

Kdham *WORLD*

AUTUMN 2015

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KAIVALYADHAMA

WHERE TRADITION & SCIENCE MEET



Subodh Tiwari
(Administrator)

A professor from the prestigious Indian Institute of Management, who happens to be my friend, asked me a question: what is the vision of Kaivalyadhama? What is the aim of the institute? What is your goal? What are your plans to achieve this? As I was listening to his questions, answers kept coming in my mind. These answers emerged out of a very nicely prepared power point presentation made by our research and academic staff. All the visions, the mission, the goals, the objectives and plans were covered. This presentation was being presented to a committee of experts appointed by the Ministry of HRD, Government of India. A highly scholarly researcher, interested not only in academic excellence, but also in the practice of yoga and music, was the Chairman of the committee. He heard the presentation with great interest and at the end of the presentation; he called me to his office to discuss work and other details. He said: "I think you should keep the founders vision in mind." I asked him what he meant, and he replied: "keep things simple."

My friend's question has great relevance, and I told him that we continue to follow the vision of our founder, which is to study the classical source of yoga – verified through scientific investigations – and to propagate these through undiluted teaching.

Today, yoga has become a commodity. When I walked through the lanes of Rishikesh, whereby I found more yoga centers than restaurants! There is huge competition amongst the charges of yoga teachers who teach yoga in metropolitan cities. The supply far exceeds the demand and therefore there is a great economical battle. Looking at this, makes me feel disheartened, but there is always light at the end of the tunnel. While discussing this issue with the head of a very old and renowned Yoga Ashram in Rishikesh, Swamiji told me: "Subodh, don't worry. True seekers will find the truth, and those pretending to find the truth, will be happy just by the gesture of searching".

Kaivalyadhama is totally dedicated to reach the message of yoga to the farthest corner of the world. We also ensure that while doing so, the fundamental of Yoga abhyasa: the Yamas and Niyamas are not sacrificed in any way. We ensure that the institute remains affordable to all strata of society. We are ensuring that our research work is not only for academic

excellence, but also for the benefit of society. This year will end in a couple of months, however, we will continue without strides for 2016-17. We have some very interesting developments coming up in Mumbai, which I will report about in my next editorial.

To conclude, I would once again request active participation from our readers for making this newsletter a better read. We look forward to the upcoming International Conference in December 2015. We have a very interesting line up of speakers, it is available on our website, and I encourage readers to register soon. There will be a lot of opportunities for learning and sharing.

A handwritten signature in red ink that reads "Subodh Tiwari". The signature is written in a cursive style with a long horizontal line extending from the end.

LIFE POSITIVE WORKSHOP

Life Positive Foundation is a non-profit public charitable trust with varied concerns and interests in the betterment of society. Predominantly, they focus on promoting and spreading holistic information, techniques and wisdom.. Kaivalyadhama hosted a three days residential workshop on Mind Power from 2nd to 4th July 2015. The facilitator of this workshop was Mr. Santosh Joshi. The workshop consisted of lectures and meditation sessions. It was a successful workshop.

INAUGURAL OF DIPLOMA IN YOGA EDUCATION

Inauguration of the Diploma in Yoga Education 2015-16: the Inaugural function for the 'P.G. DIPLOMA IN YOGA EDUCATION (2015 -2016)' was held on 16th July 2015 at 11.00 AM in the Shri Bahuayami Vasishtha hall. Prof. Santosh Panda: the Chair person of the National Council for Teachers Education was the Chief Guest. Swami Sreekanthanandaji, Secretary, Ramakrishna Math, Pune was requested to grace the occasion with his esteemed presence as a Keynote speaker. Rev. Swami Maheshanandaji (Chairman), Shri. Subodh Tiwari (JDA), Dr. B. R. Sharma (Principal), and Brig. Dharmadhikari (Registrar) were present to grace the function. In total, 92 students (10 International & 82 Indians) enrolled for this course. Mr. Rajanish Sharma has been assigned as the course coordinator. The programme began with the 'Shantipath'. After lighting the lamp by the dignitaries', Shri Subodh Tiwari presented a welcome address and introduced the Chief Guest. Dr. B. R. Sharma, the Principal, discussed objectives of the course and introduced the staff members. He congratulated the students for choosing PGDYED course which will enhance their overall knowledge in yoga. Thereafter, Prof. Santosh Panda presented the inaugural speech and shared his views on yoga. He briefed the students about the set up of NCTE and provided the latest information on yoga modules, opportunities as well as resources for educators. Prof. Panda, as the head of the teacher's education council, emphasized his views quoting: 'yoga has neither a right inclination nor left, but it is central to the being'. Swami Sreekanthanandaji presented an inspirational message to the students. Swami Maheshanandaji blessed the students. Dr. Nidheesh Yadav proposed a vote of thanks and the function concluded with three omkar recitations and distribution of sweets.



Inaugural of Diploma in Yoga Education

INAUGURAL OF DIPLOMA IN YOGA THERAPY

Inauguration of the Diploma in Yoga Therapy 2015-16: Post Graduate Diploma in Yoga Therapy (PGDYT) was inaugurated on 1st August 2015, at the Asana hall. Shri R. P. Gupta, Director, Postal Services, Aurangabad region graced the occasion as the Chief Guest. Shri Subodh Tiwari (JDA), Dr. B. R. Sharma (Principal) and Brig. Dharmadhikari (Registrar) were present to grace the occasion. 15 students (4 International and 11 Indians) have registered for this course. Dr. Nidheesh Yadav has been assigned the responsibility of Course Coordinator. The program began with the 'shantipath.' After the Shantipath, Shri Subodh Tiwari (JDA) gave a welcome address and introduced the Chief Guest. Dr. B. R. Sharma, Principal introduced all the staff members, and explained the syllabus and objectives of the course. Shri R. P. Gupta, congratulated all the students for choosing this institute for a Yoga Therapy course. He also guided the students for their future career in Yoga. Swami Maheshanandaji blessed all the students, Dr. Bhalekar proposed the vote of thanks, and the programme concluded with reciting three omkars and prasad distribution.



Inaugural of Diploma in Yoga Therapy

INAUGURATION OF THE CERTIFICATE COURSE IN YOGA – PUNE UNIVERSITY

Pune University conducts a three months certificate course in Yoga in association with Kaivalyadhama. This course was inaugurated on 3rd August 2015. Dr. Jay Jadhav, IPS Superintendent of Police, was the chief guest on this occasion. 90 students registered for this course. Dr. B. R. Sharma spoke about the objectives of the course.

Dr. Narendra Kadu, registrar welcomed the students and emphasized the importance of yoga



education and requested the students to incorporate yoga in their day to day life.

