

YOGA

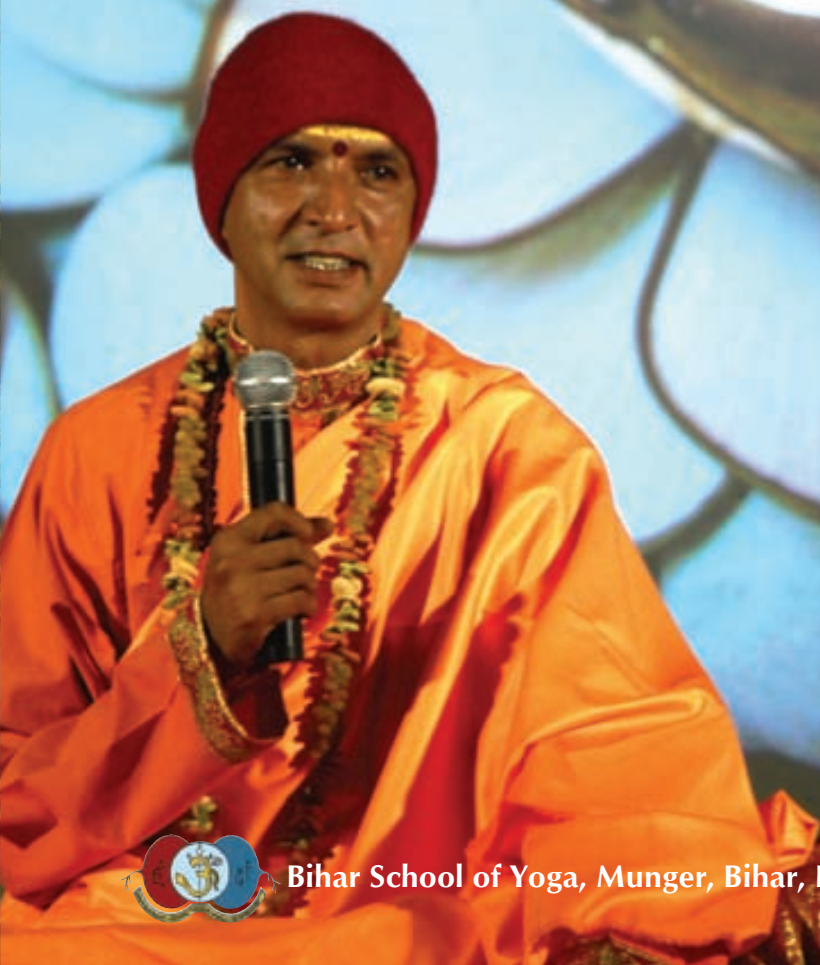
Year 2 Issue 3

March 2013

Membership postage: Rs. 100

Golden Jubilee

*50th year of
Bihar School of Yoga*



Bihar School of Yoga, Munger, Bihar, India



Hari Om

YOGA is compiled, composed and published by the sannyasin disciples of Swami Satyananda Saraswati for the benefit of all people who seek health, happiness and enlightenment. It contains information about the activities of Bihar School of Yoga, Bihar Yoga Bharati, Yoga Publications Trust and Yoga Research Fellowship.

Editor: Swami Shaktimitrananda Saraswati

Assistant Editor: Swami Yogatirthananda Saraswati

YOGA is a monthly magazine. Late subscriptions include issues from January to December.

Published by Bihar School of Yoga, Ganga Darshan, Fort, Munger, Bihar – 811201.

Printed at Thomson Press India Ltd., Haryana – 121007

© Bihar School of Yoga 2013

Membership is held on a yearly basis. Please send your requests for application and all correspondence to:

Bihar School of Yoga

Ganga Darshan
Fort, Munger, 811 201
Bihar, India

✉ A self-addressed, stamped envelope must be sent along with enquiries to ensure a response to your request

Front cover: Diwali 2012, Satyam Varika, Ganga Darshan, Munger

Plates: 1 & 6: Akhara Darshan; 2-5: Yogadrishti satsang series; 7: Paduka Darshan; 8: Basant Panchami, Ganga Darshan



GUIDELINES FOR SPIRITUAL LIFE

Goal of Life

The true goal of life is to return to the source from where you have come. Just as the rivers flow restlessly till they join the ocean, the ultimate source of their water supply, and just as fire leaps and burns furiously till it merges in its own origin, so too you will be restless until you obtain God's grace and become one with Him.

God knows what is best for you. He does what is best for you. Therefore, do not pray to the Lord for removal of suffering but for the power of endurance and patience to bear each adversity. The worst troubles that come have the greatest purpose and meaning, and will mould you into a divine being.

—Swami Sivananda

Published and printed by Swami Gyanbhikshu Saraswati on behalf of Bihar School of Yoga, Ganga Darshan, Fort, Munger – 811 201, Bihar

Printed at Thomson Press India (Ltd), 18/35 Milestone, Delhi Mathura Rd., Faridabad, Haryana.

Owned by Bihar School of Yoga **Editor:** Swami Shaktimitrananda Saraswati

YOGA

Year 2 Issue 3 • March 2013
(50th year of publication)



Contents

This issue of Yoga is dedicated to the activities of Bihar School of Yoga in 2012.

- 2 Yogadrishti (Yogavision) Satsang Series
- 9 Bihar School of Yoga Programs
- 17 Courses
- 24 Bihar Yoga Bharati Research Library
- 25 Yoga Propagation
- 40 Yoga Publications Trust
- 44 Yoga Research Foundation
- 46 Bal Yoga Mitra Mandal
- 47 Yuva Yoga Mitra Mandal

The Yogi is superior to the ascetic. He is deemed superior even to those versed in sacred lore. The Yogi is superior even to those who perform action with some motive. Therefore, Arjuna, do you become a Yogi. (*Bhagavad Gita VI:46*)

तपस्विभ्योऽधिको योगी ज्ञानिभ्योऽपि मतोधिकः । कर्मिभ्यश्चाधिको योगी तस्माद्योगी भवार्जुन ॥

2012 Activities of Bihar School of Yoga

YOGADRISHTI (YOGA VISION) SATSANG SERIES

The word satsang is the combination of the two words sat and sanga. Sat means existence absolute, which is the essential nature of Brahman, the permanent among all that changes, the only reality that upholds the world of appearance. Sanga literally means company or union. To be always in the company of the Lord, or to be established in Brahman, is the literal meaning of the word satsang. However, as long as ignorance remains, the direct realization of Brahman is impossible, but when ignorance is destroyed by wisdom, one's real nature reveals itself. This is the highest satsang.

Satsang, or the company of the wise, removes darkness and impurity of the heart, leads one to the divine path and causes the divine light to shine in one's heart.

—Swami Sivananda Saraswati



In 2012, Swami Niranjanananda's Yoga-drishhti Satsang Series entered its third year of monthly satsangs.

25th to 27th January – Progression of Yoga

In the first Satsang Series of 2012, Swami Niranjan described the progressive involvement of yoga in the life of an aspirant: first of all one is a practitioner, then one becomes a sadhak, later on one leads a yogic lifestyle, which ultimately contributes to the creation of a yogic culture.

Throughout the period of the Satsang Series, the yoginis from the Lalita Mahila Samajam Ashram, Thirueengoimalai, Tamil Nadu, conducted havan and the ancient, sacred Sri Vidya pooja in the Yajnasala.

15th to 18th February – The Yoga of Sri Krishna

During this Satsang Series, the morning satsangs were held at Baidyanatheshwar Shankarbagh (Shivalaya) where Swami Niranjan spoke in Hindi and in the evenings he gave satsang in English at Ganga Darshan and Paduka Darshan. Swamiji explained the teachings of Sri Krishna on the battlefield, which enabled Arjuna to deal with his depression. Swamiji provided a fresh new perspective on the understanding of the *Bhagavad Gita*, as he enumerated the yogic sadhanas that lie hidden within the text.

24th to 27th March – The Yoga of Sage Vasishtha

During Chaitra Navaratri, the morning satsangs were held in English at Ganga Darshan and the afternoon satsangs in Hindi in the two temples in Munger dedicated to Devi, Chandisthan and Dashbhujisthan Mandir.

In *Yoga Vasishtha*, Sage Vasishtha instructs Rama on how to overcome his depression and engage in the world, while remaining unaffected by it. Swamiji dealt with the subject in a clear, step-by-step approach, making it easy to comprehend





and applicable to the lives of all. He described the four guards at the gates to heaven, which are peace, reflection, contentment and satsang. It is the task of the aspirant to befriend these guards, and if any one is befriended the other three will follow suit.

From 23rd to 31st March, Chaitra Navaratri was observed at Ganga Darshan with the chanting of Rama Gayatri and Devi stotras. Havan was performed every evening.



On 1st April, Ramnavami was observed with the chanting of stotras dedicated to Rama.

3rd to 6th May – Saurya Tantra



Swami Niranjan spoke on the topic of saurya tantra, a relatively unknown aspect of the tantric science. Swamiji began the discourses with a description of the propagators and practitioners of saurya tantra throughout the ages, including Karna and Sri Swami Satyananda. He explained the philosophy of saurya tantra through mythological stories, science and symbolism. Swamiji elaborated on the practices of saurya tantra and the sadhanas that the different categories of practitioners can undertake.



16th to 19th August – Ganapati Aradhana

This satsang series was dedicated to Ganesha. In the morning, the BYMM children conducted the puja and led the

chanting of stotras, bhajan and kirtan. The afternoon sessions were in English with stotras and kirtan led by the sannyasa trainees, and havan performed by the BYMM children.

Swamiji introduced the topic with an account as well as a slide show of his yatra to Mount Kailash in June.

On the first two days, the significance of Ganesha's birth and form as well as the symbols associated with him were explained. The following two days were devoted to describing Ganesha sadhana and aradhana as found in the vedic and tantric texts.

Swamiji initiated 53 aspirants into mantra, 17 into jignasu, 5 into karma sannyasa and one aspirant into poorna sannyasa.

7th to 20th October – Pancharatra Tantra

Swami Niranjan introduced one of the most esoteric and academic branches of tantra – the pancharatra tantra. He spoke about the origins of this tantra, revealed by Lord Shiva to Narada, the celestial bard, and went on to elucidate the different aspects: the philosophy behind it, the progression of thought and the recommended practices. Swamiji discussed practical ways in which the essence of these ideas and philosophy can be incorporated and applied in one's daily life so that one can rise above the mundane while actively engaging with the world.





Morning sessions were in English and in the afternoon Swamiji's Hindi satsang was held in the two temples in Munger: Chandisthan and Dashbhujisthan Mandir. At both places stotras and kirtans were led by the BYMM children. Swamiji spoke about the importance of following one's dharma and how to develop the awareness of the abiding presence of divine grace which pervades our lives.



From 16th to 24th October, the Ashwin Navaratri sadhana began with the early morning Katyayani havan in the Akhara, followed by a mid-morning session of mantra sadhana. Mantras and stotras dedicated to Devi were chanted and the session concluded with beautiful and uplifting kirtans. The evening sadhana was held in the Akhara with havan and chanting of mantras, stotras and kirtans, dedicated to Durga, Lakshmi and Saraswati, the three primary forms of Devi.



On 19th and 20th, the evening sadhana was conducted at Paduka Darshan. Ma Ganga and the setting sun were a perfect backdrop for havan and mantra, stotra chanting and kirtan. There was an international flavour to the worship with a recital of *Ave Maria*, a devotional offering to the Divine Mother in the western classical tradition, and an enjoyable interlude of music and dance from Hawaii. At Paduka Darshan, Swamiji initiated 48 aspirants



into mantra, 17 into jignasu and 10 into karma sannyasa.

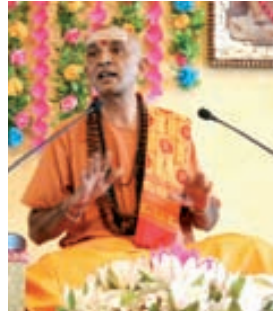
8th to 11th November – Nine Acharas of Tantra

Swami Niranjan spoke on the nine different *acharas*, codes of conduct, prescribed by the tantras as an integral part of the spiritual journey. In order to move ahead on the spiritual path the aspirant must follow a sequence of three *bhavas*, or natures of man, through the practice of the *acharas*. These nine *acharas* have within them elements of the different branches of yoga – hatha, bhakti, dhyana, laya, nada, kundalini – along with clearly prescribed steps in regard to one’s social and family interactions as well as the higher esoteric practices on the internal spiritual journey.

Swamiji dispelled many incorrect interpretations of these conducts and explained the true purpose of these practices, and how they can be incorporated into one’s life.

Swamiji gave, as the undeniable proof of the veracity of these *acharas*, the example of Sri Swamiji’s life. Sri Swamiji went through all these phases with perfection and his whole life stands as a beacon of hope and inspiration to spiritual aspirants the world over.

On 10th November, Swamiji initiated 15 aspirants into mantra, 5 into jignasu and 7 into karma sannyasa.





Satsang means good company. You can achieve good company by unity and communion with God. That is the first definition of satsang. When you want communion, do you try to limit God within the framework of a concept? No. Religion and philosophy may talk about God in different ways, but the God which Christians, Hindus, Jews and everyone else worship is One. There are not two gods, three gods, four gods or five gods. He is only One and to commune with that God you commune through the whole of creation, the whole universe. You should not confine your awareness of God to a particular sect. God brings a total transformation in your mind and heart.

The second definition of satsang is to keep company with good literature: the Vedas, Upanishads, Bhagavad Gita, Srimad Bhagavatam, Bible, Koran, Torah and many other scriptures. You should make it a point to dive deep into such literature.

The third definition of satsang is keeping company with saints, sages, mahatmas and wise men who do not have any obligation to a sect, but are universal in nature and philosophy.

It is not necessary to be a good person in order to have satsang. You may be a wretched person, an incarnation or a symbol of evil, it doesn't matter. Through satsang a transformation definitely takes place. The importance of satsang is that even the most unholy, most untouchable being becomes worthy of respect, worship and honour.

—Swami Satyananda Saraswati

BIHAR SCHOOL OF YOGA PROGRAMS

New Year's Day

Following the tradition of Ganga Darshan, the chanting of *Hanuman Chalisa* 108 times took place on the main lawn. Sannyasins and children of BYMM chanted continuously for seven hours.



Poornahuti

On 2nd January, poornahuti of the year-long anushthana was conducted by Swami Nirnanjan and Swami Satsangi. Chanting of *Durgasahasranamavali* was followed by other stotras, including the *Durga Sahasranam Stotra* – the original hymn from which the thousand names of the goddess Durga are derived – the *Durga Mahimna Stotra* and the *Bhagavati Stotra*. Aarti of Ma Durga was conducted at the culmination of this sacred anushthana.



Following poornahuti, kanya poojan and kanya bhoj were organized in the second floor hall of Ganga Darshan Main Building. The joyful event was organized and conducted by BYMM children. After the ritual worship, 52 kanyas, representing one week of the year-long anushthana, one batuk (young boy) and one suvasini (married lady), were fed a sumptuous meal in the presence of Swami Nirnanjan and Swami Satsangi.



5th and 6th Mahasamadhi

The mahasamadhi of Swami Satyananda is being observed on 5th and 6th of





every month in the Akhara of Ganga Darshan with Rudrabhisheka and Sri Yantra abhisheka performed by Swami Niranjanananda, Swami Suryaprakash and sannyasins.

Makar Sankranti

The Sanskrit term sankramana means 'to begin to move'. The day on which the sun begins to move northwards is called Makar Sankranti. It usually falls in the middle of January. The sun, symbolizing wisdom, divine knowledge and spiritual light, which receded from you when you revelled in the darkness of ignorance, delusion and sensuality, now joyously turns on its northward course and moves towards you to shed its light and warmth in greater abundance, and to infuse into you more life and energy.

The day prior to Makar Sankranti, old, worn-out and dirty objects are discarded and burnt. Homes are cleaned and white-washed. Even the roads are swept clean and lovely designs are drawn with rice-flour. These practices have their own significance from the point of view of health, but, it will not do to attend to these external things alone. Cleaning the mind of its old dirty habits of thought and feeling is more urgently needed. Therefore, burn them up with a wise and firm resolve to tread the path of truth, love and purity from this holy day onwards. This is the significance of Makar Sankranti in the life of the spiritual aspirant.

—Swami Sivananda Saraswati

On 14th January, Makar Sankranti was celebrated in Yajnasala at Ganga Darshan. Residents and guests were seated around the havan kund. Swami Niranjana and Swami Suryaprakash performed the havan to the chanting of the Gayatri mantra and the 108 names of Lord Surya.



Basant Panchami

On 28th January, Basant Panchami, the fifth day of spring, was celebrated at Ganga Darshan. Basant Panchami is the foundation day of Bihar School of Yoga.

Swami Niranjana initiated 495 aspirants into mantra, 129 into jignasu sannyasa and 53 into karma sannyasa.

In the afternoon, Swami Shankarananda and Swami Suryaprakash spoke on the history and present activities of Bihar School of Yoga, which aims to fulfil the purpose of propagating yogic *vidya*, *vijnana* and *sanskriti* – yogic knowledge, science and culture.

Swami Niranjana spoke on the three aspects of Ganga Darshan: teaching and learning yoga, living ashram life, and maintaining the tradition of sannyasa.

