

Kdham *WORLD*

SUMMER 2014

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KAIVALYADHAMA

WHERE TRADITION & SCIENCE MEET

EDITORIAL



Interactions with Government officials are quite amusing. The concept of “not to be seen doing wrong” has got so deep rooted that they are afraid to do anything right. One such observation was when I met one of the high official’s in the department, which deals with yoga. Personally, this gentleman seems to be a fine human being. However, he was so defensive about his decisions, that I almost sympathized with him for having being placed in that department. I had requested them to consider forming the Indian Yoga Council in lines with the Medical Council of India for qualitative regulation and standardization of training courses. However the answer was quite brief, “ it’s been decided that this will be regulated by the state.” Right in his own sense, but in 2009, the department had writ-

ten a letter to the state governments’ for formulations of the councils to regulate Yoga and Natur-opathy, but what has happened? I do not think that even one state has done it. Given this fact, does it absolve the Central department of the responsibility to regulate a field related under its jurisdiction, especially when the threat looms large over our head? Very soon yoga teachers from India will seek certification from the western world for their yoga training. Before I could raise a point about non payment of some pending grants for a project long completed, the officials pounced on me. They said “the accounts and the utilization certificate have not been submitted.” In normal times I would have panicked, however I almost burst out laughing. I made a comment, which probably I should not have done so. I told them a great contribution has been made by this department to add to the revenues of the Indian posts. The reason being that after sending the accounts and the utilization certificate for multiple times, they still claim that they have not received them. When I brought this fact before them, the intensity was immediately diluted by offering great sympathy towards the officers. They said that they receive 200 mails every day, of which one goes missing (surprisingly it is the same one every time), little can be done. I had many more points to raise, and in the fitness of things, so that no time is wasted, I had written separate letters for each point, so that they could be sent to the concerned department. While I was entering the meeting, I thought I had done a good job and kept this simple and easy to discuss, but the first statement made by the gentlemen was congratulating me on being a “prolific writer”, and I understood.... I have less than 10 minutes in the meeting. I will later send my poems to him, for he appears to be a very well read man in prose and poetry, with his British accent.

Further, there are paradoxical situations. Mr. Keshav Desiraju was the Secretary of Health in the Government of India, who is a very learned, honest and efficient man. I know him since he was in the Ministry of HRD, about seven years ago. He did a lot for the Ministry, one large contribution was to try and throw away the rut and corruption in a council under the aegis of the Ministry. While all

of us were very happy as to the positive possibilities in the near future, we woke up to the shocking news of his overnight transfer. Suddenly the whole momentum generated by the officer came to a standstill.

There are two parts to this: one is the yogic attitude of acceptance and not get distressed. Therefore, that is what I do. I find it amusing and not distressing.

However the second part is the kind of contribution that an individual can make to society. It can be positive or negative or nothing at all. This awareness regarding the need to positively contribute to society by those who can would greatly be enhanced. This can be done only if these individuals can reflect internally and spend some time with themselves. I am sure to find a positive correlation amongst practitioners of yoga and their contribution to society.

We anticipate that more practitioners get to positions which have the possibility of doing the public some good.

A handwritten signature in blue ink, which appears to read 'Subodh Tiwari'.

Subodh Tiwari
- Administrator

YOGA WORKSHOP AT VPS COLLEGE

A one day workshop was organized by Kaivalyadhama for students of the V.P.S College in Lonavla. The aim was to enable them to cope with the psychosocial challenges faced by adolescents. The workshop included discussions on important philosophical aspects and on the practice of asana and pranayama. Shri C.G Shinde, the yoga teacher, from the institute conducted this workshop.



Yoga Workshop at VPS College

YOGA WORKSHOP FOR STUDENTS OF DHARWAD UNIVERSITY



A two days yoga workshop was conducted for students of post graduate diploma in yoga education, Dharwad University. Thirty participants attended the workshop. A practical session of asana, pranayama, bandhas, mudra and meditation practices were also included and the students were introduced to the research work being done at the institute. Such visits made by the students are a type of an educational tour cum learning process as well as an introduction to classical yoga concepts. They also physically get to see the place where scientific research work began.



Yoga Workshop for Students of Dharwad University

CERTIFICATE COURSE IN YOGA

Between January and February 2014, a six weeks residential certificate course in yoga was inaugurated by Dr. Ashok Vikhe Patil. He is a renowned educationist and social worker, and the inauguration took place on 16th January 2014. A total of 39 students enrolled for the course - 16 foreign and 23 Indian students. The course consisted of regular theory lectures, practical classes and practical teaching sessions with lesson presentations. The students were assessed by their progress and proficiency via examinations as well as observation of their behavior and conduct. Practical Yoga: Asanas, Pranayamas, Bandha & Mudras & Kriyas. Teaching Methods and practice Teaching: expert inputs during the course. The course concluded on 25th February. Swami Maheshanandaji presided over the function while Shri O.P. Tiwariji delivered the key note. Shri O.P. Tiwari made a passionate appeal to the students to do everything possible so as to preserve the purity of yoga. He commented that even when performing one's duty as a yoga teacher, one should consider oneself as a student always. The students said they were highly satisfied with the course, the teachers and the overall management of the institute. Swami Maheshanandaji's cheerful blessings and the jovial ambience marked the concluding function.



Certificate Course Inaugural Function



Certificate Course Inaugural Function



Closing function of the Certificate Course in yoga (January-February 2014)

FOND MEMORIES OF THE CERTIFICATE COURSE IN YOGA (JANUARY-FEBRUARY 2014)



Students visit to Swami Kuvalyananda's Samadhi



Students Trek to Swamiji's Cave

WORKSHOP ON CHRONIC CURES

In February we held another three-week healing program called Chronic Cures. Based on the success and effectiveness of Rejuvenation for Cancer Patients program we created a sister yoga program for chronic diseases, such as Diabetes, Fibromyalgia, heart problems, depression, psoriasis and so on. We had 5 participants - 2 from India, 2 from the USA and one from Poland. They all enjoyed the program and showed great improvement in their chronic conditions. These 3-week yoga healing program proved to be an effective remedy for so many problems and was privilege delight to watch the healing process taking place. Based on the feedback and vast interest from the public, we decided to make Chronic Cures available twice a year.