Dr. Shashikant Dudhgaonkar, Resident Medical Office (University of Pune) spoke about syllabus covered in this course, and stated that this is 15th course in association with Kaivalyadhama. Dr R. D. Dixit, Ms. Anjali Agnihotri and Rajnish Kumar were present. This inaugural ceremony was anchored by Shri S. N. Kulkarni.



Inauguration of the CCY – Pune University

TEACHER TRAINING COURSE IN YOGA AT VICHAR KRANTI MANCH INTERNATIONAL IN JAMMU

Vichar Kranti Manch International is engaged in propagating Moral, Ethical Yoga and Spiritual Values to society. This organization was registered under the societies J&K Registration Act on 22nd June 2016. VKMI has adopted ten Government and ten Private schools in and around Jammu city to spread moral ethical values, yoga and spiritual values amongst students. Besides this, VKMI has completed two batches of three months Certificate course in Moral Values duly approved by the Jammu University. In these two batches doctors, engineers, educationists and persons belonging to different fields participated and successfully completed the course. Moreover, from time to time, VKMI organizes seminars, debates, competitions and so on, for the welfare of society.

VKMI is fortunate enough to conduct a three months Yoga Teachers Training Course duly approved by Kaivalyadhama Lonavala, as per the directives received through Shri. Subodh Tiwari. The course was inaugurated by Prof. R. D. Sharma, and The Vice Chancellor of Jammu University at a function held at the Panch Mandir, Channi Himmat, Jammu on 21st May 2015. Shri Soujanaya Sharma, Commissioner, Jammu Municipal Corporation presided over and Shri I. D. Soni, State Commissioner Bharat Scouts and Guides was the Guest of Honor.

The course was held in a hall provided by the Sarvuthan Trust. A total of 54 students participated in the course was 54. They came from various fields such as: education, medical, yoga teachers, some of them were yoga experts who had been practicing yoga for the past twenty years. Some of the participants have already done a P.G. Diploma and/or an M.Sc. in Yoga. The guest faculty included



*Teacher Training Course in Yoga
at Vichar Kranti Manch International in Jammu*

Heads of Departments from Jammu University, Former Director Yoga Centre Jammu University, State Commissioner, Bharat Scouts and Guides, qualified & experienced Yoga Teachers from International Organizations and M.Sc. Value Education qualified Teachers.



Students of the Teacher Training Course in Yoga at Vichar Kranti Manch International in Jammu

INDEPENDENCE DAY CELEBRATION

K. V. N. celebrated India's 69th Independence Day with great pleasure, upon the arrival of the chief guest, Shri Subodh Tiwariji, Trustee and Nominee Chairman of Kaivalya Vidya Niketan, other dignitaries, at 8.30 AM. The National Flag was unfurled and all the students and staff piously paid homage by singing the National Anthem.

The chief guest and other dignitaries were felicitated by the Director of the school, Dr. S. P. Thakur and the Vice-Principal Ms. Deepali Deshmukh.



Independence Day Celebration

'Nanna Munna Rahi Hoon' a popular song was performed by the students of Std. I-V. Master Ashish Mali, a star student of Std. VII, presented a speech in Hindi bringing back memories of the sacrifices and hardship borne by our forefathers. This was followed by a dance performed on the song: 'Vande Mataram' by the students of Std. VI - X under the guidance of teacher Ms. Dhanashree Gaikwad. In keeping with the harmony, Master Chinmay Sakhrekar of Std. X, highlighted India's achievement and reminded us of our responsibilities and duties towards our motherland.

An aroma of patriotism arose, when a student of G. S. College (D.Y.Ed), recited a self pinned poem, 'Bharat Ki Jung'. Students of Std. V to X performed a charged version of 'Suno Gour se Duniya Walo' accompanied and composed by the music Sir, Mr. Makarand Tulankar and the in-house band.

Dr. S. P. Thakur, Director of K.V.N. with his words of wisdom, inspired the students to think big, dream big, treat everyone equally and be good examples to be followed. He concluded with an anecdote from the life of the late great Abraham Lincoln. Brigadier Suhas Dharmadhikari, Consultant, explained the meaning of Swatantra, and motivated the students to read the writings of our late great ex-president Dr. Abdul Kalam, especially his recent release 're-ignite minds'. Dr. B. R. Sharma, Principal, G. S. College, echoed the same sentiments and told the students never to forget the sacrifice endured by our forefathers.

Finally our Chief Guest Shri Subodh Tiwariji, in simple words shed light on India's greatness and Her mark in religious spheres.

The celebration came to an end with the Vote of Thanks proposed by the Vice Principal, Ms. Deepali Deshmukh, followed by distributing sweets amongst the students as a token of love and gratitude.



Independence Day Celebration

IN SERVICE YOGA TRAINING FOR KENDRIYA VIDYALAY TEACHERS

From 7th to 27th August 2015, a 21-day in service 'Yoga training' for the KVS Yoga Teachers (TGT) was held. In total 17 teachers attended this programme of which 9 were male and 8 were female. The inauguration took place on 7th August, whereby Shri Subodh Tiwari, JDA, welcomed the KVS, TGT, Yoga Teachers. Dr. B. R. Sharma, Principal, in his talk highlighted the mission of the institute and the objectives of the In-service course. Swami Maheshanandaji, Director, blessed the teachers. The course routine consisted of regular theory lectures and practical classes. Theory sessions were scheduled on the 'Essence of Patanjali Yoga Sutra', 'Essence of Traditional Texts', 'Anatomy and Physiology of the Human Body', 'Child Psychology' and 'Value Education'. A practical session of asana, pranayama, bandhas, mudra and meditation practices were also scheduled.



In Service Yoga Training for Kendriya Vidyalay Teachers



In Service Training for Kendriya Vidyalay Teachers - Group photograph

MEDITATION WORKSHOP

From 23rd to 30th August 2015, a meditation workshop was organized at Kaivalyadhama, Lonavla, by Prof. R. S. Bhogal. Twenty-six participants enrolled for this workshop, which was especially designed for the layperson. Prof. R. S. Bhogal skillfully taught the simple techniques of meditation. This workshop was well received by the participants and effectively reduced the levels of stress, anxiety and depression.



