



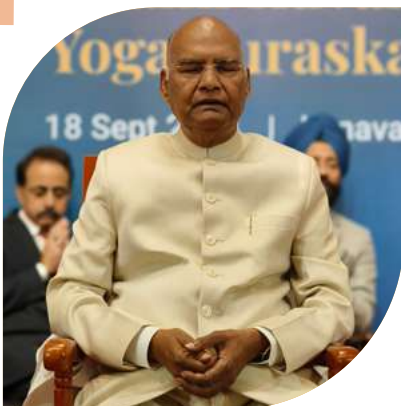
KAIVALYADHAMA®

Where Yoga tradition and Science meet

100
YEARS

Annual Report

2024 - 2025



KAIVALYADHAMA SHREEMAAN MADHAVA YOGA MANDIRA SAMITI

Chairman's message

As I reflect upon the year 2024–25, my mind repeatedly returns to the sacred responsibility that Kaivalyadhama carries—a responsibility entrusted to us by our founder, Swami Kuvalayananda. This institution was not created merely as an organisation, but as a sadhana kshetra—a living space where Yoga is preserved in its purity, explored with scientific rigor, and offered in service of humanity.

Swami Kuvalayananda often reminded us with great clarity:

“If this institute goes to nothing, I do not mind—but Yoga should not be diluted.”

This single sentence continues to guide every decision we take. In a world where Yoga is often reduced to technique, performance, or commerce, Kaivalyadhama remains committed to Yoga as a holistic discipline—sharira, manas aur chitta working in harmony.

The year under review unfolded during our centenary phase, making it both reflective and resolute. Across education, healthcare, research, and outreach, we have sought not expansion for its own sake, but depth with integrity. Our conferences, academic programs, therapeutic initiatives, and community engagements were all anchored in the understanding that Yoga is not merely to be practiced, but to be lived.

The International Conference on Yoga in Cancer Care, national conclaves on cultural and spiritual dimensions of Yoga, and initiatives such as Bharat Yoga Mala reaffirmed our belief that Yoga has a vital role in modern healthcare and social well-being. These efforts echo the wisdom of the Bhagavad Gita:

“ योगः कर्मसु कौशलम् ”

(Yogaḥ karmasu kauśalam — Yoga is excellence in action.)

When Yoga informs action, service becomes sacred and work becomes worship.

Equally heartening has been our continued focus on education—whether through the scientific inquiry of our research departments, the value-based learning at Kaivalya Vidya Niketan, or the disciplined training imparted at our colleges and gurukuls. We remain guided by the Upanishadic vision:

“ सा विद्या या वमुक्तये ”

(That alone is true knowledge which leads to liberation.)

Education at Kaivalyadhama is therefore not only about skill or scholarship, but about inner freedom and responsibility.

Our outreach during the International Day of Yoga, touching thousands across cities, villages, institutions, prisons, and tribal communities, reminded us of Patanjali's timeless assurance:

“ हेयं दुःखमनागतम् ”

(Suffering that is yet to come can be prevented.)

Yoga, when offered with compassion and clarity, becomes preventive medicine—not only for the body, but for society itself.

I bow in gratitude to our teachers, researchers, doctors, staff, students, trustees, and well-wishers. Their quiet dedication sustains this institution far more than any structure or statistic. I also acknowledge the younger generation at Kaivalyadhama, in whom I see the future custodians of this sacred legacy.

As we step into the next century of Kaivalyadhama, may we remain anchored in humility, discipline, and truth. May Yoga continue to guide us—not as an external practice, but as an inner compass.

“ योगश्चित्तवृत्तिनिरोधः ”

Yoga is the stilling of the fluctuations of the mind.

If we remain faithful to this essence, Kaivalyadhama will continue to serve humanity with clarity, courage, and compassion.

- Dr. O. P. Tiwari
Chairman, Kaivalyadhama



From the CEO's desk

The year 2024–25 has been a moment of deep reflection, renewed commitment, and purposeful action for Kaivalyadhama. As we stand at the threshold of a new century of service, this year has reminded us not only of the magnitude of our legacy, but also of the responsibility we carry towards the future of Yoga—as a science, a way of life, and a transformative force for humanity.

Kaivalyadhama was founded in 1924 by Swami Kuvalayananda with a singular yet profound vision: to preserve the sanctity of classical Yoga while subjecting it to the rigor of scientific inquiry. His conviction that Yoga should neither be diluted nor divorced from its spiritual foundations continues to guide us. The activities and initiatives undertaken during 2024–25 reaffirm that this founding spirit remains alive and dynamic in every dimension of our work.



A Centenary of Purpose and Renewal

This year was deeply embedded in our centenary consciousness. Celebrations were not merely commemorative; they were reflective and forward-looking. The centenary events, including national and international conclaves, cultural festivals, scholarly publications, and community engagements, were designed to reassert Yoga's relevance in addressing the contemporary crises of stress, disease, fragmentation, and loss of meaning.

The **National Conclave on Cultural Symphony** and the **National Conclave on the Spiritual Dimensions of Yoga** brought together jurists, scholars, spiritual leaders, administrators, and thinkers from diverse traditions. These platforms demonstrated how Yoga acts as a unifying civilizational force—transcending boundaries of faith, discipline, and ideology—while fostering empathy, balance, and social harmony.

Advancing Yoga in Healthcare and Healing

Healthcare through Yoga continues to be one of Kaivalyadhama's most impactful areas of contribution. The **11th International Conference on Yoga in Cancer Care**, held in December 2024, marked a significant milestone in strengthening the scientific and clinical foundations of Yoga as a complementary therapy. The presence of eminent oncologists, researchers, and global experts reaffirmed Yoga's role in prevention, rehabilitation, and quality-of-life enhancement for cancer survivors.

Equally significant was the adoption of conference resolutions advocating for policy integration, multicentric research trials, and structured training modules for healthcare professionals. This reflects Kaivalyadhama's sustained commitment to evidence-based Yoga, without compromising its holistic essence.

Our **Yoga, Ayurveda, and Naturopathy** programs at the Health Care Centre continued to evolve, addressing lifestyle disorders, mental health challenges, hormonal imbalances, pain management, and ageing with compassion and scientific integrity. The growing participation across these programs reflects society's increasing trust in integrative and preventive healthcare models.

Education, Research, and Knowledge Dissemination

Education remains the backbone of Kaivalyadhama. **The Gordhandas Seksaria College of Yoga and Cultural Synthesis, Kaivalya Vidya Niketan**, and our Gurukul-based learning systems continued to nurture students in an environment rooted in ethics, discipline, and holistic development.

Our **Scientific Research Department** and **Philosophico-Literary Research Department** upheld their legacy of rigorous inquiry. The continued recognition of Yoga Mimamsa as a credible, peer-reviewed research journal and the strengthening of national and international research collaborations reflect Kaivalyadhama's unique position at the intersection of tradition and modern science.

The release of scholarly works, including translations and thematic publications, and the launch of the coffee-table book *Synergising Yogic Traditions & Wisdom*, have further enriched the intellectual and cultural discourse around Yoga.

Outreach, Inclusivity, and Social Responsibility

One of the most heartening aspects of 2024–25 has been Kaivalyadhama's expansive outreach. **The Bharat Yoga Mala** initiative travelled across the length and breadth of the country—from Nalanda and Santiniketan to Chennai, Kolkata, Pune, Mumbai, Udaipur, and beyond—touching universities, institutions, professionals, and communities. Its focus on mental well-being reflects Yoga's most urgent contemporary relevance.

The International Day of Yoga 2024 was celebrated on an unprecedented scale, reaching over **20,000 participants across more than 130 locations**, including schools, universities, defence establishments, courts, prisons, corporate spaces, tribal communities, and international centres. These efforts reaffirm our belief that Yoga must reach the last person, irrespective of age, profession, or socio-economic background.

Our work with **children, women, senior citizens, cancer survivors, inmates, tribal and marginalized communities** exemplifies Kaivalyadhama's commitment to Yoga as a tool for social equity and inner empowerment.

Culture, Values, and Community Life

Events such as **YogKala Mahotsav, World Sanskrit Day, Gita Jayanti, International Meditation Day**, and the celebration of Swami Kuvalayananda ji's birth anniversary enriched the cultural and spiritual fabric of the campus. These moments remind us that Yoga is not confined to the mat or laboratory—it is lived through art, language, food, discipline, and shared values.

The Sattvic Ahaar Conference highlighted the intimate relationship between food, mind, and consciousness, reinforcing the yogic understanding of lifestyle as the foundation of health.

Governance, Infrastructure, and Institutional Strength

Strong governance and transparent systems remain integral to Kaivalyadhama's functioning. The guidance of our Advisory Board, Governing Body, and Executive Committees has ensured that tradition and accountability walk together.

Investments in infrastructure, campus planning, sustainability, and digital systems during the year were guided by ecological sensitivity and long-term vision—ensuring that Kaivalyadhama remains a serene yet contemporary center of learning and healing.

Gratitude and the Path Ahead

I extend my heartfelt gratitude to our trustees, advisors, faculty, researchers, doctors, students, staff, volunteers, donors, and well-wishers who have walked this journey with dedication and humility.

As we move forward into the next century, let us remember Swami Kuvalayananda's unwavering message: Yoga should not be diluted. May we continue to protect its purity, deepen its scientific credibility, and expand its compassionate reach.

With faith in Yoga, trust in our collective wisdom, and commitment to service, Kaivalyadhama will continue to stand as a beacon—where tradition meets science, and where Yoga serves humanity.

- Subodh Tiwari
Hon Secretary | CEO Kaivalyadhama

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Kaivalyadhama Yoga Institute



Kaivalyadhama



Yoga has a **complete message for humanity.** It has a message for the **human body, mind, and spirit.**

- Swami Kuvalayananda,
Founder, Kaivalyadhama

Welcome to Kaivalyadhama, one of the world's oldest yoga research and education institutes, founded in 1924 by the visionary Swami Kuvalayananda.

Swami Kuvalayananda's dream was simple yet revolutionary: bring together the ancient knowledge of yogic philosophy with the evidence-based precision of modern science. Inspired by his Guru Sri Madhavadasji, he believed yoga could be studied, measured, and shared in ways that the world could understand and embrace. He believed yoga held the power to transform not only individual lives, but entire systems of thought. In doing so, he laid the foundation for Kaivalyadhama to become not just a sanctuary, but a global movement in service of humanity.

One of his early achievements was the publication of Yoga Mimamsa, a journal recognized for its high academic standards and credibility. It is recognised by the University Grants Commission – Consortium for Academic and Research Ethics (UGC-CARE-I), for its quality standards and acknowledged for credibility by Medknow, Wolters Kluwer Health, the largest

open access publishers worldwide for reputed medical journals. This pioneering step helped present yoga as a science that integrates both the spiritual and physical dimensions

Some of the Notable students of Swamiji include Mahatma Gandhi, Pandit Madan Mohan Malviya, Dr. B. R. Ambedkar, Pandit Motilal Nehru, Pandit Jawaharlal Nehru, Dr. Rajendra Prasad, Dr. H.V. Kamath, Mr. J. R. D. Tata, Mr. G. D. Birla. But what we cherish most is how thousands of everyday people—students, teachers, seekers, and skeptics—have walked through our gates in search of balance, healing, and insight.

We follow the classical Ashtanga Yoga path laid out by Patanjali, and our offerings span everything from traditional Pranayama and philosophy classes to cutting-edge research in biochemistry, psychology, and wellness. In fact, we were the first in the world to establish a yoga college back in 1951 and the first yoga institute recognized as a Higher Learning Institute by the Government of India.

Swami Kuvalayananda's message was "I have

brought up this institute out of nothing. If it goes to nothing, I do not mind, but Yoga should not be diluted."

His legacy is upheld by Shri O.P. Tiwari, the current chairman, preserves the classical teachings of yoga, including Pranayama, blending scientific outlook with traditional wisdom.

Today, Kaivalyadhama is a thriving ecosystem of education, healing, and global outreach. Its headquarters in Lonavla spans over 180 acres, home to the Yoga Institute, the Health Care Centre, and the Research Department. Thousands of students, guests, and patients come here each year to study, heal, and reconnect with themselves.

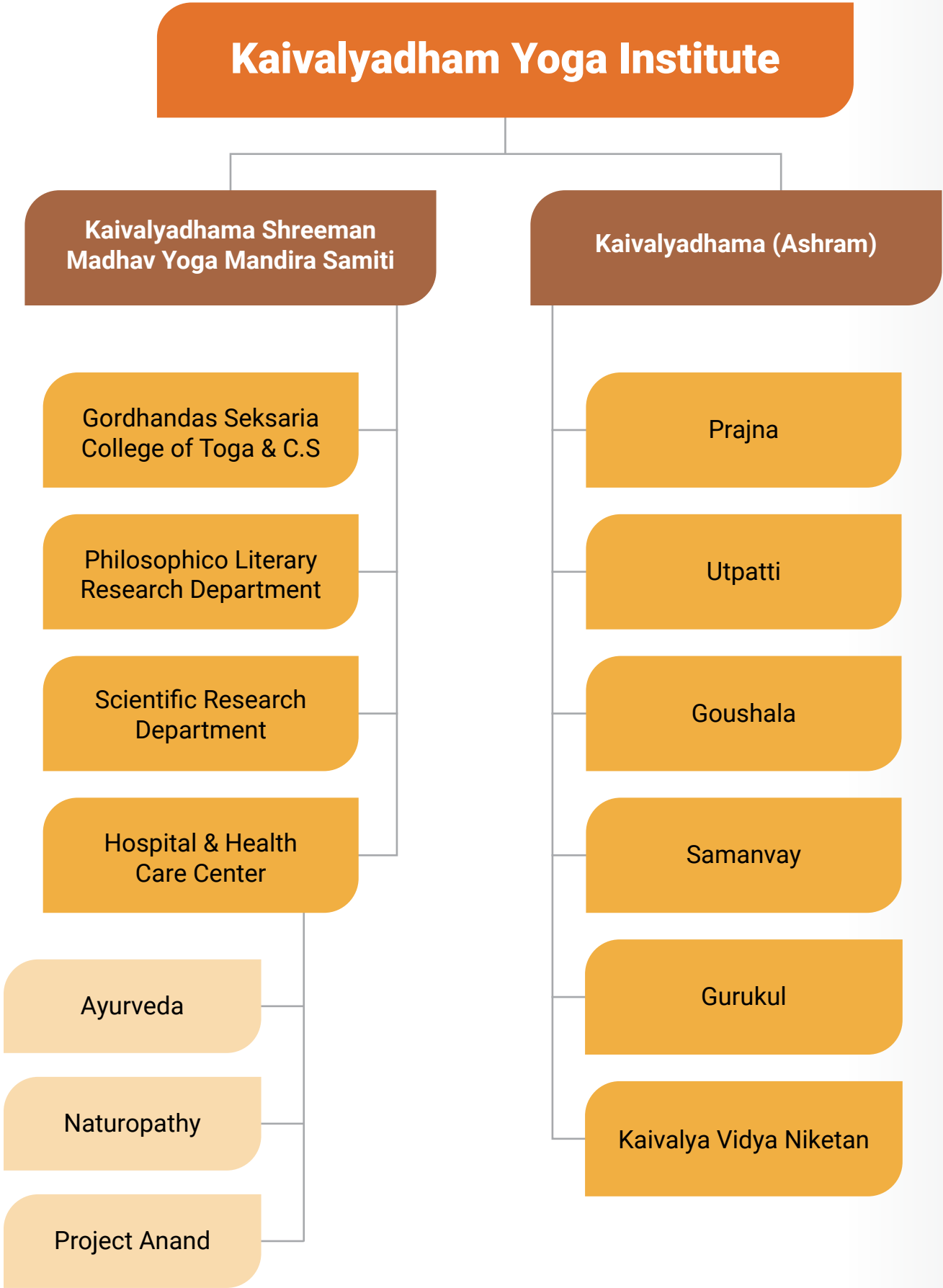
Beyond Lonavla, Kaivalyadhama has expanded its presence through dedicated centers across India and abroad. In Mumbai, the Ishwardas Chunilal Yogic Health Centre has been serving urban communities since 1936. In Pune, Rajkot, and Bhopal and Delhi, branches offer yoga education and therapy attuned to local needs. Internationally, Kaivalyadhama has established branches in USA, Japan, and China, further extending its reach and commitment to authentic yoga. We also have several international affiliates across the globe.

The Institute's programs today reflect both continuity and innovation. From traditional teacher training and philosophy courses, to contemporary offerings like Yoga for Young Minds, Ayurveda certifications, and post-COVID recovery programs, Kaivalyadhama remains deeply attuned to the evolving needs of society.

In a world where yoga is often commercialized or stripped of its essence, Kaivalyadhama offers something rare—a path that is rooted, rigorous, and radiant with purpose. It is not just an institution, but a sanctuary. A place where tradition and science meet. And most of all, an invitation to walk the path of yoga—not just as a practice, but as a way of life.



Organogram



Operations

Governance

Advisory Board Members

Justice B.N. Shrikrishna(Retd) - Former Judge -Supreme Court of India – Chairman
Dr.D.R.Karthikeyaan - Former Director CBI , Padma Shri Awardee
Shri P.H. Parekh - Senior Advocate and Padma Shri Awardee
Shri. Sashikant Savale - Former Charity Commissioner, Maharashtra
Dr. Rajan Welukar - Vice Chancellor Atlas SkillTech University Mumbai
Shri B.C. Khatua, IAS - Former Secretary GOI
Shri Prasad Menon - Former Chairman Vistara
Dr. Anand Gokani – MD, Diabetologist
Mr.Nanik Rupani – Chairman Emeritus Priyadarshini Academy
Nayan Dalal - CEO of TLI Home, and founder of The Dalal Family Foundation Inc. USA
Mr.Rahul Rathi
Mr. Nitin Kareer

Governing Body Members

Shri O.P. Tiwari – Chairman
Shri Chaitanya Mehta - Managing Trustee, Satyanarayan Mandir, Malsar, Guajrat
Shri Rakesh R. - Seksaria
Shri Raj Kumar - Seksaria
Director (SE & L) - Ministry of Education, Govt of India’s Nominee
Director (IFD) - Ministry of Education, Govt of India’s Nominee
CAO/IFA - NCERT
Director of Higher Education - Govt of Maharashtra
Shri Dinesh Panjwani - Secretary H(S)NC Board
Justice (Retd.) Ramesh Dhanuka
Advocate Nivit Srivastava
Shri Nitin Thakkar - President Bombay Bar Association
Dr S.K. Ganguly - Former Principal, G. S. College, Kaivalyadhama
Shri R.S. Bhogal - Joint Director – Research, Kaivalyadhama
Smt. P.L. Mandke - (Associate Member), Kaivalyadhama
Shri Subodh Tiwari - Hon Secretary & CEO

Executive Committee Members

Shri O.P. Tiwari – Chairman
Shri Dinesh Panjwani - Member
Prof. R.S. Bhogal - Member
Smt. P.L. Mandke - Member
Shri Subodh Tiwari –Secretary

Finance Committee Members

Shri.O.P.Tiwari – Chairman
Director IFD, Government of India
Director (SE), Government of India
CAO NCERT, Nominee
Director of Education (HE), GOM
Shri. Subodh Tiwari –Secretary

Key Associates

Legal Consultants

Advocate Shri. Jayant Shaligram, Pune
Advocate Shri D.D. Shah, Pune
M/s Parekh & Co., New Delhi
M/s Srivastava & Maniar, Mumbai
Advocate Shri Tushar Goradia, Mumbai
Advocate Meghna Patel

Auditors

M/s R.M. Rajapurkar & Co., CA, Pune

Architects

Architect Smt. Gayatri, Lonavla
Arc Mandar Kelkar, Pune
Design Workshop, Lonavla

IT Managers

M/s Indigenous Systems
Website & Media Management
Digital Flame, Pune

Institutional Recognitions

Ministry of Education,
Government of India, New Delhi

The Institute is recognized as ‘An All India Institute of Higher Education’ vide letter No7630/62-U.4 dt.12th Nov.1962.

Ministry of Finance Government
of India, New Delhi

To receive donation under section 35 (1) 9(ii) from 1979. Govt of India’s Letter No (F.No.203/11/2009/ITA-11) Notification NO.41/2009 dated 30th April 2009.

Ministry of Science & Technology,
Government of India, New Delhi

Recognition under the Scheme on Scientific and Industrial Research Organizations (SIRO’s). Letter No.F.No.14/79/1988-TU-V dated 23rd March 2022. Recognition period 01.04.2022 to 31.03.2025

Finance Division, Mumbai
Government of Maharashtra

14 days On duty leave once in three year and 6 times in service tenure permitted to Government of Maharashtra’s Employees for attending 10 days Yoga Training Programme. Vide letter dt.3rd Feb.2004.

Ministry of HRD, Department
Secondary & Higher Education,
Government of India, New Delhi

Nodal Agency/Resource Center under ‘Introduction of Yoga Education in Schools’. Vide letter dt.5th April 2004

Navodaya Vidyalaya Samiti, Govt.
of India, Department Secondary &
Higher Education, New Delhi

Recognized as ‘Kaivalyadhama as Yoga Consultant for Navodaya Vidyalayas. Vide letter dt.6th September 2005

Kavikulguru Kalidas Sanskrit
University, Ramtek (M.S)

Accorded the status as Research Centre in the subject of Yoga & Allied subject from the academic session 2020-21 to Gordhandas Sekaria College of Yoga & Cultural Synthesis vide letter no.KKSU/2019-20/BPD/39 dt.19.03.2020

Office of the Commissioner of
Income Tax (Exemptions) Pune

Exemption under 11 clause (i) of first proviso to Sub-section (5) of Section 80G provisional approval No. AAATK1067BF dt.31.05.2021.

GOI, Ministry of Home Affaires,
(FCRA Wing)

FCRA Registration No.083930295 Renewal wef 01.01.2022 for 5 years

Ministry of AYUSH,
Government of India, New Delhi

Inclusion of BA (Yoga Shastra) under AYUSH Scholarship Scheme dt.20.2.2019

Ministry of AYUSH

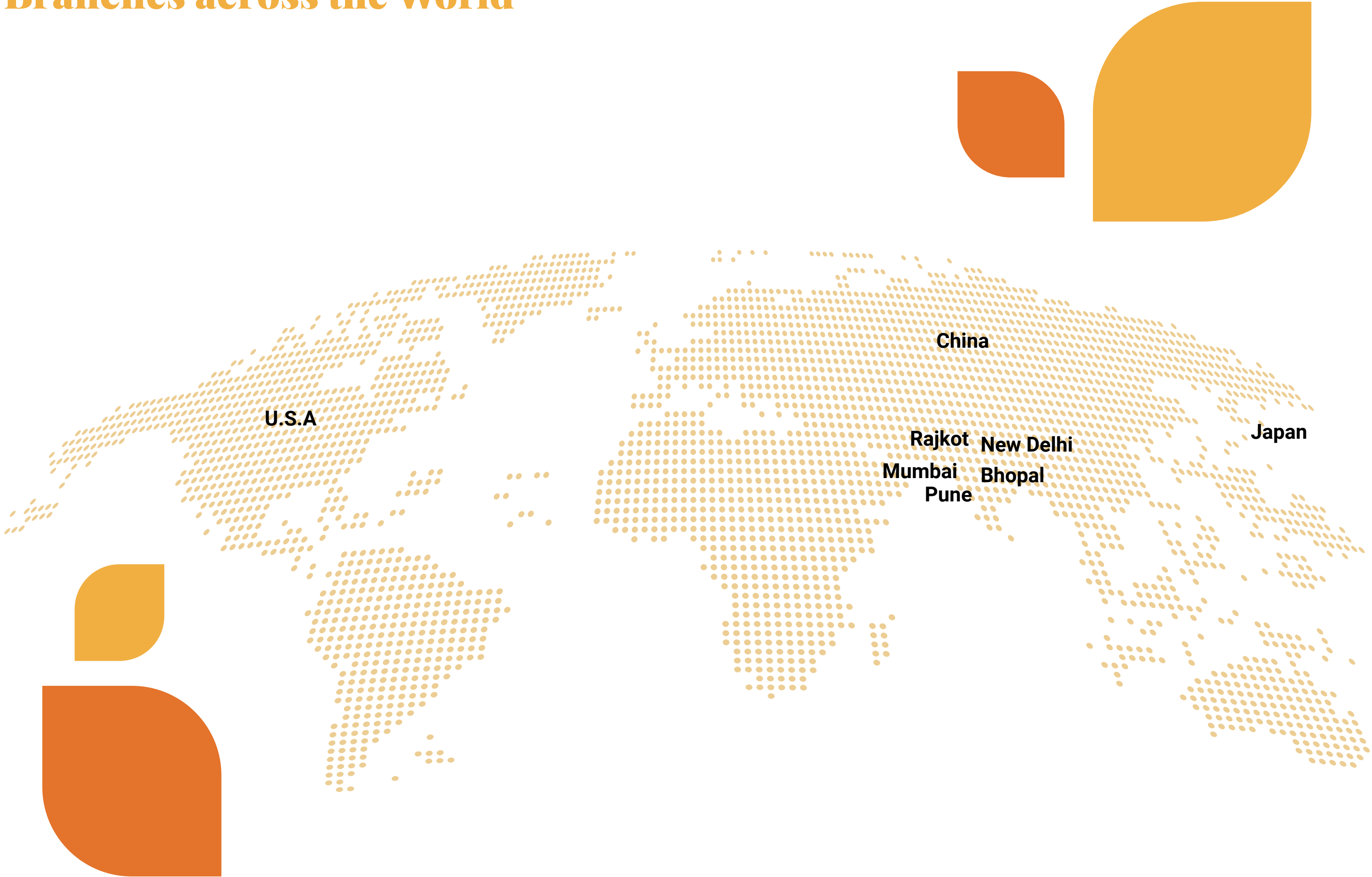
Leading Yoga Institution accredited by YCB by Ministry of AYUSH

Kavikulguru Kalidas Sanskrit
University, Ramtek (M.S)

Certified as Recognised Institute for Specialized Studies vide University letter KKSU/BPD/2019-20/92 dated 12.6.19 for one batch i.e Academic Year 2019-20 for following courses M.A. Yogashstra, B.A. Yogashastra.



Branches across the World



Memorandum of Understanding

National Level Institutions and Universities

Shreemati Nathibai Damodar Thackersey Women’s University (SNDT) Maharashtra	Educational & Research activities
Sri Balaji Vidyapeeth Puducherry	Academic/ Research
National Institute for Research in Reproductive Health (NIRRH) Maharashtra	Research
MGM Hospital Maharashtra	Therapy /Research
Shreemati Savitribai Phule Pune University Maharashtra	Academic /Research
Dev Sanskriti Vishwa Vidhyalaya (DSVV) Uttarakhand	Academic / Research
Sikkim Central University Sikkim	Academic
All India Institute of Ayurveda (AIIA) New Delhi	Academic
Indian Council for Cultural Relaiton (ICCR) Delhi	Academic
Tata Memorial Centre (TMC) , Mumbai Maharashtra	Research

Other Institutions

Saurashtra Medical & Educational Charitable Trust, Project “Life” Gujarat	Academic/ Therapy/ Research
Medknow Publications and Media Pvt. Ltd. Maharashtra	Research Journal Publication - YogaMimamsa
G.D.POL FOUNDATION, KHARGAR (YERLA Medical college) Maharashtra	Academic / Medical

GeneOm Biotechnologies Pvt. Ltd. Maharashtra	Academic / Research for Gene Expressions
Vichar Kranti Manch Jammu Kashmir	Training
Parshwanath Vidyapeeth, Varanasi Uttar Pradesh	Academic / Training
Central Council for Research in Yoga & Naturopathy (CCRYN) Delhi	Research
Arka Ventures Maharashtra	Promotion & Development
B.N Purender Arts & commerce college Maharashtra	Academic / Research
Diabetic Association of India Maharashtra	Research / Training
Sadhu Vaswani Institution of Management Studies (SVIMS) Maharashtra	Academic
Rhythm of Life Maharashtra	Strategic Partnership
Gokhale Education Society Maharashtra	Academic
Dr. Godbole Laboratory Maharashtra	Research
Nirmitee Foundation Maharashtra	Strategic Partnership
Smt.Rajibai Shah Medical & Research Foundation Maharashtra	Social Outreach
The Ratna Nidhi Charitable Trust Maharashtra	Social Outreach
Virtual Sense Global Technologies Private Limited (VSGT) Maharashtra	Research
Kaivalya Yoga Shala, Ahmedabad Gujarat	Academic/ Training
LYEF Wellness Ventures Pvt Ltd., Mumbai Maharashtra	Strategic Partnership



International Level Institutions and Universities

Vedanta Spiritual and Holistic Retreat(VSHR) California, USA	Academic/ Training
Bodhi Yoga, Taipei Taiwan	Academic/ Research
HUS Lab Japan	Training
IEPY (Inatituto de Ensino e Pesquisas) Brazil	Training
Loyola Marymount University, Los Angles (LMU) USA	Training
Gurukul Yoga Holistic Centre (GYHC), Texas Texas, USA	Health Care
Wellness Chandra Japan	Academic/Research
Yoga Lite France	Academic/Research
Beijing Shanghui Yoga Centre, Beijing China	Academic
CEEC Inc USA	Academic/Research
Yoga wellness Chandra & Awara Onsen Landladies Association (AO), Fukui Japan	Therapeutic
Global Alliance for Sustaible Planet (GASP) USA	Environmental
Eotovos Lorand Unitversity (ELTE) Hungary	Academic / Research
Centro de Eutonia y Yogaterapia (C.E.Y.) Argentina	Academic
Yoga, Science and Tradition France	Training/ Strategic partnership

Guest Visits

Mr. Vinoy Kumar Choubey, IPS, Police Commissioner of Pimpri Chinchwad

15 May 2024 | Kaivalyadhama, Lonavala

Kaivalyadhama had the honour of welcoming **Mr. Vinoy Kumar Choubey, IPS, Police Commissioner of Pimpri Chinchwad**, as the Chief Guest for the Valedictory Function of the B.A. and M.A. in Yogashastra (2023–2024).



Visit of Vice Admiral V. Srinivas

19 May 2024 | Kaivalyadhama, Lonavala

Kaivalyadhama had the honour of hosting **Vice Admiral V. Srinivas**, recipient of the Ati Vishisht Seva Medal and Nau Sena Medal, and Flag Officer Commanding-in-Chief of the Southern Naval Command, for a special visit during our centennial year.

He was accompanied by **Mrs Vijaya Srinivas, President of NWWA** (Southern Region), and **Commodore Sameer Chaudhry, Commanding Officer of INS Shivaj**



Hon'ble Justice Bhushan Gavai at Kaivalyadhama

5 October 2024 | Kaivalyadhama, Lonavala

Hon'ble Justice Bhushan Gavai, Judge, Supreme Court of India visited Kaivalyadhama to inaugurate the National Conclave on Cultural Symphony on October 5, 2024.



A Momentous Visit by Hon'ble Shri Ram Nath Kovind at Kaivalyadhama

18 September 2024 | Kaivalyadhama, Lonavala

Kaivalyadhama was honoured to welcome **Hon'ble Shri Ram Nath Kovind, Former President of India**, on 18 September 2024 as the Chief Guest for the Swami Kuvalayananda Yoga Puruskar 2024. His visit marked a significant moment in the institute's centenary year, celebrating the enduring legacy of Swami Kuvalayananda and the future of yoga in public life.

Shri Kovind toured the PLRD and our library, home to over 30,000 ancient yogic texts, and later visited the Scientific Research Department (SRD), engaging in discussions on the convergence of traditional yoga and modern science. At Kaivalya Vidya Niketan, he interacted with students, offering insights on values and wellness. He also visited the Samadhi of Swami Kuvalayananda ji and spent time at the Gaushala, honouring the spirit of simplicity and reflection.



Notable Leaders at National Conclave on Cultural Symphony

20 October, 2024 | Kaivalyadhama, Lonavala

Justice Ramesh Dhanuka, Former Chief Justice, Bombay High Court, and Justice Dr. S. Radhakrishnan, Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Lt. Gen. (Dr) A.K. Singh (Retd) and Prof. Gopalkrishna Joshi, Vice-Chancellor, MITVPU Solapur honored us with their presence.



