

# Kdham *WORLD*

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# KAIVALYADHAMA

WHERE TRADITION & SCIENCE MEET

EDITORIAL



I joined the institute in 1997, and have completed 16 years of my service. One thing which I always wanted to do was practice more of Yoga, I did succeed a bit, but not much. I have realized that administration work is like peeling an onion whereby you do the work, however at the end you have nothing in your hand except tears. None the less, I must admit that a good and efficient administrative structure is the backbone of an institute. It may take time to set it up, but once it is set up, then it gets easier, and this makes me happy. It helps when systems and processes are channelized with an intention of helping, and making speedy merit based decisions. So now that we have a good system, I can devote more time to swadhyay and abhyas.

I attended the world convention of yoga at the Bihar School of Yoga. It was a pleasure to witness the mammoth gathering of Yoga sadhaks and the symphony of events taking place. The whole affair had the reflection of Swami Niranjananada, who is so learned, experienced, simple and a perfectionist. When Swami Niranjan introduced Kaivalyadhama, it was a start to strengthen the bonds in yoga. My great reverence to Swami Satyananda, the founder of Bihar School of Yoga and his worthy successor.

We have renovated the way the institute looks in the virtual world. We have a new website, a new module offering online courses coming up soon, and some fundamental systemic changes for a wider reach ability and greater connectivity. I am hopeful for a very positive change in the approach of how we connect to the world.

Last but not the least, it's the New Year, 2014 is here, it is amazing how time flies and memories remain. We are grateful to all the wonderful people who are associated with the institute, and all those who have helped us create the wonderful memories in 2013, and we are sure more will join us this year.

Subodh Tiwari  
- Administrator

89<sup>TH</sup> FOUNDATION DAY CELEBRATION

A great event to cherish is the Foundation Day Celebration of the institution. On this day we pay our tribute to Swami Kuvalayananda, the visionary Founder of Kaivalyadhama Institutions, and also to assert our faith in the traditional and scientific approach to Yoga for the welfare of the universal. On 11<sup>th</sup> October 2013, the 89<sup>th</sup> Foundation Day was celebrated in the evening, with great enthusiasm and calm vivacity of the great speakers of our times. The guests and invitees were welcomed by Shri Subodh Tiwari. The celestial blessings were invoked by the team of Shri Nitin Gosavi by traditional chanting in praise of Lord Ganesha. Thereafter, Ms. Bhavna Jadon scintillated the stage with her captivating classical dance performance. Ms Sanika Bam, a young classical singer, cast a devotional spell on the audience with her immaculate bhajan recitals. An uproarious skit was performed by our D. Y. Ed. and D. Y. T. students. Yoga formations and a classical group dance performed by our young students were inspiring and admirable.

The trustee, Justice Dhanuka, presided the function and inspired the audience, through his speech, on the subject of the significance of yoga practice in our daily life. The Chief Guest Shri Sanjay Chahande, Director General of Yashada (Pune),



Guest addressing the audience



Yoga formations by the students of Gordhandas Sekseria College



Solo Kathak Dance performance by Ms Bhavana



Folk dance by Gordhandas Seksaria College students

appreciated the significant progress shown by Kaivalyadhama during the recent years. The guests of Honor: Dr. Rajan Welukar, VC, Mumbai University, and Shri Shrikant Deshpande, Secretary, Govt. of Maharashtra, congratulated the management and the workers of Kaivalyadhama for their continued work for humanity. Shri O.P. Tiwari affirmed the institution's determination to move on in the service of humanity through authentic yoga. Swami Maheshanandaji blessed the function with his benediction, and Dr. B. R. Sharma thanked the guests and the invitees.



*Guests during the 89th foundation day Celebration  
(L-R Swami Maheshananda, Shri O. P. Tiwari, Justice D. R. Dhanuka (Retd.), Dr B. R. Sharma, Mrs. Chahande, Dr. Sanjay Chahande IAS, Shri Shrikant Deshpande IAS, Shri Subodh Tiwari)*

### INAUGURAL OF RENOVATED PUBLICATION DEPARTMENT

On the occasion of the 89<sup>th</sup> foundation day, renovated rooms of the Publication Department were inaugurated by Shri Sanjay Chahande, IAS and Shri Shrikant Deshpande, IAS. The guests were shown the renovated rooms, and they appreciated the manner in which the rooms were renovated, yet keeping the old structure intact.



*Inauguration of renovated rooms of Publication Department by the hands of Dr Sanjay Chahande IAS & Shri Shrikant Deshpande IAS*

### AN EXHIBITION ON THE ENVIRONMENT

Kaivalyadhama co-supported the event organized by the Lonavla Municipal Council to promote environment awareness amongst school children. Debates, essay competitions and poster making were the avenues through which the children were motivated to show their concern and opinion on various topics. This exercise was conducted in order to draw the attention of the students as well as citizens,

to increase awareness of the challenges which we face today, due to development. The award function was presided by Justice S. Radhakrishna, Chirman, MAT and the Chief Guest was Shri. J. S. Saharia, Additional Chief Secretary, School Education. The Chief Officer of the Lonavla Municipal Council, Mr. Ganesh Shetye coordinated all the events to make a positive contribution.



