

# YOGA

Year 12 Issue 3  
March 2023



Bihar School of Yoga, Munger, Bihar, India



## Hari Om

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

**Editor:** Swami Gyansiddhi Saraswati

**Assistant Editor:** Swami Yogatirth-ananda Saraswati

**YOGA** is a monthly magazine.

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

**Printed** at Thomson Press India Ltd., Haryana – 121007

© Bihar School of Yoga 2023

---

### Useful Resources

*Websites:*

[www.biharyoga.net](http://www.biharyoga.net)  
[www.sannyasapeeth.net](http://www.sannyasapeeth.net)  
[www.satyamyogaprasad.net](http://www.satyamyogaprasad.net)

*Apps:*

(for Android and iOS devices)

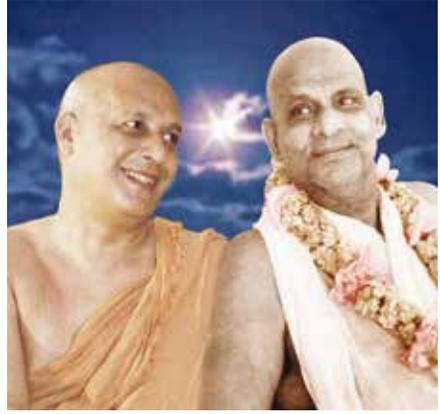
Bihar Yoga  
APMB  
YOGA (English magazine)  
YOGAVIDYA (Hindi magazine)  
FFH (For Frontline Heroes)

---

*Total no. of pages:* 60 (including cover pages)

*Front cover & Plates:*

Activities of Bihar School of Yoga 2022



### TRIBUTES BY SWAMI SIVANANDA TO SATYAM

You are born once from the womb of your mother. That is the birth of a physical baby. That is you, that is me. Then you are born from the womb of knowledge, *jnana*, where guru becomes the tool, the vehicle. And today you are born as a sannyasin. When a sannyasin is born, he is born from the guru. That is his spiritual birth and then he has nothing to do with his previous births.

—Swami Sivananda Saraswati

**Published** and printed by Swami Shivadhyanam 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

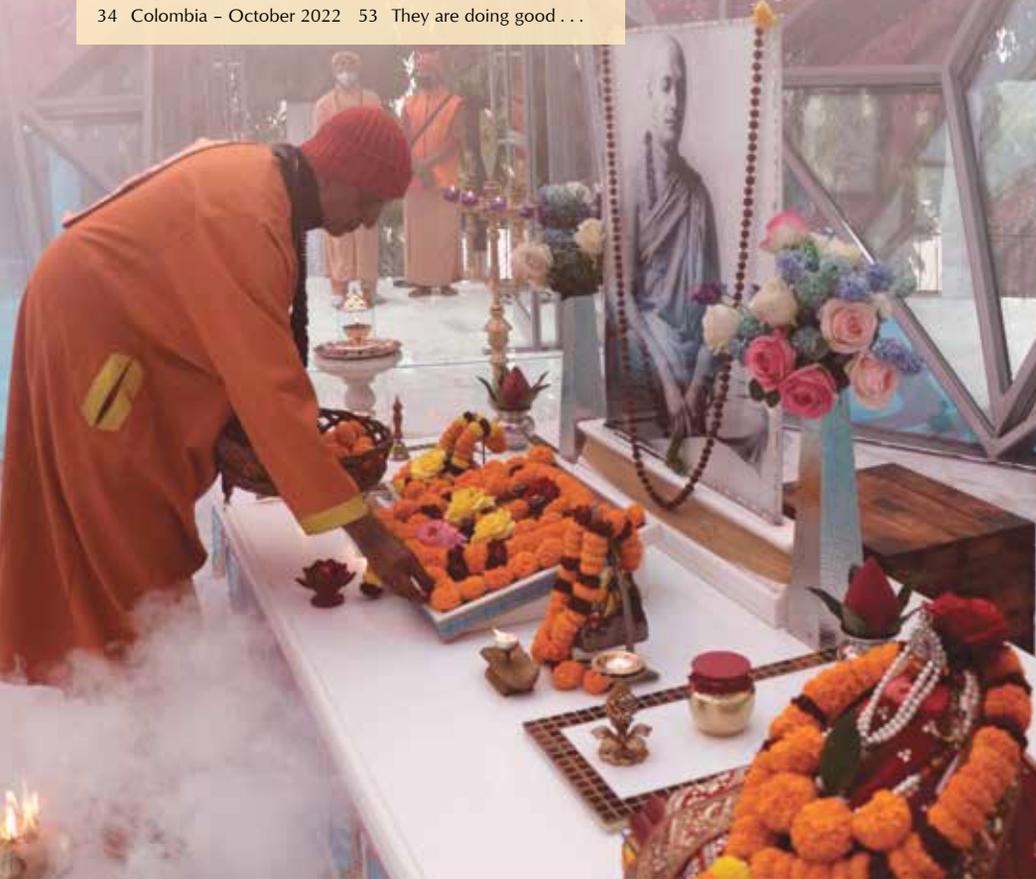
Year 12 Issue 3 • March 2023  
(61st year of publication)



## Contents

This issue of Yoga is dedicated to the activities of Bihar School of Yoga in 2022.

- |                                  |                               |
|----------------------------------|-------------------------------|
| 4 Mission of My Life             | 36 I Come to Remind You . . . |
| 5 Satyam Setu                    | 38 Yoga Publications Trust    |
| 14 Bihar School of Yoga Training | 42 Bal Yoga Mitra Mandal      |
| 16 Security and Protection       | 43 Yuva Yoga Mitra Mandal     |
| 19 Yoga Propagation              | 45 Yogapeeth Events           |
| 34 Colombia - October 2022       | 51 Online Presentations       |
|                                  | 53 They are doing good . . .  |



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 ॥

# Mission of My Life

*Swami Satyananda Saraswati*



I have one resolution in my mind which is perhaps the mission of my life. That is to take yoga from door to door and shore to shore.

Children must learn yoga at school, prisoners must have yoga classes in jails and everybody must be qualified in yoga before they are granted employment. It must also be compulsory that every boy and girl knows yoga before they get married. Maybe a time will come when employment officers ask

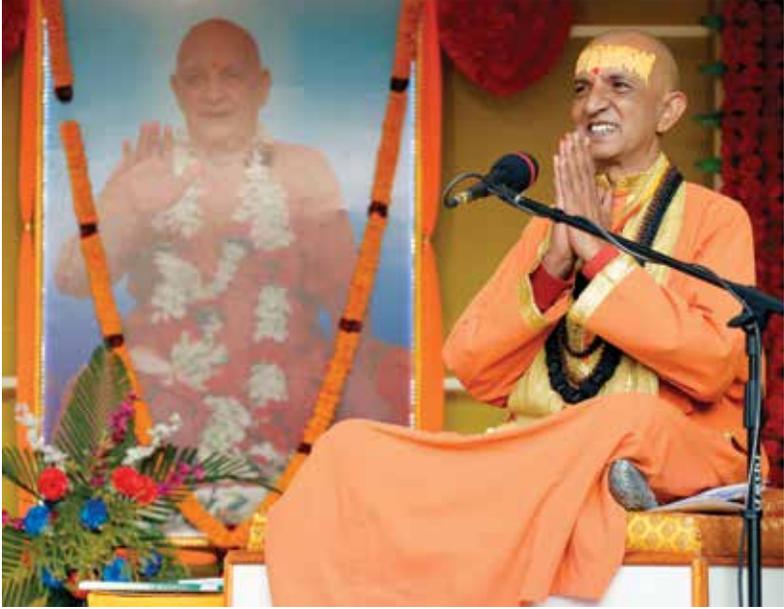
prospective employees, 'Where is your certificate of yoga from a Satyananda Yoga Ashram?'

