

Kdham **WORLD**

The Newsletter of Kaivalyadhama Institute and SADT Gupta Yogic Hospital & Healthcare Centre

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INSIDE STORIES



AYURVEDA SUCCESS BRINGS SQUEEZE

The Ayurveda Centre at Kaivalyadhama has completed its first year of treating patients and has been very successful, so much so it needs larger premises!

When the Centre was first launched it was thought that the need for expansion would be felt only in years ahead, but Dr Jagdish Bhutada and his team have been so successful in attracting people to take Ayurveda treatments that the Centre is shortly going to be running out of space! So far the team has treated over 400 patients and health enthusiasts, particularly with the Centre's beneficial speciality of Panchakarma. More space will soon be found at Kaivalyadhama to accommodate even greater success for the future.

NEW INFO KIOSK

A new Information Kiosk has been introduced for the convenience of visitors who come to Kaivalyadhama out of office hours. The kiosk contains computer facilities to enable interested people to freely browse the Institute's website to find self-help answers to their questions. Swami Atmapriyananda (right) inaugurated the newly build kiosk while Swami Maheshananda (left), Spiritual Master of the Institute, looked on.



WHAT'S HAPPENING TO SWAMI ATMAPRIYANANDA?

See page 3

MUCH LOVED AND FAMOUS NATUROPATH DEPARTS HIS MORTAL COIL

See OBITUARY on back cover

KAIVALYADHAMA

YOGA FOR THE WORLD

EDITORIAL FROM KAIVALYADHAMA'S ADMINISTRATOR



Nature's fury in this year's monsoon has brought home to us dramatically just how difficult life has become for the Institute in the rainy season. On 10 – 11 August, it

rained and it rained: almost 18 inches in 24 hours! It's not that such kind of rains are new to Lonavla, but since the natural storm water passages have been substantially narrowed due to illegal constructions and other obstructions, there is no way that such a large quantity of water can escape.

So here was a paradoxical situation – a hill station being flooded!

Most parts of the Institute were under water. We had to evacuate our female students from the hostel and house them temporarily at the Hospital; the patients in the Hospital could not leave after the end of their stay because they couldn't get out of the building and were worried because the water almost reached their rooms (luckily it didn't). The male student's hostel was cut off and we had to use ingenious ways to provide them with food and water, and so on and so forth.

What amazes me is the ease with which we ourselves, and the authorities, forget these incidences when the sun shines and everyone is happy, and we do not plan to solve the horrid situation created by our new neighbours. Well, this is not the case with Kaivalyadhama any more. We have been complaining about this situation for the last four years and no one has paid any heed. Now

we hope the court of law will come to our rescue.

A very interesting research project on "Role of Yoga in the Stress Management and Efficiency of Railway Engine Drivers" is under way in collaboration with FAITHS, a research organization in Bangalore (see Proposal on page 10). The project has been financed by the Mumbai Centre of Kaivalyadhama. When the research concludes we look towards very positive results and improvements in the working lives of train drivers and, further, to integrate the practice of Yoga in the training schedule of railway engine drivers in whichever way is possible.

The number of Teacher Training Programmes are on rise and we are hosting three within in next two months. One of these is the first ever Certification Course in Pranayama led by Sri O. P. Tiwari, which is already fully subscribed and we have had to put the overflow of hopeful applications on a waiting list. The course will commence on 17 November 2008 and His Excellency Sri S. C. Jamir, Governor of the State of Maharashtra, has agreed to inaugurate the function.

We have a busy time ahead of us at Kaivalyadhama yet we are certain that we will be able to optimise our valued contributions to the field of Yoga.

A handwritten signature in blue ink that reads "Subodh Tiwari".

- Subodh Tiwari
Administrator



NEW YOGA TEACHERS ARE GRACED

Inauguration of the Diploma in Yoga Education Course took place on 17 July 2008. Swami Atmapriyananda, VC at the Bellur Math of the Ramakrishna Mission in Kolkotta, graced the function as the Chief Guest. Himself a physicist, Swami Atmapriyananda's erudite yet down to earth scientific exposition of the basic message of Yoga and Vedanta touched the core of the hearts of the audience.

