

Kaivalyadhama

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KDHAMWORLD

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Nathmarga Yoga Shastra **07**

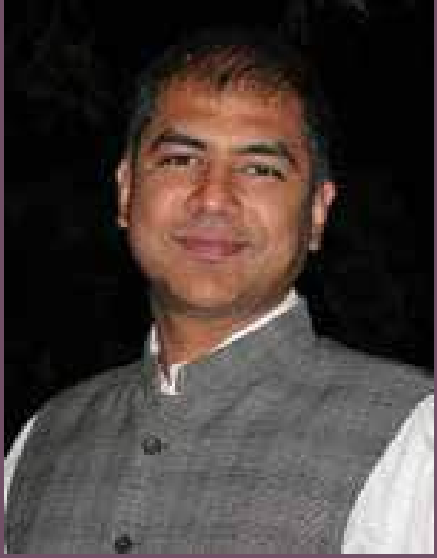
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K A I V A L Y A D H A M A





EDITORIAL

The year 2020 has been challenging with the outbreak of COVID 19. This has put the world to stop. The simplest question, which comes to my mind, is, the strength of 'nature' v/s the will of the human being. Never in centuries had there been a 'global lockdown'. And now, in the times when we thought we were invincible, in times human thought we could deal with much worse than before, we stand compulsorily isolated by the act of nature.

Reading ancient texts, we have been advised repeatedly about the importance of 'samyama', 'moderation' or balanced approach in our lives.

I quote two verses:

yuktahara-viharasya
yukta-cestasya karmasu
yukta-svapnavabodhasya
yogo bhavati duhkha-ha

SYNONYMS:

yukta—regulated; ahara—eating; viharasya—recreation; yukta—regulated; cestasya—of one who works for maintenance; karmasu—in discharging duties; yukta—regulated; svapna-avabodhasya—regulated sleep and wakefulness; yogah—practice of yoga; bhavati—becomes; duhkha-ha—diminishing pains.

TRANSLATION:

He who is temperate in his habits of eating, sleeping, working and recreation can mitigate all material pains by practicing the yoga system.

Source : <https://asitis.com/6/17.html>

अत्याहारः^{२७} प्रयासश्च प्रजल्पोनियमाग्रहः^{२८} ।

जनसंगश्च लौल्यं च षड्भिर्योगो विनश्यति ॥१५॥

(atyāhārah prayāsaśca prajalpo niyamāgrahaḥ /

janasaṅgaśca laulyaṁ ca ṣaḍbhīryogo vinaśyati //15//)

15. Yoga gets futile by over-eating, (over-) exertion, talking too much, severe austerity, public contact, and fickleness (of mind).

Source: Hathpradipika ISBN:

However it is abundantly clear that the external development in the world has come at the cost of sacrifice of our internal development. We build many paths and roads to travel outside our houses by sidelining the need to master the art of inward travel. We are in a world where we are happy 'because of' and not 'in spite of'. Our needs got converted into greed and thus started the abuse of the nature. So one lesson which we should be learning through all this is, slowing down and working towards synthesis with nature.

On the other hand, dealing with this phenomenon was quite an experience at the institute. We have a residential population of around 350 people including the students and then the weekly participants who come to the health care centre. We took immediate steps from the 13th March 2020 to ensure systematic measures are put in place to deal with the issue at hand. Things have been working satisfactorily since then.

The work has now started through the online medium. Lectures of the courses in the college are going on regularly and students are online. Long queued up works have found light of the day.

As the highway and expressway felt silent, we see more birds in the campus as humans have reduced. We even see more snakes roaming around in land, which essentially belongs to them. We even saw a deer junior in the premises.

It is now important that when this gets over, we don't get up and start to celebrate rather learn the lesson and start to implement. Let us respect the chance which nature has given us, and let us strive towards synthesis of self and nature. Most of the times our acts of commission are justified by our argument that we are doing it for betterment of But friends many times just letting go and letting originality remain might be a better thing. To Do – Understand – What Not to Do!

This phase also highlighted where does AYUSH as a system actually stand as far as dealing with communicable diseases and an trusted system for deal with prevention and adjuvant therapy. On the 6th of March 2020 the Ministry of AYUSH issued an advisory for Ayurveda, Unani, Siddha and Homeopathy medicines recommended to maintain

good immune system specifically being beneficial in respiratory health. However, while the Chinese used the TCM to a great extent while treating their patients on COVID19, we did not find any such support coming out from ICMR. Some articles, like the one appeared in TOI 22nd March written by Mr. Amit Verma tries to tarnish AYUSH as mere quackery. This is a disservice. There is enough evidence for a sane mind to understand that now practices of Yoga and formulations of Ayurveda, Siddha, Unani and Homeopathy have qualitatively been approved after evidence-based research. The doubts existed when there were no standards and approvals, but now, there are, and hence we should support the AYUSH system and integrate it with the modern medicines to find solutions to problems, which can be dealt well, with both together.

There is also a dichotomy in the approach we have. ICMR lays down the guidelines for dealing with COVID19. There are those who have tested positive and are quarantined. If these individuals could be administered standard AYUSH formulations and monitored, only then we can generate any evidence of impact of AYUSH in such situations. However, we don't allow such standard medicines or practices to be done, but we surely ask a question about AYUSH systems and to say that there is not enough evidence for it to deal with COVID19 cases.

Imagine a facility like All India Institute of Ayurveda being marked for admitting COVID19 positive cases. As other hospital was geared up, this could also be geared up with ventilator facilities. We could get some cases, which would consent to get Ayurveda medicines, just as those who volunteered to take the hydroxychloroquine or chloroquine in other parts of the world. We could monitor these cases and evolve the effect of such intervention. An article to note is <https://www.sciencedirect.com/science/article/pii/S1043661820307556?via%3Dihub>. It's a peer-reviewed journal where impact of TCM has been published. I think we can still take this opportunity to have intervention and conduct such a research work. A protocol of combination of Yoga and Ayurveda medicines can be put in place and evaluated. We need to stand up with the strength of the experts we have to ensure that the system is strengthened.

Immunity

Dr. Sajith Pillai (BAMS)

Ayurveda definition:-

Immunity in Ayurveda is known as '**Vyadishamathva**'.

The term Vyadhi kshamathva is formed by two words: Vyadi + Kshamathva

Vyadhi – Disease

Kshamathva – Resistance

It is the capacity of the body to resist the infection .

Function of Vyadhikshamatva (immunity):-

1. **Harsha** – Having A Mind Free Of Depression And Anxiety
2. **Arogyaanuvarthana** – Improves Health
3. **Prana Anuvarthana** – Preserves Life
4. **Dosha Nigraha** – Balances Dosha
5. **Vyadibalavighatha** – Inhibits The Effects Of Diseases
5. **Vrana Ropana** – Heals Wound

Immunity promoting factors :-

1. Birth in a country where people are naturally strong (birth place)
2. Being born at time when people naturally gain strength (time)
3. Favorable time and season
4. Excellence of the qualities of sperm and ovum of parents
5. Nutritious food
6. Excellent physical strength
7. Excellence of mind
8. Favorable disposition of race and species
9. Regular exercises

IMMUNITY REDUCING FACTORS :-

1. Acute Vitiating Of Doshas Leads To Formation Of Strong Diseases.
2. Infections,
3. Dehydration Leads To Imbalance In Fluids, Minerals And Salts.
4. Chronic Diseases
5. Excessive Exercise Leads To Excess Loss Of Body Tissue And Weakness.
6. Excess Intake Of Alcohol – Damages Liver, Vascular And Mental System.
7. Keeping Awake At Night – Increases Vata Dosha Rapidly.
8. Increased Vata Decreased Quality Of Body Tissues And Depleted Immunity.
9. Mental Stress, Fear, Anger, Etc

Source of strength As per Ayurveda :-

Source of strength As per Ayurveda :-

1. **Sahaja bala** – It is the natural capacity of body to resist and withstand diseases. It exists since birth and depends on qualities of sperm, ovum and excellence of time and place.
2. **Kaalaja bala** – This strength is gained at favorable time (youth) and season.
3. **Yuktija kala** – This is acquired by means of nutritious diet, regular exercise and intake of formulations which increase strength like rejuvenating therapy (rasayana) and aphrodisiacs (vajikarana).

