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Kdham*WORLD*

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KAIVALYADHAMA

WHERE YOGA TRADITION & SCIENCE MEET

EDITORIAL



Subodh Tiwari
(Administrator)

Many great personalities visited Kaivalyadhama during last three months. Swami Ramdev, famous for his work in spreading Yoga and his Patanjali Ayurved© products, visited in January, after finishing his Yoga Camp in Pune. A soulful man, Swamiji swept the hearts of everyone at Kaivalyadhama and happily toured the entire campus before demonstrating and explaining the intricacies of yoga.

Swami Tejomayananda, the recipient of the 2015 Padma Vibushan visited the campus shortly after. A learned and humble man, Swamiji is the head of the Chinmaya Mission globally, whose mission is “to provide individuals from any background, the wisdom of Vedanta and the practical means for spiritual growth and happiness, enabling them to become positive contributors to society.” He spoke to the students with his vast knowledge and charm concluding his visit with a tour of the campus.

Shri.Ajit Saran, the Secretary of AYUSH also visited the institute marking the first visit of an AYUSH secretary to Kaivalyadhama. He toured all of the departments on campus, held discussions, and experienced yoga practice. His visit highlighted the need for coordination between Kaivalyadhama and AYUSH, The Ministry of AYUSH will shortly create standards in the field of yoga training, to maintain high-quality yoga education and learning. The standards will only be possible with the unification of both institutions. A well-organized and forthright man, Shri. Ajit Saran will definitely take AYUSH forward and we wish him luck with his future ventures.

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

WORKSHOPS, TRAINING & EVENTS

REPUBLIC DAY CELEBRATION

The students, faculty and parents of Kaivalya Vidya Niketan celebrated the 67th Republic Day on the school grounds. Shri O.P. Tiwari, the privileged guest, hoisted the flag and was accompanied by Brig. Suhas Dharmadhikari. Following the flag hoisting, the students participated in cultural dances and patriotic songs to celebrate the day. Maval Warta organized the program.



Republic Day Celebration

CHRONIC CURES

The Chronic Cures program took place from 14th February to 5th March. This year, there were 8 participants who contributed to the wonderful outcome of the program. The Chronic Cures program, coordinated by Lee Majewski, addresses chronic diseases, like cardiovascular disease and high blood pressure, through yogic, naturopathic and educative means. The program lasts for three weeks with a regimen of detoxification, rejuvenation and education on a daily basis. We had many positive results and great feedback this year and look forward to the next program.



Program on Chronic Cures

NEW YEAR CELEBRATION ON CAMPUS



New Year Celebration on the campus

KRIYA YOGA

The Kriya Yoga Anushtan was held during the first week of January under direct guidance of Swami Maheshanandji. The primary focus of this anushtan was going deeper within the self. Adhering to silence (mauna) and maintaining a light sattvik diet were also highlighted throughout the anushtan. The schedule included three sessions of chanting and swadhyay, along with two sessions of asanas and pranayama and one lecture session. Students of the college and sadhakas participated in this Anushtan.



Kriya Yoga Anushtan

WORKSHOPS ON PRANAYAMA (JAPANESE & CHINESE GROUPS)

During the months of January and February, Shtri. O.P. Tiwari, a leading authority in pranayama and a direct disciple of Swami Kuvalyanadji, held two pranayama workshops for the international yoga students of Japan and China. The Japanese workshop, composed of 30 teachers and students, lasted for one week and the Chinese, composed of 50 teachers and students, lasted for two. The workshops helped students and teachers alike gain higher ground in their practices and in their experience of yoga. Tiwariji held daily practice-based sessions and along with question-and-answer sessions. Daily lectures were given by various staff members of Kaivalyadhama on topics ranging from the Bhagvad Gita to scientific surveys of yoga.



Workshops on Pranayama (Japanese & Chinese Groups)

CERTIFICATE COURSE IN YOGA (C.C.Y.)

