

KDHAM*World*

Understanding *Citta-Vrittis*: the mind's dance and how yoga brings stillness – by Kanako Izawa

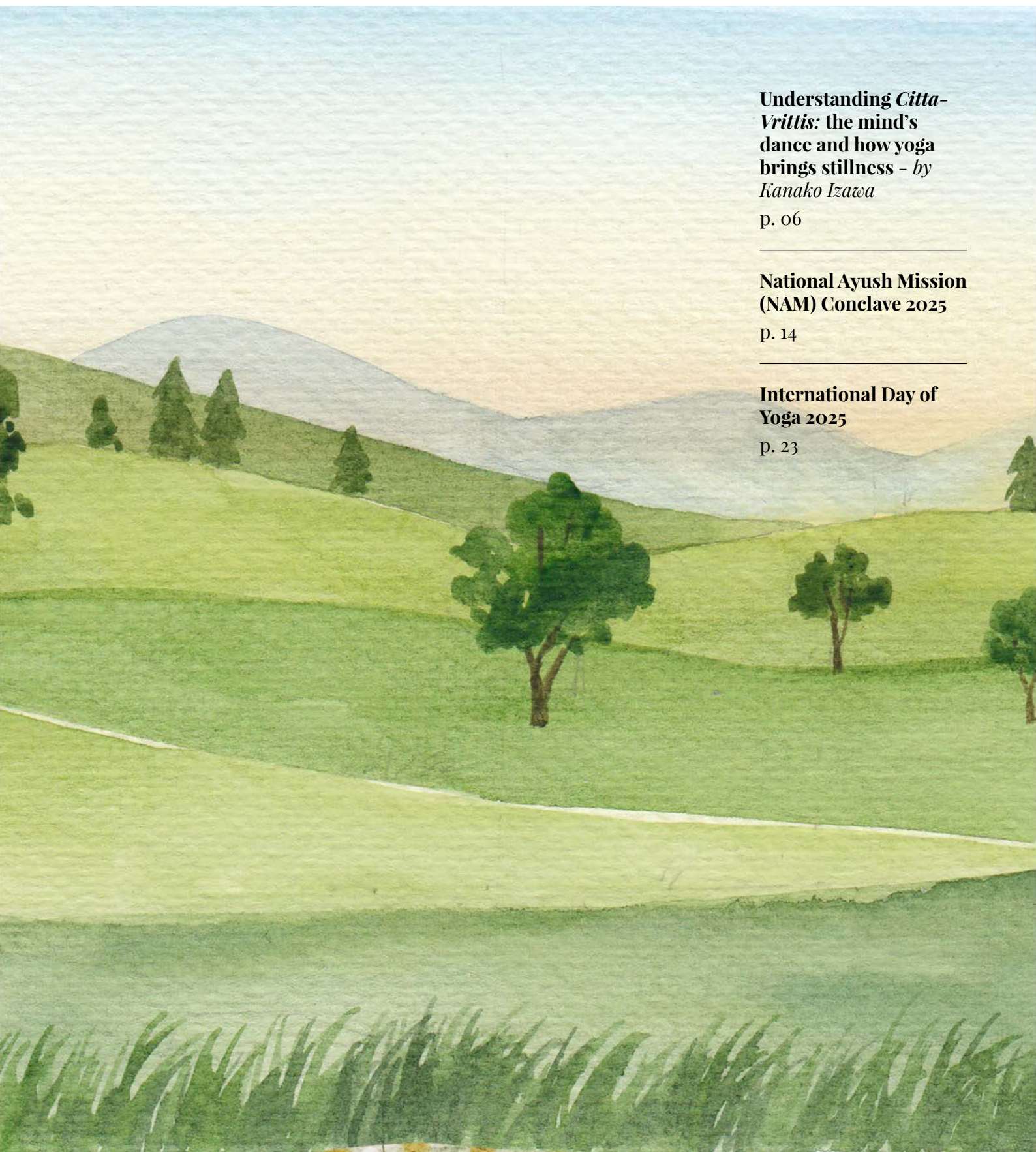
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Editorial



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A Season of Deepening Roots and Expanding Reach

The last quarter at Kaivalyadhama was defined by both preparation and celebration—culminating in the successful observance of the **International Day of Yoga 2025 (IDY)**. This year, the **Ministry of Ayush** demonstrated a commendable approach—early planning, the thoughtful identification of ten thematic dimensions for the celebration, and inclusive outreach strategies. This allowed for a wider and deeper engagement, creating a sustainable framework that can serve as a blueprint for years to come.

At Kaivalyadhama, we were privileged to conduct **over 100 programs**, each aligned with our centenary commitment to serve society through Yoga. Among these, several stood out for their scale and impact. One such initiative was our continued collaboration with **Yoga University** for the tenth consecutive year. Through this program, representatives from more than **200 colleges** were **trained** in the Common Yoga Protocol (CYP), empowering them to act as master trainers and carry forward the mission of Yoga in their institutions.

Equally meaningful was our partnership with the **Tata Memorial Hospital, Impact Foundation, Sipra Engineering**, and Kaivalyadhama to offer therapeutic Yoga sessions to **juvenile cancer patients**. It is a humbling reminder of how Yoga can provide healing and solace in the most vulnerable of spaces.

Our work this quarter also took us into the lives of those who serve on the frontlines—our police personnel. Recognizing the enormous stress they shoulder, Kaivalyadhama launched a series of **stress management workshops**, training over **300 personnel** across regions including **Pimpri-Chinchwad, Navi Mumbai**, and the **Kolhapur Range**. The feedback we received was powerful—participants shared how they experienced better sleep, improved appetite, emotional release, and a sense of inner calm. What may seem simple to many of us—peace of mind, rest, a positive outlook—is often a daily challenge for those in law enforcement. That we could contribute even a small relief to them is a matter of deep satisfaction for us. We are committed to continuing and expanding this effort.

But as we reflect on these successes, we must also look inward. For Yoga to truly elevate a nation, its **ethical foundation—Yama and Niyama—must be instilled in the hearts of our citizens**. A developed India will not emerge merely from infrastructure and innovation, but from ethics, values, and civic consciousness embedded deeply in our collective psyche. These qualities must be cultivated from an early age, reflected not just in our speech but in our actions.

It is not enough to have Yogis who speak of detachment, yet harbor ego or aggression. True Yoga must be lived, not just taught. This calls for **self-reflection, humility, and alignment between thought, word, and deed**. Let us remind ourselves of this responsibility—each of us a mirror to the teachings we uphold.

As the monsoon nourishes the soil, may this season offer each of us a time for **inner growth and contemplation**.

राज्य मंत्री (स्वतंत्र प्रभार)
आयुष मंत्रालय और
राज्य मंत्री
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
भारत सरकार



प्रतापराव जाधव
PRATAPRAO JADHAV

No. 88962(17)/O/o MoS (VC)/Ayush-2025

Minister of State
(Independent Charge) of
Ministry of Ayush and
Minister of State in
Ministry of Health and Family Welfare
Government of India



M-20020/4/2024-YN

9, जुलाई, 2025

श्री ओ. पी. तिवारी जी,

आयुष मंत्रालय की ओर से हार्दिक शुभकामनाएं !

मुझे आपको यह बताते हुए अपार प्रसन्नता एवं असीम संतुष्टि है कि 21 जून, 2025 को मनाया गया अंतरराष्ट्रीय योग दिवस (आई.डी.वाई.) का 11^{वां} संस्करण, पैमाने और भागीदारी की दृष्टि से अब तक का सबसे बड़ा आई.डी.वाई. आयोजन था। पूरे देश में इस ऐतिहासिक दिवस पर 13 लाख से अधिक पूर्व-पंजीकृत और हजारों अन्य अपंजीकृत योग कार्यक्रम आयोजित किये गए।

2. इस वर्ष 21 जून को आयोजित कार्यक्रमों के अलावा, हमने आई.डी.वाई, 2025 तक 60 से अधिक देशों में आयोजित किए गए 1,000 से अधिक कार्यक्रमों को भी देखा, जिससे वैश्विक स्तर पर आई.डी.वाई. के लिए जागरूकता बनाने में सहयोग मिला।

3. आपके सम्मानित संगठन के माध्यम से किए गए आपके निरंतर प्रयासों और सक्रिय पहुँच के बिना ऐसा संभव नहीं होता। इन प्रयासों ने आई.डी.वाई. 2025 को एक वैश्विक आंदोलन में परिवर्तित करने में अभूतपूर्व योगदान दिया। मैं आपको हृदय से धन्यवाद देना चाहता हूँ और इस उपलब्धि में कैवल्यधाम एस. एम. वाई. एम. समिति लोनावाला द्वारा निभाई गई महत्वपूर्ण भूमिका के लिए अपना हार्दिक आभार भी व्यक्त करना चाहता हूँ।

4. हम समुदायों एवं व्यक्तियों तक योग को ले जाने में आगे भी आपके निरंतर समर्थन और नेतृत्व की आशा करते हैं।

सादर,

आपका,

(प्रतापराव जाधव)

श्री ओ. पी. तिवारी

सचिव

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Why your body responds differently at Kaivalyadhama

written by
RITIKA S.

There's something about practicing yoga at 2,000 feet in the Western Ghats that changes how your body responds. After nearly a century here, we've seen countless practitioners discover depths to their practice that surprised them. The mountain air, the silence, the naturally pure environment – these seem like modern day luxuries, but also serve as tools that make the yogic practices work the way they were designed to.

THE MOUNTAIN AIR DIFFERENCE

When you practice pranayama here, you're working with air that's been naturally filtered by miles of forest. The Western Ghats location means your respiratory system gets clean, oxygen-rich air instead of the urban mix most of us are used to.

What we've observed is that breathing techniques like Kapalabhati and Bhastrika reach their intended effects more readily. Your nasal passages stay clear, your throat doesn't get irritated, and those subtle breath retentions that seemed challenging elsewhere become naturally accessible. It's not that city practice is wrong – it's that the original environment for these practices offers advantages that become obvious once you experience them.

CHEMICAL-FREE PRACTICE SPACE

Our 130 acres have been maintained organically since the early days. When you practice outdoor asanas on the grass or walk barefoot during morning meditation, your skin isn't absorbing the pesticides and chemical treatments that most spaces require.

During cleansing practices like the Shatkarmas, this matters more than you might expect. Your body is actively releasing accumulated toxins, and when your environment isn't adding to that load, the process works more thoroughly. Many people notice their energy levels shifting within the first few days – not dramatically, just more stable and clear.

PURE WATER FOR INTERNAL PRACTICES

The mountain spring water we use for drinking and Jala Neti comes without the chemical treatments that urban water requires. When you're doing daily nasal cleansing or following the water intake recommendations for internal cleansing, water quality affects how well these practices work.

Clean water supports your kidneys more effectively and doesn't burden your system with chlorine or other processing chemicals. The difference is subtle but consistent – practitioners often find their sleep improves and morning energy comes more naturally.

NATURAL LIGHT CYCLES

Those early morning yoga sessions happen in genuine darkness that gradually transitions to sunrise. Your circadian rhythms adjust more



quickly here, supporting the natural sleep and wake cycles that make early practice sustainable rather than forced.

Within a few days, most people find themselves waking naturally around 5 a.m. instead of fighting the alarm. The evening practices benefit too – when sunset marks the end of your active day, sleep comes more easily and completely.

THE SILENCE FACTOR

Mountain silence is different from urban quiet. Here, the absence of mechanical noise lets your nervous system settle into states that support deeper meditation and more focused asana practice. The natural sounds – wind, water, birds – actually help nervous system regulation rather than requiring the mental effort to filter them out.

In Shavasana or sitting meditation, you'll notice how quickly you can access stillness when your system isn't unconsciously managing city noise. It's not about the sounds being bad or good – it's about what becomes possible when your nervous system can truly rest.

SOLAR POWER AND CONSISTENCY

Our solar systems provide reliable hot water and lighting without depending on the inconsistent grid power common in rural areas. This means your routine stays steady – consistent hot water for therapeutic baths, dependable lighting for early morning practice, and the quiet operation that maintains the peaceful environment.

The solar heating also provides naturally clean hot water without gas combustion byproducts, supporting the purity that internal cleansing practices require.

SEASONAL, ORGANIC NUTRITION

The sattvic meals here use locally grown, seasonal produce that's free from pesticide residues. When your digestive system isn't processing chemicals, more energy becomes available for the deeper work of yoga practice.

Seasonal eating also aligns with Ayurvedic principles – your body gets the nutrients it needs for the current climate and season. The food tastes different too, with the vitality that comes from being harvested nearby rather than shipped across distances.

