KAIVALYADHAMA®
Where Yoga tradition and Science meet

100 YEARS

Integration of Yoga in School Education

KAIVALYADHAMA | 29 NOV - 1 DEC 2023

CONFERENCE

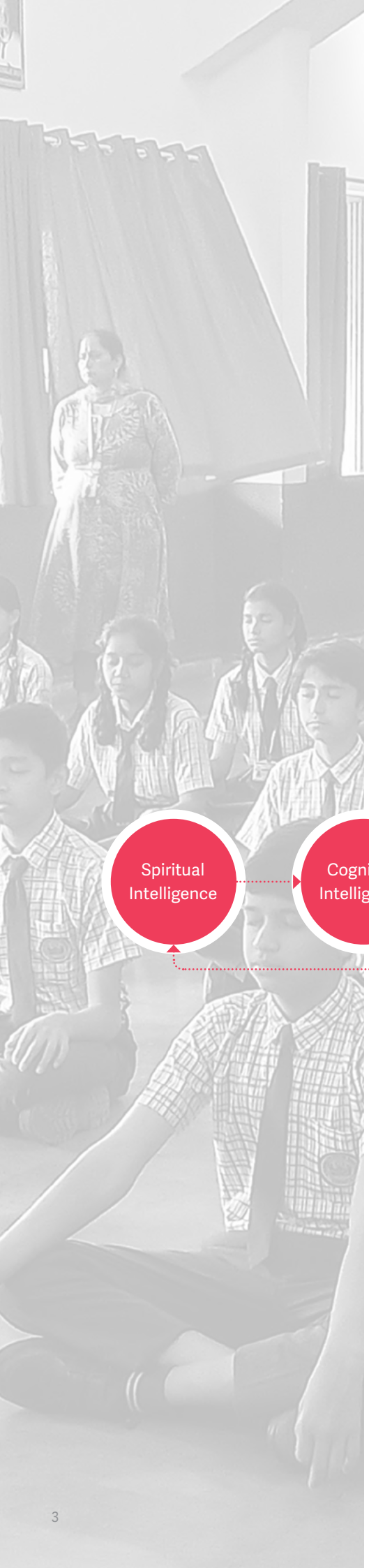
PROCEEDINGS

Event supported by

सत्यमेव जयते
Ministry of Ayush
Government of India

In association with

Kudilal Govindram
Seksaria Foundation



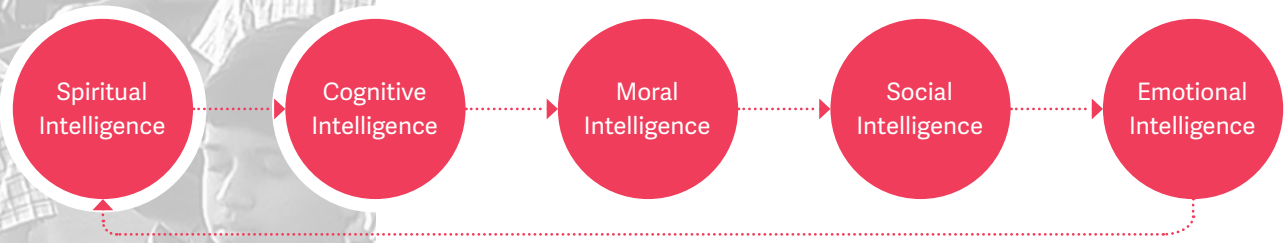
Preamble

In the year 2024, Kaivalyadhama marks a significant milestone as it commemorates its 100th year of establishment. To inaugurate our centenary celebrations, we are commencing with a National Conference, with the support of Ministry of Ayush and the Gordhandas Seksaria Foundation.

Introduction

Knowledge is the essence of learning. Our current education system overemphasises rote learning and prioritises employment-centric education. Recognising the exigency for a transformative shift in this educational paradigm, particularly in the formative years of a child's learning journey, the National Education Policy (NEP) has advocated the introduction of Yoga into the school curriculum. Incorporating Yoga at a tender age holds the promise of sowing the seeds of harmonious living within every child.

The essence of Yoga, with its holistic approach encompassing physical, mental, emotional, social, and spiritual dimensions, radiates immense potential. The chief challenge pertains to the practical implementation of this experiential paradigm. While educational policies have ostensibly championed various facets of holistic development, the entrenched focus on academic pursuits within the school system has posed a formidable obstacle. Despite theoretical attention to various dimensions of holistic development in educational policies, the practical realization of integrating Yoga into the curriculum remains an elusive aspiration.



Objective

The concept of "school-based yoga" has garnered significant attention from various educational agencies. The New National Educational Policy of 2020 has put forward a proposition to incorporate Yoga within the framework of physical education. Nevertheless, it is imperative to underscore that Yoga-based value education plays a pivotal role in fostering a sense of harmony among individuals, society, and the natural world. The suggestion to include Yoga in both school and higher education curricula has been under consideration for over a decade, yet its widespread and comprehensive implementation has remained elusive.

To address this pressing matter, we are convening subject matter experts, policymakers, and representatives from educational institutions to engage in an in-depth discussion during a national conference. Our primary objective is to produce a comprehensive White Paper that will serve as a valuable resource for stakeholders and policymakers, offering guidance on the effective integration of Yoga into school curricula.

From the desk of the Secretary, Kaivalyadhama

The importance of yoga in school education has been recognised since ancient times. It was emphasised in the 1986 education policy and the 2005 National Curriculum Framework (NCF), which were both drafted at Kaivalyadhama. The NCERT also developed specific yoga modules for schools. However, the biggest challenge remains implementing yoga effectively.

