

Swami Kuvalayananda

Dr. Brijesh Singh



- **Swami Kuvalayananda** (30 August 1883 – 18 April 1966) was a researcher and educator who is primarily known for his pioneering research into the scientific foundations of yoga. He started scientific research on yoga in 1920, and published the first scientific journal specifically devoted to studying yoga, *Yoga Mimamsa*, in 1924. Most of his research took place at the Kaivalyadhama Health and Yoga Research Center which he also founded in 1924. His influence on modern yoga has been “profound”.

1883 - 1916

- **Early Life**

- Swami Kuvalayananda was born Jagannatha Ganesa Gune.
- During his student days, he was influenced by political leaders like Sri Aurobindo, who was working as a young lecturer at the university, and Lokmanya Tilak's Indian Home Rule Movement. His national idealism and patriotic fervor prompted him to devote his life to the service of humanity.
- Coming into contact with the Indian masses, many of whom were illiterate and superstitious, he realized the value of education, and this influenced him to help organize the Khandesh Education Society at Amalner, where ultimately he became the Principal of the National College, in 1916

1919

- **Initiation into Yoga**

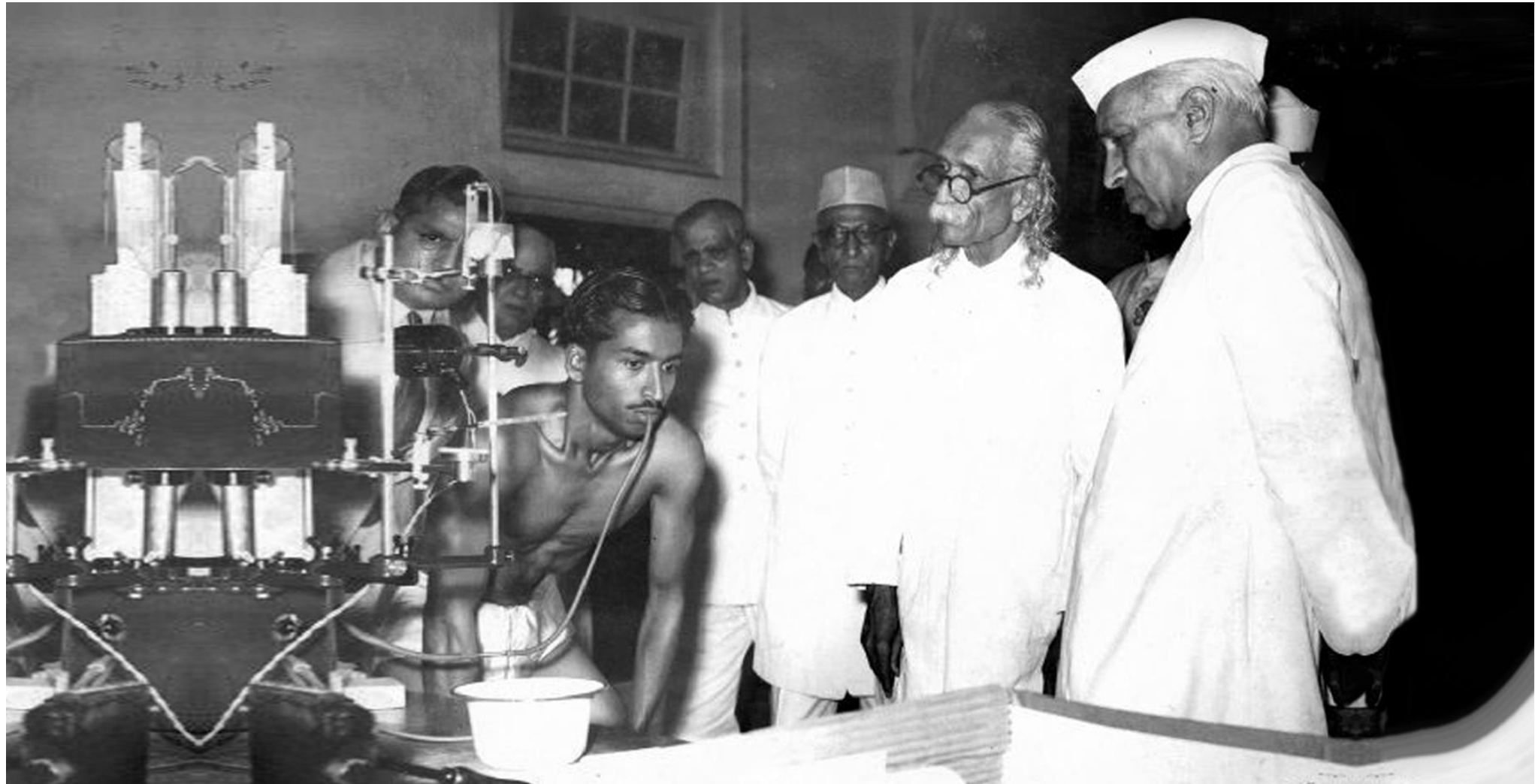
- Kuvalayananda's first guru was Rajaratna Manikrao, a professor at the Jummadada Vyayamshala in Baroda. From 1907 to 1910, Manikrao trained Kuvalayananda in the Indian System of Physical Education.
- In 1919, he met the Bengali yogin, Paramahansa Madhavdasji, who blessed Kuvalayananda with insights into advanced yogic discipline.
- Though Kuvalayananda was spiritually inclined and idealistic, he was, at the same time, a strict rationalist. So, he sought scientific explanations for the various psychophysical effects of Yoga he experienced. The idea of discovering the scientific basis behind these yogic processes became his life's work.

