

YOGA

Year 3 Issue 2

March 2014

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Bihar School of Yoga, Munger, Bihar, India

Commemorating the *World Yoga Convention 2013*



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.

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Bihar, India

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

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Front cover: Swami Niranjanananda Saraswati, New Year's Day, Ganga Darshan.

Plates: 1 & 6: Satyam Vatika; 2. New Year's Day, Ganga Darshan; 3. Yogadrishti satsang series, Satyam Vatika; 4. Swami Dharmashakti's (Ammaji) samadhi sthal, Satyam Udyan; 5. Basant Panchami, Yajjnashala; 7. Guru Poornima, Ganga Darshan; 8. Guru Bhakti Anushtana, Satyam Udyan.



GUIDELINES FOR SPIRITUAL LIFE

Secret of Success

The practice of yoga should be gradual and step by step. Extremes are to be avoided. Common sense is an essential part of yoga and so is boldness. Fickle-mindedness will not advance you on the path of yoga. Oscillation will retard progress and result in stagnation.

Reflect gradually and choose a method, stick to it and persevere with it continuously. This faith is absolutely necessary. A person who digs a well must dig on and on in the same place, only then will he reach the water. The same is valid in yoga: one teacher, one path, one method, one master, one idea and one-pointed faith and devotion. This is the secret of success in spiritual life.

—Swami Sivananda

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(52nd year of publication)



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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 ॥

2013 Activities of Bihar School of Yoga

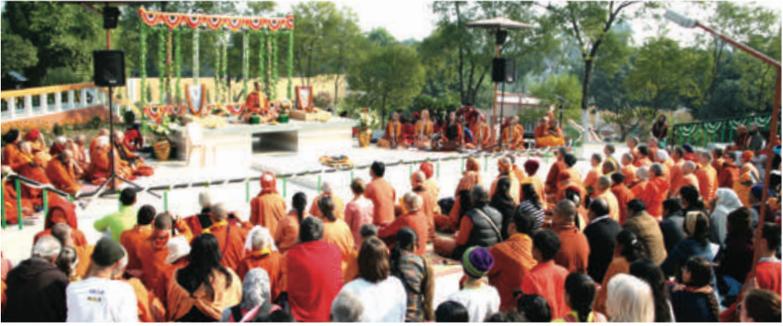
YOGADRISHTI (YOGAVISION) SATSANG SERIES



Satsang means to be in the company of truth, in the company of good people. A discourse or discussion is not called satsang. Satsang is an inspiration which you receive and maintain within. When you encounter a sage, and he looks at you with his benevolent, peaceful and compassionate eyes, that look is also satsang. With that look, something changes in your mind, something changes within you; you identify with a positive quality. A happy look and a happy smile can create a positive feeling more than a frowning look and face. Even that is satsang. Sharing of your optimism and contentment with everybody, uplifting each one as you go through the day, is satsang.

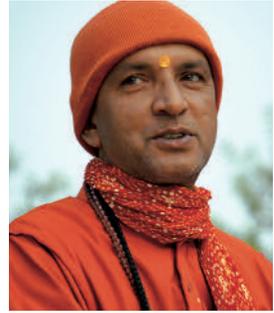
Satsang is sharing of happiness, wisdom, love and compassion. It is sharing the light and not spreading the darkness. A positive, appropriate communication, which can motivate and inspire a person to be more active, optimistic and positive, is called satsang. Whether it is a sentence, a lecture, an answer to a question, a simple glance or simply being in the presence of an enlightened master, satsang transforms the inner nature. Satsang removes the depression of the heart and brings joy to one's emotions. It removes confusion of mind and gives a sense of hope in the place of hopelessness. Satsang allows one to express the better part of oneself.

—Swami Niranjanananda Saraswati



2nd to 6th January – The History of the Bihar School of Yoga

Ashram Life Yoga Satsang week (ALYS) held at Ganga Darshan included the Yogadrishti Satsang Series. APMB classes were held in the morning, and yoga nidra and meditation classes in the afternoon. The Yogadrishti Satsang Series, the first of 2013, began the third year of the series, and was held at the amphitheatre in the redeveloped teak garden. Swami Niranananda spoke on two subjects: the history of the Bihar School of Yoga and on aspects of tantra in question and answer sessions. Morning satsangs began with the chanting of stotras and mantras, performance of havan and singing of kirtans, led by sannyasa trainees. It also included talks by visiting acharyas and senior sannyasins. Hundreds of people from around the world and India came to receive fresh inspiration and teachings within a yogic environment.



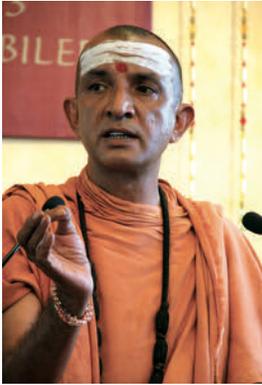
5th to 8th March – Spirituality

Swami Niranananda's satsang series was held at Shivalaya temple, Munger.



Swamiji answered the question “What is spiritual life?”

Swamis, sannyasa trainees and BYMM children chanted mantras and stotras and sang kirtan. Daily havan was performed by BYMM children.



3rd to 6th May – Yoga: From Philosophy to Realization

Swami Niranjanananda’s satsang series was held at Ganga Darshan. He spoke on the four departments of yoga taught at Bihar Yoga Bharati: Yoga Philosophy, Yoga Psychology, Applied Yoga and Yoga Lifestyle or Yoga Ecology.

Swamiji explained that the aim of life was the journey of the jivatma to the paramatma, the individual consciousness to the cosmic consciousness, and this is also the journey of yoga. Yoga is the process to remove the layers of maya, which do not allow the individual consciousness to expand. The practices of yamas and niyamas, pratyahara and pratipaksha bhavana are practical yogic tools for everyone to use.



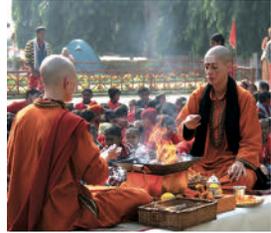
The correct application of yoga in life becomes yoga ecology, respecting the laws of nature and God. He expanded on the concept of yoga ecology to include awareness of one’s need and not one’s greed. Then there is a natural movement away from being a consumer to a protectionist, or from a bhogi to a yogi.



BIHAR SCHOOL OF YOGA PROGRAMS

New Year's Day

On 1st January 2013, Ganga Darshan greeted the new year with the chanting of Sundarkand, Vishnusahasranama havan and the chanting of Hanuman Chalisa 108 times. Established in 2008, this chanting sadhana has become a tradition of Ganga Darshan to welcome and prepare for the year ahead.



Basant Panchami – Start to the Golden Jubilee Year of BSY

On 12th February, the Basant Panchami celebrations began with a special havan and Sri Vidya pooja conducted by the yoginis from Lalita Mahila Samajam at Thirueengoimalai in Tamil Nadu.



Swami Niranjanananda and Swami Satyasangananda inaugurated 'Satyam Vatika', a memory park dedicated to the life and mission of Swami Satyananda. Over thirty plaques in a beautifully landscaped garden depict the history of the institution and its inspirers.



Swami Dharmashakti, fondly known as Ammaji, who was Swami Satyananda's first disciple and Swami Niranjan's mother, breathed her last on 12th. Dedicating her life to her guru, her faith never wavered and she always spread hope and optimism in the lives of people.

The next day, Ganga Darshan bid a final farewell to Swami Dharmashakti. She was given bhu samadhi, earth burial,





in the Akhara, where she was placed in the lap of Mother Earth.

Special invitee, Swami Girishananda, acharya of Saket Dham ashram in Jabalpur, Madhya Pradesh, and an eminent kathakar gave daily discourses on Sri Krishna.

Every evening, Ganga Darshan car park was converted into a theatre. For two nights, a group from Chennai presented a dance-drama on the life of Swami Satyananda. Participants of the three-year sannyasa training also presented an audio-visual-cum-dance-drama performance on the lives of Swamis Satyananda and Swami Niranjan.



On 15th, Bihar School of Yoga turned 50. The final pooja and poornahuti were conducted by the yoginis.

Swami Suryaprakash, President of Bihar School of Yoga, addressed the gathering saying that three things must be kept in mind: furthering the work of yoga, individual effort for self-improvement, and social application of the tools given to us.



