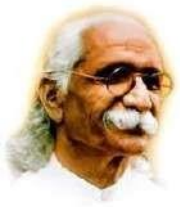

KAIVALYADHAM S.M.Y.M. SAMITI'S,

GORDHANDAS SEKSARIA COLLEGE OF YOGA & CULTURAL SYNTHESIS

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Syllabus of Diploma in Yoga Therapy

PAPER I

FOUNDATION OF YOGIC TEXTS AND TRADITIONS Part -1

UNIT	TOPICS	SUB-TOPICS	HOURS
YOGA	**HISTORICAL ASPECTS**	ORIGIN OF YOGA	**5**
	CONCEPT OF YOGA	Development	
		Meaning & Definitions in	
		the light of Upanishads,	
		PYS, Geeta, HP, Gh.S.	
Tradition of Yoga	**Brief Survey**	Introduction to Indian Darshana's	**10**
Brief introduction to Hathayogic Texts	**Concept of Hathayoga**		**20**
	From Therapeutical Perspective: Hathapradipika	Structure	
		Profile and Content	
		Importance of each text	
PYS	**From Therapeutical Perspective: Patanjala Yogasutra**	Brief Introduction to 4 Chapters	**20**
TOTAL			**55**

PAPER II

YOGA THERAPY I – (ANATOMY AND PHYSIOLOGY)

UNIT	TOPICS	SUB-TOPICS	HOURS
Introduction	**Introduction to Anatomy and Physiology**	Meaning of the Terms- Anatomy, physiology etc.	**5**
		Meaning of the Basic Terms, (Cell, Tissue, Organs and Systems and related terms).	
		Importance of the Subject	
		Yogic View of Anatomy and	
		Physiology	
Systems in Human Body	**1. Digestive System**	Anatomy of the Digestive Organs	**4**
		Physiology of Digestion	
		Factors influencing Digestive system.	
		Unique Factors pertaining to Digestive system- 1. Concept of Yogic Diet	
		2.Comparison with Modern	
		Dietary concepts	
		3. Other relevant aspects	
	2. Respiratory System	**Anatomy of the Respiratory System**	**4**
		Physiology of Respiration	
		Factors influencing Respiration	
		Unique Factors pertaining to Respiratory system-	
		1.Lung Capacity and related Terms	
		2. Importance of Respiratory Muscles	
		3. Other relevant Factors	
	3. Circulatory System	Anatomy of Circulatory System	**4**
		Physiology of Circulation	
		Factors influencing Circulation	
		Unique Factors pertaining to Circulatory system-	
		1.Concept of Blood pressure	
		2.Factors affecting blood pressure	
		3.Regional Blood Circulation	
		4.Lymphatic System	
		5.Other relevant Factors	

Systems in Human Body Body	**4. Muscular System**	Anatomy of Muscular System	**4**
		Physiology of Muscle Movements and	
		Posture	
		Factors influencing Muscular activities	
		Unique Factors pertaining	
		To muscular system	
		1.Mechanism of stretching and contraction.	
		2.Neuromuscular mechanism	
		3.Musculo-skeletal Mechanism	
		Other relevant factors	
	5. Skeletal System	Anatomy of Skeletal System	**4**
		Physiology of Skeletal System	
		Factors influencing Bones and Joints	
		Unique Factors pertaining	
		To Skeletal system	
		1. Bone Density	
		2.Regulation of Bone Physiology by Hormones	
		3.Ageing Process of Bones	
		4.Other relevant factors	
	6. Urinary System	Anatomy of Urinary System	**4**
		Physiology of Urinary System	
		Factors influencing urinary system	
		Unique Factors pertaining	
		To Urinary system	
		1.The role of diet	
		2. Urine Threshold	
		3. Hormonal Mechanism	
		4. Excretion of waste products	
		Other relevant factors	

Systems in Human Body	**7. Reproductive System**	Anatomy of Male and Female Reproductive	**4**
		System	
		Physiology of Male and Female Reproductive	
		System	
		Factors influencing Reproductive system	
		Unique Factors pertaining	
		To Reproductive system	
		1.Hormonal Regulation	
		2.Physiology of Pregnancy	
		3.Other relevant factors	
	8.Neuro-Endocrine System	Anatomy of Nervous and Endocrine Systems	**4**
		Physiology of Nervous and Endocrine Systems	
		Factors Influencing Nervous and Endocrine	
		Systems	
		Unique Factors pertaining	
		To Nervous and Endocrine Systems	
		1.Neuro Endocrine axis	
		2.Physiology of Fight or flight mechanism	
		3.Autonomous Balance	
		4.Role of Hypothalamus	
		5.Other relevant factors	

