

Manage Autoimmune Disorders with Yoga

Rheumatic Arthritis, Thyroid, Lupus, Alopecia, IBD, Type 1 Diabetes, Psoriasis, etc are all examples of auto-immune disorders, where the body is literally attacking itself. Modern science has been struggling over the years to treat such diseases and in many cases, there are no real treatments, but just management of the symptoms to ease the suffering.

Studies, research, and experience have shown that Yoga can help manage such autoimmune disorders at a physical, mental, and emotional level. The first of its kind at Kaivalyadhama, an on-site workshops were conducted by our experienced faculty Ms. Renu Jain. This was an intensive program.The workshops were held on campus ((30th May to 5th June 2021), (29th Aug to 05th Sept 2021) (19th December to 26th December 2021)







Covid-19 recovery workshop “Yog se Nirog”

Covid-19 recovery program “Yog se Nirog” conducted by AYUSH Department of Madhya Pradhesh. In this program, Kaivalyadhama Bhopal participated along with IYA. Six of our volunteer teachers from trained 750 corona patients online all over M.P.



Living the Yogasūtras

When a mantra, shloka, stotra or a sutra is chanted repeatedly with concentration it reveals its rahasya (Secrets) and gives its powers to its practitioner. The sound symbol ‘Om’ is one such universal mantra, a mahamantra. For a student of Yogadarshana, Patanjali’s Yogasutras are at the core of learning. Kaivalyadhama, Lonavla brought a unique opportunity to learn how to chant Patanjali’s Yogasutras from 22nd August - 28th August 2021. All 195 sutras, word-by-word, sutra-by sutra according to the rules of the shastras, were taught and facilitated by Dr Rajani Pradhan and Dr. Praveena Shetty. The course was conducted in English. It was successfully completed and the students were in awe and appreciation of the course.



Continuing Medical Education (CME) for AYUSH Doctors Sponsored by Ministry of Ayush

The CME program **(06 days)** was organized from 8 to 13 of November 2021 at Kaivalyadhama Lonavla. The aim of this CME is to educate the Medical Fraternity into the Scientific understanding of Yoga and its therapeutic applications. To update regarding trends in R & D activities for development of AYUSH systems and highlight the areas of research and avenues for collaborative activities. The theory and practical sessions were taken by 12 experts from all over the country and the program opened with the session by Dr. Raghvendra Rao, Director CCRYN, New Delhi.

The participants arrived from Karnataka, Orissa, UP, New Delhi and Maharashtra. They left with an unforgettable experience about Kaivalyadhama, its traditional knowledge, teachings and the research in the field of yoga. The energy, beauty and serenity of the campus enhanced their experiences all of them want to return and collaborate in future projects. A plethora of knowledge had been shared for the medical fraternity through this program.











Integrated Chakra Meditation workshop, Lonavla

Kaivalyadhama conducted an onsite Workshop on Integrated Chakra Meditation for the first time by our very own research officer Dr. Santosh Pandey from 25th to 30th October 2021.Chakra meditation is a blanket term for any type of meditation that seeks to clear blocked chakras and harness the power of these energy centers located throughout the body.





The word “chakra” comes from Sanskrit and translates to “wheel” or “disk,” referring to the shape of these whirling energy centers that unite mind, body and spirit. “Everyone has seven main centers of energy, also known as chakras, throughout the body, beginning at the top of the head and going straight down to the bottom of your spine. And each one of these energy centers has a specific function. Around 15 people participated in this unique experience and had a satisfying experience.

Obesity Management through Yoga and Ayurveda

Kaivalyadhama Bhopal have conducted Special Program for I.T. professionals in the months of September, October, and November 2021 along with Ayurvedic consultation.



Back Care Management through Yoga

Complimentary workshop was conducted by Bhopal branch in December for back care management.

Continuing Medical Education (CME) for Yoga Teachers

Sponsored by Ministry of Ayush

This six-day program was organized by Kaivalyadhama between 24th - 29th January 2022 for yoga teachers. The aim of this CME is to encourage Yoga Teachers to undergo traditional technical knowledge upgradation and professional development in an organized manner. To encourage the use of science behind of Yoga among professional. To update regarding trends in R & D activities for development of AYUSH systems and highlight the areas of research and

avenues for collaborative activities. Extensive Philosophical, Scientific and Practical sessions with deliberations from 12 eminent speakers from all over India were conducted.





Workshop on "Yoga & Stress Management", NHM

In collaboration with AYUSH National Health Mission, Kaivalyadhama organized an explicit program for the Medical officers, Yoga Experts and Staff of Health Department deputed by DHS, NHM Mumbai, Ministry of AYUSH, Govt. of Maharashtra. This two days' workshop was held on15th & 16th March 2022.



Chakra Meditation workshop at Project Life, Rajkot

An interactive and interesting Chakra Meditation Workshop at Project Life Rajkot was conducted in March. A total of 157 participants in 2 batches attended and highly appreciated.



Workshop on Pranayama To Meditation

Kaivalyadhama Mumbai's conducted this workshop in December with Hon. Dr. Shri O. P. Tiwari Ji. He enlightened more than 100 participants with his awaited presence as the Master himself spoke on Pranayama.



Stress Management Workshop, Mumbai

The lecture was taken by Mr.Sudhir Tiwariji online and it witnessed more than 50 participants.



Patanjali's Yoga Sutras Demystified

This most unique and intensive Workshop by Dr. N. Ganesh Rao has enriched the understanding and practice of Yoga for all students and teachers of Yoga. It was relevant for all those enthusiasts who are interested in understanding the human mind, it's functioning, control, and transcendence. A clear understanding of PYS adds quality and sheer joy to life. 28 students and teachers participated in this on-campus workshop from 21st to 26th March 2022.





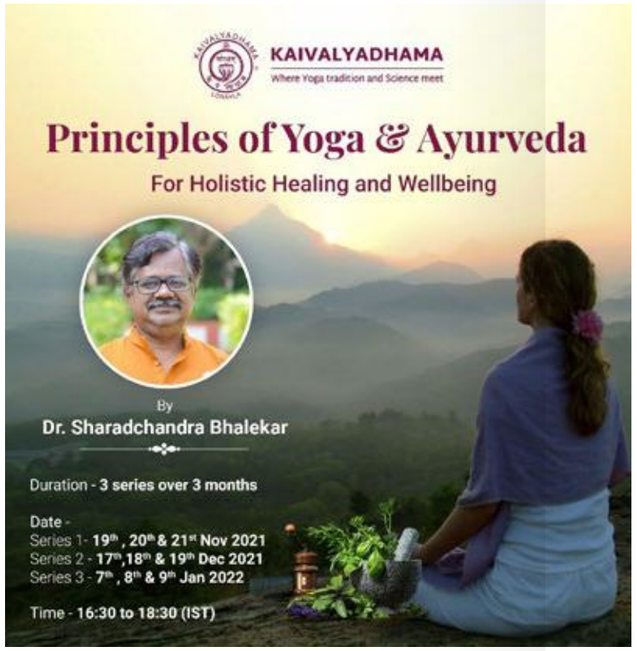
Online Workshops

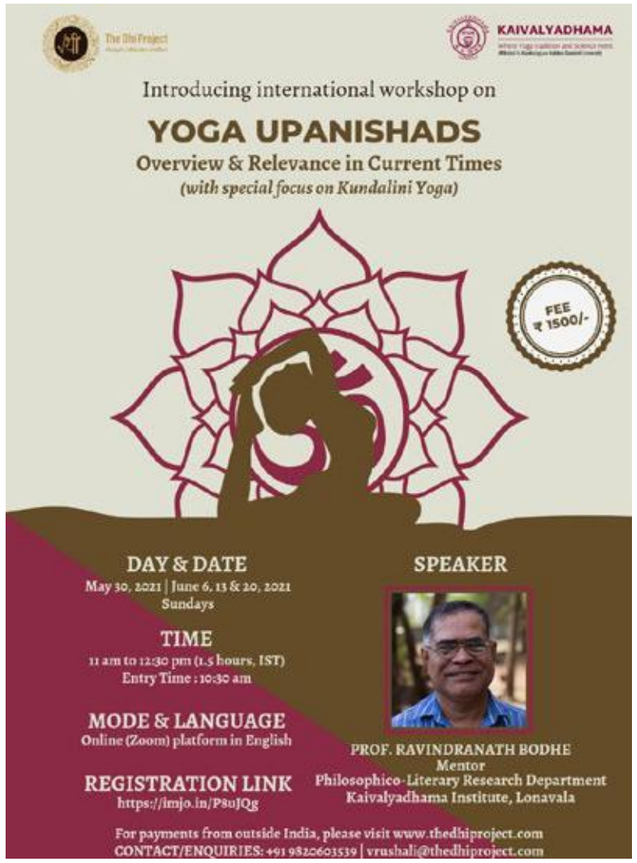
S.no	Topic	Resource Person
APRIL 2021		
1.	Yoga for Women's Helth	Yogacharya Sandhya Dixit
2.	Bhagwat Gita chanting workshop (March 2021 to June 2021)	Dr. Rajani Pradhan
3.	Balance Emotion with Yoga	Shri. Prameet Kotak
MAY 2021		
1.	Sunday Hatha yoga class (Motoko- Japanese translation)	Shri. Neeraj Singh
2.	Meditation- The art of Calming the Mind	Prof. R. S Bhogal
3.	Pranayama: Evolution, Tradition and Scientific approach (Series 1)	Yogacharya Sandhya Dixit
4.	Asanas Decoded - Popular verses Real (One Day Workshop – 3 Hours Session)	Shri. Sudhir Tiwari
5.	Managing Post - COVID Condition with Yoga and Ayurveda	Dr. Bhutada & Shri. Vivek Tiwari
JUNE 2021		
1.	Pranayama: Evolution, Tradition and Scientific approach (Series 2)	Yogacharya Sandhya Dixit
2.	IDY event with Motoko	Shri. Neeraj Singh
3.	Asana - Musculoskeletal Mechanism (Series 1)	Dr. Bhalekar
JULY 2021		
1.	Sunday Hatha yoga class (Motoko- Japanese translation)	Shri. Neeraj Singh
2.	Essential Practices of Pranayama for Peace (5 Sessions)	Dr. O P Tiwariji
3.	Pranayama: Evolution, Tradition and Scientific approach (Series 3)	Yogacharya Sandhya Dixit
4.	Asana - Musculoskeletal Mechanism (Series 2)	Dr. Bhalekar

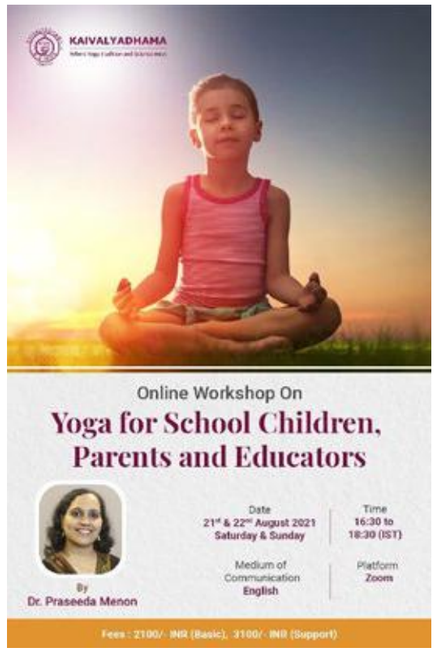
S.no	Topic	Resource Person
AUG 2021		
1.	PYS appreciation Course (Series 1)	Dr. Rajani Pradhan
2.	Asana - Musculoskeletal Mechanism (Series 3)	Dr. Bhalekar
SEPT 2021		
1.	PYS appreciation Course (Series 2)	Dr. Rajani Pradhan
2.	Yoga for Depression	Dr. Bhalekar
3.	Meditative Techniques for Yoga Teachers (Series 1)	Prof. R S Bhogal
4.	Chakra Meditation (3 Sessions)	Dr. Santosh Pandey
OCT 2021		
1.	Sunday Hatha yoga class (Motoko- Japanese translation)	Shri. Neeraj Singh
2.	PYS appreciation Course (Series 3)	Dr. Rajani Pradhan
3.	Meditative Techniques for Yoga Teachers (Series 2)	Prof. R S Bhogal
4.	Yoga and Ayurvedic approaches to psychological diseases and treatments	Shri. Neeraj Singh and Dr. Sajith
5.	Yoga for Memory and Concentration	Shri. Ravi Dixit
NOV 2021		
1.	Meditative Techniques for Yoga Teachers (Series 3)	Prof. R S Bhogal
2.	Psychological Benefits of Pranayama (10 Sessions) (Nov 2021 to Feb 2022)	Dr. O P Tiwariji
3.	Principal of Ayurveda (Series 1)	Dr. Bhalekar
DEC 2021		
1.	Pranayama: Evolution, Tradition and Scientific approach (Series 1)	Yogacharya Sandhya Dixit
2.	Principal of Ayurveda (Series 2)	Dr. Bhalekar
3.	International Conference (3 days)	

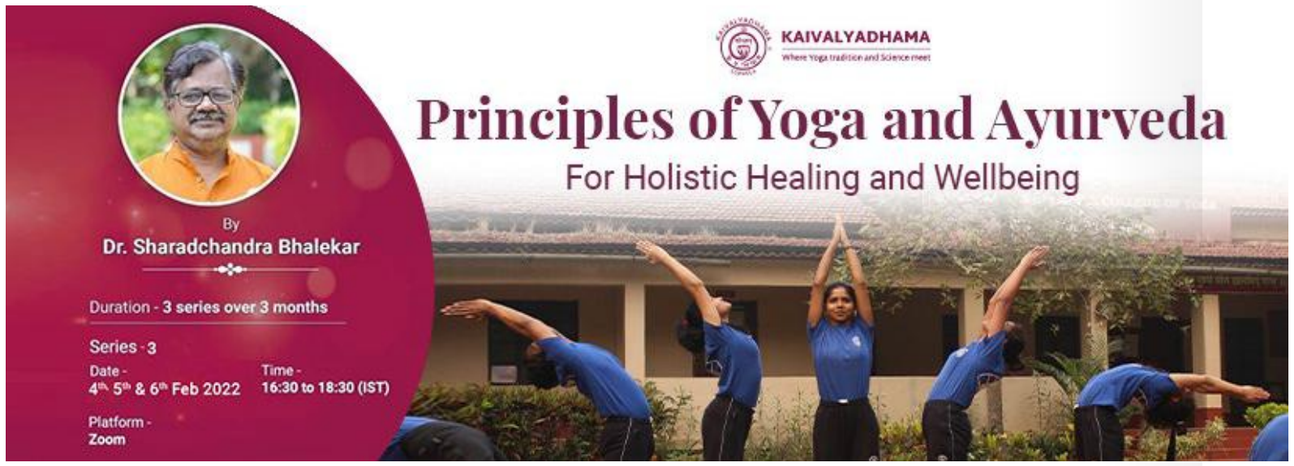
S.no	Topic	Resource Person
JAN 2022		
1.	Traditional Hathayoga with China	Shri. Neeraj Singh
2.	Principal of Ayurveda (series 3)	Dr. Bhalekar
3.	Pranayama: Evolution, Tradition and Scientific approach (Series 2)	Yogacharya Sandhya Dixit
4.	Management of Back Health Through	Shri. Neeraj Singh
5.	Towards Mediation -Acquiring tools to Holistic Living (Series 1)	Prof. R S Bhogal
FEB 2022		
1.	Traditional Hathayoga with China	Shri. Neeraj Singh
2.	Pranayama: Evolution, Tradition and Scientific approach (Series 3)	Yogacharya Sandhya Dixit
3.	Towards Mediation -Acquiring tools to Holistic Living (Series 2)	Prof. R S Bhogal
MARCH 2022		
1.	Traditional Hatha Yoga	Shri. Neeraj Singh (China)
2.	Pranayama and Mediation	DR. Bhalekar (France)
3.	Towards Mediation -Acquiring tools to Holistic Living (Series 3)	Dr. R S Bhogal
4.	Satsang with O P Tiwari ji	O P Tiwari ji with Ran bin translator (China)
5.	Ayurveda and Yoga 2 days online workshops (with Japanese translation)	Dr. Gururaj and Shri. Neeraj Singh

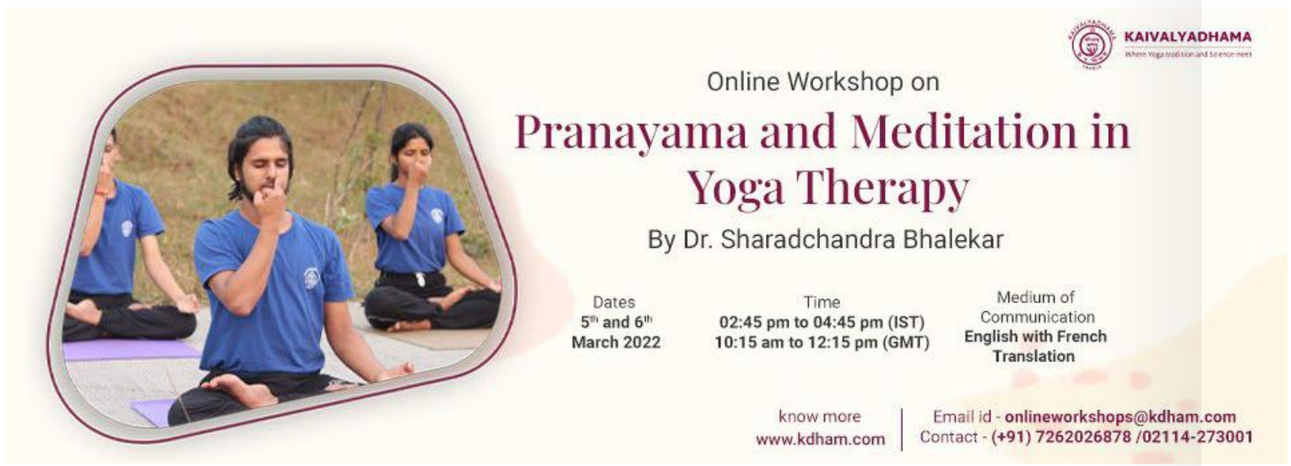

KAIVALYADHAMA
Where Yoga tradition and Science meet
Understand the impact of lifestyle on Autoimmune disorders.
Kaivalyadhama brings to you a dedicated workshop
"Manage Auto Immune Disorders with Yoga"