Improving immunity in Ayurveda :-

1. **Maintaining tripods of life** – Food (ahara), Sleep (nidra), Celibacy (brahmacharya).
2. **Following code of conduct** (sadvritha), **Seasonal regimen** (ritucharya), **Daily regimen** (dinacharya) .
3. **Use of Rejuvenating therapy** (rasayana), **Aphrodisiacs** (vajeekarana), **Timely internal purification procedures** (shodhana karma).
4. **Rasayana** – Use of Rasayana is exclusively told in Ayurveda for promoting health and rejuvenating the body,. It improves immunity by resisting disease both mentally and physically.

IMMUNITY

DIET:

Ayurvedic diet to improve immunity:

Diet which are are sweet, unctuous in nature.

Ex:- Milk, honey, jaggery, ghee, butter etc

Fruits – Grapes, apple, gooseberry, orange, custard apple.

Diet to be avoided :-

Avoid excess intake of spicy, sour, salty, bitter, extreme cold or hot food, fermented, dry food.

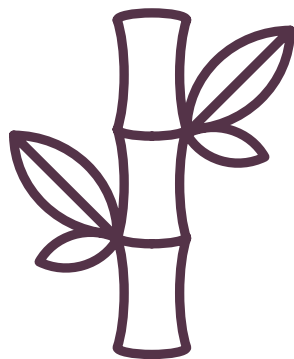
Immunity boosting herbs of Ayurveda:-

1. **Guduchi** – Tinospora cordifolia (giloy)
2. **Amalaki** – Indian gooseberry
3. **Yastimadhu** – Licorice
4. **Shatavari** – Asparagus racemosus
5. **Brahmi** – Bacopa monnieri
6. **Ashwagandha** – Withania somnifera
7. **Pippali** – Piper longum
8. **Haritaki** – Terminalia chebula

Ayurvedic medicines :-

Rasayana Ayurvedic medicines to boost immunity:-

1. **Chavanprash** – Used for general immunity against viral infection, respiratory .
2. **Amalaka Rasayana** – Acts as a natural source of Vitamin C and anti oxidants
3. **Agastya Haritaki Rasayana** – mainly used for improving respiratory system immune strength
4. **Ashwagandharista** – provides body with anti oxidants. Improves strength of muscles, nerves, internal organs.



Nathamarga Yoga Shastra (NYS)

An introductory Study of unpublished Yoga Manuscript

Dr.Raghavendra Bhat. Research Officer, P.L.R.D. Kaivalyadhama, India
(*Research paper presented in 50th AIOC, Nagpur (09-12 Jan, 2020)
(raghvendra@kdham.com)

Abstract:

Project on “Unpublished” manuscript has been taken up by the Philosophico Literary Research Department of Kaivalyadhama S. M. Y. M. Samiti and this work in this direction is presented here is a” Nathamarga Yoga Shastra” which still unpublished Yogic manuscripts. Since the NYS Mss. is not yet published and therefore a brief introductory study has been presented here for the consideration of Yoga academicians, Yoga researchers and Yoga siddhaks.

Keywords: - Nathamarga, Yoga, Manuscripts.Hathayoga.

About the Manuscripts:

- A. The present manuscript the Nathamarga Yoga Shstra is available in Prajna Pathshala Dharmakosha Mandal Wai, Maharashtra.
- B. After the long search and also the availability of the details in the Descriptive Catalogue of Yoga Manuscripts Kaivalyadhama, it is decided that the present titled Mss is single and scripted in Devanagari with the incomplete form.
- C. According to our Kaivalyadhama's Descriptive Catalogue of Yoga Manuscripts, the present manuscript is available in MSS No.6164; Size-20.9X16.3; Material- Paper; Script- Devanagari; Folios-13; Lines per page-10; Letters per line -24; Saka- 1777; Extent-Incomplete; Condition-Good.
- D. Present Mss is copied and preserved in Kaivalyadhama Library in the form of photo copy on 5th December, 1988 from Prajnathashala Wai, Maharastra, available with Acc no-20579; Sr No-89.
- E. This Mss contains total 168 verses.
- F. This is in the form of dialogue between Lord Shiva and Goddess Parvati.
- G. Mss begins with pray of God/Adinatha but it ends without colophon and without completing the issue. So it is sure that it incomplete.
- H. Mss beginning-

“ अथ नाथमार्गयोगशास्त्रप्रारम्भः ॥श्रीः॥
श्री गणेशायनमः ॥ देव्यैवाच ॥
नमस्ते आदिनाथाय विश्वनाथाय ते नमः |
नमस्ते विश्वरूपाय विश्वातीताय ते नमः ॥१॥

I. Colophon:-

Not available (it is in incomplete form) any colophons in this Mss.

J. Author:-

According the beginning of the Mss, this is by Lord Shiva to Goddess Parvati and there is no evidence of any authorship for this particular Mss is available after evaluating whole Mss. But since this heading or named as a “Nathamargaga Shastra” then it should belongs to Natha cult, but exactly there is no any evidence about authorship. But it results with some hypotheses:-

- After seeing its beginning नमस्ते आदिनाथाय विश्वनाथाय ते नमः | , and comparing with other available Yogic texts like Hatha Pradipika, according to HP.I.5 Adinatha is the first or beginner of the Natha philosophy, from him the cult Natha has started and that is why it is called Natha Sampradaya. And also in HP.I.1 Swatmarama starts his works with praying “ Namaste Adinathaya..etc. it is clear that in time of Swatmarama the Natha cult was famous and my be this Mss also written in near the time of this period.
- According to Gorakhanatha and Kanphata Yogis by Briggs, G.W (page no 75) Guru or the Teacher of Natha cult is Adinatha. Hence it begins with नमस्ते आदिनाथाय it is clear that someone who belongs to Natha culture only can be the author.
- According to Natha Sampradaya by Prof.Dvivedhi. Hazari Prasad (Page no.25), while explaining Sampradaay ke Purane siddha he refers text Sudhakar Chandrika,s page no.241 and says that Adinath is a one of the famous Natha saint and one of the main Nava Nathas (famous Nava=Nine, Natha saints). Observing this in beginning (नमस्ते आदिनाथाय) Adinatha may be one of the famous Nine Natha saint and someone his disciple may be the author and saluting him with Lord Shiva.
It is very tough to come any conclusion regarding authorship due to unavailability of evidences.

K. Date of the Mss:-

- According to Descriptive Catalogue of Yoga Manuscripts of Kaivalyadhama and available details from its (Mss) original source, Prajna Patha Shala Wai, it is available only in Devanagari script and single also in incomplete manner, Seeing this it clear that it is not so old Mss were in Mss it shows dialogue between Lord Shiva and Parvati, if so there is someone should inscribed it and or copied it.
- According to the langue style and verses style of Mss and seeing some corrections in middle, it is observed that this Mss near about 17 to 18 century (III chapter, An introduction to Indian Textual Criticism by Katre,S.M,)
- In the same source where we are obliged for this Mss refers that its S'aka is 1777 that means it is near about 1777+78=1855 AD.(page no.1525,Sanskrit English Dictionary by Apte,V.S.). According to this reference the present Mss Stands near 1855 AD.

Importance of the Mss:

The present Mss NYS is the dialogue between Lord Shiva and Goddess Parvati containing 168 verses. After deeply verifying Mss, it is cleared that this Mss is containing Hatha Yogic concepts and some its practical methods also. Here some important topics where Mss NYS is dealing with, is pointed-

- Details about Five elements and its effects in our human body.
- The types of personalities. i.e, apakva and paripakva.
- Definition of the Yoga.
- Details of Ida, Pingala and Sushumna and definition and benefits of Pranayama.
- Kundalini Udbodhah
- Details about Brahma, Vishnu and Rudra granthi. Practicing and awakening of Kundalini and the physical level changes or developments while practicing the same.
- Methods, practices and effects of Ujjayi, Sheetali and Bhastrika.
- Definitions and methods of Bandhatrayas.
- Practical methods to get nadanusandhana.
- Details, definitions and practical methods of Mantra, Laya, Raja and Hatha.
- Detailing two kinds of sadhakas (achievers of Yoga). i) Kalpita (anticipated) and ii) Akalpita (astonished)

And while discussing this, present Mss got ends.