Scientific Aspect of Yogic Practices	**Yama – Niyama**	Concept of Yama	4
		Concept of Niyama	
		Cultivation of correct Psychological Attitude	
		Psychophysical Reconditioning	
	Kriyas	Importance of Kriya Physiology of each Kriya	**4**
		Precautions during Kriya Practice	
		Researches in Kaivalyadhama about Kriya	
		Other relevant features	
	Asanas	Physiology of Asana	**4**
		Types of Asanas	
		Explanation of fundamental	
		Mechanism of Asanas	
		Precautions during Asanas	
	Pranayama	Psychophysiological Mecahnism of Pranayama	**4**
		Types of Pranayama and their Mechanism	
		Physiology of Mudra and Bandhas	
	Pratyahara and Meditation	Concept of Pratyahara	**1**
		Concept of Dharana-Dhyana	
		Modern Research in Meditation	
		Techniques of Meditation	
	Nadi-Chakra Concept	Concept of Prana, Nadis and Chakras	**1**
		Traditional and modern understanding of	
		Kundalini awakening	
		Scientific interpretation and its	
		Limitations	
	Total		**55**

PAPER III

Yogic Perspective to Psychology and Health

UNIT	TOPICS	SUB-TOPICS	HOURS
1	**Mind: Introduction, psychological and yogic views**	**1. Modern view**	7
		•Meaning of the term psyche, psychology,conscious and unconscious mind,mina and behaviour,consciousness	
		•Brief history of Modern Psychology	
		•Various schools of Psychology, emergence of Yoga Psychology	
		2. Ancient view	
		• References in ancient texts	
		• Concept of *Citta, Cit and Citi*	
		•Concept of self and Self (Phenomenal *self* and	
		Transcendental *Self*)	
		3. Levels of consciousness in the context of Pranava	

2	**Important theoretical frameworks in Psychology**	**1. Psychoanalytical theory**	**7**
		• Concept of Ego-Id-Superego as per Sigmund Freud	
		•Conscious, preconscious and unconscious levels of human psyche	
		• Characteristics of the Freudian theory of psychoanalysis and its relation to yogic therapy	
		2. Behaviorism	
		• Principles of behaviourism: Watson and Skinner • Concept of Classical Conditioning and Operant Conditioning and its relation to Yoga Psychology	
		3. Humanistic Psychology	
		• Principles of Humanistic Psychology	
		•View of Maslow and Rogers	
		•Rogers' Client Centered Therapy and its relevance to Yogic Therapy	
		4. Clinical Psychology	
		• Abnormal human behaviour	
		• Causes of abnormal human behaviour including neuro-psychological mechanisms	
		Approaches to deal with abnormal behaviour	

3	**Activities of the mind and approaches to train it**	**1. Mind-related activities**	**7**
		• Sensation, attention, perception and memory	
		• Motivation and emotion	
		2. Yogic concepts in relation to the mind	
		• Concept of *Vritti* and its types	
		• *Vritti* in view of attitude, values and behavior	
		Concept of *Klesha-Karma-Vipaka-Ashaya*	
		•Concept of *Triguna*	
		•Concept of *Antahkarana Chatushtaya (Manas-Buddhi-Ahamkara and Citta)*	
		3. Mind-training for mental health	
		• Adjustment: Concept, factors affecting adjustment, psychological and yogic approaches in intrapersonal and interpersonal adjustment	
		Samatvam, Drashta and Karmasu Kaushalam and their importance in mental health	
4	**Personality**	**1. Personality** • Concept, definitions • Biopsychosocial factors affecting Personality • Overview of important theories of Personality • Personality types and traits	**7**
		2. Personality disorders	
		Overview of personality disorders	
		3. Personality assessment	
		Psychological methods	
		Yogic approach	
		4. Yogic approach to Personality, Personality Disorders and Personality Development	

