

Handbook for International Students

Kaivalyadhama's

Gordhandas Seksaria College of Yoga and Cultural Synthesis

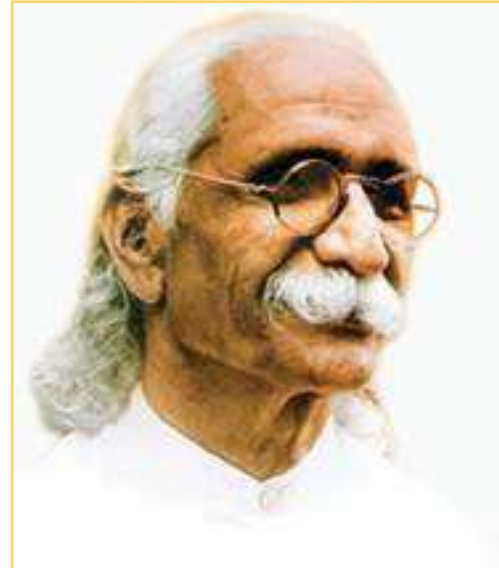


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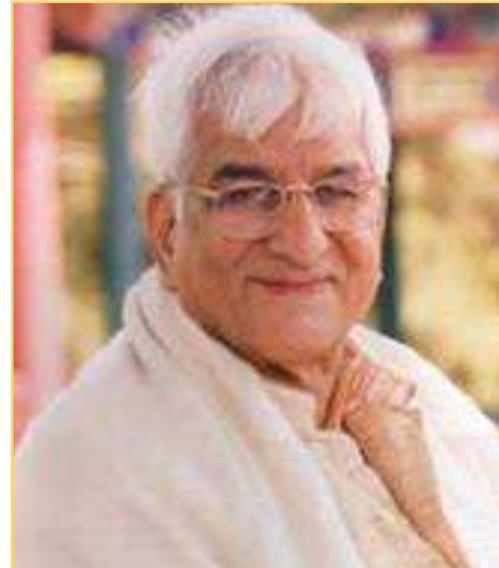
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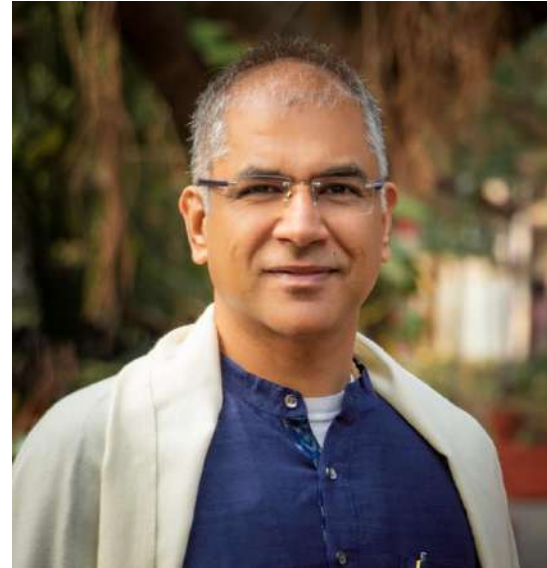
Our Leaders



Lt. Swami Kuvalayananda
FOUNDER PRINCIPAL

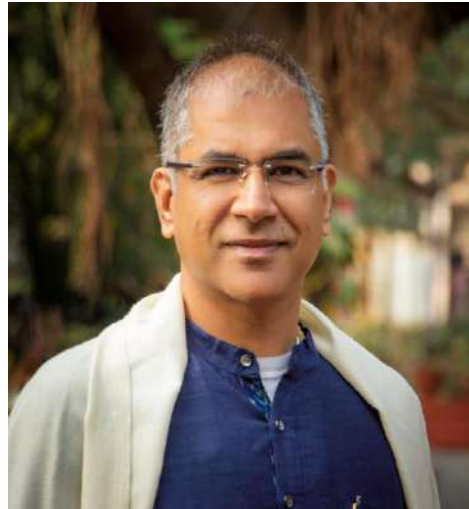


Dr. O. P. Tiwari
CHAIRMAN



Shri Subodh Tiwari
HON. SECRETARY | CEO

Letter from the CEO



Congratulations on your admission to Kaivalyadhama Yoga Institute. It brings me great pleasure to welcome you to the Kaivalyadhama family, a community of individuals dedicated to propelling the science of yoga to every corner of the world. Soon, you will be part of an institute with a deep historical lineage, highly esteemed faculty, an exceptionally talented student body and international recognition.

Yoga signifies a harmonious integration at all levels of human existence. Literally meaning integration, the science of yoga originated and evolved systematically in India more than five thousand years ago and has essentially remained secular and hence is accepted by people of different religions, races and nationalities. Yoga is a path of spiritual enquiry directed to an objective understanding of all phenomena of life and living. Over the years, it has also evolved into a science of health and

healing. According to Swami Kunalayananda, yoga is equipped to realize the spiritual and material renaissance of human society. This has been the very philosophy behind all academic and social activities of the college at which you will soon be studying: Gordhandas Seksaria College of Yoga & Cultural Synthesis.

As you embark on this journey, we will work our hardest to create a positive and enjoyable atmosphere for you. Our warm and dedicated staff is here to ensure that every aspect of your experience is fruitful. On behalf of the entire Kaivalyadhama community, I wish you an academic tenure of deep growth and learning.

Namaste,

Subodh Tiwari

Letter from the Principal



**Dr. Bandita
Satapathy**
PRINCIPAL

With immense pleasure, I extend a warm welcome to you as you join the esteemed Gordhandas Seksaria College of Yoga & Cultural Synthesis, a proud member of the Kaivalyadhama family. We stand on the shoulders of a hundred-year legacy, inspired by the visionary Swami Kavalayananda, whose profound integration of science and yoga continues illuminating our path.

Your arrival signifies more than just the beginning of your academic journey; it embodies our enduring commitment to advancing as a premier institution dedicated to holistic well-being and scholarly excellence. At Kaivalyadhama, we strive to push the boundaries of knowledge, exploring the rich confluence of science and yoga with a deepened understanding of yogic science and philosophy.

Integral to your experience here will be Sadhana practices, including Antaranga Yoga and Mantra chanting. Our tradition of Kriya Yoga offers an unparalleled opportunity for profound spiritual growth and self-discovery. We take pride in providing you with these transformative tools that enhance both your personal and academic journey.

Our commitment to nurturing a vibrant community extends beyond academics. We celebrate major festivals with dynamic cultural programs, providing you with opportunities to actively participate and cultivate a strong sense of belonging. Additionally, our educational tours are designed to broaden your horizons and enrich your learning experience.

The faculty and I are dedicated to supporting and guiding you throughout your time here. We view education as a reciprocal exchange of knowledge, where your fresh perspectives contribute to our collective growth.

We eagerly await your arrival and look forward to embarking on this enlightening journey together, growing and learning in the spirit of Kaivalyadhama's esteemed legacy.

Sincerely,

Dr. Bandita Satapathy

Introduction

This Guide contains information that will assist you in making the most of your experience both in Kaivalyadhama and in India. Please read it carefully. If you have any questions before your departure please feel free to contact:

Mr. Sushil Raison at college@kdham.com

Please note that activities and dates are subject to change. Updates will be posted on our website: www.kdham.com or sent to you via e-mail.

This booklet contains both general and urgent items to note and remember. We understand that due to time constraints, it may be difficult to go through the whole booklet in its entirety. While we do encourage you to read everything, given those constraints, please make sure to read the 'Most Important Items' first, as those are the most imminent.



