

# YOGA



## MAT TO MIND

volume I

**Dr. Pallavi B. Kavhane (Ph.D-Yoga)**

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**DR. PALLAVI B. KAVHANE**

Ph.D. YOGA



**Vishwanand Yoga**



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## DEDICATION

To

The **Almighty**, the eternal source of light and inspiration, who has guided me through every step of this journey. **To my Gurus, whose teachings have instilled purpose and clarity in my life.**

To my **Guides and Mentors**, for their invaluable wisdom and unwavering belief in my potential.

To **my Family Members**, for their unconditional love, encouragement, and support that have been my pillars of strength.

To **my Staff and Team**, whose dedication and collaboration have made this endeavor possible.

To **my Students**, who inspire me every day with their energy, curiosity, and potential to shape a better tomorrow.

To **my fellow Teachers**, who play a vital role in molding young minds and fostering a brighter future. Together, let us strive to build a healthier, more harmonious world through a **holistic** approach to education and well-being.

With heartfelt gratitude,

**Dr. Pallavi Kavhane**

Dear Readers,

**MAT TO MIND (Volume -1).....**

In today's world, the significance of holistic education has never been more evident. Among the various disciplines that contribute to the all-round development of students, yoga stands out as a timeless practice that nurtures the body, mind, and soul. Yet, many physical education teachers often find themselves at a crossroads, unsure of how to effectively incorporate yoga into their curriculum or how to convey its profound benefits to young learners. This book is a testament to 25 years of dedication, experience, and passion for yoga and its transformative potential. Drawing from my journey as a practitioner and educator, I have penned this guide to empower physical education teachers with the knowledge and tools they need to introduce yoga to school students in a meaningful and impactful way. The pages of this book are designed to address the challenges teachers face in understanding what to teach, and how to foster the personal and social growth of students through yoga. It is my firm belief that when students are exposed to the right practices and philosophies of yoga, they not only enhance their physical well-being but also cultivate discipline, focus, and resilience—qualities essential for building a well-rounded personality. Whether you are a seasoned instructor looking to refine your approach or a beginner eager to embark on this rewarding journey, this book serves as a comprehensive guide. With practical insights, step-by-step practices, and a focus on age-appropriate techniques, it ensures that every teacher, regardless of their prior experience, feels equipped

to bring the essence of yoga into their classrooms. As educators, we have the privilege and responsibility of shaping the future. By incorporating yoga into our teaching, we give students a gift that will serve them for a lifetime—the ability to connect with themselves, find inner peace, and navigate life's challenges with confidence and grace. I invite you to explore, learn, and share the wisdom contained within this book. Together, let us inspire the next generation to embrace yoga as a path to health, harmony, and self-discovery.

With warm regards,

**Dr. Pallavi Kavhane**

**Speech of Hon'ble Prime Minister of India Shri Narendra Modi ji at the 69th United Nations General Assembly (UNGA) on September 27, 2014.**



"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day".

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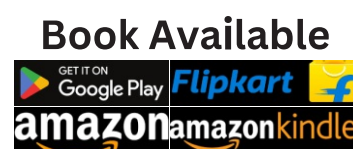
## About the Author



Dr. Pallavi Kavhane, Ph. D, is an inspiring leader and a role model for youth worldwide. As the Director of Maharashtra Mandal's Yoga and Ayurved Prabodhini and Vishwananda Kendra in Pune, Maharashtra, she has dedicated her life to sharing the transformative power of yoga with people of all ages. A World Yogasana Champion, Dr. Kavhane has proudly represented India on global stages, winning gold medals in Spain, Portugal, and Argentina. Her exceptional accomplishments have earned her numerous prestigious honors, including the Yoga Bhushan Award, Yoga Ratna Award, and a real gold medal from the legendary B.K.S. Iyengar Guruji. With an impressive academic background that includes a D.Litt., a PhD, and master's degrees in Yoga and Physical Education, Dr. Kavhane has trained at some of the world's most renowned yoga institutions. She has delivered over 3,000 yoga presentations across the globe, showcasing her expertise in countries such as Sweden, Norway, Argentina, Vietnam, Spain, Portugal, Dubai and Thailand. Her innovative teaching methods and her ability to connect with young minds have made her a sought-after yoga coach, mentoring NDA cadets, professional athletes, and even cricket teams toward achieving peak physical and mental performance. Deeply passionate about empowering the next generation, Dr. Kavhane has devoted over two decades to teaching yoga to underprivileged children while leading impactful initiatives like the "Yoga Mission for a Fit Nation." Beyond yoga, she is also an accomplished swimmer and a skilled rope mallakhamb athlete. She firmly believes that yoga is more than just a practice—it is a way of life that fosters confidence, discipline, and inner strength, especially among the youth. Her vibrant vision of spreading yoga worldwide is guided by her powerful message: "My work is my identity, and yoga is the essence of my life." Through her workshops, courses, and relentless commitment to social service, Dr. Kavhane continues to inspire young people to dream big, work hard, and lead healthier, more fulfilling lives. Her extraordinary journey is a testament to the impact that passion and dedication can have on creating a better world.



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