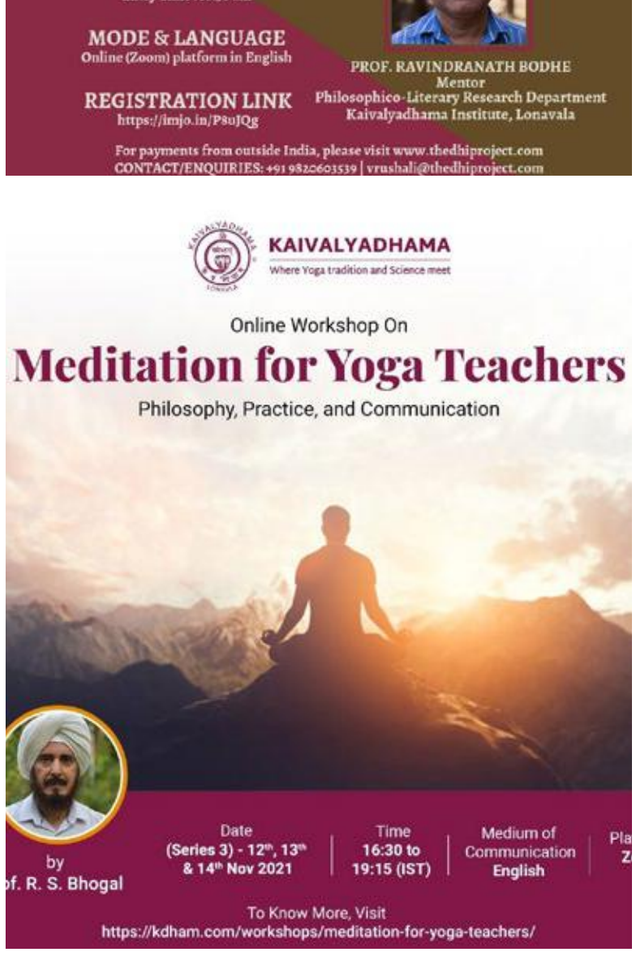

KAIVALYADHAMA
Where Yoga tradition and Science meet
Principles of Yoga & Ayurveda
For Holistic Healing and Wellbeing
By
Dr. Sharadchandra Bhalekar
Duration - 3 series over 3 months
Date -
Series 1- 19th , 20th & 21st Nov 2021
Series 2 - 17th,18th & 19th Dec 2021
Series 3 - 7th , 8th & 9th Jan 2022
Time - 16:30 to 18:30 (IST)

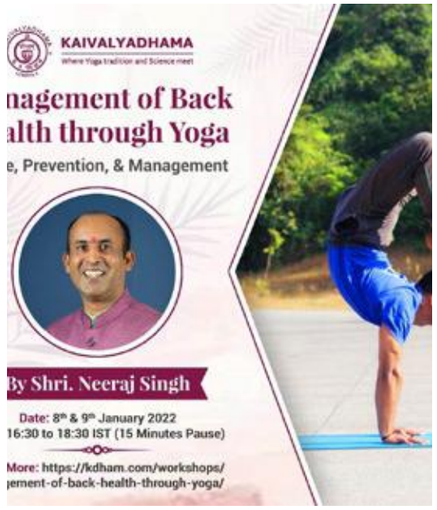

The Dhi Project
KAIVALYADHAMA
Where Yoga tradition and Science meet
Introducing international workshop on
YOGA UPANISHADS
Overview & Relevance in Current Times
(with special focus on Kundalini Yoga)
FEE ₹ 1500/-
DAY & DATE
May 30, 2021 | June 6, 13 & 20, 2021
Sundays
TIME
11 am to 12:30 pm (1.5 hours, IST)
Entry Time : 10:30 am
SPEAKER
MODE & LANGUAGE
Online (Zoom) platform in English
REGISTRATION LINK
https://imjo.in/P8uJQg
PROF. RAVINDRANATH BODHE
Mentor
Philosophico-Literary Research Department
Kaivalyadhama Institute, Lonavala
For payments from outside India, please visit www.thedhiproject.com
CONTACT/ENQUIRIES: +91 9820603539 | vrushali@thedhiproject.com

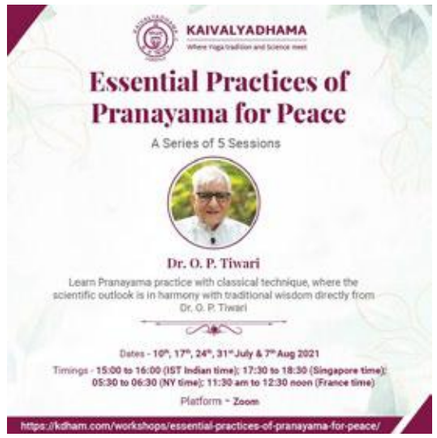

KAIVALYADHAMA
Where Yoga tradition and Science meet
Online Workshop On
Yoga for School Children, Parents and Educators
By
Dr. Praseeda Menon
Date
21st & 22nd August 2021
Saturday & Sunday
Time
16:30 to 18:30 (IST)
Medium of Communication
English
Platform
Zoom
Fees : 2100/- INR (Basic), 3100/- INR (Support)

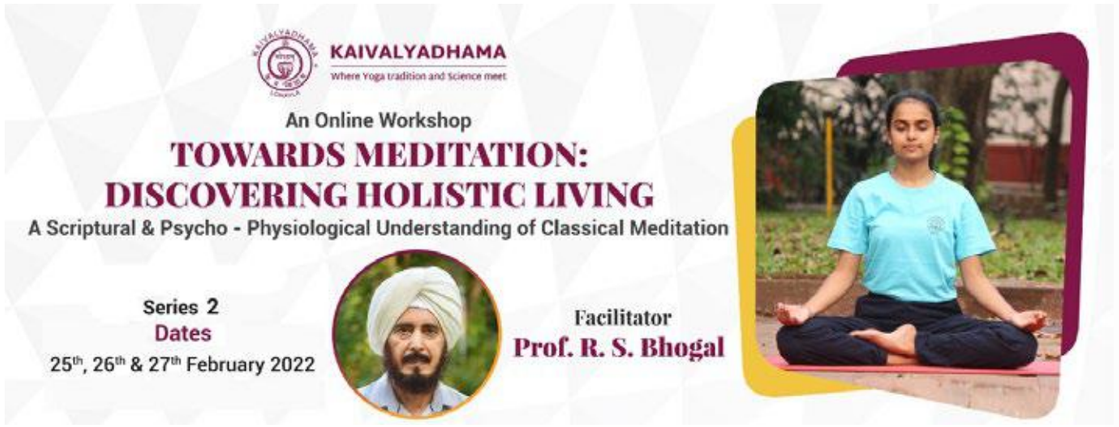

KAIVALYADHAMA
Where Yoga tradition and Science meet
Principles of Yoga and Ayurveda
For Holistic Healing and Wellbeing
By
Dr. Sharadchandra Bhalekar
Duration - 3 series over 3 months
Series - 3
Date -
4th, 5th & 6th Feb 2022
Time -
16:30 to 18:30 (IST)
Platform -
Zoom


KAIVALYADHAMA
Where Yoga tradition and Science meet
Online Workshop on
Pranayama and Meditation in Yoga Therapy
By Dr. Sharadchandra Bhalekar
Dates
5th and 6th March 2022
Time
02:45 pm to 04:45 pm (IST)
10:15 am to 12:15 pm (GMT)
Medium of Communication
English with French Translation
know more
www.kdham.com
Email id - onlineworkshops@kdham.com
Contact - (+91) 7262026878 /02114-273001

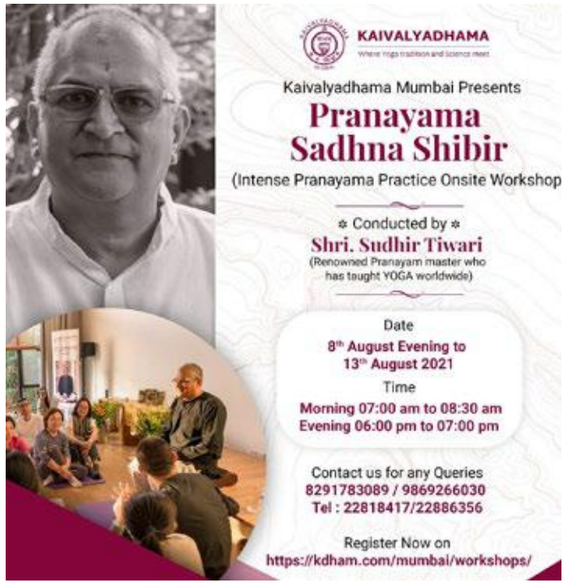

KAIVALYADHAMA
Where Yoga tradition and Science meet
Online Workshop On
Meditation for Yoga Teachers
Philosophy, Practice, and Communication
by
of. R. S. Bhogal
Date
(Series 3) - 12th, 13th & 14th Nov 2021
Time
16:30 to 19:15 (IST)
Medium of Communication
English
To Know More, Visit
https://kdham.com/workshops/meditation-for-yoga-teachers/

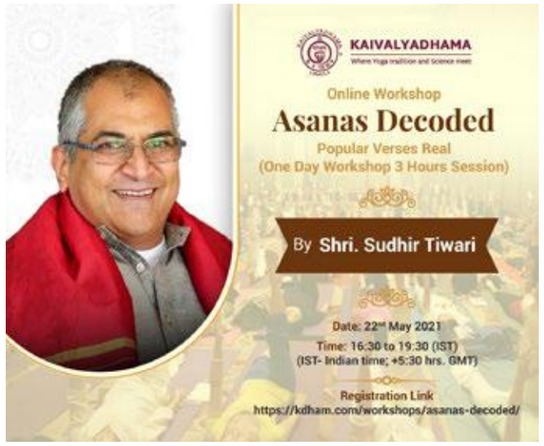

KAIVALYADHAMA
Where Yoga tradition and Science meet
nagement of Back
alth through Yoga
e, Prevention, & Management
By Shri. Neeraj Singh
Date: 8th & 9th January 2022
16:30 to 18:30 IST (15 Minutes Pause)
More: https://kdham.com/workshops/
jement-of-back-health-through-yoga/


KAIVALYADHAMA
Where Yoga tradition and Science meet
Essential Practices of Pranayama for Peace
A Series of 5 Sessions
Dr. O. P. Tiwari
Learn Pranayama practice with classical technique, where the scientific outlook is in harmony with traditional wisdom directly from Dr. O. P. Tiwari
Dates - 10th, 17th, 24th, 31st July & 7th Aug 2021
Timings - 15:00 to 16:00 (IST Indian time); 17:30 to 18:30 (Singapore time); 05:30 to 06:30 (NY time); 11:30 am to 12:30 noon (France time)
Platform - Zoom
https://kdham.com/workshops/essential-practices-of-pranayama-for-peace/









Workshops in the Mumbai branch

APRIL 2021

Pain Management through Yoga & Diet (Neck, back and joint pain management)

Opening Lecture	By Mr. R.S. Bhogal
TOPIC - Yoga and pain management	Ms. Nikita Merchant

MAY 2021

Yoga for women - a holistic approach with specific focus

Opening Lecture	By Dr. N.Ganesh Rao
TOPIC - Holistic approach with Yoga	Ms. Ami Kothari

JUNE 2021

Pranayama Sadhana Shibir

Opening Lecture	Mr.Dilip Dauneria
TOPIC - Traditional approach to Pranayama	Mrs. Neeta Pawar

JULY 2021

Yoga for young minds - from looking good to feeling great

Opening Lecture	Dr. Jawahar Mehta
TOPIC - Spirituality and psychiatry in Yoga	Ms. Anvita Dixit

AUGUST 2021

Obesity - Weight Management with Food & Yoga

Opening Lecture	By Dr. R.K Bodhe
TOPIC - Ahara - Yogic perspective	Preeti Chawda

SEPTEMBER 2021

Age with Grace through Yoga &Diet

Opening Lecture	By Mr.Ravi Dixit
TOPIC - Yoga for seniors	Ms. Sonal Rajput
Holidays during workshops	

OCTOBER 2021

Detox Through Ayurveda Yoga & Diet

Opening Lecture	By Vaidya Jagdish Bhutada
TOPIC - Principles of cleansing in Ayurveda	Dr. Gayatri Gohil

NOVEMBER 2021

Pranayama Sadhana Shibir Advance Practices

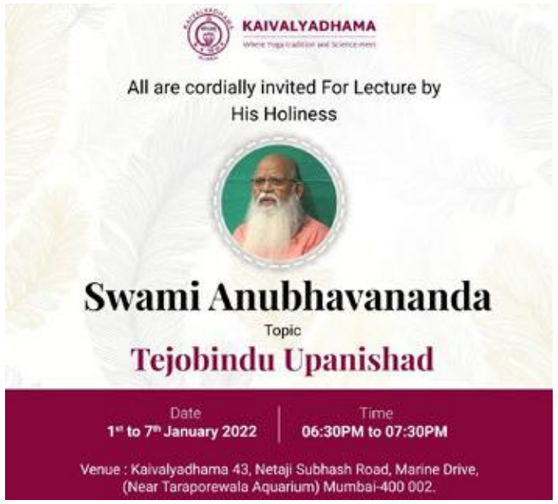
Opening Lecture	By Ms. Shilpa Joshi
TOPIC - The essence of pranayama	Mr. Sanjeev Dwivedi

DECEMBER 2021

From Pranayama to Meditation

Opening Lecture	By Mr. Subodh Tiwari
TOPIC - Fundamental Understanding of Astang Yoga	Mr. Ravi Dixit





JANUARY 2022

Lecture series by Swami Anubhavanad ji

TOPIC - Tejobindu	Swami Anubhavanand Ji

Meditation & Its Techniques

Opening Lecture	By Dr. S. Bhalekar
TOPIC - Scientific Research on Meditation	Mr. Ravi Dixit

FEBRUARY 2022

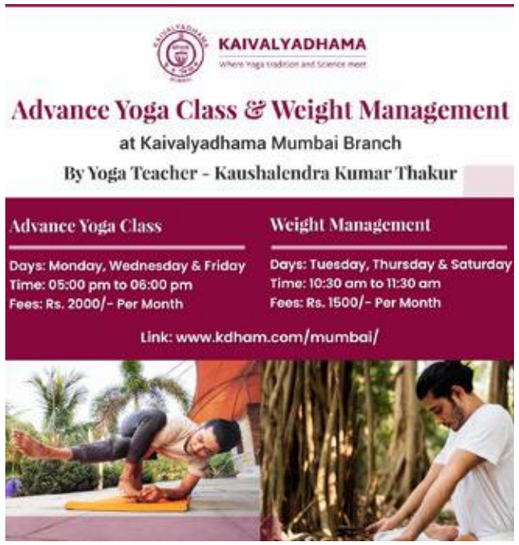
Stress Management through Yoga & Diet (Diabetes & Hypertension Management)

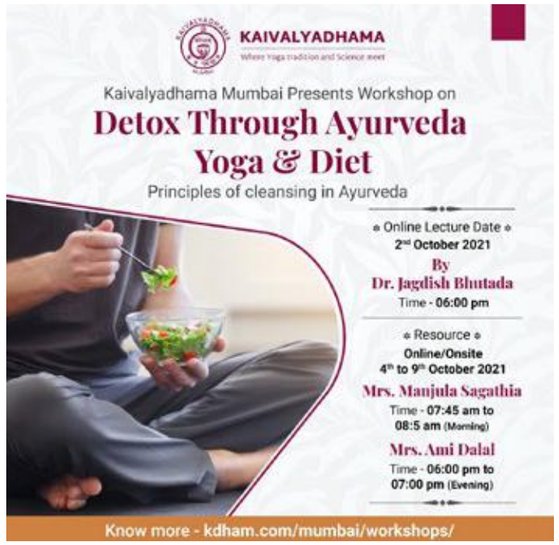
Opening Lecture	Mr. Sudhir Tiwari
TOPIC - Yoga for management of stress	Ms. Nitisha Visaria

MARCH 2022

Detox through Naturopathy, Yoga & Diet

Opening Lecture	
TOPIC -Necessity of cleansing and detoxification	Dr. Rashma Shetty





KAIVALYADHAMA
Where Yoga tradition and Science meet

Online Workshop

Aahara

Yogic Perspective

(From Traditional Yogic Textual Perspective)



- Online Lecture By -

Dr. R. K. Bodhe

Date: 7th August 2021, Saturday
Time: 06:00 pm to 07:00 pm

Workshop From

Date: 9th to 14th August 2021

- Online Class Conducted -
Morning Class By

Mrs. Sonal Rajput

Date: 9th to 14th August 2021
Time: 07:45 am to 8:45 am

Evening Class By

Mrs. Priti Bharat Chawda

Time: 06:00 pm to 07:00 pm

More Details Visit On
kdham.com/mumbai/workshops/

Mobile: +91 9869266030 / 8291783089
E-mail: kdhamyogcenter@gmail.com

Kaivalyadhama Mumbai Presents Online & Onsite Workshop on

Meditation & Its Techniques

Scientific Research on Meditation

✲ Online Lecture by ✲



Prof. R. S. Bhogal

Date - 8th January 2022
Time - 06:00 pm to 07:00 pm

✲ Workshop Conducted by ✲



Shri. Ravi Dixit

Time -06:30 am to 07:30 am
(Morning Class)

06:00 pm to 07:00 pm
(Evening Class)

Workshop from
10th to15th January 2022

Know more - kdham.com/mumbai/workshops/

KAIVALYADHAMA
Where Yoga tradition and Science meet

Kaivalyadhama Mumbai Presents Online & Onsite Workshop on

Stress Management through Yoga & Diet

(Diabetes & Hypertension Management)



Opening Lecture by



Shir. Sudhir Tiwari

Topic: Yoga for Management of Stress
12th February 2022 at 6:00 pm to 7:00 pm

Workshop From

14th to 19th February 2022

Class Conducted by

Ms. Sudha Sisodia

(Online/Onsite) Morning Class
06:30 am to 07:30 am

Ms. Neeta Pawar

Evening Class 06:00 pm to 07:00 pm

KAIVALYADHAMA
Where Yoga tradition and Science meet

Kaivalyadhama Mumbai
Presents Workshop on

Pranayama Sadhana Shibir Advance Practices



Onsite Lecture by
Mr. Dileep Dauneria

Date
13th November 2021
06:00 pm to 07:00 pm

Workshop from
15th to 20th November 2021

Onsite Class by
Mr. Sanjeev Dwivedi

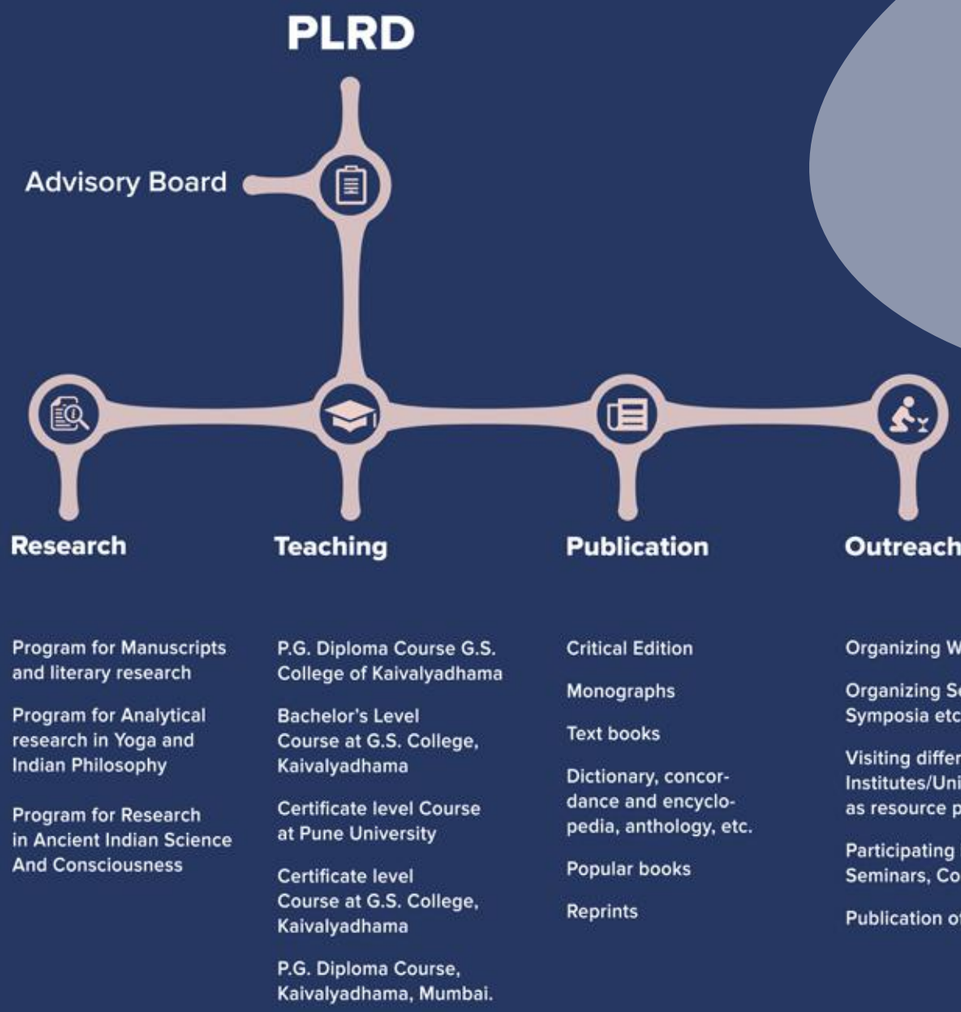
Time
07:00 am to 08:00 am
(Morning Class)

06:00 pm to 07:00 pm
(Evening Class)

For more details, contact

Philosophico-Literary Research Department

Philosophico-Literary Research Department



Advisory Board Members

Prof. Dr. Radha Vallabh Tripathi.