Meditation Workshop

INAUGURAL OF JAIPUR BRANCH OF KAIVALYADHAMA

On 16th September 2015, Kaivalyadhama opened up its Jaipur branch. At the inauguration, there was a gathering of Kaivalyadhamas, yoga followers and some prominent personalities. Mr. Ashok Gehlot (Former Chief Minister of Rajasthan) was the chief guest for the event; Dr. B. R. Sharma (Principal of GS College of Yoga and Cultural Synthesis) represented Lonavala. The event commenced with the usual shantipath followed by lighting up a lamp (deep prajvalan) and a garland to Swamiji's photograph. During his speech, Mr. Gehlot shared his experience of Kaivalyadhama Lonavala and emphasized on the need of facilities and teachings like Kaivalyadhama in Jaipur. He congratulated Kaivalyadhama and suggested people should take the maximum advantage of the facilities provided for one's good health. The audience was enthralled with the wisdom shared by Dr. B. R. Sharma on



Inaugural of Jaipur Branch of Kaivalyadhama

how a correct practice of yoga can help everyone and also about the research work that Kaivalyadhama has been doing. The centre in-charge person Mr. Vinayak Dixit explained the details of the Jaipur centre and its future plans.

PRANAYAMA WORKSHOP BY SHRI. O. P. TIWARI

A two-week workshop was conducted by Shri. O. P. Tiwari for students from China and Taiwan. The group was led by Ms. Zhu Yan and Ms. Megan Ni. There were 37 participants who went through the intensive practices of pranayama. An in-depth understanding of the philosophical part was also an integrated part of the workshop.



Pranayama Workshop by Shri. O. P. Tiwari

INAUGURAL OF STAFF QUARTER: MADHAV NIWAS



Inaugural of Staff Quarter: Madhav Niwas

Kaivalyadhama has constantly renovated and reshaped its campus. Madhav Niwas is a new residential apartment block with 12 flats for its staff members. It was inaugurated on 23rd September 2015.

Madhav niwas is a dweller's delight. It is spacious, well designed, well ventilated and has magnificent views of the mountains.

Construction of 'Madhav Bhavan' the new staff quarters has been completed. On 23rd September 2015, a puja was performed to mark the completion and inauguration of the quarters. Twelve quarters have been added to accommodate the staff members of Kaivalyadhama institution.

VISIT OF DGMS – NAVY SURGEON TAPAN SINHA

On 15th July 2015, the Director General of Health Services, Vice Admiral Tapan Sinha visited the institute. He was shown around the institute and the various departments and the work carried out. During discussions, a possibility of working together with medical service personnel's of the Indian Navy was also discussed.



Visit of DGMS – Navy Surgeon Tapan Sinha

VISIT OF DELEGATION OF MENGE UNIVERSITY, KUNMING CHINA



Visit of Delegation of Minge University, Kunming China

GUEST LECTURES

1. PROF. ROGER SAGES

Dr. Roger B. Sages has developed a phenomenological grounded approach to research over the years, manifesting in Meaning Constitution Analysis (MCA) as well as the software MCA Minerva. Through his talks/workshops at Kaivalyadhama Yoga Institute and Pune University from 5th to 11th September, he elaborated on how MCA can be used for doing qualitative analysis of data in social sciences, and also how it could serve as an important tool in yoga research. Dr. Roger Sages spoke on "The scientific study of first-person subjective experiences."



Guest Lecture by Prof. Roger Sages

2. YOGACHARYA DR. ANANDA BALAYOGI BHAVANANI

Yogacharya Dr. Ananda Balayogi Bhavanani is the Chairman of the International Centre for Yoga Education and Research at Ananda Ashram, Pondicherry, India (www.icyer.com). He is also the chairman of Yoganjali Natyalayam, the premier institute of Yoga and Carnatic Music and Bharatanatyam in Pondicherry (www.rishiculture.org). In September, he conducted a two days workshop on "Anatomy & Physiology of Cardio - Respiratory System in relation to Yoga Therapy."

KAIVALYADHAMA INTERNATIONAL

WORKSHOPS IN THAILAND AT SAMHITA YOGA

Upon the initiation of the Samhita Retreat, Shri O. P. Tiwari went to Thailand on 10th July to conduct a Pranayama workshop. A total number of 75 people enrolled and participated in this workshop. Shri O. P. Tiwari lectured on the Hatha Yoga Pradipika. The workshop was for 15 days, where practical aspects with explanation were covered, however, the main emphasis was on the correct practice of pranayama.

The 'do's and don't's' of pranayama were covered in detail. Shri O. P. Tiwari was assisted by his close student Paul Dallaghan, who is also the owner of the Samhita Retreat. The workshop concluded with positive memories.



Workshops in Thailand at Samhita Yoga

TTC IN FRANCE

In July 2015, a twelve days Teacher's Training Course was organized in France. There were 35 participants. Shri O. P. Tiwari taught the Hatha Yoga Pradipika and Patanjali Yoga Sutra. The course began early in the morning with a 90 minutes pranayama practice. Veronique Sharma, Chairman Kaivalyadhama France was constantly present to help with the arrangements and the execution. There were periods for teaching, as well as question and answers and practical sessions in the morning and evening. The course concluded with success, and the participants appreciated and wished that the course should continue as this was the last workshop for Shri O. P. Tiwari. Looking at his busy schedule in Lonavala, he will be travelling to France again. Next time, this course will be conducted by Shri Sudhir Tiwari.



TTC in France

WORKSHOP ON YOGA, PRANAYAMA, AYURVEDA AND YOGA PHILOSOPHY, VIENNA

From July 16th to 19th, 2015 the Pureyoga Yoga Center in Vienna had the pleasure to host a workshop on Yoga, Pranayama, Ayurveda and Yoga philosophy led by Shri Sudhir Tiwari.

These four days were open to all levels of practitioners, from a beginner to an experienced student. People from numerous European countries gathered together to spend some precious days in the company of Sudhir.

The morning sessions focused on asana, pranayama and meditation. During the afternoon lessons, Sudhir gave insights from his vast knowledge on the yoga tradition and its practical and theoretical roots, combining these aspects in a holistic approach. Furthermore Sudhir led the



Workshop on Yoga, Pranayama, Ayurveda and Yoga Philosophy, Vienna

group into a deeper understanding of sound based meditation, by means of chanting 'Omkar' and chakra rooted resonances.

Even though the workshop was fully booked (despite high temperatures), Sudhir ensured that everyone who applied for a personal treatment, consisting of an Ayurvedic consultation and pranic pulse reading, were given his personal attention. In addition, at the end of the workshop, each participant received an individual pranayama practice regimen based on their pranic pulse sheets.

Some of the students already knew Sudhir from their previous stay at Pureyoga. Once again, he left everyone impressed by his profound wisdom and at the same time his modesty and his kind and respectful manner of treating people.

We hope that Pureyoga has the pleasure of welcoming you back very soon, Sudhir!



