

KDHAM*World*

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Editorial



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The first quarter of 2025 was filled with a series of impactful activities and significant milestones for Kaivalyadhama—both within the institute and in the broader field of Yoga. These initiatives reflect our sustained commitment to social responsibility, education, and the advancement of yogic science.

Social Outreach Initiatives

Yogamay Police Program: We successfully conducted in-house training for approximately 200 police personnel, equipping them with Yoga techniques and stress management tools. This initiative aims to support the mental and physical well-being of our law enforcement community.

Cancer Care Programs: In collaboration with the IMPAACT Foundation and Baldeo Bhagirathi Shah Trust, we launched a dedicated Yoga program for children battling cancer at Tata Memorial Hospital. Furthermore, programs for cancer survivors were conducted across multiple institutions, including ACTREC, helping bring emotional resilience and improved quality of life to participants.

Empowering Girls through Yoga: We partnered with Katalyst to deliver Yoga training programs tailored for young girls, empowering them through physical awareness, emotional balance, and confidence-building.

Educational Engagements and Institutional Visits

The institute hosted visits from several educational institutions, providing students and faculty a deeper exposure to our research, training, and traditional-yet-scientific approach to Yoga.

We were also privileged to meet the Hon'ble Vice President of India alongside the Chairman of our Centenary Committee. The Vice President graciously offered to host a Kaivalyadhama program at the Vice President's Estate, reflecting his encouraging support. His command of facts and warm sense of humor made the interaction especially memorable.

Academic Achievements

Our Post Graduate Diploma in Yoga Education program concluded this quarter, marked by a special ceremony graced by Hon'ble Member of Parliament Shri Shrirang Appa Barne. A total of 54 students completed this rigorous one-year training and are now poised to share their knowledge and practice of Yoga with the world.

Commemorations and Losses

This quarter also brought sorrow with the passing of two of our deeply cherished associates—Justice Dr S. Radhakrishna and Shri Lav Kumar Sharma. Their dedication and close association with Kaivalyadhama will always be remembered, and their absence deeply felt.

Publications and Celebrations

We were proud to launch the Centenary Coffee Table Book of Kaivalyadhama, encapsulating the 100-year journey of the institute. The launch ceremony was graced by Shri Ashish Shelar, Minister in the State Cabinet, and Shri Nanik Rupani, Chairman Emeritus of Priyadarshini Academy.

School Development

At Shri Kudilal Seksaria Sishu Vidyalay, we have successfully introduced several new programs to foster a Yogamay (yoga-enriched) environment for our young learners. We are now preparing to inaugurate a dedicated wing for the pre-primary section, creating an inspiring space to nurture the early years of education and well-being.

With gratitude for all the progress made and mindfulness of those we lost, we remain steadfast in our mission to use Yoga as a tool for holistic development and social good. We look forward to the coming months with hope and determination to continue contributing meaningfully to society and the field of Yoga.

NATIONAL CONCLAVE

Work-Life Balance

Reclaiming Harmony through Yoga

Kaivalyadhama, Lonavala
June 2025



An exclusive conclave for visionary leaders

In today's hyper-connected, high-performance environment, the pursuit of work-life balance is not a luxury—it's a leadership imperative. More than ever, business leaders are being called to foster cultures that are both high-achieving and human-centered.

Recent studies by FICCI-BCG reveal that 58% of Indian professionals report burnout—higher than the global average. The economic impact? Over \$14 billion annually in lost productivity and attrition due to mental health challenges. It's time for a reset.

Over the last 100 years, Kaivalyadhama has been leading the initiative to provide scientific evidence-based yogic solutions to mitigate stress, occupational fatigue, emotional resilience and other factors critical for flourishing organizations.

This conclave is designed as a transformative leadership experience—a space where ancient yogic wisdom meets modern organizational insight.

Conclave focus

- **Executive Burnout & Balance**
Retain high performance with calm
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Yogic tools for peak performance and team empowerment
- **Corporate Wellness in Action**
Creating a deeper and meaningful impact
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Real-time practices to shift inner and outer states
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Cooling breath techniques:

Using Sheetal Pranayama for summer relief

written by
RITIKA S.

In the midst of soaring temperatures and heat waves that seem to intensify each year, ancient wisdom offers us a remarkably effective cooling technique. Sheetal Pranayama, often called “the cooling breath,” provides not just physical relief from heat but also emotional and mental cooling that can transform our experience of hot weather.

WHAT IS SHEETALI PRANAYAMA?

Sheetali is one of the most accessible breathing practices from the yogic tradition. Its name directly translates to “cooling” or “calming,” revealing its primary purpose – to cool the body and calm the mind. Unlike most breathing techniques that emphasize nasal breathing, Sheetal uniquely involves inhaling through the mouth using a rolled tongue.

This simple yet powerful practice was developed specifically to reduce body temperature and create a sense of inner coolness, making it perfectly suited for our increasingly warm climate.

THE CLIMATE CONNECTION

As global temperatures rise and heat waves become more frequent, our bodies and minds face greater stress from environmental heat. Urban heat islands, where concrete and buildings absorb and radiate heat, can make city temperatures significantly higher than surrounding areas.

This is where Sheetal becomes particularly valuable. Rather than relying solely on external cooling methods like air conditioning (which contributes to climate issues), we can activate our body’s natural cooling mechanisms through breath.

HOW SHEETALI WORKS?

When we inhale through our rolled tongue, the air passes over the moisture of the tongue and creates a cooling effect similar to how evaporation cools our skin when we

sweat. This cooled air then travels to our lungs, throat, and eventually throughout our bloodstream.

The practice also affects the hypothalamus – our internal thermostat – helping to regulate body temperature from within. This makes Sheetal not just a temporary relief but a way to improve our body’s overall heat adaptation.

BASIC SHEETALI TECHNIQUE

1. Find a comfortable seated position with your spine straight
2. Extend your tongue outside your mouth and roll the sides up to form a tube
3. Inhale slowly and deeply through this tongue-tube
4. Close your mouth and exhale normally through your nose
5. Repeat for several rounds, focusing on the cooling sensation

For beginners, nine rounds is a good starting point. As you become comfortable with the practice, you can extend to 5–10 minutes of continuous practice.

DEEPENING THE PRACTICE

As you grow more familiar with the basic technique, you can explore variations:

Retention Variation: After inhaling through your rolled tongue, hold the breath comfortably before exhaling through your nose. This allows the cooling effect to penetrate deeper into your system.

Counted Variation: Count your inhalation, retention, and exhalation in specific ratios. Begin with equal counts (1:1:1), then gradually progress to more advanced ratios like 1:2:2 or 1:4:2 as your capacity increases.

WHEN TO PRACTICE?

Sheetali is incredibly versatile:

- During heat waves or hot summer days
- After physical exercise when your body is naturally heated
- Following heating pranayama practices
- When experiencing emotional “heat” like anger or frustration
- Before meditation to create a calm, cool mental state

For maximum climate relief, practice outdoors in the shade during morning or evening hours when the air is slightly cooler but you still need relief from the heat.

BENEFITS BEYOND COOLING

While climate relief might be your initial motivation for practicing Sheetal, its benefits extend far beyond physical cooling:

Physical Benefits:

- Reduces body temperature
- Alleviates excessive thirst
- Improves digestion
- Helps regulate blood pressure
- Purifies the blood
- Can help reduce fever

Mental-Emotional Benefits:

- Creates a calm, centered mental state
- Reduces anger, irritability, and frustration
- Promotes emotional balance
- Helps soothe anxiety
- Creates a feeling of refreshment and renewal

PRACTICAL CONSIDERATIONS

While Sheetal is generally safe and beneficial, a few considerations will help you practice effectively:

- Avoid practicing in highly polluted environments since you’re breathing



directly through your mouth

- If you can't roll your tongue (which is genetically determined), try the sister practice Sitali where you inhale through slightly parted teeth
- Those with very low blood pressure or chronic cold conditions should practice with moderation
- Practice in a clean environment to avoid inhaling particulate matter

INTEGRATING SHEETALI INTO DAILY LIFE

The beauty of Sheetali lies in its simplicity and accessibility. Even busy people can incorporate it into daily routines:

- Take three cooling breaths before stepping out into hot weather
- Practice for five minutes after your shower on hot mornings
- Use it as a quick refresh during your lunch break
- Incorporate it into your evening routine to cool down before sleep

THE COOLING BREATH IN A WARMING WORLD

As our climate continues to change, practices like Sheetali become increasingly relevant. Beyond providing personal relief, they represent a shift in how we approach environmental challenges – working with our internal resources rather than depending solely on external technologies.

This inner cooling creates resilience on multiple levels. When we can regulate our own temperature and comfort, we become less dependent on energy-intensive cooling methods and more adaptable to changing conditions.

The yogic tradition reminds us that we have remarkable internal resources. Sheetali Pranayama is a gift from this tradition that offers a practical tool for navigating our warming world with greater ease, comfort, and presence.

By learning this simple technique, you gain a portable cooling system that requires no electricity, creates no emissions, and connects you to ancient wisdom perfectly suited for modern challenges.

A family's yoga journey at Kaivalyadhama

written by

MR VAIBHAV SHUKLA

P.G.D.Y.Ed., Batch 2025

Over the years, Kaivalyadhama has welcomed individuals from all walks of life to study yoga. However, for the first time, we have the privilege of hosting an entire family embarking on this transformative journey together. Their collective participation makes them truly unique and noteworthy.

What began as my personal quest for yoga soon became a shared family experience. After completing a one-month course at Kaivalyadhama in December 2022, I encouraged my father, Devendra Shukla, to embrace yoga post-retirement, while my mother, Seema Shukla, sought healing through naturopathy. My sister, Ila Shukla, also joined us, and together, we enrolled in the Post Graduate Diploma in Yoga Education.

Practicing yoga as a family for the past eight months has strengthened our bond and transformed our lives, bringing us physical vitality, emotional growth, and mental clarity.

OUR JOURNEY AS A FAMILY AT KAIVALYADHAMA

I am Vaibhav Shukla, and my journey with yoga has been one of transformation, growth, and deep connection—not just for me but for my entire family. I was teaching Civil Engineering at a college when I first felt the urge to explore yoga. I wanted to understand it beyond just physical postures, to dive into its philosophy and true essence. My search led me to Kaivalyadhama, and in December 2022, I took a one-month Certificate

Course in Yoga here. That one month changed something within me. I experienced firsthand the impact of yoga—not just in terms of physical health but in the way it brings clarity, calmness, and a deeper connection

with oneself. The environment of Kaivalyadhama, its holistic approach, and the discipline made me realize that this was something I wanted to explore further. But what truly made this journey special was the fact that I was not alone in it. In April 2024, my father, Devendra Shukla, retired from his long-standing bank service. Retirement is a significant phase in life—it marks the end of one journey and the beginning of another. My father had dedicated his life to work, and I felt that yoga could help him transition smoothly into this new

phase, restoring his health and giving him a renewed sense of purpose. My mother, Seema Shukla, had been struggling with health issues, and we felt that yoga, combined with the right diet, naturopathy, and Panchakarma therapies, could help her regain strength and well-being. My younger sister, Ila Shukla, also wanted to embrace yoga as a part of her life. And so, as a family, we made the decision to take this journey together, enrolling in the Post Graduate Diploma in Yoga Education at Kaivalyadhama.

