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Yogasha

*Nurturing Children with Special Needs and Supporting
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Editorial



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As I look back on these three months, one thread runs through everything Kaivalyadhama has done: the quiet, steady work of carrying a hundred-year-old vision into the present, one relationship at a time.

We began the quarter where we always begin — in remembrance. On the Punyatithi of Swami Kuvalayananda this April, the Kaivalyadhama family gathered once again at Swamiji's Samadhi, as we do every year, to honour the man whose insight first brought the ancient science of Yoga into conversation with modern research. It is easy, amid the pace of institutional life, to treat such observances as ritual. But standing there each year is also a reminder of why the institution exists at all — not to modernise Yoga, but to keep faith with the seriousness Swamiji brought to it, and to ensure that seriousness outlives all of us who currently serve it.

That same spirit of continuity showed up, in a very different register, when nineteen Italian yoga practitioners arrived at our Lonavala campus in April, led by Dr. Luca Villa and Ms. Emanuela Orlandini. What struck our faculty was not just their curiosity but their receptivity — a willingness to sit with both the philosophical foundations and the scientific rigour that define our approach. Several have since expressed interest in returning for our longer residential courses — a small but telling sign that authentic Yoga, taught without dilution, still finds an audience willing to go the distance for it.

May brought a different kind of engagement, closer to the everyday work of leadership itself. Officials from Navodaya Vidyalaya Samiti — Principals and Assistant Commissioners from various divisions —

spent a full week in residence with us, moving through Shuddhi Kriya, Pranayama, and structured wellness talks on stress and mindful leadership. Watching seasoned educators rediscover physical and emotional steadiness through a week of disciplined practice is, in its own way, as clarifying as any research finding — it is the proof, in practice, of what our founder set out to demonstrate scientifically. Their stay overlapped with Yogamaya Maval 2026, the countdown mass-yoga event for this year's International Day of Yoga, and it was fitting that they joined it. This was a celebration of countdown towards IDY 2026.

Later that same month, we hosted the 6th National Conclave of the Indian Yoga Association, Yogotsav 2026, drawing more than five hundred delegates under the theme "Celebrating Diversity in Yoga." Two days of dialogue across philosophy, professional pathways, education policy, and living lineages of practice reaffirmed something I find myself returning to often: that India's many yoga traditions are not rival schools competing for territory, but complementary expressions of one continuous wisdom. That the conclave closed with a session on innovation and global expansion, rather than on any single tradition's primacy, felt like the right note to end on.

June carried that same conversation onto new ground. In Mumbai, Consuls General and Honorary Consuls from twenty-six countries came together for a Yoga session organised with the Protocol Department of the Government of Maharashtra — diplomats, of all people, meeting on the mat rather than across a table. A few weeks later, at the IIM induction programme, a close associate of institute and eminent actor and martial artiste Shri.Vidyut Jammwal spoke to a fresh cohort of incoming management students about building leadership on a foundation of balance rather than burnout. And on the International Day of Yoga itself, under this year's theme of "Yoga for Healthy Aging," our instructors carried that same practice to over 1,500 participants across Mumbai and rural Maharashtra — including a quietly moving session for children undergoing cancer treatment at Tata Memorial Centre, where gentle asanas and laughter yoga did what they always do best: made a hard place a little lighter.

None of this happens by accident. It is the outcome of faculty, coordinators, and well-wishers across the ecosystem doing their part, often unseen, so that a visiting scholar feels welcomed, a week-long residency leaves its participants steadier than it found them, a memorial service feels dignified, and a diplomat or a child in treatment leaves the mat having experienced, even briefly, what Yoga actually offers. My gratitude, as always, is to all of them.

As we move into the next quarter — with our 102nd Foundation Day and the IYA's national conclave both on the horizon — I am reminded of a line from the Gita that has quietly guided this institution since its founding: that the work matters more than any claim on its fruits. We continue, then, simply by continuing.

— Subodh Tiwari, Chief Executive Officer

Show Must Go On

From his ICU bed, Mr. Gaurav Mashruwala—friend, mentor, and benefactor of Kaivalyadhama—shared an inspiring message of commitment, responsibility, and faith. Despite health challenges, he continued to write and encourage others to remain dedicated to their work and higher purpose. His message reminds us that true commitment transcends circumstances and that, with faith in the Almighty, the show must go on.

प्रकृतेः क्रियमाणानि गुणैः कर्माणि सर्वशः ।
अहङ्कारविमूढात्मा कर्ताहमिति मन्यते ॥ 27॥

All activities are carried out by the three modes of material nature. But in ignorance, the soul, deluded by false identification with the body, thinks of itself as the doer.

Bhagvat Gita 3.27

The vastness of Bhagvat Gita is such that a same shlok can be comprehended in several manner, without loosing its authentic understanding.

Right now, while I writing the piece, I have a different connotation in mind. For me, each one has divine journey. No two path can ever be the same. Therefore, never compare your journey with anyone. God has made your destiny. Let HIM, decide your path.

We all know life journeys of our P.M., renowned glamour celebrities, business tycoons, and individuals in many walks of life. Individuals from rags to riches to rags is known. Similarly, from doldrums to peak and from peak to bottom is nothing new.

Here, I am reminded of another shlok of Bhagvat Gita 6.5.

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् ।
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ॥ 5॥

Elevate yourself through the power of your mind, and not degrade yourself, for the mind can be the friend and also the enemy of the self.

This is very easy to read but most difficult to assimilate. They say, problem is in mind. Actually, problem is not in mind. It is mind that is problem.

To, this Lord has given solution, towards end of Gita 18.65.

मन्मना भव मद्भक्तो मद्याजी मां नमस्कुरु ।
मामेवैष्यसि सत्यं ते प्रतिजाने प्रियोऽसि मे ॥ 65॥

Always think of Me, be devoted to Me, worship Me, and offer obeisance to Me. Doing so, you will certainly come to Me. This is My pledge to you, for you are very dear to Me.

Here, I am reminded of a story of dacoit Ratnakar. He was known as Valio. He used to loot gullible individuals to feed his family. One day, Narad Muni was passing by. Valio tried looting him. Narad Muni said, firstly go and take permission to loot me. Valio went home and asked his family. Family said that, we are not part of your misdeed. That day Valio, transcendental Maharshi Valmiki. That was his destiny.

Once again, I am repeating, This is very easy to say but extremely difficult to implement.

Yogic Wealth is your journey. This is unique only to you. Never compare with anyone. In life surest way to feel disheartened is to compare to compare our journey with anyone else. As practicing financial planner, I have observed individuals with lavish life style.

Several our on borrowed money. There are many, who haven humble life style but no loans. I often quote my friend in my discussion. Amit says, "Never place life style before life." Amit has written pearls of wisdom. He has inherited from his parents. Read him often. Ending with two shlok of Bhagvat Gita. 8.34 and 8.35

अर्जुन उवाच ।

चञ्चलं हि मनः कृष्ण प्रमाथि बलवद्दृढम् ।

तस्याहं निग्रहं मन्ये वायोरिव सुदुष्करम् ॥ 34॥

The mind is very restless, turbulent, strong and obstinate, O Krishna. It appears to me that it is more difficult to control than the wind.

श्रीभगवानुवाच ।

असंशयं महाबाहो मनो दुर्निग्रहं चलम् ।

अभ्यासेन तु कौन्तेय वैराग्येण च गृह्यते ॥ 35॥

Lord Krishna said: O mighty-armed son of Kunti, what you say is correct; the mind is indeed very difficult to restrain. But by practice and detachment, it can be controlled.



DR. SHRUTI DAS

Abstract

The SRD test is used to assess neuromuscular function, and hand grip strength is an important indicator of muscle and brain coordination

Participants underwent holistic interventions including yogic practices, natural therapies, and Ayurvedic support. Hand grip strength was measured before and after the program.

The findings showed improvement in grip strength and neuromuscular efficiency. The study concludes that holistic therapies can effectively enhance muscle strength and overall brain function.

Introduction

The SRD test is used to assess overall neuromuscular efficiency. Among its components, the Hand Grip Strength Test is one of the most reliable indicators of muscle strength, endurance, and even neurological health.

Hand grip strength is not just about the hand—it reflects:

- Overall muscular fitness
- Nervous system coordination
- Brain–muscle connection

What is the hand grip test

The hand grip test measures the maximum voluntary force generated by the forearm muscles using a dynamometer.

Normal Significance

- Indicates muscle strength
- Reflects nutritional status
- Used in clinical diagnosis & rehabilitation
- Correlates with brain function and aging

Physiological Basis: Muscle & Brain Connection

Muscle contraction is controlled by the central nervous system (CNS):

- Brain sends signals via motor neurons
- Neurotransmitters activate muscle fibers
- Energy (ATP) is used for contraction

So, weak grip strength may indicate:

- Poor muscle health
- Weak neural signaling
- Fatigue or stress

Methodology

This study was conducted as a pre-post interventional study to evaluate the effect of a 2-week integrated program of Yoga, Naturopathy, and Ayurveda and SRD parameters.

Number of participants

- Total number of participants: 05
- Age group: 35- 70 years
- Both males and females were included

Duration of Study

- Total duration: 2 weeks (14 days)
- intervention: 30-60 minutes

Intervention Protocol

Combining all three systems gives the best result:

SYSTEM	ACTION	OUTCOME
Yoga Sound healing	Neuromuscular coordination motor control and coordination	Strong grip + focus stimulate the nervous system
Naturopathy	Detox & nutrition	Better muscle energy
Ayurveda	Tissue nourishment	Long-term strength

Assessment Tool

Hand Grip Strength Test

- Measured using a hand dynamometer
- Participants performed the test in a standing position
- Maximum voluntary contraction was recorded
- Three trials were taken, and the highest value was considered

Outcome Measures

- Primary outcome: Hand grip strength
- Secondary outcome: Improvement in neuromuscular coordination and functional capacity.

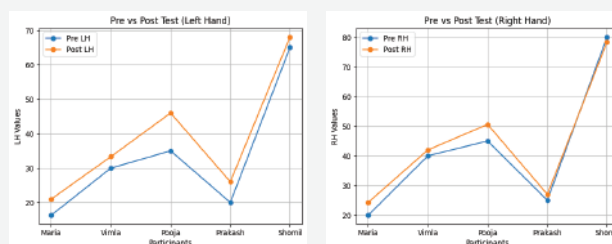
Data Analysis

- Data were analyzed using simple comparison of pre and post values
- Results were expressed as mean improvement (2-4%)



Result

S.NO	NAME	PRE- TEST	PRE- TEST
1.	Maria	RH-20 LH-16.33	RH-20 LH-16.33
2.	Vimla	RH-40 LH-30	RH-40 LH-30
3.	Pooja	RH-45 LH-35	RH-45 LH-35
4.	Prakash	RH-25 LH-20	RH-25 LH-20
5.	shomil	RH-80 LH-65	RH-80 LH-65



Discussion The present study was conducted to evaluate the effect of a 2-week integrated program of Yoga, Naturopathy, and Ayurveda on hand grip strength and neuromuscular function. The findings of the study demonstrate a clear improvement in hand grip strength among participants following the intervention, indicating enhanced muscular performance and neural coordination.

Hand grip strength is widely recognized as a reliable indicator of overall muscle strength and nervous system efficiency. The observed improvement after the intervention suggests that even a short-term, holistic approach can positively influence neuromuscular function.

Hand grip strength is widely recognized as a reliable indicator of overall muscle strength and nervous system efficiency. The Practices such as Surya Namaskar and plank pose engage upper limb muscles, while pranayama techniques like Anulom Vilom and Bhramari activate the parasympathetic nervous system, leading to reduced stress and improved concentration. This relaxation response may enhance motor unit recruitment and coordination, contributing to better grip strength.

Naturopathy interventions such as diet regulation, hydrotherapy, and sun exposure help in improving blood circulation, detoxification, and nutritional status. These factors are essential for muscle recovery and energy production, thereby supporting improved muscular performance.

From an Ayurvedic perspective, muscle strength is related to the proper functioning of Mamsa Dhatu, while nerve function is governed by Vata Dosha. Therapies such as Abhyanga (oil massage) improve circulation and reduce muscle stiffness. The use of herbs like Ashwagandha and Brahmi may contribute to enhanced muscle strength, reduced fatigue, and improved cognitive function, thereby supporting neuromuscular efficiency.

Additionally, sound healing practices, including chanting and Bhramari pranayama, produce vibrational effects that help in calming the mind and improving brain activity. This may lead to better focus, motor control, and coordination, which are important for tasks such as hand gripping.

Conclusion

The hand grip test is a simple yet powerful tool to assess muscle strength and brain function.

Yoga, Naturopathy, and Ayurveda provide a holistic approach by improving:

- Muscle power
- Nervous system efficiency
- Mental health

Together, they not only improve grip strength but also enhance overall quality of life.

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Chakra Meditation, Nāda, and Inner Alchemy: A Classical Haṭha Yogic Perspective

Introduction

In the modern wellness landscape, chakra meditation is often presented as a simplified system of energy balancing. However, when we return to the original Haṭha Yogic sources—texts such as the Shiva Samhita, Hatha Yoga Pradipika, Siddha Siddhanta Paddhati, and Goraksha Shataka—a far more profound, structured, and transformative science emerges.

Chakra meditation, in its authentic sense, is not merely about visualization or emotional healing. It is a **systematic process of prāṇic refinement, nādi purification, and consciousness elevation**, ultimately culminating in the realization of the highest truth—Śiva as the inner Self.

At the heart of this process lies an often underemphasized yet central principle: **Nāda (sound) and vibration**. From gross audible frequencies to subtle inner resonance, sound serves as both a tool and a pathway for transformation.

Historical and Textual Foundations

Classical Haṭha Yoga literature presents a unified vision of the human being as a microcosm (piṇḍa) of the macrocosm (brahmāṇḍa). The body is not inert—it is a living field of prāṇa, structured through an intricate network of nādis.

The Shiva Samhita describes approximately 3,50,000 nādis, while emphasizing the primacy of:

- Idā (lunar flow)
- Piṅgalā (solar flow)
- Suṣumṇā (central channel)

The Hatha Yoga Pradipika further clarifies that liberation is not possible unless prāṇa enters Suṣumṇā, and the Goraksha Shataka highlights the importance of bandha, mudrā, and nāda in directing this movement.