Workshop on Yoga, Pranayama, Ayurveda and Yoga Philosophy, Vienna

MEETINGS

1. MEETING OF THE GOVERNING BODY OF KAIVALYADHAMA

On 11th July 2015, the meeting of the Governing Body of Kaivalyadhama S.M.Y.M. Samiti was held at the institute. Important decisions of increasing the fees of the courses in the college, approval of the new board of studies, passing the budget for the year 2015-16, were some of the important decisions took place in this meeting.



Meeting of the Governing Body of Kaivalyadhama

2. MEETING OF QCI STEERING COMMITTEE HELD IN BANGALORE ON 17TH AUGUST 2015

The meeting of the steering committee of the Quality Council of India's for implementing the Voluntary Registration of Yoga Teachers was held on the 17th August 2015 at the Art of Living Foundation, Bangalore. The meeting was chaired by Sri Sri Ravi Shankar, and amongst those present were Swami Ramdev, Dr.

H. R. Nagenadra and officials and experts. Detailed discussions took place so as to how to take this forward and how to get the various schools of yoga actively involved in this process. Guidance from Sri Sri Ravishankar, and Swami Ramdev were received. Shri Subodh Tiwari represented the institute.

CONFERENCES HELD AND KDHAM PARTICIPATION

1. NATIONAL CONFERENCE FOR TEACHER EDUCATORS BY NATIONAL COUNCIL FOR TEACHERS EDUCATION

The NCTE has included yoga as a subject in all its teachers training courses. A conference was held at SVYASA Bangalore, for the teacher's educators across India. The aim was to appraise these educators with various aspects of yoga and to clarify the process, which will be adopted for the implementation of yoga teaching. Shri. R. S. Bhogal spoke to the participants on "Introduction to the fundamental aspects of Yoga" and Shri Subodh Tiwari chaired the session on "Yoga and Stress Management." There were 150 participants. Swami Atmapriyananda, Vice Chancellor of the Swami Vivekananda University delivered the Key Note Address in presence of Dr. H. R. Nagendra, Vice Chancellor of SVYASA and Prof. Santosh Panda, Chairperson of NCTE.



National Conference for Teacher Educators by National Council for Teachers Education

2. NATIONAL CONFERENCE ON “SYNERGY IN EDUCATION AND CULTURE – OUR CENTER”

A National Conference on “Synergy in Education and Culture – our center” was hosted by Nalanda Dance Research Centre, Mumbai. This center is one of the foremost centers to explore the field of dance and movement science in an academic and scientific manner. It was founded by Smt. Dr. Kanal Rele an exponent of Mohini Attam, and a Padma Bhushan Award Winner. Shri. Subodh Tiwari was invited as a guest speaker to speak on “Classical and contemporary Yoga.”



National Conference on “Synergy in Education and Culture – Our Center”

3. NATIONAL CONFERENCE ON YOGA FOR HOLISTIC LIVING AT WARDHA

A conference was organized by Arogyadhama of the Mahatma Gandhi Medical Trust, Wardha on Yoga and Holistic Living. Shri. Subodh Tiwari was invited as a guest speaker and he spoke on “Yoga therapy – scientific and classical perspective.” The conference was attended by about 150 delegates. It was inaugurated by the Chairman of Arogya Bharti, Dr. Ramesh Gautam and speakers included Dr. Chauhan from the Swami Rama Ashram, Dr. Manchanda from Delhi, Dr. Phatak from Kaivalyadhama and many others.



National Conference on Yoga for Holistic Living at Wardha

FACULTY VISITS

CHANDIGARH, PUNJAB, INDIA

From 4th to 12th July 2015, Kaivalyadhama in collaboration with Shringar Group, conducted a 7 days yoga workshop in Chandigarh. Dr Sharad Bhalekar, Resident Medical Officer and Shri Vivek Tiwari, Sr. Yoga Teacher were deputed for the same. Shri Vivek Tiwari conducted yoga sessions and Dr. Bhalekar conducted lectures along with consultations. Apart from yoga classes, Nandita Puri, being the owner of Sringar, and also a well known artist, kathak dancer and an actress, organized some lectures and practical cum demonstration sessions at different places especially at the Western Command of Indian Army. More than 400 Army Officers with their family members attended the same.



Dr. Sharad Bhalekar at Chandigarh

PUNE, MAHARASHTRA,INDIA

On 3rd August 2015, Shri R. S. Bhogal was invited at the Department of Management (PUMBA), University of Pune, for presenting a talk and a workshop on ‘know thyself through yoga’ under Anupreksha - the Induction 2015 for MBA entrants for the 2015-17 batch. He also conducted a workshop on yoga, meditation and kriya for over 250 students, staff and teachers of the department. He was felicitated by Dr. Praful Pawar, Program Advisor, PUMBA. Professor as well as being the Head of PUMBA, Dr. B. V. Sangvikar, appreciated the talk and workshop, and expressed his desires for a long term relationship with Kaivalyadhama.

LONAVLA, MAHARASHTRA, INDIA

On 11th and 12th September yoga sessions were conducted for the employees of Tata Consultancy Services, Mumbai. This program was hosted at the Fariyas hotel in Lonavala. 120 participants attended these sessions, and at the end of the session, they expressed their full satisfaction.



Yoga sessions conducted for the employees of Tata Consultancy Services

BEIJING, CHINA

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

From 1st to 26th October 2015, Shri R. S. Bhogal was sent to China's leading Yoga Institute Yogi Yoga, for conducting a seven day yoga meditation work shop at each of each at its three yoga centers: Beijing, Shanghai and Guanzhou. There were 57, 27 and 47 participants, respectively, at these three cities. The work shops highlighted the traditional approach to dhyana as found in the Bhagwad-Gita, Patanjali Yoga Sutras, selected Upanishads and yogic texts. The response from the participants was overwhelming in respect of the favorable effects of dhyana on the physical, psychosomatic and psychiatric dis-orders of quite a few of the participants. All the participants of the three centers, expressed their satisfaction with the meditation workshops and expressed hope for many such workshops in the future. The directors Yogi Mohan Bhandari and Ms. Yin Yan looked after all the administrative requirements to make all the programmes a great success.



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



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

STRIDES AHEAD

1. QCI EXAMINATION HELD AT KAIVALYADHAMA MUMBAI

The National Accreditation Board for Certification Body conducted the examination for voluntary registration of level 1 in Mumbai. The venue was Kaivalyadhama, and external experts were called to evaluate the participants. The knowledge aspect and skill aspects were both evaluated. In future, these examinations would serve as one of the important standards for the quality of yoga teachers.

2. NEW INTERNATIONAL AFFILIATIONS

Kaivalyadhama is privileged to affiliate with following International institutes. The affiliates will be conducting courses, Research and workshop in joint venture.