Spiritual Leaders at National Conclave

20 October, 2024 | Kaivalyadhama, Lonavala

Spiritual Leaders from Across Religions Promote Yoga at National Conclave on October 20, 2024. We were deeply honored to have:

- Swami Vishweshwarananda Giri (Sannyas Peeth)
- Swami Parmarthananda Saraswati (Arsha Vidya Gurukulam)
- Maa Dr. Hansa Yogendra (The Yoga Institute)
- His Eminence Palga Rinpoche
- Paramhansa Swami Niranjanand Saraswati (Bihar School of Yoga)
- Acharya Lokesh Muni (Ahimsa Vishwa Bharati)
- Swami Atmapriyananda (Ramakrishna Order)
- Suresh Prabhu (Chairman, Centenary Committee of Kaivalyadhama)
- Dr. Mickey Mehta (Global Leading Holistic Health Guru)
- Dr. Sabir Sheikh (Wellness Expert)
- Shri Abhishek Ghoshal (Mindfulness Advocate)



Swami Niranjanananda Saraswati at National Conclave

20 October, 2024 | Kaivalyadhama, Lonavala



Paramacharya, Paramahansa, Swami Niranjanananda Saraswati, Padma Bhushan, Bihar School of Yoga visited Kaivalyadhama at the National Conclave on October 20, 2024.



Memorable Visit by Vidyut Jammwal to Kaivalyadhama Mumbai

23 March 2025 | Kaivalyadhama, Mumbai

Kaivalyadhama Mumbai had the honour of welcoming **Vidyut Jammwal**, a renowned martial artist, actor, and spiritual seeker for a special visit.

During his visit, Vidyut shared insights on the synergy between physical discipline and spiritual strength. The institute is now proud to collaborate with him and the Indian Yoga Association on the upcoming initiative, “Sound of Eternity”—a unique fusion of yoga, sound, and conscious movement aimed at expanding the reach of ancient wisdom in modern life.



Events

Independence Day Celebration at Kaivalyadhama, Lonavala

15 August 2024 | Kaivalyadhama, Lonavala

On August 15, 2024, Kaivalyadhama, Lonavala, celebrated Independence Day with a poignant and inspiring ceremony, underscoring the institution's commitment to promoting holistic wellness and cultural harmony through yoga. The event was graced by distinguished guests, including Mrs Gurpreet Kaur Dhanai, Central Member of the Home Ministry, Government of India, who served as the Guest of Honour. Her speech was a highlight of the event, reflecting on her profound experiences with yoga at Kaivalyadhama.



Celebrating World Sanskrit Day

19 August 2024 | Kaivalyadhama, Lonavala

Kaivalyadhama was honoured to celebrate World Sanskrit Day, graced by the esteemed presence of Dr Prof. Ravindra Muley, the Former Director of the Department of Sanskrit and Prakrit at Savitribai Phule Pune University. His profound knowledge and passion for the language set the tone for a vibrant and enriching day. Through performances and speeches, participants reflected on the language's significance in shaping our understanding of yoga, culture, and the human experience.



Kaivalyadhama Celebrates the 141st Birth Anniversary of Swami Kuvalayananda ji

30 August 2024 | Kaivalyadhama, Lonavala

On the auspicious occasion of the 141st Birth Anniversary of Swami Kuvalayananda ji, Kaivalyadhama paid heartfelt tribute to the pioneering yogi-scientist whose vision laid the foundation for the institute's enduring legacy. The commemorative event, held at the Lonavala campus, brought together members of the Kaivalyadhama community, institutional leadership, and esteemed guests.

The celebration was graced by Dr. D.R. Karthikeyan alongside Shri Subodh Tiwari. In his reflections, Dr. Karthikeyan acknowledged Swami Kuvalayananda ji's unparalleled contribution to the scientific study of yoga and its relevance in contemporary society. The occasion served as both a remembrance and a reaffirmation of the institute's mission to continue advancing the path of yoga with inquiry and devotion, just as Swami Kuvalayananda ji had envisioned over a century ago.



141 st Birth Anniversary of Swami Kuvalayananda

30 August 2024 | Kaivalyadhama, Pune

On 30 August, Kaivalyadhama Pune commemorated the 141st Birth Anniversary of Swami Kuvalayananda ji with a heartfelt celebration at its Pashan Centre. Creating a serene and devotional atmosphere, students led the recitation of the Om Stawan, which was followed by a brief meditation session, allowing attendees to reflect in silence.

The highlight of the celebration was a series of thoughtful performances by students of the first PGDYEd batch, including an original drama depicting Swamiji's life and his groundbreaking contributions to yoga.



Kaivalyadhama's Swami Kuvalayananda Yoga Puraskar: Celebrating Exceptional Contributions to Health and Wellness

18 September 2024 | Kaivalyadhama, Lonavala

In a landmark ceremony held at Kaivalyadhama's grand auditorium, the Swami Kuvalayananda Yoga Puraskar 2024 was presented to three distinguished individuals whose work has advanced the fields of health, wellness, and spiritual growth. The event was graced by Hon'ble Shri Ram Nath Kovind, Former President of India, and presided over by Shri Suresh Prabhu, Chairman of the Centenary Committee and Former Union Cabinet Minister/ Shri Kovind lauded Kaivalyadhama's century-long contribution to yoga and well-being, describing it as a beacon of India's soft power and a global force for holistic health.

This year's Puraskar honoured Dr B.N. Gangadhar, Dr Rajiv Kumar, and Dr Samprasad Vinod for their exceptional contributions. Dr Gangadhar, Chairperson of the National Medical Commission and former Director of NIMHANS, was recognised for pioneering research in yoga-based mental health care. Dr Rajiv Kumar, former Vice Chairman of NITI Aayog, was honoured for championing reforms in health, education, and youth empowerment.

Dr Samprasad Vinod, a respected yoga master and scholar, was acknowledged for his life's work in spreading the classical teachings of yoga across India and abroad.



1st Foundation Day Anniversary of Kaivalyadhama Pune

28 September 2024 | Kaivalyadhama, Pune

Kaivalyadhama Pune celebrated its 1st Foundation Day Anniversary, and welcomed around 100 attendees, including faculty, volunteers, students, and well-wishers, in a day of reflection, celebration, and gratitude.

The annual review highlighted a year of remarkable progress aligned with Swami Kuvalayananda's vision of scientific yoga education. Key milestones included the launch of a weekend hybrid certification course, the Postgraduate Diploma in Yoga Education (PGDYEd), and impactful outreach programs for cancer survivors, seniors, children with special needs, and prison inmates. Regular workshops for yoga instructors and contributions to national initiatives like the Bharat Yoga Mala further strengthened the center's outreach. A new research study on senior citizens is set to begin shortly.

Capturing the Magic of YogKala Mahotsav 2024

26 October 2024 | Kaivalyadhama, Lonavala

Kaivalyadhama came alive with colour, rhythm, and creativity during the second edition of YogKala Mahotsav, a celebration that blended cultural expression with yogic values. The event brought together local communities, artists, and yoga practitioners in a spirited showcase of art, movement, and mindful living.

From the graceful flow of FlowDance, with choreography deeply rooted in rhythm and grace, to the flavorful creations of YogiChef, wherein participants presented sattvic dishes that embodied wellness and conscious cooking. The day offered a multisensory experience that captured the joy and depth of the yogic lifestyle.

The event was graced by Shri Subodh Tiwari, Secretary & CEO, Kaivalyadhama, Shri Nishant Jain, Project Director of Anand, Dr. N.D. Joshi, Director, Kaivalya Vidya Niketan, Ms. Bharati Kawade, Principal, Kaivalya Vidya Niketan and the chief guest, Ms. Surekha Jadhav, former President of Lonavala Municipal Corporation.

The YogiChef competition was also attended by its judges, Mr. Nanasingh Sehgal, Culinary Expert and Dr. Ritu Prasad, Medical Officer. Their presence underscored a shared commitment to fostering community through culture, health, and education.



Kaivalyadhama joins the Pathare Prabhu Festival: Celebrating cultural heritage in Lonavala

14 November 2024 | Lonavala

On November 14, 2024, Kaivalyadhama participated in a unique cultural celebration—the Pathare Prabhu Festival. This festival brought together the distinctive customs and vibrant traditions of the Pathare Prabhu community, one of Maharashtra's oldest, who have preserved their identity through centuries of cultural evolution, adding a unique cultural layer to the scenic setting of Serenity Resort in Lonavala.



Celebrating International Meditation Day at Kaivalyadhama

21 December 2024 | Kaivalyadhama, Lonavala

On the occasion of International Meditation Day, Kaivalyadhama welcomed over 120 participants to a serene and reflective celebration dedicated to the 'Heart of Yoga'. The session, guided by Yogacharya Sandhya Dixit, invited participants to move from Dharana to Dhyana, exploring the transformative potential of meditation in a peaceful and supportive setting.

120 students from DY Patil College and members of the Ghantale Mitra Mandal joined us on campus, taking part in experiential sessions that deepened their understanding of yoga and encouraged mindful introspection. The flexible structure of the program allowed for a smooth and inclusive experience for participants arriving from Mumbai and Pune.

This special gathering was made possible through the efforts of the Kaivalyadhama team and the dedication of facilitators Ms. Purva Satkar, Mr. Angad, Kishore Sir, and Sadhak Ramdas Sir, whose contributions enriched the experience for all.



Kaivalyadhama at AMCON 2024-25

15 January 2025 | AMCON 2024-25

Kaivalyadhama marked a significant presence at AMCON 2024-25, with Shri Subodh Tiwari representing the institute and its commitment to integrating yoga into modern healthcare systems. His participation reinforced the growing relevance of therapeutic yoga, disease prevention, and holistic wellness within the framework of integrative medicine.



The engagement between Kaivalyadhama and leading medical professionals at the conference reflected a shared vision: to bridge ancient yogic wisdom with contemporary clinical practice.

This collaboration not only strengthens yoga's role in mainstream healthcare but also contributes to shaping more inclusive and sustainable approaches to well-being across India and the world.

National Conclave on Yoga Explores Modern Trends in Yoga and Integrated Medicine

2 February 2025 | Vethathiri Maharishi College of Yoga, Chennai

The Tamil Nadu State Chapter of the Indian Yoga Association hosted the National Conclave on Yoga at Vethathiri Maharishi College of Yoga, themed “Modern Trends in Yoga and Integrated Medicine Systems,” drawing over 300 participants, including yoga practitioners, academicians, and healthcare professionals. The inaugural session, presided over by Padma Shri A/N SKM Maeilandandhan, emphasized the growing integration of yoga into holistic healthcare frameworks.

Shri Subodh Tiwari was honoured with a Lifetime Achievement Award during the valedictory session, in recognition of his contributions to yoga education and research. The conclave brought together leaders such as Prof. Elangovan, Prof. A.M. Moorthy, and Dr. C.N. Mahesvaran, IAS, who echoed the need for deeper collaboration between yoga and medical sciences.



Kaivalyadhama Observes World Cancer Day with Yoga Initiatives Across Multiple Locations

5 February 2025 | Multiple Locations

On the occasion of World Cancer Day 2025, Kaivalyadhama organised a series of yoga-based initiatives across Mumbai, Pune, and Lonavala, promoting integrative approaches to cancer care and holistic well-being.

In collaboration with ACTREC–Tata Memorial Centre, Mumbai, the institute launched the Yoga for Everyone initiative with sessions for cancer patients, caregivers, and healthcare professionals. Dr. Pankaj Chaturvedi and Shri Subodh Tiwari.

In Pune, yoga sessions were conducted at Ruby Hall Clinic, Deenanath Mangeshkar Hospital, Air Force Station Lohegaon, and other institutions, benefiting both patients and healthcare staff through calming, therapeutic practices. A special online workshop also provided virtual access to yoga for cancer survivors and caregivers.

At Kaivalyadhama's Lonavala campus, an experiential session was held for residents and staff to reflect on yoga's healing potential.



Yogamay Maharashtra

23 February 2025 | Mumbai, Maharashtra

The Indian Yoga Association – Maharashtra Chapter hosted Yogamay Maharashtra, its first major conclave post-COVID, at Rama & Sundri Watumull Auditorium, K.C. College, Mumbai. The event witnessed an enthusiastic gathering of over 450 participants, celebrating the enduring spirit and evolving relevance of yoga.

The occasion was graced by Hon’ble Minister Shri Mangal Prabhat Lodha, who announced a landmark initiative to introduce yoga as a mandatory subject in Maharashtra’s ITIs and technical institutes, impacting nearly 2 lakh students. Other notable dignitaries included Shri Venugopal Reddy, IAS, Shri Dinesh Panjwani, and Shri Subodh Tiwari.

Highlights included a meditation session by Dr. Samprasad Vinod, a Yogasana demonstration by Dr. Pallavi Kavhane and team, and Bhakti Yoga bhajans by Shri Nitin Patki. As a founding institute of the Indian Yoga Association, Kaivalyadhama played an active role in the conclave.



Celebrating Visionary Leadership at the 4th National Conclave in Delhi

3 March 2025 | Delhi

At the 4th National Conclave of the Indian Yoga Association (IYA) held in Delhi, Gurudev Sri Sri Ravi Shankar Ji, honoured Shri Subodh Tiwari for his exemplary leadership and lasting contributions to the global promotion of yoga.

Under Shri Tiwari’s stewardship, IYA has significantly expanded its reach, organizing impactful events and cultivated international collaborations. His efforts have helped position IYA as a leading force in the global yoga community.



Empowering Women Through Yoga – Celebrating International Women’s Day at Kaivalyadhama

8 March 2025 | Kaivalyadhama, Lonavala

On the occasion of International Women’s Day 2025, Kaivalyadhama celebrated the strength and spirit of women through the transformative lens of yoga under the theme, ‘Accelerate Action’. At Kaivalyadhama, we reaffirm our belief that yoga is more than a practice; it is a tool for transformation that enables women to rise with clarity, purpose, and inner strength.



Centennial Events

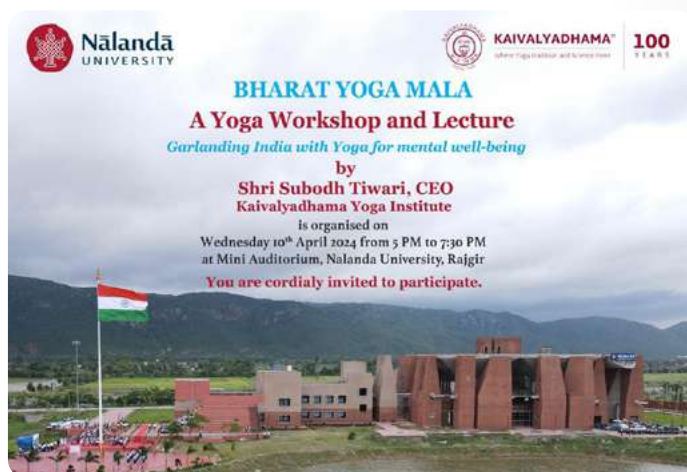
Bharat Yoga Mala

Bharat Yoga Mala at Nalanda University, Rajgir: Weaving Yoga into the Legacy of Knowledge

10 April 2024 | Rajgir, Bihar

Bharat Yoga Mala arrived in the historic town of Rajgir, where Nalanda University hosted special yoga session in collaboration with Kaivalyadhama Yoga Institute. The session was led by Shri Subodh Tiwari and attended by senior members of the university, including Prof. Panchanan Mohanty, Dr Ramesh Pratap Singh Parihar, and Dr Godabarisha Mishra.

Set against the scholarly and spiritual backdrop of ancient Nalanda, the event marked a significant convergence of yogic wisdom and intellectual heritage. The gathering offered participants a reflective space to experience the deeper essence of yoga in a setting once home to 10,000 students and 2,000 teachers. Nalanda's revival fulfills the vision of Dr A.P.J. Abdul Kalam



Bharat Yoga Mala in Kolkata: Improving Mental Wellbeing through Yoga

27 April 2024 | Vivekananda Yoga Anusandhana Samsthana, Kolkata

Bharat Yoga Mala continued its nationwide journey, arriving in Kolkata for a special session hosted at Vivekananda Yoga Anusandhana Samsthana (VYASA) in collaboration with the Central Bank of India. The session was led by Shri Ravi Dixit, Joint Director at Kaivalyadhama, alongside his dedicated team, and was attended by approximately 200 participants. This impactful gathering focused on addressing mental well-being through yoga, combining time-honoured practices with scientific insight.



Bharat Yoga Mala in Chennai: Expanding Collaborations for Inner Wellbeing

10 May 2024 | Heartfulness Meditation Centre, Manapakkam, Chennai

Bharat Yoga Mala reached Chennai with a serene and impactful session at the Heartfulness Meditation Centre, Manapakkam. The event was presided over by Shri Suresh Prabhu, Chancellor of Rishikood University, Former Cabinet Minister, and Chairman of Kaivalyadhama's Centenary Committee. The session was led by Shri Subodh Tiwari and witnessed the enthusiastic participation of over 1,000 individuals.

The event brought together leaders from the yoga and banking sectors, including Dr R. Elangovan, Secretary of the Tamil Nadu State Chapter Committee – IYA; Shri Prakash Sheshadri, Regional Facilitator, Heartfulness Institute; and Shri R.S.N. Muralidharan, AGM, Central Bank of India. The Heartfulness Institute proved to be a gracious host, with Prof. Elangovan inspiring many through his address.





Bharat Yoga Mala at Visva-Bharati, Santiniketan

26 May 2024 | Bolpur, West Bengal

The Bharat Yoga Mala series reached Santiniketan, with a vibrant session hosted at Visva-Bharati University, Bolpur. The event brought together over 270 participants, reflecting a growing enthusiasm for yoga’s role in mental and physical well-being. Presiding over the session was Prof. Samiran Mondal, Head of the Department of Yogic Art & Science, Vinaya Bhavana, Visva-Bharati. Also in attendance were Dr Sridip Chatterjee of Jadavpur University and Dr Dinesh Prasad Swain from Sri Sri University.



Bharat Yoga Mala Arrives in Mohali

13 June 2024 | Punjab School Education Board Auditorium, Mohali

The Bharat Yoga Mala journey reached Mohali, where an inspiring yoga session was held at the PSEB auditorium. The event witnessed the enthusiastic participation of over 400 attendees, underscoring the growing interest in yoga for mental and physical well-being.

Gracing the occasion were Dr Satbir Bedi, IAS (Retd), Chairperson, PSEB, Shri Prem Kumar, Vice Chairman, PSEB, and Shri Avikesh Gupta, PCS Secretary, PSEB. Representing Kaivalyadhama was Shri Nikhil Jasuja, Executive Council Member, while the experiential session was led by Dr Santosh Pandey, whose practical guidance brought the BYM protocol to life for the participants.



Bharat Yoga Mala in Pune: A Celebration of Wellness through Yoga

16 June 2024 | The Poona Club Ltd., Pune

Bharat Yoga Mala reached Pune, bringing with it a powerful message of mental wellness and holistic health. Held at The Poona Club Ltd., the event was marked by an atmosphere of enthusiasm and community spirit.

Gracing the event were Shri Mayank Kumar, Chief Commissioner, CGST and Customs, Pune Zone; Shri Manjit Singh Rajpal, and Shri Manish Mehta at The Poona Club. Their presence underscored the value of such initiatives in promoting wellness within both professional and public spheres. Led by Kaivalyadhama’s experienced instructors, the session included asanas, pranayama, and meditation techniques tailored to support stress relief and emotional balance.



Bharat Yoga Mala Arrives in Mumbai: Promoting Mental Wellness through Yoga

22 September 2024 | Mumbai

As part of its national outreach, Bharat Yoga Mala reached Mumbai at BARC, drawing close to 200 participants in an inspiring evening dedicated to mental wellness through yoga. The event was graced by Shri Jayakumar K., Controller of BARC, whose presence reflected the growing institutional support for yoga as a tool for emotional and psychological well-being.

The program featured a keynote session by Dr. N. Ganesh Rao, Chief Advisor Academics at Kaivalyadhama, who spoke on “Yoga for Mental Health”. His address highlighted the vital role of daily yogic practice in building resilience, reducing stress, and promoting emotional clarity.

Practical Chair Yoga session led by Mrs. Shilpa Ghone was conducted to support wellness within the context of urban lifestyles.



Bharat Yoga Mala Reaches Udaipur: A Celebration of Yoga and Mental Wellness

31 January 2025 | Udaipur, Rajasthan



On 31 January 2025, Bharat Yoga Mala arrived in Udaipur, held in the historic city of lakes, the event brought together dignitaries, scholars, and yoga practitioners.

Prof. Col. S.S. Sarangdevot, Vice Chancellor of Janardan Rai Nagar Rajasthan Vidyapeeth, served as the Chief Guest, sharing reflections on integrating yoga into academic life. Guests of Honour included Prof. Neeraj Sharma, Shri Anurag Saxena.

The event had engaging sessions on yoga’s role in mental health, practical demonstration and an interactive dialogue on the importance of incorporating yoga into daily life.

Celebrating 100 Years of Unforgettable Memories

2 June 2024 | Kaivalyadhama, Lonavala

As Kaivalyadhama reaches the extraordinary milestone of its centenary, we marked the occasion with a heartfelt celebration dedicated to honouring the people who have shaped our journey over the past 100 years. From its humble beginnings to becoming a pioneering institution in yoga education and research, Kaivalyadhama’s growth has been made possible by the steadfast commitment of its employees and partners, past and present.

This commemorative event brought together generations of contributors in a warm and nostalgic gathering. The programme featured moving speeches, special awards, and reflections on key milestones that have defined Kaivalyadhama’s legacy. The atmosphere was one of gratitude and reverence, as stories and memories were shared, bridging the past with the promise of the future.

This centenary tribute is not only a celebration of dedication and transformation, but also a reaffirmation of our collective mission—to carry forward the timeless wisdom of yoga and its relevance in modern life. To all who have walked with us, your contribution has been the bedrock of Kaivalyadhama’s century of service. Together, we look ahead with inspiration and purpose as we continue our journey into the next hundred years.



National Conclave on Cultural Symphony held at Kaivalyadhama, celebrates Yoga’s transformative power

5 October 2024 | Kaivalyadhama, Lonavala

To mark its centenary year, Kaivalyadhama hosted the National Conclave on Cultural Symphony, set against the serene backdrop of our Lonavala campus. The event brought together jurists, scholars, and spiritual leaders to discuss yoga’s transformative role in personal and societal well-being.

The conclave featured compelling insights from notable speakers, such as Justice Ramesh Dhanuka, Former Chief Justice, Bombay High Court, and Justice Dr. S. Radhakrishnan, Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Lt. Gen. (Dr) A.K. Singh (Retd) and Prof. Gopalkrishna Joshi, Vice-Chancellor, MITVPU Solapur. The event also saw the release of two landmark publications, Pranayama, Mudra, and Meditation by Dr. S.D. Bhalekar (now available in Korean) and Sattvic Ahar by Dr. Ritu Prasad.

The event was inaugurated by Hon’ble Justice Bhushan Gavai, Judge, Supreme Court of India, who emphasised yoga’s capacity to transcend barriers and promote empathy, compassion, and social justice. In his welcome address, Shri Subodh Tiwari, reaffirmed Kaivalyadhama’s commitment to positioning yoga as a tool for both personal transformation and collective progress.



National Conclave on the Spiritual Dimensions of Yoga

18–19 October 2024 | Kaivalyadhama, Lonavala

As part of its centenary celebrations, Kaivalyadhama hosted a two-day National Conclave on the Spiritual Dimensions of Yoga, welcoming esteemed spiritual leaders from diverse faiths, including Jainism, Hinduism, Buddhism, Islam, Christianity, and the Zoroastrian tradition. The conclave provided a rare and powerful platform for interfaith dialogue on how yoga serves as a unifying path across beliefs and traditions.

The National Conclave: **“Yoga – an Instrumental of Cultural Symphony | Spiritual Dimension”** at Kaivalyadhama was a truly immersive spiritual experience, filled with blessings from revered spiritual masters and an atmosphere of deep serenity. We were deeply honored to have:

- Swami Vishweshwarananda Giri (Sannyas Peeth)
- Swami Parmarthananda Saraswati (Arsha Vidya Gurukulam)
- Maa Dr. Hansa Yogendra (The Yoga Institute)
- His Eminence Palga Rinpoche
- Paramhansa Swami Niranjanand Saraswati (Bihar School of Yoga)
- Acharya Lokesh Muni (Ahimsa Vishwa Bharati)
- Swami Atmapriyananda (Ramakrishna Order)
- Suresh Prabhu (Chairman, Centenary Committee of Kaivalyadhama)
- Dr. Mickey Mehta (Global Leading Holistic Health Guru)
- Dr. Sabir Sheikh (Wellness Expert)
- Shri Abhishek Ghoshal (Mindfulness Advocate)

Over the two days, the conclave featured discourses, panel discussions, and experiential sessions led by spiritual masters. The shared message was clear: yoga’s true power lies not just in physical postures but in its capacity to connect, uplift, and transcend—a path to unity in diversity.





Capturing the Magic of YogKala Mahotsav 2024

26 October 2024 | Kaivalyadhama, Lonavala

Kaivalyadhama came alive with colour, rhythm, and creativity during the second edition of YogKala Mahotsav, a celebration that blended cultural expression with yogic values. The event brought together local communities, artists, and yoga practitioners in a spirited showcase of art, movement, and mindful living.

From the graceful flow of FlowDance, with choreography deeply rooted in rhythm and grace, to the flavorful creations of YogiChef, wherein participants presented sattvic dishes that embodied wellness and conscious cooking. The day offered a multisensory experience that captured the joy and depth of the yogic lifestyle.

The YogiChef competition was a shared commitment to fostering community through culture, health, and education.



11th International Conference on Yoga in Cancer Care: Scope, Evidence, and Evolution

4th–7th December 2024 | Kaivalyadhama, Lonavala

In December 2024, Kaivalyadhama hosted the 11th International Conference on Yoga in Cancer Care with the theme “Scope, Evidence, and Evolution”. The four-day conference brought together healthcare professionals, researchers and yoga therapists from India and abroad, all converging to explore the growing synergy between modern oncology and traditional yogic science.

The inaugural session was graced by Dr. Pankaj Chaturvedi, Director, ACTREC, Tata Memorial Centre; Dr. Sat Bir Singh Khalsa, Associate Professor, Harvard Medical School, Dr. Lorenzo Cohen, MD Anderson Cancer Center, USA, Dr. Po Ju Lin, University of Rochester, and was presided over by Shri O.P. Tiwari, Chairman, and Shri Subodh Tiwari, CEO, Kaivalyadhama.

Shri Subodh Tiwari, CEO of Kaivalyadhama, highlighted the institute’s decade-long focus on cancer care and its commitment to advancing yoga interventions stating:

“This event is a testament to Kaivalyadhama’s vision of integrating yoga into cancer care and fostering meaningful learning.”

Dr. Gopinath praised Kaivalyadhama’s contributions to healthcare and envisioned a future where hospitals focus on wellness rather than illness, Dr. Gopinath, addressing Dr. Pankaj, emphasized the need for a paradigm shift in healthcare, urging him to focus on working more on getting policies to work on reducing incidence of diseases. He stated,

“A hospital for the healthy is not a dream but a necessity. Our vision should be a disease-free world where the primary focus is on preserving health and well-being.”

Dr. Khalsa spoke on the growing importance of yoga research, noting its potential to complement modern treatments. He emphasized,

“This is perfect time that through rigorous research yoga can gain recognition as a vital adjunct in cancer care.”



Conference Chief Guest Dr. Pankaj Chaturvedi emphasized how he as doctor who are now proud to have defeated cancer are humbled by 100 years of Kaivalyadhama’s humongous work and contribution in preventing Cancer as well as ensuring quality of life of Cancer survivors who have undergone modern medicine treatments.

He reiterated yoga’s role in preventive healthcare, urging a return to natural living, **“Yoga is more than exercise—it’s a way of life. It’s time to live naturally, eat naturally in respective habitat, and prioritize mental well-being leaving bad habits and negative thoughts.”**

He emphasized the importance of Kaivalyadhama holding such international Conferences because they serve as a wakeup call to realise the significance of Traditional Indian complimentary therapies in building a healthy population.

Dr. Lorenzo Cohen, Distinguished Professor in Clinical Cancer Prevention & Director of the Integrative Medicine Program at The University of Texas MD Anderson Cancer Center gave the keynote address presenting significant Research publications demonstrating transformative power of Yoga with a capital ‘Y’ and established clinical guidelines incorporating yoga in Hospitals in USA based on solid scientific research and evidence.

Prof. (Dr.) Shubhada Chiplunkar is the former Director of ACTREC at Tata Memorial Centre with her extensive work in immunology shared how she would be happy to work with Kaivalyadhama on working on research projects supporting yoga’s role in immunotherapy as cancer treatments.



The conference featured pre-conference workshops by Dr. Sat Bir Singh Khalsa and Prof. Raghu Raghavan on integration of yoga into cancer prevention and post-treatment recovery and practical workshops led by senior yoga experts including Dr. R.S. Bhogal, Dr. Ananda Bhavanani, and other faculty from Kaivalyadhama and partner institutions.

A highlight was the adoption of the Conference Resolution on the 7 of December, 2024, affirming yoga's vital role in comprehensive cancer care. Key resolutions like advocating yoga's integration into cancer care protocols, strengthening research and clinical evidence through multi centric trials, and developing training modules for healthcare and yoga professionals and promoting digital tools and community-based yoga initiatives were discussed. The event also honoured outstanding contributions through Best Paper and Poster Awards. The resolutions additionally advocated for policy changes and promised their goal of spreading yoga through global collaborations with an expanding global network of collaborators.

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

1 February 2025 | Kaivalyadhama, Mumbai

Kaivalyadhama, Mumbai, hosted the National Conference on Sattvic Ahaar 2025 bringing together leading voices from Yoga, Ayurveda, Naturopathy, and modern nutrition to explore the role of Sattvic food in holistic health. The event was inaugurated by Shri Bhushan Gagrani, Commissioner of BMC, and Padma Shri Chef Sanjeev Kapoor, whose keynote address emphasized the relevance and accessibility of sattvic cooking in everyday life.

A special highlight of the day was the unveiling of Swamiji's statue in memory of Late Sitaram Shah Ji, in the presence of the Shah family, a moment of heartfelt tribute and inspiration. The day featured two panel discussions—"Sattvic Ahaar and Its Significance in Modern Times: Practical Approaches and Scientific Background" and "Sattvic Ahaar and Mental Health—on the scientific and mental health dimensions of sattvic nutrition, followed by interactive Q&A sessions and a vibrant Yogi Chef Contest and Exhibition, celebrating creativity and mindful eating. The event concluded with a cultural performance and valedictory session that reinforced the spirit of inner balance through food and tradition.



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

25 March 2025 | Mumbai

Kaivalyadhama's new coffee table book, Synergising Yogic Traditions & Wisdom, was officially released at the Priyadarshni Academy's 41st Anniversary Literary Awards & Educational Scholarships Function in Mumbai. The book offers a visual and literary tribute to our service in the field of yoga.

The event was graced by Shri Ashish Shelar, Minister of IT & Cultural Affairs, Government of Maharashtra, Shri Nanik Rupani, Founder-Chairman of Priyadarshni Academy, and Shri Subodh Tiwari, who attended as Special Guest.

The occasion also honoured academic excellence, with 10 students from the Gordhandas Seksaria College of Yoga and Cultural Synthesis receiving Priyadarshni Academy Scholarship Awards for 2024-25. The awards recognised dedication to the study and practice of traditional yoga.



Inter- national Day of yoga

Kaivalyadhama's Celebrations

21 June 2024

Kaivalyadhama marked the International Day of Yoga 2024 with a series of transformative events across multiple locations, guiding participants on a profound journey through the practice of yoga, receiving participation from over 20,000 individuals across over 130 venues!