*Shri J. S. Saharia, Addl. Chief Secretary & Shri Subodh Tiwari at Environment Awareness Programme*



*Shri Subodh Tiwari at Environment Awareness program*

### YOGA TRAINING PROGRAMME FOR PRINCIPALS OF NAVODAYA VIDYALAYA

Navodaya Vidyalaya schools were set up under the aegis of the Government of India to provide quality education to the rural children. Yoga training has been going on in these schools since the past six years. It was now time to give a practical exposure to the Principals of Navodaya Vidyalaya so that they could personally experience the benefit of yoga and help further in propagation of the same. Hence a yoga training program was organized for the Principals of Navodaya Vidyalay Sangathan from the 21<sup>st</sup> to 26<sup>th</sup> October 2013, in which 23 participants joined. Their daily schedule comprised of yoga practice, a pranayama session, a nature cure session, ayurvedic sessions and tailor made lectures on various topic related to health and yoga. They all enjoyed the entire schedule, especially the satvic food offered at the Health Care Centre.



*Inaugural of yoga Training Programme for Principals of Navodaya Vidyalaya*



Group Photo of Principals of Navodaya Vidyalay

## BIDDING FAREWELL TO SHRI BABAN BODKE

Shri Baban Bodke who served the institute for more than 35 years retired on 31<sup>st</sup> October 2013. On that day around 4.00p.m., all the staff members and workers gathered to wish him a happy retired life. The function concluded with refreshments and tea.



Farewell to Shri Baban Bodke

## REJUVENATION OF CANCER PATIENTS

On 3<sup>rd</sup> November Kaivalyadhama introduced another 3 week residential program for cancer patients. We had two ladies – one from Pune and one from Jordan; one dealt with breast cancer metastasis to the liver and the other lady dealt with cervical cancer with metastasis to the lungs and then to the brain. Last year, both of them underwent extensive chemotherapy and radiation, which caused severe side effects such as acute fatigue and depression. Throughout these 3 weeks they both worked diligently to regain their strength through yoga and other activities. Anagha Gosh turned out to be an author of excellent resource book titled “Face to Face with Cancer” which Kaivalyadhama will be selling now on. At the end of the program the ladies showed great improvement. We celebrated the day in a customary way – where all the ladies wore saris, and we went out for lunch. Both the ladies were delighted with the results, they felt much better and were empowered to continue their recovery whilst at home.



Rejuvenation program for cancer patients

**PRANYAMA ADVANCE TEACHERS' TRAINING COURSE**

In view of spreading the message of yoga, a beginner's and an intermediate course in pranyama were organized in 2012. To further the progressive aspect, an advance teacher training course was held between 3<sup>rd</sup> – 17<sup>th</sup> November 2013. The participants of the beginner's and intermediate course attended it. Tiwariji conducted the course assisted by various staff members from the faculties. There were 22 international and one Indian participant.



*Inaugural Of Pranyama Advance Teachers Training Course*

*Concluding function of Pranyama Advance Teachers Training Course*

**TEACHERS TRAINING COURSE**

This course was held from 18<sup>th</sup> November to 16<sup>th</sup> December 2013. The purpose of training the teachers is to spread the message of pranayama scientifically. The basis of the course was on the work carried out in the Scientific Research Department and traditionally taught by Swami Kuvalyananda to

Shri O. P. Tiwari. They were trained in the teaching practice and explained about pranayama, which the participants were made to practice. In this course Shri Sudhir Tiwari, the son of Shri O. P. Tiwari gave lectures, taught them the methods of teaching, mantra chanting and pranyama.



*Inaugural of Teachers Training Course*



*Group Photo of Participants of Teachers Training Course*

**PAPERLESS OFFICE MEET**

Kaivalyadhama has initiated the effort through online project management tools to minimize the use of paper in the offices. A meeting was held to discuss the issues that may arise and to make people familiar with this project management tool.



*Paperless Office Meet*

**YOGA CLASSES FOR NAVAL CADETS**

Yoga classes are being conducted once a week for 500 cadets of the naval base by Mr Rajanish Sharma.



*Yoga Training for Cadets of Naval Base*

**YOGA TRAINING PROGRAMME FOR THE SENIOR FUNCTIONARIES OF NAVODAYA VIDYALAYA SANGHATHAN**

A yoga training program was organized for the senior functionaries of Navodaya Vidyalaya Sanghathan from 17<sup>th</sup> to 23<sup>rd</sup> November 2013. Twenty one officers attended, including a Dy. Commissioner, an assistant Commissioner from the NVS Headquarters and 19 principals from various regions. As per the schedule, most of the participants reported on 17<sup>th</sup> November 2013 and a medical checkup was conducted by our medical officer Dr. Sharad Bhalekar. The inaugural program was on 18<sup>th</sup> November at 10.00 a.m. in the hall of the Scientific Research Department. Shri Subodh Tiwari, Director of Administration welcomed the participants and our Chairman Swami Maheshanandaji blessed the participants.

The yoga training program, comprised of all the aspects of the holistic science of yoga and the significant features have been implemented. On 22<sup>nd</sup> November, a program of Lonavla darshan was also arranged for the participants. As per the schedule, the yoga program was conducted very effectively and certificates were issued to all the officers on 23<sup>rd</sup> November 2013.



*Inaugural of Yoga Training Programme for the senior functionaries of navodaya vidyalaya sanghathan*

**LECTURES BY SRI VASUDEVA OF BLUE STAR TRINIDAD & TOBAGO**

On the 15<sup>th</sup> and 16<sup>th</sup> October 2013, Kaivalyadhama hosted lectures by Sri Vasudeva of Blue Star Trinidad & Tobago. A total of 40 disciples were traveling with him throughout India. Sri Vasudeva, as a Kundalini Yogin, gave 2 lectures: 'Making yoga your lifestyle', this was on Tuesday and on Wednesday the topic was: 'Be the ultimate yoga teacher'. The lectures were attended by the students and the staff, and the feedback, especially from the yoga teachers, was very positive. A lot of useful information was expressed so as to understand what it means 'To live yoga' and 'To teach yoga'.



