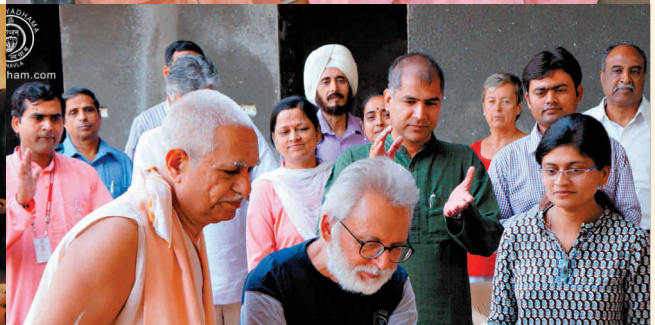
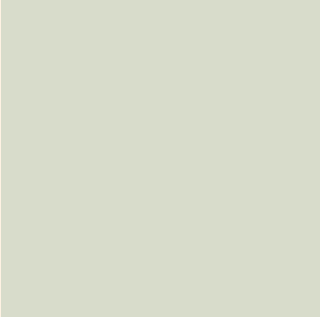


KAIVALYADHAMA

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MESSAGE

The Annual report for 2013 – 14 highlights the work that has been going on in the institution during that year. We are firmly and earnestly following the advice of my guru Swami Kuvalyananda who said “I have brought up this institution out of nothing and if it goes to nothing, I do not mind but yoga should not be diluted.”

Now, coming to our overall work of all our departments, we can proudly state that we are totally satisfied with the achievements of all our departments. There is a lot more to do. A rare manuscript called ‘Kapal Kurantam’, which was supposed to be lost, was found by Kaivalyadhama, and is definitely worth mentioning. It is being examined, and an analysis will shortly be printed in the form of a book.

I am happy to inform you that in last year’s report, we had mentioned a solar plant for electricity; which is now successfully installed with the help of Tata power. We have also installed the biomass plant to generate energy. These achievements are the benchmark for the institute.

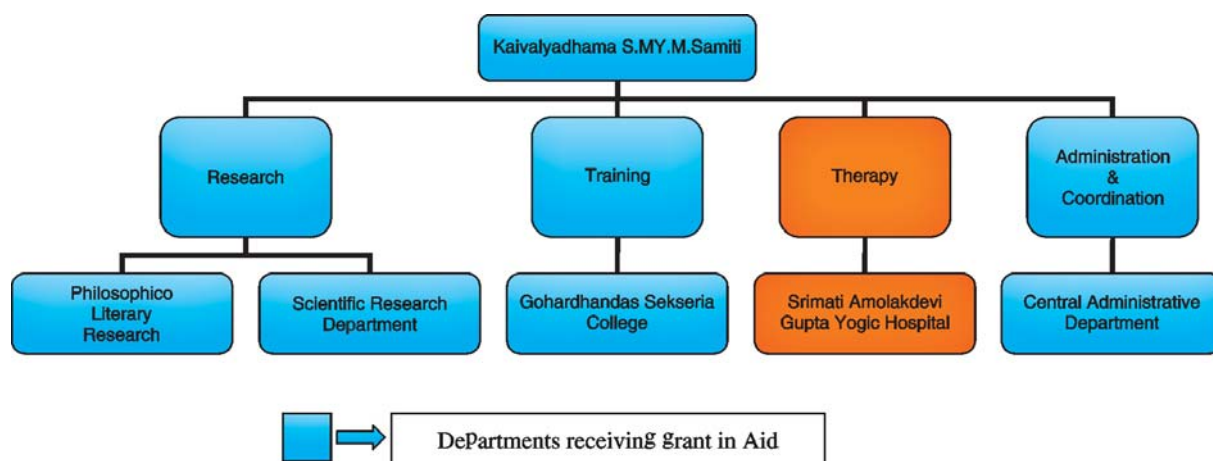
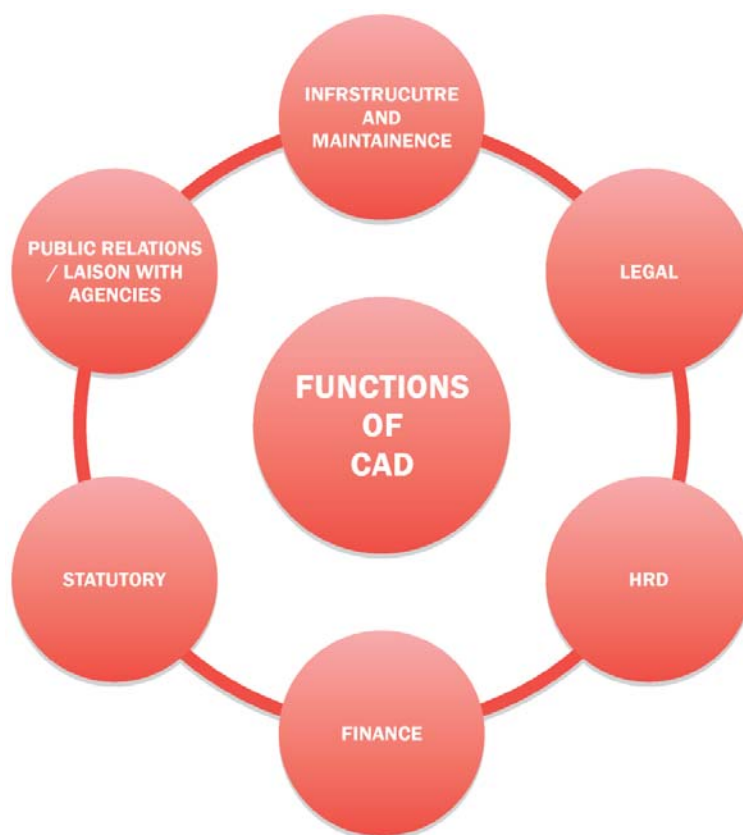
We have been able to go ahead with the work primarily due to the generous support of the Ministry of Human Resource Development, Government of India and Department of Higher and Technical Education, Government of Maharashtra, as well as cooperation from the NCERT. We are also thankful to the members of our advisory board who have been guiding us from time to time.

Our greatest strength is our devoted staff members, who truly believe that they are serving a cause. It is a privilege to work with them, and finally our well wishers and participants who have stood by the institute and have been a source of strength and reason for motivating us to strive hard.

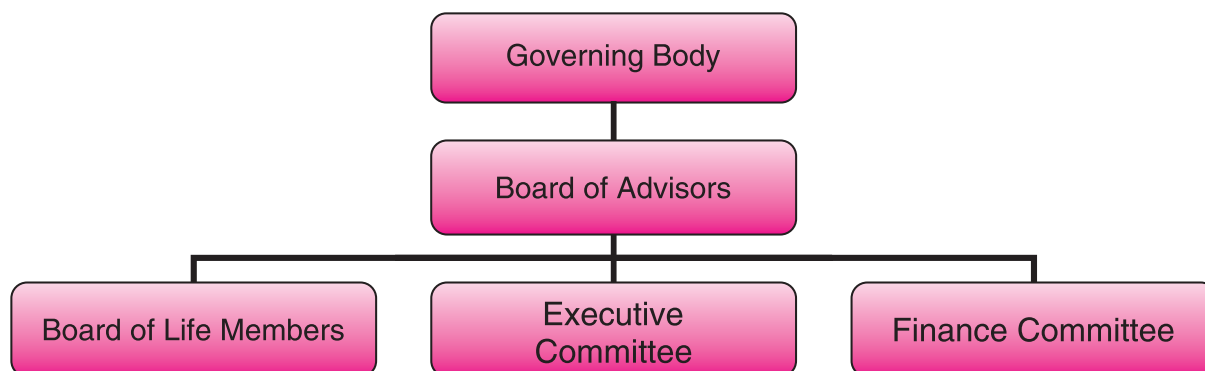
I assure that Kaivalyadhama is and will continue to fulfill the wish of our founder and strive to spread the message of yoga.

- **O. P. Tiwari**
Hon Secretary

CENTRAL ADMINISTRATIVE DEPARTMENT



CENTRAL ADMINISTRATIVE DEPARTMENT



KAIVALYADHAMA SMYM SAMITI, LONAVLA

ADVISORY BOARD MEMBERS

Justice B.N. Shrikrishna (Retd) Chairman	Former Judge Supreme Court of India
Dr. Rajan Welukar	Vice Chancellor, Mumbai University
Shri S.K.Tripathi	Former Education Secretary Government of India
Padmabhushan Dr. P. B. Desai	MS, FRCSE, FACS, Oncologist
Dr. Nelen Shah	Orthopedic Surgeon
Dr. S.D. Palkar	Cardiothoracic Surgeon
Shri B.C. Khatua	Former Secretary (Chairman Forward Market Commission) Government of India
Padamshree Shri P.H. Parekh	Senior Counsel Supreme Court
Dr. G. Ramakrishna	Former Professor National College, Bangalore
Dr. Anand Gokani	Diabetologist
Dr. Shirley Tellis	Director of Research, Patanjali Yogapeeth
Shri M. Narsimhappa, IRD (Rtd)	Former Chief Income Tax Commissioner
Shri Vinay Bansal	Former Commerce Secretary, Government of India

GOVERNING BODY MEMBERS

Swami Maheshananda Chairman	Kaivalyadhama, Lonavla
Director, Ministry of Human	Dept of Sec & Higher
Resource Development	Education, Shastry Bhawan, New Delhi – 110001
Director of Education Higher and Technical Education	Government of Maharashtra, Central Building, Pune – 411001
Chief Accounts Officer	National Council for Education Research and Training, New Delhi
Shri. Kaushik Gupta	2/9, Boat Club Road, Pune – 411001
Shri. K.P. Talwar	47 Munirka Vihar, DDA Flats (SFS), New Delhi – 110067
Managing Trustee	Satyanarayan Mandir, Via Miyagam, Karjan, Malsar (Gujrat)
Smt. B.P. Khetan	198, Churugate, Khetan Bhawan, Reclamation, Jamshedji Tata Road, Mumbai – 0400020
Shri.R.R. Sekseria	Omex Chambers, 1st Floor, Rajashree Shahu Marg, Andheri (East), Mumbai – 400069
Shri. R. K. Dauneria	Kaivalyadhama Yoga Training Centre B-11, Shahpura, Bhopal – 462039
Justice D.R. Dhanuka (Retd.)	Flat -703, Meenakshi Tower, Gokuldharm, Goregaon (East), Mumbai – 400063
Dr. S. K. Ganguly	Kaivalyadhama, Lonavala – 410403
Dr. B. R. Sharma	Kaivalyadhama, Lonavala – 410403
Dr. Subhash Dubey	305, Wheeler Place, Endicott, New York 13760, USA
Shri. Subodh Tiwari	Kaivalyadhama, Lonavala – 410403
Prin. Dinesh Panjwani, Principal	R. D. Arts & Science College, Linking Road, Bandra, (West) Mumbai – 400 050.
Director IFD	Department of Secondary Education, Ministry of HRD, Government of India.
Smt. P. L. Mandke	Omkarchhaya Apts, 293/A, Shaniwar Peth, Pune – 411030
Shri. Omprakash Tiwari	Member Secretary – Kaivalyadhama, Lonavala – 410403

CONSULTANTS

OUR LEGAL CONSULTANTS

- a. **Advocate Shri. Jayant Shaligram** – Pune
- b. **Advocate Smt. Meena Doshi** – Mumbai
- c. **P.H. Parekh & Co** – New Delhi
- d. **Advocate Shri. Nivit Srivastava** – Mumbai

OUR AUDITORS

M/s Dinubhai & Co. Chartered Accountants – Mumbai – External
Shri. Girish Date CA – Internal Auditor

OUR ARCHITECTS

M/s Design Workshop – Lonavla

OUR COMPUTER SYSTEMS MANAGER

M/s Indigenous Systems - Lonavla

OUR WEBMASTER AND MEDIA ADVISOR

Mr.Tuhin Chowdhury

THE TEAM

Shri. Subodh Tiwari – Joint Director of Administration
Smt. Pushpa Mandke – Administrative Officer
Shri. Sharad Sinha – Office Superintendent
Mrs. Ashwini Mudalgikar – Accountant
Mr. Bandu Kute – Assistant Librarian
Mr. Ashok Kumar Saxena – Senior Electrician
Mrs. Malti Shanbag – Senior Office Executive
Mrs. Shraddha Kulkarni – Office Executive
Mr. Ganesh Pathak – Office Executive – Finance
Mr. Ashok Sharma – Office Executive - Infrastructure
Mr. Ravindra Dauneria – Maintenance Supervisor
Mr. Kiran Landge – Supervisor

The year 2013-2014 saw various activities, which were coordinated by the Central Administrative Department. This department functions to coordinate the work between various departments and also to look after the entire administrative work, so that the academic and the research departments can carry on their work optimally. It is also responsible to help initiate new projects and proposals for training, research and provide the required infrastructure.

1	General Body	28/03/14
2	Advisory Board Meeting	15/09/13
3	Governing Body Meeting	9/8/2013
4	Finance Committee	15/10/13
5	Executive Committee	9/11/2013, 13/2/2014
6	Circular Resolution of	06/04/13 15/04/13 20/04/13 30/04/13 28/05/13 28/08/13 11/10/13

INSTITUTIONAL RECOGNITIONS

Sr. No.	Recognition from Agency	Brief about recognition
1	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.12 th Nov.1962.
2	Ministry of Finance Government of India, New Delhi	To receive donation under section 35 (1) 9(ii) from 1979. Govt of India's Notification dt.26.09.1979.
3	Ministry of Home Affairs, Government of India, New Delhi	Permanent Registered under Foreign Contribution Regulation Act.(1976) No.083930295 dt.21.12.1998. To receive donation for promotion of Research Training & Treatment in Yoga.
4	Ministry of Science & Technology, Government of India, New Delhi	Recognition under the Scheme on Scientific and Industrial Research Organizations (SIRO's) 1998. Recognition is up to 31.03.2016.
5	Finance Division, Government of Maharashtra Mumbai	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.3 rd Feb.2004.
6	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.5 th April 2004
7	Navodaya Vidyalaya Samiti, Govt.of Department Secondary & Education, New Delhi	Recognized as 'Kaivalyadhama as India, Yoga Consultant for Navodaya Higher Vidyalayas. Vide letter dt.6 th September 2005
8	University of Pune, Pune	Approved Centre for Post graduate research 14.09.2007
9	Department of AYUSH, Ministry of Health and Family Welfare	Nodal Agency for implementation of the scheme of Swami Vivekananda through MDNIY District Wellness Centers.

CENTRAL ADMINISTRATIVE DEPARTMENT

Sr.No.	Policy	Decisions
1	Service Rules	Prepared on the lines of Govt. of India. Revised and approved in the Meeting of Governing body dt.20.03.2004.
2	Supervisory Committee	Formed by Secretary
3	Policy for preventing harassment towards women employees	Discussed in the Executive Committee meeting held on 21.05.2005 & committee formed.
4	Recruitment Policy	Passed in the Governing Body Meeting held on 19 th December 2008.
5	Rosters	Revised and approved in the meeting of Governing Body dt.19.12.2008
6	Policy Document for staff	Approved in the Executive Committee circulated to staff 19.05.2009
7	Housing Committee	Re-formed by Secretary 05.04.2010.
8	Medi-claim Policy	Approved in the Governing Body Meeting dt.20.09.2010, implemented from Jan.2011.
9	H.R. Manual	Approved in the Executive Committee dt.22.4.2012
10	Accounting Policy	Discussed in the Board of Advisor's meeting on 19.08.2012 approved in the Governing Body 26.10.2012.

SYSTEMS AND PROCESSES IN PLACE

POLICY DECISIONS TAKEN AND IMPLIMENTED: Important policy decisions were taken and implemented in this year

1. **FOUR WHEELER RESTRICTIONS AND HELMET COMPULSION IN CAMPUS:** The institute has developed in harmony with nature. The environment is very peaceful and positively charged; however, the only time it gets disturbed is when vehicles enter. Therefore, it was decided to restrict the entry of four wheelers in the campus. A central parking has been created, which is used for this purpose. Further, to enhance the for the safety of those driving two wheelers, the use of helmet has been made compulsory. There are some ruffled feathers, conversely, in the long term they will undeniably appreciate the positive side of this.
2. **PAPERLESS OFFICE:** Yoga is not only harmony in theory, and consciously efforts are being made to be in harmony with nature also. The institute has adopted a Management information system through which the need for using papers has been minimized or almost eliminated for procedural work. This system has established an official online communication means for the institute. All the notices, discussions and 'to do lists' are posted on this system. Consequently, apart from saving paper, it optimizes the capabilities of performance and makes the system more transparent.



3. **PLASTIC BAN IN THE INSTITUTE:** Polythene bags are the biggest source of environment hazard. The institute decided that it would contribute its bit by restricting the usage of plastic in the campus. Furthermore, all the high-density plastic is gathered at a designated place for recycling. Before implementing the decision, an awareness campaign for the residents, students and staff were initiated through posters, presentations and meetings. This ensured that everyone cooperated in the effort.



4. **CCR DEPUTATIONS:** Yoga teachers have been deputed by the Ministry of External Affairs to Cultural Centre's abroad. The institute has been deputing its selected teachers. However, since such deputations hindered the work of the institute also, it has now been decided that only one yoga teacher will be deputed. This decision makes it a win all situation for both.
5. **POLICY FOR RESEARCHERS TO PRESENT PAPERS:** A policy to sponsor the travel and registration for researches were taken to inspire them to participate in conferences and seminars. This would enable them to meet like-minded people and also augment their own learning process.
6. **FORMING A COMMITTEE FOR THE PROTECTION OF WOMEN EMPLOYEES:** The institute has always believed in having an extremely respectful and conducive environment for women, and not a single case of any form of harassment has been reported. A committee has always been in place to give recourse to our women employees. However after the notification of the Government of India, the committee was reformulated keeping in view the guidelines.

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7. **STAFF WELFARE:** As per the earlier decision, the staff members and the support staff were sent for an outing to the Elephant caves and Mahabaleshwar respectively. Such outing helps them to bond together and take time off.



8. **LOOKING WITHIN:** The institute requested the services of Dr. Aneeta Madhok, Managing Director of Open Spaces consulting firm to do a SWOT analysis. This would give an idea of the strengths and the weakness of the institute and help it grow further. As part of this exercise, the staff members were interviewed and/or were asked to fill in an analytical questionnaire. Most of the work is done and the document will shortly be finalized. The management is very sincere in implementing the suggestions which come out of this report.
9. **WEBSITE AND SOCIAL MEDIA:** The world has shrunk today and availability of information is the key. Keeping this in mind, the institute enhanced its website and made it completely new. It also started a Face book page which now has more than 3000 likes. This helps the dissemination of information much easier and also has a far reaching effect.

INFRASTRUCTURAL DEVELOPMENT : The institute has limited financial resources, since it operates a genuine Non Profit Organization. However following developments took place for the last year

1. **CONSTRUCTIONS OF GIRLS HOSTEL:** With the increase in the number of academic courses in the college, it has been a long-standing requirement to increase the capacity of the girls hostel. A new girls hostel was constructed to accommodate 40 Indian and 20 International students. It is east facing thereby allowing a lot of light and air. Solar water heating systems have also been used and simultaneously, the design ensures the minimum use of artificial light.



2. **CONSTRUCTION OF STAFF QUARTERS:** As the work of the institute is growing, so is the Kaivalyadhama family. The institute decided to start construction of 12 staff quarters. The place of construction is at the foothills, thus giving a beautiful view of the hills.



3. **SOLAR PLANT INSTALLATION:** The institute has always been in forefront to use solar energy. This year, a 69 kWh plant was commissioned with help of Tata Power. This would take care of most of the load of the institute during the daytime. It's a tracking system so the output is optimal.



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4. **BIO MASS INSTALLATION:** As part of another venture to use non-conventional energy, a bio-mass system has been installed. This system will use leaves, barks and biomass for generating power. This will be fed in the main grid.



5. **REPAIRS OF THE PLRD BUILDING:** The building, which housed the Central Library and the PLRD, was constructed in 1945. The institute will ensure that restoration takes place keeping the old structure in the same manner



CENTRAL ADMINISTRATIVE DEPARTMENT

6. **UPKEEP AND ENHANCING THE BAHUAYAMI VASISTHA SABHAGRAHA:** The asana hall was upgraded by installing wooden flooring and better interiors.



COLLABORATIONS

1. **MOU WITH SNT:** Kaivalyadhama, Lonavla signed an MOU with SNT University, Mumbai. Both institutes have collaborated to conduct research activities. The joint venture will include academic collaborations in related subjects.



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2. **MOU WITH VKMI JAMMU:**

Jammu & Kashmir have been disturbed areas and the need to promote Yoga in these states is of utmost importance. A step in this direction was taken when the institute signed an MOU with Vikas Kranti Manch, an organization that began by retired engineers. The aim is to conduct yoga training in schools and prisons, and in future the activities will be enhanced to start certification courses.



3. **MOU WITH RAJ BHAVAN:** The institute entered in a MOU with Raj Bhavan (Governor House) in Mumbai to teach yoga to all the residents and to conduct regular classes in their club. This would ensure a long-term collaboration.

STAFF REPRESENTATIONS

PORTUGAL

Jagat Guru Amrita Suryananda Maharaja, the President of the Yoga Portuguese Confederation & Sankhy Yoga Institute, Portugal invited a representative from Kaivalyadhama, Lonavla as a guest speaker at the grand opening ceremony of World Yoga Day 2013, June 23rd, at Lisboa, Portugal. Shri Subodh Tiwari was deputed for the same. He presented a talk on 'Yoga for Society'.



CENTRAL ADMINISTRATIVE DEPARTMENT

BOSTON :

Subodh Tiwari presented a talk on 'Yoga Therapy in India, Past, Present and Future'. Shri Sudhir Tiwari and Shri Subodh Tiwari, led a very well received afternoon session on 'Authentic Yoga: The Science and Benefits of Classical Yogasanas', at the International Association of Yoga Therapists (IAYT) for the Annual Symposium on Yoga Therapy and Research (SYTAR).



BULGARIA

Dr. B. R. Sharma, Principal, Kaivalyadhama Lonavla, was invited as the main guest speaker at the conference held in Sofia, Bulgaria, organized by the Bulgarian Federation of Yoga. The conference was held on 14th -16th November 2013. He presented three lectures on yogic culture and also conducted a workshop on kriya yoga.



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INDORE

The UGC sponsored a National Seminar on 'Personality Development through Yoga' held on 28th and 29th April 2013. It was organized by Atal Bihari College, Indore. Shri R. S. Bhogal, the head of the Scientific Research Department, was invited to address the gathering, and also for conducting meditation sessions at the seminar. Shri R.S Bhogal, deputed by the institute, spoke about the significance of Scientific and traditional understanding of yoga and meditation. He also conducted practical sessions in meditative practices.



ITALY

Dr. B R Sharma represented Kaivalyadhama, as a Guest of Honour, at the International Yoga Conference on '**Yoga Culture of Tomorrow**', in Florence, Italy held on 26th – 28th April 2013, organized by the Italian Yoga Federation. He presented his Inaugural talk on '**The Foundation of Yogic Culture in the light of Patanjali**'. He took a meditation session and a workshop on **Kriyayoga**, and delivered a talk in the concluding session on '**Yoga Culture of Tomorrow**'.