Instead of blaming the school education system alone, we should recognise that most of us associate yoga with physical well-being, neglecting its more important components of mental, emotional, social, and spiritual growth. This is the aspect of yoga that we need to inculcate and build upon.

Kaivalyadhama has been a pioneer in the field of yoga in schools since the 1950s. Swami Kuvalayananda was instrumental in initiating the first policy in the state of Uttar Pradesh to have yoga in school education. He was also nominated as Chairman of Physical Education Board by the Govt of India, during which time yoga was proposed to be an integrated part of the school curriculum, to some extent. Since then, there has been tremendous growth in the prevalence of yoga in schools. Kaivalyadhama, itself has trained more than 10,000 teachers and more than 1.5 lakh school students over the last decade alone.

Our effort now is to promote and inculcate the intricate dimensions of yoga, which are experiential in nature. To do this, we need to create a path that synthesises the school academic environment and the experiential paradigm of yoga. This year, as we celebrate Kaivalyadhama's centenary year, we reiterate our belief that yoga inculcated at a young age in schools has the ability to develop a holistic personality in a child, with physical stability, mental ability, emotional strength, social harmony, and spiritual awareness. It is for this reason that we are hosting this National Conference on Integration of Yoga in School Education. We are honoured to have the Honourable President of India, Smt. Droupadi Murmu, to inaugurate this conference. Her presence lends great credence to the subject and to the thriving legacy of Kaivalyadhama for a century.

I welcome all delegates to this National Conference and invite them to participate in the deliberations. I also welcome our distinguished speakers and invite them to share their experience. Their insights will benefit the attendees and enable us to Create a white paper to submit to policymakers.

न चौरहार्यं न च राजहार्यम्,
न भ्रातृभाज्यं न च भारकारि।
व्यये कृते वर्धत एव नित्यम्,
विद्याधनं सर्वधन प्रधानम् ।।

Education is the best wealth among all. No one can steal it; no state can snatch it. It cannot be divided among the brothers and it's not heavy to carry. As one consumes or spends it increases; as one shares, it expands.

Subodh Tiwari
Secretary and CEO, Kaivalyadhama

Conference schedule

DAY 1 — 29.11.2023

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 (60 min.)
Facilitators: Ms Mamta Bisht, Dr Rajanish Sharma

7.00 p.m.
CULTURAL PROGRAM
Upanishad Chanting
By: Students of G.S. College and Kaivalya Vidya Niketan

DAY 2 — 30.11.2023

6.30 a.m.
WORKSHOP #2
Yoga - Empowering Affective Development of Personality (60 min.)
Facilitators: Prof. Ravindra Bodhe, Shri Neeraj Singh

8.00 a.m.
BREAKFAST

9.00 a.m.
POSTER PRESENTATION
Inauguration by: Dr R.S. Bhogal

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
Chairperson: Smt. Manisha Verma

10.45 a.m.
PANEL DISCUSSION #1
Yoga in Schools - Strengths and Challenges
Panellists: Commander Abhijit Kumar, Mr Vikram Singh, Dr Satbir Bedi
Moderator: Shri Subodh Tiwari

12.30 p.m.
LUNCH

2.00 p.m.
PANEL DISCUSSION #2
Fostering Cultural Synthesis in a School Environment
Panellists: Dr Shailesh Shirali, Dr N.D. Joshi, Mr Bernard Britto
Moderator: Ms Bharati Kawade

3.45 p.m.

PANEL DISCUSSION #3
Inclusion of Yoga in Teachers' Training Syllabi - A Need for Holistic Wellness
Panellists: Prof. Dr R. Elangovan, Prof. (Dr) Hrushikesh Senapaty, Dr Bhagwan Balani
Moderator: Ms Anjali Deshmukh

5.30 p.m.

WORKSHOP #3
Harmonising the Mind and Body with Kriya Yoga (60 min.)
Facilitator: Dr R.S. Bhogal

7.00 p.m.

CULTURAL PROGRAM
Kathak Recital
Artist: Ms Gauri Swakul and Team

DAY 3 — 01.12.2023

6.30 a.m.

WORKSHOP #4
Chakra Meditation Techniques - Experience the Vibrations (60 min.)
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
Chairperson: 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
Moderator: Mr Nishant Jain

12.00 p.m.

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

INAUGURATION

DAY 1 29.11.2023

Inauguration of the Centenary Celebrations of Kaivalyadhama

Inaugurated by

Smt. Droupadi Murmu

Hon'ble President of India

The inaugural ceremony commenced with the recitation of Shaanti Path and a warm welcome address by Shri Subodh Tiwari, CEO of Kaivalyadhama. The event was graced by the presence of Smt. Droupadi Murmu, Hon'ble President of India, along with Shri Ramesh Bais, Governor of Maharashtra, Smt. Aditi Tatkare, Balvikas Mantri, and Chairman of Kaivalyadhama Centenary Celebrations Committee, Shri Suresh Prabhu (Ex-Cabinet Minister).

Shri Suresh Prabhu conveyed his profound pride and joy at the esteemed presence of the Hon'ble President of India Smt Droupadi Murmu during the inauguration of the National Conference at Kaivalyadhama. He emphasised the significance of Yoga, depicting it as knowledge, science, art, a part of our traditions, and a matter of faith. Shri Prabhu stressed upon the importance of preaching and practicing Yoga, highlighting Kaivalyadhama as a place where research is conducted from various perspectives.

