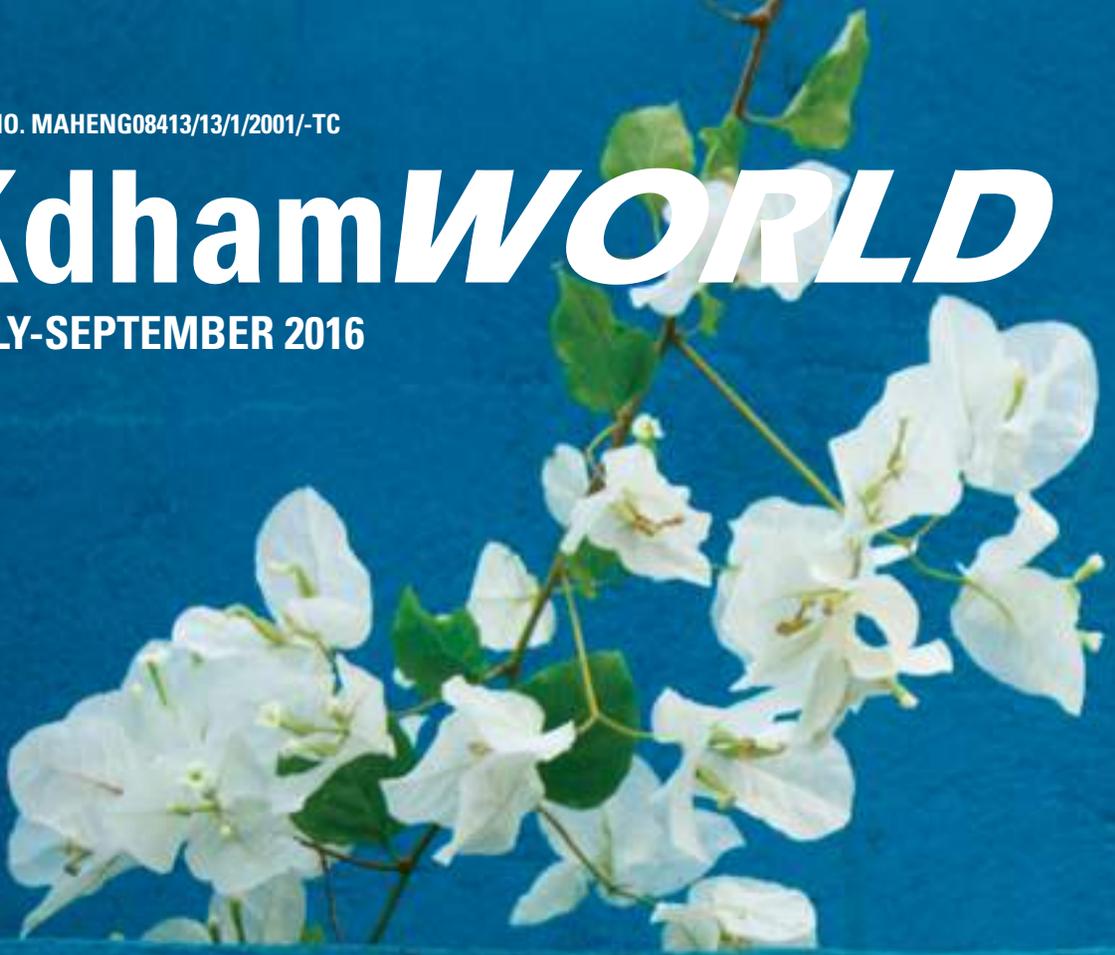


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# Kdham *WORLD*

JULY-SEPTEMBER 2016



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# KAIVALYADHAMA

WHERE YOGA TRADITION & SCIENCE MEET



I just read somewhere “ The biggest concern for any organization should be when their most passionate people become quiet”. And that is so true. Compliancy and resistance to change could be one of the most visible reasons for stagnation of any organization. We tend to live in our comfort zone, and therefore it is essential that the organization is a harmonious mix of the creative and carefree and the grounded and the cautious. If this mix is achieved, then the progress is good. Kaivalyadhama is no exception, we are also evolving. We are also trying to get the right chemistry. Luckily we have good mix of people like what I have mentioned above, so progress becomes more interesting.

I am confronted with one question repeatedly, and that is, “What would constitute growth of the institute?” Is it infrastructure, teaching, and facility reaching out large masses? Increasing the number of courses? Increasing the number of people who can take benefit?

My thinking is, one should strive towards excellence in quality and not quantity. If quantity increased by maintaining the quality, one can take steps in that direction, but if quality cannot be maintained, then a decision should be arrived at maintaining the status quo.

Secondly, we should understand that there are two varieties of institutions. One that focuses on teaching and experiences in institutional mode, that is, the principles is taught in the lineage from the tradition/ source by various individuals who carry the message. The institution is just the means, and the responsibility of maintaining the quality rests with the institute. The second kind of institute is the one where “an individual” is the sanctum Santorum. His/ her charisma drives individuals towards the institutes. There is a great amount of reverence and faith in the individual.

