



KAIVALYADHAMA

YOGA FOR THE WORLD



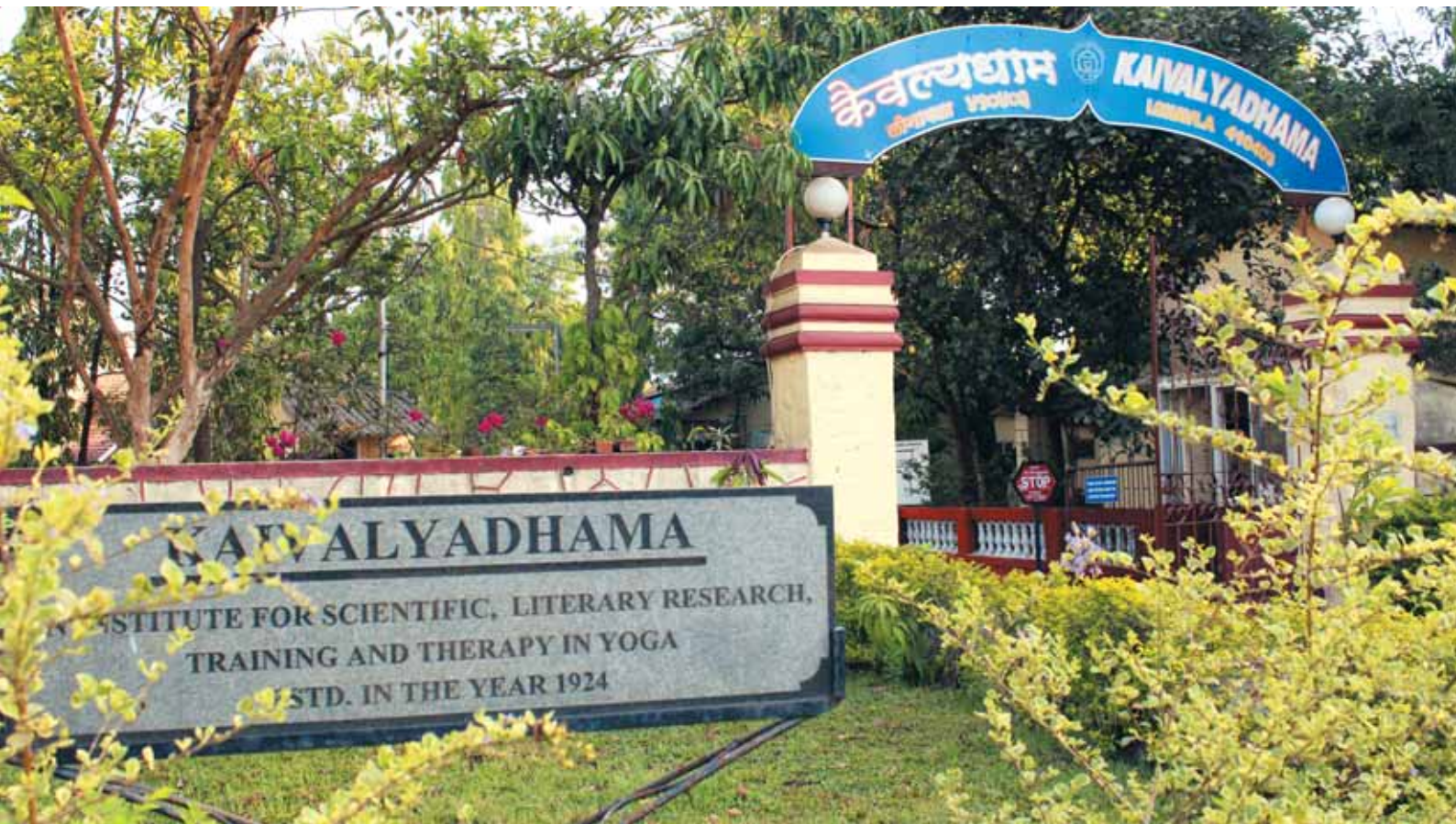
CENTRAL ADMINISTRATIVE DEPARTMENT



GORDHANDAS SEKSARIA COLLEGE OF YOGA & CULTURAL SYNTHESIS



PHILOSOPHICO-LITERARY RESEARCH DEPARTMENT



YOGA MIMAMSA PUBLICATION DEPARTMENT



SCIENTIFIC RESEARCH DEPARTMENT



S.A.D.T. GUPTA YOGIC HOSPITAL AND HEALTH CARE CENTRE





CENTRAL ADMINISTRATIVE DEPARTMENT

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Preface



Kaivalyadhama is steadily growing in all directions. The Scientific Research Department strives to strengthen its systems and processes in order to carry forward the dream of our founder. The ethical committee, under the guidance of Dr. B. B. Singh, reviews not only the ethical aspects

but also the subjects to research the subtle aspects of Yoga. Dr. Narayan Desai is leading his team of researchers towards a belief of working towards a more self-sustainable department, which is appreciable.

The philosophico-literary department has had lack of human resource, however under the guidance of Dr. B. R. Sharma, it is looking at different work matrix to achieve its goal. We are sure that in this year we are able to delve deeper into synthesis of literary research for greater understanding of general public.

The college has been conducting its courses and spreading the message of Yoga through the young students. Principal Shri. R. S. Bhogal has been utilizing his experience towards greater benefit for the students. The absence of senior teachers, who have been deputed to ICCR has impacted our quality to some extent. However, we have tried to do our best. This year we plan

to overhaul the whole process, systems and contents of the courses to make it more research and project orientated whereby there would be more experiential learning.

In the health care centre number of participants is increasing, they are reaping greater benefits of our Yoga, Nature Cure and Ayurveda, systems and processes are showing their results. The process of giving attention to the feedback of the participants and using it as a tool to improvise has yielded good results. The changes of introducing the three 'packages' Yoga and Relaxation, Yoga and Naturopathy and Yoga and Ayurveda has given increased freedom to the participants to choose as per their need. The team is very strong and well bound together under Shri. Subodh Tiwari.

The Central Administrative Department ensures that the institute functions smoothly. It is on the receiving end most of the time, since it ensures that the policies and systems are followed!!! However, it ensures a totally transparent working, which is the backbone of a Trust. Over a period of time much effort has been made to have policies in place, which have resulted in smooth administrative workings. Mrs. P. L. Mandke, Administrative Officer coordinates an able team under the guidance of the Joint Director Administration.

We continue to strengthen our resolve towards being an eco friendly institute. The whole institute will very soon become a no vehicular zone. We are also planning installation of solar panel for increasing our

generation of power. We are also looking at replacing all our street lights with solar lit LED lamps in 2012-2013.

We have been able to go ahead with the work primarily due to the generous support of the Ministry of Human Resource Development, Government of India and Department of Higher and Technical Education, Government of Maharashtra, and cooperation from the NCERT. We are also thankful to members of our advisory board who have been guiding us from time to time. We will feel loss of Shri. A. T. Guptaji, Chief Patron who had been our pillar of strength for the last five decades.

Our greatest strength is our dedicated staff members, who truly believe that they are

serving a cause. It's a privilege to work with them. Finally, our thanks to all well wishers and participants who have stood by the institute and have been a source of strength and reason, which motivates us to strive hard.

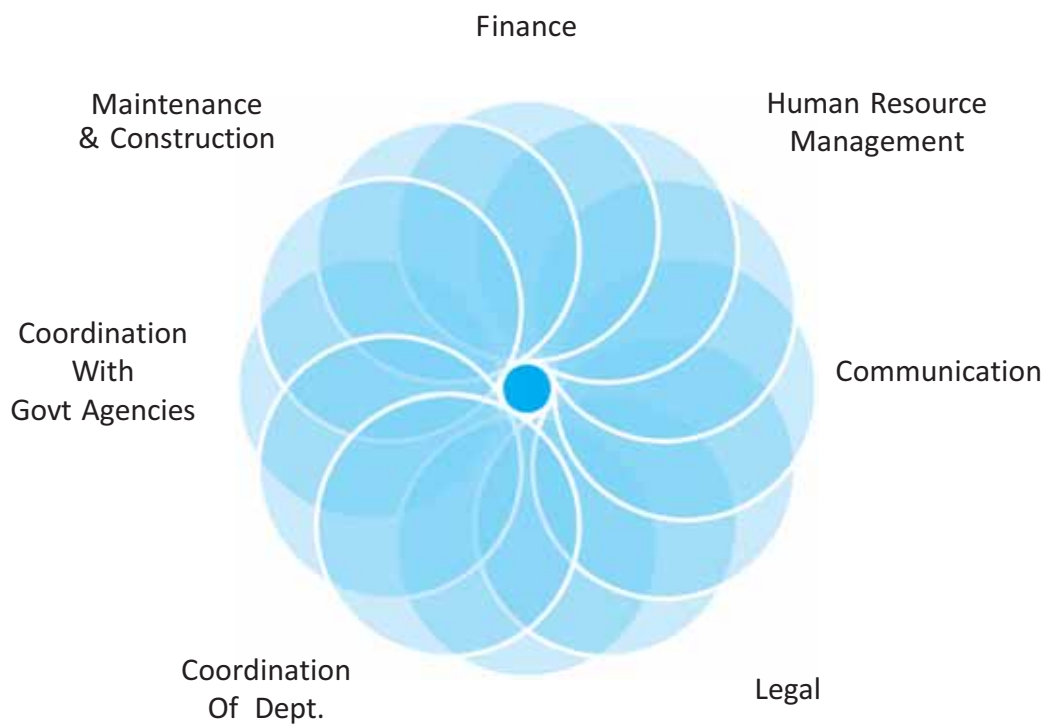
This annual report for the year 2011-2012 will give you an idea of the work which has been done in the past year. It would be a pleasure to receive your feedback.

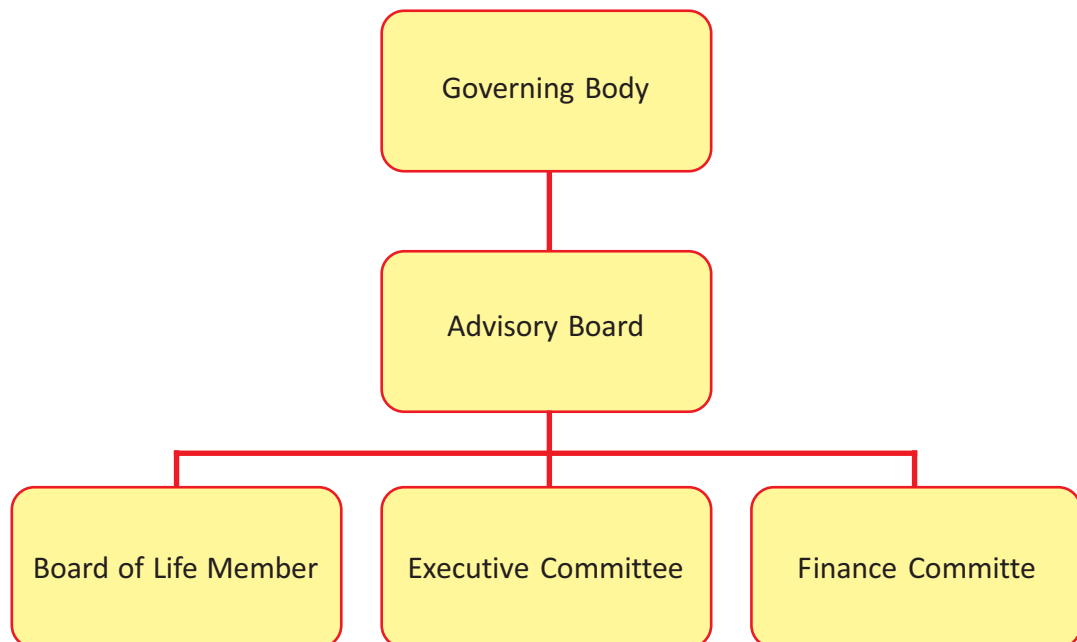
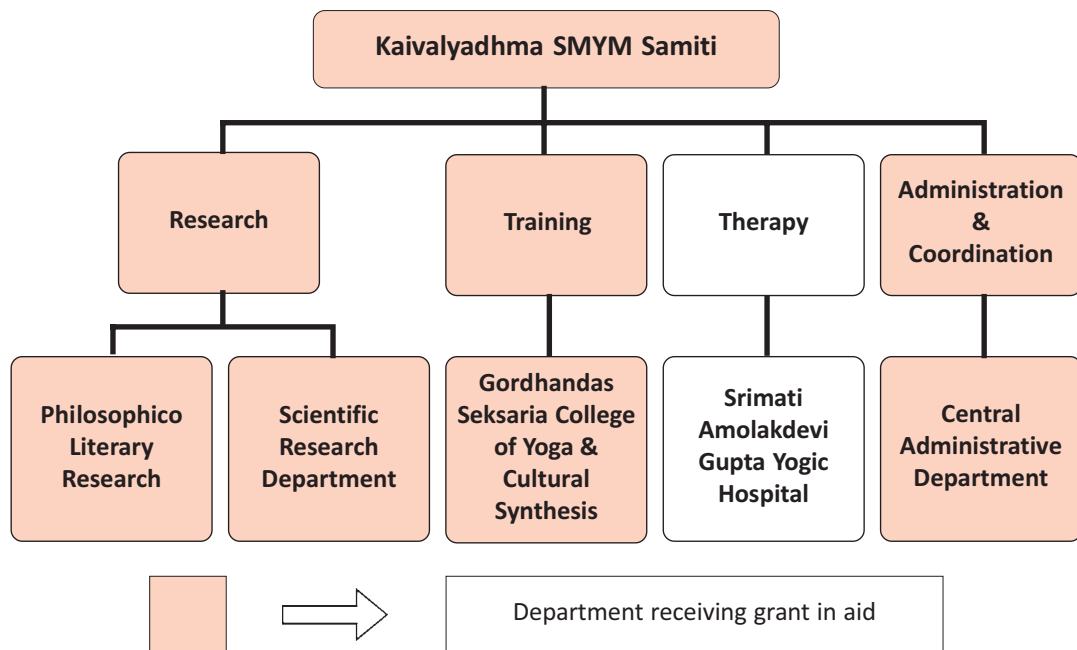
May lord grant peace to all.

Om shanti shantishanti !!!

O. P. Tiwari
Hon Secretary

CENTRAL ADMINISTRATIVE DEPARTMENT





KAIVALYADHAMA SMYM SAMITI, LONAVLA

ADVISORY BOARD

- | | |
|---------------------------------------|--|
| Shri. Justice B. N. Srikrishna | – Former Judge Supreme Court |
| Shri Y. N. Chaturvedi | – Former Secretary I &B, Government of India |
| Shri S. K. Tripathy | – Former Education Secretary, Government of India |
| Smt. Kumud Bansal | – Former Education Secretary Government of India |
| Padmashree Shri P. H. Parekh | – Senior Counsel Supreme Court of India |
| Dr. S. D. Palkar MS | – Cardio Thoracic surgeon, Mumbai |
| Dr. Smita Sharma MD | – Anesthetist |
| Dr. Anand Gokani MD | – Diabetologist |
| Dr. Shirley Tellis | – Director of Research, Patanjali Yoga Peeth, Haridwar |
| Dr. Rajan Welukar | – Hon'ble Vice Chancellor, University of Mumbai |
| Dr. Samprasad Vinod | – Director Maharishi Vinod Yoga Research Institute |
| Shri. B. C. Khatua | – Former Chairman of Forward Market Commission. |
| Shri. M. Narasimhappa | – Former Chief Income Tax Commissioner |

GOVERNING BODY MEMBERS

1. **Swami Maheshananda Chairman**, Kaivalyadhama, Lonavla.
2. Director, Ministry of Human Resource Development, Dept. of Sec. & Higher Education, Shastry Bhawan, New Delhi – 110001.
3. Director, Ministry of Human Resource Development, Dept. of Sec. & Higher Education, Finance Division, Shastry Bhawan, New Delhi – 110001.
4. Director of Education Higher and Technical Education, Government of Maharashtra, Central Building, Pune – 411001.
5. Chief Accounts Officer, National Council for Education Research and Training, New Delhi
6. **Shri. Kaushik Gupta**, 2/9, Boat Club Road, Pune – 411001.
7. **Shri. K. P. Talwar** 47 Munirka Vihar, DDA Flats (SFS), New Delhi – 110067.
8. Managing Trustee, Satyanarayan Mandir, Via Miyagam, Karjan, Malsar (Gujarat) .
9. **Smt. B. P. Khetan**, 198, Chrchgate, Khetan Bhawan, Reclamation, Jamshedji Tata Road, Mumbai – 0400020.
10. **Shri. R. R. Sekseria**, Omex Chambers, 1st Floor, Rajashree Shahu Marg, Andheri (East), Mumbai - 400069
11. **Shri. R. K. Dauneria**, Kaivalyadhama Yoga Training Centre, B-11, Shahpura, Bhopal – 462039.
12. **Justice D. R. Dhanuka (Retd)**, Flat -703, Meenakshi Tower, Gokuldharm, Goregaon (East), Mumbai – 400063.
13. **Dr. S. K. Ganguly**, Kaivalyadhama, Lonavala – 410403.
14. **Dr. B. R. Sharma**, Kaivalyadhama, Lonavala – 410403.
15. **Dr. Subhash Dubey**, 305, Wheeler Place, Endicott, New York 13760, USA.
16. **Shri. Subodh Tiwari**, Kaivalyadhama, Lonavala – 410403.
17. **Prin. Dinesh Panjwani**, Principal R. D. Arts & Science College, Linking Road, Bandra, (West) Mumbai – 400 050.
18. **Shri. Omprakash Tiwari** – Member Secretary – Kaivalyadhama, Lonavala – 410403.
19. **Smt. P. L. Mandke**, Omkarchhaya Apts, 293/A, Shaniwar Peth, Pune – 411030.



In the year 2011-12, various activities were coordinated by the Central Administrative Department. This departments basic functions are to coordinate between various departments with respect to administrative work so that academic, research, and all other departments can carry on their work optimally. It is also responsible for providing administrative services to initiate new projects / proposals for training and research and for providing infrastructure as required.

MEETINGS HELD DURING YEAR 2011-2012

Finance Committee	15 th April 2011 24 th October 2011
Executive Committee	5 th August 2011 29 th September 2011 10 th December 2011 18 th February 2012
General Body/ Governing Body Meeting	4 th July 2011 18 th November 2011
Advisory Board Meeting	25 th June 2011
Board of Life Member Meeting	10 th December 2011

■ **OUR LEGAL CONSULTANTS**

Advocate **Shri. Jayant Shaligram** – Pune
Advocate **Smt. Meena Doshi**- Mumbai
P. H. Parekh & Co – New Delhi

■ **OUR AUDITORS**

M/s Dinubhai & Co. Chartered Accountants – Mumbai – External
Shri. Girish Date CA – Internal Auditor

■ **OUR ARCHITECTS**

M/s Design Workshop – Lonavla

■ **OUR COMPUTER SYSTEMS MANAGER**

M/s Indigenous Systems - Lonavla

■ **OUR SOFTWARE AND WEBSITE MANAGER**

Mr. Tuhin Chowdhury

THE TEAM

Shri. Subodh Tiwari	– Joint Director of Administration
Smt. Pushpa Mandke	– Administrative Officer
Shri. Sharad Sinha	– Office Superintendent
Mrs. Ashwini Mudalgikar	– Accountant
Mrs. Asha Wankehde	– Upper Divisional Clerk
Mr. Ashok Kumar Saxena	– Senior Electrician
Mrs. Malti Shanbag	– HR, Manager
Mrs. Shraddha Kulkarni	– Storekeeper cum Clerk
Mr Ganesh Pathak	– Cashier cum Clerk
Mr. Ashok Sharma	– Lower Divisional Clerk
Mr. Ravindra Dauneria	– Maintenance Supervisor

HIGHLIGHTS OF YEAR 2011-2012

DECLARATION AS THE NODAL INSTITUTE UNDER THE CENTRAL SCHEME OF SWAMI VIVEKANANDA DISTRICT WELLNESS CENTRE BY THE MINISTRY OF HEALTH AND FAMILY WELFARE :

The Ministry of Health and Family Welfare Department of AYUSH executed the scheme of promotion of Yoga on all India level by setting up a District Wellness Centre in each district throughout the country in a systematic manner. Kaivalyadhama was assigned the responsibility to be the nodal institute for Maharashtra, Madhya Pradesh, Daman-Diu and Lakshwadeep. In the first stage, 39 centres were selected in Maharashtra and Madhya Pradesh. These centers will be extended financial support for employing two Yoga teachers and for some sundry expenses. Largely the performance of the centres has been good and they are being able to promote Yoga in a classical and scientific manner.



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TRAINING PERSONNEL AT IIM, AHMEDABAD

The Department of AYUSH organized a Training Programme for AYUSH personnel in the field of Management. The middle tier programme was held from 22nd April to 24th April 2011. Dr Sharad Bhalekar, RMO participated in the programme. It was an educative programme for doctors. Experts from various fields like Ayurveda, Yoga, Homeopathy, Unani and Siddha faculties participated in the programme. The objective of the programme was to develop innovative programmes under AYUSH and integrate various faculties of AYUSH. Dr Sharad Bhalekar made a presentation on Yoga faculty.



Middle Tier Programme for AYUSH Sector
April 22-24, 2011, SR 7, IMDC
Indian Institute of Management, Ahmedabad



ROW - I (1) Dr. M.M. Padhi (2) Mrs. Jasmine James (3) Dr. Sujata Kadam (4) Prof. Sanjay Verma (5) Prof. Mukund Dixit
Sitting (6) Prof. Anil K Gupta (7) Prof. Asha Kaul (8) Dr. Heena Raval (9) Mrs. Sunita Sharma (10) Dr. Ala Narayana
(L-R) (11) Shri. Suman Chatterjee

Row - II (1) Dr. V. Nageswara Rao (2) Dr. Vikram Singh (3) Devang Bhevsar (4) Dr. S.K. Gupta (5) P.K. Prajapati
(6) Dr. Naguibul Islam (7) Dr. R.K. Banot (8) Dr. R.S. Ramaswamy (9) Dr. Y. N. Shetty (10) Dr. Handra Dave
(11) Shri Rajan N. Namboothiri

Row - III (1) Dr. Subodh Bishnoi (2) Dr. N. V. Sugathan (3) Dr. Sharad Bhalekar (4) Dr. K. C. Murateedharan (5) Mr. Rajkumar
(6) Dr. Surender Verma (7) Dr. Anoop Nigwekar (8) Dr. M. A. Shareef (9) Dr. Syed Anfuiddin

Shri. Subodh Tiwari participated in the third tier programme from 2nd to 6th May 2011. The programme was intensive and educated the participants about various aspects of management for organizational development. Discussions during the programme were very motivating and inspiring.