*Sri Vasudeva of Blue Star Trinidad & Tobago at Kaivalyadhama*

On Wednesday evening Sri Vasudeva expressed his favorite method of working with groups, and this happened to be 'kirtan'. Everyone chanted

harmonious mantras with the help of the tabla and keyboard. At the end, Sri Subodh Tiwari gave a short speech and said: “we were carried away to profound inner silence that even words seem to be a disturbance.” After the kirtan, Shri Subodh Tiwari met Sri Vasudeva and discussed the future of yoga as envisioned by Swami Kuvalayananda, and invited Shri Vasudeva for a longer stay next time.



**PARYAVARAN AND YOGA - A TALK BY SHRI DILIP KULKARNI**



*Talk by Shri Dilip Kulkarni*



**PARTICIPATION IN BOOK FAIR, CHANDIGARH**

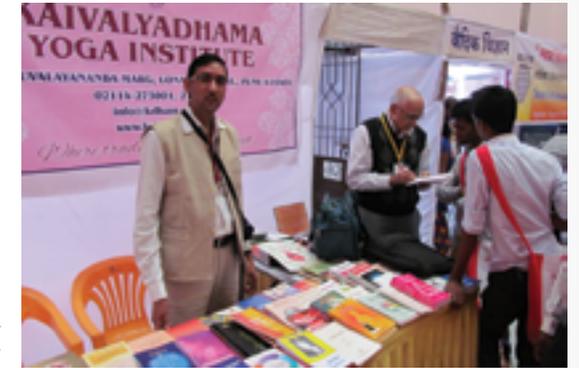
The Anugraha Foundation, Delhi is a registered national level body which supports voluntary action for national development. In Chandigarh, they had organized a camp for Senior Citizens, and Kaivalyadhama publications participated in their book fair on 20<sup>th</sup> October 2013.



*Kumari Shielja Cabinet Minister for Social Welfare and Justice at Kaivalyadhama Publication stall Chandigarh Book Fair*

**MARATHI VIGYAN PARISHAD**

Marathi Vigyan Parishad was held in Lonavla on the 8<sup>th</sup> and 9<sup>th</sup> December 2013, and Kaivalyadhama publications participated in their book fair on 8<sup>th</sup> December 2013.



*Kaivalyadhama Publication stall at Marathi Vigyan Parishad*

**INAUGURAL OF THE FOUNDATION COURSE ON YOGA AND TRADITIONAL TEXT**

A foundation course on Yoga and Traditional text was held on 1<sup>st</sup> December 2013. The number of attendance for this was 10 students.



*Inaugural of Foundation Course on Yoga and Traditional Texts*



**EDUCATIONAL TOUR**

Our specialized educational tours offer the students with a complete cultural, educational and travel experience. The tour was organized from 1<sup>st</sup> to 6<sup>th</sup> December 2013. The first place the students arrived was Thithal in Gujarat, which is famous for its lovely beach. The students enjoyed this experience and also got to visit temples nearby. It was followed by a visit to Malsar, where they stayed overnight. The following day, they enjoyed nauka vihar (boat ride) in the Narmada river. They also visited Sardar Sarovar Narmada Dam Project, Garudeshar Mandir, the ancient Dattatreya temple, Rat Pipala, Kabir Vada, Swami Naraya Mandir and various historical places. From there they proceeded towards Ahmadabad

where they visited the Vaishno devi temple, the Akshar Dham mandir, and the Adalajvav and Kankaria lake.. In addition, they attended a lecture by swami Jagannathdas Maharaj. On 6<sup>th</sup> December 2013, they returned to Kaivalyadhama.



*Educational Tour*

## STAFF VISITS

### FACULTY VISITS YOGA KALARI, SINGAPORE

Kaivalyadhama, Lonavla and Yoga Kalari, Singapore, jointly organized a Teachers Training course in Singapore. From the 1<sup>st</sup> to 6<sup>th</sup> November 2013, Dr. Sharad Bhalekar participated as a guest lecturer. He presented a lecture on Anatomy and Physiology of yoga practices' and a lecture on 'The therapeutic view of yoga'. He also taught the students pranayama and meditation. A total of nine students participated in the course, and they were informed about the research carried out on yoga in the Research department at Kaivalyadhama, and the students expressed the interest to come to Kaivalyadhama.



*Dr. Sharad Bhalekar at Yoga Kalari, Singapore*

## FACULTY VISITS BULGARIA

Dr. B. R. Sharma, Principal, Kaivalyadhama Lonavla, was invited as the main guest speaker in the Conference held at Sofia, Bulgaria, organized by the Bulgarian Federation of Yoga. The conference was held on 14<sup>th</sup> – 16<sup>th</sup> November 2013. He delivered three lectures on yogic culture and also conducted a workshop on kriya yoga.



*Dr B.R Sharma at Conference in Bulgaria*



## FACULTY VISITS SWAMI VIVEKANADA DISTRICT WELLNESS CENTRES

Morarji Desai National Institute of Yoga has established 100 wellness centers under its scheme Swami Vivekananda District Wellness Centers, in various districts. The main purpose of this scheme is to create awareness of yoga amongst common people. Kaivalyadhama is

appointed as a Nodal office for inspecting this scheme. Between 21<sup>st</sup> and 26<sup>th</sup> November 2013, Shri Subodh Tiwari visited Indore, Hoshangabad, Jabalpur, and Satna for inspection. Shri G. N. Murthy visited Washim on 26<sup>th</sup> November & Parbhani on 16<sup>th</sup> December 2013.