The Certificate Course in Yoga is a biannual course that lasts for six weeks. Swami Maheshanandji inaugurated the most recent course on the 15th of January. A total of 42 students from India and abroad enrolled in the course. Senior teacher, Shri. Bharat Singh was the coordinator of the course. The Kaivalyadhama faculty



and staff warmly welcomed the students and helped them throughout their stay. The students spent six weeks under the tutelage of the Kaivalyadhama faculty learning the textual, psycho-physiological, and practical aspects of yoga, as well as, teaching methods in yoga. The next certificate course will be held on the 2nd of May.



Certificate Course in Yoga - Group Photo

CERTIFICATE COURSE IN YOGA IN JAMMU

Disturbances in our external environment influence us on a personal level. Jammu and Kashmir are two states which have been disturbed throughout their history and this disturbance has taken a toll on Kashmiris and Jammuities. Vichar Kranti Manch, a non-profit organization working in the field of social harmony promotion, requested a tie up with Kaivalyadhama to increase the awareness of yoga as a means to reduce the effects of these external disturbances on Kashmiris and



Certificate Course in Yoga in Jammu

Jammuities. A certificate course in yoga was organized as a result of the tie-up with 40 participants. In the month of February, a function was held to distribute the certificates to the successful candidates. Chief Guest for the function was Shri. Sudheer Jain, the Hon'ble Speaker of the State Assembly, Shri. Subodh Tiwari was the guest of honour.

YOGA INSTRUCTOR COURSE

The Yoga Instructor Course is an online teacher-training program designed for students to learn at their own pace. The course is divided into two components: theoretical and practical. For the theoretical component, students receive 100 hours worth of online lectures to self-study. For the practical component, also lasting 100 hours, students spend 60 hours under supervised practice, 20 hours of self-practice and 20 hours of supervised teaching. The online lectures are based on Patanjali's yoga sutras, anatomy & physiology of yoga sutras, ancient yogic texts such as Hathpradipika, and various meditation techniques. The practical part of training where students are educated on yoga asanas, pranayama, kriyas and teaching methodologies of yoga are conducted onsite at Kaivalyadhama, Lonavla, or can be done through Kaivalyadhama-certified teachers throughout the globe. This March, Kaivalyadhama welcomed and certified two groups of yoga students.





Yoga Instructor Course

MEDITATION WORKSHOP AT SHANGHAI (CHINA)

Shri R.S. Bhogal was deputed to The Clinic International (Shanghai) for a seven-day yoga meditation workshop. There were 40 participants from, China and other parts of the world. The students lauded the workshop and Bhogalji in their entirety as the event was a huge success overall.



Meditation Workshop - Shanghai, China

REJUVENATION FOR CANCER SURVIVORS

The three-week workshop for cancer survivors is an annual workshop coordinated by Lee Majewski. The workshop was held in the month of March. There were eight participants in this workshop; four international and three domestic who underwent the three-week course. They found the three-week journey to be uplifting, yet at times difficult, as coming face to face with the past is no easy task.



Rejuvenation for Cancer Survivors

CONTINUING MEDICAL EDUCATION (CME) FOR YOGA TEACHERS

A total of 29 yoga teachers including assistant professors in yoga, Swasthavritta & yoga registered for the CME event this past March. The CME schedule included 12 practical & lectures sessions of one and a half hours each daily for six days. A total of 12 resource persons were utilized for practical & lecture sessions separately. The resource persons gathered from Kaivalyadhama, Lonavala along with from the states of Tamilnadu, Gujrat, Haryana, Tamilnadu, Orrisa, Jharkhand to guide the CME students in their practices.

The President of KMYM Samiti, Kaivalyadhama provided each of the participants with a certificate for successful completion. This CME programme was successfully coordinated by Dr. Nidheesh Kumar Yadav, Lecturer, G.S College of Yoga & C.S. Kaivalyadhama.