Kaivalyadhama Campus

Most Important Items

- 1. Visas:** International Students will need to obtain a visa before arriving in India. Students pursuing a course that is less than 180 days are advised to procure a visitor's visa. Students pursuing a course that exceeds this duration are required to obtain a student visa. Those individuals of Indian Origin and Non-Resident Indians (NRIs) who possess either an OCI (Overseas Indian Citizenship) or a PIO card do not need to apply separately for a student visa. Students procuring a student visa should contact their local Indian Embassy when they receive a provisional admission letter from Kaivalyadhama to apply for a student visa. We will issue a document for visa purposes only after admission has been granted and 50% of your tuition fee has been received. You can submit that document to an "Indian Visa Issuing Agency" in your home country to acquire a visa. For additional information, please refer to the "Visas and Documents" section.
- 2. Tuition:** 50% of the tuition fee should be paid well in advance of starting the academic school year, unless a separate agreement has been made. The remaining 50% should be paid upon arrival at the institute. The tuition fee includes academic costs, as well as accommodation on campus and daily vegetarian meals. Please note, we can only reserve accommodations for those who have paid their fees. Thus, we highly encourage you to pay on time. Please refer to the "Fees" section for more insight.
- 3. Housing:** As indicated above, your accommodation arrangements are included as part of your tuition fee. Please note that most of the dormitory options are shared bedrooms with private bathrooms. The dorm rooms are true to the essence of Yoga, minimalist in nature and not fully modern. They are, however, spacious and clean. You will be guided to your accommodation place on the day of your arrival. For more information, see the "Living in Kaivalyadhama" section below.
- 4. International Students are required to arrive on campus three days before the first day of classes.** Should you decide to arrive any sooner, you will be subject to additional accommodation fees, as determined. Please refer to the "Living in Kaivalyadhama" section if you anticipate an early arrival.
- 5. Upon your arrival at Kaivalyadhama, those with a student visa** will be required to fill up a "C" form as per the guidelines of the Government of India. This has to reach the concerned authorities within 24 hours. For additional information, please refer to the "Visas and Documents" section
- 6. Checking in:** On the day of your arrival at Kaivalyadhama, please proceed to the college office. There, you will receive your arrival package as well as arrangements for housing. If you have arrived at odd hours, security will guide you to your accommodation.

7. **Transportation:** While you are responsible for your own transportation to Kaivalyadhama, the institute is happy to help you make the necessary arrangements for doing so. Please refer to the “Flights and Arrival” section for a list of available options on how to arrive here on time.
8. **Health:** With the exception of yellow fever, there are no health check requirements for visitors entering India. For students entering from certain yellow fever affected jurisdictions, a special certificate is required. We do, however, encourage you to contact your local physician for recommendations on vaccinations that should be taken prior to your arrival in India. Additionally, health insurance only covers hospitalization and emergency costs. All other care and forms of treatment must be paid for upfront. However, because the costs of treatments are usually extremely reasonable compared to other countries, we do not anticipate medical costs to be a significant expense during your stay. As such, we do not advise that you look into the option of a health care plan.
9. **Preparing for your journey:** For a comprehensive list of items to bring for your journey please see the section titled “What to Pack.”



Approaching Lonavla from Mumbai

Kaivalyadhama

HISTORY

Kaivalyadhama was founded in 1924 by Swami Kavalayananda and is, today, one of the oldest and foremost scientific yoga research institutes in the world. Inspired by his Guru, Sri Madhavadasji, a master of yoga, coupled with his own innate desire to bridge the gap between the physical and psycho-spiritual aspect of yoga, Swami Kavalayananda was led down the path of a spiritual journey. This journey ultimately manifested in the founding of Kaivalyadhama, which has built itself on Swami Kavalayananda's legacy and mission to bring together traditional yoga with modern science. A great visionary in his own right, Kavalayanandaji, felt that yoga had the ability to positively transform and heal all elements of a person's life.

Building on the wisdom, knowledge and foundation that Swami Kavalayananda established, Kaivalyadhama has become a place of spirituality and life transformation for thousands of people that hail from different countries and cultures. To say it is a place where people come simply to practice asanas would do it little justice, as this is just one small piece of the ashram's pie. Rather, Kaivalyadhama is a place of holistic learning, where there is an emphasis on the scientific aspect of yoga just as much as there is the physical.

Since its inception, the institute has flourished and seen immense growth. The first college of Yoga in the world was started in the year 1950 and has provided various educational outlets to those interested in pursuing a training and even diploma in yoga. As it continues to grow, it has expanded its educational offerings in ways that are easily accessible to everyone- whether it's through an online training course or by a one-year stay on the ashram. It strives to promote and educate the world not only on the authentic meaning behind yoga but also on the depth of its roots.



Swami Kavalayananda



First college building

GORDHANDAS SEKSARIA COLLEGE OF YOGA AND CULTURAL SYNTHESIS

Established in October 1950 by Swami Kuvalayananda, the G.S. College of Yoga was started with the goal of arming students with an education in Yoga that is completely scientific and secular in nature. The College was inaugurated and officially opened to students in April 1951 with the generous help of Sheth Makhanlal Seksaria in loving memory of his father Shri Gordhandas Seksaria. Swamiji, the College's first principal, started the first official training course at Kaivalyadhama, which was a two-year diploma called "Yoga Pravishtha." Since then, the College has been home to thousands of students

from the global community. An internationally recognized institution, all major councils of Yoga accept credits from courses completed at Kaivalyadhama. The College follows a multi-disciplinary approach, training its students on all practical and theoretical aspects of yoga. Its faculty comes from many walks of life, skilled with unparalleled expertise in philosophy, Sanskrit and medicine. Since inception, it has continued its legacy to function on an around the clock schedule, educating students on the many spheres of yoga.

Gordhandas Seksaria College of Yoga and Cultural Synthesis



LOCATION

Nestled in the foothills of the mountains (Sahyadri Ranges) in Lonavala, India, sits Kaivalyadhama. One hundred eighty acres of land are covered by lush green trees, sweet melodies from birds in conversation, and energy so pure that you can feel it seeping into the pores of your skin. A small hill station, Lonavala is 100 kilometers from Mumbai and 64 kilometers from Pune.

The entire campus is easily accessible by foot. It will take you approximately 5-7 minutes to walk from your respective residences to the G.S. College, which is located near the main gate of the ashram. You will be given a tour of the entire campus on the first day of class.

It takes about 10-15 minutes to get from the institute to the main market by three-wheeler, or what is popularly referred to as a "Rickshaw." It can take anywhere from 25-30 minutes by foot.



The hills of Lonavla

GENERAL GUIDELINES

Kaivalyadhama is a place of spiritual growth and development. It is an environment designed to nurture the intellectual curiosity, external and internal awareness as well as the physical health of all its residents. Whether it is the next three weeks or the next year, this will be your home. In helping us maintain this atmosphere there are a few guidelines we ask you to be cognizant of:

1. We do not consume or prepare any meat, fish nor eggs on the campus and ask our residents not to do so as well.
2. Smoking, alcohol, intoxicants and drugs that are not prescribed by a medical doctor are strictly prohibited from campus grounds.
3. Students should keep in mind that they are here not merely to study the ancient discipline of yoga, but also to apply the same discipline and lifestyle to themselves.
4. Please be respectful to others in the ashram by maintaining an environment of quietude. Avoid excessive waste, both material and electric.
5. If you are pleased or displeased with your experience, please relay this information accordingly. We are happy to take any constructive criticism as a mechanism to improve.
6. Please abstain from giving tips of any kind. If you would like to donate, we have a staff welfare account where you can make an offering towards any of the staff members. If you would like to donate, please contact our accounts representative, whose information is located in the “Key Contact Section”

Visas and Documents

PASSPORT

In order to enter India as a student, you are required to have a passport that is valid for at least one year from your date of entry into the country. If you do not have a valid passport, or it is due for renewal, we encourage you to apply/renew it immediately.