The Siddha Siddhanta Paddhati goes deeper, presenting the body itself as a cosmic structure, where each chakra corresponds not only to physiological functions but to universal principles.

Thus, chakra meditation emerges not as an isolated practice, but as an integrated yogic discipline combining breath, sound, awareness, and subtle perception.

The Chakra System: A Subtle Physiological and Energetic Map

In these classical texts, chakras are understood as **psycho-energetic junctions** where prāṇa transforms into higher forms of awareness. They are neither purely symbolic nor strictly anatomical—they exist at the interface of **body, mind, and consciousness**.

A distinct feature, especially aligned with the Shiva Samhita, is the **color progression**:

Golden → Red → Golden → Red → Golden → Swan White → Swan White

This alternation reflects:

- Golden → illumination, tejas, stability
- Red → dynamism, śakti, movement
- White → transcendence, unity

Each chakra also corresponds to specific physiological systems, and their balance or imbalance directly influences health.

Chakras, Health, and Inner Functioning

At the foundational level, **Mūlādhāra (golden)** governs structural integrity and nervous stability. When balanced, it provides strength and grounding; when disturbed, it manifests as fatigue, instability, and chronic anxiety.

Moving upward, **Svādhiṣṭhāna (red)** regulates reproductive and hormonal functions. Its balance ensures emotional fluidity and creativity, while imbalance may lead to hormonal disorders and emotional turbulence.

Maṇipūra (golden) is the seat of metabolic fire. It governs digestion, liver function, and energy production. A balanced Maṇipūra leads to vitality and clarity; imbalance manifests as digestive disorders, acidity, or metabolic dysfunction.

At the heart, **Anāhata (red)** regulates circulation, respiration, and emotional processing. It is here that prāṇa expands. Imbalances may present as hypertension, respiratory issues, or unresolved grief.

Viśuddha (golden) influences thyroid function, metabolism, and communication. Its purification is essential for both physiological balance and expressive clarity.

The most critical center, **Ājñā (swan white)**, governs neurological integration, endocrine regulation, and perception. It is symbolically identified with Varanasi—the inner Kāśī—where duality dissolves and insight dawns.

Finally, **Sahasrāra (swan white)** represents the culmination of all processes, where physiological, psychological, and energetic systems integrate into pure awareness.

Nāda and Frequency: The Missing Link in Modern Practice

While the classical texts may not explicitly mention modern numerical frequencies, they repeatedly emphasize Nāda (sound) as a direct pathway to higher consciousness.

The Hatha Yoga Pradipika describes stages of inner sound perception—from gross to subtle—leading ultimately to Anāhata Nāda, the unstruck sound.

Modern sound research and traditional knowledge intersect meaningfully when we consider specific frequencies such as:

136.1 Hz – The Omkara Frequency

This frequency, derived from the Earth’s orbital cycle, is widely associated with the vibration of Om (AUM).

Chanting or resonating at 136.1 Hz has profound effects:

- Synchronizes brainwave activity
- Calms the nervous system
- Enhances meditative absorption
- Facilitates prāṇic alignment



When applied to chakra meditation, chanting bija mantras at or near this frequency can:

- Balance prāṇa across chakras
- Cleanse subtle blockages
- Energize dormant centers

112 Hz – Lower Frequency Grounding

Lower frequencies such as **112 Hz** are deeply grounding in nature.

They influence:

- Root stability
- Nervous system relaxation
- Emotional anchoring

Such frequencies are particularly effective for:

- Mūlādhāra stabilization
- Anxiety reduction
- Preparing the system for deeper practices

Sound Composition in Chakra Meditation

Chakra meditation, when integrated with sound, operates on three levels:

1. External Sound (Āhata Nāda)

- Instruments (singing bowls, tanpura, drones)
- Frequency-based soundscapes (112 Hz, 136.1 Hz)

2. Vocal Sound (Mantra and Bija)

- Chanting of OM (AUM)
- Use of bija mantras (Lam, Vam, Ram, Yam, Ham, Om)
- Ideally intoned in a stable frequency such as **136.1 Hz**

3. Internal Sound (Anāhata Nāda)

- Subtle sound perceived in deep meditation
- Progressively finer vibrations leading to silence

The practitioner gradually transitions from:

Sound → Vibration → Silence

Chakra Meditation as a Therapeutic and Transformative Process

When practiced in alignment with classical principles, chakra meditation offers multi-layered benefits:

Physiological Benefits

- Improved digestion and metabolism
- Hormonal balance
- Cardiovascular and respiratory efficiency
- Nervous system regulation

Psychological Benefits

- Emotional stability
- Reduced anxiety and stress
- Enhanced focus and clarity
- Release of suppressed impressions

Energetic Benefits

- Free flow of prāṇa
- Activation of Suṣumṇā
- Dissolution of energetic blockages

Spiritual Benefits

- Deep meditative states
- Awareness of inner nāda
- Dissolution of duality
- Movement toward self-realization

Integration: Chakra, Prāṇa, and Nāda

The true essence of chakra meditation lies in integration:

- **Prāṇa** provides movement
- **Chakras** provide structure
- **Nāda** provides refinement
- **Awareness** provides transformation

Without prāṇa, chakras remain dormant.

Without nāda, refinement is limited.

Without awareness, transformation does not occur.

Thus, the practice becomes a **holistic inner alchemy**.

Conclusion: From Vibration to Stillness

Chakra meditation, when understood through the lens of classical Haṭha Yoga texts, reveals itself as a **complete path of inner evolution**.

The journey begins with:

- Awareness of the body
- Regulation of breath
- Use of sound and frequency

It progresses through:

- Purification of nāḍis

- Activation of chakras
- Perception of inner sound

And culminates in:

- Stillness of mind
- Dissolution of duality
- Realization of Śiva as one's own consciousness

The progression of color—

Golden → Red → Golden → Red → Golden → White → White—

and the refinement of sound—from **112 Hz grounding to 136.1 Hz resonance, and finally to silence**—symbolize this journey.

Ultimately, the highest teaching is simple yet profound:

**All sound resolves into silence,
and in that silence, Śiva is realized.**

To learn this Authentic Chakra Meditation which is offered as Basic and Advanced chakra meditation workshop at Kaivalyadham. Please visit www.kdham.com

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Effect of Integrated Naturopathy Interventions on Short-Term Weight Reduction: A Case Study

Abstract-

Background:

Obesity is a multifactorial metabolic disorder associated with significant morbidity and reduced quality of life. Integrative approaches, including naturopathy, emphasize detoxification, dietary regulation, and optimization of physiological functions.

Objective:

To evaluate the short-term effects of a structured, integrative naturopathy-based intervention on body weight and overall well-being.

Methods:

A 21-day intensive naturopathy program was administered to a 27-year-old male with Class III obesity. The intervention included a medically supervised liquid diet along with adjunct therapies such as massage therapy, steam therapy, hydrotherapy, and mud applications.

Results:

The participant demonstrated a reduction of 14 kg in body weight over 21 days, with a corresponding decrease in BMI from 58.8 kg/m² to 53.6 kg/m². Improvements were also noted in digestion, energy levels, and subjective well-being. No adverse events were reported.

Conclusion:

Integrated naturopathy interventions may offer an effective short-term strategy for weight reduction under medical supervision. However, further controlled studies are required to evaluate long-term efficacy, safety, and sustainability.

Keywords:

Obesity, Naturopathy, Weight Loss, Hydrotherapy, Detoxification, Integrative holistic approach

Introduction:

Obesity is a major global health concern characterized by excessive fat accumulation and metabolic dysfunction, increasing the risk of cardiovascular diseases, diabetes, and other chronic conditions. Conventional management strategies include dietary modification, physical activity, pharmacotherapy, and bariatric surgery.

Naturopathy, based on the principle of vis medicatrix naturae (the healing power of nature), focuses on detoxification, dietary correction, and stimulation of the body's inherent self-healing mechanisms. Traditional modalities such as hydrotherapy, mud therapy, and fasting-based interventions are widely used to restore metabolic balance.

This case study evaluates the effects of an integrated naturopathy-based protocol on short-term weight reduction and associated improvements in physiological and subjective health parameters.

Case Presentation:

A 27-year-old male presented with complaints of obesity. The participant was admitted for a structured 21-day integrated naturopathy program.

Additional Clinical Indicators-

- **Total Weight Loss:** 14 kg in 03 weeks
- **Percentage Weight Loss:** 8.75%
- **Average Weight Loss per Day:** 0.67 kg/day
- **BMI Reduction:** 5.2 units

Methodology / Intervention Protocol-

Results

Table 1: Effect of Integrated Naturopathy Intervention on Weight Reduction

Parameter	On Admission	On Discharge	Change
Age	27 years	27 years	—
Gender	Male	Male	—
Height	165 cm (1.65 m)	165 cm (1.65 m)	—
Weight (kg)	160 kg	146 kg	↓ 14 kg
BMI (kg/m²)	58.8	53.6	↓ 5.2
BMI Category	Class III Obesity	Class III Obesity	Improved (within same category)
Duration	—	21 days	—
Presenting Complaint	Obesity	Improved condition	Improved breathing after fasting



1. Dietary Intervention

A medically supervised liquid-based diet consisting of:

- Fresh vegetable and fruit juices
- Coconut water and other low-calorie natural fluids

Proposed Benefits:

- Induces caloric deficit
- Provides digestive rest
- Facilitates mobilization of stored fat
- Supports elimination of metabolic waste

2. Naturopathy Modalities

a. Massage Therapy

- Enhances peripheral circulation
- Stimulates lymphatic drainage
- May facilitate mobilization of subcutaneous fat

b. Steam Therapy

- Induces perspiration
- Supports detoxification through the skin
- Improves circulation

c. Hydrotherapy

- Includes contrast baths and therapeutic applications
- Improves vascular tone
- Enhances metabolic activity

d. Mud Therapy

- Provides cooling and anti-inflammatory effects
- Supports skin function

- Traditionally used for detoxification

Outcome Measures-

Primary Outcome:

- Change in body weight (kg)

Secondary Outcomes:

- Digestive function (bloating, appetite regulation)
- Energy levels (subjective reporting)
- Overall well-being (patient-reported outcomes)

Discussion-

The observed weight reduction may be attributed to multiple mechanisms:

- **Caloric Restriction:** The liquid diet likely created a significant negative energy balance, leading to rapid weight reduction.
- **Metabolic Activation:** Adjunct therapies such as steam therapy and hydrotherapy may enhance circulation and metabolic turnover.
- **Elimination Processes:** Naturopathic modalities may support elimination via the skin, gastrointestinal tract, and renal pathways.

Conclusion-

This case study suggests that an integrated naturopathy-based intervention may result in substantial short-term weight reduction and improvement in subjective health outcomes when conducted under medical supervision.

Given the rapid nature of weight loss, careful monitoring and structured follow-up are essential.

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कैवल्यधाम

सह्याद्रि की गोद में, शांति जहाँ मुस्काए,
योग की पावन धारा, मन को राह दिखाए।
प्राणों में नव चेतना, तन में उजियारा धाम,
ज्ञान और साधना का, नाम है कैवल्यधाम।

ऋषियों की यह तपोभूमि, साधक का सम्मान,
विज्ञान संग योग का, अद्भुत यहाँ विज्ञान।
स्वामी कुवल्यानंद ने, जग को दिया संदेश,
योग बने जीवन पथ, मिटे दुःखों का कलेश।

हरियाली की छाव में, ध्यान का मधुर सुर
आत्मा को मिलती यहाँ, शांति अपार भरपूर।
सेवा, साधना, अनुशासन, जीवन का अभिराम,
भारत की गौरव गाथा, अपना कैवल्यधाम।

जहाँ श्वास भी मंत्र बने, हर पल हो निष्काम,
योग और मानवता का, अमर रहे ये धाम।

ऋतु प्रकाश

HHCC participant on Kaivalyadhama.

ROLE OF NATUROPATHY IN CANCER CARE (ANUBANDH)

A Structured Two-Week Integrative Approach

Cancer care today extends far beyond tumor-directed treatment. While surgery, chemotherapy, and radiation remain the primary pillars of oncology, patients often experience significant physical and psychological challenges throughout their journey.

Fatigue, digestive disturbances, sleep disorders, and anxiety frequently affect recovery, treatment tolerance, and overall quality of life.

In this context, Naturopathy serves as a supportive and integrative modality, not as a replacement for conventional oncology care, but as a complementary approach aimed at enhancing healing, resilience, and well-being.

Rationale for Integrating Naturopathy

A structured naturopathy-based program may help to:



WHOLE PERSON CANCER CARE

- Reduce treatment-related side effects such as fatigue, nausea, and constipation
- Support immune modulation and reduce systemic inflammation
- Improve digestion and nutrient assimilation
- Enhance sleep quality and emotional stability
- Improve functional capacity and overall vitality

This approach is rooted in the principle of “healing through nature”, focusing on restoring physiological and psychological balance.

Core Principles of Care

- **Holistic Healing:** Addressing the individual as a whole rather than focusing solely on disease
- **Detoxification:** Supporting the reduction of internal and external toxin load
- **Individualization:** Tailoring therapies based on clinical condition and treatment stage
- **Medical Integration:** Ensuring all interventions are aligned with ongoing oncology care

Key Components of the Program

1. Therapeutic Nutrition – Sattvik Ahaar (Foundation of Care)

A plant-forward, anti-inflammatory dietary pattern forms the cornerstone of the program.

- Fresh vegetable juices (e.g., ash gourd, carrot, beetroot)
- Seasonal fruits (with glycaemic consideration)
- Steamed vegetables and whole grains such as millets and brown rice
- Plant-based proteins including lentils and green gram
- Avoidance of processed foods, refined sugar, and fried items

Clinical Benefit: Supports gut health, reduces oxidative stress, and optimizes metabolic function.

2. Hydrotherapy

Water-based therapies are used to regulate circulation and promote relaxation.

