

KdhamWORLD

MONSOON 2014

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KAIVALYADHAMA

WHERE TRADITION & SCIENCE MEET

EDITORIAL



The World Yoga Day was celebrated on the 21st of June 2014 at Kaivalyadhama Mumbai. It was a memorable event. More than a decade ago, this movement was initiated by Yogacharya Amrut Suryananda from Portugal. He made great efforts to gather support from leaders across countries, religion and ideals. In India at Mumbai, the celebrations saw the participation of the students from the University of Mumbai. The theme was "Transforming Selves." The students heard eminent speakers who motivated them with their success stories. Then they had an experiential class so that they could be initiated into yoga. It was a good start and next year, we hope to create a very large event.

The government has changed after the election and a lot of hopes are cast upon it. We from our own end hope that the AYUSH sector, which was treated like a stepchild earlier, receives due attention in this tenure. The signs are positive. There are various schemes which are existent, even if they are executed, it will be a big step ahead. Spending the budget, for what it is meant for, is itself a great step forward. Yoga has attained a global recognition, and it is quite amusing to see the variety available today. You have all kinds; hot, cold, inverted, gravitational, aquatic, artistic, nude, so on and so forth forms of yoga. The list goes on. I was reading a brochure of a Yoga conference to be held in Hong-Kong, and was surprised to find that there were all kinds of patented forms of yoga, but the fundamental classical "Yoga" was missing. This situation strengthens my belief in ensuring that yoga should not be diluted. There should be institutes, which continue to teach the classical approach. It needs conviction. There would be difficulties, there would be a feeling of us not attracting the trendy, but more than that, there should be a satisfaction of protecting the true essence of Yoga. We stay committed to it.

Subodh Tiwari
- Administrator

REJUVENATION AND DETOXIFICATION PROGRAM FOR CANCER PATIENTS

In April, we had 3 guests participating in our Detoxification and Rejuvenation Program for Cancer Patients. They were from Germany, France and Poland and two of them were certified yoga instructors. This was a very enthusiastic group who requested extended hours of *asana* practice and one of them requested for yoga counseling daily. At the end of the program, the results proved that the extra work done by them and us did not go wasted. The French lady reported a 90% decrease in her symptoms and the Polish lady reported an 80% decrease. It is always a marvel to see yoga work in such miraculous ways. It brings a spark in the eyes of people, and a spring in their steps. They leave the Kaivalyadhama Yoga Institute empowered and ready for a new and better life.



Rejuvenation and Detoxification program for Cancer patients

CONCLUDING FUNCTION OF DIPLOMA IN YOGA EDUCATION

An academic year residential Course, named Diploma in Yoga Education (D. Y. Ed. 2013-14) concluded on 17th April 2014. Dr. Shirley Telles, Director of Research, Patanjali Yogpeeth Haridwar, graced this occasion as a Chief Guest. She congratulated all the students for successfully completing the Diploma course from Kaivalyadhama, which is known for its scientific work in the field of yoga. During this function, Smt. Bhagawati Devi Baburam Tiwari Scholarships were conferred to the deserving students for their all round performance and an overall conduct in the D. Y. Ed. (2013-14) course. Ms. Sunita

Joshi and Mr. Ankur Dwivedi were awarded with the best students award of Rs. 10,000/-, and Ms. Barkha Mittal and Mr. Romnath Sharma, both were awarded with Rs. 7,500/- as runners up. Swami Maheshanandaji, concluded the course with his blessing. The Principal, Dr. B. R. Sharma, proposed a vote of thanks to all who were present and also conveyed his gratitude to the chief guest for her concern towards Kaivalyadhama.



Concluding function of Diploma in Yoga Education (2013-14)

INAUGURAL OF CERTIFICATE COURSE IN YOGA



A six weeks residential Certificate Course in Yoga (CCY May-June, 2014) was inaugurated on 2nd May 2014 by PadmaShri. Dr. D. R. Kaarthikeyan, former CBI Director, as the Chief Guest. Swami Anubhavanandaji, Swami Maheshanandaji and Shri. O. P. Tiwariji also graced the occasion with their revered presence.



The Principal, Dr. B. R. Sharma, presented a welcome talk, and introduced the Chief Guest and other dignitaries. Shri. Subodh Tiwari, Joint Director, introduced the teaching and non teaching faculty members. Shri. O. P. Tiwari, Hon. Secretary of KSMYM Samiti, expressed his views and concern to maintain the pure and pristine aspect of Yoga. Swami Anubhavananda, while delivering his 'Be Happy Message' highlighted the significance of the shanti path in his talk. Dr. D. R. Kaarthikeyan, during his inaugural address, highlighted the significance and value of Sanskrit language and motivated the students to learn the language. Swami Maheshananda conveyed his ashirvachana (good wishes) to all the students. Dr. Bhalekar proposed a vote of thanks. 50 students (10 international and 40 national) have enrolled for this course.



Inaugural of Certificate Course in Yoga (May-June 2014)

MASTER CLASS

A 90 hours Master Class for Yoga Teachers, from 8th -21st May 2014, was conducted successfully. Four female students (two national & two international) had enrolled in this course. For the first time, such a programme was conducted at the institute, which emphasizes the integration of classical yogic texts with the practice of teaching the 8 limbs of Yoga. The participants achieved a deeper understanding of the impact of yogic practices on anatomy and physiology of the human body. Students could participate in discussions, lectures and hands on training was given for gaining new insights on what it means to be a yoga teacher and to enhance their teaching abilities.

A WORKSHOP FOR DOCTORS

A four days Yoga Therapy workshop for Medical personnel was organized from 21st – 24th May 2014. A total of 12 participants enrolled for the workshop. It was designed specifically for Medical personnel's to learn how to adapt yoga towards the specific needs of each individual. This included methods of applying *asana*, *pranayama*, *shuddhi kriya*, and meditation for healing purposes, based upon ayurvedic principles. The Principal, Dr. B.R.Sharma, welcomed the participants and discussed the mission of the institute and objectives of the workshop. Shri. Subodh Tiwari, JDA, in his concluding speech, highlighted the principle work of AYUSH and the role of the institute in the AYUSH programmes. Dr. Sharad Bhalekar was appointed as a co-coordinator for this workshop.