NATIONAL YOGA WEEK-2012 AT MDNIY, NEW DELHI

Morarji Desai National Institute of Yoga, New Delhi, organized a “National Yoga Week-2012” from 12th to 18th February, 2012. With the theme “Yoga for Holistic Personality Development” National Yoga Week started with the session of “Applied Yoga for the Masses” on February 12, 2012. Shri O. P. Tiwari, Hon. Secretary of Kaivalyadhama Yoga Institute spoke on “Yoga for Personality Development”. He expressed his concern about cheap business gimmicks going on globally in the name of propagation of yoga. He exhorted all to keep a strict vigil on mushrooming yoga studios and schools having least consideration to the traditional form of yoga. Five of our DYED students participated in this National event. Yogesh Patel and Mahendra Joshi presented papers as student delegates. Principal R. S. Bhogal presented his guest talk on “Evolving synthesis between yogic and psychological interventions for personality development of yogic nature”. He also conducted a Yoga Workshop (16th to 18th February 2012) alongwith Ms Dilraj Kaur, Yoga Teacher of Kaivalyadhama. Principal Ranjit Singh Bhogal also conducted a satsang for 1100 delegate participants in the evening on 17th February 2012.



STAFF PARTICIPATION IN TRAINING PROGRAMMES

Participation of staff members in training programs sponsored by Department of AYUSH, Govt. of India and hosted by National Institute of Health & Family Welfare NIHF. The training topics were Training Methodology, Financial & Administrative Skills:

Dr. Ghanshyam Thakur, Shri. Chandrakant Shinde and Shri. Neeraj Singh were nominated for the Training Methodology programme. It was an educative programme for Doctors, Professors and Experts from various fields like Ayurveda, Yoga, Homeopathy, Unani and Siddha faculties. The objective of the programme was to enhance the knowledge and skills of the participants so that they are able to conduct teaching programmes in a more effective way. The training was innovative and its main content areas were Concept and Principals of Adult Learning, Learning Objectives, Lesson Plan, Training Methods and Aids, Questions for Theory and Practical Examinations, Writing Editorial and Research Article. Shri. C. G. Shinde spoke on “Schools of Yoga”.



KAIVALYADHAMA STAFF AT INDIAN COUNCIL FOR CULTURAL RELATIONS (ICCR)

Three Yoga Teachers were selected and deputed to the Indian Council for Cultural Relations: Ms. Suchint Sodhi to Suriname; Shri. Bharat Singh to Egypt; and Smt. Sandhya Dixit to Abu Dhabi. They have been doing an exceptional job of promoting Yoga in a classical and scientific manner in these countries. The Institute is proud that, of the other teachers selected for deputation some are former students of the Institute.



TRAINING PROGRAMMES:

Housekeeping

Our focus is to provide quality and consistent services to our participants. To enhance the presentation of our staff and of the premises, housekeeping training was arranged in the month of July and August 2011. All the staff enjoyed the training programme and also appreciated the management for arranging such programme. This training helped them to polish their self presentation, cleaning skills and methodical approach towards the job. The importance of personal hygiene was also stressed during the training programme. Management has decided to conduct such programme at regular intervals so as to refresh their knowledge. Proper usage of housekeeping gadgets, equipments and chemicals were also explained to the staff.



Training Programme for Workers' Teams:

The training was held on 25th March 2012. Dr Mrs Manisha Date and Ms Yogini Joshi conducted the training programme. The objectives of training were to nurture a sense of ownership and belonging, for Kaivalyadhama, to improve basic communication with clients and staff members and to equip them with basic information about Yoga and Kaivalyadhama. The entire training programme was very interactive and interesting. Worker teams enjoyed the training programme.



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INDEPENDENCE DAY CELEBRATION:

65th Independence Day was celebrated on the August 15, 2011. Justice Dr. S. Radhakrishnan was the Chief Guest and the occasion was graced by the presence of Mr. R. S. Bhogal and Mrs Renuka Kotak. The programme started at 8.30 a.m. Staff members, students and guests of Kaivalyadhama were present for the programme. Flag hoisting was done by the Chief Guest followed by the National Anthem, pledge and dhvajageet. Motivational speeches were given by Justice Radhakrishnan and Mr. R. S. Bhogal. They enjoyed the programme and gave more emphasis on planting trees. They said each one should atleast plant one tree and nurture it. The students of the Kaivalya Vidya Niketan also presented a cultural programme on the occasion.



KAIVALYADHAMA'S 87TH FOUNDATION DAY

Entire Kaivalyadhama Family geared itself to commemorate foundation day of the Kaivalyadhama institution which was founded in 1924, on an auspicious Dussera day.

The Celebration was held on October 5th, 2011. Shri. Deepak Pandey, IPS, Commandant Group IV, SRPF, Nagpur was the Chief Guest, and Shri. R. K. Singh, IDAS, IFA, MAP was the Guest of Honour. Rev. Swami Maheshananda presided over the function. The programme started with Marathi folk song Manglacharnam following which Shri. Deepak Pandey, Shri. R. K. Singh, Mr. Srinivasan (Commandant INS Shivaji) and others on the dais lighted a lamp and paid a flowering tribute to Swami Kuvalyananda. Swami Maheshananda felicitated and welcomed the Chief Guest. The Guest of Honor Shri. Deepak Pandey expressed a great scope for yoga professionals today. He declared that very soon yoga training would be initiated for the Maharashtra State Police personnel. The Guest of Honor Shri R. K. Singh appreciated the staff and the management team of Kaivalyadhama for continuing a noble mission of helping the humanity with authentic yoga training, education and research. He also stressed on the importance of setting small goals in life and added this will help to accomplish bigger goals.



DIWALI CELEBRATIONS

Diwali get together was organized on 30th October 2011 for all the staff and their family members. Games like housie and hoola hoops were arranged, followed by a light show for 30 minutes. A brilliant display of colorful fireworks and crackers illuminated in the dark night. It was also an occasion to celebrate the company of Mrs. Ellanore and Mr. Nigol Koulajian, well wishers of the Institute. Steaming “Pav Bhaji” was served to all alongwith mouth-watering dessert “Gulab Jamun” followed by tea. All staff members enjoyed the celebrations enthusiastically. Celebration ended with cash prize distribution for housie winners.



MOU SIGNED WITH BIRLA COLLEGE:

Birla College is located in Kalyan and has been declared as a “College with potential for excellence” by the University of Mumbai. The college has been granted a special project approval for setting up of a Yoga Centre. Kaivalyadhama and Birla College signed a MOU to promote Yoga amongst the students. This will help to take the classical practices to the youth in a scientific manner.



HOLI CELEBRATIONS:

On March 7th 2012 all the students and staff celebrated Holika Dahan at 8:30 p.m. All the students and many staff members were present for this event and the entire atmosphere was sacred and cheerful. Dhulivandan was celebrated on March 8th 2012.

AYURVEDA EXHIBITION

An exhibition on Ayurveda was arranged at Kaivalyadhama on 12th January 2012 by Dr Nalini Gite. There was an enthusiastic response to the exhibition which was kept open in the evening from 5.00 p.m. to 7.00 p.m.



WORKERS PICNIC:

The workers of Kaivalyadhama had been on spiritual tour to Tuljapur and Pandharpur on 7th March 2012. A two seater bus was arranged for fifty of them. They visited Tuljapur in Osmanabad district of Maharashtra which is home to a famous temple, Tuljabhavani. It is believed that Tuljabhavani was the source of inspiration and strength to Raja Shivaji. This was followed by a visit to Pandharpur where the main shrine is dedicated to Vithobha and Rukmai.

Pandharpur is on the banks of Chandrabhaga. The Trust sponsors one picnic a year so that the workers not only relax and enjoy themselves but also develop a sense of togetherness.

KAIVALYADHAMA HOSTS:

FSLRC Meeting

Kaivalyadhama hosted a meeting for the Financial Sector Legislative Reforms Commission (FSLRC) of the Ministry of Finance, New Delhi, from 16th to 18th September 2011 for 30 participants. It was presided by Mr. Justice B. N. Srikrishna (Retd), Chairman of the Commission.

MEETING OF SENATE MEMBERS OF MUMBAI UNIVERSITY:

Kaivalyadhama hosted a meeting for senate members of the University of Mumbai, Mumbai , from 9th to 10th January 2012. It was presided by Rajan Welukar, Vice Chancellor (University of Mumbai). It was an effort on the part of the University to have informal discussion in a Yogic environment away from the hustle and bustle of the city.



WORKSHOPS IN FRANCE USA AND TAIWAN:

Pranyama Workshop Part-I

Kaivalyadhama France, organized nine days intensive Pranayama Training Programme for yoga teachers in March 2011. It was taught by Shri O. P. Tiwari. Forty-five students of Kaivalyadhama attended this training. This was the first session of the course. The second session was scheduled in early August 2011, leading to a Kaivalyadhama diploma in teaching pranayama. Nationalities ranged from Chinese, American and Brazilian to French, Italian, Finnish, Swedish, Spanish and British. All the teachings of Tiwariji was instantaneously and expertly translated from English to French by Didier Mangou.



Pranayama Workshop, Monroe, NEW YORK (USA)

Kaivalyadhama USA hosted a Pranayama Workshop conducted by Shri O. P. Tiwariji from 2nd to 5th April 2011 at Ananda Ashram in Monroe NY. The workshop was designed for those who wanted to enhance their knowledge in pranayama practice with a traditional and scientific approach. Few participants flew from the distance of 3000 miles to attend this workshop.



Yogic Retreat with Shri O. P. TIWARI in France

Once again, as in the previous 20 years, summer workshop was organized from 11th to 17th July 2011 in the mediaeval village of Saint-Antoine-Abbaye in France, a place of high spiritual life and pilgrimages since hundreds of years. Shri O. P. Tiwariji conducted the workshop. A French ashram was founded there by Lanza del Vasto, a European follower of Gandhiji and Vinobaji, to lead a simple life based on the principles of non-violence. The Kaivalyadhama team were welcomed in the beautiful old abbey and its wonderful organic and flower garden. Tiwariji taught a group of thirty-four students. He taught yogic practices and regular lectures on yoga and its aims, Asanas, Pranayama and Kundalini, the important texts of yoga, namely Patanjala Yoga Sutras and the Hatha Pradipika.



Pranayama Workshop – Part-II

Kaivalydhama France, organized a nine days intensive Pranayama Training (Part-II) Programme for yoga teachers from 30th July to 9th August 2011. It was taught by Shri O. P. Tiwari leading to a Kaivalydhama diploma in teaching pranayama. Forty-five students of Kaivalydhama attended this training. Kaivalydhama pranayama certification of this nature has been held in France for the first time. The workshop ended leaving the students well equipped and inspired. Students hailed from China, America, Brazil and France, Italy and Finland to Sweden, Spain and England to pass on the Kaivalydhama tradition and teaching methodology in their own countries.



Pranayama with Shri O. P. Tiwari, Paris

Pranayama course was organised at Ashtanga Yoga School, Paris from 7th March to 9th March 2012. Thirty-five participants attended the course. Most of them had never met Tiwariji before and as the days passed, many students enjoyed the course and felt a special bond with Tiwariji. Many participants discussed about “pranayama” and they were happy to get some personal advice! Alongwith the Pranayama practice and chanting, topics for discussion included: Prana, what it is? Effects of Pranayama. Living Yoga: Yamas and Niyamas. Achieving mental clarity, removing the obstacles. Yoga practice and pulse of each student was checked during the course, and accordingly an individual pranayama practice was personally advised by Shri O. P. Tiwari for each.

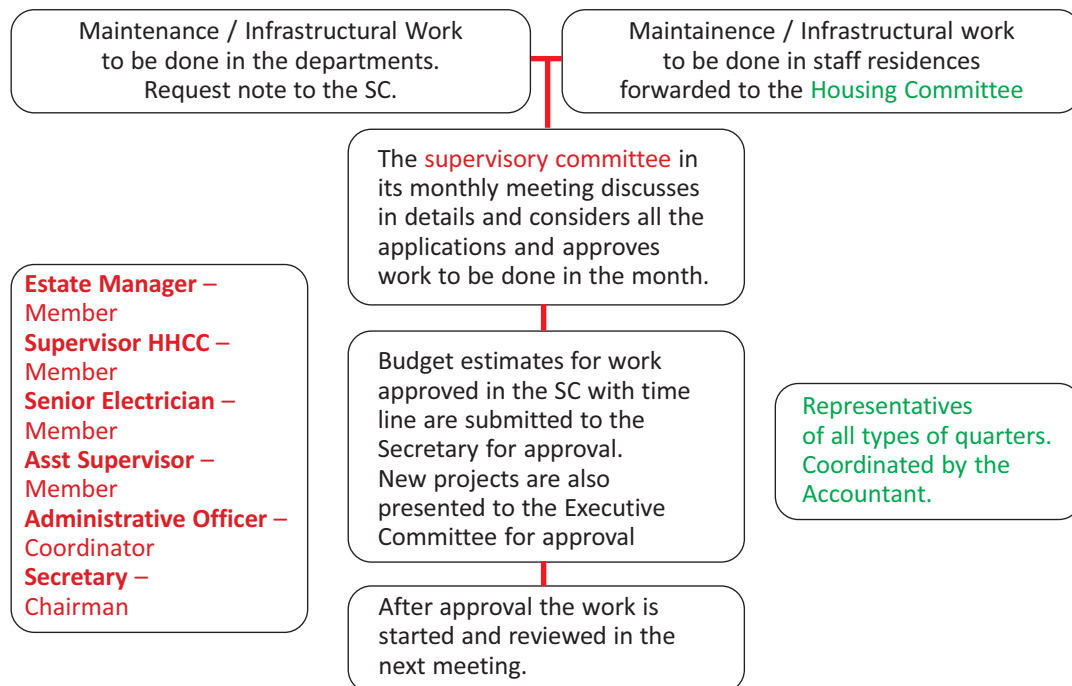


Shri O. P. Tiwariji at Space Yoga Studio, Taiwan

Tiwariji and his student Paul from Thailand Space Yoga, Taipei, Taiwan's largest and most authentic yoga studio held a short programme on the art and practice of pranayama. Eighty students attended the programme. Space Yoga has done a fine job at nurturing a sincere group of students. This visit was testimony to that.



Flow chart of the process of Infrastructural Development / Maintenance at Kaivalyadhama S.M.Y.M. Samiti

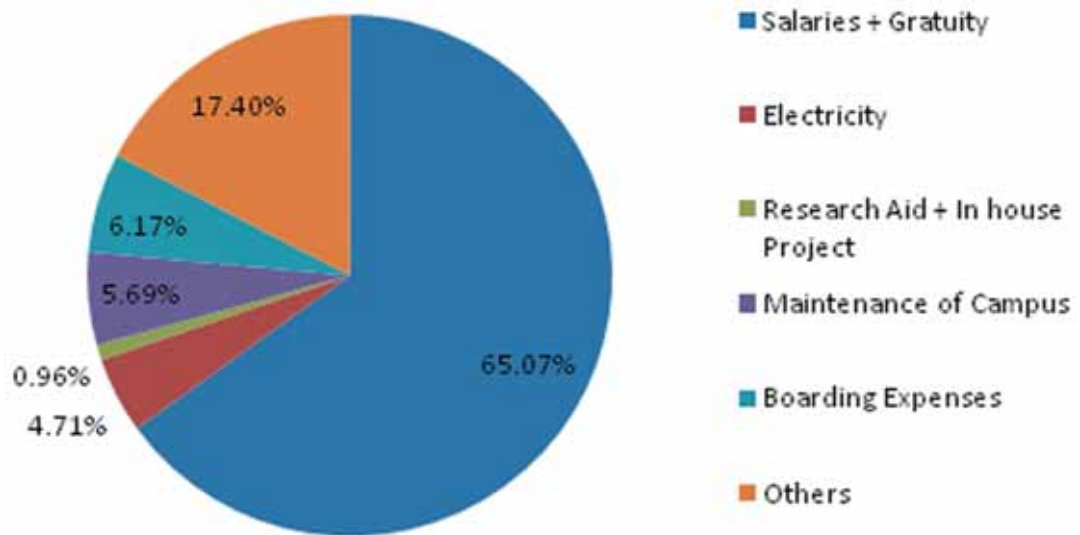


GROUPS VISITED

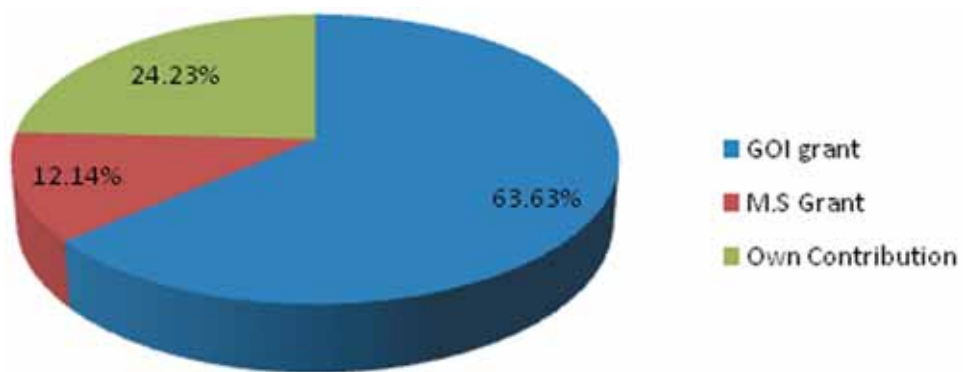
During April 2011 to March 2012

S. No.	Date	Name of Institution or person	No. of Persons
1	5 th May 2011	Ilex group, Goa	5
2	28 th July 2011	Marathwada Mitra Mandal College of Architecture, Pune	51
3	10 th to 12 th Nov 2011	Yogi Vivekananda Nisargopchar	15
4	5 th to 8 th Jan 2012	Polish Students	18
5	7 th Jan. 2012	Korean Group	31
6	8 th Jan 2012	Soham Yoga Research Centre, Pune	45
7	9 th to 10 th Jan 2012	Staff of University of Mumbai	20
8	9 th to 12 th Jan 2012	Gujarat University students	18
9	15 th Jan 2012	Medley Pharmaceuticals Ltd, Mumbai	16
10	25 th to 27 th Feb 2012	Welingkar Institute of Management, Mumbai	40
11	26 th Feb to 11 th Mar 2012	Japanese Group	16
12	22 nd to 27 th Mar 2012	Lakshya Institute, Patiala	50

EXPENSES OF SAMITI



INCOME



(TO BE PUBLISHED IN PART II, SUB-SECTION (ii) OF SECTION 3 OF THE GAZETTE OF INDIA)

**Government of India
Ministry of Finance
(Department of Revenue)
(Central Board of Direct Taxes)**

New Delhi, the 22nd April, 2009

Notification

S.O. It is hereby notified for general information that the organization **Kalvalyadhama Shriman Madhava Yoga Mandir Samiti, Pune** has been approved by the Central Government for the purpose of clause (ii) of sub-section (1) of section 35 of the Income-tax Act, 1961 (said Act), read with Rules 5C and 5E of the Income-tax Rules, 1962 (said Rules), **with effect from 1.4.2008** in the category of 'other Institution', partly engaged in research activities subject to the following conditions, namely:-

- (i) The sums paid to the approved organization shall be utilized for scientific research;
- (ii) The approved organization shall carry out scientific research through its faculty members or its enrolled students;
- (iii) The approved organization shall maintain **separate books of accounts** in respect of the sums received by it for scientific research, reflect therein the amounts used for carrying out research, get such books audited by an accountant as defined in the explanation to sub-section (2) of section 288 of the said Act and furnish the report of such audit duly signed and verified by such accountant to the Commissioner of Income-tax or the Director of Income-tax having jurisdiction over the case, by the due date of furnishing the return of income under sub-section (1) of section 139 of the said Act;
- (iv) The approved organization shall maintain a **separate statement of donations** received and amounts applied for scientific research and a copy of such statement duly certified by the auditor shall accompany the report of audit referred to above.

Contd.....p. 2



भारत सरकार
विज्ञान और औद्योगिक विभाग
वैज्ञानिक और औद्योगिक अनुसंधान विभाग
टेकनोलॉजी भवन, नया दिल्ली मार्ग,
नई दिल्ली - 110 016

GOVERNMENT OF INDIA
MINISTRY OF SCIENCE AND TECHNOLOGY
DEPARTMENT OF SCIENTIFIC AND INDUSTRIAL RESEARCH
TECHNOLOGY BHAVAN, NEW DELHI ROAD,
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26565687, 26562144
26562134, 26562122 (EPBAX)
FAX : 26900620, 26529745
26529738, 26518078

By Registered Post

No. 14/79/88-TU-V

Date: 16 March 2010

The Secretary
Kaivalyadhama Shriram Madhava Yoga Mandir Samiti (SMYM)
Lonavla
Pune - 411 403

Subject: Renewal of Recognition of Scientific and Industrial Research Organisations (SIROs).

Dear Sir,

This has reference to your application for renewal of recognition of Kaivalyadhama Shriram Madhava Yoga Mandir Samiti (SMYM), Pune as a Scientific and Industrial Research Organisation (SIRO) by the Department of Scientific and Industrial Research under the Scheme on Recognition of Scientific and Industrial Research Organisations (SIROs) -1988.

2. This is to inform you that it has been decided to accord renewal of recognition to **Kaivalyadhama Shriram Madhava Yoga Mandir Samiti (SMYM), Pune from 1.4.2010 up to 31.3.2013.** The recognition is subject to terms and conditions mentioned overleaf.

3. Receipt of this letter may kindly be acknowledged.

Yours faithfully,

(R. R. Abhyankar)
Scientist - G

Kaivalyadhama Lonavla

3-4-10

3

GORDHANDAS SEKSARIA COLLEGE OF YOGA & CULTURAL SYNTHESIS





GORDHANDAS SEKSARIA COLLEGE OF YOGA & CULTURAL SYNTHESIS

“Be it any subject a teacher should emphasize on inculcation of ethical values amongst students, while planning out the subject matter to be taught”

- Swami Kuvalayanandaji

HISTORY

Swami Kuvalayananda established **GORDHANDAS SEKSARIA COLLEGE OF YOGA AND CULTURAL SYNTHESIS**, in the year 1951, thanks to a munificent donation received from Sheth Makhanlal Seksaria in the memory of his father late Gordhandas Seksaria. Late Shri B. G. Kher, the then Chief Minister, Mumbai State, formally inaugurated the College on October 1951. Since then, the college has continued every year without any break. The first convocation was held in May 1953. It was presided by Hon. Shri Dinakar Rao Desai, the then Minister of Education, Mumbai State, and the convocational address was delivered by Shri H. V. Divetia, Vice-Chancellor of Gujarat University.

RECOGNITION

Credited with a permanent recognition from **NATIONAL COUNCIL FOR TEACHER EDUCATION (NCTE, NEW DELHI)** the College, over the years, has blossomed into a leading educational agency in yoga education, flowering itself into numerous yoga courses/yoga programmes. The College has also been recognized by the **NATIONAL INSTITUTE OF OPEN SCHOOLING (NIOS)**, Ministry of **HRD**, Govt. of India.

