I am happy to forward the Annual Report of Kaivalyadhama, Lonavla, for its members, readers and others. You will find that Kaivalyadhama is contributing in the field of research, training, and therapeutical aspects very well. We have got appreciation from all walks of life. Some new additional activities have also been started, like different trainings of yoga for social groups, including police personnel, doctors, social workers, etc. The response is unique. Really speaking, it is becoming difficult to meet the demand as our place is meant for regular academic trainings for the students of our college and short term courses for different groups. We find that the place is not sufficient therefore even though we have 3 hostels, we are falling short. But I must admit that the general cooperation from public by way of donations is also increasing, for which the Samiti is very thankful. I am sure the future of Kaivalyadhama is bright. Our sincere workers, other staff and senior research personnel are devotedly working. To them, I extend my hearty gratitude. I shall be happy to receive feedback from people after reading the report. Kaivalyadhama will always appreciate it.

Thank you!
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Central Administrative Department

Governance

Advisory Board Members

- Justice B.N. Shrikrishna (Retd) - Former Judge, Supreme Court of India
- Dr P.B. Desai, MS, FRCSI, FACS - Oncologist, Padmabhushan Awardee
- Shri B.C. Khatua, Chairman - Forward Market Commission
- Padma Shri Shri P.H. Parekh - Senior Counsel Supreme Court
- Shri M. Narshimhappa - I.R.D. (Retd)
- Dr Rajan Welukar - Vice Chancellor at G.H. Raisoni University
- Shri D.R. Kaarthikeyan - Advisor, Law, Human Rights, Corporate Affairs
- Shri Aijit Sharan - Former Secretary AYUSH

Governing Body Members

- Swami Maheshananda - Chairman
- Shri T.S. Rautela - Director, Ministry of HRD, Govt of India’s Nominee
- Shri Anil Kakria - Director (IFD), Ministry of HRD, Govt of India’s Nominee
- Shri R.K. Nayak - CAO/IFA NCERT, Nominee
- Dr Dhanraj Mane - Director of Higher Education, Govt of Maharashtra
- Justice D.R. Dhanuka (Retd)
- Smt. B.P. Khetan
- Shri R.R. Seksaria
- Smt. P.L. Mandke - Associate Member

Finance Committee Members

- Swami Maheshananda - Chairman
- Shri T.S. Rautela - Member, Secretary, Govt of India’s Nominee
- Shri Anil Kakria - Member, Director (IFD), Govt of India’s Nominee
- Shri R.K. Nayak - Member, CAO/IFA NCERT
- Dr Dhanraj Mane - Member, Director of Education (Higher)
- Shri Subodh Tiwari - CEO
- Shri D.P. Tiwari - Secretary

Key Associates

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

Auditors

M/s R.M. Rajapurkar & Co., CA, Nigdi, Pune
Mr Paresh Bhatt, Indore (Internal Auditors)

Architects

Gayatri Architects, Lonavla

Computer System Manager

M/s Indigenous Systems

Software & Website Advisor

Mr Tuhin Chowdhury

Institutional Recognitions

01. Ministry of Education, Govt of India, New Delhi
   The Institute is recognized as ‘An All India Institute of Higher Education’ vide letter No 7630/62-U.4 dt. 12th Nov 1962

02. Ministry of Finance, Govt of India, New Delhi

03. Ministry of Home Affairs, Govt of India, New Delhi
   Permanent Registered under Foreign Contribution Regulation Act (1976) Regd.No.083930295 dt. 9th May 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, Govt of India, New Delhi

05. Finance Division, Govt of Maharashtra, Mumbai
   14 days on-duty leave once in three year and 6 times in service tenure permitted to Government of Maharashtra’s Employees for attending 10 days Yoga Training Programme. Vide letter dt. 3rd Feb 2004

06. Ministry of HRD, Dept of Secondary & Higher Education, Govt of India, New Delhi
   Nodal Agency/Resource Center under ‘Introduction of Yoga Education in Schools’. Vide letter dt. 5th Apr 2004

07. Navodaya Vidyalaya Samiti, Govt of India, Dept of Secondary & Higher Education, New Delhi
   Recognized as ‘Kaivalyadhama as Yoga Consultant for Navodaya Vidyalayas. Vide letter dt. 6th Sep 2005

08. University of Pune, Pune
   Approved Centre for Post graduate research 14th Sep 2007

09. Office of the Commissioner of Income Tax (Exemptions), Pune
   Exemption under Section 80G (5) (vi) of the Income Tax Act 1961 No.PN/CIT(Exempt)/Tech/80G/162/2016-17/0147 dt. 12th Jan 2017

10. Ministry of AYUSH, Govt of India, New Delhi
    Inclusion of BA (Yoga Shastra) under AYUSH Scholarship Scheme dt. 20th Feb 2019
The CAD Team

Swami Mahe-shananda
Chairman

Mr O.P. Tiwari
Secretary

Mr Subodh Tiwari
Chief Executive Officer

Mrs Pushpa Mandke
Consultant - Administration

Brig. Suhas Dharmadhikkar
Consultant - Operations

Mr Sharad Sinha
Administrative Officer

Ms Ashwini Mudalgikar
Office Superintendent

Mr Praveen Veer
Accounts Assistant

Ms Shraddha Kulkarni
Store keeper

Mr Bandu Kute
Assistant Librarian

Mr Kiran Landge
L.D.C. (Supervisor)

Mr Santosh Pawar
Electrician (Supervisor)

Mr Ravindra Dauneri
Supervisor

Ms Sanghamitra Kulkarni
Mess Supervisor

Mr Rodney Raymond
Supervisor

Support Staff
Multi skilled - 24
Garden - 1
Security - 8

Functions

Infrastructure & Maintenance

Legal

Administration & Coordination

Human Resource Development

Finance

Statutory

Public Relations/ Liaison with Agencies

Meetings

EXECUTIVE COMMITTEE
26th Aug 2018 & 20th Oct 2018

FINANCE COMMITTEE
13th Jul 2018

BOARD OF ADVISORS
1st Jun 2018

BOARD OF LIFE MEMBERS
13th Jul 2018 & 2nd Jan 2019

GOVERNING BODY
13th Jul 2018 & 6th Dec 2018

C.C.R.Y.N. Meeting

A meeting with Dr Ishwara N. Acharya, Director of Central Council for Research in Yoga & Naturopathy (C.C.R.Y.N.), Ministry of AYUSH was held on 15th September 2018. The Kaivalyadhama Scientific Research team was led by Shri Subodh Tiwari and Dr R.S. Bhogal.

Governing Council Meeting

The meeting of the Governing Council was held under the Chairmanship of Puja Swami Ramdev-ji Maharaj. The meeting was attended by Dr H.R. Nagendra, Shri O.P. Tiwari, Swami Bhartat Bhushan, Swami Atmapriyananda, Smt. Kamlesh Barnwal, in person. Gurudev Sri Sri Ravi Shankar-ji, Swami Chidananda Muni-ji, attended through Skype. Representatives of Art of Living, Isha Foundation & Parmarth Niketan were nominated by Gurus to attend for solidarity support and inputs. Historic decisions were taken, to be detailed in Minutes and circulated upon approval of the Chairman, but to highlight a few:

1. Representation to PM to be made for statutory recognition of I.Y.A. This will resolve many issues being faced by Yoga institutions.
2. In principle acceptance to execution of State Chapters of I.Y.A. This will strengthen I.Y.A.
3. Memorandum of Understanding with Ph.D. chambers signed for promotion of krishna circuit. This will promote spiritual tourism.
4. Movement towards making one lakh Volunteer members. In numbers we have strength.
And many more of the Indian Yoga Association.

Meeting of Indian Yoga Association

There was a meeting of Indian Yoga Association in the new office in Dwarka in New Delhi. It was quite a fruitful meeting. I.Y.A. members will work with A.I.C.T.E. to look at SWAYAM Yoga programmes. Life members will now be welcomed more and more to have new ideas and avenues in propagating yoga and meeting objectives of I.Y.A. J.I.O. has also presented to have the member institutes setup with wi-fi and connect these institutes. There was also brainstorming on other items.
Meeting of the Ministry of Skill Development and Entrepreneurship

Shri Subodh Tiwari represented Kaivalyadhama at the meeting of the Ministry of Skill Development and Entrepreneurship and the Indian Yoga Association on 10th September 2018 in Bengaluru. He was accompanied by Dr Sharadchandra Bhalekar.

Healthcare Sector Skill Council organised the first national committee meeting in New Delhi on 27th February. It was for the development of standards for Yoga therapy assistants including syllabus, role, certification to give proper recognition to the Ayush systems with the help of the Indian government. It was chaired by Dr H.R. Nagendra. He talked about synergy between Y.C.B. standards and Skill Council standards. He also said that implementable solutions of integrative approach of yoga therapy need to be developed, that are scalable. A lot of research has already gone into this by institutes like Kaivalyadhama.

Meeting of the Executive Council of Indian Yoga Association

The 18th Meeting of the Executive Council of Indian Yoga Association was held in New Delhi on 27th February 2019. Actions taken on the earlier meeting was discussed. The achievements were also discussed, along with the new MoU signed, strengthening the objectives. The success of Yoga Kumbh was also presented and discussed. Other details of the new projects with I.G.N.O.U. and Braj Parishad were communicated.

Guest-Visits

Dr Rajani Mullerpatan (Ph.D., M.Sc. P.T.), Prof-Director, M.G.M. Centre of Human Movement Science and Team to Kaivalyadhama as on 2nd April 2018

Mr Kunal Verma, Managing Director of Centre for Fundraising

Dr H.R. Nagendra-ji and Prof. Ravindra Kumar visited on 4th December 2018. Shri O.P. Tiwari-ji in conversation with Padma Shri and Yoga Shri Dr H.R. Nagendra-ji and Prof. Ravindra Kumar, ex-Vice Chancellor of I.G.N.O.U. at Kaivalyadhama.
Dr Chinmay Pandya, Pro Vice-Chancellor of Dev Sanskriti Vishwavidyalaya visited on 24th March 2019 and delivered a talk on Human Excellence, which was deeply inspiring. Dr Pandya’s talk encouraged us to consider human qualities such as compassion for others, strength of personal conviction, perseverance against odds, inspiring others by one’s own belief and deeds - to uplift oneself and others to do greater good for mankind. Referring to social and spiritual leaders (e.g. Swami Vivekananda, Sri Aurobindo) as well as the common man, Dr Pandya spoke of human excellence as something that contains both social and spiritual significance, concluding with the message that we are all capable of achieving this human excellence. At the event, an MoU was signed between Dev Sanskriti Vishwavidyalaya and Kaivalyadhama to share knowledge and resources.

Dr William Selvamurthy - President, Amity Science Technology and Innovation Foundation, Director General for Amity Directorate of Science and Innovation, and Chair Professor for Life Sciences, spent the morning on a leisurely stroll through our ashram, acquainting himself with various departments and facilities in Kaivalyadhama, and concluding with a meeting with Shri O.P. Tiwari-ji and Shri Subodh Tiwari-ji.

We were pleased to welcome Mr Vinay Kargaonkar, Additional Director General of Police (Traffic - Maharashtra Police) for a weekend programme of relaxation and detoxification to rejuvenate the body and mind.

Shri Vaidya Rajesh Kotecha, Secretary AYUSH Ministry, visits Kaivalyadhama

We were privileged to have Dr Amiya Bhaumik, Vice-Chancellor & CEO of Lincoln University College, Malaysia, visit Kaivalyadhama with the purpose of exploring joint educational and research opportunities between Kaivalyadhama and his University. He was accompanied by Mr Subhash Athavale and Dr Peshori.

Kaivalyadhama signed an MoU with Vidyasagar Technological Institute of Physical Education and Sports in Purba Medinipur, West Bengal, led by its founder Dr Tushar Kanti Bera, who was a respected senior member of Kaivalyadhama’s Scientific Research Department.

Vice Admiral Suresh Bangara, Retd (P.V.S.M., A.V.S.M.) was the Guest of Honour for the 70th Republic Day Celebration at K.V.N., Kaivalyadhama Lonavla. He illuminated the minds of the young students of our school and college, and shared some beautiful thoughts on how we, as a unit, contribute to the nation.

Dr Lu Fang’s visit
22nd February 2019
Kaivalyadhama across the World

Workshop on Yoga, Pranayama & Patanjali Yoga Sutra 9-10 May 2018

The teachings of Patanjali transmitted from ancient times and the students who studied yoga repeatedly gathered in the building of the Edo era in Japan 450 years ago. Shri Sudhir Tiwari and Patanjali seemed to be like the same person in the lecture in the old house during the workshop. The workshop focused on a very deep interpretation of Patanjali Yoga Sutra, the importance of learning to eliminate all the confusion of yoga, and to eliminate the cause of daily suffering. There were also Pranayama and Yoga sessions.

Workshop on Pranayama, Asanas & Mantra Chanting

A three-day workshop on April 27-29, 2018 was organized by Neeru Prashar, a graduate of Kaivalyadhama Institute, in Edmonton, Canada, where Shri Sudhir Tiwari led extremely informative sessions on Pranayama, Asanas, Mantra Chanting and Meditation in the Kaivalyadhama lineage. The sessions included the theoretical aspects of all these practices and had practical demonstrations as well, thereby filling up the attendees with positive vibrations on all three days. Sudhirji, with his abundant experience in presiding over such workshops all over the world, exhilarated the attendees with his immense knowledge of Pranayama and Yoga asanas, while also touching on yoga philosophy and Ayurveda. Theory lectures were also conducted on The History of Yoga to give the participants an understanding of Pre-Classical and Classical Yoga and Swami Kuvalayananda’s contribution to the modern yoga world.

The workshop was fully booked and everybody enjoyed being a part of it. One of the participants described his experience like this:

“I have had the privilege and good fortune of attending a number of helpful and informative yoga classes and workshops over the course of my yoga practice and certification. This weekend with Sudhir Tiwari was the most inspirational and captivating of all. I have rarely been in the presence of and taught by someone within whom the qualities of spirituality and scholarship are so effectively projected to the students. These past three days were a treasure.” - Brian Olajos

Another interesting aspect was the presence of many of the students (who have now become famous teachers) of Friedal Khattab, who is the pioneer of yoga in Edmonton and Alberta, and was a student of Kaivalyadhama in the 1970s. She shared the traditional practices and teachings with her students in Alberta and kept them alive in some form or the other. She passed away in 2015 and left behind her work and students as a legacy. All of them were overwhelmed to have Sudhir-ji and even mentioned how Sudhir-ji’s sense of humour reminded them of her classes.

This was Shri Sudhir Tiwari-ji’s first workshop in Edmonton, and we look forward to having more workshops like this in the future and spread Swami Kuvalayananda’s vision of undiluted yoga in the modern world.

Workshop on Pranayama and Meditation Workshop

Shri Sudhir Tiwari gave an amazing 4-day Pranayama and Meditation Workshop at the Shala. Everyone felt very inspired and pleased to announce that Sudhir Tiwari will return in April 2019.

Pranayama Workshop, Hamburg, Germany

Pranayama and Meditation Workshop

Pranayama and Meditation Workshop at YogaLite, France. The workshop was part of the one-year instructor training course which started in January 2018 but it was open to other participants too. About 40 people came to learn the wisdom of traditional yoga. Next workshop with Sudhir is planned for April 2019.

Asana and Pranayama the Traditional Way, France

Sudhir Tiwari conducted a 3-day workshop at YogaLite, France. The workshop was part of the one-year instructor training course which started in January 2018 but it was open to other participants too. About 40 people came to learn the wisdom of traditional yoga. Next workshop with Sudhir is planned for April 2019.
HOPE Yoga Summit Conference in China

Shri O.P. Tiwari (Secretary, Kaivalyadhama Yoga Institute) was honoured, in absentia, with a coveted LIFE TIME ACHIEVEMENT AWARD by Yogi Yoga, China, on May 11, 2018, for his outstanding, unprecedented and unparalleled contribution to India-China Cultural Relations at the HOPE Yoga Summit Conference.

Prof. R.S. Bhogal, A.D.R. i/c, Scientific Research Department of Kaivalyadhama, conducted four workshops at the yoga summit:

i. Understanding Mind and Meditation,
ii. Kriya Yoga Meditation,
iii. Do’s and Don’ts in the path of Meditation, and

Yoga Meditation Programs in China

Prof. R.S. Bhogal actively participated in HOPE Yoga Summit Conference (May 11-13, 2018) in Beijing, organized at the scenic Water Park Resort with the backdrop of mountains and China Wall. Prof. Bhogal also conducted Yoga Meditation Workshops, comprising theoretical and practical aspects of Dhyana, for 350 plus participants in three major cities of China. After conducting a three-day workshop in Beijing, he moved to Guangzhou for a workshop and a seven-day Yoga Programme, following which he flew to Shanghai for a workshop and a seven-day Meditation Workshop. As the final leg, he returned to Beijing for a seven-day workshop on Meditation, before flying back to India. Meditation Programmes were based on Yoga texts such as Patanjala Yoga Sutra, Shiva Samhita, Vasistha Samhita, Hatha Pradipika, Principal Upanishads, Bhagwat Gita and Vishnusa Bharadv Tantra, apart from having bases of meditation from living traditions of Kaivalyadhama and other institutions.

Pranayama, Ayurveda & Meditation by Shri Sudhir Tiwariji, China

The last phase of the two-year Pranayama, Ayurveda and Meditation course by Shri Sudhir Tiwari finished in July 2018. This included theory and practice classes and exams within seven days. The students have now built their concept of traditional yoga and have become a part of the Kaivalyadhama lineage.

For Kaivalyadhama China, this two-year course is a first-step in teaching pure traditional yoga with depth to yoga enthusiasts in China. Of course, the students would need to continue their own study and practice after they return home. We were happy to observe their internal growth as well as their practices and lifestyle.

Pranayama and Asana in Vienna, Austria

Pranayama and Asana in Kaivalyadhama Lineage with Shri Sudhir Tiwari. At Pure Yoga in Vienna, Austria, 30th August to 2nd September 2018.

Introduction to Pranayama: The Hague, The Netherlands

Asthya Yoga, Chengdu, China
Shri Sudhir Tiwari-ji conducted a 5-day programme in the first week of November 2018, filled with traditional asana, pranayama, meditation and chanting with philosophy for a very curious and dedicated group of yoga enthusiasts at Astha Yoga, Chengdu, China.

Kaivalyadhama France: ‘From Pranayama to Meditation’
On 24th October 2018, four days of asanas, pranayama, meditation and chanting was conducted. Discussion sessions on pancakoshas and consciousness, based on Tatttaya Upanishad with Sudhir Tiwari, Elisabeth Alixant and Swati Sharma.

Yoga Conference in Hungary
Yoga Conference in Budapest organized by the Hungarian Yoga Teachers Federation. Csongor Selmeci spoke about ‘Meditation and Brain functions according to Hungarian yoga research and results of Kaivalyadhama research’. The conference, which took place in Budapest Hungary on 4th November 2018, was attended by a large group of yoga teachers.

Ashtanga Yoga, Dublin
A three-day workshop at Ashtanga Yoga Dublin, 15-17 February 2019, by Shri Sudhir Tiwari: Traditional Asanas, Pranayama, Meditational Techniques and chanting. And a very engaging discussion on Practicality of Kriya Yoga in weakening of Klesas and other related obstacles.

Delight Yoga, Amsterdam
A Pranayama workshop at Delight Yoga in Amsterdam with Shri Sudhir Tiwari on 19th February 2019. It is evident that the interest in Pranayama is growing continuously.

Pranayama Workshop in Helsinki
Six consecutive years of Pranayama practice in Helsinki, Finland with Shri Sudhir Tiwari. This year, the workshop was conducted on 21-24 February 2019. The traditional yoga community keeps growing in Helsinki, reiterating the fact that yoga is an experiential practice benefiting overall well being of the practitioner. Due to the growing interest, a workshop in August this year has been added in Helsinki.

Ayurveda T.T.C. in China
Kaivalyadhama China completed the second phase of the Ayurveda T.T.C. with 20 participants enrolling for the programme. Dr Supriya Kulkarni had a one-day workshop for the common people on Ayurvedic health and the programme was well-received by the participants. It is the only course in China which teaches the traditional ways of Ayurveda with depth.

Abhyasa, Kaivalyadhama U.S.A.
Abhyasa is part two of the two-part online Instructor Certification Course. The online course is offered by Kaivalyadhama Lonavla. In the U.S., Abhyasa is a 10-14 day intensive training where the student learns asanas, kriyas, cooking etc., as per Kaivalyadhama tradition and then prepares lesson plans to teach yoga classes before completing the course. These photos show an Abhyasa programme in progress in Emerald Isle, North Carolina, in December 2018.
Indian Embassy in China

On March 2nd, Dr. Supriya A. Kulkarni represented Kaivalyadhama Lonavla at the Indian Embassy in China. She addressed a gathering at the Embassy and shared her views on ‘Ayurveda - The science of life’. Dr. Supriya Kulkarni conveyed her views on the significance of ancient Indian sciences like Ayurveda and Yoga in modern times. The session lasted for 90 minutes followed by Q&A with the audience.

Nowruz Festival at China

The Indian Embassy in Beijing had invited Kaivalyadhama China to participate in the festivities to mark the International Day of Nowruz, which marks the first day in spring. It is a Day of Unity and Friendship of people celebrated by the Shanghai Cooperation Organisation (SCO) with its member countries. The festival was held in Beijing on 22nd March 2019. Thirteen countries, represented by their embassies, were invited. The Kaivalyadhama China team, representing the Indian Embassy in China, demonstrated yoga asanas in the Indian tradition.

Sudhir Tiwari at New Orleans - T.T.C.

Traditional Pranayama and Asanas with Shri Sudhir Tiwari in Kaivalyadhama lineage as a part of Balanced Yoga and Ayurveda T.T. course in New Orleans, U.S.A., March 8-10, 2019.

Participation in Conferences / Workshops / Events

Pranayama Course by Shri O.P. Tiwari-ji for Dr Motoko Saito’s Group

A special workshop was organized for a group of participants from Wellness Chandra, Japan, whose centre in charge was Dr Motoko Saito. The group was given orientation to practice advanced Pranayama by Shri Omprakash Tiwari. They also participated in Panchakarma Therapy which was monitored by Dr Jagdish Bhutada. The group stayed in Kaivalyadhama for 15 days and took advantage of both disciplines: Ayurveda and Yoga. A few lectures and Q&A sessions were also arranged for the group. The programme went off very well and the group expressed a desire to return next year.

Meditation Workshop by Dr Sharad Bhalekar for Dr Motoko Saito

Meditation Workshop by Prof. R.S. Bhogal

26 participants from different countries and from different cities of India experienced classical meditational practice sessions conducted by Prof. R.S. Bhogal, which was organized under the auspices of S.A.D.T. Hospital and Healthcare Centre of Kaivalyadhama. Based on the authoritative scriptures, as well as Tantric and Yogic texts such as Vijnana Bhairava Tantra, Patanjala Yoga Sutra, Shrimat Bhagwat, and techniques from Buddhist traditions, the participants underwent the basic theory and practical sessions in meditation. During their experiential sessions, all the attendees were appreciative of the comprehensive and holistic approach to meditation, and were also benefited by Kriya Yoga of the Kaivalyadhama tradition.
Sound Healing Workshop

Sound Healing Workshop was organized by Kaivalyadhama from 22nd to 29th April. It was conducted by Mrs Roshan Bahar at ‘Manan’. It is beneficial for multiple diseases as well as emotional issues.