- IEPY (Instituto De Ensino E Pesquisas Em Yoga), Brazil
- Yoga & Wellness Chandra, Japan
- Shanti Kaivalya Yoga Centre, Jakarta.
- Bodi Yoga center, Taiwan

3. NEW NATIONAL CENTERS

1. Kaivalyadhama is glad to announce the opening new centers in New Delhi & Jaipur, Rajasthan
2. Recognition of Kaivalyadhama Mumbai as a Research Center by the University of Mumbai
3. MOU with Hindi Prachar Sabha

UPCOMING EVENTS

1. 91st Foundation Day of Kaivalyadhama Lonavla

2. Forthcoming 8th International Conference on Yoga And Eduation: 27th to 30th Dec 2015

3. Re-orientation Workshop for Kaivalyadhama Teachers with Shri Sudhir Tiwari. Date: 21st - 24th December 2015. Venue: Kaivalyadhama, Lonavala

4. Continuing medical education for medical professionals: The CME program sponsored by the Ministry of AYUSH will be held from the 14th to 18th Dec 2015. Medical professionals from the state of Maharashtra and State of Odisha have been invited. Shri.Subodh Tiwari, the JDA went and met the Hon'ble Governor of Odisha Shri. S. C. Jamir and requested him to help with the deputation of the medical professionals for this purpose.



Shri Subodh Tiwari with Hon'ble Governor of Odisha Shri S. C. Jamir

SYMPOSIUM ON YOGA RESEARCH 2015

The International Association of Yoga Therapists organized a Symposium on Yoga Research in September 2015. A well wisher and student of Kaivalyadhama Dr.Matra Majumdar sponsored for five awards for upcoming researcher's in the conference.

There were 5 Swami Kuvalyananda award winners

SK AWARD WINNERS

Indian Award Winner \$108 PLUS \$1500 travel Award

- Shyam Karthik MBBS student of the Meenakshi Medical College Hospital & Research Institute in Tamil Nadu, India

New Investigator Awards \$108

- Peter J. Bayley PhD Palo Alto VA Health Care System,
- Rochelle K. Rosen, Ph.D., Brown School of Public Health
- Katie Schuver Ph.D. – University of Minnesota

Student Award Winner \$108

- Elizabeth Whissell - M.Sc. in Human Kinetics from the University of Ottawa.

ANNOUNCEMENT

A Yoga Training will be conducted in collaboration with
Dharam Bharati Mission for Sr. Citizens Mumbai

KAIVALYADHAMA, MUMBAI

MEDITATION WORKSHOP

Kaivalyadhama, Mumbai, once again organized a workshop on meditation by Prof. Bhogal. The workshop began with the inauguration on 14th August, 2015 with the customary 'shantipath' and lighting of the lamp. From 17th to 22nd August, daily there were two hour practical sessions held in two batches: morning and evening. There were almost sixty seven participants who experienced and understood the theoretical techniques of classical meditation. Prof. Bhogal was felicitated with a shawl and a sripthal by Dr. Pathak & Dr. G. P. Shulka (Assistant Director). In metaphysical terms, meditation can be defined as, 'a process of purification at the level of existential awareness, whereby a sadhaka achieves a reality perception, transcends existential miseries and approaches Absolute Joy and a creative stance in 'life related endeavors'. Alongside the regular practices, personal interactive sessions with Prof. Bhogal were held to keep the participants abreast of the basic concepts of meditation. Holistic meditation, kriya yoga and references to yogic texts such as the Shrimat Bhagwatam, Shiva Samhita and Patanjali Yoga Sutras, with their holistic health implications, were highlighted. Initially, for many individuals the concept of meditation was very unclear and abstract, however, Prof. Bhogal's simple and effective way enabled this knowledge to be gained by all. The participants felt calm, humble and grateful, and expressed full satisfaction about the manner in which the programme was conducted, and were very grateful to Prof. Bhogal and to Kaivalyadhama for the efforts made by the management and staff.



Meditation Workshop at Kaivalyadhama, Mumbai

BONDING TIME FOR STAFF MEMBERS

A trip was organized by Kaivalyadhama Mumbai to Imagica, near Khopoli on 15th August 2015 for its employees. A total of 22 staff members participated and thoroughly enjoyed the excursion from 7 AM to 10.30 PM.



Bonding time for staff members

LECTURE ON “LIVING IN THE PRESENT” BY MS. SMITA JAYAKAR

Kaivalyadhama Mumbai organized a lecture by Mrs. Smita Jayakar. Dr. Nutan Pakhare, PRO & Medical Consultant, introduced her to the audience.

The traditional lamp lighting ceremony was followed by felicitation of Smitaji by our life member, Mrs. Veena Shah. Smitaji commenced with a small meditation practice to bring the audience to the present moment.

She shared her views on the topic by saying there is actually nothing to talk on the topic because “Living in the Present” is purely a matter of experience wherein we are all the time aware of our consciousness. Yoga is one of the best methods to feel and live in the present, by concentrating on the breath and body movements in its practices.

The audience raised several questions and all of them were adequately answered by Smitaji, leaving the audience fully satisfied.

Around 55 people attended the lecture and gave a positive feedback hoping that such lectures will repeatedly be held by Kaivalyadhama. The lecture concluded with a mindfulness meditation. chanting of three Omkars and the vote of thanks was done by Dr. Nutan Pakhare.



Lecture by Ms. Smita Jayakar

LECTURE - ‘ESSENCE OF PRANAYAMA’ - AUGUST 3RD, 2015



Lecture by Mrs. Shilpa Ghone

As part of the regular Monday morning lecture series for the members of Kaivalyadhama Mumbai, on the first Monday of August i.e. on 3rd, was on the topic of ‘Essence of Pranayama’, and this was explained by Mrs. Shilpa Ghone, a Senior Yoga Teacher. The subject matter included definition and importance of pranayama, the do’s and don’ts, precautions and effects, and so on, with respect to pranayama. The short talk was followed by a question answer session to clear doubts pertaining to various aspects of pranayama.