Former Vice Chancellor, Rashtriya Sanskrit Sansthan, Former Head of the Department of Sanskrit at Dr. Hari Singh Gour University (Sagar University)

Prof. Dr. Kala Acharya.

Executive President, Sanskriti Sanvardhan & Sansodhan Pratishthan, Maharashtra

Dr. Ganesh Rao.

Chief Advisor, Academics and Training, Kaivalyadhama

Adjunct Researchers.

Prof. Dr. Kakali Ghosh.

Professor and Former Head of the Department of Sanskrit, Jadavpur University, W. Bengal

Prof. Dr. Niradbaran Mandal.

Retd. Professor, Santiniketan

Dr. Veenu Pant.

Associate Professor, Department of History, Sikkim University

M.S. Victoria Orange.

IBC Lecturer, University of Central Lancashire, UK

Collaborators

Sanskriti Sanvardhan & Sansodhan Pratishthan.

Thane, Maharashtra

Ritambhara Prajna.

Howrah, West Bengal

Objectives

Tejasvinavadhitamastu

May the Acquired Wisdom be Effulgent

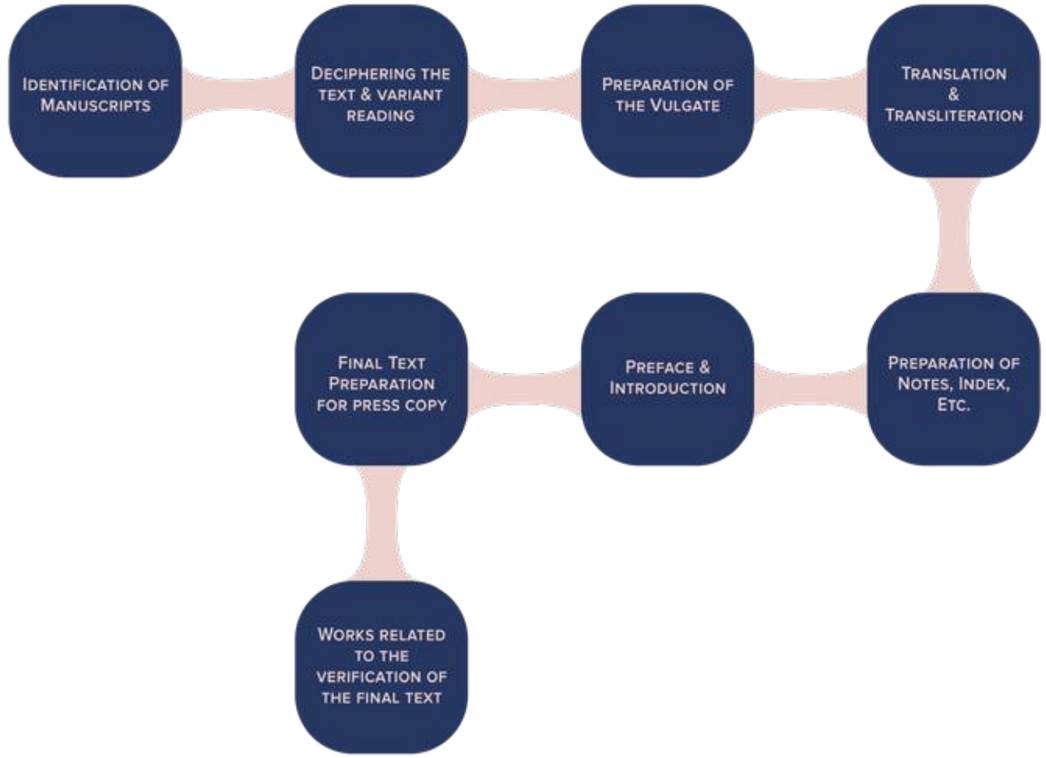
- To expand the horizons of knowledge leading to holistic wisdom.
- To undertake hardcore research in Yoga and allied fields of Philosophy, Science & Literature.
- To undertake hardcore research in Yoga and allied fields of Philosophy, Science & Literature.
- Decipher the significant texts of Yogashastra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

1. Research

Areas of Research

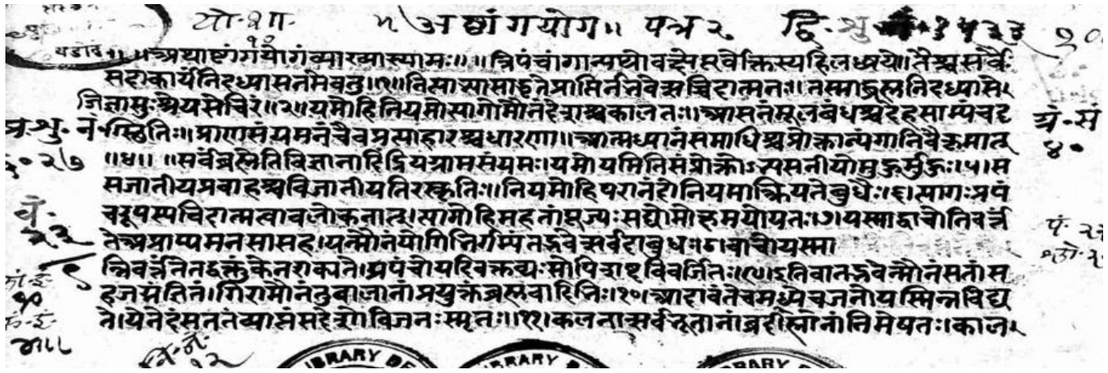
1. Manuscript and Literary Research in Yoga
2. Analytical Research in Yoga and Allied philosophy
   A. Yoga Across Tradition and Culture
3. Science- Indian Wisdom Interface
4. Science of Consciousness

I. Manuscript and Literary Research in Yoga:



Work done during 2021-2022

Critical and Analytical study of the unpublished Manuscript Yagatattvanirnaya authored by Acharya Shankara.



New Projects for 2022-2023

1. Study of the unpublished Manuscript Yogatattvanirnaya will continue.
2. Critical study of the unpublished Manuscript Rajayogamrita: Umamaheshwarasamvada.
3. Critical study of the unpublished Manuscript Saptabhumi.

II. Analytical Research in Yoga and Allied Philosophy:

A. Yoga across Tradition and Culture

Work done during 2021-2022

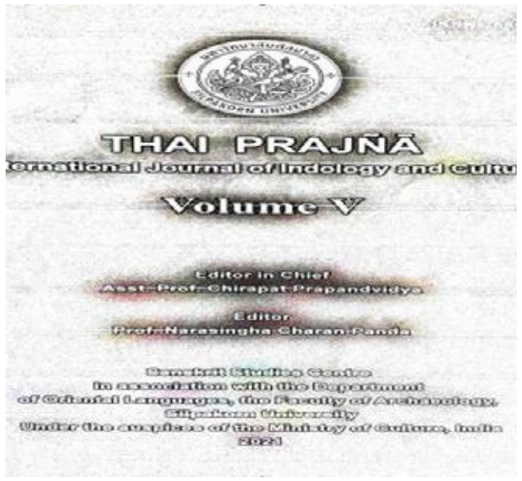
- Research article: Indian Knowledge System: Toward Unearthing the Scientific Aspects of the Intangible Heritage of India by Dr. Rajeshwar Mukherjee. Published in 'Thai Prajñā: International Journal of Indology and Culture', Peer Reviewed International Research Journal, Silpakorn University, Volume V, ISSN: 2586-9671.
- Research article: Kriyā Yoga Tradition: Revisited by Dr. Bandita Satapathy. Published in 'Thai Prajñā: International Journal of Indology and Culture', Peer Reviewed International Research Journal, Silpakorn University, Volume V, ISSN: 2586-9671.



Kriyā Yoga Tradition: Revisited

Bandita Satapathy
Assistant Professor
G.S. College of yoga and Cultural Synthesis,
Kaivalyadhama Yoga Research Institute
Lonavala, Pune, Maharashtra
Email: banditaphd@gmail.com

Abstract:
Kriyā yoga is considered as a traditional discipline of Yoga. *Maharshi Patañjali* has placed it at the very out set up the *sādhana pāda* of his *Yoga Sūtra*. This discipline of Yoga has three-fold limb: *tapa* (austerity) *svādhyāya* (self- study) *īśvarapraṇidhānāni* (surrender to God). Therefore, it is called *trayanga yoga*. This traditional yoga underwent several modifications and manifested in diversified modes and forms. Naturally different traditions and varied practices have evolved from the root of *Kriyāyoga*. Amongst many significant traditions the *Kriyāyoga* systems developed by Bābāji Mahārāj and further promoted by Shyāmā Charan Lāhiri stands out as a potent popular system of yoga. This paper is intended to bring out the developmental stages of this inspiring system of yoga.
Key words: *Kriyā yoga, tapa, svādhyāya, īśvarapraṇidhāna, siddhi*, system of yoga, Brahman.



- Research article: Freedom and Affirmation of Self-reliance: Contribution of Swami Vivekananda, Rishi Aurobindo and Sister Nivedita by Dr. Rajeshwar Mukherjee. Presented at Banaras Hindu University in the National Seminar on 'Vedic Scientific Tradition and Freedom Movement', jointly organised by IIT (BHU) and Banaras Hindu University.
- Research article: Etiopathogenesis, Clinical features, Management and Prevention of COVID-19: Exposition and Insights from Ancient Indian Texts and Tradition by Dr. Rajeshwar Mukherjee. Accepted for publication in 'Thai Prajñā: International Journal of Indology and Culture', Peer Reviewed International Research Journal, Silpakorn University, Volume VI, ISSN: 2586-9671.
- Research article: Research Methodology: Revisiting Indian Knowledge Systems by Dr. Rajeshwar Mukherjee. Accepted for presentation and publication at North-East Research Conclave, IIT, Guwahati.
- Research article: Concepts as Reflected in Vijñānabhairava by Dr. Bandita Satapathy. Accepted for publication in 'Thai Prajñā: International Journal of Indology and Culture', Peer Reviewed International Research Journal, Silpakorn University, Volume VI, ISSN: 2586-9671

New Projects for 2022-2023

- Principle of Causality, Research Project sanctioned by ICPR, Government of India.

Current Output: Two papers have been published in impact factor Journals till now.

- Project: Yoga Heritage and Culture

Current Output: Monograph on Yoga Culture in Pre-vedic India.

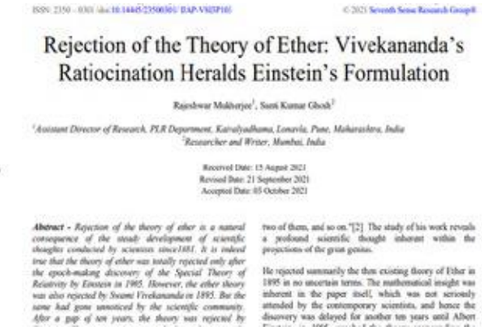
- Publication of the Monograph on Reflection of Yoga in the Principal Upani□ads, Vol. II.

Current Output: Vol. I has already been published. Vol. II is in process.

III. Science- Indian Wisdom Interface:

Work done during 2021-2022

- Research article: Rejection of the Theory of Ether: Vivekananda's Ratiocination Heralds Einstein's Formulation by Rajeshwar Mukherjee and Santi Kumar Ghosh. Published in 'SSRG International Journal of Applied Physics', Volume 8, Issue 3, ISSN: 2350-0301.



ISSN: 2350 - 0301 | doi: 10.14445/23500301/ IJAP-V8I3P101 © 2021 Seventh Sense Research Group®

Rejection of the Theory of Ether: Vivekananda's Ratiocination Heralds Einstein's Formulation

Rajeshwar Mukherjee[1], Santi Kumar Ghosh[2]
[1]Assistant Director of Research, PLR Department, Kaivalyadhama, Lonavla, Pune, Maharashtra, India
[2]Researcher and Writer, Mumbai, India

Received Date: 15 August 2021
Revised Date: 21 September 2021
Accepted Date: 05 October 2021

Abstract - *Rejection of the theory of ether is a natural consequence of the steady development of scientific thoughts conducted by scientists since1881. It is indeed true that the theory of ether was totally rejected only after the epoch-making discovery of the Special Theory of Relativity by Einstein in 1905. However, the ether theory was also rejected by Swami Vivekananda in 1895. But the same had gone unnoticed by the scientific community. After a gap of ten years, the theory was rejected by* two of them, and so on."[2]. The study of his work reveals a profound scientific thought inherent within the projections of the great genius.

He rejected summarily the then existing theory of Ether in 1895 in no uncertain terms. The mathematical insight was inherent in the paper itself, which was not seriously attended by the contemporary scientists, and hence the discovery was delayed for another ten years until Albert

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 provide 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.	90 hrs
2.	C.C.Y Course at G.S. College, Kaivalyadhama, Lonavala.	45 hrs
3.	C.C.Y Course at G.S. College, Kaivalyadhama, Mumbai. Visiting	05 hrs
4.	Kriya Yoga Anushthana, Kaivalyadhama, Lonavala.	03 hr
5.	Bachelor's Level Course at G.S. College, Kaivalyadhama, Lonavala	197 hrs
6.	Advance course in Yoga 2022 (till March 2022)	04 hrs
7.	Pranayama workshop	06 hrs

Central Research Library:

1) Library has a collection of 32,693 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) Total 38 Journals are subscribed by the institute.
3) 1,000 photocopies of Original Manuscripts on Yoga related subjects.
4) 270 photocopies of Yoga Manuscripts and 250 Xerox Manuscripts
5) 68 recently copied Manuscripts
6) Library also provides services to researchers from different Universities, Colleges and Institutions. During this year 10-15 researchers and 7 Ph.D. Students have availed the services.
7) Installation of new software KOHA for cataloguing purpose.



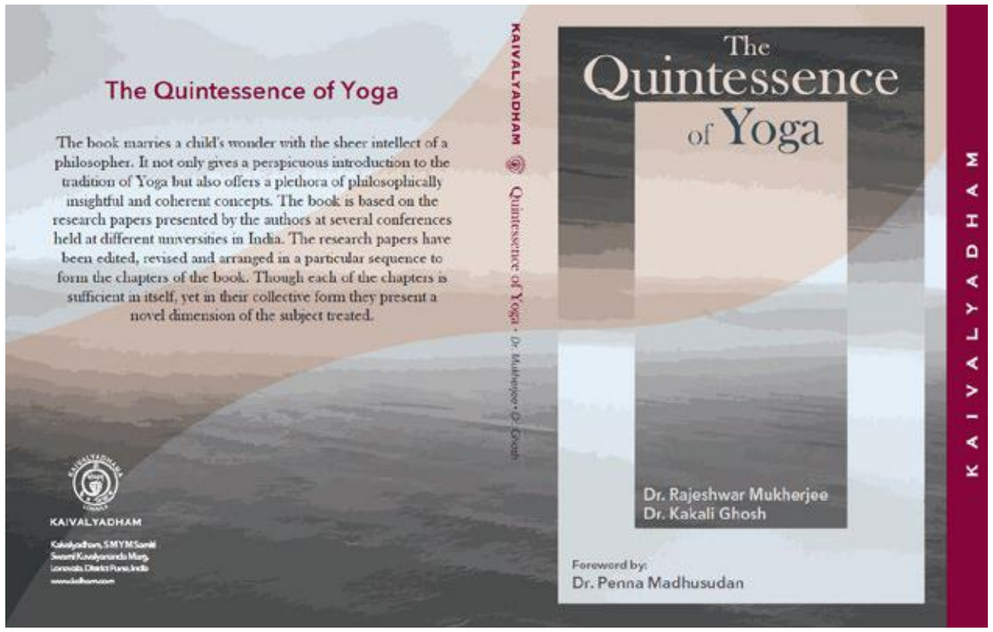
Facilities Provided:

1) The library provides Internet facility as well as Scanning, Xeroxing and Printing and facility to our readers on nominal charges.
2) The Library 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 138 books and 125 CDs/DVDs
6) Installation of new software smart Lib for Book Reading.
7) During 2021-2022 around 600 students from various courses conducted by Kaivalyadhama and institutions outside from Kaivalyadhama have availed of the facilities from the Library.
8) Annual Subscription of 30 Journals.
9) 73 Groups visited the library from different institutes.
10) 5 Research Scholars used the Library of Yoga.

