

KDHAMWorld



Editorial



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The first three months of the year have been truly remarkable for Kaivalyadhama. It feels as though this year has unfolded under the special grace of revered spiritual masters, bringing with it a deep sense of inspiration, alignment, and inner awakening.

We were deeply honoured by the visit of Param Pujya Shankaracharya Swamishree Sadanand Saraswati, whose presence filled the campus with a profoundly charged spiritual energy. This was followed by the blessings of Gurudev Sri Sri Ravishankar ji and later Acharya Lokesh ji. Each of these visits became a moment of collective elevation, enriching every sādḥaka and strengthening our shared commitment to inner growth.

Kaivalyadhama has always stood as a space for deep study, sincere practice, and experiential understanding. These sacred visits reinforce our foundational ethos—of inclusivity, spiritual upliftment, and harmony. They bring people together and remind us of the essential need for awareness and consciousness in our lives.

In a beautiful reflection on the paths of Yoga, Gurudev Sri Sri Ravishankar shared a timeless insight: “Surrendering is Bhakti, Knowing is Jnana, and Practice is Karma. All three are essential for a balanced spiritual life.” These words resonate deeply with our integrated approach to Yoga.

We bow in humility to the blessings of these great masters.

During this period, Kaivalya Vidya Niketan took a significant step forward with the launch of the Kudilal Govindram Seksaria Sishu Gurukulum, supported by the Kudilal Seksaria Foundation under the leadership of Rajkumar Seksaria. The Seksaria family has consistently supported the noble work of Kaivalyadhama, and we express our

heartfelt gratitude for their continued faith and generosity.

We were also delighted to have Vidyut Jamwal join us on this occasion, adding vibrancy and inspiration to the celebrations.

Guided by the blessings of our founder, our commitment to social outreach continues to deepen. The Yogamay Police initiative stands as a testament to this effort. These immersive three-day programs have demonstrated a tangible potential for transformation, fostering resilience, clarity, and well-being among participants. Witnessing these positive outcomes fills us with quiet satisfaction and renewed purpose.

Our journey towards sustainability has also gained momentum. The commissioning of a new solar power plant, generating 103 KVA, marks a 40% increase in our energy capacity. Alongside this, we are strengthening our Green Ashram initiative, with plans for an expanded plantation drive. We hope this will further nurture biodiversity on our campus, which already hosts 27 species of birds along with many gentle co-inhabitants of nature.

Another meaningful initiative is ‘Anubandh’—our workshops for cancer survivors—which are now being conducted regularly during the last two weeks of each month. With provisions for up to 100% subsidy for economically disadvantaged participants, this initiative reflects our commitment to enhancing quality of life through carefully curated Yoga therapy practices.

As we continue on this path, we extend our sincere gratitude to all our well-wishers and supporters. Since becoming Atmanirbhar in 2022 and stepping away from grants, we have experienced an encouraging wave of goodwill and support. It reinforces our belief that sincere purpose invariably finds its patrons.

The coming months promise to be equally engaging, with a series of workshops, training programs, and initiatives aimed at sharing both the scientific and traditional dimensions of Yoga with the world.

We conclude with the timeless peace invocation:

Sanskrit:

सर्वे भवन्तु सुखिनः सर्वे सन्तु नरिमयाः ।

सर्वे भद्राणि पिश्यन्तु मा कश्चिद्दुःखभाग्भवेत् ॥

English Translation:

May all be happy, May all be free from illness,

May all see what is auspicious, May no one suffer.

Meaning:

A universal prayer for the well-being of all beings, reflecting the essence of Yoga—unity, compassion, and harmony.

ॐ शान्तिः शान्तिः शान्तिः ॥

Kudilal Govindram Seksaria *College - Shishu Gurukulam*



Effect of Yoga Practices on Postural Stability, Fall Risk, and Psychological Wellbeing in Older Adults

Authored by

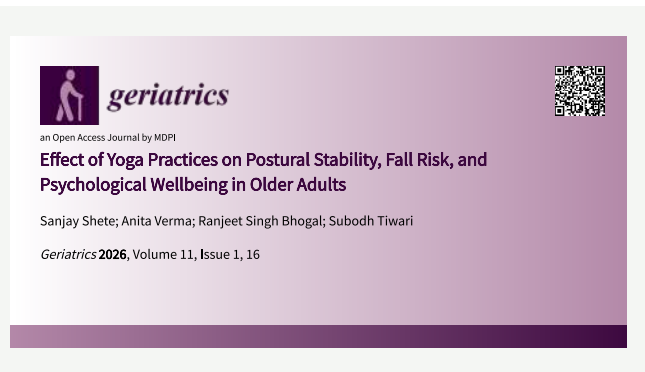
Dr. Sanjay Shete, Dr. Anita Verma, Dr. Ranjeet Singh Bhogal, and Shri Subodh Tiwari

Published in Geriatrics (MDPI), 2026, Volume 11, Issue 1

This research study explores the impact of structured yoga practices on postural stability, fall risk, and psychological well-being among older adults. Addressing a critical concern in geriatric health, the authors examine yoga as a holistic, non-pharmacological intervention to promote safe and healthy ageing.

The findings reveal significant improvements in balance, postural control, and confidence, leading to a reduced risk of falls. Additionally, participants experienced enhanced psychological well-being, including better emotional health and overall quality of life.

The study highlights yoga's integrated benefits for both physical and mental health, reinforcing its scientific relevance and practical application in geriatric care. It positions yoga as a cost-effective and evidence-based approach for fostering independence, resilience, and well-being in the ageing population.



Teaching Sustainability through Aparigraha: Classroom Practices for Mindful Consumption

by Nishant Jain - Core Team Member, Kaivalyadhama

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Abstract

The environmental crisis confronting contemporary societies is deeply rooted in patterns of overconsumption and unexamined desire. While sustainability education has gained visibility at the curriculum level, it often remains informational rather than transformational, with limited impact on students' everyday choices. Jain philosophy, particularly the principle of aparigraha (non-possessiveness), offers a culturally grounded and ethically robust framework for reimagining sustainability education as a lived practice.

This paper proposes a classroom-centred pedagogical model that operationalizes aparigraha through concrete, implementable strategies designed for Indian school and higher-education contexts. Anchored in experiential learning, the framework translates philosophical ideas into diverse educational practices, including waste and consumption audits, ecological footprint mapping, student-led 5R clubs (Reduce-Reuse-Recycle-Reimagine), reflective dialogues, voluntary restraint challenges, and play-based simulations. Rather than prescribing moral behaviour, these practices emphasize self-awareness, voluntary limits, and reflective inquiry, enabling students to discover sufficiency through experience.

Light textual references to Jain scriptures such as the Tattvārtha Sūtra and Ācārā ga Sūtra provide conceptual grounding, while examples of similar educational initiatives from global contexts illustrate broader relevance and adaptability. The proposed model aligns closely with the National Education Policy 2020, particularly its emphasis on experiential learning, ethical reasoning, and integration of Indian Knowledge Systems.

The paper argues that aparigraha, when approached as a pedagogical design principle rather than a moral injunction, can function as a scalable and replicable framework for sustainability education. By embedding restraint, reflection, and sufficiency into everyday classroom practices, education can move beyond awareness towards developing learners capable of ethical, mindful, and sustainable living.

Mr Nishant Jain represented Kaivalyadhama and presented a paper at the "ICPR sponsored 3 Day National Seminar on Applied Ancient Wisdom: Jain Philosophy for Transforming Education" organized by Parshwanath Vidyapeeth, Varanasi from 20 to 22 Jan 2026 this was presented virtually.

Finding God in Everyday Acts

By Mr. Gaurav Mashruwala

Financial Planner, Author of Yogic Wealth and Benefactor of Kaivalyadhama

Drawing from the Bhagavad Gita (4.11) and real-life experiences, the article beautifully shows that God is encountered not only in places of worship but in compassion, service, and selfless human actions—wherever sincerity and care exist.

ये यथा मां प्रपद्यन्ते तांस्तथैव भजाम्यहम् ।
मम वर्तमानुवर्तन्ते मनुष्याः पार्थ सर्वशः ॥ 11॥

• Bhagvat Gita shlok 4.11

- This is one of the most powerful shlok in Bhagvat Gita from layman's perspective. While there are other shloks which are of substantial significance as well and Gita as such is monumental. My preference for this shlok is due to its simplicity in adhering to in our day to day lives.
- Here Lord is saying, HE is present everywhere to welcome us. It is we who should be consciously seeking to reach out to HIM.
- Let me tell you a story. This story is also mentioned in my first Yogic Wealth book.
- Once there was a beggar. One night he was very hungry. Since morning he had not got any food. He was feeling weak and pale. Thinking some noble soul coming out of temple will give him something, he stood outside temple, begging. He waited there for a long time. Devotees kept coming out. Some in rejoice, some celebrating, few regular visitors. Everyone looked at him no one paid heed to him. One or two even tried to shoo him away. Saddened he went to other places of worship. He had similar experiences there as well. Hungry, tired and pale, he finally went and lied down on a street bench. Now he didn't have any strength left in him. Just opposite to the bench where he was lying down, there was a gate of a club. Young couples, gen z (gen zee) lads and yuppie individuals were coming out from there. Suddenly a young lady noticed him and requested her boyfriend to check it out. On noticing that beggar was hungry and pale, he went and got him bread and banana.
- After having bread and banana, beggar said to Lord, "Lord please give me your correct address. I was searching for you in places of worship but found you near a club." Beggar found God in a young couple coming out of a club.
- Other day, I was visiting tribal area of Gujarat. There, along with a NGO, I was visiting schools. It was 5pm in the evening and I was feeling very hungry. That day I had had an early lunch around 1130 am. Considering few of my health challenges, I am careful about the kind of food I consume. Realising my requirements we stopped by a missionary school and requested Father there. He had some fried snacks, which I was not very delighted to consume. Peon of the school heard the conversation and said, if we give him 15 minutes, he will arrange for something. We thought he will go to some nearby town and bring something. I agreed. He returned back after half an hour. In my mind I was cursing him for not returning back in 15 minutes, as he had promised. My mind was turbulent. Actually, he had gone to his house. He had requested his wife to prepare some local snack. He also got me lime water (Limbu pani.) Experience was overwhelming me. For me peon was actually

manifestation of God.

- In the shlok, God is saying whichever route you take to reach out to me, I am waiting for you. Whether we are feeding hungry individuals, supporting needy, protecting environment, involved in wildlife preservation, volunteering with NGO, meditating or offering reverence, all the routes lead to God. God is omnipresent. It is up to us to decide which route we want to embark upon and when. We could even be walking on several paths simultaneously.
- As long as we acquire, consume and distribute wealth in name of God, it is Yogic Wealth. Offer everything to God and request HIM to take care of us, God will never us down.

Scientific Evaluation of a Two-Week Residential Yoga and Residential Naturopathy & Ayurveda Program

Dr.SHRUTI DAS

BNYS

Kaivalyadhama Yoga Institute 2025 Ceremony

ABSTRACT

This study presents a scientific evaluation of a two-week residential Yoga, Naturopathy, and Ayurveda program conducted at Kaivalyadhama, examining its effects on psychomotor performance, muscular strength, flexibility, and autonomic regulation. Participants underwent structured daily sessions comprising asanas (postures), pranayama (breathing techniques), naturopathy treatments, and Ayurveda therapies within a residential setting.

Pre- and post-intervention assessments were carried out using standardized research instruments, including Anticipation Time Test, Audio-Visual Reaction Time (AVRT), Hand Steadiness Test, Hand Grip Strength Test, Sit-and-Reach Test, Back-Leg-Chest Strength Test, Heart Rate Variability (HRV) analysis, Spirometry, and Finger Tapping Test.

The findings aim to provide empirical evidence regarding the short-term physiological and psychomotor benefits of an intensive, integrative yoga-based lifestyle intervention.

INTRODUCTION

Yoga is a holistic discipline that integrates physical postures (asanas), controlled breathing techniques (pranayama), meditation, relaxation practices, and regulated lifestyle habits to promote overall physical, mental, and autonomic balance. In decades, scientific institutions such as Kaivalyadhama Yoga Institute have undertaken systematic research to evaluate the therapeutic and performance-enhancing effects of yoga using standardized physiological and psychomotor assessment tools.

A two-week residential yoga program offers a controlled and immersive environment that minimizes external stressors and enhances adherence to structured practice. Such programs enable researchers to examine short-term adaptations in neuromuscular coordination, reaction time, muscular strength, flexibility, autonomic regulation, and respiratory efficiency.

Emerging evidence suggests that even brief, intensive yoga interventions can produce measurable and statistically significant improvements in psychomotor performance and physiological regulation. This study contributes to the growing body of scientific literature supporting yoga as an evidence-based complementary health intervention.

METHODOLOGY

Study Design

This study employed a single-group pre-post experimental design to evaluate the effects of a two-week residential Yoga, Naturopathy, and Ayurveda program conducted at Kaivalyadhama.

Participants

A total of 15 participants were enrolled in the study. Participants voluntarily registered for the residential program and were screened for general health status prior to inclusion.

All participants provided informed consent before participation.



Duration of the Study

The intervention was conducted over a period of **two weeks (14 days)** in a residential setting to ensure adherence to the structured schedule and controlled lifestyle conditions.

Intervention Protocol

Participants followed a structured daily routine that included:

- **Asanas (yogic postures)** – to enhance flexibility, muscular strength, and neuromuscular coordination
- **Pranayama (breathing practices)** – to improve respiratory efficiency and autonomic balance
- **Sattvic diet** – a balanced sattvic diet designed to promote digestive health and mental clarity
- **Naturopathy therapies** – including Massages along with steams, hydrotherapy, packs, mud therapy and other natural treatments as indicated
- **Ayurveda therapies** – individualized treatments based on body constitution and health status

Assessment Tools

Pre- and post-intervention assessments were conducted using standardized measurement tools:

1. Sit-and-Reach Test – to assess flexibility of the lower back and hamstring muscles
2. Finger Tapping Test – to measure motor speed and psychomotor performance
3. Hand Grip Strength Test – to evaluate isometric muscular strength of the forearm and hand

All assessments were administered under standardized laboratory conditions before the commencement of the program (Day 1) and after completion (Day 14).

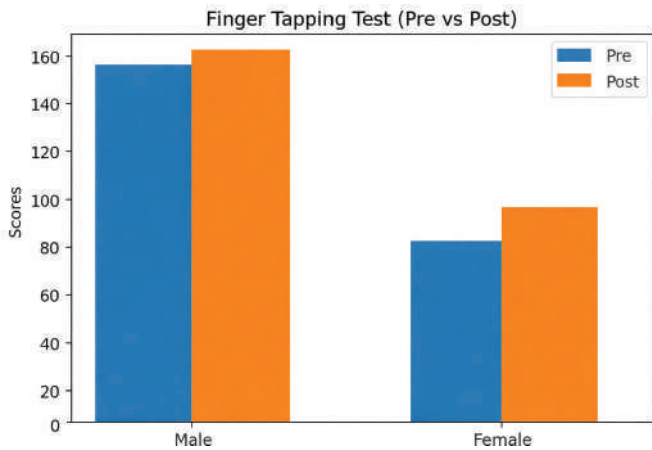
Data Analysis

Pre- and post-intervention values were compared to determine changes in flexibility, muscular strength, and psychomotor performance. Appropriate statistical methods were applied to assess the significance of observed changes.