AIMS AND OBJECTIVES

According to Swami Kuvalayananda, if understood through the modern scientific approach, Yoga would help greatly in the spiritual and material renaissance of the human society. This has been the very philosophy behind all academic and social activities of the college since its inception.

The aim of these courses is to prepare candidates in both theoretical and practical training aspects in Yoga. Following the training the successful student is entitled to impart Yoga training within the country and abroad. Students are also grounded into the various academic aspects of yoga so that they may find themselves well equipped, should they opt for teaching Yoga as a free-lance yoga professional or as an institution-based yoga teacher.

OBJECTIVES OF THE COLLEGE

1. To train young, intelligent and educated men and women into basics of Yoga Sciences in all its pure and pristine form and essential features.
2. To acquaint students with prominent features of all cultures so as to enable them to perceive broader horizons of Yoga encompassing all world cultures.

YOGA COURSES

THE COLLEGE CONDUCTS THE FOLLOWING COURSES

1. Diploma In Yoga Education, one academic year duration. **(16th July, every year)**
Intake capacity: 50 (Indians + Foreign Nationals).
2. Diploma in Yoga Therapy, one and half year duration. **(1st August, every year)**
Intake capacity: 20 (Indians + Foreign Nationals).
3. Adv. Teachers' Training Certificate in Yoga Course, one-month duration
(15th March to 15th April) Intake capacity: 20 (Indians + Foreign Nationals).
4. Certificate Course in Yoga, one and half month duration, conducted twice a year.
(15 January and 2nd May, every year) Intake capacity: 65 (Indians + Foreign Nationals).
5. Certificate course in Yoga in collaboration with University of Pune, Once a year.
(August to October, every year)
6. 21-Days Certificate Course in Basic Understanding of Traditional Yogic Text
(June 15th to July 5th)
7. 21-Days Certificate Course in Spa Therapies for Yoga Teachers.
(December 1st to December 21st)
8. 21-Days Certificate Course in Basic Understanding of Yoga and Ayurveda.
(June 15th to July 5th)

IN-SERVICE TRAINING COURSES

9. In-service course in Yoga for teachers, deputed by Govt. of Maharashtra State.
10. In-service course in Yoga for teachers under the scheme of AYUSH, Govt. of India.
11. In-service course in Yoga for teachers of BARC
12. In-service course in Yoga for teachers under the scheme NCERT, Govt. of India.

ORIENTATION CAMPS

13. Yoga Training programme for KVS and JNV School Educational Officers, Principals, Teachers, as per the situation demands.
14. 3 Months Yoga Training Programme for JNV Schools (Aug. to Dec.2010).

SPECIAL YOGA TRAINING COURSE

15. One Month Certificate Course in Yoga for the participants from *China*, every year.

WORKSHOPS

16. 8- Days workshop for the CHM college students.
17. 6- Days workshop on *Kriya Yoga* for the D. Y. Ed. students.

CAMPS/WORKSHOPS

- * 3-Days *Yoga* Training programme for staff of Kaivalyadhama, Mumbai.
- * 2- Days *Yoga* training programme for *Mantralaya* staff. 12-13/02/2011.
- * 2- Days *Yoga* training programme for the P.G.D.Y.Ed. students of *Dharwad* University.
- * 2- Days *Yoga* training programme for the *IDEX* Group.
- * *Ghantali Mitra Mandal* Group for a day long *Yoga* workshop.

Courses and In-service programme conducted during the year (2011-12)

S.N.	Name of The course	Duration	Indians			Foreign Nationals			G	T	Total
			Male	Female	Total	Male	Female	Total			
1	A.T.T.C. in Yoga.	1 Month	02	02	04	04	05	09	04	09	14
2	KVS Teachers Programme	21 Days	16	06	22	-	-	-	22	-	22
3	C.C.Y. (Yoga and Ayurveda)	21 Days	04	*	04	-	01	01	04	01	05
4	C.C.Y. (M+J -11)	42 Days	15	29	45	03	07	10	45	10	55
5	P.G.D.Y.Ed.	9 ½ Months	31	16	47	02	08	10	47	10	57
6	C.C.Y. (UoP) (Aug-Oct-11)	3 Months	04	25	29	00	01	01	29	01	30
7	Navodaya Vidyalaya Schools Yoga Training Programme	3 Months	3670	2387	6057	-	-	-	6057	-	6057
8	Certificate Course in Pranayama	10 Days	*	*	*	02	30	32	*	32	32
9	Certificate Course in Pranayama	1 Month	*	*	*	09	21	30	*	30	30
10	21-DAYS PRANAYAMA COURSE (China Students)	21 Days	*	*	*	01	35	36	*	36	36
11	CCY (Jan-Feb 2012)	42 Days	03	16	19	02	12	14	19	14	33

1. ADVANCED TEACHERS' TRAINING COURSE IN YOGA (March 15th to April 15th 2011)

The one month Advanced Teachers' Training Course in Yoga was conducted from March 15th to April 15th -2011. All of the fourteen applications received were selected for enrollment in the course. All of them received A+ grade. They constituted seven nationalities as stated below including India (five citizens):



	Country	Male	Female	Total
1	AUSTRALIA	*	2	2
2	BRAZIL	1	*	1
3	BRITISH	*	1	1
4	FRENCH	2	*	2
5	GERMAN	1	*	1
6	INDIA	2	3	5
7	USA	*	2	2

2. 21-DAYS IN-SERVICE YOGA TRAINING PROGRAMME FOR KVS YOGA TEACHERS (01.06.2011 TO 21.06.2011)

Twenty-one Days In-service Yoga Training Programme for KVS Yoga Teachers, was held on June 1st to June 21st 2011, wherein twenty-two (sixteen men and six women) KVS school Yoga teachers participated in yoga programme.

Feedback received reflects a near total satisfaction of the participants about the over-all conductance and contents of the course.



3. 21-DAYS CERTIFICATE COURSE IN BASIC UNDERSTANDING OF YOGA AND AYURVEDA

The Institute has designed this course to promote awareness in Positive Health and Yogic Personality Development. For developing and imparting skills in the application of yogic practices in order to restore and promote Positive Health, etiology of selected diseases were studied with the help of research surveys and clinical observations in the context of basic concepts in Yoga and Ayurveda.



This course was held on June 15th July 5th 2011, wherein five (four men and one woman). Feedback received from the participants reflects a near total satisfaction about the over-all conductance and contents of the course.

4. CERTIFICATE COURSE IN YOGA (May 2nd –June 14th 2011)

The six weeks Certificate Course in Yoga was conducted during May –June 2011 (02.05.2011 to 14.06.2011). A total number of sixty applications were received for the C.C.Y. Course. Out of this total, fifty-four were enrolled into the course, fifty-two students took the examination and all were declared successful. Overall, thirty-two students received First Class and fourteen students received Second Class. The percentage of successful students was 97% and their nationalities and gender are stated below:



S.N.	Country	Male	Female	Total
1	CZECH REPUBLIC	1	*	1
2	SPAIN	1	1	2
3	USA	*	2	1
4	JAPAN	*	3	2
5	Taiwan	*	1	1
6	GERMAN	1	*	1
7	INDIA	15	29	45
	TOTAL	18	36	54

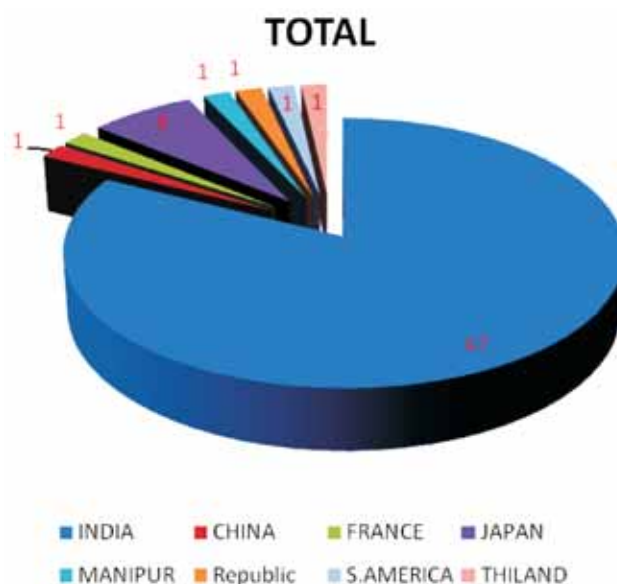
5. DIPLOMA IN YOGA EDUCATION

(16TH JULY-11 TO 20TH APRIL, 2012)

The session of the Diploma in Yoga Education (P. G. D. Y. Ed) Course of **Gordhandas Seksaria College of Yoga and Cultural Synthesis**, for the year 2011-12, commenced from 16th July 2011. A regular advertisement was inserted in the *University News*, published by UGC, New Delhi, Education world, The *Indian Express* (All Editions), *The News Express* (All Editions) and *Amar Ujala*. Out of a total of hundred applications received, sixty-three students (thirty-three men and twenty-nine women) were selected for the course on the basis of the prescribed eligibility criteria. Five students left the course after joining.

The college routine consisted of regular theory lectures, practical classes, as well as, practical teaching sessions with lesson presentation. The course was conducted as per a well laid out D. Y. Ed. Syllabus. The teachers assessed the students' progress and proficiency by conducting a terminal examination and also through ongoing evaluation and observation of their behavior and conduct. Nationality and gender of the students are stated below:

COUNTRY/STATE	FEMALE	MALE	TOTAL
GJ/ India	*	1	1
HR/ India	2	3	5
JK/ India	*	1	1
KR/ India	*	1	1
MH/ India	3	4	7
PB/ India	3	*	3
TM / India	*	1	1
UA/ India	1	1	2
UK / India	1	*	1
UP/ India	6	18	24
WB/ India	*	1	1
MANIPUR/ India	1	*	1
CHINA	1	*	1
FRANCE	1	*	1
JAPAN	3	1	4
Republic	*	1	1
S.AMERICA	1	*	1
THILAND	1	*	1
	24	33	57



6. CERTIFICATE COURSE IN YOGA AT THE UNIVERSITY OF PUNE

Certificate Course in Yoga in collaboration with University of Pune,
Once a year (August to October 2011)

Twelve batch of 3 months part-time certificate courses in Yoga (August to October 2011) were completed successfully. About thirty students (male and female), participated in the course which, of late, is gaining a lot of popularity amongst the students of University of Pune. A well laid out examination schedule was followed towards the end of the course.



7. JAWAHAR NAVODAYA VIDYALAYA REORIENTATION PROGRAMME

Five Days Orientation Workshops, for the Assistant Commissioners of Jawahar Navoday Vidyalayas Samiti, was held from 18th to 22nd April 2011. Nineteen Assistant Commissioners participated in this workshop.

Practical sessions of Asanas and Meditation were arranged and discussions on various aspects of Yoga were also held. Feedback received reflects a total satisfaction of the participants about the over-all conductance and contents of the course.



Jawahar Navodaya Vidyalaya Reorientation Programme:

Five Days Orientation Workshops were held for Assistant Commissioners and Officers of Jawahar Navoday Vidyalayas Samiti in the months of September and October 2011 respectively. Ten Assistant Commissioners and ten officers participated in these workshops.

Practical sessions of *Asanas*, *Pranayamas*, *Bandhas*, *Mudras* and Meditation were conducted. Discussions on various aspects of Yoga were also held. Feedback received reflects a total satisfaction of the participants about the over-all conductance and contents of the course.



Jawahar Navodaya Vidyalaya Reorientation Programme (2011-12)

A selection workshop was held for the students to select the candidates to be deputed to various *Jawahar Navodaya Vidyalaya*. Forty students were deputed to twenty *Jawahar Navodaya Vidyalaya* Schools.

Sr.	Region	JNV'S	Co-ordinator	Male (Yoga Teacher)	Female (Yoga Teacher)	Boys	Girls
1	Patna	Pacharhi, Darbhanga,		Vijay Kr. Dauneria	*	10	11
2		Sikulta, Saraikela		C.S. Dubey	*	241	127
3	Pune	JNV Beed		Ankan Kumar	Sheetal More	209	128
4		Allabada, Dist. Jamnagar,		Amit K. Singh	Bhagyashree	262	132
5	Chandigarh	Sector-25 (W) Chandigarh		Om Narayan Bajpai	Ms. Rashmi V.Ghate	243	189
6		Farour, Fathegarh Sahib		Vijaya Chaurasia	Swapnali A. Deshmukh	241	202
7		JUBLA, Dist. Solan H		Yashpal Negi	Sikha Saxena	233	208
8	Shillong	Chinatolly, Assam	Shri Subodh Tiwari	Anant Sharma	Bhavana Negi	69	43
9		West Garo Hill, Meghalaya		Rejendra Kumar	Prajakta Parmar	217	136
10		Odhan, Dist. Sirsa, Haryana	Dr. G.P. Shukla	Manoj Kumar	Prachi	215	160
11	Jaipur	Mahiyawali, Sriganganagar	Dr. G.P. Shukla	Prem Vir Singh	Deepali S. Kitukale	213	108
12		Mohangarh, Dist. Jaisalmer	Dr. G.P. Shukla	Ravi Dutt	Pooja	168	80
13		Ramkhiriya, Dist. Panna	Shri L.M. Pandey	Upadhyay Brijendra Kumar	Prajakta Kale	96	118
14	Bhopal	Saraipalli, Chattisgarh -	Shri L.M. Pandey	Alok Sharma	Shraddha N. Deodekar	207	147
15		Hedagrah, Keonjhar, Orriss		Atal Rajsingh	Sarita P. Bokade	170	122
16	Lucknow	Hadurpur, Dist. Basti, UP		Janakraj	*	289	145
17		Shankarpur, Dist. Dehradun					
18		Ajeetmal, Auraiya, UP		A.Mishra	Babita Rathi	207	88
19	Hyderabad	Kommadi, Dist. Visakhapatnam, AP		Krishnavir Singh	Shrutika M. Futane	207	107
20		Balepuni, Karnataka	G.N. Murthy	Ashok Jaiswal	Priyanka Kakkad	173	136
						3670	2387

Total No. of students trained Male 3670 + Female 2387 and Teachers 213 (Master Trainers)

$$3670 + 2387 + 213 = 6270$$

8.CERTIFICATE COURSE IN PRANAYAMA

(24th Oct 2011 TO 2nd Nov 2011)

Ten days Certificate Course in Pranayama was specially designed for Chinese nationals. A total number of thirty-two students enrolled into the course. They went through a rigorous training in the practice of *Pranayama*, *asanas* and were also exposed to the theoretical aspects of Yoga. The course included three and a half hours of pranayama practice everyday, apart from one hour of *Asana* practice. Two lectures on various topics were also delivered everyday. All were declared successful (Percentage of successful participants: 100 %).



9.CERTIFICATE COURSE IN PRANAYAMA

One Month (15th Nov 2011 TO 14th Dec 2011)

The Certification Course in Pranayama was led by Sri. O. P. Tiwariji. There were thirty participants, who were Yoga teachers. They went through a rigorous training in the practice of *pranayama*, *asanas* and the theoretical aspects of Yoga. The course included three and a half hours of pranayama practice everyday, apart from one hour of *Asana* practice. Two lectures on various topics were also delivered everyday. Topics such as the Six Schools of Indian Thoughts, Anatomy and Physiology of Yogic Practices, *Ayurvedic* Concept, *Patanjala Yoga Sutra*, and *Hatha Pradipika* were discussed. This is one of the unique courses offered by the Institute under the guidance of one of the senior-most teachers in this field. In their feedback, participants expressed a great satisfaction about the course.



10. CERTIFICATE COURSE IN PRANAYAMA FOR THE CHINESE GROUP

(19th Dec 2011 TO 07th Jan 2012)

Twenty-one days **CERTIFICATE COURSE IN Pranayama** was specially designed for the Chinese. A total number of thirty-six students enrolled into the course. The Certification Course in Pranayama was led by Sri. O. P. Tiwariji. Participants went through rigorous training in the practice of *pranayama*, *asanas* and the theoretical aspect. The course included three and a half hours of pranayama practice everyday, apart from one hour of *Asana* practice. Two lectures on various topics were also delivered everyday. Topics such as the Six Schools of Indian Thoughts, Anatomy Physiology of Yogic Practices, *Ayurvedic* Concept, *Patanjala Yoga Sutra*, and *Hatha Pradipika* were discussed. This is one of the unique courses offered by the Institute under the guidance of one of the senior-most teachers in this field. In the feedback participants expressed great satisfaction about the course.

All were declared Pass (Percentage of passing 100 %).



11. CERTIFICATE COURSE IN YOGA

(January 15th – Feb 25th, 2012)

The six weeks Certificate Course in Yoga was conducted during the month of **Jan-Feb, 2012 (15th Jan 2012- 25th Feb 2012)** .

A total number of thirty-seven applications were received for the C.C.Y. Course out of which thirty-three applicants were selected for enrollment in the course. Thirty-two students took the examination and students were declared passed. Overall, twenty-seven students succeeded in First Class and four students succeeded in Second Class. The percentage of successful participants was 99%.

Country	Male	Female
India	3	16
Holland	*	1
France	*	3
Greece	*	1
Germany	*	1
Malaysia	*	1
Thailand	*	3
Indonesia	*	1
Chiana	*	1
Canada	2	*
	5	28



VISITING FACULTY AND GUEST LECTURES:

Since 1990 the College has been organizing Guest Lectures by visiting faculty members. The guest faculty consists of eminent researchers and scholars in the field of Yoga and allied disciplines.

The following Guest lecturers addressed the students and staff during the current year:

- | | |
|------------------------------------|---|
| 1. Swami Anubhavunanda | 6. Swami Amrita |
| 2. Dr. Ramesh Bijlani | 7. Mr. R. Rahagavan , Corporate Trainer, Mumbai. |
| 3. Dr. S.D. Pathak , Mumbai | 8. Dr. D.R. Vaze |
| 4. Dr. Supriya Kulkarni | 9. Dr. Gururaj |
| 5. Dr. Bhushan Upadhya | 10. Dr. G.S. Thakur |

College Teaching Staff Members:

- | | |
|------------------------------|---|
| 1. Dr. B. R. Sharma | 6. Shri C.G.Shinde |
| 2. Prof. G.S. Sahay | 7. Shri Rajanish Sharma |
| 3. Prof. R.K. Bodhe | 8. Ms. Dilraj Kaur |
| 4. Dr. S. Bhalekar | 9. Ms. Renu Gaite |
| 5. Shri A.S.Deshpande | 10. Prof. R.S.Bhogal , Principal |

FUTURE PLANS AND PROPOSALS:

- To achieve autonomous status as a full-fledged University of Yoga.
- To acquire affiliation to the NCTE, New Delhi so that Yoga courses like B.Ed. (Yoga) can be initiated before the autonomous status as a full-fledged University of Yoga is realized.
- The college is constrained to offering admission to only a limited number of female students due to very limited living accommodation available in the ladies hostel. Therefore, a new spacious hostel building, equipped with all required amenities, is urgently needed. The expenses involved are being professionally assessed.
- At present the college has no option but to utilize the PLRD and Saraswati Halls made available to them (for practical class) through the courteous gesture of the management. However, the college needs its own Asana halls both for both male and female students. Architectural requirements for these halls are being worked out to prepare a proposal.
- A multipurpose Auditorium for cultural programmes, get-togethers, symposia, conferences etc. is required. Architectural requirements for it are being worked out to prepare a proposal.

Talks, workshops, camps, yoga programmes and key note addresses by college staff members:

PRINCIPAL R.S. BHOGAL

1. Conducted **three Meditation workshops** at the University of Pune for teacher and non teaching staff on April 8, 15 and 22, 2011.
2. Invited to deliver a lecture **“Personality Development – New Challenges** on 21st June 2011 for more than four hundred students hailing from all over India, at the National convention, organized at Sinharh Institute (Lonavla) under the National Service Scheme of Govt. of India.
3. Delivered a **key note public address**, as a part of the inauguration of the upcoming yearly activities of Swami Vivekananda Wellness Center (Chinchwad) at Ramakrishna More auditorium (Chinchwad) on 29th June 2011.
4. Invited as an examiner at the Dept. of Physical Education, University of Pune, on 5th July 2011.
5. Delivered a public lecture on **“Pranayama for various disease states”** at Dehugaon (Pune) organized by Yoga Vidyadhama Wellness Centre of Chinchwad on 16th Oct 2011.

6. Conducted yoga meditation workshop for **DETOX –through Yoga, Diet and Naturopathy** at Kaivalyadhama (Mumbai) on October, 07, 08 and 15 2011.
7. Delivered a lecture and Yoga Meditation Workshop at “Body, Breath and Mind” programme on 21st Nov 2011 and on 31st Nov 2011 at Kaivalyadhama (Mumbai).
8. Conducted **Yoga Meditation Workshops** at Teachers’ Training College of University of Pune on 1st Oct 2011 and 14th Nov 2011.
9. Delivered lectures at NIN Pune on “**Yogic Life Style for Positive Health**” and on “Pranayama for Health” on 14th Dec 2011 and on 15th Jan 2012 respectively.
10. Delivered a key note address “**Siddhis: Experiences and the underlying yogic principles**” at the 5th National Seminar, organized by Yoga Vidya Gurukul (Nashik) on 23rd Dec 2011. As well, conducted a **Yoga Meditation programme** (Lecture-Cum-Workshop) at Yoga Vidyadhama on the same date.
11. Delivered lectures at Pranayama Camp of Kaivalyadhama (Lonavla) on 7, 8, 27, Dec 2011 and on 4 Jan, 2012.
12. Delivered two lectures and a yoga meditation workshop session on Jan 6, 7 and 8, 2012 for a group of Poland. As well, delivered a lecture on 8th Jan 2012 for a group from Gujarat University.
13. Presented an invited paper, “**Evolving Holistic experiencing as the link between psychology and para psychology**” at Jain Vishva Bharati, University, Ladnun on 19th Jan 2012 at the National Seminar.
14. Conducted two days **Yoga and Meditation Workshop** at MDNIY for Doctors (28-29 Jan, 2012).
15. Presented an invited paper entitled, “**Evolving a synthesis, between psychological and yogic Interventional strategies for personality development of holistic Nature**” at the National seminar at MDNIY (NEW DELHI) on 15th Feb 2012.
16. Conducted a **two and half day yoga workshop** at the National Yoga Week (12-18 Feb 2012) organized at MDNIY(New Delhi) from (16-18 Feb 2012).
17. Conducted a full day yoga meditation workshop at **Yoga Vidyadhama** Nashik, on 19th Feb 2012.

Published works:

Articles/ Papers published

- Bhogal, R.S. (2011). *Yoga for Wellness-Social Transformation*, Souvenir: National Yoga Week, MDNIY, New Delhi, 96-104.
- Bhogal, R.S. (2011). Psycho-physiological perspectives of Yoga, *Hatha Vidya Journal of Yoga*, Vol. I: 6-12
- Sahay, G.S. and Bhogal, R.S. (2012). Kapalabhati Technique in selected classical and modern Yoga Texts – A revisit *Yoga Mimamsa*, Vol.43(4), 326-347.