Eminent citizens of Munger including Shiv Kumar Rungta, Dhananjay Sharma and D. P. Yadav expressed their sentiments. Swami Shankarananda, the senior-most sannyasin of the ashram and a pillar of the institution, referred to the *Bhagavad Gita*.



Swami Satsangi said that Swami Satyananda had given two tools to his followers: yoga and yajna. If these

are used appropriately, a new state of awareness will be attained.

Swami Niranjana said that an institution is not made of buildings, but of people, and congratulations must be offered to all present who helped BSY reach the milestone of 50 years. BSY is the sankalpa of a sannyasin and it is the grace of guru and God that has guided its path.



Navaratri

From 11th to 20th April, Navaratri was celebrated in dedication to Devi. The Navaratri sadhana included morning and evening sessions of bhajan, kirtan, havan and satsang. The sadhana was conducted at Ganga Darshan and Paduka Darshan.



Akshaya Titriya

On 13th May, Akshaya Tritiya was celebrated at Ganga Darshan with the chanting of *Sri Vishnusahasranama Stotram* three times.



Buddha Poornima

On 25th May, the Akhara invited guests and visitors to celebrate Buddha Poornima, the day Lord Buddha attained enlightenment. All present remembered Swami Dharmashakti who was born this day in 1924. Swami Niranjana conducted havan as her samadhi was being consecrated. The chanting was dedicated to guru and Sri Rama.



Guru Poornima



Guru is the person who has travelled the path through which we are travelling. Guru has experienced the attractions and repulsions of avidya, ignorance, and andhakar, darkness; he has come through as a winner and has established himself in light.

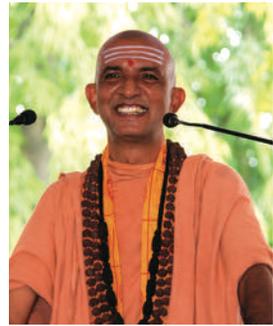
Guru is a person who was an ordinary person like each one of us but who fought against his ignorance, the darkness of his mind, senses, desires, needs, hate, jealousy, anger, frustration, love, compulsion, freedom, everything. He maintained sanity and balance and established himself in light due to four things: the conviction which was personal, the sadhana which he was taught, the guidance and instruction of the Guru which was given and the grace of God which was inherent.

Guru, therefore, is somebody who has faced ignorance and darkness, and come out of that stage. On Guru Poornima day we offer our respects to such people who have attained that stage of light.

—Swami Niranjanananda Saraswati

From 19th to 21st July, Swami Niranajan conducted the Guru Poornima satsang. Swamiji spoke on how the six enemies, kama, krodha, lobha, moha, mada and matsarya (desire, anger, greed, infatuation, pride and jealousy) influence our thoughts and behaviour.

On 22nd July, Ganga Darshan welcomed thousands of local guests who had come to pay their respects to the guru. The havan was conducted by Swamiji and acharyas of the tradition. The chanting filled the pandal with blissful vibrations.



Musical delight

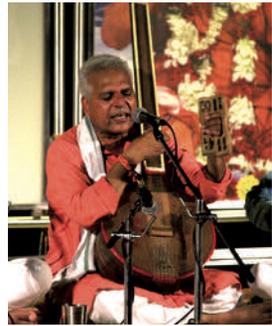


Music is not played to please one's self but to evoke a feeling which is uplifting and pure. The awakening of the bhav, feeling and emotion is important. Knowledge of literature helps to open the intellect; knowledge of music helps to open the heart; and knowledge of arts in life helps to improve the character and the behaviour. We need to focus on these three areas to become good human beings. Music has much force and can induce every kind of mood, it can change the environment and nature.

—Swami Niranjanananda Saraswati

From 26th to 28th August, Ganga Darshan was under the spell of Prahlad Singh Tipanya. He enchanted all as he combined singing and explanation of Kabir bhajans in the folk style of the Malwa region of Madhya Pradesh. His concerts are more than entertaining music. They are deep engagements with the spiritual and social thought of Kabir. They stress the need to rise above petty divisiveness, sectarianism, empty ritualism and hypocrisy, and the need to adopt love as the ultimate religion.

On the last night, Krishna Janmashtami, the children of Bal Yoga Mitra Mandal joined in with singing kirtan. Kumar Satvik (10 years old) and Kumari Aahuti (8 years old) from Delhi held the audience spellbound with their beautiful rendering of classical Indian bhajans. Swami Niranjan concluded the program with an uplifting kirtan.





Navaratri

From 5th to 14th October, Navaratri sadhana was conducted by residents, sannyasa trainees and the children of Bal Yoga Mitra Mandal. Bhajan, kirtan, havan and satsang were held at Satyam Vatika.



World Yoga Convention 2013 and Golden Jubilee Celebrations of Bihar School of Yoga

From 23rd to 27th October, the town of Munger was host to the World Yoga Convention at the Polo Ground while the Golden Jubilee of Bihar School of Yoga was held and celebrated at Ganga Darshan. Swami Niranjanananda was ever present, inspiring and guiding the proceedings with humour, clarity and a deep understanding of the challenge Satyananda Yoga has to face in times to come. Swami Satyasangananda graced the function with her presence and enlightening satsangs. Saints, acharyas and eminent scholars spoke on topics related to yoga and spiritual life. The programs were attended by 20,000 delegates from 56 countries and 23 states of India. At the same time, 15,000 people from 62 countries watched the WYC live via the internet.



Workshops were held both at the Polo Ground and at Ganga Darshan.

Swami Girishananda from Saket Dham Ashram, Jabalpur, MP, delighted

all with his rendering of the episode of the nine yogeshwaras from the Srimad Bhagavat Purana.

At the ashram, pandits from Varanasi performed havan at Satyam Udyan, at Akhara, throughout the five days and people could share in the beautiful creative energies.

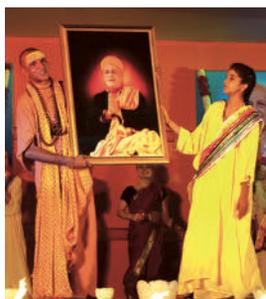
A feature film on the life and teaching of Sri Swami Satyananda was shown, and the new Kundalini Centre, a 5D experience in a small theatre, was inaugurated. From six in the morning to six in the evening, kirtan were being chanted at the amphitheatre by groups from countries around the globe. The car park turned into an open-air theatre where dance, song and drama were dedicated to the lives of the masters of the Satyananda Yoga Tradition.

In the pandal of Satyam Yoga Prasad all delegates were invited to choose from the hundreds of book, CD and DVD titles produced by BSY.

Over 300 aspirants received mantra diksha, over 200 aspirants jignasu and over 150 aspirants karma sannyasa diksha.

Paduka Darshan was offering to over 3000 national delegates three meals a day.

Apart from the ashram sevaks, a team of over 300 children of BYMM and 600 youth of Yuva Yoga Mitra Mandal had the task of directing and assisting in every area of the event.



Diwali

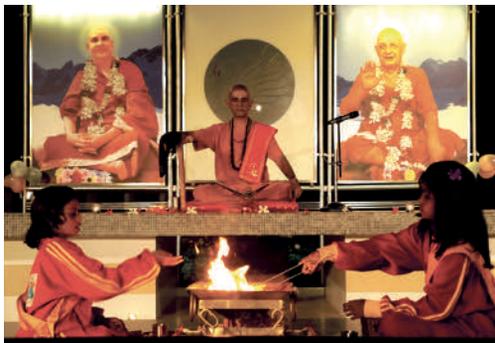
Diwali means 'festival of lights'. When Sri Rama vanquished his nemesis Ravana and returned to his kingdom, the people of Ayodhya lit up the entire city and the kingdom with little oil candles. At night the whole kingdom was shining like a diamond, glittering in the dark.

For yogis lamp, light and flame is the symbol of anahata chakra which represents love. Sri Rama represented love. Therefore, when Rama came to Ayodhya there was not darkness, when the light of love awakens in anahata, the darkness of selfish qualities disappears. It is the selfish qualities which bring darkness into our life. Yogis have seen the event of Diwali as the opening of the heart and lighting the lamp of love, compassion and positive feelings in the heart.

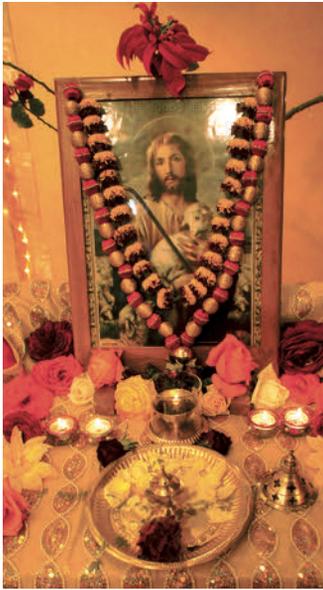
—Swami Niranjanananda Saraswati



On 3rd November, Diwali was celebrated at the Amphitheatre, where havan was conducted. It was followed by singing of kirtan and bhajan, a fire dance and fireworks. Swami Niranjan spoke on the significance of Diwali as the festival of light or the festival of the light of hope. Ganga Darshan was shining bright in the light of thousands of candles and the beautifully lit Akhara charmed all as they came for darshan.



Christmas



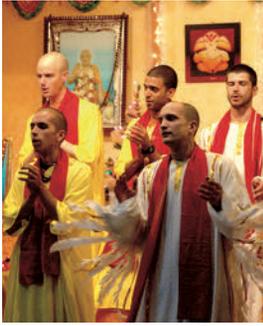
The impact of Jesus' teachings has left their mark in history, and we remember this day as his birthday. It is the inspiration of his life that continues to guide and inspire millions across the world even today. The love, goodness and compassion which he embodied is what is inspiring millions today to tread a virtuous path. It is a day of rejoicing and reflection: that we can also become the recipient of God's grace. It is always possible to cross the river of life. Some people have the strength, some don't.

—Swami Niranjanananda Saraswati

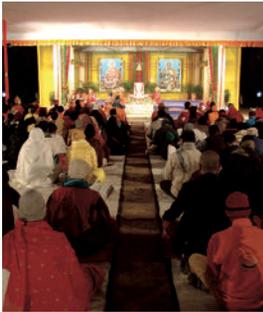
On 25th December, Christmas was celebrated at Ganga Darshan with a morning and an evening program. The inspiring morning program was held in Jyoti Mundir. The havan, of Ishu Namavali and Sri Swami Satyananda Ashtottarashata Namavali, was followed by bhajans and kirtans dedicated to Jesus Christ and Swami Satyananda.

In the evening, amongst the elaborately decorated sadhana hall, a choir of residents, sannyasa trainees and guests of the ashram presented songs and carols for all to enjoy and sing to. The highlight was the BYMM dance performance of jingle bells, accompanied by Santa Claus. In





remembrance of Swami Satyananda's birthday, the program concluded with the screening of Part One of the feature film, Satyam.



New Year's Eve

Ganga Darshan celebrated New Year's Eve with a program of *Ganesh Mahimna Stotram* and the *Vishnusahasranama* havan followed by various dance and singing acts dedicated to highlighting the events and inspiration of 2013 and setting a sankalpa for the year to come.



COURSES

In ancient times, it was the rishis, the sadhus and sannyasins who became the teachers. They established schools of learning called gurukul. In these gurukul, material subjects as well as spiritual subjects were taught to the aspirants and students, so that the students at the completion of twelve years of living with the guru in the ashram go through a process of learning which gave them the skills to survive in society and at the same time the ability to manage their mental behaviour. Until about one thousand years ago, the tradition of gurukul was very strong in India.

—Swami Niranjanananda Saraswati

Due to the preparations for the World Yoga Convention, the Bihar School of Yoga did not offer any of the regular courses, except for two courses:

Gurukul Lifestyle Course

From February to October, a nine-month gurukul course was conducted for 18 participants from Australia, Bulgaria, India, Iran, New Zealand, Serbia and South Korea.





Yogic Science and Lifestyle Course

From June to August, 17 participants successfully completed the three-month Yogic Lifestyle and Sadhana Course. They represented the states of Bihar, Jharkhand, Maharashtra, Rajasthan, UP, Uttarakhand and Nepal. Swami Soumyashakti gave daily classes on APMB and was assisted by sannyasa trainees. Lectures on the various topics of the science of yoga were delivered by Swamis Gyanbhikshu and Nirmalananda.



General Course

From 5th to 12th July, a group of 18 IRMEE staff members visited Ganga Darshan for yoga training. Morning classes were conducted by Swami Atmabhishek, yoga nidra and meditation classes by Sannyasi Soumyashakti and satsang were given by Swamis Gyanbhikshu, Nirmalananda, Shankarananda and Taponidhi. The group participated wholeheartedly in the various ashram activities.



YOGA RESEARCH LIBRARY



Due to the World Yoga Convention and the yearlong preparations, the Yoga Research Library remained closed throughout the year. No further acquisitions of books were made, so that the total number of books at Ganga Darshan remains at almost 30,000.

The library became a hub of Convention administrative activities. During the event it was used as dormitory for ashram residents.



YOGA PROPAGATION



Just teaching is not enough. Along with teaching one has to add the components of affection for the students, the ability to understand their needs, and the dedication to help them as much as possible. Therefore, teachers should know the needs, aspirations, strengths and limitations of every student, because without actually understanding these, it is not possible to teach yoga.

If teachers feel compelled to teach something, then the effect, the benefit, or even the mental projection of the teachers, will not be positive and that will affect the students. If the teachers, however, enjoy what they are doing and give out positive emanations then the students will be able to understand and perceive more than the practice. The attitude of the teacher is important.

—Swami Niranjanananda Saraswati

YOGAYATRA 2013

From January to June 2013, resident sannyasins of the Bihar School of Yoga, Munger, sannyasa trainees and members of the Yuva Yoga Mitra Mandal (YYMM), Munger, travelled across India on a fantastic yogayatra. They took Satyananda Yoga to twenty of the twenty-eight states of the Republic of India. In 232 yoga shivirs, or yoga camps, they truly met the people of the land.

They went to the modern metropolis and to the tiny temple village, where people lived the slow rhythm of days gone by. They taught the rich and the poor, the young and the elderly, the urban and the rural. The participants, old devotees and associates of the Bihar School of Yoga and newcomers, experienced yoga teachers and first-timers, all were aware of being in the presence of a grand tradition and three generations of masters. No doubt, these six months ushered in a new era for Satyananda Yoga, defining its role and place in India.

Karnataka

Dates: 17 January to 11 February 2013

Route 1: Bangalore, Kollegal, Mysore and Chitradurga

Route 2: Bangalore, Shimoga, Gokarna, Ghataprabha and Dharwad

Total number of shivirs: 16

Total number of venues where shivirs were held: 27





Andhra Pradesh

Dates: 20 January to 21 February 2013

Route 1: Guntur, Adavi Nekkalam, Palakollu, Bhimavaram, Kaikaluru, Gudivada, Alavaru, Gannawada, Akividu, Vijayawada and Poranki

Route 2: Hyderabad, Secundrabad, Kurnool, Peapully, Dhone and Visakhapatnam

Total number of shivirs: 26

Total number of venues where shivirs were held: 45



West Bengal

Dates: 1 to 25 February 2013

Route: Joka, Kolkata, Santoshpur and Bangur

Total number of shivirs: 8

Total number of venues where shivirs were held: 8





Tamil Nadu and Kerala

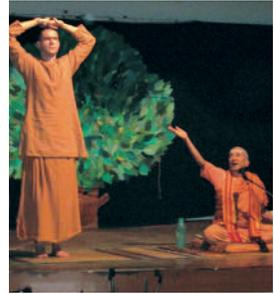
Dates: 21 February to 13 March 2013

Route 1: Chennai, Maduranthakam,
Cuddalore and Gobichettipalayam

Route 2: Chennai and Gobichettipalayam

Total number of shivirs: 16

Total number of venues where shivirs were held: 27



Assam and Nagaland

Dates: 1 to 15 March 2013

Route: Dibrugarh, Titabore, Dimapur
and Jorhat

Total number of shivirs: 4

Total number of venues where shivirs were held: 12



Uttar Pradesh

Dates: 1 to 21 March 2013

Route 1: Saharanpur, Muzaffarnagar,
Ghaziabad and Mathura

Route 2: Kanpur and Lucknow

Total number of shivirs: 11

Total number of venues where shivirs were held: 33





Odisha

Dates: 2 March to 3 April 2013

Route 1: Rourkela, Rajrangpur, Jharsuguda, Sambalpur, Bargarh, Bolangir, Patnagarh and Bhawanipatna

Route 2: Puri, Nimapada, Bhubaneswar, Balipatna, Katak, Kendrapada, Jaipur, Bhadarak, Baleswar, Angul, Talcher and Khurda

Total number of shivirs: 22

Total number of venues where shivirs were held: 31



National Capital Region – Delhi (Delhi, Haryana and Uttar Pradesh)

Dates: 4 to 14 March 2013

Route 1: Gurgaon and South Delhi

Route 2: Noida and Delhi

Route 3: East Delhi and South Delhi

Total number of shivirs: 9

Total number of venues where shivirs were held: 25



Jammu and Kashmir, Punjab and Rajasthan

Dates: 25 March to 30 April 2013

Route: Jammu, Amritsar, Jaipur, Ajmer, Bhilwara and Udaipur

Total number of shivirs: 10

Total number of venues where shivirs were held: 22

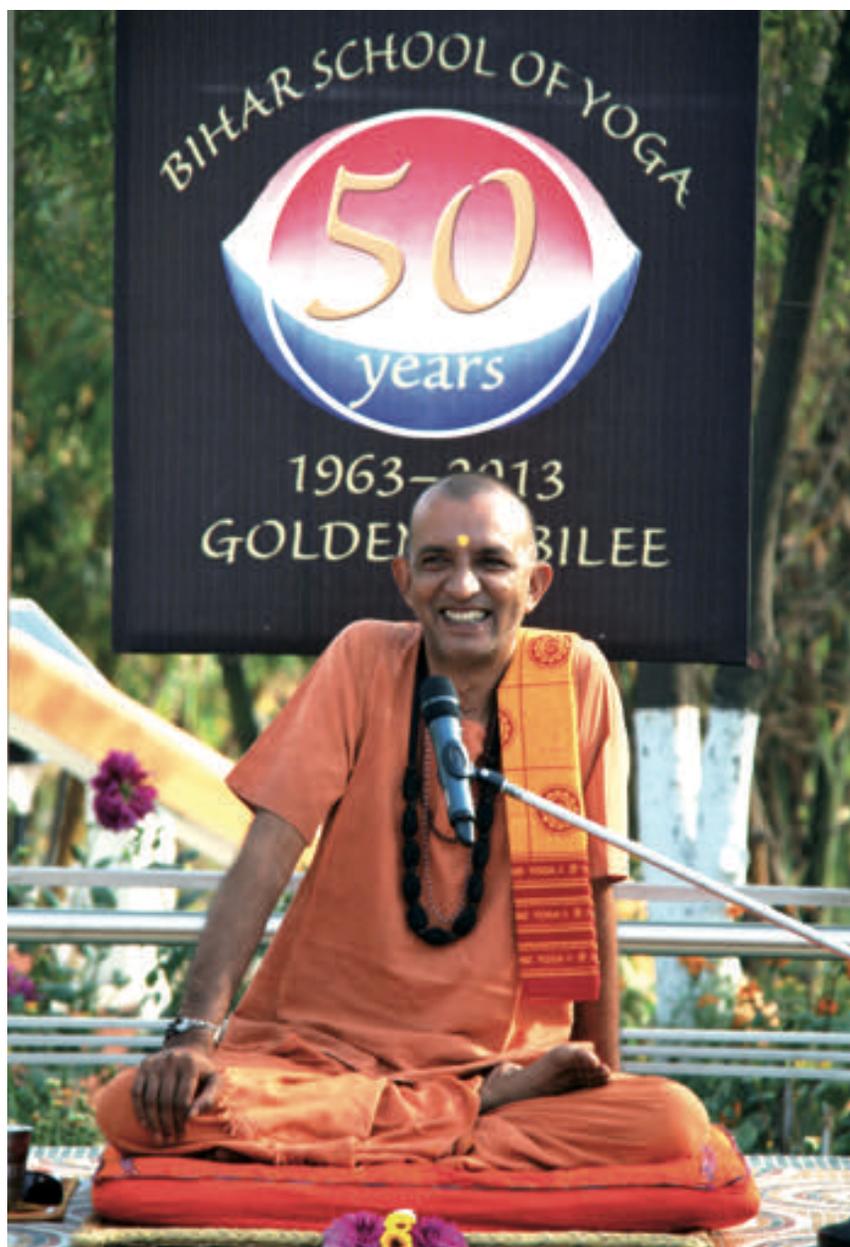


BIHAR SCHOOL OF YOGA



1963-2013

GOLDEN JUBILEE

















Maharashtra

Dates: 1 April to 5 May 2013

Route 1: Mumbai, Thane, Pune, Kolhapur, Belgaum, Aurangabad and Dhule

Route 2: Mumbai, Nasik, Jalgaon, Akola, Nagpur and Gondia

Total number of shivirs: 19

Total number of venues where shivirs were held: 64



Jharkhand

Dates: 30 March to 1 May 2013

Route 1: Giridih, Dhanbad and Bokaro

Route 2: Ranchi and Jamshedpur

Total number of shivirs: 17

Total number of venues where shivirs were held: 53



Goa

Dates: 12 to 24 April 2013

Route: Bicholim, Shiolim, Panjim, Chodan, Assagao and Margao

Total number of shivirs: 7

Total number of venues where shivirs were held: 7



Gujarat

Dates: 1 to 30 May 2013

Route 1: Padhdhar, Bhuj (Kutch), Madhapar and Haripar

Route 2: Ahmedabad

Total number of shivirs: 16

Total number of venues where shivirs were held: 23





Chhattisgarh

Dates: 1 May to 26 May 2013

Route 1: Bhilai, Durg, Rajnandgaon, Kanker, Kondagaon and Jagdalpur

Route 2: Akaltara, Raigarh, Jangir, Korba and Kharsia

Total number of shivirs: 18

Total number of venues where shivirs were held: 38



Madhya Pradesh

Dates: 1 June to 27 June 2013

Route 1: Jabalpur, Bhopal and Indore

Route 2: Satna, Rewa, Katni, Sagar, Chattarpur and Panna

Total number of shivirs: 13

Total number of venues where shivirs were held: 41



Bihar

Dates: 19 May and 30 June 2013

Route 1: Patna

Route 2: Saharsa, Araria, Purnia, Siliguri, Katihar and Supaul

Route 3: Bhagalpur, Dhruvganj, Naugachia and Kahalgaon

Route 4: Lakhisarai and Jamui

Route 5: Nalanda

Total number of shivirs: 20

Total number of venues where shivirs were held: 27



Category	Count
Public Places	158
Schools	80
Ashrams/Places of Worship	59
Colleges	52
Corporates	32
Yoga Centres	30
Government Bodies	24
Health Centres	21
Special Needs Homes	9
Jails	9
Hospitals	7

Number of Shivirs by State (Total 252 Shivirs)





Other than the Yogayatra the following programs were conducted.

Andhra Pradesh

Swami Bhakti Chaitanya and Satyananda Yoga Ashram, Vijayawada, AP, organized various programs in schools, associations and groups, between February and August.



Bihar

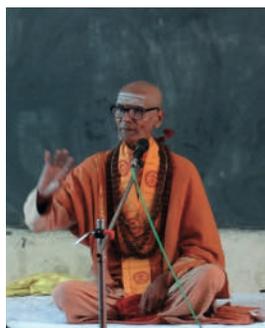
On 23rd February, Swami Gyanbhikshu attended the 24-Kundiya Gayatri Mahayajna, in Munger. He spoke on the importance of mantra and yajna to over 1,000 participants.

On 2nd June, Swami Niranjana went to Sitarampur Najira addressing a gathering of about 300 people who have been staunch supporters of Sri Swamiji, Swamiji and the yoga mission. Being from a basic rural area, they are a fully devoted group whose contribution to the ashram till today has been invaluable. Swamiji addressed the devotees and gave them an outline of what had transpired in the life of Sri Swamiji, his own life and BSY, and the direction it was heading towards, with the next WYC. It was an inspiring, informal get together.



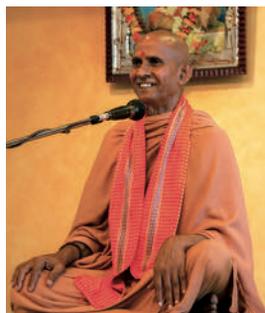
On 29th and 30th June, Swami Nirmalananda attended the 'National Workshop on Holistic Learning' at the School of Creative Learning Nargada, Danapur, Patna. Swami Nirmalananda spoke on the 'Role of Yoga in Holistic Learning'.

From 5th to 9th November, a yoga camp was held at Navayuga Engineering Company Ltd., at NTPC, Barh. Managers and their families attended classes and satsang conducted by Swami Gyanbhikshu who was assisted by Bal Yogesh of YYMM.



Uttar Pradesh

From 30th January to 10th February, on the auspicious occasion of the Mahakumbha Mela, Swami Gorakhnath conducted a yoga camp organized by the 'Ganga Mahasabha Samiti', in Allahabad. More than 500 participants from all over India and abroad attended the program. Swami Gorakhnath spoke on Satyananda Yoga, ashram life and the activities of BSY.



USA, Europe and Bali

Swami Satyadharma visited the US in May, where she conducted a special yoga retreat from 17th to 19th, focusing on the tantric practice of Tattwa Shuddhi. The retreat was held in the beautiful state park of Southfork, Ohio, and was attended by over 70 yoga practitioners and teachers from many different states.



Following this retreat, she travelled to Switzerland and conducted seminars on 'Opening the Heart' on 25th May at the Samatvam Yoga Centre in Zürich, and an 'Introduction to Meditation' on 26th May at the Happinez Yoga House in Fribourg.

From Switzerland, she went to South Germany for satsang, havan and kirtan



in Vogt on 29th and 30th, followed by a weekend yoga retreat at the Satyam Sadhana Zentrum in Volkings from 31st May to 2nd June, which included a 25-year Jubilee Celebration for this centre. This retreat focused on 'Prana Vidya', awakening the experience of energy in yogic practice, and was attended by over 60 yoga practitioners and teachers from Germany, Switzerland and Austria.

From Germany, she travelled to Bulgaria, where she conducted satsang, havan and kirtan at the Satyananda Yoga Association in Sofia on June 5th and 6th, and a public discourse on 'the Importance of Meditation in Everyday Life' in the Sofia town hall on 7th, which was attended by over 400 people. She conducted a yoga seminar on 'Psychology and Symbology of the Chakras', at a sports centre outside of Sofia on 8th and 9th, which was attended by over 300 yoga aspirants and teachers.

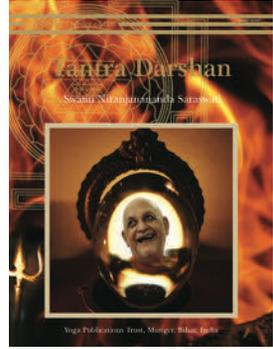
From Bulgaria, she went to Hungary, and conducted a weekend seminar on 'Mind and Meditation' in the idyllic setting of the new country ashram of the Hungarian Yoga Association. This seminar was attended by over 60 yoga practitioners and teachers from Serbia, Romania and Hungary.

Afterwards, she travelled to Bali and inaugurated Yogalaya, a new yoga retreat centre, located outside of Ubud, from 22nd to 28th June. Here she introduced 'Meditations from the Tantras', and conducted satsang, havan and kirtan.



YOGA PUBLICATIONS TRUST (YPT)

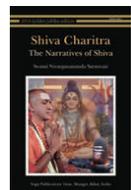
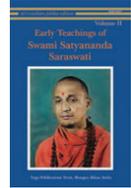
By the end of 2012, eighty-four titles were in print in English and fifty-three titles in Hindi. In 2013, forty-three books were reprinted in English, and fifty-one new books and 17 new booklets were added. In Hindi, fourteen books and one booklet were reprinted, and eighteen books and one booklet were added as new titles. Three new Hindi-English titles were also published.



A seven-volume Souvenir (English and Hindi collaboration) was also published to commemorate the World Yoga Convention and Golden Jubilee of Bihar School of Yoga.

New English books printed in 2013

- *Early Teachings of Swami Satyananda Saraswati, Vol. 2*
- *Ishavasya Upanishad*, Swami Satyananda
- *Satsangs on Ramacharitamanas*, Swami Satyananda
- *Rikhiapeeth Satsangs 3 & 4*, Swami Satyananda
- *Satyananda Yoga in Europe*, Vols. 1–3, Swami Satyananda
- *Yoga Sadhana Panorama, Vol. 6*, Swami Niranjanananda
- *On the Wings of the Swan, Vol. V & VI*, Swami Niranjanananda
- *Gita Darshan*, Swami Niranjanananda
- *Ishavasya Upanishad*, Swami Niranjanananda
- *Sankalpa Putri*, Swami Niranjanananda
- *Bhakti Sadhana*, Swami Niranjanananda
- *Shiva Charitra: Narratives of Shiva*, Swami Niranjanananda

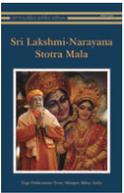




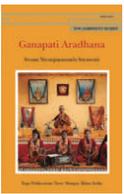
- *Prana Vidya*, From the teachings of Swami Satyananda and Swami Niranjanananda
- *Bihar School of Yoga: The Vision of a Sage*, from the teachings of Swami Satyananda and Swami Niranjanananda



- *Mudra Vigyan: Philosophy and Practice of Yogic Gestures*, from the teachings of Swami Satyananda and Swami Niranjanananda

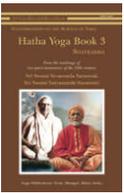


- *Swadhithana Chakra*, Rishi Nityabodhananda
- *Manipura Chakra*, Rishi Nityabodhananda
- *Swami Sivananda's 18 ITIES & the Practice of Pratyahara*, Swami Sivamurti
- *My Spiritual Journey with Swami Satyananda*, Vishwaprem (Prema Baxi)
- *Glimpses of the Divine: Sri Lakshmi-Narayana Mahayajna*
- *Sri Lakshmi-Narayana Stotra Mala*



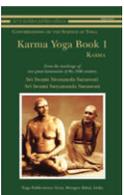
Yogadrishi Satsang Series of Swami Niranjanananda:

- *Sadhana*
- *Ganapati Aradhana*
- *Development of Satyananda Yoga*
- *Yoga: Philosophy to Realization*
- *Chapters of Spirituality*

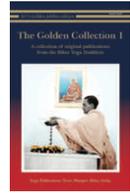


Conversations on the Science of Yoga Series of Swami Sivananda and Swami Satyananda:

- *Hatha Yoga Book 3: Shatkarma*
- *Hatha Yoga Book 4: Asana*
- *Hatha Yoga Book 5: Pranayama*
- *Hatha Yoga Book 6: Mudra and Bandha*
- *Hatha Yoga Book 7: Hatha Yoga and Health*
- *Hatha Yoga Book 8: A Guide to Sadhana in Daily Life*
- *Karma Yoga Book 1: Karma*
- *Karma Yoga Book 2: Experience of Life*



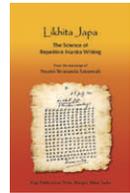
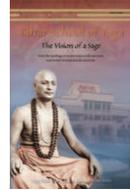
- *Karma Yoga Book 3: Samsara*
- *Karma Yoga Book 4: Action with a Purpose*
- *Karma Yoga Book 5: Expressions of the Mind*
- *Karma Yoga Book 6: For a Better World*
- *Karma Yoga Book 7: A Guide to Sadhana in Daily Life*



The Golden Collection 1–8: A collection of original publications of the Bihar School of Yoga Tradition.

New English booklets printed in 2013

- *The History of Bihar School of Yoga*, Swami Niranjanananda
- *Sri Saundarya Lahari: Sadhana*
- *Likhita Japa: The Science of Repetitive Mantra Writing*, from the teachings of Swami Sivananda
- *SWAN Meditation: Theory and Practice*, Swami Satyadharma



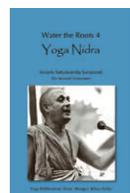
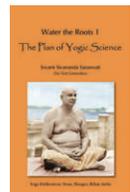
Satyam Tales:

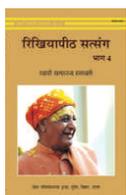
- *Diggaja: From elephant to super-elephant*
- *Mystics from Moon: A journey through space*
- *Daredevil Dolphin: Making a leap of faith*
- *Lessons for Life: A disciple's on-going journey*



Water the Roots: A collection of booklets for inspiration and guidance on the spiritual path:

1. *The Plan of Yogic Science*, Swami Sivananda
2. *Spiritual Diary: The Silent Master*, Swami Sivananda
3. *Manage the Mind*, Swami Satyananda
4. *Yoga Nidra*, Swami Satyananda
5. *Mind Management*, Swami Niranjanananda
6. *The Capsule Sadhana*, Swami Niranjanananda
7. *Review of the Day*, Swami Niranjanananda
8. *The SWAN Principle: Strength, Weakness, Ambition, Need*, Swami Niranjanananda
9. *The Three Mantra Sadhana*, Swami Niranjanananda





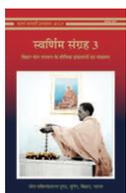
New Hindi books printed in 2013

- *Ishavasyopanishad*, Swami Satyananda
- *Rikhiapeeth Satsangs 4*, Swami Satyananda
- *Bachchon ke liye Yog Shiksha 2*, Swami Niranjanananda
- *Yoga Sadhana Mala 1*, Swami Niranjanananda
- *Mere Pranadhar*, Swami Atmabhishek
- *Sri Hanuman Chalisa*, Sannyasi Avalokiteshwar
- *Gita Manas Aparokshanubhuti*, Swami Omkarananada
- *Yog Prashnavali 1 & 2*
- *Satyam Aradhana (twice)*



Yogadrishi Satsang Series of Swami Niranjanananda:

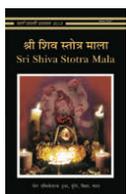
- *Sri Krishna Yog Paddhati*
- *Adhyatma ke Adhyaya*
- *Karma aur Karmayog*
- *Yogic Jeevan*



Swarnim Sangraha 3-6: A collection of original publications of the Bihar School of Yoga Tradition

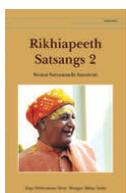
New Hindi booklets printed in 2013

- *Bihar Yoga Vidyalaya kaltihas*, Swami Niranjanananda



New Hindi-English books printed in 2013

- *Mere Aradhya ke Charanon Mein – At the Feet of My Beloved Guru*
- *Shakti Avahan: Invocation of the Divine Mother*
- *Sri Shiva Stotra Mala*

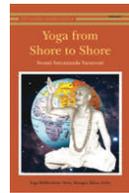
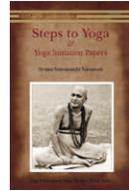
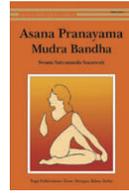


English books reprinted in 2013

By Swami Satyananda:

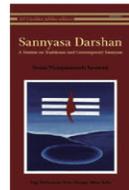
- *Teachings of Swami Satyananda Saraswati, Vols. 5-6 (new editions)*
- *Rikhiapeeth Satsangs 1 & 2*

- *Dynamics of Yoga: The Foundations of Bihar Yoga*
- *Taming the Kundalini*
- *Yoga & Cardiovascular Management*
- *Surya Namaskara: A Technique of Solar Vitalization*
- *Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali*
- *Steps to Yoga & Yoga Initiation Papers (new edition)*
- *A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya*
- *Bhakti Yoga Sagar, Vols. 2 & 6*
- *Asana Pranayama Mudra Bandha*
- *Nine Principal Upanishads*
- *Yoga Education for Children, Volume One*
- *Early Teachings of Swami Satyananda Saraswati, Vol 1 (new edition)*
- *High on Waves*
- *Yoga from Shore to Shore (new edition)*



By Swami Niranjanananda:

- *Yoga Darshan: Vision of the Yoga Upanishads*
- *Yoga Sadhana Panorama, Vols. 2, 3, 4 & 5*
- *Sannyasa Darshan: A Treatise on Traditional and Contemporary Sannyasa*
- *Head, Heart and Hands*
- *Mind, Mind Management and Raja Yoga*



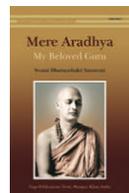
From the teachings of Swami Sivananda and Swami Satyananda:

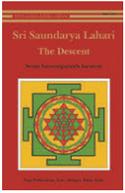
- *Maha Samadhi - Antardhyana: Realizing the Absolute*
- *Sadhana: The Path of Transformation*
- *Rikhia: The Vision of a Sage*



By other authors:

- *Mere Aradhya: My Beloved Guru, Swami Dharmashakti Saraswati*





- *Sri Saundarya Lahari: The Descent*, Swami Satyasangananda
- *Tattwa Shuddhi: The Tantric Practice of Inner Purification*, Swami Satyasangananda
- *Yogic Management of Common Diseases*, Dr Swami Karmananda



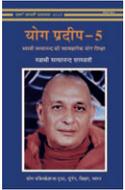
- *Nawa Yogini Tantra: Yoga for Women*, Swami Muktananda
- *Yoga Chudamani Upanishad: Crown Jewel of Yoga*, Swami Satyadharm
- *Siddha Prarthana: Garland of Sacred Songs and Prayers*



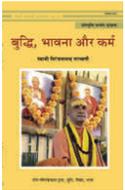
- *Manas Putra (new edition)*
- *Satyananda Yoga in Italy, Vol. 1 & 2*
- *Satyananda Yoga in Greece, Vol. 1 & 2*
- *Tirtha Yatra I & II*

Hindi books reprinted in 2013

By Swami Satyananda:

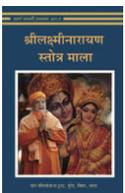


- *Yog Sadhana*
- *Surya Namaskar*
- *Yog Pradeep 2*
- *Yog Nidra*
- *Bachchon ke liye Yog Shiksha 1*
- *Dhyan Tantra ke Alok Mein*
- *Mukti ke Char Sopan*
- *Bam Lahari*



By Swami Niranjanananda:

- *Buddhi, Bhavana aur Karma*



From the teachings of Swami Sivananda and Swami Satyananda:

- *Devi*

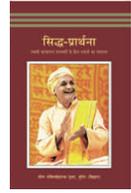
By other authors:

- *Mere Aradhya*, Swami Dharmashakti

- *Rog aur Yog*, Dr Swami Karmananda
- *Sri Lakshmi-Narayana Stotra Mala*
- *Siddha Prarthana*

Hindi booklets reprinted in 2013

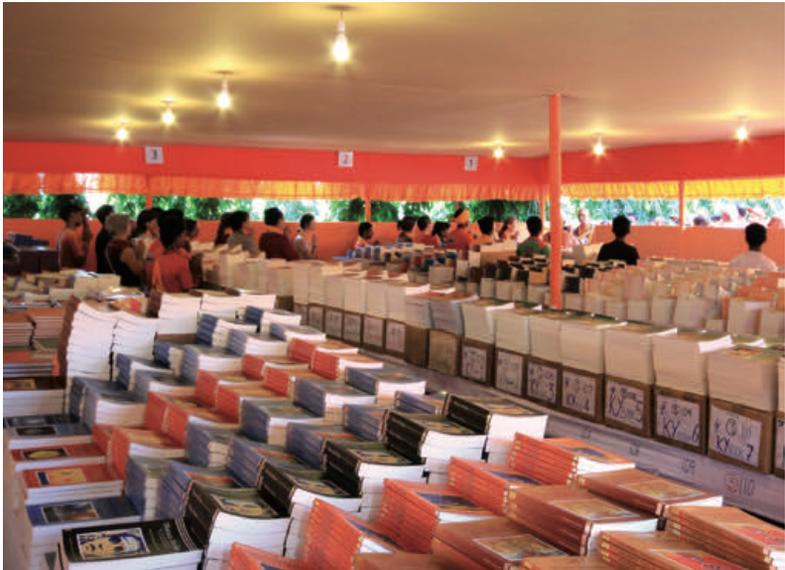
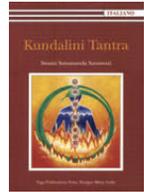
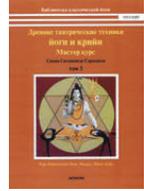
- *Surya Namaskar Abhyasa Pustika*



Translations

In 2013, the following titles were translated into foreign languages:

- *Bhakti Age* – Bulgarian
- *Yoga and Kriya (3 volumes)* – Russian
- *Nawa Yogini Tantra* – Russian
- *Hatha Yoga Pradipika* – Russian
- *Yoga Nidra (reprint)* – German
- *Kundalini Tantra (reprint)* – German
- *Kundalini Tantra* – Italian
- *APMB* – Japanese
- *APMB* – Urdu

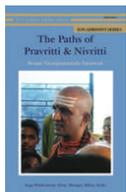


ONLINE CONTENT

The pervasiveness of digital technology has changed how knowledge is presented, preserved and distributed. During this Golden Jubilee Year of the Bihar School of Yoga, multiple institutions within the Bihar Yoga tradition made contributions in spiritualizing the digital landscape.

Apps for phones and tablets released in 2013

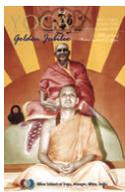
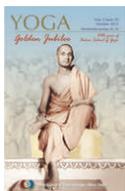
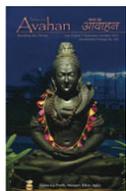
Divya Darshan app contains a wide sample of audio, video and publication content. Available for Android devices. URL for download is: <http://biharyoga.dev/apps/> (Yoga Research Foundation)



E-books and E-Magazines released in 2013

Publications made available in digital format for online and offline viewing.

- *The Paths of Pravritti & Nivritti*, Swami Niranjanananda (Yoga Publications Trust)
- *YOGA* magazine, 16 Issues, July 2012 to Dec 2013 (Bihar School of Yoga)
- *Yoga Vidya* magazine, 16 Issues, July 2012 to Dec 2013 (Bihar School of Yoga)
- *Avahan* magazine, 12 issues, including Dec 2013 (Sannyasa Peeth)
- *Aradhana* magazine, 12 issues, including Dec 2013 (Rikhiapeeth).



Live streaming in 2013

Events aired as live video feed (Bihar School of Yoga):

- The World Yoga Convention, 23rd to 27th October 2013
- Diwali at Ganga Darshan on 3rd November.

AUDIO CDs

In 2013, 135 CDs were released and offered as prasada for the World Yoga Convention and the BSY Golden Jubilee celebrations. The CDs contain Swami Satyananda's material, retrieved from archived audio, and recently recorded material by Swami Niranjanananda and the sannyasins of Munger.

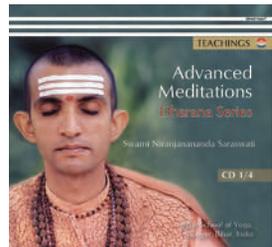
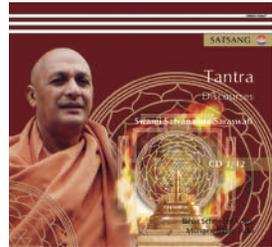
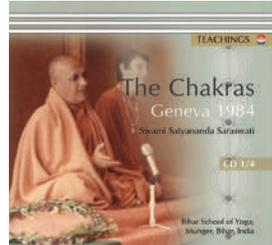
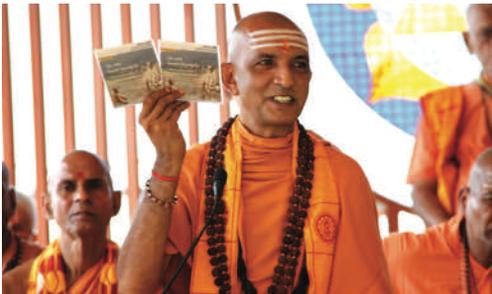
New English CDs released in 2013

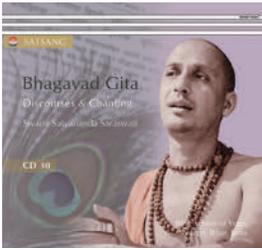
Satsang Series – Swami Satyananda

- *The Chakras, Geneva 1984, CD 1-4*
- *Europe, Belgium 1977, CD 1-2*
- *Europe, Germany 1980*
- *Europe, Italy 1980, CD 1-2*
- *Europe, Italy 1982-1984, CD 1-6*
- *Europe, Greece 1981, CD 1-2*
- *Europe, France 1980-1981, CD 1-4*
- *Europe, Switzerland 1979-1984, CD 1-9*
- *UK & Ireland 1981-1985, CD 1-15*
- *UK 1983*
- *USA 1982, CD 1-12*
- *Tantra, CD 1-12*
- *Life with Swami Sivananda, CD 1-2*

Teaching Series – Swami Niranjanananda

- *Advanced Meditations: Dharana Series, CD 1-4*

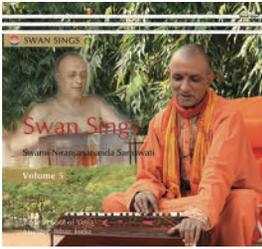




New Hindi CDs released in 2013

Satsang Series – Swami Satyananda

- *Bhagavad Gita*, CD 1–31
- *Ramacharitamanas*, CD 1–2
- *Ishavasyopanishad*, CD 1–8



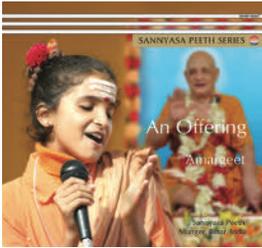
New stotra & chanting CDs released in 2013

Satyam Sings

- *Tapowan Sangeet II*
- *Darshan*, CD 1–2

Swan Sings

- *Swan Sings*, Volume 1–6



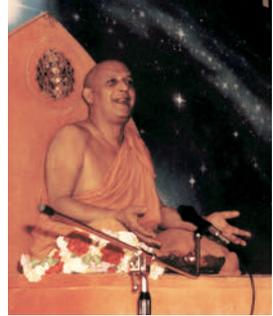
Sannyasa Peeth Series

- *Siddha Sivananda Stotrams*
- *Siddha Satyananda Stotrams*
- *Siddha Shiva Stotrams*
- *Siddha Rama Stotrams*
- *Navaratri Sadhana*
- *Stotras and Chants*
- *Sri Saundarya Lahari*
- *Sri Lalita Sahasranama*
- *An Offering: Amargeet*
- *Bhava – Sentiments (Instrumental)*



DVDs

In 2013, 126 new DVDs were released and offered as prasad for the World Yoga Convention and the BSY Golden Jubilee celebrations. The DVDs contain Swami Satyananda's material, retrieved from archived video, and recent events at Ganga Darshan and Sannyasa Peeth.



New English DVDs released in 2013

Satyam Speaks Series – Swami Satyananda

- *Australia 1983–1984*, DVD 1–45
- *Greece 1984–1985*, DVD 1–18
- *United Kingdom 1982–1985*, DVD 1–18
- *Belgium 1985*, DVD 1–5
- *Morocco 1981*, DVD 1–4
- *New Zealand 1984*, DVD 1–3
- *Spain 1980*, DVD 1–2
- *France 1983*, DVD 1



Sannyasa Peeth Series

- *Panchagni – Living the tradition*
- *Sri Katyayani Anushthana 2012–2014*
- *Sri Lakshmi-Narayana Mahayajna 2013*

New Hindi DVDs released in 2013

Satyam Speaks Series – Swami Satyananda

- *India 1982–1988*, DVD 1–30



BAL YOGA MITRA MANDAL

The Children's Yoga Fellowship has three purposes: First purpose is to develop a cultured personality, to imbibe positive samskaras, impressions, to develop a cultured, virtuous personality which will be our attainment in life. Independence, the ability to stand on their own two feet, is the second aspiration of the Bal Yoga Mitra Mandal. This is important for we have to allow our creativity to manifest. We have to learn to take our own decisions, to know that they are correct and to stand by them. This is called swavalamban, independence. The third purpose given to the children, is the love for their own culture. Any culture in the world must have two aspects, the material and the spiritual. To imbibe the material and the spiritual aspects of the culture enriches our life and gives greater understanding of the relationship that we have with nature, our society and with God. Therefore, samskaras, swavalamban and sanskriti, cultured life, are the foundation of Bal Yoga Mitra Mandal, the Children's Yoga Fellowship.

—Swami Niranjanananda Saraswati



Bal Yoga Diwas

During the four-day celebrations of Basant Panchami and the Foundation Day of BSY, the annual Bal Yoga Diwas, children's yoga day, was celebrated on 14th. The children displayed their skills in yogasana, karate, dance and painting. Bal Yoga Mitra Mandal, a yoga movement of children initiated by Swami Niranjan in 1995, has a membership of over 150,000 children throughout India.