WORKSHOP ON OBESITY

From 13th to 18th July 2015, Kaivalyadhama, Mumbai organized a six-day workshop on Obesity. The workshop commenced with an inauguration lecture and a free health camp on 10th July. The free health camp was open for all the Kaivalyadhama members, non-members and staff. The camp was carried out by HEALTH SPRING - Family Health experts in Medical Care. The following tests were carried out on the participants. These test helped the participants to gauge their health issues and reinforce the importance of yoga in their lives. The highly experienced and knowledgeable, Shri. Deepak Bagadia was the guest lecturer at the inauguration. He is currently the Asst. Professor of Yoga at K. J. Somaiya’s Bharatiya Sanskriti Peetham, Vidyavihar & Welingkar Inst. of Management & Research Institute, Matunga. Shri. Bagadia shared his in-depth knowledge and insight on the topic. He was felicitated with a shawl and a sripal by Shri. Kamlesh Gandhi (Life Member since 1982) and Dr. G. P. Shulka (Asst. Director); thereafter the traditional diya was lit. The yoga practical sessions were skillfully conducted by Mr. Amit Sarpotdar, who paid close attention to the mixed group with their varied health backgrounds, and was assisted by Mrs. Naina Daryanani. There were 14 individuals who attended the workshop. On the concluding day of the workshop, the practices were summarized and techniques were reinforced thereby clearing all the doubts of the practitioners. The workshop was appreciated, witnessing many first time yoga aspirates. They were extremely grateful to Shri. Deepak Bagadia, Mr. Amit Sarpotdar and Kaivalyadhama for introducing them to such great physiological knowledge.



Workshop on Obesity

INTERNATIONAL DAY OF YOGA 2015



Date: Saturday, July 11, 2015
 Time: 11 AM – 12 PM
 Name of centre: Dharma Bharati Mission (DBM)
 Venue: DBM, Santacruz, Mumbai.
 Description of the group: Group of 40 students of DBM, between the age group of 8 to 35 years.
 Representative from Kaivalyadhama: Trupti Rathod

The session was planned for 20th June, 2015, however due to heavy rains on the 19th of June, there was water clogging at the centre, and therefore the session was postponed to 11th July, 2015. DBM is a humanitarian organisation working to create a lasting change in the lives of children, families and communities living in poverty and injustice through Education - Employment - Empowerment. Various courses are conducted at the Santacruz centre at very nominal fees towards achieving their goal of education, employment and empowerment.



International Day of Yoga 2015

The group comprised of students of DBM who come to the centre for various classes and courses. It was a mixed group of school children, college students and housewives. These students belong to low income groups. They received a very warm welcome from the centre with a bouquet of flowers.

The session began with a small interactive talk explaining to them the principles and importance of healthy living and following these principles to attain and maintain health according to the available means of living. The participants co-operated well with patience and a learning attitude. Many of the participants were doing yoga for the first time.

It was a very good session with many questions and queries raised at the end. I, as a representative of Kaivalyadhama, got a chance to create awareness of Yoga and share the message of health to the masses on the International Day of Yoga celebrations. The event was a success.

LECTURE ON 'ESSENCE OF ASANAS'

July 6th, 2015
 Time: 9:30 AM to 10:30 AM

As a part of Monday morning lecture series for the members of Kaivalyadhama Mumbai, on the first Monday of July i.e. 6th July, the topic was 'Essence of Asanas'. The lecture was conducted by Mr. Anukool Deval, Yoga Instructor. The talk commenced with the definition, concept and significance of 'asanas', as part of Ashtanga Yoga of Patanjali Yoga Sutras. Based on this text, techniques of performing yoga asanas, their benefits and limitations were discussed. This short discussion was followed by a long interactive session where practicing members of the institute raised many questions to clear their doubts pertaining to the steps, techniques, the yoga program, benefits of asanas and so on. This yoga class was conducted by Kaivalyadhama deputed teachers: Mr. Rajendra Joshi and Mr. Rahul Kokam.

NEW INITIATIVES AND THOUGHTS



Group Yoga Class conducted by Mrs Ami Kothari (13th July to 13th August)

KAIVALYA VIDYA NIKETAN

FAREWELL TO DR. S.P THAKUR



Farewell to Dr. S. P. Thakur

RAKHI COMPETITION



Rakhi Competition

HINDI PAKHWADA



Hindi Pakhwada

INVESTITURE CEREMONY



Investiture Ceremony

THE INDIAN YOGA ASSOCIATION (IYA)

The Self-Regulatory Body "Indian Yoga Association" (IYA) has been established for the promotion, propagation and dissemination of Yoga in order to have its own entity in the traditional medicines. Heads of eminent Yoga Institutions are the members of IYA. IYA will be a landmark in the standardization, coordination and promotion of the system of Yoga in the country. The members of IYA actively participated and gave meaningful support in organizing International Yoga Day celebrations which was a grand success. The common Yoga Protocol booklet was also finalized in consultation with IYA members and leading Yoga experts of the country. This association had its Executive Council meeting on 4th November at MDNIY, New Delhi under the Chairmanship of Shri. O. P. Tiwari.



Formation of the Indian Yoga Association (IYA)

ANNOUNCEMENT

Pune University is organising an International Conference on Science and Arts of Yoga: Theory and Practice. It will held from 24th to 27th February 2016. Kaivalyadhama's Philosophico Literary Research Department will actively participate and support the Conference. A whole day Conference will be celebrated at Kaivaldhama premises on 26th February 2015.

OBITUARY

Swami Veda Bharti left his mortal coil in the month of July 2015. Swami Veda was the disciple of Swami Rama. Swami Veda was a highly acclaimed scholar and a spiritual master. He had a close association with the institute. We pay rich tributes to the master who enlightened the world in his journey of 82 years.



KAMADHENU VATICA

The upcoming garden in the Ashram

Kamadhenu, the divine, wish-fulfilling cow.

A cow is a symbol of Earth, the ever-giving, undemanding provider associated with motherhood. By honouring and respecting a cow, who gives more than it takes, we honour all living beings.

In many parts of Indian culture and history, cows are revered as beacons of prosperity, health and happiness. In the Rig Veda, there are references stating that cows represent wealth and a joyous Earthly life. Mahatma Gandhiji, too, once said that: "One can measure the greatness of a nation and its moral progress by the way it treats its animals."

In many ancient traditions, customs, mythologies and even folklores that evolved throughout the world, human kindness was charged with the duty to look after Mother Nature. In doing so, humans were taught to use natural resources with utmost care, adequate protection and regeneration. For example, herbs were never harvested before seeds were broadcasted and during the mating season there was no hunting nor were pregnant females ever hunted. A certain attitude of respect for the plant and animal life; deeply embedded in cultures, had successfully contributed to keeping the rich biodiversity intact. Our ancestors were keepers of the earth, not exploiters.