The Governor Shri Ramesh Bais performed the honours of releasing three yoga books:

- **Holistic Health - Through Yoga and Naturopathy**
- **Astangayoganirnaya - The Essence of Tejobindu Upanisad**
- **Saptabhumikavicarah - A Vedantic Scheme for Integral Personality**

Smt. Droupadi Murmu's visit to Lonavala during the Centenary year celebration of Kaivalyadhama was a blissful experience. She appreciated the focus on the subject "Integration of yoga in school education" in the National Conference. Yoga, she noted, is a valuable tool for students' mental, physical, social, and spiritual development. She commended the remarkable work of Kaivalyadhama and suggested that Kaivalya Vidya Niketan could inspire other schools to incorporate yoga practices into their students' daily routine.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DAY 2 30.11.2023

PLENARY SESSION #1

Yoga over 100 Years - The Ancient Knowledge and the Modern Perspective

Smt. Manisha Verma highlighted the significance of Patanjali Yoga Sutra and the global influence of Yoga in Central America. She stressed upon the importance of both Breath and Meditation, identifying the ethical foundations of Yoga as principles like Ahimsa and Satya. The speaker emphasised the common goal of well-being leading to super consciousness and Samadhi. Global recognition of Yoga was discussed, notably with the introduction of International Yoga Day on June 21, 2015, as part of the new education policy. Kaivalyadhama's substantial contribution to provide yoga trainers over the decades was acknowledged, with a challenge posed on integrating yoga into schools.

Dr Shirley Telles delivered a presentation on "Yoga in Schools: Research & Implementation," highlighting benefits of yoga for school children such as self-regulation, academic performance, reduced anxiety, heightened resilience, improved behaviour, and physical fitness. Dr Telles underlined the importance of resilience, emphasising that resilient individuals embrace challenges, commit to goals and possess empathy and a positive mindset.

Dr Srijan Pal Singh briefly outlined the benefits of incorporating yoga into a child's daily routine. To engage younger kids, strategies such as portraying yoga as performed by superheroes, cartoons, films, digital tools, and real-life heroes like cricket players were suggested. The idea of creating motivating material, such as music videos, for platforms like YouTube was proposed. The presentation concluded with a Q&A session, clarifying that Yoga should be viewed more as a psychological learning in life rather than a competition.

SPEAKER

Dr Shirley Telles

Director of Research - Patanjali Yogpeeth

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 is a Templeton and ICMR awardee. A Fulbright fellow studying meditation neuroimaging, she is also a dedicated yoga practitioner.

SPEAKER

Dr Srijan Pal Singh

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

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

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.

PANEL DISCUSSION #1

Yoga in Schools – Strengths and Challenges

Dr Satbir Bedi shared insights on why integrating yoga into education is essential, emphasising the benefits that extend beyond immediate results. She highlighted practices like Brahmari to help students stay focused and calm. Appreciating Kaivalyadham's efforts, she suggested including yoga in B.Ed. courses and teacher training for a more holistic approach. The importance of teachers and principals in fostering a healthy learning environment free from excessive competition, as well as the ideas of lifelong learning and self-improvement, were emphasised. Conferences, seminars, and policies were identified as key components in promoting a deeper understanding of yoga in education.

Dr Ishwar Basavaraddi spoke about the profound significance of Yoga as a valuable gift from ancient Indian tradition. Yoga, according to him, contributes to mental and physical well-being, improving memory and academic performance. Acknowledging Kaivalyadhama's teaching methodology, he addressed challenges faced by teachers, emphasising the importance of incorporating cultural values in the curriculum. Dr Basavaraddi highlighted the need for students' freedom of expression and active participation in yoga practices.

Commander Abhijit Kumar highlighted the various benefits of yoga, emphasising its impact on physical strength, mental abilities, and emotional well-being. He recommended making yoga a compulsory subject, involving parents in

PANELLIST

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.

PANELLIST

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

Commander Abhijit Kumar

INS Shivaji

Cdr Abhijit Kumar was commissioned into the engineering branch of Indian Navy in Jan 2008. An alumnus 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.

MODERATOR

Shri Subodh Tiwari

Hon. Secretary & CEO, Kaivalyadhama

Shri Subodh Tiwari was born in the yogic atmosphere at Kaivalyadhama Lonavala. At a young age he received spiritual initiation from Swami Digambarji, the Director and spiritual head of Kaivalyadhama Yoga Institute. In 1997 he decided to devote his life to the Kaivalyadhama Yoga Institute and to serve it. Being a nature lover at heart, he has implemented many environmentally friendly practices. His goal is to qualitatively enhance the life of an individual through the practice of yoga and enhance the quality of environment through human efforts.

yoga practices, and revising Teacher Training curricula. Cdr Abhijit discussed the concept of money and its distinction from the path of yoga. He addressed challenges in societal acceptance, the role of teachers and educators' financial conditions. He commended Kaivalyadhama's work and hoped for more yoga centers in India following their model.

Mr Subodh Tiwari summarised the discussion, stressing the importance of integrating yoga into the education system. He shared Swami Kuvalayanandji's belief that widespread acceptance of yoga is possible if integrated positively into schools. In conclusion, he highlighted the significant potential of yoga in today's world.

PANEL DISCUSSION #2

Fostering Cultural Synthesis in a School Environment

Dr Shailesh Shirali stressed the importance of understanding cultural aspects in human education and how practicing yoga can help balance these aspects in our lives. He emphasised the significance of human understanding and relationships with the world, nature and each other, suggesting the examination of culture within schools and fostering awareness. Proper training for teachers is crucial and addressing insatiable human desires and environmental damage is essential. To teach listening skills and to recognise the ancient cultural traditions, can lead to a deeper understanding through yogic education.