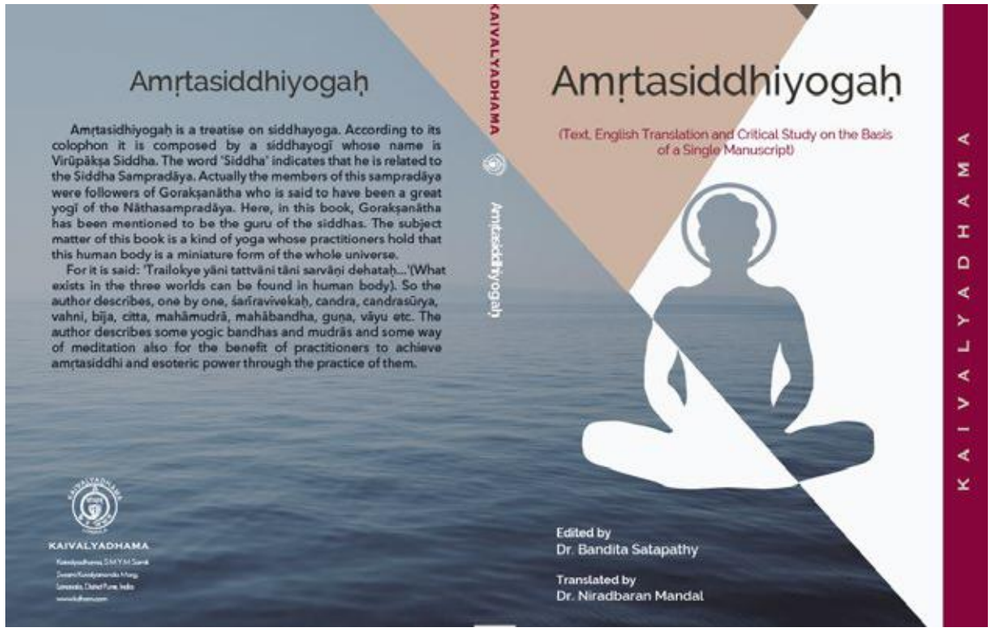
3. Publications:

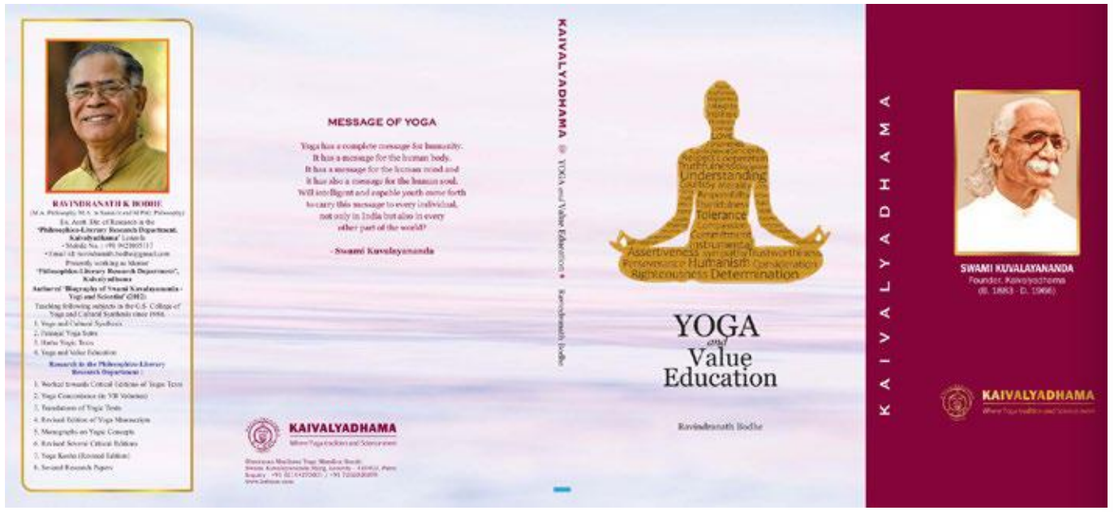
Preparation of Monograph on Encyclopaedic Compendium on Yoga Heritage and Culture

Some recent important publications:

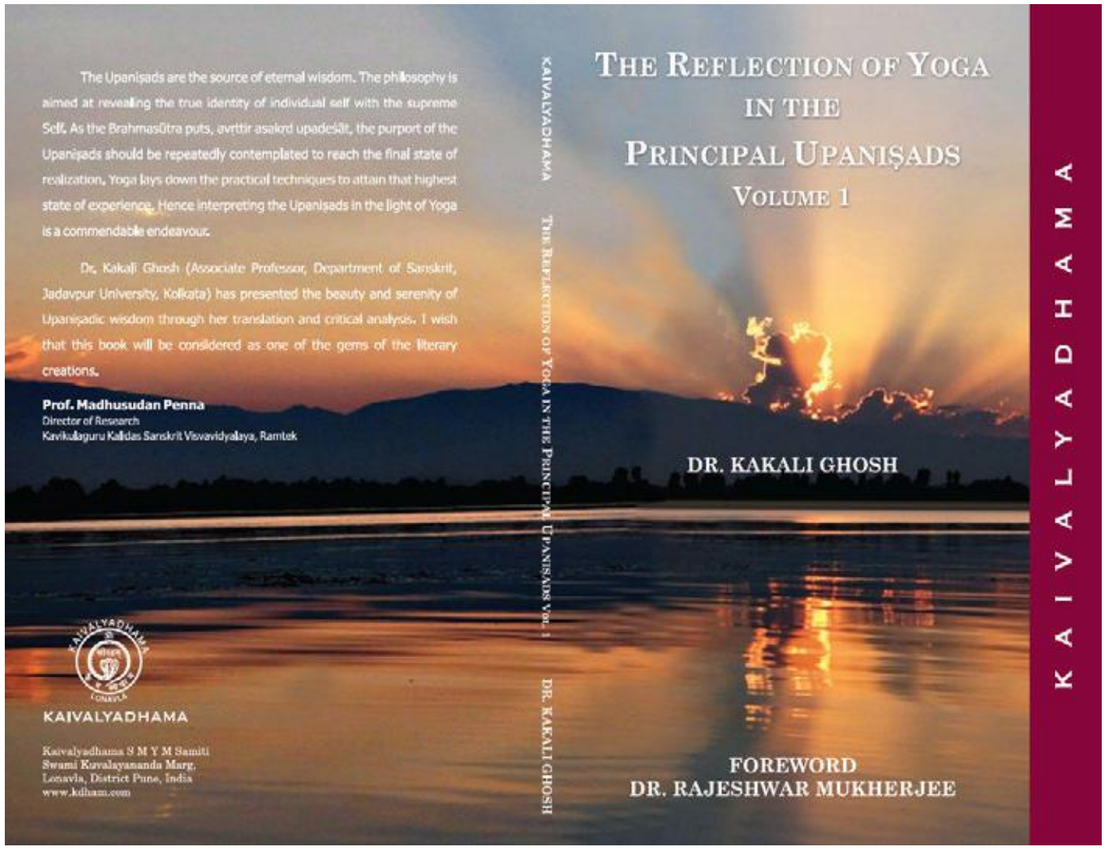


1. The Quintessence of Yoga
2. Amṛtasiddhiyogaḥ

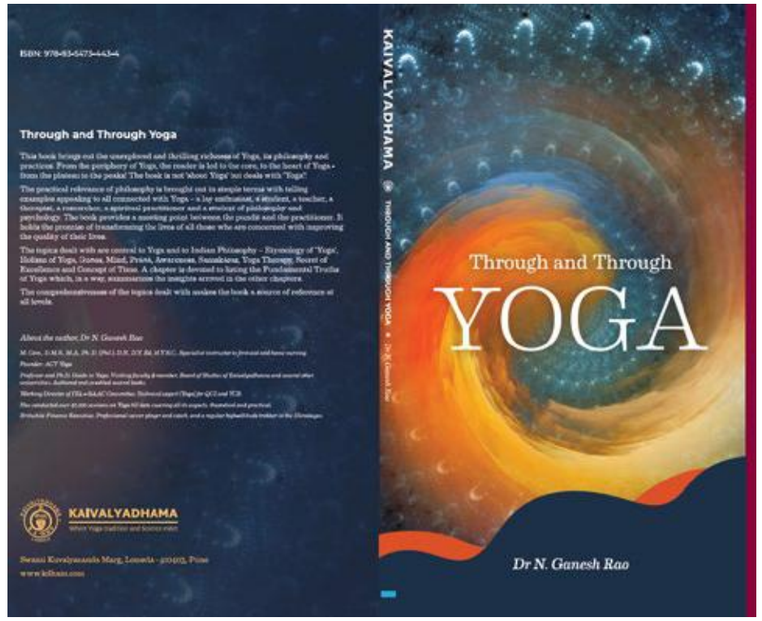




3. Yoga and Value Education
4. The Reflection Of Yoga In The Principal Upaniṣads, Volume 1



5. Through and Through Yoga.



4. Outreach:

Resource Persons invited by different Institute/Universities:

1. Delivered a lecture on The Essence of Patanjala Yogasutra on the occasion of IDY at Department of Philosophy, University of Delhi.
2. Delivered a lecture on Message of Yoga at ICFAI University on 21st June, 2021.
3 Invited for a talk on Yogashastraki Prabhav aur Parampara on the occasion of the observance Yoga Kavacham Week, jointly organised by Sri Krishna Ayush University and Sri Krishna Government Ayurvedic College, Kurukshetra.
4. Kaivalyadhama was invited to deliver key note address and a talk in the seminar 'Atha Yoganushasanam' on the occasion of 7th IDY under auspices of ICPR, Government of India, collaboration with Auro University, Surat, Gujarat and HSNC University, Mumbai.
5 Invited special lecture as a Resource Person in a six days workshop under Shastra Bharati on the theme Introduction to Six Darshanas, organised by KKSU, Ramtek.

Seminars:

1. Conducted a Workshop on 'Functional Sanskrit for Yoga Seekers' in February, 2021.
2. Conducted week long National Level Lecture Series 'Atha Yoganushasanam' on the occasion of 7th IDY under auspices of ICPR, Government of India, collaboration with Auro University, Surat, Gujarat and HSNC University, Mumbai.

Scientific Research Department

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). Additionally, Dr. Ananda Balayogi Bhavanani, Dr. Shruti Sharma, Dr. Smita Sharma, Dr. Bharat Bhushan and Dr. Rahul Gosavi are the members of RAC. Prof R S Bhogal is member secretary of RAC. 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
CHAIRMAN, RAC



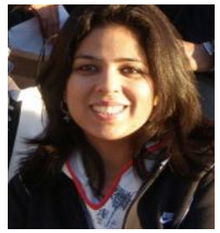
Dr. Ananda Balyogi Bhavanani
MEMBER



Dr. Bharat Bhushan
MEMBER



Dr. Smita Sharma
MEMBER



Dr. Shruti Sharma
MEMBER



Dr. Rahul Gosavi
MEMBER



Prof. R. S. Bhogal
MEMBER SECRETARY

Independent Ethics Committee

Foremost important in any research institution would be the ethical committee 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) has 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 SRD has formed its Independent Ethics Committee. The committee is chaired by Dr. B. R. Shejwal, Emeritus Professor, Dept. of Psychology, Savitribai Phule Pune University.



Dr. B.R. Shejwal
Chairman, IEC



Dr.Ulka Natu
Member



Mrs. Sandhya Dixit
Member



Adv. Tanu Mehta
Member



Dr. S. Bhalekar
Member



Dr. S. Shah
Member (Additional)



Dr. J. O. Bachhav
Member



Mr. A. Chandawani
Member (Additional)



Dr. Bharat Bhushan
Member



Dr. Ganesh Rao
Member (Additional)



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

EMR Ayush Research Projects

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

P.I: Dr S.D. Pathak
Co-P.I: Amol Raut
Project Coordinator: Mrs Pratibha Rajbhoj
Co-Investigator: Prof. R.S. Bhogal.
Duration: 3 Yrs

Summary: The project was undertaken to see the effect of the yoga modules among the pre-diabetic population in averting and delaying the symptoms of Diabetes Type-2 and to assess its correlation with gene expression. Statistics showcased that India is deemed as the world's capital of diabetes (DM-2) in the year 2030. Kaivalyadhama yoga institute is working on many such non-communicable diseases including diabetes for so long and found the significance of yoga practices in improving the patients' health. Hence to assess the effect of yoga practices in delaying or averting the onset of diabetes this study was taken up by the Institute. This project was funded by the Ministry of AYUSH under the EMR scheme.

This project was designed for 2 years but due to the COVID-19 pandemic, it was extended to 3 years. The main objective of this project is to assess the short-term efficacy of a 12-week yoga program (active intervention) and 12 weeks follow up vs. usual care (control) for improving glycemic control, reducing risk indices for diabetes and CVD in adults with pre-diabetes, reducing inflammation and stress and improving mood, sleep, and quality of life. This study also assesses the effect of yoga on the up and down-regulation of genes, typically involved in the T2DM metabolism, to determine and verify the effect of yoga at cellular and gene expression levels in humans. This is the first project in yoga research assessing the effect of yoga on the up and downregulation of genes involved in the pathogenesis of T2DM.

Some part of the study intervention was imparted online using Web-Ex, Skype, etc due to the COVID-19 pandemic. Data collection of all three-time points was conducted following all the guidelines published by Govt. of India from time to time, strictly followed social distancing and confirmation of the COVID-19 negative report of all the study participants and staff involved in the data collection.

Status: Statistical analysis of this project is still going on.

Projects under Collaborative Research Centre (CRC)

P.I: Dr S.D. Pathak **Co-P.I:** Prof. R. S. Bhogal

R.O: Mrs Pratibha H. Rajbhoj **R.O & Co-ordinator:** Dr. Santosh Pandey

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.

Ongoing research Projects under the scheme:

Title: Effect of Trataka Kriya on Stress, Anxiety and Mental Well Being in School Teachers

Summary: Initially this project was designed for parents of 9th standard students. Due to covid pandemic the participants were not available and hence amendments were done. We got approved from RAC and IEC to conduct this project by enrolling school teachers as subjects.

Status: Intervention has been completed. Psychological data scoring and analysis is in progress. Article writing is in progress

Upcoming Projects of CRC

The following projects got approval from RAC, IEC and registered with CTRI. We are now going to start the recruitment for the same.

1. Immediate and long-term Comparative effect of Sitali as a single practice, and Sitali preceded by Anuloma Viloma Pranayama, without Kumbhaka on Blood Pressure, HRV and select psychological parameters, in case of normotensives.
2. Effect of Trataka Kriya on Stress, Anxiety and Mental Well Being in mothers of Pre- SSC students.
3. Effect of classical Kapalabhati Kriya on the total antioxidant status and pulmonary functions of healthy individuals: A Self as Control Pilot Study.
4. Effect of selected yoga practices on patients of migraine: A randomized controlled trial.
5. Effect of Sitali pranayama, & cold hip bath on hyperacidity

SRD Research Projects

1: A study on psychological impact of online education in children, parents and teachers during COVID-19 pandemic times and suggestive yoga modules.

P.I: Anita Verma, Co-investigators: Sanjay Shete, Subodh Tiwari, & Bhogal R. S.

Duration: 2021-22

Summary: COVID-19 was declared as a global and a national emergency by several countries which forced millions of people to get into lockdown. This imposed social isolation was sudden and unexpected leading to disruption of normal daily routines for global population, mainly school-children. Various preventive measures were taken to control the spread of coronavirus among school children wherein most schools were closed, and home-based online learning was adopted to implement and adhere to social distancing guidelines. However, there are certain obstacles in online education such as lack of resources, untrained teachers, lack of preparedness, insufficient technology access, poor technical facilities in rural areas, etc. This transition from physical classes to online classes has significantly impacted the mental and physical well-being of students, parents and teachers. Sudden abrupt change in learning environment with limited social interaction and physical activities has posed a serious adverse impact on developing brains of school going children. It is, therefore, essential and obligatory to analyse and assess this impact. The purpose of this study is to determine the risk factors to mental health of school children, parents and teachers and propose possible solutions to cope with the detrimental consequences of COVID-19 pandemic on mental health of future young generation.

Status: The questionnaires for parents, teachers and students have been prepared and circulated as google forms to various schools in Lonavla, Mumbai and Pune and also circulated on Social media.

2: Yoga and naturopathy treatment for insomnia: A case report

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

Duration: 2021-22

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

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

Status: The paper is published.

3: Integrative therapy for post-COVID complications: A case report

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

Duration: 2021-22

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

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

Status: The paper is published.

4: Effect of short and long-term yoga courses on psycho-physiological health status of yoga students.

P.I: Mrs. Pratibha Rajbhoj, Mrs. Akshata Badave

Duration: 5 Yrs.

Summary: Yoga is one of the techniques to maintain/improve physiological and psychological health and maintain this balance. Kaivalyadhama has various courses in yoga at the Gordhandas Seksaria College of Yoga and Cultural Synthesis. Students of the various courses experienced positive changes in their health during and at the end of these courses. This project has been undertaken to document these changes scientifically. Certificate course in Yoga, a short term course and Post-Graduation Diploma in Yoga Education (P.G.D.Y.Ed.), were selected for this study. The investigators have collected the data of 275 students from CCY course and 105 students' data from PGDYEd. course.

Questionnaires were selected to measure their psycho-physiological health on the first and last day of their respective course. During this period students attended their respective courses. Test scoring and data entry was completed by the investigators and data were sent for the data analysis to a statistician for quantitative and qualitative analysis. Overall results showed positive improvement in students' mental health and self-perception also, reduction in their health issues were observed. Qualitative data analysis is in progress.

In CCY course, out of 275 students, 79 % students experienced improvement in their mental well-being, 63.90 % students experienced improvement in self-perception and 11.68 % students experienced reduction in the symptoms of their health issues.

In PGDYEd Course, out of 105 students, 80 % students experienced improvement in their mental well-being, 63.90 % students experienced improvement in self-perception and 14. 36 % students experienced reduction in the symptoms relating to their health issues.

Outcome: The expected outcome of this project is to help people understand the importance of these techniques mentioned in ancient literature and include the same in their day to day life for a sound psycho-physiological health.

5: Efficacy of Simple Bhramari Pranayama on sleep quality and psychological well-being in hypertensive patients

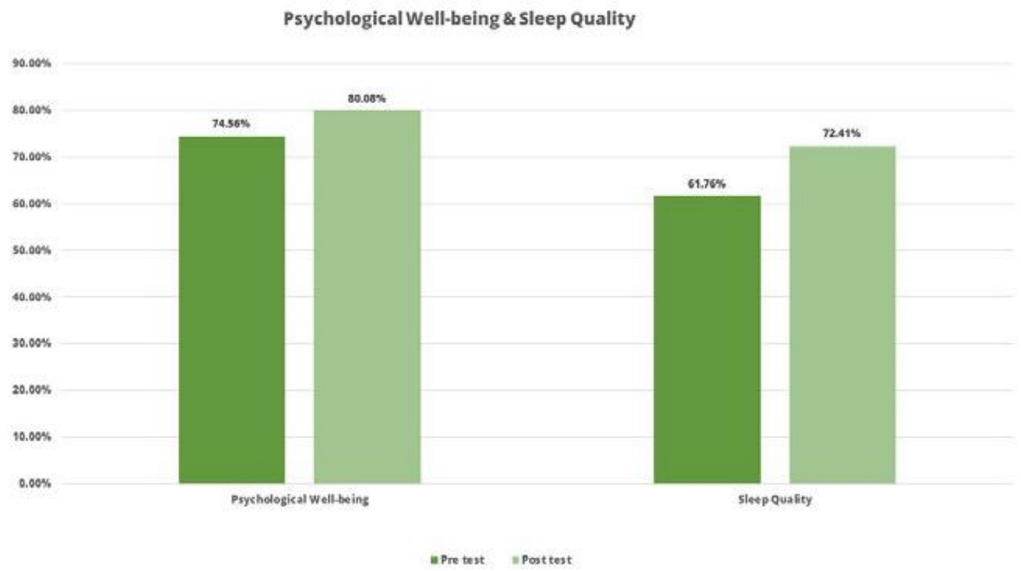
P.I: Mrs. Akshata Badave, Mrs. Pratibha Rajbhoj, Dr. Praseeda Menon, Prof. R. S. Bhogal and Dr. S. Bhalekar

Duration: 1 Yr

Summary: Lifestyle changes is the need of the hour and affects person's mental health. If the life style related issues continue for a long time it may get precipitated into disease states. Hypertension is one of these disorders which affects a person's B.P., as well as, his/her sleep patterns and overall well-being.

In this study investigators studied the effect of Simple Bhramari Pranayama on Sleep quality and Psychological well-being of hypertensive patients. 44 participants were identified as a hypertensive after initial screening. Psychological questionnaires were administered at two point time, Pre-test and Post-test, related to sleep quality and psychological well-being. 05 participants completed pre-post testing.

Status: Data entry and data analysis was completed. Based on the results, case series article writing is in progress.



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

P.I: Mrs. Akshata Badave, Dr. Santosh Pandey, Mr. Sandeep Wankhede

Duration: 1 Yr

Summary: Todays world has becoming increasingly and competitive and digital and so every person needs to change to fit into the same. For better survival people continue their work ignoring their physical and mental health.

People forget about their overall limitations in the process of achieving this goal. To cope up with the related fall out effects they start finding some quick remedial measures like substance abuse only to find the re- occurrence of health related issues. Often they are too late in going for more enduring remedial

measures such as yoga, Ayurveda and Naturopathy.

Kaivalyadham Yogic Hospital (HHCC) offers residential plans integrating Yoga with Ayurveda, and Naturopathy for various diseases. The participants come from the various locations to get the benefits of these treatments.

