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**KAIVALYADHAMA®**

Where Yoga tradition and Science meet

**100**  
YEARS

## NATIONAL CONFERENCE

# Integration of Yoga in School Education: Manifesting the thought in the system

29 Nov - 1 Dec, 2023 · Kaivalyadhama, Lonavala

IN ASSOCIATION WITH

Kudilal Govindram Seksaria Foundation



# Integration of Yoga in School Education

KAIVALYADHAMA | 29 NOV - 1 DEC 2023





Be it any subject a teacher should emphasise on inculcation of ethical values amongst students while planning out the subject matter to be taught.

- Swami Kuvalayananda



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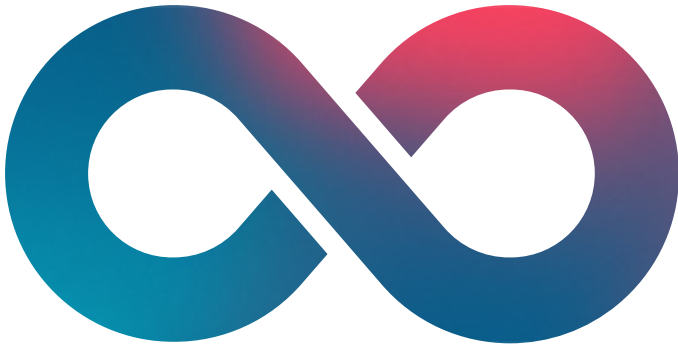
# Inauguration of the Centenary Celebrations

BY



**Smt. Droupadi Murmu**  
Hon'ble President of India

29.11.2023 | 3.30 p.m.



## विद्ययाऽमृतमश्नुते

## Knowledge leads to immortality

The essence of education is the concentration of the mind. Education is the training of the mind to focus on an object of knowledge uninterrupted. In this age of information and technology, it is a big challenge for children to have clarity and focus on real learning. In order to excel in any field, it is crucial to possess a stress-free state of mind and maintain good physical health. Yoga, an age-old practice that encompasses both the body and mind, offers an effective solution to address this very concern.

The idea of incorporating Yoga into school education is a recent development, though compelling research in this field is increasingly available. While yoga has yielded benefits for one's physical well-being, such as correcting posture and enhancing immunity, it is acknowledged that it can also positively impact cognitive and emotional learning. Yoga can help students navigate emotional and social obstacles within the school environment by developing self-regulation.

Yoga has emerged as a novel concept in school education, accompanied by a mounting body of compelling research that bolsters its integration. Evidence has shown that yoga is beneficial for physical health, including posture correction and immune system enhancement. Furthermore, its profound impact on cognitive and emotional learning has been well-established.

By enabling self-regulation, yoga can aid students in navigating the emotional and social challenges they may encounter within their school environment. Inculcation of Yoga at a young age would enable the possibility of planting a seed in each child, offering them a powerful tool for harmonious living. The essence of yoga, encompassing physical, mental, emotional, social, and spiritual well-being, possesses remarkable potency.

There is a growing interest among educational agencies in '**school-based yoga**'. The New National Educational Policy 2020 has suggested incorporating yoga into physical education, in addition, incorporating yoga-based value education is crucial for fostering harmony between oneself, society, and nature.

Yoga has been recommended for inclusion in school and higher education curricula for over a decade, but it has yet to be widely and fully implemented. Stakeholders involved in incorporating yoga into school curricula have faced various challenges in effectively implementing policies. One potential solution for this challenge is utilising the well-established yoga compendium. However, other challenges still exist in implementing yoga-based learning in schools.



# What are these challenges and how can they be addressed?

Over the past century, the practices and methods of yoga have undergone numerous changes. However, has the true essence of yoga been lost in this transformation? The approach and objective of Yoga implemented in schools today seem to lack specificity and vary greatly. Despite this, many schools that have integrated regular Yoga practice for their students and staff report experiencing and sharing its benefits. A few school bodies and parents perceive yoga as a religious practice. There is an urgent need to address this thought process. The responsibility falls on the teachers and school administration to bring about this change. Should this responsibility be limited to Physical Education teachers only, or should yoga be incorporated into the education of all teachers? Furthermore, what if yoga is promoted as a competitive sport? Would it attract more support and investment from stakeholders? Or should we all adopt a broader perspective on the advantages of yoga in fostering a well-balanced personality in our children?