According to **Dr N.D. Joshi,** teachers and principals bear the responsibility of nurturing future leaders by instilling nationalism, a people-oriented mindset and love for both the nation and world culture. He recommended adopting a new cultural framework within schools, including practices like chanting Om, reciting the Bhagavad Gita and celebrating various Indian cultural traditions. Emphasising yoga's role in connecting the body, mind, and soul, he highlighted Lord Krishna's teachings and stressed the significance of encouraging children to embrace and take pride in their cultural education.

Mr Bernard Britto accentuated embracing diversity as a way to celebrate life and outlined six key points on how cultural diversity can be celebrated, echoing Mathew Lynch's insights. He emphasised the importance of harmony, considering it the essence of yoga and suggested strategies to promote cultural appreciation in educational institutions. Mr Bernard advocated for an inclusive curriculum that upholds respect for differences. The session concluded with an interactive Q&A, where participants posed questions, receiving satisfactory answers from the panel.

Mrs Bharati Kawade summarised the discussion by stating that introducing yoga to kids at a young age brings about a phenomenal change in their personality, contributing to the construction of a better society.

PANEL DISCUSSION #3

Inclusion of Yoga in Teachers' Training Syllabi – A Need for Holistic Wellness

Dr R. Elangovan praised Swami Kuvalayananda and acknowledged the contributions of Dr O.P. Tiwari, Shri Subodh Tiwari and the Kaivalyadhama Institute in promoting yoga education for India's youth. Highlighting the importance of yoga for overall wellness, he stressed its role in fitness, mental support and addressing the sedentary lifestyle in India. Concerned about non-communicable

PANELLIST

Mr Bernard Britto

Senior Manager, Kdham

Bernard Albert Britto began his journey with the Salesians of Don Bosco as an Educator, Priest then he transitioned into administration with more than Over 25 years of vast experience in conceptualising, training, planning, executing various initiatives in the fields of Human Capital, Administration, Communication and Public Relations. Initiating, leading & coordinating various initiatives in sync with the organizational charter. Further he had the enhanced privilege to work in two acclaimed conglomerates viz., Larsen & Toubro and The Sahara India Parivar. Now he is working as a Senior Manager in Ashram.

PANELLIST

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

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.

diseases, he advocated for yoga as a holistic solution, suggesting its inclusion in teacher training syllabi. Dr Elangovan outlined various career opportunities in yoga, encouraging people to choose it as a profession due to the current shortage of yoga teachers. Emphasising teachers' pivotal role, he suggested integrating yoga into classrooms for students' holistic development. Dr Elangovan envisioned yoga as a core subject in the education system, promoting a balanced life and behavioral transformation. He encouraged adopting a Satvik diet and incorporating daily yoga practice for a healthy and spiritual life.

Prof. Dr Hrushikesh Senapaty mentioned about National Education Policy (NEP) 2020 for its emphasis on Indian culture, constitutional values and a holistic approach to education. He believes, this shift will contribute to India's strength and students will understand Bharat's culture and tradition. NEP's focus on Human Right, Sustainable Development and Global Citizenship aligns with his vision for well-rounded education. His emphasis on language, art, vocal education and coding highlights a comprehensive National Curriculum Framework. Integrating yoga into subjects and prioritising teacher education through NISHTHA reflects his commitment to shape a responsible and globally aware citizen.

Dr Bhagwan Balani highlighted the significance of Yogic Education, equating it to Life Education. He emphasised the need for integrating yoga into the mainstream education system and suggested it should be a mandatory part of school and college curricula. Dr Balani admired institutions like Kaivalyadhama for their research efforts, seminars and experiments, aiming to attract more yoga enthusiasts. He also applauded the flexibility in guidelines provided by National Education Policy (NEP) 2020 for universities and colleges. Dr Balani envisions a future where India's young generation excels with a serious focus on yoga in education, leading to a workforce capable of promoting yoga globally. He expressed hope for the establishment of Kaivalyadhama's Indian Institute of Yoga, fostering further research and practice in this field. Ultimately, Dr Balani sees the potential for India to supply a skilled yoga workforce to other countries, making yoga universally treasured.

Ms Anjali Deshmukh moderated this panel discussion, highlighting the multifaceted role of a Guru in Hindu tradition. She emphasised their roles as inspirers, motivators, and educators, expressing concern for the challenges teachers

PANELLIST

Dr R. Elangovan, Professor (Retd),

Secretary, Tamil Nadu State Chapter Committee - Indian Yoga Association

With an extensive academic background, the individual holds multiple degrees, including a Ph.D. and honorary D.Litt in Physical Education and Yoga. With over 39 years of teaching experience and significant administrative roles in universities, they've been a pioneer in establishing Yoga programs and courses in Tamil Nadu. Notably, they've produced numerous Ph.Ds, authored books, published articles, and played key roles in academic committees, conferences, and organizations, receiving over 50 awards for their contributions to education and Yoga.

PANELLIST

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

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 is also the Principal of Bombay Teachers' Training College. With a doctorate in teacher education quality assurance, he is 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.

face in balancing curriculum demands with providing quality education. Connecting to the National Education Policy (NEP) 2020 vision, she aspired for students to become global citizens with a holistic 'Bhartiya' personality. Pointing out the crucial role of teachers, she concluded with Swami Kuvalayananda's wisdom, emphasising the incorporation of ethical values and the fundamental nature of yoga in education across disciplines.