In the medical field, there is still an enormous amount of work to be done. Doctors must expand their knowledge of yoga and accept that in many cases yoga is more effective than medicine. Just as there are chest clinics, cancer clinics and so on in all hospitals, yoga clinics must also be established and sustained by doctors who are fully qualified in yoga therapy.

In the field of communication, television stations must feature a one-hour morning program on yoga practices every day or at least once a week. With audio and visual guidance, people can practise yoga in their homes before going to work or to school. In magazines and newspapers, just as there is a section for women, a section for sports and so on, there should be a section for yoga, even if it is only a few lines. I am sure this would speed up the process of evolution in the general strata of society.

# Satyam Setu

*Swami Niranjanananda Saraswati*



Today, on the auspicious occasion of Basant Panchami, we are officially inaugurating and celebrating the Diamond Jubilee of Bihar School of Yoga. The Diamond Jubilee of Bihar School of Yoga signifies something special as it also coincides with the centenary celebration of our guru, Sri Swami Satyanandaji.

An institution should not be looked at by what it does, for what it does today, it will continue to do tomorrow and the day after tomorrow. As future generations come, and as the institution, the organization advances into the future, people will only remember its contribution to yoga. They will remember it as a centre of yoga. Is it really a centre of yoga? I would say, 'No.' Bihar School of Yoga has contributed to the propagation of yoga, however it should not be limited to being called a centre or school of yoga. Why?

Every organization has a founder, and every founder has an aspiration, a goal and a vision. It is with that aspiration, goal and vision that they establish an organization. So, what was the goal, the intent, aspiration and aim of Sri Swami Satyanandaji when he established Bihar School of Yoga? People know that he followed the mandate of his master to propagate yoga from door to door and shore to shore, and to fulfil the mandate, he established Bihar School of Yoga in Munger.

There is another story. Sri Swami Sivanandaji instructed all his disciples, 'Do not teach philosophy; do not preach religion; teach and live the practical, scientific, simple and easily understandable science, subject, tradition and lifestyle of yoga.' His disciples spread throughout the world in the decade of the 1960s. They became the frontline exponents of the yogic science and tradition in the world, when nobody knew what yoga was.

To Sri Swamiji he also gave the mandate to spread yoga from door to door and shore to shore, yet there is another story behind it, for Sri Swami Sivanandaji said:

To others, I give other tasks,  
But of you Satyam, an arched bridge made of light, I ask.  
For all the people on earth that suffer and strain,  
They will come to the bridge to ease their pain.  
Make a Bridge of Yoga across the depths and dark,  
That shines forth its glory in a radiant arc.

And Satyam said, 'People will come with heavy hearts,  
And with mud on their soles and shoes.  
How will I build a bridge so bright,  
That will not be tarnished and worn into holes?'

And Sivam said, 'With the best of yourself, alone,  
For your heart is stronger than a diamond.  
Put a piece of it in the foundation and the bridge will hold.  
Also put in a piece of the hearts of those you love,  
And they will also be a part of the radiant bridge above.'



Make a Bridge of Yoga in a luminous arc,  
That shines its light constantly, in the dark.  
Teach Yoga Vidya to all your followers,  
And they will maintain it pristine and bright,  
For all future travellers and seekers of light.'

This was the mission, aspiration and aim with which Sri Swamiji left Sivanandashram and established Bihar School of Yoga in Munger in 1963. At the time of inauguration of Bihar School of Yoga, he lit the eternal lamp, the eternal light. The meaning and purpose of lighting that eternal light is simple. The light of the lamp is the transcendental, liberating light that all beseech:

O, light of the lamp, I hail thee.  
It is freedom from limitations that I seek.  
Grant me health, happiness, harmony, auspiciousness  
and prosperity.  
O, light of my soul, I salute thee,  
For destruction of my negativity,  
For igniting the light of my soul.



I salute thee, O, light of God,  
And I bow to the light of Guru,  
For unveiling the light of the Lord.

It was with this sankalpa that he lit the Akhanda Deepak in Bihar School of Yoga to inaugurate his work and mission, and to inspire future generations to remember that it is the luminous path that we walk. We have to walk the luminous path, and every effort has to be made for the health, happiness and spiritual prosperity of every individual. That is the mission of Bihar School of Yoga. Sri Swamiji gave the mandate to Bihar School of Yoga to spread health, happiness and spiritual prosperity.



Then he left, for the mandate of his guru was achieved and fulfilled. When he was in isolation performing his own austerities in Rikhiapeeth, he established the teachings of his guru. In Munger, he established the mandate of his guru; in Rikhiapeeth, he established the teachings of his guru, which was to serve, to love and to give. He also inspired a third vision and mission in form of Sannyasa Peeth. It is established in Munger for those people who are dedicated to walk the luminous path and contribute for the development and wellbeing of all humanity. Without thinking of themselves, only with one goal, one mission - to live and work for others and to uplift others.

These are the three missions, actions and inspirations of Sri Swami Satyanandaji. The luminous bridge that Swami Sivanandaji spoke about in 1956, Sri Swamiji made through his actions and continuous inspiration. This year, on the occasion of the Diamond Jubilee of the Bihar School of Yoga and the birth centenary of our master, Sri Swami Satyanandaji, we have made a bridge out of matter. Sri Swamiji made the bridge of inspiration and we made a bridge out of matter.

When you enter the ashram, you will see the *Satyam Setu*, the Bridge of Satyam. It has three approaches, depicting the three inspirations of Sri Swamiji. The first is the yogic inspiration; the second is the service inspiration; and the third is the inspiration of *samarpan*, complete dedication. These three paths lead to Satyam, to truth, auspiciousness, benevolence and goodness, for ultimately that is our aspiration and goal. We may fail, we may falter, we may fall, yet every time we fail, falter and fall, there has to be an awareness that we have to get up again and continue with our journey towards positivity and light. The bridge represents that continuous journey towards positivity and light.

Under the three approaches of the bridge are the three oceans, the Pacific, Atlantic and Indian Ocean, which Sri Swamiji crossed to bring the light of yoga and the teachings of his master, Sri Swami Sivanandaji, to each and every one who came in contact with him. He used to say, "I shall consider the purpose of my life fulfilled, when I am able to fill the hearts of millions with the teaching and inspiration of my master."

It is with the same sentiment that we offer our gratitude and respect to Sri Swamiji. We dedicate this year as the year of selfless service, a year of love and as a year of compassion for one and all. It is not only the yogic work, the spiritual work or the social work; it is the upliftment of the community. Wherever we are, in whatever way we can, let us try to uplift the community where we live, and the community which supports us and helps us grow and develop.

Last year in Munger, different projects were taken up. An effort was made to improve the situations and the plight of



people in Munger, and to give them hope and faith that they can be helped by people to regain their health and happiness. This year too, there are definite plans to help the community at large. Rikhia is helping in their region. Munger is helping in this region.

All of you, who come from different areas and parts of the world, must also make an effort, in whatever small way you can, to carry this message of service, unity and luminosity wherever you go and with whomever you come in contact. In that manner, we can also make an effort and attempt to fill the hearts of many with the teachings of our masters, who have illuminated our path and are inspiring us to continue with this journey for the betterment of our community and for future generations. This is the aim of Bihar School of Yoga during its Diamond Jubilee year; and this will be the effort of all aspirants, devotees and disciples during the birth centenary year of our master Sri Swamiji.

