

# Kdham **WORLD**



## Winter 2011

Independence day Celebration - 4

Kaivalyadhama Police Chowky Inauguration - 8

French Yog Retreat with Shri O P Tiwari - 10

Vidya Niketan School Report - 11

**KAIVALYADHAMA**  
YOGA FOR THE WORLD

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## Editorial

I was invited to attend the meeting of the board of studies formulated to design the syllabus of Bachelors in Yoga Therapy by Maha-rasthra University of Health Sciences, Nasik, 8 September 2011. There is a long way to go but the process has started and has paved the way for a recognized course in Yoga Therapy. The Honourable Vice Chancellor, Dr Arun Jamkar, was also present during the deliberations and he emphasized the need to standardize the programme since it deals with the health of all citizens, and that we should ensure that the highest quality is maintained. If this goes through, it will be a great step forward in the qualitative standardization of Yoga therapy.

Nowadays, the credibility of an NGO has become a big issue. There have been ample instances wherein the NGO exists only on paper and only to obtain grants for a project; then there are those which are in existent only to promote the interest of the trustees, and so on and so forth. However, I visited Jabalpur as part of my duties as the Nodal Officer for the District Wellness Centre and was pleasantly surprised by the efforts of this NGO.

The conference was on Yoga and Immunology and among the speakers were some prominent medical practitioners and some learned Yoga scholars. Among the participants there were prominent citizens of Jabalpur who were not merely spectators but were a participative audience. The reason I narrate this is to emphasize the fact that one of the means to measure the credibility of any NGO is to assess the level of participation by general members of society in it and its programmes. Ultimately, the aim of the schemes being run through the NGO is to reach to a larger number of people via the mode of public-private partnership and this is made possible when there is large public participation. I think this scheme of Swami Vivekananda District Wellness Centre is very well thought of and has been very well planned. No doubt there will be some hick-ups but, when we review its progress in six months, I am sure



Dr Ishwar Basavaraddi, whose mind is behind this scheme, will be a happy man.

The monsoon is now over in Lonavla. Greenery is all around and we have ample courses and workshops coming up. Dr Nalini Geete, an MD in Ayurveda, was introduced to me through a common friend. She has taken up the work of making a herbal garden at the Institute and also a project “wanrai” plantation of indigenous species of plants in the surrounding hills. She has been dedicatedly doing her job, which means we are sure to see that this year large amounts of land will be used in this project thus enhancing the green cover and moving towards a greater harmony with nature. I am looking forward towards progress in this respect.

The school has picked up well and is conducting many activities. The academic performance of the students has also been good. We have made a conscious decision to make it a green school. Some important values have to be instilled in the young minds at an early age, and that is our effort. Yoga has already become an integral part of the school schedule. It is more practice oriented. It’s a pleasure to see all the students practising asanas and sitting quietly yet attentively after morning assembly. We hope that with this school we can contribute towards an integrated nation through creating integrated personalities.

Namaste!

**Subodh Tiwari**  
Administrator



## Inquisitive Students Start Work

The new 9-month Yoga Diploma Course was inaugurated on 16 July 2011 by Dr Sanjeev Sonawane, Dean, Faculty of Education, University of Pune. Sri Subodh Tiwari, while felicitating all present, referred to the discussion of the Constituent Assembly and the speech given earlier by the learned parliamentarian, Dr H. V. Kamath.

During his speech, Dr Kamath praised the work of the Institute in the field of research and emphasized the need go deeper into the field of spiritual research. He also emphasized the need for the students to be inquisitive, research-based and focused on experimentation.



*Guests during the Inaugural Function*

In the keynote speech, Dr Sanjeev Sonawane reminded the prospective students to make the most of the DYED Course as there would be every opportunity to develop their personality through a continual self-evaluation and self-introspection. He went on to assure the students that they had come to the right place in their quest for furthering their experience through Yoga.

In his benediction, Swami Maheshananda encouraged students to remain in the right frame of mind through the whole year ahead. Principal R. S. Bhogal then introduced the faculty members to students, and Prof. G. S. Sahay gave a vote of thanks to all.



