



Yoga Education Fund



KAIVALYADHAMA ASHRAM

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EIGHTH ANNUAL REPORT

01.04.2016 - 31.03.2017



Yoga Education Fund

Established in 2007 in memory of Shri. R.P. Nevatiaji

& Managed by Kaivalyadhama Ashram, Founded by Swami Kunalayanandaji



MESSAGE OF SWAMI KUNALAYANANDAJI

"Yoga has a complete message for the humanity,
It has a message for the human body,
It has a message for the human mind and,
It has a message for human soul"

"Will intelligent and capable youths come forth
to carry this message to every individual,
not only in India, but also to every other part of the world?"

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01

Scholarship Project

“Nevatia Endowment Scholarship Scheme” was launched on 23rd June 2012. Since then funds have been received during the year 2012-13 & thereafter from well-wishers & donors.

1.1.

PROMOTION OF Y.E.F. SCHOLARSHIP PROJECT

Promotion of Y.E.F. Scholarship project has been done through Kaivalyadhama Yoga Institute by personal letters to Institutions and individuals. The following details have been inserted on the website kdham.com/education/scholarship/ of Kaivalyadhama Ashram.



1.2.

COURSES FOR SCHOLARSHIP SCHEME

After examination of various courses being taught at Kaivalyadhama Yoga Institute, Lonavla & Mumbai and to widen the scope of Scholarship Scheme, it has been considered desirable to include the following courses:

1. B.A. in Yoga / Sciences
2. Diploma in Yoga Education
3. Diploma in Yoga Therapy
4. Certificate Course in Yoga
5. Foundation Course (21 days)



Students from abroad are also considered, if they demonstrate their aptitude and interest.

It was also considered to welcome more donors to increase the Scholarship fund (Corpus and/or Annual Scholarship for a particular course or in general). A donor – giving scholarship for the memory of a particular name – will also be welcomed.

These considerations will be applied annually by the empowered committee of Y.E.F. and will be amended / modified on the experience gained and exigencies of environment prevailing for promotion of the purpose / benefit of the scholarship scheme.

1.3.

SCHOLARSHIP FOR THE YEAR 2016 - 17

After detailed examination, the committee headed by Swami Maheshananda (Chairman) has selected 8 Female and 1 Male students:-



UJWALA BHOJANE

Address SAMPARC, Malavli, Tal. Maral
Education B.A. (Yoga Shastra)
Mobile 9766343463
Email samparc@gmail.com
Course B.A. (3rd Year)
Future Plan Yoga Teacher



JAYA SUDHAKAR BAVISKAR

Address Samparc, Malavi Hostel, Tal. Maval, Dist. Pune
Education B.A. (Yogashastra)
Mobile 9766343463
Email samparc@gmail.com
Course B.A. (3rd Year)
Future Plan Yoga Teacher



PRACHI GONTE

Address Nangar Goon, Lonavala – 410401
Education B.A. (Yoga Shastra)
Mobile 9763086144
Email prashantjagtap72@gmail.com
Course B.A. (3rd Year)
Future Plan Yoga Teacher



HARSHALA R. JADHAV

Address At. Nimbavali, Post. Pelshan, Tal. Wada, Dist. Palghar, Pin- 401 204
Education H.Sc.
Mobile 7507809810
Course C.C.Y.
Future Plan Yoga Teacher



YOGITA B. KALE

Address At. Gorad, Tal. Wada, Dist. Palghar
Education H.Sc.
Mobile 8806755936 / 9209731154
Course C.C.Y.
Future Plan Yoga Teacher



MAMTA BISHT

Address A2-64/ Lane Nil 4, Aya Nagar, Phase V, New Delhi – 110 047
Education Perusing M.A. in philosophy
Mobile 9880067956
Email bishtmamta@gmail.com
Course D.Y.Ed.
Future Plan Promote Yoga



IDA BLAZEK

Address Kolodvorska 18/1, Varazdin, Croatia - 42000
Education B.A.
Mobile 8806535216
Email ida.blazek@gmail.com
Course D.Y.Ed.
Future Plan Yoga Teacher





JYOTI GAUTAM

Address Vill Sanan, P.O. Domehar, Thel Arki, Solan, Himachal - 173221
 Education M.A. in Communication and Media
 Mobile 8988250413
 Email jyoti.gautam1317@gmail.com
 Course D.Y.Ed.
 Future Plan Yoga Teacher



VINAY KUMAR SINGH

Address Behind S.G. Inter College, Ashok Nagar, Kasganj, U.P. - 207123
 Education B.Sc., M.P.Ed.
 Mobile 8552826698
 Email vnykmrsh@gmail.com
 Course D.Y.Ed.
 Future Plan Yoga Teacher

1.4.