Since its inception, Kaivalyadhama has been committed to promoting yoga in the education system. Gordhandas Seksaria College of Yoga and Cultural Synthesis has trained thousands of school teachers in yoga. Swami Kuvalayananda, the founder, believed that yoga should be incorporated into the school curriculum to instil yogic values at an early age. To carry on his vision, Kaivalyadhama continues to offer courses and workshops for students, teachers, and school staff. Additionally, the K-12 school at Kaivalyadhama, Kaivalya Vidya Niketan, has successfully integrated yogic values into its learning systems.

As part of the centenary celebrations, we are hosting a national conference by inviting a group of specialists in education and yoga. Our goal is to brainstorm innovative and viable ideas that will aid in the adoption of time-tested learning techniques and exercises for not just students but also teachers, parents, and the entire school community.

Join us in this important endeavour to shape the future of education and empower our schools with the transformative power of yoga.

**[Register now](#)** and be a part of this influential event.

# Programme Schedule

## DAY 1

# 29.11

- 3.30 p.m. ● **INAUGURAL FUNCTION**  
**Chief Guest:** Smt. Droupadi Murmu, Hon'ble President of India
- 6.00 p.m. ● **WORKSHOP #1**  
Yoga for Teachers - Holistic Techniques for Occupational Challenges  
**Facilitators:** Ms Mamta Bisht, Dr Rajanish Sharma
- 8.00 p.m. ● DINNER

## DAY 2

# 30.11

- 6.30 a.m. ● **WORKSHOP #2**  
Yoga - Empowering Affective Development of Personality  
**Facilitators:** Prof. Ravindra Bodhe, Shri Neeraj Singh
- 8.00 a.m. ● BREAKFAST
- 9.30 a.m. ● **PLENARY SESSION #1**  
Yoga over 100 Years - The Ancient Knowledge and the Modern Perspective  
**Speakers:** Dr Shirley Telles, Dr Srijan Pal Singh, Smt. Manisha Verma
- 10.45 a.m. ● **PANEL DISCUSSION #1**  
Yoga in Schools - Strengths and Challenges  
**Panellists:** Commander Abhijit Kumar, Mr Vikram Singh, Ms Sona Seth, Dr Satbir Bedi

- 12.30 p.m. ● LUNCH
- 2.00 p.m. ● **PANEL DISCUSSION #2**  
Fostering Cultural Synthesis in a School Environment  
**Panellists:** [Bishop Dr Thomas Dabre](#), [Dr Shailesh Shirali](#),  
[Dr N.D. Joshi](#), [Ms Bharati Kawade](#)
- 3.45 p.m. ● **PANEL DISCUSSION #3**  
Inclusion of Yoga in Teachers' Training Syllabi - A Need for Holistic  
Wellness  
**Panellists:** [Prof. Santosh Panda](#), [Prof. \(Dr\) Hrushikesh Senapaty](#),  
[Dr Bhagwan Balani](#), [Ms Anjali Deshmukh](#)
- 5.30 p.m. ● **WORKSHOP #3**  
[Harmonising the Mind and Body with Kriya Yoga](#)  
**Facilitator:** [Dr R.S. Bhogal](#)
- 7.00 p.m. ● **CULTURAL PROGRAM**  
[Kathak Recital](#)  
**Artist:** [Ms Gauri Swakul](#) and Team
- 8.30 p.m. ● DINNER

## DAY 3

01.12

- 6.30 a.m. ● **WORKSHOP #4**  
[Chakra Meditation Techniques - Experience the Vibrations](#)  
**Facilitator:** [Dr Santosh Pandey](#)
- 8.00 a.m. ● BREAKFAST
- 9.30 a.m. ● **PLENARY SESSION #2**  
Personality Development – Role of Yoga  
**Speakers:** [Dr Praseeda Menon](#), [Dr Aditi Kaul](#), [Dr R.S. Bhogal](#)

10.45 a.m.



#### **PANEL DISCUSSION #4**

Yoga and Competitive Sports

**Panellists:** [Ms Suchitra Pareekh](#), [Smt. Vasanti Iyer](#), [Dr Ishwar Basavaraddi](#), [Mr Umang Dawn](#), [Dr Aarti Pal](#)

12.00 p.m.



#### **VALEDICTORY FUNCTION**

**Chief Guest:** Shri Arif Mohammed Khan, Hon'ble Governor of Kerala

1.00 p.m.



LUNCH

# Valedictory Function

01.12.2023 | 12.00 noon



**CHIEF GUEST**

**Shri Arif Mohammed Khan**  
Hon'ble Governor of Kerala

Shri Arif Mohammed Khan is a multifaceted personality with a rich and varied career. Beginning as a student leader at Aligarh Muslim University, he later served as a Member of Parliament and a Union Cabinet Minister. He authored "Text and Context: Quran and Contemporary Challenges" and is known for his writings and lectures on religious reforms. Shri Khan represented India at international conferences, such as the Non-Aligned Information Ministers Conference in 1982 and the World Economic Forum in Switzerland in 1990. In 2019, he assumed the role of the 22<sup>nd</sup> Governor of Kerala. His career is marked by a deep commitment to secularism, social justice, and gender equality. Shri Arif Mohammed Khan is a significant figure in Indian politics and a distinguished thinker with a profound understanding of India's cultural and constitutional principles.