*– 26 January 2023, Ganga Darshan, Munger*

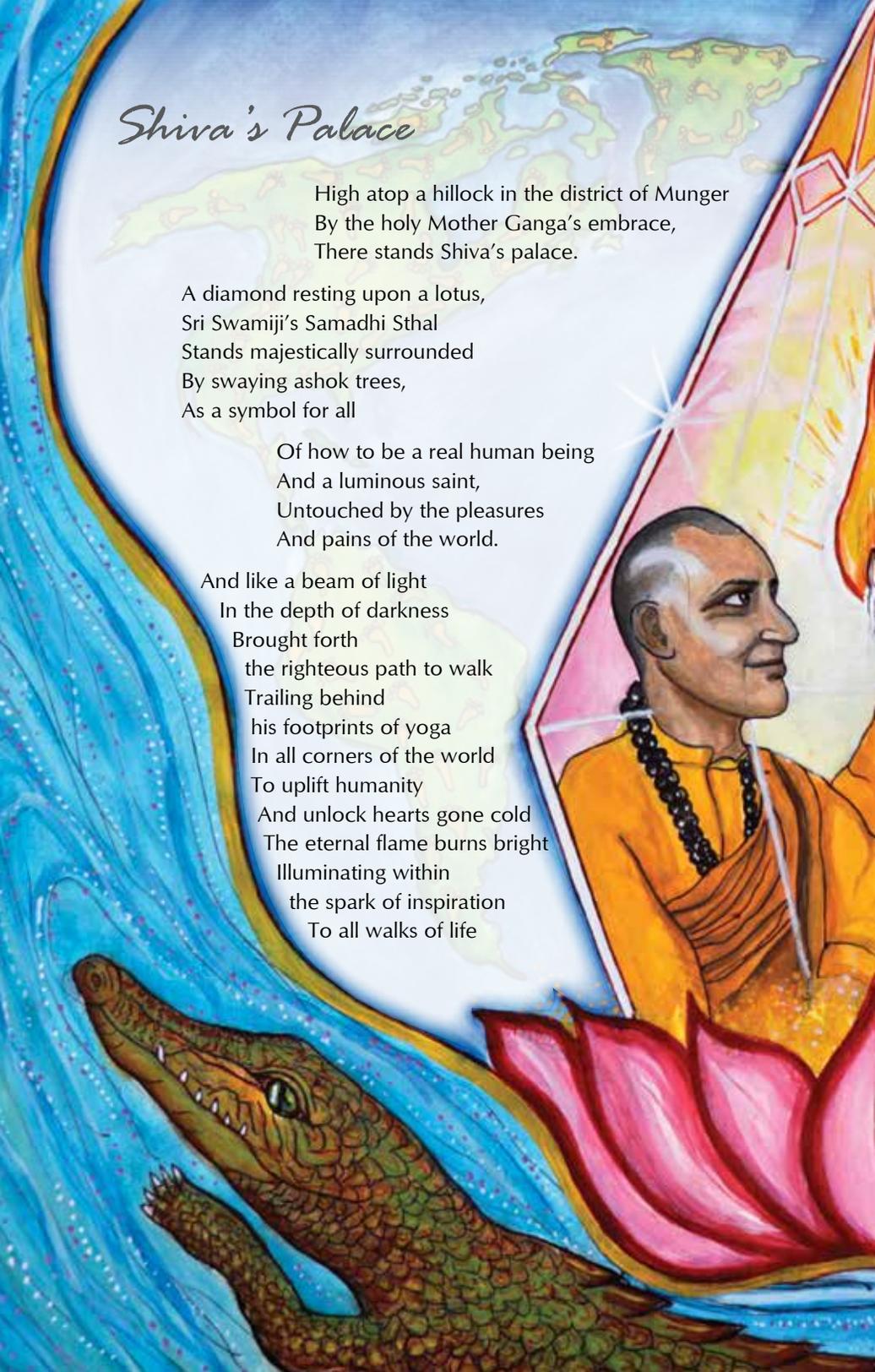
## *Shiva's Palace*

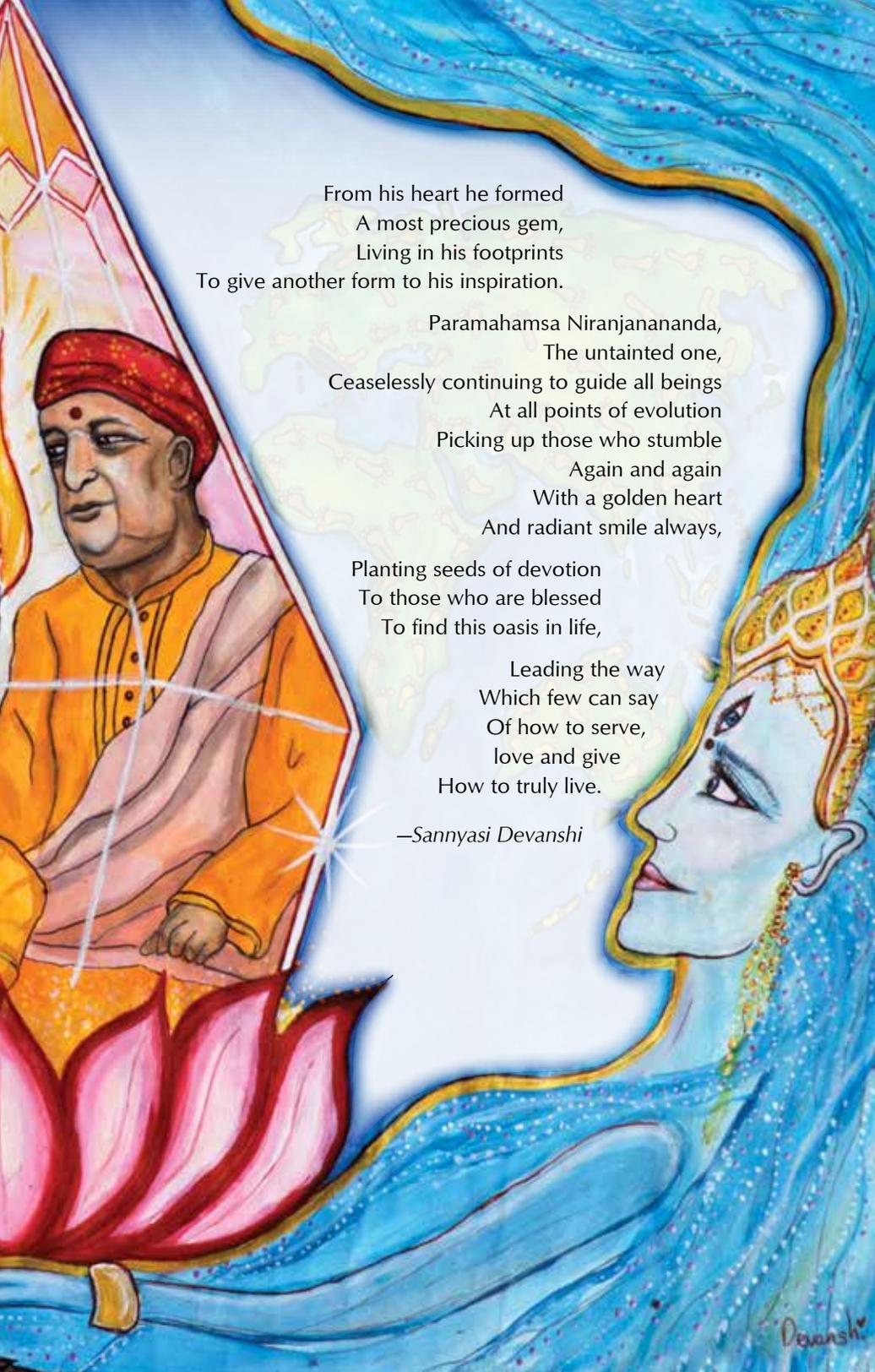
High atop a hillock in the district of Munger  
By the holy Mother Ganga's embrace,  
There stands Shiva's palace.

A diamond resting upon a lotus,  
Sri Swamiji's Samadhi Sthal  
Stands majestically surrounded  
By swaying ashok trees,  
As a symbol for all

Of how to be a real human being  
And a luminous saint,  
Untouched by the pleasures  
And pains of the world.