YOGA KALARI, SINGAPORE

From November 1st – 6th 2013, Kaivalyadhama, Lonavla and Yoga Kalari, Singapore, jointly organized a Teachers Training course in Singapore. Dr Sharad Bhalekar participated as a guest lecturer. He presented a lecture on 'Anatomy and Physiology of yoga practices' and a lecture on 'the therapeutic view of yoga'. He also taught the students pranayama and meditation. A total of nine students participated in the course, and they were informed about the research work carried out on yoga in the Research department at Kaivalyadhama. The students expressed their interest to come to Kaivalyadhama.



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BIHAR SCHOOL OF YOGA

Bihar School of Yoga celebrated its golden jubilee from 23rd to 27th October 2013 through a World Yoga Convention. Shri Subodh Tiwari was invited to present a talk on behalf of the institute.



IYS UJJAIN

Shri. Subodh Tiwari was invited as a Guest Speaker at the International Conference organized by the Ujjain Life Society. The conference discussed the theme 'Scientific, Social and Spiritual awakening with Yoga'. It was held in January 2014. The conference was well organized with good speakers and sincere efforts of the organizer's.



RISHIKESH

Prof R.S Bhogal was deputed to attend the International Yoga Festival, March 1-7, 2014, organized by Parmarth Niketan, Rishikesh, as well as the International Yoga Festival, March 1-7, 2014, organized by the Govt. of Uttarakhand. Shri R.S Bhogal conducted two experiential sessions in Yoga in (i) *Yoga & Mental Health* on 04th March 2014, and the next day on *Pranayama*. On 6th March 2014, he gave a talk on '*Psychological Perspectives of Yoga & Meditation*' at the festival. Furthermore, the television channels and newsmen interviewed him about the classical nature of Yoga. For five consecutive mornings, 06.30a.m. to 08.30a.m., from 02nd March to 06th March 2014, he conducted experiential sessions in Kriya Yoga at the Ganga Resort, Muni ki Reti, Rishikesh, for the International Yoga Festival of the Uttarakhand Govt.



CHENNAI

Dr. S. D. Pathak and Prof. R. S. Bhogal were deputed (March 20-23, 2014) to SSN-Advanced School of Career Education (ASCE), Chennai, for exploring possibilities in yoga research collaboration with Kaivalyadhama. Dr. Albal, the Director, held meetings with ASCE faculty members and arrived at the following research possibilities:

- i. Enhancing *Emotional Maturity* of students from rural TN.
- ii Studies in *Wind-Kessel Effect*, pertaining to classical *Kapalabhati* technique.
- iii. Yoga effects on *Oxidative Stress* in institutional students of SSN.

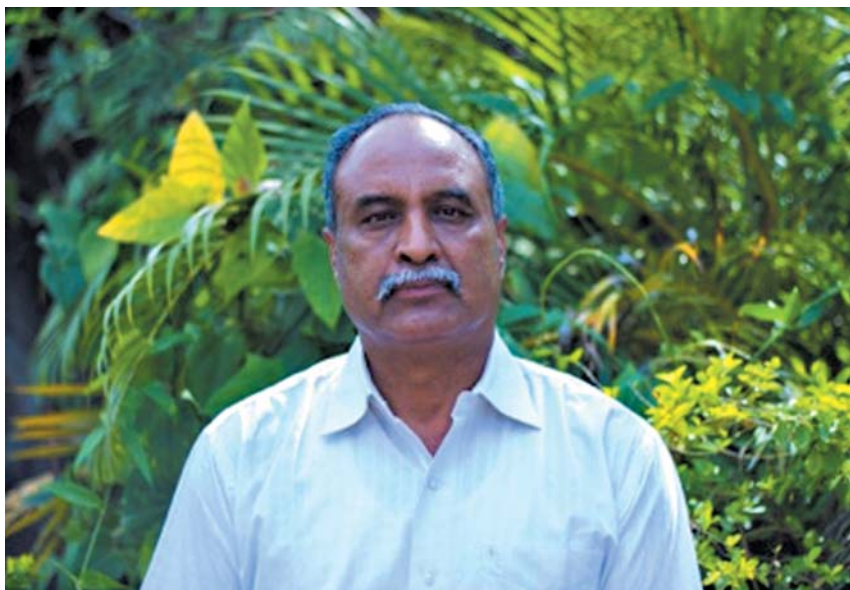
Dr. S. D. Pathak and Prof. Bhogal also gave lantern talks at the HCL Head quarters, Chennai, and also for all the faculty members of SSN, Chennai. Prof. Bhogal also conducted yoga and meditation workshops for students and staff of ASCE for three days in the morning.



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NEW HUMAN RESOURCE

BRIG.. SUHAS DHARAMADHIKARI



EFFORTS TOWARDS PROMOTION OF YOGA AT NATIONAL AND INTERNATIONAL LEVEL

1. **SIGNING WITH CYAI:** Yoga essentially is an art of living and a science of experience. However, in today's time, it is primarily being considered as performance of asanas. It was thought that the old schools of yoga as well as the new schools, which believe in the principles of Patanjali, come together and form an association which can maintain the standards of yoga as it is supposed to be. In such an effort, an entity was registered called 'the Council of Yoga Accreditation – International' and Kaivalyadhama is one of the founding members. Shri.O.P. Tiwari-ji, is the first elected President of this organization.
2. **PARTICIPATION IN IYA:** The Indian Yoga Association was formed with the same view as CYAI, except that it was established under the aegis of the department of AYUSH. Padmavibhushan Yogacharya B.K.S.Iyengar, is the President of this association.
3. **PARTICIPATION AND SUPPORTING WORLD YOGA DAY:** The World Yoga Day has been celebrated in the world on the 21st June. It was an effort of the Confederation of Yoga
4. **EFFORTS TOWARDS FORMATION OF A YOGA COUNCIL AT AN ALL INDIA LEVEL:** Kaivalyadhama has been pursuing with various agencies as to the possibility of formation of a yoga council in lines with the MCI or BAR. In effort towards these directions, the Joint Director met the Secretary AYUSH and has also written to the Ministry of HRD for their support. This is essential to maintain standards of yoga training and teachers.
5. **EFFORTS TO PASS THE LAW ON COUNCIL OF YOGA & NATUROPATHY IN MAHARASHTRA STATE:** A draft bill of Maharashtra Yoga and Naturopathy Council was prepared together with the department of AYUSH Maharashtra Government. This draft has been pending in the Law department for many years. The institute is making an effort to move this file so that at least at the state level, the concept of the council takes off.

CENTRAL ADMINISTRATIVE DEPARTMENT

6. **EFFORTS TO SET UP A COURSE IN THE MUHS:** Maharashtra University of Health Sciences is the University under the state which looks after all the degrees related to medicine and Indian System of Health. It has been an ongoing effort to set up a board of study and propose certain courses under the aegis of this university. After a number of meetings and deliberations, it has been proposed to start a year's course on Fellow in Yoga, and this will be open to all the medical personnel's.



7. **EFFORT TO FORMALISE CME IN YOGA:** Continuing Medical Education is essential for the Medical professionals to continue their licenses. The department of AYUSH had been sanctioning certain courses to various institutions. However the content of this three/six day course was extremely variable, and therefore, it was necessary that there should be some standard format which all the institutes follow. This format should fundamentally be based on scientific research. The institute has been trying to persuade the AYUSH department to formulate this standard program and circulate it as part of the scheme.
8. **EXECUTION OF THE YOGA SCHEME AT NAVODAY VIDYALYA SANGATHAN:** Promotion of Yoga in schools has been one of the major thrust of the institute. Since 2006-07 the institute has been deputing 40 teachers in 20 schools, one female and one male teacher to teach yoga. In these three months the teachers take regular yoga sessions for the students, which gives them direct exposure and they also take yoga sessions for the teachers. Some of the teachers are identified as master trainers. Until now, around seventy thousand students and three thousand teachers have been trained in 180 schools across India.
9. **YOGA FOR SCHOOL TEACHERS OF THE STATE OF MAHARASHTRA:** The state of Maharashtra has been approached to depute their teachers to get trained in yoga at the institute. These orientation training have benefitted the teachers and the students alike. The state government has issued a resolution encouraging the teachers to come and get trained in the institute.
10. **YOGA MODULE FOR THE KENDRIYA VIDYALAY SANGATHAN:** Yoga teachers in the Kendriya Vidyalay Sangathan are deputed to the institute for 21 days for 'in service training'. This would ensure enhancement in their quality. The institute also took the initiative and drafted a module of yoga training for the schools of the KVS. These would make it easy for the teachers to implement yoga practices for the students.

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Honors and Recognitions

Secretary Kaivalyadhama nominated member of the Advisory board of Maharashtra Tourism Department

Joint Director honored with kartavys bhushan award.



CENTRAL ADMINISTRATIVE DEPARTMENT**GROUP VISITS TO KAIVALYADHAMA DURING 2013-14**

S.No.	Name of the Organization	From	To	Persons
1	Nagpur University PG Students (Phy. Edn)	04/01/2013		40
2	Dr. Surekha Agarwal group from Pune	29/06/2013		25
3	Welingkar Institute, Mumbai	26/07/2013	28/7/2013	32
4	SIES College, SION (Philosophy Dept)	26/07/2013		23
5	Yoga Vidya Gurukul, Nashik	29/08/2013		70
6	MES Ayurved College, Lote Ratnagiri Dist	28/09/2013		47
7	Sahu College Yoga Group, Pune	12/07/2013		30
8	DY Patil Ayurved College, Nerul	14/12/2013		45
9	Steam Generation Plant, Mumbai	15/12/2013		43
10	Gersons Group Visit from Brazil	01/06/2014		15
11	MD students from College of Ayur & Research	09/01/2014		07
12	Karnataka University, Dharwad	01/07/2014	01/08/14	20
13	Studies Abroad for Global Education, USA	01/12/2014		12
14	Yoga Sadhana, Pune	13/02/2014		12
15	Sr. Citizens from Pune	15/2/2014		35
16	CCY Students from Mumbai - Kdham	16/2/2014		43
17	Ghantali Mitra Mandal, Thane	16/2/2014		45
18	Yoga Vidya Dham, Narayanpet, Pune	03/01/14		19
19	Lakshya Institute Patiala, Punjab	17/3/2014	23/3/2014	53

KAIVALYADHAMA S.M.Y.M. SAMITI'S
GORDHANDAS SEKSARIA COLLEGE
OF YOGA & CULTURAL SYNTHESIS



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*“Be it any subject a teacher should emphasize
on inculcation of ethical values amongst students,
while planning out the subject matter to be taught”*

Swami Kuvalayanandaji

1. Introduction to the College:

i. Historical Background

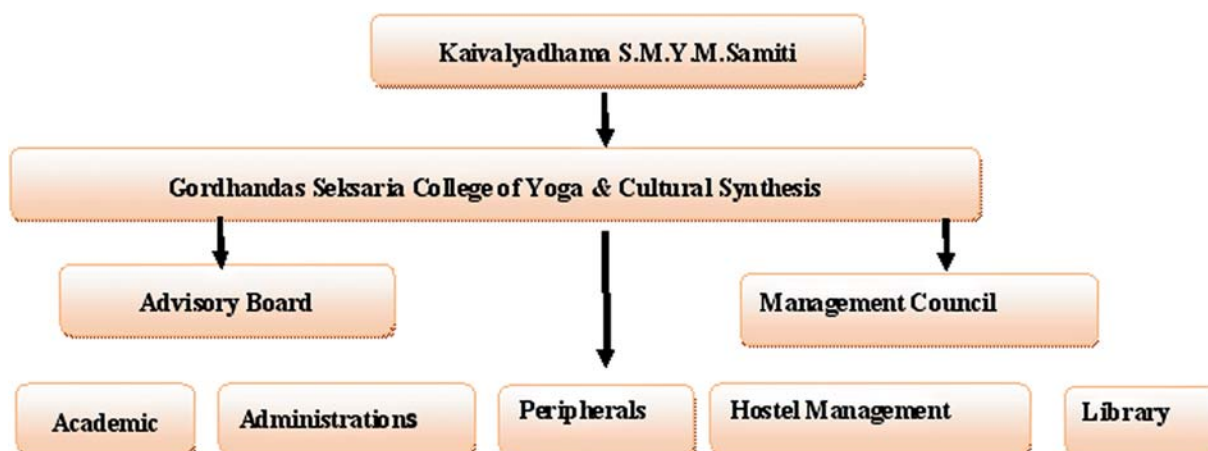
With the aim to prepare well grounded yoga teachers, the first College of Yoga, of its own kind, named GORDHANDAS SEKSARIA College of yoga and cultural SYNTHESIS, was established in October 1950 by late Rev. Swami Kuvalayanandaji under the auspicious name of Kaivalyadhama S.M.Y.M Samiti. However, its formal opening ceremony was performed in April 1951 by late Shri B.G. Kher, the then Chief Minister, Mumbai State. This could become possible only with the generous donation received from Sheth Makhanlal Seksaria in the memory of his father late Shri Gordhandas Seksaria. The first convocation was held in May 1953 when the Hon. Shri Dinakar Rao Desai, the then Minister of Education, Mumbai State, presided and Shri H.V. Divetia, Vice – Chancellor, Gujarat University, delivered the convocational Address. Rev. Swami Kuvalayanandaji was its Founder Principal who started a course of two year duration named ‘Diploma in Yoga Pravishtha’. Since then, the college is continuing his legacy in sending out batches of students every year without any break.

ii. Aims and Objectives

Yoga is not only the foundation of Indian Culture, but also of the different cultures of the world. Keeping this aspect in mind following are the objectives of this college, as reflected in its name -

- To train young, intelligent and educated men and women in the basics of yoga with all its pure and pristine form.
- To acquaint them with prominent features of all cultures so as to enable them to perceive broader horizons of yoga encompassing all world cultures.
- To enable them to discover yogic tenets in their own cultures.
- To get them well grounded in a cultural synthesis so that they may strive not only to lead well integrated life themselves, but also to teach others to attain the same so as to establish brotherhood of man on the face of the earth.

2. Organogram



3. Regular Staff of the College:

- Dr. B. R. Sharma, Principal
- Prof. R.S.Bhogal
- Prof. G.S. Sahay
- Prof. R.K. Bodhe
- Dr. S. Bhalekar
- Mrs. Sandhya Dixit
- Shri Bharat Singh
- Shri C.G. Shinde
- Shri Rajanish Sharma
- Kapil Dalvi (Office Executive)
- Mr. Nitin Sakat (MSW)

Visiting Faculty:

Since 1990, the college has been organizing guest lectures by the visiting faculty. The guest faculty consists of eminent researchers and scholars in the field of yoga and allied disciplines, in order to give our students the best and the latest on the subject.

The following Guest lecturers were arranged for the students and staff during the current year:

1. Swami Anubhavunanda
2. Sadguru Osho Shailendra
3. Dr. Nirmala Tai
4. Shri Dilip Kulkarni
5. Swami Poornamurthy
6. Dr. Ramesh Bijlani, Aurobindo Ashram, Delhi.

4. Report of the Year 2013-14-

At a Glance

Courses and In-service programme conducted during the year (2013-14)

S.N.	Name of The course	Duration	Indians			Foreign Nationals			G	T	Total
			Male	Female	Total	Male	Female	Total	Indian	Foreign Nationals	
1	A.T.T.C. in Yoga	1 Months	02	03	05	01	03	04	05	04	09
2	C.C.Y. (May-June +Jan-Feb 13)	42 Days	23	28	51	01	09	10	51	10	61
3	FCYA	21 Days	05	07	12	01	04	05	12	05	17
4	D.Y.Ed.	9 ½ Months	37	24	61	01	03	04	61	04	65
5	PGDYT	3 Months	03	04	07	-	03	07	07	03	10
6	B.A. (Yoga Philosophy)	Three Years	01	02	03	-	-	-	-	-	03
7	NVS Yoga Training Programme	3 Months	4433	2705			*MT-156				
8	FCTTY	21 Days	02	02	04	04	03	07	04	07	11
9	ZPS (15-24.5.13)	10-Days	03	02	05	-	-	-	-	-	05
10	ZPS (06-15/05/13)	10-Days	06	-	06	-	-	-	-	-	06
11	ZPS (17-26.6.13)	10-Days	04	-	04	-	-	-	-	-	04
11	BMC (22.7 to 11.08.2013)	21 Days	22	12	34	-	-	-	-	-	34
12	C.C.Y. (Jan-Feb -14)	42 Days	13	10	23	8	8	16	23	16	39

*MT- Master Trainers at JNV

4.1 Regular Academic Programms

1. Advanced Teachers' Training Course in Yoga (March to April, 2013)

A discernible Yoga Teacher always wishes to further his individual yoga practice, as well as his communication skills in a yogic teaching learning situation. The entire horizon of advanced and subtler yoga practices is aimed at in the advance teacher's training course, that encompasses a multi disciplinary exposition of yogic theory and practice.



International

COUNTRY	Male	Female	Total
BULGERIYA	1	1	2
THAILAND	*	1	1
USA	*	1	1
Nationals			
MH	1	2	3
DELHI	1	*	1
PUNJAB	*	1	1
	3	6	9

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This one month course was conducted during 15th March to 15th April 2013. A total number of 12 applications were received out of which a total of 09 students enrolled in the course and all the students successfully passed with A+ grade.

2. Certificate Course in Yoga (May-June, 2013)

A six weeks Certificate Course in Yoga is ideal for those who have always wanted to have a basic understanding of Yoga who are unable to take long time off. It covers textual psycho-physiological and practical aspects of yoga, and teaching methods in yoga.

The course routine consisted of regular theory lectures, practical classes and practical teaching sessions with presentations. The course will be assessed by the progress of the students and also the proficiency through exams as well as an ongoing evaluation and also by observing their behavior and conduct.

The six weeks Certificate Course in Yoga was conducted during 02nd May to 14th June 2013, and a total of 66 applications were received for the course. Out of a total of 61 students, who were admitted, 3 left. 58 students appeared for the exam whereby 47 students passed successfully. 32 students passed with a First class and 15 students passed with a Second class.

International				National			
COUNTRY	M	F	Total	State	M	F	Total
FRANCE	1	1	2	MH	8	20	28
EGYPT	*	1	1	ASSAM	*	1	1
ITALY	*	1	1	DELHI	1	2	3
JAPAN	*	1	1	GUJ	3	1	4
KOREA	*	1	1	GOA	1	*	1
SLOVAK	*	1	1	HARYANA	1	*	1
UK	*	1	1	KERALA	1	1	2
USA	*	2	2	MP	2	1	3
TOTAL	1	9	10	RAJ	1	2	3
				UP	4	*	4
				UK	1	*	1
				Total	23	28	51

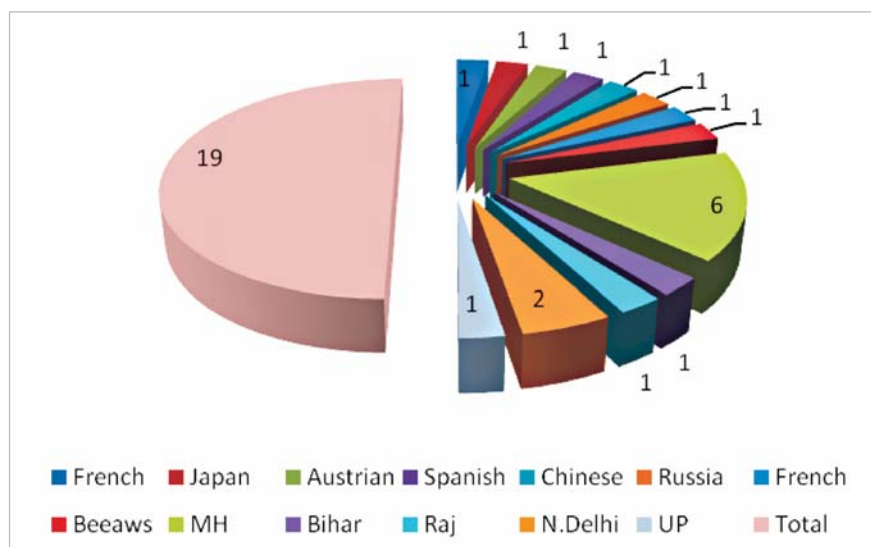


GORDHANDAS SEKSARIA COLLEGE OF YOGA AND CULTURAL SYNTHESIS

3. Foundation Course in Yoga and Ayurveda

(June – July, 2013)

The three weeks Foundation Course in Yoga and Ayurveda was conducted from 15th June to 05th July 2013. A total of 21 applications were received for the F.C.Y.A. course, and 19 students were admitted. All of the 19 students sat the exams and passed. The course routine consisted of regular theory lectures and practical classes. The teachers assessed the students' progress and proficiency through examination and also through ongoing evaluation and observation of their behavior and conduct



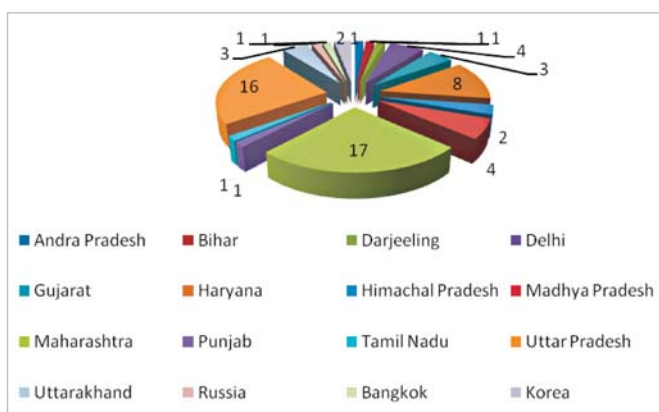
	M	F	Total
French	-	1	1
Japan	-	1	1
Austria	-	1	1
Spain	1	-	1
China	-	1	1
Russia	-	1	1
French	-	1	1
Beeaws	-	1	1
Mh	1	5	6
Bihar	1	-	1
Raj	1	-	1
N.Delhi	2	-	2
UP	1	-	1
Total	7	12	19

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4. Diploma in Yoga Education (July 2013 to April, 2014)

The Diploma in Yoga Education (D.Y.Ed) Course of Gordhandas Seksaria College of Yoga and Cultural Synthesis, for the year 2013-14, commenced from 16th July 2013. Out of a total of 84 applications received, 66 students (41 male and 25 female) were selected for the course on the basis of the prescribed eligibility criteria.

The daily routine consisted of regular theory lectures, practical classes, and practical teaching sessions with lesson presentations. The course was conducted as per a well laid out D. Y. Ed. Syllabus. The progress and proficiency of the students were assessed by the teachers with terminal exams and also via an ongoing evaluation and observation of their behavior and conduct.



