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Walking the Talk

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Editorial



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Kaivalyadhama has been abuzz with activities and programs over the past months. Being born in the institute, I vividly remember how the monsoons once brought a quiet stillness to Lonavla. The rains were so heavy that the campus would pause, waiting for the skies to clear. Today, though the intensity and erratic nature of the rains remain, technology and improved infrastructure have given us ways to adapt — and so, our activities continue to flourish even amidst the monsoon season.

The academic session commenced in July–August with renewed enthusiasm. A significant highlight of this quarter was the celebration of the **142nd Birth Anniversary of Swami Kuvalyanandaji**, graced by **Shri Arjun Ram Meghwal, Hon'ble Minister of Law and Justice**, as Chief Guest. On this occasion, we hosted a **National Conclave on "Ethics and Values – Walking the Talk."** The deliberations and panel discussions were insightful and well appreciated by all delegates, reminding us that ethics and yoga are inseparable in practice and purpose.

Another deeply memorable moment was on **21st August 2025**, when I had the privilege of meeting **Shri Narendra Modi ji, Hon'ble Prime Minister of India**. I presented to him the **Centenary Coffee Table Book of Kaivalyadhama**, and we conversed on Yoga for nearly 25 minutes. The Prime Minister was already familiar with the pioneering work of Kaivalyadhama and emphasized the importance of engaging the youth meaningfully in Yoga. We also discussed the strength and potential of India's network of Yoga centers. It was a truly inspiring interaction with a visionary leader.

In **September**, Kaivalyadhama hosted an **Orientation Training Program for Allopathic Doctors**, attended by eminent medical professionals from **AIIMS, PGIMER Chandigarh, and several state government hospitals**. The discussions were enriching, bridging Yoga and modern medicine, and reinforcing the importance of bringing the scientific dimension of Yoga into the medical fraternity.

We also conducted a **Continual Education Program for Yoga Experts**, which offered participants a chance to deepen their understanding, exchange ideas, and stay abreast of advancements in the field.

Among our **social outreach initiatives**, the **'Yogamay Police'** program deserves special mention. Designed exclusively for the Maharashtra Police, this three-day workshop introduces officers to the fundamentals of Yoga philosophy and its relevance to health, resilience, and emotional balance. Nearly **300 police personnel** have benefited from this program so far, including participants from the **Kolhapur Range**.

On the **infrastructure front**, we are on the verge of completing **Project Anand**, expected to be ready by **December 2025**. The **new pre-primary section of Kaivalya Vidya Niketan – Kudilal Seksaria Shishu Gurukulam** – is ready and will be **inaugurated by Shri Ramnath Kovind ji, the 14th President of India, in November 2025**.

Another landmark restoration has been the **renovation of the Vedanta Hostel**, one of Kaivalyadhama's oldest hostels built in the 1950s, with the generous support of **Smt. Nalinee Nitin Thakkar**. This hostel holds a special place in our history, having served generations of students over the decades.

Our **Kaivalyadhama Centre in Pune** continues to make commendable progress, particularly in its social outreach initiatives. **The Bhopal Centre** is poised for a new phase of growth with renovation and expansion plans underway. **At Kaivalyadhama Mumbai, the therapy section renovation** is progressing well and will be completed by the year's end.

Step by step, Kaivalyadhama continues to grow — not only in scale, but in depth — fulfilling its mission of imparting the knowledge, experience, and spirit of Yoga for the betterment of individuals and society.

May we always remain guided by the light of our founder, **Swami Kuvalyananda ji**, and blessed by the Divine.

"योगः कर्मसु कौशलम् ।"

Yoga is skill in action. — Bhagavad Gita



Swami Kuvalyananda Vyakhyan Mala- 15th January 2026 Visit of Gurudev Sri Sri Ravi Shankar ji to Kaivalyadhama, Lonavla.

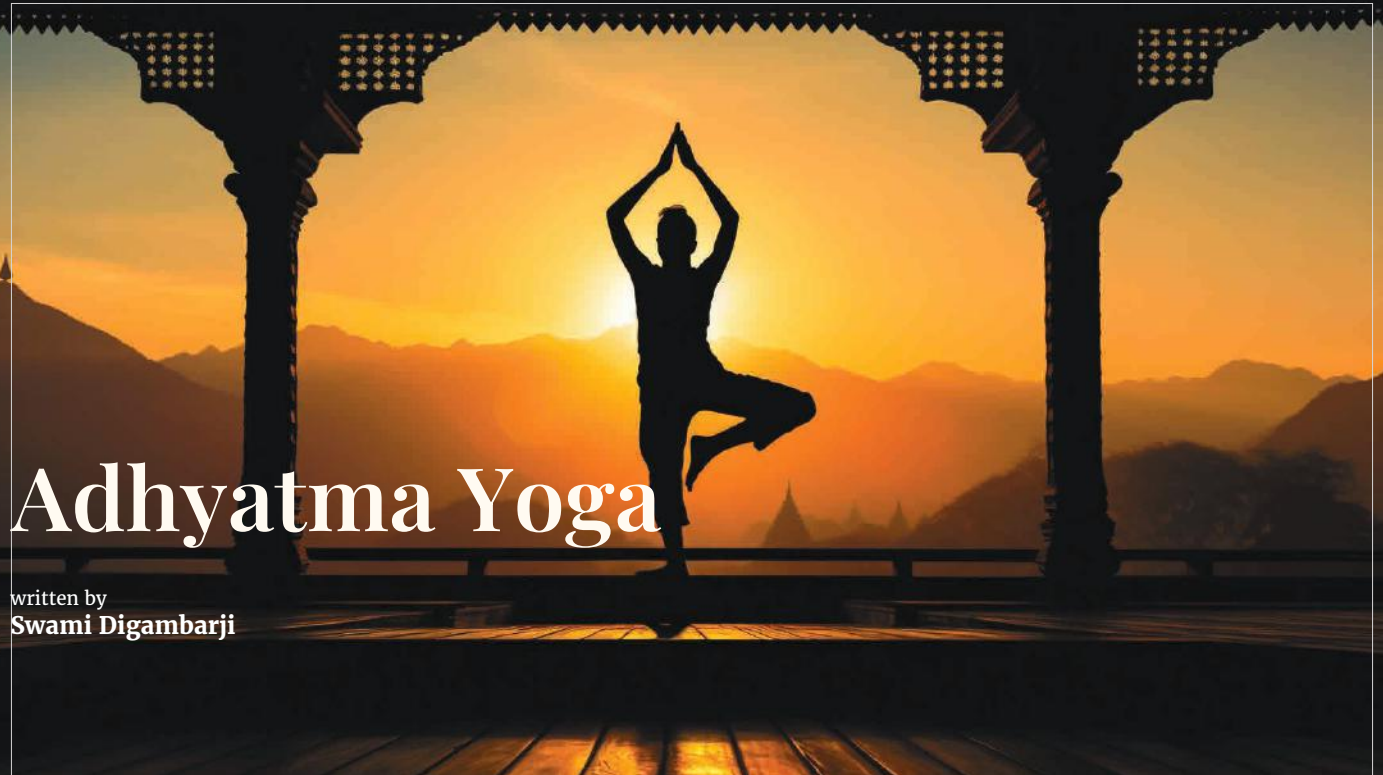
This year, Kaivalyadhama is preivildged to host Gurudev Sri Sri Ravi Shankar ji, the world-renowned spiritual master, founder of the Art of Living, and Chairman of the Indian Yoga Association, on the auspicious occasion of the Swami Kuvalyananda Vyakhyan Mala.

Gurudev will grace us with his divine presence and share his profound wisdom on the eternal science of Yoga, illuminating the path of inner stillness, balance, and universal harmony.

“योगश्चित्तवृत्तिनिरोधः ।”
-Yoga Sutra I.2

In the sacred ambience of Kaivalyadhama, founded by Swami Kuvalyananda to harmonize spiritual wisdom with scientific inquiry, this divine interaction with Gurudev shall rekindle the essence of Yoga — a journey from knowledge to realization, and from self-discipline to inner freedom.

Yoga is the cessation of the fluctuations of the mind.



Adhyatma Yoga

written by
Swami Digambarji

Now that the late Swami Kuvalayananda has successfully demonstrated that yoga is a fit subject for scientific investigation and it has become a popular subject of study in schools and colleges, it has become necessary that we should distinguish between laukika yoga and adhyatma yoga. Laukika yoga is learnt and practised with some worldly gain in view. Adhyatma yoga serves no such purpose. Ancient Indians took to it for escaping completely and forever from pain and misery by which worldly life is necessarily swamped. This, they believed, was possible only by getting out of the cycle of birth and death. Only those, therefore, on whose minds the troubles and afflictions, by which we are surrounded, had made a deep impression, as they had on Lord Buddha, genuinely aspired to success in adhyatma yoga.

Laukika yoga is of two kinds—normal and abnormal. Normal laukika yoga is performed with the object of living a good, healthy, and efficient life in the world; abnormal for acquiring supernatural power of which we read so much in ancient texts. We are primarily interested in adhyatma yoga. In normal laukika yoga we are interested only in so much as the achievement of its aim is a secondary gain of the initial steps taken in the direction of adhyatma yoga. In abnormal laukika yoga we are not interested at all, though Patanjali has explained in some detail how, if one desires, one can become omniscient and omnipotent by dint of yoga. But this yoga would not be adhyatma—it would be abnormally laukika.

Some kind of mysterious influence of the absolutely and eternally motionless and changeless principle of reality, called purusa, on the other equally real principle, which is liable to change and is called prakrti, sets the latter in motion and creates the three gunas—satvaguna, rajoguna, and tamoguna. Everything in the world is of the nature of these. The infinite variety in things is caused by the mixture of the three gunas in infinitely different proportions. Those who try to understand creation in terms of evolution consider citta to be the first evolute of prakrti in samyoga with the purusa principle. Patanjali's word for it is lingamatra. Some

authorities use the word buddhi for it. Buddhi they think develops into ahankara, and sattvika ahankara in the individual takes the form of manas and the ten indriyas.

The individual made up of the ten indriyas, manas, ahankara, and buddhi, each deeper and more abstract than the other, is called citta by Patanjali, and its cognitive consciousness citta vrttis. That in us which is responsible for an activity in the mind—attraction or repulsion—is called rajoguna. Conscious indifference is due to satvaguna, and neutrality arising from ignorance, dullness, and stupidity is due to tamoguna.

Every individual citta takes a body and when the knowing subject, so formed, comes in contact with an object, an impulse starts in his nervous system. This impulse is called a vrtti. It is a tanuvrtti, and the channels through which such vrttis travel from the sense organs to the brain and back from the brain to action organs, the muscles, and the glands, are called nadis. Trained yogis can direct these nadi currents to any part of the body, from which spot they are automatically redirected to the brain and produce what they call citta vrttis. Since peace is a sattvika phenomenon, citta vrttis subside with an adequate increase of satvaguna in the knowing subject. This is cittavrtti nirodha.