Workshop on Chronic Cures

PRANAYAMA FOR CHINESE STUDENTS

Vivian, one of our sincere students in China, had arranged a group teaching on Pranyama, to be taught by Shri O.P. Tiwari. As scheduled, the group arrived on 14th January 2014. A total of 26 participants joined the course. The course began with the ritual of lighting of the lamp along with mantra chanting. The timetable included both theoretical and practical classes. 1.5 hours in the morning and evening were devoted for practice. The highlight was the Q&A session with Shri O.P. Tiwari. The group was a mixed group of beginners and advanced practice. Consequently pranayama practice was given to beginners without retention, and the others were allowed to retain their breath, since they were practicing pranayama regularly.



Pranyama Session for the Chinese group



Inaugural of the Pranyama Workshop for the Chinese group



ANUSHTHAN WORKSHOP

It was decided, that those people who were in close proximity for the last 10 years or more and also who are interested sincerely, should be invited to participate in Anushtan. This was decided with the intention that they can grow in the spiritual aspect of yoga. It was also proposed that there should not be any profit making aspect involved. Thus these people were only charged for lodging and board- ing. Anushtan should be free of cost. The total number of people admitted for this were 20. Pranyama, pranav & Gayatrias taught by Swami Digambarji was followed, except there was an additional class for asanas. The meditation aspect was also touched upon. The course concluded on 13th January 2014 and the feedback was very favorable. All the participants were eager to know about next Anushtan dates.



Inaugural for the Anushtan Workshop



Fire Ceremony during the Anushtan Workshop



Anushtan Workshop



Certificate Distribution Ceremony of the Anushtan workshop

KRIYA YOGA WORKSHOP

A kriya yog workshop was held between the 6th and 10th January 2014. Anushtan focuses to delve deeper within. There were chanting sessions and swadhyay. It was held in Swamiji's kuti. Asanas, pranyama and lectures were a part of the schedule. The emphasis was laid on maintaining silence (mauna) and a sattvik diet. The students of the college participated in this Anushtan. Swami Maheshananda guided all the seekers into the subtle aspects of yoga.



Kriya yoga workshop

PRANAYAMA COURSE FOR JAPANESE STUDENTS

This course was held between 26th January and 8th February 2014. This was the first opportunity for a Japanese group to be taught by Shri O.P. Tiwari directly at Kaivalyadhama. This course was organized by "Yoga & Wellness Chandra" which is running by Motoko Saito MD. There were 19 Japanese participants in this course. The students deepened their pranayama practice under Tiwariji's guidance. They were all very satisfied with not only the pranayama practice but also the wonderful lectures based on the scientific and spiritual point of view, by several teachers every morning. They also enjoyed the traditional asana class conducted by Mr. Neeraj and Ms. Vivian (from China) every afternoon. This course became the first wonderful step to share traditional yoga without dilution to Japanese.



Pranyama Course for the Japanese group

Inaugural of the Pranyama Course

REPUBLIC DAY CELEBRATION

The programme for the day began with a slow march by the House Captains along with our Guest Mr. Anil Bhosale (TSRT, Incharge Lonavla Depot), the Principal Mrs. Anita Bhosale and Vice-Principal Mrs. Deepali Deshmukh Tulankar. The flag hoisting ceremony was performed by Mr. Anil Bhosale. The school children along with the principal, vice-principal, teachers, Kdham members and yoga students sang the National Anthem and the flag song. There was a house-wise march-past. After this, a student called Nikhil Kumar from standard VII gave a speech on Republic Day. This was followed by a Hindi patriotic song sung by the girls of Std IV to VIII. The yoga demonstration by Nikhil Kumar of std VII was an excellent performance, and he was praised and appreciated by all. The students of Std VI to VIII presented Lezim in a form of the lotus and swastika sign. Mr. Rajnish Sharma, the yoga instructor of Kaivalyadhama gave an inspiring speech and showed his enthusiasm in arranging a collaborative event for the next year. The guests appreciated the performance of the students and the hard work of the staff, and they also sang a melodious song praising our mother land. The Principal gave a vote of thanks and the program concluded with the song 'Vande Matram'.



Republic Day Celebration

MEETING OF THE MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES

A meeting of the adhoc board of yoga was held at Kaivalyadhama with a view to formulate a syllabus on Yoga therapy at the university. Detailed discussions were held and a draft of the fellowship program was formulated.



Meeting of the board and Maharashtra University of Health Sciences

STAFF REPRESENTATION

NATIONAL YOGA WEEK-2014, ORGANIZED BY THE MDNIY (NEW DELHI), FEBRUARY 2014

Dr. B.R. Sharma and Shri Ranjeet Singh Bhogal presented their invited papers on “Perspectives of Yoga Education” and “Objectives of Yoga Education” respectively, at the National Seminar on 15th February 2014 at the MDNIY, New Delhi. The lectures were well received and appreciated. On 16th and 17th February 2014, Shri R.S. Bhogal conducted a two days yoga workshop (daily 9.30 PM to 5.30 PM) at the MDNIY, New Delhi. He covered asanas, pranayama, bandhas, mudras, omkar recitation, kriya Yoga and meditation at the workshop. Both of them also contributed in finalizing the draft resolution of the National Yoga Week - 2014 that was passed unanimously at the valedictory function.

INTERNATIONAL YOGA FESTIVAL, UTTARAKHAND

Between 1st and 7th March 2014, Shri R.S. Bhogal represented Kaivalyadhama at the International Yoga Festival, organized by Parmarth Niketan, Rishikesh, and also at the International Yoga Festival, organized by the Government of Uttarakhand:

Shri R.S. Bhogal conducted two experiential sessions in yoga in (i) Yoga & Mental Health (4th March) and (ii) Pranayama (5th March). He also gave a talk on “Psychological Perspectives of

Yoga & Meditation” (06.03.2014) at the festival. He was also interviewed by the media and newsmen regarding the classical nature of Yoga. From 2nd to 6th March, 06.30 AM to 08.30 AM, he conducted experiential sessions in kriya yoga at the Ganga resort, muni kiReti, Rishikesh, for the International Yoga Festival of the Uttarakhand Government.