- **Establishing Kaivalyadhama and Yoga Mimamsa**
- In 1924, Kuvalayananda founded the Kaivalyadhama Health and Yoga Research Center in Lonavla in order to provide a laboratory for his scientific study of Yoga. At the same time, he also started the first scientific journal devoted to scientific investigation into yoga, Yoga Mimamsa.



KAIVALYADHAMMA
FACILITIES TOUR

Yoga Research on Cleansing Semi Experimental



Research Laboratory

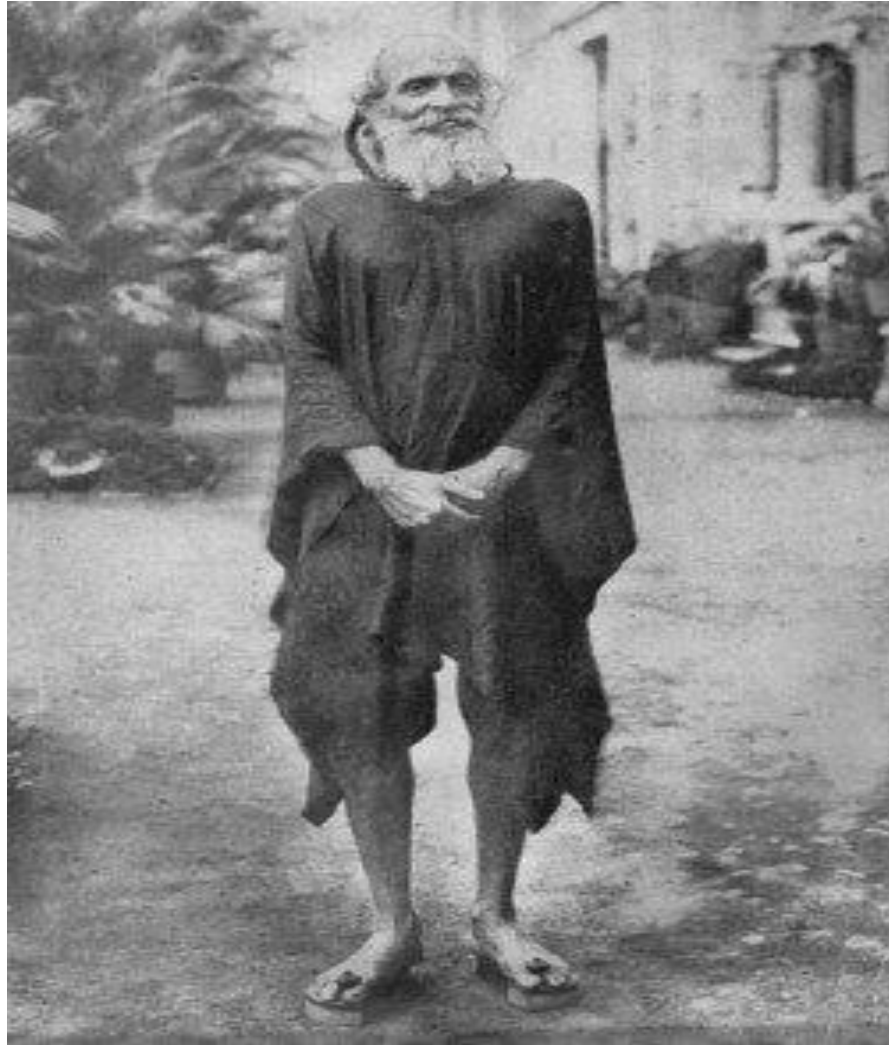


Campus



- **Later Years..**

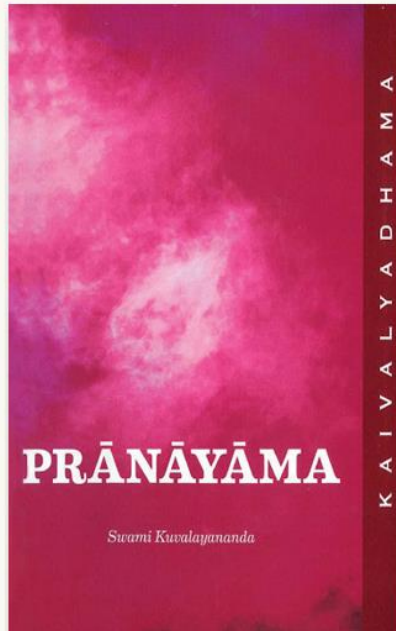
- Besides his yoga research, Swami Kuvalayananda spent much of his later years opening up new branches of Kaivalyadhama and enhancing the main Kaivalyadhama campus in Lonavla.
- Mumbai and Rajkot branches were formed and the College of Yoga and a Yogic hospital were started.