D.Y.Ed National Students			
State	Male	Female	Total
Andra Pradesh	*	1	1
Bihar	1	*	1
Darjeeling	*	1	1
Delhi	2	2	4
Gujarat	1	2	3
Haryana	8	*	8
Himachal Pradesh	2	*	2
Madhya Pradesh	2	2	4
Maharashtra	7	10	17
Punjab	1	*	1
Tamil Nadu	1	*	1
Uttar Pradesh	12	4	16
Uttarakhand	3	*	3
Total	40	22	62
International			
Country Name	Male	Female	Total
Russia	1	*	1
Bangkok	*	1	1
Korea	*	2	2
Total	01	03	04

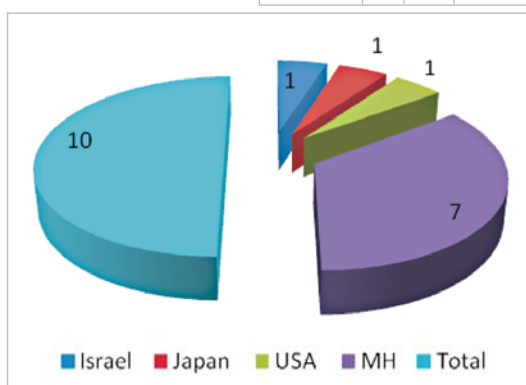
5. P.G. Diploma in Yoga Therapy (August 2013 to July 2015)

This course aims to train science / medical graduates and qualified yoga teachers in clinical / therapeutic aspects of yoga, so that they can become a part of the Yoga Therapy team at hospitals / social and educational institutes. The objectives include promotion of the awareness of 'Positive Health' and 'Yogic Personality Development' in students. Furthermore, to develop and impart skills in the application of yogic practices for restoring and promoting positive health. Etiology of selected diseases is studied with the help of research surveys and clinical observations in the context of basic concepts in yoga, ayurveda, psychology and modern medicine.

GORDHANDAS SEKSARIA COLLEGE OF YOGA AND CULTURAL SYNTHESIS

The Diploma in Yoga Therapy (P.G.D.Y.T) Course of Gordhandas Seksaria College of Yoga and Cultural Synthesis, for the year 2013-15, commenced from 01st August 2013. Out of a total of 10 applications received, 09 students were selected for the course on the basis of the prescribed eligibility criteria. The college routine consisted of regular theory lectures, practical classes and practical teaching sessions with lesson presentation. The course was conducted as per a well laid out P.G.D.Y.T. Syllabus plan.

	M	F	Total
Israel	-	1	1
Japan	-	1	1
USA	-	1	1
MH	3	4	7



6. Bachelor of Arts (Yoga Shastra)

Kaivalyadhama's Gordhandas Seksaria College of Yoga & Cultural Synthesis, Lonavla in MOU with renowned Kavikulaguru Kalidas Sanskrit University Ramtek, Nagpur introduced a 3 years (6-semester) credit based Graduate course in Yoga [B.A. Yoga Shastra]

The curriculum is specifically designed for those who would like to become familiar and/or immersed in a traditional Indian yogic way of life. In-depth studies of traditional yogic Sanskrit scriptures are bridged with practical aspects of yoga and fosters an application of yogic science into a student's everyday life. The aim of the course is to impart basic knowledge about yoga, its basis and applications and also to promote the awareness of positive health, personality development and psycho-spiritual evolution. In addition, to train students to take up Yoga Science as a profession and to prepare them to pursue the higher aspects of Yoga at the post graduate level as well as Research. Three students appeared for the exam in March 2014, and the result of which is awaited.



8. Certificate Course in Yoga (August- October2013)

XIV batch of 3 months part-time certificates course in Yoga (August to October 2013) saw its successful completion. About 48 students (male and female) participated in the course. This course is becoming very popular amongst the students of the University of Pune. A well laid out examination schedule was followed towards the end of the course.



7. Certificate Course in Yoga (January –February, 2014)

The six weeks Certificate Course in Yoga was conducted during 15th January – 25th February 2014.

A total number of 46 applications were received for this course, and out of this 39 enrolled for it. 32 students sat the exam and the result of which is awaited.



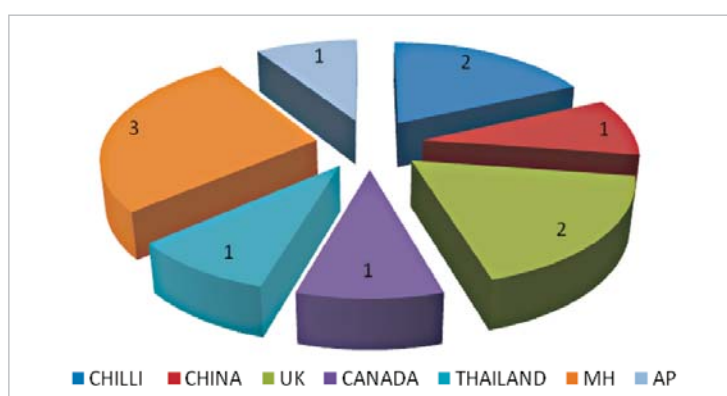
Internationals			
	Male	Female	Total
USA	4	1	5
BRAZIL	1	-	1
GERMAN	1	-	1
BELGIUM	1	-	1
FRANCE	1	-	1
CHINA	-	3	3
JAPAN	-	2	2
POLAND	-	1	1
THAILAND	-	1	1
	8	8	16
Nationals			
	Male	Female	Total
AP	1	1	2
GJ	-	1	1
HP	1	-	1
MH	2	9	11
ND	-	2	2
RJ	1	-	1
UP	3	-	3
Odisha	2	-	2
	10	13	23

8. Foundation Course in Yoga & Traditional Texts (December-2013)

The college has designed this course keeping the following objectives in mind: To acquaint the students with the historic and traditional roots of yoga, its philosophy and applications from traditional yogic texts. To give them a proper exposure of Darshanika (yogic philosophy related) aspects of yoga through the Upanishads and authoritative yogic texts. To prepare the students with the traditional understanding of yoga practices from the different schools of yoga and from Hatha yoga and Patanjala yoga schools. This course was held from 1st December – 21st December 2013, whereby 11 candidates had enrolled. The feedback received, reflects a near total satisfaction of the participants about an over-all conductance and contents of the course.



International			
COUNTRY	Male	Female	Total
CHILLI	1	1	2
CHINA	*	1	1
UK	1	*	1
CANADA	1	*	1
THAILAND	*	1	1
England	1	*	1
National			
MH	1	2	3
AP	1	*	1



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4.2 School Teachers Training Programms Zilla Parishad School Teachers(ZPS) 10-Days In-service Yoga Training Programme for ZPS Teacher

Three batches of 10 days of a 'in-service course for the Maharashtra State Zilla Prathamic Teachers got yoga training on the following date: 15th -24th April 2013, 6th-15th May 2013 and 17th-26th June 2013. Practical sessions of asana, pranayama, bandhas, mudra, meditation and so on were part of the program. Discussion on various aspects of yoga was also scheduled in this programme. The participants are very happy with the contents and conductance of the program.

Programme	Duration	Male	Female	Total
10-Days Course	April 15-24, 2013	03	02	05
10- Days Course	May 6-15, 2013	06	-	06
10- Days Course	June 17-26, 2013	04	-	04



Bombay Municipal Corporation (BMC)

"21-DAYS IN-SERVICE TEACHERS' TRAINING COURSE IN YOGA

"Under 21-Days In-service Yoga Training Programme for the (Bombay Municipal Corporation) BMC Teachers was held from 22nd July – 11th August 2013, under the scheme of Serva Shikah Abhiyana. About 34 teachers (22 male and 12 female) enrolled for the yoga training programme.

This programme included practical sessions of asana, pranayama, bandhas, mudra and meditation. The participants were very happy with the conductance of the programme. It was conducted under the supervision of C.G.SHINDE, Yoga Teacher, Gordhandas Seksaria College of yoga & Cultural Synthesis.



4.3.1 External Training Programms

Jawahar Navodaya Vidyalaya Reorientation Programme (2013-14)

A selection workshop was held for the students to select the candidates to be deputed to various Jawahar Navodaya Vidyalaya. Forty students were deputed to twenty Jawahar Navodaya Vidyalaya Schools.

Objectives

The basic aim of yoga education is to give practical and theoretical knowledge as well as training, to the children of primary, upper primary and secondary level in such a way that they can understand about their health and diseases, as well as have an exposure to value basic learning.



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NAVODAYA VIDYALAYA SAMITI, BATCH XI (July to October –2013)

Sr. No	Region	Address of the JNV	Principal	Yoga Teachers	I*			II*			II*			B/G	Master Trainers
					B	G	T	B	G	T	B	G	T		
1	Chandi-garh (2)	JNV Talwandi Madho, Punjab	Shri O.P. Mudgal	Krishnavir Singh	270	214	484	270	217	487	262	217	479	B-267 G-216	7
2	Bhopal (3)	JNV Sarol, Dist. Chamba, HP	Shri S.N. Biswas	Tayas K.C Gyaneshwari K	288	218	506	288	218	506	288	218	506	B-288 G-218	6
3		JNV Badwara, Dist. Katni, MP	Smt. S.P. Dubey	Purushottam S.P. Ranjana Dhole	292	160	452	292	160	452	292	160	452	B-292 G-160	10
4		JNV Dongargarh, Dist. Rajnandgaon	Shri K.P. Devassia	Vijay Dauneria	250	-	250	250	-	250	250	-	250	B-250	05
5		JNV Konark, Dist. Puri, Odisha -752111	Dr. M.K. Das	Chandan Singh Vaishnavi S. Aswar	120	95	215	120	95	215	120	95	215	B-120 G-95	10
6	Pune (2)	JNV Cancona, Dist. South Goa.	Shri S. Kannan	Surendra Singh Shubhada M.S.	194	180	374	194	179	373	195	181	376	B-194 G-180	6
7		JNV Sametry, Tal. Dahegam,	Shri M.V. Ramana	Ankur Pandey Bharavi Bhagat	290	117	407	284	117	401	290	117	407	B-288 G-117	10
8	Hydera-bad (3)	JNV Pedavangi W.G. Dist	Shri K.V. Ramana	Rajanish Kumar Shruti Verma	300	150	450	100	70	170	100	70	170	B-167 G-97	10
9		JNV Hangal, Karagudari, 494 Dist. Haveri	Smt. G. Valliammai Lalita Barde	Dheeraj Kesharwani	305	189	494	305	189	494	305	189	494	B-305 G-189	4
10		JNV Mayanur . Dist. Trichur, Kerala	Mr. Pankajakshan Kavita Sharma	Shivam Gupta	295	239	534	295	239	534	295	239	534	B-295 G-239	13
11	Patna (3)	JNV Bonga, Post. Bariath, Via Ichak	Mr. Uday Singh Tejaswani Mohod	Dinesh Tripathi	150	90	240	150	90	240	200	130	330	B-167 G-103	10
12		JNV Deoti, Post. Barwe Via Parsa	Dr. R.K. Mishra Sheela Dongre	Anuj Parashar	200	113	314	200	113	314	230	143	373	B-210 G-123	10
13		JNV Station Road, Post : Berhampore	Haji Mohd. A. Ali	Akhilesh Mishra Vacant	201	112	313	201	112	313	201	112	313	B-201 G-112	5
14	Lucknow (3)	JNV Bhogaon, Dist. Mainpur UP	Shri A.K. Srivastav	V.P. Singh Rakhi R. Mohod	195	156	351	297	193	490	336	186	522	B-276 G-178	10
15		JNV Begaur, Dist. Etah	Dr. R.P. Sharma Rinki Sharma	Ajit Mishra	318	200	518	318	200	518	318	200	518	B-318 G-200	10
16		JNV Pipalkoti, Dist. Chamoli,	Shri Muhar Singh Swati Lahane	Anil Prasad	139	69	208	152	72	224	151	74	225	B-147 G-72	13
17	Shillong (2)	JNV Post. Tawang,	Mr. Pradip Panda	Khedkar Sagar Bhagwan	45	80	125	35	65	100	25	45	70	B-35 G-63	5
18		Dist. Tawang JNV Wakching PO: Mon, Dist. Mon,	Shri R.P.Sahoo	Borhade Shinde Rahul Vacant	100	83	183	73	95	168	80	105	185	B-318 G-200	9
19	Jaipur (2)	JNV Pabra, Dist. Hissar, Haryana - 125112	Shri Mahendra Ram	Yashpal Singh Lalit Bushan	42	33	75	110	35	145	110	35	145	B-87 G-34	3
20		JNV Nandla, Nasirabad, Dist. Ajmer	Shri S. Maheshwari	Indra Prakash Priti B. Tayde	336	186	522	144	70	214	144	70	214	B-208 G-109	10

Total No. of students trained Male 4433 + Female 2705 and Teachers 156 (Master Trainers) 4433+2705+156=7294

4.3.2 Yoga Workshop for Police Personnel at PTS Khandala

A yoga workshop was successfully conducted at RPTS Khandala from 1st – 6th April 2013. Around seven hundred police personnel trained under the supervision of C.G.Shinde and Mrs. Jyoti Tiwari.



4.3.3 Yoga Workshop for state level Teacher Training of (Maharashtra State Council Of Education Research & Training)

A five days yoga workshop for the state level educational officers, block officers, principal, lecturers and teachers under the training of Maharashtra State Council Of Education Research & Training, Pune was organized. Around 350 participants attended this workshop. A practical session of asana, pranayama, bandhas, mudra and meditation practices was scheduled in this workshop. The participants are very happy about the conductance of the programme. This Program was conducted under the supervision of our Yoga Teachers - C.G.Shinde and Mrs. Jyoti Tiwari.

4.3.4 Yoga Workshop for Adolescents for the college students

One day Yoga Workshop for the psychosocial challenges faced by adolescents was conducted by C.G. Shinde at V.P.S. College.



A two days Yoga Workshop was conducted by C.G. Shinde for P.G.D.Y.Ed. the students of Dharwad University. Around 30 participants attended the workshop. A practical session of asana, pranayama, bandhas, mudra and meditation practices were scheduled in this workshop.



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5. Enhancement of Infrastructure facilities and Teaching Aids

5.1 Flooring of the Asana Hall

Asana Hall (Vasistha Asana Hall) completed with wooden flooring.

Furniture:

Wooden study desks, cushions and covers (40 numbers) for the class rooms. Mattress and pillows (40 numbers of each) renovated for the new hostel.

Projectors:

LCD Projector (two) and Plasma TV (01) installed in the lecture halls.

Principal Room:

Installed DELL desktop for the Principal's cabin.

Installed desktop (Intex) for the College Office.

6. New Initiatives:

6.1 Master Classes:

The course emphasizes integration of the classical yogic texts with the practice of teaching the 8 limbs of Yoga. Participants will gain a deeper understanding of the impact of yogic practices on the anatomy and physiology of the human body. Students will participate in discussions, lectures and hands on training in order to gain new insights on what it means to be a yoga teacher and to enhance their teaching abilities.

6.2 On Line YIC course (Yoga Instructor Course)

The course is based on original yogic texts. The purpose is to take the students to the authentic realms of yoga.

6.3 Reformation of the Board of Studies (BOS)

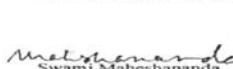
CIRCULAR RESOLUTION

SUBJECT : BOARD OF STUDIES

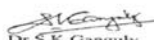
" It is hereby resolved that the board of studies is reformed with members as below :

Paper	Name of the Subject	Chairman	Member	Co-ordinator
I	Anatomy & Physiology of Human Body in the context of Yoga	Dr. Ananda Bhavnani	Dr. S. Bhalekar Dr. Vinita Ketkar Dr. S.D. Pathak Dr. Ulka Natu	Dr. S. Bhalekar
II	Yoga and Mental Health	Shri R. S. Bhogal	Dr. G. N. Rao Dr. (Mrs.) J.P. Oak Dr. Prasida Menon Dr. Devsena Desai	Mrs. Sandhaya Dixit
III	Foundation of PYS& Hatha Yoga	Dr. B.R. Sharma	Dr. M. Penna Shri. G.S. Sahay Shri. R.K. Bodhe Dr. Chaya Rai	Shri. Bharat Singh
V	Yoga & Allied Sciences I. Yoga Therapy ii. Ayurveda iv. Naturopathy	Dr. Ulka Natu	Dr. S. Bhalekar Dr. Supriya Kulkarni Dr. Amirchand Gupta Dr. Guru Raj	Shri Rajanish Sharma
VI	Yoga, Health & Education. • Cultural Synthesis • Value Education • Health, Fitness & Physical Education • Yoga Teaching Methods	Dr. T.K. Bera	Dr. S.R. Mali Shri C.G. Shinde. Shri S. Wankhede Shri R.K. Bodhe	Shri C.G. Shinde
VII	Yoga Practical	Ms. Suchint Sodhi	Mrs. Sandhaya Dixit Shri. Bharat Singh Shri C.G. Shinde Mr. Vivek Tiwari	Shri C.G. Shinde

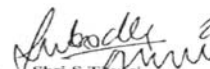
This will be for next three years. It is also clarified that the coordination of BOS will be under the purview of the Principal G.S. College of Yoga & C.S."


Swami Maheshananda
Chairman


Shri O.P. Tiwari
Hon. Secretary


Dr. S.K. Ganguly
Member

Shri Dinesh Panjwani
Member


Shri S. Tiwari
Member

Date:- 06/04/2013

GORDHANDAS SEKSARIA COLLEGE OF YOGA AND CULTURAL SYNTHESIS

On 26th June 2013, at 10.00a.m., the Joint meeting of 'All Boards of Studies of the Institutional Academia' took place at the Scientific Research Department's conference hall, Kaivalyadhama, Lonavla. The following points were discussed:

- To propose changes in the syllabi concerned including a total freedom in suggesting deletions/restructuring/additions in the current syllabi of the different academic courses, both Regular Courses as well as Credit Based Courses run by the institution at its G. S. College of Yoga viz. Diploma in Yoga Education (D. Y. Ed.), P. G. Diploma in Yoga Therapy (P. G. D. Y. T), Certificate in Yoga (C. C. Y.), Advanced Teacher Training Course (A. T. T. C.) and the 21-day courses viz. Yoga & Ayurveda and Traditional Yoga.
- To recommend/suggest study materials such as text books/reference books/DVDs available/procurable for the above courses.
- To recommend/propose the names of suitable persons to be included into the existing panels of paper setters, moderators and examiners for the courses mentioned above, and to be forwarded to our Board of Examinations after being short-listed on merit basis.
- To suggest suitable evaluation and revaluation systems for different courses taking into consideration the nature and objectives of the courses.
- To arrive at some amount of unanimity regarding establishing a feedback system for the purpose of evaluating the extent of fulfillment of the set objectives of different courses.

The suggestions of the BOS were implemented in all the courses.

6.4 Reorganization of Work Matrix

Academic Div.	Administrative	Peripherals Div.	Hostel Management Div.	Library
Board of Studies	Mission and Vision	Promotion Campaign	Hostel Committee	Resource Centre
Examination	Human Resource	Recognition & Affiliation	Accommodation	Research oriented activities
Alumni Association	Organogram	Food Logistics	Code of Conducts	
Mentor Programme	Reporting System	Cultural programmes	Entertainment	
Evaluation & Assessment	Yearly Milestones	Festivals Celebrations		
Syllabus restructuring	Policy	Health Care		
Knowledge Input	Rules and Regulation	Sports		
Annual Souvenir	Yearly Calendar Monthly Schedule Course Preparation Job Description Report writing	Social Work		

7. Scholarships

7.1 “Smt. Bhagwati Devi Baburam Tiwari Scholarship for outstanding students”

“Smt. BHAGWATI DEVI BABURAM TIWARI SCHOLARSHIP” 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. One male and one female each receive Rs. 10,000/- for being selected as the outstanding students every year. In addition, another male and another female student receive Rs. 7500/- each for the runners up position. The following students were awarded the scholarship during this academic year. Merit certificates were also awarded to the scholarship awardees.

- | | | |
|---|-----------------------------|------------------|
| 1. Merit order ONE (Winner): | 1. Mr. Indra Prakash Dahiya | (male student) |
| | ₹ 10,000/- | |
| | 2. Ms. Kavita Sharma | (female student) |
| | ₹ 10,000/- | |
| 2. Merit order TWO (Runners Up): | 1. Mr. Ankur Pandey | (male student) |
| | ₹ 7,500/- | |
| | 2. Ms. Rama Dabadge | (female student) |
| | ₹ 7,500/- | |

7.2 YEF Scholarship in Yoga Education

The Yoga Education Fund came into existence in the year 2007 in the memory of ‘Shri Rameshwar Prasad Nevatia’. The aim was to encourage young men and women to the basics of yoga science, in all its pure and pristine form. Furthermore, they could also pursue their life’s mission in the multiple disciplines of yoga science, or take yogic practices to the common man by involving themselves in their spare time teaching, at the same time as they adopt any other career for their living.

OBJECTIVE:

- (i) To train young men and women in the basics of yoga science in all its pure and pristine form.
- (ii) To acquaint students with the important features of all cultures so as to enable them to perceive broader horizons of yoga, encompassing all world cultures.

According to Swami Kuvalayananda, if understood through the modern scientific approach, yoga would help greatly in the spiritual and material renaissance of the human society. This has been the philosophy behind all academic and social activities of GORDHANDAS SEKSARIA COLLEGE OF YOGA.

2. Yoga Education fund and Scholarship Project

8. Celebration of Kaivalyadhama’s 89th Foundation Day

With a view to pay our homage to Swami Kuvalayanandaji, the visionary Founder of Kaivalyadhama Institution, and also to continue his legacy in the traditional and scientific approach to Yoga for the welfare of society, the 89th Foundation Day was celebrated on October 2013. The guests and invitees were welcomed by Shri Subodh Tiwari. Shri Nitin Gosavi and his team invoked the celestial blessings with chants in praise of Lord Ganesha. Thereafter Ms. Bhavan Jadon mesmerized the stage with her captivating classical dance performance. Ms. Sanika Bam, a young classical singer, cast a devotional spell on the audience with her immaculate bhajan recital. An uproarious skit was performed by our DYEd and DYT students. Yoga formations and a classical group dance performed by our young students were inspiring and admirable.

Justice Dhanukaji, our trustee, presided the function and inspired the audience with his speech

about the significance of yoga practice in our daily life. The chief Guest Shri Sanjay Chanhande, Direto Ganeral of Yashada (Pune) appreciated the significant progress shown by Kaivalyadhama during the recent years. The guest of Honor Dr. Rajan Welukar VC, Mumbai University, and Shri Shrikant Deshpade, Secretary, Govt. of Maharashtra, congratulated the management and the staff of Kaivalyadhama for their continued work towards humanity. Shri O.P. Tiwari affirmed the institution's determination to move on in the service of humanity through authentic yoga. Swami Maheshanandaji blessed the function with his benediction, and Dr. B.R.Sharma thanked the guests and the invitees.



9. Educational Tour

We had a very successful educational trip for the students of Diploma in Yoga Education, Diploma in Yoga Therapy & B.A. Yoga Shastra to Malsar. On 1st December 2013, around 5,30 a.m., after performing a pooja and chanting a prayer, we began our journey. We had visited the Swami Narayan and Saibaba temples at Tital Beach. We reached Malsar in the evening and stayed at the Malsar ashram. On 2nd December, we visited a number of spiritual places and ashrams around Malsar, and enjoyed the nauka vihar in the Narmada river. In the evening, we also participated in a cultural program, performed an arti, sang a bhajan, and enjoyed the bonfire. We also attended a lecture by Swami Jagannathdas Maharaj. On 3rd December, we visited all the places where Swami Madhavdas Maharaj had accustomed. We also visited a lot of the pilgrim places around the Narmada River. In addition, we visited the Sardar Sarovar Narmada Dam Project, the Garudeshar Mandir, the ancient Dattatreya temple, RatPipala, Kabir Vada, and the Swami narayan Mandir, and historical places also. Early morning on 4th December, we left for Ahmedabad, and visited the Vaishno devi temple, the Akshar Dham Mandir, Adalajvav and the Kankaria lake (zoo). We returned to Malsar in the evening and on 5th December we did some karma yoga in the Satyanarayan Mandir.