Living and Learning Together The past eight months here have been unlike anything we had ever experienced. There is something truly special about going through this process as a family. We attend classes together, practice yoga together, and support each other through the



challenges and learning that come with it. One of the most beautiful aspects of this journey has been the simple yet profound experience of spending time together—something that modern life often takes away from families. In our daily routines back home, we were always busy in our own worlds, but here, we have found a rhythm where we learn, grow, and heal as one unit. Physically, we have all seen significant changes—whether it is weight loss, improved flexibility, or better stamina. But beyond that, the mental and emotional shifts have been even more profound. The discipline, the lifestyle, the philosophical teachings—it has all contributed to a sense of balance and clarity that we never knew we needed.

A NEW PERSPECTIVE ON LIFE

Coming from a small town like Khandwa, Madhya Pradesh, this experience has also opened up new possibilities for us. If our parents truly embrace this way of life and find comfort in it, we may consider relocating to a place like Pune or Mumbai, where there are better opportunities and a more

active yoga culture. It is hard to put into words how much we have gained from these past months. From reconnecting with ourselves to strengthening our family bond, from forming new friendships to immersing ourselves in the peaceful surroundings of Lonavala—every moment has been invaluable. Looking back, I can say with certainty that deciding to take this journey as a family was one of the best decisions we have ever made. Yoga has not just transformed us individually; it has brought us closer, given us a deeper sense of purpose, and shown us a way of living that we wish to continue even beyond Kaivalyadhama.

Power of feedback:

A path to growth and improvement

written by

MS. BHUMI CHOKSI

Manager Administration & Co-ordination, Kaivalyadhama

Feedback, whether positive or constructive, plays a vital role in today's work culture, helping to enhance the quality of both work and services. At Kaivalyadhama, we actively seek and value feedback from two key sources:

1. Participant Feedback

Guests who stay with us for a week or more share their experiences through structured feedback forms. Their insights help us understand their journey at Kaivalyadhama and identify areas for improvement.

2. Internal Feedback

Our staff members, being an integral part of the system, provide valuable suggestions that contribute to refining services. Their recommendations not only enhance the experience for visitors but also improve workplace culture and job satisfaction.

By incorporating feedback from both participants and staff, we continuously strive to improve our offerings, ensuring a more enriching experience for everyone at Kaivalyadhama.

HOW WE PROCESS FEEDBACK

All feedback is carefully analyzed and discussed during our monthly staff meetings. This process helps us identify key areas for improvement, implement necessary changes, and enhance overall satisfaction.

Responding to feedback is equally important for motivation and acknowledgment. We ensure this by:

- Sending weekly email responses to participants.
- Addressing staff feedback through discussions in meetings.

KEY FEEDBACK AND IMPLEMENTED CHANGES

Here are some notable feedback points and the improvements we have made:

1. Separate dining facilities for staff – A dedicated dining room has been provided.
2. Visitor Center enhancements – A TV screen has been installed to showcase Kaivalyadhama's tours, photos, and videos.
3. Arrival refreshments – Fruits and herbal drinks are now available for participants who arrive before 1 PM.
4. Medical Relief Fund – Successfully implemented.
5. Registration Process – Streamlined for better efficiency.
6. Arrival System – Improved for a smoother experience.
7. Stronger Coordination – Strengthened internal systems and teamwork.
8. New Naturopathy Therapies – Introduced to expand wellness offerings.

IMPACT AND PROGRESS

We have successfully implemented nearly 78% of the suggested improvements, demonstrating our commitment to continuous growth. The progress is visually represented in the following graphical analysis.

By understanding these trends, we continue to make meaningful improvements that enhance the experience for both visitors and staff at Kaivalyadhama.

Also like to share the general information regarding the repeat participants in the year.

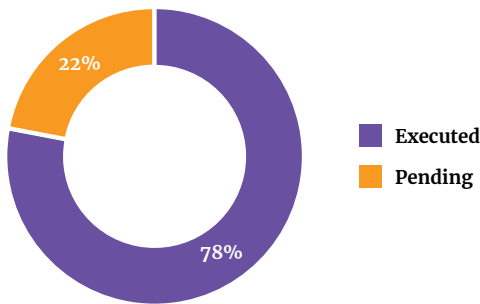


During the monthly meeting of HealthCare Centre, we discuss these all the feedbacks and actionable plans thereof.

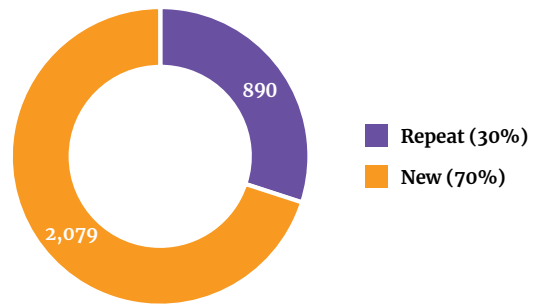
We also appreciate the staff by awarding "Employee of the month" which motivates the individual to strive towards excellence in his/her services for the betterment.

Our motive is... *"There is always a space for improvement"*

PROGRESS ON SUGGESTED IMPROVEMENTS



REPEAT PARTICIPANTS



Wealth Creation

written by

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युवःसुराममश्विना नमुचावासुरे सचा ।
विपिपाः सरस्वतीन्द्रं कर्मस्वावत ॥ ७६ ॥

YAJURVED SKAND 20 SAUNHITA 76

ભાવાર્થ : જે મનુષ્યો પુરુષાર્થથી મહાન ઐશ્વર્યને પ્રાપ્ત કરીને, ધનને સુરક્ષિત કરીને આનંદ ભોગવે છે, તેઓ નિરંતર ઉન્નતિ કરે છે. (૭૬)

In this saunhita we learn 3 concepts (i) How to create wealth (ii) how to protect (iii) how to spend. Saunhita later explains one who adheres to above enjoy and evolves continuously.

Firstly, importance is on creation of wealth. Saunhita is very clear, creation of wealth should be with lots of honesty and hard work. We had read earlier in this column that those who receive wealth without efforts do not value it.

It is believed that most winners of large fortune through winning of lottery, game shows on TV and elsewhere etc. lose their wealth. This also happens to poor families who receive compensation from Govt after a calamity. Surviving members of family do not know how to protect and invest relatively large amount of compensation received from Govt. They end up increasing standard of living, splurging, investing in quick return schemes and later losing all the money and even lending to relatives; friends et. al which many times does not come back.

Archana Jha got divorced from her husband. As part of alimony, she received large sum. Quantum was very large as she was married in corporate family and her in-laws are very wealthy. Soon her life style changes. She immediately changed her car from small hatch back to

sedan. Next for her 40th birthday she went to Europe on cruise and even paid for two of her dear friends. She could not digest large wealth which she had received. Problem is not against spending. Problem is against sudden splurging.

Therefore, ensure wealth that enters our house is hard earned and is ethical. If is sudden windfall, invest wisely before splurging.

Next protect this wealth. Protect from erosion due to illness, accident, disability, death, theft etc. For all these perils insurance is an option. Appropriate savings and investment is also needed.

Most often it has been observed that when it comes to splurging, we rarely enjoy it or it is short lived. This is because we are not fully engrossed in it. Scriptures have spoken about splurging like a child. Observe an infant/child playing. S/he could be playing with a shoe. Fully engrossed, does not pay any heed to what others are feeling about it. To infant/child it does not matter which brand of shoe it is, what will

people say etc. Most of us even when we splurge, we are concerned about which brand it is, what will people say, is it up to my status etc. Leading doctor had once told me I don't know how to use my latest mobile handset, I was very comfortable with my older model. When I asked him then why did he purchased new one, his reply was What will people think if I use old model. The day our splurging is to show off to people, establish our identity in society we are not enjoying it, we are only doing out of our ego. Ego of "I." Moment ego comes in enjoyment goes away. Infant/child has no ego and hence they enjoy life.

This saunhita imparts great wisdom of creating, protecting and splurging our wealth. Create with hard work, protect with strategy and splurge without comparison, jealousy, ego. All of this will lead to not only happiness but bliss. Bliss evolves us, makes us calm, serene. Blessed are we to be born in region where scriptures give us not only education but wisdom our relationship with wealth.

Samachar

from Kaivalyadhama

1 JANUARY 2025

Benefactor Corner: Kaivalyadhama gets an Ambulance

On behalf of everyone at Kaivalyadhama, we extend our heartfelt gratitude for your generous donation of the ambulance. Its presence has truly been a blessing and a source of reassurance for our community.

We are pleased to share the report of its usage during its first month of service. The ambulance has already played a vital role in ensuring timely medical assistance in various situations:

1. Support for our students:

One of our students experienced a sudden illness during the night due to kidney complications. The ambulance ensured they received immediate medical attention, which proved critical in managing their condition.

2. Assistance in the Yogic hospital:

A patient in our Yogic Hospital faced an episode of breathlessness. The ambulance facilitated their swift transportation for further medical care, safeguarding their health during this emergency.

3. Aid for a staff member's family:

A staff member's son had an accident at home, resulting in a severe cut on his finger. The ambulance was promptly used to transport him for emergency care, averting potential complications.

These instances highlight how your thoughtful gesture has directly contributed to saving lives and alleviating distress. It reinforces our belief in the strength of community and the importance of preparedness in moments of need.

Your support is a testament to your unwavering dedication to our cause. It brings us immense joy to see the ambulance already making a tangible difference, and we remain deeply grateful for your kindness and generosity.

May you both be blessed with continued happiness, good health, and success in all your endeavors.





6 JANUARY 2025

Police Yoga Training Inaugurated at Pimpri-Chinchwad Police Commissionerate

On Monday, January 6, 2025, the inauguration ceremony of the Police Yoga Training program was held at the Pimpri-Chinchwad Police Commissionerate Hall. The event was graced by the presence of Shri Subodh Tiwari, Secretary and CEO of Kaivalyadhama Yoga Institute, Lonavala; Shri Pavan Kumar Choubey, Police Commissioner of Pimpri-Chinchwad; and Shri Vasant Parashir, Additional Police Commissioner.

The yoga training initiative, scheduled to be conducted from January to March 2025 in four phases, aims to provide stress relief and holistic well-being to police personnel.

The program commenced with a peace invocation. Shri Pavan Kumar Choubey felicitated Shri Subodh Tiwari, Dr Sharadchandra Bhalekar, Shri G.N. Moorthy, and Mrs Ashwini Mudgalikar of Kaivalyadhama with shawls and bouquets. Shri Subodh Tiwari shared insights on the significance of yoga training and its transformative effects. He emphasized the importance of not only practicing yoga but also experiencing its profound impact. He conveyed a vision to make Pimpri-Chinchwad Police "Yoga-Oriented" and presented information about Kaivalyadhama's century-long legacy and its earlier yoga training programs for police.

A documentary showcasing Kaivalyadhama's contributions and its centenary celebrations was screened, along with a short film highlighting previous yoga training sessions for police personnel.

Dr Sharadchandra Bhalekar conducted a practical session on "Stress Management through Yoga," guiding participants in techniques such as Bhramari Pranayama. He explained how police officers can achieve mental balance amidst their demanding schedules.

In his address, Shri Pavan Kumar Choubey expressed his admiration for Kaivalyadhama's work and shared his personal experience with Yoga Nidra. He announced his decision to send police officers to Kaivalyadhama for specialized yoga training, underlining the need for regular yoga practice to alleviate mental and physical stress.