- Paramahansa Sri Madhavadasji Maharaj (1798 – 1921) was a great Master of Yoga from Bengal, who after 50 years of traveling India by foot and practicing yoga in the solitude of the Himalayas, had settled, at the age of 80, to begin teaching.

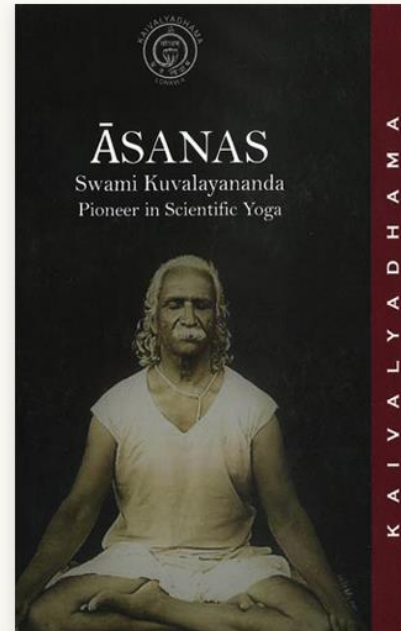
- Paramahansa Madhavadasji was a major advocate for the revival of yogic practices, which had almost died out in much of India at that time. He encouraged Swamiji to scientifically investigate the effects and benefits of Yoga practices, for the propagation of health, and spiritual inspiration of all humanity.
- In response to his Teacher's request, Swami Kuvalayananda went on to establish the Kaivalyadhama Institute. Established in 1924 it was the first Yoga Institute of its kind in India, and continues to be a premier center for the medical and scientific study of Hatha Yoga, as well as a resource of ancient texts, teachings, training and yoga therapy.

Publication



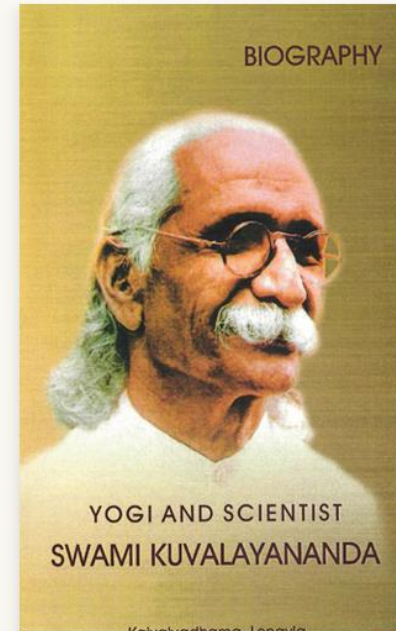
Swami Kuvalyananda
Pranayama

₹300.00 – ₹280.00



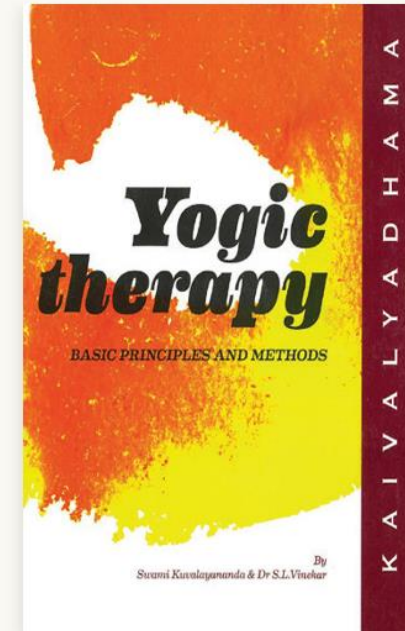
Swami Kuvalyananda
Asanas

₹300.00 – ₹120.00

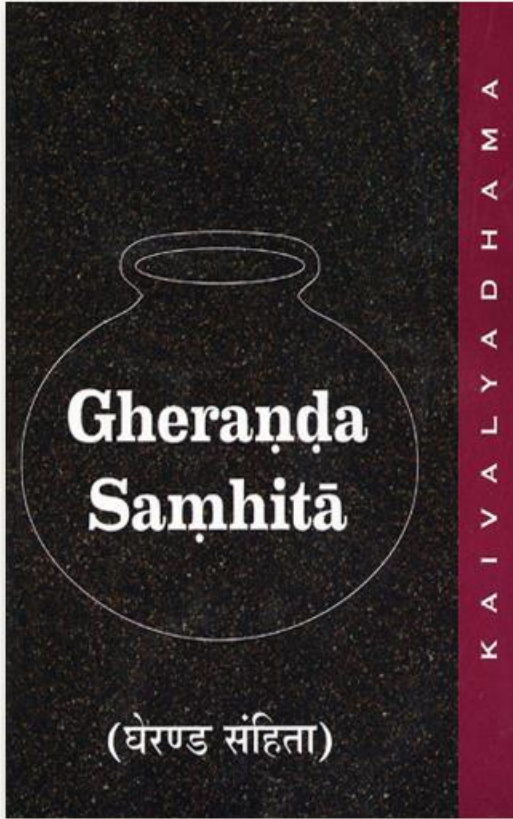


Swami Kuvalyananda
Yogi and Scientist

₹600.00