And like a beam of light  
In the depth of darkness  
Brought forth  
the righteous path to walk  
Trailing behind  
his footprints of yoga  
In all corners of the world  
To uplift humanity  
And unlock hearts gone cold  
The eternal flame burns bright  
Illuminating within  
the spark of inspiration  
To all walks of life





From his heart he formed  
A most precious gem,  
Living in his footprints  
To give another form to his inspiration.

Paramahansa Niranjanananda,  
The untainted one,  
Ceaselessly continuing to guide all beings  
At all points of evolution  
Picking up those who stumble  
Again and again  
With a golden heart  
And radiant smile always,

Planting seeds of devotion  
To those who are blessed  
To find this oasis in life,

Leading the way  
Which few can say  
Of how to serve,  
love and give  
How to truly live.

—Sannyasi Devanshi

# BIHAR SCHOOL OF YOGA TRAINING



## **Ashram Life Experience**

*Ashram Life Experience* is an ongoing training in the antaranga aspect of the *Yoga Chakra*, the Wheel of Yoga, and focuses on karma, bhakti and jnana yoga. there are no fixed dates and the duration of the training is between 2 and 6 months. It is open to nationals and overseas aspirants. Classes were conducted by Swami Vasundhara, Swami Yogatirtha and Sannyasi Atmarpan.



## **Yoga Chakra Experience**

A one-year training in antaranga yoga is dedicated to the understanding and experience of karma yoga, bhakti yoga and jnana yoga. The focus is the application of the learning in everyday life.



## **Central Industrial Security Force (CISF)**

In 2022, Ganga Darshan Vishwa Yogapeeth started a project of ten-day yoga training for the personnel of CISF. The participants had been drawn from different CISF units and establishments from across the country, with the intention of training fellow personnel upon their return. Their training schedule consisted of morning hatha yoga classes, mid-morning swadhyaya sessions, afternoon raja yoga classes, satsangs with Swamiji and evening bhakti yoga

and jnana yoga sessions, along with ashram seva sessions.

In his satsangs to the group, Swamiji presented a synopsis of the entire subject of yoga. He spoke at length on the concept of Yoga Chakra as elucidated by Swami Satyananda and highlighted the importance of yogic lifestyle and the capsule sadhana to achieve health, happiness and harmony in life. He also answered a wide range of questions from the participants on yoga and spiritual life.

Teacher for all the groups was Swami Shivadhyanam. He was assisted by Swami Devtattwa, Sannyasis Premananda, Rajdharma, Satchidananda, Satkirti, Shivankari, Sukirti, Suryamani and Jignasus Satyasandhan and Yogasindhu.

- From 20th to 30th March, a group of 200 personnel, including 21 females
- From 25th to 30th April, a group of 20 senior officers, including family members
- From 19th to 29th August, a group of 95 personnel, including 10 females
- From 10th to 19th October, a group of 100 personnel, including 11 females
- From 20th to 29th November, a group of 99 personnel, including 11 females
- From 11th to 20th December, a group of 100 personnel, including 10 females



# Security and Protection

*Swami Shivadhyanam Saraswati*

In 2022, the Central Industrial Security Force, an elite Indian paramilitary force tasked with the security of vital industrial and scientific installations across the country, initiated a series of 10-day intensive yoga training programs for its personnel at the Bihar School of Yoga. The participants were given a wholistic experience of yoga through a judicious mix of practice and lifestyle, self-study and satsang. Even in this relatively short period of training, they were able to imbibe many yogic tools and techniques geared towards attaining health, happiness and harmony.

Swamiji's illuminating satsangs on the Yoga Chakra highlighted the depth and scope of yoga and were truly an eye-opener for the participants, helping them to appreciate and understand the true purpose and goal of yoga. Swamiji's remark that he is also a member of CISF, albeit Culture of India Security Force, would draw a hearty and jovial applause from all.





Their commitment to duty and their sense of discipline was plainly visible. No one shirked any seva assigned to them as part of their karma yoga training. One of them even remarked that 'instead of *ashram seva*, it should be called *swayam seva* because of the experience of purification that it generated for oneself.' Many of the groups staged small presentations on the eve of their departure which brought out many hidden talents and sentiments. During one presentation, they all spontaneously stood up to sing '*Dil diya hai jaan bhi denge, aye watan tere liye* – O Motherland! We have given our hearts to you, we will gladly lay down our lives too' – an ample testimony to their sense of pride and honour in their force and nation. They gladly accepted the Niranjana challenge of striving to be happy and positive, and of applying the motto of their own force, 'Security and Protection' to the inspiration they had received. Some of the participants' comments are included here which bring out their sentiments quite clearly:

- It is a life-changing and life-saving experience.
- I realized that yoga is not just a physical fitness workout but a journey to understand myself.
- It illumined and expanded the horizon of my knowledge when I chanted mantras by taking a definite resolve. I never did before in my life, but it helped me to reorient my life.

Had I received these tips early in my life, I would have been a different person today.

- Yoga nidra was a powerful technique for me. It induced my complete physical, mental and emotional relaxation. Hats off to the great soul who discovered this method!
- Ashram seva forced me to introspect my life realizing that I should also help my wife as per my capacity in household work.
- It is a wonder that in this minimum period of time, the ashram could teach us a lot of things.
- For me SWAN is not just a theory but a mirror that shows me my true nature.
- Earlier I used to think about yoga as a physical activity like gymming. However, BSY has blessed me with an experience of yoga which was beyond my imagination, be it yoga nidra, pranayama, kirtan or other activities. The overall atmosphere and knowledge which this institute provides is really memorable and I will always cherish it.

The following feedback from a lady constable from South India is especially heartening as it shows how a non-native Hindi speaker was also able to grasp and internalize the gist of Sri Swamiji's inspiring satsangs so well: "The powerful words of Swami Satyanandaji that I heard in his video satsangs will always guide me in my life – Live as if you were like a lotus in water."



# YOGA PROPAGATION

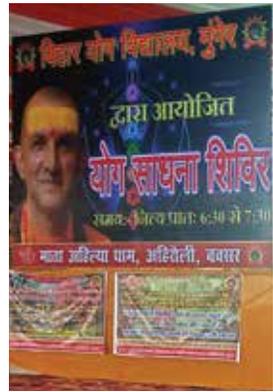
## NATIONAL

### Bihar

On 8th June, a yoga training session was conducted at Eco Park in Patna for over 100 officers of the Income Tax Department. Sannyasi Dharmavijay conducted the session with assistance from Amarnath and Madhu Mala.

From 7th to 27th July, three-day yoga training programs were organized by the Bihar Education Project Council for six successive batches of fifty Physical Education teachers each at the Patliputra Sports Complex, Patna. The teachers had been selected from different schools all over Bihar. The programs were conducted by Sannyasi Dharmavijay.

From 7th to 15th November, Bihar School of Yoga conducted a yoga shivir for the participants of the Sanatan Sanskriti Samagam at Ahirauli, Buxar. Classes were conducted by Sannyasi Devshraddha and Jignasu Hanuman.



On 17th December, Swami Niranjanananda was the chief guest at the Annual Conference of Bihar Urological Society of India (BUSICON) at the Munger Club, Sojhi Ghat. Swamiji spoke to more than 70 delegates on how yoga and medical science can work hand-in-hand to face the global challenges in the realm of health. Elaborating the curative, preventive and promotive aspects of yoga, he highlighted the role of prana shakti in yoga therapy. On 18th December, a yoga session of mantra, asana and pranayama practice was conducted for the urologists at Ganga Darshan. Swami Tyagraj conducted the session and was assisted by members of the Yuva Yoga Mitra Mandal.