Shri R.S. Bhogal (right) and Dr B.R. Sharma (above) at MDNIY, New Delhi for the National Yoga Week



Shri O.P. Tiwari, Hon. Secretary Kaivalyadhama at MDNIY, New Delhi for the National Yoga Week



HIGH TEA AND RAJ BHAVAN ON OCCASION OF THE REPUBLIC DAY

Shri Subodh Tiwari was invited to attend the High Tea on the republic day at the Governors House. It was a good occasion to interact with prominent citizens.



Governor, Chief Minister and other ministers during National Anthem



Shri Subodh Tiwari with Shri. Vikas Rastogi, Secretary to the Governor

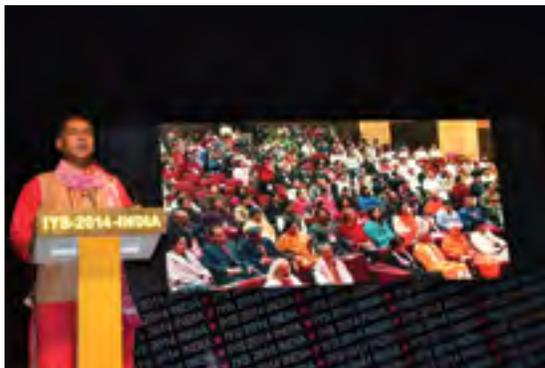
RECOGNITION OF SERVICE

Shri Subodh Tiwari was felicitated with the 'Kartavya Bhushan' award, by the regional newspaper 'Amber' for his contribution in social work and the field of yoga. In the photograph on the right, he is seen receiving the award presented by the President of the Lonavla Municipal Council.



Shri Subodh Tiwari receiving the award

YOGA CONFERENCE AT UJJAIN



Shri.Subodh Tiwari during the conference in Ujjain

Shri Subodh Tiwari was invited as a guest speaker at the International Conference organized by the Ujjain Life Society. The conference discussed the subject of 'Scientific, Social and Spiritual awakening with Yoga'. It was held in month of January 2014, and was organized well with good speakers and sincere efforts of the organizers.

BONDING TIME FOR SUPPORT STAFF OF KAIVALYADHAMA

A two day trip to Mahableshwar was organized for the workers of Kaivalyadhama. They left Lonavla on 25th January 2014 and returned on the 26th night. They visited various places in Mahableshwar, and they all enjoyed the outing and took the opportunity to bond together.

STAFF MEMBERS BOND AT THE ELEPHANTA CAVES

Every year the management organizes a recreational trip for Kaivalyadhama staff members. On 23rd February 2014, the trip was organized to the Elephanta caves. The staff members left the campus early morning and returned at night. They also enjoyed a boat ride from the Gateway of India to the Elephanta caves.



Kdham workers at Mahabaleshwar



Kaivalyadhama staff at the Gateway of India

GUESTS VISIT

Shri. K.P. Shashidharan is an alumnus from the London School of Economics, a member of the Indian Audit & Accounts Service, a premier higher civil service in the country (India). He is currently working as the Director General in the Office of the Comptroller and Auditor General of India. He visited Kaivalyadhama on 23rd February 2013.



Shri K.P Shashidharan at the Publication Department

INAUGURATION OF GARGI CHHATRAWAS – PHASE-I

On 10th March 2014, the girls hostel was inaugurated by Dr Ramesh Bijlani.



Inauguration of Gargi Chhatrawas - Phase 1

KAIVALYADHAMA YOGA PRACTITIONERS' ASSOCIATION

Current students and ex-students may register their name, and will receive a digital certificate with their name on it, as a registered Kaivalyadhama Yoga Practitioner. The process will take roughly 30 days since we have to verify all entries. The registration is free.

NEW FACES IN THE INSTITUTE AT LONAVLA

In March 2014, Brig. Suhas Dharamadhikari joined Kaivalyadhama as a Consultant - Operations. A respected Army officer with vast experience and a spiritual heart will surely contribute to enhance the functionality of the institute.

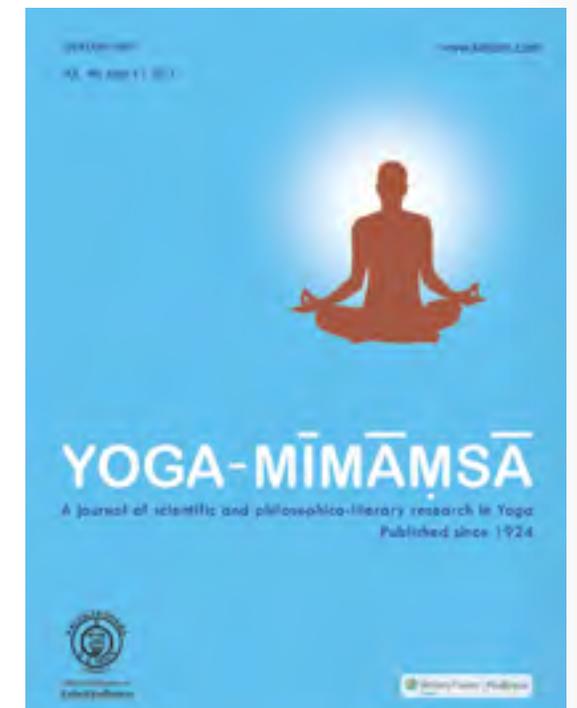
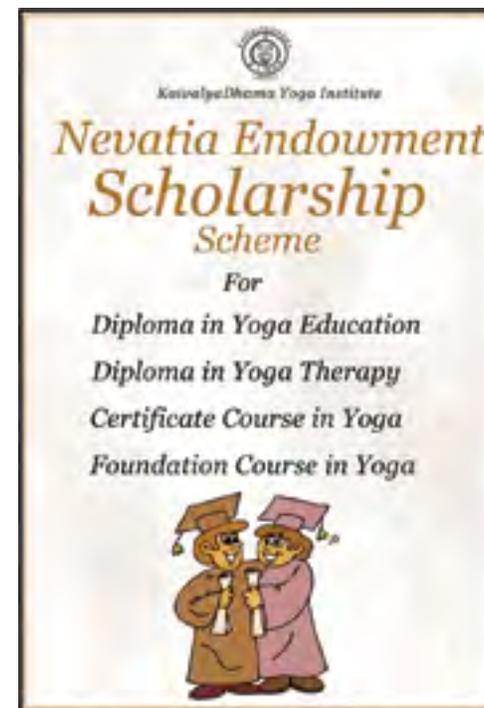
We also welcome Dr. Amirchand Gupta who joined us as the Head of the Naturopathy Department. Dr. Gupta has an immeasurable experience in the field of Naturopathy, together with his work experience at Jindal in Bangalore and National Institute of Naturopathy, Pune.