Participants referred from HHCC for pre – post testing in Scientific Research Department (SRD) were administered tests as per their health issues. To measure the changes in their physical and mental health scientifically physiological, physical education and psychological tests were administered on each of the 66 participants. Now data collection is going on.

Outcome: The expected outcomes of this project include significantly favourable effects of the combined effects of yoga, naturopathy and Ayurveda practices on participants' health disorders such as diabetes, obesity, hypertension and Depression.

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

P.I: Dr. Anushri Patil Co.PI : Dr. S.D. Pathak, Prof. R.S. Bhogal , Co.I: Akshata Badave

Duration: 1 Yr

Summary: It is a Joint Collaboration between NIRRH and Kaivalyadham Yoga Institute and funded by DST. Twenty first century is called as century of tension and stress is affecting common man due to competitive life and struggle for existence. Life style is changing due to modernization, mechanization, digitalization. Human mind has also become mechanical and stubborn. Food habits are changing with introduction of junk, packaged and fast food. This has laid to prevalence of Non-communicable diseases. Polycystic ovarian syndrome (PCOS) usually associated with obesity, anxiety, depressive disorders and suicide attempts.

Since this is becoming a burning problem in present era and not much work has been done in allopathy to cure it and also not much work has been done in field of yoga we have taken up this project to study the effect of yoga module and we found very encouraging results .

Status: Data analysis is in progress.

8: Role of yoga in self-regulation: A cross-cultural study on Indian and Spanish samples

P.I: Dr. Laura Tolbanos Roche, Dr. Praseeda Menon

Summary: The study was conducted with 362 yoga practitioners and non-practitioners (197 Indian, 165 Spanish), who completed tests of psychological variables indicative of three S-ART (Self -awareness, -regulation, -transcendence). Results indicated significantly better self-awareness and self-regulatory abilities in yoga practitioners (Indian and Spanish combined) than non-practitioners, reflected in higher levels of interoceptive awareness and decentring abilities. Moreover, perseverance in yoga practice acted as a significant predictor of self-awareness and self-regulation in practitioners. The results obtained suggested that the S-ART model provided preliminary but promising evidence for the self-regulatory mechanisms of action of yoga practice within a culturally diverse sample of yoga practitioners.

Status: Completed and published in "Frontiers in Psychology".

PUBLICATIONS

1) Tiwari, S., Sharma, S., & Verma Anita. (2021). Integrated therapy as a tool to help fight asymptomatic COVID-19: A case report. Journal of Integrative Medicine Case Reports, 2(2), 55-57
2) Verma Anita, Shete, S. U., Doddoli, G., Pandey S., Bhutada, J., & Bhogal, R.S. (2021). Integrated therapy for post-COVID complications: A case report. J Ayurveda Case Rep, 4, 134-7.
3) Verma Anita, Shete, S. U., Ritu, Prasad, Badave, A., Pathak, S. (2022). Yoga and Naturopathy Treatment for Insomnia: A Case Report. Journal of Primary Care Specialities, 3(1), 19-22.
4) Rajbhoj, P. H., Bhogal, R. S., & Bhalekar, S. D. (2021). Neti Kriya as a therapeutic intervention for chronic allergic rhinitis. Indian Journal of Community and Family Medicine, 7(1), 63.
5) Tolbaños-Roche, L., & Menon, P. (2021). Applying the S-ART framework to yoga: Exploring the self-regulatory action of yoga practice in two culturally-diverse samples. Frontiers in Psychology, 12, 2674.
6) Bhogal, R. S. (2021). Mental Health through Yoga: Going Beyond Positive Life Style. Souvenir: 10th International Conference on Mental Health: Scope, Evidence & Evolution.
7) Bhogal, R. S. (2021). Interview Article. Souvenir: 10th International Conference on Mental Health: Scope, Evidence & Evolution.
8) Bhogal, R.S.(2021). Yoga, Dogs & Spirituality In Prabhu Anjali (Ed.), The Dogtrine of Peace (pp. 194-199), Pune & Noida: Readomania.

PAPER IN PRESS

1) Rajbhoj, P. H., Pathak S. D. Bhogal, R. S., Badave A. S. & Pandey S. K. (2022). Immediate Effect of Simple Bhramari Pranayama on Blood Pressure and Pulse Rate of Hypertensive and Normotensive Individuals: A single arm clinical trial. Journal of Integrated Health Sciences
2) Badave, A., Ritu, Prasad, Bhogal, R. S., & Pathak, S. D. (2022). Effect of Yoga and Naturopathy on Health Disorders: A Case Study. D Y Patil Journal of Health Sciences.
3) Verma, Anita, Shete, S. U., Ritu, Prasad. Yoga naturopathy and lifestyle modifications for effective weight management. KdhamWorld.
4) Gururaj, Verma, Anita, Shete, S. U. Prabalatwam. (2022). An evidence-based rehabilitation program for post COVID complications. Kdham World.
5) Verma Anita, Shete, S.U. Mechano-Yogic Therapy. KdhamWorld.

PAPER UNDER REVIEW

1) Verma Anita, Shete Sanjay, Doddoli Gururaj. (2022). Long-term effect of ancient Ayurvedic Agnikarma therapy on heel pain associated with calcaneal spur: A case report.
2) Syed Abrar Ahmad, Amol D Raut, Yashwant G Chavan, Pratibha Rajbhoj, Ranjeet Singh Bhogal, Satish Pathak (2022). Association analysis of five candidate gene polymorphisms in prediabetic Indian patients

PAPER UNDER PREPARATION

1. Yoga and naturopathy for dyslipidemia: A case report

ARTICLES PUBLISHED IN KDHAM WORLD NEWSLETTER

1) Verma A., Shete S.U., Doddoli G., Badave A., Bhutada J. & Bhogal, R. S. (2021). Yoga and Panchakarma therapy for rehabilitation of alcohol addicts. Kdham world, 27.

EDITORIALS

1) Bhogal R S. (2021). Calming the mind through yoga amid the COVID pandemic. Yoga Mimamsa, 53(1), 1-3.
2) Bhogal R S. (2021). Yoga for mental health, psycho-social harmony, and absolute well-being. Yoga Mimamsa, 53(2), 1-3.

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

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

Pathology Laboratory:

The functioning is managed by Mr. Sanjay Shete and Ms. Anita Verma. The tests conducted in the laboratory are CBC, Glucose, lipid profile, kidney function tests, liver function test, thyroid function test, HbA1c etc. Further, to ensure precise blood test results, the laboratory follows internal as well as external quality control. Blood tests for 353 participants were conducted. Medical check-up of 85 MSW staff of Kaivalyadhama was done as a part of annual health check-up.

Physiology Laboratory:

The laboratory is equipped with Spirometer and BIOPAC-MP160. These instruments are utilized for assessment of case study participants.

EQAS Certificate:

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



Department of Clinical Biochemistry
Christian Medical College, Vellore - 632004

CMC EXTERNAL QUALITY ASSURANCE SCHEME
(Under the aegis of ACBI)

Certificate of Participation

This is to certify that

KAIVALYADHAMA S M Y M SAMITI

PUNE

Lab No. .....8087..... has participated in the Chemistry I Program of the External Quality Assurance Scheme during the year 2020.

Pamela Christudoss

Dr. Pamela Christudoss, M.Sc., Ph.D.,
EQAS Coordinator
Professor of Clinical Biochemistry

Service to internal departments

- Conducted psychological tests pre-post testing of 60 HHCC participants. Administered physical fitness tests on HHCC participants as per the recommendation of HHCC doctors and collected data. Spirometry test for the HHCC participants were also conducted.
- Consultation and counselling of few Healthcare particpants on need basis was also done.
- Conducting yoga classes and lectures in Health Care Centre of Kaivalydhama during heath programs and workshops.
- Co-organized the 10th International Conference on “Yoga and Mental Health: Scope, Evidence and Evolution,” organized by Kaivalyadhama, Lonavala, from 28th – 30th December 2021. Staff members contributed in different capacities.





- Conducted pre and post psychological testing sessions during the SOHAM programme; which is a 2 weeks healing workshop for Chronic cures; held at Kaivalyadhama in Oct 2021 and made the psychological reports available to the participants for their benefit and understanding.
- Dr. Praseeda Menon is Member of the Board of Life Members of the Kaivalyadhama Ashram

Service to external academia

- Dr S D Pathak attended SAC meeting of MDNIY Institute for M.Sc syllabus.
- Participated in Panel Discussion: “Energies and Art of Raising these”.
- Participated in Panel Discussion: “Hindu Adhyatma, Mysticism or Applied Science of Mind, Body and Spirit. For International Festival of Spiritual India, Pune.
- Contributed 3 sessions in the Certificate Course in Consciousness Studies and Self-awareness organised jointly by Academy of Research for Cultivation of Indian Sciences, Kolkata and Kaivalyadhama, Lonavala.
- Dr Praseeda was Ad-hoc reviewer of the Journal of Ayurveda and Integrative Medicine by Elsevier
- He also prepared draft for National Guidelines on PCOS. He was also Chairman of one session in International webinar on PCOD arranged by Kasturba Health Society
- Dr Pathak was invited as an examiner for practical examinations of M.Sc. Yoga students of MDNIY Delhi.
- Dr Pathak was invited for a meeting as member of the BNYS Syllabus committee of MUHS

3. Information

Objective

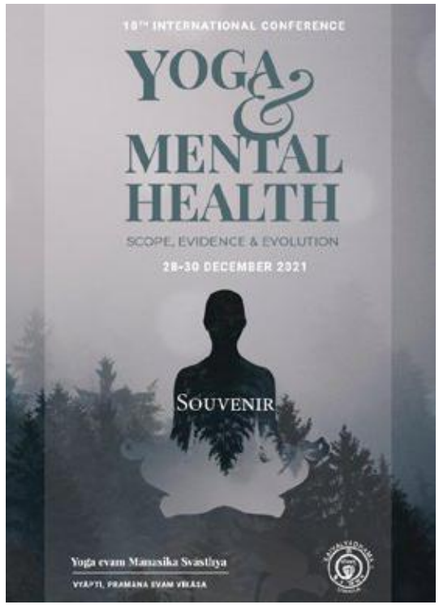
- To publish scientific articles, pamphlets, books etc.

Through

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

Works

- Co-author of the conference abstract and the oral presentation titled, “The role of yoga as supportive self-care in breast cancer survivorship: A case study,” at the 10th international conference on “Yoga and Mental Health: Scope, Evidence and Evolution,” organised by Kaivalyadhama.
- Chinese version of the book, Yoga & Mental Health has been published by Yogi Yoga China, Beijing.
- SRD prepared the Souvenir On the occasion of 10th International conference on “Yoga and Mental Health: Scope, Evidence and



SIRO Recognition: Ministry of Science & Technology, Government of India has renewed recognition of Kaivalyadhama as a Scientific and Industrial Research Organization till 2025.

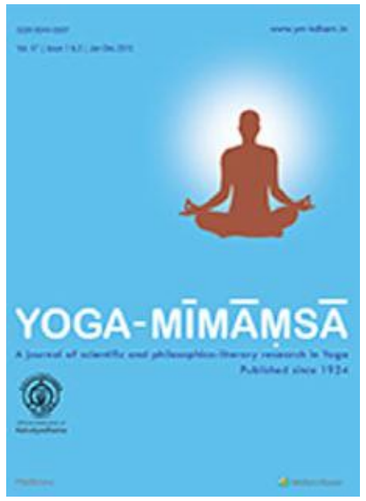
4. Awareness

Objective

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

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

ACHIEVEMENTS:

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

STATUS

1. **Published volumes:**
   - Vol. 53 Issue 1
   - Vol. 53 Issue 2
1. **Upcoming volume:**
   - Vol. 54 Issue 1
- Organized a two-day fun-yoga workshop for school children of Kaivalya Vidya Niketan from 2nd-3rd April 2021 entitled, “Yoga Fun for Kids”.
- Coordinated and scripted a 30 mins documentary on “Yoga Fun for Kids,” available for open-access on YouTube at the link: https://youtu.be/ZsVPHyQb8s0
- SRD staff contributed in preparation of yogasana and lecture videos for the Kaivalyadham YouTube channel for the benefit of all on different topics.

- SRD staff also took few video interactive talks for the series ”Sunday with Kaivalyadhama” on YouTube on various topics like:
    - Researches in Scientific Research Department
    - Different stressors in the progression of chronic diseases and yoga as a remedy
    - The role of yoga in stress and related chronic diseases
- Invited talk in a staff colloquium webinar on “Yoga: A way to develop life skills” for the faculty of Kandivali Education Society’s Shroff College of Arts and Commerce on 1st September 2021.
- Delivered an online talk on “Ways to Develop Mental Health Skills” for the female students and staff of Sinhagad College of Science, Pune, on 22nd Feb 2022.
- Delivered talks on “ Tips to prevent CORONA” at several institutes like SSN Institute Chennai, MDNIY Delhi , Sagar University, Zunzunwala College and Thomas College Kottayam and Medi Assist TPA.
- Yoga awareness talk at Aarogya Bhavan, Mumbai.
- Yoga awareness lectures in Women cell Nashik Aarogya Bharati Devgiri Prant.
- Awareness lecture on Importance of Surya Namaskar at Mumbai University.
- Lecture on “Yoga for Women” at Bhavan’s College Mumbai
- Organized and resource persons in monthly webinars for Indian Yoga Association Maharashtra Chapter.
- Online lecture for Lions Club, Delhi on “Management of life style disorders”.
- Contributed a video for Book launch authored by Dr. Anjali Prabhu on March 26, 2021.
- Delivered lectures to give information on upcoming projects of Collaborative Research Center of Scientific Research Department, Kaivalyadhama.

5. Training

Objective

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. Counseling and consulting.

Training contribution in G S College:

The staff also provides its services towards academic training and other activities of College and Gurukul. Staff Members have also been assigned as Ph.D. guides, as doctoral supervisor by KKSU and member of the G. S. College’s PhD Research Committee. Dr. Praseeda was acting Principal of GS College of Yoga from Nov 2021 – Mar 2022. She is also Member of the Board of Examinations, Academic Advisory Board, and PhD Research Committee of the G. S. College. She was Examination Centre Head for graduate and postgraduate courses. Staff also is involved in assignments, question paper setting/evaluation/ discussion with the students etc. They also are examiners in online practical Exams and Paper checking for CCY, D.Y.ed. and B.A. courses, as evaluator for the theory examinations on Research Methodology of MA degree course. Internal assessor of MA Research Methodology assignments. Supervisor of dissertations of MA Yogashastra students. Departmental staff effort in teaching of above courses, the particulars of which in terms of sessions, are as follows.

Name of Staff	Number of Lectures
Prof. R. S. Bhogal	120
Dr. Praseeda Menon	57
Mrs. Akshata Badave	39
Mr. Sandeep Wankhade	96
Dr. Santhosh Pandey	90
Ms. Anita Verma	10

Training contribution in Gurkul courses and workshops

- Conducted workshop of yoga therapists of Department of Ayush, Maharstra on 15th, 16th March 2022.
- Conducted lectures and practical sessions in CME for Ayush Doctors sponsored by AYUSH Ministry
- Conducted talk on “Scientific Rationale of Classical Meditation” a talk for doctors deputed by DHS & NHS and also a workshop on “Classical Pratyahara & Dharana techniques towards Meditation”.
- Participated in a workshop in Yoga Webinar, Yoga & Meditation: Connecting Mind and Body on June20,2021.
- Prof Bhogal Conducted a number of online workshops related to meditation.
- Delivered lectures in Yoga & Mental Health for Japanese Group organized by Joint Collaboration with Kaivalyadhama
- SRD staff contributed by creating video lectures for our course Sthāpanā (**स्थापना**) - The foundation course in Traditional Yoga.

- “Scientific Research in Yoga: The Story of its History”
- “Yoga & Mental Health: Indian Perspective”.

- Conducted Meditation Lecture-cum-workshop in Consciousness Studies: Modern Science and Ancient Indian Wisdom, organized by ARCIS & Kaivalyadhama in August.
- Conducted workshop, “Kriya Yoga & Meditation” for Intensive Yoga Course in September.

Lectures

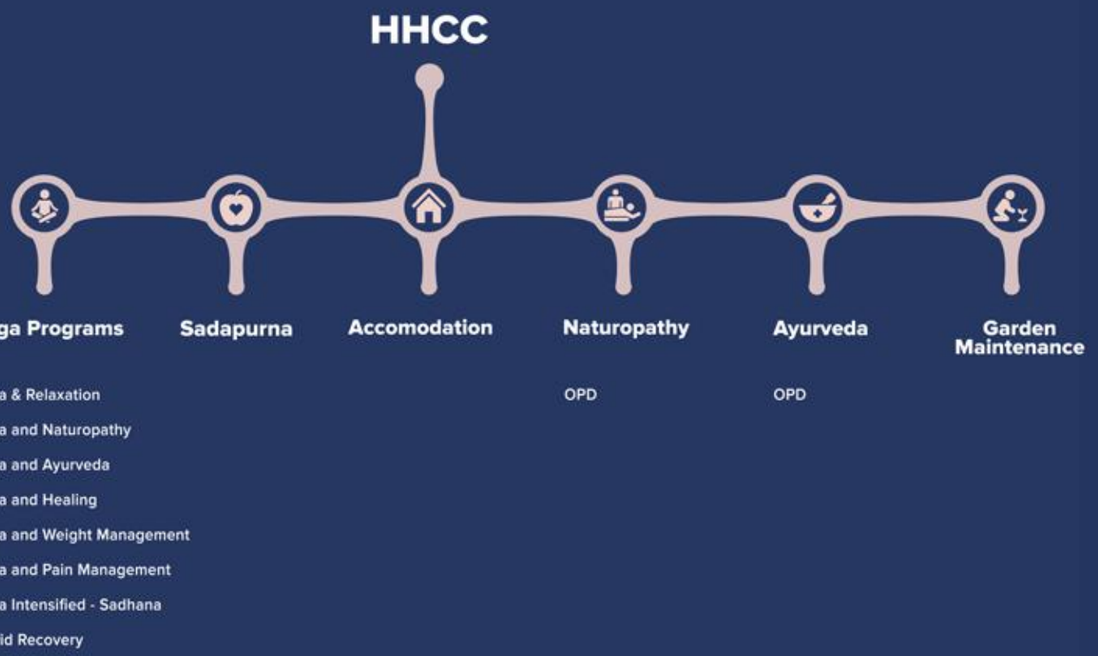
- Lecture on “Scientific Basis of Yoga” for AIIMS Ayurved, New Delhi
- Delivered 16 lectures for students of for PG Diploma in Yoga & meditation at Sagar University.
- Lecture on “Scientific Basis of Yoga” for Thane School of Yoga
- Delivered three talk series, “Classical Meditation: Scientific View in Marathi for Arogya Bharati, Devgiri, Maharashtra.
- Lecture on “Yoga Research and practical difficulties in it.”
- Invited online talk on ‘Yoga and Mental Health’ in July 2021 organized by the PLRD, Kaivalyadhama, under the auspices of the Indian Council for Philosophical Research, GOI, on the occasion of the International Day of Yoga 2021.
- Invited talk on “Yoga for Respiratory diseases” for The Indian Association of Physiotherapists
- A talk, ”Meditation for Therapy” at Premchand Jain Institute, Nashik.
- Practical Yoga class for Mahatma Jyotiba Phule Jan Aarogya Yojana Mumbai.
- Online lecture on “Yoga Therapy “for Jyoti Vidya Peeth 4th year students.
- Lecture on “Pranayama & Research” for Yoga Vidya Gurukul, Nashik.
- Conducted Meditation session for Academy of Research for the Cultivation of Indian Sciences on July 18, 2021.
- Dr. S D Pathak took a lecture on “Research and applied Yoga“ for PhD students of Kaivalyadhama Lonavla
- Lecture on “Scientific Basis of Yoga” for Yoga Prabhodhini Nashik
- Lecture in yoga workshop at Physical education department, Mumbai University
- Lectures for “Diploma in Yoga Therapy” students of , Yoga Vidya Niketan.
- Lectures for the CCYTA (Certificate course in Yoga Therapy Assistant) Course of MDNIY Delhi