Special Two-Week Course in Yoga for Hungarian Group

Yoga-Sala: An Expo on AYUSH and Seminar on Yoga

Shri Subodh Tiwari was invited as a speaker at the Seminar on Yoga which was held on 6th May 2018 as a part of the Yoga-Sala. He spoke on understanding the essence of classical and contemporary Yoga. The Seminar was attended by numerous delegates and students.

Kaivalyadhama organized Yoga for the Staff of A.C.T.R.E.C.

On 2nd April 2018, the staff of Advanced Centre for Treatment, Research and Education in Cancer (A.C.T.R.E.C.) in Navi Mumbai attended an introductory session on yoga by Kaivalyadhama. The event took place in the P.S. Mini Auditorium with 21 registered members.

Three-year Teachers’ Training Course in Pranayama

The course is led by Shri Sudhir Tiwari, Director, Kaivalyadhama International. The participants, who had arrived from various parts of the globe, convened in Kaivalyadhama Lonavla to complete the last leg of their second year, in July 2018. The schedule was on a strict deadline filled with lectures, practical sessions (asanas and kriyas), discussions on Pranayama, participation in a ‘havan’, and examinations both in theory and practice (teaching sessions, presentations, asanas and kriyas). It was a hectic step but well spent by the participants under the guidance of Shri Sudhir Tiwari ji, our own and guest faculty, and the team of yoga instructors at Kaivalyadhama.

We successfully launched the second batch of our exclusive three year T.T.C. Pranayama course on 9th October. The group of 14 participants of all age groups from across the world came together for this first step. They enjoyed our jet lag massage to get over their travel exhaustion to start afresh with the comprehensive full week of the first step. Sudhir-ji led the group through introduction of pranayama practices along with preparatory practices. Mantra chanting and fire ceremonies (havan) led by him as part of Ishwar Pranidhan started the days with the right tone. There were also sessions of kriyas and asanas led by Ms. Jyoti Soni. There were lectures on various subjects like Pranayama in general, its evolution, Respiratory system, Kriyas as per Hathpradipika, Gherand Samhita etc., by our faculty Shri Sudhir Tiwari-ji, Dr B.R. Sharma, Dr Sharadchandra Bholekar, Dr Parseeda Menon, and Dr S.D. Pathak. The group was really satisfied, happy and thoroughly enjoyed the whole experience and left with the excitement for the 8 steps ahead. It was a great start to this new batch.

The group of 17 participants coming from different countries of the world from T.T.C. Pranayama first batch came together again to start the third year, on 29th November. Shri Sudhir Tiwari-ji led the group through a progression of pranayama practices with retention with bandhas, kriyas and rendition of mantras. Pulse reading sessions with Dr Supriya Kulakarni
were quite fruitful. There were lectures on topics from yoga therapy, patanjali yoga sutras and teaching methodologies. Ms. Jyoti Soni and Shri Banwari Lal took sessions on asanas and kriyas. Some advanced asanas were introduced. The group also had a combined session of performing kriyas with the D.Y.Ed. students of the college. This time the participants took the role of teachers themselves and took hour-long teaching sessions of Pranayama of the D.Y.Ed. It was a good learning and experience for the students of both the courses. Although all participating teachers weren’t proficient in English, they communicated well and came across as confident teachers. The schedule was pretty hectic for the group this week, ending with a beautiful evening out at Dukes Retreat for a satvik dinner.

T.T.C. Pranayama Phase 3 Step 2 started on 25th March. Dr. Supriya Kulkarni introduced the T.T.C. Pranayama participants to Pulse examination according to Ayurveda thinking, taking a step-by-step approach to Pulse diagnosis with respect to Ayurvedic theory of Tridoshas and practical understanding of its features.

The first debate in which the T.T.C. Pranayama students participated was on the topic, “Styles of yoga this day and age. So, do they all conform to the definition of asana as per Patanjali?” and the two opposing teams dug into their banks of knowledge to put forth their arguments in the presence of Shri O.P. Tiwari-ji and Shri Sudhir Tiwari-ji. No winners; just a friendly exchange of thoughts and ideas. The second debate had the two competing teams of our T.T.C. Pranayama participants presenting their points of view on the topic “Is Hathayoga pranayama different from Patanjali’s pranayama?” Happily, it was more sharing of information than a competition.

Healing through Sound Therapy

Healing through Sound Therapy helps align the vibrations of our mind and body until they resonate in rhythm, weaning away the distortions or negative vibrations which cause disharmony within us. There was a second workshop in the year.

SOHAM Retreat

SOHAM is a two-week-long immersive healing programme. The word SOHAM is an acronym for Self Observation Healing and Awareness Mantra.

Pranayama Intermediate Course

By Shri O.P. Tiwari-ji

The Intermediate Pranayama Course conducted by Shri O.P. Tiwari-ji was held during 16-30 September 2018 welcoming participants from India and across the globe.

Online Yoga Instructor Course

The practical sessions for the Online Yoga Instructor’s Course were held here in Kaivalyadhama Lonavla in the first half of September 2018. Barring a few, most of the participants came from different parts of the world, but they all returned with valuable learning from the Kaivalyadhama lineage of yoga education.

Continuing Medical Education (C.M.E.)

A total of 24 yoga teachers were enrolled for the C.M.E event last August. The C.M.E. schedule included 12 practical and lecture sessions of 1.5 hours each daily for 6 days. A total of 12 resource persons were utilized for practical classes and lecture sessions separately. The resource persons gathered from Kaivalyadhama Lonavla, along with those from the states of Tamil Nadu, Gujarat, Himachal Pradesh, and Odisha were there to guide the C.M.E. students in their practices. The President of K.M.Y.M. Samiti, Kaivalyadhama, provided each participant with a certificate for successful completion. This C.M.E. programme was successfully co-ordinated by Ms Sindhu Tiwari, Assistant Yoga Teacher, and Ms Malti Shanbag.
Indian Philosophy and Psychology Workshop

A workshop on Indian Philosophy and Psychology was conducted by Dr N. Ganesh Rao in the last week of September 2018. Participants from India and overseas attended this interactive workshop (both theory and practice) and, as it is common among Dr Rao’s workshops, the programme concluded with the participants happily sharing their feedback, with many of them expressing their intention of attending other workshops by Dr Rao in the future.

I.N.S. Shivaji: Yoga Practice for Officers and Families

We are privileged and honoured to be part of the Platinum Jubilee Celebrations of I.N.S. Shivaji, Lonavla. The I.N.S. Shivaji houses the Naval College of Engineering, which trains officers of the Indian Navy. As a part of their fitness drive, they have invited us to train their officers and their families on yoga.

Traditional Yoga Meditation for Holistic Health

Dr R.S. Bhogal

This one-week-long programme on meditation led by Dr R.S. Bhogal was intensive and ‘deeply quiet’. The mornings and evenings were devoted to meditation practice for the participants, but the sessions during the day were filled with enlightening lecture discussions on various topics covered by Dr Bhogal himself and other Kaivalyadhama faculty members. Here’s a partial list of topics: Kriya Yoga - A Yogic Panacea for Health and Harmony, A Scientific View of Meditation, Mantra Yoga, A Neuro-Psychological View of Meditation, States of Mind for a Meditator, and Obstacles in the Path of Meditation.

Advanced Pranayama

The Advanced Pranayama programme is intended for participants who are well-practiced into pranayama of the Kaivalyadhama lineage but wish to advance to a higher level. The participants spent 2 weeks under the tutelage of Shri O.P. Tiwari-ji, learning higher forms of breathing techniques and how to control the higher energy that is generated within the body during the practice. The programme concluded with the participants briefly sharing their gratitude and their net takeaways from the programme, and receiving their certificates from Shri O.P. Tiwari-ji.

Ayurveda Therapy Course

As a follow up to the intensively learning experience of the Ayurveda Online Course, it was time to put the knowledge into practice. And so, in November 2018, we started our onsite two-week-long Ayurveda Therapy course. It involves the methodology, application and procedures of various Ayurveda therapies, giving the participant hands-on experience in these therapies.

AYUSH Goa Conference

Glimpses from Kaivalyadhama’s participation in the International Conference on Yoga for Public Health, organised by Ministry of AYUSH and held in Panaji, Goa, during 12-13 November 2018. The Conference was inaugurated by Shri Shripad Naik, Hon’ble Union Minister of State, Ministry of AYUSH. Gurudev Sri Sri Ravishankar, Dr H.R. Nagendra and Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, along with other dignitaries graced the occasion. Shri Subodh Tiwari co-chaired two technical sessions in the conference: Yoga as a Preventive Medicine and Yoga for Occupational Health. Shri Subodh Tiwari and Smt.
Beginner’s Pranayama

The Beginner’s Pranayama programme inaugural was held on 2nd Dec 2018 with Shri O.P. Tiwari-ji presiding over the introductory session. Classes and practice sessions continued through the 2 weeks during which the participants explored various breathing techniques. It was wonderful to see such devotion to Shri O.P. Tiwari-ji from the participants and such great bonding within the group. The 2-week-long programme was over much too soon. The concluding ceremony included om chanting, relaxation, discussions and distribution of certificates, once again presided over by Shri O.P. Tiwari-ji.

Online Yoga Instructors Course

We were delighted to inaugurate another batch of our Online Yoga Instructors Course in early November. It was a compact group of 5 women and their keenness to learn about Kaivalyadhama’s tradition and philosophy of yoga was heart-warming.

Yoga training for N.W.W.A. at I.N.S. Shivaji

We were honoured to be chosen to provide yoga training to Navy Wives’ Welfare Association (N.W.W.A.) at I.N.S. Shivaji at Lonavla. Yoga classes were conducted thrice a week.

Hatha Yoga Workshop by Ganesh Rao

Dr N. Ganesh Rao’s Hatha Yoga workshop began with a classroom-full of eager yoga participants, on 8th December. Day-time classes and evening asana practice sessions were conducted by Dr N. Ganesh Rao himself, leading these inquisitive and cheerful participants. The week-long workshop concluded with a revision of the important Hatha Yoga texts. This was followed by feedback from the participants and the distribution of certificates.

Loyola Marymount University (L.M.U.)

A representation of faculty members from Loyola Marymount University from California, U.S.A., visited us in December 2018. After an orientation to the Kaivalyadhama philosophy and lineage by Shri Subodh Tiwari, they were led by Prof R.S. Bhogal to understanding yoga and mental health and introduced to kriya yoga. Dr N. Ganesh Rao conducted a series of lecture-discussions on Yoga Philosophy and Therapy, and the L.M.U. team spent a few hours looking at ancient manuscripts and understanding the role of our Philosophico-Literary Research Division. A masterclass on pranayama with Shri O.P. Tiwari-ji was a deeply-informative session for the faculty of Loyola Marymount University, which led to a ‘havan’ in the evening, followed by a discusison on the ‘Self’ and the ‘I’ by Swami Maheshananda-ji. Dr Sharadchandra Bhalekar addressed the L.M.U. team on anatomy and physiology and their relevance in yoga.

Pranayama Anusthana

The Pranayama Anushthana training programme with Shri O.P. Tiwari-ji was held during 11-24 November 2018. This programme was intended for pranayama practitioners who already possess several years’ experience in pranayama and wish to advance their practice in the field of pranayama.

World Diabetes Day Celebration

In recognition of World Diabetes Day which was on 16th November 2018, the Diabetic Association of India and its Pune Branch celebrated the event on 25th November 2018. The occasion was graced by a fraternity of diabetologists, dieticians, diabetic patients, patients with multi-organ transplants, members of Diabetic Association Pune Branch, and representatives from K.S.M.Y.M. Samiti: Dr S.D. Pathak and Smt. Pratibha Rajbhoj. During the programme, Kaivalyadhama’s representatives presented information on their AYUSH-funded research project, where researchers are addressing the pre-diabetic population and studying a gene expression with the purpose of delaying and averting the onset and/or symptoms of Diabetes.
AYUSH Stress Management Workshop

Glimpses from the inauguration of the 2-day AYUSH-sponsored Workshop on Yoga for Stress Management for officers deputed by D.H.S., National Health Mission, Govt of India, on 16th March.

Yoga Workshop for Cancer Patients & Caregivers, at Command Hospital Pune

Mediation Talks and Lectures at International Yoga Fest held on 19th and 20th March in New Delhi as a curtain raiser event for I.D.Y. Shri R.S. Bhogal took multiple sessions. The sessions were very popular with big turnout.

Kumbh Mela, Prayagraj, 2019

MGM-IHS Spinal Care Conference on 18-19 January 2019

Foundation Day Celebrations

Kaivalyadhama celebrated its 94th Foundation Day over 3 days during 18-20 October 2019. The celebrations began with a ‘havan’ ceremony on the morning of 18th October, followed by a ‘mahaprasad’ where trustees, guests, well-wishers, teachers, students and staff got together to celebrate our Foundation Day over a special community lunch.

A quiz competition was organised in the afternoon. Four teams representing Students, S.R.D.-P.L.R.D., College and H.H.C.-Ashram battled it out, ably compared by Shri Bernard Britto. Dr Rajani Pradhan and Shri Udit Sharma streamed out one question after another to challenge the participants on stage as well as the audience. The Pune Rural Police were our guests the next day at Kaivalyadhama as a part of our Foundation Day celebrations. They were led by Dy S.P. Shiv Thare and participated in pathology tests and medical fitness checkups in our Scientific Research Department and Pathology Lab in the morning. Thereafter, a short inaugural talk by Dy S.P. Thare led to a yoga workshop for the Police personnel. An hour or so was well spent in celebrating our heritage and our achievements in the past year, as well as felicitating those who championed our quiz competition based on Kaivalyadhama’s history, heritage and the present.

This was followed by an interactive session on reminiscing Swami Digambar-ji. The students, faculty, staff and friends of Kaivalyadhama spent a couple of enjoyable and memorable hours listening to recollections of Swami Digambar-ji, our beloved spiritual leader, who was revered by all during his life and time in Kaivalyadhama as its first Secretary from 1924 to 1942, and even after, until he left us for his heavenly abode in 1990. The evening was time for music. We were treated to an evening of melodious recital of ‘bhajans’ by Swami Chaitanya Swaroop Das-ji. The celebrations concluded on the final day with presentations and discussions on the final day with presentations and discussions on the events, happenings and presentations from our various branches. Over the years, we have grown beyond our original ashram in Lonavla to fulfil the growing demand for yoga. Apart from conducting workshops across the globe, we have established Kaivalyadhama centres in Bhopal, Mumbai, Jaipur, New Delhi and most recently in Beijing, China. Representatives from these centres were here in Lonavla on our 94th Foundation Day to share their success stories. Shri O.P. Tiwari-ji concluded our Foundation Day celebrations by defining the very essence of Kaivalyadhama.
The 9th International Conference at Kaivalyadhama was organized to delve into the evolution of Yoga as a form of therapy. In the last century, Yoga has increasingly become an object of attention in the arenas of medicine, research, and the media. Specifically, Yoga therapy has come to take center stage as a mechanism to heal, prevent certain chronic diseases, and promote general well-being. From December 27th to December 30th, doctors, researchers, academics, and thought leaders in the field of Yoga gathered at Kaivalyadhama, Lonavala, to investigate and dissect the current definition of Yogic therapy and its scope in the modern context. Through various deliberations, delegates, synthesized evidence-based research related to Yoga’s success and failures as a therapy and also discussed the value of standardizing Yoga therapy globally.

Inaugural Ceremony

The 9th International Conference at Kaivalyadhama, Lonavala, was initiated with an auspicious Puja (prayer ritual) in dedication to Rishi Patanjali, one of the world’s greatest Yogic seers. The Puja was guided by Kaivalyadhama’s Spiritual leader, Swami Maheshanandaji, and the Institute’s Secretary General, Shri Om Prakash Tiwari, amongst a large crowd of students, staff, delegates, and Guests of honor who all engaged in the recitation of ancient Vedic mantras.

Presiding over the inaugural ceremony included various esteemed dignitaries such as former Judge of the Supreme Court Justice Shri B.N. Sri Krishna, Justice D.R. Dhanuka, Chief Investigative Officer of the Rajeev Gandhi case Dr D.R. Kaarthikeyan, Dr Pradeep Vyas, Principal Secretary Health Government of Maharashtra, Joint Secretary of the Ministry of AYUSH Shri P.N. Ranjit Kumar, and Vice Chancellor of G.S. Raisoni University Professor Rajan Welukar.

In his remarks, Shri P.N. Ranjit Kumar shed light upon recent changes in National health policies throughout India. He articulated that many of these policies are now starting to become geared towards Yoga therapy principles such as disease prevention and the promotion of health. In a similar light, Dr Pradeep Vyas spoke on the current public health issues afflicting the current Indian population and how Ayurveda and Yoga can be used as tools to combat these issues. Justice B.N. Srikrishna addressed the audience with Yoga’s influence as a way life and urged its use as a tool for therapy. Overall, all the speakers set the tone for learning, deliberating, and the potential policy making of Yoga as a therapeutic tool in health.

Book Releases

1. Siddhasiddhantapaddhatih Goraksanatha - Philosophico Literary Research Department
2. Amrtasiddhiyogah - Dr Bandita Satapathy
3. The Quintessence of Yoga - Dr Rajeshwar Mukherjee and Dr Kakali Ghosh
4. Yoga as Therapy - Medical view - Dr Satish Pathak
5. Yogic Chikitsa - Swami Kuvlayananda
6. Abstracts & Bibliography of Articles on Yoga (Part III) - Scientific Research Department
7. Satkarmasangrahah by Srividghananandanatha - Dr R.G. Harsh

During the inaugural function, long time staff member Smt. Pushpa Mandke was felicitated and rewarded for her long term service of 40 years to the institute.
Day 1
27/12/2018

Key Note Speech

Yoga as therapy - How wide is its scope, how deep is its evidence, and how great is its evolution?

Chair: Vaidya Kuldip Raj Kohli
Speaker: Dr Ganesh Rao

Dr Rao began this session with a very poignant remark: that Yoga is, in fact, a ‘preventive’ discipline, which, in modern times, has become popularized through its focus on addressing physical side effects. Dr Rao described Yoga as ‘a four-dimensional therapy’:

1. The preventive aspect of Yoga
2. The therapeutic aspect of Yoga
3. Yoga being a tool for healing
4. Yoga being a tool for transformation

In doing so, Dr Rao mentioned that Yoga has the profound capacity to empower a person, both psychologically and physically, to bear pain and go beyond it for a better life. He feels that yoga has the potential to become ‘the mainstream therapy’ and not simply an alternative one.

Closed Door Discussion

Developing Standards in Yoga Therapy

Chair: Dr Ganesh Rao
Invites: 36 participants from America, Europe, South East Asia, Australia and India

The group discussion opened with talks on the best practices performed globally as presented by Mr John Kepner of International Association of Yoga Therapists (I.A.Y.T.), Mr Goran Boll from Sweden, and Dr Ananda Balayogi Bhavanani from India. This was followed by two questions and discussion around the need for standards and the qualifications required of the practitioner of Yoga therapy.

Mr John Kepner presented the best practices of IAYT from its inception and membership, to its current practices and position, and then briefing on its advancement into the future with communications, certification and international cooperation.

Mr Goran Boll described the current situation of Yoga therapy in Sweden, where Yoga therapy has been integrated in health care facilities around the country. Here Yoga therapy has been taught to healthcare professionals and utilized in primary care problems, cardiac care, rehabilitation trained physiotherapists, cancer care, psychiatry, and palliative care.

Dr Ananda Balayogi Bhavanani spoke on the current state of Yoga standards in India. He mentioned the agencies, association and organizations such as Quality Council of India (QCI), Healthcare Sector Skill Council (HSSC), and the Ministry of AYUSH. He elaborated on current developments as with the MOU the Indian Yoga Association has with HSSC, as well as the development of national occupational standards for Yoga therapists specifically.

The group then addressed the question of what is meant by standards and is it necessary to have standards in Yoga Therapy. Three principles as per the IAYT model were recommended: transparent, representative and inclusive.

The group also had a discussion on an educational program, which will need to reflect qualifications in the field and the criteria necessary for the practitioner for practicing therapy in Yoga. A two-part program of study was recommended: I. An academic curriculum, and II. Practical aspect.

Cultural Performance

The evening was met by the melodic musical styling of classical Sitarist, Ustad Usman Khan and his disciples. His unrelenting love for pure music and an unfurishing devotion to the discipline of Riaz shown through various musical compositions, which were performed that evening.

Day 2
28/12/2018

Plenary Session

Theme: Unearthing the scope of Yoga as Therapy - Challenges and Prospects

Chair: Dr Smita Sharma
Speakers: Dr Dilip Sarkar, Dr Luciano Bernardi

Dr Sarkar began the discussion by elaborating on the various means through which yoga therapy has been streamlined in the United States. In the US, he articulated, “we have identified the scope, accreditation, and definition of Yoga therapy.” In his view, every Yoga practice is “healing,” and healing is ultimately restoration of homeostasis. In order to integrate these practices with modern medicine, one needs to establish a foundation of daily discipline. This is where yoga deviates from other tools in modern medicine because it lays emphasis on consistency throughout one’s life rather than acting as a short term remedy. Yoga therapy, he articulated, is experiential. Unlike Western science, which is evidence based, Yoga is a practice-based art and science of healthy living. At its core, it is a form of preventive medicine that focuses on helping an individual arm the body with the correct tools to thwart the disease.

Building on this a bit further, Dr Bernardi highlighted specific studies related to Yogic practices. He argued that Yoga is a complex system, involving many components like asana, respiration, psychology, and diet and therefore must be studied comprehensively. He, and his medical research team, found that Yoga can impact autonomic brain function. Specifically, they found that slow breathing improves baroreflex sensitivity, and in general helps breathing efficiency.

Panel Discussion

Evolution: The Future of Yoga as Therapy

Chair: Ganesh Rao
Speakers: Mr. John Kepner, Mr Goran Boll, Dr Anshu Verma

The future of Yoga as Therapy is one of the key questions that needs to be answered jointly by teachers, organizations, associations and organizations such as Quality Council of India (QCI), Healthcare Sector Skill Council (HSSC), and the Ministry of AYUSH. He elaborated on current developments as with the MOU the Indian Yoga Association has with HSSC, as well as the development of national occupational standards for Yoga therapists specifically.

The group then addressed the question of what is meant by standards and is it necessary to have standards in Yoga Therapy. Three principles as per the IAYT model were recommended: transparent, representative and inclusive.

The group also had a discussion on an educational program, which will need to reflect qualifications in the field and the criteria necessary for the practitioner for practicing therapy in Yoga. A two-part program of study was recommended: I. An academic curriculum, and II. Practical aspect.
Different groups need to exchange their progress and learning, while encouraging responsible self-regulation amongst Yoga practitioners across the world. As the medical community starts to accept Yoga, they also expect the level of evidence-based research to grow and be available for reference. Sweden has led by example in the last 20 years - from having almost no Yoga in the society, to having over 2500 Yoga instructors across 238 hospitals/clinics across Sweden, with the target to have near 100% penetration in the National hospital system by 2030. As Mr Kepner aptly puts forth a Yogic saying - “One Truth, Many Paths”, we must continue to evolve and grow yoga as therapy with multiple Nations participating and uniting under one cause, in their own distinct styles.

Panel Discussion
Evidence of Yoga as Therapy

Chair: Luciano Bernardi
Speakers: Dr Alan Weiss, Dr Arthur Brownstein, Dr Praseeda Menon

Dr Alan Weiss shared his experiential knowledge as a Yogi and his medical knowledge as a surgeon to explain energy chakras or energy channels in the human body. With the help of a diagram, he explained not only the organs, nervous system and circulatory systems, but also the location of the chakras. Using a beautiful description from the Upanishads, he described the body, heart and immortality of the soul. He concluded with an interesting depiction by Guru Nanak Dev who described the soul trapped in the rib cage as a bird trapped in a cage.