On 6th December we returned to Lonavla and reached Kaivalyadhama around midnight.



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'Smt. BHAGWATI DEVI BABURAM TIWARI SCHOLORSHIP FOR OUTSTANDING STUDENTS'

10 National & International Yoga Conference Talks/ Workshops/ Camps/ Yoga Programmes by College Staff Members:

Dr. B.R. Sharma

- i. Dr. B.R. Sharma was invited by MDNIY, New Delhi for the Bi-monthly Expert Lecture Series on 12th September, 2013. He delivered his talk on Philosophical Foundation of Yoga in the light of Patanjali.
- ii. He presented a talk at the National Seminar on "Schools of Meditation and Indigenous Therapy Systems" October 15-17, 2013 organized by the Jain Vishwa Bharati, University, Ladnun.
- iii. He organized a two days orientation programme for the in house yoga teachers.
- iv. He gave lectures in Pranayama courses, JNVS programme.
- v. He represented Kaivalyadhama and also gave a talk at the International Seminar 'Yoga: its strength and Weakness' organized by Somaiya College, Vidyavihar, Mumbai.
- vi. He also gave a talk on 'Prespective on Yoga Education' at the National Yoga Seminar (National Yoga Week) organized by MDNIY, New Delhi, on February 15, 2014.
- vii He represented Kaivalyadhama and delivered a talk at the National Conference on 'Suryanamaskar and Yoga Fest' (March 8, 2014) at S.M.Joshi, Kala Krida Sankul, Sinhgad Road, Pune



Dr. Sharad Bhalekar, Lecturer

1. Presents lectures for pranayama courses and also for the JNVS programme.
2. Presented a lecture at the Ram Krishna More College, Akurdi.
3. He was invited to give lectures for the TTC program at Yoga Kalani, Singhapur
4. Worked as a member of BoS (2013-15)
5. Coordinating the DYT course.
6. Presents lectures in all the courses as well as in the hospital for HHCC participants.
7. Presented lectures to various groups and in kriya yoga anusthana

Mrs. Sandhya Dixit, Yoga Teacher

1. She conducted regular practical sessions for P.G.D.Y.T, D.Y.Ed as well as for yoga and ayurveda courses, and also supervised the planning of lessons for D.Y.Ed course.
2. She coordinated the courses on yoga and traditional texts, C.C.Y Jan – Feb 2014 and also the - Board of studies for Mental health (Yoga and Mental Health).
3. She gives lectures in B.M.C courses.
4. Worked as a selection committee member for J.N.V orientation Program 2013 and as an examiner at Pune University.
5. Attended the one week kriya yoga Anushtan At swamiji's kuti.
6. Worked as a mentor in preparing the cultural programmes of the **"89 Foundation Day"**

Shri Bharat Singh, Yoga Teacher

1. He engaged in practical classes: DYEd, ATTC, CCY May – Jun and Jan Feb. 2013-14, traditional yoga, JNV student, DYT, In- service course teacher, INS Shivaji, Municipality Tungarli, Yash pharma group at Hari International Hotel and so on.
2. He gives lectures on 'teaching methods' for CCY Course, BMC.
3. He supervises the planning of lessons for DYED, CCY courses.
4. Lectures: at DYED, CCY, HCC, BMC Teachers, Pune university and so on.
5. Participated in Kriya Yoga January-2014
6. Coordinated: CCY May - Jun 2013 and Pune university group.
7. He is engaged in the preparation of the results of various courses.
8. Worked as a practical examiner for Pune University

Shri. C.G. Shinde, Yoga Teacher

1. Engaged in 'teaching practice in yoga' for C.C.Y students.
2. Engaged in conducting workshops, on deputation by the institute for corporate groups.
3. Supervised the planning of the lessons for teaching for P. G.D.Y.Ed. , C.C.Y. and others yoga courses.
4. Programme coordinator of the advance .TTC (2013), B.A. (Yoga Shastra) and various In-service Short-term courses.
5. Lecture-cum-yoga demonstrations for Dharwad University, GHANTALI MITRA MANDAL (Mumbai).
6. All assigned administrative tasks of the college.

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Mr. Rajanish Sharma, Yoga Teacher

1. Assisted yoga practical sessions for Diploma in Yoga Education, Certificate Course in Yoga, CHM College Students and Brazilian Group and so on.
2. Engaged to supervise the planning of the lessons for D.Y.Ed. course.
3. Administrative cum warden task for the college and ashram mess
4. Coordinate the JNV orientation program and prepared the JNV joining and agreement letter.
5. Conducted yoga classes at the International School of Ambey Valley and also at the INS Shivaji Lonavla for the trainees of the Indian Navy
6. Conducted the theory lecture for D.Y.Ed, Maharashtra Government teachers and different groups
7. Coordinated the D.Y.Ed. course and educational tour (Malsar)
8. Coordinated various groups and Kriya Yoga Anusthana.

Mr. Kapil Dalvi, Office Executive

1. Assisted the Principal in all administrative works.
2. Coordinated the one day re-orientation programme for CCY Pune
3. Assisted coordinators of various courses.

11. Future Plans

The college nurtures a vision to be an autonomous university in Yoga in the distant future, for which our present endeavors are directed in all our earnestness.

Plans to start new Courses-

Bachelor of Education (Yoga) B.Ed.(Yoga) in collaboration with Pune University.

Master's Class for Yoga Teachers: It is essential on our part to make our yoga teachers and also those who are teaching in other institutions, aware about the new development in the field of yoga. The course will include the essential components to maintain the quality of teachers in the field of yoga education with regard to their self development and upgrade their soft and teaching skills.

Weekend Yoga Programs for Corporate & I.T Sectors etc: Stress is a major problem in modern times and modern medical profession has failed to prevent this class of ailments. Therefore, there is need to develop awareness of the yogic way of life in this sector, by organizing yoga workshops.

12. Infrastructural Development Plans.

a. Extension of College Building-

- i. **Lecture Halls & Asana Halls** - At present the College building has the Principal's room along with three rooms for the staff and two lecture halls (one in the college building and the other one near the Maruti temple). We are arranging separate classes for Hindi, as well as, in English and so many other In-services courses. Therefore, in order to run the classes smoothly there is a need for 4 lecture halls with the required amenities such as furniture and so on. Similarly, there is no option but to utilize the PLRD and the Saraswati Halls for practical classes, through the courteous gesture of the management. In fitness of things, the College needs to have its own asana halls equipped with all required amenities both for male and female students

ii. Store Room and Staff Lavatories - The existing College building needs a separate store room and toilets for the staff and guest visitors, apart from a complete renovation of the existing toilets.

iii. Water Filter Equipment - As the existing water filters are do not meet the requirement of a large number of students in the hostels, the only option is to install an industrial water filter equipment in both the male and female hostels.

iv. Projections in class room LCD. At present we have two sets for class projection, as the lecture halls will be increased, in the future accordingly projection in class room facility will also be required.

v. N. Computing in the College building- Different staff members are handling the different courses, if we provide this system to the course In-charge then each course related information can be shared between them.

b. Furniture requirement in Boys' Hostel -

Boys' hostel needs to replace the old writing desks in each room, as the old desks are not up to the mark.

c. Guest House

The college does not have any guest house facility of its own, so whenever either guest faculty members, Enquiry Committee Members, or the parents of students are visiting, the Institute College has no other options but to request the Health Care Centre to arrange their accommodation. At times, this becomes difficult, when rooms in the HCC are not vacant. With this view, the College suggests that in our Boys' Hostel there are 4 attached rooms which can be furnished with all amenities as guests rooms.

Kaivalyadama SMYM Samiti's
PHILOSOPHICO-LITERARY RESEARCH
DEPARTMENT (PLRD) & LIBRARY



ANNUAL REPORT OF THE WORK DONE
Year 2013-14

PHILOSOPHICO LITERARY RESEARCH DEPARTMENT

ANNUAL REPORT OF THE WORK DONE

During the Year 2013- 14

1. Brief history

Kaivalyadhama was established on the auspicious occasion of Vijayadashami in 1924. Since then the illustrious founder of the Institute Swami Kuvalayanandaji, with a handful of followers pursued the scientific, philosophical and literary research with an aim to disseminate the esoteric wisdom of Yoga across the globe. 1944 witnessed the birth of two departments in full fledge – the Scientific Research Department and the Philosophico Literary Research Department under Kaivalyadhama S.M.Y.M. Samiti, Lonavla. Since its inception the PLRD is engaged in continuing the legacy of its founder, Swami Kuvalayanandaji who had the following mission to accomplish:

- o Yogic knowledge hidden in manuscripts (handwritten) form was required to be brought into light.
- o The Yogic literature and the information contained therein can be used as the primary source of various hypotheses for the sake of scientific investigations. Unless we explore this aspect of Yoga through Philosophico- Literary Research, no Scientific Studies can be authentically carried out.

Thus the Scientific Research Department coupled with the Philosophico-Literary Research Department emerged as a gigantic force in the field of research in Yoga.

2. Aims and Objectives

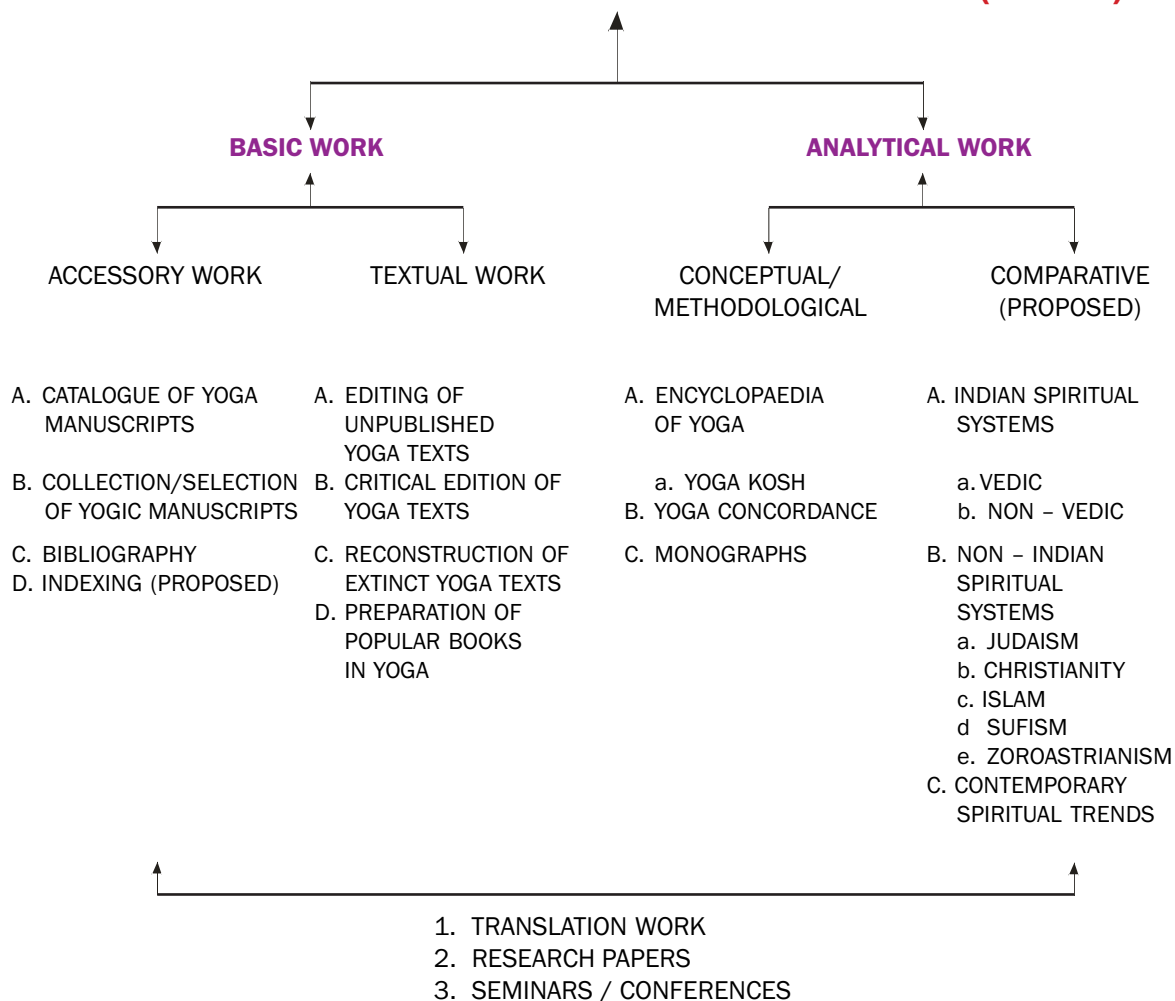
The PLRD department of Kaivalyadhama is engaged in performing fundamental researches with an unflagging zeal to realise the dream of its visionary founder, Swami Kuvalayananda. The primary aims and objectives of the department are as follows:

- i. To expand the horizons of knowledge leading to holistic wisdom.
- ii. To undertake hardcore research in Yoga and allied fields of philosophy, science and literature.
- iii. Decipher the significant texts of Yogashashtra and allied areas written in traditional languages like Sanskrit, Pali, Prakrit and so on, by the way of translation, conceptualization and interpretation of various ideas and concepts.
- iv. Restoring the ancient manuscripts and preserve them for use in research fields.
- iv Study the beneficial effects of yogic practices and promote their awareness through publications.
- v. Scientifically analysing the philosophical concepts of Yogashashtra and apply them in diverse research areas.
- vi. Apply the research output for the wellbeing of the humanity at large.

3. Work matrix/ plan/ chart

The Department has evolved the necessary working matrix- methodology- suitable to theory practice – experience continuum of Yoga which is divided into two broad headings: Basic Work and Analytical Work. Further, each one is divided into two subheadings, thus Basic Work has Accessory and Textual Work as its subheadings, whereas Analytical Work has Conceptual and Comparative Studies as subheadings. The following chart is self-explanatory:-

THE WORK PLAN OF PHILOSOPHICO- LITERARY RESEARCH DEPARTMENT (P.L.R.D.)



4. Organogram

Structure of the department



PHILOSOPHICO-LITERARY RESEARCH DEPARTMENT (PLRD)

The Assistant Director of Research (ADR, PLRD) is directly working under the guidance of the Director of Research. The ADR is responsible for creating proposals for Research projects with the help of the Research Staff of the Department. The responsibility for the execution of the plan and proposal of the work in the department is shouldered by the ADR, and he makes sure that the projects are being completed within the stipulated time in all respects. The plan and proposal is prepared by the ADR as a FIVE YEAR PLAN.

The department is fully equipped with computers (desktop and laptops) and an internet facility has been provided on the table of each staff member. This helped the staff members to access the world of knowledge at their finger tips.

ADVISORY BOARD

The Advisory Board of PLRD comprises of erudite scholars, profound exponents of diverse research areas and a nominee of the Government of India, to look after the feasibility, propriety and relevance of the research proposals. Subsequent to the approval of the Advisory Board, a research project is brought into the action area. However, the Advisory Board looks after the overall quality control of the research activities of the department.

REVIEW COMMITTEE

A **Review Committee** is formed every five year to assess the quantum work performed. The review committee thoroughly assesses the fulfilment of the projects vis-à-vis their commitments recorded in the proposal. The committee also evaluates the quality of the work done and approves the project plan for the next five years.

Staff details

The ADR of the department is supported by the team of staff members in the department.

In the Research Section

1. Research Officers (RO)
2. Research Associates (R.ASSO)
3. Research Assistants (RA)
4. Office assistant (OA)

Present Position of Staff Members in PLRD (as from 1 April, 2013 to 31st March, 2014)

1.	Shri G.S. Sahay	Assistant Director of Research (from March 2013, on contract basis)
2.	Shri R.K. Bodhe	Research Officer (on contract basis)
3.	Dr. Raghavendra Bhat	Research Officer
4.	Dr. Bandita Satpathy	Research Officer (on contract basis)
5.	Shri SVBKV Gupta	Research Associate (From May 13 to October,13)
6.	Shri Rajeshwar Mukhopadhyaya	Research Associate (contract basis) (From Dec. 2013)
7.	Ms. Seema Yadav	Research Assistant (contract basis) (From May, 2013)
8.	Smt. Archana Sinha	Assistant Librarian
9.	Shri Ashok Sharma	Library Assistant
10.	Shri P.H. Raut	Accounts Assistant



Report for the year 2013-14

Plans and Proposals for the Financial Year 2013-14

I. Continuing Projects:

- A.** Critical edition of Shivasvarodaya.
- B.** Critical edition of Siddhasiddhantapaddhati.
- C.** Translation work-Hindi translation of Goraksha Shatakam.

II. New Projects:

- A.** Study of Un-published Yoga Manuscripts.
- B.** Study of the individual concepts and practices based from Patanjali's Yoga Sutra and Hatha Yoga.

III. Research Articles.

IV. Teaching work.

V. Yoga Mimamsa work.

VI. Project in the Pipeline

1. Scientific and Mathematical Study of the States of Human Mind and Consciousness as Discussed in the Texts of Yogashashtra.

CONTINUING PROJECTS:

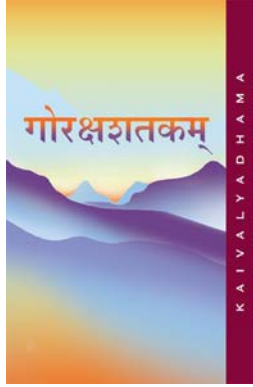
A. Critical edition of Shivasvarodaya.

The work on 'Shivasvarodaya' for preparing its critical edition is on priority. We have completed the verification of the translation, and the introduction is ready. We are preparing its Appendices such as half verse index, the important terms as well as the presentation of some important contents in table forms. We will be ready with the complete work by the end of March 2014 and it can be given for printing in April 2014.

B. Critical edition of Siddhasiddhantapaddhati.

As presented in the five year planning, the work will be completed by the end of March 2015 and keeping this target, the computer feeding of the verses along with the variant readings available has been completed as far as the 5th chapter.

C. Translation work- Hindi translation of Goraksha Shatakam.



Preparation of the book 'Hindi translation of Goraksha Shatakam' has been completed and it has been published in July 2013

D. Edition of Kapala Kurantaka Yoga Paddhati / Asana Yoga

This particular book is often quoted by many yoga experts of modern time, but the book is not available. After scrutiny we found that the book has not yet been printed and is still in the manuscript form. A search for the manuscript was taken up by the department and finally it was found, and the preliminary work for the preparation of its critical edition was initiated.

NEW PROJECTS:

A. Study of Un-Published Yoga Manuscripts

Introduction:

We have prepared and published a 'Catalogue of Yoga Manuscripts' in 1989 which contained information of 688 titles of yoga manuscripts. In the updated edition of this catalogue, in 2005, we added 185 titles of yoga manuscripts. In this way we have collected detailed information of 873 (688 + 185) titles of yoga Mss with their whereabouts. We are going to use this 'Catalogue of Yoga Manuscripts' for the purpose of our research work. There are around 700 titles of yoga manuscripts yet awaiting the attention of scholars. Out of them there are various manuscripts which are not complete. Furthermore, some manuscripts are in other than Devanagari script.

1. During the initial phase of our work, we will concentrate on complete Mss. which are in the Devanagari script.
2. Subsequently we will consider complete mss. of other scripts.
3. In the final phase of the work we propose to take up those mss also which are incomplete.

Tentative content of the study

The article will contain following points –

1. Introduction;
2. Title;
3. Author;
4. Source of the Manuscript;
5. Time of the text if mentioned;
6. Original size of the Manuscript;
7. Extent (no. of folios, no. of chapters or verses);
8. Script;
9. Colophon;
10. Topics of discussion of the manuscripts;
11. Chapter wise / topic wise content with some indication of comparison;
12. Conclusion

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The article will also contain the whole content of the manuscript or if the content is too big and not possible to publish along with the article, in that case the photocopy of the first and last page folio of manuscripts will be added along with the article.

Study on following Unpublished manuscript prepared / in the process of preparation

1. The study on '**Amritasiddhiyogah by Virupaksha**' procured from Government oriental Library, Chennai has been done.
2. Study on '**Nathamargayogashastra**'- an unpublished yoga manuscript is in the process and preparation of the article will be ready by the end of March 2014.
3. Study on '**Kapalakurantakayoga Paddhati or Aasanayoga**'- manuscript procured from Bharat Itihasa Sanshodhana mandala, Pune. Important points have been collected.

B. STUDY OF THE INDIVIDUAL CONCEPTS AND PRACTICES FROM PATANJALI'S YOGA SUTRA AND HATHA YOGA

We have many commentaries on the Yoga Sutra, but even today we are not in a position to authentically say how various commentators have understood those concepts contained in the Yoga Sutra. The study is expected to bring out an in-depth fundamental study based on various commentaries which will help the readers, scholars and sadhakas in understanding the true import of the concepts from the point of view of the commentators. Similarly there are many concepts in Hathayoga which also require an in depth study. There are around 33 Hathayoga Texts which require to be scrutinized. We began this project this year.

The following articles have either been prepared or are in the process of preparing on the above mentioned guide lines:

1. **Dvandva** : An Analytical Study on the basis of Yoga sutras and its Commentaries - PREPARED
2. **Ahimsa**: An Analytical Study on the basis of Yoga sutras and its Commentaries - PREPARED
3. **Nidra**: An Analytical Study on the basis of Yoga sutras and its Commentaries – in the process of preparing.
4. Techniques of **Dhyana** in Hathayoga and Yoga sastra – a comparative study - collected the material for writing an article.
5. **Satya**: An Analytical Study on the basis of Yoga sastras and its Commentaries – collected the material
6. **Abhinivesha**: An Analytical Study on the basis of Yoga sastras and its Commentaries - in the process of preparing.

TEACHING AND COLLEGE RELATED WORK

1. Engaged classes in Diploma in Yoga for the subject Yogic Text in English and Hindi languages and completed the syllabus.
2. Engaged classes in Diploma in Yogic Therapy for the subject foundation of Hathayoga in English.
3. Engaged classes for Foundation Course in Yoga and Traditional Texts (FCYTT)
4. Engaged classes for the subject Schools of Yoga, for regular (three year) B.A student in G.S College of Yoga & Culture Synthesis, Kaivalyadhama.
5. Taught SANSKRIT, for regular (three year course) B.A student in G.S.College of Yoga & Culture Synthesis, Kaivalyadhama

PHILOSOPHICO-LITERARY RESEARCH DEPARTMENT (PLRD)

6. Taught 'History and Philosophy of Yogashastra', for regular (three year course) B.A student in G.S. College of Yoga & Culture Synthesis, Kaivalyadhama.
7. Conducted Viva for the C.C.Y Students of Jan – Feb. 2014
8. Attended meeting about B.A Yogasastra Syllabus.