VISAS

Students of certain nationalities will need to obtain a visa before arriving in India. Foreigners carrying a valid PIO (Person of Indian Origin) Card or OCI (Overseas Citizen of India) Card along with their valid national passport are authorized to enter India without obtaining an Indian visa separately. It is compulsory for foreigners who are OCIs to also carry the passport bearing the OCI 'U' visa sticker.

Nationals of Nepal and Bhutan do not require a visa to enter India. However, citizens of Nepal and Bhutan require a visa when entering India from China.

Pakistan nationals other than those on Diplomatic Visa (For Assignment), Non-Diplomatic Visa, SAARC Visa Exemption Sticker and SAU Visa are required to carry a visa application form (duplicate copies), which will be issued in addition to the regular visa on their passport by the Indian Mission concerned.

The following applies only to those that have procured a student visa:

FORM C

This form is required to be filled out by any such institution, including Yoga ashrams, hosting foreigners. This form assists registration authorities in locating and tracking the foreigners and is due within 24 hours of your arrival.

FORM S

This form is required to be filled by foreign nationals admitted in Indian educational institutions. We will help you complete the submission of this form during the same time as the Form C.

FOREIGN REGIONAL REGISTRATION OFFICE

All foreigners (including foreigners of Indian origin) studying in India for more than 180 days are required to get themselves registered with the Foreigners Regional Registration Officer (FRRO)/ Foreigners Registration Officer (FRO) concerned having jurisdiction over the place where the foreigner intends to stay, within 14 days of arrival. However, Pakistan nationals are required to register within 24 hours of their arrival.

ARRIVING AT KAIVALYADHAMA

Following your arrival at Kaivalyadhama, you will be instructed to bring your passport and all other relevant information to the college to complete the two aforementioned forms as well as information pertaining to your registration with the FRRO. The initial FRRO application form can be filled out online. In doing so, you will be required to schedule a mandatory in-person visit to the FRRO in Pune. Once the application form is filled and submitted, a unique Registration number is generated by their official system. **You are advised to keep this number as it can be used for any further modifications in the details submitted online and during your visit at the FRRO.** Once the appointment is scheduled successfully, a Pdf. File (filled application) shall be generated by the system. You are required to take the print out of the application and the requisite supporting documents for interview at the registration office.

You are required to bring the following documents with you to the FRRO, Pune:

1. Original valid Passport and Visa
2. Bonafide certificate from the school, college or institute where you are studying for the academic year. The certificate must mention your nationality
3. Four passport size photographs (4 cm x 4 cm color photo with white background, ears distinctly visible, without spectacles and headwear)
4. Bank remittance i.e. bank statement showing that the applicant can support himself/herself financially during his/her stay of one year in India (two copies)
5. Marks sheet or Examination passing certificate for the exams passed in the last academic year (two copies)
6. Copies of your Passport (photo page) and (page indicating validity), page bearing arrival stamp of Indian immigration (two copies)
7. Copy of Indian Visa (two copies)
8. Attendance proof or certificate for regularly attending classes in case of application for extension (two copies)
9. Course fees receipt (two copies)
10. Admission/eligibility certificate from the University/college/ educational institution (two copies)
11. Proof of Residence of the applicant i.e. copies of Electricity bill/ Telephone Bill/Leave & license agreement/company accommodation proof (two copies)

Please note that a member of the college staff will assist you through these different procedures. For the initial visit to the FRRO, a member of our staff will accompany the student, provided that she/he covers the expense of transportation to and from Pune. Barring unforeseen circumstances, we anticipate that the FRRO application procedure can be completed with one visit to the office in Pune. However, if an issue does arise, it is possible that you may have to return more than once. If this occurs, the student will make the remainder of the trips to the office unaccompanied and at their own cost. **A penalty of US\$ 30/-(Rs.1395/-) will be charged in the event that registration is late. This fee can be revised from time to time.**

If you have any questions regarding these procedures, please contact our college representative, whose information can be located in the “Key Contacts” Section below.



Kaivalyadhama campus

Money

FOREIGN EXCHANGE

As a foreign national, exchanging foreign currency might be procedural. Thus, we advise you to exchange your local currency at various stalls located within the airport. For those students pursuing a course of a longer duration, we understand that you may be hesitant in exchanging large sums of money. At Kaivalyadhama, our Accounts Department is also available to exchange money for you, but only upon prior request. Please inform the department a few days in advance of making the transaction. You can contact our accounts representative for further information.

BANK CARDS/ DEBIT CARDS

Bank/debit cards are a quick way for you to get access to rupees. There are ATMs located all throughout Lonavala and most of India. We recommend using bank ATMs, which we feel are more secure. Some of these banks include: HDFC, ICICI and SBI. Please be sure to check with your respective bank that your debit card will work internationally and what charges are associated with using it abroad. You may also be subject to local withdrawal fees within India.

CREDIT CARDS

All major credit cards (Visa, MasterCard, American Express) are widely accepted throughout India. Credit cards will be accepted with larger vendors, such as hotels, restaurants and commercial malls. Many small businesses within the local market in Lonavala typically take cash only. Taxis typically take cash only. Please check with your credit card provider to ensure that it will work internationally and what fees are associated with overseas charges.



All major credit/ debit cards are widely accepted in India

Flights and Arrival

FLIGHTS

The closest international and domestic airport to Lonavala is **Chhatrapati Shivaji Maharaj International Airport, Mumbai**. We also have one more nearby domestic airport **Chhatrapati Sambhaji Raje International Airport, Pune**. You are responsible for making your own flight arrangements. **Please make sure you arrive three days in advance of your respective course.**

BAGGAGE INFORMATION

If you have any questions regarding luggage, please call the respective airline you are traveling with. Additionally, we do not recommend shipping your luggage. An entire host of problems can arise that could result in the delayed arrival of your bags, amongst other issues. Instead, we recommend that you pay for each additional piece taken on your flight.

ARRIVAL

If you are arriving from anywhere outside of India, your first point in Mumbai's airport will be Immigration. This process may take some time depending on how busy the airport is. Following Immigration, you will be directed to pick up your luggage. Once you have gathered all of your belongings, you will proceed to Customs and Declarations, where it is highly likely that your baggage will be re-examined vis-à-vis an X-Ray machine. Once complete, you are free to leave the airport.



Mumbai International Airport

GETTING TO KAIVALYADHAMA, LONAVALA, FROM THE AIRPORT IN MUMBAI

1. **Car Service:** Kaivalyadhama has a highly trusted relationship with a car service operated by Mr. Kukku. We recommend making arrangements with him as your primary method of travel from the airport to Kaivalyadhama. Please ensure that you contact him a few weeks in advance of your arrival here.

Contact information:

P: +(011) 91 09370779000 or +(011) 91 09922288842

E: kkuku28@hotmail.com

*Please CC the college on all communications with Mr. Kukku at: college@kdham.com

2. **Train:** Lonavala sits on the central railway line between Mumbai and Pune. There is no internal connection within Mumbai's airport to the local train. There are several trains from Mumbai to Lonavala several kilometers outside of the airport, but we highly advise against this method of transportation if you are just arriving to India from an international location.

