



Annual Report

2016

KAIVALYADHAMA

Message from the Secretary



Kaivalyadhama has a tradition of non-dilution; that was the message given to me by my teacher Swami Kuvalayananda. He said "Tiwari I have brought this institute out of nothing and if goes to nothing I don't mind, but Yoga should not be diluted." Our continued work and achievement in the field of research is sufficient proof of our sincere efforts to fulfill the hopes and goals of our founder. All our dedicated students, practitioners, and friends who visit Kaivalyadhama to participate in different educational workshop and visit the S.A.D.T. Gupta Yogic Health Care Centre and Ayurveda Center deserve my sincere thanks. It is because of them that Kaivalyadhama continues to flourish.




















While much of what I want to say is already reflected in this report, I am often reminded of Swami Digambarji's wise words in thinking about the sincerity of our work to promote Yoga: "Don't think that you are the doer. He is getting it done through you."

Lastly, I am especially thankful to all the staff members who have worked so hard to ensure that the annual report is submitted on time. Their contribution and dedication speak through the presentation of the report. I extend my warm thanks to all of them.

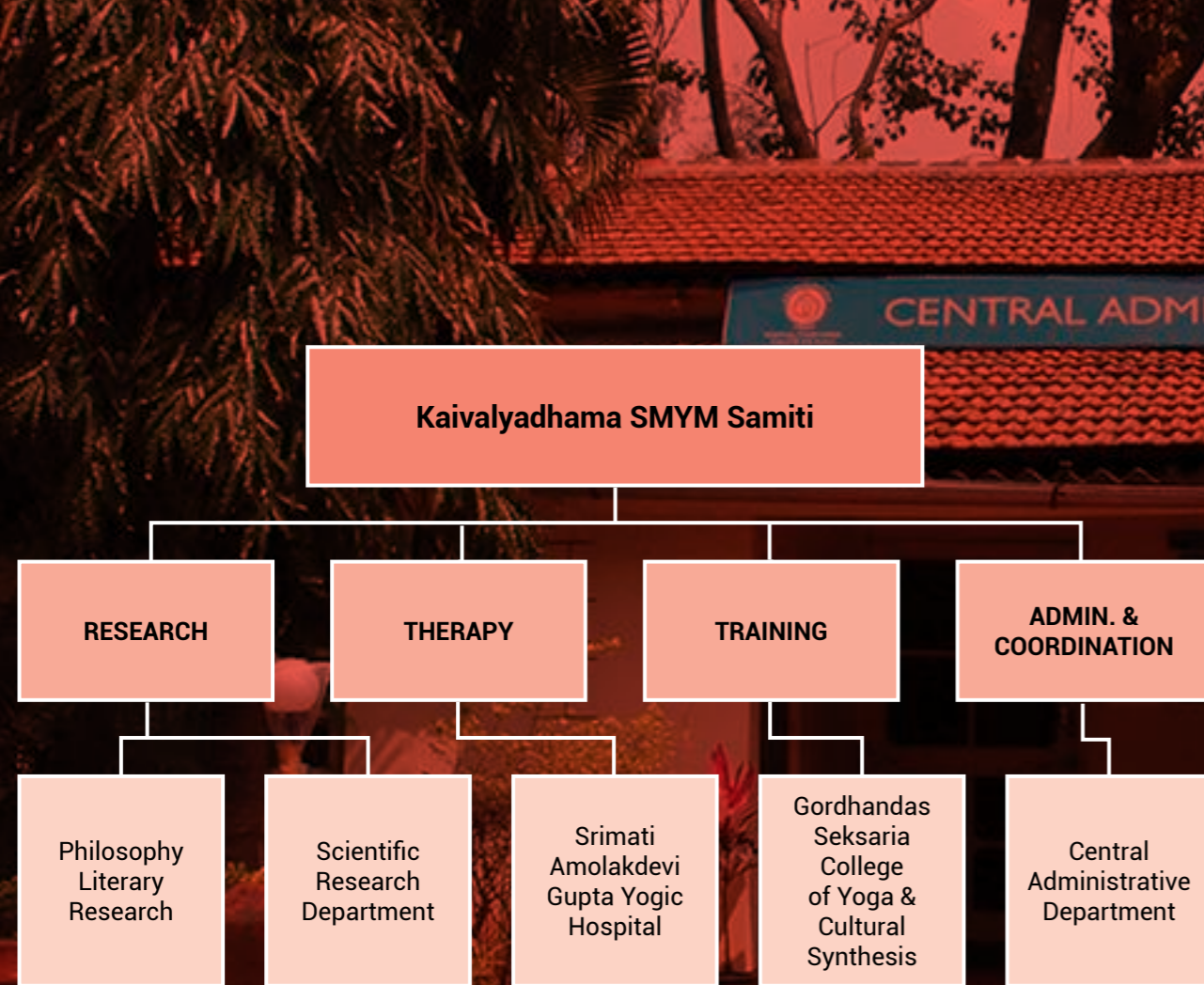
I am sure the report will be read impartially by all.

*Yours in the service of Yoga,
O.P. Tiwari*

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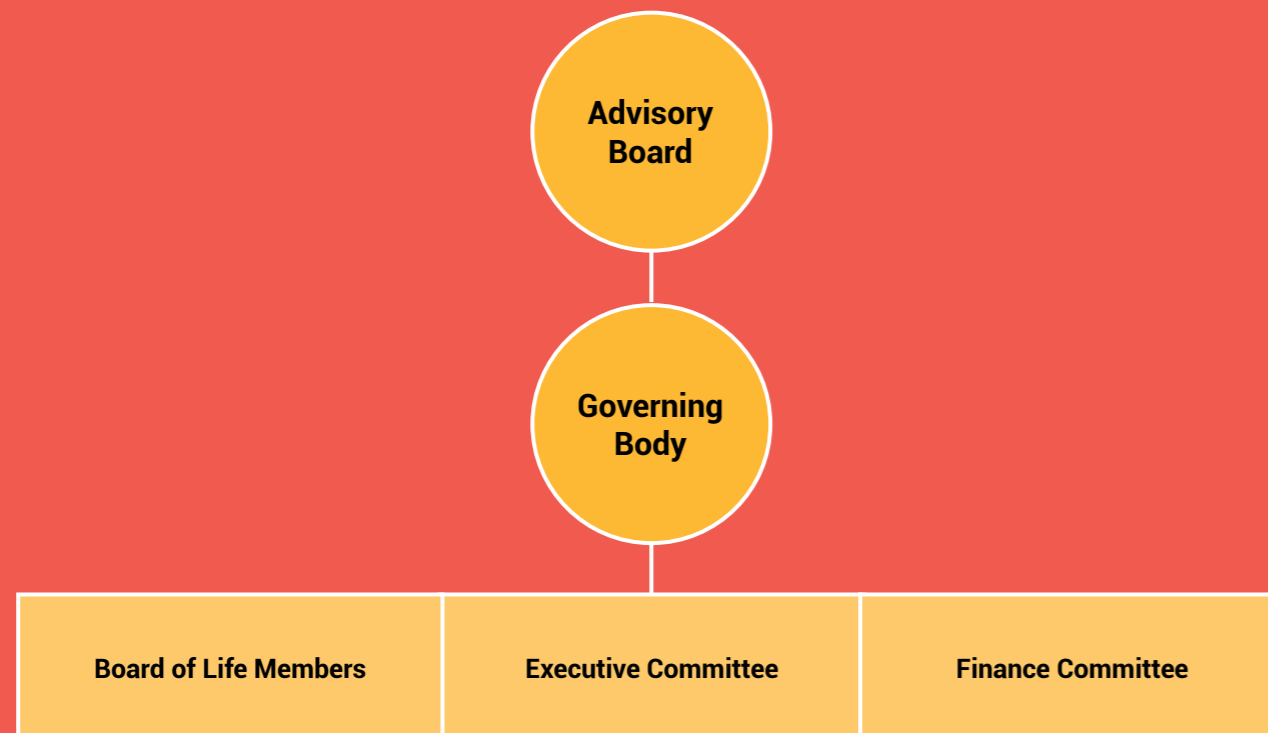
Central Administrative Department



FUNCTIONS OF CENTRAL ADMINISTRATIVE DEPARTMENT (C.A.D.)



GOVERNANCE



MEMBERS *of the* ADVISORY BOARD

- 01 **Justice (Retd) Shri. B.N. Srikrishna**
Chairman- Former Judge Supreme Court of India
- 02 **Dr D.R. Kaarthikeyan**
Advisor Law-Human Rights – Corporate Affairs
- 03 **Shri. S.K. Tripathi**
Former Education Secretary, Govt of India
- 04 **Dr Rajan Welukar**
Provost, Somaiya Vidyavihar, Former Vice Chancellor, Mumbai University
- 05 **Dr P.B. Desai**
MS, FRCSE, FACS, Oncologist, Padmabhushan Awardee
- 06 **Dr S.D. Palkar**
Cardiothoracic Surgeon
- 07 **Shri. B.C. Khatua**
Former Chairman, Forward market Commission, Govt. of India
- 08 **Padmashree Shri. P.H. Parekh**
Senior Counsel Supreme Court, Padamshree Awardee
- 09 **Shri. Prasad Menon**
Independent Non-Executive Director, Axis Bank Limited; Non-Executive Independent Director, SKF India Limited
- 10 **Dr Anand Gokani**
Diabetologist
- 11 **Dr Shirley Telles**
Director of Research, Patanjali Yogapeeth
- 12 **Shri. M. Narsimhappa, IRS (Retd)**
Former Chief Income Tax Commissioner
- 13 **Shri. Vinay Bansal**
Former Secretary, Govt of India
- 14 **Dr Rajshekhar Pillai**
Former Vice-Chancellor, IGNOU

MEMBERS *of the* GOVERNING BODY

- 01 **Swami Maheshananda**
Chairman
- 02 **Shri T.S. Rautela**
Deputy Secretary; Govt of India's Nominee
- 03 **Shri. Anil Kakria**
Deputy Secretary - Finance Division; Govt of India's Nominee
- 04 **Shri. R.K. Nayak**
CAO/IFA NCERT; Nominee
- 05 **Dr Dhanraj Mane**
Higher Education Director - Govt of Maharashtra
- 06 **Shri. K.P. Talwar**
- 07 **Justice (Retd) Shri. D.R. Dhanuka**
- 08 **Managing Trustee**
- 09 **Smt. B.P. Khetan**
- 10 **Shri. R.R. Seksaria**
- 11 **Shri. Dinesh Panjwani**
- 12 **Justice (Retd) Dr S. Radhakrishan**
- 13 **Advocate Nivit Srivastava**
- 14 **Dr S.K. Ganguly**
- 15 **Dr B.R. Sharma**
- 16 **Smt. P.L. Mandke**
Associate Member
- 17 **Shri. Subodh Tiwari**
- 18 **Shri. R.S. Bhogal**
- 19 **Shri. O.P. Tiwari**
Secretary

MEMBERS *of the* FINANCE COMMITTEE

- 01 **Swami Maheshananda**
Chairman
- 02 **Shri. T.S. Rautela**
Deputy Secretary; Govt of India's Nominee
- 03 **Shri. Anil Kakria**
Director - IFD; Govt of India's Nominee
- 04 **Shri. R.K. Nayak**
CAO/IFA NCERT; Nominee
- 05 **Dr Dhanraj Mane**
Higher Education Director - Govt of Maharashtra
- 06 **Shri. Subodh Tiwari**
CEO
- 07 **Shri. O.P. Tiwari**
Secretary

Key ASSOCIATES

LEGAL CONSULTANTS

Advocate Shri. Jayant Shaligram - Pune
Advocate Smt. Meena Doshi - Mumbai
P.H. Parekh & Co. - New Delhi

AUDITORS

M/s Kausthub D. Shah & Co.
Shri. Girish Date CA - Internal Auditor

ARCHITECTS

M/s Design Workshop - Lonavla

COMPUTER SYSTEM MANAGER

M/s Indigenous Systems

MEDIA MANAGER

Mr Tuhin Chowdhury

Institutional Recognitions

01 Ministry of Education, Government of India, New Delhi

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

02 Ministry of Finance, Government of India, New Delhi

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

03 Ministry of Home Affairs, New Government of India Delhi

Permanent Registered under Foreign Contribution Regulation Act.(1976) Regd.No.083930295 dt.09.05.2016. (Period 1st Nov 2016 to 31st Oct 2021). To receive donation for promotion of Research Training & Treatment in Yoga.

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

Recognition under the Scheme on Scientific and Industrial Research Organizations (SIRO's). Letter No.F.No.14/79/88-TU-V dated 23rd March 2016. Recognition is up to 31.03.2019.

05 Finance Division, Mumbai, Government of Maharashtra

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

06 Ministry of H.R.D., Department Secondary & Higher Education, Government of India, New Delhi

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

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

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

08 University of Pune, Pune

Approved Centre for Post graduate research 14.09.2007

Meetings

ADVISORY BOARD	3.7.2016
GENERAL BODY	15.1.2017
BOARD OF LIFE MEMBERS	10.10.2016
GOVERNING BODY	17.6.2016, 28.10.2016
FINANCE COMMITTEE	28.10.2016
EXECUTIVE COMMITTEE	23.8.2016, 10.3.2017
CIRCULAR RESOLUTIONS OF THE E.C.	28.4.2016, 16.5.2016, 2.6.2016, 18.6.2016, 19.7.2016, 18.10.2016, 7.11.2016, 24.11.2016, 25.11.2016, 2.12.2016, 9.1.2017, 18.1.2017, 25.1.2017, 1.3.2017, 26.3.2017, 31.3.2017

Governing Body Meeting

The meeting of the Governing Body of Kaivalyadhama Samiti was held on the 17th of June 2016. Smt. Dr Satbir Bedi, Joint Secretary, Ministry of HRD, was also present as a special invitee. The meeting witnessed very fruitful discussions and some very positive and important suggestions by the Joint Secretary to take the Samiti a leap ahead. As a result, the Samiti started a volunteer program, upgraded its website, and enhanced simpler understanding of its research work.



Advisory board Meeting



The advisory board of the Samiti met on the 3rd of July 2016. The board met to discuss some important policies, which will have a powerful impact on the future direction of the Samiti. The following board members were present for the meeting:

- 01 **Shri. S.K.Tripathi** - Former Education Secretary
- 02 **Dr D.R. Karthikeyan** - Former CBI Director
- 03 **Dr Rajan Welukar** - Pro Vost K.J. Somaya Institute and Former Vice Chancellor of University of Mumbai
- 04 **Dr Shirley Tellis** - Director of Research, Patanjali Yoga Peeth
- 05 **Shri. B.C. Khatua** - Former Secretary GOI
- 06 **Shri. M. Narsimhappa** - Former Chief Income Tax Commissioner
- 07 **Dr Praful Desai** - Eminent Onco Surgeon & Padma Vibhushan Awardee
- 08 **Dr Suheer Palkar** - Eminent Cardio Thoracic Surgeon
- 09 **Shri. Prasad Menon** - Former Chairman of Vistara

An important decision made at the meeting included exploring the feasibility of setting up of a 'wellness/ learning centre' catering to the needs of the corporate sector. A team was also formed to look in to efforts to move towards self-sufficiency of the Samiti.

Meeting of the Advisory Committee of PLRD



The meeting of the Research Advisory Committee of PLRD was held on 30th July in Kaivalyadhama. The meeting was presided over by Prof. Bata Kishore Dalai, Director, CASS-Pune University. Prof. Shashi Kashyap, Department of Sanskrit, S.N.D.T. University and Dr Lalita Namjoshi, Formerly Assistant Director, K.J.S. Sanskriti Peetham, the other two members of the Research Advisory Committee, were also present. A thorough discussion on the completed projects and proposed projects went on. The Advisory committee extended its appreciation to the research projects completed and conceived by the Philosophico-Literary Research Department, Kaivalyadhama. They were fascinated to learn about the collaboration of the Department with IIT Delhi and suggested that utmost care should be taken to implement such vital projects.

IYA Executive Council Meetings

The Indian Yoga Association held its General Body meeting wherein it elected its new Executive Committee. Shri. O.P. Tiwari continues to guide as the President with Dr H.R. Nagendra as Senior Vice President, Smt. Hansa Jaydev Yogendra and Dr S.P. Mishra and Vice Presidents. An Advisory Board was formed for IYA and invitation was sent to Sri Sri Ravi Shankar, Dr Pranav Pandya, Swami Chidananda (muniji), Swami Ramdev and Sadguru Jaggi Vasudev.

The IYA also was approved as the Personnel Certification Body under the scheme of Voluntary Certification of Yoga Professionals, Quality Council of India. The first examination was conducted at SVYASA Bengaluru.

IYA Working Committee and Executive Committee Meetings

The Indian Yoga Association Executive Committee met under the Chairmanship of Shri. O.P. Tiwari in AYUSH Bhavan, New Delhi. The meet saw taking of important decisions. A detailed discussion regarding 'Diabetes Control Movement' and the upcoming 'Yoga Utsav' project took place there. The members also met the Secretary of AYUSH to discuss some important issues.

Meeting for formation of the Yoga Board by Department of AYUSH, Govt. of Maharashtra

The Government of Maharashtra has formed a committee for drafting rules regarding the Board of Yoga and Naturopathy and setting up of a college. Ravi Dixit, Joint Director, Kaivalyadhama, Mumbai was deputed on behalf of the institute to attend meetings in the same context. The meetings were held in Mumbai and Nashik. Several sub-committees have been set up.

UNESCO Meeting

Here is a moment that will make the whole nation proud. The word 'Yoga' has been inscribed in the representative list of the Intangible Cultural Heritage (ICH) of Humanity. The inscription happened at the 11th session of the Inter Governmental Committee of the UNESCO, conducted at the UN convention center of Addis Ababa, Ethiopia from November 28 to December 2. The Inter-governmental committee is composed of 24 member states and is elected by the General Assembly of the state parties according to the 2003 convention for the Safeguarding of the Intangible Cultural Heritage.

The inclusion of Yoga in the inscription list of the UNESCO would provide better visibility for it; help improve its significance besides offering international assistance for its promotion and preservation. The case of India was jointly presented through the Ministries of External Affairs via India's permanent delegation to UNESCO, Paris, represented by Mrs Ruchira Kamboj, Ambassador of India to UNESCO, Mr Rakesh Adlakha, first secretary, PDI Paris, and by the Ministry of Culture, represented by Mr M. Srivastava, Joint Secretary, Culture. On this occasion, two experts from AYUSH ministry of India, Dr Chinmay Pandya from Dev Sanskriti University, Haridwar and Dr B.R. Sharma from Kaivalyadhama Yoga Institute, Lonavala were also present as part of the delegation. Dr B.R. Sharma conducted a Yoga breathing session for all the members. Such session was conducted for the first time in the history of any UNESCO Session.



Meeting of Ministry of AYUSH Committee on Diabetes Management



The first meeting of the newly formed committee of Ministry of AYUSH on diabetes management and research was held in SVYASA, Bengaluru. The committee has been formed to plan and execute a Yoga module in various parts of the country. It will also give an opportunity to conduct survey and evaluate result of the Yoga intervention on the diabetics. No doubt it is a herculean task to conduct a pan India exercise; however a plan of action was worked out to reach to as many people as possible. The meeting was attended by Shri. Subodh Tiwari, CEO, as a nominated member of the committee.

Meeting with the Hon'ble President of India

In the month of June, CEO Shri. Subodh Tiwari met Hon'ble President of India, Shri. Pranab Mukerjee. He accompanied Shri. P.H. Parekh, our Member of the Advisory Board. They presented the copy of the Biography of Swami Kuvalyananda. It was such a pleasure to be in the President House and meet such a learned individual. He spoke of the institute and Swamiji with great reverence.



Meeting with Shri. Suresh Prabhu

Shri. Subodh Tiwari met Shri. Suresh Prabhu, Hon'ble Minister for Railways, to invite him to the MYU and also to propose training programs for the railway engine drivers, based on the research at Kaivalyadhama.

Jeevan Gaurav Puraskar for Shri. O.P. Tiwari

Shri. Om Prakash Tiwari was awarded Jeevan Gaurav Puraskar in Pune Yoga Festival for his notable contribution in the field of Yoga.





IASTAM Award bestowed upon Shri. O.P. Tiwari

Shri Omprakash Tiwari, Secretary received IASTAM (Indian Association for the Study of Traditional Asian Medicine) award for his notable contribution in the field of Yoga & Research. The award ceremony was held at BHU, Varanasi.

General Body Meeting of the Indian Yoga Association

The Indian Yoga Association got a shot in the arm with the participation of Swami Ramdev, Dr Pranav Pandya and Shri. Chidananda Muni in the activities of the association. A new structure has been proposed to strengthen the association and reach its activities to new heights.



Interministerial Committee Meeting of AYUSH Ministry

The inter ministerial committee of the AYUSH ministry met to discuss the way forward for the upcoming international Day of Yoga (2017). It was generally agreed upon that the last two years had seen an increase in awareness of yoga through participation and practice. This year onwards, it was decided that a long term approach was needed to inculcate yoga in the lifestyle of individuals with short term training programmes. Shri. Subodh Tiwari, CEO, Kaivalyadhama, represented the institute at the meet.



Meeting of the Academic Committee, Ministry of AYUSH

An academic committee under Ministry of AYUSH has been formed. It met on Feb 14, 2017. Important decisions with regards to the yoga component in the BNYS course and a sub committee for the same, approval of short-term courses for naturopathy were also discussed. The meeting was attended by Shri. Subodh Tiwari.

Meeting of the Technical Committee, Quality Council of India

The Technical Committee of the Quality Council of India – Yoga met in Bengaluru on March 31, 2017. Discussions regarding the strengthening of the level 1 & 2 certifications and initiating the level 3 & 4 certification were held. There are varied opinions about the introduction of yoga therapy and yoga master certifications. A consensus about the same is expected to be reached too soon. Dr B.R. Sharma represented Kaivalyadhama at the meet.

Advisory Board of Gordhandas Seksaria College of Yoga and Cultural Synthesis

The 1st Advisory Board Meeting of Gordhandas Seksaria College of Yoga & Cultural Synthesis was held on February 19, 2017.

The working matrix and Yoga Training Programmes being



conducted by the college, including the recently held 4 weeks Certificate programme at INPT, Goa, as well as, overall statistics of the college activities since 2008 to till date was presented. The Chairman, Dr Naresh Chandra, congratulated Principal, Dr B.R. Sharma for his efforts for the training to the students of Birla College who won 12 Gold Medals. Members suggested that all programmes should be transformed into credit based systems and it should be calculated as per the number of hour's equivalent to the credits, i.e., 15 hrs = 1 credit).

The Principal briefed about the increased activities of the college and expressed the need for division of college activities into aided and unaided sections so that the college can increase the human resource for running its activities smoothly. The concept of division of courses into aided and unaided sections was appreciated. The members suggested for preparing a roadmap or a prospective plan of the college for next five years.

With regard to the issue of Permanent Affiliation of 3 years (6 Semester) credit based Graduate Course in Yoga (B.A. Yogashastra) under MoU with Kavikulaguru Kalidas Sanskrit University, Ramtek. The college had applied for permanent affiliation to Govt. of Maharashtra through KKSU and must be persuaded on priority basis.

The Principal presented the details of new cells formed such as Counselling Cell, Grievance Cell, Board of Studies etc. In addition to above cells, Anti-Ragging, Woman Complaints, Human Resource Development, IQAC cells and Special Cell (for SC/ST students) are mandatory in colleges. Students will be part of the above cells as members.

Principal informed about the plans to start new courses. However, he also mentioned that with present strength of resources, new courses like Masters, PhD etc. cannot be started. He also proposed to start a Research Centre under MoU with KKSU.



Meeting with Shri. Girish Chandra Tripathi, Vice Chancellor, Banaras Hindu University, Varanasi

Shri. Subodh Tiwari, CEO visited Varanasi to meet Shri. Girish Chandra Tripathi, Vice Chancellor of Banaras Hindu University to explore the possibility of collaboration to continue the wish of Bharatratna Pt Madan Mohan Malviya who had visited Kaivalyadhama in 1930 to meet Swami Kunalayananda.

Guest-visits

Shri. Bala Bhaskar

Shri. Bala Bhaskar, Joint Secretary of Ministry of External Affairs, visited Kaivalyadhama with his family and stayed for a day. It was a pleasure to have him in the institute and take him around the facilities and experience the Yogic atmosphere.

Shri. Atul Tiwari

Shri. Atul Tiwari is a scriptwriter, film writer for many Bollywood films. More interestingly he has produced the series on the making of the constitution of India.

Dr SatBir Bedi

Dr SatBir Bedi, Joint Secretary Ministry of HRD, spent her personal time at the institute. She went through the whole experiential process of Yoga and Ayurveda. She made very valuable contribution by her ideas, and she suggested various means to take the institute on a higher level.



Swami Parmatmanand Saraswati

Swami Parmatmanand Saraswati visited Kaivalyadhama in October 2016.



Swami Atmapriyananda

Swami Atmapriyananda, Vice Chancellor of SRMVU Bellur Math, at Kaivalyadhama, Lonavla.



Dr Sashikala Vanjare

Dr Sashikala Vanjare, Vice Chancellor of SNDT, Mumbai, at Kaivalyadhama, Lonavla



Shri. G.K. Srivastava

Shri. G.K. Srivastava, Additional Commissioner (Admn) from KVS in the campus from 17th to 24th December 2016



Shri. J.S. Saharia

Shri. J.S. Saharia, State Election Commissioner, visited Kaivalyadhama, Lonavla.



Shri. Sashikant Savle

Shri. Sashikant Savle – Hon'ble Charity Commissioner Maharashtra visited Kaivalyadhama.



Commodore Arvindam

Commodore Arvindam at Kaivalyadhama campus, Lonavla.



Dr Lu Fang

Dr Lu Fang, Vice Dean, India-China Yoga College (ICYC), visited Kaivalyadhama with her team members. She expressed her wish to collaborate with Kaivalyadhama in the field of yoga education, and facilitate the development of collaborative leadership by exchange of students and faculty members.



Shri. Bharat Dabholkar

Shri. Bharat Dabholkar visited Kaivalyadhama campus, Lonavla.

Kaivalya dharma across the world



India China Yoga Festival, Kunming

This event was held in Kunming city of China in May 2016, and was supported by both the Chinese and Indian Governments. Legendary yoga masters from around the world were invited to host workshops in their area of expertise. Among such revered teachers was Kaivalyadham's very own Shri O.P Tiwari who was invited to hold special sessions on pranayama. The opening ceremony of this festival witnessed the presence of the mayor of Kunming and high ranking officials from India and China. The festival attracted more than a thousand people.



Pranayama Workshop in China

Shri. O.P. Tiwari and Shri. Sudhir Tiwari were invited by Yogi Yoga, Beijing in May 2016 to conduct a pranayama workshop. The daily schedule included pranayama in the morning and evening followed by questions & answers.

Yoga Summit in Beijing

Yogi Yoga, a leading yoga institute in China, organized a three-day Yoga Summit (wherein eminent personalities in Yoga, from all parts of the world, participated). Shri. O.P. Tiwari, Hon. Secretary of Kaivalyadhama Institutions and Shri. R.S. Bhogal, ADR of Scientific Research of Kaivalyadhama, held workshops on the applied nature and deeper nuances of traditional yoga relating to Pranayama and Meditation.



Yoga Meditation Workshops in Beijing, Shanghai & Guangzhou (China)

Shri. R.S. Bhogal conducted Yoga meditation workshops at various Yogi Yoga centers in Beijing, Shanghai and Guangzhou during the month of May 2016. More than 100 participants benefited by the workshops and were highly appreciative of the workshop.



Speakers at the Silver Lining Yoga Concert, Seoul, South Korea



Delivering Keynote Address at the Silver Lining Yoga Concert



Teacher Training Programme, Singapore

In collaboration with Yoga Kalari, Singapore, Kaivalyadhama has been conducting teachers training courses for last four years. This year Dr Bhalekar visited Yoga Kalari from 4th to 11th June. He conducted practical sessions of Pranayama and Meditation. 11 students were enrolled for the course. Later the students visited Kaivalyadhama from 19th to 25th June 2016. Lectures and practical sessions were conducted for them.

Yoga and Ayurveda Workshop by Dr Jagadish, Chengdu, China



Yoga and Ayurveda Workshop by Dr Jagadish, Shanghai, China





Pranayama & Ayurveda Workshop, Astanga Yoga, Paris



Pranayama Workshop, Montpellier



Yoga & Ayurveda Workshop, Malaga Spain





Pranyama Workshop, Delight Yoga, Amsterdam



Pranyama Workshop, Jura, Scotland



Pranayama, Ayurveda and Meditation, Lille, France



Pranyama Workshop, Atmajyoti, Sweden



YIC Japan

On April 27, Dr Ganesh Rao conducted a seminar for Japanese students participating in the online Yoga Instructors Course (YIC). He spoke on Patanjali's Yoga Sutra (PYS), focusing almost exclusively on 'cittaprasadana' in the 1st chapter, for almost 3 hours. Around 20 Japanese online YIC students joined his lecture, gained more clarity on the concepts, and enhanced their insight on PYS as well as its relevance in the modern time.





YIC, USA



Pranayama Workshop, Ashtanga Yoga, Dublin, Ireland



Bulgarian Federation of Yoga, Bulgaria

Dr B.R. Sharma was invited by the Bulgarian Federation of Yoga as a key note speaker for a seminar held on April 9-10, 2016 at Bansko City, Bulgaria. He spoke about the philosophy of Yoga and its relevance in day to day life. Dr Sharma was also invited by Mr S. Elmecei József Csongor, Veszprém, Hungary to deliver a talk on "Yoga Research and Swami Kuvalayananda".



Kaivalyadhama, China



Pranayama Workshop, Yoga Shala, Calgary, Canada

Kaivalyadhama, China

The China branch of Kaivalyadhama started a two years new course in Beijing, on 'Pranayama, Ayurveda and Meditation'. The first batch of 30 students has paved the way for Chinese students to learn yoga in the most authentic manner. Students, of the first batch which kicked off in February 2017, accepted the Kaivalyadhama way of teaching with open arms.





The Tradition and Science of Pranayama, Helsinki, Finland



Pranayama, Meditation Workshop
New Orleans, USA

Workshop in Japan by Dr Jagdish Bhutada

Dr Jagdish Bhutada, Ayurvedacharya, visited Japan to conduct a week long workshop on fundamental understanding of Ayurveda and Yoga.

Workshop in Chengdu

Shri. O.P. Tiwariji and Shri. Sudhir engaged a workshop of 114 students who attended 9 days of practice. There were also over 85 students who watched live streaming of Q&A and Lectures in the morning. Students were very impressed. This was facilitated by Ms Zhu Yan, Ms Megan Ni and Ms Sanskruti.

Workshop in Singapore & Lectures for TTC (Yoga) at Platinum Yoga in Singapore

Shri. R.S. Bhogal conducted three meditation workshops and delivered six lectures at the TTC (Yoga) organized by Platinum Yoga during June, 26-29, 2016. It was a part of the initiative taken by the organizers to introduce Yoga Meditation in Singapore. Participants were appreciative of the effects of meditation on their therapeutic problems like migraine, body ache and so on, apart from enhanced understanding about Yoga Meditation.



2016年7月 (16-24) 青城山

Workshop in Chengdu



Workshop in Singapore & Lectures for TTC (Yoga) at Platinum Yoga in Singapore

Rejuvenation Retreat for Cancer Patients, California, USA

Kaivalyadhama program goes to California, USA. On 17 July 2016 we opened first Rejuvenation Retreat for Cancer Patients outside of Kaivalyadhama, India. The place – Ananda Meditation Retreat in California is very exceptional. It has a very high spiritual energy and a big open heart of the staff. As one of the participants said – “As I fall asleep laying in my bed I feel so loved and cared for by everyone....”



We had a small group of 4 and yet a profound healing was taking place. We had patients with lung cancer, breast cancer, lymphoma and brain cancer. One of participants later said – “a wonderfully powerful course, helping us all to heal so deeply on so many levels!” We find so often that these yogic retreats work in miraculous ways...and once again yoga proved to be above race, culture and geographical boundaries. Of course we are booked now for 2017 August to continue offering Rejuvenation for Cancer Patients at this location.

Pranayama Workshop, Edison, New Jersey

Dr Vartika Dubey from Kaivalyadhama USA, conducted a 2-day Pranayama workshop on September 23 and 24. It was very well received by the participants. The participants of the workshop were introduced to the authentic foundational practices and many of their questions (including many misconceptions) were answered through these interactive and practice-based sessions. The participants included both beginners and advanced students of yoga.



Yoga Festival in Paris, France (Oct 21 – Oct 24 2016)

Yoga & Meditation Programmes at Yogi Yoga Centers of China

October 2016 saw Prof. R.S. Bhogal, Asst Director of Scientific Research Department, visiting China for yoga sessions. He conducted workshops in 3 major cities of China, viz. Beijing, Shanghai and Guangzhou. A total of 210 students, from three yoga centers located in the above mentioned cities attended the workshops. The participants underwent rigorous theory and practical sessions in Yoga & Meditation. Various methods of ‘Dharana’ and ‘Dhyana’ were shared with the participants at the three yoga centers, as mentioned above, apart from sharing the theories of Meditation from ‘Shrimad Bhagwad’, ‘Bhagwad Gita’, ‘Shiva Samhita’ and ‘Patanjala Yoga Sutra’. The feedback in respect to the psycho-physiological-spiritual effects experienced by the participants at these workshops was indeed overwhelming.