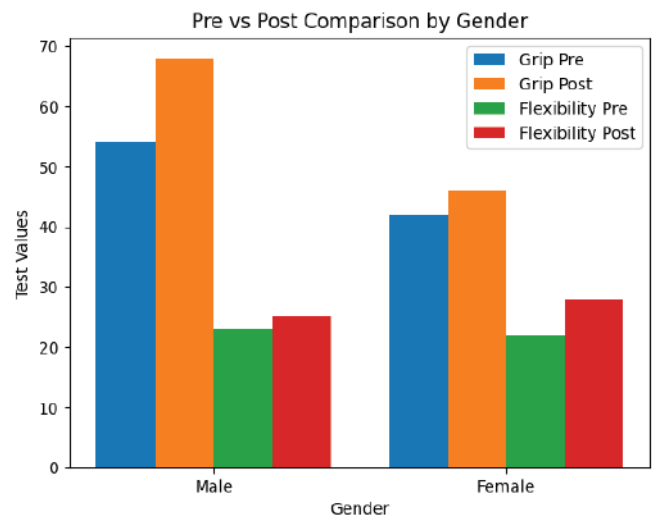
RESULT:

Test Name	Gender	PRE	POST
Finger Tapping:	male	156	164
	female	75	95
Sit and Reached	male	22	24.6

Test Name	Gender	PRE	POST
	male	14	21
	female	23	24.5
	male	21.6	28.2
	male	14.6	17.2
	male	5.3	7.33
	male	25.3	36.3
	female	32	33



hand Grip Test	Gender	PRE	POST
	male	62	81.5
	female	42	46.6
	male	37	43.3
	male	71.6	71.1
	male	33.3	36



Breaking the Chronic Loop

A Yogic Path to Healing, Regulation & Joy

By Anu Gupta | Writer + Holistic Yoga Coach | Founder of Anuyoga

Chronic conditions rarely arrive alone. If you've lived with long-standing conditions like asthma, diabetes, Hashimoto's, Fibromyalgia, Colitis or other autoimmune issues, you know the story too well- one chronic condition will often lead to another and then another until you are caught in a continuous loop of ill-health, pain and fatigue.

DISCUSSION:

The findings from the two-week residential yoga program at Kaivalyadhama reveal significant improvements in flexibility, finger tapping performance, and hand grip strength, indicating rapid neuromuscular adaptation. The enhancement in Sit and Reach scores suggests improved flexibility of the hamstrings and lower back muscles.

Improvement in finger tapping performance reflects better motor speed and coordination. This may be attributed to enhanced cortical activation, improved concentration, and reduced mental stress achieved through pranayama, meditation practices, naturopathy and ayurveda therapies. Similarly, the increase in hand grip strength demonstrates improved muscular engagement and neuromuscular efficiency. Although structural muscle changes require longer training durations, early strength gains are primarily due to improved motor unit recruitment and coordination developed through isometric holds and weight-bearing postures.

Overall, these results suggest that even a short-term intensive yoga intervention, naturopathy and ayurveda therapies can effectively enhance flexibility, fine motor control, and muscular strength, supporting its role in improving functional physical fitness.

CONCLUSION:

The findings of the two-week residential yoga program at Kaivalyadhama indicate significant improvements in flexibility, finger tapping performance, and hand grip strength and better muscular efficiency achieved through structured asana, pranayama and therapies.

Overall, the study supports the effectiveness of short-term yoga and therapies in producing measurable improvements in functional physical fitness and neuromuscular performance.

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Why Chronic Conditions Become a Loop

It's because living with a long-term condition slowly re-shapes the whole body-mind system. Over time, four major forces begin reinforcing each other:

1. Physical Debilitation & Disconnection

Chronic illness, pain or low energy often leads to less movement, which leads to more stiffness, weaker muscles, reduced mobility, and

Why Chronic Conditions Become a Loop

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1. Physical Debilitation & Disconnection

Chronic illness, pain or low energy often leads to less movement, which leads to more stiffness, weaker muscles, reduced mobility, and yet more pain. It becomes harder to feel ease in the body. The pain in one area then often begins to transfer to other parts and the dominoes begin to fall. The longer this goes on the more disconnected we begin to feel with our bodies.

2. A Stressed & Overworked Nervous System

This constant pain and discomfort then has an effect on our nervous system. It pushes the nervous system into a state of constant vigilance. The 24/7 'threat' which the nervous system perceives makes it hyperactive and reactive and eventually malfunction.

It tries to protect us but ends up amplifying the pain as like in Fibromyalgia or debilitating fatigue in Chronic Fatigue Syndrome. Or we might experience serious anxiety or burnout.

In extreme cases we get autoimmune conditions wherein our nervous system turns on us. Our own antibodies attack our organs and tissues like in Hashimoto's Thyroiditis or Rheumatoid arthritis.

3. Psycho-Emotional Dissonance

The emotional and psychological impact of living with chronic conditions can be as debilitating as the physical impact. Mental health is intricately connected to our physical health. People suffering from chronic health issues often experience depression, anxiety, loss of self-esteem and confidence.

4. Social Disconnect

Chronic conditions influence every aspect of life—work, relationships, self-esteem, social engagements and our general ability to interact with the world at large. This creates emotional and social loops that feed back into the physiology making us more ill.

And so the cycle continues; not because we're broken, but because the whole system is overwhelmed.

But these loops can be interrupted with the help of yoga. Even disrupted, so that real healing can begin.

Where Yoga Steps In: Restoring Regulation & Possibility

We know that yoga is not just a set of postures, but a holistic system that helps the body-mind return to safety, connection, and coherence. Healing begins here.

1. Regulating the Nervous System

One of the most immediate gifts of yoga is the softening of the nervous system's constant vigilance.

Slow, intentional breathing and specific pranayama practices like nadi shodhana, brahmari, soft ujjayi begin to calm the stress response almost instantly. This activates the vagus nerve, settles the stress response and begins to soothe the hyper-alert pathways.

With practice, this becomes a lived experience of "I am safe," and that sense of safety opens up the path to healing.

2. Gentle, Compassionate Movement

Gentle asanas and mindful movement offers a way back into rebuilding our relationship with the body, something chronic pain can make us wary of.

Moving slowly, intentionally, and with breath awareness increases circulation, eases stiffness, and allows muscles that have been guarding or dormant to reawaken. The practice becomes less about stretching and more about listening. Over time, the body begins to feel like a place we can inhabit again, a place that responds, adapts, and supports rather than one we have to fight with all the time.

Movement becomes nourishment, not effort

3. Breath as Immunological Support

Our breath is one of the most underestimated therapeutic tools we carry. Besides calming the nervous system, deep diaphragmatic breathing helps stimulate lymphatic flow, improve detoxification, and reduce inflammation. The body switches from defence to healing. This gentle shift supports immunity at a foundational level. It starts to repair itself and gets stronger. Pranayama becomes one of the most accessible tools for boosting overall vitality.

4. Mindfulness & Mental Wellbeing

Chronic conditions often carry a heavy emotional load. We can spiral down into fear, frustration, grief, and helplessness. A mindful yoga practice interrupts this fear-based thinking and reminds us that we are not our conditions. Meditation strengthens agency, clarity, and emotional steadiness.

This shift alone can transform the way symptoms are experienced. It gives us a moment of space between stimulus and reaction allowing us to observe sensations and thoughts without collapsing into them.

Over time, the mind begins to participate in healing instead of resisting it.

5. Social Connection & Joy as Medicine

When we feel calmer and more grounded, we are better able to connect

Returning to the Roots: Kaivalyadhama's Living Model of Self-Sufficiency in Crisis

For over a century, Kaivalyadhama has stood as a quiet yet powerful expression of India's yogic way of life—where health, simplicity, and harmony with nature are not ideals, but daily practice.

In recent times, when global disruptions affected LPG availability and pricing, institutions across the country faced uncertainty. Kitchens, often the most energy-dependent spaces, became points of concern.

At Kaivalyadhama, where more than 300 students, residents and visitors are served three meals a day along with herbal tea twice daily, the stakes were high.

Yet, there was no disruption.

An Instinctive Shift, Rooted in Tradition

Rather than looking outward for solutions, the institute turned inward.

Kaivalyadhama had already setup infrastructure for wood fired stoves. Using naturally fallen and dried wood available within its own campus, Kaivalyadhama revived a traditional cooking method—one that is both resource-efficient and deeply aligned with Indian practices of mindful consumption.

This shift ensured continuity, but it also created measurable impact.



- **The need for close to 40 LPG cylinders per month eliminated**
- This translates to a **saving of ₹ 50,000, nearly 2 tonnes of CO₂ emissions avoided every month**—equivalent to the **annual carbon absorption of about 80–100 mature trees.**



What appears as a response to a global crisis is, in reality, a reflection of a much deeper philosophy—one that Kaivalyadhama has been practising for decades.

A Campus That Functions Like a Living Ecosystem

The shift away from LPG is not an isolated initiative. It is part of a larger, interconnected system where waste becomes resource, and every output feeds back into the environment.

Closing the Loop on Organic Waste

The kitchens generate a significant quantity of organic waste daily. This is not discarded.

Through **vermicomposting**, kitchen waste is converted into nutrient-rich compost, which is then used within the campus gardens. This simple yet effective system ensures that food waste returns to the soil, enriching it rather than burdening landfills.

Integrating the Goshala

The campus goshala plays an equally important role.

Cow dung generated here is used as a natural soil conditioner, strengthening the fertility of the gardens. The cattle themselves graze freely on wild grasses within the campus, creating a natural cycle where land, animals, and agriculture support each other.

Water as a Resource, Not Waste

Water management at Kaivalyadhama reflects similar thinking.

- **Grey water is treated through a reed bed system**, a natural process that uses plants and microbial activity to purify water.
- Treated water is reused within the campus, reducing freshwater dependency.

Harnessing Renewable Energy

The campus also integrates **solar energy generation**, reducing dependence on conventional power sources and lowering its carbon footprint.

Growing What is Consumed

In keeping with its Ayurvedic and yogic traditions, Kaivalyadhama grows **medicinal herbs and vegetables on campus**. This not only ensures freshness and quality but also reduces the hidden environmental cost of transportation and packaging. The campus is also plastic free and has done away with disposable plastic and unnecessary packaging.

More Than Sustainability—A Way of Life

What stands out at Kaivalyadhama is that none of these initiatives are positioned as “projects.”

They are simply the way things are done.

- Waste is not waste—it is a resource
- Energy is used thoughtfully
- Water is respected
- Land is nurtured
- Animals are integrated into the ecosystem

This is sustainability in its truest sense—not an intervention, but a culture.

A Lesson for the Present and the Future

In a time when sustainability is often associated with high technology and large investments, Kaivalyadhama offers a different perspective.

Resilience does not always come from adding more systems. Sometimes, it comes from simplifying—and trusting what already exists.

The recent shift away from LPG is a reminder of this wisdom. It shows that when institutions are rooted in self-sufficiency, they are not vulnerable to disruption. Instead, they adapt—quietly, effectively, and sustainably.

Living Yoga Beyond the Mat

Yoga teaches awareness, balance, and conscious action.

At Kaivalyadhama, these principles extend into every aspect of life—from the kitchen to the fields, from water systems to energy use.

In responding to a global challenge through local, time-tested practices, Kaivalyadhama has once again demonstrated that the Indian way of living is not just relevant—it is essential.

And perhaps, in times like these, it is the way forward.

LinkedIn Post

At Kaivalyadhama, we have always believed that yoga is not limited to practice on the mat—it is a way of living.

Recent disruptions in LPG availability tested many institutions. With over 300 residents and visitors on our campus, and meals being served three times a day along with herbal tea, continuity in our kitchens was critical.

We experienced **no disruption**.

Instead, we turned to a practice that is deeply rooted in our traditions—using naturally fallen wood within our campus for cooking.

This simple shift has helped us save:

- 40 LPG cylinders per month

That translates to **nearly 2 tonnes of CO₂ emissions avoided every month**, while we save close to ₹ 50,000 in expenses. This is the equivalent to the annual carbon absorption of about **80–100 mature trees**.

But this is not an isolated step. It is part of a larger philosophy we have been nurturing for years:

- Kitchen waste is converted into compost through vermicomposting and returned to our gardens
- Cow dung from our goshala enriches the soil, while cattle graze naturally within the campus
- Grey water is treated through a reed bed system and reused
- Solar energy contributes to our power needs
- Medicinal herbs and vegetables are grown on campus
- Single use plastics are not used on campus

Each of these efforts is interconnected. Together, they create a campus that functions as a living ecosystem.

In today’s world, sustainability is often seen as innovation. Our experience suggests something simpler:

Sustainability is continuity of wisdom.

When systems are designed to be self-reliant, they are also resilient.

This moment has reaffirmed our belief that the Indian way of living—rooted in balance with nature—offers practical solutions to modern challenges.

#Sustainability #CircularEconomy #YogaLifestyle #EnergyResilience #IndianKnowledgeSystems

चलो होली की होली करते हैं।

चलो आज होली की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

नारी की नहीं, वासना की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

धर्म की नहीं, धर्मजनून की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

गरीबी की नहीं, शोषण की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

सत्ता की नहीं, सत्ता-भूख की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

दुश्मन की नहीं, दुश्मनी की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

पैसे की नहीं, लोभ और लालच की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

आतंकवादी की नहीं, नफरत की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

भौतिकवाद की नहीं, आस्तिक की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

रावण की नहीं, घमंड की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

कंस की नहीं, कपट की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

दुर्योधन की नहीं, दुर्भावना की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

ईर्षालु की नहीं, ईर्षा की होली करते हैं।
फिर, न रहेगा बांस, न बजेगी बांसुरी।

चलो, जन्नत को पृथ्वी की ईर्षा कराते हैं।
फिर, यहीं रहेगा बांसुरीवाला, यहीं बजेगी बांसुरी।

- गौरव मशरूवाला

श्रद्धेय बड़े तिवारी सर को,

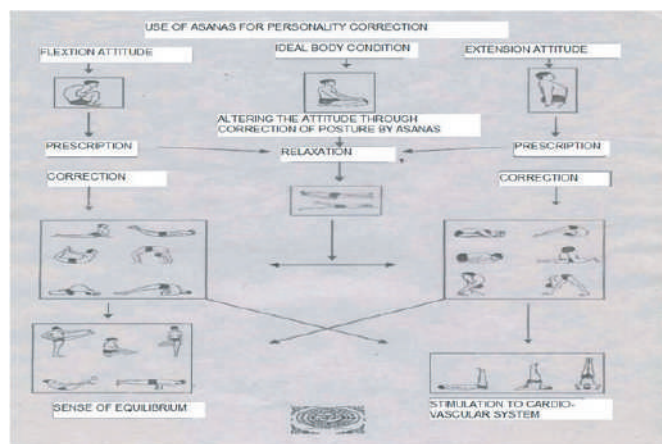
कैवल्यधाम के उस सूरज का
जीवन कितना खास है।
मुस्कान से जिनकी
होता मन हर्षित
और जिनका दिल साफ है,
मन में है जिसके अपार
करुणा, दया और प्यार,
सच्चाई की सीख देकर
जिसने रचा नवसंसार।
मुकद्दर आपसे खफा न हो,
ख्वाहिशें हमेशा पूरी हो
चेहरे पर हो नूर सदा,
कभी अपनों से ना दूरी हो।
घर आंगन गुलजार रहें,
हर पल सदा भलाई हो
हृदय-तल से जन्मदिवस पर
बारम्बार बधाई हो।

सप्रेम भेट,
नीना वर्मा
गर्ल्स हॉस्टेल वॉर्डन
18/05/2024

Depression and Yogic Therapy

The dictionary meaning of depression is “Reduction in vigor” or reduced activity or extreme dejection. In yogic terminology, depression is very similar to that of the symptom of “Daurmansya” (Despondency). In the battle field of Kurukṣetra, Arjuna had the same feeling (B.G.: I: Viṣṭa yoga). It can be termed as “Kṃkartavyabimūḍha” in Sanskrit. This means, it is he who does not know what to do and what not to do in a particular situation. In other words, it is a chittavikṣepa (Psycho-physiological disturbances), a conflicting condition. These days one of the major causes of suicidal tendency in youth is due to depression. It is reported that 40% of all suicides are in person with depressed condition. According to World Health Organization (W.H.O), it is the third most common illness in the world after infection and cardiac problems.