Faculty Development Trainings

- All the staff members of SRD attended Webinar series organized by CCRYN, Ministry of AYUSH held from 14th June to 18th June 2021
- Mrs. Akshata Badave, Mrs. Pratibha Rajbhoj attended online workshop “Workshop on scientific publication” organized by Ayush Center of Excellence, SPPU, Pune on 16th Dec. 2021 & 11th March 2022
- Prof. Bhogal attended a workshop ”Scholarly Journal: The Basics “organized by Centre for Publication Ethics, UoP, on April 7, 2021.
- Dr. Praseeda Menon, Dr. Santosh Pandey, Mrs. Akshata Badave , Mrs. Pratibha Rajbhoj, Mr. Sandeep Wankhede attended webinar on “Sample size determination in Medical Research” from 16th to 19th Dec. 2021 , organised by the Biostatistics Consortium
- Mrs. Akshata Badave attended symposium held on Kriya Yoga on 14th Oct. 2021
- Dr. Praseeda Menon participated in the webinar, “Concepts of Consciousness - Neuroscience and Indian Philosophical Perspectives” from 27th – 30th September 2021 organised by the Centre for Consciousness Studies, Dept. of Neurophysiology, NIMHANS, Bangalore, in collaboration with Indian Council for Philosophical Research, Ministry of Education, Govt. of India.
- Dr. Praseeda Menon participated in the workshop on “Fundamentals of Polysomnography & Sleep,” from 9th - 11th December 2021, organised by the Centre for Consciousness Studies, Dept. of Neurophysiology, NIMHANS, and Indian Society for Sleep Research,
- Dr. Santosh Pandey completed the fellowship in clinical Research and scientific writing
- Dr. Santosh Pandey attended a ‘Workshop on Scientific Publication’ supported by the Ministry of AYUSH.
- Mrs. Pratibha Rajbhoj attended a workshop on “Managing Statutory Compliances In Human Research” organized by the DBT/Wellcome Trust India Alliance from 25th Feb 2022.
- Mrs. Pratibha Rajbhoj successfully completed GCP course.
- Ms. Anita Verma & Sanjay Shete attended a webinar on topic “Preparing a publication ready manuscript for an Indexed Journal” conducted by Medknow Publishers

Healthcare Through Yoga

Healthcare Through Yoga









Works

The yogic system of therapy for treatment, rehabilitation and prophylaxis of certain diseases has been known and proven from years and has become much more apparent during the global epidemic. The Rugna Seva Mandir, a department devoted exclusively to the treatment of various diseases through yoga, has been functioning at Kaivalyadham since 1924, its year of inception. The establishment of a full-fledged Yogic Hospital to cater to increasing need became possible with the bountiful donation by Shri Amritlal Gupta, who personally experienced the benefits of yogic therapy. With the vantage of a century of study and health care practice in Yoga, our holistic Health Care Centre (with SADTG Yogic Hospital) at Kaivalyadhama offers customised and specialised programs for detoxification, healing, and rejuvenation.

This is the first ever hospital of its kind in India where yogic treatment is given under complete medical supervision and results assessed on scientific lines with the help of a research laboratory. The personalized residential plans integrate Yoga with Ayurveda, and Naturopathy. The centre is fully equipped to administer people with chronic problems and lifestyle-related ailments such as obesity, diabetes, bronchial problems, heart-related disorders, stress, arthritis, insomnia. We also welcome guests who simply wish to pamper the body and relax the mind in a serene surroundings. Customised plans are recommended for people of all ages with exclusive healthy diets, treatments, and therapy schedules under close supervision of qualified medical practitioners. The programs include sumptuous 'saatvik' vegetarian food, massages, talks, mantra chanting, and immersive walks.

The health centre at Kaivalydhama has about 55 rooms and hosts over 3000 people every year. People come for weekly packages consisting of yoga and relaxation, panchkarma and ayurvedic therapy and naturopathy and massage therapy. Special care is taken with a physician accessible on call. The warm and helpful staff aim to build a connect with you during your stay and take care of all your service needs.

We 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 multiples of one week, and start from Sunday.
2. Booking for the accommodation and program (Ayurveda / Naturopathy /Relaxation/ Weight management and other) in advance through online / in person.
3. Welcome mail with instructions and what to expect is sent to all the participants before their arrival including the instructions to get the RT PCR report done within 72 hours of arrival.
4. Arrival on Sunday.
5. Welcoming the participants at the visitor Centre to make them comfortable while waiting to be sent for the registration process at Health Care Centre.
6. Once the registration is over, medical consultation for Yoga Relaxation, Yoga & Naturopathy / Yoga Ayurveda and other programs is done.
7. Allocation of types of Yoga sessions i.e., Therapy, Basic and Advanced by the doctors on the basis of medical checkup and health status.
8. Payment for the programs.
9. Orientation program is held at the end of the day on arrival for the schedule briefing and special lecture of the CEO.
10. Schedule includes Naturopathy / Ayurveda sessions, lectures, pranayama and tratak session and chanting.
11. If participants stay for more than one week then they have progressive schedule of practices.

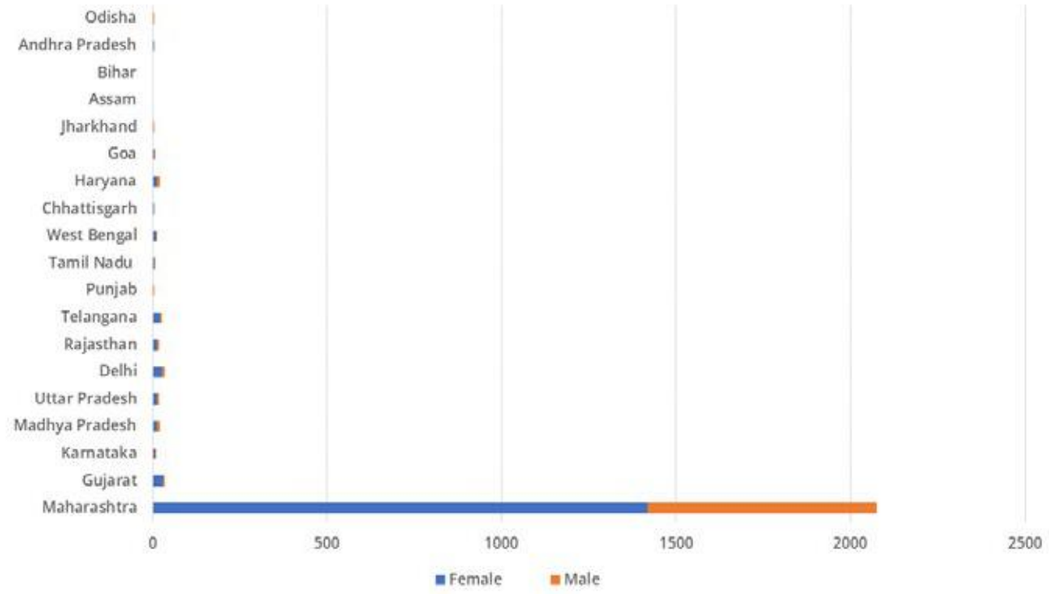
We have taken certain safety measures and made SOPs and Guidelines to start with new normal.
All the participants visiting us have to do a RT PCR test, so everyone inside the campus feels safe. Extra care was taken as far as hygiene, cleaning and protocols for safety are concerned. All the support staff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



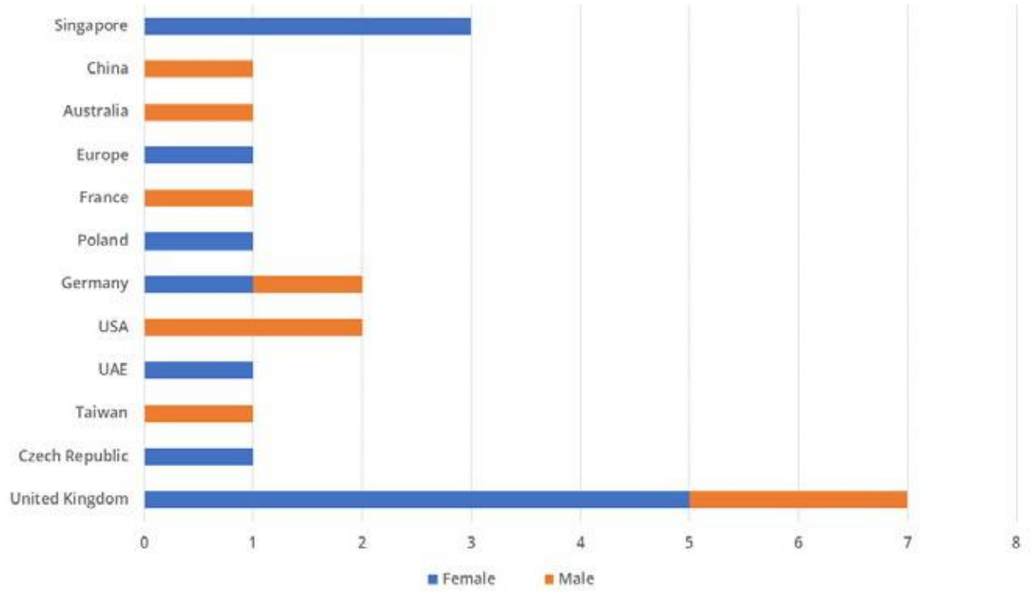
IMPORTANT STATISTICS: Participant Distribution in prime programs

Residential Program	Male	Female	OPD	Total
Ayurveda	416	512	510	1438
Naturopathy	195	222	342	759
Weight Management	36	46		82
Post Covid Recovery Program	5	1		6
Pain Management	24	39		63
Workshops	67	52		119
Yoga & relaxation	356	534		890
Total	**1099**	**1406**	**852**	**3357**

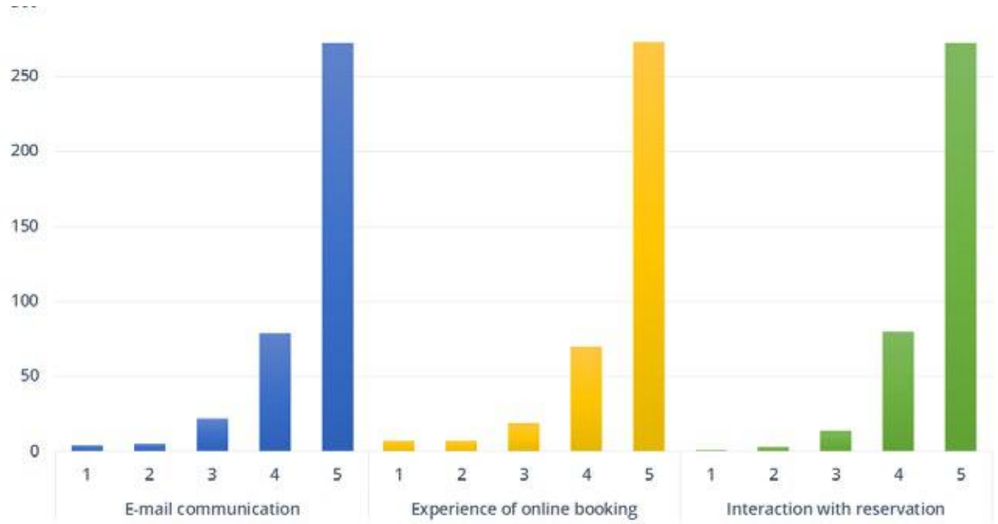
Statewise distribution of participants



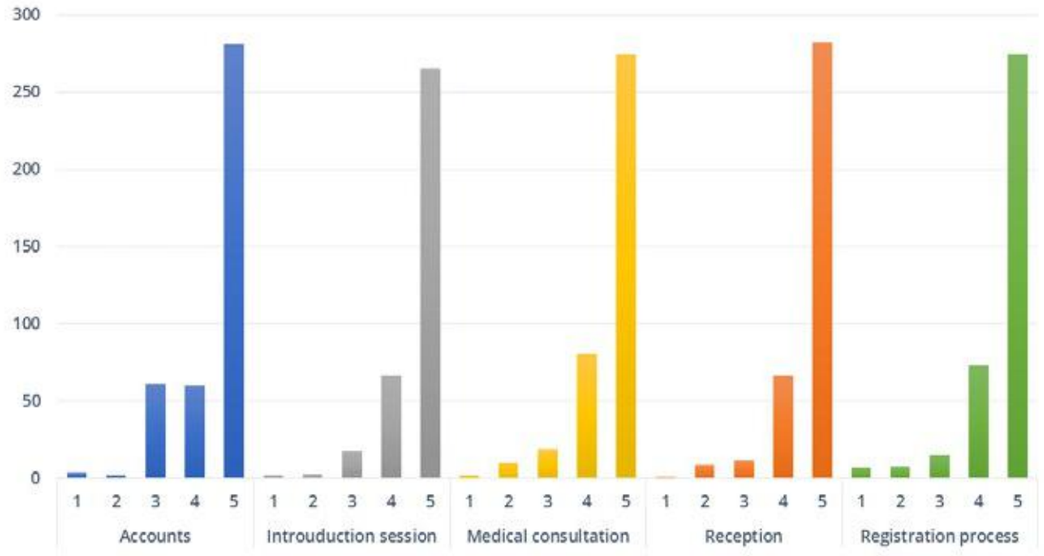
International Participants distribution



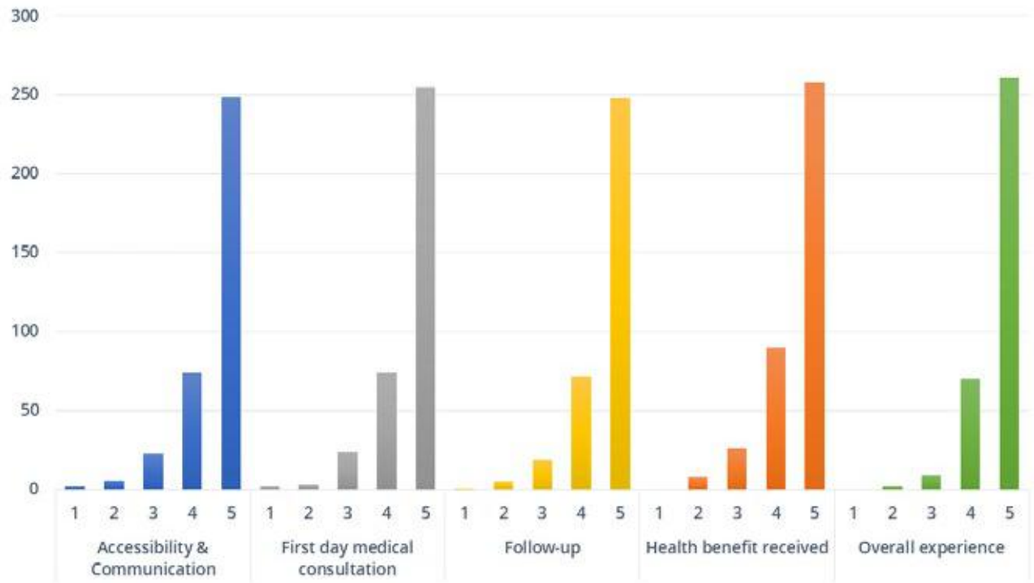
What People have to say about their Reservation experience?



How people feel about their Check-in experience



Feedback on Doctor Consultation



Yoga & Relaxation

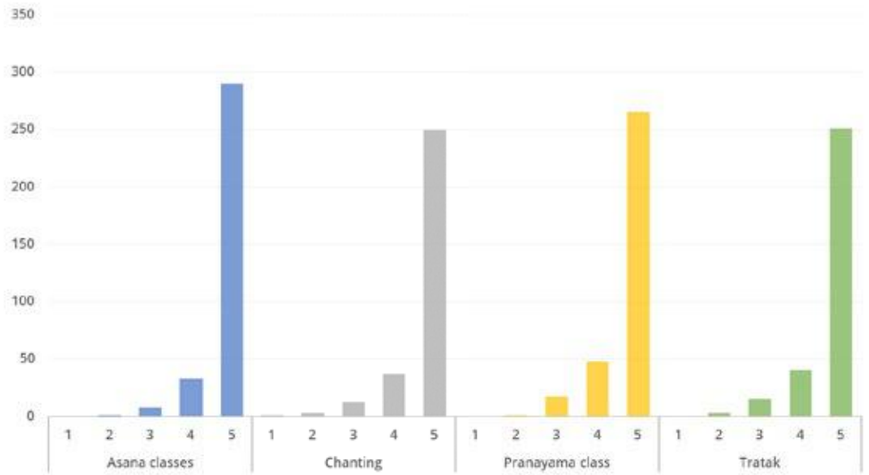
We find easy and quick-fix solutions in plenty to manage stress, pain, and other disorders in today's busy, competitive world. Yoga provides a holistic balance for sustaining good physical health and emotional wellbeing for life. Traditional yoga is a unique workout for the mind and body. At Kaivalyadhama we help You Make Yoga a Way of Life. Yoga and Relaxation is a programme including Asana and Pranayama, Tratak, Chanting, Pranayama and specific Yogic advice along with food and stay. Any therapy if availed by these participants is given on ala-carte basis, in Ayurveda or Naturopathy dept.