If you are arriving from anywhere other than Mumbai, you can use the following resources to arrange your transportation:

For railway reservations: www.cleartrip.com

For bus services: www.neetabus.in

For taxi services: Please refer to Mr. Kukku's contact details above. In addition you can refer to:
www.globetravelcompany.com/longdistancetaxi



The Expressway connecting Mumbai to Lonavla

Health Care, regulations and Insurance

HEALTH REGULATIONS

With the exception of yellow fever, **there are no health check requirements for visitors entering India.** For students entering from certain yellow fever affected jurisdictions, a special certificate is required.

Please visit the following page to confirm whether you are traveling from a jurisdiction where a certificate is required:

www.immigrationindia.nic.in/content/health-regulation

We strongly encourage you to consult your healthcare provider for information on relevant vaccinations you should take as a cautionary practice before arriving in India. Some common vaccines include:

- Hepatitis A
- Hepatitis B
- Typhoid
- Rabies
- Yellow Fever
- Japanese Encephalitis
- Routine Immunizations

HEALTH INSURANCE

Foreign students are not required to have medical insurance. Due to the relative inexpensive cost of health services in India, it is not necessary for you to purchase any sort of health care plan. **If you are taking prescription medications,** please carry extra supplies with you. It is likely that you can find the same medication here under the medication's generic name. However, we cannot make any guarantees. You are free to consult our resident physician who will have additional information on this matter. Additionally, please have with you a prescription should you wish to purchase any medications here.

If you are carrying personal health insurance we recommend that you inquire whether they provide international coverage or not.

ILLNESSES AND HEALTH EMERGENCIES

In the event of any unforeseen illnesses and medical emergencies, we have resident doctors on call twenty-four hours a day, seven days a week. Their contact details are provided in the "Key Contacts" section. Kaivalyadhama also has a special arrangement with Aditya Birla Hospital, Pune, should students have any serious medical emergencies.

Please see: www.adityabirlahospital.com

HEALTH CARE

As you may have experienced when visiting other foreign countries, your body will face certain adjustments in adapting to a new environment. Here are some things we advise you to be aware of:

Water: You may suffer from sensitivity to the local tap water. Thus, unless the local tap water is filtered we do not recommend that you consume it. All drinking water within the Ashram is filtered and is delineated as such. Bottled water is recommended for those with especially sensitive stomachs. If you leave the campus for any reason, please purchase bottled water.

Food: If this is your first visit to India, try to stay away from street food, at least initially. Although all meals will be provided for you within the ashram, one's curiosity will naturally wander towards all the flavors and spices that comprise the famous Indian cuisine. If you do happen to venture out for a meal, go to a local restaurant or hotel. Additionally, if you are averse to spicy foods make this clear to your waiter, as the Indian standard of spicy tends to be richer than most.

Public Toilets: Many public toilets in India are still based on the traditional squatting system. Thus, please do not be surprised if they are not equipped with toilet paper. Additionally, we cannot

guarantee that public toilets will be up to your standards of cleanliness. **Should you choose to use them, we advise that you carry a small sachet of antimicrobial wipes and hand sanitizer.**

Pollution: In cities such as a Mumbai and Delhi, the level of pollution is quite high. While it typically does not pose a large problem, for those people who may have respiratory problems, you should have a face-mask or handkerchief handy just in case. In Lonavala, this should not be a problem.

Sun: The intensity of the sun during the hot months (October-November and April-May) may prove strong to those who are not used to it. Please be prepared for the heat by carrying any sort of sun protection (sunscreen, caps, sunglasses etc.) that is most suitable and effective for you.

Mosquitos: Being a tropical country, India is home to mosquitos. They typically do not pose a large threat but are frequent visitors during the evening and nighttime. You should be prepared for them by wearing mosquito repellent. We will provide you with mosquito pods that plug into the wall. These are also available at either our on-site convenience store or in the Lonavala market should you wish to purchase additional pods.

What to pack

PERSONAL SUPPLIES

If you are arriving in Lonavala during the monsoon season (June-September) rain gear, such as an umbrella, a light raincoat and appropriate shoes to weather the rain are necessary. These items are all available in the market, however, we urge you to come prepared as it sometimes becomes difficult to venture out in the rain.

The dress code in India is casual, but you will have a set uniform that you are required to wear to class that respects the modesty of Kaivalyadhama. We further delineate this point in the “G.S College” section. During the rainy season, the temperature drops to between 23-25 degrees Celsius and the climate becomes damp. Pack according to your comfort and to the weather. We recommend light sweaters, especially in the evening/night time.

The rest of the year is warm or even hot. We recommend bringing clothes that are light and airy in nature. From December to February, the Indian “winter,” the temperature is comfortable but may drop in the evenings. It might be useful for you to have some warm clothes. Heavy jackets are typically not necessary.

For tours and trips around the country, a pair of good walking shoes will be helpful.

Personal supplies, such as toiletries and cosmetics are available in Lonavala. However, it is possible that the brands of your preference may be unavailable. Please pack with this in mind.

ELECTRICAL APPLIANCES

The electrical current in India is 220 volts. You should bring a converter/transformer for certain appliances, such as cell phone or computer chargers, if you have them. The usage of high volt- age electronics, such as electric kettles and plates, immersion rods, and irons are not permissible. If you have any questions on whether certain appliances are compatible with a transformer, be sure to visit your local authorized electronics dealer. A small flashlight is also advised during unanticipated power cuts.



Yoga class in progress

Living in Kaivalyadhama

HOSTEL

All students in the program will be provided accommodation on campus in comfortable double occupancy rooms with a private bath. Female students will be accommodated in a building just adjacent to the main Health Care Center building that is referred to as “Amruta.” Male students will be placed in “Soham Kutir,” which is nestled in the east corner of the campus.

We have limited capacity to accommodate students who would like a private room. If you are interested in such a room, we ask you to contact our accommodation representative immediately as these rooms are available on a first-come first-service basis.

You may arrive on campus a week or two earlier than the start of your course, but at your own cost. Tuition fees do not cover advanced arrival. If you are interested, please refer to the link below for a list of different accommodations and their respective fees: <http://kdham.com/tariff/>.

You can communicate your desire to arrive early to our accommodation representative, who will help you make the necessary arrangements.



Accommodation at Amruta Kutir and Gayatri Hostel, Kaivalyadhama

What to expect

You will find that the rooms are simple and clean, keeping to the authenticity of yoga. You will be provided a bed, bed sheets, a comforter, a pillow, mosquito pods, a dresser, and a desk to study. You are responsible for your own towels. Initially, your body may take some time to adjust to Indian mattresses and pillows, which are made out of dense cotton. If you would like, you are free to bring your own pillow. Further, almost all running hot water in India is dependent on an electric water heater, or “geyser” system (solar heaters), which means that you will not have on demand hot water in your shower as you may be used to. You can expect to have running hot water available to you within 5-10 minutes of turning on your geezer, which will be located in your bathroom. Always remember to switch it off after you are done using it.