Discussion about Mss:

While in keen observation of this Mss some points are came out.

- In its name and its beginning it may from Natha cult but it deals with Hatha yogic concepts and in few places there are some individual and specific methods or practices about Natha cult.
- There are Kama, krodha etc more 25 kinds of faults (Doshas) which is uniquely presented.
- As explanations about Shaktichalanam are available to see in HP.100-102,104,110-114 of III are similarly explained in Mss while explaining Kundalini and its functioning (verse no. 85 to 93).
- Mss verse 99(2) and 100(1) are similarly available as available in HP.II.53.
- Ujjayi, Shetali and Bhastrika only these three are explained respectively and practical methods about how Vata, Pitta and Kapha are to be mentioned by practicing this are uniquely explained.
- Specifically Mula, Uddiyana and Jalandhara (Bandha trayas-three)bandhas are explained. Here the Mulabandha pressure is exerted near in the place of anus and in back heel, Uddiyana pressure is exerted above and below of the navel and Jalandhara pressure is exerted near hridaya(chest) with pressurizing from flowing down below the throat, while perusing this bandha, performer should sit in the Vajrasana posture to awake his Kundalini.

- 7) While in the process of awaking Kundlini, first the Brahma granthi and then Vishnu granthi and in end Rudra granthi are open. Here first two granthis places (Brahma and Vishnu) are not mentioned but Rudra granthi is said it is the place of Lord Shiva (Mss verse-120).
- 8) Details about Natha cult and the importance of Guru (the Teacher).
- 9) Through the practice of Yoga, performer should get cleaned by all physical and mental related faults are well explained.
- 10) Mantra, Laya, Hatha Raja Yogas are explained as clearly available in other Hatha Yogic texts, but here it is not considered as these are Maha Yogas (YSU.I.130).
- 11) Two kinds of siddhis are found here, they are Kalpita and Akalpita. Kalpita are impermanent and Akalpitās are happens because of previous or fast deeds.

Remarks about Mss:

After the observation of whole NYS Mss some remarks also can be pointed out. These are as below-

1. More than 25 doshas are explained.
2. Specialties in explaining in the balancing of Tridosha (Vata, Pitha and Kapha) are available.
3. There are no details available for Yama, Niyama, Asana, Pratyahara, Dhyana, Dharana, and Samadhi.
4. There no any specific details and methods of practices of Astha kumbhakas.
5. There are no specific evidences for places of Bandhatrayas, Naditrayas.
6. There are no any matters and details about shatkriyas of Hatha Yoga.
7. There are no clear evidences and statements about Chakras while awaking Kundalini.
8. Two kinds of Siddhis are well explained.

Conclusion:

The texts have need of very much attention of Yoga practitioners, Yoga Sadhakas as well as Yoga researchers and Yoga academicians. There is need of study of whole text completely with help of NYS original Mss. Present NYS Mss is giving guidance and details to Yoga Sadhakas, Yoga Researchers and Yoga Academicians about practicing Pranayama, how and when to awake the Kundalini, what the changes and results in physical and mental level while in Shaktichalana and detailed about Bandhas and Granthis etc. The subject wise order in Mss and searching of complete is very much necessary. The present NYS Mss highly informative so Yoga Sadhakas, Yoga Academicians and Scholars can take this NYS for a Mss editing.

Acknowledgement:

The author is highly thankful to the Swami Maheshanandaji, Director of Research, Kaivalyadhama, and Shri O. P. Tiwariji, Secretary, Kaivalyadhama for approving the project on Unpublished Yoga Manuscripts and giving us permission and blessings for the project. Author is also extending his grateful thanks to Shri Subodh Tiwari, and, Collogues of Research, PLRD for giving encouragement and guidance for to work on the proposed project. The author is highly grateful to Prajna Pathashala, Wai, Maharashtra for providing us the photo copy of the Manuscript. The author extends his special thanks to Shri R. K. Bodheji, for suggesting valuable corrections for the improvement of the article. Our Library collogues are also to be highly thanked for their various helps in typesetting and providing relevant books in the way of preparation of this article.

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CCY January 2020

The very first CCY batch of the year 2020 commenced in the revered presence of Swami. Maheshanandaji. This 30 days, Yoga Certificate course was a stepping stone for Yoga seekers who wish to pursue a career in this field but do not have the luxury of time and long leave from other professional commitments.

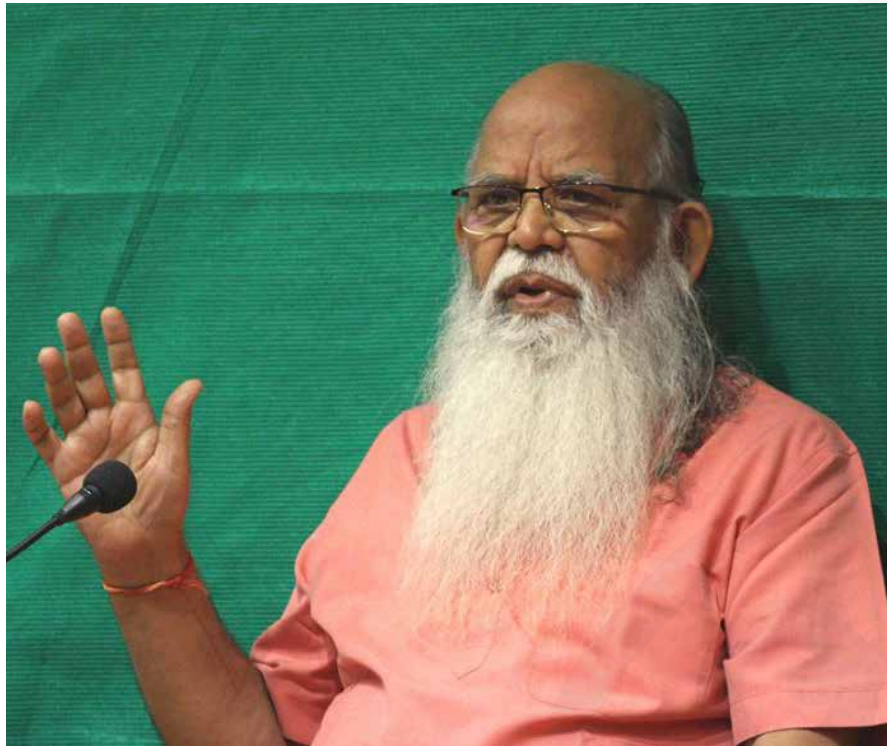
It gives one a compact in depth understanding of Yoga covering the textual, psycho-physiological, and practical aspects of Yoga, as well as, teaching methods in Yoga.



Kriya Yoga Anushthana

A Spiritual Retreat

Kriya Yoga offers a direct approach for “attenuation of kleshas” and “cultivating inner ambience for samadhi” according to Patanjala Yoga Sutra. Therefore, every year KRIYA YOGA ANUSHTANA is held under the guidance of Rev. Swami Maheshanandaji. This year the Kriya Yoga Anushthana was held from February 22 to 27, 2020. By most Rev. Swami Anubhavananda-ji, who delivered much appreciative discourse in the form of “Swadhyaya” as a part of Anushthana in Hindi and English!



Main teachings:

Greatness is achieved by paying attention to small things. Do not struggle for God realization. Let him manifest through you.



Healing through Sound Therapy Workshop



Six days of Sound Healing workshop which was conducted by Ms. Roshan Bahar and co-ordinated by Ms. Shivani Tomar. Just as musical instruments produce their best music when they are in tune, our bodies and minds become aware and perform their best when they are in tune.

