

YOGA

Year 9 Issue 3

March 2020

Membership postage: Rs. 100



Bihar School of Yoga, Munger, Bihar, India



Hari Om

YOGA is compiled, composed and published by the sanniyasin 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 Gyansiddhi Saraswati

Assistant Editor: Swami Yogatirth-ananda 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 2020

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, 811201
Bihar, India

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

Total no. of pages: 58 (including cover pages)

Front cover & plates: Bihar School of Yoga
Activities 2019



GUIDELINES FOR SPIRITUAL LIFE

Concentration

Concentration increases by many means. These are just a few examples: by curtailing your wants and desires, by observing mouna for two hours daily, by remaining in seclusion in a quiet room for one or two hours daily, by practising pranayama, by prayer, by increasing the number of sittings in meditation in the evening and at night, by *vichara*, enquiry. A very important point to bear in mind is that perfect concentration is not achieved in just one day. You should never despair and give up your efforts. Do not worry yourself if the mind wanders. Be calm. Be patient.

—Swami Sivananda Saraswati

Published and printed by Swami Gyanbhikshu Saraswati on behalf of Bihar School of Yoga, Ganga Darshan, Fort, Munger – 811201, Bihar

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

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

YOGA

Year 9 Issue 3 • March 2020
(58th year of publication)



Contents

This issue of Yoga is dedicated to the activities of Bihar School of Yoga in 2019.

- 4 Path of Progression
- 6 Bihar School of Yoga Training
- 16 Prime Minister's Award
- 17 Bihar Yoga Bharati (BYB)
- 19 Yoga Propagation
- 40 Yoga Publications Trust (YPT)
- 43 Yoga Research Foundation (YRF)
- 44 Bal Yoga Mitra Mandal (BYMM)
- 46 Yoga Peeth Events

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 ॥

Path of Progression

Swami Niranjanananda Saraswati



In the mental dimension of yoga, the systems lead you to the state of meditation. Meditation is complete absorption in experience. When that meditation experience happens, that absorption, then you are ready for the spiritual aspect of yoga. Until now you only had to play with your mind. When *dhyana*, absorption, has happened, then you come to the spiritual dimension of yoga. By the time you come to *dhyana*, your mental attitude and awareness has become much more positive, your stressors have been managed much more efficiently and there is more peace and harmony.

You are more in control of your sensorial and mental behaviours. You are on a good path and spiritual realization becomes a living experience, not just fantasy or imagination.

According to Sri Swamiji, the goal of human life is to cultivate spiritual awareness, not God realization. That spiritual awareness is the awareness of the positives.

In the second chapter of the *Bhagavad Gita* (2:54), Arjuna asks Krishna, 'How does an enlightened being live in this world? What does he eat? What does he think? What does he drink? How does he live?' Krishna says to Arjuna, 'Just like you and me and everyone else. They may be enlightened, but as long as they are in this world they have to live according to the rules and laws of the world, the senses, the body, nature and everything. They will feel hungry. They will feel sleepy. They will feel everything that a normal human being experiences. The only difference is that they will be seeing the luminosity in everything, while others see darkness everywhere'.

It is a simple statement. The enlightened being will see luminosity everywhere, while all others see darkness everywhere. This luminosity can mean hope, positivity, optimism, inner strength.

The Progressive Yoga Vidya Training takes us from one experience of yoga to another to another to another. That is known as swadhyaya. The Upanishads define dharma stating that one of the pillars of *dharma*, the righteous living, is swadhyaya. *Swadhyaya* generally means self-study. The Upanishad further says, that yoga is swadhyaya, self-study. People think of self-study or study as reading books, scriptures, increasing the knowledge bank. Swadhyaya is knowing oneself and yoga is swadhyaya. Every practice of yoga, every step of yoga is swadhyaya. It allows you to discover a new side of yourself every time. From the upanishadic perspective, yoga is one component of dharma, as it allows you to realize yourself, discover another aspect, another side of yourself. Progressive yoga is exploring the sequence by which you can go through the sadhana defined by yoga.

– October 2019, *Progressive Yoga Vidya Training*,
Ganga Darshan

BIHAR SCHOOL OF YOGA TRAINING

Yoga Capsule – Respiratory

From 18th to 24th February, a yoga capsule for respiratory ailments was held at Ganga Darshan. Participants came from Bihar, Jharkhand and Madhya Pradesh. Sannyasis Aparokshananda and Vasundhara conducted the sessions.

Yoga Capsule – Arthritis & Rheumatism

From 18th to 24th February, a yoga capsule for arthritis and rheumatism was held at Ganga Darshan. Participants came from Bihar, Jharkhand, Madhya Pradesh and Maharashtra. Swami Kaivalyananda conducted the classes and he was assisted by Vijay Shukla.



Total Health Capsule

From 9th to 17th March, a yoga capsule for total health was held at Ganga Darshan. The participants came from Bihar, Chhattisgarh, Haryana, Jharkhand, Madhya Pradesh, Maharashtra, New Delhi, Odisha and Saudi Arabia. The sessions were conducted by Sannyasi Atmarpan who was assisted by Mouna Vilas and Devendra.



Yoga Capsule – Digestive

From 11th to 17th March, a yoga capsule for digestive ailments was held at Ganga Darshan. The participants came from Bihar, Chhattisgarh, Jharkhand, Maharashtra, New Delhi and West Bengal. The sessions were conducted by Swami Satyamurti who was assisted by Vijay Shukla.

Yoga Lifestyle Capsule

From 2nd to 6th April, a Yoga Lifestyle Capsule was conducted. Swami Niranjan spoke on the importance of a regular daily lifestyle. He said that to maintain positivity and to remain the witness, the *drashta*, throughout one's daily activities was the foundation of a yogic life. The participants came from Bihar, Chhattisgarh, Jharkhand, Maharashtra, New Delhi, Telangana and West Bengal. The practical sessions were conducted by Swami Kaivalyananda and Swami Prembhava.



Hatha Yoga Yatra 1 (Shatkarma Intensive)

From 22nd to 29th April, Hatha Yoga Yatra 1 (Shatkarma Intensive) training was conducted at Ganga Darshan. Swami Niranjan conducted the morning hatha yoga sessions and gave satsang on the origin and original purpose of hatha yoga. Swami Prembhava conducted the pratyahara sessions. The overseas participants came from Argentina, Brazil, Greece, Hungary, Ireland, Italy, New Zealand, Serbia, Singapore, Sweden, Thailand and the USA. National participants came from the states of Delhi, Karnataka, Maharashtra, Odisha and Tamil Nadu.





Hatha Yoga Yatra 2 (Asana and Pranayama Intensive)

From 22nd to 29th April, Hatha Yoga Yatra 1 (Asana and Pranayama Intensive) training was conducted at Ganga Darshan. Swami Niranjana conducted the morning hatha yoga sessions and in his satsangs developed the understanding of hatha yoga. Swami Prembhava conducted the pratyahara sessions. The overseas participants came from Bulgaria, the Czech Republic, Germany, Greece, Hungary, Israel, Italy and the UK. National participants came from the states of Delhi, Karnataka, Madhya Pradesh, Maharashtra, Tamil Nadu, Uttar Pradesh and West Bengal.



Hatha Yoga Yatra 3 (Mudras and Bandhas Intensive)

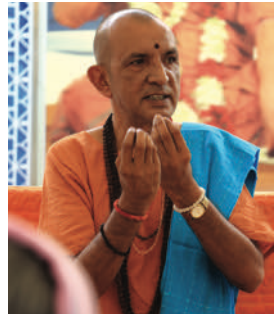
From 13th to 19th May, Hatha Yoga Yatra 3 (Mudras and Bandhas Intensive) training was conducted at Ganga Darshan. Swami Niranjana spoke on the purpose of mudras which is to become sensitive to pranic activity. Sannyasi Vijayashakti conducted the pratyahara sessions. The overseas participants came from Bulgaria and Italy. National participants came from the states of Bihar and Maharashtra.