*Swami Maheshananda felicitating Dr. Sanjeev Sonawane*

## Polishing Up

Kaivalyadhama's focus is to provide quality and consistent services to everyone. To enhance the presentation of our staff and the premises, housekeeping training was arranged for July and August 2011 by the Human Resource Department. All staff enjoyed the training programme as it helped them to polish their self-presentation, cleaning skills and methodical approach towards their work. The importance of

personal hygiene was also stressed during the training programme. Proper usage of housekeeping gadgets, equipment and ingredients was also

explained. The training was conducted by Ms Smrutika and coordinated by Mrs Malti Shanbag.



# Independence

The 65th Independence Day was celebrated, 15 August 2011, at the Kaivalya Vidya Niketan School. Justice Dr S. Radhakrishnan, Chairman of Maharashtra Administrative Tribunal and former Judge of the High Court, was Chief Guest for the occasion. The programme started at 8.30 am with parents, staff and all students of the Institute present and the flag was hoisted by the chief guest, followed by the National Anthem, pledge and dhwajageet, with felicitations given by School Principal, Mrs Anita Bhosale.

In her address, Mrs Bhosale emphasized that everyone should promise to strive to promote love, kindness, sharing and unity among one and all. She said that Kaivalya Vidya Niketan was the dream of Swami Kuvlyananda and this dream was practically made real by Sri O. P. Tiwari and his student Mr Nigol. She gave a brief idea of all activities to date and introduced the School as a green school.

This was followed by performances of songs such as Sare Jahaa by the primary students, while



*Flag hoisting on Independence Day*



*Justice Dr S. Radhakrishnan*

## Teacher

Teacher's Day was celebrated 5 September 2011 by students of Gordhandas Seksaria College of Yoga & Cultural Sythesis in a solemn and devotional fervour. Sushri Ruchi Yadav and Sri Mahendra Joshi anchored the stage programme, attended by teachers and other staff of Kaivalyadhama.

Sri Anand Madhavpandey enthralled the audience with vocal recitals, while Ms Prabha Bajpai performed a choreographed depiction of the grace and grandeur of the Gayatri Mantra. Mr Michal Mach, a young Czech national,



# ce Celebrated

senior kindergarten students gave a dance performance on the Nanna Munna Rahi. An action song was performed by 1<sup>st</sup> and 2<sup>nd</sup> standard students, while a pyramid presentation was given by the students of 3<sup>rd</sup> and 4<sup>th</sup> standard. After this performance, our Chief Guest Justice Radhakrishnan, Mr R. S. Bhogal and Smt Abha Tiwari presented appreciation certificates to winners. To add a greater essence of patriotism, our students gave short speeches in different languages, i.e. Hindi, English and Marathi.

Motivational speeches were given by Justice Radhakrishnan and Mr R. S. Bhogal and they gave more emphasis on planting trees, saying that each person should at least plant one tree and nurture it. Dr Vartika Dubey expressed her happiness over the establishment of the School and its progress. Vande Matram, together with a vote of thanks by Mrs Seema Naidu, PRO, concluded the programme.



Justice Radhakrishnan giving the address



Singing performance

## ers' Day



presented a poetic "Teruna Jaya", a Balinese classical dance performance with a perfection and beatitude of the great art. There were many presentations that made the audience feel a respectful homage to Dr Sarvapalli Radhakrishnan and Swami Kuvalyananda.

Principal Bhogal thanked the students on behalf of all teachers for the affirmation of faith and respect. He exhorted the students to remain perennial speakers of the essence of Yoga through their experientially based self-practice.

← Michal Mach's Balinese Classical Dance



## Yoga Workshop for Officials



The programme, Training in Wellness through Yoga, was conducted 5–10 September 2011 for officials of Navodaya Vidyalaya Samiti, New Delhi. The workshops are part of NVS's effort for administrative staff to experience Yoga, Naturopathy and Ayurveda as a means for stress management and health promotion. These therapies are planned to not only make them feel better but to also enhance their output and outlook. Feedback from the programme reflected total satisfaction from participants about what they received.

## Top Body Meets at Kaivalyadhama

A meeting of India's Financial Commission for Legislative Reforms, a commission under the Ministry of Finance, has been hosted at the Institute. The Commission is chaired by Justice (ret'd) B. N. Srikrishna and he motivated its members to meet at Kaivalyadhama in order to have peaceful in-depth

deliberations on financial reforms.