## BUILDING STRONGER TIES AMIDST CELEBRATIONS OF GOLDEN JUBILEE

The Bihar School of Yoga celebrated its golden jubilee celebrations from the 23<sup>rd</sup> to 27<sup>th</sup> October 2013, through a world Yoga Convention. It witnessed a gathering of almost 30,000 people. The atmosphere was jubilant with vibrant energy. Swami Niranjana Saraswati was omnipresent in his energy in the event. Rich tributes were paid to Param Guru Swami Sivananda and founder Swami



Satyananda on the occasion. The convention created a beautiful Yoga energy all around, and although there were thousands of people, the event was conducted with excellent precision, peace, harmony and grace, befitting a Yoga convention. Shri.Subodh Tiwari was invited to deliver a talk in the convention on behalf of the institute. It is a step towards stronger bonds between the institutes. Kaivalyadhama has extended an open invitation to Swami Niranjana, whenever he comes to this side of the country.



*Shri Subodh Tiwari at the World Yoga Convention, Bihar*

## GROUP VISIT

As a part of a study tour, 40 students from the D. Y. Patil Ayurved College, Nerul, visited Kaivalyadhama on 14<sup>th</sup> December 2013.



*Students of D.Y. Patil Ayurved College, Nerul at Publication Department*

## VIP VISITS

Mrs. Madhubala Rohtagi, wife of Navy Director General, Medical Service, visited Kaivalyadhama on 21<sup>st</sup> October 2013. Mrs. Malti Shanbag took her around the institute. She was very impressed with the work being done at the institute, and she expressed her wish to come and stay at the institute in the future.



*Mrs Madhubala Rohtagi (3<sup>rd</sup> from left), wife of Director General Medical Service Navy at Kaivalyadhama*



KAIVALYADHAMA YOGA INSTITUTE

announces

**Nevatia Endowment  
Scholarship Scheme**

for

**Diploma in Yoga Education,  
Certificate Course in Yoga, and  
Yoga Training for NGO teachers**

<http://kdham.com/education/scholarship/>



## KAIVALYADHAMA, MUMBAI

### BASIC YOGA SESSION

From 7<sup>th</sup> up to 28<sup>th</sup> November 2013, a basic yoga session taught in a scientific manner was held for women. A power point presentation in relation to basic scientific details on yoga was presented to the group. Daily practical classes were conducted by Mrs. Shilpa Ghone. Around 20 ladies attended this session, and enjoyed the benefits.



Basic Yoga Session for women by Ms Shilpa Ghone



### A MEDICAL CAMP AT PHOENIX MILL COMPOUND

A medical camp was organized with the aim to provide a free medical check-up to the common public. This was held at Lower Parel at the Phoenix Mills compound from 15<sup>th</sup> to 17<sup>th</sup> November 2013, with the Rotary club of Mumbai. Kaivalyadhama, Mumbai ardently participated in this camp, together with a team from Kaivalyadhama. Around 98 people participated in the camp, and yogic practices were advised to them. The main aim was to promote yoga to the public and to create this awareness in society.



Kaivalyadhama, Mumbai at the Medical Camp, Phoenix mill Compound, Mumbai

## BIDDING FAREWELL TO SHRI PARMANAND AGGARWAL, SECRETARY, KAIVALYADHAMA, MUMBAI

On 30<sup>th</sup> November 2013, a farewell function was arranged for Shri Parmanand Aggarwal on his retirement day. He had served the institute for 35 years. All the staff members wished him a happy and healthy retired life.



*Farewell to Shri Parmanand Aggarwal, Secretary (Kaivalyadhama Mumbai)*

## DIABETES WORKSHOP

From 29<sup>th</sup> November to 7<sup>th</sup> December 2013, Kaivalyadhama, Mumbai organized a special workshop for diabetes and its management through yoga. On the 29<sup>th</sup> November, the workshop commenced first with an inauguration ceremony followed by shanti path. Felicitation of Honorary Guest Dr. Anand Gokani was done by the Secretary Parmanand Aggarwalji, in presence of our Joint-Director Mr. Subodh Tiwariji, Asst. Director Dr. G.P. Shuklaji, P.R.O and medical consultant Dr. Nutan Pakhare and co-coordinator Mrs. Naina Daryanani. After this, Dr. Anand Gokani gave an introductory lecture. He is a well known Endocrinologist and Diabetologist, and treated over 10,000 diabetic patients successfully till date. He is a trustee of the Bombay hospital and also happens to be the great grandson of Mahatma Gandhiji. Between the 2<sup>nd</sup> and 7<sup>th</sup> December 2013, a practical yoga session was conducted by assistant



director Dr. G.P. Shuklaji and coordinated by Mrs. Naina Daryanani. On the final day of the workshop, Dr. Gokani re-visited the institute during a practical session, to see how all the practitioners were getting along and to clear their doubts. The practitioners were grateful and happy for arranging this event.



*Introductory lecture by Dr Anand Gokani Diabetologist & Endocrinologist*

## LECTURE BY SHRI R.S BHOGAL ON POSITIVITY & PEACE THROUGH YOGIC TECHNIQUES



*Lecture By Shri R.S Bhogal On Positivity & Peace Through Yogic Techniques*

## KAIVALYADHAMA OVERSEAS

### WORKSHOPS IN EUROPE AND CHINA

A workshop was conducted at Yogadhama, France which was based on the practice of Pranayama. Pranayama and asanas were taught in practice and theory as well, and were explained with a traditional, scientific and ayurvedic point of view.

In September, workshops were conducted in Helsinki, Finland, Vienna and Austria. The topics covered were the Bhagavad-Gita, asana, pranayama and ayurveda.