Kaivalyadhama falls in the first category, and this is seen from the desire of the founder himself. Kaivalyadhama was always first, Swami Kuvalyananda was almost incognito. Swamiji even struck off his face from the photos published in the books, he never publicized that he was teaching the father of the nation Mahatma Gandhi and other stalwarts of that time. It is therefore my firm belief that our founder desired that Kaivalyadhama should remain the means, the place that could initiate

the individuals in to the sublime experiences of Yoga in principles of classical Yoga. What Swamiji did exceptional was, enhance the means, by pioneering the scientific research so that this classical principles could be understood better by this modern interpretation.

Such institutes have their own challenges, and one of it is of maintaining the quality and principles and at the same time, adopting newer means of dissemination of the knowledge and it understands. Looking back, I have this satisfaction that Kaivalyadhama has had a steadily rising graph. There is no doubt, some may argue that it is too slow and some that it has been too fast, but that debate always continues. I would love to hear from our readers and associates as to what they think about the institute, which they may have seen over decades. It gives us some important perspective.

A handwritten signature in blue ink that reads "Anubandhu Muneer". The signature is written in a cursive style with a horizontal line underneath the name.

**TRAINING & EDUCATIONAL PROGRAMS - NATIONAL**

**INAUGURATION OF THE DIPLOMA IN YOGA EDUCATION**

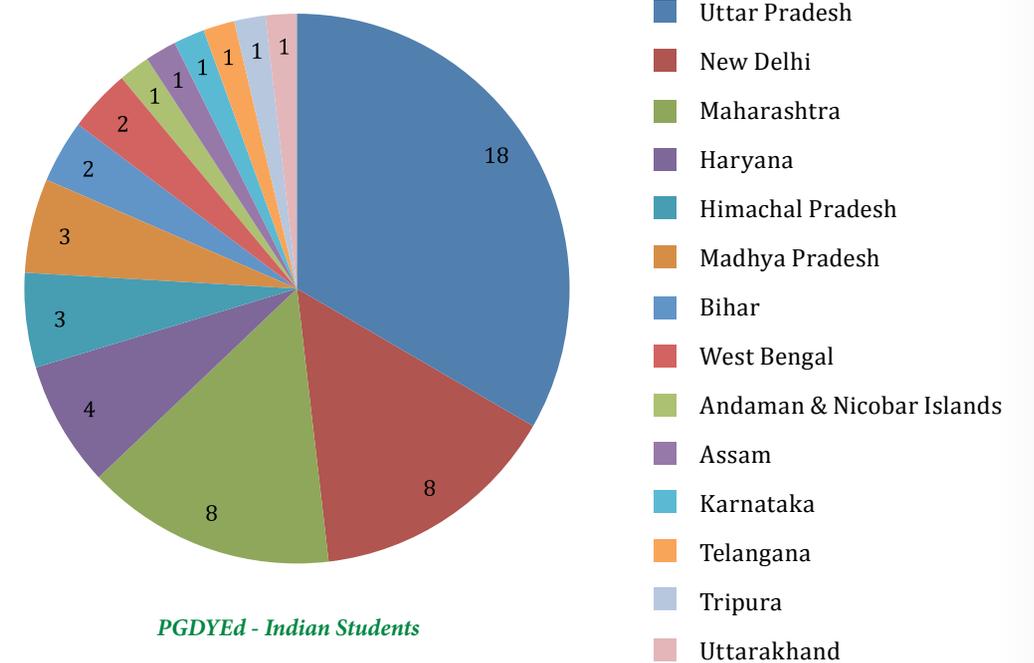
Rev. Swami Maheshanandaji, Chairman, Kaivalyadhama Samiti, graced the Inaugural function by his esteemed presence. The other dignitaries present were Shri Subodh Tiwari, CEO, Dr. B.R. Sharma, Principal and Registrar (Retd.) Brig. Suhas Dharmadhikari. Faculty members were also present in the function. After the ceremonial "lighting of the lamp", Shri Subodh Tiwari delivered welcome address, wherein he gave the nation-wise and state-wise statistics of International and Indian Students. Dr. B.R. Sharma explained the objectives of the course with a brief overview of all subjects and introduced the faculty members of each subject followed by the non-teaching members and concluded by wishing the students good luck. Brig. Dharmadhikari spoke about the discipline of the institute and also urged students to take care of their health. Swami Maheshanandaji blessed the students by his words of wisdom, wherein he told the students that the selection of the best student (male and female) for the award of Scholarship will not be based only on academics, but also on their behavior and other activities observed by the staff. Dr. S. D. Bhalekar, Lecturer, delivered vote of thanks and program concluded with three Omkars and Prasad distribution. Mr. Anukool Deval coordinated this event very well.