Delegates came from across India to attend the meeting and enjoyed some rejuvenating therapies and long walks. Although the Institute has no relations whatsoever with India's financial reforms, providing a conducive venue

and the right atmosphere for deliberation is. No doubt this was an unusual place to conduct such meetings and much effort went into its smooth organization. Mr Nair, Secretary FCLR, coordinated the event with Ms Malti of Kaivalyadhama ensuring that everything went according to plan.

## See Kaivalyadhama

In our continued effort to make more information available about the Institute, 10 new videos have been uploaded to the website. These short videos are now available on the net to view and show

many of Kaivalyadhama's activities. Anyone can view the videos at <http://kdham.com/videos/>. They have been directed and created by Mr Tuhin Chowdhary.

## Coming Soon

*Certificate Course in the Basic Understanding of Traditional Yogic Texts starts 1 December 2011.*  
*Certificate Course for Yoga Teachers in Spa Management, starts 1 December for 21 days.*  
*Pranayama Workshop by Sri O. P. Tiwari, 15 November to 14 December 2011.*

## DWC News



Kaivalyadhama is a nodal institute for some western states in the implementation of District Wellness Centres (DWC) which are promoted by the Department of AYUSH.

Our duty is to see that the centres follow the guidelines laid down under the scheme and optimise their efforts to promote Yoga.

KdhamWorld's Editor is the Nodal Officer under this scheme and he visited the centre at Jabalpur also attending their conference 'Yoga and Immunology', 11 September 2011. This

DWC has conducted two foundation courses, as per the requirement, and this conference was part of the Yoga promotion programme wherein eminent scholars, medics and citizens of the City participated.

Thereafter, a visit was made to the DWC in Indore, which operates through the city's huge Nehru Stadium. It has conducted a foundation course in Yoga and other programmes are in pipeline.





## News from Kaivalyadhama Mumbai



### Yoga Session for BMC School

On behalf of Kaivalyadhama, a Yoga session was conducted for the School of Municipal Corporation of Mumbai at Byculla, organized in conjunction with the Rotary Club, on 20 August 2011. 22 students from Marathi medium and 15 students from Urdu medium participated and thoroughly enjoyed the session. Every effort is made to promote yogic practices in a scientific and systematic manner for health and wellbeing. Smt Shilpa Ghone was the Yoga Teacher.

## Kaivalyadhama Police Chowky



*Inaugural of Kaivalyadhama Police Chowky, Mumbai*

Kaivalyadhama Police Chowky was inaugurated on 29 July 2011 by Hon. Union Minister of State, Mr Milind Deora, at 11a.m. Kaivalyadhama Police Chowky

reconstructed from the funds of Mrs Annie Shekhar, MLA. Keys of the police Chowky were handed over to the Joint Police Commissioner of Mumbai.

Mr Vinod Shekhar co-ordinated the event and trustee, Sri Darshan Aggarwal, honoured the Union Minister, Milind Deora and Mrs Annie Shekhar. Trustee Sri Suhas Bhatt welcomed the Joint Police Commissioner by offering flowers, coconut and a Gayatri shawl. Secretary Sri P. N. Agarwal did the same to thank Sri Vinod Shekhar. The event was planned and organised by Sri Ravi M. Dixit, Deputy Secretary.

The part of land on which the Chowky was made has been leased by the Trust to the police department for the last three decades. The opening of this Chowky provides extra security to the citizens of Mumbai.



## Advanced Traditional Yoga Practices

Kaivalyadhama, Mumbai, organized evening classes for advanced traditional Yoga practices, 1 August to 30 September 2011, conducted by Sri Parmanand Agarwal, Secretary.

The inaugural class was attended by a large crowd and the main theme and objective was explained to them with many enrolling after this class. Mr Bhusan Kumar Upadhyaya,

I.P.S. Maharashtra, delivered a speech on the said topic and emphasized the importance of classical practices in a systematic form for students and practitioners.



