

Kdham **WORLD**

Autumn - Winter 2012



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KAIVALYADHAMA

YOGA FOR THE WORLD

Editorial



It is said that time is an illusion, and so it does seem. The year 2011 has passed by, at a great pace. It was witness to many activities in the institute, much learning and greater interaction with so many international guests from all around the globe to the institute. At national level also we witnessed so many activities / conferences related to Yoga as a result Yoga fraternity kept on meeting and strengthening their bond.

The Indian politics saw a huge turmoil in its effort to fight corruption. There is a heavy debate going on in to making on legislations, creating a position who will be responsible for safeguarding the interest of common man. There is no doubt, that on one side this will help, however on the other side we should also make enhanced effort to promote Yoga to masses which will ultimately steer them towards an integrated personality. It is in the nature of an individual, the desire of the individual, which makes him take the step towards being corrupt or to take what he does not deserve or to exploit a person in need. The Yoga practices will try and eliminate these desires. The practices will also enhance the perseverance level of individuals to walk on the right path. In the institute as a matter of principle there has never been a rupee paid as a means to seek favour. We have had to wait on many occasion to get our work done, however, we have realized as one builds ones image as being corrupt, one also builds an image of being Non Corrupt and not supporting corrupt practices. Therefore, surprisingly things seem to be easier lately. Since the agencies/officers don't have any hope of receiving any favour from the institute, they do not waste their time on us, and finish our

work. I was speaking to some of my friends who are high up in the state administration, and we were unanimous that the practices of Yoga and allied sciences, which enhance health management, self introspection and spiritual value, should be encouraged to a greater level. While having lunch with a senior police officer in Mumbai, I asked him whether he had a refreshers training for the officer, and to my surprise he said NO. Infact it is these refreshers training programmes which should have a very well built programme, including Yoga.

The International Conference on Yoga and Youth: Contemporary and Classical Perspective has been announced from 27th–30th December 2012. It has been felt for some time that Youth should be encouraged to take on Yoga practices in a larger way. This conference we aim at getting the Teachers and the Taught together with the experts from the field of Yoga. We hope to have a large participation from various states of India and parts of the world.

Worlds oldest Research Journal in Yoga, our, “Yoga Mimamsa” journal has finally been indexed with EBSCO. This means that it will be available as a data base to large number of users who are researching. The Scientific Research Department has been re-invigorated under the leadership of Dr. Narayan Desai, and we have high expectation from them. They are conducting some interesting research work, and very soon we will be reading about it in our journal.

I wish you all the best for the new year 2012. May all of you have a fantastic year to come, with many reasons to smile.

Namaste!

Subodh Tiwari
Administrator

Kaivalyadhama's 87th Foundation Day

From humble beginning to a glorious landmark !

Entire Kaivalyadhama Family geared itself to commemorate foundation day of the Kaivalyadhama institution way back in 1924 on an auspicious Dussera Day.

The Celebration was held on the October 5th, 2011. Sri. Deepak Pandey, IPS, Commandant Group IV, SRPF, Nagpur was the Chief Guest, and Sri. 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 Sri. Deepak Pandey, Sri. R. K Singh, Mr. Srinivasan (Commandant INS

Shivaji) and others on the dais lighted lamp and paid flowering tribute to Swami Kuvalyananda. Swami Maheshananda felicitated and welcomed the Chief Guest. The Guest of honour Sri. Deepak Pandey expressed a great scope for yoga professionals today. He declared that very soon yoga training would be initiated for the Maharashtra Police personnel. The guest of honour Sri. R. K. Singh appreciated staff and Management of Kaivalyadhama for continuing with a noble mission of helping the humanity with authentic yoga training, education and Research. He also stressed on importance of setting small goals in life and added this will help to accomplish bigger goals.



Sri. Deepak Pandey lighting the lamp



Swami Maheshananda felicitating Sri. Deepak Pandey



Yoga formations by Gordhandas Sekseria College students



Rajasthani folk dance by Ms. Ruchi Yadav & Ms. Ritu Rawat

Cultural programme was presented by the Gordhandas Seksaria College of Yoga & Cultural Synthesis (Kaivalyadhama). The programme 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 groups' yoga formations 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 blind folded Chess play by Mr. Yogsena Patel was a treat to audience.