Hatha Yoga Yatra 4 (Sanyam Intensive)

From 13th to 19th May, Hatha Yoga Yatra 4 (Sanyam Intensive) training was conducted at Ganga Darshan. In his

satsangs Swami Niranjan developed the concept of hatha yoga pratyahara and its relation to prana and the pranamaya kosha. Swami Ratnashakti conducted the hatha yoga and pratyahara sessions. The participants came from Bulgaria, Ireland, Spain and Sri Lanka, and from the Indian state of Gujarat.



Yoga Lifestyle Capsule

From 2nd to 6th June, the Yoga Lifestyle Capsule was held at Ganga Darshan. In his satsangs Swamiji elaborated on four key aspects of yogic lifestyle: *swasthya*, health, *sanyam*, mental restraint, *sad-bhavana*, positive emotions, and *seva*, creative expression for the upliftment of one's self and others.



The participants came from the Indian states of Bihar, Chhattisgarh, Delhi, Gujarat, Jharkhand, Karnataka, Madhya Pradesh, Maharashtra, Rajasthan, Sikkim and Uttar Pradesh.



Swami Kaivalyananda conducted the hatha yoga session and Swami Shiva-dhyanam the raja yoga session. Sannyasi Amargeet led the chanting of stotras.

Raja Yoga Yatra 1

From 16th to 22nd August, Raja Yoga Yatra 1 (Asana Pranayama Intensive) was conducted at Ganga Darshan.

Participants came from the Indian states of Karnataka, Maharashtra, Tamil Nadu, Uttarkhand and West Bengal. Overseas participants came from





Bulgaria, the Czech Republic, France, Germany, Greece, Italy, New Zealand, Poland, Spain, Sweden, the UK, Uruguay and the USA.

Teachers were Swamis Amritbindu, Prembhava and Ratnashakti.

Raja Yoga Yatra 2

From 16th to 22nd August, Raja Yoga Yatra 2 (Pratyahara Intensive) was conducted at Ganga Darshan.

Participants came from the Indian states of Bihar, Delhi, Haryana, Maharashtra, Tamil Nadu and West Bengal. Overseas participants came from Argentina, Australia, Bulgaria, Chile, Greece, Italy, Japan, the Netherlands, Spain and the USA.



Teachers were Swami Shivadhyanam and Sannyasi Vijayashakti.

Swamiji spoke on the importance of pratyahara as the core of raja yoga. He also emphasized that hatha yoga was the base and preparation for raja yoga. To derive the full benefit of every yoga sadhana the correct sequence is necessary.



Raja Yoga Yatra 3

From 23rd to 29th August, Raja Yoga Yatra 3 (Practical Pratyahara) was conducted at Ganga Darshan.

Participants came from the Indian state of Maharashtra. Overseas participants came from Brazil, Bulgaria, Colombia, Lebanon, Spain and the USA.



Teachers were Swami Ratnashakti and Sannyasi Vijayahakti.

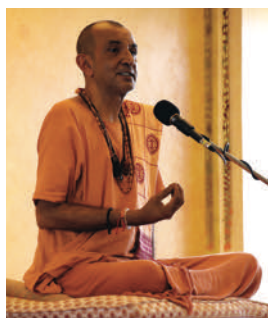
Raja Yoga Yatra 4

From 23rd to 29th August, Raja Yoga Yatra 4 (Chitta and Prana Pratyahara) was conducted at Ganga Darshan.

Participants came from the Indian states of Delhi, Gujarat, Maharashtra and Tamil Nadu. Overseas participants came from Ireland, Serbia, Sri Lanka and Sweden.

Teachers were Swamis Amritbindu, Prembhava, Ratnashakti and Yogatirtha.

Swamiji explained the differences between the classical raja yoga and the raja yoga of Patanjali. In the practical sessions of pratyahara, the experience of mind and prana was developed.



Jamshedpur group

From 19th to 23rd August, Sannyasi Saumya Yantra of Jamshedpur led a group of vision-impaired men to Ganga Darshan. Swami Tyagraj conducted the yoga sessions during their stay.

Progressive Yoga Vidya Trainings 1 & 2

From 1st to 30th October, the Progressive Yoga Vidya Trainings were conducted at Ganga Darshan under the direct guidance and inspiration of Swami Niranjanananda.

Participants of PYVT 1 hailed from 17 countries including Argentina, Australia, Austria, Belgium, Bulgaria,





Colombia, Greece, Ireland, Italy, Lithuania, Mauritius, Mexico, Nepal, Netherlands, New Zealand, Uruguay and USA. National participants came from 10 states: Chhattisgarh, Delhi, Gujarat, Jharkhand, Karnataka, Madhya Pradesh, Maharashtra, Odisha, Punjab and West Bengal. Swami Anandananda, Swami Ratnashakti and Sannyasi Vijayashakti assisted Swamiji in the teaching.

Participants of PYVT 2 came from Argentina, Australia, Brazil, Bulgaria, Colombia, Croatia, Finland, Germany, Greece, Hungary, Iraq, Ireland, Italy, Netherlands, New Zealand, Peru, Romania, Russia, Serbia, Sri Lanka, Sweden, Switzerland, UK, Uruguay and the USA. Participants from the Indian states of



Gujarat, Karnataka, Madhya Pradesh and Tamil Nadu attended. Besides Swamiji, Swami Vedantananda, Swami Sivadhanam, Swami Ratnashakti and Swami Yogatirtha conducted the yoga sessions.

In his classes and satsangs, Swamiji took the participants on a journey into a new yogic understanding. He explained the physical, pranic and mental dimensions of yoga vidya. The seven bhumikas of hatha yoga, the five stages of pranic experience and the role of pratyahara in sadhana came alive. Swamiji also introduced the concept of the sense-mind, which relates to the world through the senses. He emphasized the necessity of following the prescribed sequence to experience the depth of yoga. The detailed and clear exploration left everyone spellbound by the vastness and completeness of yoga vidya, which is not merely theoretical but applicable through sadhana and yogic lifestyle.

Kriya Yoga Yatra 1

From 4th to 10th November, Kriya Yoga Yatra 1 was conducted at Ganga Darshan. The overseas participants came from Colombia, Italy, Netherlands, Romania, Spain, Sri Lanka, Sweden and the USA, national participants from the states of Delhi, Karnataka and Rajasthan. All sessions were conducted by Swami Anandananda who was assisted by Swami Yogatirtha.





Kriya Yoga Yatra 2

From 4th to 10th November, Kriya Yoga Yatra 2 was conducted at Ganga Darshan. The overseas participants came from Israel, Romania and the USA, national participants from the states of Bihar, Karnataka and Maharashtra. All sessions were conducted by Swami Vedantananda who was assisted by Swami Ratnashakti.



Kriya Yoga Yatra 3

From 11th to 17th November, Kriya Yoga Yatra 3 was conducted at Ganga Darshan.

The overseas participants came from Argentina, Bulgaria, Colombia, Israel, Lithuania, Netherlands, Peru and Spain, the national participants came from the state of Maharashtra.

All sessions were conducted by Swami Yogakanti, Swami Anandananda and Sannyasi Vijayashakti.

IMPRESSIONS OF PROGRESSIVE YOGA VIDYA TRAINING 1

Swamiji has a way of presenting the truth and the reality both. The PVYT I was a revelation, really a wake-up call for me!

I realized all these years I have been splashing in the shallow end, hesitating, procrastinating doing the odd lazy superficial stroke. I am still at square one: breathe long and deep, remain awake during yoga nidra.

The second chapter is up close and personal. Enough lengthy detours with the six companions and playing hide and seek with raga and dwesha. Time to befriend the yamas and niyamas.

Time to review my SWAN and develop myself.

Time to put in sincere and sustained daily effort and practice, to live a meaningful, helpful and positive life on this Earth.

Time to deepen the awareness, to grasp the bigger picture and experience something more subtle. The Guru's time, knowledge and experience are very precious.