This requires periodic ‘tuning’ of our bodies and minds through certain practices and consciousness training, which are paths of wisdom followed from ancient times. As a result, we are able to achieve the balance our bodies and minds seek so we can perform at optimum levels. It was an interactive session, which involved Yogic sittings, Shuddhi Kriya, Asanas, Pranayama, Trataka and Chanting.



Treatment Oriented Yoga Therapy

Treatment Oriented Yoga Therapy – A 6 days' Workshop for Yoga Professionals (teachers/therapists). Was conducted by Dr. Satish Pathak, it comprised indications, contraindications and limitations of Yoga pertaining to different diseases/disorders. Modern Allopathy has divided the human being in multiple pieces with each piece being treated by separate specialists, without knowing to what is happening with the other piece(s).



Yoga has a holistic approach to human life & living. If practiced properly Yoga can set right the biological clock of our body, endowing us with a sound health and long disease free life...

SOHAM – Two Weeks Immersive Healing Program

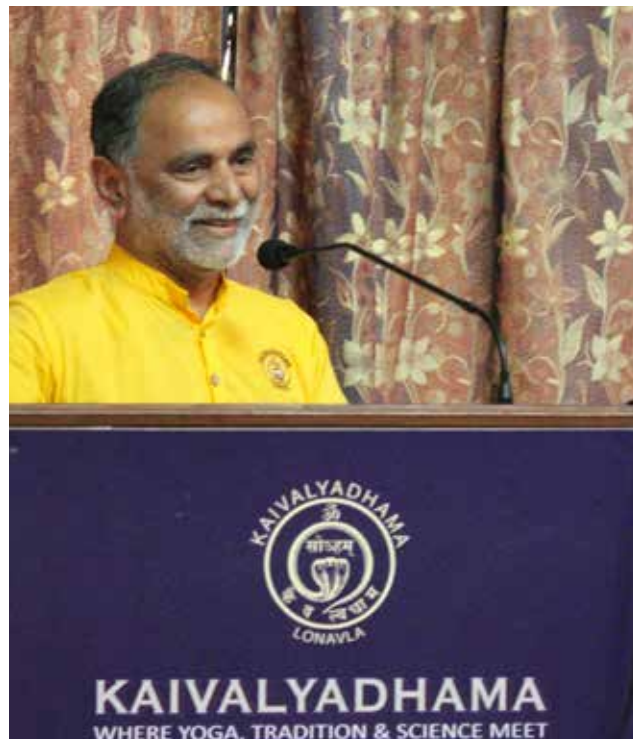
SOHAM which stands for Self – Observation, Healing and Awareness Mantra.

A lot of people have been benefitted through this program till date. We had 12 people in two different batches from India, Spain, Germany and United Kingdom. The program is based on the three integral steps / measures of Yogic- Therapy as given by Swami Kuvalyananda –

- Cultivation of correct Psychological attitude.
- Reconditioning of Psycho-physiological mechanism.
- Other Yogic Therapeutical procedures and Yogic Principles of Diet.



Practical Vedanta Workshop



The six Days of Practical Vedanta Workshop which was conducted by Dr. Rajeshwar Mukherjee. Vedanta Yoga is one aspect of Yogic practice that is promulgated by the ancient Himalayan masters. Vedanta is the process of engaging in self-inquiry and exploration, in order to become immersed and merged in the Divine within our own beings. It is the end goal of the Vedas.



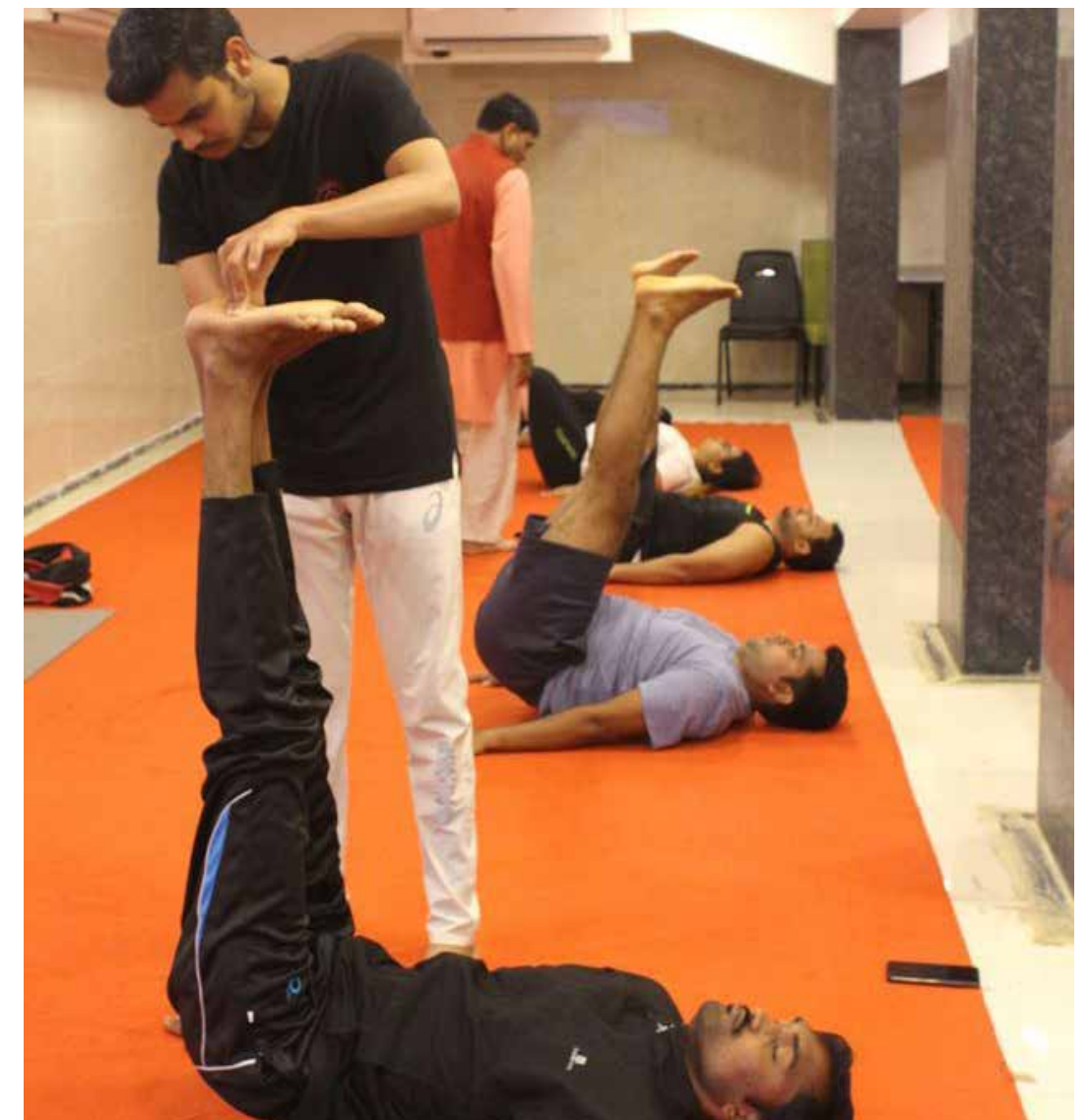
YIC-Yoga Intensive Course for Online Students

A two week intensive course commenced on the 12th Jan 2020. Eleven students enrolled in this course. An interesting mix of students, who completed their theory modules online, arrive and spend two weeks in the quiet, peaceful and serene environment of our institute. The course was coordinated by Shri. Amit Sharma. It involves immersion in practice and also interaction with the faculty. The flexibility of the course encourages a lot of professionals joining this program.



Corporate Yoga Program

Team Kaivalyadhama conducted a nine days of Corporate Yoga Program from 6th to 14th February 2020 time 6.30am 7.30am for sales representatives of Abbott Pharmaceuticals in five venues at Lonavla in Hotel Delsol, Imperial Grande, Crystal County, Viola Beacon, Hotel Lake View. More than 175 participants were beneficiaries.



