



**KAIVALYADHAMAM**

Where Yoga tradition and Science meet

**100**  
YEARS



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**AYUSH**



# TEACHER'S TRAINING PROGRAMME (TTP)

## Introducing **YOGA**

to Children with Special Needs

presented by



**THE DALAL FAMILY FOUNDATION (USA)**

SHAPING BRIGHTER FUTURES, EMPOWERING COMMUNITIES

## Why choose our TTP?

**Neurodevelopmental disorders (NDDs)**, commonly known as special needs, encompass a range of disabilities that primarily affect the brain's functioning during a child's developmental years. These disorders can manifest as difficulties in language and speech, motor skills, behaviour, memory, learning, and other neurological functions.



Shockingly, it is estimated that nearly one in every eight children in India may be grappling with at least one NDD, highlighting the prevalence of these conditions in children aged 2 to 9 years at nearly 12%. This staggering statistic poses a significant public health burden for India. In an era of "inclusive development and education," as per the Sustainable Development Goals set by the United Nations to be achieved by 2030, focused initiatives to improve the welfare of children with NDDs are absolutely crucial.

Fortunately, yoga-based interventions hold immense potential to enhance the quality of life and overall well-being of children with NDDs by promoting relaxation, coordination, focus, and reducing stress and anxiety.

With the recognition of yoga's transformative impact on the holistic well-being of children with NDDs, Kaivalyadhama, Lonavala, celebrates a significant milestone of a **100 years** by organising a series of **Teacher's Training Programmes (TTPs)** in this specialized area.

In collaboration with the Institute for Salutogenesis and Complementary Medicine (ISCM), Sri Balaji Vidyapeeth (SBV), Puducherry, these **TTPs** aim to equip special educators, physical education teachers, and other caregivers and educators working with children with **specific NDDs** the necessary knowledge and skills to introduce yoga into their lives.

Participants will be trained to conduct engaging and enjoyable yoga sessions tailored to the needs of children with **specific NDDs**. Additionally, participants will have the opportunity to contribute to related yoga research by employing observational tools and questionnaires to collect valuable research data.

### The main objectives of these TTPs are as follows

**01**

To raise awareness among special educators and caregivers about the positive impact of yoga on the well-being and quality of life of children with NDDs.

**02**

To train special educators and caregivers in utilising yogic practices in an engaging and enjoyable manner, providing a fertile inner ground for the well-being and quality of life of children with NDDs.

**03**

To promote research on the role of yogic practices in influencing the well-being and quality of life of children with specific NDDs by training special educators in the research process.

## What to expect from the TTP?

Our TTP is a residential and intensive training experience, spanning three days and covering over 20 hours of teaching and learning content. The programme incorporates various engaging formats, including practical sessions, lectures, group discussions, library engagement, and team tasks.

The primary focus of the programme will revolve around **autism spectrum disorders (ASDs) and intellectual disability (ID)**. To ensure accessibility, the TTP and associated lodging and boarding will be provided **free of charge** to participants. However, participants or their parent organizations will be responsible for travel costs.



## Who can participate?

Our TTP welcomes special educators, physical education teachers, and caregivers currently working with children diagnosed with **ASD and ID**. Participants from all across India are encouraged to register. Each batch will accommodate 25-30 participants.

We plan to conduct four batches at Kaivalyadhama, Lonavala, and one batch at Puducherry to facilitate the participation of special educators from southern India. The upper age limit for participation is 55, with some flexibility considered in exceptional cases.

Selection of participants will be based on a Statement of Purpose (SoP) consisting of 10-15 lines, which should be submitted during the registration process. If selected, a recommendation letter from the Principal or Head of the institution will be required to complete the registration process. Each participating school can send a maximum of two representatives.

We expect the educators and caregivers trained through this TTP to apply their acquired knowledge and skills in real-life practice by working with a minimum of four students for 6-12 months, thereby contributing to the subsequent research process.

## Meet our expert facilitators



The yoga modules in this workshop will be led by Prof **Dr. Meena Ramanathan**, a distinguished expert and Vice Principal of the School of Yoga Therapy at ISCM, SBV, Puducherry. With over two decades of experience working with children with NDDs, her expertise and passion for utilizing yoga to make a substantial difference in their lives are truly invaluable. Currently guiding two PhD scholars in their research on children with ASD, she has significantly contributed to yoga research with more than 83 publications overall and a dozen in NDDs. She holds two copyrights, one on "Divyanga Yoga" and the second on "Making Yoga Fun for Special Children" (MYFSC).



**Dr. Praseeda Menon**, a Research Officer in the Psychology Section of the Scientific Research Department (SRD) and Assistant Professor at GS College of Yoga and Cultural Synthesis, Kaivalyadhama, will serve as the main facilitator for the yoga research protocol on NDDs. She brings tremendous enthusiasm to her research on the impact of yoga on mental health, overall well-being, and quality of life across various groups, including children with NDDs. Dr. Menon has conducted case study research in the area of yoga for intellectual disabilities and has played a key role in producing two research-oriented documentaries on the subject.



## About Kaivalyadhama

Founded by Swami Kuvalayananda in 1924, Kaivalyadhama is one of the oldest pioneering yoga institutes in the world. We follow the principles and philosophy of Patanjali's Ashtanga Yoga, and take pride in teaching traditional yoga in its purest form, with a unique perspective.

Located in the serene Sahyadri mountain ranges of Lonavala amidst the scenic lush-green landscape and pristine flora, Kaivalyadhama enjoys a soothing climate and pleasant weather all year round. Here, you can truly experience the myriad benefits of Yoga, amidst a peaceful and restoring environment.

Kaivalyadhama is the first Yoga institute to proactively conduct scientific research for demonstrating the benefits and uses of Yoga. We apply this knowledge to deliver holistic wellbeing and to impart yogic wisdom globally.



## When and Where will the TTP take place?

This enriching TTP will primarily be held at the breathtakingly beautiful and serene campus of the **Kaivalyadhama Yoga Institute & Research Centre in Lonavala**. Immerse yourself in nature's tranquility while acquiring knowledge and skills. Additionally, one TTP batch will be conducted in **Puducherry** to accommodate special educators from southern India.

Convener - **Dr. Praseeda Menon**

## Save the dates

*October 2023*



Batch 1: 5 – 7, October



Batch 2: 9 – 11, October



Venue: Kaivalyadhama Yoga Institute & Research Centre, Lonavala

*December 2023*



Batch 3: 4 – 6, December



Venue: Sri Balaji Vidyapeeth, Puducherry

*February 2024*



Batch 4: 22 – 24, February



Batch 5: 26 – 28, February



Venue: Kaivalyadhama Yoga Institute & Research Centre, Lonavala





**100**  
YEARS

## How to Register for the TTP?

Registration is free but mandatory.

Scan the QR code or [click here](#) to fill the registration form



Secure your place in this transformative journey,  
limited spots available!

## Contact Us



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Scan the QR code to watch our videos related to special needs

