ANNUAL रिपोर्ट



KAIVALYADHAMA®
Where Yoga tradition and Science meet

KAIVALYADHAMA SHREEMAAN MADHAVA YOGA MANDIRA SAMITI



2025
2026



Chairman's message

Kaivalyadhama carries the profound duty — a duty entrusted to us by our founder, Swami Kuvalayananda. This institution was never envisioned as a mere organisation, but as a living ground where Yoga is kept in its authentic form, studied with scientific discipline, and extended in service to humanity.

Swami Kuvalayananda would often say, with piercing clarity:

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

That one statement continues to shape every choice we make. At a time when Yoga is frequently narrowed down to mere technique, performance, or commercial gain, Kaivalyadhama holds firm to Yoga as an integrated discipline — one where sharira, manas, and chitta move together in balance.

The year unfolded as one of both introspection and resolve. Across our work in education, healthcare, research, and community outreach, our aim was never growth for its own sake, but integrity carried through with depth. Every conference, academic program, therapeutic effort, and outreach initiative was grounded in a single conviction — that Yoga is meant to be lived, not simply performed.

When Yoga shapes our actions, service takes on the character of the sacred, and work becomes a form of worship. Education at Kaivalyadhama, therefore, is not confined to skill-building or scholarship alone — it is a cultivation of inner freedom and a sense of responsibility.

Our several initiatives on International Day of Yoga based on the 10 signature themes— reaching thousands across cities, villages, institutions, hospitals, schools, parks and eminent institutions.

When offered with compassion and clarity, Yoga becomes a form of preventive medicine — healing not just the body, but society as a whole.

I am thankful to our teachers, researchers, doctors, staff, students, trustees, and well-wishers. It is their quiet, sustained dedication that keeps this institution alive. I also look with hope to the younger generation at Kaivalyadhama, seeing in them the future keepers of this sacred inheritance.

As we enter the era of Kaivalyadhama 2.0, may we stay rooted in humility, discipline, and truth. May Yoga continue to be our guide — not merely as an outward practice, but as an inward compass.

योगश्चित्तवृत्तिनिरोधः

(Yoga is the cessation of the fluctuations of the mind.)

If we hold true to this essence, Kaivalyadhama will go on serving humanity with clarity, courage, and compassion.

- Dr. O. P. Tiwari
Chairman, Kaivalyadhama



From the desk of CEO

The year gone by has been both enchanting and exciting. In the pages that follow, you will find the many activities of the Institute faithfully depicted — a way of reporting what was done, and equally, of archiving for future generations the history that is being written even as we live it.

Even as we do so, we find ourselves in the midst of giving shape to a set of thoughts we have long promised ourselves: **Kaivalyadhama 2.0.**

Having served this institution for almost three decades, I have witnessed its growth — slow, steady, and deliberate. Over these years, there has been a gradual integration of the professionalism required to strengthen our functioning and our delivery to stakeholders, while retaining the timeless values and ethics that our Founder laid down for us. This balance has served us well, and it continues to demand constant, conscious effort. As a leader, one has to keep reminding oneself of the Institute's core values and to let them settle into one's being, not merely into one's speech.

Seva, Purity, Futuristic Approach, and Synthesis remain the principles at the core of Kaivalyadhama, and we will continue to live by them in whatever we do.

Running an organisation while holding on to its values is, at all times, of the utmost importance — and, given the environment around us, it is not without its challenges. Taking permission to build a pre-primary school took us twenty months. Permission for a hostel took eighteen. Drawing the government's attention to the risk of flooding on our campus took twenty years, and eventually required us to approach the High Court. Persuading the local administration to complete the legal framework for the acquisition of the Trust's land has been a work in progress for fifteen years — and so it goes, on and on. I say this not out of pessimism, but to place on record the realities that make it harder to run an organisation for the very purpose it was created — because the pathways laid down for such purposes carry so many speed-breakers that the journey itself becomes tormented. I look forward to Viksit Bharat 2047, where I hope the process itself will come to embody respect for values and ethics, and will make a genuine effort to nurture them.

Looking ahead, we are excited about new research studies on geriatrics and on neurodivergent children, and we are working towards a dynamic and immersive academic year for our students. We continue to invite more corporates to draw upon the synthesis of philosophy and science that defines the Yoga of Kaivalyadhama. This year brought us a very fulfilling association with the **Aditya Birla Group and the Navodaya Vidyalaya Samiti,** and the coming year will see us begin a partnership with the **Kendriya Vidyalaya Sangathan.**

On the social outreach front, we continue **Anubandh,** our programme for cancer survivors and those living with lifestyle conditions. Under **Yogmay,** we have now trained over 500 police personnel, and we look forward to taking this work further. Our engagement with municipal schools and **anganwadis,** bringing Yoga to children at the grassroots, has been genuinely inspiring, and we hope to contribute here with even greater strength in the year ahead.

We hope 2026-27 will see a charged-up **Kaivalyadhama Bhopal,** the launch of a new facility in **NOIDA,** and some meaningful partnerships with like-minded organisations.

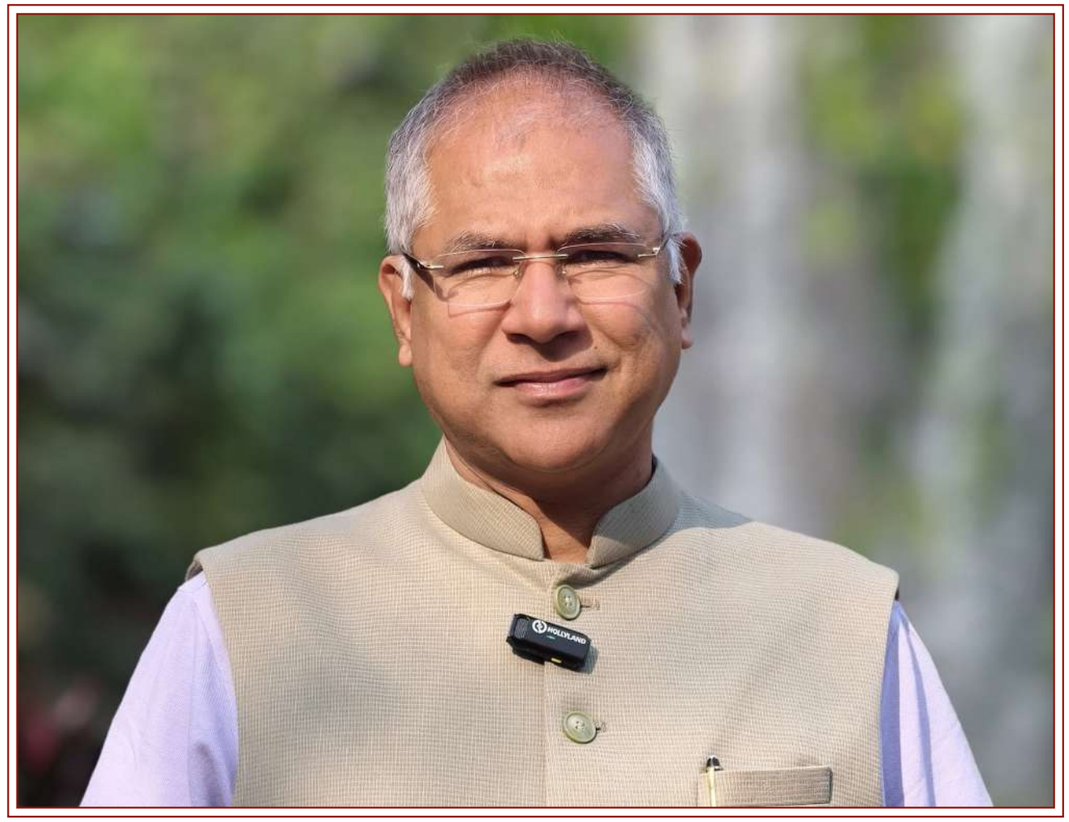
As I close this message, I am reminded of a verse from the Bhagavad Gita —

'योगः कर्मसु कौशलम्'

(Yoga is skill in action.)

It is this very skill, this steady, values-anchored effort amid an imperfect world, that has carried Kaivalyadhama for over a hundred years, and it is this spirit that will carry us into the century ahead.

- Subodh Tiwari
Hon Secretary | CEO Kaivalyadhama





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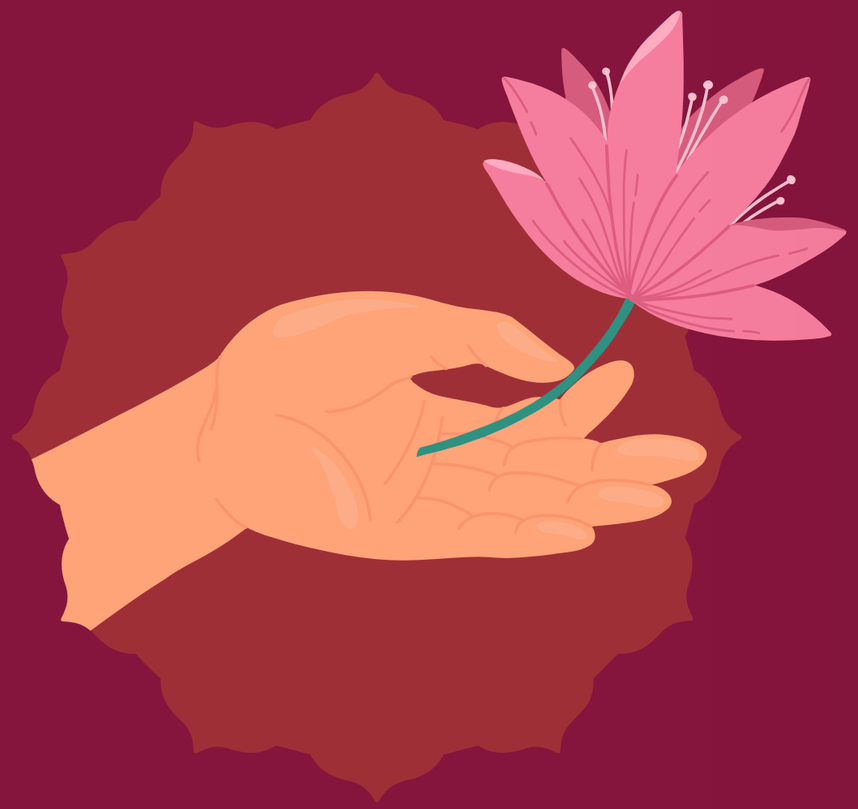
Kaivalyadhama Yoga Institute









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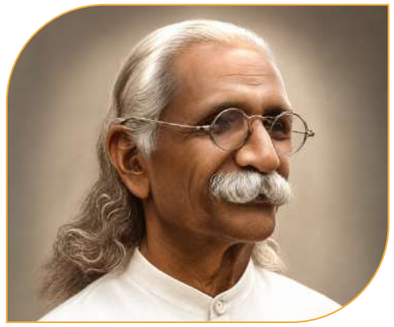


> Yoga has a **complete message for humanity**. It has a message for the **human body, mind, and spirit.”**
>
> - Swami Kuvalayananda, Founder, Kaivalyadhama

About Us

A hundred years ago, a man sat at the intersection of two worlds — the world of ancient wisdom and the world of modern science — and asked a question that would quietly change everything: What if yoga could be proven?

That man was Swami Kuvalayananda. And what began as a question in 1924 has grown into one of the world’s most enduring institutions of yoga research and education — Kaivalyadhama.

This is not just our story. It is the story of thousands of people who have found their way here — students, seekers, patients, scholars — each carrying their own questions, each leaving with something they did not arrive with.

A Vision Born from Conviction

Heritage & Legacy

Swami Kuvalayananda was not content to inherit yoga as mystic. Guided by his teacher Sri Madhavadasji, he believed yoga deserved to be examined, documented, and made accessible to the world — not by diminishing it, but by illuminating it.

His vision was radical for its time: that ancient yogic philosophy and modern scientific method were not adversaries, but companions. And that when brought together, they could offer healing and insight to people far beyond the ashram walls.

He established Kaivalyadhama in Lonavala with that conviction — and never wavered from it. His message, spoken plainly, tells you everything you need to know about the man and the institution he built:

> “I have brought up this institute **out of nothing.** If it goes to nothing, I do not mind, but **Yoga should not be diluted.”**
>
> - Swami Kuvalayananda, Founder, Kaivalyadhama

Among those who came to learn from Swamiji were some of the most consequential figures of a generation — Mahatma Gandhi, Dr. B.R. Ambedkar, Pandit Jawaharlal Nehru, Pandit Madan Mohan Malviya, Dr. Rajendra Prasad, Dr. H.V. Kamath, Mr. J.R.D. Tata, G.D. Birla, and many others. And yet, what we carry with the deepest pride is something quieter: the thousands of ordinary people — teachers, parents, patients, professionals — who walked through our gates and found something they had been searching for.

Today, that flame is carried by Shri O.P. Tiwari, our Chairman, who preserves Swamiji’s classical teachings with the same blend of scientific rigour and spiritual depth. The tradition does not simply continue — it breathes.

Science in Service of the Ancient

Research & Science

From the very beginning, Kaivalyadhama has believed that yoga must be understood as deeply as it is practised. Our research wing has spent decades bridging the ancient and the empirical — conducting studies in biochemistry, physiology, and psychology that give modern language to timeless practices.

This commitment to rigour found early form in Yoga Mimansa, our academic journal — one of the first of its kind anywhere in the world. Recognised by the University Grants Commission (UGC-CARE-I) and acknowledged by Medknow, Wolters Kluwer Health — the largest open-access publisher of reputed medical journals worldwide — Yoga Mimansa helps present yoga as a science that integrates both the spiritual and physical dimensions.

What this research makes possible is not just academic recognition. It makes yoga legible to a physician, a policymaker, a parent. It ensures that when someone arrives at Kaivalyadhama seeking relief from chronic illness, anxiety, or grief, they receive not just tradition, but evidence.

Learning That Lasts a Lifetime

Education & Training

In 1951, Kaivalyadhama established the world’s first yoga college. The Government of India later recognised it as a Higher Learning Institute — a first for any yoga institution in the country. These were not just milestones. They were statements about what yoga deserves to be: a field of serious, sustained study.

Our educational framework is rooted in the classical Ashtanga Yoga path as laid down by Patanjali. Today, students at Kaivalyadhama can pursue everything from certificate courses, PG diploma, degree programs as well as PH.D.

Each programme is built around a simple belief: that yoga, when taught with integrity, does not just change what a student knows. It changes how they live.

Healing, Not Just Treatment

Our 180-acre campus in Lonavala is home to the Yoga Institute, the Health Care Centre, and the Research Department — each designed to work together, each grounded in the understanding that wellness is not a product, but a practice.

Thousands of students, guests, and patients come here each year. Some arrive with clinical diagnoses. Others arrive with a quieter kind of tiredness — the kind that sleep does not cure. What they find is not a spa, and not a hospital, but something between: a place that takes the whole person seriously.

Our wellness offerings are shaped by the needs of the people who come to us. In a world recovering from a pandemic, we introduced post-COVID recovery programmes. As anxiety among young people rises, we deepened our work in youth-focused yoga. We have Naturopathy and Ayurveda departments to support Yoga therapy integrating them into our offerings.

We also curated Yoga & harmony Programs for corporates, senior executives and in leadership who are initiated into personal growth on yogic foundations to be conscious leaders.

Kaivalyadhama does not exist only in Lonavala. The Ishwardas Chunilal Yogic Health Centre in Mumbai has been serving urban communities since 1936. Our branches in Pune, Rajkot, Bhopal, and Delhi carry the same teachings into different cities, different lives. And through our international branches in the USA, Japan, and China — alongside affiliated centres across the globe — the work continues to cross borders and languages.

An Invitation, Not an Institution

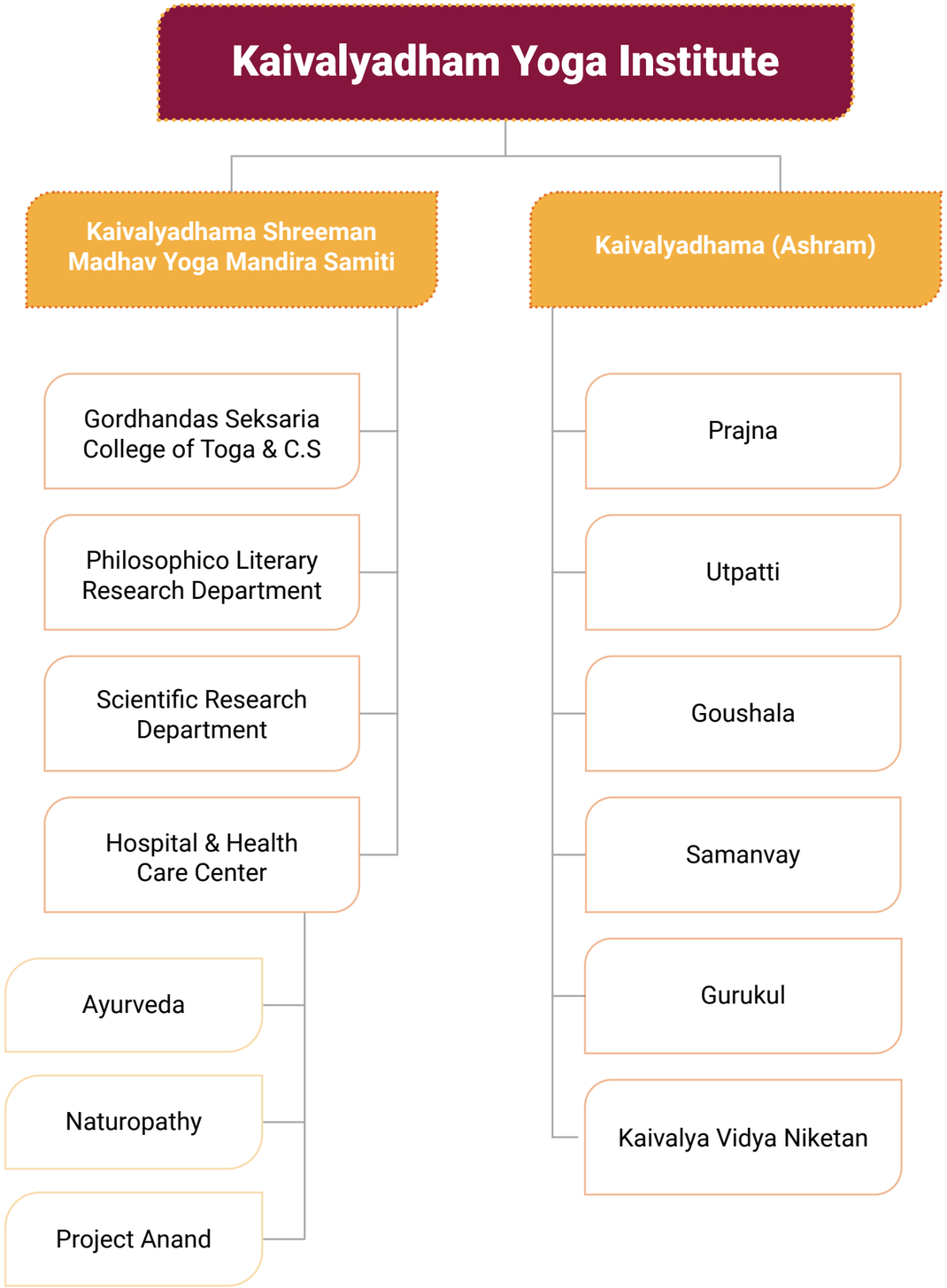
In a world where yoga is often packaged, commercialised, or stripped of its depth, Kaivalyadhama remains something rare: a place where tradition is not decorative, where science is not reductive, and where the path is taken seriously.

We are not simply preserving something from the past. We are demonstrating that what the past knew — about breath, stillness, attention, and integration — is precisely what the present needs.

Kaivalyadhama is a sanctuary, yes. But more than that, it is an invitation — to step off the pace of ordinary life, and walk a path that is rooted, rigorous, and radiant with purpose.

Yoga not as performance. Yoga as a way of being.

Organogram



Operation सम

Governance

Advisory Board Members

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

Governing Body Members

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

Executive Committee Members

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

Finance Committee Members

Shri.O.P.Tiwari - Chairman
Shri Nitin Thakker - Member
Shri Chaitanya Mehta - Member
Shri Nishant Jain - Member
Shri Ankit Bhandari - Member
Shri.Subodh Tiwari - Secretary

Key Associates

Legal Consultants

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

Auditors

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

Architects

Design Workshop, Lonavla
Consultant Mr. Jeetal Choksi

IT Managers

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

Institutional Recognitions

Ministry of Education, Government of India, New Delhi	The Institute is recognized as 'An All India Institute of Higher Education' vide letter No7630/62-U.4 dt.12th Nov.1962.
Ministry of Finance Government of India, New Delhi	To receive donation under section 35 (1) 9(ii) from 1979. Govt of India's Letter No (F.No.203/11/2009/ITA-11) Notification NO.41/2009 dated 30th April 2009..
Ministry of Science & Technology, Government of India, New Delhi	Recognition under the Scheme on Scientific and Industrial Research Organizations (SIRO's). Letter No.F.No.14/79/1988-TU-V dated 4th July 2025 Recognition period 01.04.2025 to 31.03.2028
Finance Division, Mumbai Government of Maharashtra	14 days On duty leave once in three year and 6 times in service tenure permitted to Government of Maharashtra's Employees for attending 10 days Yoga Training Programme. Vide letter dt.3rd Feb.2004.
Ministry of HRD, Department Secondary & Higher Education, Government of India, New Delhi	Nodal Agency/Resource Center under 'Introduction of Yoga Education in Schools'. Vide letter dt.5th April 2004
Navodaya Vidyalaya Samiti, Govt. of India, Department Secondary & Higher Education, New Delhi	Recognized as 'Kaivalyadhama as Yoga Consultant for Navodaya Vidyalayas. Vide letter dt.6th September 2005

Kavikulguru Kalidas Sanskrit University, Ramtek (M.S)	Accorded the status as Research Centre in the subject of Yoga & Allied subject from the academic session 2020-21 to Gordhandas Sekaria College of Yoga & Cultural Synthesis vide letter no.KKSU/2019-20/BPD/39 dt.19.03.2020
Office of the Commissioner of Income Tax (Exemptions) Pune	Exemption under 11 clause (i) of first proviso to Sub-section (5) of Section 80G provisional approval No. AAATK1067BF dt.31.05.2021
GOI, Ministry of Home Affaires, (FCRA Wing)	FCRA Registration No.083930295 Renewal wef 01.01.2022 for 5 years
Ministry of AYUSH, Government of India, New Delhi	Inclusion of BA (Yoga Shastra) under AYUSH Scholarship Scheme dt.20.2.2019
Ministry of AYUSH	Leading Yoga Institution accredited by YCB by Ministry of AYUSH
Kavikulguru Kalidas Sanskrit University, Ramtek (M.S)	Certified as Recognised Institute for Specialized Studies vide University letter dated 06.09.25 for continuation of Affiliation for following courses M.A. Yogashstra, B.A. Yogashastra.for academic year 2025-26.

Memorandum of Understanding

National Level Institutions and Universities

Sri Balaji Vidyapeeth Puducherry	Academic/ Research
MGM Hospital Maharashtra	Therapy /Research
Shreemati Savitribai Phule Pune University Maharashtra	Academic /Research
Dev Sanskriti Vishwa Vidhyalaya (DSVV) Uttarakhand	Academic / Research
Sikkim Central University Sikkim	Academic
All India Institute of Ayurveda (AIIA) New Delhi	Academic
Indian Council for Cultural Relaiton (ICCR) Delhi	Academic
Tata Memorial Centre (TMC) , Mumbai Maharashtra	Research

Other Institutions

Saurashtra Medical & Educational Charitable Trust, Project "Life" Gujarat	Academic/ Therapy/ Research
Medknow Publications and Media Pvt. Ltd. Maharashtra	Research Journal Publication - YogaMimamsa
G.D.POL FOUNDATION, KHARGAR (YERLA Medical college) Maharashtra	Academic / Medical
GeneOm Biotechnologies Pvt. Ltd. Maharashtra	Academic / Research for Gene Expressions
Parshwanath Vidyapeeth, Varanasi Uttar Pradesh	Academic / Training
Arka Ventures Maharashtra	Promotion & Development
Diabetic Association of India Maharashtra	Research / Training
Gokhale Education Society Maharashtra	Academic
Dr. Godbole Laboratory Maharashtra	Research
Nirmitee Foundation Maharashtra	Strategic Partnership
Smt.Rajibai Shah Medical & Research Foundation Maharashtra	Social Outreach
The Ratna Nidhi Charitable Trust Maharashtra	Social Outreach
Kaivalya Yoga Shala, Ahmedabad Gujarat	Academic/ Training
LYEF Wellness Ventures Pvt Ltd., Mumbai Maharashtra	Strategic Partnership
Manav Sadhan Vikas Sanstha Maharashtra	Social Outreach
KVN - G.S College Maharashtra	Academic/ Training

International Level Institutions and Universities

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







Branches across the World



Meetings

1. **Board of Life Members :** 10.07.2025 & 12.11.2025
2. **General Body Meetings :** 29.11.2025
3. **Governing Body Meetings :** 05.09.2025 & 28.02.2026
4. **Advisory Board Meeting :** 28.02.2026
5. **Finance Committee Meetings :** 03.06.2025 & 24.02.2026
6. **Executive committee Meetings :**

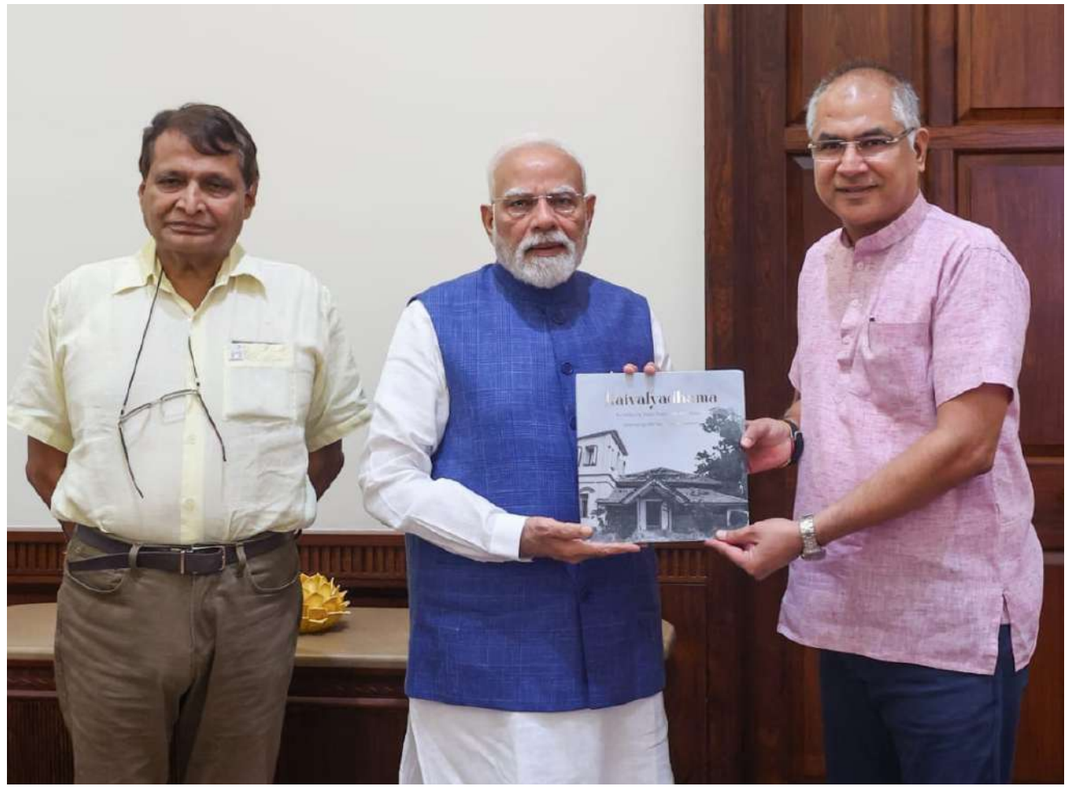
1	**Meeting Held**	05.06.2025
2	**Circular Resolution**	02.07.2025
3	**Circular Resolution**	05.07.2025
4	**Circular Resolution**	23.07.2025
5	**Circular Resolution**	31.07.2025
6	**Circular Resolution**	31.07.2025
7	**Circular Resolution**	02.08.2025
8	**Circular Resolution**	18.08.2025
9	**Meeting held**	10.11.2025
10	**Circular Resolution**	12.11.2025
11	**Meeting held**	18.12.2025
12	**Circular Resolution**	17.01.2026
13	**Circular Resolution**	17.01.2026
14	**Circular Resolution**	17.01.2026
15	**Circular Resolution**	12.02.2026
16	**Circular Resolution**	11.03.2026
17	**Meeting held**	24.03.2026
18	**Circular Resolution**	27.03.2026

Presentation of Kaivalyadhama Centenary Coffee Table Book to the Hon'ble Prime Minister of India

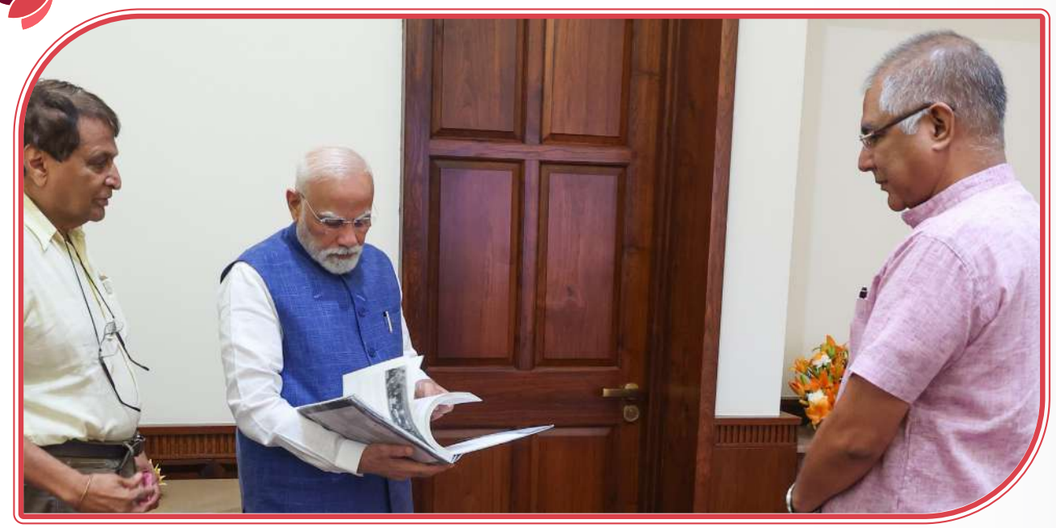
21 August 2025 | Parliament House, New Delhi

Shri Subodh Tiwari, met Hon'ble Prime Minister Shri Narendra Modi and presented the Kaivalyadhama Coffee Table Book, commemorating the institute's 100-year legacy in advancing the science and philosophy of yoga. The meeting was attended by Shri Suresh Prabhu, Former Cabinet Minister and Chairman of the Kaivalyadhama Centenary Committee, who acknowledged the institution's pioneering contribution to yoga education and research.

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







MoU between Kaivalyadhama and Manav Sadhan Vikas Sanstha

2 September 2025 | Kaivalyadhama ICYHC, Mumbai

Kaivalyadhama Yoga Institute signed a Memorandum of Understanding (MoU) with Manav Sadhan Vikas Sanstha (MSVS) to promote yoga as both a life skill and a livelihood opportunity. The collaboration aims to integrate yoga into skill development by offering structured training, certification and practical exposure, particularly for youth and underprivileged communities, preparing them for careers in yoga teaching, therapy and the wellness sector. The partnership reflects Kaivalyadhama's continuing commitment to extending the benefits of yoga beyond education and practice into community empowerment, employment and sustainable social development.



Kaivalyadhama Signs MoU with IIM Mumbai

16 December 2025 | Kaivalyadhama, Lonavala

On 16 December 2025, Kaivalyadhama entered into a Memorandum of Understanding with the Indian Institute of Management (IIM) Mumbai, formalising a long-standing informal association into a structured institutional collaboration aimed at promoting holistic well-being within a leading management education environment. The partnership builds on previous engagements where Kaivalyadhama teachers had conducted periodic yoga sessions at the institute.

Under the MoU, structured yoga programmes will be initiated for the IIM Mumbai community from January, facilitated by experienced Kaivalyadhama faculty, with an emphasis on enhancing physical vitality, mental clarity, emotional balance, and overall resilience in demanding academic and professional contexts. The collaboration reflects a shared vision of integrating yogic science with contemporary leadership education and fostering sustained engagement between the two institutions.



Kaivalyadhama at Rashtrapati Bhavan

23 January 2026 | Rashtrapati Bhavan, New Delhi

Kaivalyadhama was invited to the inauguration of Granth Kutir, the new library at Rashtrapati Bhavan. Granth Kutir is a library of classical languages symbolizing India's deep respect for learning, scholarship, and intellectual heritage.

With the objective of preserving and promoting India's Classical Languages, President of India, Smt. Droupadi Murmu inaugurated Granth Kutir at Rashtrapati Bhavan on 23rd January, 2026. Important textual materials have been gathered from various parts of the country to enrich the collection. Granth Kutir also houses a valuable collection of 50 manuscripts, many of which are handwritten on paper, tree bark and palm leaves. These manuscripts possess exceptional historical, scientific and aesthetic significance. They showcase India's multilingual and multidisciplinary manuscript tradition and stand as living testimony to the country's knowledge systems. Kaivalyadhama has contributed their three manuscripts to Granth Kutir out of their valuable collection.

The CEO of Kaivalyadhama received a citation from the Hon'ble President of India recognising Kaivalyadhama's contribution to the collection of ancient and rare Indian texts housed at the library. Kaivalyadhama is noted as an associate of this national cultural repository.





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

27th February 2026 | Mumbai

Mr. Dilip Dauneria represented Kaivalyadhama in a meeting with Hon'ble Protocol Minister of Maharashtra, Shri Jayakumar Rawal. During the interaction, he presented Kaivalyadhama's commemorative coffee table book, showcasing the institution's 100-year legacy in advancing the authentic science of Yoga. The discussion highlighted the growing importance of yoga in promoting holistic health and well-being, with the Hon'ble Minister expressing interest in beginning his yogic journey with Kaivalyadhama. The meeting further strengthened institutional relations and reinforced opportunities for future collaboration.



Advisory Board and Governing Body Meeting

28th February 2026 | Kaivalyadhama, Lonavala

Kaivalyadhama hosted a joint meeting of its Advisory Board and Governing Body to review the institution's future vision and strategic direction, reaffirming its commitment to integrating traditional yoga with scientific research and expanding its outreach. The day also marked the inauguration of the Sustainability Drive under the Green Ashram Project, reflecting Kaivalyadhama's commitment to environmentally responsible practices, alongside the launch of a new tractor to support sustainable agriculture, organic farming, and self-sustenance within the ashram.



CEO Meetings

Meeting with Shri Ram Nath Kovind (14th President of India)

Shri Subodh Tiwari, CEO of Kaivalyadhama, accompanied Shri Rajkumar Seksaria (Member, Governing Body) in a call on Shri Ram Nath Kovind during his visit to Raj Bhavan, Maharashtra.

Meeting with Gurudev Sri Sri Ravi Shankar and Dr H. R. Nagendra

Shri Subodh Tiwari, Secretary General of the Indian Yoga Association, met Gurudev Sri Sri Ravi Shankar (Chairperson, IYA) and Dr H. R. Nagendra (Member, Governing Council) to discuss strategic matters concerning the advancement and strengthening of yoga.

CEO visit to Sri Lanka and Meeting with former Prime Minister

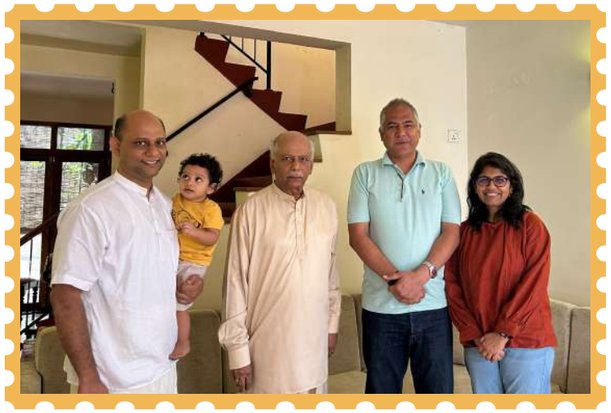
During a visit to Sri Lanka, the CEO held a courtesy meeting with former Prime Minister Shri Gunawardane and his family; the meeting concluded with an invitation for the family to visit India.

Meeting with Shri Bhupendra Patel — Chief Minister of Gujarat

In his capacity as Secretary General of the Indian Yoga Association, the CEO met Shri Bhupendra Patel, Hon'ble Chief Minister of Gujarat, to discuss enhanced cooperation for promoting yoga in the state.

Meeting with Shri Nagraj Naidu, IFS

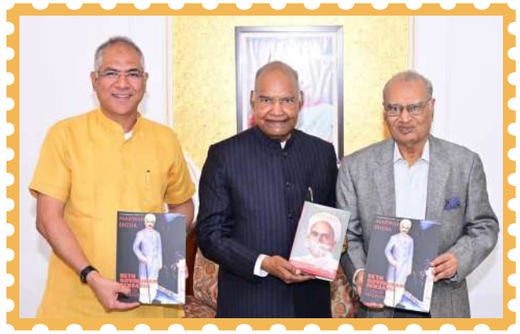
The CEO met Shri Nagraj Naidu (IFS), Additional Secretary, Ministry of External Affairs, presenting him with a Kaivalyadhama coffee-table book. Shri Naidu, a long-time associate and practitioner, reaffirmed his ties with the institute.











Guest Visits

Actor Vidyut Jammwal's Visit to Kaivalyadhama: A Celebration of Strength, Discipline, and Spirituality

5 April 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama welcomed **renowned actor, martial artist, and producer Vidyut Dev Singh Jammwal on 5 April 2025.** A dedicated practitioner of Kalaripayattu, he embodies the values of physical strength, mental discipline, and spiritual grounding that align with Kaivalyadhama's philosophy. During his visit, he performed the traditional Shankha (conch shell) blowing and interacted with students and staff, sharing insights on discipline, breath, movement, self-discovery, and reconnecting with Indian traditions.



Bridging Cultures, Building Futures: ICCR Explores Collaborative Avenues at Kaivalyadhama

5 July 2025 | Kaivalyadhama, Lonavala

Ms. Manisha Swami, Deputy Director General (Culture), Indian Council for Cultural Relations (ICCR), visited Kaivalyadhama to explore opportunities for collaboration in Yoga, Ayurveda and Indian knowledge systems. She held discussions with Shri Subodh Tiwari, Secretary & CEO, and Dr. R. S. Bhogal, Joint Director (Research), on international programmes, educational outreach and research initiatives to promote India's cultural heritage globally. The visit reaffirmed a shared commitment to **strengthening cultural exchange through authentic yogic traditions and future-oriented partnerships.**



Visit of Pujya Shankaracharya Swami Sadanand Saraswati Ji Maharaj

12–14 January 2026 | Kaivalyadhama, Lonavala

Pujya Shankaracharya Swami Sadanand Saraswati Ji Maharaj made his first recorded visit to Kaivalyadhama from 12–14 January 2026. He was welcomed with traditional rites, including Shankhanad and Paduka Pujan, and conducted meet-and-greet sessions across campus for devotees, students and staff. On 13 January he **toured the PLRD, History Gallery, SRD and the Samadhi, and delivered an Ashirvachan at SKVM addressing Dharma, spiritual discipline and the role of Yoga; the evening included a short cultural programme.** The visit drew large local participation and was received as a significant spiritual milestone during Kaivalyadhama's centenary period.





Gurudev Sri Sri Ravi Shankar visit for Swami Kuvalayananda Vyakhyan Mala

21 January 2026 | Kaivalyadhama, Lonavala

Gurudev Sri Sri Ravi Shankar made a rare visit to Kaivalyadhama on 21 January 2026 to deliver the Swami Kuvalayananda Vyakhyan Mala, marking his first visit to Lonavala and a notable event during the institution's 101st year. Over 600 participants attended in person, with additional viewers joining online. He was welcomed by the sacred Shankhnaad enveloping the hall in reverent silence. As the Vyakhyan Mala unfolded, the hall resonated with bhajans, kirtan, attentive listening, and deep stillness. Singing, gentle movements, and inner silence flowed effortlessly, as participants absorbed Gurudev's presence with open hearts. His words—simple, humane, and profound—were complemented equally by his silence. Together, they transcended language, leaving a lasting imprint on the hearts of all present.

During his address, Gurudev described Kaivalyadhama as a **"siddha sthana"—a sacred and accomplished space**—where Yoga had been preserved, practiced, and validated through scientific inquiry. He spoke appreciatively of Kaivalyadhama's unique integration of ancient wisdom with modern science, acknowledging the unwavering integrity and contributions of **Shri O. P. Tiwari ji and Shri Subodh Tiwari ji** in strengthening India's yogic institutions. Gurudev encouraged people to bring troubled minds and heavy hearts to this serene campus, affirming its potential as a sanctuary of healing and clarity.





Visit of Acharya Dr. Lokesh Muni Ji

20 March 2026 | Kaivalyadhama, Lonavala

Kaivalyadhama hosted a day of meditation, spiritual discourse, and environmental awareness under the guidance of **His Holiness Acharya Dr. Lokesh Muni Ji.** The programme commenced with a meditation session, followed by the Swami Kuvalayananda Vyakhyan Mala, during which Acharya Ji spoke on mindful living, effective use of time, and cultivating inner balance. Participants from Kaivalyadhama and its global centres attended the programme, which also highlighted the institution's commitment to integrating yogic values with environmental responsibility.



Event स

Founders' Day

18 April 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama paid homage to its revered founder, Swami Kuvalayananda ji, whose pioneering vision established Yoga as a scientific and spiritual discipline. The commemorative programme reaffirmed the Institute's commitment to preserving and advancing his legacy through yoga, research, and holistic wellness. The occasion was observed across Kaivalyadhama's national and international centres, including **ICYHC Kaivalyadhama Yoga Centre, Kaivalya Vidyaniketan, Kaivalyadhama Delhi, Kaivalyadhama China, and Kaivalyadhama Japan,** reflecting the global reach of his enduring vision.



NAM Conclave by Ministry of Ayush

1–2 May 2025 | Kaivalyadhama, Lonavala

The **National Ayush Mission (NAM) Conclave 2025** was inaugurated on 1 May 2025 at Kaivalyadhama, Lonavala, **by Shri Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush and Ministry of Health & Family Welfare.** The two-day conclave brought together Union and State Ayush/Health Ministers, senior officials, policymakers, researchers, and institutions to strengthen the integration and expansion of Ayush systems across India.

Key participants included ministers such as **Dr. Prem Chand Bairwa from Rajasthan, Shri Y. Satya Kumar Yadav from Andhra Pradesh, Dr. Dayashankar Mishra 'Dayalu' from Uttar Pradesh, Shri Shyam Bihari Jaiswal from Chhattisgarh, Shri Yadvinder Goma from Himachal Pradesh, Shri G. T. Dhungel from Sikkim, and Smt. Pi Lalrinpuii from Mizoram alongside** leading Ayush bodies. Representations from multiple institutions like the National Medicinal Plants Board, Central Council for Research in Yoga & Naturopathy, NABH, MDNIY, AIIA, NHRIMH and AID also attended the conclave.

The conclave focused on strengthening implementation of the **National Ayush Mission, improving governance, expanding Ayushman Arogya Mandir (Ayush) infrastructure, enhancing regulatory systems, and promoting innovation and investment** in the sector. Major sessions addressed quality standards in Ayush healthcare facilities, medicinal plant conservation, digital health integration through the Ayush Grid, regulatory mechanisms for medicine quality and advertising, and emerging investment opportunities in the Ayush sector.

A key highlight of the conclave was the release of S**tandard Treatment Guidelines for metabolic disorders including diabetes, obesity, gout, NAFLD, and dyslipidemia, integrating Yoga, diet, and clinical protocols.**

The event also featured roundtable discussions among ministers and officials on strengthening state-level implementation and improving service delivery frameworks.

Across sessions, states shared best practices in Ayush healthcare delivery, regulatory compliance, and digital health innovations, while investment discussions highlighted the sector's significant growth trajectory and future potential.

The deliberations continued on quality enhancement, regulatory strengthening, and sustainable expansion of Ayush services, reaffirming NAM's role as a national platform for collaborative policy development and integrative healthcare advancement.







Bhajan Sandhya at Kaivalyadhama: A Soulful Tribute to the Guru Parampara

16 May 2025 | Kaivalyadhama, Lonavala

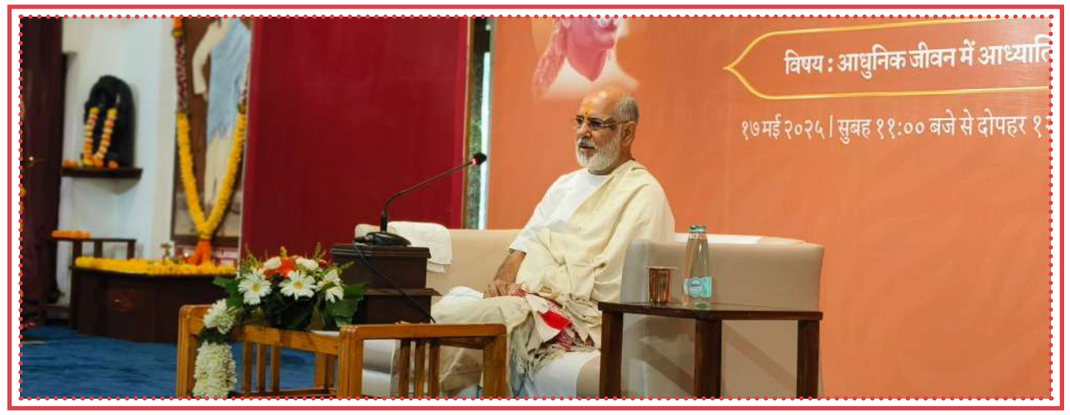
Kaivalyadhama hosted a Bhajan Sandhya dedicated to the Guru Parampara, featuring performances by Dr. Pandit Ajay Pohankar and Vidushi Anjali Pohankar, who presented Hindustani classical and devotional renditions. The evening created a deeply meditative atmosphere, blending music and spirituality within the institute's serene environment.



Swami Kuvalayananda Vyakhyan Mala

17 May 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama inaugurated the Swami Kuvalayananda Vyakhyan Mala on 17 May 2025 with its first spiritual discourse at the Lonavala campus. The session was delivered by **Pujya Shri Rameshbhai Oza (Bhaishri), Founder of Sandipani Vidya Niketan, who spoke on the relevance of spirituality in modern life and its role in fostering inner peace, resilience, and purpose.**



Kaivalya Samagam VI: Celebrating Legacy | Reconnecting Roots

16–18 May 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama's Gordhandas Seksaria College of Yoga & Cultural Synthesis organised the sixth edition of Kaivalya Samagam (16–18 May 2025) under the theme *"Celebrating Legacy | Reconnecting Roots."* The three-day alumni reunion brought together former students, faculty, and well-wishers from multiple generations to reconnect with the institute's academic, spiritual, and cultural heritage. The programme included interactive sessions, panel discussions, cultural performances, and reflective gatherings focused on yoga education, research, and practice.





Launch of the "One Kaivalyadhama" PGDYEd Course (2025–26)

1 June 2025 | Kaivalyadhama Pune Centre, Pashan

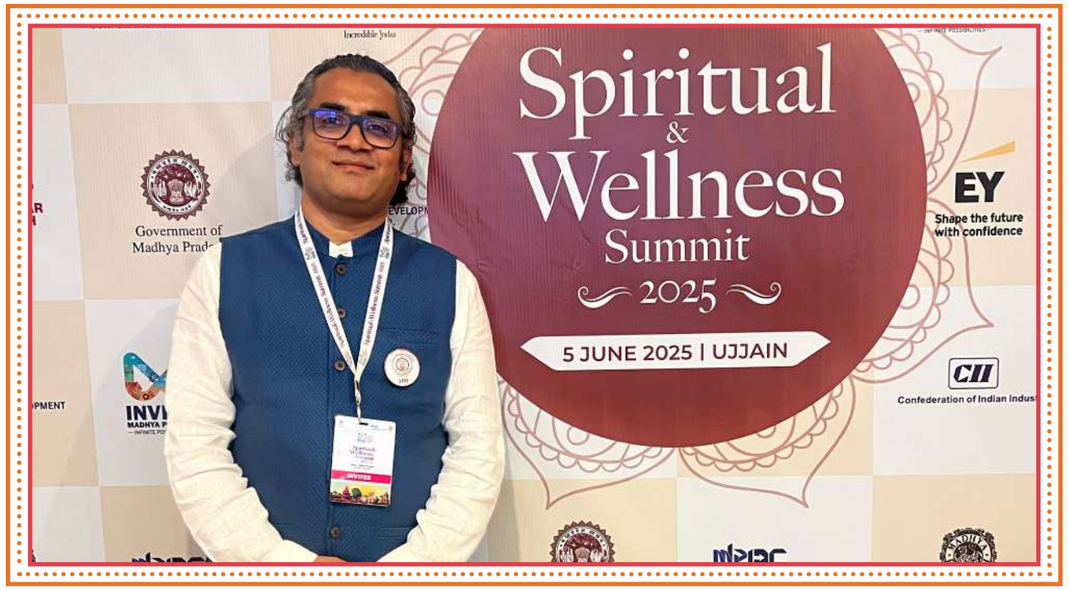
Kaivalyadhama inaugurated the first unified "One Kaivalyadhama" Post Graduate Diploma in Yoga Education (PGDYEd) course at its Pune Centre, with 30 students enrolled across centres, it marks the integration of academic offerings across Mumbai and Pune. The inaugural session included academic discourse on Vidyarthi Pancha Lakshanam and the Neti-Neti Vada method, formally commencing the academic journey.



Spiritual and Wellness Summit 2025, Ujjain

5 June 2025 | Ujjain, Madhya Pradesh

Kaivalyadhama Yoga Institute participated in the Spiritual and Wellness Summit 2025, organised by the Government of Madhya Pradesh in Ujjain, bringing together stakeholders from yoga, Ayurveda, wellness, policy, and spiritual sectors. The Institute was represented by Mr. Mayank Lunawat, who engaged in plenary discussions highlighting Kaivalyadhama's century-long integration of yogic tradition with scientific research and evidence-based practice. The summit, inaugurated by the Chief Minister of Madhya Pradesh, focused on positioning the state as a global hub for spiritual tourism and holistic wellness.



World Sanskrit Day Celebration

9 August 2025 | Kaivalyadhama, Lonavala

The College celebrated World Sanskrit Day as part of Kaivalyadhama's centenary celebrations. The programme was inaugurated by Chief Guest Dr. Sambhaji Patil, Associate Professor, Deccan College (Deemed University), Pune, and Sanskrit Bharati Pracharaka, who spoke on the enduring importance of Sanskrit in India's intellectual and cultural heritage. Dr. Omkar Joshi, Secretary and Co-organiser, Vaidik Sanshodhan Mandal, Pune, and Dr. R. S. Bhogal, Governing Body Member and Head of the Scientific Research Department, were also present.

The programme featured a Ganapati Vandana, a yogasana demonstration, a Sanskrit address, and a Sanskrit skit titled Jamadivasam. Conducted entirely in Sanskrit under the guidance of Mr. Nikhil Bakre, the event highlighted the language's continued cultural and academic relevance and concluded with a vote of thanks and a reaffirmation of Kaivalyadhama's commitment to preserving Sanskrit heritage.





National Conclave on Values & Ethics: Walking the Talk

30 August 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama commemorated the 142nd birth anniversary of Swami Kuvalayananda by organising the National Conclave on Values & Ethics: Walking the Talk, bringing together leaders from governance, academia, law, yoga and industry to discuss the role of ethics in contemporary society. The conclave was inaugurated by Shri Arjun Ram Meghwal, Union Minister of State for Law & Justice, who paid floral tributes at Swami Kuvalayananda's Samadhi before delivering the keynote address.

The programme featured two panel discussions on ethics in governance, leadership, education and society, with contributions from Mr. Firdaus Dastoor, Prof. R. P. Gupta, Adv. Tanu Mehta, Ms. Ekta Shah, Mr. Rohit Kumar and Mr. Sachin Kalbag, moderated by Mr. Nishant Jain and Ms. Namita Shah. The conclave concluded with a guided meditation led by Dr. Santosh Pandey and a vote of thanks by Shri Subodh Tiwari, reaffirming Kaivalyadhama's commitment to promoting values and ethics as integral to personal, professional and social life.





142nd Birth Anniversary of Swami Kuvalayananda

30 August 2025 | Kaivalyadhama Yoga Prashikshan Kendra, Bhopal

Kaivalyadhama Yoga Prashikshan Kendra, Bhopal, celebrated the 142nd birth anniversary of Swami Kuvalayananda, honouring his pioneering contributions to yoga research, education and holistic well-being. Students, faculty and yoga practitioners participated in the programme, where Shri Sunil Joshi, Chairman of the Working Committee, and Shri Sandeep Dixit, Incharge of Kaivalyadhama Bhopal, reflected on Swami Kuvalayananda's vision of integrating scientific research with traditional yoga.



National Conference on Yoga — Keynote by Shri Subodh Tiwari

27 September 2025 | BARC (Mumbai)

Shri Subodh Tiwari delivered the keynote address at the National Conference on Yoga organised by the BARC Yoga Club on 27 September 2025, speaking on the scientific dimension of yoga as therapy. The conference was well attended and graced by Dr Ma Hansa (President, Indian Yoga Association).

Second Foundation Day of Kaivalyadhama Pune

28 September 2025 | Kaivalyadhama Pune Centre

Kaivalyadhama Pune celebrated its Second Foundation Day with a programme combining ritual observance, community service, academic review and cultural presentations. The day began with a havan conducted by Sadhak Ramdas ji, followed by a community health camp organised in collaboration with Lopamudra Hospital and Pravar Ayu Ayurveda Clinic, offering free health check-ups and Prakriti Parikshan to over 80 participants.

The main ceremony, held in the afternoon, was attended by Shri Rahul Rathi, Dr. Nandan Yardi and Shri Purushottam Lohia as distinguished guests. The programme featured a cultural invocation through Nirvana Shatakam and a Bharatanatyam performance, followed by a review of Kaivalyadhama Pune's initiatives in outreach, academic programmes, research collaborations and future development plans. Guest speakers highlighted the institute's contributions to yoga research and personal transformation.





101st Foundation Day
Celebration Of Kaivalyadhama

17 October 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama Yoga Institute marked its 101st Foundation Day with a programme attended **by RSS Sarsanghchalak Dr. Mohan Bhagwat,** reflecting on the institute's century-long contribution to yoga, research and cultural education.

The morning session included a welcome ceremony at Gul Villa, presentations on Kaivalyadhama's academic and scientific initiatives, and traditional observances including Gau Poojan and homage at Swami Kuvalayananda's Samadhi. The main programme at Kudilal Seksaria Auditorium featured Vedic chanting, lamp lighting, documentary screenings and the felicitation of the Chief Guest.

Dr. Mohan Bhagwat also gave us some notable lines to keep with us, such as: **"Yoga is not just an exercise; it is a path to universal unity" and "Science and spirituality are complementary. Science is validated through experiments, while spirituality is validated through experience."**

The celebration highlighted Kaivalyadhama's dual legacy: preserving ancient yogic knowledge while validating it through modern science. Dr. Bhagwat emphasized that scientific progress and spiritual insight are complementary, each guiding humanity toward deeper understanding and harmonious living.

The event also featured addresses by **Shri Suresh Prabhu emphasizing yoga as a tool for creating holistic individuals and fostering societal welfare and the launch of institutional publications, reinforcing Kaivalyadhama's dual commitment to traditional wisdom and modern scientific inquiry.**



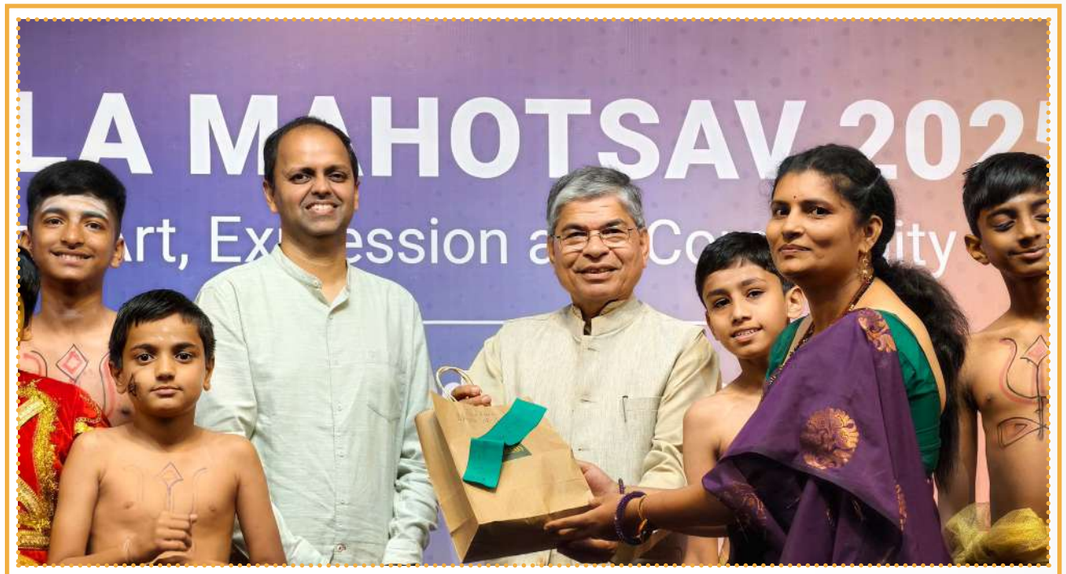


YogKala Mahotsav 2025

8 November 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama hosted the YogKala Mahotsav 2025, a cultural celebration integrating yoga with artistic expression through YogRang (rangoli art), SwaraYog (musical performances) and FlowDance (yogic movement). The event saw participation from 206 individuals across age groups, including students and senior citizens, and featured competitions with certificates, mementoes and cash prizes awarded to winners. The programme was graced by Chief Guest Shri Ashok Khosla, whose musical performance formed the highlight of the evening.





Visit of Hon'ble Former President Shri Ram Nath Kovind and Swami Kuvalayananda Yoga Puruskar 2025 Ceremony

10 November 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama hosted Hon'ble Shri Ram Nath Kovind, Former President of India, as Chief Guest for the Swami Kuvalayananda Yoga Puruskar 2025 ceremony, marking a key event in its centenary celebrations. He was received by Dr. O. P. Tiwari, Shri Suresh Prabhu and Shri Subodh Tiwari, followed by an interaction with awardees and dignitaries at Gul Villa before the main ceremony at Kudilal Seksaria Hall.

The Swami Kuvalayananda Yoga Puruskar 2025 was conferred on Dr. Justice D. Y. Chandrachud, Yogacharya Rambhau Khandwe and Dr. Shirley Telles for their contributions to yoga practice, teaching and research. The Former President highlighted Kaivalyadhama's century-long role in integrating yoga with scientific inquiry. The programme, presided over by Shri Suresh Prabhu, concluded with a group photograph, luncheon at Annapurna, and visits to Kaivalya Vidya Niketan, including Tapovan and the upcoming Shishu Gurukulum, reflecting Kaivalyadhama's continued commitment to holistic education and yoga-based development.



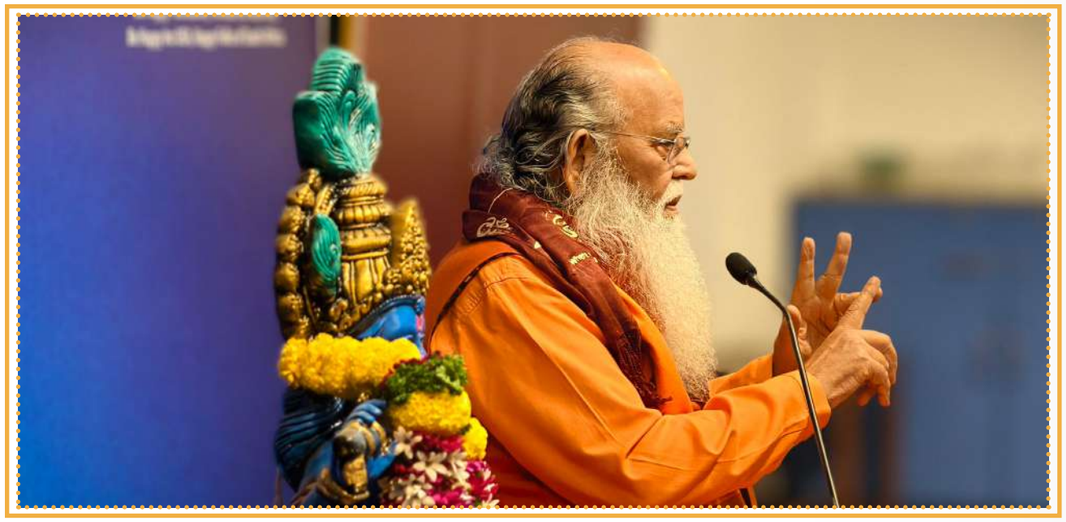


Gita Jayanti Celebration

1 December 2025 | Kudilal Seksaria Auditorium, Kaivalyadhama, Lonavala

Gordhandas Seksaria College of Yoga & Cultural Synthesis celebrated Gita Jayanti at Kaivalyadhama to honour the revelation of the Bhagavad Gita. The programme was graced by Swami Anubhavananda Saraswati Ji Maharaj, Founder of Sat Bhavana Trust and Be Happy Foundation, whose presence and discourse formed the central highlight of the event.

Dr. Bandita Satapathy delivered the welcome address and the Chief Guest was felicitated. Students from Gordhandas Seksaria College and Kaivalya Vidya Niketan presented Gita chanting. Swami Anubhavananda Ji delivered the Aashirvachanam, reflecting on the relevance of the Bhagavad Gita in daily life, emphasising dharma, inner clarity and equanimity. The programme concluded with a vote of thanks and group photographs, marking a reflective and devotional observance of Gita Jayanti.



World Meditation Day

20 December 2025 | Chinmaya Vibhuti Ashram, Kolwan

On 20 December 2025, Kaivalyadhama, Pune organised its annual offsite programme in alignment with World Meditation Day at Chinmaya Vibhuti Ashram, Kolwan, bringing together 40 participants including students, alumni, faculty members, Outreach volunteers, and members across age groups for a shared day of reflection, learning, and collective sādhanā. The group travelled from Pune in the morning, beginning the day with a contemplative visit to Svanubhuti Vatika, followed by abhishek and pooja at the ancient Maruti Temple, establishing a devotional and reflective tone for the programme.

CII Western Region Plenary : Art, Culture, Tourism & Holistic Well-being

December 2025

The CEO of Kaivalyadhama participated in a CII Western Region plenary on Art & Culture, Tourism & Holistic Well-being, contributing a Kaivalyadhama perspective on positioning yoga as a science of holistic living and advocating robust certification frameworks. The panel included Ms Brinda Miller, Dr Mickey Mehta, Mr Kunal Vijaykar and Dr Nidhi Choudhari, and was moderated by Ms Vinaya Deshpande.



Samarthak Samagam

13th February 2026 | Kaivalyadhama, Mumbai

Nearly 100 life members and well-wishers participated in the Samarthak Samagam at Kaivalyadhama, Mumbai, providing a platform for dialogue on the institution's future growth and development. The programme featured the launch of *Hygienic-cum-Therapeutical Methods of Yoga* by Dr. Krzysztof Stec and Dr. Karol Pilis, Kaivalyadhama alumni, and *A Call to Seeing Clearly – Then and Now*, Swami Nityamuktananda Saraswati's contemporary commentary on the Bhagavad Gita. The gathering concluded with appreciation for the continued support of the Kaivalyadhama Mumbai community and a reaffirmation of its shared commitment to the institution's vision.



International Yoga Festival, Rishikesh

8 November 2025 | Kaivalyadhama, Lonavala

The CEO attended the International Yoga Festival in Rishikesh where Smt Sandhya Dixit led pranayama sessions based on traditional texts; the festival drew an international body of yoga practitioners and featured cultural performances, including a presentation by Shri Kailash Kher.



International Day of Yoga

Yoga Mahotsav 2025 – 35 Days Countdown to International Day of Yoga

5-29 May 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama Yoga Institute, in collaboration with the Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, organised Yoga Mahotsav 2025 as part of the 35-day countdown to the International Day of Yoga 2025, aligned with the theme *"Yoga for One Earth, One Health."* The event witnessed participation from over 500 attendees, including institutions such as INS Shivaji, PTC Khandala, The Great Eastern Institute of Maritime Studies, Manashakti Research Centre, Jain community groups, senior citizens, alumni, and local organisations. The programme was graced by Shri Shrirang Appa Barne (Member of Parliament, Maval) and Capt. Subroto Khan, with participation from Kaivalyadhama leadership and staff. The event highlighted yoga's relevance in contemporary life and strengthened community engagement in preparation for International Day of Yoga 2025.





Yoga Unplugged Programme

May-June 2025 | Online and Offline

Kaivalyadhama organised Yoga Unplugged sessions featuring Vidyut Jammwal, Paramahamsa Swami Niranjanananda Saraswati, His Eminence Chokyong Palga Rinpoche and His Holiness Acharya Lokesh Muni Ji. The programmes attracted audiences ranging from several hundred to over 2,000 participants worldwide through online and in-person sessions.

Yoginar: A Virtual Yoga Experience by Kaivalyadhama

23 May 2025 | Online

As part of the 11th International Day of Yoga 2025 celebrations under the theme *"Yoga for One Earth, One Health,"* Kaivalyadhama hosted a virtual programme titled "Yoginar: A Virtual Yoga Experience" under its Yoga Unplugged series. The session featured a keynote discourse by Prof. V. N. Jha, who introduced the Nyaya philosophy, highlighting its relevance in cultivating reasoning, inquiry, and deeper understanding of truth within the broader yogic framework. The discussion was moderated by Ms. Radhika Radial, facilitating dialogue between classical thought and contemporary wellness perspectives. The event had global participants, reinforcing Kaivalyadhama's commitment to integrating philosophical depth with modern yoga outreach.



Yoga Connect: A Grand Prelude to International Day of Yoga 2025

14 June 2025 | Vigyan Bhawan, New Delhi

The Ministry of Ayush, Government of India organised Yoga Connect at Vigyan Bhawan as a key prelude to the International Day of Yoga 2025. The event brought together national leaders, yoga gurus, policymakers, and practitioners, including representatives from major yoga institutions. The programme featured ceremonial lamp lighting and high-level deliberations on the role of yoga in promoting holistic health, sustainability, and global well-being. Kaivalyadhama was represented by its leadership, contributing to discussions that reinforced yoga's relevance as a unifying and transformative practice at both individual and societal levels.



Yoga Samavesh for Navi Mumbai Police

5-29 May 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama conducted Yoga Samavesh workshops for Navi Mumbai Police personnel, training batches of 20 constables in yoga practices to promote physical resilience, mental well-being and stress management.

Kaivalyadhama at Tata Memorial Hospital

2 June 2025 | Tata Memorial Hospital

As part of the International Day of Yoga 2025 countdown under the theme *"Yoga for One Earth, One Health,"* Kaivalyadhama Yoga Institute, in collaboration with Tata Memorial Hospital, conducted a specialised yoga session for children with cancer. The programme, supported by the Ministry of Ayush, Indian Yoga Association, IMPACCT Foundation – Tata Memorial Hospital, and Sipra Engineers, focused on fostering emotional resilience, focus, and inner calm through gentle yogic practices.

The programme marked the culmination of regular yoga sessions conducted in the Paediatric OPD since 1 April 2025. The event was attended by Dr. Sudeep Gupta, Director, Tata Memorial Centre, Dr. Nitin Kareer, Advisory Board Member, Kaivalyadhama and Former Chief Secretary of Maharashtra, and Dr. Manohar Gundeti, Research Officer (Ayu), CCRAS-CARI, Ministry of Ayush.



Yoga Unplugged 2025: A Dynamic Session with Shri Vidyut Jammwal

11 June 2025 | Online

As part of the International Day of Yoga 2025 countdown Kaivalyadhama hosted a live-streamed edition of its signature series Yoga Unplugged 2025 featuring Shri Vidyut Jammwal, actor and martial artist. The session guided participants through the Common Yoga Protocol (CYP), emphasising discipline, strength, and holistic well-being. Organised in collaboration with the Ministry of Ayush, Indian Yoga Association, HSNC University, and B.K. Birla College, the programme reached a global audience and highlighted yoga as a practical and accessible path to physical, mental, and spiritual harmony.



Yoga Seva Trek to Tungarli Hills

14 June 2025 | Tungarli Hills, Lonavala

As part of the International Day of Yoga 2025 celebrations, Kaivalyadhama Pune, in collaboration with the National Institute of Naturopathy (NIN), Pune, organised a “Yoga Seva Trek” on the theme of Harit Yoga to Tungarli Hills. From over 100 registrations, 42 participants undertook the trek despite rain, engaging in a blend of yoga practice, nature immersion, and environmental service. The group visited the cave associated with Swami Kuvalayananda’s meditation, followed by sessions of yogāsanas, prāṇāyāma, and meditation at the summit, along with a cleanliness drive along the trail. The programme, guided by Kaivalyadhama faculty and NIN representation, concluded with a sattvic meal and homage at the Samadhi, reflecting yoga’s integration of discipline, ecology, and service.

Park Yoga programmes combined yoga practice with environmental awareness through tree plantation drives at multiple locations, including Tata Dam, JNPA Panvel, NIN Pune and Dhanori Park. Participation at these events ranged from 25 to 500 individuals.





International Day of Yoga Outreach in Lakshadweep

May-June 2025 | Lakshadweep

Kaivalyadhama conducted a multi-day International Day of Yoga outreach across Lakshadweep, delivering programmes for government departments, CRPF women personnel, Coast Guard staff, senior citizens, pregnant women, cancer survivors, students and professionals, highlighting yoga’s role in promoting inclusive community well-being.

Yog Samavesh Session – Chaitanya Hasya Club, Dhanori, Pune

17 June 2025 | Dhanori, Pune

Kaivalyadhama Outreach Team, Pune conducted a Yog Samavesh session for approximately 50 senior citizens at the Chaitanya Hasya Club. The programme began with a traditional prayer, followed by guided yoga practices tailored for seniors, including gentle asanas, breathwork (Bhramari and Pranava Japa), meditation, and relaxation techniques aimed at improving mobility, reducing stiffness, and enhancing overall well-being. The session also included an introduction to Kaivalyadhama's legacy and the vision of Swami Kuvalayananda, emphasising yoga's integration of tradition and scientific approach. Participants actively engaged in laughter therapy, interactive practice, and mantra chanting for health and peace.

Harit Yoga Campaigns

21 June 2025 | KVN Grounds, Kaivalyadhama

As part of the Ministry of Ayush's nationwide Harit Yoga initiative under the theme 'Ek Ped Maa Ke Naam', Kaivalyadhama organised a tree plantation drive and yoga programme with the participation of over 500 employees, students and guests. Despite intermittent rain, the event proceeded smoothly, with the inaugural session temporarily shifted to the Yoga Kaksh. Mr. Subodh Tiwari, Hon. Secretary and CEO of Kaivalyadhama, inaugurated the programme and highlighted the importance of integrating yoga with environmental responsibility.

The plantation drive, saw participants plant saplings across the KVN grounds. A concluding yoga and reflection session was also conducted, while Ms. Indira delivered an awareness talk on environmental conservation. The programme reinforced Kaivalyadhama's commitment to environmental sustainability while marking International Day of Yoga 2025.





International Day of Yoga 2025 Celebration

21 June 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama celebrated the 11th International Day of Yoga under the theme 'Yoga for One Earth, One Health'. The programme was graced by Hon'ble Shri Sunil Phulari, IPS, Special Inspector General of Kolhapur and five districts, and recipient of the Suryadatta Suryabhushan National Award 2025. The event began with a live telecast of the Prime Minister's address, followed by the inauguration and the Common Yoga Protocol session led by Mr. Neeraj Singh and Ms. Purva Satkar. More than 150 participants, including Kaivalyadhama staff, HHCC and OPD beneficiaries, members of the Lions Club of Lonavala, local residents and guests, participated in the Yoga Sangam.

The celebration concluded with a felicitation ceremony, the release of Yogamya Police by Dr. Sharadchandra Bhalekar and the Philosophy of Yoga Trilogy by Swami Maheshananda and Dr. Stuart Rose, followed by an address by the Chief Guest. The programme received extensive media coverage, including support from the Ministry of Ayush's official media platforms. Shri Subodh Tiwari, CEO of Kaivalyadhama, expressed gratitude to the Chief Guest, participants, partner organisations and media representatives for contributing to the success of the event.





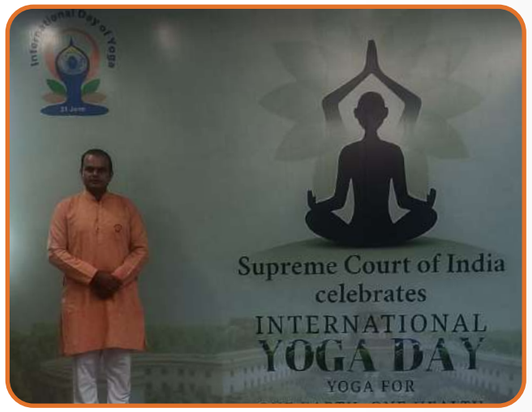
International Day of Yoga at the Supreme Court of India

21 June 2025 | New Delhi

Kaivalyadhama conducted an International Day of Yoga session at the Supreme Court of India with the participation of 200 members, promoting yoga for health and well-being among the judiciary. Honourable Chief Justice of India along with other senior judges enthusiastically participated in the celebration.







Corporate and Institutional Outreach for IDY 2025

May-June 2025 | Multiple Locations

As part of the International Day of Yoga celebrations, Kaivalyadhama collaborated with organisations including the Ministry of Defence, Raj Bhavan Maharashtra, CII, SIDBI, NSS Mumbai University, SNDT, Bombay Teachers' Training School, conducting yoga programmes for diverse institutional communities across the country.











International Day of Yoga with Tata Power

21 June 2025 | Maharashtra and Virtual

Kaivalyadhama organised International Day of Yoga sessions for Tata Power employees across Maharashtra and through virtual platforms, engaging more than 1,000 participants.





International Day of Yoga 2025 Outreach Programme

21 June 2025 | Mumbai and Rural Maharashtra

Kaivalyadhama, in collaboration with Sipra Engineers Pvt. Ltd., Impacct Foundation, Tata Memorial Centre, BMC and Zilla Parishad schools, and B. B. Shah Trust, organised International Day of Yoga programmes across Mumbai and rural Maharashtra. The initiative reached over 1,700 students, 42 teachers, 70 paediatric participants at Tata Memorial Centre and community members through yoga sessions promoting physical, mental and emotional well-being.

Programmes were G.K. Marg Madhyamik Municipal School (Lower Parel), Byculla (East) Madhyamik Municipal School, S.G. Barve Nagar Secondary Municipal School (Ghatkopar West), Chikhaldongare Upper Primary School and Aadarsh Vidyalaya, Bolinj (Virar), along with outreach for tribal children and women in Jogeshwari.

The flagship paediatric wellness session at Tata Memorial Centre, supported by Sipra Engineers Pvt. Ltd. and Impacct Foundation, marked the culmination of weekly yoga sessions conducted since 1 April 2025.

Activities included adapted yoga practices for paediatric patients, cultural performances, distribution of yoga learning material and community wellness outreach.







International Day of Yoga at Kanheri Caves

21 June 2025 | Kanheri Caves, Mumbai

In collaboration with the Ministry of Tourism, Kaivalyadhama organised an International Day of Yoga programme at Kanheri Caves, Mumbai, with around 500 participants.

International Day of Yoga at Brilliant International School

21 June 2025 | Pune

Kaivalyadhama conducted an International Day of Yoga session for approximately 650 students at Brilliant International School, encouraging young learners to adopt yoga as part of a healthy lifestyle.

Yoga for Cancer Care

21 June 2025 | Ruby Hall Clinic, Vishranti Hospital and Online

Dedicated International Day of Yoga sessions were conducted for cancer patients and survivors at Ruby Hall Clinic, Vishranti Hospital and through online platforms, demonstrating the therapeutic and supportive role of yoga in healthcare.

International Day of Yoga at IIM Mumbai

21 June 2025 | IIM Mumbai

Kaivalyadhama conducted the yoga session for the 11th International Day of Yoga celebrations at IIM Mumbai, organised in alignment with the Ministry of Education and the Ministry of Ayush under the theme ‘Yoga for One Earth, One Health’. The programme commenced with a live telecast of the Prime Minister’s address, followed by a yoga session led by Kaivalyadhama instructors. Faculty members, officers, staff and students participated enthusiastically. The event was attended by Prof. Manoj Kumar Tiwari, Director, IIM Mumbai, Prof. Rauf Iqbal, Dean (Student Affairs), Lt. Cdr. (Mrs.) Nisha Singh, Chief Administrative Officer, and Prof. Nikhil Mehta, Chairperson, IDY Committee 2025. The institute acknowledged Kaivalyadhama for its expert guidance in conducting the programme.

Infrastructure

GS College Upgradation

The college administrative and main block has been renovated to provide better facility. The principal room has also undergone renovation.





Nanik Rupani Boys Hostel upgradation

The Nanik Rupani Boys hostel has undergone major upgradation in contemporary fashion for the comfort of the students for our various residential programs.









Tapovan

The new abhyas kaksha which was an idea of “Tapovan” conceived by **Respected Shri Ramnat Kovind ji, the 14th President of India** on his visit on the site to provide this space for practice in the foothills the open and serene Sahaydri hills. We are sure this will enable still ness and inward observation amongst practitioners.





Inauguration of Anand Phase–II

Kaivalyadhama, Lonavala marked the inauguration of Anand Phase–II alongside Samarthak Samagam on 13th December 2025, bringing together donors, well-wishers, and institutional representatives in a shared moment of expansion and reflection rooted in seva and yogic values.

The formal inauguration of **Anand Phase–II** took place with mantra chanting, shank blowing, and a ribbon-cutting ceremony, followed by a guided tour of the newly developed spaces designed for yogic living and institutional growth. The programme then continued at **Anubhav Hall** with the Shanti Path invocation, a welcome address by the CEO expressing gratitude to donors, Ashirvachan by Swami Vishveshwaranand ji highlighting the spiritual essence of contribution, and a presentation on the vision and purpose of the new phase. This was followed by reflections from Shri Gaurav Mashruwala and an open forum where donors shared their thoughts, creating a space of collective engagement and appreciation.

Later, participants experienced the **“Gul se Gulistan – Pancha Kosha”** walk, followed by lunch at Sampurna Dining, and the day concluded with a gratitude walk to the Samadhi and Shishu Gurukulam, linking Kaivalyadhama’s legacy with its future aspirations.







Landmark Expansion of Kaivalya Vidya Niketan

Kaivalya Vidya Niketan marked a significant milestone with the inauguration of Shishu Gurukulam, designed to **provide holistic early childhood education on 10th February 2026.**

The programme commenced with the ceremonial **lighting of the lamp and Shankh Naad. Chief Guest Shri Vidyut Jammwal joined Shri Rajkumar Seksaria Ji** for the celebrations, while students presented cultural performances reflecting the institution's vision and values. Grandparents were honoured for their invaluable role in nurturing future generations, and the formal announcement of admissions marked another step towards expanding Kaivalya Vidya Niketan's comprehensive educational ecosystem.











Inauguration of Vishnu Vatika

His Holiness Acharya Dr. Lokesh Muni Ji inaugurated Vishnu Vatika, Butterfly and Vegetable Garden on 20th March, marking a significant step in the institution's sustainability initiatives. Developed to promote biodiversity, organic practices, and ecological awareness, the project was supported through the generous contributions of Dr. Rima Mukherjee and Gaurav Mashruwala. Vishnu Vatika reflects Kaivalyadhama's commitment to environmental stewardship and holistic well-being by fostering harmony between nature and yogic living.



Dr. Shri. O.P. Tiwari Museum

It is a museum of rare antiques, ancient locks, weapons, statues, and ornaments, that once served vital purposes in daily life. Today, they exist only as witnesses to a bygone era.

Each artifact holds within it the spirit of its time, bearing witness to the cultures and memories of those who came before us.





Education & Outreach









Academics

Gordhandas Seksaria College of Yoga & Cultural Synthesis

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

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

WORKING MATRIX

Academic	Administration	Peripherals	Hostel Management	Library
Academic Advisory Board	Mission & Vision	Promotion Campaign	Hostel Committee Campaign	Resource Centre
Syllabus Restructuring	Human Resource	Recognition & Affiliation	Accommodation	Research Oriented Activities
Examination Board	Infrastructure	Food Logistics	Codes of Conduct	Assignments
Evaluation & Assessment	Reporting System	Cultural Programmes	Entertainment	Students Seminars
Knowledge Input	Yearly Milestones	Festival Celebrations		
Alumni Association	Policy/ SOP'S	Health Care		
Annual Souvenir	Rules & Regulation	Scholarship		
	Yearly Calendar	Social Work		
	Monthly Schedule	Sports		
	Job Description	Education Tour		
	Placement Cell			

Recognition

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


राष्ट्रीय अध्यापक शिक्षा परिषद्
National Council for Teacher Education

Subject : Performance Appraisal Report - reg.

BA and MA Yoga Shastra Affiliation


KAVIKULAGURU KALIDAS SANSKRIT UNIVERSITY, RAMTEK
Ramtek Office – Administrative Building, Mouda Road, Ramtek, Dist. Nagpur – 441 106
Accredited with Grade 'A++' by NAAC

संलग्नीकरण सातत्य प्रमाणपत्र
शैक्षणिक सत्र २०२६–२७

Affiliation Continuation Certificate
Academic Year 2026-27

This is to certify that as per section 66 of KKSU Act 1997, **Gordhandas Seksaria College of Yoga and Cultural Synthesis, Lonavala, Dist. Pune (College Code-802)** established under aegis Kaivalyadham Shrimanmadhava Yoga Mandir Samiti, Lonavala, Dist. Pune is hereby granted Continuation of Affiliation (Permanent/ Temporary) for the Academic Year 2026-27 for the following Program.

Sr No	Name of the Program	Intake Capacity	Year of continuation of Affiliation
1	B.A. (Yogashastra)	60	Academic Year 2026-27
2	M.A. (Yogashastra)	40	Academic Year 2026-27

(Dr. Roshan Alone)
Registrar (I/C)

Copy to: - Controller of Examination, K. K. Sanskrit University, Ramtek

Research Centre


कविकुलगुरु–कालिदास–संस्कृत–विश्वविद्यालयः
Kavikulaguru Kalidas Sanskrit University, Ramtek

Certificate of Recognition as
RESEARCH CENTRE This is to certify that,
Gordhandas Seksaria College of Yoga & Cultural Synthesis, Lonavala
of Kaivalyadhama Shriman Madhava Yoga Mandir Samiti is hereby given recognition as 'RESEARCH CENTRE' under Kavikulaguru Kalidas Sanskrit University, Ramtek (M.S.) vide University letter KKSU/BPD/2019-20/39 dated 19th March 2020 from the academic year
2020-21 for the research in Yoga and allied subjects.

Date - 19th March 2020
Place: - Ramtek
Prof. Niranjana Varakhedi
Vice-Chancellor

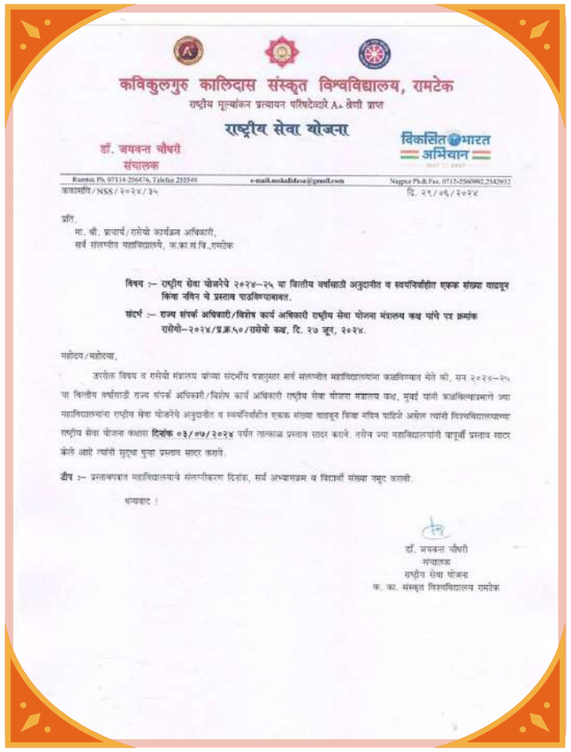
Vision of the college

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

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

NSP (National Scholarship Portal):

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



कविकुलगुरु कालिदास संस्कृत विश्वविद्यालय, रामटेक

राष्ट्रीय मूल्यांकन प्रत्यायन परिषदेद्वारे A+ श्रेणी प्राप्त

राष्ट्रीय सेवा योजना

डॉ. जयवन्त चौधरी
संचालक

विकसित भारत अभियान

Ramtek Ph. 07114-256474, Telefax 255549 e-mail.sevakalidasa@gmail.com Nagpur Ph.& Fax. 0712-2560992,2542933

कार्यालयीन / NSS / २०२४ / ३५ दि. २९/०६/२०२४

प्रति,
मा. श्री. प्राचार्य/रासेयो कार्यक्रम अधिकारी,
सर्व संलग्नीत महाविद्यालये, क.का.सं.वि.,रामटेक

विषय :– राष्ट्रीय सेवा योजनेचे २०२४–२५ या वित्तीय वर्षासाठी अनुदानीत व स्वयंनिधीतील एकक संख्या वाढवून किंवा नविन चे प्रस्ताव पाठविण्याबाबत.

संदर्भ :– राज्य संपर्क अधिकारी/विशेष कार्य अधिकारी राष्ट्रीय सेवा योजना मंत्रालय कक्ष पत्रे पत्र क्रमांक रासेयो–२०२४/प्र.क्र.५०/रासेयो कक्ष, दि. २७ जून, २०२४.

महोदय/महोदया,

उपरोक्त विषय व रासेयो मंत्रालय यांच्या संदर्भीय पत्रानुसार सर्व संलग्नीत महाविद्यालयांना कळविण्यात येते की, सन २०२४–२५ या वित्तीय वर्षासाठी राज्य संपर्क अधिकारी/विशेष कार्य अधिकारी राष्ट्रीय सेवा योजना मंत्रालय कक्ष, मुंबई यांनी कळविल्याप्रमाणे ज्या महाविद्यालयांना राष्ट्रीय सेवा योजनेचे अनुदानीत व स्वयंनिधीतील एकक संख्या वाढवून किंवा नविन घटकाचे अर्जाला त्यांचे विद्यापिठाच्याच्या राष्ट्रीय सेवा योजना कक्षास **दिनांक ०३/०७/२०२४** पर्यंत तात्काळ प्रस्ताव सादर करावे. तसेच ज्या महाविद्यालयांनी यापूर्वी प्रस्ताव सादर केले आहे त्यांनी सुद्धा सुधा प्रस्ताव सादर करावे.

टीप :– प्रस्तावकरीता महाविद्यालयाचे संलग्नीकरण दिनांक, सर्व अभ्यासक्रम व विद्यार्थी संख्या नमूद करावी.

धन्यवाद !

डॉ. जयवन्त चौधरी
संचालक
राष्ट्रीय सेवा योजना
क. का. संस्कृत विश्वविद्यालय रामटेक

Academic Courses conducted during the year (2025-26)

Kaivalyadham Lonavala at a Glance

S.No	Name of the Course	Duration	Indians		International		Grand Total		
			Male	Female	Male	Female	Indian	International	Total
1	C.C.Y. (May 2 - June 2, 2025) Onsite	30 Days	3	7	1	3	10	4	14
2	C.C.Y.(1stSept – 30thSep , 2025) Onsite	30 Days	1	3	0	0	4	0	4
3	C.C.Y. (Nov 15 - Dec 15, 2025) Onsite	30 Days	5	2	0	0	7	0	7
4	C.C.Y. (Jan 15 - Feb 15, 2026) Onsite	30 Days	4	4	3	5	8	8	16
5	Foundation Course in Ayurveda 2025	21 days	0	0	0	0	0	0	0
6	Foundation Course in Yoga 2025	7 Days	3	3	0	1	6	1	7
7	B.A. (Yogashastra) 2025-26	Four Years	19	24	0	3	43	3	46
8	M.A. (Yogashastra) 2025-2026	Two Years	21	34	0	1	55	1	56
9	P.G.D.Y.Ed. 2025-2026	9Months	12	11	1	1	23	2	25
10	D.Y.T. 2025-2026	12 months + 6 months internship	6	6	1	1	12	2	14





Certificate Course in Yoga

This 30-day yoga certificate course is a stepping stone for yoga seekers who wish to pursue a career in this field. It gives an in depth understanding of yoga covering the textual, psycho-physiological, and practical aspects of yoga, as well as, teaching methods in yoga. The program is ideal for those who have always wanted to have an in-depth understanding of Yoga but are unable to commit longer periods of time for course completion.

The course is appropriate even for a beginner of Yoga to get a proper and extensive understanding of the traditional and scientific aspects of Yoga. Students are qualified to become Yoga instructors after successful completion of this course, and can take up Yoga as a career.

This course is accredited as Certificate Course from Indian Yoga Association (IYA) and the Syllabus is equivalent to Level 2 – (Yoga Wellness Instructor) of Yoga Certification Board (YCB).

The course is being conducted Lonavala, Mumbai , Pune and Ahmedabad branches.

STATE	STUDENTS
Andhra Pradesh	1
Ahmedabad	8
Belgium	1
Brazil	1
Chandigarh	1
Delhi	1
Gujarat	1
Haryana	2
Maharashtra	143
Telangana	1
Uttar Pradesh	2
Uttarakhand	3
Japan	2
Denmark	1
Mexico	1
South Korea	1
Spain	1
Switzerland	1
United States	3
Total Number of Students	**175**

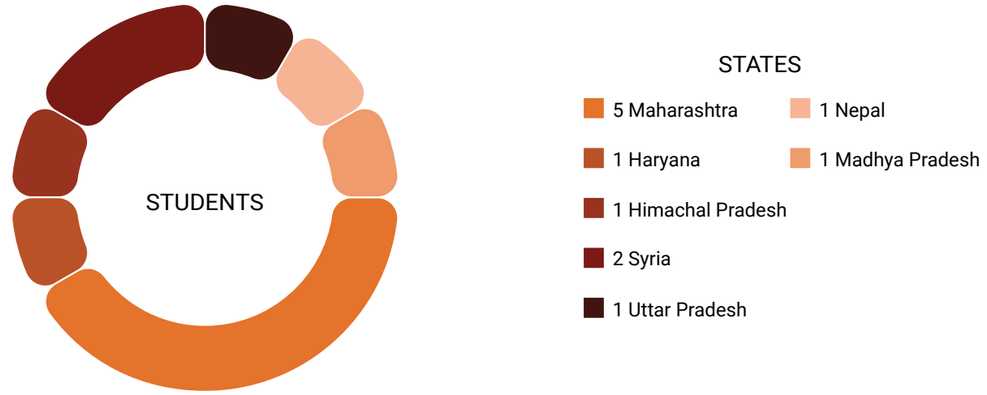
B.A. (Yogashastra)

Affiliated to Kavikulaguru Kalidas Sanskrit University, the B.A. in Yogashastra is a 3+1 years course, to train students in Yogic concepts, practices, and application at the graduate level.

The comprehensive B.A. program promotes awareness of positive health, personality development, and individual psycho-spiritual evolution.

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

The credit-based syllabus includes theory, practice, field training in Yoga, Yoga therapy and assignments.



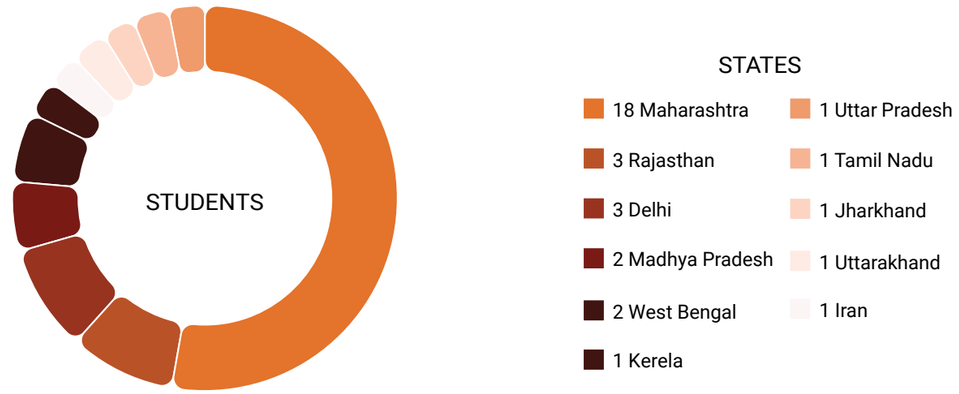
M.A. (Yogashastra)

Affiliated to Kavikulaguru Kalidas Sanskrit University, the M.A. in Yogashastra is a two-year-full-time course, to train students in Yogic concepts, practices, and application at the post-graduate level.

As an extension of the program covers detailed exploration of traditional yoga texts, scientific Yoga Research, Yoga's therapeutic approach, advanced studies in Yoga Therapy and cognitive behaviour, comprehensive study of allied sciences, and emphasis on research methodologies.

The program blends ancient wisdom with modern scientific knowledge and teaching skills.

The course includes submission of a Dissertation. This course is also conducted at Mumbai branch.



P.G. Diploma in Yoga Education (2025-26)

PGDY.Ed is a post-graduation diploma program for aspiring yoga teachers.

The aim of this course is to train and prepare deserving candidates in the esoteric aspects of Yoga, which deals with the problems of integration of personality as a first step to higher practices.

The students are grounded in the various academic, practical, and scientific aspects of different Yoga related subjects to be efficiently equipped when they take up teaching.

Those with a special aptitude towards spirituality are initiated into higher esoteric practices and on further progress, if they wish, may be accepted into the Ashram.

This course is being conducted at Lonavala, Mumbai and Pune branches.

STATE	STUDENTS
Maharashtra	63
Rajasthan	3
Madhya Pradesh	2
Delhi	2
Uttar Pradesh	2
Odisha	1
Gujarat	1
Himachal Pradesh	1
Haryana	1
Telangana	3
Uttar Pradesh	1
Assam	1
Belgium	1
Sweden	1
Total Number of Students	**83**

PG Diploma in Yoga Therapy (2025-26)

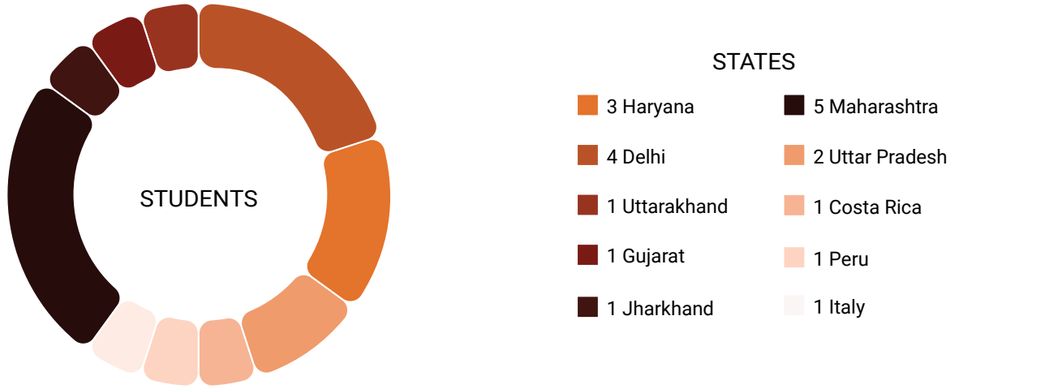
PG Diploma in Yoga Therapy is a unique, one-of-a-kind course to train graduates and qualified yoga teachers into clinical/therapeutic aspects of yoga.

Students become qualified and eligible to be a part of Yoga Therapy teams at hospitals, social organisations, and educational institutes.

By focusing on the scientific aspects of traditional therapies, the program promotes the awareness and restoration of Positive Health and aids Personality Development by way of Yoga.

Origin or cause of select diseases is studied with the help of research surveys and clinical observations in the context of Yoga, Ayurveda, Psychology, and modern medicine.

The course enables the student to become a Yoga Therapist to understand and tackle certain chronic medical conditions through Yoga.













Ph.D.

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

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

The annual Kriya Yoga Anusthan 2026 was successfully conducted offering participants a deeply immersive and spiritually enriching experience. The programme was ably conducted under the guidance of Mr. Bharat Singh, Dr. R. S. Bhogal, and Sadhak Ramdas Ji, whose collective wisdom, experience, and spiritual depth created a powerful and transformative learning environment.

The Anusthan followed a well-structured daily schedule comprising Pranayama sessions,

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

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





Scholarships

Smt. Bhagwati Devi Baburam Tiwari Scholarship

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

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

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

- Mr. Aum Desai
- Prajyot Manjramkar
- Bharti Sachdev
- Ridhima agarwal

Shri Rameshwar Prasad Nevatia Scholarship (Yoga Education Fund)

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

- Mr. Chandan Kumar Giri
- Ms. Harshita Sharma
- Mr. Sagar Thakur Ms.
- Kirti Vasantrao Kadam

Priyadarshini Scholarship

- Mr. Mahesh Naraharsisetti
- Mr. Ayush Singh
- Ms.Priynka Pandey
- Ms. Kirti
- Ms. Pratibha Bapu Wagh
- Mr. Vinayan K.

Examinations

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

YCB Exam

Gordhandas Seksaria College of Yoga and Cultural Synthesis conducted YCB Examination.

1. **Yoga Teachers and Evaluators Examination**
   Date of Examination: 29 March 2025
   Total Students Appeared: 44
2. **Yoga Wellness Instructor Examination**
   Date of Examination: 26 July 2025
   Total Applicants: 14
3. **Yoga Teachers and Evaluators Examination**
   Date of Examination: 28 March 2026
   Total Students Appeared: 23
4. **Yoga Wellness Instructor Examination**
   Date of Examination: 17 May 2026
   Total Applicants: 17



Meritorious Student Performance

Students of the B.A. Yogashastra (Batch 2021–24) from the Gordhandas Seksaria College of Yoga and Cultural Synthesis, Kaivalyadhama, achieved outstanding results at the **Kavikulaguru Kalidas Sanskrit University (KKSU). Ms. Anshika Sharma secured 2nd Rank, while Ms. Sneha Gumber secured 3rd Rank,** reflecting the academic excellence of the institution and its students.

Psychological Counselling Services

1. Introduction

During the academic year, Assistant Professor (Psychology) Dr. Swati Pandey offered counselling to students across various academic programmes — PGDYEd, PGDYT, CCY, BA & MA—through individual counselling sessions and follow-up support.



The Psychological Counselling Service aims to promote students' mental health, emotional well-being, and personal growth by providing a safe, confidential, and supportive environment.

2. Objectives

- Promote psychological well-being among students.
- Provide confidential counselling services.
- Identify students experiencing emotional or psychological difficulties.
- Support students in managing stress, anxiety, and personal challenges.
- Enhance resilience, self-awareness, and emotional regulation.
- Facilitate referrals whenever specialized mental health care is required.

3. Counselling Process

Students completed a structured registration form and informed consent, followed by individualized counselling sessions. Follow-up sessions were provided wherever required, while maintaining confidentiality throughout.

4. Counselling Services

- Individual Psychological Counselling
- Emotional Support and Guidance
- Stress Management
- Relationship and Family Counselling
- Follow-up Counselling Sessions
- Referral Support

5. Key Outcomes

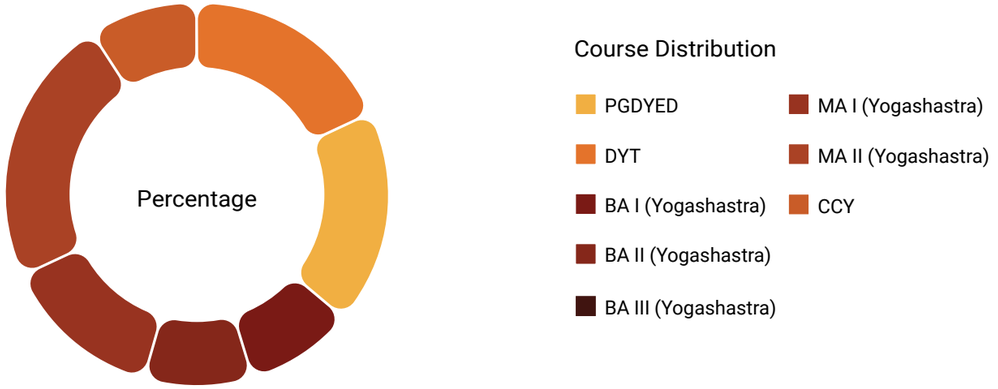
- Improved emotional well-being
- Better stress management
- Enhanced self-awareness
- Increased confidence
- Better coping skills
- Greater willingness to seek professional help

6. Future Plan (2026–2027)

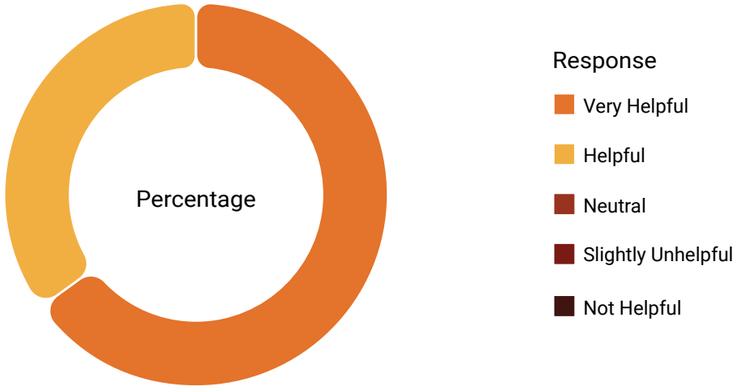
- Conduct mental health awareness sessions for residential students.
- Students' psychological screening.
- Workshops for students on Stress Management, Time Management & Goal Setting.

Quantative Feedback

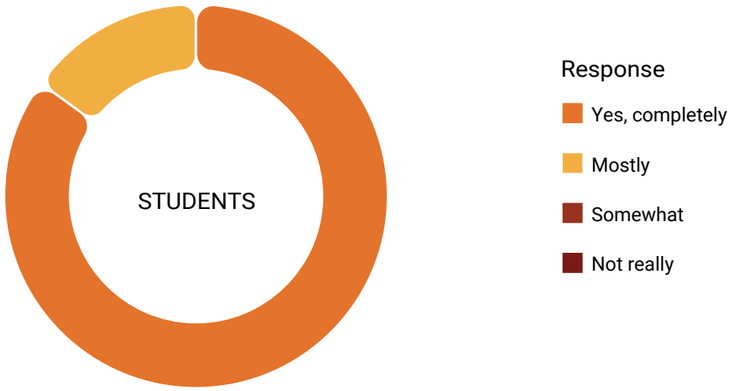
Course enrolled



How would you describe your overall experience of the counselling session?



Did you feel heard, understood, and respected during the session?



Qualitative Feedback

- The counselling environment was empathetic, supportive and respectful — a safe, welcoming, and confidential space that encouraged open communication.
- The counsellor demonstrated patience, understanding, and professionalism.
- Professional guidance and practical coping strategies were easy to implement.
- Participants felt genuinely heard and emotionally supported.
- Participants experienced a reduction in stress levels and emotional relief.
- Participants experienced improved self-awareness and confidence.
- Many expressed willingness to seek counselling again in future, and would recommend the service to others.

Online Courses

1. Yoga Instructor course

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

The main objective of this two-week immersive residential training at the Lonavala campus was to enable the participants with an on-campus experience that included practical learning and knowledge sharing upon the completion of their online theory course. The experiential learning was customised in such a way that they got hands- on experience of the postural practice, shuddhi kriyas, and teaching aspect of the asana as per the Kaivalyadhama tradition. The onsite part of the training was conducted at Kaivalyadhama. The course covered key components including asanas, pranayama, meditation, and yogic philosophy, enabling participants to develop both practical skills and theoretical understanding. The course contributed to building competent yoga instructors capable of delivering authentic and disciplined yoga practices.



The on-site practical component of the different batches of Yoga Instructor Course (YIC) was successfully conducted at Kaivalyadhama in the following dates:

- **27th April – 10th May 2025:** Participants from India
- **22nd June – 5th July 2025:** Participants from the USA and India
- **28th September – 11th October 2025:** Participants from the USA and India
- **1st – 14th March 2026:** Participants from the Taiwan and India

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

Another special batch of YIC for Japanese Group of the on-site part of the training was conducted in April 2025. The Group was coordinated and translated by Mr. Hiroshi Aikata ; is a mentor, student of Kaivalyadhama of DYEd 1990-91, a long time associate of Kaivalyadhama and an IYA Life Member and Ms. Soko Takeuchi who is also a mentor, student of Kaivalyadhama.



2. Principles of Ayurveda for Yoga Teachers

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

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

3. Samkhya Philosophy Online Course

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

4. CYP (Common Yoga Protocol) Appreciation Course Traditional Yoga

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

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

A Foundation Course in Traditional Yoga with 15 hours of engaging online video content, Start anytime and learn at your convenience. Then there is an onsite practical module as part of the course. The course is open to all. No prior knowledge of Yoga or Sanskrit is required.

6. Certificate Course in Pātañjalayogasūtra Chanting

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

7. Certificate Course in Sānkhyakārikā-Chanting

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

8. Yoga Research

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

Trainings: Kaivalyadham Across The World

Pranayama 1 year Teachers Training Course

Japan

The course was conducted under the guidance of Sh. Sudhir Tiwari in Japan and Mika Ishibashi heading the Japan branch of Kaivalyadhama. There were 25 participants from Japan, China and Hong Kong. The passed students upon completion will be eligible to continue from the second year of the course at Kaivalyadhama, Lonavala.





Pranayama Anushthan

Japan

Kaivalyadhama Japan held the “Spiritual Retreat/Anushthan,” a legacy of Kaivalyadhama , at the foot of Mount Fuji, a World Heritage Site in Japan, together with Shri Sudhir Tiwariji from September 3-9 2025. Sudhirji carries forward the tradition of Anushthan established by Swami Digambarji and preserved by Swami Maheshanandaji and Shri O.P. Tiwariji. Through various initiations, mantras, Havan puja, and readings of Chapter 6 of the Bhagavad Gita, led by Sudhirji, we were able to delve into the depths of our inner world. It was a very uplifting experience for all the 18 participants from Japan, Taiwan and China.





Certificate Course in Yoga

Japan

Kaivalyadhama Japan conducted CCY in 2025-2026. This year’s Kaivalyadhama CCY in Japan was conducted in small groups with the aim of ensuring the reliable transmission of the Kaivalyadhama lineage. The final exam will be held in June.





Yoga Teacher Examination with Kaivalyadhama Certification

11–14 June 2025 | Hungary

The Hungarian Yoga Academy, in collaboration with Kaivalyadhama, conducted its annual Yoga Teacher Examination from 11 to 14 June 2025, assessing candidates through written, oral, practical, and teaching evaluations across multiple subjects. The examination was supervised by expert committees comprising senior teachers, and all candidates successfully qualified, reflecting strong training standards and preparation. The programme also incorporated a structured mentorship model for trainee support. The certification process carried special significance due to its association with Kaivalyadhama's academic lineage, reinforcing its role in strengthening authentic yoga education in Europe.





Assistant Yoga Therapist Course: Step 1

August – December 2025 | Wellness Chandra Japan

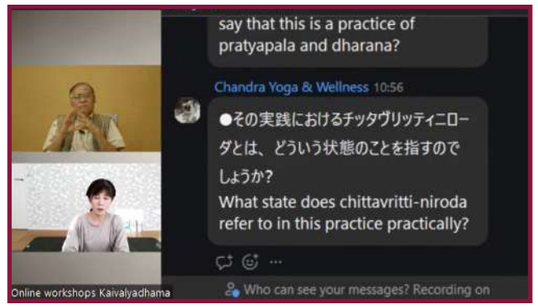
Our affiliate Wellness Chandra conducted Step 1 of Assistant Yoga Therapist Course in online mode from 7th August to 7th December with series of online sessions each month with Kaivalyadhama Lonavala. There are 25 participants of this course with 18 Japanese students and others from other countries. The lead Teachers are Dr. Ranjeet S. Bhogal, Dr. Ganesh Rao, Dr. Sharad D. Bhalekar, Dr. Bodhe Ravindranath, Dr. Supriya A. Kulkarni, Mr. Neeraj Singh

Number of Participants: 18 Japanese + 7 non-Japanese (Total 25 participants)

This online foundational course for the Assistant Yoga Therapist Training Program was conducted with consecutive Japanese interpretation. This program serves as a basis for those pursuing the path of a yoga therapy.

A key feature of this program is the integration of traditional yoga and modern medical science. The lectures were structured with a clinical orientation, and the interpretation and support provided by Dr. Motoko Saito (Chandra), including medical explanations, enabled participants to deepen their understanding and apply the practices in a safe and effective manner.

The program will proceed to the next phase with in-person training at the Kaivalyadhama campus (two weeks each in October 2026 and March 2027). Through this process, the training of Assistant Yoga Therapists in Japan is steadily progressing.





Detox for Body & Mind: Panchakarma Retreat for Japanese

18th ~ 24th January 2026

In January 2026 there was this Japanese group from Wellness Chandra with eight participants for a **one-week Panchakarma retreat under Dr Jagdish Bhutada.** The program was centered on Panchakarma, a traditional Ayurvedic therapy aimed at cleansing and restoring the body.

During the retreat, participants received support from **Dr. Motoko Saito (Chandra),** an active physician, who provided a medical perspective, alongside yoga practices and individual consultations **guided by Mr. Neeraj.** In addition to the physical cleansing facilitated by Ayurveda, the yoga practices supported this

process while gently aiding emotional and psychological release. Through individual consultations, participants were offered personalized guidance as well as practice routines that could be continued after returning home.

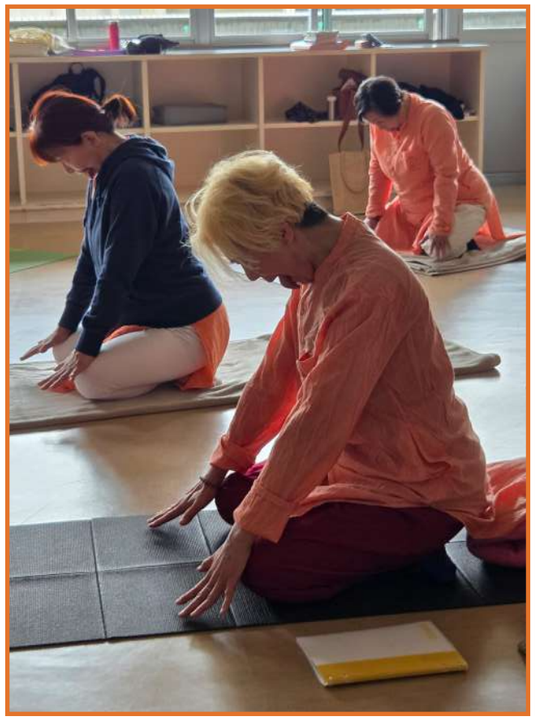
For many participants, the retreat also became an opportunity to deepen inner awareness, fostering meaningful shifts that could be carried into daily life.

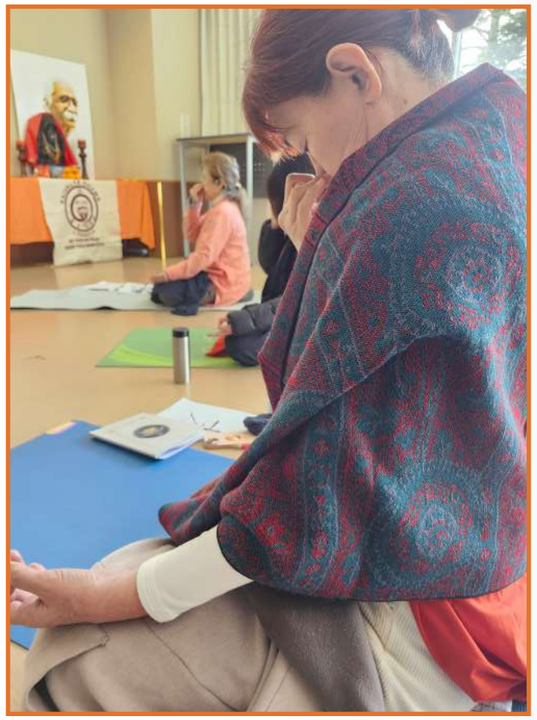


Advanced Pranayama Retreat

April , November | Mt. Fuji

This is conducted by the Japan branch for Japanese participants who have completed Pranayama TTC year1 but find it difficult to attend Years 2 and 3 at Kaivalyadhama and have language barrier. The retreat was scheduled twice in the year in April and November 2025 at National CHUO Youth Frendship Center, Mt.fuji place. This course is led by Mika Ishibashi herself. There were 7 Japanese students in the course.





Workshops

Japanese Students Complete Two-Week Yoga Intensive

3 April 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama conducted a Two-Week Intensive Yoga Course for Japanese students through a hybrid model, combining online theory classes in Japan with a two-week residential practical programme at the Institute. After completing theoretical studies virtually, participants undertook guided sessions in asana, pranayama, meditation, yogic philosophy, and therapeutic applications under Kaivalyadhama's faculty. The programme concluded with a practical examination and certification, recognizing successful completion of both online and offline components blending Tradition with Discipline.





Workshop on Managing Autoimmune Disorders through Yoga

6–13 April 2025 & 8–15 March 2026 & November 2025 | Kaivalyadhama, Lonavala

Facilitator: Ms. Renu Jain

Kaivalyadhama conducted specialized workshops on managing autoimmune disorders through an integrated yogic approach. The workshop focused on self-care, lifestyle regulation, and mind-body balance to support immune health. Participants were guided through targeted practices including asanas, pranayama, and relaxation techniques aimed at reducing inflammation, managing stress, and enhancing overall well-being.

The Auto-Immune Workshop offered a structured approach to managing conditions such as rheumatoid arthritis, thyroid imbalance, psoriasis and IBS through yogāsana, prāṇāyāma, kriyās, meditation, stress-management techniques and lifestyle guidance rooted in yoga.





Power of Pranayama

20–26 April 2025, 30 November – 6 December 2025 & 20–26 April 2026 | Kaivalyadhama, Lonavala

Facilitator: Yogacharya Sandhya Dixit

Multiple workshops on the power of pranayama were conducted, highlighting the transformative role of breath regulation in enhancing physical, mental, and emotional well-being.

Participants were guided through systematic pranayama techniques supported by preparatory practices, enabling improved focus, stress management, and overall vitality.





National Ayush Mission Conclave 2025

May 2025

The National Ayush Mission (NAM) Conclave 2025, held at Kaivalyadhama, was inaugurated by **Shri Prataprao Jadhav,** Hon'ble Union Minister of State (Independent Charge) for AYUSH and Ministry of Health & Family Welfare. The conclave was graced by the presence of distinguished Ayush and Health Ministers from multiple States and Union Territories, including **Dr. Prem Chand Bairwa (Rajasthan), Shri Y. Satya Kumar Yadav (Andhra Pradesh), Dr. Dayashankar Mishra 'Dayalu' (Uttar Pradesh), Shri Shyam Bihari Jaiswal (Chhattisgarh), Shri Yadvinder Goma (Himachal Pradesh), Shri G. T. Dhungel (Sikkim), and Smt. Pi Lalrinpuii (Mizoram).**

The conclave brought together senior government officials, policymakers, researchers, and healthcare professionals from across the country, with participation of approximately 250 delegates. It served as a significant platform for policy dialogue, knowledge exchange, and strengthening the integration of Ayush systems into mainstream healthcare.





Soham Immersive Healing Program

1–14 June 2025, 26 October – 8 November 2025, 4–17 January 2026 & 15–28 March 2026 | Kaivalyadhama, Lonavala

Kaivalyadhama conducted multiple editions of the Soham Immersive Healing Program during the year, offering a deeply immersive residential experience focused on holistic healing and self-awareness. Rooted in classical yogic practices, the workshop emphasized breath awareness, meditation, and mindful living. SOHAM is for people suffering from Chronic conditions and psyco-somatic disorders. It focuses on emotional well-being and inner reconnection through guided meditation, breathwork, mantra-based therapy and personalised consultations.

Participants engaged in guided sessions including asanas, pranayama, and reflective practices, leading to physical rejuvenation, emotional balance, and enhanced mental clarity. The immersive environment supported sustained engagement and deeper personal transformation, enabling participants to cultivate long-term well-being.









Intensive Workshop on Chakra Meditation

14–19 July 2025 & 15–20 December 2025
Kaivalyadhama, Lonavala

Facilitator: Dr. Santosh Pandey

Kaivalyadhama conducted intensive workshops on Chakra Meditation, focusing on balancing the body's energy centers to promote holistic well-being. Through guided meditation practices, supported by asanas and pranayama, participants explored the connection between pranic flow, emotional balance, and mental clarity, leading to enhanced meditative awareness and inner harmony.









Course on Yoga for Health and Wellbeing

25 August–12 September 2025
MIT Vishwaprayag University, Solapur

In collaboration with Kaivalyadhama, MIT Vishwaprayag University conducted a two-credit course titled Yoga for Health and Wellbeing for first-year undergraduate students from B.Tech, Pharmacy, Design and Business Studies programmes. Over 300 students participated in the 45-hour course comprising daily modules integrating theory, yoga practice, interactive activities, quizzes, journaling and psychometric assessments to support self-awareness and emotional regulation.

A review meeting with Vice Chancellor Prof. Joshi and Programme In-Charge Prof. Joseph Anand led to recommendations for digitizing the course for scalability. Plans were proposed for a faculty development workshop, preparation of instructional videos and the establishment of a Yoga Learning Centre, with the MoU expected to be finalised. The course was facilitated by a team of 11 Kaivalyadhama members and was well received by students and university leadership.



Yogic Health & Harmony through Tantra Dharana

7–13 September 2025 | Kaivalyadhama, Lonavala

Facilitator: Dr. Santosh Pandey

This advanced workshop drew from classical yogic and tantric traditions, focusing on Dharana, Dhyana, and Kriya Yoga practices to achieve psychophysiological balance and inner harmony. Participants were guided through progressive stages of practice, enabling emotional stability, mental clarity, deeper meditative awareness.



Workshop on Sound Healing

15–20 September 2025 | Kaivalyadhama, Lonavala

Facilitator: Dr. Santosh Pandey

This workshop explored the science of sound (nada) and its therapeutic application in restoring energetic balance. Participants engaged in practices involving sound resonance, breath awareness, and meditative listening, supporting relaxation and holistic healing.





Continuing Medical Education (CME) Programme for Yoga Teachers

15–20 September 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama hosted a six-day Continuing Medical Education (CME) programme for yoga teachers, sponsored by the Ministry of AYUSH. The programme aimed to strengthen traditional yogic knowledge with contemporary scientific insights and research-based approaches. Participants engaged in a blend of practical sessions and expert lectures covering yoga philosophy, yoga therapy, mental health, pranayama, diet, meditative practices and evidence-based research.

The academic sessions were conducted by eminent faculty including Dr. R. S. Bhogal, Dr. Sabir Shaikh, Dr. Rajvi Mehta, Dr. Neelkamal, Dr. Swati Pandey, Dr. Sharadchandra Bhalekar, Yogacharya Sandhya Dixit, Prof. Dilip Dauneria, Shri Manish Patel, and others. The programme, offered under Arogyan guidelines, facilitated knowledge exchange and reinforced yoga as a therapeutic discipline grounded in both tradition and scientific validation.





Orientation Training program for Doctors

September 2025| Kaivalyadhama, Lonavala

Kaivalyadhama successfully completed its 6-day Orientation Training program on Yoga and Naturopathy (OTP) for 30 Doctors from 21st to 27th September 2025, bringing together yoga, science, research and healing wisdom on a single platform. Organized in collaboration with the Ministry of Ayush and coordinated by the Rashtriya Ayurveda Vidyapeeth, the program was highly appreciated and enjoyed by participants, with every session carefully curated to ensure a rich learning experience.

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

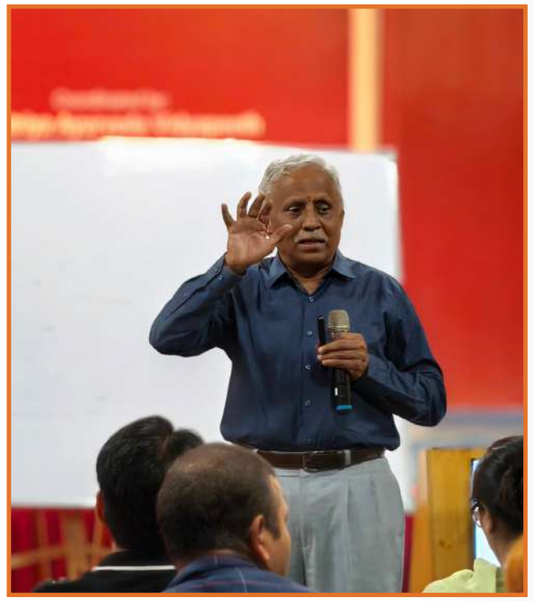
Distinguished faculty from across India, including **Padmasri Dr B N Gangadhar,Dr. Hemant Bhargava, Dr. Leena Phadke, Dr. Akshay Anand, Dr R S Bhogal, Dr. Ganesh Rao, Dr. Monika Pathania, Dr.Amit Singh, Dr. Sharadchandra Bhalekar, and Yogacharya Sandhya Dixit, Yogacharya Neeraj Singh, Dr. Rakesh Sarwal**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

These programs focused on enhancing participants' knowledge of therapeutic applications of yoga, integrating scientific insights with classical practices. The sessions provided a platform for professional development, enabling participants to deepen their understanding of yoga as a complementary approach in healthcare and wellness. The program emphasized a rational, research-driven approach while addressing psycho-socio-spiritual needs.

Participants praised the serene environment with the soul of Ashram, ideal weather, and meticulously planned sessions, making the OTP an engaging, memorable, and highly rewarding program.







LMU Educational Tour: Yoga & Holistic Health Program

December 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama conducted the LMU Educational Tour, aimed at providing participants with an integrated understanding of yoga, naturopathy, and holistic health practices.

The workshop included daily yoga sessions, kriya practices, and lectures on yoga philosophy and therapy by Dr. Ganesh Rao, Ayurveda sessions by Shri Sudhir Tiwari, and anatomy sessions by Dr. Sharad Bhalekar. Participants also engaged in practices such as tratak, meditation, and pranayama, along with optional naturopathy therapies.

The tour featured visits to the research Centre, library, and Swamiji's caves, along with interactive sessions and cultural activities. The workshop provided participants with both practical skills and theoretical knowledge, enhancing their overall well-being and understanding of yoga as a holistic science.



Yoginaar with Dr Satbir K. Khalsa

6 January 2026 | Kaivalyadhama (online)

The Yoginaar on 6 January 2026 featured Dr Satbir K. Khalsa and attracted close to 100 online participants, including Diploma and Master's students and faculty. The lecture employed effective visuals and a lively Q&A, making complex material accessible and engaging; students reported particular benefit. It was a very educational and important session.



Yoga for Health and Wellbeing Course

6 January | Pune and Ahilyanagar

A 2-credit (45-hour) course titled Yoga for Health and Wellbeing was launched on 6 January 2026 for students of Vidyarthi Sahayyak Samiti, Pune and Ahilyanagar, enrolling over 1200 students across 8 Pune centres and 2 Ahilyanagar centres. Delivered by 14 instructors, the programme comprises 10 hours of theory and 35 hours of practical training aimed at introducing classical yogic philosophy and practices for holistic well-being.

Yogic Lifestyle through Kriya Yoga Practices

11–17 January 2026 | Kaivalyadhama, Lonavala

Facilitator: Dr. R. S. Bhogal

This workshop emphasized the integration of Kriya Yoga practices into daily life to promote holistic health and inner balance. Participants learned structured techniques to enhance pranic flow, improve focus, and manage lifestyle-related challenges effectively.



Pranayama Anushthana

Jan -Feb 2026| Kaivalyadhama, Lonavala

Facilitator: Shri Sudhir Tiwari

Kaivalyadhama conducted Pranayama Anushthana as an intensive practice-based workshop dedicated to disciplined and sustained pranayama practice.

The workshop focused on developing consistency, awareness, and depth in breath practices, supporting participants in enhancing vitality, mental stability, and overall well-being. It provided a structured environment for experiential learning and inner refinement.





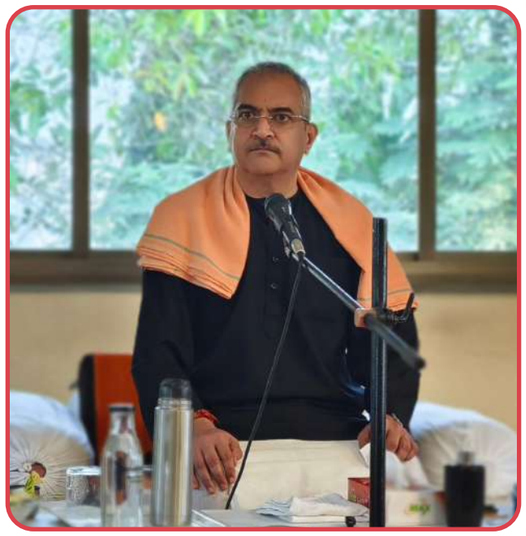
Pranayama Teacher Training Course

Jan -Feb 2026| Kaivalyadhama, Lonavala

Facilitator: Shri Sudhir Tiwari

Kaivalyadhama conducted the specialized Pranayama Teacher Training Course focused on deepening the understanding and practice of breath regulation techniques.

The workshop emphasized the scientific and traditional aspects of pranayama, enabling participants to explore its therapeutic applications for physical health, mental clarity, and emotional balance. The training equipped participants with the knowledge and skills required to teach pranayama effectively.









Pranayama to Meditation

23–27 February 2026
Life Health & Wellness Centre, Rajkot

Project ‘Life’ (Rajkot), in collaboration with Kaivalyadhama, conducted a five-day workshop “Pranayama to Meditation” from 23–27 February 2026 under the guidance of Shri Sudhir Tiwari. The inauguration was led by Ms Meetal Koticha Shah (Joint Executive Trustee & CEO, Project ‘Life’); Ms Shalini Srivastava (Kaivalyadhama) and Ms Lea Asja Pagenkemper (Berlin) also participated. Shri Sudhir Tiwari presented systematic practical sessions linking classical pranayama techniques with their physiological and psychological benefits and supervised 15 individual counselling sessions. The workshop attracted 187 participants across two daily batches. Certificates were issued to participants; Shri Sudhir Tiwari announced a follow-up visit planned for June 2027. The visiting team also were shown Project ‘Life’ initiatives, including the Life Blood Centre and Life Green Field Centre, and commended their community welfare work.



Yoga for Hormonal Balance & Women's Wellbeing Workshop

23–27 February 2026 | Kaivalyadhama, Pune

Facilitator: Dr Bhalekar

A five-day, 10-hour workshop on "Yoga for Hormonal Balance & Women's Wellbeing" was held 23–27 February 2026 at Kaivalyadhama Pune inaugurated by Dr Bhalekar who delivered an online lecture on the hypothalamic role in female neurophysiology and the HPO axis with reference to PCOS. The programme combined daily practical modules such as, neurophysiological downregulation and pelvic circulation (myofascial release, diaphragmatic breathing); pelvic-floor activation and interoceptive awareness with deep relaxation; regulation of biological rhythms to enhance autonomic flexibility; metabolic activation with a structured PCOS protocol and reference material for continuity; reproductive transitions and meditative integration (Deha Dharana, Prana Dharana, Shavasana, Pranava).



Immersive Yogic Retreat for BITS Design Students

16–18 March 2026 | Kaivalyadhama, Lonavala

Fifteen final-year design students from the Birla Institute of Technology & Science, accompanied by two faculty members, participated in a three-day immersive retreat at Kaivalyadhama. The programme included an orientation to the institution, interaction with the CEO, campus and library visits, yoga, meditation, scientific sessions, naturopathy, therapeutic yoga, a guided trek to Swamiji's Gufa, and project discussions on conceptual landscape design for the campus. The retreat offered participants an integrated experience of yogic living, scientific research, and mindful practices, with reflection sessions highlighting its lasting impact and inspiring students to serve as ambassadors of Kaivalyadhama's vision.





Hungarian Group: Hatha Yoga Workshop

January 2026 | Kaivalyadhama, Lonavala

Kaivalyadhama hosted a group of **9 participants from Hungary** for a specialized Hatha Yoga workshop conducted by **Dr. Sharad Bhalekar.** The workshop was designed to provide an in-depth understanding of traditional and therapeutic aspects of Hatha Yoga.

The workshop included structured sessions comprising lectures and practical training in asana, pranayama, and chanting. Participants were introduced to both classical perspectives and modern scientific insights, including anatomy, psychology, and physiology related to yogic practices.

The workshop offered a comprehensive learning experience, enabling participants to deepen their understanding of Hatha Yoga and its applications in health and well-being.



3-Day Yoga & Wellness Retreat: Grid Controller of India Limited, Mumbai

27–30 July 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama conducted a 3-day residential Yoga & Wellness Retreat for 25 participants from Grid Controller of India Limited (Grid-India), Mumbai.

The retreat, based on the theme “Sanjeevani – Healthy Living: Yoga, Nutrition & Sleep,” focused on holistic well-being through sessions on yoga, pranayama, meditation, relaxation, and lifestyle management.

Participants also engaged in practices such as tratak and optional naturopathy therapies, gaining practical tools for stress management and healthy living.







Corporate Wellness Workshops – Aditya Birla

Kaivalyadhama conducted a series of corporate wellness workshops for the Aditya Birla Group for their MFD’s ,focusing on stress management, mental well-being, and holistic health through yoga.

A total of 8 batches were successfully conducted, engaging participants through structured sessions including asanas, pranayama, relaxation techniques, and mindfulness practices. These workshops were tailored to meet the needs of corporate professionals, promoting improved productivity, emotional balance, and overall well-being.







Yoga sessions at National Judicial Academy Bhopal

Annual calendar | Kaivalyadhama Bhopal

National Judicial Academy conducts judicial education and training. Our Bhopal branch continued to conduct yoga sessions in all the training programs held there as per Annual calendar for Judges now for more than a decade. There was training sessions for Hon. Women's Judges from different high courts of India held in July. Training was also conducted for Myanmar Judges in December.







Yoga training in Government colleges Madhya Pradesh

Kaivalyadhama Bhopal

Training was conducted in 14 government colleges in M.P.in accordance with the order given by Commissioner of Higher Education Department by our Bhopal Branch.



Yoga workshop at Senior Citizens Home

4–5 December 2025 | Kaivalyadhama, Bhopal

Yoga therapeutic Classes were conducted in Senior Citizens Home (Apna Ghar) in Bhopal . It was well received.



Spine Care Management Workshop

12–14 March 2026 | Kaivalyadhama, Bhopal

Bhopal teachers conducted Spine Care Management Workshop in the center for 3 days. Participants experienced relief and learnt the practices to continue at home.



Yoga Special workshop for Senior Citizens

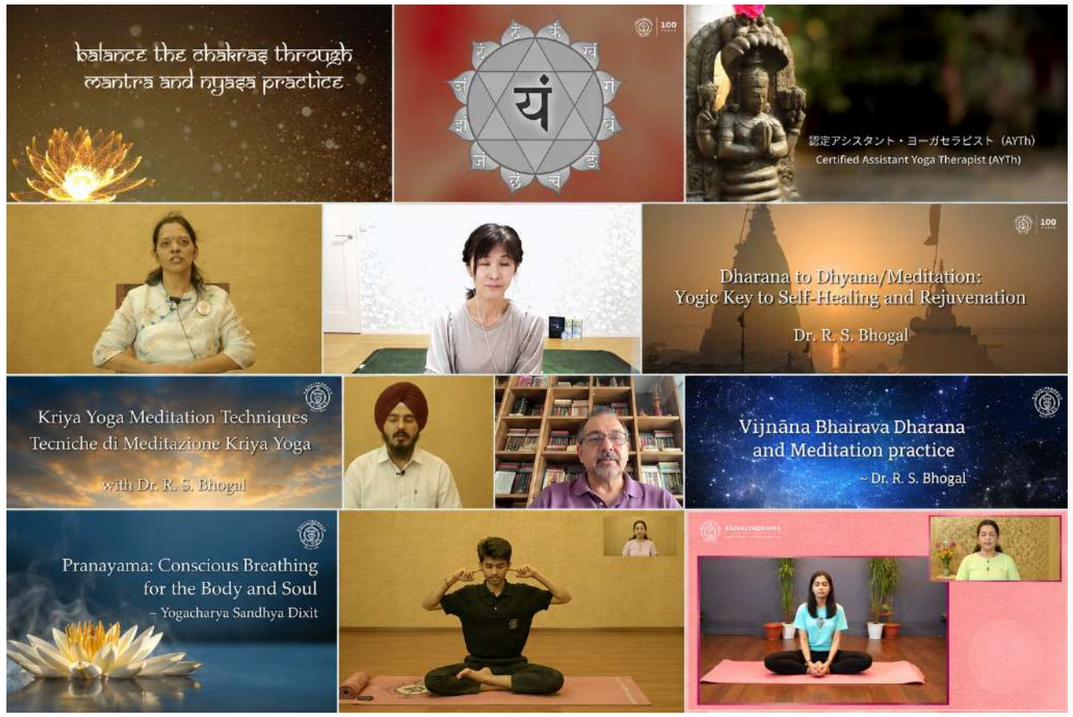
26-27 March 2026 | Kaivalyadhama, Bhopal

Yoga therapeutic classes were conducted for Senior Citizens along with a valuable discussion held by Ms. Anuradha Chendke for such audience.



Online Workshops

	Topics of Workshops in 2025	
1	Pranayama: Conscious Breathing for the Body and Soul - Sandhya Dixit ji	**March**
2	Chakra Meditation (with Chinese translation) - Dr. Pandey	**March**
3	Yoga for Women's Health - Sandhya Dixit	**May**
4	Mudhra's and Bandhas (With Italian Tran) - Sandhya ji	**June**
5	Certified Assistant Yoga Therapist (AYTh) (English with Japanese Translation) - Various Faculties	**August - December**
6	Balance the chakra through Mantra and Nyasa practice - Dr. Santosh Pandey	**August**
7	Dharana to Dhyana - Yogic Key to Self-Healing and Rejuvenation - Dr. R S Bhogal	**September - October**
8	श्री पातंजल योगदर्शन: सूत्रों से साधना तक	**September**
9	Mudhra's and Bandhas (With Chinese Translation) - Sandhya ji	**December**
	Topics of Workshops in 2026	
10	Yoga for women's health - Sandhya ji (Eng with Chinese translation)	**16 to 18 January**
11	Vijñāna Bhairava Dharana and Meditation practice - Dr. R S Bhogal	**27th, 28th February and 1st March 2026**
12	Pranayama: Conscious Breathing for the Body and Soul - Sandhya Dixit ji	**13th, 14th, 15th & 29th March 3rd, 4th & 5th April 2026**
13	Kriya Yoga Meditation / Tecniche di Meditazione Kriya Yoga with Dr. R S Bhogal (English with Italian)	**18 & 19 April**



Outreach

Kaivalyadhama Pune at Maha Arogya Mela

20 April 2025 | Nutan Marathi Vidyalaya Junior College, Pune

Kaivalyadhama Outreach Pune participated in the Maha Arogya Melava, organised by the Shreemant Dagdusheth Halwai Sarvajanik Ganpati Trust, by establishing a Yoga Therapy Cell offering therapeutic guidance for conditions including back and knee pain, spinal disorders, diabetes, asthma, anxiety, and cancer-related concerns. **Led by Shri Hari Sutar, a team of 15 volunteers headed by Shri Yogesh Vaidya provided personalised therapy to over 40 patients,** with several enrolling in Kaivalyadhama's online outreach programmes. The camp was visited by MLA Shri Hemant Rasane, Shri Sunil Rasane (President of the Trust), and Shri Mahesh Suryavanshi, who appreciated the Institute's outreach initiatives. Kaivalyadhama was presented with a Certificate of Appreciation in recognition of its contribution.



Blood Donation Camp at Kaivalyadhama

11 April 2025 | Kaivalyadhama, Lonavala

The Gordhandas Seksaria College of Yoga and Cultural Synthesis, Kaivalyadhama, organised a Blood Donation Camp under the National Service Scheme (NSS) in collaboration with the Indian Red Cross Society, Lonavala, and Shraddha Blood Storage Centre, Lonavala. The inauguration was graced by Chief Guest Dr. Sachin Bhise, along with Dr. Nayar, Dr. Amol Ranade, Dr. Deenmitra Mane, and representatives from Shraddha Hospital, Girivar Hospital, Manashakti Organisation, and The Best Sacrifice Foundation. The camp recorded 90 registrations and 56 successful blood donations, including 39 donations from Kaivalyadhama students and staff.



VASUDHA Kids Educational Visit

12 July 2025 | Kaivalyadhama, Lonavala

Kaivalyadhama hosted an educational visit for 30 children and five facilitators from the VASUDHA Integrated Learning and Nature Education programme of the eCoexist Foundation. Designed for underprivileged children from Awhalwadi and Wagholi villages, the visit introduced participants to yoga through a guided campus tour, an interactive session on the role of yoga in daily life, meditation at Swamiji's Kuti, a satvik lunch, yogic games and a practical yoga class.



Yoga Session at Sonu Anaji Walanj High School, Ambavane Village

5 July 2025 | Ambavane Village, Mulshi Block

As part of its social outreach initiatives, Kaivalyadhama conducted a yoga session for approximately 110 students of Classes 8 to 10 at Sonu Anaji Walanj High School, Ambavane, serving tribal and economically disadvantaged communities. The session was led by our team, with support from Ms. Mandakini of Shakti Yogashram, whose 'Shaniwar Shala' enrichment programme promotes dance, music and yoga for local children. This initiative continues at multiple times in the year.



Blood Donation Camp

10 January 2026 | G.S. College, Kaivalyadhama, Lonavala

A Blood Donation Camp organised by G.S. College under the National Service Scheme, in collaboration with Lions Clubs International, Yash Hospital (Lonavala) and Maha Blood Center (Pune), was held on 10 January 2026. Planned under the guidance of Dr Santosh Pandey and supported by Principal Dr Bandita Satapathy and CEO Shri Subodh Tiwari, the event was inaugurated by Chief Guest PMJF Lion Rajesh Agarwal; senior medical staff including Dr Hemant Agarwal addressed donors. Of 112 registrations, 84 units of blood were collected; donations proceeded smoothly with Maha Blood Center ensuring a wait-free process. Each donor received a certificate and accidental insurance cover of ₹5,00,000 (total coverage ₹4.20 crore).



Yoga Workshop at Asha School for Children with Special Needs

14 July 2025 | Asha School, Pune



Kaivalyadhama Pune conducted a yoga workshop for children with special needs and their parents as part of the *Samavesh – Vividhta aur Navachar* initiative organised by the Office of Southern Command, Pune. Mrs. Seth, First Lady and wife of Lt Gen Dhiraj Seth, attended as Chief Guest. The programme included a presentation on the scientific benefits of yoga for neurodevelopmental disorders, a practical chair yoga session, and individual consultations offering personalised yogic guidance for participating families.

Mrs. Seth appreciated Kaivalyadhama's contribution and invited the institute to continue its engagement with Asha School. Kaivalyadhama committed to conducting weekly yoga sessions and monthly workshops for parents and teachers as part of its seva-based outreach programme.

Educational Tours for Non-Yogic Institutions under the National Education Policy

23-24 July 2025 | Kaivalyadhama, Lonavala

As part of the National Education Policy (NEP) initiative, Kaivalyadhama hosted educational visits for students from non-yogic academic institutions to introduce them to India's yogic heritage and holistic approach to well-being. On 23 July, 35 students and two teachers from the Department of Philosophy, Ramniranjan Jhunjhunwala College, participated in a campus tour, introductory yoga session, satvik lunch and an interactive discussion with resident sadhaks. On 24 July, 37 students and two faculty members from Dr. D. Y. Patil ACS Women's College, Pimpri, attended a documentary presentation, guided campus tour, beginner's yoga session and an interaction with Sadhak Ramadasji on developing confidence and inner resilience through yoga.





Ongoing Community and Online Programmes

July 2025 | Kaivalyadhama Pune Centre & Online

Kaivalyadhama Pune continued its regular outreach initiatives, including daily YogaLand online sessions, Cancer Warrior support sessions for approximately 12 participants with weekend onsite therapy at Vishranti, the Aashirwad Senior Citizens Programme serving 14 registered members, weekly online Bhagavad Gita classes, and the monthly Purnima programme, where 21 participants joined a special Guru Purnima session featuring a discourse on Guru Mahima, 108 Pranava Jap and Shavasana meditation.

Yogmaya Police Training Program

2024–2026 | Multiple districts (Maharashtra)

The Kaivalyadhama Institute's four-day residential "Yogmaya Police Training Program" has run across 2024–2026 to improve stress management, concentration, efficiency and overall wellbeing among police constables. In 2024 it started with four joint batches (Navi Mumbai, Thane Rural, Pimpri-Chinchwad, Pune City/Rural) trained 30 constables per batch (dates: 9–13 Jun; 17–20 Jun; 22–27 Jun; 1–4 Jul). During 2025–26 a further 19 batches were delivered across Pimpri-Chinchwad (4 batches), Navi Mumbai (4), Pune Rural (4), Satara (3) and Sangli (4, including a scheduled 25–28 Mar session), with 20 constables per batch. Altogether we have had 23 batches training over 450 constables to date. The programme received support from Shri Sunil Phulari (IPS) and Shri Vinay Kumar Choubey (Police Commissioner, Pimpri-Chinchwad); plans to extend to Kolhapur and Solapur are underway.





Adelphi University visit to Kaivalyadhama, Mumbai

17 January 2026 | Kaivalyadhama, Mumbai

On 17 January 2026 students from Adelphi University (New York) visited Kaivalyadhama, Mumbai, for an immersive programme in traditional yogic practice and philosophy. The cohort received practical instruction in Shuddhi Kriyas, classical asanas and foundational yogic principles from Kaivalyadhama practitioners and scholars, emphasising yoga as an integrated science of body, breath and mind. The visit reinforced Kaivalyadhama's international academic outreach and its role as a centre for authentic, research-based yoga education.



Environment Ambassador for the "My Vasundhara Campaign 6.0"

26 January 2026 | Lonavala Municipal Council, Lonavala

On 26 January 2026 , Kaivalyadhama was designated a Brand Ambassador for a clean, green and sustainable environment under the Lonavala Municipal Council's "My Vasundhara Campaign 6.0". The honour, conferred by the LMC Health Department recognised the institution's contributions to tree plantation, ecological awareness and related conservation efforts. Kaivalyadhama was listed alongside Tata Ltd, L&T Ltd, Lions Club and other local organisations; the campaign emphasised tree planting, waste segregation and recycling, water conservation, cleanliness drives, plastic reduction and development of sustainable gardens.



Special Needs Initiative: Hearts in Harmony

28 January 2026 | Southern Star Auditorium, Pune

Kaivalyadhama participated in the “Hearts in Harmony” Carnival organised by Asha School with support from Army Headquarters, Southern Command, and AWWA, engaging over 200 children, caregivers, educators, and professionals. The programme included an evidence-based lecture on yoga-based psychosocial support for caregivers, followed by experiential yoga sessions led by the Pune Outreach Team including demonstrations by a practitioner with high-functioning autism. The initiative aimed to build caregiver support networks and lay the foundation for future research and workshops in special needs yoga.



Yoga Workshop at Hinjewadi School

31 January 2026 | Hinjewadi, Pune

Kaivalyadhama conducted a yoga workshop for 700 students at Zilla Parishad Primary and Secondary School, Hinjewadi, focusing on holistic physical and mental well-being. The sessions promoted accessible yoga practices for school children.



ANUBANDH: A Dialogue of Life

4 February 2026 | Online (Kaivalyadhama)

On World Cancer Day (4 February 2026) Kaivalyadhama launched ANUBANDH, A Dialogue of Life, an online platform for patients, survivors, caregivers, medical professionals and yoga practitioners; over 50 participants joined.

The session opened with an inaugural address by Dr Shripad Banavali on yoga as a complementary therapy. Contributions included a dietary talk by Dr Ritu Prasad and pranayama session by Dr S. C. Bhalekar; participant reflections highlighted the programme’s supportive impact. The event also shared the details on Kaivalyadhama’s residential Yoga for Cancer Care programmes and the Anubandh online community.



World Cancer Day 2026: Yoga Workshop with CIMS

4 February 2026 | Vishranti Cancer Hospital, Bhavani Peth, Pune

On 4 February 2026, Kaivalyadhama, in collaboration with Care India Medical Society (CIMS), Pune, conducted a therapeutic yoga workshop at Vishranti Cancer Hospital on the occasion of World Cancer Day 2026, highlighting the role of integrative approaches in supportive cancer care. The initiative was aligned with CIMS’s work in providing free treatment, chemotherapy, and palliative support to women

from economically underprivileged and marginalised backgrounds, alongside cancer awareness and early detection efforts.

The programme brought together patients undergoing treatment for breast, cervical, and ovarian cancers, along with doctors and nursing staff. There was a session on yogic nutrition and sattvic dietary principles, focusing on immunity support and recovery enhancement, restorative yoga sessions incorporating adapted asanas, pranayama, and relaxation techniques for pain management and emotional regulation. Dr Tasneem Shaikh highlighted the emerging evidence supporting yoga as an adjunct therapy in oncology care.



Yoga Camp Conducted by Gordhandas Seksaria College

28th March 2026 | Advocate Bapu Saheb Bonde High School, Bhangarwadi, Lonavala

NSS student volunteers conducted a community yoga camp attended by over 75 participants, including children, women, elderly citizens, and individuals with special needs. The session, supported by 18 volunteers, featured inclusive practices such as chair yoga, followed by Bhramari Pranayama and Omkar chanting, creating a calm and participatory environment. The camp highlighted Kaivalyadhama's commitment to community outreach, inclusivity, and the promotion of accessible yoga practices.



Yoga Sethu programme at National College, Mumbai

The CEO participated in Yoga Sethu, organised by the state chapter of the Indian Yoga Association at National College, Mumbai; Shri Suresh Prabhu and Smt Radhika Rastogi attended as guests to encourage student engagement with yoga for mental health.

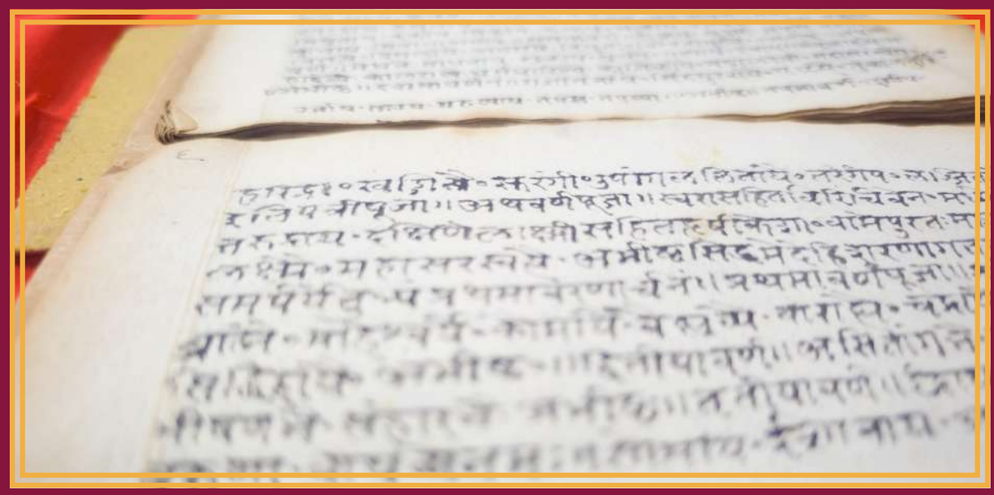


Philosophico-Literary Research

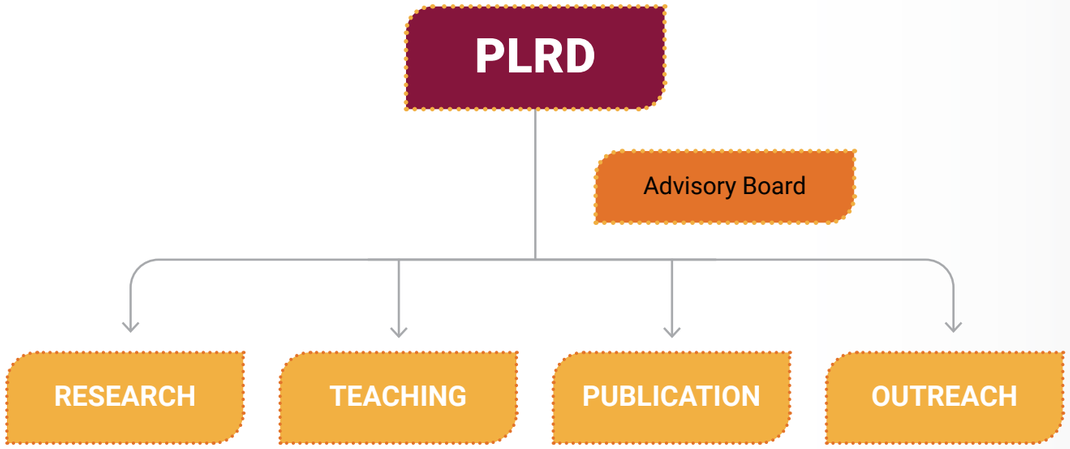








Structure Working Matrix



Operations

Advisory Board Members

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

Adjunct Researcher

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

Collaborators

- Sanskriti Sanvardhan & Sansodhan Pratishthan, Thane, Maharashtra

Vision

Tejasvinavadhitamastu

May the Acquired Wisdom be Effulgent

Mission:

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





RESEARCH

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

TEACHING

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

PUBLICATION

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

OUTREACH

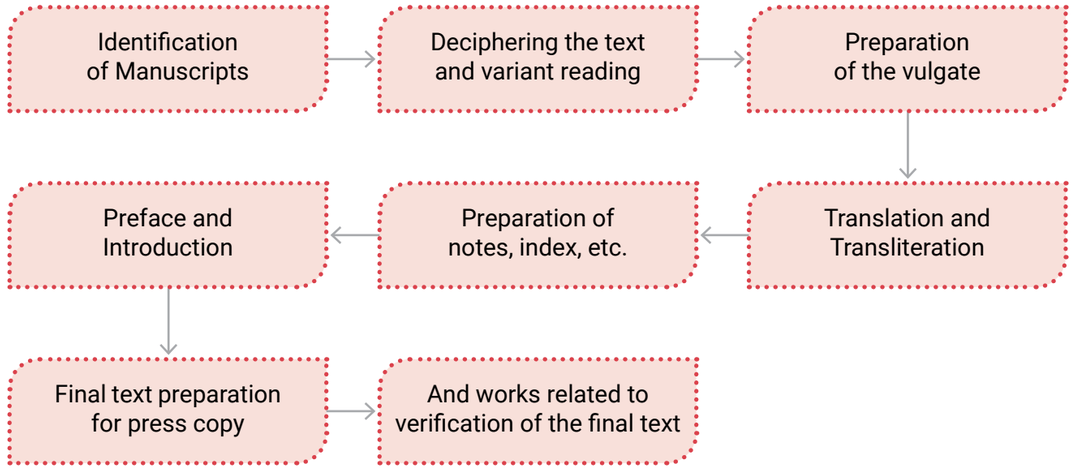
- Organizing Workshop
- Organizing Seminars, Symposia etc.
- Visiting different Institutes/ Universities as resource person
- Participating in different Seminars, Conferences etc.
- Publication of Brochure

Research

Areas of Research

- Manuscript and Literary Research in Yoga
- Analytical Research in Yoga and Allied Philosophy
  - Yoga Across Tradition and Culture

Manuscript and Literary Research in Yoga



Work done during 2025-26

- Buddhist concept of Yoga
- Preparation of the Monograph on Reflection of Yoga in the Principal Upaniṣads, Vol. II, is continuing.
- **"Nārāyaṇīya Yogatattvopaniṣadvyākhyā: An Unpublished Manuscript – Study and Translation."**

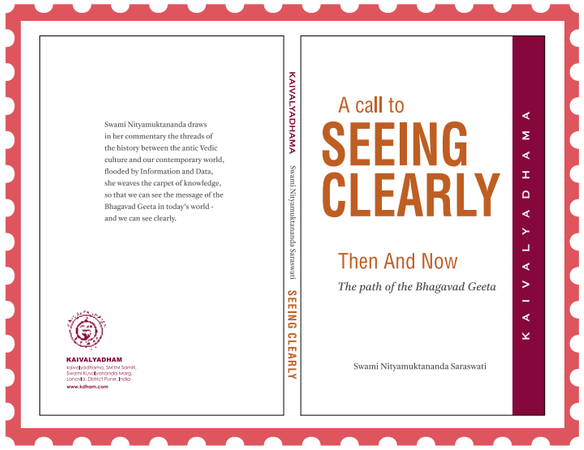
  This manuscript, "Nārāyaṇiyā Yogatattvo Yogatattvopaniṣadvyākhyā," contains the text of selected mantras from the Yogatattvopaniṣad along with a commentary known as Dīpikā. The manuscript is significant as, to our knowledge, no such commentary has yet been printed or published. The term Nārāyaṇiyā may indicate the philosophical perspective of the Nārāyaṇīya tradition, though this requires further investigation. Its variant readings and valuable insights into Yoga spirituality make it worthy of publication and further scholarly research.

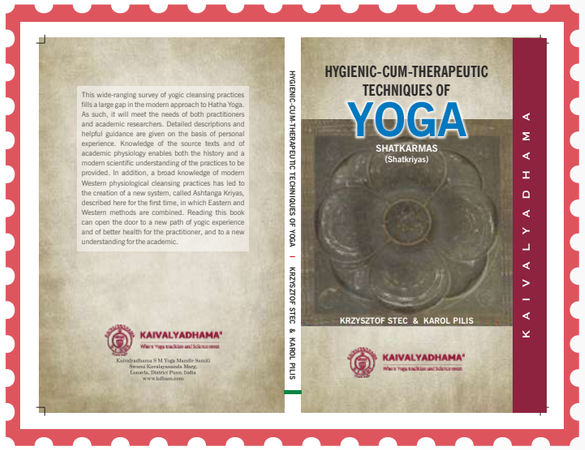
Publications

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

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

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





Central Research Library

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





Facilities Provided

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

Teachingस

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













Scientific Research Department







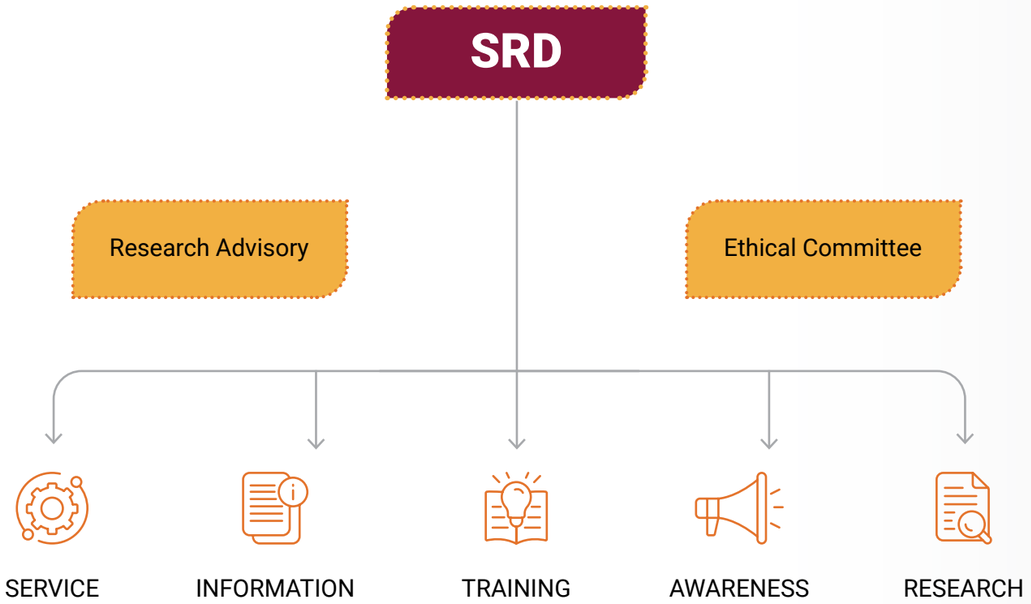
Vision

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

Mission

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

Department Structure



Research Advisory Board

Objectives

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

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



Dr. Bhushan Patwardhan



Dr.Ananda Bhavanani



Dr. Bharat Bhushan



Dr. Paul



Dr. Satbir Khalsa



Dr. R.S. Bhogal



Dr. Praseeda Menon



Dr. Bhupender Singh



Dr. Shruti Sharma

Independent Ethics Committee

Objectives

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

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

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

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

Ethics Committee Approvals

The Independent Ethics Committee of Kaivalyadhama convened during the reporting period on scheduled meeting dates to review research proposals submitted by the institution and PhD scholars of Gordhandas Seksaria College of Yoga and Cultural Synthesis.

During these meetings, researchers and doctoral scholars formally presented their respective projects before the Committee. Each proposal underwent a comprehensive ethical review process, including evaluation of study design, participant safety, informed consent procedures, and compliance with national and international ethical guidelines.

Following detailed deliberations, the Committee granted approvals to the eligible projects, thereby authorizing their initiation in accordance with prescribed ethical standards.

Meeting Details:

- Date of meeting: 12th Nov 2025
- Total projects reviewed: Four
- Total projects approved: Four

These approvals reflect the Committee's continued commitment to promoting ethical integrity, participant safety, and high-quality research practices within the institution.



Dr. Bharat Bhushan



Dr. Ananda Bhavanani



Dr. Rajvi Mehta



Dr. Sharad Bhalekar



Dr. Shailesh Shah



Adv. Tanu Mehta



Mrs. Madhavi Thatte



Anil Chandwani



Mrs. Sandhya Dixit



Dr. Ganesh Rao



Dr. Bhaskar Shejval



Pratibha Rajbhoj

Research

Objectives

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

Through

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

Research Projects

1 Effect of yoga practices on postural stability, fall risk and mental health in older adults

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

Duration: 2022-25

Introduction

With advancing age, maintaining functional ability, social independence, and cognitive health becomes increasingly challenging due to the rising burden of physical and mental health conditions. In the Indian geriatric population, factors such as socioeconomic status, changing family structures, gender, illiteracy, marital status, malnutrition, urbanization, family support, and physical inactivity significantly influence health outcomes. Common conditions include osteoarthritis, chronic respiratory diseases, anaemia, hypertension, sensory impairments, gastrointestinal and neurological disorders, along with mental health issues such as depression, anxiety, memory loss, and dementia. Functional ability is defined as the capacity to perform activities of daily living independently and is a critical determinant of overall well-being and quality of life in older adults. In this context, yoga is proposed as a therapeutic intervention due to its potential benefits in improving balance, strength, flexibility, and relaxation. Therefore, the present study was conducted to evaluate the effect of yoga practices on balance, fall risk, and mental health in the geriatric population, while promoting lifestyle modification for healthy ageing.

Novelty

- Demonstrated the effectiveness of yoga in improving balance and reducing fall risk in older adults.
- Assessed both physical and mental health outcomes through a holistic yoga intervention.
- Highlighted yoga as a cost-effective and non-pharmacological approach for healthy ageing.
- Provided valuable evidence from the Indian geriatric population, where limited research is available.
- Findings were published in Geriatrics Journal, supporting scientific relevance of yoga-based geriatric care.



Status of the Project

The project has been successfully completed and the research paper is published in Geriatrics Journal (A SCOPUS indexed Journal with Impact factor 2.1).


geriatrics

an Open Access Journal by MDPI

IMPACT FACTOR 2.1 | Indexed in: PubMed | CITESCORE 3.4

CERTIFICATE OF PUBLICATION

The certificate of publication for the article titled:

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

Authored by:

Sanjay Shete; Anita Verma; Ranjeet Singh Bhogal; Subodh Tiwari

Published in:

Geriatrics **2026**, Volume 11, Issue 1, 16

MDPI

Basel, February 2026

Stefan Tochev
Chief Executive Officer

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

Team from Kaivalyadhama: Anita Verma, Sanjay Shete, Gururaj Doddoli. and Team from Patanjali Research Foundation: Dr. Shirley Telles & members

Duration: 2023-25

This collaborative study evaluated the benefits and adverse outcomes experienced by patients attending yoga and allied therapy centres. Using a structured questionnaire, data were collected on physical and psychological parameters such as pain relief, mobility, sleep quality, emotional well-being, and any reported side effects. Data from the two centres were analysed to support evidence-based and safe integration of these therapies into routine healthcare.

Novelty

- One of the few collaborative studies evaluating both benefits and adverse outcomes of yoga and allied therapies in real-world clinical settings.
- Assessed both physical and psychological outcomes, providing a holistic evaluation of patient experiences.
- Generated comparative data from two major yoga therapy centers, strengthening the reliability of findings.
- Contributed evidence for the safe and evidence-based integration of yoga and allied therapies into routine healthcare practices.
- Findings accepted for publication in the International Journal of Yoga Therapy, highlighting the scientific significance of the study.

Status of the Project

The paper has been accepted for publication in International Journal of Yoga Therapy **(A SCOPUS indexed Journal).**

3 Effect of Yoga Intervention for Improving Cognitive and Psychophysiological Health in Older Adults: A Randomized Controlled Study.

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

Duration: 2026-28

Introduction

The global rise in the aging population has increased the burden of cognitive decline, chronic diseases, and reduced functional independence. Non-pharmacological interventions such as yoga are gaining importance due to their potential to improve cognitive function, physical fitness, and overall well-being. Scientific evidence suggests that aging-related cognitive decline is associated with inflammation (IL-6, hs-CRP), neuroendocrine imbalance (cortisol), and metabolic dysfunction (insulin resistance). Yoga, as a holistic mind–body practice, has shown promise in improving cognition, reducing stress and inflammation, enhancing physical fitness, and supporting metabolic regulation.

The proposed randomized controlled study aims to evaluate the effects of a structured yoga intervention on cognitive function, psychological outcomes (sleep and stress), physiological parameters (heart rate variability, blood pressure), inflammatory biomarkers, cortisol, insulin resistance, and physical fitness in older adults. The study is expected to provide integrated insights into the mechanisms through which yoga promotes healthy aging.

Novelty

- The study integrates cognitive, psychological, physiological, inflammatory, and metabolic parameters to provide a comprehensive understanding of healthy aging.
- One of the few randomized controlled studies exploring the mechanistic pathways of yoga through biomarkers such as IL-6, hs-CRP, cortisol, and insulin resistance.
- Evaluates the combined effect of yoga on cognition, stress, sleep, autonomic balance, and physical fitness in older adults.
- Provides scientific evidence for yoga as a holistic, non-pharmacological intervention for prevention of age-related cognitive decline and chronic health conditions.
- Expected to contribute important evidence-based data for integrating yoga into geriatric healthcare and healthy aging programs.

Status of the Project

Proposal writing is in progress. The project budget has been completed. The proposal will be presented before RAC and IEC for further processing. Identification of study sites is also in progress.

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

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

Introduction

This study examines the impact of a brief 15-minute daily yoga intervention on the mental health of adolescents aged 13–16 years. A randomized controlled design will be used with 160 students from 8th and 9th grades assigned to yoga and control groups. The intervention includes simple postures, pranayama, and chanting. Mental health outcomes will be assessed at regular intervals using standardized tools to evaluate emotional well-being, behavior, mood, and academic performance. The study aims to demonstrate the feasibility of integrating short yoga practices into school routine to support adolescent mental health.

Novelty

- The study evaluates the effectiveness of a very brief 15-minute daily yoga intervention, making it practical and feasible for school settings.
- Uses a randomized controlled design to generate scientifically reliable evidence on yoga and adolescent mental health.
- Integrates simple yoga practices, pranayama, and chanting suitable for routine school implementation without disrupting academic schedules.
- Assesses multiple dimensions of adolescent well-being, including emotional health, behavior, mood, and academic performance.
- Contributes evidence for low-cost, non-pharmacological mental health interventions for school-going adolescents.

Status of the Project

The project proposal has been prepared and presented before the Research Advisory Committee. Approval has been obtained from RAC and IEC. Currently the project is put on hold.

5 To study the immediate effect of Trataka Kriya on HR, SpO2 and RR among the healthy individuals

PI: Pratibha H. Rajbhoj, Ranjeet S. Bhogal & Satish D. Pathak

Background of Study

In an era marked by increasing psychological stress and lifestyle-related disorders, traditional yogic practices are being revisited for their therapeutic potential. Among these, Trataka Kriya—a classical yogic cleansing and concentration technique—has been widely practiced for enhancing mental clarity and emotional balance.At Kaivalyadhama, Yoga Therapists and yoga practitioners consistently observed that individuals practicing Trataka reported a deep sense of calmness and improved focus. However, these subjective benefits lacked robust scientific validation, particularly in terms of immediate physiological responses.This study was therefore conceptualized to bridge this gap—transforming experiential knowledge into measurable scientific evidence.

Objectives

To evaluate the immediate impact of Trataka Kriya on key physiological indicators of stress:

- Heart Rate (HR)
- Respiratory Rate (RR)
- Oxygen Saturation (SpO_2)

Novelty

- Focuses exclusively on Trataka Kriya as a standalone intervention
- Examines immediate physiological effects
- Conducted on a large sample size (n = 503)
- Integrates traditional yogic practice with modern biomedical parameters

Duration of the study : 2 years

- Short-term experimental study
- Measurements recorded before and immediately **after a single session of Trataka Kriya**

Methodology & Efforts Undertaken

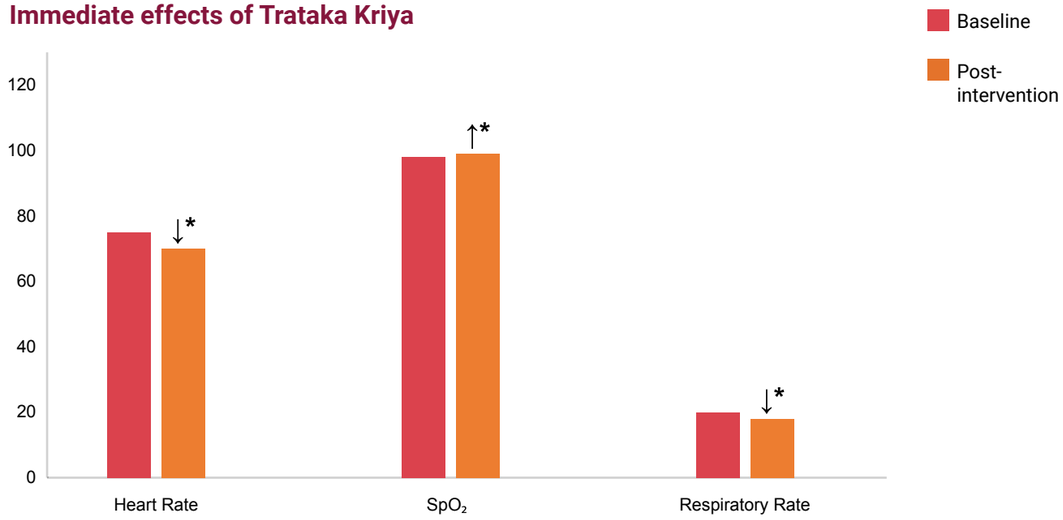
- **Study Design:** Single-arm pre–post clinical trial
- **Participants:** 503 healthy adults
  - 84 males
  - 419 females
- **Study Settings:** Schools, colleges, and private and Govt. offices

Statistical Analysis

- Descriptive statistics
- Paired t-test
- Gender-based subgroup analysis

Key Findings

Immediate effects of Trataka Kriya



Heart Rate	-	↓ Significant Reduction
Respiratory Rate	-	↓ Significant Reduction
SpO_2 Levels	-	↑ Significant Improvement

Indicates a shift toward parasympathetic dominance, reflecting relaxation and reduced stress.

Outcomes & Impact

- Scientifically validated the instant calming effect of Trataka Kriya
- Strengthened the case for integrating Trataka into:
  - Stress management programs
  - Preventive healthcare interventions
- Contributed to evidence-based yoga research
- Established a foundation for future longitudinal and controlled studies

Conclusion

This study represents a successful effort to translate ancient yogic wisdom into modern scientific language. By demonstrating immediate physiological benefits, it reinforces Trataka Kriya as a simple, non-invasive, and cost-effective intervention for stress reduction.

The findings highlight its potential for widespread application—from clinical settings to everyday wellness practices—making yoga more accessible and evidence-driven for the general population.

Status of the Project

The project has been successfully completed and the research paper is published in Ancient Science of Life Journal.

6 Effect of Select Yoga Practices on Clinical, Biochemical, and Quality of Life Outcomes in Patients with Migraine: A Randomized Controlled Trial

PI: Pratibha H. Rajbhoj & Ranjeet S. Bhogal

Background

Migraine is more than just a headache—it is a disabling neurological condition that affects millions worldwide, significantly impairing daily functioning, productivity, and quality of life. Despite advances in pharmacological treatment, many patients continue to struggle with recurring attacks, medication side effects, and incomplete relief. At Kaivalyadhama, clinicians frequently encountered patients seeking sustainable and holistic alternatives to manage migraine. Observations from yoga therapy sessions suggested that practices such as **Pranayama, Shuddhi Kriyas, and meditation** could help reduce stress and improve overall well-being—key factors known to influence migraine. This led to the conception of the present study: to scientifically evaluate whether yoga could serve as an **effective adjunct therapy** alongside standard medical care.

Objectives

To evaluate the effect of selected yoga practices on:

- Migraine-related disability and headache impact
- Headache frequency and intensity
- Perceived stress levels
- Biochemical markers (cortisol, homocysteine, Vitamin B12)
- Overall quality of life in migraine patients

Novelty

- Uses a randomized controlled trial (RCT) design (gold standard in clinical research)
- Integrates clinical, biochemical, and quality-of-life parameters
- Examines holistic outcomes—not just symptom relief
- Includes objective biomarkers (cortisol, homocysteine, Vitamin B12)
- Combines traditional yoga practices with modern medicine

Duration of the study :

- 12-week intervention period
- Yoga practiced 5 days per week
- Assessments conducted at baseline and post-intervention

Methodology & Efforts Undertaken

- **Study Design:** Randomized Controlled Pilot Trial
- **Participants:** 32 migraine patients (20–50 years
- **Groups:**
  - Group I: Standard Care
  - Group II: Standard Care + Yoga

Assessments

- MIDAS (Migraine Disability)
- HIT-6 (Headache Impact)
- VAS (Pain Intensity)
- PSS (Stress)
- SF-36 (Quality of Life)
- Biochemical tests (Cortisol, Homocysteine, Vitamin B12)

Statistical Analysis

- Data analysis performed using R software (version 4.4.2)
- Results expressed as Mean ± SD and frequency (%)
- Paired t-test used for within-group comparisons
- Independent t-test used for between-group comparisons
- $p < 0.05$ considered statistically significant
- Blinding maintained for assessors and statisticians

Key findings

Clinical Outcomes

Significant reduction in:

- Migraine disability ($P = 0.001$)
- Headache impact ($P < 0.0001$)
- Headache frequency ($P < 0.0001$)
- Pain intensity ($P < 0.0001$)

Psychological Outcomes

- Marked reduction in perceived stress ($P < 0.0001$)
- Significant improvement in:
  - Emotional well-being
  - Social functioning
  - Energy levels

Biochemical Outcomes

- Cortisol levels decreased significantly ($P = 0.011$)
- Homocysteine levels reduced ($P = 0.007$)
- Vitamin B12 showed improvement trend

In contrast, the standard care group showed minimal or no improvement.

Impact of Yoga Intervention on Migraine Patients

Headache Frequency	-	↓↓↓ Significant Reduction
Pain Intensity	-	↓↓↓ Significant Reduction
Stress Levels	-	↓↓↓ Significant Reduction
Quality of Life	-	↑↑↑ Significant Improvement
Cortisol Levels	-	↓ Reduced Stress Biomarker

Outcomes & Impact

- Established strong scientific evidence for yoga as an adjunct therapy in migraine
- Demonstrated multi-dimensional benefits:
  - Clinical relief
  - Psychological stability
  - Biochemical regulation
- Highlighted yoga's role in:
  - Breaking the stress–migraine cycle
  - Improving neuroendocrine balance
  - Provided a foundation for larger-scale clinical trials

Conclusion

This study successfully demonstrates that integrating yoga with standard care can significantly improve migraine outcomes—not only by reducing headache severity and frequency but also by enhancing overall well-being. By addressing both mind and body, yoga emerges as a safe, cost-effective, and holistic therapeutic approach, offering hope for long-term migraine management.

Status of the Project

The project has been successfully completed and the research paper is accepted in Sri Ramachandra Journal of Health Sciences.

7

Effect of Classical Kapalabhati Kriya on Total Antioxidant Status and Pulmonary Functions of Healthy Individuals: A Self-As-Control Pilot Study.

PI: Pratibha H. Rajbhoj & Ranjeet S. Bhoga

Background of Study

In rapidly urbanizing environments, increasing exposure to air pollution and oxidative stress poses a serious threat to respiratory health. While modern medicine focuses largely on treatment, there is a growing need for preventive, low-cost, and accessible interventions.

Kapalabhati Kriya, a classical yogic cleansing practice described in traditional texts, is believed to enhance respiratory efficiency and improve internal detoxification. At Kaivalyadhama, practitioners often reported improved breathing capacity and vitality among individuals practicing Kapalabhati.

However, scientific validation—particularly linking pulmonary function with biochemical antioxidant markers—remained limited. This study was therefore designed to scientifically examine these effects using a self-as-control repeated measures design, minimizing inter-individual variability.

Novelty

- Uses a self-as-control design (baseline, control, intervention)
- Simultaneously evaluates respiratory, biochemical, and psychological parameters
- Includes a control period to rule out time-related changes
- Focuses on oxidative stress markers (TAS, ROS, SOD)
- Conducted in individuals exposed to polluted urban environments

Objectives

Primary Objectives

- To assess the effect of Kapalabhati Kriya on total antioxidant status (TAS)
- To evaluate its efficacy on pulmonary functions

Secondary Objectives

- To study the effect of Kapalabhati Kriya effect on Reactive Oxygen Species (ROS)
- To generate evidence for a full-scale research study

Duration of the study

- **Total Duration:** 12 months
- **Intervention Duration:** 40 days (Day 41–80)

Methodology & Efforts Undertaken

- **Study Design:** Self-as-control repeated measures trial
- **Participants:** 48 healthy individuals (25–45 years)
- **Location:** Polluted areas of Nashik

Statistical Analysis

- Paired samples t-test used for comparisons between T0–T1, T1–T2, and T0–T2
- Repeated-measures framework helped assess true intervention effect vs natural variation

Key findings

Control Period (T0–T1)

- No significant changes in most parameters
- Confirms stability and validity of study design

Intervention Effect (T1–T2)

- **Pulmonary Function:** Significant improvement in PEFR ($p < 0.0001$)
- **Antioxidant Status:**
  - TAS ↑ ($p < 0.0001$)

- SOD ↑ ($p < 0.0001$)
- ROS ↓ ($p < 0.0001$)

- **Stress Levels:** PSS ↓ significantly ($p < 0.0001$)
- **Oxygen Saturation:** Improved ($p = 0.005$)

Overall Effect (T0–T2)

- Significant improvement in FEV1 ($p = 0.003$), FVC ($p = 0.007$), PEFR ($p = 0.000$)
- Strong enhancement in antioxidant capacity (TAS, SOD)
- Significant stress reduction (PSS)
- No change in BP (normotensive participants)

Impact of Kapalabhati Kriya

Pulmonary Function	-	↑↑ Improved
Antioxidant Status	-	↑↑ Significant Increase
Oxidative Stress	-	↓↓ Reduced
Stress Levels	-	↓↓ Significant Reduction
Cardiac Efficiency	-	↑ (Pulse Rate Reduced)

Outcomes & Impact

- Demonstrated Kapalabhati as an effective preventive health practice
- Provided evidence for reducing oxidative stress in polluted environments
- Validated improvements in lung function and stress levels
- Established basis for large-scale controlled trials

Conclusion

The study clearly demonstrates that Kapalabhati Kriya significantly enhances antioxidant defense, improves pulmonary function, and reduces stress levels in healthy individuals. As a low-cost, scalable, and non-invasive intervention, it holds strong potential for preventive healthcare—especially for populations exposed to environmental pollutants.

Status of the Project

Manuscript preparation in progress

8

Studies on Effect of Yoga and Relevant Training on Averting Symptoms of Type 2 Diabetes and its Correlation with Gene Expression: A Prospective Randomized Controlled Study.

PI: Dr. Satish D. Pathak, Dr Amol Raut, Mrs Pratibha Rajbhoj Dr. R. S. Bhogal (and team)

Background

Type 2 Diabetes has emerged as one of the most pressing lifestyle disorders globally, with a rapidly increasing number of individuals falling into the prediabetic stage—a critical window where the disease can still be prevented.

While medications play an important role in diabetes management, prevention at the prediabetic stage through lifestyle modification remains a major public health priority. Yoga, as a holistic intervention, has shown promise in improving metabolic health; however, there is limited scientific evidence exploring its molecular-level effects, particularly in relation to gene expression.

This study was conceptualized to address this gap—moving beyond symptom management to understand whether yoga can influence biological pathways at the genetic level, thereby offering deeper insights into its preventive potential

Duration of the study : 3 years

Data collected at:

- Baseline (T0)
- 10 months (T1)
- 20 months (T2)

This was a prospective randomized controlled study conducted over an extended duration, involving structured intervention, follow-up assessments, and comprehensive data collection at multiple time points. The project has now reached its closure phase, with data analysis and reporting to the funding agency completed.





Impact of Yoga Intervention on Migraine Patients

Headache Frequency	-	↓↓↓ Significant Reduction
Pain Intensity	-	↓↓↓ Significant Reduction
Stress Levels	-	↓↓↓ Significant Reduction
Quality of Life	-	↑↑↑ Significant Improvement
Cortisol Levels	-	↓ Reduced Stress Biomarker

Outcomes & Impact

- Established strong scientific evidence for yoga as an adjunct therapy in migraine

- Demonstrated multi-dimensional benefits:
  - Clinical relief
  - Psychological stability
  - Biochemical regulation
- Highlighted yoga's role in:
  - Breaking the stress–migraine cycle
  - Improving neuroendocrine balance

Conclusion

This study successfully demonstrates that integrating yoga with standard care can significantly improve migraine outcomes—not only by reducing headache severity and frequency but also by enhancing overall well-being. By addressing both mind and body, yoga emerges as a safe, cost-effective, and holistic therapeutic approach, offering hope for long-term migraine management.

Status of the Project

The project has been successfully completed and the research paper is accepted in Sri Ramachandra Journal of Health Sciences.

9 Impact of Adjuvant Yoga Therapy on Biopsychosocial Health in Women with Rheumatoid Arthritis: A Randomized Controlled Trial

PI: Renu Jain
Co-investigator: Dr. Meena Ramanathan, Dr. Santosh Pandey

History and background

Rheumatoid Arthritis (RA) is a chronic autoimmune condition that affects not only the joints but also the emotional and psychological well-being of individuals. While medical management has significantly improved outcomes, many patients continue to experience persistent pain, fatigue, stress, and reduced quality of life.

With a growing need for integrative approaches, this study was conceptualized to explore the role of yoga therapy as a supportive intervention alongside standard medical care.

This project builds upon both traditional yogic understanding of health and emerging scientific evidence suggesting the role of mind-body practices in modulating inflammation, stress, and overall well-being.

Novelty

This study offers a structured and integrative approach to yoga therapy in Rheumatoid Arthritis, moving beyond a purely symptom-focused model to include clinical, biochemical, physical, and psychological dimensions of health.

Key distinguishing features include:

- A carefully designed yoga therapy module, co-developed with experts in yoga and rheumatology
- Focus on urban Indian women (20–45 years), a group underrepresented in existing research
- A multidimensional assessment framework covering clinical, biochemical, physical, and psychological outcomes
- A time-efficient, structured 45-minute practice module, designed to be practical and sustainable within daily routines
- Use of an ethically designed waitlisted control group, ensuring all participants receive the intervention
- Emphasis on yoga as an adjunct to standard medical care, not a replacement

By combining a practical intervention format with comprehensive assessment and holistic yogic principles, the study aims to develop a feasible and scalable model of yoga therapy that can be meaningfully integrated into routine care for individuals with RA.

Objectives

- To evaluate the impact of yoga therapy on physical symptoms such as pain, stiffness, and functional ability
- To assess changes in psychological well-being, including stress and emotional health
- To study the effect on biological markers related to inflammation
- To understand the feasibility of integrating yoga therapy into conventional care

Duration of the study

- Total Duration: 3 years
- Current Phase: Pilot study and initiation of recruitment

Efforts Undertaken

- Finalized study design, outcome measures, and yoga therapy protocol
- Prepared all essential study documents including CRF, informed consent, and participant information materials
- Developed support tools such as yoga practice charts and dietary/lifestyle guidelines
- Initiated pilot study planning in alignment with the main RCT

Status of the Project

- Development of a standardized yoga therapy module for RA
- Creation of structured research tools and participant materials
- Establishment of clinical and referral collaborations

Publications

- Verma, A., Vidhate, S., & Shete, S. (2025). The role of yoga in addressing psychosocial challenges among institutionalized orphans: A narrative review. Journal of Ayurveda and Holistic Medicine, 13(5), 117–126. **https://jahm.co.in/index.php/jahm/article/view/1918**
- Verma, A., Vidhate, S., & Shete, S. (2025). The role of yoga in enhancing self-esteem, mental health, and life satisfaction among orphans. Vulnerable Children and Youth Studies, 1–13. **https://www.tandfonline.com/doi/full/10.1080/17450128.2025.2518415**
- Verma, A., Shete, S., & Doddoli, G. (2025). The role of yoga in managing adverse effects of cancer therapies. International Journal on Eternal Wisdom and Contemporary Science, 2(1), 98-105.
- Shete, S., Verma, A., Bhogal, R. S., & Tiwari, S. (2026). Effect of yoga practices on postural stability, fall risk, and psychological wellbeing in older adults. Geriatrics, 11(1), 16. **https://pubmed.ncbi.nlm.nih.gov/41718364/**

- Rajbhoj, P. H., Bhogal, R. S., & Pathak, S. D. (2025). Immediate effect of Trataka Kriya on heart rate, respiratory rate, and SpO_2 as stress correlates in healthy individuals: A single-arm clinical trial. Ancient Science of Life, 39(1), 79–84. **https://doi.org/10.4103/asl.asl_35_24**
- Bhogal, R.S. (2025). An Interview article The Miraculous Effects of Slowing Aging….” Published in a Korean Magazine: The JoongAng Plus, article No. 25412701: (5.04. 2025), featuring

Editorial Article

- Bhogal, R. S. Concept of Paravastha in select traditional yogic treatises: A revisit. Yoga Mimamsa 57(1):p 1-3, Jan–Jun 2025. | DOI: 10.4103/ym.ym_28_25.

Paper accepted for publications

- Kumari Prasoon, Sachin Kumar Sharma, Kumar Gandharva, Anita Verma, Sanjay Shete, Gururaj Doddoli, Acharya Balkrishna, Shirley Telles, (2026). Participant-Reported Benefits and Adverse Outcomes of Yoga and Allied Therapies. International Journal of Yoga Therapy.
- Rajbhoj, P. H., & Bhogal, R. S. (2026). Effect of select yoga practices on clinical, biochemical, and quality of life outcomes in patients with migraine: A randomized controlled trial. Sri Ramachandra Journal of Health Sciences. **https://doi.org/10.25259/SRJHS_6_2026**

Papers in Press

- Verma, A. Shete, S., & Vidhate, S. (2026). Psychological distress and wellbeing in adolescent orphans: A systematic review. Children and Youth Services Review.
- Verma, A. Shete, S. & Vidhate, S. (2026). The Role of Yoga in Modulating Heart Rate Variability among Orphaned Adolescent Girls. Applied Psychophysiology and Biofeedback.
- Verma, A. Shete, S., Katkar, S., & Vidhate, S. (2026). Development and Validation of a Yoga Protocol for Psychological and Physical Well-being of Orphan Girls in Institutional Care: A Feasibility Study. Advances in Integrative Medicine.

Papers under preparation

- Narrative Review article: On an invitation to Dr. Bhogal, R. S., by Journal of European Society of Medicine, U.K., to write an article on, “Significance of Trataka Kriya (Still Gazing) as a Mental Health intervention”. Authors: Bhogal, R. S. & Rajbhoj Pratibha.
- “Neuroplasticity: Recent frontiers in scientific research: A review.” Authors: Bhogal, R. S. Rajbhoj Pratibha & Dixit Rashi
- Effect of Classical Kapalabhati Kriya on Total Antioxidant Status and Pulmonary Functions of Healthy Individuals: A Self-As-Control Pilot Study. Authors: Bhogal, R. S. & Rajbhoj Pratibha.
- Effect of yoga on averting the symptoms of Diabetes type- 2 and its correlation with gene expression among prediabetics: a randomized controlled study. Authors: Rajbhoj Pratibha, Raut Amol, Chavan Yashwant, & Bhogal, R. S.
- Effect of a Yoga Module on Perceived Stress among Prediabetic Individuals: A Randomized Controlled Trial. Authors: Bhogal, R. S., Rajbhoj Pratibha & Raut Amol.

Future projects/articles

- “Immediate Effect of Kriya Yoga on HRV and B.P. in student volunteers of Kaivalyadhama College and KVN Teachers” Investigators: Bhogal, R.S., Rajbhoj Pratibha & Rashi Dixit
- “Effect of Shiva Samhita Dhyana on Muscle Resuscitation in middle aged males & females: A Cross-Sectional study.” Investigators: Bhogal, R. S., Rajbhoj, Pratibha & Rashi Dixit

सेवा Service

Objectives

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

Through

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

Works

- **The Pathology Laboratory:** The Pathology Laboratory continues to serve as a vital component of our healthcare services, providing comprehensive diagnostic support to both inpatients and outpatients throughout the year. The laboratory offers a wide range of essential investigations, including Complete Blood Count (CBC), blood glucose tests, lipid profile, kidney function tests, liver function tests, thyroid function tests, and HbA1c. These investigations play a crucial role in accurate diagnosis, effective treatment planning, and continuous monitoring of patients. Maintaining high standards of quality and reliability remains a core priority of the laboratory. Stringent internal and external quality control measures are consistently followed to ensure the accuracy, precision, and reproducibility of test results. These practices are aligned with established national and international standards, reflecting our commitment to delivering dependable and high-quality diagnostic services. During the reporting period, the laboratory successfully conducted blood investigations for more than 200 individuals, demonstrating both the growing trust of the community and our sustained efforts toward promoting health and well-being.
- **Staff Health Check-up Initiative:** In addition to routine diagnostic services, a comprehensive health check-up program was conducted for all staff members as part of our commitment to employee health and preventive care. The screening included key investigations such as Complete Blood Count (CBC), Fasting Blood Sugar Level (FBSL), Lipid Profile, and Blood Group determination. A total of 182 staff members underwent the health check-up. This initiative enabled early identification of potential health risks and provided valuable insights into the overall health status of the workforce. The program also facilitated timely medical guidance and reinforced awareness regarding the importance of regular health monitoring and preventive healthcare practices among staff members.
- **Physiology Laboratory:** The Physiology Laboratory is well-equipped with state-of-the-art instruments, including the Spirometer and BIOPAC MP160 system, enabling the conduct of detailed and accurate physiological assessments for participants. These advanced tools support a wide range of evaluations, particularly in the domains of cardiovascular and respiratory health. Among the key services offered are Heart Rate Variability (HRV) analysis, which provides valuable insights into autonomic nervous system functioning and stress regulation, and pulmonary function tests that assess lung capacity and efficiency. These assessments play a crucial role in facilitating in-depth case studies and in formulating individualized wellness strategies.

- **SOHAM Workshop Participants Assessment: D**uring the reporting period, the laboratory actively supported research and intervention programs. Pre- and post-assessments were conducted for participants of the SOHAM workshop, which included HRV analysis, spirometry, and administration of the DASS-21 questionnaire to evaluate psychological parameters such as depression, anxiety, and stress. These assessments helped in understanding the impact of the intervention on both physiological and psychological well-being.
- In addition, participants residing on campus for a duration of 15 days underwent comprehensive evaluations at baseline and upon completion of their stay. The parameters assessed included flexibility, hand steadiness, grip strength, and spirometry. This systematic pre–post assessment approach enabled objective evaluation of changes in physical and physiological functioning over the course of the program.

Service to internal academia

- All the staff members engage in academic lectures in Yoga & Mental Health and Psychological perspectives of Health respectively for D.Y.ED., DYT, MA courses of G.S, College of Yoga & Cultural Synthesis.
- They also take occasional talks for CYP, Soham, Cancer Rejuvenation course and visiting groups from time to time.
- SRD senior staff members deliver lectures in CME programs held by Kaivalyadhama.
- SRD staff members conduct lectures and presentations emphasizing the scientific basis of Pranayama and meditation in various workshops being held at Kaivalyadhama.



Information

Objectives

- To publish scientific articles, pamphlets, books etc.

Through

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

Research Talks

- Delivered sessions on “Recent Research in Kaivalyadhama” during CME programs for Senior Medical Doctors, Professors and Yoga teachers.
- Conducted research-oriented presentations during VVIP visits, including:
- Shri Mohan Bhagwat ji (Sarsanghchalak, RSS)
- Swami Sadananda Saraswati (Shankaracharya, Dwarka Sharada Peetham)
- Pratibha Rajbhoj engaged with academic groups such as the Psychology Department, Sir Parashurambhau College, Pune.
- SRD Staff is also actively involved in conducting guided tours, and interactive sessions for various visiting groups, including students, researchers, yoga practitioners, and healthcare centre participants. Presented department history, ongoing research work, laboratory facilities, and scientific findings related to yoga and its therapeutic applications.
- Weekly research-based lectures for health care centre participants.

Awareness

Objectives

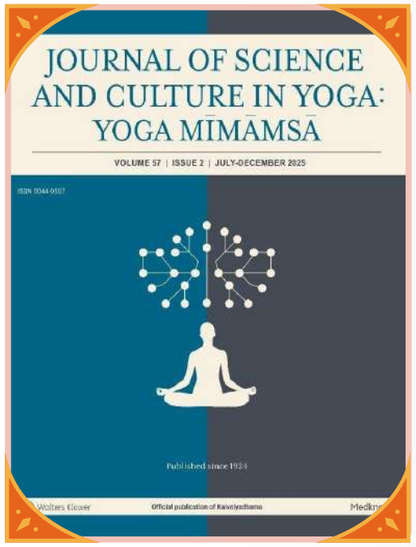
- To create awareness about SRD activities, in particular, and about yoga research, in general.
- To help maintain the Kaivalyadhama legacy of helping people through classical yoga.

Through

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

JOURNAL OF SCIENCE AND CULTURE IN YOGA: YOGA MĪMĀṂSĀ

Dr. R.S. Bhogal, Editor-in-Chief; **Ms. Anita Verma,** Editor; **Mr. Sanjay Shete,** Associate Editor



Formerly published as Yoga Mīmāṃsā (YM), the journal has now been renamed Journal of Science and Culture in Yoga: Yoga Mīmāṃsā (JSCY:YM) to better reflect its expanding scope and interdisciplinary focus.

JSCY:YM is the bi-annual publication of Kaivalyadhama (www.kdham.com) and holds the distinction of being one of the oldest peer-reviewed multidisciplinary research journals in yoga, with a legacy dating back to 1924. The journal publishes high-quality scientific and philosophico-literary research articles in yoga and allied disciplines, contributing to the advancement of evidence-based yoga research.

The journal is indexed with several abstracting partners, including Baidu Scholar, CNKI (China National Knowledge Infrastructure), EBSCO Publishing's Electronic Databases, ExLibris – Primo Central, Google Scholar, HINARI, Infotrieve, National Science Library, ProQuest, and TdNet.

Published volumes:

JANUARY-JUNE 2025 VOL. 57(1)

TYPE OF ARTICLE	NUMBER OF ARTICLES PUBLISHED
Editorial	01
Original Articles	06
Review Articles	01
Case Report	01
TOTAL ARTICLES PUBLISHED	**09**

JULY-DECEMBER 2025 VOL. 57(2)

TYPE OF ARTICLE	NUMBER OF ARTICLES PUBLISHED
Editorial	01
Original Articles	05
Review Articles	03
Case Report	01
TOTAL ARTICLES PUBLISHED	**10**

Upcoming volumes:

Vol. 58 Issue 1

Lectures

Several initiatives were undertaken to disseminate research findings and promote awareness of scientific yoga research among diverse audiences.

Activities under this division focused on creating awareness about yoga, health, and scientific research.

- The staff members facilitated SRD visits and explained the past and present work of SRD to the visitors.
- Presented research activities to visiting groups including BITS Pilani.
- Facilitated educational visits for institutions including Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, and other eminent groups.
- Conducted an experiment on Pranayama workshop participants using Exhalo instrument Exhale Breath Temperature pre- and post-pranayama practice

- Renu Jain is undertaking a study in Mumbai which is creating awareness about the scientific role of yoga as a supportive approach in managing chronic autoimmune conditions like Rheumatoid Arthritis
- Through participant interactions, telephonic screening, and orientation, individuals are being informed about:
    - The role of yoga in overall well-being
    - The importance of integrating lifestyle, mind, and body in chronic disease management
- Planned outreach through social media, WhatsApp groups, and digital platforms is helping disseminate research-based information on yoga and health to a wider community
- The study promotes a scientifically grounded understanding of yoga, clearly positioning it as an adjunct to medical care, thereby reducing misconceptions
- By engaging with patients and the public in Mumbai, the project contributes to taking evidence-based yoga awareness into real-world urban settings.

TraininT

Objectives

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

Through

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

Workshops, Invited Talks and lectures

- Dr Bhogal conducts Yoga Meditation workshops for the Yoga College Students.
- He also conducted Onsite Seven day workshop in Yoga Meditation twice at Kaivalyadhama, Lonavla
- Conducted online workshops in Yoga Meditation twice at Kaivalyadhama.
- Dr. R. S. Bhogal travelled to China in Beijing and Guangzhou for 500 plus participants during June-July 2025 and also 500 plus participants during Oct-Dec. 2025 for Yoga Meditation Programme.
- Delivered an invited talk on Yoga & Mental Health online for Marcos Group in Brazil on Feb.20, 2025.
- Conducted various other Kriya Yoga & meditation workshops at the Kaivalyadhama campus for Soham Program, YIC Program, Cancer Care program, Yoga-maya Police programs.
- Such programs were also conducted for various other groups visiting groups of our affiliates from time to time such as Brazil groups (twice), Aikata & Motoko groups, Helena's Taiwanese groups Megan's Chinese Taiwanese groups, Neda's French Groups.
- Trainings are also undertaken under a Project to assess impact of yoga on Biopsychosocial Health in Women with Rheumatoid Arthritis in Mumbai

The study contributes to training and capacity building by creating opportunities for experiential learning in yoga therapy and research. Through the pilot phase, participants are guided in a structured yoga therapy module along with lifestyle awareness, supporting self-practice and informed health management. The training activities undertaken as part of this work are outlined below:

ACTIVITY	PARTICIPANTS	DURATION	DETAILS
Structured Yoga Therapy Training (as part of pilot study)	Women with RA (study participants)	12 weeks	Guided sessions with emphasis on self-practice, awareness, and lifestyle integration
Informal Training in Research Processes	Yoga students / interns (if applicable)	Ongoing	Exposure to screening methods, documentation (CRF), and participant interaction
Interdisciplinary Learning Interaction	Research team / collaborators	Ongoing	Understanding integration of yoga therapy with clinical care

Health
Care Centre

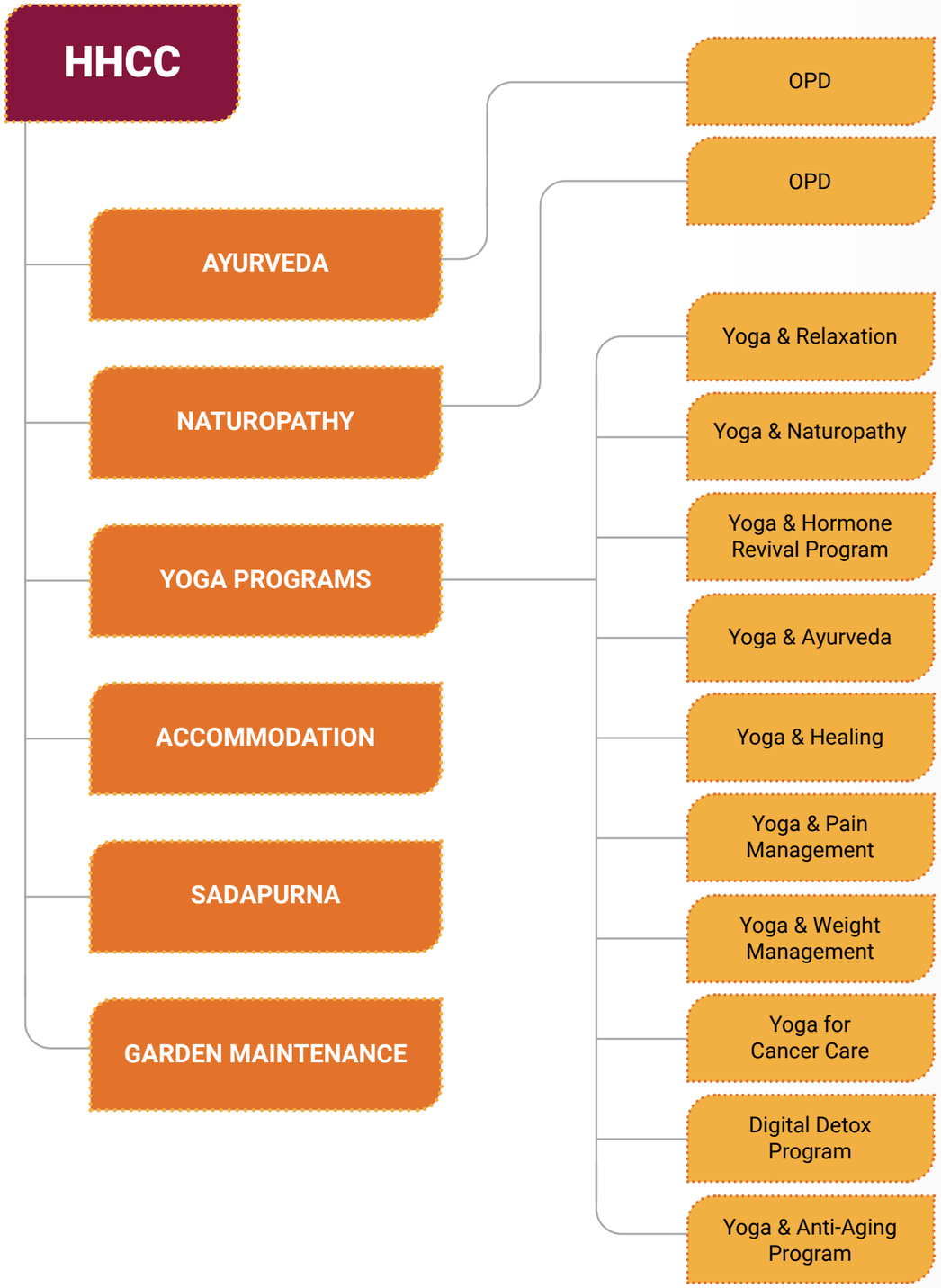








S.A.D.T. Gupta Yogic Hospital And Health Care Centre



WorkसेWa

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

The Healthcare Centre at Kaivalyadhama Yoga Institute, located in Lonavala, continues to serve as an important unit dedicated to holistic health and well-being. Guided by the vision of the institute's founder, Swami Kuvalayananda, the centre integrates traditional Indian systems of healing with modern understanding to promote preventive and restorative healthcare.

Born from the vision of dedicated yoga pioneers—and made possible through the generosity of benefactors like **Shri Amritlal Gupta,** who himself experienced yogic therapy's transformative power—the **Kaivalyadhama Health Care Centre (HHCC) has grown into one of India's first and most respected yogic hospitals.**

At its heart lies Rugna Seva Mandir, a healing sanctuary where **Yoga, Ayurveda, and Naturopathy** converge under the care of qualified medical professionals. Some therapies are validated through our in-house research laboratory, ensuring that every programme offered is not only time-tested but evidence-informed.

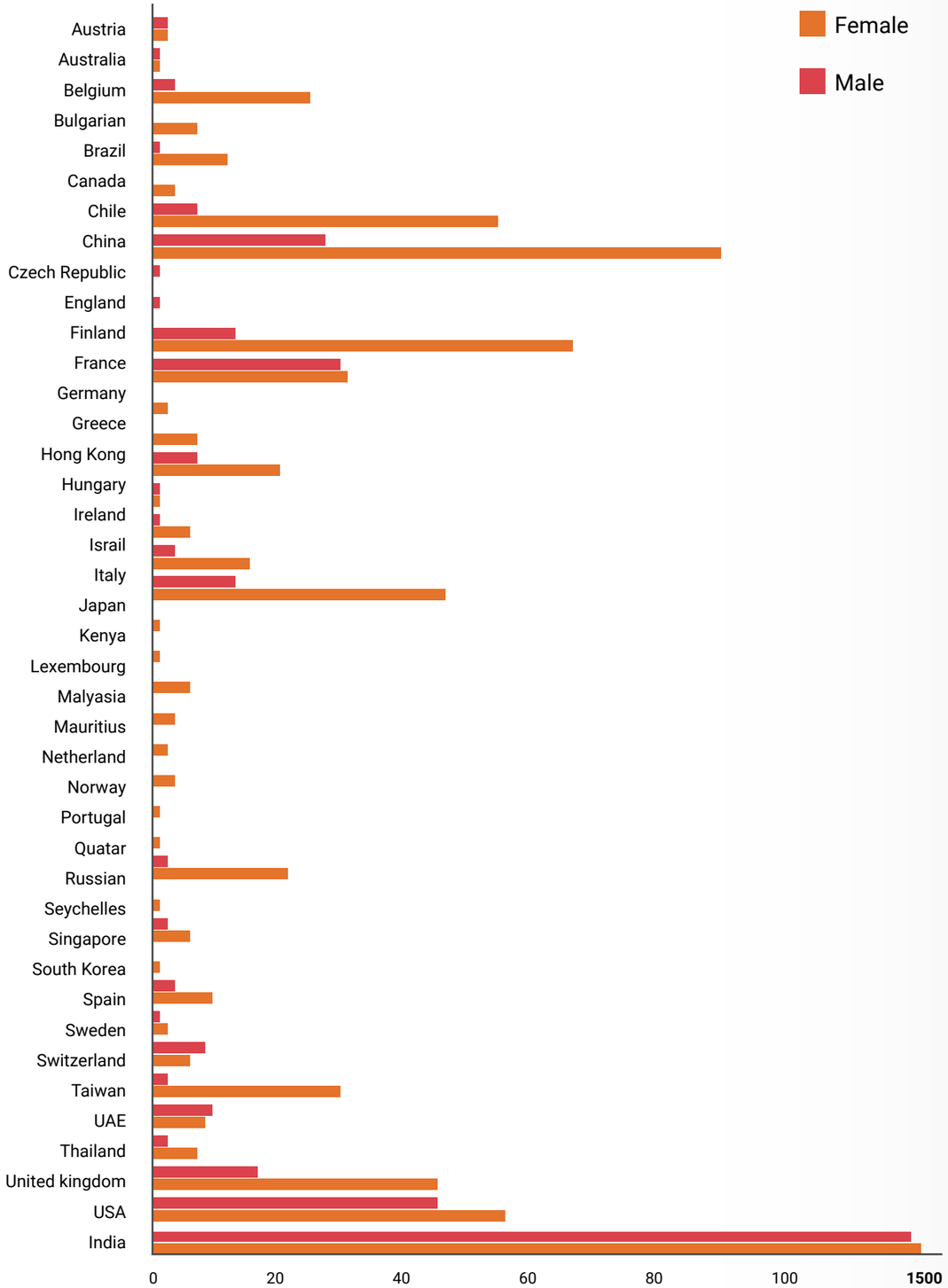
Throughout the year, the centre has welcomed participants from across India and abroad who seek natural and holistic approaches to health. By combining naturopathy, Ayurveda, and supportive yogic practices, the Healthcare Centre continues to uphold the mission of Kaivalyadhama Yoga Institute in promoting integrated and sustainable healthcare for the benefit of society.

With the passing of the years, the awareness has been increased amongst the people regarding their health concerns. The participants are treating these time as their **"Health Vacation".** We have around **80 rooms** with the capacity of **164 participants at a time** with full capacity in a week.

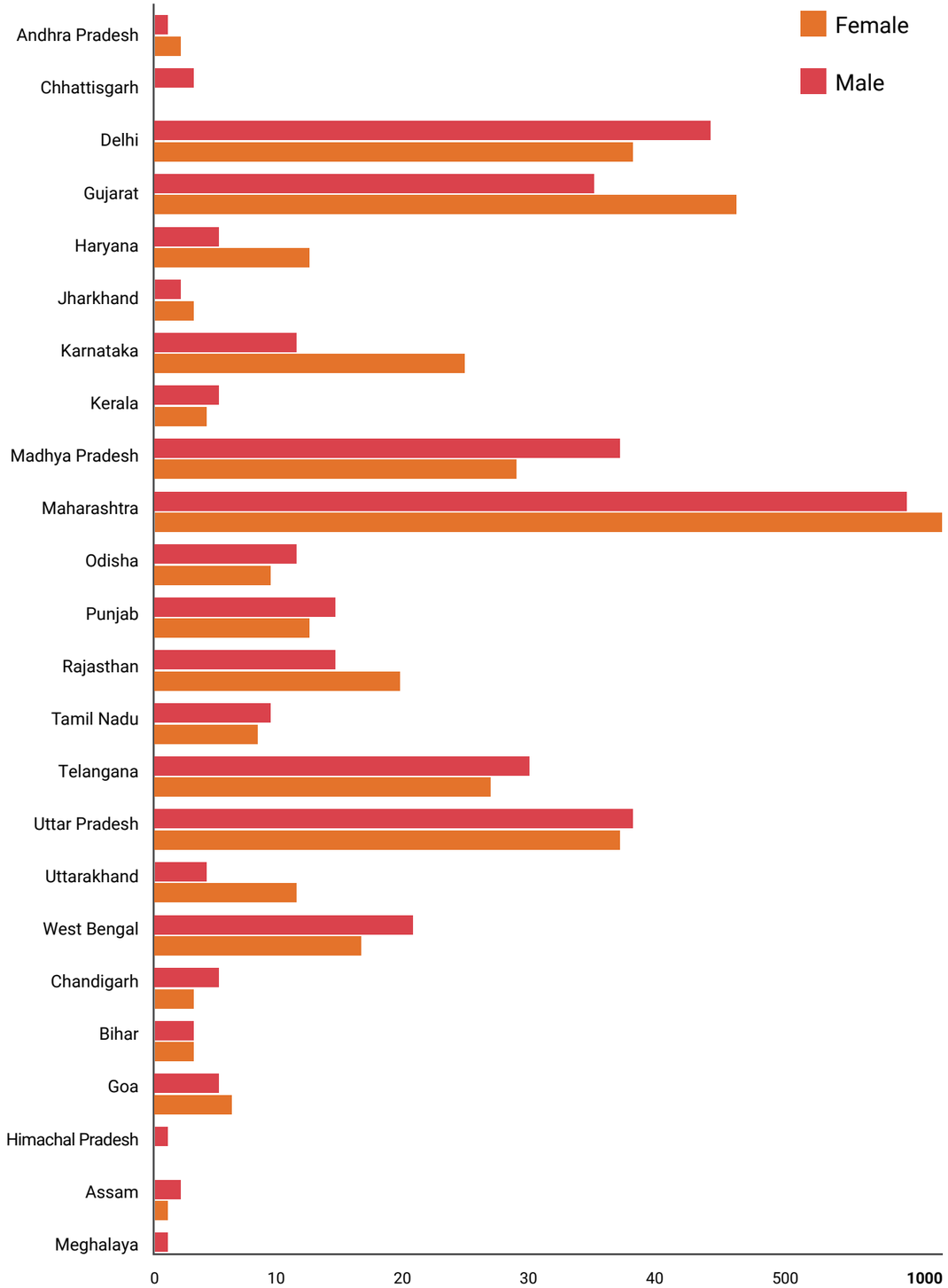


"The Centre blends centuries-old disciplines with rigorous scientific evaluation—offering not a retreat from medicine, but an evolution of it."