Inaugural of Doctor's Workshop

CONCLUDING FUNCTION – CCY (MAY- JUNE) 2014



The concluding function of CCY (May - June) 2014 was held on 12th June at 10 AM in the Sri Vasishtha Hall. It was organized by the Principal, along with the college staff. Professor Sisir Roy, a Scientist of International standing, was the Chief Guest for this function. The programme commenced with the *'shantipath'*. Dr. B. R. Sharma introduced the Chief Guest, Professor Sisir Roy. He was felicitated with a shawl and a *sripthal*. The CCY students were very happy and shared their views and experiences about the course. Professor R. S. Bhogal gave an inspiring message to the students. Then Professor Sisir Roy presented his inaugural talk, in which he emphasized that

there is a need to understand the efficacy of yoga practices, through scientific research methods in the field of neuro-physiological mechanism. A vote of thanks was proposed by Professor R. K. Bodhe, and the programme was concluded with the recital of three Om's and sweets were distributed.



Concluding of Certificate Course in Yoga (May-June 2014)

INAUGURATION FUNCTION - FOUNDATION COURSE IN YOGA AND AYURVEDA



The Foundation Course in Yoga and Ayurveda was inaugurated on 15th June in Asana Hall B between 2.45 – 3.34 PM. 5 students (3 foreigners & 2 Indians) enrolled in the course. Dr. Ananda Balyogi Bhavanani was the chief guest for the function. The Principal, Dr. B. R. Sharma, and the college staff organized and participated in the function. The programme commenced with the *shantipath*. After lighting the lamp, Dr. Sharma presented the welcome address and introduced the chief guest who was felicitated with a shawl and a *sripthal*. Dr. Sharma explained the aims and objectives of the course and motivated the students to share their concepts and expectations from this course. Briefly all the students shared their views. Thereafter, Dr. Bhavanani highlighted the necessity of the combined studies of both sciences: yoga and Ayurveda. He gave various examples with reference to traditional texts regarding yoga and ayurveda and also quoted some scientific researches in yoga. Finally, Dr. Bhalekar extended the vote of thanks and concluded the function with the recitation of three omkars and sweets.



Inaugural of Foundation Course in Yoga and Ayurveda



Staff members and students at the Foundation Course in Yoga and Ayurveda

INAUGURAL FUNCTION OF B.A. (YOGA SHASTRA), 2014

Kaivalyadhama's Gordhandas Seksaria College of Yoga & Cultural Synthesis, Lonavla in MOU with renowned Kavikulaguru Kalidas Sanskrit University Ramtek, Nagpur introduced a Semester based 3 years Degree Course [B.A. (Yoga Shastra)] in 2013-14. For the academic year 2014-15, a 2nd batch of the same course, whereby 6 students enrolled, and this course was inaugurated on 25th June 2014. The programme commenced with a shantipath and lightening of the lamp. The Principal welcomed the teaching faculty members and the students. He spoke about the objectives of the course and said 'to promote awareness of positive health, personality development and psycho-spiritual evolution of the student, is the main purpose of this course. The curriculum is designed in such a way that the students can acquire in-depth knowledge of traditional yogic scriptures and that too is bridged with practical aspects of yoga. The students can then can apply yoga as a science in their day-to-day life. The programme was concluded with the recitation of three omkars and sweets.



Inaugural of B.A. Yoga Shastra

YOGA WORKSHOP FOR POLICE PERSONNEL AT POLICE TRAINING SCHOOL KHANDALA

A yoga workshop was successfully conducted at RPTS Khandala from 24th – 28th June 2014. Around 650 Police personnel were trained. Yoga teachers: Mr. C.G.Shinde and Mrs. Jyoti Soni were deputed by the Institute to organize practical sessions on *asanas*, *pranayama*, *bandhas*, *mudra* and meditation. It

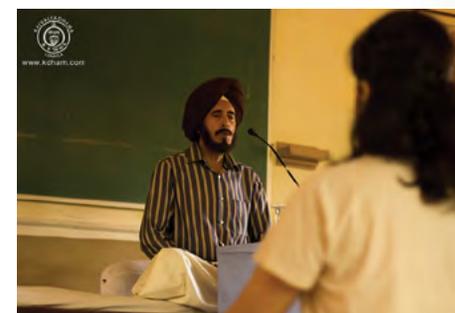
was organized with a view to make the participants physically fit and mentally alert in their profession. At the end, all the participants were seen happy about the over-all conductance of the programme.



Yoga class for RPTS Personnel's, Khandala

WORKSHOP ON MEDITATIVE TECHNIQUES BY SHRI. R. S. BHO GAL

A 7 days meditation workshop on "Classical Techniques of Meditation" was conducted by Prof. R. S. Bhogal, in the auspices of the Yogic Health Care Centre of Kaivalyadhama. Twenty participants attended the workshop and were completely satisfied with the classical techniques of Yoga Meditation. The participants were motivated with the idea of a one day meditation every week and also once in six months. The workshop proceedings primarily encompassed techniques of *Patanjali*, before leading the participants to the states of *dharana* and *dhyana*, thereby creating conditions conducive for *samadhi*. The programme, being experiential, *Bahiranga* Yoga too was practiced with its subtler intricacies by the practitioners. Their response was beyond doubt overwhelming and encouraging in nature.



Meditation Workshop

JUST BE HAPPY: A WORKSHOP BY SWAMI ANUBHAVANANDA

Swami Anubhavananda, truly just as the name echoes his being. He is the experience of happiness. Happiness spreads like divine breeze, amongst all who have come in contact with him. Kaivalyadhama organized two workshops from 27th April to 3rd May 2014 and 1st to 6th June 2014. He explained the most difficult philosophy in a simple and a direct method. His words directly address the heart and breathe a new life of joy into us. All the participants enjoyed Swamiji's cheerful blessing and jovial workshop.



Just be Happy : Workshop by Swami Anubhavananda

TALK BY ANU AGARWAL, THE CINE STAR

Kaivalyadhama was happy to have Anu Agarwal in the campus. Anu Agarwal was a big time star in the 90's. After having met with a gruesome car accident, she was in coma for 29 days. She shared an amazing experience. It is a story of survival against all odds that appeared insurmountable at first and how yoga has got her back to normal.



Talk by Anu Agarwal at Kdham

DR. KANAK RELE AT KAIVALYADHAMA



Dr. Kanak Rele is an Indian dancer, choreographer and academic best known as an exponent of Mohiniyattom (A dance form). She is the founder-director of the Nalanda Dance Research Centre and the founder-principal of the Nalanda Nritya Kala Mahavidyalaya in Mumbai.

