

Kdham *WORLD*

SUMMER 2015



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KAIVALYADHAMA

WHERE TRADITION & SCIENCE MEET



Over the years, stories of Swami Kuvalayananda have been narrated by his students and colleagues to me. I listened to them with profound interest, full attention and with devoted admiration, regarding the personality of Swamiji. What struck me the most was the real qualities of a Yogi that he possessed, he stood for and reflected. One can gather this to a great degree, when one reads about him in the biography, which was published by Kaivalyadhama.

He was an immensely learned and a humble man. Not many people knew that he taught the father of the Nation: Mahatma Gandhi. He also advised Pandit Motilal Nehru, Pandit Madam Mohan Malviya, Dr. BR Ambedkar, Pandit Rajesndra Prasad and many more. Not many people are aware that Kaivalyadhama in fact was established in 1917 at Amalner and later established in Lonavla in 1924. We found this out when we came across a book published by Swami Kuvalayananda in 1917, in which this information is inscribed. Such was the greatness of Swamiji, who set out the vision of Yoga for the entire world.

The knowledge of his work was spread out right across the continent, even in times when methods of communication were very conservative. William Broad in his book: *The Science of Yoga*, writes about the risks and rewards of a scholar who travelled to India to study and learn Yoga. It reads as follows: "He journeyed to the world capital of yoga research - Gune's ashram in the mountains south of Bombay. There he threw himself into learning yoga under Gune's personal guidance. From April 1932 to March 1933, Behanan practiced every day, doing postures, breathing exercises, and concentration training." It explains that the interest of the world was caught in the work of Swamiji from very early on.

In 1949, in the constituent assembly of India, a discussion between Dr. BR Ambedkar and Dr. HV Kamath, Dr. Kamath said "With the advent of freedom and the dawn of Indian renaissance, I have no doubt in my own mind that our spiritual culture, our ancient culture, must be revived not in one direction only but in all possible directions. One objection that is leveled against spiritual culture - yogic culture especially is that it is unscientific. Today the pioneer of scientific research in yoga, Swami Kuvalayananda, at Lonavla is doing splendid work in this field. I am sure that as we grow in stature, as India's freedom grows, there will be many more institutes of

this kind, which will promote research in the spiritual field. It is very necessary. As Mahayogi Aurobindo said recently, the West is turning to the East for some light and guidance, and if the East fails the West today, then the world is doomed. He further exhorted us saying that India should not run after the materialistic baubles of the West. It is all right to increase the standard of living, but to become merely materialistic is not all in life. The world craves something else and the world is looking towards India. It is high time we did something in this direction and showed the light to an expectant world. I hope the Union will promote agencies under its aegis to promote not merely historical and scientific research but also research in yoga and the spiritual field on a really scientific basis. Science understood in the largest and most comprehensive sense, not in the very narrow sense of having a little laboratory, test tubes, flasks, pipettes and burettes, but the real Scientific outlook of experiment, the outlook of a man seeking knowledge scio "to know".

This reflects the importance of the work, which had begun then. Today, we have lots of work going on in this field. The reason for me mentioning the history is not to be construed as blowing our own trumpet. It is to strengthen the chapter of the history of Yoga during its renaissance in the modern era. Only basking in the past glory does little good, unless one considers it as a reference point, to gauge the progress.

Kaivalyadhama has been in the forefront to participate in any effort being made to strengthen the Yoga fraternity throughout the world and it will sincerely continue to do so.



Subodh Tiwari
- Administrator

ORIENTATION COURSE FOR NAVODAYA VIDYALAY SAMITI'S PHYSICAL EDUCATION TEACHERS IN COLLABORATION WITH SNT UNIVERSITY'S WOMEN'S UNIVERSITY

Kaivalyadhama Yoga Institute has conducted four batches of orientation courses in Physical Education and Yoga. It was conducted for Physical Education Teachers of Navodaya Vidyalaya Samiti. This was done in collaboration with SNT University, Mumbai. The orientation course consisted of yoga classes, nature cure, ayurvedic sessions and lecture sessions on various topics related to yoga, with guidance on how to integrate these in daily life. 118 teachers participated in this orientation course. Pretest and Posttest on their fitness parameters. The analysis showed positive results after the orientation course.



Orientation Course For Navodaya Vidyalay Samiti's Physical Education Teachers

KRIYA YOGA ANUSHTHAN

This is the most effective technique available to mankind today for reaching the goal of Yoga. Kriya quickly accelerates one's spiritual growth. Kriya is a technique of energy control. This comprehensive Anusthan includes chanting, swadhyaya, asanas, pranyama, lectures about the spiritual path which includes additional meditation practices. Kriya yog was held in the first week of January 2015.



MAKING A TEAM FOR RESEARCH

High tea was organized by the pathology department of SRD for all the practising clinicians of Lonavla and medical officers of INHS Kasturi. The aim was to establish a good rapport and interaction amongst all. Video clips of the 'Purpose' and 'Healing' were presented, and Shri. RS Bhogal, AD-SRD briefed the visitors regarding the research activities of SRD, Kaivalyadhama. All those who attended were greatly pleased not only with the pristine ambience of the campus, but also with the facilities available. This move was conceived by Shri. Subodh Tiwari, JDA, and executed by Dr. Gargi Naidu, Pathologist, with the aim of a better co-ordination in the setting up of panels to be included, in regards to the medical emergencies and facilities that are needed from time to time by the residents, patients and staff of the institute. The event was a success and all who attended were gifted with mementos, brochures and so on, which would serve the purpose of spreading awareness of the institute amongst them.