Dr Praseeda Menon further elaborated the positive impact of Yoga as therapy. Her speech highlighted the rise in non-communicable diseases, such as cancer, cardiovascular diseases, etc. She exemplified by narrating some short-term as well as long-term studies done in Kaivalyadhama. Their results had shown qualitative and quantitative changes in the life and outlook of their subjects within a short span of time owing to Yoga and naturopathy treatment.

Panel Discussion
The Scope of Yoga as Therapy

Chair: Dr Sat Bir Khalsa
Speakers: Dr B.R. Sharma, Dr Sharad Bhalekar, Dr Raghavendra Rao

Dr Sharma opened the session looking at the scope of yoga in traditional text, traditional forms and living traditions. He started by pointing out the need to reach the roots not the symptoms of our problems. And that Patanjali provides us with the procedures to get to these roots. Ayurveda addresses health and disease as well as one’s arrival in ones suvarna. We must use these traditional tools to overcome our problems and attain optional mental, physical and spiritual health.

Dr Bhalekar addressed the scope of Yoga therapy with medical conditions relating to the self and therapist. He spoke about schools and other stakeholders - that was the common consensus of all speakers. Mr Kepner, Mr Boll and Dr Verma shared the progress USA, Sweden and India have made in the journey of integrating yoga into mainstream healthcare by developing policies, standards and assessment procedures.

Practical aspects of working with patients and the importance of the Yoga therapist’s own knowledge as he made reference to Swami Kovalayamanda text, Yoga as Therapy, to explain the medical view of yoga therapy. He stressed the importance of knowing the limitations of Yoga as well as knowing the practices themselves and to follow Yama and Niyamas in our process of helping others to heal. In his signature style, he used practical examples and stories to express his points on how living a yogic lifestyle is a paramount for the Yoga professional.

Our final speaker, Dr Rao spoke about yoga therapy relative to the emerging field of mind-body medicine. He presented some research statistics of Yoga and meditation and stressed the importance of sharing the knowledge of Yoga with practitioners of modern medicine. Knowing what to do and what not to do as a Yoga therapist was explained by his real-life examples and experiences. He reviewed the breadth of work being done with a variety of disorders that Yoga is used as a treatment for: stress, depression, pain, cancer, diabetes to name a few.

Plenary Session
Evidence-Based Yoga as Therapy—Challenges and Prospects

Chair: Dr Luciano Bernardi
Speakers: Dr Erik Groessl, Dr Sat Bir Khalsa

Dr Groessl, who presented his views via a recorded video lecture, started the discussion by mentioning methods by which one can tell whether yoga works as a therapy or not. In his view, there are three methods:
1. Personal experience or intuition
2. Training or faith (experiences of others)
3. Science: objective, unbiased and medically accepted

He also stressed on the point that without hard evidence it is difficult to reach the masses through proper channels. Dr Groessl, who has worked closely with US Army Veterans, spoke at length about managing their chronic lower back pain (CLBP). CLBP, he said, is the 2nd most common reason for physician visits and costs billions in productivity and health care annually. In the past five years, three out of four systematic reviews have shown that yoga can be very effective to treat CLBP. Additionally, across multiple studies, yoga was found to be effective in healing knee ailments as well as type II diabetes. Many studies also reported less fatigue and a better quality of life.

Building on this Dr Khalsa mentioned specific studies and data which prove that there are significant musculoskeletal changes in those who practice yoga regularly: increase in flexibility, endurance and strength. The fat mass percentage is lesser in yoga practitioners than even those who are sprinters or runners, he commented. Dr Khalsa laid emphasis on the connection between breath rate and deeper brain structures, leading to the point that Pranayama enhances heart rate variability and activates the Parasympathetic Nervous system.

Closed Door Discussion
Possibilities of Synergising Yoga Research between the East and the West

Chair: Dr Sat Bir Khalsa
Invites: 25 participants from America, Europe, South East Asia, and India

The meeting opened with Dr Sat Bir Khalsa presenting the purpose of a collaboration of India and the rest of the world in an effort to strengthen the field of yoga research. He remarked that the best way to accomplish this is by way of establishing an association of yoga researchers as well as holding a periodic conference related solely to yoga research. This would help bring people, ideas and research together and create collaborations among researchers.
In line with the above, the group discussed the possibilities of setting up an association of yoga researchers in order to bring together all yoga researchers across the world and the possibility of the Ministry of AYUSH supporting this yoga research association. They then discussed possibilities of launching a periodic International Yoga research conference with the objective of bringing Indian and international Yoga researchers together and the possibility of the Ministry of AYUSH to fund this conference. The group also had a long discussion on what would be the best forum to provide training and education for Indian researchers for improving the quality and rigor of yoga research conducted in India, how to identify, contact and interact with yoga researchers in India, and what could be done for Indian researchers to come up with more numbers of peer-reviewed publications related to yoga research in reputed research journals.

There is a need for a database of all the Yogic researches that are standardized, maybe fifteen-twenty diseases. This would then increase the ability to guide the researchers.

Cultural Performance

The day came to an end with classical dance styles of Mrs. Gauri Swakul. In this performance of Nritya Yoga, Mrs. Swakul, along with her co-artists, blended the concepts from dance and yoga using the Kathak style through various compositions like Vandana, Taal, Pancha Yoga, Thumri, Saragam, and Tatkaar.

Day 3
29/12/2018

Panel Discussion: The Scope of Yoga as Therapy

Chair: Swami Nirmalananda

Speakers:

Dr Ananda Balayogi Bhavanani, Dr Swami Nirmalananda Saraswati

Yoga has become a great contributor to modern healthcare and both the panelists - Dr Ananda Balayogi Bhavanani and Dr Swami Nirmalananda Saraswati - were on the same point of view. Unlike other therapies, Yoga Therapy is not disease specific but more holistic and wholesome.

Dr Bhavanani gave a comparative view teaching various yoga methods and concepts and their equivalents in modern science.

He also differentiated in the way yoga and modern science work. He said that while Yoga Chikitsa is all about Salutogenesis i.e. what causes health, being proactive, about reaching one’s potential, about finding the root cause to solve the problem; Modern medicine and Yogopathy is more about Pathogenesis i.e. What causes disease, being reactive, about avoiding problems, about suppressing the problem. He was of the view that in recent times the ‘East-West’ dichotomy has been overcome. Many eastern healing traditions have percolated healthcare systems worldwide. One such study by the US Department of Health and Human Services shows that from 2012 to 2017 there has been a 5% increase in people taking to yoga and 10% increase in people taking to meditation.

Swami Nirmalananda ji said that the term health in Sanskrit means ‘Swastha’ where Swa is own self and shtha is established in. She said that well-being without spirituality is not possible, although healing is a by-product of spirituality. She laid stress on two main aspects: How to know One’s Self and How to connect with the self. For knowing oneself, Swami ji said that one needs self-observation and self-analysis at all levels. For this Yoga practices done with awareness is required.

The need of the hour is a symbiotic relationship between Yoga and modern science. This is our Dharma as a Yoga Therapist concluded Dr Bhavanani.

Panel Discussion

Evolution: The Future of Yoga as Therapy

Chair: Dr Sat Bir Khalsa

Speakers:

Dr Satish Pathak, Dr Usha Nayar, Mr Andre Riehl

Dr Pathak began his discussion on preventive medicine with a brief background on yoga. He spoke on the shortcoming of allopathic medicine being that it targets acute ailments, disregarding the human/mind/body complex. By providing a change in attitude, yoga allows for a more holistic approach to medicine. At current, medical expenditure in India is at an all-time high, and the means for alternatives to the current system are crucial to ensure societal health.

Dr Usha Nayar continued the session with her insights on awareness-based therapeutic techniques, not in an East and West contest, but from an Indian and Non-Indian perspective. We need to be aware of the cultural context, this way we can recognize the challenges in the Non-Indian cultures in yoga and yoga therapy. She spoke about the challenges that come up due to the diversity of the different traditions and how they can create confusion. She spoke about her cross-cultural research with children and yoga as well as with cancer and chronic cures.

Mr Andre Riehl spoke about his practice and research with Nidra Yoga. It has been so named to differentiated from other practices as this practice comes from the Shaivat Tradition in Kashmir, India. He presented 2 short films on the research being conducted with Nidra Yoga and mind function. His current ongoing research is to realize if there is something to measure if there is no the activity in the thoughts when in a state of citta vritti nirodhah. Some parameters measured included a state of joy, loss of physical boundaries in the body, and meaning (sacredness). One participant from the study, notably mentioned in the film that he could ‘see how he felt’ and was able to ‘meet’ him.

Panel Discussion
Panel Discussion

Evolution: Evidence of Yoga as Therapy

Chair: Dr Anand Bhavanani

Speakers: Dr Mahesh L. Kandikdar, Dr Akshay Anand

Dr Mahesh L. Kandikdar, Chief Neurosurgeon at Kandikdar Hospital and Research Centre, has been promoting the use of yoga as therapy across his patient care. Their team has conducted randomized control studies and found yoga and pranayama to be excellent adjuncts to medical therapy in epilepsy patients. There was a strong intent towards integration of yoga in clinical therapeutic practice across management of spine, stroke patients, neurotics, cardiovascular disorders, insomnia and anxiety. Dr Kandikdar and his team have seen success with their patients, and strongly believe that yoga therapists and clinicians together can deliver higher quality of care to the patients.

Insights into the mechanics of yoga-based acclimatization at high altitude

Dr Akshay Anand and his research team conducted scientific studies at Leh-Ladakh and Mansarovar with control groups having no prior yoga experience to demonstrate the advantages of yoga in high altitude acclimatization. Edema, hypoxia, acute mountain sickness and other issues are commonly associated with higher altitudes, especially amongst newly posted soldiers. Dr Anand’s team worked with Yoga teachers to follow SKY protocol (Sudarshan Kriya, Yama & Niyama) with control groups at the two locations, using inclusion and exclusion criteria. They found a positive association between a four-day yoga practice at high altitude and various physiological parameters such as BP, cholesterol amongst others.

Standardization in yoga as therapy: to be or not to be!

Chair: Dr Kaustubh Desikachar

Panelists: Dr Samprasad Vinod, Mr. John Kepner, Yogacharya Dr Ananda Balayogi Bhavanani, Dr Sharad Bhalekar, Dr Ganesh Rao, Mr. Andre Riehl

The standardization of yoga as therapy is a hotly contested topic as discussed among the panelists in this session. Organizations, teachers, schools and various stakeholders must come to a consensus both at a domestic and international level, as agreed upon by all speakers. Given the restrictive nature of standardization, said Dr Andre Riehl, it seems too difficult to apply it to yoga. The variety of yoga is what allows its power, he argued and thus, there should in no way be a standardized form by which everyone must practice. Followed by this, it was argued that perhaps yoga itself need not be standardized, but certain standards are necessary to avoid issues of health-related lawsuits, particularly prominent in the Western hemisphere. This protects not only the yoga therapist, but the practitioner as well from unnecessary injury or harm. Standards should be set not to box in Yoga, but to assure a certain level of quality amongst all Yoga therapists. As such, competency of communication and an inherent responsibility to patients must be established among all Yoga therapy curricula. This would assure that therapists can build on their pre-existing skill set by incorporating significant research findings.

Cultural Performance

Padamshree musical maestros, Anup Jalota, stole the night away with his intoxicating bhajans. Singing live for nearly two hours, Jalota ji, left the audience spellbound with his mellifluous and powerful voice.

Day 4

30/12/2018

Panel Discussion

The Yoga Therapist- How to be or not to be?

Moderator: Dr Ganesh Rao

Speakers: Dr Ananda Balayogi Bhavanani, Dr Luciano Bernardi, Mr Goran Boll, Dr Arthur Brownstein, Dr Mahesh L. Kandikdar, Dr Ulka Natu

Panelists were asked to offer their opinions on the requirements of a Yoga therapist in order to bring Yoga into modern medicine, and also to create a two-way communication between medical doctors and Yoga therapists. The conversation focused on forming a bridge so that Yoga can flow from the traditional integrity and standards that have evolved over thousands of years, which can be implemented into the very current narrow passage into the field of modern western medical science. It was further discussed that medical doctors should be familiar with the therapeutic value of Yoga in its possible applications in modern clinical medicine. Also articulated by the speakers was the idea that students of Yoga that want to become therapists should understand the standard and the language required of modern medicine to facilitate the imparting of the ancient knowledge of Yoga into clinical medicine. This conversation was a poignant reminder of Swami Kuvalayananda’s vision, and major thrust for establishing Kavalyadhama Yoga Institute and for the incredible pioneering research that he conducted at the Scientific Research Department (SRD) at the Institute.

Valedictory

The Valedictory function of the conference started with Shanti Path. Dr Luciano Bernardi was invited to give his feedback about the conference, since it was his first attendance in Kavalyadhama. He spoke about his experience and exhorted that the institute had a special peaceful and serene energy and environment. He expressed his appreciation for the technical sessions, the cultural programs and the warmth of hospitality.

Prof. Bhushan Patwardhan, Vice Chairman of the University Grant Commission said that this was probably the fifth International Conference he was attending at Kavalyadhama and he expressed that, each time, he found it to be better. He
mentioned that the Ministry of HRD is finalizing the Interuniversity center of Yoga, which will make Yoga fraternity stronger. He spoke that the knowledge system of Indian System of Health is comprehensive and in today's world prevention is taking precedence over treatment.

Dr Satya Pal Singh, MOS, Ministry of HRD addressed the delegates by reiterating that he has been a student of Yoga and philosophy for four decades. He emphasized that the science of Yoga is profound and experiential. He said, if one needs a balance between body, mind and spirit, then Yoga is the best option. He concurred with the need for standards in Yoga therapy, so that it can be universally applied. He said, Health in Sanskrit is Swastha means an establishment in one’s own self, and Yoga gives utmost importance to self-realization.

Sixteen support staff were felicitated and awarded for their exemplary contribution to the institute, and Shri O. P. Tiwari sponsored the award. Shri G.N. Murthy, Coordinator for the international conference was felicitated and awarded for his immense contribution over last 47 years.

Workshops

Healing Towards Health

Dr Vartika Dubey

This practical asana session was based on the teachings of classical Hatha Yoga within the Kaivalyadhama lineage. Dr Vartika Dubey, an eminent Yoga teacher, took the delegates on a pilgrimage to their own body. She guided the participants to do asanas in a slow, rhythmic and mindful manner so that there is total personality integration which allows healing to take place.

Yoga as Therapy for the Cardiovascular System

Dr Arthur Brownstein

Dr Brownstein drew upon his experience as a former flight surgeon in the US Air Force. In doing so, he articulated that air force pilots are at a high risk of heart disease and other, deeper problems. Drawing upon this, he introduced the practice of shavasana, which he said has been instrumental in helping pilots relax. According to Dr Brownstein, shavasana is not just about relaxing the body, but more about relaxing the mind through breath awareness. He took all the participants towards an inward journey to heal the heart through meditation—focusing the mind on the heart space and tuning into love and peace within.

Yoga Meditation (Dhyana)

Shri R.S. Bhogal

Giving the base of Patanjali's principles of Dhyana, Shri Bhogal slowly led the audience through techniques for deep meditation. Over the course of his session, he shared various meditation techniques that help practitioners cultivate inner silence. Shri Bhogal also introduced the concept of KRIYA Yoga, which is a combination of pranayama practices as well as the chanting of om and the Gayatri mantra for several rounds.

Classical Pranayama

Shri O.P. Tiwari

Tiwariji’s expose of classical pranayama was divided into three different sessions. Each class catered to a different level of student: beginner, intermediate and advanced. During the sessions, Tiwariji gave practitioners insight into the various practices of pranayama, as delineated by Hatha Yoga texts and scientifically studied by Swami Kuvalayanandaji. Tiwariji, the direct disciple of Swami Kuvalayanandaji, prompted the participants to think about two important factors before learning about pranayama; one being the reason as to why do we disturb the natural rhythm of the body (i.e. Change our breathing pattern consciously) and is there any need for the same; and the other that as to why do we have two nostrils? He went on to introduce five preparatory practices to prepare the body for pranayama, kriyas, as well as five ancient pranayama practices. Each session commenced with a lecture on the history, veracity, and importance behind pranayama.

Simplify Life - A Spiritual Discourse

Swami Anubhavananda

As highlighted in the title, the main idea behind this spiritual discourse was to provide a roadmap on how one can live a simple life. Swamiji, with his joyful demeanor, tried to make a clear distinction between two simplifications. The first, he said, is mechanical. This is due to the availability of different gadgets and excess of information, which ultimately leads to laziness and degradation. The second, and “real” simplification is “letting the divine blissful self to express through us.” Swamiji took the audience through a joyful journey of understanding “the simple happy life.”

Classical Yoga

Dr Ganesh Rao

Dr Rao guided the participants through AUM chanting, pranayama, and asana in the slow, meditative sequence typical of the traditional yoga style. He was steadfast to remind the participants of Patanjali’s definition of asana and that slow movements of the body allow the awareness which brings about control of the mind. Most importantly, Dr Rao reinforced our need to break the habit of the mind to work in a conditioned way. We can achieve this by maintaining this awareness in our movements at all times during our practice.

Yoga as Therapy for Back Pain

Dr S.D. Bhalekar

Dr S.D. Bhalekar is an eminent Yoga teacher and Ayurvedacharya, who taught asanas within the Kaivalyadhama lineage. He approached yoga asanas with anatomical and physiological perspective in a lively manner which was well received by the attendees. He demonstrated specific set of asanas for people in acute as well as chronic back pain. He emphasized upon lifestyle changes and posture modification for a healthy spine.

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Role of Yogic Breathing Maneuvers (YBM) towards Healthy Living
Shri Sabir Shaikh
This morning session has started with the explanation of yogic breathing maneuvers and pranayama. Mr Shaikh, an experienced yoga teacher, trainer and therapist, made the audience familiar with some essential breathing techniques. He began with breath-awareness practice or “prana dharana” and went on introducing one by one different pranayamic breathings. In a positive expressive way Mr Shaikh became an inspiration for many to carry these practices in their daily life.

Sthir Sukham Asanam
Vivek Tiwari
Vivek Tiwari, a teacher with 23 years of experience, started by explaining Patanjali’s yoga sutra “sthir sukham asanam,” which means our postures should be stable and comfortable. Shri Tiwari initially stressed on the point that one doesn’t have to do asanas but be in the asanas. Asanas are more about holding than repetition.

Boost-Up Your Self-Healing Mechanism
Pandit Radheshyam Mishra
Pandit Radheshyam spoke about how he healed himself through Hatha Yoga by listening to his own body, and most importantly, by removing the label of ‘sick person’. He shared the following 4 practices during the session as a means to good health, and an energetic life: 1. Pranayama: bhastrika, 2. Jalandhara Bandha, 3. Mudra: surya, 4. Asana. He recommended 5 daily practices 1. Padmasana (10-15 min. with meditation, Om chants, mantra, etc.), 2. padahastasana (hold the breath in the final position with bandhas), 3. Yoga mudra (from Padmasana 3x a day), 4. Dandurasana (beautiful stretch for the internal organs and boosting immunity), 5. Pawanmuktasana.

Yoga and Metabolic Syndrome X
Dr Deepak Ramniklal Bagadia
Dr Bagadia’s session began with a focus on the breath in yoga and meditation. He emphasized the importance of breath in achieving relaxation and in reducing the intensity of thoughts, frustration, and stress.

Exploring the Spiritual Practices for Healing
Swami Nirmalananda-ji
Swami Nirmalananda-ji’s practical session was based on ancient Indic wisdom, constituting of various spiritual practices and enabling healing of our whole being. Swami Nirmalananda-ji from the Bihar School of Yoga explained spirituality as “Process of knowing our spirit” that is knowing oneself and awakening the healing power within. She emphasized the importance of being in a constant state of positivity and happiness resulting in release of happy, healing chemicals in our body. She also conducted a guided “Om meditation” enabling the attendees dive deeper into their being and experience the expanded awareness of the infinite.

The Art of Vinyoga
Dr Kaustubh Desikachar
Dr Kaustubh started his workshop with the introduction of “Vinyoga” and its application as a therapy. By this he stated that “yoga can be magical, but it is not magic”. Dr Kaustubh presented some of the key principles of Vinyoga, which were: individualization and modifications of practices, “body-breath-mind” and energy alignment, holistic nature of yoga and “fitting” the practice according to the context.

Meditation and Meditative Way of Living
Dr Vinod Samprasad
During this workshop, Dr Samprasad, a renowned spiritual guru of 40 years, explained the importance of meditation and the ways to take it into daily life. He began the session with basic, but very important, preparations for the practice, which all of the participants could experience. Dr Samprasad also showed how to perform simple actions in a meditative manner that are helpful for integrating meditation into daily life and developing body-mind oneness and self-awareness.

Yogasanas as Therapy
Yogacharya Vishwas Mandlik
Based on the teachings of Hatha Yoga within the Bihar School of Yoga lineage, this practical therapy session allowed attendees to journey into their own body via asana. Yogacharya Vishwas Mandlik, recipient of an award from Prime Minister Modi this year for his contribution in the field of Yoga, led the session. He captured the attention of the delegates by exploring six stages of asanas as per Maharishi Patanjali. Participants performed asanas that they could comfortably maintain for an extended period of time.

Yoga in the Tradition of Yogacharya B.K.S Iyengar
Dr Rajvi Mehta
This asana session was based on the teachings of Iyengar Yoga within the B.K.S. Iyengar lineage. Dr Rajvi Mehta, with over thirty years of teaching experience and a direct disciple of Yogacharya B.K.S. Iyengar, engrossed the delegates in an interactive asana session by paying close attention to anatomical details and alignment of each posture. Participants, in each asana, were asked to engage their body parts with total involvement of the mind. She subtly connected her teachings of the asana with that of life.

Transcendental Meditation
Shri Om Narayan Tiwari
Shri Om Narayan Tiwari introduced all the participants to Transcendental Meditation - a technique of meditation introduced in India and later to the world in the mid 1950s to early 1960s by Maharsi Mahesh-Yogi. He took all the participants on a meditative journey through guided meditation practice.
Applied Aspect of Yoga Sadhana

Yogacharya Shri Krishna Vasudev Vyavahare

The Yogacharya Shri Krishna’s session presented an apt description of Yoga being the science of mind. It was emphasized that through regular, simple yogic practices, it is possible to manage any functional disorder of the body such as diabetes.

He highlighted the importance of deha sadhana at the physical level, prana sadhana at the mental level, bhaiva sadhana at the emotional level and divya sadhana at the supreme level. Yogacharya and his team led the audience through meditation and chanting of mantras followed by sukshma vyayama, modified Sunya Namaskar, vajrasana, which the audience actively practiced. At the end, the audience was asked to relax in Yoga Nidra with complete awareness of their body.

Log off to Log In - Sri Sri Yoga@work

Kamlesh Barwal

This session “Log off to Log In - Sri Sri Yoga@work” was conducted by Mrs. Kamlesh Barwal from the Art of living organization. Her fun filled session emphasized upon the need to make a shift from outward oriented, stressful lifestyle to a SELF-centric joyful life full of dynamism and enthusiasm. Sri Sri Yoga @work taught by her is a simple form of yoga that can be practiced at the workstation also which gives bouts of energy within the confines of the working hours.

Meditative Healing through Sat Nam Rasayan

Nanak Nihal Singh Khalsa

“Sat Nam” means the true essence or sacred space or the universal consciousness in which all of us can connect to and RASAYAN is relaxation.