Dr kanak Rele at Kaivalyadhama

RETIREMENT OF SHRI. MADHU GOSAVI AND SHRI. PADMAKAR RAUT

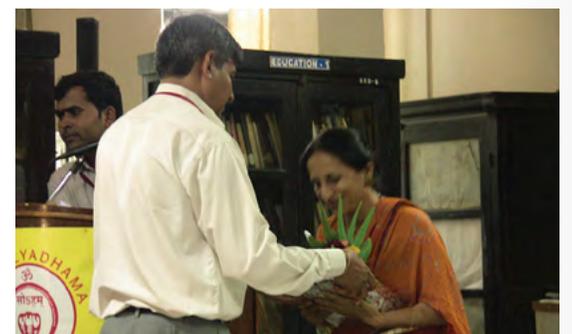
Shri. Madhu Gosavi, retired after serving the institute for around 40 years on 31st May 2014. Shri. Padmakar Raut, also retired on 30th June 2014 after 35 years of service. A warm send off function was organized in which all the staff members were present. They all spoke of their experiences with him and wished them all the very best for his future life. The institute offered them every help they may need.



Farewell to Shri. Madhu Gosavi and Shri. Pamakar Raut

FAREWELL TO MS. SUCHINT KAUR SODHI

Ms. Suchint Kaur Sodhi resigned from her services after working for 29 years. A farewell was arranged for her on 13th June 2014. Staff members wished her all the very best for her future.



Farewell to Ms Suchint Kaur Sodhi

MEETINGS

REVIEW COMMITTEE

The meeting of the review committee, formed by the Ministry of HRD, Government of India was held on 3rd June 2014 in Delhi. The committee was chaired by Dr. R. K. Shevgaonkar, Director IIT Delhi. The committee reviews the work of the institute for the last five years and suggests the policies for next five years.



Review Committee Meeting, Delhi

BOARD OF STUDIES

Excellence is possible only when one keeps making an effort to improve the present. With this view, the Board of Studies held their meeting whereby the syllabus of all the courses were reviewed. Some novel suggestions came out as to the content of the courses and also the teaching methodology. This would ensure greater experience to the students.



Board of Studies Meeting



GOVERNING BODY MEETING



Governing Body Meeting

FACULTY VISITS

BARCLAYS TECHNOLOGY CENTRE INDIA PVT. LTD. , PUNE

Dr. Sharad Bhalekar and Shri. Viviek Tiwari, conducted a lecture and yoga session for the IT Engineers of Barclays, Pune. Dr. Sharad Bhalekar discussed with reference to stress and lifestyle, *pranayama* and so on. Shri. Vivek Tiwari conducted some simple *asana* practices and joint movements whilst sitting on a chair. The feedback received from the company was very positive.

BEIJING WORKSHOP



Beijing Workshop

Dr. Jagadish Bhutada and Zhuyan completed the workshop in Beijing between 15th and 24th April 2014. It was a 9 days intensive workshop which was divided into 3 different levels: basic, intermediate and cooking classes. During the camp they mostly spoke on life styles, Ayurveda and yoga. Around 35 people attended this camp, and these people were pleased to learn about Kaivalyadhama.

SHANTINIKETAN, BIRBHAUM (WEST BENGAL)

National Seminar at Visvabharati (a Central University) organized under the auspices of Maharshi Sandipani Rashtriya Veda Vidya Pratisthan, a Statutory Body of the Ministry of Human Resource Development (Government of India).

The charming spring of Visvabharati witnessed a three-day National Seminar, dedicated to the expansion of Vedic wisdom and allied Indological areas. It was for two days from 13th – 15th February 2014. The seminar was on Vedic Interpretations: Trend and Technique. The seminar was inaugurated by the Honorable Vice-Chancellor of the University Prof. Sushanta Duttagupta, who is also a distinguished



Shri. Rajeshwar Mukhopadhyay at National Seminar at Visvabharati (a Central University)

scientist of India. He has received the Padma award from the Government of India for his outstanding contribution in the research areas of Physics. Rajeshwar Mukherjee, the delegate from the PLRD Kaivalyadhama, who was invited to present a research paper in the seminar, was fortunate enough to have a discussion with him. He asserted that the Visva Bharati will be a nodal centre for the promotion of scriptural studies and assured that all the centre's of Indology including Kaivalyadhama will be associated in their activity. The seminar was also graced by the vice-chancellors of Jagannath University, Puri, of Karnataka Sanskrit University, Bangalore, the former Vice-Chancellor of Rabindra Bharati University, noted scholars of Philosophy like Professors: Suniti Kumar Pathak, Nirad Baran Mandal, Ratna Basu, and many Sanskrit scholars like Professor Kalpika Mukherjee, Dr. Harekrushna Mishra and others. The delegate from PLRD, Kaivalyadhama presented his research paper during the second session on the 2nd day. The session was presided by the Honorable Vice-chancellor of the Karnataka Sanskrit University. Professors Mallepuram G Venkatesh, Suniti Pathak, Kalpika

YOGA KALARI, SINGAPORE

Once again, Kaivalyadhama and Yoga Kalari, Singapore organized a Teacher's training course from 4th - 9th June 2014. Dr. Sharad Bhalekar, was invited as a guest lecturer. He presented lectures on several topics such as 'brain development and yoga', 'digestion-metabolism and the influence of yogic practices on it', 'the concept of *asana* - definition, types and effects on the body', 'anatomy and physiology of meditative and relaxing *asanas*', 'anatomy and physiology of cultural *asanas*', 'scientific concept of *pranayama* - definition,

Mukherjee, Ratna Basu and Gangadhar Panda, the Vice-Chancellor of Jagannath University Puri were amongst the audience. Professor Suniti Pathak raised some thought provoking questions and had an enlightening discussion with the speaker. Professor Kalpika Mukherjee congratulated the speaker and assured her co-operation whenever required. The representative from Kaivalyadhama was privileged to fulfill the duty of sectional coordinator in one academic session. The delegate also had a discussion with the representative of Sanskrit and Pali department of the Visva-Bharati, University. The representative expressed keen interest to collaborate research work with the PLRD, Kaivalyadhama. This would be on the study of the Vedic deities in the light of Patanjali's Yoga Sutra. They proposed a triangular network with themselves, Kaivalyadhama and Utkal University to accomplish this project. The representatives from Maharshi Sandipani Rashtriya Veda Vidya Pratisthan and Delhi Sanskrit Academy have cordially invited the representative from Kaivalyadhama to kindly visit their centers'. The seminar has opened up a new vista for its participants and organizers.

mechanism and effects', 'types of *pranayama* - mechanism and effects', 'Therapeutic efficacy of *pranayama*', 'scientific concept of *kriyas* (cleansing processes) and practical hints on it', 'concept of *nadis*, *chakras* and *prana*', 'concept of meditation - scientific view'. This was a special 6 days full-time course, intended to deepen one's knowledge of yoga practice in a scientific way, which is beneficial to everybody and especially those who are in the field of yoga.