WHY RESULTS COME FASTER

What typically takes months of consistent practice in urban environments often happens within weeks here. It's not magic – it's what occurs when all the environmental factors support your practice instead of requiring your body to work around obstacles.



Your sleep becomes more restorative, your breathing practices more effective, and your energy more stable. The yoga techniques work the way they were originally designed to work, in an environment that amplifies rather than challenges their effects.

INTEGRATION WITH DAILY LIFE

Many people leave here with simple changes they can implement at home – water filtration, organic food choices, chemical-free cleaning products. They've experienced how much environmental factors impact their wellbeing and want to maintain some of those benefits.

The practices you learn here become more sustainable when supported by lifestyle choices that reduce rather than increase the demands on your system. What you discover at Kaivalyadhama often becomes the foundation for lasting changes in how you live.

THE DEEPER UNDERSTANDING

After spending time in this environment, most practitioners understand something they couldn't grasp intellectually before – that yoga works best when your surroundings support rather than compete with your practice. It's an insight that transforms not just how you do yoga, but how you think about the relationship between your health and your environment.

The ancient texts speak of practicing in natural settings for good reason. Here, you get to experience why.



For more information about Kaivalyadhama's eco-conscious wellness programs and environmental initiatives, visit www.kdham.com

Naturopathy: A path to holistic health and well-being

written by

DR RITU PRASAD

Department of Naturopathy, Kaivalyadhama Yoga Institute

"Healing begins the moment you choose to take care of yourself."

At the core of true healing lies balance—not just in the body, but also in the mind and spirit. Naturopathy, a system of medicine rooted in nature and preventive care, embraces this philosophy by treating the person as a whole, rather than just addressing isolated symptoms.

At our Naturopathy Department in Kaivalyadhama, we are committed to guiding individuals toward holistic health and well-being through gentle, natural, and time-tested healing methods under the different programs in Naturopathy.

WHAT IS NATUROPATHY?

Naturopathy is a drugless, evidence-based system of healing that works in harmony with the body's innate ability to heal itself. It focuses on removing the root cause of illness and restoring health through lifestyle changes, natural therapies, and mindful living.

OUR APPROACH TO HEALING

In our department, we treat patients with a comprehensive range of naturopathic modalities, each tailored to the individual's constitution, medical history, and current health concerns.

These therapies are non-invasive, side-effect free, and deeply rejuvenating.

KEY MODALITIES WE USE:

- **Hydrotherapy:** Using water at various temperatures and pressures to detoxify, stimulate circulation, and relieve pain.
- **Mud Therapy:** Drawing out toxins and calming the nervous system using mineral-rich natural mud.
- **Diet Therapy:** Prescribing a wholesome, sattvic diet based on individual needs to correct imbalances and restore vitality.
- **Herbal and Oil Massages:** Enhancing relaxation, improving blood flow, and supporting musculoskeletal health.
- **Acupuncture and Acupressure:** Balancing energy flow to alleviate pain and support internal healing.
- **Yoga practices:** Cultivating mental clarity, emotional stability, and physical flexibility through asanas, pranayama, and meditation.
- **Lifestyle Counselling:** Educating patients about daily habits, sleep hygiene, stress management, and preventive wellness.

EMPOWERING YOU TO TAKE CHARGE OF YOUR HEALTH

What makes naturopathy truly unique is its focus on empowerment and self-care. Patients are not just treated—they are educated and guided to make sustainable lifestyle changes that enhance long-term well-being. The aim is not temporary relief but lasting transformation.

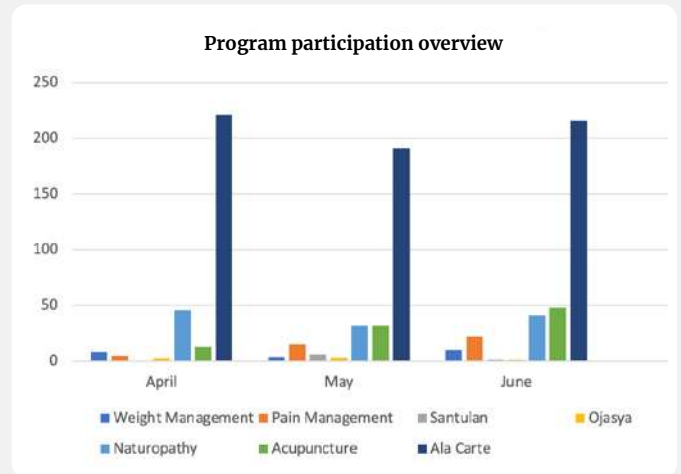
At Kaivalyadhama, we integrate the wisdom of nature with traditional yoga and holistic therapies to provide a deeply enriching healing experience with personalized care, compassionate guidance, and a serene environment, we walk with you on the path to balanced, radiant health.

QUARTERLY DIFFERENT RESIDENTIAL PROGRAMS OVERVIEW (APR 2025–JUN 2025)

Over the past three months, the Naturopathy Department has demonstrated consistent growth in participant engagement across its core wellness programs towards health and healing.

As the department moves forward, these insights will serve as a foundation for refining our wellness programs. Focus areas will include enhancing chronic disease management protocols, promoting sustainable lifestyle modifications, and expanding outreach efforts to increase participation and health awareness within the community.

For more details for programs and other information, please visit www.kdham.com



A comparative analysis reveals important trends in both program participation and demographic reach.

Understanding *Citta-Vrittis*: the mind's dance and how yoga brings stillness

written by

KANAKO IZAWA

Yoga Educator & Communicator

Have you ever found yourself making impulsive decisions that you later regret? Standing at a train platform, knowing you should wait for the right train, but jumping onto the wrong one anyway? Or perhaps reaching for that extra slice of cake despite knowing you're already full? These moments reveal the fascinating dance of our mind—what Patanjali calls *citta-vrittis*.

A TALE OF TWO TRAINS: WHEN THE MIND TAKES CONTROL

Picture this: You're rushing to catch a train in Tokyo's bustling underground. The doors are about to close, and there's a 50/50 chance it's the right one. Your logical mind says "wait for the next one," but something compels you to jump aboard anyway. Sound familiar?

This exact scenario taught me more about yoga philosophy than years of textbook study ever could. In that split second of decision-making, I experienced firsthand what the ancient sage Patanjali described over 2,000 years ago in his Yoga Sutras: the restless fluctuations of the mind that pull us away from our center.

WHAT ARE CITTA-VRITTIS?

In Sanskrit, *citta* refers to the field of consciousness—our entire mental apparatus including thoughts, emotions, memories, and perceptions. *Vrittis* are the waves or fluctuations that constantly ripple across this mental lake. Together, *citta-vrittis* represent the endless chatter, impulses, and modifications of our mind.

Patanjali's famous definition of yoga is beautifully simple yet profound:

"Yoga is the cessation of fluctuations of the mind"

(Yoga Sutras 1.2)

When these mental waves settle, we experience our true nature—peaceful, clear, and undisturbed. But when we're caught in the storm of *vrittis*, we mistake these mental movements for who we are.

THE ARCHITECTURE OF THE MIND

To understand how our mind works, ancient texts describe citta as having three main components:

- **Manas (Mind):** The processor that gathers and analyzes information from our senses
- **Buddhi (Intellect):** The discriminating faculty that makes decisions and judgments
- **Ahamkara (Ego):** The aspect that creates our sense of “I” and personal identity

Think of manas as your computer’s processor, buddhi as your internal advisor, and ahamkara as the narrator of your personal story. When these work in harmony, we make wise choices. When they’re in conflict or clouded, we end up on the wrong train—literally or metaphorically.

THE FIVE TYPES OF MENTAL WAVES

Patanjali categorizes all mental fluctuations into five types:

1. **Pramana (valid knowledge):** This includes accurate perceptions based on direct experience, logical inference, or reliable testimony. When you correctly identify the right train based on clear signage, that’s pramana at work.
2. **Viparyaya (misconception):** False understanding or misperception of reality. Sometimes what we think is the “right train” is actually wrong due to our misreading of the situation.
3. **Vikalpa (imagination):** Mental constructs without basis in reality—our fantasies, daydreams, and “what if” scenarios. The mind loves to create elaborate stories that may have no connection to actual events.
4. **Nidra (sleep):** Even in sleep, the mind continues its subtle activities through dreams and subconscious processing.
5. **Smriti (memory):** The retention and recall of past experiences, which can either guide us wisely or trap us in old patterns.

WHEN MENTAL WAVES BECOME STORMS: THE TROUBLESOME VRITTIS

Not all citta-vrittis are problematic. Some are neutral or even helpful. But certain mental fluctuations—called klišhta vrittis—create suffering and keep us stuck in unhealthy patterns. These troublesome waves often stem from what Patanjali calls the five kleshas or afflictions:

- **Avidya (Ignorance):** Mistaking the temporary for permanent, the impure for pure
- **Asmita (Ego-identification):** Over-identifying with our roles, achievements, or self-image
- **Raga (Attachment):** Clinging to pleasurable experiences

- **Dvesha (Aversion):** Pushing away uncomfortable experiences
- **Abhinivesha (Fear of death/change):** The deep-seated fear of loss or the unknown

THE WRONG TRAIN STORY: A LESSON IN SURRENDER

Let me share another train story—this one from India, where I learned an unexpected lesson about letting go.

I was traveling from Pune to Lonavala for the first time. After asking a ticket inspector if the train stopped at my destination, he assured me it did. But within minutes of departure, I realized my mistake—the next stop was Mumbai, hours in the wrong direction.

Panic set in. My phone battery was dying, I had no plan for getting back, and my mind began spinning worst-case scenarios. I felt completely powerless, trapped in a moving train with no escape.

But then something shifted. With no distractions available and nowhere to run, I was forced to simply be with the situation. I took a deep breath, observed my surroundings—the spacious sleeping berth, the kind train staff offering chai, the gentle rhythm of the rails.

I began to chant Sanskrit verses that came to mind. I sang softly to myself. Gradually, the fear dissolved. The mental storm settled into stillness.

Hours later, the train stopped. “Next station is yours,” said the same ticket inspector. “Lonavala?” I asked incredulously. “Yes, yes,” he smiled.

I had somehow ended up exactly where I needed to be.

THE PATH FORWARD: WORKING WITH MENTAL FLUCTUATIONS

Patanjali doesn’t ask us to eliminate all mental activity—that would be impossible and undesirable. Instead, he offers practical strategies for working skillfully with citta-vrittis:

- **Practice and non-attachment (Abhyasa and Vairagya):** The twin pillars of yoga practice: consistent effort combined with letting go of outcomes. Like training for a marathon while staying unattached to winning.
- **Cultivating opposites (Pratipaksha Bhavana):** When negative thought patterns arise, consciously cultivate their opposites. If anger emerges, practice compassion. If fear dominates, cultivate courage.
- **The eight limbs of Yoga:** Patanjali’s systematic approach—from ethical guidelines and physical practices to meditation and absorption—gradually purifies the mind and reveals our natural state of peace.

PRACTICAL SELF-INQUIRY: QUESTIONS FOR DAILY LIFE

Before making important decisions, try asking yourself these four questions based on Patanjali’s definition of ignorance (avidya):

1. *Is this choice sustainable? (Am I mistaking temporary pleasure for lasting happiness?)*
2. *Is it pure? (Does this align with my deeper values?)*
3. *Will it bring true joy? (Am I chasing fleeting satisfaction or genuine fulfillment?)*
4. *Is it aligned with my true Self? (Am I acting from ego or from wisdom?)*

These simple questions can help distinguish between impulses driven by mental fluctuations and choices that emerge from clarity.

THE BEAUTY OF STILLNESS

The goal isn’t to become a stone statue, unmoved by life’s ups and downs. Rather, it’s to find the eye of the hurricane—that place of calm awareness that remains steady even as circumstances change around us.

When we learn to observe our mental waves without being swept away by them, something beautiful happens. We begin to respond rather than react. We make choices from wisdom rather than impulse. We find peace not by avoiding life’s challenges, but by meeting them with equanimity.

This is the promise of yoga: not escape from the human experience, but full engagement with it from a place of inner stillness. Whether we’re standing on a train platform in Tokyo or sitting in meditation at Kaivalyadhama, the practice remains the same—learning to dance with the mind’s fluctuations while remaining rooted in our essential nature.

The wrong train, it turns out, sometimes takes us exactly where we need to go.

The journey of understanding the mind is ongoing, and each of us must find our own way of working with these universal patterns of consciousness. What matters most is not perfection, but sincere practice and the willingness to learn from every experience—even the “wrong” trains we sometimes board.