# Speakers & Guests



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## Workshop #1: Yoga for Teachers - Holistic Techniques for Occupational Challenges

29.11.2023 | 6.00 p.m.

This workshop provides an opportunity for teachers to engage in simple yet effective self-care and nurturing practices. Through the harmonious combination of breath, movement, and focused attention, participants will discover a wellspring of energy, rejuvenation, and comfort. This session aims to cultivate both mindfulness and practical experience, equipping educators to rebound from the challenges of demanding teaching and caregiving responsibilities.



FACILITATOR #1

### Ms Mamta Bisht

Faculty & Sr Yoga Teacher - G.S. College of Yoga and Cultural Synthesis

Ms Mamta Bisht has passionately taught yoga for 6 years in schools, institutes and corporate environments. Her journey into yoga commenced during her pursuit of an M.A. in Philosophy in 2015. Subsequently, she attained a postgraduate diploma in Yoga Education from Kaivalyadhama and achieved a master's degree in the same field from Uttarakhand University. Mamta's background in theater, radio, and Indian Classical Dance - Kathak, has been instrumental in shaping her exploration of yoga's philosophy and practice.



FACILITATOR #2

### Dr Rajanish Sharma

Faculty & Sr Yoga Teacher - G.S. College of Yoga and Cultural Synthesis

Dr Sharma holds advanced degrees in Yoga education and has significant teaching experience, including at institutions like Navodaya Vidyalaya and Kendriya Vidyalaya. He has also served as an examiner for the Yoga Certification Board under the Ministry of Ayush. Dr Sharma is actively involved in national and international yoga organisations and is dedicated to sharing the wisdom of yoga.

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## Workshop #2:

# Yoga - Empowering Affective Development of Personality

30.11.2023 | 6.30 a.m.

Yoga touches on physical, physiological, psychological, cognitive, educational, moral, and spiritual aspects of human life. The practice of Yoga, when combined with values, enriches human experiences and contributes to personality and human resource development. By incorporating the "Habit building" Niyamas into children's lives, Yoga contributes to their holistic and affective development, nurturing their physical, emotional, and moral well-being.



FACILITATOR #1

## Prof. Ravindra Bodhe

Former Asst. Director - Pilosophico-Literary Research Department,  
Kaivalyadhama, Lonavala

Shri R.K. Bodhe is an M.A. (Philosophy & Sanskrit), M. Phil. (Philosophy). He has been associated with Kaivalyadhama for 30 years. He has been invited for delivering talks and workshops at several universities and institutions. In his career, Prof. Bodhe has authored several research papers in Traditional Yoga and co-authored several Volumes. He is also working as the Asso. Editor of Yoga Mimamsa. His areas of interest include Yoga Philosophy, Applied aspects of Traditional Yoga, Value Education and Philosophical bases of esoteric sciences.



FACILITATOR #2

## Shri Neeraj Singh

Senior Yoga Teacher - Kaivalyadhama, Lonavala

Shri Neeraj Singh is a science graduate with deep interest in yoga. He completed his Diploma in Yoga from Kaivalyadhama and has a wide experience of teaching. He is popular with the international groups, who love his very quiet and peaceful demeanour, his clarity and simplicity.

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## Plenary Session #1: Yoga over 100 Years - The Ancient Knowledge and the Modern Perspective

30.11.2023 | 9.30 a.m.



SPEAKER #1

**Dr Shirley Telles**

Director of Research - Patanjali Yogpeeth

[Linkedin](#)

Dr Shirley Telles, Ph.D., MBBS, MPhil, leads yoga research at Patanjali Research Foundation in India. With 200+ articles, 7 books, and 17 chapters, she's a Templeton and ICMR awardee. A Fulbright fellow studying meditation neuroimaging, she's also a dedicated yoga practitioner.



SPEAKER #2

**Dr Srijan Pal Singh**

Founder - Dr A.P.J. Abdul Kalam Foundation

[Linkedin](#)

Dr Srijan Pal Singh, IIM-A Gold Medalist, is a renowned author, speaker, and education innovator. He advised President Dr A.P.J. Abdul Kalam and now serves as CEO and Co-Founder of the Dr A.P.J. Abdul Kalam Centre, dedicated to advancing Dr Kalam's vision through integrated missions.