*Sri Parmanand Agarwal conducting Yoga classes*



*Sri Bhusan Kumar Upadhyaya being thanked*

## Upcoming Events

*Workshop on Detox as per Ayurved: 1– 9 October 2011 by Mr Ravi Dixit.*

*Workshop on 'A HEALTHY BBM' (BODY BREATH & MIND), 3– 7 October 2011 by Mr Ravi Dixit  
Certificate Course on Yoga Therapy.*

## Kaivalyadhama Overseas



*Dr Jagdish Bhutada gives a talk on Ayurveda*

### Yoga-Ayurveda Camp, Beijing, China

On behalf of Kaivalyadhama, Dr Jagdish Bhutada, Ayurveda Consultant, visited Beijing, China, 22–30 June. Ms Zhuyan, a senior Yoga student of Kaivalyadhama, organized the Yoga-Ayurveda camp in collaboration with the Institute in Lonavala. The main focus of the camp was the role of Ayurveda in day-to-day life in realizing one's life force. Ms Zhuyan taught Pranayama and Asana classes, while Dr Jagdish gave an interactive talk on Ayurveda plus one-to-one consultation for participants.

### French Yoga Retreat with Sri O. P. TIWARI

As in the previous 20 years, a summer workshop, given by Sri O. P. Tiwari, was organized (from 11–17 July 2011) in the mediaeval village of Saint-Antoine-Abbaye in France, a place of high spiritual life and pilgrimages for hundreds of years. An ashram was founded by Lanzadel Vasto, a European follower of Gandhi and Vinobha to lead a simple life based on the



*Sri O.P. Tiwari and participants*

**Bliss of Breathing – Part-II**  
Didier Mangou, head of Kaivalyadhama in France, organized a nine-day intensive Pranayama Training (Part-II) programme for Yoga teachers from 30 July to 9 August 2011. It was taught by Sri O. P. Tiwari and led to a Kaivalyadhama diploma in teaching Pranayama. 45 Kaivalyadhama students ranging from Chinese, American and Brazilian, to French, Italian, Finnish, Swedish, Spanish and English attended, and all teachings were translated from English to French by Didier Mangou.

The residential nature of the course, in the peaceful countryside of South-Eastern France, permitted participants to immerse themselves with

principles of non-violence. Participants were welcomed to the beautiful old abbey and its organic and flowered garden. Sri Tiwari taught a group of 34 students yogic practices and held regular lectures on Yoga and its aims, Asanas, Pranayama and Kundalini, the important texts of Yoga, namely Patanjali's Yoga Sutras and the Hatha Pradipika. The typical day would begin with a fire ceremony (Havan).



*Sri O.P. Tiwari performing Havan with participants*

dedication and sincerity in the practical and experiential elements of the training, alongside the academic, theoretical and philosophical content of the course. This training programme marked the first time for Kaivalyadhama to offer Pranayama certification of this nature in France. The workshop

ended with the students well equipped and inspired. Hailing from China, America, Brazil and France, Italy and Finland, to Sweden, Spain and England they will now pass on the Kaivalyadhama tradition and teaching methodology in their own countries.





# Vidya Niketan School Report

## The Green School

### English Elocution

English elocution was held on 22 July 2011 in the activity room. The programme was started after the welcome of the chief guest, Mr Nelson, and students from primary and secondary sections took an active part in the competition. After the programme Mr Nelson guided the children to be more confident and loud while reciting and then was honoured with a small token of love. A vote of thanks was given by Mrs Jaskiran.

### Quiz competition

Kaivalya Vidya Niketan conducted a general knowledge quiz competition for juniors, std 1<sup>st</sup> to 2<sup>nd</sup> and seniors, std 3<sup>rd</sup> to 6<sup>th</sup>. Different rounds included a warm up, balloon round, buzzer round, audio visual round and rapid fire round. Mrs Malti Shanbag was the guest for this competition and the winners of the inter-house competition were as follows :

### Junior Quiz Competition

Blue house	Green house	Yellow house
1 <sup>st</sup> prize	2 <sup>nd</sup> prize	2 <sup>nd</sup> prize
1. Dhruv Chowdhary	1. Tanishq Bachche	1. Latika Thorat
2. Aftab Shaikh	2. Murtuza Khedwala	2. Virendra Singh