FINDING YOUR PATH AT KAIVALYADHAMA

Ready to explore your own relationship with citta-vrittis? Visit Kaivalyadhama to learn more about our courses, research programs, and opportunities to deepen your understanding of yoga philosophy and practice. Whether you’re a beginner seeking foundational knowledge or an advanced practitioner ready to dive deeper, there’s a path here for you.

Yogic wealth

written by

**MR GAURAV
MASHRUWALA**

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अतः सम्पत्ति, ऐश्वर्य, माहात्म्य, ज्ञान, सन्तति और कर्म
तथा मोक्ष – इन सबकी एकमात्र मूल श्रीहरि की आराधना
ही उपार्जनीय है ॥ २४ ॥

Vishnupuran Ansh 1 Adhyay 18 Shlok 24

So many times while I am writing the piece on Yogic Wealth, I start wondering, would readers be really enjoying these articles? Do these writings impact lives of readers? After sometimes another thought comes in mind and that is “Why am I thinking so much?” If God feels my writings are not useful, he will create circumstances where by this column stops.

Invariably on those days, when I feel God will create circumstances whereby this column will stop, I get an email from a reader appreciating the writings and how it has transformed his thoughts about money and wealth.

We all keep saying, we believe in God and yet many times we get doubts. How is that if there is belief in God then emotions of fear, anxiety, insecurity, doubt come in us. If we dig deeper in ourselves, we will realise that we have not completely surrendered to God yet.

This reminds of an incidence from the life of Narsinh Mehta. Narsinh Mehta once wrote a hundi (Promissory Note) on Shamal Shah Sheth. Lord himself came an honoured that hundi. Imagine unwinding faith in God. Same Narsinh Mehta in one of his bhajan's wrote "हरि-नो मार्ग ठे शूर-नो, नही कायर-नुं काम जो" (Path of God is for brave hearted, cowards don't embark on it). All of us say we have faith in God and

yet we have fear, anxiety, insecurity etc. The day we completely surrender to God, God will accept our hundi – promissory note.

For everything in life, origin and end is in God. The day we comprehend this, we will be bliss. Many times, I ask people, how many days in your life have you slept hungry at night because there was no money to purchase food? Invariably in the response, people nod their head from left to right, indicating they have never had to sleep hungry for the want of money. Recently, I asked the same question to my team members in office. One of the new recruits said she has slept hungry at night several times because there was no money to purchase food. For a moment, I was silenced. However, she immediately responded, “Sir, I am still alive. God took care of me on those tough nights also.”

Yogic Wealth is the wealth acquired with complete surrender to God. Have full faith in HIM. HE has best in store for us. To enjoy our materialistic wealth, we need health, wealth and conducive circumstances. Imagine there is sufficient wealth, good health but we have responsibility of ailing family member. My friend in the year 2020 had planned family vacation to Europe. He has enough money for family outing. Every member of the family was fit enough to travel. In March 2020 pandemic broke out and trip had to be called off.

Whatever we want in life, we have to go to God. Yogic Wealth entice in itself health, wealth, relationships, emotional stability and more. Aspire for Yogic Wealth by surrendering to God and enjoy the bliss.

Samachar from Kaivalyadhama

3 APRIL 2025

Blending tradition with discipline: Japanese students complete two-week Yoga Intensive at Kaivalyadhama

Kaivalyadhama Yoga Institute, Lonavala, welcomed a group of dedicated Japanese students in the month of April for a Two-Week Intensive Course in Yoga, specifically tailored for them. This unique program was designed as a hybrid model — allowing students to first undergo theory training online from Japan, followed by an in-person immersion at the historic Kaivalyadhama campus.

The program drew participants who had already demonstrated a sincere interest in traditional yoga by completing their theoretical studies





virtually. With a structured curriculum developed by Kaivalyadhama's experienced faculty, the students studied foundational texts, yogic practices, and philosophical principles from the comfort of their homes, preparing themselves for the final leg of their journey — a practical experience in the land of yoga itself.

Upon arriving at Kaivalyadhama, the serene campus provided the perfect backdrop for deepening their practice and understanding. Over the course of two weeks, the students engaged in guided asana practice, pranayama sessions, meditation, and hands-on therapeutic applications under the mentorship of Kaivalyadhama's trained instructors. The immersive environment allowed them to not only refine their techniques but also to absorb the spiritual and cultural essence of yoga in its birthplace.

The program culminated in a practical examination and certification, acknowledging their dedication and successful completion of both online and offline modules. With the certification from Kaivalyadhama, one of the oldest and most respected yoga institutes in the world, the students now carry forward not just a qualification but a legacy of authentic yogic wisdom.

This initiative reflects Kaivalyadhama's ongoing commitment to global outreach and cultural exchange, providing international students with an opportunity to experience yoga in its most traditional and purest form, while also adapting to modern educational models.

For many of the Japanese students, the experience was not only educational but transformative — a journey that bridged continents, cultures, and consciousness.

5 APRIL 2025

Actor Vidyut Jammwal's visit to Kaivalyadhama: A celebration of strength, discipline and spirituality

Kaivalyadhama had the honour of welcoming renowned actor, martial artist, and producer Mr Vidyut Dev Singh Jammwal on 5 April 2025. His presence brought an air of both excitement and reverence, as he is not only admired for his powerful performances on screen but also for his deep commitment to Indian martial and yogic traditions.

A dedicated practitioner of Kalaripayattu, one of the oldest martial arts in the world, Mr Jammwal exemplifies the perfect blend of physical strength, mental discipline, and spiritual grounding. These are qualities deeply embedded in the ethos of Kaivalyadhama, making his visit both symbolic and inspiring. Recognized globally as a modern-day yogi, Mr Jammwal's spiritual journey is one of authenticity. His act of blowing the Shankha (conch shell) during his time at the Institute was a powerful moment—echoing the resonance of India's sacred

traditions and his personal devotion to them. In his interactions with the team and students at Kaivalyadhama, Mr Jammwal shared his insights on the inner journey, discipline through breath and movement, and the importance of reconnecting with one's roots. His humility and grounded presence touched everyone he met.

As Kaivalyadhama continues its mission to spread the wisdom of yoga and Indian philosophy in its centenary year, such visits reaffirm the relevance and appeal of these practices in today's world. Mr Jammwal's life is a shining example of how traditional wisdom can empower the modern individual—with strength, grace, and clarity of purpose.

We thank Mr Vidyut Jammwal for his visit and look forward to future collaborations that honour and promote India's rich cultural and spiritual heritage.



8 APRIL 2025

Congratulations to our meritorious students

We are delighted to announce the outstanding academic achievements of our B.A. Yogashastra (Batch 2021–24) students from Gordhandas Seksaria College of Yoga and Cultural Synthesis, Kaivalyadhama.

At the prestigious Kavikulaguru Kalidas Sanskrit University (KKSU), our students have secured top positions:



Ms Anshika Sharma



Ms Sneha Gumber

Your unwavering dedication to the study of Yogashastra and pursuit of excellence is truly inspiring. We are incredibly proud of you and your accomplishments.

Wishing you continued success and growth on your yogic journey!

Aspire to build a meaningful career in Yogashastra? Join our B.A. program today: <https://kdham.com/bachelor-of-arts-in-yogashastra/>

CONGRATULATIONS

B.A. YOGASHASTRA Students

of G S College of Yoga and Cultural Synthesis
for ranking at Kavikulaguru Kalidas Sanskrit University Merit List

Ms Anshika Sharma
Batch 2021-24 | Rank 2

Ms Sneha Gumber
Batch 2021-24 | Rank 3

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11 APRIL 2025

Successful conduct of Blood Donation Camp at Kaivalyadhama

On 11 April 2025, the Gordhandas Seksaria College of Yoga and Cultural Synthesis, Kaivalyadhama—affiliated with Kavikulaguru Kalidas Sanskrit University—successfully organized a Blood Donation Camp at Vasistha Hall, Lonavala. Held from 9 a.m. to 5 p.m., the event was conducted under the aegis of the National Service Scheme (NSS) in collaboration with the Indian Red Cross Society, Lonavala and Shraddha Blood Storage Centre, Lonavala.

The camp was held under the guidance of Shri Subodh Tiwari (Secretary, Kaivalyadhama), Dr Bandita Satapathy (Principal), Dr Santosh Pandey (Director – Student Welfare), Dr Gururaj R.D. (Senior RMO), and NSS Coordinators Ms Ragini Gupta and Mr Ankur Pandey.

The inauguration ceremony featured a solemn lamp-lighting in the presence of esteemed dignitaries including Dr Sachin Bhise (Chief Guest), Dr Nayar, Dr Amol Ranade, Dr Deenmitra Mane, and others from Shraddha Hospital, Girivar Hospital, Manashakti

Organisation, and The Best Sacrifice Foundation.

Thorough logistical preparations ensured the event's smooth execution. From medical setup and refreshments to seating and sanitation, every detail was thoughtfully arranged. Publicity efforts spanned pamphlets, social media, and multilingual creatives, effectively drawing attention to the noble cause.

The camp received 90 registrations, resulting in 56 successful blood donations, with 39 from Kaivalyadhama's own students and staff. Volunteers who were ineligible still contributed by spreading awareness and assisting with operations. All donors were presented with certificates and refreshments, while a dedicated team managed registrations, photography, and coordination.

This impactful initiative not only contributed to the community's medical needs but also highlighted the compassionate spirit of Kaivalyadhama in promoting selfless service and social responsibility.

12 APRIL 2025

Kaivalya Vidya Niketan hosts insightful workshop on Yogic Parenting

In a significant stride towards nurturing conscious and holistic education, Kaivalya Vidya Niketan, the CBSE school initiative of Kaivalyadhama, hosted an impactful workshop titled “Yogic Parenting – A Conscious, Balanced, and Mindful Approach to Raising Children.”

The session was inaugurated with great enthusiasm and proved to be a deeply enriching and interactive gathering, bringing together educationists, psychologists, and parenting experts to discuss how ancient yogic wisdom can support modern-day parenting challenges.

The workshop featured a distinguished panel of speakers:

- Smt. Shraddha Namjoshi, noted educationist known for her child-centric pedagogical innovations.
- Dr Anandita Garg, an acclaimed educationist and parenting coach, who brought clarity to the emotional and behavioural aspects of child-rearing.



- **Dr Praseeda Menon**, psychologist and yoga expert, who offered a balanced perspective on integrating mindfulness and yogic practices in everyday parenting.

The discussion was moderated by **Mr Nishant Jain**, whose clear and insightful facilitation helped weave diverse viewpoints into a coherent narrative that resonated deeply with the audience.

Throughout the session, the speakers emphasized the importance of emotional resilience, discipline, mindful

communication, and holistic development in children. Drawing from both ancient yogic philosophy and contemporary educational psychology, they offered practical tools and relatable examples for parents and educators alike.

A key takeaway from the workshop was the reminder that parenting is not just about guidance but also about self-awareness and inner growth. Yogic Parenting, as articulated by the panel, encourages a journey where parents learn to lead by example—cultivating balance, presence, and empathy within

themselves to nurture the same in their children.

The event was not just a workshop but a step toward a larger movement—of integrating Yoga in Education and fostering a generation of emotionally strong, self-aware, and values-driven individuals.

We extend our heartfelt gratitude to all the speakers and participants for making this session a meaningful and memorable experience. The journey toward mindful parenting and conscious education continues.

18 APRIL 2025

Founder's Day

On 18 April 2025, Kaivalyadhama Yoga Institute solemnly paid homage to its revered founder, Swami Kuvalayananda ji, whose visionary work laid the foundation for Yoga as a scientific and spiritual discipline. Guided by his timeless teachings, Kaivalyadhama remains committed to preserving and propagating his profound legacy—seamlessly integrating Yoga, scientific research, and holistic wellness for the betterment of individuals and society at large.

This day of remembrance was observed not just at the main campus in Lonavala, but also across our national and international centres including:

- ICYHC Kaivalyadhama Yoga Centre
- Kaivalya Vidya Niketan
- Kaivalyadhama Delhi
- Kaivalyadhama China / 凯瓦拉亚达玛中国
- Kaivalyadhama Japan

Each centre united in spirit and intention, honouring the life and work of Swami Kuvalayananda ji, whose vision continues to illuminate the path of Yoga for generations to come.



19 APRIL 2025

Concluding Function of Post Graduate Diploma in Yoga Education

The valedictory ceremony of the Post Graduate Diploma in Yoga Education was held on 19 April 2025 at Kaivalyadhama Yoga Institute. It marked the culmination of a transformative journey for the students, who stood ready to step into the real world and contribute meaningfully through the wisdom and practice of Yoga.

We were honoured to have Smt. Eekta Shah as the Chief Guest for the occasion. Her presence added grace and inspiration to the event.