This was a practical session for all the participants formed groups of 2 or 3 to heal each other or to learn the technique of healing a person in need. Shri Nanak Nihal took everyone on a journey within. All participants had to chant Sat Nam mentally with their focus on the ajna chakra. It was an enchanting experience for all present - increased their awareness, dropped any sort of resistance and deeper the healing experience.

Yoga for Children with Special Needs

Dr Meena Ramanathan

Dr Meena opened the workshop by emphasizing that these special children have special abilities, not disabilities. And that we as yoga teachers and therapist are not teaching therapy to the children, but that just being with them is therapy. She gave a sample of the practices delivered in her program “Dixyana Kids”. She utilizes the concept of kriyas as rational, meaningful movement synchronized with the breathing as a way to gather all our worries and throw them out! An entertaining and enjoyable afternoon session.

Nidra Yoga

Mr Andre Riehl

Mr Riehl first explained the 2 parts of Nidra Yoga. The first part is on the back (or sitting) relaxing, using our will power, thus leading us to letting go which relates to trust, trusting in not knowing what will happen. This then leads us into surrender where we give ourselves to something either imagined (a dependent object) or to nothingness (simply a direction). The second part (sitting) can be called concentration (dharana), staying present, which is not always easy due to our senses, emotions or thoughts which takes our concentration. When the faith of nothingness and concentration operate together, the state of the mind naturally changes, this is otherwise known as the meditative state. He explained the challenges of falling asleep and surrendering to the pain that may come up in our body- consider this part of the cleansing process and remain still. He then led us through the practice of Nidra Yoga for over an hour, leaving participants in a relaxed and tranquil state.

Paper Presentation

As part of its efforts to promote active dialogue on Yoga as therapy, Kaivalyadhama held two sessions for the delegates to present their written research work on relevant topics.

Clinical/Scientific Session

28/12/2018

This paper presentation session was chaired by Dr Dilip Sarkar and Yogacharya Dr Anand Balayogi Bhavanani. Out of the six papers that were presented, two candidates were declared as winners.

Yoga and self-regulation in management of essential arterial hypertension and associated emotional symptomatology: A randomized controlled trial

Dr Laura Tolbanos Roche

Dr Laura presented her study on understanding mechanisms underlying positive effect of yoga on essential arterial hypertension and related emotional symptomatology. She conducted her experiments on three different groups (namely Himalayan tradition, meditation, pranayama and yoga practice). Her research showed that yoga practice has a beneficial effect on physiological, emotional and cognitive self regulation. The fact that there was a differential effect on the Himalayan meditation group with respect to systolic and diastolic blood pressure is an interesting contribution in the treatment of essential arterial hypertension and related emotional symptomatology.

Role of yoga in modulating upper airway resistance in patients with allergic rhinitis

G. Inbaraj

G Inbaraj discussed the allergic rhinitis being one of the most common and chronic health problems with a high prevalence, causing major morbidity worldwide. The conclusion of his research was that yoga is an effective adjuvant therapy in the management of allergic rhinitis.

Philosophical Session

28/12/2018

This paper presentation session was chaired by Dr Arthur Brownstein and Dr B.R. Sharma. Out of the five papers that were presented, two candidates were declared as winners.

Dr Laura presented her study on understanding mechanisms underlying positive effect of yoga on essential arterial hypertension and related emotional symptomatology. She conducted her experiments on three different groups (namely Himalayan tradition, meditation, pranayama and yoga practice). Her research showed that yoga practice has a beneficial effect on physiological, emotional and cognitive self regulation. The fact that there was a differential effect on the Himalayan meditation group with respect to systolic and diastolic blood pressure is an interesting contribution in the treatment of essential arterial hypertension and related emotional symptomatology.

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A Yoga Theory Model for Supporting Cancer Patients

Ms. Chen Orbach

Ms. Chen Orbach, the first winner, began with a narrative of her personal battle with cancer. She exemplified the effectiveness of yoga therapy in cancer treatment. She listed few yogic practices that can benefit cancer patients.

Patanjali’s Kriya Yoga

Ms. Shyamala Prasad

The second winner, Shyamala Prasad focused on the therapeutic aspect of yoga in achieving overall improved health. She described the transformative action of Patanjali’s Kriya yoga in helping a practitioner to achieve more control on life.

Poster Presentation

As part of the 9th International conference, Kaivalyadhama also hosted a poster presentation. Winners under the different categories were:

Scientific Research

Rank 1: Mr. Shrikant Jois
Topic: The power of practicing Super brain yoga on enhancing physiological and psychological well-being amongst school students

Clinical Research

Rank 1: Dr. Govind Kadam
Topic: Effect of yoga and Aerobic exercise: A comparison of biomechanical parameters in college men

Rank 2: Dr. Rajiv Dixit
Topic: Effect of simple yogic practices focused on training mind and culturing emotions on type II diabetics

Rank 2: Mr. Danilo Stantaella
Topic: Greater anteroposterior default mode network functional connectivity in long term elderly yoga practitioner

Philosophical-literary Research

Rank 1: Ms. Bhagwatidevi V Mukhedkar
Topic: Gheranda Samhita: A useful tool in treating various disease conditions

Rank 2: Ms. Hans Yadav
Topic: योग आरा चिकित्सा - कल्यक तत्काली की दुर्ग से।

Resolution

The delegates of the 9th International Conference on Yoga as Therapy: Scope, Evidence and Evolution held at Kaivalyadhama Lonavla, India Resolve as under:

1. Since therapy is an inclusive part of Yoga, which is taught on a day to day basis all over the country, efforts should be made to develop sustaining standards for a Yoga Therapy Course.

2. The standards in Yoga Therapy will ensure that Yoga as Therapy is administered by Yoga Therapists who are well-equipped to treat patients without causing any harm or complications. Therefore, due mechanism should be established for the Certification of Yoga Therapists.

3. It is learnt that the MCI has already included Yoga in its curriculum for medical students. This curriculum should not only include all the Yoga practices, but should also cover the philosophy, psychology, ethics and the rationale of Yogic life style.

4. Increased Research into the efficacy of Yoga practices and their effects is the need of the hour. The results of these researches should be preserved and disseminated so that more and more people, including Yoga Therapists and Teachers get their benefits.

Therefore, a Research Resource Bank with adequate networking capacity should be created and all made aware of it.

Proposed by Dr. Ananda Balyogi
Seconded by Dr. N. Ganesh Rao
Infrastructural Development

Extension of Gordhandas College of Yoga & Cultural Synthesis

Extension includes well furnished Lecture Halls and well equipped Yoga Practical Hall accommodating more than 100 people.

History Gallery depicting the life of Swami Kuvalyananda-ji and Kaivalyadhama

Swami Digambar Marg inaugurated

The road from Kaivalya Vidya Niketan (K.V.N. School) to Pangoli has been concretized with support from Kaivalyadhama in record time. The inauguration of the road, named after pujya Swami Digambar-ji, was done at the auspicious hands of Shri O.P. Tiwari-ji on 14th December 2018.

Vrindavan Vatika Green Project

Our ashram’s new Vrindavan Vatika Green Project is literally growing with new plants and vegetable varieties. it includes Juhi, Chameli, Champa, Sadaphuli and Kunda, among others. We have installed a drip irrigation system to improve our efforts in farming.
**H.R. Initiatives**

- **Quiz Competition**
- **Campus Recruitment for College Students as on 16 April 2018 by Cure Fit. Opportunity to Make a Career in Yoga**

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**Smiley Card for Employee**

Mr. Vicky Kavander received maximum smiley card for the month of April. So he was awarded a certificate of appreciation.

**Organisational Development Workshop for Staff**

23rd August 2018

Several of our staff members participated in a workshop on 23rd August 2018 which focused on working effectively as a team. Led by Tso and Kunal Verma, the workshop was engaging and fun, and gave us much to think about and implement in our daily work.

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**Finances**

**INCOME 2018-19**

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Important Achievements

Vidya Vachaspati: Shri N.D. Joshi
On 22 August 2018, Shri N.D. Joshi, Director of KVN School, was conferred with Vidya Vachaspati (Ph.D.) by Takshashila Vidyapeeth, Bhagalpur, for his meritorious services in upholding values, spreading quality education and for maintaining communal harmony. The convocation was held in Deccan College, Pune.

Mahatma Jyotiba Phule Fellowship National Award 2018 for Dr N.D. Joshi
Dr N D Joshi, Director KVN School and Director Ashram Kaivalyadhama has been conferred with Mahatma Jyotiba Phule Fellowship National Award 2018 on 9 December 2018.

Collaborations

1. Indian Red Cross Society
2. Ek Prana, New Delhi
3. MGM Hospital, Navi Mumbai
5. Balaji Vidya Peeth, Pondicherry
6. M.U.H.S., Nasik
7. National Institute for Research in Reproductive Health (NIRRH), Mumbai
8. Talegaon Medical College
9. Aryakumar Mahasabha, Baroda
10. S.N.D.T., Mumbai
11. Vichar Kranti Manch, Jammu
12. K.K.S.U., Ramtek
13. Vrindavan Habitat, Nagpur
15. C.C.R.Y.N.
16. Saurashtra Mandal -Project Life, Rajkot
17. Savitri Bai Phule Pune University
18. Parshwanath, Varanasi
19. Medknow, Mumbai
20. Birbhum Vivekananda Homoeopathic Medical College & Hospital
21. H.R. College, Mumbai
22. V.T.I.P.E.S., West Bengal
23. Dev Sanskrit Vishwara Vidyalaya
24. Sadhu Vaswani Institute of Management Studies for Girls
25. International Society for Scientific Interdisciplinary Researches in the Field of Yoga, represented by the President Prof. Predrag K. Nikic, New Belgrade, Serbia
26. Advanced School of Career Education, SSN Institutes, Chennai
27. K.E.M. General Hospital, Mumbai
28. National Institute for Research in Reproductive Health (NIRRH), Mumbai
29. Dr R.N. Cooper Hospital, Mumbai
30. Samwad Shaala, Lonavla
31. Advanced Centre for Treatment, Research, and Education in Cancer, Mumbai
32. La Laguna University, Canary Islands, Spain
33. Emory University, U.S.A.
34. Datar Cancer Genetics Ltd, Nashik
“Be it any subject a teacher should emphasize on inculcation of ethical values amongst students, while planning out the subject matter to be taught”

Swami Kuvalayanandaji
The Team

Dr S.D. Bhalekar
Principal
Incharge

Brig. Suhas Dharma-pradhan
Registrar

Dr Rajani Pradhan
Lecturer

Ms Neeta Gade
Yoga Teacher

Mr C.G. Shinde
Yoga Teacher

Mr Anukool Deval
Yoga Teacher

Mrs Sayali Vartak
Office Executive

Mrs Debasri Ganguly
Office Assistant

Mr Ankit Mehta
Asst Yoga Teacher

Mr Nitin Sakat
MSW

The staff members of P.L.R.D. and S.R.D. are involved as faculty

Kaivalyadhama S.M.Y.M. Samiti

Gordhandas Seksaria College of Yoga & Cultural Synthesis

Advisory Board

Management Council
Recognition

Credited with a permanent recognition from National Council for Teacher Education (NCTE, New Delhi), the College, over the years, has blossomed into a leading educational agency in Yoga Education, flowering itself into numerous Yoga courses/Yoga programmes.

Equivalency

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

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

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

Mission

01. To cultivate excellence in students through Traditional & Scientific principles of Yoga without diluting their basic tenets.

02. To acquaint the students with prominent features of all cultures so as to enable them to perceive broader horizons of Yoga encompassing all world cultures.

03. To enable them to discover Yogic tenets in their own cultures.

04. To get them well grounded in a cultural synthesis so that they may strive not only to lead a well integrated life themselves, but also to teach others to attain the same to establish health, harmony and happiness on the face of earth.

Regular Courses

ACADEMIC YEAR 2018-19

<table>
<thead>
<tr>
<th>COURSE</th>
<th>ELIGIBILITY</th>
<th>DURATION</th>
<th>SCHEDULE</th>
<th>INTAKE CAPACITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>P.G.D.Y.Ed.</td>
<td>Graduation</td>
<td>1 Academic Yr</td>
<td>Jul 16 - Apr 20</td>
<td>50 Indian + International</td>
</tr>
<tr>
<td>C.C.Y.</td>
<td>HSC or Pre-University</td>
<td>6 Weeks</td>
<td>Four times a Year (Jan-Feb, May-Jun, Aug-Sep &amp; Nov-Dec)</td>
<td>50 Indian + International</td>
</tr>
<tr>
<td>Advanced Course in Yoga</td>
<td>Yoga Teacher with 2 yrs Teaching Experience</td>
<td>1 Month</td>
<td>Mar 15 - Apr 14</td>
<td>20 Indian + International</td>
</tr>
<tr>
<td>C.C.Y. (University of Pune)</td>
<td>HSC or Pre-University</td>
<td>Part time</td>
<td>Aug - Oct</td>
<td></td>
</tr>
<tr>
<td>F.C.Y.A.</td>
<td>Graduate/Diploma/Certificate</td>
<td>21 Days</td>
<td>Jun 15 - Jul 5</td>
<td>20 Indian + International</td>
</tr>
<tr>
<td>B.A. (Yogashastra)</td>
<td>HSC or Pre-University</td>
<td>Degree (3 yrs)</td>
<td>July every year</td>
<td>30 Indian + International</td>
</tr>
<tr>
<td>In-service Teacher Training Course in Yoga</td>
<td>All School Teachers</td>
<td>21 Days</td>
<td>May every year</td>
<td></td>
</tr>
</tbody>
</table>

Academic Courses

ACADEMIC YEAR 2018-19

<table>
<thead>
<tr>
<th>COURSE</th>
<th>DURATION</th>
<th>INDIANS</th>
<th>FOREIGN NATIONALS</th>
<th>TOTAL</th>
<th>GRAND TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
<td>Fem.</td>
<td>Total</td>
<td>Male</td>
<td>Fem.</td>
</tr>
<tr>
<td>Advanced Course in Yoga</td>
<td>1 month</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>C.C.Y. (May-Jun ’18)</td>
<td>42 days</td>
<td>17</td>
<td>22</td>
<td>39</td>
<td>1</td>
</tr>
<tr>
<td>B.A. (Yogashastra)</td>
<td>3 years</td>
<td>15</td>
<td>16</td>
<td>31</td>
<td>0</td>
</tr>
<tr>
<td>P.G.D.Y.Ed.</td>
<td>1 acad. year</td>
<td>30</td>
<td>21</td>
<td>51</td>
<td>1</td>
</tr>
<tr>
<td>C.C.Y. (Aug-Sep ’18)</td>
<td>42 days</td>
<td>16</td>
<td>16</td>
<td>32</td>
<td>0</td>
</tr>
<tr>
<td>C.C.Y. (Jan-Feb ’19)</td>
<td>42 days</td>
<td>9</td>
<td>18</td>
<td>27</td>
<td>6</td>
</tr>
</tbody>
</table>
01.A.
Advanced Course in Yoga
(March 15 - April 13, 2018)

Inaugural Function of this course was on Mar 15, 2018, wherein a total of 5 International students (3 male and 2 female) enrolled for it.

01.B.
B.A. (Yogashastra)

Kaivalyadhama’s Gondhandas Seksaria College of Yoga & Cultural Synthesis, Lonavla in association with renowned Kavikulaguru Kalidas Sanskrit University Ramtek, Nagpur is running 3 years (6-semester) credit based Graduate Course in Yoga (B.A. Yogashastra). This year (2016-2019), it was inaugurated on June 15, 2016, and 15 students were enrolled for the first year of this course.

01.C.
P.G. Diploma in Yoga Education
(July 16, 2018 - April 18, 2019)

Post Graduate Diploma in Yoga Education (P.G.D.Y.Ed.) 2018-19 course of one academic year, was inaugurated on July 16, 2018. Out of 209 Applications, total 54 (51 Indians and 3 international) students selected for the course.

01.D.
Certificate Course in Yoga
(August to October, 2018)

Part-time Certificate Course in Yoga in collaboration with University of Pune with a total of 50 students enrolled.

01.E.
Certificate Course in Yoga (C.C.Y.)
(May 2 - June 12, 2018)

The Six-week Certificate Course was inaugurated on May 2, 2018. Total 53 Students (47 Indians and 6 International) were enrolled for the course.

P.G.D.Y.Ed. Country-wise distribution of International Students

<table>
<thead>
<tr>
<th>Country</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Russian Federation</td>
<td>1</td>
</tr>
<tr>
<td>China</td>
<td>1</td>
</tr>
<tr>
<td>Nepal</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>3</td>
</tr>
</tbody>
</table>

P.G.D.Y.Ed. State-wise distribution of Indian Students

<table>
<thead>
<tr>
<th>State</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maharashtra</td>
<td>8</td>
</tr>
<tr>
<td>Uttar Pradesh</td>
<td>14</td>
</tr>
<tr>
<td>Bihar</td>
<td>2</td>
</tr>
<tr>
<td>Chandigarh</td>
<td>2</td>
</tr>
<tr>
<td>Delhi</td>
<td>3</td>
</tr>
<tr>
<td>Karnataka</td>
<td>3</td>
</tr>
<tr>
<td>Himachal Pradesh</td>
<td>2</td>
</tr>
<tr>
<td>Madhya Pradesh</td>
<td>2</td>
</tr>
<tr>
<td>Odisha</td>
<td>1</td>
</tr>
<tr>
<td>Rajasthan</td>
<td>2</td>
</tr>
<tr>
<td>Telangana</td>
<td>1</td>
</tr>
<tr>
<td>Uttar Pradesh</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>51</td>
</tr>
</tbody>
</table>
01.F. Certificate Course in Yoga (C.C.Y.)
(August 15 - September 26, 2018)
The six-week Certificate Course in Yoga (Aug-Sep 2018) was inaugurated on August 15, 2018. A total of 32 students (32 International and 3 Indians) were enrolled for the course.

C.C.Y. State-wise distribution of Indian Students

<table>
<thead>
<tr>
<th>State</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uttar Pradesh</td>
<td>2</td>
</tr>
<tr>
<td>Maharashtra</td>
<td>26</td>
</tr>
<tr>
<td>Madhya Pradesh</td>
<td>1</td>
</tr>
<tr>
<td>Rajasthan</td>
<td>1</td>
</tr>
<tr>
<td>Delhi</td>
<td>1</td>
</tr>
<tr>
<td>Uttarakhand</td>
<td>3</td>
</tr>
<tr>
<td>Tripura</td>
<td>1</td>
</tr>
<tr>
<td>Karnataka</td>
<td>3</td>
</tr>
<tr>
<td>Chhattisgarh</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>39</strong></td>
</tr>
</tbody>
</table>

C.C.Y. Country-wise distribution of International Students

<table>
<thead>
<tr>
<th>Country</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Germany</td>
<td>1</td>
</tr>
<tr>
<td>Japan</td>
<td>1</td>
</tr>
<tr>
<td>Australia</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3</strong></td>
</tr>
</tbody>
</table>


01.G. Certificate Course in Yoga (January 15 - February 25, 2019)
The Six-week Certificate Course in Yoga (Jan-Feb 2019) was inaugurated by Dr Bhushan Upadhyaya, Additional Director General of Police, on January 15, 2019. A total of 44 Students (18 International and 26 Indians) were enrolled for the course.

C.C.Y. State-wise distribution of Indian Students

<table>
<thead>
<tr>
<th>State</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gujarat</td>
<td>1</td>
</tr>
<tr>
<td>Maharashtra</td>
<td>16</td>
</tr>
<tr>
<td>West Bengal</td>
<td>1</td>
</tr>
<tr>
<td>Kerala</td>
<td>2</td>
</tr>
<tr>
<td>Goa</td>
<td>1</td>
</tr>
<tr>
<td>Uttarakhand</td>
<td>1</td>
</tr>
<tr>
<td>Gujarat</td>
<td>2</td>
</tr>
<tr>
<td>Delhi</td>
<td>3</td>
</tr>
<tr>
<td>Andhra Pradesh</td>
<td>1</td>
</tr>
<tr>
<td>Karnataka</td>
<td>1</td>
</tr>
<tr>
<td>Madhya Pradesh</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>32</strong></td>
</tr>
</tbody>
</table>

C.C.Y. Country-wise distribution of International Students

<table>
<thead>
<tr>
<th>Country</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Japan</td>
<td>1</td>
</tr>
<tr>
<td>Sweden</td>
<td>1</td>
</tr>
<tr>
<td>Germany</td>
<td>2</td>
</tr>
<tr>
<td>China</td>
<td>3</td>
</tr>
<tr>
<td>France</td>
<td>4</td>
</tr>
<tr>
<td>South Korea</td>
<td>1</td>
</tr>
<tr>
<td>Austria</td>
<td>2</td>
</tr>
<tr>
<td>Italy</td>
<td>2</td>
</tr>
<tr>
<td>Philippines</td>
<td>1</td>
</tr>
<tr>
<td>Mexico</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>18</strong></td>
</tr>
</tbody>
</table>

02. Promotion of Yoga in Schools

02.A. Yoga Training for PET’s of Navodaya Vidyalaya Samiti
There was a 10-day Orientation training for Physical Education teachers of the Navodaya Vidyalaya Samiti in 2 batches conducted by Kaivalyadhama Yoga Institute. In all there were 56 teachers including female and male teachers. The batches were held on the following dates:
October 7-17, 2018 - 27 Students;
October 21-31, 2018 - 29 Students
**Yoga Training for Jawahar Navodaya Vidyalaya Schools**

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.