- Hip baths for bowel regulation
- Spinal sprays for nervous system relaxation
- Neutral immersion baths to support sleep
- Local fomentation for pain relief

3. Mud Therapy

A traditional naturopathic intervention with cooling and detoxifying effects.

- Abdominal packs to support digestion
- Eye packs for relaxation
- Full mud baths (in selected cases) for skin detoxification

4. Controlled Fasting (When Clinically Appropriate)

- Short, supervised fasting protocols (fruit or juice-based)
- Typically limited to once weekly, based on medical suitability

Note: Implemented with strict clinical monitoring, especially in oncology patients.

5. Yoga & Mind–Body Practices

- Gentle, therapeutic yoga postures
- Breathing techniques such as Anulom Vilom and Bhramari
- Meditation and Yoga Nidra

Outcome: Reduces stress, enhances emotional resilience, and supports recovery.

6. Sunlight & Fresh Air Exposure

- Morning sunlight exposure (10–20 minutes)
- Guided breathing practices in natural surroundings

7. Therapeutic Massage

- Light, restorative massage techniques to
 - Reduce fatigue
 - Improve circulation
 - Promote relaxation and reduce anxiety

Two-Week Structured Program Overview

Phase 1: Detox Initiation

- Clinical assessment and baseline evaluation
- Light diet (fruits and steamed vegetables)
- Basic hydrotherapy
- Introduction to breathing practices and sleep regulation

Phase 2: Metabolic Activation

- Introduction of therapeutic juices
- Initiation of mud therapy
- One supervised fasting/light diet day (if appropriate)
- Stress management therapies

Phase 3: Deep Support

- Continuation of customized dietary therapy
- Full hydrotherapy regimen
- Introduction of therapeutic massage
- Focus on digestive and bowel health

Phase 4: Stabilization & Transition

- Gradual normalization of diet
- Reduction in therapy intensity
- Patient education for home-based care
- Emphasis on long-term lifestyle modification

Expected Outcomes

While not curative, this integrative approach may contribute to:

- Improved energy levels and reduced fatigue
- Better digestion and appetite
- Enhanced sleep quality and reduced anxiety
- Improved tolerance to conventional treatments
- Overall improvement in quality of life

Conclusion

A structured Yoga and Naturopathy program offers a safe, supportive, and holistic adjunct in cancer care. By integrating nutrition, natural therapies, and mind–body practices, it empowers patients to build resilience, restore balance, and improve well-being during a challenging phase of life.

When delivered under appropriate medical supervision and in coordination with oncology care, naturopathy can serve as a valuable partner in comprehensive cancer management addressing not just the disease, but the individual as a whole.

For more details– Please visit www.kdham.com or mail to cancercare@kdham.com

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YOGASHA: Nurturing Special Needs Children and Supporting Caregivers through Yoga

Every child deserves the opportunity to grow, learn, and thrive. However, for children with special needs and their families, this journey often comes with unique challenges. Parents and caregivers often juggle therapy appointments, educational concerns, behavioral challenges, and daily caregiving responsibilities, making them particularly vulnerable to chronic stress, emotional exhaustion, anxiety, and burnout. Despite increasing awareness about neurodivergence and developmental disabilities, caregiver's mental health remains an under-addressed area.

Recognizing this need, Kaivalyadhama Yoga & Research Institute, Lonavala launched **YOGASHA (Yogic Nurturing for Special Needs Children & Supporting Caregivers)** in March 2026. The initiative emerged from the vision of **Shri Subodh Tiwari Ji**, Secretary, Kaivalyadhama Yoga Institute, and is being led by **Dr. Anjali Deshmukh**, Head of Kaivalyadhama Pune, and **Dr. Swati Pandey**, Assistant Professor and Counselling Psychologist at Kaivalyadhama Lonavala, with the support of the Kaivalyadhama Pune Outreach and Lonavala teams.

YOGASHA is founded on a simple yet powerful understanding: the well-being of a child is closely linked to the emotional, psychological, and physical health of the family. When parents and caregivers are empowered, the entire support system around the child becomes stronger.

At the heart of YOGASHA is the belief that yoga can serve as a powerful support system for both children with special needs and their caregivers. The initiative promotes practical and holistic yogic practices—including yoga asanas, pranayama, relaxation techniques, meditation, mindfulness, mantra chanting, and Yog Nidra—to foster emotional well-being, resilience, inner balance among caregivers and increase attention, body awareness, motor coordination, and relaxation among children with developmental disabilities.

Since its inception, YOGASHA has actively engaged in awareness generation, caregiver empowerment, community outreach, and research initiatives. The initiative participated in the “**Hearts in Harmony**” Carnival organized by the Army Wives Welfare Association (AWWA) in Pune and continues to support programs for neurodivergent children and caregivers through collaborations with **Umang Autism & Rehabilitation Centre and Asha School, Pune**.

The YOGASHA team is also working on developing structured, evidence-based yoga intervention modules for caregivers and children with special needs. Pilot study proposals, and collaborative discussions

with experts in psychology, psychiatry, and yoga research are currently underway. Monthly webinars featuring experts from various disciplines further help spread awareness and provide practical guidance to parents, caregivers, educators, and therapists. Looking ahead, YOGASHA aims to expand its impact through teacher training programs (TTP), workshops for parents, caregivers and special educators, community outreach initiatives, and institutional collaborations.

YOGASHA is more than a program—it is a movement towards inclusion, awareness, and compassionate care. By integrating yogic

wisdom with modern psychological understanding, YOGASHA strives to create a nurturing environment where both children with special needs and their caregivers can thrive with dignity, resilience, and hope.

Dr. Swati Pandey

Assistant Professor & Counselling Psychologist

Kaivalyadhama Yoga & Research Institute, Lonavala

Italian Yoga Practitioner Group Experiences a Transformative Educational Visit at Kaivalyadhama

On 4th April 2026, Kaivalyadhama had the privilege of hosting an esteemed group of 19 Italian yoga practitioners for a one-day immersive educational tour. The group was led by Dr. Luca Villa, PhD in Indology from the University of Torino, Museum Curator, and Independent Scholar, along with co-leader Ms. Emanuela Orlandini.

Arriving early in the morning from Mumbai, the group was warmly welcomed into the serene and spiritually vibrant environment of the ashram. The visit was thoughtfully curated to offer a holistic glimpse into Kaivalyadhama's rich legacy of yoga education, research, and traditional practices.

Throughout the day, the participants engaged deeply with the institute's offerings—ranging from insightful interactions with faculty, exposure to classical yoga practices, to understanding the scientific and philosophical foundations that define Kaivalyadhama's approach. The group displayed great enthusiasm and receptivity, making the experience mutually enriching.

The visitors expressed heartfelt appreciation for the warmth, clarity, and structured guidance extended to them during the planning and execution of the visit. Their openness to learning and alignment with the values of authentic yoga created a truly meaningful exchange. What stood out most was the group's collective sentiment at the conclusion of the visit—they described the experience as deeply immersive, transformative, and inspiring. Many participants conveyed their intention to return for longer, more intensive programmes, particularly week-long residential courses, to further deepen their practice and understanding.

This successful collaboration reflects the growing global resonance of Kaivalyadhama's vision and reinforces its role as a bridge between traditional yogic wisdom and international seekers.

Gratitude is extended to all faculty members, coordinators, and teams whose efforts ensured the smooth execution of this visit. Such interactions continue to strengthen global connections and foster a shared journey.



A New Beginning – A New Way Forward at Kaivalyadhama

Kaivalyadhama has stood at the threshold of a transformative journey—one that honors its profound legacy while embracing a renewed structure, clarity, and purpose for the future.

Founded on the vision of Swami Kuvalyananda, Kaivalyadhama has always sought to harmonize the spiritual essence of Yoga with modern scientific understanding. This guiding principle has remained at the heart of the institution. In recent times, however, a new beginning has called for a new way of functioning—more structured, more participative, and more aligned with contemporary needs.

On 11 April 2026, the CEO collectively initiated this new phase of development, setting the direction for a more integrated, dynamic, and future-ready Kaivalyadhama. As part of this initiative, coordinators were invited to be part of the first meeting of the Board of Mentors, marking an important milestone in strengthening institutional culture, leadership capacity, and strategic direction as Kaivalyadhama moves forward in its second century of service.



Strengthening the Foundation

At its core, Kaivalyadhama continues to rest on a strong spiritual and organizational framework:

- A dedicated body of **Integral Members**, committed to lifelong service
- **Life Members**, who form the philosophical and operational backbone
- A structured **General Body and Governing System** ensuring continuity and governance

This enduring foundation ensures that the ideals of yoga are not only preserved but actively lived.

A Structured and Evolving Governance

The evolving framework has introduced clarity and accountability through:

- Executive and Finance Committees for focused decision-making
- A Board of Mentors, comprising experienced external experts, to handhold, guide, and support the institution in expanding its service and outreach
- An Advisory Board to guide long-term vision

This structure reflects a thoughtful balance between tradition and professional management, enabling both stability and progressive growth.

Program-Driven Leadership

A defining feature of this new phase has been the introduction of program-based leadership, with experienced professionals guiding each domain:

- **Experience Design Program** – Adv. Ms. Meghna Patel
- **Partnerships Program** – CA Mr. Mayank Lunawat
- **People Development Program** – Dr. Lakshmi Nadkarni
- **Social Outreach Program** – Ms. Anjali Deshmukh
- **Financial Sustainability Program** – Mr. Gaurav Mashruwala
- **Education Excellence Program** – Dr ND Joshi
- **Visibility & Outreach Program** – Mr. Nishant Jain
- **Technology Development Program** – Mr. Dhyaan Kotak
- **Financial Stewardship Program** – CA Mr. Ankit Bhandari
- **Strategic Impact Program** – Mr. Pavan Chaudhary
- **Executive Harmony & Wellness Programs** – Ms. Shalini Srivastava
- **Infrastructure Sustainability Program** – Mr. Nishant Jain

Each program has been supported by dedicated coordinators and teams, ensuring effective execution, ownership, and accountability.

Decentralization with Purpose

A key shift in this transformation has been the move toward decentralized systems and processes:

- Clearly defined Standard Operating Procedures (SOPs)
- Reduced operational burden on central leadership

- Empowerment of teams across functions

This has enabled leadership to focus on vision and strategy, while execution has become more agile, efficient, and responsive.

Community, Collaboration, and Contribution

Kaivalyadhama has continued to grow through collective participation:

- Active involvement of stakeholders at all levels
- Regular engagement through structured weekly and monthly meetings
- Transparent donor communication and reporting systems

This approach has strengthened trust, accountability, and shared ownership of the mission.

Reaffirming the Purpose

The guiding purpose of Kaivalyadhama has remained unchanged:

- Integration of science and **spirituality**
- Promotion of yoga as a **holistic way of life**
- Service to humanity through **education, research, and outreach**

Yoga, in this context, is not merely a practice—it is a path toward self-development, harmony, and higher awareness.

The Way Forward

This transformation has not been merely structural—it has been cultural.

A movement towards:

- Greater responsibility
- Collective leadership
- Professional excellence rooted in spiritual values

This has marked a **new beginning—an evolution of a timeless vision.**

A new way—where tradition meets transformation.

A new way—where systems support spirit.

A new way—where Kaivalyadhama continues to lead with clarity, purpose, and unity.

Platinum Jubilee Logo Launch & Valedictory Ceremony of PGDYED 2025–26 at Kaivalyadhama

The Kaivalyadhama Gordhandas Seksaria College of Yoga marked a deeply significant and multifaceted occasion on April 18, 2026, at the Kudilal Auditorium with the **Platinum Jubilee Logo Launch and the Valedictory Function of the Post Graduate Diploma in Yoga Education (PGDYED) 2025–26 batch**.

This day held profound spiritual importance as it coincided with the punyathithi of the revered founder, Swami Kavalayananda, adding a sacred dimension to the celebrations.

Chief Guest: A Distinguished Presence

The समारोह was graced by the esteemed presence of Dr. Satbir Kaur Bedi as the Chief Guest. A retired Indian Administrative Service (IAS) officer from the 1986 AGMUT cadre, she has rendered over three decades of exemplary service in governance and education.

She has held several prestigious roles including Secretary at the Central Information Commission, Secretary at the National Commission for Women, and Chairperson of the National Council for Teacher Education. She also served as Chairperson of CBSE and Chief Election Officer of Delhi. With a Ph.D. in Psychology, she is widely respected for her contributions to education policy and institutional development, and shares a close association with Kaivalyadhama as a mentor and guide.

A Global and Hybrid Celebration

The program was conducted in a hybrid format, enabling alumni and well-wishers from across the globe to participate online, reflecting the institution's worldwide reach and community.

A Ceremony Rooted in Tradition and Legacy

The event commenced with the Shanti Path and lighting of the ceremonial lamp. Shri Subodh Tiwari, Secretary and CEO, welcomed the gathering and felicitated the Chief Guest.

A presentation on “75 Glorious Years of the College – A Glimpse” was followed by the unveiling of the Platinum Jubilee logo, marking a historic milestone.

Honouring Lifelong Dedication

A momentous highlight was the felicitation of Dr. R. S. Bhogal and Dr. Ravindra Bodhe, who have devoted more than 40 years of their lives to the College of Yoga.

Celebrating Knowledge and Contributions

The समारोह featured the launch of:

- Be-Mol Geet by Dr. Omprakash Tiwari
- Yogatil Shashtriya Sanshodhane by Dr. Bhalekar

Alumni messages and a call for archival stories added depth to the celebration.

Honouring Excellence

The **Smt. Bhagwati Devi Baburam Tiwari Scholarship Awards** were presented to:

Girls:

- 1st – Ridhima Agarwal
- 2nd – Bharti Sachdev

Boys:

- 1st – Aum Desai
- 2nd – Prajyot Deepak Manjramkar

The Nivetia Internship Scholarships were also awarded to deserving students of the PGDYED batch, including:

- Kirti Vasantrao Kadam
- Harshita Sharma



- Chandan Kumar Giri
- Sagar Thakur

These recognitions celebrated academic excellence, dedication, and the spirit of yogic learning.

Words of Inspiration and Reflection

Shri Subodh Tiwari inspired the students with a heartfelt poem, encouraging them to carry the beacon of yogic values across the world.

Students shared reflections on their transformative journey, expressing gratitude for the learning and growth experienced during the program.

Conclusion: A Sacred Milestone

The ceremony concluded with the Chief Guest's address, an oath led by Dr. Bandita Satapathy, a vote of thanks, Purnamahad, and a group photograph.

The occasion stood as a harmonious blend of tradition, achievement, and spirituality. The institution expressed heartfelt gratitude to all faculty and staff for their unwavering dedication.

The unveiling of the Platinum Jubilee logo on the sacred day of remembrance symbolized not just 75 years of excellence, but an enduring commitment to the path of yoga.

A Memorable Visit by Professor Laxmankumar V. Sannellappanavar

Kaivalyadhama was deeply honored to welcome Professor Laxmankumar V. Sannellappanavar, a distinguished yoga educator, Prime Minister's Yoga Award recipient, and proud alumnus of Kaivalyadhama, to the campus on 18 April 2026.

Professor Sannellappanavar, a celebrated 90-year-old yoga pioneer with an extraordinary 78-year legacy in the field of yoga education, was accompanied by his daughter during the visit. Renowned for establishing the Department of Yoga at Karnatak University and for founding the Utsahi Yoga Foundation, he has made immense contributions to the propagation and institutionalization of yoga in India.

During his visit, Professor Sannellappanavar paid his respects at the sacred Samadhi of Swami Kuvalayananda, offering heartfelt homage to the visionary founder whose teachings and legacy have inspired generations of yoga practitioners and scholars.

He also had the opportunity to meet and interact with Dr. Omprakash Tiwari, Chairman of Kaivalyadhama, sharing reflections on yoga education, research, and the evolving role of yoga in contemporary society. The discussions were marked by mutual respect and a shared commitment to preserving the authentic traditions of yoga.

Professor Sannellappanavar further interacted with Shri Subodh Tiwari, Honorary Secretary and CEO of Kaivalyadhama, along with faculty members and staff of the institution. He fondly recalled his days as a student at Kaivalyadhama and appreciated the remarkable growth and continued dedication of the institution to the vision of Swami Kuvalayananda.

The visit was a memorable occasion for the entire Kaivalyadhama family. Faculty, staff, and students were inspired by his humility, wisdom, and lifelong commitment to the cause of yoga. His presence served as a living reminder of the enduring impact that Kaivalyadhama's teachings have had on generations of yoga practitioners across India and the world.

The institution expresses its heartfelt gratitude to Professor Sannellappanavar for his visit and wishes him continued health, happiness, and success in his noble mission of spreading the message of yoga.



Punyatithi of Swami Kuvalayananda – 18 April 2026

On **18 April 2026**, the Kaivalyadhama family came together to observe the **Punyatithi of our revered Founder, Swami Kuvalayananda**, with deep reverence and gratitude.

A special prayer service was held at **Swamiji's Samadhi**, where trustees, staff, students, and devotees paid homage to the visionary who dedicated his life to integrating the ancient wisdom of Yoga with modern scientific research.

As we remembered his extraordinary life and enduring legacy, we reaffirmed our commitment to carrying forward his vision. The flame lit by Swami Kuvalayananda continues to shine brightly through Kaivalyadhama's work in Yoga education, research, therapy, and service to humanity.

His spirit lives on in every endeavour of Kaivalyadhama, inspiring us to preserve and share the transformative power of Yoga with the world.



Yoga Mahotsav 2026 Countdown at Marine Drive: A Grand Celebration at the Iconic Queen's Necklace, South Mumbai

Mumbai, April 20, 2026:

The iconic stretch of Marine Drive—famously known as the **Queen's Necklace**—came alive with energy, discipline, and collective harmony as Kaivalyadhama's Mumbai centre successfully hosted the International Day of Yoga (IDY) 2026 Countdown Programme in the heart of South Mumbai.

Set against the breathtaking coastal backdrop, the event marked a key milestone in the nationwide **"100 Days Countdown to IDY 2026"** initiative led by the Ministry of AYUSH in collaboration with the Morarji Desai National Institute of Yoga. The programme also signified that **only 62 days remain until the global celebration of the International Day of Yoga on June 21, 2026.**

A Landmark Gathering in South Mumbai

The programme witnessed the enthusiastic participation of over **400–500 yoga practitioners**, making it one of the most vibrant wellness gatherings in South Mumbai. Participants assembled across multiple locations within the **Kaivalyadhama Marine Drive campus**, transforming the area into a unified field of synchronized yogic practice.

The choice of Marine Drive—one of Mumbai's most recognizable and symbolic public spaces—added immense visual and cultural significance to the event, reinforcing yoga's accessibility to all sections of society.

Multi-Location Campus Execution

To accommodate the large gathering efficiently, participants were



distributed across:

- The **Open Theatre Area** – the central hub for demonstrations
- The **Marine Drive-facing promenade zone** – offering a scenic and inspiring ocean view
- **Internal campus courtyards** – designated for institutional groups
- **Extended campus sections** – ensuring smooth flow and inclusivity

This structured, multi-zone execution enabled a seamless and synchronized performance of the **Common Yoga Protocol (CYP)**, in strict alignment with MDNIY guidelines.

Program Highlights

The event commenced at **8:00 AM sharp**, with a disciplined **45-minute Common Yoga Protocol session** led by trained instructors of Kaivalyadhama. The calming sea breeze and open skyline enhanced the overall experience, creating a powerful connection between **nature, breath, and movement**.

The programme echoed the 2026 theme: **“Yoga for Wellness, Wisdom, and World Peace.”**

Participants experienced not just a physical session, but a deeper engagement with yoga as a holistic lifestyle practice—essential for managing stress, improving focus, and achieving inner balance in urban life.

Distinguished Presence

The event was graced by renowned holistic health expert Mickey Mehta, whose presence energized the gathering and reinforced the global relevance of yoga.

Guidance and leadership from Subodh Tiwari ensured that the programme maintained the highest standards of discipline, authenticity, and institutional excellence.

Towards International Day of Yoga 2026

This countdown event serves as a significant curtain raiser to the International Day of Yoga 2026, now just 62 days away, and to be celebrated worldwide on June 21. Hosting the programme at such an iconic South Mumbai location symbolizes the integration of traditional yoga practices into modern urban life.

Conclusion

The successful आयोजन of the Yoga Mahotsav Countdown at **Kaivalyadhama, Marine Drive** stands as a powerful testament to the institution's legacy and capability. With hundreds of participants practicing in unison across the campus, the event beautifully demonstrated **unity, discipline, and the timeless relevance of yoga**.

As the countdown continues, this landmark event at the Queen's Necklace sets a strong and inspiring tone for the grand celebrations ahead.



Living the Kaivalyadhama Way: Investing in Our Leaders

26 April 2026 | Kaivalyadhama, Lonavala

As part of its commitment to nurturing people-centric leadership, the Management of Kaivalyadhama organised a **People's Manager & Culture Workshop** for all Heads of Departments and Managers under the **People Development Initiative 2026–27**. The programme brought together institutional leaders for a day of reflection, learning, collaboration, and personal growth, reinforcing the values that define Kaivalyadhama's unique culture.

The workshop was conceptualised and led by **Dr. Lakshmi Nadkarni**, with the dedicated support of the **Human Resources Department** under the coordination of **Mr. Kullwindar Singh Pathaniya** and the HR team. Their thoughtful planning, engaging activities, and interactive learning sessions created a meaningful platform for leaders to connect, exchange ideas, and grow together.

The programme was graced by **Shri Subodh Tiwari, Chief Executive Officer**, who addressed the participants and shared the vision, mission, and future direction of Kaivalyadhama. He emphasised that every manager is a custodian of Swami Kuvalayananda's legacy and plays a vital role in ensuring that the institution continues to serve humanity through excellence in Yoga education, scientific research, therapeutic healthcare, and selfless service. His inspiring address encouraged participants to lead with purpose, humility, and



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Throughout the day, participants explored Kaivalyadhama's core philosophy of synthesising the spiritual essence of Yoga with modern science. Sessions focused on the institution's guiding values of **Seva, Purity, Futuristic Thinking, and Synthesis**, encouraging leaders to translate these ideals into everyday actions and decision-making.

A key highlight of the workshop was the **Johari Window Framework**, a powerful tool for enhancing self-awareness, trust, communication,

One-Day AYUSH Training Workshop “Ayusamvad”



30 April 2026 | Lonavala

A One-Day AYUSH Training Workshop titled “**Ayusamvad**” was successfully conducted on 30 April 2026 at Kaivalyadhama. The workshop was organized under the National AYUSH Mission by the State Health & Family Welfare Society, Nagpur, and brought together approximately 100 doctors and senior officers from the Public Health and Medical Education Departments across Maharashtra.

Focus of the Workshop

The program centered on the **integration of AYUSH and allopathic systems of medicine** within the public healthcare framework. It aimed to strengthen collaborative practices, enhance understanding among medical professionals, and promote a holistic approach to healthcare delivery.

Key Guidance and Expert Inputs

The workshop was guided by **Dr. Nipun Vinayak**, Principal Secretary, Public Health Department, who provided valuable insights and strategic direction to the participating doctors and officers.

Expert sessions and discussions were enriched by the contributions of:

- Dr. Girish Tillu
- Dr. Sarika Chaturvedi
- Prof. Bhushan Patwardhan

Their inputs highlighted practical pathways for integrating AYUSH into mainstream healthcare systems.

Program Overview

The workshop followed a structured schedule including:

- Registration and breakfast
- Inaugural session
- Technical sessions on AYUSH integration
- Group discussions and interactive exchanges
- Valedictory session

All sessions were conducted in Marathi, ensuring effective communication and engagement among participants.

आयोजन and Hospitality

The entire program was hosted and managed seamlessly by Kaivalyadhama. The arrangements at the Kudilal Seksaria Hall, along with well-coordinated logistics, sattvic meals, and participant support, contributed to a smooth and comfortable experience for all attendees.

Outcome

The workshop received an enthusiastic response from participants. The discussions and presentations were widely appreciated for their relevance and practical value. It was concluded that the **objectives of the workshop were successfully achieved**, with a clear understanding established on the integration of AYUSH and modern medicine in public health.

“**Ayusamvad**” stands as a meaningful step towards building a more integrated, holistic, and sustainable healthcare system in Maharashtra.



Inauguration of Yoga Teachers' Training Course (YTTC) – May–June 2026 Batch

The Yoga Teachers' Training Course (YTTC) – May–June 2026 batch commenced successfully at Kaivalyadhama with great enthusiasm, discipline, and spiritual fervor. This year's batch welcomed 27 students from diverse cultural, educational, and professional backgrounds, creating a vibrant and enriching learning environment reflective of yoga's universal spirit.

Students from different parts of India, along with international participants, arrived on campus to begin their transformative month-long journey into the traditional science of yoga. The mixed and multicultural batch brought together individuals united by a common aspiration for deeper yogic learning, self-development, and holistic living.

The inaugural day began with a guided campus tour, introducing students to the serene and spiritually charged environment of the institution. The tour included visits to significant locations such as Swamiji Ki Kuti, Gaushala, Project Anand, the Ayurveda and Naturopathy departments, and other important campus landmarks. A brief meditation session conducted at the Samadhi area by Bernard Sir offered students a peaceful and introspective beginning to the course.

At Project Anand, students had the opportunity to interact with Rahul Ji, who introduced the Yoga for Cancer Care Program under The Justice M.L. Pendse Centre for Cancer Survivors & Lifestyle Conditions. The interaction inspired students and highlighted the practical and therapeutic applications of yoga in modern healthcare.

Following the campus tour, students completed documentation formalities, library registration, and medical examinations in a systematic manner. International students were also assisted with the required administrative processes, ensuring a smooth onboarding experience.

The formal inauguration ceremony commenced at 3:30 PM at Vyas Kaksha. The session opened with a documentary presentation on the rich legacy and centenary journey of Kaivalyadhama, helping students understand the institution's pioneering contribution to yoga research and education.

The ceremony included the traditional Shanti Path and Deep Prajjwalan, symbolizing the awakening of inner knowledge and wisdom. Students were introduced individually, fostering a warm and inclusive atmosphere among faculty and peers.

The gathering was addressed by the Principal Ma'am, who welcomed the students and encouraged them to immerse themselves sincerely in the learning process. Respected Subodh Sir delivered the inaugural address, emphasizing discipline, experiential learning, and the deeper purpose of yogic education beyond physical practice.

The evening concluded with an orientation session at Vasistha Hall, where students were introduced to the institutional code of conduct, hostel guidelines, Annapurna Mess rules, and the overall structure of the program. Students were also encouraged to participate in the evening Bhajan at Hanuman Temple, offering a spiritually uplifting conclusion to the day.

The successful inauguration marked the beginning of a disciplined, immersive, and transformative journey for the YTTC May–June 2026 batch. With students from varied backgrounds learning together in a traditional gurukul-like environment, the program has begun on a truly positive and harmonious note.



NVS Residential Wellness Programme

10 May –Kaivalyadhama, Lonavala successfully conducted the NVS Residential Wellness Programme from 10th to 16th May 2026 for officers of Navodaya Vidyalaya Samiti (NVS), Ministry of Education, Government of India. The seven-day residential programme was attended by 20 officers, including Principals and Assistant Commissioners from the Pune and Chandigarh Regional Offices.

The programme was designed to introduce participants to holistic wellness practices rooted in yogic science and to provide practical tools for stress management, emotional balance, and mindful leadership. Daily sessions included Shuddhi Kriya, Yoga Abhyas, Pranayama, Wellness Talks, Experiential Sessions, Therapy Sessions, and Expert Lectures conducted by experienced faculty members of Kaivalyadhama.

A series of wellness talks on themes such as stress management, yogic leadership, conflict resolution, and personal growth added great value to the programme. Participants highly appreciated the scientific and



practical approach of the sessions and shared positive feedback regarding improvements in physical health, mental calmness, emotional balance, and concentration.

One of the highlights of the programme was the participation of NVS officers in “YOGAMAYA MAVAL 2026”, the countdown event for the 12th International Day of Yoga. The mass yoga session held at the Open-Air Auditorium created an inspiring atmosphere of unity, wellness, and collective yogic practice.

The programme concluded successfully with overwhelmingly positive feedback from participants. Most participants rated the programme as excellent and expressed their willingness to recommend such wellness initiatives to others. The NVS Residential Wellness Programme reflected Kaivalyadhama's commitment to spreading the authentic teachings of yoga and holistic wellness among educational leaders across the country.



YOGAMAYA MAVAL – Countdown to 35 Days – 12th International Day of Yoga (IDY)

On Saturday, 16 May 2026, the Open-Air Auditorium (Parking Lot) in Lonavla witnessed a vibrant and inspiring celebration during the “YOGAMAYA MAVAL – Countdown to 35 Days – 12th International Day of Yoga (IDY)” program held from 7:00 AM to 9:00 AM. The event brought together yoga practitioners, educational institutions, civic leaders, social organizations, and citizens in a collective spirit of wellness, harmony, and unity.

The program commenced with the welcoming of dignitaries and participants, followed by the traditional Shankhnaad and Shanti Path, which created a serene and positive atmosphere. The event was gracefully conducted by Mrs. Vrushali Gosavi, who served as the Master of Ceremony and guided the audience smoothly through every segment of the program.

One of the highlights of the morning was the Common Yoga Protocol (CYP) session, which was beautifully conducted to perfection by Mrs. Purva Satkar. Her clear instructions, calm guidance, and disciplined coordination ensured that participants performed the yoga practices with enthusiasm and precision. She was ably supported by Ms. Kirti Kadam and Mr. Sameer Sangar, whose contribution added great energy and coordination to the session.

A special felicitation ceremony was organized to honor distinguished guests and community leaders who have contributed immensely in the fields of education, public service, social work, safety, and community welfare. The respected guests were seated in the front row near the yoga mats and were warmly felicitated during the event. The honored dignitaries included:

- Shri Bayaji Khurange Sir — Principal, Gurukul High School
- Smt. Sadhna Tatiya — President, Lions Club of Lonavla
- Shri Sunil Gaikwad — President, Shivdurg Rescue Group, Lonavla
- Shri Girish Parekh — President, Jain Samaj Sangh
- Shri Nitin Tikone — President, Lonavla Patrakar Sangh
- Shri Rajendra B. Sonawane — President, Lonavla Municipal Corporation
- Shri Deepak Mahavale — TATA Camp
- Captain Subrato Khan — The Great Eastern Institute of Maritime Studies
- Cdr Akhil Saxena — INS Shivaji
- Mrs. Ajitha Nair — Principal, Fazlani International School
- Mrs. Anjum Sheikh — Primary Section Principal, Adv. Bhonde High School
- Inspector Salunke — RPTS Police Training Academy

The chief guest of the ceremony was Shri Rajendra B. Sonawane, President of the Lonavla Municipal Corporation, whose presence inspired participants and organizers alike. He appreciated the efforts of Yogamaya Maval and emphasized the importance of yoga in building a healthier and more united society.

Although Hon. MLA Shri Sunil Anna Shelke was expected to attend the event, he could not remain present due to unavoidable circumstances. The event stood as a true celebration of the local diversity of the Maval region. Representatives from schools, social organizations, rescue teams, media associations, civic authorities, maritime institutes, and police training academies gathered together on one platform, reflecting the spirit of unity through yoga and collective participation. At the conclusion of the event, CEO Shri Subodh Tiwari expressed



heartfelt gratitude to all dignitaries, participants, volunteers, yoga practitioners, and citizens who came together to participate in this annual celebration. Referring to the inspiring teachings and vision of Swami Kuvalayananda, he thanked everyone for joining hands in promoting wellness, harmony, and awareness through yoga. He also appreciated the spirit of togetherness and the beautiful celebration of diversity witnessed throughout the event.

The program concluded the chanting of the Shanti Mantra, and a sattvik breakfast shared among all attendees. The successful organization and enthusiastic participation made the “35 Days Countdown to International Day of Yoga” a memorable and meaningful celebration for the entire community.



Vibrant Yogotsav 2026 Lived Up to Its Name and Essence

Lonavala, 30 May 2026: The 6th National Conclave of the Indian Yoga Association (IYA), **Yogotsav 2026 – Celebrating Diversity in Yoga**, concluded successfully at Kaivalyadhama, Lonavala, after two enriching days of dialogue, practice, learning, and collaboration. Bringing together more than **500 delegates from across India**, the conclave truly lived up to its name and essence by celebrating the rich diversity of yoga traditions while reinforcing the spirit of unity that binds them together.

Hosted by the Indian Yoga Association at Kaivalyadhama, the conclave welcomed yoga masters, scholars, researchers, policymakers, students, healthcare professionals, and representatives of leading yoga institutions from across the country.

The conclave was graced by eminent dignitaries including Prataprao Jadhav, Vidyut Jammwal, Monalisa Dash and Dr. Pradyumna Singh Shekhawat. Senior yoga leaders including Dr. O. P. Tiwari, Dr. H. R. Nagendra and Hansaji Yogendra provided inspiration and guidance throughout the gathering.

The inaugural session set the tone for the conclave by emphasizing the importance of preserving yoga's authentic traditions while embracing innovation, inclusivity, and contemporary relevance. A group photograph at Patanjali Circle symbolized the collective commitment of India's yoga fraternity towards a shared future.

One of the most anticipated sessions of the conclave was the special panel, **“Ancient Roots, Future Moves – Yoga for This Generation,”** moderated by Ganga Nandini. The discussion featured **Vidyut Jammwal**, who spoke about making mindfulness relevant for today's youth, while **Eefa Shroff** explored yoga as a complete lifestyle rather than merely a physical exercise. The panel examined how ancient yogic wisdom could be communicated effectively through modern media, technology, and youth engagement initiatives.

The afternoon featured a thought-provoking presentation by **Muralidhar Somisetty**, CEO of YogiFi, on the intersection of ancient science and modern intelligence, followed by an uplifting Sangh Kirtan led by **Subbu Bhaiya**.

The session on **“Yoga as a Profession – Enhancing Employability and Building Ecosystems”** was moderated by **Rahul Sabharwal** and featured distinguished speakers including **Dr. Ganesh Rao**, **Prof. R. Elangovan**, and **Prof. Gopalkrishna Joshi**, Vice Chancellor of MIT Solapur. The speakers highlighted emerging opportunities for yoga professionals within healthcare, education, wellness, sports science, and public health systems. Discussions also focused on strengthening professional standards, building institutional collaborations, and





creating sustainable career pathways for future generations of yoga practitioners.

The philosophical session, "Unity in Diversity – Philosophical Foundations of Yoga," moderated by Dr. S. P. Mishra, brought together eminent thought leaders including Shri S. Sridharan, Hansaji Yogendra, and Dr. H. R. Nagendra. The speakers explored the common philosophical foundations underlying diverse yoga traditions and emphasized the importance of dialogue, mutual respect, and cooperation among different paramparas. The session reaffirmed that while methodologies may differ, the ultimate goal of yoga remains universal.

A major attraction of the conclave was the experiential session "Traditions in Practice – Demonstration by Living Lineages of Yoga." Participants experienced diverse approaches presented by Yogacharya S. Sridharan of Krishnamacharya Yoga Mandiram, Dr. Rajvi Mehta representing the Iyengar tradition, Dr. Natesh Babu from S-VYASA, Dr. Rohit Sabharwal from Art of Living, and Shri Des Raj of Bharatiya Yog Sansthan. These practical sessions offered delegates a rare opportunity to directly experience living yoga traditions under one roof.

The cultural programme on the evening of 29th May added colour, music, devotion, and celebration to the conclave, reflecting the cultural richness that has always accompanied the yogic tradition.

The second day commenced with immersive morning practice sessions led by Yogacharya Dhakaram, Dr. Ananda Balayogi Bhavanani, Sandhya Dixit, Chaya K. Salian, Ranjit Dugar, and Amit Garg, representing diverse schools and approaches to yoga. Delegates participated enthusiastically in these experiential sessions that highlighted the practical dimensions of yoga practice.

A special presentation on the forthcoming Godavari Kumbh featured Major General Sanjay P. Vishwasrao, Sena Medal (Gallantry twice), and Mital Kotecha, who highlighted the social and cultural significance of the initiative.

The session on Yoga Education, Accreditation and Certification, moderated by Dr. Ananda Balayogi Bhavanani, featured insightful presentations by Anil Jauhri, Dr. Ishwar V. Basavaraddi, and Dr. Ananda Balayogi Bhavanani. The speakers addressed critical issues concerning educational standards, accreditation mechanisms, governance models, and the preservation of authenticity while expanding yoga education globally.

The concluding session on "The Future of Yoga – Innovation, Technology and Global Expansion," moderated by Shri Subodh Tiwari, featured presentations by Saurabh Bothra, Sanjay VEDI (ICCR) and Shri Subodh Tiwari. The discussions explored the role of artificial intelligence, hybrid learning models, digital platforms, cultural diplomacy, youth engagement, and international collaboration in shaping the future of yoga. Speakers emphasized that technology must remain aligned with yoga's deeper purpose of human transformation and well-being.

The valedictory ceremony included awards, felicitations, and acknowledgements of the many institutions, volunteers, and contributors whose collective efforts made the conclave a success. Throughout the two days, delegates engaged in meaningful discussions, forged new partnerships, and strengthened existing networks within the yoga ecosystem.

As participants departed from Kaivalyadhama, they carried with them renewed inspiration, valuable insights, and a deeper appreciation of the diversity that enriches yoga. Yogotsav 2026 successfully demonstrated that India's many yoga traditions are not competing streams but complementary expressions of one timeless wisdom.

The conclave concluded with a strong collective resolve to work together for the advancement of yoga as a force for health, harmony, education, research, cultural unity, and global well-being. It truly embodied the spirit of its theme — Celebrating Diversity in Yoga.





“Yoga is a Powerful Force for Harmony and Collective Well-being”: Union Minister Shri Prataprao Jadhav

Ministry of Ayush Welcomes YOGOTSAV 2026 Organised by Indian Yoga Association at Kaivalyadhama, Lonavala

Posted On: 29 MAY 2026 6:42PM by PIB Delhi

The Ministry of Ayush has welcomed the organisation of YOGOTSAV 2026 — the 6th National Conclave of the Indian Yoga Association (IYA) — being held at the Kaivalyadhama Yoga Institute, Lonavala, Maharashtra, on May 29 and 30, 2026.

Organised under the theme “Celebrating Diversity in Yoga”, the two-day national conclave seeks to bring together yoga acharyas, policymakers, researchers, educators, wellness leaders, institutions, and youth representatives from across the country to deliberate on the future direction of Yoga in India and globally.

Speaking on the importance of unity among diverse yoga traditions, Shri Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush and Minister of State for Health and Family Welfare, Government of India, said: “Yoga is one of India’s greatest contributions to humanity. When traditions come together with mutual respect, openness, and a shared purpose, yoga becomes not merely a practice, but a powerful force for harmony, collective well-being, and human unity. It is heartening to see yoga acharyas, institutions, researchers, youth leaders, and practitioners gathering at YOGOTSAV 2026 in the spirit of dialogue and collaboration.”

The Ministry of Ayush views platforms such as YOGOTSAV as important forums for strengthening collaboration among diverse yoga traditions, institutions, educators, therapists, and researchers while preserving the authenticity and philosophical depth of India’s yogic heritage.

Hosted at the globally renowned Kaivalyadhama Yoga Institute, one of the world’s oldest and most respected yoga institutions, the conclave aims to promote meaningful dialogue between traditional paramparas and contemporary institutions engaged in the field of Yoga.

The theme “Celebrating Diversity in Yoga” reflects India’s inclusive yogic heritage, where multiple schools, philosophies, and practices coexist while remaining united in the shared pursuit of harmony, self-awareness, and holistic well-being. Through this initiative, the Indian Yoga Association seeks to encourage dialogue, mutual respect, and collective growth across the many streams of Yoga flourishing in India and abroad.

A major highlight of YOGOTSAV 2026 is the experiential segment titled “Traditions in Practice – Demonstration by Living Lineages of Yoga”, featuring presentations on asana, pranayama, meditation, chanting, cyclic meditation, yoga nidra, therapeutic yoga, Bharat Yog Gati, and mindfulness practices by leading yoga institutions and masters from across the country.

The sessions are being conducted by renowned institutions and traditions including Krishnamacharya Yoga Mandiram, Iyengar Yoga, S-VYASA University, The Yoga Institute, ICYER, Kaivalyadhama, Bharatiya Yog Sansthan, Mokshayatan Yog Sansthan, Preksha International, Art of Living, and others.

The Ministry of Ayush observed that YOGOTSAV 2026 reflects the growing global relevance of Yoga as an important pillar of preventive healthcare, holistic wellness, and sustainable living. The Ministry continues to work towards strengthening Yoga education, research, professional standards, and international collaborations while preserving the authenticity and philosophical foundations of India’s ancient yogic traditions.

Ms Monalisa Dash, Joint Secretary, Ministry of Ayush, along with eminent leaders of the yoga fraternity including Shri O.P. Tiwari, Chairman, Kaivalyadhama Yoga Institute; Gururji Dr H.R. Nagendra, Chancellor, S-VYASA University; Maa Dr Hansaji Yogendra, President, Indian Yoga Association; and Shri Subodh Tiwari, Secretary General, Indian Yoga Association and CEO, Kaivalyadhama, were also present on the occasion.

With participation from yoga educators, therapists, researchers, institutions, policymakers, and practitioners from India and abroad, YOGOTSAV 2026 is expected to emerge as a significant national platform for dialogue and collaboration, further strengthening India’s leadership in promoting Yoga for global health and well-being.





YTTC Batch Successfully Completes Training at Kaivalyadhama



The Valedictory Function of the Yoga Teachers' Training Certificate (YTTC) May–June 2026 batch was held on 1 June 2026 at Swamiji's Kuti, marking the successful completion of the course by 27 participants from all over the world.

The programme included the Shanti Path, reflections by the Practical Teacher, and heartfelt sharing of experiences by the students. In her address, Principal Dr. Bandita Satapathy congratulated the graduating participants and administered the YTTC Oath, inspiring them to uphold the values of Yoga in their personal and professional lives.

A historic milestone was achieved as the participants received their certificates and mark sheets during the valedictory function itself, making this the first YTTC batch to receive its credentials immediately upon course completion.

The ceremony concluded with a moving Vote of Thanks by Dr. Santosh Pandey, followed by Om Purnamadah, a group photograph, and floral tributes at Swamiji's Samadhi. The event marked a memorable beginning for the YTTC programme at Kaivalyadhama and the launch of 27 new Yoga teachers dedicated to spreading the message of Yoga.

3-Year Pranayama Teachers' Training

Course by Shri Sudhir Tiwari

20–30 May 2026 | Kaivalyadhama, Lonavala

Kaivalyadhama recently welcomed 16 students from across the globe for the concluding on-site session of the second year of its prestigious 3-Year Pranayama Teachers' Training Course, conducted under the guidance of Shri Sudhir Tiwari.

This session marked the completion of the second year's academic journey, including both theory and practical examinations. Spread across nine intensive modules over three years, the program offers a systematic and authentic study of pranayama, firmly rooted in the Kaivalyadhama tradition.





The course follows a unique blended-learning model, combining week-long residential immersions every four months with structured assignments and guided home practice between sessions. Participants gain a comprehensive understanding of the foundations, techniques, variations, and physiological effects of pranayama, integrating insights from both Ayurvedic wisdom and contemporary scientific research.

The program continues to nurture dedicated practitioners and future teachers committed to preserving and sharing the authentic science of pranayama worldwide.



Diplomats Embrace Yoga at Kaivalyadhama Mumbai Ahead of International Day of Yoga 2026

Mumbai | 13 June 2026

In a remarkable celebration of global friendship and wellness, Kaivalyadhama Yoga Institute, in collaboration with the Protocol Department of the Government of Maharashtra, organized a special Yoga Session for Consuls General and Honorary Consuls representing 26 countries in Mumbai on 13 June 2026. The event was held as part of the countdown activities leading up to International Day of Yoga 2026.

The unique gathering brought together members of the international diplomatic community to experience the timeless wisdom of Yoga, India's priceless gift to humanity. The session served as a platform for cultural exchange, mutual understanding, and the promotion of holistic well-being among nations.

The program was graced by Hon'ble Shri Jaykumar Rawal, Minister of Protocol, Government of Maharashtra, who addressed the distinguished gathering. In his inspiring remarks, he described Yoga as India's invaluable contribution to the world, highlighting its power to create harmony between body, mind, and soul. He emphasized that Yoga transcends geographical boundaries, languages, and cultures, bringing people together through the shared values of health, peace, and inner well-being.

Expert yoga trainers from Kaivalyadhama conducted an engaging and rejuvenating session featuring classical yoga practices, pranayama techniques, and mindfulness exercises. The diplomats actively participated in the demonstrations and appreciated the scientific and holistic approach that Kaivalyadhama has championed for over a century.

The event reflected the growing global acceptance of Yoga as a powerful tool for fostering physical health, mental resilience, and international goodwill. It also underscored the role of Kaivalyadhama as a leading institution in preserving and disseminating the authentic traditions of Yoga while making them accessible to contemporary audiences worldwide.

As the world prepares to celebrate International Day of Yoga 2026 under the theme of wellness and healthy living, this unique diplomatic gathering stood as a testament to Yoga's ability to unite people across nations, cultures, and backgrounds in the spirit of harmony and collective well-being.

The participation of representatives from 26 countries transformed the session into a vibrant celebration of global unity, demonstrating once again that Yoga continues to serve as a universal language of peace and human connection.

"When diplomats come together on the Yoga mat, nations come together in the spirit of understanding, wellness, and harmony."



Shanknaad Sangam: A Grand Confluence of Breath, Sound and Collective Spirit

Lonavala, 14 June 2026

As part of the seven-day countdown to the International Day of Yoga (IDY) 2026, Kaivalyadhama organized the historic **Shanknaad Sangam** on 14 June 2026 at its Lonavala campus. The event witnessed an overwhelming response, with nearly **400 participants** gathering onsite, while many more joined online, making it one of the most memorable pre-IDY celebrations hosted by the institution.

The preparations began with a comprehensive final rehearsal held on 13 June 2026 at the Kudilal Seksaria Hall. Various teams including the Bhajan and Chanting Team, Shanknaad Team, Sound and Lighting Teams, Media Team, Volunteers, and Event Coordinators came together to ensure the smooth execution of the programme.

The event commenced with soulful bhajans and chanting led by the **Kaivalya Vidya Niketan (KVN)**, whose devotional singing created a serene and spiritually uplifting atmosphere. Their melodious presentation prepared the audience for the profound experience that was to follow.

A distinguished **gathering comprising local residents, yoga enthusiasts**, participants from **INS Shivaji**, cadets from **Great Eastern Maritime Academy (GEMS)**, students, and devotees assembled to celebrate the ancient tradition of Shanknaad. The diversity of the audience reflected the growing interest in reviving and understanding this powerful yogic and cultural practice.

The highlight of the event was the presence of actor and **Kalaripayattu practitioner Vidyut Jammwal**, who led the session on the philosophy, science, and practice of Shanknaad. Drawing from his personal experience and traditional lineage, he explained the significance of the conch as an instrument of awakening, preparedness, and positive transformation.

Participants enthusiastically joined in the guided practice, creating a rare and awe-inspiring spectacle. The collective resonance of hundreds of conches being blown in unison reverberated across the campus, generating a powerful field of sound and energy. The sight and sound of so many individuals united through a single breath and



a common intention left a lasting impression on all present.

The session highlighted the respiratory, mental, and vibrational benefits associated with regular Shanknaad practice and encouraged participants to carry this tradition to their International Day of Yoga celebrations on 21 June.

Following the programme, Kaivalyadhama distributed **Mahaprasad packets** to all attendees as a token of gratitude and blessings. The orderly distribution ensured that every participant carried home not only the sacred offering but also the inspiration and collective spirit generated during the event.

Shanknaad Sangam proved to be a grand success, serving as a powerful reminder of India's living traditions and the transformative potential of collective practice. As the resonant echoes of the conches faded into the hills of Lonavala, participants departed with renewed enthusiasm and a shared resolve to carry the sacred sound of Shanknaad into their communities during the International Day of Yoga 2026 celebrations.



Gateway of India Resonates with the Spirit of Yoga

Countdown to International Day of Yoga 2026

On **18 June 2026**, the iconic Gateway of India, **Mumbai**, became a vibrant centre of wellness and unity as Kaivalyadhama participated in the **Countdown to the International Day of Yoga (IDY) 2026**.

The grand event was graced by **Hon'ble Union Minister of State (Independent Charge) for AYUSH, Shri Prataprao Jadhav**, **Shri Subodh Tiwari**, **Chief Executive Officer of Kaivalyadhama**, and renowned actor and fitness icon **Vidyut Jammwal** as the Guests of Honour. Their presence inspired

participants and reinforced the growing importance of Yoga as a way of life.

More than 500 yoga enthusiasts gathered at the historic monument to perform the Common Yoga Protocol, creating a spectacular display of harmony, discipline, and collective well-being against the magnificent backdrop of the Arabian Sea.

The programme celebrated India's timeless yogic heritage while carrying forward the message of this year's International Day of Yoga, encouraging people from all walks of life to embrace Yoga for healthier, happier, and more balanced living.

As one of the country's premier institutions dedicated to Yoga, Kaivalyadhama was proud to contribute to this nationwide movement, reaffirming its commitment to preserving, promoting, and advancing the authentic science and philosophy of Yoga for the benefit of humanity.



International Day of Yoga 2026 Celebrated with Great Enthusiasm at Kaivalyadhama

Lonavala, 21 June 2026: Kaivalyadhama Yoga Institute celebrated the 12th International Day of Yoga (IDY) 2026 with great enthusiasm and overwhelming participation from the citizens of Lonavala, Khandala, students, yoga practitioners, families, and well-wishers. Despite the celebrations falling on a Sunday, the spirit of Yoga remained vibrant, drawing people from all walks of life to come together in the true spirit of health, harmony, and community.

The main celebration was held at the Kudilal Seksaria Hall, Kaivalyadhama, under the theme **"Yoga for Healthy Ageing."** The programme commenced with a traditional Shankhnaad, Shanti Path, and Pushpanjali, creating a serene and uplifting atmosphere for the gathering.

A highlight of the event was the Common Yoga Protocol session, which was creatively and engagingly conducted by **Shri Subodh Tiwari, CEO, Kaivalyadhama.** Through his dynamic guidance and insightful explanations, participants experienced Yoga not merely as a physical practice but as a holistic way of life. The session was supported by Kaivalyadhama's faculty team and was appreciated by participants of all age groups.

The celebrations were graced by distinguished guests and witnessed enthusiastic participation from members of the local community. Families attended together, senior citizens actively joined the practice, and many first-time participants experienced the benefits of Yoga in a collective setting.

As part of the wider International Day of Yoga outreach, Kaivalyadhama also conducted large-scale programmes across the region. More than **1,200 personnel and family members** at INS Shivaji participated in yoga sessions conducted across multiple locations, while over **500 police trainees** at the Police Training Centre benefited from specially designed yoga programmes focusing on physical fitness, mental resilience, and stress management.





A day earlier, on **20 June 2026**, Kaivalya Vidyaniketan School organized a special Yoga Day celebration involving students from more than six neighbouring schools, ensuring that the message of Yoga reached young minds before the Sunday holiday.

The successful observance of International Day of Yoga 2026 reflected the growing awareness and acceptance of Yoga within the local community. The enthusiastic response from the people of Lonavala and surrounding areas reaffirmed Yoga's relevance in promoting healthy ageing, mental well-being, and social harmony.

The celebration concluded with a sense of gratitude and collective commitment to carrying the message of Yoga beyond a single day and into everyday life. The event stood as a testament to Kaivalyadhama's enduring mission of making authentic Yoga accessible to all and strengthening the culture of wellness within society.

International Day of Yoga 2026 was not merely celebrated—it was lived, experienced, and shared by the community, embodying the timeless spirit of Yoga.



Kaivalyadhama Mumbai's Outreach Programme United Thousands Through the Spirit of Yoga

As part of the **12th International Day of Yoga 2026**, Kaivalyadhama Mumbai embarked on an extensive city-wide outreach programme inspired by this year's global theme, **"Yoga for Healthy Ageing."** The initiative successfully transformed the celebration into a movement that reached every section of society, reaffirming that yoga is a lifelong practice for health, resilience, balance, and graceful ageing.

Over the course of the campaign, Kaivalyadhama Mumbai conducted **more than 40 outreach programmes**, benefiting nearly **7,000 participants** across Mumbai and neighbouring regions. The initiative reflected the institute's unwavering commitment to taking authentic yoga beyond its campus and making it accessible to people from every walk of life.

The outreach extended to renowned healthcare institutions, including **Tata Hospital** and **Tata ACTREC**, where yoga was shared as a complementary approach to promoting physical, mental, and emotional well-being. Educational institutions such as **St. Xavier's College**, **SNDT University**, **Birla College**, **Universal School**, **Balak Vrinda School**, **Cowasji Jehangir School**, **Adarsh Vidyalaya**, **GK Marg School**, **BMC Schools**, **Zilla Parishad Upper Primary School**, **Zilla Parishad Nehru School**, **Sharda Shishu Niketan Girls Ashram**, and a **School for Children with Disabilities** enthusiastically embraced the message of holistic wellness among students and educators.

The programme also reached the corporate and financial sectors through sessions at **MMS Shipping Company**, **Central Bank of India**, **SIDBI**, and the **Canteen Stores Department**, highlighting the importance of yoga in enhancing workplace wellness, productivity, and stress management.

Kaivalyadhama Mumbai strengthened its association with the nation's defence and public service organisations by conducting programmes for the **Ministry of Defence**, the **Indian Navy**, **INS Karwar**, **INS Dhanush**, **INS Shikra**, **INS Ashwini**, **INS IMSC**, the **Naigaon Police Headquarters**, the **Director General's Office**, and the **Bombay High Court**, promoting resilience, discipline, and holistic health among those serving the nation.

The outreach also embraced community living through sessions at **Raj Bhavan**, **Doordarshan Kendra**, **Lotus Enpar Society**, **Crescent Bay Society**, **Tata Hospital Housing**, and **The Trident Hotel**, creating opportunities for families, professionals, senior citizens, and residents to celebrate yoga together. Kaivalyadhama Mumbai also had the privilege of participating in the induction programme at the **Indian Institute of Management (IIM)**, inspiring future leaders to embrace yoga as a foundation for mindful leadership and lifelong well-being.

Every programme echoed the message that healthy ageing is not merely about living longer but about living with vitality, independence, emotional balance, and inner peace. Participants experienced simple yogic practices, breathing techniques, relaxation methods, and practical lifestyle guidance that demonstrated yoga's relevance in everyday life.

The overwhelming participation and enthusiastic response from institutions across healthcare, education, government, defence, corporate organisations, residential communities, hospitality, and public services reflected the growing recognition of yoga as a powerful tool for preventive healthcare and holistic living.

Through this remarkable outreach initiative, Kaivalyadhama Mumbai transformed the International Day of Yoga from a single-day observance into a city-wide celebration of health, harmony, and human connection. The programme stood as a testament to Kaivalyadhama's century-old mission of preserving the authenticity of yoga while making its timeless wisdom accessible to every individual, every family, and every community.





International Day of Yoga 2026 Celebrated Across Mumbai and Rural Maharashtra

The International Day of Yoga (IDY) 2026 was celebrated with great enthusiasm across Mumbai and rural Maharashtra on 21 June 2026 under the global theme "Yoga for Healthy Aging." More than 1,500 students, teachers, healthcare professionals, and community members participated in programmes jointly organised by Kaivalyadhama Yoga Institute, Sipra Engineers Pvt. Ltd., Impact Foundation, Tata Memorial Centre, BMC Schools, Zilla Parishad Schools and B. B. Shah Trust.

The flagship event was held at the Pediatric Oncology Department of Tata Memorial Centre, where certified instructors from Kaivalyadhama conducted specially designed yoga sessions for children undergoing cancer treatment and their caregivers. Gentle asanas, pranayama and laughter yoga brought smiles and encouragement to the young participants while demonstrating yoga's supportive role in holistic healthcare.

Across Mumbai and Virar, students from municipal and Zilla Parishad schools enthusiastically participated in yoga demonstrations, breathing practices, cultural performances and wellness activities. Educational material and refreshments were distributed, while rural outreach programmes further strengthened awareness about the benefits of yoga for lifelong health and active ageing.

The celebrations witnessed participation from over 1,500 students, 35 teachers, around 100 pediatric participants and several community guests. The collaborative initiative successfully united healthcare institutions, schools and community organisations in promoting physical, mental and emotional well-being.

Kaivalyadhama expressed gratitude to all partner organisations, participating schools, volunteers and yoga instructors whose dedication made the International Day of Yoga 2026 a memorable celebration of wellness, inclusion and community service.



Special Pediatric Yoga Session at Tata Memorial Centre



Yoga sessions at BMC Schools



Programmes at Virar schools



Rural outreach and Ashram participation



Programmes at Virar schools

Thank you to all participating schools and teachers.
Special thanks to

Yoga Instructors:

1. Mrs. Preeti Pawar
2. Ms. Smita Jaiswal
3. Ms. Alpa Rathod
4. Ms. Jueli Shividkar

Acknowledgement of yoga instructors

Kaivalyadhama Pune Marks the Graduation of Yoga Teachers and the Beginning of a New Academic Journey

On the auspicious occasion of the International Day of Yoga, 21st June 2026, Kaivalyadhama, Pune, celebrated two significant milestones—the Convocation Ceremony of the One Kdham Yoga Teacher Training Certificate Course (October 2025–February 2026 and On-Campus Batch February–April 2026) and the Inauguration of the PGDYED 2026–27 batch.

The event commenced with a prayer and the traditional lamp-lighting ceremony. The entire programme was beautifully organized by the graduating students of the PGDYED 2025–26 batch. From decorating

the venue and compering the programme to coordinating the event and serving prasad and refreshments, every aspect was managed with dedication and enthusiasm by these committed volunteers. It was truly heartening to witness the alumni taking on leadership roles and serving the institution with such sincerity.

A total of 23 students successfully completed the Yoga Teacher Training Certificate Course and were awarded their certificates and mark sheets. The Chief Guest for the occasion, Shri Uday Pendse, addressed the graduating students with an inspiring talk on the

intimate connection between the body and the breath. He explained that yoga is not about effortful doing but about entering an effortless state of being. His words encouraged the students to cultivate awareness and carry the true spirit of yoga into their lives.

Congratulating the graduates, Ms. Anjali Deshmukh urged them to continue their sincere practice of yoga and uphold the rich legacy and values of Kaivalyadhama wherever they go. Representing the graduating batch, Ms. Nabha shared her journey and experiences during the course. Her honest, heartfelt, and moving reflections beautifully expressed the transformative impact of the programme. The occasion also marked the welcoming of the third batch of the One Kdham PGDYED (2026–27). In her inaugural address, Ms. Anjali Deshmukh encouraged the new students to seek knowledge and a deeper understanding of yoga rather than viewing it as merely another academic course. She shared the vision and mission of Swami Kuvalayananda and warmly welcomed everyone to the Kaivalyadhama family.

The newly admitted students introduced themselves and spoke about their reasons for joining the programme. It was inspiring to learn that each of them had enrolled with a genuine desire to study the traditional philosophy and practices of yoga, not only for personal growth but also to serve society through the spirit of seva.

The Academic Coordinator, Course In-charge, and faculty members were introduced to the incoming batch, following which study kits



were distributed to the 17 students of the PGDYED 2026–27 programme.

The programme concluded with the distribution of prasad and refreshments, bringing the celebrations to a close in an atmosphere of joy, gratitude, and togetherness. The day beautifully reflected the spirit of the International Day of Yoga, celebrating both the successful completion of one journey and the promising beginning of another.

Rotary Club Pune Delegation Experienced the Spirit of Kaivalyadhama

Lonavala, 23 June 2026: Kaivalyadhama had the pleasure of welcoming a delegation of around **50 members** from **Rotary Club Pune**, comprising business leaders and professionals, who visited the institute for the first time to experience its unique legacy of Yoga, holistic health, and education.

The delegation was warmly received at Gulvilla with the traditional **Kaivalyadhama Kada**. The visit commenced with an orientation introducing the century-old institution, its vision, and its pioneering contributions to the fields of Yoga education, scientific research, therapy, and holistic living.

The guests participated in a prayer and an introductory yoga session at the **Kudilal Seksaria Hall**, followed by a guided tour of the campus. They visited the **Central Library**, galleries, and several key facilities, gaining insights into Kaivalyadhama's multidisciplinary approach to integrating the ancient wisdom of Yoga with modern scientific research.

A special highlight of the visit was the interaction at **KVN School**, where the delegation inaugurated the newly developed **Music Room**. The members engaged with the Principal, teachers, and students, appreciating the institution's commitment to nurturing young minds through value-based education.

Following lunch at **Sadapurna**, the guests visited **Utpatti**, Kaivalyadhama's retail outlet, where they explored a range of wellness products and publications. As a token of remembrance, each participant was presented with a **Kaivalyadhama branded T-shirt**, commemorating their first visit to the institute.

The visit concluded on a highly positive note, with the Rotary members expressing deep appreciation for the warm hospitality, the serene environment, and the opportunity to witness Kaivalyadhama's multifaceted work. Many participants conveyed their desire to remain connected with the institution and explore avenues for future collaboration and service.

In a heartfelt message of gratitude on behalf of the delegation, **CA Ravi Rajapurkar** thanked the entire Kaivalyadhama family, including the faculty, staff, students, volunteers, and every department, for making the visit a memorable and enriching experience. He acknowledged the inspiring interactions, the yogic atmosphere, and the dedication of the team in showcasing the timeless values and mission of Kaivalyadhama.



Governing Board Meeting 2026: Reviewing Progress, Shaping the Future

27 June 2026 | Kaivalyadhama, Lonavala

The **Governing Board Meeting** of Kaivalyadhama was held on **27 June 2026** at the Institute's headquarters in Lonavala. As one of the most significant events in the organisational calendar, the meeting brought together the members of the Governing Board, Trustees, and senior leadership to review the institution's progress and chart the course for its future.

The meeting served as an important platform to present the achievements and milestones accomplished during the previous months across Kaivalyadhama's diverse areas of work, including Yoga education, scientific research, therapeutic healthcare, publications, outreach initiatives, infrastructure development, finance, and administration.

A comprehensive presentation highlighted the organisation's growth, key accomplishments, ongoing projects, financial position, and operational performance. The Governing Board carefully reviewed these developments and appreciated the collective efforts of the management, faculty, researchers, and staff in advancing the vision of Swami Kuvalayananda.

The Board also deliberated on important strategic matters concerning the institution's future. Discussions focused on strengthening governance, enhancing financial sustainability, expanding educational and research initiatives, improving institutional systems, and identifying new opportunities for growth while remaining firmly rooted in Kaivalyadhama's founding mission.

The meeting provided valuable guidance and direction for the years ahead. Members of the Governing Board offered constructive suggestions, shared their expertise, and reaffirmed their commitment to supporting Kaivalyadhama in achieving its long-term objectives. Several important policy decisions and strategic initiatives were discussed to further strengthen the institution and enable it to respond effectively to emerging opportunities and challenges.

The Governing Board Meeting concluded with a renewed sense of purpose and optimism. It reaffirmed Kaivalyadhama's unwavering commitment to preserving the authentic tradition of Yoga while advancing its scientific understanding and global relevance. Guided by the wisdom of its Governing Board and inspired by the vision of its Founder, Kaivalyadhama continues to move forward with confidence, dedication, and a shared commitment to serving humanity through Yoga.



Kaivalyadhama Inspires Future Leaders at IIM Induction Program

28 June 2026: Kaivalyadhama was honoured to be represented by Mr. Dileep Dauneria as a guest speaker at the Induction Program of the Indian Institute of Management, where incoming students commenced their academic journey.

Addressing the future leaders, Mr. Dauneria highlighted the importance of integrating yoga, holistic well-being, and mindful living into the pursuit of leadership and professional excellence. He shared how Kaivalyadhama's century-old legacy of scientific yoga research and traditional wisdom continues to contribute towards nurturing balanced, resilient, and purpose-driven individuals.

The programme was further enriched by the presence of Vidyut Jammwal, whose inspiring insights on discipline, self-mastery, and perseverance resonated strongly with the timeless values embodied by yoga.

Through such engagements, Kaivalyadhama continues to extend its mission of promoting authentic yoga education and holistic wellness among the leaders of tomorrow.



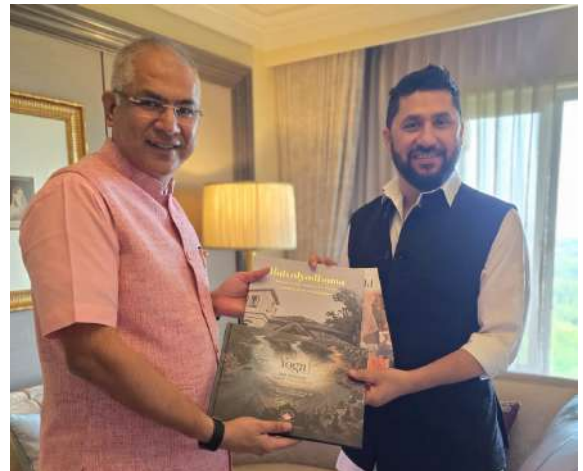
Representing Kaivalyadhama on National and International Platforms

As the **Chief Executive Officer of Kaivalyadhama**, Shri Subodh Tiwari continued to represent the institution at several important national and international forums during the year. Through strategic meetings with eminent leaders, policymakers, diplomats, spiritual masters, and Yoga experts, he strengthened Kaivalyadhama's outreach, forged meaningful partnerships, and advanced the institution's vision of promoting authentic Yoga for the benefit of humanity.

Highlights of the CEO's official engagements include:

1. **Meeting with Ms. Nandini Singla**, Director General, **Indian Council for Cultural Relations (ICCR)**, **Ministry of External Affairs**, where fruitful discussions were held on promoting Yoga globally through collaborative initiatives. Both organisations explored avenues for future cooperation, with the possibility of signing a Memorandum of Understanding (MoU).
2. **Courtesy meeting with Shri Rabi Lamichhane**, Chairman of the **Rastriya Swatantrata Party, Nepal**, in New Delhi. Publications on Kaivalyadhama, India's yogic heritage, and the Indian Yoga Association's "One Wisdom, Many Traditions" were presented. The interaction reaffirmed the timeless Yoga bond between India and Nepal while exploring opportunities for mutual collaboration.
3. **Courtesy visit to Shri Ram Nath Kovind**, **Hon'ble Former President of India**, during his visit to Lok Bhavan, Mumbai. The meeting provided an opportunity to share Kaivalyadhama's ongoing work in Yoga education, research, and service.
4. **Participation in the Inter-Ministerial Meeting** convened by the **Ministry of Ayush**, Government of India, at **Bharat Mandapam, New Delhi**, to deliberate on the planning and coordination of the **International Day of Yoga (IDY) 2026 celebrations**.
5. **Courtesy call on Hon'ble Governor of Maharashtra, Shri C. P. Radhakrishnan** (replace with Shri Jishnu Dev Varma if this meeting took place after he assumed office), where discussions centred on Kaivalyadhama's initiatives and opportunities for advancing Yoga and wellness in Maharashtra.
6. **Interaction with Dr. Manmath Gharote**, a distinguished Yoga scholar, internationally respected expert, and long-time friend of Kaivalyadhama. The meeting rekindled decades of association and focused on the future of Yoga education and research.
7. **Meeting with Param Puja Shankaracharya Sri Sadanand Ji Maharaj of Dwarka Peeth**, seeking his blessings and discussing the preservation and promotion of India's timeless yogic and spiritual traditions.

These engagements reflect Kaivalyadhama's continued efforts to build meaningful relationships with government bodies, international organisations, academic institutions, and spiritual leaders. Under the leadership of Shri Subodh Tiwari, the institution continues to strengthen its presence as a global ambassador of authentic Yoga, fostering collaborations that support the vision of Swami Kuvalayananda and expand the reach of Yoga across the world.





MINISTRY OF AYUSH • NATIONAL RECOGNITION

Nominated to Two National Yoga Advisory Bodies

Honoured to be nominated by the Ministry of Ayush as its representative on the Steering Group, Department of Health Research, for Evidence-Based Guidelines for Yoga in Health Care — and as Chairman of the Scientific Advisory Committee, Morarji Desai National Institute of Yoga.

A privilege that carries responsibility — to serve the Yoga fraternity with sincerity and devotion.

Subodh

CEO, Kaivalyadhama | Secretary General, Indian Yoga Association



Samachar

from Kaivalyadhama

Kudilal Govindram Seksaria Shishu Gurukulam: Where Infrastructure Meets Sanskaar

Kudilal Govindram Seksaria Shishu Gurukulam is a Balvatika designed with state-of-the-art infrastructure where every element carries meaning. The architecture itself is a teacher. The twisted pillars stand as a symbol of hard work, reminding children that strength comes through perseverance. The hexagonal windows reflect the strong, interdependent bond between student and teacher, much like the honeycomb they resemble — each cell connected, each child supported. The classrooms are painted in the vibrant colours of the rainbow, and every classroom tells its own story, creating an environment that stimulates joy, wonder, and belonging from the moment a child steps in.

This vision was made possible through the generous support and commitment of Shri Rajkumar Seksaria, whose belief in value-based early education, deep faith in the principles of Kaivalyadhama, and devotion to the ideals of Bharatiya Sanskar were instrumental in bringing this project to life.

His contribution ensured that infrastructure and ideology came together seamlessly to create a space where tradition and modern pedagogy coexist.