Though the yogis themselves direct tanuvrttis to this or that part of the body for convenience in thought and speech, they point to a directing agent and give it one of the most equivocal of names in yogic nomenclature, viz., prana.

Cittavrttis subsiding and the citta staying vrttileless is not destruction or suppression of cittavrttis. It is a process of establishing tranquillization by withdrawing cittavrttis from their objects. Utterance of "OM" affects the activity of prana inside. By controlling the prana, we can control the nerve currents and through them our cittavrttis. In this way we can suspend cittavrttis by our own effort. This effort is called abhyasa.

Suspension of cittavrttis takes four forms which, according to Patanjali, are the four

kinds of samapatti—savitarka, nirvitarka, savicara, and nirvicara. These samapattis are the only forms of sabija samadhi. The next stage of samadhi is nirbija, in which the mind gets concentrated on ultimate reality which cannot be called an object—Keval.

If a yogi goes into sabija samadhi with the idea of getting valuable information or acquiring extraordinary ability, his samadhi takes another dimension. Samapatti, samyama, and samadhi are thus three aspects of one and the same achievement. That which happens to the citta when its vrttis are suspended is samapatti—falling into something and merging in it. This absorption in the idea of that which is sought is samyama, and the state which supervenes is samadhi.

Abnormal laukika yoga begins with the dharana of what the yogi seeks. If by virtue of long and arduous practice the yogi succeeds in this dharana, the dharana changes forthwith into dhyana and that into samadhi. By dint of samadhi the yogi achieves the desired end, but this way to adhyatma is barred for him. Extraordinary powers may come to an adhyatma yogi without being sought by him. But if he wants to achieve his end, he does not fall into the temptation of using them for self and power. This is the surest test of an adhyatma yogi.

Withdrawal of cittavrttis from their natural objects of enjoyment, to which they are instinctively drawn, is called by Patanjali pratyahara. It is self-denial, which is the essence of tapa, and is a prerequisite for success in dharana, dhyana, and samadhi. These three are called by Patanjali antaranga yoga as compared to yama, niyama, asana, pranayama, and pratyahara which are called bahiranga. They have to do with real objects existing in the outside world and perceived through the senses. Dharana, dhyana, and sabija samadhi, on the other hand, have to do with psychological objects in the mind. Patanjali therefore considers even dharana, dhyana, and sabija samadhi to be bahiranga as compared to nirbija samadhi.

Patanjali calls kriya yoga that yoga which includes tapa, svadhyaya, and isvarapranidhana—all of which are compulsory. The word “va” in the sutra 1.23 (“isvarapranidhanadva”) means “along with,” not “or,” as some commentators think.

Pranayama is said to be the best tapa. It is defined as self-denial inasmuch as it amounts to not breathing when there is a strong natural impulse to exhale or inhale. Patanjali does not speak of puraka, kumbhaka, or recaka. These are later developments brought in as training devices. The breathing process is analogous to the motion of a pendulum. There is a natural pause before each exhalation and inhalation as there is before each return of the pendulum. The duration of this pause can be increased by practice.

After doing kapalabhati for a sufficiently long period of time one does not feel like inhaling forthwith. This is a natural pause in respiration. A natural pause in breathing appears also if very slow and well-regulated inhalation and exhalation are continued for a sufficiently long time. This is pranayama according to Patanjali's sutra: “tasmin sati svasaprasvasayor gativicchedah pranayamah.” Later yogis began to lengthen this pause systematically and practised rhythmic and long inhalation, pause in exhalation, and again a pause in breathing. These phases of pranayama they called puraka, abhyantara kumbhaka, recaka, and bahya kumbhaka respectively.

We can put the different pranayamas in four groups as follows:

1. Inhaling and exhaling through both nostrils.
2. Deliberately and slowly inhaling through one nostril and exhaling through the other.
3. Rapid and forceful inhalation and exhalation followed by suspension of breath.
4. Inhaling through the mouth and exhaling through the nose. The breath is never exhaled through the mouth in any variety of pranayama.

Inhaling and exhaling through both the nostrils as is naturally done only is not pranayama. Pranayama is voluntarily inhaling, exhaling, and retaining breath in a scientifically regulated manner.

Omkara is the best svadhyaya. Om denotes the Almighty. If this is never forgotten then pranava japa is at the same time contemplation of God. Repetition of this sacred syllable, all the time remaining fully conscious of the Supreme Being for whom it stands, is typically kriya yoga. Uttering Om correctly in the manner prescribed by authorities in yoga stimulates the nadis. The cumulative effect of regularly stimulating the nadis in this manner is the appearance of a tanuvrtti after a shorter or longer practice. It brings mental peace. It is, however, necessary for successful pranava japa, and also for getting into the state of samadhi, that the right physical and mental attitude be adopted—the pitch low and attention directed inward.

Isvarapranidhana is total devotion and surrender to the Almighty. Trust in God promotes healthy optimism. Failures and

delays do not dishearten the yogi who trusts in God and ultimately depends on Him for everything. Even the biggest calamity does not disturb his peace of mind.

By constant practice of kriya yoga also the yogi is able to raise vrttis in his spinal cord. There are three regions of the body in which such nervous activity can be felt: (1) the pelvic region called yonimandala, (2) the thoracic region, i.e., vanhimandala, and (3) the cerebral region known as somamandala. If a keen internally aroused sensation is experienced and referred to any of these regions in the body, attention is automatically directed to that spot. This is dharana—Patanjali's “desabandhah cittasya.” Desa is his word for such a point in the body.

If in the state of dharana, attention is concentrated on the experience localized on that particular point, the dharana changes into dhyana; and when dhyana deepens to such an extent that the knowing subject disappears and the object alone stands out before the mind, dhyana changes into samadhi which becomes nirbija if the yogi's true self replaces the object of meditation. Then the samapatti of the citta is not in any object at all. The citta becomes one with Kevalananda for the time being.

Yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, and samadhi are the eight members of an organic whole, which adhyatma yoga is, and which is the yogic way to spiritual upliftment. Of these, the yamas and the niyamas, which are generally neglected by yoga enthusiasts these days, are the basic principles of spiritual life. Yama, niyama, asana, pranayama, and pratyahara all purify the body and the mind and facilitate antaranga yoga, which starts as internally aroused sensations begin to be felt. The yoga practised before the yogi is rewarded with these experiences is bahiranga yoga.

By observing the yamas and niyamas, mental disturbances are minimized. Puja and mantrajapa play a very important role. Practising the asanas makes one physically fit and enables the yogi to maintain homeostasis and to sit undisturbed for long hours. In the state of asana there is no changing of position, no fidgeting, no feeling of uneasiness. Mastery of the meditative postures like padmasana and siddhasana is of great value. Pranayama stimulates the nerves and leads directly to dharana. According to Patanjali, it removes the obstacles that come in the way of seeing the light. The satkriyas are an additional aid, particularly for removing the physical obstacles inside the body. Pratyahara prevents obstructive attachments. There is no elaborate description of bahiranga yoga in Patanjala yoga sutras. Writers of the Goraksa school of yoga have dealt with this in detail. These yogis call their practices hatha yoga in preference to yoga and compare them to a ladder of which the top rung is raja yoga.

The yogis of different schools call their yoga by different names—karma yoga, bhakti yoga, jnana yoga, and raja yoga. But there is only one yoga, to be more correct, adhyatma yoga, which is at the same time hatha yoga, karma yoga, mantra yoga, jnana yoga, and raja yoga. There is no adhyatma yoga without asana and pranayama, without yajna, dana, and tapa, without mantrajapa or isvarabhakti,

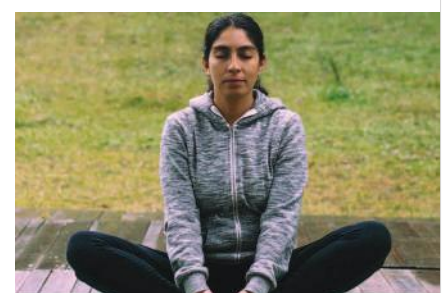
without dharana and dhyana, or without a gradual progress towards enlightenment.

For a person who aspires to spiritual progress by yoga, it is best to begin with easy pranayama. Then, if he finds that the body is not docile, he should take to the six cleansing processes and practise a few cultural asanas. By doing this he would be able to purge the body of all morbidities inside. If pranayama is practised regularly with patience and firm faith, in course of time the sadhaka begins to experience peculiar internally aroused sensations—a throbbing, hearing a sound, seeing a vision. It is in this way that yogis prepare themselves for meditation. Meditation cannot be brought about by force. It supervenes as a consequence of something else effortfully effected—in other words, of religiously performing bahiranga yoga for a sufficiently long time. Besides yama, niyama, asana, pranayama, and pratyahara, bhajana and kirtana too are bahiranga. In fact, anything that is done with living faith and religious regularity and exactitude, and that ultimately leads to nirbija samadhi, is bahiranga adhyatma yoga, whether it is a muscular activity or a mental effort. It is called bahiranga because it has to do with real perceptible objects. Yogabhyasa is another name for it. Antaranga yoga, on the other hand, is not anything which can be done. It comes of its own accord, and its acme is a peculiar understanding—an enlightenment, a wisdom of the highest type.

Thus we see that yama, niyama, asana, pranayama, bhajana, kirtana, and pratyahara are the handmaids of adhyatma yoga and that body, breath, prana, vrtti, and citta are their chief instruments. The practical course of adhyatma yogabhyasa in the beginning should be as follows:

1. Ujjayi, anulomaviloma, and kapalabhati pranayamas;
2. Repetition of "OM" rhythmically and in a very low tone, attention being focused on the sound;
3. After cultural asanas, including sirsasana;
4. The satkriyas—dhauti, neti, etc.

The standard number of pranayamas to be performed in one sitting is 20 and the standard number of sittings in one day is 4. Thus the standard dose of pranayama as prescribed by authorities in yoga is 80. To take the number of pranayamas to more than 80 every day or the time devoted daily to asana and pranayama to more than an hour is craziness. This should be scrupulously avoided, and light, wholesome food of low protein content should be eaten. Besides, an aspirant to spiritual progress should not involve himself much in worldly affairs. Mental preoccupation retards spiritual experience.



Bhakti's True Measure: It's Not What You Offer, But How You Offer

written by

Mr. Gaurav Mashruwala

Financial Planner, Author of Yogic Wealth and
Benefactor of Kaivalyadhama

पत्रं पुष्पं फलं तोयं यो मे भक्त्या प्रयच्छति ।
तदहं भक्त्युपहृतमश्नामि प्रियतात्मनः ॥ 26॥

If one offers to Me with devotion a leaf, a flower, a fruit, or even water, I delightfully partake of that item offered with love by My devotee in pure consciousness.

Above shlok is in Bhagvat Gita 9.26.