34 Kaivalyadhama trained students were deputed to twenty Jawahar Navodaya Vidyalaya Schools.

**JNV Batch IV - 3 Months Yoga Training Programme at 20 JNVs during 2018-2019**

<table>
<thead>
<tr>
<th>Region</th>
<th>Address of the JNV</th>
<th>Female Yoga Instructor</th>
<th>Male Yoga Instructor</th>
<th>3 Months Report</th>
<th>Total Master Trainers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JNV Korlahai, Post Mundargi Taluk, Dist. Gadag (Karnataka)</td>
<td>Pooja Bhosale</td>
<td>Vimal Pandey</td>
<td>250 121</td>
<td>371 15</td>
</tr>
<tr>
<td>2</td>
<td>JNV Arong (VI), Dist. Car Nicobar, Andaman Islands (UT)</td>
<td>Preeti Pasapagar</td>
<td>Pritam Nandi</td>
<td>58 95</td>
<td>153 5</td>
</tr>
<tr>
<td>3</td>
<td>JNV Vattrem, Bijnepally, Dist. Mahabubnagar, Telangana 509203</td>
<td>T Manogana</td>
<td>Pawan K.R. Singh</td>
<td>288 155</td>
<td>443 7</td>
</tr>
<tr>
<td>4</td>
<td>JNV Panikoli, Dist Jaipur (Odisha) 756043</td>
<td>-</td>
<td>Vivek L. Pachghare</td>
<td>201 144</td>
<td>345 6</td>
</tr>
<tr>
<td>5</td>
<td>JNV Basedi, Dist. Surapur (CG)</td>
<td>Preeti Pasapagar</td>
<td>-</td>
<td>339 210</td>
<td>549 25</td>
</tr>
<tr>
<td>6</td>
<td>JNV Bari, Amrawad, Dist. Raisen (MP) 464665</td>
<td>-</td>
<td>Pravesh Pandey</td>
<td>314 204</td>
<td>518 10</td>
</tr>
<tr>
<td>7</td>
<td>JNV Village Phalahi, P.O. Bhantharana, Via Purhiana Dist. Hoshapur 146111</td>
<td>Sikha</td>
<td>Kanhu Charan</td>
<td>1580 180</td>
<td>330 8</td>
</tr>
<tr>
<td>8</td>
<td>JNV Village Sahkote, P.O. Bonyar, Dist. Baramulla J&amp;K 193122</td>
<td>Shvani</td>
<td>-</td>
<td>285 149</td>
<td>434 8</td>
</tr>
<tr>
<td>9</td>
<td>JNV Vednagar, Dist Mehsana (Gujarat) 384355</td>
<td>Neeta Kanani</td>
<td>Pawan Kumar Singh</td>
<td>251 181</td>
<td>432 10</td>
</tr>
<tr>
<td>10</td>
<td>JNV Vejalpur, Kanod Road, Dist. Pancharmahal (Gujarat)</td>
<td>Rutika Rane</td>
<td>Pushpendra Tiwari</td>
<td>309 190</td>
<td>499 12</td>
</tr>
<tr>
<td>11</td>
<td>JNV Mbajal, Jalukie ‘B’ Dist. Peren Nagaland 797110</td>
<td>Anamika Bhowmik</td>
<td>Pushpendra Tiwari</td>
<td>152 147</td>
<td>299 8</td>
</tr>
<tr>
<td>12</td>
<td>JNV South Tripura Banduar, P.O. #2, Fulkumari, Udaipur Dist. South Tripura (Tripura) 799116</td>
<td>Anamika Bhowmik</td>
<td>-</td>
<td>330 212</td>
<td>542 5</td>
</tr>
<tr>
<td>13</td>
<td>JNV PO Pallapool, Dist. Cachar (Assam) 788098</td>
<td>-</td>
<td>Mahesh Jaiswal</td>
<td>300 200</td>
<td>500 10</td>
</tr>
<tr>
<td>14</td>
<td>JNV Nagarpara, Dist. Bhagalpur (Bihar) 853203</td>
<td>Pooja Gupta</td>
<td>-</td>
<td>323 194</td>
<td>517 14</td>
</tr>
<tr>
<td>15</td>
<td>JNV Sidhu Kanhu Stadium, Dist. Sahebganj (Jharkhand)</td>
<td>Aradhana Sharma</td>
<td>Rahul Manohar Shinde</td>
<td>172 152</td>
<td>324 20</td>
</tr>
<tr>
<td>16</td>
<td>JNV Gangerkot, Sualbari Dist. Rainital 263135</td>
<td>Pratibha</td>
<td>Devendra Kumar Pandey</td>
<td>335 185</td>
<td>520 10</td>
</tr>
<tr>
<td>17</td>
<td>JNV Dhana Dhanai, Dist. Maharagang (UP)</td>
<td>Swati Pandey</td>
<td>Neeraj Kumar Mishra</td>
<td>340 191</td>
<td>531 7</td>
</tr>
<tr>
<td>18</td>
<td>JNV Mauli, Dist. Panchkula (Haryana)</td>
<td>Kamlesh K.</td>
<td>Sumit Yadav</td>
<td>274 208</td>
<td>482 7</td>
</tr>
<tr>
<td>19</td>
<td>JNV Kuchmaworld, Dist. Nagaur (Rajasthan)</td>
<td>Akanksha Shukla</td>
<td>-</td>
<td>315 165</td>
<td>480 21</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>5206 3433 8639 208</strong></td>
<td></td>
</tr>
</tbody>
</table>
03 Special Training Programmes

03.A. Four-week Certificate Course in Yoga at INPT, Goa

<table>
<thead>
<tr>
<th>Batch</th>
<th>Date</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Jan 29 - Feb 23, 2018</td>
<td>53</td>
</tr>
<tr>
<td>II</td>
<td>Jun 11 - Jul 7, 2018</td>
<td>15</td>
</tr>
<tr>
<td>III</td>
<td>Jul 15 - Aug 11, 2018</td>
<td>48</td>
</tr>
<tr>
<td>IV</td>
<td>Sep 10 - Oct 6, 2018</td>
<td>14</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>130</td>
</tr>
</tbody>
</table>

04 Faculty and Student Development Programmes

04.A. Guest Workshop by Dr Sudhir Tiwari on Kaivalyadhama Lineage

04.B. A series of lectures and interactions was arranged for students with Shri Sudhir Tiwari ji, on Evolution of Yoga, Tradition, Lineage, Style and Fads on October 13, and Basics of Pranayama, on November 27 & 28, December 1. Shri Sudhir Tiwari ji, expert on the topic Pranayama, was initiated by Swami Digambar ji and he learnt Pranayama and Hathapradipika from Shri O.P. Tiwari ji

04.C. Guest Lecture on Overview of Patanjala Yoga Sutra by Dr Veena Londhe, Professor of Sanskrit, was organised on December 15, 2018.

04.D. Dr Arthur Brownstein, MD, renowned clinical instructor of medicine at the University of Hawai, Manoa and medical director of the Princeville Medical Clinic, gave a very enlightening session on January 11, 2019. The topic for the 2-hour lecture was Yoga Therapy for Cardiovascular Disorders.

04.E. Dr W. Selvamurthy, who is President, Amity Science, Technology & Innovation Foundation at Amity University, visited Kaivalyadhama. He is also designated as the Chancellor, Amity University, Chhattisgarh. Selvamurthy is a Distinguished Scientist and served as a Chief Controller, Research & Development (Life Sciences & International Cooperation) at Defence Research and Development Organisation, Government of India. A Guest Lecture was organized on February 23, 2019 on the topic My Experience with Scientific Research in Yoga followed by the interaction with students.
Dr Veena Londhe – Hon. Professor, Dept. of Sanskrit, Mumbai University – conducted a workshop on Patanjala Yoga Sutra for the students and faculty of our Gordhandas Seksaria College in February 2019. Among the series of lectures delivered, she had covered Samadhi Pad and Sadhana Pad.

A Guest Workshop by Dr Chinmay Pandya on Human Excellence. Dr Pandya’s talk encouraged us to consider human qualities such as compassion for others, strength of personal conviction, persevering against odds, inspiring others by one’s own belief and deeds – to uplift oneself and others to do greater good for mankind.

Kriya Yoga Anushthana

The Kriya Yoga Anushtana, a spiritual retreat was held under the guidance of Rev. Swami Maheshananda-ji from January 3-8, 2019. All the students of the college, H.H.C.C. residents and other interested staff members of Kaivalyadhama participated in the programme. The Six-day schedule included Pooja and Havan, Practice of Pranayama and recitation of Mantras, which constituted the major part of Anushthana at Saraswati Hall. It also included following lecture sessions for understanding the concept and practice of Kriya Yoga:

Dr Rajani Pradhan – The Concept & Practice of the Kriya Yoga
Prof. R.S. Bhogal – Psychology of Kriya Yoga
Dr S. Bhalekar – Physiology of Kriya Yoga
Prof. R.K. Bochte – Value of Kriya Yoga
Prof. D.D. Kulakarni – Scientific studies on Kriya Yoga

On the last day at the concluding function, students shared their experiences in 6 days.

Student’s Contribution for 9th International Conference 27-30 Dec, 2018

In the International Conference on Yoga 2018, students participated fully in all areas like Registration, Accommodation and Transport, H.H.C.C. accommodation, food and other arrangements, Guest coordination, Medical team, Allocation of Halls, Library, guest welcome and arrangements, Cultural programme, Annapurna mess, Poster presentation, Announcement booth and help desk, Decoration, Account, Certificate and conference proceedings etc.

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 awarded to the outstanding students of the course. The following students were awarded the scholarship during this academic year. Merit certificates and award in cash were given away by the Chairman and the CEO during the concluding function.

1st Award (Rs 10,000)
Ms Daria
Female Student
Mr Ramdash
Male Student

2nd Award (Rs 7,500)
Ms Suruchi Mittal
Female Student
Mr Saurabh Tiwari
Male Student

Shri Rameshwar Prasad Nevatia Scholarship(Yoga Education Fund)

To build up a trained yogic generation with a following motto: Educate people in India and abroad on what yoga means by sharing ‘preached and practiced’ Yoga knowledge for social awareness among people. Professionally publish scientific and traditional yogic thought through books periodicals, CDs and films and other media & means for promoting scientific approach of Kaivalyadhama.

Following students were awarded with Nevatia Scholarship:
Daria, Preeti Choyal, Romila, Sanjay, Manjee, Devendra

G.S. College // Faculty & Student Development Programmes
05 Future Proposals/Plans

05.A. Academic Plans

In addition to the ongoing regular activities, the college proposes to start following new courses:

- Certificate Course for Assistant Yoga Therapist
- Masters / Ph.D. in Yoga under the auspices of Kavikulaguru Kalidas Sanskrit University, Ramtek.
- Weekend Yoga Programmes for Corporates
- The college has applied for accreditation against the invitation as a Leading Yoga institute under Yoga Certification Board.
- The college has also submitted details for participation as a Yoga Institution under SII - Study In India programme of MHRD

05.B. Infrastructural Development Plans

- Extension of College
- During 2016-17, following was proposed by the college:
  1. Four well furnished Lecture Halls with LCD Projectors.
  2. Well equipped Yoga Practical Hall accommodating more than 100 people.

  We are happy to inform that the construction work of the Extended College building is almost complete and will be inaugurated shortly.
- Meditation Hall
- Guest House for the college
Vision

Tejasvinavadhitamastu:
May the Acquired Wisdom be Effulgent

Mission

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

Advisory Board Members

Prof. Ravindra Muley
DIRECTOR,
Centers of Advance Study of Sanskrit
S.B. Pune University

Prof. Vijay Shankar Shukla
DIRECTOR,
Indira Gandhi National Centre for Arts,
Varanasi

The Team

Regular Research Staff

Dr Rajeshwar Mukherjee
Assistant Director (Research)

Prof. Ravindranath Bodhe
Mentor

Dr Saurabh Pal
Assoc. Professor,
University of Calcutta

Ms Archana Sinha
Assistant Librarian

Dr Bandita Satapathy
Research Officer

Dr Niradbaran Mandal
Visiting Researcher, PLRD, Kaivalyadhama

Dr Seema Jadav
Visiting Researcher, PLRD, Kaivalyadhama

Ms Madhumita Pathak
Ganguli

Visiting Researchers

Dr Kakali Ghosh
Assoc. Professor,
Jadavpur Univ., West Bengal

Dr Sunita Owhal
Visiting Researcher, PLRD, Kaivalyadhama

Ms Madhumita Ganguli

Adjunct Researcher

Collaborator

Support Staff

Interns
Research

AREAS OF RESEARCH
1. Manuscript and Literary Research in Yoga
2. Analytical Research in Yoga and Allied philosophy
3. Yoga Across Tradition and Culture
4. Science-Indian Wisdom Interface
5. Science of Consciousness

1. Manuscript and Literary Research in Yoga

1.1. Methodology

7. Final text preparation for press copy >> 8. Works related to verification of final text

1.1.A. Work done during 2018-2019

i. Siddhasiddhantapaddhati

The treatise, Siddhasiddhantapaddhati (SSP) by Sri Goraksanatha, is a classical text on Hathayoga which delineates hathayogic precepts and practices in their profundity and thoroughness and thus has become a pioneering source for succeeding hathayogic literature. The present critical edition endeavors to justify itself as it presents the text with authenticity, comprehension for various types of Yoga lovers. This work has been done by Prof. Ravindranath Bodhe, Dr Raghavendra Bhat et al.

ii. Amrtasiddhi Yoga

Amrtasiddhiyoga is a treatise on siddhayoga. According to its colophon it is composed by a siddhayogi whose name is Virupaksa Siddha. The word ‘Siddhi’ indicates that he is related to the Siddha Sampradaya. Actually the members of this sampradaya were followers of Gorakshanatha who is said to have been a great yogi of the Nathasampradaya. Here, in this book, Gorakshanatha has been mentioned to be the guru of the siddhas. The subject matter of this book is a kind of yoga whose practitioners hold that this human body is a miniature form of the whole universe. For it is said: “Tralokaye yana tattvani tani sarvari dehata...” (What exists in the three worlds can be found in human body). So the author describes, one by one, sanskritvah, candra, candrasunya, vahini, bija, citta, mahamudra, mahabandha, guna, vayu etc. The author describes some yogic bandhas and mudras and some way of meditation also for the benefit of practitioners to achieve amrtasiddhi and esoteric power through the practice of them. This work has been done by Dr Bandita Satapathy

1.1.B. Work done during 2018-2019

i. Research Project on: “Yoga Heritage and Culture”

Principal Investigator: Dr Bandita Satapathy - Research Officer, P.L.R.D.
Date of Commencement: February 2019
Duration of the Work: 5years

Tentative outputs: Monograph and research article
Support Team Members:
1. Prof. R.K. Bodhe, Mentor, P.L.R.D.
2. Dr Rajeshwar Mukherjee, Assistant Director, P.L.R.D.
3. Dr Niradiraman Mandal, Visiting Researcher, P.L.R.D.
4. Dr Kakali Ghosh, Visiting Researcher, P.L.R.D.
5. Dr Seema Jadav, Visiting Researcher, P.L.R.D.
6. Dr Niradbaran Mandal, Visiting Researcher, P.L.R.D.
7. Dr Swadhin Mandal, Assistant Professor, Michael Madhusudan College, Visiting Researcher, P.L.R.D.

1.2. New projects for 2019-2020

1.2.A. Work done during 2018-2019

The Quintessence of Yoga

The book marries a child’s wonder with the sheer intellect of a philosopher. It not only gives a perspicuous introduction to the tradition of Yoga but also offers a plethora of philosophically insightful and coherent concepts. It deals with general concept of Yoga and its historical development. Starting from the Vedas and the Upanishads, it presents an overall view of different systems of philosophy like Samkhya, Yoga and Vedanta to provide a better understanding of the subject. The synergy of these three systems of Indian philosophy has also been explained. The traditional perspective of Yoga along with the four different paradigms of Yoga prevailing in the modern times - Karma Yoga, Jnana Yoga, Raja Yoga and Bhakti Yoga- has been explicitly treated. Several scholarly debates pertaining to the philosophy of Yoga have been presented in the light of the implicit harmony. The book will be an asset to them who aspire to adventure into the ‘Brave New World’ of Yoga. This book is authored by Dr Rajeshwar Mukherjee.

1.2.B. New projects for 2019-2020

i. Research Project on: “Yoga Heritage and Culture”

Principal Investigator: Dr Bandita Satapathy - Research Officer, P.L.R.D.
Date of Commencement: February 2019
Duration of the Work: 5years

Tentative outputs: Monograph and research article
Support Team Members:
1. Prof. R.K. Bodhe, Mentor, P.L.R.D.
2. Dr Rajeshwar Mukherjee, Assistant Director, P.L.R.D.
3. Dr Niradiraman Mandal, Visiting Researcher, P.L.R.D.
4. Dr Kakali Ghosh, Visiting Researcher, P.L.R.D.
5. Dr Seema Jadav, Visiting Researcher, P.L.R.D.
6. Dr Niradbaran Mandal, Visiting Researcher, P.L.R.D.
7. Dr Swadhin Mandal, Assistant Professor, Michael Madhusudan College, Visiting Researcher, P.L.R.D.
4. Science- Indian Wisdom Interface

01.4.A. Work done during 2018-2019

Quantum Reality and Theory of Sunya

The book “Quantum Reality and Theory of Sunya” has been published by Springer International Publisher of Germany in 2019. A chapter has been contributed by Dr Rajeshwar Mukhejee.

The book deals with the nature of Reality, as it is understood in contemporary times in Quantum Physics. It consists of 26 chapters, and the 12th chapter “Quantum Vacuum and Beyond: An Exegesis in the Light of the Concept of Sunya” is authored by Dr Rajeshwar Mukhejee.

Abstract:

The quantum field theory (QFT) has unmasked a nature of Reality which is radically different from general human perception. According to QFT, the fundamental particles, which are the basic building blocks of the physical universe, are not the primary reality. These particles are simply the excitations of their respective underlying quantum fields, which constitute the primary reality. The ground state of a quantum field is the vacuum. The concept of void or vacuum is a cardinal concept in Indian tradition. The void or emptiness is denoted by the term sunya. The word sunya has been derived from “śūna” which means “to grow” or “to swell.” Though it generally denotes void, yet, in some places, it is also used as a synonym of “piśara”; and therefore, it has also been identified with the concept of infinity. As the theory of sunya evolved as a universal philosophical doctrine, it can comfortably be applied to shed new light on the unexplained issues of the quantum vacuum, which is considered to be the primary reality of the physical universe. The paper explores some novel dimensions of quantum reality in the light of the theory of sunya. But Reality is not exhausted within the purview of physics, and hence, there is dire need to discover other dimensions of Reality transcending the physical vacuum. The philosophy of sunya is a wonderful theory which provides us a framework of knowledge useful to have an import of the Absolute Reality and its manifestations as different modes of existence. The paper also aims at utilizing the theory of sunya to inquire into the Reality beyond the physical vacuum.

01.4.B. New Projects for 2019-2020

i. ICPR Approved Research Project:
Title: Study of the Principle of Causality

ii. Major Research Project under JU-RUSA 2.0 in collaboration with Jadavpur:University
Title: Reflections on Vedanta: Unearthing the Concepts of Physics to Peer into the Core of Consciousness

5. Science of Consciousness

01.5.A. Work done during 2018-2019

World as the Animation of Ananda: A Scientific Exploration

"World as the Animation of Ananda: A Scientific Exploration" is in the process of Publication in Sikkim Central University in Sikkim as proceedings of the seminar on “Indian Science” The presentation was given by Dr Rajeshwar Mukhejee.

Abstract:

The identification of misery is the starting point of every philosophy and the absolute freedom from it is the finale. The four noble truths which were expressed by Buddha are wholly devoted to the identification of the causes of misery with the ascertainment that the misery can be overcome through the adoption of appropriate means and methods. The Yoga philosophy also speaks about the five-fold affliction identifying ignorance as the prime and the primal cause. The Yoga philosophy observes that only the total annihilation of ignorance can lead one to the absolute freedom from the clutches of misery. When this absolute freedom is achieved, the experience of bliss or Ananda shines in its supreme splendor. The Vedas have eulogized the Ananda not only as the Self, but also as the reality absolute. Through the attainment of this Ananda one can transcend the world full of afflictions to rejoice in the immortality of the Self.

01.5.B. New Projects for 2019-2020

"World as the Animation of Ananda: A Scientific Exploration" is in the process of Publication

02. Teaching

Departmental staff renders its services to G.S. College of Yoga in teaching, the particulars of which in terms of hours, are as follows. Besides these hours the staff also provides its services towards related works such as assignments, question paper setting/evaluation/ discussion with the students etc.

1. P.G. Diploma Course G.S. College of Kaivalyadhama, Lonavla .............................................................. 78 hrs
2. C.C.Y. Course at G.S. College, Kaivalyadhama, Lonavla .................................................................................. 31 hrs
3. C.C.Y. Course at G.S. College, Kaivalyadhama, Mumbai (Visiting) ................................................................. 2 hrs
4. Kriya Yoga Anushthana, Kaivalyadhama, Lonavla .............................................................................................. 1 hr
5. Bachelor’s Level Course at G.S. College, Kaivalyadhama, Lonavla ................................................................. 177 hrs
6. Advance course in Yoga 2019 (till March 2019) ................................................................................................. 2 hrs
7. Pranayama workshop ................................................................................................................................................. 4 hrs

02.A. Central Research Library

1. Library has a collection of 30,316 books on Yoga, Philosophy, Religion, Ayurveda, Mysticism, Tantra, Medicine, Science, Sociology, Psychology, Linguistics, Physical Education, Literature (Marathi, English, Hindi) etc. Among these library has rare collection of Encyclopedia on Philosophy, Religion and Ethics, Indian Philosophy, Hindi Shabdasagar and Bharatya Sanskriti Kosha etc.
2. Subscribes 35 Journals
3. 1,000 photocopies of Original Manuscripts on Yoga related subjects
4. 240 photocopies of Yoga Manuscripts
5. 68 recently copied Manuscripts
6. 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 availed the services.
7. Installation of new software KOHA for Cataloging purpose.

Facilities Provided

1. The library provides internet facility as well as Scanning, Xeroxing and Printing and facility to our readers on nominal charges.
2. The Library provides the Facility of Cyber Café.
3. Central Library is also being used by students of various courses conducted by Kaivalyadhama.
4. Library Membership is open to University students, research scholars and other academicians across the globe.
5. New arrival of 68 books and 110 CDs/DVDs
03 Publication

03.A. New Publications

A. Siddhasiddhantapaddhati
B. Amrtasiddhi Yogah
C. The Quintessence of Yoga

03.B. Republication of Popular Books

1. Kundalini & Yoga (Science and Inquiry) by Dr M.V. Rajapurkar - Reviewed
2. Salkarmasangrah - Reprinting - Proof correction
3. Vassitha Samhita - Reprinting - Proof correction
4. Shiva Samhita - Reprinting - Proof correction
5. Devayajan 162 Hindi - Publication - Preface and Introduction
6. Kapalakurantaka - Reprinting
7. Prayer and Mantra Japa - Reprinting

04 Outreach

04.A. Resource persons invited by different Institutes/Universities

1. Dr Rajeshwar Mukherjee was invited for a talk at International Conference on Mind, Meditation and Innovation at Copenhagen Business School, Denmark, on 3-5 September 2018.
2. Dr Rajeshwar Mukherjee was invited for a lecture at the National Level workshop on Vedantic Metaphysics organized by CSIR (Council of Science and Industrial Research) - NISTADS, March 2018.
3. Dr Rajeshwar Mukherjee did a lecture series at the National Level Workshop on Yoga Vedanta Renaissance at Jadavpur university from 27th to 29th September, 2018.
4. Prof. Ravindranath Bodhe worked as Chair Person in the 9th International Conference organized by Kaivalyadhama December 2018.
5. Prof. Ravindranath Bodhe was a Panelist in Yoga Update, 2018 at Mumbai Kaivalyadhama.

04.B. Seminars

1. Invited talk at the National Seminar on Indian Science at Sikkim Central University, Sikkim, 1-3 September, 2018 (Dr Rajeshwar Mukherjee)
2. Presentation in the National seminar, Amrtasiddhi Yogah: An Introductory Overview, at University of Pune, on 10th January 2019 (Dr Bandita Satapathy)
3. Presentation in the National seminar, Quality Improvement in Education and Research in Higher Educational Institutions with Special Emphasis on Sanskrit Education at Kavikulguru Kalidas Sanskrit University, Ramtek, Nagpur on 11-12 January 2019 (Dr Raghavendra Bhat)

04.C. Guest Lectures for the Kaivalyadhama Visitors/Groups

1. Guest Lectures on Sanskrit, Veda, Mantra, Chanting Hathayoga etc.
2. Guest Lectures on Patarjali Yoga Sutra, Hathayoga text, Value Education etc., for Kaivalyadhama Visitors, different Universities, Mumbai Kaivalyadhama, etc., time to time.
Continuing/New Projects for 2019-20

05.A.
**Critical Editions on Yogic Manuscripts**

i. Khechari Mudra Patala Yogashastra (KMPY)

05.B.
**Preparation of Popular Books**

i. Yoga and Value Education - Book (English)

Value Education can be carried out through various methods. However, yoga been practical science, how it will serve as the best method of Value Education.

In this book, we will be discussing various practical limbs of Yoga as their potentiality towards the inculcation of Values among the learners. Inclusion of Guidelines towards Yoga teachers of value Education will also form the part of this book. This work is being done by Prof. Ravindranath Bodhe.

ii. World as the Animation of Ananda: A Scientific Exploration

"World as the Animation of Ananda: A Scientific Exploration" is in the process of Publication, for the details, Science of Consciousness.