52-day countdown to International Day of Yoga

30 April 2024

We celebrated the 52-day countdown to International Day of Yoga 2024, focusing on the theme "Yoga and Mental Well-being." Organising a yoga session in collaboration with Morarji Desai National Institute of Yoga and the Ministry of Ayush, Government of India, at the Nalanda Dance Research Centre in Mumbai. Dr Priya M. Vaidya, Professor & Head, Department of Philosophy, University of Mumbai, was the chief guest at the event



Kaivalyadhama (LONAVALA)

Kaivalyadhama Yoga Institute, Lonavala, celebrated the International Day of Yoga with multi-location events that highlighted yoga's role in enhancing physical, mental, and spiritual well-being. The celebrations spanned diverse sectors—including the military, education, tourism, and legal communities—and featured sessions at prominent sites such as Lonavala.

Kaivalyadhama with the bar council of Maharashtra And Goa

Kaivalyadhama organised a yoga session in the esteemed presence of the Chief Guest, Adv. Mr Rajendra Umap, President of the Bar Council of Maharashtra and Goa. A special session at Kudiala Hall, in collaboration with the Bar Council of Maharashtra and Goa, saw legal professionals engaging in yoga practices.



INS Shivaji

At the prestigious INS Shivaji, the naval officers and personnel participated in yoga sessions led by expert instructors from Kaivalyadhama. The serene environment of the naval station provided a perfect backdrop for practising yoga, enhancing the physical fitness and mental clarity of the naval officers.



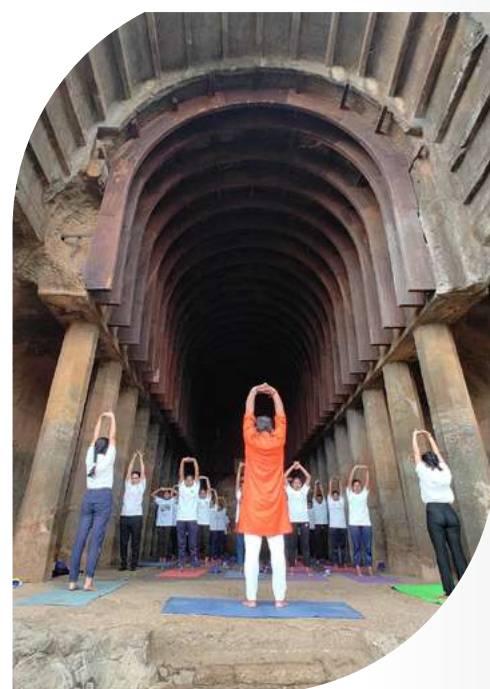


Bhaja Caves with Samparc Balgram

In the historic setting of Bhaja caves, Kaivalyadhama collaborated with Samparc Balgram to conduct yoga sessions for children and staff. The ancient caves and lush surroundings added a spiritual dimension to the practice, creating a unique experience with a focus on introducing yoga to children.

Karla Caves

The iconic Karla Caves served as another majestic venue for the yoga celebrations, where enthusiasts gathered to practice asanas and pranayama in the shadow of these ancient Buddhist rock-cut temples in the tranquil atmosphere of the caves.



MTDC Tourism

In collaboration with the Maharashtra Tourism Development Corporation (MTDC), Kaivalyadhama hosted yoga sessions aimed at promoting wellness tourism. These sessions attracted tourists and locals alike.

Dehu Road Cantonment

At the Dehu Road Cantonment, soldiers and their families participated in yoga sessions designed to promote physical health and mental peace. The disciplined environment of the cantonment, combined with the calming influence of yoga, provided a refreshing break from the rigorous routine of military life.

L&T Training Centre

At the L&T Training Centre, employees participated in yoga sessions as part of their corporate wellness programs. The sessions included a mix of physical postures, breathing exercises, and meditation techniques tailored to relieve work-related stress and promote overall health.

KVN Schools And Zp Local Schools

Kaivalyadhama extended its reach to educational institutions, inviting local schools and ZP (Zilla Parishad) schools to participate in yoga sessions. Teachers and students practised together, creating a supportive community focused on physical and mental well-being.

Kaivalyadhama (MUMBAI)

It was a spectacular event celebrated with great enthusiasm and fervour by Kaivalyadhama across various locations in Mumbai. The event took place at:

Rajbhavan, Maharashtra

The Governor's residence saw a large gathering of participants, including Honourable Governor Maharashtra along with other dignitaries and yoga enthusiasts, who engaged in a serene and revitalizing yoga session.



Khadi And Village Industries Commission (KVIC)

Employees of KVIC took part in yoga activities that underscored the connection between traditional practices and modern wellness.

Police HQ

Members of the police force participated in yoga sessions aimed at enhancing their physical fitness and mental resilience.



ST. Xavier's College

The historic institution hosted a vibrant yoga session, with students embracing the ancient practice as a means to improve their overall well-being.

University Of Mumbai

Students and faculty gathered to practice yoga, highlighting its significance in enhancing academic performance and reducing stress.

New India Insurance Regional Office

Staff members joined in for a rejuvenating session, emphasizing the importance of yoga in fostering a healthy work-life balance.

Confederation of Indian Industries CII

Employees took a break from their routine to indulge in yoga practices that promote workplace wellness and stress management.

Oberoi Hotel

Guests and staff alike participated in a luxurious setting, blending the tranquillity of yoga with the opulence of the Oberoi Hotel.

Kaivalyadhama (PUNE)

In alignment with the theme of “Yoga for Self–Yoga for All,” Kaivalyadhama Pune reached out to diverse sections of society, including senior citizens, students, cancer warriors, and inmates of correctional facilities. The Pune team conducted over 15 workshops, engaging more than 1,500 participants across the city. Special sessions were held at the iconic Yerwada Jail for inmates and jail police personnel.

Additionally, the sessions at Savitribai Phule Pune University and the District Sports Complex were well attended. Events at schools, the correctional facility, and the sports complex were reported by the local print media.



Mumbai's Tribal and Slum Communities

The B.B. Shah Trust, in collaboration with Kaivalyadhama, celebrated the International Day of Yoga (IDY) with a special focus on the tribal and slum children of Mumbai, reaching a total of 530 participants.



Zilha Parishad Marathi School, Chikhaldongari, Virar (West)

At the Zilha Parishad Marathi School in Chikhaldongari, Virar (West), 150 students participated. The session included Tadasana (mountain pose), Nadishodhan (alternate nostril breathing), Padahastana (hand to foot pose), Pyramid pose.

Project Mera Sapna: Tribal Students at Jogeshwari & Marol

Around 120 Tribal students from the Project Mera Sapna in Jogeshwari and Marol were also a part of the celebrations.

Project Nanhe Kadam: Tribal Children (Ages 3 to 6) at Jogeshwari

Even the youngest members of the community were included. The Project Nanhe Kadam at Jogeshwari hosted a yoga session for 30 tribal children aged 3 to 6 years,.

G K. Marg Municipal School, Lower Parel

At the G.K. Marg Municipal School in Lower Parel, a group of 75 children in celebrating IDY. This session highlighted the inclusivity of yoga, bringing its benefits to urban slum children.

Tribal Women in Jogeshwari and Marol

The initiative extended to tribal women in Garudi Pada, Sanjay Nagar in Jogeshwari and Mathai Pada in Marol. Yoga sessions were attended by 150 women who practised Bhramri pranayama (bee breathing), Prayer pose, Trikonasana (triangle pose), Tadasana (mountain pose), and Pavanmuktasana (wind-relieving pose).

Across cities

Other notable locations where Kaivalyadhama conducted our IDY celebrations were:

1. Supreme Court of India, New Delhi

2. Tata Power (Pan India)

3. CII, Mumbai & Delhi

4. NCTE HQ, New Delhi

5. Kanya Shiksha Parisar, Sehore, Bhopal
6. District Sports Complex, Pune, Maharashtra

7. Lumbini Garden, Pune, Maharashtra

8. Tata Steel Plant, Kalinganagar, Orissa

9. Kaivalyadhama USA

10. Kaivalyadhama Japan and many more...



International Day of Yoga, Spain

As part of Kaivalyadhama's centenary celebrations, the International Day of Yoga was marked with a heartfelt gathering in the peaceful landscapes of Spain. The event, led by Mr Manuel Medina and Ms Natalie who are devoted students of Dr O.P. Tiwari and long-standing associates of Kaivalyadhama brought together yoga practitioners for a day of unity, reflection, and wellness.

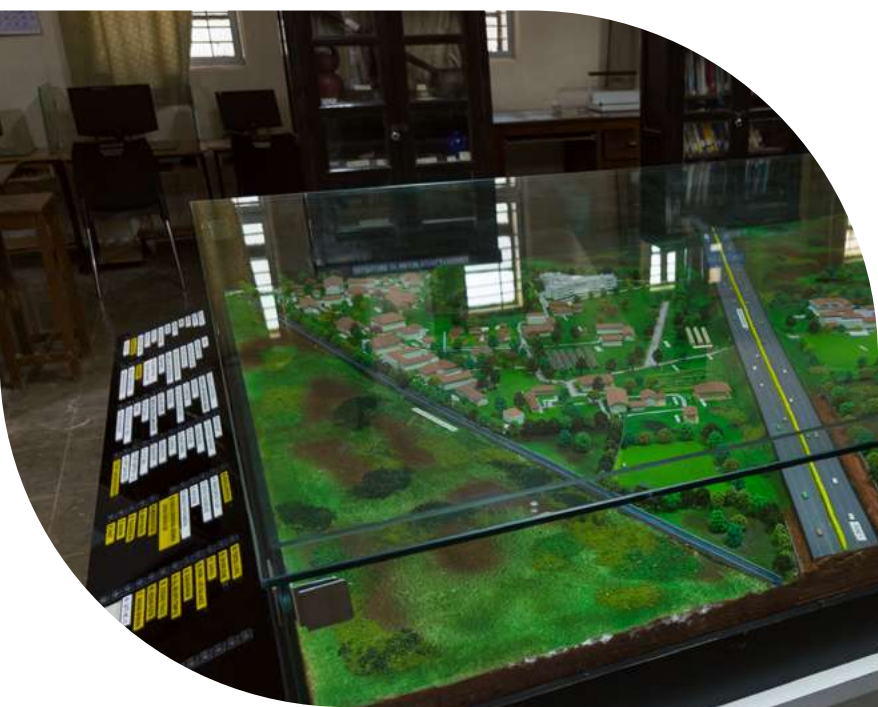
In his address, Mr Medina expressed deep gratitude to Kaivalyadhama and Tiwariji for their enduring influence, while Ms Natalie reiterated their shared commitment to carrying forward this rich yogic tradition. As the sun set over the Spanish countryside, the celebration left participants uplifted and deeply connected to themselves and to each other.



Infra— structure

Inauguration of Kaivalyadhama Campus Model at Sandipani Library

Pujya Swami Parmananda Saraswati inaugurated a detailed model of the Kaivalyadhama campus at the Sandipani Library, marking a moment of reflection and aspiration. This symbolic installation represents the institute's evolution and its enduring commitment to yoga education and research.



Inauguration of Keshav Kuttir

As part of the celebration of the 141st Birth Anniversary of Swami Kuvalayananda ji, Keshav Kutir—a serene retreat dedicated to fostering deeper connections with nature and inner peace—was inaugurated by Dr D.R. Karthikeyan with Shri Subodh Tiwari and the leadership team of Kaivalyadhama in attendance.



Benefactor Corner: Lifesaving Support through Ambulance Donation

Kaivalyadhama extends heartfelt gratitude to its generous benefactors for the donation of an ambulance—an invaluable addition that has already made a tangible difference to the community’s well-being.

In its very first month, the ambulance supported a student facing a midnight kidney-related emergency, transported a breathless patient from the Yogic Hospital for urgent care, and ensured swift treatment for a staff member’s son after a home accident. Each instance underscored the importance of timely medical response and reaffirmed our preparedness in moments of crisis.

This thoughtful gesture has become a pillar of reassurance on campus. We remain deeply grateful for your support in enhancing our healthcare efforts.



Inauguration of Sampurna Dining

Following the Advisory Board meeting, Dr O.P. Tiwari, Chairman of Kaivalyadhama, along with the Advisory Board Members, inaugurated the newly constructed Dining Hall and State-of-the-Art Kitchen “Sampurna” at the Justice M.L. Pendse Centre for Cancer Survivors & Lifestyle Conditions (Project Anand). Sampurna has been thoughtfully designed to serve meals to approximately 150–200 participants every week. This modern facility has been thoughtfully designed to provide nutritious, wholesome meals tailored to support the health and recovery of individuals managing cancer and other chronic lifestyle conditions. The inauguration marked a meaningful milestone in Project Anand’s ongoing mission, strengthening Kaivalyadhama’s dedication to integrated, yoga-based wellness programmes rooted in scientific research and holistic healthcare. The occasion concluded with a renewed collective resolve among the Advisory Board to further Kaivalyadhama’s pioneering work in traditional yoga and well-being.



Ayurveda Waiting Area: Creating a Tranquil Healing Environment

As part of its continued efforts to improve participant experience, Kaivalyadhama has undertaken the beautification of the Ayurveda programme waiting area. This enhancement is aimed at creating a more welcoming, serene, and supportive environment for individuals awaiting their consultations and therapy sessions. Recognising the significance of ambiance in the healing journey, the space is being transformed through carefully selected décor upgrades that foster peace and calm.



Renovation of Cottages: Enhancing Comfort and Healing Spaces

Kaivalyadhama has undertaken the renovation and upgradation of its family wards and cottages, with a focus on improving aesthetics and modernising room facilities. This effort is part of the institute's commitment to offering participants a more comfortable, rejuvenating, and holistic experience during their stay.

Particular attention has been given to the cottage for two occupants, which now includes an inbuilt therapy room, making it especially suited for guests undergoing specialised treatment protocols. The refurbished spaces are designed to harmonise with the natural surroundings of the campus, ensuring a restful and serene environment that complements Kaivalyadhama's integrative approach to health and wellness.



Obituaries

Justice Dr S. Radhakrishnan

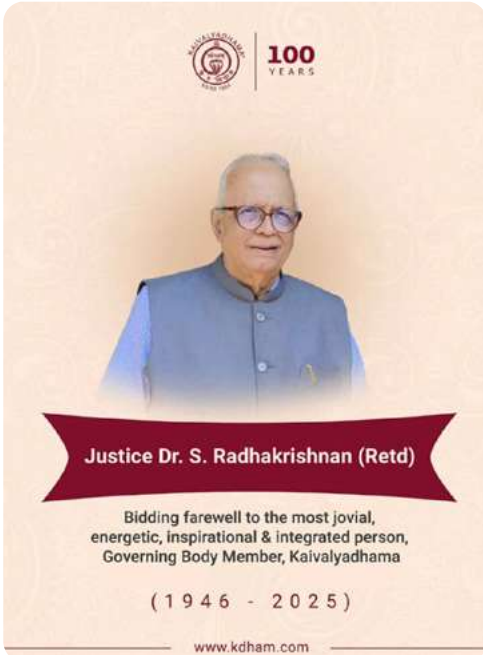
With deep sorrow, we mourn the passing of Justice Dr S. Radhakrishnan, a distinguished legal luminary and a revered member of our Governing Board. His immense wisdom, integrity, and steadfast commitment to justice and education made a lasting impact on our institution and beyond.

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

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

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

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



Lav Kumar Sharma



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

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

Education & Outreach



Gordhandas Seksaria College of Yoga & Cultural Synthesis

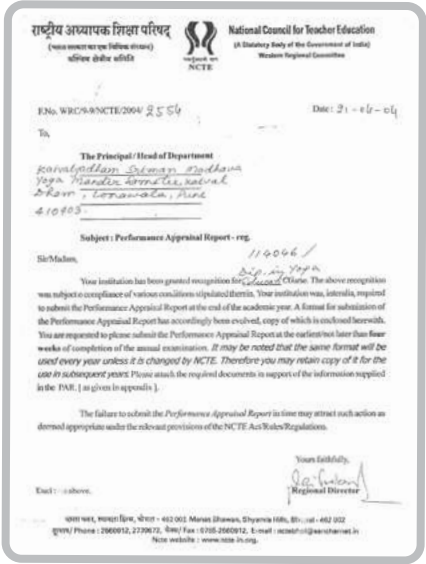
The Gordhandas Seksaria College of Yoga and Cultural Synthesis was established in 1951 by Swami Kuvalyananda, with the purpose of imparting secular and scientific training and education in traditional Yoga.

The college conducts both short-term and long-term programs with options that include full-time, residential, day-learning, and online courses across, Bachelor's Degree, Masters, Degree, Post Graduate Diploma, and Certificate levels.



Recognition

Credited with a permanent recognition from **NATIONAL COUNCIL FOR TEACHER EDUCATION (NCTE, NEW DELHI)** the College, over the years, has blossomed into a leading educational agency in Yoga Education, flowering itself into numerous Yoga courses/Yoga programs.



Equivalency

Our Diploma in Yoga Education is having an Equivalency Certificate as **Post Graduate Diploma in Yoga Education (P.G.D.Y.Ed.)** from the **Kavikulaguru Kalidas Sanskrit University, Ramtek, Maharashtra.**



BA and MA Yoga Shastra Affiliation



Research Centre



Academics

Vision of the college

To spread the message of Health, Harmony and Happiness through Yoga and Cultural Synthesis

According to Swami Kuvalayananda, if understood through the modern scientific approach, Yoga would help greatly in the spiritual and the material Renaissance of the human society. This has been the very philosophy behind all academic and social activities of the college since its inception. The aim of these courses is to prepare deserving candidates in both theoretical and practical training aspects in Yoga. The students are entitled to impart Yoga training within the country and abroad following the training. The students will also be grounded into various academic aspects fairly well, so that they are well equipped should they opt for teaching in Yoga, as a freelance yoga professional or as an institution-based yoga teacher.

NSP (National Scholarship Portal):

The National Scholarship Portal (NSP) is an online portal by the Government of India for applying, processing, verifying and sanction of Government scholarships to students.

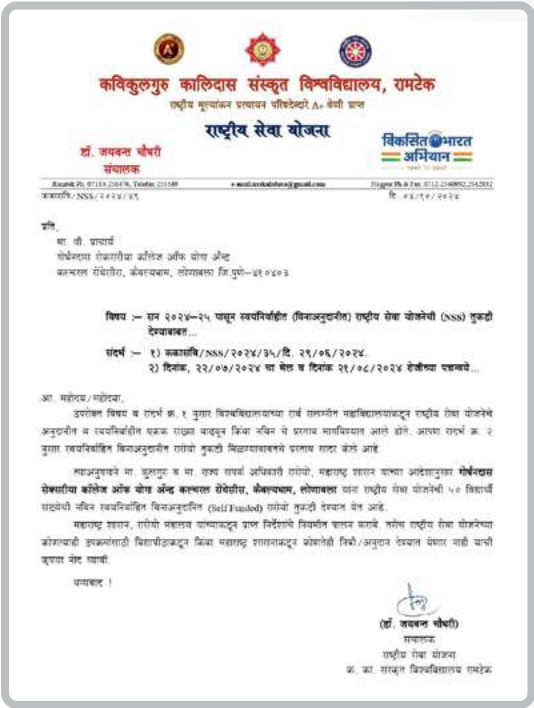
It aims to reduce discrepancies and provide a common, effective and transparent way to disburse scholarships to students. It aims to be a “one stop” portal for Indian students applying for scholarships by bringing together hundreds of scholarships run by both states and the central government.

Registration process has been completed for all the students pursuing B.A. & M.A. Yogashashtra from which 18 students are successfully selected for National Scholarship Program. Students have received the approval from Pune (District) office.

NSS (National Service Scheme):

NSS stands for National Service Scheme, which is a Central Sector Scheme of the Government of India, managed by the Ministry of Youth Affairs & Sports

Gordhandas Seksaria College of Yoga and Cultural Synthesis College, Kaivalyadhama, Lonavala is being given a new self-financed Rashtriya Seva Yojana batch of 50 students under National Service Scheme dated 4/10/2024.



Academic Courses conducted during the year (2024-25) Kaivalyadham Lonavala at a Glance

S.No	Name of the Course	Duration	Indians		International		Grand Total		
			Male	Female	Male	Female	Indian	International	Total
1	C.C.Y. (May 2 - June 2, 2024)	30 Days	13	41	0	2	54	2	56
2	C.C.Y. (Aug 16 - Sep 17, 2024)	30 Days	16	21	0	1	37	1	38
3	C.C.Y. (Nov 15 - Dec 15, 2024)	30 Days	7	17	1	11	24	12	36
4	C.C.Y. (Jan 15 - Feb 15, 2025)	30 Days	4	17	0	3	21	3	24
5	Foundation Course in Yoga 2024	7 Days	3	3	0	1	6	1	7
6	B.A. (Yogashastra) 2024-2025	4 Years	8	11	0	0	19	0	19
7	M.A. (Yogashastra) 2024-2025	2 Years	12	24	0	0	36	0	36
8	P.G.D.Y.Ed. 2024-2025	9 Months	22	61	1	6	83	6	89
9	D.Y.T. 2024-2026	12 Months + 6 Months Internship	0	3	0	0	3	0	3

Certificate Course in Yoga

This 30-day 200 plus hours yoga certificate course is a stepping stone for yoga seekers who wish to pursue a career in this field. It gives an in depth understanding of yoga covering the textual, psycho-physiological, and practical aspects of yoga, as well as, teaching methods in yoga. It’s being conducted by college onsite at Lonavala. This course is accredited as Certificate Course from Indian Yoga Association (IYA) and the Syllabus is equivalent to Level 2 – (Yoga Wellness Instructor) of Yoga Certification Board (YCB). We are also RYS200 certified.

STATE	STUDENTS
Rajasthan	3
Chennai	2
Gujrat	4
Andra Pradesh	1
Maharashtra	122
Uttar Pradesh	1
Delhi	1
Uttarakhand	1
Germany	3
USA	1
Australia	1
Japan	12
Canada	1
TOTAL	153

Mumbai Branch

10 batches of CCY were conducted.

Pune Branch

2 batches of CCY were conducted.

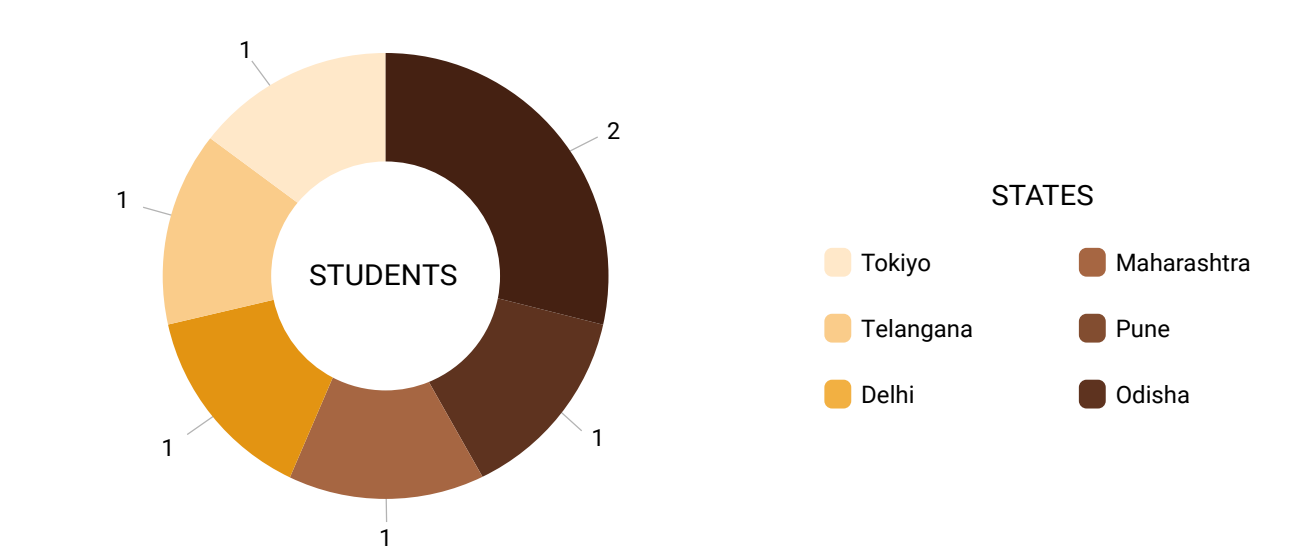
Rajkot Branch

1 batch of CCY was conducted.

Foundation Course in Yoga Dec (2024)

The 7 days -30 hours course is aimed at getting students acquainted with historic and traditional roots of yoga. Foundation of Yoga is laid for students based on its philosophy and applications, from traditional yogic texts.

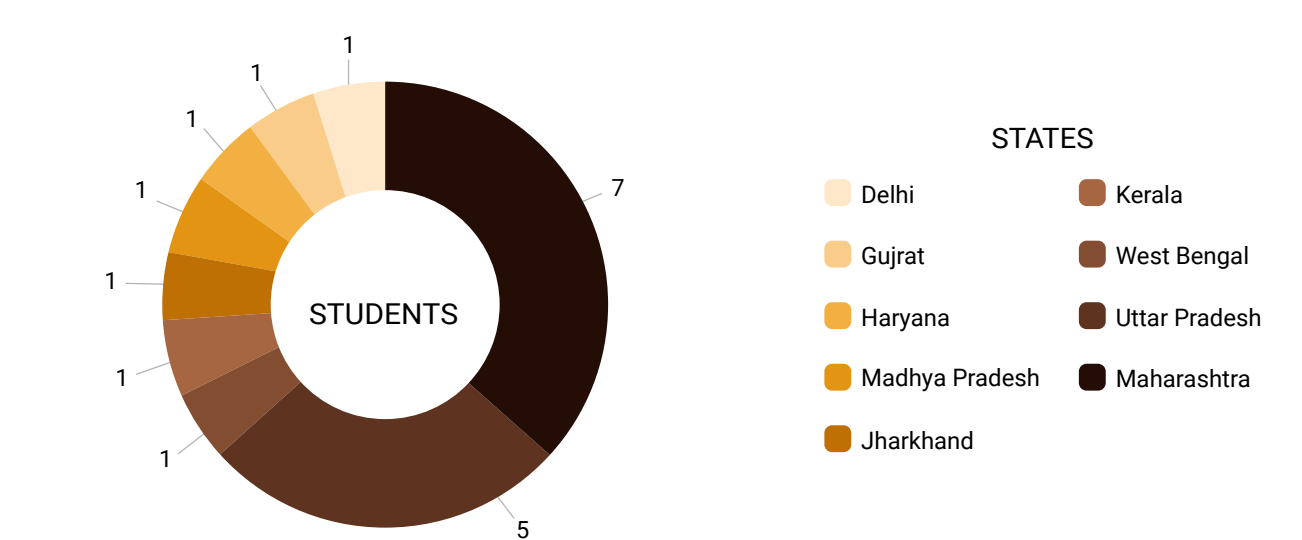
Introduction to schools of Yoga and Concept of Asana Pranayama/ Kumbhaka, Bandhas, Mudras, Nadanusandhana & Dhyana in Hathayoga is covered. Perspectives and definitions with explanations from both Hatha yogic texts & Patanjala Yoga Sutra are discussed.Overview of Yogic Anatomy and Physiology.Understanding of Practical Yoga is also covered.



B.A. Yoga Shastra

B. A. in Yoga Shastra is a three years full-time course, Affiliated to Kavikulaguru Kalidas Sanskrit University, which trains students with the concepts and practices to learn yoga at the graduation level. The comprehensive B.A. program promotes awareness of positive health, personality development, and individual psycho-spiritual evolution.

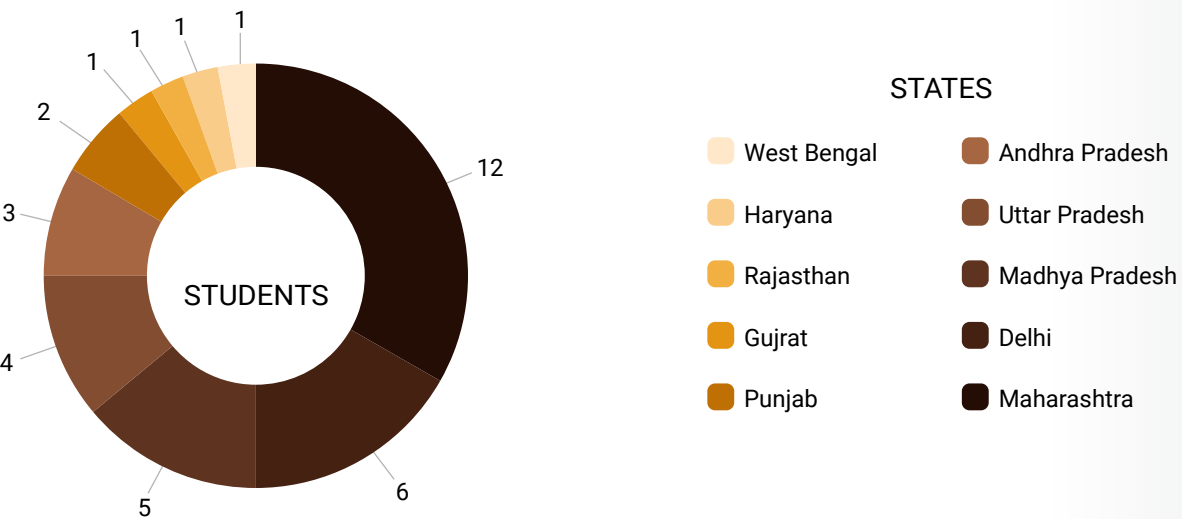
The objective of the course is to train students to take up Yoga Science as a profession and to prepare participants for pursuing higher aspects of Yoga and Yoga Research.



M.A. Yoga Shastra

M.A. Yoga Shastra, is a two-year-full-time course affiliated to Kavikulaguru Kalidas Sanskrit University aims at training students to take up yoga study at the postgraduate level. As an extension of the program covers detailed exploration of traditional yoga texts, scientific Yoga Research, Yoga’s therapeutic approach, advanced studies in Yoga Therapy and cognitive behaviour, comprehensive study of allied sciences, and emphasis on research methodologies.

The program blends ancient wisdom with modern scientific knowledge and teaching skills. The course includes submission of a Dissertation.



P.G. Diploma in Yoga Education (2024-25)

This course is a 9 Months – 1000 + Hours. The aim of this course is to train and prepare students in the esoteric aspects of Yoga, which deals with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices. This course is accredited as Advanced Certificate Course from Indian Yoga Association (IYA) and the Syllabus is equivalent to Level 3 – (Yoga Teacher and Evaluator) of Yoga Certification Board (YCB).

STATE	STUDENTS
Maharashtra	50
Madhya Pradesh	7
Uttar Pradesh	4
West Bengal	2
Goa	1
Haryana	3
Uttarakhand	1
Tripura	4
Bihar	1
Assam	1
Karnataka	1
Hyderabad	3
Delhi	2
Rajasthan	2
Gujrat	1
China	2
Japan	3
South Korea	1
TOTAL	89

Pune Branch

1 PGDYED batch was conducted.

Mumbai Branch

2 PGDYED batch was conducted.



Diploma in Yoga Therapy (2024-26)

DYT is a unique, one-of-a-kind course to train graduates and qualified yoga teachers into clinical/therapeutic aspects of yoga. It is a 12 months + 6 month Internship course of 2000 hours. The objective of this course is to create awareness for positive health and yogic personality development in students and also to develop and impart skills in application of yogic practices for restoring and promoting positive health.

STATE	STUDENTS
Maharashtra	1
Delhi	2
TOTAL	3

Ph.D. Students Details

Ph.D. program in Yoga Shastra is affiliated to Kavikulaguru Kalidas Sanskrit University. Ten students are doing their Ph.D. course work in different subjects from different areas.

CCY held in collaboration with Wellness Chandra, Japan

CCY in yoga was conducted which was coordinated and translated by Dr. Saito Moto and executed by Kaivalyadhama under the able guidance of Shri Neeraj. Ardent Japanese individuals learnt yoga making time from their busy schedule. This was a certificate course initiation in yoga conducted by our associate Dr. Motoko as a collaborated venture. The students were very impressed with the traditional yoga they learned from Kaivalyadhama excellent teachers based on classical texts. At the same time, they were very satisfied with their understanding of traditional yoga from a scientific perspective, which provided them with the foundation to confidently teach yoga as yoga teachers.

Online Courses

1. Yoga Instructor course

The Yoga Instructor course has 96 topics covering Patanjali Yoga Sutras, Hatha Yoga, Yogic anatomy and physiology, Yogic psychology and application, Teaching methodology and Lesson-Plan. 100 hours online and 100 hours onsite. Classical Yoga e-books are provided. A total of 61 Students registered this year.