DAY 3 01.12.2023

PLENARY SESSION #2

Personality Development - The Role of Yoga

Dr R. S. Bhogal highlighted the connection between Physical and Material Science, seeing them as stepping stones toward spirituality. He then invited Dr Praseeda Menon to discuss the benefits of yoga for students in personality development.

Dr Praseeda Menon shared insights into the complete personality development package offered by yoga, encompassing Yama, Niyama, Asana, Pranayama, Pratyahara, Dharna, Dhyana, and Samadhi. She emphasised the importance of age-specific yogic practices in the school curriculum, considering teachers and parents during the integration process. Dr Menon stressed that yogic practices should be enjoyable and engaging for children.

SPEAKER

Dr Praseeda Menon

Research Officer & Assistant Professor, Kaivalyadhama Yoga Institute, Lonavala

With over a decade of experience, Dr Praseeda Menon specialises in exploring the psychological dimensions of yoga. Committed to inclusive education, she introduces yoga to children with special needs, educators, and caregivers. Serving 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. Dr Menon boasts a wealth of published research and numerous conference contributions.

SPEAKER

Dr Aditi Kaul

Sri Aurobindo Ashram

Dr Aditi Kaul has a Master's and Ph.D. in Psychology, with a special focus on Indian Integral Psychology. She is passionate about bringing self-knowledge into education and psychology, promoting a well-rounded way of living. Dr Kaul teaches Integral Psychology as a guest faculty at AURO University in Surat. Additionally, she conducts online courses and workshops through the NAMAH platform under the Sri Aurobindo Society, Pondicherry. Dr Kaul is actively involved in 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 is 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.

Dr Aditi Kaul discussed the harmonious relationship between yoga and personality development, highlighting the inner quest for self-understanding. She proposed components of personality, depicting layers involving the mind, vital and physical aspects. Dr Kaul emphasised the philosophical, psychological, and physiological aspects of yoga, describing it as a process-oriented approach towards self-affection. She encouraged recognising one's limitations and strengths to create a balanced and unique self.

Dr Bhogal summarised the session with three fundamental questions: What is man, what can he become, and how can he become? He underscored the importance of psychological and social development, advocating for a balance between the outer and inner world.

The audience actively participated in the question-and-answer session, focusing on the role of Yama and Niyama in personality development. Satisfactory answers from the speakers fostered a deeper understanding of Yama and Niyama.

PANEL DISCUSSION #4

Yoga and Competitive Sports

Mr Umang Dawn clarified that, according to Ayush and the Sports Ministry, yoga isn't classified as a sport, but he advocated promoting Asanas as a form of sports. He highlighted India's potential to offer exceptional sports to the world, suggesting that yoga, as an art of the country, could be considered for Olympic recognition.

Ms Suchitra Pareekh congratulated Kaivalyadhama on their centennial celebrations and emphasised the significance of yoga in enhancing performance and mental balance for athletes. However, she firmly stated that yoga should not be considered a sport, as its primary objective is self-realization and liberation from suffering.

Ms Vasanti Iyer discussed the benefits of Sudarshan Kriya and advocated for introducing daily yoga practice in schools to promote union between the body, soul, and mind.

Dr Ishwar V. Basavaraddi expressed concerns about incorrect practices in yoga competitions and emphasised prioritising fitness, health and overall well-being. He highlighted the benefits of yoga as a sport, but urged caution to prevent spinal injuries during competitions. The session concluded with an interactive Q&A session, addressing questions about the importance of Yog and yoga teachers in schools.

Mr Nishant Jain summarised the session by highlighting the impact of introducing yoga into human lives and acknowledging one facet of yoga, asanas, as a sport.

PANELLIST

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

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

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

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

Mr Nishant Jain

Project Director, M L Pendse Centre for Cancer Survivors & Lifestyle Conditions

Nishant Jain is a yoga enthusiast and an entrepreneur who has led diverse businesses related to environment protection, industrial solutions, and consulting for the last 23 years. He has been instrumental in growth and development of organizations through strategy building, innovation, and creative thinking. He was recognised by the Economic Times as a "Promising Entrepreneur of India", for being a leader in bringing disruptive change. Nishant Jain is also the Project Director for the upcoming "M.L. Pendse Centre for Cancer Survivors & Lifestyle Conditions" at Kaivalyadhama and a core team member of the Kaivalyadhama Ashram trust. He leads a simple life inspired by Yogic philosophy and is a passionate squash and football player.

DAY 1 29.11.2023

WORKSHOP #1

Yoga for Teachers - Holistic Techniques for Occupational Challenges

The session offered a comprehensive exploration of the difficulties encountered by educators and provided practical solutions through yoga. The presentation began by acknowledging the crucial role teachers play in fostering critical thinking and providing guidance to the students.

The challenges faced by teachers were addressed, encompassing the need to stay updated with learning technology, managing administrative tasks, dealing with social adjustments, and balancing personal and familial responsibilities. The presenters highlighted the mental and physical side effects teachers often experience, including anxiety, stress, chronic pain, unhealthy habits leading to burnout, cynicism, and emotional exhaustion. Physical issues ranged from eye strain and headaches to voice disorders, respiratory problems, obesity, arthritis, posture deformities, and heart-related concerns.

The session then delved into holistic techniques for managing these challenges, introducing the ABCD approach:

A - Awareness | B - Balance | C - Control | D - Diet

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

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

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.

Practical demonstrations were provided, showcasing micro joint movements, full body stretches, and specific yoga poses like chakrasana, padmasana, brahma mudra, and anulom vilom. The speakers emphasised the importance of incorporating yoga into daily life, dispelling the notion that there is no perfect time for practice – rather, it's about making time perfect for practice.