Forty-four students, hailing from six countries and eight states of India, are engaged in the nine-month DYEd. Course. The inauguration programme concluded with benedictory address by Swami Maheshananda.



GRACING THE GRACED

Swami Maheshananda, spiritual master of Kaivalyadhama, presents Swami Atmapriyananda blessed flowers and symbolic coconut and ceremonial scarf after he had addressed the new DYEd. students.



MONTHLY STAFF MEETING

The monthly meeting of staff members was held on 25 July 2008 to discuss and review feedback received from visitors and actions arising.

BJ MEDICAL COLLEGE RECEIVE YOGA SESSIONS AND EXPERT TALKS

A three-day Yoga workshop has been conducted by Kaivalyadhama for doctors and other staff of the BJ Medical College and Sasoon Hospital, Pune, in which 45 medical personnel participated. Miss Suchint Kaur Sodhi, Senior Yoga Instructor, conducted the Yoga sessions, while College Principal R. S. Bhogal, Dr Sharad Bhalekar, and Mr Suresh Malkani delivered lecture sessions on “Personality Development”.

ARMY WIVES ENJOY SPECIAL SERVICE

Wives of Army Officers in the Southern Command, Pune, were treated to a one-day Yoga training camp on 13 August 2008. More than 200 ladies underwent the special training programme presented by Kaivalyadhama. Miss Suchint Kaur Sodhi, Senior Yoga Instructor, delivered a lecture focussing on the “Contribution of Yoga in Women’s Lives” and was accompanied by Miss Pinky, Yoga Instructor. A great and informative day was had by all.

INDEPENDENCE CELEBRATED



On a dismal day weather-wise, Independence Day was celebrated by visitors, staff and students alike at the Kaivalyadhama Campus with a patriotic fervour and fond tribute to all those who had contributed to the dawn of independent India. The National Tricolour was unfurled by Principal R. S. Bhogal, Gordhandas Sekseria College of Yoga & Cultural Synthesis.

GURU PURNIMA

Guru Purnima was celebrated at the ashram of the Institute on 18 July 2008. Havan (fire ceremony) was performed by Swami Maheshanada, Spiritual Master of Kaivalyadhama, with many staff members and students present.

GUEST LECTURE

A Guest Lecture given by Mr Jeffrey Armstrong was held at the College on 3 August 2008 for students of Kaivalyadhama’s Diploma in Yoga Education. The lecture focused on “Self-development Through Esoteric Indian Techniques”.



Members of Board of Advisors with Staff

PLANNING AHEAD

A meeting of the Advisory Board was held on the 24 of August 2008. The Annual Report for the year 2007-2008 was presented to the members along with the plan for the year 2008-09 and long-term plans of the Institute. The meeting was chaired by Former Supreme Court Judge, Sri B. N. Shrikrishna. The other members who attended the meeting were Dr Rajan Welukar, Vice Chancellor, YCMOU, Dr Anand Gokani, Dr Samprasad Vinod, and Dr G. Ramakrishna. Special invitees to the meeting included Sri J. S. Saharia, Principal Secretary, Dept. of Higher & Technical Education, Government of Maharashtra, and Sri S. Khuntia, Joint Secretary, Dept. of Secondary Education, Ministry of HRD, Government of India.



Dr. Rajan Welukar lighting the lamp



The Meeting in progress



Justice. B.N.Shrikrishna, Sri. J.S.Saharia & Sri. S.C.Khuntia being escorted to the meeting venue by Subodh Tiwari



Justice Shrikrishna releasing the DVD on Yoga Practices



OUTREACH YOGA EXPERIENCE FOR CHM

An intensive training course on Yoga was held for undergraduate students of CHM College from 9–16 July and 19–29 August 2008. Practices of Shuddhi Kriyas Asanas and Pranayama were taught. In all, 17 students attended the training programme, which was conducted by Mr Vivek Tiwari, Kaivalyadhama Yoga Instructor.