In November Shri Sudhir conducted workshops in China - on Yoga and Ayurveda in Guanzhou and Shanghai, and on Pranayama in Beijing. The Beijing workshop was attended by 80 participants. The focus of international workshops has become Auth Yoga, since there is a large amount of deviation in the instructions and explanations in the various styles of yoga. We at Kaivalyadhama are continuing to reinforce the message of Swami Kuvalyanandaji, which is of presenting undiluted yoga, based on authentic and authoritative yogic texts.



Shanghai Workshop



Beijing Workshop



Shanghai Workshop



Beijing Workshop

## KAIVALYA VIDYA NIKETAN

### SPORTS DAY

The Annual Sports Meet was held on the 19th of December 2013. Mrs. Lyra Rajan and Mrs. Anjali Vaidya compiled the program. The event began by welcoming the chief guest and a march past by the students of KVN. The chief guest lit the torch, which was passed onto the sports captain. The flag was saluted to by the house captain. A sportsman prayer and the oath were recited by Mrs. Anjali Vaidya, followed by the students. PT display was performed by students from standard I to IV, in a very systematic way. A Hapkido display was performed by students under the guidance of Dr. Aniket Bhosale.



The yoga display by the students was well coordinated under the guidance of Mrs. Jayashri Shinde and Mrs. Anjali Vaidya. There were Kabaddi and Kho-kho matches between the four houses. The prize distribution was done by Ms. Razia Shaikh.



Swami Chaitnya Swaroopdasji, the Chairman, delivered a motivating speech on the occasion and inspired the students. Shri N. P. Kumbhare spoke about his experiences as a teacher and assured the parents that in the coming year, KVN will be one of the best schools in town. The chief guest Capt. Ashwani Kumar Tikoo gave a thoughtful inspiring speech, sharing his childhood experiences with us.

The day came to an end with a vote of thanks by Mrs. Arti Karkera thanking the staff, the students, parents and the management for making the day a cherishable experience.

*Sports Day*



*Sports Day*

### CHRISTMAS CELEBRATION

The celebration began with a prayer followed by a party in the well decorated A.V hall. The skit was based on the birth of Jesus Christ, and was performed by the children along with Christmas carols. The best part of the party was the arrival of Santa Claus (Mrs. Savita Bhalekar) dancing and distributing chocolates to the children. A Christmas message was given to all by the principal and vice principal.



*Christmas Celebration*

## YOGA AND SCIENCE

*Swami Nityamuktananda Saraswati*



For about 15 years I have been travelling and teaching around the world, and everywhere I find people who are thirsty for a more holistic way of life rather than that of our troubled and materialistic societies. People search for a spiritual life that heals the split that we experience in the world of today, between ‘matter’ and what deep down we all know as a different dimension of existence, call it ‘spirit’.

This ‘*desire for something higher*’, is captured in the original path of yoga. Many great masters even in the present times would agree with Swami Kuvalyananda, that yoga is a “complete message for humanity as it addresses the psycho-physical aspects as much as the mental spiritual dimension.” (More than ever, our planet and its inhabitants are in great distress and even live with the threat of extinction.) Swami Kuvalyananda frequently spoke about the great potential of yoga for probing the human mind and digging deeper and deeper into the inner space until the effect to conquer the outer and inner spaces converge and thus ultimately meet to resolve the riddle of the cosmos (his biography; p. 357)

However, the word yoga has become a homonym, one word with many meanings. For the high-street yoga studio in the mundane world, yoga is simply a sport, a form of gymnastics, and exercise related to the physical body. However, for me, the path of yoga was always a science of the mind. It is a tool for recognizing and overcoming the tendencies of our minds, which leads to the catastrophic situation of the world, which is due to ignorance and acedia (Latin for the deliberate not wanting to know).

Commonly, the word yoga has been translated as ‘union’ and the path of yoga has been described as the intention of ‘uniting’. Uniting what? The outer and inner worlds, so that the gap between our separate egos is deleted and we become *one with humanity* and more over: one existence.

Yoga as a ‘science’ of the mind raises the question of what is science. I am reminded of Swami Kuvalyananda, who obviously was a great scientist and a great yogi (re: his biography) combining both yoga and science. But what do we understand by the word ‘science’? The most common translation or understanding of the word ‘science’ is ‘knowledge’ or ‘knowing’ (from the latin word “scientia”) Until very recently, say

until 1960, it seemed very clear what science was: it occupied itself, with knowing ‘matter’, and therefore it was described as ‘hard science’, (even when it dealt with the perceivable, manifested things, such as atoms). As such, it has a specific way of operating, a modus vivendi: A maxim, (a law), was established whereby a particular method or technique accepts only that as truth, which can be measured or calculated. In other words: an idea is born, from which a hypothesis is formed, and then that very hypothesis must be verified by experiments that prove and attest to the hypothesis. This means, only that which produces a predicted result is valid scientifically. *Predictability and shared agreement became the hallmark of scientific truth or what is deemed as a ‘fact’.* Science just like a religion, thus set out a dogma (one acceptable way only - of operating) or even rules to live by, which at the same time exclude or reject anything or anyone that does not share the framework (i.e. does not accept the proof achieved by reproducing the predicted result).

Early scientists could only work with what they could see, touch and measure. Thus during the early periods, it was still perceivable, that something existed, that could not be measured, i.e. the ‘spirit’. So in the beginning at least there was a tolerance of that which was ‘beyond’. However, (approx. 500 years ago) what was allowed to be studied became limited to that which could be touched, seen, heard and so on, in other words: ‘gross matter’. What could not be observed and measured was ‘better left to religion’. Gradually the split widened and science made its own philosophy, which resulted in the idea of the universe being a predictable machine, working like a ‘clock’. Planets, stars, plants, human beings and even societies were all considered as parts of a universe which worked like ‘a clock’. With this, the split was complete: science ruled the physical world of matter and religion meaning churches, temples and the various religious institutions were left to deal with anything to do with the ‘subtle world of existence or the spirit’. The latter was considered less important and with a reduced amount of truth in it. The further the Divine was ‘moved to heaven’, the greater the distance of the ‘otherness’ to earth or matter. In this manner, science declared one aspect of existence (all manner of subtle existence *including one part of human mental capacity*) as unnecessary and useless, and even non-existing.