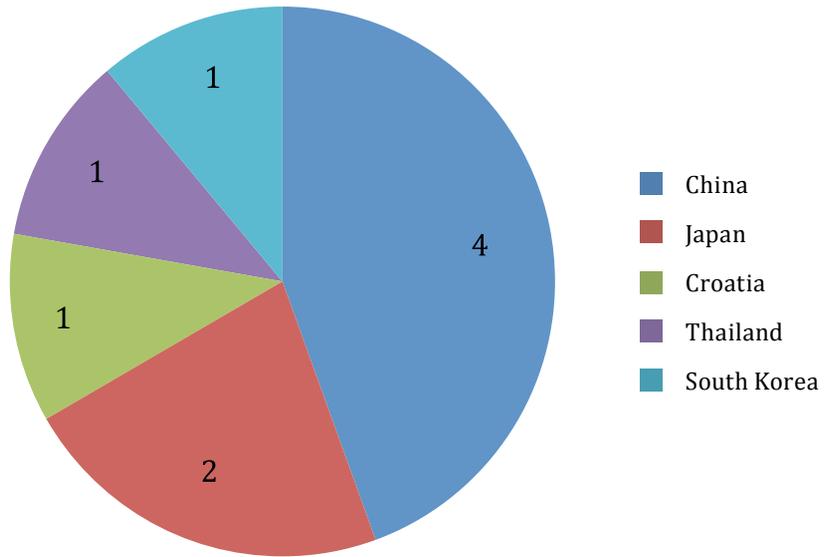
*Inauguration of the Diploma in Yoga Education*



*Inauguration of the Diploma in Yoga Education*



*PGDYEd - Indian Students*



PGDYEd - Foreign Students

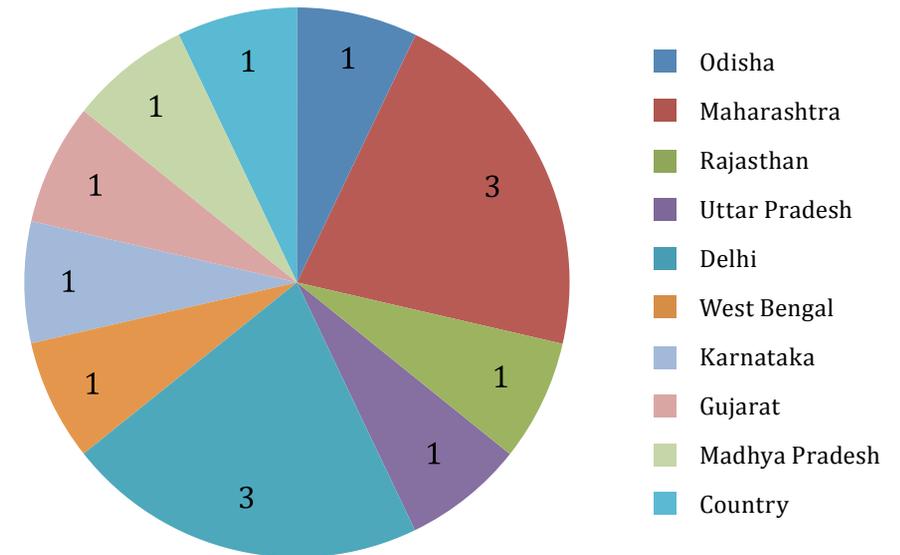
### INUGURATION OF THE DIPLOMA IN YOGA THERAPY

Inaugural function of Post Graduate Diploma in Yoga Therapy (PGDYT) was held on Aug 1, 2016 at Asana Hall A. Rev.Swami Maheshanandaji, Shri O.P Tiwariji, Secretary, Dr. B.R. Sharma, Principal and Brig. Dharmadhikari, Registrar graced the occasion.

14 students (1 International and 13 Indians) are registered for this course with Dr. Nidheesh Yadav as the Course Coordinator. The program commenced with "Shantipath." followed by "lighting of the lamp". Brig. Dharmadhikari delivered welcome address and highlighted the message given by Swami Kuvakayananda that Yoga should not be diluted. Dr. B.R. Sharma, introduced all the staff members and explained the objectives of the course. Shri O.P.Tiwariji emphasized on the principles of Swami Kuvalayanandaji and Purity of Yoga. He also guided students for their future career in Yoga. Swami Maheshanandaji blessed all the students with his benediction. Dr. Nidheesh Yadav proposed vote of thanks and the programme concluded with three omkars and Prasad distribution.



Inauguration of the Diploma in Yoga Therapy



PGDYT - Indian & Foreign Students

## YOGA INSTRUCTORS INTENSIVE PROGRAM

3<sup>rd</sup> - 17<sup>th</sup> July, 3<sup>rd</sup> to 17<sup>th</sup> September

The YIC online course has intensives scheduled every alternate month. Such two programs were held in July and Sept. Students went through a rigorous training of three hours practice and an hour and half of theoretical discussions every day. They were also engaged in studying of references in our well-equipped library for their project work, thus giving them the opportunity for immersion.



*Yoga Instructors Intensive Program*

## GUEST WORKSHOP BY DR. ULKA NATU

A day workshop on the topic “Reproductive System of female, Urogenital System, Anatomy & Physiology of Human Body and Yoga” was conducted by Guest Speaker Dr. Ulka Natu, Consultant Gynecologist on September 2, 2016 for all the students, faculty members and health care inmates. She is also the Director of Prajnana Yoga Anusandana Kendra, Chief Health Adviser, Niranjana Yoga Swasthya Kendra and Co-Director of Hest hospital, Thane.



*Guest Workshop by Dr. Ulka Natu*

The speaker was introduced by Mr. Anukool Deval, Yoga Teacher and felicitated by Registrar, Brig. Suhas Dharmadhikari.

The morning session from 9:00 AM to 11:00 AM was covered by the explanation of anatomy and physiology of female Reproductive System. In the afternoon session from 2:00 PM to 4:00 PM, Dr. Ulka Natu spoke about common problems of females related to the reproductive system and the therapeutic views of Yoga.