Continuing Medical Education (CME) for Yoga Teachers

THE INTERNATIONAL CONFERENCE ON SCIENCE AND ARTS OF YOGA IN COLLABORATION WITH PUNE UNIVERSITY

Kaivalyadhama organized the International Conference on the Science and Arts of Yoga: Theory and Practice in collaboration with CASS-Pune University during 24th to 27th February 2016. The inaugural ceremony was held at Pune University chaired by Prof. Harekrishna Satapathy, Vice-Chancellor of RSV-Sanskrit University, Tirupathi and graced by Shri. O.P. Tiwari, Secretary of Kaivalyadhama and Prof. S.M. (Raja) Dixit, Director of the Interdisciplinary School at Pune University. Swami Atmapriyananda, the Vice-Chancellor of the Ramakrishna Mission Vivekananda University, addressed the throng with his illuminating keynote speech. The

inaugural show was followed by a yoga demonstration by the students of Kaivalyadhama. Participants attended two days of the conference at Pune University and eighty-five delegates celebrated the third day of the conference at Kaivalyadhama, Lonavla. Swami Maheshanandaji, Chairman Kaivalyadhama, Shri. O.P. Tiwari, Secretary Kaivalyadhama, Shri. Subodh Tiwari, CEO Kaivalyadhama, Prof. B.K. Dalai, Prof. Sailaja Katre and Prof. Nirmala Kulkarni graced the occasion that began with the chanting of Vedamantra. Several leading researchers presented their work over the course of the conference with a panel discussion open to all for participation.





The International Conference on Science and Arts of Yoga in collaboration with Pune University

PARTICIPATION IN PROGRAMS/CONFERENCES/MEETINGS

INTERNATIONAL YOGA FESTIVAL AT RISHIKESH

Shri. O.P. Tiwariji was invited as a Guest of Honour at the International Yoga Festival held in Rishikesh, Uttarakhand by the Uttarakhand Tourism Department. He spoke on comparative psychology between the West and India and today's need to ensure that the principles of Yoga are not sacrificed. The Festival was a huge success and we congratulate all those who helped organize in the event.

INTERNATIONAL CONFERENCE ON ADVANCES IN ASIAN MEDICINE

Shri. Subodh Tiwari and Dr. B.R.Sharma were invited speakers at the Pre-Conference on 1st International Conference on Advances in Asian Medicine hosted by Indian Association for the study of Asian Traditional Medicine, Pune.



International Conference on Advances in Asian Medicine

CHINMAYA INTERNATIONAL FOUNDATION SHODHA SANSTHAN

Dr. B.R. Sharma was invited to deliver lectures in a workshop on "Yogo Bhavati Duhkhaha" by Chinmaya International Foundation Shodha Sansthan, Adi Shankara Nilayam, Veliyanad, Ernakulam, and Kerala, India from Jan 18-25, 2016.



Chinmaya International Foundation Shodha Sansthan

DR. B.R. SHARMA AS A PANEL MEMBER

Dr. B.R. Sharma was appointed by KKSU, Ramtek, as one of the Panel Members of Affiliation Enquiry Committee for K.J. Somaiya College, Mumbai.

INAUGURATION OF YOGA AND NATUROPATHY CENTRE AT MG UNIVERSITY

The inauguration of a yoga and naturopathy centre took place at the Mahatma Gandhi University in Kerala. Shri. Subodh Tiwari was invited by the Hon'ble Vice Chancellor Prof. Babu Sebastian for launching this center. This inauguration marks the beginning of harmonious work between the two institutions for the promotion of yoga.



Inauguration of Yoga and Naturopathy Centre at MG University

INVITATION TO YOGA VIDYA GURUKUL IN NASIK

Shri. Subodh Tiwari was invited to the Yoga Vidya Gurukul, Nasik for their International Yoga Festival in the month of Feb 2016. He spoke to over 300 delegates on the topic "Essence of Pranayama."



Shri. Subodh Tiwari at Yoga Vidya Gurukul, Nasik

VISIT TO CDM, SECUNDRABAD

In an effort to inculcate yoga into the premiere management institute of the Ministry of Defense, Shri. Subodh Tiwari visited the Centre for Defense Management. He discussed the prospect of incorporating yoga in their modules. During his time there, he also recognized the officers participating in the nine-month training program.