Eventually, (to stay for a moment with Western cultures) the power of persuasion of the ‘new religion’ meaning *science* was so great, that the world of ‘the spirit’, the subtle realms were down right pushed out. As a consequence spiritual inclinations, values and tradition were identified with formal religions and were side-lined, which meant that the spiritual awareness of people (in general) – was drowned, forbidden and even persecuted! Still today, these consequences are visible in many countries, schools and educational institutes which do not allow spiritual knowledge to be taught to children thus impoverishing generations and *creating societies for whom only ‘matter’ mattered.* The result is that, the world over we find more and

more, a generation that has lost touch with their essence or meaning for life and therefore find refuge in drugs and alcohol (or addictive consumerism).

Science, with its separation of matter and spirit has largely turned the attention of the global society to matter, and thus it is aptly described (as mentioned above) as 'hard science'. This material perception of the universe, of course includes the human being. Particularly since Charles Darwin became the base for understanding human beings and their evolution. What followed was the perception that we are nothing but a conglomeration of particles, set out in a predetermined DNA, which only through long term exposure and mutation eventually changed; ultimately evolving into what is called human beings. What governed the changes in the gene-chain was said to be 'the survival of the fittest'. People believed this. They believed this, because it fell on the background of material science; and the strange thing is that we still do. (Bruce Lipton, biology of belief) Yet both these ideas: that the DNA is a fixed map, and that '*the survival of the fittest*' governs our human evolution, have both been proved wrong. Nevertheless it still governs our lives, children's education and our society and culture.

Schools and educational institutes teach competitions, above all - since only the fittest survives! The economy is governed by the same law, the fittest and the biggest is the winner! All exploitation and environmental destruction can be traced back to the adherence to these maxims. However, more than one hundred years ago, the first gap appeared in the view of the 'hard and fast truth' that only 'matter' matters, when Wilhelm Roentgen discovered that matter was not at all solid (x-rays). Gradually through research carried out by Max Plank, Einstein, Heisenberg and many others who followed, the tiny hole in the materialistic orientated Science was enlarged, resulting in the Quantum theory and post quantum theories.

Slowly, with it a new approach to science is growing, and growing fast. 'New Science' accepts that existence is a unified field within which 'permanently changing energy' moves intelligently. Not only is the awareness growing about the play of interconnectedness of the intelligence and energy or matter, but that also this happens in one infinite field, which many call it as 'consciousness'. Research about consciousness, is at the present probably the frontier of 'new science' (which includes all matter of faculties like biology, physics, medicine and so on). New science sees that the researcher and the way research is done and interpreted, is 'subjective' and possibly includes what in yoga is called the "cosmic mind." Nothing exists that is not an expression of this "cosmic intelligence.".

With this new melting togetherness of matter or energy and of spirit or intelligence, to many, it appears as that what was once deemed as 'modern science' has,

as 'new science' rediscovered the wisdom of the wise ones. This means that that the universe is nothing but a unified field of 'One Absolute Totality' in which energy moves according to intelligence or consciousness (omnipresent, omniscient and omnipotent). In simple words: a holistic perception starts to heal the gap between Spirit and Matter into One-ness (dare I say it: into Yoga).

If we now look back, we see that the "Union" which Yoga refers to, is very close to the "unified field" that already Einstein alluded to. Union, as Kaivalyananda, and even what Vyasa (the first commentator of the Yoga Sutras) referred to as Samadhi, points to 'living in the Awareness of Oneness'. However under the influence of the last 500 years, we have forgotten this 'Oneness of all existence', with the consequence that we consider ourselves, our bodies and our actions as separate from 'the rest of existence'. The reason for this 'blindness', then and now, is that we more or less solely interpret and understand the 'sense-in-put' through the activity of the neo-cortex and forget that the latest and highest developed part of the human brain is the evolution of the frontal lobe, where self-awareness, intuition, insight and a wider vision are processed.

Ultimately these two parts of our brain, (of the four parts which include of course the reptilian - brain and the limbic brain) when working in harmony, allow us to be aware of both, the relative reality of every day experience and the Absolute Reality that is beyond our ken. It is even possible for the human being to see the former as an expression of the latter.

However, mankind is influenced and educated, to see and experience the world and oneself through whatever paradigm the society and the environment holds at the time.

For example, if we are brought up with the mental input that there is a God outside the world, that created the world in seven days and he lives in heaven. We look through this paradigm, and consequently see the world as our senses perceive it. Therefore we react saying that since someone outside us has created the world, it is his business to look after it and we are not responsible for his creation. On the other hand, if in primary school, we learnt that the world consists of atoms and particles, then we look through this paradigm, and would understand that the world our senses perceive is made up of particles, objects, matter, which we can use, manipulate and exploit. Thirdly; when we are seeing the world as a holistic spiritual expression of the ONE - we are involved and become care-takers in love for all. New science includes this subjective perspective, it is aware that we are tied to the base paradigms that exist in our immediate environment. In other words the information our senses take up, are interpreted from what we learnt from our environment, schools,

and society. We take it on board and it becomes our base truth! Consequently it is the matrix on which we base our life. All our perceptions rest on such beliefs, unless we peel away the layers which limit our mental perception to see beyond the 'programming'. It is this which the path of yoga teaches. To go beyond the limiting patterns, stored in the neo-cortex (the data and memory processing store, which is called 'manas' in yoga philosophy), and the neo-cortex's subtler functions, the lower buddhi (to use the yogic term) is the mental discipline that is advocated as "chitta vritti nirodhana." *Stilling the activity of the neo-cortex* is giving space to the higher abilities of the frontal lobe. Here lies the key to evolution; the key to become fully human. As we heard it is here that intuition, insight a wider vision, awareness, including self – awareness, are processed.