These traditions continued over centuries if not millennia. Plants and animals were worshipped, used in ceremonies and rituals, and celebrated on special occasions to acknowledge their importance. Of these animals, cows were and even today are still often fed outside temples and regularly worshipped on all Fridays and special occasions. During Diwali festival Vasu Baras is celebrated by offering puja to cows and calves. Additionally, it has also been an Indian tradition to have a communal pasture of land in each village, which serves as an important source of food for cattle. The communal pasture varies in name and type. Some of them include:

- 1) **Devban/Devrai:** These are sacred groves near villages
- 2) **Gayran, Kakad Ban:** These are wild patches between two villages
- 3) **Rakhabani and Beed:** These are plots of forest land left by consensual

decision of the community and are typically used as last resorts

4) **Devaranya:** These are plots of forestland for God

Fodder cultivation has also been a traditional method in most parts of India. This tradition is born out of the sentiments of farmers, who feel that fodder crops have some factors which keep the animals healthy and productive. As a result, generations of farmers have marked out certain varieties and crops for fodder production and therefore cultivate these, depending on the availability of land and water.

Fodder crops are also a cheaper source of nutrients as compared to concentrates. Hence, they are useful in bringing down the feeding costs and reduce the need for purchasing concentrates from the market. Thus, it was this concept that led to hormone and chemical free cow's milk, which was used as a source of nutritious food and medicine in Ayurveda. In Ayurveda, 'Panchgavy' (milk, yogurt, clarified butter, urine, dung) is a cure for many diseases.

This concept is still applicable today - if cattle are fed natural and organic fodder, there will hardly be any milk allergies or fear of any illness due to consumption of milk.

In Kamadhenu Vatica we have planted nearly 15 varieties of indigenous plants that are traditionally used as fodder crops for the cattle.

Our intention is to create various types of gardens/groves, such as Gayran (plantations for cattle), Devaranya (sacred groves), Varsha Vanam (rainforest zones), Panchvati (Ficus parks) and so on, in the near future. The goal is to create these gardens/groves throughout the 100 acres of the Kaivalyadhama campus.

The 'seeds' of this project have already been sown on the sacred Bhoomi of Kaivalyadhama to create awareness about our rich biodiversity and ancient wisdom, thus preserving the natural health of Mother Earth.

Through this project we have been able to explore holistic ways of living and developing deep respect for the ways of nature.



MANTRA: THE POWER OF VIBRATION

C. Rajan Narayanan, PhD, Executive Director, Life in Yoga Institute; & Secretary, Council for Yoga Accreditation International

William Shakespeare in *The Merchant of Venice* writes: "The man that hath no music in himself, or is not moved with concord of sweet sounds, is fit for treasons, stratagems, and spoils. The motions of his spirit are dull as night, and his affections dark as Erebus. Let no such man be trusted. Mark the music".

The topmost Indian musicians call music as Naada (vibration) Yoga and the highest in Hatha Yoga is called Naada Anusandhaana or tuning into the cosmic vibration.

If you think about how telegraph and cell phones work, vibrations of a certain frequency from a transmitter activates a receiver and then a connection happens. Even physicists with their string theory think of the cosmos as a vibrating entity. The earth vibrates as well. The human cells vibrate between 8 to 12 hertz, and thought by some to facilitate communication through the ECM.

The wonderful Siddhis (supernatural abilities) that yogis develop is said to come from four sources as per the 1st sutra of the 4th chapter of the Yoga Sutras, and the 1st of the 4 sources is 'mantra.'

HEALING POWER OF MANTRA

In India, it is a well known fact that poison of snake-bites is neutralized by mantras that are maintained as a secret within some groups of healers. This is usually done as a free service by these healers, and they do not seek to advertise their abilities. In other words, the mantra produces the same vibrations as an antidote injected into a victim of snake bite.

There are yogis who use such vibrations to cure many other ailments as well. The following are few examples. Bangalore, India, 2009 - Manjunath, a young man around 30 years, was diagnosed with an anxiety disorder. He checked into SYVASA, a premier yoga therapy institution for a two week programme to overcome this disorder. This disorder creates a rapid heart rate and an

unsettled feeling. He was doing gentle stretch exercises and breathing practices for 12 days during the 14 day stay. His pulse rate had come down from 96 to 83 on the second day and had stayed the same for the remaining 10 days. He felt an improvement, but did not feel completely cured. On the 12th day, he met a yogi who was conducting a dance yoga workshop. He asked the yogi if he could help him. The yogi asked him to silently vibrate a mantra in his mind. Five minutes later Manjunath said he was cured. The following day, when he met his therapist and took the pulse rate, it was down to 72.

Indianapolis, USA, 2012 – A physician invited a yogi to visit him in Indianapolis for a weekend program. On the evening of his arrival there was a party for his friends, and one of the guests was a lady in her late 30s. She approached the yogi and told him that she had a back pain for two weeks. She had been using muscle relaxants and was taking pain killers prescribed by her physician, but was not feeling better. The yogi touched the woman on her back and the pain migrated to a different place. He then asked her if there was anyone else in her family who had developed such a problem. She thought for a moment and then suddenly realized her mother had developed such a problem in her advanced years. The yogi told her that this was not a simple muscular pain, but a genetic pain which required to be handled differently. The physician, a pain management specialist, immediately told her that the yogi was correct since no muscle pain would migrate from one place to another by pressing one area and therefore this must be a neurological basis. The meeting was fixed for the next day in the afternoon at the lady's home. When the physician and his yogi friend arrived at her place, the lady looked a wreck due to no sleep for the whole night because of the pain. The yogi spent 40 minutes stimulating some six or seven points on her back in a certain sequence, and the pain disappeared. Once she felt relieved from the pain, he asked her to use a specific mantra daily in the morning as well as in the evening. As with most patients, she was not compliant reciting her mantra that evening. Consequently, the following morning when she woke up, she felt the pain. She started doing the silent mantra and immediately the pain disappeared. With sheer joy, she called the yogi to tell him that the mantra was actually working.

Lonavla, India, 2015 – Kaivalyadhama employees who had chronic health problems were scheduled to consult with a visiting yogi. Among them were four ladies with frequent migraine problems. Three of them recovered with minor spinal alignment exercises and loudly chanting the beeja mantras. However, the fourth lady only required a silent mantra to recover completely. The Assistant Librarian at the Institute, with a strange back pain that came every morning when she woke up and disappears slowly after 4 to 6 hours,

was given a silent mantra. Ten days later she reported that every morning she still had the pain, but after 5 minutes of chanting the mantra, the pain disappeared.

PLACE OF VIBRATION IN ASTHAANGA YOGA

Asthaanga Yoga or the eight limbs of yoga consists of: yama, niyama, asana, pranayama,,pratyahara, dharana, dhyana and Samadhi. Yama refers to living life true to one’s conscience and niyama refers to leading a life with regular habits, asana through dyana refers to the five areas of yoga practice, with Samadhi as the final spiritual attainment that comes in due course.