Teaching 'Yoga, its Tradition and Benefits' in Kumamoto, Japan

Shri. Sudhir Tiwari was in Kumamoto for the first time. The workshop was held from Nov 10 to Nov 13, 2016. The topic of the workshop was real 'Yoga, its Tradition & Benefits'. Participants were very delighted to have learned and actually experienced classical yoga lessons as expounded by Swami Kunalayananda. The participants learned the essence of the traditional yoga philosophy, the why's and how's of asanas, pranayamas, and meditation. They reassured they will sincerely practice them daily and spread the great teachings without diluting them, all over Japan.



Yoga Therapy Workshop, Bodhi Yoga, Taipei

A Yoga therapy workshop was held at Bodhi Yoga, Taipei from Dec. 6th to 12th, 2016. It was our great honor to have one of the senior-most teachers of Kaivalyadhama, Sudhir Tiwari, teaching us "From mindful to mindless meditation". He beautifully covered the practical and theoretical aspects of meditation, pranayama and asanas based on traditional yoga texts and other old texts. Taking a cue from old yogic texts he went on to explain finer nuances of yogic practices. They were not merely philosophical concepts and held relevance even



today, he told the class. He checked on the students individually during practice sessions. His teachings were incorporated with integrity, sincerity, traditional wisdom, easily understandable and humorous, which make his sessions interesting.



Symposium for Yoga Therapists Association, USA

Kaivalyadhama in Symposium for Yoga Therapists Association (SYTAR) June 14-18 in Newport Beach, California, USA was represented by Ms Lee Majewski as one of the speakers. She presented Beyond Cancer program. Conference was attended by approximately 500 certified by International Association of Yoga Therapists, Yoga Therapists from 22 countries.

Participation in Conferences, Meetings & Events



National Conference on Yoga & Holistic Health at Bhimrao Ambedkar Central University, Lucknow

A national conference was hosted by the Department of Physical Education in collaboration with TAPSEYA on the subject Yoga and Holistic Health. Shri Subodh Tiwari, CEO, inaugurated this conference. Hon'ble Vice Chancellor Dr Verma, Dr Manoj and Dr Binayak Dubey from TAPSEYA were present. In his keynote address, Shri. Subodh Tiwari emphasized the need for maintaining the classical principles of Yoga in the education programs being offered, since Yoga essentially is an experiential science.

The Simhastha Kumbh at Ujjain

Every 12 years Ujjain witnesses the Kumbh. The Ujjain Yoga Life Society hosted many events during this time. They had the convention on Bhakti, the International Spiritual Film Festival and the World Yoga Convention. Pandit Radheyshyam Mishra with his team worked very hard to initiate such participation in the Kumbh Mela. He was ably guided by Dr D.R. Karthikeyan, the Chairman of the Advisory Committee and blessed by his Guruma Smt. Hansaji Yogendra. It was like participating in the event hosted by family, since both Kaivalyadhama and The Yoga Institute owe their greatest reverence to the Param Guru, Paramhansa Madhavdasji Maharaj. Shri. Subodh Tiwari together with Shri. Ravi Dixit, and Smt. Shalini Srivastava represented Kaivalyadhama in this gathering. Apart from participating in various events which were hosted, Shri. Subodh Tiwari conducted a Pranayama session for the participation, gave an invited talk in the World Yoga Convention. During the International Spiritual Film Festival, the film Kuvalya was also screened. Shri. Tuhin Choudhary, film director, was awarded the certificate of excellence.



Vichar Mahakumbh, Madhya Pradesh

From the 12th to 14th, the Madhya Pradesh Government hosted the Vichar Mahakumbh. Shri. Subodh Tiwari was also invited in this international conference which was inaugurated in the presence of Shri. Mohan Bhagwat, Mahamandleshawar Swami Avdheshananda Giri, Dr Pranav Pandya, Head Gayatri Parivar, Shri. Banagala Upatissa Nayak thero, President Mahabdi Society, Sri Lanka. It was an occasion for all experts to put their thoughts together to create a harmony between nature and human race.

Lecture by Shri. R.S. Bhogal at NIRRH, Parel, Mumbai

Shri. R.S. Bhogal delivered a talk on, "Meditation: A Boon in Today's Life" for scientists, clinicians, basic scientists and behavioral sciences experts of NIRRH (National Institute for Research in Reproductive Health) on July 15, 2016 at NIRRH, Parel (Mumbai).



National Conference on Yoga and Naturopathy at CCRYN

Dr B.R. Sharma, Principal, was invited to deliver a talk on "Importance of Philosophico-Literary Research in Yoga" in the 'National Seminar on Emerging Trends of Research in Yoga & Naturopathy' held on September 16-18, 2016, organized by CCRYN, New Delhi.



Symposium on 'Parallel Thoughts: Buddhist Philosophy and Modern Science'

The Buddhist Study Centre, Department of History, Dibrugarh University organized a one day symposium on 'Parallel Thoughts: Buddhist philosophy and modern science' on November 8, 2016. Professor A.K. Buragohain inaugurated the symposium. He emphasized on promoting the critical spirit within Buddhism which will always help in engaging with developments in science, issues of ethics and secular humanism. Ven. Geshe Dorji Damdul, Director, Tibet House, Cultural Centre of H.H. Dalai Lama graced the occasion and presented the theme lecture.

Dr Rajeshwar Mukherjee, Research Officer, Kaivalyadhama research Institute also presented an illuminating lecture regarding Buddhist philosophy and modern science in the symposium on 'Parallel thoughts: Buddhism and modern science'. He began his exposition with the discussion on the 'Synthesis of modern science and eastern mysticism'. Quoting the physicists like Professor Fritj of Capra and Professor Arthur Eddington, he argued that Eastern mysticism, which includes Buddhism, has a great role to play in deriving newer insights in the field of modern science, especially in Physics. He also referred to Ishopanishad to substantiate that the cultivation of both material science and spiritual knowledge simultaneously is the sine qua non of holistic wisdom. Dr Rajeshwar Mukherjee then added that the philosophy of shunya unfolding the nature of shunya with textual evidence and asserted that the Quantum Vacuum of modern physics is analogous to concept of shunya as propounded by the Buddhist philosophers. He added that modern researches show that there are evidences of the traces of consciousness in the quantum vacuum. Therefore the Quantum Vacuum which is the substratum of the physical existence and may also be called shunya from the perspective of the theory of shunya as championed by the Buddhist and the Hindu philosophers.

Kaivalyadhama, Jaipur in 'Annual Summit on Hypertension'

The second consecutive 'Annual summit on hypertension' was successfully conducted in November 2016. The summit is an annual activity organised by Unichem Laboratories. This year's summit saw range of doctors, from cardiologists to nephrologists from Rajasthan attending it. Vinayak Dixit, Coordinator conducted the session and the workshop discussed yogic practices to ease hypertension. Kaivalyadhama and the doctors have been working at implementing minimum yogic regime for common people. Many doctors have learned, volunteered yogic practices themselves and are referring their patients to these yogic practices.



Inaugural of Painting Exhibition – Patanjali Ashtang Yoga



Yoga for Youth Symposium & MoU Signing Ceremony

Yoga Classes at Shri Vallabh Yoga Centre



Medical Camp with Rotary Club, Phoenix Compound, Mumbai



CCY Course, Goa

Training & Educational Programs



Meditation Workshop

Shri. R.S. Bhogal conducted a week long meditation workshop in April at Kaivalyadhama, Lonavla. There were a total of 14 participants, including foreign nationals from different parts of the globe. Students were introduced to various preparatory practices that create the right mental set or readiness for delving into Antaranga Yoga (internal Yoga). Participants also engaged in meditative practices that lead one into the state of meditation and also practiced some selected meditative techniques.

In the second workshop, 35 participants, comprising 23 foreign nationals, hailing from Italy, Germany, France, Greece, Romania, China, Japan and Korea, and 12 Indians, experienced the basic nuances of the traditional approach to Yoga Meditation as reflected from Patanjala Yoga Sutra, Bhagwat Gita, Simha Samhita, Shrimat Bhagwat and Living Tradition of Kaivalyadhama. All the participants, single-mindedly, participated in the workshop for three hours each in the morning and the evening, including expert talks by the Kaivalyadhama staff from different Departments.

Intensive Course

With a wave of yoga sweeping across the globe, this ancient practice is becoming more popular day by day. To dispel the myth that yoga is merely just postures and introduce it as a scientific discipline, Kaivalyadhama introduced an online Yoga instructor's course designed in such a way that one can do this course at their own pace and time. Students receive 100 hours worth of online lectures to self-study. The practical part of training is done at Kaivalyadhama, Lonavla. The two-week schedule of the Intensive Course included cleansing process, Asana class, lecture, mantra chanting, library, documentaries, Pranayama session and discussion with Yoga teacher.



Yoga Training Programme for Police Personnel

A one month Yoga training programme for local police personnel was inaugurated on March 25, 2016. Eight male police personnel were appointed from the State Reserve Police Force in Pune, Maharashtra. Dr B.R. Sharma, Principal, welcomed the police personnel and gave insights about the mission of the institute and objectives of the course. Brig. Suhas Dharmadhikari, Registrar, spoke about discipline and learning values while Dr Nidheesh Yadav delivered an inspiring speech on the value of Yoga science. The syllabus consists of conceptual and applied aspects of Yoga based on traditional texts, the Bhagavad-Gita, Yogic anatomy and physiology, nutrition, teaching methodology as well as Asanas, Pranayama, Bandhas, Mudras, Shuddhi Kriyas and Dhyana. Prof. Ravindranath Bodhe, Dr Sharad Bhalekar, and Dr Nidheesh Yadav conducted theoretical lectures while Ms Neeta Gade took Asana classes.



Kriya Yoga Anushthan

The new year started like every year in Kaivalyadhama with Kriya Yoga Anushthana led by Rev. Swami Maheshanandaji, Chairman. Students of all courses along with two international participants, participated in Kriya Yoga Anushthana. Among others who regularly attended the sessions, were some guests residing in Health Care Centre and the staff of the college. Daily routine consisted of practical sessions that included Asana and Pranayama practices in early morning and evening.

Three Kriya Yoga Sessions were conducted by Swamiji every day. Pooja and Havan were performed by students under the guidance of Swamiji in first and third sessions accompanied by chanting and some

practices like Kapalabhati, Anuloma-viloma, Ujjayi, Omkar etc. During the second Kriya Yoga session, apart from the practices, students listened to the discourse from Swamiji on relevant topics that had practical relevance.

During the week, 5 lectures on Kriya Yoga were arranged on different aspects. The topics covered were the Concept and Practice of Kriya Yoga (by Dr B.R. Sharma, Principal), Experiential aspects of Kriya Yoga (by Prof. R.K. Bodhe), Psychology of Kriya Yoga (by Prof. R.S. Bhogal), Physiology of Kriya Yoga (by Dr S.D. Bhalekar), Scientific Studies on Kriya Yoga (by Prof. D.D. Kulkarni).

Workshop 'From Complication to Simplification' by Swami Anubhavananda

A 5-day Workshop on the topic "From Complication to Simplification" by Swami Anubhavanandaji, was organized from January 30 to February 3, 2017 for the students of all courses of our college, the faculty members and health care inmates and also attended by external participants.

The workshop, like a retreat, had its routine from early morning to evening starting with Meditation Session by Swamiji at 5:45 a.m. Each day Swamiji delivered two lectures on the above topic on lines of the Fifteenth Chapter of Sri Bhagavadgeeta. The days ended with Satsang by Swamiji before dinner.

Course on 'Purva Mimamsa' at Kaivalyadhama

There was a course on Purva Mimamsa organized by Kaivalyadhama at its premises during June 20-29, 2016. Prof. V.N. Jha and Prof. Ujjvala Jha, from the Centre of Advanced Studies of S.B. Phule, Pune University, were the resource persons in the course. Some portions of Mimamsa Paribhasha were taught during the course. There were 40 students from different parts of the country who had participated in it. Mimamsa is one of six orthodox schools of Indian philosophy. It is popularly known as Purva Mimamsa. Mimamsa is a Sanskrit word that means "reflection" or "critical investigation". The school is known for its philosophical theories on the nature of dharma, based on hermeneutics of the Vedas. This is a very important branch of Indian Philosophy and is the prelude to its cognate system Uttara Mimamsa, which is popularly known as Vedanta. Hermeneutics is an important area of study which is still relevant in the modern age. Kaivalyadhama, with a vision to preserve and rejuvenate the Vedic lore, has taken a major stride to hold the introductory course on Purva Mimamsa. The course successfully ended with a wide appreciation.

'Wisdom of the Upanishads' at Kaivalyadhama

Kaivalyadhama organized a course on the Upanishads during June 20-29, 2016 at Kaivalyadhama premises. People from different parts of India joined this course. Doctors from medical college and Professors from the government colleges were also amongst the participants. The course covered two of the principal Upanishads (viz. Isha and Mandukya), in their entirety, and selected portions from three other principal Upanishads (viz. Kena, Katha and Mundaka). Upanishads are the essence of the Vedas which form the basis of Yoga philosophy. These texts have shown an unparalleled variety of appeal for centuries and have been admired by master minds across the globe. They are said to enlighten with the most immediate, intimate and convincing light on the secret of human existence. Considering the importance of Upanishads in the Yoga tradition, Kaivalyadhama has taken the initiative to launch this course on the Upanishads. Dr Kakali Ghosh from the Department of Sanskrit, Jadavpur University, and Dr Rajeshwar Mukherjee from the Philosophico-Literary Research Department of Kaivalyadhama, were the resource persons in this course.



Yoga training at JSW, Rajasthan

In association with Kaivalyadhama, Lonavla, JSW Raj West Power Plant, Barmer, Rajasthan, conducted a 7 -day workshop titled "Yog Shivar," from 20th June to 26th June 2016. There was a total of 133 participants, including children, that benefited from this workshop. Yoga sessions were taken by Ms Shanti C. Chavan and Dr Chetan Rambhia. The participation was remarkable and full of enthusiasm. Queries were raised each day as we moved further in Yogic Practices, which showed their interest in learning. They were also taught office yoga, which they could practice in break during their working hours, which was highly appreciated.

Immersion and practice of Pranayama with Tiwariji

In November, Shri. O.P. Tiwari led an immersion course in pranayama for those practitioners looking to hone their knowledge and skills in the field. This course is designed for those students with a strong foundation in yoga, but is new to the lineage of Kaivalyadhama and wish to widen their understanding of this rich practice, starting with the basics. The course welcomed around 29 long time practitioners of yoga from different countries. Two daily practice sessions were led by Tiwariji, with daily question and answer sessions as well as discussions and chanting of Patanjali's yoga sutras. The students also had the opportunity to attend daily lectures with various professors and doctors related to anatomy, philosophy, and ayurvedic concepts. Asana classes were also held everyday under the guidance of one of Kaivalyadhama's most beloved teacher, Neeraj Singh. Shalini Srivastava along with Banwari Lal took kriya practices with the participants. On the weekend, the group also enjoyed a trip to the historical Bhaja caves followed by a traditional Indian multi course dinner relished by all and one. The participants were really a happy lot at the end of the workshop.



The schedule commenced with fire ceremony on the request of the participants. The entire time-table consisted of two sessions of pranayama (morning and evening), lectures, nature cure sessions, ayurveda sessions and asanas. The highlight of the course was the question answer session with Shri. O.P. Tiwari. Patanjali's Yoga Sutras were explained and also the Hathpradipika was referred for pranayama. At the end of the course certificates were distributed to all the participants. The participants enjoyed the course.



Workshop for ONGC - January

Twenty six personnel from the technical staff of the Oil and Natural Gas Corporation (ONGC) participated in the workshop in January. All participants were exposed to early morning practical sessions. The programme was a great success. The yogic philosophy aspect was especially simplified to suit the understanding of the participants.



Anusthan with Shri. O.P. Tiwariji

In the yogic tradition Anushtan is the process of remaining in a particular condition. This year, Kaivalyadhama offered Anusthan for those practitioners looking forward to advance in the field of pranayama. Led by Shri. O.P. Tiwari, one of the world's leading authorities in pranayama and disciple of Swami Kavalayanandaji, the course welcomed over thirty long time practitioners of pranayama from over a dozen different countries. As Anusthan is more focused on yogic practices as opposed to theory, three daily sessions, 1 1/2 hours long in Pranayama were led by Tiwariji. Daily sessions were initiated by an auspicious fire ceremony (Havan).

Yet another workshop for an extremely enthusiastic chinese group was held under the guidance of Shri. O.P. Tiwariji and led by Ms Vivian Lu. The course received an overwhelming response with 47 incumbents in the final list.



Workshop for ONGC - March

A workshop for of ONGC employees and their spouses was conducted in March also. All the participants impressed their teachers with unusual punctuality.



Sound Therapy Workshop

Sound Healing workshop was conducted from 17th to 19th July, 2016 by Mrs Roshan Bahar and Mrs Poonam. Around 10 personal sessions and 3 group sessions were conducted in 3 days at 'Manan'. It is beneficial for multiple diseases as well as emotional issues.

Kaivalyadhama staff members had also participated in the group sessions.



He explained the patients that this a good opportunity to learn scientific Yoga and to achieve good health. Dr Pradeep Avale Associate Professor Ayurved MUHS Nashik expressed the feeling of patients as to how they overall felt better and asked them to share their experience so that everyone can take the benefit of this OPD. Dr Parkar added that Yoga is just not about practicing a way to live at physical and mental level. She also appreciated the efforts taken by Kaivalyadhama, Dr Pathak and his team to conduct this OPD consistently. Lastly Dr Pathak thanked the trustees and the staff of the Savli Trust who allowed us and provided clean premises every Thursday.



Workshop in Arunachal Pradesh



Workshop at Thadomal Shahani Engg. College, Bandra, Mumbai



Kendriya Vidyalaya Schools In-Service Training Program Inaugural

Fifth Batch of 21 Days In-Service Yoga Training Programme for KVS Teachers was inaugurated on Sep 14, 2016. 13 Yoga Teachers (8 male and 5 female) were enrolled in this programme. Dr Satbir Bedi, presently serving as Joint Secretary in the Ministry of Human Resource Development very kindly gave her consent to grace the occasion as the Chief Guest. Dr Bedi in her speech insisted that there should be a group discussion and all KVS teachers should inform about needs to be implemented in KVS. The course routine consisted of regular theory lectures and practical classes which are designed in keeping the QCI Syllabus in mind. Dr B.R. Sharma in his address explained the needs of in service training programmes and proposed vote of thanks.

Yoga OPD at KEM Hospital & Cooper Hospital

This free OPD is being run as a part of the Social Outreach Program of the Trust. In December, anniversary of Yoga OPD at KEM Hospital was celebrated. Dr Parkar presided the function formally inaugurated by the Hon. Mayor of MCGM Mrs Snehal Ambekar. Dr Pathak presented the details of number of patients attending the OPD since 2014 year wise and disease wise along with Staff taking benefit of OPD as well. The statistical data of OPD was presented to all present doctors & Members. The feedback of patients was very encouraging and motivating.

Dr Nagarsekar, senior journalist of Navakal appreciated Kaivalyadhama's scientific approach & noble cause in conducting the OPD for patients.



DBM Yoga Classes for senior citizens under YEF

This again is n contribution towards the social outreach program where it is being subsidized by the Yoga Education Fund. No expenses are being borne by the senior citizens.



**Hypertension Workshop
Introductory Lecture**



**Yoga Classes in National Judicial
Academy in Bhopal**



“Yoga for Seniors” in Jaipur

Kaivalyadham Jaipur recently celebrated its 1st anniversary on Sep.16th, 2016. In over a year, hundreds of people have taken Yoga classes at Jaipur center. Majority of the batches have been female dominated. Most of the females come with three common issues which are Thyroid, PCOD and Obesity and at our center they are receiving expected results. The year was reasonably productive with several activities including some outdoor workshops also.

A Yoga session was conducted by Mr Vinayak Dixit on the topic “Yoga for Seniors” in the Alumni Meet of SMS Medical College. Some famous Doctors such as Dr Durgadutt Gaur, Dr Farooq Abdullah were part of the group who attended it. Objective was to explain the benefits of Yoga in growing age and how easily Yoga can be adopted even after having growing age limitations.

Yoga classes at NCERT

The Delhi team also participated in conducting Yoga classes during the IDY 2016 celebrations at Indian Coastal Guards offices. They also conduct regular classes at NCERT for the staff.



TTC in Pranayama

MASTERING THE VITAL FORCE

Kaivalyadham Ashram launches three year TTC in Pranayama

**Yathā si ho ghajo vyāghro bhavedvaśya śanai śanai |
tathaiva sevito vāyuranyathā hanti sādhakam || 15 ||**

Just as lions, elephants and tigers are controlled by and by, so the breath is controlled by slow degrees, otherwise (i.e., by being hasty or using too much force) it kills the practitioner himself.



This shloka no. 15 of chapter II of the Hatha yoga Pradipika elucidates precisely the power of Pranayama - the 4th limb of 'Asthangha Yoga'. However, in recent times the promulgation of Asana practices solely has become a fad. This uncanny trend has side lined the much more vital limb of 'Ashtanga Yoga' ie Pranayama. For Yoga is just not Asanas but much more. If the practitioner happens to be really genuine and is aiming to achieve the ultimate goal in his yogic quest, then the proficiency in one of the ultra-fine 'angas' of Yoga, i.e., Pranayama becomes inevitable for him/her.

There still exist yoga institutes who swear by the traditional system and are increasingly spreading awareness about the need to promote Pranayama at par with Asana practice. One such institute is Kaivalyadham Ashram, Lonavala, India. A pioneer in yoga related research, Kaivalyadhama has set the ball rolling for one of its kind Teachers Training Course (TTC) in Pranayama recently.

The duration of the course is 3 years and it aims to create exclusive teachers in Pranayama. The course has been planned in step by step methodology to produce proficient teachers has been created. Upon the successful completion of

phase 1, the student is allowed to teach Pranayama without retention of the breath. At the next level, the student becomes eligible to teach Pranayama in 1:1:2 ratio. He progresses to teaching 1:2:2 ratio in third year or final phase of his TTC. The student will be taught Ayurvedic pulse reading and its application in Pranayamic practices. In between, they have to attend a minimum of 7 days duration training programs at the campus in Lonavla. Upon their return, they are accorded sufficient theory and practical homework which is monitored from time to time.

“We increasingly felt the need to organize and standardize a teacher’s training module in Pranayama. Hence, an exclusive TTC in it”, explains Sudhir Tiwari, Director, Kaivalyadhama International about the launch of a Teacher’s Training course in Pranayama. The fact that the TTC is spread over three years itself spells the seriousness and significance Kaivalyadhama has accorded to the ‘anga’. Pranayama is now taking centre stage. Especially in the west where stress levels are ever high the subtle practice in its right form is the need of hour, Sudhirji elaborates. Himself an accomplished teacher in Pranayama, he beautifully describes Pranayama as “a pause in process”. He, however expresses concern over the haphazard manner in which this ‘pausing’ is taught to students today. The TTC strives to explore even the slightest of technicality of a practice based on not less than 10 yogic texts, besides the ‘Hath Yoga Pradipika’ and ‘Gherand Samhita’.

Students (who are teachers for a minimum of 5 years) of 20 nations are part of the first ever Pranayama TTC which kicked off late December in the year 2016. And, the course is up for grabs already, although Kaivalyadhama has laid down strict norms for its intake.



Ursula, Germany

"I grossly underestimated the practice of Pranayama. For me, it has now taken a lead over Asana 'anga' which lays more focus on the body", says Ursula, a TTC student from Germany. Until recently, Ursula says she was unaware of the profoundness of Pranayama. "Now, I want to practice it more and more", she reveals.

Antti Aleikinheimomoh, Finland

Antti Aleikinheimomoh has been a teacher of yoga for 10 years. However, as a true seeker, he could not move on to the next level in Yoga! "Pranayama was the missing link for me to progress towards Dharana and Dhyana", he confesses. He is now excited to promote Pranayama among his students back in Finland.

Mika, Japan

Mika, a yoga teacher from Japan says specialized teachers in Pranayama are a much needed asset. Japan has one of the highest suicide rates in the world. She attributes the reasons for them to inflated egos in people, lack of family support and undue importance to body work than mind work. On the contrary, Pranayama transforms ego and mind. "Hence, the Japanese need Pranayama more than anyone", she thinks.



Towards Meditation – Sitar Recital by Shri. Vidur Mahajan

A Sitar recital programme was organized in May 2016 for everyone in Kaivalyadhama. It was played by noted artist Shri. Vidur Mahajan. This was attended by students, staff members. Now onwards, we have tried to make this twice a month and can be attended by the all the residents of the campus.

CDM workshop

The CDM is a premiere defense management institute where eminent individuals selected from three service i.e Army, Navy and Air Force gather to be trained for a year in leadership. A discussion had been initiated last year for including Yoga as part of the subject-Organizational behavior. A three days workshop was conducted for the faculty of the CDM, which was attended by the Commandant Rear Admiral Shri.D.S. Chuhan together with Brig. Rajpurohit, Col Saha and others. It was to give them an insight into the various aspects of Yoga, in such a way wherein the personnel could rightly apply the philosophical aspect of yoga, apply it in the relevant manner and experience it too.



Specialized Pre-natal Yoga Teacher Training Course at Kaivalyadhama

The objective of the course is to apply tenets of yoga in designing and delivering an enjoyable and enriched experience during women's pre and postnatal stages.

The specialized prenatal yoga course is based on an ancient theoretical foundation known as the 'Yoga Health Model' that consists of 5 Koshas (layers), 5 Pranavayus (vital energy forces) and 5 Mahabhutas (basic universal elements). Furthermore, the principles of ancient wisdom from 'Garbha Sanskar' and Patanjali's 'Ashtang Yoga' are also, interwoven in the course work.

The course particularly focuses on breathing, cleansing, purifying and calming practices that form the core of prenatal Yoga program.

Along with these practices creative visualization, guided imagery, affirmations, Mantra Meditation and chanting, all useful techniques for a safe pregnancy are also included.

Research suggests that prenatal yoga is not only safe but it provides several benefits including - (1) decrease in pregnancy complications; (2) improved sleep and mood; (3) reduction in stress and anxiety; and (4) leads to ease of labor, increase in strength, flexibility and endurance of muscles needed during childbirth for pregnant women.



Infrastructural Development



Renovation of Office Space of Scientific Research Department and Instruments Room



New Instruments



New bigger horse power water pump and 125 kva generator



New bigger horse power water pump and 125 kva generator



VPS, high end sound system with mics, lights, durries & matting, renovated toilets in all asana halls



High end conference mic system for SRD conference hall

Renovation of the Naturopathy Sections

One phase of Naturopathy section was renovated and inaugurated to provide a better experience to the participants.



New guest dining hall

In July, the members of the Advisory Board inaugurated a newly renovated dining hall for guests. This would enable hosting of guests in separate area in the Annapurna dining hall.



Ayurveda Consulting Room

Preventive Flooding Measures - HHCC Road

HHCC road has been reconstructed and proper drainage system developed to prevent any flooding in the campus during incessant rains.

New Sound System in Naturopathy & Ayurveda and Outdoor Music

New high end channel music and speakers installed in the campus for outdoor music. Naturopathy and Ayurveda sections also have new music systems.

Purchase of Equipment

Water tank cleaning equipments, floor scrubbing machine, anti-mosquito fogging equipment, grass cutters, hand-held tree cutters etc have been purchased.

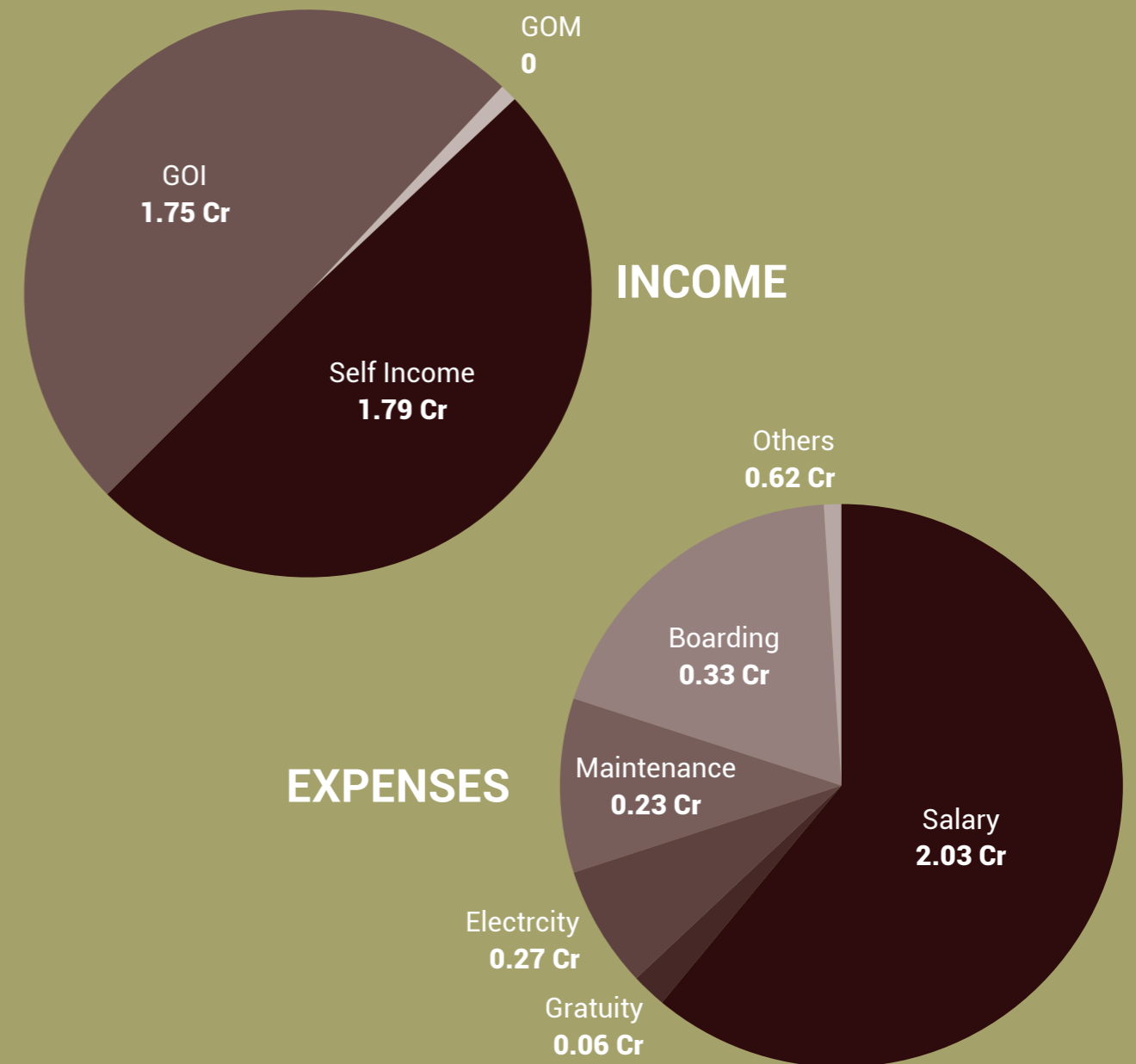


Approach Roads to KVN

Approach roads to KVN through Tungarli and Madhav Bhavan have been made.



Finances



Important Achievements

01	MoU with Maharashtra Police
02	Organization of first ever Maharashtra Yoga Utsav
03	Workshops for senior functionaries of KVS/NVS
04	MoU with ACTREC (Advanced Center for Training, Research and Education in Cancer)
05	Workshop and future collaborative possibilities of CDM (Center for defense Management)
06	Reaching Yoga to Tribal areas
07	MOU with Loyola Marymount University, Los Angeles, USA

08	Starting affiliate centers at Baroda, Jaipur, Japan, Taiwan, France, and Germany
09	Visit and discussion with Hon'ble Charity Commissioner Maharashtra and his suggestion that Kaivalyadhama could become a nodal trust
10	Kaivalyadhama represented in high level committees of Ministry of AYUSH, Quality Council of India, University Grant Commission through Shri. O.P. Tiwari
11	Kaivalyadhama represented as Chair of Accreditation Committee, Member Academic Committee, Ministry of AYUSH, UGC through Shri. Subodh Tiwari
12	Kaivalyadhama represented in the team of GOI in the UNESCO for Yoga to be declared intangible heritage
13	Hosted two workshops of Government of Maharashtra for Medical Doctors. Kaivalyadhama selected after detailed scrutiny
14	Shri Om Prakash Tiwariji appointed as chief patron of India-China Yoga college

International Day of Yoga

June 21, 2016



Curtain Raiser for IDY by Ministry of AYUSH, New Delhi on the 21st and 22nd April 2016

'International Yoga Fest (YF), a Curtain Raiser for International Day of Yoga (IDY), 2016' was organized to sensitize the masses regarding celebration of IDY. A grand event hosted at Talkatora Indoor Stadium, New Delhi, 110004 from 20-22 April, 2016.



It saw the auspicious presence of eminent Yoga Gurus like Swami Baba Ramdev, Dr H.R. Nagendra, Shri. O.P. Tiwari, Swami Chidananda Muni, Dadi Janki, Shri. Prashant Iyengar, Smt. Hansaji Jayadeva, Sister Shivani, Swami Atmapriyananda, Shri. Chinmaya Pandaya, Dr M.V. Bhole, Swami Bharat Bhushan, Smt. Kamlesh Barwal, Swami Ullasa, Swami Ritawan Bharati and many others from Yoga fraternity.

The leading Yoga institutes in India conducted parallel yoga workshops during International Yoga Fest where Kaivalyadhama also participated.



Kaivalyadhama had also put up a stall in the event which saw a great response for its publications and books. Shri. O.P. Tiwariji and Shri. Subodh Tiwariji were present along with number of ex-students.