Shri. Sharad Bhalekar at Yoga kalari, Singapore

WORLD YOGA DAY, PORTUGAL

Kaivalyadhama deputed Shri. R. S. Bhogal to actively participate in the World Yoga Day organized by the Portuguese Yoga Confederation. It was held at Cascais, a town 40 kilometers from Lisbon. The day was celebrated with great fervor and passion, marked with well organized festivities. The Indian Ambassador to Portugal was also there. Yoga demonstrations and talks/lectures were given by experts who were invited from various leading institutions of the world, particularly from India. Shri. Bhogal spoke on 'Patanjali's *kriya* yoga - a practical form of ahimsa' at the Darshana World Conference on Yoga Philosophy & Science, Cascais, Portugal, on 21st June 2014. A visit to the Ayurvedic center of the confederation, where Shri. Bhogal addressed the group and also led the chanting of the chaste Vedic mantras in a serene cave of the center. It was a memorable event for the whole group of visitors and hosts. The World Yoga Day commemoration was held in a grand auditorium



on 22nd June 2014. There were representatives from various countries, who affirmed their faith in the great message that yoga carries for the wellbeing of humanity. On 24th June, a group tour to Fatima town was organized; it is about 50 km away from Cascais. This was a touching experience, as it enlivened the inspiring life events associated with Fatima, the great Saint of Portugal. Thanks to Jagatguru Swami Suryananda and his devoted disciples Chandra Devi, Durga Devi, Ananda Devi and several others, the World Yoga Day celebrations proved to be a mega event aimed at enhancing Worldwide Yoga Awareness across the world.



*Shri. R. S. Bhogal
at World Yoga Day, Portugal*

SYMPOSIUM ON YOGA THERAPY AND RESEARCH, AUSTIN (USA)

The International Association of Yoga Therapist organized a Symposium on Yoga Therapy and Research (SYTAR) in Austin, Texas, USA from 5th – 8th June. Kaivalyadhama Yoga Institute was invited to present a paper at the plenary session on 'Rejuvenation and Detoxification for Cancer Patients' and a practical 2 hours workshop on 'how and why'. Kaivalyadhama was represented by Lee Majewski who received a standing ovation at the plenary presentation. The workshop was attended very well and the feedback was very positive. The Rejuvenation and Detoxification Program for Cancer Patients was met with great interest and some retreat centers expressed an interest in bringing this program to their premises.



*Ms. Lee Majewski at symposium
on Yoga Therapy and Research, Austin*

STUDENTS OF WELINGKAR INSTITUTE VISIT KAIVALYADHAMA



Students from the Welinkar Institute of Management visited Kaivalyadhama in May 2014

KAIVALYADHAMA, MUMBAI

GUEST LECTURE, DR. BHUSHAN UPAHYAY; APRIL 25 INTRODUCTORY LECTURE ON YOGA IN PREGANAC

The lecture began with a shanthi path. The speakers were Dr. Khyati Patrawala and Dr. Sharavari Abhyankar. Anatomy, medical and physiology aspects were taken by Dr. Khyati and the ayurvedic and yogic aspects by Dr. Sharvari. The lectures concluded with an omkar recitation.



Introductory Lecture on Yoga in pregnancy

YOGA FOR THE TRAFFIC POLICE

Kaivalyadhama, Mumbai began with the first of its twelve workshops for the new calendar year 2014-15. This workshop, which was very much awaited for, was based on obesity. The workshop began on 15th April and concluded on 21st April 2014. The inauguration held on 11th April began with the customary shanti path. Mrs Naina Daryanani, the workshop coordinator, welcomed the guests and invitees.

Dr. Sharad Bhalekar, the guest lecturer was felicitated by Dr. G. P. Shulka (Assistant Director) in the presence of Dr. Nutan Pakhare (P.R.O & Medical consultant), and the programme commenced with lighting of the symbolic lamp. The dedicated and highly knowledgeable Dr. Sharad Bhalekar presented a lecture on anatomy and physiology of yoga practices pertaining to the topic of

obesity. The audience were extremely inspired by his lecture. It brought into focus the importance of yoga, diet and stress management in our day to day life to keep in check with obesity. Dr. Nutan Pakhare proposed the vote of thanks.

Our senior most teacher Shri. B. J. Narude assisted by Mrs. Ketaki Praranjape and Mrs Naina Daryanani, led the yoga practical classes. The participants were weighed daily so as to analyze their weight loss during the obesity workshop, as well as give them an idea for further weight loss, if one were to continue. The most commendable thing that was noticed during the obesity workshop was that Shri. B. J. Narude was able to teach 25 to 28 *asanas* to the participants over three days. This was despite their varied backgrounds, medical history and their frequency of performing exercises in the past.

On the final day of the workshop, Dr. Abijit (Medical consultant Kaivalyadhama) attended the concluding half hour of the workshop to clear any doubts the practitioners had relating to obesity.

The workshop finished with everyone feeling inspired and reinforcing the understanding so as to why weight management is such an important aspect for a healthy life. All the practitioners were extremely grateful to Dr. Bhalekar, Shri. B. J. Narude and the institute for their efforts in enlightening them on how to tackle obesity and lead a healthier lifestyle.



Yoga for Traffic Police

UNVEILING OF THE CALENDAR EVENT (29TH MARCH 2014)

Kaivalyadhama, Mumbai organized a grand event to inaugurate the new calendar year (April 2014 – 2015) on 29th March, 2014. A new year planned with yoga for health, healing and happiness. With this event, the academic and training calendar for the year 2014 - 2015 was officially launched.

The event began with the welcoming of the guests and invitees by Mrs. Naina Daryanani, the



workshop coordinator, followed by the traditional shantipath Path which was recited by our dedicated yoga teachers.

The program commenced with the lighting of the symbolic lamp. This was followed by a talk addressed by our Joint Director of Kaivalyadhama, Shri. Subodh Tiwari. Professor Vasudha Kamat, the Vice-Chancellor of S.N.D.T. Women's University, who was the Chief Guest for the evening then unveiled the new calendar, and addressed the gathering. We also had a lecture by our highly knowledgeable Kaivalyadhama

Advisor, Dr. N. Ganesh Rao, as well as the felicitation of our senior-most and well-respected teacher, Shri. B. J. Narude.