Making a Team for Research

BLOOD DONATION CAMPAIGN WITH RED CROSS, 11TH JANUARY 2015

Kaivalyadhama, in collaboration with the Lonavla branch of the Red Cross Society organized a donor registration panel camp in the premises of the Red Cross building, Gawaliwada, Lonavla. The purpose of this campaign was to set up a donor panel for voluntary blood donation to the needy in the city of Lonavla. The response was good with people taking time off from their busy schedules and coming forward for this honorable cause. The



camp was conducted with the guidance of the Honorary Secretary of the Red Cross Society and JDA, Kaivalyadhama, Shri. Subodh Tiwari under the supervision of Dr. Gargi Naidu, consultant pathologist. Shri. Sanjay Shete, Ms. Anita Verma, Mrs. Pratibha Rajbhoj, and Mr. Navnath Kadu were the laboratory staff who participated in making this event a success.



Blood Donation Campaign

BACKACHE MANAGEMENT WORKSHOP

In Jan 2015 Motoko from Japan organized a therapy workshop for backaches at the Health Care Centre in association with Kaivalyadhama. Dr Sharad Bhalekar was the coordinator and in charge of the course. Twelve students participated in this workshop. Mr Neeraj Singh conducted practical sessions. Dr Sharad Bhalekar conducted theory lectures, practical session of pranyama and meditation. The students learnt the strategy of yogic practices for various conditions of backaches.



Backache Management Workshop

PRANAYAMA COURSE FOR JAPANESE GROUP

The pranayama course for the Dr Motoko's group from Japan took place from 11th – 18th January 2015. 26 students enrolled for the course, from this, a few were beginners and the others were in practitioners from before. The daily schedule began with kriyas and pranyama sessions in the morning and evening as well as an asana class. In addition, there were lectures by Shri OP Tiwari on Patanjali's Yoga Sutras. Soon after, the participants met him for a question and answer session. On alternate days, a tratak session was also arranged, held by Mr Neeraj Singh. Sunday was reserved for a visit to historical places such as Karla and the Bhaja Caves. The participants enjoyed the course thoroughly.



Pranayama course for Japanese group

PRANAYAMA COURSE FOR CHINESE GROUP

Another last workshop was held for the Chinese group, who were very enthusiastic and the leader of this group was Ms Vivian Lu. She had to stop the registration of participants at a total number of fifty. The course went very well. The schedule commenced with the fire ceremony, which was requested by the participants. The entire timetable consisted of two sessions of pranyama



Pranayama course for Chinese group

(morning and evening), lectures, nature cure sessions, ayurveda sessions and asanas. The highlight of the course was the question answer session with Shri OP Tiwari. The participants enjoyed the course and wish to hold it again in 2016. As regards to the theory aspects, Patanjali's Yoga Sutras were explained and also the Hathpradipika was used as a reference book with reference to pranyama. The course ended on 8th February and certificates were distributed to all the participants.



CYAI MEETING

The Council for Yoga Accreditation International met on the 14th and 15th of March 2015 at Kaivalyadhama Lonavla. Prior to the board meeting, a group of individuals sat throughout the week to frame the competency examination for the board. Dr. Rajan Narayanan, Prof. R.S.Bhogal, Dr. Stoma Parker, Ms. Rachel (representatives of the Yoga Institute), Dr. Suresh Barwal (representative of Dev Sanskriti Visahva Vidyalay) held lengthy discussions and the outcome was a number of questions which are to be taken by Yoga Instructors, Yoga Teachers and Yoga Therapists to enable them to get certified by the CYAI. This is a very important step to qualitatively enhance the process of registration into the CYAI. In the board meeting some important decisions were taken, so that the vision of the CYAI could be achieved. To ease the work load, the administrative office in India will be located at the Kdham premises.

GOVERNING BODY MEETING



Governing Body Meeting

CERTIFICATE COURSE IN YOGA

A six weeks Certificate Course in Yoga (January to February 2015) was inaugurated on 15th January 2015 in the PLRD Hall by the Chief Guest, Dr. Madhusudan Panna, Dean, Kavi Kulguru Kalidas Sanskrit University Ramtek. The program commenced with Shantipath and lightening the lamp. Dr. B.R. Sharma, Principal delivered the welcome address and introduced the teaching and non-teaching faculty members. Dr. Madhusudan Panna highlighted the importance of Yoga and also made comments on some of the Yoga Sutras of Patanjali. Swami Maheshanandaji, Chairman, KSMYM Samiti, blessed the students. A total of 40 students were admitted to the course, whereby 13 students were International and 27 National (male 22 and female 18). The course routine consisted of regular theory lectures, practical classes, as well as practice teaching sessions with lesson presentations. The theory and practical exams were held between 18th January – 25th February 2015. The course concluded on 25th February 2015. On this day, the students shared their experiences of the six week's course at Kdhama. Brig. Suhas Dharmadhikari, Registrar shared his views with the students. Dr. B. R. Sharma presented a concluding talk in which he motivated the students to regularly continue their practice at home. Swami Maheshanandaji explained the necessity of discipline of spiritual growth for the students. He also gave his blessings. Dr. Bhalekar proposed a vote of thanks and the program was concluded with three o\mkar recitations and prasad distribution.



Inauguration of Certificate Course in Yoga

REPUBLIC DAY CELEBRATION

The 66th Republic Day was conducted in K.V.N in a patriotic and auspicious spirit. A sense of esprit de corps was seen and felt by all students, teachers and staff members. The chief guest Shri O.P. Tiwariji, Secretary Kaivalyadhama Lonavla hoisted the tri-color flag. The students welcomed the Chief Guest Shri O.P. Tiwariji with a lot of zest. This was followed by a highly charged and electrifying 'flag song' sung by students of Std. VI & V. A Republic Day expatiate in English, was presented by the ambitious students of Std. IX, which awestruck the audience.