## **Chhattisgarh**

### *Rajnandgaon*

From 25th to 27th March a yoga shivir was organized in Kanharpuri, a village near Rajnandgaon. About 100 men, women and children of the village were introduced to mantra, asana, pranayama and yoga nidra. Mahamrityunjaya mantra chanting was also organized on the 26th. The classes were conducted by Bal Yogesh.

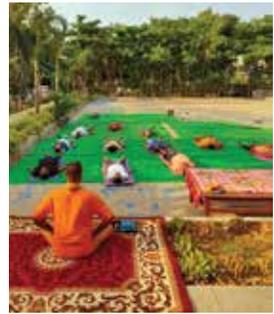


In the month of April, yoga training was conducted in Bandha Bazar at Saraswati Shishu Mandir, from 8 to 11 April for 50 students; at Government Girls Higher Secondary School from 9 to 12 April for 60 girl students; at Government Pre Secondary School from 9 to 11 April for 80 students, at the Haat ground from 8 to 12 April for 30 participants, at the Government pre-secondary school, Brahmanbheri on 12 April for 80 students, at the Kohka school ground from 15 to 17 April for 70



participants, and at the Police Training School, Rajnandgaon from 25 to 30 April for 650 police personnel.

In the month of May, yoga shivirs were conducted at Sri Lohana Mahajanbari, Rajnandgaon, from 6th to 8th May; at Suncity, Rajnandgaon, from 6th to 8th May which concluded with a havan; at Mahajanbari from 13 to 18 May in two batches for doctors and medical staff of Gandhi Nursing Home; at Farhad village ground from 14 to 16 May for 50 villagers; at Kanharpuri from 17 to 19 May for 130 children; at Jangleshwar village from 20 to 22 May for 50 villagers; at Sneh Sarvodaya Sanstha Balika Grih, Rajnandgaon, a government organization for minor female children, from 23 to 25 May; at Shaskiya Balak Samprekshan Grih, Rajnandgaon, a remand home for boys under the age of 18 years; at Parrikala village from 27 to 28 May for 25 villagers; at Deori Bangla village from 28 to 30 May for 30 villagers and at Satyananda Yogashram, Rajnandgaon from 31 May to 4 June for about 50 children.





From 23rd to 27th May, a follow-up program was also conducted for the Kanharpuri children, in which 60 children selected from the first shivir participated. For the first two days the shivir was held at Kanharpuri and the next three days at Satyananda Yogashram.



In the month of June, yoga shivirs were conducted at Naya Dhabha from 6th to 8th June.

From 14th to 16th September, a three-day shivir was conducted at Bargahi Village, Rajnandgaon, in which 35 children between the age of 4 to 16 participated.



From 23rd to 25th September, a three-day shivir was conducted at the Mahaveer Samta.

From 10th to 14th October, a five-day shivir was conducted at Rajnandgaon District Jail.

From 27th to 29th October, a three-day shivir was conducted at the Udayachal eye hospital for 35 girls and young women.



From 26th to 28th November, a three-day shivir was conducted at the Bharregaon school ground, Rajnandgaon, for children age 5 to 16.

From 17th to 19th December, a yoga shivir was conducted at Muktagiri Colony, Urban Renaissance Society, Rajnandgaon.

### *Bhilai*

On 23rd April, a yoga shivir was conducted by Gyandarshan Yogashram, Bhilai, at Ferro Scrap Nigam Ltd. More than 30 aspirants participated. Raghu Chandra Thakur conducted the session, he was assisted by Ranobesh Sarkar.

From 15th to 25th May, a Bal Yog Shivir was organized at Gyandarshan Yogashram, Bhilai, for about 60 children. Babita Singh conducted the classes and was assisted by Sandeep Chhibbar, Nishtha Gupta and Aditya Trivedi.



From 13th to 18th June, a yoga program was conducted by Gyandarshan Yogashram at a drug de-addiction centre run by Kalyani Welfare Society in Krishna Nagar, Bhilai. Raghu Chandra Thakur and Ritesh Jain conducted the sessions and were assisted by Aditya Trivedi.



From 7th to 13th July, a yoga shivir for B.Ed trainees was held at the Maitri



College Bhilai. The shivir, attended by 40 participants, was organized by Gyandarshan Yogashram, and the sessions were conducted by Arunima Patnaik.

### Madhya Pradesh

A four-day yoga program was organized at Shivanand Darshan Yoga Ashram, Satna from 8th to 12th July to commemorate Guru Purnima. Swami Harishradhhananda conducted the program which was attended by more than sixty participants. A maharudra yajna was also conducted on the occasion.



From 11th to 13th November a yoga sadhana shivir was organized jointly by the citizens of Bhopal, Bihar School of Yoga and Bihar Yoga Bharati at Gujarati Colony, Bawdiya Kalan, Bhopal. The morning and evening sessions were conducted by Swami Sivarajananda.



## **Maharashtra**

On 19th July, a shivir was held at the Royal Bombay Yacht Club, Colaba. The morning session was attended by 40 participants and was conducted by Swami Shivarajananda.

From 1st to 3rd July, a three-day shivir was organized at the same venue with a morning session. Swami Shivarajananda conducted the asana, pranayama, mantra and yoga nidra components and gave satsang. The participants felt reconnected to the ashram and truly blessed.

## **CISF Children's Camps**

From 23rd May to 3rd June, five yoga shivirs were conducted by members of the Bal Yog Mitra Mandal and Yuva Yoga Mitra Mandal for children of the CISF (Central Industrial Security Force) personnel.



## *Bhilai, Chhattisgarh: 30th May to 3rd June*

For 80 teenagers (age 13 to 18) early morning class was conducted by members of YYMM, and morning class for 100 children (age 7 to 12) by members of the BYMM. Teachers were Khushi and Rajpriya (BYMM); and Akash and Arvind (YYMM).



*Ghaziabad, Uttar Pradesh: 23rd to 27th May*

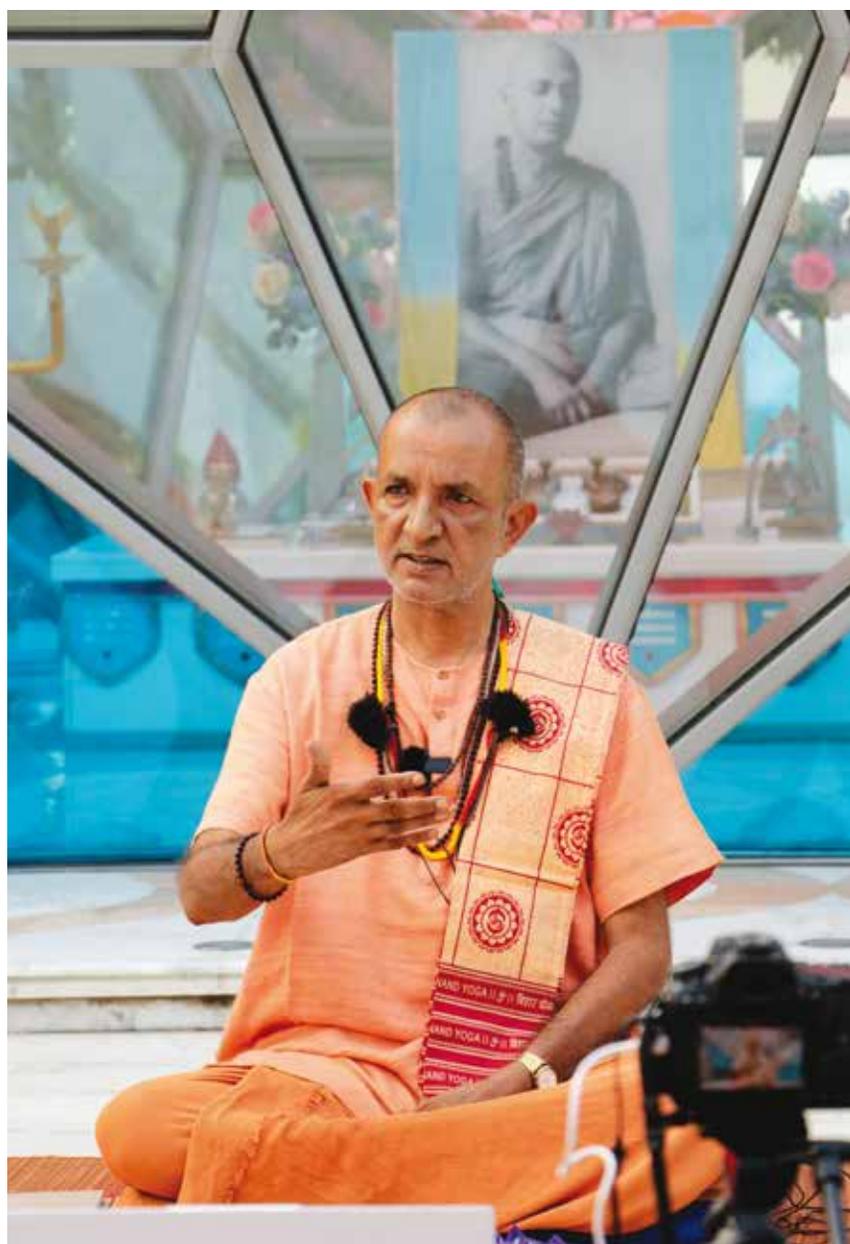
For 50 teenagers (age 13 to 18) early morning class was conducted by members of YYMM, and morning class for 100 children (age 7 to 12) by members of the BYMM. An afternoon session for both groups was conducted by BYMM. Teachers were: Ankit and Muskan (BYMM) and Akash and Arvind (YYMM).