During the workshop, she also made the students do certain practices which help to manage stress. The practical aspects as well as the question-answer session at the end made the workshop more interesting and interactive.

The workshop was concluded with a vote of thanks by Mr. Anukool Deval.

## WORKSHOP BY DR. KALA ACHARYA

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



*Workshop by Dr. Kala Acharya*

The speaker was introduced by Dr. B.R. Sharma, Principal and was felicitated by our Registrar, Brig. Suhas Dharmadhikari.

In the morning session Dr. Kala Acharya spoke about “Ashtanga Yoga” of Maharshi Patanjali with references and explanation of the Eight Angas of Yoga from other relevant traditional texts. In the Afternoon Session she elaborated about “Yoga in Bhagavadgeeta” including concepts of Karma Yoga, Bhakti Yoga and Jnana Yoga.

The students benefitted largely as the complex concepts of Philosophy of Ashtanga Yoga, Bhagavadgeeta were explained in very simple manner.

The workshop was concluded with vote of thanks by Mr. Anukool Deval.

## GUEST WORKSHOP BY DR. ANANDA BALAYOGI BHAVANANI

A 2-Day Workshop on “Cardiovascular System and Respiratory System in relation to Yoga Therapy” by Guest Speaker Dr. Ananda Balayogi Bhavanani, Chairman, International Centre for Yoga Education and Research at Ananda Ashram, Pondicherry was organized on September 23 & 24, 2016 for the students of all courses of G. S. College of Yoga & Cultural Synthesis, faculty members and health care inmates.



*Guest Workshop by Dr. Ananda Balayogi Bhavanani*

The Workshop was inaugurated on September 23<sup>rd</sup> at 9.00 am with introduction of the guest by Dr. B.R. Sharma who requested Brig.(Retd) Suhas Dharmadhikari to felicitate by presenting him Gayatri Shawl and Shriphal. Dr. Bhalekar, Lecturer, assisted in translating for Dr. Ananda Balayogi into Hindi in order to simplify the content for Hindi speaking Students.

In the morning session (9:00 AM to 11:00 AM) on Day 1, Dr. Ananda Balayogi spoke about the basics and importance of Yoga and its role in human life, including its therapeutic aspects. In the afternoon session (2:00 PM to 4:00 PM), he explained the anatomy and physiology of Cardiovascular System, in relation to Yogic practices and their techniques.

On Day 2, the morning session (9:00 AM - 11:00 AM) began with anatomy and physiology of Respiratory System, in relation to Yoga and Yogic practices. In the afternoon session (2:00 PM - 4:00 PM), role of Yoga was discussed in the light of therapy for cardiovascular and respiratory diseases and also for stress.

During the workshop, he also made the students do certain exercises and practices which help to relax instantaneously. Students enjoyed the practical aspects. The workshop was interactive and students asked their doubts and questions that were answered by Dr. Ananda Balayogi to their satisfaction. At the end, Dr. Ananda gifted book “Yoga Chikitsa” authored by himself to Kaivalyadhama Library.

## SOUND THERAPY WORKSHOP

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

Kaivalyadhama staff members had also participated in the group sessions.



*Sound Therapy Workshop*

## KENDRIYA VIDYALAY SCHOOLS IN-SERVICE TRAINING PROGRAM INAUGURAL

Fifth Batch of 21 Days In-Service Yoga Training Programme for KVS Teachers was inaugurated on Sep 14, 2016. 13 Yoga Teachers (8 Male and 5 Female) were enrolled in this programme. Dr. Satbir Bedi, presently serving as Joint Secretary in the Ministry of Human Resource Development very kindly gave her consent to grace the occasion as the Chief Guest. Following our customary prayer, the programme started with lighting the lamp ceremony. Shri



*Inaugural of Kendriya Vidyalaya Schools In-service Training Program*

Subodh Tiwari welcomed and introduced Dr. Satbir Bedi and invited Dr. B. R. Sharma to felicitate her. Dr. Bedi in her speech insisted that there should be a group discussion and all KVS teachers should inform about needs to be implemented in KVS. The course routine consisted of regular theory lectures and practical classes which are designed in keeping the QCI Syllabus in mind. Dr. B. R. Sharma in his address explained the needs of in service training programmes and proposed vote of thanks. The programme concluded with three Omkars and Prasad distribution.

## TRAINING & EDUCATIONAL PROGRAMS - NATIONAL

### WORKHOP IN JAPAN BY DR. JAGDISH BHUTADA

Dr. Jagdish Bhutada, Ayurvedacharya visited Japan to conduct a week long workshop on fundamental understanding of Ayurveda and Yoga. There were around 25 participants who went through this rigorously.

### WORKSHOP IN CHENDU

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



*Workshop in Chendu*

### WORKSHOP IN SINGAPORE & LECTURES FOR TTC (YOGA) AT PLATINUM YOGA IN SINGAPORE

Shri R. S. Bhogal conducted three meditation work-shops and delivered six lectures at the TTC (Yoga) organized by Platinum Yoga during June, 26-29, 2016 for 15 participants. It was a part of the initiative taken by the organizers to introduce Yoga Meditation in Singapore. Participants were appreciative of the effects of meditation on their therapeutic problems like migraine, body-ache and so on, apart from enhanced understanding about Yoga Meditation.