For four days, the children delighted all with their flawless chanting of Sanskrit mantras and stotras and the graceful manner of conducting havan.

World Yoga Convention

In the lead-up to and during the program of the WYC the children of BYMM were fully engaged in seva throughout the ashram and WYC venues. 600 BYMM children from Munger attended the WYC. Of these, 250 were selected to contribute to the following areas: pandal management, seating, chanting and kirtan at the Polo Ground, akhand kirtan at Satyam Vatika, pooja and havan, bheth, diksha, crowd control and coordination, serving in the kitchen area and Swamiji's security.

The children were dedicated to their seva. They came early in the morning, some of them from far away, on bicycles or by foot. As soon as they arrived they reported, had a quick breakfast before





joining their assigned area. The children spent the day absorbed in their duties, any free time was spent practising for the various BYMM evening performances.



The children were fortunate to have the opportunity to perform dances and karate for people from all over the world. This was a highlight for them as they worked hard to perfect the performances. This was evident in the presentations which were appreciated by all. Many children were able to express their talents and new stars shone forth.

One BYMM child was selected to hold a workshop on 'Research in the Effects of Yoga on Children – an Experience'. Over 100 people attended the workshop and gave positive feedback, impressed by the research and the professional presentation given by BYMM.



YUVA YOGA MITRA MANDAL



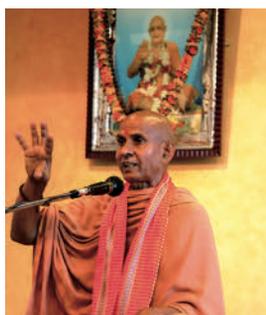
For the youth, there is the Youth Yoga Fellowship, or Yuva Yoga Mitra Mandal. The youth has been given three mandates: learning yoga and living yoga; dedicating themselves and their energy to a specific, positive cause; and cultivating the ability to serve. The number of youth associated with yoga in 2013 for the convention purpose is over 1,000. The foundation day of the movement was 2nd October 2000, which is Gandhi Jayanti, the day when Gandhi was born. This date was chosen to kick start the Yuva Yoga Mitra Mandal because the life of Gandhi represents a life of sacrifice, a life of conviction and a life of service.

—Swami Niranjanananda Saraswati



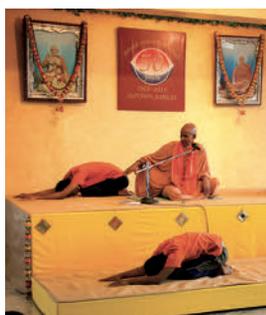
Yogayatra 2013

From April to June, members of the YUVA were part of the All-India Yogayatra. They accompanied resident swamis and sannyasa trainees to Jharkhand, Madhya Pradesh and Bihar. They fully participated in the shivirs, assisting as demonstrators and in every possible way to make the programs a success.



Yoga Foundation Course

From 29th to 31st May, the Yuva Yoga Mitra Mandal conducted an introductory Yoga Foundation course for more than six hundred high school and college students from Munger district. The course included asana, pranayama, kirtan and bhajan and was conducted by Swami Gorakhnath. Swami Niranjanananda gave satsang to the participants at the end of the course. He said that if one learns and teaches yoga one will be respected everywhere.



Foundation Day Celebration

On 2nd October 2000, Swami Niranjan founded the Yuva Yoga Mitra Mandal. The 13th foundation day of the fellowship was celebrated at Paduka Darshan from 8 to 10 am with great joy and enthusiasm. The entire event was managed by the youths of YYMM who set up the venue, seated the guests and conducted bhajan, kirtan and havan. Swami Suryaprakash spoke on the three cardinal goals given to YYMM



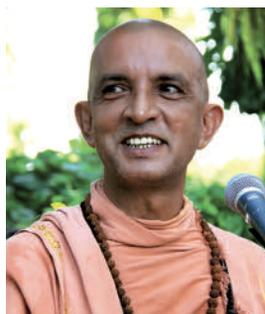
by Swamiji: yoga, seva and samarpan. In his address, Swami Shankarananda reminded the youths and their guardians about the true purpose of human life.

In his satsang, Swamiji highlighted the two flourishing yoga movements that have originated in Munger, the children's and the youth's, and informed everyone about the yeoman service that the youths have rendered in different parts of the country including the earthquake-ravaged area of Bhuj. He expressed full confidence in the ability of the youth to contribute to the successful conduct of the upcoming World Yoga Convention, and ended his address by assuring the assembled parents and guardians that their wards would definitely shine in life and be the torchbearers and ambassadors of the yogic culture.

The program was attended by over 750 members of YYMM and over 800 family members who received special prasad on the occasion.

World Yoga Convention

Over 800 members of the YYMM arrived at Ganga Darshan on 20th October and served with complete dedication and incomparable zeal to contribute to the success of the World Yoga Convention. No area was left untouched by their support, whether at Ganga Darshan, the Polo Ground, Paduka Darshan, the outside accommodation locations, the national delegates Reception Centre or





the railway stations at Jamalpur, Kiul or Lakhisarai.

Their main tasks included receiving national and overseas delegates; maintenance and cleanliness of the properties and venues; maintaining discipline and order; traffic control; managing the 'May I Help You' desks; organizing transportation for delegates to and from the accommodation and venue. Yet another area of their involvement was welcoming, organizing and seating the delegates at the different venues at Ganga Darshan, during meal times at Paduka Darshan, and in the pandal at the Polo Ground where they also ensured a constant supply of drinking water for all visitors. Many served in the bheth and diksha departments, while others spent their days at the outside accommodation locations to ensure every comfort was made available to the guests.

The Yuvas worked with iron determination, friendliness and an open heart so that no guest should be inconvenienced in any way.

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.

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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.



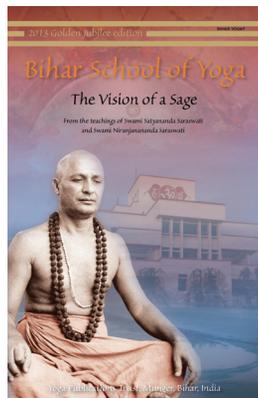
Yoga Publications Trust

Bihar School of Yoga The Vision of a Sage

From the teachings of Swami Satyananda Saraswati and Swami Niranjanananda Saraswati

214 pp, soft cover, ISBN 978-93-81620-97-7

Bihar School of Yoga: The Vision of a Sage tells the story of Swami Satyananda's life as a spiritual seeker while serving his guru and the ensuing years of fulfilling his guru's mandate 'to spread yoga from door to door and shore to shore'. The development of Bihar School of Yoga, the global propagation and revival of yoga, and the journey of Swami Niranjanananda, Sri Swamiji's successor, are described.



New

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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.in

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 *Satyā ka 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.



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Ganga Darshan Events & Courses 2014

Mar 1-21	Teachers Training Course (Hindi)
Mar 3-20	Yoga HMC*: Asthma (Hindi)
Apr 3-20	Yoga HMC*: Diabetes (Hindi)
Jun 1-Jul 25	2-month Orientation in Yogic Science & Lifestyle (Hindi)
July 12	Guru Paduka Poojan
Aug 2014-May 2015	Diploma in Yogic Studies (English)
Aug 1-21	Teachers Training Course (English)
Aug 3-20	Yoga HMC*: Arthritis & Spinal Ailments (Hindi)
Sep 15-30	Yoga HMC*: General (Hindi)
Sep 8	Swami Sivananda Janmotsava
Sep 12	Swami Satyananda Sannyasa Diwas
Oct 1-Jan 25	4-month Yogic Studies Course (English)
Dec 25	Swami Satyananda's Birthday
	* HMC: Health Management Course
Every Saturday	Mahamrityunjaya Havan
Every Ekadashi	Bhagavad Gita Path
Every Poornima	Sundarkand Path
Every 5th & 6th	Commemoration of Sri Swami Satyananda's Mahasamadhi
Every 12th	Akhanda Path of Ramacharitanamas

Please be aware that mobile phones are NOT permitted in the ashram.
Ensure that you do not bring your mobile with you.

For more information on the above events contact:

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Tel: 06344-222430, 09304799615, 06344-228603, Fax: 06344-220169
Website: www.biharyoga.net

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