The main objective of this course was to enable the participants with an on-campus experience that included practical learning and knowledge sharing upon the completion of their online theory course. The experiential learning was customised in such a way that they got hands-on experience of the postural practice, shuddhi kriyas, and teaching aspect of the asana as per the Kaivalyadhama tradition. The onsite part of the training was conducted at Kaivalyadhama.

The on-site practical component of the first batch of Yoga Instructor Course (YIC) was successfully conducted at Kaivalyadhama from 2 to 15 June 2024 under the guidance of Yogacharya Sandhya Dixit, with support from course coordinator Ms Chukhu Reelum. As part of a blended learning model, the course combines over 60 hours of in-depth online video lectures with direct teacher guidance, culminating in a two-week immersive residential training at the Lonavala campus.

This year, eight students participated in the practical module, engaging in sessions on Yogabhyasa, Shuddhi Kriyas, Pranayama, and Mantra Chanting. The course also helped students refine their approach to instruction and deepen their understanding of pedagogy.

The course concluded with a comprehensive assessment, including practical evaluation, lesson plan execution, and a viva voce. Students also explored local sites, including Swami Ji's Cave, Valvam Lake, and Lohagarh Fort, enriching their stay with cultural and spiritual exposure.

Another special batch of YIC for Japanese Group of the on-site part of the training was conducted. The Group was coordinated and translated by Mr. Hiroshi Aikata ; is a mentor, student of Kaivalyadhama of DYEd 1990-91, a long time associate of Kaivalyadhama and an IYA Life Member and Ms. Soko Takeuchi who is also a mentor, student of Kaivalyadhama.

The seventh batch of the Yoga Instructor's Course (YIC) under YogaLite France culminated in December 2024. The batch displayed commendable proficiency in kriya, asana, pranayama, and a solid grasp of the Yogasutras and key Hathayoga texts. Their commitment reflects the quality of instruction and the strong mentorship guiding their learning journey.



2. Principles of Ayurveda for Yoga Teachers

This course covers the basics of Ayurveda through videos, references and reading, and ten assignments. The course is meant for Yoga Teachers to guide their students on self-care through Ayurvedic principles. We had 70 students in this course.

Live interaction session of Vaidya Jagadish Bhutada with the students to clear their doubts is also held periodically.

3. Samkhya Philosophy Online Course

One of the six principal systems of Hindu philosophy, Samkhya expounds the why of spirituality, Vedanta describes the end to be attained, and Yoga provides the method for that attainment. 8 hours of video content supported by transcripts. Dr. Ganesh Rao in its lucid language explains the concepts in a simplistic language makes it a very popular course.

4. CYP (Common Yoga Protocol) Appreciation Course

This course was developed by the Ministry of Ayush, Government of India with help of all the eminent Yoga traditions in India. This effort was to synthesize the commonalities to give to the world a protocol for practice which could be universal, scientific, simple and could relay the essence of Yoga.

5. Sthāpanā (स्थापना) - The foundation course in Traditional Yoga

A Foundation Course in Traditional Yoga with 15 hours of engaging online video content, Start anytime and learn at your convenience. Then there is an onsite practical module as part of the course.

The course is open to all. No prior knowledge of Yoga or Sanskrit is required.

6. Certificate Course in Pātañjalayogasūtra Chanting

This Course is purported to help in reciting the Pātañjalayogasūtras as per the Śāstra (scriptures), thereby leading to their understanding and to make original Samskrta Sūtras modern-student-friendly without violating the traditional grammatical norms and rules with a view to make it simple and render the Śuddha-pātha (the correct text).

7. Certificate Course in Sāṅkhyakārikā-Chanting

This Course is purported to help in reciting the Sāṅkhyakārikās as per the Śāstra (scriptures), thereby leading to their understanding and, to make original Samskrta text modern-student-friendly without violating the traditional grammatical norms and rules with a view to make it simple and render the Śuddha-pātha (the correct text).

8. Yoga Research

The course has three hours of in-depth information. 10 video presentations giving you all details of current research on yoga for health.

Faculty & Students development Programs

Kriya Yoga Anushtana

Kriya Yoga Anushtana, a spiritual retreat was conducted by college team. This year, some sessions of the Kriya Yoga Anushtana were conducted by the college faculty members Dr. R.S. Bhogal and Sadhak Ramdas.

Contents:

- Practice of Yogasanas
- Pranayama and Prandharana
- Chittaprasadana and Pratipakshbhavana
- Havan with Mantra- Jaap and Pray.



Scholarships

Smt. Bhagwati Devi Baburam Tiwari Scholarship

Kaivalyadhama announces that “Smt. BHAGWATI DEVI BABURAM TIWARI SCHOLORSHIP” has been instituted for the worthy students of the Post. Graduate Diploma in Yoga Education. The scholarship is available to outstanding students of the course.

Smt. Bhagwati Devi Baburam Tiwari scholarship award program was successfully done in the esteemed presence of Dr. O P Tiwari ji (Chairman). This award was given to the meritorious students of the college.

10,000/- amount and Certificate for the best two students and 7500/- for two runners up students was awarded.

- Mr. Rushikesh Vishvnath Nikam
 - Ms. Shetal Gupta
- Mr. Shivam Taunk
 - Mr. Nagalakshmi Viswanadhula

Shri Rameshwar Prasad Nevatia Scholarship (Yoga Education Fund)

YEF Scholarship is announced with an objective to encourage young men and women into basics of yoga science in all its pure and pristine form so that they can pursue their life’s mission in the multiple disciplines of Yoga Science or take yogic practices to common man by involving themselves in spare time teaching while they adopt any other career path for their living

- Ms. Jhanvi Singh
 - Ms. Kanoka Izawa
 - Ms. Veena Chauhan
- Mr. Shivam Taunk
 - Mr. Arpan Ghosh
 - Mr. Sukanta Debnath



Priyadarshini Scholarship

- Darshana Vekariya
 - Adishri Pote
 - Siddhi Dhakol
- Vaishnvi Khengare
 - Kiran Lad
 - Amarjeet Ranjan

Examinations

Gordhandas Seksaria College of Yoga and Cultural Synthesis is successfully conducting the Examinations of All Branches/Centers of Kaivalyadhama throughout the year and coordination is done centrally from the College Office located at Kaivalyadhama Lonavala.

YCB Exam

Gordhandas Seksaria College of Yoga and Cultural Synthesis conducted YCB Examination of 29 students. This is the second batch of YCB Exam conducted by Kaivalyadham, as a Leading Yoga Institute.

Educational Tours at Kaivalyadhama

Throughout the year, Kaivalyadhama welcomed several academic institutions for immersive educational tours, providing students and faculty with the opportunity to engage with the institute’s legacy, research, and holistic approach to wellness. Visiting organisations included Harvard, Army Institute of Physical Training, Morarji Desai National Institute of Yoga (MDNIY), Delhi, the Psychology Department of Sir Parashurambhau College, Pune, Salesian Sisters, G.M. Momin Women’s College, Bhiwandi, Avinashilingam Institute for Home Science & Higher Education for Women, Gordhandas Seksaria College of Yoga and Cultural Synthesis, DY Patil College, and Potdar College, among others. These interactions continue to foster knowledge exchange and deepen the understanding of yoga’s role in integrated education.



Training - Kaivalyadhama across the World

CCY 3rd Batch in Japan

11–15 June 2024 | Fukui, Japan

Held at the “Yoga & Wellness Chandra” Studio in Fukui, the third batch of the Certificate Course in Yoga (CCY) commenced with eleven students from across Japan. Shri Neeraj Singh led the first module of this six-month programme. Co-hosted by Chandra and organised by Kaivalyadhama, the programme ran across six modules and concluded on 28 December 2024, with the final examination held on 11 January 2025, followed by a formal graduation ceremony.

Yoga as Therapy Workshop

16 June 2024 | Kyoto, Japan

In collaboration with Rokugokai Clinic, a pioneer in integrative medicine, and Chandra, a one-day workshop on yoga as therapy was held in Kyoto. The session, attended by 20 onsite and 18 online participants, was structured around live demonstrations of therapeutic yoga sessions with three Japanese patients presenting diverse conditions. The demonstrations were followed by in-depth group discussions.



Visit to Mayor and Public Yoga Sessions in Izumiotsu City

18 June 2024 | Izumiotsu City, Osaka, Japan

Shri Neeraj Singh, accompanied by Dr Saito of Chandra, paid a courtesy visit to the Mayor of Izumiotsu City. The mayor expressed keen interest in traditional yoga as complementary medicine, acknowledging ongoing local yoga-based rehabilitation efforts since 2021 for COVID-19 recovery. Later that day, Shri Neeraj Singh conducted two public yoga therapy sessions in the city park.

Free Yoga Classes and Community Engagement

7 June 2025 | Veszprém, Hungary

Free yoga classes commenced on 7 June at the outdoor Yoga Point in the city of Veszprém. These open sessions, designed to invite the wider community into yogic practice, will continue twice weekly throughout the summer season until the end of September.

Yoga Session for the Visually Impaired – Challenged Yoga

23 June 2024 | Saitama, Japan

As part of the 11th anniversary of Challenged Yoga, a specialised initiative for the visually impaired, Shri Neeraj Singh conducted a therapeutic yoga session for 98 participants. It was well received.

Kaivalyadhama’s International Yoga Outreach in Kazakhstan

November 2024 | Kazakhstan

Kaivalyadhama proudly joined the GOI’s cultural diplomacy mission in Kazakhstan, advancing its vision of sharing yoga’s holistic wisdom across borders. In partnership with the Indian Council for Cultural Relations (ICCR) and the Swami Vivekananda Cultural Centre (SVCC) at the Embassy of India in Astana, this month-long initiative brought yoga to new audiences while deepening international bonds.

Spearheaded by Mr. Sanjay Vedi, Director of SVCC, with the support of Dr. T.V. Nagendra Prasad, Ambassador of India, the outreach was led by Kaivalyadhama’s expert teachers. Their authentic instruction and compassionate presence left a lasting impact across the country.

In the outreach mission, Kaivalyadhama visited 12 cities across Kazakhstan, delivered 107 masterclasses, spanning dynamic yoga to therapeutic practice, and over 2,000 individuals were impacted, across diverse age groups and backgrounds.

Beyond physical postures, the sessions cultivated cultural empathy and inspired a renewed commitment to well-being. The outreach stands as a testament to yoga's universal language—one that unites, heals, and builds bridges between communities.

International Yoga Conference on Cancer Care

4 December 2024 | Hungary

The Hungarian broadcast of the International Yoga Conference on Cancer Care was held from 4 to 7 December 2024. To further engage with the material, a follow-up series of 12 in-person workshops was initiated, allowing participants to view sessions not available online and engage in reflective discussions around key lectures. The series concluded on 19 May 2025, with 70 individuals registering for both the conference and the workshops, highlighting the growing interest in yoga's role in integrative care.

Online video for Yoga for visually challenged

26 December 2024 | Online, recorded in Saitama, Japan

To commemorate Disability Week, a special lecture titled "Yoga Classes That Are Easy for People with Visual Impairments" was recorded in September and later released by Japan's national rehabilitation center on 26 December. The video was produced in collaboration with medical institutions and aligned with WHO health information standards. The initiative sought to promote safe yoga practices for individuals with visual impairments and reduce fall-related risks.

Traditional Pranayama Online Course

January 2025 | Hungary

Kaivalyadham Hungary's Traditional Pranayama online course initiated in 2022, entered its fifth cycle in January 2025. With 31 enrolled participants—including those joining from Switzerland, Corsica, and France—the group meets weekly for guided practice and biweekly lectures. The flexibility of accessing recordings ensures consistent engagement, even for those unable to attend live.

Annual Pilgrimage to Lonavla

February 2025 | France

YogaLite, led by Neda and Christophe, continues to serve as one of Kaivalyadhama's most active affiliate centers in Europe, providing a strong platform for transmitting traditional yogic wisdom rooted in Kaivalyadhama's lineage.

Each year in February and March, Neda and Christophe travel with their group of dedicated students to Lonavla for their annual pilgrimage. This immersive retreat offers participants an opportunity to engage deeply with Kaivalyadhama's therapeutic treatments, sattvic meals, structured yogic practices, and philosophy lectures.

Monthly Weekend Retreats

30 May 2025 | Herend Retreat Centre, Hungary

Beyond virtual engagement, Kaivalyadham Hungary has also been hosting monthly weekend retreats at its serene Herend Retreat Centre. From 30 May to 1 June 2025, the retreat explored the intersection of pranayama and neurofeedback. Using the Muse 2 neurofeedback device, participants explored new dimensions of meditation and relaxation in conjunction with traditional breathing techniques.



Foundation Pranayama Course

July 2025 | France

The second batch of the one-year Foundation Pranayama Course in French, conducted by Neda, began in October 2024 and will conclude with final examinations in July 2025.

Creation of Pranayama Practice Club

Ongoing | Hungary

A strong sense of continuity has been nurtured through the formation of a dedicated Pranayama Practice Club, comprising 58 practitioners from previous cohorts. These individuals, many of whom are yoga teachers, now meet online every fortnight to deepen their practice and share their learnings with broader communities through their own classes and pranayama groups.

Workshops

Workshop on Managing Autoimmune Disorders with Yoga

1 April 2024 | Kaivalyadhama, Lonavala

This workshop, conducted by Ms Renu Jain for a week on self-care, helped manage Autoimmune Disorders with yoga, reducing inflammation, which are key aspects of managing auto-immune disorders. Yoga has been shown to have various benefits for managing autoimmune disorders, including reducing stress, improving sleep, and enhancing overall well-being. The workshop delves into specific yoga practices and lifestyle modifications that can help individuals with autoimmune disorders.



Management of Diabetes Mellitus through Yoga Therapy and Naturopathy

12–18 May 2024 | Kaivalyadhama, Lonavala

Kaivalyadhama hosted a week long focused workshop on the management of diabetes mellitus through yoga therapy and naturopathy, led by Dr Santosh Pandey. With participants comprising students and faculty from diverse backgrounds, the week-long programme explored the integration of yogic techniques and natural therapies into the holistic management of diabetes.

Sessions covered key practices such as asanas, pranayama, meditation, and chanting, while personalised one-on-one consultations with Dr Pandey offered deeper insights into individual health concerns. The workshop received encouraging feedback, with attendees reporting a renewed sense of awareness and motivation to adopt healthier living.



3-Year Pranayama Teachers' Training Course by Shri Sudhir Tiwari

14–20 July 2024 | Kaivalyadhama, Lonavala

Kaivalyadhama welcomed students from around the world for the seventh session of the 3-Year Pranayama Teachers' Training Course, led by Shri Sudhir Tiwari. This session marked the beginning of the program's third year of on-site activities.

The course, completed over nine sessions across three years, offers a rigorous and authentic approach to the study and practice of pranayama, staying firmly grounded in the Kaivalyadhama lineage.

Participants follow a well-paced model: full-time, week-long immersive sessions every four months, complemented by structured assignments and supervised home practice in between. Course objectives focus on providing a clear understanding of the origins, variations, and physiological impact of pranayama, drawing from both Ayurvedic frameworks and contemporary research.



Intensive Workshop on Chakra Meditation

15–21 December 2024 | Kaivalyadhama, Lonavala

Kaivalyadhama hosted an immersive seven-day workshop on Chakra Meditation, led by Dr. Santosh Pandey, that drew participants into the subtle world of inner alignment and energy healing. Rooted in ancient yogic wisdom, the workshop focused on balancing the body's energy centres—the chakras—to support physical health, emotional well-being, and spiritual clarity.

Under the guiding principle that “when your chakras are balanced, your life aligns effortlessly,” the sessions explored the interconnection between energetic balance and holistic wellness. The workshop welcomed 40 participants, including 23 international attendees and 17 in-house students, making it one of the most well-attended programs of the year.

Each day began with morning asana sessions, Dr. Pandey led twice-daily meditation intensives, guiding participants through specific techniques for activating and balancing each chakra. Participants also experienced outdoor meditations in the tranquil spaces of Swami Ji's Kuti and the surrounding jungle.

The practice was highly beneficial physiologically by improving conditions related to digestion, heart and respiratory function and spiritually, the practice restored pranic flow, released emotional blockages, and deepened meditative states, offering a path toward lasting inner peace.



Pranayama Anushthana

26 January – 8 February 2025 | Kaivalyadhama, Lonavala

From 26 January to 8 February 2025, Kaivalyadhama conducted the Pranayama Anushthana under the guidance of Shri Sudhir Tiwari, continuing the rich tradition of intensive pranayama practice established by Swami Digambarji and upheld by Swami Maheshanandaji, and Dr O.P. Tiwari ji. The two-week immersive program welcomed over 17 committed practitioners.

Rooted in the principles of abhyasa (practice) and vairagya (dispassion), the Anushthana featured daily sessions in three practice sessions daily, supplemented by Satsang on selected days supported by sat kriyas, asanas, chanting and meditation. With a satvik diet, Daily Q&A sessions and yajnas, the program offered a holistic space for deep introspection and elevated practice. Participation was open only to those well-versed in Kaivalyadhama's lineage, proficiency in Kapalbhatai Kumbhaka to ensure the sanctity and rigor of the process.



Empowering Young Women: KATALYST Exclusive Program

31 January – 16 February 2025 | Kudilal Hall, Kaivalyadhama

Kaivalyadhama hosted the KATALYST Exclusive Program for Student Professional Girls from 31 January to 2 February 2025, a focused initiative designed to support the personal and professional development of young women. Held at Kudilal Hall, the program welcomed 62 students.

From 14 to 16 February 2025, Katalyst – Empowering Women through Yoga & Wellness (Batch 2) was held at Kudilal Hall, witnessing an inspiring turnout of 90 young women. The three-day program offered a nurturing space for participants to explore the transformative impact of yoga on personal well-being and self-empowerment. With thoughtfully curated sessions on physical, emotional, and mental health.





Brazilian Yoga Sadhaks at Kaivalyadhama

17–19 February 2025 | Kaivalyadhama, Lonavala



Kaivalyadhama warmly welcomed a group of 17 Brazilian yoga sadhaks for a two-day cultural and spiritual exchange on 18 and 19 February 2025. The visit began with aarti, chandan, and itar, followed by an inauguration ceremony at Kudilal Hall, where the guests interacted with the CEO and participated in a lamp-lighting ritual.

Teachers' Training Programme (TTP): Yoga for Children with Special Needs

By Dr Praseeda Menon | Kaivalyadhama

Marking its centenary year with a compassionate vision, Kaivalyadhama Yoga Institute trained over 200 individuals to introduce yoga to children with neurodevelopmental disorders (NDDs), including autism spectrum disorders (ASDs) and intellectual disability (ID). Recognising that nearly one in eight Indian children may be affected by NDDs, the initiative reflected Kaivalyadhama's commitment to inclusive education and holistic well-being in alignment with the United Nations' Sustainable Development Goals.

In collaboration with the Institute for Salutogenesis and Complementary Medicine (ISCM), Sri Balaji Vidyapeeth, Puducherry, and supported by the Ministry of AYUSH and the Dalal Family Foundation (USA), five Teachers' Training Programmes were conducted—four at Kaivalyadhama, Lonavala, and one in Puducherry.

These three-day intensives were free of cost and reached 140 registered participants, including eight international attendees, alongside 92 student volunteers, surpassing the goal of training 100 educators.

Led by Prof. Dr Meena Ramanathan and Dr Praseeda Menon, the TTPs blended yoga practice, lectures, interactive discussions, research protocols, and practical assessments. Participants received a well-curated study guide with adaptable yoga modules, assessment tools, and reference materials. The cultural evenings, campus tours, and sattvik food enriched the residential experience, while the valedictory functions, graced by leaders from police, academic, and political circles, celebrated their efforts.



MGP Conciliators' Skill Development Programme

1 February 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama was pleased to host the MGP Conciliators' Skill Development Programme, welcoming participants from Mumbai and Pune for a full day of learning in the serene Lonavala campus. The immersive 9-hour workshop provided a space for professional growth, discussion, and reflection in a peaceful yogic setting.

The day opened with a grounding meditation session, followed by interactive presentations and panel discussions led by experienced facilitators, including Adv. Shirish Deshpande, Ms. Namita Shah, Dr. Archana Sabnis, and Tanu Mehta. Topics ranged from conciliation practices under RERA, to navigating online dispute resolution and strengthening party-centric approaches. Participants engaged in case discussions, shared practical insights, and explored methods for more empathetic, effective conciliation. The tranquil environment of Kaivalyadhama enhanced the program's introspective spirit, offering a refreshing contrast to the fast pace of urban legal work.



Outbound activities Jawahar Navodaya, Jammu & Kashmir

6 April 2024 | Kaivalyadhama, Lonavala

Embarking on a journey of empowerment, where young minds and bodies thrive at PM Shri Jawahar Navodaya Vidyalaya, Basholi, Yoga stands as a cornerstone of our holistic education under the theme "Let us unite to breathe, stretch and grow together.". Classes are conducted by Kaivalyadhama, represented by Ms Jaya R. Misra and Mr Sunil Kumar.



Brazilian Education Tour at Kaivalyadhama

10–11 September 2024 | Kaivalyadhama, Lonavala

Kaivalyadhama had the pleasure of welcoming a 25-person delegation from the EPY group from Brazil for a two-day educational tour that offered an immersive introduction to the institute. The visit fostered cross-cultural learning and deepened the group's appreciation for the philosophical and practical dimensions of yoga.

The tour began with a guided campus walkthrough, following which the group visited Gulvilla, followed by an interactive session at the Library and Philosophical Literary Research Department (PLRD). Participants were also introduced to the institute's social initiatives, including SRD and Project Anand, highlighting Kaivalyadhama's outreach and impact beyond the classroom



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

7 February 2025 | One International Centre, Mumbai

On 7 February 2025, Kaivalyadhama Mumbai conducted a rejuvenating Yoga and Sound Healing session for employees of Teekay Shipping India Private Ltd. at One International Centre, Lower Parel. This 90-minute program offered participants a blend of guided asanas, breath work, and relaxation techniques tailored for the corporate environment.

The session integrated sound healing therapy using Tibetan singing bowls and meditative tones to create a deeply calming experience, supporting mental clarity and emotional balance. This initiative is part of Kaivalyadhama's ongoing efforts to promote corporate wellness, making yogic and holistic practices accessible to working professionals. Positive feedback from participants affirmed the growing demand for such programs in cultivating healthier, more mindful workplaces.



Celebrating the Graduation of the Three-Year Pranayama Teacher Training Course (TTC)

20 February 2025 | Kaivalyadhama, Lonavala

The Graduation Ceremony of the Three-Year Pranayama Teacher Training Course (TTC) was a proud and heartfelt occasion, marking the culmination of a rigorous and transformative journey. The event was graced by Dr. O.P. Tiwari, Shri Subodh Tiwari, and Shri Sudhir Tiwari, who led the course with vision and dedication.

This unique program offered an in-depth immersion into traditional Pranayama, combining progressive breathwork, yogic philosophy, Ayurvedic principles, and rare kriya techniques. Despite the challenges of the pandemic, the participants showed remarkable perseverance, completing the course with sincerity and discipline.

Kaivalyadhama congratulates the graduates for their achievement and for upholding the values of the tradition.



NTAC Course

Kaivalyadhama

The NTAC Naturopathy Treatment Attendant Course, which is a 6 months complimentary initiative, started to train good Naturopathy therapists. It was delivered effectively with scheduled lectures, evaluations, and practical exposure, reinforcing hands-on learning for students. We had a lot of applications and a good response out of which we selected good applications.

MIT Vishwaprayag University - Health and Wellbeing Yoga course

26 August 2024 | Pune

Kaivalyadhama has partnered with MIT Vishwaprayag University (MITVPU) to offer a two-credit course on Health and Well-Being. This collaborative initiative is designed to equip students with practical techniques and foundational knowledge to support holistic self-regulation and overall wellness. Through this course, students will not only deepen their understanding of their own well-being but also gain the tools to promote these practices within their communities.



Outreach

Promoting Wellness and Discipline: Kaivalyadhama Collaborates with Maharashtra Police

10 June – 4 July 2024 | Maharashtra

In a significant step towards enhancing the well-being of law enforcement personnel, Kaivalyadhama partnered with the Maharashtra Police to conduct a series of intensive yoga training programmes. Organised in four phases, from 10–13 June, 17–20 June, 24–27 June, and 1–4 July. These three-day sessions aimed to equip officers with essential tools for stress management, physical fitness, and mental clarity. Recognising the immense physical and psychological demands of police work, this initiative was designed to foster discipline and inner resilience through structured yoga practice.



A Marathon Towards Wellness

15th December 2024 | INS Shivaji Naval Base

Kaivalyadhama Yoga Institute collaborated with INS Shivaji Naval Base for a special marathon and endurance event. As part of this initiative, Kaivalyadhama provided post-run physiotherapy and yogic recovery support, reinforcing its commitment to holistic well-being.

A select group of Kaivalyadhama students also participated in the 5 km run, joining naval officers in a shared spirit of resilience. All students completed the run and were awarded medals, gaining invaluable experience and a sense of pride.

This collaboration exemplifies Kaivalyadhama's growing engagement with the armed forces and its vision of service through yoga.



Police Yoga Training , Pimpri-Chinchwad Police Commissionerate

6 January 2025 | Pimpri-Chinchwad, Maharashtra

Kaivalyadhama inaugurated a dedicated Police Yoga Training program running from January to March in four phases at the Pimpri-Chinchwad Police Commissionerate Hall, with the aim of promoting stress management and holistic well-being among police personnel. The event was attended by Shri Subodh Tiwari, Shri Pavan Kumar Choubey, Police Commissioner, and Shri Vasant Parashir, Additional Police Commissioner. A short documentary on the institute's centenary legacy and previous police training programs was also screened, reinforcing the depth of its contributions. Dr. Sharadchandra Bhalekar led a practical session on managing stress through yogic techniques.



CEO Represents Kaivalyadhama at Indian Yoga Association Camp, Mahakumbh

7 February 2025 | Prayagraj, Uttar Pradesh

Shri Subodh Tiwari participated in the Indian Yoga Association's 10-day yoga camp at the Mahakumbh in Prayagraj, joining one of the largest spiritual gatherings in the world. The experience offered a powerful glimpse into the unity, devotion and transformative energy that defines the Mahakumbh, as millions came together in a profound expression of collective consciousness.

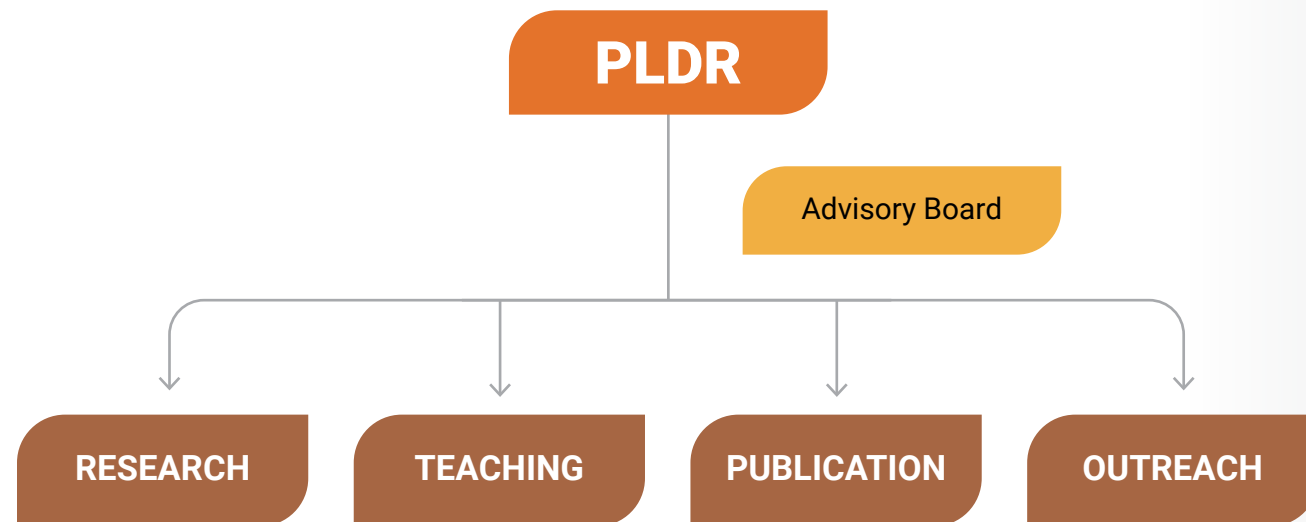
The camp, supported by the Indian Yoga Association, provided daily yoga sessions to thousands of participants, contributing to their physical and spiritual well-being.



Philosophico— Literary Research Department



Structure Working Matrix



Operations

Advisory Board Members

- **Prof. Dr. Radha Vallabh Tripathi** - Former Vice Chancellor, Rashtriya Sanskrit Sansthan, Former Head of the Department of Sanskrit at Dr. Hari Singh Gour University (Sagar University)
- **Prof. Dr. Kala Acharya** - Executive President, Sanskriti Sanvardhan & Sansodhan Pratishthan, Maharashtra
- **Dr. Ganesh Rao** - Chief Advisor, Academics and Training, Kaivalyadhama

Adjunct Researcher

- **Prof. Dr. Kakali Ghosh** - Professor and Former Head of the Department of Sanskrit, Jadavpur University, West Bengal
- **Prof. Dr. Niradbaran Mandal** - Retd. Professor, Visva Bharati, Santiniketan
- **Dr. Veenu Pant** - Associate Professor, Department of History, Sikkim University
- **M.S. Victoria Orange** - IBC Lecturer, University of Central Lancashire, UK

Collaborators

Sanskriti Sanvardhan & Sansodhan Pratishthan, Thane, Maharashtra

Vision

Tejasvinavadhitamastu

May the Acquired Wisdom be Effulgent

Mission

1. To expand the horizons of knowledge leading to holistic wisdom.
2. To undertake hardcore research in Yoga and allied fields of Philosophy, Science, and Literature.
3. Decipher the significant texts of Yogashastra and allied areas written in.
4. Restoring ancient manuscripts and preserve them for the use in the Research.
5. Study the beneficial effects of yogic practices and promote their awareness through publications.
6. Study and Research in the areas of Ancient Indian Wisdom-Modern Science Interface.
7. Scientifically analyzing the philosophical concepts and apply them in diverse research areas.
8. Apply the research output for the wellbeing of the humanity in general.