This course, Kaivalyadhama's flagship programme, has been conducted since 1951 under the aegis of the Gordhandas Seksaria College of Yoga and Cultural Synthesis—the

first formal college of Yoga education in the world. Over the span of the year, students engaged in a deeply immersive experience, integrating the philosophy and practical application of Yoga in a holistic manner.

Smt. Eekta Shah belongs to the distinguished family of Late Shri Sitaram Shah, a revered associate and well-wisher of Kaivalyadhama, whose contributions and guidance continue to inspire the institution. The Shah family has upheld a legacy of support with grace, humility, and unwavering generosity.

It was a true pleasure to host Smt. Shah for this significant event. As the ceremony concluded, heartfelt best wishes were extended to the graduating students, who now carry forward the light of Yoga into diverse communities, fostering health, harmony, and self-realization across society.



20 APRIL 2025

Participation of Kaivalyadhama Outreach Pune at Maha Arogya Melava

The "Shreemant Dagdusheth Halwai Sarvajanic Ganapati Trust", organized the "Maha Arogya Melava", a large-scale health camp, on 20 April 2025 at Pune, with the aim of providing accessible healthcare services to the public. Kaivalyadhama Outreach Pune team collaborated with the Trust in this noble initiative and actively participated in the event.

As part of the camp, the Kaivalyadhama team set up a "Yoga Therapy Cell", which offered on-the-spot therapeutic interventions for individuals suffering from backache, knee pain, spine health issues, diabetes, asthma, anxiety, and cancer-related concerns. The initiative was led by Shri Hari Sutar, a dedicated member of the Outreach team, who coordinated seamlessly with the Trust officials to make this participation impactful and efficient.

A dedicated team of 15 volunteers, headed by Shri Yogesh Vaidya, represented Kaivalyadhama from 9:00 AM to 5:00 PM. The team members who contributed wholeheartedly to this workshop included:

Shri Rajesh Bhalerao, Mrs Rajeshwari, Ms Nikita, Ms Pranjali, Ms Deepti Phatak, Ms Suja Manu, Shri Shekhar Tupe, Ms Geetanjali Sharma, Ms Anuradha, Ms Honey Singh, Ms Vidya Gawas, Ms Aarti Powar, Ms Kirti

The Yoga Therapy Cell successfully connected with more than 40 patients, offering them on-the-spot personalized therapy sessions. Additionally, several patients expressed interest and subsequently joined Kaivalyadhama's online outreach yoga



programs, thereby extending the impact of the initiative beyond the event.

The event was hosted at Nutan Marathi Vidyalaya Junior College campus, where the Trust had made excellent logistical arrangements. A dedicated enclosure and classroom were provided for the Kaivalyadhama team, along with tables, chairs, fans, drinking water, and food, ensuring comfort and ease for the volunteers and visitors alike.

The Kaivalyadhama camp was honored by the visit of Trust members Shri Mahesh

Suryavanshi, MLA Shri Hemant Rasane, and President of the Trust Shri Sunil Rasane. During their visit, the team introduced the dignitaries to the various seva-based activities undertaken by the Kaivalyadhama Outreach Pune team. The Trust members expressed deep appreciation for the work being done and conveyed their enthusiasm to collaborate with Kaivalyadhama on future initiatives.

In recognition of the contribution to the Maha Arogya Camp, a "Certificate of Appreciation", was awarded to the Kaivalyadhama Outreach team by the organizing Trust.

2 MAY 2025

National Ayush Mission (NAM) Conclave 2025

National Ayush Mission (NAM) Conclave 2025 was organised by the Ministry of Ayush and hosted by Kaivalyadhama, Lonavala.

As the early morning sun rose over the serene hills of Lonavala, the sacred grounds of Kaivalyadhama stirred with quiet anticipation. It was a momentous occasion — the inaugural day of the National Ayush Mission (NAM) Conclave 2025, organized by the Ministry of AYUSH, Government of India, and graciously hosted by Kaivalyadhama.

The conclave witnessed vibrant participation from various AYUSH stakeholders — including the Central Council for Research in Yoga & Naturopathy (CCRYN), Morarji Desai National Institute of Yoga (MDNIY), All India Institute of Ayurveda, and other reputed organizations. Dignitaries and delegates walked the leafy campus paths, participated in compelling dialogues, and found moments of reflection amidst the stillness of Kaivalyadhama.

VOICES THAT RESONATED

Throughout the conclave, a chorus of voices — yogacharyas, naturopaths, scholars, government officials, and community leaders — echoed a shared vision: to restore balance and well-being at the grassroots level. The collective aim was to make AYUSH systems more accessible, evidence-based, and meaningfully integrated into daily lives.

For Kaivalyadhama, this was not just a hosting responsibility, but a proud opportunity to present its legacy and its evolving model of Yoga-based holistic health — a confluence of ancient wisdom and modern relevance.

BRIDGING PRACTICE AND POLICY

One of the key themes of the conclave was the deepening synergy between traditional health systems and contemporary public health policies. Discussions ranged from integrating Yoga into educational institutions, to leveraging Ayurveda for mental well-being, and developing community-level wellness infrastructure.

Panel discussions, interactive workshops, and informal networking further underscored the importance of culturally-rooted, holistic approaches to address today's wellness challenges.

A DAY OF MEANING, A PATH FORWARD

As the sun dipped below the Lonavala hills, a warm sense of fulfilment marked the close of the two-day conclave. For Kaivalyadhama, it had been more than just an event — it had been a sacred space of national reflection and purposeful dialogue.



It reminded everyone present that Yoga was far beyond a physical practice; it remained a timeless philosophy of life — one that unites, heals, and transforms. The participants departed with renewed commitment, knowing that the journey of AYUSH — both inward and outward — had only just begun.

RIISING DEMAND FOR AYUSH: A SECTOR ON THE RISE

The conclave also highlighted the expanding global footprint of AYUSH. The sector had witnessed an eightfold growth — from USD 2.85 billion in 2014 to an estimated USD 23 billion in 2024.

"This growth underscored the increasing global demand for traditional Indian wellness products," said Rajesh Kotecha, Secretary, Ministry of AYUSH, in an exclusive interview with The Indian Express ahead of the conclave.

To meet this growing demand, the ministry had actively worked to resolve export challenges and foster an enabling ecosystem for the international proliferation of AYUSH products and services, he added.

16 MAY 2025

Kaivalya Samagam VI: Celebrating Legacy – Reconnecting Roots

From 16 to 18 May 2025, Kaivalyadhama's Gordhandas Seksaria College of Yoga & Cultural Synthesis hosted the sixth edition of Kaivalya Samagam, a moving celebration titled "Celebrating Legacy | Reconnecting Roots." The event brought together alumni, faculty, and well-wishers in a heartfelt tribute to the enduring spirit of yoga and the timeless bonds forged at Kaivalyadhama.

Over the course of three enriching days, alumni from across generations returned to the sacred grounds of Kaivalyadhama — the very place where their yogic journeys had begun. The gathering was filled with warmth, nostalgia, and deep reverence, as participants reunited with mentors, yoga teachers, friends, and the tranquil campus that had shaped their personal and professional lives.

The Samagam featured engaging sessions, panel discussions, cultural performances, and opportunities for soulful interaction and reflection. These moments served not only as a reconnection with the past but also as a reaffirmation of the core values that Kaivalyadhama continues to uphold in the field of yoga education, research, and practice.

The event was graced by esteemed dignitaries and senior faculty members, who shared inspiring insights and reflections on the legacy of Swami Kuvalayananda and the institute's pioneering contributions to the global yoga movement. Their presence added depth and significance to the celebration, reminding all in attendance of Kaivalyadhama's mission and vision.

Kaivalya Samagam VI stood as a vibrant and emotional reminder of Kaivalyadhama's rich heritage, its global community, and the lifelong impact it has had on countless individuals. The reunion rekindled the spirit of unity and devotion to yoga, encouraging all present to continue walking the path of self-discipline, inquiry, and inner growth.

As the event concluded, there was a collective sense of gratitude and renewed commitment to carry forward the legacy of Kaivalyadhama — with humility, integrity, and unwavering dedication to the yogic way of life.



16 MAY 2025

Bhajan Sandhya at Kaivalyadhama: A soulful tribute to the Guru Parampara

Kaivalyadhama, Lonavala, witnessed a serene and spiritually enriching Bhajan Sandhya on 16 May 2025, which served as a heartfelt tribute to the revered Guru Parampara. The evening honoured the timeless legacy of spiritual wisdom passed down through generations.

The highlight of the event was the soul-stirring performances by Dr Pandit Ajay Pohankar, an internationally acclaimed Hindustani classical vocalist, and Vidushi Anjali Pohankar, a distinguished artist known for her profound expression in both classical and devotional music. Their graceful renditions deeply moved the audience, creating an atmosphere of tranquility, devotion, and inner reflection.

Set in the peaceful environs of Kaivalyadhama,

the evening offered a rare opportunity for guests, residents, and seekers to immerse themselves in the divine vibrations of bhakti sangeet. The mellifluous voices of the artists, combined with the spiritual sanctity of the venue, transformed the evening into a moment of collective spiritual connection.

We extended our heartfelt gratitude to Pandit Ajay Pohankar and Vidushi Anjali Pohankar for blessing the occasion with their divine music. We also expressed our sincere thanks to all who attended and contributed to making the evening memorable.

The Bhajan Sandhya stood as a reminder of the power of music in spiritual awakening and devotion, and we hoped that such sacred gatherings would continue to inspire and nurture the spiritual journey of all.



17 MAY 2025

Inaugural Ceremony of the Swami Kuvalayananda Vyakhyan Mala

On 17 May 2025, Kaivalyadhama had the profound honour of inaugurating the Swami Kuvalayananda Vyakhyan Mala. The momentous occasion was marked by the first-ever discourse on spirituality at Kaivalyadhama's Lonavala premises, delivered by none other than Pujya Shri Rameshbhai Oza ji (Bhaishri), the esteemed Founder of Sandipani Vidya Niketan.



Serving as the Chief Guest, Pujya Bhaishri captivated the audience with a deeply insightful discourse on the theme “Spirituality in Modern Life.” He eloquently conveyed how spiritual wisdom is not only timeless but crucial in today’s complex, fast-paced world. His message emphasized the relevance of age-old teachings in fostering inner peace, resilience, and a sense of purpose amidst the challenges of modern living.

This marked a historic moment for Kaivalyadhama — the first time that such a celebrated spiritual leader addressed an audience in Lonavala on the importance of spirituality. Bhaishri’s presence and teachings resonated deeply with everyone present, from spiritual seekers and yoga practitioners to students and scholars, leaving them enriched and inspired.

The serene and contemplative environment of Kaivalyadhama provided a perfect backdrop for the inaugural session. The event reflected the Institute’s centenary vision of weaving together yoga, philosophy, and spiritual heritage, while honouring the pioneering legacy of Swami Kuvalayananda.

We express our heartfelt gratitude to Pujya Bhaishri for gracing Kaivalyadhama with his wisdom, and to all those who attended the event. The Vyakhyan Mala series will continue to host such enlightening talks by distinguished thinkers and spiritual leaders, keeping alive the timeless dialogue between tradition and contemporary life.

We eagerly look forward to welcoming you to future gatherings as we continue this journey of yoga.

17 MAY 2025

Yoga Mahotsav 2025 – 35 days countdown to International Day of Yoga

Kaivalyadhama Yoga Institute, Lonavala, in collaboration with the Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India, successfully hosted Yoga Mahotsav 2025 to commemorate the 35-day countdown to the International Day of Yoga (IDY). Aligned with this year’s theme, “Yoga for One Earth, One Health,” the event brought together over 500 participants to celebrate yoga as a holistic practice of physical, mental, and spiritual well-being.

The mega event was graced by the presence of Shri Shrirang Appa Barne ji, Member of Parliament from Maval constituency, and Capt Subroto Khan from The Great Eastern Institute of Maritime Studies. Their encouraging words and presence inspired the audience. Shri Subodh Tiwari, Secretary and CEO of Kaivalyadhama, welcomed the dignitaries and participants, emphasizing the relevance of yoga in contemporary life and Kaivalyadhama’s century-long contribution to this timeless science.

A highlight of the day was the enthusiastic participation of various esteemed institutions and communities, including cadets and officers from INS Shivaji, Police Training Center (PTC) Khandala, The Great Eastern Institute of Maritime Studies, Manashakti Research Centre, the Jain Community, Senior Citizens Group, Kaivalyadhama Mumbai, Alumni of Gordhandas Seksaria College of Yoga and Cultural Synthesis, and active members from Lonavala city.

Shri Shrirang Barne shared in his address, “I’m delighted to witness such unity



in promoting yoga at Kaivalyadhama. For over 100 years, this institute has been a torchbearer for yoga. My best wishes to all—yoga may be challenging, but your participation today is truly inspiring.”