Prin. Ranjeet Singh Bhogal thanked the guest students and staff members as well as invites for making the even a grand success. At the end, all those present enjoyed refreshments in the garden of Maruti Mandir.

Prin. Ranjeet Singh Bhogal thanked the guest, students and staff members and invites to have come and shared the festivities. At the end all those present enjoyed refreshment in the garden of Maruti Mandir.



Mr. Michael performing Bharatnatyam dance



Sri. R. K. Singh lighting the lamp

Diwali Celebrations: 30th October 2011

From Darkness unto Light...

Diwali signifies the victory of good over evil; During Diwali we illuminate our homes and hearts, that this simple truth finds a new reason for us to organize Diwali Party for all the Staff & family members for closer bonding.

We organized games like housie & hoola hoops, which was followed by light show for 30 minutes. A brilliant display of colorful fireworks and crackers, which illuminated in the dark nights. The display focused on filling the night



Children enjoying Diwali party



Children & parents bursting crackers



*Sri. O. P. Tiwari, Mr. Nigol Koulajian,
Mrs. Elanore & Mrs. Abha Tiwari*

sky with brilliant light and beautiful colours. It was also an occasion to celebrate the company of Mrs. Ellanore & Mr. Nigol Koulajian, well wishers of the institute. Steaming “Pav Bhaji” was served to all along with mouth-watering

dessert “Gulab Jamun” followed by tea. All the staff members enjoyed the celebrations enthusiastically. Celebration ended with cash prize distribution for house winners.



Inauguration of Soham Kutir

*Swami Maheshananda inaugurating
the new wing of Soham Kutir*

Building may be new but the values on which it is built are old.....

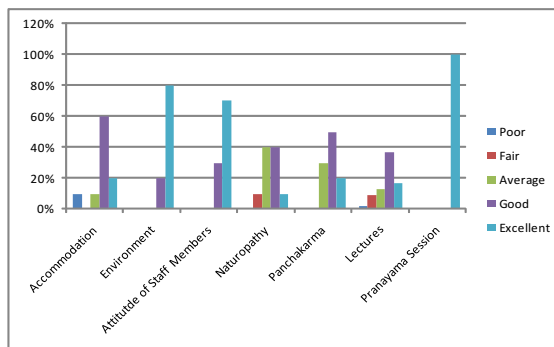
The new wing of one storied Soham Kutir was inaugurated on 12th November 2011. The inauguration started with a prayer followed by ribbon cutting which was done by Swami

Chaitanya Swaroop Das in presence of Swami Maheshananda, staff members & other participants. Swami Maheshananda lighted the lamp at the image of Swami Kuvalyananda. The new rooms are sunny, bright, cozy and fully outfitted with style - decor including a flat screen TV.

Pranayama Certification Course : 15th November to 15th December 2011

The Certification Course in Pranayama was led by Sri. O. P. Tiwariji. There were limited 28 participants, who were Yoga teachers. They went through rigorous training in the practice of pranayama, asanas and the theoretical aspect. The course included 3 ½ hours of Pranayama Practice everyday, apart from 1 hour of Asana. Two lectures on various topics were also delivered every day. Topics such as the Six Schools of Indian Thoughts, Anatomy Physiology of Yogic Practices, Ayurvedic Concept, Patanjali Yoga Sutra, Hath Pradipika were discussed. During the one month course the participants were also taken around to the ancient 2000 year's old Karla Caves and for a trek on the hills of the institute. 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 with the course.

Ms. Nathalie Anthony & Ms. Vivian assisted in coordinating and conducting of this course, while Dr. B. R. Sharma, Sri. G. S. Sahay, Dr. S. K. Ganguly, Dr. Sharad Bhalekar, Dr. Jagdish Bhutada, Dr. Ganesh Rao, Sri. D. D. Kulkarni and Sri. Ranjeet Singh Bhogal engaged theory lectures.