Curtain Raiser for IDY by Ministry of AYUSH, New Delhi

International Conference on Yoga – Body and Beyond, in Delhi on the 22nd & 23rd of June 2016

A two-day international conference on 'Yoga for Body and Beyond' was organised by the Ministry of AYUSH at Vigyan Bhawan in which 70 delegates from 32 countries participated. It was inaugurated by our Vice President Hon'ble Dr Mohammad Hamid Ansari.

Lok Sabha Speaker Sumitra Mahajan, yoga guru Swami Ramdev, Prof. H.R. Nagendra, and Shri. O.P. Tiwari addressed the valedictory session of the conference.

Minister of State (Independent Charge) for AYUSH Shripad Yesso Naik was the Guest of Honour in both the sessions.

International resource persons belong to countries including Iraq, Afghanistan, Algeria, Malaysia, Spain, Russia, Portugal, Australia, Belgium, China, Egypt, Iceland, Japan, Kuwait, Korea, Kenya, Slovenia, Uzbekistan and the UAE.



During the nine technical sessions of the Conference eminent Yoga Gurus, exponents and experts extensively deliberated upon various themes such as 'Yoga and Physical Wellbeing', 'Insights from Yoga Scholars', 'Integration of Yoga in Healthcare Delivery System', 'Yoga for Mental health', 'Yoga for Body and Beyond'.

There were also panel discussions and an open-ended session on experience sharing by foreign delegates. Kaivalyadham also had their foreign experts part of some sessions.

During the valedictory session, Shri. O.P. Tiwariji, representing the Indian Yoga Association, was awarded the certificate for being the first Personnel Certification body under the scheme launched by the Ministry of AYUSH and managed by the Quality Council of India for Yoga Professionals a certificate was presented to.



International Yoga Day Celebrations at Ramkrishna More College of Arts, Commerce and Science, Chinchwad

Shri. R.S. Bhogal delivered a two-hour talk on "Enhancing Teaching Skills through Yoga & Meditation" at the Meditation Hall of the college on June 21, 2016 for 120 teaching staff of the college. The programme was jointly organized by Kaivalyadhama and Ramakrishna College, Chinchwad to mark the International Yoga Day Celebrations.

International Day of Yoga 2016

This year, Kaivalyadhama had worked out together with the Ministry of AYUSH in the committee formed to celebrate the International Day of Yoga 2016. Kaivalyadhama believes that the celebrations should not be only one day, but we should have immersion in the practice. The institute therefore has organized a 36 hours program where each person was/ is being trained in practice and theory.

Kaivalyadhama had deputed Yoga Instructors for IDY at different places of India:

- 01 Diu
- 02 Daman
- 03 Goa
- 04 Kochi
- 05 Mangalore
- 06 Itanagar zone

It was scheduled for 36 hours training programmes for IDY with CYP (Common Yoga Protocol). These instructors have been given proper training by our institute.

The institute organized programs in various states and it required lot of preparations and coordination.

Our steps included:

- 01 Training our Yoga Teachers in the CYP
- 02 Conducting CYP Training for participants for 36 hours. This was the immersion where they went though 26 hours practice and 10 hours theory discussion.
- 03 Conduct the 21st June celebrations

The CYP training included the following discussion

- 01 History of Yoga
- 02 Various schools of Yoga
- 03 Understanding Astang Yoga and its importance
- 04 Understanding Yoga and its importance 2
- 05 Fundamental concepts of Yoga
 - a. Panch Kosha
 - b. Nadis
 - c. Chakra
- 06 Distinction between Yoga-asana and physical exercise
- 07 Concept of diet and nutrition according to Yoga
- 08 Role of Yoga in stress management
- 09 Scientific research in the field of Yoga
- 10 Scientific research in the field of Yoga 2

We reached to all the states, which were allotted to us with our partners and associates.

The following states were covered

Sr. No.	State	Place/Organisation	CYP Training	Celebration
01	Maharashtra			
	a. Lonavla	Municipal Council		
		Police Trainings	100	500
		Indian Naval Ship - Shivaji	1,000	2,000
	b. Pune	Police Commissionarate		4,000
		Savitribai Phule Pune University	50	250
	c. Mumbai	33 centres for one month	10,000	
		Indian Coast Guard	200	200
		Cooper Hospital		90
		Colaba Capmion School		350
		Indian Post	100	100
		K.E.M. Hospital		200
		K.C. College	300	300
		National College	110	110
		Mumbai University	400	1,000
		Mumbai Rajbhavan	60	60
02	Kerala	Kochi, with MG University 229 colleges	16	200
03	Lakshadweep	The Administration of Lakshadweep	100	400
04	Daman & Diu	The Administration of Diu	46	1,500
		The Administration of Daman	50	1,000
05	Arunachal Pradesh with VCE	The Sports Authority of India, State chapter	2,208	2,468
06	Jammu & Kashmir	Jammu with VKMI	200	1,000
07	Goa	Indian Coast Guard	75	300
08	Karnataka	Indian Coast Guard	15	150
09	Delhi	Indian Coast Guard (Noida)		90
		Indian Coast Guard (HQ)		90

Foundation Day Celebrations



The National seminar on "Yoga: In Dimensions of Vedanta, Samkhya and Yoga" was held during October 15-16, 2016 at Kaivalyadhama in order to commemorate the 92nd Foundation Day of the institute. The seminar was supported by the Ministry of AYUSH, Government of India. The seminar was inaugurated by Swami Paramatmananda

Saraswati, Dr Ishwar Basavaraddi, Director, MDNIY; Shri. O.P. Tiwari, Secretary, Kaivalyadhama; Shri. Subodh Tiwari, CEO, Kaivalyadhama. Shri. Subodh Tiwari introduced the theme of the conference, which was followed by the welcome address by Shri. O.P. Tiwari. The keynote speaker Dr Ishwar Basavaraddi set the tone of his address through a prayer and described the importance of classical yoga in today's context. Swami Paramatmanandji in his address emphasized that every individual is a traveler as per the Hindu systems of philosophy and the essence of every Darshana is to elaborate the destination, modes of travel, and the various steps taken by an individual. Shri. Suresh Prabhu, Minister for Railways, GOI, though expressed his ardent desire to grace the occasion sent in his video message, was unable to make his participation in the seminar.

There were several scholarly sessions in these two days. The scholars like Prof. Ashok Aklujkar, Dr Bhagyalata Pataskar, Swami Sreekantananda, Dr Kaveri Jadhav, Dr Shakuntala Gaude presented their deliberations. The scholars of the Philosophico-Literary Research Department of Kaivalyadhama presented their research papers. A cultural show presented by the students of G.S. College of Kaivalyadhama was an event of great attraction and was highly appreciated. The valedictory session of the seminar was graced by Swami Atmapriyanada, the Vice-Chancellor, Ramakrishna Mission Vivekananda University, Kolkata. His simple but profound lecture captivated the entire audience. The seminar ended with vote of thanks by Dr Rajeshwar Mukherjee, research Officer of Kaivalyadhama.

Maharashtra Yoga Utsav

Our institute's hard work bore fruit finally. The Maharashtra Yoga Utsav (MYU) kicked off in Mumbai from March 24th to 26th. Kaivalyadhama understands that there exists different lineages in yoga in the state and they must be brought under one umbrella. The idea, then led to 11 yoga institutes joining hands and celebrating yoga for three consecutive days on one platform - The MYU. The Maharashtra Yoga Utsav witnessed registrations of around 3000 participants and the participation of some of the most eminent institutes from all over Maharashtra, namely - Kaivalyadhama, Bihar School of Yoga, Iyengar Yogashraya, Art of Living, Maharshi Vinod Research Foundation, Brahma Kumaris, Sadguru Maheshda Kriya Yoga Foundation, The Yoga Institute, Yoga Vidya Niketan, Yoga Vidya Gurukul and Ghantali Mitra Mandal.

The fest proved to be a treat to yoga enthusiasts. The Utsav was interspersed with the diaspora of activities for all yoga enthusiasts - 40 workshops and lectures, practice sessions, deliberations with more than 20 speakers, experts from the participating institutes as well as other spheres of society. Each institute very enthusiastically and energetically brought out the best in each providing wealth and repository of various styles of yoga.

The three-day Utsav in Mumbai was spread over 3 venues and saw a very energetic and heart-warming participation. It most effectively fulfilled its objective of yogic synthesis of different institutes and promotion and development of yoga amongst the masses, especially the youth of the country and instilled faith in the preventive and holistic nature of yoga.

The event also generated lot of interest on Social media.



Day 1

The first day began with Yog abhyas at around 11 different locations. Spread over 11 locations, experienced teachers of various institutes imparted their style of yoga. Community art work, stalls, paintings etc were on display and active participation from the audience was witnessed. The ambience truly turned to be yogic with participants talking and walking yoga, literally. Besides conversations on yoga, and people hanging upside down ropes during asana demos, they thoroughly enjoyed drawing, painting and reading activities, also organized at the venue.

The cultural event of the evening brought everyone under the same roof, and the audience was privy to an outstanding performing arts presentation, with a dash of yoga in it. It left the audience awestruck at the capability and applicability of yoga. It instilled a sense of confidence in the indigenous and ancient sciences of our land. A bright start to MYU indeed!





Day 2

On the second day, sadhakas were on their mats right at 7 AM as the yoga sadhana continued. 'Understanding Yog in a Scientific Perspective' had a full engaging audience and we saw many links of the ancient practice with modern day findings.

'Yog and Cultural Synthesis' delved into hidden and unseen yogic practices spread across cultures and how the essence of all the religions and varied cultures is the same ultimate reality.

A quick lunch break was followed by the discussion on yoga for lifestyle management. A simple effective tool, yog can provide for a holistic and natural way to lead life without disease and suffering. Small changes in our diet and thinking can bring about mammoth changes in our life, provide peace of mind, health of the body and purification of the soul.

The evening practical workshops further spread the message and kindled the light within to close the day.



Day 3

During the Maharashtra Yoga Utsav, a special demonstration was held at the "Queen's Necklace", Marine Drive of around 1000 participants to promote awareness about the Niyantrit Madhumeha Bharat, The Multi Centric Study on Yoga and Diabetes.

This mass demonstration of yogic practices of the NBM protocol at Marine Drive in the tranquil backdrop of Arabian sea was a very energising, vibrant and successful event. Dr Nagendra of SVYASA also graced the occasion along with many more dignitaries. There were yoga enthusiasts along with students of non-yoga institutes such as SNDT, NCC, NSS.

The discussion sessions began with "Yog chikitsa". The therapeutic applications of yog are gaining momentum today and even though it is not a therapy in its truest sense, it works wonders and people can benefit from its practice. The last discussion brought forward a very relevant topic, i.e., "Yoga for youth". It was a very dynamic session and we saw people from various walks of life share their experiences. The youth of today need yog more than anything else and propagating this message is of utmost urgency.



The valedictory session brought the festival to a close only to open up its gates once again next year.

The key note speaker was Dr H. R. Nagendra and chief guest Justice B.N. Srikrishna and the function was presided by Shri. Om Prakash Tiwariji. The dias was shared by esteemed representatives from the host institutions namely Dr H H Sadguru Yogiraj Sri Sri Mangeshda from SMKYF, Dr Samprasad Vinod from MVRF, Dr Vishwas Mandlik from Yoga Vidya Gurukul, Ms Neelam Vaswani from The Yoga Institute and Shrikrishna Mhaskar from GMM.

The Government of India, Ministry of AYUSH, CCRYN and Kaivalyadhama played the pivotal role in the turn of events and the successful outcome of the Yog utsav.

Yogiraj Mangeshda addressed on behalf of the organising committee. He complimented Tiwari Ji and Subodh Ji to be able to get the first ever Maha Utsav celebrated along with other institutes in Mumbai. He also lauded Dr Nagendra who has brought new energy into yoga community in India. The Utsav saw experts from various spheres in life from judges, doctors, surgeons, film personalities, yoga experts to attend for this common objective. Dr Rajvi from Iyengar Institute rightly said that the success of the same could be easily seen by the full attendance even at the Valedictory function.



Shri. O.P. Tiwari Ji cited Swami Kvalyananda's quote that yoga has a message for all. Yoga is freedom from all bondages. This Utsav was started with an objective to synergize and has been met. All the institutes can bring out their best to come out with great solutions. "We need a man making education system and not a bread earning education system." Maharashtra has stalwarts of yoga community and they have come together to make this festival a success. This was a successful experiment. If we want India to transform Yama, Niyama are equally important as Asana and Prayanama.



Facebook Page Reach

All numbers below are unique users

Total posts published leading up to the event from 1st to 23rd March 2017

45

Total page reach

2,87,729

Organic: 12,579; Paid: 2,75,150

Total Impressions of the page

4,65,565

Organic: 91,708; Paid: 3,73,857

Average Daily Reach of page posts

9,889 per day

Organic: 426 per day; Paid: 9,463 per day

Total page likes

2,498

Average Daily Viral Reach & Impressions leading up to the event from 1st to 23rd March 2017

2,255 & 4,346

per day, respectively

Average Daily Viral Reach & Impressions during the event from 24th to 26th March 2017

7,407 & 19,953

per day, respectively

Online Registrations Count Institute and Sessions Wise

The numbers were actually much more because of additional on-the-spot registrations.

Kaivalyadhama

Session I (24 th March: 10 AM - 11:30 AM)	-	205
Session II (25 th March: 7 AM - 8:30 AM)	-	201
Session III (25 th March: 5:30 PM - 7 PM)	-	116
Session IV (26 th March: 7 AM - 8:30 AM)	-	156

Iyengar Yogashraya

Session I (24 th March: 10 AM - 11:30 AM)	-	264
Session II (25 th March: 7 AM - 8:30 AM)	-	164
Session III (25 th March: 5:30 PM - 7 PM)	-	121
Session IV (26 th March: 7 AM - 8:30 AM)	-	133

Art of Living

Session I (24 th March: 10 AM - 11:30 AM)	-	72
Session II (25 th March: 7 AM - 8:30 AM)	-	189
Session III (25 th March: 5:30 PM - 7 PM)	-	113
Session IV (26 th March: 7 AM - 8:30 AM)	-	110

Brahma Kumaris

Session I (24 th March: 10 AM - 11:30 AM)	-	28
Session II (25 th March: 7 AM - 8:30 AM)	-	41
Session III (25 th March: 5:30 PM - 7 PM)	-	43
Session IV (26 th March: 7 AM - 8:30 AM)	-	88

SMKYF

Session I (24 th March: 10 AM - 11:30 AM)	-	51
Session II (25 th March: 7 AM - 8:30 AM)	-	44
Session III (25 th March: 5:30 PM - 7 PM)	-	48
Session IV (26 th March: 7 AM - 8:30 AM)	-	95

The Yoga Institute

Session I (24 th March: 10 AM - 11:30 AM)	-	52
Session II (25 th March: 7 AM - 8:30 AM)	-	44

Maharshi Vinod Research Foundation

Session I (24 th March: 10 AM - 11:30 AM)	-	50
Session II (25 th March: 7 AM - 8:30 AM)	-	82
Session III (25 th March: 5:30 PM - 7 PM)	-	48
Session IV (26 th March: 7 AM - 8:30 AM)	-	35

Yoga Vidya Gurukul

Session I (24 th March: 10 AM - 11:30 AM)	-	51
Session II (25 th March: 7 AM - 8:30 AM)	-	49
Session III (25 th March: 5:30 PM - 7 PM)	-	81
Session IV (26 th March: 7 AM - 8:30 AM)	-	93

Ghantali Mitra Mandal

Session I (24 th March: 10 AM - 11:30 AM)	-	65
Session II (25 th March: 7 AM - 8:30 AM)	-	38
Session III (25 th March: 5:30 PM - 7 PM)	-	79
Session IV (26 th March: 7 AM - 8:30 AM)	-	39

Yoga Vidya Niketan

Session I (24 th March: 10 AM - 11:30 AM)	-	104
Session II (25 th March: 7 AM - 8:30 AM)	-	54
Session III (25 th March: 5:30 PM - 7 PM)	-	159
Session IV (26 th March: 7 AM - 8:30 AM)	-	66

K. J. Somaiya

Session III (25 th March: 5:30 PM - 7 PM)	-	136
Session IV (26 th March: 7 AM - 8:30 AM)	-	172

Collaborations

MoU with K.C. College to Promote Yoga

Promoting Yoga amongst the youth should not only be a temporary activity during the IDY celebrations. The institute has decided to take this message across the country by starting a "Yoga Club" at various colleges to promote yoga. One such initiative was taken with the Kichanchand Chellaram College at Churchgate which is run by the HSNCB. This incidentally is the college from where our CEO graduated and was empowered with holistic education and growth. We hope that the students will get encouraged and initiate themselves towards holistic development.



MoU with Cooper Hospital, Juhu

Cooper hospital in Juhu, Mumbai, has started a separate outdoor-patient department (OPD) dedicated to Yoga in collaboration with Kaivalyadhama Yoga Institute. The team of Dr Satish Pathak and Dr Sanjay Baraskar visit Cooper Hospital and advise Yoga practices to them accordingly. The yoga OPD is ongoing activity at Cooper Hospital to treat psychosomatic disorders such as anxiety, depression, hypertension, migraine, and heart diseases.



Indo-China College of Yoga appoints Shri. O.P. Tiwari as Chief Patron

The Indo-China college of Yoga was set after the visit of the Prime Minister to China. The officials from University had visited Kaivalyadhama in 2015. Recently in a visit of Shri. O.P. Tiwariji to Kunming, they requested and installed him as the Chief Parton of the College of Yoga.



MoU signed between ACTREC and Kaivalyadhama

On March 17th Kaivalyadhama hosted the Director of Advanced Centre for Training Research and Education in Cancer (ACTREC) with the panel of top ACTREC management - a total of 7 people came for a visit. Kaivalyadhama was invited by ACTREC to provide their cancer patients with yoga classes 3 times a week. We did this for 6 months on a trial basis. ACTREC expressed their gratitude and decided to now extend the initiative for next 12 months. We discussed the MoU to be signed sometime this month. We also discussed another initiative - a 3-year research project led by Dr Usha Nayar and Dr Praseeda Menon of our SRD. This research will look at cancer patients attending Beyond Cancer - Healing The Whole Being retreat. We discussed collaboration with ACTREC based on their capacity to provide our research with control group matching our experimental group. ACTREC management had also opportunity to meet the current participants of Beyond Cancer-Healing The Whole Being retreat which was coming to the end. This became a highlight of the meeting - they listened to participants testimonies of effectiveness of yoga on improving their lives and there were many questions from the panel. To seal these plans we discussed the details of MoU which will be signed later this month. This is a beginning of very important relationship which we believe will be very beneficial to both parties. All the guests left after lunch and meeting with Swamiji - very impressed with Kaivalyadhama and very happy with our hospitality. Each one of them is planning to return with their families for a holiday.



MoU with Naturheilzentrum Neuer Weg, Germany

The Memorandum of Understanding was executed at Lonavla on 24th February 2017, wherein Naturheilzentrum Neuer Weg, Germany, and Kaivalyadhama mutually agreed to joint educational and research activities; exchange of academic materials and academic publications; exchange of faculty members for research, lectures, and discussions; and be allowed to use the emblem of Kaivalyadhama.

MoU with Yogalite, France

This Memorandum of Understanding is between Kaivalyadhama Yoga Institute, Lonavla and YogaLite, France on 24th February 2017. Kaivalyadhama and Yoga Lite, France, wish to promote advancement in the field of Yoga with special emphasis on training. The two institutions hereby expressed their intentions to collaborate in research, training, exchanges of personnel and other projects that will be of mutual benefit and interest. The main objective of the agreement is to conduct Certificate Course in North of France.



MoU with Mithibai College in Mumbai

Continuing the commitment of promotion of Yoga amongst the youth, this was signed with Mithibai College in Mumbai. Mithibai College of Arts and Chauhan Institute of Science, the flagship institute of Shri. Vile Parle Kelavani Mandal (SVKM), was instituted in 1961 with the aim of providing premium education to the residents of the suburb of Vile Parle and its surrounding areas. The vision and mission of the college aims to educate students to become competent professionals, advancing the boundaries of their knowledge while simultaneously sensitizing them to the need for compassion and integrity as individuals and global citizens. College is affiliated to the University of Mumbai. Mithibai is the biggest college having 11500 students of which 6000 belongs to degree level up to PhD. The MoU envisages workshops, lectures for the students of the college and formation of the Yoga club.



Enhanced Research Possibilities by signing MoU with MMREI Talegaon

The following four Minor Research Project Proposals, submitted by the doctors of MIMER Medical College, Talegaon (Pune) to MUHS (Nashik), have been finalized to be carried out in collaboration with Scientific Research Dept of Kaivalyadhama, Lonavla:

- 01 Effect of yoga on Diabetes
- 02 Effect of yoga on Hypertension
- 03 Effect of yoga on PCOD
- 04 Effect of yoga on Obesity

Yoga for Police Personnel

In its attempt to spread Yoga among the most stressed out machinery of the government administration, Kaivalyadhama is all set to train more than 2.1 lakh police personnel and their families in Yoga. The development resulted in an MoU signed between the country's leading yoga institute and the Maharashtra police. The MoU aims at addressing high stress levels and health related complaints of the personnel.

The yoga programme has been introduced in 74 units of the Maharashtra police, wherein, Kaivalyadhama has appointed full/part time teachers to train police personnel. Two teachers per unit have been appointed. According to Pradnya Sarvade, Additional Director General (Administration) of State Police Department, it was for the first time such an activity was taking place. The training would improve social health, stress management and skill development of policemen, she felt.

A post training survey by Kaivalyadhama to assess the health was in the offing, she said.



Subodh Tiwari, CEO, Kaivalyadhama, was very excited about the tie up:

“Yoga was always known to have given good results to people who were the most affected with stress. He said, it would be a give and take experience for both, his institute as well as the Maharashtra police. He thanked the AYUSH department for being a key facilitator in helping materialise such tie ups.”

Gordhandas Seksaria College of Yoga & Cultural Synthesis





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 Kavalayanandaji

TEAM



Dr B.R. Sharma
Principal



Brig. S. Dharmadhikari
Registrar



Prof. Bodhe



Prof. R.S. Bhogal



Prof. D.D. Kulkarni



Dr S. Bhalekar
Lecturer



Dr R. Mukhopadhyay



Dr Bandita Satapathy



Dr Suchitra



Dr Raghendra Bhat



Mrs Sandhya Dixit
Yogacharya



Mr. Anukool Deval
Sr Yoga Teacher



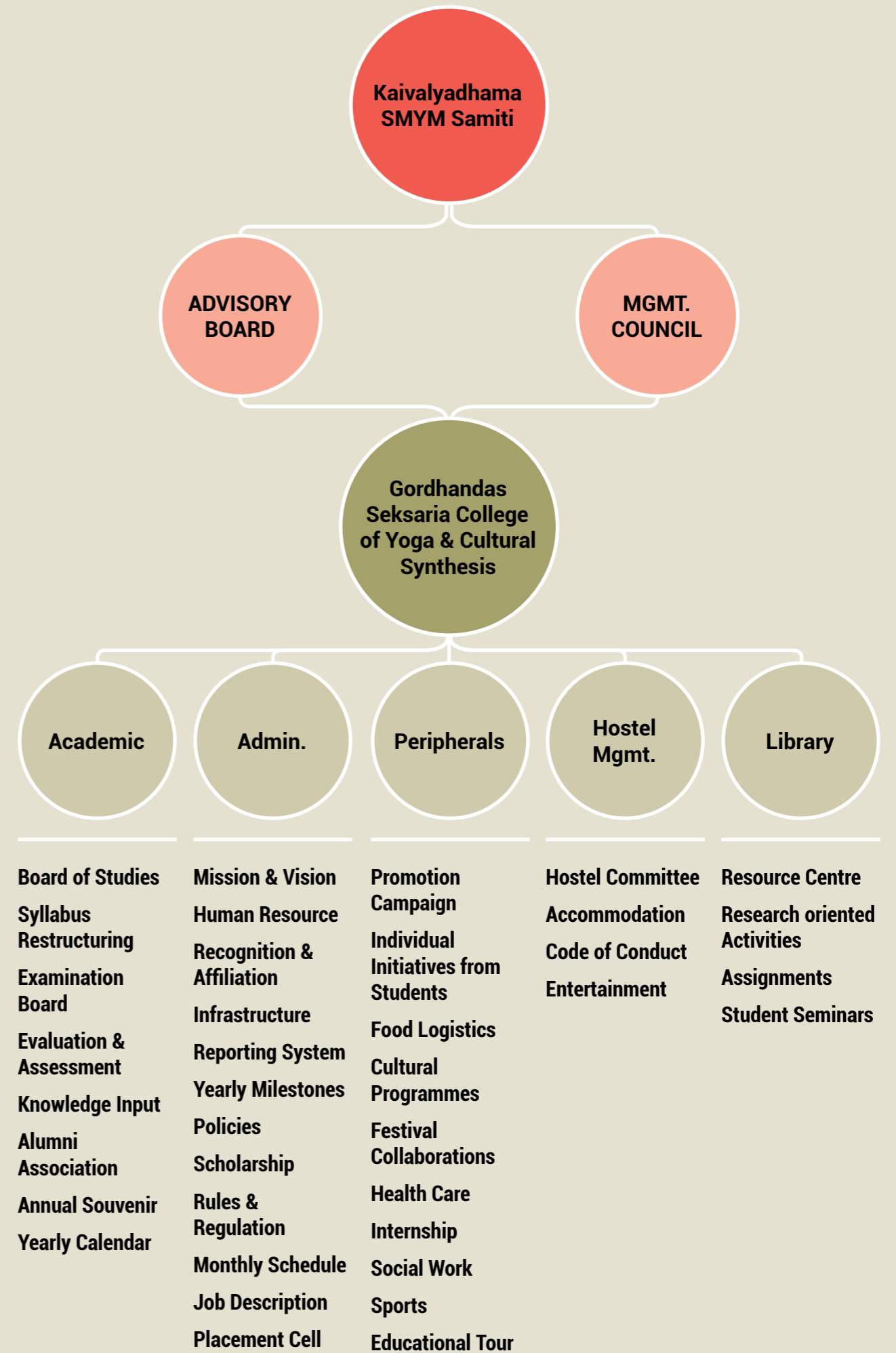
Ms Neeta Gade
Yoga Teacher & Warden



Mr Ankur Pandey
Yoga Teacher & Warden




Mrs Sayali Vartak
Office Executive



RECOGNITIONS

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

राष्ट्रीय अध्यापक शिक्षा परिषद्
(National Council for Teacher Education)
पश्चिमी क्षेत्रीय परिषद्

**National Council for Teacher Education**
(A Statutory Body of the Government of India)
Western Region Council

F.No. WRCS/9/NCTE/2004/ 2556 Date: 21-10-2014

To,

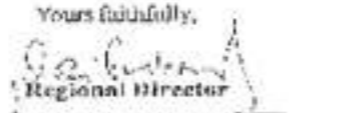
The Principal / Head of Department
Kavikulaguru Kalidasa Sanskrit University,
Yoga Education Committee, Nairath,
Pune, Maharashtra, India.
410403.

Subject : Performance Appraisal Report - reg.

Sir/Madam,

Your institution has been granted recognition for Education (P.G. Equivalence). The above recognition was subject to compliance of various conditions stipulated therein. Your institution was, inter alia, required to submit the Performance Appraisal Report at the end of the academic year. A format for submission of the Performance Appraisal Report has accordingly been evolved, copy of which is enclosed herewith. You are requested to please submit the Performance Appraisal Report at the earliest/not later than four weeks of completion of the annual examination. *It may be noted that the same format will be used every year unless it is changed by NCTE. Therefore you may retain copy of it for the use in subsequent years. Please attach the required documents in support of the information supplied in the PAR. [as given in appendix].*

The failure to submit the Performance Appraisal Report in time may attract such action as deemed appropriate under the relevant provisions of the NCTE Act/Rules/Regulations.

Yours faithfully,

Regional Director

Encl: as above.

मुख्य कार्यालय, इंदौर कक्षा, भोपाल - 462 002. Manas Bhawan, Shyamla Hills, Bhopal - 462 002
दूरभाष/Phone : 2660912, 2730672, फैक्स/Fax : 2765-2660912, E-mail : nctae@nic@sansharina.in
Note website : www.ncte.in/eng.

EQUIVALENCY

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

कविकुलगुरु कालिदास संस्कृत विश्वविद्यालयः, (महाराष्ट्रम्)

राष्ट्रीय कार्यलय - प्रजासत्ताक भवन, सीता रोड, रावटेक - 441126, वि.राजपूर
महानगर कार्यलय - शैक्षणिक परिसर, पावसा पाडा, मा.मु.प्र. रावटेक, मीरवदन जवडे, सीतापट्टी, नागपूर 440012

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Ranatek: Ph. 07114-255747, 255549, Fax 236476 Nagpur: Ph. 0712-2542932, Fax: 0712-2360992

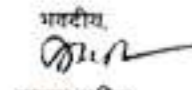
पत्र क्र. ककासवि/आ.प./2014/ 2353 दिनांक : 21 OCT 2014

प्रति,
श्री बी आर शर्मा
प्राचार्य,
कैवल्यधाम एल.एम.वाय.एम. समिती,
गोस्वामिदास अँड सोकरोरिया कॉलेज ऑफ
योग अँड कल्चरल सिधेसीस,
लोणापला, पुणे - 410403.

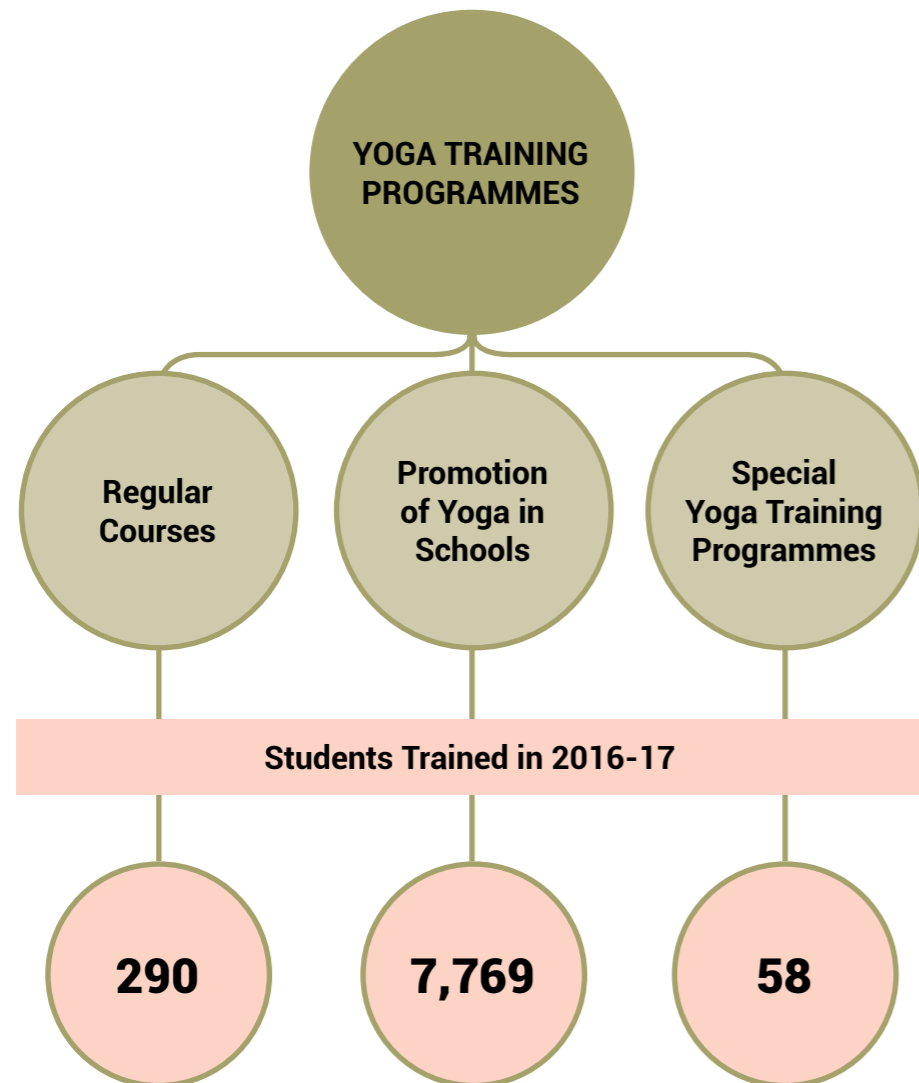
विषय - कैवल्यधाम योग संस्थानच्या योग पदविका या अभ्यासक्रमास स्नातकोत्तर (P.G. Equivalence) चा दर्जा मिळणेबाबत.

महोदय,

आपले पत्र क्र. 222 दि. 11/8/14 चे पत्र विश्वविद्यालयात प्राप्त झाले. आपण पत्रातच्ये कैवल्यधाम योग संस्थानच्या योग पदविका या अभ्यासक्रमास स्नातकोत्तर (P.G. Equivalence) चा दर्जा मिळणेबाबत अर्ज केला होता. त्याप्रमाणे विश्वविद्यालयाच्या समकक्षता व पात्रता समितीने दि. 6/9/2014 रोजी सभेमध्ये ही बाब ठरवण्यात आली होती त्याप्रमाणे सभेने असा निर्णय दिला की कैवल्यधाम योग संस्थान द्वारा दाखविण्यात येत असलेल्या योग पदविका अभ्यासक्रमाची शैक्षणिक पात्रता स्नातक आहे. हा अभ्यासक्रम एक वर्षाचा आहे. त्यास NCTE ची मान्यता आहे त्यामुळे या योग पदविका अभ्यासक्रमास स्नातकोत्तर योग पदविका समकक्षता (Post Graduate Diploma in Yogashastra Equivalence) देण्यास हरकत नसावी, अशी समितीने शिफारस केली.