Brig. Suhas Dharamadhikari



Dr Amirchand Gupta, Naturopathy



Call for Papers!

Yoga Mimamsa goes Online!

New Features at a Glance

1. Abstracts indexed with PubMed and ProQuest.
2. Tie-up with world's largest open-access health journal publisher.
3. YM available or free online reading.
4. Wider citation opportunity for authors.

It gives me great pleasure to inform you that, keeping abreast with the times, our research journal, Yoga Mimamsa (YM) is poised for a major breakthrough with its plans to be available online as well as its abstracts indexed with PubMed, ProQuest and other reputed indexing agencies starting June 2014. For this, *YM has tied up with Medknow Publications*, a part of Wolters Kluwer Health, one of the largest open-access publishers worldwide with nearly 300 plus medical journals in its portfolio and a statistics of nearly 1.2 lacs article-download in a single day.

YM will be available worldwide online from June 2014 as an open-access journal in HTML format, and downloadable in PDF and other latest formats through subscription. Print copies will also be available through subscription. This will greatly enhance the spread of knowledge and message of Yoga in the world community as well as give worldwide exposure to the research articles and its author/s. To manage this forthcoming transition smoothly and efficiently, YM will be published biannually instead of quarterly for at least a couple of years. YM hopes to resume its quarterly frequency very soon.

In anticipation of the upcoming June online publication of YM, we solicit your contribution in the form of high-quality empirical and philosophico-literary research papers in Yoga and allied sciences emailed to ymmanagingeditor@gmail.com. Alternatively, you could also register as an author at <http://www.journalonweb.com/ym/signup.asp> to make an online submission of your research paper. YM does not charge any publication fee from the authors as it believes in encouraging authors to publish by providing them a widely accessible platform. I hope that you will take advantage of this opportunity to reach a worldwide audience through YM as well as further our efforts to spread the knowledge of India's rich scientific as well as spiritual heritage.

As our loyal subscribers, we would also like to urge you to spread the message across to all your relevant personal and professional contacts about our "Call for Papers" by word-of-mouth as well as display on notice boards. We encourage you to contribute to the flourishing of YM as much as possible!

Managing Editor
Yoga Mimamsa



ONLINE Yoga Instructors Course

Launching Shortly!



Adhyayan - Study - 100 hours

3 months to maximum 6 months at your own pace, at your home.

60 hours of theory video lectures.

40 hours of online discussion with Yoga Mentors.

6 PDF online books to read.

Theory completion certificate issued.

Abhyasa - Practice - 100 hours - Intensive 4 weeks.

Asana practice.

Pranayama practice.

Mantra chanting practice.

Teaching practice.

This can be done at Kaivalyadhama, India after completion of online theory (study) or with our designated teachers in various countries.

On completion of both final certification will be issued.

For more details, go to : www.kdham.com/yic
Write to co-ordinator : abhishek@kdham.com

VISITS TO THE INSTITUTE



Students from Yoga Sadhana Pune visit Kdham



Certificate Course in Yoga Students from Mumbai visit Kdham



Students from Ghantali Mitra Mandal visit Kdham



Certificate Course in Yoga Students from Mumbai visit Kdham



Students of USA at Kaivalyadhama, Lonavla



Visit of Lakshya Group from Patiala

YOGA SESSION AT TATA GARDEN, LONAVLA

A yoga session was conducted by Mrs Jyoti Tiwari, for the wives of the employees of Tata Power (Lonavla), on International Women's Day. This event was coordinated by Mrs Malti Shanbag.



Yoga Session at Tata Garden, Lonavla

LECTURES AT KAIVALYADHAMA



Yoga and Day-to-day Life - A Speech by Swami Anubhavananda



DR Ramesh Bijlani at Kdham, Lonavla



Lecture session by Dr. Sat Bir Singh Khalsa - Assistant Professor of Medicine at Harvard Medical School, at Kaivalyadhama

INAUGURAL OF ADVANCED TEACHERS TRAINING COURSE

An advanced teachers training course was inaugurated on 15th March by Swami Maheshananda at Kuti. 9 students enrolled for this course.



Inaugural of Advanced Teachers Training Course



UPCOMING COURSES IN COLLEGE

1. Bachelor of Education (B.ED.) - Yoga, in collaboration with Pune University.
2. Master Class for Yoga Teachers: It is essential on our part to make our yoga teachers as well as those who are teaching in other institutions, aware about the new development in the field of yoga. The course will include the essential components to maintain quality of teachers in the field of Yoga education with regard to their self development and upgrading soft and teaching skills.

HOLI CELEBRATION AT KDHAM



Holi Celebration at Kaivalyadhama

SOLAR PLANT AT KDHAM

The institute has always been in forefront to use the solar energy. This year a 69 kWh plant was commissioned with help of the Tata Power. This would take care of most of the load of the institute during the daytime. It's a tracking system so the output is optimal.