*Workshop in Singapore*

### REJUVENATION RETREAT FOR CANCER PATIENTS, CALIFORNIA, USA

Kaivalyadhama program goes to California, USA. On 17 July 2016 we opened first Rejuvenation Retreat for Cancer Patients outside of Kaivalyadhama, India. It took us a year of preparation and it was worth every minute. The place – Ananda Meditation Retreat in California is very exceptional. It's a place where you do not lock your home because there is not need for lock. It has a very high spiritual energy and a big open heart of the staff. As one of the participants said – "As I fall asleep laying in my bed I feel so loved and cared for by everyone...."

We had a small group of 4 and yet a profound healing was taking place. We had patients with lung cancer, breast cancer, lymphoma and brain cancer. One of participants later said – "a wonderfully

powerful course, helping us all to heal so deeply on so many levels!" We find so often that these yogic retreats work in miraculous ways...and once again yoga proved to be above race, culture and geographical boundaries. Of course we are booked now for 2017 August to continue offering Rejuvenation for Cancer Patients at this location.



*Rejuvenation Retreat for Cancer Patients, California, USA*

## PARTICIPATION IN CONFERENCES / MEETINGS / EVENTS

### NATIONAL CONFERENCE ON YOGA & HOLISTIC HEALTH AT BHIMRAO AMBEDKAR CENTRAL UNIVERSITY, LUCKNOW

A national conference was hosted by the Department of Physical Education in collaboration with TAPSEYA on the subject Yoga and Holistic Health. Prior to the conference they had organized a workshop of research methodology. Shri Subodh



Tiwari, CEO, inaugurated this conference. Hon'ble Vice Chancellor Dr. Verma, Dr. Manoj and Dr. Binayak Dubey from TAPSEYA were present. In his keynote address, Shri. Subodh Tiwari emphasized the need for maintaining the classical principles of Yoga in the education programs being offered, since Yoga essentially is an experiential science.

### LECTURE BY SHRI R.S. BHOGAL AT NIRRH, PAREL, MUMBAI

15/07/16

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

### MEETING OF THE ADVISORY COMMITTEE FOR THE PHILOSOPHY LITERARY RESEARCH DEPARTMENT

The meeting of the Research Advisory Committee of PLRD was held on 30<sup>th</sup> July at PLRD hall in Kaivalyadhama. The members were welcomed by Shri O.P. Tiwari, Secretary of Kaivalyadhama. The meeting was presided over by Prof. Bata Kishore Dalai, Director, CASS-Pune University. Prof. Shashi Kashyap, Department of Sanskrit, S.N.D.T. University and Dr. Lalita Namjoshi, Formerly Assistant Director, K.J.S. Sanskriti Peetham, the other two



*Meeting of the Advisory Committee for the PLRD*

members of the Research Advisory Committee, were also present. The meeting began with the presentation of the departmental activities by the Head of the Department. A thorough discussion on the completed projects and proposed projects went on. The Advisory committee extended its appreciation to the research projects completed and conceived by the Philosophico-Literary Research Department, Kaivalyadhama. They were fascinated to learn about the collaboration of the Department with Indian Institute of Technology Delhi and suggested that utmost care should be taken to implement such vital projects.

### NATIONAL CONFERENCE ON YOGA AND NATUROPATHY AT CCRYN, NEW DELHI

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



*National Conference on Yoga and Naturopathy at CCRYN, New Delhi*

### MEETING OF THE MINISTRY OF AYUSH COMMITTEE ON DIABETES MANAGEMENT



*Meeting of the Ministry of AYUSH Committee on Diabetes Management*

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

### RELEASE OF THE BOOK "YOGA YATRA - FROM PURIFICATION TO PEFFECTION"

A publication by Dr. Ajit Oak from Ghantali Mitra Mandal, Thane was released by Shri. Subodh Tiwari on the 25<sup>th</sup> of Sept 2016 in august presence of Yogacharya Shri. Anna Vyahvare and team of Ghantali Mitra Mandal. Around 250 sadhaks and yoga teachers attended this function, wherein the book on Shuddhikriyas was released. The book has been well written by Dr. Ajit Oak who is a dentist by profession and also an ardent Yoga teacher and Sadhak.



*Release of the Book "Yoga Yatra - From Purification To Peffection"*

## SOCIAL OUTREACH / INITIATIVES AND ACHIVEMENTS

### OUTREACH ACTIVITY OF S.R.D. STAFF OF KAIVALYADHAMA YOGA INSTITUTE, LONAVLA

Red Cross Society, Lonavla and Kaivalyadhama Yoga Institute jointly organized a Bone Mineral Density awareness camp in the population of Lonavla city on 28<sup>th</sup> April. Team of staff members under the guidance of Dr. Gargi conducted this camp.