Yoga with SVIMS

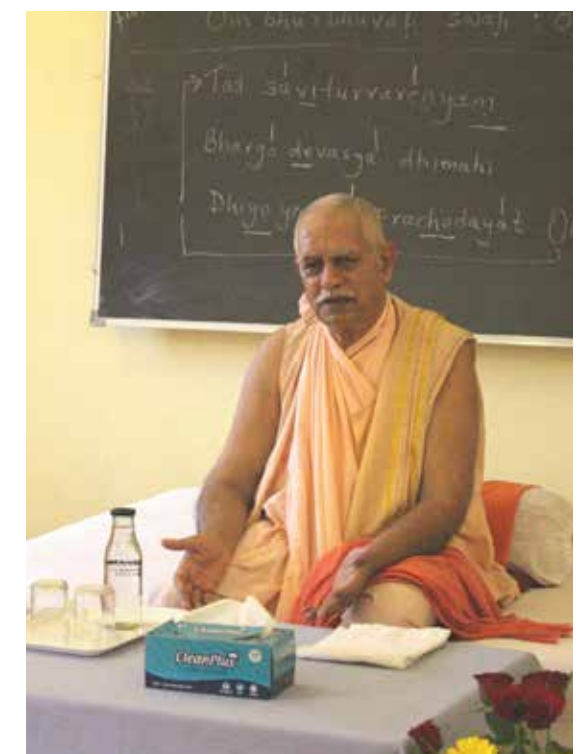
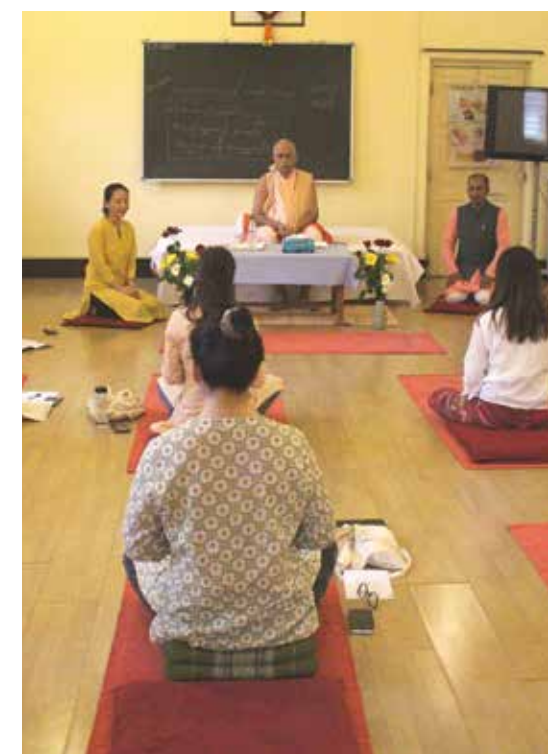
Sadhu Vaswani Institute of Management Studies, Pune

Foundation Course in Yoga in collaboration with Kaivalyadhama was introduced at SVIMS (Sadhu Vaswani Institute of Management Studies, Pune) for girls. In presence of Dr. Bhalekar, Ms. Deeplaxmi Bhalal, Ms. Anjali Deshmukh.



Helena Group

An exclusive Taiwan group of Madam Helena Weng and Co had an intensive course of practical yoga accompanied by the guidance of Shri Neeraj Singh



Kaivalyadhama Affiliates





Kaivalyadhama China

300 Hours of Teachers Training

Second step of the four step 300 hours TT at Kdham Beijing with Zhu Yan and team under the directives of Shri Sudhir Tiwari.



Kaivalyadhama China

Workshop on Fundamentals of Classical Yoga & Ayurveda

4 Days of workshop on Fundamentals of Classical Yoga and Ayurveda was organized at Guanzhou, China.





Kaivalyadhama France

Yoga Lite

We had a group of 42 people from France under the able guidance of our Alumni Ms. Neda Lazarevic. We had conducted

- | | |
|-------------------------|--|
| 1. Sudhhi kriya session | 8. Evening lectures sessions |
| 2. Asana session | 9. Mountain climbing |
| 3. Pranayama sessions | 10. Visit to Chinmay mission |
| 4. Tratak session | 11. Department visit |
| 5. Hawan | 12. Offered flowers by participants on Swami ji smadhi and |
| 6. Chanting session | 13. Yogic consulting sessions |
| 7. Meditation session | |





Kaivalyadhama Japan

Certificate Course in Yoga at Aso, Kumamoto.

Understanding the essence of Yoga, classic text, deepen understanding, perform skill check and practical. Under the supervision of Shri Sudhir Tiwari and improving individual capacity.





Kaivalyadhama Japan

Three days in Kyoto with Continuing students of Kaivalyadhama Japan groups. Live discussions on Taittiriyaupanishad and Pancadashi, Asanas, Pranayama and Chanting under the able guidance of Shri. Sudhir Tiwari.





Kaivalyadhama Mumbai

Workshop on Geriatric Management



100*not out conducted by KC College, Churchgate. Dr. Nutan Pakhare represented Kaivalyadhama through Meditation session.



Kaivalyadhama conducted Yoga for BMC - (Bombay Municipal School)

Kaivalyadham's Yoga teachers conducting Yoga training for school children under the umbrella of YEF and Rotary Club Mumbai, A Project of Kaivalyadhama Ashram, in 15 BMC schools covering South, North, Western and Central Mumbai Regions.



Kaivalyadhama Mumbai

February Activities

P.G Diploma (YTC) and the Certificate Course (YIC) for the year 2019-2020

New batch of Certificate course (weekdays) has started from 17/2/2020. Ms.Phalguni is the coordinator with the student strength of 15. The classes are going good with theory and practicals.



Post-graduate Diploma Students (PGDYED) giving their exams in the traditional Indian Gurukul style.



Practical classes were taken to regular P.G.Deploma batch of 2019-2020 by Dr.G.P.Shukla Sir.

Visitors to ICYHC Kaivalyadhama, Mumbai:

40 children from the Navy Children School, Mumbai recently visited Kaivalyadhama, Mumbai on 4/2/2020. The children were given a tour of Kaivalyadhama and were also shown a documentary about the history of the Institute. Following this a Quiz on Yoga was held in which the students participated enthusiastically.

A session of practicing various Yoga asanas that help with improving concentration and memory was organized for the students. Their visit ended with a session with Math Wizard, Minoo Jokhi, an ex-student of Kaivalyadhama.

He taught them various techniques and tricks relating to Mathematics and how learning it can be made much easier.



Workshop on Stress management through Yoga and Diet:

The lecture was conducted on 15/2/2020 at 6:00pm by Dr.Tvisha Parikh. The Lecture was started with lightening the lamp and honoring the Speaker. She spoke about stress and its effects on our body, mind and day to day life. There were more than 40 members for the lecture.

The Workshop was conducted from 17/1/2020 to 22/1/2020 at 6:45am-8:15am by Ms.Alpa and 6:15pm-7:45pm by Ms.Nitisha. There were total 5 members who got wonderful benefits from the workshop.



Yoga Classes at Radio Club, Colaba:



Yoga classes have started at Radio Club, Colaba.
Ms.Nitisha is conducting the classes.

Jt. Director Shri Ravi
Dixitji presenting
Swami Kuvalyanandiji's
book on Asanas
(translated in urdu)
To Former MLA
Mr. Bashir Moosa Patel



5 min "Y" Break by Ministry of AYUSH:

Kaivalyadhama, Mumbai conducted "Y" break trials at the BrihamMumbai Municipal Corporation/MCGM. The Commissioner of the BMC as well as other officials attended a session of Yoga conducted by our Jt. Director Shri Ravi Dixit. With the very forthcoming support of the Municipal Commissioner, Mr. Praveen Pardesi, these sessions is happening in every BMC office across Mumbai.