### Senior Quiz Competition

Blue house 1 <sup>st</sup> prize	Green house 2 <sup>nd</sup> prize
1.Sanket Lalwani	1.Sohani Sinha
2. Suhas Paul	2.Ashish Chellani
3.Shubham Ramkar	3.Nikhil Kumar
4.Aryan Solomon	4. SidhantKhandelwal

### Investiture ceremony

The first Investiture ceremony was held 5 August

2011 with Sri Yogesh Godse, CEO, Lonavala Municipal Council, as Chief Guest and parents of the newly elected leaders were invited. Students and teachers were assembled in the activity hall for morning prayers. The Chief Guest arrived along with Sri Subodh Tiwari, Secretary, to grace the occasion. Sri V. K. Jain, educational advisor, helped and supported the planning and execution of the ceremony.

The Ceremony began with a procession where the selected leaders marched forward and took their positions. After a special prayer, Mrs Anita Bhosale introduced and felicitated the Chief Guest, Sri Subodh Tiwari and Sri V. K. Jain. The young leaders took an oath to maintain discipline and earn a good name for the school and Institute, pledging to carry out their duties loyally, impartially and courageously. Next the school captain, vice captain, house captains, sports captain and monitors respectively were invested and given badges and flags to entrust them with their responsibilities.

Senior kindergarten students presented a dance 'Nanha Munna Rahi Hun' and the Chief Guest addressed the parents and students assuring them that the Institute and school will definitely prove to be an excellent source for



*Young leaders marching*

creating good citizens of tomorrow. Sri Subodh Tiwari gave best wishes and encouraged the students for all the forthcoming events of the school. Siddhant Khandelwal, a class V student, extended the vote of thanks to all and the ceremony concluded with the hymn 'We shall overcome' and the National Anthem.

### Rakshabandhan

Rakshabandan was celebrated by pre-primary students with girls tying rakhi to the boys with the help of respective class teachers. The main purpose behind the celebration of this festival was to inculcate the value of love and affection and brotherhood. The function ended with a distribution of sweets.



### Green School Project

Our environment needs immediate attention because of prevailing global warming conditions, as what is currently happening will have adverse effects on present and future generations. Keeping this in view, Kaivalya Vidya Niketan has taken steps to spread awareness among students, teachers and staff to create a clean and green environment in the Kaivalyadhama campus and beyond.

Eco-friendly activities are promoted at the School to avoid usage of plastic. To start this, students participated in making colourful paper bags. Students are also taught about resource conservation such as switching off lights and fans when leaving the classroom. They were also told



about the optimum use of water and turning off taps properly after use. Students are taking utmost care of plants which they planted on Inaugural Day of the School. Garbage management is also uppermost and three bins, i.e. dry, recyclable and non-recyclable waste, have been installed. Forthcoming events are:

1. Essay competition on the importance of trees.
2. Painting and drawing competition on natural sceneries.
3. Students will prepare slogans on the environment.
4. Prepare an eco-friendly Ganapati.

### Poetry Competition

A poetry competition was held on 22 August 2011 and Professor Nelson Dantes, Ness Wadia, was invited as judge. It was the first competition for the tiny tots but right from nursery to senior KG, all participants recited the poems confidently without fear. The winners of the competition were as follows:

- **Nursery** : 1<sup>st</sup> Miss BhanusgareMugdha  
2<sup>nd</sup> Mast.GhareShripad
- **Jr KG** : 1<sup>st</sup> Mast AdityaKhilare  
2<sup>nd</sup> Miss Krishna Khandelwal
- **Sr KG** : 1<sup>st</sup> Mast Rishi Bhandari  
2<sup>nd</sup> Mast RishabhKhirid





*Poetry Competition*



*Students singing on Teacher day*



*Professor Nelson Dantis felicitating the winners*

### **Teacher's Day**

Teacher's Day was celebrated with enthusiasm by all the staff of Kaivalya Vidya Niketan, 5 September 2011, where Mrs Anita Bhosale, Principal, gave a presentation on Dr Sarvapalli Radhakrishnan to students followed by a short speech. 6<sup>th</sup> Standard students sang a song for all the teachers. English and Hindi poems were recited.

