

# KDHAMWORLD

January - March 2019

RNI NO. MAHENG08413/13/1/2001/-TC

## The Majesty of Raja Yoga

Dr. Rajeshwar Mukherjee

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## Kumbha Mela

Prayagraj, 2019

27

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## Motoko Saito Retreat

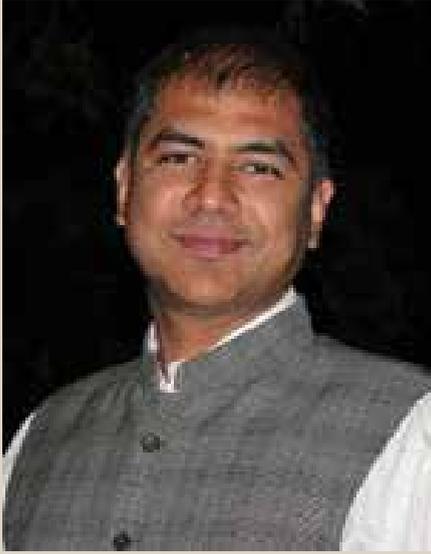
24 February 2019

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K A I V A L Y A D H A M A

Where Yoga Tradition and Science Meet



# EDITORIAL

It is election time in India and the fate of this government will be decided by the people next month. India is one of the world's largest democracies with something like 900 million people going to the polls this year. Managing such an election process is a mammoth task – definitely one of its kind in the world.

Everything comes to a standstill in the government while the focus remains on the election, and all that has been done in the last five years and what the political parties want to achieve in the next five years. We also see the younger generation stepping into the political arena, which is good, because they can make a greater difference within the system than being critical from the outside.

As Indian politics has changed over a period of time, the value systems have also changed. In ancient times, people would chant

Om  
Swasti praja bhyah pari pala yantam  
Nya yena margena mahi mahishaha  
Go brahmanebhyaha shubamastu nityam  
Lokaa samastha sukhino bhavantu

Om  
Shantih Shantih Shantih

Om  
Let Prosperity be glorified  
let Rulers rule the world with law and justice  
let divinity and erudition be protected  
let all beings everywhere be happy and free

Om  
Peace Peace Peace

When we reflect on this, we realise that the aspect of spiritual insight in the ruler was an essential aspect of governance. The prime objective of governance was prosperity of the citizens in all its dimensions. For a government to know if it has been on the right track, it is essential that each citizen expresses his or her view, so that there is a flow of communication to the government.

However, in spite of a large effort made by the government for the elections, we find that many citizens shy away from their obligation to vote; thus, leaving the task to elect the government to a smaller population of citizens.

An individual can make a huge difference to the world. We have so many examples: Mahatma Gandhi, Mother Teresa, Isaac Newton, Albert Einstein, and our own Swami Kuvalyananda. Like these great persons, each of us should be able to reflect on our own inner strength. This reflection is made possible by the spiritual aspect of our human personality.

For each of these great persons who have contributed to this world positively, we see their immersion in knowing themselves better through their spiritual paths. The Ruler who serves his or her people, also requires this spiritual insight to be aware that he or she is on the right path while in the service of his or her people.

Looking at it from the perspective of Yoga, the last five years have been more eventful than ever before. Right from the declaration of 21 June as International Day of Yoga to a multi-pronged approach to strengthen Yoga and get it into the mainstream health and wellness sectors, this government has done a fabulous job. This has been a great initiative and we should shoulder the responsibility to take it farther.

India is known for its spiritual wisdom and practices and as a multicultural society. This should be further strengthened to make it harmonious. There should be cultural synthesis within and outside. This will make us a great nation. Ultimately, it all starts with the change in an individual, and Yoga has the potential for initiating such transformation in an individual.

– Subodh Tiwari

# Interview - Swami Niranjanananda Saraswati

- Sindhu Tiwari

## •) Swamiji, how do you look at the transition of yoga from ancient times to present times?

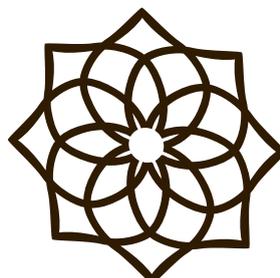
In ancient times, yoga was imbibed, experienced and expressed as a vidya. Through connection to this vidya, yoga was experienced as a complete science of life, in which the physical, pranic, mental, emotional, psychic and spiritual dimensions of life were enhanced. The wisdom of the ancient seers formed the basis of traditional and classical sources that were used by aspirants to develop their potential, their understanding, intuition and spiritual awareness. This approach to life connected the individual with the transcendental or spiritual dimension of existence. Today yoga is considered to be a practice, rather than a way of life. The challenge of the present time is to move from practice to lifestyle, to reconnect with the yoga vidya and apply it in daily life.

## •) Swamiji, your comments on scientific research in yoga?

Scientific research is important and necessary to validate the practices of yoga. Through scientific investigation and evidence an understanding of the science of yoga vidya will develop and further enhance its application. The science of yoga is as valid and valuable now as it was thousands of years ago and its truths are being rediscovered by modern science.

## •) Swamiji, your vision of the future of yoga? What would you advise the younger generation, in perspective of adopting yoga in today's time?

Sanyam or restraint is the need of the future and the vision for the development of yoga. Restraint in all areas of human experience creates the balance and harmony necessary for creative and positive expression in life. By cultivating restraint, samajhna, the right understanding about oneself, one's dharma and one's relationship with others and the environment develops. Restraint and right understanding are necessary for the progress of the individual and humankind. With these two qualities, shanti or peace can flourish. When shanti becomes the inner experience, foundation and strength, then that leads to peace in the community and the world.



# Dr Chinmay Pandya's Talk - Human Excellence

24 March 2019

Yesterday, we were deeply inspired by the presence of, and a talk by, Dr Chinmay Pandya who is the Pro Vice Chancellor of Dev Sanskriti Vishwavidyalaya.