The event concluded with a vote of thanks by Yoga Instructor Ms. Pooja Satkar, followed by a peace chant, "Om Purnamadah."

The training program, spanning January to March 2025, will comprise four batches, each lasting four days. It is expected to provide significant stress-relief benefits to participating police officers, promoting better mental and physical well-being.

10 JANUARY 2025

Kaivalyadhama hosts Sinhgad Institute of Pharmaceutical Sciences for an Educational Visit

On Friday, 10 January 2025, Kaivalyadhama Yoga Institute warmly welcomed 65 students and faculty members from the Sinhgad Institute of Pharmaceutical Sciences, Lonavala, for an educational tour. The program was held at Kudilal Hall and aimed to introduce the visitors to the rich heritage and practices of yoga, as well as the century-long journey of Kaivalyadhama.

The event commenced at 10:30 AM with the arrival of the group. After a brief introduction and an opening prayer, the students were given an overview of the institute's mission and its centenary achievements. A documentary titled "Why Kaivalyadhama: Centenary So Far" was





screened to provide insight into the institute's legacy and contributions to yoga and holistic health.

Following the documentary, the group embarked on a campus tour. They visited key areas, including the library, the Scientific Research Department (SRD), and the goshala. A highlight of the tour was a serene meditation session held at the Kuti, in the sacred presence of Swamiji's Samadhi. The meditation offered the students a moment of peace and introspection, resonating with the spiritual essence of Kaivalyadhama.

The program continued with a yoga session conducted by Ms. Purva Satkar in Kudilal Hall. The session, held from 11:45 AM to 12:45 PM, introduced the participants to fundamental yoga practices, emphasizing the importance of physical and mental well-being.

The visit concluded with a shopping experience at Utpatti, where students explored a range of yoga-related products and memorabilia. By 1:30 PM, the group departed, carrying with them a deeper understanding of yoga and its holistic benefits.

Kaivalyadhama extends its gratitude to the Sinhgad Institute of Pharmaceutical Sciences for their enthusiastic participation and looks forward to hosting similar educational collaborations in the future.



11 JANUARY 2025

Educational Tour to Yoga Sadhana Mandir, New Mumbai

On 11 January 2025 Yoga Sadhana Mandir, New Mumbai, hosted an engaging educational tour for 40. The tour aimed to provide participants with an immersive experience, blending education, spirituality, and the serenity of nature.

The students arrived at the venue at 8:00 AM, where they were warmly welcomed. The day began with a light breakfast, energizing the group for the exciting activities planned ahead.

The first highlight of the tour was a nature hike to Swamiji's Gufa and Walvan Dam. The students explored the picturesque

surroundings while learning about the historical and spiritual significance of the sites. The hike offered them a moment of calm reflection amidst the natural beauty.

Following the hike, the group visited the SRD PLRD Library, renowned for its extensive collection of yoga and spiritual literature. The visit also included a special session at Kudlal Hall, where the students watched a documentary showcasing the 100 years of kaivalyadhama presence and the centenary journey. This provided them with valuable insights into the institution's legacy and contributions to yoga and wellness.

The tour concluded with a stop at Utpatti, where students had the opportunity to shop for yoga-related items and souvenirs, taking a piece of the experience home with them. The group departed, enriched by the knowledge and inspiration they had gained throughout the day.

This educational tour was a remarkable success, leaving the students inspired by the teachings of yoga, the wisdom of Swamiji, and the legacy of Yoga Sadhana Mandir. Special thanks go to Dr Sabhir Sheikh for getting his yog sadhaks and to the entire team for organizing a memorable experience.



15 JANUARY 2025

Kaivalyadhama at AMCON 2024-25

Kaivalyadhama's Representation at AMCON 2024-2025, Subodh Tiwari's presence highlighted the integration of Yoga into modern healthcare. Kaivalyadhama's contribution to holistic wellness, disease prevention, and therapeutic yoga aligns with the evolving medical landscape, where integrative medicine is gaining prominence. His participation underscored the importance of blending ancient yogic wisdom with contemporary medical practices, fostering a more comprehensive approach to health and well-being.

The collaboration between Kaivalyadhama and leading medical professionals at AMCON 2024-2025 marks a significant step in promoting the therapeutic benefits of yoga in mainstream healthcare. This synergy paves the way for more robust, holistic healthcare solutions in India and beyond.



21 JANUARY 2025

Welcoming MDNIY Delhi: A Day of Yogic Harmony at Kaivalyadhama

On Tuesday, January 21, 2025, Kaivalyadhama Yoga Institute had the honor of hosting a group of 65 students from the Morarji Desai National Institute of Yoga (MDNIY), Delhi, for a full-day educational tour. The visit was a harmonious blend of yogic learning, cultural immersion, and enriching experiences.

A Warm Welcome: The group arrived at 6:30 AM, greeted by the serene atmosphere of Kaivalyadhama. Their disciplined and enthusiastic demeanor set the tone for a day of exploration and interaction, where they demonstrated a keen interest in deepening their understanding of yoga.

Schedule of the Day

Morning Yoga Session: At 7:00 AM, the students participated in an invigorating yoga class conducted by Mr Ankur Pandey and Mr Angad Babar. The session laid a strong foundation for the day, blending traditional practices with contemporary insights.

Breakfast: A wholesome and nourishing satvik breakfast was served at 8:30 AM, energizing the participants for the packed schedule ahead.

Lecture on Yoga as Therapy: At 9:30 AM, Dr Sharadchandra Bhalekar delivered an engaging lecture on "Yoga as Therapy," providing valuable insights into the therapeutic applications of yoga for physical and mental well-being.

Documentary Screening: At 10:30 AM, the group watched a documentary highlighting Kaivalyadhama's significant contributions to yoga research, education, and therapy.

Philosophy of Yoga: At 11:30 AM, Dr Bodhe captivated the audience with a presentation on the profound philosophy of yoga, connecting ancient wisdom with modern practices.

Meditation at Swamiji's Samadhi: At 12:30 PM, the group visited Swamiji's Samadhi, where Sadhak Ramdas led a short but impactful meditation session.

Satvik Lunch: A delightful satvik lunch prepared by Ms. Vidhi and her team was served at 1:15 PM. The meal was not only a culinary treat but also a demonstration of mindful eating practices.

Campus Tour: At 2:30 PM, the students embarked on a comprehensive campus tour, visiting key departments such as the Patanjali Circle, library, and research facilities. The tour was both educational and inspiring, offering a glimpse into Kaivalyadhama's multifaceted contributions to the field of yoga.





Token of Appreciation: At the conclusion of the tour, a placard and a sounder were presented to the group leader on behalf of Kaivalyadhama as a token of appreciation for their visit.

Utpatti Store Visit: The day ended with a visit to the Utpatti store, where students explored

a range of souvenirs and books, availing discounts as a gesture of goodwill.

A Memorable Experience...

The students' curiosity, engagement, and enthusiasm made the day a resounding success. Kaivalyadhama takes immense joy in

hosting such visits, fostering the exchange of knowledge and the spirit of yoga.

We look forward to more opportunities to collaborate and share our legacy with institutions like MDNIY, continuing to nurture the yogic tradition for generations to come.

28 JANUARY 2025

Education Tour of the Psychology Department, Sir Parashurambhau College, at Kaivalyadhama

On January 28, 2025, Kaivalyadhama Yoga Institute had the privilege of hosting the Psychology Department from Sir Parashurambhau College, Tilak Road, Pune. The group consisted of 60 enthusiastic students and 2 accompanying teachers, making it a total of 62 participants. The day-long educational tour was filled with enriching experiences and valuable insights into the world of yoga, research, and wellness.

The group arrived promptly at 10:00 AM and was warmly welcomed to the serene campus of Kaivalyadhama. The program commenced with an Introduction to Kaivalyadhama, providing an overview of its rich legacy, contributions to yoga, and the wide array of educational and therapeutic activities conducted at the institute.

Next on the agenda was the "Walk the Talk" session, where participants explored the campus while gaining insights into its history

and purpose. This interactive walk helped participants connect with the institute's ethos and its serene environment.

The highlight of the day was an experiential yoga session conducted by Mr Jitesh Sakhla. The session gave students and teachers a hands-on experience of yoga practices and techniques, emphasizing the mind-body connection.

Following the yoga session, Dr Prathibha Rajbhog delivered an insightful lecture on the latest research findings from the Scientific Research Department (SRD). Her talk delved into cutting-edge studies and their implications for psychology and yoga, leaving the attendees inspired and informed.

The group also visited the library, where Ms Archana Sinha guided them through the extensive collection of yoga literature, historical documents, and rare texts preserved at Kaivalyadhama.

A wholesome satvik lunch, prepared by Ms. Vidhie Owhol and her team, was served, offering the participants a taste of nutritious and balanced meals that align with yogic principles. The meal was thoroughly enjoyed and appreciated by everyone.

The program concluded at 3:30 PM, with participants expressing their gratitude for the insightful and immersive experience. The visit not only deepened their understanding of yoga and its scientific applications but also left a lasting impression of Kaivalyadhama's contributions to health and wellness.

We extend our heartfelt thanks to Dr Arvind Kakulte, Head of the Psychology Department, Sir Parashurambhau College, for coordinating the visit. We look forward to welcoming them again in the future for more such enlightening exchanges.



29 JANUARY 2025

Educational tour of Avinashilingam Institute for Home Science & Higher Education for Women

On 29 January 2025, Avinashilingam Institute for Home Science & Higher Education for Women, a premier women's Deemed University in Coimbatore, Tamil Nadu, organized an educational visit to Kaivalyadhama, Lonavala. This visit aimed to provide students with insights into the role of yoga and physical training in holistic education and well-being.

The visit commenced with a documentary screening that provided an overview of the rich history and contributions of Kaivalyadhama in the field of yoga and research. Following this, students participated in an engaging quiz session that tested their knowledge about the institute's legacy and its impact on yogic sciences.

Lecture on the Rich Heritage of the Library

Delivered by Ms Archana Sinha, this session enlightened students about the extensive collection of ancient manuscripts, research papers, and books that Kaivalyadhama preserves. The students were particularly fascinated by the rare collections and their relevance in yoga and physical training studies.

Lecture on New Research in Yoga

Dr Pratibha Rajbhoj presented the latest advancements in yoga research and their implications for physical training and rehabilitation. The session included discussions on evidence-based research and practical applications of yogic practices in

sports and fitness.

Walk the Talk on Campus & Meditation at Swamiji's Samadhi

As part of the immersive experience, students participated in a 'Walk the Talk' session on the serene campus of Kaivalyadhama, gaining first-hand exposure to the tranquil environment that fosters yogic discipline. The group also spent time in meditation at the Samadhi of Swami Kuvalayananda, experiencing deep reflection and inner peace.

Sattvic Food Experience

The visit was further enhanced by a nourishing sattvic meal, thoughtfully prepared by Ms Vidhi Owhal and her team. The



students and faculty relished the wholesome and delicious food, which provided a true taste of yogic living and nutrition.

The students actively participated in discussions and asked insightful questions, demonstrating their keen interest in integrating yogic principles into their academic and professional pursuits. The visit not only enriched their understanding of yoga but also provided them with exposure to a unique blend of traditional and modern scientific approaches in the field of physical education.