RESEARCH

Program for Manuscripts and Literary Research	Program for Analytical Research in Yoga and Indian Philosophy	Ph. D Students Pursuing Research Under the Guidance of Research Guide at Kaivalyadhama Research Center
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TEACHING

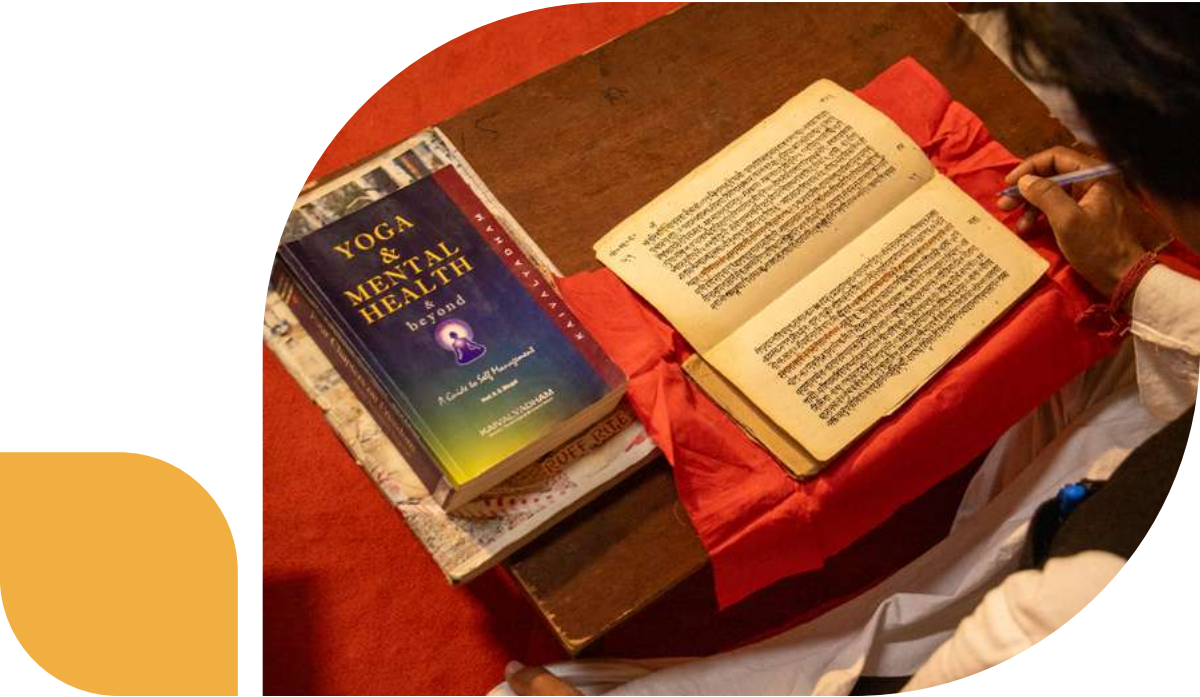
P.G. Diploma Course at G.S. College, Kaivalyadhama	Bachelor's Level Course at G.S. College, Kaivalyadhama	Master's Level Course at G.S. College, Kaivalyadhama
Certificate Level Course at G.S. College, Kaivalyadhama	Foundation Course in Yoga at G.S. College, Kaivalyadhama	P.G. Diploma Course, Kaivalyadhama, Mumbai
Certificate Level Course at Pune University	CCY & P.G. Diploma Course Pune Kaivalyadhama Center	

PUBLICATION

Critical Edition	Monographs	Text books
Dictionary, concordance and encyclopedia, anthology etc.	Popular books	Reprints

OUTREACH

Organizing Workshop	Organizing Seminars, Symposia etc.	Visiting different Institutes/ Universities as resource person
Participating in different Seminars, Conferences etc.	Publication of Brochure	

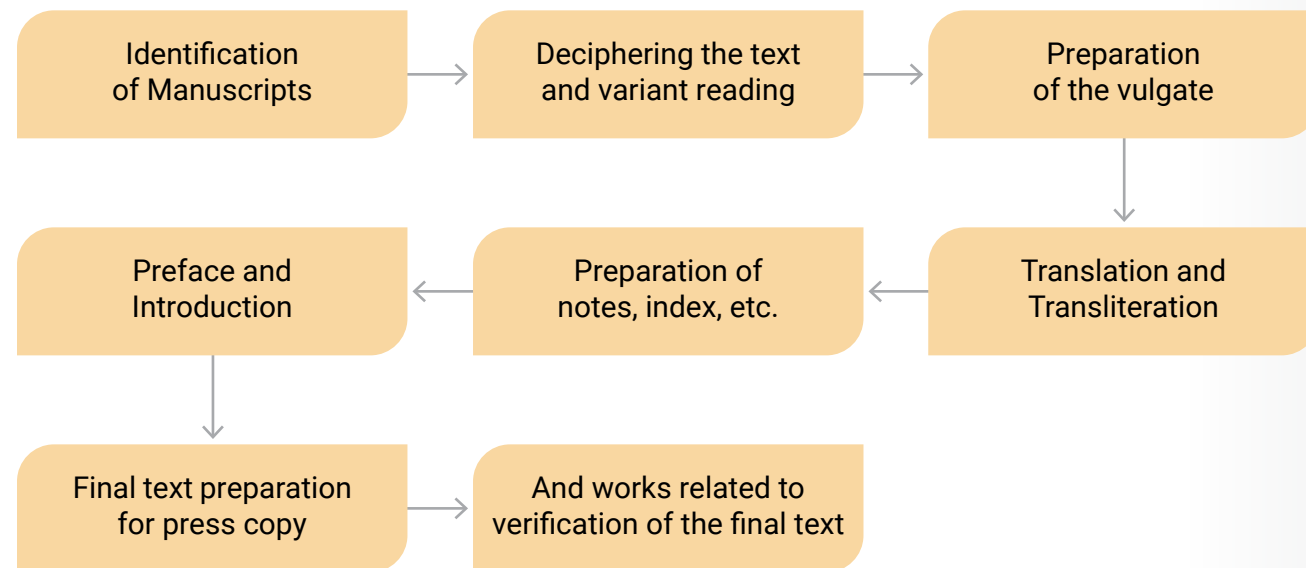


Research

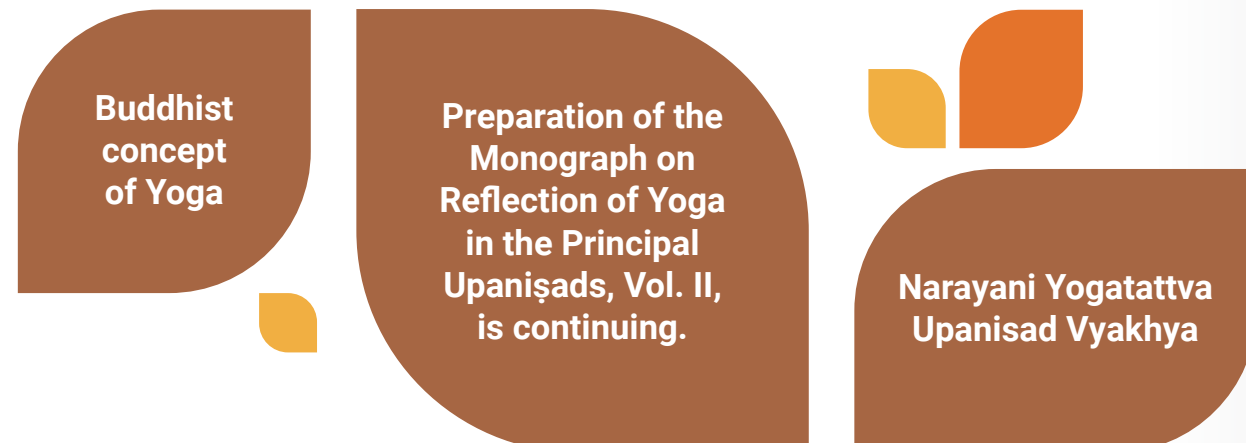
Areas of Research

1. Manuscript and Literary Research in Yoga
2. Analytical Research in Yoga and Allied Philosophy
 - (a) Yoga Across Tradition and Culture

1. Manuscript and Literary Research in Yoga



Work done during 2004-2025



Central Research Library:

1. Library has a collection of 32,902 books on Yoga, Philosophy, Religion, Ayurveda, Mysticism, Tantra, Medicine, Science, Sociology, Psychology, Linguistics, Physical Education, Literature (Marathi, English, Hindi) etc. Among these, the library has rare collection of Encyclopaedia on Philosophy, Religion and Ethics, Indian Philosophy, Hindi Shabdasagar, and Bharatiya Sanskriti Kosha etc.
2. We receive multiple Journals in the institute.
3. 1,000 photocopies of Original Manuscripts on Yoga related subjects.
4. 270 photocopies of Yoga Manuscripts and 250 Xerox MSS.
5. 68 recently copied Manuscripts.
6. Library also provides services to Researchers from different Universities, Colleges and Institutions. During this year 15-20 researchers and 9-10 Ph.D. Students have availed the services.

Facilities Provided:

1. The Library provides the Facility of Cyber Café.
2. Central Library is also being used by students of various courses conducted by Kaivalyadhama.
3. Library Membership is open to University students, research scholars, and other academicians across the globe.
4. The software smart Lib can be used for Book Reading.
5. The Library provides Internet facility as well as Scanning, Xeroxing and Printing and facility to our readers on nominal charges.
6. Annual Subscription of 30 Journals.
7. Multiple groups visited the library from different institutes.
8. Research Scholars used the Library of Yoga.

Training

The department tells and explains about yoga manuscripts and the various publications on yoga to the various eminent people and groups from various organisations that visit our institute time and again. Library helps scholars doing research who come to seek help. Staff members of the department teach in our college several courses.

Scientific Research Department



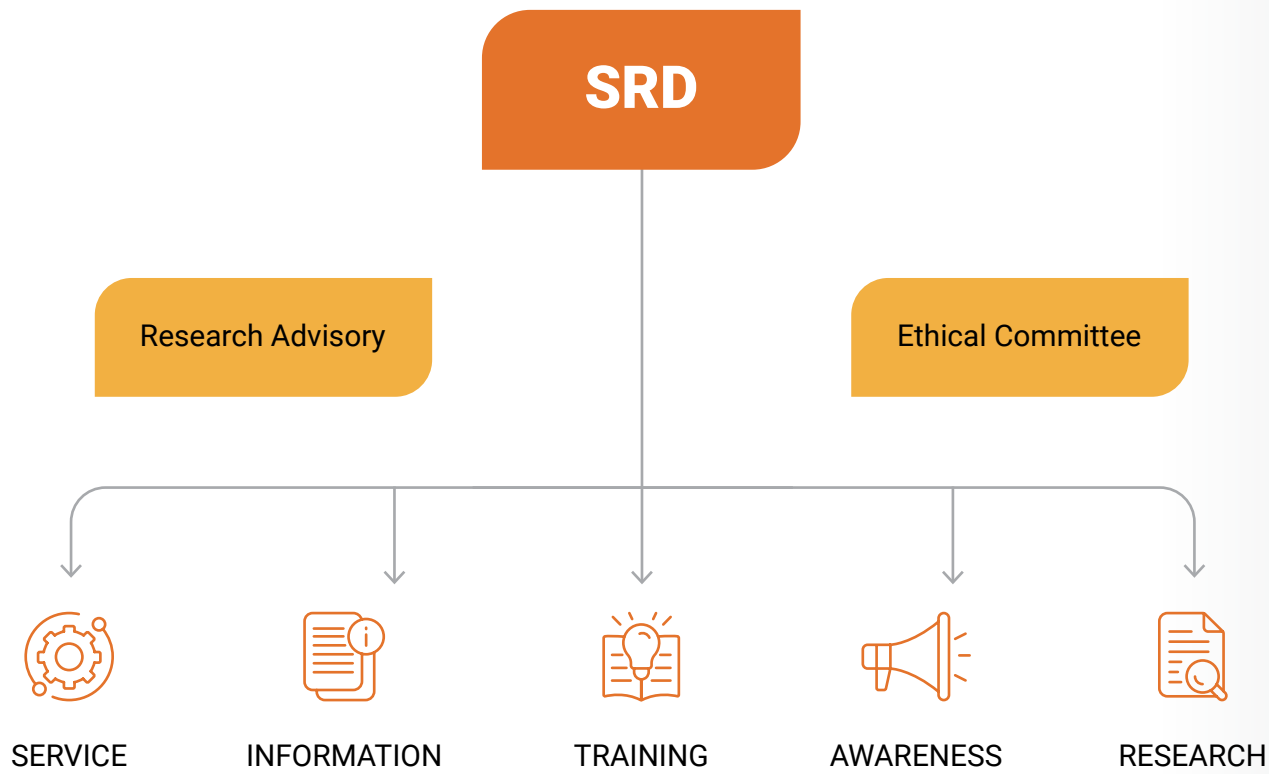
Vision

To discover, establish & evolve scientific bases of Traditional Yoga, through Fundamental and Applied Research, for the world community.

Mission

- To wed modern scientific methods and the philosophical aspect of Yoga, so that even “the man on the street” is helped towards social renaissance.
- To unveil the practical side of psycho-physiological aspects of Yoga for the welfare of the common man through educational, therapeutic and research-related endeavors in Yoga.

Department Structure



Research Advisory Board

Objectives

1. To advise the CEO & Secretary of the Institute on any matter which may affect the quality and execution of research projects within the Institute.
2. To assist and guide researchers in the development and implementation of research projects.
3. To advise on the disbursement of the institute’s research and infrastructure budget.
4. To encourage and assist researchers and management to apply for appropriate research grants.
5. To advise on opportunities for collaborative research endeavours.

The Research Advisory Board of the Scientific Research Department is chaired by Dr. Bhushan Patwardhan. Additionally, Yogacharya Dr. Ananda Balayogi Bhavanani, Dr. Paul Dallaghan, Dr. Shruti Sharma, Dr. Satbir S Khalsa, Dr. Bharat Bhushan, Dr. Bhupender Singh, Dr. R. S. Bhogal and Dr. Praseeda Menon are the members of RAC. The members are nominated by the CEO for a 3-year term. The research projects/activities are reviewed time to time by the Scientific Research Advisory Board, which represents a broad and expert coverage of medical and yoga sciences.



Dr. Bharat Bhushan



Dr. Bhupender Singh



Dr. Bhushan Patwardhan



Dr. Paul



Dr. Praseeda Menon



Dr. R.S. Bhogal



Dr. Satbir Khalsa



Dr. Ananda Bhavanani



Dr. Shruti Sharma

Independent Ethics Committee

Objectives

- 1. To ensure competent, fair, and independent review of all scientific and ethical aspects of research proposals, promoting accountability and transparency in decision-making.
- 2. To safeguard the dignity, rights, safety, and well-being of all actual or potential research participants, with special attention to vulnerable populations.
- 3. To evaluate the scientific validity and methodological soundness of research proposals, ensuring that the study design is technically appropriate and ethically justified.
- 4. To ensure that universal ethical principles and international scientific standards are contextualised and implemented in alignment with local cultural norms and community values.
- 5. To promote ethical conduct through education, training, and capacity-building within the research community, encouraging research that addresses local health priorities and public interest.
- 6. To develop, maintain, and regularly update standard operating procedures (SOPs) and ethical guidelines for the review, monitoring and oversight of research activities.

The Institutional Ethics Committee (IEC) plays a pivotal role in any research institution, ensuring that all proposed projects adhere to established ethical norms throughout the intervention, study period, and dissemination of findings.

The Indian Council of Medical Research (ICMR) has outlined comprehensive guidelines regarding the composition, roles, and responsibilities of IECs. These guidelines, first published in 2006 for biomedical research involving human participants, serve as a foundational reference for ethical conduct in research.

In accordance with the ICMR 2006 and AYUSH 2013 guidelines, the Scientific Research Department has constituted its Independent Ethics Committee to oversee and uphold ethical standards in research involving human participants. The committee is chaired by Dr. Bharat Bhushan, Adjunct Professor, University of Mumbai and Honorary Secretary, Bombay Natural History Society. Formerly, Professor and Dean (Academics), Yashwantrao Chavan Academy of Development Administration (YASHADA), Government of Maharashtra. Members of the Ethical Committee include Yogacharya Dr. AB Bhavanani, Dr. Rajvi Mehta, Dr. SD Bhalekar, Dr. Shailesh Shah, Adv. Tanu Mehta, Mrs Madhavi Thatte, Mr. Anil Chandwani, Mrs. Sandhya Dixit, Dr. Ganesh Rao, Dr. Bhaskar R Shejwal, Mrs. Pratibha Rajbhoj (Member Secretary).



Dr. Bharat Bhushan



Dr. Ananda Bhavanani



Dr. Rajvi Mehta



Dr. Sharad Bhalekar



Dr. Shailesh Shah



Adv. Tanu Mehta



Mrs. Madhavi Thatte



Anil Chandwani



Mrs. Sandhya Dixit



Dr. Ganesh Rao



Dr. Bhaskar Shejwal



Pratibha Rajbhoj



Research

Objectives

1. Conceptualizing & Designing research protocols/models/yoga modules.
2. Exploring National & International collaborative research endeavours.
3. To conduct Research internship programs.

Through

Research in various disciplines such as Biochemistry, Physiology, Psychology, Neuro-psychology, Physical Education and Alternative medicine such as Ayurveda & Naturopathy.



Research Projects

1 Effect of yoga practices on balance, fall and mental health in elderly people: A randomized controlled trial

PI: Anita Verma, Co-investigators: Sanjay Shete, Subodh Tiwari, & Bhogal R. S.

Duration: 2022-25

Introduction

With advancing age, older adults often face physical and psychological challenges such as impaired balance, increased risk of falls, anxiety, and depressive symptoms. These issues can significantly affect

their independence, mobility, and quality of life. Yoga, being a holistic mind-body practice, has shown promise in enhancing physical stability, mental well-being, and overall health among the elderly.

In this context, a randomized controlled trial was undertaken to evaluate the effect of structured yoga practices on balance, incidence of falls, and mental health outcomes in the elderly population. The primary objective was to determine whether regular yoga sessions could lead to measurable improvements in physical balance and psychological well-being in comparison to a control group receiving routine care.

The study was conducted at Soham Old Age Home, Nagpur, where enthusiastic participation was observed from the residents. The intervention included specific yoga techniques tailored to the needs and limitations of the geriatric population, administered over a three months duration. Pre- and post-intervention assessments were conducted using validated tools such as the Berg Balance Scale, Timed Up and Go (TUG) Test, and standardized psychological questionnaires measuring anxiety, depression, and overall mental well-being.

Status of the Project

The data collection phase of the project has been successfully completed, with full cooperation from the participants. The response from the elderly residents was overwhelmingly positive, and their commitment to the program was commendable. Both pre- and post-intervention assessments were administered without difficulty, and no adverse events were reported during the yoga intervention. Data entry has been completed. Statistical analysis and interpretation of results are currently in progress.

2 Benefits and adverse outcomes experienced by patients attending yoga and allied therapies center.

Team from Kaivalyadhama: Anita Verma, Sanjay Shete, Gururaj Doddoli

Team from Patanjali Research Foundation: Dr. Shirley Telles & members

Duration: 2023-25

Introduction

Integrative health approaches such as yoga and allied therapies are increasingly being adopted in both clinical and community settings due to their potential to improve overall health and well-being. While substantial evidence supports the therapeutic benefits of these practices, systematic documentation of both positive outcomes and any adverse effects remains essential for ensuring safety and optimizing therapeutic protocols.

This study was conducted in collaboration with Patanjali Research Foundation, Haridwar, and aimed to evaluate the benefits and adverse outcomes experienced by patients attending yoga and allied therapies centers. The study utilized a structured questionnaire to capture data on a range of physical and psychological indicators such as pain relief, mobility, sleep quality, emotional well-being, and any side effects or discomfort reported during or after the therapies.

Data were collected from two centers offering yoga and allied therapies. The study sought to contribute to evidence-based recommendations for the safe and effective integration of such therapies in routine health care settings.

Status of the Project

Data collection at both centres has been successfully completed. The process of data analysis and interpretation is finalized. A manuscript based on the findings has been prepared and submitted to the Indian Journal of Yoga Therapy (IJYT) for publication.

3

Effect of Brief Yoga Intervention on Mental Health in Adolescent School-Going Children

PI: Anita Verma, Co-investigators: Sanjay Shete, Subodh Tiwari, & Bhogal R. S.

Duration: 2024-26

Introduction

Adolescence is a formative stage often accompanied by psychological and emotional challenges such as stress, anxiety, and depression, which can affect academic performance and social functioning. This study aims to evaluate the impact of a brief 15-minute daily yoga intervention over one year on the mental health of school-going adolescents aged 13–16 years.

A randomized controlled trial design will be adopted, with 160 students from 8th and 9th grades assigned to either a yoga group or a control group. The yoga intervention includes standing postures, pranayama, and chanting. Psychological assessments will be conducted using validated tools such as the Strength and Difficulty Questionnaire, Student Subjective Wellbeing Scale, and Brunel Mood Scale at baseline and at three-month intervals. The study aims to observe improvements in emotional symptoms, conduct, peer relations, mood, and academic performance, highlighting the feasibility of incorporating short yoga sessions into school routines to promote adolescent mental health.

Status of the Project

The project proposal was prepared and presented before the Research Advisory Committee.

Collaborative Research Centre (CRC) Scheme

1

Effect of selected yoga practices on migraine: a randomized controlled trial

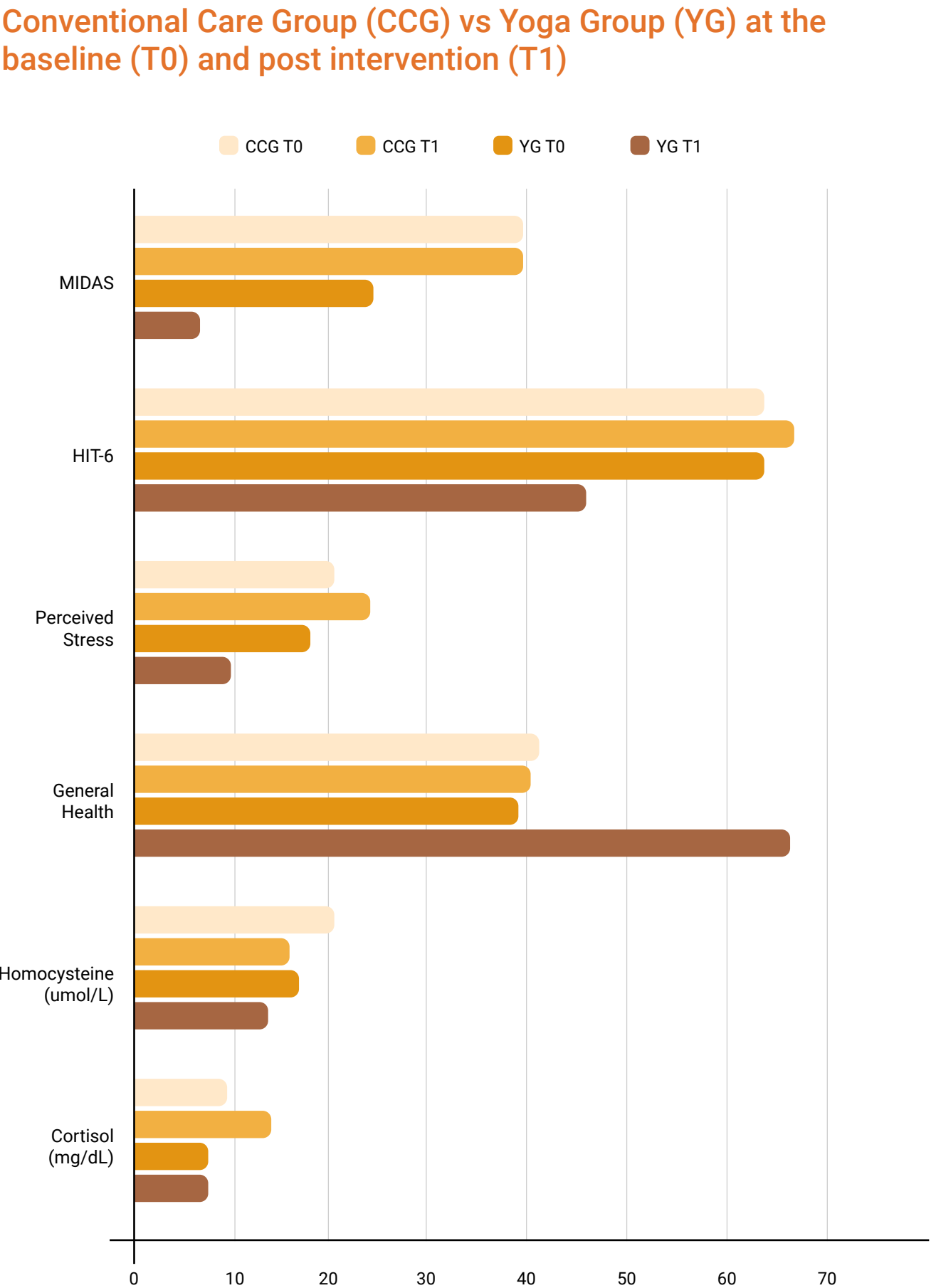
Team: Dr. S. D. Pathak, Mrs. Pratibha H. Rajbhoj and Dr. R. S. Bhogal

Duration: 2022-24

Introduction

Migraine is a neurological disorder that is not only painful but also significantly disabling, often disrupting the daily activities of those affected. While several conventional treatments are available to manage migraine symptoms, they typically do not address the underlying cause of the condition.

In contrast, yogic practices aim to target the root cause of migraine, potentially reducing the likelihood of recurrence of migraine attacks. In this study, participants were assessed at baseline and again at the end of the intervention period to evaluate the effectiveness of the yogic treatment.



Outcome

The primary analysis of the data showed favourable results.

2 Effect of classical Kapalabhati Kriya on the total Antioxidant status and pulmonary functions of healthy individuals: A Self as Control Pilot Study

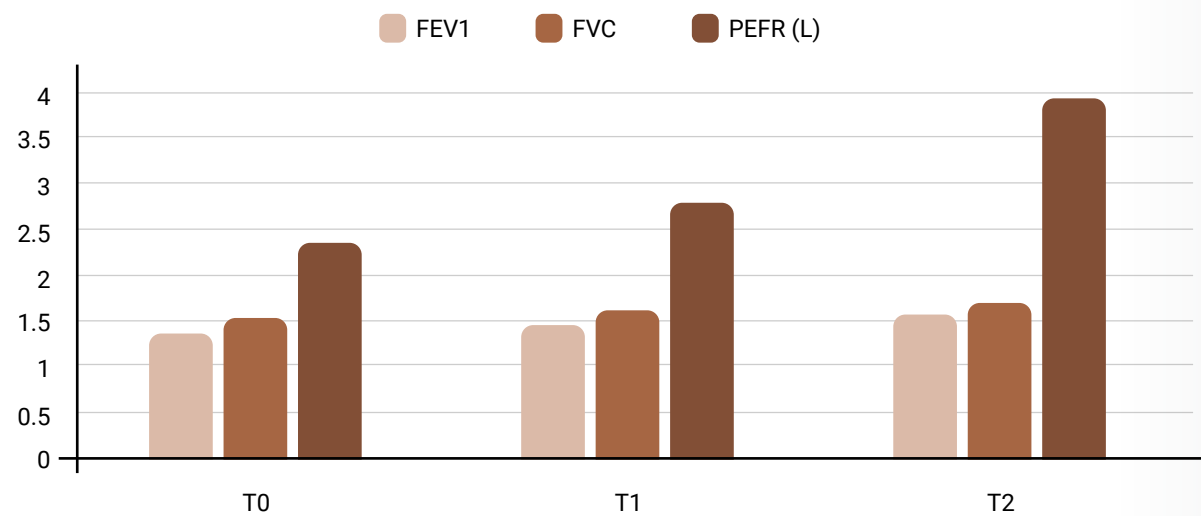
Team: Dr. S. D. Pathak, Mrs. Pratibha H. Rajbhoj and Dr. R. S. Bhogal

Duration: 2022-24

Introduction

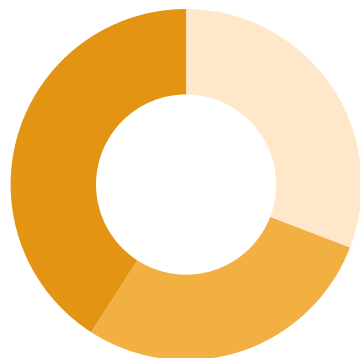
One of the key contributors to respiratory pathogenesis in the current day is Oxidative stress, leading to serious health consequences and placing an additional burden on healthcare systems. As such, it remains a significant area of research. Enhancing the body's antioxidant status and improving pulmonary efficiency may help mitigate oxidative stress. Kapalabhati Kriya, a yogic breathing technique, is known to enhance pulmonary function. This study aims to explore whether its benefits can also extend to improving the body's antioxidant defense mechanisms.

Lung Function



Total antioxidant status (TAS)

T0 T1 T2



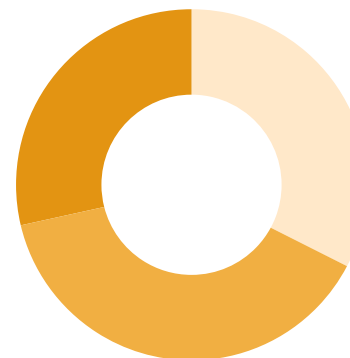
Superoxide dismutase (SOD)

T0 T1 T2



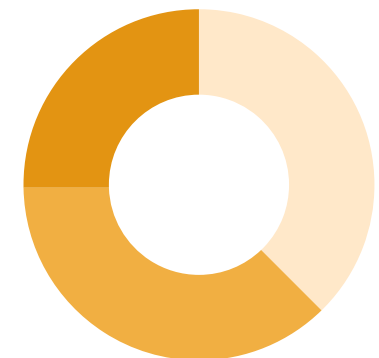
Reactive Oxygen Species (ROS)

T0 T1 T2



Perceived Stress Scale (PSS)

T0 T1 T2



Outcome

Findings of this study suggest that as compared to the control period (T0-T1) the intervention (T1-T2) led to significant improvements in respiratory function, oxidative stress reduction, antioxidant capacity, and stress levels showing the efficacy of the intervention.

3 Comparative effect of Shavasana and meditation on Vigilance of the study participants

Team: Dr. R. S. Bhogal, Mrs. Pratibha H. Rajbhoj and Dr. S. D. Pathak

Duration: 2023-24

Introduction

Vigilance, or sustained attention, is a critical cognitive function required for optimal performance in various daily and occupational tasks. In recent years, non-pharmacological interventions such as yogic practices and meditation have gained attention for their potential to enhance cognitive abilities, including attention and alertness.

Shavasana, a yogic relaxation technique, and meditation, a mindfulness-based practice, are both known to influence the autonomic nervous system and mental clarity. However, their comparative effects on vigilance remain under explored.

Status of the Project

The pre-control period and post intervention phase data collection of the study is completed. Data analysis is in progress.

4

Comparative effect of Sitali as single practice, and Sitali preceded by Anuloma Viloma Pranayama, without Kumbhaka on Blood Pressure, HR and select psychological parameters, in case of normotensives

Team: Dr. R. S. Bhogal, Mrs. Pratibha H. Rajbhoj and Dr. S. D. Pathak

Duration: 2023-24

Introduction

Pranayama has been widely recognized for its beneficial effects on physiological and psychological well-being. Among its various forms, Sitali Pranayama is traditionally known for its cooling and calming effects, while Anuloma Viloma Pranayama (alternate nostril breathing) is associated with autonomic balance and mental clarity.

Although these practices are often studied individually, limited research exists on the comparative effects of Sitali alone versus Sitali preceded by Anuloma Viloma, especially when practiced without Kumbhaka (breath retention). Understanding their impact on cardiovascular and psychological parameters in normotensive individuals may provide valuable insights into the subtle yet distinct effects of pranayama sequencing.

This study aims to compare the effects of Sitali as a single practice and Sitali preceded by Anuloma Viloma (without Kumbhaka) on blood pressure, heart rate, and selected psychological parameters, thereby contributing to evidence-based yogic interventions for general well-being.

Status of the Project

The baseline and post intervention data collection of the study is completed. Data analysis is in progress.



5

Comparative effect of Shavasana and meditation on the levels of serum cortisol: A try-out study

Team: Dr. R. S. Bhogal, Mrs. Pratibha H. Rajbhoj and Dr. S. D. Pathak

Duration: 2022-24

Introduction

Chronic stress is a growing concern in modern life and is known to elevate serum cortisol, a primary stress hormone, which in turn can negatively impact both physical and mental health. Non-pharmacological interventions such as Shavasana—a deep relaxation technique—and meditation have shown promise in reducing stress and promoting psychological well-being.

While both practices are associated with stress reduction, there is limited scientific evidence comparing their direct impact on biochemical markers of stress, such as cortisol. This try-out study aims to explore and compare the effects of Shavasana and meditation on serum cortisol levels, thereby contributing to the growing body of research on mind–body interventions for stress management.

Status of the Project

Data collection for two time points- pre and post intervention is completed and data analysis is going on.

6

Effect of Yogic Practices and Meditation in Stress Management of 1st-Year Undergraduate Students of Health Science Educational College

Team: Dr Minal Pajai, Dr. R. S. Bhogal, Mrs. Pratibha H. Rajbhoj

Duration: 2024-26

Introduction

Students in health science education often experience high levels of stress due to academic pressure, fear of failure, and the challenge of adapting to a new environment. When left unaddressed, these stressors can negatively affect academic performance and, in severe cases, lead to depression and suicidal tendencies. Early identification and timely intervention are crucial to promoting mental well-being in this vulnerable group.

A pilot study conducted earlier on this subject yielded encouraging results, motivating investigators to expand the research to a larger cohort. This scientific study is therefore designed to assess the effect of specific yogic practices and meditation techniques on stress management among first-year undergraduate students of a health science educational institution.

The goal is to evaluate whether such non-pharmacological, holistic interventions can contribute to better stress regulation, enhance academic performance, and reduce the risk of long-term psychological consequences. This research may also help establish yoga and meditation as accessible and effective tools in student wellness programs.

PhD research projects

Dr Praseeda Menon was the Research Guide of 4 PhD students of the Research Centre at Kaivalyadhama of Kavikulaguru Kalidas Sanskrit University.

The title of the 4 PhD research projects are as follows:

- The effect of Trātaka on the digital eye-strain, mental health and wellbeing of high school children with reference to the COVID-19 pandemic – **by Ms Dipti Kale**
- The effect of a multi-component yoga module on insomnia and related psychological problems: A randomized controlled study – **by Dr Shrikant Wadile**
- The effect of a Kriyā Yoga module on stress and its related parameters, sleep, well-being and academic self-efficacy of adolescents – **by Shri Sandeep Wankhade**
- The effect of Viparita Karani Mudrā on ageing related parameters among adults – **by Mrs Pratishruta Adhikari**

Conference presentations from PhD research projects:

- Adhikari, P., & Menon., P. (2024, December 6). Therapeutic Application of Mudras in Cancer Care: A Preventive and Healing Approach. [Conference poster presentation]. 11th International Conference on Yoga in Cancer Care: Scope, Evidence and Evolution organised by Kaivalyadhama Yoga Institute, Lonavala, India.
- Adhikari, P., & Menon., P. (2025, January 9). Role of Yogic Mudras in Managing the Psychosomatic Disorders: A Textual Study. [Conference oral presentation]. International Conference on Indian Knowledge Systems of Yoga and Sanskrit for Global Well-being jointly organised by Lakulish Yoga University, Shree Swaminarayan Research Centre, and Gujarat Sahitya Academy, Gujarat, India.

Master’s dissertations:

- Kapur, A. & Menon, P. (2024). Immediate Effect of Simple Bhrāmari on Stress and Heart Rate Variability: A Single Group Study on Yoga Practitioners [Unpublished master’s dissertation]. GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Affiliated to Kavikulaguru Kalidas Sanskrit University.
- Richa, & Menon, P. (2024). Yoga And Eating Behaviour in Autism Spectrum and Intellectual Disabilities: A Case Series [Unpublished master’s dissertation]. GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Affiliated to Kavikulaguru Kalidas Sanskrit University.
- Jha, P., & Menon, P. (2025). The Role of Yoga Practice in Functional Fitness and Wellbeing of Elderly Residents: A Single Group Pre-Post Study with Follow-Up [Unpublished master’s dissertation]. GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Affiliated to Kavikulaguru Kalidas Sanskrit University.
- Chalil, R. M., & Menon, P. (2025). Role Of Bhrāmari Pranayama on Cognitive Function in Dancers: A Single Group Pre-Post Study [Unpublished master’s dissertation]. GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Affiliated to Kavikulaguru Kalidas Sanskrit University.

- Sethi, A., & Menon, P. (2025). The Construct of Personality: A Study of Synergies Between Western and Yogic Psychology [Unpublished master’s dissertation]. GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Affiliated to Kavikulaguru Kalidas Sanskrit University.
- Jindwani, K., & Menon, P. (2025). Dynamic and Static Hatha Yogic Styles of Āsana on Psychological and Physical variables: A Study with a Cross-over Design [Unpublished master’s dissertation]. GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Affiliated to Kavikulaguru Kalidas Sanskrit University.
- Gözden, T. S., & Menon, P. (2025). Exploratory Studies on Vagal Tone: The Role of Nāda Yoga in the Form of Dhrupada Music [Unpublished master’s dissertation]. GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Affiliated to Kavikulaguru Kalidas Sanskrit University.
- Thatte, A., Menon, P., & Bhalekar, S. C. (2025). The Rationale and Yogic Benefits of Ekadashi Fasting: A Textual Study [Unpublished master’s dissertation]. GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Affiliated to Kavikulaguru Kalidas Sanskrit University.
- Wadia, N., Bodhe R., & Menon, P. (2025). An Analysis of Kāma In the Light of Yoga: A Philosophical Exploration [Unpublished master’s dissertation]. GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Affiliated to Kavikulaguru Kalidas Sanskrit University

Master’s research projects:

- Gözden, T. S., & Menon, P. (2024). The Role of Surya Bhedana in Intensive Physical Practice: A Single Group Pre-Posttest Study [Unpublished master’s research project]. GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Affiliated to Kavikulaguru Kalidas Sanskrit University.
- Wadia, N., Chalil, R. M., Jindwani, K., Bajpai, P., & Menon, P. (2024). Profiling Triguna Changes in Yoga Practitioners After Prānāyāma Practice: A Single Group Pre-Post Study [Unpublished master’s research project]. GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Affiliated to Kavikulaguru Kalidas Sanskrit University.
- Sethi, A., Ravichandran, A., Thatte, A., & Menon, P. (2024). The Role of Progressive Kumbhaka on Mood States in Yoga Practitioners: A Case Series [Unpublished master’s research project]. GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Affiliated to Kavikulaguru Kalidas Sanskrit University.



Paper Presented at Conferences

- Verma, A. Vidhate, S. Shete, S. Development and Validation of a Yoga Protocol for the health-related physical fitness of Orphan Girls in Institutional Care. Bharati Vidyapeeth (Deemed to be University): 28th & 29th March, 2025 International Conference on ‘IKS Teaching and Curriculum Designing: Challenges for Teachers and Future Pathways’.
- Adhikari, P., & Menon., P. (2024, December 6). Therapeutic Application of Mudras in Cancer Care: A Preventive and Healing Approach. [Conference poster presentation]. 11th International Conference on Yoga in Cancer Care: Scope, Evidence and Evolution organised by Kaivalyadhama Yoga Institute, Lonavala, India.
- Adhikari, P., & Menon., P. (2025, January 9). Role of Yogic Mudras in Managing the Psychosomatic Disorders: A Textual Study. [Conference oral presentation]. International Conference on Indian Knowledge Systems of Yoga and Sanskrit for Global Well-being jointly organised by Lakulish Yoga University, Shree Swaminarayan Research Centre, and Gujarat Sahitya Academy, Gujarat, India.

Publications

- Bhogal R.S., Pathak S.D., & Rajbhoj P.H. (2024). Effect of Trataka Kriya on Selected Psychological Parameters in School Teachers During the COVID- 19 Pandemic Situation: A Randomized Controlled Trial. Indian Journal of Public Health Research and Development, Vol 16(1), 103-111

Editorial Articles:

- Bhogal, RS. (2024). Meditational processes in Vijnana Bhairava in the context of mental health. Yoga Mimamsa. 56(1):1-3.
- Bhogal, RS. (2024). Procedural mechanism of Dhyana in Vijnana Bhairava: A Constructivist approach. Yoga Mimamsa. 56(2):61-63.

Papers in Press:

- Verma, A. Vidhate, S. Shete, S. The Role of Yoga in Addressing Psychosocial Challenges Among Institutionalized Orphans: A Narrative Review. Journal of Ayurveda and Holistic Medicine.
- Verma, A. Vidhate, S. Shete, S. The role of yoga in enhancing self-esteem, mental health, and life satisfaction among orphans, Vulnerable Children and Youth Studies.
- Verma, A., Shete, S., & Doddoli, G. The role of yoga in managing adverse effects of cancer therapies. International Journal on Eternal Wisdom and Contemporary Science.
- Rajbhoj, P. H., Bhogal, R. S., & Pathak, S. D. (2025) Immediate effect of Trataka Kriya on physiological stress correlates of healthy individuals: A single-arm clinical trial. Ancient Science of Life.

Papers Under Review:

- Verma, A. Vidhate, S. Shete, S., & Jadhav, N. Psychological distress and wellbeing in adolescent orphans: A systematic review. Clinical Psychology & Psychotherapy.
- Verma, A. Vidhate, S. Shete, S., & Jadhav, N. The impact of yoga on physical fitness and physiological outcomes in orphaned girls: A randomized controlled study. Journal of Education for Students Placed at Risk.
- Verma, A. Vidhate, S. Shete, S. The Role of Yoga in Modulating Heart Rate Variability among Orphaned Adolescent Girls. International Journal of Traditional Knowledge.
- Shirley Telles, Prasoon Bisht, Anita Verma, Sanjay Shete, Gururaj Doddoli. Patients’ reported benefits and adverse outcomes of yoga and allied therapies. International Journal of Yoga Therapy.

Service

Objectives

- To provide facilities to the community.
- Explore new clients, beneficiaries and service areas.
- To strive for International and National recognition to SRD service

Through

- Knowledge base of biochemistry, physiology, psychology and physical education.
- Pathological investigations.
- Providing service in collaboration with Indian Red Cross Society.

Works

- **The Pathology Laboratory:** The Pathology Laboratory has remained a cornerstone of our healthcare services, providing comprehensive diagnostic support to both indoor and outdoor patients throughout the year. Our laboratory offers an extensive range of essential tests, including Complete Blood Count (CBC), Glucose, Lipid Profile, Kidney Function Tests, Liver Function Tests, Thyroid Function Tests, and HbA1c, all of which are vital for accurate diagnosis, treatment planning, and ongoing patient monitoring. With a strong emphasis on quality and reliability, we strictly adhere to rigorous internal and external quality control protocols that ensure the precision and consistency of our test results. These protocols are aligned with recognized national and international standards, reinforcing our commitment to delivering dependable diagnostic services. Over the past year, the laboratory conducted blood tests for more than 200 participants, a reflection of both the community's trust in our services and our dedication to promoting health and well-being.
- **Physiology Laboratory:** The Physiology Laboratory is well-equipped with state-of-the-art instruments, including the Spirometer and BIOPAC-MP160 system, enabling us to carry out detailed and accurate physiological assessments for our participants. These advanced tools support a wide range of evaluations, particularly in the areas of cardiovascular and respiratory health. Among the key services offered are Heart Rate Variability (HRV) analysis, which provides valuable insights into autonomic nervous system function and stress regulation, and pulmonary function tests that assess lung capacity and efficiency. These evaluations play a critical role in facilitating in-depth case studies and formulating individualized wellness strategies. The laboratory ensures that these assessments are made available to participants as and when required, supporting timely and personalized care. Through these diagnostic services, the Physiology Laboratory contributes significantly to our holistic health model, empowering participants with meaningful data to better understand and manage their health and well-being.

Service to internal academia

- All the staff members engage in academic lectures in Yoga & Mental Health and Psychological perspectives of Health respectively for D.Y.ED., DYT courses of G.S, College of Yoga & Cultural Synthesis. As well, occasional talks for CYP, Soham, Cancer Rejuvenation course and visiting groups from time to time.
- Dr Bhogal is a Member of the Board of Examinations, and Academic Advisory Board of the G S College.
- Dr Bhogal delivers talks on meditation to M.A. students and others of G.S.College & Cult.Syn., Kaivalyadhama, Lonavla.
- He also conducted about 8 Yoga Meditation Workshops for Antaranga Yoga Programme and 4 workshops for KVN students during the year.
- Contributed recorded lectures to the proposed online 200 hours Certificate Course in Yoga Therapy to be launched by Kaivalyadhama, in the near future.
- SRD senior staff members serve as counselor , psychologist for well-wishers of Kaivalyadhama, inmates of Health Care Center of Kaivalyadhama and needy select students of the GS College of Yoga and Cultural Synthesis.
- Dr Bhogal acted as a co-guide, successfully, for a PhD thesis of Dr Arivazhagan for University of Chennai.

Service to the other internal departments:

- Dr Praseeda Menon conducted pre and post psychological testing sessions during the SOHAM programme held at Kaivalyadhama and made the psychological reports available to the participants.
- Served as a psychologist for select students of the GS College of Yoga & Cultural Synthesis and for select participants of the SOHAM programme of the Health Care Centre of Kaivalyadhama.



Service to external academia

- Dr Praseeda Menon contributed as a Member of the Scientific Advisory Committee (SAC) during its meeting to the research project entitled, "Effect of Common Yoga Protocol on Brain Functions in Healthy Adults: A Randomised Controlled Trial in Pune, India" hosted at D. Y. Patil Vidyapeeth, Pune, and funded by the CCRYN, Ministry of AYUSH, held on 20th December 2024.
- External examiner for assessing the coursework assignments of two PhD scholars of the Faculty for Contemplative & Behavioural Sciences, Sri Sri University, Cuttack.
- Contributed as an expert in the Masters in Counselling Psychology dissertation titled, "Knowledge, Attitude and Practice (KAP) Towards Integrating Yoga into Therapy Among Counselling Psychologists in India," of Ms. Shylaja Palanivel from the Montfort Institute of Advanced Studies, Bangalore.
- Contributed as an expert to the draft compiled on "Yoga for Achieving United Nations' Sustainable Development Goals (SDGs): Recommendations" released by the Ministry of AYUSH, GoI, and supported by NIMHANS, S-VYASA, and CCRYN.
- Contributed as an expert for validating the yoga module in the PhD research titled, "Efficacy of Yoga Practices on Psychological and Physiological Variables among Students Preparing for Competitive Exams: A Waitlist Randomized Control Trial," of Ms. Meera Soni from SVYASA University, Bengaluru.
- Contributed as an expert for validating the yoga module in the PhD research titled, "Development and Effectiveness of Yoga Psychology based Mental Health Promotion
- Program for Community Adults," of Ms Riya Ganer from the Department of Clinical Psychology, NIMHANS, Bengaluru.
- Codesigned a two-credit course Core University Course as per NEP 2020 on Health and Wellbeing focused on yoga for MIT Vishwaprayag University, Solapur.
- Invited as an expert by the NCTE, New Delhi, to the 7th Committee Meeting from 21st – 22nd August 2024 for finalising the Curricular Framework and Syllabi (Suggestive) of a four-year Integrated BED (Yoga) programme of 160 credits.










- Contributed as a panelist to a panel discussion on "Yoga Therapy: Past, Present, Future," jointly organized by the Department of Yoga Studies, Loyola Marymount University, USA, and Kaivalyadhama on 9th December, 2024.

100 Years of Kaivalyadhama
Centennial Celebration

"Yoga Therapy - Past, Present, and Future"
December 9, 2024, 5:30 - 8 PM PST / December 10th 7 - 9:30 AM IST
In Person at LMU and Virtual on Zoom

Historical documentary followed by guided practice with Ms. Mamta Bisht
and Future of Yoga Therapy panel with:

 Yogacharya Dr. Ananda Balayogi Bhavanani (ISCM, India)	 Dr. Praseeda Menon (KDHAM, India)	 Lee Majewski (Yoga for Health Institute, Canada)	 Amy Wheeler, PhD (Optimal State, USA)
 Veronica Zador (IIYT, USA)	 Joseph Le Page (Integral Yoga, Brasil, USA)	 Hope Farmby, JD (IAYT, USA)	

- Contributed as a Co-Editor of the Journal of Applied Yoga Studies published by the Department of Yoga Studies, Loyola Marymount University, USA
- Contributed to the content validation of a Prakriti Self-Assessment Tool prepared by the Department of Integrative Medicine, NIMHANS, Bengaluru.

Information

Objectives

- To publish scientific articles, pamphlets, books etc.

Through

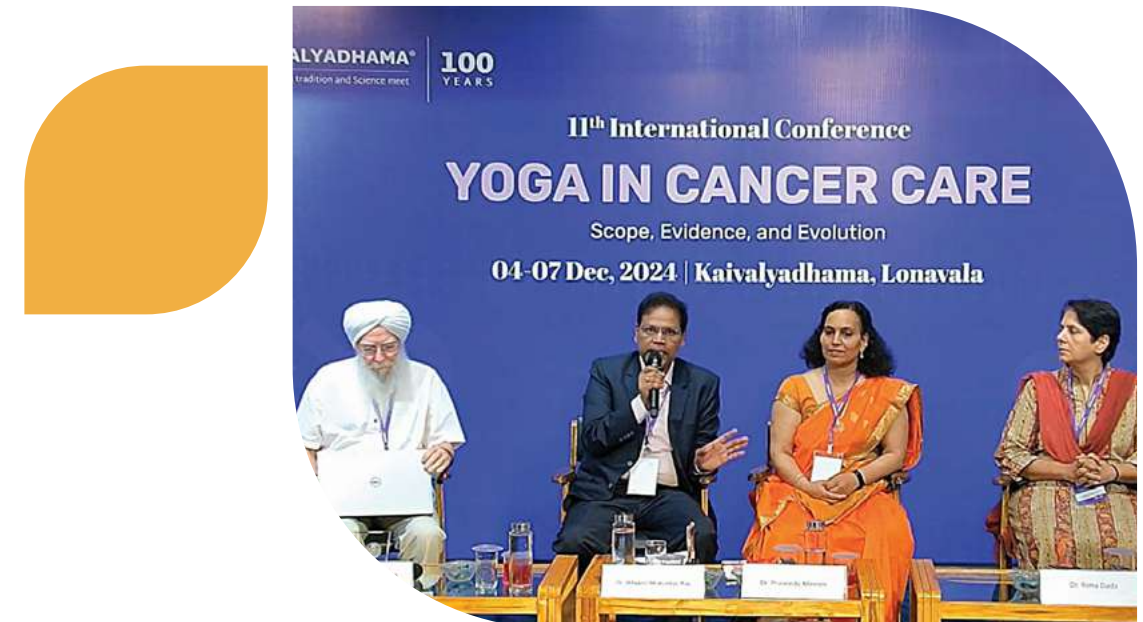
- Newsletter, articles, scientific/yoga expert network.
- Creating research database/reference library

Invited & Research Talks:

- Presentations on the ongoing research work of Kaivalyadhama for the the Ex-President of India, Shri Ram Nath Kovind, Vice Admiral V. Srinivas, scientists, administrators and policymakers visiting Kaivalaydhama.



- Menon., P. (2024, December 5). The potential of yoga in cancer prevention, long-term recovery and relapse prevention: Building long-term psychological coping capacities and resilience through yoga during cancer survivorship. [Conference panel presentation]. 11th International Conference on Yoga in Cancer Care: Scope, Evidence and Evolution organised by Kaivalyadhama Yoga Institute, Lonavala, India.



- Menon., P. (2024, December 7). Yogic methods and self-care management in cancer: The evolution of digital medicine. [Conference panel moderation]. 11th International Conference on Yoga in Cancer Care: Scope, Evidence and Evolution, organised by Kaivalyadhama Yoga Institute, Lonavala, India.



- Dr. R. S. Bhogal Conducted Meditation sessions for the Ex-President of India, Shri Ram Nath Kovind.
- Conducted Kriya Yoga workshop for the conference participants at the 11th International Conference on Yoga in Cancer Care: Scope, Evidence and Evolution.
- Acted as a judge to select the best poster presentation at the 11 th International Conference on Yoga in Cancer Care: Scope, Evidence and Evolution.

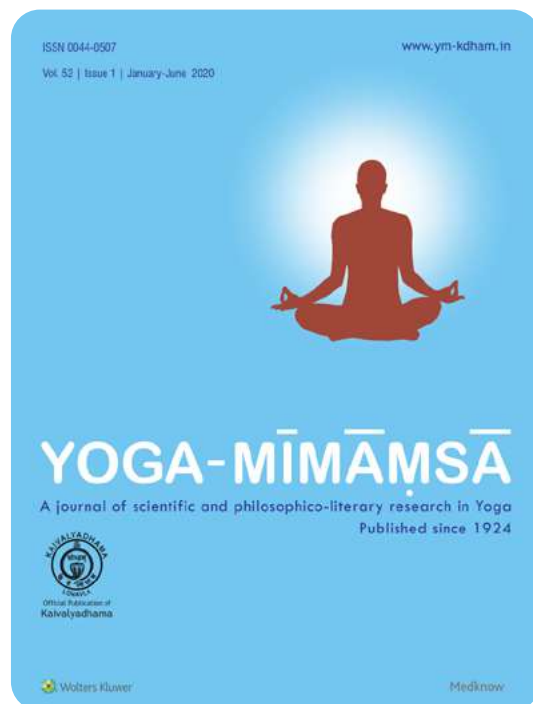
Awareness

Objectives

- To create awareness about SRD activities, in particular, and about yoga research, in general.
- To help maintain the Kaivalyadhama legacy of helping people through classical yoga.

Through

- Scientific exhibits, informatory pamphlets/ displays/symposia/conferences/lantern lectures.



YOGA MĪMĀṂSĀ JOURNAL

Dr. R.S. Bhogal, Editor-in-Chief

Ms. Anita Verma, Editor

Mr. Sanjay Shete, Associate Editor

- Yoga Mīmāṃsā (YM), the bi-annual publication of Kaivalyadhama, is the oldest (since 1924) peer-reviewed multi-disciplinary research journal on yoga. Yoga Mīmāṃsā publishes scientific and philosophico-literary research articles in Yoga and allied disciplines.
- The journal is registered with the following abstracting partners: Baidu Scholar, CNKI (China National Knowledge Infrastructure), EBSCO Publishing's Electronic Databases, Exlibris – Primo Central, Google Scholar, Hinari, Infotrieve, National Science Library, ProQuest, TdNet.

Published volumes:

JANUARY-JUNE 2024 VOL. 56(1)

TYPE OF ARTICLE	NUMBER OF ARTICLES PUBLISHED
Editorial	01
Original Articles	07
Review Articles	00
Case Report	02
TOTAL ARTICLES PUBLISHED	10

JULY - DECEMBER 2024 VOL. 56(2)

TYPE OF ARTICLE	NUMBER OF ARTICLES PUBLISHED
Editorial	01
Original Articles	05
Review Articles	05
Case Report	00
TOTAL ARTICLES PUBLISHED	11

Upcoming volumes:

VOL. 57 Issue 1

Lectures

- The staff members facilitated SRD visits and explained the past and present work of SRD to the visitors.
- Mrs. Pratibha Rajbhoj delivered lectures on the topic "Scientific Basis of Meditation" for the participants of the Meditation workshop and "Scientific Basis of Pranayama" for the "Power of Pranayama Workshop" participants.
- "Recent Researches at Kaivalyadhama" to different groups visiting Kaivalyadhama.
- Dr R. S. Bhogal delivered "First Hundred Years of Human Life": Delivered this Invited Talk at Manashakti during 2nd International Conference on Garbha Samskar on 18 January, 2025
- Dr R. S. Bhogal conducted Onsite lecture-cum Meditation for Global Human Research at Lonavala on 24 January, 2025.
- An invited talk "Ten Year of CYP" was delivered at Vigyan Bhavan, Delhi, organized by MDNIY & Indian Association of Yoga on 13 March, 2025 .

- Conducted Online talk on Yoga & Mental Health for Marcos Group in Brazil on 22 February, 2025. Conducted a meditation session for the Marcos group during its Kaivalyadhama visit on 25 January.
- Lecture on Classical Yoga Meditation at the University of Beijing on 10 December, 2024.
- Dr Praseeda Menon was invited as a Chief Guest and speaker to talk on “Yoga in Mental Health” as a part of the IDY 2024 celebrations organised by the All India Institute of Ayurveda, Goa, on 6 June 2024.
- Invited online talk at the International Conference & Workshop on Yoga-Consciousness & Mental Health from February 15 – 17, 2025 organised by Universal Yoga Consciousness, Thrissur, Kerala.
- Invited to talk as a panelist in the discussion on “The Yogic Path to Parenting” organized by Kaivalya Vidya Niketan, Lonavala, on April 12, 2025.



Outreach activities

Coordinator of MoUs with external collaborators:

- Institute of Salutogenesis & Complementary Medicine, Sri Balaji Vidyapeeth, Puducherry.
- Sapient Inc., USA.
- Eötvös Loránd University (ELTE), Hungary.

Training

Objectives

- To impart in-house training to staff/researchers/students.
- To design training modules as a part of standardization of yoga teaching/technique.
- To generate income by providing yogic knowledge

Through

- Yoga training methodology
- Internship program for students.
- Instrumentation usage.
- Teacher training.
- Statistical analysis.
- Counseling and consulting.

Workshops and Lectures:

- Dr. R. S. Bhogal delivered lectures in Yoga & Mental Health in Online academic course D. Y. Ed. Sponsored by Kaivalyadhama, during the year 2024.
- Conducted six days Onsite Yoga Meditation Workshop (22-27 April, 2024 & 20-25 January, 2025)
- Lecture-cum-Meditation workshop for Hiroshi Aikata's Japanese group on 1st April, 2024.
- Conducted lecture-cum-Meditation session for a Japanese group (22-24 August, 2024 & 21 March, 2025)
- Lecture-cum-Meditation workshop for the Neda's French group in January, 2025 and February, 2025.
- Meditation session for Police trainees of Yoga course at Kaivalyadhama.
- Online workshop for Meditation-cum-Workshop for Indira Gandhi National Tribal University, Cuttack on 4 March.
- Dr. R. S. Bhogal travelled to China (Beijing, Hangzhou and Guangzhou) from 1 June to 22 July, 2024; 12 November to 2 December, 2024 and 12 December to 24 December, 2024 for conducting various Yoga Meditation workshops and Training Courses in Meditation, apart from conducting Kriya Yoga and Bhagwat Gita workshops at Beijing and Guangzhou.
- Mrs. Pratibha Rajbhoj guided a student in her MA-II dissertation topic entitled “The Role of Yoga Therapy and Cognitive Behavioural Therapy in Schizophrenia: A Scientific Review”

Faculty Development Programme

- Dr Praseeda Menon participated in-person in the 2nd Regional Conference of Meditation Leaders organized by the Buddha-CEO Quantum Foundation at Pune, India, on 6 July, 2024

Training programmes delivered – Dr Praseeda Menon

- As a part of the MoU between Kaivalyadhama and Sri Sri University (SSU), invited to conduct a five-day workshop on “Integrative Mind and Consciousness Studies” for the postgraduate students of the Faculty for Contemplative & Behavioural Sciences at Sri Sri University, Cuttack, during 22–26 April, 2024.



- Organisation of one-day pre-conference workshops on Research Methodology with international faculties during the 11th International Conference on Yoga in Cancer Care: Scope, Evidence and Evolution at Kaivalyadhama Yoga Institute, Lonavala, India.



Healthcare through Yoga



S.A.D.T. Gupta Yogic Hospital And Health Care Centre



Works








Kaivalyadhama Health Care Centre: A Century of Healing through Yogic Wisdom

The therapeutic application of yoga for the treatment, rehabilitation, and prevention of diseases has been widely recognized and validated over the years, gaining even greater relevance during the global pandemic. At the heart of Kaivalyadhama lies **Rugna Seva Mandir**—a dedicated department that has long utilized **yoga as a tool for healing and recovery**.

Thanks to the generous contribution of **Shri Amritlal Gupta**, a benefactor who personally experienced the transformative power of yogic therapy, the vision of establishing a full-fledged Yogic Hospital took shape. Today, backed by **over 100 years** of pioneering work in yoga research and practice, the **Kaivalyadhama Health Care Centre** offers integrative and personalized programs for detoxification, healing, and rejuvenation.

As **one of India's first yogic hospitals**, the Centre blends the time-tested disciplines of Yoga, Ayurveda, and Naturopathy under the expert care of qualified medical professionals, supported by ongoing scientific evaluation in our in-house research laboratory. Our evidence-informed, residential programs are tailored for individuals dealing with chronic and lifestyle-related conditions such as diabetes, obesity, respiratory disorders, hypertension, arthritis, stress, and insomnia. The Centre also welcomes those simply seeking rest, balance, and holistic well-being in a peaceful and natural setting.

Each wellness package is thoughtfully designed and includes:

-  Customized treatment protocols
-  Expert-supervised therapy sessions
-  Wholesome, "saatvik" vegetarian meals
-  Ayurvedic massages and Panchakarma therapies
-  Naturopathy therapies
-  Guided yoga and meditation practices
-  Health talks, mantra chanting, and nature walks

With **68 well-equipped rooms**, the Centre serves **over 3,000 guests annually**. Visitors can choose from weekly packages offering a blend of yoga, Ayurveda, naturopathy, and massage therapy. On-call medical support and a dedicated team ensure that each guest receives attentive, compassionate care throughout their stay.

At Kaivalyadhama, **we emphasize continuous improvement and collective well-being**. Monthly staff meetings incorporate feedback from residents and team members, helping us refine our offerings. The Centre fosters a nurturing space for physical vitality, emotional balance, intellectual growth, and spiritual development.



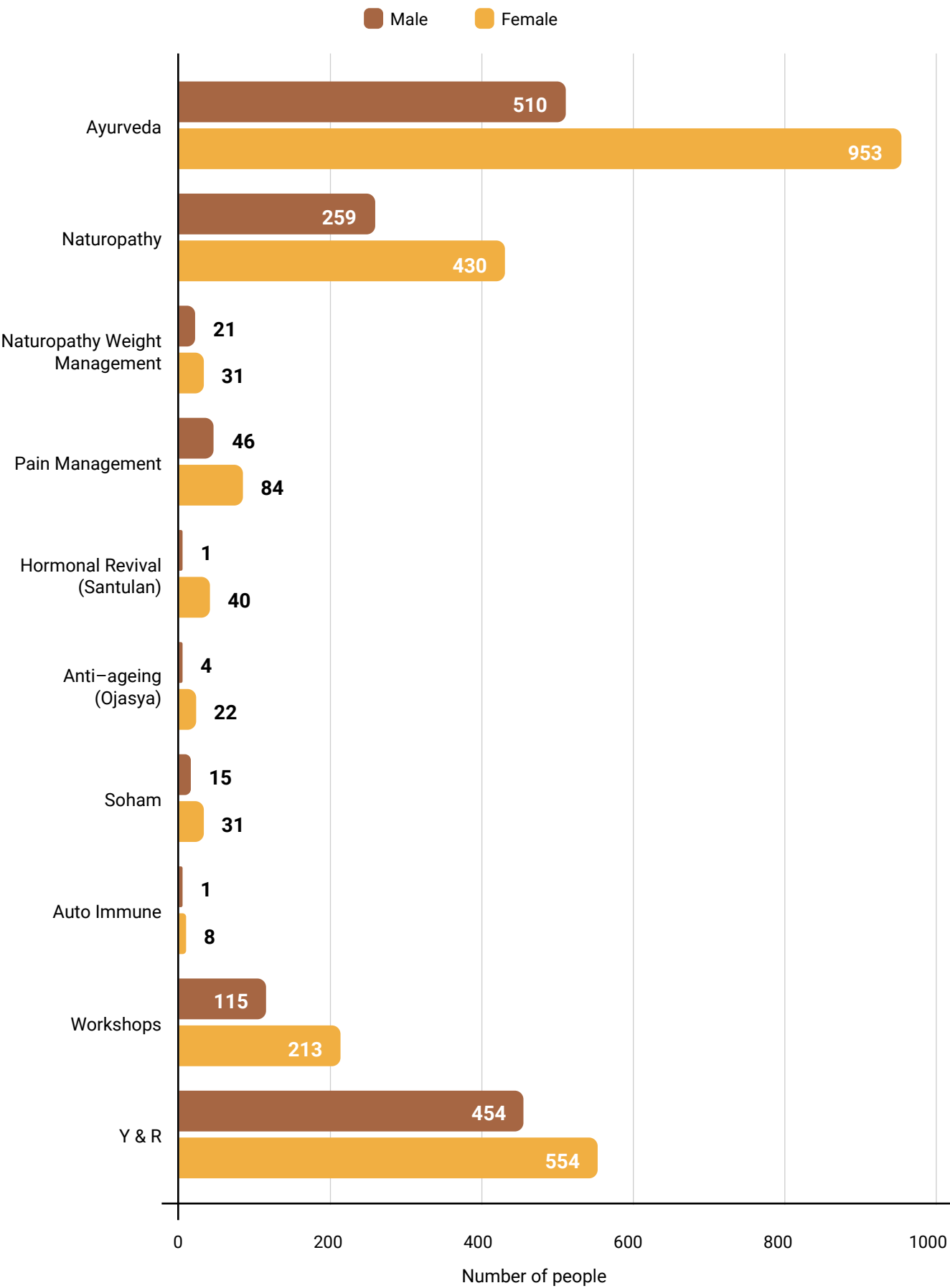
How our Healthcare Programme works

- 1. Each programme is of duration in multiples of one week, and start from Sunday.
- 2. Booking for the accommodation and program (Ayurveda / Naturopathy /Relaxation/ Weight management and other) in advance through online / in person.
- 3. Welcome mail with instructions and what to expect is sent to all the participants before their arrival.
- 4. Arrival on Sunday.
- 5. Welcoming the participants at the visitor Centre to make them comfortable while waiting to be sent for the registration process at “Anand Reception”, Health Care Centre.
- 6. Once the registration is over, medical consultation for Yoga Relaxation, Yoga & Naturopathy / Yoga Ayurveda and other programs is done.
- 7. Allocation of types of Yoga sessions i.e., Therapy, Basic and Advanced by the doctors on the basis of medical checkup and health status.
- 8. Payment for the programs.
- 9. Orientation program is held at the end of the day on arrival for the schedule briefing and special lecture of the CEO.
- 10. Schedule includes Naturopathy / Ayurveda sessions, lectures, pranayama and tratak session and chanting.
- 11. If participants stay for more than one week then they have progressive schedule of practices.