We sincerely acknowledge the support of the Lonavala Municipal Corporation and the Lonavala Police Team in the smooth and secure conduct of the event.

Yoga Mahotsav 2025 was not just an event, but a vibrant expression of collective commitment towards health, harmony, and inner balance. We extend our heartfelt gratitude to every participant and supporter who contributed to the success of the celebration. Together, let us continue this journey with renewed enthusiasm and resolve, as we approach International Day of Yoga 2025.



23 MAY 2025

Yoginar: A virtual Yoga experience by Kaivalyadhama

As part of the 11th International Day of Yoga (IDY) 2025 celebrations, Kaivalyadhama Yoga Institute hosted a unique virtual event under its signature series Yoga Unplugged. Titled “Yoginar: A Virtual Yoga Experience”, the programme beautifully combined the timeless wisdom of Indian philosophy with contemporary reflections on yoga’s relevance today.

A highlight of the event was the insightful talk on “The Nyaya Philosophy – A Glimpse”, delivered by Prof. V.N. Jha, renowned scholar and Director of the Centre of Advanced Study in Sanskrit at Pune University. Prof. Jha offered participants an engaging introduction to Nyaya — the classical Indian school of philosophy known as the science of reasoning. His talk illuminated how Nyaya cultivates critical thinking, deep inquiry, and a structured path to discerning truth, encouraging participants to reflect on yoga not only as a physical practice but also as a profound intellectual and spiritual pursuit.

The session was moderated by Ms. Radhika Radial, co-founder of Mythopia, an inspiring yoga educator and wellness advocate, who seamlessly guided the dialogue between tradition and contemporary thought.

The event was graced by the presence of:

- Dr S.K. Ganguly, Governing Body Member, Kaivalyadhama
- Dr R.S. Bhogal, Governing Body Member, Kaivalyadhama
- Shri Subodh Tiwari, Hon. Secretary & CEO, Kaivalyadhama

The virtual gathering witnessed participation from yoga enthusiasts, scholars, and seekers from across the globe, all united by the vision of “Yoga for One Earth, One Health”. The event reaffirmed Kaivalyadhama’s commitment to promoting not just the physical dimensions of yoga but its deeper philosophical and ethical foundations.

We extend heartfelt gratitude to our distinguished speakers and the vibrant yoga community worldwide for making Yoginar a memorable and meaningful success.

1 JUNE 2025

Epoch-Making Inauguration of the “One Kaivalyadhama” PGDYEd Course (2025–26) at Kdham Pune Frist batch by Ms Anjali Deshmukh

The Kaivalyadhama family marked a historic milestone with the inauguration of the first-ever unified “One Kaivalyadhama” Post Graduate Diploma in Yoga Education (PGDYEd) course at the Pune Centre, Pashan. This initiative embodies Kaivalyadhama’s enduring commitment to expanding authentic yoga education through a shared academic vision across centres.



CEREMONIAL OPENING: A SPIRIT OF AUSPICIOUSNESS

The event commenced with the chanting of the Swasti Mantra, ceremonial lighting of the lamp, and the recitation of the Om Stavan, creating a sanctified atmosphere and spiritually uplifting energy.

DISTINGUISHED GUESTS OF HONOUR

The programme was graced by the presence of eminent thought leaders and well-wishers:

- **Prof. (Dr) Pandit Vidyasagar:** Renowned academician and former Vice-Chancellor, who spoke eloquently on the deeper dimensions of yoga and quoted from the Dnyaneshwari to warn against superficial pursuits.
- **Dr Sanjay Phadke:** Esteemed clinician in integrative mind-body medicine, who praised Kaivalyadhama's legacy and stressed wisdom over mere practice.
- **Mr Amit Kulkarni:** Former IT professional turned educator and yoga advocate with the Deccan Education Society, who reflected on the significance of seva and resilience.

Also present were senior members and supporters of Kaivalyadhama's Pune initiative: **Mrs Pushpa Madake, Shri Uday Pendse and Mrs Shilpa Ghone**, whose ongoing support remains invaluable.

PROGRAMME HIGHLIGHTS

- Felicitation of guests with copies of the Bhagavad Gita and Swami Kuvalayananda's Pranayama book.
- Heartfelt reflections by guests on the philosophical and transformative power of yoga.
- A warm vote of thanks by **Shri Uday Pendse**, followed by prasad offered to Swamiji's photograph by **Mrs Shilpa Ghone**.
- The event concluded with high tea and informal networking among faculty, guests, and new students.

ACADEMIC SESSION: FORMAL COMMENCEMENT OF LEARNING

The inaugural academic lecture was delivered on the theme "*Vidyarthi Pancha Lakshanam*" and the *Neti-Neti Vada* method, symbolically marking the beginning of the academic journey for the incoming batch.



COURSE LAUNCH AND ENROLMENT

The PGDYEd course under the "One Kaivalyadhama" model represents a new academic integration between Mumbai and Pune centres. This year, 30 students have enrolled across both locations.

Course coordination is being led with dedication and clarity by **Ms Suja Manu** and **Ms Deepti Phatak**, under the overall guidance of the central academic and coordination teams.

TEAM SUPPORT AND GRATITUDE

The successful execution of the inauguration was supported by:

- **Shri Yogesh Vaidya** and the Outreach Team
- Centre in-charge **Shri Rajesh Bhalerao**
- Administrative, academic, and operations teams at both Pune and Mumbai Centres
- Special appreciation is extended to the Marketing Team, College Team, and senior leadership of Kaivalyadhama. A heartfelt thank you goes to **Shri Nishant Jain**, whose vision, encouragement, and continued guidance played a pivotal role in the conceptualization and launch of this course.

This inauguration marks an epoch-making moment in Kaivalyadhama's legacy — unifying our academic offerings across centres, reinforcing our founding values, and shaping the next generation of yoga educators with integrity and depth.



5 JUNE 2025

Kaivalyadhama represents at the Spiritual and Wellness Summit 2025, Ujjain

Kaivalyadhama Yoga Institute had the honour of being invited to the prestigious Spiritual and Wellness Summit 2025, organised by the Government of Madhya Pradesh in the sacred city of Ujjain. Held on 5 June, the summit brought together leading voices from the spiritual, wellness, health, and policy communities to discuss India's growing leadership in holistic well-being and traditional sciences.

Kaivalyadhama was represented at the summit by **Mr Mayank Lunawat**, member of the Institute's Core Committee, who participated in the event's plenary sessions

and other multiple discussions on behalf of the organisation.

A CONFLUENCE OF SPIRITUAL AND SCIENTIFIC WISDOM

The summit served as a national platform for yoga institutions, Ayurvedic practitioners, wellness entrepreneurs, policy makers, and spiritual leaders to collectively chart a path forward for India's wellness economy. In-depth discussions took place around yoga, meditation, Ayurveda, holistic nutrition, and India's wellness tourism potential.

Mr Lunawat, in his interactions, shared Kaivalyadhama's historic legacy of integrating yogic knowledge with scientific research. His contributions highlighted the Institute's century-long work in bringing authentic yoga education to students and practitioners globally through a balance of tradition, therapy, and evidence-based inquiry.

MADHYA PRADESH'S GRAND VISION OF BECOMING A SPIRITUAL AND WELLNESS DESTINATION

The summit was inaugurated by Chief Minister Shri Mohan Yadav, who outlined Madhya Pradesh's visionary ambition to position itself as a global hub for holistic health and spiritual tourism. In his address, the Chief Minister and his team members including Mr Raghwendra Kumar Singh & Mr Sheo Shekhar Shukla emphasized the state's commitment to building robust wellness infrastructure, harnessing traditional

knowledge systems, and integrating spirituality with sustainable economic and tourism development. Together, these presentations conveyed a unified message: that Madhya Pradesh is poised to emerge as a leading destination for holistic wellness, blending tradition, nature, and sustainable development.

Kaivalyadhama is aligned with this progressive vision and looks forward to contributing meaningfully through its Bhopal centre, which offers a range of authentic yoga practices and holistic wellness programmes rooted in the institute's century-old legacy.

KAIVALYADHAMAS ENDURING RELEVANCE

Across various dialogues, the value of institutions like Kaivalyadhama in preserving the authenticity of yoga, while engaging dynamically with today's health and wellness challenges, was consistently acknowledged. Emphasis was laid on the importance of

lineage-based teachings, spiritual grounding, and scientific validation—hallmarks of Kaivalyadhama's philosophy.

THE WAY FORWARD

The event has opened up new opportunities for collaboration, research exchange, and outreach within the expanding ecosystem of spiritual and wellness development. Kaivalyadhama remains committed to contributing to this movement through its work in education, training, therapy, and scientific validation of yogic practices.

We commend the Government of Madhya Pradesh for their visionary leadership in organising this landmark summit and look forward to future opportunities to support India's emergence as a global wellness hub. Kaivalyadhama through its Bhopal centre would contribute to the vision of making Madhya Pradesh, India's leading wellness destination.

6 JUNE 2025

Kaivalyadhama at Tata Memorial Hospital

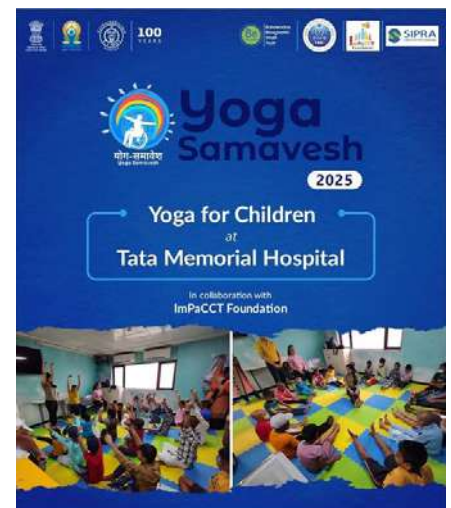
As part of the countdown to International Day of Yoga 2025, Kaivalyadhama Yoga Institute, in collaboration with Tata Memorial Hospital, conducted a heartwarming and meaningful yoga session dedicated to children. The event reflected the spirit of this year's theme — Yoga for One Earth, One Health — by focusing on nurturing young minds and bodies through the timeless practices of yoga.

Held at Tata Memorial Hospital, the session aimed at fostering stillness, strength, focus, and emotional resilience in children facing life's challenges. The gentle yet impactful practices helped create a space of peace and

positivity, reinforcing the belief that every child deserves a mindful beginning.

This special initiative was supported by the Ministry of Ayush, Government of India, Indian Yoga Association, IMPACCT Foundation – Tata Memorial Hospital, and Sipra Engineers, showcasing a collective commitment to promoting holistic health and well-being through yoga.

The programme served as a reminder that the ancient wisdom of yoga can empower even the youngest among us, laying the foundation for a brighter, healthier future for all.



11 JUNE 2025

Hungarian Yoga Academy conducts successful Yoga Teacher Examination with Kaivalyadhama Certification

On 11 June 2025, the Hungarian Yoga Academy successfully conducted its annual Yoga Teacher Examination in collaboration with Kaivalyadhama. The examination process, spread over several days, evaluated ten dedicated yoga teacher candidates through written, oral, practical, and teaching assessments.

The written exams were held on June 11 and 12, covering five foundational subjects. On June 14, candidates underwent oral and practical

teaching evaluations assessed by three expert committees comprising seven senior teachers. All ten candidates successfully passed their final exams, demonstrating a high level of preparation and commitment.

A unique feature of the Academy's training is its mentoring program, where certified yoga teachers support the trainees through study sessions and supervised teaching practice. This model ensures strong foundational learning and teaching experience.

The certificate ceremony was held with great reverence. The candidates were introduced to the legacy and contributions of Kaivalyadhama. The presence of Shri O.P. Tiwari's signature on the certificates was received with deep respect and added immense value to the recognition.

The Hungarian Yoga Academy continues to set a high benchmark for



authentic yoga education in Europe, with Kaivalyadhama's guidance offering an inspiring connection to India's traditional yogic roots.

The programme served as a reminder that the ancient wisdom of yoga can empower even the youngest among us, laying the foundation for a brighter, healthier future for all.

11 JUNE 2025

Yoga Unplugged 2025: A dynamic session with Shri Vidyut Jammwal

As part of the inspiring lead-up to the 11th International Day of Yoga 2025, Kaivalyadhama Yoga Institute presented a special live-streamed edition of its signature series Yoga Unplugged 2025. The session featured none other than Shri Vidyut Jammwal — acclaimed actor, martial artist, and devoted yoga practitioner — who brought his unique blend of discipline, strength, and spiritual depth to this global audience.