In the year 2018, I had gone on a pilgrimage to Kailash-Mansarovar. Isha foundation regularly takes pilgrims for such yatras. At Kathmandu airport, while I was waiting for the luggage screening and other formalities, I saw a porter. He was mainly helping elderly pilgrims with their luggage. Since my wait was long at the airport, I kept observing him. It seems he had arguments with everyone. Our normal judgement would be that he must be arguing for more charges. While it was true that he was arguing for charges, what was really touching was the fact that he was requesting those pilgrims to give part of the amount to Lord Shiv, Kailash. I found this out when some of those pilgrims joined me in my group. One of them said that porter wanted to offer something to Lord, but since he could not afford to go on pilgrim himself, he used this means.

Whether those pilgrims really donated money in some way or not I don't know. Also there is no temple at Kailash-Mansarovar where a donation box is kept to deposit money. Some pilgrims use to make offering in Mansarovar and few did it at Mount Kailash. Personally, I am certain that Lord Shiva accepted offerings of this porter and gave same blessings as he would have given to any other pilgrim.

We all are aware of the famous hindi saying by Sant Ravidas ji “मन चंगा, तो कहीली मे गंगा” If we are pure in our mind towards devotion of God, then what we offer to God does not matter. On the other hand if donation is offered with malice intentions then how much we offer to God does not matter.

Once I was travelling to Bhopal. I had a talking assignment there. In my adjacent seat there were two gentlemen. They were discussing about doing some welfare activity in a constituency. The purpose of doing those activities was to get some favours from the Member of Legislative Assembly of that constituency. Those businessmen were going to set up some commercial activity on that area. MLA was minister in state assembly and he wanted funds for the welfare of his constituents so that he will get good mileage. Now do we think this is offering to mankind and God or is it a bribe. All of us do deals with God. My mother's elder sister use to fast on certain number of Fridays, if Goddess Shantoshi ma fulfilled her wishes. I use to tease my aunt, “You seem to be doing good deals with goddess.”

From our earning offer something to God regularly. Quantum of what we offer does not matter, what matters is devotion and faith. Remember a gospel truth, “If we feed hungry persons regularly then God will never let us sleep hungry.” This is God's promise.

Yogic Wealth is all about regularly offering something to God. Quantum does not matter. From our earnings we should give God his share.

Let me share a trick with you. God always wants more and more share. If we keep giving him his share regularly, he will keep giving us more and more of Yogic Wealth.



Academic Excellence in Yoga Shastra at Kaivalyadhama

Kaivalyadhama Yoga Institute continues to shine as a beacon of traditional wisdom and modern research in the field of Yoga. The Gordhandas Seksaria College of Yoga and Cultural Synthesis, a recognized research centre under Kavi Kulguru Kalidas Sanskrit University, Ramtek, takes pride in announcing the successful completion of doctoral research by three of its dedicated scholars.

These research contributions not only uphold the academic standards of the institute but also enrich the body of knowledge in Yoga Shastra through diverse, relevant, and deeply insightful investigations.



कोविड-19 च्या संसर्गा पश्चात निर्माण होणाऱ्या लक्षणांवर यौगिक प्रक्रियांची परिणामकारकता – एक चिकित्सक अध्ययन

written by
Dr. Nilesh Prakash Mahajan
Guide: Dr. Neeta Gade

In the wake of the global pandemic, Mr. Mahajan's study offers a significant contribution by evaluating the therapeutic effects of yogic practices on post-COVID symptoms. Through a clinical lens, this work reinforces yoga's role as a complementary healing approach in managing post-viral fatigue, respiratory challenges, and psychological distress, affirming the integrative potential of yoga in public health.



विश्वयोगी स्वामी सीतारामदासजी महाराज यांचे आध्यात्मिक योगजीवन – एक अध्ययन

written by
Dr. Varsha Jambuwant Masurkar
Guide: Dr. Bandita Satapathy

Mrs. Masurkar's research is a spiritual and biographical exploration of the life and yogic teachings of Vishvayogi Swami Sitaramdasji Maharaj. Her work provides a nuanced understanding of his contributions to yogic spirituality, highlighting the synthesis of devotion, discipline, and self-realization, thereby preserving the legacy of an influential yogi for future generations.



A Comparative Study of the Principles and Practices of Hatha Yoga: As Revealed in Amrtasiddhi Yoga & Hathabhyasa-Paddhati

written by
Dr. Prajna Panda
Guide: Dr. Bandita Satapathy

Ms. Panda's scholarly work dives into the comparative philosophy and techniques outlined in two important texts of the Hatha Yoga tradition. By bridging classical theory with contemporary understanding, her thesis underscores the continuity and evolution of hatha yoga practices and opens avenues for further textual and experiential research.



From Struggle to Strength: Yoga's Role in Cancer Support

written by
MS. Namrata Kamble.
MS. Anita Varma.

A cancer diagnosis brings not only physical challenges but also emotional stress, fear and uncertainty. While medical treatment plays a central role in recovery, many patients today are turning to yoga as a gentle, supportive companion on their healing journey.

Yoga offers more than just physical movement – it helps restore balance, calm the mind, and build inner strength. For people living with or recovering from cancer, yoga can become a powerful tool to support the body, mind and soul.

Gentle Movement for the body:

Cancer treatment such as chemotherapy, radiation or surgery often leave the body feeling tired and weak. Gentle yoga practices like restorative yoga, slow stretches, or therapeutic yoga can help improve flexibility, reduce fatigue and support better circulation – without putting strain on the body.

Yoga also helps reduce side effects like body pain, joint stiffness or poor sleep, making daily life a little easier.

Calming the Mind:

Dealing with cancer can create emotional ups and downs – fear, anxiety and sadness are common. Yoga encourages deep breathing and mindfulness, which help calm the nervous system. Simple pranayama

– breathing techniques and guided relaxation like Deha-dharna and Prana-dharna can bring peace to a restless mind.

Over time, this helps reduce anxiety, improve mood and increase emotional resilience.

Rebuilding Inner Strength:

Yoga is not just about the body – it is about connecting with your inner self. During difficult times, yoga helps people feel more in control, more grounded and more hopeful. It teaches acceptance, patience and the power of being present – even when things feel uncertain.

Many cancer survivors say yoga helped them rediscover courage and feel connected to life again.

A Supportive Community:

Practicing yoga in a group – whether online or in person – can reduce feelings of isolation. Being with others on a healing journey creates a sense of connection and mutual support.

Yoga Protocol for Cancer Care – Simple & Healing

Objective: The aim is to improving the quality of life by ensuring Holistic well-being

(Physical, Mental, Emotional and Spiritual well – being) through Yogic Practises.

Yogic Practises:

1. Yogasana – Gentle poses to relax the body and boost inner strength.
2. Pranayama – Slow, deep breathing to calm nerves and balance emotions.

3. Dehadharana & Pranadharana – Feel the body and energy flow to build awareness.

4. Shuddhi Kriya – Light cleansing to refresh body and mind.

5. Trataka – Candle gazing to relax the eyes and focus the mind.

6. Kriya Yoga: Soothing mantras to uplift spirit and bring inner peace.

7. Meditation – Sit quietly to reduce stress and promote healing from within.

Note: Each practice should be done gently and mindfully, based on individual capacity and energy level.

Specialized yoga classes for cancer survivors are created in kaivalyadhama, led by trained instructors who understand the unique needs of cancer survivors.

Yoga does not replace medical treatment but it can deeply support the healing process. It helps cancer survivors move from struggle to strength, not just physically but emotionally and spiritually too.



Daily Schedule

Time	Monday To Saturday
05:30 am to 06:00 am	Herbal Tea Wake up along with sunrise to have Herbal tea and listen to the melody of birds. As you take a walk through the avenues of flowering shrubs and trees, you can breathe in the cool fresh air.
06:00 am to 06:30 am	Shuddhi Kriyas (Cleansing technique's)
06:30 am to 07:45 am	Yoga Abhyas (Therapy / Basic / Advance) Join Yoga Session and learn various Yogasanas and loosening suksma vyam in the serene Meditation Halls (mandatory session).
08:00 am to 08:30 am	Breakfast Every day you have a different variety of freshly prepared breakfast as per Doctor's suggestion. Our food is vegetarian and Saatvik, prepared in low salt, low fat, and low spice, without onion & garlic.
08:30 am to 12:00 pm	Self-Time – For Ayurveda / Naturopathy Therapies Time for recommended treatments at respective sections as scheduled.
10:30 am to 11:15 am	Dehdharna & Prandharna Abhyas (For Yoga & Relaxation Participants)
12:00 pm to 01:00 pm	Lunch A wholesome, nutritionally balanced lunch is served, according to the diet prescribed for you.
01:30 pm to 05:00 pm	Self-Time – For Ayurveda / Naturopathy Therapies Time for recommended treatments or you can use this time to borrow books from the library or just relax in your comfortable rooms.
02:30 pm to 03:30 pm	Herbal Tea
03:30 pm to 04:15 pm	Dehdharna & Prandharna Abhyas (For Yoga & Relaxation Participants)
05:00 pm to 06:00 pm	Yoga Abhyas (Therapy / Basic / Advance) Join Yoga Session and learn various Yogasanas and loosening suksma vyam in the serene Meditation Halls (mandatory session).
06:15 pm to 07:00 pm	Pranayama / Tratak / Chanting Session (As per schedule) Join the experiential sessions in the Yoga Hall to learn different kinds of pranayama, relaxation techniques, tratak, and mantra chanting.
07:00 pm to 08:00 pm	Dinner An early Dinner helps you end the day well and light. This also assures you get a good dose of sleep that you may not have had in a long time!
08:00 pm to 08:30 pm	Health Talks / Discussions / Documentary Talks from Experts about good health. This interactive session helps individuals understand “How to make your Life Happy and Healthy”.

Kaivalyadhama Achieves Breakthrough in Yoga- Based Diabetes Research

Lonavla, Maharashtra – September 2025

Kaivalyadhama Yoga Institute, in collaboration with geneOmbio Technologies Pvt. Ltd, has successfully completed a landmark research project entitled “Studies on the Effect of Yoga and Relevant Training on Averting Symptoms of Diabetes Type 2 and Its Correlation with Gene Expression – A Prospective Outcome Randomized Controlled Study.” The project was sanctioned by the Ministry of AYUSH under its Extra Mural Research (EMR) Scheme.

The study was conducted at Kaivalyadhama, Lonavla by Dr. Satish D. Pathak (Principal Investigator), Dr. Amol Raut (Co-Principal Investigator), Mrs. Pratibha H. Rajbhoj (Co-Investigator & Project Coordinator), and Dr. R. S. Bhogal, Director of Research (National) (Co-Investigator).