05.C.
**Research**

i. ICPR Approved Research Project:

**Title:** "Study of the Principle of Causality"

In the Perspective of Ancient Indian Wisdom and Modern physics and Neuroscience.

Principal Investigator: Dr Rajeshwar Mukherjee, Assistant Director of Research, P.L.R.D.

Tenure of the Project Granted: 2 years

Amount of the project Granted: 2 Lakhs

**Scope and Relevance:**

1. Causality engenders issues in Indian Philosophy and Modern Science
2. To investigate into the different areas of Indian philosophy and understand the import of causality in Indian philosophy.
3. To have a proper understanding of the concepts of Indian philosophy with the rationale of modern science.
4. To identify the gap areas of modern science and derive insights from the Indian philosophical wisdom to facilitate the development of the novel theories of modern science.
5. To spread a general awareness of the scientific dimension of Indian philosophy amongst common people.

05.D.
**Outreach**

i. Brochure on Swami Kuvalayananda

The brochure will depict various aspects of Swami Kuvalayananda’s life and achievements. In brief, having in view Yoga lovers in general.

ii. Proposed Workshop on Raja Yoga from 22nd - 27th July, 2019

1. Raja Yoga is the Royal science of Self Realization.
2. It is the King of Yoga as it represents Supreme effulgence.
3. Techniques from different texts to face challenges.
4. Techniques for improving concentration.
5. The positive psychology in the light of Indian wisdom.
6. Raja Yoga applied in daily life, helps you tackle any crisis and critical moments of your life.

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**Table: Continuing Projects for 2019-20**

<table>
<thead>
<tr>
<th>Title of Work</th>
<th>Nature of Work</th>
<th>Tentative Date of Completion</th>
<th>Name of Researcher</th>
<th>Present Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga in the Pre-Vedic Era</td>
<td>Monograph</td>
<td>March 2020</td>
<td>Dr Bandita Satapathy</td>
<td>Proposal submitted</td>
</tr>
<tr>
<td>Yoga in Sufism</td>
<td>Monograph</td>
<td>March 2021</td>
<td>Prof. R.K. Bodhe</td>
<td>Review work started</td>
</tr>
<tr>
<td>Buddhist Concept of Yoga</td>
<td>Research Paper</td>
<td>March 2020</td>
<td>Dr Nirodbaran Mandal</td>
<td>Data Collection in process</td>
</tr>
<tr>
<td>Yoga Concepts in the Principal Upanishads</td>
<td>Monograph</td>
<td>March 2020</td>
<td>Dr Kakali Ghosh</td>
<td>Study of Literature</td>
</tr>
<tr>
<td>Raja Yoga Meditation</td>
<td>Research Article</td>
<td>March 2020</td>
<td>Dr Rajeshwar Mukherjee</td>
<td>Study of Literature</td>
</tr>
<tr>
<td>Unity in Diversity: Yoga Translates in Inter-cultural Communication</td>
<td>Monograph</td>
<td>April 2020</td>
<td>Dr Victoria Orange</td>
<td>In progress</td>
</tr>
<tr>
<td>Hathayoga in Perspective of Yogapanishads</td>
<td>Monograph</td>
<td>April 2020</td>
<td>Dr Seema Yadav</td>
<td>Review work started</td>
</tr>
<tr>
<td>Yogis and Saints of India</td>
<td>Monograph</td>
<td>April 2020</td>
<td>Mr Swadhin Kumar Mandal</td>
<td>Work Started</td>
</tr>
</tbody>
</table>
Research Advisory Board

Objectives

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

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.

Dr Shirley Telles
Dr Shirley Telles completed M.B.B.S. and subsequently M.Phil. and Ph.D. in Neurophysiology from the National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore, India. Dr Telles directs research at Patanjali Research Foundation, Haridwar, India. She has 161 research publications related to the above mentioned areas of research in journals indexed in international bibliographic databases (such as Medline, PsycLit and others), 18 chapters in books and 4 published books. She received an award from The Indian Council of Medical Research, The John Templeton Foundation (www.templeton.org), U.S.A. (January, 2002), and a Fulbright Fellowship (J. William Fulbright Foundation, U.S.A.) to study Functional magnetic resonance imaging in meditators. Dr Telles is an enthusiastic practitioner of yoga herself.

Dr Ananda Balayogi Bhavanani
Yogacharya Dr Ananda Balayogi Bhavanani was born to the world famous Yoga team of Yogamarashi Dr Swami Gitananda Gir Guru Maharaj and Puduvai Kalaaimani, Yogamani, Yogacharini, Smt. Meenakshi Devi Bhavanani and has written 23 books and presented 20 DVDS on Yoga. He has had more than a hundred scientific papers, scientific abstracts and compilations on Yoga research published. Dr Ananda is Chairman of the International Centre for Yoga Education and Research (ICYER) an internationally acclaimed Yoga Institute established as Anand Ashram in 1968. He is also Chairman of Yoganjali Nataiyalam, a world famous Institute of Yoga, Bharat Natyam, and Carnatic Music established in Pondicherry in 1993. He is at present, Deputy Director of the Center for Yoga Therapy, Education and Research (C.Y.T.E.R.) at M.G.M.C.R.I., Sri Balaji Vidyapeeth University, Pondicherry.
The 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

Ms Anita Verma
Research Assistant

Mrs Akshata Badave
Scientific Assistant

Mrs Pratibha Rajbhoj
Research Officer

Mr Vivek Tiwari
Yoga Teacher

Mr Sandeep Wankhede
Yoga Teacher

Mr Rohit Malve
Junior Research Fellow

Mr Navnath Kadu
Technical Assistant

Dr Satish Pathak
Research Associate

Staff under Funded Projects

Vision

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

Mission

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

Research

Objectives

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

Through

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

Research Projects

01. Breath, Stress and Health – A Bio-cultural study of Hatha Yoga Practices in collaboration with Paul Dallaghan, Emory University, U.S.A.

Principal Investigator: Paul Dallaghan
Co-Investigators: Ms Anita Verma, Mr Sanjay Shete & Mr D.D. Kulkarni

Background of the study: This study entitled “Breath, Stress, and Health: A Bio-cultural Study of Hatha Yoga Practice” was conducted in collaboration with Emory University. The study aims to characterize the relevant features of the hatha yoga tradition and empirically assess the effects of training in these techniques on physiological, psychological and biochemical markers of stress.

Status: Pilot and main study completed

Flowchart for Pilot study: Breath, Stress and Health: A Biocultural study of Hatha Yoga Practices
Flowchart for Main study: Breath, Stress and Health: A Biocultural study of Hatha Yoga Practices

Main Study N=90

Active Control Group N=22

Passive Control Group N=25

Experimental Group N=42

Pre test - *Physiological, **Biochemical variables, and ***Psychological tests

Six weeks Yoga Intervention for Experimental Group

Post test: Physiological, Psychological and Biochemical variables

Data Extraction Pre and Post test

*Physiological Variables: HRV, EDA, Muscle tone

**Biochemical Variables: Telomere length, Growth hormone, BDNF, Reactive Oxygen Species, Total antioxidant status, Glutathione, TNF alpha, IL-6, Leptin, Ghrelin, Oxytocin

***Psychological parameters: perceived stress, worry, stress reactivity, anxiety, depression, emotion regulation, moods and feelings, coping self-efficacy, awareness of internal sensations, mindful attention awareness, self-compassion, cognitive and affective mindfulness, forgiveness, gratitude and spiritual meaning

02. The Psychological Impact of a Comprehensive Yoga Module in Cancer and Chronic Non-communicable Diseases (NCDs): An Empirical Study

Principal Investigators: Dr Usha Nayar, Dr Praseeda Menon

Team Members: Ms Lee Majewski, Dr Ravi Kulkarni, Mr Neeraj Singh, Ms Sindhu Tiwari, Ms Priya Nayar, Mr Subodh Tiwari

Project Duration: 2017-2020

Background: Non-communicable diseases (NCDs), like cancer and diabetes kill 40 million people each year, equivalent to 70% of all deaths globally (W.H.O., 2017). 80 percent of these premature deaths occur in low-middle income countries including India. Therefore, it is imperative to increasingly conduct research on effective holistic treatments for people with NCDs, yoga being one of them.

Aim: The current study aims to analyze the longitudinal psychological impact of 3-week intensive, residential yoga therapy retreats with a multi-limbed intervention for survivors of cancer and other chronic NCDs conducted at Kaivalyadhama.

Methods: Out of the larger study, 13 patients from the 2017 yoga retreats were investigated on psychological measures over a period of one year through online forms: on Day1 (D1) and Day20 (D20) of the retreats; thereafter at 3, 6 and 12 months (3M, 6M, 12M) of going back to their lives.

Preliminary results: Preliminary data analysis shows that the scores on Anxiety, Depression, Perceived Stress and Total Mood Disturbance did not touch baseline scores even after 12M. In some cases, scores at 12M were similar to D20 scores, where maximum healing happened. This reveals the participants improved ability to better manage their illness and day-to-day lives. The scores on coping with self-efficacy, quality of life - psychological, and psychological flourishing also improved and these scores sustaining quite consistently can be seen in the same light.

The differences in the psychological measures over a period of one-year are displayed as graphs below.
Significance: The study indicates that complementary treatments with focus on yoga therapy have tremendous potential in bringing holistic health and psychological empowerment to people suffering from NCDs.

Status: Data collection of the larger study was completed in Mar 2019. Data analysis and paper writing is being done currently. Two papers were presented in Kaivalyadhama’s 9th International Conference on Yoga as Therapy: Scope, Evidence, and Evolution, as follows:

1. The Scope of Awareness-based Therapeutic Techniques: the Cross-Cultural Landscape – Dr Usha Nayar
2. Evidence for Yoga as Therapy and Supportive Care in Non-Communicable Diseases (NCDs) – Dr Praseeda Menon

03. Education, Rehabilitation and Research Programme (ERRP) on Yoga for People with Special Needs (Divyanga)

Investigators: Dr Praseeda Menon, Dr Meena Ramanathan
Team Members: Dr Satish Pathak, Ms Paula Smith, Dr Nutan Pakhare, Mrs Aishkata Badave
Project Duration: 2017-2020
Background: Kaivalyadhama, Lonavla, in collaboration with Sri Balaji Vidyapeeth’s Centre for Yoga Therapy, Education and Research (C.Y.T.E.R.), Puducherry, has undertaken a comprehensive Education, Rehabilitation, and Research Programme (ERRP) focused on rehabilitation of children with special needs (Divyanga) through yoga education with emphasis on the fun element. These activities would later expand into a quantitative cum qualitative research project.

Aims: The project aims to enhance the quality of life of Divyanga and their caregivers, empower them through yogaic practices rendered in a fun manner, and to create opportunities for gathering data and publishing research findings.

Methods: The main method of rehabilitation of Divyanga has been done through yoga awareness and training programmes imparted to the educators/caregivers from existing special schools/centres in Maharashtra and Puducherry. The research design will be longitudinal with emphasis on both qualitative and quantitative methods to determine the role of yogaic practices in influencing the quality of life of Divyanga and their caregivers.

Outcomes: The outcomes of the project related to education and rehabilitation through yoga are as follows:

1. One-week yoga with fun activities for Divyanga children and their special educators at Samvad Shala, Lonavla, was organized in Jun’18.
2. Teacher’s Training Programme involving Divyanga educators was organized in Dec 2018 at Kaivalyadhama, Lonavla.
3. A research documentary was made in order to explain the mechanisms and impact of yoga training on Divyanga. This documentary was screened at some special schools, and for visiting groups at Kaivalyadhama, shared with experts in the field, and is available on YouTube.

Significance: This project blends community outreach and scientific research through fun yoga for empowerment of Divyanga, their educators and their caregivers, and is unique because of its participative approach.

Status: Awareness about how yoga impacts Divyanga is being created through regular screening of the research documentary for visiting groups at Kaivalyadhama. Efforts are also being taken for participative, action-led research to investigate the impact of yogaic practices in influencing the quality of life of Divyanga, their educators and caregivers as well as for generation of funds. Dr Shashikant Albil, S.S.N., Chennai, has been kind enough to support the project until now with his generous donations.

04. 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

Principal investigator: Dr S.D. Pathak, Research Associate
Co-investigators: Dr Amol Raut - Chief R&D Consultant, Geneombio Technologies Pvt Ltd, Prof R.S. Bhoagi - A.D.R.; Mrs Pratibha Raje
Duration: 2 years
Background: The prevalence of Diabetes and Pre-Diabetes is on the rise in India, and at present there are 366 million people suffering from diabetes all over the globe projected to rise to 668 million in 10 years. More than 40% are likely to be developing countries like India, by 2025. The current challenges for Type 2 diabetes management in India include delayed diagnosis of diabetes, inadequate glycemic control and monitoring, low purchasing power for anti-diabetic medication and early development of diabetes-related complications. Indian adults with Type 2 diabetes are at greater risk for macro vascular complications of diabetes such as ischemic heart disease, stroke, peripheral vascular disease and are more likely to develop these complications at younger age.

Epidemiological studies in Indian adults with T2DM have indicated that poor glycemic control is common in this population; stress related traumatic fallouts of Urbanization, industrialization & sedentary life style are the main precipitating factors of this disorder. Diabetes can have effect on almost all systems of the body and may lead to complications like 1) peripheral neuropathy, causing Gangrene leading to amputation of that part of body. 2) Involvement of kidney leading to renal failure. 3) Involvement of retina causing retinopathy. This obviously amounts to a big setback to a developing country like India. It has been found that Yoga has been effective in improving these life as well as reducing the chances of complications occurring because of Diabetes. It has been confirmed by doing blood tests before and after Yoga practices.

Aim/Objectives: To assess the short term efficacy of a 12 week yoga programme (active intervention) vs. usual care (control):

1. For improving glycemic control in adults with pre-diabetes.
2. For improving indices of inflammation and sympathetic activation.
3. For improving major anthropometric and physiological risk indices for diabetes and C.V.D.
4. For reducing stress and improving mood, sleep, and quality of life using well validated self report instruments.
5. To assess the effect of yoga on the up and down regulation of genes.

Method: Enrollment will be done by screening with the help of blood tests of Fasting & Post prandial blood sugar, HbA1c.

Those having higher values will be subjected to further detail testing in the programme. After screening, two groups will be created; one control and second experimental group. Experimental group will get the Yoga intervention during study period and while waitlisted control group will get the intervention after completion of study.

Status of the project: Project was submitted under E.M.R. scheme to AYUSH and got it approved. First installment has been received in Oct 18. Currently we are conducting camps to get the required number of participants.

Expected outcome:

1. Expected to reduce blood sugar level and improve Glycemic index.
2. Improvement in anthropometric measurement.
3. Improvement in Psychological well being.
4. Improvement in the Gene expressions.

Significance of the study (Originality of the study): It has been studied & found Yoga has a significant effect on patients of type 2 Diabetes in improving their life, reducing the chances of complications occurring because of Diabetes. The present study focuses on identifying individuals with pre-diabetic conditions or risk of type two diabetes, using parameters including variations in blood sugar, genes, familial history and aims at understanding the effects of yoga on the genetic predisposition in the individuals, predisposing them to type 2 diabetes. Effect of yoga on improvement in the measures of glycemic control will be studied in present activity. The profiling of genes being up or down regulated in individuals undergoing the study will help in understanding of the effect of yoga on the individuals at biochemical, physical, gene expression level.

05. Comparative Effects of Shavasana and the Yoga Meditation on Bio-Phase Angle, Resting Metabolic Rate and Emotional Intelligence in Students of a Yoga College

Qualitative Analyses

1. Self Perception Test

Results on Structured Questionnaire: Kaivalyadhama Self-Perception Rating Scale (KSRB):
This test uses Osgood’s Semantic Differential Scale having 12 items with a provision for a quick scoring.

A pair wise Comparisons revealed a statistically significant change between Meditation and Control Groups (P<0.01). No statistically significant change was observed between Group and Shavasana Group (P>0.191), as well as, between Shavasana and Control Groups (P>0.01). The results conclude that Meditation Group has shown a statistically significantly positive change in its Self Perception, in comparison to the Control Group. For the Measurement Effect we have a good power (0.820).

2. Unstructured Responses Assessment

The participants of Shavasana and Meditation Groups were asked to write their responses/comments/remarks/opinions etc. on blank piece of papers. All these responses were codified into items/factors and the percent frequency of occurrences of each of these items/factors was recorded in the form of a Bar Diagram. As many as 20 items/factors showed more favorable psycho-physiological effects of Meditation, in comparison with that of Shavasana with only five items showing favorable psycho-physiological effects. Notable are the responses from the Meditation Group. Concentration, Non-reaction,
Concentration, General Sensitivity, Catharsis of mind-body Complex, feeling of a unique energy, Natural Relaxation, Freshness, Peace & Blissfulness were found significantly greater in Meditation Group as compared to Shavasana Group.

3. Qualitative Analysis of Detraining effects in Shavasana, Meditation & Control Groups

i. Perceived Change in Behavior Pattern & Personality Traits
Meditation Group showed clearly significant change as compared to Shavasana Group.

![Graph showing perceived change in behavior pattern and personality traits](image)

<table>
<thead>
<tr>
<th>Shavasana</th>
<th>Meditation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sig. Greater</td>
<td>Quite a bit</td>
</tr>
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</table>

ii. Perceived Change in Understanding of Shavasana/ Meditation
Both the groups expressed a good amount of change in their understanding of the respective practices. It makes it clear that practices were imparted in authentically correct ways. Meditation Group seems to have a slightly better understanding of Meditation as compared to the understanding of Shavasana on the part of Shavasana Group.

![Graph showing perceived change in understanding](image)

<table>
<thead>
<tr>
<th>Shavasana</th>
<th>Meditation</th>
</tr>
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<tbody>
<tr>
<td>Sig. Greater</td>
<td>Quite a bit</td>
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</table>

iii. Sharing the Experience or Knowledge with others
86% of the participants of Shavasana Group shared their experience and knowledge by way of discussion and only 10% of this group actually conducted meditation sessions with others. In Meditation Group, on the other hand, 64% of the participants shared their experiences and knowledge through discussion and as many as 54% actually conducted meditation workshops. It supports the usual observation that meditation creates “Isha swarupatva” i.e. “helping oriented attitude towards others,” in its practitioners.

![Graph showing sharing experience or knowledge](image)

<table>
<thead>
<tr>
<th>Shavasana</th>
<th>Meditation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Through Discussions</td>
<td>Sessions with Others</td>
</tr>
<tr>
<td>Sig. Greater</td>
<td>Quite a bit</td>
</tr>
</tbody>
</table>

iv. Perceived effect on Health and Disorders
Participants of Shavasana and Meditation Groups were asked to report if they had ameliorating effects, of their respective practices, on their Headache, Sleep Disorders and Body ache.

Meditation Group showed a better effects on these disorders as compared to Shavasana Group. Significantly, headache was relieved only in Meditation Group.

![Graph showing perceived effect on health and disorders](image)

<table>
<thead>
<tr>
<th>Shavasana</th>
<th>Meditation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sig. Greater</td>
<td>Quite a bit</td>
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</table>

06. Role of yoga in self-regulation: A cross-cultural study on Indian and Spanish hypertensives in comparison to normotensives

Investigators: Dr Laura Tolbano Roche, Dr Praseeda Menon
Duration: 2017-20
Background: Although there is extensive research on the role of yoga in the treatment of essential arterial hypertension and in emotional symptomatology, there is a need for more research in explaining and understanding the processes and mechanisms that underlie positive impact of yoga practice on this pathology, as well as, the relation of yoga practice to health and well being in general, and self-regulation in particular.

Aim: The proposed study aims to explore the practical application of yoga in health and well being with emphasis on essential arterial hypertension, as well as, to explore mechanisms of self-regulation in yoga.

Methods: The study has a correlational cross-cultural design involving Indian and Spanish samples. Physiological, emotional and cognitive self-regulation processes were measured using psychological paper pencil tests. Differences between normotensive and hypertensive participants and between yoga practitioners and non-practitioners were also studied.

Expected outcome: It is expected that self-regulation ability will be statistically superior in normotensive than in hypertensive participants and that yoga practitioners will show a statistically superior self-regulation ability than non-practitioners. Also, we expect statistically non-significant differences in the self-regulation process between Indian and Spanish samples.

Significance: This study will help to understand the psychological mechanisms of self-regulation in relation to yoga practice in a cross-cultural sample of hypertensives and normotensives.

Status: Data collection has been completed. The data from Indian and Spanish samples are being analysed and the research paper is being drafted.

07. Effect of Yoga in PCOD - DST Project

Title: Implementation of Yoga to improve physical and emotional well being of adolescents and infertile women with Polycystic Ovary Syndrome (PCOS).
Principal Investigator: Dr Anushree D. Patil · National Institute for Research in Reproductive Health
Co-Principal Investigator: Dr Satish Pathak · Kaivalyadhama
Co-Investigators: Dr Beena Joshi · National Institute for Research in Reproductive Health; Dr Suchitra Sure · National Institute for Research in Reproductive Health; Mrs Pratibha Kolake · National Institute for Research in Reproductive Health; Prof. R.S. Bhogal · Kaivalyadhama; Mrs Aksaha Badwe · Kaivalyadhama
Duration: One year
Background: These studies from India have documented the positive effects of Yoga among women with PCOS. There is a strong relation between obesity stress and PCOS. Approximately 50-60% of women with PCOS are obese. A reduction of Weight as small as even 7% may dramatically improve endocrine profile of PCOS and restore fertility. Due to stress, cortisol levels becomes high (the stress hormone) and it is one of the major cause of fat storage and weight gain.
10. **Organizational and operational stress in police personnel: A cross-sectional study**

**Principal Investigator:** Ms Anita Verma, Mr Sanjay

**Background of the study:** The police force provides continuous service to the civilians. They have to serve round the clock for proper investigation, safety and justice. This job of police tends to be stressful due to long working hours, irregular eating habits, sleepless nights, shift of duties and disturbed personal life. In fact, police work has been regarded as one of the most stressful occupation of the world, which leads to various stress related disorders such as hypertension, diabetes, coronary heart disease, etc. Therefore, the objective of this cross-sectional survey was to assess the status of operational and organizational stress among police personnel of Lonavla.

**Status:** The survey study was conducted among 50 police personnel of Lonavla. A questionnaire was administered and blood test was conducted to assess their biochemical parameters.

**Outcome:** Preliminary findings of this study shows that the police personnel in Lonavla city were under stress and were having hypertipidemia.

11. **Effect of Yoga Training on Relative Fat Mass in Obese Female Subjects**

**Principal Investigator:** D.D. Kulkarni

**Duration:** 2017-2020 (Three years)

**Background:** Obesity is the third factor responsible for mortality. The cause of obesity includes high calorie food consumption, lack of physical activity, psychological stress, addiction, etc., in addition to it seasonal changes hormonal levels as well during and in post menstrual stages adds to excess fat accumulation. This leads to uneven fat distribution in different regions of the body such as liver, adipose tissue below skin, abdominal, waist buttocks, etc. The obese body is a source of various types symptoms like arthritis, low back ache, hypertension and cardio-vascular risk in obese patients. This is due to variations in fat mass accumulation in different regions of the body.

**Objective:** To assess relative fat mass in female obese participants.

**Method:** The is self as control study design. The pre-post data was collected on interpretation on 24 female obese subjects undergoing a week yoga training taught by female yoga teacher. The parameters includes measure of height, weight, chest circumference, waist circumference were completed using measuring tape. And reference collection is in progress. The RFM was calculated using a formula.