The educational visit to Kaivalyadhama was an enriching experience for both students and faculty. It provided a deeper understanding of the integration of yoga in physical education and highlighted the importance of research in enhancing training methodologies. The visit also strengthened the academic collaboration between Avinashilingam Institute and Kaivalyadhama, paving the way for future knowledge exchange initiatives.

31 JANUARY 2025

Bharat Yoga Mala reaches Udaipur: A celebration of Yoga and mental wellness

On 29 January, 2025, Bharat Yoga Mala arrived in Udaipur, marking another significant milestone in its journey of promoting mental wellness across India. The event, held in the historic city of lakes, was a grand celebration of yoga's transformative power, bringing together esteemed dignitaries, yoga enthusiasts, and scholars.

The event was graced by the presence of Prof. Col. S.S. Sarangdevot, Vice Chancellor of Janardan Rai Nagar Rajasthan Vidyapeeth, who served as the Chief Guest. His insights into the integration of yoga into academic institutions and its role in shaping holistic well-being were deeply appreciated by the attendees.

Adding to the event's prestige, the Guests of



Honour included Prof. Neeraj Sharma, Dean of the Sanskrit Department at Mohanlal Sukhadia University, and Shri Anurag Saxena, Director of Pratap Gaurav Kendra Udaipur. Their perspectives on the spiritual and historical significance of yoga enriched the discussions, highlighting its deep-rooted connection with Indian tradition.

Other distinguished attendees included Shri Himanshu Paliwal from the Indian Yoga Association and Dr Prof. Deependra Singh

Chauhan, Coordinator of Yoga Kendra Udaipur. Their contributions to the field of yoga and their commitment to fostering its growth in Rajasthan and beyond were recognized and lauded.

The event featured engaging sessions on yoga's role in mental health, practical demonstrations, and an interactive dialogue on the importance of incorporating yoga into daily life. The participants experienced firsthand the benefits of various yogic

practices, leaving them inspired to adopt a yogic lifestyle.

As Bharat Yoga Mala continues its journey, its stop in Udaipur stands as a testament to the growing awareness and acceptance of yoga as a crucial tool for mental wellness. With such enriching gatherings, the movement is steadily paving the way for a healthier and more mindful society, reaffirming yoga's timeless relevance in the modern world.

31 JANUARY 2025

Empowering Young Women: KATALYST Exclusive Program at Kaivalyadhama

The KATALYST Exclusive Program for Student Professional Girls, held from January 31 to February 2, 2025, at Kudilal Hall, was a remarkable initiative aimed at fostering personal and professional growth among young women. The event was attended by 62 enthusiastic students, accompanied by two faculty coordinators, Ms. Heena Pasi and Ms. Keshvai Agarwal, who actively participated in all activities.

DAY 1: JANUARY 31, 2025

The participants arrived at 4:30 PM, where they were welcomed and provided with kits. The evening commenced with a context-setting session and an inspiring talk on 'Women of the Century' by Bernard Britto, igniting motivation among the attendees. This was followed by a documentary screening, concluding with a delightful dinner at 7:00 PM. Later, at 8:00 PM, the group moved to KVN School for their overnight stay.

DAY 2: FEBRUARY 1, 2025

The second day was filled with enriching and engaging sessions, starting with a refreshing Yoga session from 7:30 to 8:45 AM. After a hearty breakfast at 9:00 AM, the participants embarked on a campus tour, exploring key locations such as Kuti for a 25-minute meditation session, Goshala, and SRD.

At 11:30 AM, an insightful lecture was delivered by Dr Bodhe on 'Yoga and Values for Life', emphasizing holistic well-being. Post-lunch, the participants had a brief rest period at Kudilal Hall, followed by another informative session at 3:00 PM by Mr Ankur Pandey on 'Yoga for Women's Health Care'.

The day continued with a tea break at 4:00 PM, leading into an evening Yoga session from 5:00 PM to 6:30 PM. After dinner at 7:00 PM, the participants returned to KVN School for a restful night.

DAY 3: FEBRUARY 2, 2025

The final day began with a hiking expedition to Walvan Dam at 6:30 AM, offering a blend of adventure and serenity. Following breakfast at 9:00 AM, the program concluded with



heartfelt goodbyes as participants departed at 10:30 AM, carrying unforgettable experiences and newfound knowledge.

SPECIAL ACKNOWLEDGMENTS

The seamless execution of this event was made possible by the dedicated efforts of various teams and individuals:

- **Accommodation:** Special gratitude to Madam Alifiya, Mr Kiran L, and the KVN non-teaching staff for their hospitality.
- **Catering:** The delicious and timely meals were provided by Ms Vidhie O. and the Annapurna team.
- **Program Coordination:** The heart of the event, Ms Purva Satkar, along with intern

Ms Janhvi Singh, served as guardian angels, ensuring a smooth experience for all participants.

- **Takeaway Kits:** Special thanks to Mr Roshan J. and his team for organizing the takeaway kits, which included a book on Yoga for selected diseases, a pen, a bag, and a small packet of dry fruits.

The 64 young women left with a deep sense of inspiration, expressing reluctance to depart, a testament to the program's success in empowering and enlightening them.

A heartfelt thank you to all collaborators and supporters for making this noble endeavor a resounding success!



1 FEBRUARY 2025

MGP Conciliators' Skill Development Programme at Kaivalyadhama

On Saturday, 1 February 2025, the MGP Conciliators' Skill Development Programme was successfully conducted at the serene and picturesque Kaivalyadhama, Lonavala. The event, which ran from 9:00 am to 5:00 pm, attracted participants from Mumbai and Pune, all of whom relished the opportunity to spend the day in the tranquil and yogic atmosphere of Kaivalyadhama.

The day commenced with registration and breakfast from 9:00 am to 10:00 am. Attendees enjoyed the pristine surroundings and a refreshing breath of fresh air, setting the tone for an enriching day ahead.

At 10:00 am, a brief meditation session was held, allowing participants to center themselves before the intensive discussions began. This was followed by a welcome and introduction of participants at 10:15 am, fostering a sense of camaraderie among attendees.

The first session, from 10:30 to 11:00 am, was led by Adv. Shirish Deshpande, who provided valuable insights into understanding RERA from a conciliation perspective. Shri Sudhakar Deshmukh, Director of the MahaRERA Conciliation Forum, could not make it due thus Adv. Deshpande continued the spirited discussion from 11:00 to 11:30 am, during

which participants had the opportunity to seek clarifications and discuss key issues.

A short break from 11:30 to 11:45 am allowed attendees to recharge before the next session. From 11:45 am to 1:00 pm, Ms Namita Shah, Co-founder of Pre-solve 360, conducted an insightful session on challenges in online conciliation and techniques in co-conciliation. Her expertise provided attendees with practical solutions for navigating the digital landscape of dispute resolution.

Lunch was served from 1:00 to 1:45 pm, giving participants a chance to relax and network in the calming ambiance of Kaivalyadhama.

Post lunch, from 1:45 to 2:30 pm, Dr Archana Sabnis, along with Sharmila Ranade and Kalpita Ranade, presented on standard and best practices in the conciliation forum, emphasizing effective methodologies for ensuring successful resolutions.

The panel discussion on "Strategies for Successful Conciliation" took place from 2:30 to 3:15 pm, featuring esteemed panelists Adv. Pooja Joshi, Vivek Kelkar, Anagha Achrekar, and Archana Pangaonkar, with moderation by Dr Archana Sabnis. The discussion highlighted diverse perspectives and strategies to enhance conciliation effectiveness.

A mini break from 3:15 to 3:30 pm offered a brief respite before the final segment of the program.

The session on "Ways and Means for Making MahaRERA Conciliation Party-Centric & Result-Oriented" was conducted from 3:30 to 4:30 pm by Tanu Mehta, a Senior Mediation Trainer. She emphasized the importance of focusing on the needs of the disputing parties to achieve more meaningful and sustainable resolutions.

The programme concluded with closing remarks by Adv. Shirish Deshpande from 4:30 to 4:45 pm, summarizing the key takeaways from the day's sessions. The event wrapped up with tea and coffee from 4:45 to 5:00 pm, providing a final opportunity for networking and discussions.

Overall, the MGP Conciliators' Skill Development Programme proved to be an insightful and enriching experience, equipping participants with valuable knowledge and practical skills to enhance their roles in the conciliation process. The unique setting of Kaivalyadhama contributed to the success of the event, making it a memorable and rewarding experience for all attendees.



26 JAN-8 FEB, 2025

Pranayama Anushtana

Kaivalyadhama successfully conducted the Pranayama Anushtana from 26 January to 8 February 2025 under the guidance of Shri Sudhir Tiwari. This two-week intensive program, held in the esteemed lineage of Kaivalyadhama, saw the participation of more than 17 dedicated and enthusiastic practitioners.

Continuing the tradition established by Swami Digambarji and upheld by Swami Maheshanandaji and Dr O.P. Tiwari ji, the Anushtana focused on deepening the practice of pranayama in a structured and immersive setting.

ESSENCE OF ANUSHTHANA

The term Anushtana signifies Abhyasa (practice) plus Vairagya (dispassion). Over the course of two weeks, participants engaged in three practice sessions daily, supplemented by Satsang on selected days. A satvik diet was an integral part of the program to support the holistic yogic lifestyle. Daily Q&A sessions and discussions were conducted to enhance understanding and application of traditional yogic techniques.

PRACTICE HIGHLIGHTS

While pranayama remained the central focus, the program also incorporated:

- Sat Kriyas (cleansing practices)
- Asanas (postures)
- Chanting
- Meditation

The Anushtana was designed for individuals who:

- Maintain a regular pranayama practice
- Have attained stability in their practice
- Can sit in a meditative posture for an extended period
- Seek more than just psychophysiological benefits and wish to deepen their spiritual and physical experience

Participants were required to have prior experience in Kaivalyadhama's pranayama lineage, demonstrating proficiency in Kapalabhati (minimum 3 x 120 at 2 strokes per second) and Kumbhaka. Eligible practitioners had trained under Dr O.P. Tiwari ji, Shri Sudhir Tiwari, or senior students from the Three-Year Pranayama Teacher Training Course of Kaivalyadhama.

ABOUT SHRI SUDHIR TIWARI

Shri Sudhir Tiwari, a direct disciple of Swami Digambarji and son of Dr Om Prakash Tiwari ji, continues to propagate the traditional teachings of Patanjali's Yoga. His approach integrates Yamas, Niyamas, Asana, Pranayama, Meditation, Mantra Yoga, and Ishwar Pranidhana, presenting yoga as a holistic, experiential discipline.

Shri Sudhir travels extensively, conducting workshops worldwide on theory and practice of yoga, pranayama, meditation, chanting, and Ayurveda. He also leads Kaivalyadhama's Three-Year Pranayama Teacher Training Course.

His guiding philosophy: "Breathe Positive, Breathe Yoga."

SPIRITUAL UNDERTAKING

Anushtana is a spiritual vow and was observed with twice-daily Yajna (fire ceremony), four daily yoga sessions, and an environment of introspection and self-discipline. It was a joy to witness the dedication of practitioners and to reconnect with familiar faces in the Kaivalyadhama Yoga Institute lineage.

The success of this Anushtana stands as a testament to the commitment and sincerity of all participants. We look forward to continuing this sacred tradition in the years to come.