Drawing attention to the growing diabetes challenge in India, Dr. Pathak referred to:

- By 2030, India is projected to become the world’s “Diabetes Hub,” with every fifth Indian at risk.
- Nearly 66% of pre-diabetic cases currently remain undiagnosed.
- Diabetes, often called a “Silent Killer,” affects multiple organs, carries high morbidity and mortality, and demands costly treatment.

This pioneering work is the first study of its kind to focus exclusively on pre-diabetic populations. Unlike most existing research, which largely emphasises biochemical variables, this project simultaneously investigated biochemical, psychological, and genetic dimensions of pre-diabetes.

Remarkably, the study reported favourable changes in gene expression among participants who consistently practiced the Ministry of AYUSH’s standardized Yoga protocol for diabetes prevention and control. These findings indicate that regular Yoga practice can help avert or delay the onset of Type 2 Diabetes, offering a sustainable and holistically preventive approach.

A notable highlight of the study was the use of the Global Screening Array (GSA), which enabled researchers to examine over 6.5 lakh gene points. This Indian dataset is useful in understanding the correlation between mutations/variations and susceptibility to type 2 diabetes and can serve as a predictive matrix for assessing diabetes risk in the Indian context.

Even amidst the strict COVID-19 lockdowns, the project was successfully carried out, delivering promising results of global relevance. Experts say these findings are poised to set a new benchmark for future Yoga research worldwide.

Reflecting on the achievement, Mr. Subodh Tiwari, Hon. Secretary & CEO of Kaivalyadhama, said:

“This milestone adds a new feather to the cap of Kaivalyadhama and our Scientific Research Department. It reaffirms our institute’s commitment to integrating Yoga with modern science for global well-being.”

The findings of the study further strengthen the Kaivalyadhama legacy as a pioneer in classical yoga research, apart from contributing potentially to public health and the national economy.



Samachar

from Kaivalyadhama

5 JULY 2025

Bridging Cultures, Building Futures: ICCR Explores Collaborative Avenues at 100-Year-Old Kaivalyadhama Yoga Institute

Ms. Manisha Swami, Deputy Director General (Culture) of the Indian Council for Cultural Relations (ICCR), visited the historic Kaivalyadhama Yoga Institute & Research Centre in Lonavla on 5 July



2025. Her visit marked a significant step towards strengthening cultural diplomacy through the lens of Yoga, Ayurveda, and holistic Indian knowledge systems.

Established in 1924, by the visionary Swami Kuvalayananda, Kaivalyadhama has been a pioneer in blending ancient yogic wisdom with the rigors of modern scientific research. During her visit, Ms. Swami held in-depth discussions with Shri Subodh Tiwari, Secretary & CEO of Kaivalyadhama, and Dr. R. S. Bhogal, Joint Director (Research).

The dialogue focused on exploring collaborative avenues that would enable global cultural exchange, educational outreach, and research initiatives. Ideas were exchanged on launching international programs that could bridge traditional Indian practices with contemporary needs, aligning with ICCR's mission of promoting India's cultural heritage on the global stage.

Ms. Swami appreciated Kaivalyadhama's century-long legacy of disciplined research, authentic practice, and its role in the global resurgence of Yoga. She emphasized ICCR's commitment to fostering meaningful partnerships that transcend borders and connect communities through the healing power of India's intangible heritage.

The visit concluded with a shared vision of creating impactful, future-ready programs that reflect India's deep-rooted cultural ethos while addressing the well-being needs of the world.



5 JULY 2025

SOCIAL OUTREACH REPORT – KAIVALYADHAMA Yoga Session at Sonu Anaji Walanj High School, Ambavane Village

Kaivalyadhama, under its commitment to community welfare and the spread of traditional yoga education, organized a social outreach yoga session for economically backward students at Sonu Anaji Walanj High School in Ambavane village, located near Koraigad.

On behalf of Kaivalyadhama, Ms. Siddhi and Ms. Vaishnavi conducted the session. The school has around 110 students, from 8th to 10th standard, many of whom come from local tribal and economically weaker backgrounds, including those associated with Sampark initiatives.

This initiative was supported by Ms. Mandakini ji of Shakti Yogashram, who has been instrumental in nurturing these students through traditional arts and cultural activities. She has founded 'Shaniwar Shala', a Saturday enrichment program where sessions in Dance, Music, and Yoga are regularly organized to empower and inspire the children.

The students were highly enthusiastic and deeply engaged during the yoga session. Their discipline, interest, and receptivity reflected the impact such initiatives have on their well-being and growth.

School Profile:

- Name: Sonu Anaji Walanj High School Established: 2001
- Type: Private Unaided–Grades: 8th to 10th
- Location: Rural, Mulshi Block, Pune District

Kaivalyadhama remains committed to extending the benefits of yoga to the underprivileged and underrepresented communities and expresses gratitude to all supporters of this noble cause.

With blessings of Swamiji and under the guidance of our teachers, we continue this mission of selfless service through yoga.



12 JULY 2025

A Joyful Day of Yogic Discovery: VASUDHA Kids at Kaivalyadhama

On a fresh monsoon morning, Kaivalyadhama welcomed a bright and curious group of 30 children and 5 adult facilitators from the VASUDHA Integrated Learning and Nature Education programme, run by the eCoexist Foundation. The educational tour, held on Saturday, 12th July 2025, was a heartfelt initiative aimed at introducing underprivileged children from Awhalwadi and Wagholi villages to the world of Yoga in an immersive and playful manner.

The group arrived at 10:00 AM, greeted warmly by the Kaivalyadhama team and escorted to the PLRD Hall, where interns Ms. Vaishnavi and Ms. Siddhi coordinated the day's schedule in Marathi, ensuring every child felt at ease.

The day began with a guided campus tour from 10:30 AM to 11:30 AM, giving the children a glimpse into the serene and historic surroundings



of Kaivalyadhama. The walk not only familiarized them with the institute but also helped them connect with nature—something that aligns closely with VASUDHA's core ethos.

From 11:30 AM to 12:00 PM, an interactive session on the importance of Yoga in school life engaged the children in conversation about how Yoga can improve focus, discipline, and emotional well-being in their daily routines. This was followed by a short, calming guided meditation at Swamiji's Kutī, allowing the children to experience a moment of stillness and introspection.

The group then enjoyed a satvik lunch from 12:30 PM to 1:30 PM, lovingly prepared and served on campus—a nourishing and wholesome experience that many of them encountered for the first time.

The post-lunch session saw the energy levels rise again as children participated in fun yogic activities from 2:00 PM to 3:00 PM. Through group games and energizers with a yogic twist, the team introduced yoga concepts in a playful manner, ensuring enjoyment while also deepening the children's engagement with movement and breath.

The day concluded with a yoga class from 3:00 PM to 4:00 PM, where the children practiced basic asanas under expert guidance. Their enthusiasm and willingness to try every posture reflected their natural receptivity to learning and joy.

The visit, which was originally proposed by Manisha Sheth and Mayuri Kumbhar, turned out to be a deeply enriching and memorable one for all involved.

As the children boarded their bus back home, their faces glowed with joy and newfound curiosity—taking with them not just memories, but the seeds of yogic wisdom that will hopefully grow with them in the days to come.

Kaivalyadhama looks forward to nurturing such initiatives where Yoga meets service, and where every child—regardless of background—gets a chance to explore the infinite potential within.



14 JULY 2025

Yoga Workshop at Asha School for Children with Special Needs

Kaivalyadhama Pune conducted a yoga workshop at Asha School for Children with Special Needs on 14th July 2025. The event was part of the inclusive initiative “Samavesh – Vividhata aur Navachar” organized by the Office of Southern Command, Pune. The programme was graced by the presence of Mrs. Seth, the First Lady and wife of Lt Gen Dhiraj Seth, who served as the Chief Guest for the occasion.

The workshop was designed for the parents and children of Asha School and focused on the role of Yoga in managing neurodevelopmental disorders (NDDs). It began with a 25-minute presentation by the Kaivalyadhama Pune team on the scientific benefits of Yoga for children with NDD, highlighting improvements in attention, emotional regulation, motor coordination, and overall well-being.

This was followed by a practical chair yoga session, which included simple stretches and breathing techniques suitable for both parents and children. These practices were aimed at stress relief, improving postural control, and enhancing relaxation and connection between parent and child.

A significant component of the workshop was the one-on-one consultation sessions between the Kaivalyadhama team and the parents. These sessions provided space to understand specific concerns related to each child, after which individualised yogic counselling and practice recommendations were offered.

Mrs. Seth expressed her heartfelt appreciation to the Kaivalyadhama Pune team for their compassionate and impactful work. She also extended an invitation to continue engaging with Asha School by conducting regular Yoga sessions for the benefit of both children and their caregivers.

In response, the Kaivalyadhama team assured the Asha School management that trained volunteers from Kaivalyadhama Pune will visit the school once a week to conduct yoga sessions and hold monthly workshops for parents and teachers. This initiative will be carried out as part of Kaivalyadhama's seva-based outreach programme.

The programme was managed and coordinated by Ms. Geetanjali Sharma from Kaivalyadhama Pune, who worked closely with the authorities at the Office of Southern Command to ensure smooth execution of the event. Shri Yogesh Vaidya and Ms Ruchi Agarwal also contributed to the workshop.

The workshop concluded on a positive note, reaffirming the role of Yoga as an inclusive, therapeutic, and community-strengthening practice in the care and development of children with special needs.



12 JULY 2025

Guru Purnima Celebration & Valedictory Ceremony - Kaivalyadhama Pune Centre

The Guru Purnima Celebration, combined with the Valedictory Ceremony of the first PGDYED batch, was held on 12th July 2025 at the Kaivalyadhama Pune Centre. The event was graced by Dr. Shubhada Chiplunkar, former Director of Tata ACTREC, as the Chief Guest. Other dignitaries present included Shri Uday Pendse, Prof. Eknath Altekar, and Prof. Panage.

The programme commenced with the lighting of the lamp, chanting of mantras, and a prayer, creating a serene and reverent atmosphere. Ms. Deepti Phatak welcomed the dignitaries, following which the PGDYED Batch 2 students recited the OM Stavan.

As a mark of respect and appreciation, the Chief Guest was presented with a copy of the Srimad Bhagavad Gita, a Shriphal, and flowers. In turn, Dr. Chiplunkar felicitated the faculty members with a Shriphal and flower, acknowledging their dedication.

This was followed by the Valedictory Ceremony for the first batch of PGDYED students, who were presented with a Kaivalyadhama shawl and certificates. They were also awarded the YCB Level 3 certification. Additionally, Shri Uday Pendse felicitated the CCY Batch 3 students who had successfully completed their course.

In her keynote address, Dr. Shubhada Chiplunkar spoke passionately about the positive impact of yoga in cancer care. She shared her team's early challenges in initiating yoga-based programmes at their Navi Mumbai center and gave insights into her personal experiences witnessing the benefits of yoga for cancer patients and survivors. She also discussed ongoing research in India and abroad, affirming yoga's scientifically validated contributions to physical and mental health.

