

DOCTORS' 'GAP' CLOSING

Ever since allopathic medicine began – when was that? – a difference between allopathic and more natural and traditional ways to health has emerged. The gap between the two 'camps' – allopathic and alternative or complementary – has been ever widening, particularly (and forcibly) with the monetary interests of mega pharmaceutical industries, which are threatened by the more low-cost natural ways. Kaivalyadhama is now taking brave new steps to narrow the gap.

To start the process, Kaivalyadhama has taken the initiative by holding the first of



a planned series of orientation workshops for allopathic doctors, and the first was held at Lonavla from 21–26 April 2008. The central idea behind conducting the workshops is to orient the allopathic practitioner

in the scientific and holistic aspects and benefits of Yoga.

Twenty-five doctors (photographed above at Kaivalyadhama Falls) attended the 6-day workshop. (Cont. centre spread)

TRACING HORMONES OPENS



The biochemistry section and computer laboratory at the Scientific Research Department (SRD) has been refurbished and new equipment

installed specifically to test hormone changes. These changes can be traced using this equipment on subjects practising Yoga, so assessing the particular benefits of Yoga in this area. The new facility adds to the strength of Kaivalyadhama's SRD, as it will be able to look more closely at an area of Yoga which is commanding more attention worldwide.

The refurbished section and new equipment was inaugurated at the hands of Mrs Anna Dani, IAS Principal Secretary Home, Maharashtra State, on 20 March 2008. Pictured above is Mrs Dani with (in the background) Sri O. P. Tiwari, Secretary, and Dr T. K. Bera, Head of the SRD.

EDITORIAL FROM KAIVALYADHAMA'S ADMINISTRATOR



For a few days in April and May, I am travelling to Assisi, Italy, to attend a world conference on Traditional Yoga. The conference has been organized by SARVA Yoga, an institute based in Assisi, so that all the Yoga institutes of repute can get together to present their particular concepts to the participants. Naturally, I will be presenting the full scope of the Kaivalyadhama Institute, together with an outline of the breadth of work carried on. Attending this conference and representing the Institute will help to expand our impact on the world of Yoga, while also giving me a good opportunity to listen to great scholars such as Swami Veda Bharti, Smt Tara Gandhi, and so forth, and to interact with all the participants from across the world. I will report my discoveries and experience in the next issue of **KdhamWorld**.

At the Institute in April, the workshop for allopathic doctors was a huge success. There were around 25 participants, and they enjoyed their stay plus the interaction with all the learned speakers. This was the first workshop of its kind, but we have proposed four such workshops for this year to the Department of AYUSH. If the sanction comes early, we are sure that we will be able to successfully conduct and orient many more allopathic doctors towards the scientific essence and benefits of Yoga. I am happier, too, because the cooperation among various institutes is increasing, and now we are more able to

share our strengths. Hopefully, this means that it will not take a long time for us all to stand united in the spirit of Yoga.

The proposal for the B.Ed. Yoga degree course has now been sent to the NCTE and we are awaiting their sanction so that we can start the course in affiliation with Pune University. The B.PE course is also in pipeline. The year 2008-9 is going to be a busy one, filled with challenges and surprises.

We have yet to hear the view of the Ministry of HRD, Government of India, on its decision of the report of the Review Committee, which was set up by them (reported in earlier issues of **KdhamWorld**). The acceptance of the recommendations of this report will clear the pathway for further progress of the Institute.

We are hopeful that all our readers are enjoying the change in our newsletter (including its name), and we would like to receive more feedback from your end. You may please email us with your comments or suggestions. We would also encourage you to subscribe to our quarterly research journal, **Yoga Mimamsa**. This will keep you connected with progress in the work being done on every aspect of Yoga.

- Subodh Tiwari
Administrator

GOVERNMENT EMPLOYEES GET THE WORKS



Employees from the Department of Higher and Technical Education, Government of Maharashtra, visited the Institute from 25-27 April 2008 for a weekend workshop on Yoga and Naturopathy. The Government members were



taken through all the departments of the Institute and given a thorough understanding the work being carried out. Their schedule included Yoga and meditation sessions, Naturopathy treatments, lectures and discussions.

WE LOVE KIDS

Kaivalyadhama Yoga Institute announces "CHUST RAHO MAST RAHO" summer camp for children, which will be infused with fun, adventure, developing and learning at our sprawling Lonavla campus. The camp

takes place from 16 May 2008 for three days.

This unique camp will have a lot of adventure, trekking, plus pitching of tents to sleep under the starry sky, and staying in the wild. There will be outdoor and

indoor sports, practice of Yoga, and personality development. This camp will always be held biannually in summer and winter, every April/May and October/November. Interested parents can send their e-mails to info@kdhamedu.org

EVEN BETTER YOGA TEACHERS



An orientation programme was held for Yoga teachers from 21-23 April 2008 at the SKYP Vocational Institute, Kaivalya-dhama. There were 50 participants attending this orientation camp, with Mr Suresh Malkani, Dean SKYP Vocational Institute, Miss Yasmin Panthaky, Mr Subodh Jagdale, and Ms Malini giving

the teaching. Interaction with the participants was on such topics as communication skills, leadership, etiquette, teaching methodology, and so forth. This orientation workshop was conducted with

the perspective of polishing the qualitative 'dimension' of the Yoga teachers and both helping and enabling them to get an opportunity for employment in various spas and healing centres currently

operating or being set up in India and around the world. Out of the participants, 40 of the Yoga teachers were absorbed by various agencies – a great success.

OUTREACH STAFF GET HOME TRAINING

Kaivalyadhama Mumbai branch staff attended a staff training programme held at SKYP Vocational Institute of Kaivalya-dhama, Lonavla, from 12–14 April 2008. There were 12 Mumbai

members present for this workshop. Mr. Suresh Malkani, Dean of the Vocational Institute and Miss Yasmin Panthaky delivered the guest lectures during the training camp.

UNION FAVOUR SCIENTIFIC APPROACH

A Yoga training camp for the staff of Union Public Service Commission, New Delhi, was held from 7–28 April 2008. Miss Suchint Kaur Sodhi, a Kaivalyadhama Senior Yoga Instructor, was

deputed to conduct the sessions. This programme was arranged after positive feedback was received from earlier programmes, specifically the scientific approach of the Yoga teacher.

LADIES ONLY

A six-day workshop on Yoga for Health and Healing, staged in collaboration with Shreevallabh Shikshan Sangeet Ashram, took place from 15–20 April 2008.

This workshop was specially designed for ladies and included practice of Asanas, Pranayama, and meditation techniques, based on research conducted at

Kaivalyadhama, Lonavla. The Yoga sessions were conducted by Miss Gauri Shirsekar, Yoga instructor.

GO-AHEAD GIVEN FOR NEW GIRLS HOSTEL

A meeting of Kaivalyadhama's Governing Body was held on 29 March 2008. The members reviewed the financial position and the annual report of the Institute. The Governing Body then sanctioned the construction of a new girl's hostel for the College, and appreciated the overall progress of the Institute. Smt L. Indumaty, Director, Ministry of HRD, was present for the meeting.



SPECIALIST TEACHERS TAUGHT TO TEACH

A two-day Yoga training camp for the teachers of CHM College, Ulhasnagar, was held at Kaivalyadhama, Lonavla,

from 28–29 April 2008. There were 25 teachers who specialize in the training of mentally challenged children attending

the training camp. Mr Bharat Singh, a Senior Yoga Instructor, conducted the Yoga sessions.

SPECIALISTS GET TRAINED

The month-long Advanced Teachers Training Course started on 15 March 2008 for Yoga experts cum teachers. This course is especially design for imparting the higher and more subtle practices in Yoga. There were just six Yoga experts, coming from Rajasthan, Kerala, Ukraine, Germany, U.K., and Spain, who were offered admission. Theoretical exposition in eight different subjects was given to the students, along



with an hour of meditative exercises daily. In all, almost 12 hours of daily academic

exposure stimulated the students deep understanding about theoretical and practical Yoga.

SAD BUT HAPPY FAREWELL



Kaivalyadhama says a sad yet happy farewell to the 2007/8 Diploma Course students who finished their course. They now wait with great anticipation for their final exams results. The

course started on 16 July 2007, concluding successfully on 18 April 2008. The official farewell was given by the Hon. Secretary of the Institute, Shri O. P. Tiwari. In this year's

course, 63 students were admitted (both male and female), including foreign nationals from countries such as Belgium, Venezuela, South Korea, Thailand and Malaysia.

(Cont. from P1)

DOCTORS' 'GAP' CLOSING (CONT.)

To make this event fully effective, a wide array of practitioners was assembled to give talks and instruction to the attending doctors. The eminence of the list of speakers was breathtaking: Dr K. N. Sharma, Executive Director of the Ramaiha Institute, spoke on Energy Medicine and Emerging Trends in Health Sciences; Dr Shirley Tellis, from S VYASA Bangalore, spoke on the Neurophysiology of Yogic Practices in Health and Rehabilitation; Dr Rajvi Mehta, from

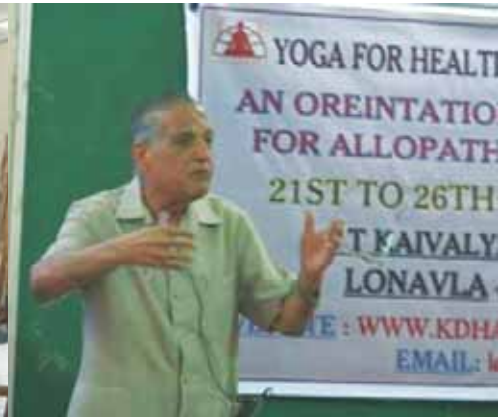
the Iyengar Institute, spoke on the Therapeutic Value of Asana; Yogacharya Shrikrishna Vyahvare, together with Dr Ulka Natu, spoke on Yoga and Stress Management; Dr Rabindra Mendanah, the newly appointed Kaivalyadhama Research Advisor, spoke on Pranayama and its role in Subtle Energy; Dr B. R. Sharma, the Director of Kaivalyadhama's Philosophico-Literary Department, spoke on Yoga Philosophy; and Shri G. S. Sahay spoke on the various schools

of Yoga.

And that wasn't all: Dr Deepak Phalgune, from Pune University, gave a Review of current Yoga Research; Dr Babu Joseph, Director of the National Institute of Naturopathy, spoke on the Scientific Basis and Therapeutic Methodology in Naturopathy; Shri O. P. Tiwari, Kaivalyadhama's Secretary and CEO, gave an overview of the practices of Pranayama and an introduction to its therapeutic benefits. Other

sessions were given by Ms Christene (Asanas); Shri Bharat Singh (tratak); and Dr Sharad Bhalekar, Kaivalyadhama's resident Medical Officer, with Shri.Sharad Kumar, helped to manage the general coordination of the workshop.

With such an array of prominent speakers, surely Kaivalyadhama has succeeded in starting to narrow the ideological and practical gap between allopathic and yogic practitioners.



EMPLOYEES SOCIETY ARE TOP

The Kaivalyadhama Employees Credit Society bagged number one position in the annual audit submission and obtained 'A' grade in the whole of

Maharashtra for the year 2007-8. The annual meeting and lunch was organized by the Society on 23 April 2008.

AMRITSAR PRESENCE

The Institute participated in AROGYA 2008 (a large health fare) at Amritsar. Kaivalya-dhama publications were displayed, and Shri Manish

Acharya gave practical experiential sessions to attendees. Dr T. K. Bera delivered a lecture on "The scientific rationale of Yoga".

Dr. Ramesh Bijlani delivered lectures on Sri Aurobindo & Mother and their philosophy. The students and the staff members immensely enjoyed the interaction with the speaker. The institute plans to invite Dr. Bijlani every year.



FORTHCOMING EVENTS AND COURSES

NEW TEACHERS The six weeks Certificate Course in Yoga started on 2 May 2008 at Gordhandas Sekseria College of Yoga and Cultural Synthesis, Kaivalyadhama, Lonavla. The new prospective teachers will be trained before the next long-term residential course of Diploma in Yoga Education starts on 16 July 2008. Details about all the courses are available at our website, www.kdham.com

CORPORATE TRAINING Kaivalyadhama is planning its first ever Yogic corporate workshop on "Mind, Body and Office Management". Isn't it about time our corporate peers introduced ancient wisdom into the boardroom? The 3-day event will be conducted by professionals from various fields of Yoga, Human Resource Management, and so forth. Any organization wishing to hold this kind of workshop can see full details at the website, that is www.kdham.com

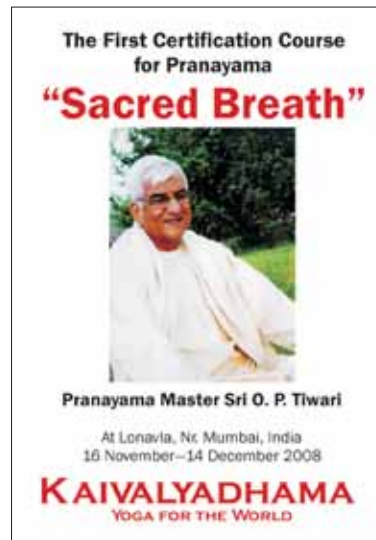
REFRESHING A refreshers course for Yoga Teachers of Kendriya Vidyalay Sangathan is scheduled to be held at KVS Lonavla from 22 May to 2 June 2008. Kaivalyadhama will play a supporting role in this refreshers programme.

ORIENTING PRINCIPALS An Orientation Course for Principals of Navoday Vidyalay is scheduled to take place from the 29 May to 1 June 2008 at the Institute. During this course the Principals will interact with Kaivalyadhama's research team as well as experience the benefits of Yogic practices themselves.

SCHOOL TRAINING Yoga Training at Jawahar Navoday Vidyalay is scheduled to begin from 1 July 2008. As is carried out every year, 20 schools have been identified by the NVS all around the country wherein Yoga training will be held for three months.

CERTIFICATION COURSE IN PRANAYAMA The first certificate course in Pranayama "Sacred Breath" will be conducted by Shri O. P. Tiwari at Kaivalyadhama, Lonavla from 16 November to 14 December 2008. This is a unique course which initiates the sadhak into the path of Pranayama. There are limited seats which are filling up fast. Full details are available on the website at www.kdham.com

The "Sacred" Breath Pranayama Certificate Course



The objective of completing this new course is for students to become Pranayama teachers or to add this qualification to their existing Yoga teaching qualifications.

Practical Aspects of the Course

Kriyas : Jal Neti, Sutra Neti, Vaman, Shankh Prakshalan, Tratak, and Nauli.

Selected Asana as a pre-requisite to Pranayama: Uddiyana, Agnisara Simha Mudra, Jeeva Bandh, Brahma Mudra.

Bandhas: Moola Bandh, Jalandhar Bandh. Pranayama: Surya Bhedan, Anuloma Viloma, Ujjayi, Bhastrika, Bharmari, Sheetli, Plavani, and Moorcha will be only discussed. All Pranayama techniques will be practiced with Kumbhaka .

Please note that the Course is designed for persons with a practicing knowledge of Pranayama and Kumbhaka, and will be intensive with much emphasis being given to the practices.

It is recommended that during the application process participants inform us of their comfort and knowledge level of Pranayama and Kumbhaka using the scales of 1-4 for each of Pranayama with Kumbhaka, 1 being the lowest and 4 being the highest levels of experience.

Introduction

The oldest Yoga Institute in the world is proud to announce the first Pranayama Certification Course of its kind. The purpose of this course is to provide training in the intricate techniques of Pranayama together with its related Kriya, Mudra, and Bandha practices as described in traditional texts, verified and experienced by the Masters. Both the practical as well as theoretical aspects of Pranayama will be exhaustively taught during this course.

Theoretical aspects of the Course

Pranayama: what it is and what it does. Pranayama and its rationale. Historical evolution of pranayama. Yoga: Psychology and Western Perspective. Yoga and personality integration. Yogic posture and self-development. Patanjali's philosophy. The concept of mind: ego and intellect. The importance of Kriyas, Bandhas, and Mudras. Kundalini: the external force of growth. Concept of Vayu, Doshas, and diseases in Yoga. The essence of traditional texts in Yoga.

SADHAKA VISITS

Jadavpur University, Kolkatta	on 13-16 April 2008	- 12 persons.
Bajaj Auto, Aakurdi	on 15 March 2008	- 12 persons.
Yoga Vidyalham, Pimpri-Chinchwad	on 10 April 2008	- 16 persons.

अति दुर्लभ है मानव जीवन

1. “बड़े भाग मनुष्य तन पावा ।
सुर दुर्लभ सब ग्रंथहिं गावा ॥”
अर्थात् बड़े भाग्य से मनुष्य का तन अर्थात् शरीर प्राप्त होता है । सभी ग्रंथों में यह उल्लिखित है कि - देव-गणों को भी यह दुर्लभ है ।
2. “कबहुंकर करि कृपा नर देही ।
देत ईश बिनु हेतु सनेही ॥”
- श्री रामचरित मानस
3. “हरि तुम बहुत अनुग्रहकीन्हों ।
साधनधाम विबुध दुर्लभ तनु मोहि कृपा करि दीन्हों ॥”
- विनयपत्रिका

यह मानव जीवन अत्यंत दुर्लभ है । प्रभु की असीम कृपा से यह श्रेष्ठ मानव योनि हमें मिली है, जो मोक्ष का द्वार है । आत्म-कल्याण हेतु यह सर्वोत्तम सुअवसर हमें प्रभु की असीम कृपा से मिला है, जिसका सदुपयोग कर आत्मकल्याण का नैष्ठिक सत्प्रयास हमें करना चाहिए । प्रारंभ से ही हमारे ऋषि-मुनियों और वेद मर्मज्ञोंने हमें यही समझाने का प्रयत्न किया है कि - मनुष्य का जीवन महान है, सर्वश्रेष्ठ है । सृष्टि के निर्माता ने 84 लाख योनियाँ बनाई हैं, जिनमें मनुष्य योनि अतिदुर्लभ है । इस अतिदुर्लभ मानव शरीर को पाकर भी जो मानव परब्रह्म की प्राप्ति के साधन में तत्परता से नहीं लगता, वह अज्ञानी है । इसलिए श्रुति यह व्यवस्था देती है कि - जब तक यह दुर्लभ मानव तन विद्यमान है, प्राप्त साधन-सामग्री उपलब्ध है, तभी तक परब्रह्म के विषय में अधिक से अधिक जानने का प्रयत्न करें, इसी में मानवजीवन की सार्थकता है । यदि इसमें चूक हुई तो पुनरपिजनन-पुनरपिमरण से संसार के प्रवाह में बहना पड़ेगा । संसार के दैहिक एवं भौतिकताओं से बचने का भी यही एक मात्र उपाय है । बुद्धिमान पुरुष इस तथ्य को समझ लेते हैं और सद्प्रयास कर जन्म-मृत्यु के चक्र से छुटकारा पाकर मोक्ष को प्राप्त हो जाते हैं ।

श्री मद्भागवत में कहा गया है कि - यह मनुष्य शरीर समस्त मांगलिक फलों की प्राप्ति का मूल कारण है ।

अत्यंत दुर्लभ होने पर भी सुलभ हो गया है । इस संसार सागर से पार जाने के लिए यह एक सुदृढ़ नौका है । सदगुरुदेव इसके कर्णधार बनकर पतवार का संचालन करने हेतु तत्पर हैं । स्वयं भगवान् अनुकूल वायु के रूपमें इसे लक्ष्य की ओर बढ़ाने लगते हैं । इतना योगदान मिलने पर भी जो मनुष्य इस मानव देह के द्वारा संसार सागर को पार नहीं कर पाता, वह तो अपने हाथों अपनी आत्माका हनन करने पर जुटा हुआ है ।

“नृ देह माद्यं सुलभं सुदुर्लभं,
प्लवं सुकल्पं गुरु कर्ण धारम् ।
मयानुकूलेन नम स्वतेरितं,
पुमान् भवाब्धि न तरेत् स आत्महा ॥”

- श्रीमद्भागवत 11/20/17

विवेक चूड़ामणि - 5 में भी मनुष्य तन को दुर्लभ बताते हुए लिखा है - “दुर्लभं मनुष्य देहम्”

चाणक्य नीति (14-3) में भी उल्लेखित है -

“पुनर्वितं पुनर्मित्रं पुनर्भार्या पुनर्मही ।

एतत्सर्वं पुनर्लभ्यं न शरीरं पुनः पुनः ॥”

अर्थात् - नष्ट हुआ धन पुनः मिल सकता है, बिछुड़े हुए मित्र दोबारा मिल जाते हैं । पत्नी का त्याग या मृत्यु होनेपर दूजा विवाह कर पत्नी भी मिल जाती है । सम्पदा, जमीन-जायदाद भी प्रयत्न करने पर पुनः मिल सकते हैं । लेकिन मानव-तन बार-बार नहीं मिल सकता । यह अतिदुर्लभ है ।

“नरत्वं दुर्लभं लोके” अर्थात् नर की देहपाना और भी कठिन है । मनुष्ययोनि स्वर्ग-नरक और मोक्षप्रदायिनी है । ज्ञान, वैराग्य, भक्ति, पुण्य, लाभ दिलानेवाली है, यह मानव योनि । शरीर इन तमाम दुर्लभ मार्गों की प्राप्ति में सहायक है । ज्ञातव्य है कि मात्र मनुष्ययोनि ही कर्म योनि है, शेष सभी भोग योनियाँ हैं ।

स्पष्ट है कि - हमें आत्म-कल्याण का यह इतना अधिक सुअवसर प्रभुकी अहेतुकी कृपा से मिला हुआ है कि - हमें प्रभु का कृतज्ञ होना चाहिए और प्रभु प्रदत्त बौद्धिक तथा मानसिक शक्तियों का सदुपयोग कर आत्म-कल्याण

का मार्ग प्रशस्त करना चाहिए । प्रभु ने हमें मानव शरीर, बुद्धि, विवेक और मन दिया है, यह उसकी महान कृपा है, जिसका सदुपयोग हमें आत्म कल्याण हेतु करना ही करना चाहिए ।

धर्म-कर्म, ज्ञान-दान, परोपकार, जीवों के प्रति दया और सहानुभूति में प्रभु कृपा से प्राप्त इस अमूल्य मानव-तन जीवन का सदुपयोग कर लेना चाहिए । मोक्ष प्राप्ति के हर संभव प्रयास हेतु इस मानुषतन का सदुपयोग कर स्वयं को 84 लाख योनियों में भटकने से बचालें और

आत्म कल्याण हेतु इस जन्म को ही अंतिम जन्म मानकर मोक्ष का द्वार बनालें । प्रभु को हर क्षण याद रखें तथा यह दुर्लभ मानव-तन-जीवन देने हेतु प्रभु को कोटिशः धन्यवाद दें तथा कृतज्ञता ज्ञापित करें । इतिशुभम्

- **आचार्य परमानन्द दीक्षित**, (पूर्व प्राचार्य)
सम्पादक, निःशुल्क सामाजिक पत्रिका
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Osteopathy meets Yoga

Osteopathy is a form of drug-free-non-invasive manual medicine that focuses on total body health by treating and strengthening the musculoskeletal framework, which includes the joints, muscles and spine. Its aim is to positively affect the body's nervous, circulatory and lymphatic systems.

This therapy is a unique holistic (whole body) approach to health care. Osteopaths do not simply concentrate on treating the problem area, but use manual techniques to balance all the systems of the body, to provide overall good health and wellbeing.

Dr. Andrew Taylor Still established the practice of osteopathy in the late 1800s in the United State of America, with the aim of using manual 'hands on' techniques to improve circulation and correct altered biomechanics, without the use of drugs.

A practioner might use a broad range of gentle techniques including soft tissues techniques, manuely moving the joint through its range of motion, stretching muscles, encouraging muscles to work

against resistance, spinal manipulation, restoring balance and movement with gentle techniques (osteopathy in the cranial field), manipulation of the abdomen (visceral manipulation).

Osteopaths treat a range of disorders, including asthma, back and neck pain, chronic fatigue, headache, joint pain, repetitive strain injuries, sciatica (shooting pains down the leg), sports injuries, tendonitis.

Osteopathy encourages the patient to take responsibility for their own long term health and wellbeing.

These may include individually tailored exercise routines, relaxation techniques or body awareness sessions.

Therefore a special programm was organized from 17.03.08 – 24.05.08 under the treatment of Christine Mayr (Osteopath from Germany) and the guidance of the yogateachers of S.A.D.T. Gupta Yogic Hospital and Healthcare Centre.

- Ms Mayr/Christine

LETTER TO THE EDITOR

Dear Subodh

A LETTER FROM AFAR

For fourteen months (all of 2007 and the start of 2008), the honour of staying at the SADT Gupta Yogic Hospital and Healthcare Centre was mine. However, the stay was not for my health, at least not physical health, but mostly to attend talks on Vedanta given by Swami Anubhavanandaji. Staying such an extraordinary length of time in a place where 'patients' normally stay for one or two weeks, put me in a unique position in both coming to know many of the staff and servants quite well, and also many of the patients – seeing how the place is run and what its results are. A report on the 'health' of the Healthcare Centre can be objectively given.

Most of the seeming hundreds of patients who passed through who spoke to me gave an overwhelming 'thumbs-up' in all respects to their care and treatment. In fact, it can be recorded that many arrived with anxiety and coughs and, in just a few days of treatment, the coughs mostly died away and the anxiety brightened into smiles. So many patients came back several times because they described

Kaivalyadhama as an oasis, where they could escape the pressures of their various lives, or because they found the combination of Yoga and Naturopathy (and also good diet and good sleep) so beneficial. This could be seen in their demeanour, their complexion, their happy faces, after just a few days of therapy.

It can also be reported that it wasn't just one person or thing which produced this result, but a concerted team effort: the office and accounts staff, the Yoga teachers, the naturopath staff, the medical team of allopathic, yogic, ayurvedic, and naturopathic experts, the kitchen staff, the servants – without exception, everybody (and every facility) played a valuable part in producing this excellent result.

What more praise can be given than to see the continual Sunday morning exodus of patients: happier, fitter, calmer, well people.

With very best wishes from a cooler Wales

Dr Stuart Rose

Readers Write

Dear Subodhbhai,

I am happy to see new format of "Kdham World". Looking to your new format, I am sending by separate courier one CD of 45 images which I have taken at Kaivalyadhama and other place in and around Lonvala. All images are in high resolution and you can publish it or make a print for any other purpose you like.

I am also happy to know about many new changes at Kaivalyadhama under your dynamic leadership. I am a

regular visitor of Kaivalyadhama and I have also personally witnessed many new changes.

I am planning to visit to Lonavala, if possible before rain and looking forward to see you soon.

With regards,

Praful C. Patel, Advisor,
Centre for Photography as an Art-Form,
National Centre for the Performing Arts,
NCPA Marg, Nariman Point, Mumbai-400 021.

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