AND YOGA PHILOSOPHY, TOO

A one-day workshop was organized by UGC and sponsored by the Women's Studies Centre of CHM College (under the aegis of the Administrative Training and Excellence Centre of UMC) for heads of departments of Ulhasnagar Municipal Corporation. The day was held on 26 June 2008, and Principal R. S. Bhogal from Kaivalyadhama delivered the guest lectures on "Yoga Motivation and Empowerment" and "Wisdom of Empowerment".

YOGIC THERAPISTS START ONE-YEAR COURSE

The postgraduate course to gain the coveted Diploma in Yoga Therapy (DYT) was inaugurated in August by Swami Maheshananda, Spiritual Master of Kaivalyadhama, amidst a ceremony of traditional Vedic mantra chanting.

Swami Kuvalyananda, founder of Kaivalyadhama, had envisioned yogic therapy on scientific lines way back in 1930s. The new DYT students, comprised of both Indian and foreign nationals, are thus now underway in their highly detailed and specialist training at Kaivalyadhama to become therapist practitioners. Principal R. S. Bhogal, Gordhandas Sekseria College of Yoga & Cultural Synthesis, introduced students to the philosophical objectives and future activities of the Course.

The function, attended by the teaching faculty for the Course, concluded with a solemn pledge to serve all of humanity through Yoga Therapy.

US TEACHERS GROUNDED IN YOGA

Fifteen teachers from many states in the United States of America attended a one-day Yoga orientation session at Kaivalyadhama, Mumbai. The day was conducted by Sri Subodh Tiwari, the Institute's Administrator, for teachers from USEFI (United States Educational Foundation in India), a Fulbright scholarship programme which seeks to provide a forum for international academic exchange. Lectures cum demonstrations on Yoga incorporated basic exercises, breathing techniques, and posture improvement and comprised part of the programme which was held on 23 July 2008.

KAIVALYADHAMA VISITORS

Ahmednager Yoga Vidya Dham –
30 July 2008, 8 members.

Yoga Vidya Niketan, Mumbai –
26 July 2008, 35 members.

Satara Group – 25 July 2008, 12 persons

Senior Citizen's Club of Greater Mumbai –
15 July 2008, 34 persons.

Ayurveda Shikshan Mandal, Pune –
1 July 2008, 17 members.



HEALTHY HAPPY CHILDREN

As the title, “Chust Raho Mast Raho”, suggests is a camp for children to encourage the practice of Yoga and the wisdom of life. To enact this concept, a one-day workshop for the students of 9th and 10th standard was conducted at Vallabh Ashram school, Sion, on 26 July 2008.

The Yoga sessions were conducted by Miss Gauri Shirsekar, sessions of personality development were given by Sri Gaurav Pant, and a Satsang ‘Sri Krishna calling’ was beautifully held by Br. Abhishek Chaitanya from Kaivalyadhama. All of the sessions were greatly appreciated by the students and also by the school faculties and parents, leaving a demand for more such workshops in the future. These camps are truly a new avenue for schools to discover more in their children and to help them be healthy and happy individuals.

TRANSLATION OF POPULAR YOGA BOOK INTO GUJRATHI

The Mimamsa Press book, *Asana: Why & How?*, written by Sri. O. P. Tiwari, Secretary of Kaivalyadhama, was originally written in Hindi and English. This book has been very popular amongst the lovers of Yoga, and there has been a great demand to translate of it into various Indian languages. The project of creating a Gujrathi and English version of this book was entrusted to LIFE, Rajkot. Dr Juma Al Matrooshi, Senior Chief Corporate Services Officer of the Dubai Silicon Oasis Authority (Central Management, Government



of Dubai) happily released this book at a specially arranged press conference in Rajkot on 10 May 2008.