CHAIRPERSON

**Smt. Manisha Verma, IAS**

Principal Secretary & Managing Director -  
Maharashtra State Finance Corporation

[Linkedin](#)

Smt. Manisha Verma is a seasoned Indian Administrative Service officer and an alumnus of Harvard Kennedy School and IDS Sussex. She has held prominent positions in various sectors including Finance, Education, Tribal Development, Skill Development and Entrepreneurship. Her dedication to sustainable, inclusive and innovative programs has earned her numerous accolades. She is an expert on social development, leadership training, public policy and management.

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## Panel Discussion #1: Yoga in Schools - Strengths and Challenges

30.11.2023 | 10.45 a.m.



PANELLIST #1

**Commander Abhijit Kumar**

INS Shivaji

Cdr Abhijit Kumar was commissioned into the engineering branch of Indian Navy in Jan 2008. An alumni of prestigious Defence Services Staff College, Wellington, he has completed his Masters in Defence and Strategic Studies from Madras University. A trained yoga enthusiast he is presently posted at INS Shivaji and is carrying out the duties of Training Commander since June 2020.



PANELLIST #2

**Mr Vikram Singh**

Director - Morarji Desai National Institute of Yoga (MDNIY)

Mr Vikram Singh, a 2001 UPSC officer, holds an ME degree from Delhi College of Engineering and an MBA from FMS, Delhi University. He has played key roles in the power sector, including with the Central Electricity Regulatory Commission. Currently Director at the Ministry of Ayush, he's a dedicated blood donor and an enthusiast of running, biking, writing and meditation. He authored a novel on Shaheed Bhagat Singh and now oversees MDNIY as well.



PANELLIST #3

**Ms Sona Seth**

Deputy Commissioner - Kendriya Vidyalaya Sangathan, Mumbai Region

Ms Sona Seth is a dedicated advocate for student well-being and health. Her journey is rooted in her commitment to fostering a holistic approach to value-based education with a deep belief in the power of yoga as a tool for improving physical fitness and mental resilience. Her primary focus is to create a nurturing school environment that promotes healthy minds and bodies striving for academic excellence.



MODERATOR

## Dr Satbir Bedi, IAS (Retd)

Chairperson of the Punjab School Education Board



Dr Satbir Bedi is a retired IAS officer from the AGMUT cadre (1986), with a distinguished career spanning over three decades (1986-2021). With extensive experience in leadership positions across sectors including education and health, she has worked with the United Nations in Afghanistan. She holds a Ph.D. in Psychology and is a Master Trainer for Department of Personnel & Training, Government of India.

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### Panel Discussion #2:

### Fostering Cultural Synthesis in a School Environment

30.11.2023 | 2.00 p.m.



PANELLIST #1

## Bishop Dr Thomas Dabre

Retd, Bishop of Pune

Rt. Rev. Bishop Thomas Dabre of the Diocese of Poona, is known for interfaith dialogue. He was a professor at Jnana Deepa Vidyapeeth and holds a doctorate on Marathi poet Tukaram. Ordained priest in 1971 and bishop in 1990, he served as bishop of Pune from 2009-2018. He is an excellent orator and is a Sanskrit scholar.



PANELLIST #2

## Dr Shailesh Shirali

Director - Sahyadri School (KFI), Pune;  
Former Principal - Rishi Valley School



Dr Shailesh Shirali holds a degree in Physics from St. Stephen's College (Delhi University), an MBA from the IIM, Ahmedabad, and a Ph.D. in Operations Research from the University of Texas at Dallas, USA. As a trustee of the Krishnamurti Foundation India (KFI), he has been dedicated to KFI schools since the early 1980s. Dr Shirali has a deep interest in ancient Indian mathematics and is committed to fostering inquiry into fundamental issues among high school teachers and students.



PANELLIST #3

**Dr N.D. Joshi**

Director - Kaivalya Vidya Niketan (KVN)

Dr N.D. Joshi, a highly respected educator with over four decades of experience, has dedicated his life to education. His illustrious career, marked by accolades like the 2011 National Award, includes roles as the Principal of 6 Kendriya Vidyalayas and Kaivalya Vidya Niketan. Driven by a passion for sports, he organised Regional, National and SGFI events, fostering the well-being and fitness of students. Additionally, he served on the CBSE panel, inspecting schools in India and abroad.



MODERATOR

**Ms Bharati Kawade**

Principal - Kaivalya Vidya Niketan

Ms Bharati Kawade is a dedicated educator with a strong commitment to children's well-being. She excels at building relationships with students, parents, and colleagues to foster independence and self-esteem. A lifelong learner, her passion and enthusiasm in working with children are evident in her approach.