The presentation concluded with active participation by the audience in a Q&A session. The interactive nature of the session ensured that participants not only gained theoretical knowledge but also received practical insights into incorporating these techniques into their daily routines, making the session both informative and enriching for all involved.

DAY 2

30.11.2023

WORKSHOP #2

Empowering Affective Development of Personality

30 November, 2023, the second day of the conference commenced with the idea that yoga's utility lies in its ability to address present problems and alleviate the challenges faced by modern society, particularly in education. A call for blending science and spirituality to instil values and nurture character growth in students echoed through the workshop.

The presenters delved into the significance of incorporating yogic practices into education,

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

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

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.

emphasising the holistic benefits of specific asanas such as Swastikasana, Halasana, and forward-bending postures like Paschimottanasana. These asanas, contribute to the development of key personality traits such as awareness, concentration, dedication, openness, stability, and balance.

The transformative potential of yoga was highlighted as a pathway to self-discovery, emotional resilience, and a harmonious mind-body connection. The workshop emphasised the therapeutic nature of yoga in addressing psycho-physiological conditions and fostering holistic development.

During the practical segment, participants were engaged in various yogic poses like Swastikasana, Padmasana, Viprit Karni, Shavasana, and Halasana. The workshop also touched upon essential lifestyle factors, stressing the significance of proper nutrition, effective communication, and adequate sleep for overall well-being.

The workshop concluded with an interactive Q&A session, where participants sought clarification on aspects like the pace of practice, and the relevance of asana names. Satisfactory answers were provided by the facilitators, fostering a deeper understanding among the participants. The session concluded on a serene note with a Shanti path, leaving the attendees with a holistic perspective on the transformative power of yoga for personal and collective well-being.

DAY 3

1.12.2023

WORKSHOP #3

Kriya Yoga

Dr Bhogal led an enlightening session on Kriya Yoga, emphasizing its psycho-physiological aspects. He elucidated Kriya Yoga as a valuable technique, particularly effective in mitigating anxiety. Dr Bhogal underscored the uniform foundation of all Kriya Yoga practices. He emphasized the pivotal role of 'bhav' (emotion or intent) in achieving success, asserting that it is indispensable for attaining any goal. The absence of the feeling akin to samadhi was acknowledged, following which the actual aspiration session commenced. The progression unfolded in three stages: Doing, Happening, and then Becoming. Dr Bhogal delineated steps for initiating the asana, including Omkar chanting, Tapas

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 is 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.

with Anulom Vilom, Ishawar Pranidhan incorporating the Gayatri mantra, and Swadhyaya focusing on Om. Meditation techniques were introduced, and participants were encouraged to engage in these practices for ten days. The report on Kriya Yoga is expected to encompass personal experiences with the techniques, any observed effects on anxiety levels, reflections on the significance of 'bhav,' and an evaluation of the meditation practices prescribed by Dr Bhogal during the session.

WORKSHOP #4

Chakra Meditation Techniques - Experience the Vibrations

The workshop on Chakra Meditation techniques highlighted the experience of vibrations. The session began with foundational instructions and encompassed all beej mantras. The session concluded with classification based on queries put forth by the participants. Dr Pandey elucidated the distinction between chakra dhyan and meditation, citing references from the Shiv Samhita. The objective of the session was to emphasise the practical aspects of Chakra Meditation and the insightful connections drawn from spiritual texts.

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.




POSTER PRESENTATION

On the second day of the event, the poster presentation competition commenced with a prayer, "Om Sahana Vavatu." Mr Bhogal encouraged participants, emphasising the importance of focusing on their work rather than solely seeking victory. He suggested that self-satisfaction should be a priority.

The presented posters covered a range of topics:

- **The Impact of Yoga in higher education**
- **Benefits of Trataka for school children**
- **Model for performing excellence in education**
- **Ancient Indian teachings and yogic lifestyle**
- **Effects of Bhramari Pranayama on oxidative stress**
- **Effects of Pran Dharna on school teachers**
- **Integration of yoga in school education in India and the global scenario**

Participants excellently presented their work, securing prizes in two categories:

CATEGORY 1 - SCIENTIFIC RESEARCH

1st position - Mr Jasmine Panchasara

2nd position - Dr Abhirami Manickam

CATEGORY 2 - PHILOSOPHIC LITERARY RESEARCH

1st position - Mr Neelachalma Padmashanti

2nd position - Mr B.S. Singh


DAY 1 29.11.2023

Upanishad Sandhya

Presented by the students of G.S. College and Kaivalya Vidya Niketan

The evening of the Day 1 came alive with the Cultural Event at Hanuman Temple as Upanishad Sandhya. The program began with the lighting of the lamp by Dr Bandita Satapathy, Dr N.D. Joshi and Shri Subodh Tiwari, followed by:

- Ms Laxmi and Ms Purva recited selected shlokas of the Shwetasvatra Upanishad.
- Ms Rama Kuknur and her disciples delivered a soulful performance, embodying the profound message of the Upanishad through the expressive use of mudra and abhinaya in Bharatanatyam.
- Recitation of Atmashatkam by KVN students - Ms Aarohi Tiwari, Ms Gini Oswal, Ms Sameera B., Ms Medini, Master Neel, Master Balkrishna and Master Gaurav.
- Ms Prajakta, Ms Purva, Ms Shravani, and Mr Jitesh recited the twelfth chapter of the Bhagavad Gita.
- Ms Laxmi performed Madhurashtkam, and Rudra Nighut, a student of KVN Master, played the tabla.
- Overall, Shri Ganesh Dhakol, KVN's music teacher, covered the music system, and Shri Nikhil Bakre took care of the chanting practice.