LIST OF RECIPIENT OF PREVIOUS YEARS

S.N	NAME	COURSE	CONTACT NO.	YEAR
1	Mr Juber Manadl	D.Y.Ed.		2012-13
2	Ms Vanda Vilinton	D.Y.Ed.		2013-14
3	Ms Shyama Nimavat	D.Y.Ed.	9924434730	2013-14
4	Mr Amritesh Kumar	D.Y.T.	8080658808	2013-14
5	Mr Sanket Shivaji Chavan	D.Y.T.	8767078011	2013-14
6	Ms Ujwala Bhojane	B.A. - I	9766343463	2014-15
7	Ms Jaya Baniskra	B.A. - I	9766343463	2014-15
8	Ms Prachi Gonte	B.A. - I	9763086144	2014-15
9	Ms Uma Charan	D.Y.Ed.	8440985849	2014-15
10	Mr Shyam Dhani Yadav	D.Y.Ed.	9627995506	2014-15
11	Ms Bidyaluxmi Sharubham	D.Y.Ed.		2015-16
12	Mr Subhash Mondal	D.Y.Ed.	9089698704	2015-16
13	Ms Ujwala Bhojane	B.A. - II	9766343463	2015-16
14	Ms Jaya Baniskra	B.A. - II	9766343463	2015-16
15	Ms Prachi Gonte	B.A. - II	9763086144	2015-16



02


Participation with Rotary Club of Bombay

2.1.


ROTARY CLUB OF BOMBAY HAS CONSTITUTED YOGA COMMITTEE

THE GATEWAY
 BULLETIN OF THE ROTARY CLUB OF BOMBAY
THE ROTARY CLUB OF BOMBAY
Directors and Committee Chairpersons 2016-17

SPECIAL PROJECTS - MEDICAL



DIRECTOR
Dr. Aashish Contractor
 Cardiac Prevention
 Joining Rotary in 2010, heads
 Dept. of Rehabilitation and Sports
 Medicine at Sir HN Reliance
 Foundation Hospital



YOGA
Sitaram Shah
 Yoga Expert
 Joining Rotary in 1990, has
 been associated with the
 Kalvaadyadham Yoga Centre
 and starting yoga training at all
 15 Bhavishya Yaan schools

2.2.

THE REPORT OF YOGA COMMITTEE (2015-2016) HAS APPEARED IN THE " THE GATEWAY" BULLETIN OF THE ROTARY CLUB OF BOMBAY (VOL.57 NO.47, JUNE 25-30, 2016)

THE GATEWAY
BULLETIN OF THE ROTARY CLUB OF BOMBAY
Vol. 57 No 47 June 25 - June 30, 2016 16 Pages, Rs. 3/-

Yoga Committee

The Yoga Committee has conducted yoga training classes in 11 BMC schools. More than 900 students have benefited from 30 sessions in each school by a yoga teacher.

Considerable improvement has been noticed in the memory, concentration, and the well-being of the participating students, encouraging other students to follow Yogic Asans, Pranayama, etc.

The Committee also organized two camps, the Arogya Mela Medical Camp for Mumbai Citizens and the Nirog Mega Medical Camp for Mumbai Police and their families. These Camps were intended to spread the message of yogic therapy, health and well-being and imparted service through doctors and yoga instructors.

Preparations are underway to share multiple activities with the Common Yoga Protocol of the Government of India at multiple locations in the city and other places with the Kaivlyadhama Institute. As part of the celebration of the International Day of Yoga on 21st June, a Booklet on Common Yoga Protocol will be made available for public consumption.

2.3.

THE FOLLOWING ACTIVITIES HAVE BEEN CARRIED OUT DURING THE YEAR 2016-17

1. Yog Yaan training of 11 nos BMC schools (See item 3)
2. Mega Medical Camp
3. Participation in International Day of Yoga (I.D.Y.)

03

Yog Yaan Training in 11 B.M.C. Schools

This year (2016-17) R.C.B. has served eleven (11) Municipal schools, after obtaining permission for B.M.C., department. The schedule of planning of training sessions was made with the principals and accordingly the schedule was completed with the teachers of Kaivalyadhama at the respective schools.

3.1.

B.M.C. PERMISSION LETTER FOR CONDUCTING YOGA CLASSES WAS OBTAINED

वृहन्मुंबई महानगरपालिका - शिक्षण विभाग
सचिवालय-शारीरिक शिक्षण

दिनांक: 19/07/2016

पति,
सन्त. चारुबापक,
केवल्याम आश्रम, सोलापूर, नि. पुणे.

विषय:- वृहन्मुंबई महानगरपालिका शिक्षण विभागातील शाळांमध्ये योग प्रशिक्षण वर्ग सुरु करण्याबाबत.

संदर्भ:- 180/1012, दि. 26/07/2016 चा अन्वये.

प्रति,
केवल्याम आश्रम सोलापूर नि. पुणे इलाहाबाद येथील 'योग प्रशिक्षण' वेगवेगळी परवानगी देण्यात येत आहे.