—Swami Amritsagar, Greece

In each satsang, in each class, Guruji appeared to us as Lord Krishna unfolding the *Bhagavad Gita* for the Kali Yuga in which we are living. He unfolded yoga vidya not as physical, mental and spiritual practice for self-realization, but as a practical, divine and supreme science which can provide the compass for each of us to understand ourselves, improve ourselves and stay on the positive, beautiful and auspicious side of life – Satyam Sivam Sundaram.



He exploded the myths surrounding the theories and practices of yoga in today's world, and expounded the meaning of the yoga chakra which hinges on the six spokes of hatha, raja, kriya, karma, bhakti, jnana yoga. He gave clear directions on how to practise yamas, niyamas, asanas, pranayama, pratyahara and dharma so that we may aspire to one day reach the state of dhyana and samadhi. He led us theoretically, practically and experientially on a journey from annamaya to pranamaya, manomaya, vijnanamaya and ananadamaya kosha.

A stern, direct and uncompromising Guru, Swami Niranjananandaji gave us a stark warning against the misuse of this yoga vidya, which is the highest vidya. Also a loving and compassionate human being, he interacted with us as a mother would to protect her children with the wish that they rise towards light.

We leave Munger inspired and motivated with the glimmer of hope that one day, through sincere, humble, dedicated and serious practice, we may become eligible to reside at his lotus feet.

Today, as fourth generation Biharis living in Mauritius, we feel that we have come full circle, returning not only to the land of our ancestors but also to the spiritual home of our souls

—Hethal and Ajit Mohan, Mauritius

PRIME MINISTER'S AWARD



On 21st of June 2019, Bihar School of Yoga was selected for the Prime Minister's Award for Outstanding Contribution for Promotion and Development of Yoga, in the national institution category. On 30th August the award was presented to the Bihar School of Yoga by the Honourable Prime Minister of India at Vigyan Bhavan, New Delhi.

2019 ACTIVITIES REPORT COURTESY OF BIHAR YOGA BHARATI



Yoga Training (one month)

From 1st to 30th March, the one-month Yoga Training (Hindi) was conducted at Ganga Darshan. It was the first training of its kind, which presented the yoga chakra and yoga lifestyle to the students, introducing them to the second chapter of yoga. The participants came from Bihar, Madhya Pradesh, Maharashtra, Odisha, Rajasthan, Uttar Pradesh and the USA.

The age group ranged from 22 to 62 years. Swami Tyagraj and Swami Shivadhyanam conducted all the sessions.





Yogic Studies, 4 months (Hindi)

The 4-month Yogic Studies (Hindi) was conducted from 31st January to 26th May. The age range was from 18 to 60 years, and 25 females and 38 males participated in the course. They came from the Indian states of Bihar, Gujarat, Haryana, Jharkhand, Madhya Pradesh, Maharashtra, New Delhi, Odisha, Rajasthan, Uttar Pradesh and West Bengal.

Teachers were Swamis Mantra-pushpam, Shashwatananda, Shiva-dhyanam, Shraddhamati, Tyagraj and Soumyashakti.



Yogic Studies, 3 months (English)

The 3-month Yogic Studies (English) was conducted from 1st November 2019 to 25th January 2020. The overseas students came from France, Germany, Israel, Kazakhstan, Lithuania, New Zealand, Romania, Russia, South Korea and Turkey, and the Indian students from the states of Andhra Pradesh, Bihar, Gujarat, Haryana, Jharkhand, Karnataka, Kerala, Madhya Pradesh, Maharashtra, New Delhi, Rajasthan, Uttar Pradesh and West Bengal.

Teachers were Swamis Amritbindu, Krishnapriya, Maitreyi, Shivadhanam and Yogatirtha, and Sannyasi Vijayashakti.



YOGA PROPAGATION

NATIONAL

Bihar

From 24th to 30th December 2018, a yoga camp was organized at Sri Arvind Society, Dehri on Sone. The camp was attended by 55 men and 45 women, all classes were conducted by Swami Atmabhishek.



On 2nd January, Satyananda Yoga Sadhana Kendra, Bariarpur, celebrated its Foundation Day. In 1983, Sri Swami Satyananda founded the Kendra which was officially inaugurated by Swami Niranjan in 2001. The program was attended by 200 men and 300 women. Swami Kaivalyananda gave a meditation practice to end the function.



On 3rd April, Swamiji inaugurated a National Seminar on 'Future India: Science and Technology' jointly organized by Indian Science Congress Association (Patna Chapter) and Munger University as part of the university's first anniversary celebrations. In his address





to the assembled scientists, faculty members and students, Swamiji said that he had great expectations of the newly established Munger University and felt that its motto should be: *Nasti jnanaat paro bandhu* – ‘There is no greater friend than jnana’. Swamiji said that along with scientific education, students should imbibe positive samskaras as well so that their education flowers into true knowledge and wisdom.

In February and March, two two-week shivirs were organized at Naga Baba Thakurbari, Rajendranagar, Patna, by Satyananda Yoga Kendra, Patna. Also the following three-day shivirs were conducted: from 18th to 20th February, at Eco Park for 50 participants; from 10th to 12th March, at Shivaji Park, Kankarbag, for 120 participants; from 21st to 23rd April, at Hardinge Park for 130 participants; from 22nd to 26th May, at Kumrhar Archaeological Park for 220 participants; from 27th to 31st May, at Energy Park. Teachers at these shivirs were Raj Kumar Bansal and Gopal Mishra who were assisted by Divya, Roshan and Mahadev.

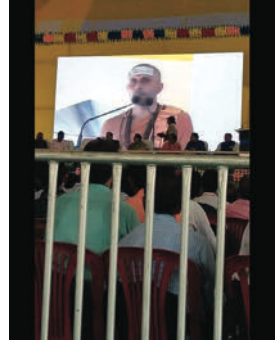




From 23rd to 26th April, two daily yoga sessions were conducted at the Notre Dame Academy, Munger. One class was for 150 students of Standard IX and the second class was for 150 students of Standard X. Swami Krishnapriya conducted the sessions, assisted by Sannyasi Atmarpan. Children of Bal Yoga Mitra Mandal were the demonstrators of yogasana.

Swami Niranananda Yoga Kendra, Jamui, organized yoga shivirs from 4th to 6th May at Ma Netula Mandir, from 7th to 9th May at Mahavir Jain Mandir and from 12th to 14th May at HNN Memorial School, Jamui.

On 21st August, Swami Shivadhyanam attended a National Seminar on 'Yoga, Science and Innovation' organized by Munger University. In his address to the assembled scientists, faculty members and students, Swami Shivadhyanam spoke on the synergy between yoga and science and how the two are complementary to each other.



On 17th November, Swami Niranananda was the chief guest at the Acharya Laxmikant Mishra National Awards ceremony organized at Nagar Bhavan in Munger. Speaking on the occasion, he recounted how Acharya Laxmikant Mishra had been a positive influence on him since childhood and was like a literary guru to him. Swamiji described the

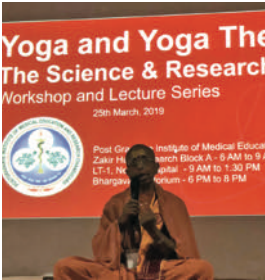




purpose of journalism as disseminating information which helps in the development of the individual, society and nation, and exhorted journalists to live up to the great responsibility placed on their shoulders by society.



In November, the Satyananda Yoga Kendra, Patna, organized three five-day shivirs in different public parks in the city. The sessions were taught by Rajmani, Rajiv, Jitendra, Shubra and Girija with support from D.K. Srivastava. Shashi Bhushan Verma and other office bearers of SYK, Patna, spoke on the Satyananda Yoga tradition, yama-niyamas and yogic lifestyle.



Chandigarh

On 25th March, the Postgraduate Institute of Medicine and Research organized a yoga program with the aim to generate interest for yoga and yoga therapy. Over 400 people attended the function. Swami Nirmalananda spoke on pranayama, pratyahara and dharana.



On 26th March, she conducted a meditation session at the local government yoga college. The students were overwhelmed by the practices of Bihar School of Yoga.