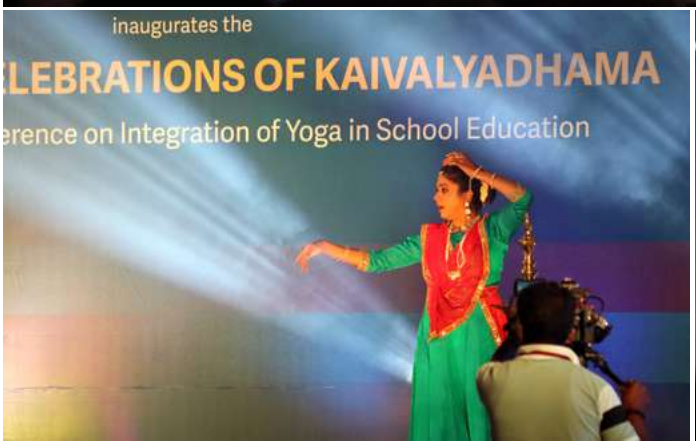

DAY 2 30.11.2023

Kathak Performance

Artist: Ms Gauri Swakul and Team

The second day ended with a very special cultural program by internationally acclaimed Kathak dance performer Ms Gauri Swakul and her students.

The audience were mesmerised with their performances that included pure aspect of Kathak. It began with Prayer dance which was followed by Tandava of Lord Shiva and Lord Vishnu's vedic story of Dashavatar.



Ms Gauri Swakul and her ensemble will present an enchanting Kathak performance, centered around the esteemed concept of "Guru Shishya Parampara." Kathak, an age-old art form, is conventionally handed down from teacher to student, mirroring the transmission of knowledge in Yoga. In the practice of Kathak, akin to Yoga, the grace of the guru plays a pivotal role, allowing the performer to transcend into a divine connection through dedicated practice.

ARTIST

Ms Gauri Swakul

Kathak Exponent

Ms Gauri Swakul is a devoted student of Kathak under Guru Pandita Maneesha Sathe. She holds B.A. and M.A. degrees in Kathak dance, along with an Alankar degree, showcasing her excellence as a top performer in India. Gauri received specialised training from Pandit Suresh Talwalkar and has earned recognition as an ICCR empaneled artist, a Graded artist of Doordarshan, and holds various prestigious titles. In addition to her dance achievements, Gauri serves as an Honorary Guru at multiple universities and excels in her role as a professional anchor.

DAY 3 01.12.2023

Valedictory Function

Chief Guest

Shri Arif Mohammed Khan

Hon'ble Governor of Kerala

The Valedictory Ceremony was presided over by the Chief Guest Shri Arif Mohammed Khan Hon'ble Governor of Kerala, Dr Satbir Bedi, IAS (Retd) Chairperson of the Punjab Education Board and with the blessings of Dr Om Prakash Tiwari, Chairman of the Governing Body, Kaivalyadhama.

The closing ceremony commenced with the recitation of the Shaanti Path and followed with the welcome address by the Joint Director Research- Kaivalyadhama Lonavala Dr R.S Bhogal.

Felicitation of the Guest was done by Dr O.P. Tiwari.

Shri Subodh Tiwari briefed the audience about the conference and all the programmes commenced in the Centenary celebration. He also declared that Yogkala Mahotsav will be celebrated every year on the foundation day of Kaivalyadhama.

Dr Satbir Bedi expressed gratitude to be a part of this conference and also to share the stage with her role model none other than Hon'ble Governor Shri Arif Mohammad Khan.

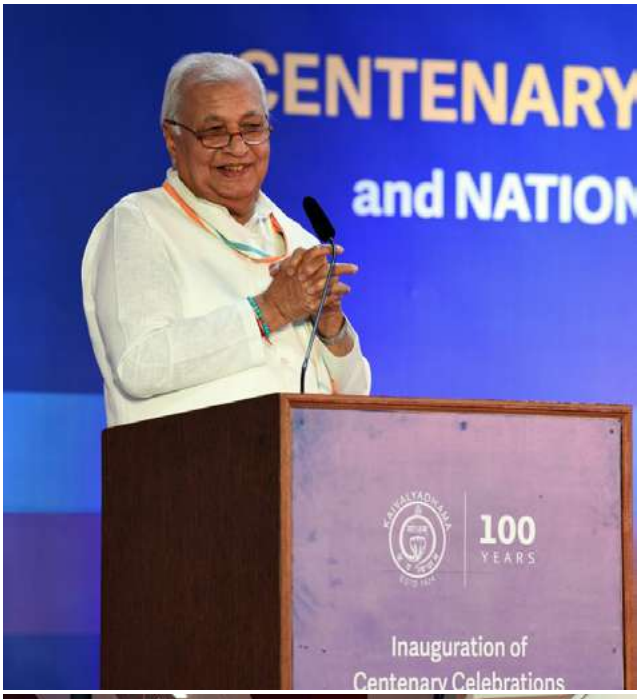
She commented Kaivalyadhama is a matured institution where Centenary celebration is undergoing on a very important topic related to Integration of Yoga in School Education. She also mentioned that School Principal plays an important role in education system. She thanked Shri Subodh Tiwari for inviting her and giving opportunity to be the part of Centenary celebration.

