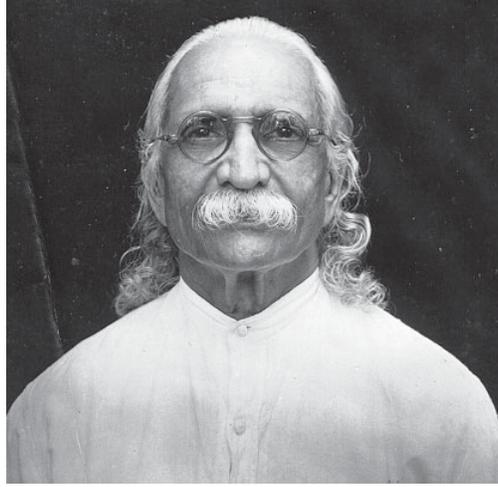


SKY writing

Swami Kuvalayananda Yoga Foundation Newsletter

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Swāmī Śrī Kuvalayānandajī An Explorer of the Truth

(August 30, 1883 – April 18, 1966)

(श्रावण कृष्णा २४ शके १८०४- चैत्र कृष्णा १३, शके १८८८)

LIFE SKETCH

Name	Śrī Jagannātha Gaṇeśa Gaṇe
Fathers Name	Śrī Gaṇeśa Gaṇe
Mothers Name	Śrīmatī Sarsvatī Gaṇe
Birthdate	30th of August, 1883
Sex	Male
Caste	Brāhmaṇa
Place	Daboi, Gujarat, India
Marital Status	Single
Lifespan	83 Years (30,182 days)

ENVIRONMENTAL INFLUENCES

HOME

He was born into a poor family that had to depend upon public and private charity.

EDUCATION

He completed his secondary education, mastered Sanskr̥ta, and won the Jagannath Shankarsheth Scholarship in 1903. He was greatly influenced by Lokamānya Tilak and Shri Aurobindo. He was trained in the Indian system of physical education from 1907 to 1910 by Rājaratna Prof. Mānikrao of Baroda, his first teacher. He received his Bachelor of Arts degree in 1910. Blessed by Paramahansa Madhavadāsajī Mahārāja of Mālsar in 1919, he was inspired to study Yoga in all its aspects.

CASTE

Aside from the difference between castes, there was even a hierarchy within the Brāhmaṇa caste. Mahātmā Ćandhī was working hard to bridge the gap between the castes. Swāmī Kuvalayānandajī was influenced to include people of all castes, countries, nationalities and religions at Kaivalyadhāma.

OTHER EVENTS

The people of India were against British rule. They were crying out for freedom.

REACTION

Swāmī Kuvalayānandajī took two vows:

1. To remain unmarried
2. Not to accept service under the British government.

And he also set three goals:

1. To prepare a patriotic younger generation through education.
2. To master the Indian system of physical education and integrate it into the general education.
3. To combine science and spirituality by coordinating yoga (physical, mental and spiritual) with modern science.

PRACTICES

He practiced physical fitness exercises and studied their use in the classroom and playground under the tutelage of Prof. Mānikrao of Baroda from 1907 to 1910.

He surrendered himself in 1919 to Paramahansa Śrī Mādhavadāsji Mahārāj of Mālsar in Gujarat, India. He was trained in Yoga by this renowned Yogī, who was sympathetic towards modern science. It was a short training because Śrī Mādhavadāsji left his mortal coil in 1921 at 123 years of age, leaving Swāmī Kuvalayānandaji to develop himself according to the teachings of this great Master.