'New science' sees this and with it opens doors that suggest to heal the gap that split Matter and Spirit. New science talks about a unified field of intelligent energy and life as light carrying information; it talks of evolution as sharing intelligent information...meaning: not survival of the fittest governs evolution, but *intelligence co-operating*.

To me, in principal, this sounds not far from the idea of the state of 'Yoga as Union, as Oneness', as Kaivalya mentioned. But what does it mean? Even if we use terminology such as interconnectedness; everything affecting everything else, falls short of what it really means. Yes, everything we say and do is part of one huge force - field, which is beyond our understanding. Words used, belie the meaning as they cannot describe it. Every word used already separates the Oneness...into attributes and categories; just as words separate silence into bits of sound. Oneness has no parts...it is not enough to talk of interconnectedness, of 'dependent rising', of uniting, because as soon as we do, we start from the underlying paradigm that there are bits/entities/streams of energy (or what have you) that can be united, can be connected, can have an effect. This is not Oneness...but it is an assembly of parts. Having understood the impossibility of the task to understand fully, let us look for some help. Swadhaya, the study of scriptures is advocated in yoga in order to understand ourselves, the world, and that which is beyond. With this, I turn to the *Isha-Upanishad*. The Shanti Path, the opening peace-prayer of the Isha Upanishad is: *Om purnamadah purnamidam purnat purnamudacyate, purnasya, purnamadaya purnamevavasisyate*, which loosely translated, means: The cause of the world, (and what is beyond) the Absolute Reality - is infinite. This world, the effect is also infinite. From the infinite, infinite alone manifests. Therefore recognizing the infinite in the manifest world – only infinite remains. (one can substitute the "infinite" with "total fullness")

Meaning: in this world of relativity, whatever is recognized as objects with names and forms, including all beings whether sentient or insentient are the presence

of the Divine (Latin for: beyond human ken). Everything is sacred...everything is perfect; see "God" (the infinite, omniscient power) in everything...only then can you have a true perception of reality.

All is ultimately One, and that includes yourself. The Isha Upanishad continues to say: *keep this at all times in your mind, there is no other way to live. The Absolute is without any modification, one without a second. He is behind all activity, behind all senses, all faculties. That unchanging reality transcends and supports the world of constant change...without itself changing. It moves, yet doesn't move. It's far yet it's near. It's permeating this whole existence... and yet it is beyond...*

*(Because you too are that very energy) the world is nothing but an expansion of your own being...That One - is all- pervading, self-effulgent, indestructible, subtle-body-less, causal body-less, omniscient, the one in charge of life, superior to all, shows himself/herself through the scriptures.... The secret of the Absolute un-manifest is, as if hidden by the lid of glittering manifest reality. Therefore O Lord Sun, illumine our minds, unveil the Absolute by removing the illusion of relativity..... so that I shall be able to see your most brilliant, auspicious Reality ....that which is the Reality in the sun (in all of existence) and is the same in me.* The language is different, but the meaning, sounds very much like that of 'new science' there is a unified field, that is all and contains all; there is ultimately only one intelligent force/energy. We can equate (as is done in many cultures) this One Ultimate Reality to water in the form of the ocean. There are ripples, waves, foaming wave crests; there is un-fathomable depth, and inherent moving currents that flow in different directions and with different temperature, according to their own inherent laws.

Yet all these various forms are only water; there is though diversity in this Oneness.

Even if we talk of a multi-layered ocean of energies, it still is no other than 'water'. Like the mystics, we can talk of a multi-layered ocean of light: yet, it simply means that all there is, is 'light' only. Or, as a new scientist might call it: intelligence riding on an ocean of electromagnetic energy (which is light).

Some of the 'currents' are the energies that the traditional scientists dealt with, some of these currents are what the new, more mystical scientist deals with, and some currents are so subtle they escape ordinary awareness - and only the mystic or "spiritual scientists" can understand. These latter energy currents are so subtle, so fine; they not only escape our gross senses but also our 'un-tuned awareness'.

Yet, there is only One, no separation!

We, ourselves are a mixture of these currents, and we influence the mixture of the

currents. There is no separate existence!

In the past, this was understood; thus earth, animals, trees and plants were considered sacred. Today there still exist some indigenous cultures that have this awareness'. But, we do our best to eradicate and kill their culture, with it their knowledge and of course the people.

Strangely enough, in the last few hundred years, we think the awareness 'that all is sacred' (the experience of one-self as being one with all of existence) as 'primitive', as unreal. Yet, this self-awareness happens in the most 'recently' developed part of the brain: the frontal lobes/frontal cortex. We even find scriptural evidence, in the slokas of the Maytreya Upanishad that state: "the light of pure consciousness I am; I am eternally the same; I am..."

To me, it seems that science has turned a corner towards what the Yogis (the inner scientists) have known for thousands of years.

This turning point from hard science (that ruled our understanding of what is Truth until the 1960's and focussed exclusively on the outer world) to New science has come by having a similar vision of the Ultimate Reality to the ancient scientist of Yoga that focussed on the inner, deeper layers of existence.