PROOF CORRECTION FOR PUBLICATION

1. Pranayama- (for re-print) of Swami Kuvalayananda Ji.
2. Patanjala Yoga Sutra (pocket book for re-print).
3. Ayurveda Sutras
4. Homa Vidhi.
5. Gherandasamhita (for re-print)
6. Yoga Mimamsa

PREPARED / PREPARING ARTICLE

1. The study on '**Amritasiddhiyoga by Virupakshaa**' – an unpublished Yoga Manuscript - by G. S. Sahay, prepared and published in Yoga Mimamsa, Vol. XLV, No. 1&2, April & July, Page 49-101
2. **Dvandva** : An Analytical Study on the basis of Yoga sutras and its Commentaries –by Ms. Seema Yadav, article submitted for publication in Yoga Mimamsa, Vol. XLV, No.3 & 4
3. **Ahimsa**: An Analytical Study on the basis of Yoga sutras and its Commentaries – by Dr. Bandita Satpathy, article submitted for publication in Yoga Mimamsa, Vol. XLV, No.3 & 4
4. **Karma Yoga: In the Light of Neo-Vedanta** - by Shri Rajeshwar Mukhopadhyaya – Article submitted for Publication in Yoga Mimamsa, Vol. XLV, No.3 & 4
5. **"A Scientific and Philosophical view of Human Consciousness Behaviors"** by Dr. Raghavendra Bhatt (Collaborative)- In the process of finalization.
6. **"Understanding Gayatri: Suns' Doppler Celestial Event"** by Dr. Raghavendra Bhat (collaborative) – in the process of finalization.
7. **Satya**: An Analytical Study on the basis of Yoga sastras and its Commentaries – by Dr. Bandita Satpathy - in the process of preparation
8. Article on '**Asanayoga or kapalakurantakayoga paddhati**' – by Ms. Seema Yadav is in the process of preparation.
9. Article on 'Techniques of **Dhyana** in Hathayoga and Yoga sutra – a comparative study' by Ms. Seema Yadav- in the process of preparation.
10. Article on 'Nathamarga yoga shastra' by Dr. Raghavendra Bhat is in process of completion.
11. Article on 'Nidra' by Dr. Raghavendra Bhat is in process of preparation.

Work of Digitization

The work related with the digitization of Yogic and Sanskrit Texts being carried out under the auspices of ACIP has been completed. The Expert group from Assian Classic Input Project (ACIP) visited the institute in connection with scanning of old hand written manuscripts and were given full support for the completion of the project. In this way, the work which began in 2006 is completed in 2014.

Facility additions of enhancement in capabilities and systems

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- i. Details (for example – commuter laning, scanning capabilities, upgrading library software
- ii. Photos in general New Books
- iii. Users
- iv. Photos

LIBRARY

The ADR, PLRD is ex-officio head of the Central Library also, which is located in the building of the PLR department. The work of PLRD is totally dependent upon the books in the library and the library is well equipped with new arrivals. The library also caters to the need of the college students and maintains the issuing and returning of the books. Our Library has a total of 35000 books with about 1500 original manuscripts and around 300 photocopied yoga manuscripts. For the upkeep of these, a team of staff are employed.

The assistant librarian is the head of the section in the recent set up and is working directly under the guidance of ADR,, PLRD. The assistant librarian is responsible for receiving the new arrivals and maintains the issue and return of the books.

Our library also provides internet as well as scanning, photocopying and printing facilities to our readers on nominal charges. This is also maintained by the assistant librarian.

- During this year, we have added **260** new books and manuscripts on yoga and allied subjects. The total number of books on various subjects in the library till date is **29230**.
- We are providing the facility of a Cyber Café in the Library
- Internet, photocopy machine, spiral binding, lamination, scanning, C.D./D.V.D writer and so on, and this is being looked after by the library staff.
- Stock verification work is in progress.
- Bar-coding work is also initiated.
- Subscribed to one New Journal: Yoga Manjari (Hindi)
- Added 2 Newspapers: Pudhari & Lokmat
- The Central Library is also being used by the Research staff and students of various courses conducted by Kaivalyadhama, as well as, research scholars/ visitors from India and abroad.



PHILOSOPHICO-LITERARY RESEARCH DEPARTMENT (PLRD)

Following are the details -

Research Scholars from India and Abroad	2 (Foreign + Indian)
Certificate Course in yoga May/ June 2013	60 Students (Foreign + Indian)
Diploma in yoga education 2013-14	60 Students (Foreign + Indian)
P.G. Diploma In Yoga Therapy 2013 -15	10 Students (Foreign + Indian)
B.A.Yoga Sastra 2013 to 2016	03 Students (all Indians)

Certificate course in yoga

15 th January to 25 th February 2014	24 Indian 16 foreigner =40 Students
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Pranayama Certificate Course

4 th November to 16 th November 13	20 Foreigners only
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Chinese group

25 Foreigners only

Foundation Course in Yoga and Traditional Text 2013

10 Students



Digitization of Library

The work related to the digitization of Yogic and Sanskrit texts being carried out under the auspices of ACIP has been completed. This year digitization work has done with respect to the books related to Yoga, Tantra, Ayurved, Naturopathy, Philosophy (Vedanta, Sankhya, Nyaya Only three cupboards) and Only one cupboard of Sanskrit.

The Expert group from Asian Classic Input Project (ACIP) visited the institute in connection with scanning of old hand written manuscripts and they were given full support for the completion of the project. In this way the work which began in 2006 was completed in 2014.

Plan for the year 2014-15

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I. Continuing Projects:

- A. Critical Edition of Siddhasiddhantapaddhati.
- B. Critical Edition of Yagaratna Pradeepika of Bhogeeshwara Swamin.

II. New Projects:

- A. Study of Unpublished Yoga Manuscripts.
- B. Study of the Individual Concepts/Practices from Patanjala Yoga Sutra and Hatha Yoga.
- C. Encyclopaedic Work on Pranayama.
- D. Scientific and Mathematical Study of the States of Human Mind and Consciousness as discussed in the Texts of Yogashastra. (Work on computational cognitive science.

III. Teaching Work.

IV. Yoga Mimamsa Work

V. Research Articles.

I. Continuing Projects:

A. Critical Edition of Siddhasiddhanta Paddhati

During this year we propose to complete the work related to this Critical Edition along with an exhausted introduction, notes, appendices and so on, with a view to make it ready for publication

B. Critical Edition of Yogaratna Pradipika of Bhogeeshwara Swamin

The Text Yogaratna Pradeepika by Bhogeeshwara swamin is still an unpublished manuscript. Though we have collected two Ms. But both of them are incomplete.

- a) Material-Palm Leaf; Script-Telugu; Size-22.0X17.0; Folios-31; Lines- 14; Letters -14 Extent-Incomplete; Condition-Damaged; Available in Kaivalyadhama Library, Lonavla.
- b) Material-Paper; Script-Devanagari; Size-29.0X22.0; Folios-91; Lines-19; Letters-16; Extent - Incomplete; Condition-Good; Available in Kaivalyadhama Library, Lonavla. (Two MSS).

We propose to take up the work of its critical edition. In the course of our work on unpublished yoga manuscripts, we will hunt for this manuscript.

II. New Projects (continued)

A. Study of Unpublished Yoga Manuscripts

As proposed in last year's commitment,, we will complete the study of 6-8 manuscripts during this year also and they will be given for publication in the Yoga Mimamsa.

B. Study of the Individual concepts/practices from Patanjala Sutra and Hatha Yoga.

As proposed in last year's commitment, we will complete the study of 6-8 manuscripts during this year also and they will be given for publication in Yoga Mimamsa.

The description of the new project itself contains the concept of the preparation for Research articles and therefore this aspect will be fulfilled simultaneously with the work mentioned.

C. Encyclopedic work on Pranayama

In this direction we propose to collect the material from 20 Yoga Upanishads

D. Scientific and Mathematical Study of the States of Human Mind and Consciousness as discussed in the Texts of Yogashastra. (Work on computational cognitive science.

The study of the human mind has become a subject of immense speculation amongst the scientists, psychologists and the philosophers. Quantum mechanics approved the interface of mind and matter. The psychologists are endeavouring to study the subtle shades of psyche and their correlation with the physical responses. The neuroscience is trying hard to map the

mind in terms of the firing of neurons; while the computational science is striving to its best to reproduce the human mind in the form of an artificial intelligence. Various researches are carried out with an aim to unravel the mysteries of mind. The Indian philosophy, mainly Samkhya, Yoga and Vedanta, treat the mind as matter which is impelled by an unconditioned consciousness. Furthermore, Yoga shashtra deals with several epistemological issues like dhyana, dharana, pratyahara, samadhi and so on. Corresponding to each of these states, the response of the mind is intricate. The project is an attempt to catch the subtle responses of each of these states of the mind through mathematical modelling and computer simulation. As the internal space is viewed to be isomorphic to the external world allowing successful operational interactions between them, the mental domain can be studied at ease by the equations governing brain activity. However the manifestation of consciousness at different levels will be studied in subjective terms.

III. Teaching Work

Staff members of P.L.R.D. render their services as teaching faculty members in G.S. College of Yoga and Cultural Synthesis, Kaivalyadhama, Lonavla for different courses, training programmes of Kaivalyadhama for delivering lectures in different workshops.

1. Diploma in Yoga Education (10 months duration)
2. Various training programs and workshops (depending on the requirements).

IV. Yoga Mimamsa Works

Yoga Mimamsa – A Quarterly Research Journal is a part and parcel of our Institute which was started by Swami Kuvalayanandaji on the very foundation day of Kaivalyadhama in 1924. It contains Scientific and Philosophical Research Papers on the works carried out in the Institution. Various works related with this publication such as inviting articles, editing/ reviewing the articles, proof reading, correspondence with contributors, reviewers, as well as, the subscribers and so on, are being done by the department. We propose to publish the Journal timely.

V. Research Articles

The description of the new project itself contains the concept of preparation for Research articles and therefore this aspect will be fulfilled simultaneously with the work mentioned.

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SCIENTIFIC RESEARCH DEPARTMENT



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VISION

- To discover, establish and evolve the scientific bases of traditional Yoga through Fundamental and Applied Research work for the entire world.

MISSION

- A. To tie up modern scientific methods and philosophical aspects of yoga, so that even 'the man on the street' is helped towards a Social Renaissance.
- B. To expose 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.

Goals for Mission A

Goal No. 1 : To subject both the subjective, experiential, objective, and scientific aspects of yoga and allied streams to a thorough scientific investigation in order to discover the objective nature of Indian Philosophy especially about yoga.

Objectives towards the Goal No.1

1. To utilize the modern research method for studying subjective and objective aspects of yoga and allied streams.
2. To regularly update the research staff about the use of the latest quantitative and qualitative research methods by providing them the required training.
3. To ensure that the individual researcher, who is primarily responsible for a project, has experientially and theoretically studied the yogic practices that he or she plans to use in the research.
4. To ensure that the researcher is provided with constructive and critical feedback by experts in the area, through presentations and networking, in a systematic and well planned manner.

Goal No. 2 : To conduct fundamental and applied research projects, with an inter-disciplinary approach, keeping in mind the welfare of the common man.

Objectives towards the Goal No. 2

1. To make up research teams in accordance with the research interests and expertise of the staff (bottom-up approach) when doing fundamental and applied research projects with an inter-disciplinary approach.
2. To consider the research project interests of the collaborating (both in-house and external) and funding agencies when undertaking fundamental and applied inter-disciplinary research projects.
3. To ensure a balanced allocation of resources for fundamental and applied inter-disciplinary research projects by taking full support of the extant administrative set-up.
4. To ensure that all projects have a feasible inter-disciplinary focus on the essentially holistic nature of yoga as enjoined in authoritative yogic texts, both ancient and modern.

Goal No. 3 : To disseminate research findings of SRD to the world.

Objectives towards the Goal No.3

1. To publish top quality research papers in peer-reviewed journals.
2. To ensure that at least three first rate research papers are published in each issue of the Yoga Mimamsa. The Yoga Mimamsa is the scientific ambassador of Kaivalyadhama.

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3. To ensure that every researcher publishes at least one eminent research paper per year in the Yoga Mimamsa or in a reputable research journal.
4. To train the research staff about scientific writing skills.
5. To ensure that the staff have digital and/or print access to the latest full-text research papers and/or books on yoga and allied streams via subscriptions to information resources and digital libraries.
6. To make in-house students the representatives for research results of SRD, by updating their study material and practical training accordingly.
7. To liaison with the college in updating the study material of students in line with research conducted and completed in SRD.
8. To hold presentations for in-house staff and guest faculty and also for the students thereby keeping them all updated with research findings of SRD.

Goals for Mission B

Goal No. 1 : To collaborate with Philosophico-Literary Research Department to delve into aspects of the spiritual and physical yogic phenomena. This will help to move towards a acceptable unanimity about the related basic concepts and constructs of yoga for their use in yoga education and yoga research.

Objectives towards Goal 1

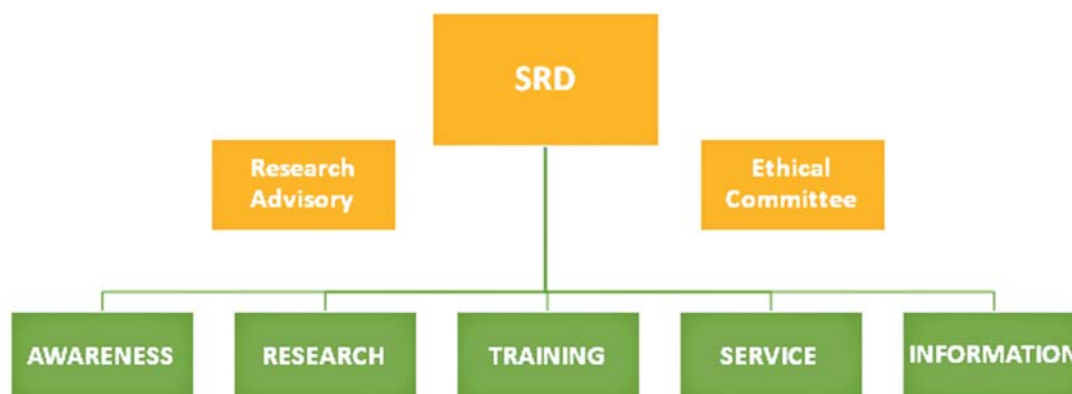
1. To undertake the extensive and intensive philosophic-literary research, in both yogic physical culture and spiritual culture, with the available yoga literature, manuscripts, and published modern/ancient volumes.
2. To corroborate the directions/instructions and the effects, as mentioned in authoritative yogic texts, regarding yoga practices and techniques through scientific research.
3. Kaivalyadhama's academic/educational courses should incorporate the outcomes accruing from the above two points, in a circumscribed and systematic manner.

Goal No.2: To promote collaborative research endeavors in yoga with the research institutes of National and International standing. This will help to create sound knowledge with regards to the instructions and effects of yoga practices for their wider acceptability and application for therapy and training.

Objectives towards Goal 2

1. To invite yoga experts, the representatives of reputed institutions and living traditions to symposia/seminars/conferences with the purpose of ironing out any major differences and work towards a workable unanimity regarding the basic tenets/concepts and constructs.
2. To explore both physical and spiritual yoga practices, from the noted Living Traditions in India and abroad, keeping in view about their wider usage in therapy, training and *Sadhana*.
3. To use yoga practices in the research laboratory for testing them with thorough scientific methods. before using them for therapeutic and training.
4. To organize National and International workshopss, Symposia, publish books, research papers and so on for disseminating the above knowledge attained.

DEPARTMENT ORGANOGRAM



AWARENESS DIVISION

Objectives

1. To create awareness about SRD activities and yoga research.
2. To help maintain the Kaivalyadhama legacy of helping people through classical yoga.

Through

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

RESEARCH

Objectives

1. Conceptualizing and designing research protocols/models/yoga modules.
2. Exploring national and international collaborative research endeavors.
3. To conduct research internship programs.

Through

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

Training

Objectives

1. To impart in-house training to staff, researchers and students.
2. To design training modules to have a consistent method of teaching yoga.
3. To generate income by providing yogic knowledge

Through

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

Service

Objectives

1. To provide facilities for the community towards income generation.
2. Explore new clients, beneficiaries and service areas.
3. To strive for International and national recognition for SRD services.

Through

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

Information

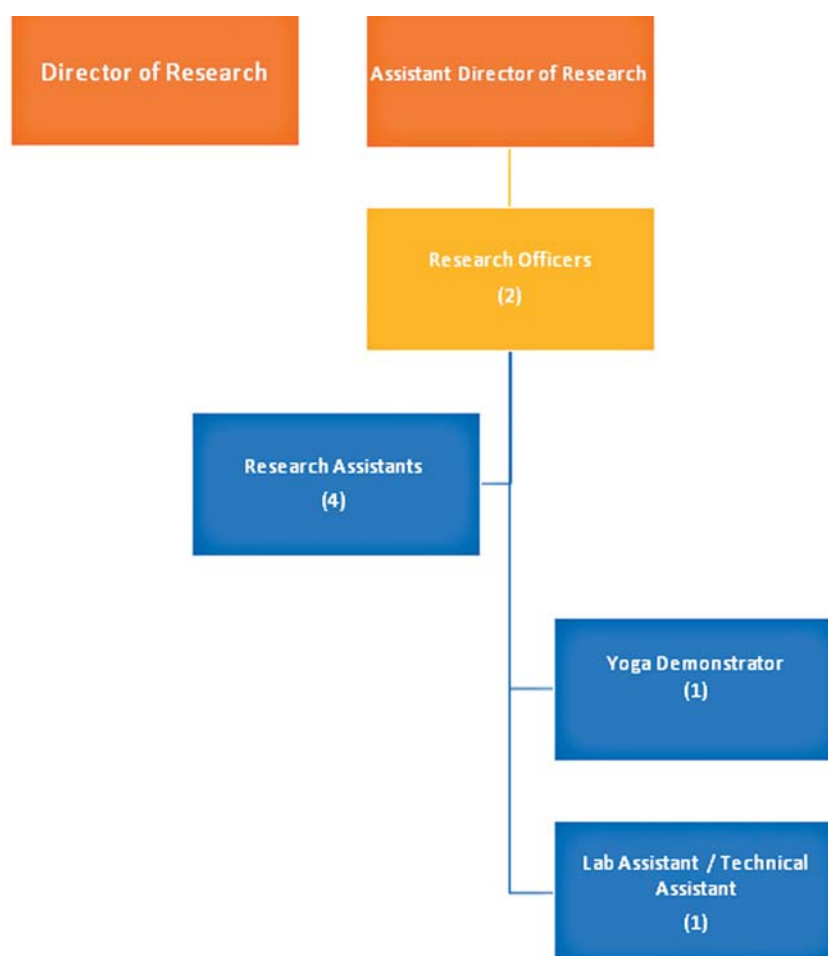
Objective

- To publish scientific research articles, pamphlets, books and so on.

Through

- Research journals, articles, scientific, yoga expert network.
- Creating research database, reference library.

SRD STAFF ORGANOGRAM



SCIENTIFIC RESEARCH DEPARTMENT

SRD-STAFF



Prof. R.S. BHOGAL
Assistant Director
of Research



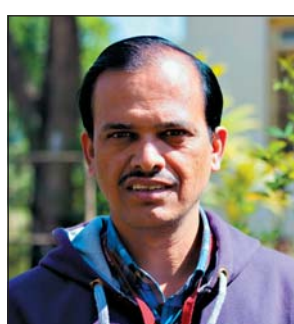
**DR. PRASEEDA
MENON**
Research Officer



MR. D.D. KULKARNI
Research Officer



**DR. SUCHITRA
DODDOLI**
Research Assistant



MR. SANJAY SHETE
Research Assistant



**MR. SANDEEP
WANKHEDE**
Yoga Demonstrator



**MRS. PRATIBHA
RAJBHOJ**
Research Assistant



DR. SATISH PATHAK
Research Associate



MS. ANITA VERMA
Research Assistant

COLLABORATIONS

- Jnana Prabodhini Institute of Psychology, Jnana Prabodhini Bhavan, 510 Sadashiv Peth, Pune 411030.
- International Society for Scientific Interdisciplinary Researches in the Field of Yoga, New Belgrade, Serbia.
- Shruti Foundation, New Delhi.
- Regional Resource Training Center on Ageing, Anugraha, Delhi.
- Genome Technologies, Baner, Pune,
- Lokseva Pathology Laboratory, Dr. Prashant Patil, Hadapsar, Pune.

RESEARCH ACTIVITIES

RESEARCH ADVISORY COMMITTEE

- Dr. Naresh Chandra (Pro-VC, Mumbai University); Chairman
- Dr. Dinesh Panjawani (Principal),
- Dr. Smita Sharma (Medical Practitioner); Member
- Dr. Vijay Joshi, Member
- Dr. Bhushan Patvardhan, Member

INSTITUTIONAL ETHICS COMMITTEE

- Dr. B. B. Singh (Legal Expert & Scientist)
- Head of the Department, SRD.
- Secretary, Kaivalyadhama, S.M.Y.M. Samiti.
- Mrs. Renuka Kotak (Social Activist)
- Dr. Prakash Agarwal (Medical Practitioner)
- Dr. Raghvendra Bhat (Philosopher)
- Mrs. Sandhya Dixit (lay person)



The joint meeting of research advisory and institutional ethics committee was held on Sept.22, 2013. The research staff presented their proposed projects in front of both the committees. The following research projects were approved by the committee:



- Impact of Yoga Module On Selected Medical Parameters In Type 2 DM Patients of Mumbai Metropolis.
- Effect of Yoga Practice on Attention, Motor Learning and Neuromotor Impairments in Mentally Challenged Institutionalized Children.
- Pulse Pattern Variability in Nadi Pariksha in the context of Nostril Dominance-A Physiological Study.
- Ujjayi Pranayama & its Psycho-Physiological Effects: An Exploratory Study.
- Effect of Yoga on the Micro-nutrient Absorption in Urban School Children.
- Effect of Yogic Sound Vibrionics on Asthmatic Condition of School Children.
- Role of Yoga in Management of Foot Deformity Symptoms among School Students.
- Effect of Yoga Training on Inflammatory Cytokines & CRP among Industrial Workers.
- Effect of Yoga Practices on Immunity related Cytokines in Industrial Workers.

Concept Status/Progress of Projects

K) Effect of Yoga Training on Inflammatory Cytokines & CRP among Industrial Workers.

Inflammation plays a major role in many diseases and disorders such as diabetes mellitus, obesity and insulin resistance syndrome. Among the various cytokines such as tumor necrosis factor- α and interleukin-6 play a major role in the body's inflammatory response. In fact, earlier studies indicate that inflammatory markers play an important role in the initiation of atherosclerosis in healthy adults. Moreover, the elevated levels of cytokines, such as IL-6, IL-18 and tumor necrosis factor- α (TNF- α), as well as inflammatory marker C-reactive protein (CRP) have been found associated with elevated levels of body fat and BMI. Even the clinically normal ranges of these markers are risk factors for cardiovascular diseases in both middle aged and older people.