INSTITUTE TO TEACH HOSPITAL DOCTORS

Kaivalyadhama has signed a MOU (Memorandum of Understanding) with Hardikar Hospital, Pune, to work jointly and collaboratively towards educating the medical fraternity at the Pune hospital into the scientific nuances of Yoga practice and Yoga education. As a first step, a part-time one-year Yoga Therapy course has been organized for doctors (including

those with MBBS, BAMS, BHMS, and BPT qualifications). The formal inauguration of the arrangement and the new course was enacted at a function on 31 August 2008 at the hands of Yogacharya and President of the India Yoga Association, Sri B. K. S. Iyengar, while chief guest, Sri O. P. Tiwari, Secretary Kaivalyadhama, delivered the keynote address.

FORTHCOMING EVENTS

ANOTHER DOCTOR'S WORKSHOP

There will be an allopathic doctor's Workshop at Kaivalyadhama, Lonavla, from 21-27 September 2008.

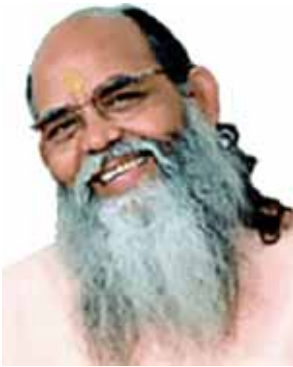
NCERT MEET

NCERT will hold a meeting for their Health and Physical Education Group from 29 September to 1 October 2008 at the Institute.

YOGA TEACHER'S WORKSHOP

A Yoga training workshop will be held for Yoga teachers of the Kendriya Vidyalay Sangathan from 11-23 October 2008. Lectures and discussions on the growing trends in Yoga and research, its philosophy, teaching methodology, and the psychology of school students will form part of the workshop and there will be daily practical and experiential sessions for three hours aimed at revising the teachers practice.

SWAMI ANUBHAVANANDA



A week-long series of inspirational talks will be given at Kaivalyadhama by the worldrenown and loved acharya, Swami Anubhavananda. All are welcome.

SWAMI NITYAMUKTANANDA

Swami Nityamuktananda will return to Kaivalyadhama for November and December to deliver a series of interesting and informative lectures to Diploma students and anyone else who would like to attend.



Sri. O. P. Tiwari ji with his Sadhaka Students



IDEX Group from Jaipur, performing the Asanas at the institute

TRAIN DRIVER'S RESEARCH PROJECT

'The role of Yoga in stress management and performance outcome on railway engine drivers' – a research project proposal.

Kaivalyadhama (Mumbai) together with FAITH seek to increase the infrastructure health facilities and thereby to enhance public transportation services of the railways through Yoga. The railways provide approximately one train in every two minutes. With increasing population, increased demands for efficiency from our motormen and railway engine drivers is essential to be able to meet the service. To achieve this it is now time that specific attention is paid for the development of a plan of action to incorporate a stress reducing and performance enhancing science to railway operations.

With the above perspective in mind, the Kaivalyadhama Yoga Institute has collaborated with FAITH (Foundation for Assessment and Integration of Traditional Health Systems) Bagluru to conduct this transportation study. Western Railways and Central Railways have shown a keen interest in the prospect of benefiting their staff through Yogic intervention. The degree to which the study establishes the benefits of such therapy based on scientific rationale will decide whether the same activities could be rolled out and included as a policy in railways as a whole.

The parameters which will be evaluated during the research period include biochemical tests such as lipid profile, Cortisol and Protein Reaction, together with more physical assessments including polygraph, lung capacity, hand grip, sleep rating, spirometry, reaction time, and so forth. These parameters determine various aspects of health specifically directed towards engine drivers.

The study will be carried out for a month and follow-up will continue for a further three months. The survey results will be published within four months after full survey completion. All the data concerning the individuals shall be strictly kept confidential. The result will demonstrate the degree of efficacy of Yoga in dealing with stress among engine drivers and also its enhancement of their efficiency.

The first testing will take place 29–30 August 2008. Thereafter, Yoga training will go on for one month and thereafter again the results will be evaluated.