Dr Pandya's talk on 'Human Excellence' encouraged us to consider human qualities such as compassion for others, strength of personal conviction, persevering against odds, inspiring others by one's own belief and deeds – to uplift oneself and others to do greater good for mankind. Referring to social and spiritual leaders (e.g. Swami Vivekananda, Sri Aurobindo) as well as the common man, Dr Pandya spoke of human excellence as something that contains both social and spiritual significance, concluding with the message that we are all capable of achieving this human excellence.

At the event, a MoU was signed between Dev Sanskriti Vishwavidyalaya and Kaivalyadhama to share knowledge and resources.



# The Majesty of Raja Yoga

Raja Yoga is the ancient science of Self-realisation which has its base firmly rooted in the ancient Indian scriptures. Lord Krishna, in his song divine, upholds it as the king of sciences. The study of Paninian Dhatupatha reveals that the word 'Raja', coming out of the verbal root 'Raj', connotes effulgence. Acharya Samkara in his commentary on the 'Rajavidya-Rajaguhya Yoga' of Bhagavadgita writes that this science is qualified with the epithet 'Raja' as it is the effulgence of the knowledge par excellence. Though it is highly esoteric, it is sacred, serene and rapturous. The profundity of this science lies in the fact that it has the potential to burn into ashes in no time, the effects of karma cumulated over thousands births and rebirths. This imperishable science is immediately comprehensible and it culminates in the knowledge of the Highest Bliss. What can be more splendidous than this?

The message of Raja Yoga echoed through the voice of Swami Vivekananda, during the nineteenth century in --scientific parlance, soaked the western intelligentsia for the first time in the ambrosia of joy. The West was overwhelmed with experience of ecstasy when the profound words of Raja Yoga emanated from the lips of the seraphic master.

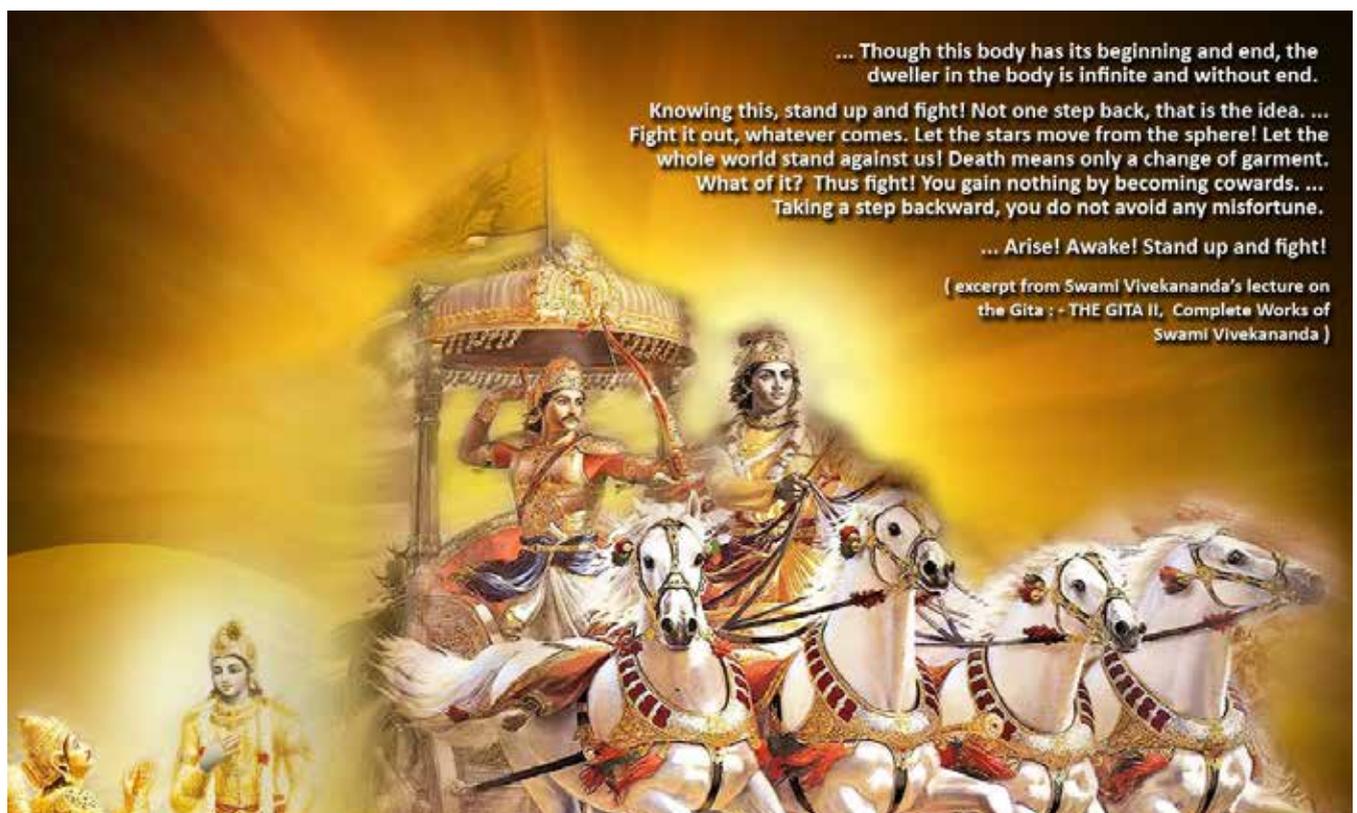
Kaivalyadhama in the recent times has taken a major stride to rejuvenate that ancient science of Raja Yoga which will infuse peace and bliss into the stress-torn life of human being.