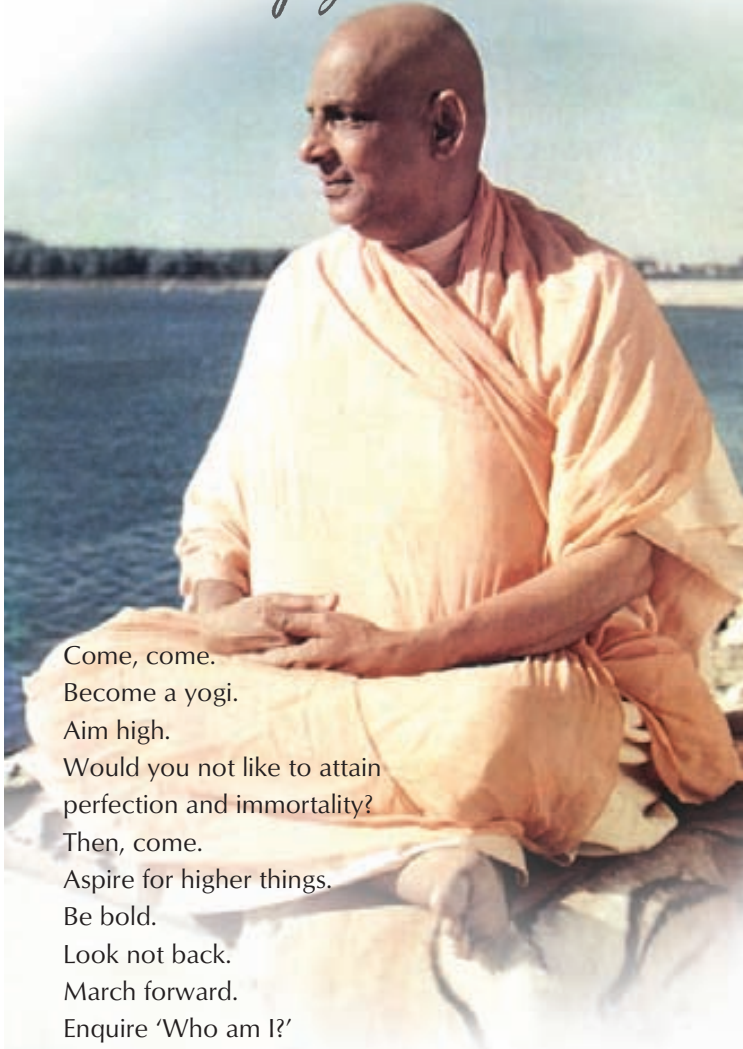


Akshay Titriya

On 24th April, residents, students and guests observed the auspicious day of Akshay Tiritiya by chanting five times the *Vishnusahasranama Stotra*.



Become a Yogi



Come, come.
Become a yogi.
Aim high.
Would you not like to attain
perfection and immortality?
Then, come.
Aspire for higher things.
Be bold.
Look not back.
March forward.
Enquire 'Who am I?'
Hear, reflect, meditate and realize
the atmic splendour.
Identify yourself with the Supreme Self.
Live in the Eternal.

—Swami Sivananda

Guru Poornima

The guru who has already trodden the path will guide the aspirants safely and remove all sorts of obstacles and difficulties. A personal guru is therefore necessary. I came to Rishikesh in June 1924 and found my destination. My guru gave me initiation and enough spiritual strength and blessings. Gurus can do this much only.

—Swami Sivananda Saraswati

Guru alone can break the binding cords of attachment, and release the aspirant from the trammels of earthly existence. Guru is God himself. He guides and inspires us from the innermost core of our being. He is the supreme spirit everywhere.

—Swami Satyananda Saraswati

On 3rd July, Guru Poornima was celebrated at Ganga Darshan. A thousand local devotees from Munger paid their respect to the guru. Many had come to just pass a short moment in the ashram but decided to stay and join in the wonderful chanting of bhajans, kirtans and stotras. 450 BYMM children participated adding a touch of youthful joy.

Swami Suryaprakash and Swami Shankarananda spoke on the guru-disciple relationship and the need for surrender in spiritual life. The organization of the program was managed with great care and skill by the BYMM children and a team of YMM.





Diwali

Diwali means 'a row of lights'. The light of lights, the self-luminous inner light of the Self is ever shining steadily in the chamber of your heart. Therefore, sit quietly, close your eyes, withdraw the senses, fix the mind on this supreme light and enjoy the real Diwali, by attaining illumination of the soul. Celebrate the real Diwali by living in Brahman, and enjoy the eternal bliss of the soul. The sun does not shine there, nor do the moon and stars, nor do lightnings shine and much less fire. All the lights of the world cannot be compared even to a ray of the inner light of the Self. Merge yourself in this light of lights and enjoy the supreme Diwali.

—Swami Sivananda Saraswati

Lakshmi is the goddess of prosperity. There is a difference between riches and prosperity. Money does not last but prosperity is everlasting. From a seed, sprout grows, then a plant, a tree with twigs, branches, flowers and fruits and every year and every year and every year. This is the example of prosperity not only in relation to money but to every sphere of life, in relation to health, mental peace, relationships and everything else. Diwali is the day of Lakshmi, the day of feasting, not of fasting. It is a day of joy.

—Swami Satyananda Saraswati

In preparation for Diwali, the ashram was cleaned from top to bottom by residents and guests. Once spotless, three thousand candles were laid in a single

line which snaked throughout the grounds. The candles were lit shortly after dusk and twinkled into the night.

The Diwali celebrations took place in Ganga Darshan's sparkling new amphitheatre, inaugurated by Swamiji on 12th November. This new venue in the teak garden, constructed in just seven months, can accommodate 450 people. Its tiered seating was a big hit with its first ever audience who all had an excellent view of the action on stage.

The children of BYMM started proceedings with a havan chanting the *Ram Gayatri* and the 108 names of Lakshmi. This was followed by some rousing kirtans, before students from the Yogic Studies course performed a Ram bhajan and dance to a haunting Sufi song.

A group of sannyasa trainees concluded the show with a theatrical tribute to Swamiji, which drew from the music of *Jonathan Livingston Seagull*. Footage from the film was projected while a voice-over told the story of Swamiji's life. The new stage proved to be a perfect showcase for the performances, which included singing, dancing and juggling.

After the program, everyone was invited to the candlelit Akhara and offered firecrackers and a cup of hot chocolate on finishing their parikrama.

Christmas

Supposing there is a parliament of Indian gods. Christ will not be there. However, if it is the will of the people of India, anyone who is divine can be elected to this parliament.

I believe that foolish people exclude good things if it doesn't please them. Wise people include all good things even if they don't like it. The wisdom and truth is God has given himself to humankind to guide it from time to time. During the moments of crisis God has given himself some form. Christ was certainly a gift of God to humankind just as Rama, Krishna, Buddha and many others. In India we do not want to miss these great men, no matter where they were born or what was their ancestor's religion.

—Swami Satyananda Saraswati



Christmas celebrations at Ganga Darshan began on the evening of 24th December. A beautiful atmosphere was created as the sannyasins and sannyasa trainees sang various English songs and kirtan. On Christmas morning sannyasins conducted havan to the chanting of the 108 names of Jesus and the 108 names of Swami Satyananda. This was followed by the chanting of *Satyam Chalisa* which, as for the 108 names, describes the qualities of Sri Swamiji, the various stages of his life and the achievements within his lifetime. In the evening, Christmas carols were sung by the sannyasins, sannyasa trainees and Yogic Studies course participants. German, Swedish and Bulgarian songs brought the cultural diversity of the ashram community to the forefront. The evening ended with joyous kirtan and dance.

New Year's Eve

The year ended with a beautiful program to the chanting of the *Ganesha Mahimna Stotra*, followed by havan to the *Vishnusahasranamavali*. Joyous kirtans ended the evening with everyone dancing into the new year.



COURSES

I have no stereotyped, printed lessons in yoga for coaching students. I usually send some of my books suitable to the taste of the students. I give them lessons through correspondence. The lessons are well graded. Thousands of students have made wonderful progress through this personal attention. For advanced courses they come to stay in the ashram.

—Swami Sivananda Saraswati

On the eve of my entering into the holy order of Paramahansa on the auspicious day of Basant Panchami, 19th January 1964, I thank all my disciples, devotees and admirers for the kind help and cooperation accorded to me during my parivrajaka life, enabling me in the propagation of spiritual and yogic knowledge from door to door and place to place all over India. Henceforth I shall not be able to move about, but will be ever prepared to help all those who seek my advice and guidance through correspondence or personal instructions at Bihar School of Yoga, which is going to be started in Munger.

This school will impart fifteen-day training in all branches of yoga under my personal guidance as its chief acharya. All of you are requested to join this school, which is the only school of its kind in the country and abroad, imparting practical yogic knowledge.

—Swami Satyananda Saraswati

Yogic Studies Course

This special four-month course provides basic training in the practical and theoretical aspects of yoga and ashram life based on the ancient gurukul system.

Yogic Studies Course – Hindi

On 20th May, the Convocation Ceremony for the four-month Hindi course was held in Jyoti Mandir. The course had started on 6th February. The course director was Swami Gyanbhikshu, and practical classes were given by Sn Srimurti. Swamis Suryaprakash,

Gyanbhikshu, Nirmalananda and Taponidhi gave the theoretical lessons.

The course was successfully completed by 39 participants, representing the states of Bihar, Jharkhand, Delhi, Karnataka, Kerala, Maharashtra, Orissa and Uttar Pradesh.

Yogic Studies Course – English

On 1st October, the four-months Yogic Studies course commenced with 69 participants from the following twenty-three countries: Armenia, Austria, Australia, Bhutan, Czeck Republic, China, Cyprus, France, Germany, Hong Kong, Ireland, Lebanon, Nepal, New Zealand, Nepal, Norway, Poland, Singapore, South Korea, Spain, Switzerland, The Netherlands, UK and Ukraine.

The following fifteen states of India were represented: Andhra Pradesh, Assam, Bihar, Chhattisgarh, Hariyana, Jharkhand, Karnataka, Kerala, Maharashtra, Madhya Pradesh, Orissa, Pondicherry, Rajasthan, Sikkim and Tamil Nadu.

Health Management

I was eager to acquire and share with all any knowledge about the prevention of disease, promotion of health and healing of diseases. People are sick physically and mentally. To some life is a lingering death; and to some death is more welcome than life. Some lead a miserable life, unable to face death, some invite death and commit suicide unable to face life. Yoga is an exact science which aims at the harmonious development of the body, mind and soul. Yoga bestows perfection, peace and eternal bliss.

—Swami Sivananda Saraswati

From 3rd to 20th March, a Health Management course was held at Ganga Darshan. Twelve participants attended the course which was conducted by Swami Atmabhishek. He was assisted by Rajesh and Arvind, members of the Yuva Yoga Mitra Mandal. Swami Niranjanananda and Swami Shankarananda gave satsang to the group.

Yoga Teacher Training Course

An Ideal Teacher

*I am ever a thirsty student
I am not a teacher
But God has made me a teacher
The students have made me a teacher
I make my students soon as teachers.*

—Swami Sivananda Saraswati

From 5th to 25th June, a Hindi Teachers Training course was held for 24 students from Lucknow. Swami Yogakanti conducted the course, assisted by Swami Shyama. Demonstrators were Satyakripa (Nishant) and Poornanand (Piyush) from YYMM. The group enjoyed satsangs by Swamis Suryaprakash, Shankarananda, Gyanbhikshu and Soumyashakti. Swami Niranjanananda invited all to a satsang in the rain.

Yogic Science and Lifestyle Course

On 24th August, 18 participants successfully completed the three-month Yogic Lifestyle and Sadhana course. They represented the states of Bihar, Chhattisgarh, Jharkhand, Madhya Pradesh, Maharashtra, U.P. and New Delhi. Course director was Swami Taponidhi. Swami Soumyashakti gave daily classes on APMB and yoga nidra. The theoretical lectures on the various topics of the science of yoga were delivered by Swamis Gyanbhikshu, Nirmalananda and Taponidhi.





Ajapa Dharana Course

From 15th to 21st October, Swami Karmakaruna from New Zealand conducted a course on Ajapa Dharana for 39 participants from: Australia, Canada, Germany, India, Lebanon, New Zealand, The Netherlands, UK and USA.

Swami Mitrananda and a group of 12 yoga practitioners from The Netherlands joined the course.

Ashram Life

If you try to view everything as atman, spirit, you must express it in all your actions. It is no good having your head in the clouds while you keep your palms clenched in your pockets. It does not matter if they derive any extraordinary spiritual gain or not, but people staying in the ashram for some time must at least enjoy real peace. Later, whenever they remember the love and the kindness they received they will also be reminded of the peace of the Ganges, the kirtans and other spiritual ideas associated with the place. Serve the guests, with bhava, feeling. Ashrams must serve as examples of selfless service and disinterested love.

—Swami Sivananda Saraswati

The ashram is a place where people come from every walk of life and live for some time without having any involvement or attachment. There is no caste, colour or sex barrier. In the olden days, kings and ordinary farmers lived together in the ashram. Ashram life is designed in such a way that everybody automatically participates in all its functions and there is cooperation, coordination and harmony.

There is a pattern of life in the ashram which is completely different to the pattern of life in the environment of one's home. Ashrams have to be different. They have to create opportunities and facilities for the aspirants to live more simply and to work harder, not softer, than they have experienced before.

—Swami Satyananda Saraswati



Children's Course

Education must be based on a sound philosophy of life. If there is no right understanding of the ultimate aim of human life, if there is no clear idea of what man is meant to become through the process of life, no scheme of education will be satisfying and beneficial.

—Swami Sivananda Saraswati

In my ashram I live with children. I do not live with elderly people for they are often too serious, too particular, too tense. I do not want such tension; I want to laugh.

—Swami Satyananda Saraswati

From 30th April to 3rd May, a group of 8 adults and 15 children from Raipur, Chhattisgarh, visited the ashram. Sannyasis Chandramani and Sadhanamala brought the group to experience ashram life. The children presented a beautiful dance performance to the delight of all present.

From 13th May to 16th June, a group of 7 boys aged 13 to 17 from Sivananda Balakashram, Bhuj, were staying in the ashram. They were accompanied by sannyasis Mrityunjaya and Premmani,



as well as Gopal, the all-round caretaker of the ashram. The boys had morning class and joined in all ashram activities with great joy and enthusiasm.

From 1st to 8th June, a group of 7 girls and 13 boys from the Rajesh Institute in Dharhara, Munger, visited the ashram. They were accompanied by the school's principal, Rajesh Kumar, and their teacher, Vandana Singh. The children, aged 7 to 15, participated in the ashram activities. They had morning class and yoga nidra,

seva in the garden, mala making, kitchen and publications department. A group of BYMM guided the class of kirtan and bhajan chanting, yogic games and dance lessons. The children enjoyed their visit so much that they extended their stay an additional 4 days.

General Course

On 14th April, a group of 60 school teachers from Notre Dame, Jamalpur, visited the ashram. After a warm welcome by Swami Suryaprakash, the teachers were taken on a tour of the ashram. Then they attended a yoga class and after lunch a yoga nidra session. Rishi Arundhati spoke about yoga and education and



the purpose and mechanism of yoga nidra for school children. Swami Suryaprakash spoke on the need for teachers to be relaxed, happy and motivated if they want the same of their students.

From 9th to 12th May, a group of 11 adults and 13 children aged 8 to 14 from Akola, Maharashtra, visited the ashram. They joined in all the activities, including seva in the mornings and yoga classes conducted by BYMM children in the afternoons. On the final night, they impressed all present

with their asana display. Some of the children were silver and gold medallists in national asana competitions.

On 16th May, a group of 96 students and 13 teachers from the Madhya Vidhyalaya Kolgama School in Bhagalpur visited the ashram for the day. They attended the Ekadashi program, the chanting of the *Bhagavad Gita*. Swami Gyanbhikshu gave satsang and answered their questions.

From 2nd to 8th October, a group of 10 teenagers from Muzzafarpur visited the ashram. Rahul of the Yuva Yoga Mitra Mandal conducted the asana, yoga nidra and chanting classes; he was assisted by Arvind and Nishant.

From 15th to 20th October, sannyasi Mangaldharma brought a group of 23 yoga practitioners from Romania to Ganga Darshan to attend the Yogadrishti Satsang Series. Swami Yogakanti conducted their classes to the theme 'Adjust Adapt Accommodate'.

From 16th to 20th October, Barahsher Middle School, Saharasa, Bihar, sent 35 students to experience ashram life.

From 29th to 31st October, B.N. Singh and a group of 27 devotees from Bhilai came for ashram life.

Gurukul Lifestyle Course

On 1st August, the six-month Gurukul Lifestyle Course started with participants from Argentina, Bulgaria, France, Greece and Ireland.



YOGA RESEARCH LIBRARY

In 2013 the total number of books at Ganga Darshan has reached 29,395. 23,620 are housed in the Yoga Research Library, in the Main Building, and 5,775 are available to students at the Vidya Sagar Library in the Yoga Vidya campus.

This number represents a total of 20,811 different titles, 17,474 for the Yoga Research Library and 3,337 for the student library.