What we ask

1. As this is your home and place for practicing yoga during your studies here, you are responsible for the cleanliness of your room and the adjoining passages. Please take care of our home and avoid causing any damage, such writing on walls, damaging furniture, door, windows etc. And, remember to shut off the electricity when you are not using.
2. You are requested to be back in your room by 9PM every night. Please contact your housing warden if any extenuating circumstances occur or if you would like to request permission to return to campus any later.
3. You are welcome to have guests visit you on Sundays. If you intend to have any visitors, please inform the college and accommodation representative accordingly. It is usually difficult for the institute to provide accommodation to guests. However, in the case of any emergencies a guest room may be provided depending on its availability.
4. If you are enrolled in a long term course we ask that you limit your travel to long holidays, such as Diwali, or before/after your course at Kaivalyadhama begins/ends. Due to the nature of your academic course load, we feel that it will be difficult for you to travel during this time. Thus, we ask our students to spend their free time in Lonavala.
5. If you leave campus grounds we ask that you fill out a specific form indicating your whereabouts each time you step off campus. This is simply to help us keep track the whereabouts of our students. You can get a copy of this form from our accommodation representative.

LAUNDRY

There are two options for cleaning your laundry at Kaivalyadhama:

1. **Hand Wash:** If you choose to wash your own laundry by hand, we will provide you with a laundry rack to dry your clothes. You can place the rack in your room or just outside of your door. A note of caution: During the monsoon, it will be difficult to air dry your laundry, especially dense clothes.
2. **Laundry Service:** We provide a daily laundry service that charges 15 rupees per article of clothing. This includes both washing and drying. You can also opt to have your clothes ironed for an additional fee of 15 rupees per article. If you want to participate in our laundry service, please express your interest while checking in. A word of advice: for any incredibly delicate items, we ask that you wash them yourselves. We are not responsible for any damages.

GARBAGE

You will be responsible for throwing away the waste in your room. As Kaivalyadhama has a policy to reduce the use of plastic for the protection of the environment, we have created separated disposal sites for waste by type. Please throw garbage in the necessary bins and leave plastic and glass at the recycle collecting point.

MEALS

You will be provided Breakfast, Lunch and Dinner during specific times in the day. The meals are all “Sattvic” in nature, meaning they are pure vegetarian and are made without any onions or garlic. Student meals will be arranged in the Annapurna Mess. You will be given a schedule that details the different timings that the meals will be provided. If you have any dietary restrictions, please communicate this to the mess coordinator.

What to expect

The method of seating is traditional Indian, meaning it is on the floor. Do not worry the area is cleaned after every meal. If you have any physical difficulties, there is a table we can accommodate you on. Shoes are strictly prohibited and should be kept outside in designated racks. You are also responsible for your own dishes, which you can wash in a designated washbasin and then return to the ashram. Outside food items are not to be consumed in the mess.

What we ask:

1. At Kaivalyadhama, we pride ourselves on tradition. An ancient Yogic tradition is to respect the food that you eat and to become one with your meal. In doing so, we request that you either keep silence or use hushed voices in speaking with your classmates during mealtime.

2. Please silence all cell phones and maintain the same dress code as the one you wear to class. If you do not wish to have lunch or dinner, kindly inform the mess a day beforehand to avoid the wastage of food.
3. Guest(s) of students are allowed to have their meals in the mess after prior notification to the person in charge of the mess and will be charged a meal fee.

Personal snacks: You are allowed to keep personal snacks in your room. These can be purchased from our on campus shop or from the Lonavala market, which typically has a wider array of items available than our store. Please be respectful of our meat free environment in bringing snacks on campus.

THE CAMPUS

Convenience store: There is a small convenience store located directly across the main Health Care Center Building (“Hospital”). Here, you can buy personal toiletries as well as snacks. You can find a more extensive list of items, along with more popular brand names, in Lonavala’s market.

Sattva Café: This quaint café, located adjacent to the main library, serves fresh and pure cold pressed juice, organic teas and healthy snacks. The café also offers free Wi-Fi with any of your purchases.



Sattva Cafe, Kaivalyadhama

Fees

TUITION FEES

Half of your tuition fee is due prior to your arrival at Kaivalyadhama. This fee will guarantee you a spot within the program that you have applied for and will secure your accommodation. For the initial payment, we accept payment via bank transfer Demand Draft, Cheque or by Net banking as well

Banker: HDFC Bank

Name: Gordhandas Seksaria College of Yoga & Cultural Synthesis

Account Number: 50200001798662

IFSC Code: HDFC0000474

SWIFT Code: HDFCINBB

The rest of your tuition is due upon arrival at Kaivalyadhama. We accept several modes of payment including check, all major credit card and cash. Should you wish to pay the entire tuition fee by bank transfer prior to your arrival here, we will accept that as well. If you are having difficulties with payment or have any questions, please contact our college representative that handles the admissions process.

SCHOLARSHIPS

To see if there are any scholarships available related to your specific course please contact: info@kdham.com

Communication

MAIL

Please allow anywhere from ten days to two weeks for a letter mailed from Lonavala to arrive to the international destination via standard airmail. If you wish to send a package, it will be subject to an additional fee depending on its size. Kaivalyadhama has its own post office located near the main gate. If you have any difficulties locating it, you can ask one of the watchmen working near the gate. If you wish, you can have your mail sent to:

[Your name]