Dr. Chiplunkar urged the graduating students, as future yoga teachers, to deepen their understanding of these scientific

dimensions and observe the effects of their practices. She emphasized carrying forward the legacy and philosophy of Swami Kuvalayananda with authenticity and integrity.

The event concluded with a vote of thanks by Shri Yogesh Vaidya. The ceremony was anchored by PGDYED Batch 2 students, Himani ji and Sammeer ji. Refreshments and prasad were served to all attendees at the end of the programme.



24 JULY 2025

Kaivalyadhama Hosts Educational Tours for Non-Yogic Institutions under NEP Program

As part of the National Education Policy (NEP) initiative to expose students from non-yogic academic backgrounds to India's cultural and wellness heritage, Kaivalyadhama Yoga Institute, Lonavala, welcomed two educational groups on 23rd and 24th July 2025.

On 23rd July 2025, the Department of Philosophy from Ramniranjan Jhunjhunwala College visited the institute with 35 students and 2 teachers. The group arrived between 9:30 and 10:00 AM and was given a comprehensive introduction to Kaivalyadhama's legacy, including its century-long contribution to yoga research, therapy, and education. After a guided campus tour and a yoga session tailored to beginners, the group enjoyed a satvik lunch at the institute. The visit concluded with an engaging interaction with the resident sadhaks, offering insights into the practical integration of yoga and philosophy in daily life.

On 24th July 2025, Dr. D. Y. Patil ACS Women's College, Pimpri, brought 37 students and 2 faculty members to Kaivalyadhama. The visit, despite the ongoing monsoon conditions, was marked by enthusiasm and adaptability. The day's theme, "Yoga Beyond Flexibility: A Path to Focus, Confidence & Inner Strength," resonated strongly with the participants, many of whom were exploring yoga for the first time. The schedule included a documentary presentation on Kaivalyadhama's history and unique contributions, a guided tour, a beginner-friendly yoga session at PLRD Hall, and an interactive discussion with Sadhak Ramadasji, who shared practical insights on cultivating confidence and inner resilience through yoga. Participants arranged their own lunch, as the institute's dining facilities were reserved for residents.

Both visits offered students a rare opportunity to experience yoga not just as a physical discipline, but as a holistic practice aimed at mental clarity, confidence, and spiritual well-being. These tours highlighted Kaivalyadhama's continued commitment to promoting yoga education beyond traditional boundaries, supporting the NEP's vision of a well-rounded, experiential learning approach.



JULY 2025

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.



2 AUGUST 2025

Kaivalyadhama Hosts Two Educational Groups on 2nd August 2025

Yoga Enthusiasts from Pune and Naturopathy Students from Bhopal Engage in Insightful Learning

On Saturday, 2nd August 2025, Kaivalyadhama, Lonavala, had the pleasure of welcoming two distinguished groups, each with a shared purpose—to deepen their understanding of yoga through immersive, scientific, and experiential learning.

Nava Chaitanya Hashya Yoga Parivar, Pune

A group of 66 yoga practitioners from Nava Chaitanya Hashya Yoga Parivar, Uday Baug, Sasane Garden, Pune, arrived at 9:30 AM for a focused educational visit. Their objective was to gain deeper insight into yoga as a holistic discipline and observe the scientific tools and methods employed in Kaivalyadhama's laboratories to assess the physiological, psychological, and biochemical impacts of yogic practices.

The group was led by Mr. Prakash Argade, Mrs. Megha Kulkarni, and Ms. Shila More, and came well-prepared for the monsoon season. No meal arrangements were requested. The visit was seamlessly coordinated, and we thank Team Asharam, for conducting an engaging yoga awareness session.

Sant Hirdaram Medical College of Naturopathy & Yoga, Bhopal

At 10:00 AM, 26 students and faculty members from Sant Hirdaram Medical College of Naturopathy & Yoga, Bhopal, arrived for a full-day educational tour. The itinerary included a guided tour of Kaivalyadhama's heritage-rich departments, an introduction to the legacy of Swami Kavalayananda, and a thematic yoga workshop titled "Yoga Beyond Flexibility: A Path to Focus, Confidence & Inner Strength."

The group also enjoyed a wholesome lunch on campus and engaged deeply with the serene and scholarly atmosphere of Kaivalyadhama. Coordination support was extended by Dr. Vakil Khan.

Special Thanks to Mr. Amit Sharma who conducted a very informative yogic session which was both engaging and wise

We thank both groups for their sincere participation and curiosity. Their presence reflects the growing interest in the scientific and transformative power of yoga, and we remain committed to supporting such educational journeys with warmth, knowledge, and hospitality.



7 AUGUST 2025

Obituary — Ms. Shashi Sinha



The Kaivalyadhama family mourned the loss of Ms. Shashi Sinha, who passed away on 7th August after a brief illness. She served the institution with devotion for over two decades, touching countless lives with her kindness and guidance.

She began her journey in 1999 as Warden and Librarian, extending her care and discipline to students, while also assisting in the Annapurna Mess with warmth and compassion. Known for her meticulous work and affectionate mentorship, she became a guiding light to many. Even after stepping down in 2018 due to health

concerns, her bond with Kaivalyadhama remained strong, rooted in trust and mutual respect.

Remembered for her gentle nature, generosity of spirit, and quiet strength, Ms. Sinha left behind a legacy of service and love. Her presence will be deeply missed, but her influence will continue to inspire those whose lives she touched.

May her soul rest in peace.

9 August 2025

World Sanskrit Day Celebrated at the Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama

The Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama, joyfully celebrated World Sanskrit Day, paying homage to one of the world's most ancient and revered languages.

The celebration took place on Saturday, 9th August 2025, at 3:00 p.m. in the Kudilal Seksaria Auditorium, Kaivalyadhama, Lonavala,

As part of Kaivalyadhama Yoga Institute's centenary celebrations, the event was held with great enthusiasm and cultural spirit. Dr. Bandita Satapathy, Principal of the College, delivered the welcome address, setting the tone for the meaningful celebration. The program was formally inaugurated by the chief guest, Dr. Sambhaji Patil, associate Professor from Deccan College (Deemed University), Pune, and the Sanskrit Bharati Pracharaka who addressed the students with an inspiring speech. He emphasized the profound importance of Sanskrit, describing it as the mother of all languages, and highlighted its foundational role in shaping India's intellectual and cultural heritage. His insightful address significantly enriched the spirit and purpose of the event.

Also present on the dais were Dr. Omkar Joshi, Secretary and Co-organizer from Vaidik Sanshodhan Mandal, Pune, and Dr. R.S. Bhogal, Governing Body Member of Kaivalyadhama and Head of the Scientific Research Department, whose presence added further distinction to the occasion.

The program commenced with a graceful Ganapati Vandana, combining classical dance with chanting from the Yoga Sutras. This was followed by an impressive Yogasana demonstration, a Sanskrit speech on the significance of the day, and a delightful Sanskrit skit

titled "Jamadivasam". These performances beautifully illustrated Sanskrit's depth, liveliness, and continued relevance as a cultural medium.

The entire program was conducted in Sanskrit, showcasing the language's versatility and vitality in modern educational contexts. Under the guidance of Mr. Nikhil Bakre, Sanskrit faculty at the college, the event successfully highlighted the cultural, historical, and academic significance of Sanskrit. Mr. Bakre also delivered the vote of thanks, acknowledging the efforts of all students, teachers, and guests involved.

Attendees dressed in traditional and formal attire, enhancing the cultural ambiance of the occasion. The event concluded with warm felicitations and a shared commitment to uphold and celebrate (World Sanskrit Day) each year, preserving Sanskrit's timeless legacy for future generations.



15 AUGUST 2025

G.S. College of Yoga & Cultural Synthesis, Kaivalyadhama, came alive with vibrant celebrations on the twin occasions of Independence Day (15th August 2025) and Janmashtami, weaving together the spirit of nationalism and devotion. The programs reflected not only the students' enthusiasm but also the deep-rooted cultural traditions upheld by the Institute.

Independence Day – 15th August 2025 (Morning at KVN)

The morning began with the flag hoisting ceremony, followed by the soulful rendition of the National Anthem, instilling pride in every heart. Students showcased their patriotic spirit through yoga formations that symbolized strength, unity, and discipline. The creative presentation was met with admiration and left the gathering inspired with renewed patriotic fervor.

Janmashtami Celebration – Evening (3:30 PM onward at Saraswati Hall)

The Janmashtami festivities in the evening unfolded in a devotional and festive spirit. The event was marked by:

- Pooja: Students and faculty offered heartfelt prayers, invoking the blessings of Lord Krishna.
- Cultural Performances: Skits, dances, and musical presentations vividly portrayed episodes from Krishna's life.
- Bhajans: Melodious renditions of Krishna bhajans created an aura of devotion and serenity.
- Dahi Handi: The celebrations reached their peak with the traditional Dahi Handi, where students participated with joy and enthusiasm, adding vibrancy to the evening.

The program concluded with a thoughtful gesture—students and staff ensured the venue was cleaned and restored, reflecting discipline and respect for shared spaces.

Acknowledgements

Heartfelt gratitude was expressed to Secretary Sir, Principal Madam, Director (Student Welfare), faculty members, and the Kaivalyadhama family, for their constant support and encouragement. Special appreciation was extended to Sadhak Ramdas ji and Nikhil Bakre Sir for conducting a devotional pooja that filled the hall with divine energy.

A Memorable Occasion

The dual celebrations—patriotic in the morning and devotional in the evening—brought together the values of nationalism, unity, and spirituality. The enthusiastic participation of students made the day memorable, serving as a beautiful reminder of how Kaivalyadhama harmonizes the cultural and spiritual heritage of India with the discipline of yoga.



16 AUGUST 2025

Divine Blessings – Sthapana Ceremony at the Gaushala

With immense joy and gratitude, Kaivalyadhama shared the sacred moment of the newly built small temple at the Gaushala being sanctified on 16 August 2025 (Gopalkala). The Sthapana Ceremony was conducted at 10:30 AM with devotion and reverence, led by Shri Ramdas.

The consecration was dedicated to Lord Krishna with the Cow, a symbol beautifully representing the essence of the Gaushala. The gathering resonated with prayer, devotion, and a deep sense of peace, as members of the campus came together to seek the Lord's blessings.

Heartfelt gratitude was extended to Shri Devang Vyas ji and family for their generous sponsorship, which made this sacred offering possible.

It was a truly meaningful ceremony where the Divine presence was deeply felt by all who attended. The blessings of Lord Krishna were invoked to guide and protect the Gaushala and the entire Kaivalyadhama family.