Nevertheless, research findings reveal that inflammatory markers are associated with several metabolic disorders and regular physical activity can prevent the risk of developing these disorders in healthy adults. Hence, perceiving this aspect it has been considered that Indian traditional yoga practices may prove helpful in reducing inflammatory markers such as IL-6, TNF- α and hs-CRP among the industrial workers.



B) Effect of Yoga Practices on Immunity Related Cytokines Among Industrial Workers

It has been reported that Immune system depletion is an unfortunate side-effect of today's modern lifestyle, poor nutrition, pollution, stress, drugs and so on. Several studies have shown that poor nutrition affects immunity: Taylor *et al.*, (2013) have reported that protein deficiency leads to decrease in immunity. Prasad (1998) has indicated that zinc deficiency may be responsible for decreased



cell mediated immune functions. For a healthy life, we need a strong immunity system that can be achieved by stress free life, good nutrition and by lowering oxidative stress. Nobody has a life without stress,

and to get rid of stress, we need to relax, and for relaxing we should consider meditation, prayer, tai chi or yoga as a means to increase our relaxation levels and the feeling of that we are in control of life. In fact, earlier studies have shown that yoga minimizes oxidative stress and that meditation improves basal immune system having positive effects on autonomic nervous system activity and the innate immune response. Yoga improves absorption of micronutrients, which are again very good to increase immunity.

Further, earlier studies have indicated that IL-4 and IFN are modulated with yoga practices. However, there is no study on other members of the cytokine family such as IL-2 and IL-8. IL-2 is an interleukin, a type of cytokine signaling molecule in the immune system. It is a protein that regulates the activities of white blood cells (leukocytes, often lymphocytes) that are responsible for immunity. IL-2 is a part of the body's adaptive response to microbial infection and to discriminate "non-self" and "self". IL-2 mediates its effects by binding to IL-2 receptors, which are expressed by lymphocytes and enhances the effect of both specific and nonspecific immune responses. Although, there are numerous studies conducted so far, in relation to yoga and immunity, however, there are very few research studies available exploring the efficacy of yoga on immunity related cytokines. Hence, the researcher sought to determine the effect of yoga on specific cytokines especially representing immunity.



Status/Progress

- Contacted various industries around Lonavla.
- Obtained consent from Lonavla Industrial Estate Office.
- Registration of subjects for the experiment has been completed.



- Procured various diagnostic kits and consumables to conduct experiment.
- Pre testing on biochemical, physiological and fitness variables completed.
- Yoga training has begun.
- Post testing expected to be completed in April 2014.

C) Impact of Yoga Module On Selected Medical Parameters In Type 2 DM Patients of Mumbai Metropolis.

The final draft of the project has been prepared wherein some of the suggestions, given by Dr. Kim Innes, a leading researcher in Diabetes, have also been integrated. The draft is being, shortly, submitted to KEM Hospital Ethical committee. The project related costing is currently being worked out. It will be finalized as soon as we receive quotations from 2-3 pathological labs for which requests have already been sent. A yoga module has also been finalized. The yoga teachers have been identified and will shortly be updated about the yoga module for diabetes patients. Once the above mentioned points are taken care of, the project will be initiated thereafter.

D) Effect of Yoga on gene expression in Type2 Diabetes

The work is in progress. We had two meetings with Genome Technologies (G.T.), Pune. We are preparing a draft of the research project proposal, in collaboration with the G.T. Pune, to be submitted to the ICMR, New Delhi, for funding.

E) Effect of Yoga Practice on Attention, Motor Learning and Neuromotor Impairments in Mentally Challenged Institutionalized Children.

The past scientific research reports conducted in various yoga institutes have amply indicated that yoga training improves perceptual, cognitive and psychomotor functions. However, there was a scanty research report on the effect of yoga training on mentally challenged children. This report was without any detailed study on various psychological and neurophysiologic related components of mentally challenged children. For that reason, based on earlier fundamental research findings, the investigators wished to conduct a pilot study on selected mentally challenged children with moderate to mild I.Q. levels, whereby scope for enhancement of perceptual, attention and psychomotor ability might be possible through yoga training.

Status/Progress

- Screening of subjects having mild to moderate I.Q. levels.
- Random selection of six mentally challenged subjects from Samvad Shala, Bangarwadi, Lonavla were enrolled in the pilot study along with consent of their respective parents.
- Pre test on comprehensive psychological testing and behavioral assessment on the selected mentally challenged children is going on.

F) Pulse Pattern Variability in Nadi Pariksha in the context of Nostril Dominance-A Physiological Study.

Traditional sciences such as ayurveda and yoga share common principles of diagnosis and maintaining psycho-physiological health. There are various research reviews of *nadipariksha* and nasal cycle which share several common physiological, psychological and bio-chemical variables predicting identical trend of energy levels observed by *nadipariksha* and nostril dominance. This fundamental study is taken up in an attempt to understand the physiological implication of both nostril dominance and *nadipariksha* by means of Bio-Energy mobilization, storage and expenditure through measurement of the whole body bio-electrical variables such as bio-impedance, bio-reactance and phase angle. This study would lead to the development of health related physiological biomarkers of nostril dominance and *nadipariksha* diagnostic tests, to evoke proportionate combination of *doshas* suitable to develop desired physical effects through yoga danda and yoga application.



Status/Progress

- The data collection in the project includes pre-test, mid-test, detraining test and post test readings on 60 subjects with 45 days interval of yoga training. The final phase of data collection will be completed in the month of March.
- The pre-test, mid-test and detraining data collection by BCA, Prakriti assessment, immediate pre-post effects of yoga danda as well as yoga on nostril dominance, *nadipariksha*, phase angle was completed on 60 students of D.Y.Ed.Course from Govardhandas Seksaria College of Yoga and Cultural Synthesis with 45 days of yoga interval.
- The preliminary data analysis reflected significant relation in correlates of pulse pattern variability of *tridosha* and nostril dominance with bio-impedance parameters and similarly found highly significant results in effect of long term yoga on resting metabolic rate (RMR) as well as its relation with ayurvedic body constitution.
- The second phase of testing will be completed in March 2014 and the final data analysis will be completed in due time.

G) Effect of Yoga on the Micro-nutrient Absorption in Urban School Children.

In an urban scenario, lifestyle changes have a great impact on the nutritional status and general well-being of young adolescent children. The intake of junk food and other nutritionally deprived food has increased to a large extent due to lack of time. Such habits result in lifestyle diseases such as diabetes, hypertension and obesity and so on in young children.

A researcher conducted a similar research in rural residential school children, whereby yoga therapy was found to be effective in improving micro-nutrient absorption. However, the researcher is curious to find out whether yoga practices can be beneficial in improving micro-nutrient status in urban children with different dietary habits and lifestyle. A selection of students will randomly be done, in a school of an urban area. The students will be divided into experimental and control group. Yoga therapy will be given to the experimental group subjects. Micro-nutrient status and physical fitness tests will be conducted pre and post research study.

Status/Progress

- The project proposal is approved by the research advisory and Institutional ethics committee.
- Various schools in urban areas were contacted to conduct this study.
- Jnana Prabodhini School, Akurdi, has given consent to begin this project on their school children.
- The project will begin from June 2014.

H) Effect of Yogic Sound Vibronics on Asthmatic Condition of School Children.

It is a well-known fact that asthma is a disease of the airways characterized by repeated episodes of broncho-constriction precipitated by many factors including allergens and viral infection. Additionally, emotional stress and psychosocial factors are also responsible for asthma pathogenesis. Hence, alternative and complementary medicine is being used more and more in order to manage asthma. As emotional disturbances and stress are known to aggravate asthma, it is possible that Nada Yoga which is considered to relieve stress and bring a feeling of well-being can possibly have some efficacy in controlling asthma symptoms. The Scientific Research Department collaborated with Shruti Foundation (www.shrutifoundation.org) for a research on the Nada Vibronics technique. The aim of this research is to see the effect of non pharmacological vibration methods of treatment using Nada Vibronics based on meditative seed sounds, in children aged 8-15 years with moderate to severe asthma.

Status/Progress

- Contacted eight schools and physicians in Lonavla to identify children having asthma.
- Fifty students have been registered for this research.
- The research will be initiated from the next academic year in consultation with the Shruti Nada Foundation.

I) Role of Yoga in Management of Foot Deformity Symptoms among School Students

The physical ability of human beings is often assessed in static and dynamic conditions. The physical abilities to perform various activities such as maintaining a posture for a long time, stress free articulation, skeletal muscles in a routine physical activity such as walking, running, exerting body flexibility, and so on, is important. Such physical attributes depend upon the anatomical aspect of the body constitution and any sort of an anatomical deformity would lead to stressful physical activity associated with pain in that particular organ of the skeletal system. In this context, we come across such physical deformability among school students leading to painful situations in managing postural related activities. The past reviews have slightly indicated possible reversal of such deformity mediated physical stress through yoga practice such as improved balance, grip strength, and so on. Therefore, this study will encompass detailed examination of the effectiveness



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of yoga training in reversing symptoms of selected physical deformity such as foot deformity, arch height and length, flat foot and angle foot plant deviation.

Status/Progress

- Conducted a screening of about 350 students in the 7th to 9th standard of both genders from Gurukul School, Lonavla.
- Pre-tests completed.
- Yoga training will be given for one hour per day for six weeks.

J) Ujjayi Pranayama & its Psycho-Physiological Effects: An Exploratory Study

There is a wide spread belief in yogic literature that Pranayama increases awareness levels through several psycho-physiological mechanisms. Moreover, out of all the pranayamas, Ujjayi pranayama is known to have a greater role in preparing the ground for higher awareness levels that occur in meditative stages. There is a need to explore these wide-spread beliefs scientifically by investigating the specific psychological and physiological aspects of pranayama, particularly Ujjayi. Therefore, the current study examined the relevant but relatively less-researched psycho-physiological constructs



that can be associated with Ujjayi, viz. mindfulness, personality and bio-impedance. Personality was assessed according to the Western as well as the Indian conceptualization. The study followed a between-groups research design with purposive sampling. It involved two phases, each phase lasting 6 weeks. There was one control and two experimental (E) groups, each with 15-20 students. One E group was given the practice of breath awareness whereas the second E group was given the practice of Swami Kuvalyananda's method of Ujjayi Pranayama (without Kumbhaka in 1st phase, with it in 2nd phase). The control group practiced random awareness of thoughts/ feelings/ideas/ images. The current study thus facilitated fundamental research into Swamiji's concept of "psycho-physiological reconditioning" through yogic practices.

Status/Progress

- Pre-testing, training and post-testing of psycho-physiological variables were completed in the 1st phase of the study.
- Pre-testing in the 2nd phase was completed. Training is in progress. Post-testing will be completed in March and April 2014.
- One research paper related to the project was presented at the International Seminar on Indian Psychology at GITAM University, Vishakapatnam from 23-25 January, 2014.
- The abstract of the above research paper was published in the *Seminar Proceedings* of the above-mentioned International Seminar on Indian Psychology.

K) Effect of Yoga on Pulmonary Function and Inflammatory Markers in Geriatrics.

In old age, physical, physiological and mental health deteriorates and the old person is susceptible to various disorders. Previous reports suggest that there is an association of lower spirometric lung volumes and systemic inflammation. In fact increased levels of inflammatory proteins such as interleukin-6 (IL-6), tumor necrosis factor- α (TNF- α) and C-reactive protein (CRP) (Broekhuizen, 2006;

Yende, 2006; Schols, 1996; de Godoy, 1996; Gan, 2004; Higashimoto, 2008) damages pulmonary tissue and hence leads to deteriorating lung function. Further, a significant association between higher levels of CRP and subsequent decline in lung function has been identified independently of sex, smoking, asthmatic inflammation, body mass index and cardio respiratory fitness (Pinto-Plata, 2006; Shaaban, 2006; Hancox, 2007; Fogarty, 2007; Aronson, 2006; Rasmussen, 2009). In addition, an impaired lung function not only leads to increased respiratory mortality, but is also associated with adverse cardiovascular events including myocardial infarction, stroke, and cardiovascular death (Friedman, 1976; Hole, 1996; Truelsen, 2001). In old age, not only physiological functions decline but also cognitive abilities such as concentration, attention and memory decline (Timothy, 2011; Ulman, 2009).

Several studies have shown that the practice of yoga has a definite role in the promotion of positive health, including mental health, characterized by improved cardio-respiratory efficiency, improved autonomic responses to stressors, improved sleep, enhanced muscular endurance, and improved 'higher' brain functions (Karambelkar, 1971; Vempati, 2002; Wenger, 1961; Thakur, 2011). It is known that regular practice of breathing exercises (*pranayama*) improves cardio-vascular and respiratory functions, decreases the effect of stress and strain and improves physical and mental health (Bhargava, 1994). Different types of breathing exercises alter sympathetic or parasympathetic activities (Pal, 2004; Telles, 1994). However, previous studies on fast *pranayamas*, one on *Bhastrika*, alone demonstrated an increase in sympathetic activity (MadanMohan, 2005), and only few others such as *Kapalbhati*, similar to *Bhastrika*, have shown to reduce the sympathetic activity (Raghuraj, 1998). Although there are numerous reports regarding improvement in pulmonary function after practice of Yoga (Bhole, 1970; Birkel, 2000, Makwana, 1998; Yadav, 2001) but no studies has been reported so far showing the impact of yoga practices on systemic inflammation and pulmonary function. Hence, the main aim of this study is to see the effect of yoga practices on pulmonary function, associated systemic inflammation and cognitive abilities in a geriatric population.

Status/Progress

- As per the suggestion given by Scrutiny Committee, AYUSH, New Delhi, the project has been modified and submitted to AYUSH.
- Consent from the Regional Resource Training Center on Ageing Anugraha, Delhi, has been obtained.

Significant Events

- Prof. Bhogal delivered a key note at the National Conference on Yoga Research for Holistic Health, on August 26, 2013 at Aliyar (Coimbatore), TN.
 - He gave his invited talk at the National Conference at Indore on April, 28, 2013. He also conducted a yoga meditation workshop for the participants of the conference.
 - He presented his invited paper, "Objectives of Yoga Education" on 15th February 2014, at the National Seminar, organized by M.D.N.I.Y., New Delhi. Between 16th -18th February, he conducted a two day yoga workshop at the National Yoga Week for 100+ participants at M.D.N.I.Y. Feb.16-18, 2014.
 - He was invited as the President of the two day 'yoga and literature' conference at Vashi, Navi Mumbai held on the 4th-5th January 2014. He also conducted a yoga Programme at the conference.
 - On 14th January 2014, he presented his invited talk, "Yoga for Peace & Positivity" at Kaivalyadhama, Mumbai.

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- He was invited to YCMOU, Nashik, in the capacity of the External Examiner/referee for the Ph.D. Thesis.
- Ms. Anita Verma visited Patanjali Yog Peeth, Haridwar, to learn statistical analysis and paper writing.
- Dr. Praseeda Menon, presented a research paper on “what can we say about the personality of a mindful person” in an International Seminar on Indian Psychology at Vishakapatnam, AP.

Publications

PAPERS PUBLISHED

1. Shepal, A.V., & Shete, S. U. (2013). Effect of yoga on bio- markers linked with development of diabetes complications in type 2 diabetes patients: a preliminary study. *International Journal of Recent Scientific Research*, 4, 4, pp.401-404.
2. Pant Gaurav, Bera T. K, Shete S. U. (2013). Yoga for controlling examination anxiety, depression and academic stress among students appearing for Indian board examination. *International Journal of Recent Scientific Research*, 4, 8, pp.1216-1219.
3. Bhogal, R. S., & Jacobs, Manisha. (2013). Kriya Yog of Kaivalyadhama tradition an antidote to hypertension: A non formal case study. *Yoga Mimamsa*, 45(1&2), 41-48.
4. Bhogal, R. S. (2014), Objectives of Yoga Education (Ed.), *Yoga For Youth*, a Souvenir of M.D.N.I.Y. (New Delhi), P. 77-80.
5. Bhogal, R. S. (2014), *Dhyana- Ek Vyavaharya Marga darshan*, *Yoga Sugandha*, 14(153), 38-40.
6. Bhogal, R. S. (Aug. 26, 2013), *Scientific Research in Yoga: Recent Trends, Paradigmatic Stalemate & Future Hopes*, Souvenir of National Conference on “Yoga Research for Holistic Health-2013”, 31-35.

PAPERS UNDER PEER REVIEW

1. Verma Anita, Shete, S. U., Thakur, G. S., Kulkarni, D. D., & Bhogal, R. S. (2014). The effect of yoga practices on micronutrient absorption and physical fitness in rural residential school children: A randomized controlled trial. *Ancient Science of Life*, (Under peer review).
2. Verma Anita, Shete, S. U., Thakur, G. S., Kulkarni, D. D., & Bhogal, R. S. (2014). The effect of yoga practices on cognitive development in rural residential school children in India. *Journal of Clinical & Diagnostic Research*, (Under peer review).

PAPERS UNDER PREPARATION

1. Kulkarni, D. D., & Bhogal R.S. Bio-electrical Activity – A variable for Yoga research.
2. Kulkarni D. D., & Bhat, R. Understanding the Gayatri Phenomenon -A Celestial Doppler Event of Sunlight-Earth Interaction.
3. Kulkarni D. D., Bhat R., & Bhogal R. S. A scientific and Philosophical view of Human Consciousness Behavior.
4. Kulkarni D. D., & Doddoli Suchitra Nadipariksha testing principle – A bio-electrical model.

ANNUAL REPORT OF THE S.A.D.T.GUPTA YOGIC HOSPITAL AND HEALTH CARE CENTRE 2013-14



Introduction

For ages now the value of Yogic System in treatment, rehabilitation and prophylaxis of certain diseases has been well known and rightfully acknowledged.

Keeping this in mind, Rugna SevaMandir, a department exclusively devoted to the treatment of various diseases by means of yoga, has been functioning at Kaivalyadhama since 1924, its year of inception. With the passage of time the number of patients seeking the advantages of yogic therapy has increased and the need was felt to establish a full-fledged Yogic Hospital to cater towards them. This was made possible by the munificent donation given by **ShriAmritlal Gupta**, who personally experienced the benefits of Yogic therapy. The Shrimati Amolakdevi Tirathram Gupta Hospital is a result of his magnanimous donation. This is the first ever hospital of its kind in India, where Yogic treatment is given under complete medical supervision and results assessed on scientific lines with the help of a research laboratory.

Since yoga helps balance both: the mind and body leading to better health, people began to understand that it was a means of preventing ailments. Thus, the increased awareness of the benefits of yoga necessitated the conversion of the hospital into a full-fledged Health Care Center. Now, the aim is to provide people with an efficient system of Health Management through yogic practices. To augment the benefits, a Naturopathy Center and an Ayurvedic Centre have also been established.

Last but not the least; great care is taken to provide wholesome meals, which are nutritious and easy to digest. Meals are accompanied by fresh fruit and salad, thus ensuring a healthy balance of diet.

All this has been possible not merely by the efforts of the people of this Institute but also because of the yoga enthusiasts who have been visiting the place over the years in ever increasing numbers. Their valuable suggestions have helped the institute in its endeavor towards perfection.

We place a lot of importance on staff meetings, which are held once a month. In such meetings, we discuss the suggestions received from participants and staff members. The decisions taken are with fixed timelines and responsibility cast on an individual staff member to complete the work.

ACTIVITIES OF THE HEALTH CARE CENTRE

YOGA FOR GENERAL HEALTH & FITNESS : In a minimum of a seven day course, which begins on Sunday, we impart training in asana, pranayama, kriyas, and basic technique of meditation or awareness.

Together with this, Naturopathy sessions are prescribed, by which one feels rejuvenated, de-stressed and gets rid of the accumulated toxins in the body. Also there are lectures, discussions, and documentaries which encourage further understanding about yoga, health and fitness. Silent Walks to the hill, where Swami Kuvalayananda prepared a Cave for meditation, is part of the seven days stay.



YOGA THERAPY: For individuals suffering from specific ailments, we design a tailor made programme which is most appropriate and effective in dealing with the specific disorder. The person is given a medical checkup before starting the programme. If required, then we also have facilities for Pathological tests within the campus.. The progress of the person is monitored closely. Nature Cure therapy is prescribed according to the need and condition of the individual. If necessary, then a special diet is also prescribed.

SPECIAL WORKSHOPS: Workshops are organized on specific subjects such as diabetes, asthma, hypertension, heart care, arthritis, and so on. , This is done so as to focus the attention on that specific point. Workshops include practical sessions, lectures, discussions and nature cure therapies. The aim is to appraise the participants towards the subject matter and its remedy through yoga and nature cure.

COLLABORATIVE THERAPEUTICAL RESEARCH: A number of research projects are also undertaken to prove the efficacy of yoga as a therapy with our Scientific Research Department.

THE PRINCIPLE OF HEALTH AND HEALING THROUGH YOGA NATUROPATHY & AYURVEDA

Yoga is a product of the perennial wisdom of India. One can trace the origin of yoga as far back as the Indus Valley Civilization, at least three thousand years before Christ. All throughout the last five thousand years, it has remained as one of the most important facets of Indian Culture, remaining vibrant and responsive to the changing times.

The literal meaning of Yoga in Sanskrit is INTEGRATION. In this sense, yoga represents a process through which one can learn how to live in the most integrated way. Therefore, it involves the process of identification and then elimination of all that would contribute in disintegration.

When taken in this sense it becomes a continuous process, requiring constant vigilance and involving all the aspects of life. In this integrated way of living, the process of identification of all the elements which cause ill health and the use of appropriate techniques to neutralize their ill effects became one of the primary concerns of yoga. Consequently, yoga which essentially is a Science of personal growth for spiritual experiences has simultaneously become a Science of health and healing.

THREE COMPONENTS OF YOGIC APPROACH WHICH WE FOLLOW

When Yoga is used as a Science of Health and Healing, all its techniques and methods, which are basically meant for spiritual experiences, automatically promote Health and for bringing a Healing touch to the body and mind suffering from ill-health. For this purpose, the approach, which Yoga advocates, has three main components.

- A.** First is the practical discipline, which involves the practices of asanas, pranayama, Kriyas and meditation.

Asanas induce increased awareness of various physical and psychological processes; through controlled stretching, contraction and relaxation of various muscles, their coordination to balance and maintain a posture, and so on. Similarly, pranayama practices involves manipulation of breathing mechanisms along with an increased awareness of pressure changes inside the cavity of the chest and abdomen. Kriyas are the purification process which helps eliminate the toxins in the body.

Dhyana or meditation practices increase awareness of one's mental processes including thoughts, emotions, and memory and so on. It can make one aware of how constant restlessness exists at the level of the mind thus contributing in emotional stress, the feeling of constant fear and insecurity. This increased awareness combined with the psycho physiological corrections, brings the body back to its healthy, harmonious and balanced state.

- B.** The second component is concerned with the regulation of diet as well as regulation of daily habits involving the pattern of sleep, recreational activities and working habits. This helps in removing all those irritants responsible for the imbalance in the functioning of body-mind complex.
- C.** The third component concern is with changes in one's attitude, behavior and life-style, which can help in inducing feelings of sharing, feelings of warmth, friendship and concern, love and respect for the entire beautiful world. This acts as an antidote for the feeling of hopelessness and loneliness, which may come in the absence of proper relationship with the world around.