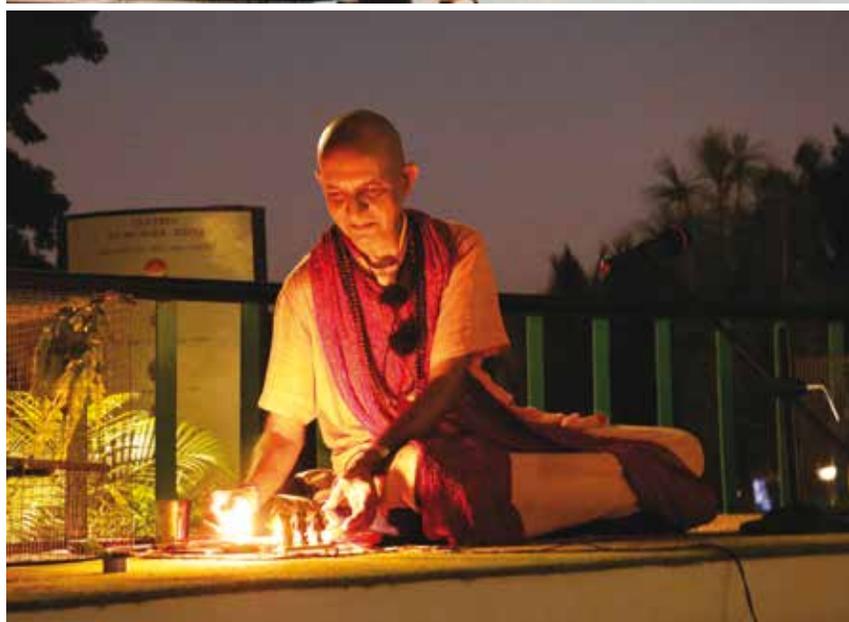


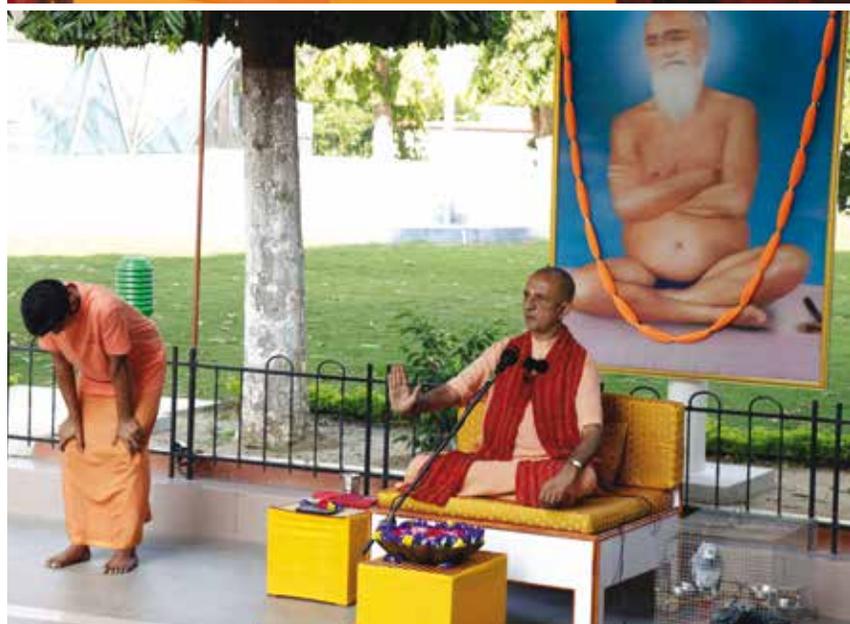
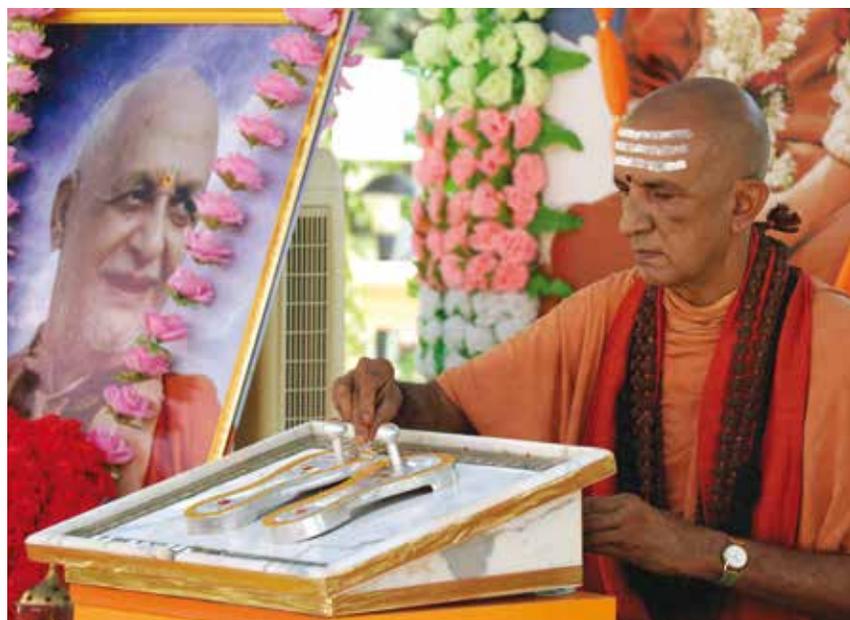
*Hyderabad, Telangana: 30th May to 3rd June*

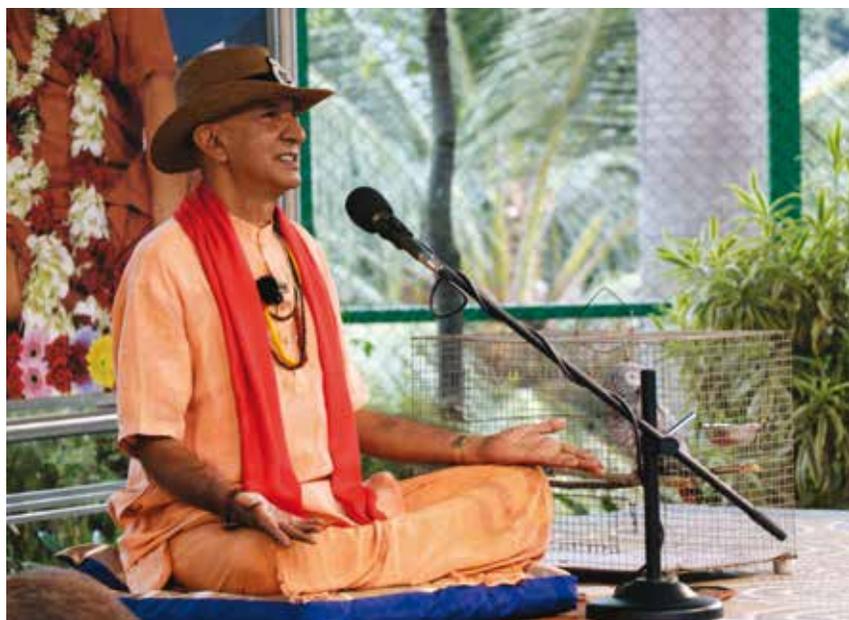
For 50 teenagers (age 13 to 18) early morning class was conducted by members of YYMM, and morning class for 100 children (age 7 to 12) by members of the BYMM. An afternoon session for both groups was conducted by BYMM. Teachers were: Akansha, Ayush and Ishani (BYMM) and Mahavir and Vivekchandra (YYMM).





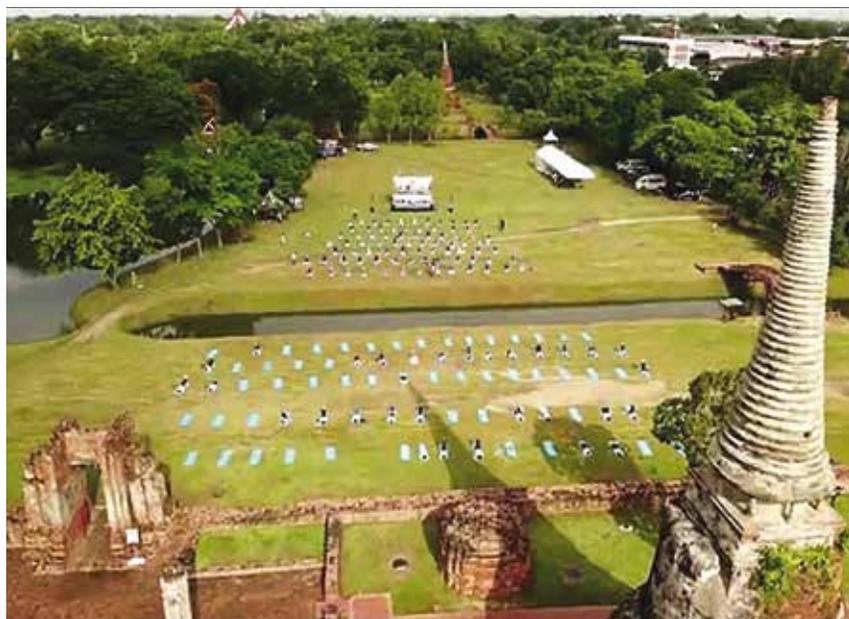














*Mumbai, Maharashtra: 23rd to 27th May*

For 120 children (age 7 to 12) the morning class was conducted by members of the BYMM, and the afternoon session for 80 teenagers (age 13 to 18) by members of YYMM. Teachers were: Aradhana, Rajahans and Sangam (BYMM) and Divesh and Saket (YYMM).



*Neyveli, Tamil Nadu: 23rd to 27th May*

For 60 teenagers (age 13 to 18) early morning class was conducted by members of YYMM, and morning class for 100 children (age 7 to 12) by members of the BYMM. An afternoon session for both groups was conducted by BYMM. Teachers were: Garima, Jyoti and Khushipriya (BYMM) and Mahavir and Vivekchandra (YYMM).



## INTERNATIONAL



### **South America – Yogic Lifestyle, Living Yoga Moment to Moment 2022**

The seminars conducted by Swami Prembhava were received very well as the Satyananda Yoga family came together for the first time since Covid-19 lockdown of 2020. In each country about 80 people attended the weekend seminars. The participants were a combination of old associations and new students, but regardless of their experience in yoga, in each seminar everyone returned to the basics of yogic practice and lifestyle. To renew their inspiration and reconnect to the yoga vidya.



The weekend seminars consisted of asana, pranayama, yoga nidra, kirtan, havan, talks on yogic routine, diet, exercise, sanyam in daily life, daily sadhana and the role of mantras in daily life. The teachings of Swami Sivananda and Swami Satyananda guided the seminars and participants reflected on the lives and teachings of the masters and the relevance of their teachings in modern life.



## Colombia

On 14th October, a lecture was organized at the University of Bogotá for students suffering from depression. They spoke out how yoga had helped them deal in their daily struggle with their mental health, severe depression, anxiety and fear.

From 14th to 16th, the weekend seminar was conducted at the South American Satyananda Yoga Academy, Bogotá.



## Brazil

From 21st to 23rd October, a weekend seminar was conducted at the Satyananda Yoga Center & Casa do Guru, Brazil.

## Uruguay

From 28th to 30th October, the program was held at the *Tat Twam Asi* centre of Krishna and Asmita. Havan was conducted by representatives of the different Satyananda Yoga centres in and around Montevideo.



## Argentina

From 4th to 6th November, the weekend seminar was conducted in the newly constructed centre outside of Buenos Aires.

With the support of the Indian Ambassador in Buenos Aires, a session was held in Congress where Satyananda Yoga was presented as a wholistic yoga leading to health and happiness.



# Colombia – October 2022

*Swami Prembhava Saraswati*

My first program in Bogotá, Colombia, was at the University with groups of students who are suffering from depression, have either been suicidal or tried to commit suicide. I was surprised to see how many young people attended the classes. I had heard that depression was on the rise in society since Covid-19 shook humanity, and here was my first real experience of this; so many young students struggling daily with their mental health, facing severe depression, anxiety and fear. They shared with me, how the yoga classes had helped them to overcome so many difficulties in their lives. In these difficult times, with the help of the Satyananda Yoga teachers, these students were seeing the benefits of yoga in their lives, not just the asana but also the practices of pranayama, yoga nidra and simple pratyahara as tools to befriend and manage their thoughts and reactions.

The first weekend seminar of 'Living Yoga Moment to Moment' was held at the Satyananda Yoga Academy within Bogotá city. Both newcomers and people with long association attended, some had been connected to Satyananda Yoga since the time Sri Swamiji travelled to Colombia in the 1970s. The flame of his inspiration still burns brightly in their commitment to him as Guru, the yogic tradition and his teachings. I always feel very much at home among the Colombian people, they are a yogic family that has stood the test of time, Sri Swamiji is still very much in their hearts and minds and Swami Niranjan too, is their friend and guide in life. Seeing and feeling this connection, I felt honoured to be there with them.

We shared and connected with the vast teachings of Swami Satyananda and his contributions to yoga vidya as we all prepare to celebrate the centenary of his birth next year in 2023. There was a very strong feeling of gratefulness and



love towards Sri Swamiji from everyone, knowing that none of us would have been together learning and living yoga if it was not for Swami Satyananda, his life and teachings. He is a constant light and guide in all our lives.

We must live a yogic lifestyle; not only for ourselves but for the good of all humanity on the planet. A yogic lifestyle must be present in our daily life, no matter which role we play. Only with practice we can experience the changes. A yogic lifestyle does not imply hiding from reality, but how to face it with the tools we have from yoga. Perseverance and discipline are necessary to succeed. A very simple life will free us from stress, and we will be freer and happier. We should always be happy and contribute to others to be happy too. We should practise control in all our actions. We should try to be better beings every day.