Kaivalyadhama YogaInstitute

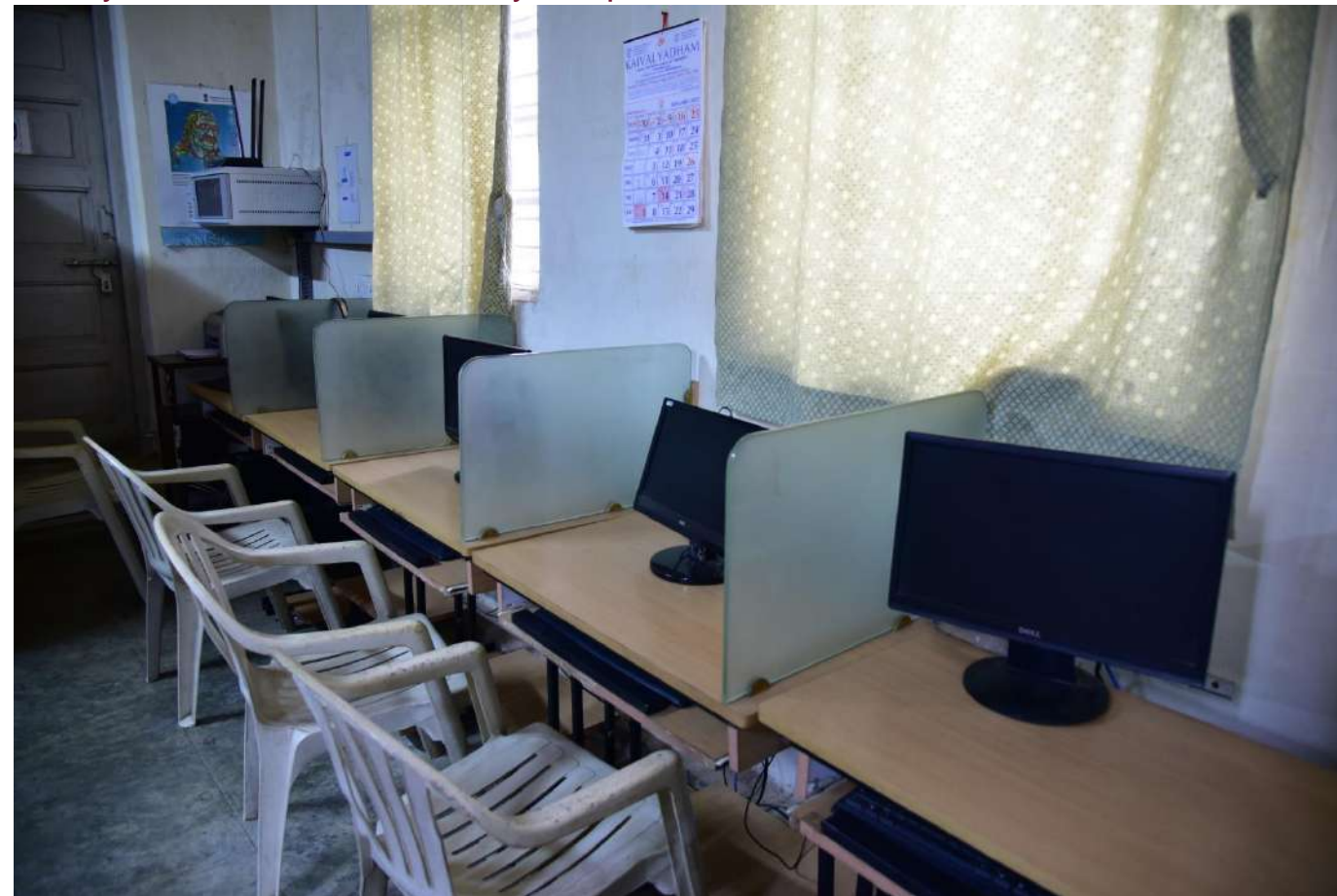
Swami Kuvalyananda Marg

Lonavala (Pune) 410 403

Maharashtra, India

COMPUTERS AND INTERNET ACCESS

You are free to bring a personal laptop computer if you feel that you will need it. Wi-Fi is available at designated places like Sattva Café, Prangan, for which you will have to purchase a coupon. Students can use the library for an Ethernet connection and can avail the FREE Wi-Fi facility at the Main Library. If you are not bringing a laptop with you, the library has computers with internet access that you can use for a relatively inexpensive cost.



Internet cafe, Kaivalyadhama

CELL PHONES/PHONE SERVICE

For your convenience and safety, we recommend that all of our students carry a local telephone. If you are bringing an international phone please make sure it is unlocked and compatible with a SIM Card. A member of our staff will accompany you shortly after your arrival to help you purchase both a prepaid SIM Card and a cell phone, if you do not already have one. You can also purchase SIM Cards at the Mumbai Airport.

We recommend the following networks: Airtel, Vodafone, Reliance, and BSNL.

The Government of India has tight regulations on the sale of prepaid SIM Cards to foreigners. In purchasing one you will need the following documents:

- 2 color photographs of yourself (passport size)
- A photocopy of the personal details page of your passport. You will also have to produce your passport for verification, after which it will be returned to you.
- A photocopy of your India Visa. You will have to show the original visa for verification.
- A photocopy of the proof of your home address in your country of residence. This could be your passport, driver's license

or any other government issued document. Remember to carry the original document along for verification.

- Proof of where you will be staying in India.

Dialing Internationally: For international calls, please remember to dial +00 followed by your country code and then the number. You may want to keep in mind that rates on international calls dialed directly from India are often more expensive than in the opposite direction. Thus, if you are making international calls, it may be cheaper for your contact to call you instead. We also recommend checking with a network provider in the country of your residence to see if you can get a global calling package with your current cell phone service.

In the event of any **emergencies**, callers can call our offices from Monday through Saturday. We are closed on Sundays. The direct number to the Health Care Center is:

+(011) 91 (0) 2114-273001 / Mobile: (+91) 7262026878.

Fax: If you need to receive a fax, you can have it sent to the following number: +91-02114-271983 or 277402. Please make sure that your name is clearly written on the fax.

G.S. College of Yoga & Cultural Synthesis

ACADEMIC INFORMATION

All programs at the G.S. College, whether short or long in duration, are rigorous in nature and are designed for those students truly dedicated to understanding the scientific, philosophical and practical nature of Yoga down to the very core.

By now you should have received a syllabus for the respective course you are taking. If not, please contact our college representative. The syllabus specifies the reading materials for the course, the subject that will be covered per session, a timeline of each topic that will be discussed, and the details of your exams that are particular to the specific course that you are pursuing.

ORIENTATION

A short orientation will be held to give you the opportunity to meet members of our faculty and acclimate yourselves with various different departments. You will also be shown a video on the institute as well as go through a routine physical examination.

SCHEDULE

Classes will be held from Mondays to Saturdays, unless otherwise noted. At this stage, you should have received detailed information on the daily schedule for the specific course that you are registered for.

ATTENDANCE POLICY

Attendance at every lecture is compulsory. 90% attendance in the classes is necessary to successfully complete a course. Students falling short of the stipulated attendance will be debarred from examinations/final review.

DRESS CODE

We request that you respect the modesty of Kaivalyadhama with the utmost sincerity. The following applies for students enrolled in long duration courses only. For theory classes, we ask females to wear a white Salwar Kurta and males to wear a white Pyjama Kurta. A member of our staff will accompany you to the market to help you purchase these items if you do not already own them. We will provide you with a tracksuit that should be worn to all practical asana courses.

LIBRARY

As a Kaivalyadhama student, you will have access to one of the most extensive libraries on Yogic literature in the world. We want you to take advantage of this opportunity! But, please note that all library books must be returned to the library before long holidays and at the end of the course term. A failure to do so will result in the delay of your certification.

CODE OF CONDUCT

To ensure that you have the best educational experience while here there are certain guidelines that we ask you to follow. Also keep in mind that the Indian style of education differs from other regions around the world. Here are some things you should keep in mind:

- Please be punctual. We ask that you arrive to class at least 5-10 minutes before class starts. If late, students may not be permitted to enter class.
- Sign in to the corresponding attendance sheet in each class. If anybody is found misusing/tampering the attendance sheet, a strict disciplinary action will be taken against him/her.
- Please turn off all cell phones during class. If you wish to use a laptop, you will need to request permission from your lecturer.

Library, Kaivalyadhama



- Please try to avoid leaving class in the middle of a lecture unless you have spoken to your professor in advance. It is a disturbance to the education of your peers.
- Barring any unforeseen circumstance, if you are to be absent from class kindly inform your professor or the principal in advance.
- Snacks and beverages, with the exception of water, are not allowed during class.
- Please maintain an attitude of respect towards your teachers and peers. It will help you develop a feeling of mutual understanding, contributing to a better learning process.
- Professors will have office hours during which you can schedule a time to meet with them and freely discuss any questions or issues you may have.

GRADING SYSTEM

The modus operandi of the grading system at the college is as follows:

A+ = 70%-100%

A = 60%-69%

B+ = 55%-59%

B = 51%-54%

C = 45%-49%

D = 40%-44%

F = 39% and under

W = Withdrawn

TRANSCRIPTS

Once a student has successfully completed all courses an official Kaivalyadhama transcript will be issued to him/her. Any student that has a special financial arrangement with the institute and has failed to make a complete payment of their tuition will not be issued a transcript.

EDUCATIONAL TOUR (LONG DURATION COURSES ONLY)

In early February, Kaivalyadhama hosts an educational tour to the village of Malsar, Gujarat for students and professors. Malsar is the “Gurusthan,” the practicing and residential place, of Swami Kuvalayananda’s guru, Paramahansa Sri Madhavadasji Maharaj. The tour will be four to five days in length. All travel, food as well as housing arrangements will be made by the institute. Students will be transported via bus and will stay at Malsar Ashram. The tour will include trips to historic temples, natural landmarks, and an experience with the region’s local gastronomy. Please make sure to read the sections on “Health” and “Incredible India” for some tips during your travel.



Students on an educational tour

Incredible India!