**Status:** The pre-post test of significance reveal decrease in BMI and relative fat mass expressed as ratio. The paper writing in progress.

**Significance of the Study:** The study signifies effectiveness of yoga training to attain healthy body weight.

12. **Effect of Simple Bhramari Pranayama on sleep quality and psychological well-being in hypertensive patients**

**Principal Investigator:** Mrs Akshata Badave

**Co-Principal Investigator:** Mrs Pratibha Rajbhog

**Duration:** 2016-2019

**Background:** It is now widely known that yoga is a sure way to have relief from psychosomatic disorders in terms of intensity and stress that may lead to mental and physical health and life issues.
of symptoms, number of traumatic episodes and managing associated symptoms. Hypertension has been found to be most potent in triggering anxiety and insecurity related symptoms amongst all psychosomatic disorders. Bhramari Pranayama has been found to be a very effective tool in calming down one’s heightened nervous activities, giving a much needed relaxation to the entire mind-body complex.

**Objectives:** The study attempts to investigate the effect of Bhramari Pranayama on sleep quality and psychological well-being in hypertensive patients. Some biological parameters such as nitric acid were added for an objective corroboration.

**Method and material:** Purposeful sample of subjects from local industrial estate centre was divided into control and experimental groups. Out of 89 industrial workers 27 were found to be hypertensives and the rest were normotensives. Hypertensive individuals were divided into experimental (n1=11) and control (n2=14) subjects. So also, normotensives individuals were divided into control (n3=45) and experimental (n4=46). Experimental subjects were administered the yoga module preliminary data analysis shows the effect of yoga intervention on hypertension.

**Status of the project:** Primary screening, pre post data collection and data scoring was completed. This project is a pilot study since the results show a significant difference in pre post data.

**Expected outcome:** Simple Bhramari Pranayama will improve sleep quality and psychological well-being in hypertensive patients. Simple Bhramari Pranayama will help to reduce high BP of the hypertensive patients towards the normal range in BP.

**Significance of the study:** This study throws some light on the effect of Bhramari Pranayama on certain associated symptoms of hypertension and may also give some, clue to the etiological roots of hypertension.

13. **Effect of yoga, Ayurveda and Naturopathy on the participants of Kaivalyadhama yogic hospital (H.H.C.C.), Lonavla**

**Duration:** 2019-2020

**Background:** In this modern era everyone is in a hurry to get all the things as early as possible. This attitude leads towards worse health impact at various levels like physical, psychological, etc. To achieve the goal people in the society working so hard so that they could not find the time to monitor their health and at the end of this hard work leads to health problems. A larger number of society is suffering from diabetes, obesity, stress, asthma, cancer and pain in various parts of the body. So to get rid of that they choose to get the treatment like Ayurveda, yoga which give positive long term impact on their health.

**Objective:** This study taken to investigate the effect of yoga with the other treatments like Ayurveda, naturopathy on various diseases.

**Method & Material:** H.H.C.C. participants will be sent by Ayurveda and Naturopathy department every week and their pre post testing done in Scientific Research Department (S.R.D.), Kaivalyadhama. S.R.D. have their own well equipped research lab and experiment room so testing is conducted with the help of those instruments. Tests are decided with the help of case reports. Expert staff members decide the tests and it is administered on participants with the help of other staff members of S.R.D. Then pre and post testing data will send to respected departments for clinical analysis.

**Status of the project:** Total five participants data were collected till then and it is an ongoing project so that data collection is in process.

**Expected outcome:** Yoga with the help of Ayurveda and Naturopathy treatment will help the participants to recover from their health issues.

**Significance of the study:** This study is useful for those patients who are suffering from diseases, asthma, etc. Ayurveda, Naturopathy treatment will help them to recover on a physiological level and yoga will help them to recover on both the levels, physiological and psychological level.

14. **Efficacy of Yoga Training on Mind-Body Health of students of yoga**

**Principal Investigator:** Mrs Pratibha Rajhong

**Co-Principal Investigator:** Mrs AakhataIladave

**Duration:** 5 years

**Background:** Yoga practice and living in the environment filled with satvik ahar, vihar and dincharya has an impact on the personality of the student, which gets reflected in the thinking and behaviour of the person and changes the person positively. The students and teachers of Kaivalyadhama have noticed this change in many students of G.S. College but it was never documented as a scientific study so the researchers have taken up this study.

**Objectives:** The purpose of the study is to see the effect of yoga education on the overall psycho-physiological health of the student pursuing yoga education in completely holistic environment.

**Methodology:** Selected psychological questionnaires were administered on the students of G.S. College who are pursuing the Certificate Course in Yoga (CCY), Post Graduate Diploma in Yoga Education (PGDYEeD), and Bachelors students of Yoga Shastr (BAYS). The questionnaires were administered at two time points i.e. in the beginning (T0) and at the end of the course(T1). Students were just instructed to pursue their education as well as to follow the rules and regulations of the G.S. College of yoga education and cultural synthesis.

**Status:** Till date this long term project has collected data on the desired study parameter of 181 students of CCY and 49 students of PGDYEeD and 9 students of BAYS.

**Expected Outcome:** The yogic lifestyle may have a positive impact on the personality of the students pursuing long term courses or following yogic lifestyle for longer period of time

**Significance of the Study:** People will become more inclined to yoga practice which is the ancient mind body practice to keep themselves free from psycho-physiological disorders and hence they can live their lives with positive approach and good health.

15. **Case study: A week of yoga therapy in the life of a cancer survivor**

**Project investigators:** Dr Praseeda Menon, Ms Sindhu Tiwari

**Duration:** One week

**Background:** Case DB, age 45, diagnosed with breast cancer in Dec. 2016, chemotherapy and radiation completed in Aug 2017, came to Kaivalyadhama for the one-week yoga relaxation programme in Oct 2017. Apart from regular yoga classes, due to her specific condition, the yoga therapist offered her four Yoga Nidra sessions, two meditation sessions, and two Trataka sessions, all of which were spread over 4 days.

**Aim:** To assess the impact of a week of yoga therapy on a breast cancer survivor

**Methods:** Standardized psychological tests were conducted before and after four days of focused yoga therapy sessions. DB was also given two open ended questions related to feelings and significant changes in them and asked to journal her experiences each day during these four days.

**Results:** The quantitative results are displayed below as graphs. The qualitative results are given below as excerpts about the most significant impact of yoga practice from narratives.

**Profile of Mood States - DB**

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tension</td>
<td>60</td>
</tr>
<tr>
<td>Depression</td>
<td>40</td>
</tr>
<tr>
<td>Anger</td>
<td>20</td>
</tr>
<tr>
<td>Vigour</td>
<td>10</td>
</tr>
<tr>
<td>Fatigue</td>
<td>10</td>
</tr>
<tr>
<td>Confusion</td>
<td>10</td>
</tr>
<tr>
<td>Total Mood Disturbance</td>
<td>100</td>
</tr>
</tbody>
</table>

DB, 1st day

“The evening meditation experience was an eye-opener too. I have never felt so focused in my inner self. I realized that I had to first forgive myself before bringing upon the forgiveness of others.”

DB, 2nd day

“I have felt more composed after the meditation session.”

DB, 3rd day

“The highlight of the day was learning and practicing the ‘tratak.’ The entire experience left me in a state of exhaltation and with
16. Effect of Agni Karma on Calcaneal Spur: A case report

Principal Investigator: Ms Anita Verma, Mr Sanjay

Background: The patient was suffering from chronic heel pain in both the legs. Upon X-ray examination, it was observed that there was calcaneal spur in both the legs. Calcaneal spur is a bony outgrowth of heel bone (Calcaneal tuberosity). In modern medicine, the only treatment for calcaneal spur is surgery. Therefore, Ayurveda therapy Agni karma was performed and follow-up X-ray was done after six months.

Outcome: It was observed upon follow-up X-ray that the Calcaneal Spur was considerably reduced. The patient had no heel pain in both the legs immediately after Agni Karma treatment.

Status: Paper writing in progress.

Significance: The current study signifies that even one week of focused yoga therapy can tremendously empower a cancer survivor.

17. Evaluation of Conference: A survey study

Kaivalyadhama organizes International conference every three years wherein eminent personalities of yoga research, training and therapy attend the conference. However, so far organization of conference has not been evaluated. Therefore, this study was planned to evaluate the organization of the conference and the areas to be improved.

Status: Data entry in progress.

Future Projects

01. Effect of Yoga on Psychological behavior of new entrants of the professional college - submitted to DST

Co-Principal Investigator: Dr Satish Pathak
Co-Investigator: Prof Bhogal
Collaboration with: SSN Institute, Chennai

02. Effect of Yoga in Paraplegics - Submitted to DST

Co-Principal Investigator: Dr Satish Pathak
Collaboration with: Physical education Dept., Mumbai University

03. Effect of Agnisara on the physiological & biochemical parameters of vital organs in middle-aged healthy subjects: A pilot study

Principal Investigator: Dr S.D. Pathak
Co-Principal Investigator: Mrs Pratibha Rajbhoj

Background: Agnisara is a Shudhi Kriya which gives good massage to all the organs in the abdominal cavity. Agnisara also contributes better blood flow to all the vital organs and so their function improves. Fundamental studies on Agnisara, with the help of modern science is not being done before, thus to see the effect of Agnisara on the function of the vital organs this study is undertaken by the researcher.

Objectives: The study will be done with the help of biochemical, physiological and anthropometric parameters pre and post intervention of Agnisara. The main aim behind studying single practice pre and post is to see the effect of single practice on the particular vital organ and apply the output of this study for therapeutic purpose. Sometimes a big yoga module is difficult to perform by the people with any disability or due to limitations of body capacity or due to lack of time, in such a case they can perform a single Kriya and may get good results.

Method: It is a randomized controlled trial with experimental and waitlisted control group. The two groups will include the same number of middle-aged male and females, where the experimental group will get the intervention during the study period while the waitlisted control group will get the intervention after the completion of the study.

Status: This project is undertaken under Collaborative Research Centre Scheme that is being established in collaboration with C.C.R.Y.N. The project is yet not initiated.

Expected Outcome: Agnisara will improves the function of the vital organs of the practitioners.

Significance of the study: The outcome of this study can be implemented in the management of metabolic disorders like diabetes, poor digestion etc. It can also be applied in the obese people to reduce the abdominal girth and to maintain the body shape index.

04. Effect of Tratak Kriya on the measures of Anxiety and Mental health of working and non-working women of different age groups

Principal Investigator: Dr S.D. Pathak
Co-Principal Investigator: Mrs Pratibha Rajbhoj; Co-Investigators: Mrs Akshata Badave, Prof. R.S. Bhogal

Background: Failure in managing stress leads to anxiety and then to depression in later stage. The patients of anxiety face various kinds of physical and psychological problems like headache, pain in any part of the body, stress and compromised health. The Tratak Kriya is known for cleansing of the eyes and along with that, this Kriya helps in psychological cleansing which leads to calmness and relaxation of mind. It also improves the concentration and prepares participants for meditation.

Objectives: The main objective of the study is to understand the effect of the Tratak Kriya on the selected psychological parameters. The purpose of studying the single Kriya on women is to establish and standardize a time effective practice to tackle the stress, anxiety and to improve concentration.

Method: The participants fulfilling the eligibility criteria will be included in the study; then they will be randomly assigned to experimental and waitlisted control group. These two groups will include the same number of women from Talegaon, Lonavla and Pune, where the experimental group will get the intervention during the study period and the waitlisted control group will get the intervention after the completion of the study.

Status: This project is undertaken under Collaborative Research Centre Scheme that is being established in collaboration with C.C.R.Y.N. The project is yet not initiated.

Expected Outcome: Tratak will help to relieve stress, improves immune response, and helps to improve concentration.

Significance of the Study: The outcome of the study can be applied to the 24 X 7 working housewives, working women and women handling both the responsibilities. This easy tool may help them manage stress and leave healthy life, so her work productivity will improve and directly or indirectly her whole family will get benefited.
Effect of Kapalbhati on pulmonary function of the healthy participants of different age groups

Principal Investigator: Dr S.D. Pathak
Co-Principal Investigator: Mrs Pratibha Rajbhoj

Background: In developing countries pollution is increasing highly due to increase in industrialization. It is being reported that in many of the cities ambient air pollution is above the tolerable levels which is going to affect the lung function of the people living in such polluted cities. Many researchers have proved that pranayama and kriya like kapalbhati cleanses and detoxifies lungs hence can be beneficial in restoring the lung health. So, to bring into safety one should take preventive measures and fight pollution with little ease.

Objectives: The main aim of the study is to see the effect of Kapalbhati kriya on pulmonary function of different age groups.

Method: It is a randomized controlled trial with experimental and waitlisted control group. The two groups will include the same number of males and females of different age groups broadly adolescents, middle-aged adults and senior citizens, where the experimental group will get the intervention during the study period, while the waitlisted control group will get the intervention after the completion of the study. All participants will be examined for their lung functions before and after the stipulated intervention period of the Kapalbhati kriya practice. The control group will also be given the same practice after the study.

Status: This project is undertaken under Collaborative Research Centre Scheme that is being established in collaboration with C.C.R.Y.N. The project is yet not initiated.

Expected Outcome: Kapalbhati kriya will improve lung function of the study participants.

Significance of the study: The outcome of this study will help to implement Kapalbhati in different age groups at schools in the offices and at the wellness centres which may preserve the pulmonary function and may serve as a preventive measure to stay away from the hazardous effects of air pollution.

Research Papers

Effect of yoga on overweight and obese students of MIMER Medical College
Baravkar P.N., Rajbhoj P.H., Pratinidhi S.A. (2019); Global Journal for Research Analysis; 8(1), PP 28-30

An Integrated therapy approach for the management of obesity-related disorders: A case report. In press

1. Role of yoga in mental ability of urban residential school children
Principal Investigators: Anita Verma, Mr Sanjay Shete

2. Yoga therapy for fibromyalgia syndrome: A case report
Principal Investigators: Anita Verma, Mr Sanjay Shete, Dr Gururaj Doddoli

1. Effect of yoga practices on occupational stress in principals of Kendriya Vidyalayas
Principal Investigators: Ms Anita Verma, Mr Sanjay Shete, Dr Gururaj Doddoli

2. Effect of yoga practices on psychomotor performance of loco-pilots
Principal Investigators: Mr Sanjay Shete, Ms Anita Verma, Mr D.D. Kulkami

3. Factors limiting regular yoga practice: A cross-sectional study
Principal Investigators: Ms Anita Verma, Mr Sanjay Shete

Complementarities within applied and basic research: Evolving Yoga as Therapy, 50 (2), Hopes sore even as yoga finds itself in a crisis of its evolution, Yoga Mimansa, 50(1), 31-33
Bhopal, R.S. (2018)
03. Yoga O.P.D. in Hospitals and Colleges

- H.B.D.T. College for 2 years
- Dr R.N. Cooper Hospital for 2 years
- Conducting regular Yoga class for cancer patients at Nana Palkar Institute Parel
- Seth G.S. Medical college from 2014 till 2017
- K.E.M. Hospital from 2014 till 2017

04. Yoga Classes at Colar Hospital, New York

Yoga classes for staff of the Colar Hospital New York for 2 months were conducted by Dr Pathak

05. Yoga Class at Seniors’ Center, New York

A Yoga class was conducted for the senior citizens of Senior’s Center New York

06. Live Interview in Texas

Live interview of Dr Pathak on Yoga on Radio Karishma for 2 hours at Texas U.S.A.

07. Fellowship in Yoga Therapy for Doctors

Dr Pathak did pioneer work in starting the course “Fellowship in Yoga Therapy for Doctors” in collaboration with MUHS (Maharashtra University of Health Sciences). Now also working on getting our Yoga college affiliated to MUHS to get permission to run this course in our campus.

08. Pre and post psychological testing

Pre and post psychological testing was conducted during the SOHAM programme held at Kaivalyadhama for chronic patients, and these psychological reports were made available to the SOHAM participants as a means of self-feedback.

09. Blood Checking Camps

Organization of free Blood Sugar Level (BSL) checking camps at various places in Lonavla, Pune and Talegaon

03. Information

Objectives

To publish scientific articles, pamphlets, books etc.

Through

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

01. Book Published

Abstracts & Bibliography of Articles on Yoga
Swami Maheshananda, Ilhogal, R.S. & Rajbhog, Pratibha,
(Dec. 27, 2018)
Lonavla: Kaivalyadhama Publications

02. Souvenir

During 9th International Conference, a Souvenir was published consisting of information regarding activities of Kaivalyadhama, interviews of eminent personalities in the field of yoga education and research, and scientific articles relevant to the theme of the conference.

03. S.I.R.O.

Department of Science and Technology, Government of India undertakes national survey on the resources devoted to research and development activities to help researchers, policy makers, and planners in decision-making for the S&T sector. In this context, information regarding research activities being conducted in S.R.D. were provided to D.S.T.

04. Documentaries

A research documentary about how yoga can help Divyang and the technique of how yoga training should be given to them by special educators was created under the supervision of Dr Praseeda Menon with assistance from Ms Paula Smith. This documentary is a repository of best practices to be followed when using yoga for special needs and has been made available on the Kaivalyadhama YouTube channel at the following URL:
https://youtu.be/o9yMJvhzrhM

On the occasion of Women’s Day, a video on health related issues was streamed on Kaivalyadhama’s facebook page on 8th March 2019 to create awareness in women.
https://m.facebook.com/story.php?story_fbid=10155902305686456&id=103688081455
Objectives

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

Through

1. Yoga training methodology
2. Internship programme for students
3. Instrumentation usage
4. Teacher training
5. Statistical analysis
6. Counseling and consulting
7. Research methodology workshops for medical doctors

01. Training on BIOPAC MP160 & loggers

It is a wireless system to record ECG, EDA, RR, PPG, etc. The training was given to record the data as well as to extract the data from the software. The training and practice of data recording and extraction was conducted throughout the year.

02. Programmes for AYUSH Doctors

Five CME programs of 2 days duration were conducted for the AYUSH doctors of Maharashtra.

03. Community Outreach

Training

Training by using AUM chanting as a means of speech therapy was conducted for six children with speech problems and special needs at Samswad Shala, Lonavia, over a period of three months by Ms. Paula Smith with mentorship from Dr Praseeda Menon. After three months, a noticeably improved difference was observed by the trainer and class teachers in the children not only in their speech but also in their social behavior, self-confidence, self-esteem and ability to make eye contact.

04. Teacher’s Training Programme

Teacher’s Training Programme was organized for yoga teachers who teach special needs children in Bombay Municipal Corporation schools with Dr Meena Ramanathan from Centre for Yoga Therapy and Education (CYTER), Puducherry, as the trainer by Dr Praseeda Menon along with Dr Nutan Pakhare.

05. Faculty Development Programme

Dr Praseeda Menon attended a workshop on Qualitative Research Methods and Analysis, 8-10 May 2018, at S.C.A.R.F., Chennai conducted by Samarth Research Foundation.

1. Akshata Badave and Mrs Pratibha Rajbhog attended training on use of PFMS online portal and EAT module for AVUSH funded project on 19th December 2018 at IISER, Pune.

2. Training at GeneOm Bio Tech, Pashan for execution of the research project on 20th February 2019.

3. Dr Selvamurthy, former D.R.O. scientist, visited S.R.D. on 23rd February 2019 and had an interactive session with the researchers about the ongoing research projects. He offered his deeply insightful comments and suggestions on improving the scientific rigour and overall quality of upcoming projects at S.R.D.

05. Awareness

Objectives

1. To create awareness about S.R.D. activities, in particular, and about yoga research, in general.
2. To help maintain the Kaivalyadhama legacy of helping people through classical yoga.

Through

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

01. Yoga Mimāmsā Journal

Yoga Mimāmsā (YM), the bi-annual publication of Kaivalyadhama (www.kdham.com), is the oldest (since 1924) peer-reviewed multi-disciplinary research journal on yoga. Yoga Mimāmsā publishes scientific and philosophico-literary research articles in Yoga and allied disciplines.

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. Yoga Mimāmsā journal is also included in the UGC approved list of journals.

1. Published volumes: Vol. 50 Issue 1, Vol. 50 Issue 2
2. Upcoming volume: Vol. 51 Issue 1
02. **Conference**

Two high-profile closed-door discussions with yoga experts and researchers were during the 9th International Conference Dec 2018, Kaivalyadhama on:

i. Developing Standards in yoga as therapy - sharing experiences - 27th Dec 2018

ii. Possibilities of synergising yoga research between the East and the West - 30th Dec 2018

The summaries of these closed-door discussions were drafted, shared with all the participating experts, and published in the Conference Proceedings.

03. **Lectures**

Kaivalyadhama was represented by Dr Pathak who along with AYUSH, Govt of Maharashtra conducted lectures at the following locations on IDY:

- Nair Hospital
- Sion Hospital
- Somaiya college
- Dr R.N. Cooper Hospital
- AYUSH Department Maharashtra

Health Dept, Govt of Maharashtra conducted live Audiovisual conference lecture by Dr Pathak for AYUSH doctors of Maharashtra.

Dr Pathak gave lecture at Jaipur Mahostav on “Yoga for Total Health” on 22nd July and also participated in Panel discussion Jaipur Mahostav.

He was also invited as a speaker to the International Conference organized by Ministry of AYUSH in Goa, where he gave talk on “Yoga for Palliative Care”.

Invited as an expert in C.M.E. programs arranged at M.D.N.Y. Delhi where he gave talks on “Health Benefits of Yogic Practicces” and “Contraindications of Yogic Practices”.

He also presented in the conference on meditation organized by AIIMS, Rishikesh on the topic: “Principles of Yoga as Therapy in Cardiovascular diseases” in March this year.

Lecture at Dev Sanskriti Vishvavidyalama on “Scientific View of Yoga” for Yoga students.

Lecture at Himalayan Institute of Medical sciences on “Scientific View of Yoga” for Yoga students.

04. **Yoga Workshops in Nagpur**

Yoga workshops for Wellness Clinic at Nagpur and Nashik which were inaugurated on 16th August 18.

05. **AYUSH Diabetes Project Awareness**

AYUSH Diabetes Project awareness and free blood sugar check-up campaign in Talegaon 31st March 2019. Adv. Ravindra Dalbade (Ex. Nagarsevak) was the guest of honour of the programme and S.R.D. staff and Senior citizen group represent programme.

06. **Blood Sugar check-up camp**

Blood Sugar check-up camp at Hudco Colony arranged by Lonavla Municipal Corporation for Lonavla Municipal corporation workers under AYUSH diabetes project, on 30/03/19.

07. **AYUSH Diabetes Project Screening**

Mrs Pratibha Rajbhoj, Mr Rohit Malve, Mrs Pallavi Patil and Mr Navnath Kadu visiting Lonavla Municipal corporation for AYUSH diabetes project primary screening on 26th and 18th March 19.

08. **Participants’ Enrolment Programme**

Participants’ Enrolment Programme for AYUSH-funded Diabetes Project at Lonavla on 17th February 2019. The President Smt. Surekha Jadhav and Vice President Shridhar Pujari respectively of Lonavla Municipal Corporation graced the occasion.

09. **Meeting with Smt. Surekha Jadhav**

AYUSH Diabetes Project Lonavla Municipal Corporation meeting 7th February 2019 with Smt. Surekha Jadhav. Mrs Rajbhoj, Mr Rohit Malve, Mrs Akshata Badave were available for the meeting.