Book Published:

- Bhogal, R.S. (2012). *Yoga and Modern Psychology*. Lonavla: Kaivalyadhama S. M. Y. M. Samiti.

Books in Press / ready to be published:

- Bhogal, R.S. (2012). *Yoga and Mental Health (Hindi)*. Lonavla: Kaivalyadhama S.M.Y.M. Samiti.
- Bhogal, R.S., Shinde, C.G. and Tiwari, Subodh (2012) *Yoga Modules for KVS*, (to be published shortly by KVS Samiti, New Delhi)
- Bhogal, R.S., Shinde, Thakur, Ghanshyam and Tiwari, Subodh (2012) *Personality Development Through Yoga*, Lonavla: Kaivalyadhama S.M.Y.M.Samiti.

SHRI A.S.DESHPANDE

1. In service course for K.V teachers as a practicals teacher - 1-21 June 2011
2. Worked as one of panel members for CCY May-June 2011, for Viva Vove Exam.
3. Delivered lectures for State level non teaching staff for Maharashtra Education Board at Chinchwad (Pune)
4. Practical teacher for D.Y. Ed. and Advance TTC Courses 2011-12.
5. Delivered lectures on Yoga and Physical Education to CCY Students Jan.- Feb. 2012
6. Worked as Panel leader for Yoga competition for Mumbai University.
7. Practical Yoga teacher for Research Project at *Krida Kul*, Nigadi for one month
8. Practical Yoga teacher for Research project on Diabetes at Nigadi for 3 months
9. Supervision for Teaching Lesson plans for P. G. D. Y. Ed.
10. Administrative work as and when allotted by various authorities.

SHRI C.G. SHINDE

1. Engaged in "Teaching Practice in Yoga" for the P. G. D. Y. Ed., CCY and University of Pune students.
2. Delivered a lecture series a 21-Days yoga training course for KVS Teachers.
3. Engaged in practical teaching sessions for C.C.Y. (Jan-Feb-2012),
4. Supervision for Teaching Lesson plans for P. G. D. Y. Ed. & C.C.Y. students.
5. Panel member for C.C.Y. (Jan-Feb-12).
6. Panel member for Yoga competition for Mumbai University.
7. Programme Co-ordinator of P. G. D. Y. Ed, P.G.D.Y.T, C.C.Y. and Adv. T. T. C courses.
8. As a Practical Examiner at University of Pune.
9. Deputed as an official for inspection of District Yoga Wellness Centers of Maharashtra.
10. Administrative tasks of the College.
11. Attended AYUSH teaching Technology programme at New Delhi.

Book in Press / ready to be published

Bhogal, R.S., Shinde, C.G. and Tiwari, Subodh (2012), Yoga Modules for KVS, (to be published shortly by KVS Samiti, New Delhi)

MR. RAJANISH SHARMA

1. Conducted, as well as, assisted in practical teaching sessions for D. Y. Ed. and C. H. M. College students' Yoga Practice Programme.
2. Lecture "Yoga For Day Today Life"(for Different Visiting Groups)
3. Lecture cum Yoga demonstration for GHANTALI MITRA MANDAL (Mumbai).
4. Conducted Yoga classes in Zara's Resort, Hotel Dukes Retreat, North Point Learning Center, Hotel Hill View International for Yash Pharma laboratories Pvt. Ltd., Chandralok Hotel Group, Swami Vevekananda Nisargopachar Kendra, Aurangabad & Gujarat University (Ahmadabad).
5. Yoga classes at Gurukul High school for three months from 12th Dec 11 to 12th Mar 2012.
6. Warden cum administrative tasks of the College.
7. Supervision for Teaching Lesson plans for P. G. D. Y. Ed. & C.C.Y. students.

MS. DILRAJ KAUR

1. Engaged in "Teaching Practice in Yoga" for the P.G.D.Y.Ed.
2. Conducted yoga classes for Japanese groups
3. Practical Examiner at the University of Pune.

4. Conducted Yoga classes for Yash Pharma laboratories Pvt. Ltd.
5. Supervision for Teaching Lesson plans for P. G. D. Y. Ed. and C.C.Y. students.
6. Delivered lectures on “Yoga and Physical Education” to A.T.T.C. Students March-April 2012
7. Invited as a yoga teacher at MDNIY New Delhi to conduct yoga workshop at the National yoga week on 16 to 18 Feb 2012.

MS. RENU GAITE

1. Assisted Practical Yoga Teachers for D. Y. Ed. And C. C. Y. batches.
2. Engaged Practical Yoga (Sudhhi Kriyas) Sessions for a group from China and Yogasana practical session in the Health Care Centre, Kaivalyadhama, Lonavla.
3. Engaged KVN students for Yoga practice.
4. Took part in Yoga demonstration for Golden Jubilee of H.C.C. and KVN Annual Function.
5. Conducted Yoga Practical Sessions at Gurukul School, under a Research Programme of Scientific Research Department, Kaivalyadhama, Lonavla.

AYUSH TRAINING IN TEACHING TECHNOLOGY:

A training course in *Training Technology* (2-6 January, 2012) sponsored by Deptt. of AYUSH, Govt. of India, was conducted by National Institute of Health & Family Welfare (NIHFW), Near Jawaharlal Nehru University (JNU), Baba Gangnath Marg, Munirka, New Delhi. Shri. C.G.Shinde, Yoga Teacher, participated in the programme on behalf of the Institute. It was an educative programme for doctors, professors, readers, as well as, lecturers from various fields like Ayurveda, Yoga, Homeopathy, Unani and Siddha. The faculties from the various fields of AYUSH participated in this programme. The objective of the programme was to develop innovative teaching, learning qualities, as well as, improve the evaluation and examination process. Shri. C. G. Shinde participated in the course and presented his talk on “Schools of Yoga”.



NATIONAL YOGA WEEK- MDNIY: PARTICIPATION OF STUDENTS

Kaivalyadhama management deputed principal Bhogal and Ms. Dilraj Kaur, Yoga Teacher for two and a half days yoga workshops. More than hundred and twenty participants enrolled for the Kaivalyadhama workshop. Principal Bhogal was invited to present a paper at the National Seminar on 15th Feb 2012. He also held an evening satsang pravachan (Spiritual discourse in the evening of 17th Feb 2012 for more than 1100 participants.

Papers Presented by students of P. G. D. Y. Ed. 2011-12 in the National conference organized by MDNIY, New Delhi,

Date: 15th Feb 2012.

1. "Role of *Bahiranga yoga* in Personality Development".
Authors: Mahendra Joshi, co-author: Rohit Kumar
2. "The *Chakras* and Personality Development"
Author: Yogesh Patel



EDUCATIONAL TOUR OF DYED STUDENTS

Education Trip to **Malsar, Akshardhama, Science City, Amabaji and Mount Abu** was organized on 24th Feb 2011, beginning at 11:30 a.m. by performing **Pooja and Prayer** with an overnight halt at **Malsar Ashram** on 25th Feb. We participated in a cultural programme and attended a lecture by Mahantji on 26th Feb 2012.

On 26th Feb the group started journey to **Akshardhama** early in the morning and visited all the places of pilgrimage' and the Science city. The second overnight halt was at **Gandhi Nagar**. Early in the morning of 27th Feb the group started journey to Moutn Abu and reached there in the afternoon and visited all the pilgrim and other places of interest. On 27th Feb the group began its return journey visiting **AMBAJI**, and other historical places on the way to **Lonavla**, reaching Kaivalyadhama in the evening on 28th Feb 2012.

KAIVALAYDHAMA'S 87th FOUNDATION DAY

Kaivalyadhama commemorated foundation day on the October 5th Oct 2011. Students and the staff of the Gordhandas Seksaria College of Yoga & Cultural Synthesis (Kaivalyadhama) presented a cultural programme and asana demonstration. The programme was marked by a scintillating classical dance performance by Ms.Prabha Bajpai and Ms. Nitu. A heartwarming Bharatnatyam performance was presented by Mr. Michael, an international student from Czech Republic. The audiences were spell bound by perfect demonstrations of various yoga formations by the students on the stage. The programme also had a tint of humour by the hilarious skits and mimicry by the college students. Vocal recitals by Mr. Anand Pandey and a blindfolded Chess play by Mr. Yogsesh Patel were a treat to audience.

CELEBRATION OF GOLDEN JUBILEE OF HEALTH CARE CENTRE

Kaivalyadhama commemorated Golden jubilee of Health Care Centre on 26th November 2011. Staff members and students of the College of Yoga & Cultural Synthesis made various yoga formations on the stage.

"Smt. BHAGWATI DEVI BABURAM TIWARI SCHOLORSHIP FOR OUTSTANDING STUDENTS"

"Smt. BHAGWATI DEVI BABURAM TIWARI SCHOLORSHIP" has been instituted for worthy students of the Post Graduate Diploma in Yoga Education. The scholarship is available to outstanding students of the course. One male and one female student receive Rs. 10,000/- each. Also, another male and another female student receive Rs. 7500/- each. Merit certificates are awarded to the scholarship awardees. The following students were awarded the scholarship during the academic year:

- | | |
|---------------------------------|--|
| 1. Merit order ONE | 1. Mr. Ashok Jaiswal (Male Student)
Rs. 10,000/- |
| | 2. Ms. Shital More (Female Student)
Rs. 10,000/- |
| 2. Merit order TWO (Runners Up) | 1. Mr. Karan Bahadur Singh (Male Student)
Rs. 7,500/- |
| | 2. Ms. Shikha Saxena (Female Student)
Rs. 7,500/- |

Philosophico - Literary Research Department
(PLRD)





Philosophico - Literary Research Department (PLRD)

Brief History of the Department

Since its inception in 1944, the Philosophico-Literary Research Department of Kaivalyadhama, S.M.Y.M. Samiti, Lonavla is engaged in continuing the legacy of its Founder, Swami Kuvalayanandaji who had the following vision:

- Yogic knowledge hidden in manuscripts (handwritten) form is required to be brought into light.
- Yogic literature and the information contained therein can be the primary source of various hypotheses for the sake of scientific investigations. Unless we explore this aspect of Yoga through Philosophico- Literary Research no Scientific Studies can be carried out. Therefore, the Department of Philosophico-Literary Research in Yoga came into existence, alongwith the Scientific Research Department.

Aims and Objectives

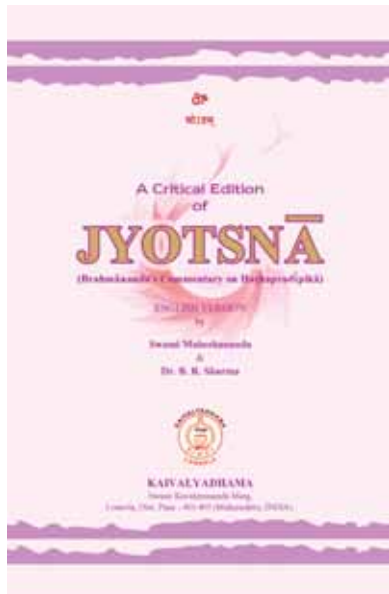
The main objective of PLRD is to unfold and explore the true import of **Traditional Yogavidya** which is embodied in different languages such as Sanskrit, Pali, Prakrit, etc. by way of critical interpretation, conceptualization, translation, etc., of various ideas, concepts, values, techniques of yoga practices and their effects, etc., with a view to applying yogic knowledge for the all-round development of humanity at large in modern times.

Present Position of Staff Members in PLRD

Dr. B. R. Sharma	Asst. Director of Research
Sri R. K. Bodhe	Research Officer (On contract basis)
Dr. Raghavendra Bhat	Researcher (Joined in Aug., 2011)
Sri Bhaskar Joshi Bhatt	Research Associate (Joined in Sept. 2011)
Smt. Smt. Archana Sinha	Assistant Librarian
Sri P.H. Raut	Accounts Assistant
Sri Ashok Sharma	LDC

During this year **(April 2011 - March 2012)**, the Department has concentrated on the preparation of following Projects along with other works such as Teaching of the College, works related with Yoga Mimamsa Journal, publication / reprinting of Institutional books, Library works, etc., and other work assigned by the authorities of the Institute from time to time.

I. Critical Edition of Jyotsna (English Version)



Commitment

It was proposed to complete all work related to the English Version of Jyotsna commentary on Hathapradipika by Brahmananda.

Achievement

The work related to the English Version of this edition was completed, and published in Jan 2012 alongwith introduction, appendices, etc.

II. Critical Edition of Siddha Siddhanta Paddhati / Shiva Svarodaya

Commitment

It was proposed to finalize the authentic version of the text up to 5th chapter of Siddha Siddhanta Paddhati along with citations of variant reading based on the comparative statement already prepared on the basis of nine Mss and four printed books. However, as per the instructions of Hon. Secretary, Sri O. P. Tiwariji, in lieu of the work of Siddha Siddhanta Paddhati the work related to the Critical Edition of **Shiva Svarodaya** was undertaken on priority basis.

Achievement

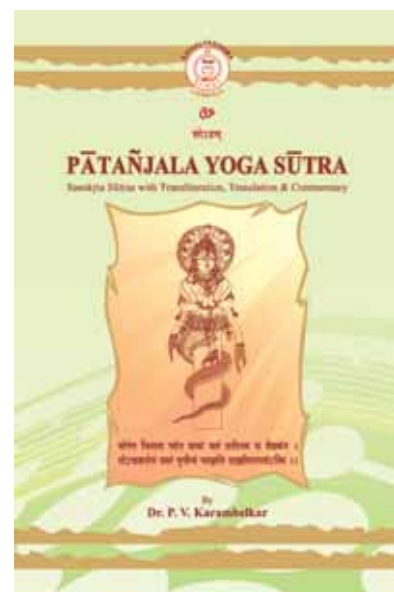
With the assistance of **Dr. Raghavendra** and **Sri Bhaskar Joshi**, the Department could finalize the authentic version of the text of **Shiva Svarodaya** alongwith the citations of variant readings based on the comparative statement of six Mss. and seven published books.

III. Reprinting works

1. Patanjala Yoga Sutra- Explanation of Patanjala Yoga Sutras is based on Kaivalyadhama's scientific findings on Yoga. This comm. is also made user friendly as it gives various charts showing the map of progress in Yogic Sadhana.

This publication was sold out, creating a pressing demand for its reprint. The Department helped the publication department by way of proof correction along with its other publication work.

2. Deva Yajana is collection of Vedic mantras, compiled By late Rev. Swami Digambaraji, used for recitation at the Institute. As per the instructions of Hon. Secretary, Sri O. P. Tiwariji **Dr. Raghavendra** added the Swara to Vedic Mantras and **Sri Joshi** corrected the proof of the same.



VI. Biography of Swami Kuvalayanandaji

Commitment

It was proposed to complete the first draft of this Biography that contains 14 chapters.

Achievement

We are happy to announce that out of 14 chapters 7 chapters have been finalized and the first draft of further 6 chapters has been completed.

V. Publication of the Selected papers of the 6th International Conference

Commitment

It was proposed to complete all works related to the publication of selected papers of the 6th International Conference on 'Yoga: Research and Cultural Synthesis' (27-30 Dec., 2009) held at Kaivalyadhama, Lonavla.

Achievement

In all, seventy-two Research Papers were presented in four different sessions. Out of these, twenty-six papers were selected for publication. Work related to selection, editing and correspondence with authors etc. has been done in consultation with SRD by Dr. B. R. Sharma. Finally corrected the dummy copy and the same have been printed.



VI. Project on Digitization of the Yoga Manuscripts (with their preliminary study)

This project was prepared and submitted to the Department of AYUSH. As per the suggestions of the Department, the project was rewritten /revised alongwith recurring and non-recurring budget and re-submitted to the Department (of Govt. of India) for its approval.

VII. Articles written and participation in the Conference /Seminars

- i. Sharma, B. R. participated as Resource Person and he was invited to also talk on "Paranormal phenomenon in Patanjala Yoga Sutra" at the National Seminar on Promotion of Para-psychological abilities and Consciousness through Meditation, 19-21 Jan 2012 at Jain Vishva Bharti University, Ladnun, Rajasthan, India.
- ii. Sharma, B. R. prepared an article on "Personality Development and Yoga" yet to be published.
- iii. Sharma, B. R. participated as **Panelist** at the Education Symposium on the topic 'Challenges in Professional Yoga and Naturopathy education' at the International Conference on Yoga and Naturopathy (9-13 Feb 2012) held at Bengaluru, Karnataka, India.

VIII. Other Administrative work of the Department.

- Sharma, B. R. prepared a report of Track Record of PLRD so far and its publications during the last five years with a view of submitting the same to the Department of AYUSH, Govt of India.
- Sharma, B. R. prepared a report on the work of Mr. Prasanna, Research Assistant, PLRD and submitted the same to the Samiti Office.
- Sharma, B. R. prepared a budget of Rs. 1,50000/ for Library as per the directions of the Samiti Office for Finance committee meeting held at Mumbai.

- Sharma, B. R. prepared a proposal of seminar/ workshop on “Research Methodology in Philosophico- Literary Research” but it could not be executed due to the non-availability of funds.
- Sharma, B. R. worked as Chairperson for the Interview Committee for Selection of an electrician and a secretary staff of PLRD.
- Sharma, B. R. executed all orders of the Samiti Office as and when directed.
- Sharma, B. R. interacted with MDNIY Scholars regarding their project work at Kaivalyadham as per the instructions from the Samiti Office.

IX. Yoga Mimamsa Work

Yoga Mimamsa was regularized and is being published timely. Various work related with the publication of Yoga Mimamsa, like Editing/ Reviewing the article, proof reading, correspondence with contributors, reviewers, as well as, the subscribers etc., have been done by Dr. B. R. Sharma as Managing Editor. As per the commitments, Yoga Mimamsa Vol. XLIII (No. 1 and



2) was published and in time dispatched to subscribers and contributors. In July 2011 as per the order of the Chief Editor, Dr. B. R. Sharma handed over the charge of Managing Editor along with all related material/files to Sri. G. S. Sahay. However, Dr. Sharma is working as a member of Managerial Board/ Publication Board and attending regular meetings and other related work of Yoga Mimamsa.

X. College Work

1. Teaching Works

Work related with teaching in Gordhandas Seksaria College of Yoga and Cultural Synthesis

a. Diploma in Yoga Education – July 2011 to March 2012

- Sri R. K. Bodhe – Yoga and Cultural Synthesis and V.E. 120 periods of 60 minutes duration each

b. Certificate Course in Yoga – May 2011 -June 2012

- Dr. B. R. Sharma – Traditional Yoga 20 periods (10 Eng+10Hindi) of 60 minutes duration each
- Sri R. K. Bodhe – Yoga and Value Education 20 periods (10 Eng+10Hindi) of 60 minutes duration each

c. Certificate Course in Yoga University of Pune - Aug 2011 to Oct 2011

- Sri R. K. Bodhe – Yoga and Value Education 10 periods of 90 minutes each

d. Certificate Course in Yoga – Jan. - Feb., 2012

- Dr. B. R. Sharma – Traditional Yoga 13 periods of 60 minutes duration each
- Shri R. K. Bodhe – Yoga and Value Education 13 periods of 60minutes duration each

e. Reorientation programme of KVS teachers organized by Kaivalyadhama.

- Dr. B. R. Sharma - Patanjala Yoga 4 periods of 60 minutes duration each
- Sri. R.K.Bodhe–Yoga & value Education 2 periods of 60 minutes duration each

f. Certificate Course in Pranayama Nov. 2011 - Jan.2012

- Dr. B. R Sharma, 8 periods of 60 minutes each
- Sri R.K.Bodhe, 2 periods of 60 minutes each

g. Advance Certificate Course in Yoga –March, 2011 –April, 2012

- Dr. B. R Sharma, Textual Understanding of Patanjala Yoga 12 periods of 1hr duration each
- Sri R.K.Bodhe, Yoga and Value Education" Three periods of 1hr duration each

h. Special lectures in different yoga programmes organized by Kaivalyadhama.

- Sharma, B. R. delivered a Special Lecture to Navodaya Executives arranged by HHCC, **April 2011**
- Sharma, B. R. delivered an Invited Talk to Gujarat University Students at Kdhama, Lonavla **May 2011.**
- Sharma, B. R. delivered an Invited Talk on 'Promotion of Mental Health in the light of Patanjali' at NIN, Pune. **May 2011**
- Sharma, B. R. delivered 6 Talks on Yoga Therapy in Patanjala Yoga Sutra arranged by HHCC, **May and June, 2011**
- Sharma, B. R. delivered an Invited Talk to National Level NSS Mega Camp arranged by Ministry of Youth Affairs and Sports, Govt. of India, New Delhi at SIT, Lonavla. **June 2011**
- Sharma, B. R. delivered a Talk on Yoga Philosophy to a visitor group at Library, **July 2011**
- Sharma, B. R. delivered a talk for 1 hr on Yoga Psychology to college students of D.Y.Patil Pune at Kaivalyadhama, Lonavla. **August 2011**
- Sharma, B. R. Delivered an invited Talk on "Yoga for Health and Healing" at NIN, Pune. **Sept 2011**
- Sharma, B. R. delivered two lectures in Kriyayoga Anushthana **Jan 2012**
- Sharma, B. R. delivered two lectures - one to Brazil group and another to a Korean group, **Jan 2012**

2. Other teaching related works of the College:

- Sharma, B. R. revised the syllabus of ATTCC, D.Y.Ed. and C.C.Y. Courses for the subject of PYS and traditional Yoga, Kaivalyadhama, Lonavla.
- Sharma, B. R. prepared question Papers (Eng. and Hin.) for D.Y.Ed Kaivalyadhama, Mumbai and C.C.Y. (May-June 2011) Kaivalyadhama, Lonavla and evaluated answer books their of.
- Sharma, B. R. evaluated answer books of DYT Students
- Sharma, B. R. evaluated 45 assignments of D.Y.Ed. Students

- Sharma, B. R. prepared a question Paper (Eng. and Hin.) for CCY(Jan-Feb 2012) Exam for Traditional Yoga.
- Sharma, B. R. worked as Examiner for MDNIY, New Delhi, Jabalpur University, JNBU, Ladnun. Rajasthan.
- Sharma, B. R. worked as a member of Examination Committee.
- Bodhe, R. K. revised the syllabus of ATTCC, D.Y.Ed. & C.C.Y. Courses for the subject of Yoga & Value Education, Kaivalyadhama, Lonavla.
- Bodhe, R. K. prepared a question Papers (Eng. & Hin.) for D.Y.Ed Kaivalyadhama, Mumbai and C.C.Y. Kaivalyadhama, Lonavla and evaluated answer books their of.
- Bodhe, R. K. conducted Viva Voce Exam CCY Pune, Oct 2011.