From 12th to 16th April, a five-day camp on 'Health and Stress Management through Yoga and Meditation' was organized by Yoga Mitra Mandal, Chandigarh. Swami Gorakhnath conducted the morning and evening sessions.

On 8th September, the Yoga Mitra Mandal Chandigarh organized a birthday celebration for Swami Sivananda at Banga Bhavan, Sector 35. With the satsang of Swami Nirgunananda, havan, kirtan and guru prasad the devotees remembered and honoured Swami Sivananda.

Chhattisgarh

From 20th to 22nd May, a yogic stress management workshop was organized jointly by Bhilai Steel Plant and Gyandarshan Yogashram, Bhilai, for approximately 40 officers and employees of the Bhilai Steel Plant. The sessions were conducted by Sannyasi Prashantmurti.



From 19th to 21st June, two yoga shivirs were organized by Satyananda Yoga Mitra Mandal, Bilaspur. The first one was held at the Triveni Institute of Dental Sciences for over 160 female dental students, and the second one at Bhartiya Sindhu Sabha Mahila Wing for over 60 ladies and girls. Classes were conducted by Sannyasi Satyapriya.



From 16th to 22nd October, a yoga shivir was organized at Satyam Om Yoga





Vidyalaya, Bilaspur, which was attended by over 130 participants. On 21st October, a yoga program was conducted at Saraswati Higher Secondary School for over 350 students of Classes XI and XII. The sessions were conducted by Swami Harishraddhananda of Sivananda Darshan Yoga Ashram, Satna.

Delhi

From 3rd to 9th June, SPICMACAY organized a yoga shivir at the Jawaharlal Nehru University, Delhi. Students from 20 states of India participated. Besides the morning session of three hours, there was a second mid-morning three-hour session of intensive practice. In the afternoon a yoga nidra session was held. Swami Tyagraj conducted all the sessions; he was assisted by Kunal of Yuva Yoga Mitra Mandal.

Gujarat

From 18th to 20th January, a Know Yourself Yogotsav Bharat Yoga Yatra 2019 was conducted at the Sardar Patel Memorial, Karamsad, Anand. The shivir was attended by over 100 participants and all sessions were conducted by Swamis Kaivalyananda, Nirmalananda and Shivarajananda.

On 18th January, a morning session was conducted at the SV Patel Industrial Institute Pvt. Ltd, Anand, for 300 students and teaching staff. In the afternoon, a class was held at GMM Pfandler Ltd. for 60 staff members.



On 19th January, a morning class was held at the Smt. Chanchalba Jethabhai Patel English Medium School, Anand, for students of classes XI and XII and staff members. In the afternoon, a class was conducted at the Charotar Gas Sahakari Mandali Ltd., Anand, for staff and officers.

મહિનગર | યોગ જ્ઞાન સત્રનું આયોજન કરાયું



From 23rd to 25th January, a shivir was conducted at the Gujarat Vidya Peeth, Ahmedabad, for Certificate, Diploma and Postgraduate students of the Yoga Department.

On 29th January, an afternoon session was conducted at the Ram Krishna Seva Samiti which was attended by over 200 participants.

From 1st to 3rd February, a Know Yourself Yogotsav Bharat Yoga Yatra 2019 was conducted at the Gujarat Vidyapeeth Sports Complex, Ahmedabad. It was jointly organized by the citizens of Ahmedabad, Gujarat Vidyapeeth, Bihar School of Yoga, Bihar Yoga Bharati, Munger, and Satyananda Yogdarshan Peeth, Tryambakeshwar, Nashik. The shivir was attended by over 170 participants and all sessions were conducted by Swamis Kaivalyananda, Nirmalananda and Shivarajananda.

Haryana

From 19th to 28th February, a shivir was held at the Central Jail, Ambala. It was organized by the Haryana Jail Administration. 120 jail inmates and some members of the staff attended the morning and afternoon sessions which were conducted by Swami Tyagraj, assisted by Kunal of Yuva Yoga Mitra Mandal.





On 1st March, the Government College of Yoga Education and Health, Chandigarh, organized a lecture on 'Yoga Lifestyle'. The talk given by Swami Tyagraj was attended by 150 students, lecturers and the general public.

Jharkhand



From 8th to 10th March, a Know Yourself Yogotsav Bharat Yoga Yatra 2019 was jointly organized by the citizens of Dhanbad, Ananda Yogadhara, Bihar School of Yoga and Bihar Yoga Bharati, Munger, at the Golf Ground in Dhanbad. The public program was attended by over 1,500 participants in the morning and evening sessions. Swami Kaivalyananda and Swami Shivarajananda conducted all the practices.



Prior to the Yogotsav, various programs were conducted in and around Dhanbad: 21st February – Ananda Mangal & Nayi Disha, a local ladies' organization; 22nd February – Income Tax Office; 23rd February – Rajkamal Saraswati Vidya Mandir, for teachers and trustees; 26th February – IIT-ISM Engineering College, for professors and students; 27th February – Delhi Public School, for teachers; 1st March – for chartered accountants and IT advocates; 2nd March – Marwari Mahila Samiti; 3rd March – Bharat Vikash Parishad, Joraphatak Gurudwara and at the Ekal Pracharak, which promotes the single-teacher concept for each school











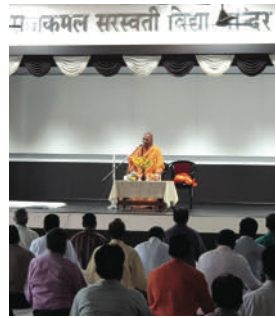
in remote villages; 5th March – SBI Administrative Office, for senior bank employees; 8th March – Central Mining & Fuel Research Institute; 9th March – Asarfi Hospital, for doctors and nurses.

From 22nd to 28th June, a Yoga Health and Sadhana shivir was organized at the local Golmuri Club by Satyananda Yoga Kendra, Jamshedpur, which was attended by over 200 people. Swami Gorakhnath conducted all the classes.

On the evening of 21st June, Swami Gorakhnath conducted a program for over 300 police personnel.

On 27th June, he gave a talk on yogic lifestyle to 70 officers and supervisors of Tata Steel.

He also conducted satsang sessions on 23rd and 28th June in which over 120 local devotees participated.



Madhya Pradesh and Rajasthan

From 19th to 21st September, Swami Niranjanananda visited Jabalpur. On 19th and 20th, he gave evening satsang at Saketdham Ashram, which was attended by over 500 devotees. On 21st, besides visiting the local Satyananda Yoga Kendra, he addressed over 1,500 people at Manasa Bhavan, informing them about his lifestyle and activities from 2009 to 2019, including the Second Chapter of Bihar School of Yoga and the launching of Sannyasa Peeth.

From 22nd to 25th September, Swamiji was in Sagar at the invitation



कामना का सकारात्मक रूप धर्म और नकारात्मक रूप अधर्म: स्वामी निरंजनानंद





of Swami Dhyaneswar to attend the golden jubilee celebrations of Yoga Niketan Yoga Prashikshan Sansthan, Sagar. This yoga training institute had been inaugurated fifty years ago by Sri Swami Satyananda himself, and has been run by Swami Dhyaneswar ever since. From 23rd to 25th, Swamiji gave satsang in the morning and evening and guided practical yoga sessions at Adarsh Garden for over 250 aspirants. On 23rd afternoon, he addressed students and faculty of the local Degree College. On 24th, he was invited by the yoga department of Hari Singh Gaur University, where he addressed an audience of 1,500, and later that day he spoke to over 600 students and faculty of Swami Vivekananda University.

From 26th to 28th September, Swamiji visited Kota, Rajasthan. During his stay, he gave satsang to the officers and employees of the local DCM Shriram Rayon factory and the students and teachers of DCM Sriram Bansidhar School on many occasions. On 28th morning, he addressed more than 300 people at the Om Kothari Bhawan College, and in the evening he spoke to more than 2,500 people at the Allen Career Institute, inspiring them to adopt yoga as a lifestyle.

From 15th to 20th September, Satyananda Yoga Kendra, Jabalpur, organized a yoga sadhana shivir. More than 300 participants attended the

morning and evening sessions. Swami Gorakhnath conducted all the sessions.

Maharashtra

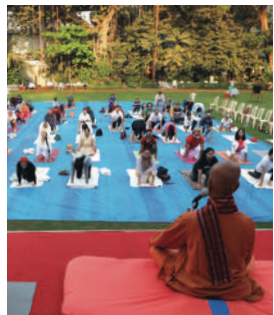
On 25th December 2018, the Shri Ambika Yoga Kutir, Thane, founded by hatha yogi Nikam Guruji, organized a one-day workshop for cancer patients. Over 70 patients and 150 yoga teachers working in the field of cancer treatment attended. Swami Nirmalananda gave the practices of yoga nidra and ajapa japa, and spoke on the importance of awareness.

From 27th to 30th December 2018, Kaivalyadham, Lonavla, organized its 9th International Conference. Swami Nirmalananda conducted a workshop on spirituality and therapy.

From 18th to 23rd February, a yoga shivir was conducted at the CCI Mumbai for the sixth consecutive year. Of the 120 participants, half were club members and half were guests. Swami Vigyanchaitanya conducted the morning and evening sessions. Swami Nirmalananda and Sannyasi Mantrashakti helped with the organization.

From 25th to 30th March, Adani Power Maharashtra Limited organized a yoga camp at Shantigram Township, Tiroda. Over 130 employees and family members attended the various sessions.

In addition to the yoga camp for families, sessions were conducted for agency staff, medical trainees and workers who learnt about the basics of





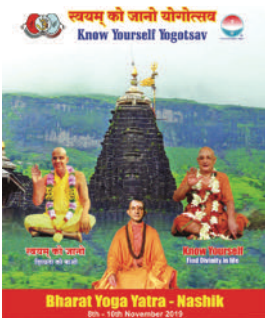
yoga and the importance of yoga in their day-to-day busy life schedule. Swami Gorakhnath conducted all the sessions.

From 1st to 6th April, Yoga Mitra Mandal, Gondia, organized a yoga shivir which was attended by over 250 citizens of Gondia. Swami Gorakhnath conducted the morning and evening sessions.



During his stay in Gondia, Swami Gorakhnath also spoke to about 50 employees of Janata Cooperative Bank on stress management through yoga, and to about 100 students preparing for competition examinations at Sharada Vachanalaya.

From 8th to 10th November, the Know Yourself Yogotsav was organized at Thakkar Dom, Nashik, by the citizens of Nashik. Swami Shivarajananda and Swami Kaivalyananda conducted the morning and evening sessions which were attended by over 800 participants.



Prior to the Yogotsav, Swami Shivarajananda conducted yoga sessions, on: 3rd November, morning, at the Shri Adi Yoga Mahavidyalaya, Nashik, for over 90 students, teachers and organizers. The topic was the practice of yoga nidra; 3rd November, afternoon, at the Yashwant Rao Chauhan University, Nashik, for 80 students of Mass Media studies. The topic was mind management; 4th November, evening, at the Udasin Akhara Gurugangeshwar Dham, Nashik, for 60 sannyasins and





devotees. The topic was yoga and meditation; 5th November, morning, at the Sandeep Foundation University, Nashik, for over 1,200 students, lecturers and professors. The topic was mind management; 7th November, evening, at the Nashik Industrial Corporate Ltd. (NICE) and the Indian Society for Development and Training (ISTD). Over 75 industrialists attended the session which was on mind management and spiritual yoga.

Tamil Nadu

From 1st to 31st May, a one-month long shivir was organized at the Sri Ramakrishna Math, Mylapore, Chennai, for over 220 children in the age group 8 to 14 years. Sannyasi Shiva Rishi and a group of sevaks of Satyananda Yoga Centre, Chennai, conducted all the sessions.

Uttar Pradesh

On 14th April, a session of Satyananda Yoga was organized by Sannyasi Guru-premananda at the Shakti Club, Lucknow. The participants were yoga teachers of other yoga traditions and were introduced to the Satyananda Yoga system. They requested more such sessions.



From 17th to 19th May, a three-day yoga shivir was organized at Sikandar Nagla village of Bijnaur district. More than 100 people participated in the morning and evening sessions.



On 18th May, a program was also conducted in the morning at the local S.P.S. Public School for students, and in the evening Mahamrityunjaya havan was conducted. Swami Harishraddhananda from Shivananda Darshan Yoga Ashram, Satna, conducted all the sessions.



From 29th to 31st August, at the request of the villagers of Sikandar Nagla, district Bijnaur, a second yoga shivir was organized this year. More than 100 villagers participated in the morning and evening sessions. Yoga sessions were also conducted for students of a local college in the neighbouring village of Manpur, which were attended by over 700 students. All sessions were conducted by Swami Harishraddhananda of Sivananda Darshan Yoga Ashram, Satna.



West Bengal

From 20th to 22nd September, a Know Yourself Yogotsav was organized by the citizens of Siliguri at the Siliguri Indoor Stadium. The two daily sessions were conducted by Swami Shivarajananda and Swami Kaivalyananda. More than 700 people attended these sessions.



Prior to the Yogotsav, Swami Shivarajananda conducted yoga sessions for members of the local Lion's Club, soldiers and officers of the Border Security Force, and members of Surendra Institute of Engineering and Management.

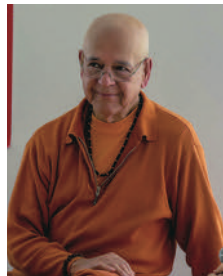
INTERNATIONAL

Fourth South-American Gathering – Argentina



From 29th March to 2nd April 2019, the Satyananda Yoga family of South America conducted the 4th Satyananda Yoga South American gathering in Mendoza, Argentina. The gathering was initiated by the South American Satyananda Yoga Academy in Bogotá, Colombia, and organized by the local Satyananda schools in Argentina, by Yogamudra in Mendoza and Sannyasi Sankalpa in Buenos Aires. The event was attended by 108 participants.

The themes for the gathering this year were: Yoga – finding a purpose in life and Deepening practice and sadhana. For the first time, Swami Ekananda from Chile was present and shared his experiences and knowledge. The theory sessions were conducted by Swami Maitreyi and the practices by Sannyasis Janardan, Uruguay, Atmatirth, Brazil, Sankalpa and Yogamudra, Argentina. They also shared their experiences and activities from their countries.





Mauritius

From 4th to 12th May, a Know Yourself Yogotsav was jointly organized by Indira Gandhi Centre for Indian Culture, Tamarind Leaf Yoga Centre, Ramayana Centre and Hindu House in Mauritius. In preparation, on 21st April and 1st May, sessions were conducted at the Arya Samaj Mandir in Plaine Magnien for over 100 people, and on 28th at the Arya Samaj Mandir in Quatre Bornes which was attended by 50 people.



The Yogotsav was held at various venues: 4th to 5th May, at the Ramayana Centre, Union Park for 80 participants; 10th to 11th May, at the Indira Gandhi Centre for Indian Culture for 125 participants; 11th May, at the Town Hall of the Municipal Council of Quatre Bornes; 12th May, at the Hindu House in Casis Port Louis, and 6th May, a special talk was given to teachers and staff at the Arya Vaidic school for children with special needs, Rose Belly. Swami Shivarajananda and Swami Kaivalyananda conducted all the sessions.



South America

In May and June 2019, Swami Prembhava travelled to South America to conduct a series of seminars on Janani – Yoga Ecology and Lifestyle.



From 24th to 26th May, the seminar was held in Villa De Leyva, a small town two hours from the city of Bogota. 36 people attended the weekend seminar

'Food is Prana'. The seminar emphasized the importance of food in yogic lifestyle.

On 23rd May and 28th May, mantras and kirtan were chanted in the Satyananda Yoga Centre in Bogota.