- 1) कुलाबा माध्यमिक शाळा - कुलाबा मॉडेल
- 2) दा.म.पोलीस मार्ग माध्यमिक शाळा - कॅरीरोड (पूर्व)
- 3) भायलवा (पु.) माध्यमिक शाळा - सरोवरापूर जवळ, भायलवा
- 4) डॉ. नारायणजी अडेकर मार्ग माध्यमिक शाळा - इंदोरी
- 5) पोलाड माध्यमिक शाळा - पोलाड मार्ग मु.पु. (प.)
- 6) सेंट जेव्हियर मार्ग प्राथमिक शाळा - चारुबापक
- 7) नरोड प्राथमिक शाळा - नरोड पोलीस स्टेशन जवळ अंधेरी (पु.)
- 8) किल्लेशाही सण्यास आश्रम इंग्लीश प्राथमिक शाळा - सण्यास आश्रम जवळ, किल्लेशाही (प.)
- 9) के.जी.तावळवाड प्राथमिक शाळा - तावळवाडी, अडेकर नगर G.T.B. नगर
- 10) कवठेमन माध्यमिक शाळा - कवठेमन जवळ, कॅरीरोड
- 11) सी.के.मार्ग माध्यमिक शाळा, अंधेरी पश्चिम

सर्व शाळांमध्ये एक दिवस अथवा 20 दिवसासाठी अल्पतम प्रशिक्षण वेगवेगळी परवानगी देण्यात येत आहे.सर्व प्रशिक्षणासाठी शाळेचे संचालक उपलब्ध असल्यास करून देण्यात येणार आहे.

संदर्भ अद्ययन - अद्ययन नव्विंशत वेळी सर्व प्रशिक्षण देण्यात येणार आहे.

प्रति-1) केवल्याम आश्रम, सोलापूर, नि. पुणे
2) प्रशासक अधिकारी (शाळा)
3) मुख्याध्यापक

मुख्य अधिकारी (शारीरिक शिक्षण)
वृहन्मुंबई महानगरपालिका



04

Participation in Mega Medical Camp of Rotary International (RI) District 3141 Service 15

“Phoenix Mega Medical camp” was held from 10 AM to 5 PM, on 20th, 21st and 22nd Jan 2017 at Phoenix compound, Lower Parel, Mumbai. Rotary Club of Bombay participated and gave free service to members of our community on “Yoga Therapy and Yoga Culture of Life”. Kaivalyadhama, Lonavla and their Centre at I.C.Y.H.C., Mumbai, partnered with Rotary Club of Bombay, to provide the necessary service on Yoga.

The 1st day of the free medical camp started with an inauguration ceremony, done at 11 AM by Chief Guest Hon. Shri R.D. Shinde, Additional Police Commissioner, in the presence of Shri Gopal Rai Mandhania, Governor, Dist. 3141, and Dr Mukesh Batra, President of Rotary Club of Bombay.



Shri. Gopal Rai Mandhania, Hon. R.D. Shinde, Dr Mukesh Batra



Hon. R.D. Shinde and Dr Mukesh Batra



Hon. R.D. Shinde, Shri. Gopal Rai Mandhania, Dr Mukesh Batra



After the inauguration, the chief guest, the presidents & project leader from Rotary club of Bombay Queen City and few more Rotary members visited each and every stall. They also visited RCB stall on “YOGA” and expressed satisfaction for RCB involvement in Yoga related sciences & service.



Dr Mukesh Batra, Dr. Nutan Pakhare



There were a lot of patients coming in and visiting the stall. The patients were first checked by the doctors and then the Yoga teachers taught them practices which were beneficial to their health problems and also explained the concept of ‘YOGA’. A lot of information of yoga related practices were provided on all 3 days to the people, who visited Yoga stall of Rotary Club of Bombay.



Visitor, Dr S.M. Melgiri



Yoga Teacher



Visitor, Dr. G.P. Shukla, Santoshi Salekar

By the end of day 3 of the Medical camp, a total of 96 people had visited R.C.B. stall in all 3 days. The entire camp was a huge success and all the people who came for this camp went home smiling and with satisfactory message on Yoga.



4.1. THE REPORT OF THIS CAMP HAS APPEARED IN THE "THE GATEWAY" BULLETIN OF THE ROTARY CLUB OF BOMBAY, (VOL.58 NO.28, JANUARY 31, 2017)

05 Participation in International Day of Yoga (I.D.Y.) by Rotary Club of Bombay on 21st June 2016

5.1. HISTORICAL PERSPECTIVE

21st June is the summer solstice, the longest day of the year with more energy in the day and more light. Since last 10 years, the Confederation of Yoga in Portugal have been celebrating 21st June as the World Yoga Day and leading the efforts to get United Nations to declare 21st June as a day of Yoga. During a summit of prominent Yoga lineages at Bangalore during 2011, Yogacharya Amrut Suryananda from Portugal was requested to meet all religious heads around the world on behalf of unified Yoga community to build consensus for supporting the 21st June as the day of Yoga by the United Nations. This effort finally culminated during September 2014 when Hon. Prime Minister of India Shri Narendra Modi requested United Nations General Assembly to accept 21st June as "International Day of Yoga".

The value of Yoga was highlighted in the speech of Hon. Prime Minister of India Shri Narendra Modi in U.N.G.A.:



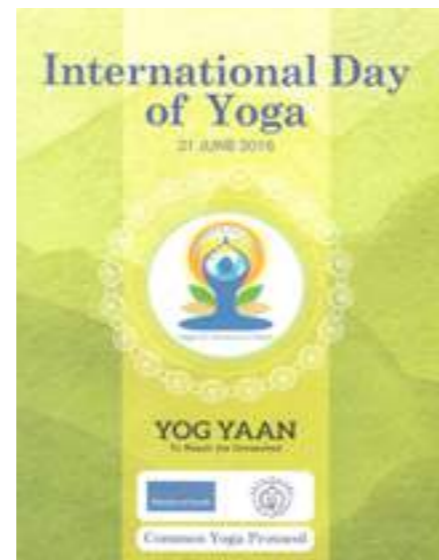
“Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an international yoga day.”