Prof. (Mrs.) Kamat was felicitated by Dr. G.P. Shukla (Asst. Director), Dr. N. Ganesh Rao was felicitated by Shri Subodh Tiwari (Joint Director) and Shri. B. J. Narude was felicitated by our trustee, Shri. Darshan Aggarwal. Others to grace the occasion included Mr. Ruchir Bansal (Deputy Director), Shri. Sitaram Shah (Chairman of Yoga & Health Committee of the Rotary Club) and Dr. Nutan Pakhare (P.R.O & Medical Consultant).

Prof. (Ms.) Kamat's talk was very moving and inspiring. She described the change that yoga had brought into her life and gave some encouraging words to everyone asking them to engage in yoga in order to bring about a positive change in oneself. Dr. Rao's lecture also inspired the audience and brought into focus the relevance of yoga in modern times. The evening ended with a vote of thanks proposed by Dr. Nutan Pakhare.

There were more than 200 people who attended this grand event. Kaivalyadhama offered a memorial return gift to each one: a Life-Positive

Magazine, the Kaivalyadhama Annual Planner and a printed card with Swami Kuvalayanandaji's message.

This event was the first of its kind, put together totally by the Kaivalyadhama staff. Every detail was paid attention to, starting with the rangoli decoration, the lighting of the lamp, photography, speeches, felicitation and so on. The event concluded successfully on a happy note with light refreshments for everyone and time to interact with each other informally.



Launch of the calendar event



Inauguration of A Year of Yoga with Kaivalyadhama, Mumbai



You are invited to the launch of the Academic and Training Calendar of 2014-2015

Opportunities to engage with:

- Daily practice sessions
- Trainings - from one week to many months
 - Expert lectures
- Experienced yoga teachers
 - Ayurveda

**Plan a year of yoga-
health, healing and happiness!**

Chief Guest - Prof. Vasudha Kamat
Vice Chancellor, SNTD Women's University

Guest Speaker - Mr. Mickey Mehta
India's leading Holistic Health Guru

Other Speaker - Dr. N. Ganesh Rao
Professor of Yoga and Philosophy

Date: March 29, 2014 | Time: 4.30 - 6.30 pm

Venue: Kaivalyadhama, Marine Drive

Contact: (022) 22818417 / +91-9821842424

Email: info@kdhama.com

ESSENCE OF VEDAS - A TALK BY DR. KALA ACHARYA



A talk by Dr. Kala Acharya

WORLD YOGA DAY CELEBRATION

World Yoga Day was celebrated on 21st June 2014 at the Mumbai centre in Marine Drive. It was inaugurated by Shri. J. S. Saharia, Chief Secretary, Maharashtra State. The other dignitaries who graced the occasion and spoke to the audience were Dr. Rajan Welukar, Vice-Chancellor, University of Mumbai, Dr. Bhushan Upadhyay, Joint Commissioner, Police (Traffic), film star Neha Dhupia, national swimming champion Viradhwal Vikram Khade and Dr. D. R. Karthikeyan, former CBI Director.

As part of the celebrations, 250 young students of yoga carried colourful posters and banners. At 8 AM, they marched from Kalvalyadhama's Marine Drive

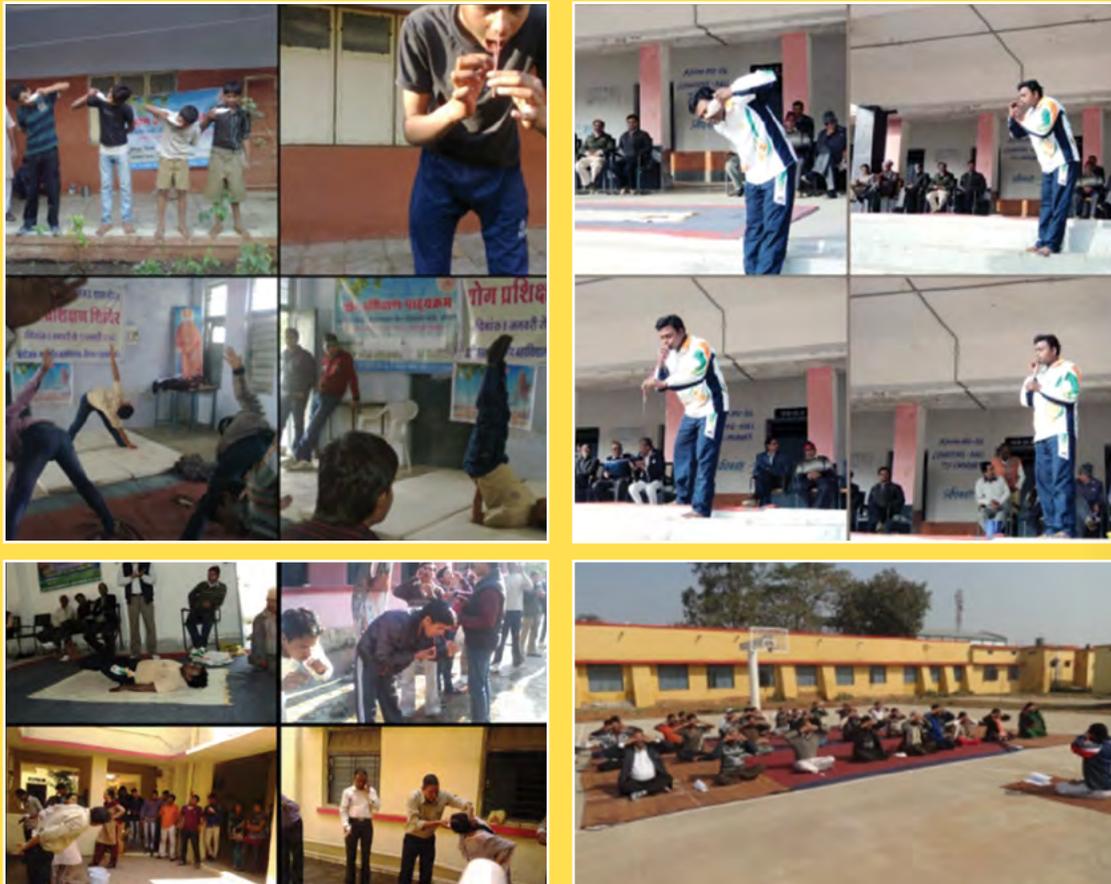
centre to the sea front, in order to create awareness about the holistic science of yoga. Shri. Subodh Tiwari, Joint Director of Kaivalyadhama and convener of the World Yoga Day celebrations, explained the theme of the celebration. He said that the mission is to unite today's youth with the benefits of yoga, who are drifting more towards materialistic pleasures which result to agony. He said that such an event was being celebrated for the first time in the country.