भारतीय,

राजेश्वर राविव
समकक्षता व पात्रता समिती
क.का.सं.वि. रावटेक

1. REGULAR COURSES



a.

P.G.D.Y.Ed.

ELIGIBILITY
Graduation

DURATION
One Academic Year

SCHEDULE
Jul 16 - Apr 20

b.

P.G. Diploma in Yoga Therapy

ELIGIBILITY
Science Graduation, Art / Comm. Graduation+ P.G.D.Y.Ed.

DURATION
18 Months

SCHEDULE
Aug 01 to Jul 30
Internship - 6 months

c.

C.C.Y.

ELIGIBILITY
HSC or Pre-University

DURATION
6 weeks

SCHEDULE
Twice a year
(Jan - Feb, May - Jun)

d.

Advance Teachers' Training Course

ELIGIBILITY
Yoga Teacher with 2 years of teaching experience

DURATION
1 month

SCHEDULE
Mar 15 - Apr 14

e.

C.C.Y. (University of Pune)

ELIGIBILITY
HSC or Pre-University

DURATION
Part-time
3 months

COMMENCEMENT
Aug - Oct

f.

F.C.Y.T.T.

ELIGIBILITY
Graduate / Diploma / Certificate

DURATION
21 days

COMMENCEMENT
Dec 01

g.

F.C.Y.A.

ELIGIBILITY
Graduate / Diploma / Certificate

DURATION
21 days

COMMENCEMENT
Jun 15

h.

B.A.(Yoga)

ELIGIBILITY
HSC or Pre-University

DURATION
Degree (3 years)

COMMENCEMENT
Jul-Mar every year

i.

Master Class for Yoga Teachers

ELIGIBILITY
Minimum 200 hours Teachers' Certificate & 100 hours of teaching practice

DURATION
2 weeks

COMMENCEMENT
May & Nov (twice a year)

2. PROMOTION OF YOGA IN SCHOOLS

a.
An Orientation Programme for School Children and Staff

DURATION
3 months

NAME
Jawahar Navoday Vidyalay Samiti

b.
An Orientation Programme for School Teachers

DURATION
21 days

NAME
KVS (4 Batches)

3. SPECIAL TRAINING PROGRAMMES

a.
Programme for Hungarian Federation of Hungary

DURATION
15 days

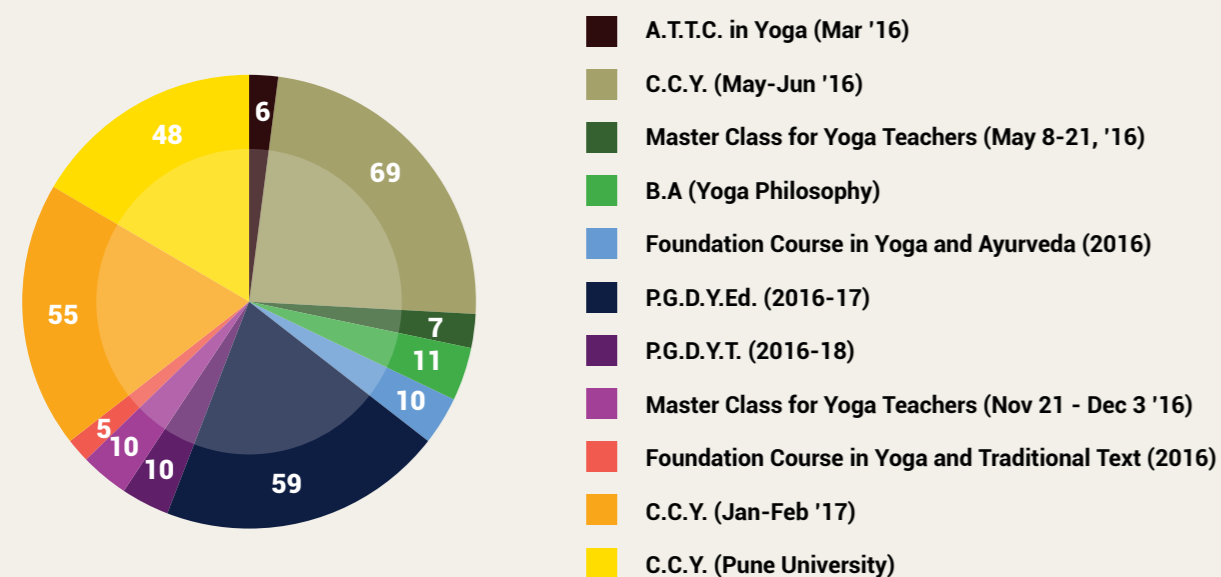
SCHEDULE
Mar 15-30, 2017

b.
Certificate Course for INPT Goa (Naval Officers)

DURATION
1 month

SCHEDULE
Jan 30 - Feb 25, 2017

1. Regular Courses



PARTICIPATION IN REGULAR COURSES (2016-17)

	Name of Course	Duration	Indians			Foreign Nationals			Total		Grand Total
			Male	Female	Total	Male	Female	Total	Male	Female	
1	A.T.T.C. in Yoga (Mar '16)	1 month	2	2	4	0	2	2	2	4	6
2	C.C.Y. (May-Jun '16)	42 days	28	31	59	0	10	10	28	41	69
3	Master Class for Yoga Teachers (May 8-21, '16)	21 days	2	3	5	0	2	2	2	5	7
4	B.A. (Yoga Philosophy)	3 years	5	6	11	0	0	0	5	6	11
5	Foundation Course in Yoga and Ayurveda (2016)	21 days	2	4	6	2	2	4	4	6	10
6	P.G.D.Y.Ed. (2016-17)	9.5 months	30	20	50	2	7	9	32	27	59
7	P.G.D.Y.T. (2016-18)	18 months	4	6	10	0	0	0	4	6	10
8	Master Class for Yoga Teachers (Nov 21 - Dec 3, 2016)	21 days	2	3	5	1	4	5	3	7	10
9	Foundation Course in Yoga and Traditional Text (2016)	21 days	3	2	5	0	0	0	3	2	5
10	C.C.Y. (Jan-Feb 2017)	42 days	15	16	31	11	17	28	26	33	59
11	KVS Batch V (Sep 14 - Oct 4, 2016)	21 days	9	4	13	0	0	0	9	4	13
12	PETs Batches	4 batches									177
13	INPT, Goa (C.C.Y.)	4 weeks	47	0	47	0	0	0	47	0	47

1.a.

Advanced Teachers' Training Course in Yoga

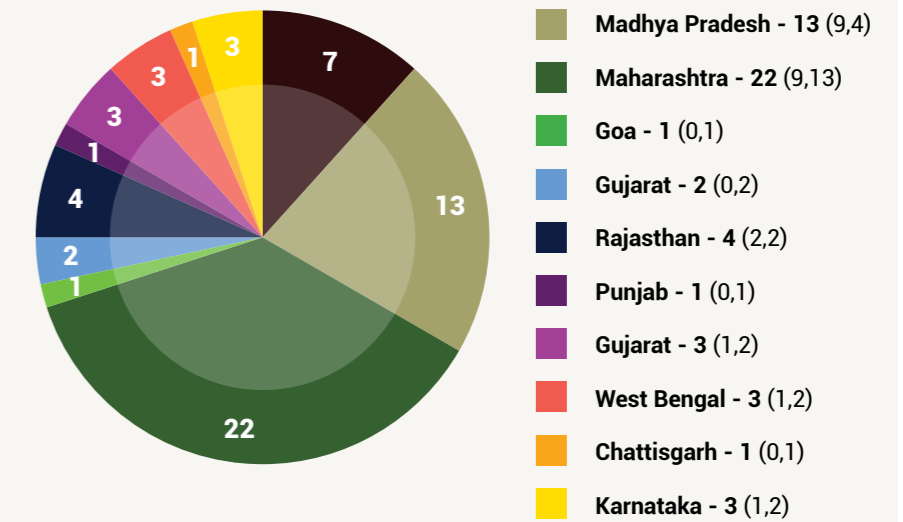
(March 15 - April 13, 2016)



Advanced Teacher's Training Course was inaugurated on March 16, 2016 at 10.00 a.m. at Swamiji's Kuti. 6 students (2 International and 4 Indian) were enrolled in the course and all the students passed successfully in the examination.

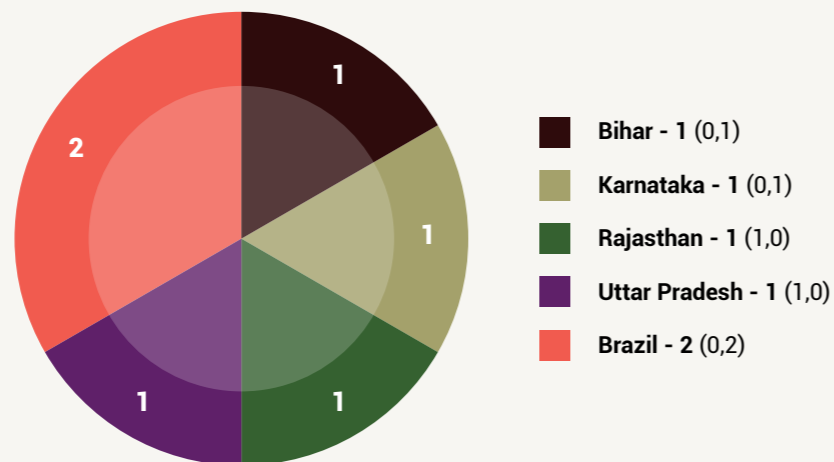
The aim of this course is to train and prepare deserving candidates in the esoteric aspects of Yoga, which deals with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices.

60
students



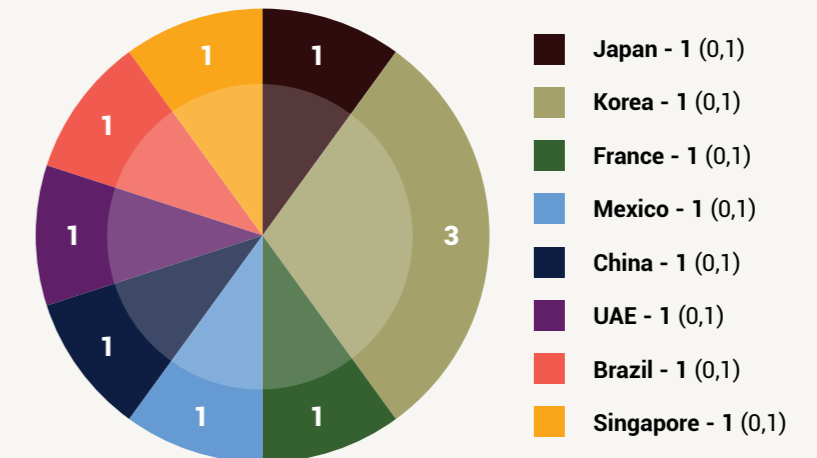
STATEWISE DISTRIBUTION OF INDIAN STUDENTS (no. of males, no. of females)

6
students



STATE/NATION-WISE DISTRIBUTION (no. of males, no. of females)

10
students



NATIONWISE DISTRIBUTION OF INTERNATIONAL STUDENTS (no. of males, no. of females)

1.b.

Certificate Course in Yoga (C.C.Y.)

(May 2 - June 12, 2016)

The Six Weeks Certificate Course was inaugurated on May 2, 2016. A total of 70 Students (60 National and 10 International) were enrolled for the course. Kaivalyadhama was honoured by the esteemed presence of Smt. Chandra Iyengar, IAS as the Chief Guest for the Inaugural Function.



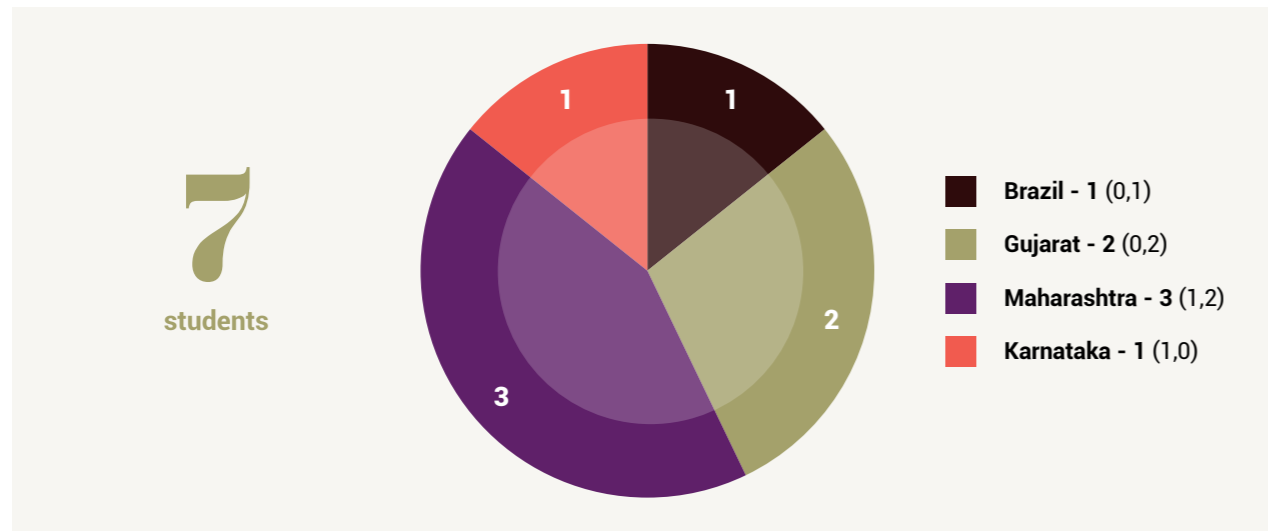
1.c.

Master Classes for Yoga Teachers

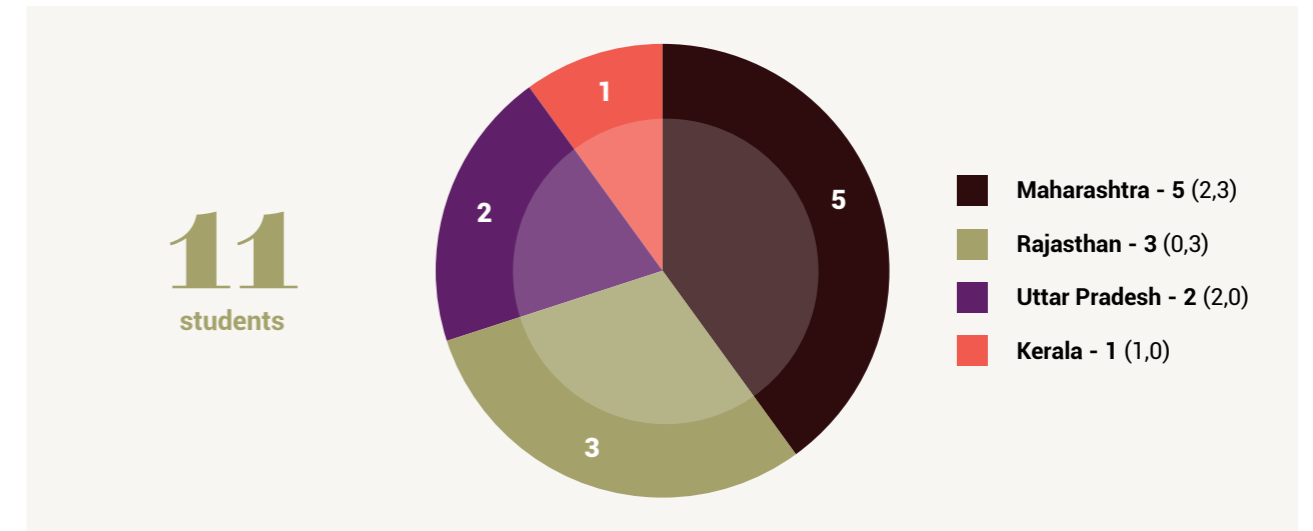
(May 8-21, 2016)

A total of 7 students (1 International and 6 Indian) were enrolled for this course.





STATE/NATION-WISE DISTRIBUTION (no. of males, no. of females)

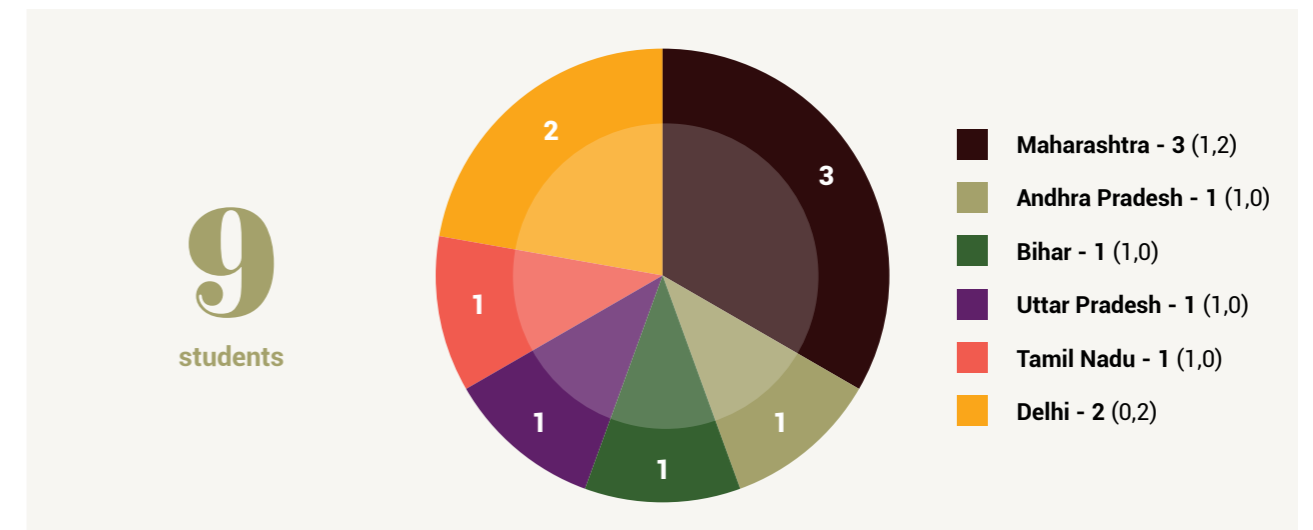


B.A. 1ST YEAR (no. of males, no. of females)

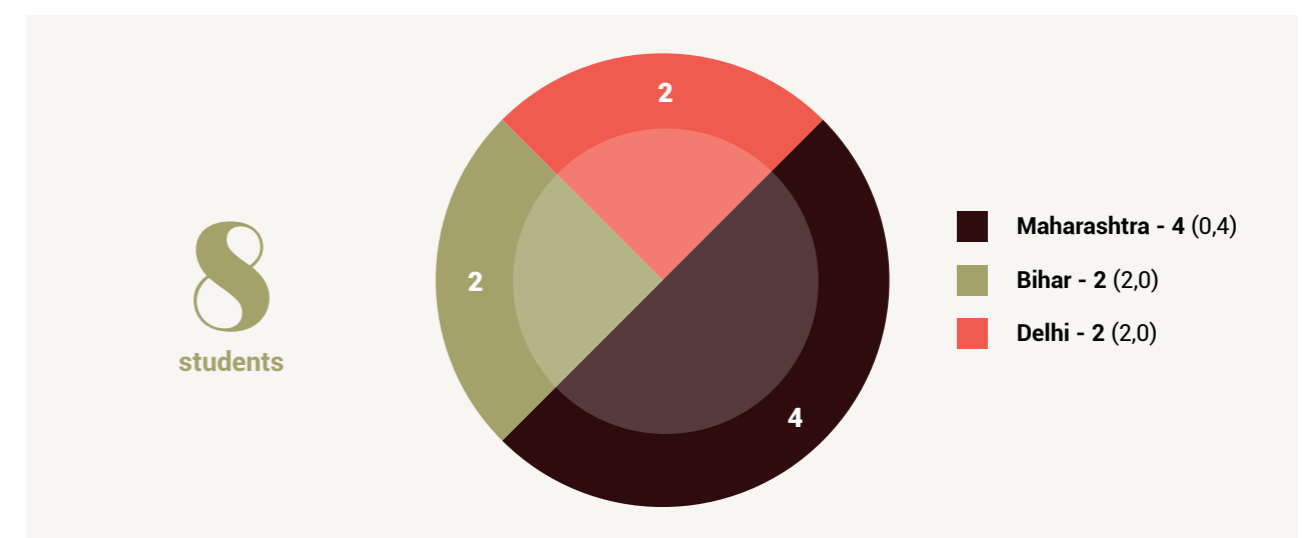
1.d. Bachelor of Arts (Yoga Shastra)

(2015-18)

Kaivalyadhama's Gordhandas Seksaria College of Yoga & Cultural Synthesis, Lonavla in association with renowned Kavi kulaguru Kalidas Sanskrit University Ramtek, Nagpur introduced a 3 years (6-semester) credit based Graduate course in Yoga [B.A. Yoga Shastra]. B.A. (Yogashastra) (2015-2018) was inaugurated on June 15, 2016 at college building. 9 applications were received for the B.A.(FY) Course. All students were admitted into the course.



B.A. 2ND YEAR (no. of males, no. of females)



B.A. 3RD YEAR (no. of males, no. of females)



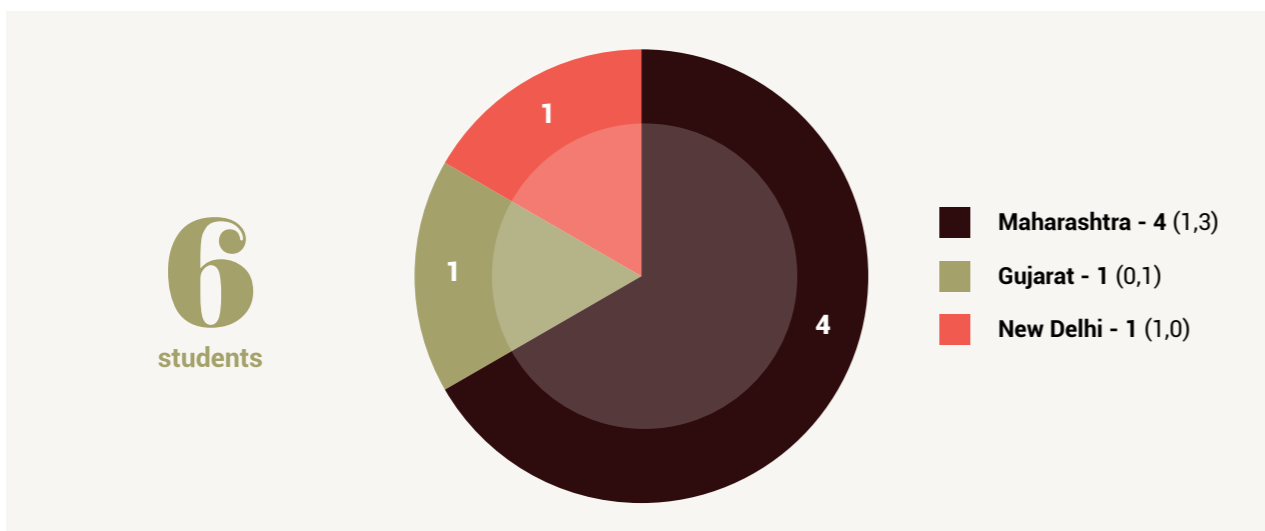
1.e. Foundation Course in Yoga and Ayurveda

(June 15 - July 5, 2016)

The Inauguration function of Foundation of Yoga and Ayurveda Course was held in Asana Hall B at 10.30 a.m on June 15, 2016. 10 students (4 International and 6 Indian) participated in the course.



NATIONWISE DISTRIBUTION OF INTERNATIONAL STUDENTS (no. of males, no. of females)

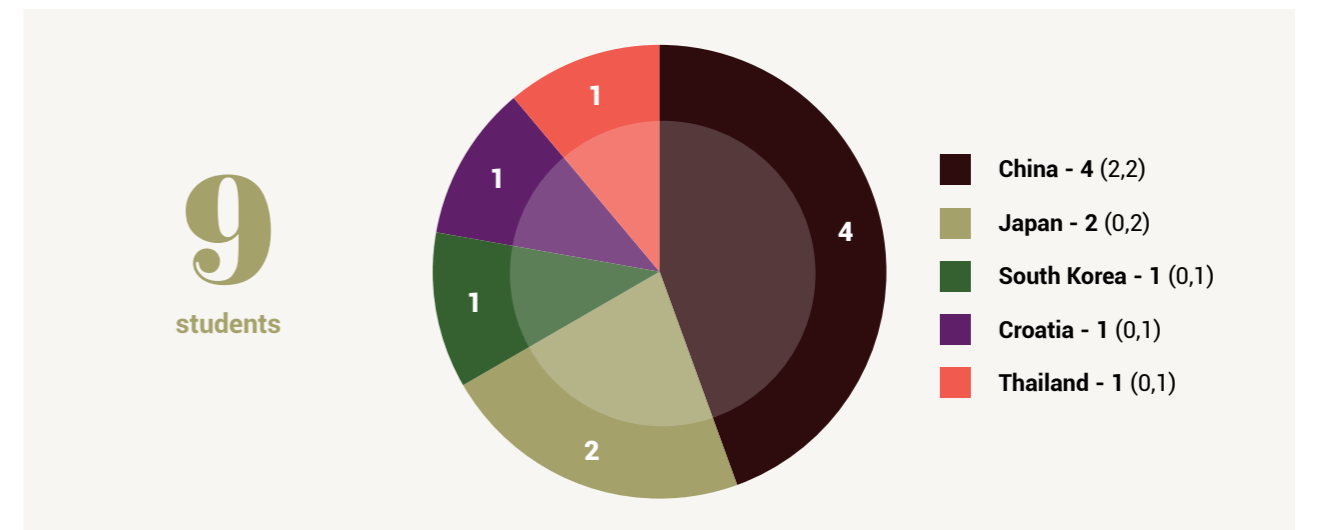


STATEWISE DISTRIBUTION OF INDIAN STUDENTS (no. of males, no. of females)

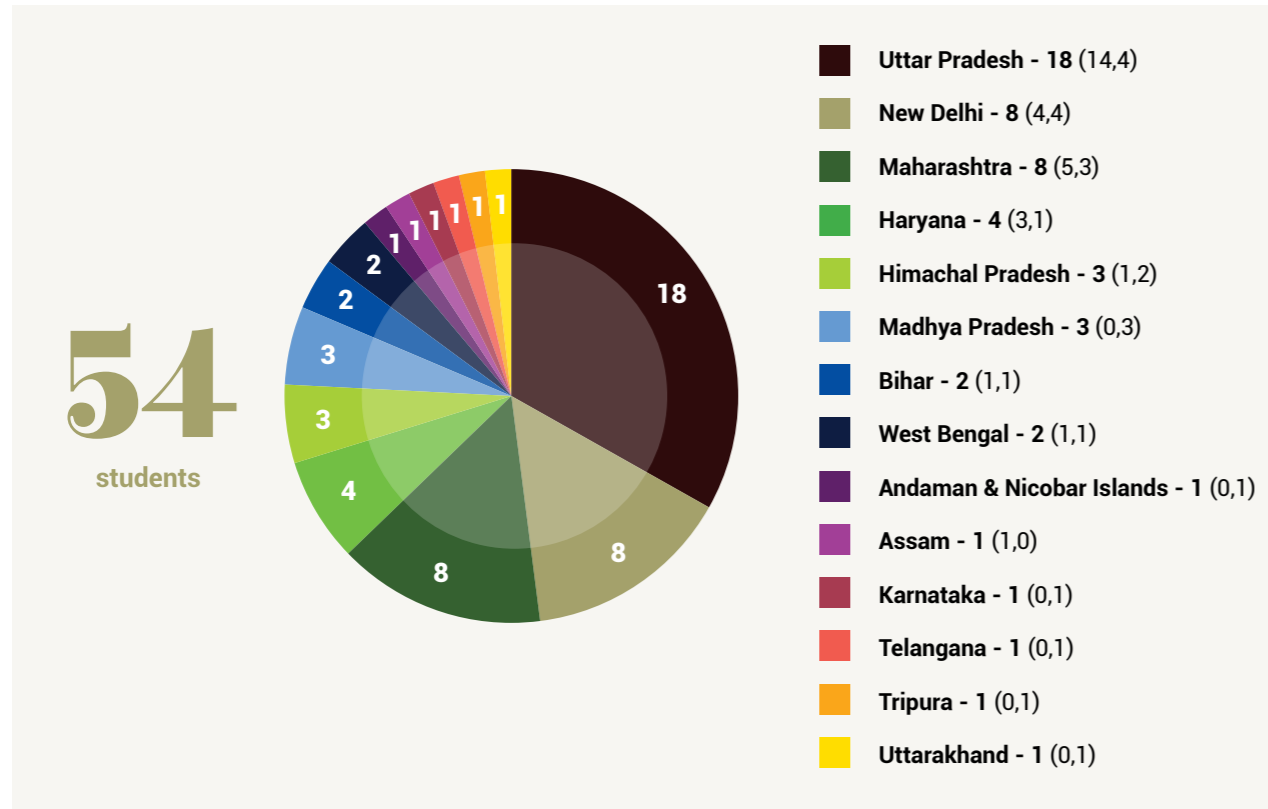
1.f. P.G. Diploma in Yoga Education

(July 16, 2016 - April 20, 2017)

The Post Graduate Diploma in Yoga Education (P.G.D.Y.Ed.) 2016-17 course of one academic year duration, was inaugurated on July 16, 2016, by Rev. Swami Maheshanandaji. Out of 158 Applications, a total of 63 (54 Indian and 9 International) students were selected for the course.



NATIONWISE DISTRIBUTION OF INTERNATIONAL STUDENTS (no. of males, no. of females)

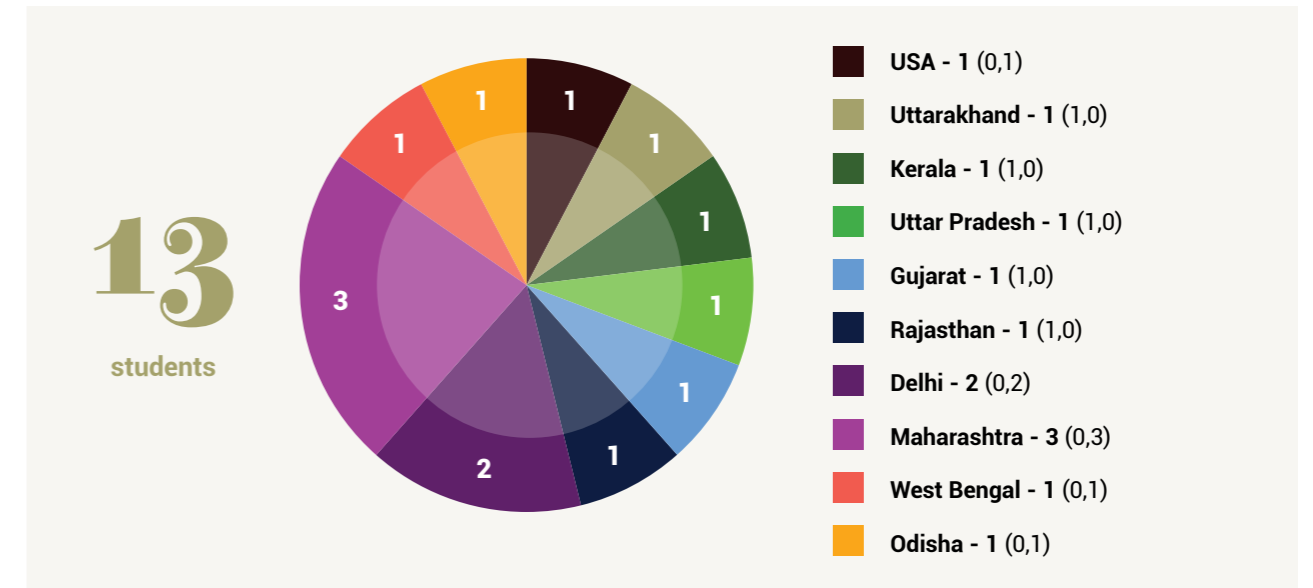


STATEWISE DISTRIBUTION OF INDIAN STUDENTS (no. of males, no. of females)

1.g.
P.G. Diploma in Yoga Therapy
(August 1, 2016 - July 30, 2018)

The inaugural function of Post Graduate Diploma in Yoga Therapy (P.G.D.Y.T.) was held on Aug 1, 2016 at Asana Hall A. Rev. Swami Maheshanandaji, Shri. O.P. Tiwariji, Secretary, Dr B.R. Sharma, Principal, and Brig. Dharmadhikari, Registrar, were present to grace the occasion.

13 students (1 international and 12 Indian) have been registered for this course. Dr Nidheesh Yadav has assigned the responsibility of Course Coordinator.