HR Training program for the staffs of ICYHC

The HR Training for the entire Staffs was held on 22/2/2020 from 11:30am-2:30pm. The program started with lightening of the lamps and prayer. Mr.Nishanji conducted many fun-filled activities which also gave message about better understanding and bonding between the staffs and also towards the organization to work better together. The program included the healthy meal. The whole program was very well






Detox therapies and workshop on Ayurveda for Health and Healing

Introductory lecture on
Saturday 14th March 2020 (6.30pm)
by **Dr. Mrs. URMILA PITKAR**
MD(Ayurveda) and PhD

Workshop from
15th to 21st March 2020
Time : 6.45am to 8.15am or 6.15pm to 7.45pm
Conducted by
Ms. NEETA PAWAR **Ms. ALPA MASTER**
Yoga Teacher Yoga Teacher

Registration: Tel: (022) 22818417, 22880254, 9886260028 | kaivalyayogacenter@gmail.com | www.yogacenter.com | fb.com/kaivalyayogacenter



KAIVALYADHAM
Where Yoga, Tradition & Science Meet Since 1924
is now a **Leading Yoga Institution (LYI)**
43 Netaji Subhash Road, Marine Drive, Mumbai - 400002

We have new initiatives, like Detox Workshop on Ayurveda for health and healing
And Healing through Sound Therapy:

HEALING THROUGH SOUND THERAPY

MARCH 21 - 23, 2020

*Experience healing through tibetan healing bowls,
toning and breathwork.*

Benefits of Sound therapy

- Makes positive changes to your whole being
- Reduces stress
- Reduces blockages and toxins
- Increases vital energy flow; good for creativity, intuition and motivation
- Soothes, purifies and harmonizes your emotions and feelings.
- Improves sleep
- Stimulates circulatory system
- Stimulates endocrine glands and regulates hormonal functioning
- Strengthens the immune system
- Solves deep emotional issues

Timing: 10 am to 5 pm



Roshan Bahar G
Energy and Sound Healer

Roshan Bahar G is a certified sound healing instructor and therapist. The program incorporates her experiences from many other modalities of healing that she has studied for the last 30 years - including Reiki, Pranic Healing, Rebirthing, Breathwork, Healing with Bach Flower remedies, Applied Kinesiology, Pranayama, Access consciousness and many more.

Fees: Rs. 11,000/-
(includes vegetarian lunch)

Register online
yogacenter.com/workshops



Kaivalyadhama New Delhi

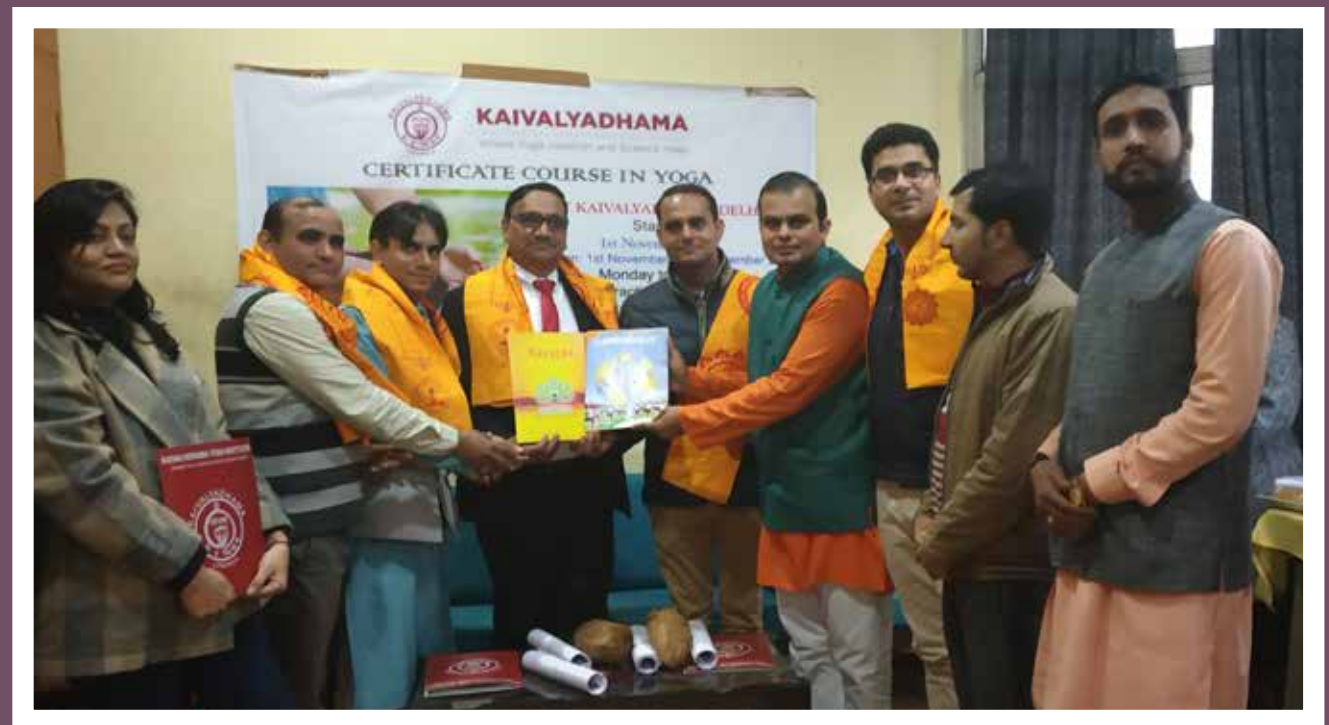


Yoga Teacher Shri V.P. Singh was awarded “Best Yoga Master of the year 2019 Award” by Six Sigma Healthcare Excellence Awards- 2019 for the level of activities undertaken by him/organization in the field of Yoga. 698 applications were received from across the world.

'It is a rigorous nomination process with tough internal- external audit deep analysis and top level juries judgement.



Our first CCY batch concluded successfully at our Noida centre.





Kaivalyadhama Delhi Exhibited at Poush Mela Indirapuram 2020 on January 24th.



Kaivalyadhama celebrating Women's Day at EXIM Bank, New Delhi with Mamta Bisht.



Kaivalyadhama regularly conducts Guest lectures Swabhimani Parisar which is a senior citizen welfare centre





Sh. V P Singh presented paper on the “Pranayama according to Astang Yoga (Patanjali) and Hathyoga” at International Conference on Yoga For all at Ganga Resort Rishikesh.

Workshop for ONGC Employees

A compact three days program for ONGC on Yoga and Health Management was conducted by Kaivalyadhama, Lonavala for 30 Senior Executives & offshore engineers.



Workshops

Essence of Vedanta teachings in France

Vedanta teachings in France

Essence of Vedanta as well as classical Asanas/Pranayama/ Chanting in Nantes France under the able guidance of Shri Sudhir Tiwari.



Pre Teachers Training Pranayama at Delight Yoga Amsterdam by Shri. Sudhir Tiwari.

Pre Teachers Training Pranayama at Delight Yoga Amsterdam.





Benefits of Traditional Health Interventions

In our ancient scriptures, we find numerous techniques for helping us to live a healthy life. Thanks to stresses and strains of modern life-style we, almost always, face psychological and physiological disturbances.

In the social world, where we live in, it is so fast that some overenthusiastic people have come out with the new techniques, often half-cooked and commercial, to get rid of the modern-day problems instantly. There are many traditional methods extant in every culture and country. India, also, has unique traditional methods to deal with such problems. Yoga, Ayurveda and Siddha is among such traditional

methods. These methods/therapies give us benefits without any or least side effects, unlike modern medicine.

Most people commonly experience pain in various parts of the body, particularly, in old age. Among the most notable problems are knee pains associated with obesity or other lifestyle disorders that impair flexibility, work efficiency, and well-being.

This is observed in the participants of the Holistic Health Care Center (HHCC) of Kaivalyadham. The HHCC of Kaivalyadham adopts Alternative therapy including Yoga, Ayurveda, and Naturopathy to cater to the needs of the HHCC participant's health.

Expert doctors, at the HHCC, combine all the available methods and prepare a tailor-made schedule appropriate for each of the participants, each according to their health needs. The HHCC participants frequently give positive feedbacks after the completion of their one or two-week residential program at the HHCC, Kaivalyadham, Lonavla. Most of the participants experience the ameliorating change during the therapy programs. Quite a few also extend their stay to get more benefits from these therapies.