SERVICES

- 1916-23** He organized the Khāndeśa Education Society in 1916. He was both the Principal and Rector of the National College of the Society from 1921 to 1923. He left the Society early in 1923 when it was denationalized.
- 1924** Swāmījī founded Kaivalyadhāma Yoga Āśrama on the 7th of October, 1924 on Vijayādaśamī day at Lonavla. He started a quarterly journal, Yoga-Mīmāṃsā in the same year (although he began the research work even before 1924).
- 1932-36** He opened the Bombay branch of Kaivalyadhāma at Santa Cruz in 1932. It was relocated to Marine Drive (Chowpaty) in 1936. Named the Isvardas Chunilal Yogic Health Centre, its mandate is the prevention and cure of many diseases. In this same period, Kankesvara Spiritual Centre in Kolaba was opened. It is the place where Shri Madhavadasji stayed nearly twelve years for his practices.
- 1943** Swāmījī started another branch of Kaivalyadhama in Rajkot, Saurashtra in 1943, with spiritual practices as its main focus.
- 1944** In 1944 at Lonavla, Kaivalyadhāma Shriman Madhava Yoga Mandir Samiti (K.S.M.Y.M. Samiti) was founded to pursue literary and scientific research in Yoga.
- 1950** Gordhandas Seksaria College of Yoga and Cultural Synthesis was established in 1950 to prepare young people spiritually and intellectually for selfless service to humanity.

1961 In 1961 Swāmījī opened the Shrimati Amolak Devi Tirathram Gupta Yogic Hospital for the treatment of chronic functional disorders with the help of Yogic techniques. It was named after the mother of Shri A. T. Gupta who is a strong advocate of Yoga.

Swāmījī was not alone during this period. He had three types of people who helped him in his mission:

1. He had a group of dedicated volunteers. They came from different walks of life. He called them Ashramite Brothers. They were: Swami Digambarji, Shri Dattaji, Shri Bhushanji, Shri Vishnubua Bodas, Shri Shridharji, Shri Joshibuva.

2. In addition to these Brothers, he had an excellent team of Research Workers. Many of them taught in the G.S. College of Yoga. Some of their names are given here:

Dr. S.L. Vinekar, B.A. (Hons), M.B.B.S.

Dr. Mahajot Sahai, M.A., Ph.D. (London)

Dr. P.V. Karambelkar, M.Sc., Ph.D.

Dr. S.A. Shukla, M.A., Ph.D.

Pandit R.G. Kokaje, Tarka-Sankhya-Yoga-Tirtha, Dharma Parina

Dr. M.V. Apte, M.B.B.S.

Dr. M.L. Gharote, M.A., M.Ed., Ph.D., D.Y.P.

Dr. M.V. Bhole, M.B.B.S., M.Sc.. (Med), M.D.

Dr. C.T. Kenghe, M.A., Ph.D. Vedantalankar

Dr. G. Ramakrishna, M.A., Ph.D.

Dr. V. Pratap, M.A., Ph.D., D.Y.P.

3. Then there were those who helped him raise funds for his work. Some important names to be remembered are:

Shri Vishnubhai Trivedi, Lalji Gokuldas, Sir Chunilal V. Mehta, Sheth Makhanlal Saksaria, Shri A.T. Gupta

RECOGNITION

1903 Received Jagannath Shankarsheth Sanskrit Scholarship.

1921-23 Named Principal and Rector of the National College of the Khandesh Education Society.

1932 Invited by the U.P. Government to train teachers in Yoga.

1937 Appointed Chairman of the Physical Education Committee, Bombay Province, for twelve years.

1948-64 Nominated as a Member of the Central Advisory Board of Physical Education and Recreation of the Central Government.

Prominent leaders including Mahatma Gandhi, Pandit Motilal Nehru, Jawaharlal Nehru, Lala Lajpat Rai, Pandit Madan Mohan Malaviya, Shrinivas Shastri, Pandit Kunzroo, Shrimati Indira Gandhi and many others recognized him, his works and his institutions with great respect.

Many scientists from India and abroad visited him and the Kaivalyadhama Institutions. The journal Yoga-Mīmāṃsā was admired by scientists, scholars and the lay public as it provided scientific, philosophical and popular information on Yoga.