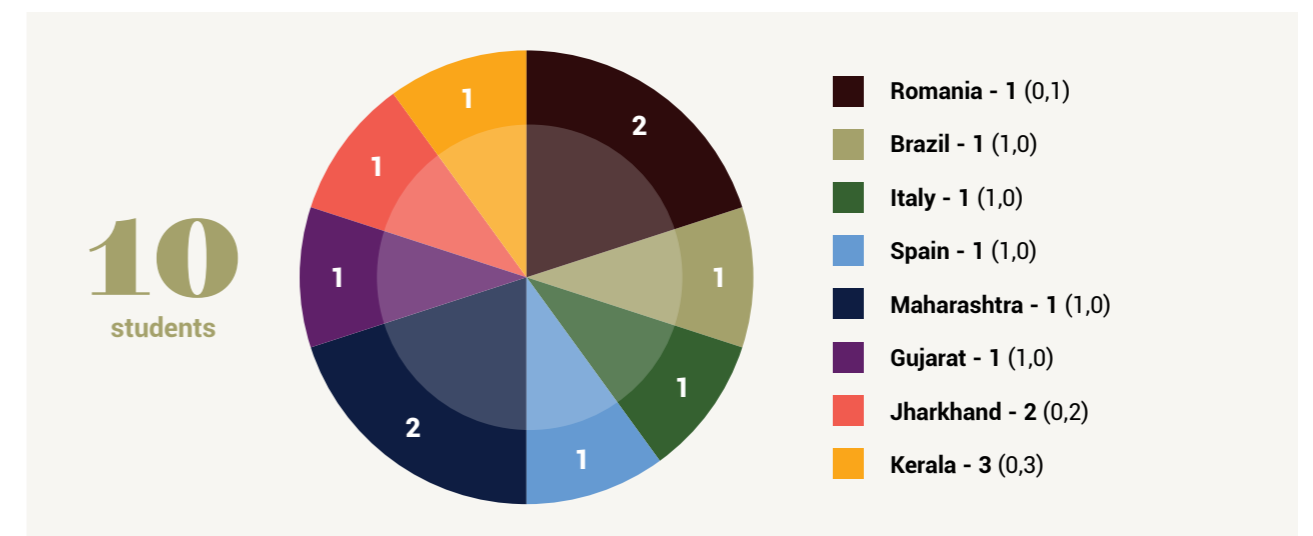
STATE/NATION-WISE DISTRIBUTION (no. of males, no. of females)

1.h.
Certificate Course in Yoga
Certificate Course in Yoga in collaboration with University of Pune
(Once in a year from August to October, 2016)

A total of 46 students (6 male and 40 female) have enrolled for Certificate Course in Yoga in collaboration with University of Pune.

1.i.
Master Class for Yoga Teachers
(November 21 - December 3, 2016)

The program started with "Shantipath." A total of 10 students (10 international and 3 Indian) are enrolled for this course. Mrs Sandhya Dixit has been given the responsibility of course coordination.



MASTER CLASS FOR YOGA TEACHERS - STATE/NATION-WISE DISTRIBUTION (no. of males, no. of females)

1.j. Certificate Course in Yoga

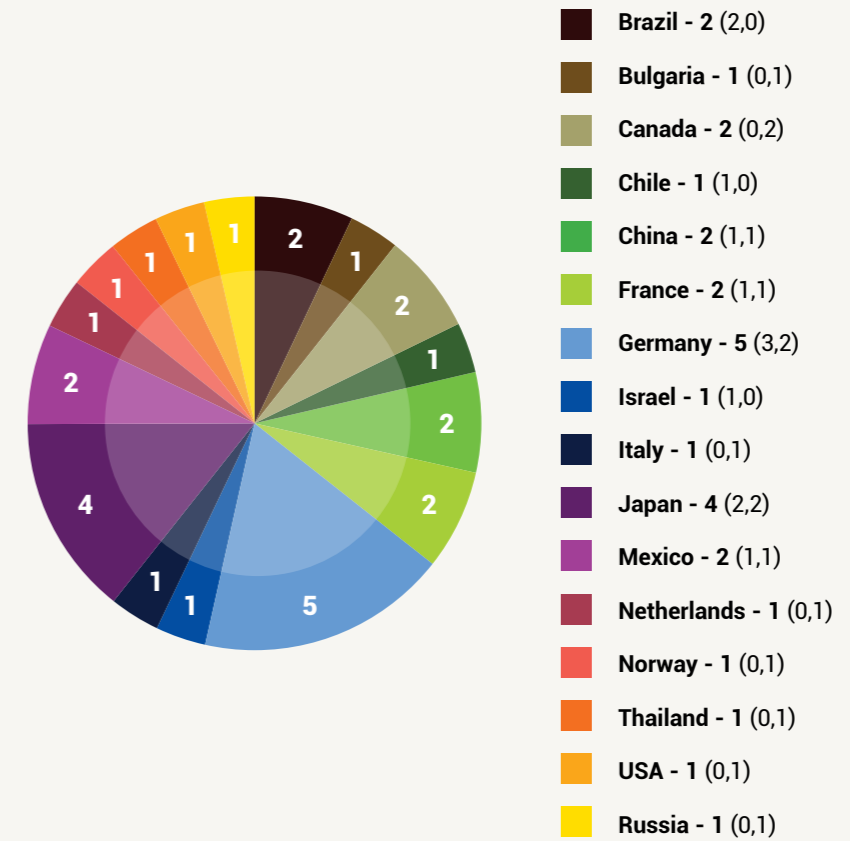
(January 15 – February 25, 2017)

The six-week Certificate Course in Yoga (Jan Feb 2017) was inaugurated on the 16th of Jan, 2017. A total of 60 Students (29 international and 31 Indian) were enrolled for the course. Mr Ankit Dhuria was given the responsibility for the course coordination.

Dr Bhushan Upadhyaya, Additional Director General of Police, was very kind for his consent to inaugurate this occasion as a Chief Guest.

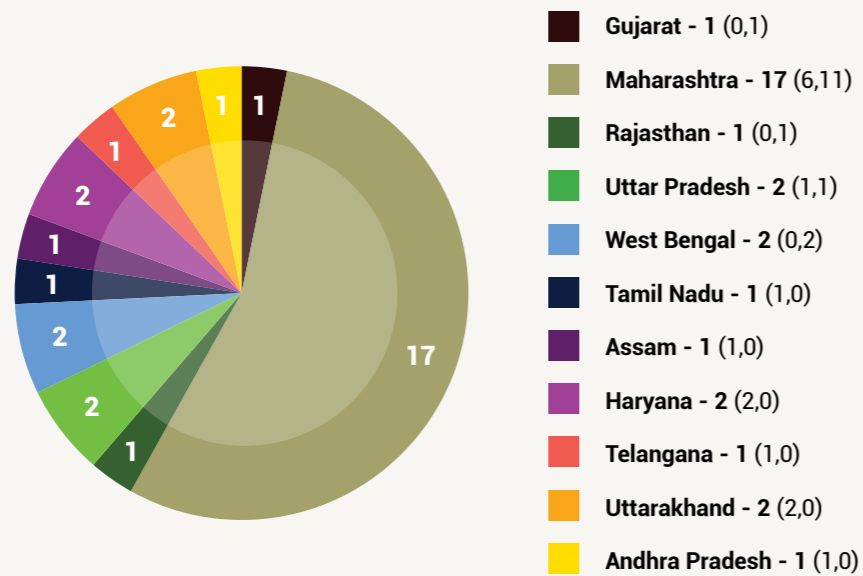


29
students



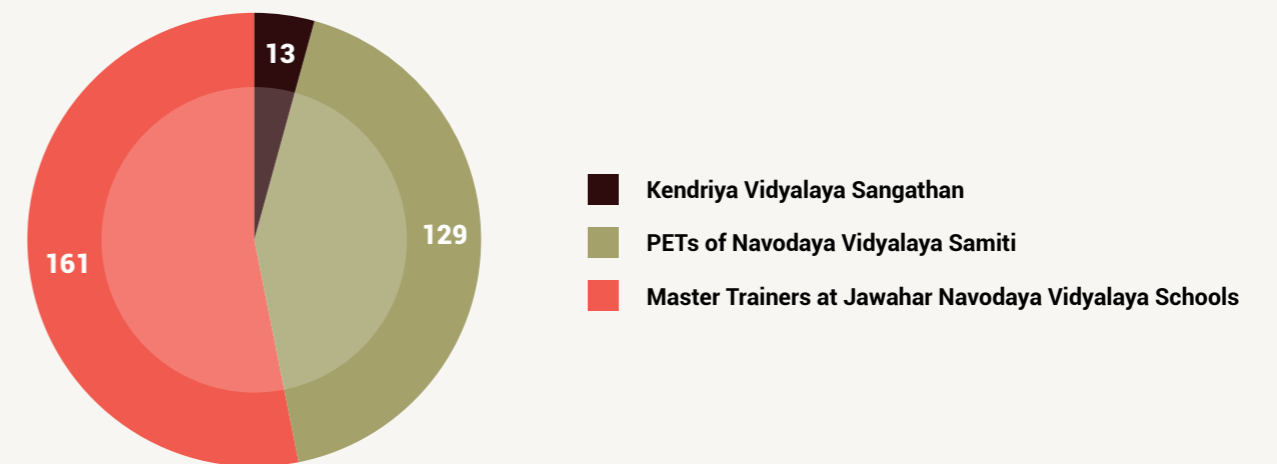
NATIONWISE DISTRIBUTION OF INTERNATIONAL STUDENTS (no. of males, no. of females)

31
students



STATEWISE DISTRIBUTION OF INDIAN STUDENTS (no. of males, no. of females)

2. Promotion of Yoga in Schools



2.a.**Jawahar Navodaya Vidyalaya Reorientation Programme**

(2016-2017)

The basic objective of Yoga education is to give practice, as well as, theoretical knowledge and training to the children of primary, upper primary and secondary level in such a way that they could understand about their health & diseases, as well as, have an exposure to value based learning.

A selection workshop was held for the students to select the candidates to be deputed to various Jawahar Navodaya Vidyalaya. 40 students were deputed to 20 Jawahar Navodaya Vidyalaya Schools.

PARTICIPATION IN REGULAR COURSES (2016-17)

	Region	Address of the JNV	Female Yoga Instructor	Male Yoga Instructor	3 Months Report			Total Master Trainers
					Boys	Girls	Total	
1	Hyderabad	JNV Venelavalasa Sarubujili, Dist. Srikulam, AP - 532458	Ms Preeti Palaspagar	Mr Vivek Pachghare	260	180	440	5
2		JNV Vadakara, Palayadnada, Dist. Calicut - Kozhikode, Kerala - 673521	Ms Prerna Gupta	Mr Vikas Kailasrao Madane	288	238	526	6
3		JNV Vattem, Bijinepally, Dist. Mahabubnagar, Telangana - 50920	Ms Shravan Deora	Mr Vijay Dungarwar	289	173	462	6
4	Bhopal	JNV Kurud, Dist. Dhamtari, Chattisgarh - 493663	Ms. Bhagyashree	Mr. Premdas Pakade	193	169	362	10
5		JNV Gurujang, Dist. Khurud, Odisha - 752057	Ms. Amruta Ashokrao Wankhade	Mr. Vijay Ganjare	176	106	282	19
6		JNV Amarkantak, Dist. Anuppur, MP - 484886	Ms. Sheela Dongre	Mr. Vipin Mishra	204	342	546	4
7	Chandigarh	JNV Dhilwan, Dist. Barnala, Punjab - 148108	Ms. Vaishali Sharma	Mr. Om Parkash	148	201	349	13
8		JNV Mari, Dist. Reasi, J & K - 182311		Mr. Shobhit Amoli	165	98	263	4

	Region	Address of the JNV	Female Yoga Instructor	Male Yoga Instructor	3 Months Report			Total Master Trainers
					Boys	Girls	Total	
9	Pune	JNV Pimple Jagtap, Tq Shirur, Dist. Pune	Ms. NehaKolhatkar	Mr. Kishan Deshmukh	300	200	500	2
10		JNV At & Post Sadhi, Tal Paara, Dist. Vadodara - 391445	Ms. Neeta Kanani	Mr. Savan Kumar Malaviya	279	182	461	5
11	Shillong	JNV Niangbari, Nangoh, Dist. Ri-Bhoi, Meghalaya - 793102	Ms. Tanvee Bhise	Mr. Bhushan Meshram	199	184	383	1
12		JNV Dhing, Dist. Naugaon, Assam - 782123	Ms. Tejashree Kaware	Mr. Amit Jha	278	144	422	10
13		JNV Thenzwal, Dist. Serchip, Mizoram - 796186		Mr. Inder Jeet	169	131	300	9
14	Patna	JNV Chaurasia, Jamuna, Dist. Kaimur, Bihar - 821110		Mr. Suraj Pandey	110	120	230	23
15		JNV Bit Mesra, Dist. Ranchi, Jharkhand - 835215	Mr. Vijay Dauneria		100	100	200	10
16		JNV Dabar Balrampur, Vivekanand Nagar, Dist. Purulia, WB - 723147	Ms. Suchanda Choudhary	Mr Shantanu S. Lohare	269	159	428	10
17	Lucknow	JNV Mitauli, Dist. Lakhimpur Kheri, UP - 262727		Mr. Santosh Shukla	261	127	388	12
18		JNV Simar, Gangarigol, Dist. Bageshwar Uttarakhand - 263641	Ms. Priya Rai	Mr. Harshvardhan Jhaveri	253	147	400	3
19	Jaipur	JNV Mohammadpur, Farrukhnagar, Dist. Gurgaon, Haryana - 122506	Ms. Rajni Lama	Mr. Deepak Kumar	6	7	13	3
20		JNV Mandaphia, Dist. Chittorgrah, Rajasthan - 312027	Ms. Keerti Swami	Mr Gaurav Kadgale	331	180	511	6
TOTAL					4278	3188	7466	161

4,278
BOYS

3,188
GIRLS

7,466
TOTAL STUDENTS

161
TOTAL MASTER TRAINERS



2.b.

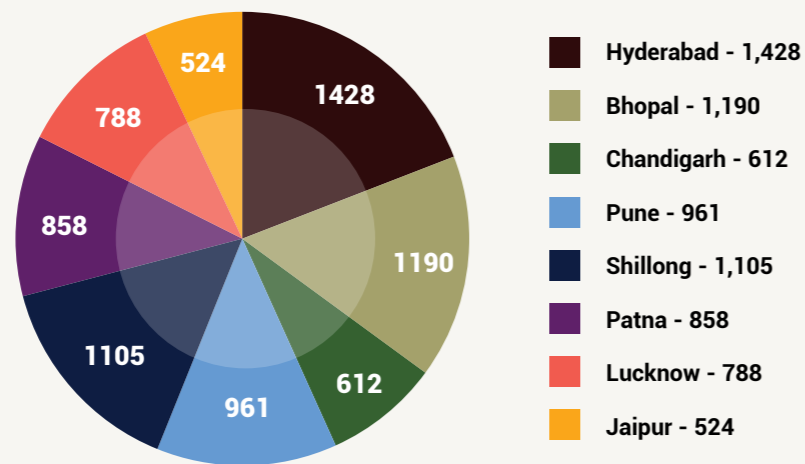
Yoga Training for PET's of Navodaya Vidyalaya Samiti

4 batches of 10 days Orientation training for Physical Education teachers of NVS

10 days Orientation training for Physical Education teachers of the Navodaya Vidyalaya Samiti was done by Kaivalyadhama Yoga Institute. Four orientation programs on yoga were conducted for the physical education teachers of Jawahar Navodaya Vidyalaya from October to December 2016. Each program was comprehensively designed so that all participants could understand the depth and experience the joy of yoga. In all there were 129 teachers including female and male teachers. The batches were held in the following dates:

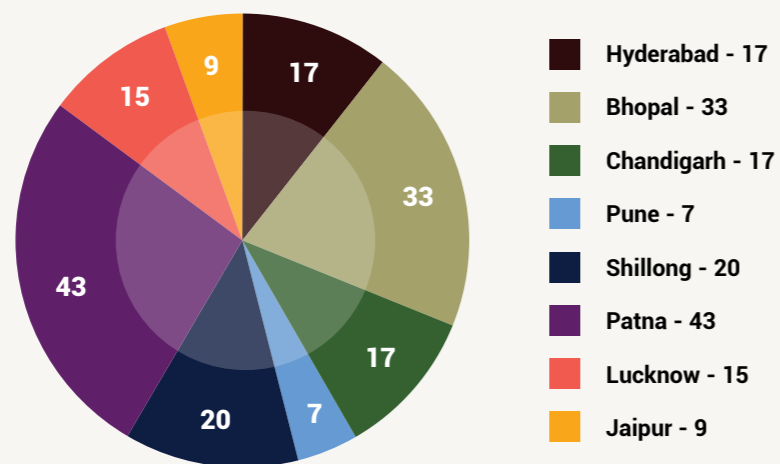
BATCH 1	BATCH 2	BATCH 3	BATCH 4
Oct 17-26, 2016	Nov 3-12, 2016	Nov 14-23, 2016	Dec 10-19, 2016
31	32	32	34
PARTICIPANTS	PARTICIPANTS	PARTICIPANTS	PARTICIPANTS

7,466
students



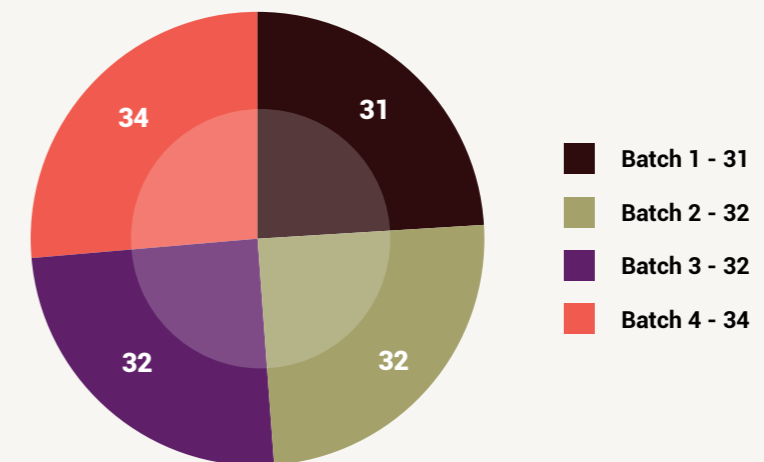
REGIONWISE DISTRIBUTION OF STUDENTS TRAINED

161
Master Trainers



REGIONWISE DISTRIBUTION OF MASTER TRAINERS

129
students



BATCH-WISE DISTRIBUTION



2.C.

Yoga Training Programme for KVS TGT Yoga

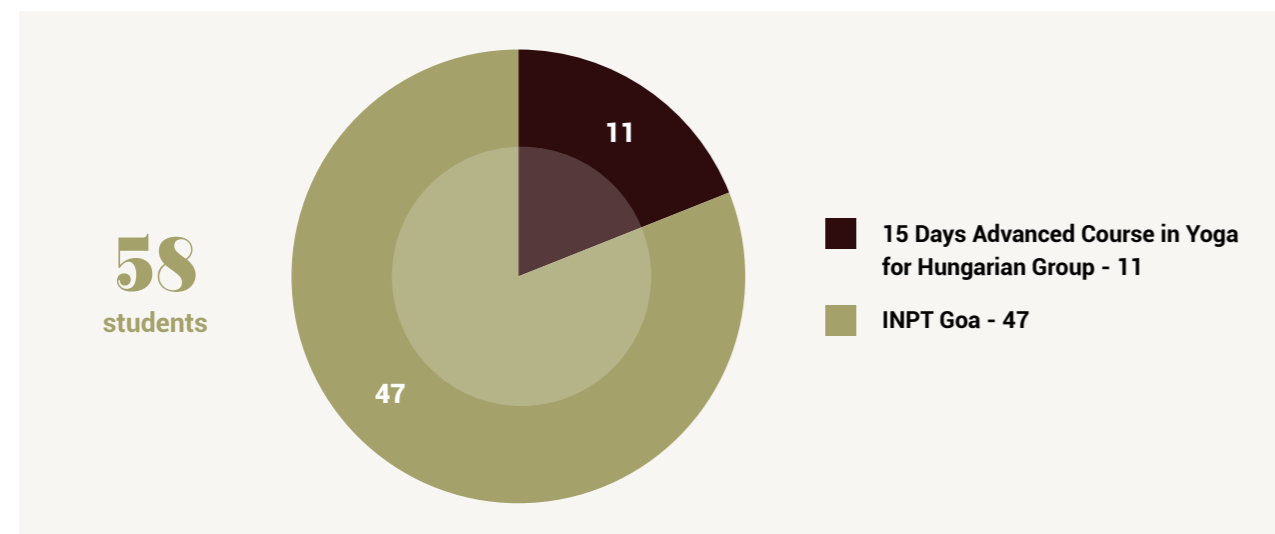
21 Days In-Service Yoga Training Programme - For KVS Yoga Teachers (TGT)



In-service courses has been designed for the Kendriya Vidyalaya, Yoga Teachers (TGT) to make the learning and teaching simple to complex pattern, in contents and performance related practicability pertaining to yoga practices recommended for different age groups of school children's. The course routine consisted of regular theory lectures and practical classes. Fifth batch of 21 Days In-Service Yoga Training Programme for KVS Teachers was inaugurated on Sep 14, 2016. 13 Yoga Teachers (8 Male and 5 Female) are enrolled in this programme. Dr SatbirBedi, presently serving as Joint Secretary in the Ministry of Human Resource Development was very kind for his consent to grace the occasion as a Chief Guest.



3. Special Yoga Training Programmes



SPECIAL YOGA TRAINING PROGRAMMES



Talks, Workshops, Camps, & Yoga Programs

by College Staff Members

Dr B.R. Sharma, Principal

01 As a moment to make the whole nation proud, 'Yoga' is inscribed in the Representative List of the Intangible Cultural Heritage (ICH) of Humanity during the 11th session of the Inter Governmental Committee of the UNESCO, which is conducted at the UN Convention Center of Addis Ababa, Ethiopia from Nov. 28 to Dec. 2, 2016.

Dr B.R. Sharma was a part of Indian Delegation as Yoga Expert at UNESCO who conducted a Yoga Breathing Session for all the members. Such session was conducted for the first time in the history of any UNESCO Session.



11th session of the Inter Governmental Committee of the UNESCO at Addis Ababa, Ethiopia

- 02 Delivered an invited talk on "Significance of Pranayama" at Central University Gujarat on May 11, 2016.
- 03 Co-ordinated International Day of Yoga 2016 celebrations in Lonavala and Pune.
- 04 Participated as a member in Scientific Advisory Board of CCYRN, New Delhi on September 18, 2016 & February 13, 2017.
- 05 Participated in an Academic Council Meeting conducted by KaviKulguru Kalidas Sanskrit University. Jan 04, 2017
- 06 Participated in a meeting as Yoga Expert under the Chairmanship of Secretary, AYUSH Govt. of India on November 18, 2016 at Ayush Bhavan, New Delhi.



National Seminar on Emerging Trends of Research in Yoga & Naturopathy'

- 07 Delivered Special Lectures in Pranayama Course, Intensive Course, Drs. Workshop organized By HHCC during November - March, 2016.
- 08 Participated in a Panel Session Frequently Asked Questions (FAQs) and presented a Talk on "Yoga Philosophy and its practice" in Yoga Fest 2017 Organised by Ramkrishna Mission Vivekananda University West Bengal. March 17-19, 2017.
- 09 Delivered invited lectures on "Shiva Samhita" in a workshop on "YogoBhavatiDuhkhaha-Level II" by Chinmaya International Foundation ShodhaSansthan, AdiShankaraNilayam, Veliyanad, Ernakulam, Kerala, India from August 02-12, 2016.



"YogoBhavatiDuhkhaha-Level II" at CI, Kerala, India

- 10 Delivered an Invited Talk on "Mind Control through Patanjala Yoga Sutras" at Kaivalyadham Mumbai May 27, 2016
- 11 Invited as Subject Expert for Pre-Ph.D. presentation by K J Somaiya Bharatiya Sanskriti Peetham on, May 27, 2016
- 12 Participated in two Meetings of QCI Technical Committee as a representative of Kaivalyadham held at Bangalore March 31 & April 16, 2017
- 13 Participated in Institutional Advisory Board meeting held on July 03, 2016
- 14 Chaired session during the National Seminar on "Yoga in light of Samkhya, Vedanta and Patanjala Darshana" on October 16, 2016

Dr Sharad Bhalekar, Lecturer

- 01 January - conducted lecture on yoga therapy in the national conference by Ayurveda Vyasapeeth and MUHS, Nagpur (September, 2016)
- 02 January - Conducted lecture on yoga therapy in CMC program held at Berkatullah University, Bhopal.
- 03 June - Conducted lecture for teacher training program by Yoga Kalari, at Singapore. (4th - 13th June)
- 04 November - conducted lecture for teacher training program by yoga kalari at Singapore. (4th Nov to 11th November)
- 05 Conducted lecture on yoga therapy in the national conference at Ramkrishna Mission, Kolkata (April 2017)
- 06 Conducted lecture on yoga therapy in national conference (Yoga utsav) at Lakulish University, Ahmedabad (March 2017)

Mrs Sandhya Dixit, Yogacharya

- 01 Senior examiner under QCI scheme with Indian Yoga Association
- 02 Conducted 1 day yoga Meditation Workshop at I.N.S. Lonavla
- 03 Participated in Maharashtra Yoga Utsav in Mumbai
- 04 Participated in Yoga Festival in Pune
- 05 Conducted 3 days Stress Management Workshop for ONGC employers (19th to 21st January, 2017)
- 06 Conducted 10 days Kriya Yoga Workshop in Henan, China (1st to 10th Aug, 2016)



Ms Neeta Gade, Yoga Teacher

PRACTICALS , LECTURES & WARDENSHIP

- 01 Conducted Yoga class & Lecture – External affairs & Foreign ministry (June 21)
- 02 Co-ordinated National conference : Yoga demonstration & presentation (October 15)
- 03 Conducted Yoga practicals for JNV Batch
- 04 Practical Examiner at C.C.Y University of Pune
- 05 Participated in INS Shivaji Workshop for kids (April 15 '17)

Ms Neeta Gade, Yoga Teacher

- 01 Deputed by Kaivalyadhama to Kunming, China from May 16 to 23, 2016 to conduct Yoga Asanas sessions in India-China Yoga Festival 2016.
- 02 Member of faculty for MUHS Fellowship weekend programme for doctors to conduct Yoga Practical Class and lecture on 'Teaching Methods' on May 29 & July 24, 2016.
- 03 Conducted Orientation Sessions for Common Yoga Protocol 2016 for students who were deputed at various places by Kaivalyadhama during celebration of International Day of Yoga 2016.
- 04 Deputed by Kaivalyadhama to conduct Yoga Practical Classes in 15-days "Yogo Bhavati Duhkhah" Workshop in Chinmaya International Foundation Shodha Sansthan, Ernakulam, Kerala from August 1 to 12, 2016
- 05 Deputed by Kaivalyadhama to conduct Yoga Practical sessions in INS Shivaji, Lonavla from November 15 to 25, 2016.
- 06 Conducted Practical Classes in:
 - a. During NVS PETs orientation programme from November 9 to 15, 2016
 - b. Conducted Practical Session for Brazil Yoga Group on January 12, 2017
 - c. Orientation Program for CDM Officers, Secunderabad from February 21 to 23, 2017.
- 07 Conducted Lectures on "Teaching Methods for School Children" in NVS PETs Orientation Programme from October 19 to 25, and November 10 to 17, 2016.

Mr Ankur Pandey

- 01 Conducted practical sessions for Police Personnel (April '16)
- 02 Coordinated Yoga Workshop of students from Briria College (22nd - 31st Dec 2016)
- 03 Coordinated Yoga workshop of R.D. National College (1st - 10th Jan)
- 04 Conducted sessions at INS Shivaji
- 05 Conducted Yoga sessions at IDY Army Base camp Pune, and Gurukul School on International Yoga Day (21st June)

Educational Tour

FEBRUARY 11-16, 2016

Educational tour of students of Gordhandas Seksaria College of Yoga & Cultural Synthesis, Kaivalyadhama, was arranged from February 26 to March 03, 2017 to Malsar, Gujarat which is the Tapobhoomi of Paramhansa Swami Madhavdasji Maharaj, Guru of Swami Kunalayanandaji. Total 37 Students from all courses (P.G.D.Y.Ed., P.G.D.Y.T., B.A. (Yogashastra)) and 4 staff members of the college viz. Ms. Neeta Gade, Mr. Anukool Deval, Mr. Ankur Pandey and Mr. Nitin Sakat participated in 6-day tour. Students did Karma Yoga in Satyanarayan Mandir that involved mainly the cleaning of the area. Their efforts were appreciated by Mahant Shri Jagannathdasji Maharaj and also by the staff members.



Kaivalyadhama Students with Mahant Shri Jagannathdasji Maharaj

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 receive Rs. 10,000/- each for being selected as the outstanding students of the course every year. As well, one (other) male and one (other) female 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.

MERIT ORDER ONE (WINNER)

- 01 **Mamta Bisht** (Female Student) - Rs. 10,000/-
- 02 **Atul Singh** (Male Student) - Rs. 10,000/-

MERIT ORDER TWO (RUNNERS UP)

- 01 **Mio Mukaida** (Female Student) - Rs. 7,500/-
- 02 **Shubham Gehlot** (Male Student) - Rs. 7,500/-

Nevatia Scholarship

To build up a trained yogic generation with the following motto:

- 01 Educate people in India and abroad on what yoga means by sharing preached and practice yoga knowledge for social awareness of yoga among people.
- 02 Professionally publish scientific and traditional yogic thought through books periodicals, CDs and films and other media & means for promoting scientific approach of Kaivalyadhama.

The following students were awarded with Nevatia Scholarship :

PG.D.Y.Ed.

- 01 **Ida Blazek**
- 02 **Mamta Bisht**
- 03 **Jyoti Gautam**
- 04 **Vinay Kumar**



Workshop by Dr Ganesh Rao

A Workshop on the topic "Counselling Techniques" and "Deeper Essence of Yoga" by Guest Speaker Dr Ganesh Rao, Holistic Yoga Master & Therapist, was organized on December 22, 2016 for the students of all courses of Gordhandas Seksaria College of Yoga & Cultural Synthesis, all faculty members and health care inmates. The workshop was arranged for full day.

Workshop by Dr Ananda Balayogi Bhavanani

A 2-Day Workshop on "Cardiovascular System and Respiratory System in relation to Yoga Therapy" by Guest Speaker Dr Ananda Balayogi Bhavanani, Chairman, International Centre for Yoga Education and Research



at Ananda Ashram, Pondicherry, India, was organized on September 23 & 24, 2016 for the students of all courses of GordhandasSeksaria College of Yoga & Cultural Synthesis, all faculty members and health care inmates.



Workshop by Dr Kala Acharya

A Workshop on the topics "Ashtanga Yoga" and "Yoga in Bhagavadgeeta" by Guest Speaker Dr Kala Acharya, Director of K.J. Somaiya Bharatiya Sanskriti Peetham, Cultural and Research Institute, was organized on August 29, 2016 for the students of all courses of Gordhandas Seksaria College of Yoga & Cultural Synthesis, all faculty members and health care inmates. The workshop was arranged for full day.

Workshop by Dr Ulka Natu

A Workshop on the topic "Reproductive System of female, Urogenital System, Anatomy & Physiology of Human Body and Yoga" by Guest Speaker Dr Ulka Natu, Consultant Gynaecologist, Director of Prajnana Yoga Anusandana Kendra, Chief Health Adviser, Niranjana Yoga Swasthya Kendra and Co-Director of Hest hospital, Thane, was organized on September 2, 2016 for the students of all courses of Gordhandas Seksaria College of Yoga & Cultural Synthesis, all faculty members and health care inmates. The workshop was arranged for full day.



Future Plans & Proposals

Yoga School Certification under QCI as per ministry of AYUSH

Apart from providing the traditional Yogic values the accreditation aims at providing profession certification for the college students as per the norms set by the Ministry of Ayush under QCI.

Academic Plans

In addition to the on-going regular activities, the college proposes to start following new courses:

- 01 Certificate Course in Yoga Therapy
- 02 Masters / PhD in Yoga under the auspices of Kavikulaguru Kalidas Sanskrit University, Ramtek.
- 03 Weekend Yoga Programmes for Corporates

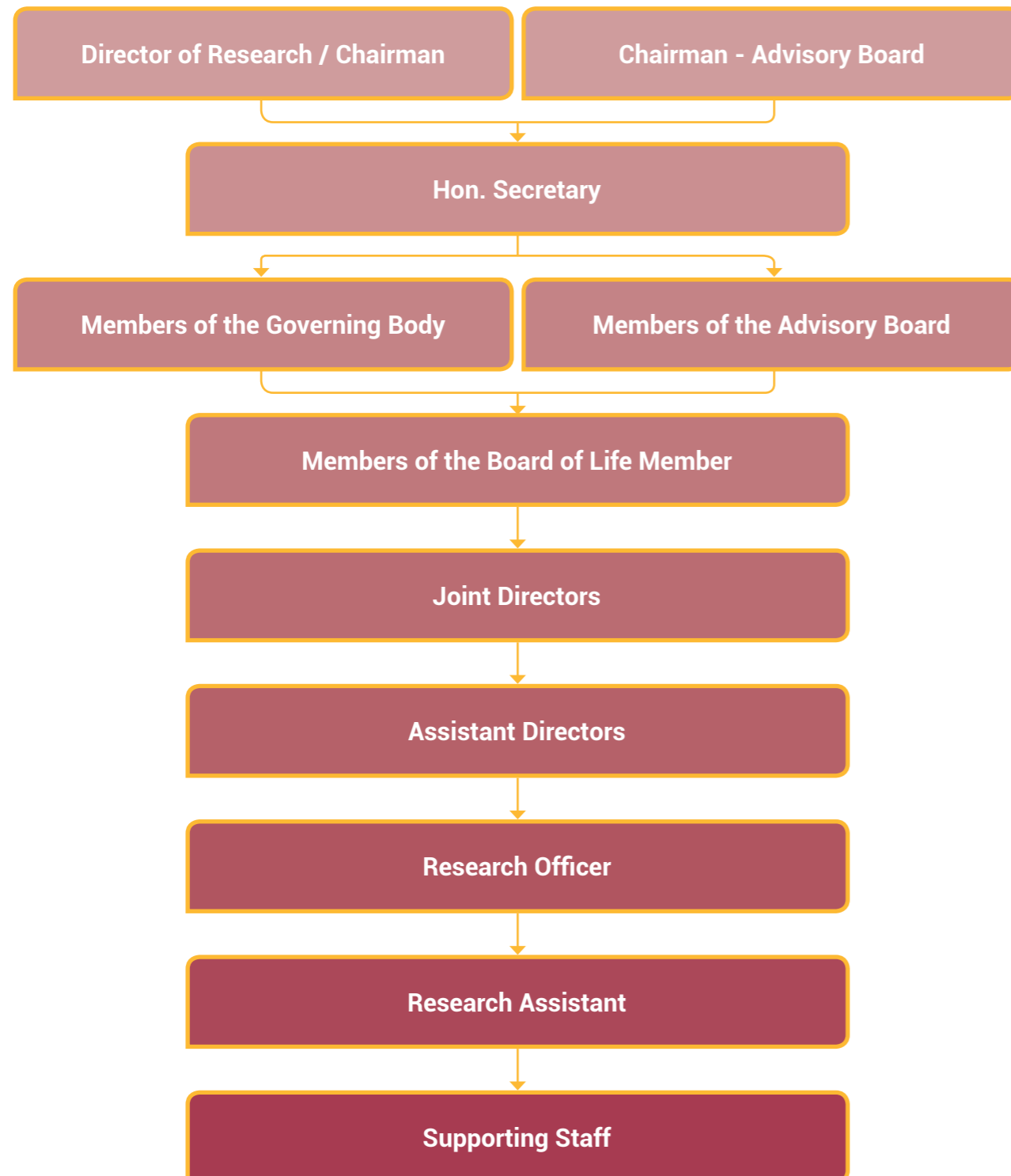
Infrastructural Development Plans

Extension of College:

- 01 Four well furnished Lecture Halls with LCD Projectors
- 02 Well equipped Yoga Practical Hall accommodating more than 100 people
- 03 Meditation Hall
- 04 Guest House for the college

Philosophico Literary Research Department

Department Structure



Team



Shri. R. K. Bodhe
Assistant Director



Dr Raghavendra Bhat
Research Officer



Dr Bandita Satapathy
Research Officer



Dr Rajeshwar Mukherjee
Research Officer



Smt. Sunita Owal
Office Assistant



Ms Ida Blazek
PLRD Intern (Croatia)



Ms Sasinee Panyarat
PLRD Intern (Thailand)



Smt. Archana Sinha
Assistant Librarian



Mrs Shashi Sinha
Library Assistant

STRUCTURE OF THE DEPARTMENT

The Assistant Director of Research (ADR, PLRD), directly works under the guidance of the Director of Research. The ADR is responsible for making the proposals for research projects with the help of the research staff of the department. The responsibility of the execution of the plan and proposal of the work in the department is shouldered by the ADR and he confirms that the projects are being completed within the stipulated time in all respect. The plan and proposal is prepared by the ADR as a FIVE YEAR PLAN.

RESEARCH ADVISORY COMMITTEES

The Advisory Board of PLRD comprises 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.

ADVISORY BOARD MEMBERS

01 Dr. Sashi Kashyap

Department of Sanskrit, S.N.D.T University, Mumbai

02 Dr. B.K. Dalai

Director, CASS-Pune University

03 Dr. Lalita Namjoshi

Retired Professor of Sanskrit, K.J.S.B. Sanskriti Peetham

PRINCIPAL RESEARCH COLLABORATORS OF P.L.R.D.

01 NRCVEE

02 Indian Institute of Technology Delhi (IIT-Delhi)

03 Department of Sanskrit

04 Jadavpur University

REVIEW COMMITTEE

A Review Committee is formed every five year by the Ministry of Human Resource Development, Government of India to assess the quantum of 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 5 years.

RECOGNITIONS

The Philosophico-Literary Research Department is a part and parcel of its mother institution Kaivalyadham. Kaivalyadham is recognized by the Ministry of Human Resource Development, Government of India. It is also recognized as a SIRO (Scientific and Industrial Research Organisation) by the DSIR, Ministry of Science & Technology, and Government of India. Furthermore the institute has a MOU with S.N.D.T University in the areas of research and academic activities.

VISION

The Kaivalyadhama Yoga Research Institute was established on 7th October 1924 by Late Rev. Swami Kuvalayanandaji, who pioneered the thought that it is high time for science and spirituality to play their role together for establishing harmony in society. Towards the fulfilment of this mission a three-pronged approach was adopted by Swamiji.

01. The Scientific

02. The Philosophico-Literary, and

03. Clinical

This three pronged approach towards Yogic Research, is in vogue in Kaivalyadhama since its inception. During the course of research experiences in the subsequent years, the Philosophico-Literary approach acquired a full-fledged status of a Research Department, in 1944, named as the Philosophico-Literary Research Department (P.L.R.D.) with the objectives as envisaged by the Founder Director, Rev. Swami Kuvalayanandaji.

Works

The Philosophico-Literary Research Department (P.L.R.D.) is primarily concerned with the qualitative aspects of Yoga, which broadly has an ethical, social, philosophical, therapeutically and spiritual dimensions. To unfold and promote these dimensions, P.L.R.D. is continuing the legacy of Swami Kavalayananda in the following manner:

- 01 **Unfolding the ancient yogic wisdom, which is embodied in Sanskrit language, and scattered in different scriptures or still hidden in manuscripts.**
- 02 **Critically editing ancient yogic texts pertaining to the different concepts and practices and arriving at the most authentic readings, so that everyone can apply this wisdom in their day to day life.**
- 03 **Critical interpretation, conceptualization, translation and so on, of various concepts, practices, their effects, ideas, values etc., with a view to promote yogic wisdom among the people.**
- 04 **Publishing catalogues, Yoga Kosha and concordances of yogic texts with a view to obtain a comprehensive and analytical understanding of yogic knowledge.**
- 05 **Supplying information related to yogic practices and other relevant material to the Scientific Research Department of our Institute.**

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

AIMS AND OBJECTIVES

- 01 **To expand the horizons of knowledge leading to holistic wisdom.**
- 02 **To undertake hardcore research in yoga and allied fields of philosophy, science and literature.**
- 03 **Decipher the significant texts of Yogashashtra and allied areas written in traditional languages such as Sanskrit, Pali, Prakrit and so on, by the method of translations, conceptualizations, interpretations of various ideas and concepts.**
- 04 **Restoring the ancient manuscripts and preserve them for using them in the field of research work.**
- 05 **Study the beneficial effects of yogic practices and promote their awareness via publications.**
- 06 **Systematically analyzing the philosophical concepts of Yogashashtra and apply them in diverse research areas.**
- 07 **Apply the research output for the wellbeing of humanity in general.**

The Work Plan of Philosophico-Literary Research Department (P.L.R.D.)

Basic Work

Textual Work

Catalogue of Yoga Manuscripts
Collection / Selection / Unpublished Yogic Manuscripts
Bibliography
Indexing (proposed)

Accessory Work

Editing of Unpublished Yoga Texts
Critical Edition of Yoga Texts
Reconstruction of Extinct Yoga Texts
Preparation of Popular books in Yoga

Analytical Work

Conceptual Methodological

Encyclopedia of Yoga - Yoga Kosh
Yoga Concordance
Monographs

Accessory Work

Indian Spiritual Systems

- a. Vedic
- b. Non-vedic

Non-Indian Spiritual

- a. Judaism
- b. Christianity
- c. Islam
- d. Sufism
- e. Zoroastrianism

Contemporary

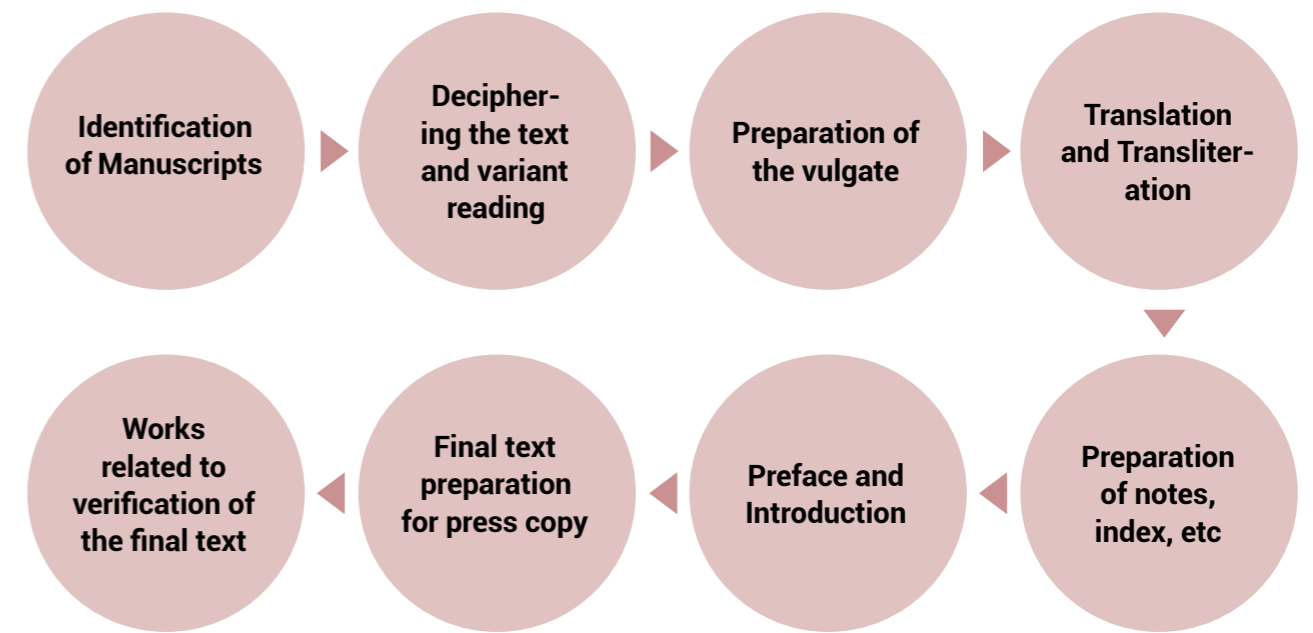
1. Translation Work
2. Research Papers
3. Seminars / Conferences

Research Work completed in 2016-17

01	Critical Editions on Yogic Manuscripts
02	Monograph
03	Preparation of Popular Books in Yoga
04	Analytical Research
05	Symposia & Conferences
06	Collaborative Research Projects with IIT Delhi & JU

01

Critical Editions on Yogic Manuscripts



01 Siddha Siddhanta Paddhati

Critical Edition: Dr. Raghavendra Bhat

Completed the work of Comparative Statement and footnotes from the VI and Final Chapter based on thirteen manuscripts up to the verse No.82 out of total 116 verses.

02 Siddha Siddhanta Paddhati

Shri R. K. Bodhe

Completed Translation work from Chapter II and III

Dr. Rajeshwar Mukherje

Completed Translation work from Chapter I

02

Monograph

The Manuscript has references to the Yoga systems of different traditions with special reference to breath. The Manuscript contains text which is happy combination of the yoga practices of different Indian yogic tradition. Namely hathayogic tradition, tantric tradition and Patanjala yoga tradition and Vedanta tradition. Though the antiquity of the text is not clearly revealed yet the interaction of different cross-traditional thoughts make it worthy to be studied.

Amrita Siddhi Yoga: based on one manuscript:

- 01 Completed work of deciphering manuscript 253 verses
- 02 Completed work of typing manuscript
- 03 Completed work of transliteration of manuscript
- 04 Completed work of translation up to 8 verses

03**Preparation of Popular Books in Yoga****Translations and Republication/Printing and Miscellaneous works**

- 01 The 15 pages Draft of Brochure on Swami Kunalayananda
- 02 Patanjala Yoga Sutra (Eng.)
Shri R. K. Bodhe
- 03 Hatha Pradipika (Hindi)
Shri R. K. Bodhe
- 04 Satkarmasangraha
Shri R. K. Bodhe
- 05 Back Care Through Yoga (Hindi)
Shri R. K. Bodhe
Translation of back cover page
- 06 Brihadgyogi Yajnavalkya Smriti
Dr Raghavendra Bhat
- 07 Homa Vidhi
Dr Raghavendra Bhat
- 08 Hatha Pradipika (Eng)
Shri R. K. Bodhe
Dr. Raghavendra Bhat
- 09 Prayer and Mantra
Shri R. K. Bodhe
Dr. Raghavendra Bhat
- 10 Vasishta Samhita
Shri R. K. Bodhe
Dr Raghavendra Bhat
- 11 Preparation of Draft regarding Pune Affiliation, Works for ISBN Authentication, Coordination and preparation of presentation for Meetings, Draft for Kdham World, Drafting the Annual Report for PLRD.

- 12 Conducted National Seminar - Yoga: In the Dimension of Vedanta, Samkhya, and Patanjala Darsana
Dr Rajeshwar Mukherjee

04**Analytical Research Articles**

- 01 Ahimsa: An Analytical Study on the basis of Commentaries of Yogasutra
Dr Bandita Satapathy
- 02 Kriya Yoga Tradition: Revisited
Dr Bandita Satapathy
- 03 Tapas for National Seminar at Pune
Dr Rajeshwar Mukherjee
- 04 Quantum Vacuum and Beyond—An exegesis in the Light of Shunya
Presented on invitation to ICCR, Government of India for the National Seminar in the month of December 2016. (To be published shortly by the Ministry of External Affairs, Government of India)
Dr Rajeshwar Mukherjee
- 05 Karma Yoga: A Traditional Perspective
Published in the latest issue of Yoga-Mimamsa, International Research Journal, Kaivalyadham
Dr Rajeshwar Mukherjee

05**Symposia & Conferences**

PLRD has organized on 92nd Foundation day of Kaivalyadham on 15-16 Oct. 2016 on the following theme:

"Yoga: In the Dimensions of Vedanta, Samkhya and Patanjala Darsana"

PLRD Research papers were presented in the national seminar by the staff members

- 01 Kathopanishad and Patanjala Yoga Sutra - A Comparative Study
Shri. R.K. Bodhe
- 02 Annamaya Kosha in the Perspective of Hatha Yoga
Dr Bandita Satapathy
- 03 Scientific Estimate of Samkhya, Yoga, and Vedanta
Dr Rajeshwar Mukherjee
- 04 Coordination and submission of the seminar proceedings report
Dr Raghavendra Bhat



06

Collaborative Research Projects with IIT Delhi & JU

01 Concept of Manas as Reflected in the Principal Upanishads: An Approach to Modern Science

- i. Identification of the Text from 10 Principal Upanishads
- ii. Study of their Commentary of Samkaracarya and their Glosses
- iii. Develop a theory of Manas
- iv. Identify the scientific model
- v. Identify the unsolved issues and raise research questions
- vi. Amalgamate the views to develop a complete theory of Manas

02 Digitization of Yoga Manuscripts of Kaivalyadhama

- i. Collecting technical information from authentic sources
- ii. Identifying the manuscripts
- iii. Clarifying the laws related to the intellectual property right
- iv. Digitization and Software Development
- v. Uploading of the digitized manuscripts through the website of Kaivalyadhama

Continuing and New Projects for FY 2017-18

01

The Continuing Work of Critical Editions on Yogic Manuscripts

02

Monograph

03

Collection/ Selection / Unpublished Yogic Manuscripts

04

The Continuing Projects on Translations and Republication / Printing and Miscellaneous works

05

Continuing Work on Collaborative Research Projects with IIT Delhi & JU

01**Critical Editions on Yogic Manuscripts****Continuing Work of Siddha Siddhanta Paddhati**

- 01 Translation of IV, V, VI Chapters
- 02 Preparation of Notes. Other works related with the publication
- 03 Work of Comparative Statement of Chapter VI verse No.83-116
- 04 Preparation for the publication by November 2017

02**Monographs****Publishing of Amrita Siddhi Yoga**

- 01 Undertake the translation of the manuscript from the verse No.9 onwards
- 02 Preparation for the publication by February 2017 will be completed

03**Collection/ Selection / Unpublished Yogic Manuscripts****Research on Khecari Mudra Patala - A Manuscript Study**

- 01 Translation and Transliteration
- 02 Preparation of notes, index, etc
- 03 Preface and Introduction
- 04 Final text preparation for press copy
- 05 And works related to verification of the final text

04**The Continuing Projects on Translations and Republication / Printing and Miscellaneous works**

- 01 Re-Editing Asana, Pranayama, and Yoga Therapy by Swami Kuvalayananda:
- 02 Translation into Thai the book published by Kaivalyadham:

- 03 Research on Tapa
- 04 Research on Nada (According to Hatha Yoga)
- 05 Research on Japa
- 06 Research on Abhinivesa
- 07 Preparation of Brochure on Swami Kuvalayananda

05**PLRD Collaborative Research Projects with IIT Delhi & JU****01 Continuing Project of Manas**

- i. Scientific concepts about mind have been reviewed. Review article expected to be prepared by July 2017
- ii. Study of Manas in Brihadaaranyaka Upanishad is in process

02 Digitization of Yoga Manuscripts of Kaivalyadhama

Joint application for financial assistance placed. Mr Aswain Sharma from Google has expressed their interest in the project. He is in touch with us through emails.

**Teaching & College-related work**

The researchers of PLRD are also engaged in teaching in G.S.College of Yoga and Cultural Synthesis at Kaivalyadham. The details are furnished below:

- 01 Diploma in Yoga for the subject Yogic Text in English and Hindi languages
- 02 Diploma in Yogic Therapy for the subject foundation of Hatha Yoga in English
- 03 Foundation Course in Yoga and Traditional Texts (FCYTT)
- 04 B.A. in G.S. College of Yoga and Cultural Synthesis, Kaivalyadham of subjects: 'Schools of Yoga' 'Sanskrit', 'History and Philosophy of Yoga Shastra'
- 05 Online Intensive Course
- 06 Diploma in Yoga Education (D.Y.Ed), Mumbai
- 07 Certificate Course in Yoga (C.C.Y), Pune
- 08 Lectures for Japanese Group

Central Research Library

- 01 Library has a collection of 30,116 books on Yoga, Philosophy, Religion, Ayurveda, Mysticism, Tantra, Medicine, Science, Sociology, Psychology, Linguistic, Physical Education, Literature.
- 02 Subscriber of 35 Journals
- 03 1000 photocopies of Original Manuscripts on Yoga related subjects.
- 04 240 photocopies of Yoga Manuscripts
- 05 Library also provides services to researchers from different universities, colleges, and institutions during this year 9-10 researchers and 4-5 Ph.D. students have avail the services.

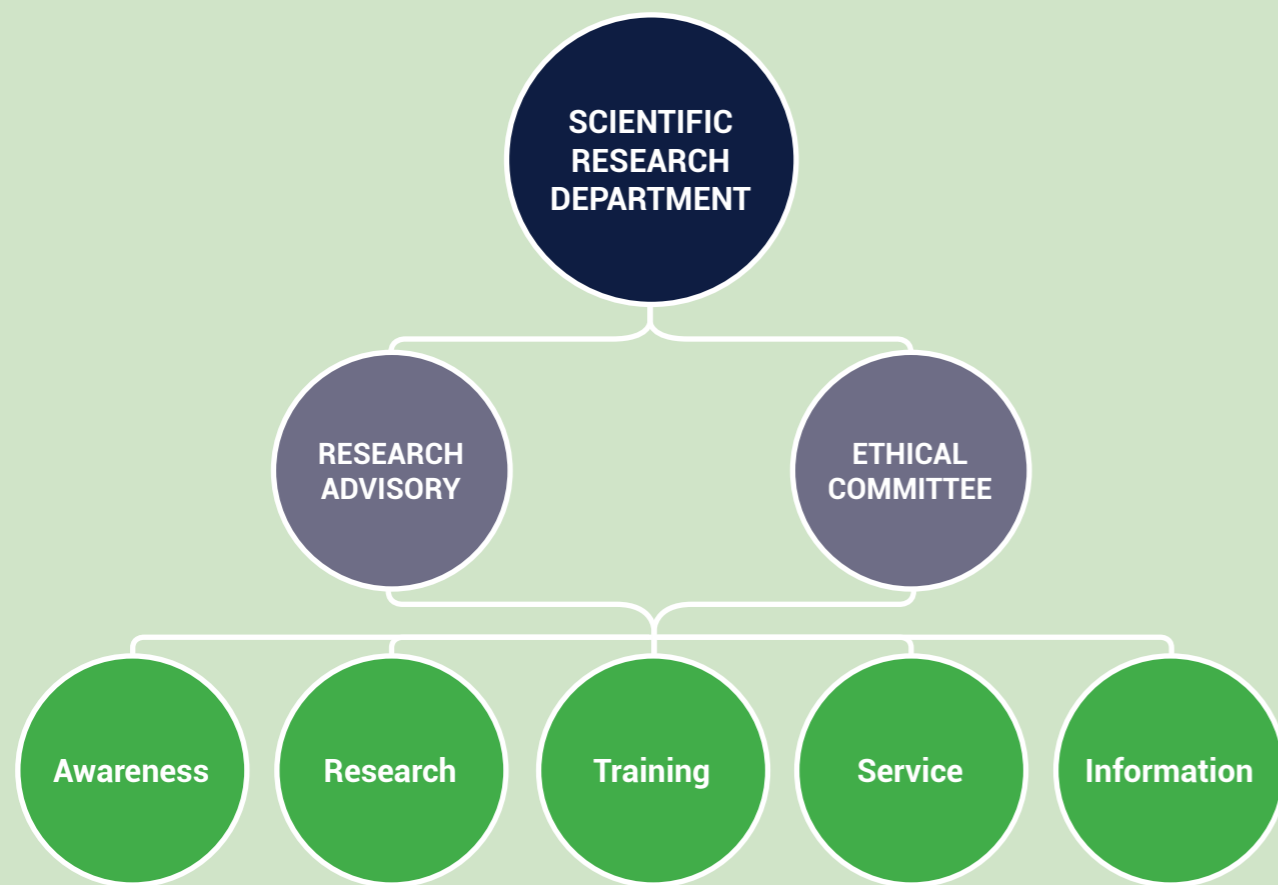
Facilities Provided:

- 01 The library provides Internet facility as well as scanning, Xeroxing and printing facility to our readers on nominal charges.
- 02 The Library provides the facility of Cyber Café
- 03 Central Library is also being used by students of various courses conducted by Kaivalyadhama.
- 04 Library membership is open to university students, research scholars and other academicians across the globe.



Scientific Research Department





TEAM



Prof. R.S. Bhogal
Assistant Director of Research



Mr D.D. Kulkarni
Research Officer



Dr Praseeda Menon
Research Officer



Mr Sanjay Shete
Research Assistant



Dr Suchitra Doddoli
Research Assistant



Ms Anita Verma
Research Assistant



Mrs Pratibha Rajbhoj
Research Assistant



Dr Satish Pathak
Research Associate



Dr Gargi Naidu
Consultant



Mrs Akshata Badwe
Scientific Assistant

Collaborations

- 01 Jnana Prabodhini Institute of Psychology, Pune
- 02 Kridakul, Jnana Prabodhini, Nigdi, Pune
- 03 International Society for Scientific Interdisciplinary Researches in the Field of Yoga, represented by the President Prof. Predrag K. Nikic, New Belgrade, Serbia
- 04 INS Shivaji, Naval College
- 05 Shruti Foundation, New Delhi
- 06 Regional Resource Training Center on Ageing, Anugraha, Delhi
- 07 SNTD University, Mumbai & Pune
- 08 Genomebio Technologies, Baner, Pune
- 09 Advanced School of Career Education, SSN Institutes, Chennai
- 10 K.E.M. General Hospital, Mumbai
- 11 National Institute for Research in Reproductive Health (NIRRH), Mumbai
- 12 Dr. R.N. Cooper Hospital, Mumbai
- 13 Samwad Shaala, Lonavala
- 14 Maharashtra Institute of Medical Education and Research, Talegaon
- 15 Advanced Centre for Treatment, Research, and Education in Cancer, Mumbai
- 16 La Laguna University, Canary Islands, Spain

RESEARCH ADVISORY BOARD

The Kaivalyadhama Research Advisory Board is chaired by Dr Shirley Telles, Director of Research, Patanjali Yogpeeth, Haridwar and Dr Ananda Balayogi Bhavanani, Chairman, International Centre for Yoga Education and Research at Ananda Ashram, Pondicherry. The members are nominated by the Director of Research, Scientific Research Department, for a 3-year term. The research projects/activities are reviewed time to time by the Scientific Research Advisory Board which represents a broad and expert coverage of medical and yoga sciences.



The Research Advisory Board meeting was held on 18.12.16 wherein Dr. Shirley Telles chaired the meeting and reviewed research projects of the recent past and approved some new research projects and also advised new collaborative projects with G.S. College of Yoga and Cultural Synthesis and S.A.D.T. Gupta Health Care Centre, Kaivalyadhama. The following projects were approved in the meeting:

- 01 **Efficacy of Simple Bhramari Pranayama on Sleep Quality and Psychological Well-being in hypertensive patients**
- 02 **Yoga Among Cancer Survivors: A Case Study**
- 03 **Effect of yoga training on functional abilities and mental health in geriatrics: A randomized controlled trial**

Dr Shirley Telles advised the following projects to be executed from the current year onwards.

- 01 **Case studies on various disorders such as diabetes, hypothyroidism, asthma, rheumatoid arthritis and obesity should be conducted on patients visiting S.A.D.T. Gupta Health Care Centre, Kaivalyadhama, Lonavla.**
- 02 **Administration of psychological questionnaires on different academic groups visiting Kaivalyadhama for short-term courses.**
- 03 **International Day of Yoga Survey should be planned.**

ETHICAL COMMITTEE



IEC meeting was conducted along with RAC meeting on 18.12.16. The above mentioned projects, approved by RAC, were also cleared by the IEC:

01 **Dr B.B. Singh**

Chairperson

IPR Attorney; Scientific Advisor & Advocate, High Court

02 **Mrs Renuka Kotak**

Member

Social Activist, Lonavla

03 **Dr Prakash Agarwal**

Member

Medical Officer, Lonavla

04 **Shri Subodh Tiwari**

Member

CEO, Kaivalyadhama

05 **Shri R.S. Bhogal**

Member

ADR, SRD, Kaivalyadhama

VISION

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

Works

The main mission of SRD is to wed modern scientific methods and philosophical aspect of Yoga, so that even "the man on the street" is helped towards social renaissance and to unveil the practical side of psycho-physiological aspects of Yoga for the welfare of the common man through educational, therapeutic and research related endeavors in Yoga. The goals to achieve these are as follows:

Goal #1

To subject both the subjective/experiential and objective/Scientific aspects of Yoga and allied streams to a thorough scientific investigation so as to discover the objective nature of the Indian Philosophy, in general, and that of Yoga in particular.

Objectives towards the Goal #1

- 01 To employ the modern research methodology for studying subjective, as well as, objective aspects of Yoga and allied streams.
- 02 To keep the research staff updated about the use of latest quantitative and qualitative research methods by providing them necessary training.
- 03 To ensure that the individual researcher, primarily responsible for a project, has experientially and theoretically studied the Yogic practices he/she plans to employ in his/her research.
- 04 To ensure that the researcher is provided with constructive/critical feedback by experts in the area through presentations and networking, in a systematic and well planned manner.

Goal #2

To conduct fundamental, as well as, applied research, with an inter-disciplinary approach, keeping the welfare of the common man in view.

Objectives towards the Goal #2

- 01 To constitute research teams in accordance with the research interests and expertise of the staff (bottom-up approach) when doing fundamental and applied research with an inter-disciplinary approach.
- 02 To consider the research interests of the collaborating (both in-house and external) and funding agencies while constituting a research team (top-down approach) towards undertaking fundamental and applied inter-disciplinary research.

Goal #3

To disseminate research findings of SRD through platforms of high impact all over the world.

Objectives towards the Goal #3

- 01 To publish high quality research in peer-reviewed journals.
- 02 To ensure publication of at least three high-quality research papers in Yoga Mimamsa (YM) per issue by the SRD staff as YM is the scientific mouthpiece of Kaivalyadham.
- 03 To ensure that every researcher publishes at least one high quality paper per year in YM or in any other research journal of a high repute.
- 04 To train the research staff into scientific writing skills.
- 05 To ensure that the staff has digital and/or print access to the latest full-text research papers and/or books on Yoga and allied streams by way of subscriptions to information resources and digital libraries.
- 06 To make in-house students the mouthpiece for research findings of SRD by updating their study material and practical training accordingly.
- 07 To liaison with the college in updating the study material of students in line with research conducted and completed in SRD.

Goal #4

To collaborate with Philosophico-Literary Research Department to delve into aspects of the spiritual and physical Yogic phenomena so as to come to a tolerable unanimity about the related basic concepts and constructs of Yoga for their use in yoga Education and Yoga research.

Objectives towards Goal #4

- 01 To undertake extensive and intensive philosophic-literary research, in both Yogic physical culture and spiritual culture, with the available Yoga literature/manuscripts/ published volumes, both modern, as well as, ancient.
- 02 To corroborate the directions/instructions and the effects, as mentioned in authoritative Yogic texts, regarding Yoga practices/ techniques, through scientific research.
- 03 Kaivalyadhama's academic/educational courses should incorporate the outcomes accruing from the points No. I & ii above, in a circumscribed and systematic manner.

Goal #5

To promote collaborative research endeavors in Yoga with the research institutes of National and International standing so as to help create a sound knowledge base regarding the instructions and effects of Yoga practices of both physical culture and spiritual culture, for their wider acceptability and application for therapy and training/ education.

Objectives towards Goal #5

- 01 To invite Yoga experts, the representatives of reputed institutions and Living Traditions to symposia/ seminars/conferences with the purpose of ironing out major differences, if any, towards a workable unanimity regarding the basic tenets/concepts and constructs.
- 02 To explore the Yoga practices, both of physical culture and that of spiritual culture, from the noted Living Traditions in India and abroad, keeping in view their wider usage in therapy, training and Sadhana.
- 03 To organize National/ International Workshops/ Symposia, as well as, publish books, research papers etc. for disseminating the knowledge base attained, as above.



Five Wings of the Scientific Research Department

01	Awareness
02	Research
03	Training
04	Service
05	Information

01 AWARENESS

Objectives

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

Through

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

Work Done (2016-17)

LECTURES BY S.R.D. STAFF:

Shri R. S. Bhogal

- 01 Delivered an invited address, "Enhancing Teaching Skills through Yoga" for the Staff Academy comprising 120+ teachers of Ramakrishna More Arts, Commerce and Science College Akurdi, as a part of International Yoga Day Celebrations on June 21, 2016.
- 02 Presented a paper at the One day Yoga Seminar conducted by BARC, Indore on July 2, 2016. Also conducted a Work-shop in Meditation in the morning session of the seminar
- 03 "Meditation: A Boon of Today's Life": Delivered this lecture-cum work-shop session for scientists and clinicians of NIRRH (National Institute of Research in Reproductive Health) on July 15, 2016
- 04 Delivered an invited Public lecture at Pravara Medical Trust Institute as a part of Dr Vitthalrao Vikhe Patil Memorial Lecture Series, for a strong 2000+ audience, on Dec. 22, 2016.
- 05 Delivered key note address at Integrated Healing Seminar of Sanchi University of Buddhist-Indic Studies, Indore, Dec. 21, 2016. Also, conducted a Meditation Work-shop at the Seminar in the morning of Dec. 22, 2016
- 06 Attended a Consultative Meeting on 3rd Work Plan of WHO-CC, MDNIY, New Delhi, on February 21-22, 2017, as an expert, to finalize Yoga Module for Health & Healing.
- 07 Participated in the National Seminar on Yoga & Naturopathy, at MDNIY, New Delhi, on Sept. 16-17, 2016 as a resource person.



Shri D.D. Kulkarni

- 01 Conducted guest lectures at Advanced Pranayama Courses
- 02 Invited as a speaker for the forthcoming International Conference, "Yoga & Physiotherapy Conference" at Chicago, Illinois, USA

Dr Satish D. Pathak

- 01 "Scientific basis of Kriya Yoga" for DYT students
- 02 "Significance of Shuddhi Kriyas" for Pranayama group of China & Japan
- 03 "Physiology of Yoga Practices" for KVN students & staff
- 04 "Yoga through a doctor's eye" for Navodaya Vidyalaya trainees

Various lectures were delivered by Dr. Pathak for various groups of audience as follows:

- 01 CCY students of Pune University
- 02 CCY and DYED students of Kaivalyadham, Mumbai
- 03 Fellowship in Yoga Therapy students of MUHS
- 04 Pre conference workshop for Asian Medicine conference
- 05 Workshop for Yoga and Naturopathy experts of Maharashtra
- 06 Yoga students at Mangalore University
- 07 South Korean Group at Mangalore
- 08 Naturopathy college, Dharmasthala
- 09 RKM Hospital staff, Arunachal Pradesh
- 10 Vivekanand Centre, Naharlagun
- 11 National Institute of Technology, Arunachal Pradesh
- 12 1st Year MBBS students of Madras Medical College, Chennai
- 13 Student & staff of Naturopathy college, Chennai

Video conferencing lectures for:

- 01 China groups
- 02 Yoga and Naturopathy experts of 34 districts of Maharashtra

Dr Praseeda Menon

Lectures/talks/workshops for the following groups of audiences:

- 01 "Yoga & Positive Health" for B.A. - III, Lonavla
- 02 "Research Methodology" for D.Y.Ed., Lonavla

- 03 "Research Methodology" for D.Y.T. students
- 04 "Techniques of Guidance & Counseling" for Medical Professionals for the MUHS fellowship course
- 05 "Scientific Research" for CCY students.
- 06 "Yoga in Schools" for principals of KVS.
- 07 "Public talk at Mumbai Kdhama" on Scientific Research.
- 08 Speaker on "The origins and journey of scientific research at Kaivalyadham," at Maharashtra Yoga Utsav, Mumbai.