The daily schedule of the programs is a very important aspect of your stay at Kaivalyadhama which has been designed based on the principles of Yoga, Naturopathy, and Ayurveda to ensure a holistic experience during your stay. From nourishment breaks at fixed time slots to practices at assigned hours and from wake up time to evening discussions, everything is carefully planned to reset your body clock for optimum performance and yet give you the flexibility to enjoy your therapies and self-time at Kaivalyadhama. The yoga that Kaivalyadhama promotes has three main parts given as follows:
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, behaviour, and lifestyle. It helps take care of the following:

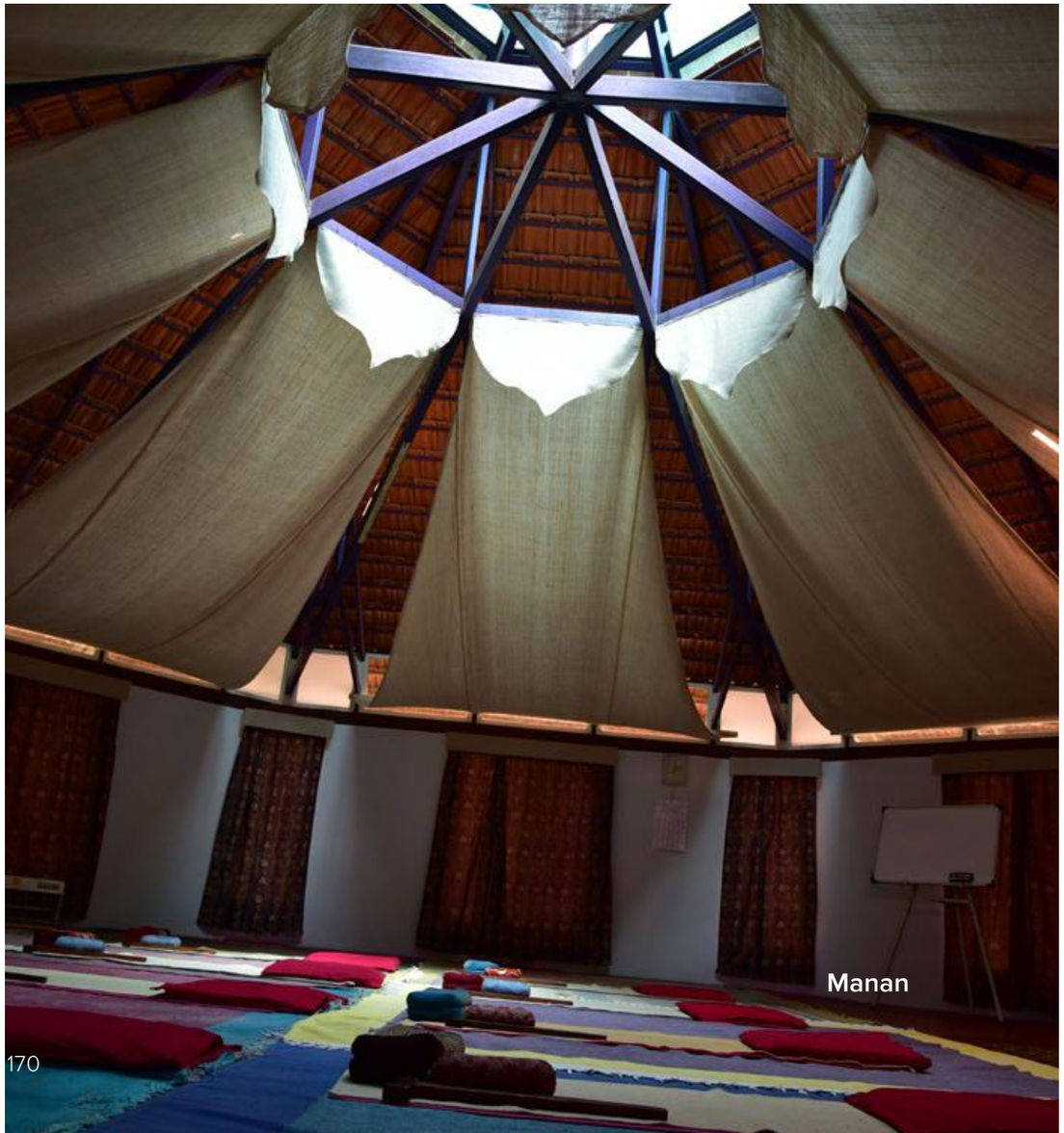
- Reduce Mental Decline, Stress and Depression
- Maintain Healthy Weight
- Improve Sleep Quality and Boost Overall Quality of Life

How people find our Yoga sessions





Gorakshanath Hall



Manan

Yoga & Naturopathy

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

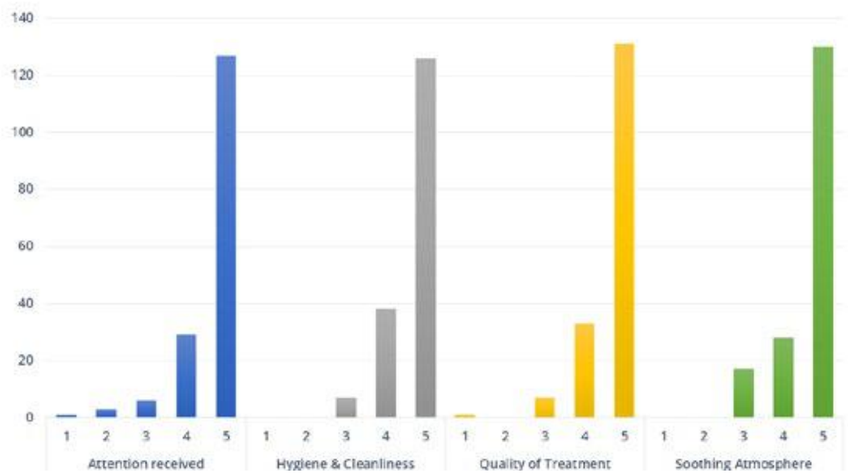
Naturopathy believes that an illness is a violation of nature. It implies that the key to recovery and survival, lies in nature itself. Resorting to the forces of nature, natural healing is rooted in our body's innate power to heal itself. Earth, Water, Fire, Air, and Space, and Human Life are a product of the great cosmic design. Naturopathy treatment is a holistic combination of traditional therapies, herbal remedies, and healthy habits. As an ancient Indian traditional practice, Naturopathy is non-invasive and does not use any manmade drugs, making the entire healing process a natural transformation through the elements of nature.

Our well-researched therapies are aimed at complete healing to prevent recurrence and life-long wellbeing. Healing programs are prescribed by our doctors after a thorough assessment of medical conditions. Specialized treatments include Naturopathy modalities like:

- **Hydrotherapy** - Healing potential of water through baths, jets, jacuzzi, wet packs, compresses, immersion baths, body wraps & enema.
- **Mud therapy** - Full body mud bath, various packs, and fomentations using mud.
- **Fasting Therapy**- Therapeutic fasting is a supreme cure in Naturopathy. Specific juices and soups based on health conditions are suggested for eliminating toxins and resting the digestive system, to enhance the body's healing properties.
- **Manipulative Therapy**- Oil (massage) therapy, Exfoliative (herbal powder) oil therapy, Salt glow therapy, Swedish massage therapy and Aroma therapy for better blood circulation.
- **Reflexology** - Application of pressure to areas on the feet or hands, meant for relaxation, relief from stress/ pain, nerve stimulation, increased blood flow, prevention of illness, and promotion of good health.

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

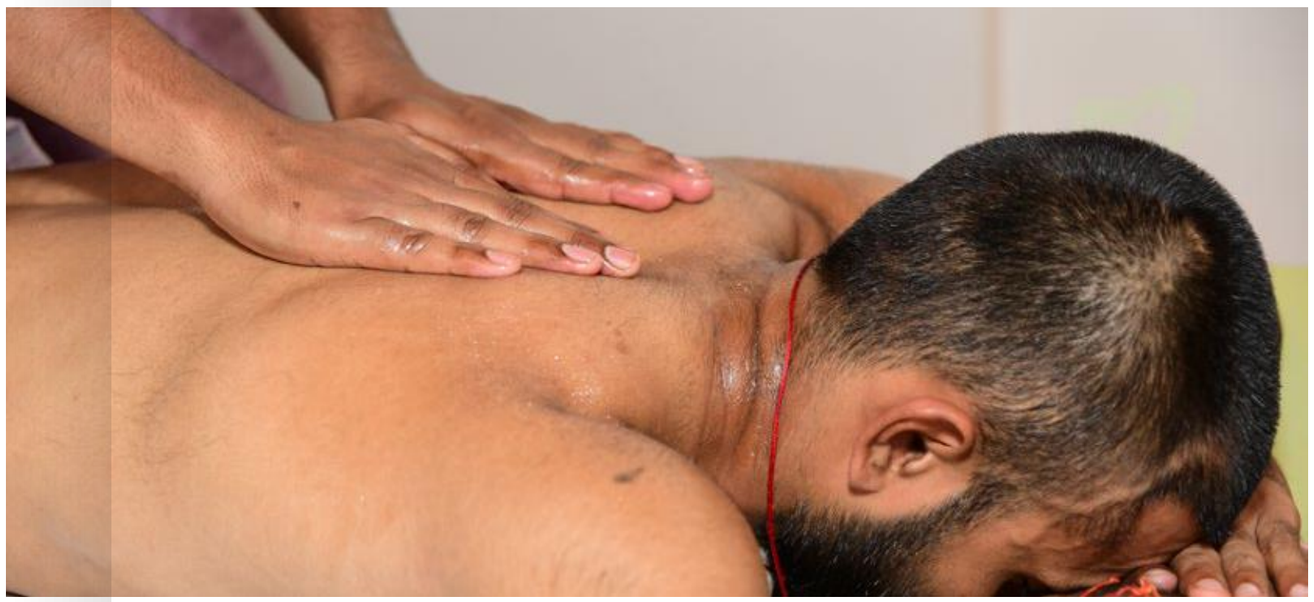
Participants' feedback on Naturopathy



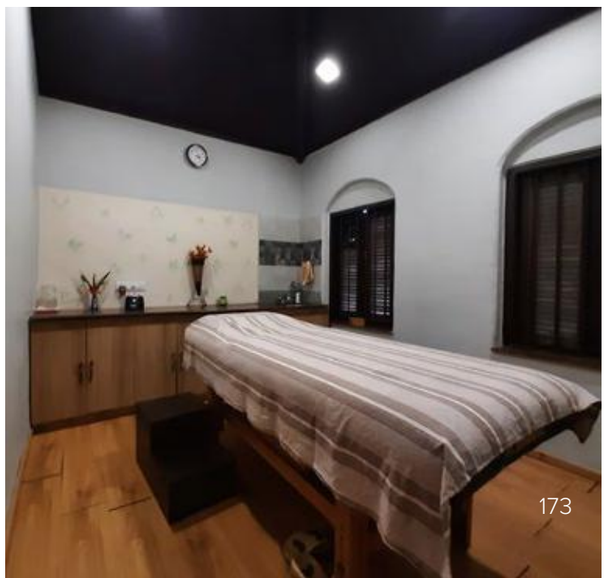

NATUROPATHY
निसर्गोपचार











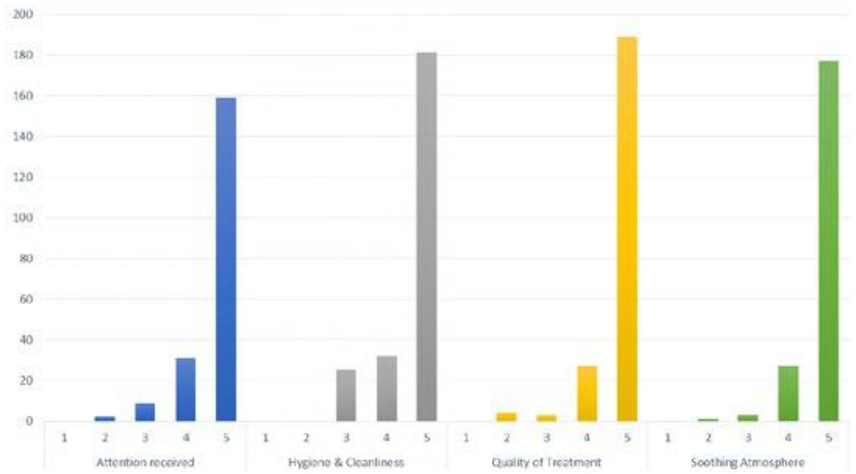
Yoga & Ayurveda

Ayurveda can help remove toxic effects of present-day life style issues, unhealthy food, harmful medicines, and environmental changes. This ancient science works on bodily aspects such as Dosha (basic body energy), Dhatu (body tissue), and Mala (excretion). At Kaivalyadhama, Yoga with Ayurveda and Panchakarma offers you an integrated approach to renew and destress yourself with herbal treatments for ailments, recovery, and restoration. We believe that combining this age-old wisdom of Ayurveda with yoga promotes and maintains sustained physical and emotional health in routine life. The Ayurveda and Panchakarma course at Kaivalyadhama, begins after a personal medical consultation by an Ayurvedic doctor, depending on the condition of the patient's body. This is an in-depth intervention that helps our doctors gauge the level and depth of physical and emotional disturbance for planning exclusive treatments. Customised programs are thoughtfully designed for healing, detoxification, and rejuvenation. Therapies include Abhyanga, Potali, Swedan, Shirodhara, Padyabahyanga, Nasya Basti, Karnapuran, Netrabasti, Lepa, Facial, Hrudbasti, Katibasti, Manyabasti, Sandhibandha, and so on.

Team Ayurveda plays a pivotal role not only in comforting and treating the participants but assuring them the best of the care and service .The care is extended from executing the therapies in the rooms they live when needed to escorting them to room or even going up to the room to call them for therapy. The combined specialised schedule incorporates yoga practice, intake of herbal decoction teas, a select saatvik diet with supplements, massages and different therapies with medicated oil & medicated ghee. While the guests have a duration choice of a week or more for this program, a longer stay ensures enhanced benefits of Panchakarma. **Ayurveda is known to Effectively Treat:**

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

Participants' feedback on Ayurveda



Our Ayurveda department has seen an **exponential growth of 302% of Ayurveda participants** of 928 for Panchakarma program this year. Ala-carte participants also show **an increase of 272% this year.**











Yoga and Weight Management

At Kaivalyadhama we offer a holistic Yoga and Naturopathy Weight Management Retreat, that aims to detox the body and mind, and manage your weight, at the same time. This program enables you to take charge of your health in the most organic way through yoga and naturopathy. We focus on eliminating processed food from your diet by encouraging you to eat wholesome foods, fruits, and vegetables. Sustainable long-term weight Management through Yoga and Naturopathy at Kaivalyadhama, is a reliable and result-oriented program that adopts traditional Yoga and Naturopathy treatments. The process involves understanding every aspect of slimming like weight loss, weight gain, inch loss, increased muscle mass, toning, and weight maintenance.

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

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

We also offer Weight Management with Ayurveda at Kaivalyadhama. At Kaivalyadhama, we encourage long-term lifestyle changes and modification in your daily diet for good health and steady metabolism. Our qualified doctors examine and consult the individual personally to understand family histories and specific problems. Therapies are decided based on the special requirements and body constitution of a person. A customised treatment plan is created and monitored by our experts for the desired results.

We focus on cleansing by removal of toxins from the body, improved blood circulation, and muscle toning. Wholesome diets and massages are recommended to help rejuvenate the body.

Through a combination of Ayurveda and Yoga we help manage your weight in a holistic manner, for both physical and emotional wellness.

Yoga and Pain Management

Pain Management focuses on not only easing your suffering but also improving the quality of your life. Many practitioners of western and allopathic medicine prescribe pain killers and/or surgery as the only way to feel better and recover. These methods are invasive, and mostly do not address the root cause of the pain. At Kaivalyadhama, we emphasise on healing pain and discomfort through natural therapies. The therapeutic techniques used, identify underlying reasons that cause pain. These methods are designed to provide long-term relief to the body and peace of mind.

Our Naturopathy Physician will first consult you personally to understand your pain and assess your mind/body type. This assessment is systematically applied by our expert, to your health goals for creating a customized pain management plan through natural therapies.

This Program Offers Relief From

- Aching Joints
- Spondylosis Conditions (Neck Pain + Back Pain)
- Cervical and Lumbar Spondylitis
- Disc Bulge and Disc Prolapse
- Impaired Mobility
- Internal Inflammation

Our Pain Management therapies include the following:

- Full Massage with Steam
- Partial Massage with Steam
- Acupuncture
- Acupressure
- Reflexology
- Herbal Packs
- Mud Therapy
- Hydro Therapy Modalities
- Physio Therapy Modalities
- Cupping Therapy
- Hot & Cold Compress
- Special & Epsom Salt Packs

Yoga and Healing

We understand the concerns of those enduring chronic health conditions or psychosomatic disorders for a long time. We believe that Yoga practices can inspire an encouraging outlook and fulfilling life. Thoughtfully designed, SOHAM; a 14 days program is a highly immersive approach to enhance the overall quality of life by way of traditional yoga.

With SOHAM, our expert Yoga masters guide you to deal with struggles and find solace in loss. This program focuses on seeking and understanding the meaning in life by altering ways and transforming perspectives. A combination of engrossing therapy sessions, naturopathy treatments, and theoretical discussions, the SOHAM retreat aims at your holistic healing.

SOHAM facilitates deriving and sustaining positive energies, to be able to live life confidently and fully.
A lot of people have been benefitted through this program till date. The program is based on the three integral steps / measures of Yogic- Therapy as given by Swami Kuvalyananda -

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

Testimonials

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. 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.

- Sukanta



Yoga Intensified – Sadhana

Sadhana is an effort to effectively integrate Yoga practice into your life. This program is specially designed for individuals who seek to devote more time towards the sustained and holistic wellbeing, of body and mind.
Sadhana offers an engrossing and absorbing Yoga experience through a guided and mentored routine. The soothing and pristine environment of Kaivalyadhama, inspires one to become more aware and conscious in the process of self-introspection and self-discovery.

The holistic Yoga intensive schedule with extended stay allows for ample dedicated time to learn and delve deeper into the practice of traditional yoga.

Interaction with the Experts

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

Access to Facilities

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

“Prabalatwam” Post Covid Recovery Program

Bounce back to wellbeing and fitness after COVID-19

It is available in both one-week and two-week formats. Prabalatwam works towards improving lung capacity with complete detoxification of the body. The holistic health program ‘Prabaltwam’ is based on three main principles i.e. yoga, Ayurveda, and Research. The treatments provided help remove the accumulated toxins and minimize the side-effects caused due to COVID-19 medication on the body.

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

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

Post-COVID Evaluation Process

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

The tests conducted include WHOQOL – BREF, The Warwick – Edinburgh Mental Well – Being Scale, Dass21 and PITTSBURGH SLEEP QUALITY INDEX (PSQI). These evaluate the quality of life and emotional health. Physiological tests such as Spirometry and Bio-pac assesses the lung capacity of the patient, while keeping a check on heart, brain, and muscle activity. As COVID survivors typically suffer muscle fatigue, joint pain and muscle weakness, physical testing includes the Back leg chest Dynamometer for measuring strength of major muscle groups.

In fact, to validate the efficacy of ‘Prabaltwam’, a case study was conducted on a patient suffering from post COVID complications. The patient presented with fatty liver, lung fibrosis, shortness of breath and extreme weakness. It was observed that the integrative therapy of yoga and Ayurveda for thirteen days was effective in mitigating the post-COVID complications. The findings of this study have been published in Journal of Ayurveda Case Reports.

Reference: Verma Anita, Shete, S. U., Doddoli, G., Pandey S., Bhutada, J., & Bhogal, R.S. (2021). Integrated therapy for post-COVID complications: A case report. J Ayurveda Case Rep, 4, 134-7.

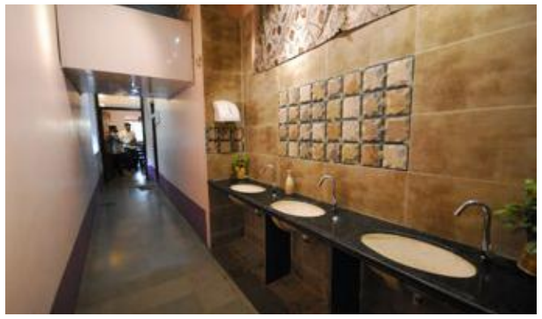
Sadapurna

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



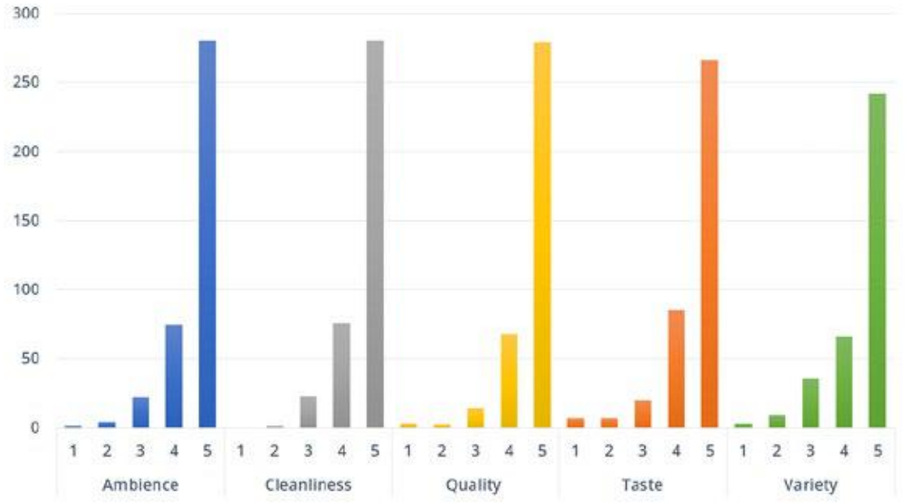


All this has been possible not merely by the efforts of the people of this Institute but also because of yoga enthusiasts who have been visiting the place over the years in increasing numbers. Their valuable suggestions have helped the institute in its endeavour towards perfection.