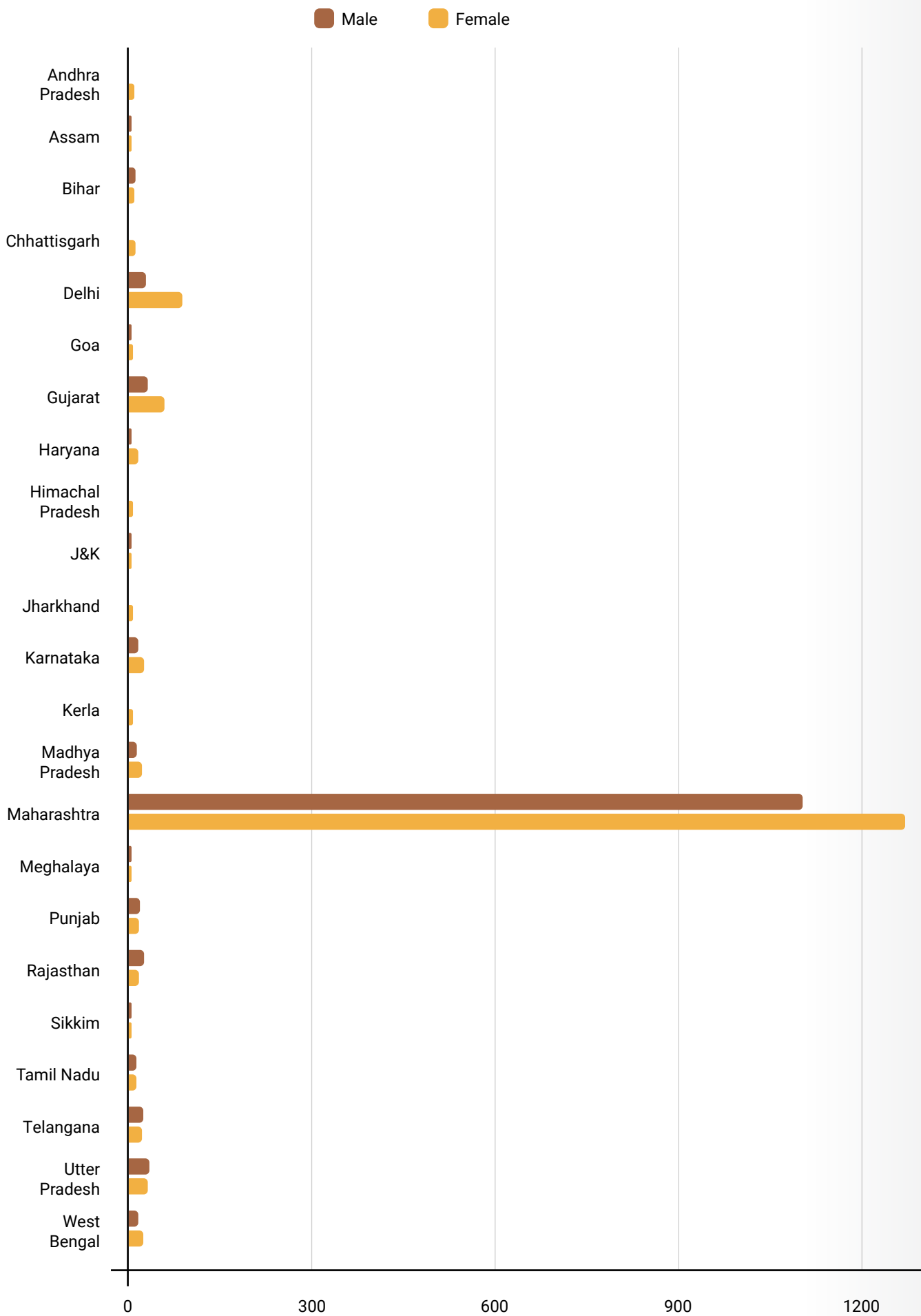


Important Statistics

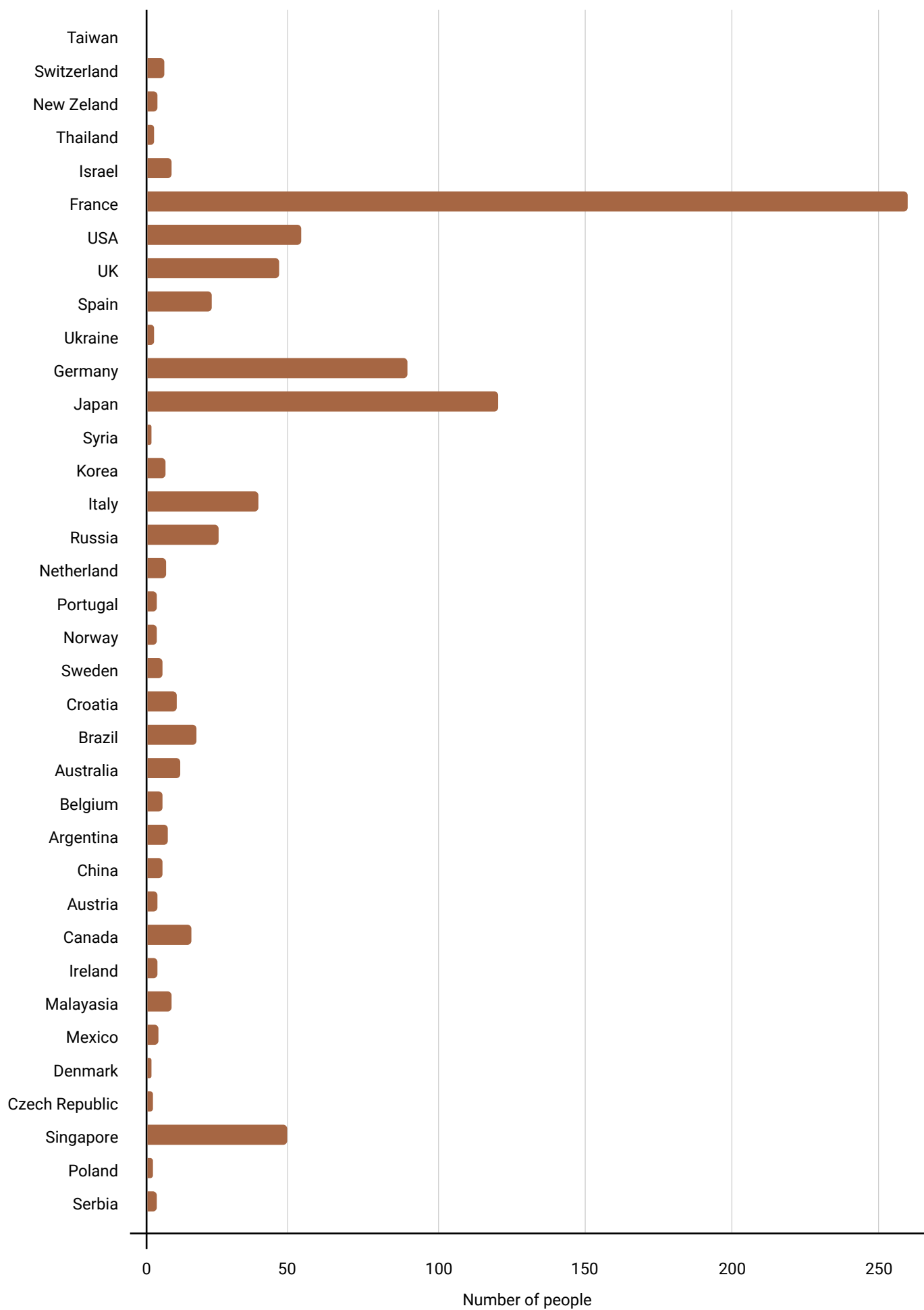
Participant Distribution in prime programs



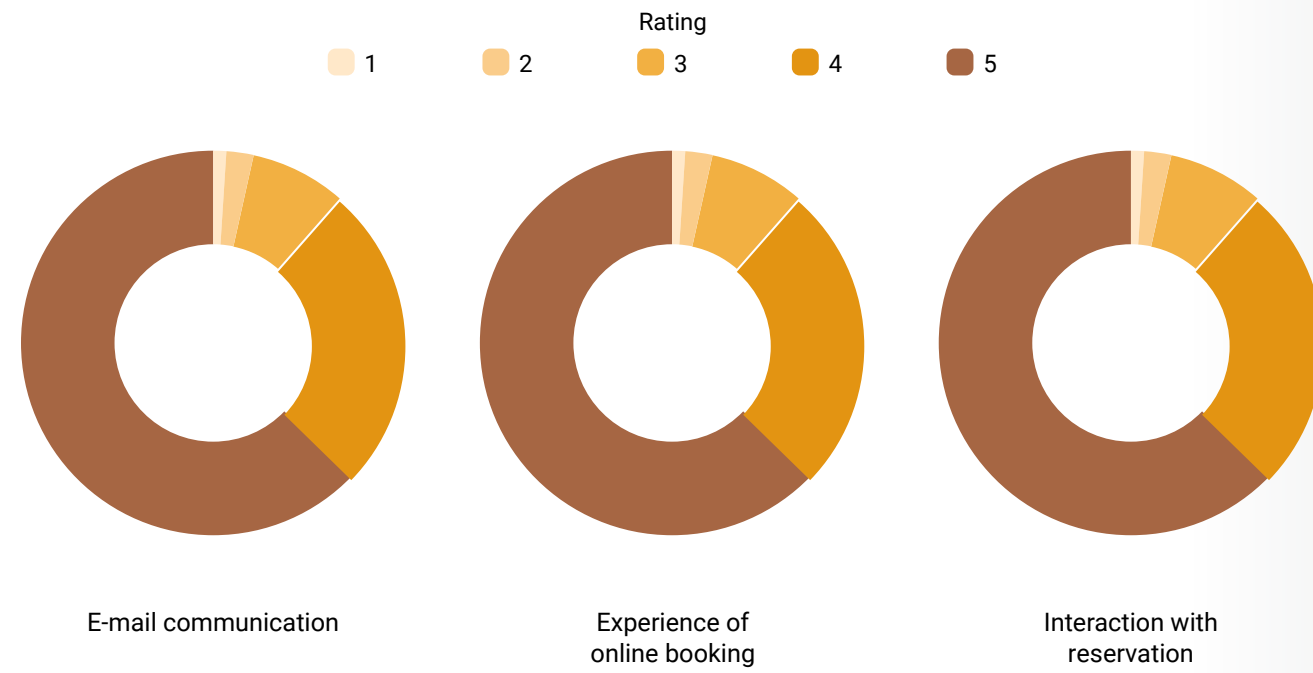
State wise distribution of participants



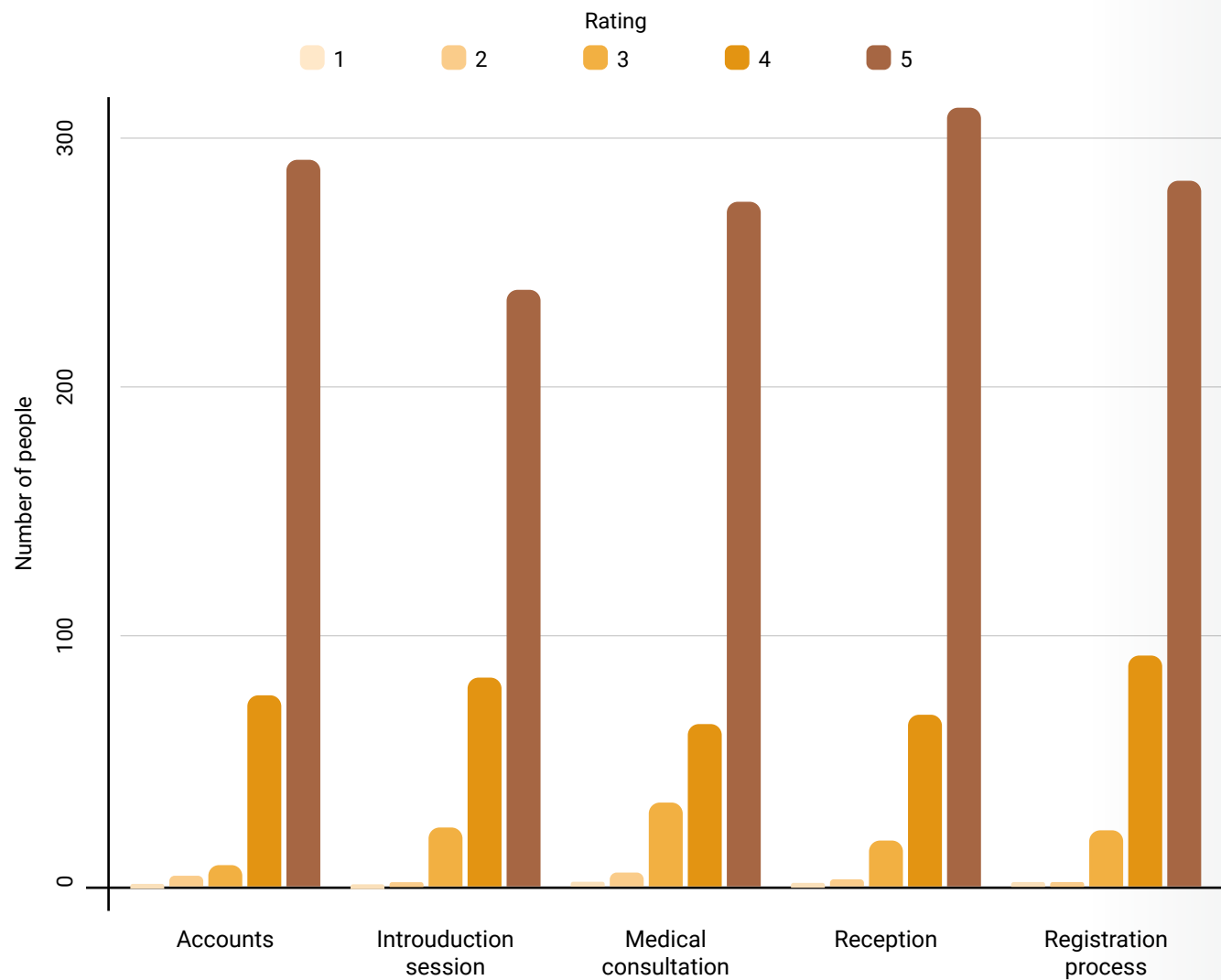
International Participants distribution



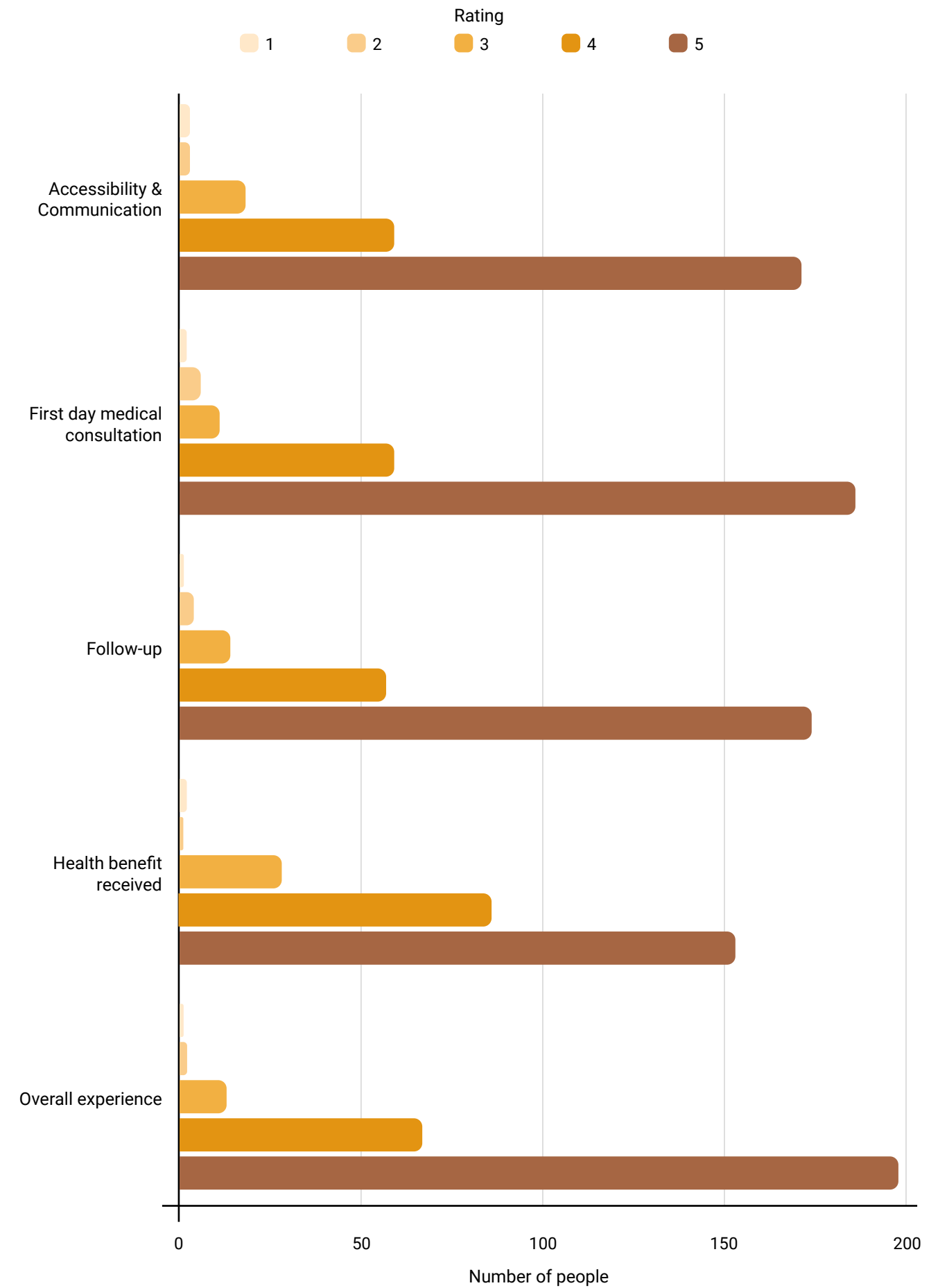
What People have to say about their Reservation experience?



How people feel about their Check-in experience?



Feedback on Doctor Consultation?



Feedbacks:

Kudos to Kaivalyadhama for creating Keshav Kutir and **providing such a peaceful environment for healing and connecting with the nature.**

I like the **friendly nature** and **customer delight attitude** of everyone."

Extremely satisfied with the **quality and consistency of care.** Please continue the great work as it is!"

Here they teach **Yoga as per Patanjali Yogasutra** in a **serene environment.** The Naturopathy procedures are administered in their original manner.

When I was in Kaivalyadhama **it's my best days which I lived**, and I will always come there wherever I get my time.

I came here for the yoga and relaxation program and I feel it has been perfect for me. I loved the **simple and sattvic food.** The yoga classes were very relaxing and I felt improvements to the tightness in my upper back. **The relaxation session showed me how much tension I hold throughout the day.** Thank you to everyone. I fully enjoyed my experience and look forward to returning in the future."

I came to Kaivalya Dham Yoga Center on Sunday and was **greeted by enthusiasm and I felt positive vibes as soon as I arrived.** I was put in the car in the pouring rain followed by hot tea at the reception. the tea was Ayurvedic herbal tea., it was still raining when I was taken to the centre and the staff put my luggage in the right place. The doctors gave me a form to **decide my personalized treatment** and after filling out this form I was interviewed after that I decided to take a yoga and relaxation course.

My treatment started the next day at 5:30 am and my one-week course went very well. In which I was given yoga sessions, taught asanas, taught pranayama, and learned postures. **Everyone in this yoga centre help me to grow** but I was most impressed by Shalini, Premila and Priyanka madam. Today I am in Mumbai. **My powers have increased. Health has increased. The concentration is high. Increased flexibility in the body. Muscle pains are reduced**

Thank you so much"



Yoga & Relaxation

Amidst today’s fast-paced routines, Kaivalyadhama continues to provide a space for balance and rejuvenation through its Yoga and Relaxation weekly programme. Conducted at the Lonavala campus, this offering is designed to go beyond surface-level stress relief, instead addressing wellness through a deeply integrated and traditional yogic approach.

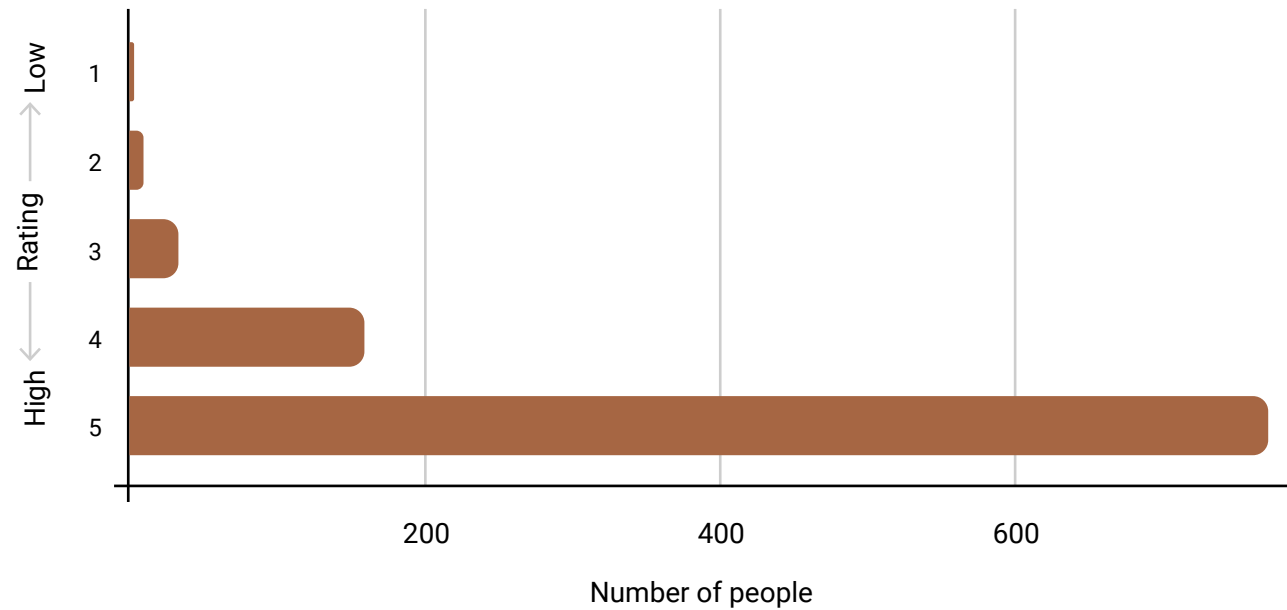
The programme brings together a step-by-step system rooted in yoga therapy, supported by consultations and diagnostics through in-house pathology and biochemistry, as needed. After a personalised assessment, participants receive a tailored prescription of asanas, pranayama, kriya practices, and a special diet when required. Sessions also include nature walks, meditation, and health talks, along with curated documentary screenings. Additional naturopathy and Ayurveda treatments are offered on an individual basis, ensuring a fully integrated approach to each participant’s health needs.

Participants benefit from improvements across various aspects of well-being. Regular yogic practice has shown promising outcomes in reducing mental decline, enhancing memory and concentration, managing weight, alleviating depression, improving sleep quality, and boosting overall vitality. The unique blend of bodywork, breathwork, and mindfulness positions this programme as a holistic remedy in a world that often seeks shortcuts to wellness.

The daily routine (dinacharya) at Kaivalyadhama is thoughtfully designed to mirror the principles of Yoga, Ayurveda, and Naturopathy. From wake-up calls to meal times, therapy hours to evening sessions, each moment is intentionally structured to recalibrate the body’s natural rhythms. While the programme is rooted in discipline, it also allows ample space for rest, reflection, and quietude, offering participants not just temporary relief, but a transformative shift in how they live and care for themselves.



How people find our Yoga sessions?



Yoga & Naturopathy

A sanctuary where the age-old wisdom of yoga meets the healing power of nature. Rooted in the principles of Naturopathy, HHCC offers weekly residential programmes designed to restore balance and health through non-invasive, drug-free treatments that harness the body's innate ability to heal itself.

Each wellness journey at HHCC begins with a thorough medical consultation, after which a customised healing protocol is prescribed. This includes therapeutic yoga sessions, targeted naturopathy treatments, dietary recommendations, acupuncture and guided lifestyle changes. The therapies span across:

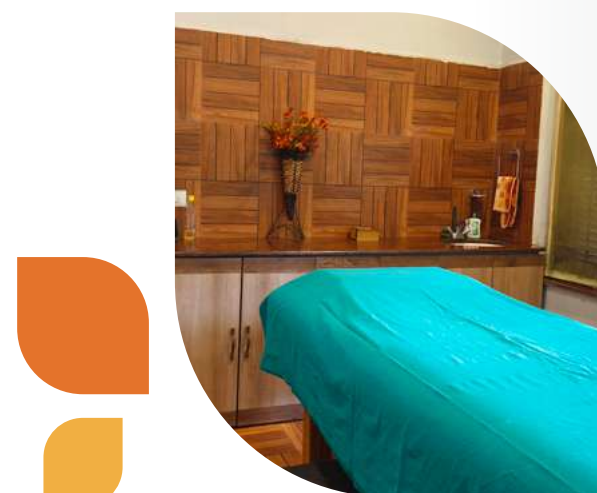
- Hydrotherapy, Healing potential of water through baths, jets, jacuzzi, wet packs, compresses, immersion baths, body wraps & enem.
- Mud Therapy, Full body mud bath, various packs, and fomentations using mud as an element of nature.
- Reflexology, Application of pressure to areas on the feet or hands, meant for relaxation, relief from stress/ pain, nerve stimulation, increased blood flow, prevention of illness, and promotion of good health.
- Manipulative Massage, Oil (massage) therapy, Exfoliative (herbal powder) oil therapy, Salt glow therapy, Swedish massage therapy and Aroma therapy for better blood circulation.
- Fasting Therapy, Therapeutic fasting is a supreme cure in Naturopathy. Specific juices and soups based on health conditions are suggested for eliminating toxins and resting the digestive system, to enhance the body's healing properties.

each drawing from the elements of nature: Earth, Water, Fire, Air, and Space.

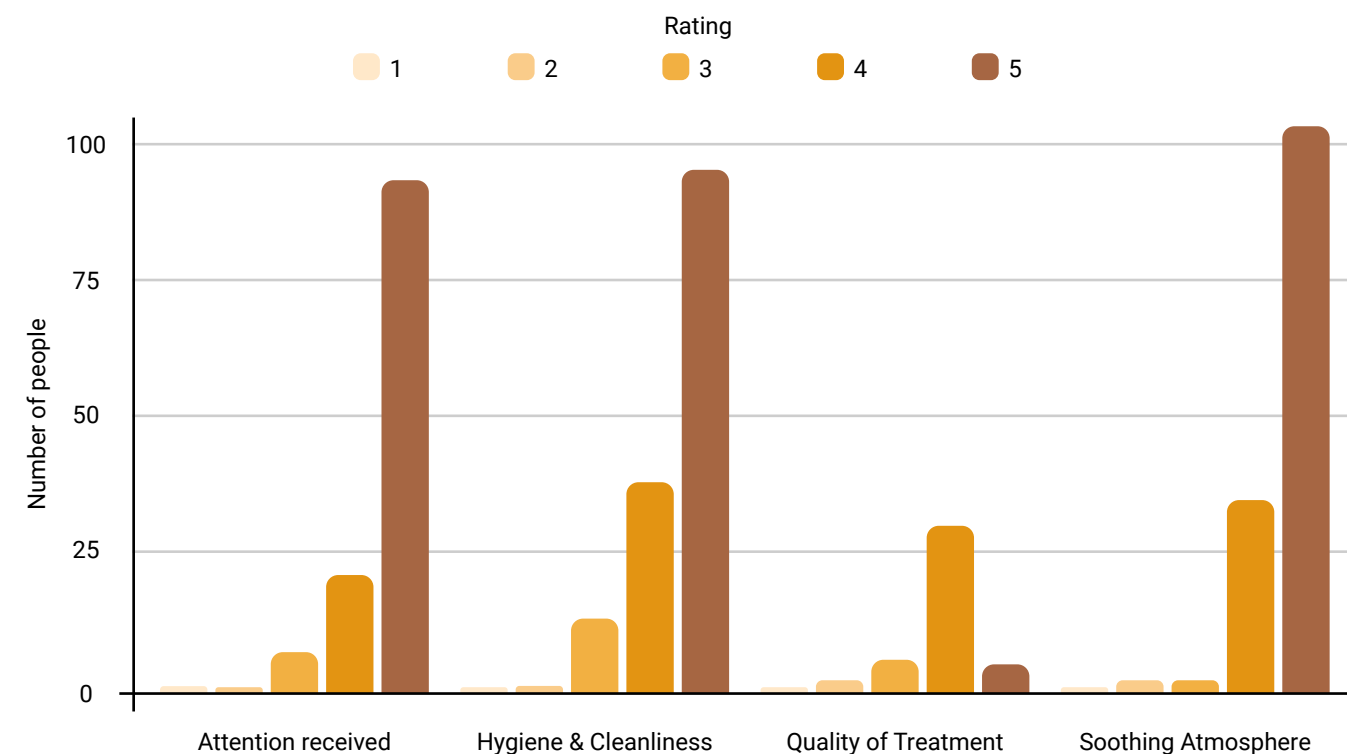
Food plays a pivotal role in this holistic system. At Kaivalyadhama, nutrition is not only therapeutic—it is foundational. Meals are prepared in alignment with naturopathic principles: fresh,

organic, minimally processed, and designed to support detoxification and rejuvenation. Weekly cooking workshops help participants adopt these dietary practices beyond their stay, reinforcing a long-term commitment to healthful living.

The daily schedule (Dinacharya) is thoughtfully crafted to synchronise the body's rhythm with nature, balancing nourishment, rest, physical movement, and spiritual reflection. With an environment of quietude, clean air, sattvic food, and personalised care, participants experience a complete transformation—physically, mentally, and emotionally.



Participants' feedback on Naturopathy



Yoga & Ayurveda

At Kaivalyadhama, the timeless sciences of Yoga and Ayurveda come together in a weekly residential programme designed for deep detoxification, rejuvenation, and healing. Rooted in the five elements, Ayurveda addresses the imbalances caused by modern lifestyles, environmental shifts, and unhealthy dietary habits. This approach treats the body as a unified whole, working through the doshas (bodily energies), dhatus (tissues), and malas (eliminations) to restore balance from within.

Each guest's journey begins with a personal consultation by an Ayurvedic physician, allowing a thorough assessment of their physical and emotional constitution. Based on this diagnosis, a tailor-made Panchakarma programme is prescribed. Panchakarma—the cornerstone of Ayurvedic purification—follows a structured regimen:

- **Pre-treatment (Purvakarma),**
Oleation with a medicated oil massage, that is complemented with a special diet. Our body is like a machine that must be serviced and cleansed for restoring the health of the body. Fomentation is carried out in different ways to open bodily channels and bring the toxins towards the nearest outlets of the body.
- **Main treatment (Pradhanakarma)**
Our Ayurveda experts decide the main karma according to health conditions and bodily constitution of the person undergoing treatment. Karmas depend on the patient's condition and hereditary history.