जो जस करइ सो तस फलु चाखा

महर्षि वसिष्ठ जी महान ऋषि थे, उनका मानना था कि - प्रत्येक जीव को अपने कर्मों का फल भोगना ही पड़ता है । कोई किसी को न मार सकता है और न जीवित रख सकता है । कोई किसी को न तो स्वर्ग भेज सकता है और न नर्क । इसलिए जीव को जीवन में अच्छा फल पाने के लिए सदैव अच्छे कर्म ही करते रहना चाहिए ।

संतशिरोमणि गोस्वामी तुलसीदासजीने “श्री रामचरितमानस” में अयोध्याकाण्ड में वर्णित किया है कि -

1. काहु न कोउ, सुख दुःख कर दाता ।
निज कृत करम भोग सबु भ्राता ॥ 4/12
2. करम प्रधान विस्व करि राखा ।
जो जस करइ सो तस फलु चाखा ॥ 4/219
3. सुम अरु असुम करम अनुहारी ।
ईसुदेर फलु हृदय विचारी ॥
करइ जो करम पाव फल सोई ।
निगम नीति असि कह सबु कोई ॥ 7-8/77
4. कौसल्या कह दोसु न काहू ।
करम बिबस दुःख सुख छति लाहू ॥
कठिन करम गति जान विधाता ।

जो सुम असुम सकल फल दाता ॥ 3-4/282

स्पष्ट है कि - कोई किसी को सुख, दुःख नहीं दे सकता है, प्रत्येक जीव को अपने किये हुए कर्मों का फल भोगना ही पड़ता है । जो जैसा करेगा, वैसा फल चखेगा । जन - जीवन में प्रचलित है कि - जैसी करनी, वैसी भरनी; जैसा बोओगे, वैसा काटोगे; तथा अच्छे कर्म का अच्छा फल, बुरे कर्म का बुरा फल ।

कर्मफल एक ऐसा परम सत्य है जिसे हर प्राणी को इच्छा या अनिच्छा से स्वीकार करना ही होगा । यह सम्पूर्ण सृष्टि एक सु नियोजित व्यवस्था की श्रृंखला में बंधी हुई है । क्रिया - प्रति क्रिया का नियम कण-कण पर लागू होता है और उसकी परिणति का प्रत्यक्ष दर्शन पग-पग पर होता है । इस जन्म के ही नहीं, अपितु पूर्व जन्म जन्मांतरों के भी मनसा, वाचा, कर्मणा तीनों प्रकार के

कर्मों का फल प्रत्येक प्राणी को मिलता ही है । “यथा अवश्यमेव भोक्तव्यं कृतं कर्म शुभाशुभम्” के अनुसार शुभ और अशुभ कर्म का फल भोगना पड़ता है । वास्तविक और कठोर सत्य यही है कि - प्रत्येक जीव कर्मफल भोगने को विवश है ।

हमारे वर्तमान का आधार भूतकाल के हमारे कर्म हैं और जैसा स्वरूप हमारे वर्तमान का है उसी के अनुरूप हमारा भविष्य बनाता है । किशोरावस्था में अर्जित विद्या और स्वास्थ्य संपदा युवावस्था में विद्वता, बलिष्ठता और सम्पन्नता बनकर हमें प्राप्त होती हैं । यौवन का सदुपयोग या दुरुपयोग वृद्धावस्था के विलंब से आने या शीघ्र आने, देर तक जाने पर मृत्यु के रूप में परिणित होता है । वृद्धावस्था की मनःस्थिति संस्कार बनकर मरणोत्तर जीवन के साथ जाती है और पुनर्जन्म के रूप में अपनी परिणति प्रकट करती है । “अंतमति सो अगली गति; अंत समय की मति सो अगले जन्म की गति कहा भी है। यही प्रक्रिया संसार की समस्त गतिविधियों में प्ररिलक्षित होती हैं । कुछ कर्म तत्काल फल देते हैं - जैसे शारिरिक और मानसिक परिश्रम का फल, आहार-विहार का फल, व्यवहार और शिष्टाचार का फल तत्काल मिलता है । किंतु उनकी उपलब्धियाँ सामायिक होती हैं, न कि चिरस्थायी । जब कि कुछ कर्मों की परिणति में देर लगती है - जैसे नियमित अध्ययन, नियमित व्यायाम, उद्योग आदि । स्थायित्व नैतिक मूल्यों से होता है”, उनके साथ भाव-संवेदनाएँ और आस्थाएँ जुड़ी होती हैं, जिसकी जड़ें गहराई तक समावेश करती हैं, जिससे उनके भले-बुरे प्रतिफल विलंब से मिलते हैं ।