Broadcast live, this powerful session embodied the spirit of “Yoga for One Earth, One Health”, aligning with this year's central theme. Participants were guided through practices based on the Common Yoga Protocol (CYP), designed to bring harmony to the body, mind, and spirit while connecting individuals to the broader goal of collective well-being.

The event was organised by Kaivalyadhama Yoga Institute in collaboration with:

- Ministry of Ayush, Government of India
- Indian Yoga Association
- HSNC University
- B.K. Birla College of Arts, Science & Commerce, Kalyan

This digital gathering attracted yoga enthusiasts and seekers from across the world, demonstrating the universal appeal of authentic yoga traditions. The session highlighted the importance of integrating yoga into daily life, not just as an exercise,

but as a holistic path toward inner peace and harmony with the world around us.

Kaivalyadhama extends heartfelt thanks to Shri Vidyut Jammwal for his inspiring leadership, and to all partners and participants for making Yoga Unplugged 2025 a resounding success.



14 JUNE 2025

Harit Yoga – Yoga Seva Trek to Tungarli Hills

Kaivalyadhama Pune and National Institute of Naturopathy (NIN), Pune marked IDY 2025 with a unique “Yoga Seva Trek” to Tungarli Hills, Lonavala. Despite rain deterring some of the 100+ registered participants, 42 enthusiastic trekkers, including students, volunteers, and nature lovers, came together





for this memorable blend of yoga, nature, and service.

Participants trekked to the hilltop, visiting the cave where Swami Kuvalayananda once meditated. At the summit, they practiced yogāsanas, prāṇāyāma, and meditation, guided by Kaivalyadhama teachers. Dr. Kajal Gupta (NIN) spoke on yoga's healing power and harmony with nature.

The group also undertook a cleanup drive along the trail, embodying the spirit of seva. The day ended with a sattvic meal at Kaivalyadhama and silent homage at Swamiji's Samadhi. Led by Shri Pranit Adhav and mentored by Shri Rajesh Bhalerao, the trek beautifully highlighted yoga's essence—unity, discipline, and care for the environment.

14 JUNE 2025

Yoga Connect: A grand prelude to International Day of Yoga 2025

As part of the ongoing celebrations leading to International Day of Yoga (IDY) 2025, the Ministry of Ayush, Government of India, successfully organised the Yoga Connect event on 14 June 2025 at Vigyan Bhawan, New Delhi. The event embodied this year's inspiring theme — “Yoga for One Earth, One Health”, reflecting the universal message of harmony, wellness, and sustainability.

The programme commenced with a solemn ceremonial lamp lighting led by distinguished dignitaries including:

- **Shri Gajendra Singh Shekhawat**, Hon'ble Minister of Culture and Tourism
- **Shri Prataprao Jadhav**, Hon'ble Minister of State (Independent Charge), Ministry of Ayush

They were joined by eminent personalities from the world of yoga and spirituality:

- **Swami Ramdev**, Founder-President, Patanjali Yogpeeth, Haridwar
- **Dr Hansaji Yogendra**, Director, The Yoga Institute
- **Shri Subodh Tiwari**, CEO of Kaivalyadhama, Lonavla, and Secretary General, Indian Yoga Association
- **Shri Chidanand Saraswati**, Spiritual Head, Parmarth Niketan
- **Vaidya Rajesh Kotecha**, Secretary, Ministry of Ayush
- **Ms Monalisa Dash**, Joint Secretary, Ministry of Ayush



The gathering served as a confluence of thought leaders and practitioners, reaffirming the transformative power of yoga for individual and collective well-being. The event witnessed enthusiastic participation and rich deliberations, setting a vibrant tone for the grand observance of IDY 2025.

17 JUNE 2025

Yog Samavesh Session – Chaitanya Hasya Club, Dhanori, Pune

On 17 June 2025, As part of the ongoing outreach efforts in celebration of International Day of Yoga 2025, the Kaivalyadhama Outreach Team, Pune conducted a special Yog Samavesh session for the senior members of the Chaitanya Hasya Club, Dhanori, on the morning of 17 June 2025. The session witnessed enthusiastic participation from around 50 senior citizens.

The programme began with a prayer in line with the Kaivalyadhama tradition, creating a serene and respectful start to the morning. It was heartening to see the senior participants—many



over the age of 65—sitting on the floor in meditative asanas with ease and attentiveness.

The group warmly welcomed the Kaivalyadhama Outreach Team with three rounds of laughter, bringing joy and lightness to the atmosphere. A short introductory talk followed, where the team spoke about the significance of International Day of Yoga and the theme of "One Earth, One Health", highlighting the integrated vision of health through yoga.

The yoga practice session included coordinated body-breath-mind exercises aimed at restoring internal balance. This was followed by simple, traditional yoga practices specially curated for seniors, addressing common challenges such as joint stiffness, postural issues, and reduced mobility. Gentle breathing practices like *Bhramari*, *Pranava Japa*, followed by short meditation and deep relaxation, helped participants feel calm and rejuvenated.

During the session, the team also shared insightful information about Kaivalyadhama—its rich legacy as one of the oldest yoga institutes in the world—and the pioneering work of its founder, Swami Kuvalayananda, who dedicated his life to integrating traditional yoga with modern science. The participants listened with deep



interest and expressed a strong desire to visit Kaivalyadhama, inspired by its history and approach to authentic yogic living.

Towards the end, the group came together to chant mantras for world health and peace, reaffirming their commitment to daily yoga practice for physical, mental, and spiritual well-being.

A special and moving moment was when Sunetra Tai and Jayashree Tai—cancer survivors and active volunteers with the Kaivalyadhama Outreach Team—shared their personal stories of recovery and the profound role of yoga in their healing journey. Their

heartfelt narratives received a loud round of applause and appreciation from the group.

The vote of thanks was given by Mr Thombre, the senior-most member of the group, along with Mrs Sangeeta, both expressing deep gratitude. The entire gathering extended their thanks to Mr Ambre, who facilitated and coordinated the session with great enthusiasm.

The morning concluded with tea and light interaction, leaving behind an atmosphere of positivity, inspiration, and deeper connection to the yogic path.

24 JUNE 2025

The Impact of Yoga on Jail Inmates: A Success Story from Yerwada Jail

Yoga has emerged as a powerful tool for promoting overall well-being, particularly within the context of jail rehabilitation. By addressing the mind, body, and spirit, yoga programs have shown promise in helping inmates develop the resilience and skills needed to cope with incarceration and prepare for life after release. This report explores the impact of yoga programs on inmates, focusing on the Kaivalyadhama outreach program at Yerwada Jail.



YERWADA JAIL YOGA PROGRAM

The yoga program at Yerwada Jail aimed to assess the impact of yoga on inmates' mental health and develop a culturally sensitive yoga protocol. Conducted over a duration of 50 hours, from 3 May to 30 June, 2025, the sessions were held Monday to Friday. Over 200 male and female inmates participated in the program, which was facilitated by four volunteers who conducted separate sessions for male and female inmates.

The daily sessions at Yerwada Jail included physical exercises, breathing practices, meditation, and deep relaxation, with yoga mats donated to enhance the experience, supported by the prison staff. The program yielded significant mental and physical health benefits for inmates, including reductions in stress and anxiety, relief from backache, knee pain, and headaches, and improved emotional regulation and social behavior. Inmates expressed gratitude and a strong desire for the program to continue, while prison authorities noted positive changes in attitudes and behaviors.

During the International Day of Yoga celebrations, inmates participated enthusiastically, and prison personnel also engaged in relaxation sessions, highlighting yoga's universal appeal and benefits. Looking ahead, the Kaivalyadhama outreach team plans to offer a 150-hour yoga teacher training course for female inmates, equipping them with valuable skills for future employment. The success of the 50-hour yoga program at Yerwada Jail underscores the importance of continuing and expanding yoga initiatives in correctional facilities. It is recommended that the program is continued and conducting long-term studies on yoga's impact on recidivism and post-release adjustment, and allocating more resources to similar programs in other jails.

International Day of Yoga 2025

KAIVALYADHAMA'S CELEBRATIONS



21 JUNE

In response to the clarion call from the Hon'ble Prime Minister's Office and the Ministry of Ayush, Kaivalyadhama Yoga Institute played a pivotal role in the nationwide celebration of the 11th International Day of Yoga (IDY 2025). With full gusto and dedication, Kaivalyadhama conducted thoughtfully curated programs across Lonavala, Mumbai, Pune, Delhi, Bhopal, Kolkata, Lakshadweep, Rajbhavan Maharashtra, and virtual platforms, reaching a remarkable total of 21,933+ lives. These celebrations reflected Kaivalyadhama's century-long legacy in spreading the authentic, scientific, and traditional essence of yoga as envisioned by Swami Kuvalayananda.

YOGA SANGAM 35-DAY COUNTDOWN

A grand event at Kaivalyadhama Lonavala with 500 participants, graced by dignitaries like Shri Shrirang Appa Barne (MP, Maval) and Capt Subroto Khan (Great Eastern Institute). Representatives from INS Shivaji, Police Training Center Khandala, The Great Eastern, Manashakti Research Centre, Jain Community, senior citizens, alumni, and local groups participated enthusiastically.



YOGA SAMAVESH — POLICE TRAINING WORKSHOPS

Special training for Navi Mumbai Police Constables at Kaivalyadhama Lonavala (5–29 May) with 20 officers per batch, emphasizing yoga for resilience and well-being.



YOGA UNPLUGGED — IMMERSIVE JOURNEYS (ONLINE & OFFLINE)

Engaging sessions featuring Vidyut Jammwal, Paramahansa Swami Niranjanananda Saraswati, His Eminence Chokyang Palga Rinpoche, and His Holiness Acharya Lokesh Muni Ji, attracting audiences of hundreds to 2,000+ globally.



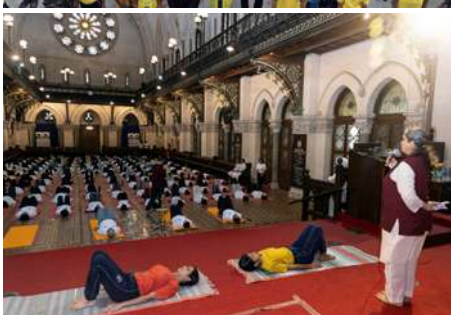
HARIT YOGA & PARK YOGA INITIATIVES

Environmental and yoga drives at Tata Dam, JNPA Panvel, NIN Pune, Dhanori Park, and other sites combining yoga with tree plantation; participation ranged from 25 to 500.



LAKSHADWEEP SPECIAL DRIVE

A unique multi-day outreach covering government departments, CRPF women, senior citizens, coast guard, pregnant women, cancer survivors, students, and professionals, showcasing yoga's inclusive role in island wellness.



CORPORATE & INSTITUTIONAL OUTREACH

Collaborations with Ministry of Defence, Supreme Court of India, Rajbhavan Maharashtra, CII, SIDBI, NSS Mumbai University, SNDT, Bombay Teachers Training School, TATA Power, Tata Memorial Hospital, and many more.

SPECIAL IDY 2025 EVENTS (21 JUNE)

Pan-India and virtual sessions impacting schools, colleges, hospitals, defence units, corporates, and tribal communities. Notable sessions included:

- Supreme Court of India (New Delhi) – 200 participants
- Ministry of Tourism at Kanheri Caves, Mumbai – 500 participants
- Brilliant International School, Pune – 650 students
- Tata Power (across Maharashtra + virtual) – 1,000+ employees
- Cancer care initiatives (Ruby Hall Clinic, Vishranti Hospital, online) – dedicated support to survivors and patients

IMPACT

Kaivalyadhama's sustained efforts ensured that yoga's authentic spirit reached diverse audiences — from defence forces, police trainees, school and college students, corporates, judiciary staff, healthcare workers, tribal communities, senior citizens, to global virtual participants. This grand Yoga Sangam truly embodied the vision of Yoga for One Earth, One Health, strengthening Kaivalyadhama's role as a torchbearer of traditional yoga in modern times.

HEARTFELT GRATITUDE

We extend our sincere appreciation to all partners, faculty, volunteers, institutions, and participants who made IDY 2025 a resounding success. Kaivalyadhama remains committed to fostering holistic well-being and harmony through yoga's timeless wisdom.

21 JUNE 2025

Over 500 Participated in Harit Yoga Campaign at Kaivalyadhama

Kaivalyadhama Yoga Institute successfully hosted the Harit Yoga celebration on 21st June 2025, as part of the nationwide initiative launched by the Ministry of Ayush under the inspiring theme "Ek Ped Maa Ke Naam". This unique blend of yoga and environmental action witnessed the enthusiastic participation of more than 500 individuals, including employees, students, and guests, who came together to contribute to the cause of environmental sustainability. The event

was held at the KVN Grounds, with arrangements meticulously overseen by the team from Kaivalya Vidya Niketan (KVN). Despite intermittent rain showers, the program proceeded smoothly, with the formal inaugural session being shifted to the Yoga Kaksh for about 30 minutes. The event commenced at 11:00 AM, with all attendees present as per the call for compulsory participation issued by the HR Department of Kaivalyadhama.