Mrs Pratibha H. Rajbhoj

- 01 Effect of yoga practices on stress and immune response, CCY students, Pune University.

OTHER ACTIVITIES

Dr Praseeda Menon

- 01 Ensured availability of two documentary films on social media in August 2016, including the one on the Kaivalyadhama. YouTube channel and the SRD webpage have promoted the two films among relevant people and groups.
- 02 Coordinated the yoga cum interactive session by Dr. Meena Ramanathan at Samwad Shala for ID children and their parents in July 2016.
- 03 Using the two documentaries as a base, networked with Sanjeevan Deep Centre, Mumbai, in December 2016, and Kamayani Special School, Pune, in January 2017, in order to explore possibilities of collaborations for developing a larger research project on the Efficacy of Yoga in Intellectual Disability (ID).
- 04 Reviewed an article for the research journal, "Indian Journal of Traditional Knowledge (IJTK)".

Dr Satish Pathak

- 01 Attended International conference on Yoga for Diabetes (ICYFD) organized by CCRYN, AYUSH at Delhi
- 02 Key Note Address at International Yoga Teachers & Training, Mysore

Mrs Pratibha Rajbhoj

- 01 Coordinated with CCRYN for Collaborative Research Centre Scheme, to establish a Collaborative Centre of research in the SRD, Kaivalyadhama.
Status: RAC of CCRYN had approved the proposal now the proposal is with SFC of CCRYN
- 02 Attended International conference on Yoga for Diabetes (ICYFD) organized by CCRYN, AYUSH at Delhi
- 03 Attended Workshop on Science Journalism for Women at IISER, Pune



02 RESEARCH

Objectives

- 01 Conceptualizing & Designing research protocols/models/yoga modules.
- 02 Exploring National & International collaborative research endeavors.
- 03 To conduct Research internship programs.

Through

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

a. Completed Projects

Comparative Effects of Shavasana and the Yoga Meditation on Bio-Phase Angle, Resting Metabolic Rate, Vigilance, Cortisol, Triglyceride and Emotional Intelligence, in Students of Kaivalyadhama

This interdisciplinary research project of fundamental nature was jointly executed by four sections of the SRD, viz. Psychology, Neuropsychology, Physiology and Bio-chemistry. The single blind randomized controlled study was initiated, following its approval by the Research Advisory Committee of the institution, in the month of August. 42 days of yogic interventions of Shavasana and Meditation was followed by a detraining period of 42 days. Thus, testing schedule included Pre-Post-Follow up pattern. Trend of results are encouraging while data analysis is underway.

b. Ongoing Projects

- 01 Effect of Yoga on General Health Profile: Effect of integrated therapy on Obesity and Quality of life in patients visiting Kaivalyadhama
- 02 Effect of Yoga on Health Disorders: Descriptive research on various disorders among patients visiting Kaivalyadhama
- 03 Questionnaire Survey Study on International Day of Yoga: To understand difficulties in continuing with yoga practice.
- 04 Effect of academic yoga programs on Health Status of students: Administered psychological questionnaire both in pre test and post test sessions on Jan.- Feb 2017 batch of CCY students.

c. Proposed Projects

- 01 **Studies on effect of Yoga and relevant training on averting symptoms of Diabetes Type- 2 and its correlation with gene expression- A prospective outcome randomized controlled study.**

Kaivalyadhama's collaborative research project approved by AYUSH for EMR grant in aid. The Collaborative EMR Project proposal, "Studies on effect of Yoga and relevant training on averting symptoms of Diabetes Type 2 and its correlation with gene expression- A prospective outcome randomized controlled study" has been approved by AYUSH for Grant-in-Aid. This Gene expression based major EMR Project would be executed in collaboration with Geneom Technologies, Pune.

PROJECT STATUS: This is a major project approved by the AYUSH.

- 02 **Effect of Yoga in PCOD (Polycystic ovarian disease).**

PROJECT STATUS: Sent to SATYAM in collaboration with NIRRH (National institute of Research and Reproductive Health). The project has been, subsequently, approved.

- 03 **Psycho-physiological and bio-chemical effects of different Shuddhi Kriyas under the Collaborative Research Center Scheme)**

PROJECT STATUS: The project has got formal approval by CCRYN.

- 04 **Effect of Yoga on Obesity in collaboration with NIRRH.**

PROJECT STATUS: The project will be submitted to a funding agency.

- 05 **Efficacy of Bhramari Pranayama on sleep quality and psychological well-being in hypertensive patients**

PROJECT STATUS: Preparation of protocol for the INSPIRE project under the consultation of Dr Kaumudi Joshipura (USA) is in progress.

- 06 **The impact of a Kriya Yoga module on the immunity and well-being of high school adolescents.**

PROJECT STATUS: The project, "Kaivalyadhama Kriyā Yoga: Psycho-physiological and bio-chemical effects on high school adolescents," drafted in 2015 and submitted to Department of Science & Technology (DST) for funding with a budget of nearly 70 lakhs was re-drafted and revised for fresh submission under the new title in October 2016. This project was re-submitted with a revised budget of less than 50 lakhs under DST's special SATYAM call for applications 2016-17 for yoga and meditation projects. The project was presented in front of the DST panel in Feb 2017 in New Delhi.

- 07 **Yoga for Cancer Survivors and Psychosomatic Chronic Diseases: A Case Study**

PROJECT STATUS: Pre testing and post testing of the first group of cancer survivors were completed. As well, pretesting of the first group of patients, with chronic psychosomatic diseases, has been completed.

- 08 **Role of yoga on self-regulation and its effects on the management of essential arterial hypertension: A cross-cultural study of Indian and Spanish samples.**

PROJECT STATUS: The project proposal has been drafted and will be presented to the Ethical Committee of University of La Laguna for approval shortly. The procedure for MoU between the two institutions has also been initiated.

- 09 **To study the efficacy of yoga practices on endocrine parameters in young unmarried girls with polycystic ovarian syndrome: A prospective study.**

PROJECT STATUS: The MoU between the two institutes regarding research collaboration has been signed. Ethical clearance has been received from the Ethical Committee of MIMER Medical College, Talegaon. Patient enrollment from the Gynaecology OPD of MIMER Medical College & Shri Bhausaheb Sardesai Rural Hospital, Talegaon-Dhabade is being carried out.

10 Breath, Stress and Health: A bio-cultural study of Hatha Yoga practice

PROJECT STATUS: Ethical clearance has been received from the Ethical Committee of Emory University. Initial spadework for assessments and enrolment of research participants is being carried out currently. Surveys for free listing, data coding and recoding and compilation of a comprehensive psychological questionnaire, to be later developed into an app, are also being carried out.

11 Effect of Yoga Training on Functional Abilities, Cardiovascular and Cognitive Function in Geriatrics: A Randomized Controlled Trial.

PROJECT STATUS: Project has been modified under the guidance of Dr Shirley Telles.

d. Paper Submitted

- 01 Effect of Yoga practices on micronutrient absorption in urban residential schoolchildren
- 02 Effect of yoga training on inflammatory cytokines and C-reactive protein in employees of small scale industries: a randomized controlled trial
- 03 Psychophysiological responses across the menstrual cycle in low fit college women after yoga training
- 04 A randomized controlled trial on the effect of yoga on the immune status and occupational stress of iron and steel industry personnel in Lonavla
- 05 Effect of yoga practices on enlarged prostate in elderly patients: A case study

e. Papers Under Preparation

- 01 An Integrated therapy approach for the management of obesity-related disorders: A case study.
- 02 Yoga and Panchakarma therapy at Kaivalyadham, Lonavla: A Scientific Study
- 03 Effect of yoga practices on pulmonary functions in people exposed to occupational hazards in workers of a local steel industry.
- 04 Effect of yoga practices on mental ability of urban residential school children.
- 05 Vedic perspective in whole body bio-electrical activity: A Tetra-Polar Bio-Electrical Recording Method - A Vedic Essence of Bio-Energy Assessment Original article writing in progress.
- 06 The correlates of mindfulness with respect to the Ayurvedic view of personality.

f. Publications

- 01 Bhogal, R.S., Thakur, G.S. & Shete, Sanjay (2016). Differential impact of Shavasana and Meditation on Memory Scores in Healthy college students, *Yoga Mimamsa*, 48 (1&2), 9-12
- 02 Kulkarni DD, Bhogal RS, Verma A, Shete SU. (2016). Bio-electrical activity: As a valid variable in yoga research. *Yoga Mimamsa*, 48(1&2), 13-7.
- 03 Suchitra Doddoli, Sanjay Shete, Dattatraya Kulkarni, Ranjit Bhogal.(2016). Effect of yoga training on lipid metabolism in industrial workers with reference to body constitution (Prakriti). *Journal of Traditional and Complementary Medicine*. <http://dx.doi.org/10.1016/j.jtcme.2016.08.001>.

g. Books

- 01 Abstract and Bibliography of Article in Yoga: Latest update of the book is under preparation with a commendable assistance from Pratibha Rajbhoj.
- 02 Write-up for Unit-6 for the book "Yoga for Mental Health" for B. P. Ed Course, NCTE.

**03
TRAINING****Objectives**

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

Through

- 01 Yoga training methodology
- 02 Internship program for students.
- 03 Instrumentation usage.
- 04 Teacher training.
- 05 Statistical analysis.
- 06 Counseling and consulting.
- 07 Research methodology workshops for medical doctors.

Yoga / Meditation Training**Dr S.D. Pathak**

- 01 Yoga OPD for patients at Dr. R. N. Cooper Hospital
- 02 Yoga OPD at KEM Hospital, Parel
- 03 Yoga OPD for women at NIRRH Institute
- 04 Yoga OPD at Ramkrishna Mission Hospital, Itanagar Arunachal Pradesh
- 05 Yoga OPD at Vivekanand centre of Human Excellence, Naharlagun

- 06 SSN institute Chennai
- 07 Arunachal Pradesh
 - a. For Gazetted officers
 - b. For CRPF 186 Battalion
 - c. CRPF Madhavpur

Dr Praseeda Menon

- 01 Visited and coordinated College of Defence Management (CDM), Secunderabad, and Dr Ganesh Rao for yoga training.

Shri. R.S. Bhogal

- 01 Yoga & Meditation programmes at Shanghai, Beijing and Guangzhou (April 30- May 24, 2016 , May 5, 2016)
- 02 Attended Yoga Summit Conference in Beijing (May 12-14, 2016).
- 03 Yoga Meditation and Lecture Series in Theoretical Yoga at Platinum Yoga, Singapore (June 29-July 5, 2016)
- 04 Participated in Yoga Programmes in Shanghai, Beijing and Guangzhou (Oct. 1-30, 2016)
- 05 Meditation Workshops in Kaivalyadham, Lonavla as well as Mumbai during the year 2016.

04 SERVICE

Objectives

- 01 To provide facilities to the community towards income generation.
- 02 Explore new clients, beneficiaries and service areas.
- 03 To strive for International and National recognition to SRD services.

Through

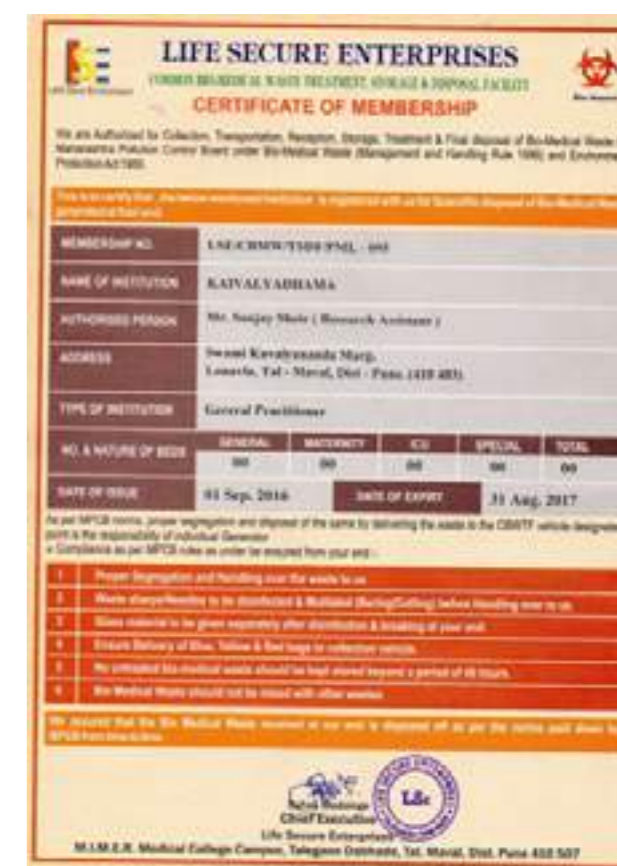
- 01 Knowledge base of biochemistry, physiology, psychology and physical education.
- 02 Pathological investigations.
- 03 Providing service in collaboration with Indian Red Cross Society.

Work Done (2016-17)

- 01 Laboratory (Biochemistry): A total number of 430 patients visited biochemistry laboratory for clinical assessment.
- 02 Laboratory (Physiology): A total number of 20 patients visited physiology laboratory for physiological assessment tests, namely, Body Composition Analysis and Spirometry.
- 03 Pathology laboratory participated in EMQUAS (Erba Mannheim Quality Assurance System) for quality assurance of tests conducted in the laboratory. Internal Quality Controls are also run on a monthly basis for maintaining precision and accuracy of results.



ISO Certification of Biochemistry Laboratory



Bio-Medical Waste Management System



Indian Red Cross collaborative health camp on 12th April 2016 at Redcross Building, Lonavala



Health Check-up Camp for Staff Members

05 INFORMATION

Objective

To publish scientific research articles, pamphlets, books etc

Through

- 01 Research journals, articles, scientific/yoga expert network
- 02 Creating research database/reference library

SRD Brochure

Scientific Research Department has upgraded brochure wherein information regarding department structure, functions, and important research findings have been included so that Kaivalyadham visitors can be informed about the ongoing activities at SRD.

Yoga Mīmāsā Journal

Yoga Mīmā sā (YM), the bi-annual publication of Kaivalyadham (www.kdham.com), is the oldest (since 1924) peer-reviewed multi-disciplinary research journal on yoga.

The journal is registered with the following abstracting partners:

Baidu Scholar, CNKI (China National Knowledge Infrastructure), EBSCO Publishing's Electronic Databases, Exlibris – Primo Central, Google Scholar, Hinari, Infotrieve, National Science Library, ProQuest, TdNet. Recently, Yoga Mīmā sā has been included in the UGC approved list of journals.

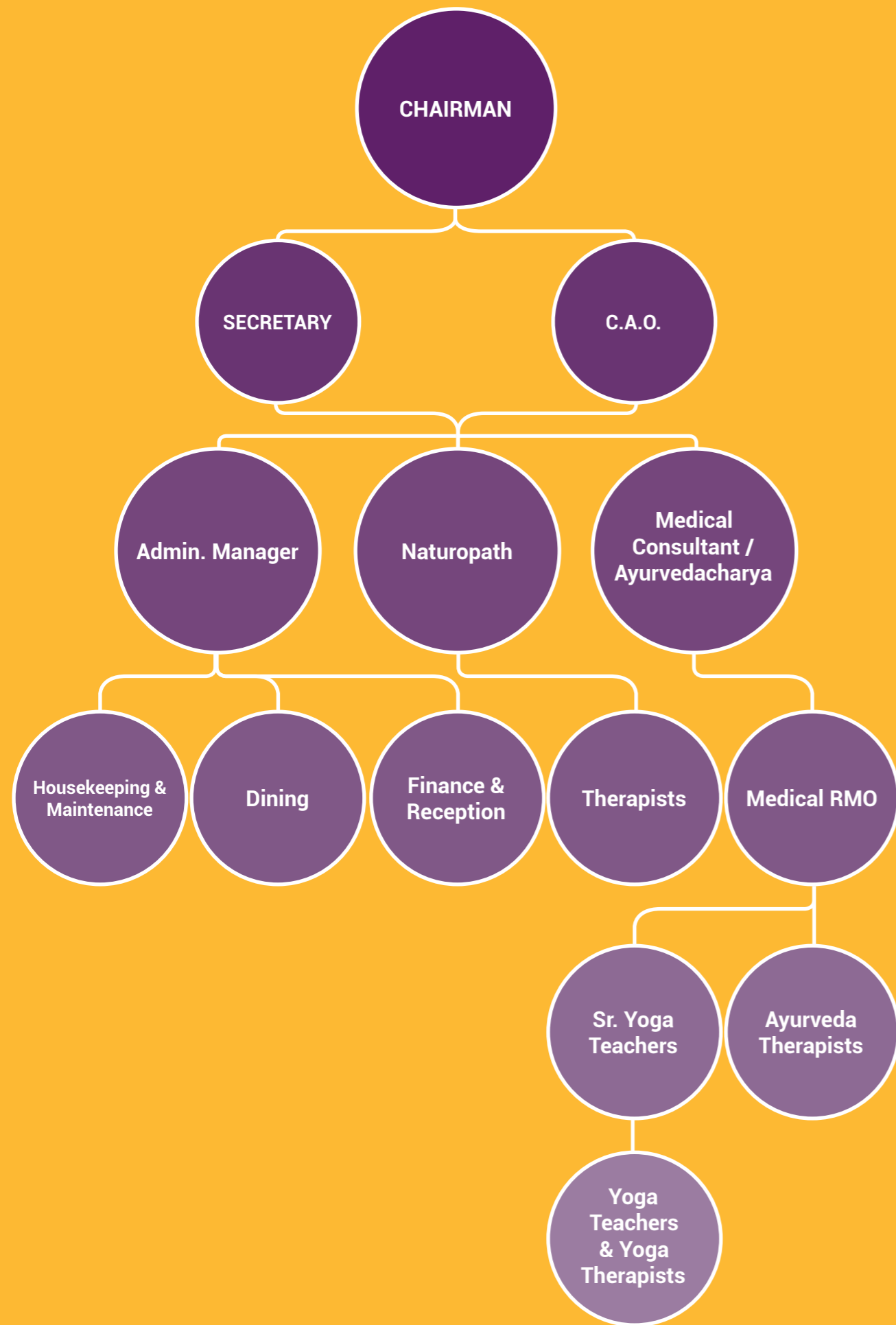
Latest Publications

- 01 Volume 47 issue 1&2 (Jan-Dec-2015)
- 02 Volume 48 issue 1&2 (Jan-Dec-2016)

Current Issue

Volume 49 issue 1 (Jan-June-2017)

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



ADMINISTRATIVE TEAM

- 01 Mr Subodh Tiwari**
CEO
- 02 Ms Bhumi**
Manager - Administration
- 03 Ms Swati**
Accounts Executive
- 04 Mr Sagar**
Assistant Accountant
- 05 Mr Ganesh Pathak**
Project in charge for projects at YHHCC
- 06 Ms Alifiya**
Office Executive
- 07 Mr Vicky**
Office Assistant
- 08 Ms Sarika**
Supervisor - Housekeeping
- 09 Mr Rodney**
Supervisor - Housekeeping
- 10 Mr Ravindra**
Supervisor - Garden & Plantation
- 11 Ms Heena**
Supervisor - Kitchen

MEDICAL TEAM

- 01 Dr Prakash Agarwal**
M.B.B.S., D.G.O.
Visiting faculty
- 02 Dr Jagdish Bhutada**
B.A.M.S, D.P.C.
Sr Ayurvedic Consultant
- 03 Dr Sharadchandra Bhalekar**
B.A.M.S. P.G.D.P.C.
Hon. Medical Officer
- 04 Dr Gururaj R.D.**
B.A.M.S.
R.M.O. Ayurveda Dept
- 05 Mrs Kusum Sharma**
D.N.M.S.
Naturopath & Yoga Instructor

YOGA TEAM

- 01 Mr Neeraj Singh**
Sr Yoga Teacher
- 02 Ms Jyoti Soni**
Sr Yoga Teacher
- 03 Ms Saraswati**
Assistant Yoga Teacher
- 04 Mr Banwarilal**
Assistant Yoga Teacher

People at the S.A.D.T. Gupta Yogic Hospital & Health Care Centre

Works

For eons, the value of Yogic System for treatment, rehabilitation and prophylaxis of certain diseases has been well known and rightfully acknowledged. Thus the Rugna Seva Mandir, a department devoted exclusively to the treatment of various diseases through yoga, has been functioning at Kaivalyadham since 1924, its year of inception. With the passage of time the number of patients seeking the advantages of yogic therapy increased and the need was felt to establish a full-fledged Yogic Hospital to cater to them. This became possible with the bountiful donation by Shri Amritlal Gupta, who personally experienced the benefits of yogic therapy. The Shrimati Amolakdevi Tirathram Gupta Hospital is a result of his magnanimous donation.

Since founding in 1924, the number of patients seeking the advantages of yogic therapy increased to the point of justifying a full-fledged yogic hospital. 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. The aim now is to provide people with an efficient system of health management through yogic practices, Ayurvedic cleansing and naturopathic treatments.

The health center at Kaivalyadhama has about 70 rooms and hosts over 3000 people every year. People come for weekly packages consisting of yoga and relaxation, panchkarma and ayurvedic therapy and naturopathy and massage therapy. The accommodations are spread across the campus, with simple clean rooms, attached toilets, air-conditioning and a vegetarian diet.

Last but not the least, great care is taken to provide wholesome meals, which are nutritious and easily digestible. 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 yoga enthusiasts who have been visiting the place over the years in 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 the participants and the staff members. Kaivalyadham is a place of spiritual growth and development. It is an environment designed to nurture the intellectual curiosity, external and internal awareness as well as the physical health of all its residents.

PROGRAMMES IN H.H.C.C.

1. Yoga and Ayurveda

This includes all facilities of Yoga Relaxation plus specific Ayurvedic Therapy in form of Panchakarma.

During this, diet of the participants is changed specifically as per therapeutic demand. After the internal and external oilation as required specifically the main therapy is administered followed by rejuvenating therapy.

There is a post consultation regarding diet and lifestyle correction along with herbal supplements which is advised for betterment of health.

2. Yoga and Naturopathy

This program includes Naturopathic therapies in addition to sessions for yoga - relaxation

Therapies based on Naturopathy principles and diet advices based on requirement is given.

Fresh pressed juices in 'Sattva' juice center is an important part for these participants

3. Yoga and Relaxation

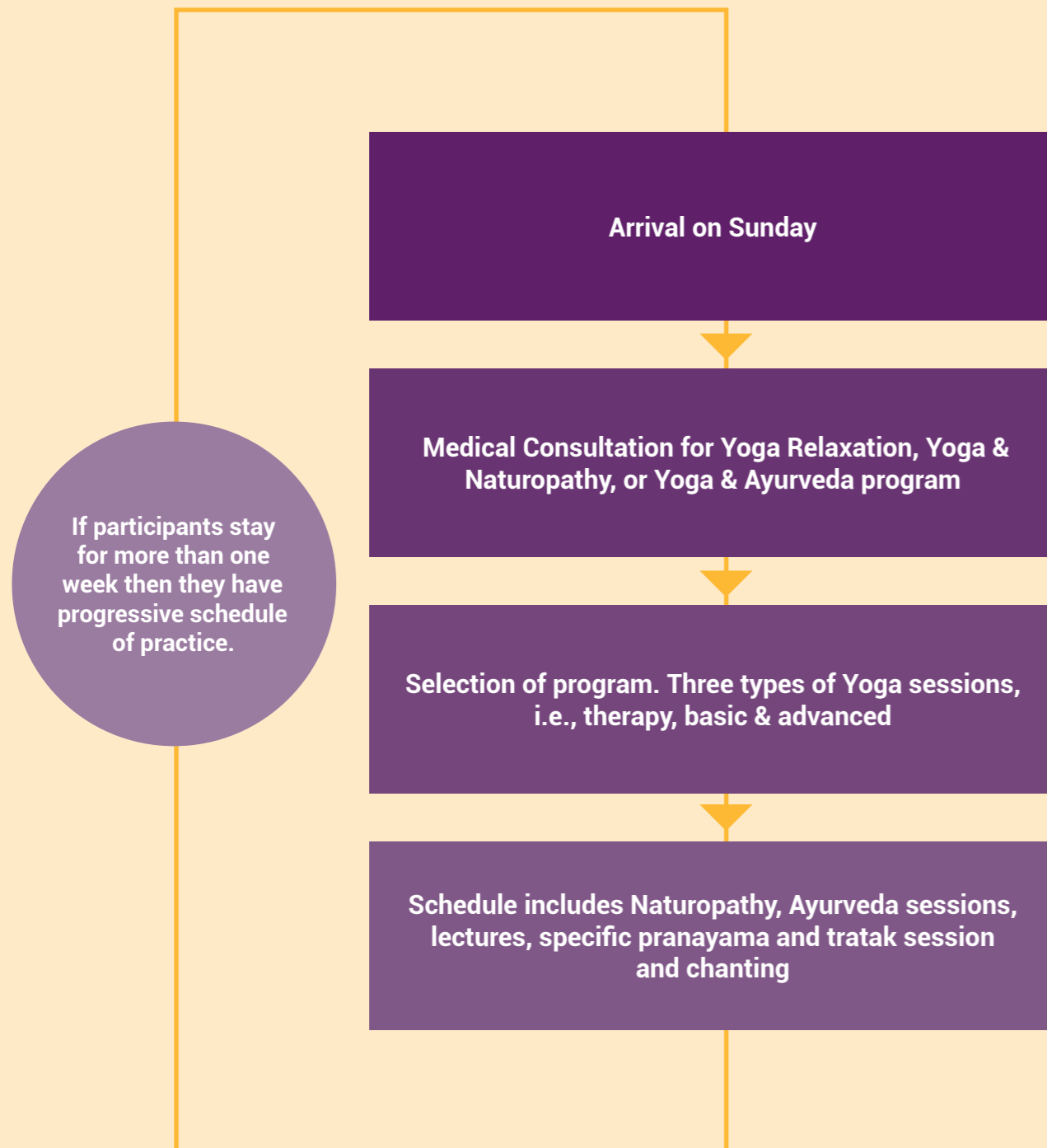
Yoga and Relaxation is a programme including Asana and Pranayama, Tratak, Chanting, Pranayama and specific Yogic advice along with food and stay.

Any therapy if availed by these participants is given on ala-carte basis, in Ayurveda or Naturopathy department.

Basic intention of this programme is to improve the Yogic practices and relax in the beautiful environment.

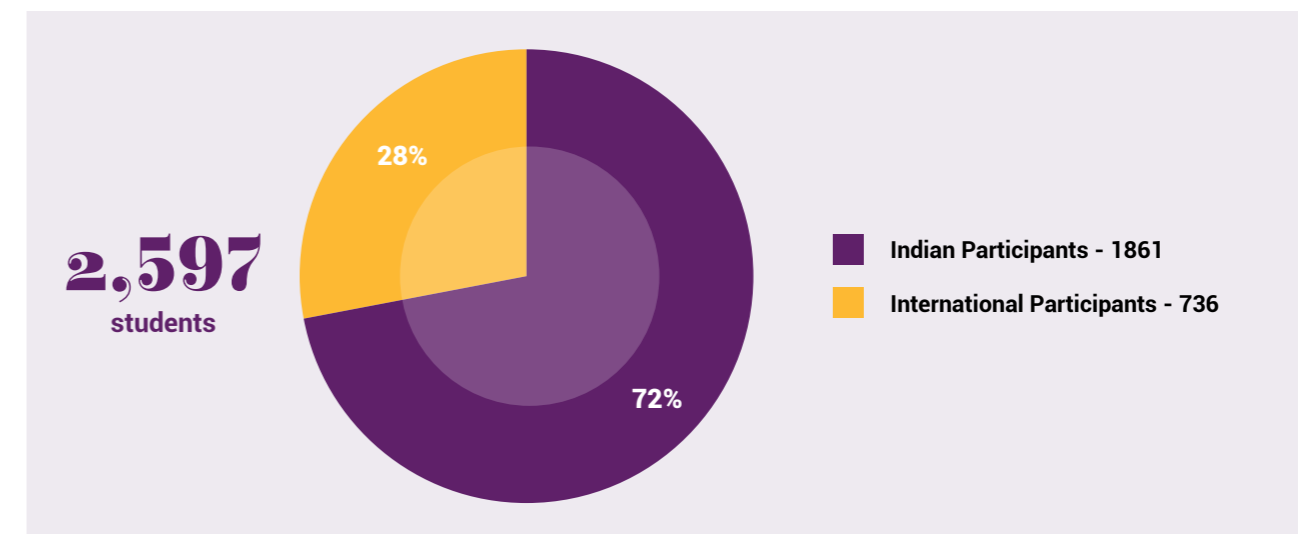
Each programme is of duration in multiples of one week, and start from Sunday.

How does our healthcare programme work?



Participants Distribution in Prime Programmes

Participants	Ayurveda	Naturopathy	Relaxation
Male	259	317	338
Female	608	461	412
TOTAL	867	778	750
O.P.D.	413	879	92



NATION-WISE DISTRIBUTION

EXPERIENTIAL RETREATS

These are broader programs for individuals who have completed interventions for cancer or suffering from chronic ailments. This is a three week retreat which looks at enhancing physical strength, mental health, emotional stability and spiritual energy in an individual. The program consists of the practices of Yoga, Naturopathy, Ayurveda, Counseling, Diet and other forms of relaxation techniques. Ms. Lee Majewski, Senior Yoga Therapist is the Program Director of these retreats.

CHRONIC CURES

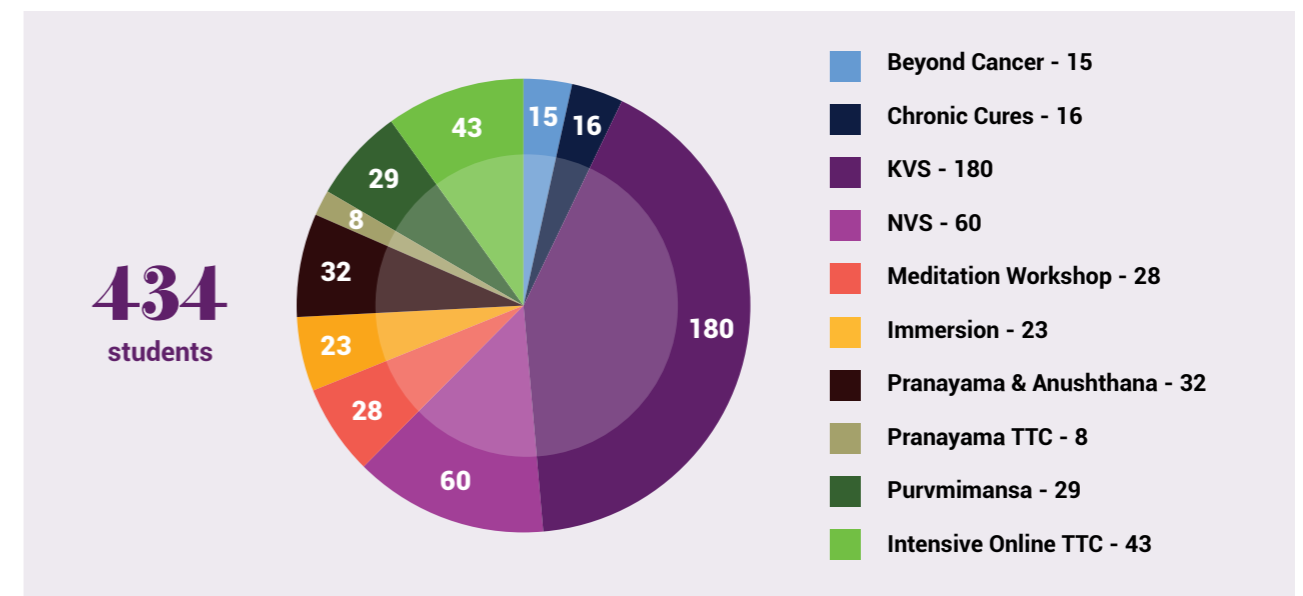
On April 16 we concluded another Chronic Cures retreat - 3 weeks of intensive yoga program for people with chronic diseases. This group of 9 had a lot of very depressed and angry people but thanks to yogic practices this all was transformed after 3 week of yoga intensive. One participant left exceptionally happy - although he was doing yoga for 30 years only this retreat was effective for his diabetes - after 7 days he got off the insulin.

In September we had another retreat with participants from all around with very encouraging results.