Shri. Subodh Tiwari at CDM, Secunderabad

PARTICIPATION IN INDO-US WORKSHOP

The ministry of AYUSH hosted a workshop on cancer management through AYUSH Systems in Delhi on the 3rd & 4th of March 2016. Ms. Lee Majewski and Smt. Shalni Srivastava represented the institute in this workshop. They presented about the workshop being held in the institute and participated in the various discussions, held during the conference.



Participation in Indo-US Workshop

MANGALORE UNIVERSITY

Dr. Pathak was invited by the Department of Human Consciousness and Yogic Sciences at Mangalore University as a resource person for M.Sc. & Ph.D. students of Yoga, and as chief guest for the valedictory function of the International Workshop on Yoga Therapy of South Korean group.



Dr. Pathak at Mangalore University

M.U.H.S., NASIK

Dr. Sharad Bhalekar and Shri. R.S.Bhogal were invited to Nasik to deliver lectures on the fellowship course in Yoga started by the Maharashtra University of Health Sciences(MUHS). The course is jointly conducted by MUHS, Kaivalyadhama and Yoga Vidya Gurukul. This marked the first time a yoga course was designed and made available specifically for medical professionals.

INITIATIVES

STRENGTHENING HUMAN RESOURCES

The Kaivalyadhama family is happily growing in numbers. With the increase, it has been necessary to ensure that efforts are made to develop and strengthen relationships between everyone belonging to the family. Ms. Priti Priyadarshini, our HR Consultant conducted the first interactive team-building program for all the staff members on the 12th of March 2016. We look forward to future programs.



Strengthening human resources

YOGA MELA

Kaivalyadhama's Scientific Research Department (SRD) organized the "Yoga Mela" - an event celebrating fun and creativity through yoga practice for intellectually disabled children (ID). The event took place from 14th to 15th March in partnership with Samwad Shaala, a school for special needs children located in Lonavala.

The Centre for Yoga Therapy, Education and Research (CYTER), Shri Balaji Vidyapeeth, Pondicherry, and the Institute of Social and Cultural Anthropology, Freie Universitaet Berlin, Germany collaborated with Kaivalyadhama to arrange this event. Dr. Meena Ramanathan from CYTER facilitated the yoga sessions with the children. She has been involved in a successful project with ID children for the last twelve years at Saday School in Pondicherry. Dr. Krzysztof Bierski from Freie Universitaet Berlin contributed his expertise as a social scientist, and Dr. Praseeda Menon from the SRD, having prior experience in working with Samwad Shaala children, coordinated the event.

As part of one of its earlier research projects, the SRD conducted case studies involving the effects of yogic practices on four children from Samwad Shaala. The results indicated striking improvements in their attention span as well as in their ability to follow instructions accurately. Insights gained from these case studies suggested the need for adopting a more creative approach when doing further work in this area. Thus, during the Yoga Mela, the activities emphasized making yoga fun for ID children while creating a comfortable environment for the children to be without inhibition.

Some activities included animal-inspired asanas relaxation, chanting, and a laughter session with all participants. Every child was paired with a



Yoga Mela

Kaivalyadhama student-volunteer, who took care of their needs throughout the two days of the event. A documentary of the previous research done by the SRD was also screened with a discussion session following.

The children enjoyed doing yoga when it was made more fun and when they were allowed their own time and pace during their practice. The feedback provided by the parents and teachers regarding their own experience also indicated that they thoroughly enjoyed the event, having left with a sense of relaxation.

Children having disabilities generally grow up with a lot of parental and societal restrictions as well as a basic lack of confidence in their own potential. Observations during the two-day Yoga Mela revealed a need for change in this widely prevalent attitude. It was clear that using kindness, patience and freedom in our interactions with ID children provides them a fertile opportunity to blossom at their own pace.

M.O.U. WITH VIVEKANANDA CENTRE OF EXCELLENCE

Promoting Yoga in the Northeast:

Shri. Subodh Tiwari was invited by the Vivekananda Centre of Excellence, Itanagar to visit and explore the possibility for affiliation. A two-day visit to see the infrastructure and the current training program materialized during January 2016. In March 2016, the officials from VCE, Shri. Suman Chatterjee visited Lonavla and signed the MOU for cooperation and collaboration.