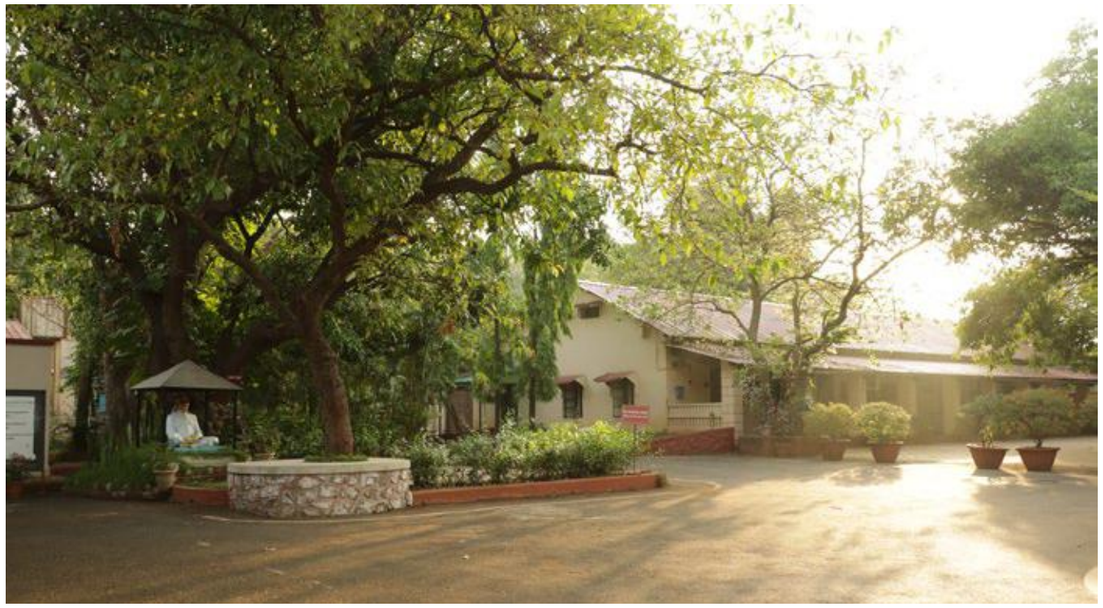


Participants’ feedback on dining experience



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 to take nice walks and enjoy leisurely view of nature. There are several Asana and Pranayama Halls which hold sessions for different batches of participants. In house library is also there in the healthcare Centre. There is an in-campus ATM, car park, laundry service, Hanuman temple and convenience store available located directly across the main Health Care Centre Building.











Sattva Café is located adjacent to the main library. Resident participants in the Naturopathy & weight management program will have special juices in sattva cafe after the diet prescription. The cafe also offers teas and some snacks. it offers free Wi-Fi with your purchases

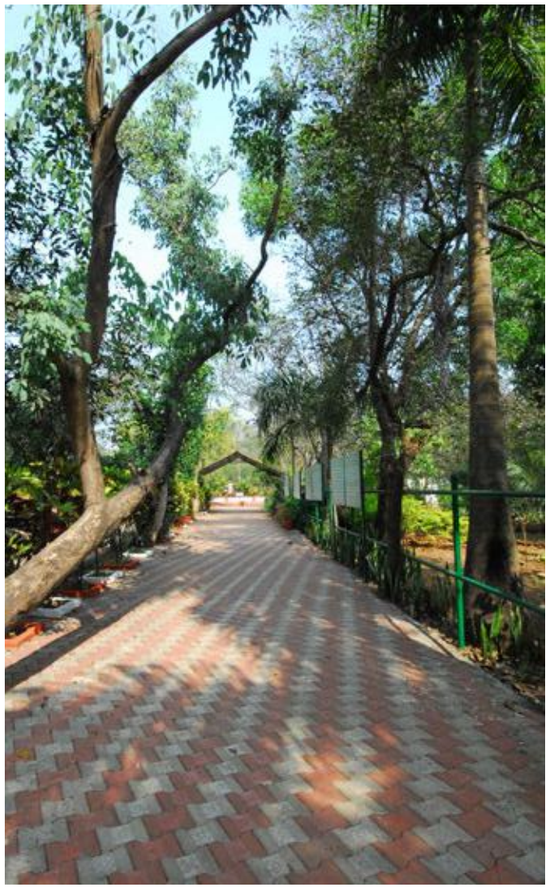
Gardens

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





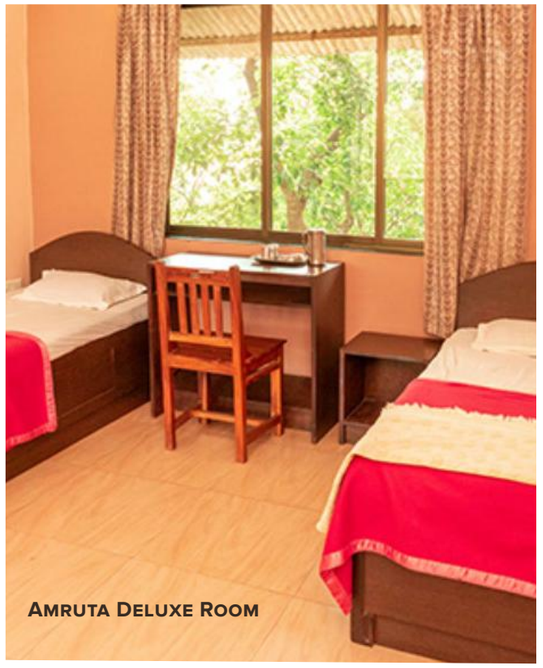




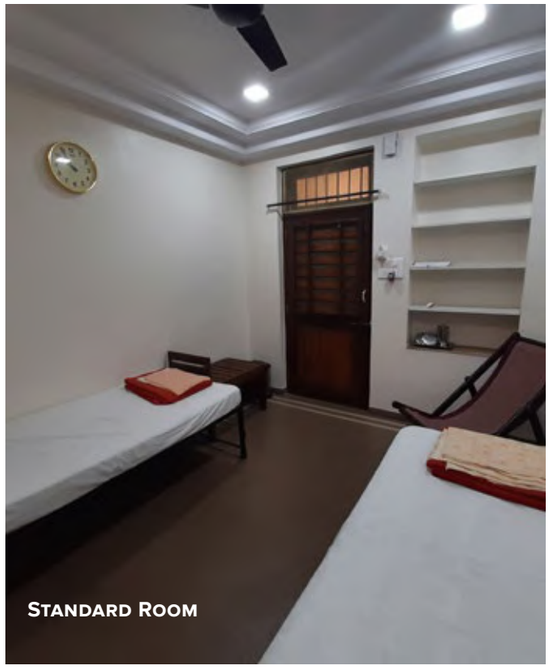
Many herbs are chockfull of cancer-fighting antioxidants, valuable nutrients, fat-free flavour, and more. In Kaivalyadhama, most of the native plants which are medicinal plants are planted are the backbones of Ayurveda as well as useful in Homeopathy, Allopathic and Siddha too.

Accommodation & Classification of Rooms

Rooms / Location	Type	No. of Persons	Capacity
12 / Main Building Standard	Attached Bath Room	2 in each room	24
4 / Soham Kutir	Deluxe (non- A.C.)	2 in each room	8
5 / Soham Kutir	Executive	2 in each room	10
10 / Soham Kutir	Deluxe	2 in each room	20
8 / Main Building	Common Bathroom	2 in each room	16
4 / Main Building	Suites	3 in Suite (3) 4 in suite (1)	9 4
5 / Amruta Kutir	Deluxe	2 in each room	10
		Total	**101**

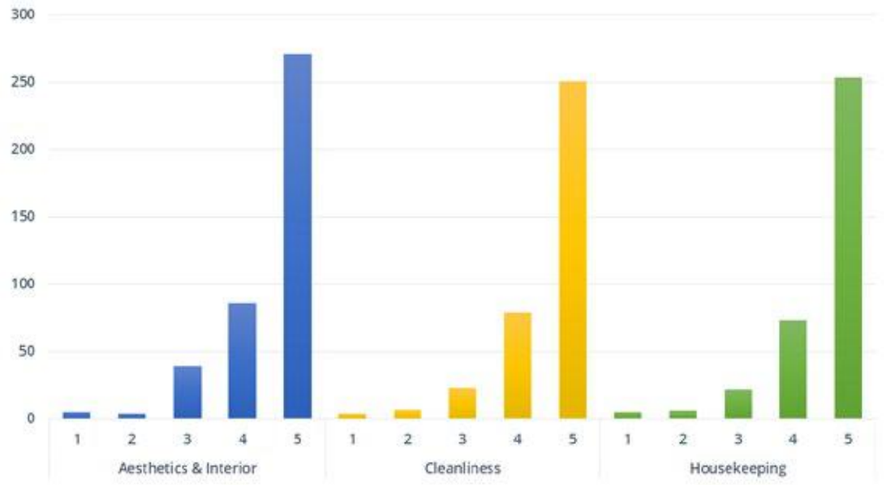


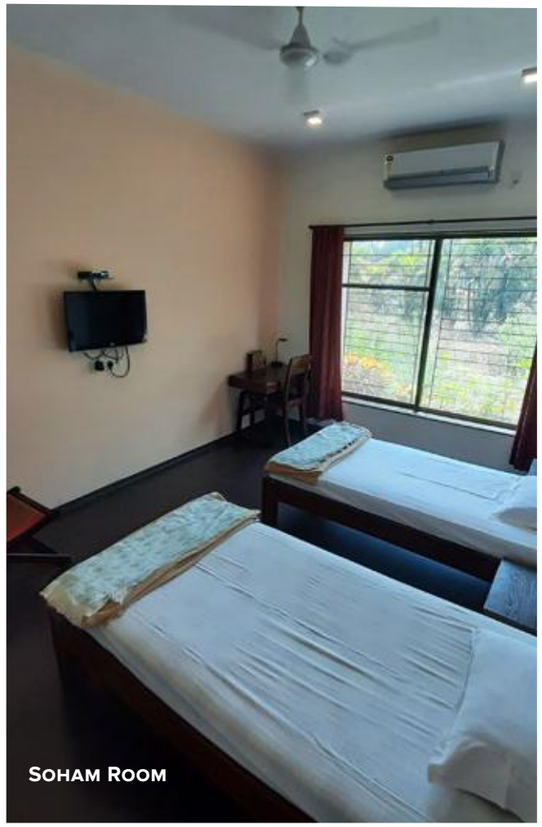
Amruta Deluxe Room



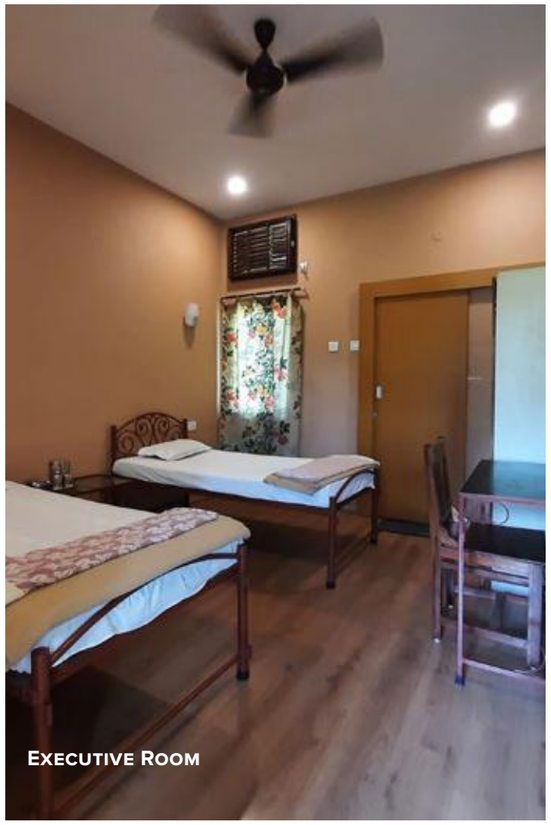
Standard Room

Accommodation Experience

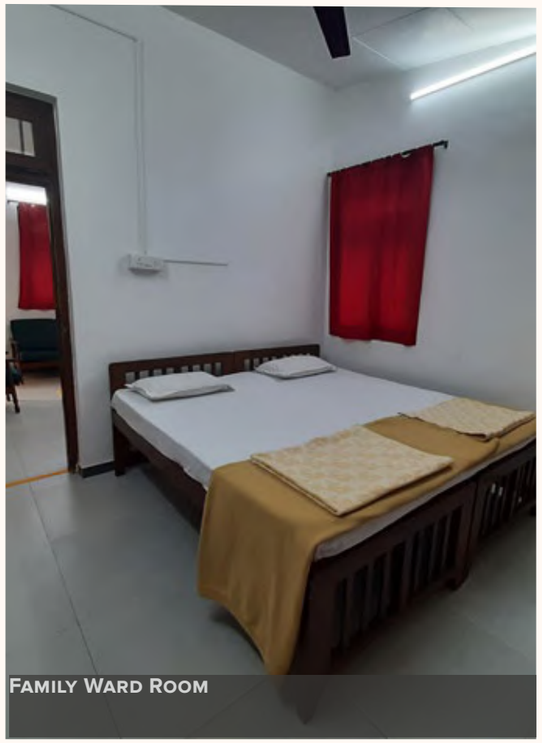




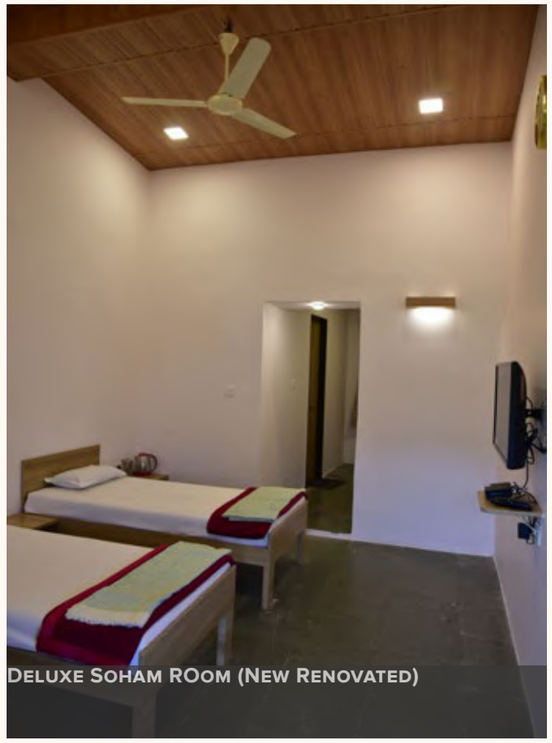
Soham Room



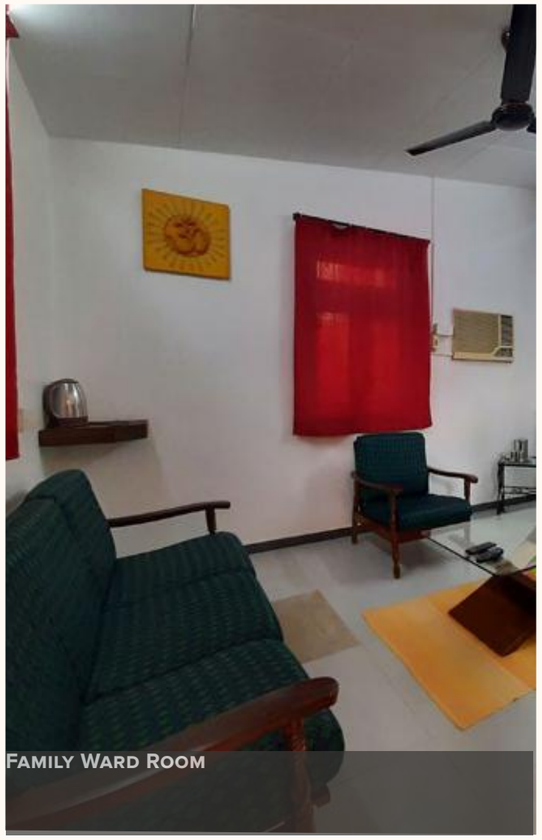
Executive Room



Family Ward Room



Deluxe Soham ROom (New Renovated)



Family Ward Room



Family Ward Washroom

CONSTITUENT ASSEMBLY OF INDIA - VOLUME IX

Wednesday, the 31st August 1949

The Constituent Assembly of India met in the Constitution Hall, New Delhi, At Nine of the Clock. Mr. President (Hon'ble Dr. Rajendra Prasad) in the Chair.

Discussion between Dr. B.R. Ambedkar and Dr. H. V. Kamath.

EXCERPT FROM THE SPEECH OF DR. H. V. KAMATH

With the advent of freedom and the dawn of Indian renaissance, I have no doubt in my own mind that our spiritual culture, our ancient culture, must be revived not in one direction only but in all possible directions. One objection that is levelled against spiritual culture - yogic culture especially - is that it is unscientific. Today the pioneer of scientific research in yoga, Swami Kuvalayananda, at Lonavla, is doing splendid wok in this field. I am sure that as we grow in stature, as India's freedom grows, there will be many more institutes of this kind which will promote research in the spiritual field. It is very necessary. As Mahayogi Aurobindo said recently, the West is turning to the East for some light and guidance, and if the East fails the West today then the world is doomed. He further exhorted us saying that India should not run after the materialistic baubles of the West. It is alright to increase the standard of living, but to become merely materialistic is not all in life. The world craves something else and the world is looking towards India. It is high time we did something in this direction and showed the light to an expectant world.

I hope the Union will promote agencies under its aegis to promote not merely historical and scientific research but also research in yoga and the spiritual field on a really scientific basis, science understood in the largest and most comprehensive sense, not in the very narrow sense of having a little laboratory, test tubes, flasks, pipettes and burettes, but the real scientific outlook of experiment, the outlook of a man seeking knowledge-scio "to know".

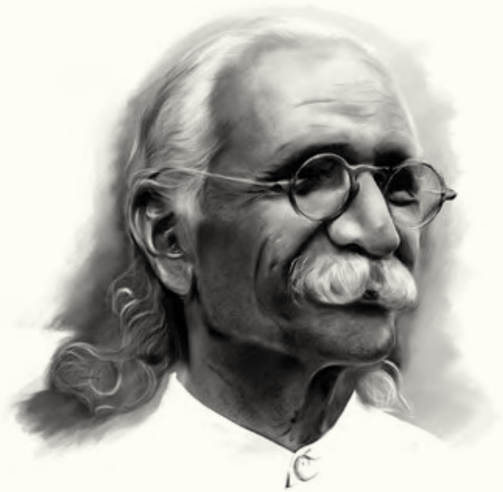
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Our Family

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Swami Kuvalayananda

1883-1966

FOUNDER
Kaivalyadhama Yoga Institute

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

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

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

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

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

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

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

Swami Kuvalayananda
27th November 1952

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