The fundamental aim of the Shishu Gurukulam is holistic development in its truest sense. Here, facilitators act as Guru-Mitras, building bonds of love and discipline rather than fear. Progress is not measured by ranks or red marks, but by the visible growth in a child's confidence, curiosity, and compassion. The core vision is to raise children who are deeply rooted in Bharatiya values and yet confident enough to face the world with clarity and courage. This philosophy comes alive each morning as children naturally begin their day with prayer, touch the feet of elders, share their tiffin's, and express gratitude without being prompted. Stage fear dissolves early, as even four-year-olds confidently recite shlokas. Self-discipline takes the place of reminders, as children learn to manage their own books and mats, and wait patiently for their turn.

Creativity is not an add-on subject but the soul of learning. It flourishes through mud art, puppet-making, celebrations of festivals and days, and storytelling, where children are encouraged to create their own stories. This holistic approach reflects in academics too, with improved focus and healthier eating habits becoming a natural part of daily life. We are not here to fill little minds with lessons. We are here to light little hearts with values because childhood needs strong roots before it dreams of wings.



Kaivalya Vidya Niketan Quarterly Activity Report: April – June 2026

1. Ambedkar Jayanti Celebration – 14th April 2026

Ambedkar Jayanti was celebrated with great reverence by Class 10 Pearl students during the school assembly. Students highlighted the life, vision, and contributions of Dr. B.R. Ambedkar towards equality, social justice, and the framing of the Indian Constitution. The programme included a thoughtfully presented skit and speeches that made the session both informative and inspiring. The assembly concluded with a collective pledge to uphold Dr. Ambedkar's ideals of justice, education, and dignity for all.

2. Students' Council Elections – 22 April 2026

The Annual Students' Council Elections were conducted on 22 April 2026 to provide students with firsthand experience of the democratic process. Candidates presented their manifestos outlining their vision for the student body. Voting was carried out seamlessly through Google Forms, ensuring transparency and participation. The activity fostered leadership, responsibility, accountability, and civic awareness among students.

3. Investiture Ceremony – 30 April 2026

The Investiture Ceremony was held on 30 April 2026, wherein the newly elected Student Council was formally vested with duties. Council members received badges and sashes in a solemn ceremony that underscored the values of service, integrity, and leadership. The event inspired young leaders to serve the school community with dedication and to contribute towards the vision of a developed nation.

4. Maharashtra Day and Labour Day Celebration : 1 May 2026

Kaivalya Vidya Niketan commemorated Maharashtra Day and International Labour Day with a flag hoisting ceremony followed by a special felicitation programme for the school's support staff. The event was graced by Chief Guest Mr. Kulvinder Pathania, HR, Kaivalyadhama. On this occasion, Mr. Rohidas Kondbhar was conferred the Best School Support Staff Award in recognition of his exemplary dedication and service to the institution. The celebration reinforced the school's commitment to dignity of labour and gratitude towards all who contribute to its functioning.

5. A Fresh Start – Commencement of Academic Year 2026–27

The new academic year commenced on 5th June 2026 with the auspicious blessings of Lord Ganesha. A pooja was organised to mark the occasion. Prior to reopening, comprehensive teacher training sessions were conducted by Director Dr. N. D. Joshi on general teaching approaches, Principal Mrs. Bharati Kawade on competency-based education, Vice-Principal Mrs. Nikita Buddhisagar on sustainability at the school level, Primary Coordinator Mrs. Bilquis, and Associate Teacher Mrs. Maheroonisa on English pedagogy. Students were warmly welcomed back on 10th June 2026, marking the beginning of the session with enthusiasm, positivity, and a renewed commitment to quality learning.

6. International Day of Yoga – 19 June 2026

International Day of Yoga was observed with active participation from students across Lonavala, students, teachers, and invited guests. The session emphasized the significance of yoga for holistic well-being — physical, mental, and emotional. The event encouraged the school community to integrate yoga into daily life as a sustainable practice for health and mindfulness.

7. Inauguration of Music & Art Room: "Where Creativity Finds Its Home" and "Harmony Meets Imagination" – 23 June 2026 .

Kaivalya Vidya Niketan inaugurated its newly furnished Music & Art Room with the generous support of Rotary Club of Nigdi, Pune and MIRAE ASSET Mutual Fund. This dedicated creative space aims to nurture artistic expression, musical aptitude, and imagination among students, providing them with resources to explore and develop their talents.

Co-Curricular Activities (CCA) at a Glance: April – June 2026

Pre-Primary Section:

Activities including Summer Day, Yellow and Blue Day, Farmers Day, and Green Day were organized to promote experiential learning. Children participated enthusiastically in clay modelling, colouring competitions, and action songs, fostering creativity, motor skills, and



self-expression.

Classes 1 & 2:

Students engaged in cotton dabbing, Little Master Chef, and English story telling sessions. These activities enhanced creativity, culinary awareness, confidence, and communication skills.

Classes 3 to 5:

Collage making, English reading, bouquet making, quiz competitions, and My Healthy Plate were conducted. Students participated actively, demonstrating keen interest and developing artistic, literary, and health-conscious habits.

Classes 6 to 8:

News reading, English handwriting, and mask making activities were organized to improve communication skills, penmanship, and artistic abilities.

Classes 9 to 12:

Senior students participated in English handwriting, Rhetoric – Old Advertisement with a Twist, and Kahani Mein Naya Mod. These activities encouraged originality, critical thinking, and creative expression.



Testimonials from NVS principals for Yoga training programs

Sh. R L Kamboj, Principal

It was great experience of one week in the training. It was like giving time for self which is rare in this fast life. Thankful to Kaivalyadham team of trainers and support staff for great arrangements and hospitality and thanks to my NVS officers to give me chance to have the privilege to spend some time for self. Thank you all.

Sh. Anup Singh, Principal

PM SHRI Jawahar Navodaya Vidyalaya, Fatehabad, Haryana
On behalf of the batch of NVS, we would like to express our heartfelt gratitude and sincere appreciation to the entire Kaivalyadham family for providing such a remarkable and life-enriching experience.

Our stay here has been truly transformative. The serene natural surroundings, disciplined yet nurturing environment, thoughtfully curated wellness programs, rejuvenating yoga sessions, and holistic approach to health have together created a unique atmosphere for self-discovery, healing, and inner growth.

We are deeply grateful for the warmth, care, and dedication demonstrated by every member of the institution. The professionalism of the faculty, the expertise of the therapists, and the unwavering support of the staff made each day meaningful, comfortable, and inspiring. Their commitment to the well-being of every participant reflects the noble values upon which Kaivalyadham stands.

This journey has not only strengthened our physical health but has also brought greater mental clarity, emotional balance, and spiritual awareness. We leave with a renewed sense of vitality, peace, and gratitude, carrying cherished memories and valuable insights that will continue to guide us in our personal and professional life.

Kaivalyadham is more than a wellness centre; it is a sanctuary of

learning, healing, and transformation. We feel privileged to have been a part of this enriching experience and will always treasure the lessons and inspiration gained during our stay.

Our sincere thanks to everyone associated with Kaivalyadham for their exceptional hospitality and selfless service. We wish the institution continued success in its noble mission of promoting holistic health, harmony, and happiness, and in touching countless more lives in the years to come.

With profound gratitude and warm regards,

On behalf of this entire group of officials from NVS

कैवल्यधाम, लोणावला में आयोजित सात दिवसीय योग एवं वेलनेस प्रशिक्षण कार्यक्रम पूर्ण करने के बाद मैं अत्यंत प्रसन्न एवं कृतज्ञ महसूस कर रहा हूँ। ये सात दिन मेरे जीवन के सबसे यादगार और प्रेरणादायक दिनों में शामिल रहेंगे। इस प्रशिक्षण ने मुझे जीवन, स्वास्थ्य और आत्मिक कल्याण के प्रति एक नई दृष्टि प्रदान की है।

मैं श्री अमित शर्मा जी, नीरज जी, सागर जी तथा
कैवल्यधाम परिवार के सभी सदस्यों का हृदय से
आभार व्यक्त करता हूँ, जिनके मार्गदर्शन, सहयोग और
स्नेह ने इस अनुभव को अविस्मरणीय बना दिया।
मैं यहाँ से नई ऊर्जा, सकारात्मक सोच और अमूल्य

सीख के साथ लौट रहा हूँ।
सादर धन्यवाद।
विनोद कुमार लेवे
प्राचार्य- पीएम श्री स्कूल
जवाहर नवोदय विद्यालय जूनागढ़, गुजरात

Healthcare Centre, Kaivalyadhama (HHCC) — A Look Back at Seven Years of Service (2019–2026)

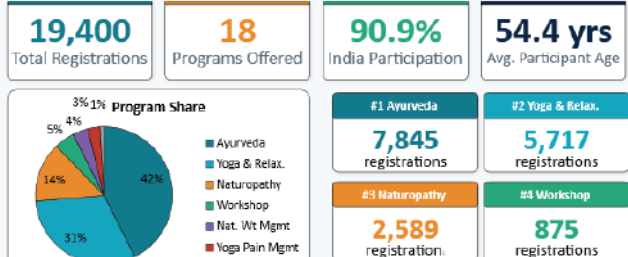
Over these seven years, the Healthcare Centre has quietly continued its work of caring for those who come seeking relief and balance. The year 2019 saw 1,359 participants walk through our doors, and then, during the years 2020–2021, the COVID-19 pandemic period, life itself came to a pause — travel stopped, fear took hold, and naturally, our numbers too fell quiet, to 479 and 604 respectively. But as the world slowly began to heal and find its footing again, so did our Centre — participation rose steadily to 1,195 in 2022, 1,495 in 2023, and 1,610 in 2024, the highest in seven years, a gentle reminder that even after such a difficult time, people continue to trust this space for their healing. Throughout these years, more women than men have come to us, and most who arrive are in the later chapters of their lives — nearly two-thirds are above 46 years of age, many in their 60s and beyond, while younger seekers remain fewer in number. This tells us, simply, that HHCC continues to be a home for those in their middle and later years, looking for steadiness in body and mind.

As for what brings them to us, the answer has stayed much the same through the years — backache and diabetes appear most often, followed closely by obesity, high blood pressure, and issues of the neck and spine; constipation, anxiety, sleeplessness, and knee and lower-back pain follow not far behind. These are not new troubles — they are the quiet, familiar burdens of modern living, and even the pandemic years, with all their stillness and stress, did little to ease

them, only adding to the weight many carried. What this tells us, in the simplest terms, is that our work here remains as relevant as ever: helping people carry the weight of the body and mind a little more lightly, through the tools of yoga, naturopathy, and Ayurveda that Kaivalyadhama has always stood for. Perhaps, going forward, there is also a quiet opportunity to reach younger hearts too, before these burdens take root.

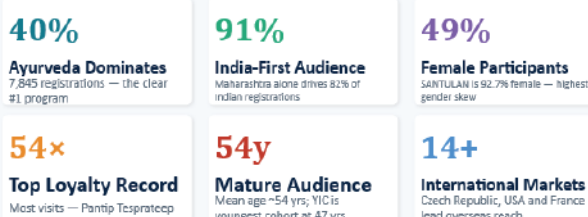
ROA PROGRAM REGISTRATIONS | Jan 2019 – Jun 2026

Participant Program Geography Analysis



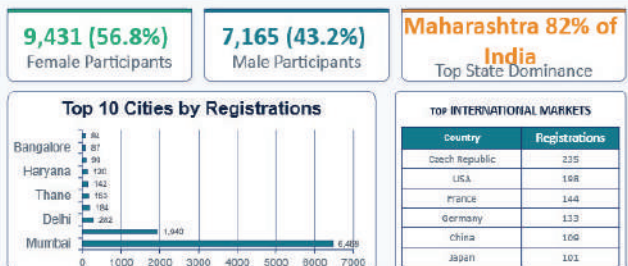
6 KEY TAKEAWAYS

What the Data Tells Us About ROA Programs & Participants

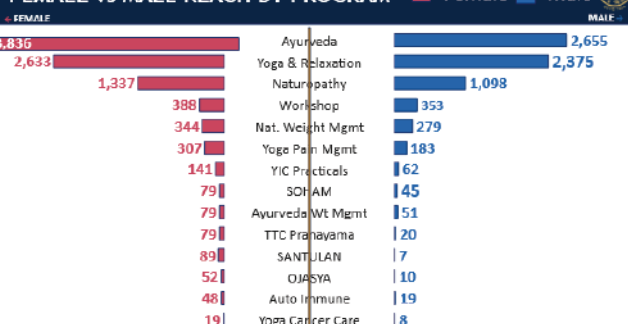


GEOGRAPHY & GENDER ANALYSIS

Where Participants Come From



FEMALE vs MALE REACH BY PROGRAM

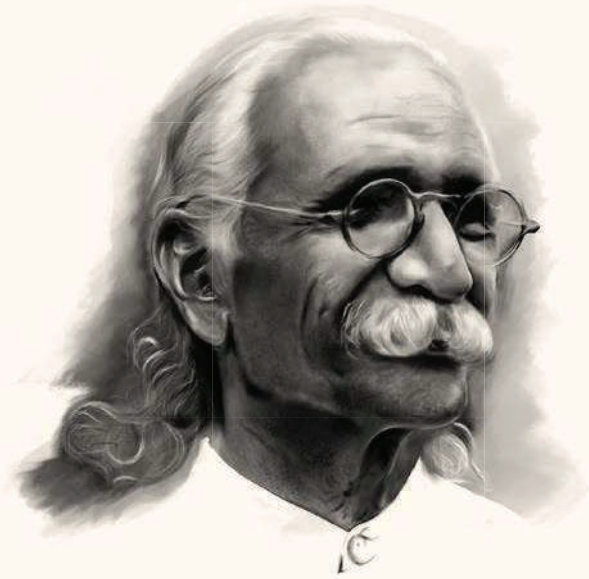


LOYALTY PARTICIPANT BOARD

Repeat Participants Who Define the ROA Community



CONTRIBUTION of FUNDS for YOGA



Swami
Kuvalayananda

1883-1966

FOUNDER

Kaivalyadhama Yoga Institute



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

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

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

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

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

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

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

Swami Kuvalayananda
27th November 1952