Later, Sri V. K. Jain, Educational Advisor, addressed the students and narrated a real incident of France. He wanted to inform the students that teachers know them well. He also felicitated the teachers with the wall clock. Mrs Geeta Rai gave a vote of thanks. The programme concluded with the National Anthem.

### **GANESH FESTIVAL**

A Ganesh festival was organized in the School, 1-5 September 2011. Sri Subodh Tiwari installed the Ganesh idol in a decorated shrine at the assembly hall and a traditional pooja followed. Evening Aarti's were also conducted everyday by staff and College students. A bhaktigeet programme was organized by students and the School's music teacher. On the third day, a parent-teacher meeting was held when parents were specially invited for the morning Aarti. Poojya Swami Chaitanya Swarool, Sri V. K. Jain and Sri Tiwari were also present for the Aarti.



*installing the Ganesh murti in the shrine*

The final day was celebrated as Teacher's Day and a Visarjan procession was organized from the School to the place of immersion. After the Teacher's Day celebration, a procession started with the school Lezim band and students giving cries of 'Ganpati Bappa Morya Pudhchya Varshi Lavkar Yaa!!!' The procession ended with the immersion of the Ganesh idol. Everyone prayed to the divinity to give prosperity and good health to all and also to the School. The students and the staff were thankful to all present for the Aarti's and encouragement, and for the help in making the event a memorable one.



### **RAMADAN EID**

A Ramadan Eid celebration was organized for pre-primary and primary students. After a brief introduction to the festival was given, the meaning of the words Eidul Fitr was told as 'Eid' word is an Arabic word which means festivity and 'Fitr' means breaking of the fast. The staff and students welcomed Mrs Pushpa Mandke and Mrs Malti Shanbag on the occasion. A delicacy specially made on Eid, the 'sheerkhurma', was cooked in the School pantry and distributed to all students, teaching and non-teaching staff. Students recited a prayer before the meal in the Islamic style and then everyone enjoyed the sweet. The staff and students thanked Mrs Seema Naidu and Mrs Anita Bhosale for organizing the event.

### **Ozone Day Celebration**

On the occasion of World Ozone Day, 16 September 2011, KVN organized a green day for pre-primary students. Students were dressed in green, with the pre-primary classes decorated with green colour art and craft. The lobby was decorated by Tr. Prasanna. The programme started just after morning assembly with Tr. Amina (Jr. KG) giving an explanation of the importance of the green day celebration. She said green is the symbol of prosperity and is closely related to nature. She also added that the idea of celebrating is to spread the message of greenery by stressing the importance of planting more trees and saving Earth from pollution. Based on this point, a small skit was presented by pre-primary students.

Students Tr. Sandhya (Primary), Tr. Sangeeta and Tr. Rizwana explained the importance of ozone day to the students and the Principal explained the harmful effects of UV-Radiation, what is ozone layer depletion and how to minimize its depletion. A student from Std Vth Aswari Dhore read some information about ozone day. The day's activity included students from class V planting some seeds with the intention of spreading greenery to protect the Earth from harmful effects and to increase the oxygen content of the atmosphere.





## Herbal Garden and Medicinal Plants at Kaivalyadhama

- Dr. Nalini Geete

### Ayurveda and Yoga

The precepts of Ayurveda can be traced back to *Atharvaveda* which were formally and comprehensively dealt in *Caraksamhita* by Caraka and in *Sustrutand VgghatSanhitas*. The myth says, after having dealt with the ‘Science of Life’ Caraka assumed the identity of Patanjali and developed *Yogasutras*. Hence, it is of little wonder that these two profound sciences are complementary to each other; observing the tenets of Yoga and Ayurveda makes one live longer, healthy and with vigour. However, it must be recognised that medicinal plants which are a backbone of Ayurveda, are in a grave danger of perishing in these challenging times and the need for their conservation is both, dire and urgent.

By establishing Herb and Nutrition gardens at Kaivalyadhama we seek to generate awareness for the valuable indigenous flora and indicate its intimate association in the evolution of humanity. We trust this will lead to a better conservation and regeneration effort towards these plants. We also hope, this project will raise awareness of people about plants of surrounding environs and will help indicate humanity’s intricate links with Nature.