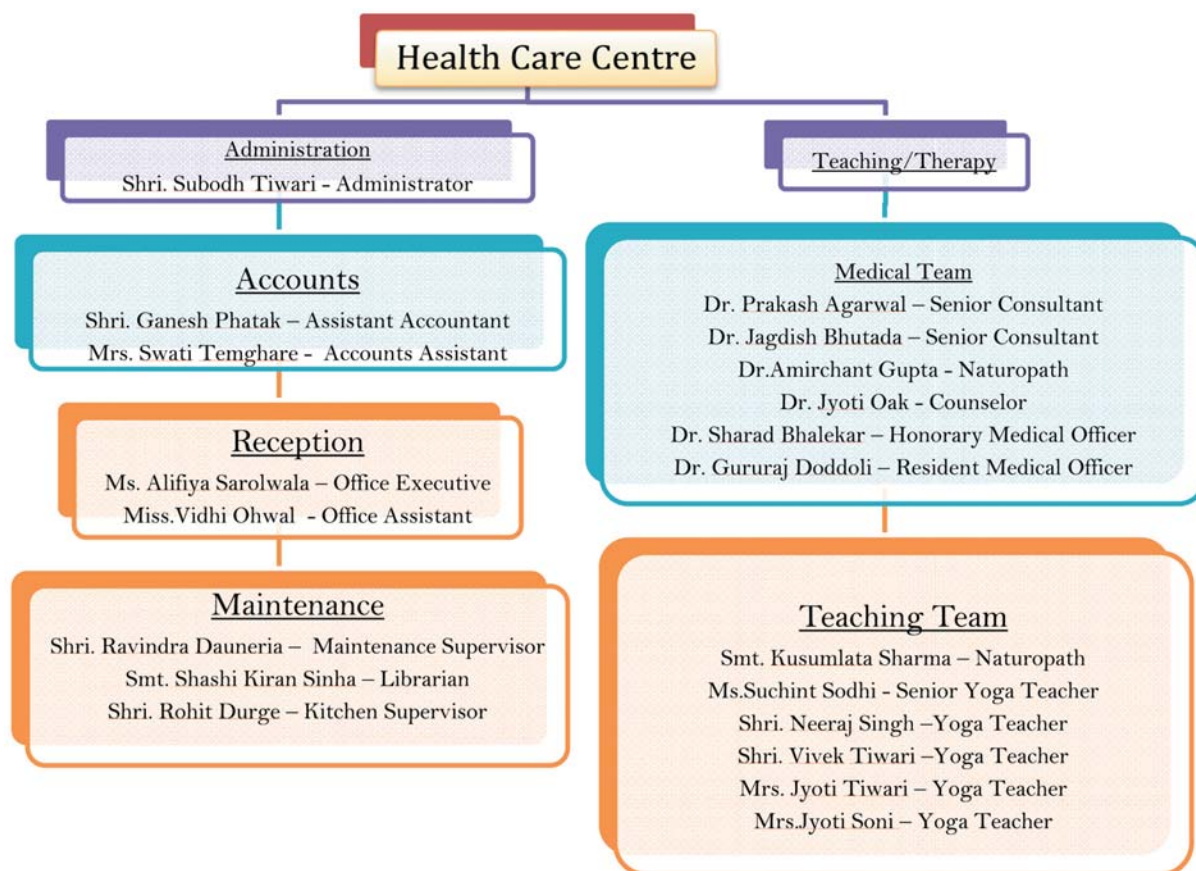
Often, when people talk about yoga they focus their attention only on the first component involving a variation of asanas, pranayama and meditation techniques. As a result they confine yoga to a small period of their daily life, as if the rest of the day has nothing to do with yoga.

But in reality, a yogic life-style throughout the day helps a great deal in healing the body than any one particular component of yoga. Whatever skills one has learnt from yogic practices, need to be used throughout the day. In this sense the UPAYOGA Le. The use of yogic skills need to be given proper attention throughout the day. The last two components attend to this Upayoga aspect of Yoga.

If one takes on yoga in this spirit, comply with all the instructions given to you; then you would find that yoga not only gives you relief from your problems but also opens up a new avenue for enjoying your life.

- D.** Special attention is given to individuals who seek to have an in-depth understanding of any field of yoga. Discussions with scholars in this particular field are also arranged

ORGANOGRAM



RESIDENTIAL FACILITY:

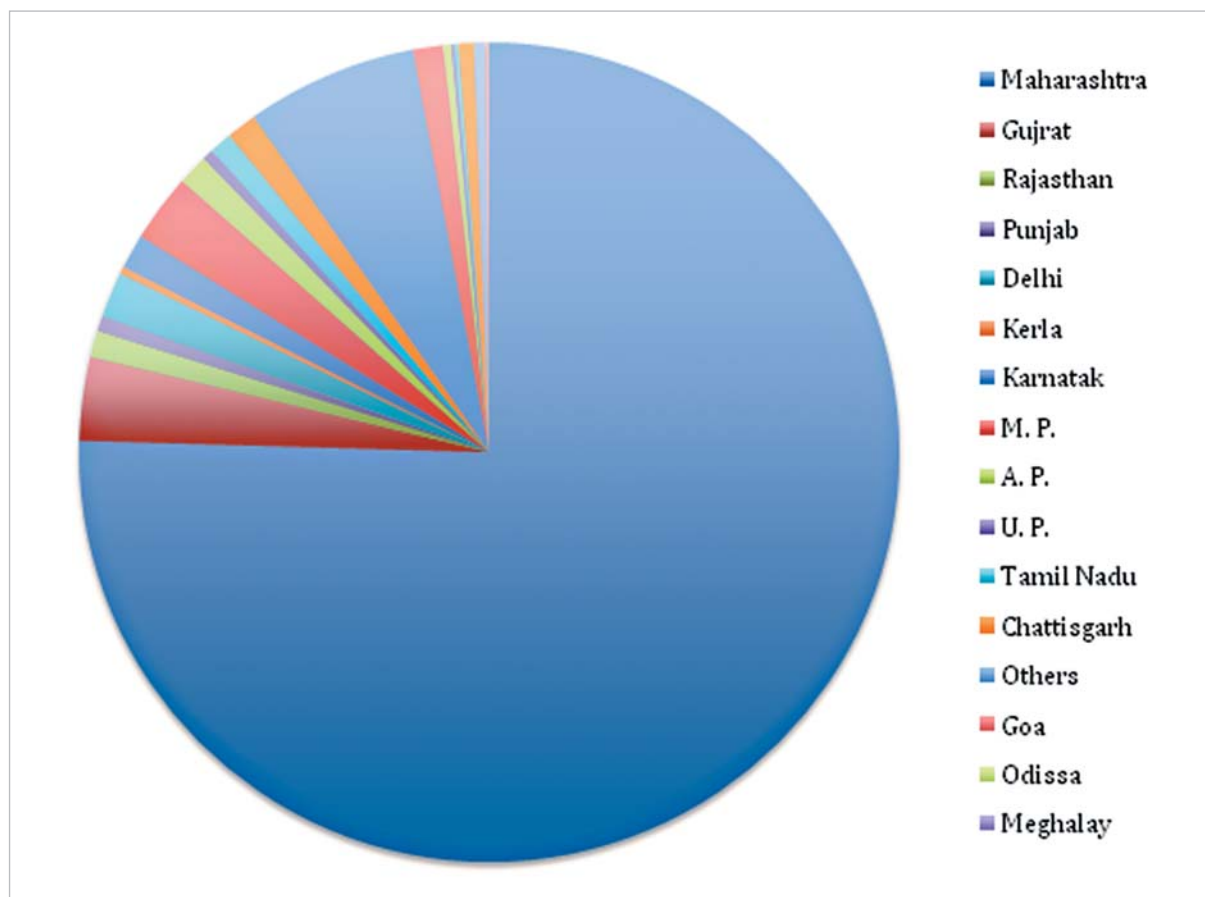
The center provides simple and clean rooms with attached bathrooms or common bathrooms. In addition, it has four suites, which serve as family accommodation. The following chart below, displays the total availability;

ACCOMMODATION & CLASSIFICATION OF ROOMS

ROOMS	TYPE	NO. OF PERSONS	TOTAL
12 - Main Building Standard	Attach Bathroom	2 in each room	24
5 - Soham Kutir Standard	Attach Bathroom	2 in each room	10
5 - Soham Kutir Executive	Attach Bathroom	2 in each room	10
10 - Soham Deluxe	Attach Bathroom	2 in each room	20
9 - Main Building	Common Bathrooms	2 in each room	18
4 - Main Building	Suites	3 in suite	12
2 - Vedanta	Double with attached Bathrooms	2 in each room	4
5 - Vedanta	Single with attached bathroom	1 in each room	5

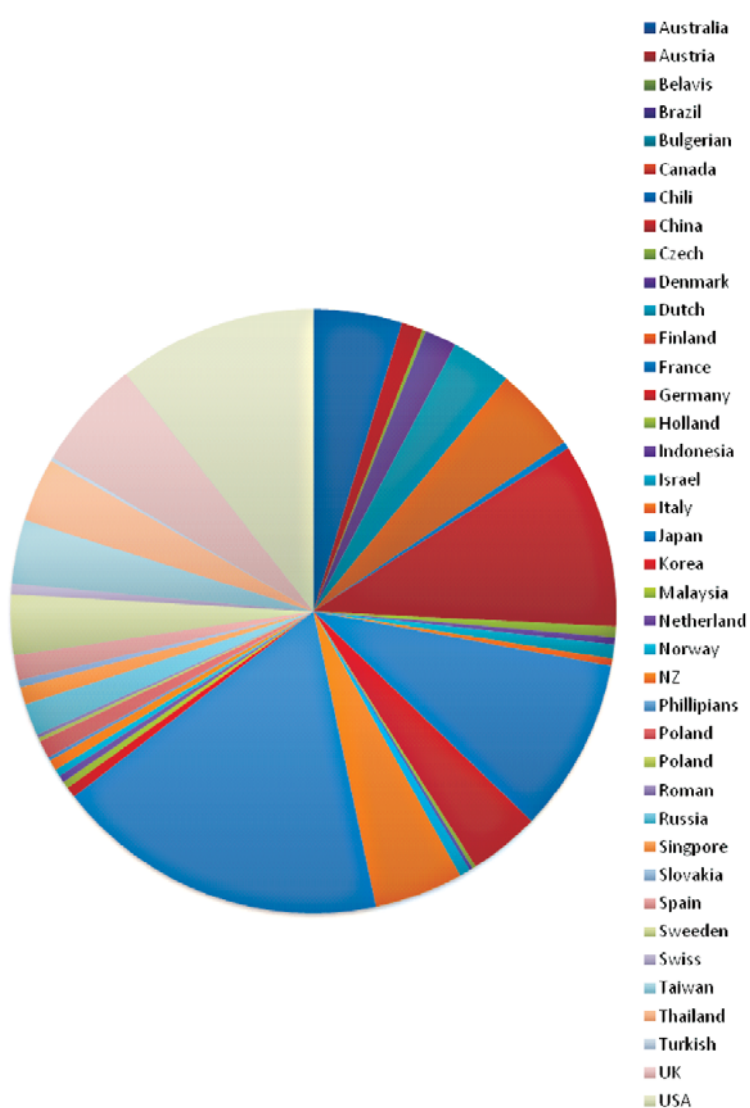
S. A. D. T. GUPTA YOGIC HOSPITAL AND HEALTH CARE CENTRE

Participants Statistics: Indian participants state wise distribution



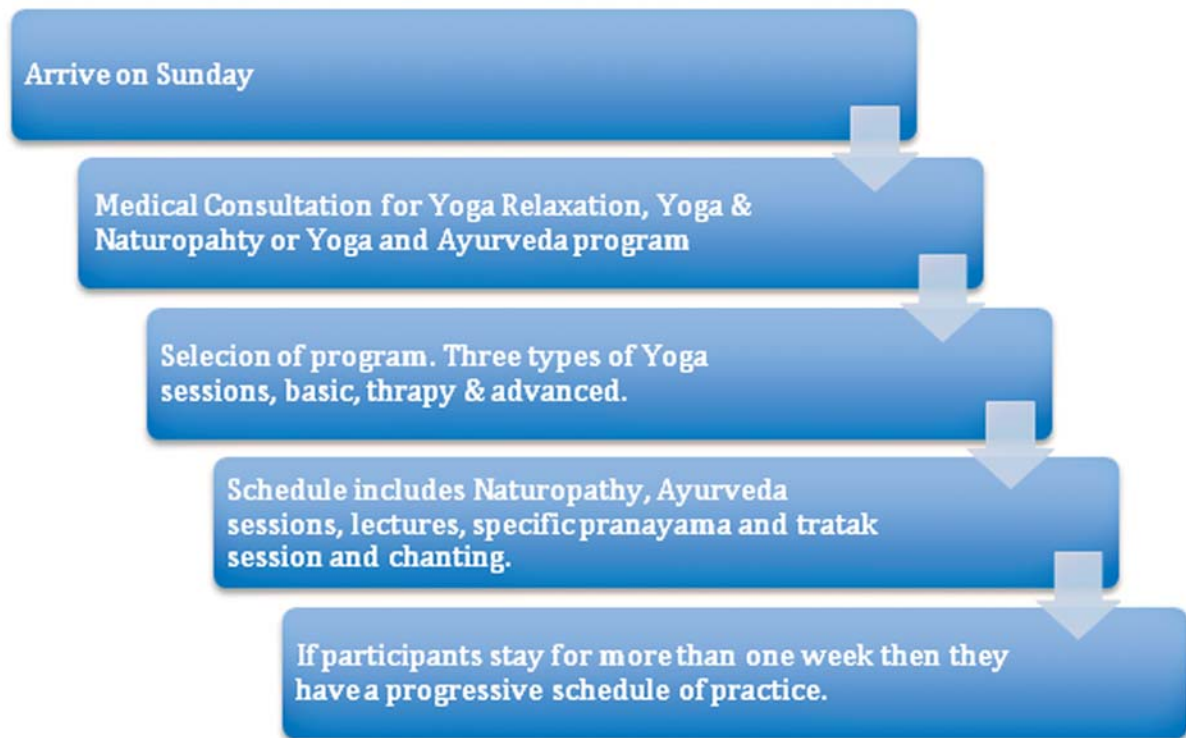
States	Male	Females
Maharashtra	504	659
Gujrat	22	21
Rajasthan	7	7
Punjab	4	0
Delhi	12	10
Kerla	2	3
Karnatak	9	11
M. P.	18	10
A. P.	8	3
U. P.	3	5
Tamil Nadu	6	6
Chattisgarh	8	8
Others	45	16
Goa	8	4
Odissa	2	1
Meghalay	1	1
Jharkhand	1	0
Bihar	4	1
Kolkata	3	1
Assam	1	0
	668	767

International participants country wise



Sates	Male	Female	Total
Australia	5	20	25
Austria	2	4	6
Belavis	1	0	1
Brazil	3	6	9
Bulgerian	4	13	17
Canada	6	18	24
Chili	1	1	2
China	12	40	52
Czech	2	1	3
Denmark	0	2	2
Dutch	0	4	4
Finland	1	1	2
France	12	37	49
Germany	4	16	20
Holland	0	1	1
Indonesia	0	1	1
Israel	2	1	3
Italy	7	18	25
Japan	24	70	94
Korea	1	2	3
Malaysia	0	2	2
Netherland	0	2	2
Norway	1	1	2
NZ	1	2	3
Phillipians	0	1	1
Poland	2	3	5
Poland	0	1	1
Roman	0	1	1
Russia	2	7	9
Singapore	1	4	5
Slovakia	0	2	2
Spain	2	5	7
Sweeden	4	13	17
Swiss	1	2	3
Taiwan	5	13	18
Thailand	6	12	18
Turkish	0	1	1
UK	8	23	31
USA	15	41	56
	135	392	527

How does our health care program work?



INFRASTRUCTURAL DEVELOPMENT:

1. **New Ayurveda Therapy Rooms:** An increase in the number of participants required us to upgrade our facilities. We upgraded our facilities with addition of four well-designed cottages for the Ayurveda centre. Hence, the facilities for panchkarma have increased.



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2. **Herbal & Medicinal Garden:** We are continuously improving these gardens with new seed banks, new plantations and identifying of existing medicinal plants
3. **Installation of sculptures:** An ashram at heart, is reflected in the installation of new sculptures of Buddha and Krishna. These were hand made by local artisans. It is proposed that more such sculptures will be placed at appropriate positions in time to come.

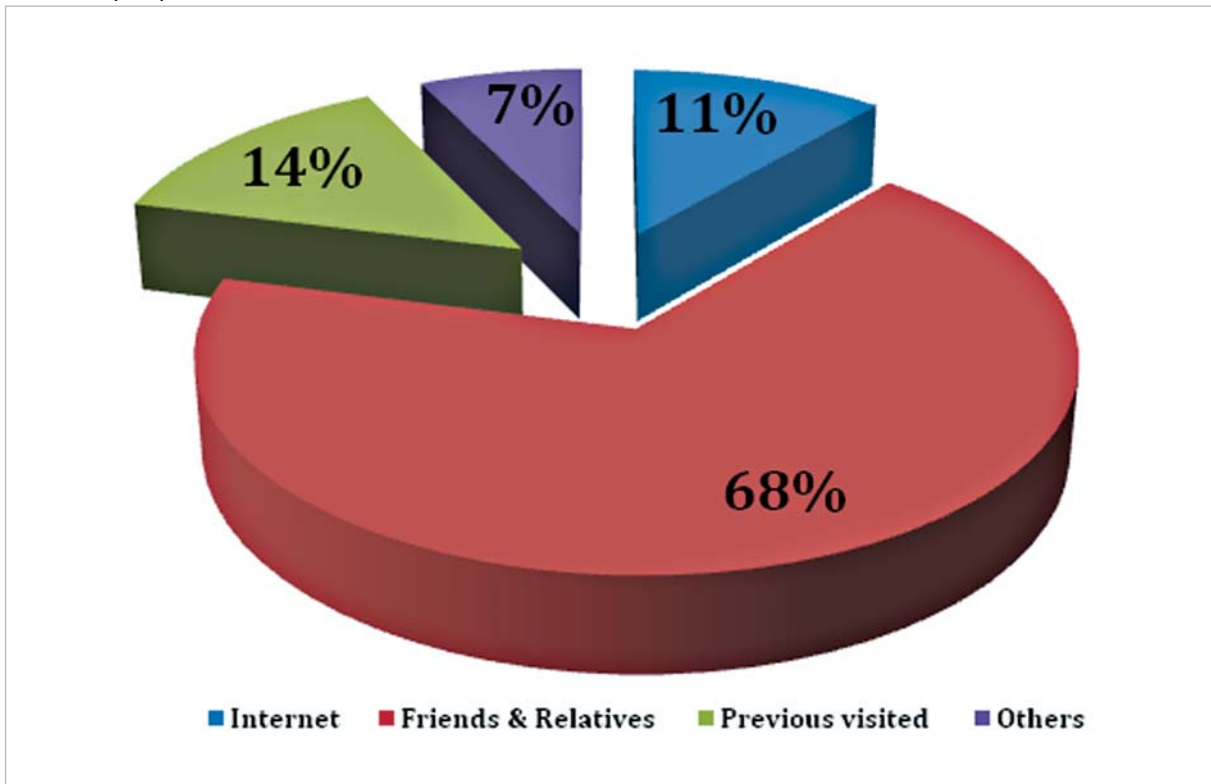
IMPORTANT DECISIONS BASED ON FEEDBACK:

1. Skilled training included in the training program for MSW/Therapist
2. Installation of lockers in rooms and therapy center.
3. Organize technical training for housekeeping staff at Health Care Centre
4. Umbrellas with Kaivalyadhama symbol
5. Formulation of the general 'code of conduct' for the therapists.
6. Renovation work of the Naturopathy department such as covering roofing with POP/Gypsum, LED lights, painting and so.
7. Modifications in the case papers.
8. To check the hygiene level of the kitchen staff on regular basis
9. Training in Disaster Management
10. Improve and beautification outside the naturopathy and ayurveda departments
11. Therapists to give different treatments to each other once in month. – naturopathy/ayurveda
12. Standard module for tratak and pranayama
13. Purchase of an Industrial washing machine
14. A printed map of the Institute
15. Distribution of patients per therapist, 5 patients per therapist in naturopathy, so maximum 15 males and 20 females can be accommodated in naturopathy
16. Standard module for pranayama session with reference to the pranayama book of Swamiji
17. To formulate Yoga Therapy modules according to diseases, present them before all yoga teachers by 'teachers'.
18. Common therapy class and other therapy classes according to different patients
19. Staff involvement in kitchen to change the taste of food. Bird watching session for patients
20. New covers for all the blankets
21. 200 sheets for ayurveda department within 1 week
22. Talk to all the therapists of naturopathy and ayurveda department and discuss the code of conduct
23. To change windows of the asana hall
24. Start with prayer in the Dining hall
25. Principles of teaching for yoga teachers to be discussed and adopted so as to maintain uniformity.
26. Prepare a manual for yoga teachers
27. Make provision to buy ghee in the store
28. Hygiene of the kitchen staff (cap, nails, hairs, shaving, and so on.)
29. Acupressure walking track in the garden
30. Yoga class for staff members.
31. Add acupressure and magnet therapy in Naturopathy
32. Send the patients for pathological tests free of cost, for those who are staying for 2 or 3 weeks.

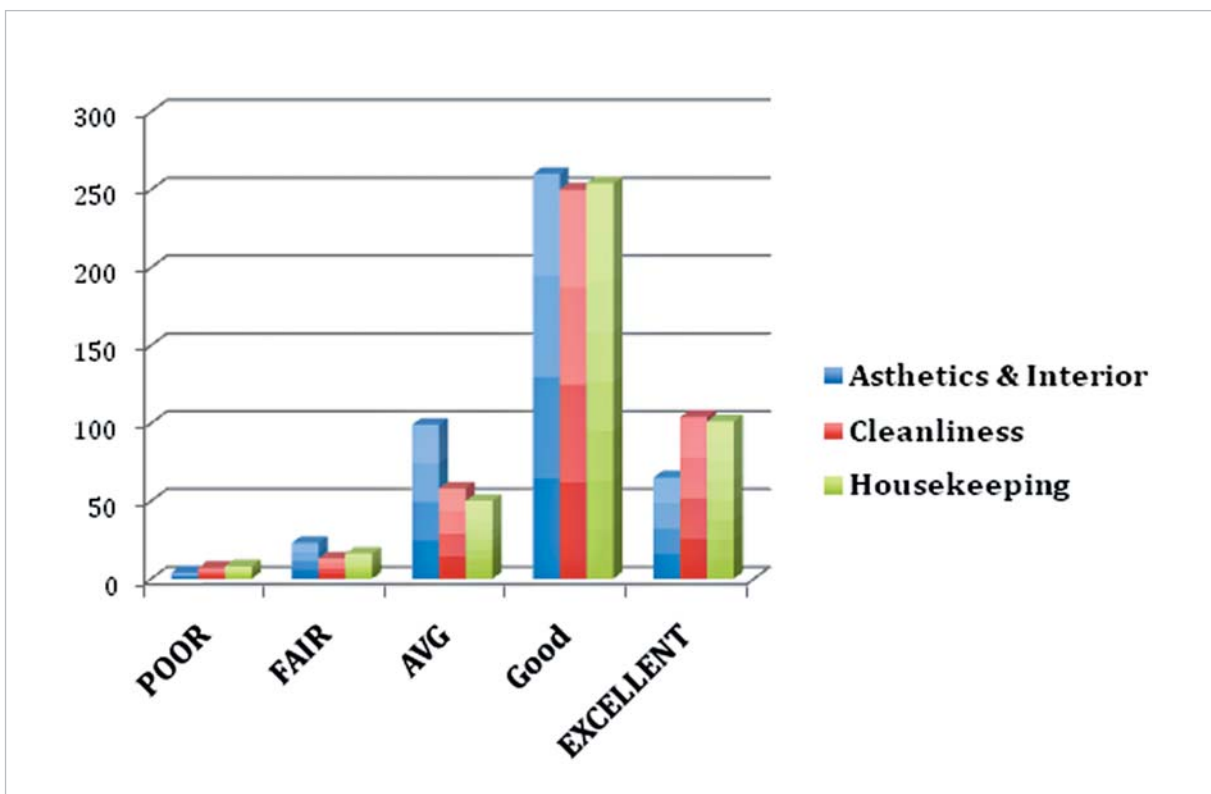
New Natural energy sources such as Solar electricity, Solar water heater in the Health Care Centre, Naturopathy and so on.