5	**Stress and its management**	**1. Stress** • Important models of stress • Psycho-physiological mechanisms • Stress in relation to disease	**7**
		2. Yogic view of stress • Klesha as the root cause • Progression of stress: Chittavikshepa, Antaraya and Vikshepa Sahabhuvah as the outcomes when Klesha get precipitated with the environmental triggers	
		3. Stress Management • Modern and yogic approaches	
6	**Astanga yoga as a psycho-physical discipline**	**1. Bahiranga Yoga** • Therapeutic implications of Yama, Niyama, Asana, Pranayama, Pratyahara	**6**
		2. Antaranga Yoga Sadhana • Therapeutic implications of Dharana, Dhyana, Samadhi	

7	**Psychological disorders**	**1. Concepts of neuroses and psychoses**	**7**
		2. Common psychological disorders	
		•Depressive disorders	
		•Anxiety disorders	
		• Obsessive compulsive disorder	
		• Post-traumatic stress disorder	
		•Schizophrenia	
		• Substance use disorders	
		3. Neurodevelopmental disorders	
		• Attention deficit hyperactivity disorder	
		• Autism spectrum Disorder	
		Intellectual disability	
	Counselling and psychotherapy - Views from Psychology and Yoga	**1. Counselling and Psychotherapy** • Concepts, definitions, processes, types	**7**
		2. Yoga teacher/therapist as a counseller	
		• Relevance in today's times	
		•Skills needed to be a counseller	
		Ethics related to being a counseller	
		3. Yogic Counselling	
		• Client Centered and Cognitive-Behavioural approach of Yogic Counselling	
		4. Methods in yogic texts helpful in Counselling and psychotherapy	
		• *Chittaprasadanam*	
		• *Pratipakshabhavanam*	
		• Prayer, *Mantra chanting*	
		• Kriya Yoga techniques	
TOTAL			**55**

PAPER IV

PRACTICAL AND PROFESSIONAL UNDERSTANDING

UNIT	TOPICS	SUB-TOPICS	HOURS
Unit 1	**Vertebral Column**	Basic Six Movements	1
		Intervertebral Muscles	
		Paraspinal Muscles	
		Abdominal Muscles	
		Neck and Pelvic Muscles	
	Important joints	Shoulder Joint	1
		Elbow Joint	
		Hip Joint	
		Knee Joint	
		Ankle Joint	
	Joint movements	Mechanism of Flexion	1
		Mechanism of Extension	
		Mechanism of Adduction-Abduction	
		Mechanism- Pronation-Supination	
		Mechanism of Rotation	
	Muscles involved	About Shoulder	1
		About Elbow	
		About Knee	
		About Hip	
		About Ankle	
	Postural Analysis	Introduction	4
		Practical Demonstration	
		Evaluation of Postural Analysis	
		Individual Practice	

Unit 2	**Stretching – 1**	Facial Muscles	**1**
		Neck Muscles	
		Shoulder and Scapular Muscles	
		Arm and Forearm Muscles	
		Chest Muscles	
	Stretching – 2	Abdominal Muscles	**1**
		Back Muscles	
		Pelvic Muscles	
		Thigh Muscles	
		Calf Muscles	
Unit 3	**Joint exercise**	Carpels	**2**
		Metacarpals	
		Wrists	
		Elbows	
		Shoulder- Scapulae	
		Neck Exercise	
		Tarsals and metatarsals	
		Ankle and Knee	
		Hip	
		Spine	
	Forward bending Asanas	Halasana	**1**
		Paschimottanasana	
		Padahastasana	
		Pavanmuktasana	
		Naukasana	
	Backward bending Asanas	Setubandhasana	**1**
		Bhujangasana – Variations	
		Dhanurasana- Naukasana (Prone)	
		Ushtrasana	
		Ardha-chandrasana	
	Twisting Asanas	Vakrasana	**1**
		ArdhaMatsyendrasana	
		Merudandabhyasa (Crocodile) 1 – 8	
		Marjarasana – Variations	
	Lateral bending Asanas	Konasana	**1**
		Parshvakonasana	