XI. 7th International Conference

Sharma, B. R. and Bodhe, R. K. - helped the Convener in preparing the brochure, and also attended meetings as well as brain storming sessions with a view to finalize the topics for panel & plenary sessions.

XII. Work related to Central Research Library Section of PLRD

Kaivalyadhama, being yoga research Institute, has its own Research Library exclusively devoted to Yoga and allied subjects. The Assistant Director of Research, Philosophico-Literary Research Department, Ex-Officio In-charge of this Library is also engaged in managing this section with the help of two Library staff- Mrs. Archana Sinha and Mr. Ashok Sharma

- During this year, **274** new books on Yoga and allied subjects were added. The total number of books on various subjects in the Library till date is **28605**.
- The Library has been fully computerized.
- Cyber Café facility is provided in the Library
- Internet, Xerox Machine, Spiral Binding, Lamination, Scanning, C.D./D.V.D writer etc. is being looked after by the staff of library.
- During this year six new LCDs were installed.
- Stock verification work is in progress.
- Bar-coding work is also initiated.

a. Library is being used by the research staff and students of various courses of Kaivalyadhama, as well as, research scholars/ visitors from India and abroad.

Following are the details -	Foreigners	Indians
● Research Scholars from India and abroad	4	3
● Certificate Course in Yoga (May-June 2011)	6	48
● Diploma in Yoga Education (2010-2011)	10	48
● Certificate Course in Yoga (Jan-Feb 2011)	6	28
● Orientation program for KVS Teachers	0	22
● Certificate Course in Pranayama	25	0
● Chinese group participants	25	0

b. Services rendered to other Departments

Library Staff was also engaged in helping the other Departments by way of Scanning/ Xeroxing/lamination etc. Mr. Ashok Sharma also looking after the legal matters of Samiti by way of attending court dates and work related to the land survey and LMC. etc.

c. Digitization of Library

It has already been reported that the project of Digitization of Library is in the process which is being carried out in collaboration with Assian Classic Input Project under the supervision of this Department. During this year we have Digitized 268 books with the help of 3 Staff members.

Plans and Proposals for the next Financial Year-2012-13

Continuing Projects along with other works-

A. Critical Editions

- a. **Shivasvarodaya** (This work will be completed and expected to be released during the forthcoming 7th International Conference.
- b. **Siddha Siddhanta Paddhati** (we propose to complete the work related to its Original Text along with the citation of variant reading)

B. Biography of Swami Kuvalayananda

(This work will be completed and expected to be released during the forthcoming 7th International Conference).

C. Translation Work

- a. English translation of Shivasvarodaya (to be completed)
- b. English translation of Siddha Siddhanta Paddhati (proposed to be completed).

D. Research Articles

E. Teaching Works of the College

F. Work related to 7th International Conference

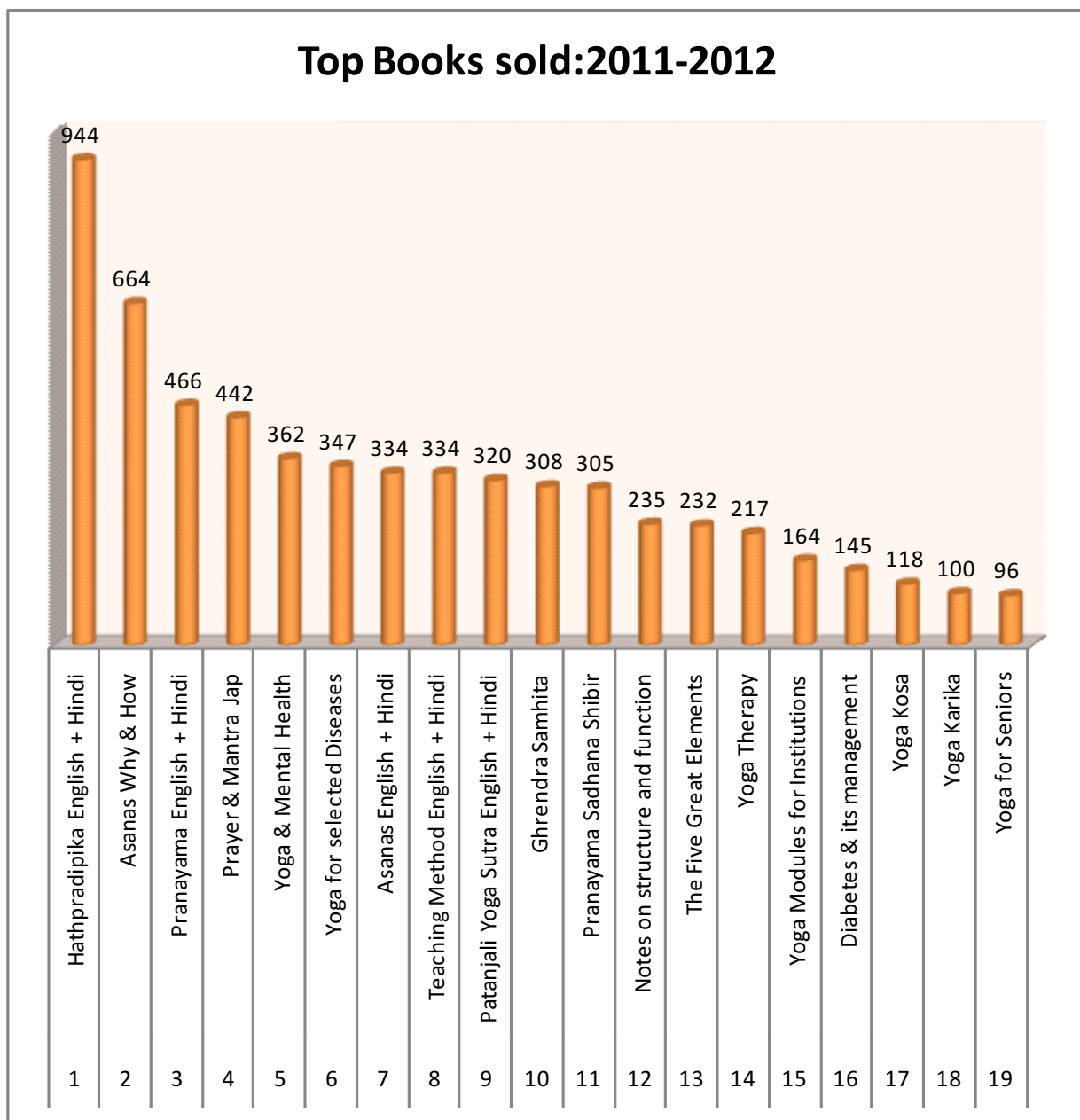
G. Yoga Mimamsa work (if any)

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Top 19 books sold by Publication Department

Sr. No.	Title of the Books	Copies sold 2011-12
1	Hathpradipika English + Hindi	944
2	Asanas Why & How	664
3	Pranayama English + Hindi	466
4	Prayer & Mantra Jap	442
5	Yoga & Mental Health	362
6	Yoga for selected Diseases	347
7	Asanas English + Hindi	334
8	Teaching Method English + Hindi	334
9	Patanjali Yoga Sutra English + Hindi	320
10	Ghrendra Samhita	308
11	Pranayama Sadhana Shibir	305
12	Notes on structure and function	235
13	The Five Great Elements	232
14	Yoga Therapy	217
15	Yoga Modules for Institutions	164
16	Diabetes & its management	145
17	Yoga Kosa	118
18	Yoga Karika	100
19	Yoga for Seniors	96

Top Books sold:2011-2012



SCIENTIFIC RESEARCH DEPARTMENT





SCIENTIFIC RESEARCH DEPARTMENT



Team, SRD

A. Departmental Profile

Name of the Department : Scientific Research Department (Abbreviation: SRD)

Aim of the Department : To explore, establish and execute Principles of Yoga on a Scientific Platform for Humanity

Objectives of the Department:

1. Conduct fundamental or applied scientific research in the field of Yoga.
2. Establish scientific basis of yoga practices with respect to Physiology, Biochemistry, Psychology, Physical Education, Alternative Medicine and allied disciplines.
3. Develop methods, modules and protocols for scientific standardization of Yogic practices.
4. Establish Yoga Information Centre to provide wide variety of scientific information to Yoga researchers.
5. Disseminate scientific information on Yoga through publications, conferences, seminars, training programs and workshops.
6. Provide research findings to enhance theoretical and practical understanding in Yoga through G.S. College of Yoga and Cultural Synthesis and other Kaivalyadhama departments.
7. Collaborate and coordinate Kaivalyadhama Department to other academic and research institutions to promote science of Yoga.

Areas of Operations/ Subjects/ Discipline: Yoga, Psychology, Physiology, Physical Education, Biochemistry and Alternative Medicine.



Resource Information Centre:

SRD has successfully established the Yoga Resource Information Center in April 2010. A spacious room has been allotted for the same. The Centre is equipped with more than 2500 journal research articles of various topics such as biochemistry, psychology, physiology, ayurveda, and yoga and around 15,000 abstracts are stored in Mendeley software. The resource information center also has 200 M. Phil research thesis.

Restructuring:

To expand the horizon of the SRD, the Department has been restructured. Formerly, it was limited to conventional research. In addition to existing subjects, SRD has introduced alternative medicine for integrated research. Alongwith the Research division, other divisions have been added. These include Service Division, Awareness Division, Training Division and a Resource Information Division.

Rejuvenating Energy:

To execute new ideas and thoughts with help of designing and executing diverse research projects, new, young and energetic research staff has been appointed by SRD in 2012. Thus, the Department has increased its human strength by appointing one research assistant and one research associate.

Restoring System:

Different systems have been restored by SRD to regularize the Department's Work. Revised systems such as research proposal designing format, financial budget preparation format, monthly reporting system format, etc. have been reinstated for smooth operations.

Reorientation:

SRD is gearing up to shift from Quantitative Analysis to Qualitative Analysis. Currently the Department is revisiting the knowledge on Quantitative methods and would be working on reorienting its team as researchers on Qualitative Analysis. This orientation will require time, special training and paradigm shift in thinking. This year, SRD research assistants were oriented to writing Bibliographical Review articles, which would be published in upcoming issues of Yoga Mimamsa (**recently Indexed by EBSCO Publishing, USA, in the year 2012**).

Replicating:

To be self-sustaining, the SRD has started generating revenue by launching a Biochemical Division and a Psychological Division which can also be useful for research purposes. Yoga Patrika, a professional services programme (Enhancing Efficiency Profile) has been developed for corporate and ordinary clients. Diet Protocol (Bhojan Patrika) has also been designed and, in the future, a web-based service will be provided regarding the same.

B. Departmental Organogram

Departmental Human Resource:

H.H. Maheshanand Swamiji	Director Research
Dr. Narayan R. Desai	Assistant Director Research (Human Intelligence)
Mr. D.D. Kulkarni	Research Officer (Physiology)
Dr. Ghanshyam Thakur	Research Officer (Physical Education, Yoga)
Mr. Sanjay Shete	Research Assistant (Biochemistry)
Miss. Anita Verma	Research Assistant (Physiology)
Mr. Amod Shepal	Research Assistant (Biochemistry)
Mr. Datta Taware	Research Assistant (Yoga)

Collaborative Researcher:

This fiscal year the SRD has introduced a Collaborative Research Programme. Under this programme two researchers work in Kridakul, Nigdi (specialized school for sports) in collaboration with SRD for two projects on Sports Psychology and Ayurveda. This helps both organizations to gain more from the researchers as they are able to deliver their expertise by working at the Kridakul School and also continue research work for SRD.

Dr. (Mrs.) Amruta Deshmukh	Research Assistant (Ayurveda)
Mrs. Geeta Muthya	Research Assistant (Sports Psychology)

Consultant:

To bring expertise from different discipline, SRD has launched a Visiting Consultant Programme. Under this programme, two consultants regularly visit the SRD. This enables the maximum utilization of experts. Consultants are invited as per the requirement to work with the SRD team of researchers. The consultants work part time and are able to effectively share their knowledge and time with SRD.

Dr. Devasena N. Desai	Consultant (Psychology)
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Visiting Principal Investigator:

To bring diverse research projects, SRD has initiated Visiting Principal Investigator Programme. Visiting Principal Investigator is a person who is having doctoral degree and is willing to apply his or her subject expertise in yoga research. He or she will be responsible for the research work and SRD will provide infrastructural and institutional support.

Dr. Devasena N. Desai	Consultant (Psychology)
Dr. Meenakshi Gokhale	Consultant (Statistics)

Associate Researcher:

Associate researcher is a person who is interested in yoga research looking for technical, academic and institutional support. He/she is yoga practitioner and running his or her yoga center. SRD will train the person in research methodology, project designing and introduce her/him to quantitative and qualitative research. The associate researcher will be associated with SRD for a particular project period.

Mrs. Priya Rajwade	Research Associate (Giftedness and Yoga)
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Ethical Committee:

Foremost important in any research institute would be the ethical committee that would approve of the projects that follows all the ethical norms during the intervention and project period. The Ethical Committee met in October 2010 with researchers who presented their projects, considering the subjects and participants ethical issues while undertaking research. The Committee shared its comments for each individual project which was then reviewed by the researchers before submitting and starting their projects. The Ethical Committee of SRD is as follows:

Dr. B. B. Singh	Chairman
Dr. Narayan R. Desai	Secretary
Prof. Ranjit Singh Bhogal	Member
Dr. Vaze	Member
Dr. Prakash Agarwal	Member
Dr. Subodh Tiwari	Member
Mrs. Renuka Kotak	Member
Mr. Kedar Deshpande	Layman

The Ethical Committee meet on 26th Dec 2011. Dr. Sujata Vaidya and Mrs. Priya Rajwade presented their future project ideas.

Research Advisory Committee:

Researchers present their research project draft in front of the research advisory committee. Research experts, who assembled, critically evaluated each project and shared their comments on research design, the sample size, duration of intervention and the choice of statistical methods to be adopted for each research which have been incorporated by researchers. SRD has 22 experts from various disciplines as research advisory board member. Research Review Committee visited in the month of January 2011 and reviewed current and future projects.

Mr. O.P. Tiwari	Chairman	Mentor and Yoga Expert
Dr. Naresh Chandra	Vice Chairman	Mentor
Dr. B.B. Singh	Member	Legal
Mr. Sharad Sinha	Member	Finance
Mr. Subodh Tiwari	Member	Funding and Networking
Prof. Ranjeet Singh Bhogal	Member	Psychology
Dr. Devasena Desai	Member	Psychology
Dr. Mohini Pathak	Member	Biochemistry
Dr. Meenkashi Gokhale	Member	Research Methodology
Mr. Manoj Deolekar	Member	Physical Education
Dr. Anand Barve	Member	Ayurveda
Dr. Bawadekar	Member	Ayurveda
Mrs. Sonavi Desai	Member	Publication
Dr. Pratibha Kulkarni	Member	Gynaecologist
Dr. Girish Godbole	Member	Gynaecologist
Dr. Milind Moda	Member	Orthopedic Surgeon
Dr. Anant Bhushan Ranade	Member	Oncologist
Dr. Sujata Vaidya	Member	Energy Field Studies
Dr. Srinidhi	Member	Public Health and Vedic Studies
Dr. Ashwini Joshi	Member	Diabetologist
Dr. Bhalekar	Member	Ayurveda and Yoga Expert
Dr. Dilip Gadgil	Member	Ayurveda Expert

SRD Restructuring:

Scientific Research Department proposed restructuring of the departmental activities which has been approved by Kaivalyadhama Samiti in the month of January 2011. For the next five years (2011 – 2015) Scientific Research Department will operate through the following five divisions and their subunits:

A. Research Division

Subunits:	A.1	Biochemistry	Mr. Sanjay Shete, Mr. Amod Shepal
	A.2	Psychology	Mrs. Geeta Muthya
	A.3	Physiology	D.D. Kulkarni, Miss. Anita Verma
	A.4	Physical Education	Dr. Ghanshyam Thakur
	A.5	Alternative Medicine	Dr. Amruta Deshpande
	A.6	Yoga	Mr. Datta Taware

Divisional Work Objectives:

1. Conduct scientific research projects to establish relation between modern science and yoga
2. Design and conceptualizing new research ideas and thought processes
3. Explore national and international collaboration
4. Develop research protocols and models
5. Develop research internship programme and activities
6. Conduct Ph.D. and M. Phil programmes
7. Conduct Think Tank lecture series for thought generation
8. Conduct sporadic activities: workshops, seminar, symposium
9. Acquire quantitative and qualitative analysis expertise through training and software

B. Training Division

Subunits:	B.1	Research Methodology	Dr. Meenakshi Gokhale
	B.2	Instrumentation	Mr. D. D. Kulkarni, Mr. Sanjay Shete
	B.3	Teacher Training	Dr. Devasena N. Desai
	B.4	Statistical Analysis	Dr. Meenakshi Gokhale
	B.5	Counseling & Facilitation	Dr. Devasena N. Desai
	B.6	Life Skills	Dr. Devasena N. Desai

Divisional Work Objectives:

1. Provide in-house training modules for researchers, staff and students.
2. Develop training modules as a part of standardization of yoga teaching.
3. Explore possibilities to generate revenue by exchanging knowledge.

The objectives include providing training programmes related to research methodology, counseling skills, facilitation skills, psychological assessments, scientific writing, scientific referencing, scientific software, statistical analysis, etc. for staff members. The objectives also include establishing Research Assistantship Programme for hiring experts on contract basis for strengthening the SRD work force.

C. Service Division

Subunits:	C.1	Biochemical Testing	Mr. Sanjay Shete
	C.2	Physiology Testing	Mr. D.D. Kulkarni, Miss. Anita Verma
	C.3	Psychology Testing	Dr. Devasena N. Desai
	C.4	Yoga Fitness	Dr. Ghanshyam Thakur

Divisional Work Objectives:

1. Provide facilities to the community with revenue generating activities
2. Explore new clients, services areas, and beneficiaries
3. Acquire international and national recognition to SRD Services through standardized procedures

D. Information Division

Subunits:	D.1	Scientific Research Journal Articles	Amod Shepal, Anita Verma
	D.2	Scientific Experts Network	Dr. Narayan R. Desai
	D.3	Project Proposal Templates	Dr. Narayan R. Desai

Divisional Work Objectives:

SRD believes that sound research can be performed with help of extensive referencing. Thus, the Research Information Centre was established within SRD. Collections will include key books, and publication related to past, present and future research projects (the said collections will be borrowed from the main library). The Research Information Centre will include more than 5000 scientific research papers, access to E-Resources and other research software such as SPSS, and End Note.

E. Awareness Division

Subunits:	E.1	Museum	Mr. D.D. Kulkarni, Geeta Muthya
	E.2	Scientific Exhibits	Dr. Amruta Deshpande
	E.3	Scientific Information Pamphlets and Display	Dr. Amruta Deshpande

Divisional Work Objectives:

Exhibits:

To create research environment and awareness about SRD activities, SRD exhibits are inevitable. Exhibits related to past, present and future projects, Research Policy, Ethics, SRD vision and mission, services, publications, instruments/tools/special visits/activities, etc., will be displayed at different locations.

Departmental functioning through display board is a new concept developed by Assistant Director of SRD.

C. Departmental Infrastructure

- a. Spatial Orientation:** Each researcher and resource expert have been assigned separate rooms or cubicles with seating arrangements to enable better working culture. Special provision has been made for conference and meetings.
- b. Computation and Communication:** Laptops and desktops have been serviced and rewired. Wireless connectivity is installed to make individual access for work comfort. Entire SRD has been converted into a Wi-Fi zone.
- c. Departmental Library:** Books related to yoga, physiology, psychology, education, physical education, statistics, etc. have been acquired from the Main Library and kept in a separate reading room for researchers. This room also acts as a discussion and/or meeting room for researchers.
- d. Scientific Softwares:** Statistical packages such as SPSS, NVIVO, EndNote and Mendeley software to enable reading PDF files of research articles and separates references, abstracts, author and year for the researcher. This would be a boon for researchers while writing their research article or documents.

Anti-virus (Quick Heal) software subscription was renewed for the Department's computers.

SRD Inventory:

Equipments:

Physiological, Psychological, Physical Education and Biochemistry equipments inventory has been done. A stock checking was done and the register is maintained for audit purpose.

Psychological Tests:

The scoring sheets and manuals are extremely important and therefore, were labeled and recorded. Stock checking of number of copies available and tests categorized as performance tests, mental abilities, memory and motor skills etc., was completed. Several psychological tests are stocked but underutilized as they were not categorized. Some of the tests are not appropriate for SRD research purposes and had to be catalogued and kept separately.

Emotional Maturity Scale was purchased by SRD, which is being used extensively on students who enroll themselves for various courses such as Diploma courses, CCY, Advanced Teachers' Training Course, etc.

Biochemistry Inventory:

A list of the materials is available at the Biochemistry Division. The materials were separated into those in use and those that can be shelved. Several materials were found which could be used for ongoing projects but were not utilized. Norms were formed to make maximum usage of the lab materials present in the Division.

Two new instruments were purchased by the Division in 2011-12:

1. **Hematology Analyzer-** Hematology Analyzer (Mindray -Model BC 2300) is used for quantitative determination of 19 parameters with 3 histograms of blood samples. The purpose of this analyzer is to identify the normal patient, with all normal system-generated parameters, and to flag or identify patient results that require additional studies. This analyzer can store data of 20,000 patients.
2. **Biochemistry Analyzer-** Vchemt is a programmable Biochemistry Analyzer with user friendly touch screen. It measures the optical densities of samples and uses algorithm to calculate results, which are used for biochemical investigation. The instrument is an open photometer suitable for absorbance measures as well as sample concentration determination. It has user friendly program and capacity of storing 250 programmed analytical methods and the quality control of results.

Furniture and Fixtures:

Several assorted furniture are present in the SRD. Each room has been allotted a tables, chairs and fixtures for computer and internet cables. The research assistants have been given a table and chair with either laptops or desktops to work. Internet facilities and other accessories that would be required for smooth functioning have been provided to each researcher. A common cupboard for keeping their papers and boxes for their research articles has been provided. A white board and long table for meetings and discussion have been provided in the resource room.

Old Records:

Decision was taken to screen all records and papers in order to keep appropriate old records and papers and discard unnecessary records.

D. Departmental Working:

Formats and Templates: For smooth operations and monitoring of projects, SRD developed series of formats and templates. Following are some of the examples:

Research Policy Handbook, Research Strategy, Code of Good Research, Project proposal system, Project Ethical Committee, Review and Clearance System, Psychological Counselling Handbook, Project Proposal Sanction System, Research Paper Submission System, Research Advisory Review and Clearance System, Project Progress Internal Audit System, Monthly Reporting System, Monthly Workload Matrix System, Staff Performance Evaluation System, Staff Circular Register, Staff Complaints and Grievance, Stock Inventory and Audit, On Duty Reporting System, SRD Restructuring, Project Progress Status Report System, Researcher Capacity Building System.

Researcher Interviews and Selection Procedure: Formal interviews were organized by SRD to recruit research assistants for Biochemistry, Physical Education, Ayurveda and Physiology. Experts from each discipline were invited and the participants were given 2 days residential schedule for intensive interviews. They were to undergo few psychological tests to see their mental abilities and performance level, followed by a written paper on research methods and a personal interview. The selection procedure has been made into a protocol for future recruitments of researchers.

Research Project Designing: A uniform research project design module has been designed exclusively for SRD research projects. The researcher has to follow the outline given, and based on those guidelines he/she can design his/her own research projects. The module follows the APA (American Psychological Association) norm.

Research Ethical Issues: As each research projects have their own ethical norms that have to be followed while conducting research, SRD developed the Departmental (Kaivalyadhama) ethical guidelines. These ethical norms and formats were designed on the basis of AYUSH and ICMR formats.

Guidelines for Ethics exclusively for Counselors:

A Booklet: Guidelines and ethical issues to be adopted by counselors and psychologists were written into a booklet for reference.

Weekly Report by Researchers: To enhance efficiency and effectivity for researchers, a unique weekly report system has been formatted to enable each researcher to share his/her work done during the week. Number of hours spent on reading research literature or writing of projects is recorded and submitted to the Assistant Director Research, SRD.

Project Follow-up: Each researcher has been reporting their progress to both ADR and research consultant fortnightly and gaining individual feedback to proceed with their projects. SRD has developed a project follow-up chart of twenty steps as a tool for project monitoring.

Researchers Meeting Discussion Forum: Individual meetings with researchers and concerned research experts are done regularly to enable researchers to work qualitatively on their projects. The purpose is to enable researchers to be independent in future projects and deal with their projects more systematically. All researchers share their research projects and views on related topics once in fortnight.

Weekly Research Discussions: Every week one hour is allotted to researchers to present and debate research articles related to their topics, followed by discussions on how these may be incorporated in their research studies. Secondly, the experts also conduct regular orientations of the process of research with the team. Syllabus for internal researchers' orientation programme on Physiology, Research Methodology, Statistics and Yoga was prepared to further strengthen existing knowledge and upgrade new information.

Individual Counseling: Yoga practitioners and patients who visit Kaivalyadhama have been availing this facility.

E. Departmental Activities



Dr. Narayan Desai, PhD
Assistant Director (Team leader)
Scientific Research Department



Dr. Devasena N. Desai
Consultant (Psychology)
Scientific Research Department

In the year 2012-13, projects to be undertaken are mainly focusing on Emotional Maturity of Yoga practitioners. **Testing of different groups of yoga practitioners visiting Kaivalyadhama, Lonavla and observing the relationship between their emotional well being and practice of yoga was done.**

Emotional Maturity plays a vital role in enabling the holistic well being of individuals. Yoga helps in enhancement of senses of calmness and serenity when practiced for a long time. When yoga practitioners who have practiced for several years it is natural to assume that they are more emotionally stable compared to new or recent yoga practitioners. Therefore, it would be interesting to observe how each group of practitioners handle their emotions and understand or interpret others emotions gives rise to our study.

Testing of more than 107 participants has been completed. **A comparison of male vs female emotional maturity, secondly comparing emotional maturity between practitioners from abroad and citizens of India.**

Lecture:

Dr. Devasena N. Desai, imparted lecture on “Psychological management in Diabetes” at Jnana Prabodhini Navanagar Vidyalyaya, Nigdi, under Diabetes and Yoga Project, on 3rd Jan 2012.



Dr. Ghanshyam Singh Thakur
Research Officer (Physical Education and Yoga)
Scientific Research Department

Completed Projects:

1. Title: Yoga for prevention and control of suicidal tendency and restoring mental health in Indian adolescent students.
Position : Principal Investigator
Funding Agency : CCRYN, Govt. of India
Amount : Rs 22 Lakh. Received Amount Rs 9, 68,000/-
Period : 2007-2011.



Data collection



Experimental group practicing yoga



Abstract :

Suicide is the last resort of escapism in which one runs away from the problems after exhausting the resources. Suicide cases are dealt legally as a crime, socially as a stigma, and in family life, as an emotional threat. The aim of the present study is to find out the percentage of suicidal tendency in adolescent students in India. Survey data collection was done on 19,180 students out of 20,000 students by using the Suicidal Tendency Questionnaire (STQ). STQ was categorized as Very High, High, Moderate, Mild and Low. The survey result revealed that 209 (1%) and 2096 (11%) students showed very high & high STQ scores respectively. Moderate score was observed in all the faculties at 10627 (55%) that indicates borderline stress level prevailing among these students. Very high and high range of stress includes 12th standard- 24.4% & 16.5%, BE-25.8% & 28.8%, MBBS 4.8% & 2.0%, etc. This indicates that high stress at 12 standards may continue in the competing professional courses. District wise range of STQ scores showed highest number of students in 'very high' range included Pune 42.1%, Mumbai 6.7%, Ahmednagar 11%, Amravati 9.1%, Latur 7.7%, Nanded 6.2%, Lonavla 0.0%. This indicates that big cities have more students under stress while small cities like Lonavla have least number of students under stress. In experimental group, suicidal tendency showed descending profile among pre-post and follow up condition. As per observation, deterioration in frustration ($p < 0.05$) and improving the mental health ($p < 0.05$) may be the cause for suicidal tendency decline after the one month of yoga training and that significant effect also seen in physiological and bio-chemical variables. Within the limitations of the study, it can be concluded that Yoga practices have inherent potential to alter the mental state. The psychological, physiological and biochemical indicators of suicidal tendency and mental-ill health have shown positive changes due to yoga training in adolescent students who had suicidal tendency.

1. Title: A short term Yoga Intervention on Occupational Stress and Quality of Sleep in Kendriya Vidyalaya Teachers.**Position : Principal Investigator****Funding Agency: Kaivalyadhama SMYM Samiti****Period: Six Months (May 2011-Oct 2011)****Abstract:**

The study has single group design with 20 teachers, from Kendriya Vidyalaya Schools, assessed for occupational stress and self rated sleep on day 1 and day 10 of the 10 days' residential workshop on stress management through yoga. Intervention consisted of physical postures, regulated breathing, relaxation techniques and meditation. The session was for two hours daily (one hour morning and one hour evening), for 10 days. After 10 days of yoga, there was a significant change in *role overload* ($p < 0.05$), *role conflict* ($p < 0.05$), *strenuous working condition* ($p < 0.05$), *unprofitability* ($p < 0.05$) and *overall occupational stress* ($p < 0.05$). Self rated 'sleep questionnaire' also showed a significant decrease for the *time taken to fall asleep* ($p < 0.05$) and an increase in the *feeling of being rested in the morning* ($p < 0.05$). All variables were assessed by comparing the values at the end of the camp with the values at the beginning using t-test for paired data. This study suggests that the short term yoga intervention has improved the different aspects of occupational stress and sleep in Kendriya Vidyalaya teachers.

2. Title: Effect of Yoga Training on Hand Steadiness in School Students.**Position: Principal Investigator****Funding Agency- Kaivalyadhama SMYM Samiti****Period: 2010-2011**

Abstract:

The purpose of present study was to determine the positive influence of yoga training on hand steadiness. The participants for this study were selected from two Navodaya residential schools and were treated as Yoga Group (n=102) and a Non-Yoga Group (n=109) age ranged from 13 to 18 years. All individuals were assessed for hand steadiness. Participants were instructed to insert the metal stylus in different decreasing holes size for 15 seconds. An error was counted if the stylus touches the side of the hole. The Yoga Group received an intervention of yoga which includes physical postures (Balancing Asanas), voluntary regulation of breathing (Pranayama), and yogic games to improve attention span. The Non Yoga group was engaged in their usual school routine. After 45 days of intervention, the Yoga group showed a significant decrease ($p < 0.001$) in errors by Wilcoxon's paired signed ranks test, while the non yoga group did not show any significant change.

Keyword: Yoga, Hand steadiness, Students.

CURRENT PROJECT WORKING:

1. **Title:** Influence of yoga in physiological and psychological variables on policemen.
Position: Principal Investigator
Funding Agency- Kaivalyadhama SMYM Samiti
Amount: 1, 63,000
Period: 2011-2012
2. **Title:** Effect of yogic relaxation techniques in psycho-physiological changes- a comparative study.
Position: Principal Investigator
Funding Agency- Kaivalyadhama SMYM Samiti
Period: 2011-2012

FUTURE PROJECTS (2012-2013):

1. **Title:** Effect of yogasana on dementia patients in plasma alkaline phosphatase
Principal Investigator: Dr Ghanashyam Thakur (2012-2013)
Status: Proposal writing in progress
2. **Title:** Effect of vaman dhoti (kriya) on cholesterol level
Principal Investigator: Dr Ghanashyam Thakur (2012-2013)
Status: At Conceptual Stage

Publications:

Published Article in 2011:

1. **Thakur G. S.,** Shete S., and Verma A. Short term Yoga Intervention on Occupational Stress and quality of sleep in Kendriya Vidyalaya teachers. **Yoga Mimamsa, 2011, XLIII(3), 205-215.**
2. Shete S., Kulkarni D.D. and **Thakur G. S.** Effect of yoga practices on Hs-CRP in Indian railway engine drivers of metropolis. **Recent Research in Science and Technology, 2011, Vol. 3 (1).**
3. **Thakur G.S.** Suicidal Tendency in Adolescent Students of India: A Survey Study. **Yoga Mimamsa, 2012, XLIII (4): 265-274.**
4. **Thakur, G.S.,** Shete, S., and Kulkarni, D.D. Effect of Yoga Training on Hand Steadiness in School Students. **Yoga Mimamsa, 2012, XLIII (4): 297-303.**

WORKSHOP/CONFERENCES/SEMINAR:

1. Presented a poster in 2011 at the 19th International Conference in Vivekananda Yoga Anusandhana Samsthana, Bangalore titled 'Yoga for Prevention and Control of Suicidal Tendency and Restoring Mental Health in Indian Adolescent Student'.
2. Attended the Training Technology for AYUSH faculty members organized by National Institute of Health and Family Welfare and funded by AYUSH in 2012.
3. Attended the training on SPSS statistical tests in Patanjali Yoga Vidyapeeth under Dr. Shirley Telles.
4. Attended Workshop on Research Methods- Mixed Methodology, organized by 38th National Annual Conference of the Indian Association of Clinical Psychologists, at Pune on 26th Jan 2012.
5. Attended training on Bio Pac Instrument at SRD, on 8th June 2011
6. Attended workshop on Medical Biostatistics at SRD, Kaivalyadhama, on 11th , 12th and 13th April 2011: Speaker: Dr. Hemant Pawar, Biomedical- statistician, Pravara Medical College
7. Prepared **Yoga Booklet** for Morarji Desai Workshop 2011.

GUEST LECTURERS:

- Taught Diploma and Therapy students of GS College, Kaivalyadhama.
- Taught at the DePaul University, Germany.



Mr. D. D. Kulkarni
Research Officer (Physiology)
Scientific research Department

Completed Projects:

1. **Title: Effect of Yoga practice in managing pre-menstrual syndrome disorder**
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Amount: Rs 50,000/- Period: 2008-2010
2. **Title: Immediate Effect of Shavasana on Current –Voltage Phase Shift**
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Amount: Rs 2500/- Period: 2008-2010
3. **Title: Immediate Effect of Pranayama on Current –Voltage Phase Angle**
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Amount: Rs2500/- Period: 2008-2010
4. **Title: Prevention and Reversal of Suicidal tendency through Yoga Practices in Adolescent College Students related to Physiological variables**
Position: Co-investigator

Current Projects:

1. Title: Immediate Effect of Selected Yoga Asanas on Current Phase Angle
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Amount: 3,000/-
Period: (2012-2013)
2. Title: Immediate Effect of Selected Yoga Asanas on Frontal Regional Metabolic Functions
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Amount: Rs 2000/-
Period: (2013-2014)
3. Title: Long Tem Effects of Selected Yoga –Asanas on Phase Shift in Autonomic Parameters
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Amount: Rs 2000/-
Period: (2013-2015)

Future Projects:

1. Effect of Yoga-asanas on rate of percent oxygen saturation, submitted to CCRYN for funding.
2. CO₂ tolerance by yoga effects testing idle time metabolic function.

Publications:

- a) Understanding HIP of Yoga Practice Effects: A neuropsychological Approach, **D.D. Kulkarni**, volume XLIII, 2, July, 152-164, 2011.
- b) As a Co-author: Effect of Yoga Practice on Hs-CRP in Indian railway engine drivers of metropolis. Recent Research in Science & Technology, 2011, 3(1), xx-xx.
- c) As a Co-author: Effect of Yoga Training on Hand Steadiness in School Children, YM, XLIII, (4):287-303.

Workshops:

1. Dr. Hemant Pawar, Bio-Statistician from Pravara Medical College conducted three day workshop on Biostatistics.
2. Researchers' team from SRD attended Pre-Conference workshop on 'Mixed Research Methodology (Quantitative and Qualitative)' at Pune organized by 38th NACIACP 2012.



Mr. Sanjay Shete
Research Assistant (Biochemistry)
Scientific Research Department

Completed Projects:

1. Title: Effect of Yoga practices on Hs-CRP in Indian Railway Engine Drivers of Metropolis
Position: Principal Investigator
Funding Agency: Kaivalyadhama, Mumbai

Abstract:

Objectives : To examine the effect of yoga training on high sensitivity C reactive protein (hs-CRP) and lipid profile levels in railway engine drivers working in metropolis. **Methods:** Male drivers of Indian railways, age ranged from 30 to 42 yrs with no known medical disorders, were randomized to yoga group (n=16) and control group (n=16). At the baseline and after completion of one month yoga training both the groups were assessed for hs-CRP and lipid profile levels. The yoga group practiced in a set of yoga techniques daily in the morning for one hour alongwith daily routine work, while the control group engaged in daily routine work only. **Results:** Statistically significant reduction ($p < 0.01$) was evident in both hs-CRP and serum total cholesterol. **Conclusion:** Yoga based lifestyle modifications could contribute to prevention of coronary artery disease.

1. Title: Yoga for Promoting and Control of Suicidal Tendency and Restoring Mental Health in Indian Adolescent Students

Position: Co-investigator

Funding Agency: CCRYN

Current Projects:

1. Title: Inflammatory Cytokines & Diabetes Mellitus the Potential Role of Yoga as Complementary Therapy

Position: Co- investigator

Funding Agency: Kaivalyadhama, Lonavla

2. Title: Effect of Yoga Practices in Micronutrient Absorption in Gurukul Residential School Children, Lonavla

Position: Co- investigator

Funding Agency: Kaivalyadhama, Lonavla

3. Title: A comparative study of Meditation and Shavasana on Physiological changes in Diploma Students

Position: Co-investigator

Funding Agency: Kaivalyadhama, Lonavla

4. Title: Physiological Changes after Yog Nidra

Position: Co- investigator

Funding Agency: Kaivalyadhama, Lonavla

5. Title: Survey Study on Police Officers in Thane Region

Position: Co- investigator

Funding Agency: Kaivalyadhama, Lonavla

6. Title: Yoga for glycaemic control (In Collaboration with INS Kasturi)

Position: Co- investigator

Funding Agency: Kaivalyadhama, Lonavla

Publications:

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

WORKSHOP/CONFERENCE/SEMINAR:

Attended pre conference workshop titled 'Research Methods: Mixed Methodology', Pune.

Awards and Achievements: Service Division especially Biochemistry has earned approximately Rs. 70,000/- through blood testing.



Mr. Amod Shepal

Research Assistant (Biochemistry)
Scientific Research Department

Current Projects:

- Title:** Inflammatory Cytokines and Diabetes Mellitus- the Potential Role of Yoga as Complementary Therapy
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Status: Analysis completed
Amount: 57,620/-
Period: Aug. 11 to Jan. 12



Subjects practicing *Parvatasana*



Subjects practicing *Savasana*

- Title:** Effect of yoga practices on micronutrient absorption in Gurukul Residential School children
Position: Co-Investigator
Status: Data analysis

Future Project :

- Title:** Prevention , control and management of Type 2 Diabetes mellitus : an holistic guide with special reference to Yoga
Position: Principal Investigator
Status: At conceptual stage
- Title:** IQ Vs EQ
Position: Principal Investigator
Status: Project proposal drafting
- Title:** Genetic basis of Yoga- gene expression profile study
Position: Principal Investigator
Status: Project proposal drafting

WORKSHOP/CONFERENCE/SEMINAR :

Attended pre conference workshop titled 'Research Methods: Mixed Methodology', Pune.



Ms. Anita Verma
Research Assistant (Physiology)
Scientific Research Department

Completed Project:

1. **Title:** Short term Yoga Intervention on Occupational Stress and quality of sleep in Kendriya Vidyalaya teachers
Position: Co-Investigator

Current Project:

1. **Title:** Effect of yoga practices on micronutrient absorption in Gurukul Residential School children, Lonavla
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Amount: 3,76,320/-
Period: Nov. 2011- May 2012
Status: Statistical analysis ongoing
***Value addition:** Yoga training for control group students



Future Project:

- 1) To study the effect of yoga practices on micronutrient absorption in Gifted School children
Status: At conceptual stage
- 2) To study the effect of yoga practices on human aura
Status: At conceptual stage

Publications:

Thakur G. S., Shete S., and **Verma A.** 'Short term Yoga Intervention on Occupational Stress and quality of sleep in Kendriya Vidyalaya teachers', Yoga Mimamsa, 2011, Xliii(3), 205-215.

WORKSHOP/CONFERENCE/SEMINAR:

1. Attended pre conference workshop titled 'Research Methods: Mixed Methodology', Pune.



Mrs. Geeta Muthya
Research Assistant (Physical Education, Psychology)
Scientific Research Department

Current Projects:

- Title:** Enhancing performance of Asanas of Kreedakul athletes (10-15 years)-Latent role of imagery skill training program.
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Amount: Nil
Period: July2011-December 2011



- Title:** Inflammatory Cytokines and Diabetes Mellitus the Potential Role of Yoga as Complementary Therapy
Position: Co-investigator

Future Projects:

- Title:** Studying Effects of Imagery skill Training on performance of selected Asanas of athletes of Kreedakul (10-15 years)
Position: Principal Investigator
Status: Proposal submitted to AYUSH
- Title:** Prevention , control and management of Type 2 Diabetes Mellitus : an holistic guide with special reference to Yoga
Position: Co-Investigator

Stage: At conceptual stage

3. **Title:** Studying effects of Verbalizers' and Visualisers' Imagery skill training on asana performance.

Stage: At conceptual stage

4. **Title:** Studying Imagery skill training on Neurological parameters (EEG) in healthy individuals.

Stage: At conceptual stage

WORKSHOP/CONFERENCE/SEMINAR:

Attended pre conference workshop titled Research methods: mixed methodology at Pune.



Dr. (Mrs.) Amruta Deshmukh
Research Assistant (Alternative medicine)
Scientific Research Department

Current Projects:

1. **Title:** The Effect of Yogic Practices on Cardiovascular Endurance of School Athletes
Principal Investigator: Dr. (Mrs.) Amruta Deshmukh
Funding Agency: SMYM Samiti, Kaivalyadhama
Amount: Nil
Period: April 2011 - September 2011



1. **Yoga Patrika Project**
Stage: Formats drafting completed preparing for pilot study.

Future Projects:

1. **Title:** Prevention , control and management of Type 2 Diabetes Mellitus : an holistic guide with special reference to Yoga
Position: Co-Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Stage: At conceptual stage

2. **Title: To design Ayurvedic Prakriti Based Individualized Yoga Modules for Healthy Adults**
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Stage: At conceptual stage
3. **Title: To study the effect of Yogic Practices on Recovery Time of Athletes.**
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Stage: Proposal writing in progress
4. **Title: To Study the Effect of Ayurvedic Abhyanga on Asana Performance.**
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Stage: Proposal writing in progress
5. **Title: To develop Sports Excellence Center at SRD**
Position: Principal Investigator
Funding Agency: SMYM Samiti, Kaivalyadhama
Stage: Proposal writing in progress

WORKSHOP/CONFERENCE/SEMINAR:

Attended pre conference workshop titled 'Research Methods: Mixed Methodology', Pune



Mr. Datta S. Taware
 Research Assistant (Yoga)
 Scientific Research Department

Current Project:

1. **Management and Yoga**
Stage: Proposal drafting in progress

F. Departmental Developmental Plan

Scientific Research Departmental Developmental Plan for 2010 – 2015 has been named as "Parivarthan 2010 - 2015".

Aim: Assure quality and holistic research in the field of yoga and provide technical academic support to Kaivalyadhama vision.

Objectives:

1. Design fundamentals and applied research projects related to yoga and allied disciplines.
2. Integrate traditional and modern methodology as a part of holistic health.
3. Select qualitative and quantitative data collection approach to understand trends and relationships.
4. Discuss research outcomes with the help of national as well as international findings.
5. Publish research findings in form of scientific article, popular publications to create awareness and understanding.
6. Develop methodology protocol and manual for easy application of research findings.
7. Establish trained and skilled workforce.

Collaborations:

SRD was associating itself with a few organizations but extended itself towards other esteemed research organizations to promote and improvise the quality of their work. The following are some of organizations which have been collaborated for each projects currently functioning in SRD:

The following collaborations continued in the year 2011- 2012:

1. Dr. Ashwini Joshi, Pune
2. Kreedakul School, Nigdi
3. University of Greifswald, Germany
4. DePaul University, USA
5. Jnana Prabodhini Institute of Psychology, Pune
6. Yogesh Hospital, Pune
7. Dr. Anant Bhushan Ranade, Pune

The new collaborating institutions for the year 2011-2012 are as follows:

1. The University School of Physical Education in Wroclaw, Poland.
2. Gujarat University –Yogic Science Research Centre
3. International Society for Interdisciplinary Researchers in the field of Yoga, Serbia.
4. Institute of Oriental Studies of the Russian Academy of Sciences, Russia.
5. Niramaya Ayurvedic Research and Consultancy Pvt. Ltd, Pune. with Dr. Dilip Gadgil.

SRD Divisional Sustainable Plan:

SRD believes in self sustaining divisions. To make each research division, SRD has planned different strategies which are being implemented.

Biochemical Laboratory: Biochemistry Division is providing bio testing services to patients and earning for itself; testing for in-house hospital patients for their BMI, blood, urine, stress levels etc.

Psychological Testing: SRD holds more than 75 different psychological tests. SRD is planning to provide Psychological testing facility to different academic and professional institutes to earn money. Psychological counseling will also bring self sustainability to the Psychological Division.

Physiological Testing: Body Mass Index: **BMI Report:** SRD has begun to perform the BMI for the hospital and is going to give its data to the WHO as they are currently collecting data of the same from around the world.

Areas of operations and Future Beneficiaries:

Tribal and Rural Community: Micronutrient absorption project and giftedness project will be executed in tribal and rural area of Maval, Ambegaon, Lonavla, Wadgaon and Kamshet.

Corporate Programmes: SRD is developing Yoga module for the corporate world which will include topics like premarital issues, parenting, maintaining relationships at home and at work.

School/Educational Systems: SRD is looking for opportunities to enhance teachers' effectivity by introducing yoga for overall health and sustaining energy levels at work. Alongwith this, areas like class room management, communication skills, creativity and teaching methods will be addressed.

Special Needs Community: SRD is committed to developing a scientific Yoga Module for the Special Needs community.

G. Departmental Achievements

Dr. Ghanshyam Thakur received Ph.D. Degree on 12th Jan'11. Titled "studies to quantify the changes in consciousness field evoked by some yoga practices, Agnihotra Yajna and Navaratri festival'.

Dr. Devasena N. Desai received Belin Blank Fellowship 2011. Dr. Mrs. Desai visited Belin Blank Centre for Giftedness and Excellence, University of Iowa USA in the month of June 2011 and received a Certificate in Gifted Education.

1. Experts/Guests lectures and workshops

- 1. Dr. Shirley Telles, Director Research Patanjali Yogapeeth, Haridwar visited Kaivalyadhama and interacted and imparted her valuable guidance to SRD researchers regarding their respective research projects.**
- 2. Dr. Lorrie Croft, Program Director, Belin Blank Centre, Iowa University USA visited Kaivalyadhama.**
- 3. Randell – Thirteen students of various faculties from DePaul University visited Kaivalyadhama.**

2. Achievements: Biochemistry Department, SRD earned approximately Rs 75,000/- through its services.

Special Feature

Kaivalyadhama will be hosting the 7th International Conference in Yoga. Theme of the Conference is "Yoga and Youth"- Classical and Contemporary Perspectives.

Preparations for the 7th International Conference are in progress as follows:

1. Tentative list of speakers and chairpersons has been made.
2. Brochure of the Conference has been finalized.
3. Master slots of the Conference have been prepared.

S.A.D.T. GUPTA YOGIC HOSPITAL AND HEALTH CARE CENTRE





S.A.D.T. GUPTA YOGIC HOSPITAL AND HEALTH CARE CENTRE

Introduction

For ages now the value of Yogic System in treatment, rehabilitation and prophylaxis of certain diseases has been well known and rightfully acknowledged.

With this in mind, Rugna Seva Mandir, a department devoted exclusively to the treatment of various diseases through Yoga, has been functioning at Kaivalyadhama since 1924, its year of inception. With the passage of time the number of patients seeking the advantages of Yogic therapy increased and the need was felt to establish a full-fledged Yogic Hospital to cater to them. This became possible due to the munificent donation by **Shri Amritlal Gupta**, who personally experienced the benefits of Yogic therapy. The Shrimati Amolakdevi Tirathram Gupta Hospital is a result of his magnanimous donation. This is the first ever hospital of its kind in India where Yogic treatment is given under complete medical supervision and results assessed on scientific lines with the help of a research laboratory.

Since Yoga helps balance the mind and body leading to better health, people began to understand that it was a means of preventing ailments. Thus, the increased awareness of the benefits of Yoga necessitated the conversion of the hospital into a full-fledged Health Care Center. The aim now is to provide people with an efficient system of health management through Yogic practices. To augment the benefits, a Naturopathy Center and an Ayurvedic Centre were also established.

Last but not the least, great care is taken to provide wholesome meals which are nutritious and easily digestible. Meals are accompanied by fresh fruit and salad, thus ensuring a healthy balance of diet.

All this has been possible not merely by the efforts of the people of this Institute but also because of the Yoga enthusiasts who have been visiting the place over the years in ever increasing numbers. Their valuable suggestions have helped the institute in its endeavor towards perfection.

A lot of importance is placed on staff meetings which are held once a month to discuss the suggestions received from both participants and staff members. The decisions taken are with fixed timelines and responsibility is cast on an individual staff member to complete the work.

ACTIVITIES OF THE HEALTH CARE CENTRE

YOGA FOR GENERAL HEALTH & FITNESS: In a minimum seven-day course, which starts on Sunday, the imparts training in Asana, Pranayama, Kriyas, and basic technique of meditation or awareness.

Together with this, Naturopathy sessions are prescribed, through which one gets rejuvenated, de-stressed and rid of the accumulated toxins in the body. There are also lectures/discussions/documentaries, which encourage further understanding about Yoga, Health and Fitness. Silent walks to the hill, where Swami Kuvalayananda himself made a Cave for meditation, is part of the seven days stay.



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YOGA THERAPY :

For individuals suffering from specific ailments, a tailor made programme is designed which is most appropriate and effective in dealing with the specific disorder. Medical checkups are conducted before starting the programme. We have facility for pathological tests in the campus itself, if need be. Progress of the individual is closely monitored. Nature Cure therapy is prescribed according to the need of the individual and his/her condition. Special diet is prescribed in cases where there is requirement.

SPECIAL WORKSHOPS :

Workshops are organized on specific subjects like diabetes, asthma, hypertension, heart care, arthritis, etc., to focus the attention on that specific point. Workshops include practical sessions, lectures and discussions and nature cure therapy. It is more in the nature of appraising the participants towards the subject matter and its remedy through Yoga and Nature Cure.

SEMINARS :

The centre also organizes seminars on various subjects. The Centre recognizes the need to disseminate the knowledge of Yoga and Nature Cure and, at the same time, to get people of the same wavelength together to further the cause of Yoga. Seminars witness large gathering of Yoga lovers and experts not only from the field of Yoga but also from field of modern medicine, surgery, ayurveda, yunani, homeopathy, naturopathy, etc.

PUBLIC WORKSHOPS :

For those who cannot come and perhaps cannot afford to take advantage of learning Yoga at the Institute, efforts are made to organize "training and therapy" workshops for them. The Centre is concentrating on young minds, i.e. students, and is engaged in conducting special workshops in colleges to enable them to understand the philosophy of Yoga and its Practice and to incorporate it in day-to-day life.



The Centre also organizes workshops for special groups of workers, executives, managers, etc., who have tendency to develop occupational disorders. Recently workshops were organized for employees of the Kendriya Vidyalay Sangathan, Police Personnels and Executives.

COLLABORATIVE THERAPEUTICAL RESEARCH :

Some research projects are also undertaken to prove the efficacy of Yoga as Therapy together with the Scientific Research Department.

THE PRINCIPLE OF HEALTH AND HEALING THROUGH YOGA NATUROPATHY and AYURVEDA

Yoga is a product of the perennial wisdom of India. One can trace the origin of Yoga back to the period of Indus valley civilization, at least three thousand years before Christ. Throughout the last five thousand years, it has remained as one of the most important facets of the Indian Culture, remaining vibrant and responsive to the changing times.

The literal meaning of Yoga in Sanskrit is "integration". In this sense, Yoga represents a process through which one can learn how to live in the most integrated way. It involves, therefore, the process of identification and then elimination of all that would contribute in disintegration.

When taken in this sense it becomes a continuous process, requiring constant vigilance and involving all aspects of life. In this integrated way of living, the process of identification of all the elements causing ill health and the use of appropriate techniques to neutralize their ill effects became one of the primary concerns of Yoga. Thus Yoga, which essentially is a science of personal growth for spiritual experiences, has simultaneously become a science of health and healing.

THREE COMPONENTS OF YOGIC APPROACH FOLLOWED BY THE CENTRE

When Yoga is used as a science of health and healing, all its techniques and methods which are basically meant for spiritual experiences automatically promote health and bring a healing touch to the body and mind suffering from ill-health. For this purpose, the approach, which Yoga advocates, has three main components:

- A** - First is the practical discipline, which involves the practices of Asanas, pranayama, Kriyas and Meditation.

Asanas induce increased awareness of various physical and psychological processes; through controlled stretching contraction and relaxation of various muscles, their coordination to balance and maintain a Posture, etc. pranayama practice similarly involves manipulation of breathing mechanisms along with an increased awareness of pressure changes inside the cavity of chest and abdomen. Kriyas are the purificatory process which help eliminate the toxins in the body.

Dhyana or 'Meditation' practices increase awareness of one's mental processes including thoughts, emotions, memory etc.. It can make one aware how constant restlessness at the level of mind contributes in the feeling of emotional stress, feeling of constant fear and insecurity. This increased awareness combined with the psycho physiological corrections, brings the body back to its healthy, harmonious and balanced state.

- B** - The second component is concerned with the regulation of Diet as well as regulation of daily habits involving the pattern of sleep, recreational activities and working habits. This helps in removing all those irritants responsible for the imbalance in the functioning of body-mind complex.
- C** - The third component concerns itself with changes in one's attitude, behavior and life-style, which would help in inducing feelings of sharing, feelings of warmth, friendship and concern, love and respect for the whole beautiful world. This acts as an antidote for the feeling of hopelessness and loneliness, which may come in the absence of proper relationship with the world around.

Many a times, when people talk about yoga they focus their attention only on the first component involving varieties of asanas, pranayama and meditational techniques. Thus they confine Yoga to a small period of their daily life as if the rest of the day has nothing to do with Yoga.

A Yogic life-style throughout the day helps more in healing the body than any one particular component of Yoga. Whatever skills one has learnt from Yogic practices need to be used throughout the day. In this sense the Upayoga i.e. the use of the Yogic skills through the day needs to be given proper attention. The last two components attend to this Upayoga aspect of Yoga.

If one undertakes Yoga in this spirit, comply with all the instructions given, one would find that Yoga not only gives relief from one's problems but also opens up a new way of enjoying one's life.

- D** - Special attention is given to individuals who seek to have an in depth understanding of any sphere of Yoga. Discussions with scholars in the field are also arranged.

NATUROPATHY :

We have moved away from nature, and we no longer listen to our selves. Unnatural living habits, lack of exercise, wrong eating habits, etc., is what is creating disharmony between the body and mind. With any little complaint, we rush towards allopathic drugs, which only work towards getting rid of the symptoms and not the real cause. Toxicity in the body increases further. Instead of enjoying tasty and healthy fruits, we seem to find enjoyment in eating junk food all the time; instead of quenching our thirst with water, we relish the intake of carbonated drinks. Here is where the life-style goes wrong.

Naturopathy is a science of natural living. It's philosophy is to be one with nature, understanding and respecting it. It emphasizes nutritious and healthy food intake, exercise to keep our body in shape. It promotes Mud Therapy, Hydro Therapy, Massage, Steam Bath, Sun Bath, Kati Snan, Enema, etc., as remedies for maladies.



Ayurveda¹ is grounded in the physics of the “five elements” Prithvi- (earth), Ap_ (water)-(water), Tej (fire), Vaayu (air) and Akasha (ether) — all of which compose the Universe, including the human body. Chyle or plasma (called *rasa dhatu*), blood (*rakta dhatu*), flesh (*mamsa dhatu*), fat (*medha dhatu*), bone (*asthi dhatu*), marrow (*majja dhatu*), and semen or female reproductive tissue (*shukra dhatu*) are held to be the seven primary constituent elements – saptadhatu of the body. Ayurveda deals elaborately with measures of healthful living during the entire span of life and its various phases. Ayurveda stresses a balance of three elemental energies or humors: *vata* (air and space – “wind”), *pittha* (fire & water – “bile”) and *kapha* (water and earth – “phlegm”). According to ayurveda, these three regulatory principles— *doshas* (literally that which deteriorates are important for health, because when they are in a more balanced state, the

body will function to its fullest, and when imbalanced, the body will be affected negatively in certain ways. Ayurveda holds that each human possesses a unique combination of *doshas*. In ayurveda, the human body perceives attributes of experiences as twenty *Guna* (meaning qualities). It is believed that building a healthy metabolic system, attaining good digestion, and proper excretion leads to vitality. Ayurveda also focuses on exercise, yoga, meditation, and massage. Thus, body, mind, and spirit/consciousness need to be addressed both individually and in unison for health to ensue.



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The practice of *Panchakarma* is believed to eliminate toxic elements from the body. Eight disciplines of ayurveda treatment, called *ashtangas* (Devanāgarī: अष्टांग), are given below:

- Internal medicine (*Kaaya-chikitsa*)
- Paediatrics (*Kaumarabhrtyam*)
- Surgery (*Shalya-chikitsa*)
- Eye and ENT (Shalakya tantra)
- Demonic possession (*Bhutavidya*): *Bhuta vidya* has been called psychiatry.²
- Toxicology (*Agadatantram*)
- Prevention diseases and improving immunity and rejuvenation (*rasayana*)
- Aphrodisiacs and improving health of progeny (*Vajikaranam*)

In Hindu mythology, the origin of ayurvedic medicine is attributed to the physician of the gods, Dhanvantari.

1. <http://en.wikipedia.org/wiki/Ayurveda>

DEPARTMENT HIERARCHY

Administration

Shri. Subodh Tiwari	– Administrator
Shri. Sanjay Kalrao	– Accountant
Smt. Sashi Sinha	– Librarian
Shri. Ravindra Dauneria	– Maintenance Supervisor
Ms. Alifia Sarowala	– Reservations Incharge
Smt. Vineeta Anantkrishnan	– PRO
Shri. Kiran Landge	– Supervisor
Shri. Rohit Durge	– Kitchen Supervisor

Medical&Teaching

Dr. Prakash Aggarwal MD	– Senior Consultant
Dr. Jagdish Bhutada	– Senior Consultant Ayurveda
Dr. Sharad Bhalekar	– Medical Officer
Dr. Gururaj Doddoli	– Ayurvedic Physician
Smt. Kusum Sharma	– Naturopath
Shri. Sandeep Dixit	– Sr. Yoga Teacher
Smt. Vidhi Dixit	– Sr. Yoga Teacher (PT)
Shri. Neeraj Singh	– Yoga Teacher
Shri. Prahlad Bharadwaj	– Yoga Teacher
Ms. Jyoti Soni	– Yoga Teacher
Dr. Jyoti Oak	– Counselor

RESIDENTIAL FACILITY:

The Centre provides for simple and clean rooms with attached bath and common bath. It also has four suites, which serve as family accommodation. Following chart displays the total availability;

ACCOMMODATION & CLASSIFICATION OF ROOMS

ROOMS	TYPE	NO. OF PERSONS	TOTAL
12–Main Building	Attach Bathrooms	2 in each room	24
5–Soham Kutir	Attach Bathrooms	2 in each room	10
5–Soham Kutir (With AC)	Attach Bathrooms	2 in each room	10
10–Soham Deluxe Room	Attach Bathrooms	2 in each room	20
11–Main Building	Common Bathrooms	2 in each room	22
4–Main Building	Suites	3 in suite	12
2–Vedanta	Double with attached Bathroom	2 in each room	4
5 - Vedanta	Single with attached bath	1 in each room	5
TOTAL			107

POLICY DECISIONS

The staff meetings of the HHCC is held every month. Suggestions received from the participants are the main agenda. Apart from that, views of staff members and suggested changes in policy are discussed and forwarded to the executive committee for approval. This year some very important policy decisions were taken which would have long-term impact.

- a. Abolishing separate tariff for international guests: In view of the changing times where the world is becoming a global village it was decided that charges for all the participants should be same irrespective of nationality. This decision was warmly welcomed and appreciated by our international participants.
- b. Introduction of three modules/packages: Looking at the increasing need of participants looking for clear choices, three packages were introduced. 1. Yoga and Relaxation. 2. Yoga and Naturopathy 3. Yoga and Ayurveda.
- c. Yoga Sessions: For providing different learning experience according to the level of the participants, practical yoga sessions were streamlined. Now Basic Yoga Class and Yoga Therapy Class are offered for those who have limitation due to some health condition and need specific focus while an Advance Yoga Class for those who have been practicing for some time and need to enhance their experience.

New Infrastructure:

NEW SOHAM ROOMS : Due to the increasing demand for more accommodation with little added comforts, 10 rooms were constructed as extension to the SOHAM buildings. These rooms are build with large windows, wooden flooring , air conditioning and with lots of space. The building faces east-west, thus keeping the rooms bright and well ventilated. It has received an overwhelming response.



RENOVATION OF AYURVEDIC THERAPY ROOMS :

The response to the Ayurvedic Therapy being offered is increasing day by day. Participants have been benefited through the course, and thus the demand for more space was felt. Three more therapy rooms with attached washrooms have been added. They are well equipped to be self sufficient therapy rooms with storage of all the oils and material required for Ayurvedic therapy.



RENOVATION OF NATUROPATHY WAITING AREA : To provide more privacy to the participants while they discuss their health issues with the naturopath and seek appointment, a need was felt for having a separate waiting area. Therefore, a waiting area was created right outside the Centre wherein it is open and spacious. People can wait for their turn in this quiet waiting space.



NEW GYMNASIUM : Gymnasium was always a part of the health care centre. However, locating it in a convenient place where it could be accessed by all was essential. Finally, the gymnasium was shifted in a specific enclosure in the terrace of the health care centre building. It has a great view, with lots of greenery and hills right in front. There is also good amount of ventilation, thus making the workout mentally refreshing. Those participants who have difficulty in walking specially use the gym or to continue to do cardio at times when walking outdoors is not feasible, for example in the monsoon season.



UTILITY CENTRE : Construction of the utility area is under way. This was meant to make the stay of the residents more comfortable. An old building is under renovation to create three rooms for having a barbers shop and a ladies parlour, a cloth steam ironing facility and laundry facility.

NURSERY AND MEDICINAL PLANT GARDEN : The Institute has vast amount of land and often receives suggestions to landscape or develop the land.



UPGRADATION IN THE KITCHEN : Floor tile work and installation of exhaust fans were completed during the last year. This upgrading helps in enhanced hygiene and cleanliness. Due to the variety of food that needs to be cooked and served as per the requirement of panchkarma and naturopathy, more space and optimal utilization of space is required.

GOLDEN JUBILEE CELEBRATIONS : Fifty years of the Srimati Amolak Devi Tirathram Gupta Yogic Hospital and Health Care Centre were celebrated by organizing various functions. On the 26th November 2011, a function was organized to celebrate the same. The programme was attended by all students, staff and well wishers of the Kaivalyadhama institutes, both local as well as from nearby cities. The students presented their demonstration of Asanas . Hon'ble Mr. Justice Deepak Verma of Supreme Court was the Chief Guest, while Dr.Rajan Welukar, Vice Chancellor of the University of Mumbai was the Guest of Honour.



Chief Guest being escorted to the venue



Students demonstrating Asanas



Dr. Rajan Welukar addressing the audience on occasion of golden jubilee



Chief Guest addressing the audience



Audience during the golden jubilee celebrations

BHAJAN SANDHYA : A bhajan sandhya was organized by well renowned classical singer from east of India, Shri. Indrajeet Keisham. It was an evening of devotion through music. All the staff, students and invited guests enjoyed the programme.



MEDITATIVE SITAR RECITAL : Ustad Usman Khan led the audience to a journey deep within, with his sitar recital. He played Bilaskhani Todi – Teel Tal, Bimpalas – Tal Rupak and Janasammohini – Teen Tal. The audience was left mesmerized.

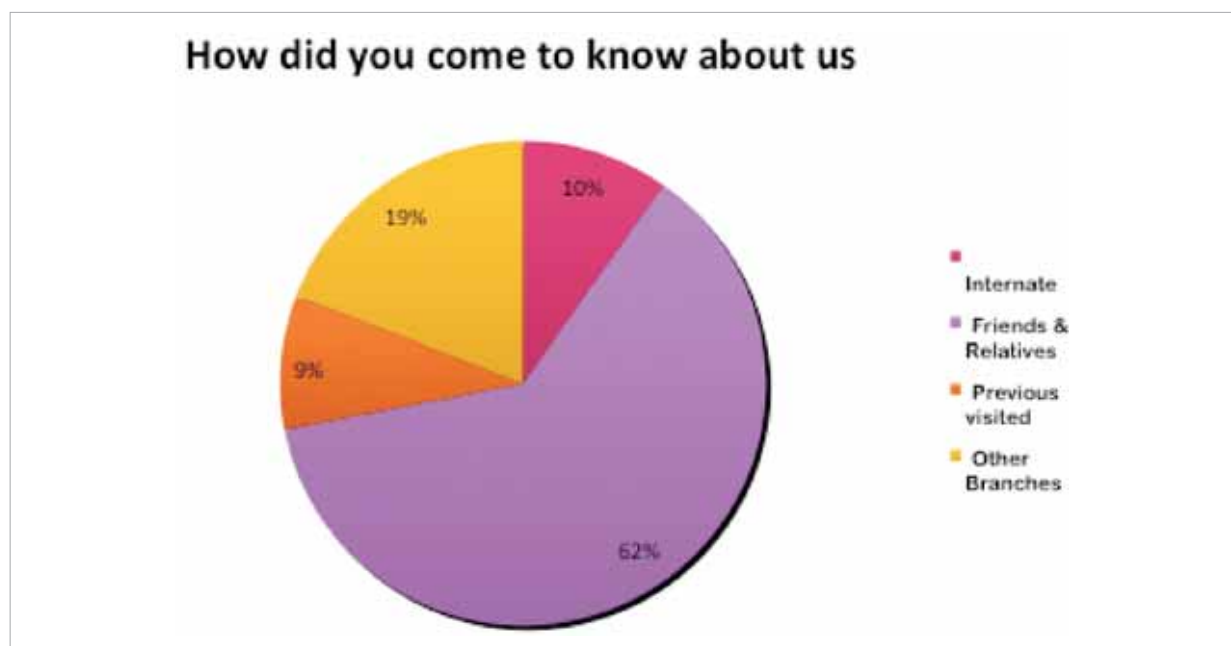


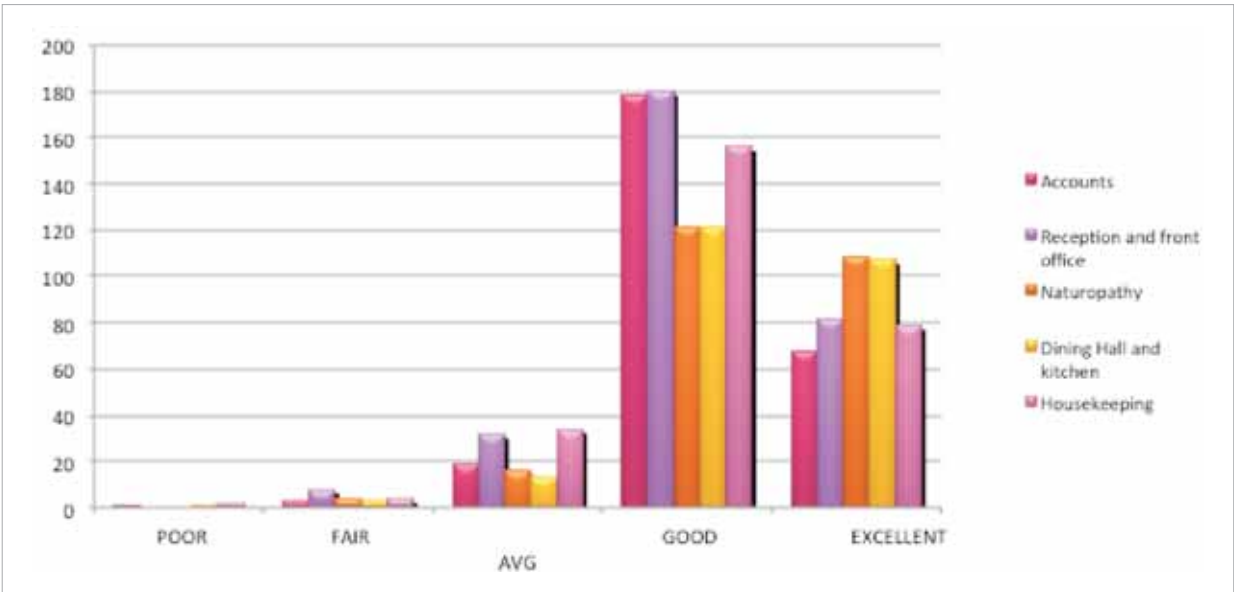
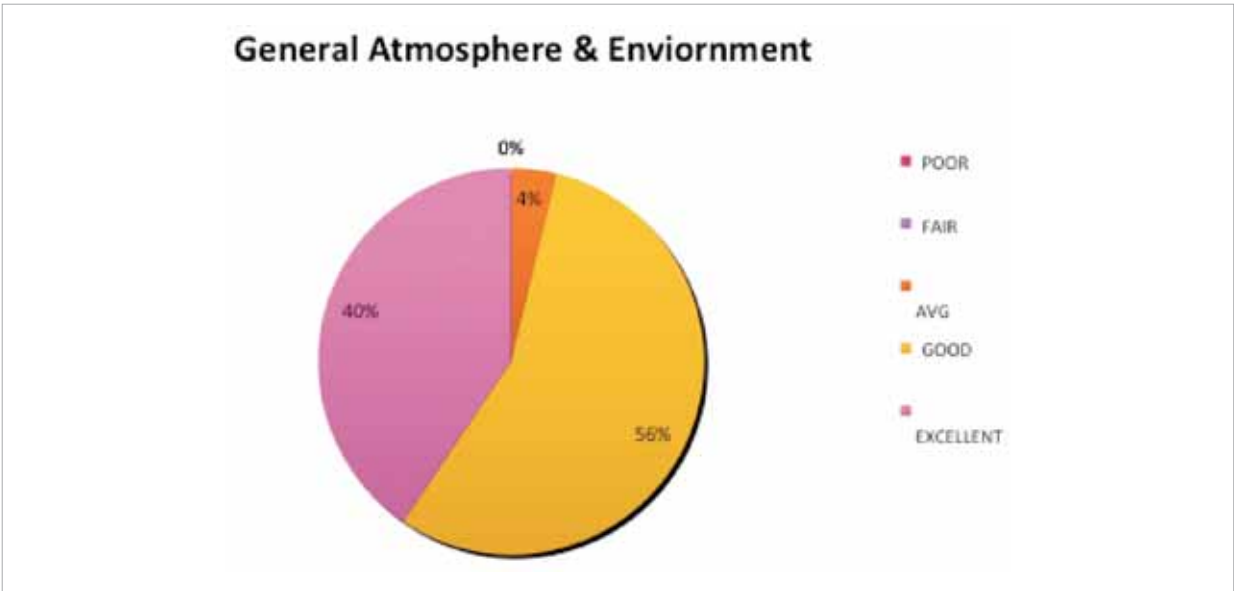
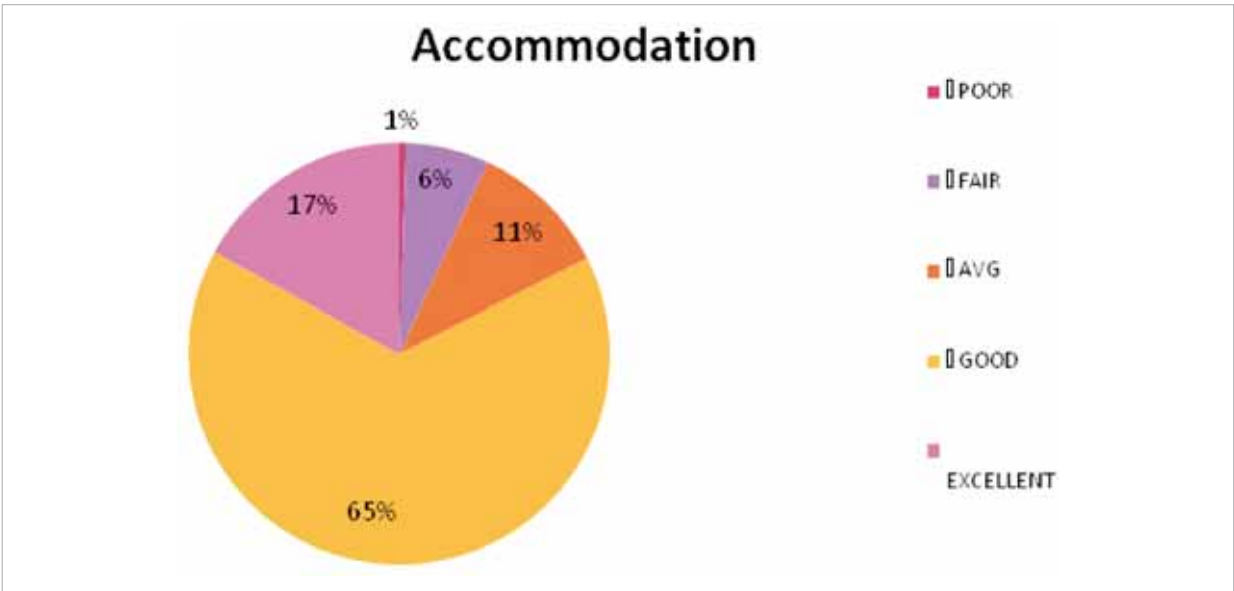
TRAINING PROGRAMME FOR THE HOUSEKEEPING STAFF : The Health Care Centre, at heart, serves on the principles of an ashram. However, due to the increasing number of people taking advantage of it, it was thought necessary to enhance the working skills of the workers involved in housekeeping work. This would not only enable them to work better, it would also enable them to take good care of themselves as far as hygiene and cleanliness is concerned. Two training programmes were organized for this purpose. Expert from Mumbai Ms. Smrutika Rumde came was invited to spent time in training the housekeeping staff. It was a good learning experience and the Centre hopes to follow it up on a regular basis.



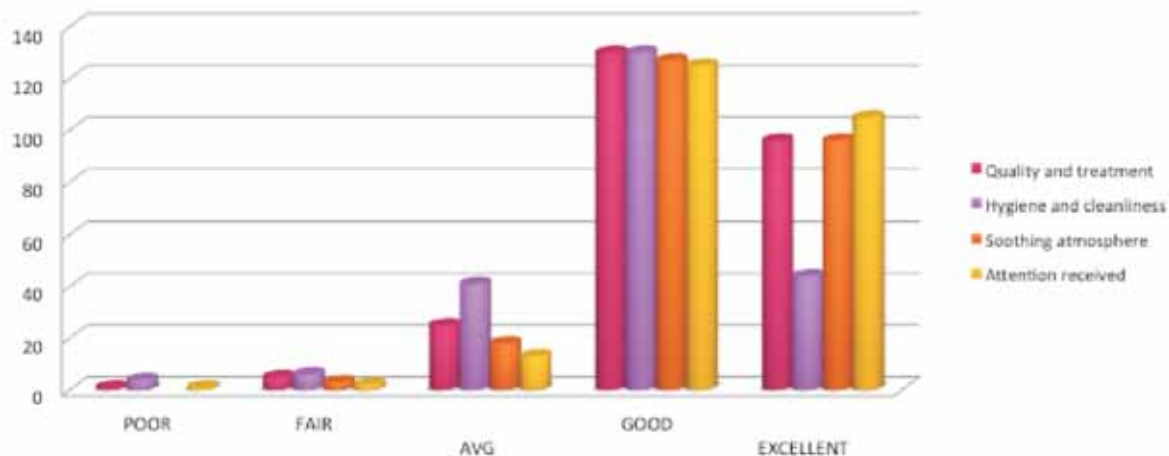
FEEDBACK:

It is very important for us to know the feedback of the participants as regards to various services we offer. We have a monthly meeting, in which we ensure that the feedback given, is sincerely discussed and decided upon.

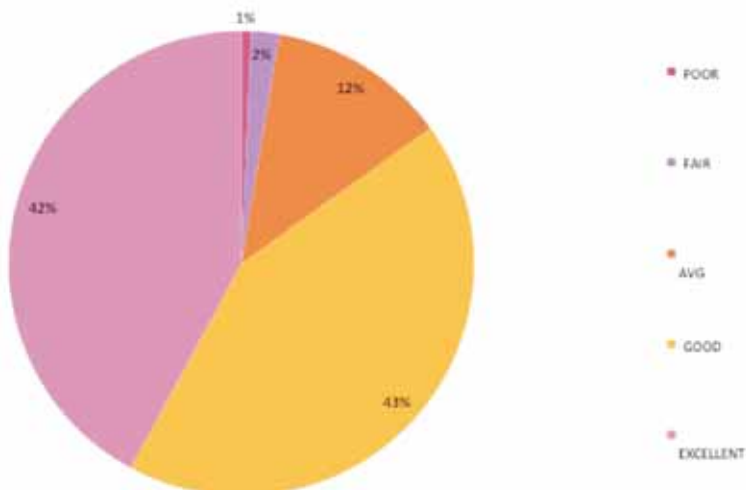




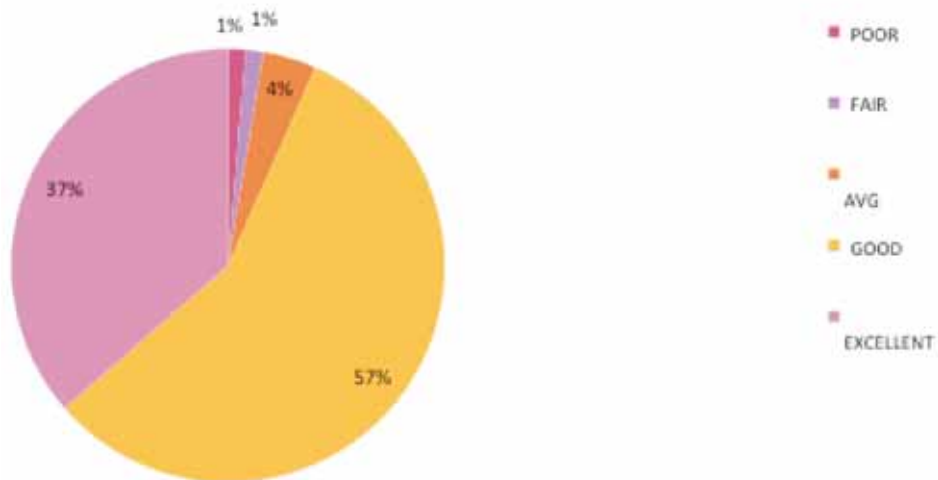
Naturopathy

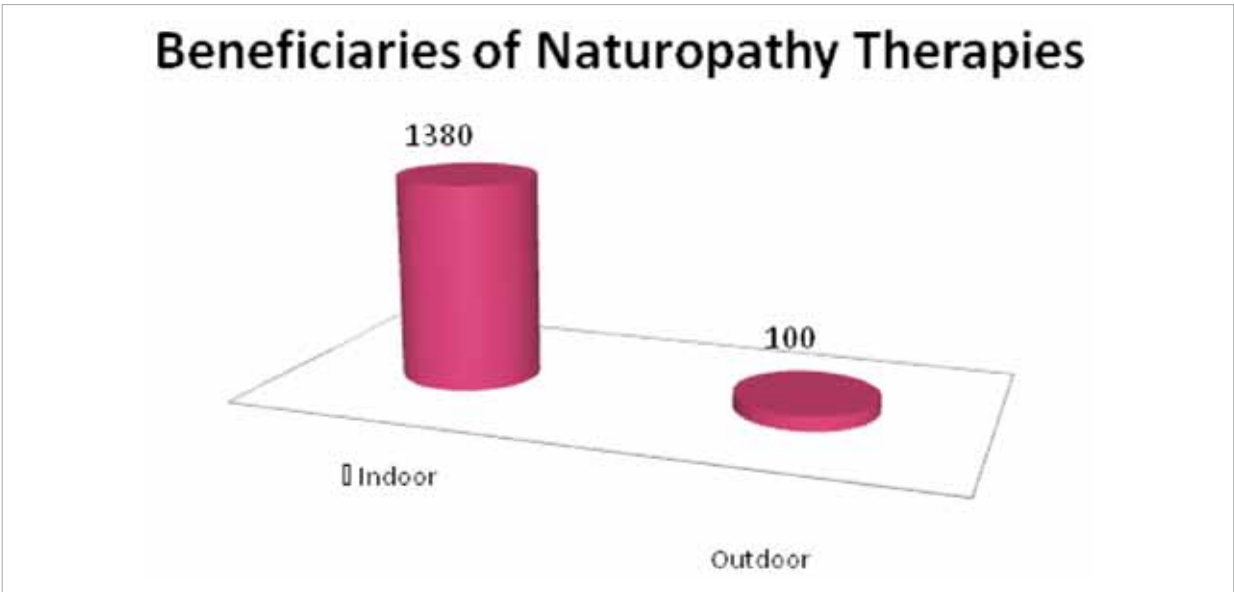
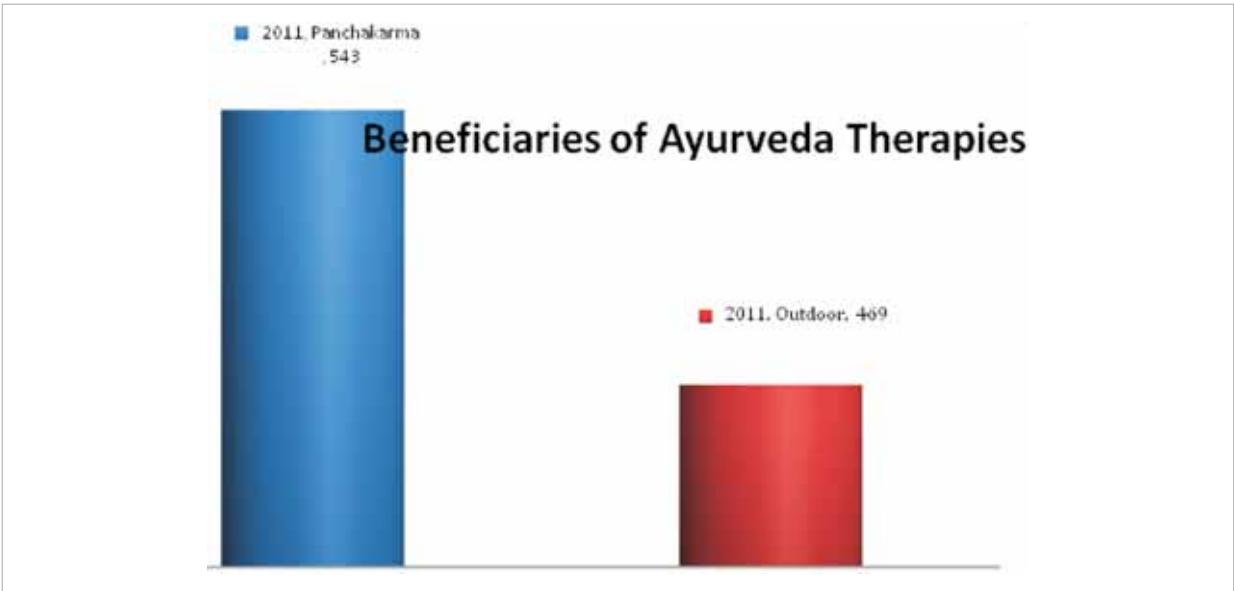
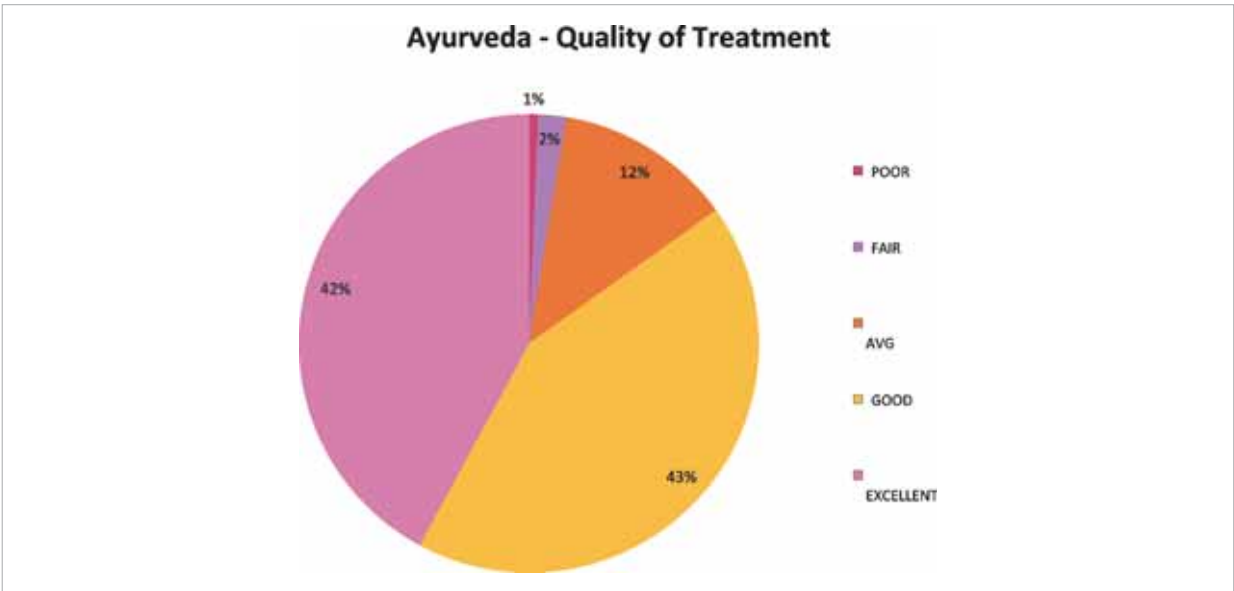


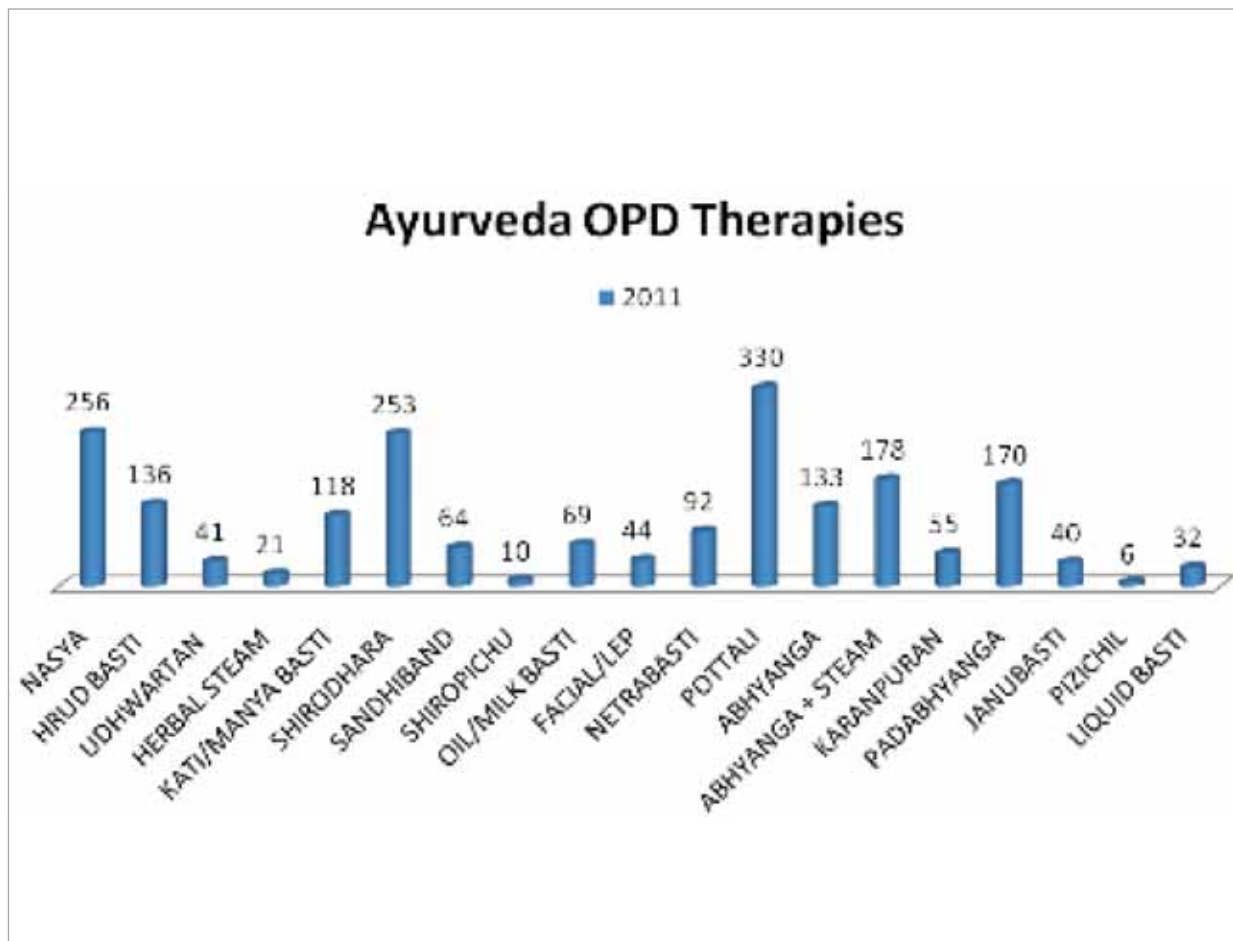
Quality of Treatment



Attention Received in Yoga Session







WHAT HAPPENED TO WHAT WE PROMISED?

1. We plan to add around 10 executive rooms (2009-2010) – Completed this year
2. Construction of staff quarters (2010-2011) – Commencement certificate applied in April 2011 received only in March 2012. Work will commence in April 2012.
3. Development of nutritional garden – Done
4. Interiors of asana hall with good acoustics – Done
5. Installation of sewage plant – Could not be done
6. Renovation of kitchen – Done

PROJECTS FOR 2012-13

1. Installation of sewage plants.
2. Construction of staff quarters.
3. Renovation of Soham rooms 6 to 10
4. Installation of 10 solar streetlights.
5. Development of integrated software and greater connectivity in all office computers.





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