Basically, the depressed people are having flexion attitude. The rational (fact) is that in this case, the stretching principle of Āsanās will help to balance the hypo-tension (Flexion attitude) in muscle tissues of depressed person. Let us see the chart as to how the āsanās work in general on the psycho-physical level.



*ADR and Principal (Retd.), G.S. College of Yoga and C.S., Kaivalyadhām, Lonavla (India)-410403.

How do Āsanās works on the body?

- 1) Stretch
- 2) Pressure
- 3) Balance
- 4) Rest
- 5) Diverts circulation
- 6) Endurance

Āsanās like: Vipritakarani, Sarvāṅgāsana, Śirsāsana will increase the venous return, while Bhujangāsana, Ardha-Śalbhāsana, Śalbhāsana, Dhanurāsana, will help him to stretch the frontal muscles. It will then increase the muscle-tone of the depressed person which were then lost for some reason or the other. At the respiratory muscles, the lungs also get better exercise when one does Bhujangāsana, Shalabhāsana, Dhanurāsana, and Mayurāsana. Thereby all the cells get oxygenated. It is observed also that the depressed people are having flexion attitude. The fact is that the stretching principle of



Dr.S.K. Ganguly, Ph.D.

Āsanās in this case will help to balance the hypo-tension (Flexion attitude) in muscle tissues of depressed person. Another rational of Āsanās is based on progressive muscle and nerve relaxation. Now Brahmamudrā will ventilate both of his lungs properly and avāsana/ Makarāsana will further relax him as they are themselves relaxative practices.

Prānāyāmā like: Ujjāyi, Sūryabhedanā, Anuloma-viloma, Bhrāmari, Bhastrikā will further reduce his tension by way of prolonged exhalatory breathing with proper rhythm maintaining proper round and ratio in his breathing which were then broken and to counter act the accumulated tensions. Moreover, Sūryabhedanā will help him to have heat in the body of a depressed person.

Kriyās (Cleansing practices) like: Neti, Kapalabhāti will help him to take away the accumulated impurities/tension in him. Slowly the blood circulation will be increased.

Kriyāyoga: like Tapas (Prānāyāmā), Swādhyay (analyzing oneself rationally) and Iśvara Praṇidhāna (Surrendering to higher self as if there is some body to support him in crisis). All these approaches will help him to be bold to face the situation rather than to hate the situation.

Meditation is also suggested by selecting a quiet peaceful environment to come out of depression as because he will then understand rationally as to why there is a problem with him. The conflict will be reduced and slowly resolved.

Recitation of mantrās will reduce his further tension for it helps to breathe out for couple of minutes in reciting the mantrās. He will then further breathe in fresh air. It gives inner strength and psychological preparation which is also necessary on the part of an individual to counter act the accumulated tensions. All these processes, one after another will further reduce his tension and help him to come out of depression.

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Samachar

from Kaivalyadhama

1 JANUARY 2026

Kriya Yoga Anusthan 2026: A Journey of Spiritual Upliftment and Inner Renewal

The annual Kriya Yoga Anusthan 2026, organized by the Gordhandas Seksaria College of Yoga and Cultural Synthesis, was successfully conducted at Kaivalyadhama, offering participants a deeply immersive and spiritually enriching experience. Held at Manikrao Kaksha, the Anusthan once again stood as a significant spiritual observance, inviting seekers to pause, reflect, and rejuvenate themselves through authentic yogic practices.

The programme was ably conducted under the guidance of Mr. Bharat Singh, Dr. R. S. Bhogal, and Sadhak Ramdas Ji, whose collective wisdom, experience, and spiritual depth created a powerful and transformative learning environment.

The Anusthan followed a well-structured daily schedule comprising Pranayama sessions, Kriya Yoga practices, meditation, hawan, experiential lectures, and spiritual discourses.

- Mr. Bharat Singh led the Pranayama sessions and experiential learning modules with clarity and discipline, helping participants deepen their understanding of breath, awareness, and yogic regulation.
- Dr. R. S. Bhogal conducted meditation sessions and experiential lectures, guiding participants toward inner stillness, mental balance, and therapeutic awareness rooted in yogic science.
- Sadhak Ramdas Ji conducted the Hawan, Kriya Yoga practices, and spiritual discourses, infusing the programme with devotional intensity and sacred energy, enabling participants to connect with the deeper spiritual dimensions of Kriya Yoga.

Together, their guidance facilitated profound physical rejuvenation, mental calmness, emotional stability, and spiritual upliftment. Participants experienced improved sleep, enhanced clarity of mind, inner silence, and a renewed sense of purpose. The disciplined routine and sacred observances helped seekers experience Kriya Yoga not merely as a practice, but as a transformative inner journey.

True to Kaivalyadhama’s ethos, the Kriya Yoga Anusthan 2026 served as a sacred pause at the beginning of the New Year—a time for introspection, purification, and conscious renewal. As an annual spiritual feature of the GS College, the Anusthan continues to uphold the institute’s legacy of integrating yogic tradition with lived experience.

The successful completion of the Kriya Yoga Anusthan 2026 reaffirmed Kaivalyadhama’s commitment to nurturing authentic yogic wisdom and guiding individuals toward holistic well-being and spiritual growth.



4 JANUARY 2026

World Cancer Day 2026 - Yoga Workshop at Vishranti Cancer Hospital CIMS, Pune

4February 2026 On the occasion of World Cancer Day 2026, Kaivalyadhama, in collaboration with Care India Medical Society (CIMS), Pune, conducted a therapeutic yoga workshop at Vishranti Cancer Hospital, Bhavani Peth, Pune, reinforcing the role of integrative approaches in comprehensive cancer care.

Care India Medical Society, a non-governmental organisation, is dedicated to the alleviation of pain and human suffering through public awareness, early cancer detection, oncological treatment, and

end-of-life care. CIMS provides free in-hospital cancer treatment, including chemotherapy and palliative support, to women from marginalised communities and economically underprivileged families, thereby addressing critical gaps in equitable healthcare delivery.

Patients undergoing treatment for breast, cervical, and ovarian cancers, along with nursing staff and clinicians, participated in the programme along with the doctors and the nursing staff. Shri Yogesh Vaidya, Senior Yoga Therapist at Kaivalyadhama, delivered a lecture on

yogic nutrition, highlighting sattvic dietary principles and their supportive role in enhancing immunity, mitigating treatment-related fatigue, and promoting metabolic and psychological resilience.

A gentle, restorative yoga session, led by Ms Aarti Pawar, Yoga Instructor and member of the Kaivalyadhama Outreach Team, incorporated clinically adapted asanas, pranayama, and relaxation techniques to address pain modulation, anxiety reduction, and autonomic balance. Dr Tasneem Shaikh emphasised the growing evidence supporting yoga as an adjuvant modality in cancer care.

The programme concluded with a symbolic cake-cutting ceremony celebrating life and resilience. A nutritious ragi and date cake, handcrafted and donated by Ms Barkha, an alumna of Kaivalyadhama Pune, added a meaningful and compassionate closure.

6 JANUARY 2026

YOgainer with Dr. Satbir Khalsa

The Yoginaar was conducted smoothly and successfully. Both students and faculty members actively participated and thoroughly enjoyed the session, especially the interactive Question & Answer segment that followed the lecture.

The session proved to be particularly insightful for Diploma and Master's students. It was remarkable to observe how a serious subject was presented in a light, engaging, and easily comprehensible manner through the effective use of visuals. This approach helped sustain students' interest and attention throughout the entire duration of the program.

My sincere thanks to Subodh Sir for envisioning and conceptualizing such a meaningful lecture, and to Arjun Kae Ji for the smooth and flawless live transmission and broadcast of the event. I would also like to extend special appreciation to Shailini Shrivastava Ma'am for coordinating with IYA and spreading the word for online participation. Heartfelt thanks to the entire Kaivalyadhama family who, directly or indirectly, contributed to making this program a success.

Close to 100 participants joined the session online, reflecting the wide reach and impact of the Yoginaar.



8 JANUARY 2026

A Proud Academic Milestone at Gordhandas Seksaria College of Yoga & Cultural Synthesis

It is with immense pride and joy that Kaivalyadhama announces the successful completion of the Ph.D. viva voce examination by two of our esteemed scholars, Dr. Minal Chilekar and Dr. Sanjay Kunde.

This achievement is a meaningful outcome of the academic ecosystem nurtured by the Gordhandas Seksaria College of Yoga & Cultural Synthesis, where rigorous scholarship is deeply rooted in the yogic tradition.

Both scholars completed their doctoral research under the exemplary guidance of Dr. Neeta Gade, whose mentorship, academic insight, and unwavering support have been instrumental in this accomplishment.

This milestone stands as a testament to the scholars' dedication, perseverance, and commitment to excellence in research. We extend our heartfelt congratulations to Dr. Minal Chilekar and Dr. Sanjay Kunde on this notable achievement.

We also express our sincere appreciation to Dr. Neeta Gade for her continued contribution to nurturing academic excellence at Kaivalyadhama.

The success of our scholars is a matter of pride for the Gordhandas Seksaria College of Yoga & Cultural Synthesis and for Kaivalyadhama as a whole. We celebrate this achievement and wish them continued success in their future academic and professional endeavors.



10 JANUARY 2026

Blood Donation Camp | 10 January 2026

A Blood Donation Camp was successfully conducted on 10 January 2026 by G.S. College of Yoga & Cultural Synthesis, Kaivalyadhama, Lonavala, under the National Service Scheme (NSS), in collaboration with Lions Clubs International, Yash Hospital (Lonavala), and Maha Blood Center (Pune).

Planned under the guidance of Dr. Santosh Pandey (Director – Student Welfare) and conducted with the unwavering support of Principal Dr. Bandita Satapathy and CEO Shri Subodh Tiwari, the camp reflected strong coordination, discipline, and community spirit.

The programme was graced by Chief Guest PMJF Lion Rajesh Agarwal and supported by senior medical professionals, including Dr. Hemant Agarwal, whose motivational address dispelled common myths around blood donation and encouraged first-time donors.

With efficient infrastructural support from the Kaivalyadhama team, blood donation began alongside the inauguration. Out of 112 registrations, 84 successful blood donations were recorded. The Maha Blood Center, Pune ensured a safe, smooth, and wait-free donation process. Each donor received a Blood Donation Certificate along with ₹5,00,000 accidental insurance cover, generating a total coverage of ₹4.20 crore.

The active involvement of students and volunteers in registration, donor care, logistics, and coordination played a vital role in the camp's success.

The camp stood as a meaningful expression of Kaivalyadhama's commitment to humanitarian service, youth leadership, and the core values of the NSS.



12 JANUARY 2026

Visit of Puja Shankaracharya Swami Sadanand Saraswati Ji Maharaj

Kaivalyadhama, Lonavala | 12–14 January 2026

Kaivalyadhama, Lonavala, was immensely blessed and spiritually enriched by the sacred visit of Puja Shankaracharya Swami Sadanand Saraswati Ji Maharaj from 12th to 14th January 2026. This historic occasion marked the first-ever visit of a Shankaracharya to Kaivalyadhama, making it a moment of profound reverence and spiritual significance not only for the institution but also for the entire Lonavala region and surrounding areas.

A Sacred and Traditional Welcome

The divine arrival of Puja Shankaracharyaji on the evening of 12th January 2026 was welcomed with utmost devotion and adherence to ancient Indian traditions. The atmosphere resonated with Shankhanad, Vedic chants, and paramparik vidhi, creating an aura of sanctity across the campus.

A ceremonious Paduka Pujan was performed with full vidhi-vidhan, followed by a Meet and Greet session, during which devotees and staff members received the compassionate Ashirvad of Puja Maharaj. The evening concluded with rest, allowing the revered guest to prepare for the following day's engagements.

Spiritual Engagements and Campus Visit

On 13th January 2026, Puja Shankaracharyaji undertook a guided visit to key spiritual and heritage landmarks of Kaivalyadhama, including the PLRD (Philosophico-Literary Research Department), History Gallery, SRD, and the Samadhi. This visit highlighted the deep resonance between Kaivalyadhama's scientific-spiritual legacy and the timeless wisdom of the Shankaracharya tradition.

The forenoon and evening Meet and Greet sessions witnessed an overwhelming response from devotees, seekers, students, staff members, and visitors from nearby towns and villages, all eager to receive darshan and blessings.

Ashirvachan at SKVM – A Moment of Grace

A major highlight of the visit was the Ashirvachan delivered by Puja Shankaracharyaji at SKVM on the evening of 13th January. The session commenced with Paduka Pujan, followed by a deeply inspiring discourse that touched upon Dharma, spiritual discipline, and the role of Yoga in righteous living. His words left a lasting impact on the audience, reinforcing the spiritual ethos of Kaivalyadhama.

The evening also featured a brief cultural programme, adding a devotional and artistic dimension to the sacred gathering.



A Historic Gathering and Community Participation

The visit attracted large numbers of devotees from Lonavala and surrounding regions, making it a truly collective spiritual celebration. The programme was exceptionally well received, reflecting the deep reverence people hold for the Shankaracharya lineage and the esteem in which Kaivalyadhama is regarded as a centre of Yoga, spirituality, and Indian knowledge traditions.

Conclusion

The visit of Pujya Shankaracharya Swami Sadanand Saraswati Ji Maharaj will remain etched in the history of Kaivalyadhama as a landmark spiritual event. His divine presence, blessings, and teachings enriched the institution and reaffirmed its mission of integrating Yoga, spirituality, and Indian wisdom for the holistic upliftment of society.

Kaivalyadhama expresses its deepest gratitude for this sacred visit and considers it a rare blessing bestowed upon the institution during its centenary journey.



15 JANUARY 2026

Certificate Course In Yoga (CCY) (Ragini S Gupta · Thu, Jan 15)

From the to-do list: College Courses - Coordination and Updates

Respected All,

Inauguration function of CCY happened on 15-01-2026 with **19 students - 8 international students**. Studnets shared their diverse backgrounds.

Hounrable Secratray Shri Subodh Tiwari ji gave Inaugural address, highlighting the core value that Kaivalyadhama uphold that Yoga should not be diluted, challanges if any should be dealt with perseverance & dedication by all stakeholders - especially Students.

Principal- Dr. Bandita Satapathy Madam gave welcome address to the students - Hghlithing that we through this course are just sowing seed of Yoga & Sprituality in students- Who will find it easier to explore the depths base on solid foundation created through this cure.