Unit 4	**Mixed Asanas – 1**	Trikonasana	**1**
		Janushirasana	
		AkarnaDhanurasana	
		Ugrasana	
	Mixed Asanas – 2	Mayurasana	**3**
		Kukutasana	
		Garbhasana	
		Vrishchikasana	
		Badhha-Padmasana	
		Vatayanasana	
		Natarajasana	
		Vrikshana	
		Matsyasana	
		Viparitakarani- Sarvangasana	
Unit 5	**Therapeutic Precautions during Teaching**	Yoga Injuries	**2**
		Evaluation of Traditional Texts	
		Evaluation of Modern Yogic Schools	
	Educating Patients and Students – 1	Precautions during Kriyas	**3**
		Precautions during Asanas	
		Precautions during Pranayama	
		Precautions during Bandha and Mudra	
		Precautions during Meditation	
	Educating Patients and Students – 2	Anatomico-Physiological Principles	**3**
		Psychological Principles	
		Educational Principles History Taking	
		Discipline - for Patients/Diseases	
	Group Teaching - Principles and Skills	Class Arrangement	**1**
		Sitting Arrangement	
		Other precautions	
	Principles about Personal Teaching	Methods of Clinical Examination	**2**
		Recording of the findings	
		Medical aspect	
		Communication with Doctor	

Unit 6	**Pathological understandings**	Blood Examination	**2**
		X-ray Reports	
		MRI Scanning	
		Regarding Heart and Cerebral Diseases	
		Other investigations	
	Psychological understandings	Sleep Status	**2**
		Daily Routine	
		Traditional Parameters (Guna Orientation)	
		Modern Testings (Psychological Tests)	
		Questionnaires about the same	
Unit 7	**How to check Musculoskeletal status**	Testing through Simple Movements	**1**
		Testing through Simple Asanas	
		Other Methods	
	How to check Respiratory Status	Clinical Exam of Chest	**1**
		Lung Capacity Testings	
		Spirometry	
	Therapeutic Lesson Plan	Need	**1**
		Guideline for Preparation of Plan	
		Model Lesson Plan	
	Counselling – Principles	Definition of counselling	**1**
		What counselling is and what it is not	
		Significance of Listening , Trust ,Privacy etc.	
		Do’s and Don’t’s in Counselling	

Unit 8	**Group Counselling**	Significance of Group Synergy, Group Psychology, Communication Skills, Sensitivity, Interpersonal relationships.	**1**
	Family - Marital Counselling	Inter spousal issues,Problems of Children and issues	**2**
		How to communicate with family- Group Therapy	
	Yogic Counselling	Philosophical Counselling	**3**
		Significance of Sadhana in Daily Routine	
		Self-Introspection and Self-evaluation	
		Mind strengthening/disciplining techniques	
	Medico-legal aspect	Introduction	**6**
		Some examples about Yoga Injuries	
		Medical Advice	
		Legal Precautions	
	Ideal Yoga Therapist	Properties of Therapist	**4**
		Parameters to check the properties	
		Traditional references	
	TOTAL		**55**

Paper V

FOUNDATION OF YOGIC TEXTS AND TRADITIONS Part -2

UNIT	TOPICS	SUB-TOPICS	HOURS
Introduction to Bhagavat Geeta	**Introduction to the chapters of Bhagavat Geeta (Therapeutic Significance)**	General introduction to BG.	**20**
		Definition of Yoga in Geeta.	
		Introduction to different forms of yoga- Karma, Bhakti, Jnana etc.	
Brief Introduction to Hathayogic Texts	**Gheranda Samhita (Therapeutic Significance)**	Structure	**25**
		Profile and Content	
		Importance of each text	
Yogavasishtha	**Brief Introduction to the text**	Concept in Yogavasishtha in view of Therapy	**5**
Shivaswarodaya		Therapeutic significance of shivaswarodaya	**5**
	TOTAL		**55**

Paper VI

YOGA YHERPHY-II

UNIT	TOPICS	SUB-TOPICS	HOURS
1	**Introduction to health and diseases**	1.Definition of health and disease	10
		2.Classification of diseases-various aspects.	
		3.Basics of pathology-Inflammation, Infection, Degeneration etc.	
2	**Principles of Yoga therapy**	1.View of Swami Kuvalayananda towards yoga therapy-	
		Cultivation of correct psychological attitude	
		Reconditioning of psychophysical mechanism.	
		Elimination of waste from the body (cleansing)	
		2.Role of Yama – Niyama in life style management.	
		3.Hints while using yogic practice as a therapy.	
3	**Diseases related to digestive system**	1.Hyperacidity	4
		2. Indigestion,	
		3.Constipation	
		4.Diseases of liver	
		5.Chronic coeliac disease	
		6.Ulcerative colitis	