On 30th May, Swami Prembhava travelled to Argentina and conducted a chanting and kirtan session in the yoga centre in Buenos Aires.

From 31st May to 2nd June, a seminar was conducted at a beautiful location out of the city which was attended by 60 people. The seminar was an 'Introduction to Prakriti', and people practised Jyoti and Ashwattha Aradhana, havan, kirtan and lived a yogic life for the weekend.

On 7th until 9th June, another 'Food is Prana' seminar was conducted. 100 people attended the program in Piriopolis, a town two hours from Montevideo, Uruguay. People were given sacred trees as prasad, cooked khichari, and connected to nature through yogic sadhana and lifestyle.

On 10th June, a small Mahamritunjaya havan and kirtan was conducted at the Satyananda Yoga Centre in Montevideo.

On 13th June, Swami Prembhava concluded the South American tour in Casa De Guru in Brazil. The 'Introduction to Prakriti' weekend seminar was attended by 60 people. The natural environment was perfect for the practices of yoga ecology and Casa De Guru is already a vital centre maintaining the essence of yogic lifestyle.



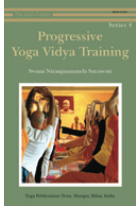
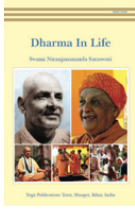
2019 ACTIVITIES REPORT COURTESY OF YOGA PUBLICATIONS TRUST (YPT)

BOOKS:

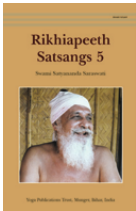
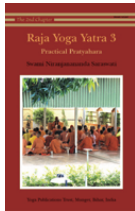
By the end of 2018, one hundred and eighty-eight books and 65 booklets were in print in English, eighty-four books and 20 booklets in Hindi and four books in Hindi-English. In 2019, eight new books and one new booklet were added in English and three books were reprinted. In Hindi, two booklets were added as new titles, and two books and two booklets were reprinted.

The *Satyam Yoga Prasad* website now offers close to 300 titles from the First and Second Chapter of Yoga in multiple languages online as guru prasad.

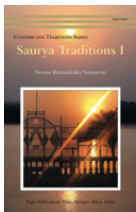
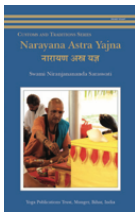
New English books printed in 2019



- *Dharma in Life*,
Swami Niranjanananda Saraswati
- *Progressive Yoga Vidya Training Satsangs 2016*,
Swami Niranjanananda Saraswati
- *Progressive Yoga Vidya Training, Series 4*,



- Swami Niranjanananda Saraswati
- *Raja Yoga Yatra 3: Practical Pratyahara*,
Swami Niranjanananda Saraswati
- *Rikhiapeeth Satsangs 5*,
Swami Satyananda Saraswati

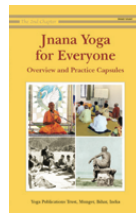
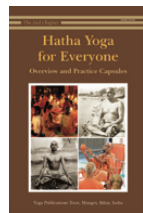
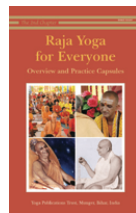


Customs and Traditions Series:

- *Narayana Astra Yajna*,
Swami Niranjanananda Saraswati
- *Saurya Traditions 1*,
Swami Ratnashakti Saraswati

Yoga for Everyone Series:

- *Raja Yoga for Everyone*
- *Hatha Yoga for Everyone*
- *Jnana Yoga for Everyone*

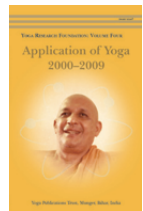
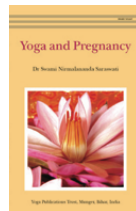
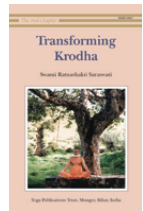


Yoga Ecology and Lifestyle Series:

- *Janani: Holistic Yogic Lifestyle, Swami Prembhava Saraswati*

Other titles:

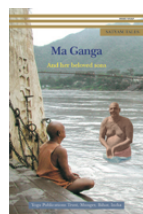
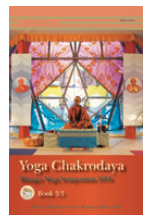
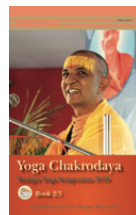
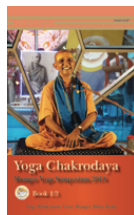
- *Transforming Krodha, Swami Ratnashakti Saraswati*
- *Yoga and Pregnancy, Dr Swami Nirmalananda Saraswati*
- *YRF Volume 4: Yoga Applications 2000–2007*
- *Yoga Chakrodaya: Munger Yoga Symposium 2018, (Books 1–3)*

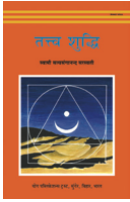


New English booklets printed in 2019

Satyam Tales:

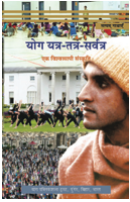
- *Yoga Everywhere, World culture indeed*
- *Ma Ganga, and her beloved sons*
- *Holidays in Munger, a true homecoming*





New Hindi books printed in 2019

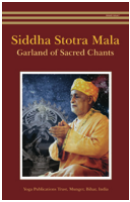
- *Tattwa Shuddhi*,
- Swami Satyasangananda Saraswati
- *Ramacharitamansa, Balkand 1*,
- Avalokiteshwara



New Hindi booklets printed in 2019

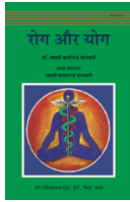
Satyam Tales:

- *Yoga yatra-tatra-sarvatra*



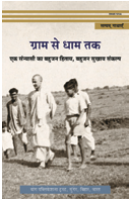
English books reprinted in 2019

- *Siddha Stotra Mala: Garland of Sacred Chants (new edtion)*



Hindi books reprinted in 2019

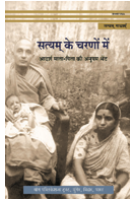
- *Roga aur Yoga*, Swami Shankardevananda Saraswati



Hindi booklets reprinted in 2019

Satyam Tales:

- *Gram se Dham Tak*
- *Rishi ki Prashasti*
- *Rishi ki Punarapi Prashasti*
- *Satyam ke Charanon Me*
- *Unmukt Gagan ka Panchhi*
- *Yoga Nagari Munger*

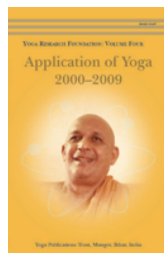
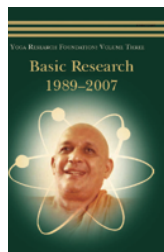
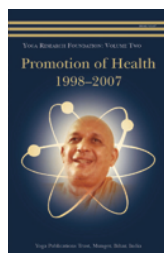
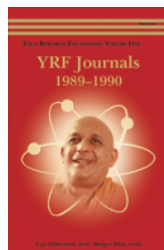


2019 ACTIVITIES REPORT COURTESY OF YOGA RESEARCH FOUNDATION (YRF)

The new collaboration with Charutar Arogya Mandal (CAM), Karamsad, Gujarat gained momentum in the first half of 2019. Swami Nirmalananda and Sannyasi Vasundhara visited Charutar Arogya Mandal from 27th until 31st May, with the purpose of bringing about further clarity in the conceptual and operational aspects of the proposed study. Taking forward the pilot study that was run in September 2018, a trial run was conducted on Swami Nirmalananda and Sannyasi Vasundhara, as more experienced practitioners of yogic practices. The results of the pilot study have raised several questions which require resolution before the project can be taken forward. Both Charutar Arogya Mandal and YRF are committed to the project and are jointly working towards solutions for a fruitful outcome.

Publications

In 2015, a joint project between Yoga Publications Trust and Yoga Research Foundation was undertaken, to publish all research that has been conducted by YRF in its over thirty years of establishment. The fourth volume in this set of books called 'Applications of Yoga' was released in 2019 and concentrates on research conducted between the period of 2000 and 2009.