1 FEBRUARY, 2025

Sattvic Ahaar 2025: A National Conference on Sattvic Ahaar at Kaivalyadhama, Mumbai

The National Conference on Sattvic Ahaar 2025 was successfully held on February 1, 2025, at Kaivalyadhama, Mumbai, bringing together experts and enthusiasts in the fields of Yoga, Ayurveda, Naturopathy, and modern nutrition. The event aimed to explore the transformative power of Sattvic nutrition in promoting holistic health, mental clarity, and spiritual well-being.

A GRAND INAUGURATION

The conference commenced with an esteemed inaugural session. Shri Bhushan Gagrani, Commissioner of BMC, graced the occasion as the Presiding Guest of Honour, while Padma Shri Awardee and celebrated Chef Shri Sanjeev Kapoor attended as the Chief Guest. Their presence highlighted the growing importance of Sattvic nutrition in contemporary society.

The CEO of Kaivalyadhama welcomed the distinguished guests and participants, emphasizing the institute's commitment to holistic well-being through traditional yet scientifically-backed practices. Shri Sanjeev Kapoor, in his keynote address, shared his insights on the significance of Sattvic cooking and its practical



application in daily life. Shri Bhushan Gagrani also addressed the audience, appreciating Kaivalyadhama's efforts in promoting mindful eating for overall wellness.

UNVEILING OF THE STATUE

In a special ceremony during the conference, a statue of Swamiji was unveiled in memory of the late Sitaram Shah Ji. The unveiling was conducted by the Chief Guest, Shri Sanjeev Kapoor, and the Guest of Honour, Shri Bhushan Gagrani, with the Shah family in attendance. This meaningful gesture was a tribute to the invaluable contributions of Sitaram Shah Ji, and it is hoped that Swamiji's blessings will continue to guide and inspire us.

ENGAGING DISCUSSIONS AND INTERACTIVE SESSIONS

The conference featured insightful panel discussions led by experts from diverse backgrounds. The first discussion, titled "Sattvic Ahaar and Its Significance in Modern Times: Practical Approaches and Scientific Background," explored how ancient dietary principles can be effectively incorporated into contemporary lifestyles. Experts shared research-based evidence on the benefits of Sattvic nutrition, emphasizing its role in enhancing physical and mental health.

The second panel discussion, "Sattvic Ahaar and Mental Health," delved into the profound impact of food on emotional stability and mental well-being. Panelists discussed how a pure and balanced diet could aid in stress management, emotional resilience, and cognitive clarity.

INTERACTIVE Q&A AND CULTURAL CELEBRATIONS

Participants had the opportunity to engage directly with speakers through interactive Q&A sessions, fostering a rich exchange of ideas. The event also included a Yogi Chef Contest and Exhibition, where participants showcased their creativity in preparing wholesome, Sattvic meals without using onion, garlic, or any non-vegetarian ingredients. This contest not only highlighted the culinary potential of Sattvic food but also reinforced the principles of purity and simplicity in cooking.

Adding to the vibrancy of the conference, a cultural program was organized to celebrate the deep connection between holistic well-being and India's rich heritage. The performances beautifully depicted themes of health, mindfulness, and inner harmony.

A MEANINGFUL CONCLUSION

The conference concluded with a valedictory session, where key takeaways were shared, and participants expressed their appreciation for the well-structured and insightful event. The discussions and demonstrations left attendees with practical knowledge on incorporating Sattvic nutrition into their lives.

Kaivalyadhama's National Conference on Sattvic Ahaar 2025 successfully reinforced the ancient wisdom of mindful eating and its relevance in today's fast-paced world. The event served as a significant step toward creating awareness about the role of diet in achieving a balanced and harmonious life. With an overwhelming response and enthusiastic participation, the conference underscored the growing recognition of Sattvic nutrition as a key component of holistic wellness.



2 FEBRUARY, 2025

National Conclave on Yoga explores modern trends in Yoga and integrated medicine

The Tamil Nadu State Chapter of the Indian Yoga Association successfully organized the 'National Conclave on Yoga' at Vethathiri Maharishi College of Yoga, Chennai, focusing on the theme "Modern Trends in Yoga and Integrated Medicine Systems." The event witnessed an overwhelming participation of around 300 registered members, comprising Yoga practitioners, academicians, and experts from allied medical fields.

The inaugural session was presided over by Padma Shri A/N SKM Maeilandandhan, who emphasized the growing importance of Yoga in holistic healthcare. The conclave featured insightful discussions on integrating traditional Yoga practices with modern medicine, highlighting their role in preventive healthcare and wellness.

The Valedictory function was graced by Shri Subodh Tiwari as the Guest of Honour. In recognition of his outstanding contributions to the field of Yoga, he was conferred the Lifetime Achievement Award. Shri Tiwari, in his address, highlighted the scientific research backing Yoga and its transformative impact on mental and physical well-being.

Prominent dignitaries present at the event included Prof. Elangovan, Secretary of Tamil Nadu SCC, Prof. A.M. Moorthy, and Dr C.N. Mahesvaran, IAS, who shared their insights on the integration of Yoga with medical sciences.

The conclave served as a platform to bridge the gap between Yoga and modern healthcare, reaffirming its relevance in today's fast-paced world.



5 FEBRUARY, 2025

Kaivalyadhama Observes World Cancer Day with Yoga Initiatives Across Multiple Locations

On the occasion of World Cancer Day 2025, Kaivalyadhama Yoga Institute organized a series of special yoga sessions across multiple locations, promoting holistic well-being and integrative cancer care. The initiatives aimed to raise awareness about the role of yoga in supporting cancer patients, survivors, caregivers, and healthcare professionals.

'Yoga for Everyone' Initiative at ACTREC-TMC

In collaboration with ACTREC-Tata Memorial Centre (TMC), Mumbai, Kaivalyadhama launched the 'Yoga for Everyone' initiative. The program featured dedicated yoga sessions tailored for cancer patients, their caregivers, and healthcare professionals.

The event witnessed insightful addresses by:

- Dr Pankaj Chaturvedi, Director of ACTREC at Tata Memorial Centre, Mumbai, who emphasized the importance of incorporating yoga into cancer treatment and recovery protocols.
- Shri Subodh Tiwari, Hon. Secretary & CEO of Kaivalyadhama, who highlighted the scientific and therapeutic benefits of yoga in enhancing the quality of life for cancer patients.

Yoga Outreach in Pune

Kaivalyadhama extended its outreach efforts by conducting yoga sessions at several leading healthcare institutions in Pune, including:

- MDTC (Medical Devices Testing Centre) and Vishranti
- Ruby Hall Clinic and Deenanath Mangeshkar Hospital
- ECHS (Ex-Servicemen Contributory Health Scheme) and Air Force Station, Lohegaon

These sessions, designed for both patients and nursing staff, focused on gentle asanas, breathing techniques, and relaxation practices aimed at alleviating stress, improving immunity, and enhancing emotional resilience.

Online Workshop for Cancer Patients and Caregivers

To extend its reach, Kaivalyadhama also conducted a virtual workshop for cancer patients, survivors, and their caregivers. The online session provided participants with

practical yoga techniques and guidance on incorporating yoga into their daily healing routines, ensuring accessibility to a wider audience.

Experiential Session at Kaivalyadhama, Lonavala

At its Lonavala campus, Kaivalyadhama hosted a special experiential yoga session to raise awareness about cancer and its impact. The session was open to all the institute's residents and staff, offering them an opportunity to experience yoga's therapeutic effects firsthand.

A Commitment to Integrative Cancer Care

Through these diverse initiatives, Kaivalyadhama reaffirmed its dedication to supporting cancer care with the wisdom of yoga. By integrating yoga into cancer management, the institute continues to promote physical, emotional, and mental well-being, empowering patients and caregivers on their healing journeys.



7 FEBRUARY, 2025

Yoga Session and Sound Healing Program for Teekay Shipping India Private Ltd.

On February 7, 2025, Kaivalyadhama Mumbai conducted a **Yoga Session and Sound Healing Program** for Teekay Shipping India Private Ltd. at One International Centre, Lower Parel, Mumbai, from 11:00 AM to 12:30 PM. The session was expertly led by Kunjan Paul and Pravin Wagh, esteemed teachers from Kaivalyadhama, bringing their deep expertise in traditional yoga practices and holistic healing techniques.

The session was designed to provide employees with a rejuvenating break from their busy corporate schedules. Participants engaged in **guided yoga postures, breathwork, and relaxation techniques** aimed at enhancing physical well-being and mental clarity. The inclusion of **sound healing therapy**, using vibrational frequencies to promote deep relaxation, further enriched the experience. The soothing sounds of Tibetan singing bowls and other instruments created a meditative atmosphere, allowing attendees to unwind and release stress.

This initiative by Kaivalyadhama Mumbai reflects its ongoing commitment to promoting corporate wellness and making the benefits of

yoga and holistic healing accessible to professionals in high-paced work environments. The enthusiastic participation and positive feedback from the attendees reinforced the impact of such wellness programs in fostering **healthier workplaces** and enhancing **employee well-being**.

With an increasing emphasis on **mind-body balance** in corporate settings, Kaivalyadhama continues to extend its expertise through customized yoga and wellness programs, contributing to a healthier and more mindful workforce.

8 FEBRUARY, 2025

Educational Visit of K.M.E. Society's G.M. Momin Women's College, Bhiwandi

On 8 February, 2025, a group of 63 women students and 4 faculty members from the Department of Philosophy, English, and Islamic Studies of G.M. Momin Women's College, Bhiwandi, embarked on an educational tour. The visit provided a stimulating and enriching experience, enhancing their understanding of Yoga in India and its global visibility. This field trip fostered awareness about the significance of Yoga, deepening their knowledge and appreciation of its philosophy and practice.



14-16 FEBRUARY, 2025

Empowering women through Yoga & wellness: Katalyst Batch 2

The Katalyst – Empowering Women through Yoga & Wellness Batch 2 was a resounding success, conducted from 14 to 16 February, 2025, at Kudilal Hall. This remarkable event saw the participation of a record 90 young



women, coming together to experience the transformative power of yoga and wellness.

DAY 1: SETTING THE CONTEXT

The event began on the afternoon of 14 February, with participants arriving at 4:30 PM. They were welcomed warmly, given time to freshen up, and provided kits for the program. The session kicked off with an engaging icebreaker led by Mr Bernard Britto, helping the participants bond and set the tone for the journey ahead. A short documentary further contextualized the purpose of the program. After dinner at 6:15 PM, the participants were escorted to their accommodations at KVN School, excited for the days to come.

DAY 2: IMMERSIVE EXPERIENCES IN YOGA AND WELLNESS

The second day began with an invigorating yoga session from 7:30 to 8:45 AM. Post a hearty breakfast, the participants enjoyed a serene campus visit that included meditation at Kuti, exploring the Gaushala, and a tour of the SRD facilities.

The morning lecture by Shree Ramdas Ji on Yoga and Values for Life left the girls deeply inspired, imparting practical wisdom to integrate into their daily lives. After lunch, a brief period of rest was followed by another enriching lecture, by Mr Ankur Pandey, on the Importance of Yoga in One's Life.

The day's activities continued with a refreshing tea break and another yoga session in the evening, ending the day on a calming and reflective note. Dinner at 7 PM was followed by a return to their accommodations, with participants energized yet grounded by the day's experiences.