The improvements, due to the above-mentioned treatment procedures, are assessed, scientifically, through instruments of Physical Education and psychology. For instance,

the spinal flexibility is assessed through sitting and reach test, wherein, subject in sitting position will be instructed to place the hand on the ruler and lean forward slowly, as much as possible yet without exceeding his/her capacity, without bending the knee, so as to make an evidence-based document about the flexibility, due to yoga, with the help of Scientific Research Department of Kaivalyadham. The feedbacks, coming from the participants, is thus recorded in a scientific manner. Various physiological changes are, also, thus seen during the therapy sessions and well documented through standard instruments with our scientific research department.

- Mrs Akshata Badave
- Mr. D. D. Kulkarni
- Prof. R. S. Bhogal

Group and Education visits at Kaivalyadhama



More than 400 Yog Sadhaks from Ghantali Mitra Mandal, Thane, Ghatkopar visited Kaivalyadhama for Educational Tour.



Twenty seven dynamic corporate professionals of Welingkar Business School enjoyed an intensive weekend retreat with Yoga Mudra and Meditation.



More than 400 Yog Sadhaks from Ghantali Mitra Mandal, Thane, Ghatkopar visited Kaivalyadhama for Educational Tour.



Gerson D'Addio da Silva, our Alumni from the Batch of 1998 revisited Kaivalyadhama with the group of 20 Yoga Teachers from Brazil. They spent whole day understanding the Scientific and Philosophico-Literary Research.

Kaivalyadhama Outreach Team



Yoga workshop was conducted by Dr. Sharad Bhalekar for Cancer patients, survivors, caregivers and Staff of MDTC on 13th February 2020.

List of volunteers:

- 1) Anjali Deshmukh
- 2) Anuradha Harke
- 3) Yogesh Vaidya
- 4) Vasudha Joshi
- 5) Swati Ghule
- 6) Rajeshwari Chandrashekhar
- 7) Ruchi Agrawal
- 8) Rupali Bhosale
- 9) Sushma Wakde
- 10) Sonali Kolte
- 11) Vaishnavi Dhumal
- 12) Vaishnavi Salunkhe
- 13) Harshal Gunjal
- 14) Deepa Naik
- 15) Madhusmita
- 16) Renuka Shrivastav
- 17) Shubhangi Zaveri
- 18) Rasika
- 19) Tejaswini
- 20) Kanchan Bhosale
- 21) Meenal Satalkar
- 22) Sonali Danech
- 23) Deepti Dubhashi
- 24) Aparna Thakar
- 25) Chandrakant Patil



Workshops

Yoga workshop for Special Children

Shasakiya Bahu uddeshiya Apang Samishra Kendra, Yerwada Pune, a government funded residential school for deaf and dumb as well as visually challenged boys. Through this initiative, each volunteer will be taking responsibility of 4 special kids. Regular Yoga sessions will be conducted at the school for each group of children.



Surya Namaskar and Deep Relaxation

On the auspicious day of Surya Jayanti at the police lines in Pune for the Pune Gramin Police personnel and their families.



Workshops

An invigorating Yoga workshop was conducted for more than 350 school students and 20 staff members at a village in Kadewadi, Baramati. This was covered in the local media and social media

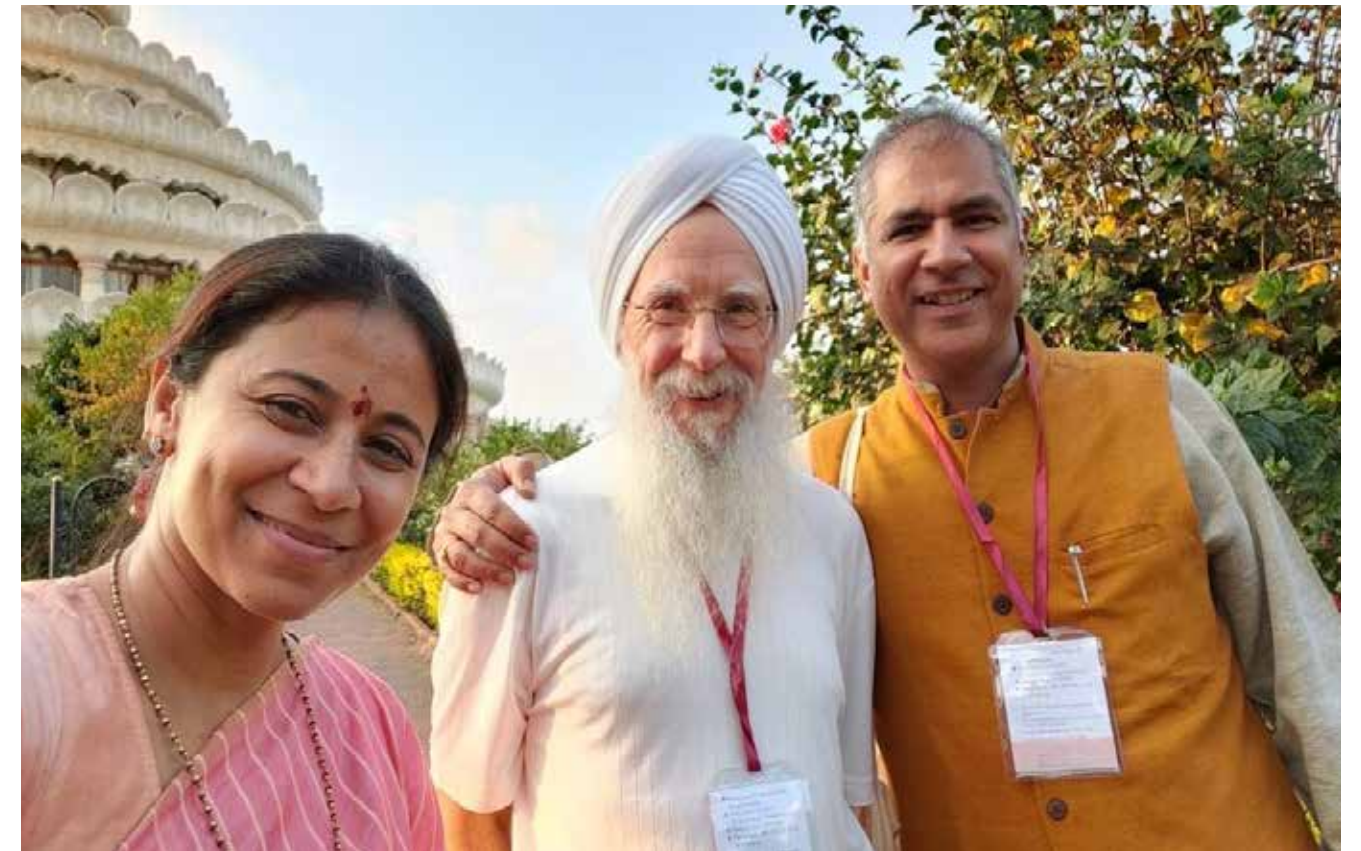


Yoga workshop for HIV positive children in Pune.

Visit to SVYASA and Art of Living, Bengaluru



The CEO was invited to Chair a session on “Yoga and Pain Management” at the International Conference held at SVYASA, Bengaluru. It was an opportunity to spend some time with Dr.H.R.Nagendra, the strength behind the policy of Yoga in the Government. In addition to the session, there was also a meeting of the Indian Yoga Association members, to drive home the agenda to progress in a unified form. Post the conference the CEO visited the Art of Living Ashram and paid respects to Gurudev Sri Sri Ravi Shankar ji. He also visited their research facility, an excellent Ayurveda hospital. On this visit to AOL, Dr.Sat Bir Khalsa an eminent researcher also accompanied. Head of the Yoga School of AOL, Smt.Kamlesh Barnwal was an elegant host during the visit, displaying the all-pervasive love and affection of the founder.



Yoga & Stress Management - A Workshop for NHM Public Health Dept, Govt of Maharashtra.