FEEDBACK:

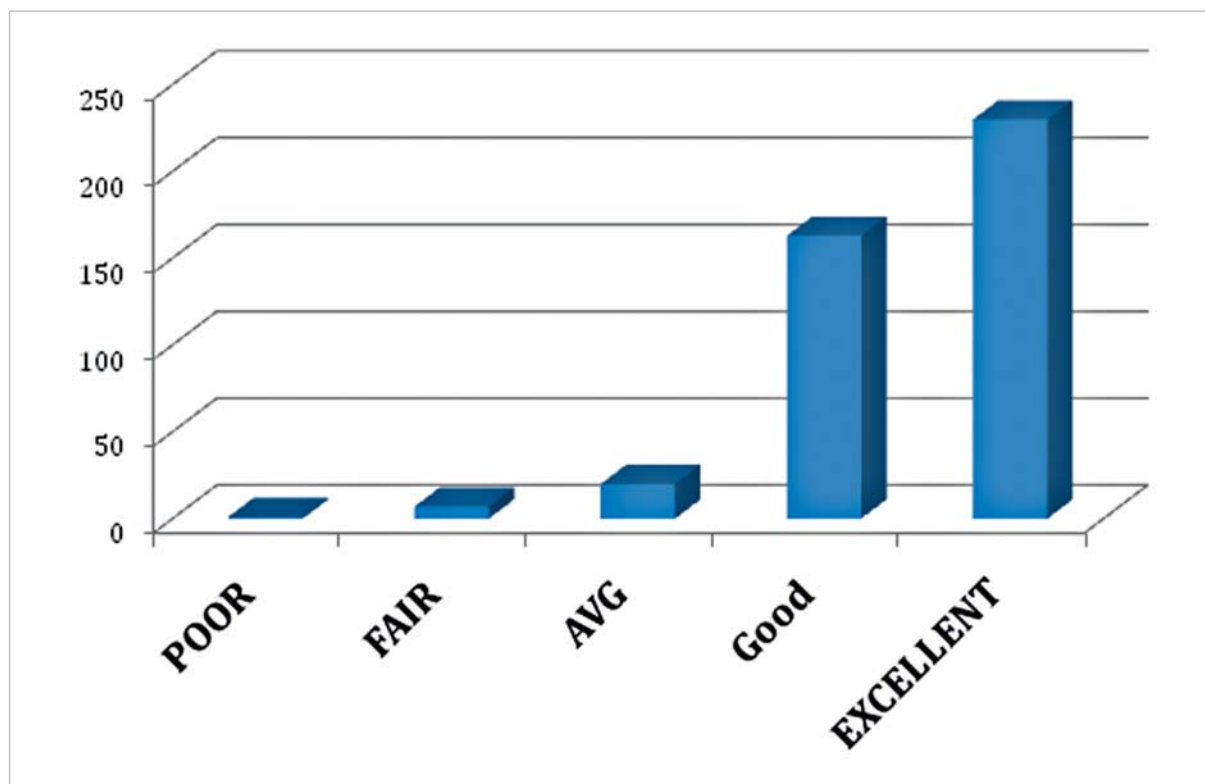
How did people come to know about the institute?



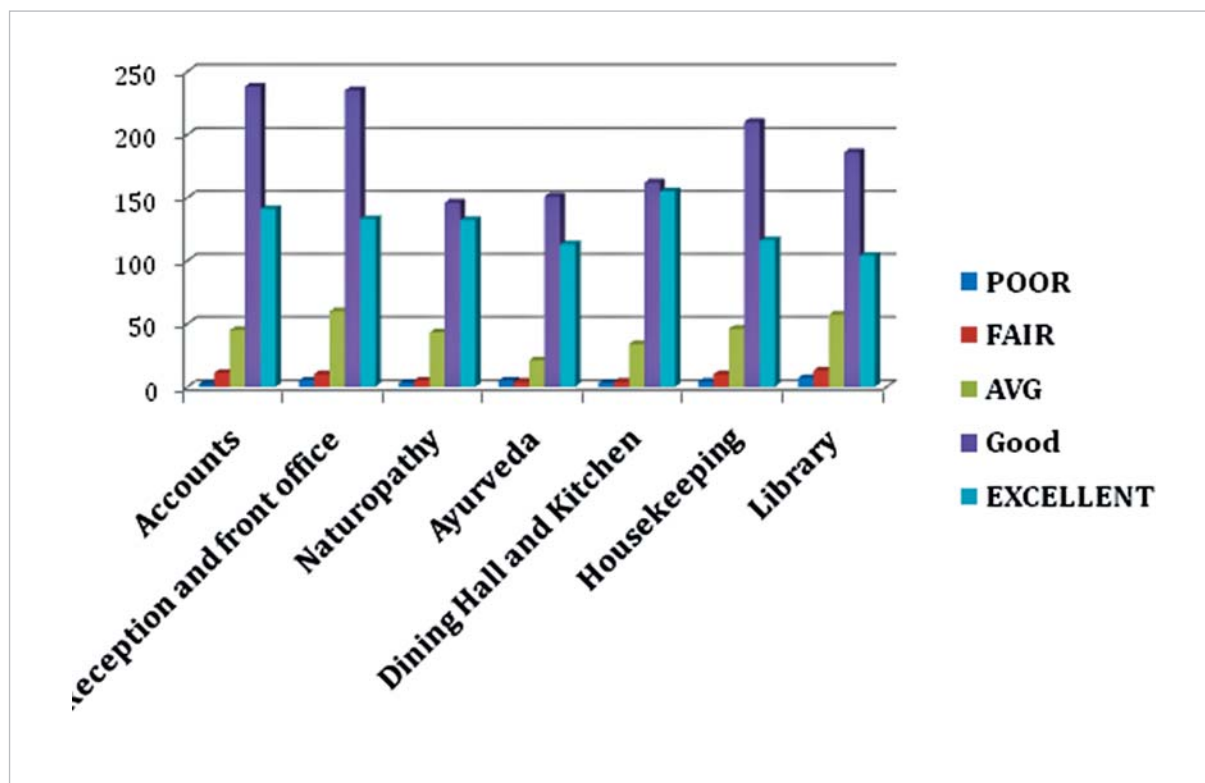
How did they rank the infrastructure?



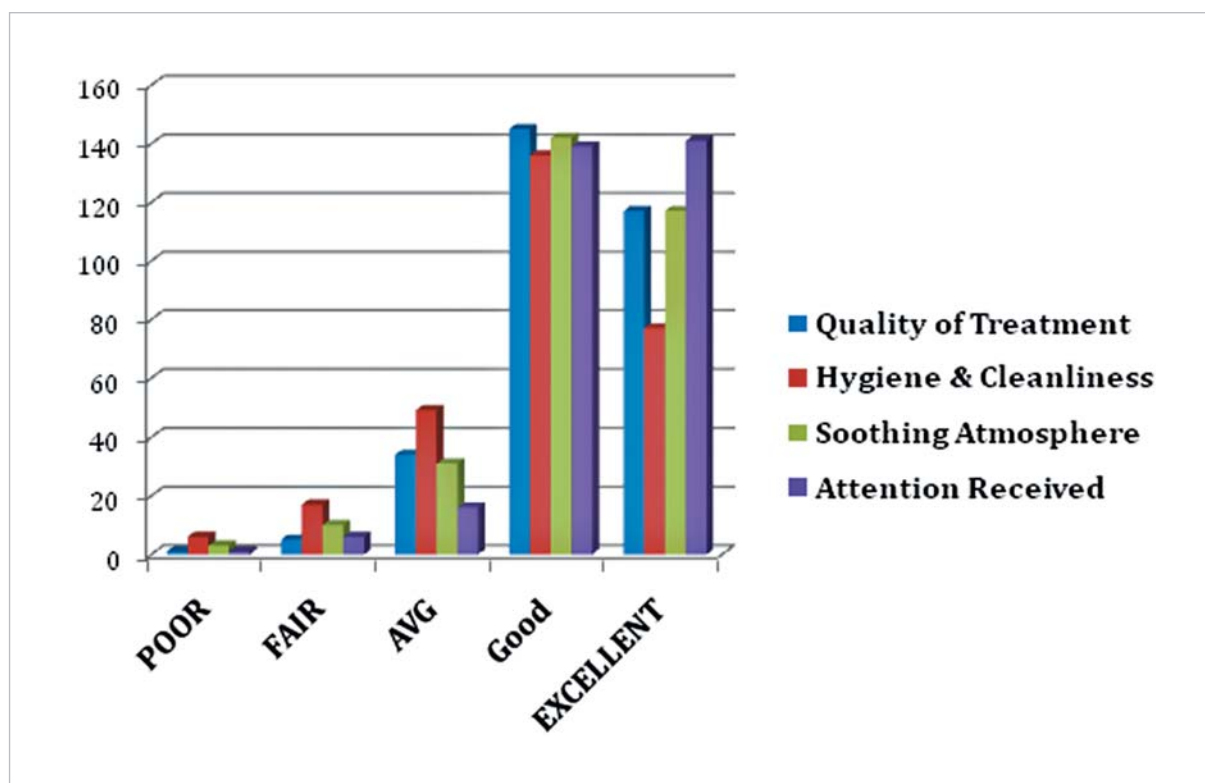
What did they think of the general environment of the institute.



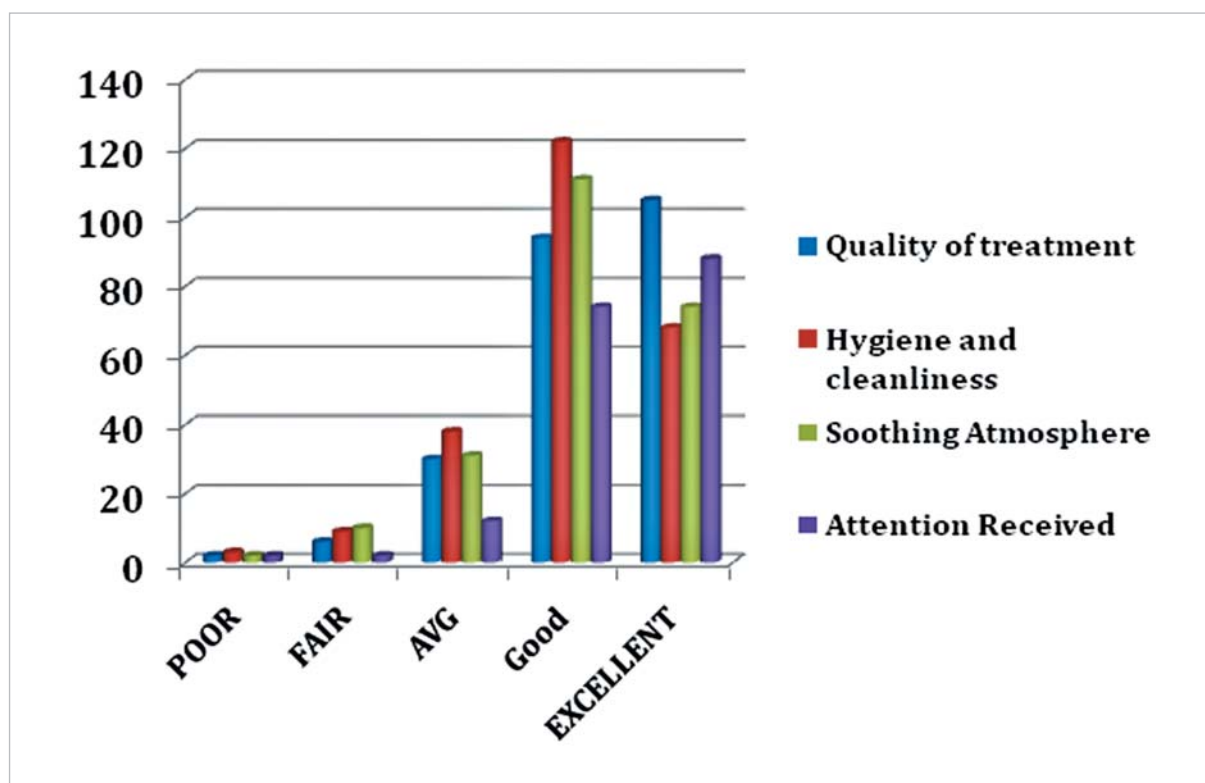
How did they rank the staff members?



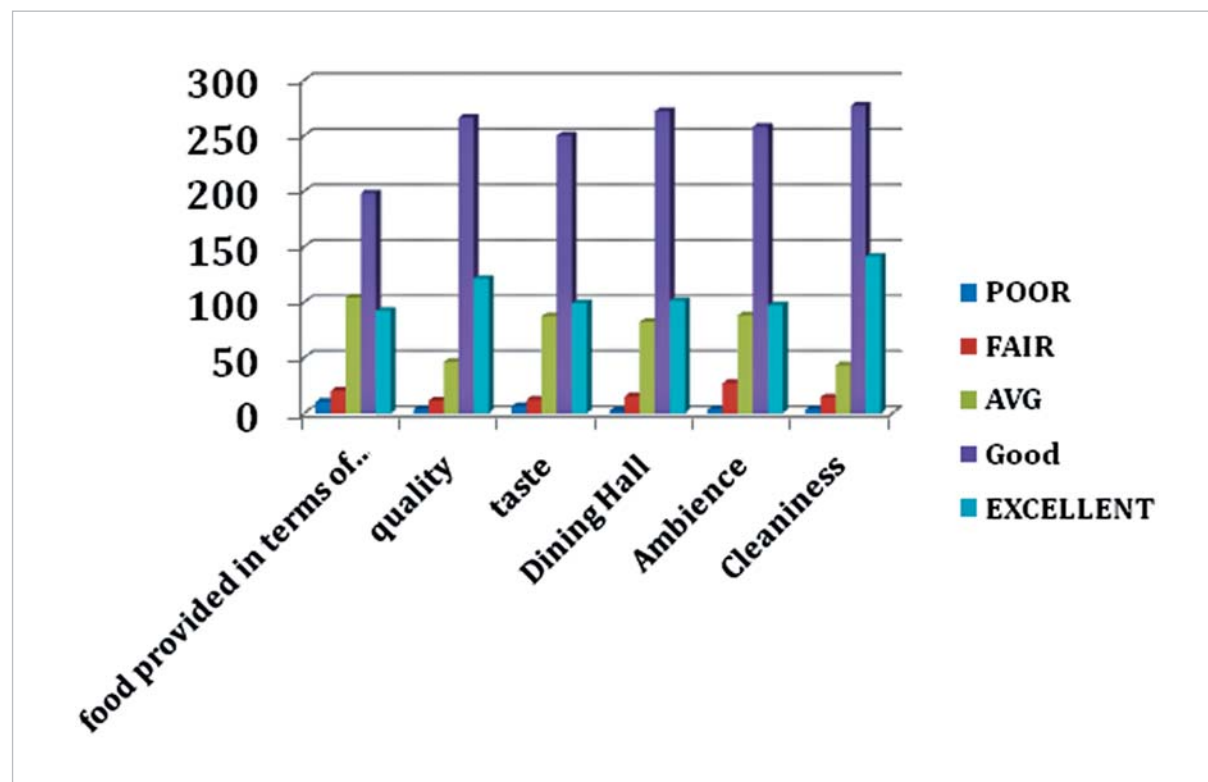
How did they like the Naturopathy Section?



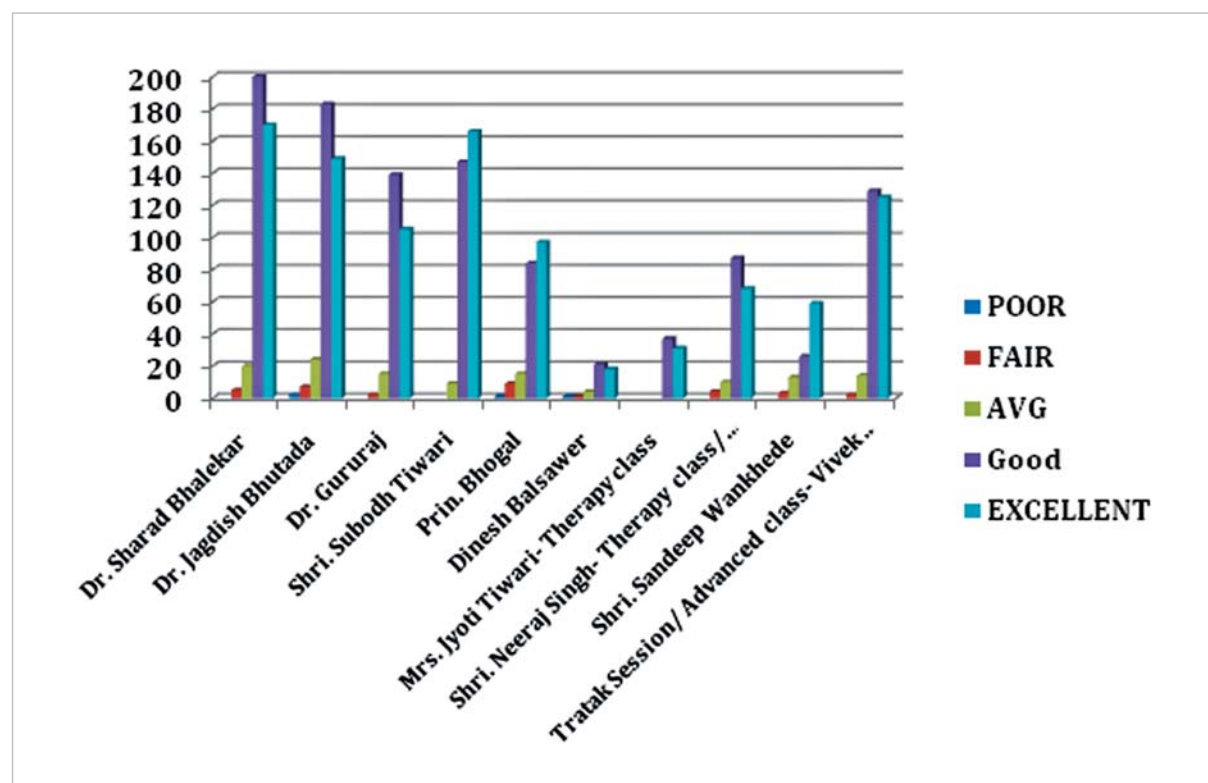
What do they say of the Ayurveda section?



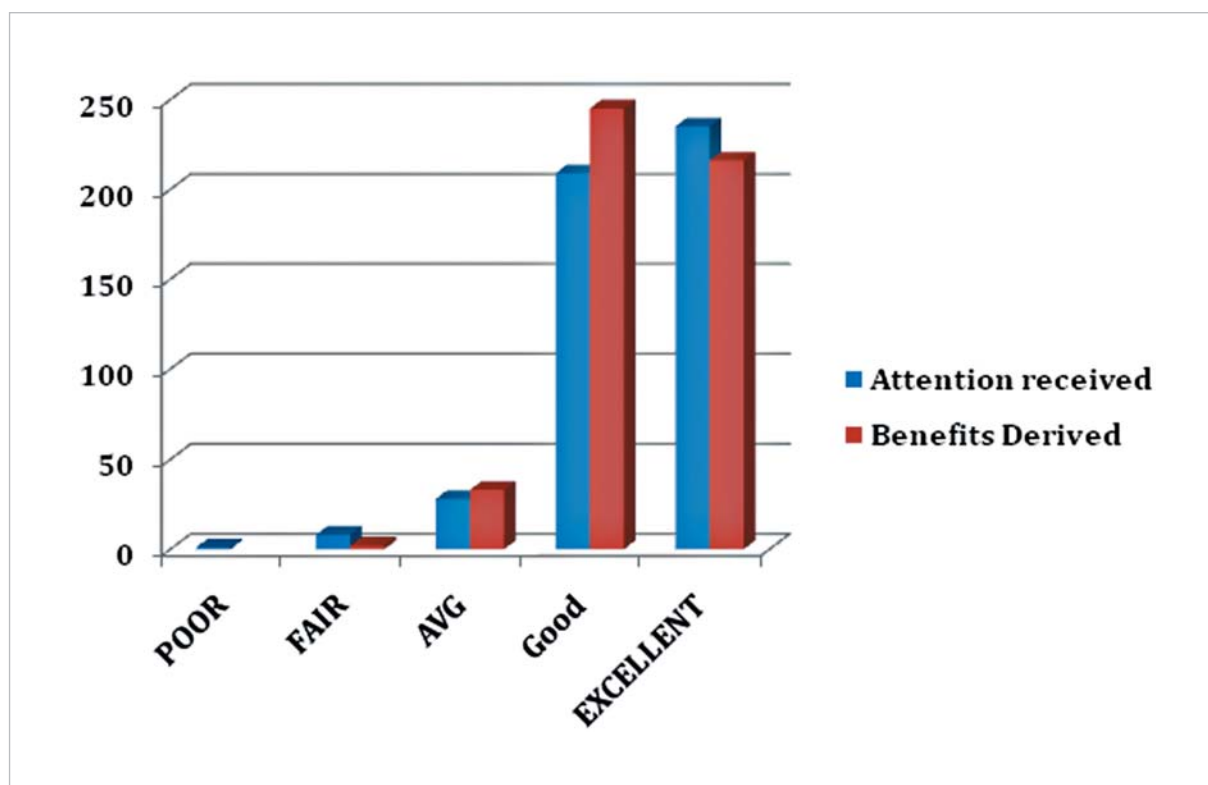
What do they think of the kitchen and food?



How did they rate our lecturers?



What did they think of our Yoga classes?



Vedanta Kutir – Standard Rooms



Suit



Soham Deluxe

S. A. D. T. GUPTA YOGIC HOSPITAL AND HEALTH CARE CENTRE



Soham Executive



Dinning Hall







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