2019 ACTIVITIES REPORT COURTESY OF BAL YOGA MITRA MANDAL (BYMM)



Bal Yoga Diwas

On 14 February, the Bal Yoga Diwas, the children's yoga day, was celebrated with great joy at Paduka Darshan where over 1000 children and their parents had gathered for the occasion.

With kirtan, dance, yogasana and karate performance the children told the story of the movement's 24 years of existence. The expressions of their skills, talents and natural self-confidence were a wonderful experience for the spectators to watch and listen to.

Six-year-old Prasiddhi from Chennai also gave a beautiful speech on yoga ecology and asked everyone to take the pledge to plant trees and protect nature.

In his message Swami Niranjan said that while the world celebrates this day as Valentine's Day, the children of BYMM celebrate it as Bal Yoga Diwas, as it is through yoga that one can imbibe the teaching of true love. He exhorted parents to impart positive samskaras to their children, so that they may become ideal citizens of the nation.



Yoga training

From 10th to 13th June, a yoga training program was conducted for the children of Bal Yoga Mitra Mandal at Paduka Darshan. The sessions were conducted by Swamiji. He was assisted by sannyasi Amargeet and senior BYMM members.



International Day of Yoga

On the fifth International Day of Yoga, the children of Bal Yoga Mitra Mandal were to be seen throughout the town of Munger. As yoga instructors, demonstrators, organizers and enthusiastic participants they joined the many yoga sessions conducted in and around the 'City of Yoga'.



Rajasthan

From 26th to 28th September, during Swamiji's program in Kota, Sannyasi Amargeet and four members of BYMM, Garima, Pritam, Shivani and Srikant, conducted various yoga sessions. At the DCM Sriram Bansidhar School morning APMB, yoga games and yoga nidra sessions were held for over 900 students. A yoga nidra class was conducted for 50 teachers and a special session for over 300 ladies.



YOGA PEETH EVENTS



Basant Panchami

From 7th to 10th February, Basant Panchami was celebrated at Ganga Darshan, commemorating the 56th Foundation Day of the Bihar School of Yoga. The yoginis from Lalita Mahila Samajam at Thirueengoimalai, Tamil Nadu, conducted daily aradhana dedicated to Devi Chandi, Lalita and Saraswati.



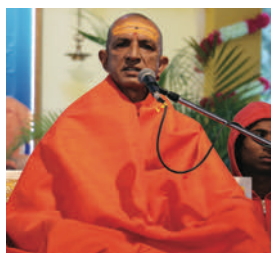
In the morning and afternoon, a group of singers and musicians from Kabir Math, Pandarpur, Maharashtra, delighted participants and local citizens with their soulful rendering of the compositions of Kabir and other saints.



On 9th, Swami Niranjan initiated 3 aspirants into mantra, 9 into jignasu and 2 into karma sannyasa. Nine children were given the upanayan samskara, including one girl from Mumbai and one from Bulgaria. Swamiji said that in the vedic scriptures girls were not excluded from the samskara.



On 10th, the Foundation Day of BSY, Swamiji and Swami Samvidananda of Kailashdham Ashram, Nashik, addressed the gathering. In his message, Swamiji said that the basis of yoga is purity and this is the aim of the Second Chapter of BSY as well. He said that yoga is a *sanskriti*, a culture, which aims at bringing peace, happiness, harmony and cooperation in life.



The yoginis concluded the program with pooja in the Chhaya Samadhi.

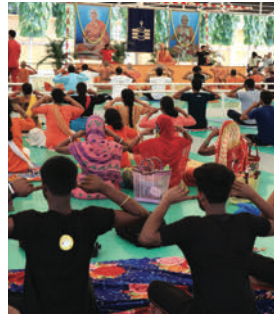
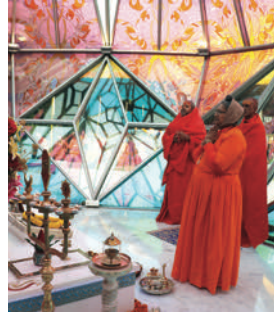
International Day of Yoga

On 21st June, Bihar School of Yoga conducted a program from 6 to 7.30 am at Paduka Darshan on the occasion of the fifth International Day of Yoga. More than 600 participants attended and were guided through simple practices of mantra, asana, pranayama, relaxation, concentration and a meditation on yama-niyama.

In Munger, ‘the city of yoga’, similar programs were conducted by members of BYMM, YYMM and the Ramayan Mandali at over 100 venues, in which thousands of people participated.

Programs were conducted by ashrams and centres in Bihar, including Asarganj, Bariyarpur, Bhagalpur, Dharhara, Haveli Kharagpur, Lakhisarai, Patna, Saharsa, Sangrampur, Suryagarha and Tarapur; nationally in Amravati, Bengaluru, Bhilai, Bhopal, Chandigarh, Chennai, Delhi, Dhanbad, Golahat, Jaipur, Jabalpur, Jamshedpur, Kanpur, Lucknow, Mumbai, Nashik, Vijayawada and other locations; and around the world in many countries, including Bulgaria, Colombia, Iran, Iraq, Italy, Kazakhstan, Nepal, Serbia, Spain, Sweden, Switzerland, Uruguay, Thailand and USA.

On the occasion of the International Day of Yoga, Bihar School of Yoga was selected for the Prime Minister’s Award





for Outstanding Contribution for Promotion and Development of Yoga, in the national institution category.



Guru Poornima

From 13th to 16th July, the inspiring and uplifting Guru Poornima celebrations were held at Paduka Darshan. The daily program consisted of havan, chanting of stotra and kirtan, and different performances by the children of Bal Yoga Mitra Mandal. Each day one of the children would enact the personality of Swami Sivananda, Swami Satyananda or Swami Niranjanananda and present an inspiring message from them.



In his satsangs, Swami Niranjanananda spoke about the role and aim of the guru parampara in freeing humanity from the bondages of maya and inspiring them on the path of self-discovery and self-transformation. By creating inspiration in the disciple, by sustaining and protecting it and by destroying the obstacles, such as ego, the guru performs the role of Brahma, Vishnu and Shiva in the life of the disciple.



During the course of his satsangs, Swamiji invited senior sannyasins and devotees like Swamis Kaivalyananda, Gorakhnath, Gyanbhikshu, Tyagraj and Sannyasis Gyanananda, Shaktiyoti and Omnath on stage, where they spoke on their association with the guru parampara and the learning they have imbibed.



On Guru Poornima day, havan and paduka poojan were performed. More than four thousand people came to pay their respects to the guru tattwa. In his Guru Poornima message Swamiji emphasized the importance of cultivating a simple, straightforward and innocent relationship with the guru, and developing goodness in all aspects of life.





Diwali

On 28th October, Diwali was celebrated with performances of dance, drama and song by the international group of participants of the Progressive Yoga Vidya Training. They depicted the theme of the six conditions of mind and how to overcome them by developing pratipaksha bhavana.



Yoga Poornima

From 8th to 12th December, Yoga Poornima was conducted for the first time at the Akhara. Honouring the birth of Sri Swami Satyananda according to the lunar calendar, the learned pandits from Varanasi invoked the grace of Shiva, the first yogi, with abhisheka, havan and the chanting of mantras.



Yoga Chakra

From 18th to 22nd December, the Yoga Chakra program was conducted at Ganga Darshan. The focus was lifestyle and how to bring harmony into one's day-to-day life. In his satsangs, Swami Niranjanananda said that 'life is what you live through your mind, and lifestyle is the expression of the quality of your mind'. He further emphasized the importance of awareness not only of thoughts but also of one's feelings which are a pranic experience. Both mental and pranic activities need to be balanced. For that the first three steps are: observation, acceptance and correction. A yogic



lifestyle is based on a connection with one's inner self, as well as with the social and natural environment one lives in.