Thereafter, a harmonious patriotic group song was sung by the students of Std. VII expressing affection for our motherland. A speech on the importance of Republic Day in Hindi, made every student and teacher to shout collectively: Bharat Mata Ki Jai, Jai Hind. An elegant group dance was performed by the students of Std. VII, making everyone happy.

Dr. S.P. Thakur, the Director of Kaivalya Vidya Niketan, motivated the students to think big, aim high and excel in life, whereby bringing glory and honour to the school and India. Lastly quoting the memorable words of Swami Vivekananda: "Spiritual Consciousness is the need for society." Brig. Suhas Dharmadhikari, Operations Consultant Kaivalyadhama impressed the students with his simple, but time tested words of inspiration: respect our Flag and respect our parents. This is the sole purpose of a student. The blessings of the Chief Guest Shri O.P. Tiwariji excited the atmosphere with a canopy of enduring patriotism and pledged allegiance. Outlining the characteristics of a good student Shri O.P. Tiwariji said: learn to be alert like the crow, learn the art of meditation from the swan, have a sense of sharpness from the dog, do not overeat and finally do not talk harshly. These are the five commandments for a successful student to endure. The celebration ended with a vote of thanks proposed by the officiating Principal Mrs. Deepali Deshmukh



Republic Day Celebration

SUPPORT STAFF'S BONDING TIME

A two days trip to Kolhapur was organized for support staff in January. They visited various places like the Mahalaxmi temple, Kameri Math, Panhala fort, Shiv Palace and Rankala Lake. They enjoyed the outing and took the opportunity to bond together..



Support Staff's Bonding Time

CONTRIBUTING TO THE LOCAL COMMUNITY

As an effort to contribute towards better health, the institute began Yoga classes for the Mahila Mandal (womens group). These classes are well attended by over 100 participants and are being conducted in the center of the city. The citizens have shown great enthusiasm and appreciation, and we hope that, some kind of activity can be carried over through out the year for the benefit of society.



Contributing to the Local Community

ADVANCED TEACHERS' TRAINING COURSE (15TH MARCH TO 13TH APRIL 2015)

Advanced Teacher's Training Course (15th March – 13th April 2015) was inaugurated on 16th March 2015 at 10.00 a.m. at Swamiji's Kut. Rev. Swami Maheshanandaji, Chairman, K.S.M.Y.M. Samiti, Dr. B.R.Sharma, Prof. R.S.Bhogal, Prof. Bodhe and Brig. Suhas Dharmadhikari, Registrar were present to grace the function. Eight students (all Indians) have enrolled for this course. The program began with a 'shantipath'. Dr. B.R. Sharma, Principal presented a welcome address and introduced all the teaching faculties of the course. He elaborated the zeal of Swami Kuvalayananda and his philosophy of Yoga, particularly, the scientific and traditional aspects of Yoga. He also explained the objectives of the course. All the students introduced themselves and shared their views in brief. Brig. Dharmadhikari, the Registrar, explained the concept of 'teacher and taught'. Prof. R.S. Bhogal and Prof. Bodhe explained the students how they can learn things which they have already learnt, in a more enlightened way through this course. Rev. Swami Maheshanandaji blessed the students with his spiritual expressions. A vote of thanks was proposed by Dr.Bhalekar. The programme was concluded with three omkar recitations and sweets.



Advanced Teachers' Trainig Course

MEETING OF THE INDIAN YOGA ASSOCIATION

The executive committee of the Indian Yoga Association met at Morarji Desai National Institute of Yoga. During this time the official website of the Association was launched by the Honorable Minister of AYUSH, Shri. Shripad Naik. The board took some important decisions such as the finalization of the registration, inviting more institutes to



the fold of the IYA, making efforts to reach out to the masses and also laying out criterion for accreditation of the institute. The President: Shri. O.P.Tiwari, presided over the meeting while Dr. H.R.Nagendra, Senior Vice President, Dr. S.P.Mishra, Vice President, Smt. Hansa Yogendra Vice President and Dr. Ishvar Basavaraddi, Secretary of the association were also present.



Meeting of the Indian Yoga Association

COLLABORATIVE RESEARCH PROJECT ON YOGA FOR MENTALLY CHALLENGED CHILDREN OF SAMVAD SHAALA

The rearing and care of mentally challenged children (population estimated to more than 15 lakhs as per the 2011 Indian Census data on disability) has always been a formidable task for any parent and/or special educator. The common assumption being that every care-taker would eventually reach a dead-end with such children. Yoga, as a mind-training practice with step-by-step instructions, when personalized for a particular group according to



their needs and capacities, has the potential to play an important role in continuously rewiring the brain through the principle of neuro-plasticity. Thus, the Scientific Research Department (SRD), Kaivalyadhama, Lonavala, has undertaken a collaborative research project with a local school for special children, Samvaad Shaala, in order to expand the reach of yoga training to non-mainstream schools as well. As yoga increasingly becomes a part of the school curriculum as per the vision of the current



Project on Yoga for Mentally Challenged Children

Indian government at the centre, one of the areas where Kaivalyadhama has been contributing at the national level. This project is timely and also the need of the hour. The objective of the current research project with Samvaad Shaala is to explore and document, even if on a small scale, the difficulties faced and successes achieved when implementing yoga training on children with intellectual disabilities (ID), more popularly known as mental retardation (MR). The current project involves case studies of four children, who are on the mild-moderate intellectual disability level as per standard intelligence testing. The categories of only mild and moderate ID, as opposed to severe and profound ID, were thought fit for the current exploratory project, as only children with lesser intellectual impairments would have the capacity to understand instructions given by the yoga instructor and practice yoga accordingly. The yoga training for these children is being conducted five days per week for approximately an hour per day and currently is undergoing its fourth month of training. The training began with implementing a basic module of yoga in the first two months, whereby easier asanas were taught to the children. The purpose of this basic module was to improve the child's span of attention through the sustained and simple instructions given by the yoga instructor. As well as to slowly and steadily improve the co-ordination between various parts of the body while performing various yoga asanas. In the third month, when the children were at a stage whereby they had achieved some amount of attunement to the process of following yoga instructions; the time duration of yoga practice was slightly increased to incorporate more asanas, and advanced versions of the same asanas, more hold-time in a posture as well as Bhramari Pranayama. The purpose of this subsequent module was to sustain the attention of the children for longer time durations, improve their ability to follow instructions correctly, their sensory-motor co-ordination and their stability in yoga postures.