5.2.

BOOKLET OF COMMON YOGA PROTOCOL (C.Y.P.) – AS COMMUNICATED BY G.O.I.

A booklet was published with reprint of the Common Yoga Protocol (C.Y.P.) released by Ministry of Ayush, Government of India, to mark the importance of International Day of Yoga (I.D.Y.) on 21st June. Focus of Kaivalyadhama was on Yoga Yaan “to reach the unreachable”.

This booklet also contains the message for Governor of Maharashtra Ch. Vidyasagar Rao, and Hon. Minister of A.Y.U.S.H. Sripad Naik, G.O.I.



5.3.

PARTICIPATION HIGHLIGHTS

More than 150 well educated and trained instructors of Kaivalyadhama Yoga Institute attended the celebrations in more than 16 locations in Mumbai, four locations in Lonavla & Pune, two locations in Delhi and nine countries internationally. Yoga Teachers guided about 2500 Mumbaikars for preparatory practices for several days at the following institutions personally & collectively to perform the Yoga Asanas, Pranayama, Meditation, Prayer etc., as per the protocol on 21st June in the morning :-

1. Kaivalyadhama, I.C.Y.H.C., Marine Drive - A National Yoga Seminar with S.N.D.T. University
2. University of Mumbai

3. Tata Institute of Fundamental Research (T.I.F.R.),
4. City and Industrial Development Corporation (C.I.D.C.O.)
5. Maharashtra Industrial Development Corporation (M.I.D.C.),
6. Indian Posta, G.P.O., Fort
7. Bombay Electrical Supply and Transportation (B.E.S.T.), Dindoshi Marg - for staff & family
8. State Reserve Police Force (S.R.P.F.), Goregaon – for staff
9. Tata Group of Companies
10. Byculla Prison
11. Central Railways
12. Western Railways
13. Lal Baug cha Raja- for members and family
14. Raj Bhavan, Governor’s House - for staff & family
15. Mantralaya, Mumbai
16. N.I.T.I.E., Powai Mumbai

5.3.1.

PARTICIPATION

Celebrations held in presence of Hon. Governor Shri Ch. Vidyasagar Rao at 6 AM, at Rajbhavan. He inaugurated and participated in the Yoga sessions of Common Yoga Protocol.



Rajbhavan, Governor’s House



5.3.2.

KALINA CAMPUS, UNIVERSITY OF MUMBAI

500 students and yoga sadhaks participated in yoga practices in the indoor stadium in presence of Chief Guest, Hon Governor Shri. Ch. Vidyasagar Rao, and Vice Chancellor Dr Sanjay Deshmukh.



Kalina Campus

5.3.3.

FUNCTION AT REGULAR MEETING OF ROTARY CLUB OF BOMBAY



Release of booklet on Common Yoga Protocol (C.Y.P.) of Government of India at the Rotary Club of Bombay



Dr. Shanti Haniyatri & Shri. Ravi Dixit, Deputy Director of Kaivalyadhama, sharing the participation of public in Yoga Practices on 21st June 2016 in Indonesia & India



21st June 2016
(One month Yoga training to inmates of byculla jail)



Swati Sathe,
Deputy Inspector General of Police (D.I.G.)



06

Yoga Training / Meditation center for Senior Citizens at Mahalaxmi, Mumbai with Dharma Bharathi Mission (D.B.M.)



A joint collaborative project with expertise of Kaivalyadhama, Dharam Bharati Mission and Baldeodas Bhagirathi Shah Trust has been inaugurated for Senior Citizens, at Mahalaxmi, Mumbai. The purpose of this project is to enable senior citizens to do what they can to keep themselves well and healthy and at the same time take care of individuals' problems.



SCHEDULE OF YOGA CLASSES FOR SENIOR CITIZEN BY D.B.M.

Timing	10 to 11 AM & 3 to 4 PM, Mon. to Sat.
Senior citizens age group	60 to 82 years
No. of members	15 to 34 members
Workshop	Daily

RECORDS OF YOGA CLASSES DURING THE YEAR

No. of Sessions No. of Students

April 2016 44 17	May 2016 50 19	June 2016 51 18
July 2016 50 15	August 2016 48 34	September 2016 46 22
October 2016 43 40	November 2016 49 23	December 2016 50 15
January 2017 42 21	February 2017 46 18	March 2017 49 23

All Members get benefits from the yogic practices and find a regular place for yoga practices.



07

Yoga Club of College Students

The report of activities depicted and MoU's signed for Yoga Club Activities

1. K.C. College, Churchgate - 28th April 2016
2. H.R. College, Churchgate - 23rd December 2016
3. S.V.K.M. Mithibai College, Vileparle - 28th September 2016
4. Hinduja College, Charni Road - 20th December 2016
5. Birla College, Kalyan - 2nd February 2017

Report Of Mithibai College Yoga Activities done under MoU

Today's youth and elders both need to balance their Physical ,Mental, Social Emotional behaviour where yoga can help to support the holistic development of human being .Even Human Resource Development of India stresses on need of Yoga in Curriculum

In view of this Kaivalyadhama had initiated creating "Yoga Club of College students "in the Mumbai.