World Yoga Day Celebration

KAIVALYADHAMA, BHOPAL



Yoga classes at Kaivalyadhama, Bhopal



Yoga classes for handicapped children

KAIVALYADHAMA OVERSEAS

RETREAT AND PRANAYAMA WORKSHOP IN COMPANY OF SHRI. O. P. TIWARI AND SHRI. SUDHIR TIWARI

In April, a highly auspicious incident took place in UK. For the first time, Shri. O. P. Tiwari brought an etching of the Kaivalyadhama tradition, direct to the heart of the United Kingdom yoga community. Shri. O. P. Tiwari was accompanied by Shri. Sudhir Tiwari and they held a two and a half days workshop in Manchester, followed by a three days workshop on *pranayama* in London.



The event was a huge success, witnessing the coming together of yoga teachers, therapists and practitioners of all levels, for the occasion. There was a great amount of enthusiasm and interest to hear two authentic teachers share their wisdom in a clear and accessible way relevant to a modern audience. Participants also flew in from across the world, including Holland, Sweden, Italy and the Czech Republic.

The objective of the workshops was to explain via the means of authentic texts and through *asana*, *pranayama* and meditation, so as to how yoga can be used as a practical tool for modern living. The participants were taught about the effects on our health, from the ayurvedic, traditional yoga and modern scientific perspectives.

All the sessions combined guided yoga practice with inspiring talks and discussion. Daily, a *pranayama* practice was preceded by pulse diagnosis and preparatory techniques. Shri. Sudhir Tiwari led the *asana* class, an evening *pranayama* class and sound based chakra meditation techniques.

The London *pranayama* session included a guided practice of selected *pranayama* techniques and an explanation of their therapeutic and health benefits. A talk by Tiwariji based on the fundamentals of yoga was also part of the program.

Key leaders from the UK yoga and yoga therapy community attended the sessions, and also met Shri. O. P. Tiwari and Shri. Sudhir Tiwari to discuss developments in research and potential avenues that could be shared.

This arrival of Kaivalyadhama in the UK marked an auspicious moment – the beginning of an ongoing relationship with UK. Kaivalyadhama is planning to return to UK next April with a series of special events for the occasion.



Retreat and Pranyama Workshop, UK

SACRED BREATH WITH SHRI. O. P. TIWARI AND SUDHIR TIWARI

A four days course was organized by Yoga Rasa, France from 18th to 21st April, 2014. It was hosted by Nicole Archambault. The course consisted of *pranayama*, *asanas* and lectures.

Shri. O. P. Tiwari and his son Sudhir ran a 4-day workshop in Nantes during Easter, from 18th – 21st April, which turned out to be very successful. Participants got a chance to understand what “sacred breath” really meant as this workshop. It was held in a former monastery, which had a very strong spiritual characteristic and celestial accents.

About 60 enthusiastic participants were mesmerized by the quality of the teaching and by the moving presence of a loving father transmitting to his son the art of practicing the sacred breath. From 7 AM to 6 PM, everybody remained much focused, and were very motivated by the experience of these new practices that went deeper and deeper from day to day. People were also very keen on sharing their questions and thoughts during the various sat sang sessions that were held.

5 conferences were held on different subjects: Bhagavad Gita, yoga sutras and *pranayama*, the history of yoga from the origin to our days, the links between yoga and ayurveda and last but not least, the symbolism of the sacred fire. Tiwariji was predominantly brilliant during his discourse on the Bhagavad Gita. He was very passionate yet remaining simple, and everybody religiously listened to his discourse. Nobody wanted to lose a sentence of the master, and it was translated perfectly by David Louis from Kaivalyadhama, France. When the conference was over, everybody knew that a moment of pure happiness had just been shared.

Later, Tiwariji, who was staying at my place, told me that the sincerity and the motivation of the public inspired him, made him pulsate and he asked me to compliment the assembly for this inspiring presence.

There were two other highlights during this four day camp: a festive evening with an Indian meal followed by a beautiful bharat natyam dance show with Anandi, a dancer of Indian origin, who has been taught by a master from Madras. Then came the last morning, the ceremony of the sacred fire. It had been prepared the day before by a conference on the symbolism of the rite, with description of the objects, the words and the ritual gestures. The ceremony was held in the middle of a courtyard, surrounded by trees that were more than a hundred years old and especially under one of them, not far was a statue of the Virgin Mary, which seemed to be watching over us. O. P. Tiwariji sat very close to the tree while his son led the ceremony. We watched the flames rise with a lot of emotion and fascination, while at the



same time it was purifying and bringing light in our hearts. We took part in the sharing of prasad by the preparation of our flower baskets. Tiwariji suggested that we deposited the remains of the ceremony (flowers and baskets of petals) at the foot of the Virgin Mary statue. Many of us had never attended such a rite, and this brought a lot of emotion and internal beauty to our last day of the camp.

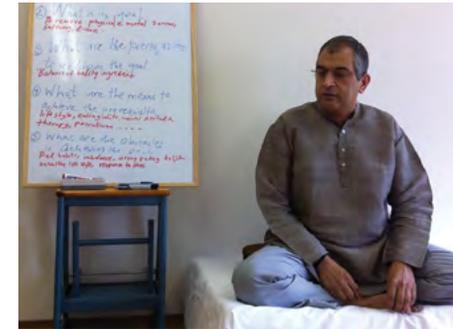
We can say that the West of France in the city of Nantes (700000 inhabitants) had a chance to live four days under the sign of the traditional Indian transmission. It felt like timeless time, in a very special place, as if we were in India, in Kaivalyadhama where science and tradition meet. During this workshop, we were able to perceive the scientific aspect of the study of *pranayama* and the traditional aspect of the transmission not only by a father to his son, but also from Tiwariji with regards to his master and founder of Kaivalyadhama, Swami Kuvalyananda. Thanks to Tiwariji, to his son and David Louis, our wonderful translator and Kaivalyadhama, France to have contributed towards such success. This will leave tracks and will gain widespread acceptance in future in our region as well.



Workshop with Shri. Sudhir Tiwari & Shri. O. P. Tiwari at Yoga Rasa, France

10 DAYS YOGA WORKSHOP AT YOGA WELLNESS & CHANDRA, JAPAN

Mr. Sudhir Tiwari Kaivalyadhama International Canada, conducted a 10 days workshop in Japan. The workshop began on 7th June and ended on 16th June 2014. This workshop included a variety of topics such as yoga, ayurveda and wellness. The yoga and Ayurveda intensive course was conducted on 7th and 8th June at Chandra Yoga Studio in Fukui. It was attended by 16 students. There were therapy classes on 9th June for special needs of children and adults in Toyama. Lectures were held at Gifu University on the ayurvedic idea for a better campus life and at the Gifu civic hospital on yoga therapy and Palliative



Workshop at Yoga Wellness & Chandra, Japan

medicine. A one day workshop was held in Nagoya on classical Hatha Yoga including the practice of *asana* and *pranayama*. The workshop also included an ayurvedic cooking class. Mr. Sudhir Tiwari, Kaivalyadhama International Canada, conducted the workshop on 15th June 2014.