As part of the research study, after receiving detailed consent from the school authorities and the parents of these children, certain psychological tests were conducted on them before beginning the study. These same tests will be repeated on these children in April 2015, after school closes for summer vacations. A video recording of the yoga training was also carried out to get the opinion and feedback of experts in this research endeavor.

The current research project will help to inform people and institutions desirous of implementing yoga into the curriculum and/or modules of life-skills training for ID children. It will explain the systematic approach to take, the outcomes to expect and the pitfalls to avoid. In order to observe the long-term influences of yoga in the lives of these children in and out of the school, SRD, Kaivalyadhama also plans to conduct a longitudinal follow-up of yoga training, as well as documentation of the successes and difficulties faced when working with these special children. The erstwhile tennis champion: Martina Navratilova, once remarked: 'disability is a matter of perception. If you can do just one thing well, you are needed by someone'. In collaboration with Samvaad Shaala, Kaivalyadhama sincerely hopes that yoga becomes an important means for self-development of these and many more such children for the betterment of their lives.

CELEBRATION WITH COLOURS

The holi festival is one of the most awaited festivals at Kdham. This festival is celebrated with much joy and dynamism. It brings out the child in everyone. This colorful festival spans over two days and marks the beginning of spring. On the first day, in the evening, a holika dahan fire was lit by staff members. Holi was celebrated on the second day. All the staff members gathered in the garden near the Maruti mandir, everyone smeared colour on each other, music was played and everyone danced. The highlight of the celebration was the use of organic colours. In the afternoon, after the colour splash, they had lunch together. The staff members prepared a dish each at their home such as puris, chole, kachoris, jalebi and thandai, which was shared by all.



Holi Celebration

THE KUVALYA PROJECT

The Story of Swami Kuvalayananda

Although a biography of Swami Kuvalayananda has been published in a printed book form, the story has never been told using the very modern tools of web-based storytelling and distribution that we have at our disposal today.

To understand, simply, the difference between this new format and say a printed book, is the same as the difference between an beautifully illustrated, printed, distributable magazine and a rock carving in some remote mountain.

Its just more accessible and distributable and easier to assimilate in the environment of today.

These new formats of multimedia storytelling are far more immersive, using video snippets, images, text, animation all moulded and fused together as a whole experience, for global sharing.

The purpose of this project is not so much to project Swami Kuvalayananda, our founder, as a great personality.

This is more to project the life and works of a simple, inspired man who believed that Yoga can benefit humanity tremendously, if this ancient method of human evolution and growth as primary processes, and healing as a secondary process, is validated by the science of his times.

This was many, many decades before Yoga as it is today, became a global phenomenon.

Our story is about a pathfinder, pioneer, discoverer and his unique journey.

This is the story of a classical yogi devoting his life to serve humanity through a synthesis of ancient wisdom techniques of the human body-mind complex, and the all-pervading modern scientific consciousness.

We are in the process of producing this web-based feature using the best-in-class storytelling tools and techniques available today along with archival media that was not available to the world.

It will be featured shortly in a few months at www.Kuvalaya.com.

You can register there to keep yourself updated about the feature launch.

POLICE GET YOGA TRAINING

In an effort to implement yoga in the police force training department of the Maharashtra Police, they have sanctioned two batches of instructors to give a systematic 21 days training in yoga. This will enable these instructors to learn the fundamental and basic aspects of yoga for health and rejuvenation. This then can be made a part of training in their training centers, in a systematic manner.

These 21 days in-service Yoga Training Programme for the Police Personnel was inaugurated on 16th February 2015. 13 male Police personnel were appointed from various RPTS of the state of Maharashtra. Shri Subodh Tiwari, JDA, welcomed the Police Personnel and the principal: Dr. B.R.Sharma addressed the mission of the institute and the objectives of the course. The principal: Shengaonkar, RPTS Khandala, spoke about discipline, learning the significance and values of the science of yoga. The course concluded on 7th March 2015. Shri Madhukar Pandey, Addl. DGP Trg. & Spl. Units, M.S. Mumbai, addressed his concluding speech and Swami Maheshanandaji concluded the function with his blessings. C.G.Shinde was appointed as a coordinator for this programme. The syllabus consists of conceptual and applied aspects of yoga based on traditional texts, Ashtanga yoga in traditional Texts, yoga in the Bhagavad-Gita, yogic anatomy and physiology, nutrition, teaching methodology and practical yoga including: asana, pranayama, bandha, mudra, shuddhi kriya and meditation.

GUESTS MEETINGS / VISIT

Shri.Subodh Tiwari, JDA met Dr Satyapal Singh who recently became the Member of Parliament from Haryana. They discussed the scope of promoting yoga, especially the philosophical side.

Shri Rajashekaran Pillai visited Kaivalyadhama.