All the 19 students went through the Medical examination - A routine that we follow for all the students who come for doing various courses.

Medical Team has Updated about The various students with special attention, Which has been communicated to the Practiial Teacher Samdeep Wankhede Sir, & To Vidhi Maam as one of the student has gluten allergy..

Bhogal Sir, who gaced the occasion of Inauguration- In talk with Subodh Sir, Has graciously agreed to let these students feel the real depath of Yoga- By intorducint these students to Kirya yoga - through 11sessions spread over two weeks. These sessions started on 20-01-2026 in the morning at6.15am at PLRD Hall.

After bhogal sir's session , Students are now also learing shuddhi Kriya- Yogic Cleansing.

Course is progressing in its second week, with ease & comfort. Journey So far- highlights are attached.



15 JANUARY 2026

Global Confluence of Yoga at Kaivalyadhama

Inauguration of Certificate Course in Yoga (Jan–Feb 2026)

Lonavala | January 15, 2026

Kaivalyadhama, the pioneering centre of yogic research and education, marked another significant milestone with the inauguration of the **Certificate Course in Yoga (CCY), January–February 2026 batch**, at the Gordhandas Seksaria College of Yoga & Cultural Synthesis, Lonavala.

The inaugural ceremony was held on **15th January 2026 at the PLRD Hall**, setting a reflective and inspiring tone for the month-long academic journey rooted in the authentic yogic tradition of Kaivalyadhama

A Truly Global Classroom

The CCY Jan–Feb 2026 batch stands out for its rich international diversity, bringing together students from **seven foreign nations across different continents**, alongside Indian participants. This unique blend of domestic and international learners reflects Kaivalyadhama’s growing global footprint and its role as a meeting ground for seekers of yogic wisdom from around the world.

As of the inauguration, **17 students have enrolled**, with a strong international presence enriching classroom dialogue, cultural exchange, and the lived experience of yoga as a universal science.



Inaugural Ceremony Highlights

The inauguration commenced with the **screening of the Kaivalyadhama documentary**, offering students an insight into the institution’s illustrious legacy. This was followed by **Shanti Path and Deep Prajwalan**, symbolising peace, clarity, and the illumination of knowledge.

A self–introduction session enabled students to share their personal journeys and aspirations, fostering a sense of community and collective purpose.

The programme featured:

- **Welcome Address** by Dr. Bandita Satapathy, Principal, Gordhandas Seksaria College of Yoga
- **Introduction of Faculty** by Ms. Ragini S. Gupta, Course Coordinator
- **Formal conclusion** with “Om Purnamadah”, followed by a group photograph and prasad distribution

The ceremony was presided over by esteemed academicians **Dr. Bandita Satapathy, Dr. Santosh Pandey, and Prof. R. K. Bodhe**, whose scholarly guidance anchors the academic framework of the course.

Address by Shri. Subodh Tiwari: Setting the Direction

Shri. Subodh Tiwari, Honorary Secretary & CEO of Kaivalyadhama, formally welcomed the students and set the broader context for their **30-day immersive journey**. In his address, he highlighted Kaivalyadhama’s **101-year-old legacy in the service of yoga**, emphasising its unique position as an institution where **tradition, research, education, and lived yogic values converge**.

He encouraged students to approach the course not merely as a certification programme, but as a **process of inner integration**, where the diverse subjects—Asana, Pranayama, Philosophy, Anatomy & Physiology, Yoga Psychology, and Lifestyle disciplines—are to be woven together through **practice, reflection, and discipline**. His address served as a guiding compass, aligning students with the spirit, responsibility, and depth expected of learners at Kaivalyadhama.



17 JANUARY 2026

Adelphi University Students Experience Authentic Yogic Traditions at Kaivalyadhama, Mumbai

On **17th January 2026**, students from **Adelphi University, New York, USA**, embarked on a transformative journey into the heart of authentic yogic traditions at **Kaivalyadhama, Mumbai**.

Moving beyond textbooks and classroom learning, the students immersed themselves in the experiential wisdom of yoga as preserved and taught at Kaivalyadhama for nearly a century. The program offered hands-on exposure to **Shuddhi Kriyas** (classical yogic cleansing techniques), traditional **asanas**, and the **foundational principles** of yogic philosophy, all guided by experienced practitioners and scholars.

This immersive experience enabled students to understand yoga not merely as physical exercise, but as a holistic science integrating body, breath, and mind. Through disciplined practice and reflective

learning, participants gained deeper insight into India's living yogic heritage and its relevance in modern wellness and academic study.

The visit strengthened Kaivalyadhama's global academic outreach and reaffirmed its role as a premier destination for international students seeking authentic, research-based yoga education rooted in tradition yet relevant to contemporary life.



21 JANUARY 2026

Kaivalyadhama's Legacy Celebrated as Gurudev Sri Sri Ravishankar ji Shares Timeless Yogic Wisdom

NewsVoir Lonavala (Maharashtra) [India], January 23: Kaivalyadhama had the special opportunity to host Gurudev Sri Sri Ravishankar ji on January 21, 2026 for the first time as part of the Swami Kuvalayananda Vyakhyan Mala. The Swami Kuvalayananda Vyakhyan Mala is a distinguished lecture series organized by Kaivalyadhama, honoring the legacy of its visionary founder

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The Swami Kuvalayananda Vyakhyan Mala is a distinguished lecture series organized by Kaivalyadhama, honoring the legacy of its visionary founder Swami Kuvalayananda. The series brings together eminent scholars, spiritual leaders, and thought leaders to share insights on yoga, wellness, and holistic living.

Gurudev arrived on campus, took a brief tour, and addressed an eager gathering who had been waiting with anticipation. He described Kaivalyadhama as a siddha sthana (sacred space) that has been maintained for so many years – a true blessing for the whole world.

Yoga as the Art of Being Here and Now

Speaking on yoga as the art of being here and now, Gurudev emphasized the profound significance of Kaivalyadhama's name itself. "Kaivalyadhama represents the final chapter of yoga – Kaivalya Pada," he said. "You are all very fortunate to have reached this height of yoga."

Recognizing Pioneers in the Yoga Movement

Gurudev paid tribute to O. P. Tiwari ji, calling him "an unparalleled example of what it is to have a scientific vision and connect with the ancient wisdom of yoga and vedanta."

He also recognized Shri Subodh Tiwari ji, Hon. Secretary & CEO of Kaivalyadhama, for his transformative leadership. Gurudev noted that since Subodh ji took charge of the Indian Yoga Association, the organization has reached new heights, benefiting the entire yoga community.

A Message of Healing

In one of the most touching moments of the address, Gurudev spoke about Kaivalyadhama as a sanctuary for healing. "If you or someone you know is carrying a heavy mind or a broken heart, bring them here," he said, describing the campus as a place where stillness, science, and healing converge.

He emphasized that knowledge (jnana) is essential for truly alleviating suffering. "Without knowledge, no one can remove another's sorrow," he said, encouraging people to bring those struggling with mental



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A Moment of Grace in the 101st Year:

Gurudev's Historic Vyakhyan Mala at Kaivalyadhama

On 21 January 2026, during the sacred threshold of Kaivalyadhama's 101st year, the campus was graced by a moment that quietly yet profoundly entered its living history. Gurudev Sri Sri Ravishankar ji made a rare and gracious flying visit—literally carving time out of an intense global schedule—to bless Kaivalyadhama with his presence for the Swami Kvalayananda Vyakhyan Mala (SKVM). What unfolded was not merely an event, but an experience steeped in grace, stillness, and collective upliftment.

This visit assumed historic significance as it marked Gurudev's first-ever visit to Lonavala, making the occasion momentous not only for Kaivalyadhama but also for the sacred town itself. That Gurudev chose to personally visit the institution in its 101st year stood as a profound gesture of acknowledgement—an unspoken affirmation of Kaivalyadhama's century-long dedication to Yoga as a science, a philosophy, and a way of life in service of humanity.

A programme of such magnitude unfolded with remarkable simplicity, dignity, and spiritual depth. Governed less by protocol and more by grace, the Vyakhyan Mala evolved organically into a sacred confluence of presence, silence, and shared contemplation. The atmosphere was solemn yet joyful, subtle yet deeply transformative—mirroring the very ethos of Kaivalyadhama.

More than 600 participants filled the hall, with seekers arriving from diverse regions, disciplines, and walks of life. True to Kaivalyadhama's inclusive spirit, the Vyakhyan Mala was open to all. Simultaneously, participants from Kaivalyadhama centres and well-wishers across the globe joined online, creating a seamless confluence of physical and virtual presence—many hearts, one collective consciousness.

The morning began with a Pre-Invocation Sankirtan rendered by students of the Gordhandas Seksaria College of Yoga & Cultural Synthesis. Their devotional offering gently prepared the collective mind for Gurudev's arrival. The solemn welcome, marked by the sacred Shankhnaad, enveloped the hall in reverent silence, setting a tone of inwardness and receptivity.

As the Vyakhyan Mala unfolded, the hall resonated with bhajans, kirtan, attentive listening, and deep stillness. Singing, gentle movement, and inner silence flowed effortlessly, as participants absorbed Gurudev's presence with open hearts. His words—simple, humane, and profound—were complemented equally by his silence.

Together, they transcended language, leaving a lasting imprint on the hearts of all present.

During his address, Gurudev described Kaivalyadhama as a “*siddha sthana*”—a sacred and accomplished space—where Yoga had been preserved, practiced, and validated through scientific inquiry. He



spoke appreciatively of Kaivalyadhama's unique integration of ancient wisdom with modern science, acknowledging the unwavering integrity and contributions of **Shri O. P. Tiwari ji and Shri Subodh Tiwari ji** in strengthening India's yogic institutions. Gurudev gently encouraged people to bring troubled minds and heavy hearts to this serene campus, affirming its potential as a sanctuary of healing and clarity.

Each participant departed with a quiet sense of joy, fulfilment, and inner calm—carrying warm and enduring memories of a rare and sacred encounter. Long after the discourse concluded, its resonance lingered in silence, reflection, and renewed inspiration.

Such a seamless and meaningful outcome was made possible through the wholehearted cooperation and quiet dedication of many hands and hearts. The planning teams, Central Coordination team, volunteers, staff members, students, and well-wishers worked with disciplined harmony to uphold the dignity and sanctity of the occasion. Every contribution—visible or unseen—became part of the collective offering.

As Kaivalyadhama continued its journey beyond a century of service, this Vyakhyan Mala stood as a luminous milestone—an offering of gratitude, grace, and shared aspiration. It was not merely a date in the calendar of the 101st year; it was a blessing that continued to resonate across the campus and within every seeker who had been touched by it.

In the quiet aftermath, one truth remained unmistakable: **Kaivalyadhama had not just hosted an event—it had received grace.**



23 JANUARY 2026

Kaivalyadhama at Rashtrapati Bhavan

23 January 2026 Kaivalyadhama was honoured to be invited to the inauguration of *Granth Kutir*, the newly established Library at Rashtrapati Bhavan, inaugurated by the Hon'ble President of India on 23 January 2026. On this distinguished occasion, the CEO of Kaivalyadhama was felicitated with a citation by the Hon'ble President, in recognition of Kaivalyadhama's contribution to the unique collection of ancient and rare Indian texts housed at Rashtrapati Bhavan.

Granth Kutir stands as a significant repository of India's rich intellectual and cultural heritage, and Kaivalyadhama is privileged to be associated with this national initiative



26 JANUARY 2026

Kaivalyadhama Honoured as Environment Ambassador on Republic Day 2026

On the auspicious yet pleasantly misty morning of India's 77th Republic Day, 26 January 2026, Kaivalyadhama was privileged to be honoured as a Brand Ambassador for a Clean, Green, and Sustainable Environment under the "My Vasundhara Campaign 6.0" of the Lonavala Municipal Council (LMC).

This proud recognition was conferred by the Health Department, Lonavala Municipal Council, acknowledging Kaivalyadhama's sustained and meaningful contributions toward environmental conservation, tree plantation, and ecological awareness. The honour was graciously received on behalf of Kaivalyadhama by Mr. Bandu Kute, marking yet another significant milestone in the institution's long-standing commitment to environmental stewardship. The Environment Ambassador Awards celebrated individuals and institutions across Lonavala city who had demonstrated exemplary dedication to eco-friendly practices and social responsibility. Kaivalyadhama stood among distinguished organizations such as Tata Company Ltd., L&T Company Ltd., Lions Club, and several educational institutions, NGOs, and social service organizations.

The My Vasundhara Campaign 6.0 focused on vital environmental initiatives including:

- Tree plantation and urban green cover
- Waste segregation, recycling, and reuse
- Water conservation and rainwater harvesting
- Cleanliness drives and plastic-free campaigns
- Development of sustainable and smart gardens

The Lonavala Municipal Council reaffirmed its vision that environmental protection is a collective responsibility, requiring active participation from institutions, citizens, and community organizations alike. Through this recognition, the Council aimed to inspire wider public engagement and sustained action toward environmental preservation.

For Kaivalyadhama, this honour was truly another feather in the cap, reinforcing its legacy of harmonizing yogic philosophy with ecological consciousness and service to society.



4 February 2026

ANUBANDH – A Dialogue of Life | February 2026

On the occasion of World Cancer Day (4 February 2026), Kaivalyadhama inaugurated ANUBANDH – A Dialogue of Life, an online interaction platform fostering connection, shared healing, and community support for individuals affected by cancer.

Conducted from 6:15 p.m. onwards, the session brought together over 50 participants, including cancer survivors, caregivers, medical professionals, and Yoga practitioners. Conceptualized by Ms. Anjali Deshmukh and coordinated by Ms. Ragini Gupta, the program was smoothly executed with technical support from Mr. Yogesh Ji and Ms. Suja Ji.

The session began with the Shanti Mantra, followed by an inspiring Inaugural Address by Dr. Shripad Banavali, who highlighted Yoga as a complementary therapy in cancer care and emphasized the importance of integrative collaboration.

Expert inputs included an insightful session on diet by Dr. Ritu Prasad and a calming Pranayama session by Dr. S. C. Bhalekar, both of which were highly appreciated. Participants shared heartfelt reflections, with one noting that the shared experiences gave her strength to continue treatment and face social stigma.

The program concluded with the Shanti Path and guidance on continued engagement through Kaivalyadhama's Yoga for Cancer Care residential programs and the Anubandh online community. Overall, the initiative was widely appreciated for its compassionate approach, meaningful content, and experiential depth.



7 February 2026

Pranayama Anushthana (25 January – 7 February 2026)

Under the guidance of Shri. Sudhir Tiwari

The Pranayama Anushthana, conducted from 25th January to 7th February 2026 at Kaivalyadhama, was a deeply immersive and transformative yogic observance led by Shri. Sudhir Tiwari, a revered authority in the classical tradition of Pranayama.

The Anushthana brought together 18 dedicated participants from different countries across the world, creating a vibrant and harmonious confluence of cultures, languages, and yogic aspirations.

Despite their diverse backgrounds, the participants were united by a shared commitment to disciplined practice, inner inquiry, and experiential learning rooted in the authentic yogic tradition.

Structured in the true spirit of Anushtana, the program emphasized systematic, sincere, and sustained practice of Pranayama, supported by silence, self-discipline, introspection, and guidance drawn from classical yogic texts and lived wisdom. Under Shri. Sudhir Tiwari's compassionate yet rigorous guidance, participants deepened their understanding of breath as a powerful bridge between body, mind, and consciousness.