MoU has been signed between SVKM'S Mithibai College & Kaivalyadhama Mumbai on 28th September 2016.

On 18th Jan at Jamana bhailal Patel Ground, Vileparle on occasion of Inaugural ceremony of SVKM'S sports and cultural festival named YUVA- HASHTAG SVKM'S Mithibai college and Kaivalyadhama Yoga Institute jointly organised a mega activity of **Maha Yoga Day** to promote yoga culture in Schools and Colleges under the Signed MoU.

Around 6000 participants -Staff & students of SVKM's Schools & colleges performed Yoga Practices under the guidance of Kaivalyadhama Teachers. Detail schedule & plan of these activities is coordinated & supervised by Dr.Nutan Pakhare,Medical Consultant Kaivalyadhama Mumbai.

7.1. S.V.K.M.'S MITHIBAI COLLEGE



MoU signed on 28th September 2016 - Dr Hande, Principle of Mithibai College and Shri Subodh Tiwari, Executive Trustee of Kaivalyadhama Mumbai

7.2. K.C. COLLEGE

MoU Sign & Yoga Club Activities K.C. College, Churchgate. M.o.U. would lead to combined efforts, towards a common goal i.e., making Yoga a part of the education and lifestyle of today's youth. To establish a yoga club in K.C. College and invite students to Practice and Experience the Yogic Practice.





7.3.
HINDUJA COLLEGE



7.4.
BIRLA COLLEGE



08

Scheme of Internship in Kaivalyadhama, Lonavla

To encourage students and other young persons interested in Promotion, participation, Practices in the field of Yoga and Yoga related activities, a scheme of Internship has been commenced during the year. This will enable new talent to add to the value of Kaivalyadhama. Yoga Education fund, Internal working team of Kaivalyadhama and outside Institutions, where the Interns will be departed from time to time.

The evaluation system is also being developed for these Interns to help them to rise on the ladder of their personal career development in the field of scientific application of Yoga Sciences and Scientific successful techniques and methods.

PURPOSE OF INTERNSHIPS

An internship is a form of experiential learning that integrates a student's academic experience with practical application and skills development in a professional environment. Internships allow students to gain valuable applied experience while also giving employers the opportunity to guide and evaluate talent.

BENEFITS OF INTERNSHIP

1. An internship offers you the chance to learn in a setting where you are supervised and guided by mentor.
2. It explores the opportunity to achieve your own learning goals, learn new skills and add to your knowledge base.
3. Opportunity to practice communication and teamwork skills.



4. Provide evidence that you have initiative, are reliable, and have a sense of responsibility.
5. Achieve a sense of accomplishment by contributing to an organization.
6. Meeting new people and establishing contacts.
7. Gain valuable experience, and enhances the weightage of your Resume.
8. Potential for a full time job offer at the end of the internship based on Students performance

INTERNSHIP TENURE

Not more than 6 months

TYPES OF INTERNS

1. Y.E.F. Scholarship for D.Y.Ed. students
2. General Scholarship
 - a. B.N.Y.S.
 - b. Y.E.F. - General
 - c. G.S. College – D.Y.T. students
3. B.N.Y.S. interns (with M.o.U.)

TERMS & CONDITIONS OF INTERNSHIP

1. The interns once placed will need to complete the term, which has been agreed upon. Once decided, no change will be generally allowed, but exceptions will be allowed in case the intern and mentor feel the need for a change in assignment.
2. The Institute will provide a Certificate to the intern on completion of the term and based on the report from the mentor.
3. In case of a medical emergency or any genuine problem, which needs that the intern would not be able to complete the mandatory days, the mentor can recommend extension of the term depending on the requirement. In such cases, certificate will be given only if the internship is completed.
4. The intern will be paid honorarium of Rs 5000/- per month with free lodging & boarding.
5. The work schedule of each intern will be laid by their respective mentors
6. Employment if any, after an internship should start from the new month i.e. if a candidate completes his internship period on 20th date of the month and now if we want to appoint him then his employment will start from the 1st of the next month.



GUIDELINES FOR MENTOR

1. Every Mentor has to inform HR about new interns.
2. Every intern should go through an induction program designed for them. (Coordinate this with HR)
3. If any person from other department wants to engage any intern for their departmental work then they have to take permission from the Mentor.
4. Mentor has to look after the growth and development of the intern. Mentor has to protect the interests of the intern.
5. Every Intern should have fixed time schedule for the work they have allotted.

THE FOLLOWING STUDENTS HAVE TAKEN BENEFIT IN 2016-17

S.NO.	STUDENT'S NAME	DEPARTMENT
1	Mr Ankit Dhuria	G.S. College of Yoga and Cultural Synthesis
2	Ms Priyanjali Sanyal	S.A.D.T. Gupta Yogic H.H.C.C.
3	Mr Banwarilal	S.A.D.T. Gupta Yogic H.H.C.C.
4	Ms Namita Polekar	Ashram
5	Ms Neeraj Tiwari	G.S. College of Yoga and Cultural synthesis
6	Mr Vatsal Patel	Mumbai Kaivalyadhama
7	Ms Asmita Dewangan	Philosophico Literary Department
8	Ms Debashree Ganguli	Ashram

09

Donations received during 2016-17

S. NO.	PARTICULARS / NAMES	DATE	AMOUNT RECEIVED
1	Shree Kudilal Govindram Seksaria Foundation	06.06.2016	1,00,000
2	Advance Catalyst Pvt. Ltd	25.06.2016	3,000
3	Rhythm Realty Pvt. Ltd	26.06.2016	10,000
4	Dukes Retreat Ltd	18.07.2016	2,500
5	Rotary Club Bombay Charities Trust No. 3	25.08.2016	25,000
6	Rotary Club Bombay Charities Trust No.3	02.09.2016	40,000
7	Baldeodas Bhagirathi Shah Trust	07.10.2016	30,000
8	Jamnalal Bajaj Foundation	26.12.2016	1,00,000
9	Veena Shah	09.01.2017	2,00,000
10	Veena Diecasters & Engineers Pvt. Ltd	07.01.2017	15,000
11	Prakash Bawari Memorial Charitable Trust	31.01.2017	51,000
12	Rotary Club Bombay Charities Trust No. 3	02.02.2017	25,000
13	Rotary Club Bombay Charities Trust No. 3	21.02.2017	2,20,000
14	Baldeodas Bhagirathi Shah Trust	03.03.2017	60,000

S. NO.	PARTICULARS / NAMES	DATE	AMOUNT RECEIVED
15	Sunjewels Pvt. Ltd.	17.03.2017	5,00,000
16	Veena Diecasters & Engineers Pvt. Ltd	31.03.2017	12,000
17	Baldeodas Bhagirathi Shah Trust	31.03.2017	30,000
	TOTAL		14,23,500

Note: The audited Balance sheet would be ready & available by September 2017. The same would be send to all on request.



10

Status of Publications of Y.E.F.

The position of publications of books & new additions sale and stock of book are indicated below in the table for year 2016-17

S. NO.	NAME OF BOOK	OPENING STOCK	ADDITIONAL	SALE	CLOSING STOCK
1	Backcare Through Yoga	10	1034	182	862
2	Bronchial Asthma	1697	0	95	1602
3	Diabetes & Its Management	1453	0	272	1181
4	Directory of Yoga Organizations	556	0	18	538
5	Notes Basic Principal	13	0	8	5
6	Notes Shatkriya New	25	0	0	25
7	Prayer & Mantrajapa	5	1090	432	663
8	The Five Great Elements	1556	0	87	1469
9	Yoga for Seniors	681	0	95	586
10	Yoga Modules	472	0	143	329
11	Renunciation	869	0	23	846



S. NO.	NAME OF BOOK	OPENING STOCK	ADDITIONAL	SALE	CLOSING STOCK
12	Yogic Therapy Gujrathi	951	0	5	946
13	Carak Saram	719	0	36	683
14	Spirituality & leadership Practices for the common man	63	0	13	50
15	Y.E.F. Card	481	0	33	448
16	Yogic Therapy English	597	0	588	9
GRAND TOTAL		10148	2124	2030	10242



11

About Yoga Education Fund (Y.E.F.)

Maharishi Patanjali – more than 3000 years ago – documented the internal dynamics (interplay of Body, Senses, Mind, and Intellect & Soul.) of Human Beings. The Reality has not changed since then. Principles and Practices of Maharishi Patanjali are still valid and useful scientifically and otherwise, as well, Every human being can achieve Stability and Unity i.e., in Yoga all the time to be productive and successful.

योगस्थः कुरु कर्माणि

Perform action being steadfast in Yoga (Geeta II 48)

Swami Kuvalayanandaji since 1917 brought modern scientific approaches at Kaivalyadhama to apply Yogic Principles & Practices to develop human personality through practice of Astanga Yoga of Maharishi Pantanjali at the same time. Everyone can discover for oneself the Reality of human life, which can be summed up in brief as:

Nothing exists that is permanent, everything changes,
Nothing exists that is independent;
Nothing exists without a cause.

Yoga helps students to achieve qualities which are mentioned in our ancient scriptures as below:

काक चेष्टा बको ध्यानं, श्वान निद्रा तथैव च ।

अल्पहारी गृह त्यागी, विद्यार्थी पंच लक्षणं ।।

A student should be alert like a crow, have concentration like that of a Crane and sleep like that of a dog that wakes up even at slightest of the noise. The student should eat scantily to suffice his energy needs and neither less not more. Also he should stay away from chores of daily house hold stuff and emotional attachment.