Dr Satyapal Singh at Kaivalyadhama



Shri Rajashekaran Pillai at Kaivalyadhama

VISIT OF THE GOVERNOR OF MAHARASHTRA

Shri. Chennamaneni Vidyasagar Rao Governor of Maharashtra visited the kdham campus on 9th March 2015. He was welcomed by the staff members and students at Kaivalyadhama. Shri Subodh Tiwari showed him around the campus. The Governor appreciated the work being done at the institute and promised to return soon for a longer stay.



Governor Shri. Chennamaneni Vidyasagar Rao at Kaivalyadhama

FACULTY VISITS

NATIONAL YOGA WEEK

Dr. S.D. Pathak and Prof. R. S. Bhogal, participated at the National Yoga Week, organized by MDNIY, New Delhi. They were invited as Speakers and also for conducting a yoga workshop. On 13th February 2015, Dr. S.D. Pathak presented a talk on 'Yogic Management for Heart Diseases'. On 15th February Prof. Bhogal presented a talk on: 'Yogic Management of the Problems Related to Menopause' (Authors: Prof Bhogal & Dr. Suchitra Daddoli)" On 18th February 2015, Prof. Bhogal, assisted by Shri Bharat Chawda, yoga teacher of Kaivalyadhama, (Mumbai), conducted a four hour long yoga and meditation (dhyana) work-shop for about 400 participants. In addition, there was a 30 minute slide show by Dr. Pathak on the importance of yoga for middle age people.



National Yoga Week 2015

PARTICIPATION OF PROF. R. S. BHOGAL AND DR. S.D.PATHAK AT THE DUBAI FESTIVAL OF YOGA

Prof. Bhogal and Dr. Satish Pathak represented Kaivalyadhama in the festival of yoga organized by the Hatha Vidya Gurukulam, Dubai, on 30th and 31st January 2015. Prof Bhogal gave a welcome talk at the inaugural ceremony of the festival. Later he presented a talk on Yoga for the Corporate world, Senior citizens and yoga for the sportsmen. . Furthermore, he conducted a workshop for the senior citizens, who were from various countries including Indians. He also conducted a meditation workshop for a group of our past Dubai students. Dr. Satish Pathak spoke on yoga for the sportsman, yoga for children and yoga for women's health. Dr. Pathak presented a slide show explaining the importance of yoga

from a scientific point of view, at the Silk Land Company as well as for one other local group of yoga practitioners of a soft-ware company in Abudhabi. Every one of the programs was very well appreciated. People showed a great interest for the work done by Kaivalyadhama.



Prof. RS Bhogal & Dr SD Pathak at Dubai Festival of Yoga

SHRI O.P TIWARI AND DR. B.R.SHARMA AT THE INTERNATIONAL YOGA FESTIVAL RISHIKESH

Shri O.P Tiwari was invited for the inaugural ceremony of the International Yoga Festival, Rishikesh. The function was inaugurated by Shri Harish Rawat, Chief Minister of Uttarkhand. In his speech he promised every help to spread widely the message of yoga. Shri O.P Tiwari spoke about the importance of yoga as quoted by Swami Kuvalyananda in 1924: "Yoga has a complete for humanity. It has a message for the human body. It has a message for human mind and it also has a message for the human soul. Will intelligent and capable youth come forth to carry this message to individuals, not only in India but also in every other part of the world."

MEETING FOR THE CELEBRATIONS OF INTERNATIONAL YOGA DAY

Several meeting were held by the Ministry of AYUSH, Ministry of External Affairs to discuss about the International Yoga Day celebrations. Shri. O.P.Tiwari, Hon Secretary attended these meetings and made a valuable contribution. A task force committee has also been formed to suggested long term measures for the growth of AYUSH.

A meeting was also held with the Ministry of HRD to discuss the celebrations of the International Yoga Day , which was attended by Shri. Subodh Tiwari..

A meeting called by the Department of the School Education Government of Maharashtra was also

attended by Shri. Subodh Tiwari.

A meeting called by Department of AYUSH, Government of Maharashtra was attended by Dr. G.P.Shukla, Assistant Director ICYHC Mumbai.

A meeting for designing the syllabus for schools was called by the State of Maharashtra, which was attended by Shri. C.G.Shinde.

A meeting by the Department of AYUSH for writing the syllabus for the NCTE courses was attended by Prof. R.S.Bhogal

AYURVEDA AND YOGA WORKSHOP 21st – 24th February 2015

Venue: Bodhiyoga, Taipei, Taiwan

The word 'ayurveda' means 'the science of life', which has a unique way of understanding the body, and also of interpreting and improving one's health. Inherited from India more than five thousand years ago Ayurveda treats the body, mind and the spirit as a whole and it emphasizes peaceful coexistence of mankind and nature. It advocates the universe, including the human body, which are constituted by earth, water, light, space, air; the five elements. There are three doshas, Vatta, Pitta, and Kapha in the human body which is dominating physiological functions and mood changes. If these energy imbalance, they will cause a variety of ailments or emotional ups and downs. Therefore, to treat our own body and mind properly, we need to start the inherent healing ability through stable breathing, balanced diet and adequate sleep in order to improve our physical and mental health and inspire personal life and the universe to an optimistic attitude. Bodhiyoga studio invited the experienced Dr. Jagdish Bhutada to talk about Ayurveda, an ancient Indian wisdom and science of health from the constitution, attributes and energy of human bodies in order to help cultivate a healthy diet and living for modern life. Our thanks to the doctor and the students for completing this wonderful course!



Ayurveda and Yoga Workshop at Taiwan

KAIVALYADHAMA, MUMBAI

PRANAYAMA WORKSHOP

In the last week of February 2015, two workshops (morning and evening) were conducted on Pranayama by Shri O. P. Tiwari, at Kaivalyadhama, Mumbai. There was a great response to these workshops, whereby each of the batches had more than 50 participants. All those present, whole heartedly took advantage of the knowledge and expertise of the much-admired Master, Shri O.P Tiwari. The participants were thankful and full of appreciation for having learnt this ancient wisdom from the most authentic source. The workshop had practical sessions which were preceded by an introductory lecture on 21st February, by Shri O. P. Tiwari.



Pranayama Workshop

HEALING AND WELLNESS THROUGH YOGA 18TH FEBRUARY 2015

In February, three institutions came together with a common objective: of spreading awareness on Yoga with special application on how it can benefit those with a backache. While the initiative came from the Inner Wheel Club (IWC) of Bombay with President Rupali Sen voicing



her suggestion to organise an event to interest the members. The idea was carried to fruition by a Rotarian Sitaram Shah, on behalf of the Rotary Club of Bombay. She executed the project with the aid of the premier yoga institute, ICYHC Kaivalyadhama, all financed by the Rotary Club of Bombay. Guests were welcomed and honoured in the Kaivalyadhama style.

R/Anne Veena and daughter-in-law R/Anne Ekta joined Sitaram to organize snacks and a bag consisting of books on yoga therapy, book-marks on yoga and health, and a pocket card on the 8 limbs of yoga (Ashtanga yoga). The morning commenced with an invocation and introduction by Dr. Nutan Pakhare PRO at Kaivalyadhama. Sitaram then talked on yoga. He mentioned that the objectives of the Constitution of India are Liberty, Justice, Fraternity and Equality by which the Constitution guarantees LIFE (which also includes the concept of Integration and Integrity - thus forming the basis of LIFE, through its four letters - i.e. L I F E. Stability, Unity and Balance are the ways of life for a yoga practitioner. He explained this principle by bringing to mind a familiar household scene: of a lady in the kitchen using the ingredients in the right proportion and maintaining the right balance; in short, working with Unity.

Correct balance in yoga - as in life - is the key. He emphasized: do not compare yourself with others, but do each asana to the best of your own ability. Maintain balance and do not continue if you have unbearable pain.

Another interesting story he related on Unity was of God granting a group of devdas unlimited good food, provided they could feed themselves with outstretched arms and how this seeming problem was surmounted by each devdas feeding not himself but another.

He also explained, that just as the principles of the Rotary's 4-way test should guide our activities, so should the 8 limbs of yoga be used in conjunction with each other to guide the practitioner to realise the true benefits of yoga.

He emphasized that yoga is such a unique discipline that there is no parallel to it in the world. In fact, no literal translation or alternate word exists for it in any other language.

Sitaram's talk was met with appreciation and applause. It was followed by a talk given by Dr. Shilpa Joshi, senior faculty member and consultant at Kaivalyadhama. Her talk was on preventive health care, using scientific basis. She gave an example that asanas improve metabolism so that the calcium we consume gets properly assimilated. What made it credible were the comments from a guest and IWC ladies, who came forward to relate their personal stories regarding the benefits of yoga.

Dr. Joshi said that since the spine is a pivotal part of the body and all the nerves flow from our spinal column to our organs, the well-being of our organs is affected by the health of our spine and the back. Therefore, most asanas work on the spine. Correct posture of the spine gives adequate space to the organs pinned to it to function. For example, if the spine is erect, the lungs get more space to expand and therefore it is important to sit upright.

Since our mind takes over our intellect and works on our physique, much more than our physique works on our mind. Hence, it is essential that our mind be in tune with our body when performing asanas which is quite a different concept from walking, or on a treadmill, while watching TV or listening to music. Merely then can we achieve the objectives of yoga namely self-realization, the understanding of 'WHO AM I'. She strongly recommended that we blend our mental and physical selves in yoga.



Programme on Healing and Wellness through Yoga

Perform asanas to achieve flexibility in our body, which will enable us to meditate and connect with our inner self. Before moving onto a practical demonstration of asanas to help the spine and back, she once again stressed that to be preventive and effective; it should become a way of life. She reinforced the theme of Sitaram, that to enjoy internal peace, perform yoga correctly, with the right understanding. In order to get results perform asanas correctly with the correct thoughts.

The program was so well received that several R/Annes and IWC ladies requested for a repeat programme with the focus on other health issues.

LECTURE ON 'SUPER FITNESS THROUGH YOGA'

On 14th February 2015, Kaivalyadhama Mumbai organized a guest lecture on 'super fitness through yoga', by Shri Vivek Tiwari, a senior yoga teacher from Kaivalyadhama, Lonavla.

He explained the subject matter in a simple and beautiful way. He said that yoga has three - dimensional benefits: physical, mental and spiritual. It is not a limited science and its effectiveness is long-lasting on fitness. Clear emphasis was made stating that it is pure myth that super



fitness can only be achieved through fast aerobic exercises. If yoga is performed in the correct manner, under the right guidance, and then anyone can become super fit. A few insights were explained regarding the musculature of the body and the proper performance of a few asanas was demonstrated.



Lecture on Super Fitness through Yoga

The lecture concluded with a question answer session and satisfactory answers were given to all questions. The programme ended with the recitation of three omkars.

MEGA MEDICAL CAMP FOR MUMBAI POLICE AT WORLI

On 7th and 8th March 2015, Kaivalyadhama in association with the Rotary club of Bombay participated and provided service to all the police Personnel. The main focus was to create awareness for their health through Yoga. This was held at the Worli sea face police camp. The stall was visited by VIPs and the Additional Commissioner of Police Mr. R.D.Shinde



Mega Medical Camp for Mumbai Police

BONDING TIME

On 28th February 2015, at 6.30 p.m., for the very first time, a get together for ex students of Kaivalyadhama was held at at the Kaivalyadhama, Mumbai premises.

This began with the traditional chanting of the shanti path. Shri Subodh Tiwari, Jt. Director, requested those present to briefly introduce themselves. Then, Shri Subodh Tiwari welcomed the students and updated them on the pre-eminent status of yoga in the world today. He also explained the various directions in which Kaivalyadhama is taking initiatives in order to expand its activities. In this development, it is beneficial for both Kaivalyadhama and the ex-students (teachers in their own right) to work together and be in touch with each other.

Dr. N. Ganesh Rao (Advisor, Kaivalyadhama) spoke next. He emphasized that Kaivalyadhama provides strong roots for the students, who in turn can become wings for the Institute to fly. A regular interaction between the Institute and the ex-students can provide synergic benefit to both.

The students interacted freely, asking questions and providing suggestions such as the fruitful cooperation between the two. The gathering ended with snacks and a shanti path.



Bonding Time

CONTRIBUTING TOWARDS SOCIETY

Kaivalyadhama Mumbai conducted awareness workshops in all the 23 wards of the MCGM. It also commenced two regular yoga sessions in two of their dispensaries, which will help to generate awareness in the masses. The Associate Researcher: Dr. Satish Phatak, coordinated this great effort.

KAIVALYADHAMA, INTERNATIONAL

TRADITION AND SCIENCE OF PRANAYAMA, HELINSKI

From 29th January to 2nd February 2015, Shri Sudhir Tiwari conducted a workshop on Pranyama. The workshop focused on explaining the theoretical aspects and science of pranyama, as well as practical sessions on pranayama were held. This workshop was like a journey to understand and experience the benefits of traditional breathing techniques. Shri Sudhir Tiwari also checked the pulse rate of the participants.



Programme on Tradition and Science of Pranayama at Helinski

BEIJING WORKSHOP

From 5th to 13th February 2015, Shri Sudhir Tiwari held a two days workshop on Ayurveda and a seven days workshop on yoga with Zhu Yan, in Beijing, China. A total number of 40 participants attended the workshop, from 6 different cities. Children and senior people also joined. His teachings covered the history of yoga, theory on yoga, yoga practices, chanting, meditation technique and Ayurveda. He gave lectures on understanding Patanjali's Yoga Sutras. The feedback was very positive from the participants. On the day of the spring festival, the participants cooked Chinese dumplings. One of the participants has enrolled for the 9 month's course at Kdham, Lonavla for further studies.



Workshop at Beijing

PRANAYAMA WORKSHOP, WISCONSIN

From 2nd to 4th March 2015, Shri Sudhir Tiwari held a Pranyama workshop at the Astanga Circle, Wisconsin. This is a rare opportunity to study pranayama, locally under the direct tutelage of a master teacher Shri Sudhir Tiwari. All the participants were excited to welcome him to the Astanga circle for this brief but powerful workshop covering pranayama, yoga theory, and ayurveda. The workshop focused on examining pranayama, its purpose, the technique and the benefits according



Pranayama Workshop at Wisconsin

to Patanjali, the Hatha Pradapika, , ayurveda, and how it is supported by modern science. It included pulse diagnosis to determine continuing practice per individual and personal practice were recommended to participants who were new to pranayama. The workshop was based in 4 parts: Part 1 covered introduction and foundation of pramayama, determine one's ayurvedic constitution and pulse check. Part 2 covered building a correct and safe pranayama practice and pulse reading. Part 3 covered building up a pranayama practice and discussions regarding health benefits of pranayama and practical applications, as well as a question and answer session. Part 4 covered building up a practice of pranayama continuously, and the pulse reading diagnosis were returned to students with continued practice recommendations, as well as a question and answer session and the final conclusion of the programme.



KAIVALYA VIDYA NIKETAN

ANNUAL SPORTS DAY

On 12th December 2014, the third annual sports day function of Kaivalya Vidya Niketan was held at the school premises. The chief guest was Mr. Ravindra Sengaonkar (IPS), Principal, Regional Police Training School (RPTS) Khandala. The day began with hoisting the sports flag by the chief guest, followed by the colorful march past and then the lighting of torch. Master Kedar Karale, administered an oath to the house captains. The welcome address was delivered by the Director, Dr. S.P.Thakur. It was followed by various sports events such as eating the biscuit (by the nursery students), throwing the ball in the bucket (by junior K.G.), packing bags (by senior K.G) a potato race (by class I), a jalebi race (by class II and III), a sack race (by class IV and V),



a 4x100 meter race (by class VI&VII), a 4x100 meter race (by class VIII & IX). The most attractive event was of the participation of the parents, which filled the atmosphere with great joy. The race for the parents was a 50 meter race (for the mothers) and a 100 meter race (for the fathers). The KVN teachers also participated in the races a 100 meter race (for the ladies) and a 100 meter race (for the men). Following the sports events, there was a presentation of a yoga display, a PT display and also of aerobics. The certificates and medals were distributed by the Chief Guest. The retreat ceremony was carried the message of co-operation, team work and brotherhood. The Chief Guest addressed the students and high lighted the importance of sports and team work in our life. He also appreciated the students for their wonderful performance. The programme was concluded with a vote of thanks by the Principal, Mrs. Deepali Deshmukh.



Annual Sports Day

CHRISTMAS CELEBRATION

Kaivalya Vidya Niketan celebrated Christmas in a grand manner. The celebration commenced soon after the school assembly. The A.V. Hall was decorated with festive wreaths and sparkling lights. On the wall, a banner reading 'Merry Christmas' was hung. The celebration began with a musical depiction of the birth of Jesus Christ. This was intensely and superbly enacted by the students of Std. V-IX.



This was followed by the students singing in a high pitched voice, foot tapping traditional carols. The officiating Principal Ms. Deepali Deshmukh enlightened the students and teachers alike with a short engaging analogy. The high light was the speech made by the Director Dr. S.P. Thakur, a person who practices what he preaches. He said that, 'it is not enough to care; we have to share'. Charity begins at home. The celebration concluded with Father Christmas dancing and swaying to the music of jingle bells.



Christmas Celebration

ANNUAL DAY

On 11th February 2015, Kaivalya Vidya Niketan, Lonavala celebrated its Annual Day and Prize distribution. It began with the welcoming of the Chief Guest Shri Ganesh Shete, Guest of Honour Shri S. Chandrasekharan and other distinguished guests. After the lighting of the lamp, the Director, Dr. S.P. Thakur presented a delightful welcome talk and presented the School Annual Report for the year 2014 - 2015. This was followed by the prize distribution for the students who excelled in academics and other co-curricular activities.

The variety entertainment programme began with Ganesh Vandana. Thereafter a lovely welcome dance was performed by the angelic tiny children. As the evening progressed, students of various age groups entertained the audience with their outstanding performance of skits and dances in Hindi and English, leaving a lasting impression on the audience.

The children's performance seemed to be at par with that of mature artistes, due to the hard work and dedication along with motivation of the school staff who endeavored selflessly to make this gathering a memorable one.

The Chief Guest conveyed words of wisdom, appreciating the enduring efforts and skills of the staff and the students. The Guest of Honour whole heartedly appreciated the overall performances. His inspiring message left a zealous feeling in the hearts and minds of all. Last but not the least the Principal: Ms. Deepali Deshmukh, proposed the vote of thanks.



Annual Day Celebration

MATRUBHASHA DIWAS

On 21st February 2015, Matrubasha Diwas (mother tongue day) was celebrated at Kaivalya Vidya Niketan Lonavla. The Diwas began with an inaugural assembly in our National Language: Hindi, followed by a well co-ordinated, timely and appropriate discourse on diverse languages of our great country. The students from Std. V- IX expressed their views with pride and joy in their mother tongue. Languages

such as Bhojpuri, Hindi, Punjabi, Telugu, Gujarati, Rajastani, and Tamil were suffused in their asserted glory. With pride and happiness, the students shed light on their dialects. This was followed with a thought provoking, speech by the Director Dr. S. P. Thakur, an epitome of knowledge and a Gandhian at heart. Then followed an amazing hand shadow video presenting the song: 'mile sur mera tumhara'. This stirred a feeling of unity in diversity by treating all the languages equally. The programme concluded with the vote of thanks proposed by the officiating Principal Ms. Deepali Deshmukh.



Matrubhasha Diwas Celebration

HOLI CELEBRATION

Kaivalya Vidya Niketan celebrated holi in a grand way. The day began with a special and elaborated assembly, where the students enlightened everyone showing the significance and delightfulness of this colourful festival. The entire day the school was buzzing with the different ways each student would celebrate this long awaited colourful festival. After school the teachers and staff along with the Director, Dr. S.P. Thakur and the principal officiating, Mrs. Deepali Deshmukh met, where they graced the occasion with melodious folk songs and appropriate aphorism. The day came to an end with all teachers greeting and colouring one another with a rainbow of colours.



Kaivalyadhama thankfully acknowledges the following generous donations received in the last quarter.

Mrs. Renuka Kotak

Donation towards Kaivalya Vidya Niketan Road

Mr. Vivek Shanbhag

Donation towards Goshala

Mrs. Vartika Dubey

Donation towards Green Ashram Project

NOK Foundation Inc.

Donation towards our epic Swami Kuvalya Project

Advocate Shri. Nitin Thakkar

Donation towards Scientific Research at the Institute

उत्तानपादासन UTTĒNAPĒDĒSANA

यह परम्परा से आया हुआ आसन है। यह हलासन-सर्वांगासन-विपरीतकरणी की अर्ध अवस्था है।

This is a traditional posture. It can be viewed as first stage of Viparġtakara,ġ-Sarvġgġsana-Halġsana.

विधि / Technique:

१. पीठ के बल सीधे दोनों पैर मिलाकर लेट जाइये। दोनों हाथ सीधे जंघाओं के पास, हथेलियां खुली हुई जमीन से लगी रहेंगी।

1. Take supine position with legs together, hands together by the side of the body. Palm resting on the ground.

२. धीरे से दोनों पैर साथ-साथ उठाइये और ३०° कोण पर ले जाकर रोकियो।

2. Raise both the legs together slowly upto 30° angle.

३. थोड़ी देर रोकने के बाद ४५° कोण तक ले जाइये।
3. After few seconds, raise further upto 45° angle.

४. थोड़ी देर रुकने के पश्चात् पैरों को ६०° कोण तक ले जाइये एवं कुछ देर तक रोकियो।

4. After few seconds, raise upto 60° angle and maintain it there for few seconds.



५. वापस आते समय पैरों को ४५° अथवा ३०° कोण पर थोड़ी देर रोकें।

5. While returning, stop at 45° or 30° angle.



६. अब पैरों को सीधा जमीन से लगा लीजियो।

6. Finally, bring both the legs on the ground.

ध्यान रहे कि -

१. यह आसन पेट के निचले हिस्से में काफी दबाव व खिंचाव पैदा करता है, अतः क्षमता के अनुसार करें।

२. प्रारम्भ में पैर उठाते समय हाथों पर दबाव डाल कर सहायता लें।

३. पांव ऊपर उठाते समय घुटने से मुड़े नहीं।

Remember:-

1. High pressure and stretching is felt on the lower abdomen, hence, practise according to capacity.
2. In the beginning take help of hands to raise the legs.
3. While raising do not bend legs at the knees.





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