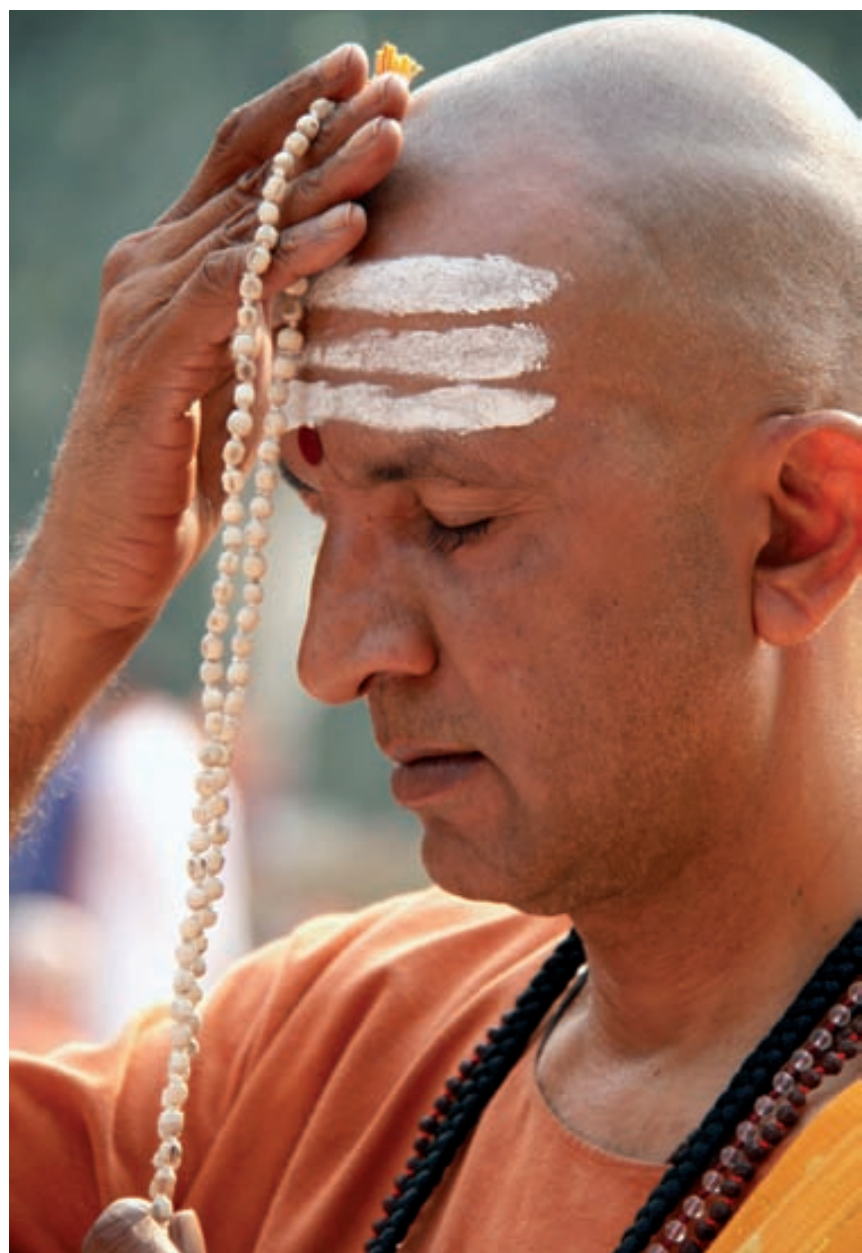












YOGA PROPAGATION

Letter to a disciple

I want my disciples to be like myself in applying themselves in an all-round manner to the propagation of the message of the Lord. I want them to develop the divine qualities in themselves and inculcate them in others. Wherever you go, give, distribute, disseminate your ideas, mottos, ideals. Broadcast your spiritual feelings and share with others. Always give, give, give. Give all and ask nothing.

My mission is a divinely ordained path, whose final destination is the transformation of human society and civilization into a divine one. This is my sadhana, which I shall keep on practising till the end of my life.

—Swami Sivananda Saraswati



Saints take birth to uphold the culture of a nation. This has been our tradition for countless ages. However, now there is friction between nation and nation, there is turmoil in the mind of man, his outer and inner life are at war with each other and there is no harmony. In our country there is chaos and a sense of frustration. It looks as if the ancient tradition of saintly souls keeping alive all that is good in our culture is no longer there.

We are going to establish, once more, that ancient tradition. Politicians cannot revive it, nor can economists or reformers, for all of them fail to fulfil the one essential condition for its operation which only saints do – you cannot reform others unless first of all you reform yourself, you cannot purify others unless first of all you purify yourself. Saints only can fulfil this condition. In the surrounding darkness, they bring the bright flame of yoga as their answer for the ills of the modern world.

—Swami Satyananda Saraswati



Bihar

On the occasion of the 150th Anniversary of the Jamalpur Railway Workshop, Swami Gyanbhikshu conducted a program at the stadium of the workshop. The topic was 'Yoga, Theory and Practice'. Swami Gyanbhikshu spoke on the traditional, holistic and scientific nature of Satyananda Yoga. The program was attended by 150 participants.



This year's first yoga camp was organized by Barauni Refinery Yoga Dhyan Kendra from 5th to 12th February. About 80 adults and 70 children from three schools participated. The camp concluded with Mahamrityunjaya havan followed by bhoj. The camp was conducted by Swami Atmabhishek and assisted by Gautam and Rahul of Yuva Yoga Mitra Mandal.



SEWA

Rishi Arundhati from Canada was invited by the Munger branch of SEWA, Self-Employed Women's Association, to conduct yoga classes in Munger and in the surrounding rural area.

On 14th March, a program was organized for women producing leaf plates in Jalsakra village of the Khadakpur division, as well as for women engaged in incense rolling in Fulkia village near Bariarpur. The program was attended by 15 women. The ladies were taught pawanmuktasana, anti-rheumatic exercises, simple nadi shodhana and yoga nidra.

On 15th March, a program was held in Maydariapur, near Jamalpur.



On 30th March, another program was organized in Jalsakra village. This time 25 women attended. Since it was Navaratri the yoga session was concluded with a joyful kirtan dedicated to Devi. Rishi Arundhati was accompanied by sannyasa trainees Mantrapriya and Gyanshakti.

On 29th April, Swami Atmabhishek and Swami Nirmalananda attended the final function of a month long health awareness program in Bhagalpur.

Swami Atmabhishek conveyed the good wishes of Swami Niranjanananda for the success of the program. He said that the role of yoga and yogic lifestyle in promoting health, as well as in preventing and managing diseases, should be highlighted and taught to school children.

People who visited the yoga stall were guided on how to reap health benefits from yoga.

From 20th to 27th May, a program was conducted by Swami Gorakhnath at the IOC Refinery, Barauni, Bihar. The morning and evening classes were attended by 150 participants and 50 children. Swami Gorakhnath was assisted by Gautam and Rahul of the YYMM.

On 26th May, Swami Gyanbhikshu attended the 'Dr Arpita Roy Award Ceremony for Rural Cancer Doctors in Bihar' at the Central Institute, Eastern Railway, Jamalpur. The function was attended by 200 participants. Swami Gyanbhikshu spoke on the

holistic approach of yoga for the physical, mental and emotional wellbeing of patients.

On 4th August, a Sangrampur Yoga Shivar was organized by Sannyasi Satyapragyanand of the local Yoga Mitra Mandal. Teachers of the Shivar were Sannyasis Satyapragyananda and Chittapushpam who were assisted by Niket Ranjan and Prerana Suman of the Bal Yoga Mitra Mandal. Over 100 participants attended the program. Swami Gyanbhikshu conducted the concluding session with satsang and kirtan.

On 5th September, Swami Gyanbhikshu attended the Manavata Diwas program convened by Sadbhavana Pustakalaya in Jamalpur. The function was attended by 500 people. Swami Gyanbhikshu spoke on the meaning of seva, its philosophy and application as propounded by the tradition of Bihar School of Yoga.

From 23rd to 30th September, Swami Nirmalananda conducted a yoga camp at Barauni Oil Refinery Township. Three daily sessions were held for men, women and children in the Central School, as well as an open evening session for all. The classes were attended by around 40 participants.

Both teachers and doctors of the township expressed the need to integrate yoga into the education and health system, and are looking forward to cooperation with Bihar School of Yoga.

Nishant (Jignasu Satyakripa) and Arvind of the Yuva Yoga Mitra Mandal assisted all activities: demonstrating the asanas, decorating the pooja and havan area, and leading the kirtan. They were well appreciated by the participants.

From 27th October to 5th November, Swami Atmabhishek conducted a yoga camp which was organized by the Sri Arvind Society, Dehri-on-Sone, Rohtas, on their premises on the banks of the river Sone. The three daily sessions were attended by 55 participants. Gautam of the Yuva Yoga Mitra Mandal assisted in all activities.

On 31st October and 1st November, Swami Yogatirtha and sannyasa trainee Devi went, on the invitation of Notre Dame School, Jamalpur, to help prepare a short yoga presentation for their annual sports day. 200 children participated.

Chhatisgarh

Throughout the year 2012, Swami Sheelvratana and the Jnana Darshan Yogashram, Bhilai, conducted 22 shivirs in schools, clubs and temples to inform people of next year's World Yoga Convention and to invite them to participate. The shivirs were attended by 837 interested yoga practitioners.

From 30th September to 7th October, Swami Tejomayananda conducted a shivir in Raigarh. The programs were attended by over 220 adults and 350 school children.

From 3rd to 11th November, Swami Gorakhnath conducted a shivir on health and stress management for 70 officers and employees of the South Eastern Coalfields in Korba.

From 20th to 27th November, 60 officers and employees of the South Eastern Coalfields, Bishrampur, attended a shivir. Swami Gorakhnath spoke on lifestyle, the tradition and luminaries of Satyananda Yoga.

Karnataka

Swami Kaivalyananda conducted the following programs in Bangalore:

- On 13th and 14th June, four sessions on 'Expanding Consciousness through Yoga', at the Amenities Hall, Palm Meadows, Whitefield, attended by 70 participants.
- On 15th June, a program on 'Creating Spiritual Wealth through Yoga' was attended by 40 participants.





- From 15th to 17th June, four sessions of practice, satsang, kirtan and Mahamrityunjaya havan, at the Atma Darshan Yogashram, were attended by 200 participants.

Madhya Pradesh

Swami Gorakhnath conducted the following yoga programs:



Satna: from 9th to 13th March – An advanced yoga sadhana shivir was held at the Shivananda Darshan Yoga Ashram. 100 participants attended the morning classes. The afternoon classes were for women only. The evening session included bhajan, kirtan, satsang and yoga nidra.



Katni: from 14th to 20th March – A yoga sadhana shivir took place at the Satyananda Yoga Kendra, Vedansh Vatika, attended by 80 participants.

Evening classes were held at the Messers S Caldries Club. 50 officers and workers of the organization attended the classes.

On 17th March, Mahamrityunjaya havan was conducted



On 19th March, the children of the Rasakala Sangeet Mahavidyalaya presented a beautiful song and dance program. Swami Gorakhnath spoke about the activities conducted at Rikhiapeeth for the all-round development of children.

On 14th March, a one-hour yoga program was conducted for the students of the DAV school.



From 14th to 16th March, a three-day advanced yoga sadhana shivir was held for 40 ladies at the Sindhu Bhavan, Madhavnagar.

On 17th March, a program was organized for students, parents and teachers of the First Step Academy, Nai Basti.

On 18th March, a program was held at the Gahoi Vaishya Dharmashala.