Dr. Rajeshwar Mukherjee

## Swami Shivananda on Raja Yoga

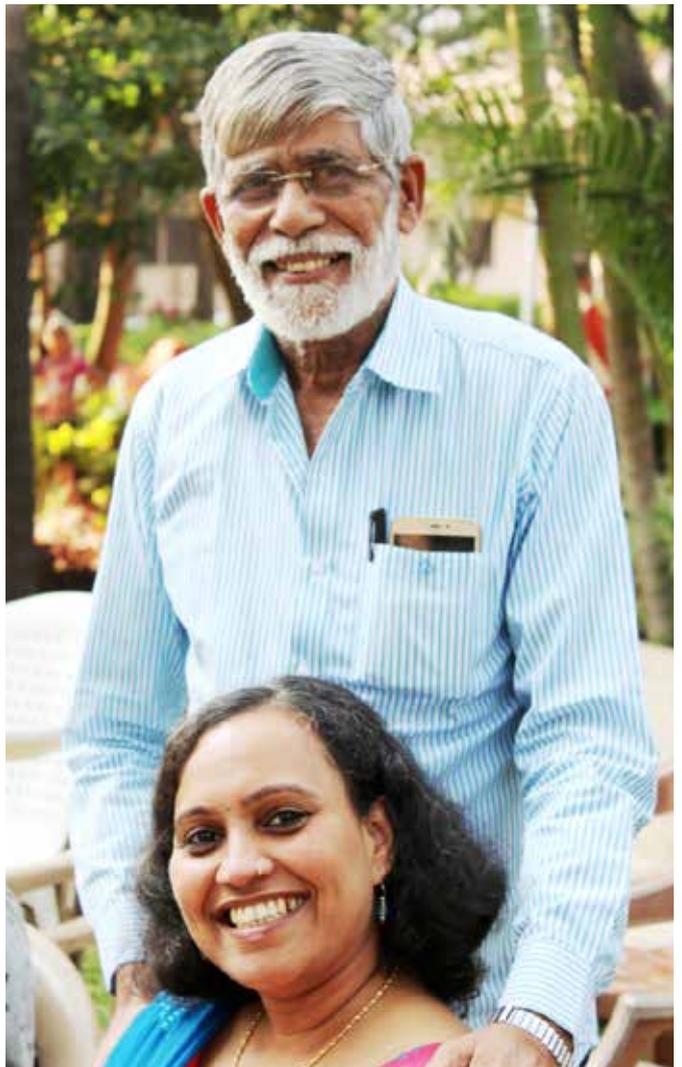
*"It concerns directly with the mind. The Yogi seats at ease, watches his mind and silences the bubbling thoughts. He stills the mind, restraints the thought-waves and enters into the thoughtless state or Asamprajnata Samadhi, Hence the name Raja Yoga. Though Raja Yoga is a dualistic philosophy and treats of Prakriti and Purusha, it helps the student in Advaitic Realization of oneness eventually. Though there is the mention of Purusha, ultimately the Purusha becomes identical with Highest Self or Purusha, or Brahman of Upanishads. Raja Yoga pushes the student to the highest rung of the spiritual ladder of Advaitic realization of Brahman."*

More on Raja Yoga at our workshop: <https://kdham.com/raja-yoga-work->



# Post-Conference Meet

5 January 2019



# Kaivalyadhama bids Mrs. Kusum Sharma & Dr. B.R. Sharma Farewell

30 March 2019



# CCY Research Special batch Inauguration

14 January 2019

Glimpses from the inauguration of the Special Research-Focused CCY programme at our Gordhandas Seksaria College, Kaivalyadhama.



# Concluding Ceremony

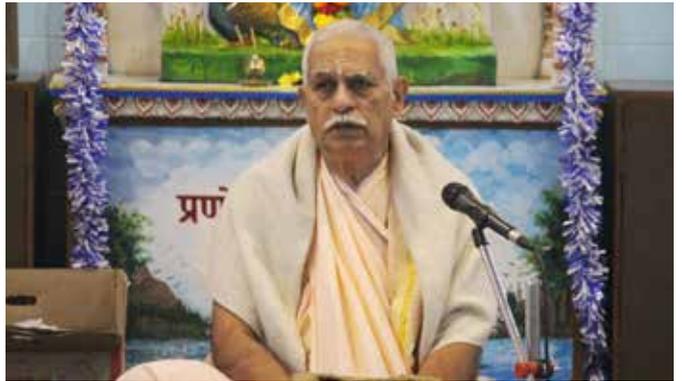
1 March 2019

The CCY Research Special batch which began on 14 January concluded on 1 March 2019 with blessings from Swami Maheshananda-ji.”



# Kriya Yoga Anushthana

3-8 January 2019



# YEF Scholarship Selected Candidates



# Students Award Winners

9 February 2019



# Advanced Course in Yoga Inauguration

15 March 2019

Glimpses from the Advanced Course in Yoga inauguration held next to the Hanuman Temple in open air. Nine enthusiastic participants from India and other countries participated this year in this month-long advanced yoga programme.



# Swachh Survekshan 2019 Award News

Lonavla Municipal Council participated in Swachh Survekshan 2018 and achieved 5th Rank in West Zone & 7th Rank in the Country.

Lonavla Municipal Council is all set to achieve 1st Rank in Swachh Survekshan 2020 and set a benchmark to maintain all parameters. The LMC President & Chief Officer duly promised that they won't compromise in maintaining the legacy of Swachh Survekshan in the coming future.



# AYUSH Stress Management Workshop

Inauguration - 16 March 2019

Glimpses from the inauguration of the 2-day AYUSH-sponsored Workshop on Yoga for Stress Management for officers deputed by DHS, National Health Mission, Gov't of India.



## Valedictory Function - 17 March 2019

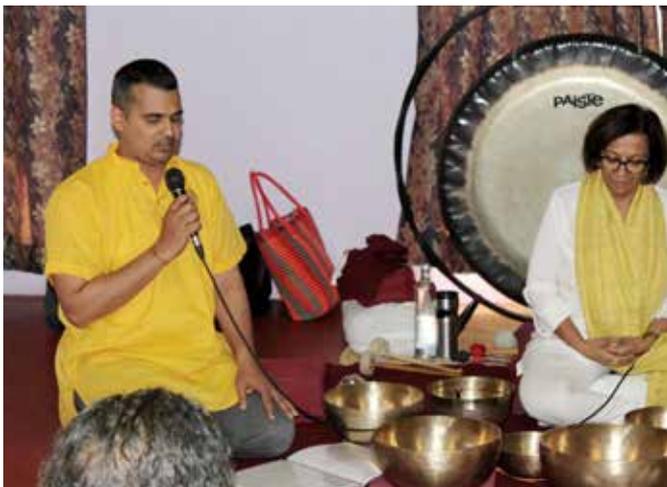
At the closing of the 2-day workshop on yoga for stress management, the valedictory message from our CEO, Shri Subodh Tiwari, was to encourage the participants to continue to build upon the knowledge gained at the workshop through practice by oneself and with one's colleagues and family.