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## **Panel Discussion #3: Inclusion of Yoga in Teachers' Training Syllabi - A need for Holistic Wellness**

30.11.2023 | 3.45 p.m.



PANELLIST #1

**Prof. Santosh Panda**

Distance Educator & Teacher Educator, IGNOU;  
Ex-Chairperson, NCTE, Government of India

[LinkedIn](#)

Prof. Santosh Panda is a distinguished Professor of Education with expertise in distance education, teacher education, and higher education. He holds a Fulbright Post-Doctorate and a BBC Certificate in Educational Television. Throughout his career, he has held key roles in various institutions and works on diverse educational fronts, including technology-enabled learning and inclusive education.



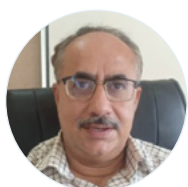
PANELLIST #2

## Prof. (Dr) Hrushikesh Senapaty

Professor of Education & Former Director - NCERT



Prof. Hrushikesh Senapaty is a distinguished education expert with over 30 years of experience in teaching, research, development and training, in the realm of school and teacher education. Former Director of NCERT, Prof Senapaty has made significant contributions to initiatives like "NISHTHA", benefiting 4.2 million teachers and school heads. His leadership also fostered international collaboration in the field of teacher education. Prof. Senapaty received an honorary D.Lit (Honoris Causa) degree from Ravenshaw University, Cuttack, Odisha.



PANELLIST #3

## Dr Bhagwan Balani

Principal - Bombay Teachers' Training College



Dr Bhagwan Balani serves as the Registrar and Dean of Faculty of Humanities at HSNC University, Mumbai. He's also the Principal of Bombay Teachers' Training College. With a doctorate in teacher education quality assurance, he's a recognised teacher of the University and brings 19 years of teaching experience to B.Ed. programs. He has presented research papers, conducted workshops, and guided students in various research projects and assignments. He's also led courses on e-learning and outcome-based education.



MODERATOR

## Ms Anjali Deshmukh

Kaivalyadhama, Pune

Ms Anjali Deshmukh, a devoted Yog Sadhak and Sevak, passionately supports individuals, including cancer patients, special children, and senior citizens from marginalised backgrounds. She leads a team dedicated to improving physical and emotional well-being through yogic practices. Anjali also guides yoga training courses at Savitribai Phule Pune University and oversees Kaivalyadhama's Pune center for yoga-based studies.

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## Workshop #3: Harmonising the Mind and Body with Kriya Yoga

30.11.2023 | 5.30 p.m.

Harmonising the mind with yoga is the practice of aligning the mental and emotional aspects of one's being through ancient techniques. This discipline, rooted in mindfulness, breath control, fostering inner peace, clarity, and emotional balance.



FACILITATOR

**Dr R.S. Bhogal**

Joint Director Research - Kaivalyadhama, Lonavala



Dr R. S. Bhogal, brings over 30 years of experience in meditation research and teaching. He's the former Principal of Gordhandas Seksaria College of Yoga and Cultural Synthesis, Editor-in-Chief of Yoga Mimamsa, and authored seven books. He holds first ever Ph.D. in "Fundamental nature of Siva Samhita Meditation" from Savitribai Phule Pune University.

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## Cultural Program: Kathak Recital by Ms Gauri Swakul and Team

30.11.2023 | 7.00 p.m.

Ms Gauri Swakul and her ensemble are set to deliver a captivating Kathak performance, focusing on the revered concept of "guru shishya parampara." Kathak, an ancient art form, is traditionally passed down from a teacher to a student, much like the transmission of knowledge in Yoga. The practice of Kathak, like Yoga, relies on the grace of the guru, and through this diligent practice, the performer transcends to a divine connection.



ARTIST

**Ms Gauri Swakul**

Kathak Exponent

Ms Gauri Swakul, a dedicated disciple of Kathak Guru Pandita Maneesha Sathe, holds B.A. and M.A. degrees in Kathak dance and an Alankar degree, ranking as a top performer in India. She received specialised training from Pandit Suresh Talwalkar and is an ICCR empaneled artist, a Graded artist of Doordarshan, and holds various prestigious titles. Gauri also serves as an Honorary Guru at multiple universities and excels as a professional anchor.

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## Workshop #4:

### Chakra Meditation Techniques - Experience the Vibrations

01.12.2023 | 6.30 a.m.

Spiritually, intensive chakra meditation balances pranic flow in chakras, corrects energy absorption and grounding, releases suppressed emotions, enables deeper meditation, and reduces stress through Kundalini Yoga and Music Therapy-based practices, as supported by IPHF studies.