67 people attended this camp with age groups varying from 37yr to 70yr. The following observations were made

Condition	Numerical		Percentage	
	Male	Female	Male	Female
Normal	8	6	30.76	2.63
Osteopenic	18	27	69.23	71.05
Osteoporotic	0	5	0	13.15
<b>Total</b>	<b>26</b>	<b>38</b>	<b>100</b>	<b>100</b>

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

It is an established fact that women after the age of 35 are more exposed to hormonal, psychological, sociological and domestic stress and hence vulnerable to hormonal disturbances. As a consequence of which they develop dietary deficiencies and chronic diseases. However it should be an ongoing endeavor for us the health care providers and allied field who need to spread not only the benefits of yoga/exercise but also the timely medicinal interventions, in the under literate populations that we encounter in daily life.

Osteoporosis is one such disease which can mimic symptoms of many illness ranging from amnesia, backache, body aches, joint aches, bone aches, hairfall, weakness etc. It is vital to spread awareness in order to be free of morbidity and some time mortality from fracture, which could easily have been prevented. Many national/international yoga institutes are looking towards Yogasanas as means to alleviate/ restrict this dreaded disease. We join hands with them.



*Outreach Activity of SRD Staff*

## SEVA SADBHAVANA AWARD

Kaivalyadhama Institution has been honored with Lions Seva Sadbhavana Award on July 20, 2016, at the occasion of Club Installation Ceremony of Lions Club of Lonavla-Khandala, at Narayani dhama, Lonavla. Prof. R. S. Bhogal received the award, on behalf of Kaivalyadhama. The function was inaugurated by Dr. Manwani. The outgoing president lauded the yeoman service to humanity, rendered by Kaivalyadhama under the able stewardship of Swami Maheshananda, Shri O.P.Tiwari and Shri Subodh Tiwari. Earlier Shri Bhogal spoke about current Kaivalyadhama activities in the well attended function.

## ONLINE COURSE

The online Yoga Instructor's course now has 300+ students from 14 different countries.

We are launching completely re-designed learning platform soon.

Some of the enhancements in the new version are :

1. Additional streaming audio for every lecture along with video. The reason is audio works better in mobile devices and in countries where internet bandwidth is low.
2. English transcription for all lectures including a button to translate the transcripts into various other European and Asian languages including Chinese.
3. Now you can take notes and save them directly on the lesson page, for reference.
4. Assignments are now online and can be done before attending the intensives.
5. Bonus content of chants and lectures by Shri O P Tiwari.
6. Dozens of other 'under-the-hood' technical improvements for a better study experience.

## RENOVATION OF THE NATUROPATHY SECTION

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



**CELEBRATION OF GANESH FESTIVAL**



**HR INITIATIVES**

**TRAINING FOR THERAPISTS OF NATUROPATHY & PANCHAKARMA SECTION**



**SYNERGY STAFF BONDING**



**PROMOTING YOGA IN EDUCATIONAL INSTITUTIONS**

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



*Promoting Yoga in Educational Institutions*

## GUEST VISITS

### SHRI. BALA BHASKAR

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

### SHRI. ATUL TIWARI

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

### DR. SATBIR BEDI

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



## SWAMI KUALYANANDA SCHOLARSHIP AWARDED AT SYR – IAYT CONFERENCE

### New Investigators

- Selma Holden - Beth Israel Deaconess Medical Center, Boston, MA
- Belle Zaccari - VA Portland Health Care System, Northwest MIRECC, Portland, OR
- Katie Schuver - U of Minnesota, Minneapolis, MN

### Student Award Winner

- Moe Kishida – Pennsylvania State University, PA

### International Award Winners (who also were awarded travel grants)

- Stefania Doria – Fondation IRCSS, Milano Italy
- Danilo Santaella - Sports Center, University of Sao Paulo, Brasil



## BRANCH - MUMBAI

### MEDITATION WORKSHOP



### GUEST LECTURE ON "IMPORTANCE OF VALUE EDUCATION" BY DR. SHARAD BHALEKAR



### INTENSIVE YOGA CLASS

Intensive Yoga sessions have been started at Kaivalyadhama with a view for students to advance in their practice. Smt. Shilpa Ghone, Senior Yoga Teacher engages these classes every month.



### GROUP YOGA CLASS

A sessions of basic Yoga classes is held in the forenoon by Ms. Ami Kothari. These sessions lead people in to the simple Yoga practices and helps them progress further



**GURU POORNIMA CELEBRATION**



**PARAPLEGIC YOGA CLASSES**

As part of the initiative of the institute for social outreach, Yoga classes have been started for the Paraplegic Foundation at no cost.



*Paraplegic Yoga Classes*

**YOGA O.P.D. AT K.E.M. HOSPITAL & COOPER HOSPITAL**

This OPD is being run as a part of the Social Outreach Program of the Trust.



**WORKSHOP AT THADOMAL  
SHAHANI ENGG. COLLEGE,  
BANDRA, MUMBAI**

**D.B.M. YOGA CLASSES FOR SENIOR CITIZENS UNDER Y.E.F.**

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



**HYPERTENSION WORKSHOP INTRODUCTORY LECTURE**



**CERTIFICATE DISTRIBUTION FUNCTION FOR I.D.Y. VOLUNTEERS**



**BRANCH - BHOPAL**

**YOGA CLASSES IN NATIONAL JUDICIAL ACADEMY**



**YOGA SESSIONS IN BHOPAL BRANCH**



## BRANCH - JAIPUR

### YOGA SESSION IN THE ALUMNI MEET OF SMS MEDICAL COLLEGE

Kaivalyadhama Jaipur recently celebrated its 1<sup>st</sup> anniversary on Sep 16<sup>th</sup> 2016. All the regular Yoga sessions at the center were concluded with pleasantries exchanged between students and teachers; sweets were also distributed to all the members. It was an exciting first year in Jaipur. In over a year, hundreds of people have taken Yoga classes at Jaipur center. Majority of the batches have been female dominated. Most of the females come with three common issues which are Thyroid, PCOD and Obesity and at our center they are receiving expected results. The year was reasonably productive with several activities including some outdoor workshops also.