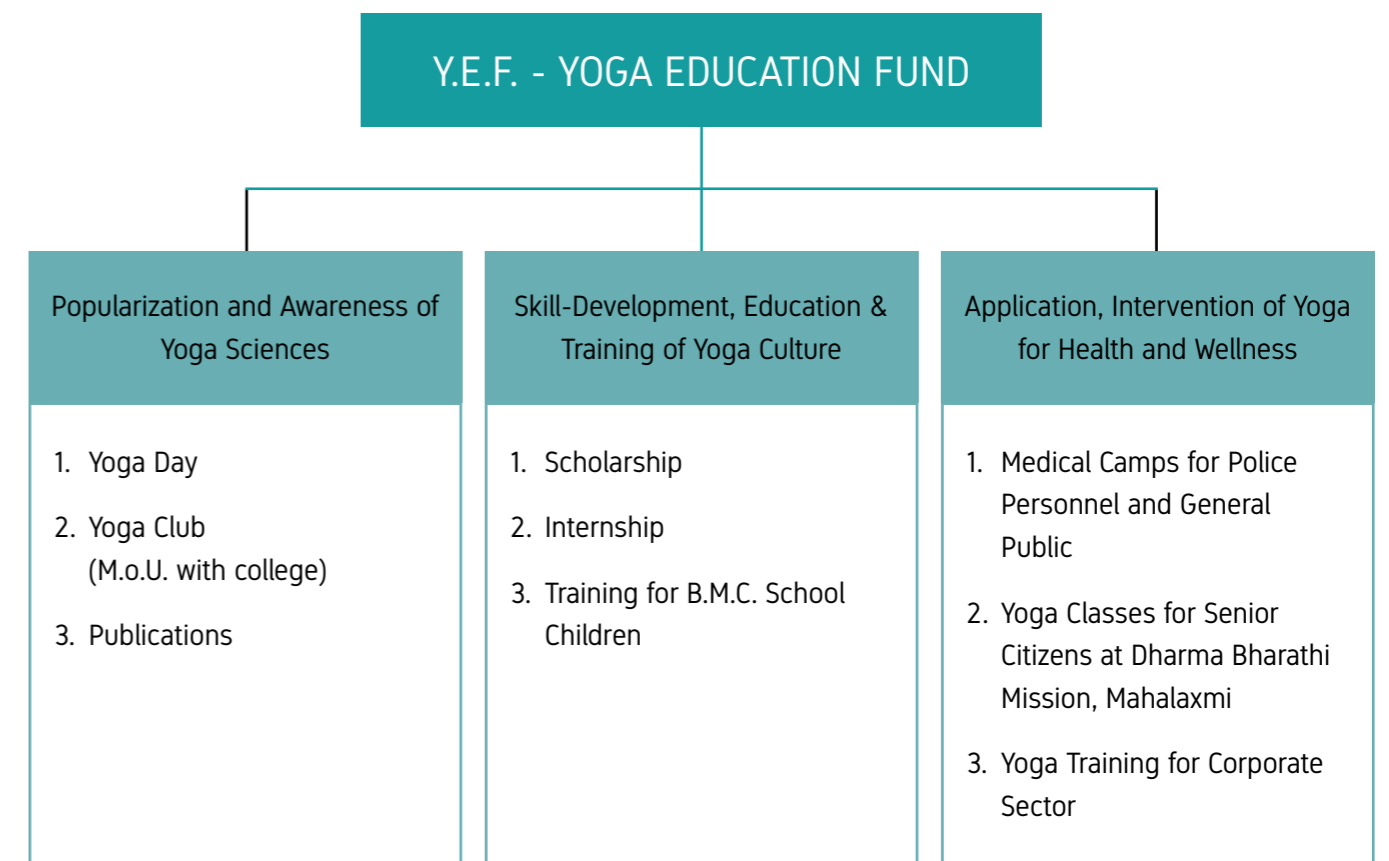
To propagate & promote this vision of Swami Kuvalyadanadji, Yoga Education Fund (Y.E.F.) came into existence in the year 2007 in the memory of “Shri Rameshwar Prasadji Nevatia” with an objective to encourage young men and women into basics of Yoga Science in all its pure and pristine form, so that they can pursue their life’s mission in the multiple disciplines of Yoga Science or take Yogic Practices to common man by involving themselves even in spare time for teaching, while they adopt any other career Yoga Teacher. The Purpose of the Yoga Education Fund is to educate people in India and abroad on what Yoga means, how it is preached and practiced and how the knowledge is useful in their day to day life in order to achieve their life’s mission, vision and multiple goals.

Y.E.F. focuses at holding classes, seminars and workshops for Students, Teacher, Doctors, Nurses and Homemakers. Y.E.F. is also concerned about promoting Yoga & Yogic teachings through books, periodicals, CD’s, films and other media and scholarships for Yoga education in multiple disciplines. All these are being produced and presented professionally

Y.E.F.- FOCUS ACTIVITIES

Broad framework for the focus activities of Y.E.F.:

1. Popularization and Awareness of Yoga Sciences
2. Skill-Development, Education & Training of Yoga Culture
3. Application, Intervention of Yoga for Health and Wellness





12

An Appeal

Kaivalyadhama started in 1917, by “Swami Kuvalyanandji” & Kaivalyadhama Ashram was established in 1924 at Lonavla, to educate common man in the field of Yoga and to promote Scientific Yoga, so that various health related problems could also be attended.

Yoga Education Fund (YEF) has been created in 2007 in the memory of “Shri Rameshwar Prasad Nevatiaji” and is administered and managed by Kaivalyadhama Ashram to pursue the goals.

VISSION & MISSION

- Educate common man in India and abroad on what Yoga means by sharing preached and practiced Yoga knowledge
- Hold classes, seminars and workshops for willing Yoga students and consider granting scholarship for various yogic activities
- Professionally published scientific & traditional yogic teachings through books, periodicals, CDs, films and other media means

In view of the fact that 21st June have been declared as International Yoga Day by United Nations General Assembly (U.N.G.A.) in September 2014, your generous financial support will help the cause of yoga, as visualized by Swami Kuvalyanandji - while establishing Kaivalyadhama Ashram during 1924.