BEYOND CANCER

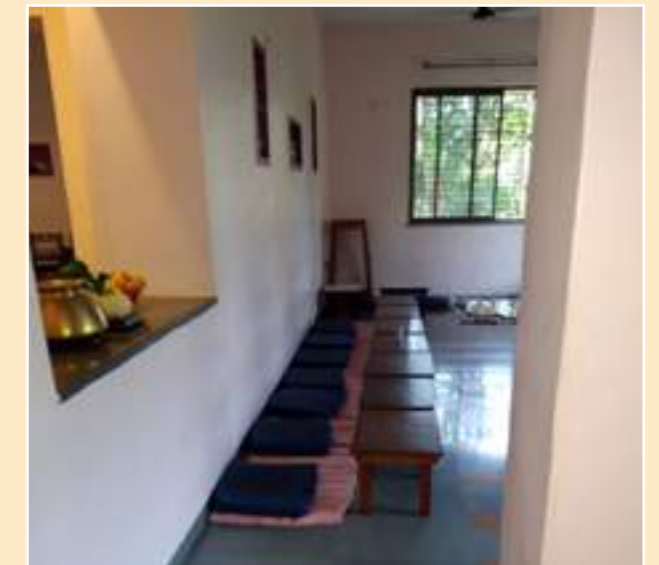
Our retreat - Beyond Cancer, Healing the Whole Being took place in Feb/March. Eight patients, from India, Holland and Poland worked together for 3 weeks with excellent results. This group was able to participate in a historic meeting with Advance Centre for Treatment, Research and Education in Cancer (ACTREC), Tata Memorial Centre in Mumbai which took place in Lonavla. During this meeting, while in their third (and last week) of retreat they were able to voice clearly the benefits of yogic practices and answer many questions from ACTREC management group. Consequently a MoU was signed between ACTREC and Kaivalyadham which includes cooperation in the field of yoga and research. Kaivalyadham was invited by ACTREC to provide their cancer patients with yoga classes 3 times a week. We did this for 6 months on a trial basis. With active communication existing between both the institutes, many strategies were discussed to encourage maximum number of participants for yoga. With a positive response from the participants, ACTREC has decided to continue with the yoga classes for a further one year with Kaivalyadhama.

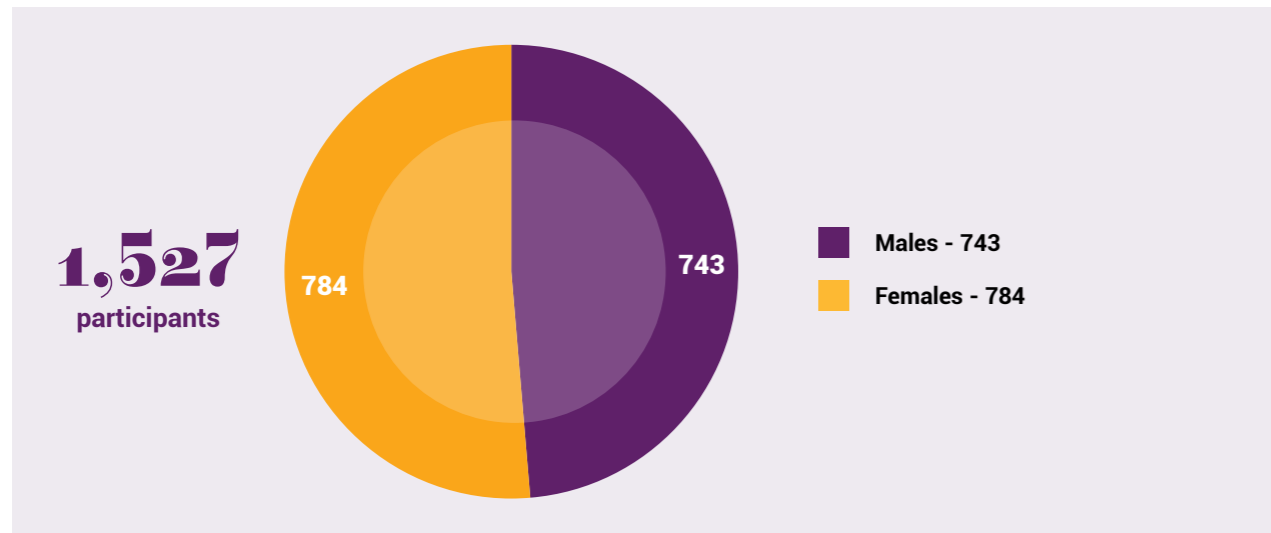


PARTICIPATION IN OTHER COURSES / WORKSHOPS

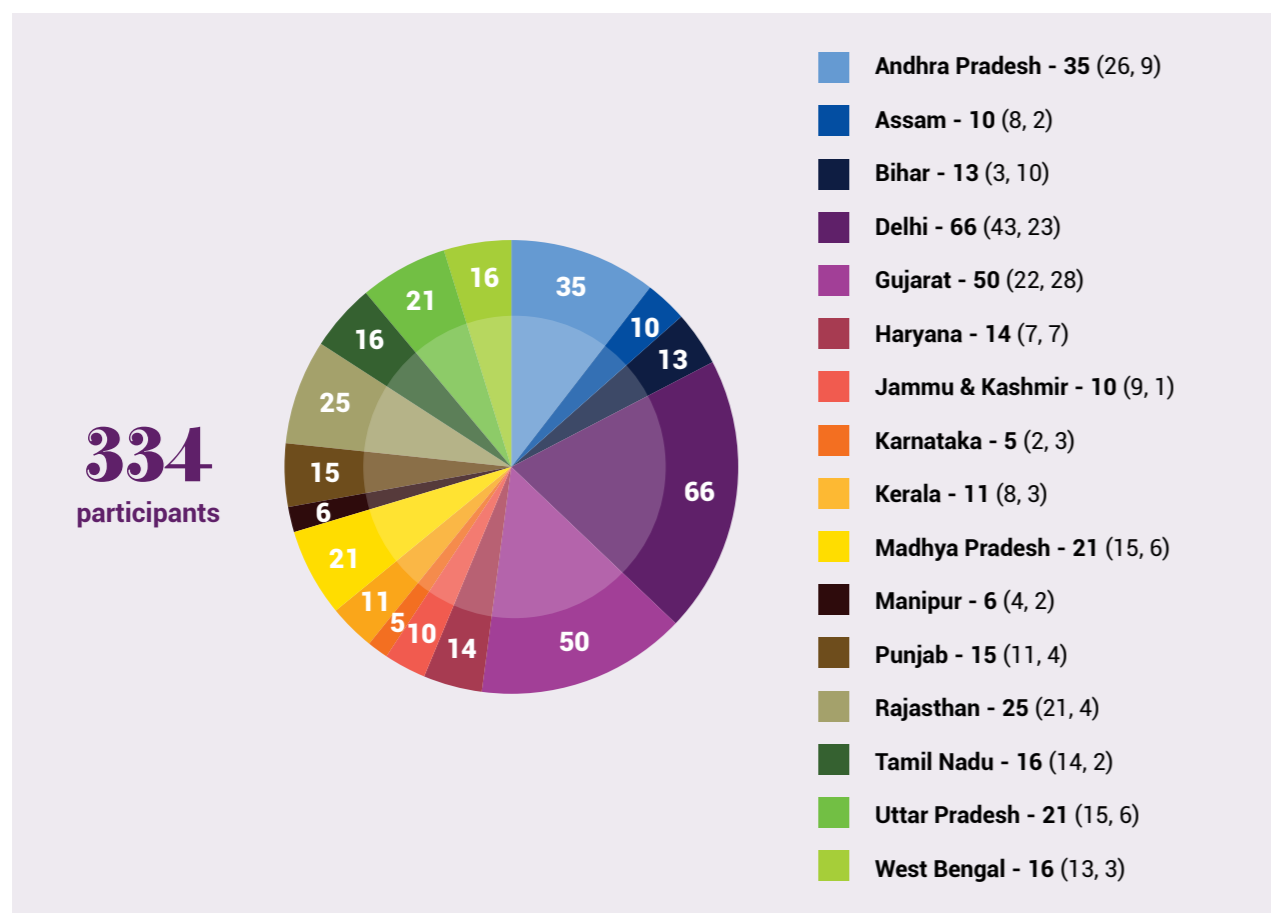
Accommodation & Classification of Rooms

Rooms	Type	No. of Persons	Total
12 Main Building Standard	Attached Bathroom	2 in each room	24
5 Soham Kutir Standard	Attached Bathroom	2 in each room	10
5 Soham Kutir Executive	Attached Bathroom	2 in each room	10
10 Soham Deluxe	Attached Bathroom	2 in each room	20
9 Main Building	Common Bathroom	2 in each room	18
4 Main Building	Suites	3 in suite	12
5 Vedanta Kutir	Single Ex. Suite	1 in each room	5
5 Amruta Kutir	Double Ex. Suite	2 in each room	10
TOTAL			113



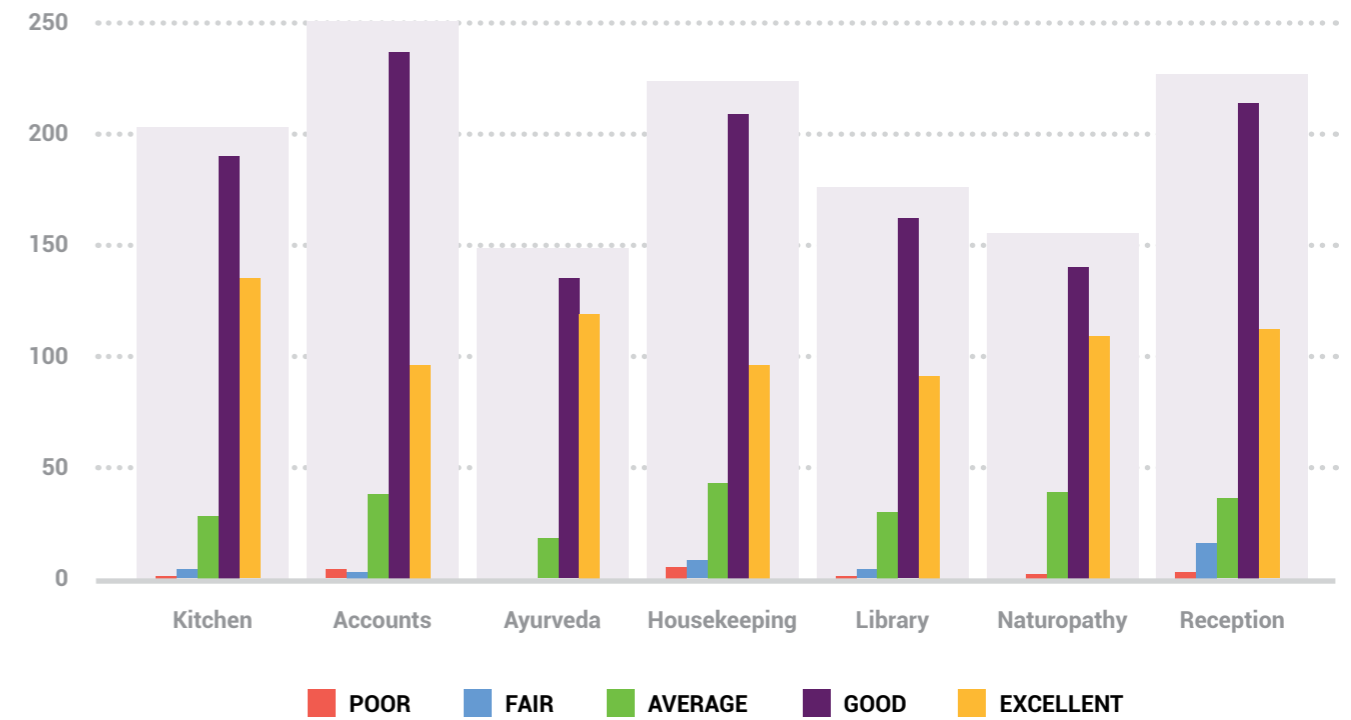


Participation from Maharashtra at Healthcare Centre

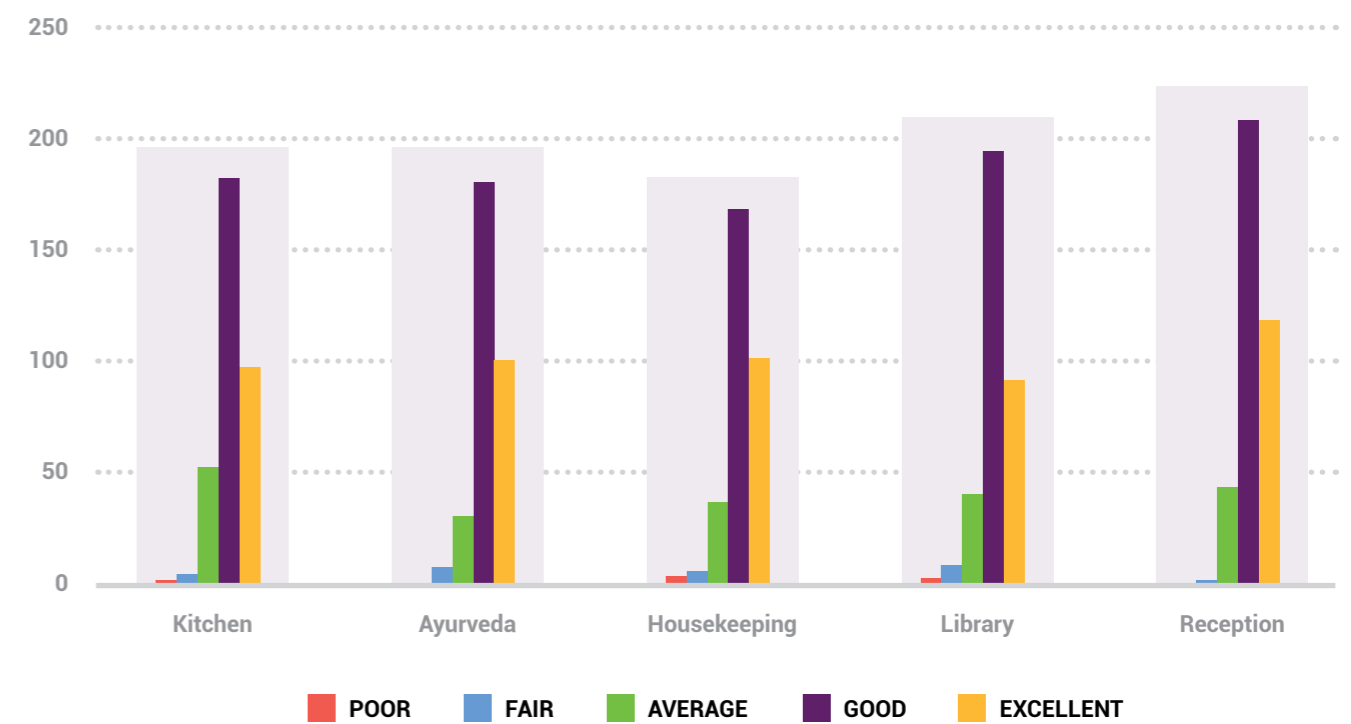


Nation-wide participation, excluding Maharashtra, at Healthcare Centre (no. of males, no. of females)

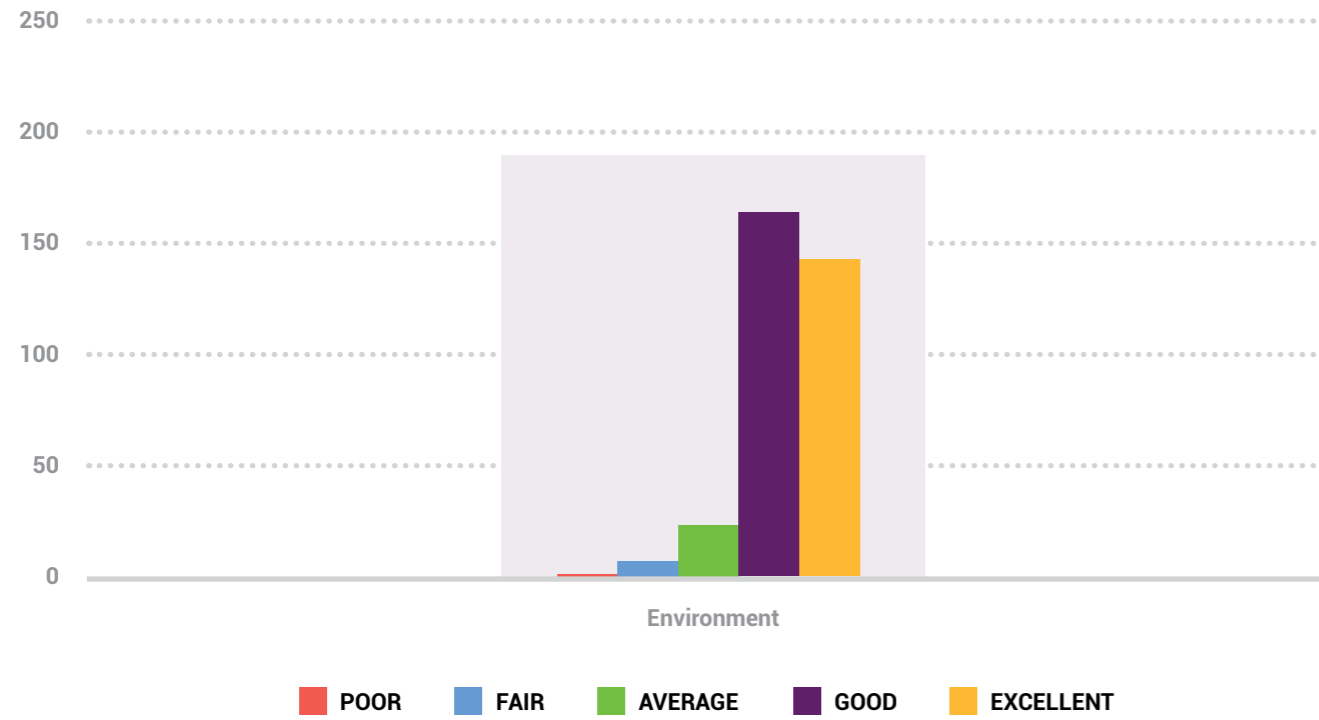
RATING - DEPARTMENTS



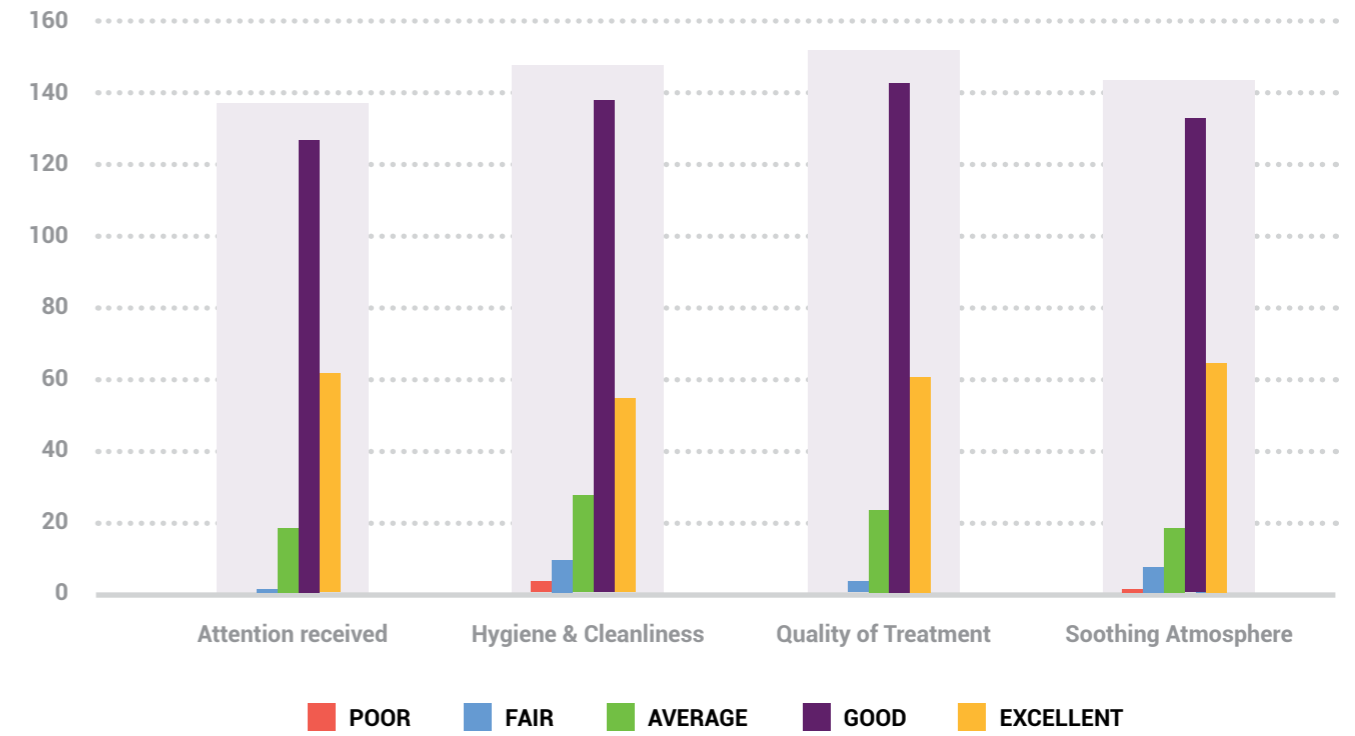
RATING - FOOD



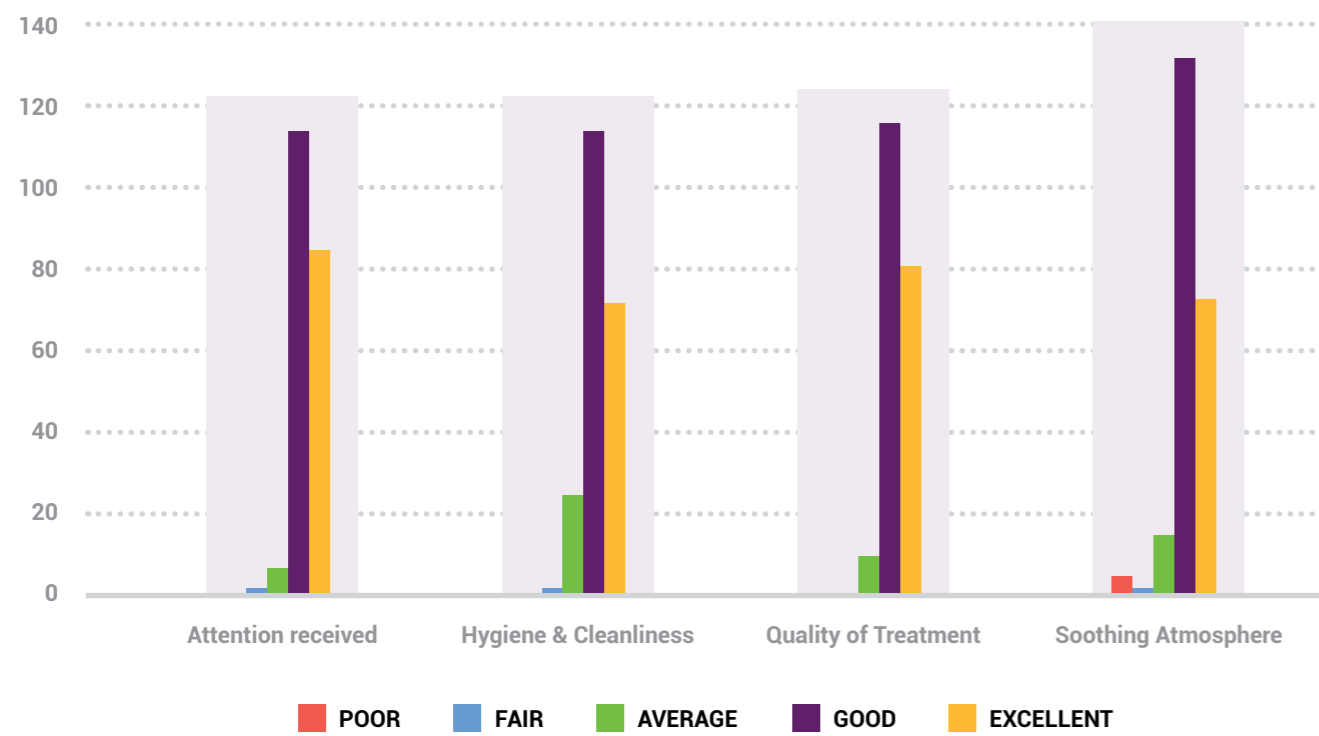
RATING - ENVIRONMENT



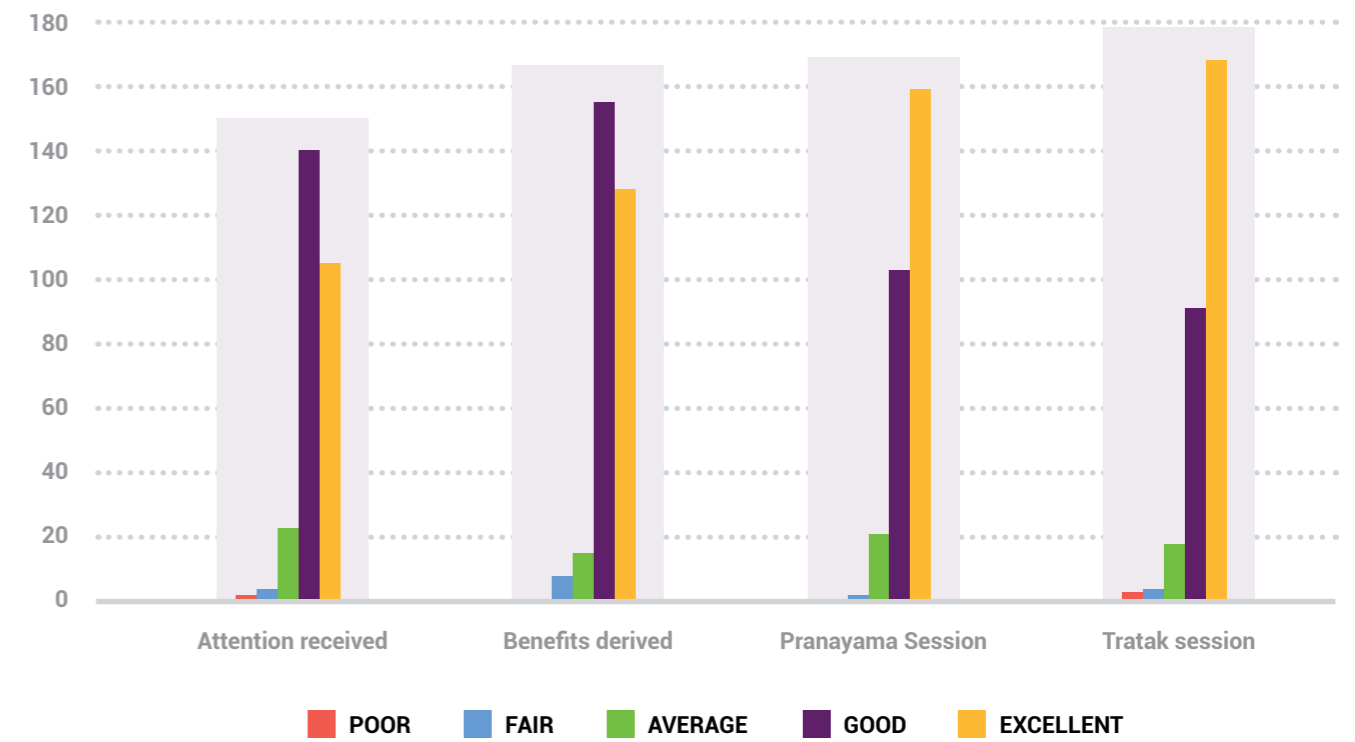
RATING - NATUROPATHY TREATMENT



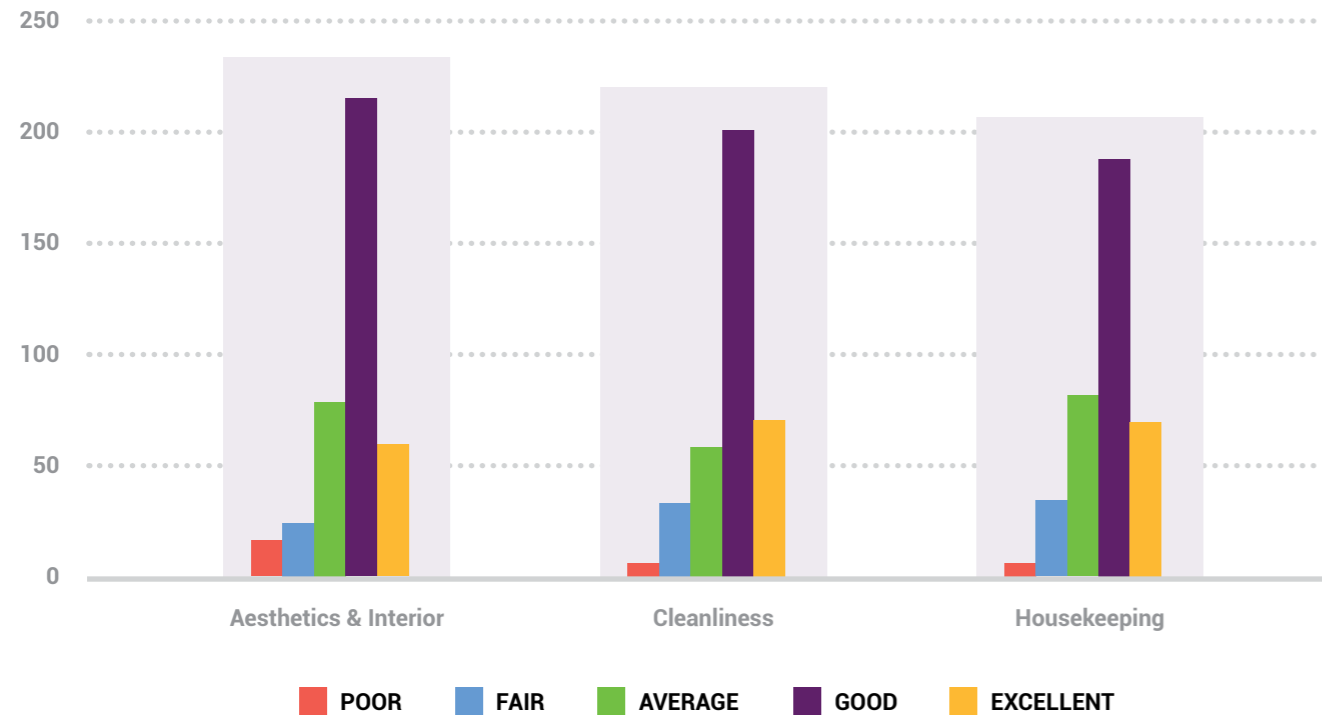
RATING - AYURVEDA TREATMENT



RATING - YOGA



RATING - INFRASTRUCTURE



Initiatives

Outreach Activity

Many yoga institutes national/international are looking towards Yogasanas as a means to alleviate/restrict this dreaded disease. We join hands with them.

Red Cross Society and Kaivalyadhama Yoga Institute jointly organized a BMD (Bone Mineral Density) awareness camp in the population of Lonavla city.

The overall age group of these varied from 37 to 70 years. The following observations were made.

In 26 males

8	Normal	30.76%
18	Osteopenic	69.23%

In 38 females

6	Normal	2.63%
27	Osteopenic	71.05%
5	Osteoporotic	13.15%

Dr Gargi not only prescribed the supplements needed e.g. calcium and vitamin D to correct the deficient state but also stressed on the benefits of regular discipline of yoga/exercise and the need for a good diet along with at list half an hour exposure to morning sunlight.

Out-Patient Department for Yoga, Itanagar, Arunachal Pradesh

Kaivalyadhama has started taking initiatives to promote yoga in the Northeast regions of India. Separate OPD for Yoga was started in Ramkrishna Mission (RKM) hospital and Itanagar & Vivekanand Centre of Human Excellence, Naharlagun in month of April. This OPD was the first of its kind in this region. A team of Dr. Satish Pathak, Shri, Vikas Kouts, Mr Rajiv Majumdar and Bimal Roy Sharma



visited these locations. They examined 46 patients and yoga modules were advised accordingly. Asana practice sessions were also conducted for these patients.

A talk was also held at the National Institute of Technology Arunachal Pradesh (NIT). The talk focused on the scientific perspectives of yoga and the need for the student body of the institute to actively participate in Yogic practices.

HR Initiatives



English Classes

In today's world the necessity to speak English has become imperative. Speaking English is no longer a luxury to be enjoyed by a few people in the elite class, but has become a requirement due to increased competition, information sharing and various activities. With the plethora of countries' participants coming to Kaivalyadhama, speaking English makes the person more confident and renders him more relevant and contemporary. Realising this need, English classes are being conducted for the employees of Kaivalyadhama regularly.

Training on Delighting Customers

The training program was conducted by Mr Nishant Jain on 'Delighting customers' - Atithi Devo Bhava. It was an interactive and experiential learning program. The program was meant for 14 employees who are directly connected with customers of Kaivalyadhama. It encouraged introspection, so also, helped focus the participants on personality traits of an individual. The session will enable staff members to work in team towards customer satisfaction, mould their personality in a good way and manage themselves in an unexpected situation.



Team Building Session for Kaivalyadhama Staff

An individual has his set of strengths and weaknesses, but when a group of individuals come together, they are able to eliminate their weaknesses and enhance their strengths.

Team building activities are used to enhance social relations and define roles within teams, often involving collaborative tasks. An experiential learning program was based on this objective. Mr Darshan, well known HR Trainer was invited to conduct this session. He led the participants through practical oriented sessions in a very interesting way.



Training for Therapists of Naturopathy & Panchakarma Section



**Synergy
Staff
Bonding**

Interpersonal Skills & Team Bonding for Administrative Staff

A specific program for the administrative staff was organised for the Health Care Centre on March 3, 2017. Mr Bernard Britto dealt on the theme of customer centric approach in their dealings where the customer was the king and they were at their service. To achieve the goal of satisfying the customer as a king, he introduced an interactive activity of team bonding that relayed the relevant message of teamwork and team spirit. The participants were convinced and elated with the short training program.

Shresth Seva Puraskar

This award recognises the outstanding contributions of support staff, who are selected based on their special contributions, dedication to daily tasks, and ability to work successfully in their respective work.





Swami Kuvalyananda Marg, Lonavla | www.kdham.com | info@kdham.com

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