Solar plant at Kaivalyadhama

BIOMASS PLANT AT KDHAM

Power by biomass gasification: Electricity can be generated by using woody biomass in a equipment called Gasifier. In gasifier, the biomass is combusted in limited oxygen and producer gas is formed. The hot producer gas is cooled in a venturi scrubber and particulate matters are removed from the gas stream. This clean gas is fired in gas engine generator to produce electricity. This gas can also be burnt to get process heat. The producer gas is potentially an efficient way of using rather than direct combustion of the original biomass. The power produced by biomass gasification is cheaper as compared to electricity generated using natural gas and diesel. At Kaivalyadhama, we are installing a downdraft gasifier with 16-20 kw electrical output (based on the engine efficiency/ type).



Biomass Plant at Kaivalyadhama

MEETING OF THE EXECUTIVE COMMITTEE OF KAIVALYADHAMA S.M.Y.M. SAMITI ON IMPORTANT ISSUES.



THE SOUL OF THE INSTITUTE ENLIGHTENS

Ongoing projects in the Scientific Research Department

1. Effect of Yoga Training on Inflammatory Cytokines & hs-CRP among Industrial Workers: Inflammation plays a major role in many diseases including those caused by industrial pollution among workers. The above project builds on the idea that yoga practices are likely to prove helpful in reducing inflammatory markers such as IL-6, TNF- α and hs-CRP among the industrial workers. The pre-testing for this project has been completed and the yoga training program is currently being conducted.

2. Effect of Yoga practices on immunity-related Cytokines among Industrial Workers: Immune system depletion is an unfortunate side-effect of today's modern lifestyle. This study explores the efficacy of yoga on immunity-related cytokines in industrial workers. The pre-testing for this project has been completed and currently, the yoga training program is being conducted.



3. Effect of Yoga practices on attention, motor learning and neuro-motor impairments in mentally challenged children: This study explores the effect of yoga training on perception, attention and neuro-motor co-ordination abilities of mentally challenged children. The pre-testing for this project is currently being conducted.



4. Pulse Pattern Variability in Nadipariksha in the context of Nostril Dominance - A Physiological Study: This fundamental study is an attempt to understand the physiological implication of both nostril dominance and nadipariksha in terms of bio-energy mobilization, storage and expenditure. The 1st phase of pre and post testing and the 2nd phase of pre testing for this project have been completed. The

post testing of the 2nd phase is currently being conducted.

5. Effect of Yoga on the micro-nutrient absorption in urban school children: This study investigates whether yoga training improves micro-nutrient absorption in children living in urban areas which are high in pollution. The spade-work for this project has been completed and the pre-testing will begin in June 2014.



6. Role of Yoga in management of foot deformity symptoms among school students: This study attempts a detailed examination of the effectiveness of yoga training in reversing symptoms of specific foot deformities and helping in better management of the condition. The pre-testing for this project has been completed and the yoga training program will begin when the school reopens in June 2014.



7. Ujjayi Pranayama and its Psycho-Physiological Effects - An Exploratory Study: This study facilitates fundamental research into Swami Kvalyananda's concept of "psycho-physiological reconditioning" through pranayama, in particular ujjayi, by measuring relevant psycho-physiological variables. The 1st phase of pre and post testing and the 2nd phase of pre testing for this project have been completed. The post testing of the 2nd phase is currently being conducted. A paper was also presented in an international conference.

8. Effect of Yoga on Pulmonary function and inflammatory markers in Geriatrics: This study attempts to investigate the effect of yoga practices on pulmonary function, associated systemic inflammation and cognitive abilities in a geriatric population. The spade-work for this project is currently being done.

9. Impact of Yoga module on selected medical parameters in Type 2 Diabetes patients: This study examines the effect of yogic practices on parameters of

metabolic syndrome and insulin resistance in Type 2 Diabetes patients. The spadework for this project is currently being done.

10. Effect of Yoga on gene expression in Type 2 Diabetes: This study investigates if and how yogic practices are likely to delay the expression of specific genes that are related to the predisposing factors of Type 2 diabetes. The spadework for this project is currently being done.

KAIVALYADHAMA, MUMBAI

YOGA CLASSES AT BOMBAY MUNICIPAL SCHOOLS

This was one of the activities of Yoga Education Fund. Kaivalyadham Mumbai conducted yoga classes for students of Bombay Municipal Schools. The financial assistance was given by rotary club of Bombay. Ten BMC schools in south of Mumbai were covered. There were around 50 students in each batch. All the students were benefited from yoga classes. Considerable improvement mainly in memory, concentration and well-being. Various yoga teachers from Mumbai Kaivalyadhama were deputed to ten different schools. This activity was coordinated by Mrs Shilpa Ghone.



Yoga classes at Bombay Municipal Schools

DISCOURSES BY SWAMI ANUBHAVANADA

Discourses on Know yourself were conducted from 1st to 7th January 2014 by Swami Anubhavananda, in the evening. A daily schedule included practices of dharana and pranyama, which were conducted by Shri Gyan Prakash Shukla.



Swami Anubhavananda at Kdham, Mumbai

WORKSHOP ON MEMORY AND CONCENTRATION

Kaivalyadham, Mumbai organized a special workshop on Memory and Concentration for Students. The workshop began on 20th January and ended on 25th January 2014. The inauguration took place on 16th January followed by the shanty path. The young, talented Dr. Anjali Karira was the guest lecturer at the inauguration.

Dr. Anjali Karira was the House Officer and Registrar in Psychiatry at the Lokmanya Tilak Medical College & General Hospital. She is currently a lecturer in Psychiatry at Dr. D Y Patil Medical College and Hospital at Nerul. She is also a consulting psychiatrist; practicing at Farooqui's poly-clinic in west Bandra and also at the Aryan Hospital at Kurla east in Mumbai.

Dr Anjali was felicitated by Mr. Ruchir Bansal (Deputy Director) in the presence of Mrs. Ruchir Bansal, Dr. G. P. Shukla (Asst. Director) and Dr. Nutan Pakhare (P.R.O & Medical Consultant). This was then followed by the lighting of the symbolic lamp.