DAY 3: A MEMORABLE CONCLUSION

The final day began with a scenic hike to Valvan Dam at 6:30 AM. This outdoor adventure allowed the girls to connect with nature and reflect on their journey over the past two days. After breakfast, the program concluded with heartfelt goodbyes and the participants departing by 10:30 AM, carrying home memories and lessons to last a lifetime.



ACKNOWLEDGMENTS

This milestone event would not have been possible without the support of numerous individuals and teams.

- **Ms Alifiya and KVN School:** For accommodating the participants and flawlessly managing the logistics.
- **Mr Kiran:** For ensuring seamless arrangements for logistics and interiors.
- **Ms Vidie and Team:** For providing wholesome and delicious meals that kept the girls nourished.
- **Ms Veena Chauhan (intern) and Ms. Purva Satkar:** For their dedicated roles as yoga teachers and guardian angels.

- **Shree Ramdas Ji and Shree Ankur Pandey:** For their inspirational lectures and interactive sessions that enriched the experience.

CELEBRATING THE SUCCESS

Katalyst Batch 2 marked a milestone, hosting the largest group yet, and striving to make every moment meaningful and memorable. The program empowered these 90 young women, equipping them with tools for self-growth, resilience, and wellness.

A big thank you to all who contributed to making this event a grand success. Together, we continue to pave the way for empowering women through yoga and wellness.

17 FEBRUARY, 2025

Brazilian Yoga Sadhaks at Kaivalyadhama

Kaivalyadhama had the pleasure of hosting 17 Brazilian Yoga enthusiasts on 18th and 19th February 2025. Their visit was a delightful cultural and spiritual exchange, filled with enriching experiences.

The group was welcomed with a traditional Indian reception, including aarti, chandan, and itar, setting the tone for their journey. The

inauguration at Kudilal Hall included a lamp-lighting ceremony and an interactive session with the CEO, followed by a group photo to capture the moment.

The day unfolded with visits to the Sandipini Library, History Gallery, and Hanuman Mandir, providing glimpses of Kaivalyadhama's rich heritage. They also

explored the SRD exhibition and participated in a yoga session led by Mr Kishor Kumar. A special lunch at Annapurna added a culinary highlight to their day.

The afternoon was filled with engaging activities, including a presentation at KVN School, a lecture at Kudilal Hall, and a documentary screening. The group visited

Project Anand, HHCC, and the Gaushala, experiencing the institute's holistic initiatives. The day concluded with a serene meditation at the Samadhi, guided by Angad, and a Havan led by Sadhak Ramdas.

On the second day, the Sadhaks enjoyed massages and therapies at the Naturopathy Center, followed by a yoga class and lunch. The visit exemplified the deep connection between yoga, wellness, and cultural exchange, leaving both the participants and the hosts enriched.

Kaivalyadhama remains committed to fostering such meaningful global interactions through the practice of yoga and holistic living.



20 FEBRUARY, 2025

Celebrating the graduation of the three-year Pranayama Teacher Training Course (TTC)

The Graduation Ceremony of the Three-Year Pranayama Teacher Training Course (TTC) was a moment of pride and celebration, marking the successful completion of an extraordinary journey of dedication and deep learning. The event was graced by the esteemed presence of: Dr O. P. Tiwari, Chairman of Kaivalyadhama Shri Subodh Tiwari, Secretary & CEO, Kaivalyadhama, Shri Sudhir Tiwari Ji, the visionary leader and teacher who guided the participants throughout this transformative program.

A JOURNEY OF DEEP LEARNING AND COMMITMENT

This course, designed for sincere and dedicated seekers, went beyond mere certification, offering a profound immersion into the art and science of Pranayama. The curriculum, rooted in the traditional lineage, seamlessly blended:

- **Progressive Pranayama Practice:** Developing mastery over breath regulation and its therapeutic applications.
- **Yoga Philosophy:** Exploring the wisdom of ancient texts, fostering spiritual growth and self-awareness.
- **Ayurveda Integration:** Incorporating principles of Ayurveda to promote holistic health and well-being.
- **Unique Kriya Techniques:** Rare and authentic kriyas, traditionally taught only in select schools, were passed on to the students.



RESILIENCE AND TRIUMPH OVER CHALLENGES

Despite the challenges posed by the pandemic, the participants demonstrated unwavering dedication and successfully completed the course. Their resilience and commitment reflect the true essence of yogic discipline and perseverance.

A SALUTE TO THE GRADUATES

The graduates of this TTC are now equipped with the wisdom and skills to share the transformative power of Pranayama with the world. Their journey stands as a testament to the timeless relevance of traditional yogic practices in fostering physical, mental, and spiritual well-being.

Kaivalyadhama congratulates all the graduates on their remarkable achievement and wishes them continued success as they carry forward the sacred teachings of Pranayama.



23 FEBRUARY, 2025

Yogamay Maharashtra – A grand success!

The Indian Yoga Association – Maharashtra Chapter proudly hosted Yogamay Maharashtra, its first Yoga Conclave post-COVID, on 23 February, 2025, at Rama & Sundri Watumull Auditorium, K.C. College, Mumbai. The event saw an overwhelming participation of 450+ attendees, celebrating the essence of Yoga.

Hon'ble Minister Shri Mangal Prabhat Lodha, the Chief Guest, announced a groundbreaking initiative to introduce Yoga as a mandatory subject in ITIs and technical institutes, benefiting 2 lakh students across Maharashtra. The event was further graced by esteemed dignitaries, including Shri Venugopal Reddy, IAS, ACS Higher & Technical Educaiton, Shri Dinesh Panjwani, and Shri Subodh Tiwari, whose insights enriched the discussions.

Engaging panel discussions were held on:

- **Yoga education:** Exploring Yoga in early education, research, and psychological well-being.
- **Yoga tourism:** Unlocking Maharashtra's potential as a global Yoga destination.
- **Yoga careers & opportunities:** Adapting Yoga to modern needs while preserving its authenticity.

The conclave also featured:

- A serene meditation session by **Atmayoga Guru Dr Samprasad Vinod**
- A captivating Yogasana demonstration by **Dr Pallavi Kavhane & team**
- Soulful Bhakti Yoga Bhajans by **Shri Nitin Patki**

The event was a resounding success, leaving participants inspired, rejuvenated, and deeply connected to the spirit of Yoga. The journey continues! Kaivalyadhama as a founder institute of IYA was active participant in the event.



Hon'ble Vice President of India to grace Kaivalyadhama's centenary celebrations

It was an honor to meet the Hon'ble Vice President of India, Shri Jagdeep Dhankhar ji, along with Shri Suresh Prabhu ji, Chairman of our Centenary Committee, to extend a heartfelt invitation for Kaivalyadhama's 100-year celebrations.

We are delighted that Shri Dhankhar ji has graciously accepted to be a part of this historic occasion. His dignified presence, insightful perspectives, and warm sense of humor made the meeting truly inspiring.

As we prepare to commemorate a century of Kaivalyadhama's pioneering contributions to Yoga and scientific research, we look forward to welcoming the Hon'ble Vice President to our celebrations.

Experience of the CEO at the Mahakumbh

It was an incredible experience to participate in the Mahakumbh at Prayagraj—an unparalleled confluence of faith, devotion, and collective consciousness. Witnessing crores of people come together with a shared purpose was deeply moving. The sense of unity and spiritual energy was truly transformative.

The arrangements were commendable, given that this is the largest gathering of people in the world. The presence of revered spiritual masters provided immense wisdom and guidance to seekers. The dedication of the government machinery, working round the clock to ensure smooth operations, was evident and commendable.

On a positive note, the Indian Yoga Association is hosting a 10-day camp, and we are honored to contribute to the well-being of countless participants through Yoga. Grateful to be part of this grand spiritual celebration!



1 MARCH, 2025

Kaivalyadhama hosts Advisory Board meeting and inaugurates new facilities

Kaivalyadhama Yoga Institute held its Advisory Board Meeting on March 1, 2025, at its picturesque campus in Lonavala, bringing together a distinguished panel of board members. The meeting was a significant step in the institute's ongoing efforts to enhance its offerings and strengthen its mission of promoting traditional yoga and holistic wellness.



The esteemed Advisory Board members in attendance included:

- **Justice B.N. Srikrishna (Chairman)** – Former Judge, Supreme Court of India
- **Dr D.R. Karthikeyan** – Padma Shri Awardee, IPS, Former Director General, Central Bureau of Investigation (CBI), and President – Foundation for Peace, Harmony & Good Governance
- **Shri P.H. Parekh** – Padma Shri Awardee, Senior Counsel, Supreme Court of India
- **Shri Sashikant Savale** – Former Charity Commissioner, Maharashtra
- **Prof. Rajan Welukar** – Vice Chancellor, ATLAS SkillTech University, Mumbai
- **Shri Prasad Menon** – Former Chairman, Vistara Airlines
- **Dr Anand Gokani** – MD, Diabetologist
- **Dr Nitin Kareer, IAS** – Former Chief Secretary, Government of Maharashtra
- **Shri Rahul Rathi** – Founder & Chairman, Purnartha Investment Advisers Pvt. Ltd.
- **Shri Subodh Tiwari** – Secretary & CEO, Kaivalyadhama
- **Shri Nishant Jain** – Project Director, Project Anand
- **Dr Ranjeet Singh Bhogal** – Joint Director of Research, Kaivalyadhama

The board deliberated on key initiatives, future plans, and strategies to further Kaivalyadhama's mission of promoting yoga as a way of life. Discussions centered around expanding wellness programs, enhancing research capabilities, and strengthening community outreach initiatives.

INAUGURATION OF PROJECT ANAND'S DINING HALL AND KITCHEN

Following the meeting, Dr O. P. Tiwari, Chairman of Kaivalyadhama, along with the Advisory Board Members, inaugurated the newly constructed Dining Hall and State-of-the-Art Kitchen of the Justice M. L. Pendse Centre for Cancer Survivors & Lifestyle Conditions (Project Anand). This modern facility is designed to provide nutritious and wholesome meals to support the health and recovery of individuals dealing with cancer and other chronic lifestyle conditions.

The inauguration of this facility marks a significant milestone in Project Anand's mission, reinforcing Kaivalyadhama's commitment to offering integrated yoga-based wellness programs backed by scientific research and holistic healthcare practices.

The event concluded with a renewed sense of purpose and dedication from the Advisory Board members, as Kaivalyadhama continues to lead the way in promoting traditional yoga, research, and holistic well-being.



3 MARCH, 2025

Celebrating Visionary Leadership at the 4th National Conclave in Delhi

At the 4th National Conclave in Delhi, Gurudev Sri Sri Ravi Shankar Ji, Chairman of the Indian Yoga Association (IYA), lauded Shri Subodh Tiwari Ji, Secretary General of IYA, for his exceptional leadership and remarkable contributions to the global promotion of yoga.

Under Shri Subodh Tiwari Ji's dynamic guidance, IYA has scaled new heights, organizing impactful events and expanding yoga's presence across the globe. His unwavering commitment to preserving and promoting traditional yoga has strengthened IYA's mission, making it a catalyst for change in the international yoga landscape.