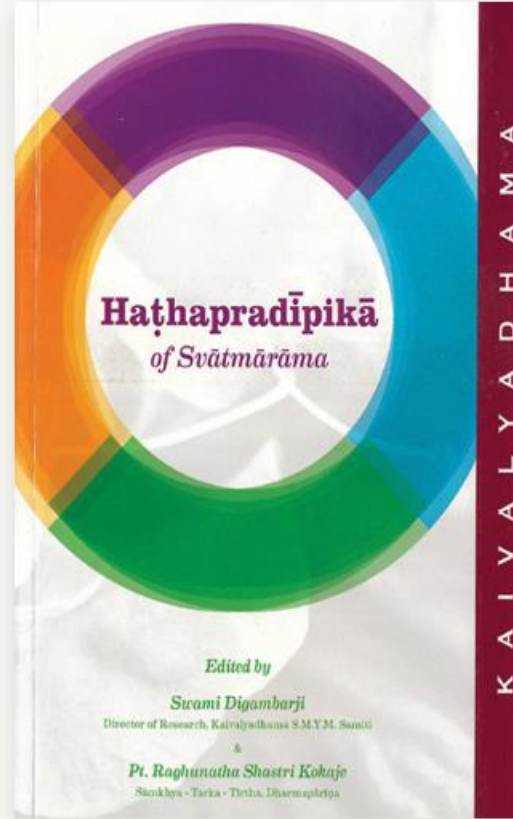
Dr. Vinekar, Swami
Kuvalyananda
**Yogic Therapy Basic
Principles and**



Dr. M.L Gharote, Swami
Digambarji

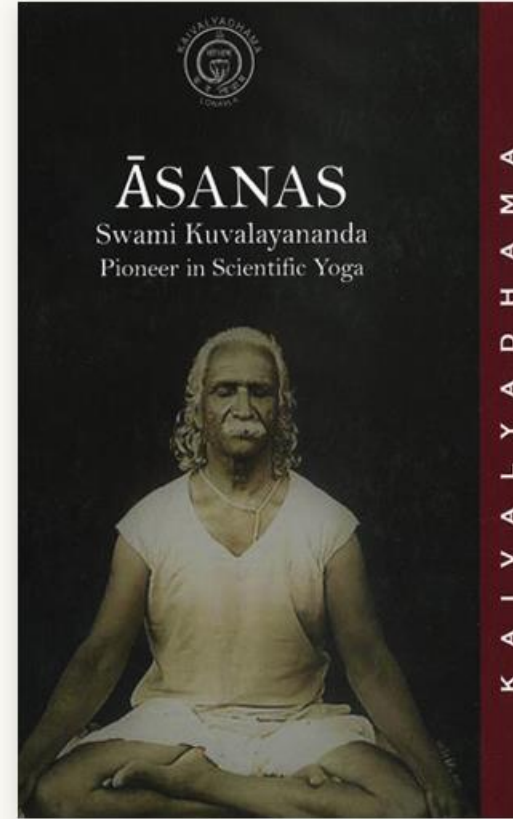
Gheranda Samhita

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Raghunathshastri Kokaje,
Swami Digambarji

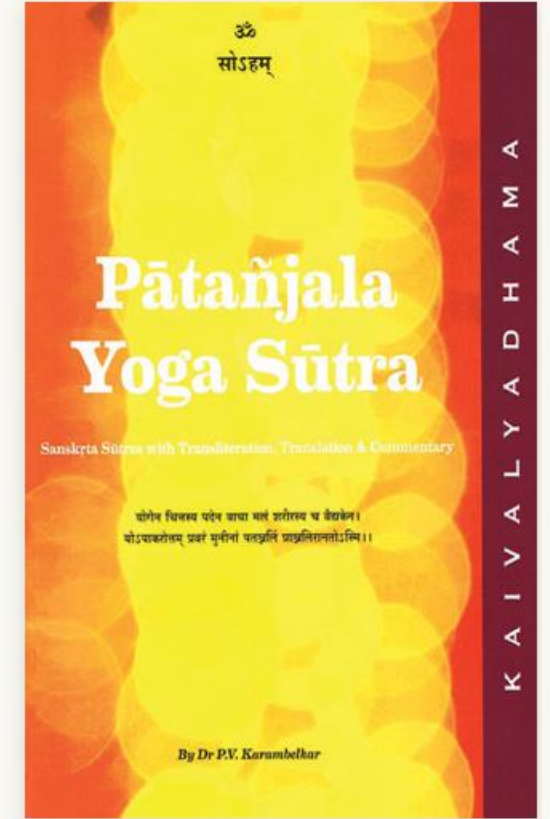
**Hathapradipika of
Swatmarama**



Swami Kuvalyananda

Asanas

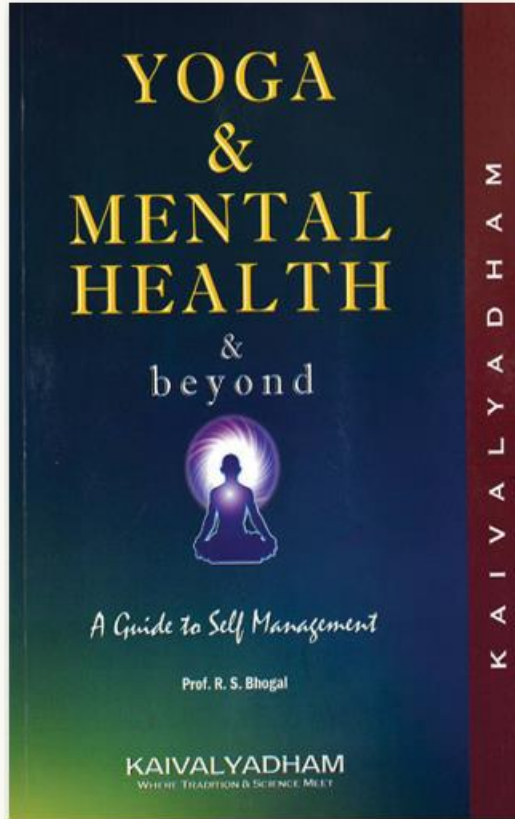
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Dr. P.V Karambelkar

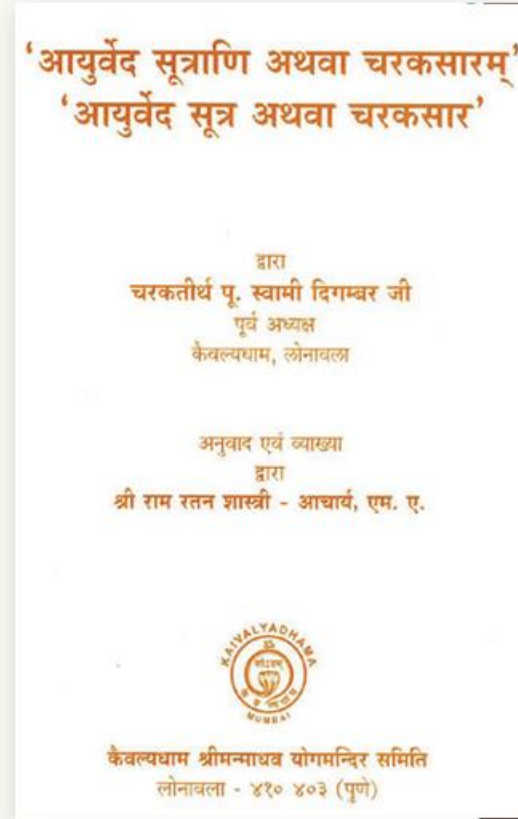
Patanjala Yoga Sutra

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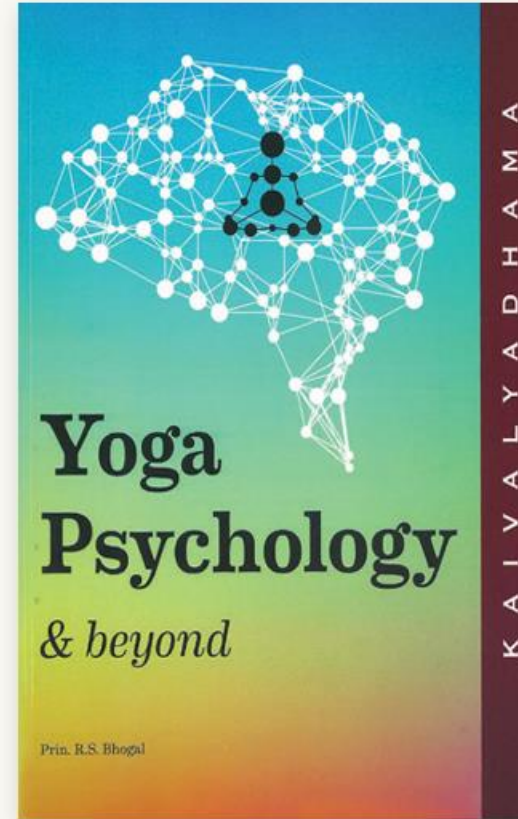
Prof R. S Bhogal

**Yoga and Mental
Health**



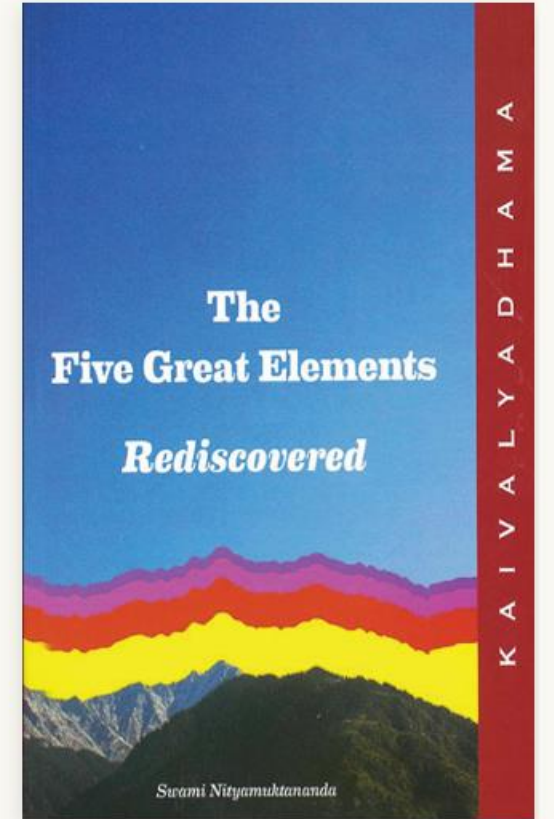
Swami Digambarji

**Ayurved Sutrani athwa
Charaksaram**



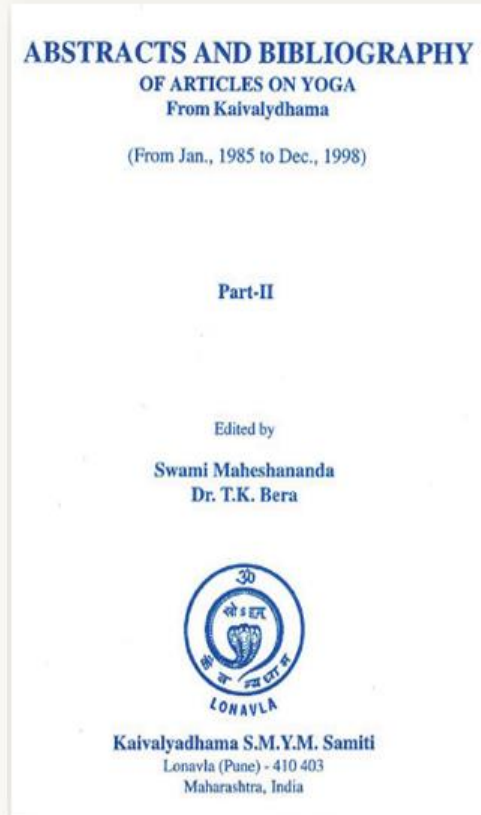
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**Yoga Psychology and
Beyond**

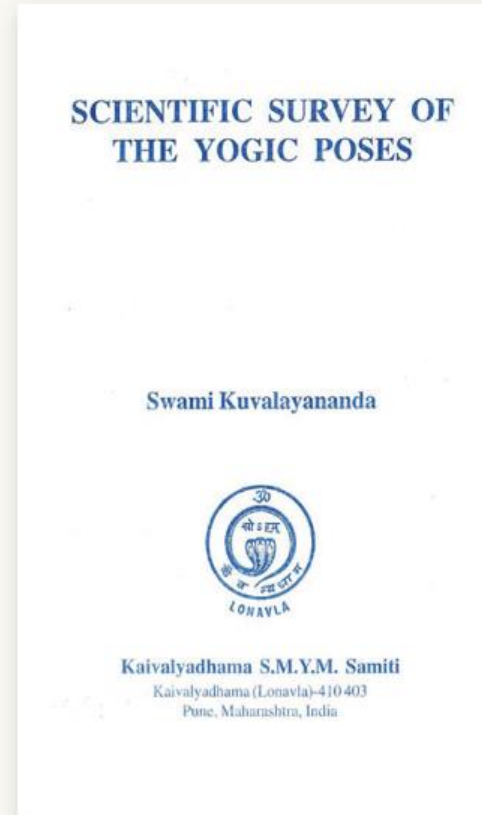


Swami Nityamuktananda

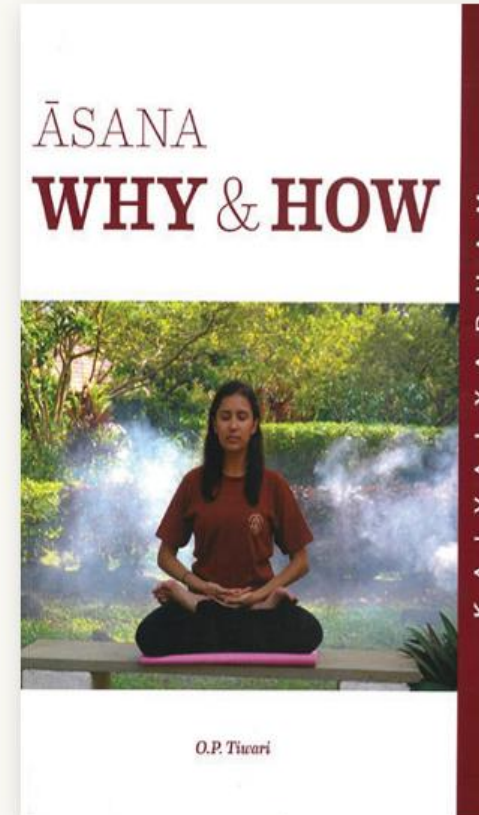
**The Five Great
Elements Rediscovered**



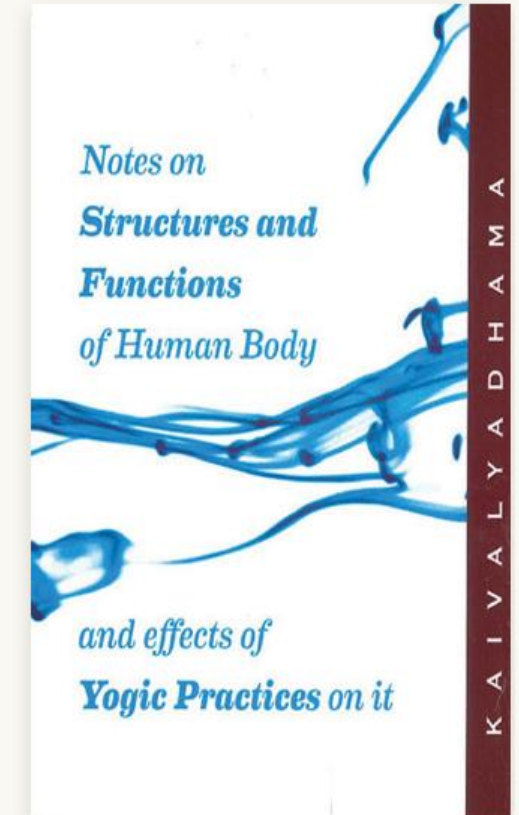
Dr. T.K Bera, Swami
Maheshnanda
**Abstracts and
Bibliography of**



Swami Kuvalyananda
**Scientific Survey of the
Yogic Poses**
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O.P Tiwari
Asana Why & How
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**Notes on Structures
and Functions of
Human Body and**