10. **Meeting with Godbole Lab**

Meeting with Godbole Lab for discuss strategy for subject enrolment for AYUSH diabetes project, on 30th January 2019. In the meeting Dr Godbole, Prof. Bhogal, Dr Pathak, Dr Amol Raut, Mr Bhushan, Mr Rohit Malve were present.
11. World Diabetes Day programme celebration on 25th Nov 2018

12. Participants’ enrolment programme for AYUSH-funded Diabetes project, 9th Dec 2018

13. Yoga awareness and training on every Sunday for the enrollment of Subjects under the AYUSH diabetes project.

14. New Equipment

S.A.D.T. Gupta Yogic Hospital & Healthcare Centre

H.H.C.C.
S.A.D.T. Gupta Yogic Hospital & Healthcare Centre

Yoga Programmes
Garden Maintenance
Ayurveda
Naturopathy
Sadapurna
Accommodation

Yoga & Relaxation
Yoga & Naturopathy
Yoga & Ayurveda

Out Patient Department (OPD)
Out Patient Department (OPD)

Ms Swati Bedekar
Manager - HR

Mr Sunil Chorge
Office Assistant

Ms Bhumi Choksi
Manager - Administration

Mr Udit Sharma
Manager - Hospitality

Mrs Alifiya Sarolwala
Office Executive

Ms Swati Temghare
Accounts Executive

Mr Prashant Jagtap
Supervisor - Maintenance

Mr Ravindra Dauneria
Supervisor - Garden & Plantation

Mr Pramod Hatnolkar
Supervisor - Kitchen

Mr Subodh Tiwari
CEO

Ms Alifiya Sarolwala
Office Executive

Mr Sunil Chorge
Office Assistant

Ms Bhumi Choksi
Manager - Administration

Mr Udit Sharma
Manager - Hospitality

Mrs Alifiya Sarolwala
Office Executive

The Team

Administrative Team

Yoga Team

Yoga & Relaxation
Yoga & Naturopathy
Yoga & Ayurveda

Medical Team

Yoga Team

Mrs Sandhya Dixit
Sr Yoga Teacher

Mr Neeraj Singh
Sr Yoga Teacher

Ms Jyoti Soni
Sr Yoga Teacher

Ms Saraswati
Assistant Yoga Teacher

Mr Banvarilal
Assistant Yoga Teacher

Mr Amit Sharma
Assistant Yoga Teacher

Dr Prakash Agarwal
M.B.B.S., D.G.O.
(Visiting Faculty)

Dr Jagdish Bhutada
B.A.M.S., D.P.C.
Sr Ayurvedic Consultant

Dr Gururaj R.D.
B.A.M.S.
R.M.O., Ayurveda Dept

Mrs Kusum Sharma
D.N.M.S.
Naturopath & Yoga Instructor

Dr Ritu Prasad
B.N.Y.S.
R.M.O., Naturopathy Dept

Dr Sunita Chavan
M.B.B.S.

Dr Sajith Pillai
B.A.M.S.
Yoga Programmes

Yoga & 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 dept.

The yoga that Kaivalyadhama promotes has three main parts.

First is the practice of asanas, pranayama, kriyas, and meditation. Asanas induce increased awareness of physical and psychological processes by controlled stretching, contraction, and relaxation of various muscles, coordinated through balance and holding of postures.

Pranayama involves the manipulation of breathing and an increased awareness of pressures within the chest and abdomen. Kriyas are purifying processes which eliminate toxins from the body. Finally, meditation practice increases awareness of one’s mental functioning. It makes us more aware of our restlessness, which in turn creates feelings of fear, insecurity, and stress. All aspects of this first part of treatment combine to return the body to its healthy, harmonious, and balanced state. The second part is concerned with the regulation of diet as well as control of daily habits such as sleep, recreation, and work. This helps in removing the irritants responsible for much of our imbalances. Finally, the third part concerns changes in attitude, behavior, and lifestyle.

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

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

How our Healthcare Programme works

01 Arrival on Sunday

02 Medical Consultation for Yoga Relaxation, Yoga & Naturopathy or Yoga & Ayurveda program

03 Selection of programme. Three types of Yoga sessions i.e. therapy, basic & advanced

04 Schedule includes Naturopathy, Ayurveda sessions, lectures, specific pranayama and tratak session and chanting

05 If participants stay for more than one week then they have progressive schedule of practice

Yoga & Naturopathy

This programme includes Naturopathic therapies in addition to sessions for yoga -relaxation. The principal aim of Naturopathy is to teach people the art of healthy living by changing their daily routine and habits—this not only cures the disease but makes our bodies strong and glowing.

There are four classifications: food, mud, water and massage therapies. In food therapy, the idea is to consume what we eat in its natural form as much as possible as it is by itself a medicine. This mainly includes fresh fruit, fresh leafy green vegetables, and sprouts; and there are different combinations of purifying, strengthening, or pacifying foods. These must be consumed in the correct proportion, and the stomach left a little empty.

To extract intoxicants from the body, both mud baths and mud packs are used, particularly for ailments such as high blood pressure, tension headaches, anxiety, constipation, plus gastric and skin disorders.

There are several main types of water therapy using clean fresh and cool water; and after this type of a treatment, the body feels refreshed and energized.

Finally there is a massage therapy which increases the blood flow, removing stiffness, weariness, and pain from muscles and this can work in conjunction with some of the other naturopathic therapies.

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.

Yoga & Ayurveda

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

Ayurveda is a complete medical system which has a unique way of understanding the body, and also of interpreting and improving one’s health.

Each patient attends a consultation with the Ayurveda physician to assess their current state of health and what course of treatment, if any, is to be adopted. There are three specific directions which are followed in deciding the course of treatment: Dosa (body energy), Dhatu (body tissue), and Mala (excretory products); and treatments are in two directions: Shodhan (cleansing) and Shamani (balancing). Some treatments are prescribed for a specific reason, but others are given as a tailor-made sequence or programme of approach to the ailment.

Some Ayurvedic methods are similar to Naturopathy, but the main differences are that in Ayurveda, the traditional remedies and medicines are implicated to a greater extent; and that the treatment is aimed at specifically curing or relieving ailments. During this, diet of the participants is changed specifically as per therapeutic demand. After the internal and external olation 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.

Participant Distribution in Prime Programs

<table>
<thead>
<tr>
<th>Participants</th>
<th>Ayurveda</th>
<th>Naturopathy</th>
<th>Relaxation</th>
</tr>
</thead>
<tbody>
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<td>343</td>
<td></td>
</tr>
<tr>
<td>Female</td>
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</table>

### 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 Rugia Seva Mandir, a department devoted exclusively to the treatment of various diseases through yoga, has been functioning at Kaivalyadhama since 1924, its year of inception. With the passage of time the number of patients seeking the advantages of yogic therapy increased and the need 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.

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. Kaivalyadhama 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.

Participant Distribution in Prime Programs

<table>
<thead>
<tr>
<th></th>
<th>KVS</th>
<th>CME</th>
<th>NVS</th>
<th>Intensive</th>
<th>Sound Healing</th>
<th>Hathayoga</th>
<th>PYS</th>
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<td></td>
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Participation Statistics

<table>
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<td>Australia</td>
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<td>Russia</td>
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<td>Romania</td>
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</tr>
<tr>
<td>Serbia</td>
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<td>South Africa</td>
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<td>Sri Lanka</td>
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<td>U.S.A.</td>
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<td>U.K.</td>
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<tr>
<td>Indians</td>
<td>1,875</td>
</tr>
<tr>
<td>Foreigners</td>
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</table>

Participation Feedback

**Infrastructure**

- Aesthetics & Interiors
- Cleanliness
- Environment

**Yoga**

- Aesthetics & Interiors
- Cleanliness
- Environment

**Gardens**

We have been propagating and conserving indigenous, medicinal and rare plants species of the Western Ghats in our protected land by developing a Herb garden (Aushadhi Vanam), Nutrition garden (Haritvanam) and Kamadhenu vatica (Fodder for cattle) for over 7 years now. We have been using purely organic methods for this propagation work for Green Ashram project.

The objectives of such a venture were manifold.

1. To cultivate, conserve and propagate the indigenous trees, medicinal plants.
2. To generate an awareness of the need for afforestation, organic methods of cultivation, water conservation organic waste management techniques, etc.
3. Creating awareness among the youngsters, visitors and common man about connection between biodiversity and thematic parks, gardens.
4. To create an environment that protects and nurtures local species.

Over the years, plantation was accomplished principally using local seeds and saplings with organic methods: Gmelina arborea, Oroxylum indicum, Terminalia chebula, wild tumeric, wild portulaca, dioscorea and asparagus to name just few. We also added in both the gardens several varieties of Tulsi, aromatic plants and most importantly wild edible plants.

We have nearly 145 varieties of the plants in our land and several varieties of indigenous seeds in our seed bank.

This enchanting display of Nature not only gives joy to one’s eyes but also solace to mind by creating the atmosphere of serenity and purity for self-reflection.
Harit Vanam

For Ayurveda, eating food is part of a much larger process of living harmoniously and joyously with the surroundings. Apart from a correct lifestyle that incorporates Yoga in the routine, right food was also an inherent part of traditional diet. Well-modulated/regulated diet is the best medicine. In this garden we seek to demonstrate and conserve some of the important indigenous vegetables/fruits/spices/wild herbs that have sustained humanity on this beautiful planet for centuries. It is therefore, both important and urgent that we are aware of some of these ‘wild’ plants and actively involved in their conservation and propagation.

Aushadhi Vanam

The precepts of Ayurveda can be found in Atharvaveda which were formally and comprehensively dealt with in Carakasamhita by Caraka. The myth says that after having dealt the Science of life, Caraka assumed the identity of Patanjali and developed Yoga sutras. By observing the tenets of Yoga and Ayurveda one lives longer, healthy and with vigour. Most of the native plants are medicinal plants and not only they are backbone of Ayurveda but also used in all other systems of medicines such as Unani, Homeopathy, Siddha and Allopathic. In today’s challenging times the need for their conservation is both dire and crucial. Some other aspects of native medicinal plants.

1. Ecological
   As per the reference in “Atharvaveda” these plants have property of purifying the air as well as filtering out harmful radiations. The routine practice of wearing herbs in illness was a part of treatment earlier which now is known as Aromatherapy.

2. Medicinal
   Over 70% of our medicines are plant based. We know that the efficacy and potency of these medicines largely depend upon the quality as well as the freshness of herbs and these gardens would assure the supply of such fresh herbs.

3. Educational
   These gardens could prove to be an important medium to educate students and population not only about culture, rich traditions and biodiversity but also the importance and significance of home remedies.

Feedback on Treatments
4 Ayurveda

Feedback on Treatments

<table>
<thead>
<tr>
<th>Quality of Treatments</th>
<th>Hygiene &amp; Cleanliness</th>
<th>Atmosphere</th>
<th>Attention Received</th>
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</thead>
<tbody>
<tr>
<td>0</td>
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</tbody>
</table>

05 Sadapurna

Great care is taken to provide wholesome meals, which are nutritious and easily digestible. Meals are accompanied by fresh fruit, soups 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 endeavour towards perfection.

<table>
<thead>
<tr>
<th>Rooms</th>
<th>Type</th>
<th>No. of persons</th>
<th>No. of Rooms</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main Building Standard</td>
<td>Attached Bathroom</td>
<td>2 per room</td>
<td>12</td>
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</tr>
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<td>Soham Kutir Standard</td>
<td>Attached Bathroom</td>
<td>2 per room</td>
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</tr>
<tr>
<td>Soham Kutir Executive</td>
<td>Attached Bathroom</td>
<td>2 per room</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>Soham Deluxe</td>
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<td>10</td>
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</tr>
<tr>
<td>Main Building</td>
<td>Common Bathroom</td>
<td>2 per room</td>
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<td>Main Building</td>
<td>Suites</td>
<td>3 per suite</td>
<td>4</td>
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</tr>
<tr>
<td>Vedanta Kutir</td>
<td>Single Ex. Suite</td>
<td>1 per room</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Amruta Kutir</td>
<td>Double Ex.</td>
<td>2 per room</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td><strong>55</strong></td>
<td><strong>113</strong></td>
</tr>
</tbody>
</table>
Continuing Improvement Measures

1. The participants’ prognosis and the follow-up on a daily basis is documented in their case sheets for correct and accurate prognosis and detailed follow-up charts along with the diet prescription also is given to the participants at the time of discharge.
2. All the precautionary measures to be taken during the therapies are advised to the participants.
3. Monthly review meetings are held with the whole team in the presence of CEO and all the feedback, suggestions, complaints discussed followed up with action items.
4. The monthly meetings are followed by meeting with therapists to improve our services and to educate about the latest trends in naturopathy.
5. Coordination with S.R.D. team also for research participants for better prognosis.
6. Testimonial interviews are also taken of participants related to feedback and suggestions.
7. Regular rounds in the kitchen is conducted by the Naturopathy doctor.
8. Regular rounds of the treatment sections is also conducted.
9. Coordination with juicery for up-gradation and improvements of juices in Sattva.

Kaivalyadhama Branches

Kaivalyadhama, Mumbai

86th Foundation Day
Digestive Disorders Workshop
Yoga Instructor’s Course Weekend Batch
Traditional Asanas & Pranayama Workshop
Traditional Asanas & Pranayama Workshop

Foundation Course for Yoga Interns

Kaivalyadhama Mumbai conducted a series of Foundation Courses for Yoga Interns in association with various colleges in Mumbai and Thane District of Maharashtra. Hundreds of students and faculty members participated in this 10-day credit course between October and December 2018. After passing examinations conducted by Kaivalyadhama faculty, these students were certified as qualified to assist in Common Yoga Protocol on the occasion of International Day of Yoga in 2019. Local media had covered these events.

Senior Citizens’ Yoga at Dharam Bharati Mission

Senior Citizens’ yoga classes were conducted in 3 batches at Dharam Bharati Mission, Mahalaxmi, in collaboration with Kaivalyadhama Mumbai under the Yoga Education Fund. Around 100 participants practiced yoga regularly and experienced positive health benefits.

Yoga Training for B.M.C. School Students under Y.E.F.

In the academic year 2018-19, yoga classes for students (including special needs children) in B.M.C. schools were conducted under the Yoga Education Fund and the Life Trust Project by Kaivalyadhama Mumbai. Many of these yoga classes were conducted for hundreds of BMC school students during October till February 2019. It concluded with a valedictory function on 21 June 2019. Approximately 1500 students are expected to learn and practice yoga under the guidance of Kaivalyadhama yoga teachers. Under Y.E.F., Kaivalyadhama Mumbai, in association with Rotary Club of Bombay and Life Trust, continues with Yoga classes for school children in Mulund Special Children’s Home, regular B.M.C. schools and Observation Home in Chembur, Mumbai.

Wellness Panel Discussion

Kaivalyadhama Mumbai participated in a panel discussion on different aspects of Wellness during the inauguration of Centre for Holistic Wellness. The event was held on 25 October 2018 at Mithibai College, Juhu, Mumbai.
Yoga for children with special needs, Mumbai

In collaboration with Life Trust, Kaivalyadhama Mumbai continues its endeavour to teach yoga to special-needs children in Observation Homes in and around Mumbai.

Kaivalyadhama, Jaipur

Certificate Course in Yoga

The 4th batch of C.C.Y. began in May 2018 in the traditional style of Kaivalyadhama at our Jaipur Centre. In the presence of the Working Committee, the students and staff members paid their respects to the Revd Swami Kuvalayananda-ji during the inauguration ceremony. Shri Nishant Singhvi (Member of the Working Committee) addressed the students stressing the importance and need for learned Yoga instructors and teachers and about the legacy of Kaivalyadhama, and wished them the best for the future.

Social Outreach Activity

In the month of October, Kaivalyadhama Jaipur conducted month-long free Yoga classes at a local community place in Jhotwara, Jaipur. A reasonable amount of people enthusiastically participated in daily classes and learned about the classical and scientific aspect of Yoga. Our teacher Ms Aarti Soni conducted these sessions.

Voluntary Certification Examination

In continuation to strengthen our commitment of Qualified Yoga Instructors and Teachers, we conducted our third and last round of the year of QCI Examination. We feel delighted to see participants are coming from all over Rajasthan. Students and Yoga enthusiasts other than our own students also participated in good numbers. We extend our gratitude to the Indian Yoga Association for their continuous support for the smooth execution of the activity.

Kaivalyadhama, Bhopal

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Kaivalyadhama, Bhopal
Yoga Classes for Judges of Session Court
Yoga classes were held during special programme for Sessions Court’s Judges from all over India from 17th to 19th August 2018 at National Judicial Academy, Bhopal.

Yoga Sessions for Junior Judges
Yoga sessions were held during Orientation program for Junior Division Judges during 6-12 Sept. 2018 at National Judicial Academy, Bhopal. Shri Sandeep Dixit, in charge of Bhopal centre, felicitated Respected Shri B.R. Naidu, Additional Chief Secretary of Madhya Pradesh, on behalf of Madhya Pradesh-Yoga Prasar Samiti for his kind co-operation and valuable guidance.

Teachers’ Meet
Kaivalyadhama Delhi teachers met on 15th Sept 2018 to reconnect, share their experiences and to come together to build opportunities for mutual success. It was a fruitful meeting with the next one scheduled in November with the progress of takeaways on the current one. They all eagerly became part of Kaivalyadhama Alumni Association.

Diabetes Lecture
Shri V.P. Singh was invited to deliver a guest lecture on ‘Diabetes’ at Swabhiman Parivar (a Model Complex for the Welfare of Senior Citizens, Delhi State Legal Services Authority), Shahdara, New Delhi.

Naturopathy Day at C.C.R.Y.N.
Kaivalyadhama was invited in the celebration of Naturopathy Day to exhibit their publications and other products.

Yoga Session for U.N.E.S.C.O. Team
On 27th June, N.C.E.R.T. hosted an International Conference with U.N.E.S.C.O. Team. A yoga session was conducted for the U.N.E.S.C.O. Team.
Kaivalyadhama, China

Beijing Shanghai Yoga Centre opened as the China branch of Kaivalyadhama

Pranayama Course

The last phase of two years Pranayama, Ayurveda and Meditation by Shri Sudhir Tiwari finished in July. We had the theory, practice and exam in these 7 days. Students have built up the concept of traditional yoga and become part of Kaivalyadhama lineage. This two-year course is a first step of Kaivalyadhama China to teach pure traditional yoga with depth in China. We require students to do self study and practice after they go home. The knowledge is getting slowly and slowly into them. We are happy to see them grow up from inside. They are willing to change in a yogi way not only their practice but the lifestyle.

Students appreciate Sudhir’s teaching and his humble personality. He is an example of yogi to us.

Kaivalyadhama, Japan

C.C.Y. Course

The C.C.Y. course was conducted by Ms Mika Nishimori in H.U.S. lab in Japan under guidance of Kaivalyadhama Lonavla. The entire syllabus followed was from Kaivalyadhama Lonavla. The course was conducted from April to December 2018 for 17 students. The daily schedule included lectures, practical, Asana, Pranayama, Kriyas. The teaching was done by Mika and Shri Sudhir Tiwari ji. The students liked and appreciated the teachings at our institute.

Taipei

Bodhi Yoga - Traditional Yoga Teacher Training Course

Step two of the five-step, 300 hours, course at Bodhi Yoga Taipei, Kaivalyadhama was held from 12th May to 18th May led by Sudhir Tiwari ji.

Theoretical Topics:
1. Introduction of selected yogic texts, PYS, HP, GS and Ashtanga Yoga of carandas
2. Selected Sutras from PYS (asana, Pranayama)
3. Chapter 1 - Hatha Pradipika - asana
4. Chapter 2: Hatha Pradipika - kriya
5. Introduction to Classical Asana teaching
6. Concept of disease of Ayurvedic
7. Fundamentals of Ayurvedic diet
8. Respiratory System

Practical Practices:
1. Pranayama and related Kriyas, Bandhas, Mudras, Asanas
2. Chanting
3. Meditation techniques

Highlight was the Ayurvedic cooking class to demonstrate delicious, healthy and balanced diet.

Brazil

I.E.P.Y. (Instituto de Ensino e Pesquisas em Yoga)

CCY Course was conducted in July for 114 students who got certified for the same.

The topics covered are as follows:
1. Introduction to yoga
2. Principles of Yoga and Yogic Practices
3. Purpose and utility of Asana in Hatha Yoga
4. Purpose and importance of Pranayama in Hatha Yoga
5. Purpose and importance of Meditation in Hatha Yoga
6. Teaching practices

U.S.A.

Kaivalyadhama U.S.A. Board of Trustees (B.O.T.) meeting was held in September 2018 in New York. It was attended by all members Vartika Dubey, Christine Benjamin, Gary Deaton and Carol Potts. Report on activities and accomplishments from the Members of the Board Y.T.D. 2018 was presented. Discussion on possible fundraising to raise money for the branch was done.

Vartika Dubey attended the seminar hosted by S.S.V.T on January 13, 2018. She taught the Kaivalyadhama way of Pranayama practice to the attendees.

Eela Dubey taught a complimentary Pranayama class at Roots Yoga in Wilmington, North Carolina.

Kaivalyadhama U.S.A. plans to hold an International Day of Yoga event 6/21/19. Christine Benjamin proposed involving the Coal House in Vestal, N.Y.

Kaivalyadhama U.S.A. plans to adopt the syllabus for the Teachers training Pranayama course after review and modifications.

Singapore

Yoga Kalari

8th Batch of Y.T.T.C. passed from Yoga Kalari in collaboration with Kaivalyadhama. This batch of Y.T.T.C. started 1st September to 28th February and was meant for working professionals and so conducted on the week ends for the duration of 6 months. The syllabus includes 100 hours of Theory and 150 hours of Practicals including teaching practices. Total number of applicants enrolled for the course were 11. The evaluation methods of Kaivalyadhama were followed.

The students are very happy and satisfied with the course and very eager to visit Lonavla as part of their course. They enjoyed the stay at Kaivalyadhama and also expressed to visit in future as well and many of our previous batch students also do repeat visits to Kaivalyadhama.

Dr Bhalekar in his visit to Singapore conducted the lectures as a part of the Y.T.T.C.

France

Yoga Lite

Ms Neda Lazervic conducted the 2nd Batch of Yoga Instructor Course which passed out in February 2019. The course started on November 2018.
Your donations are solicited

Holistic Care Centre for Cancer Survivors and Lifestyle Conditions

PROJECT ANAND: An Initiative by Kaivalyadhama

Project Anand is an effort towards helping Cancer patients and those affected by lifestyle conditions. This center will be located within the Kaivalyadhama Lonavala campus to effectively serve those who are suffering. We envisage to provide accommodation, treatment and therapies as per the needs of cancer survivors and people affected by NCDs.

For further information, contact:

Nishant Jain, Project Director
+91 9324670503 | nishant@kdham.com | www.kdham.com
1 Kaivalyadhama continues to be the oasis of holistic, undiluted Yoga since 1924

2 We have been conducting intensive residential yoga therapy retreats with multi-pronged interventions for survivors of cancer and other chronic NCDs, for over 6 years

3 Our investigations and data have shown that after undergoing the programmes, the participants demonstrated a better ability to manage their illness

4 Our research indicates that yoga therapy has tremendous potential in ushering holistic improvement of health and psychological empowerment to people suffering from NCDs

5 The success of these programs has been validated by the long waiting-lists of interested participants

6 We continue to undertake demonstrable research on the impact of Yoga on NCDs and thereby integrate the learnings into Yoga therapy

With your support, we could offer

30 new rooms offering clean, hygienic and comfortable accommodation
Central space for Yoga and meditation (Dhyan Mandir)
Dining space and Kitchen (Tattva)
Special treatment rooms for Therapies
Library (Atmamanthan)
Large open space in sync with the nature for relaxation and healing