MOU with Vivekananda Centre of Excellence

M.O.U. WITH SRI BALAJI UNIVERSITY, PUNDUCHERRY



An MOU was signed between the Sri Balaji Deemed University and Kaivalyadhama for promotion of Yoga training and Research.

MOU with Sri Balaji University, Ponducherry



Talk by Shri Subodh Tiwari at Sri Balaji University, Ponducherry

M.O.U. WITH TAMIL NADU SPORTS UNIVERSITY

MOU with Tamil Nadu Sports University was signed for promotion of Yoga training and Research.



MOU with Tamil Nadu Sports University

VISITS

VISIT OF SHRI. ANIL JOHRI, CEO, NACB

Shri. Anil Johri, CEO of NACB, Quality Control India (QCI), visited Kaivalyadhama and spoke to the students and faculty about the ongoing efforts for certification by QCI. His speech invoked great enthusiasm amongst the students.



Visit of Shri. Anil Johri, CEO, NACB

VISIT OF SHRI AJIT SHARAN

Shri. Ajit Saran, Secretary of the Ministry of AYUSH, Government of India visited the institute on the 19th of March 2016. Mr. Saran met with the researchers and academic staff members and also held some interesting discussions.



Visit of Shri Ajit Sharan

VISIT OF SWAMI RAMDEV

Yogrishi Swami Ramdev visited Kaivalyadhama Lonavla on the 15th of January 2016. He demonstrated the art of Nauli and Uddiyan Bandha. Swami Ramdev said, "Approximately 100 years ago when no one thought of Yoga, leave alone research in it, Swami Kuvalyananda started the Kaivalyadhama at Amalner in 1917 and then established it in Lonavla in 1924. Kaivalyadhama Yoga Institute is the foremost yoga institute to have pioneered yoga research. The institute shares our ideology and that's why we thought of combining our energies and doing more research."

There was a big fan following of Swamiji who accompanied him and greeted him in Lonavla. What distinguishes him the most, is his simplicity, his forthright nature and direct expression from the heart.



Visit of Swami Ramdev

VISIT OF SWAMI TEJOMAYANANDA

Swami Tejomayananda, the Global Head of the Chinmaya Mission, visited Kaivalyadhama in February 2016. He was recently awarded the Padma Vibhushan, the second highest civilian award by the Government of India given for "exceptional and distinguished service". Swamiji was shown the entirety of the Kaivalyadhama campus and spoke of the goals and progress of the Chinmaya Mission to the students and staff.



Visit of Swami Tejomayananda

STUDENT VISITS TO KAIVALYADHAMA CAMPUS

Welingkar Students Visit

Vallabh Yoga Classes

Karnataka Womens University

Bed Yoga Students

STAFF BONDING

Multiple staff-bonding trips took place during the months of January and March. These trips focused on interdepartmental growth and the fostering of staff relationships. Staff-bonding trips have shown to increase efficacy among members by enhancing communication at various levels of the work pyramid as well as co-operation and understanding. Such measures taken by Kaivalyadhama's management team are greatly improving the work of each department.



Staff Bonding

FAREWELL TO SHRI BHARAT SINGH



Farewell to Shri Bharat Singh

YOGA TRAINING FOR POLICE TRAINING SCHOOL



Yoga Training for Police Training School

EDUCATIONAL TOUR OF MALSAR

The College organized an educational tour in Malsar for the Diploma in Yoga Education (DYED) students. The trip lasted roughly 5 days with visits to Swami Narayan and Saibaba temples at Tital beach before reaching Malsar. Once in Malsar, the students visited many spiritual sites including Garudeshar Mandir, Dattatreya temple, and Kabir Vada, ashrams and enjoyed naukavihar in the Narmada River. They commenced the journey at Swami Madhavdas Maharajji's ashram.