Indore: from 21st to 29th March – From 22nd to 24th March, an advanced yoga sadhana shivir was held at Lokmanya Nagar, attended by 250 participants.

From 22nd to 23rd March, an advanced yoga sadhana shivir was organized at Divyayan, Malharganj, for 125 ladies.

From 26th to 28th March, a camp was conducted at the Durga Mata Mandir, Pardeshipura, for 70 participants.

On 24th March, an address was delivered to 1,200 girls at the Umiya Girls College on 'Personality Development'.

From 24th to 26th of March, an evening shivir was organized at the Pragat Praudyogiki Sansthan for 125 scientists.

On 27th March, 125 students at Chauthram Nursing College attended an address on the importance of yoga in medical science.

On 28th March, Swami Gorakhnath spoke to 65 elders at an old age home on how to conduct one's life in adverse circumstances, citing the example from Rikhiapeeth.

On 29th March, a regular morning class was conducted by Satyananda Yoga Kendra at Residency Club, Radio Colony.



Swami Kaivalyananda conducted the following yoga programs:

Jabalpur: from 16th to 20th March – Evening classes were held at the Satpura Club, Railway Station Road, attended by 100 participants.

Two morning classes were organized at the Gujarat Mandal Civic Centre, attended by 220 participants.

On 16th March, a lecture on ‘Stress Management’ was delivered at the office of the Divisional Railway Manager, attended by 100 participants, and a yoga class for 300 ladies of the Sindhu Mahila Samiti was conducted at the Hotel Samdariya.

On 17th March, a lecture was delivered on the topic of ‘Seva’ at the Yogamani Institute of Nursing, attended by 100 participants. Later in the day, a lecture and question-answer session on stress management was organized for 50 doctors at the IMA Hall, Right Town.

On 18th March, a lecture and demonstration was organized for 130 participants at the Jabalpur Foundation, Golchha Baraat Ghar.

Reewa: from 22nd to 25th March – a yoga shivir was conducted at Manas Bhavan. There was morning class, a ladies’ class, and an evening class consisting of bhajan, kirtan, satsang and yoga nidra. Over 100 participants attended the various programs.

Gwalior: from 29th March to 4th April – a morning class was organized at Phoolbagh Chauraha for 12 participants, and at the Ladies Park Chhatri Mandir where 25 participants attended yoga classes.

From 6th to 13th April, a Higher Yoga Sadhana Shivar was jointly conducted by Swamis Gorakhnath and Kaivalyanananda.

On 6th April, havan and satsang took place at the Yoga Mitra Mandal Piplani for 80 participants.

On 7th April, a yoga and sadhana shivar was organized at the CISF Campus Govindpura and attended by 100 participants. A satsang on 'Bhakti and Yoga' was organized at the Yoga Sadhana Welfare Centre, Basant Kunj, attended by 50 participants.

The Mahamrityunjaya havan was performed at the Yoga Research Centre, Habibganj, BHEL, attended by 110 participants.

From 8th to 13th April, the Higher Yoga Sadhana Shivar was conducted at the Patanjali Yoga Kendra, Bharatnagar, attended by 400 participants.

From 8th to 12th April, the Higher Yoga Sadhana Shivar was conducted at:

- The Priyadarsani Forest Officer Mess, Charimli Yoga Kendra, Bharatnagar for 200 participants.
- The Yoga Mitra Mandal, Piplani, attended by 70 participants.
- The Yoga Research Centre, Habibganj, BHEL, for 150 participants.





On 9th April, a satsang was held at the Ikchapurna Mahadev Seva Ewam Janbhagidari Samiti (Ekyawan Mandir), Sonagiri, attended by 150 participants. A lecture titled 'Yoga Bhagaye Roga' was delivered at the Cultural Hall, Piplani, BHEL for 400 participants.



On 11th April, a lecture was delivered in the Sagar Institute of Engineering, Ayodhya Bypass, on 'Improving the Quality of Life through Yoga'. 1,100 participants attended the talk, and a satsang was held at the Mrityunjaya Yoga Kendra, Bharatnagar, for 80 participants.



On 12th April, 50 participants, doctors and staff of the Kasturba Hospital and BHEL Dispensaries attended a lecture on health management.



During May and June, a thirty-five-day training Shivar was organized by the MP Police in Indore. Sn Chaitanya Atma conducted classes on behalf of Satyananda Yoga Kendra, Indore. The participants benefited particularly from the practice of yoga nidra. The response was so positive that out of 500 police officers 280 have subscribed to *Yoga Vidya* magazine.

Maharashtra

Mumbai: from 16th to 20th January, Swami Kaivalyananda conducted a five-day course in Mumbai. The theme was 'Multiple Dimensions and Benefits of Yoga.' The program was attended by 70 participants. A one-day retreat was organized on the last day on the



theme of japa yoga. Both events included asana, pranayama, mantra chanting and satsang. The participants left inspired and encouraged to incorporate some of the practices and teachings into daily life. Many of the course participants look back on a long and fruitful association with Bihar School of Yoga.

Gondia: Swami Gorakhnath conducted the following yoga program:

From 31st March to 6th April, morning classes were conducted on the premises of the Dhote Bandhu Science College for 125 men and 50 women.

A mid-morning class was held at the Saket Public School for 225 students and 20 teachers.

At the Sharada Vachanalaya, an afternoon class was organized for 45 ladies, and the evening session was attended by all participants. Swami Gorakhnath spoke on 'How to Enjoy Life', and 'Yoga for Life'.

Swami Kaivalyananda conducted various programs in Mumbai:

From 4th to 8th June, a workshop on head, heart and hands, at Wadia International Centre, attended by 70 participants.

He gave an inspiring two-hour therapy session on arthritis, back pain, hypertension and diabetes, attended by 42 participants. The Mahamrityunjaya havan was attended by 70 people.

A one-day retreat on japa yoga was attended by 62 participants.

At all programs Swami Kaivalyananda inspired people to practise yoga, and expressed his dedication to his guru and guru's mission.

North East

From 3rd to 13th October, Swami Gorakhnath conducted a yoga camp in Shillong. The camp was organized by the Police Academy North East, Shillong, mainly for DSP from Manipur, Sikkim, Mizoram and Shillong. A total of 117 participants attended the program. During the satsang Swami Gorakhnath spoke on ashram life, the guru-disciple relationship and the development of discipline and awareness.

Uttar Pradesh

From 2nd to 6th October, Swami Srimukhananda conducted a yoga training program at the Field Gun factory, Indian Ordnance Factories, in Kanpur. The program was attended by over 70 participants. Sannyasis Karunamurti and Mantradeva assisted in all activities.

From 3rd to 4th October, Swami Srimukhananda conducted a yoga shivir at the Chintels School, Kanpur, for students of classes 9, 10 and 12. On 5th October a shivir was conducted for the teachers of the school.

West Bengal

The Tribeni Tissues Employees' Recreation Centre, ITC Co. Ltd., in Chandrahati, Hooghly, West Bengal, organized a yoga seminar from 23rd to 30th January. Swami Kaivalyananda gave a morning class for 15 officers and employees. In the afternoon, a class for 25 ladies was organized at the River Side Canteen Club.

From 25th to 27th January, ITC Co. organized yoga classes for the higher secondary school, Tribeni Tissues Vidyapeeth in Chandrahati. 60 class VIII students attended the classes.

Japan and South Korea – Yoga, Meditation and Kirtan in the Far East

Swami Satyadharma visited Japan and South Korea in May and June. In Japan, she conducted seminars on: 'Swan Meditation', 'Nada Yoga' and an 'Introduction to Kriya Yoga', at a yoga retreat centre in Manazuru, a small town in the mountains,

overlooking the ocean, two hours north of Tokyo. She also conducted seminars in the towns of Shizuoka and Yaizu on: 'Mantra and Kirtan', 'The Importance of Yoga in Modern Life', and 'The Process of Meditation'. The Japanese people enjoy kirtan very much, so kirtan was an integral part of each seminar.



Another important aspect of each seminar in Manazuru was the prayer and offering, which was performed along with the Mahamrityunjaya mantra chanting, for the healing and rejuvenation of the land after the tsunami and nuclear devastation. During the first seminar each participant offered rice along with the mantra chanting, and in the final seminar flower havan was performed.

After Japan, Swami Satyadharma visited Jeju Island, which is at the southern tip of South Korea, about 300 kilometres from the mainland. She participated in an International Meditation Conference at the Jeju University and the Jeju International Meditation Centre. During this conference, there were four main presenters, each hailing from different Buddhist meditation traditions, along with the yogic meditation tradition, which she represented. Each presenter was a monk and a master





in his particular tradition, so the conference provided a rare opportunity to receive direct training and practical instruction from authentic teachers of different meditation systems.

Lebanon

Swamis Omgyanam and Mudraroop from Serbia conducted various programs in Lebanon:

From 1st to 3rd June, a weekend workshop was held on 'Integral Satyananda Yoga', attended by 76 participants from Egypt, Syria, Iraq, Jordan, Cyprus, Serbia, Canada, England, America, Germany and Denmark. This group of yoga practitioners also represented different faiths – Sunni and Shiite Muslims, Orthodox and Catholic Christians, and Druze. The seminar took place outside Beirut, in a mountain retreat.

On 5th, 6th and 8th June, a workshop on 'An Introduction to Integral Satyananda Yoga' was held in Beirut which was attended by 34 participants.

On 7th June, a one-day workshop for yoga teachers was held in Beirut for six teachers from different yoga traditions.

They were introduced to the history, lineage, contribution and the basic principles of Satyananda Yoga.

USA and Colombia

Swami Satyadharma visited the USA in August and September and conducted a coast-to-coast tour to connect the teachers and their students with the greater Satyananda community, and to give a comprehensive vision and experience of the higher teachings of yoga.

Her first stop was San Jose in the Bay Area in California, where she conducted a seminar on the 'Relationship between Yoga and the Chakras'. Swami Niranjan had also lived and taught yoga in this town, during the early 1980's. Afterwards she travelled to Colorado and conducted seminars in Golden on 'Yoga for the Heart', and in Steamboat on 'Mind, Consciousness and Meditation'. From there she went to Austin, Texas, and conducted a seminar on 'Yoga and Mind Management'. In Cleveland, Ohio, where the North American Yoga Academy is located, she conducted seminars on 'Kundalini and the Chakras' and an 'Introduction to Kriya Yoga'. The next stop was on the East Coast, where seminars were conducted in Baltimore, Maryland, on 'Awakening Intuition' and in Flemington, New Jersey, on 'Prana Vidya'.

Upon completion of the US tour, she also travelled to Bogota, Colombia, to connect with and inspire the yoga teachers and students of the beautiful new Satyananda Yoga Academy of South America. Swami Satyananda frequently visited Colombia in the 1970's and started the first Satyananda School of Yoga there. Swami Niranjan lived and taught in this yoga school for several years when he was a young boy. Swami Satyadharma conducted seminars at the Yoga Academy on 'Tattwa Shuddhi' and an 'Introduction to Kriya Yoga'.



YOGA PUBLICATIONS TRUST

In all my books I emphasize the essential points of the practical side for all-round development. There is a message for the solace, peace, freedom and perfection of every individual.

Devotees have a big library with a complete set of my books and yet they frequently write to me for books that are in press and tell me, "The one beauty I find in your books is that the lessons create a taste for spiritual progress and tempt me to follow some of the lessons, though I am conscious that I do not have a natural taste or inclination for the path."

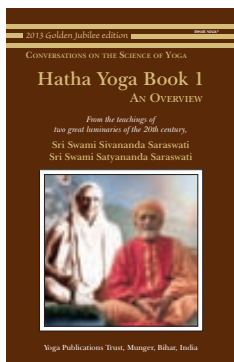
Whenever a new book is published, it is this register that helps me to send it to people who will benefit by it. These twenty-five years I have gone on maintaining this register. It is a form of meditation in which not only we, but others also, are benefited. There are seekers all over the world who correspond with me regularly. To them a book, pamphlet or leaflet sent occasionally will act like a tonic. It is this register that gives such spiritual food to thousands.

Whether we have anything to eat or not, I have been sending books free, all these thirty years.

—Swami Sivananda Saraswati

I know how to write, how to speak, how to think. One who can write, speak and think can rule the world. My books have sold well throughout the world and are printed in many languages.

—Swami Satyananda Saraswati



By the end of 2011, seventy titles were in print in English and thirty-nine titles in Hindi. In 2012, nineteen books and four booklets were reprinted in English and fourteen new titles were added. In Hindi, ten books and five booklets were reprinted and fourteen new titles added.

A new fully illustrated edition of the Hindi-English booklet, *Satyam Chalisa*, was also published.

New English books printed in 2012

- *Gheranda Samhita*, Swami Niranjanananda Saraswati
- *On the Wings of the Swan*, Volumes 1–4, Swami Niranjanananda Saraswati
- *Rikhia: The Vision of a Sage*, from the teachings of Swami Satyananda Saraswati

Yogadrishi Satsang Series of Swami Niranjanananda:

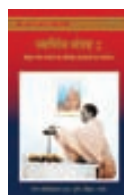
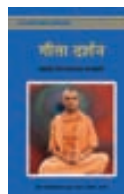
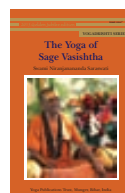
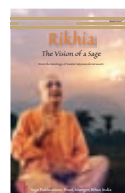
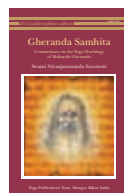
- *Jnana Yoga: Method and Attainment*
- *The Yoga of Sri Krishna*
- *The Yoga of Sage Vasishtha*
- *My Inheritance of Sannyasa*
- *Yoga in Daily Life*
- *Living the Divine Life*

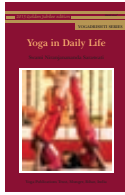
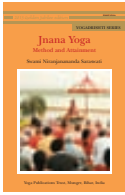
Conversations on the Science of Yoga Series of Swami Sivananda and Swami Satyananda:

- *Hatha Yoga Book 1: On Overview*
- *Hatha Yoga Book 2: Hatha Yoga and the Mind*

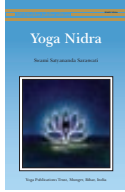
New Hindi books printed in 2012

- *Gita Darshan*, Swami Niranjanananda
- *Rikhiapeeth Satsangs 2*, Swami Satyananda
- *Shiva Charitra*, Swami Niranjanananda
- *Sannyas Darshan*, Swami Niranjanananda
- *Karma Sannyas*, Swami Satyasangananda
- *Pran Pranayama*, Swami Niranjanananda
- *Swarnim Sangraha 1 and 2*
- *Rikhiapeeth Satsangs 3*, Swami Satyananda
- *Ajapa Jap and Chidakash Dharana*, Swami Satyananda





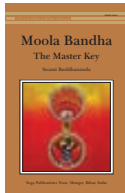
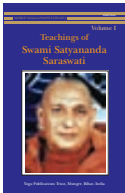
- *Yog Pradeep 5*, Swami Satyananda Yogadrishi Satsang Series of Swami Niranjanananda:
- *Buddhi Bhavana Karma*
- *Pravritti evam Nivritti Marg*
- *Bhakti Sadhana*



English books reprinted in 2012

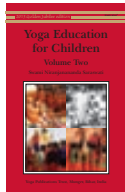
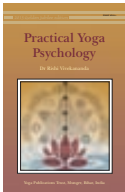
By Swami Satyananda:

- *Kundalini Tantra* (twice)
- *Meditations from the Tantras* (twice)
- *Hatha Yoga Pradipika*
- *Teachings of Swami Satyananda Saraswati, Volumes 1–4*
- *Asana Pranayama Mudra Bandha*
- *Yoga Nidra* (twice)
- *Moola Bandha*



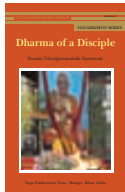
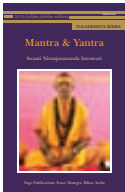
By Swami Niranjanananda:

- *Prana Pranayama*
- *Yoga Education for Children, Volume 2*
- *Karma & Karma Yoga*
- *Mantra & Yantra*
- *Dharma of a Disciple*



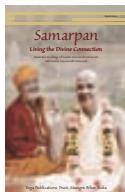
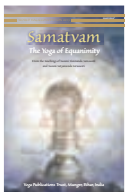
From the teachings of Swami Sivananda and Swami Satyananda:

- *Samatvam*
- *Samarpan*



By other authors:

- *Practical Yoga Psychology*, Rishi Vivekananda
- *Manas Putra*



English booklets reprinted in 2012

- *Satsangs on Yoga*, Swami Satyanangananda
- *Seva*

- *Bhet*
- *Bhakti Age*

Hindi books reprinted in 2012

By Swami Satyananda:

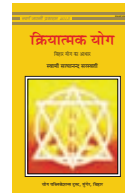
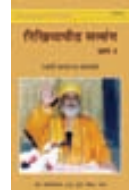
- *Rikhiapeeth Satsangs 1*
- *Bhakti Yoga Sagar, Volume 2*

By Swami Niranjanananda:

- *Gherand Samhita*
- *Shishya Dharma*

By other authors:

- *Guru Shishya Sambandh*
- *Swara Yog*
- *Samasya Pet ki Samadhan Yog ka*
- *Sridurga Stotra Mala*
- *Srilakshminarayana Stotra Mala*
- *Siddha Prarthana*
- *Shiva Stotra Mala*
- *Kriyatmak Yog*



Hindi booklets reprinted in 2012

- *Yoga Satsangs, Swami Satyasangananda*
- *Seva*
- *Bhet*
- *Bhakti Age*
- *Surya Namaskar Abhyasa Pustika*

Translations

In 2012, the following titles were translated into foreign languages:

- German – *Karma and Karma Yoga*
- Korean – *Meditations from the Tantras*
- Spanish – *Four Chapters on Freedom, Practical Yoga Psychology*

YOGA RESEARCH FOUNDATION



People ask if yoga must receive endorsement of modern science for its universal acceptability, or whether it should be left alone. In my opinion both yoga and modern science stand on their own footing. To explain yoga we use the language of yoga and to explain science, we use the language of science. There are people who say, "Don't judge yoga from the standpoint of science – leave it alone." There are others, equally adamant, who swear by modern science and say, "Science must accept yoga before we accept it." However, it is like saying, "Prove religion by politics" or "Prove yoga by miracles and psychic powers."

I do feel that yoga must be scientific, but it can only happen when we develop a yoga terminology flexible enough for scientific research.

—Swami Satyananda Saraswati

Activities of Yoga Research Foundation in 2012

The years 2011 and 2012 were assigned for scoring, data-entry, analysis and reporting on research carried out in Bhopal, Indore, Madhya Pradesh, Chennai, Tamil Nadu and with the children of Bal Yoga Mitra Mandal, Munger. A paper is to be published for the World Yoga Convention, held in Munger from 23rd to 27th October 2013.

Sadhana Questionnaire Analysis

Sadhana of yama and niyama was always a part of ashram life for the students of Bihar Yoga Bharati and participants of the sannyasa courses. Yoga Research Foundation took a keen interest in monitoring the sadhana and from 2001 onwards developed spiritual diaries for each yama and niyama to facilitate the students.

In 2004, YRF realized that the benefits of the sadhana needed to be quantified. With the help of the then Head of Department of Yoga Psychology, the process of developing a Psychological Disposition Questionnaire was initiated.

Over 200 students practising the yama-niyama sadhana were subjected to the questionnaire. It underwent Item Analysis, Reliability and Validity tests and rating by a group of eleven experts in yoga and psychology.

In the years 2011 and 2012, the process was completed and the questionnaire finalized. It consists of 80 questions: 25 to test the level of awareness, 25 to test discriminative faculty, and 30 to test simplicity.

The concept behind the questionnaire is to assist a sincere sadhaka in his journey. A person participating fully in ashram life or living in a family environment first develops the quality of awareness, then starts applying his discriminative faculty in his day-to-day life, and finally becomes a simple pure person whose rough corners have been smoothed out from the personality through the effort of sadhana.



BAL YOGA MITRA MANDAL



We do not want evolution in our education system, we want revolution. When a structure becomes old and tottering, it is no longer possible to repair it. The best thing is to build anew. A new generation has come into existence which believes in unbridled freedom to do what it likes. However, if there is no discipline and respect for the higher values of life, there can only be chaos in society.

Real education starts when the inner mental potential is awakened and one starts to become aware of the spiritual being. This process of education is called yoga.

—Swami Satyananda Saraswati



Bal Yoga Diwas

On 14 February, the children of BYMM celebrated Bal Yoga Diwas, Children's Yoga Day on the main lawn of Ganga Darshan.



YUVA YOGA MITRA MANDAL

Every student should be given the treasure that belongs to him, the message of the ancient seers and yogis, or the knowledge of India's most ancient system of yoga. Yoga is the richest heritage of every man. This priceless treasure has been preserved for us because at least a handful of men have practised yoga in every age. Real culture or education lies in the practice of yoga. Yoga enables the young to develop the body, mind, heart, will and spirit harmoniously.

People educated from their childhood in the arts of war, trained in destructive sciences and taught to worship their body as the supreme truth of life cannot produce a civilization of peace, plenty and prosperity. The ills of the world today can be cured only by a thorough overhauling of the system of education, and by the reorientation in the student's outlook upon life.

—Swami Sivananda Saraswati



From 27th to 29th July, the Yuva Yoga Mitra Mandal conducted an introductory yoga course for more than 400 high school and college students of Munger district. The course included asana, pranayama, kirtan and bhajan. Swami Suryaprakash gave satsang to the participants at the beginning and conclusion of the course.

From 6th to 12th August, a follow-up 'Foundation 1 Course' was conducted





for 100 selected students who besides their classes participated in ashram karma yoga.

Throughout the year, senior members of the YYMM assisted in teaching guests and children's groups in Ganga Darshan. They accompanied BSY swamis on outside programs, demonstrating in the classes and assisting in the overall organization of the programs. Their contribution and presence was appreciated by the swamis and the participants attending the seminars and programs.



Form IV (See Rule 8)

Statement about ownership and other particulars about newspaper, YOGA, to be published in the first issue every year after the last day of February.

Place of publication: Munger. Periodicity of its publication: monthly. Printer's name: Thomson Press India Ltd., 18/35 Milestone, Delhi Mathura Road, Faridabad, Haryana – 121007. Nationality: Indian. Publisher's name: Bihar School of Yoga. Nationality: Indian. Address: Bihar School of Yoga, Ganga Darshan, Fort, Munger – 811201, Bihar. Editor's name: Swami Shaktimitrananda Saraswati. Nationality: Indian. Address: Bihar School of Yoga, Ganga Darshan, Fort, Munger – 811201, Bihar.

Names and addresses of individuals who own the newspaper and partners or shareholders holding more than one percent of the total capital: Bihar School of Yoga, Ganga Darshan, Fort, Munger – 811201 Bihar.

I, Swami Shaktimitrananda Saraswati, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date: 25 March 2001

Sd/- (Swami Shaktimitrananda Saraswati) Editor.



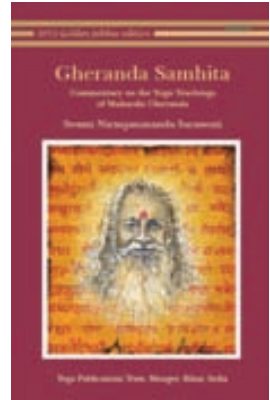
Yoga Publications Trust

Gheranda Samhita

620 pp, Soft cover, ISBN 978-93-81620-19-9

Gheranda Samhita is a classical text describing seven limbs of yoga as taught by Sage Gheranda to his disciple, King Chandakapali. Sage Gheranda outlines a system which can take the serious aspirant from purification of the body to the highest states of samadhi and knowledge of the soul.

The commentary by Swami Niranjanananda Saraswati guides the modern reader through the details of the practices rarely described and cryptically expressed by the sage. Comprehensive instructions are given for all the techniques, while subtle understandings and insights into the underlying philosophy and purpose are presented with beauty and simplicity.



New

For an order form and comprehensive publications price list please contact:

Yoga Publications Trust, Ganga Darshan, Fort, Munger, Bihar 811 201, India
Tel: +91-06344-222430 , 06344-228603, 09304799615 • Fax: 91+6344+220169



A self-addressed, stamped envelope must be sent along with enquiries to ensure a response to your request

Satyananda Yoga Websites



www.biharyoga.net

The official website of Bihar Yoga. Includes information on: Satyananda Yoga, Bihar School of Yoga, Bihar Yoga Bharati, Sivananda Math activities, Sita Kalyanam events, Yoga Publications Trust catalogues.

www.rikhiapeeth.net

The Rikhiapeeth blogspot posts a satsang of Sri Swami Satyananda daily on a wide range of topics concerning spirituality.



Living Yoga with Swami Niranjan

www.biharyoga.net/living-yoga/. Dedicated to the vision and mission of Swami Niranjanananda Saraswati, the spiritual successor of Sri Swami Satyananda Saraswati, it contains news and articles.

www.yogamag.net

The official website of YOGA magazine. Includes world-wide links to Satyananda Yoga centres and teachers, a brief history of YOGA magazine, news and more.



Avahan Online

www.biharyoga.net/sannyasa-peeth/avahan/. Provides online access to *Satyaka Avahan*, the bi-monthly magazine of Sannyasa Peeth, which contains the higher teachings of Sri Swami Sivananda, Sri Swami Satyananda and Swami Niranjanananda, along with the programs of Sannyasa Peeth.

- Registered with the Department of Post, India Under No. HR/FBD/297/13-15
- Registered with the Registrar of Newspapers, India Under No. BIHENG/2002/6305

issn 0972-5717

Ganga Darshan Events & Courses 2013

<i>Jun-Aug</i>	Yogic Science & Lifestyle Course
<i>Jun 1-4</i>	Bal Yoga Mitra Mandal Program
<i>Jul 18-21</i>	Guru Poornima Aradhana
<i>Jul 22</i>	Guru Paduka Poojan
<i>Sep 8</i>	Sivananda Janmotsava
<i>Sep 12</i>	Swami Satyananda Sannyasa Diwas
<i>Oct 23-27</i>	Golden Jubilee World Yoga Convention
<i>Every Saturday</i>	Mahamrityunjaya Havan
<i>Every Ekadashi</i>	Bhagavad Gita Path
<i>Every Poornima</i>	Sundarkand Path
<i>5th & 6th of every month</i>	Commemoration of Sri Swami Satyananda's Mahasamadhi

Important Announcement

Due to the forthcoming Golden Jubilee of Bihar School of Yoga and the World Yoga Convention, which will be conducted from 23rd to 27th October 2013, the courses conducted at Ganga Darshan, Munger, will be suspended during 2013. The following courses will be conducted at Rikhiapeeth in 2013:

<i>Jun 20-Jul 10</i>	Yoga Teacher Training Course (Hindi)
<i>Aug 1-15</i>	Health Management Course - Diabetes (Hindi)

Please contact Rikhiapeeth directly for more information regarding these courses.

Rikhiapeeth, P.O. Rikhia, Dist. Deoghar, Jharkhand, India, 814113
Telephone: 06432-290870 / 09304-488889 / 09204-080006
Email: rikhiapeeth@gmail.com Website: www.rikhiapeeth.net

For more information on the above events contact:

Bihar School of Yoga, Ganga Darshan, Munger, Bihar 811201, India
Tel: 06344-222430, 09304799615 Fax: 06344-220169 Website: www.biharyoga.net

A self-addressed, stamped envelope must be sent along with enquiries to ensure a response to your request