The five areas of yoga practice can be mapped to musculo-skeletal or nadi alignment (asana), optimizing vitality through the breath (pranayama), regulating the vibrations coming from genetic expressions for the optimal functioning of systems (prayahara) modulating genetic expressions through affirmation (dharana) and quietening the system to imbibe cosmic intelligence (dhyana).

Mantras work in the area of pratyahara in Asthaanga Yoga. This is also the same place diet, drugs and herbal remedies work – anything ingested in the body. It is the same place of the company one keeps (satsang) and the impact of environment that we are exposed to - the vibrations of people and the environment.

UNDERSTANDING THE ROLE OF MANTRA IN SPIRITUAL ELEVATION AND NAADI CLEANSING

Mantra for spiritual experience and elevation, while also having a secondary impact of nadi cleansing, is different from mantras that primarily cleanse the nadis with a secondary impact on spiritual elevation.

The latter class of mantras includes a wide range of mantras. Many Veda mantras, music, different group singing and chanting have the effect of cleansing the nadis. This is the reason why many people who chant or listen to Vedic mantras or different music feel good afterwards. From a regular yoga practice perspective, the beeja mantras of each chakra (Lam, Vam, Ram, Yam, Ham, Ksham, Om) used as audible chanting can provide the same good feeling in a shorter amount of time and they are especially good for managing certain types of pain, resulting from cleansing of the relevant nadis.

According to Patanjali’s Yoga Sutra, purification helps one towards spiritual elevation, and this is the purpose of kriya yoga (or Karma Yoga) approach. The uses of such vibrations that clean the nadis are targeted for purifications that have a consequential effect for spiritual elevation. However mantras that lead to Siddhis or spiritual experiences, which is a direct experience of spiritual elevation, are of a different class.

Mantras that are primarily focused on evoking the experience of spiritual elevation are silent vibrations that are equal and opposite of one’s composite vibration of the underlying programs within us (Vaasanas-Karmas) that make us who we are. This is the basis of transcendental meditation taught by Maharishi Mahesh Yogi, even though it may not be so explained by his institution.

Role in Living (Aashrama)	Orientation	Mantra	Impact of Mantra	Fulfillment of Purpose (Purshaartha)
<i>Brahmacharya</i>	Curiosity to learn	<i>Aym or Aynng (Sarasvati Beeja)</i>	Stabilizes the system to allow greater absorption of knowledge – moving from information gathering to understanding, unfolding <i>Dharma</i>	<i>Dharma</i>
<i>Gruhastaashrama</i>	Seeking worldly advancement	<i>Shreem or Shreeng (Lakshmi Beeja)</i>	Stabilizes the system to allow for natural worldly fulfillment – moving from vigorous effort to strategic balance to unfold prosperity	<i>Artha</i>
<i>Vaanaprastha</i>	Seeking to know purpose of existence	<i>Hreem or Hreeng (Shakti Beeja)</i>	Stabilizes the system to imbibe spiritual wisdom fulfilling the desire (<i>Kaama</i>) to know nature of existence	<i>Kaama</i>
<i>Sanyaasa</i>	Living with full awareness of cosmic existence	<i>Om (Pranava associated with Eeshavara)</i>	Keeps one connected with cosmic wisdom to serve ones purpose in the body in <i>Dharma Megha Samaadhi</i> leading to full liberation	<i>Moksha</i>

The bulk of one's vibration comes from one's orientation in life, while the smaller components come from one's personality, nature and constitution. In the ancient system with the four roles of life which defined one's orientation in that role, four mantras were associated that provide equal and opposite vibration of one's orientation.

From a religious perspective, mantras are associated with different deities and people praying to such deities. Mantras are pure vibrations without any religious or deity association.

While most people may have mixed roles in their lives and may not fit the four roles of life, yogis can tune in and find intermediate mantras that are exactly equal and opposite of their natural vibration. However, in most cases, if a mantra is even 85% fit, a daily practice for 20 minutes twice in the day, one can tune the mantra into the system in about 3 weeks. Perfectly tuned mantras yield an impact within 3 or 4 days of twice a day practice, and in rare cases in a single session.

DIFFERENCE BETWEEN VIBRATIONAL USE OF MANTRA AND AFFIRMATION OF ITS MEANING

The power of intention: dharana, is one of the eight-fold paths of yoga, and in a distinctly different category from vibrations: pratyahara. In the initial stage, both may be used together in some cases. The power of intention works best when the human system is in balance (with at least temporary purification).

The famous Gayatri Mantra is in this class of mantras. Chanting the Gayatri Mantra can help with purification in a light way, and so do many Vedic Mantras. However, the main impact of the Gayatri Mantra is by affirmation through visualization of the rising sun purifying us, nourishing us, and unfolding our intellect to serve the Divine purpose for which we are born.

Most of the Vedic hymns are of this nature – partly purification through vibration, but mostly impactful through affirmation. This is the reason it is often said that one is not qualified to approach the Vedas without mastery of the six appendices of the Vedas: Kalpa (Visualization), Vyaakarana (Grammar), Nirukti (Etymology of words), Sheeksha (Phonetic), Chandas (Meter) and Jyothisha (Science of elemental vibrations – Astrology). The first three provide a clear understanding of the hymn, the next two the vibrations of the chanting, and the last the elemental vibration of time, space and orientation.

CONCLUSION ON THE POWER OF VIBRATIONS AND MANTRAS

The ancient Indian tradition when understood correctly unfolds a cornucopia of gems that are useful only if used correctly. Each is suited differently for a different person. Food, drugs and the company we keep are also vibrations. With the understanding of vibrations and understanding that some mantras are designed primarily for affirmation or power of thought, optimal use of them can lead to a fruitful and healthy life for each one of us, so as to serve the Divine purpose for which we are born.

Life in Yoga Institute is a Maryland based non-profit that has the unique distinction of being the first, and at this time the only, Yoga institution to have received accreditation to teach continuing medical education courses for physicians that they use to renew their practice license. Details can be found at www.lifeinyoga.org. Those seeking Yoga Therapy provided by Life in Yoga in the clinic of Dr. Harminder Kaur can contact Clarksburg Medical Center at 301-515-0009. Council for Yoga Accreditation International is a body of top yoga institutions of the world that are seeking to bring a worldwide standard in yoga. See www.cyai.org.



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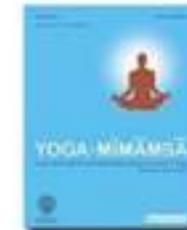
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YOGA-MĪMĀMSĀ

A Journal of scientific and philosophico-literary research in Yoga
Published since 1924



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Official publication of Kaivalyadhama Yoga Institute

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If holistic health is your area of interest, YM now offers you the opportunity to submit research articles, become an author and/or offer your expertise as a reviewer.

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