*Graphical representation of feedback
(Pranayama Certification Course)*



*Sri. O. P. Tiwariji
at Pranayama Session*



*Sri. O. P. Tiwari conferring certificates to the
participants of Pranayama Certification Course*

Governing Body Meeting : 18th November

A meeting of the Governing Body of the Samiti was held on the 18th November 2011. Amongst those present were Mrs. Sarita Mittal, Jt. Secretary Ministry of HRD (IFD), Sri. Om Prakash, Deputy Secretary (Ministry of HRD), Sri. D. P. Toor, CAO NCERT, Dr. Deshpande Jt. Director, Department of Higher & Technical Education. Some of the important decisions were, modification of syllabus of the college to make it more up to date on suggestions of the board



of studies, final permission to start the College of Yoga & Naturopathy under Maharashtra University of Health Sciences,

and approval for Conducting the 7th International Conference on Yoga & Youth: Classical and Contemporary perspective.

Healing Music

Meditative Sitar Ustad Usman Khan : 19th November



Ustad Usman Khan & his group

MUSIC is sacred and it offers more than just entertainment.....

Usman Khan is the grandson of ‘Sitar Ratna’ Ustad Rehmat Khan of Dharwad. Rehmat Khan was recognized as one of the “Navratnas” in the court of Maharaja of Mysore. Usman Khan’s

innovative streak in his musical compositions had ability to make the difficult look simple, the emotional seem elegant, and the earthly appear divine. All the participants were immersed in an exotic music and his sitar’s tones were therapeutic and healing.

Golden Jubilee Celebrations

Milestones in Pursuit of Excellence:

Kaivalyadhama Yoga Institute was established in the year 1924. Swami Kuvalyananda had already started his research work while he was in Baroda, and published it by printing the Yoga Mimamsa Research Journal. On one hand he was doing fundamental work, which helped analyze and understand the basic and fundamental concepts of Yoga; on the other hand he was doing applied research, wherein he was able to prove the efficacy of Yoga in certain conditions.

He started the Rugna Seva Kendra Mandir in 1930's, essentially to treat people with chronic health conditions through the help of Yoga. The service was offered through a set up in the Ashram itself. For that time, a systematic approach of therapy through Yoga was a path breaking approach. The efficacy of Yoga therapy grew and more people started to come and take advantage of the same. Amongst people who were taught by Swamiji, were Mahatma Gandhi, Pandit Motilal Nehru, Pandit Madan Mohan Malviya, Dr. B. R. Ambedkar and many others.

In early 1950's Sri. A. T. Gupta, an industrialist visited the Mumbai centre to be treated for his Asthma. He met Swamiji and began undergoing therapy, and soon found immense relief from his condition. He became an admirer of Swamiji and the institute. In the year 1959 he came forward to financially aid the setting up of the Srimati Amolak Devi Tirathram

Gupta Yogic Hospital, in memory of his mother.

The Srimati Amolak Devi Tirathram Gupta Yogic Hospital was inaugurated in the year 1961 at the hands of Sri. Morarji Desai and Sri. D. P. Karmarkar. The hospital had 24 rooms with a kitchen, asana hall and a terrace. More and more people started visiting the hospital in pursuit of health and healing. For three decades it went on at a steady pace to extend the benefits of Yoga to masses.

In the year 1991 a naturopathy section was added to the hospital to broaden the aspects of healing. By the year 1998 it was realized that more and more people were coming for health care and not merely as patients, and hence the name was expanded to Hospital and Health Care Centre.

In the year 1997, a major modification was carried out in the building and 12 of the existing rooms were provided with attached bathrooms. In the year 2002 five additional rooms with modern amenities were built and the building was named "Soham" Kutir. In the year 2005, office extension was carried out, wherein the administrative office was built and an internal library was created. In the same year renovation and extension of the dining hall and the asana hall was carried out to accommodate more people. In the year 2007, renovation of the Naturopathy section was carried out to build a new ladies wing with facilities similar to that of



Sri. O. P. Tiwari felicitating Sri. Deepak Verma, Judge, Supreme Court



Sri. Deepak Verma, Judge, Supreme Court addressing the audience



Sri. Rajan Welukar, Vice Chancellor, Mumbai University addressing the audience

tion : 26th November 2011

the gents section. In the year 2008, an Ayurvedic section was added. In the year 2010, eight old rooms in the Vedanta Kutir were renovated for the health care centre. In the present year i.e. 2011, we added 10 additional rooms by constructing a building for providing deluxe rooms for the participants.

The systems and work evolved over decades. We started with efforts to create more awareness of Yogic principles, and from the year 2000, we started with weekend workshops to make more people aware of the facilities available with us. We also went out and conducted free training programmes for public benefit, for example, Yoga for Bus drivers and for Police personnel. This was to give them a first-hand experience of effectiveness of Yoga in healing and preserving health. Earlier we had people checking into the centre on any day of the week, that was modified to checking in and admissions only on Sundays. Minimum stay of seven days was made mandatory, so that people could derive benefits out of their stay. Apart from Yoga, lecture sessions and special sessions of Pranayama, Tratak and Meditation have been added. Now we also have three kinds of Yoga classes- Basic for beginners, Advance classes for those who are practitioners and want to enhance their knowledge in the field of Yoga and Therapy for those who have come in with certain conditions and want to manage it.

Shuddhi kriya (Cleansing) forms an important part of our schedule and is taught every day in the morning.

In present set up people have three main options, 1) Yoga and Relaxation – for people who just want to slow down their pace and practice Yoga. 2) Yoga and Naturopathy – this provides them with additional sessions of naturopathy so that they can relax and rejuvenate. 3) Yoga and Ayurveda – this takes them one step ahead, relax, rejuvenate and detoxify.

The centre is committed to an eco friendly principle. Most of the water heating system at the centre is Solar Energy based. The centre is also in process of making an Herbal Garden and a project whereby trees native to the area are planted in large scale. This will conserve the bio diversity in the area.

The systems are set up in the Centre for smooth operations. There is a monthly meeting of the staff members, wherein a sincere discussion is held on the feedback received from the participants who attended the program. It is here that new ideas are discussed and time bound decisions are taken.

At present the Centre has a total accommodation of 110 beds. There are various categories of rooms such as standard, deluxe and suites. We have made a provision to provide concessional facilities for people with low income.



Release of Souvenir by Sri. Deepak Verma, Judge, Supreme Court



Yoga formations by students (Boys) of Gordhandas Seksaria College of Yoga & Cultural Synthesis



Yoga formations by students (Girls) of Gordhandas Seksaria College of Yoga & Cultural Synthesis

After five decades, we can proudly say that we have been moving ahead in our effort to impart Yoga for health and healing together with Naturopathy and Ayurveda. We want to promote Yoga in the classical form of Maharishi Patanjali with a strong scientific foundation. Yoga essentially is a science of spiritual growth with a strong emphasis on maintaining good health at physical, mental, emotional and spiritual level. Keeping this objective in mind we wish to continue our stride, and with every step we remind ourselves of the last wish of our founder, he had said *“I have brought up this institution out of nothing, if it goes to nothing, I do not mind, but Yoga should not be diluted”*

Hon'ble Sri. Justice Deepak Verma, Judge, Supreme Court of India, was the Chief Guest, and Dr Rajan Welukar, Vice Chancellor of Mumbai University was the Guest of Honour. Presence of Justice Majmudar from Mumbai High Court was also an honour. The programme started with welcome address by Sri. Subodh Tiwari. He introduced the guests and Sri. O. P Tiwari felicitated them with Shree fal & shawl followed by lighting of Lamp at the image of Swami Kuvalyananda. On this occasion a souvenir was released by the hands of Chief Guest. Students of G. S. College of Yoga & Cultural Synthesis formed various groups of yoga formations on the stage. Audiences were captivated by this performance.

While reminiscing his old days in the institute, Sri.. Tiwariji took us back to the history of establishment of the Hospital and its functioning. He also reiterated the principles on which the founder and his teacher wanted the institute to march ahead.

Dr Rajan Welukar, Vice Chancellor Mumbai University spoke on this occasion. He congratulated SADT Gupta Yogic Hospital & Health Care Centre for completion of 50 years. He expressed the need of Yoga practice in increasing sedentary lifestyle. He promised all the support towards Kaivalyadhama in its journey towards development of an institute of excellence in the field of Yoga.

It was followed by address of Chief Guest, Sri. Deepak Verma. In his address he expressed his delight, honour & privilege to be the Chief Guest. He emphasized the importance of the practices of Yoga to rejuvenate and higher energy. He was impressed with Kaivalyadhama & its work towards humanity. He also described his journey in Indian Judiciary. Due to prevailing sedentary lifestyle & stress yoga should be adopted in daily lifestyle, which not only benefit physically but also eliminate stress. He ended his address by sincerely thanking to all the guest & audience. He also conveyed his best wishes to the institute.

The golden jubilee ended with sumptuous lunch in garden near mandir.

Visit of Major General (Army Head Quarters) to the Institute



*Sri. R. S. Bhogal & Maj. Gen. Bhatt (Army HQ)
at Naturopathy Centre*



*Maj. Gen. Bhatt alongwith Prin. R. S. Bhogal
touring the Institute*

Bhajan Sandhya : 26th November 2011 Illuminate the Soul with Sri. Indrajit Singh



Sri. Indrajit Singh & his group

On occasion on Golden Jubilee, Bhajan Sandhya was organized on 26th evening. Sri. Indrajit Singh & Ms Rekha Mistry alongwith their group sung Devotional songs. It started by introduction of Sri. Indrajit Singh and his group by Mrs. Malti Shanbag followed by their felicitation with Shreefal & Shawl. Audiences were captivated with bhajans. Bhajans created a blissful environment & glorifying various incarnations of Radha & Krishna. There was a sweetness and simplicity in the songs which touched everyone's heart. It inspired everyone to sing along and dive deep into the nectar of Radha and Krishna's divine love.



Audience enjoying Bhajans

Kaivalyadhama Staff at Suriname.....

Yoga Seminar on "Relevance of Yoga in Stress Management and Healthy Living", was conducted by ICCR, American Embassy Paramaribo, Suriname on 9th October 2011. Ms. Suchint Kaur Sodhi, Sr Yoga Teacher, Kaivalyadhama was the coordinator of this event. She worked day and night with a few senior yoga students to get everything in place and to make sure that



each and every aspect got the necessary attention. No detail was overlooked. The event turned out to be very grand & successful and is already planning with the idea of organizing a second seminar sometime next year. The participants expressed the need and desire for more information on yoga.

- Suchint Kaur Sodhi, Sr Yoga Teacher, Kaivalyadhama at Yoga Seminar in Suriname

Mr. Niu Qingbao at Kaivalyadhama



Swami Maheshananda felicitating Mr. Niu Qingbao, Consul General Republic of China

Inauguration of Teachers Training Course in Pranyama on 19th December 2011.

Teachers training course is being held at Kaivalyadhama, Lonavla from 19th December

2011 to 7th January 2012 led by Sri. O. P. Tiwari & coordinated by Ms Vivian. The course has 35 Chinese participants. It was our pleasure to have Mr. Niu Qingbao Consul General of the People's Republic of China as a Chief Guest on this occasion. The inaugural ceremony started with Shanti path followed by felicitation of the Chief Guest. Chief Guest in his welcome address praised as "India is a great country and Indian people are a very good people". He also said China and India are linked by mountains and rivers, the two countries have enjoyed 2000 years friendly relation. He was also impressed as to how India is heading ahead towards the field of Yoga. He expressed happiness for all the Chinese students for learning Pranayama under the expert guidance of Sri. O. P. Tiwari. He insisted to spread his teaching not only in China but across the globe. He also expressed his desire to stay at Kaivalyadhama.



Inauguration of Teachers Training Course in Pranayama



Kaivalyadhama, Overseas - Tiwariji at Space Yoga Studio, Taiwan

Tiwariji and his student Paul followed on from Thailand to Space Yoga, Taipei, Taiwan's largest and most authentic yoga studio. They held a short program on the art and practice of pranayama which was attended by over 80 students. Space Yoga has done a fine job at growing a sincere group of students to practice and this visit was testimony to that.



Coming Soon.....

1. Certificate Course in Yoga 15th January 2012
2. Advanced Teachers Training Course : 15th March 2012
3. Yoga Meditation for Holistic Health & Harmony (April 2nd to 7th 2012).

Upcoming Event :

Kaivalyadhama announces 7th International Conference on “Yoga & Youth: Classical & Contemporary Perspective” from 27th to 30th December 2012.

Wish You A Happy & Prosperous New Year 2012 !

Mumbai Kaivalyadhama



Yoga Practical session

BBM (BODY, BREATH& MIND) : Sri. Ravi Dixit conducted a workshop from 3rd to 7th October 2011. There were around 50 participants. Feedbacks received from the participants were very encouraging. Faculty members were Ms Kruti Parekh & Mr Minoo Jokhi. This workshop had unique ideas & results were great. Sri. Ranjeet Singh Bhogal gave lecture cum practical on yoga. Mrs Shilpa Ghone assisted in the Workshop.

Detox Workshop

Detox workshop was conducted from 8th to 16th October 2011 & there were around 40 participants. Detox dinner was offered to the participants. Dinner was planned with dietician. Ms. Havovi Sukhadwala gave lecture on pre & post guidance on Detox food & life style for Mumbaikars (Working People). Most of them did Kriyas, Asana, Pranyama Dhyana etc. Dr P. Kondekar gave lecture on Hydrotherapy &

Naturopathy. Mr. R. S. Bhogal gave lecture cum practical on yoga. Mrs. Shilpa Ghone took classes for ladies & assisted in the Workshop. Many staff members helped in teaching kriyas. Mr. Minoo Jokhi gave guest lecture. Dr. G. P. Shukla, Mr. R. Joshi, Mr. B. Chawda, Mr. R. Sharma & others assisted in the workshop. Feedbacks received from participants were very positive.



Tratak session



Detox dinner for participants of Detox Workshop

Meditation Workshop

Meditation workshop was conducted by Mr. Ravi Dixit from 14th to 25th November 2011. Lectures and Meditation session were held by Mr. Ranjeet Singh Bhogal, Ms. Kruti Parekh,

Mr. Minoo Jokhi. Practical classes was taken by Mr. Ravi Dixit & assisted by Ms. Shilpa Ghone. Around 55 members registered for it.



Meditation session

Kaivalya Vidya Niketan School Report

Kaivalya Vidya Niketan celebrated Dassera Festival on 5th October.

Diwali Celebration

KVN organized a grand Diwali celebration on 21st October 2011 in the evening. Whole campus was beautifully decorated by the students under the guidance of Tr. Prasanna & other teachers with Paper Lantern, Diyas & Rangoli. All the students came along with the Parents in colorful dresses. The students were in full enthusiasm, Parents also looked zealous.

All the Staff members, Parents, Students gathered in the school foyer.

Prin. Anita Bhosale lighted Diyas and performed laxmi pooja, Tr. Prassana chanted Shlokas Mrs. Seema Naidu, Tr. Geeta and all the teachers joined in the prayer. The whole campus was filled with holy Mantras.

The Students were then taken out in the garden where they enjoyed the music played by the DJ and danced on his beats. The DJ was organized by Mrs. Seema Naidu. Everyone enjoyed with full zeal. Parents & teachers guided the Children letting off crackers & fireworks.

Children enjoyed Diwali Sweets which were distributed by the management. Parents thanked the staff & the Management for organizing such a wonderful Programme.

Visit of Mr. Nigol & Mrs. Elanore Koulajian

Kaivalya Vidya Niketan is the result of generous donation of Mr. Nigol Koulajian. A programme was organized to enable an interaction of the students, teachers and the parents of with the visiting guests. Ms. Shilpa Jain welcomed the guests followed by Lighting of Lamp at the image of Swami Kuvalyananda. Sri. Subodh Tiwari gave the introduction of the guests. Prin. Anita Bhosale gave information about the growth and achievements of KVN. She said that we have reached & accomplished the mission under the able guidance of Sri. V. K. Jain, Swami Chaitanya Swaroop Das, Mrs. Seema Naidu & above all, the Management. Swamiji & Sri. O. P. Tiwariji felicitated the chief guests with Tulsi plant & Statue of Radha Krishna. Sri. V. K. Jain narrated the Journey & success story of Kaivalya Vidya Niketan. He told everything right from the inauguration,



*Swami Chaitanya Swaroop Das felicitating
Mr. Nigol Koulajian*



*Mr. Nigol & Mrs. Elanore Koulajian visit to
Kaivalya Vidya Niketan*

admissions, events, attempts, celebrations till the day. A Skit based on ‘Save the Trees’ was beautifully performed by the students. Tr. Arti Karkera narrated the dialogues & students very well acted on it. One student acted as a Tree and others did various characters to explain the importance of trees in our lives. Sri. O. P. Tiwari gave an inspiring speech.

An action song named ‘Dandi Pe Dandi’ was performed by students of KVN under the guidance of Tr Geeta & Tr Savita. Teacher themselves sang the song & students danced on it. The theme of this performance was ‘Unity in Diversity’. In India although people differ in castes, religion, languages, color but still there is feeling of unity among them.

Parents were requested to express their views & opinions about the School. Mr. & Mrs.

Patrawala & Mr. & Mrs. Khandelwal took active part in this. The parents expressed that they are happy & satisfied with the School.

A dance presentation on “Aklikabaklikajadu” was performed by the students under the guidance of Mr. Sagar. The dance was beautifully choreographed & performed. Everyone enjoyed the performance.

An inspiring Speech was given by Mr. & Mrs. Nigol Koulajian. They explained the importance of school & Teachers in our lives. According to them the School is the building block in our life & we should always respect & obey the teachers & their experience.

Last but not the least Vote Of Thanks was given by Mrs. Seema Naidu. Mr & Mrs. Nigol Koulajian, visited the classrooms, library, laboratory & the whole campus. They were very happy to see the establishment.

Fancy Dress Competetion 2011-2012

On 18th November 2011 Kaivalya Vidya Niketan had organized Fancy Dress Competition for the students on the theme “Save the Nature”. There was an active response from the students. The judges for the program were Mrs. Seema Naidu and Pre-primary-In-charge Tr. Arti Kerker. The program was organized by Tr. Shabana, Tr. Amina and Tr. Sandhya.



Fancy Dress Competition



Trip to Railway Station

Field Trip to Railway Station: Field trip was organized on 23rd November 2011. Students were shown the ticket office and booking process, a platform ticket was bought to show them a demo for purchase of the tickets. Students also got to understand the working of the signals, the railway tracks, announcements, engines and local trains. Teachers felt such kind teaching learning pattern is very much effective as it gives practical knowledge to the students. Students could learn more by observing than by just learning and teaching method.

Herbal Garden and Medicinal Plants at Kaivalyadhama

- Dr. Nalini Geete

continuation.....

Nutrition Garden—

As we may be aware, during the last few decades a lot of foods that we have been consuming are devoid of natural ingredients. Much of the land is poisoned by chemical fertilisers and pesticides. Hybrid seeds have aggravated the problem. Hence, the need for supplementary vitamins and extra nutrition has been greater than ever. The situation is worse in villages where except possibly for air everything else is polluted. Waters are contaminated by untreated effluent from factories, inappropriate methods of sanitation and other wastes. Underground sources of water are depleting rapidly as disproportionate amount of water is being pumped out for commercial farming. Perhaps today's farming can indeed be called oil farming instead of soil farming.

Cutting of forests around villages has practically exhausted the supply of wild fruits like berries, amala, jamun, as well as wild bulbs and roots. Earlier a farmer grew variety of grains, cereals, pulses, oilseeds and vegetables for his own consumption rather than merely meeting the market demand. Now there is 'monoculture' farming. Farmers grow only two or three varieties of commercial crops such as tomatoes, sugarcane, rice, onion and cotton that are 'harsh' on soil and water. Also, except occasionally in the weekly market they hardly buy any fruits or vegetables for their own consumption and tend to sell their entire produce. That is why there is a growing problem of malnutrition amongst women and children in rural areas. In addition, the traditional knowledge concerning wild vegetables and fruits is diminishing rapidly from lives of common folks.

to be continued

Editor : **Sri Subodh Tiwari**
 Assisted by: **Mrs. Malti Shanbag & Dr Stuart Rose**
Kaivalyadhama,
S.A.D.T. Gupta Yogic Hospital & Health Care Centre,
 Swami Kuvalyananda Marg, Lonavla - 410403, India
 • **PHONE** : 02114-273039 / 273001
 • **FAX** : 02114-277402 / 271983
 • **EMAIL** : kdham@vsnl.com
 • **www.kdham.com**

Mailing Address: