

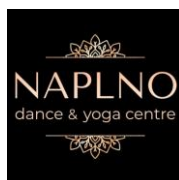


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**E-PROCEEDING
OF THE
INTERNATIONAL YOGA WEEK
ORGANISED BY
KAASH FOUNDATION'S
KAASH SWAASTHYA MANTHAN
FROM
15TH JUNE 2021
TO
21ST JUNE 2021**

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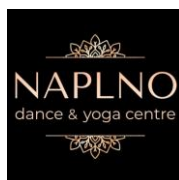


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ACKNOWLEDGEMENT

The *International Yoga Week* witnessed a resounding success. The grandiose way in which it was organised, was the result of a wonderful camaraderie among all the people involved in it.

We extend our heartfelt appreciation to:

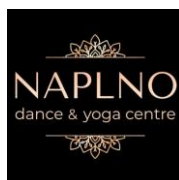
- Dr. Raghvendra Rao*
- Dr. Ishwar V. Basavaraddi*
- Ms. Jana Bagarova*
- Ms. Panna Panchal*
- Dr. Chinmay Pandya*

For instrumenting the collaboration between *KAASH Foundation, Mumbai, India* and their respective organisations:

- Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Government of India*
- Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India*
- NAPLNO Dance and Yoga Centre, Prague, Czech Republic*
- Institute of Yogarts, Harrow, United Kingdom*
- Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand*

We are also thankful to:

- Tatva (Elements of Healing)*
- Arogya Yoga and Naturopathy Institute*
- Institute of Wellness Engineering*
- Uday Ek Naya Sawera*
- Pride Age India*
- Silver Innings*
- Shree Samarth Vyayam Mandir*





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For extending their support towards KAASH Foundation, Mumbai. This collaboration between the organisations indeed led the entire weeklong celebration to achieve the highest pinnacle of success.

We are enormously grateful to **Dr. Ishwar V. Basavaraddi** and **Dr. Raghvendra Rao** for gracing the Inauguration of the International Yoga Week as the **Chief Guest** and **Inaugural Speaker** respectively.

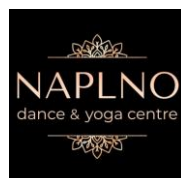
We share our deepest gratitude to **Dr. Chinmay Pandya** for sending in his best wishes to the Foundation as the **Guest of Honour**.

We also thank our **Special Guests: Dr. Om Jee Upadhyay, Dr. Avkash Jadhav, Dr. Suresh Lal Barnwal, Ms. Jana Bagarova, Shri. Vijay Kukreja, Shri. Uday Deshpande, Dr. Surendra Kumar, Dr. Rajvi H. Mehta, Ms. Panna Panchal, Ms. Jana Patil, Dr. Urmi Shah and Shri. Vinayak Paranjpe** for gracing the weeklong celebration with their esteemed presence and sharing wonderful insights on the enormous benefits of Yoga.

Lastly, huge thanks to all the **Participants** for tuning in live to watch all the events of the International Yoga Week on KAASH Foundation's YouTube Channel.

The continuous support of everyone involved in the International Yoga Week has only driven KAASH Foundation to raise the bar of excellence with every subsequent event.

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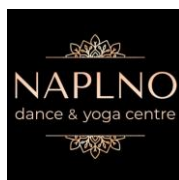


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**KEY PROMOTIONS
FOR THE
INTERNATIONAL YOGA WEEK**

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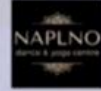




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Central Council for Research in Yoga and Naturopathy (CCRYN),
Ministry of AYUSH, Government of India

&

Morarji Desai National Institute of Yoga (MDNIY),
Ministry of AYUSH, Government of India

in collaboration with

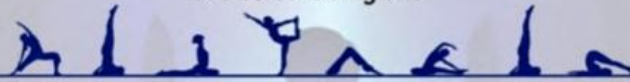
KAASH Foundation's KAASH Swaasthya Manthan

and with the support of

NAPLNO Dance and Yoga Centre, Prague, Czech Republic
Institute of Yogarts, Harrow, United Kingdom

&

Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand
are celebrating the



INTERNATIONAL YOGA WEEK

(As per the Common Yoga Protocol by the Ministry of AYUSH, Government of India)

DATE: 15th JUNE - 21st JUNE 2021
5 PM TO 6 PM



REGISTRATION IS FREE



Dr. Raghendra Rao

Director,

Central Council for Research in
Yoga and Naturopathy,
Ministry of AYUSH,
Government of India.

Program Directors

Dr. Avkash Jadhav

Director,

Centre for Academic &
Professional Development (CAPD)
Founder - Trustee,
KAASH Foundation

Dr. Ishwar V. Basavaraddi

Director,

Morarji Desai National
Institute of Yoga,
Ministry of AYUSH,
Government of India.

Dr. Suresh Lal Barnwal

Dean and Head, Department of Yogic

Sciences and Human Consciousness,
School of Indology, Faculty of Yoga and Health,
Dev Sanskriti Vishwavidyalaya,
Haridwar, Uttarakhand, India.

All the sessions will be live - streamed on

KAASH Foundation's YouTube Channel

For further details, kindly visit our website:

www.kaashfoundation.org



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OUR AFFILIATED PARTNERS FOR THE
INTERNATIONAL YOGA WEEK

15th JUNE - 21st JUNE 2021



Tatva
(Elements of Healing)



Arogya Yoga and Naturopathy
Institute



Institute of Wellness Engineering



Uday Ek Naya Sawera



PRIDE AGE
Pride Age India



Silver Innings



Shree Samarth Vyayam Mandir



Mandapeshwar Utsav Samiti

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KAASH SWAASTHYA MANTHAN (K S M)

Kaash Foundation is a Mumbai based registered NGO working on the Four Verticals of E2/H2 i.e. Education, Environment, Health and Heritage. Under our Health Vertical, we launched the KAASH Swaasthya Manthan (KSM) on 21st May 2020. KAASH Swaasthya Manthan aims to work as a catalyst to create a healthy and harmonious environment.

KAASH SWAASTHYA MANTHAN KSM PROPOSES TO ACHIEVE THE FOLLOWING OBJECTIVES:

- 1) Creating awareness and promoting Non-Allopathic Treatments and Natural Processes of Healing.
- 2) Creating awareness and encouraging conversations on Female Sanitation and Hygiene.
- 3) Promoting the Medical Assistance of Physical and Mental Health through various Health Camps.
- 4) Linking various Government Projects to genuine Beneficiaries.

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CONCEPT NOTE

योगश्चतित्वृत्तनिरोधः

'Yogaś citta-vṛtti-nirodhah'

(Yoga is to still the patterning of consciousness. – The Yoga Sutra of Patanjali)

Derived from the Sanskrit word 'Yug' which literally translates to 'union' or 'yoking', Yoga is a subtle science which aims to unite one's mind, body and soul. Its origins can be traced back to Ancient India with its mention in our oldest Veda - The Rigveda which has been refined by the Yogis of India.

Yoga is often mistaken for postures and breathing exercises. In reality, however, Yoga has a much deeper meaning to it and comprises of 8 major limbs: YAMA (moral discipline), NIYAMA (positive duties), ASANA (posture), PRANAYAMA (breathing techniques), PRATYAHARA (sense of withdrawal), DHARNA (focused concentration), DHYANA (meditative absorption) and SAMADHI (enlightenment). It is only when a man has mastered all of these can he attain Moksha/Nirvana. Thus, Yoga aims to achieve self-realisation to overcome all kinds of sufferings.

The impact of Yoga resonates not only in India or the sub-continent, but also, in the West, with an increasing number of countries adopting Yoga as a 'way of life'.

Celebrating the invaluable benefits of the age-old practice and acknowledging the universal appeal to lend Yoga its due recognition, the United Nations, in 2014, declared 21st June (the longest day in the northern hemisphere) as the International Day of Yoga. According to the resolution adopted by the General Assembly in 2014, "The United Nations recognizes that Yoga provides a holistic approach to health and well-being and that the wider dissemination of information about the benefits of practising yoga would be beneficial for the health of the world population."

At the onset of the COVID-19 pandemic in 2020, the United Nations reaffirmed its stance on the importance of Yoga through a statement by H.E. Tijjani Muhammad-Bande

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President of the General Assembly: "The celebration of the International Day of Yoga is a unique opportunity to recognise the holistic approach to health and well-being provided by the practice of Yoga - especially in times like these. The COVID-19 pandemic has created a new reality for many of us. It has disrupted lives, created loneliness caused by social distancing, as it has also led to increased anxiety caused by economic difficulties, fear of illness, and worry about loved ones. This year's celebration comes amidst this critical context. In commemorating the International Day of Yoga, we recognise the important benefits of practicing yoga, and its potential in helping people deal with increased anxiety due to disruptions caused by the pandemic."

This year, as the country is groping with the second wave of COVID-19 and the uncertainty that it brings along, the health of an individual and the society becomes a matter of utmost concern. The impact of the current issue has made people of all ages think and talk about 'Physical' and 'Mental' Health more than ever before. Needing immunity levels to the highest efficiency, people have been concerned about finding the right, safe and cost-effective method to maintain their health. At the same time, sporadic lockdowns have resulted in 'work from home' scenarios wherein people have been devoid of outdoor physical activities, thus, accentuating the urban sedentary lifestyle. Therefore, considering the situation, the United Nations has declared 'Yoga at Home, Yoga with Family' as the theme for International Day of Yoga 2021.

We, at KAASH Foundation, have always acknowledged Yoga's vitality, not in isolation, but in sync with aspects such as Psychology, Psychiatry, Dietary Patterns and discovering the 'inner self' and also, as an excellent tool to attain maximum level of health and harmony. It is with this enthusiasm and vigour to spread awareness and educate masses about the importance of Yoga that we announce a week-long program this year, from 15th June to 21st June 2021, thus, culminating our celebrations with the International Day of Yoga. The week-long program will witness a series of sessions for the larger benefit of the entire society, including Children, Women and Senior Citizens.

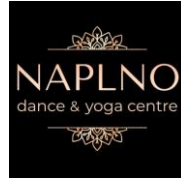
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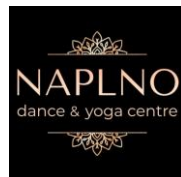


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VITAL STATISTICS FOR THE INTERNATIONAL YOGA WEEK

- Number of Resource Persons: 16
- Number of Performances: 5
- Participation from 10 Countries: Algeria, Czech Republic, Israel, Nepal, Pakistan, Spain, Sri Lanka, United Arab Emirates, United Kingdom and United States of America
- Number of Collaborators: 5
- Number of Affiliating Partners: 8
- Total Registrations: 70 +
- Live Streaming on KAASH Foundation's YouTube Channel:
(as recorded on 2nd September 2021)
 - 15th June 2021: 1 hour 40 minutes+
 - 16th June 2021: 1 hour+
 - 17th June 2021: 1 hour+
 - 18th June 2021: 1 hour 10 minutes+
 - 19th June 2021: 1 hour
 - 20th June 2021: 1 hour 10 minutes+
 - 21st June 2021: 1 hour 45 minutes+
- Successful Views: (as recorded on 2nd September 2021)
 - 15th June 2021: 400+
 - 16th June 2021: 410+
 - 17th June 2021: 900+
 - 18th June 2021: 260+
 - 19th June 2021: 330+
 - 20th June 2021: 220+
 - 21st June 2021: 300+



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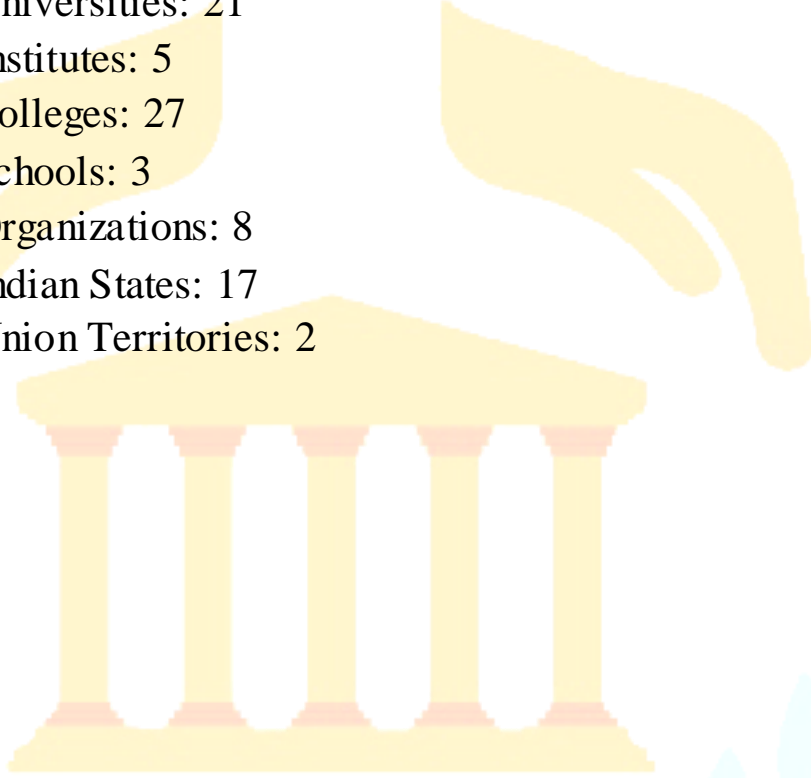




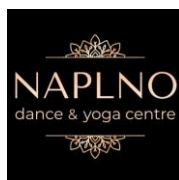
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- Rating of Excellence: ☆☆☆☆☆
- Participation from Universities: 21
- Participation from Institutes: 5
- Participation from Colleges: 27
- Participation from Schools: 3
- Participation from Organizations: 8
- Participation from Indian States: 17
- Participation from Union Territories: 2



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INTRODUCTION OF KAASH FOUNDATION

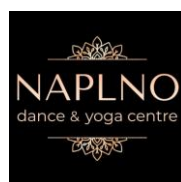
KAASH FOUNDATION is a Mumbai based registered charitable trust dedicated to the area of E2H2 (Education, Environment, Health and Heritage). The Foundation selflessly renders its service for the upliftment and betterment of the society. The soul of KAASH is their enthusiastic team which focuses on the multi-dimensional progress of the Foundation. KAASH organises various events like exhibitions, conferences and symposiums, which not only enlighten, but also provoke individuals to think and comprehend vividly in terms of Environment, Education, Health and Heritage. In short, KAASH Foundation is a sincere initiative to conserve and preserve our society, health and mind.

Education is the most powerful weapon which you can use to change the world.

These are the words of Nelson Mandela, an idealistic personality. KAASH Foundation is an initiative that takes responsibility to sharpen this powerful weapon called **Education**. We strive to explore different arenas of knowledge in terms of encouraging students to think and work beyond limits and boundaries. KAASH aims at the holistic development of educating the young minds of the society. It is rightly said, *Education breeds Confidence, Confidence breeds Hope, and Hope breeds Peace*. This is the ultimate aim of KAASH Foundation with respect to education.

It is our collective and individual responsibility to preserve and tend to the world in which we all live.

These words of The Dalai Lama generates in us, a sense of responsibility towards the environment. **Environment** is the second area focused by KAASH Foundation. The trees, the plants, the flowers, the forest and each element of the environment should be conserved and protected. It is rightly said by Margaret Mead, 'We won't have society if we destroy the environment'. Going by this belief, KAASH Foundation strives to raise its voice against the injustice towards nature and also to protect the society. One such incident was the Foundation's involvement in the





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Save Aarey Movement. The environment in which we live is not yours, nor mine; it's ours. So let's protect our mother nature who nourishes us.

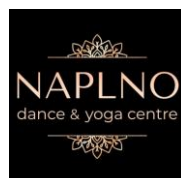
It is health that is real wealth and not pieces of gold and silver.

These words of Mahatma Gandhi state the importance of health. **Health** is the third area focused by KAASH Foundation. It is rightly emphasized, 'The mind and body are not separate, what affects one will affect the other'. Our conversations on health should not only be confined to physical health, but also, include mental health. By thrusting ourselves on this belief, KAASH Foundation organises various events, awareness programmes and medical camps to achieve our goal based on the axiom, 'The body achieves that, which the mind believes'.

The heritage of the past is the seed that brings forth the harvest of the future.

These words of Wendell Phillips help us to understand the importance of Heritage. **Heritage** is the fourth area focused by KAASH Foundation. As we water the seeds to grow into a tree; we should preserve our heritage in order to relish our glorious past. KAASH Foundation organises various initiatives to protect and maintain the heritage sites; as we believe that maintaining one's culture, values and traditions is invaluable.

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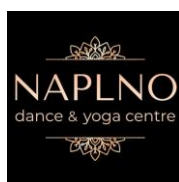
INTRODUCTION TO THE INTERNATIONAL YOGA WEEK

Universities, college campuses and other intellectual and academic institutions are buzzing cultural hubs where students and scholars from nations around the world could congregate in close proximity to each other and share their knowledge. Recently, the foundations of this unique ecosystem have been impacted significantly by the rapid spread of the COVID-19 pandemic, creating uncertainty regarding the implications for such scholarly assemblies. With schools and educational institutions closed down, the world had to get accustomed to the 'new normal' of digital meetings.

Not letting these roadblocks affect the various undertakings of KAASH Foundation under its four verticals of E2H2, i.e. Education, Environment, Health and Heritage, it began the journey of creating a new space on the digital platform where the seekers of knowledge could come together and quench their thirst for wisdom. From May 2020, KAASH Foundation has been actively involved in organizing numerous international and national symposiums, webinars and conferences, all conducted through online meetings, in accordance with the social distancing norms. Through these events, thousands of participants from around the world have benefitted and proven yet again, that knowledge knows no bounds.

Since its inception, KAASH Foundation has always reiterated the significance of health as the key to a joyful and a living society. However, the Foundation has always strived to shift the paradigms on health, by not only focusing on the physical aspect, but also the mental, emotional and spiritual aspects.

Following the legacy of the grand successes of 18 Health Webinars, KAASH Foundation embarked on a new adventure of a week-long celebration of Yoga to kindle and reinvigorate in people an interest about the ancient practice. The International Yoga Week was organized by KAASH Foundation and its wonderful collaborators from 15th June, 2021 to 21st June, 2021. Scholars from across the



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world shared their knowledge on various aspects of Yoga; its value, relevance and importance in the 21st century.

KAASH Foundation had the privilege to collaborate with such distinguished institutions and organizations that have relentlessly directed their efforts for the betterment of the society. These institutions and organizations are:

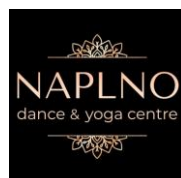
- Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Government of India
- Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India
- NAPLNO Dance and Yoga Centre, Prague, Czech Republic
- Institute of Yogarts, Harrow, United Kingdom
- Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand

The Foundation was also honoured to receive tremendous support from:

- Tatva (Elements of Healing)
- Arogya Yoga and Naturopathy Institute
- Institute of Wellness Engineering
- Uday Ek Naya Sawera
- Pride Age India
- Silver Innings
- Swami Samarth Vyayam Mandir
- Mandapeshwar Utsav Samiti

The contribution of these institutions in the fields of Yoga, health and wellbeing of people is indeed noteworthy.

The week long gala saw scholars from the fields of yoga, health, naturopathy and ayurveda come together to share their insights on a myriad of topics related to the United Nations' theme for International Day of Yoga 2021 – 'Yoga at Home, Yoga with Family'. This congregation of scholars included:



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15TH JUNE 2021: INAUGURATION

- **Dr. Chinmay Pandya**, Pro-Vice Chancellor, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand was the *Guest of Honour*. Though he could not grace the inauguration due to prior commitments, he made sure to send in his deliberation on the *Relevance of Yoga* through a pre-recorded audio-visual.
- **Dr. Ishwar V. Basavaraddi**, Director, Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India. Gracing the inauguration as the *Chief Guest*, he deliberated on *Yoga: Our Ancient Wisdom and its Relevance Today*.
- **Dr. Raghvendra Rao**, Director, Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Government of India. Gracing the inauguration as an *Inaugural Speaker*, he emphasized on *The Role of Yoga in COVID*.
- **Dr. Om Jee Upadhyay**, Director (Research and Administration), Indian Council of Historical Research, New Delhi, India. Gracing the inauguration as a *Special Guest*, he spoke about *Yoga as the only Path for a Holistic Wellbeing*.
- **Dr. Avkash Jadhav**, Head and Associate Professor, Department of History, St. Xavier's College (Autonomous), Mumbai, India. Gracing the event as the Program Director as well as a *Special Guest* for the inauguration, he discussed *Emotional Management through Yoga*.

16TH JUNE 2021: 12TH INTERNATIONAL SYMPOSIUM

- **Dr. Suresh Lal Barnwal**, Dean and Head, Department of Yogic Sciences and Human Consciousness, School of Indology, Faculty of Yoga and Health, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand. Gracing the 12th International Symposium as a *Special Guest*, he spoke about *Yogic Lifestyle in the present scenario*.
- **Ms. Jana Bagarova**, Founder, NAPLNO Dance and Yoga Centre, Prague, Czech Republic. Gracing the 12th International Symposium as a *Special Guest*, she elaborated on the *Elucidation of Life through Yoga in Czech Republic*.



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17TH JUNE 2021: 19TH HEALTH WEBINAR

- **Shri. Vijay Kukreja**, Founder, Arogya Yoga and Naturopathy Institute, Maharashtra. Gracing the 19th Health Webinar as a *Special Guest*, he deliberated on *Yoga: A Catalyst to Boost Immunity Levels*.
- **Shri. Uday Deshpande**, Chief Trainer and Hon. Chief Head, Shree Samarth Vyayam Mandir, Mumbai. Gracing the 19th Health Webinar as a *Special Guest*, he deliberated on *Mallakhamb: An Extension of Yoga on Poles and Ropes*.

18TH JUNE 2021: 20TH HEALTH WEBINAR

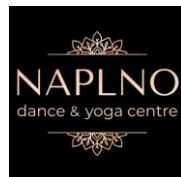
- **Dr. Surendra Kumar**, Head, Department of Yogic Sciences, Gurukula Kangri (Deemed to be University), Haridwar, Uttarakhand, India. Gracing the 20th Health Webinar as a *Special Guest*, he spoke on *मनोविकारों के निवारण में योग सूत्र की भूमिका*.
- **Dr. Rajvi Mehta**, Senior Yoga Teacher at Iyengar Yogashraya. Gracing the 20th Health Webinar as a *Special Guest*, she discussed on the importance of *Yoga under Extreme Adversities*.

19TH JUNE 2021: 13TH INTERNATIONAL SYMPOSIUM

- **Ms. Panna Panchal**, Founder, Panna Yogarts, Harrow, United Kingdom. Gracing the 13th International Symposium as a *Special Guest*, she deliberated on *Integrating Yogic Tips and Philosophies into our Lifestyle*.
- **Ms. Jana Patil**, Yoga Instructor, Prague, Czech Republic. Gracing the 13th International Symposium as a *Special Guest*, she discussed *Yoga in Czech Republic and in her Life*.

20TH JUNE 2021: 21ST HEALTH WEBINAR

- **Dr. Urmi Shah**, General Ophthalmologist and Medical Retina Consultant. Gracing the 21st Health Webinar as a *Special Guest*, she deliberated on *Eye Care in times of COVID*.





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- **Shri. Vinayak Paranjpe**, Holistic Health Healer. Gracing the 21st Health Webinar as a *Special Guest*, he deliberated on *Yoga and Acupressure: Two Sides of the Same Coin*.

21ST JUNE 2021: INTERNATIONAL DAY OF YOGA

- Members of Shree Samarth Vyayam Mandir in Dadar, Mumbai demonstrated the Pole and Rope Mallakhamb.
- Members of the Institute of Yogarts in Harrow, United Kingdom demonstrated a few Yoga and Meditation techniques.
- Ms. Pooja Malkar and Ms. Uma Parab demonstrated a few yoga *asanas* from the Common Yoga Protocol.
- Ms. Zuzana from NAPLNO Dance and Yoga Centre in Prague demonstrated a few Yoga techniques as practiced in Czech Republic.

Without any doubt, the week-long event was a grand success owing to the efforts of all the program directors and coordinators, and of course, Dr. Avkash Jadhav, the Founder – Trustee, and Ms. Renuka Vyas, Joint Director (Health), who have always been the Foundation's pillars of strength.

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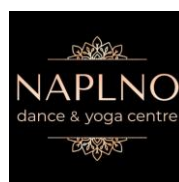
DETAILS OF OUR COLLABORATORS

1. CENTRAL COUNCIL FOR RESEARCH IN YOGA AND NATUROPATHY, MINISTRY OF AYUSH, GOVERNMENT OF INDIA

The Central Council for Research in Yoga & Naturopathy (CCRYN) was established in 1978 as the apex body for Research and Development in Yoga and Naturopathy. It is recognized under the Societies Registration Act, 1860 as an autonomous institution with the Minister of State for AYUSH (Independent Charge) as its President. The CCRYN functions under the Ministry of AYUSH, Government of India which funds all its activities and efforts towards developing education, research and propagation of indigenous alternative medicine systems in India. Various premier Medical, Yoga and Naturopathy institutions of the country have been carrying out the Council's research work with the Council's financial aid. Since its inception, the Council has strived to promote, propagate, educate and train people throughout India and the world about the systems and practices of Yoga and Naturopathy through its publications, workshops and seminars etc.

2. MORARJI DESAI NATIONAL INSTITUTE OF YOGA, MINISTRY OF AYUSH, GOVERNMENT OF INDIA

The Morarji Desai National Institute of Yoga (MDNIY) is an autonomous organisation established in 1970 under the Ministry of AYUSH, Government of India. It is the nodal agency for Planning, Training, Promotion and Coordination of Yoga Education, Training, Therapy and Research in all its aspects. The Vision and Mission of the Institute states: 'Health, Harmony and Happiness for all through Yoga'. Through the promotion of classical Yoga, the MDNIY aims to inculcate a deeper understanding of Yoga, its philosophy and practices amongst the people. The Institute holds the mandate to promote Yogic philosophy and facilitate training and advanced research on the subject. Since 2016, the MDNIY has been organising Yoga Mahotsav annually which is a curtain raiser for





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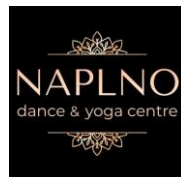
International Day of Yoga (IDY). It was instituted to sensitize the masses regarding the celebration of IDY.

3. NAPLNO DANCE AND YOGA CENTRE, PRAGUE, CZECH REPUBLIC

NAPLNO Dance and Yoga Centre in Prague, Czech Republic is a studio focusing on various types of dance and yoga. This studio provides regular courses, private lessons, seminars and also, conducts live performances. The lessons are conducted by lecturers who are professional and enthusiastic about movement and everything related to it.

4. DEV SANSKRITI VISHWAVIDYALAYA, HARIDWAR, UTTARAKHAND

Dev Sanskriti Vishwavidyalaya was initially founded as 'Dev Sanskriti Mahavidyalaya' in 1999 through the efforts of Her Holiness Vandaniya Mata ji. It was recognized by the University Grants Commission, India under the University Grants Commission Act, 1956 in 2002. It has also been duly certified by ISO 9001:2015 and accredited by NAAC. The Institute aims to integrate modern and ancient Indian sciences in a practical way that is motivated by the goal of health and happiness for all beings in the world. The vision of Dev Sanskriti Vishwavidyalaya is to unite contemporary education with spiritual training to cultivate well-rounded, competent and personally uplifted graduates, who possess a scientifically grounded understanding and experience of spiritual transformation and a powerful drive to use their gifts to promote the greater good of society. The institute carries out innovative scientific research in ancient sciences that is aimed at grassroot application in collaboration with the relevant modern sciences. The primary areas of research undertaken by the institute include Ayurveda and Yagyopathy; Total Psychology; The Science of Vedic Mantras and its Therapeutic Applications; The Philosophy and Science of Yoga, Sadhana, Mantra and Tantra; and The Science of Spirituality.



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DR. AVKASH JADHAV FOUNDER - TRUSTEE OF KAASH FOUNDATION

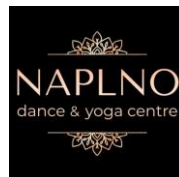
Leadership is the capacity to translate vision into reality.

- *Anonymous*

A B.A. (Gold Medallist) in History and a Ph.D in The Labour Movement, Dr. Avkash Jadhav's scholarly works revolve around Labour Studies, Religion and Philosophy, Human Rights, Ancient and Modern India etc. He is a recipient of numerous scholarships and travel grants for academic pursuits and has published over 27 research papers in various National and International journals, volumes and books. He has participated in more than 170 International and National Conferences, Seminars and Workshops and is affiliated to various academic bodies. He was nominated as a Municipal Councillor in the B.M.C. (2012-2017) as a representative from the academic section, wherein he played an instrumental role in the policy making decisions of several government bodies. Currently, he is the Head and Associate Professor of the Department of History at St. Xavier's College (Autonomous), Mumbai and also, the Founder-Trustee of KAASH Foundation, Mumbai. On an all encompassing note, he is a poet, an erudite international research scholar, a documentary maker and a well known historian.

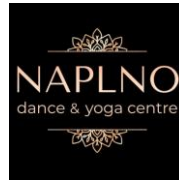
SOCIAL ACTIVITIES UNDERTAKEN BY DR. AVKASH JADHAV:

1. Took up the environmental issue of Sanjay Gandhi National Park, a Forest cover spread on 103 sq.kms along with 2000 years old ancient Buddhist caves at Kanheri. The movement continued for 11 years from 2000-2011 and finally after a massive survey and regular correspondence, he helped in declaring it as 'No Plastic Zone' in November, 2011.
2. Flood Relief Drive during the major deluge in Mumbai in July, 2005. The drive continued for almost a month i.e. July-August, 2005.



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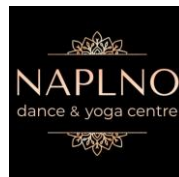


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3. Conducted various programmes for students on Right To Information Act, Disaster Management, Training in Civil Defence, Environmental Protection and Conservation of Heritage sites (Kanheri Caves).
4. Conducted a 12 day tour to Vidarbha in the rural part of Maharashtra state in India and conducted the Survey on the issue of Farmers committing Suicides in the region (2008).
5. Organised protest rallies against the terrorist attack and serial Train Blasts in Mumbai India (2006), on the Jaitapur Nuclear Plant in Maharashtra, India (2011), and Oil Spills due to the massive ship wreck on the shore of Arabian sea in Mumbai (August, 2010).
6. Closely involved with various N.G.Os for promoting Human Rights.
7. Have been involved with the 'Save Aarey Forest Movement', whereby protecting the eco system of 1200 hectares of forest land against the arbitrary development policy at Goregaon in Mumbai.
8. He has taken up issues on the protection and conservation of the Heritage in the city.

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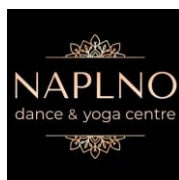


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**FLYERS OF THE
RESOURCE PERSONS
FOR THE
INTERNATIONAL YOGA WEEK**

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INAUGURAL SESSION FOR INTERNATIONAL YOGA WEEK 15th JUNE 2021 - 21st JUNE 2021

DATE:
15th JUNE 2021

TIME:
5:00 PM - 7:00 PM

GUEST OF HONOUR



DR. CHINMAY PANDYA

Pro Vice-Chancellor,
Dev Sanskriti Vishwavidyalaya,
Haridwar, Uttarakhand, India.

TITLE: Relevance of Yoga

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INAUGURAL SESSION FOR INTERNATIONAL YOGA WEEK 15th JUNE 2021 - 21st JUNE 2021

DATE:
15th JUNE 2021

TIME:
5:00 PM - 7:00 PM

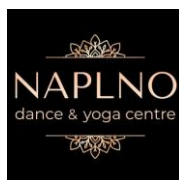
CHIEF GUEST



DR. ISHWAR V. BASAVARADDI
Director, Morarji Desai National Institute of Yoga,
Ministry of AYUSH, Government of India.

TITLE: Yoga: Our Ancient Wisdom and its Relevance Today

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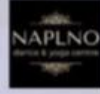




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INAUGURAL SESSION FOR INTERNATIONAL YOGA WEEK 15th JUNE 2021 - 21st JUNE 2021

DATE:
15th JUNE 2021

TIME:
5:00 PM - 7:00 PM

INAUGURAL SPEAKER



DR. RAGHVENDRA RAO

Director, Central Council for Research in Yoga and
Naturopathy, Ministry of AYUSH, Government of India.

TITLE: The Role of Yoga in COVID

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INAUGURAL SESSION FOR INTERNATIONAL YOGA WEEK 15th JUNE 2021 - 21st JUNE 2021

DATE:
15th JUNE 2021

TIME:
5:00 PM - 7:00 PM

SPECIAL GUESTS

DR. OM JEE UPADHYAY

Director (Research and Administration),
Indian Council of Historical Research,
New Delhi, India.



TITLE: Yoga: The only Path for a Holistic Wellbeing

DR. AVKASH JADHAV

Head and Associate Professor,
Department of History,
St. Xavier's College (Autonomous),
Mumbai, India.



TITLE: Emotional Management through Yoga

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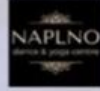




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SPEAKERS FOR
12TH INTERNATIONAL SYMPOSIUM
INTERNATIONAL YOGA WEEK
15th JUNE 2021 - 21st JUNE 2021

DATE:
16th JUNE 2021

TIME:
5:00 PM - 6:00 PM

SPECIAL GUESTS

DR. SURESH LAL BARNWAL



Dean and Head,
Department of Yogic Sciences and
Human Consciousness,
School of Indology, Faculty of Yoga and Health,
Dev Sanskriti Vishwavidyalaya,
Haridwar, Uttarakhand, India.

TITLE: Yogic Lifestyle in the present scenario

MS. JANA BAGAROVA

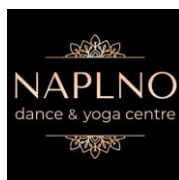
Founder,
NAPLNO Dance and Yoga Centre,
Prague, Czech Republic



TITLE: Elucidation of Life through Yoga in Czech Republic

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SPEAKERS FOR
19TH HEALTH WEBINAR

INTERNATIONAL YOGA WEEK

15th JUNE 2021 - 21st JUNE 2021

DATE:

17th JUNE 2021

TIME:

5:00 PM - 6:00 PM

SPECIAL GUESTS

SHRI. VIJAY KUKREJA

YCB Certified, Ministry of AYUSH,
Government of India.

D.N.Y.S., Naturopath.

Yoga Teacher, Lecturer, Consulting
Naturopath and Yoga Consultant.

Founder, Arogya Yoga and Naturopathy Institute,
Maharashtra, India.

TITLE: Yoga: A Catalyst to Boost Immunity Levels

DR. UDAY DESHPANDE

Chief Trainer and Hon. Chief Head,
Shree Samarth Vyayam Mandir,
Mumbai, India

TITLE: Mallakhamb: An Extension of Yoga on Poles and Ropes

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SPEAKERS FOR
20TH HEALTH WEBINAR

INTERNATIONAL YOGA WEEK

15th JUNE 2021 - 21st JUNE 2021

DATE:

18th JUNE 2021

TIME:

5:00 PM - 6:00 PM

SPECIAL GUESTS

DR. SURENDRA KUMAR



Head, Department of Yogic Sciences,
Gurukula Kangri
(Deemed to be University),
Haridwar, Uttarakhand, India

TITLE: मनोविकारो के निवारण मे योग सूत्र की भूमिका

DR. RAJVI H. MEHTA

Senior Yoga Teacher
at Iyengar Yogashraya



TITLE: Yoga under Extreme Adversities

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SPEAKERS FOR
13TH INTERNATIONAL SYMPOSIUM
INTERNATIONAL YOGA WEEK
15th JUNE 2021 - 21st JUNE 2021

DATE:
19th JUNE 2021

TIME:
5:00 PM - 6:00 PM

SPECIAL GUESTS



MS. PANNA PANCHAL

Founder,
Panna Yogarts,
Harrow, United Kingdom.

TITLE: Integrating Yogic Tips and Philosophies into our Lifestyle

MS. JANA PATIL

Yoga Instructor,
Prague, Czech Republic.



TITLE: Yoga in Czech Republic and in my Life

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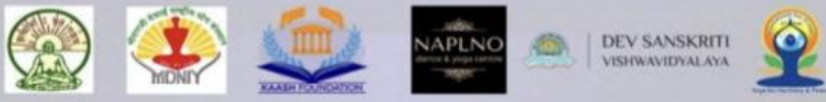




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**SPEAKERS FOR
21ST HEALTH WEBINAR
INTERNATIONAL YOGA WEEK
15th JUNE 2021 - 21st JUNE 2021**

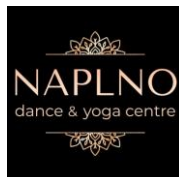
DATE: 20th JUNE 2021 **TIME:** 5:00 PM - 6:00 PM

SPECIAL GUESTS


DR. URMI SHAH
M.B.B.S., M.S.
General Ophthalmologist and
Medical Retina Consultant.
TITLE: Eye Care in times of COVID

**SHRI. VINAYAK
PARANJPE**
Holistic Health Healer

TITLE: Yoga and Acupressure: Two Sides of the Same Coin

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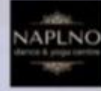




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INTERNATIONAL YOGA WEEK
15th JUNE 2021 - 21st JUNE 2021

INTERNATIONAL DAY OF YOGA

DATE:
21st JUNE 2021

TIME:
5:00 PM - 6:00 PM

We present to you, performances on



Mallakhamb

By Shree Samarth Vyayam Mandir,
Dadar



Deep Yoga

By Jaanhavi Malkar, Pooja Malkar
and Uma Parab



Yoga in Daily Life By Zuzana

Event Coordinator:
NAPLNO Dance and Yoga Centre,
Prague, Czech Republic



Yoga

By Institute of Yogarts,
Harrow, United Kingdom

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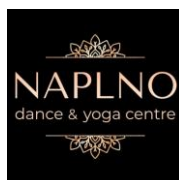


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**SCHEDULE CHART
FOR THE
INTERNATIONAL YOGA WEEK**

KAASH FOUNDATION



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SCHEDULE FOR INTERNATIONAL YOGA WEEK 15TH JUNE 2021 - 21ST JUNE 2021

SR. NO.	DATE & DAY	TIME	RESOURCE PERSON	TITLE OF THE PRESENTATION
1.	15th June 2021 (Tuesday) Inauguration	5:00 - 5:20 PM	Guest of Honour Dr. Chinmay Pandya Pro Vice-Chancellor, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand, India.	Relevance of Yoga
		5:20 - 5:40 PM	Chief Guest Dr. Ishwar V. Basavaraddi Director, Morarji Desai National Institute of Yoga, Ministry of AYUSH, Government of India.	Yoga: Our Ancient Wisdom and its Relevance Today
		5:40 - 6:00 PM	Inaugural Speaker Dr. Raghendra Rao Director, Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, Government of India	The Role of Yoga in COVID
		6:00 - 6:20 PM	Special Guest Dr. Om Jee Upadhyay Director (Research and Administration), Indian Council of Historical Research, New Delhi, India.	Yoga: The only Path for a Holistic Wellbeing
		6:20 - 6:40 PM	Special Guest Dr. Avkash Jadhav Head & Associate Professor, Department of History, St. Xavier's College (Autonomous), Mumbai, India.	Emotional Management through Yoga
2.	16 th June 2021 (Wednesday) 12th International Symposium	5:00 - 5:30 PM	Special Guest Dr. Suresh Lal Barnwal Dean and Head, Department of Yogic Sciences and Human Consciousness, School of Indology, Faculty of Yoga and Health, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand, India.	Yogic Lifestyle in the present scenario
		5:30 - 6:00 PM	Special Guest Ms. Jana Bagarova Founder, NAPLNO Dance and Yoga Centre, Prague, Czech Republic.	Elucidation of Life through Yoga in Czech Republic
3.	17 th June 2021 (Thursday)	5:00 - 5:30 PM	Special Guest Shri. Vijay Kukreja YCB Certified, Ministry of AYUSH, Government of India	Yoga: A Catalyst to Boost Immunity Levels

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	19th Health Webinar		D.N.Y.S., Naturopath Yoga Teacher, Lecturer, Consulting Naturopath and Yoga Consultant. Founder, Arogya Yoga and Naturopathy Institute, Maharashtra, India.	
		5:30 – 6:00 PM	Special Guest Shri. Uday Deshpande Chief Trainer and Hon. Chief Head, Shree Samarth Vyayam Mandir, Mumbai, India.	Mallakhamb: An Extension of Yoga on Poles and Ropes
4.	18 th June 2021 (Friday)	5:00 – 5:30 PM	Special Guest Dr. Surendra Kumar Head, Department of Yogic Sciences, Gurukula Kangri (Deemed to be University), Haridwar, Uttarakhand, India	मनोविकारों के निवारण में योग सूत्र की भूमिका
	20th Health Webinar	5:30 – 6:00 PM	Special Guest Dr. Rajvi H. Mehta Senior Yoga Teacher at Iyengar Yogashraya	Yoga under Extreme Adversities
5.	19 th June 2021 (Saturday)	5:00 – 5:30 PM	Special Guest Ms. Panna Panchal Founder, Panna Yogarts, Harrow, United Kingdom.	Integrating Yogic Tips and Philosophies into our Lifestyle
	13th International Symposium	5:30 – 6:00 PM	Special Guest Ms. Jana Patil Yoga Instructor, Prague, Czech Republic.	Yoga in Czech Republic and in my Life
6.	20 th June 2021 (Sunday)	5:00 – 5:30 PM	Special Guest Dr. Urmi Shah General Ophthalmologist and Medical Retina Consultant	Eye Care in times of COVID
	21 st Health Webinar	5:30 – 6:00 PM	Special Guest Shri. Vinayak Paranjpe Holistic Health Healer	Yoga and Acupressure: Two Sides of the Same
7.	21 st June 2021 (Monday)	5:00 – 5:15 PM	Shree Samarth Vyayam Mandir, Dadar	Mallakhamb
	International Day of Yoga	5:15 – 5:30 PM	Jaanhavi Malkar, Pooja Malkar and Uma Parab	Deep Yoga
		5:30 – 5:45 PM	Zuzana	Yoga in Daily Life
		5:45 – 6:00 PM	Institute of Yogarts, Harrow, United Kingdom	Yoga

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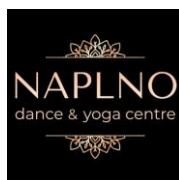


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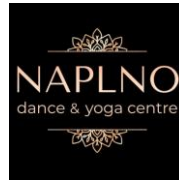
**REPORT
OF THE
INTERNATIONAL YOGA WEEK**

KAASH FOUNDATION



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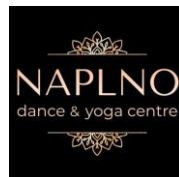
Yoga is both: an art and a science that helps one lead a healthy living. It is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between the mind and body. The holistic approach of yoga is well established over several centuries and it creates harmony in all walks of life and is hence, well known for its ability in the prevention of diseases, promotion of health and management of many lifestyle-related disorders. Today, yoga is popular across the globe, not just because of its efficacy in the management of some diseases, but also for its strength in providing relief to the practitioner, from mental and emotional distress and generating an overall feeling of well-being. Today, yoga is being practiced worldwide as part of a healthy lifestyle.

As we continue to live in the midst of the COVID19 pandemic, where restrictions or lockdowns in various parts of the globe have confined people to the four walls of their homes, 'Physical' and 'Mental' Health have gained utmost significance. Considering this, and the vital role that Yoga plays in connecting the two, the United Nations declared 'Yoga at Home, Yoga with Family', as the theme for this year's International Day of Yoga.

Last year, KAASH Foundation's KAASH Swaasthya Manthan had organized a three-day health series on Yoga in collaboration with Kaivalyadhama, Mumbai. And this year, the Foundation decided to expand its horizons by celebrating the International Yoga Week from 15th June 2021 – 21st June 2021. The week-long gala consisted of intriguing International Symposiums, informative Health Webinars and fantastic performances of Mallakhamb, Meditation and Deep Yoga. It witnessed notable dignitaries and eminent scholars imparting their knowledge and expertise in the field of Health and Yoga; and sharing their insights with our eager viewers.

This grand event was conducted in collaboration with:

- 1) Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Government of India
- 2) Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India
- 3) NAPLNO Dance and Yoga Centre, Prague, Czech Republic



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- 4) Institute of Yogarts, Harrow, United Kingdom
- 5) Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand

The event was also generously supported by:

- 1) Tatva (Elements of Healing)
- 2) Institute of Wellness Engineering
- 3) Arogya Yoga and Naturopathy Institute
- 4) Silver Innings
- 5) Pride Age India
- 6) Shree Samarth Vyayam Mandir
- 7) Mandapeshwar Utsav Samiti

15TH JUNE 2021: INAUGURATION

The celebration commenced with the Inauguration of the International Yoga Week on 15th June 2021. Graced by 5 eminent resource persons with a remarkable knowledge in the field of Yoga, Day 1 was filled with enriching deliberations. The Guest of Honour was Dr. Chinmay Pandya, Pro Vice-Chancellor of Dev Sanskriti Vishwavidyalaya in Haridwar, Uttarakhand. The Chief Guest for the day was Dr. Ishwar V. Basavaraddi, Director of Morarji Desai National Institute of Yoga, Ministry of AYUSH, Government of India. The Inaugural Speaker was Dr. Raghvendra Rao, Director, Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, Government of India. The two Special Guests for the evening were Dr. Om Jee Upadhyay, Director (Research and Administration), Indian Council of Historical Research, New Delhi, India and Dr. Avkash Jadhav, Head and Associate Professor, Department of History, St. Xavier's College (Autonomous), Mumbai, India.

Anchored by **Titiksha Kabra**, Youth Brigade Member, KAASH Foundation, the inauguration began with the recitation of a Sanskrit *Shloka* by **Harsh Arkal**, another Team Member of the Foundation, which reiterated the value of exercise in life. Next, **Megha Patel**, Youth Brigade Member, KAASH Foundation, shared a brief insight into the Health Webinars and Programmes organized by KAASH



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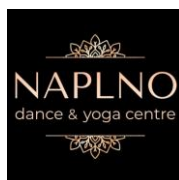
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Foundation's KAASH Swaasthya Manthan since its inception. This was followed by **Ms. Renuka Vyas**, Joint Director (Health), KAASH Foundation and Co-ordinator, KSM, speaking about the Foundation and its various endeavours to promote the wellbeing of society on the four verticals of E2H2, i.e. Education, Environment, Health and Heritage. Next, **Ms. Alpa Mehta**, Core Committee Member, KAASH Foundation, elaborated on the activities of the Foundation's KAASH Swaasthya Manthan and **Pamela Dhonde**, Core Committee Member, KAASH Foundation, explained the Concept Note for the International Yoga Week.

Thereafter, it was time for our **Guest of Honour: Dr. Chinmay Pandya**. Dr. Pandya occupies multiple roles in the life of Dev Sanskriti Vishwavidyalaya (DSVV) and beyond. He is the Editor of Dev Sanskriti - an Interdisciplinary International Journal that addresses a broad range of Indian intellectual interests including Vedic philosophy, culture, psychology, communication, education, Ayurveda, Indian and Eastern studies and religious pedagogies. As a Director of DSVV's School of Yoga and Health, he leads efforts to analyze and advance the scientific and philosophical understanding of meditation and stress management in contemporary contexts. In 2020, Dr. Pandya was nominated as its Yoga expert by the World Health Organisation (WHO) wherein he consulted the body on Yoga. Dr. Pandya was the first Indian ever to be nominated as a member of the jury for an international honour — the Templeton Award. His contributions towards the field of Yoga are immeasurable.

Due to some engagements, Dr. Pandya was unable to address the audience. However, he shared a heartfelt letter, conveying his well wishes that set a very positive and intellectually stimulating tone for the whole event. In his letter, Dr. Pandya expressed his happiness at collaborating with KAASH Foundation for the week-long celebration of a valuable practice and tradition such as Yoga. On behalf of the DSVV, he extended good wishes for the success of the event and mentioned that he was sure of the diligence and dedication with which the team of KAASH Foundation has been working on creating awareness about Yoga. It was an honour to have the blessings and well wishes of such a celebrated scholar.



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GUEST OF HONOUR: Dr. Chinmay Pandya

PRESENTATION TITLE: Relevance of Yoga

To ensure that the audiences did not lose the opportunity to hear him speak, Dr. Pandya shared a video wherein he elaborated on the relevance of Yoga in modern life. With the uncertainty and increased stresses, people all around the world are facing anxiety and problems at different levels. In this context, yoga provides a healthy way of dealing with these uncertain times. In his talk, Dr. Pandya also mentioned that man makes efforts, but they are often misguided. These actions further entangle him into the worldliness of life, instead of setting him free from the vicious cycle of life and death. Only when man dedicates his efforts towards ridding himself of his attachments to the world, i.e. achieving salvation, does he truly become a practitioner of yoga. And to attain this salvation, one has to be aware and live in the present instead of agonising over the past or the future. Dr. Pandya rightly pointed out that one must neither mourn the past nor fantasize about the future, and the only way one can achieve this is by practicing yoga diligently.

This was followed with a deliberation by our **Chief Guest: Dr. Ishwar V. Basavaraddi**. Dr. Basavaraddi has been the Director of Morarji Desai National Institute of Yoga for the last 16 years. As mentioned by Ms. Lippika Podar, Team Member of KAASH Foundation, Dr. Basavaraddi is known as one of the Yoga Masters of India. With a Ph.D. in Yoga philosophy and 32 years of experience, Dr. Basavaraddi was instrumental in formulating the Common Protocol, which is now prescribed by the Ministry of AYUSH, Government of India, to celebrate the



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International Day of Yoga. Since 2018, Dr. Basavaraddi has played an important role in the establishment of 159 Yoga wellness centers, 4 Yoga therapy centers in tertiary hospitals, 20 Yoga wellness centers in CGHS dispensaries and 4 yoga centers in SAI.



CHIEF GUEST: Dr. Ishwar V. Basavaraddi

PRESENTATION TITLE: Yoga: Our Ancient Wisdom and its Relevance Today

Dr. Basavaraddi rightly said in his talk, that yoga is a part of Indian tradition and a part of India's cultural heritage. It has a prolonged antiquity that can be traced back to over 5000 years. In Indian villages, yoga is not done as a mere exercise routine, it is a part of their daily lifestyle. It is so ingrained in their lives that one cannot separate the two. They would wake up and end their day with the rising and descending of the sun. Their work culture, eating habits and celebration of festivals is unique in that they are bound closely as though they are one family. The idea of "*vasudhaiva kutumbakam*," i.e. "the world is one family" traces its roots to the ancient civilizations of India.

Archaeological and literary evidence suggest that yoga was practiced during the Indus Valley Civilization and the Vedic Age. To understand the essence of man, the ancient rishis and yogis came up with the concept of yoga. Dr. Basavaraddi said that the concept of yoga is mentioned in all the Four Vedas, The Upanishads, The Epics, The Puranas, The Agamas, etc. Dr. Basavaraddi mentioned three phases in the evolution of yoga: 1. The Vedas and The Upanishads; 2. Psychological interventions by Lord Buddha and Sage Patanjali's efforts and 3. The Tantric



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Tradition. There are also various schools of yoga that evolved from the original idea of yoga.

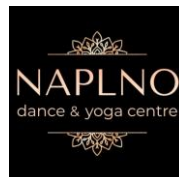
During the Medieval era, hatha yoga was commonly practiced. And in the modern era, “integral yoga” practiced and taught by Sri Aurobindo, Sri Ramakrishna Paramahansa and Ramana Maharshi became popular. Today, many people practice yoga for different reasons, be it fitness or prevention of illness. It is used as a means to deal with the effects and prevention of COVID-19. Yoga has proven to be a friend of all during such difficult times.

Dr. Basavaraddi also noted that bhakti yoga is the unconditional love towards God. But we cannot see this God. So we love the people around us, as though they are manifestations of God. Bhakti teaches us to love each and every thing that helps one overcome krodha, anhankara, lobha, etc. Every effort produces a fruit. Selfless actions lead to good results. Once we follow bhakti and karma, a person develops jnana: knowledge. We have to develop our chitta, i.e. mind. Yoga helps one become energetic in life and a harmonious and holistic personality can be thus developed.

Yoga is also commonly understood as a therapy or exercise system for health and fitness. While physical and mental health are natural consequences of yoga, the goal of yoga is more far-reaching. Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony.

P. Lal, the famous translator of the great epic of Mahabharata, once said, “No epic, no work of art is sacred by itself; if it does not have meaning for me now, it is nothing; it is dead.” Dr. Basavaraddi noted that what makes yoga relevant in the 21st century is its adaptability to the changing needs of time and people. His words reiterated that yoga is a part of our collective heritage and culture as it encompasses all the aspects in the life of a human being.

After Dr. Ishwar Basavaraddi's in depth discussion on the legacy and relevance of Yoga, Ms. Podar invited our **Inaugural Speaker, Dr. Raghendra Rao**. Dr. Rao is presently the Director of the Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, Government of India. He holds a Ph.D in Yoga



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and Life Sciences from Swami Vivekananda Yoga Anusandhana Samsthana University, Bengaluru, India. He has completed several research projects in rheumatoid arthritis, prediabetes, diabetes, CVD risk prevention and the use of both yoga and naturopathy interventions. He has written many international research publications and book chapters on yoga and its application, and has also won awards in the fields of Ayurveda and Yoga research.



INAUGURAL SPEAKER: Dr. Raghvendra Rao

PRESENTATION TITLE: The Role of Yoga in COVID

Dr. Rao elaborated on a study he and his colleagues had conducted on COVID-19 patients in November 2020. The study was directed at studying the effect of an integrated Yoga program on stress, mood states, sleep quality, symptom severity, quality of life and clinical outcomes in COVID-19 positive patients undergoing conventional treatment. The various hospitals where they conducted this research included: Rajiv Gandhi Super Speciality Hospital, New Delhi, AIIMS at New Delhi and Rishikesh and Lady Hardinge Medical College and Hospital, New Delhi.

The anxiety and uncertainty about the trajectory and course of illness among patients who were tested positive for COVID in the early days of the disease had led to psychological distress that led to a lowering of their immune defences and an increase in the chances and severity of infection. Dr. Rao said that studies have shown psychological stress can increase the rates of infection among communities during a flu season. Studies have also found that through interventions via the mind and body such as exercise, meditation and yoga, the rates of infections do go down



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amongst communities during a seasonal flu. By providing mental and emotional care and support, the burden of co morbid mental health conditions can be reduced and the overall wellbeing of those affected can be ensured.

Since COVID-19 is a highly infectious disease that warrants isolation of the patients, Dr. Rao studied the effects of yoga intervention through a mobile app. Along with this, non-obtrusive and non-contact monitoring of patient's vitals using a novel sensor technology (dozee) developed by IITians to measure vitals was employed. He also observed the psychological distress and relaxation response.

Through the study, Dr. Rao found that the role of yoga intervention (pranayama and relaxation) in reducing symptom scores, self-reported stress, mood and quality of life was significant. Dr. Rao and his fellow researchers found that yoga intervention helped reduce stress and also improved sleep and vitals in the population that they studied.

In his talk, Dr. Rao also mentioned that the COVID-19 pandemic has resulted in misinformation and conspiracy theories about the scale of the pandemic and the origin, prevention, diagnosis, and treatment of the disease which led the WHO to declare an 'infodemic' of incorrect information about the virus that poses risks to global health. While belief in conspiracy theories is not a new phenomenon, in the context of the COVID-19 pandemic, this can lead to adverse health effects. But through spreading awareness and understanding and practicing yoga, we can counter this infodemic.

There is no doubt that the pandemic has added a certain level of anxiety to the lives of the common man and Dr. Rao rightly said that to live through this lockdown and pandemic period, yoga is the best thing to adopt as a lifestyle habit. It helps us build a strong physical, mental and spiritual health system. His findings through his research were extremely enlightening in that even simple yoga exercises can help ameliorate the anxieties caused by the pandemic. When combined with breathing and meditation, yoga acts as the best element to take care of our mind, body and soul which helps elevate even the ailments inflicted by the corona virus.

Ms. Priti Saboo, Team Member, KAASH Foundation and Coordinator, Kolkata Chapter, was called upon by Titiksha Kabra to invite our **First Special Guest, Dr.**



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Om Jee Upadhyay. Dr. Upadhyay is a man with immense intellectual capacity. He is currently the Director of Research and Administration at the Indian Council of Historical Research, New Delhi. Moreover, he received various awards and scholarships. He has published 30 research works of higher order and has 6 published books to his credit. He was awarded a doctoral degree on the subject, 'Bhakti: Its Cultural Implications (From Earliest Time to Early Medieval Ages)' from Deen Dayal Upadhyay Gorakhpur University, Gorakhpur in the year 2011, besides qualifying the National Eligibility Test (NET) in 2003. He was subsequently awarded Junior and Senior Research Fellowships of the University Grants Commission and also earned the academic experience of working as Research Associate in the Department of Ancient Indian History, Archaeology & Culture in Deen Dayal Upadhyay Gorakhpur University, Gorakhpur.

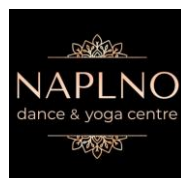


SPECIAL GUEST: Dr. Om Jee Upadhyay

PRESENTATION TITLE: Yoga: The only Path for a Holistic Wellbeing

Through his deliberation, Dr. Upadhyay noted that The Rigveda encourages all human beings to be active in their lifestyles and through it they must spread the message of god. The efforts must be directed towards increasing prosperity in their lives.

Dr. Upadhyay gave a brief history of the age-old tradition of yoga. Yoga's history has many places of obscurity and uncertainty due to its oral transmission of sacred texts and the secretive nature of its teachings. The early writings on yoga were



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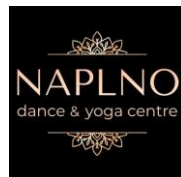


transcribed on fragile palm leaves that were easily damaged, destroyed or lost. However, the earliest mention of the practice was in the Keshi Sukta of the Rig Veda. References to the practices of *pranayamas* have been found in the Brihadaranyaka Upanishad and *pratyahara* is mentioned in the Chandogya Upanishad. The Upanishads clearly mention that 'yoga is the mastery of body and senses.' He also noted that The Brahmanas and The Atharvaveda speak about the method of controlling the breath. Vaisheshika Sutra by Sage Kanada; the Brahma Sutras, attributed to the Sage Badarayana or Sage Vyasa and the Nyaya Sutras by Akshapada Gautama discuss yoga in great detail.

Later, the Yoga Sutra was written by Sage Patanjali which is a composite collection of Sanskrit sutras on the theory and practice of yoga - 195 sutras and 196 sutras. The Yoga Sutra was compiled around 400 CE which contains a synthesized and organized body of knowledge about yoga from much older traditions. After Patanjali, many sages and yoga masters contributed greatly for the preservation and development of the field through their well documented practices and literature.

Ancient sages had prescribed yoga to be included in people's daily lives because the mind has a tendency to wander and this has a direct connection to the well being of the body. Unless the mind is reined in, the body will not find solace, especially when it is afflicted with illnesses. Dr. Upadhyay said that through yoga, the behaviour of our inner conscience can be brought under check. This is a two step process. First, the individual has to work towards eliminating all the undesirable thoughts and behaviours from the mind and then he moves to the second step of making the mind or inner conscience completely free of any activities of the mind. In short, yoga is a state where there is no fluctuation in the mind, i.e. there is complete tranquility.

There are many definitions and understandings of yoga. One way of looking at it is the union of the *jeevatma* and the *paramatma*, that is, the soul and the supreme soul are brought together by yoga. Many misinterpret the practice of yoga as restricted to hatha yoga asanas (postures) and pranayama. However, among the Yoga Sutras, just three sutras are dedicated to asanas and hatha yoga is only a preparatory process so that the body can sustain higher. Yoga is actually a means to raise an individual's understanding of the world that would make him see reality as it is.



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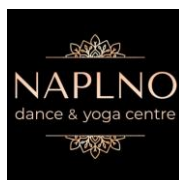


One of the meanings of the term yoga is union. And Dr. Upadhyay said that it is the union of an individual's consciousness with the supreme cosmic being. This occurs through the practice of yoga. Yoga works on the level of one's body, mind, emotion and energy.

Dr. Upadhyay drew comparisons between the yogic philosophy and the western philosophy of Absurdism propounded by Albert Camus and Søren Kierkegaard. The final finding of absurdism was that life is, in its essence, absurd. The sages and the scholars in yoga prescribed yoga as a means of living a balanced life and synchronising all our faculties. And even after so many years, millions of people all around the world practice yoga as a way of developing their health as well as making sense of this life.

After Dr. Upadhyay concluded his intriguing session, Ms. Saboo introduced the **Second Special Guest, Dr. Avkash Jadhav**. Dr. Jadhav is the Head and Associate Professor of the Department of History at St. Xavier's College (Autonomous), Mumbai, as well as the Director of CAPD and the Founder-Trustee of KAASH Foundation. He is also a recipient of travel grants for his academic pursuits from various institutions like the Indian Council of Historical Research (ICHR), Indo-Sri Lanka Foundation and Qutub Jubilee Foundation. He recently received a Major Research Project from the Indian Council of Historical Research (ICHR) 2020 - 2022 to work on the Mill Workers in Pre-Independent Bombay. He has more than 27 research publications. He has published his work on the Socio-Economic and Cultural History of Mumbai, co-authored the book 'History of the U.S.A in the 20th Century' and 'History of Modern Maharashtra' and edited a book on History of Modern India. His research papers are published in various edited volumes, books and various national and international Journals.

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SPECIAL GUEST: Dr. Avkash Jadhav

PRESENTATION TITLE: Emotional Management through Yoga

Emotions are an integral part of human life and when channeled properly, they can help an individual get in touch with their inner self. As Carl G. Jung, a world renowned psychologist had said, “Until you make the unconscious conscious, it will direct your life and you will call it fate.” Unexpressed emotions become stored and held in the body and, over time, create physical pain and illness. Yoga is the perfect tool to release emotional tension in the body and to experience the healing that comes with this release.

Yoga makes an individual aware of their surroundings, the people around them and what they undergo. Dr. Jadhav looked at the concept of emotional management under three perspectives, i.e. existentialism, nihilism and absurdism. Existentialism is a philosophical theory or approach which emphasizes the existence of the individual person as a free and responsible agent determining their development through acts of the will. Nihilism is a philosophy, or family of views within philosophy, expressing negation towards general aspects of life that are widely accepted within humanity as objectively real, such as knowledge, existence, and the meaning of life. And absurdism as a philosophy refers to the fundamental nature of conflict in human tendency to find meaning and inherent value in life and inability in the same in a purposeless existence in an irrational universe. Through yoga, a person can gain clarity on these aspects and through them, the way one looks at life itself.



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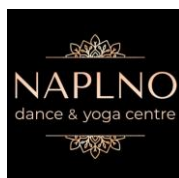


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Yoga also helps in fostering emotional intelligence in people. People with low emotional intelligence are often found to be stubborn, resistant to changes, egoistic, impulsive, aggressive, passive and easily distracted. By practicing yoga, one is able to inculcate high emotional intelligence in themselves which kindles constructive ambition in them, makes them a good listener, develops passion with patience and makes them less impulsive. Yoga and meditation invoke in a person the ability to become very detailed, meticulous and organized in life. There is more awareness in the way one reacts to a situation. Yoga makes one aware that the conscious mind has much more potential than the unconscious mind. Dr. Jadhav noted that while many of us identify with one or more personality traits, yoga makes us understand that we are a combination of all the various types of personalities and as the time appeals, we respond accordingly.

Dr. Jadhav then shed light on the concept known as 'gaslighting'. Gaslighting is a form of emotional abuse that's seen in abusive relationships. It's the act of manipulating a person by forcing them to question their thoughts, memories, and the events occurring around them. A victim of gaslighting can be pushed so far that they question their own sanity. He explained the various types of gaslighting and how one can identify if they are the victims of this form of emotional abuse. The first form is 'countering' wherein a person questions someone's memories. They may say things such as, "you never remember things accurately," or "are you sure? You have a bad memory." The second form is 'withholding'. When someone withholds, they refuse to engage in a conversation. A person using this technique may pretend not to understand someone so that they do not have to respond to them. For example, they might say, "I do not know what you are talking about," or "you are just trying to confuse me." The third form of gaslighting is 'trivializing'. This occurs when a person belittles or disregards the other person's feelings. They may accuse them of being too sensitive or of overreacting when they have valid concerns and feelings. The fourth form is 'denial' which involves a person pretending to forget events or how they occurred. They may deny having said or done something or accuse someone of making things up. 'Diverting' is the fifth form. With this technique, a person changes the focus of a discussion and questions the other person's credibility instead. For example, they might say, "that is just



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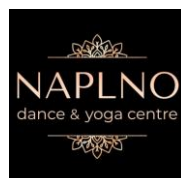
another crazy idea you got from your friends.” Finally, the sixth form is ‘stereotyping’. A person using gaslighting techniques may intentionally use negative stereotypes of a person’s gender, race, ethnicity, sexuality, nationality, or age to manipulate them. For example, they may tell a female that people will think she is irrational or crazy if she seeks help for abuse.

Yoga and meditation helps create a protective shield around oneself which does not let such negative words and people percolate and the person is able to identify such abuses in a better way. Dr. Jadhav concluded his presentation by saying that mastering one’s emotions will help them live more effectively. One’s intellect may be confused, but the emotions never lie. And that it’s not that difficult to search within oneself. It is rather easier than trying to please the external world.

Before the day came to its end, **Niharika and Vrisha Malvankar**, two of the youngest members of KAASH Foundation recited a Sanskrit *Shloka*. Titiksha Kabra concluded the inauguration ceremony by thanking all the distinguished scholars who had shared their knowledge; all the collaborating partners for their generous help and support and all the volunteers of KAASH Foundation who helped organize and manage the event. With that, the first day of the International Yoga Week came to its conclusion.

16TH JUNE 2021: 12TH INTERNATIONAL SYMPOSIUM

Anchored by **Ms. Priti Saboo**, Team Member, KAASH Foundation and Coordinator, Kolkata Chapter, Day 2 of the International Yoga Week commenced with the recitation of a Sanskrit *Shloka* by **Yashita Rane**, Team Member, KAASH Foundation. The *shloka* attributed good health to be the greatest blessing for any individual. Ms. Saboo then proceeded to invite the Founder-Trustee, Dr. Avkash Jadhav to brief the audience on the 12th International Symposium and to extend a warm welcome to the eminent speakers that were present. After the introduction of KAASH Swaasthya Manthan by Ms. Alpa Mehta, **Dr. Chintan Jadia**, Core Committee Member, KAASH Foundation was called to invite and moderate our **First Special Guest, Dr. Suresh Lal Barnwal**. Dr. Barnwal is the Dean and Head of the Department of Yogic Sciences and Human Consciousness at Dev Sanskriti



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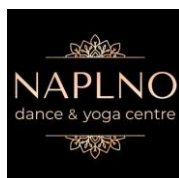
Vishwavidyalaya in Haridwar, Uttarakhand. He has an experience of over two decades in teaching and research guidance in the field of Yoga. So far, he has attended over 80 International and National Seminars, Conferences and Workshops. He also has publications in over 20 International and National Journals to his credit. Dr. Barnwal's book 'Yoga aur Mansik Swaasthya' (Yoga and Mental Health) was published for the university students in 2002.



SPECIAL GUEST: Dr. Suresh Lal Barnwal

PRESENTATION TITLE: Yogic Lifestyle in the present scenario

He commenced his session by illustrating the importance of Vedic lifestyle and its importance in today's time. Dr. Barnwal mentioned *ahar* (food) as the first step to a yogic lifestyle. To support this, he quoted a verse from the Upanishads which states that only food purifies us from within. It is through this purification we undergo a complete self development. This purification also removes all our sorrows and miseries. In *hatt yoga*, this purification is achieved through *asana*, *mudra*, *pranayama*, *pratyahara* and other yogic methods. He also described the various benefits of *pranayam* and meditation. However, Dr. Barnwal pointed out that due to ignorance or *avidya* we are unable to see the miseries around us and this forms the root of all mental illnesses. These illnesses can be cured with *Surya Namaskar*, *Chakrasana* and *Shadkarma Kriya*. Therefore, Yoga works on the root of all problems and according to the *shastras*, once the individual becomes aware that he is not the body, but the soul, he becomes free of all miseries.



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As his concluding remarks, Dr. Chintan Jadia threw light on how Yoga is slowly becoming an integral part of people's lifestyle today, not only within the borders of our country, but internationally too.

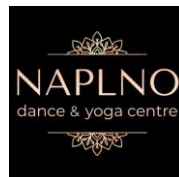
Ms. Priti Saboo then called upon **Pamela Dhonde**, Core Committee Member of KAASH Foundation and the Associate Coordinator of the International Yoga Week, to introduce our Second Special Guest: Ms. Jana Bagarová and her friend Ms. Zuzana. Ms. Bagarova is the Founder of NAPLNO Dance and Yoga Centre in Prague, Czech Republic. She is not only a professional artist but also a certified yoga instructor. Ms. Bagarova was joined by her friend Ms. Zuzana, who has an Iyengar background and teaches the Vinyasa dynamic flow. She believes in integrating mobility training and anatomy education in her classes. Apart from yoga, she has a great passion for dancing, cycling and travelling.



SPECIAL GUESTS: Ms. Jana Bagarová and Ms. Zuzana

PRESENTATION TITLE: Elucidation of Life through Yoga in Czech Republic

Ms. Jana opened her talk with how yoga is perceived as a practice in the Czech Republic. She elaborated on the two mindsets that the Czechs have: making yoga one's lifestyle and living through yoga. She moved to discuss why she wanted to open her very own studio, despite there already being many operational studios. Ms. Jana's vision for the studio was to create a familiar and safe professional environment. Through her studio, she wishes to be a positive leader, who is both emotional and rational, and build an all-inclusive community of like-minded folks.



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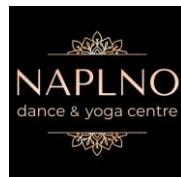


She wants to live by yoga NAPLNO, which means that she wants to completely live or fully base her life on the yogic lifestyle; hence the name, NAPLNO Dance and Yoga Studio. Ms. Jana told the audience about her certification and association with the International Yoga Academy of Europe which has various certificate courses, either for personal education or to train others professionally. Ms. Jana then elaborated on how the insights of the family begin to change, and how they receive second-hand benefits when a member of the family starts practising yoga. Some people who battle mental health issues like depression and anxiety, and do not want to indulge in medication, should practise yoga for self-improvement. Ms. Jana and Ms. Zuzana then discussed the different types of yoga found in Czech, especially the *Hatha Yoga*, *Vinyasa Yoga* and *Yin Yoga*, and how they wish to expand themselves slowly. Conversing about how to motivate one to adopt yoga as part of his/her lifestyle, Ms. Jana stated her firm belief that practising Yoga is something to be felt from within, and should not be forced; but if she were to inspire someone, she would use real-life examples and open up to them about her journey, both good and bad. They ended their talk by sharing some statistical facts about yoga, and how there are more women than men who practise yoga across age groups. Lastly, they thanked us – the Indians, for sharing our culture and the practice of yoga with the world.

Post their interesting deliberation, Pamela Dhonde thanked Ms. Bagarova and Ms. Zuzana for reflecting the importance of Yoga in their country. Thereafter, Ms. Saboo called upon **Sana Gaikwad** to recite the Sanskrit *Shloka* which brought an end to the Second Day of the International Yoga Week.

17TH JUNE 2021: 19TH HEALTH WEBINAR

The anchor, **Ms. Bhavana Pancholi**, Team Member, KAASH Foundation commenced Day 3 of the International Yoga Week by briefing the audience about the past two days' event. She called upon **Tanisha Nar**, Team Member, KAASH Foundation, to continue the tradition of reciting a meaningful *shloka* which marked the start of the 20th Health Webinar. The *Shloka* emphasized on the role of exercise





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in burning out excess fat from our body. After this, Ms. Pancholi passed the baton to Ms. Renuka Vyas, Joint Director, KAASH Foundation to elucidate about the Foundation's excellent work in the field of health and women empowerment. After the introduction of KAASH Swaasthya Manthan by Ms. Alpa Mehta, Ms. Pancholi called upon **Ms. Pooja Malkar**, a Practicing Naturopath and Core Committee Member, KAASH Foundation to invite and moderate our **First Special Guest** for the Day, **Shri. Vijay Kukreja**. Shri. Kukreja is YCB Certified by the Ministry of AYUSH, Government of India. He is also a Yoga Teacher, Lecturer, Consulting Naturopath and Yoga Consultant as well as the Founder of Arogya Yoga and Naturopathy Institute, Maharashtra, India. He has authored various books such as, Lose Weight Not Hope, Yoga and Wellness – Level 1, Yoga and Wellness – Level 2 and Yoga and Youth. Shri. Kukreja is also the recipient of the Jeevandeep Gaurav Puraskar and has been awarded a Lifetime Naturopathy Practitionership by All India Nature Cure Federation.



SPECIAL GUEST: Shri. Vijay Kukreja

PRESENTATION TITLE: Yoga: A Catalyst to Boost Immunity Levels

Shri. Vijay Kurkeja's deliberation gave more insights on the relaxation and breathing practices (pranayama) to boost immunity levels. Considering the severe stress and anxiety caused by the corona virus outburst, Shri. Kukreja reiterated the need for us to make ourselves healthy and competent. Because, as he rightly mentioned, all this is connected to our immunity which forms a core part of our existence and therefore, by taking a holistic approach to health and well-being, we



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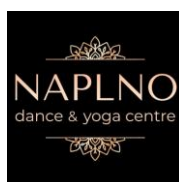
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can withstand the pandemic. Shri. Kukreja's deliberation further focused on the topics of Immunity, Relaxation and Meditation and the relevance of Pranayama.

Beginning with our immune system, Shri. Kukreja highlighted how essential is immunity for survival, as without a strong immune system our body will be vulnerable to bacteria, viruses and parasites. According to Shri. Kukreja, the reason why people are easily affected by viruses like corona is because of a weaker immunity system, which is already caused by our urban sedentary lifestyle – characterized by fast-paced lives and the ensuing stress, anxiety, depression and the lack of rest and sleep. He rightly pointed that in the quest of achieving our goals and completing our daily 'to-do' lists, we tend to compromise on our sleep. Sleep, which is in fact the most vital component of our health, is also often the most neglected one. Sleep enables the body to repair and activate to work, and to regenerate the energy. Thus, lack of rest can affect the immune system. Shri. Kukreja also mentioned of studies that show how lack of sleep can make a person vulnerable to common infections like cold and cough.

Shri. Vijay Kukreja also elaborated on the different 'Brain Waves' and how important they are to our health. The brain is made up of millions of neurons and those neurons use electrical signals to transmit information. They fire together in a certain way to send signals to a group of neurons. The resulting patterns are known as Brain Waves. There are in all 5 types of Brain Waves: Gamma Brainwaves, Beta Brainwaves, Alpha Brainwaves, Theta Brainwaves, and the Delta Brainwaves. One can also call the Brainwaves as a 'Brain Language'. Each wave sends out a different rhythm which in turn has different effects on our internal organs. Gamma Brainwaves are known for concentration. Beta Brainwaves are for anxiety dominance - the active state of the brain; the external attention required in a particular proportion is released by this wave. Alpha Brainwaves are known for relaxed and passive attention and its benefits include lower levels of stress, anxiety and depression, higher levels of creative thinking. Theta Brainwaves are known for deep relaxation and is connected with the creative aspect of an individual, respiratory system, memory, emotions, and sensations. They are strong during internal focus, meditation, prayer, and spiritual awareness, and promote adaptive complex behaviour such as learning and memory. Delta Brainwaves are for sleep.



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A proper practice of traditional yogic asanas, relaxation and breathing techniques regulates these brainwaves which results in reduced anxiety, lower stress, increased relaxation, better focus and concentration, as well as fosters positive moods and promotes creativity.

Shri. Kukreja also listed certain simple techniques that we could practice every day. These include:

- Avyav Dhyam*: body meditation practice for 10-15 minutes a day, makes one feel as if they have had a very fulfilling relaxed hour of sleep.
- Shavasana Dhyam*: focuses on meditation
- Yog Nidra*: a 30-45 minutes practice for smooth flow of the brainwaves.

Concluding his session with the relevance of Pranayama, Shri. Kukreja mentioned that techniques such as these can support the breathing practice system. The respiratory system is the one system over which we have conscious control. Thus, breathing is partially controllable, and through *pranayama* one can balance the Sympathetic and Para Sympathetic Nervous Systems. He also mentioned that Pranayama is the most important aspect of the Yog Sadhana and the mind elevation study is done through the practice of Pranayama, as the energy is called as 'prana shakti'- which enhances the *prayan* to keep all the organs working when one is alive. The *prana* is connected to the mind and the breath, which is closely related to each other, and also dependent on each other. The breath and mind are both unstable by nature but can be controlled together. Pranayama will give one the strength to guide oneself in the right direction. Thus, Pranayama takes one to the threshold of controlling mind.

Ms. Pancholi then called upon **Ms. Uma Parab**, a Natural Therapist, Yoga Trainer and Committee Member, KAASH Foundation to invite and moderate our **Second Special Guest, Shri. Uday Deshpande**. Shri. Deshpande is the Chief Trainer and Hon. Chief Head of Shree Samarth Vyayam Mandir in Mumbai. He has been a part of various international and national bodies, to promote the practice and training of Mallakhamb. Committed to promoting Mallakhamb abroad, he was instrumental in the formation of Mallakhamb Federation USA in 2015 and Malaysia Mallakhamb Federation in 2019. At the national front, he has been organizing Mallakhamb



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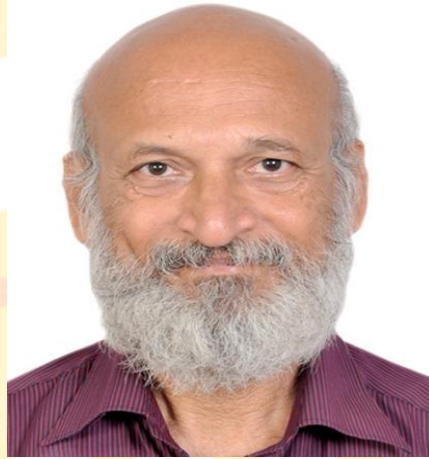




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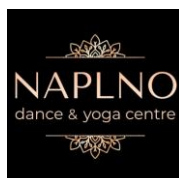
Camps in all Indian States and providing technical assistance to establish State Mallakhamb Associations. As a coach, he has also trained differently abled children, adivasi and vanvasi students, jawans and commandos of the Central Industrial Security Force.



SPECIAL GUEST: Shri. Uday Deshpande

PRESENTATION TITLE: Mallakhamb: An Extension of Yoga on Poles and Ropes

Shri. Deshpande deliberated on, Mallakhamb: An Extension of Yoga on Poles and Ropes. Commencing with the trajectory of how the International Day of Yoga came into existence in 2015, Shri. Deshpande also recounted the proposal put forth by him to have Yoga declared as a subject in all schools; to establish a Yoga Vidyapeeth in the state and to declare standard criteria to qualify and certify all Yoga teachers and instructors. He then proceeded to explain that the practice of Mallakhamb has various dimensions. While at times, it is practiced as a form of martial or performing arts; at times, it is also performed as extension of Yoga on Poles and Ropes. According to Shri. Deshpande, just as yoga *asanas* are performed on ground, they can also be performed on ropes and poles, which in fact, increases the strength of the body, concentration of the mind and neuro-muscular coordination. The session was then followed with a live demonstration of Mallakhamb by the members of Shree Samarth Vyayam Mandir. While the boys performed yoga *asanas* like *Shirshasana* (hanging the body upside down which



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increases blood flow to the brain), *Halasana* (Plow Pose), *Padahasthasana* (standing forward bend) and *Vrikshasana* (Tree Pose) on the Mallakhamb Pole, the girls performed *Savasana* (Corpse Pose), *Dhanurasana* (Bow Pose), and the inverted version of *Natarajasana* (Dancer Pose) on the Mallakhamb Rope. The girls as well as the boys ended their demonstration by forming a human pyramid on the rope and the pole to showcase team spirit and coordination.

Thereafter, Ms. Pancholi shared the vote of thanks and invited **Mahek Kapoor**, Team Member, KAASH Foundation to recite the Sanskrit *Shloka* which was an appeal to the universe to help live our lives with satisfaction. This brought an end to the 19th Health Webinar.

18TH JUNE 2021: 20TH HEALTH WEBINAR

Ms. Jaanhavi Malkar, the anchor for the 20th Health Webinar, commenced the Fourth Day of the International Yoga Week with a recap of the past three days gone by. This was followed by **Hrudaya Vartak**, Team Member, KAASH Foundation reciting a Sanskrit *Shloka*, to mark the beginning of the webinar. The *Shloka* highlighted the importance of a 'Guru' or a 'Teacher' in one's life. After the introduction of KAASH Foundation and KAASH Swaasthya Manthan by Ms. Renuka Vyas and Ms. Pooja Malkar respectively, Ms. Jaanhavi called upon **Ms. Alpa Mehta** to invite and moderate the *First Special Guest* for the evening, **Dr. Surendra Kumar**.

Dr. Kumar is the Head of the Department of Yogic Sciences at Gurukula Kangri (Deemed to be University) in Haridwar, Uttarakhand. He has over 29 years of experience in teaching yoga philosophy and 20 years of experience in guiding research scholars. Along with this, he has two published books and 28 research papers to his credit. In 2018, Dr. Kumar was the recipient of the Yoga Shirimani Award for his contribution to the field of Yoga.



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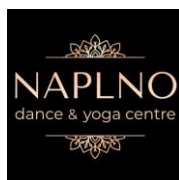


SPECIAL GUEST: Dr. Surendra Kumar

PRESENTATION TITLE: मनोविकारों के निवारण में योग सूत्र की भूमिका

Dr. Kumar commenced his session on by reiterating the relevance of Yoga in the present scenario. As we continue to live in the midst of the COVID 19 pandemic, people are experiencing a lot of emotional turmoil. Referring to the Shastras, Dr. Kumar mentioned that our mind is the source of both, *dukkha* and freedom. He compared our mind to the lens of a camera. According to him, just as a better resolution lens would capture high quality photographs of things that fall into its range, a refined and a strong mind would capture the positive energy around. This positive energy would then help breed good thoughts and knowledge and bring us closer to happiness and freedom. But Dr. Kumar also highlighted that when the mind is in a state of turmoil due to certain factors, it binds us. He mentions that according to Allopathy, *raag*, *dvesh*, stress, anxiety, depression and phobia are some of the factors that lead our mind into turmoil, while Ayurveda states greed, jealousy, desires and negative energy as reasons for mental instability. All of this, as Dr. Kumar argues, can be resolved with Yoga. The practice can help change one's approach towards life which could result in a stronger and a stable mindset.

After Dr. Kumar concluded his riveting session, Ms. Mehta then proceeded to introduce and moderate our ***Second Special Guest*** for the day, **Dr. Rajvi Mehta**. Dr. Mehta, who studied directly under Guru B.K.S. Iyengar, is a Senior Yoga Teacher at Iyengar Yogashraya. Dr. Mehta is an advisor to the Ministry of AYUSH and Founder-Editor of the magazine 'Yoga Rahashaya', which has a subscriber base in over 40 countries. She has completed her doctorate in reproductive biology



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and is an expert in the field of Assisted Reproductive Technologies. Currently, she is a consultant to Trivector Biomed and CooperSurgical India as well as an Executive Member of ACE.



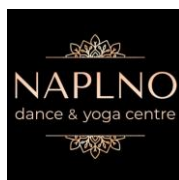
SPECIAL GUEST: Dr. Rajvi Mehta

PRESENTATION TITLE: Yoga under Extreme Adversities

Dr. Rajvi Mehta's discourse focused on how the practice of Yoga helps one overcome adverse conditions in life. Adversity is not the same for anyone, and it comes and goes in waves because life is filled with issues and troubles and ups and downs. The past year and a half has been extremely traumatic and scarring for one and all, especially for those who have had COVID, or for those who lost someone due to COVID. It takes a toll on one's body and is, both physically and emotionally difficult to recover from.

“Yoga does not change the way we see things, instead it transforms the person who sees”. This statement means a lot, as pain and damage can be avoided or reduced if one changes the way they look at or think of situations. This happens because it is through the alignment of one's body that they can discover the alignment of their mind, self and intelligence as it creates a unity and synchronization. Dr. Rajvi referred to Dr. Surendra Kumar's speech and expanded on how the dualities in mind, or thought, or practice can lead to a series of adversities.

She leaned onto a scientific background while telling us how mood and anxiety disorders are a result of a fall in the Amino Butyrotic Acid, (GABA) and the bodies



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of Yoga practitioners seem to produce 27% more of this, and have reported experiencing improved moods, and reduced anxiety, thus, positively affecting their wellbeing. The practice of Iyengar yoga increases blood flow to the Prefrontal Cortex which plays an important role in decision making, executive function and multitasking. It also reduces anxiety and the expression of post-traumatic stress disorder.

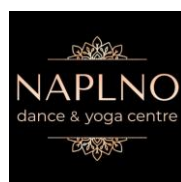
Dr. Rajvi then moved on to discuss case studies of a few yoga practitioners, like a young German man who lost his arm while working on a machine, a cancer patient who has had five relapses, a war veteran - Mark Zambon who lost both his limbs in the Afghan battlefield. The trauma of war veterans is immeasurable and goes beyond the physical limitations. However, some fortunate rehabilitation camps have yoga therapy which has truly helped them cope. These stories give a strong message of living in the moment while taking care of oneself even in the worst situations and accepting the complete reality of one's situation.

Thereafter, Ms. Alpa Mehta thanked Dr. Mehta for her wonderful session and invited Ms. Jaanhavi Malkar to share the closing remarks. As always, Day 4 of the International Yoga Week ended with a beautiful Sanskrit *Shloka* by Hrudaya Vartak which appealed for peace to reign in the universe.

19TH JUNE 2021: 13TH INTERNATIONAL SYMPOSIUM

Ms. Ranjita Lodha, the anchor for the Fifth Day of the International Yoga Week, commenced the session with a recap of the events that were held since 15th June 2021. After the introduction of KAASH Foundation and KAASH Swaasthya Manthan by Dr. Avkash Jadhav and Ms. Alpa Mehta respectively, Ms. Lodha invited **Sana Gaikwad**, Team Member, KAASH Foundation to recite a Sanskrit *Shloka*, which reflected on the importance of exercise in strengthening and stabilizing the body. This marked the start of the 13th International Symposium.

Thereafter, **Mr. Alkesh Shah**, a Practicing Naturopath, Sujok Therapist and a Core Committee Member of KAASH Foundation, was asked by Ms. Ranjita to invite and moderate the *First Special Guest* for the evening, **Ms. Panna Panchal**. Ms.





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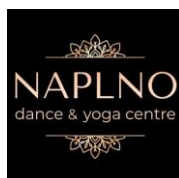
Panchal is the Founder of Panna Yogarts in Harrow, United Kingdom. She works extensively to enhance focus and teach various meditation methods. She has worked with people across various categories, including the differently abled and people with physical and mental issues. In 2018, at the request of her students, Ms. Panchal wrote a book titled, 'Spread your Wings with Panna' which contains all her tips, instructions and a whole lot of inspirational quotes. Over the years, Ms. Panchal has been organizing yogic trips around the world. These tours include sightseeing, knowledge, and history about the culture of that place, some yoga, Ayurveda and Naturopathy therapies.



SPECIAL GUEST: Ms. Panna Panchal

PRESENTATION TITLE: Integrating Yogic Tips and Philosophies into our Lifestyle

Prior to elaborating on her topic, Ms. Panchal explained the importance of Yoga in her life. She stated that she resides in the yogic world and is pleased to be invited to the session. Ms. Panchal further acknowledged that 'her life revolves around the true yogic ways of life.' She further enlightened the audience about how positivity and simplicity are the two main pillars of our lives and to achieve this, she indicated that we need to turn towards our spiritual leaders. She recited the quotes of Buddha to prove her statements about positivity and one of them was, "Wear your ego like a piece of cloth so you can easily discard it."



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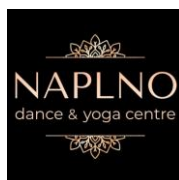
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Through her deliberation, Ms. Panchal also reiterated that we need not live in a forest to be a yogi; we could instead live in the society with all our responsibilities and still become a true yogi. To stay away from negativity she asked the audience to stay away from all toxic things and have a strong mind. She quoted her own mantra to stay away from all the negative thoughts: “You should dance like nobody’s watching you; live life like there is no tomorrow and laugh till you drop!” Ms. Panchal pointed out that spirituality is not about going to the temple or forest but it is about being truthful and honest to yourself, leading a simple lifestyle and also being genuine in your thoughts. Another way of being spiritual, she said, is to be tolerant in society which is one of the most crucial aspects to attract positivity. The integrity of all this, leads one to become a powerful yogic person.

After Mr. Alkesh Shah thanked and appreciated Ms. Panchal for her enthralling session, Ms. Lodha then called upon Ms. Rama Subramaniam, the Founder of Pride Age India and the Joint Affiliate Partner for the International Yoga Week to invite and moderate the *Second Special Guest* for the evening, **Ms. Jana Patil**. Ms. Patil is a business professional, mentor and a coach from the Czech Republic. She started learning and practicing Yoga during her days as a university student and her love for it has made her continue its practice even today. Ms. Jana Patil has been actively involved in organizing Indian festivals and events as part of an organization called Bharat Sangh Czech Republic, in conjunction with the Indian Embassy in Prague, through which, she has been regularly participating in International Yoga Day events. This has indeed brought her in contact with various Yoga organizations, camps, runners groups and gyms. Ms. Jana Patil believes that Yoga has brought peace, calmness, enlightenment, fitness, understanding and compassion into her life. And in relation to this, Ms. Patil decided to share her experiences about the practice of Yoga in Czech Republic and in her Life.

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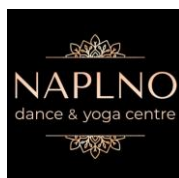
SPECIAL GUEST: Ms. Jana Patil

PRESENTATION TITLE: Yoga in Czech Republic and in my Life

Ms. Jana Patil commenced her presentation by reminiscing about how people in the Czech Republic together celebrated the International Day of Yoga in 2019. They also celebrated Yoga Day in 2020 at the Indian Embassy but only with the employees because of COVID-19 restrictions. Going ahead with her topic, Ms. Patil highlighted that Czech Republic is home to numerous yoga studios which is a testament to the popularity of the practice in the country. She then focused on the four pioneers of Yoga in Czech Republic who contributed immensely to the spread of Yoga there.

Further, Ms. Jana explained the importance of Yoga in her own life. She started with her favorite yoga technique of Pranayam - *Anulom Vilom Pranayam* and explained how it helps you calm down when stressed and when you are feeling low. She then spoke about the next yoga posture of Kapalbhata Kriya. Ms. Patil stated that yoga is not only about exercise but it also includes food, sleep, behaviour and thoughts – everything that makes up your lifestyle. She then demonstrated a few mudras and indicated that her favourite mudra which she often practices is the Gyan Mudra. She also enlightened the audience about the importance of all the six mudras that were listed on her power point presentation.

After she concluded her deliberation, Ms. Ramaa Subramaniam thanked Ms. Jana Patil for her inspiring words and recited a small prayer.



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Ms. Ranjita Lodha then invited the Joint Director, Ms. Renuka Vyas to enlighten the audience about her thoughts on this day of the week-long event. She highlighted the importance of Yoga and how it is practiced not only in India but universally. Ms. Vyas made the audience aware of the 3 OM's and their importance. She highlighted that only two things a) Breathing and, b) drinking a lot of water can protect you from depression, stress, and thousands of other diseases because oxygen is very crucial for our brain.

The 13th International Symposium came to an end with the recitation of a beautiful *shloka* by **Sneha Wadhwa**, Team Member, KAASH Foundation, which signified the presence of goodness and humanity in the world.

20TH JUNE 2021: 21ST HEALTH WEBINAR

The 21st Health Webinar was chalked out with the deliberations of two eminent professionals. It began with **Ms. Lippika Podar**, our anchor for the day, introducing the audience to the Sixth Day of the International Yoga Week. She recapped the past five days of the week and welcomed all the audience members. To set a great tone to the event, **Jiya Matkar**, a young Team Member of KAASH Foundation recited a very beautiful Sanskrit *Shloka* which emphasized on looking after our digestive systems for a smoother life.

After the introduction of KAASH Foundation and KAASH Swaasthya Manthan by Pamela Dhonde and Ms. Renuka Vyas respectively, the event took a head start with **Ms. Dixita Parmar** (B.optom), inviting and moderating our *First Special Guest* for the webinar, **Dr. Urmi Shah**. Dr. Shah is a Cataract Surgeon and a Medical Retina Specialist. She consults out of 2 clinics in Mumbai – Eye Solutions at Kemp's Corner and All Doctors Clinic at Walkeshwar. After completing her MBBS at the prestigious Seth GS Medical College and KEM Hospital in Mumbai, Dr. Urmi went on to pursue her Masters in Ophthalmology at St. John's Medical College and Hospital, Bangalore. She treats various retinal diseases like Diabetic Retinopathy, Retinal vein occlusions and Age Related Macular Degeneration by giving intravitreal injections, Intravitreal implants or Retinal Laser. Other than retinal



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conditions, she has great expertise in managing general ophthalmology problems like Glaucoma, eyelid problems, eye infections, dry eyes and Uveitis.

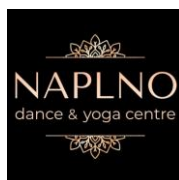


SPECIAL GUEST: Dr. Urmi Shah

PRESENTATION TITLE: Eye-Care in times of COVID

'Conjunctivitis is one of the symptoms for COVID19' is a misconception that has arisen in this situation of the pandemic. Dr. Shah began her session by dispelling such myths. Conjunctivitis does not spread with eye contact, but only with physical contact. It is a viral infection. If conjunctivitis is not accompanied by any other COVID symptoms like cough or fever, then it can be derived to be a plain case of conjunctivitis. In this paranoid environment, one has to remember that severe eye pain and redness without sticky discharge isn't conjunctivitis. Dr. Shah refers to certain precautions like frequent hand washing and separate napkins to keep conjunctivitis at bay. She also recommends antibiotic drops without steroids to be the best cure.

Further, Dr. Shah dealt with the evolving illness of Mucormycosis. This condition happens after 3-4 weeks of being tested positive for COVID due to high sugar levels. The fungus Mucor always stays around us but attacks only when our immunity drops. It starts with attacking the nose, sinuses, eyes and finally the brain. Proper monitoring and control of sugar can help us avoid Mucormycosis. An early detection of this condition becomes very important for better health. A prompt hospitalised treatment, amphotericin injections and surgery (if required) can help the patient.



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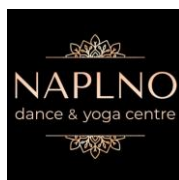
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Dr. Shah further addressed a frequently asked question about eye-strain caused due to longer screen time. Young kids develop optical numbers while older kids and adults face digital strain. This digital strain is caused because of longer screen exposure, not blinking enough, sitting in a wrong posture, and insufficient lighting in the room and blue light emitting out of the screen. It further results in headache, eye strain, blurry vision, neck pain and dry eyes which is a matter of concern. The prevention of such troubles due to digital factors can be dealt with a technique of '20-20-20' professed by Dr. Shah. "If every 20 minutes we take a break of 20 seconds and focus on something 20 metres away from us then digital strain won't be a problem", stated Dr. Shah. With this technique, eye muscles get relaxed and blinking the eyes keeps them moist for a longer duration. Conscious blinking was also a great tip expressed by Dr. Shah. To address this medical condition, using lubricating eye drops 4-6 times a day with doctor's recommendation is helpful.

A new phenomenon called Mask Associated Dry Eyes (MADE) has taken prominence in current times. This issue happens when the upper end of the mask leaves some open space. We breathe out warm air and it reaches our eyes directly and continuously. It leads to heavy dryness and redness. Hence, using masks with nose clips which does not leave any upper space, and lubricating eye drops is the solution. With work from home and online classes taking control of our lives, we must also address the problem of increasing optical number. Dr. Shah also emphasized over the right way to work at the computer. She recommends sitting on a chair and table, keeping the screen-top at eye level, having back straight, and device 1.5-2 feet away. A constant neck exercise, adjusting the font size and using bigger screens are also a part of the solution. The air conditioner in the room should not be directed straight towards our face. We should adjust the screen light according to the ambience light.

Dr. Shah also talked about disturbances in sleeping schedule due to blue light emitting from the screen. She suggested having night mode or blue light filter on to avoid such disturbances. At the end, she mentioned certain parental tips for the betterment of children. According to Dr. Shah, children should inculcate the habit of conscious blinking and avoid rubbing eyes constantly. A child from 0-24 months should have no screen time, 2-4 years should have 1 hour a day and 4-6 years



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should have 2 hours a day only to avoid myopia at early age. Dr. Shah's expertise in various areas helped everyone to know more about our sight. Without such proper guidance, taking good care of our eyes in such times would have become really difficult. Sharing a few healthy lifestyle tips, Dr. Shah ended her deliberation.

The evening was taken ahead by Mr. Alkesh Shah, a Naturopath and Sujok Therapist. Mr. Shah introduced the **Second Special Guest: Shri. Vinayak Paranjpe**, a holistic health healer. After his career of nearly two decades in chemical engineering, he dedicated his life to holistic health development.

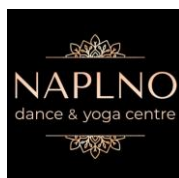


SPECIAL GUEST: Shri. Vinayak Paranjpe

PRESENTATION TITLE: Yoga and Acupressure: Two Sides of the Same Coin

This fascinating title needed some explanation before going ahead. Mr. Paranjpe elaborated that the coin we are talking about is the body. The key concern of this talk is to find parallels, differences and the significance of these ancient practices.

As we know 'Acupressure' is an ancient healing art that's based on the traditional Chinese medicine practice of acupuncture. On the other hand, 'Yoga' stands witness to the ancient Indian knowledge of the land. The speaker defined Yoga using various literary references. According to Patanjali, '*Yogaha ChittaVrutthi Nirodhaha*' which means yoga controls the soul and the mind. It is the connection of our minds and the cosmos. It involved full involvement of all the elements. The Yoga propounded in classes at urban centres rely heavily on '*Hathayoga*' which



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helps us deal with physical problems. But this simple term Yoga is far more complex than we think.

Yoga, according to Patanjali, is based on 'ashtangas'- the eight vital elements. These are 'yama', 'niyama', 'aasana', 'pranayama', 'pratyahara', 'dharna', 'dhyana' and 'samadhi'. The first four elements address the body's relation with external factors, but the next four help us look within ourselves. The ultimate aim of *samadhi* is reduced to only flexibility and fitness.

The *aasanas* which are controlled body movement and postures undertake a huge task of letting the free movement of '*pranashakti*' - life energy in the body. This life energy looks after every miniscule cell of ours. *Aasanas* are simple life energy movers. The Acupressure also believes in the life energy concept and has several similarities.

The ancient Indian wisdom stated that life energy moved through 72,000 'Naadis'- invisible carriers in our body. While Acupressure propagates the idea of 14 meridians which have similar functions, Mr. Paranjpe looks at 14 meridians as the condensed version of 72,000 'Naadis'. The *Naadis* like 'Ida' and 'Pingla' are very much similar to 'Ren' and 'Du' meridians. The 'Chandra Naadi' and 'Surya Naadi' resembling coolness and warmness can be observed as conceptual vessels and governing vessels in acupressure knowledge.

But there stands a difference when it comes to the presence of '*Sushmana Naadi*'. Yogic wisdom believes that when 'Chandra Naadi' and 'Surya Naadi' balances then the life energy moves through Kundalini Shakti and all 7 Chakras before reaching the *Sushmana Naadi* which connects us to universal consciousness. The element of *Samadhi* in Yoga tends to be missing in Acupressure.

In both the practices, the movement of life energy is very important. According to Mr. Paranjpe, they both work to remove diseases - which are blockages in the Naadi/meridian circuit. Acupressure exerts external pressure to take away congestion while combination of different *asanas* ensures better flow. The prime difference remains as yoga is something which one has to practice on their own. No external help can assure yogic benefits but Acupressure can be practiced by someone else too. To conclude this extensive relationship between yoga and



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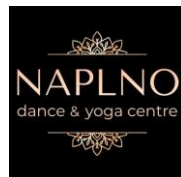


acupressure, Mr. Paranjpe firmly believes that yoga and acupressure should be complementary to each other. If one gets treated with acupressure it becomes easier to practice yoga in the longer run.

Mr. Paranjpe also discussed about his own research which focuses on better eyesight without glasses. This study relies upon personal experiences. Sharing anecdotes, Mr. Paranjpe mentions about him using glasses for 20 years after being diagnosed for retina hemorrhage. But after that he changed his approach and gave up glasses. The optical number hasn't significantly dropped but he is free of the glasses now. The 'pranic energy' reaching his eyes has made such great change.

Before sharing a few techniques to get rid of glasses, Mr. Paranjpe suggested two books for further references. He mentioned Dr. Bates's 'Better Eyesight without Glasses' and 'Kashala Hava Toh Chashma' by Dr. Balakrishna Khare which helped him understand the topic better. The exercises which he referred to were palming (giving warmth to eyes), focusing on near and distant objects, eye rotations and stargazing. Along with these, movement of finger tips over the orbit of the muscles around the eyes can help us stimulate the acupoints there. He also recommended recitation of Chakshu Upanishad mantra 12 times in the morning to attain positivity. Mr. Paranjpe congratulated KAASH Foundation for their efforts and ended his deliberation on that note.

At the end, it was **Kabir Gokhale**, young member of KAASH Foundation who recited a Sanskrit *shloka* and graced the evening. The shloka recommended exercises for body growth, better digestion and removal of 3 doshas (defects). Finally, Ms. Lippika Podar took over and extended a vote of thanks to the speakers, program directors, collaborators, KAASH Foundation members and the audience. The 21st Health Webinar and the 6th Day of the International Yoga Week Celebration left everyone with tremendous knowledge and techniques to imply in daily life.





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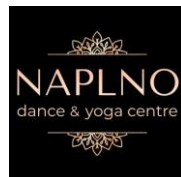
21ST JUNE 2021: INTERNATIONAL DAY OF YOGA

21st June 2021 marked the seventh and the last day of the International Yoga Week, which coincided with the International Day of Yoga. The seventh day began with **Harsh Arkal**, Team Member, KAASH Foundation, reciting a Sanskrit *Shloka* which paid reverence to the great Sage Patanjali who is considered to be one of the greatest yoga masters of all times, the author of the principle text on yoga — the Yoga Sutras, in whom is present the soul of all great masters of yoga who practiced, taught and lived yoga in their lives.

Next, Ms. Megha Patel, team member of the Youth Brigade of KAASH Foundation, guided the audience through a summary of the past 6 days of the International Yoga Week. Then, Dr. Avkash Jadhav, Founder-Trustee, KAASH Foundation shared his views on the event and expressed his happiness and gratitude towards all the collaborators who helped make this event possible and triumphant. After the introduction of KAASH Swaasthya Manthan by Ms. Renuka Vyas, Titiksha Kabra, our anchor for the day, took the proceedings ahead with the first performance of the day.

Gauravi Pradhan, Youth Brigade Member, KAASH Foundation, shed light on the concept of Deep Yoga and introduced the first performance for the day. Deep Yoga is considered to be the best way to increase concentration and calming the mind. It is often seen that our mind keeps on wandering when doing an important job. In this method, a burning lamp or candle is kept between the eyebrows on the forehead. This practice requires one to have a completely still mind, as even the slightest of the movements would render the lamp unstable. This practice increases the power in an individual to focus on anything. Along with this, the body and muscles also get relaxed. Deep Yoga is a method used for increasing concentration for centuries.

The performance of **Deep Yoga** by Ms. Jaanhavi Malkar, Ms. Pooja Malkar and Ms. Uma Parab was riveting. Their movements were elegant and graceful that integrated the beneficial aspects of yoga with beauty and thrill. Their demeanour was calm which evoked a similar emotion in the audience. Even when these



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talented women twisted and turned themselves to recreate the various *asanas*, the diya between their forehead never once wavered.

Thereafter, **Ms. Priti Saboo**, Team Member, KAASH Foundation and Coordinator, Kolkata Chapter, introduced the concept of **Surya Namaskar** (which literally translates to Sun Salutation). Surya Namaskar is a practice in yoga incorporating a flow sequence of some twelve gracefully linked *asanas*. The basic sequence involves moving from a standing position into Downward and Upward Dog poses and then back to the standing position, but many variations are possible. The set of 12 *asanas* is dedicated to the solar deity Surya. In some Indian traditions, the positions are each associated with a different mantra. There are many benefits of performing Surya Namaskar regularly. It tones muscles and improves flexibility, helps in hormonal balance, increases energy and awareness levels among many other things.

Members of the Institute of Yogarts in Harrow, United Kingdom, demonstrated the Surya Namaskar. They were guided by Ms. Panna Panchal, the Founder of the institute. Ms. Panchal has been teaching different types of yoga, relaxation and meditation for over two decades. The three members began the sequence, by starting in *Pranamasana* or the Prayer pose. They went through the next 11 steps of *Hasta Uttanasana* (Raised arms pose), *Hastapadasana* (Standing forward bend), *Ashwa Sanchalanasana* (Equestrian pose), *Dandasana* (Stick pose), *Ashtanga Namaskara* (Salute with eight parts or points), *Bhujangasana* (Cobra pose), *Adho Mukha Svanasana* (Downward facing dog pose), *Ashwa Sanchalanasana* (Equestrian pose), *Hastapadasana* (Standing forward bend), *Hasta Uttanasana* (Raised arms pose) and finally, *Tadasana* (Mountain Pose).

Besides good health, Surya Namaskar also provides an opportunity to express gratitude to the sun for sustaining life on this planet. While being a great cardiovascular workout, it is also known to have an immensely positive impact on the body and mind.

Following this, Ms. Renuka Vyas spoke briefly about the International Day of Yoga and the efforts of the Ministry of AYUSH, Government of India to promote the benefits of yoga in everyday life. The Ministry has prescribed the Common Yoga



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Protocol, which is essentially a guideline that gives information on basic and easy to perform yoga poses and asanas that can be practiced by people of all age groups.

Ms. Pooja Malkar and Ms. Uma Parab, Team Members of KAASH Foundation's KAASH Swaasthya Manthan demonstrated a few yoga practices from the **Common Yoga Protocol** prescribed by the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Government of India. They began their performance by first chanting the Gayatri Mantra as it is believed to generate energy in the body. Then they performed *sadilaja/cālana kriyas*, i.e. loosening practices that help in increasing microcirculation. These practices can be done while standing and sitting. First, neck-bending exercise, then shoulder, arm and knee movements were performed, and finally, supine postures were shown. Various *asanas* were very meticulously demonstrated.

After this, various *pranayamas* were presented. Pranayama is the yogic practice of focusing on the breath. *Prana* means 'vital life force', and *yama* means to gain control. In yoga, breath is associated with the prana, thus, pranayama is a means to elevate the *Prana shakti*, or life energies. The duo showed how *kapalbhati*, *nadiśodhana* or *anuloma viloma pranayama* (alternate nostril breathing), *bhramari pranayama* and *shitali pranayama* are performed. This demonstration ended with a deep chanting of the 'om' - the sound of the essence of the ultimate reality, consciousness or Atman. Ms. Pooja Malkar guided the entire demonstration in a very adept manner.

Ms. Lippika Podar, Team Member of KAASH Foundation, introduced the value of Yoga and gave a preamble to the performance of "Yoga in daily life" by Ms. **Zuzana**. Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between the mind and body. It is an art and science for a healthy living. The word 'Yoga' is derived from the Sanskrit root 'yuj' meaning 'to join', 'to yoke' or 'to unite'. According to Yogic scriptures, the practice of Yoga leads to the union of an individual consciousness with the universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be 'in Yoga' and is termed as a yogi who has attained a state of freedom, referred to as *mukti*, *nirvāna*, *kaivalya* or *moksha*.



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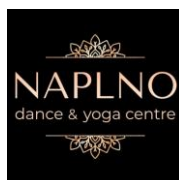
Ms. Zuzana, an Event Coordinator at NAPLNO Dance and Yoga Centre, Prague, Czech Republic demonstrated “Yoga in Daily Life” which included yoga that one can do in their everyday life. By taking out 15-30 minutes from one’s busy schedule, one can incorporate healthy habits such as yoga that will be helpful in the long run. The demonstration by Ms. Zuzana was extremely pleasant and helpful. It had elements that seemed as though they would fit easily into one’s daily exercise routine.

Ms. Alpa Mehta, Core Committee Member, KAASH Foundation, introduced the practice of Mallakhamb and its demonstration by the members of Shree Samarth Vyayam Mandir, Dadar. Mallakhamb is a traditional sport originating from the Indian subcontinent, in which a gymnast performs aerial yoga or gymnastic postures and wrestling grips with a vertical stationary or hanging wooden pole, cane, or rope. The origin of Mallakhamb can be traced to the 12th century, where it is mentioned in Manas-Olhas - a classic by Chalukya in 1135 A.D. For seven centuries, the art lay dormant, till it was revived by Balambhatta Dada Deodhar, the sports and fitness instructor to Peshwa Bajirao II, who reigned during the first half of the 19th century.

Under the guidance of Shri. Uday Deshpande, institute’s chief trainer, various members from Shree Samarth Vyayam Mandir, Dadar demonstrated the Mallakhamb.

The first performance was of Rope Mallakhamb, wherein the participant performs exercises while hanging on a rope suspended from a support at the top. The rope is caught by the performer in the gap between the big toe and the second toe, along with one or both hands. After climbing upwards on the rope, the performer ties the rope around the body through a sequence of steps. The performer then reaches various positions called *Udi* (to fly), some of which are imitations of standard asana. This form of Mallakhamb is generally performed by girls.

The second performance was of Pole Mallakhamb which is considered to be a strictly traditional form of mallakhamb. A free-standing pole made of teak or rosewood and smeared with castor oil is used as the prop. The height of the pole ranges from 2.6 metres above the ground. Participants perform various acrobatic



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feats and poses while hanging on the pole. This form of mallakhamb is generally performed by boys.

The third performance was again of Rope Mallakhamb, however this time, the demonstrators wore nauvari sarees or single nine yard cloth. The coordination between the members while presenting a duet was impeccable.

The girls and boys presented various poses with a pleasant smile that veiled the years of hard work they must have put in. They were absolutely beautiful performances. Their intricate movements were breathtaking and mesmerising. One could not take their eyes off the performance for the participants moved themselves with such agility. The demonstration of rope mallakhamb while wearing nauvari saree was especially fascinating.

Mallakhamb exercises make the body light and strong. These exercises are most beneficial for the stomach, back, arms and thighs, and have been found useful to achieve efficiency in a number of other games and sports like gymnastics and wrestling. The Mallakhamb sport affects the spinal cord the most, which develops energy and increases longevity, and is the only exercise in which all big and small organs of the body are active.

Lastly, Ms. Priti Saboo, Team Member, KAASH Foundation and Coordinator, Kolkata Chapter, spoke a little on what meditation is and why it is important in our daily life. She then introduced a demonstration of the same by the members of Institute of Yogarts, Harrow, United Kingdom. Meditation is a delicate art of doing nothing and letting go of all efforts to relax in your true nature - which is love, joy, and peace. The practice of meditation gives you deep rest. It is essential to reduce stress levels and maintain mental hygiene.

The benefits of yoga and meditation are manifold - a calm mind, focussed attention, good concentration power, clarity of thoughts and feelings, balanced emotions in stressful situations, relaxation. There are many health benefits of practicing yoga and meditation regularly.

Members of the Institute of Yogarts, Harrow, United Kingdom, gave a performance of **yoga and meditation** under the guidance of Ms. Panna Panchal. The



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demonstrators meditated with a brick on their head as it is believed to help one concentrate and connect with the cosmic energy. The activity was extremely calming and helpful. Before the conclusion of the day, Niharika and Vrisha Malvankar, two of the youngest members of KAASH Foundation recited a Sanskrit Shloka. By sharing her concluding remarks, Titiksha Kabra finally concluded the last day of the International Yoga Week.

As we draw the curtains to the weeklong gala celebrating Yoga, KAASH Foundation would like to extend its heartfelt gratitude and appreciation towards all the collaborators, affiliated partners, resource persons and performers, whose presence and knowledge made this week extremely wonderful. The credit for the event's success also goes to the Organising Committee Members, especially Dr. Avkash Jadhav and Ms. Renuka Vyas, and all the Youth Brigade Members of the Foundation, with special thanks to Ms. Jaanhavi Malkar for her creative instincts and Megha Patel, Rohan Hegde and Kishan Singhania for their technical expertise.

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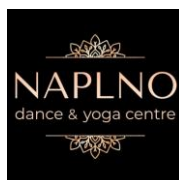


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15TH JUNE 2021: INAUGURATION

Ms. Titiksha Kabra – *Anchor*



Mst. Harsh Arkal



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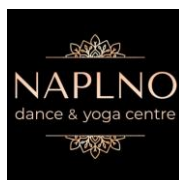
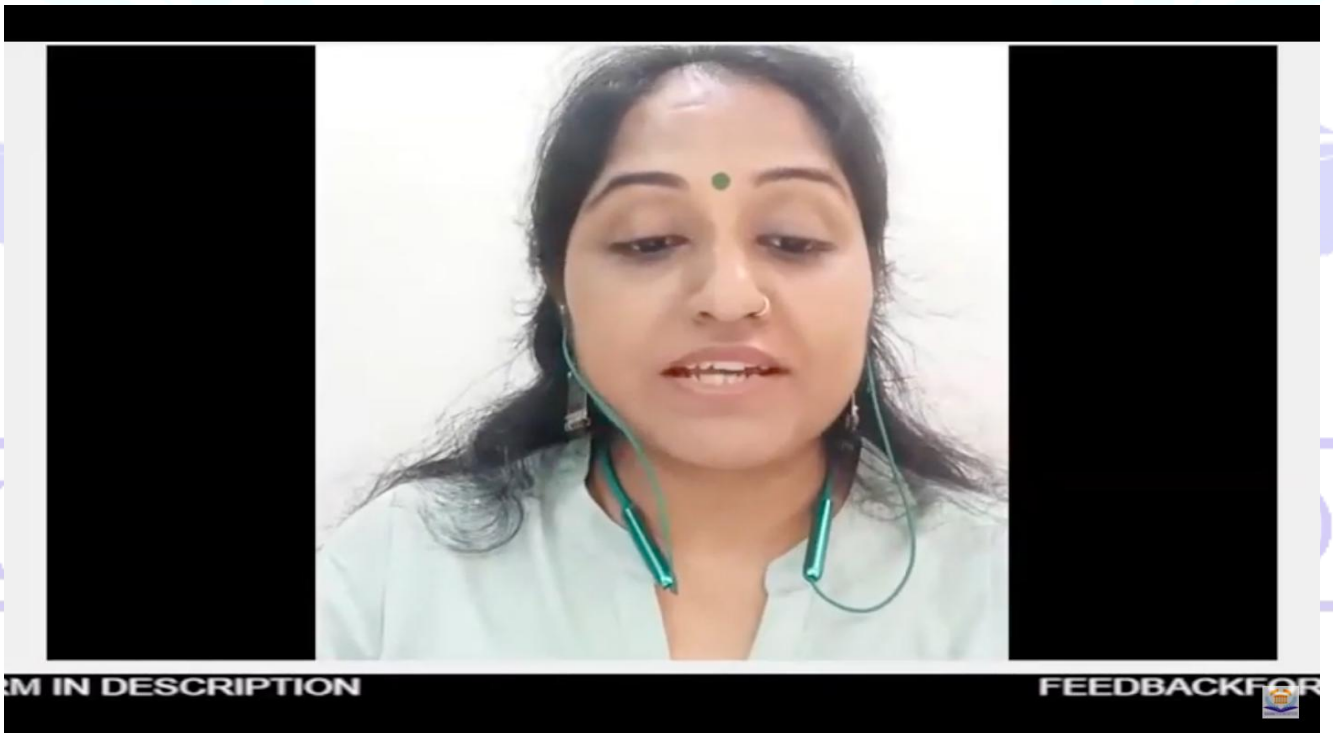
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Ms. Megha Patel



Ms. Renuka Vyas



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Ms. Alpa Mehta

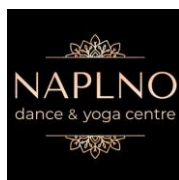


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Ms. Pamela Dhonde



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Dr. Chinmay Pandya – *Guest of Honour*
'Relevance of Yoga'



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Dr. Ishwar V. Basavaraddi – *Chief Guest*

'Yoga: Our Ancient Wisdom and its Relevance Today'



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Dr. Raghvendra Rao – *Inaugural Speaker*

'The Role of Yoga in COVID'



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Dr. Om Jee Upadhyay – *Special Guest*

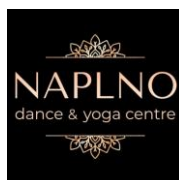
'Yoga: The only Path for a Holistic Wellbeing'



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Dr. Avkash Jadhav – *Special Guest*
'Emotional Management through Yoga'



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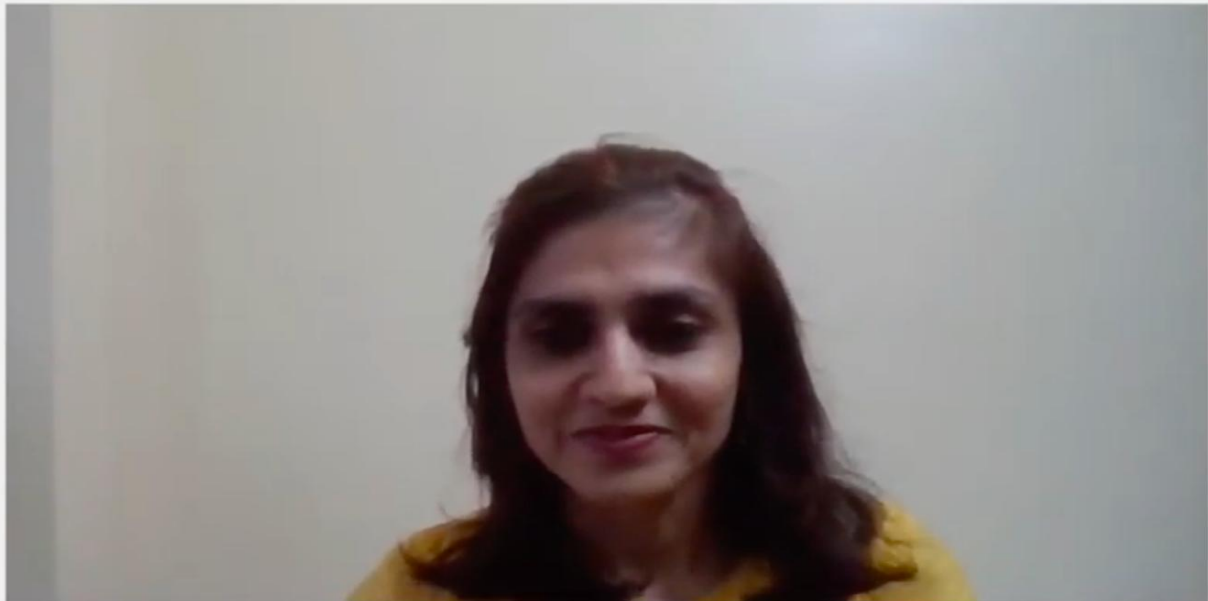
Ms. Niharika Malvankar and Ms. Vrisha Malvankar



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16TH JUNE 2021: 12TH INTERNATIONAL SYMPOSIUM

Ms. Priti Saboo – *Anchor*



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Ms. Yashita Rane



Dr. Chintan Jadia – *Moderator*



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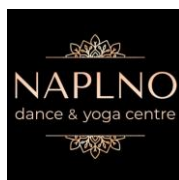


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Dr. Suresh Lal Barnwal – *Special Guest*

'Yogic Lifestyle in the Present Scenario'



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Ms. Jana Bagarova & Ms. Zuzana – *Special Guest*
'Elucidation of Life through Yoga in Czech Republic'



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17TH JUNE 2021: 19TH HEALTH WEBINAR

Ms. Bhavana Pancholi – *Anchor*



Ms. Tanisha Nar



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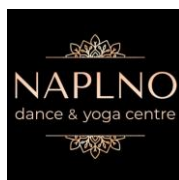
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Ms. Pooja Malkar – *Moderator*



Shri. Vijay Kukreja – *Special Guest*
'Yoga: A Catalyst to Boost Immunity Levels'



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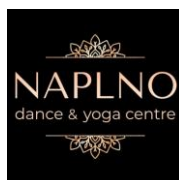




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Ms. Uma Parab – *Moderator*



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Shri. Uday Deshpande – *Special Guest*

'Mallakhamb: An Extension of Yoga on Poles and Ropes'



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Ms. Mahek Kapoor



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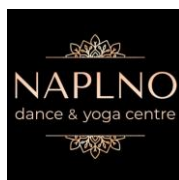
18TH JUNE 2021: 20TH HEALTH WEBINAR

Ms. Jaanhavi Malkar – *Anchor*



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Ms. Hrudaya Vartak

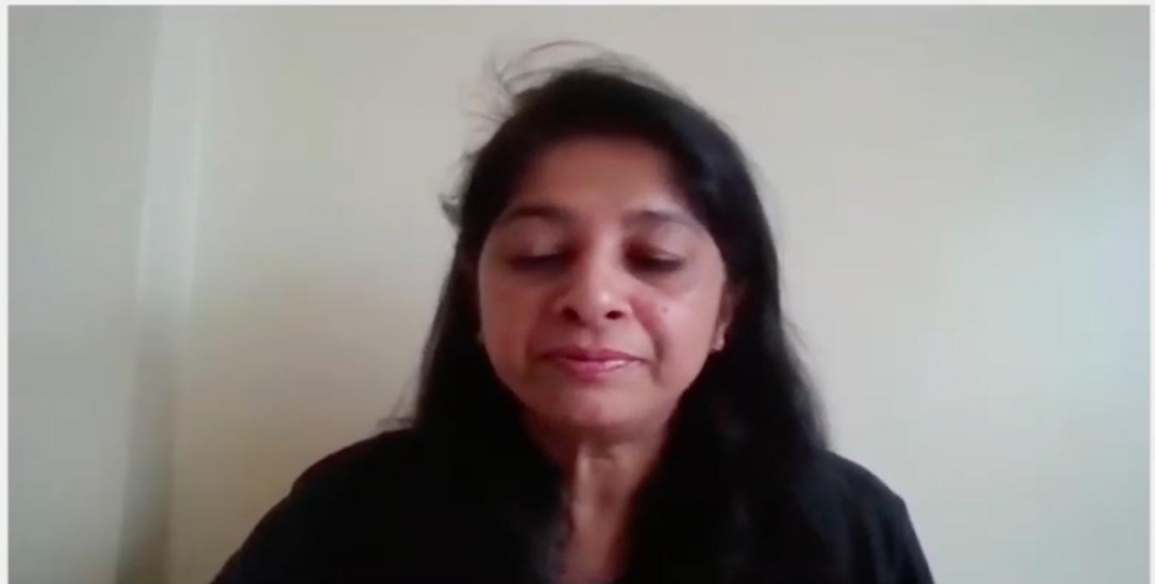


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Ms. Alpa Mehta – *Moderator*



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Dr. Surendra Kumar – *Special Guest*
मनोविकारों के निवारण में योग सूत्र की भूमिका



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Dr. Rajvi Mehta - *Special Guest*
'Yoga under Extreme Adversities'

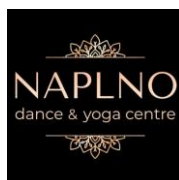


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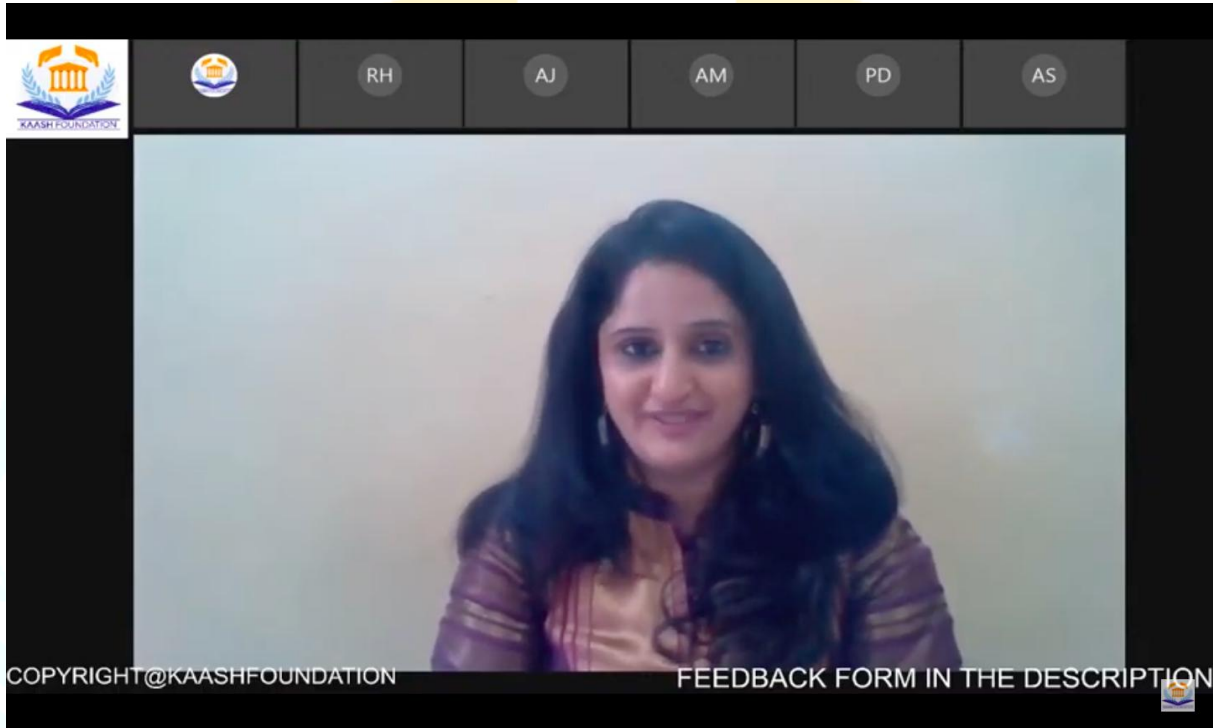


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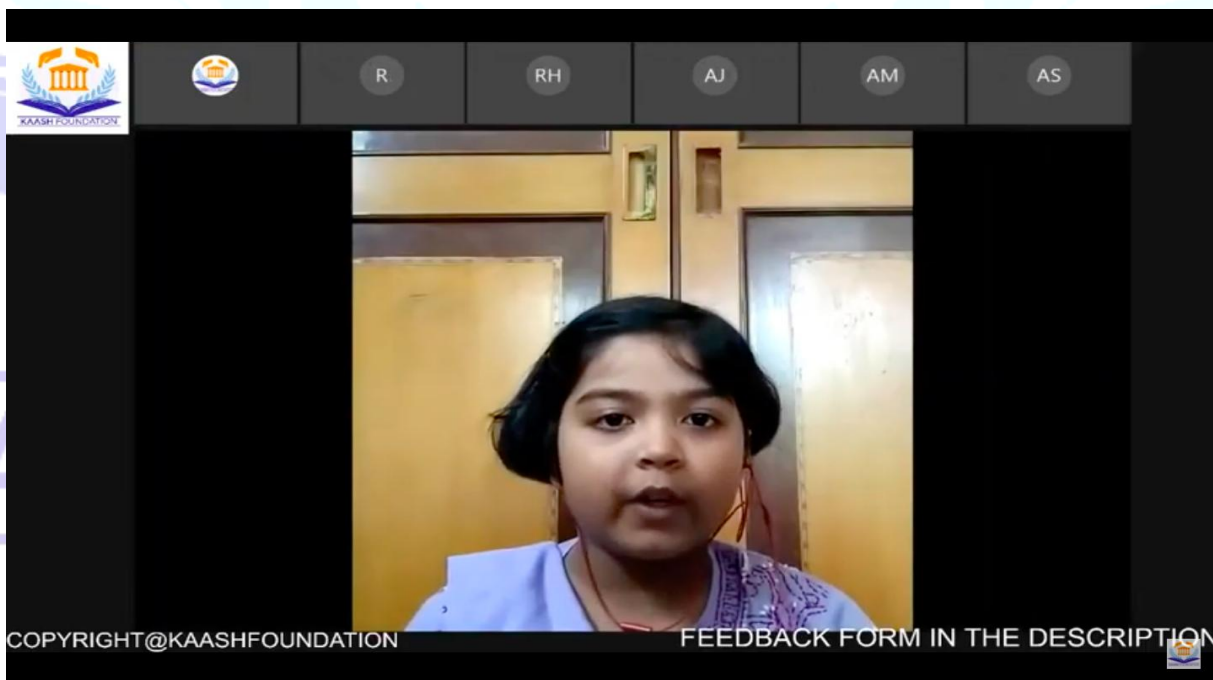


19TH JUNE 2021: 13TH INTERNATIONAL SYMPOSIUM

Ms. Ranjita Lodha – *Anchor*



Ms. Sana Gaikwad



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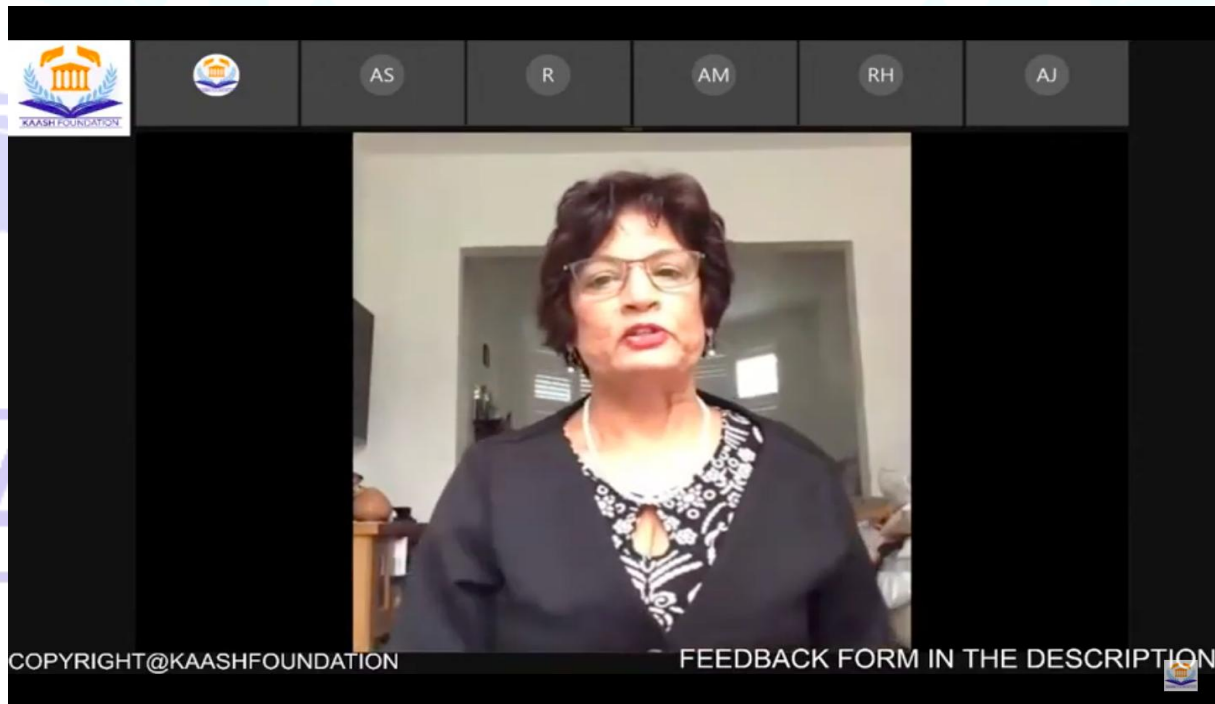


Mr. Alkesh Shah – *Moderator*



Ms. Panna Panchal – *Special Guest*

'Integrating Yogic Tips and Philosophies into our Lifestyle'

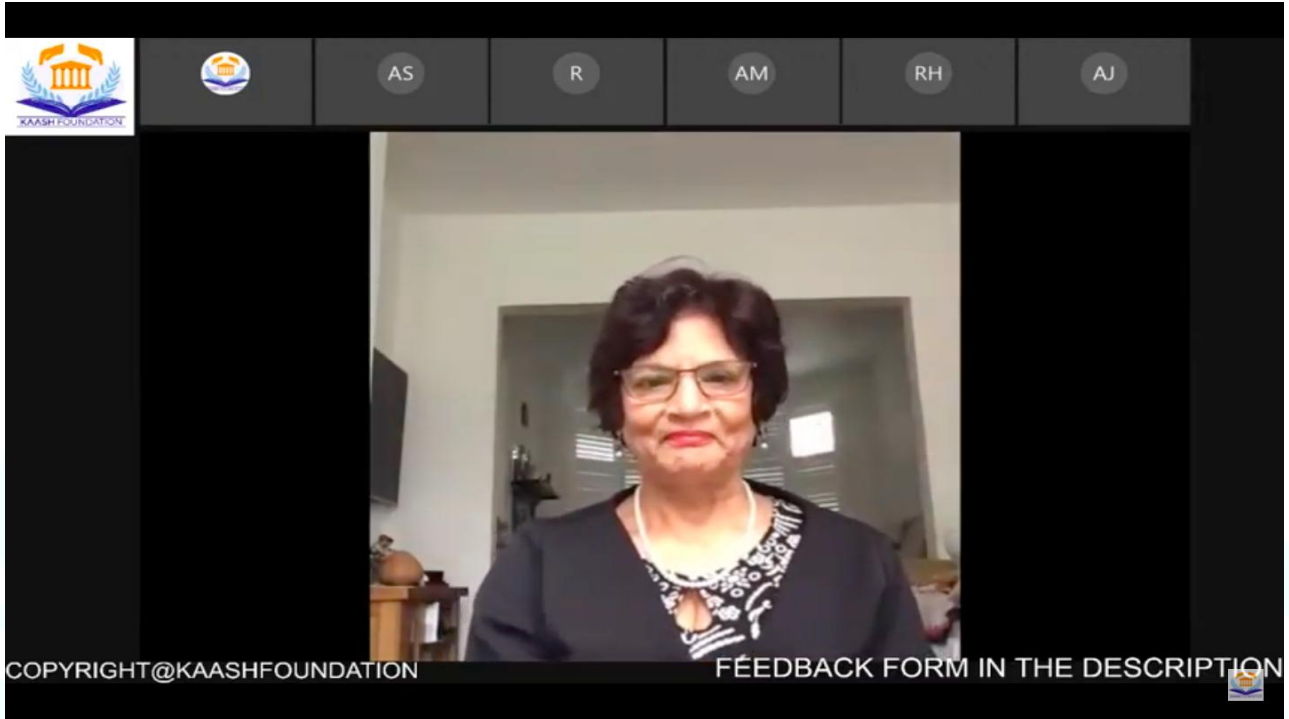


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Ms. Ramaa Subramaniam – *Moderator*



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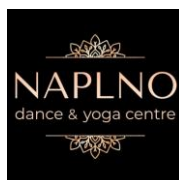
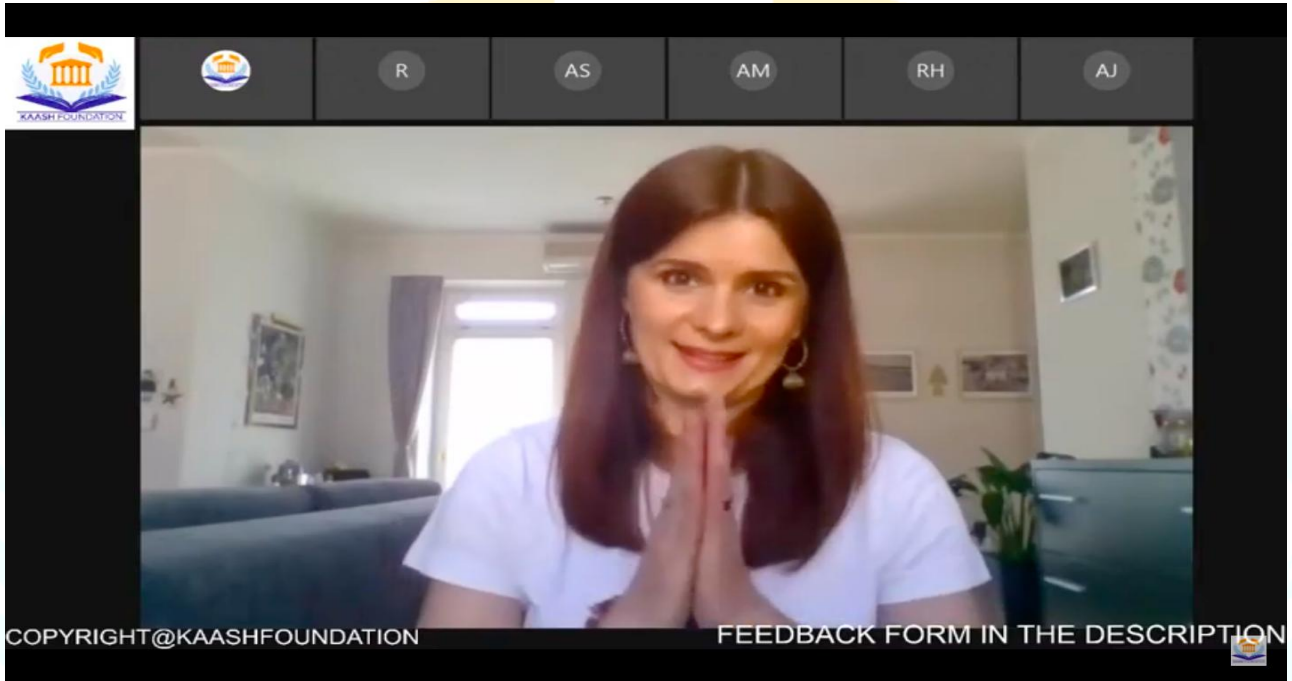




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Ms. Jana Patil – *Special Guest*
'Yoga in Czech Republic and in my Life'



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Ms. Sneha Wadhwa



20TH JUNE 2021: 21ST HEALTH WEBINAR

Ms. Lippika Podar – *Anchor*



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Ms. Jiya Matkar



Ms. Dixita Parmar – *Moderator*



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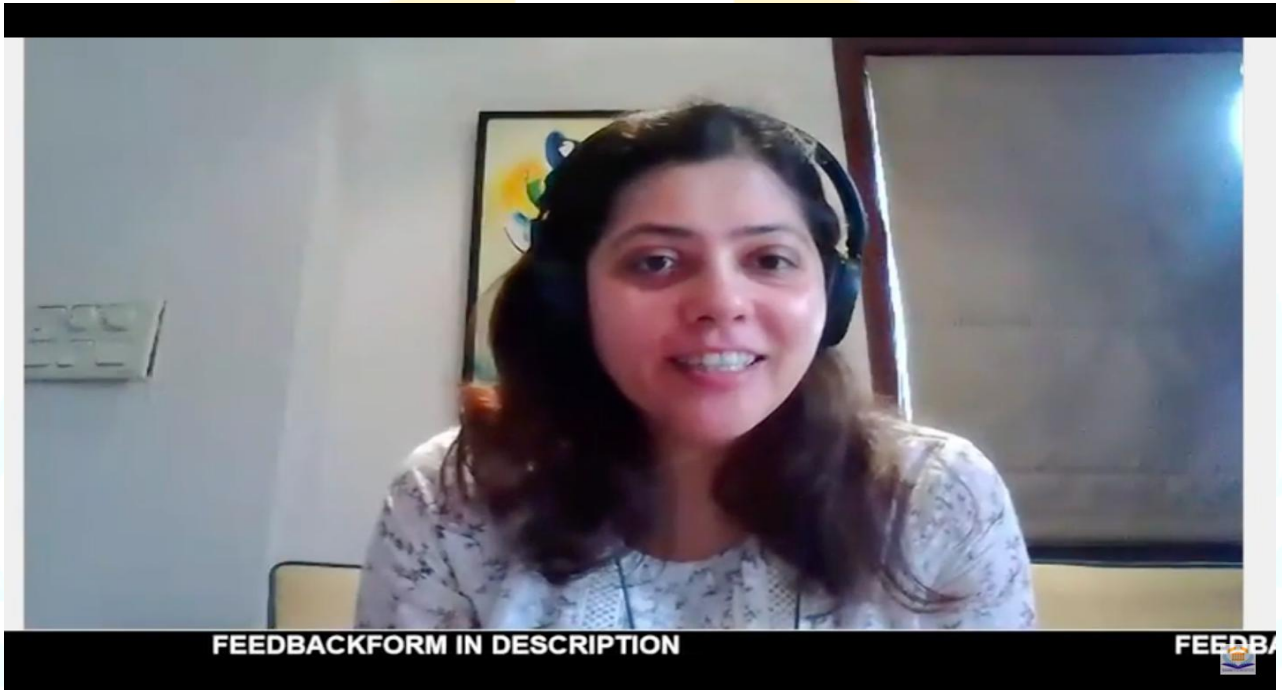




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Dr. Urmi Shah – *Special Guest*
'Eye Care in times of COVID'



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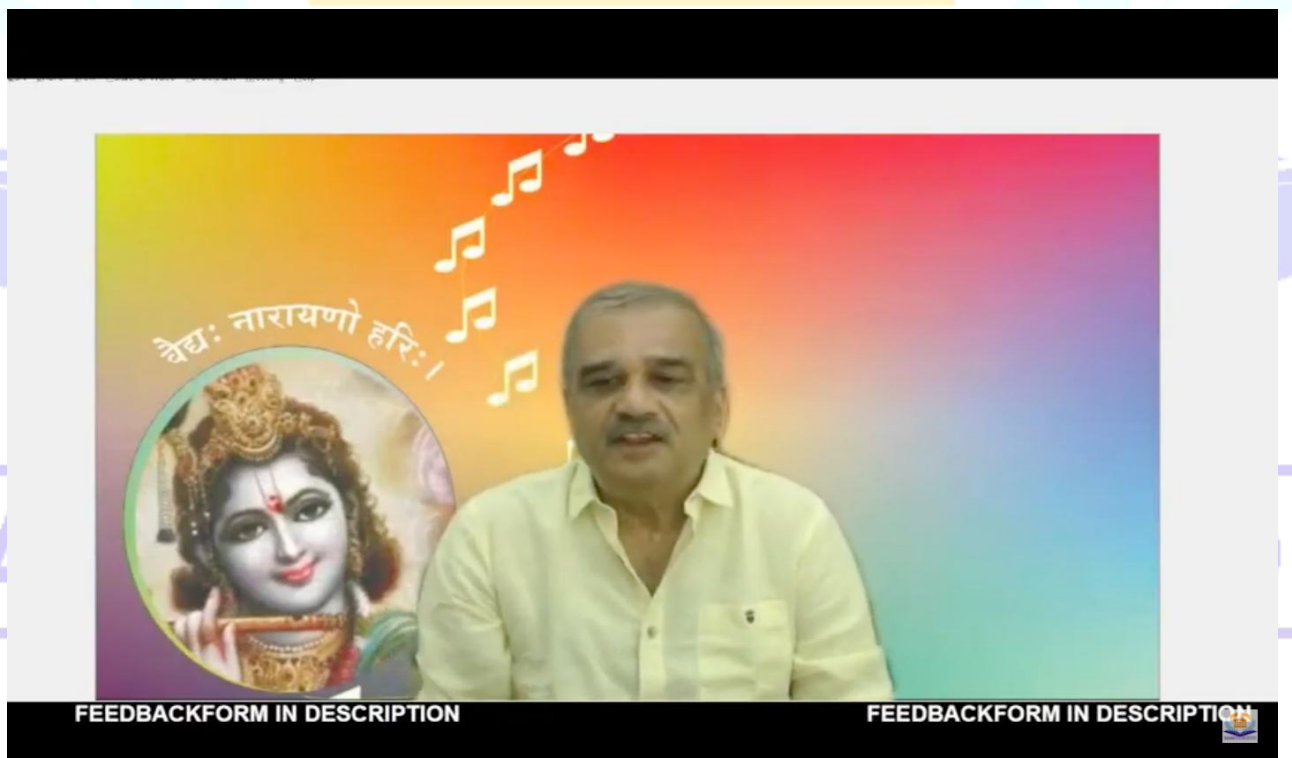


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Shri. Vinayak Paranjpe – *Special Guest*

'Yoga and Acupressure: Two Sides of the Same Coin'



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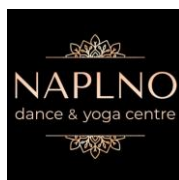
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Mst. Kabir Gokhale



21ST JUNE 2021: INTERNATIONAL DAY OF YOGA
Ms. Uma Parab, Ms. Jaanhavi and Ms. Pooja Malkar
Deep Yoga



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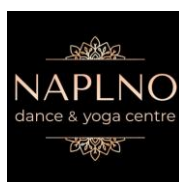
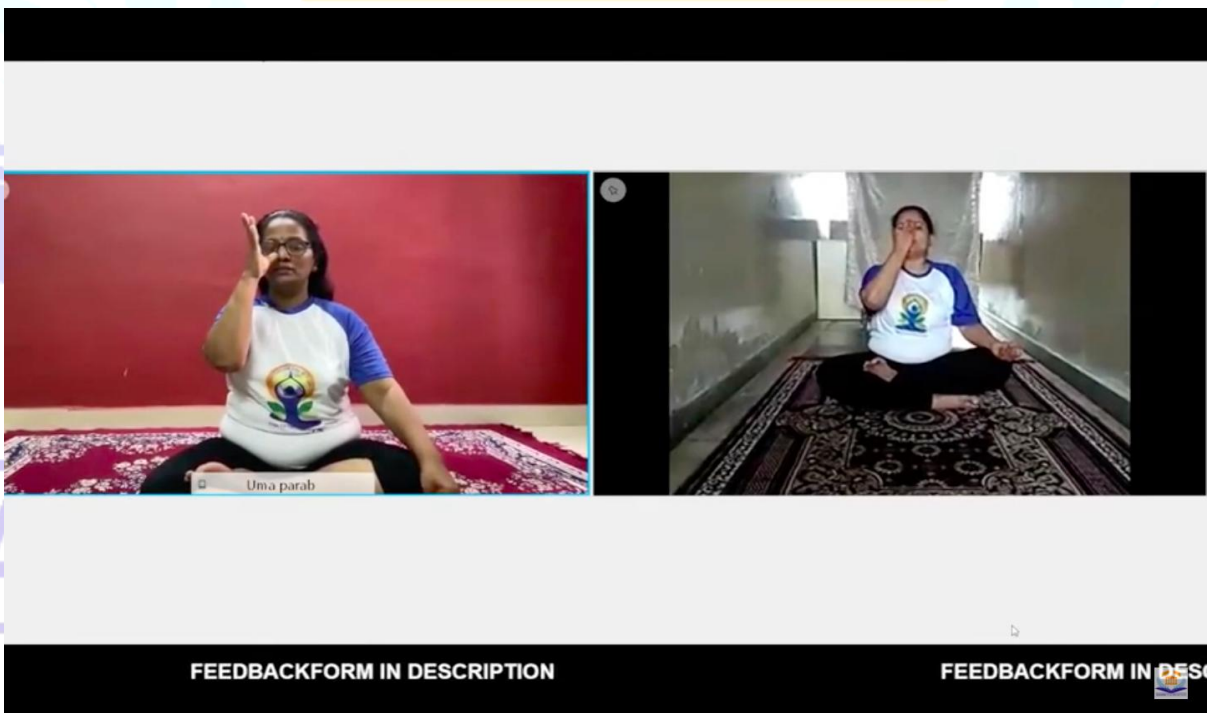




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Ms. Uma Parab and Ms. Pooja Malkar
'Yoga Asanas as per the Common Yoga Protocol'



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DESCRIPTION

FEEDBACKFORM IN DESCRIPTION

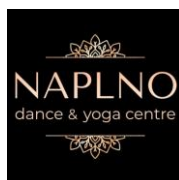


Members of Shree Samarth Vyayam Mandir
Mallakhamb on Pole



FEEDBACKFORM IN DESCRIPTION

FEEDBACKFORM I



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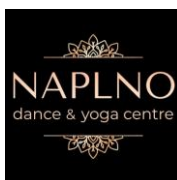
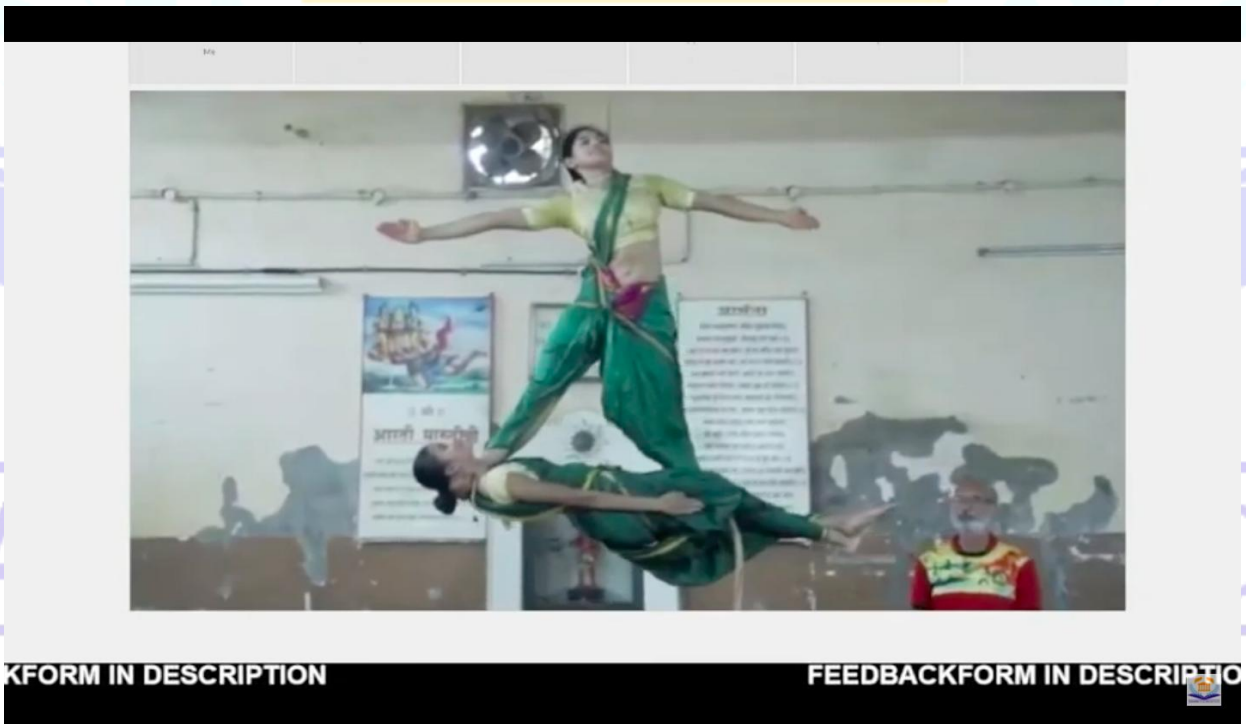
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Mallakhamb on Rope



Girls in Nauvari Sarees performing Rope Mallakhamb



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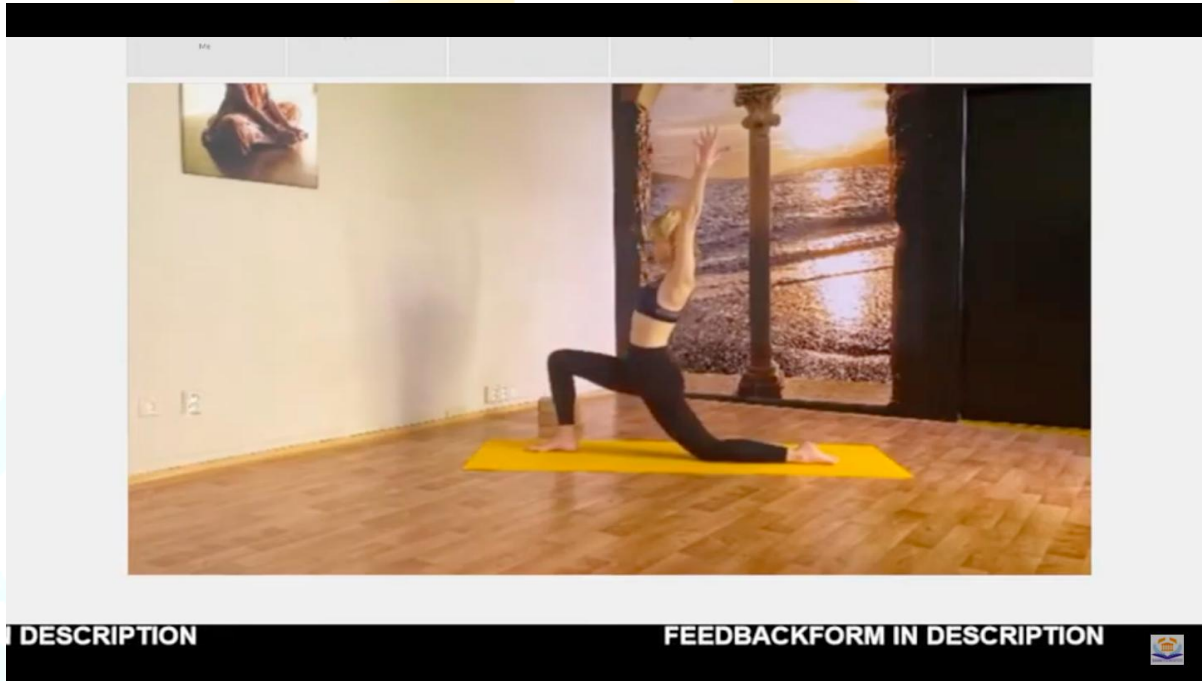


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Ms. Zuzana

Yoga in Czech Republic



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Members of the Institute of Yogarts

Surya Namaskar



Yoga and Meditation



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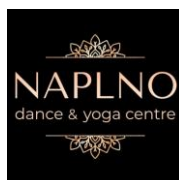


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LETTER OF APPRECIATION

KAASH FOUNDATION



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Recognized by the UGC, Accredited by NAAC
& an ISO 9001:2015 Certified Institution

Dr. Avkash Jadhav
Director
Centre for Academic and Professional Development (CAPD)
Founder – Trustee
KAASH Foundation

Atariya Dr Jadhav Ji

At the outset, let me first congratulate you for the initiative by KAASH Foundation's KAASH Swaasthya Manthan to celebrate the International Yoga Week from 15th June 2021 – 21st June 2021. The present times has indeed necessitated the organization of such initiatives, to promote and propagate the vitality of Yoga in our lives.

The diligence and dedication with which KAASH Swaasthya Manthan has been working in the Health Sector is indeed incredible and fabulous. We, at Dev Sanskriti Vishwavidyalaya, have learnt of the various projects and endeavors undertaken by KAASH Foundation on its Four Verticals of Education, Environment, Health and Heritage, since its inception in October 2019.

Once again prayers to Param Pujya Gurudev, Pt. Shriram Sharma Acharya ji for the success of your event and well-being of all.

Sincerely

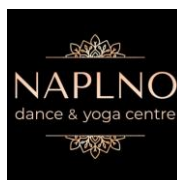
Chinmay P.

Dr Chinmay Pandya

Dr. Chinmay Pandya

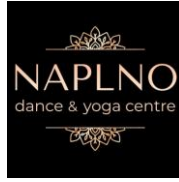
(MBBS, PGDipl, MRCPsyche – London)

Pro Vice Chancellor, Dev Sanskriti Vishwavidyalaya, Gayatrikunj – Shantikunj, Haridwar – 249 411
www.dsvv.ac.in | +91 9258 360 961 | chinmay.pandya@dsvv.ac.in |



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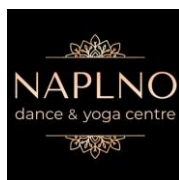


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**PARTICIPATION FROM
UNIVERSITIES, INSTITUTES, COLLEGES,
SCHOOLS, ORGANIZATIONS, INDIAN
STATES AND UNION TERRITORIES
FOR THE
INTERNATIONAL YOGA WEEK**

KAASH FOUNDATION



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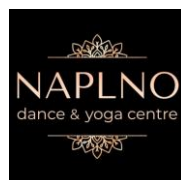


UNIVERSITIES:

- 1) Alagappa University, Karaikudi, Tamil Nadu
- 2) Annamalai University, Tamil Nadu
- 3) Barkatullah University, Bhopal, Madhya Pradesh
- 4) Calcutta University, Kolkata, West Bengal
- 5) Greenwich University, Pakistan
- 6) Karnatak University, Dharwad, Karnataka
- 7) Kerala University of Health Sciences, Thrissur, Kerala
- 8) K.L. University (Deemed to be University), Uttar Pradesh
- 9) Lovely Professional University, Punjab
- 10) Maharana Pratap University of Agriculture & Technology - Administrative Office, Udaipur, Rajasthan
- 11) Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya Wardha, Maharashtra
- 12) Manipur International University, Imphal, Manipur
- 13) Mumbai University, Mumbai, Maharashtra
- 14) Raj Rishi Bhartrihari Matsya University, Alwar, Rajasthan
- 15) Rajarshi Tandon Open University, Allahabad, Uttar Pradesh
- 16) Rani Durgawati Vishwavidyalaya Jabalpur, Madhya Pradesh
- 17) Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu
- 18) Trincomalee Campus, Eastern University of Sri Lanka
- 19) University of Madras, Chennai, Tamil Nadu
- 20) Utkal University, Bhubaneswar, Odisha
- 21) Vardhman Mahaveer Open University, Kota, Rajasthan

INSTITUTES:

- 1) B.P. Koirala Institute of Health Sciences, Dharan, Nepal
- 2) H.P. University Business School, Shimla, Himachal Pradesh
- 3) Indian Institute for Production Management, Odisha
- 4) SNBP Group of Institutes, Pune, Maharashtra



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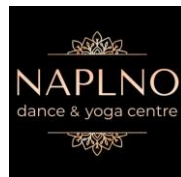
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5) Tata Institute of Social Sciences

COLLEGES:

- 1) Ananda College, Devakottai, Tamil Nadu
- 2) B.P.E.G.M. College, Hanegaon, Maharashtra
- 3) Benedict College, Columbia, United States of America
- 4) Bhavan's College, Mumbai, Maharashtra
- 5) Bhilai Mahila Mahavidyalaya, Chhattisgarh
- 6) Dr. Harekrushna Mahatab College, Kupari, Balesore, Odisha
- 7) Field Marshal K.M. Cariappa College, Madikeri, Karnataka
- 8) Government College, Julana, Haryana
- 9) Government Degree College, Beerwah, Jammu & Kashmir
- 10) Government Degree College, Garur Bageshwar, Uttarakhand
- 11) Government Girls College, Itarsi, Madhya Pradesh
- 12) Government Penchvalley P.G. College, Parasia, Madhya Pradesh
- 13) Hitkarini College of Engineering & Technology, Jabalpur, Madhya Pradesh
- 14) Loknete Gopinathji Munde Arts, Commerce and Science College, Mandangad, Maharashtra
- 15) R.V.S. College of Engineering and Technology, Puducherry
- 16) Rajarshi Rananjay Singh College of Pharmacy Amethi, Uttar Pradesh
- 17) Ramnarain Ruia College (Autonomous), Mumbai, Maharashtra
- 18) S.M.P. College
- 19) Sai Mohan College of Education, Faridabad, Haryana
- 20) Saroop Rani Government College for Women, Amritsar, Punjab
- 21) Shri. D.D. Vispute College of Pharmacy and Research Center, Navi Mumbai, Maharashtra
- 22) Shri. M.D. Shah Mahila College of Arts and Commerce, Mumbai, Maharashtra
- 23) St. Andrew's College, Mumbai, Maharashtra
- 24) St. Xavier's College (Autonomous), Mumbai, Maharashtra



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25) State Unani Medical College, Prayagraj, Uttar Pradesh

26) Thakur Ramnarayan College of Arts & Commerce, Mumbai, Maharashtra

27) Vasant Rao Naik College, Murud, Maharashtra

SCHOOLS:

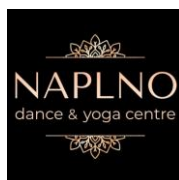
- 1) Delhi Public School, Pune, Maharashtra
- 2) Ecole Normale Supérieure Assia Djébar de Constantine (ENSC), Algeria
- 3) Zilla Parishad High School, Kotha Molgara

ORGANIZATIONS:

- 1) Ara Yoga Shala, Florida, United States of America
- 2) International Yoga Academy, Prague, Czech Republic
- 3) Open Mind Project, Colorado, United States of America
- 4) Rosy Blue
- 5) Sanskar Sarjan Education Society, Mumbai, Maharashtra
- 6) Sant Gulab Baba Hospital and Yoga Training Centre, Bhandara, Maharashtra
- 7) Santosh Abrasives, Bangalore, Karnataka
- 8) Sri Sugureshwara Yoga Centre

INDIAN STATES:

- 1) Andhra Pradesh
- 2) Bihar
- 3) Chhattisgarh
- 4) Haryana
- 5) Jammu and Kashmir
- 6) Jharkhand
- 7) Karnataka
- 8) Kerala



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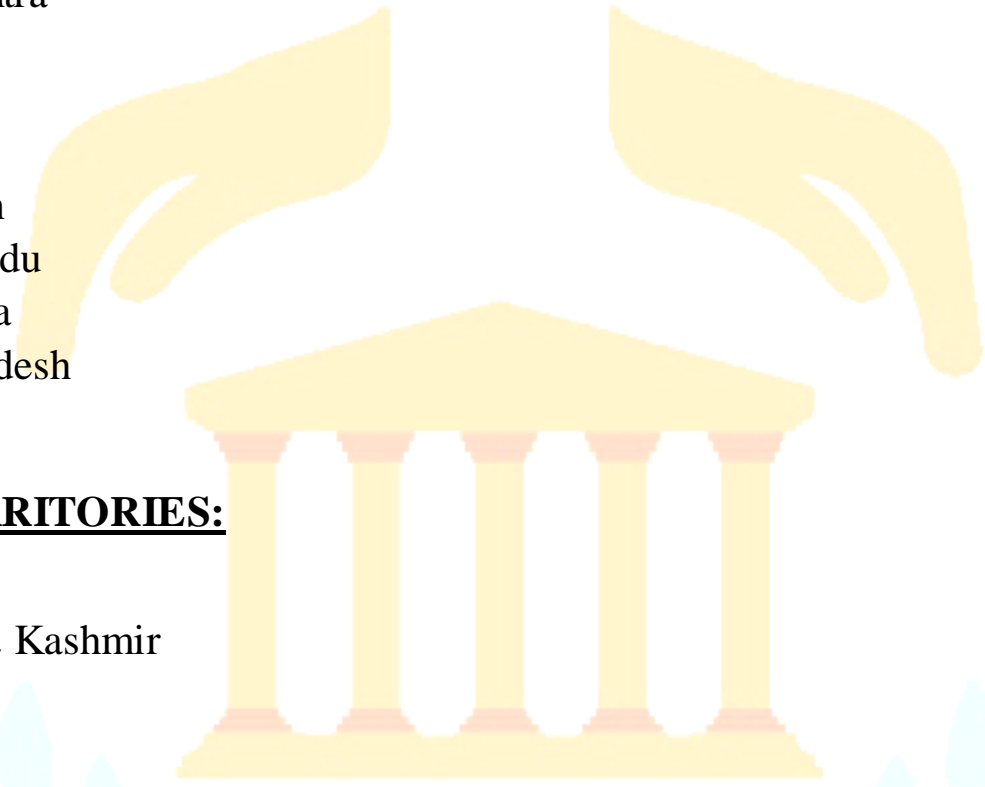
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- 9) Madhya Pradesh
- 10) Maharashtra
- 11) Manipur
- 12) Odisha
- 13) Punjab
- 14) Rajasthan
- 15) Tamil Nadu
- 16) Telangana
- 17) Uttar Pradesh

UNION TERRITORIES:

- 1) Delhi
- 2) Jammu & Kashmir



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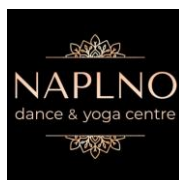
VOTE OF THANKS

*Just a 'thank you' is a mighty powerful weapon.
Says it all.*

- Rosie Cash



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TO ALL OUR RESOURCE PERSONS

If you speak, you can influence. If you can influence, you can change lives.

- Anonymous

Our respected Resource Persons for the International Yoga Week

The entire team of KAASH FOUNDATION would like to thank all the Resource Persons of the International Yoga Week.

Firstly, we extend our sincere gratitude to **Dr. Chinmay Pandya** for collaborating with us and being a part of the International Yoga Week as the *Guest of Honour*. Sir, your deliberation on the relevance of yoga through a pre-recorded audio-visual indeed set the tone for the International Yoga Week.

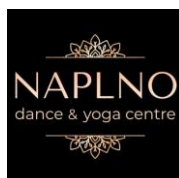
Secondly, we extend our heartfelt thanks to **Dr. Ishwar V. Basavaraddi** for collaborating with us and being a part of the International Yoga Week as the *Chief Guest*. Sir, your deliberation helped us realise the importance of Yoga in our lives, even today.

Thirdly, we would like to thank **Dr. Raghvendra Rao** for collaborating with us and being a part of the International Yoga Week as the *Inaugural Speaker*. Sir, your deliberation indeed reflected how beneficial Yoga is even during the pandemic.

Next, we would like to thank **Dr. Om Jee Upadhyay** for being a part of the International Yoga Week as a *Special Guest* for the *Inaugural Session*. Sir, your presentation rightly highlighted how Yoga serves as the only path for a holistic living.

Next, we would like to thank **Dr. Avkash Jadhav** for being a part of the International Yoga Week as a *Special Guest* for the *Inaugural Session*. Sir, your presentation, which focused on how Yoga can help manage our emotions, was indeed thought-provoking.

Next, we would like to thank **Dr. Suresh Lal Barnwal** for being a part of the International Yoga Week as a *Special Guest* for the *12th International Symposium*.





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Sir, your presentation very well elucidated the importance of a yogic lifestyle in the present scenario.

Next, we would like to thank **Ms. Jana Bagarova and Ms. Zuzana** for being a part of the International Yoga Week as *Special Guests* for the **12th International Symposium**. Ma'am, your presentation helped us realise that Indians and the Czech share the same love for Yoga as a way of life.

Next, we would like to thank **Shri. Vijay Kukreja** for being a part of the International Yoga Week as a *Special Guest* for the **19th Health Webinar**. Sir, your presentation provided a new dimension to Yoga – of being a catalyst to boost immunity levels.

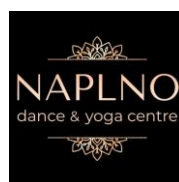
Next, we would like to thank **Shri. Uday Deshpande** for being a part of the International Yoga Week as a *Special Guest* for the **19th Health Webinar**. Sir, the demonstration of Mallakhamb by the members of Shree Samarth Vyayam Mandir under your guidance was very mesmerizing.

Next, we would like to thank **Dr. Surendra Kumar** for being a part of the International Yoga Week as a *Special Guest* for the **20th Health Webinar**. Sir, your presentation helped us understand how Yoga can help treat our vices like anger, jealousy and desires etc.

Next, we would like to thank **Dr. Rajvi Mehta** for being a part of the International Yoga Week as a *Special Guest* for the **20th Health Webinar**. Ma'am, your presentation and narration of anecdotes made us realise how Yoga can help one overcome the worst of life's adversities.

Next, we would like to thank **Ms. Panna Panchal** for being a part of the International Yoga Week as a *Special Guest* for the **13th International Symposium**. Ma'am, your presentation very well focused on how yogic tips and philosophies can be integrated into our lifestyles.

Next, we would like to thank **Ms. Jana Patil** for being a part of the International Yoga Week as a *Special Guest* for the **13th International Symposium**. Ma'am, your presentation again gave us an insight on the bond that Indians and the Czechs share with respect to Yoga.



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Next, we would like to thank **Dr. Urmi Shah** for being a part of the International Yoga Week as a *Special Guest* for the **21st Health Webinar**. Ma'am, your presentation was the need of the hour, especially in this situation of the pandemic.

Next, we would like to thank **Shri. Vinayak Paranjpe** for being a part of the International Yoga Week as a *Special Guest* for the **21st Health Webinar**. Sir, your deliberation helped us understand the dual relationship between Yoga and Acupressure.

Lastly, we are very grateful to:

- **Ms. Uma Parab, Ms. Pooja and Ms. Jaanhavi Malkar** – for performing the Deep Yoga
- **Shri. Uday Deshpande and Members of Shree Samarth Vyayam Mandir** – for demonstrating the Rope and Pole Mallakhamb
- **Ms. Panna Panchal and the Members of the Institute of Yogarts** – for demonstrating the Surya Namaskar as well as a few Yoga and Meditation techniques

on the International Day of Yoga.

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TO ALL OUR COLLABORATORS AND AFFILIATED PARTNERS

**Our cheerful COLLABORATORS and AFFILIATED PARTNERS for the
International Yoga Week**

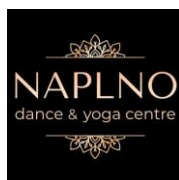
*Gratitude makes sense of your past, brings peace for today and
creates a vision for tomorrow.*

-Melody Beattie

**CENTRAL COUNCIL FOR RESEARCH IN YOGA AND NATUROPATHY,
MINISTRY OF AYUSH, GOVERNMENT OF INDIA**



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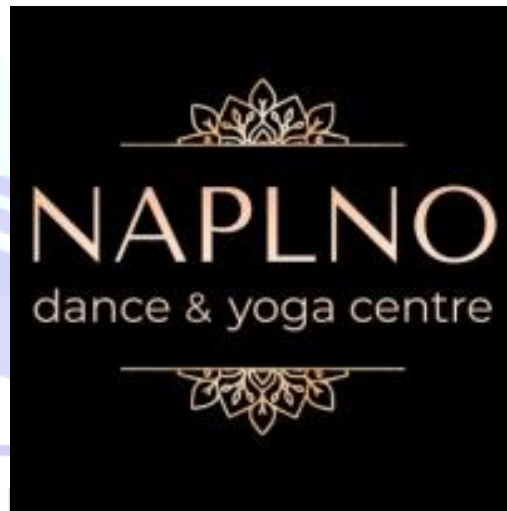
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**MORARJI DESAI NATIONAL INSTITUTE OF YOGA,
MINISTRY OF AYUSH, GOVERNMENT OF INDIA**



**NAPLNO DANCE AND YOGA CENTRE, PRAGUE,
CZECH REPUBLIC**



INSTITUTE OF YOGARTS, HARROW, UNITED KINGDOM



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HARIDWAR, UTTARAKHAND



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TATVA (ELEMENTS OF HEALING)



AROGYA YOGA AND NATUROPATHY INSTITUTE

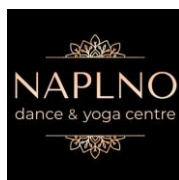


Arogya Yoga & Naturopathy Institute
Maharashtra (India)

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INSTITUTE OF WELLNESS ENGINEERING



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UDAY EK NAYA SAWERA



PRIDE AGE INDIA



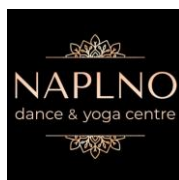
PRIDE AGE

SILVER INNINGS

KAAS



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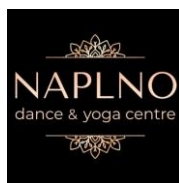
SHREE SAMARTH VYAYAM MANDIR



MANDAPESHWAR UTSAV SAMITI



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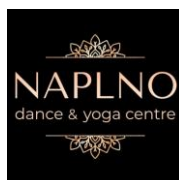
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TO ALL THE TEAM MEMBERS OF KAASH FOUNDATION

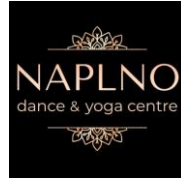
The International Yoga Week would not have been possible without a team. Huge thanks to all the team members of KAASH Foundation for working enthusiastically for the success of the week. The immaculate work carried out by you is at the root of the success of the entire seven-day celebration.

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NAMES OF KAASH FOUNDATION VOLUNTEERS

A. Technical Team:

Megha Patel

Rohan Hegde

Kishan Singhania

B. Digital Creative Team:

Jaanhavi Malkar

C. Social Media Team:

Aapulki Jadhav

Anuja Augustin

Pamela Dhonde

Siona Salvi

Tirtha Samant

Megha Patel

Rohan Hegde

Ruchira Sarma

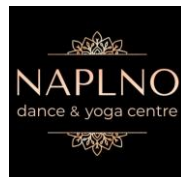
Kishan Singhania

C. Data Compilation Team:

Pamela Dhonde

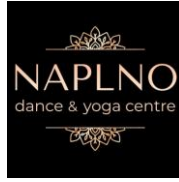
Titiksha Kabra

Maria Noronha



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Srushti Joshi

Yash Batra

Neeti Baheriya

E. Report Compilation Team:

Pamela Dhonde

Ruchira Sarma

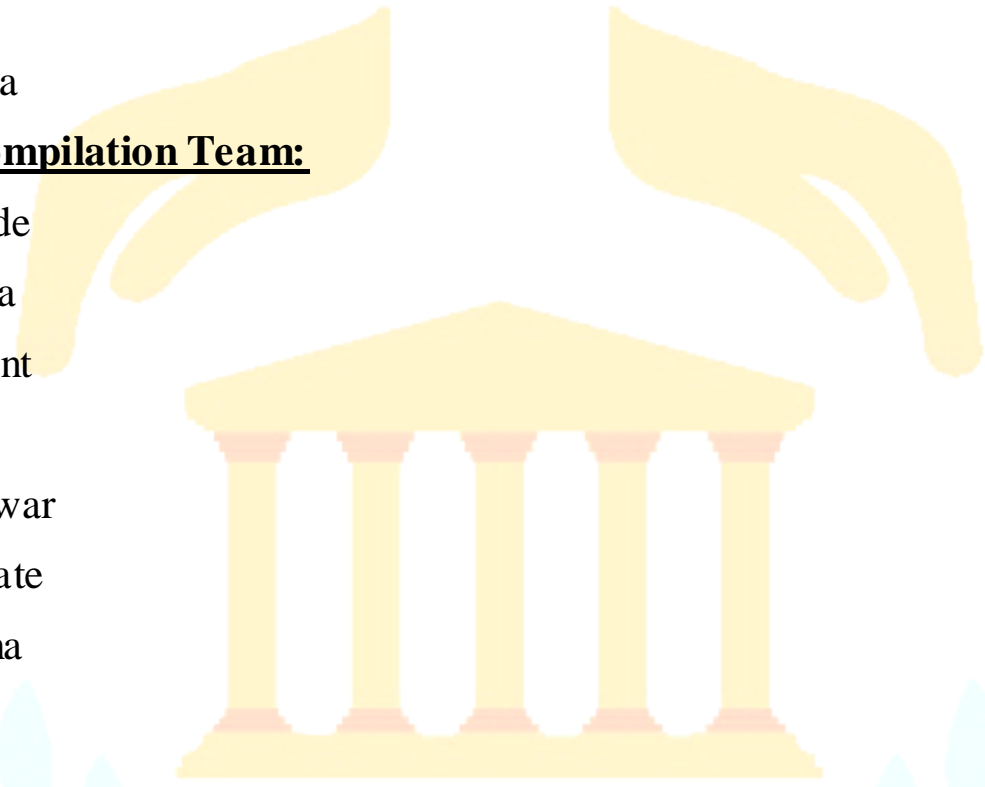
Krishna Sawant

Ankita Vora

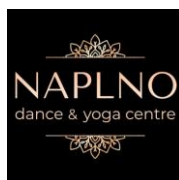
Ayesha Mujawar

Shoumik Rahate

Maria Noronha



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THANK YOU PARTICIPANTS!!

The entire team of KAASH Foundation would like to thank all the participants for making the week-long celebration a massive success. This would not have been possible without your overwhelming participation. As it is rightly said by Henry Stack Sullivan,

It may be possible through detachment to gain knowledge that is useful; but only through participation it is possible to gain the knowledge that is helpful.

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CONTACT DETAILS OF KAASH FOUNDATION

For any further participation and/or collaboration, kindly contact us on:

1. Email ID: kaashfoundation@gmail.com
2. Website: www.kaashfoundation.org and www.kaashcapd.com

For latest updates on our upcoming ventures, kindly follow us on:

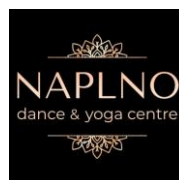
1. Facebook: <https://www.facebook.com/kaashfoundation/>
2. Instagram: https://www.instagram.com/kaash_foundation_org/
3. Wordpress: <https://kaashfoundation.wordpress.com/>
4. LinkedIn: <https://www.linkedin.com/in/kaash-foundation-6261991b5/>

Our YouTube Channel: Kaash Foundation Mumbai

- Link to the Channel:
https://www.youtube.com/channel/UCvkiR1_545B6dncMmaGUrvQ

BE HAPPY AND BE BLESSED ALWAYS!

KAASH FOUNDATION



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