



MAHARASHTRA YOGA UTSAV

A platform for Yoga seekers and experts alike

March 24th, 25th, 26th 2017

Kaivalyadhama (Marine Drive) ● SNDT University (Churchgate) ● KC College (Churchgate)

**Supported by Central Council for Research in Yoga and Naturopathy (CCRYN),
Ministry of AYUSH, Govt. of India**

Maharashtra Yoga Utsav

Organised by **Kaivalyadhama Ashram**

In association with



The Art of Living



Bihar School of
Yoga



Brahma
Kumaris



Ghantali
Mitra
Mandal



The Yoga
Institute



MTDC



National
Institute of
Naturopathy



Sadguru Mangeshda
Kriya Yoga
Foundation



Yoga
Vidya
Niketan



Iyengar
Yogashraya



Somaiya
Vidyavihar

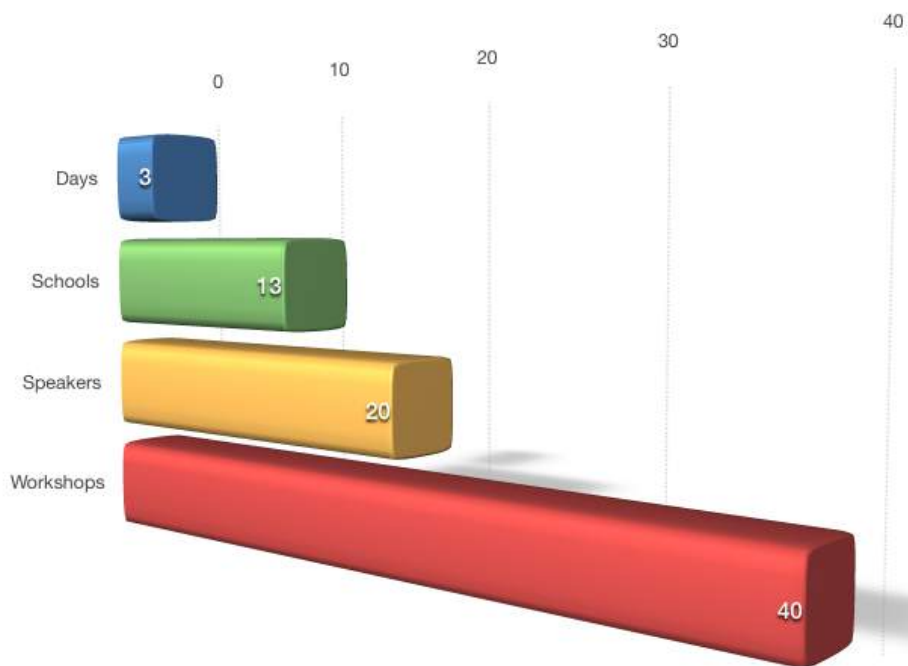


Maharshi
Vinod Research
Foundation



Yoga
Vidya Gurukul

3
days
13
Schools
20
Speakers
40
Workshops





Introduction

Founded thousands of years back, Yoga, known to be a science evolved by the Rishis is no longer a faculty confined in isolation. It has crossed boundaries of all kinds, geographical or religion, and is being absorbed in everyday lives of individuals. Besides its importance as an effective tool to maintain general well being, its therapeutic significance is fast catching the eye of the medical fraternity to treat stress- induced, psychosomatic and lifestyle related disorders and diseases.

This fact has further propelled classical yoga practitioners to carry forward this unique tradition with all generosity to mass levels. It is hence, premier yoga schools in the country, along with all the necessary support from the government, are taking proactive steps to promulgate it at the national and international levels.

The 'Maharashtra Yoga Utsav' is one such step in the direction. The three-day Utsav in Mumbai from March 24, 2017 - March 26 2017 strives to promote and develop in its unique ways yoga amongst the masses, especially the youth of the country and encourage them to establish faith in the preventive and holistic nature of yoga.

The Maharashtra Yoga Utsav will witness the participation of some of the most eminent institutes namely - *Kaivalyadhama, Bihar School of Yoga, Iyengar Yogashraya, Art of Living, Maharshi Vinod Research Foundation, Brahmakumari, Sadguru Mangesbda Kriya Yoga Foundation, The Yoga Institute, Yoga Vidya Niketan, Yoga Vidya Gurukul and Ghantali Mitra Mandal.*

Each one of them is assiduously involved in popularizing yoga amongst masses through their prescribed school of thought and practice. The Utsav is interspersed with the diaspora of activities for all yoga enthusiasts- workshops and lectures by eminent yogis, practice sessions by experts, discussions, debates etc.



Program Schedule

24th March

10:00 am - 11:30 am

Abhyasa - Parallel Practice Sessions I

Venue - Kaivalyadhama, Marine Drive

1. Pranayama as per classical texts
by Shri O. P. Tiwari - Kaivalyadhama
2. Light on Yoga
by Shri Zubin Zarthoshtimanesh - Iyengar Yogasbraya
3. Yoga Toh Hoga - A Workshop on Suksma Vyayama
by Smt Niruta Prasa - Art of Living
4. Chaitanya Pranayama
by Shri Pramod Niphadkar - Yoga Vidya Gurukul
5. Management of Hypertension through Yoga
by Shri Sahebodin Das - Yoga Vidya Niketan
6. Breathing Practices Followed by Meditation
by Shri Vasant Tambe - Ghantali Mitra Mandal

Venue - SNDT University, Churchgate

1. Science of Kriya Yoga & its Benefits
by Shri Sandeep C Yederi - Sadguru Mangeshda Kriya Yoga Foundation
2. Attainments of various Powers through Rajayoga
by BK Alka - Brahma Kumari
3. Asanas
by Durga Pradip Kale - The Yoga Institute
4. Meditation
by Shri Mohan Kulkarni & Shri Pravlin Waghmare - Maharshi Vinod Research Foundation

2:00 pm - 3:00 pm

Introduction Session (Venue - Patkar Hall, SNDT University, Churchgate)

Introduction to Maharashtra Yoga Utsav by Subodh Tiwari - Organising Secretary
Introduction to "Yoga for diabetes - A multi-centric study" - Dr.Nagrathna , Project Director
Documentary on Yoga for special children



24th March

3:30 pm - 5:30 pm

Opening Ceremony (Venue - Patkar Hall, SNDT University, Churchgate)

Guests of Honour

Shri Girish Mahajan - Hon'ble Minister of Medical Education (M.S.) (Invited)

Shri Deepak Sawant - Hon'ble Minister of Public Health (Invited)

Shri Babanrao Lonikar - Hon'ble Minister for Water and Sanitation (Invited)

Dr. Smt. Sashikala Wanzare - Hon'ble Vice Chancellor, SNDT University

Presided by

Shri. O. P. Tiwari - Hon'ble Secretary, Kaivalyadhama Samiti

Keynote Speaker

Dr. Bhushan Upadhyay - Addition Director General of Police, Maharashtra

Esteemed Hosts - Representatives of various yoga institutes

6:00 pm - 7:30 pm: Cultural Program

Yoga demonstration by children with special needs and by the visually impaired children

Rope & Pole Malla-khamb and Yoga Ballet

Guest of Honour - Shri Anil Diggekar, Chairman JNPT

25th March

7:00 am - 8:30 am

Abhyasa - Parallel Practice Sessions II

Venue: Kaivalyadhama

1. Continued Practice of Pranayama
by Shri O. P. Tiwari - Kaivalyadhama

2. Light on Yoga
by Shri Jawahar Banger - Iyengar Yogashraya

3. Yoga On & Off Your Mat -
Longer lasting & a sustaining yoga practice
Smt. Puravi Hegde - Art of Living

4. Chaitanya Pranayama
by Shri. Pramod Niphadkar - Yoga Vidya Gurukul

5. Shuddhi Kriya Demonstration
by Shri. Mahesh Sinkar - Yoga Vidya Niketan

6. Pranayama
by Shri. Shrikrishna Mbaskar - Ghantali Mitra Mandal

7:00 am - 8:30 am

Abhyasa - Parallel Practice Sessions II

Venue: SNDT University, Churchgate

1. Sukshma Vyayam - Gentle Yoga poses and breathing techniques to begin the day mindfully
by Shri Abhishek Khurana - The Yoga Institute

2. Kriya Yoga for Spiritual Upliftment
by Dr. H.H. Sadguru Yogiraj Sri Sri Mangeshda Sadguru Mangeshda Kriya Yoga Foundation

3. Meditation and Meditative way of doing Yoga Practices
by Ms Sanbita Karmalkar/Gauri Walimbe - Maharshi Vinod Research Foundation

4. Meditation for Joyful Living
by BK Gayatri - Brahma Kumari

25th March

Venue - Patkar Hall, SNDT University, Churchgate

10:00 am - 11:30 am

Discussion Session I - Understanding Yoga in a Scientific Perspective

Chaired by: Dr. Rajan Welukar - Provost, Somaiya Vidyavihar

Speakers: Dr Taral Nagda - Orthopaedic Surgeon, Dr.Praseeda Menon - Kaivalyadhama

Dr. Rajvi H Mehta - Iyengar Yogasbraya

12:00 noon - 1:30 pm

Discussion Session II - Yoga and Cultural Synthesis

Chaired by: Dr. Ishwar Acharya - Director, CCRYN

Speakers: Father Joe Perriera - Kripa Foundation, Dr. H. H. Sadguru Yogiraj Sri Sri Mangeshda

Dr. S. N. Pathan - Former Vice Chancellor, MIT Pune

3:00 pm - 4:30 pm

Discussion Session III - Yoga for Lifestyle Management

Chaired by: Dr.Pradnya Sarvade, Additional Director General of Police (M. S.)

Speakers: Mr. Peter D'souza - Brahma Kumari, Ms. Neelam Vaswani - The Yoga Institute

Sbri Durgadas Savant - Yoga Vidya Niketan

5:30 pm - 7:00 pm

Abhyasa - Parallel Practice Sessions III

Venue: Kaivalyadhama, Marine Drive

1. Practice of "Dharana" through Tratak

by Shri Ravi Dixit - Kaivalyadhama

2. Light on Yoga

by Ms Firooza Ali Razvi - Iyengar Yogasbraya

3. YOGA - The Secret behind THE SIXTH SENSE

by Dr. Robit Sabharwal - Art of Living

4. Yoga Therapy

by Aishwarya Joshi - Yoga Vidya Gurukul

5. Management of Neck, Back and Knee Pain through Yoga

by Shri Vinod Joshi - Yoga Vidya Niketan

6. Surya Namaskar - Physical & Spiritual Aspects

by Shri. Anil Asbar - Ghantali Mitra Mandal

Venue: SNDT University, Churchgate

1. a. Yogic Techniques for Corporate Orgn: Breath@Work, Ergonomics,

De-stress and b. Yoga Fun for Kids (Interactive Games)

by Shri Deepak Bagadia & Rudraksh Sakrikar - K.J.Somaiya Bharatiya Sanskriti Peetam

2. Kriya Yoga to cure Diabetes

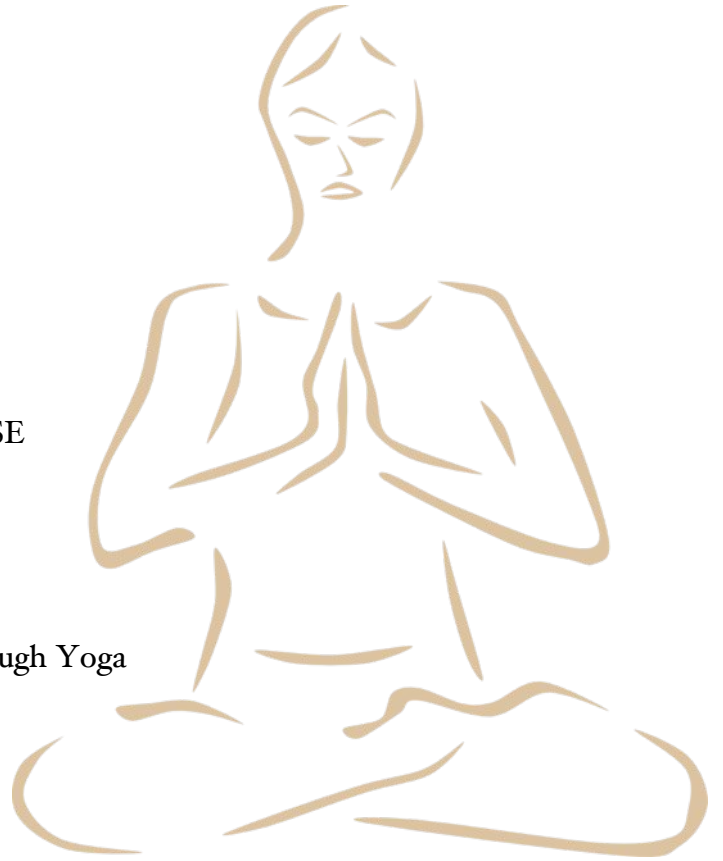
by Dr. H.H.Sadguru Yogiraj Sri Sri Mangeshda - Sadguru Mangeshda Kriya Yoga Foundation

3. Omkar Chanting from Gross to Subtle

by Mr. Rajani Bhalwankar / Ms. Lalita Agashe - Maharshi Vinod Research Foundation

4. The Magic of Meditation

by BK Neena - Brahma Kumari



26th March

7:00 am - 8:30 am

Abhyasa - Parallel Practice Sessions IV

Venue: Kaivalyadhama, Marine Drive

1. Kriya Yoga of Patanjali

by Shri R. S. Bhogal - Kaivalyadhama

2. Light on Yoga

by Mr Birjoo Mehta - Iyengar Yogashraya

3. Yoga - Every Investor's Choice - A Workshop on Yoga for a Successful Career

by Mrs. Luckshmi Mirgh - Art of Living

4. Yoga Therapy

by Ms. Aishwarya Joshi - Yoga Vidya Gurukul

5. Ajapa Sadhana & Yoganidra

by Ms. Suvarna & Mr. Makarand Newalkar - Ghantali Mitra Mandal

6. Pranayama

by Vishwanath Mahajan - Yoga Vidya Niketan

Venue: SNTD University, Churchgate

1. a. Yogic Remedies for COPD & PCOS & b. Mastering the King:Sirshana workshop

by Mr. Sabir Shaikh - K.J.Somaiya Bharatiya Sanskriti Peetam

2. Kriya Yoga to cure Diabetes & other lifestyle diseases

by Dr. H.H. Sadguru Yogiraj Sri Sri Mangeshda - Sadguru Mangeshda Kriya Yoga Foundation