They recognized the connection between the individual subjective minds as an expression of the cosmic mind. Indeed, "New Science" begins to see the same as the Rshis did.

Swami Kuvalyananda asserted to coordinate ancient Yoga with modern science. But the maxims of modern science in his days were different as the paradigms of the new science in the twenty-first century. By closing the gap between subtle intelligent energy or consciousness and matter as the very same consciousness, by new science, helps mankind to lead a truly regenerative life, so that the human being can fulfil the potential of becoming truly human. Living with the awareness of Oneness for the "Good of the whole" has the potential of keeping humnity from regressing further and further into the animalistic state of thoughtless consumerism.

As far as I understand, Swami Kuvalyananda took a great step to wake people that "Yoga is a science as much as an art of living." However, science not to be understood in the limiting sense of setting out to prove one's own hypothesis; but science as the art of gathering deeper and deeper knowledge.

The interesting thing is, that if we apply the new science, acknowledging that we all exist in a unified, conscious field, then we find that we meet not only ancient Yogic

wisdom, but also wisdom of many indigenous people of today, and that around the globe.

New science recognizes the limitations of objectivity, of the so called hard facts, gathered by proving ones hypothesis, and opens the door to a universal perspective of subjectivity which is One in total interdependence of all existence, and as an expression of one cosmic consciousness. (although scientists accept, that 'what THAT means, we do not yet understand'; and the Yogi would add: 'because it cannot be understood').

I share Swami Kuvalyananda's, seemingly prophetic words,that humanity can only be "saved from threatening disasters... by co-ordinating yoga in all its aspects: mental, physical and spiritual *with modern science*".

Read: *modern science* as 'new science' where all boundaries disappear in one unified field.



## YOGA FOR RAILWAY ENGINE DRIVERS

Now a days, yoga is universally recognized as a scientific discipline. Apart from its predominant spiritual values, its contributions towards value education, maintenance of health and for the treatment of stress related, psychosomatic and other chronic disorders are being acknowledged. The Scientific Research Department conducted an experiment on railway engine drivers to see whether yoga practices can improve the cardiovascular health of the drivers. The engine drivers are continuously exposed to electro-magnetic fields which increase the risk of cardiovascular diseases. The profession of railway engine drivers, especially in metropolitan cities in India, is very hectic and filled with uncertainties, which influences more stress due to working at night and long irregular working hours. This can increase the risk of various metabolic and cardiovascular diseases.

The experiment was planned to see the effect of yoga practices on hs-CRP and lipo-proteins among the engine drivers. High sensitivity C reactive protein (hs-CRP) is an acute phase protein that increases during systemic inflammation. Inflammation is a process in which fatty deposits build up in the inner lining of arteries that leads to the progression of atherosclerosis. Further, it has been found that hs-CRP has a similar predictive importance such as lipid profile and blood pressure in cardiovascular disease. Hence, the objective thought of whether yoga practices could bring

changes in lipoproteins and hs-CRP levels in the railway engine drivers.

To achieve this purpose thirty two male engine-drivers working in Indian railways at the Mumbai region, who had no yoga practice background, (age: 30-42 yr) were selected and randomly assigned into a yoga group (n = 16) and a control group (n=16). Primarily, the baseline data on hs-CRP and lipid profile was assessed for both the groups. The subjects of the yoga group then underwent a training of yoga practices under the overall supervision of yoga experts, whereas the comparable control group did not. Training was given to the yoga group daily for an hour in the morning including Sundays as well as holidays, for a total period of one month. However, both the groups participated in their regular lifestyle activities and duties assigned by the railways authorities. After completion of the experiment for a month, the testing of serum biochemistry was repeated.

Finally, the result of this random control trial of a month's yoga training could reduce total cholesterol, triglycerides, low density lipoprotein (LDL) and hs-CRP in railway engine drivers. The reduction in the lipoproteins and CRP is achieved by a very simple and inexpensive intervention. This is of importance, because railway engine drivers are at higher risks of developing cardiovascular diseases.

To summarize, this study has demonstrated that yoga practices are associated with regression of inflammatory process by reducing CRP levels in middle aged railway engine drivers. Elevated levels of CRP and other markers have proved to be important predictors of coronary atherosclerosis, this study, sufficiently indicates that yoga practices can lower the risk of coronary atherosclerosis by reducing inflammation.

#### Reference

Shete, S. U., Kulkarni, D. D., & Thakur, G. S., (2012). Effect of yoga practices on hs-CRP in Indian railway engine drivers of metropolis. Recent Research in Science and Technology, 4, 2, pp. 30-33.



### WORKSHOPS AT KAIVALYADHAMA - 2014

DATES	WORKSHOP
Apr 6 - 20	Rejuvenation for Cancer - Ms Lee Majweski
Apr 20 - 27	Workshop of Classical Technique of Meditation - Prof. R.S.Bhogal
May 11 - 17	From Within to Without - Letting go through Yoga - Ms.Vibha Shah
May 27 - Jun 1	Swami Anubhavananda
Jun 1 - 7	Just Be Happy - Swami Anubhavananda
Nov 2 - 18	Basic Course in Pranayama - Shri O.P Tiwari
Nov 20 - Dec 6	Intermediate Course in Pranayama - Shri O.P Tiwari
Nov 30 - Dec 7	Five Energy Fields - Swami Nityamuktananda
Dec 7 - 14	Five Energy Fields and Our Emotions - Swami Nityamuktananda
Dec 14 - 18	Be in Peace Not in pieces - Swami Anubhavananda



*We wish all our readers  
a very happy, prosperous and healthy  
New year 2014*



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