Yoga classes were conducted by Miss Sunita Adhikari and assisted by Mrs. Naina Daryanani. 12 practitioners participated in the workshop, out of which 5 were students. All of them were extremely grateful to Dr. Anjali Karira, Miss Sunita Adhikari and the institute for their efforts in enlightening them on how to improve one's memory and concentration, with the help of yoga.



Workshop on memory and concentration

PRANAYAMA WORKSHOP

From November 2013 to March 2014, Kaivalyadham, Mumbai had organized a series of seven workshops. It was concluded with a workshop on Pranayama. This workshop took place on 3rd March and ended on 9th March 2014. Inauguration for this workshop took place on 1st March, inauguration with the customary shanti path. The guest and invitees were warmly welcomed by Mrs. Naina Daryanani, the workshop coordinator.

The guest lecturer at the inauguration was Dr. N Ganesh Rao, who is an extremely knowledgeable and dedicated person. He presented a lecture on Anatomy and Physiology of yoga practices pertaining to the topic of Pranayama. The audience was highly motivated by his talk, as he highlighted the importance of Pranayama in our day to day life.

Dr. Rao has a prominent involvement in the academic field, and has been a National level sportsman. Recently he joined as an advisory member to Kaivalyadham Mumbai.

He was felicitated by Shri. Sitaram Shah (businessman and Chairman of Yoga & Health committee of the Rotary Club) in the presence of Dr. G. P. Shukla (assistant secretary) and Dr. Nutan Pakhare (P.R.O

& medical consultant). The program commenced by lighting the symbolic lamp, and Dr. Nutan Pakhare proposed the vote of thanks.

A yoga class was led most enthusiastically by Mr. Bharat Chawda and assisted by Mrs. Naina Daryanani. Bharatji introduced the subject in a step by step manner and made it easy for the practitioners to understand. The significance of the necessity and the appropriate preparation for Pranayama, in the form of posture, calmness of mind, and awareness were also taught to practitioners.

On the final day of the workshop, a sponsored publication (Yoga Directory) was distributed to all the workshop participants. This directory is part of the Yoga Education fund. This is a joint venture involving four organizations in partnership. These are:

1. Rotary International District 3140,
2. Kaivalyadham Institute, Lonavla,
3. Time Foundation (Mumbai),
4. Indian Yoga Association.

Under this fund various activities are carried out, such as: publication, medical camps, sending yoga teachers to numerous BMC schools and training students for C.C.Y/D.Y. Ed at Lonavla.

The participants came from various parts of Mumbai. They were of a mixture of age groups, different dialects and an assortment of various occupations. Nevertheless, a striking unity took place during the course, thus illustrating the Yogic principle of 'Unity in diversity.'

At the end of the workshop, the practitioners were very grateful to Dr. Ganesh Rao, Mr. Bharat Chawda and the institute, for their efforts in enlightening them on how to improve their health and life style, thereby bringing them more mental peace and serenity.



Pranayama Workshop

KAIVALYADHAMA OVERSEAS

WORKSHOP ON YOGA, AUSTRALIA

Fundamentals in theory and practice of classical yoga asana & pranayama was conducted by Shri Sudhir Tiwari from 22nd and 23rd February 2014. This Workshop gave unique opportunity to gain an understanding of the theory, practice and essence of classical yoga (Asana and Pranayama). Each dawn started auspiciously with a traditional fire ceremony. The morning session also followed by practical class of Asana and Pranayama. After a break afternoon sessions included chanting, meditation and Question / Answer and discussion.



Workshop on Yoga with Shri Sudhir Tiwari, Australia



Workshop on Yoga with Shri Sudhir Tiwari, Australia

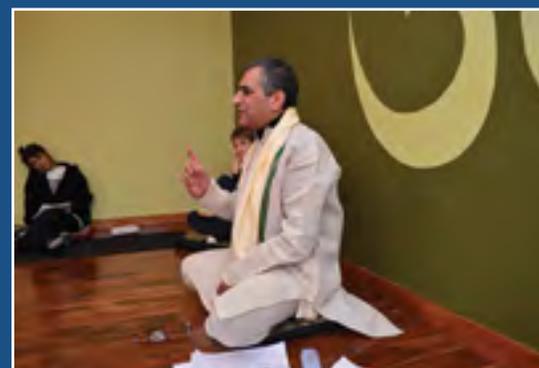


Workshop on Yoga with Shri Sudhir Tiwari, Australia

WORKSHOP AT NORTH SHORE YOGA, CHICAGO (FEB 28 - MAR 2)

Breathe positive, breathe yoga!

Shri O.P Tiwari words "Breathe Positive, Breathe Yoga!" highlights the focus of the spring workshop at North Shore Yoga in Northfield: pranayama. It was conducted by Shri Sudhir Tiwari. The workshop focused on breath work. Highlighting the fact that one can control prana (life force) and remove distractions from the mind to prepare better for meditation. Participants learnt the correct techniques of these practices based on authoritative yogic texts. The workshop included discussions, practices of asanas, progressive chakra-based beej mantra, meditation techniques and ayurvedic principles. Pulse reading, explanation of salient features of pranayamic practices, preparatory practices and pranayama as well.



Workshop with Shri Sudhir Tiwari at North Shore Yoga, Chicago

KAIVALYA VIDYA NIKETAN

ANNUAL DAY

The 3rd Annual Day of the pre-primary was held on 22nd Jan 2014 at 5:30 p.m. on the grounds of Kdham . The chief guest for the day was Advocate Madhavrao Bhonde, the chairman of Bhonde High School. The Programme began with the lighting of the lamp by the chief guest, principal, Mrs. Anita Bhosale, vice-principal Mrs. Deepali Deshmukh and other dignitaries. Tr. Arti introduced the chief guest, and he was felicitated by the chairman, Swami Chaitanya Swarupdas and Mrs. Bhonde was felicitated by the principal. Mrs. Salvekar, the principal of Bhonde High school was felicitated by the vice-principal and Dr B.R Sharma, the principal of G.S. College of Yoga, Kdham was felicitated by Shri. Subodh Tiwari the secretary of Kaivalyadhama Ashram. The Principal read out the annual school report for the year 2012-13. Prizes and certificates were distributed for the nursery, lower kinder garden and higher kinder garden by the chief guest advocate Madhavrao Bhonde and his wife, as well as by Swamiji , Subodh ji and the principal of Bhonde High School Mrs. Salvekar.