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



*Yoga session in the Alumni Meet of SMS Medical College*

### YOGA SESSION FOR CARDIOLOGISTS

Kaivalyadhama Jaipur conducted one more workshop for another group of doctors where most of them were Cardiologists. It was an Annual Summit on Hypertension organized by Unichem Laboratories. The subject was "Yoga & Hypertension". Mr. Vinayak Dixit delivered a presentation and lecture on how Yoga works effectively in management of Hypertension. Yogic practices which are beneficial and safe for such conditions were demonstrated and group practice session was also held assisted by Ms. Divya Sharma.



*Yoga session for Cardiologists*

### IIHMR UNIVERSITY JAIPUR & KAIVALYADHAMA JAIPUR CONDUCTED LIFE STYLE UPGRADATION WORKSHOPS FOR THE EMPLOYEES OF POWER GRID CORPORATION OF INDIA

With IIHMR University Jaipur, Kaivalyadhama Jaipur conducted three life style upgradation workshops for the employees of Power Grid Corporation of India. Participants were from across India. Each workshop was held for four days. The subject was Ashtang Yog & Life Style Management along with Stress Management. Participants were educated through presentations and lectures about Ashtang Yog by Mr. Vinayak Dixit. All days concluded with practice sessions of Yoga.



*IIHMR University Jaipur & Kaivalyadhama Jaipur conducted life style upgradation workshops for the employees of Power Grid Corporation of India*

## YOGA SESSIONS FOR MEDICAL OFFICERS (DOCTORS) OF RAJASTHAN GOVERNMENT

Two batches of Medical Officers (Doctors) of Rajasthan Government were also trained by Kaivalyadhama Jaipur at IIHMR University Jaipur. These groups were more interested in Anatomy and Physiological aspects of Yoga. There were more discussions on Yogic Concept of Body Functions. Mr. Vinayak Dixit conducted these workshops.



*Yoga Sessions for Medical Officers (Doctors) of Rajasthan Government*

## COMMITTEE MEETING AT JAIPUR BRANCH

Recently in the month of August, Kaivalyadhama Jaipur held its working committee meeting in Jaipur chaired by Mr. Subodh. It was a good brain storming session about future plans of Kaivalyadhama Jaipur. Soon some exciting things are going to happen in Jaipur.



*Committee Meeting at Jaipur Branch*

## BRANCH - DELHI

### DELHI BRANCH ACTIVITIES

Delhi centre essentially deals with the liaison work of the institute. However the team engages some Yoga sessions at places such as NCERT. The team also participated in conducting Yoga classes during the IDY 2016 celebrations at Indian Coastal Guards offices.

KAIVALYA VIDYA NIKETAN

COLORING COMPETITION



MARATHI KAVITA COMPETITION



WORLD NATURE CONSERVATION DAY



MUNSHI PREMCHAND DIWAS



PATRIOTIC SONG COMPETITION



ENGLISH RECITATION COMPETITION



INDEPENDENCE DAY



70<sup>th</sup> Independence Day was celebrated with great enthusiasm and gaiety at Kaivalya Vidya Niketan, Lonavla. The ceremony commenced at 8 AM with unfurling of the National flag on the School ground and witnessed large crowd comprising the staff, students and parents of KVN and the G.S. Yoga College, Ashram in the presence of Shri Anil Kakariya, DY. Secy, MHRD, GOI, Brig. Suhas Dharmadikari, and Dr. B.R. Sharma, Principal of G.S. College. Shri Anil Kakariya unfurled the tricolor flag and all in unison sang the National Anthem and expressed the joy of our freedom. The students presented Patriotic group song, speeches in Hindi and English, Musical drama based on current social issues followed by speech of Guests and Principal. The event concluded with the great feelings of Nationalism and followed by sweets distribution to one and all.



**RAKHI COMPETITION****KRISHNA JANMASTHAMI****MEDICAL CHECKUP OF STUDENTS****TEACHERS' DAY CELEBRATION****UPCOMING EVENTS**

<b>October</b>	<b>National Seminar Immersion and Understanding of Pranayama</b>
<b>November</b>	<b>Prenatal Yoga Course for Pregnant Women</b>
<b>December</b>	<b>Pranyama Teacher Training</b>
<b>January</b>	<b>CCY Course</b>
<b>February</b>	<b>Meditation Course</b>
<b>March</b>	<b>TTC</b>

**"THE SPIRIT OF KAIVALYADHAMA"**

by Laura Tolbaños Roche

I had read about Kaivalyadhama while doing the research project I have been developing over the last four years, firstly for my research of Masters in Psychology and, now, for my doctoral thesis, that is based on the application of an integrative yoga therapy programme in cases of primary arterial hypertension in public health care. In my review so far, I have found Kaivalyadhama as the pioneer centre in yoga research and as a reference centre, in philosophical and scientific research, in yoga training, as well as, the therapeutic application of yoga, Ayurveda and naturopathy. I learnt that the history of all this pioneering work dates back to 1917, when its founder, Swami Kuvalyananda laid down its vision.