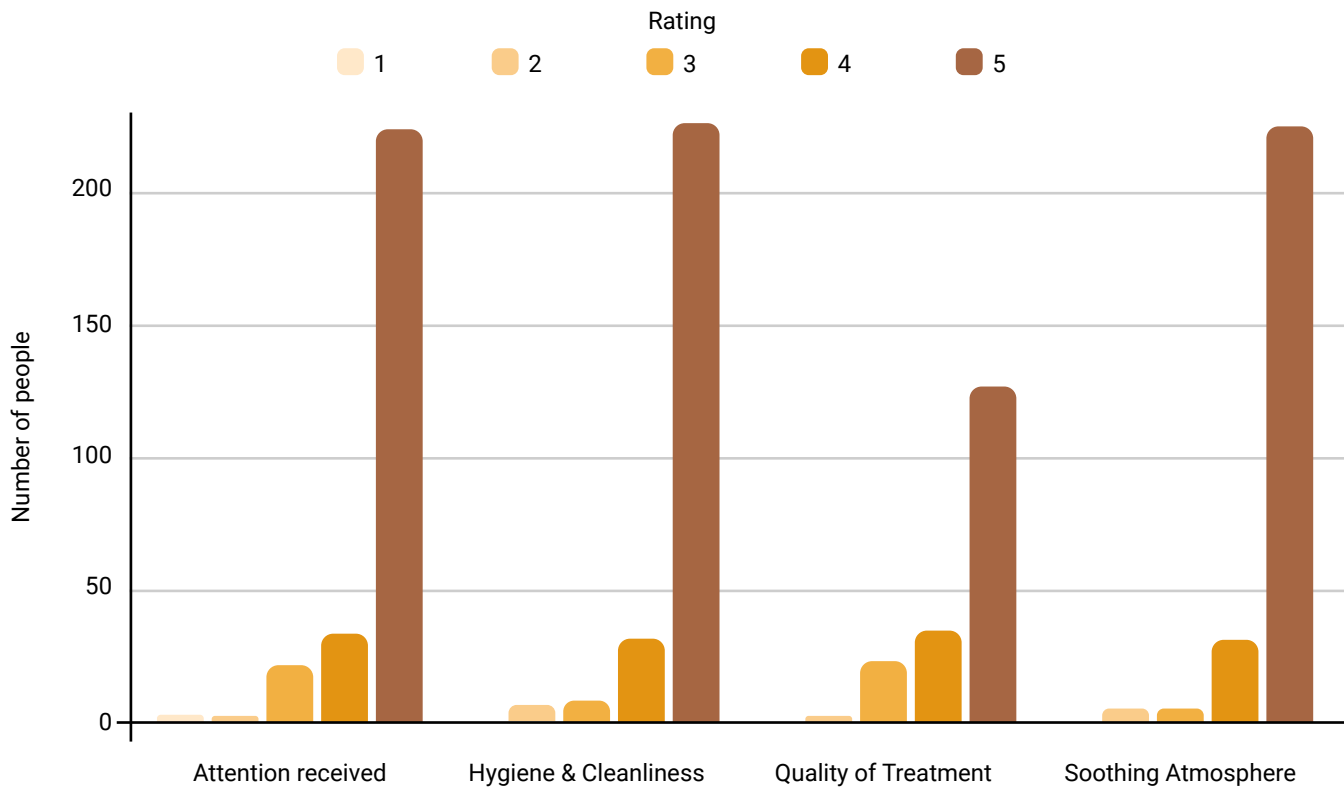
- **Post-treatment (Paschatkarma).**
After the main purification process, the bodily functions must be reset. Gradually there is a natural shift from special diet to a suitable normal diet. This includes rejuvenating therapies by following some simple home remedies.

Therapies offered include Abhyanga, Swedan, Shirodhara, Basti, Nasya, and many more, administered using in-house, non-toxic herbal preparations by highly trained staff. Treatments are accompanied by a specially curated sattvic diet, daily herbal decoctions, and integrated yoga sessions, ensuring alignment across body, mind, and breath.

Guests benefit not only from therapeutic relief but also from renewed vitality and deeper mental clarity. Conditions effectively managed through this programme include chronic allergies, asthma, arthritis, gastrointestinal issues, hormonal imbalances, and stress-related disorders.



Participants' feedback on Ayurveda Therapies



Yoga & Pain Management

Pain is not merely a symptom, it is the body's call for awareness, care, and balance. At Kaivalyadhama, the weekly Yoga and Pain Management Programme adopts a natural, integrative approach to address various kinds of physical discomfort through the time-tested disciplines of Yoga and Naturopathy.

Chronic pain can affect every aspect of daily life such as movement, sleep, mental health, and overall well-being. Unlike conventional approaches that often rely heavily on painkillers or invasive procedures, Kaivalyadhama's therapeutic model works to alleviate pain at its root. Through personalised consultation, our Naturopathy physicians carefully assess the condition of each participant to develop a customised treatment plan.

This programme offers significant relief from joint aches, cervical and lumbar spondylitis, disc prolapse, impaired mobility, and inflammation. It combines therapeutic yoga, targeted diet modifications, and a range of naturopathic treatments, including full-body massages with steam, mud therapy, hydrotherapy,

physiotherapy modalities, acupuncture, and reflexology. These practices promote better circulation, tissue repair, and natural endorphin release to manage pain without dependency on medication.

As participants move through the programme, they often experience reduced stiffness, improved joint flexibility, and renewed vitality. The structured daily schedule and sattvic meals further support long-term recovery, enabling individuals to restore both body and mind in a peaceful, holistic environment.



Yoga & Weight Management

In an age dominated by quick fixes and unsustainable dieting trends, Kaivalyadhama's Yoga and Weight Management programme offers a grounded and effective alternative rooted in the sciences of Yoga, Naturopathy, and Ayurveda. Designed as a residential retreat, this programme addresses weight management not just as a physical goal, but as a holistic lifestyle transformation.

Participants may choose between two comprehensive approaches—Weight Management with Naturopathy and Weight Management with Ayurveda—each tailored to individual needs through detailed consultations and personalised care.

- A. Weight Management with Naturopathy**
 This retreat emphasises internal cleansing, detoxification, and restoration without requiring extreme fasting or restrictive eating. Guests are encouraged to eliminate processed foods and instead embrace natural, nourishing meals composed of fresh fruits, vegetables, and whole foods. Naturopathy therapies include herbal fat-burning massages, colon hydrotherapy, steam baths, and enema treatments, all supervised by expert doctors.

Yoga plays a central role, with daily sessions in asanas, pranayama, kriyas, and meditation, complementing naturopathic interventions. Guests receive diet plans and lifestyle guidance suited to conditions like PCOD, thyroid disorders, or hormonal imbalances. Programmes are available in 2, 4, or 6-week durations, each beginning with an in-depth assessment and followed by a customised treatment protocol for weight loss, toning, or even healthy weight gain.

- B. Weight Management with Ayurveda**
 Kaivalyadhama's Ayurvedic weight management programme begins with a personal consultation, taking into account one's dosha constitution, family history, and specific challenges. Treatments focus on detoxifying the body, improving digestion and blood circulation, and toning muscles.

Recommended therapies include Udwartanam (herbal powder massage), Abhyanga (oil massage), Swedana (herbal steam), and, when appropriate, full Panchakarma detox protocols. Ayurveda is paired with daily Yoga practice to align physical, mental, and emotional well-being, ensuring results are both effective and enduring.

At Kaivalyadhama, weight management is not viewed in isolation but as a gateway to vibrant, balanced living. Through the ancient wisdom of Yoga, Naturopathy, and Ayurveda, guests are empowered with tools that extend far beyond the duration of their stay, fostering lifelong health and inner harmony.



Yoga & Healing

Chronic ailments, both physical and psychosomatic, can deeply affect one's sense of wellbeing. At Kaivalyadhama, the SOHAM programme has been thoughtfully crafted as a two-week immersive on-campus yoga therapy experience for individuals living with long-standing health conditions.

SOHAM—Self Observation and Awareness for Healing the Mind—integrates yoga therapy with naturopathy and psychological support, offering a holistic and compassionate approach to recovery and renewal. The 14-day retreat is designed to support those navigating chronic illnesses, post-cancer rehabilitation, anxiety, depression, or co-occurring conditions, fostering not only physical healing but also emotional resilience and inner transformation.

The programme includes a personalised blend of classical yogic practices such as asanas, pranayama, mudras, bandhas, and yogic kriyas, supported by naturopathic treatments tailored to the individual's constitution. In addition to physiological reconditioning, SOHAM promotes the cultivation of a balanced psychological attitude through yamas, niyamas, and maitri bhavana (universal friendliness).

Therapeutic sessions, mindful discussions, and diet based on yogic principles further deepen the experience. With expert guidance, participants are gently led toward self-reflection and a renewed outlook on life, grounded in purpose, balance, and inner strength



Yoga & Hormone Revival Programme

In response to the growing need for natural, integrative approaches to hormonal health, Kaivalyadhama introduced Santulan, a comprehensive Yoga and Naturopathy-based hormone revival programme designed to restore internal balance and enhance vitality.

Hormonal imbalances, particularly in women, can result in a wide spectrum of challenges, from mood swings, fatigue, and skin issues to irregular menstrual cycles, weight gain, and sleep disturbances. These disruptions, often caused by lifestyle stressors, poor diet, pollution, and synthetic chemical exposure, affect metabolic and emotional functioning in profound ways. Santulan addresses these issues holistically by targeting the root causes rather than just the symptoms.

The weekly programme begins with a detailed consultation, encompassing physical symptoms, medical history, and lifestyle assessment.

Based on this evaluation, a personalised plan is crafted combining naturopathic therapies with focused yogic practices. Therapies include full and partial massages with steam, mud and herbal packs, hydrotherapy, acupuncture, acupressure, reflexology, cupping therapy, hot and cold compresses, and Epsom salt applications. These are complemented by specially curated diets, herbal juices, and one-on-one yoga sessions aimed at hormone regulation and emotional wellbeing.

Whether facing premenstrual stress, PCOS, menopause-related shifts, adrenal fatigue, or infertility, Santulan empowers individuals to reclaim their health and vitality. Participants emerge with improved sleep, reduced mood swings, enhanced energy levels, and a greater sense of emotional and physical equilibrium.



Yoga & Anti-Ageing Programme

Kaivalyadhama's Ojasya programme presents a rejuvenating path toward graceful ageing and radiant skin through the integrative power of Yoga and Naturopathy. Rooted in the timeless principles of natural healing, the weekly programme is designed for those seeking to restore vitality, balance internal systems, and revitalise their skin without chemical interventions.

Drawing from ancient Naturopathic wisdom, Ojasya addresses the aging process holistically by first initiating detoxification, followed by carefully curated rejuvenation therapies. These therapies include antioxidant-rich massages, mud baths, hydrotherapy, and herbal applications that cleanse and nourish the body from within. Under expert supervision, participants follow a structured regimen supported by daily consultations with Naturopathy physicians, a digestion assessment, personalised food planning, and in-depth lifestyle analysis.

Therapies such as acupuncture, acupressure, cupping, reflexology, and specialised hot and cold compresses are tailored to each individual's needs. Daily therapeutic yoga sessions complement these treatments, working in tandem to enhance circulation, improve digestion, and calm the nervous system, ultimately reflecting radiance on the skin.

The outcomes of the Ojasya programme extend beyond visible skin health. Participants experience improved digestion, hydration, and metabolism, along with enhanced confidence and natural glow. With sattvic meals, herbal drinks, and lifestyle guidance, Ojasya empowers individuals to carry forward their rejuvenation journey with long-lasting impact.

Whether addressing dry skin, premature ageing, or simply seeking a deeper sense of wellbeing and inner glow, Ojasya offers a sanctuary for holistic revival—true to Kaivalyadhama's legacy of blending tradition with therapeutic precision.



Yoga for Cancer Care

At Kaivalyadhama, healing is viewed not merely as the absence of illness, but as the restoration of balance in the physical, mental, and spiritual realms. The Yoga for Cancer Care program is a two-week immersive experience designed for individuals who have completed their cancer treatments and are seeking long-term wellness and recovery.

This integrative programme recognises both the physiological toll of medical interventions like chemotherapy and radiotherapy, as well as the emotional burdens often carried alongside them, like fear, anxiety, uncertainty, and loss of agency. Through a carefully structured blend of therapeutic yoga, kriya practices, naturopathy or ayurvedic detox treatments, and guided psychological sessions, participants are supported in strengthening their immunity, reducing residual toxicity, and regaining a sense of inner harmony.

The yoga component includes scientifically backed asanas and pranayama techniques that help restore energy, vitality, and resilience. Complementing this are meditation and kriya yoga sessions that enable individuals to process emotional upheavals and transcend the binary of positivity or negativity, encouraging instead a state of detachment and inner steadiness.

Personalised wellness sessions help participants reflect on their healing journeys and equip them with tools to reframe illness not as a lifelong identity, but as a transient event that no longer holds dominion over one's sense of self. As one of the facilitators often says, "treat illness as a visitor who came to the wrong address."

With detoxification support through naturopathy or Ayurveda, as well as a sattvic diet, this programme is not only a therapeutic retreat but also a transformative space of renewal. Open to cancer survivors and individuals who have completed their medical treatments (with a three-month post-treatment gap), Yoga for Cancer Care embodies Kaivalyadhama's enduring commitment to integrative healing.



Sadapurna & Sampurna

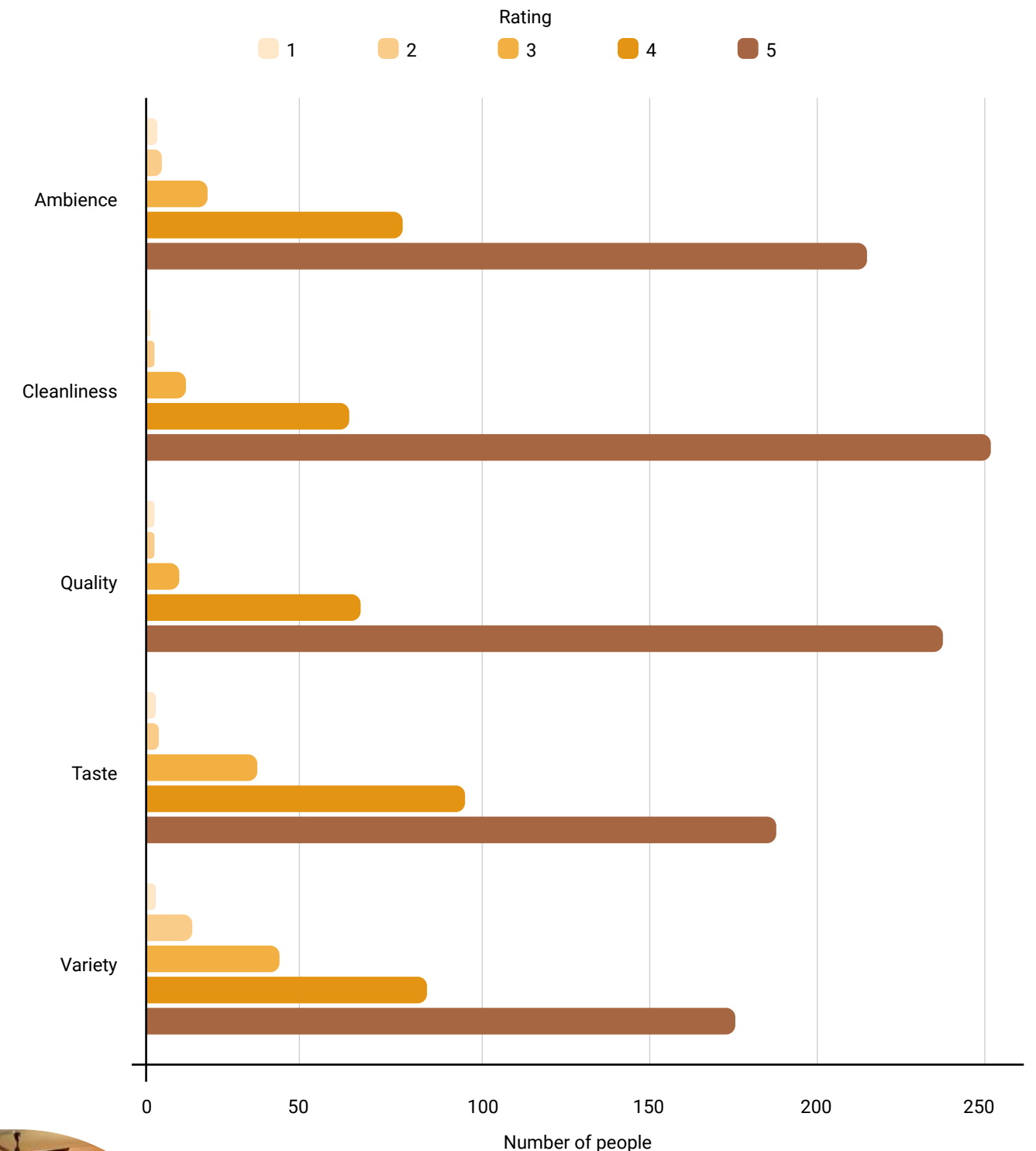
At Kaivalyadham, the dining hall offers a delightful selection of vegetarian cuisine that is both delicious and nutritious. The menu primarily consists of Indian dishes, prepared in accordance with the principles of sattvic food. Guests are treated to hot and wholesome breakfasts, lunches, and dinners, with fresh fruits served in the afternoon. The meals are thoughtfully designed to be nutritious and easily digestible, promoting a healthy balance in the diet. Accompanying the main meals are refreshing soups, salads ensuring a well-rounded and nourishing dining experience.

In addition, Ayurvedic tea and herbal milk are served in the mornings and late afternoons, providing guests with rejuvenating and health-enhancing beverages. For those undergoing Panchkarma treatment, a specialized diet is provided to cater to their specific needs.

The availability of such dining arrangements at Kaivalyadham is not solely the result of the institute's efforts, but also the contribution of yoga enthusiasts who have been visiting the place over the years in increasing numbers. Their valuable suggestions have played a significant role in helping the institute strive towards culinary perfection, ensuring a delightful and wholesome dining experience for all.

On 1st March the newly constructed Dining Hall and State-of-the-Art Kitchen "Sampurna" was inaugurated. Sampurna has been thoughtfully designed to serve meals to approximately 150–200 participants every week. This modern facility has been thoughtfully designed to provide nutritious, wholesome meals tailored to support the health and recovery of individuals managing cancer and other chronic lifestyle conditions.

Participants' feedback on dining experience



Accommodation

The accommodations are spread across the campus, with simple clean rooms, attached toilets, air-conditioning and a vegetarian diet. There are various gardens in the campus to take nice walks and enjoy leisurely view of nature.

Healthcare centre has introduced new facilities this year – Anand rooms. The project is for total 30 rooms with dining area, asana halls and treatment rooms.

Experience sheer delight and bliss of stay at Kaivalyadhama at the Anand Room which are specially designed to ensure comfort in every detail. The rooms are spacious and tastefully decorated exuding a warm and spiritual ambiance. The carefully chosen color palette creates a soothing atmosphere, ensuring a perfect retreat after a day of yoga, ayurveda and naturopathy therapies. The orthopaedic range, seven zone support, memory foam based mattresses adorned with premium linens ensure a restful night's sleep.

There are several Asana and Pranayama Halls which hold sessions for different batches of participants. In house library is also there in the healthcare Centre. There is an in-campus ATM,

car park, laundry service, Hanuman temple and convenience store available located directly across the main Health Care Centre Building.

Sattva Café is located adjacent to the main library. Resident participants in the Naturopathy & weight management program will have special juices in sattva cafe after the diet prescription. The cafe also offers teas and some snacks. It also offers free Wi-Fi with your purchases.



Gardens

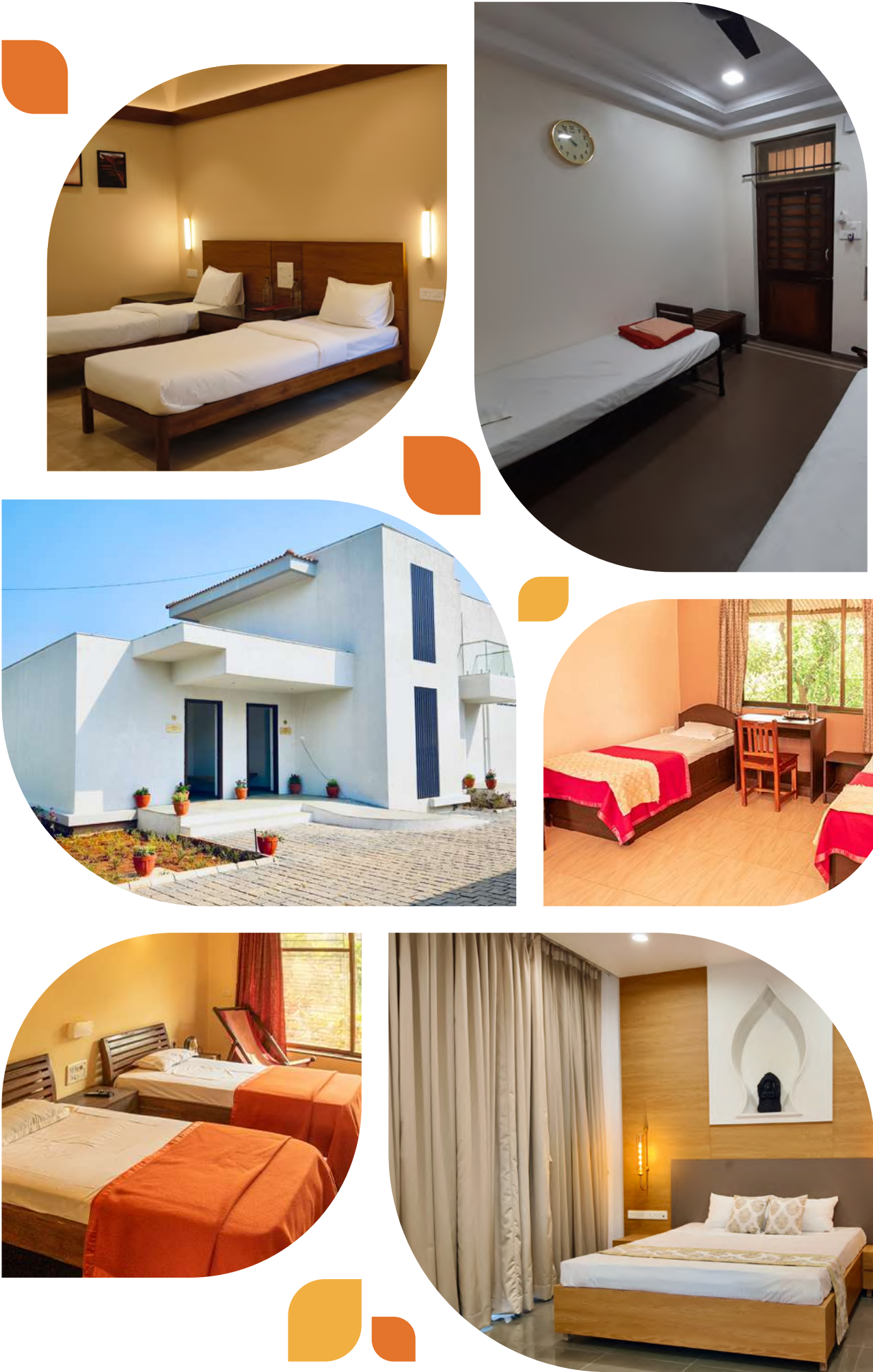
Apart from several gardens we also house Harit Vanam for medicinal plants. Herbs have many values but a few of the most common uses include aromatherapy, medicinal, as seasonings and flavourings in foods and beverages, and in salads. Many herbs are chockfull of cancer-fighting antioxidants, valuable nutrients, fat-free flavour, and more.

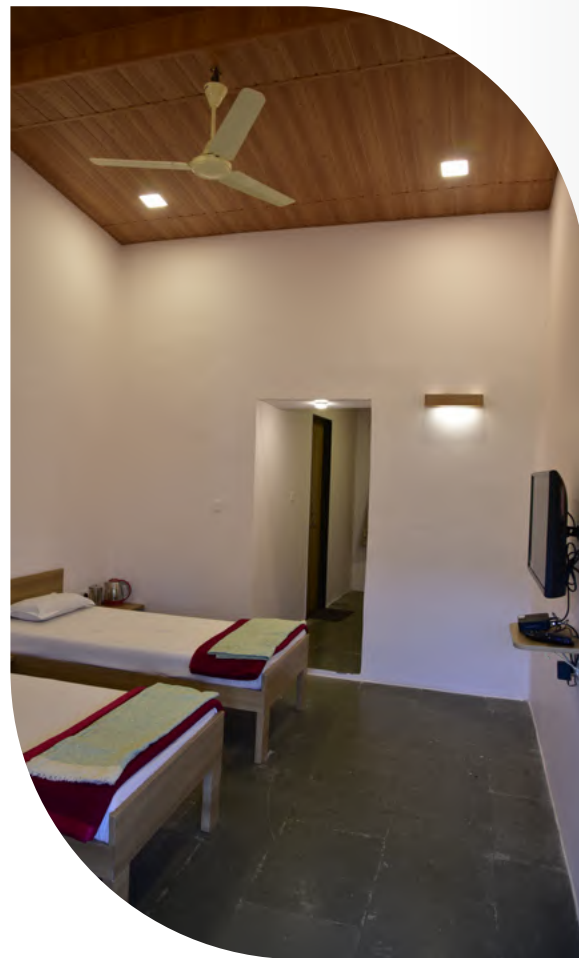
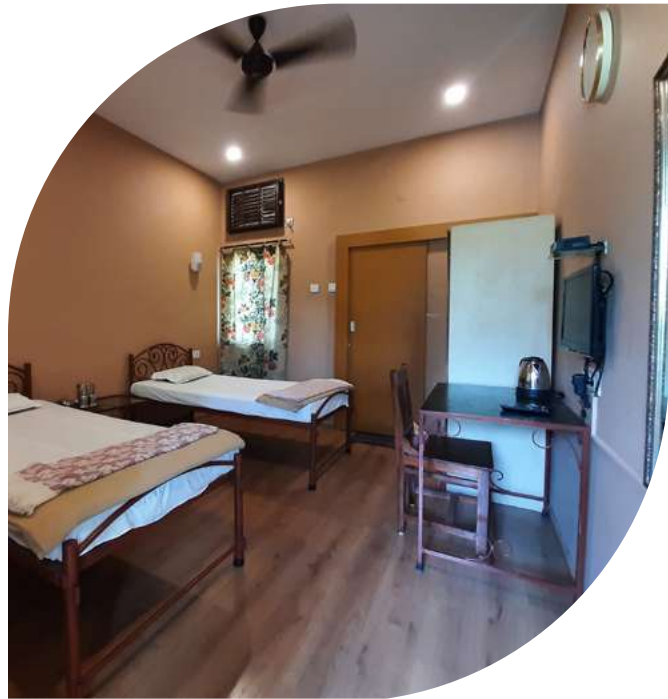
In Kaivalyadhama, most of the native plants which are medicinal plants are planted are the backbones of Ayurveda as well as useful in Homeopathy, Allopathic and Siddha too.



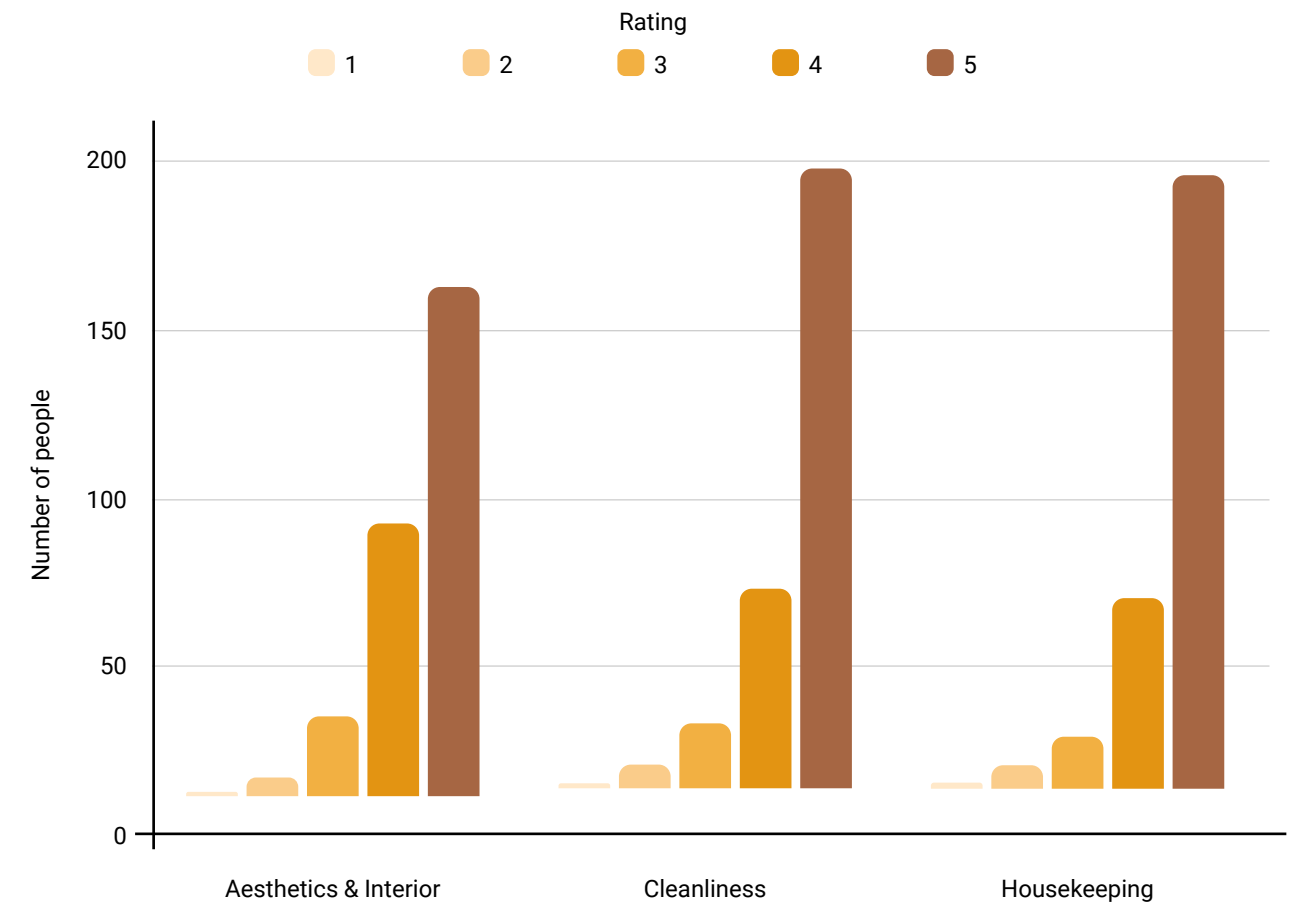
Classification of Rooms

ROOM TYPE	TOTAL ROOM	CAPACITY	TOTAL CAPACITY
HHCC BUILDING			
Common	7	2 in each room	14
Attach Bathroom	12	2 in each room	24
SOHAM BUILDING			
Deluxe Non AC	4	2 in each room	8
Deluxe AC	10	2 in each room	20
Executive AC	5	2 in each room	10
AMRUTA BUILDING			
Deluxe AC	5	2 in each room	10
COTTAGES			
Cottages for 2 AC	1	2 in each room	2
Cottages for 3 AC	2	3 in each room	6
Cottages for 4 AC	1	4 in each room	4
KESHAV KUTIR			
Deluxe AC	4	2 in each room	8
ANAND AREA			
Super Deluxe AC	17	2 in each room	34
TOTAL ROOMS	68	TOTAL CAPACITY	140





Participants' feedback on accommodation experience



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 fulfillment.

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
27 November 1952

EDITOR

Shalini Srivastava

CONTRIBUTORS

Dr. Bandita Satapathy

Mr Sanjay Shete

Mr Sushil Raison

Mrs Bhumi Choksi

Mrs Ashwini Mudalgikar

DESIGN

Anubhav Gangwar



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T: 02114 - 273001/273039