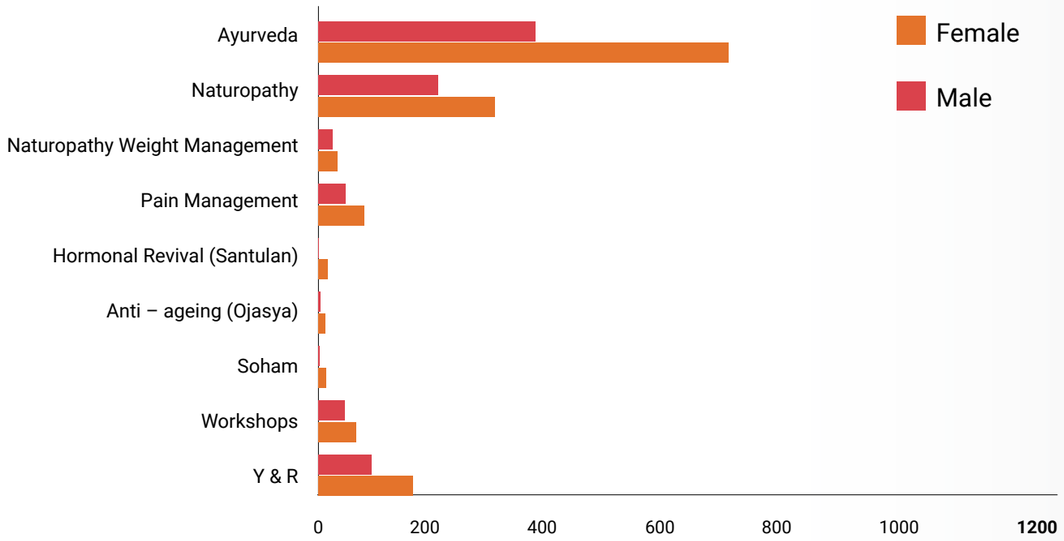
International Participants distribution



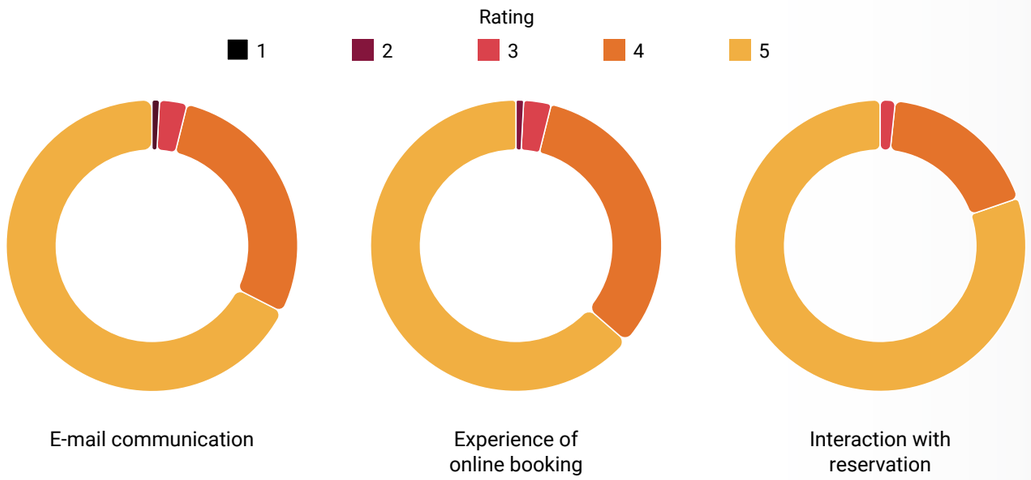
State wise distribution of participants



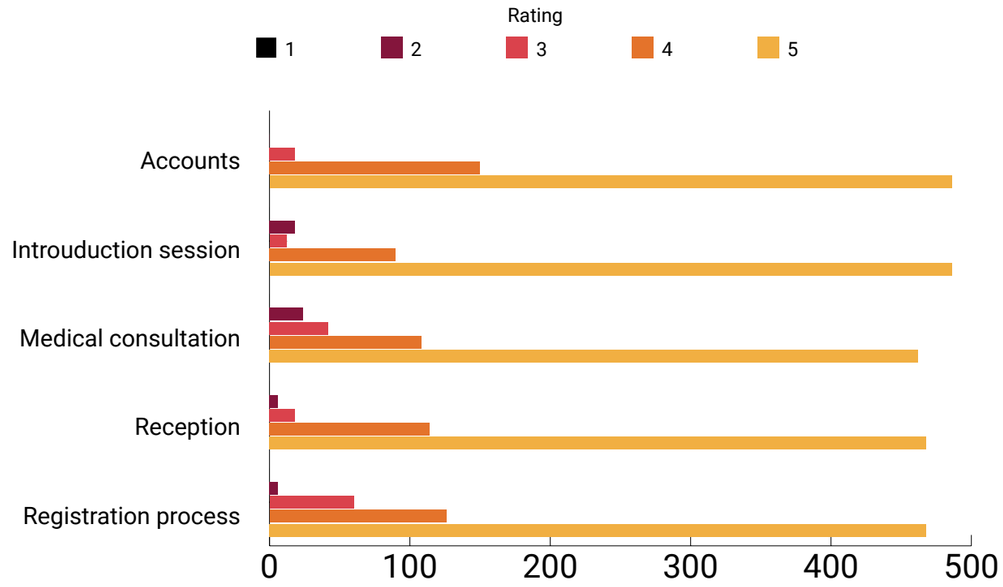
Participant Distribution in prime programs



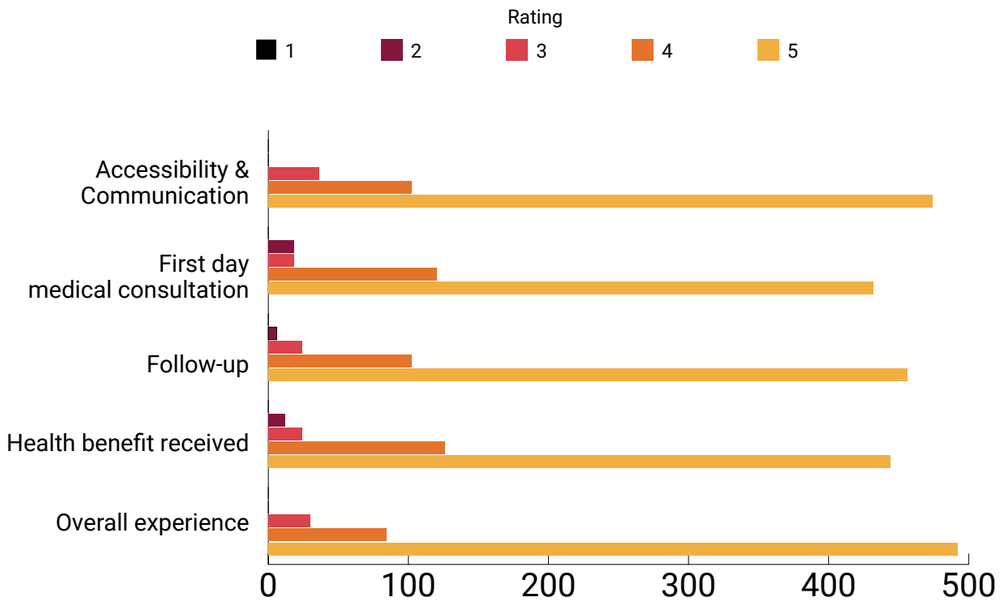
What People have to say about their Reservation experience?



How people feel about their Check-in experience.



Feedback on Doctor Consultation



Our Therapeutic Programmes

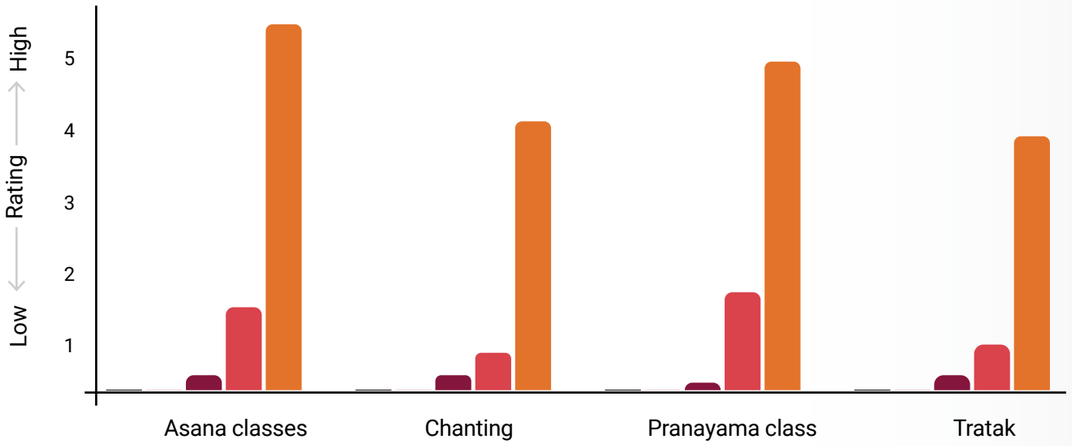
Each programme at Kaivalyadhama is thoughtfully designed as a week or multi-week residential experience, blending classical yogic wisdom with contemporary healthcare. Guests are assessed individually by qualified physicians, who then prescribe bespoke treatment regimens encompassing yoga, diet, and therapeutic modalities tailored to their constitution and condition.

Yoga & Relaxation

In a world increasingly defined by chronic stress, Kaivalyadhama's weekly Yoga and Relaxation programme offers something rare: a deeply structured, scientifically grounded path to genuine restoration. Conducted at the Lonavala campus, the programme begins with personalised assessment and leads participants through a **step-by-step system of asanas, pranayama, kriya, and meditation—supported by in-house pathology diagnostics when required.**

The outcomes are measurable. Participants consistently report reductions in mental fatigue and improved memory, concentration, and sleep quality. Weight management, mood elevation, and relief from chronic back tension are among the most frequently cited benefits. But more than symptomatic relief, the programme equips participants with a re-calibrated daily rhythm—a dinacharya rooted in yogic principles—that stays with them long after departure.

How people find our Yoga sessions?





"Thank you for such a wonderful experience I had over here. All the teachers are so vibrant and so positive seeing them made us calm and positive. Even the support staff was excellent. Had a great time and would always love to come back again."

— Programme Participant

Yoga & Naturopathy

Naturopathy's philosophy is elegant in its simplicity: the body, given the right conditions, knows how to heal itself. HHCC's weekly Yoga and Naturopathy programme builds those conditions systematically—combining drug-free, non-invasive treatments drawn from the five elements of nature with daily yoga sessions to create a comprehensive healing environment.

Each participant receives a customised healing protocol following thorough medical consultation. Therapies span:

- Hydrotherapy — therapeutic use of water through baths, jets, wet packs, and immersion
- Mud Therapy — full-body and targeted applications using healing earth
- Reflexology — pressure-point techniques for nerve stimulation and systemic relief
- Manipulative Massage — including oil, Swedish, aromatherapy, and herbal powder therapies
- Fasting Therapy — supervised juice and soup protocols for toxin elimination and digestive rest

Nutrition is central to the programme. Meals are prepared in alignment with naturopathic principles—fresh, organic, and minimally processed—making lasting change practical rather than aspirational.



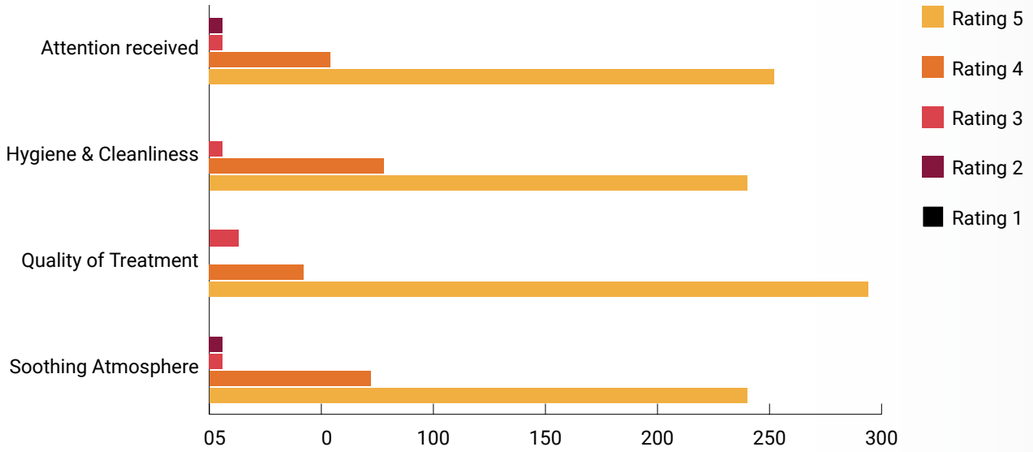




"The detox has helped me come back relaxed and the Yoga has led a different level of self-realisation."

— Programme Participant

Participants' feedback on Naturopathy



Yoga & Ayurveda

Ayurveda views the human body as a dynamic ecosystem—one shaped by doshas, dhatus, and malas—and treats imbalance not as a symptom to suppress, but as a signal to decode. Kaivalyadhama's weekly Yoga and Ayurveda programme begins with a personal consultation by an Ayurvedic physician, who assesses both physical constitution and emotional history before prescribing a tailored Panchakarma protocol.

The Panchakarma journey unfolds in three stages:



Purvakarma (Pre-Treatment) Oleation with medicated oils, special diet, and fomentation to open bodily channels.



Pradhanakarma (Main Treatment) Core purification therapies selected for the individual's constitution and hereditary profile.



Paschatkarma (Post-Treatment) Gradual restoration of digestive rhythms, supported by home remedies and rejuvenating therapies.

Therapies including Abhyanga, Swedan, Shirodhara, Basti, and Nasya are administered using non-toxic, in-house herbal preparations. Conditions effectively addressed include chronic allergies, asthma, arthritis, hormonal imbalances, gastrointestinal disorders, and stress-related conditions.

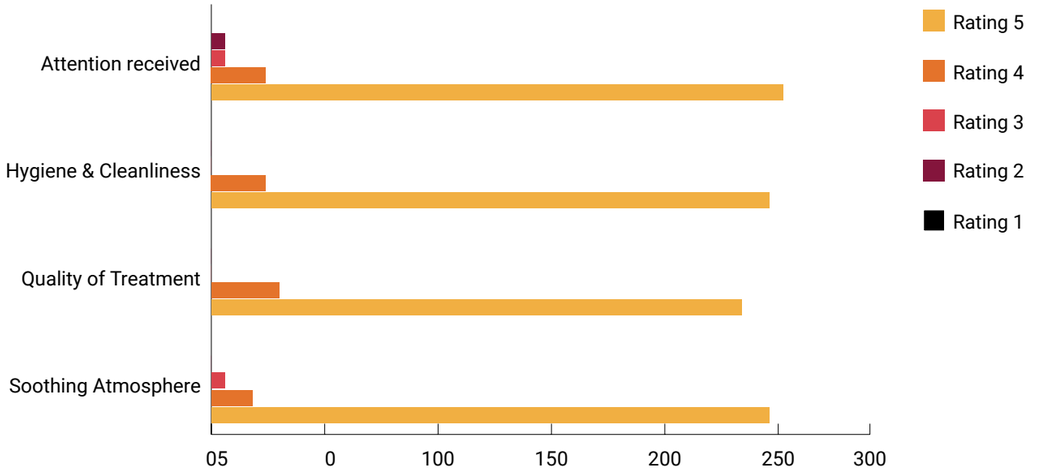
The year 2025–2026 marked significant growth in Ayurveda department. With infrastructural upgrades, increased participation, and strengthened staff support, the departments are well-positioned to meet future demands.

"Good things were noted from my last visits and suggestions given in 2024 like :

1. *Installation of Lift in Healthcare building*
2. *Panchakarma therapists spent appropriate time and less wait time, need of one more dining.*
3. *Plans for expansion on school side. Tapovan is a brilliant idea for meditation and dhyaan."*

— Programme Participant

Participants' feedback on Ayurveda Therapies











Yoga & Pain Management

Pain, at Kaivalyadhama, is understood not merely as a physical symptom, but as the body's appeal for deeper attention. The weekly Yoga and Pain Management programme responds to that appeal with a natural, integrative model—**targeting joint pain, cervical and lumbar spondylitis, disc prolapse, and inflammation through a combination of therapeutic yoga, naturopathic treatments, and dietary modification.**

Rather than masking pain with medication, the programme promotes endorphin release, improves circulation, and accelerates tissue repair through modalities including **full-body massage with steam, mud therapy, hydrotherapy, physiotherapy, acupuncture, and reflexology.** Participants typically experience reduced stiffness, improved mobility, and renewed vitality—gains that extend well beyond the duration of their stay.



"Teachers have deep knowledge with simplicity."

— Programme Participant

Yoga & Weight Management

Kaivalyadhama's Yoga and Weight Management programme is an uncompromising alternative to the quick-fix culture that dominates modern wellness. Offered in two tracks—Naturopathy-based and Ayurveda-based—and available in 2, 4, or 6-week durations, the programme treats weight not as an isolated metric but as an expression of systemic balance.

A. Weight Management with Ayurveda

Kaivalyadhama's Ayurvedic weight management programme begins with a personal consultation, taking into account one's dosha constitution, family history, and specific challenges. Treatments focus on detoxifying the body, improving digestion and blood circulation, and toning muscles.
Recommended therapies include Udwarthanam (herbal powder massage), Abhyanga (oil massage), Swedana (herbal steam), and, when appropriate, full Panchakarma detox protocols. Ayurveda is paired with daily Yoga practice to align physical, mental, and emotional well-being, ensuring results are both effective and enduring.

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

B. Weight Management with Naturopathy

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

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





SOHAM — Yoga & Healing

Chronic illness reshapes a person's sense of self. SOHAM—Self Observation and Awareness for Healing the Mind—is Kaivalyadhama's answer to that challenge: a 14-day immersive programme for individuals navigating long-standing health conditions, chronic anxiety, or depression.

Integrating classical yoga therapy with naturopathy and psychological support, SOHAM addresses both physiological and emotional dimensions of recovery. Participants move through asanas, pranayama, mudras, bandhas, and kriyas, while cultivating psychological resilience through yamas, niyamas, and maitri bhavana. The result is not just symptom management, but a renewed relationship with one's own capacity for healing.



"Starting from Reception to Check out – each and every member was dedicated to their duties."

— Programme Participant

Santulan: Yoga & Hormone Revival

Hormonal imbalances in women often manifest as a web of interlinked challenges: fatigue, mood swings, skin disruptions, irregular cycles, and metabolic shifts. Santulan—Kaivalyadhama's dedicated weekly hormone revival programme—addresses these not in isolation but as expressions of a single systemic disruption, targeting root causes through the synergy of Yoga and Naturopathy.

Therapies include targeted massage with steam, mud and herbal packs, hydrotherapy, acupuncture, acupressure, reflexology, cupping, hot and cold compresses, and Epsom salt applications—accompanied by herbal juices and personalised yoga. Women navigating PCOS, premenstrual stress, menopause, adrenal fatigue, or infertility consistently emerge from Santulan with improved sleep, stabilised moods, and enhanced energy.



Ojasya: Yoga & Anti-Ageing

Ageing is inevitable; premature deterioration is not. Ojasya is Kaivalyadhama's integrative programme for those seeking to age with radiance and vitality through natural, chemical-free means. The weekly programme begins with detoxification—antioxidant-rich massages, mud baths, hydrotherapy, and herbal applications—before transitioning to targeted rejuvenation therapies under naturopathic supervision.

Acupuncture, cupping, reflexology, and daily therapeutic yoga work in concert to improve circulation, digestion, and nervous system balance—with visible results on the skin as a natural consequence. Participants leave with improved hydration, metabolism, and confidence, carrying forward a rejuvenation practice grounded in Kaivalyadhama's century-long tradition.

Kendrit: Digital Detox

Neuroscience now suggests that the brain's response to digital addiction parallels its response to substances like alcohol or gambling. Kendrit—Kaivalyadhama's Digital Detox programme—was developed in recognition of this reality, offering busy individuals a structured, supervised path away from screen dependency and back toward clarity, focus, and emotional equilibrium.

The programme addresses common symptoms of digital overload—difficulty disconnecting, constant anxiety, impaired sleep, and declining cognitive performance—through Naturopathy and Yoga-based interventions. Participants leave not just rested, but equipped with practical tools for managing their digital habits sustainably.

> *My experience to stay in Keshav Kutir room was amazing, was really mesmerizing to stay in serene environment surrounded by mountains and greenery. Very Peaceful. Rooms are also good and spacious.*
>
> — Programme Participant

Anubandha: Yoga for Cancer Care

Healing after cancer requires more than recovering from disease—it demands the reclamation of identity, agency, and hope. Anubandha, Kaivalyadhama's two-week Yoga for Cancer Care programme, is built for individuals who have completed their medical treatments and are ready to rebuild.

The programme integrates scientifically backed asanas and pranayama to restore energy and resilience, naturopathic or Ayurvedic detox to address residual toxicity, and guided meditation to support emotional processing. As one of Kaivalyadhama's facilitators articulates: treat illness as a visitor who came to the wrong address. With this reframing as its north star, Anubandha empowers survivors to step forward—not as patients, but as people.

Open to cancer survivors and individuals who have completed their medical treatments (with a three-month post-treatment gap), Anubandha embodies Kaivalyadhama's enduring commitment to integrative healing.





Guest Journey

Every guest's experience at Kaivalyadhama is designed to be seamless, supportive—from the moment of booking to the day of departure. The process below reflects the Centre's commitment to attentive, compassionate care at every touchpoint.



Advance Booking

Programmes are reserved online or in person. Accommodation and programme type—Ayurveda, Naturopathy, Relaxation, Weight Management, or specialist—are confirmed in advance.

Pre-Arrival Communication

A comprehensive welcome communication is sent before arrival, detailing expectations, packing guidance, and preparation tips.

Arrival & Welcome

Guests arrive on Sunday and are received at the Visitor Centre. Attentive staff ensure comfort while registration is completed at Anand Reception.

Medical Consultation

A medical consultation tailored to the chosen programme is conducted by respective doctor, followed by assessment and classification into Therapy, Basic, or Advanced yoga categories.

Orientation

An evening orientation session on the day of arrival covers the weekly schedule, introduces key staff, and includes a special session with the CEO.

Personalised Programme

The daily schedule integrates Naturopathy or Ayurveda sessions, therapeutic asanas and pranayama, trataka, lectures, chanting, and guided yoga—progressively deepened for those staying beyond one week.

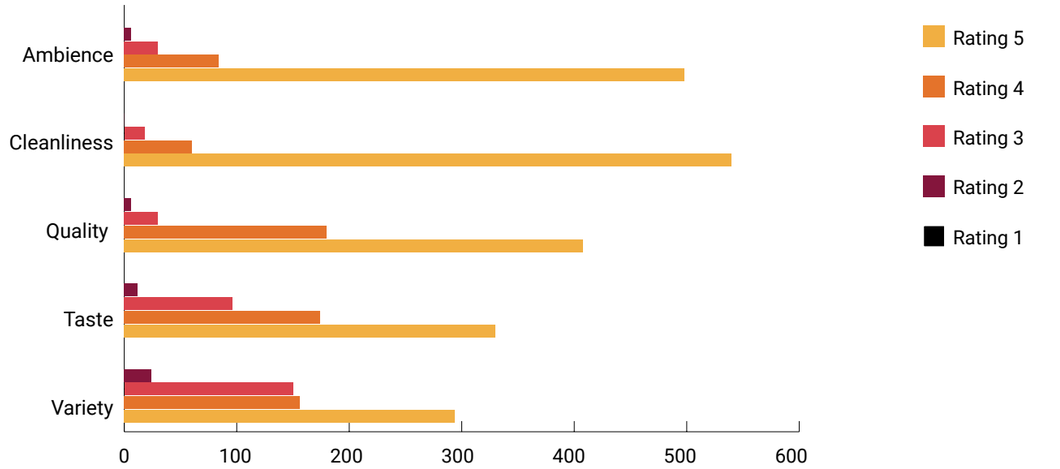
Nourishment as Medicine: Sadapurna & Sampurna

At Kaivalyadhama, food is not an amenity—it is therapy. All meals served at the Centre follow sattvic principles: fresh, nutritious, vegetarian, and designed to be both easily digestible and deeply nourishing. Guests enjoy hot breakfasts, lunches, and dinners, complemented by fresh fruit in the afternoons, Ayurvedic tea, and herbal milk in the mornings and late afternoons.

For guests undergoing Panchakarma or specialist treatment, dietary prescriptions are curated specifically to support their healing protocols. The kitchen is not a support function; it is a clinical department in its own right.

The café Sattva, adjacent to the main library, offers herbal teas, fresh cold pressed juices for resident participants in Naturopathy and Weight Management programmes—providing both nourishment and a community space. The cafe also offers teas and some snacks. It also offers free Wi-Fi with your purchases.

Participants' feedback on dining experience







Campus:

An Environment for Healing

Kaivalyadhama's Lonavala campus is itself a therapeutic instrument. **Verdant gardens** offer pathways for daily nature walks and quiet reflection, while the **Harit Vanam**—a dedicated medicinal plant garden—houses native herbs that serve both Ayurvedic treatments and educational programmes. These plants represent the living backbone of the Centre's commitment to natural healing: many contribute active ingredients to in-house herbal preparations, while others serve as aromatic, culinary, and antioxidant resources. Sacred Grove is the **garden of indigenous plants including a unique seed bank for native flora and fauna.**

Aushadhi Vanam is a Medicinal garden for traditional herbs used in treatments and therapies; and vermi-composting plant.

There are several Asana and Pranayama Halls which hold sessions for different batches of participants. **In house library** is also there in the healthcare Centre. Kaivalyadham strives to generate its own power through windmills and solar panels. Though not completely off-grid yet, plans are on to finally use **sustainable clean energy throughout the campus.**

On-campus facilities include a **well-stocked library, the Hanuman Temple, wellness store, an ATM, car parking, laundry services, and a convenience store**—ensuring that guests can focus entirely on their healing without logistical distraction.











Accommodation

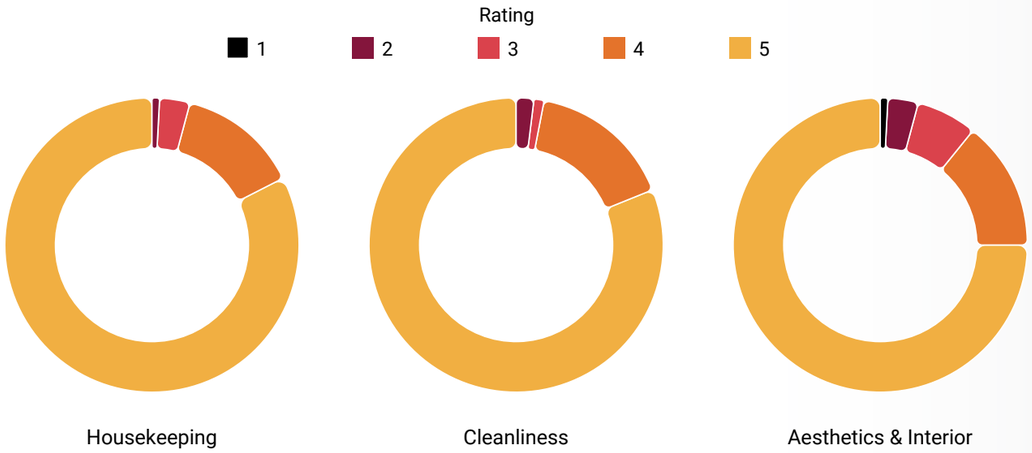
HHCC's accommodation portfolio spans several buildings and cottage clusters, offering 80 rooms with a combined capacity of over 164 guests. All rooms feature clean, comfortable furnishings, attached facilities, and air-conditioning where specified—set within Kaivalyadhama's sprawling, garden-rich campus.

The Anand Rooms—a premium accommodation tier within a dedicated zone featuring its own dining area, asana halls, and treatment rooms. Spacious, tastefully designed, and imbued with a warm spiritual ambiance, the Anand Rooms feature a carefully chosen colour palette, orthopaedic seven-zone memory foam mattresses, and premium linen—delivering the rest that deep healing demands.

Room Inventory

ROOM TYPE	TOTAL ROOM	CAPACITY	TOTAL CAPACITY
HHCC BUILDING			
Common	7	2 in each room	14
Attach Bathroom	12	2 in each room	24
SOHAM BUILDING			
Deluxe Non AC	4	2 in each room	8
Deluxe AC	10	2 in each room	20
Executive AC	5	2 in each room	10
AMRUTA BUILDING			
Deluxe AC	5	2 in each room	10
COTTAGES			
Cottages for 2 AC	1	2 in each room	2
Cottages for 3 AC	2	3 in each room	6
Cottages for 4 AC	1	4 in each room	4
KESHAV KUTIR			
Deluxe AC	4	2 in each room	8
ANAND AREA			
Super Deluxe AC	27	2 in each room	54
Super Deluxe AC Suite	1	2 in each room	2
TOTAL ROOMS	**79**	**TOTAL CAPACITY**	**162+**

What People have to say about accommodation experience



















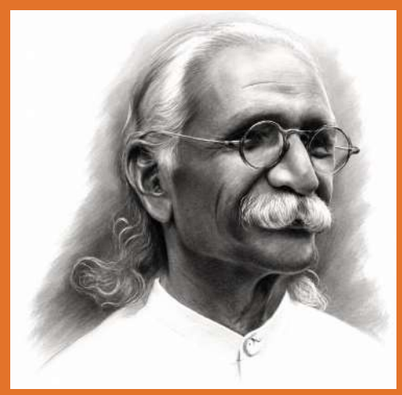




Contribution of funds for Yoga

Swami Kuvalayananda

FOUNDER, Kaivalyadhama Yoga Institute



1883-1966

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

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

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

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

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

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

- Swami Kuvalayananda
27 November 1952

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

EDITOR
Shalini Srivastava

CONTRIBUTORS
Dr. Bandita Satapathy
Mrs Ashwini Mudalgikar
Mr. Sanjay Shete
Mrs. Bhumi Choksi
Mr. Sushil Raisoni

DESIGN
Manisha Prakash

KAIVALYADHAMA®

Where Yoga tradition and Science meet

Swami Kuvalyananda Marg, Lonavala
www.kdham.com | info@kdham.com
T: 02114 - 273001/273039