FACILITATOR

### Dr Santosh Pandey

Consultant Naturopath in Health Care Center and Lecturer in Kaivalyadhama Yoga Institute, Lonavala

Dr Pandey has a BNYS, MBA (Hospital Administration), FCSW, and Ph.D. scholar; he is also a Reiki Grand Master level 12, Advance Pranic Healer, certified psychotherapist, PGDIA, and PGDIN. He has been awarded the President's National Award and has also earned a gold medal in yoga and naturopathy in 2005, awarded by the International Naturopathy Organisation in New Delhi, India. He has over 24 years of clinical experience in treating various diseases by way of Naturopathy, Yoga, Acupressure, and Acupuncture. He has over 35 years of experience in Chakra meditation. Dr Pandey has participated in the International Conference on Yoga, Naturopathy, and Arogya Expo 2012 in Bangalore, Ayush Ministry.

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## Plenary Session #2: Personality Development – Role of Yoga

01.12.2023 | 9.30 a.m.



SPEAKER #1

### Dr Praseeda Menon

Research Officer & Assistant Professor,  
Kaivalyadhama Yoga Institute, Lonavala

[LinkedIn](#)

Dr Praseeda Menon brings over a decade of expertise in studying yoga's psychological aspects. She's committed to inclusive education, introducing yoga to children with special needs, educators, and caregivers. As an Assistant Professor at the G.S. College

of Yoga & Cultural Synthesis, she supervises Ph.D. students at the college's research center affiliated with Kavikulaguru Kalidas Sanskrit University, Ramtek, Nagpur. She also has well-published research and several conference contributions to her credit.



**SPEAKER #2**

**Dr Aditi Kaul**

Sri Aurobindo Ashram



Dr Aditi Kaul holds a Master's and Ph.D. in Psychology, specialising in Indian Integral Psychology. Her primary focus is on integrating self-knowledge into education and psychology, advocating for an integral way of living. Dr Kaul serves as a guest faculty for Integral Psychology at AURO University, Surat, and offers online courses and workshops through the NAMAH platform under the Sri Aurobindo Society, Pondicherry. She actively contributes to the YES (Yoga, Education, and Spirituality) project managed by the YESpirituality Trust.



**CHAIRPERSON**

**Dr R.S. Bhogal**

Joint Director Research - Kaivalyadhama, Lonavala



Dr R.S. Bhogal, brings over 30 years of experience in meditation research and teaching. He's the former Principal of Gordhandas Seksaria College of Yoga and Cultural Synthesis, Editor-in-Chief of Yoga Mimamsa, and authored seven books. He has numerous scientific papers and has received both national and international awards.

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## **Panel Discussion #4: Yoga and Competitive Sports**

01.12.2023 | 10.45 a.m.



**PANELLIST #1**

**Ms Suchitra Pareekh**

Author, Yoga Educator



Ms Suchitra Pareekh is a Samkhya Yoga educator and author. She believes that yoga is the culture of the subconscious, and the practice of yoga techniques is meant to bring about a change that is more Sattvic, resulting in greater steadiness, better balance, and

improved concentration. Appropriate guidelines for selecting appropriate techniques in the right sequence and doing them regularly bring about the necessary experience.



PANELLIST #2

## Smt. Vasanti Iyer



CEO and Director - Sri Sri School of Yoga; Faculty - The Art of Living

The Art of Living is the world's shadow of peace, with 25,000 teachers and high-impact programs. As CEO and Director of Sri Sri Yoga, Smt. Vasanti Iyer continues to lead directionally, as she has for over 23 years across India and its borders, through its varied programs and initiatives. She has over the years held positions of responsibility as an opportunity to contribute, be it as a National Teachers Coordinator, Vice President of Sri Sri Tattva Panchakarma, or any other role. Guided by a moral compass that is unconditional, she plays a pivotal role in driving its essence.



PANELLIST #3

## Dr Ishwar V. Basavaraddi



Former Director - Morarji Desai National Institute of Yoga,  
Ministry of Ayush, Govt of India

Dr Ishwar V. Basavaraddi, a renowned Yoga Scientist, Philosopher, and Master with 35+ years of teaching and research, is celebrated for developing specialised Yoga protocols for various health conditions and demographics. He has trained countless Yoga enthusiasts and teachers, and is a key figure behind the Common Yoga Protocol (CYP), practiced globally. He has hosted International Day of Yoga (IDY) events since 2015, marking his significant impact on the world of Yoga.