The serene and spiritually charged environment of Kaivalyadhama's Lonavala campus further enriched the experience, allowing participants to withdraw from external distractions and fully immerse themselves in the yogic way of life. The Anushtana became not merely a program, but a shared journey of inner refinement, balance, and awareness.

The program was ably coordinated by Shri. Ramdas and Ms. Deshbashree Ganguli, whose dedicated efforts ensured the smooth conduct of the Anushtana. Their attentive coordination and quiet support played a significant role in maintaining the sanctity, discipline, and seamless flow of the entire observance.

The Pranayama Anushtana 2026 stood as a living example of Kaivalyadhama's ongoing commitment to preserving and transmitting authentic yogic practices in their purest form, while welcoming sincere seekers from across the globe into its centenary legacy.



7 February 2026

A Confluence of Generations: Yoga Sadhaks from Thane and Pune Unite at Kaivalyadhama

February 7, Saturday | Thane Yoga Group Educational Tour

Kaivalyadhama Yoga Institute, Lonavala, witnessed a heartening confluence of youthful enthusiasm and seasoned wisdom as yoga sadhaks from the twin cities of Thane and Pune came together for an enriching educational tour. The group represented a beautiful blend of young aspirants and senior practitioners—each united by a shared reverence for yoga as a way of life.

The visit unfolded as a deeply engaging learning experience, offering participants an opportunity to reconnect with the roots of yogic tradition while reflecting on its relevance in contemporary life. The serene campus, imbued with the legacy of Swami Kuvalayananda, provided the perfect backdrop for inquiry, contemplation, and inspiration.

A highlight of the day was the marathon lecture delivered by Dr. Sharadchandra Bhalekar, who held the audience spellbound for an intense and insightful one hour and twenty-five minutes. His talk seamlessly wove classical yogic principles with experiential understanding, leaving the participants enriched, reflective, and eager to explore further. The depth of engagement was evident in the lively question-and-answer session that followed, where curiosity met clarity.

The learning journey was further enhanced by Mr. Arpan Ghosh,

whose thoughtful “Walk the Talk” interaction encouraged participants to reflect on lived values, institutional legacy, and the evolving role of yoga in society. His session helped bridge philosophy with practice, offering meaningful takeaways for both young learners and senior sadhaks alike.

The day was thoughtfully anchored by Bernard Britto, who curated the context, guided the flow of the programme, and ensured that the experience remained cohesive, welcoming, and purposeful.

Warm hospitality added to the joy of the visit, with Team Annapurna serving a wholesome lunch that was received with gratitude. The meal became a moment of shared warmth and informal exchange, further strengthening the bonds among participants.

As the group departed, they carried with them not just information, but joy in their hearts, questions explored, and a renewed connection with the spirit of yoga. The visit stood as a reminder that yoga flourishes most beautifully when generations come together—learning, listening, and walking the path as one.



10 February 2026

A Visionary Legacy of Service: Honouring Shri Rajkumar Seksaria Ji and the Landmark Expansion of Kaivalya Vidya Niketan

10th February 2026 will be remembered as a landmark day in the annals of Kaivalya Vidya Niketan and the larger Kaivalyadhama family—a day that beautifully reflected the institution’s enduring values of education, service, and vision. At the heart of this historic occasion was the gracious presence and inspiring legacy of Shri Rajkumar Seksaria Ji, whose family has played a pivotal role in shaping the educational journey of the organization.

The day was not merely a celebration of Grandparents Day and the announcement of new admissions, but also a moment of deep reflection and gratitude—acknowledging the unwavering support of the family, whose contributions have helped lay the foundation for transformative initiatives, including the very first yoga college of Kaivalyadhama.



A Legacy that Shapes the Future

The family’s association with Kaivalyadhama stands as a shining example of selfless service and commitment to education. Their continued support has enabled the institution to expand its horizons while remaining firmly rooted in its core philosophy of holistic development.

The upcoming Shishu Gurukulam represents a state-of-the-art space for tiny tots and young learners, thoughtfully designed to nurture curiosity, creativity, and strong foundational values from an early age. This initiative is not merely an infrastructural development; it reflects a living legacy of generosity, foresight, and dedication to the upliftment of society.

Kaivalyadhama College

The **Gordhandas Seksaria College of Yoga and Cultural Synthesis** was established in 1951 by Swami Kuvalayananda, with the purpose of imparting secular and scientific training in traditional Yoga. Kaivalyadhama is recognized as the first yoga college in the world—an institution of pioneering significance, made possible through visionary patronage and generous support.

Rooted in a philosophy that harmonizes ancient wisdom with modern scientific research, it has consistently set benchmarks in authentic yogic education. Today, as the college moves forward with renewed strength and expanded horizons, this remarkable legacy continues—guiding generations of seekers, educators, and practitioners on the path of knowledge, discipline, and self-discovery.



A Grand and Joyous Celebration

The event itself unfolded with great enthusiasm and warmth. Students welcomed the esteemed guests with vibrant celebrations, creating an atmosphere filled with joy and reverence. The ceremonial lighting of the lamp and the sacred Shankh Naad marked an auspicious beginning, setting the tone for a meaningful and memorable day.

The presence of Chief Guest Shri Vidhut Jammwal(an Indian actor and martial artist who works in Hindi, Tamil, and Telugu films. He is also a practitioner of Kalaripayattu and a friend of Kaivalyadhama who actively practices yoga.) added energy and inspiration to the gathering, while Shri Rajkumar Seksaria Ji’s presence brought a sense of dignity, continuity, and deep-rooted connection to the institution’s journey.

Young students delighted the audience with creative presentations, while a thoughtful showcase of the institution’s vision and mission highlighted its commitment to holistic and value-based education.



Grandparents Day: Celebrating Roots and Values

A particularly touching segment of the programme was the Grandparents Day celebration. The presence of grandparents infused the campus with warmth and wisdom, reminding everyone of the importance of intergenerational bonds.

Students expressed their love and gratitude through heartfelt performances, and grandparents were honoured with tokens of appreciation. This celebration beautifully echoed the institution’s belief that education is not confined to textbooks, but is enriched by family, tradition, and lived experiences.

A Historic Moment: Opening Doors to the Future

The formal announcement of admissions marked a significant step forward in the institution’s journey. It reflected a commitment to creating a comprehensive educational ecosystem—one that begins with early childhood and extends into higher learning.

This moment was especially significant as it underscored the role of visionary patrons whose support continues to transform aspirations into reality.

A Message of Gratitude and Inspiration

This historic occasion also carries a heartfelt message from Shri Rajkumar Seksaria Ji—a message that resonates with the spirit of giving, service, and belief in the transformative power of education. His continued association with Kaivalyadhama remains a source of strength for the institution and an inspiration for future generations

A Day to Remember

As the celebrations concluded, the campus was filled with joy, gratitude, and renewed purpose. The event stood as a testament to what can be achieved when vision, values, and community come together.

10th February 2026 will forever remain a milestone—a day that honoured the past, celebrated the present, and opened new pathways for the future. It reaffirmed the mission of Kaivalya Vidya Niketan and set the stage for a new era of education and service.



13 February 2026

Samarthak Samagam at Kaivalyadhama, Mumbai

On 13 February 2026, a **Samarthak Samagam** was held at Kaivalyadhama, Mumbai, with the participation of nearly 100 life members and well-wishers. The gathering served as a meaningful platform for dialogue and reflection, where participants shared ideas and discussed ways to take Kaivalyadhama, Mumbai to new heights in the future.

The programme was also a **moment of celebration and knowledge-sharing**, marked by the launch and presentation of two important publications. Hygienic-cum-Therapeutical Methods of Yoga by **Dr. Krzysztof Stec** and **Dr. Karol Pilis** (Kaivalyadhama alumni) offered a comprehensive exploration of yogic cleansing practices through an integrated classical and scientific approach.

The second book, *A Call to Seeing Clearly – Then and Now*, presented a contemporary and insightful commentary on the **Bhagavad Gita**, by **Swami Nityamuktananda Saraswati** encouraging clarity, conscious action, and purposeful living.

The Samagam concluded with heartfelt appreciation for the **patronage and continued support of the KDham Mumbai community**, reaffirming a shared commitment to Kaivalyadhama’s vision and future growth.

23 February 2026

Yoga for Hormonal Balance & Women’s Wellbeing - Workshop Report

Kaivalyadhama Pune | 23rd to 27th February 2026 | Total Duration: 10 Hours

The five-day workshop commenced on 23rd February 2026 with traditional lamp lighting and invocation.

Dr. Bhalekar inaugurated the academic sessions with an in-depth online lecture on the role of the hypothalamus in the neurophysiological health of women. He elaborated on the hypothalamic-pituitary-ovarian (HPO) axis and explained the pathophysiology of Polycystic Ovarian Syndrome (PCOS), highlighting the scope of yoga in its mitigation and management through neuroendocrine regulation and stress modulation.

Day-wise Scientific Overview

Day 1: Neurophysiological Downregulation & Pelvic Circulation

The first practical session focused on gentle musculoskeletal mobilisations combined with breath awareness to induce parasympathetic activation and reduce hypothalamic hyperarousal. Practices targeted:



Release of myofascial tension in the lumbosacral region

- Enhancement of pelvic blood circulation
- Reduction of sympathetic overdrive through slow diaphragmatic breathing

The objective was to initiate systemic relaxation, improve vagal tone, and create a conducive internal milieu for hormonal regulation.

Day 2: Pelvic Floor Activation & Interoceptive Awareness

The second day emphasised neuromuscular activation and strengthening of the pelvic floor complex to improve structural support and local vascular perfusion. Deep relaxation techniques were introduced to cultivate interoceptive awareness—the ability to perceive internal bodily states—thereby enhancing self-regulation of breath and autonomic responses.

This session integrated principles of psychophysiological coherence and somatic awareness, foundational to mind–body therapeutic interventions.

Day 3: Regulation of Biological Rhythms

Day three focused on synchronising the three intrinsic rhythms—body movement, respiration, and mental activity. Practices were structured to:

- Stabilise respiratory rhythm
- Promote autonomic flexibility
- Reduce cognitive–emotional reactivity

The aim was to restore homeostatic balance by establishing rhythmic entrainment between breath and movement, thereby supporting endocrine equilibrium.

Day 4: Metabolic Activation & Structured PCOS Protocol

Participants were gradually introduced to moderately dynamic practices designed to improve metabolic efficiency, enhance insulin sensitivity, and promote endocrine responsiveness. A structured yoga protocol for PCOS management was systematically taught, incorporating:

- Targeted asana sequences
- Breath regulation techniques
- Guided relaxation

Reference material was provided to ensure continuity of practice and therapeutic adherence.

Day 5: Reproductive Transitions & Meditative Integration

Dr. Bhalekar discussed the three major reproductive stages in a woman's life, with particular emphasis on peri-menopausal and post-menopausal transitions and their neuroendocrine implications.

The experiential session included:

- Deha Dharana (body-based attentional training)
- Prana Dharana (breath-focused concentration)
- Shavasana-based deep relaxation
- Pranava (OM) recitation for vagal stimulation and psycho-emotional integration

These practices were aimed at enhancing emotional regulation, reducing cortisol load, and fostering long-term autonomic resilience.

Participation & Outcome

- Total Participants: 7
- Total Income Generated: ₹36,000
- Total Expenses: ₹3,000
- Net Outcome: ₹33,000

Participants were provided with Kaivalyadhama T-shirts and curated reference material to support sustained home practice.

This inaugural 10-hour workshop at Kaivalyadhama Pune successfully integrated classical yogic principles with contemporary

mind–body medicine, offering participants a structured, evidence-informed pathway toward hormonal balance and holistic women's wellbeing.

Participant feedback

1. Namaste Sir and the entire team, As today we have completed the workshop on Women's health I would like to say a big thanks to Yogesh sir for imparting such an amazing knowledge to us. It was very well designed and loved the experience that I got in these 5 days, thanks to Bhalekar sir for the insights on the topics on women's health and also thanks to Anjali mam for making this opportunity available to us - Sneha Chavan

2. Namaste ☐☐ I attended the women's health workshop organized by Kaivalyadhama Pune. It was a very nice and informative workshop.

Yogesh Sir explained very clearly which asanas and kriyas should be practiced by girls from a young age, as well as by pre-menopausal and menopausal women. He explained everything in a simple way that was easy to understand. The information shared was very useful and practical for all women.

Dr. Bhalekar also gave a very good lecture on women's health.

Thank you, Yogesh Sir and Kaivalyadhama Pune, for arranging such a helpful workshop on women's health. I truly enjoyed and benefited from it. - - Pallavi Gurav

3. Thank you so very much Yogesh Sir and Kaivalyadhama for this amazing workshop.

This workshop made me realise that learning in yoga is a continuous process.

I always doubt myself due to fear and my body capacity whether I can do a particular asana even though I know it's the process that we need to feel, hence a definite takeaway from this workshop is under proper guidance you can achieve what you never thought of.

Secondly, I have sciatica pain on my left side that gets triggered every now and then, on the second day of the workshop Yogesh Sir made us do Bhekasana that helped me reduce my pain by almost 20-30%. As a yoga teacher, the workshop is surely going to help me, grateful and thank you once again ☐☐ - Shradha

4. Good morning Yogesh ji! I am really thankful for giving me an opportunity to work on my own health. This team has always been so supportive and great initiative by all team members helping everyone in a great manner. Thank you once again. - Nupur

5. Thank you Yogesh Sir for wonderful sessions.

Due to age and menopause, I can feel my lower body getting heavier though the body weight has not changed. But these last few days, I learnt a lot of small movements to keep the lower back and legs released. I am already feeling the difference this entire week.

As I have been doing asanas and trying to practice pranayam everyday, I am not facing any mood swings. But though I practice asanas everyday at least for 45 mins, I still feel tightness in the body. Do you have any tips for this? My forwarding bending asanas have regressed for the past few weeks due to tightness in the lower back. - Himani

24 February 2026

Kaivalyadhama Strengthens Institutional Ties in Meeting with Hon'ble Minister Jayakumar Rawal

On 27th February 2026, Mr. Dilip Dauneria represented Kaivalyadhama in a distinguished meeting with the Hon'ble Protocol Minister of Maharashtra, Jayakumar Rawal.

During the interaction, Mr. Dauneria had the honour of presenting Kaivalyadhama's commemorative coffee table book, highlighting the institution's remarkable 100-year legacy in advancing the authentic science of Yoga. The discussion underscored the growing relevance of yoga in promoting holistic health, well-being, and mindfulness in today's fast-paced world.

The Hon'ble Minister expressed keen interest in beginning his own yogic journey with Kaivalyadhama, reflecting a shared vision and commitment toward fostering a healthier and more conscious society through yoga.

This meaningful engagement marks another step forward in strengthening institutional relationships and expanding Kaivalyadhama's outreach at the governmental level.



28 February 2026

Kaivalyadhama Hosts Full-Day Visit and Key Institutional Milestones

Lonavala, February 28 (Saturday)

Kaivalyadhama marked a significant and eventful day on February 28 with a full schedule of activities that reflected its continued commitment to yoga, sustainability, and institutional growth. The day brought together members of the Advisory Board and Governing Body, alongside the inauguration of key initiatives under the Green Ashram project.