4	**Diseases related to Respiratory system**	1.Acute and chronic rhinitis	**4**
		2.Chronic Sinusitis	
		3.Chronic throat infections.	
		4.Chronic bronchitis	
		5.Bronchial asthma	
		6.COPD.	
5	**Diseases related to Circulatory system and yoga therapy**	1.Anemia	**4**
		2.Hypertension	
		3.Hypotension	
		4.Ischemic heart disease	
6	**Diseases related to musculoskeletal system and yoga therapy**	1.Osteoporosis	**4**
		2.Rheumatoid arthritis	
		3.Acute and chronic back pain	
		4.Problems related with various joints.	
		5.Sprain and strain.	
7	**Metabolic diseases and yoga therapy**	1.Obesity	**4**
		2.Complications of obesity	
		3. Diabetes	
8	**Diseases related to Endocrine system and yoga therapy**	1.Related to thyroid gland	**2**
		2.Related to pancreas	
		3.Related to adrenal gland	
		4.Related to gonads.	

9	**Diseases related to Reproductive system and Yoga Therapy**	1.Dysmenorrhoea	4
		2.PCOD	
		3.Problems in Pregnancy	
		4.Uterine prolapse	
		5.Menopausal syndrome	
		6.Impotency	
		7. Related to Prostate gland.	
10	**Diseases related to Urinary system and yoga therapy**	1.Urinary stone	1
		2.UTI.	
11	**Psychosomatic diseases and yoga therapy**	1.Migraine	4
		2.Irritable bowel syndrome	
		3.Fibromyalgia	
		4.Insomnia	
12	**Injuries related to sports and faulty yogic practices**	1.Common sports injuries	4
		2.Injuries related to faulty asana	
		3.Injuries related to faulty kriya	
		4.Injuries related to faulty pranayama	

13	**Psychological disorders And yoga therapy**	1.Anxiety	**4**
		2.Depression	
		3.Schizophrenia	
		4.Personality disorders	
14	**Diseases related to Nervous system And yoga therapy.**	1.Parkinson's diseases.	**4**
		2.Dementia	
		3.Cerebrovascular diseases	
		4.Epilepsy	
15	**Autoimmune disorders And yoga therapy**	1. Concept of immunity	**2**
		2. Various Autoimmune diseases.	
	TOTAL		**55**
	Reference books-	1.Yoga Therapy- Swami Kuvalaynanda-Dr. Vinekar	
		2.Yoga Therapy- Dr. S.D. Pathak.	
		3.Therapeutic application of Hathayogic practices- Dr. S.D. Bhalekar. 4. Yoga Therapy- Dr. Ananda Balyogi Bhavnani	

PAPER VII

YOGA RESEARCH

UNIT	TOPICS	SUB-TOPICS	HOURS
1	Research Methodology	Research Methods	**12**
2	History – Swami Kuvalayananda's Contribution	Foundation of Kaivalyadhama	2
		Yoga-Mimamsa	
	Fundamental research upto 1966	About Kriya	8
		About Asana	
		About Pranayama and Meditation	
	Fundamental research after 1966	About Kriya	6
		About Asana	
		About Pranayama and Meditation	
	Philosophico-Literary Research in Kaivalyadhama	By Swami Kuvalayananda	5
		By Swami Digamberji	
		Others	
3	Psychological Research in Kaivalyadhama	Before 1966	5
		After1966	
	Therapeutic Research in Kaivalyadhama	Before 1966	5
		After1966	
4	Outside Researches	About Kriya	6
		About Asana	
		About Pranayama and Meditation	
5	Therapeutic Researches (Outside)	Psychosomatic Disorders	6
		Metabolic Disorders	
		Musculoskeletal and Nervous system Diseases	
	TOTAL		**55**