Swami Maheshananda

Chairman
Yoga Education Fund
Kaivalyadhama, Lonavla

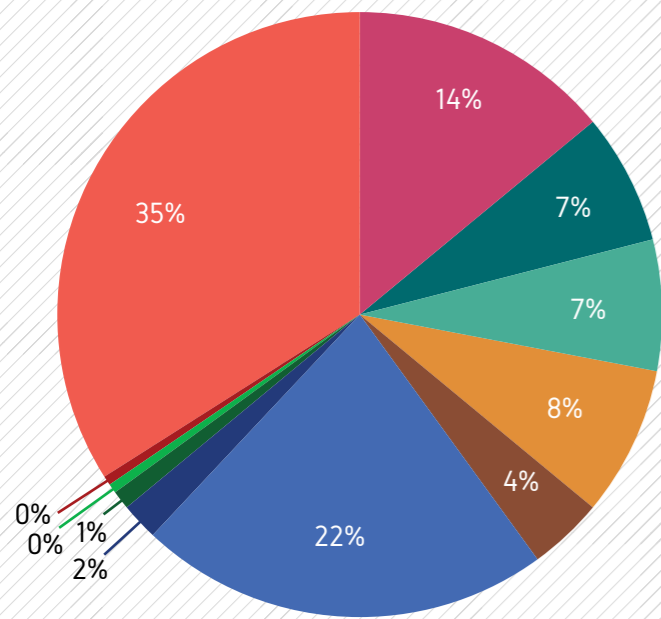
Shri Sitaram Shah

Member
Yoga Education Fund
Kaivalyadhama, Lonavla

Shri Subodh Tiwari

Member
Yoga Education Fund
Kaivalyadhama, Lonavla

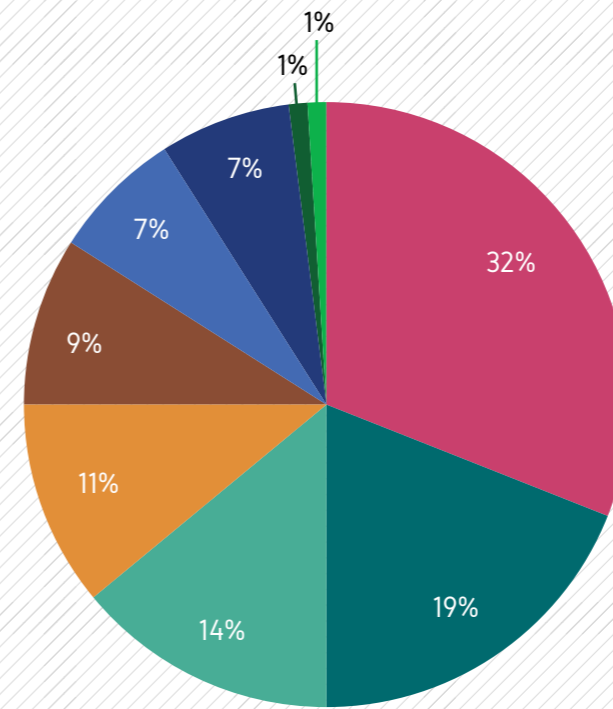
Statements of Accounts of Y.E.F.



YOGA EDUCATION FUND - DONATIONS IN F.Y. 2016-17

■ Veena Shah	INR 2,00,000
■ Jamnalal Bajaj Foundation	INR 1,00,000
■ Shri Kudilal Govindram Deksaria Foundation	INR 1,00,000
■ Baldeoas Bhagirathi Shah Trust	INR 1,20,000
■ Prakash Bawari Memorial Charitable Trust	INR 51,000
■ Rotary Club Bombay CHARities Trust No. 3	INR 3,10,000
■ Veena Diecasters & Engineers Pvt. Ltd	INR 27,000
■ Rhythm Realty Pvt. Ltd	INR 10,000
■ Dukes Retreat Ltd	INR 2,500
■ Advance Catalyst Pvt. Ltd	INR 3,000
■ Sunjewels Pvt. Ltd (Advance for 2017-18)	INR 5,00,000

TOTAL DONATIONS
INR 14,23,500



YOGA EDUCATION FUND - EXPENSES IN F.Y. 2016-17

■ Scholarships	INR 3,89,900
■ International Day of Yoga	INR 2,30,944
■ B.M.C. School Classes	INR 1,65,000
■ Administrative & Other Expenses	INR 1,38,880
■ Internship	INR 1,05,808
■ Publications: Purchases	INR 87,660
■ Dharam Bharti Mission Classes	INR 80,477
■ Medical Camps	INR 8,830
■ Other Trainings	INR 7,500

TOTAL EXPENSES
INR 12,14,999



Yoga Education Fund

Created in memory of

SHRI RAMESHWAR PRASAD NEVATIAJI



By his children as “The Authors” of the Fund

Shri Sushil Kumar Nevatia • Shri Sharad Nevatia

Smt. Veena Shah • Smt. Mridula Bawari

Managed by

KAIVALYADHAMA

Swami Kavalaynanda Marg, Lonavla – 410 403 (Pune)

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