SETTING EXPECTATIONS

You are about to embark upon a great spiritual journey in the world's largest democracy. India is a place with a plethora of people, cultures, regions, cuisines, and religions. At both Kaivalyadhama and in India, you will be surprised by the boundless wonders that exist, tested in ways that are unimaginable and romanticized by the generosity of its people. No matter the situation, we ask you to come with an open mind and a bright sense of humor. After all, laughter is the best medicine. Leave all preconceived notions behind! In helping you prepare for your journey, here are a few insights into Indian culture and life.

Indian Etiquette: Indians are very free with the natural rhythms of their body. Certain etiquettes, such as belching and passing gas, are not considered rude if done in public. There is no stigma in doing so as the culture here does not promote the suppression of these natural bodily functions. Should you feel comfortable, you are free to do the same. From time to time, you may also see people touching each other's feet. This is an expression of how Indians show respect for their elders and in exchange receive their blessings.

Personal Space and Privacy: The concept of boundaries is very different in India. Personal space and privacy are not understood in the same way as in other cultures. Indians tend to be very curious, asking many questions that may seem personal in nature. This is their mechanism of expressing interest in you and

they do not mean any harm in doing so. While this may strike you as uncomfortable at first, you are welcome to reciprocate in asking them the same questions. Do not feel compelled to answer their questions if you do not want to.

Cleanliness: We ask you to have reasonable standards of cleanliness. During your time in India, you may see large piles of garbage on the side of the road, or under kept public toilets. Additionally, if you are visiting anywhere outside of Kaivalyadhama, you might not necessarily find a western toilet and shower. Always try to keep hand sanitizer and antimicrobial wipes if you are traveling outside of the campus. Due to India's large population of those in poverty, you may also witness certain social circumstances that you may be unaccustomed to. On that note, however, you can help us keep both India and the ashram clean by remembering to dispose and recycle your waste.

Smells: India is a land of paradoxes. At times, there can be a smell of waste, especially in larger cities. On the other hand, however, the smell of incense and flavorful spices is intoxicating. Within the pristine borders of Kaivalyadhama, you should not expect to have a problem with cleanliness or odors. If you are particularly sensitive to different smells, you should bring a facemask or use a handkerchief while leaving campus doors.

Traffic: Traffic in India is chaotic, but well regulated. You will come to notice that lanes are virtually invisible and that drivers overtake one another by weaving from both sides of the road. You will also find that some drivers are Speed Racer incarnate and like to drive much faster than the designated limit. While seat belts are not required for back seat passengers, we highly recommend it. Due to India's immense population, it can be particularly difficult to travel by car/taxi during rush hour, especially in large metropolitan cities. Most Indian drivers are also attached to their horns- you will find that they honk in almost any driving situation: turning corners, stuck in traffic, overtaking others, or simply for the mere pleasure of honking. Worry not, however, as driving in India is an art that nearly every driver has mastered.

Cows and other animals: In almost all parts of the nation, cows are respected animals and pedestrians. They freely meander in public spaces and you may even find them sitting calmly in the middle of traffic. Don't worry our drivers are well prepared for even this situation. They tend to be pleasant and harmless if you leave them be. Occasionally you may find donkeys and bull-ock carts on the road as well. From time to time, you may also find wild monkeys. While they may appear cute harmless, they have a masked ferocity that becomes more apparent if you get too close.

Poverty: There is a large disparity between the rich and poor in India. We understand that it will be difficult for many of you to confront but be prepared to see slums and beggars. In outdoor markets and while sitting in traffic it is possible that you could be approached by beggars. We typically discourage you from giving them money.

Monsoon: From the beginning of June until early September is monsoon season throughout India. In the state of Maharashtra, especially, the rain has a heavy effect. The rain can continue for days on end before stopping and the air becomes a bit humid, which may make it difficult to air dry your clothes. The temperature becomes cool in the evenings as well. The intensity of the rain may also make it difficult for you to leave campus grounds. Be prepared for the weather by bringing the correct gear and a positive state of mind.

Electricity: You may experience an occasional power outage, as there is an energy shortage in India. We do have reserve energy supplies that are powered through our generators if there are persistent outages. You may find that the outages become more frequent due to the rain. Having a small flashlight or candle in your room is advised.

Tipping: Tipping is not a requirement in India and is completely dependent upon you. If you are pleased with the service you received, we recommend tipping between 10% and 12%.

Living in Lonavala

Lonavala is a small hill station tucked in the auroral green of the Shyadri Mountain Range. Its scenic atmosphere is home to hiking adventures, a shooting hot spot for the Bollywood industry and known for its famous “Chikki,” a sweet dish made from groundnuts and fresh jaggery.

GETTING AROUND

It is very easy to get around Lonavala via rickshaw. Kaivalyadhama has a trusted relationship with local rickshaw drivers, who are available to pick you up from the institute’s main gate whenever you would like to leave the campus. Their contact information is provided below:

1. Mr. Salim: 9860699075
2. Mr. Riyaz: 9325263416
3. Mr. Gaikwad: 9764146601
4. Mr. Patil: 8806689222
5. Mr. Andekar: 9923360324
6. Mr. Damble: 9823217805