PANELLIST #4

## Mr Umang Dawn



President - Yoga Players Association

Mr Umang Dawn is a prominent figure in yoga and sports management, specialising in advancing Yogasana as a competitive sport and advocating for its inclusion in the Olympics. Winner of many National and international Gold Medals in Yogasana, he currently serves as the Technical Director of Yogasana Bharat, a National Sports Federation recognised by the Ministry of Youth Affairs & Sports, GOI. Mr Dawn has also worked with international organisations to promote Yoga Asana Championships in the USA, UK, Greece, Russia, Malaysia, China and more.



MODERATOR

## Dr Aarti Pal

Assistant Professor - University of Patanjali, Haridwar

Dr Aarti Pal, Joint Secretary (Technical) at Yogasana Bharat, recognized by Ministry of sports and Youth Affairs and Asian Yogasana, seamlessly combines her athletic prowess with a deep understanding of Yoga philosophy. With over 20 gold medals in yogasana competitions at National and International level, she transitioned to academia. Previously a faculty at Savitribai Phule Pune University, she is a performer on India TV's Yoga programmes with pujya Yogarshi Swami Ramdev Ji.

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## Fees & Registration

DELEGATES  
₹5,000

Register now!

STUDENTS  
₹1,500

Register now!

Fees inclusive of dormitory accommodation, meals, delegate kit and access to all conference sessions

# Illuminating Minds

Seth Govindram Seksaria, a Marwari philanthropist, embodied charity, compassion, and generosity. Despite his immense wealth, he remained modest and unassuming, dressed in simple attire. A prominent pre-Independence industrialist, he amassed riches in various ventures and used his wealth for humanitarian causes, particularly education.

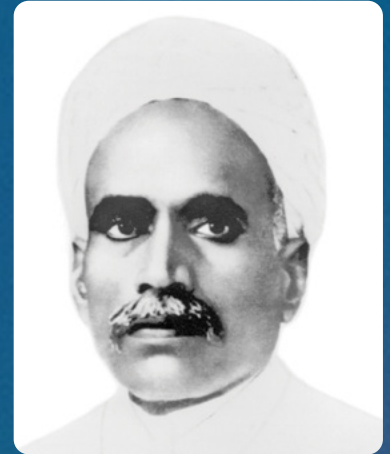
Born in 1888 in Rajasthan, he faced adversity early in life, losing his parents shortly after moving to Bombay in 1903. With no formal education, he managed the family business, eventually building a vast empire in industries like cotton, sugar, textiles, banking, and more.

His enduring legacy lies in his dedication to education, inspired by Mahatma Gandhi's call to empower the youth. Over four decades, he established numerous educational, medical, and charitable institutions.

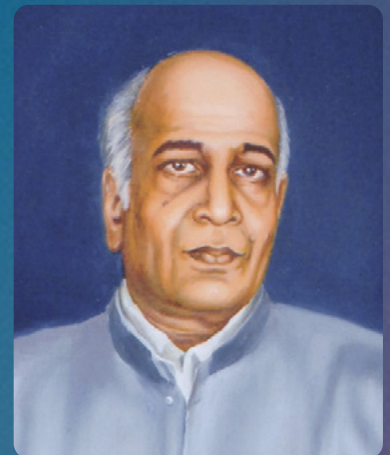
Seth Govindram Seksaria's generosity extended to charitable trusts and contributions to social welfare organisations. Even on his deathbed, he donated generously, leaving an indelible mark on society.

After his passing in 1946, his legacy continued through his son Kudilal and grandsons Rajkumar and Nandkumar, who continued the tradition of philanthropy. Today, his name lives on through 22 prominent institutions, a testament to three generations of Seksarias dedicated to philanthropy.

One such is the Gordhandas Seksaria College of Yoga and Cultural Synthesis in Lonavala.