On the surrounding hills (100 acres) our endeavour will be to develop a live seed bank through extensive plantation of indigenous plants and create sacred groves of endangered species of the Western ghats

### Need for a Herb Garden

Ayurvedic medicines are mostly prepared from a wide variety of plants and trees. Today, a scarcity of these raw materials is a sore fact. In a definite sense there is a very real danger that in future many of these may become entirely unavailable. It is in this context that our endeavour assumes significance.

There are several causes leading to the current state of affairs. Here are some relevant issues- India’s forest and plant-life resources have been seriously depleted in recent decades, and there are no signs that the trends will be reversed. Deforestation, indiscriminate felling of trees, ignorance about plants and herbs, conversion of forests to agricultural land, mono-crop cultivation, excessive use of chemical fertilisers, population growth — all these factors have resulted in this malaise.

A loss of traditional knowledge, passed down from expert to apprentice, is becoming evident. There are thousands of plants in the Ayurvedic Pharmacopeia. How is the herbalist to identify these if he/she has not seen them before? And how is a teacher to teach about them, if he/she is unable to show samples to the student?

Due to the lure of export, (a case in point, *raktachandan/Chandan*) even what is available in in terms of raw material, often tends to be substandard. And how can medicines prepared from substandard, even adulterated, raw materials ever be effective in curing ailments?

These issues are complex and appear to be overwhelming. Our project is a relatively small but perhaps significant attempt to address the larger issue and counter the macro trends.

Traditionally, rural India has been self-sufficient in routine health care. Minor ailments were prevented or successfully cured with Ayurvedic remedies. The notion of “Grandma’s Pouch” of traditional remedies, available in every home was a part of the tradition. The possibility of self-sufficiency in everyday health care needs is one important objective of our endeavour. Other objectives are- to nurture and revitalize traditional health-related practices that have been based on the Yogic and Ayurvedic Sciences through subtle understanding of body, mind and

the essence of life; insightful responses to an individual's needs; relevance of preventive medication.

### **Our intention, outlook and vision**

Our primary objective is to reach *Ayurveda* to common people. The aim of our project thus is to lay the foundations of a sane and healthy life style through Yoga and Ayurveda. We also seek to help disseminate information about medicinal plants, their use in the treatment of common ailments, and raise awareness for the need for their conservation among school children as well as neighbouring rural communities. (Swasthavritta).

“We are working with a science that has come to us as a legacy of knowledge distilled and collected over centuries, it behoves us to hold it with care, preserve it, propagate it and in time pass it on to the future generations.

This is a global heritage which needs to be shared and not be limited to a group of select few.”

### **Ayurvedic Garden**

The plants have been an integral part of Indian homes and environment since ancient times. Earlier, most villages were enclosed by sections of forests and towns contained a large number of gardens. This offered Ayurvedic physician a ready access to herbs. It should be acknowledged that religious significance accorded to many of these plants was neither a coincidence nor an accident but one that helped forge a sensitive relationship of people with Nature and thus saving these invaluable plants from extinction.

However, over the last century or so in post-industrialized commercial urban societies this situation has been compromised considerably. Most people have now become ignorant or indifferent to this vast wealth of knowledge. Coupled with increasing population pressures and allure of a ready-made ‘pop in pill’ treatment have together led to rapid depletion of this traditional pool of wisdom and consequently resulted in a loss of many medicinal plants. Those who have some ‘feel’ for the plants or for gardening usually opt for ornamental and exotic species. Thus, the need for preserving and propagating indigenous medicinal flora is indeed both dire and urgent.

Plants have played a vital role in the sustenance, nourishment and healing of humanity. This multidimensional role is increasingly being overlooked and unwittingly negated and this has had disastrous consequences for ecology, all over the world.

In India we are endowed with a rich and extremely varied flora. This flora was protected for millennia through intelligent traditions, customs and other means. However, now a definite danger exists for this flora to be vanished for various reasons mentioned above and also due to lack of a concerted effort in this regard.

*to be continued .....*



*Wish You  
A Happy Diwali &  
Prosperous New Year !*

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