21 AUGUST 2025

Kaivalyadhama's Centenary Celebrations Gain National Recognition A Historic Moment: Hon'ble Prime Minister Shri Narendra Modi Ji Receives Centenary Coffee Table Book

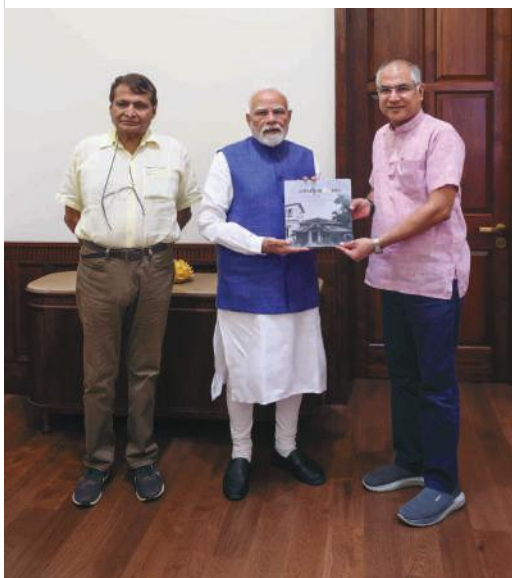
New Delhi, 21st August 2025 – In a landmark moment for Kaivalyadhama, Shri Subodh Tiwari, Hon. Secretary and Chief Executive Officer met with Hon'ble Prime Minister Shri Narendra Modi Ji at the Parliament House, New Delhi.

On this occasion, Shri Tiwari presented the "Kaivalyadhama Coffee Table Book", published to commemorate the Institute's Centenary Year. The presentation reflected Kaivalyadhama's century-long legacy in advancing the science and philosophy of Yoga across the globe. The meeting was graced by the presence of Shri Suresh Prabhu, Former Cabinet Minister and Chairman of the Kaivalyadhama Centenary Committee.

Despite his demanding Parliamentary schedule, the Hon'ble Prime Minister generously spared time for this interaction. Expressing gratitude, Shri Suresh Prabhu remarked that it is a matter of great honour to serve as Chairman of the Centenary Committee of such a pioneering institution.

On the same day, Shri Subodh Tiwari also extended his heartfelt congratulations to Shri C. P. Radhakrishnan, Governor of Maharashtra, on his nomination as the NDA's candidate for the Vice President of India.

Shri Tiwari noted that this nomination is a recognition of Shri Radhakrishnan's exemplary leadership, unwavering dedication, and invaluable service to the nation. With his vast experience and deep administrative acumen, Shri Radhakrishnan is certain to prove an outstanding Vice President of India.



30 AUGUST 2025

National Conclave on Values & Ethics: Walking the Talk

Kaivalyadhama Yoga Institute, Lonavala, marked the 142nd birth anniversary of its illustrious founder, Swami Kuvalayananda, with a National Conclave on “Values & Ethics: Walking the Talk.” The conclave brought together leaders from governance, academia, yoga, law, and the corporate sector to deliberate on the role of ethics in shaping society.

The conference was inaugurated by Shri Arjun Ram Meghwal, Union Minister of State for Law & Justice, who underscored the timeless relevance of values in personal life and governance.

“Ethics and values are not just ideals; they are guiding principles for governance, leadership, and individual happiness. A balanced life rooted in morality ensures peace and collective welfare,” Shri Meghwal said in his keynote address.

Solemn Beginnings

The Minister began his visit by offering floral tributes at the Samadhi of Swami Kuvalayananda, the pioneering yogi who dedicated his life to blending yoga with scientific research. He was warmly welcomed by Shri Subodh Tiwari, CEO & Hon. Secretary of Kaivalyadhama, faculty members, and students.

The inaugural session at the Kudilal Sakesaria Hall began with Shanti Path and the ceremonial lamp-lighting. Shri Subodh Tiwari delivered the welcome address, followed by the felicitation of Shri Meghwal, who was presented with a shawl, the Kaivalyadhama Centenary Coin, and Swamiji's autobiography. A short documentary on Swami Kuvalayananda's life and contributions was screened, and Dr. Rajan Welukar, Vice Chancellor of Atlas Skill-Tech University, addressed the gathering.

The audience was then treated to cultural offerings—devotional songs by students of Kaivalya Vidya Niketan, a Sanskrit choral composition Śūrā Vayam, Dhīrā Vayam, and mantra recitations by the students of Gordhandas Seksaria College of Yoga.

Panel Discussion I: Ethics in Governance and Leadership

“Ethics in governance is not merely about compliance, but about creating a culture of trust and accountability. We have with us an eminent panel today,” introduced the session moderator Mr. Nishant Jain, Project Director & Core Team Member – Ashram Trust.

The panel featured:

- Mr. Firdaus Dastoor – Group Director, Serum Institute of India Ltd.
- Representing one of the world's largest vaccine manufacturers, Mr. Dastoor brought insights on balancing innovation, public health, and corporate responsibility.
- Prof. R. P. Gupta – Former Post Master General & Former Professor of Practice, Gokhale Institute of Politics and Economics, Pune.

Prof. Gupta's experience in both government and academia offered a rare perspective on ethical challenges in governance and public administration.

The session sparked discussions on moral leadership, transparency, and ethics-driven policymaking.

Provoking Thoughts Session

In the post-lunch session, which also saw participants appreciating the home-cooked meals and the warmth of Kaivalyadhama's hospitality, the audience engaged with Adv. Tanu Mehta, a distinguished legal counsel, mediator, and arbitrator. Known as one of India's foremost voices in mediation, she emphasized fairness, balance, and the ethical dimension of conflict resolution.

Students from Pimpri Chinchwad University were also specially thanked for their enthusiastic participation and support during the conclave.

Panel Discussion II: Integrating Values into Education and Society

The second panel was introduced by moderator Ms. Namita Shah, Co-Founder of PreSolv360, who emphasized that education and society

serve as the laboratories of values. The panel featured:

- Ms. Ekta Shah – Trustee, BB Shah Trust; Social Entrepreneur & NGO Leader.
- With extensive work in community empowerment, she shared experiences of leading transformative initiatives in education and social service.
- Mr. Rohit Kumar – CEO, Apni Shala.
- Mr. Kumar highlighted how social-emotional learning nurtures empathy, resilience, and ethical awareness among children.
- Mr. Sachin Kalbag – Editor-in-Chief, Mid-Day.

Mr. Kalbag spoke about media integrity, responsible communication, and the press's role in ethical discourse.

This panel underlined the importance of embedding ethics in education systems, grassroots social action, and public communication.

Concluding Session

The conclave concluded with a guided meditation session by Dr. Santosh Pandey, Senior Yoga & Naturopathy Physician at Kaivalyadhama, enabling participants to internalize the discussions and reflect on the values shared.

In his closing note, Shri Subodh Tiwari extended heartfelt gratitude to the Chief Guest, panelists, moderators, cultural contributors, students, and participants.

“Values and ethics are not just ideals to be admired – but principles to be lived, in governance, education, business, and in our daily lives. Let us all commit to walking the talk,” he remarked.

The National Conclave thus stood as a vibrant confluence of thought, culture, and practice—celebrating Swami Kuvalayananda's vision of yoga as both a science and a moral compass for humanity.





30 AUGUST 2025

Celebrating the 142nd Birth Anniversary of Swami Kuvalayananda at Kaivalyadhama Bhopal

Bhopal, 30 August 2025 – Kaivalyadhama Yoga Prashikshan Kendra, Bhopal, marked a significant and reverential occasion by celebrating the 142nd birth anniversary of the great yogacharya, Swami Kuvalayananda. The event, held on 30 August 2025, paid tribute to the profound contributions of Swami ji to the field of yoga, research, and holistic well-being.

The celebrations were filled with enthusiasm and deep reverence, as students, faculty, and yoga practitioners gathered to remember the life and legacy of Swami Kuvalayananda. His pioneering work in integrating scientific research with yoga practice has left an indelible mark on modern yoga education and therapeutic practices.

Shri Sunil Joshi, Chairman of the working committee in Bhopal, and Shri Sandeep Dixit, Incharge of Kaivalyadhama Bhopal, shared insightful reflections on Swami ji's inspiring journey. They emphasized his dedication, discipline, and vision that laid the

foundation for yoga research and training in India and across the world. The speakers highlighted Swami ji's unwavering commitment to serving humanity by promoting yoga as a way of life rooted in both tradition and science.

The event also provided an opportunity for students and attendees to express gratitude for the invaluable legacy of Swami Kuvalayananda and to draw inspiration for their own practice and service.

Kaivalyadhama Bhopal continues to honor Swami ji's ideals by offering structured yoga training and fostering awareness about the transformative power of yoga in daily life.



Kaivalyadhama Pune – Monthly Report | July 2025

The month of July 2025 was eventful and action-packed, marked by new initiatives, academic engagements, community outreach, and celebration of key occasions. Below is a summary of activities undertaken:

1. Inauguration of 4th Batch – Certificate Course in Yoga (CCY)

- The 4th batch of Certificate Course in Yoga (July–October 2025) commenced with a record enrollment of 15 students.
- Introduction of satellite centres at Hadapsar and Wagholi was piloted to decentralize practical sessions.
 - Wagholi: 3 students | Instructor payout: ₹22,500
 - Hadapsar: 2 students | Instructor payout: ₹15,000
 - Pasahan Centre: 10 students opted for the main centre
- Total income generated: ₹2,25,000 | Estimated expense: ₹1,10,000
- The course was inaugurated by Shri Uday Pendse, with Ms. Ruchi Agarwal and Ms. Madhusmita Bardoloi serving as Course Coordinators.

2. Contribution to MIT Vishwapravag University, Solapur

- Kaivalyadhama Pune conducted 6 hours of theory lectures, practical exams, and viva for 60 undergraduate students from 7th–10th July 2025 as part of the summer term programme.

3. Guru Purnima and Convocation Ceremony – 12th July

- A combined celebration of Guru Purnima and Convocation for CCY Batch 3 and PGDYEd Batch 1 was held.
- Chief Guest: Dr. Shubhada Chiplunkar, former Director, TATA ACTREC.
- Certificates were distributed by Dr. Chiplunkar and Shri Uday Pendse.
- A detailed event report has been submitted separately.

4. Workshop for Children with Special Needs – 14th July

- A special workshop was held at ASHA, Army School, Pune for children with physical and mental challenges and their parents.
- Initiated by Ms. Geetanjali Sharma and supported by Shri Yogesh Vaidya and Ms. Ruchi Agarwal.
- Detailed report submitted separately.

5. Kriya Yoga Workshop – 20th July

- A full-day Kriya Yoga session was conducted at Cardiac Care Counselling Centre, Bhandarkar Road, Pune.
- Jointly organised with Dr. Sathe (Cardiologist) and Dr. Archana Sathe.
- Dr. R.S. Bhogal conducted a 5-hour comprehensive workshop for 50 participants.

6. AFMC Meeting for MoU Closure – 23rd July

- Kaivalyadhama Pune joined the SRD team for a meeting with Brig (Dr.) Suman Kumar and Wg Cdr (Dr.) Sandeep Kumar of the AFMC Research Department.
- Discussion focused on finalizing MoU and study design for the pre-diabetes project.
- Meeting concluded on a positive and collaborative note.

7. Presentation to Maharashtra Education Society – 24th July

- A proposal for integrating yoga in school education was presented to the leadership of Maharashtra Education Society at Sou Vimala Bai Garware School, Deccan, Pune.

The comprehensive plan covered students, teachers, counsellors, and parents.

- The proposal was received enthusiastically; MES is expected to sign an MoU for implementation across its schools in Maharashtra.

8. Ashram Visit by CCY Batch – 26th July

- 12 students and 3 faculty members from the current CCY batch visited the Kaivalyadhama Lonavla ashram.
- The visit included an ashram tour and lectures by senior faculty.
- Contribution of ₹400 was collected per student for meals and travel.

9. Ongoing Programmes

- YogaLand Morning Sessions:
 - Daily online sessions at 5:30 AM by Ms. Deepti Phatak
 - Participation: ~15 yoga enthusiasts
- Cancer Warrior Support Sessions:
 - 3 daily online sessions (6:00 AM, 5:30 PM, 9:30 PM) by Shri Yogesh Vaidya and Ms. Geetanjali Sharma ~12 participants
 - Weekend onsite therapy sessions conducted at Vishranti
- Aashirwad Senior Citizens Programme:
 - 6 days/week online yoga sessions by Ms. Ruchi Agarwal and seva team- 14 registered members
- Weekly Bhagavad Gita Online Session:
 - Every Thursday at 9:00 PM | ~16 regular participants
- Monthly Purnima Programme:
 - Special session held on Guru Purnima with a lecture on Guru Mahima, 108 Pranava Jap, and Shavasana meditation. 21 people participated



Kaivalyadhama Yoga Institute

In a heartfelt tribute, Hon. Secretary & CEO of Kaivalyadhama, Shri Subodh Tiwari, expressed deep gratitude to the Seksaria family, whose visionary support led to the establishment of the world's first Yoga College — Gordhandas Seksaria College of Yoga & Cultural Synthesis — in the 1950s.

The moment was made more special with Shri Rakesh Radheshyam Seksaria, Governing Body Member, Kaivalyadhama, gracing the Inaugural Ceremony of the 2025 PG Diploma in Yoga Education & Diploma in Yoga Therapy as the Chief Guest.

At Kaivalyadhama — where tradition meets transformation — this acknowledgment celebrated not just a family's legacy, but a Sankalpa that gave birth to a global movement in Yoga education.

- A moment of gratitude, vision, and timeless commitment.
- Yoga begins with Sankalpa. This one shaped history.



2 SEPTEMBER 2025

Kaivalyadhama and Manav Sadhan Vikas Sanstha Sign MoU to Foster Yoga as a Life Skill

Mumbai, 2 September 2025 – A new chapter in the promotion of yoga as a life-transforming skill was marked with the signing of a Memorandum of Understanding (MoU) between Kaivalyadhama Yoga Institute, one of the world's oldest yoga research and training institutions, and Manav Sadhan Vikas Sanstha (MSVS), a reputed social development organization. The ceremony was held at Kaivalyadhama ICYHC, Mumbai at 5:00 PM.

The collaboration seeks to harness the transformative power of yoga by integrating it into skill-development frameworks. Beyond physical, mental, and spiritual well-being, the initiative opens pathways for individuals—especially youth and underprivileged communities—to explore yoga as a livelihood opportunity.

Bridging Learning and Earning

Speaking at the function, representatives from both organizations underlined that the partnership will create a bridge between education and employment. Through skill-based yoga training programs, participants will gain access to structured modules, certifications, and practical exposure. This will prepare them for meaningful careers in yoga teaching, therapy, and wellness services.

A Vision for Empowerment

- **Empowerment through Skill:** MSVS beneficiaries will undergo structured yoga training at Kaivalyadhama, nurturing self-reliance and confidence.
- **Opportunity to Earn:** Professional yoga education will be translated into sustainable employment in schools, wellness centers, corporates, and community initiatives.

- **Community Impact:** Yoga will be extended as a social tool for collective growth and harmony, not just a personal practice.

Carrying Forward a Century-old Vision

Established in 1924, Kaivalyadhama has stood as a unique beacon where tradition meets science, combining authentic yoga practices with rigorous research. This collaboration reflects the Institute's enduring mission to take yoga beyond classrooms and ashrams, into mainstream society as both a way of life and a career pathway.

The signing of this MoU is more than a formal agreement—it is a commitment to building a society where yoga is recognized as both a life skill and a livelihood skill. Together, Kaivalyadhama and MSVS envision a future where individuals not only learn to live better but also earn with dignity, carrying forward the legacy of yoga in service of humanity.





11 SEPTEMBER 2025

Hungarian Yoga Academy Conducts Teacher Examination in Collaboration with Kaivalyadhama

The Hungarian Yoga Academy recently conducted its Yoga Teacher Training examinations with remarkable success, marking another milestone in its ongoing collaboration with Kaivalyadhama, India. The event was made even more memorable as the certificates of graduating students bore the esteemed signature of Shri O. P. Tiwari, alongside the Academy's authorities. This gesture brought immense joy and honor to the candidates and faculty alike.

The examinations were held in multiple stages. On June 11 and 12, 2025, students underwent written examinations across five subjects. This was followed by oral, practical, and teaching examinations on June 14, 2025, where the aspirants were assessed by three exam committees comprising a total of seven senior teachers.

Thanks to their dedicated preparation and the Academy's structured guidance, all ten yoga teacher candidates successfully passed the examinations. Among them, eight students opted for the special Kaivalyadhama certification, available at an additional cost, while ensuring that the Academy's overall tuition fees remained accessible to a larger group of learners.

A unique aspect of the Hungarian Yoga Academy's program is its mentoring system, unparalleled in Hungary's yoga teacher training landscape. In this model, each candidate is paired with an already certified yoga teacher who provides individual guidance, studies alongside them, and offers practical teaching opportunities in live classes. This one-on-one mentoring ensures that the new teachers graduate with both theoretical understanding and real classroom experience.

The graduation and certificate ceremony was a heartfelt occasion. Prior to presenting the certificates, a special presentation was delivered to the graduates, introducing Kaivalyadhama's century-old legacy and the invaluable contributions in preserving and propagating authentic yoga traditions. The students were deeply moved by the heritage and global standing of Kaivalyadhama, enhancing the value of the certification they received.

The newly graduated teachers, mentors, and faculty gathered for a group photograph, celebrating their achievement and commitment to the path of yoga.

The collaboration between the Hungarian Yoga Academy and Kaivalyadhama stands as an inspiring example of how yoga's authentic traditions can be nurtured and carried forward globally. With their Kaivalyadhama certification, the Hungarian graduates now aspire to explore pathways of recognition within India, including membership possibilities with the Indian Yoga Association, further strengthening cultural and professional ties between the two nations.



15 SEPTEMBER 2025

CME for Yoga Teachers at Kaivalyadhama

Kaivalyadhama successfully hosted a six-day Continuing Medical Education (CME) program for Yoga Teachers from 15th–20th September 2025 at its Lonavala campus. Sponsored by the Ministry of AYUSH, the CME brought together Yoga teachers and professors to strengthen traditional knowledge with modern scientific insights and research to upgrade their skills and knowledge.

The program blended practical sessions with expert lectures, covering topics such as Yoga philosophy, Yoga therapy, mental health, pranayama, diet, meditative practices and evidence-based research. Eminent faculty including Dr. R. S. Bhogal, Dr. Sabir Shaikh, Dr. Rajvi Mehta, Dr. Neelkamal, Dr. Swati Pandey, Dr. Sharadchandra Bhalekar, and Yogacharya Sandhya Dixit, Prof. Dilip Dauneria, Shri. Manish Patel, and others guided participants through both experiential and academic learning.

Offered free under AYUSH-CME guidelines, the Ministry provides support for travel, boarding, and lodging to the resource persons and trainees.

The outcome was a dynamic exchange of ideas, reaffirming the role of Yoga as a powerful therapeutic tool and strengthening the bridge between ancient wisdom backed by scientific research and evidence.



22 SEPTEMBER 2025

Kaivalyadhama Successfully Hosts OTP Program for Doctors

Kaivalyadhama Yoga Institute, Lonavala, successfully completed its 6-day Orientation Training program on Yoga and Naturopathy (OTP) for 30 Doctors from 21st to 27th September 2025, bringing together yoga, science, research and healing wisdom on a single platform. Organized in collaboration with the Ministry of Ayush and coordinated by the Rashtriya Ayurveda Vidyapeeth, the program was highly appreciated and enjoyed by participants, with every session carefully curated to ensure a rich learning experience. Through deliberations led by eminent faculty and senior experts from premier institutes, participants will gain deep philosophical, scientific, and experiential perspectives on the role of yoga in therapy and research. A unique journey where tradition meets research, and practice meets purpose.

We invited trainees—faculty members and senior doctors from distinguished institutions such as AIIMS New Delhi, PGIMER Chandigarh, AIIMS Rishikesh, AIIMS Bhopal, AIIMS Raipur, AIIMS Raipur, AIIMS Telangana, BJMC Ahmedabad and GMC Bhavnagar—to engage in this enriching journey of integrating yoga into healthcare.

The doctors explored the philosophical, scientific, and practical dimensions of yoga, covering topics such as yoga philosophy, yogic therapy principles, physiological effects of asanas and pranayama, evidence-based interventions and protocols of yoga in specific diseases, scientific basis of classical meditation, for promoting health. The program emphasized a rational, research-driven approach while addressing psycho-socio-spiritual needs.

Distinguished faculty from across India, including Padmasri Dr B N Gangadhar, Dr. Hemant Bhargava, Dr. Leena Phadke, Dr. Akshay Anand, Dr R S Bhogal, Dr. Ganesh Rao, Dr. Monika Pathania, Dr. Amit Singh, Dr. Sharadchandra Bhalekar, and Yogacharya Sandhya Dixit, Yogacharya Neeraj Singh, Dr. Rakesh Sarwal shared their expertise, enriching the experience for all attendees. The experiential sessions in yoga of pure authentic tradition yoga were loved by the participants.

Participants praised the serene environment with the soul of Ashram, ideal weather, and meticulously planned sessions, making the OTP an engaging, memorable, and highly rewarding program. Kaivalyadhama continues its legacy of merging traditional Ashtanga Yoga with modern science, innovating in health, education, and research.





28 SEPTEMBER 2025

Second Foundation Day of Kaivalyadhama Pune

Kaivalyadhama Pune joyfully celebrated its Second Foundation Day on 28th September 2025, marking the occasion with a blend of devotion, service, reflection, and cultural expression.