PAPER VIII

YOGA AND ALLIED SCIENCE

UNIT	TOPICS	SUB-TOPICS	HOURS
1	**Basics of Ayurveda-1**	History of Ayurveda	4
		Introduction to Philosophy of Ayurveda	
		Dosha- Vata Pitta Kapha	
		Dathu –Mala	
		Agni-Aahar Ras-Poshana	
	Concept of Prakriti	Concept of Prakriti	4
		Types of Prakriti	
		Analysing of Prakriti	
	Swastha Vritta	Swastha – Introduction	4
		Dina Charya	
		Ritucharya	
		Sadvritta	
	Concept of Aahar	General Concept	4
		Rasa Importance	
		Aahar-Dravya	
2	**Concept of Vikruti**	Dosha Vriddhi-Kshya	4
		Shat Kriya Kala	
		Nidan Panchaka	
		Vyadhi Prakar-Marga	
3	**Medicines in Ayurveda**	Dravya Guna Vijnana	5
		Commonly Used Herbs	
		Rasa Shastra	
	Concept of Chiktsa	Various Therapies	4
		Panchakarma	
	Yoga and Ayurveda	Panchakarma and Shatkarma	5
		Prakriti and Asana	5

4	**Basics of Naturopathy-1**	History of Naturopathy	**4**
		Basic Principles of Naturopathy	
		Concept of Panchamahabhuta	
		Hydro Therapy	
	Treatments in	Massage Therapy	**6**
	Naturopathy-1	Mud Therapy	
		Fasting as Therapy	
		Other Therapies	
	Concept of Diet	Raw Food	**6**
		Juice Therapy	
		Types of Diet	
		Therapeutic Plans of Diet	
	Yoga and Naturopathy	Meeting Points	**5**
		Application	
TOTAL			**55**

YOGA PRACTICAL

SUPINE ASANAS

Shavasana
Ardha Halasana (one leg/both legs)
Co-ordination Movement (Supine)
Pawan Muktasana (Ardha/Purna)

a Setu Bandhasana
Crocodile variations

Uttana Padasana
Naukasana (Supine)
Matsyasana
Halasana
Chakrasana (Back Ward)

PRONE ASANAS

Makarasana
Niralambasana
Marjari Asana

Bhujangasana
Sarpasana
Ardha Shalabhasana
Co-ordination Movement (Prone)
Shalabhasna

Naukasana (Prone)
Dhanurasana

SITTING ASANAS

Vajrasana
Bhadrasana
Parvatasana
Gomukhasana
Janushirasana
Vakrasana
Ardha
Matsyendrasana
Paschimottanasana
Supta Vajrasana
Yoga Mudra
Ushtrasana
Mandukasana
Uttana Mandukasana

Akarna Dhanurasana
Ugrasana
Hansasana

Mayurasan

STANDING ASANAS

Tadasana
Chakrasana (Lateral)
Vrikshasana
Utkatasana
Trikonasana
Padhastasan
a
Natrajasana

Garudasana

INVERTED ASANAS

Viparitkarani
Sarvangasana
Shirshasana

MEDITATIVE ASANAS

Swastikasana
Samasana
Padmasana
Siddhasana

DRISHTI

Bhru Madhya Drishti
Nasagra Drishti
Jatru Drishti

PRANAYAMA

Anuloma-
Viloma Ujjayi
Suryabhedana
Shitali
Sitkari
Bhramari
Bhastrika

MUDRAS & BANDHAS

Brahma Mudra
Simha
Mudra Jivha
Bandha
Mula
Bandha
Jalandhara Bandha
Uddiyana Bandha
(Bahya/Antar)

MANTRA CHANTING

Pranava Japa
Swasti Mantra
Om Stavan
Savitropasana
Rudropasana
Mahapurushavidya
Bhagvadgita Chapter 15

SHUDDHI KRIYA

Kapalabhat
i Agnisara
Nauli
Trataka
Jala Neti
Rubber Neti
Vaman
Dhauti Danda
Dhauti Vastra
Dhauti
Shankha Prakshalana (Varisara)

Reference Books

1. Yoga Therapy- Swami Kuvalayananda &Dr. Vinekar- Kaivalyadhama.
2. Patanjala Yogasutra - P. V. Karambelkar
3. The Quintessence of Yoga: Dr. Rajeshwar Mukherjee and Dr. Kakali Ghosh
4. Yoga Mimansa (Volume 1-45), Kaivalyadhama
5. Indian Philosophy by S. Radhakrishnan
6. Raja Yoga Swami Vivekananda
7. Indian Philosophy Dutta and Chatterjee
8. Science of Yoga I. K. Taimini
9. Bhagavadgita : Swami Swarupananda (English)
10. Bhagavadgita: Swami Apurvananda (Hindi) / Geeta Press
11. Karambelkar, P. V. (2005). Pātañjala Yogasūtra. Kaivalyadhama, Lonavla, India.
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