The participants tasted authentic yoga from a sincere teacher, who himself practices in the traditional style without any dilution. The entire schedule consisted of *asana*, *pranayama*, a theory lecture on traditional Hatha Yoga, chanting and guided meditation. A charity lecture was delivered by Shri. Sudhir Tiwari at Fukushima on 16th June, whereby 170 people attended.

The essence of the lecture was 'Yoga is the science for better life'. It was arranged especially for the victims of disasters. Yoga can be a great aid because it is not only based on *asana* and *pranayama* but yoga is 'the way of life itself'. The main objective was that participants should derive benefits from yoga, beyond the difference of race, religion or culture.

PRANAYAMA & GITA WORKSHOP, TAIPEI

The *pranayama* and Gita workshop was held at Bodhiyoga Taipei on 24th to 29th May, 2014. It was our great honor to have Master Tiwariji, a truly experienced practitioner himself, to teach us *pranayama* practice with classic techniques and to enlighten us with the wisdom of the Gita. It is one of the four important texts in yoga. Sudhir Tiwari, with all his learning from the source, taught us *asanas*, mantra chanting and the history of yoga. Their teachings were incorporated with integrity, sincerity and traditional wisdom, together with easily to understand humorous stories. The students were fully focused and enjoyed the classes, which were filled with warmth and joy. They listened attentively to all the teaching with delight and laughter. They raised lots of questions and the Master gave in-depth explanations with simple and interesting stories. All the students cherished this rare opportunity of learning from a true Master.





Pranayama & Gita Workshop, Taipei

KAIVALYA VIDYA NIKETAN

CELEBRATION OF EARTH DAY

The Kaivalya Vidya Niketan school celebrated “Earth Day” on 22nd April, 2014. A guest lecture was delivered by Mr. Lobo for class VI to IX in the Audio - Visual hall. The topic of the lecture was electricity. The salient points which were discussed and explained were ‘renewable and non-renewable sources of energy’, DC and AC form of electricity, different ways by which electricity is generated like wind mill, solar cells, nuclear fission, hydro-electric power station, geothermal electric stations and so on. It was a very interesting and interactive session. The students asked many questions, gave examples and also shared their knowledge related to it. After the lecture, the students were taken to the Solar panel plant which has been set near the wind mill in the Kaivalyadhama campus. Mr. Lobo Sydney, Head - Clean technology projects, Tata Power, explained the whole construction, structure and functioning of the solar cells on the field. Each of the solar panel produces approximately 230 Volt of current. He added that the panels rotate in the direction of the sun, to utilize the maximum light energy throughout the day. The rotation is controlled by the sensors placed on a nearby pole. He also gave information related to safety measures to be taken while handling electrical devices or while conducting any electrical repairs. The students cleared their doubts by asking questions related to it. By the end of this session students were familiar with solar cells. In the second half, students of class I to V were taken to the Audio - Visual hall for the drawing competition. The topic given to the students was ‘Earth of your dream’. At the same time, students of class VI to IX were taken for a field trip to Tungarli dam. By the end of the day all the students were enlightened with different aspects related to electricity and the role played by technology for the same.



Earth Day Celebration

MAHARASHTRA DAY & LABOUR DAY CELEBRATION

The school celebrated “Maharashtra Day” also popularly known as Labour Day on 30th April, 2014.

This programme began with a welcome of Group D addressed by the Vice Principal Mrs. Deepali Tulankar. A speech on the Importance of labour & Maharashtra day was given by master Muzzamil from VIII Std. Mrs. Savita Bhalekar also provided valuable information on the same.

Group D was felicitated by Dr. S. P. Thakur, Director, Mrs. Anita Bhosle, Principal and Mrs. Deepali Tulankar, Vice Principal. A cultural programme was then presented by the students of class II, V and VI, choreographed by Mrs. Rupali Bhambardekar.

Group D shared their views, expressed their feelings about being a part of the institute and were pleased to be honored.

Mrs. Anita Bhosale, the Principal, appreciated the sincerity of the staff members and encouraged them for maintaining unity whilst working.

The program ended after an inspiring speech by Dr. S. P. Thakur who stated that “each and every work is important and we should be proud to do our work. Also we should always put our sincere efforts for the duties, assigned to us for our own development as well as for the growth of the institution”.

WORLD ENVIRONMENT DAY

The school celebrated the “World Environment Day” on 6th June 2014. The day began with a special assembly in the A.V. Hall. Students from STD I to STD IX along with the teachers, Vice Principal and Director were present.

Dr.S.P.Thakur, Director addressed the students and emphasized on the need to protect the environment, not only in their surroundings but also in the school campus. He asked the students to take a pledge not to use plastic bags, even if plastic bags were given by any shop-keepers. A Drawing Competition was held in the afternoon from 2:30 to 3:30pm for students from STD I to STD VI in their respective classes.



Maharashtra Day Celebration



World Environment Day

The class teachers were asked to choose the best four drawings in order to select the best one from the four to decide the winner from each class.

Simultaneously in the A.V. Hall, an English Elocution Competition was held for the students from STD VII to STD IX. There were only eight participants. The topic was “what is Low Carbon Economy?” The judges for the competition were Mrs. Pushpa Singhvi and Mrs. Deepali Deshmukh, Vice Principal. Mrs. Tanu Mehta Tiwari, a Trust Representative was also present for the same. The winners were announced by Mrs. Pushpa Singhvi, and the prizes were distributed by Dr. S. P. Thakur, Director. The winners were master Kedar Karale of Std IX, who won the 1st position and master Shubham Sharma who won the second position. The honorable judge Mrs. Pushpa Singhvi gave a thought provoking speech on the environment and how to save our “Mother Earth.” She said, “we as human beings are the cruelest animals, destroying mother earth of its beauty. We kill animals for its hide, teeth, claws, so on, and we do not realize that because of this, some animals are becoming extinct.” Mrs. Singhvi ended her speech by asking the students to promise that they would do their best to protect Mother Earth.

WORLD HEALTH DAY

The World Health Day was celebrated on 7th April to highlight the importance of “Health is Wealth,” and to inculcate good habits for a healthy lifestyle. A guest lecture by Dr. Satish Pathak (General Surgeon & Yoga Consultant) on Yoga and Health was arranged for the secondary section.