Shri Arif Mohammad Khan expressed his deep gratitude and thanked Dr O.P. Tiwari for inviting him at Kaivalyadhama. He said that Kaivalyadhama is celebrating a significant milestone of 100 years of service to human being. The Centenary of Kaivalyadhama reminds how this noble endeavour was initiated in 1924 by Swami Kuvalayanandji, India's first research journal on Yoga and the Gordhandas Seksaria College are landmarks in the history of this institution. Seva and Tyag are channelised in this institution. He also mentioned about the speech of Shri H.V. Kamat in the constituent assembly on 31st August 1949. Where he pleaded for

government's support for scientific research in yogic studies where he also referred Kaivalyadhama in this respect.

Shri Arif also said about integration of India after 1947 was not an easy task. He said Political fragmentation never affected the spiritual and cultural unity of India because it used the inclusive characteristic that is Atma. He mentioned about Lord Krishna's saying in Bhagavad Gita about Aatma.

He even shared Rabindranath Tagore's words that India, could not attend true Independence unless it is recognised that her foundation is in her mind. He said there are five civilisations in the world and Indian civilisation is the only one who promotes knowledge and civilisation. He appreciated Kaivalyadhama for doing extraordinary work of carrying knowledge, worshiping Maa Saraswati.



Integration of Yoga
in School Education

KAIVALYADHAMA | 29 NOV - 1 DEC 2023

Resolutions

The 10th National Conference was conducted on the theme – Integration of Yoga in Schools. Practical sessions, panel discussions, poster presentations, and plenary sessions at the conference were dedicated to explore the significant potential of integrating yoga into school education through various approaches. Following thorough deliberations over the three days of the event, the succeeding resolutions were presented and discussed during the Valedictory session:

Emphasise the imperative need for a comprehensive incorporation of yogic studies for Bharat to attain the status of Vishwa Guru.
(Proposed by Shri Arif Mohammed Khan, Hon'ble Governor of Kerala)

Starting from this year, October 7, commemorating the foundation day of Kaivalyadhama, will be celebrated annually as Yogkala Mahotsav, marking a momentous event in the calendar of the Institution.

Evolving yoga perception underscores its enduring benefits for child development. Limited scientific research calls for further exploration, emphasising comprehensive methods for active engagement in schools and as a viable career.

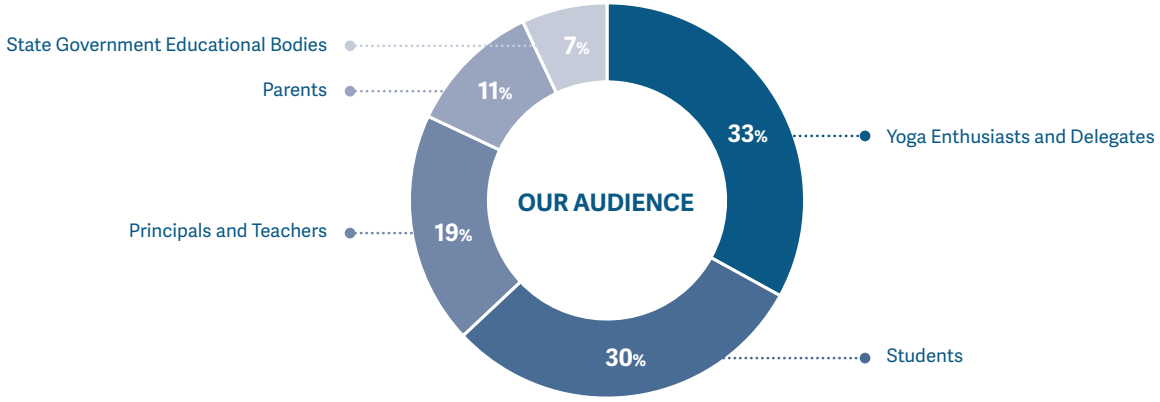
Conceptual support for yoga has faced practical challenges in schools prioritising immediate results. Play-based, clinically recognised approaches, audio-visual methods, and practical modules are recommended for seamless implementation in classrooms.

National Education Policy 2020 aims for holistic education, including 21st-century skills and character development. The Yoga Compendium of Ashtang Yoga is recommended for personality development across all "Kosha" levels.

National Education Policy 2020 envisions global citizenship and places responsibility on teachers. A comprehensive restructuring of teacher education, incorporating yoga throughout the program, is recommended to alleviate stress and enhance well-being.

Commercial viability in yoga is crucial for school promotion. While most oppose yoga as a competitive sport, but recognising its role in sports is important. Global acceptance should consider philosophical and ethical aspects to maintain yoga's integrity.

Audience



Feedback

Rajeev Kumar Mishra: *It was a historical event organised by the leading and world-renowned institute 'Kaivalyadhama'. Special Thanks to Shri Subodh Tiwari Sir & TEAM KAIVALYADHAMA for organising such a wonderful event.*

Nishi Jain: *It was a great experience. I would love to attend more events like this.*

Rajesh M. Tendulkar: *All Good! Peaceful Atmosphere! Enjoyed visiting Kaivalyadhama. Extremely good arrangements.*

Sujata Ramesh Jadhav: *The surroundings of Kaivalyadhama are very peaceful and beautiful. All staff members are very cooperative. I am proud to participate in this National Conference on the centenary of Kaivalyadhama. Overall, all the arrangements, workshops, all sessions, food, etc. were very good. My best wishes for the centenary year of Kaivalyadhama!*

Dr Vijay Tulshiram Aher: *Research Scholars Presentations Can be included in forthcoming events.*

Nilesh Samant: *Volunteers could be better informed of the stay and other arrangements at the conference venue.*

Priyanka Subramani: *Accommodation of the same group was in different location. There was a random selection of partner which was a bit upsetting. Overall, the workshop was fruitful.*

Ratings for Workshops