A LEADER INSPIRING THE FUTURE OF YOGA

Shri Subodh Tiwari Ji's visionary leadership has been instrumental in:

- **Promoting Yoga worldwide:** Spearheading initiatives that bring yoga to the global stage, promoting its benefits for physical, mental, and spiritual well-being.
- **Fostering collaborations:** Strengthening partnerships with yoga institutions and organizations to build a unified platform for the promotion of authentic yoga practices.



- **Preserving Yoga's authenticity:** Ensuring that yoga is taught and practiced in its purest form, rooted in ancient wisdom and philosophy.

A HEARTFELT SALUTE TO INSPIRING LEADERSHIP

The Indian Yoga Association celebrates Shri Subodh Tiwari Ji for his tireless efforts, dedication, and profound impact on the yoga community. His contributions continue to inspire generations, driving the vision of making yoga accessible to all.

5 MARCH, 2025

Celebrating the Spirit of Sports and Yoga at Kaivalyadhama – SportsFest 2025

On 5 March, 2025, Kaivalyadhama came alive with the vibrant energy of SportsFest 2025 held at Gordhandas Seksaria College of Yoga and Cultural Synthesis. The event celebrated the essence of fitness, sportsmanship, and the holistic integration of Yoga and physical well-being.

The Valedictory Ceremony was graced by Chief Guest Brigadier Suhas Dharmadhikari (Consultant Operations, Kaivalyadhama) and Guest of Honour Dr Narasingha Charan Panda (Dean, Central University of Odisha, Koraput). Their inspiring presence and encouraging words highlighted the importance of maintaining physical and mental fitness through sports and Yoga.

The event was held under the able guidance of Dr Bandita Satapathy (Principal, Gordhandas Seksaria College of Yoga and Cultural Synthesis), along with the support of Dr Ranjeet Singh Bhogal, Dr Sharadchandra Bhalekar, and Dr Santosh Pandey. Their collective mentorship inspired participants to embrace sports as a medium for fostering discipline, resilience, and holistic well-being.

Adding to the spirit of enthusiasm and sportsmanship, Mr Ganesh Jadhav, Assistant Police Inspector from the Police Training Center, Khandala, graced the occasion with his presence. His support and participation further elevated the energy of the event.



The fest also witnessed the active involvement of Ms Bharati Kawade, Principal of Kaivalya Vidyaniketan, Lonavala, who, alongside Dr Satapathy, encouraged students to exhibit teamwork, dedication, and a sportsman spirit, making the event a true celebration of physical and mental endurance.

Congratulations to all the winners and participants for their remarkable performances and dedication. Their enthusiasm truly reflected the core values of Kaivalyadhama – promoting health, harmony, and holistic growth through Yoga and sports.

7 MARCH, 2025

Celebrating Excellence at the Annual Day of Gordhandas Seksaria College of Yoga and Cultural Synthesis – 2025

On 7 March, 2025, Kaivalyadhama proudly hosted the Annual Day Celebration 2024–2025, a grand occasion honoring the achievements and dedication of its students and faculty. The event was graced by Chief Guest Shri Shrirang (Appa) Barne, Member of Parliament, Maval Lok Sabha Constituency, Maharashtra, and Shri Subodh Tiwari, Secretary & CEO of Kaivalyadhama, whose esteemed presence added inspiration and significance to the celebration. College of Yoga, Gordhandas Seksaria College of Yoga and Cultural Synthesis continues to uphold its rich legacy of excellence in yoga education. The Annual Day marked a tribute to the dedication and perseverance of its students and faculty members, highlighting their remarkable contributions.

Special congratulations to the students who were honored with prestigious awards:

- **YEF Scholarship in Yoga Education:** recognizing outstanding academic performance and dedication.
- **Priyadarshani Award:** celebrating excellence in yoga practice and theory.
- **Smt. Bhagwati Devi Baburam Tiwari Award for Outstanding Students:** honoring exceptional students for their all-round achievements.
- **Recognition for 100% attendance:** applauding the unwavering commitment and dedication of students to both theory and practical classes.

The event was held under the able leadership of Dr Bandita Satapathy, Principal of Gordhandas Seksaria College of Yoga and Cultural Synthesis, with the support of Dr Ranjeet Singh Bhogal and Dr Santosh Pandey. Their guidance and mentorship have been instrumental in shaping the students' journeys toward holistic growth and academic excellence.

The Annual Day 2025 was a celebration of perseverance, dedication, and the transformative power of yoga education, reinforcing Kaivalyadhama's unwavering commitment to nurturing future leaders in the field of Yoga and well-being.



8 MARCH, 2025

Empowering women through Yoga – Celebrating International Women’s Day at Kaivalyadhama

On this International Women’s Day 2025, Kaivalyadhama proudly celebrates the strength, resilience, and grace of women through the transformative practice of yoga. This day is a tribute to the power of women—their unwavering spirit, nurturing energy, and the profound impact they have on shaping communities and driving positive change.

Yoga, with its timeless wisdom, offers women a pathway to holistic well-being, fostering physical strength, emotional balance, and inner harmony. It empowers women



to embrace their true selves, overcome challenges, and lead healthier, more balanced lives—one mindful breath at a time.

This year’s theme ‘Accelerate Action’ inspires us to promote gender equality, self-care and empowerment through yoga. At Kdham, we believe that yoga is not just a physical practice but a transformative tool that enables women

to cultivate self-confidence, emotional resilience and inner peace.

On this special day, we extend our gratitude and admiration to all the women who continue to inspire, lead, and nurture with compassion and courage. Let us continue to **Empower, Elevate, and Accelerate Action**—both on and off the yoga mat.

14 MARCH, 2025

A Celebration of colors, joy, and harmony at Kaivalyadhama

On 14 March 2025 Kaivalyadhama Yoga Institute came alive with vibrant hues, laughter, and togetherness as the community celebrated Holi, the festival of colors. The event brought together students, staff, and guests in a joyful expression of unity and festivity, reflecting the spirit of harmony and cultural celebration that defines Kaivalyadhama.

A Riot of Colors and Smiles

The celebration began with traditional Holi rituals, where participants applied organic colors on each other, symbolizing friendship, forgiveness, and the triumph of good over evil. The campus was filled with splashes of pinks, yellows, greens, and blues, creating a spectacular canvas of joy and laughter.

Music, Dance, and Togetherness

Adding to the festive spirit, the celebrations featured lively music and folk dance, with participants swaying to the rhythmic beats of traditional Holi songs. The cheerful atmosphere was further enhanced by energetic dhol beats and spontaneous dance performances, creating memories of pure bliss and camaraderie.

Organic Colors and Eco-Friendly Festivities

In line with Kaivalyadhama’s commitment to sustainability and wellness, the event used only eco-friendly, organic colors, ensuring a safe and skin-friendly experience for all. The celebration also emphasized the importance



of mindful festivities, promoting the use of natural products that are gentle on both people and the environment.

Unity in Diversity

Holi at Kaivalyadhama was more than just a festival—it was a celebration of togetherness, transcending boundaries of age, background, and culture. Students, faculty, and staff came together as one vibrant family, sharing laughter, stories, and unforgettable moments.

Spreading Joy and Positivity

As the colors faded into the evening, the spirit of Holi lingered—filling hearts with joy, positivity, and renewed bonds. The celebration reflected Kaivalyadhama's philosophy of promoting harmony, happiness, and holistic well-being, making the festival a truly soulful experience.



22 MARCH, 2025

Enhancing Elderly Well-being: Kaivalyadhama's SRD Geriatric Yoga Project

The Scientific Research Department (SRD) of Kaivalyadhama Yoga Institute continues to pioneer innovative projects that promote health and well-being through the ancient science of yoga. In a recent initiative, SRD successfully conducted a Geriatric Yoga Project at Soham Old Age Home, Nagpur, aiming to evaluate the effects of yoga on balance, fall prevention, and mental well-being among the elderly.

PURPOSE AND OBJECTIVES

As aging brings various physical and psychological challenges, maintaining balance, stability, and emotional health becomes essential. The Geriatric Yoga Project was designed to:

- Enhance physical stability and reduce the risk of falls.
- Alleviate stress, anxiety, and depression through mindful practices.
- Promote emotional resilience and foster a sense of positivity.

KEY OUTCOMES AND FEEDBACK

Following the yoga intervention, the participants experienced remarkable improvements in their overall well-being. Their feedback revealed several positive outcomes:

- **Improved stability and confidence:** The elderly participants reported better balance and coordination, which significantly reduced their fear of falling, enhancing their confidence in movement.
- **Reduced stress & anxiety:** Regular yoga sessions contributed to lower stress levels, easing symptoms of anxiety & depression, and promoting emotional calmness.
- **Increased Energy and Positivity:** The practice helped revitalize their physical and mental energy, fostering an optimistic outlook on life.

TRANSFORMATIVE IMPACT

The participants' inspiring testimonials highlighted the therapeutic power of yoga in addressing the physical and emotional challenges of aging. The improved mobility and emotional well-being reflected the effectiveness of Kaivalyadhama's evidence-based yoga practices.



23 MARCH, 2025

A memorable visit by Vidyut Jammwal to Kaivalyadhama Mumbai

It was an absolute pleasure to host Vidyut Jammwal at Kaivalyadhama Mumbai—an ace martial artist, a true spiritual seeker, and a remarkably humble human being. His deep-rooted passion for Yoga, movement, and the pursuit of inner strength resonated deeply with our philosophy.

We are excited to embark on a journey together, collaborating with Vidyut Jammwal and the Indian Yoga Association to bring forth "Sound of Eternity"—a transformative initiative that merges ancient wisdom with the power of sound and movement.



25 MARCH, 2025

Kaivalyadhama's Coffee Table Book, 'Synergising Yogic Traditions & Wisdom' released at Priyadarshni Academy's 41st anniversary

Kaivalyadhama's Coffee Table Book – 'Synergising Yogic Traditions & Wisdom' was successfully released on 25 March, 2025, at the prestigious Priyadarshni Academy's 41st Anniversary Literary Awards & Educational Scholarships Function, held in Mumbai.

Dignitaries Present at the Event

The event was graced by several esteemed dignitaries, including:

- **Shri Ashish Shelar**, Minister of Information Technology & Cultural Affairs, Government of Maharashtra, who honored the occasion as the Chief Guest.
- **Shri Nanik Rupani**, Founder & Chairman, Emeritus of Priyadarshni Academy.
- **Shri Subodh Tiwari**, Secretary & CEO of Kaivalyadhama and Secretary General of the Indian Yoga Association (IYA), who attended as a Special Guest.

About the book

The coffee table book encapsulates Kaivalyadhama's century-long journey of promoting authentic yoga practices by integrating scientific research with ancient yogic wisdom. It showcases the institute's contribution to holistic well-being, serving as a visual and literary tribute to its legacy of preserving and propagating traditional yoga.

Scholarship Awards to Yoga students

In addition to the book launch, the event celebrated the academic excellence of 10 students from the Gordhandas Seksaria College of Yoga and Cultural Synthesis, who were honored with the Priyadarshni Academy Scholarship Award for the academic year 2024-25.

The awardees included:

- Ms Kiran Balwant Lad
- Mr Amarjeet Ranjan
- Ms Siddhi Ramesh Dhakol
- Ms Adishri Pote
- Ms Darshana Vekariya
- Ms Vaishnavi Khengare
- Ms Jahnvi Singh
- Ms Ankita Deogam
- Mr Shivam Taunk
- Mr Arpan Ghosh

A step towards spreading Yogic wisdom

The release of Synergising Yogic Traditions & Wisdom marked a significant milestone in Kaivalyadhama's centennial celebration, reinforcing its commitment to sharing authentic yoga practices with the world. The

book beautifully captures the institute's dedication to research, education, and service in the field of yoga, making it a valuable addition to every yoga enthusiast's collection.