The highlight of the day was the **combined meeting of the Advisory Board and Governing Body held at 11:00 AM**. This joint session served as an important platform for discussion, reflection, and strategic direction. Members engaged in meaningful dialogue on the future vision of Kaivalyadhama, strengthening its legacy of integrating traditional yoga practices with scientific research while expanding its outreach and impact.

A major milestone of the day was the **inauguration of the Sustainability Drive under the Green Ashram Project**. This initiative reflects Kaivalyadhama's deepening commitment to environmentally responsible practices and the creation of a holistic, eco-conscious campus. The Green Ashram Project aims to integrate sustainability



into daily operations, aligning with the broader philosophy of harmony between human life and nature.

Adding to this initiative was the **launch of a new tractor**, symbolizing a practical step toward enhancing sustainable agricultural practices within the ashram. The introduction of this equipment will support ongoing efforts in organic farming, land care, and self-sustenance, reinforcing the institution's commitment to living in alignment with nature.

The full-day visit was marked by a spirit of collaboration, purpose, and forward-thinking leadership. It underscored Kaivalyadhama's role not only as a pioneer in yoga education and research but also as a responsible institution embracing sustainability and community well-being.

The day concluded with a renewed sense of direction and shared commitment among all participants, setting the tone for future initiatives that will continue to uphold the values and vision of Kaivalyadhama.



03 March 2026

Holi Celebration 2026 – A Joyful Celebration at Kaivalyadham



2nd March 26: The Holi celebrations at Kaivalyadham in 2026 were conducted with great enthusiasm, warmth, and togetherness, bringing the entire Kaivalyadham family closer in a spirit of joy and festivity.

The celebrations began on 2nd March with the traditional Holika Dahan held in the evening near the PLRD building. The sacred ritual was performed with devotion, symbolizing the victory of good over evil and filling the atmosphere with positivity.

The main event on 3rd March turned into a vibrant and unforgettable gathering. The Holi Milan brought staff members, students, and their families together in a colorful and cheerful environment. Laughter echoed all around as participants greeted each other and immersed themselves in the festive spirit.

As the day unfolded, all worries seemed to fade away. There was not a trace of stress—only colors, laughter, and pure happiness filled the air. People danced freely, let their hair down, and truly lived in the moment, creating memories that will be cherished for a long time.

The celebration concluded with a group photograph capturing these joyful moments, followed by a delicious lunch where everyone gathered once again to share smiles and conversations.

The Holi Celebration 2026 at Kaivalyadhama was not just an event—it was a heartfelt experience of unity, happiness, and celebration, where every member felt like part of one big family.



20 March 2026

A Day of Reflection, Nature, and Spiritual Awakening at Kaivalyadhama

Kaivalyadhama, Lonavala, witnessed a day of profound spiritual inspiration and holistic engagement on 20th March 2026, marked by a series of thoughtfully curated events that blended inner awareness with environmental consciousness.

The presence and guidance of **His Holiness Acharya Dr. Lokesh Muni Ji** brought a deeper dimension to the day, inspiring a spirit of awakening and reflection in these often turbulent and distracted times. His message served as a reminder of the need for inner stability, compassion, and mindful living in today's world.

The day began with an early morning **meditation session**, where participants gathered in a serene atmosphere to align mind and body. This session set a contemplative tone, encouraging individuals to experience stillness and awareness—an essential foundation for spiritual growth.

This was followed by the **inauguration of the Butterfly and Vegetable Garden**, symbolizing Kaivalyadhama's commitment to sustainability, harmony with nature, and conscious living. The initiative reflects the institution's vision of integrating yogic values with ecological responsibility.

The highlight of the day was the **Swami Kavalayananda Vyakhyan Mala**, where His Holiness delivered a deeply insightful discourse. He emphasized the importance of managing time wisely and learning to live in the present moment. His words resonated strongly, especially in the context of today's fast-paced and often unsettled world, guiding individuals toward balance, clarity, and inner peace.

The program saw participation from Kaivalyadhama's extended community, both onsite and across global centers, reflecting the institution's collective spirit and global outreach.



Together, the events of the day—from meditation to environmental action to spiritual discourse—created a meaningful journey of awareness and transformation. It stood as a powerful reminder that true progress lies in harmonizing inner growth with outer responsibility.





A New Beginning in Harmony with Nature: Inauguration of Vishnu Vatika at Kaivalyadhama

On the serene morning of 20th March 2026, Kaivalyadhama witnessed a deeply significant and inspiring moment—the inauguration of Vishnu Vatika, a thoughtfully envisioned Butterfly and Vegetable Garden. This sacred initiative was graciously inaugurated by His Holiness Acharya Dr. Lokesh Muni, an internationally acclaimed Jain spiritual leader and Founder-President of Ahimsa Vishwa Bharti.

Set amidst the vast and tranquil expanse of Kaivalyadhama's land, Vishnu Vatika marks a meaningful transformation—from vacant space into a vibrant, living ecosystem. The garden is not merely a physical development, but a symbol of conscious living, sustainability, and harmony with nature.

The inauguration ceremony, held between 10:00 AM and 10:30 AM, brought together staff, students, and devotees, all united in witnessing this auspicious beginning. The presence of Acharya Lokesh Muni Ji infused the occasion with spiritual depth and purpose. Known globally as an ambassador of peace, non-violence, and environmental consciousness, His Holiness has consistently advocated for a balanced relationship between humanity and nature.



Addressing the gathering, Acharya Ji emphasized the urgent need to reconnect with nature and adopt eco-conscious lifestyles. Vishnu Vatika, with its blend of a butterfly garden and a vegetable patch, beautifully reflects this vision—encouraging biodiversity, nurturing organic practices, and fostering awareness about sustainable living.





This noble initiative was made possible through the generous financial contributions of distinguished well-wishers. A special note of gratitude is extended to Dr. Rima Mukherjee and Gaurav Mashruwala for their wholehearted support. Their generosity has played a vital role in bringing Vishnu Vatika to life.

Children actively enjoyed the session, while many women participants overcame initial hesitation and expressed interest in future camps. Elderly participants from the **Varishth Nagarik Sangh** and **Bhajan Mandali** were guided through gentle, age-appropriate practices.

The implementation of the project was carried out with dedication and care by Mr. Anish Das and his team, whose commitment ensured that this vision blossomed into reality.

This camp was organized with the active help of Mr. Sanjay Gaikwad—enumerated & appreciated the initiative, emphasizing Kaivalyadham’s commitment to bringing yoga to the community.

The garden stands as a testament to Kaivalyadham’s ongoing commitment to holistic wellness—extending beyond yoga and health into environmental stewardship. It also aligns with the institution’s philosophy of integrating body, mind, and nature into a unified path of well-being.

Few participants got so touched that they wanted to invite the students who were taking their session to their home, which was politely refused due to time constraints.

The inauguration of Vishnu Vatika signifies more than the opening of a garden—it marks the beginning of a renewed journey. A journey rooted in awareness, nurtured by nature, and guided by wisdom. As butterflies begin to flutter and seeds take root, Vishnu Vatika will continue to grow—not just as a space, but as an inspiration for all who walk its paths.

Active Secretary of The School Mrs. Bonde also undertook the practices with the group for females

The program was also acknowledged by the University NSS Coordinator Mr Jaywant Choudhary.

Encouraged by the success, the team plans to organize more such camps in the April month, continuing to promote health, inclusivity, and community service through yoga.

28 March 2026

Yoga Camp Successfully Conducted by Gordhandas Seksaria College, Kaivalyadham Lonavala

On 28 March 2026 A vibrant and impactful yoga camp was successfully conducted at Advocate Babu Saheb Bonde High School, Bhargarwadi, Lonavala, by NSS student volunteers of B.A. First and Second Year from Gordhandas Seksaria College of Yoga, Kaivalyadham, Lonavala.



The session began at 5:00 p.m. with 18 dedicated volunteers (out of 30) ensuring smooth organization. The camp received an enthusiastic response from the community, with around 30 children, 30 women, 15+ elderly men, and 4 special needs participants taking part. Total more than 75 citizens benefitted.



Inclusivity was a key highlight, with chair yoga practices offered to those unable to sit on the floor. The session concluded with calming Bhramari Pranayama and Omkar chanting, creating a peaceful and meditative atmosphere.

BITS 07 March 2026

A Transformative Retreat: Young Designers from Birla Institute of Technology & Science Experience Yogic Living at Kaivalyadhama

In a refreshing pause from their fast-paced academic lives, a group of 15 dynamic final-year design students from the prestigious Birla Institute of Technology & Science, accompanied by two faculty members, embarked on a three-day immersive retreat at Kaivalyadhama from 16–18 March. Residing in the serene surroundings of Lonavala while spending their days on the Kaivalyadhama campus, these young creative minds—representing diverse regions of the country—stepped into a world of yogic wisdom, scientific inquiry, and mindful living.

The retreat began with a traditional welcome at Gul Villa, setting the tone for a deeply rooted cultural and spiritual experience. An orientation session introduced the students to the ethos, discipline, and legacy of Kaivalyadhama, followed by an informal engaging interaction with the CEO. A guided campus tour allowed the students to explore meditation spaces, academic halls, and research facilities—offering them a glimpse into the institution's rich heritage. The day concluded with a gentle yoga session to unwind, followed by a serene evening havan at the Samadhi, leaving participants in quiet reflection. Dinner at the Annapurna Dining Hall became an unexpected highlight, where students expressed delight at how flavorful and satisfying sattvic vegetarian food could be.

Deep Connection, Learning, and Rejuvenation Day two brought deeper immersion. The morning yoga session, led by Mr. Angad Babar, created a strong connection with the group—his youthful, energetic teaching style resonating deeply with the students.

The day unfolded with a blend of science and spirituality. A session by the Scientific Research Department introduced evidence-based insights into yoga, while a visit to the Sandipani Library exposed students to rare yogic literature.

A guided meditation session by Mr. Amit Sharma was particularly appreciated, leaving participants feeling mentally refreshed and centered. Adding to the experiential learning, students engaged in project discussions guided by Dr. Rajanish Sharma. They also experienced a short but rejuvenating naturopathy mud therapy session, which many described as surprisingly refreshing. The day continued with therapeutic yoga, a peaceful visit to the gaushala, and another evening havan—deepening their connection with nature and tradition.

Nature, Reflection, and Lasting Impressions The final day offered what many students called “the icing on the cake”—an early morning guided hike to Swamiji’s Gufa, beginning at Hanuman Mandir. Surrounded by nature, the silent meditation experience left a profound impact, with students fully immersing themselves in the moment.

The retreat concluded with a reflection session where participants shared their experiences, learnings, and gratitude. Many described the retreat as transformative—helping them reset, realign, and rediscover balance.

Beyond the Retreat

As part of their academic engagement, the students also explored conceptual landscape design ideas for the Kaivalyadhama campus, blending their creative expertise with the institution’s serene environment.

Deeply touched by their experience, several students expressed a desire to return—and even encouraged others to take time for such retreats to reconnect with themselves.

With their enthusiasm and appreciation, these young designers are set to become natural ambassadors of Kaivalyadhama’s vision—carrying forward its message of holistic wellbeing into the world.

CME 27 March 2026

CME: Stress Management Training Programme for AYUSH Doctors of Maharashtra



The Continuing Medical Education (CME) programme on Stress Management for AYUSH Doctors of Maharashtra was successfully conducted by Kaivalyadhama from 26th to 28th March 2026, in alignment with the AYUSH Training Plan 2026–27. The programme was designed to enhance the knowledge, skills, and holistic well-being of AYUSH practitioners through an integrated approach of yoga, lifestyle management, and scientific understanding of stress.

A total of 19 doctors participated in the programme, making it an intimate yet highly engaging and enriching experience. The participants arrived on 26th March 2026 and were accommodated comfortably, with all arrangements made to ensure a conducive learning environment. The serene and pristine natural surroundings of the campus contributed significantly to the overall effectiveness of the training, offering one of the most peaceful environments in Maharashtra.

The workshop commenced with registration, followed by an inaugural session and programme briefing. A documentary and contextual introduction set the tone for the sessions ahead. The academic component began with an insightful lecture on stress management by Dr. R. S. Bhogal, whose depth of knowledge and clarity provided a strong conceptual foundation. This was followed by practical yoga sessions led by Shri Sandeep Wankhede, focusing on relaxation techniques such as Shavasana.

The second day was intensive and immersive, combining theory with experiential learning. Dr. S. D. Bhalekar delivered an excellent session on the scientific basis of yoga therapy for doctors, while Dr. R. S. Bhogal further elaborated on yoga and stress management. Dr. Neeta Gade emphasized the importance of lifestyle modifications, and Dr. Swati Pandey provided deep insights into the application of Yama and Niyama in managing modern-day stress. The wisdom and experience shared by all faculty members greatly enriched the learning experience of the participants. Participants also engaged in pranayama and experiential sessions conducted by Shri Sandeep Wankhede, which were widely appreciated for their immediate practical benefits. The integration of theory and practice made the programme both meaningful and impactful.

On the final day, sessions focused on yoga modules for chronic diseases, followed by evaluation and feedback. Participants actively shared their experiences and expressed that the programme had been transformative, practical, and highly relevant to their professional and personal lives. Special thanks were extended to Dr. Satish Pathak for initiating the programme and providing valuable direction remotely. His guidance played a crucial role in shaping the programme. The programme also benefited immensely from the dedicated support of the D.Y.T. diploma in Yoga students — Mr. Angad Babar, Ms. Megha Goyal, and Mr. Nandlal Verma, whose enthusiastic involvement contributed significantly to the smooth conduct of the event. A heartfelt appreciation was extended to Ms. Vidhei Owhol, who ensured seamless food arrangements despite the challenges posed by the shortage of cooking fuel during the crisis. Her commitment and efficiency were truly commendable.

Special recognition was also given to Mr. Vishal Sakhala for capturing the essence of the programme through photographs and reels. His creative documentation added a vibrant and memorable dimension to the event.

The valedictory session marked the formal conclusion of the programme. The participating doctors expressed high levels of satisfaction and appreciation. They left with a sense of fulfillment and enthusiasm, and many conveyed their intent to recommend this programme to their colleagues, recognizing its value as a compact yet highly effective training conducted in a stress-free environment.

Overall, the CME programme was successfully conducted and achieved its intended objectives. It not only enhanced the professional competencies of the participating doctors but also provided them with practical tools for stress management and self-care, which they could integrate into their clinical practice.

Kaivalyadhama expressed its sincere gratitude to all faculty members, contributors, and participants for their support and involvement in making this programme a meaningful and impactful initiative.



LMC president 28.05. 26

President Rajendra Sonawane Graces Yogmaya Police Training at Kaivalyadhama Kaivalyadhama, Lonavala | March 28, 2026

The serene and spiritually vibrant campus of Kaivalyadhama hosted a unique four-day Yogmaya training program for police personnel from Sangli, Maharashtra—an initiative dedicated to the well-being of one of society's most committed yet often underappreciated sections: police constables.

The valedictory function was graced by the President of the Lonavala Municipal Council, Mr. Rajendra Sonawane, who attended as the Chief Guest. His presence was especially meaningful, as he is an alumnus of Kaivalyadhama—returning now in his esteemed capacity as the President of LMC.

During the समारोह, Mr. Sonawane was warmly felicitated by the workmen team of Kaivalyadhama, recognizing both his continued connection with the institution and his dedicated service to society. Reflecting on his journey, he shared how his consistent practice of yoga and pranayama has helped him remain energetic and committed to public service even beyond the age of 60.



In his address, he expressed heartfelt gratitude to Kaivalyadhama for organizing such a thoughtful and impactful program for police personnel. He emphasized the importance of extending wellness initiatives to those who work tirelessly under demanding and stressful conditions.

The program witnessed the participation of 20 police constables, including 15 male and 5 female officers, who underwent intensive training in yoga, pranayama, and holistic living. During the certificate distribution ceremony, participants shared overwhelmingly positive feedback, describing it as one of the most enriching trainings they had experienced both personally and professionally.

Many participants expressed a desire for the program to be extended to a full week, noting that the three days spent in the sacred environment of Kaivalyadhama, along with satvik food and a peaceful atmosphere, felt too short yet deeply transformative.

The constables also expressed sincere gratitude for the care, hospitality, and practical life guidance provided during the program. They appreciated the thoughtful structure of the training, which addressed physical health, mental clarity, and emotional resilience.

The Yogmaya initiative continues to reflect Kaivalyadhama's commitment to promoting holistic well-being and supporting those serving on the frontlines of society.

The event concluded with a vote of thanks, extending special appreciation to Mr. Rajendra Sonawane for his gracious presence and inspiring words, making the occasion truly memorable.



23 Years of Transforming Lives through Holistic Wellness
 Life Health & Wellness Centre's Inspiring Journey of Health, Harmony and Community Service

Padma Shri Dr. Sudhir Parikh, Chairman, Life Global, N.J, USA
 For more than 2 decades, Life Health & Wellness Centre has been nurturing a culture of preventive health and holistic living. Its remarkable prudence reflects the transformative power of yoga and mindful practices in strengthening individuals and communities alike. I congratulate the centre team for their dedication to this noble mission.

In an era where modern lifestyles are increasingly characterized by stress, sedentary habits, and rising lifestyle-related illnesses, the importance of preventive healthcare and holistic wellness has never been greater. For more than two decades, Life Health & Wellness Centre (LHWC) - a pioneering initiative of Project Life® - has been dedicated to guiding individuals toward healthier and more balanced lives through the timeless science of Yoga and holistic well-being.

Established in 2003, LHWC was founded with the mission of making the transformative practices of Yoga, Pranayama, and Meditation accessible to society. Guided by the philosophy that true health arises from harmony between the body, mind, and spirit, the centre has grown into an active hub for wellness education and preventive healthcare. Over the past 23 years, LHWC has positively impacted more than 900,000 individuals through regular Yoga sessions, workshops, wellness camps, and training programs, promoting physical fitness, mental clarity, emotional resilience, and a culture of healthy living within society.

A distinguishing strength of LHWC lies in its commitment to authentic Yoga education supported by reputed national institutions. The centre maintains meaningful associations with Indian Yoga Association and Kaivalyadhama, one of the world's oldest and most respected Yoga research institutions. These collaborations have enabled the centre to maintain high standards in Yoga education while integrating traditional yogic wisdom with modern scientific understanding of health and wellness.

The Life Health & Wellness Centre (LHWC) regularly conducts workshops and Shikharas on Pranayama and Meditation, integrating traditional yogic wisdom with modern scientific understanding. These programs are organized in the authentic lineage of Kaivalyadhama, a globally recognized institution renowned for its pioneering work in yoga research and education. The workshops are unique to the region and to deepen participants' understanding of breathing techniques, meditation practices, and their scientifically validated benefits for physical, mental, and emotional well-being.

Participants have consistently reported positive outcomes, including improved stress management, enhanced mental clarity, and better overall health. Conducted periodically, these sessions are guided by experienced yoga practitioners and internationally acclaimed experts. Through such initiatives, LHWC continues to advance authentic yogic traditions and promote holistic wellness within the community.

Following the historic announcement by the Hon'ble Prime Minister of India, Shri Narendra Modi, at the United Nations that led to the declaration of the International Day of Yoga, the centre has actively contributed to the global Yoga movement. Since inception in 2015, LHWC has organized and participated in International Day of Yoga celebrations through large-scale Yoga sessions, awareness campaigns, and promoting wellness.

One of the most remarkable dimensions of the centre's mission has been its effort to take the message of wellness beyond conventional spaces. These initiatives have contributed meaningfully to promoting emotional balance, mental well-being, and positive lifestyle changes among participants. The Centre has initiated a lecture series titled "Yoga: Not to Fall Sick," under which over 320 substantial lectures have been delivered by renowned doctors. These sessions focus on mental health, lifestyle management, and holistic health awareness, promoting preventive healthcare and healthy living within the community.

Looking ahead, Life Health & Wellness Centre remains committed to promoting Yoga-based wellness and inspiring people to adopt balanced, healthy lifestyles. The Centre continues to emphasize that regular practice of Yoga, Pranayama, and Meditation is key to achieving holistic health and inner well-being.

Successfully conducted Yoga and wellness Shikhar across 21 prisons in the State of Gujarat, providing an opportunity to experience the transformative benefits of Yoga, meditation, and disciplined living.

Global Head Offices:
 Kaivalyadhama, Lonavala, Maharashtra, India
 Life Global, N.J., USA
 The American Branch, New York, USA
 The Canadian Branch, Toronto, Canada
 The Australian Branch, Sydney, Australia
 The UK Branch, London, UK
 The European Branch, Brussels, Belgium
 The Middle East Branch, Dubai, UAE
 The South African Branch, Johannesburg, South Africa
 The African Branch, Lagos, Nigeria
 The Indian Branch, Mumbai, India

Partner & Chapters:
 Life Global USA, Life Global Canada, Life Global Australia, Life Global South Africa, Life Global India, Life Global UK, Life Global Europe, Life Global Africa, Life Global Middle East, Life Global Asia, Life Global Latin America, Life Global Oceania, Life Global Europe, Life Global Africa, Life Global Middle East, Life Global Asia, Life Global Latin America, Life Global Oceania



CEO News / Photos

Photo 'a' series : Inauguration of the Granth Kutir at the Rashtrapati Bhavan : The Rashtrpati Bhavan is being transformed in to a public space where people can witness and experience the rich cultural heritage of India . This was an effort to showcase ancient manuscripts. Kaivalyadhama also contributed to the collection with three manuscripts. The inauguration was held on the 23rd January 2026 at the hands of the Hon'ble President of India. She felicitated the CEO for the contribution of the institute.

'b' Series : CEO participated in the International Yoga Festival at Rishikesh. Smt.Sandhya Dixit engaged Pranayama sessions based on the traditional texts. The IYF witnessed wide variety of Yoga enthusiasts from across the world. Amongst those who performed during the festival was Shri.Kailash Kher , who enriched the audience with his melodious voice.

'c' : On this visit to Sri Lanka , the CEO met with former Prime Minister of Sri Lanka Shri.Gunavardane and his family. It was a courtesy meeting which concluded with an invitation for the family to visit India .

'd' : The CEO in his capacity as the Secretary General of the Indian Yoga Association had the privilege to meet with the Hon'ble Chief Minister of Gujarat Shri.Bhupendra Patel. The meeting was courteous and meant to look at the enhancing the cooperation to promote Yoga.

'e' : The CEO participated in the program Yoga Sethu organized by the state chapter of Indian Yoga Association. This program was held at National College Mumbai. Shri.Suresh Prabhu Former Cabinet Minister and Smt. Radhika Rastogi participated as Guests to encourage the students to come onboard and adopt Yoga for mental health.

'F' : Meeting with Shri. Nagraj Naidu IFS working as Additional Secretary in Ministry of External Affairs. CEO presented him with a Coffee Table Book . Shri.Naidu has had a long association with the institute and is an ardent Yoga practitioner.

Meeting with Shri Ramnath Kovind ji the 14th President of India





Kaivalyadhama Pune

The Kaivalyadhama, a globally respected institution dedicated to the scientific and traditional study of yoga, has expanded its legacy with the establishment of its Pune center in Pune.

A Legacy Rooted in Tradition

Founded in 1924 by Swami Kuvalyananda in Lonavala, Kaivalyadhama has been a pioneer in integrating ancient yogic wisdom with modern scientific research. The Pune center, inaugurated on September 30, 2023, continues this tradition with a vision of holistic wellness through yoga.

Vision and Mission

The Pune branch is guided by:

- Spreading authentic yoga teachings
- Promoting health and fitness
- Serving society through yoga (“Seva”)
- Supporting research in yoga

Programs and Offerings

The center provides:

- Group Yoga Sessions (Morning & Evening)
- Certified Yoga Courses (YTCC, PGDYEd, Certificate Course)
- Personalized “My Yoga – My Home” sessions
- Corporate Yoga programs
- Online Yoga Classes
- Specialized Workshops

Social Impact

The Pune outreach team has positively impacted over 2000 individuals, including cancer patients, seniors, differently-abled children, and rural students through yoga therapy and wellness initiatives.

Contact Us

For further details, expressions of interest, or inquiries about internship opportunities, course outlines, enrollment details, and to explore our offerings, please connect with us:

• **Email:** kdham.pune@kdham.com

• **Contact Number:** +91 9096135255 / +91 9158482113 /

+91 9096135255

Your participation can make a significant impact in fostering well-being and accessibility in the communities we serve. We look forward to collaborating with passionate individuals dedicated to yoga and holistic health.

For more information, explore the Pune branch of Kaivalyadhama and begin your journey toward holistic wellness.

Pune Kaivalyadhama Samachar

1. Spiritual and Cultural Programmes

On the occasion of Shakambhari Poornima, 108 Pranava Japa were conducted online. The session witnessed the participation of 20 members, creating a spiritually enriching collective experience rooted in traditional yogic chanting and contemplation.

On 25 January 2026, marking Surya Jayanti (Rathasaptami), 50 participants gathered at the Pune University Main Building Lawns to offer reverence to Hiranyagarbha through Surya Mantra chanting and Balopasana. Simultaneously, practitioners joined online via Zoom, enabling wider participation.

2. Academic and Educational Initiatives

On 6 January 2026, a 2-Credit (45 hours) Yoga Course titled “Yoga for Health and Wellbeing” was formally launched for students of Vidyarthi Sahayak Samiti, Pune and Ahilyanagar. This large-scale initiative, with over 1200 students enrolled, will continue until 8 March 2026. The course is being delivered by 14 Yoga Instructors across 8 centres in Pune and 2 centres in Ahilyanagar, comprising 10 hours of theory and 35 hours of practical training. The curriculum aims to provide an authentic introduction to classical yogic philosophy and traditional practices, enabling students to apply yoga for holistic physical and mental wellbeing.

On 24 January 2026, Kaivalyadhama Pune conducted the Convocation Ceremony for Hybrid CCY Course (Batch 4). Students were encouraged to continue their learning journey while upholding the yogic legacy of Kaivalyadhama. Certificates were awarded by Shri Uday Pendse, Senior Yoga Teacher, and Ms Deepti Kale, Faculty, Kaivalyadhama Pune.

3. Workshops and Skill Development Programmes

From 19 to 23 January 2026, a Surya Namaskar Workshop was



conducted at the centre on the occasion of Makar Sankranti. The workshop explored the origins of Surya Namaskar, yogic components embedded in the sequence, and variations across different styles, with emphasis on its role as a sthoola vyayama practice.

On 24 January 2026, a Pranayama Master Class was conducted by Shri Uday Pendse, Senior Yoga Teacher, Kaivalyadhama. The session provided participants with profound insights into the essence of pranayama as explained in the Patanjali Yoga Sutra, bridging classical textual understanding with experiential practice.

4. Outreach and Community Engagement

Hearts in Harmony – Special Needs Initiative

On 28 January 2026, Kaivalyadhama actively participated in the “Hearts in Harmony” Carnival, organised by Asha School (for children of Army personnel with special needs) with the support of Army Headquarters, Southern Command, and Army Wives Welfare Association (AWWA). The carnival was held from 28–30 January 2026 at the Southern Star Auditorium, Camp, Pune, and witnessed participation from over 200 children, caregivers, educators, and professionals.

Kaivalyadhama’s session on 28 January was led by Dr Rashmi Dixit and Dr Swati Pandey, SRD, Lonavala in coordination with Kaivalyadhama Pune Outreach Team. Lonavala. Dr Swati Pandey delivered an evidence-based and compassionate lecture titled “Caring Without Burnout: Yoga-Based Psychosocial Support for Caregivers of Children with Special Needs.”

This was followed by an experiential session conducted by the Pune Outreach Team, led by Shri Yogesh Vaidya, with demonstrations by Saamil ji, a yoga practitioner with high-functioning autism. Practices included Bhramari, Brahma Mudra, Sukshma Vyayama, chair-based twists, breathing techniques, and brief meditation, designed for safe joint practice by children and caregivers at home or in schools.

The primary objective of this initiative was to build a caregiver-support community, establish networks with special schools, and lay groundwork for future research (Project 2) and academic programmes in yoga for special needs children. Monthly online workshops for caregivers and teachers are planned to commence by February 2026, led by Dr Swati Pandey and supported by Kaivalyadhama Pune.

A planned consultation kiosk on 29–30 January 2026 at Milkha Singh Auditorium was cancelled due to the demise of the State’s Deputy Chief Minister.

On 31 January 2026, a yoga workshop for 700 students was conducted at Zilla Parishad Primary and Secondary School, Hinjewadi, Pune, focusing on holistic physical and mental wellbeing by Shri Yogesh Vaidya and a team of student volunteers from the ongoing PGDYED course.

5. World Cancer Day Programme

On 31 January 2026, on the occasion of World Cancer Day, Kaivalyadhama, in collaboration with Care India Medical Society (CIMS), conducted a therapeutic yoga workshop at Vishranti Cancer Hospital, Bhavani Peth, Pune.

Patients undergoing treatment for breast, cervical, and ovarian cancers, along with doctors and nursing staff, participated. Shri Yogesh Vaidya, Senior Yoga Therapist, delivered a lecture on yogic nutrition, focusing on sattvic dietary principles and their role in immunity, fatigue management, and quality of life. A gentle yoga session was conducted by Ms Aarti Pawar, Outreach Team member. Dr Tasneem Shaikh highlighted the evidence-based benefits of yoga in cancer care. The programme concluded with a symbolic cake-cutting ceremony celebrating resilience.

6. Regular Outreach Programmes

- Cancer Warrior Programme: Daily three online sessions for cancer patients, survivors, and caregivers, conducted by Shri Yogesh Vaidya and volunteers.
- Aashirwad Senior Citizen Programme: Online yoga sessions six days a week, led by Ms Ruchi Agarwal and her volunteer team.
- Weekly Yoga Sessions for children with special needs and caregivers at Asha School and Umang Rehabilitation Centre, conducted by Yogesh ji, Moumita ji, Pranit ji, and Sonali ji.

7. Administrative and Planning Activities

Budget planning and review meetings were conducted with the Kaivalyadhama Pune Core Committee and Shri Ankit Bhandhari. Based on these discussions, the Business Plan and Annual Budget for 2026–27 were finalised and submitted.





Kaivalya Vidya Niketan – *Samachar*

3rd January : Savitribai Phule Jayanti was celebrated with great respect and enthusiasm during the school assembly . The programme began with a prayer followed by a brief introduction highlighting the life and contributions of Savitribai Phule, India’s first woman teacher and a pioneer of girls’ education. Girl students paid floral tribute by garlanding the portrait of Savitribai Phule.

7th January : "Empowering Youth: A Comprehensive Awareness Program on Traffic Norms, Cyber Security & Child & Woman Safety" by PTS Khandala

On 7th January, as part of Police Rising Day, the Police Training Centre, Khandala, conducted an impactful awareness program covering traffic rules, cyber security, and child/woman safety.

Key highlights include:

- Educating students on traffic norms and safe road practices
- Insights on cyber security and digital safety measures
- Promoting personal safety for women and children
- Emphasizing responsibility and discipline in daily life

The session was well-received by the students, fostering a culture of awareness and responsible citizenship.

19th and 20th Jan: L&T Health Centre Conducts Medical Camp at Kaivalya Vidya Niketan Lonavla

A 2-day medical camp was organised at Kaivalya Vidya Niketan, Lonavla, on 19th & 20th of January 2026, in collaboration with L&T Health Centre. The camp saw participation from around 800 students and 56 staff members , who received comprehensive medical check-ups and treatment. The event aimed to promote early detection of health issues, foster wellness, and provide preventive healthcare, ultimately contributing to a healthier learning environment. The camp successfully identified and addressed health concerns, boosted student attendance, and increased health awareness among the school community

26th Jan: Kaivalyadhama celebrated the 77th Republic Day with great enthusiasm! The event was graced by Shri Subodh Tiwariji, CEO of Kaivalyadhama, and esteemed Guest Shri Rakesh Sekseriaji.

Director Dr. ND Joshi emphasized the importance of the Constitution in our daily lives. Shri Subodh Tiwariji emphasized the role of yoga in building the future citizens of India.

The celebration included the unfurling of the national flag, March Past, reading of the Preamble, and powerful speeches by Medini Purohit (Grade 9) and Parth Dhamale (Grade 5). The cultural program featured a patriotic song, Yoga demonstration by Kaivalyadhama's GS College students, Parachute mass drill, and a mesmerizing patriotic dance performance. Students also showcased a vibrant Lezim performance, highlighting Maharashtrian pride



10th Feb : Grandparents Day and New Admission Open at Kaivalya Vidya Niketan:

Kaivalya Vidya Niketan recently hosted a vibrant Grandparents Day and new admission ceremony on 10 February 2026 marking a memorable day for students, parents, and grandparents alike. The event was graced by chief guest Mr. Vidyut Jammwal, renowned actor and martial artiste and guest of honour Shri. Rajkumar Sekseria, Chairman Subodh Tiwariji, Director and Principal.

As the esteemed guests arrived, the atmosphere was filled with excitement and joy with pom poms waved and flower petals showered, setting the tone for a day filled with excitement and joy. The event commenced with the serene lighting of the lamp and Shankh Naad by students, followed by adorable flash card presentations by pre-primary students showcasing their creativity.

A captivating PPT presentation highlighted the vision and mission, emphasizing its commitment to holistic education. The programme featured fun-filled activities, including engaging games and energetic dance performances, with Mr. Vidyut Jammwal joining in to add to the excitement.

The Grandparents' Day celebration was a highlight, bringing smiles to grandparents as they enjoyed the special programme with their grandkids and were honoured with token of love. The event concluded on a heartwarming note, with attendees buzzing with enthusiasm about the vibrant celebrations.



23 February : The Thinking Day of The Bharat Scouts and Guides was celebrated in our school on 23rd Feb 2026 with great enthusiasm.

:Trekking adventure: Students explored nature, learning teamwork and discipline. Tent-pitching & cooking without utensils , built survival skills and creativity. These activities promoted teamwork and self-reliance.

28th February : Senior KG Graduation Day was a blast! . KVN Sr. KG celebrated the milestone moment on 28th Feb 2026. Adorable kids in caps & gowns rocked the stage, showcasing their talents. Parents beamed with pride as certificates were handed out.

30th March : A New Impetus to Holistic Education

Grand Inauguration of AI & Robotics Laboratory at Kaivalya Vidya Niketan

In a significant step towards future-ready education, Kaivalya Vidya Niketan, Lonavala, inaugurated its state-of-the-art Artificial Intelligence (AI) and Robotics Laboratory, reinforcing its commitment to holistic and progressive learning.

This initiative reflects the vision of KVN Foundation to move beyond traditional classroom education and actively connect students with modern technological advancements. The newly established lab is designed to provide hands-on exposure to emerging fields such as robotics, coding, and artificial intelligence.

Equipped with advanced tools and resources, the laboratory offers an engaging platform where students can explore, experiment, and innovate. It aims to nurture scientific thinking, creativity, and analytical skills—empowering learners to become confident problem-solvers and future innovators.

The inauguration ceremony was conducted with great enthusiasm in the presence of dignitaries, faculty members, and students. The occasion was further enriched by the presence of distinguished guest Dr. Paul Dallington, who highlighted the importance of integrating technology with education to prepare students for global challenges.

This Robotics and AI Lab is not merely an infrastructure addition—it is a transformative initiative. It will enable students to participate in competitions, engage in experiential learning, and develop skills aligned with the demands of the 21st century.





Two New Publications

from Kaivalyadhama

Bridging Timeless Wisdom and Contemporary Yoga Science

Kaivalyadhama Publications continues its legacy of preserving and propagating authentic yogic knowledge with the release of **two important new books**, each addressing a vital dimension of yoga—**spiritual insight and therapeutic science**.

A Call to Seeing Clearly – Then and Now (The Path of the Bhagavad Gita) by **Swami Nityamuktananda Saraswati** offers a deeply reflective and accessible commentary on the Bhagavad Gita. Rather than treating the Gita as a historical scripture alone, the author presents it as a **living guide for modern life**, addressing inner conflict, ethical action, healing, and the pursuit of Dharma. Spread across **264 pages**, the book invites seekers to cultivate clarity, awareness, and purposeful living. Swami Nityamuktananda Saraswati is a close associate, friend, and benefactor of Kaivalyadhama, and his work reflects a deep alignment with its vision.

Complementing this spiritual exploration is the scholarly volume *Hygienic-cum-Therapeutical Methods of Yoga* by **Dr. Krzysztof Stec and Dr. Karol Pilis**. This **316-page** work offers an in-depth study of **Shatkarmas**, combining classical yogic principles with modern scientific understanding. The authors introduce the concept of **Ashtanga Kriyas**, presenting an integrated Eastern-Western framework for purification, prevention, and holistic health. The book stands as a valuable resource for yoga professionals, therapists, educators, and researchers engaged in evidence-based yoga practice.

Together, these two publications reflect Kaivalyadhama's enduring commitment to **authenticity, research, and relevance**, making

ancient wisdom meaningful for contemporary seekers and practitioners.

New Book Announcement | KDham Publications

New Book Announcements | KDham Publications

Kaivalyadhama Publications is delighted to present two significant new publications that enrich the spiritual, scientific, and therapeutic dimensions of yoga.

A Call to Seeing Clearly – Then and Now

(The Path of the Bhagavad Gita)
By Swami Nityamuktananda Saraswati

A powerful and contemporary reflection on the **Bhagavad Gita**, this book guides readers toward clarity, courage, and conscious action in today's complex world. Blending timeless Vedic wisdom with present-day realities, it presents the Gita as a living guide for inner awakening, healing, and Dharma.

264 pages of insight and reflection

MRP: ₹400

Hygienic-cum-Therapeutical Methods of Yoga

By Dr. Krzysztof Stec & Dr. Karol Pilis

This scholarly and practice-oriented volume offers a comprehensive **316-page exploration of yogic cleansing practices (Shatkarmas)**. Rooted in classical yoga texts and enriched with modern scientific research, the book introduces **Ashtanga Kriyas**—an integrated Eastern–Western approach to purification, health, and holistic well-being.

An invaluable reference for **yoga practitioners, teachers, therapists, students, and researchers**.

316 pages

MRP: ₹400

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A meaningful contribution to the growing body of yoga philosophy, science, and therapy.

With deep reverence and gratitude, I offer my humble Pranam to Swami Nityamuktananda Saraswati Ji as Swami Ji brings forth this beautiful work on the Bhagavad Gita.

Having received Swami Ji's teachings during my Gurukulam days, I was always inspired by the vastness of Swami Ji's understanding—spanning Western scholarship, Eastern contemplative wisdom, modern and traditional insights into human psychology, eco-philosophy, and the teachings of great masters with whom Swami Ji had studied.

Swami Ji's life reflects simplicity, authenticity, and a deep concern for the well-being of humanity and nature. Swami Ji stands firmly for what protects life, dignity, and awareness—living simply, consciously, and in complete integrity with those values. Swami Ji's very life becomes an expression of ahimsa, ecological sensitivity, and love for all beings.

In this upcoming work, Swami Ji presents the essence of the Gita with clarity, depth, and contemporary relevance, while remaining faithful to the timeless spirit of the text.

What stands out most profoundly in Swami Ji's approach is the way Swami Ji brings the wisdom of the Gita into the heart of the twenty-first century. The text is not treated as an ancient scripture sealed in history, but as a living dialogue that continues to illuminate our human dilemmas—ethical, ecological, psychological, and spiritual.

Swami Ji's way of teaching is unique. Ancient wisdom is brought alive by connecting it with modern scientific insight, human psychology, evolutionary understanding, and our sacred relationship with Mother Nature.

Swami Ji highlights how the battlefield of Kurukshetra is not merely a physical landscape but a metaphor for the conflicts of our modern world: global inequality, technological domination, environmental degradation, and the collective loss of spiritual vision. The “daemonic powers” described in the Gita appear today as the forces of greed, manipulation, and blind technological progress—subtle yet powerful influences that shape our lives, often without our awareness.

Swami Ji beautifully reveals that Krishna's teachings to Arjuna are, in essence, teachings for the sincere seeker of our time: the call to see clearly, to awaken from complacency, to question the comforts that dull our awareness, and to rediscover a higher intelligence beyond the human ego. Swami Ji shows with great clarity that the Gita guides us toward regaining sattva—clarity, balance, and inner stability—amid a world increasingly governed by tamasic inertia and rajasic agitation.

The interpretation is uncompromising in its honesty: service, dharma, and surrender are not mere ideals—they are urgent necessities in a global age where our choices ripple across the entire interconnected web of life. Swami Ji highlights how the message of selfless action and devoted duty stands in stark contrast to the

modern culture of consumerism, comfort-seeking, and technocratic dependence.

Yet the approach is never pessimistic. Swami Ji reveals a vision filled with strength and dignity: that each individual, like Arjuna, can become a warrior of light—someone who chooses clarity over confusion, responsibility over helplessness, and conscious action over blind conformity. Swami Ji shows that the Gita calls us not to despair, but to courage, discernment, humility, and contribution.

What touched me deeply is how Swami Ji highlights the universal presence of the Divine—the “power beyond”—as the true grounding of life. In a world that often forgets the sacred, Swami Ji's work gently but firmly reminds us that spirituality is not something separate from nature, action, or society; it is the very force that holds all of existence together. Through this lens, Swami Ji brings Krishna's message into a language that speaks powerfully to the global challenges of our time.

Swami Ji's interpretation of the Gita is therefore not only philosophical; it is intensely practical – guiding us toward ecological responsibility, ethical clarity, compassionate action, and inner awakening.

In one of the chapters, for instance, Swami Ji guides the reader into a simple yet profound inner experience that echoes the spirit of Arjuna's Vishvarupa Darshana—not by dramatizing it, but by allowing the seeker to feel the unity toward which the scripture points. Everyday scenes, familiar relationships, nature, birth, death, and even conflict are shown as expressions of one radiant Consciousness. This approach captures the essence of Swami Ji's work: making the wisdom of the Gita experiential, immediate, and intimately relevant. The text becomes not just something to study, but something to enter—something that transforms one's way of seeing the world and one's place within it.

This work stands as a bridge between ancient wisdom and contemporary life: fearless in its truth, wide in its vision, and deeply rooted in compassionate insight.

With heartfelt gratitude, I bow to Swami Ji for bringing the luminous teachings of the Bhagavad Gita into such clear relevance for the world we live in today.

Parampara—Gurubhyo Namah /Homage to the Gurus of my Lineage
Vimal Sharma, Yogaacharya, Rishkesh, India

This wide-ranging survey of yogic cleansing practices fills a large gap in the modern approach to Hatha Yoga. As such, it will meet the needs of both practitioners and academic researchers. Detailed descriptions and helpful guidance are given on the basis of personal experience. Knowledge of the source texts and of academic physiology enables both the history and a modern scientific understanding of the practices to be provided. In addition, a broad knowledge of modern Western physiological cleansing practices has led to the creation of a new system, called Ashtanga Kriyas, described here for the first time, in which Eastern and Western methods are combined. Reading this book can open the door to a new path of yogic experience and of better health for the practitioner, and to a new understanding for the academic.



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HYGIENIC-CUM-THERAPEUTIC TECHNIQUES OF YOGA | KRZYSZTOF STEC & KAROL PILIS

HYGIENIC-CUM-THERAPEUTIC TECHNIQUES OF YOGA

SHATKARMAS
(Shatkriyas)

KRZYSZTOF STEC & KAROL PILIS



KAIVALYADHAMA

Swami Nityamuktananda draws in her commentary the threads of the history between the antic Vedic culture and our contemporary world, flooded by Information and Data, she weaves the carpet of knowledge, so that we can see the message of the Bhagavad Geeta in today's world - and we can see clearly.



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KAIVALYADHAMA Swami Nityamuktananda Saraswati SEEING CLEARLY

A call to SEEING CLEARLY

Then And Now
The path of the Bhagavad Geeta

Swami Nityamuktananda Saraswati

KAIVALYADHAMA

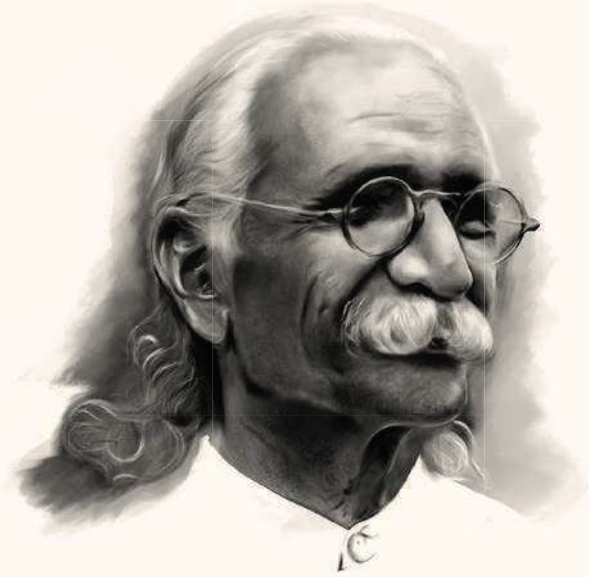
“यह केवल्यधाम स्वामी कुवलयानंद मार्ग पर स्थित है ।
स्वामी कुवलयानंद मार्ग केवल्यधाम का पता तो है ही,
उनके द्वारा दिखाया गया मार्ग योग के माध्यम से केवल्य
तक पहुँचने का रास्ता भी है ।”

श्रीमती द्रौपदी मुर्मू माननीय राष्ट्रपति, भारत

Best wishes from Adv . Nivit Srivastava .



CONTRIBUTION of FUNDS for YOGA



Swami Kunalayananda

1883-1966

FOUNDER

Kaivalyadhama Yoga Institute



All donations to Kaivalyadhama are
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Tax Act for 50% deduction

Right from the times of the Vedas Adhyatma and
Science went hand in hand.

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

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

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

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

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

Swami Kunalayananda
27th November 1952