The day began with an auspicious havan, performed by Sadhak Ramdas ji in the presence of sadhakas and well-wishers. After offering obeisance to Swami Kuvalayananda ji, the sacred rituals filled the centre—decorated with flowers and mango leaves—with serenity and devotion, setting a purposeful tone for the year ahead.

From 12:00 pm to 3:00 pm, a Health Camp extended Kaivalyadhama's service to the local community. Organized in collaboration with Lopamudra Hospital and Pravara Ayurveda Clinic, the camp offered free general health check-ups and Prakriti Parikshan with dosha profiling. Over 80 participants benefitted, reflecting the centre's strong commitment to community wellbeing.

The main programme commenced at 3:30 pm, graced by the presence of distinguished guests:

- Shri Rahul Rath, Chairman, Purnartha Investment Advisers Pvt. Ltd. & Member, Advisory Board, Kaivalyadhama
- Dr. Nandan Yardi, eminent Pediatric Neurologist and Epileptologist, Pune
- Shri Purushottam Lohia, philanthropist, businessman & trustee of Poona Hospital

The programme opened with a soulful rendition of Nirvana Shatakam and a Bharatanatyam performance, setting a reflective and uplifting mood. This was followed by a Review Presentation of Kaivalyadhama Pune's journey, covering:

- Outreach Initiatives: Cancer Warrior Programme, Smart Citizen Initiative, Yoga for Special Needs Children, Yoga for the Incarcerated
- Academic Milestones: Yoga Teacher Certification Course (YTCC), Post Graduate Diploma in Yoga Education (PGDYEd)
- Research Updates: New projects on Cardiovascular Diseases (CVD) in collaboration with Vishwananda Kendra and a cardiac centre
- Workshops: Numerous sessions across Pune during the year
- Future Outlook: Expanding social initiatives, CSR partnerships, advanced training for Yoga therapists, and launching Master's programmes

The review concluded with a heartfelt appeal for collaboration from institutions and industry leaders to strengthen Kaivalyadhama's social initiatives.

The guest addresses added depth and inspiration to the occasion:

- Dr. Nandan Yardi shared insights from his pioneering research on Yoga and epilepsy, while commending Kaivalyadhama's efforts and acknowledging the contribution of Shri Uday Pendse, Senior Faculty and Mentor.

- Shri Rahul Rath delivered a motivating speech, reflecting on his personal journey with Yoga. He encouraged the sadhakas to embrace Yoga in its purest form—for self-transformation and social wellbeing.

The event concluded with a Vote of Thanks by Shri Uday Pendse, who reiterated the vision of establishing a fully integrated Kaivalyadhama Centre in Pune. The day ended with prasad and refreshments, leaving the gathering with a sense of gratitude, reflection, and renewed commitment to Swami Kuvalayananda's vision.





August – September 2025

MIT Vishwapravayag University, Solapur – Two-Credit Course on Yoga for Health and Wellbeing

MIT Vishwapravayag University, Solapur, in collaboration with Kaivalyadhama, successfully conducted the two-credit course “Yoga for Health and Wellbeing” from 25th August to 12th September 2025. The programme was designed for first-year undergraduate students from disciplines such as B.Tech, Pharmacy, Design, and Business Studies. Over 300 students participated in this 45-hour course, which blended theoretical learning with practical yoga sessions.

The course structure included daily 3-hour modules covering theory, yoga practices, interactive activities, and continuous assessments. Daily quizzes and practical evaluations helped reinforce learning, while structured journaling and psychometric assessments aimed to enhance self-awareness and emotional regulation. Although challenges were faced—particularly in administering tests to a large group and engaging students with journaling—valuable suggestions were proposed, including the use of video lectures and refining practical sessions.

A review meeting with Vice Chancellor Prof. Joshi and Programme In-Charge Prof. Joseph Anand endorsed these improvements. Plans are already underway for a 5-day faculty development workshop, creation of practice videos, and the establishment of a Yoga Learning Centre at the university. The MoU between Kaivalyadhama and MIT Vishwapravayag University is expected to be finalized soon, with the centre operational by January 2026.

The course was facilitated by a dedicated team of 11 Kaivalyadhama members, including 3 yoga teachers and 8 instructors. The initiative was widely appreciated by students and university leadership, marking a significant step towards promoting holistic health and wellbeing on campus.





Kaivalya Vidya Niketan – *Samachar*

The months of July to September 2025 were filled with energy, learning, and celebration at Kaivalya Vidya Niketan, Lonavala. True to its vision of holistic education, KVN offered students a vibrant mix of cultural, academic, spiritual, and value-based activities. From celebrating festivals like Guru Purnima, Ashadhi Ekadashi, and Ganesh Chaturthi, to participating in competitions, workshops, and awareness programs, every event reflected the school's commitment to nurturing creativity, character, and curiosity.

Whether it was rhythmic yoga, soulful singing, or spirited patriotic performances, every moment at KVN this quarter proved that learning here extends far beyond the classroom. Indeed, there was never a dull moment at Kaivalya Vidya Niketan!

10 JULY 2025

Guru Purnima Celebration

Kaivalya Vidya Niketan celebrated Guru Purnima with devotion and enthusiasm. The event began with floral tribute to Swami Kuvalyanandji and lamp lighting by Principal Bharati Kawade. Students presented songs, poems, and speeches expressing gratitude to teachers. The program concluded with an inspiring address by the Principal and Prasad distribution.



11 JULY 2025

Solo Singing Competition – Bhakti Ras

Students of Classes 6–8 mesmerized the audience with soulful devotional songs. Winners: Jiyaan Salmani, Devash Kondhbhar, Atulya Pandey. Judges Ms. Geeta Rai & Ms. Anagha Deshpande appreciated all participants.



14 JULY 2025

Cybercrime Awareness Workshop

On 14th July 2025, a Cybercrime Awareness Workshop was conducted by Mr. Pulkit and Ms. Aditi from Law College, Pimpri Chinchwad University. Students learned about cyber threats, safe online practices, and the IT Act, 2000. The interactive session proved highly informative and beneficial for all.



KVN celebrated Ashadhi Ekadashi with a vibrant Dindi procession. Students, dressed as Vitthal, Rukmini, and varkaris, chanted bhajans and created a devotional atmosphere. The event helped them understand the cultural and spiritual significance of the festival.

25 JULY 2025

Shloka Recitation Competition

On 25th July 2025, Classes 1 and 2 participated in a Shloka Recitation Competition, showcasing Sanskrit shlokas with clarity and confidence. The event beautifully celebrated language, tradition, and talent.



8 AUGUST 2025

Inter-School Patriotic Singing Competition

Hosted at KVN by the Rotary Club of Lonavala, the event saw KVN win 1st prize (Std. 8-10) and 3rd prize (Std. 5-7).

12 AUGUST 2025

INS Band Visit

Independence Day fervour began at KVN with a special INS Band performance, filling the campus with patriotic spirit.

12 AUGUST 2025

Celebrating 79th Independence Day

'Freedom in the mind, Faith in the words, Pride in our hearts and Memories in our souls'

The day began with flag hoisting by Shri Subodh Tiwari, followed by inspiring speeches, a patriotic song, rhythmic yoga, and the Azadi ka Bigul performance. Students and staff celebrated with great pride.

8 SEPTEMBER 2025

Museum on Wheels

The Lonavala Women's Foundation hosted Museum on Wheels at KVN. Students explored sculptures and exhibits, gaining cultural awareness and appreciation of India's rich heritage.

8 SEPTEMBER 2025

Ganesh Chaturthi Celebration

Prep to Grade 2 celebrated with devotion through shloka recitation, Ganesh Aarti, eco-friendly idol installation, dance, and prasad distribution.

27 SEPTEMBER 2025

Sustainability Awareness Workshop

Kaivalya Vidya Niketan, Lonavla, in collaboration with the Bajaj Foundation, hosted a virtual workshop on sustainable living. Students learned about waste reduction, e-waste management, and eco-friendly practices. The interactive session inspired them to adopt small, consistent steps towards a greener future.





Teachers' Day Celebration @ KVN

Teachers' Day was celebrated with enthusiasm at Kaivalya Vidya Niketan. Anchored by Yashika Singh and arranged by the Student Council, the programme featured speeches, cultural performances, and games.

The Director, Dr. N. D. Joshi, and Principal, Mrs. Bharati Kawade, addressed the gathering.

The highlight was the Best Teacher Awards ceremony, where Tr. Shashikala received the Most Commendable Teacher Award, Tr. Mahenoor Khan the Excellence in Creation Award, and Tr. Amruta Valekar the Excellence in Innovation Award. Mrs. Dhanashree Takalkar, IT Teacher of Class 10, was also felicitated for her students' outstanding achievement of securing full marks in her subject.



Hindi Pakwada

Kaivalya Vidya Niketan celebrated Hindi Pakwada from 13th to 30th September with great enthusiasm. The programme began on the first day with the Hindi Committee conducting various fun games for teachers, along with speeches and poems presented by teachers highlighting the importance of the Hindi language.

Throughout the fortnight, a range of activities such as poetry recitation, speeches, language games, Hindi reading, and a poetry competition were organized for the students.

The students participated with confidence and creativity, showcasing their talent and love for Hindi. The celebration successfully promoted linguistic pride and encouraged expressive communication in the language.



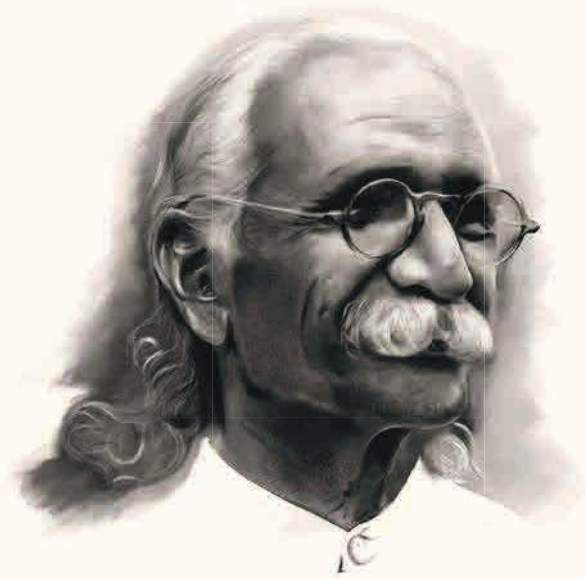
KVN Shines at District-Level DSO Competitions!

Under the guidance of Sports Teacher Mr. Shubham Warule, our students excelled in Table Tennis across categories.

KVN girls shine at DSO with a 1st place win in Under-14, while Under-17 Boys secured 3rd place and Under-14 Boys 4th place – a proud achievement!



CONTRIBUTION of FUNDS for YOGA



Swami
Kuvalayananda

1883-1966

FOUNDER

Kaivalyadhama Yoga Institute



All donations to Kaivalyadhama are
exempted under Sec 80(G) of Income
Tax Act for 50% deduction

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