# Healing Through Sound Therapy

18 - 22 March 2019

Our 5-day Healing Through Sound Therapy workshop was conducted by Ms Roshan Bahar who is an experienced and talented Sound Healer. The participants were engage in both group and one-on-one sessions.”



## Conclusion

The Healing Through Sound Therapy workshop concluded with the participants sharing their feedback of the course with Ms Roshan Bahar and the distribution of certificates.



# Kdham Bhopal Yog Prashikshan Shivir

11 January 2019 onwards



# JNV Aurangabad SGFI Students Training

27 January 2019



# BMC School, Mumbai YEF

12 January 2019

BMC school children improving their flexibility and progressing towards advanced postures through their yoga classes conducted by Kaivalyadhama Mumbai under YEF project.



# BMC school YEF Rotary Club

3 January 2019

Yoga classes in BMC schools conducted by Kaivalyadhama Mumbai in January 2019. This project is under YEF and sponsored by Rotary Club of Bombay. Yoga mats (last picture) were distributed by Ms Ekta Shah from Rotary Club of Bombay for BMC schools in Lower Parel.



# YEF Yoga Training for BMC School Children

1 March 2019

Under YEF, Kaivalyadhama Mumbai, in association with Rotary Club of Bombay and Life Trust, continues with Yoga classes for school children in Mulund Special Children's Home, regular BMC schools and Observation Home in Chembur, Mumbai.



# Yoga for special-needs children

Mumbai, 26 February 2019

In collaboration with Life Trust, Kaivalyadhama Mumbai continues its endeavour to teach yoga to special-needs children in Observation Homes in and around Mumbai.



# Global International School

Chinchwad Pune



## Dr. Veena Londhe's Workshop on PYS

25-27 February 2019

Dr Veena Londhe – Hon. Professor, Dept. of Sanskrit, Mumbai University – conducted a workshop on Patanjala Yoga Sutra for the students and faculty of our Gordhandas Seksaria College on 25-27 February 2019. Among the series of lectures delivered, she had covered Samadhi Pad and Sadhana Pad.



# Guest lecture at Swabhiman Parisar

2 March 2019

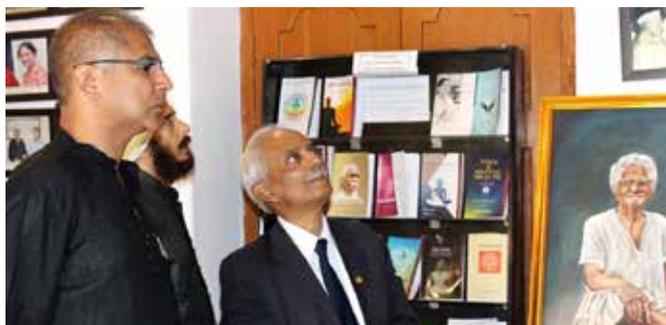
A guest lecture was organised by our New Delhi Centre on the topic “How to Improve Memory through Yoga” at Swabhiman Parisar (A Model Complex for the Welfare of Senior Citizens, Delhi State Legal Services Authority), Shahdara, New Delhi.



# A Day with Dr. W. Selvamurthy

## Morning Meetings

Dr William Selvamurthy - President, Amity Science Technology and Innovation Foundation, Director General for Amity Directorate of Science and Innovation, and Chair Professor for Life Sciences spent the morning on a leisurely stroll through our ashram, acquainting himself with various departments and facilities in Kaivalyadhama, and concluding with a meeting with Shri O P Tiwari-ji and Shri Subodh Tiwari-ji.



## Scientific Perspectives on Yoga

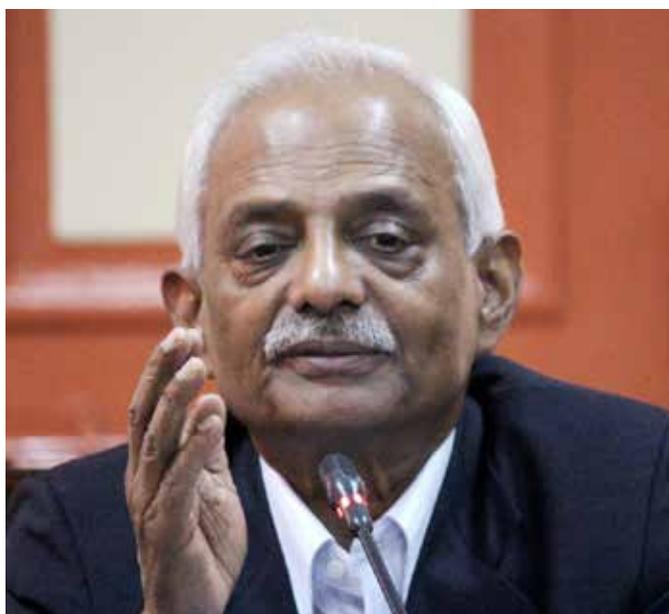
In an engaging presentation on ‘Yoga for Health: Scientific Perspectives’ to the students and faculty of our Gordhandas Seksaria College, Dr William Selvamurthy discussed the prophylactic, promotive and curative benefits of yoga, presenting case studies from his own research and research from various parts of the globe where yoga has proven to help not only in arresting growth of diseases but also in inducing regression of diseases in patients, thereby improving people’s health and lives.

He also stated that, as yoga students, teachers and practitioners, we are all ambassadors of yoga and play an important role in spreading the benefits of yoga across the globe.



## Meeting with SRD - 23 February 2019

Dr William Selvamurthy visited our Scientific Research Division (SRD) for an informal interactive discussion with the researchers about our ongoing research projects. He offered his insightful comments and suggestions on improving the scientific rigour and overall quality of these upcoming projects. He was also very impressed with the breadth and depth of the work happening at SRD and expressed his wish to visit us more often.