Educational Tour of Malsar

MEETINGS

STEERING COMMITTEE OF QCI



COMMITTEE OF INTERNATIONAL DAY OF YOGA CELEBRATIONS



KAIVALYADHAMA, INTERNATIONAL

PRANAYAMA, YOGA & AYURVEDA WORKSHOPS



January 16-23 - Beijing, China



Helsinki, Finland



Ashtanga Yoga Dublin, Ireland



London, UK

KAIVALYADHAMA, MUMBAI

YOGA CLASSES AT BMC SCHOOLS





Yoga at BMC Schools

GUEST LECTURE ON LIMITATION OF YOGA



Guest Lecture on Limitation of Yoga



YOGA TRAINING FOR SENIOR CITIZENS



Yoga Training is conducted in collaboration with Dharam Bharati Mission (DBM),
for Senior Citizens, Near Mahalaxmi Temple, Mumbai

YOGA TRAINING FOR POLICE PERSONNEL



Yoga Training for Police personnel

DISCOURSE OF SWAMI ANUBHAVANADA:
ESSENCE OF UPANISHADS



HYPERTENSION WORKSHOP



C.C.Y.E. COURSE, MUMBAI



FIELD TRIP





Field Trip

MEDITATION WORKSHOP



KAIVALYA VIDYA NIKETAN

CBSE AFFILIATION

A team of CBSE officials visited the Kaivalya Vidya Niketan Campus for inspection.



CBSE officials visit Kaivalya Vidya Niketan

BENEFITS OF YOGA

A Scientific Approach

During the past five years, the Scientific Research Department (SRD) of Kaivalyadhama Yoga Institute, has conducted many research studies to further understand the effects of yoga practices on various aspects of human health. Prior research shows that yoga practices help in improvement of metabolic disorders including diabetes, hypertension, obesity, and cardiovascular disorders. Yogic practices help in the massaging of internal organs to enhance the functioning of the digestive circulatory respiratory endocrine nervous and excretory systems. These practices are also helpful in reducing the severity of stress-induced health conditions. The conclusions of the SRD's research over the past five years have been summarized below.

In a study conducted in stressed school teachers, 10 days of yoga practices helped in improving different aspects of occupational stress and quality of sleep.¹

A study published on railway engine drivers revealed that one month of yoga training could reduce total cholesterol, triglycerides, low density lipoprotein (LDL) and hs-CRP (High sensitivity C-reactive Protein) which are predictors of future coronary artery diseases.²

Another study was conducted on police officers recruited by the Government of Maharashtra, who attended a yoga program at Kaivalyadhama for two weeks. The results of this short-term yoga and diet modification program showed improvement in lipid profile, which is an indicator of better cardiovascular health.³

A three month study conducted on diabetic patients found that TNF- α (a cytokine), body mass index (BMI) and blood pressure were significantly reduced, suggesting beneficial effects of yoga practices in controlling and preventing the progression of diabetes.⁴

A study conducted in 2015 showed that three months yoga practices also helped in reducing pro-inflammatory cytokines and increasing anti-inflammatory cytokines in industrial workers.⁵

Further, another study conducted on high school students showed that yoga training helped to reduce examination anxiety, depression as well as academic stress.⁶

Yoga training also showed to improve micronutrient absorption in adolescent

rural residential school children.⁷

School children also showed improvement in their primary cognitive processes such as attention, perception and observation after 12 weeks of yoga practices.⁸

Yoga, a simple and inexpensive health regimen, can be incorporated as an effective adjuvant therapy to restore sound mental and physical health. However, more research can be done to improve our understanding of yoga practices on the health and well-being of all humans.

¹ Thakur, G.S., Shete, S.U., & Verma, A. (2011). Short term yoga intervention on occupational stress and quality of sleep in kendriya vidyalaya teachers. *Yoga Mimamsa*, 43,3, pp.205-214.

² 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

³ Shete, S.U., Thakur, G.S., & Kulkarni, D. D. (2012). Residential yoga and diet on lipid profile in police officers. *International Research Journal of Pharmacy*, 3, 9, pp.155-158.

⁴ Shepal, A.V., & Shete, S. U. (2013). Effect of yoga on bio- markers linked with development of diabetes complications in type 2 diabetes patients: a preliminary study. *International Journal of Recent Scientific Research*, 4, 4, pp.401-404.