As a special treat during the program, Shabnam Virmani from Bangalore, accompanied by Swagath Sivakumar, delighted everyone with bhajans of Kabir and saints of other spiritual traditions of India and Pakistan. The vedic chanting group from Atma Darshan Yogashram, Bangalore, impressed the audience with the purity and strength of their presentation. Everyone felt transported to the vedic era.

The overseas participants came from the following 26 countries Australia, Austria, Brazil, Bulgaria, Canada, China, Colombia, Croatia, France, Germany, Greece, Hungary, Israel, Italy, Qatar, Romania, Serbia, Singapore, Slovenia, Spain, Sweden, Switzerland, Thailand, Uruguay, the USA and Venezuela.

The national participants came from the states of Gujarat, Jharkhand, Karnataka, Maharashtra, New Delhi, Uttar Pradesh and West Bengal.

The practical sessions were conducted by Swamis Anandananda, Shivadhyanam and Yogatirtha.



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

Date: 1 March 2020

Sd/- (Swami Gyansiddhi Saraswati) Editor



Christmas

On 24th December, residents of Ganga Darshan sang Christmas carols. A modern rendering of a Kabir bhajan was presented by Swagath Sivakumar. In his address, Swamiji spoke on his own connection to Christianity which developed during his travels throughout the world. For yoga aspirants Jesus is a master of yoga whose teachings resonate with the teachings of Swami Sivananda and Swami Satyananda.



On 25th December, the students of the 3-month Yogic Studies course and the children of Bal Yoga Mitra Mandal brought the spirit of Christmas alive with song and dance and an inspiring rendering of the nativity play.



On this day also, Sri Swami Satyananda's birthday, according to the solar calendar, was honoured with a havan dedicated to him.



Year End program

The last day of the year was celebrated with great joy at the Chhaya Samadhi of Sri Swamiji. A havan dedicated to Devi, the Divine Mother, was conducted by the children of Bal Yoga Mitra Mandal, and two dance performances impressed the spectators who had come from all corners of India and overseas. The 3-month Yogic Studies students presented song and dance from around the world on the theme of happiness. They sang Russian, Korean, Hebrew, French and Sufi songs inviting everyone to join in. They also gave twenty resolutions for the new year to live a yogic life. Swamiji spoke on hope and faith as the foundation for the year 2020 and the need to use the learning of previous years to progress on the path of peace, harmony and contentment.



20 Wishes for the Year 2020

Presented by students of the 3-month Yogic Studies (English) at the Year End program.

1. We wish you courage to face your fears.
2. We wish you faith that carries you through the ups and downs of life.
3. We wish you to go beyond established boundaries.
4. We wish you to explore the highest of your potentials.
5. We wish you understanding and wisdom that helps you understand each other.
6. We wish you love that extends to all of creation – big and small.
7. We wish you clarity to see solutions through difficulties.
8. We wish you acceptance of all that life has to offer.
9. We wish you the ability to forgive and forget.
10. We wish you persistence to never give up.
11. We wish you digital fasting that connects you to the real world and disconnects you from the virtual world.
12. We wish you to stay calm in this fast-paced world.
13. We wish you to enjoy the opportunities provided by the emptiness of a moment.
14. We wish you the pure joy of a child.
15. We wish you to minimize your possessions and maximize your affections.
16. We wish you the ability to laugh through every phase of life.
17. We wish you to be an artist in everything you do.
18. We wish you a compassionate heart that connects you to all.
19. We wish you to live in the moment.
20. And finally, we wish you to live a sloka from the heart of Indian scriptures which depicts the true source of unity:



*This is mine, that is yours
It is a sign of narrow-mindedness.
For the ones with a big heart
The entire world is their own family.*



Yoga Publications Trust

Jnana Yoga for Everyone

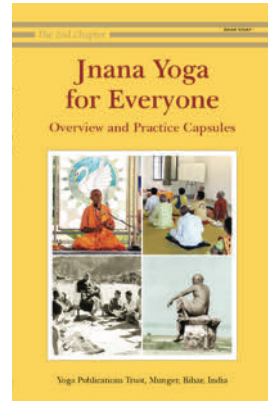
Overview and Practice Capsules

179 pp, soft cover, ISBN: 978-81-938918-8-9

Following its Golden Jubilee in 2013, which celebrated the conclusion of 50 years of yoga propagation, Bihar School of Yoga embarked upon the '2nd Chapter of Yoga'. Yoga is to be experienced and lived as a sadhana and lifestyle.

The series of *Yoga for Everyone* offers an overview of various branches of yoga, and includes practice capsules for different groups and conditions.

Jnana Yoga for Everyone: Overview and Practice Capsule describes the many facets of jnana yoga, including the aims, practices, spiritual diary questions and lifestyle adjustments. Jnana yoga capsules are presented for youth, parents, professionals, the elderly and sadhakas. Practices are included to make jnana yoga a living reality in day-to-day life.



New

Yoga Publications Trust, Garuda Vishnu, PO 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



Websites and Apps

www.biharyoga.net

The official website of Bihar Yoga includes information on: Satyananda Yoga, Bihar School of Yoga, Bihar Yoga Bharati and Yoga Publications Trust catalogues.

Satyam Yoga Prasad

Available at www.satyamyogaprasad.net and as apps for Android and iOS devices.

The collected publications of Swami Satyananda and Swami Niranjanananda are being presented online on the occasion of the Munger Yoga Symposium.

Bihar Yoga Wiki

www.yogawiki.org

An online encyclopaedia of the Bihar Yoga system was launched on the occasion of the Munger Yoga Symposium 2018 with an aim to make the yogic teachings available to all in an accessible and easily understood way.

YOGA & YOGAVIDYA Online

<http://www.biharyoga.net/bihar-school-of-yoga/yoga-magazines/>

<http://www.biharyoga.net/bihar-school-of-yoga/yogavidya/>

YOGA and YOGAVIDYA magazines are available as free apps for Android and iOS devices.

Other Apps (for Android and iOS devices)

- *APMB*, the bestselling yoga book from Yoga Publications Trust, is now available as a convenient, easily browsable mobile app.
- The *Bihar Yoga App* brings to the user ancient and revived yogic knowledge in a modern medium.

- Registered with the Department of Post, India Under No. MGR-02/2017
Office of posting: Ganga Darshan TSO
Date of posting: 1st-7th of every month
- Registered with the Registrar of Newspapers, India Under No. BIHENG/2002/6305

issn 0972-5717

Yoga Peeth Events & Yoga Vidya Training 2020

<i>Feb-Mar</i>	Yogic Studies, 2 months (Hindi)
<i>Mar 14-20</i>	Hatha Yoga Yatra 1, 2
<i>Apr 1-30</i>	Yoga Training, 1 month (Hindi)
<i>Apr 4-8</i>	Yoga Lifestyle Capsule (Hindi/English)
<i>Apr 13-19</i>	Raja Yoga Yatra 1, 2
<i>Sep 19-25</i>	Raja Yoga Yatra 1, 2
<i>Oct 1-30</i>	Progressive Yoga Vidya Training 1 (English)
<i>Nov-Jan 2021</i>	Yogic Studies, 3 months (English)
<i>Nov 2-8</i>	Kriya Yoga Yatra 1, 2
<i>Nov 21-27</i>	Hatha Yoga Yatra 1, 2
<i>Dec 2-6</i>	Yoga Lifestyle Capsule (Hindi/English)
<i>Dec 25</i>	Swami Satyananda's Birthday
<i>Jan 3-6 2021</i>	Yoga Chakra Series
<i>Every Saturday</i>	Mahamrityunjaya Havan
<i>Every Ekadashi</i>	Bhagavad Gita Path
<i>Every Poornima</i>	Sundarkand Path
<i>Every 4th, 5th & 6th</i>	Guru Bhakti Yoga
<i>Every 12th</i>	Akhanda Path of Ramacharitamanas

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:

Bihar School of Yoga, Ganga Darshan, Fort, Munger, Bihar 811201, India

Tel: +91-06344-222430, 9162783904

Website: www.biharyoga.net (applications for events and trainings available here)

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