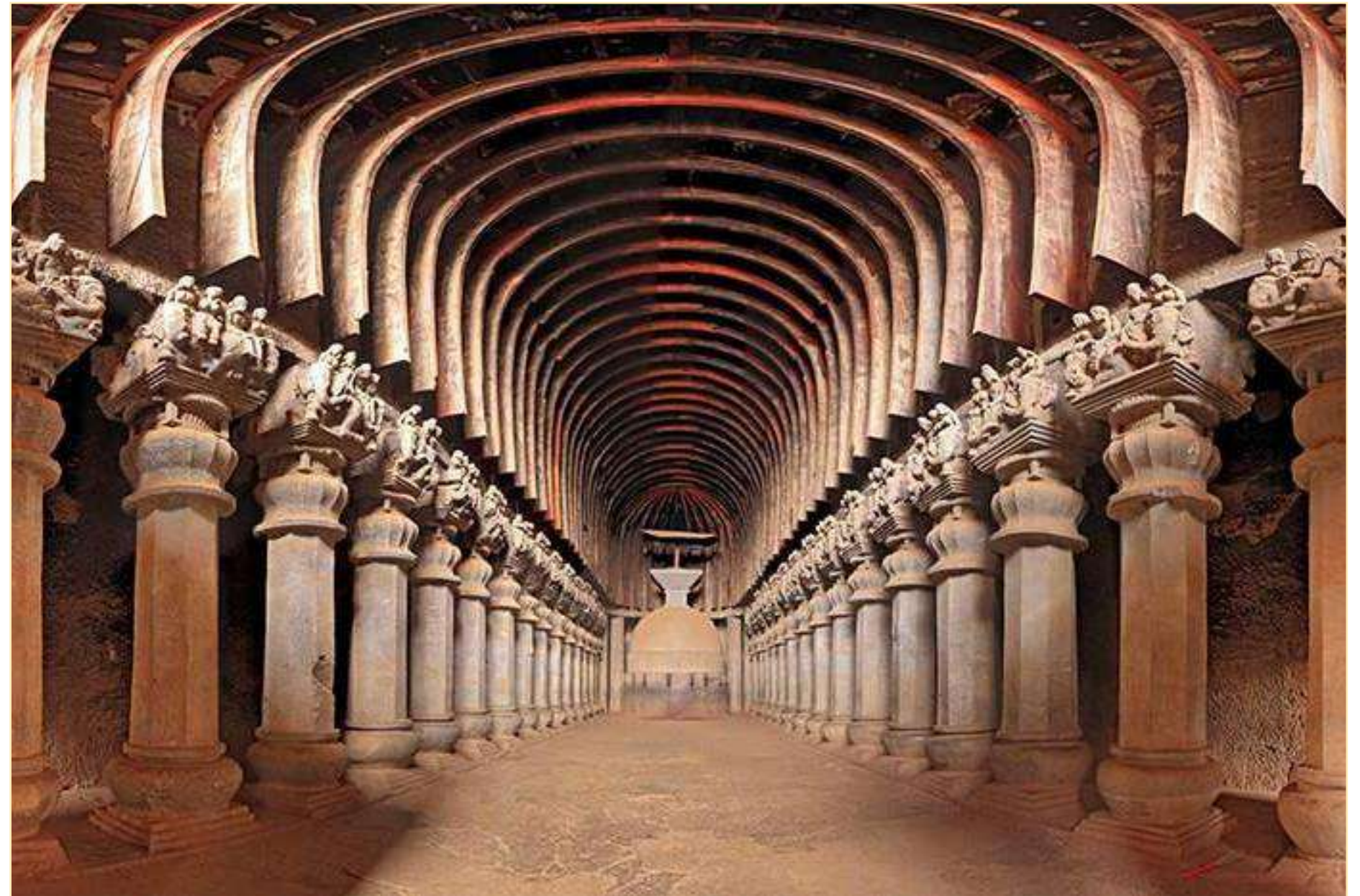
SHOPPING

Lonavala’s primary shopping district is located on Mahatma Gandhi Road. However, simply tell your rickshaw driver to take you to the market and ask them to drop you off near Cooper’s Chikki. In that area, you will find an assortment of clothes, stores for your personal appliances, a large variety of different foods and of course, Chikki. We also recommend the “Triose Center,” which is a small indoor area with lots of great food and a few clothing stores. If you are feeling courageous, you can even catch the latest Bollywood movie in their theater.

PLACES TO VISIT

During your free time and days off, you may be interested in taking a local excursion. Most of these places are accessible by rickshaw within 15-25 minutes. If you have any doubts, please liaise with our accommodation representative. A few places we recommend:

- **Karla Caves:** This complex of cave shrines were built by Buddhist monks around the 3rd to 2nd century B.C.
- **Tiger's Point:** This scenic spot sits atop a steep cliff with a six hundred fifty meter drop. Just around the corner from this point is a small waterfall that comes alive only during monsoon season.
- **Lion's Point:** This spot, located between the Bhushi Dam and Amby Valley, is a stellar location to watch Sunsets during the non-monsoon season.
- **Lohagad Fort:** Also known as the Iron Fort, this symbolic landmark was once a battle station for the famous warrior king, Shivaji. A good workout, this 11 kilometer trek uphill will help you de-stress while making you feel like you've gone back in time.
- **Rajmachi:** This small, quaint village is home to two forts: Shrivardhan and Manaranjan. This hiking hot spot is home to an area known as Borghat, which was a strategic and highly contested trade route.



Karla Caves, Lonavla

- **Tungarli:** Known for both its lake and dam, this area comes to life primarily during the monsoon season and is a campsite for many families. The dam is a beacon of the British Raj and was built in 1912.
- **Della Adventures:** This local adventure park is packed with fun filled activities, such as aqua zorbing, rock climbing, treasure hunts, archery and even cooking classes among many others.
- **Imagica:** India's first and largest theme park, Imagica is a place where Universal Studios meets Disney World. From endless rides and attractions to live entertainment and great food, one visit will leave you asking for more.
- **Ajanta Caves:** Located in the Aurangabad district of Maharashtra, these Buddhist caves are the emblems of some of India's finest art. Dating back to the 2nd century BCE, within these caves reside masterpieces of Buddhist religious art, both in painting and sculptural form. The area is a protected monument and a UNESCO World Heritage Site. Please note: an overnight journey is required to visit the caves, as they are physically located over 200 kilometers outside of Lonavala. We recommend you save this trip for a longer holiday.

Useful links

www.dellaadventure.com

www.maharashtratourism.gov.in

www.adlabsimagica.com

www.asiaurangabad.in

LONG DISTANCE TOURING AND ACTIVITIES

During your long holidays, such as Diwali, you will have time to embark upon on excursions throughout different parts of India. A few resources we recommend in helping you plan your travels:

- www.tripadvisor.in
- www.yatra.com
- www.makemytrip.com
- www.travelguru.com

Extra Curricular Activities and Volunteering

During your free time in between classes or days off you may want to enjoy a relaxing massage at the ashram, taking a cooking or even tap into your inner philanthropic self and volunteer. Here are a few ways you can get engaged:

AYURVEDA AND NATUROPATHY

You are welcome to select from our wide assortment of therapies and treatments at both the Ayurveda and Naturopathy centers. Depending on where you would like to make an appointment, please visit the respective location to see their list of times and availabilities. You can visit <http://kdham.com/health-centre/> for a list of fees associated with each treatment. Note, that the Naturopathy Centre is closed on Sundays.

COOKING CLASS

Kaivalyadhama offers Ayurvedic cooking classes where you can learn the ins and outs of Sattvic food. During these classes, you will learn the constitution of different spices, how they react to one another and different foods as well as the nature of different vegetables, lentils and grains. Please contact our mess representative or accommodation representative to learn more.

VOLUNTEER WORK / SEVA

We offer many different avenues for students to get involved with the work at Kaivalyadhama. After all, it is the tireless effort our employees that makes your time and stay with us fruitful. Depending on your skills and interests, we can help place you in a department where you would like to contribute your free time and energy. Some of our current volunteers are involved with gardening and working in our dining halls. If you feel that volunteering within the ashram is something that resonates with you then please contact our accommodation representative who can help you coordinate.

Ayurveda treatment at Kaivalyadhama



Key Contacts

COLLEGE REPRESENTATIVE

Mr. Sushil Raison

G.S. College
(P): +(011) 91 (0) 2114-273001 (Extension 112)
(M): Mobile: (+91) 7262026878
(E): college@kdham.com

ACCOMMODATION / RESERVATION

Health Care Center ("Hospital")
(P): +(011) 91 (0) 2114-273001 (Extension 157)
(M): Mobile: (+91) 7262026878
(E): booking@kdham.com

RESIDENT DOCTORS

Dr. S.D. Bhalekar

Health Care Center ("Hospital")
(P): +(011) 91 (0) 2114-273001 (Extension 111)
(M): +(011) 91 (0) 9518204848
(E): rmokdham@gmail.com

Dr. Gururaj D

Ayurveda Center
(P): +(011) 91 (0) 2114-273001 (Extension 134)
(M): +(011) 91 (0) 9326458333
(E): gururaj@kdham.com

ACCOUNTS REPRESENTATIVE

Ashwini Mudagilkar

Central Administrative Department Office
(P): +(011) 91 (0) 2114-273001 (Extension 180)
(M): Mobile: (+91) 7262026878
(E): ashwini@kdham.com

ANNAPURNA MESS INCHARGE

Vidhi Ohwal

Annapurna Mess
(P): +(011) 91 (0) 2114-273001 (Extension 129)

*If you are dialing from outside of India, the 0 is not required after (91). If you are dialing within India, please dial 91 followed by 0 and the respective number at Kaivalyadhama that you are trying to reach.

Thank you!

We wish you all the best as you prepare for your exciting journey here. Please feel free to contact any of us at Kaivalyadhama if you have any questions or concerns.

We look forward to welcoming you!

Team Kaivalyadhama



100
YEARS