



# Kaivalyadhama



**GANESH RAO** • M. Com., D.M.S., M.A., Ph. D (Philosophy) (all from Mumbai University), Diploma in Naturopathy, Diploma in Yoga Education (Kaivalyadhama, Mumbai), Madhyama Yoga Shiksha Certificate (Yoga Institute, Santacruz), Specialist Instructor in First Aid & Home Nursing • Ph.D., Yoga Expert & Teacher at Kaivalyadhama, Mumbai & Associate Professor at the University of Mumbai, Member, Board of Studies of Kaivalyadhama, Lonavala • Psychologist & philosopher who explains basic concept of yoga in profundity & simplicity • Has written articles, books like 'Zenith of Football' presented papers at several national & international conferences on yoga • Released CDs on yoga • Excelled as a professional soccer player for more than 15 years at the highest level representing in the process reputed teams like Orkays, Tatas, Air-India, etc. • Represented Maharashtra State Football Team in National Championships for 6 years • Chief Football Coach of PDP Sports Complex for 20 years (1991 – 2010). Coached more than 5000 players

**KAIVALYADHAMA HEALTH & YOGA RESEARCH CENTER** • Spiritual, therapeutic & scientific research center with an aim to coordinate ancient yogic arts with modern science • Swami Kuvalayananda founded Kaivalyadhama in 1924 after being guided & inspired by his Guru's philosophy that spirituality could uplift society • In 1951, a training college was inaugurated • In 1965, a unique Yogic Hospital opened followed by satellite institutes appearing in India and other places • Performs scientific research & provides Ayurvedic healthcare & education • In 2004, Union Ministry of HRD affirmed it as a national resource center for the introduction of yoga in schools

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