3. Concept of Anantasamapatti

by Shri Parimal Patil / Shri Shashank Kulkarni - Maharshi Vinod Research Foundation

4. Rajayoga for Inner Healing & Self Development (Venue - KC College Auditorium)

by BK Hemant - Brahma Kumari

Venue: Police Gymkhana, (Next to Kaivalyadhama)

Yoga Nidra

by Swami Nirmalananda - Bihar School of Yoga

Venue: KC College Auditorium

10.00 - 11.30am

Discussion Session IV - Yoga Therapy

Chaired by: Yogacharya Vishwas Mandalik

Speakers: Swami Nirmalananda - Bihar School of Yoga, Dr Ulka Natu - Ghantali Mitra Mandal

Dr. Samprasad Vinod - Maharshi Vinod Research Foundation

12:00 noon - 1:30 pm

Discussion Session V - Yoga for Youth

Chaired by: Smt. Manisha Verma, Secretary, Tribal Affairs

Speakers: Mr. Mickey Mehta - Holistic Health Guru

Mr. Bharat Dabholkar - Actor

Dr Kala Acharya - Director - K. J. Somaiya, Bharatiya Sanskriti Peetham

Dr Robit Sabharwal - Art of Living

3:00 pm - 4:30 pm
Valedictory Function

Chief Guest

Justice B.N. Srikrishna (Retd. Judge, Supreme Court of India)

Guest of Honour

Dr. Vijay Satbir Singh (Additional Chief Secretary, Public Health - Govt. of Maharashtra)

Keynote Speaker

Dr. H. R. Nagendra (Chancellor - SVYASA, Bengaluru)

Presided by

Shri O. P. Tiwari (President - Indian Yoga Association)

Esteemed Hosts - Representatives of various yoga institutes

Other Activities

Yoga Quiz

Face-off

Art Display

Awareness Programs

Medical Clinic

Community Artwork

Poster Competition

Frequently Asked Questions

Frequently Asked Questions

1. What is the venue for the Maharashtra Yoga Utsav?

The event will be at Kaivalyadhama (Marine Drive), SNTD University (Churchgate) and K.C. College (Churchgate). For more event schedule please refer to Web: www.yogcenter.com/maharashtra-yoga-utsav

2. What are the registration charges?

The festival is supported by the Government of India and is free of cost for all participants.

3. How do I register for the discussion sessions and/or practice sessions?

To register for the different workshops & discussion sessions, kindly fill the form on <http://yogcenter.com/maharashtra-yoga-utsav/>

Please Note: LIMITED SEATS AVAILABLE. Please be at the venue 30mins prior to the discussion/workshop slot to ensure confirmed seat.

4. Is there an age restriction?

Yoga is for all. There is no age restriction. If you are bringing your child then please ensure there is no inconvenience caused to others during the event.

PLEASE NOTE: People with health problems can observe but not participate in the practical workshops. They can of course attend the discussion sessions.

5. Is accommodation provided for outstation participants?

No, you will have to arrange for your own accommodation.

6. What all do I need to carry with me?

You may want to carry your personal yoga mat or large towel, hand towel, water bottle and any other necessities that you may require during yoga practice sessions.

7. What should one wear for the yoga practice sessions?

It is recommended to wear t-shirt and shorts or tights or any comfortable clothing conducive to yoga practices.

8. Do I need to be present on all 3 days?

It will be beneficial if one attends all the programs to derive maximum benefits from the festival but it is not compulsory to be present of all days.



Yoga has a complete message for humanity. It has a message for the human body. It has a message for the human mind. It also has a message for the human soul.

- Swami Kuvalayananda
Founder, Kaivalyadhama



26th March 2017
Mass Demonstration - Yoga Protocol for Diabetes
(Niyantrita Madhumeha Bharata)

Time - 7:00 am - 7:30 am
Venue - Marine Drive (Opp. Taraporewala Aquarium)

To volunteer for this event, mail us at
mahayogutsav@gmail.com

Registration
www.yogcenter.com/maharashtra-yoga-utsav

Organised by
Kaivalyadhama Ashram

Follow us on:



[Maharashtra Yoga Utsav 2017](#)



[utsav2017yoga](#)



[maharashtra_yoga_utsav_2017](#)