The cultural programme began with the skit and dance based on the theme 'Save the Environment.' There was also a yoga demonstration by the students of Std V to VII. It was an excellent performance. The chief guest said a few words, and appreciated the performance of our tiny-tots. He praised and encouraged the children and wished them all the best for the future. Swamiji praised, blessed the children and appreciated the hard work put in by

the KVN staff. Our vice-principal gave vote of thanks. The program concluded with the National Anthem. Everyone enjoyed and appreciated the program.



SCIENCE EXHIBITION

Kavalya Vidya Niketan celebrated Science Day on 28th Feb 2014. The program commenced at 12.45 pm. Prof. N.P. Kumbhare was invited as our chief guest. Mrs. Pushpa Mandke, Mr. Sharad Sinha of Kaivalyadhama also were invited for the program. It was conducted in the following manner: Inauguration of the science day was done by cutting of ribbon by the chief guest. Tr. Rehana lit the lamp along with a small prayer sang by the vice-principal Madam, Tr. Geeta, Tr. Savita and Tr. Rupali. A short introduction of the theme was given by Tr. Bhagyashree. The chief guest was felicitated by Mrs Pushpa Mandke, (administrative officer) and Mr Sharad Sinha (office suprintendent) Mrs. Pushpa Mandke and Mr. Sharad Sinha were felicitated by the vice-principal Ms Deepali Deshmukh. Tr. Rehana felicitated Mrs Anita Bhosale, the principal.



During all these sessions all the staff members along with the parents were requested to assemble in the corridor and requested to move to watch the science exhibition.

The theme for the science day was "Health is Wealth." The theme, the necessary points, the model making and the chart were completely planned by Tr. Bhagyashree. Whereas, the sitting and display arrangements, were discussed and decided in the staff meeting held in the Principal Madam's office under the guidance of the vice-principal.

The points considered for the display of Std. I to Std. IV were as follows:

1. Standard IA = Food grains, healthy and junk food. (Tr. Sonia)
2. Standard IB = Parts of the body and its care (Tr. Arti)
3. Standard II = Food and clothing according to climate (Tr. Shehanaz)
4. Standard IV = Fun and food (Tr. Rizwana)

The topics, planning and display from Standard I to IV were decided by the EVS teachers of the respective classes.

The topics given from standard V to VIII were as follows:

1. Standard V- Junk and healthy food. - Tr. Sarvar
2. Standard VI- Human skeleton, joints , muscles, diet and exercise to keep all healthy and fit. (All topics were from their syllabus) – Tr. Bhagyashree
3. Standard VII- Respiratory system, circulatory system, excretory system, breathing system, heart. (all topics were from their syllabus) – Tr. Asha
4. Standard VIII- Hormone, eye and brain. – Tr. Geeta

The points considered for the display from Std. V to Std. VIII were as follows:

1. Diagram on chart paper.
2. Information related to its function, role, and importance to the human body, on chart paper.
3. Information related to diseases related to the organ on the chart paper.
4. Information related to research related to the organ on the chart paper.
5. Information related to yoga (minimum-4) related to the organ on the chart paper along with postures.
6. Information related to proper diet related to the organ on the chart paper.
7. If possible, a power point presentation related to the organ covering all the above points.
8. One healthy food item to be displayed and served to the guest, visitors and parents.



The teachers were already given the topics and the points and were asked to keep a follow up of the students work progress. Drawing, writing of charts and preparing models were done in school under the guidance of Tr. Bhagyashree and Sir Harish. Models were made of pop this time, except for the eye

model. Tr. Anjali was in charge for the yoga and diet points. Class teachers decided the healthy food items to be served. The charts and models were made in the school by the students. They enjoyed making all the preparations as well as learnt many things.

Science exhibition was displayed in the respective classes. Only standard VII and VIII was conducted in the AV Hall. The food stalls were displayed in Standard VII and the corridor in front of the AV Hall.

At the exit door, a huge palm, drawn by Sir Harish, was displayed to get the feedback from the parents related to the science exhibition display. We received many positive views and also few suggestions. All the KVN school staff members were very happy and tired by the end of the day.



WHAT IS THE REAL DATE OF KAIVALYADHAMA AND WHEN WAS IT ESTABLISHED?

- O.P. Tiwari

It was a long standing question in my mind as to what is the real date of formation of Kaivalyadhama. Although Swamiji officially declared it to be October 1924, in my mind it was always a question how it was possible for two things to happen at the same time. Formation of Kaivalyadhama and bringing out the 1st volume, 1st issue of the research journal Yog Mimamsa where the study of "Uddiyana Bandha", "X-Ray Experiment on Uddiyana", "What is Nauli?" and "The Discovery of partial vacuum in the colon in Nauli" also got released on same day of the same year. My query to myself was that the above topic of research would have required time and sufficient effort to research the facts. Swamiji was never after name and fame. When I tried to inquire from him his reply was not to bother about small things. I agreed and I did not write anything till he was alive. But I feel it is my duty to bring this fact in front of the readers and lovers of Kaivalyadhama and Yog Mimamsa journal.

Hence the fundamental question is still not answered: as to when was Kaivalyadhama

established? Logic tells us that if Swamiji first taught, then experimented, then analysed the results of the data, surely all of this required time. Then the selection of the subject matter, followed by actually writing the articles, followed by printing the matter, too required planning and executing it into place. As a result, the establishment of Kaivalyadhama and on the very same day bringing out the 1st edition of Yoga Mimamsa is simply not possible. Starting something new and such noble work surely requires a fair amount of time and planning. Hence Kaivalyadhama must have begun long before the 7th of October 1924. So far, we were only trying to trace the link, if any, to conclusively prove the official date of the establishment. Swamiji after leaving Pune from "Kesari" ... came in contact with Madhavdasji Maharaj of Malsar, Gujrat. Later as per his desire he wanted to explore the scientific aspect of Yoga. He decided to do scientific research as he declared in Vol. 5, Issue 1 - "Nothing that has not been tested either clinically or in the laboratory will appear in the pages of this periodical. What truths will be revealed by these researches nobody can predict. Ashrama will enrich the field of physiology, psycho-physiology, therapeutics, spiritual and physical culture, etc. Years of labour in psycho-physiology may help the scholars to solve some of the toughest problems of philosophical thought".

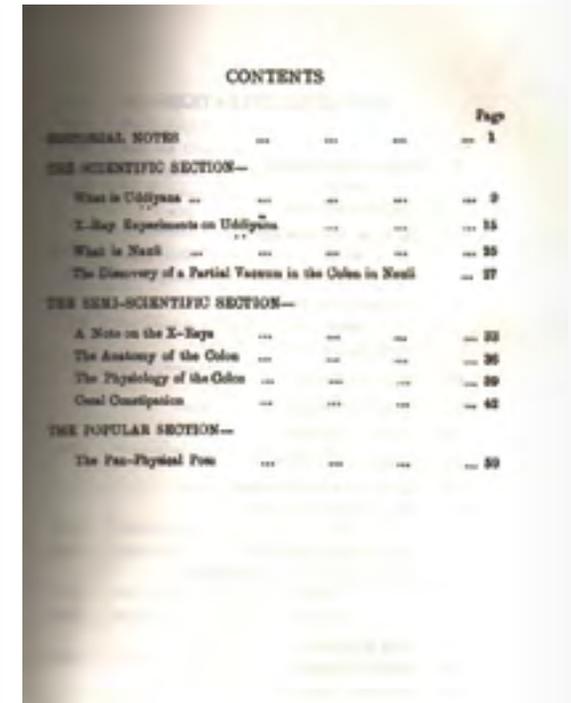
The experiment of yogic practices must have started at Amalner, his Karmabhumi, and later, after seven years, he would have shifted to Lonavla with all the material of research and officially declared the established Kaivalyadhama as an institute. Hence, the experiment was started at Amalner; officially Kaivalyadhama was also at Amalner, later having a permanent place in Lonavla. The date of establishment was declared as 1924 but more important is the phase of Amalner where his successor Swami Digambar joined him.

However, as I got busy observing the completion of the biography of Swami Kuvalayananda by Dr. G. Ramakrishna and Bodheji during that time, I came across a booklet containing poems of Swamiji, published in Baroda. It is clearly visible that the address is Kaivalyadhama and the date given is 1st February 1917. Accepting this, it solves our problem. It is clearly visible that Yoga Mimamsa and its Research and Publication department must have begun in 1917. Hence it took a number of years for training of the subject, for conducting the various experiments, and for publishing the results. Thus Swamiji must have thought it to be the same day for the establishment, as name and fame never meant anything to him. Thus it can be said that the real date of establishment of Kaivalyadhama is 1st February 1917, and not 7th October 1924.

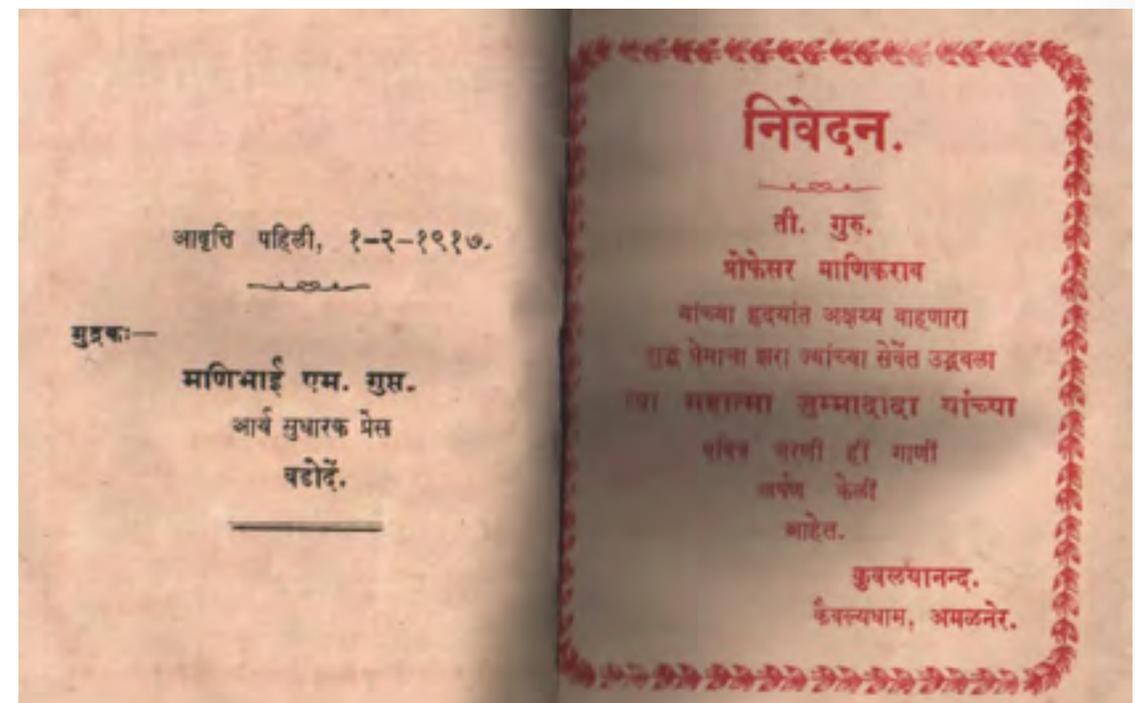
To support my above argument please find below the images which speaks for itself.



Cover page of 1st Volume of Yog Mimamsa Journal



Index of 1st volume of Yog Mimamsa Journal



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