⁵ Rajbhoy PH, Shete SU, Verma A, Bhogal RS. (2015). Effect of yoga module on pro and anti inflammatory cytokines among industrial workers of Lonavla: A Randomized Controlled Trial. *Journal of Clinical and Diagnostic Research*, 9(2), 1-5.

⁶ Pant Gaurav, Bera T. K, Shete S. U. (2013). Yoga for controlling examination anxiety, depression and academic stress among students appearing for Indian board examination. *International Journal of Recent Scientific Research*, 4, 8, pp.1216-1219.

⁷ Verma, Anita., Shete, S.U., Thakur, G.S., Kulkarni, D.D., & Bhogal, R.S. (2014). The effect of yoga practices on micronutrient absorption and physical fitness in rural residential school children: A randomized controlled trial. *International Journal of Research in Ayurveda and Pharmacy*, 5(2), 179-184.

⁸ Verma, Anita., Shete, S.U., Thakur, G.S., Kulkarni, D.D., & Bhogal, R.S. (2014). The effect of yoga practices on cognitive development in rural residential school children in India. *National Journal of Laboratory Medicine*, 3(3), 15-19.



ART OF TEACHING

This course is specially designed and first of its kind in any Yoga college to groom, orient the students in a short span of 4 weeks to take on the real world with ease and confidence.

What is in it for you?

How to teach yogic techniques?

What makes a good yoga teacher?

How to learn yoga counselling?

How to integrate yoga sutras into asana class?

How to build lasting relationships with your students and motivate them?

How to create interesting classes for different groups i.e. corporate, fitness centres, wellness resorts,

hospitals, children, handicapped different age groups etc.?

Teaching experience under guidance and supervision.

How to make good presentations?

What are other lineages of yoga and how they differ from Kaivalyadhama?

Admission is based on answers to the questions in the registration form followed by personal interview.

Maximum seats are 20 for this course.

Dates to remember

Course starts 12th June to July 10th, 2016

<http://ashram.kdham.com/workshop-the-art-of-teaching/>

Call for Papers



Yoga Mīmāṃsā (YM)

Official publication of Kaivalyadhama Yoga Institute

Editor-in-Chief: Sivami Maheshananda

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

Scope of the Journal

Yoga Mīmāṃsā (YM) publishes scientific and philosophico-literary research articles in yoga and allied disciplines. In the scientific area, YM features articles related to fundamental as well as applied scientific research in yoga. Fundamental research deals with scientific exploration of yogic techniques pertaining to but not limited to anatomical, physiological, psychological, biochemical aspects of yogic practices for in-depth understanding of yoga in relation to the body-mind complex. Applied scientific research covers areas like preventive health care, therapeutic aspects, complementary and alternative methods to medicine, holistic health and overall well-being through yogic practices. YM also maintains an interdisciplinary approach and aims at a novel interface of yoga with modern disciplines like Electrophysiology, Quantum physics, Bio-mechanics, Cognitive Neuroscience, Aviation Science, Contemplative Sciences, Management, etc. The philosophico-literary area features articles related to the theoretical underpinnings of yoga embedded in ancient Sanskrit texts. It also focuses on publication of unpublished yogic manuscripts as well as articles dedicated to fundamental research on yogic concepts with reference to various commentaries. Articles which combine philosophical wisdom with modern scientific knowledge and research methods are also greatly encouraged.

Abstracting and Indexing Information:

EBSCO Publishing's Electronic Databases, Global Health, British Library, National Science Library, SCOLAR, Kudos, OpenJGate, CiteULike, Google Scholar, Journal Guide, 360yixue, Swet and TdNet

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Kaivalyadhama
S.A.D.T. GUPTA YOGIC HOSPITAL &
HEALTH CARE CENTRE

Swami Kuvalyananda Marg, Lonavla - 410 403, India

P: +91 2114 273039 / 273001

F: +91 2114 277402 / 271983

E: info@kdham.com

W: www.kdham.com

Editor: Subodh Tiwari

Asst. Editor: Shreen Dubey

Assistance: Malti Shanbag

Design: nidhi@ocdesigners.in