# National Seminar Somaiya College Mumbai

2-3 March 2019

Prof R K Bodhe from Kaivalyadhama was invited to the National Seminar on 'Yoga Textual Studies and Contemporary Significance' (sponsored by University Grants Commission, New Delhi) organized by K J Somaiya Bharatiya Sanskrit Peethem and Kavikulaguru Kalidas Sanskrit University at Somaiya College, Vidya Vihar, Mumbai.

He presented a paper on 'The Study of Yogic Text – Hathapradipika of Svamimarama on Manas' which was well received by the august gathering.



# Vinay Kargaonkar's Visit

9 March 2019

We were pleased to welcome Mr Vinay Kargaonkar, Additional Director General of Police, Traffic at Maharashtra Police, for a weekend programme of relaxation and detoxification to rejuvenate the body and mind.



# Sri Satya Sai Seva Organisation Visit

24 March 2019

A group of teachers from the Bal Vikas Wing of Sri Satya Sai Seva Organisation, Pune District, visited us on 24 March 2019. They received an orientation to our philosophy and practices, and a tour of our campus.



# TTC Pranayama Phase 3 Step 2

## Dr Supriya Kulkarni Ayurveda pulse examination - 25 March 2019

Dr Supriya Kulkarni introduced the TTC Pranayama participants to Pulse examination according to Ayurveda thinking, taking a step-by-step approach to Pulse diagnosis with respect to Ayurvedic theory of Tridoshas and practical understanding of its features.



## R K Bodhe on Hathapradipika - 25 March 2019

Prof R K Bodhe discussed Svamarama's Hathapradipika with a focus on Chapter 4 which deals with the nature of Prana in terms of Nada (internally aroused sound), Bindu (internally aroused light) & Kala (rich sensation felt all over the body) which blend to form one whole, which the yogi



## Banana leaf Meals - 29 March 2019



## Pranayama Practice 28 March 2019



## TTC Pranayama Debate: Asana in Today's World - 25 March 2019

The first debate in which the TTC Pranayama students participated on 25 March 2019. The topic raised the question, "Styles of yoga this day and age. So, do they all conform to the definition of asana as per Patanjali?" and the two opposing teams dug into their banks of knowledge to put forth their arguments in the presence of Shri O P Tiwari-ji and Shri Sudhir Tiwari-ji. No winners; just a friendly exchange of thoughts and ideas.



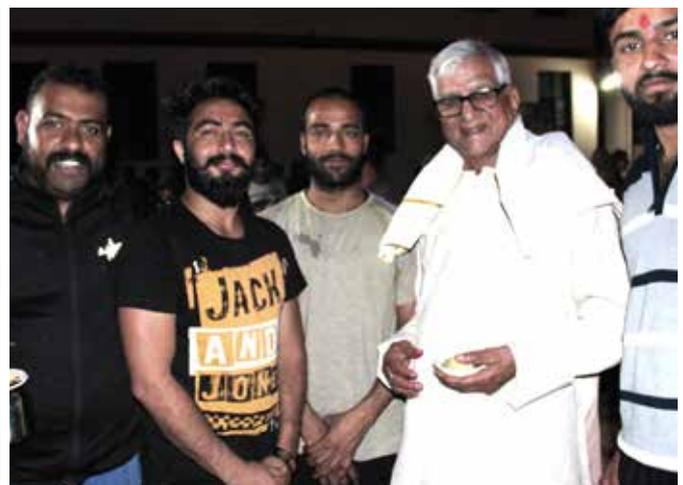
## TTC Pranayama Debate: Pranayama Hathayoga Patanjali - 28 March 2019

The second debate had the two competing teams of our TTC Pranayama participants presenting their points of view on the topic “Is Hathayoga pranayama different from Patanjali’s pranayama?” Happily, it was more sharing of information than a competition.



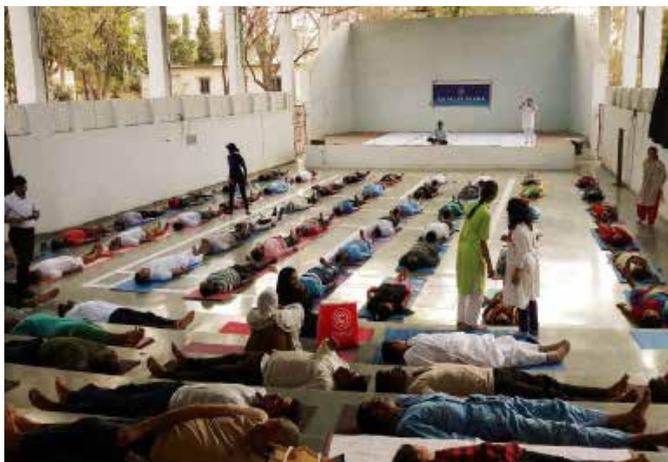
## Holika Dahan

20 March 2019



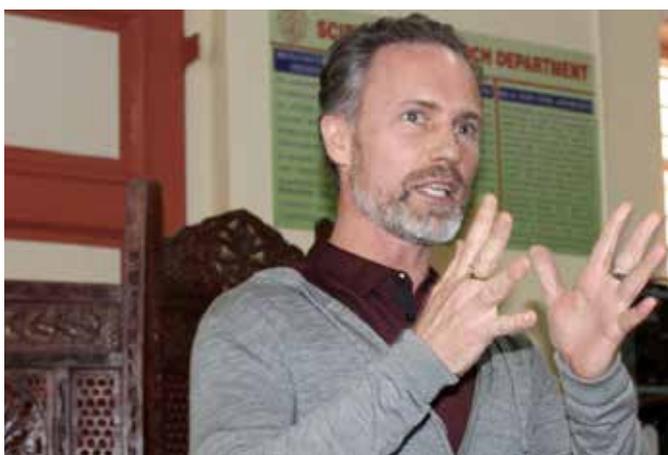
# Yoga Workshop for Cancer Patients & Caregivers Command Hospital Pune

13 February 2019



# Project Briefing with Paul Dallaghan

10 January 2019



# Kumbh Mela Prayagraj 2019

## Arrival



## Dignitaries, Yoga Classes



# Kumbh Mela Prayagraj 2019

## Sangam Aarti



## Yoga Workshop

**योग के महाकुंभ में आध्यात्मिक गुरुओं का**

**परमार्थ विवेकानंद में हुआ योग शिबिर का आयोजन**

**PRAYAGRAJ:** योग, पशुपत और सरस्वती के संगम पर चल रहे कुंभ महोत्सव में योग के महाकुंभ को भी शुरुआत हुई. इस अवसर पर योग और अध्यात्म के विभिन्न ऋषि-मुनि अपने-अपने शिष्यों के साथ आये. यहाँ योग के महानिर्देशक श्री श्री श्री योगेश्वर जी के नेतृत्व में योग शिबिर का आयोजन किया गया. शिबिर में योग शिबिर का आयोजन किया गया. शिबिर में योग शिबिर का आयोजन किया गया.