It was during my stay last summer in S-VYASA, Bangalore, during which, I had talked to several people, who had visited Kaivalyadhama, that my enthusiasm grew to see this place with my own eyes and my decision to visit it was consolidated. So, I wrote to Dr. Ganesh Rao, Visiting Faculty of Mumbai University and of Kaivalyadhama, and he put me in touch with Shri Subodh Tiwari, who kindly accepted the proposal of my visit and made my stay possible.

I have been working as a psychologist and a yoga teacher in Las Palmas de Gran Canaria, Spain, since 11 years now. In my opinion, there is no deeper psychological therapy than yoga practice. I have travelled many times to India, not only to deepen my yoga practice, but also because I feel a deep admiration for this great country, one of the cradles of civilization, sometimes harsh, sometimes contradictory, but, above all, a land full of culture and spirituality and, for me, a symbol of humility, innocence, generosity and greatness.

Thus, the initial purpose of my visit to Kaivalyadhama was to get first-hand information about the research and therapeutic application of yoga that is being developed there and, if possible, also to delve deeper into the theoretical framework and the philosophical roots that underpin it. However, deep within me, I was looking for something beyond the academic matters, stroking the sensation, as if in a sort of subtle prediction, that something vital would be revealed to me.

My first days at the institute were coordinated through the gentle hands of the scientific research staff, Ms. Akshata and Dr. Praseeda Menon (who became a good friend). Both were my personal angels in Kaivalyadhama. They facilitated my tour of the campus and introduced me to all staff, so that I could carry on my interactions with them during my stay. Then, throughout my stay, Praseeda looked after me, she took care of me and made me feel at home (she even organized a small party for my birthday when she accidentally found out!) Towards the end of my stay, we both wished we had much more time to talk and share about ourselves. I pointed out that this clearly is the beginning of a good friendship.

As expected, I learned about the therapeutic application of yoga, attending the formidable classes of the yoga therapists, Neeraj, Ranjana and Shyam. I had the opportunity to talk to the medical staff about yoga therapy in psychiatric disorders and common ailments. In my visits to the research departments, I also witnessed the good work of all its members. I learned some philosophy from the interesting and eloquent speeches of Dr. Rajeshwar Mukherjee, from the documentaries, and from my library consultations, although, in this vast subject, I have to go much deeper.

The dedication to work, support and service to others, honesty in the daily practice of yoga, and the hospitality and affection that all of the Kaivalyadhama's people showed me, turned out to be the best proof that I had made the right choice, that all of them walked in the true path of yoga, and its true meaning was present in their everyday life. Gradually, I had started feeling that I had immersed myself in the spirit of Kaivalyadhama.

In my conversations about yoga and psychology with Professor R. S. Bhogal, the Head of the Scientific Research Department and the meditation expert, I had

the opportunity to learn from his vast knowledge and research experience. The generosity of Professor Bhogal was not merely academic. In fact, he accepted my request to learn the correct intonation of the Gayatri Mantra and accompanied me in the practice of meditation, showing a particular and novel approach to me. Through his guidance, I could delve without difficulty in that state of calm and fullness that, by default, is inside us, but which, usually, we find difficult to access. The spirit of Kaivalyadhama lived in each mantra, in each meditation, and the more I practiced, it became stronger and more intense inside me.

Something more waited to unravel when I went to Swamiji's kuti for the first time. That was when I began to discover the main reason why I was there, the real learning that was waiting to happen hidden under the 'excuse' of my academic concern. The place fascinated me; I felt clothed by the energy that flooded there, and I could enjoy the comforting presence of Swamiji and the loving kindness and hospitality of Angelica. Sometimes during the day, between the busy schedule of classes, practices, lectures and time in the library, I went to visit him. I loved to listen, ask and try to understand with the heart, all the wisdom that this generous man was always willing to share. In the evenings, I attended the Puja at the kuti, a regular event there. For me, it was the best way to end the day, opening my soul, meditating, internalizing, and connecting, through the prayer and the mantras, with the energy that manifested there. When the day ended and I retired to my room, I slept full of the spirit of Kaivalyadhama.

Now that I am back in Spain, I am considering projects and collaborative work with Kaivalyadhama because of my heartwarming experiences. I plan to return next year to complete my doctoral training. The stay this year has inspired me to develop new ideas and explanatory lines for my doctoral thesis, but, above all, it has opened exploration paths for myself, ways of understanding the true meaning of my life and my professional activity. Ways that I should walk and experience for myself, to reach the full understanding of yoga and integrate it within me. Ways, I suspect, that lead me to a kind of transformation! About this, if you wish, I can talk to you in more detail on another occasion, however.

Now, back home, when I am sitting in front of my students and my patients, at the beginning of my yoga sessions, or when I am sitting in meditation, I close my eyes and I evoke the spirit of Kaivalyadhama, and I can feel that its energy, which now is also mine, begins to flow.



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