संचित कर्म, प्रारब्ध तथा क्रियामाण कर्म के रूप में कर्मोंकी जो स्थिति है - शुभ-अशुभ, उसके अनुसार कर्मफल जीव को भोगना ही है । पूर्व में जो शुभ और अशुभ कर्म किए जा चुके हैं, उनका शुभ और अशुभ फल तो कर्मों के अनुसार सामने आता ही है । कर्मफल टाला नहीं जा सकता वह तो मिलेगा ही मिलेगा, जिसे भोगना ही भोगना है । पापों की परिणति से किसी भी प्रकार बचा नहीं जा सकता तथा पुण्यों का फल भी

अवश्य मिलता हैं । प्राणी के पाप-पुण्य का लेखा-जोखा विधाता के यहाँ सुरक्षित है । तदनुसार प्राणी को सुख, दुःख भोगना ही है । जिस प्रकार बछड़ा हजार गायों में अपनी माँ को ढूँड़ लेता है और माँ के समीप ही रहता है, उसी प्रकार प्रत्येक जीव का कर्म अपनी जीवात्मा से चिपका रहता है तथा उसके पाप-पुण्य का फल उस जीव को मिलता है, जिसे भोगना ही उसकी विवशता है ।

हाँ, प्रायश्चित्त द्वारा परिशोधन संभव है । अतएव प्रायश्चित्त प्रक्रिया को अपना कर वर्तमान और भविष्य को सुखद बनाना ही दूरदर्शिता है । आज की अपनी दुःखद परिस्थितियों के लिए भूतकाल की भूलों पर दृष्टिपात किया जा सकता है तथा सुखी-समुन्नति के सम्बंध में भूतकाल के सत्कर्मों को श्रेय दिया जा सकता है । आत्म-निरीक्षण का सीधा अर्थ यही निकलता है कि

अशुभ विगत को प्रभु का स्मरण करते हुए धैर्य पूर्वक सहन किया जाए तथा पूर्व शुभ कर्मों पर संतोष करते हुए सत्प्रवृत्ति को आगे बढ़ाया जाए ।

अतएव मानव प्राणियों को सदैव सत्कर्म ही करते रहना चाहिए । सत्प्रवृत्ति, सद्विचार, सद्भाव, सत्चिंतन, सत्संग, सत्कर्म सब समय सत् ही सत् में प्रवृत्त रहना चाहिए, यही मानव प्राणी के - कल्याण का उत्तम उपाय है । इतिशुभम् ।

आर्चाय परमानन्द दीक्षित,

(पूर्वप्राचार्य)

सम्पादक, निःशुल्क सामाजिक पत्रिका,
एल -89, माधवनगर, झासी रोड,
ग्वालियर - 474002 (म.प्र.)



OBITUARY

Dr M. M. BHAMGARA

Kaivalyadhama is sad to relate that Dr M. M. Bhamgara, the senior-most Naturopath in India, gracefully passed away on 8 August 2008.

Dr Bhamgara will always be remembered as a very humble, wise and learned naturopath practitioner. He was very closely related to the Institute and visited us often to conduct lectures. He was also our advisor in many ways, and helped us greatly with improvement in our nature-cure section. An ardent environmentalist, he contributed in a substantial way to make this earth a better place to live in.

Author of many books, Dr Bhamgara devoted his last days to writing in solitude, reading, and listening to Indian classical music. It seems that he knew his end was coming and embraced it with great love and dignity. In his last note to the Editor he expressed his desire to be laid to rest at the Institute. We will miss him greatly and for a long time we will find motivation from his work in the field of health, healing and spirituality.

Editor : **Shri Subodh Tiwari**
Assisted by: **Dr Stuart Rose; Ms Swati Deshpande**
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: