



KAIVALYADHAMA®
Where Yoga tradition and Science meet

100
YEARS

KAIVALYA VIDYA NIKETAN

Come to Learn, Learn to Serve

— LONAVALA —

www.kvn.edu.in



ABOUT KAIVALYA VIDYA NIKETAN

Kaivalya Vidya Niketan, founded in 2011 with support from the N.O.K. Foundation U.S.A., is the realization of Swami Kunalayananda's vision. Located in a scenic 3-acre area, it combines traditional Indian values with modern education & technology.



The school aims to harmoniously integrate yoga into its curriculum, providing holistic education and fostering a balanced approach by blending ancient cultural richness, yoga practices thereby cultivating focus, discipline, and self-awareness, enhancing their overall learning experience and well-being.



INTRODUCTION TO YOGA



Yoga is an ancient discipline involving physical postures (asanas), breathing techniques (pranayama), meditation, and ethical principles. Meaning 'union', yoga integrates body, mind, and spirit to promote holistic health, increase flexibility and strength, enhance mental clarity, and cultivate inner peace.



योगेन चित्तस्य पदेन वाचां
मलं शरीरस्य च वैद्यकेन ।
योऽपाकरोत्तं प्रवरं मुनीनां
पतञ्जलिं प्राञ्जलिरानतोस्मि ॥



Translation:

"I bow to Patanjali, the greatest of sages,
Who removed the impurities of the mind through yoga,
Of speech through grammar,
And of the body through medicine."



MINDFUL MORNINGS THROUGH YOGA IN THE ASSEMBLY

The rays of the morning sun on KVN's grounds align with yoga's gentle wisdom and peaceful state of mind.

At KVN, we start our day with a brief yoga session during assembly.



Among other practices, it includes;

- Sukshma Vyayama (warm-up exercises), gentle stretches that increase blood circulation and flexibility.
- Morning stretches, like Tadasana (for focus), Katichakrasana and Padahastasana (for stretching and good posture).
- We conclude with Om chanting, which calms the mind and fosters positive energy for the day.



RE-ENERGISE AND REFOCUS

LATE MORNING YOGA

As the morning's energy begins to wane, we try to refocus, re-energise and re-ignite by simple asanas, followed by breathing exercises (pranayama) and meditation, to improve concentration, performance in school activities, and co-curricular involvement.

This session majorly includes Bhramari, that calms pre-lunch jitters, focuses mind and boosts energy.



These practices are done by all the students of the school in unison at the same time in their classrooms. It aims to help the students to relax, concentrate, and recharge for the rest of the day.

YOGA FOR EDUCATORS

FOR TEACHERS' SELF-CARE

Teachers are the role models for our nation-builders. They illuminate the path of wellness, embodying the practice of yoga. This inspires students to follow their example and cultivate their own inner strength, flexibility, and resilience.



Teaching involves prolonged standing, sitting, or speaking, leading to physical strain. Yoga promotes flexibility, strength, and balance, reducing muscular tension.

KVN organises a weekly 40-minute special session dedicated to the teachers for pruning their stress and anxiety enabling them to be calm and focused.



READ, RELAX, REFRESH

In addition, every Friday, all teachers and staff members gather for the reading club and a chair yoga session.

A quick and effective method to enhance circulation and oxygenation, it enhances cognitive function and focus.

Combined with reading, this session enhances overall well-being and quality of life.



OUTREACH PROGRAMS

KVN believes that yoga should reach beyond the classrooms to a broader community, enabling us to promote mental well-being, creating a ripple effect of positivity that benefits individuals, families and society.

It indirectly empowers all our stakeholders to integrate the transformative power of yoga in their daily lives.

This practice of yoga helps to develop positive thinking, inner peace and compassion, and develops respect for self and others, thus making the world around them a peaceful entity.



With this vision, KVN organizes yoga sessions for nearby Zilla Parishad schools, parents and school van drivers.



YOGA DELIGHT

(Academic year 2024-25)

Movement meets Joy!

Yoga delight is a joyful journey of movement and exploration, where laughter and learning entwine. Through this playful approach, the students connect with their inner selves and the world around them.

These are age suitable planned activities for the students to experience the transformative power of yoga for a happier and healthy life.

	Primary Section	Secondary Section
1	Animal Poses: Introduce yoga poses inspired by animals	Flow Sequence: Easy to difficult
2	Yogic tales of Tenali Rama	Yogic tales of Tenali Rama
3	Game: Freeze the Pose	Game: Yog Rishi Says
4	Alphabet yoga	Nature walk
5	Yoga with ball	Guest lecture
6	Balloon blowing	Quiz competition (yoga)
7	Seva	House-wise asana competition
8	Earth day yoga	Halloween day yoga
9	Yoga and art integration	Yoga and art integration
10	Wind in the trees	Surya namaskar relay

ASANA MASTERS IN THE MAKING

At KVN we encourage students to practice asanas at competitive level and participate competitions like DSO (District Sports Office).

The student experiences the energy of movement and meditation as they push boundaries and unlock their self-confidence, and focus that extends beyond the yoga mat.



Apart from encouraging students to participate, the school has been hosting the DSO yoga competition from past six years.



Kaivalya Vidya Niketan, under the aegis of Kaivalyadhama, embraces yoga not just as a series of exercises, but as a holistic approach to well-being that nurtures the body, mind, and spirit of students, teachers, parents, and our broader community.

Through these practices, we've witnessed the profound impact yoga has in fostering resilience, enhancing focus, and cultivating a sense of inner peace. It's inspiring to see how these techniques have become an integral part of our daily lives, strengthening our bonds and enriching our collective experience.

Yoga is a lifelong journey, and each step taken on this path brings greater awareness and balance.

We move forward from here to continue to grow, support one another, and embody the principles of yoga in every aspect of our lives.