योग शिबिर का आयोजन, श्री श्री योगेश्वर, स्वामी विवेकानंद सरस्वती, योग शिबिर का आयोजन, श्री श्री योगेश्वर, स्वामी विवेकानंद सरस्वती, योग शिबिर का आयोजन, श्री श्री योगेश्वर, स्वामी विवेकानंद सरस्वती.



## Sangam Aarti



## Pranayama



## Concluding Sessions



# Dr Amiya Bhaumik's Visit

13 March 2019

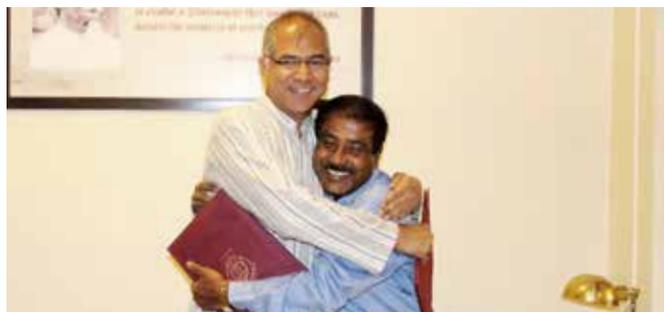
We were privileged to have Dr. Amiya Bhaumik, Vice Chancellor & CEO of Lincoln University College, Malaysia, visit Kaivalyadhama with the purpose of exploring joint educational and research opportunities between Kaivalyadhama and his University. He was accompanied by Mr. Subhash Athavale and Dr. Peshori.



# Dr Tushar Kanti Bera MoU

26 March 2019

Kaivalyadhama signed a MoU with Vidyasagar Technological Institute of Physical Education and Sports in Purba Mednipur, West Bengal, led by its Founder Dr Tushar Kanti Bera, who was a respected senior member of Kaivalyadhama's Scientific Research Department.



# Mika Nishimori Japan MoU

26 March 2019

Delightful news: Kaivalyadhama has set up its Branch in Japan in collaboration with Traditional Yoga Educational Center HUS Lab in Kumimoto, Japan, led by its Founder Ms Mika Nishimori who is our past student and well-wisher.



# Danilo Santaell & Group

14 January 2019



# Kdham-ACTREC Yoga Project

27 January 2019



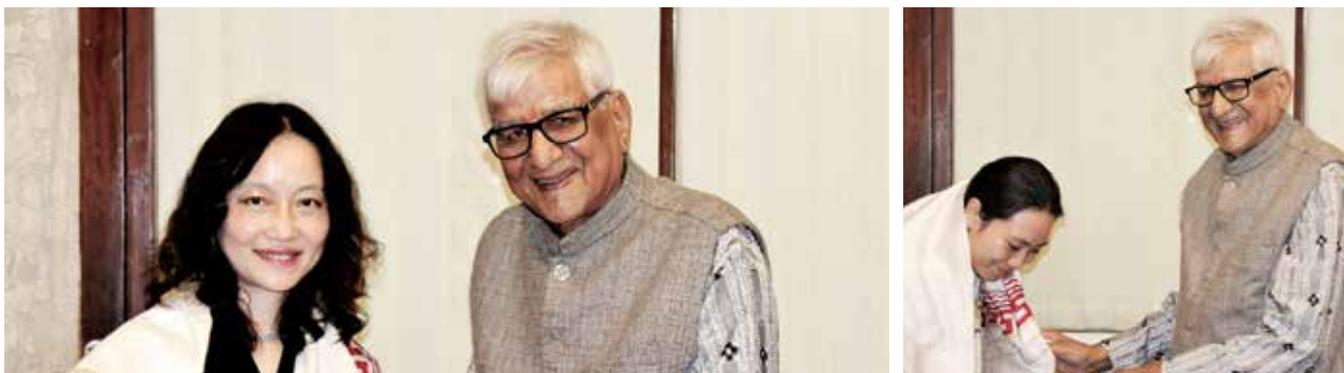
# MGM-IHS Spinal Care Conference

18,19 January 2019



# Dr. LU Fang's Visit

22 February 2019



# French Group, Half-day Education Tour

27 February 2019

A group of 15 French indophiles visited our campus on an education tour. Many of them were yoga practitioners and yoga teachers. They concluded their visit with a lecture on meditation by Prof R S Bhogal.



# Kdham Hungary

## 'Yoga as Therapy' Presentation 20 January 2019

On 20 January 2019, Kaivalyadhama Hungary conducted a full day programme with a presentation and report of the 'Yoga as Therapy' International Conference held in Lonavala India for Hungarian yoga teachers. The venue was the Kaivalyadhama Hungary Yoga Center: AHIMSA Yogacenter in Veszprém.

More than 50 yoga teachers and advanced yoga practitioners participated in this programme. On this occasion, there was media coverage by one of the local newspapers.



# Kdham Hungary

## Bakony Mountain Retreat: 3-6 January 2019

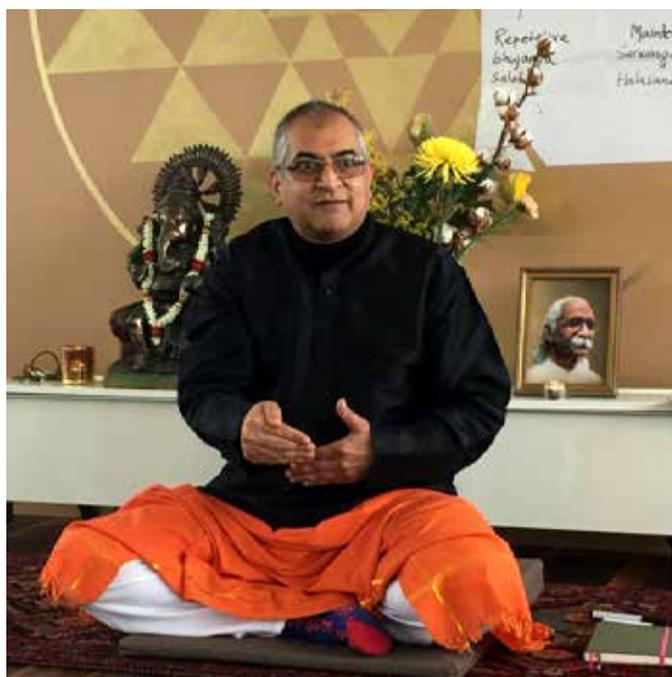
On 3-6 January 2019, Kaivalyadhama Hungary Centre conducted a retreat in the Bakony Mountain, Gézaháza. This retreat had a full day yoga programme for 20 participants: lectures, practical sessions (asana, pranayama, shatkriyas, nada yoga) with satvic diet.



# Sudhir Tiwari at Ashtanga Yoga Uppsala Sweden

## 1 -3 March 2019

The participants at Ashtanga Yoga Uppsala in Sweden spent three engaging days (1-3 March 2019) with Shri Sudhir Tiwari-ji on going back to the roots: Traditional Asana, Pranayama and related practices; plus lively discussions on Ashtanga Yoga of Maharishi Patanjali.



# PLRD-ICPR Project

11 February 2019

A project is being undertaken by our Philosophico-Literary Research Department (PLRD) in collaboration with the Indian Council of Philosophical Research (ICPR). The title of the project is “Study of the Principle of Causality: Interfacing Ancient Indian Wisdom with Modern Physics and Neuroscience.” The tenure of the project granted is 2 years.

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## Ashtanga Yoga, Dublin

15-17 February 2019

A three-day workshop at Ashtanga Yoga Dublin, 15-17 February 2019, by Shri Sudhir Tiwari: Traditional Asanas, Pranayama, Meditational Techniques and chanting. And a very engaging discussion on Practicality of Kriya Yoga in weakening of Klesas and other related obstacles.



# Neda & YogaLite Team Retreat

11 March 2019

Neda, Christophe and members of the YogaLite team were here from Lille, France, on a yoga retreat. Yesterday, they were welcomed by Dr Jagdish Bhutada and members of the Kaivalyadhama team before quickly setting off on their 2-week yoga experience in the Kaivalyadhama tradition.



# Yogalite Lille Retreat Morning Trek

15 February 2019

A perfect start to the day for the group of French students on a retreat with us: a walk to Swamiji's cave and the view of the lake at sunrise. Organised by @yogalite.lille, the group was on a two week retreat in Kaivalyadhama, practicing yoga and enjoying Ayurveda and Naturopathy therapy.



# Delight Yoga, Amsterdam

19 February 2019

A Pranayama workshop at Delight Yoga in Amsterdam with Shri Sudhir Tiwari on 19 February 2019. It is evident that the interest in Pranayama is growing continuously.



# Pranayama Workshop in Helsinki

21-24 February

Six consecutive years of Pranayama practice in Helsinki, Finland with Shri Sudhir Tiwari. This year, the workshop was conducted on 21-24 February 2019. The traditional yoga community keeps growing in Helsinki, reiterating the fact that yoga is an experiential practice benefiting overall wellbeing of the practitioner. Due to the growing interest, a workshop in August this year has been added in Helsinki.



# Ayurveda TTC in China

15 March 2019

**K**aivalyadhama China completed the second phase of the Ayurveda TTC with 20 participants enrolling for the programme. Dr. Supriya Kulkarni had a one-day workshop for the common people on Ayurveda health and the programme was well-received by the participants. It is the only course in China which teaches the traditional ways of Ayurveda with depth.



# Indian Embassy in China

2 March 2019

**O**n March 2nd, Dr Supriya A Kulkarni represented Kaivalyadhama Lonavala at the Indian Embassy in China. She addressed a gathering at the Embassy and shared her views on 'Ayurveda -The science of life'. Dr Supriya Kulkarni conveyed her views on the significance of ancient Indian sciences like Ayurveda and Yoga in modern times. The session lasted for 90 minutes followed by Q&A with the audience.



# Kaivalyadhama China NOWRUZ Festival

22 March 2019

The Indian Embassy in Beijing had invited Kaivalyadhama China to participate in the festivities to mark the International Day of NOWRUZ, which marks the first day in Spring. It is a Day of Unity and Friendship of people celebrated by the Shanghai Cooperation Organisation (SCO) with its member countries. The festival was held in Beijing on 22 March 2019. Thirteen countries, represented by their Embassies, were invited. The Kaivalyadhama China team, representing the Indian Embassy in China, demonstrated yoga asanas in the Indian tradition.



# Sudhir Tiwari at New Orleans TTC

8-10 March 2019

Traditional Pranayama and Asanas with Shri Sudhir Tiwari in Kaivalyadhama lineage as a part of Balanced Yoga and Ayurveda TT course in New Orleans, USA, March 8-10, 2019.



# AYUSH Diabetes Project Awareness Campaign

Talegaon 31 March 2019

The team of our Scientific Research Department conducted a Diabetes awareness program at Talegaon under an AYUSH-sponsored research study with the help of Echhapurti Jeshta Nagrik Sangh.

Adv. Ravindra Dabhade (Ex. Nagarsevak) was the guest of honour of the program. Dr. Satish Pathak delivered a speech on Diabetes and its management through yoga. Mrs Pratibha Rajbhaj gave detailed information on the research project to the participants.

Mr. Vivek Tiwari and his team of students demonstrated various yoga practices to the participants of the program. In this program, 96 citizens of Talegaon were checked free of cost for their Random Blood Sugar level.



# Vice Admiral Suresh Bangara's Visit

25 January 2019

Vice Admiral Suresh Bangara, Retd. (PVSM, AVSM) was the Guest of Honour for the 70th Republic Day Celebration at KVN, Kaivalyadhama Lonavala. He illuminated the minds of the young students of our School and College, and shared some beautiful thoughts on how we as a unit contribute to the nation.



# 18th Meeting of the Executive Council Of Indian Yoga Association

27 February 2019

The 18th Meeting of the Executive Council of Indian Yoga Association was held in New Delhi on 27 February 2019. Actions taken on the earlier meeting was discussed. The achievements were also discussed, along with the new MoU signed, strengthening the objectives. The success of Yoga Kumbh was also presented and discussed. Other new projects with IGNOU and Braj Parishad were communicated.



# AYUSH Ministry Secretary Visits Kdham

Vaidya Rajesh Kotecha



# Vartika Dubey Continuing Education For Teachers

5 January 2019



# AYUSH Diabetes Project Lonavala Municipal Corporation meeting

7 February 2019



17 February 2019



# CCY Mumbai Weekend Program Student Visit

6 March 2019

Students of CCY Kaivalyadhama Mumbai weekend program arrived in Kaivalyadhama Lonavala for an education tour to see in the Yogic knowledge and ambiance of the place. Prof Ravindranath Bodhe presented a paper on an apt and relevant topic of Value Education and Yoga, Prof R S Bhogal on the importance and nuances of mediation, Dr S Bhalekar presented a lecture on the Anatomy and Physiology of Yoga.



13 March 2019



# Ghantali Mitra Mandal

2 February 2019

Around 120 participants from Ghantali Mitra Mandal (Ghatkopar, Mumbai and Thane branch) visited the ashram on an educational tour. Among the many highlights, they attended interactive sessions by Dr S C Bhalekar, Dr D D Kulkarni and Prof R S Bhogal.



9 February 2019

The second batch of participants – around 100 in number – from Ghantali Mitra Mandal Thane Branch visited our ashram on an educational tour on 9 February 2019. Here are glimpses from a talk by Prof R S Bhogal on Kriya Yoga.



# Abasaheb Garware College Pune Visit

5 February 2019

The psychology students and faculty of Abasaheb Garware College of Pune visited us on 5 February 2019, on a short educational tour.



# Mohanlal Sukhadia University, Udaipur Visit

13 March 2019

27 students of MA in Yoga and their faculty from Mohanlal Sukhadia University in Udaipur, Rajasthan, visited our Lonavala campus and participated in classes to learn various philosophical aspects of yoga in the Kaivalyadhama lineage.



# Arogyadham Nisargopachar Kendra Nashik

**Educational Tour - 19 March 2019**

24 Final Year students from Aarogyadham Nisargopachar Kendra Nasikroad, Nashik, visited our campus on an education tour. During their visit, they attended lectures by Prof R K Bodhe and Dr Rajani Pradhan, and participated in a discussion with Dr D D Kulkarni of our Scientific Research Department.



# Siddhakala Ayurved Mahavidyalaya Sangamneer

**9 February 2019**

Approx. 70 nos. II BAMS students and faculty of Siddhakala Ayurved Mahavidyalaya Sangamneer visited us on Saturday 9 February 2019 on an educational tour.



# Nagraj Institute of Yoga Mulund Mumbai

27 February 2019

A group of 40 yoga enthusiasts from Nagraj Institute of Yoga Senior Citizens from Mulund East in Mumbai visited our campus to enjoy the Kaivalyadhama experience, and returned suitably fulfilled.



# Shri Shiv Chhatrapati College Visit

7 February 2019

We were happy to receive the Final Year students of Shri Shiv Chhatrapati College Junnar to our campus on a short visit. Junnar Taluka Shivner Shikshan Prasarak Mandal was formed in 1970 with the sole aim of disseminating education to the masses. Shri Shiv Chhatrapati College was established in the same year at the foot of Shivneri Fort - an eternal symbol of inspiration, persistence, enthusiasm and victory.



# Cameroon Tourists Education Trip

15 February 2019

A **welcome visit** by a group of tourists from the Central African nation of Cameroon who were here at Kaivalyadhama Lonavala while on an Incredible India tour to discover the land of yoga.



# YIC student visit from Kdham Mumbai

16-17 February 2019

**Y**oga Instructors Course (YIC) students from Kaivalyadhama Mumbai visited us at Lonavala to experience the joy of living in Yoga and an Education Tour.

The highlights of the tour were a lecture on the Philosophy of Yoga by Dr Rajeshwar Mukhopadhyaya, Mrs. Sandhya Dixit's session on the power of mantra chanting, Prof. R S Bhogal's talk on the Psychology of Yoga, Dr. Sharadchandra Bhalekar's lecture on the Anatomy of Yoga, and the experiential aspects of yoga under Mr. Ankur Pandey's and Mr. Anukool Deval's guidance.



# Hiroshi Aikata's YIC Refresher Programme

25 March 2019

The Refresher programme for Hiroshi Aikata's YIC participants from Japan commenced on Monday, 25 March 2019. Our CEO Shri Subodh Tiwari conducted the inaugural class and engaged the participants with stories of Kaivalyadhama, explaining how the positive vibes in Kaivalyadhama are a natural outcome of the history of Lonavala where Buddhist monks in rock-cut caves had thrived over 2,000 years ago.



# Motoko Saito Retreat

Inauguration - 24 February 2019

Ms Motoko Saito is an old student of Shri O P Tiwari-ji and, from time to time, she organises yoga retreats in Kaivalyadhama in Lonavala for yoga students and yoga practitioners from her Yoga studio “Chandra” in her hometown Fukui in Japan. Here are photos from the inauguration of Ms Saito’s 2-week-long retreat which began yesterday.



## Closing Ceremony 8 March 2019

The closing session for the participants attending Motoko Saito's Retreat began early morning with Pranayama practice. This was followed by feedback from the participants and the distribution of certificates by Shri O P Tiwari-ji.



# Holi at Lonavala

21 March 2019





# Kaivalyadhama

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