Kaivalyadhama in collaboration with AYUSH National Health Mission had organized a 2 days of Yoga & Stress Management workshop for Yoga & Naturopathy experts of AYUSH, NHM Public Health Dept, Govt of Maharashtra.

The Governing Body Meeting

The strength of any Society / Trust is the strength of the individuals who are dedicated to serve and help in its governance. At Kaivalyadhama we have an excellent team of members of the Governing Body. The best part is that families of individuals who helped the founder establish Kaivalyadhama Lonavla are still associated. We also have the Mahant of the Malsar Temple, the Guru Sthan of our founder. We have representatives of the Government, a rare possibility which shown the confidence of the state. We have retired judges from the High Court, we have advocates, educationist's life members who have dedicated their lives to the institute. The meeting of the Governing Body was held on the 11th of Jan 2020. Some very important decisions as regards policy matters were taken, taking in to account the futuristic need of the institute. The fees of the college were revised together with additions of few short-term courses. A decision was taken to create a fee fixation committee for future, so that the experts are involved in the process. Emphasis was laid on coming up with a master plan, so that futuristic needs of the institute are taken care of by ensuring well studies present



Kaivalyadhama at Jaipur Literature Festival 2020

CEO Shri. Subodh Tiwari was invited at Jaipur Literature Festival 2020 wherein he conducted Pranayama Session. The Jaipur Literature Festival, or JLF, is an annual literary festival which takes place in the Indian city of Jaipur each January. It was founded in 2006. It is the world's largest free literary festival.



The Governing Council Meeting of the Indian Yoga Association

The Governing Council Meeting of the Indian Yoga Association was held on 10th of Feb 2020 at Isha Foundation, Coimbatore. Yogacharya Swami Ramdev, Sadhguru Jaggi Vasudev, Swami Chidananda Saraswati, Shri.O.P.Tiwari, Dr.H.R.Nagendra, Smt. Hansaji Yogendra , Dr.Ishwar Basavaraddi were the members who were present. Many important issues, related to some core issues and philosophy were discussed. Amongst this, one was that IYA principle as to competition in Yoga is clear, and that is, it shall not participate in any way to promote competition in Asana or any other form. This comes from the fundamental principle that “Yoga is essentially a science of transformation” and hence the foundation should be set right.



Meeting With CM of Uttarakhand And Officials

Shri. Subodh Tiwari ,CEO was invited for a meeting with Hon'ble CM of Uttarakhand, Mr. Trivendra Singh Rawat and officials of the state. The meeting was in relation to the upcoming wellness conclave being organized by the State of Uttarakhand. The meeting was also attended by Mr.Kartik Kesarkar, Associate of the Institute. The meeting was facilitated by the Confederation of Indian Industry



Hill Thrill, a Trek for our Multi skilled Staff to a Fort

A memorable trek to Tikona Fort at a height of 3600 feet was arranged. Such excursions are opportunities for refreshing and rejuvenating, for motivation and camaraderie of our working staff who toil and are lost with routine work in the campus.



Collaboration with the Hyderabad (Sindh) National Collegiate Board University:



The H(S)NCB has been recognized as a “Cluster Universities” under the Maharashtra University Act. It’s the first cluster University in India. Kaivalyadhama has been working for a long time with the Board for promotion of Yoga in their colleges. Last two years thousands of students were trained as Yoga Interns as part of the IDY commitments. Presently both the institutions are working towards drafting syllabus for BSc(Yoga) to be started by the University. The syllabus is being worked out in a novel way and ensure that the learning and experience aspects are synthesized. Two meetings have already been held regarding this and a team has come in to place.





Social Distancing

The Unsung Heroes of Kaivalyadhama

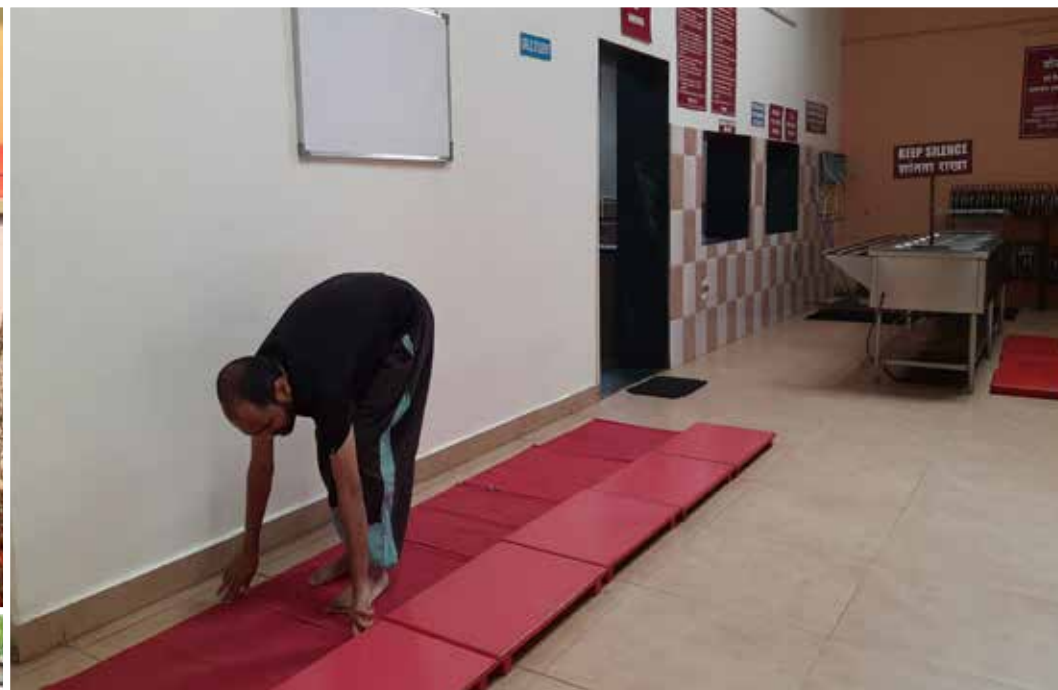
At Kaivalyadhama we are blessed with a huge and beautiful campus of more than 150 acres. To keep it clean, green and ticking is a huge task, We need a big workforce.

Our Gratitude and thanks go to those who labored and worked hard during the COVID-19 Lockdown and self-quarantine when most of v were enjoying the safety of our homes.

We had selected workmen who stayed on the campus and college students who could not go to their home town working with us.

We want to thank and salute their tenacity and spirit of joy in service.

Our support staff and the remaining GS College students who worked hard and kept the place in order, some watered the gardens, swept, cleaned, kept our campus spic and span. Helping in the kitchen with no staff in cooking and cleaning. The show must go on and it was at its best. Ceasing the situation and never say die spirit, never dampened the spirit of Kaivalyadhama.



Upcoming Programs

For more details and registrations,
kindly visit – www.Kdham.com

1. Patanjali Yoga Sutras

By Dr. N Ganesh Rao
3rd - 10th May 2020.

This intensive workshop on Patanjali Yoga Sutras will enrich the understanding and practice of Yoga for all students and teachers of Yoga. It is relevant for all those enthusiasts who are interested in understanding the human mind, its functioning, control and transcendence. Clear understanding of PYS adds quality and sheer joy to life.



2. Yoga Therapy & Counselling

By Dr. N Ganesh Rao
22nd - 27th June 2020

A residential intensive workshop for yoga teachers and therapists



3. Healing Through Sound Therapy

By Roshan Bahar G
2th - 19th July 2020
30th August - 6th September 2020

Experience relaxation, stress reduction, holistic healing, through



4. Raja Yoga Workshop

By Dr. Rajeshwar Mukherjee
3rd - 8th Aug'2020

The Ancient Science for self-motivation and self transformation



5. Introduction to Chanting

By Eela Dubey
25th - 31st October 2020

Chanting is a powerful contemplative tool that is often combined with yogic practices. According to some research, it has been shown that chanting can be beneficial for physiological and psychological functions of the body.

6. Advanced Meditation

By Prof R.S Bhogal
4th - 11th October 2020.