TEACHINGS

Swāmīji was a great teacher. In his class he made students aware of the following:

आहार निद्रा भय मैथुनं च सामान्यमेतत् पशुभिर्नराणाम् ।
धर्मोहि तेषाम् अधिको विशेष धर्मेणहीनः पशुभिर्समानाः ॥

āhāra nidrā bhaya maithunām ca sāmānyametataḥ paśubhirnarāṇām /
dharmohi teṣām adhiko viśeṣa dharmeṇahīnaḥ paśubhirsamānāḥ //

Hunger, sleep fear (escape) and sex are common in both animal and man, but dharma is the difference between them.

A man without dharma is as good as (or equal to) an animal.

प्रत्यहं प्रत्यवेक्षतः नरः चरितम् आत्मना ।
किन्नु मे पशुभिः तुल्यं किन्नु सत्पुरुषाहि इति ॥

pratyahaṁ pratyavekṣataḥ naraḥ caritam ātmanā /
kinnu me paśubhiḥ tulyaṁ kinnu satpuruṣaḥi iti //

Every day a man should examine his conduct.

(He should ask himself)

“In what respect am I comparable with the beast
and in what respect am I comparable with the pious man?”

(Lesson 2, October 15, 1959)

His books on Āsanās, Prāṇāyāma and Yogic Therapy (in collaboration with Dr. S.L. Vinekar) are well known. More than 84 experiments, done in the Kaivalyadhama Laboratory, and articles on Yogic philosophy were published in *Yoga-Mīmāṃsā*. And many of his poems are collected in *Garland of Verses*. All in all he was a thorough gentleman. He was a scientifically-minded Yogi.

Arthur Koestler, a well-known author and scientist made the following observation:

Swāmī Kuvalayānanda, a charming old gentleman who looks like a Brahman edition of Albert Einstein...He reminded me of Einstein because he had the same peculiar look in his large brown eyes: speculative, puzzled and naive at the same time...When I complimented him on his erudition in modern physics and biochemistry, he said with evident sincerity:

“I know a little about everything, and nothing.”

FINAL MESSAGE

Swāmījī died at the age of eighty-three after a short illness. He left a message on the blackboard in his bedroom at Kaivalyadhāma, Bombay (now Mumbai). It reads:

तमात्मस्थं येऽनुपश्यन्ति धीराः ।
तेषां शान्तिः शाश्वती नेतरेषाम् ॥

प्राप्तं प्राप्तमुपासीत ।
हृदयेनापराजितः ॥

tamātmstham̄ ye nupaśyanti dhīrāḥ /
teṣāṃ śāntiḥ śāśvatī netareṣām //

prāptam̄ prāptamupāsīt /
hṛdayenāparājitaḥ //

The wise who look inward,
they get permanent peace – not others.
One should accept whatever comes ones way,
without losing heart.

He left a message on his office table, carved into the wooden paperweight, as follows:

जीना है तो मरना सीखो ।

jīnā hai to maranā sīkho /

(If you) want to live then learn to die.

And also in his prayer room, a framed picture on the wall states:

मानपमानौ यावैतौ योगिनस्तौ विषामृते ।
अपमानोऽमृतं प्राहुः मानस्तु विषमं विषम् ॥

mānāpmānau yāvaitau yoginastau viṣāmṛte /
apamāno mṛtam̄ prāhuḥ mānstu viṣamaṃ viṣam //

For the Yogī, praise and insult are verily poison and nectar.
The wise declare that insult is nectar and praise
the gravest poison.

Swāmījī was survived by three successors: Dr. P.V. Karambelkar, Shri Om Prakash Tiwari, and Dr. Vijayendra Pratap along with many friends.

SUMMARY AND CONCLUSION

Born of poor parents. Educated in Sanskr̥ta which is the fountainhead of Indian culture. Studied modern science. Remained single. Loved freedom. For more than forty years of innovative, systematic research, he helped open the eyes of a skeptical scientific community. He founded Kaivalyadhāma to spread the message of Yoga.

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

Āsanās, page 32

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The price of greatness is responsibility.

Winston Churchill