

# YOGA OUTREACH FOR HEALTH, HAPPINESS AND HARMONY

(Quarterly Report: January–March 2023)



On the auspicious occasion of the centenary year of Sri Swami Satyananda Saraswati, Bihar School of Yoga is pleased to invite all yoga and spiritual aspirants to participate in this yearlong seva dedicated to Sri Swamiji.

Under the inspiration of Swami Niranjanananda Saraswati, the path to health, happiness and harmony for the individual, the family and community has been defined. Yoga centres and individuals are encouraged to live the message of Sri Swamiji and encourage others to do so.

Sharing and spreading the teachings of our Guru, Sri Swami Satyananda Saraswati, to one and all brings new beauty into everyone's lives and is the best tribute we can offer him. With our yearlong seva, we shall embark upon this effort in the spirit of service and goodwill, welfare and upliftment for all people everywhere.

—Swami Niranjanananda Saraswati

# BIHAR SCHOOL OF YOGA

## Across India



As part of the Yoga Outreach 2023 and continuing the tradition of jnana yajna established by Swami Sivananda Saraswati of Rishikesh, continued by Swami Satyananda Saraswati and Swami Niranjanananda Saraswati, a selection of Yoga Publications Trust publications, in both Hindi and English, were sent to 35 universities across India in January 2023.

The aim of this initiative was to inspire the faculties, students and staff to connect with yoga vidya, imbibe and apply the wisdom of sages and seers, live a yogic lifestyle, and to maintain health, happiness and harmony in their lives with our publications.

The universities expressed their gratitude for sending these valuable books to their institutions, and the books would be kept in their libraries to benefit the faculty, staff and students. All distribution was given as prasada from the Guru Parampara.



भारतीय प्रबंध संस्थान अहमदाबाद  
INDIAN INSTITUTE OF MANAGEMENT AHMEDABAD

Errol D'Souza, Ph.D.  
Director

January 23, 2023

Swami Kaivalyananda  
Bihar School of Yoga  
Fort, Munger  
Bihar 811 201.

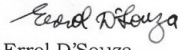
Greetings from IIM Ahmedabad!

This is in reference to your letter no. 15/12/2022-15-22 regarding Publications of Bihar School of Yoga.

We received the books on Yoga on 20/01/23. These books will benefit the faculty, staff and students.

Thanking you.

Best wishes,

  
Errol D'Souza

**Indian Institute of Technology Kharagpur**  
**Technology Students' Gymkhana**

Date: 10<sup>th</sup> Feb 2023

To  
The Bihar School of Yoga,  
Fort Munger  
Bihar 811201  
India

Sub: Your letter with ref number 15/12/2022-15-27 dated 15<sup>th</sup> Dec 2022

Dear Swami Ji,

We received your letter with the above reference number sharing publications of Bihar School of Yoga. We thank you for donating books on Yoga and spiritual sciences to our library. We will be happy to receive a copy of the books for our library, one of the biggest in this area.

Technology Students Gymkhana is promoting Yoga among the nearly 25000 on campus students, faculty and staff members, and their family. Every year we celebrate Yoga Day in a big way and we will be happy to host one or two teachers from your school.

Yours sincerely,



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## New Delhi



From 25th February to 5th March, Yoga Publications Trust set up a bookstall for the first time at the New Delhi World Book Fair organized in Pragati Maidan, New Delhi, as part of Yoga Outreach. Many yoga aspirants and enthusiasts flocked to the stall to see the depth and breadth of yogic knowledge available in the Bihar Yoga tradition. Sannyasi Dharmajyoti organized the bookstall together with a group of dedicated sevaks.

I would like to express my gratitude to Swamiji for making us an instrument of service for Yoga Outreach through books of our tradition. It was a completely new and enriching experience for me. I felt the guidance from Swamiji at every juncture whether about stocking books or making a roster for sevaks or checking stocks at the stall. The Book Fair itself was a very vibrant place where people of all age groups were pouring in. Once the fair was on I felt the heft of the publication industry, we had a stall among the top commercial publishing giants of the world. It was Sri Swamiji's blessing all through that we were able to match

the commercial world and were able to sell more than half of our stock. It was heartening to find in this age of social media, books could still pull such high footfalls at the fair. More than 700 of our magazines were distributed as prasad to all shopkeepers and visitors as part of the outreach and to advertise our presence in the arena.

At our stall, we felt as if we were doing seva at the ashram. The roster of 5 to 6 sevaks at a time at the stall was made on the basis of their convenience and availability. The timings were from 10.30 am to 8 pm.