THE OPENING SESSION

The program was inaugurated in the presence of Mr Subodh Tiwari, Hon. Secretary and CEO of Kaivalyadhama, who served as the Chief Guest. Mr Tiwari addressed the gathering, highlighting the significance of combining the wisdom of yoga with ecological responsibility. His address inspired all to take actionable steps towards preserving and nurturing the environment. Ms Sonali from KVN moderated the opening session, which included reflective thoughts on the connection between yoga and nature. The session provided a powerful reminder of the values that Swami Kuvalayananda propagated—living in harmony with nature.

THE TREE PLANTATION DRIVE

Following the indoor session, participants moved to the designated plantation areas on the KVN grounds. Under the guidance of Mr Anish, saplings were distributed, and all attendees took part in planting trees as a tribute to the theme "*Ek Ped Maa Ke Naam*". This activity symbolized gratitude towards Mother Earth and mothers everywhere, blending environmental action with emotional significance.

YOGA AND REFLECTION

The plantation activity was followed by a brief yoga and reflection session led by Mr Neeraj Singh and Ms Priyanka Sharma of KVN. The participants engaged in simple asanas and breathing practices amidst the fresh greenery, creating a serene and mindful closure to the event.

AWARENESS AND COMMUNITY ENGAGEMENT

An engaging talk was delivered by Ms Indira (KVN), emphasizing the need for sustained ecological efforts and how individual actions contribute to larger environmental goals. The presence of media teams led by Mr Vishal Shakala and Ms Tanushree ensured that the event's highlights were captured for internal records and wider community awareness.

PLANNING AND EXECUTION

The success of the Harit Yoga campaign at Kaivalyadhama was made possible by the dedicated efforts of multiple team members

A COLLECTIVE STEP TOWARDS A GREENER FUTURE

Kaivalyadhama's Harit Yoga campaign not only celebrated International Day of Yoga 2025 in a meaningful way but also reaffirmed its dedication to environmental stewardship. The collective effort of the staff, students, and guests transformed the event into a memorable occasion, reinforcing the institute's vision of "One Team, One Kdham" for a greener and healthier future.



21 JUNE 2025

Kaivalyadhama Celebrates International Day of Yoga 2025 – Yoga for One Earth, One Health

On 21 June 2025, Kaivalyadhama Yoga Institute celebrated the 11th International Day of Yoga (IDY) at the Kudilal Sakesieria Hall, Lonavala. This year's theme, Yoga for One Earth, One Health, beautifully emphasized the role of yoga in nurturing harmony between human well-being and the health of our planet.

A DISTINGUISHED GATHERING

The event was graced by Hon'ble Shri Sunil Phulari, IPS, Special Inspector General of Kolhapur and five districts, and recipient of the Suryadatta Suryabhushan National Award 2025. Shri Phulari inspired everyone with his gracious presence, having taken time from his demanding schedule and arriving a day in advance to ensure he could join the celebration early in the morning.

YOGA SANGAM — A VIBRANT CELEBRATION

The morning began at 6:30 a.m. with the live telecast of the Prime Minister's address, setting a reflective tone for the day. This was followed by the traditional lamp lighting ceremony and a warm welcome at 7:00 a.m.

At 7:10 a.m., the Common Yoga Protocol (CYP) session commenced, led with dedication and expertise by Mr Neeraj Singh and Ms Purva Satkar. The program was beautifully anchored by Mr Jitesh Singhla, who carried forward the positive energy of the morning.

More than 150 participants came together for this Yoga Sangam, including:

- Members of the Kaivalyadhama team
- Healthcare participants from HHCC and OPD
- Members of the Lions Club of Lonavla, led by Lion Padma Gupta, Lion Nalini Pawar, and Lion Dr Kavita Nayyar
- Local community members
- Guests and well-wishers

The event concluded with a felicitation ceremony, book launches, and an inspiring address by the Chief Guest, followed by a nutritious breakfast served at SATVA Café.

BOOK LAUNCHES

Two significant publications were released on this occasion:

- **Yogamya Police**
by Dr Sharadchandra Bhalekar — A thoughtful exploration of yoga's benefits for police personnel.

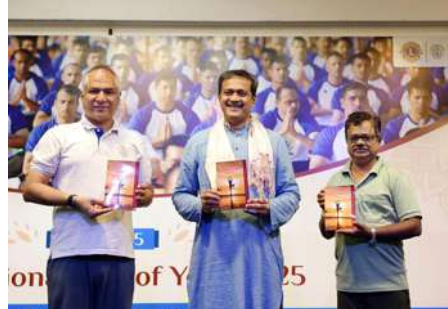
Philosophy of Yoga Trilogy by Swami Maheshananda and Dr Stuart Rose, comprising:

- **Energy and Space: Within / Outside and Beyond**
- **Highly Significant: The Story of Creation**
- **Tools of Understanding**

These books offer deep insights into the philosophy, science, and spiritual dimensions of existence.

MEDIA COVERAGE AND WORDS OF GRATITUDE

The event received live coverage by local and regional media, with enthusiastic support from the Ministry of Ayush's official media platforms. Many media representatives not



only reported on the celebration but also actively participated in the yoga session, embracing its essence.

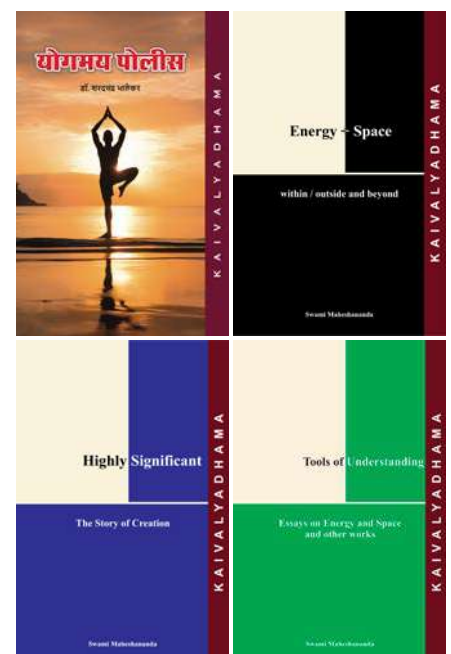
Shri Subodh Tiwari, CEO of Kaivalyadhama, expressed heartfelt appreciation to the local public, Lions Club of Lonavla, healthcare participants, the media fraternity, and all supporters who made the event both meaningful and memorable.

He specially acknowledged the Chief Guest, remarking:

"We are truly grateful to Shri Phulari ji, who took time from his demanding schedule and arrived a day prior to be with us early this morning. His presence added great inspiration to our celebration."

A SHINING EXAMPLE

Kaivalyadhama's International Day of Yoga 2025 stood as a shining example of collective effort and unity, reaffirming yoga's enduring value for individual and global well-being.



21 JUNE 2025

Celebrations across multiple locations in Mumbai

In alignment with the global observance of the International Day of Yoga (IDY) on 21 June, as initiated by the Hon'ble Prime Minister of India and adopted by the United Nations in 2014, Impactful events were organized in Mumbai and rural areas to highlight the transformative power of yoga on physical, mental, and emotional well-being.

This year's celebration was jointly led by Sipra Engineers Pvt. Ltd., Kaivalyadhama Yoga Institute, Impact Foundation, Tata Memorial Centre, B.M.C. and Z.P. schools, along with B.B. Shah Trust.

PARTICIPATING INSTITUTIONS:

- **Tata Memorial Hospital (Pediatric Oncology Dept.)**
- **BMC Schools:**
 - G.K. Marg Madhyamik, Lower Parel
 - Byculla (E) Madhyamik Municipal School
 - S.G. Barve Nagar Secondary, Ghatkopar (W)
- **Zilla Parishad Schools:**
 - Chikhaldongare Upper Primary School, Virar
 - Aadarsh Vidyalaya, Bolinj, Virar
- **Tribal Communities:**
 - Tribal Children and Women – Jogeshwari Area

Flagship Event – Pediatric Wellness Yoga at Tata Memorial Centre

A special pediatric session was hosted at Tata Memorial Centre in association with Impact Foundation and conducted by certified instructors from Kaivalyadhama Yoga Institute. Sipra Engineers Pvt. Ltd. initiated and has been supporting weekly yoga sessions (Tuesday–Friday) since 1 April 2025, in the Pediatric OPD – culminating in the celebratory event on 21 June. The session focused on breathwork, gentle asanas, and laughter yoga, adapted for pediatric cancer patients and caregivers.

GUESTS OF HONOUR:

- **Dr Nitin Kareer** – Advisory Board Member, Kaivalyadhama; Former Chief Secretary, Maharashtra
- **Dr Gundeti** – Ministry of AYUSH
- **Dr Sudeep Gupta** – Director, Tata Memorial Centre
- **Ms Shalini Jatia** – Officer-in-Charge, Impact Foundation
- Representatives from Kaivalyadhama & Sipra Engineers Pvt. Ltd

HIGHLIGHTS:

- Enthusiastic student participation across urban and rural zones
- Cultural and yoga-themed performances by children
- Distribution of yoga learning materials and refreshments
- Community engagement through tribal outreach and wellness awareness

PARTICIPATION SUMMARY

1,700+
students

42
teachers

10
community
guests

70
special pediatric
participants



Thank you to all participating schools and teachers. Special thanks to Yoga Instructors: Ms Humera Jamil, Ms Neeta Rathod, Mrs Preeti Pawar, Ms Sony Pandey, Ms Disha Shah, Ms Alpa Rathod, Ms Jueli Shivdikar



MINISTRY OF EDUCATION



IIM Mumbai Celebrates 11th International Day of Yoga, Focusing on the Theme “Yoga for One Earth, One Health”

Courtesy Posted On: 21 JUN 2025 5:15PM by PIB Mumbai
Mumbai, 21 June 2025

Indian Institute of Management Mumbai (IIM Mumbai) celebrated the 11th International Day of Yoga in Mumbai today, 21st June 2025. The event was organised in alignment with the nationwide observance led by the Ministry of Education and the Ministry of Ayush, Government of India.

The event began at 6:00 AM in the basement of Swami Vivekananda Hall, featuring a live telecast of the Prime Minister’s address, followed by a yoga session led by experienced instructors from Kaivalyadhama, Mumbai. Faculty members, officers, staff, and students of IIM Mumbai actively participated, embracing the spirit of unity, health, and sustainability.





Speaking on the occasion, Director, IIM Mumbai, Prof. Manoj Kumar Tiwari, stated: “The International Day of Yoga is a powerful reminder of India’s contribution to global well-being. This year’s theme, ‘Yoga for One Earth, One Health,’ resonates deeply with IIM Mumbai’s commitment to holistic education, environmental awareness, and personal wellness. We are proud to see such active participation from our community, demonstrating that yoga is not only a physical discipline but also a unifying force for sustainable living and inner harmony.”

Key dignitaries present at the event included: Dean (Student Affairs), Prof. Rauf Iqbal, Chief Administrative Officer (CAO), Lt. Cdr. (Mrs.) Nisha Singh and Chairperson, IDY Committee 2025, Prof. Nikhil Mehta. The institute extended its sincere gratitude to Kaivalyadhama for their expert guidance and to all participants whose enthusiastic involvement made the celebration a meaningful success.

ABOUT IIM MUMBAI

Indian Institute of Management Mumbai (IIM Mumbai), formerly NITIE, is one of India’s premier management institutions, established in 1963. Ranked 6th in the 2024 NIRF Rankings, IIM Mumbai is known for its excellence in Operations, Supply Chain, Sustainability, and General Management. Its strategic location in India’s financial capital offers exceptional industry connectivity. The institute is home to a Centre of Excellence in Logistics and Supply Chain Management, a key node under the PM Gati Shakti National Master Plan.

DEPARTMENT OF ATOMIC ENERGY



Tata Memorial Centre Organises Special Yoga Session for Pediatric Patients, Caregivers, and Staff on International Day of Yoga

Courtesy Posted On: 21 JUN 2025 by PIB Mumbai
Mumbai, 21 June 2025

As part of the nationwide celebrations of the 11th International Day of Yoga (IDY), the Tata Memorial Centre (TMC), in collaboration with its pediatric cancer support wing ImPaCCT Foundation, organised a special yoga session for pediatric patients, caregivers, and staff today – 21st June 2025.