Seth Govindram  
Seksaria



Kudilal Seksaria



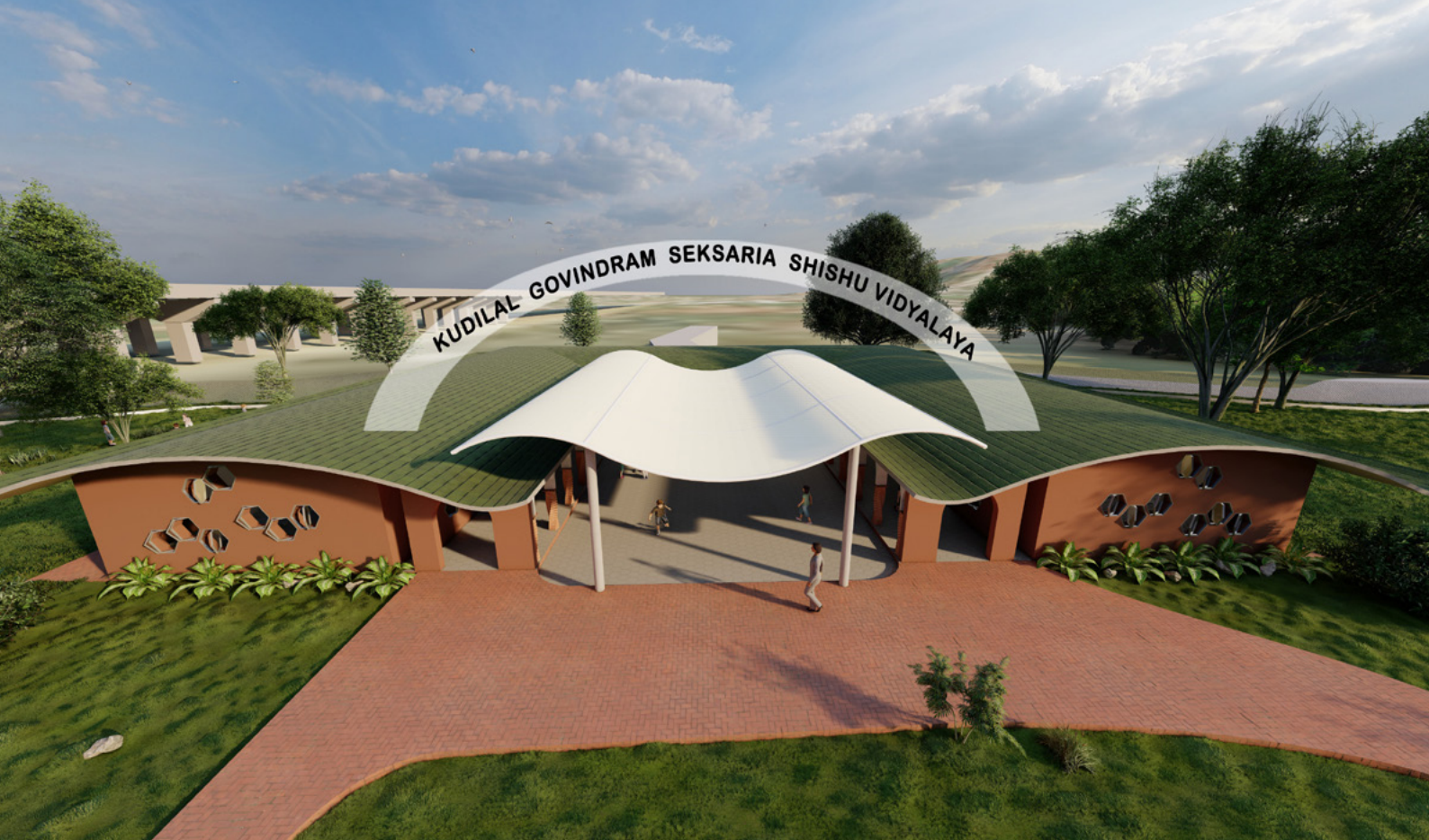
# Gordhandas Seksaria College of Yoga and Cultural Synthesis

LONAVALA, MAHARASHTRA

The Gordhandas Seksaria College of Yoga and Cultural Synthesis funded by Seth Makhanlal Seksaraia was initiated by Swami Kvalayananda and inaugurated by Shri B.G. Kher, then Mumbai's chief minister, in 1951. The college aimed to train yoga teachers and it started with a two-year 'Yoga Pravishtha' diploma program.

The college offers a range of courses in yoga, and is also affiliated with Kavikulaguru Kalidas Sanskrit University, offering BA and MA in Yoga Shastra.

In May 2019, Rajkumar and Nandkumar Seksaria, grandsons of Seth Govindram Seksaria, donated generously to construct Shri Kudilal Govindram Seksaria Bhavan, a 10,000 sq ft hall in Kaivalyadhama, Lonavala.



# Kudilal Govindram Seksaria Shishu Vidyalaya

LONAVALA, MAHARASHTRA

The Foundation is building a pre-primary wing, Kudilal Govindram Seksaria Shishu Vidyalaya, with a built-up area of 5900 sq. ft. The school will have 6 classrooms, a multipurpose hall and playgrounds for the children.

Organising Chairman: Shri Subodh Tiwari  
Organising Secretary: Dr N.D. Joshi  
Conference Convener: Ms Anjali Deshmukh

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**Contact details**

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**Integration of Yoga  
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KAIVALYADHAMA | 29 NOV - 1 DEC 2023