On 5th March, the Guru Bhakti day, we celebrated the culmination of ten days seva at the World Book Fair with havan and kirtan dedicated to our gurus. Vishwapremji graced the occasion and shared with everyone stories of her journey with Paramahamsaji. It felt like Paramahamsaji sent his blessings to us through her.

*—Sannyasi Dharmajyoti*

I had never done any such seva before, but it went so smoothly I had no idea how time flew. I kept on sitting for close to 6 and half hours and I never realized that I was sitting for so long so it is all together an experience of going beyond time and space. I always felt the divine presence of Sri Swamiji at the stall; he may not be present in the physical form but he was present amongst us in the form of books.

During the seva I felt deeply connected with the Guru's mission and the other feelings I had was of oneness and togetherness with the fellow sevaks, especially when we were sitting together for lunch, sharing the food we had brought; eating together was a divine feeling it was like having prasad in the ashram.

I have no idea, how the ten days passed! It was like being in Rikhia or Munger. I had the same experience that I used to have while doing seva at the ashram.

*—Sannyasi Shivchittam*



I was excited to offer my services at the Book Fair and accordingly went well prepared with enthusiasm and gusto and silent prayers of gratitude in my heart for being a part of the seva. The team of volunteers were also excited like me and soon we all became a family as if we had known each other for years. I volunteered to showcase the books from the ashram and distribute yoga magazine as prasad at most of the stalls in Hall no. 2 and also preparing the inventory of books and copies sold on different days. It was a great learning experience for me and I felt proud that people showed interest and confidence in the well-researched books authored by our respected gurus and sannyasis.

—Meenu Dhingra

## **Singapore**

On 7th January 2023, a *Yoga Outreach for Health, Happiness and Harmony* program was conducted in Singapore at Huone Clarke Quay, River Valley Road. The program was conducted by Swami Ratnashakti who spoke on yoga as a gift to humanity that promotes life through the development of the positive qualities and expressions of body, mind and emotions.

## INDIA

### Andhra Pradesh

From 18th to 20th January, a *Yoga for Everyone* session of the Satyananda Yoga Tradition and a separate session with kirtan and satsang on 'Yoga for Balance, Harmony and Divine Life' were conducted by Swami Bhakti Chaitanya as part of the annual conference of the Divine Life Society, Andhra Pradesh and Telangana Chapters. More than 500 devotees participated daily.

### Maharashtra



#### *Basti Masti Yoga*

Bihar School of Yoga, NamMyoho Daan and Phool Versha Foundation have come together to provide those who are not as fortunate as the privileged with a healthy lifestyle that comes along with bringing yoga into their day-to-day life. We, *Basti Masti Yoga*, aim to provide well-trained yoga teachers to orphanages, slum schools and other organizations that work with underprivileged children of society.



Since 2022, *Basti Masti Yoga* has been working in slum areas of Mumbai and reached out to over 600 hundred children. Between January and March 2023, an additional 1,200 children benefited from the classes and workshops organized. Here is some feedback from the yoga teachers:



- As the sessions progressed, there is a subtle change in the behaviour of the children. They are more disciplined and willing to cooperate.
- The children look forward to these sessions, they are interested in learning and practising yoga themselves. Some of





the students ask the yoga teacher about the benefits of asanas and pranyamas.

- There has been improvement in compliance, engagement, emotional wellbeing, and the ability to engage in academic pursuits is increasing.
- The children have calmed down and can engage in a more productive manner. Their school attendance and uninterrupted education have improved.



## *Guna Gathavali*

The Satyananda Yoga Family of Mumbai started the project of *Guna Gathavali* dedicated to Sri Swami Satyananda. Throughout the year the weekly online discussion group will discuss and try to understand and imbibe his *gunas*, qualities, as described in the text.



## **New Delhi**

From 11th to 15th January, a yoga shivir was conducted at New Moti Bagh. Many new aspirants joined the sessions. Sannyasi Dharmajyoti organized the shivir and was assisted by an enthusiastic group of sevaks.

## **Tamil Nadu**

*Satyam Traditional Yoga* has conducted the third yoga shivir of 108. It reached 35 spiritual aspirants at a forest near Anthiyur. The shivir was organized by Jignasu Karma Dhyana







On 8th March, *Atma Niranjana Yoga Vidyalaya* celebrated the International Women's Day with a yoga session at a home and free school for rural children in Thiruvallur, 60 km from Chennai. The women were very keen to continue with regular yoga sessions. The shivir was conducted by Sannyasi Yogasharan.