The program began by felicitating the honorable guest and the speaker of the day, Dr. Pathak and the Director of KVN, Dr. S. P. Thakur. Shubham Sharma from Std VII presented some information on the Importance of the World Health Day. Dr. Satish Pathak gave valuable inputs through power point presentation on the following points to the students:

- 1) Cleanliness and personal hygiene
- 2) Dietary habits
- 3) Impact of Media – watching T.V / mobile games
- 4) Daily routine
- 5) Different yogic practices and their benefits.



Doctor Pathak motivated the children to follow a path of yoga for a disease free body with a peaceful mind.

For the primary section, various activities such as puzzles, quiz, drawing and games were conducted to make them understand the concept of what junk food is, packaged food and healthy food. The students had a great time whilst learning in an interactive way.

Overall, the World Health Day celebration was a learning experience for all the students to 'Stay Healthy, Stay Happy!'



World Health Day Celebration



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Foundation Course in Yoga



THE GOAL AND THE WAY

- *Rajeshwar Mukhopadhyay*

Siddhartha was a happy prince and was very happy indeed. He was in his early youth and had enough wealth to indulge in a life of luxury and abundance. He was married to the beautiful princess Yashodhara and the life was in flying colours to him. He never came across the grim realities of life since his early childhood and his youth too was full of joy and happiness. Once he set out on a chariot to tour around his kingdom. On his way he came across an old man, a sick person and a corpse in succession and was severely shocked to discover these unavoidable pangs of life. He realized at heart that the life is full of sufferings. Yet there was a ray of hope as he also happened to meet an ascetic who was striving to set himself free from the clutch of worldly woes and grief. He became aware of the sufferings of life and, at the same time, realized that there are a few, who are diligently in search of the eternal happiness gaining which one can overcome mundane miseries. Thus in his attempt to overcome the worldly sufferings Siddhartha renounced his royal luxury and loving family. Finally, Siddhartha could permanently ward off the worldly afflictions, being transformed into Buddha, to live in a condition of joy eternal.

Most of the people in this world, like Siddhartha, recognize the sufferings of life and are plagued with panic and pessimism. Till the early youth when vigour of life is in its peak, people choose to fulfill their passion for material pleasure and lead the life in a hedonistic way. But sooner or later he understands that every moment of joy is the reminder of woe, every youth matures into an old -age, every wellness is destined to attain infirmity and every birth is followed by death. Moreover the worldly conflicts, struggles and disaster precipitate bleak eventuality. However the basic instinct of human-kind is to evade these miseries and lead a life of perfect joyfulness. But somehow the cherished goal of attaining everlasting happiness often eludes human being. The much coveted goal of attaining perfect happiness always appears to be intangible and unattainable.

The Yoga is the only answer to all the sorrows of life. The Bhagavadgita, the most authentic compendium of Yogashashtra, defines yoga as the 'destroyer of all sorrow'. But miserably enough

almost the majority of people bear a misconception regarding this Yoga. Some treat it as mere practices leading to physical wellness and some use it as the techniques of mental relaxation without getting into the very core of this wonderful science. The Yoga is the science of being and becoming. It is the ultimate goal. It has a message for the body, it has a message for the mind and also it has a message for the soul. The message is to go beyond all the bondages to rest in the limitless expanse of the blissful self.

Patajali in his Yoga Sutra defines Yoga precisely with the help of two aphorisms:

*yogaścittavrtti nirodhah |
tadā drastu svarūpe avasthānam |*

According to these two aphorisms of Patanjali, Yoga is the restraint of mental modifications which leads an individual to abide in his Real Nature. The cessation of all sorrow is accomplished when an individual discovers and abides in his own real nature. The ultimate goal is to know our real nature by which we experience perpetual joyfulness. Indian philosophy asserts that we are not the body, but actually we are the soul residing in the body. The soul is ever existent, pure, aware and free. It is of the nature of absolute bliss. Indian seers realised through spiritual praxis that our soul is the only reality which is one without a second. This singular principle manifests as the manifold existence through its association with ignorance. The aim of yoga is to lift the veil of ignorance enabling an individual to discover its own transcendental nature. As soon as the nescience is annihilated, the Reality shines forth with an exuberance of bliss. The bliss thus obtained is of the nature of eternity. One who experiences it experiences perpetual freedom from the miseries of worldliness. This is a perfect freedom. The worldly turbulence subsides into the infinitude of homogeneous bliss. That is what Buddha experienced in his life. He identified the worldliness as the source of misery and experienced the negation of worldliness as the Ultimate Reality. Beyond this negation there is the absolute affirmation of joy and the Yoga is bridge to this affirmation.

In the backdrop of this, the question arises as to whether the idea of Self is scientifically tenable. In the past, the scientific theories advocated for the mechanistic realism. But with the discovery

of quantum mechanics materialistic realism died hard and the subtle connectivity between mind and matter has been established. Consequently the scientists turned their attention from experiments to experience. The later works of the physicist Pauli and psychologist Jung in the areas of the interface of psychology and matter is a giant leap towards the validation of Yoga psychology. However, the great philosopher Acarya Shankara in his works has furnished the ontological proof of the existence of transcendental reality on the basis of logical reasoning. His scholarly work of logic established that these mystical experiences are not only rational but could be verified and tested like all other fundamental sciences. The journey to the Absolute begins from the training of body-mind complex which is ultimately transcended to reach the ultimate goal, the Self- Realisation. Apart from Rajayoga of Patanjali, there are different paths and praxis, namely Jnanayoga, Karmayoga, Bhaktiyoga etcetera, which consummate to the highest realisation. But the Rajayoga is a scientifically worked out path which not only addresses the physical level, mental level and spiritual level but also helps in transcending all the relative levels of existence to reach the Absolute level. When an individual attains this state he becomes absolutely free from the all bondage leading to the experience of pain and misery. Being absolutely free from the clutch of ignorance he comes face to face with his own divine self. The divinity which is inherent within him manifests with its undimmed splendor. The quintessence of this unique science of Rajayoga has been expressed by Swami Vivekananda in beautiful way. He says:

'According to yoga philosophy, it is through ignorance that the soul has been joined with nature. The aim is to get rid of nature's control over us. That is the goal of all religions. Each soul is potentially divine. The goal is to manifest this Divinity within, by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy -- by one or more or all of these -- and be free.'

Absolute freedom from the shackles of worldly miseries is the ultimate goal of humankind. The science of yoga leads to a state of eternal freedom where one can live happily forever relishing the elixir of infinite existence.





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