The session began at 9:30 AM, at the Foyer Area, 10th Floor, Homi Bhabha Block, TMC, Mumbai. The initiative aligns with this year’s theme – “Yoga for One Earth, One Health,” promoting global unity, holistic healing, and preventive health through traditional wellness practices.

The session was conducted in accordance with IDY 2025 guidelines issued by the Ministry of Ayush, Government of India. The programme witnessed the presence of prominent dignitaries including: Director, Tata Memorial Centre, Dr Sudeep Gupta, Advisory Board Member, Kaivalyadhama and Former Chief Secretary, Maharashtra, Dr Nitin Kareer, Research Officer (Ayu), CCRAS – CARI Mumbai, Ministry of Ayush, Dr Manohar Gundeti.

Since April 1st, regular yoga sessions have been held in the Pediatric OPD at TMC as part of this wellness drive. This event marked the culmination of that ongoing initiative that provides comprehensive, compassionate care that transcends medical treatment. For children battling cancer, yoga offers more than just physical movement — it nurtures resilience, restores emotional balance, and supports healing. Contact Details of Officer-in-Charge, ImPaCCT Foundation, Tata Memorial Centre, Ms Shalini Jatia, 9820028305.





Coffee Table Book – Celebrating 100 Years of Kaivalyadhama

Kaivalyadhama – Synergising Yogic Traditions and Wisdom: Celebrating 100 Glorious Years

We are proud to present our Centenary Coffee Table Book — a vibrant tribute to Kaivalyadhama's extraordinary legacy. This beautifully curated publication offers a compelling glimpse into our 100-year journey through rare photographs, milestones, and reflections that capture the soul of our institution.

Our CEO has had the honour of presenting this pearl of yogic wisdom and history to several high-profile dignitaries and national leaders. These meaningful exchanges have been captured in memorable moments and photographs.

Some of the distinguished recipients include:

- Hon'ble Chief Justice Alok Aradhye, Bombay High Court
- Shri Anand Patil, IAS, Additional Secretary, Ministry of Education
- Shri Arjun Ram Meghwal, Hon'ble Union Law Minister
- Shri Bhushan Gagrani, IAS, Commissioner, BMC
- Shri Vidyut Jammwal, Actor and Yoga Enthusiast
- Dr Nitin Kareer, IAS, Former Chief Secretary, Maharashtra
- Ms Durga Jasraj, Classical Music Curator & Producer
- Shri Shripad Naik, Minister of State, Ministry of New and Renewable Energy, GoI
- Shri Amit Mishra, IAS, Ministry of External Affairs
- Hon'ble Dr D.Y. Chandrachud, Former Chief Justice of India
- Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush
- Gurudev Sri Sri Ravi Shankar ji
- Shri Vriksharupi Kumar, President, Traditional Yoga Federation
- Shri Ranjit Kumar, OSD, International Day of Yoga, Ministry of Ayush
- Shri C.H. Vidyasagar Rao, Former Governor of Maharashtra
- Shri Prashant Nanavare, IAS, Secretary to the Governor of Maharashtra
- Dr Prashant Iyengar, Renowned Yoga Scholar and Teacher
- Shri Vineet Joshi, IAS, Secretary, Higher Education, GoI
- Hon'ble Justice Abhay Oka, Judge, Supreme Court of India
- Shri Shobhit Gupta, Ministry of Civil Aviation
- Shri Ranjan (designation to be confirmed)
- Shri Suresh Prabhu, Former Union Minister, Centenary Committee Chairman
- Shri Devendra Fadnavis, Hon'ble Deputy Chief Minister of Maharashtra
- Shri Sunil Phulari, Special Inspector General, Kolhapur

We are deeply grateful for their support and presence, which has further enriched our centennial celebrations. This keepsake book is more than a souvenir — it is a testament to a century of dedication to Yoga, research, and spiritual wisdom.





Prajna Studio at Kaivalyadhama is now open — your gateway to going live with Yoga!

We are pleased to offer Prajna Studio, nestled within the serene and spiritually vibrant campus of Kaivalyadhama, as a unique space for podcast recording (audio or video).

Kaivalyadhama, a 100-year-old institution, is not only a pioneer in yoga education and research but also provides a rare and inspiring environment for thoughtful content creation. While the studio space is modest, it is professionally equipped to meet the essential needs of podcasters, content creators, and educators who wish to record high-quality material in an environment rich with heritage and authenticity.

STUDIO FEATURES:

- Located within Kaivalyadhama's historic and peaceful Lonavala campus
- Audio or video podcast recording options
- Camera setup, with professional lenses for cinematic-quality video
- Quiet and natural setting ideal for meditative, yogic, or intellectually inclined conversations

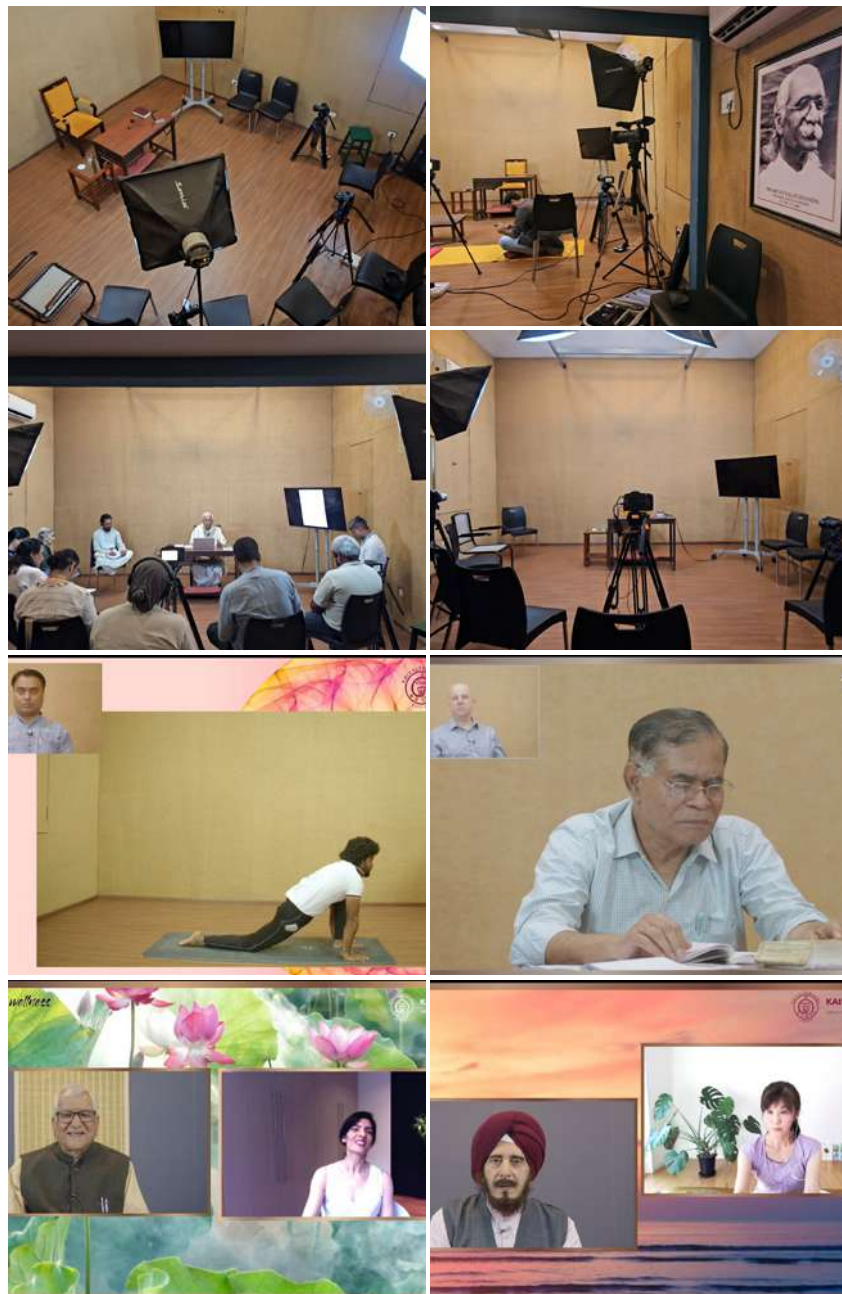
Set amidst the lush greenery, rolling hills, and fresh air of Lonavala, the studio offers a calm and inspiring backdrop for meaningful dialogues.

The natural beauty and stillness of the surroundings elevate the creative experience and enhance the depth of the conversations recorded here.

Looking for a calm and creative space to record in? Prajna Studio at Kaivalyadhama is now available for rent. Perfect for podcast, for YouTube, yoga and meditation video shoots, online workshops and lectures. Content creation in a peaceful setting. Book now and bring your vision to life.

Contact onlineworkshops@kdham.com

Phone no: Kdham front desk +91 72620 26878



Kaivalya Vidya Niketan – Samachar

12 APRIL 2025

Yogic Parenting Conference

An interactive conference for parents featuring insights on mindful parenting by Mrs Shraddha Sardesai, Mrs Anindita Garg, and Dr Praseeda Menon. Moderated by Mr Nishant Jain, the session included a hands-on workshop by Yogacharya



Sandhya Dixit, Shri Subodh Tiwari (CEO, Kaivalyadhama) and senior educators graced the event. contribution to women's education and social reform.

14 APRIL 2025

Commemorative Celebrations

Jayantis of Dr B.R. Ambedkar and Mahatma Jyotiba Phule were observed with meaningful addresses by Director Dr N.D. Joshi, highlighting their contributions to social reform and education.

28 APRIL 2025

Cervical Cancer Awareness Programme

Held at Kudilal Bhavan in collaboration with Serum Institute. Dr Nikesh Oswal sensitized the audience about early detection and the importance of HPV vaccination for adolescents.

1 MAY 2025

Maharashtra Day & Labour Day

Flag hoisting and cultural performances marked Maharashtra Day. On Labour Day, staff contributions were recognized, with Mr Ashok Gaikwad Mama awarded Best Worker 2025.

2 MAY 2025

Investiture Ceremony

Student Council leaders were formally inducted after an enthusiastic election process. Chief Guest Mrs Ajitha Nair awarded badges and sashes alongside the school leadership.

5-6 MAY 2025

Theatre Workshop

A vibrant workshop for Class 9 conducted by Mr Arsh Jain and Ms Zui Gavankar. Students explored acting techniques, with select performances earning medals and trophies.

8-15 MAY 2025

Summer Camp

A free, week-long camp for children of Lonavala included yoga, crafts, dance, sports, and more. The camp ended with a lively closing ceremony and prize distribution.

21 JUNE 2025

Harit Yoga – Ek Ped Maa Ke Naam

As part of the IDY 2025 Countdown with the Ministry of Ayush, KVN organized a yoga session and tree plantation drive involving over 500 participants, promoting eco-awareness.

27 JUNE 2025

Documentary Film Competition

Students created impactful short films on "Benefits of Yoga" and "Say NO to Crackers," showcasing creativity, awareness, and teamwork.





Upcoming Programs at Kaivalyadhama

7-13 SEPTEMBER 2025

Dhyana, Kriya Yoga for Health & Harmony

by Dr R.S. Bhogal

Experience the profound benefits of meditation and Kriya Yoga for physical, mental, and emotional well-being.

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Check-in: 26 October, 2025

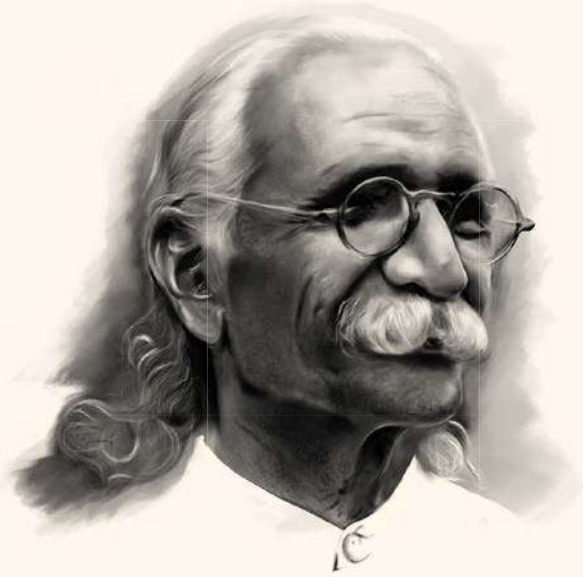


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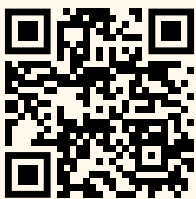
CONTRIBUTION of FUNDS for YOGA



Swami
Kuvalayananda

1883-1966

FOUNDER
Kaivalyadhama Yoga Institute



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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