After the program many participants wanted to share their joyous experience with everyone. Tamil Selvi came forward and started crying. She said she was a single mother and her daughter who was studying in Class 3 in the Sevalaya school asked her to come. She is a tailor who uses her hands and legs too much and is in constant pain. Our pawanmuktasana series miraculously helped her get relief and our visualization helped her strengthen her resolve to stay healthy.

A young girl who is doing a short-term course said, she never believed that she had any dreams. Our yoga practices helped her unearth her hidden vision of becoming an ethical entrepreneur and she could even visualize herself be one during the practice.

—Sannyasi Yogasharan





Ongoing projects are yoga sessions:

- Sri Arunadhayam Charitable Trust, for children with special needs
- Central Prison, Chennai
- Erode, with tribal village children through an online platform
- For students at the Adiparasakthi Dental College, Anna University and the Agarwal Vidyalaya
- Thirunindravur village with the NGO Sevalaya for village women

In one of my yoga sessions with the corporation conservative workers and public conducted by Chennai corporation, I was contacted by a gentleman who was in a Safari suit. He introduced himself as a senior manager of the Conservative agency. He asked me whether I am the same yoga teacher from the Bihar School of Yoga tradition. I could not follow. He said that the support and practices provided had helped him to be where he was now. He did not want to divulge where we had met. Later he called me and said, he had been a convict in prison and regularly attended our yoga sessions. It was the sankalpa planted during meditation and yoga nidra that helped him renew his life. It was a special moment.

—Sannyasi Yogasharan





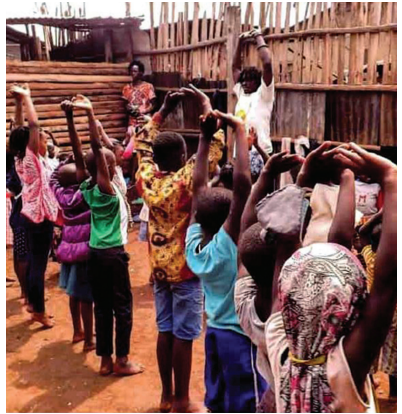
## INTERNATIONAL

### Africa



For the last ten years, *Yoga Pura Vida* has been spreading the teaching of Satyananda Yoga in Africa. It is present in Tanzania, Malawi, Kenya, Uganda, Rwanda and Sierra Leone. The projects reach out to: refugees from all ages living in the Dzaleka (Malawi) and Nakivale (Uganda) refugee camps; schooled and unschooled children; teenagers in cities, small villages and slums; children undergoing chemotherapy, autistic children, abused children, street children, and children in orphanages and schools; also elderly survivors of the Rwandan genocide, hospital caretakers, vulnerable adults, Muslim women living in very traditional Muslim communities, and other vulnerable communities and individuals. The other project coordinated by Sannyasi Dharmajyoti is the training of yoga teachers who will be able to teach yoga in their own community.





## Bulgaria: Yoga Centre Sita-Ram

### January

Yoga Centre Sita-Ram in Sofia created seven groups dedicated to various projects of the *Yoga Outreach*:

- *Prakriti Team* – ecology and plants
- *Annapurna Team* – food and culture
- *Ganesha Team* – health and harmony
- *Devi Team* – help and daan
- *Krishna Team* – kirtan and music
- *Narayan Team* – graphics, website and social media
- *Guru Bhakti Team* – spiritual sadhanas and anushtanas

### February

- On 10th February, the group *Devi Team* was able to organize in a short time a first 'Heart to Heart' initiative to help underprivileged children with basic items like clothes, books, utensils and things that they themselves requested.
- A new initiative, 'Give a Smile' was developed. The project aims to help underprivileged children by contributing to their harmonious growth by giving them time and care, talks, games and creative activities and encouraging them to follow their dreams. The project is also for elderly people through shopping for them, accompanying them to the doctor and for walks. We succeeded in assisting elderly blind people with taking them on a walk and establishing initial contact with old people in difficulty.







- Due to the grave situation in Turkey after the earthquake, an emergency humanitarian relief was organized in Bulgaria. Yoga aspirants of the Yoga Centre Sita-Ram were also able to participate in it with first necessities.

### *March*

#### *The Prakriti Team*

- organized a lecture on the topic of ‘home composting’ inspiring people to produce less garbage.
- packed 130 fruit tree saplings and dozens of raspberry roots, seed roots and flowers. They were sent to 16 kindergardens and schools across the country which are part of The Tasty Forest, initiated by the *Prakriti Team*. Sevaks will help plant the saplings and seeds.



### *Give a Smile*

- Sevaks visited a home for underprivileged children in Bracigovo, a small town 2 hours from Sofia. During their visit they played football and other games with the children and talked to them.
- A permanent support goes to St Nicholas orphanage at the St Trinity Monastery in the village of Navi Han. Food and clothes are being distributed.
- The support to blind people continues keeping company, engaging in conversation and taking them for walks.
- A new initiative started looking after elderly people, accompanying them for a walk or to a doctor's visit.

### *Yoga for Everyone*

On 26th March, the first presentation of the series *Yoga for Everyone* was shown at the Vivacom Art Hall Oborishte 5 in Sofia. At the beautiful cultural monument, the presentation was translated into Bulgarian, then Swami Shruti Gnana spoke on yoga vidya. This was followed by a practical session of asana, pranayama, relaxation and a simple concentration practice. The event was open to all.

### **Bulgaria: Bulgarian Yoga Association**

- In the beginning of February, we started to give free online classes of yoga nidra and a short meditation once a week, on Tuesdays. We made a plan and a roster of the eight teachers of our yoga centre, who will teach for one month. The program goes well. Around 10 to 30 people join each weekly session.
- On 18th March, we had one day for cleaning the areas between buildings and blocks in Sofia. A group of us cleaned the area around our Yoga Centre and many people cleaned around their own houses in different areas of Sofia.

### **Colombia**

Satyananda Yoga Academy Bogotá has initiated three projects:

- *Educational*: Training in yoga and yogic lifestyle for the 'caretakers' of the vulnerable population in Bogotá, especially those who work with children and disabled people; it is based on the presentation FFH, *For Frontline Heros*.

- *Yoga Ecology*: Creation of a vegetable garden on the premises of the Academy. All produce will be donated to the needy of Bogotá. Both programs will be coordinated by Eduardo Copete.
- *Karma Yoga and Seva*: The Academy will organize the collection of food, especially grains, to be donated to specific institutions that distribute food to the underprivileged. This program will be coordinated by María Teresa Valencia.

## Hungary

In February, a 3-month sadhana was started. Every evening at 8 pm except Sundays, the Mahamrityunjaya mantra is chanted 108 times with the sankalpa for health, healing, strength, vitality and dynamism. Each session is led by an experienced teacher or practitioner of the community. About twenty people participate.

## Lebanon

In March, *Tools for Inner Peace* completed a one-year community yoga teacher training, which was run by a team of sevaks from Lebanon and Syria and coordinated by Sannyasi Mantramala (Finland). The 17 participants that completed the training came from across Lebanon and included people from all different backgrounds: Syrian and Palestinian refugees; Lebanese and Armenian-Lebanese; Christian, Sunni and Shia Muslim. Several of them wish to deepen their connection to the tradition by travelling to Munger in September.







## **Serbia**

For the past three years, Bihar Yoga Club has been conducting an open class on 5th of every month, and Satyananda Yoga Nidra and meditation on 6th of every month. This activity is continuing. Included is the reading from Sri Swami Satyananda's *Bhakti Yoga Sagar* series. Swamis Omgyanam and Mudraroopaa conduct the sessions which are attended by 20 to 50 people from a diverse background.

### *Weekly Satyananda Yoga*

- A class free of charge is given by Jignasu Devamitra with the emphasis on Satyananda Yoga Nidra and meditation is given on Mondays. Between 15 and 20 students attend this class.
- A class held in one of the Safe Houses for women in Belgrade. There is a lot of domestic violence towards women in Serbia, and considerable deaths annually. The location of these safe houses keeps changing and is kept secret, so classes are taught online. The teacher is Sannyasi Laxmichetana.
- A class for deprived children of gipsy origin in one primary school in Belgrade. The teacher is Sannyasi Gyantirtha.
- A class in the association of women undergoing treatment for breast cancer in Belgrade. The teacher is Jignasu. Devamitra.

## **Spain**

Various projects in collaboration with universities are conducted by *Yoga Pura Vida* which are coordinated by Sannyasi Dharmajyoti for:

- the elderly
- the elderly suffering from dementia
- teenagers suffering from depression
- African immigrants

## **United Kingdom**

Free weekly classes for refugees were offered at four different locations around Liverpool, UK, by Jignasu Lalitatirtha for *Tools for Inner Peace*. In their feedback, many of the participants spoke touchingly about the meaning of these ongoing yoga classes: the physical and mental health benefits, the warm and friendly atmosphere, and the possibility to create connections with other people to overcome social isolation.