Get your copy

The Coffee Table Book is available for purchase at:

Utpatti – The Wellness Shop & Publications
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We extend our heartfelt gratitude to Priyadarshni Academy for providing this esteemed platform and for recognizing the potential and dedication of young yoga scholars.



25 MARCH, 2025

Kaivalyadhama Mumbai hosts educational visit for students of K.J. Somaiya Institute of Management

On 28 March, 2025, Kaivalyadhama had the privilege of hosting an educational trip for students from K.J. Somaiya Institute of Management. The visit aimed to provide students with valuable insights into the role of yoga in health and wellness, its practical applications, and its significance in preventive healthcare.

Activities Organized

The students participated in a well-structured program designed to offer both theoretical knowledge and practical experience in yoga. The following key sessions were conducted during the visit:

- **Shuddhi Kriya Demonstration:** A live practical demonstration of yogic cleansing techniques, which play a crucial role in detoxification and maintaining internal bodily balance.
- **Yoga Asana Practical:** A hands-on session where students engaged in various yoga postures, learning their physical and mental benefits under expert guidance.
- **Lecture on Yoga and Preventive Medicine in Healthcare:** A theoretical discourse on how yoga serves as an effective tool in disease prevention and overall well-being. The session highlighted research-backed evidence on the impact of yoga in modern healthcare systems.

To ensure a comfortable and enriching experience, refreshments were arranged for all participants, allowing them to engage in informal discussions and reflect on their learnings from the day.

Conclusion

The educational visit to Kaivalyadhama offered students from K.J. Somaiya Institute of Management a deeper understanding of yoga's scientific and therapeutic aspects. The interactive sessions provided them with a holistic view of yoga's application in healthcare, inspiring them to integrate these ancient practices into their daily lives and future professional endeavors.



Honoring the legacy of Justice Dr S. Radhakrishnan

With deep sorrow, we mourn the passing of Justice Dr S. Radhakrishnan, a distinguished legal luminary and a revered member of our Governing Board. His immense wisdom, integrity, and steadfast commitment to justice and education made a lasting impact on our institution and beyond.

Justice Dr Radhakrishnan was a man of extraordinary intellect and profound compassion. Throughout his illustrious career, he upheld the highest principles of law and ethics, leaving behind a legacy that continues to inspire. His guidance and vision enriched our institution, shaping its course with his invaluable insights and unwavering dedication.

To honor his remarkable contributions, a Shradhanjali was held on 29th January 2025, at Vashistha Hall from 1:00 PM to 1:30 PM. Members of the institution gathered to pay their respects, reflecting on his invaluable role in shaping our community and the principles he stood for.

The ceremony was a heartfelt tribute to a man whose presence left an indelible mark on all who had the privilege of knowing him. Though he is no longer with us, his legacy remains alive in the values he championed and the lives he touched.

Justice Dr S. Radhakrishnan's contributions will always be remembered with the highest regard and deepest gratitude. May his soul rest in eternal peace.





Obituary: Lav Kumar Sharma

On 13 January, 2025, with deep sorrow, we mourned the passing of Shri Lav Kumar Sharma, who had a long and cherished association with Kaivalyadhama, Lonavala. Shri Sharma had been a Diploma student at the Yoga College and later served as a dedicated Yoga teacher from 1982 to 1988. A native of Faridabad, Haryana, he had been residing in France for several years. Sadly, he passed away after a brief illness.

We prayed to the Almighty to grant eternal peace to his soul and extended our heartfelt condolences to his bereaved family. On behalf of the entire Kaivalyadhama family, we paid our deepest tribute to Shri Lav Kumar Sharma, remembering his contributions with gratitude and reverence. Additionally, we expressed our sincere appreciation for his generosity. His memory remained with us each day, as we honored his heartfelt contribution: "With heartfelt gratitude to Shri Lav Kumar Sharma, in loving memory of his late father, Shri Ram Babu Sharma, for the generous sponsorship of the audio-video sound system at Kudilal Hall." May his legacy continue to inspire generations to come.



Kaivalya Vidya Niketan – *Samachar*

3 JANUARY 2025

Savitribai Phule Jayanti

To honor the legacy of Savitribai Phule, the school organized a tribute led by Mrs. Bhakti Pingale, emphasizing Phule's immense contribution to women's education and social reform.

12 JANUARY 2025

National Youth Day

Commemorating Swami Vivekananda's birth anniversary, students delivered inspiring speeches on his teachings, motivating their peers to embrace resilience, focus, and determination in their lives.

31 JANUARY 2025

Farewell Ceremony

A heartfelt farewell was organized for Class 10 students, including cultural performances, a special lunch, and an inspirational audio message from the Director. As a token of gratitude, the outgoing batch presented the school with a podium and 125 Lezims.

7 JANUARY 2025

Zilla Parishad inspection

Kaivalya Vidya Niketan underwent a comprehensive inspection by the Zilla Parishad, assessing academic standards, infrastructure, and operational efficiency. The officials commended the school's efforts in maintaining high educational standards and provided constructive feedback, reaffirming the institution's commitment to excellence.

26 JANUARY 2025

Republic Day Celebration & Jago Hindustani Event

The Republic Day celebration was marked by flag hoisting by Shri Subodh Tiwari, a vibrant march past, cultural programs, and a reading of the Preamble. In the *Jago Hindustani* event, KVN proudly secured the 3rd Rank in Rally Presentation and a Consolation Prize in Dance. Master Shashinath Choudhary (Class 9 Pearl) was recognized as the Best Student of the Year for his exceptional achievements.

10 JANUARY 2025

Makar Sankranti, Pongal & Lohri

The school community embraced the spirit of harvest festivals by engaging in traditional activities such as cultural performances, kite flying, and tilgul distribution, fostering cultural appreciation and joy.

30 JANUARY 2025

Martyrs' Day

To honor the sacrifices of national heroes, a solemn tribute was held, featuring a motivational speech by Mrs Indira Purohit, followed by a two-minute silence.

4 FEBRUARY 2025

Visit by Ranjit Savarkar

The school had the honor of welcoming Ranjit Savarkar, grandson of Veer Savarkar, who shared inspiring anecdotes about patriotism and national service, leaving a lasting impact on students and faculty alike.

8 FEBRUARY 2025

Kridotsav 2024 – Inter-school Sports Meet

KVN hosted Kridotsav 2024, an exhilarating inter-school sports competition featuring students from Maval Taluka participating in Kabaddi, Volleyball, 100m race, relay, shotput, and Tug of War. The event was graced by Shri Satpal Singh (PSI, RPF, Haryana) and Dr. N.D. Joshi (Director, KVN), celebrating teamwork, discipline, and sportsmanship.

11 MARCH 2025

Sr KG Graduation & Grandparents' Day

The KG graduation ceremony was a joyous occasion, featuring vibrant performances and certificate distribution. The event concluded with a heartfelt vote of thanks delivered by Bidipta Dash and Chahal Jain.

10 FEBRUARY 2025

Pariksha Pe Charcha

Students from Classes 9, 10, and 11 actively participated in the national-level event *Pariksha Pe Charcha*. They gained valuable insights into stress management, time management, and effective study strategies, equipping them with confidence and motivation for their upcoming examinations.

22 MARCH 2025

Educational Excursion – Swatantra Veer Vinayak Damodar Savarkar Smarak, Mumbai

The faculty embarked on an enriching educational tour to the Veer Smarak in Dadar, Mumbai. The visit deepened their historical knowledge and strengthened professional camaraderie, making it a refreshing and insightful experience.

21-22 FEBRUARY 2025

Thinking Day

Celebrating the scouting spirit, students engaged in adventurous activities such as archery, rifle shooting, tent making, campfire, and a morning trek, fostering teamwork, leadership, and resilience.

CONCLUSION

The first quarter of 2025 at KVN was a vibrant blend of academic accomplishments, cultural festivities, and inspiring engagements. The students' enthusiastic participation in educational, sporting, and extracurricular activities showcased their holistic development. The school continues to nurture young minds with dedication, fostering an environment of learning, growth, and excellence.







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We're looking for sponsors to help fund the **KDHAMWorld** magazine, a quarterly publication from Kaivalyadhama. The magazine gets printed and dispatched to thousands of homes and institutions, and the online version is sent to yoga enthusiasts across the world. In return for sponsorship, we're offering multiple advertising opportunities to help your brand widen its visibility.

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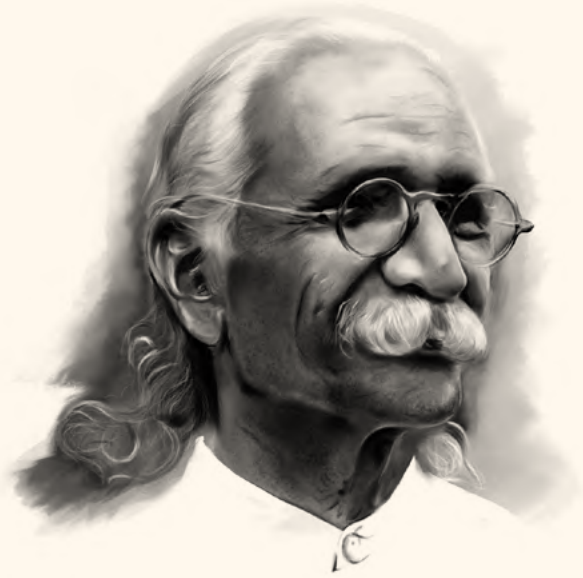


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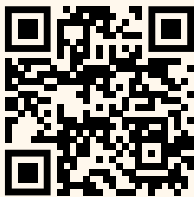


Swami
Kuvalayananda

1883-1966

FOUNDER

Kaivalyadhama Yoga Institute



All donations to Kaivalyadhama are
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Right from the times of the Vedas Adhyatma and Science went hand in hand.

Agastya Rishi who was a great explorer, navigator and a scientist had discovered the process of electroplating. He could produce electricity with the help of one hundred cells. That is why he is called Kumbhayoni and gold is called Shatakumbha as electroplated articles had a golden hue. Leading American scientists have acknowledged these facts. Agastya was also the greatest leader of Adhyatma Vidya as disciples of Valmiki came to him in search of Adhyatma.

Had India not given up science, the world would never have turned materialistic. Science would have always remained a handmaid of Adhyatma.

The physical benefits of Yoga have now been acknowledged universally but it requires much deeper scientific investigation, as it has a far deeper bearing on the psychology of man than at present imagined. This investigation requires apparatus, libraries and buildings to house them, along with research workers and subjects for experimental work. Hence the need of funds for yoga.

I do not believe in exclusive self-development, but I felt I have a mission, and I also feel it to be my duty to do anything for its fulfilment.

The future of humanity lies in the hands of 'Adhyatmavadins' who can interpret their theories and experiences scientifically to the world. If I fail in my attempt to make any headway in the direction, God will set up someone else far more competent than my poor self for carrying on this mission. But this will have to be done and God will get it done.

Swami Kuvalayananda
27th November 1952