– Clara Gutiérrez

It was an inspiring weekend where I took in with open arms the yogic lifestyle and yogic attitude to live a simple and happy life. It is a daily effort that certainly will bring results if I water the roots of the teachings of the seminar and commit to practise every day.

– Jorge Alvarez

# I Come to Remind You . . .

*Swami Satyananda Saraswati*

The concept of yoga is very simple; it is based on scientific principles and by its practice, a great change is created in the physical and mental structure of every person. Yoga was designed by our ancestors in such a way that even the modern man can find at least fifteen minutes from his busy life to devote to yoga. We have to move very fast in our modern society and our body has to cope with all the hectic activities of life. The demands are great and the tensions are mounting day by day; tensions in the family, tensions on the political level or on the national level, and we are not able to maintain proper equilibrium.

When the mind is creating tension in you, when you are worried about your business, or about your family, is it possible for you to stop the mind from thinking about that? No. Even if you know that what you are thinking is wrong, still you cannot control the mind. You know very well that you are thinking unnecessarily; you know very well that this kind of brooding is not going to help you. You want that the mind should stop, but it does not. What does this mean? It means that the mind is out of your control; it means that the reins of your mind are out of your hands. If that is the situation in life, that your own mind is not under your control, you can imagine what is going to happen.

Just imagine you are driving a car, fast; there is a big truck coming and you want to reduce the speed. You move your foot to the brake, it does not work; you change gear, it does not work; nothing is working and the car is moving at 100 kilometres an hour. You don't want it, but still it is moving. Do you know what is going to happen? An accident. And that is what is happening to every one of us. A disease in your body is an accident; cancer is an accident; ulcer is an accident; heart

attack is an accident, all caused by the speed of the mind which you are not able to control.

Yoga, therefore, for all of us is a science of the whole mind. It teaches us what we have to practise, what we have to do in order to obtain a total command of the mind and its mysterious functions. Therefore, for the modern man we have organized the whole foundation of yoga into four parts: hatha yoga, the practice of asanas and pranayama; concentration, trying to focus the mind on one point; meditation in which we try to fuse our consciousness with the greater one; and lastly, the relaxation of the whole body, mind, nervous system and emotions which is done with yoga nidra.

Yoga in this country has now taken strong roots but please remember that we are not an institution of crazy brains. We believe in science and we believe in discipline. We believe in a process of education of mind and body. We also believe in the training of emotions. That is our system of education. It will be better if the system of yoga finds recognition not only from the people, but also from the government. If yoga can help boys get out of their crises, if yoga can help anti-social elements to attain mental equilibrium, if yoga can help householders to maintain a dignified approach to life, then I think yoga is doing a social service for your country. If that be so, then not only the people but also the government should recognize it.

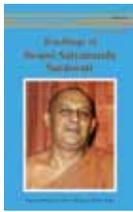
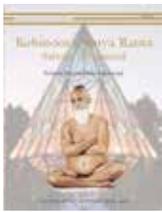
We are not a movement of dissipated souls. We are very clear in our approach, and the approach is so clear. Man is unhappy and he has to find his happiness himself; man is sick and he has to cure himself; man is groping in ignorance and he has to get out of it. This is a glimpse of the vision of yoga. Yoga was the culture of your continent, but you have forgotten it. I have not come to preach yoga, I have come here to remind you of your culture.

*– 22 November 1978, Bogota, Colombia*

# 2022 ACTIVITIES REPORT COURTESY OF YOGA PUBLICATIONS TRUST

## Books

By the end of 2021, two hundred and fifteen books and 93 booklets were in print in English, ninety-two books and 31 booklets in Hindi, as well as fifteen books and 3 booklets in Hindi-English language. In 2022, twenty-eight new books and ten booklets were added in English, nine books and eleven booklets in Hindi and one booklet in English-Hindi were added as new titles. Four books were reprinted in Hindi.



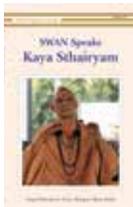
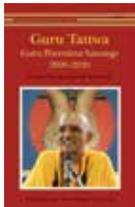
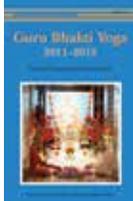
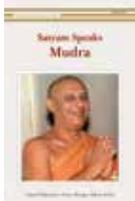
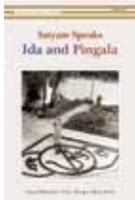
### New English books printed in 2022

By Swami Satyananda Saraswati:

- *Kohinoor – Satya Ratna*
- *Teachings of Swami Satyananda Saraswati, Vols. VII & VIII*

Satyam Speaks Series:

- *Antar Mouna*
- *Bandha*
- *Dharana*
- *Dhyana*
- *Ida and Pingala*
- *Mantra*
- *Mudra*
- *Pratyahara*



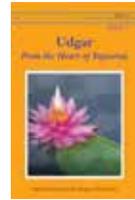
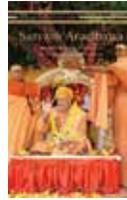
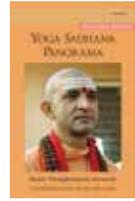
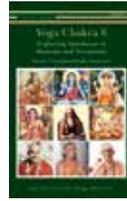
By Swami Niranjananada Saraswati:

- *Guru Bhakti Yoga: 2011-2015*
- *Guru Bhakti Yoga: 2016-2020*
- *Guru Tattva*
- *Raja Yoga Yatra 4*
- *Raja Yoga Yatra 5*
- *Significance of Vigyan Bhairava Tantra*
- *Swan Speaks Kaya Sthairyam*
- *Swan Speaks Shavasana*

- *Yoga Chakra 8*
- *Yoga Chakra 9*
- *Yoga Chakra 10*
- *Yoga Sadhana Panorama 8*

By other authors:

- *Surya Mandala*  
Sannyasi Manas Shakti
- *Satyam Aradhana*
- *Udgar – From the Heart of Yogasena, Book 1*
- *Udgar – From the Heart of Yogasena, Book 2*
- *Udgar – From the Heart of Yogasena, Book 3*

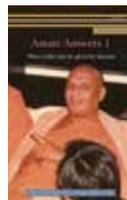
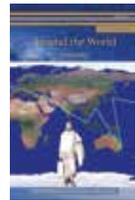


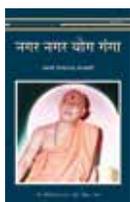
### **New English booklets printed in 2022**

- *Satyam Purnima 2022*

Satyam Tales:

- *Satyam and Krishna: Reigniting the jyoti of yoga and bhakti*
- *Satyam Krishna and Niranjani: A truly extraordinary trinity*
- *The Yogic Teaspoon: A journey towards luminosity*
- *Around the World: In 144 days*
- *Astute Answers 1: That could only be given by Satyam*
- *Antarix and Oshadix Return: To learn music and meditation*
- *Land of Vanaras: Kishkinda rediscovered*
- *A Treasure Hunt: Through the magic of shavasana*
- *My Journey Within: Upon the joyous waves of yoga*





### New Hindi books printed in 2022

By Swami Satyananda Sarawati

- *Nagar Nagar Yoga Ganga*
- *Prana Vidya*

From the teachings of Swami Satyananda Sarawati & Swami

Niranjanananda Saraswati

Satyam Vani Series:

- *Satyam Vani – Guru Bhakti Yoga*
- *Satyam Vani – Hatha Yoga*
- *Satyam Vani – Karma Yoga*

By Swami Niranjananada Saraswati:

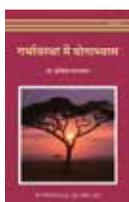
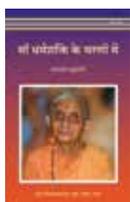
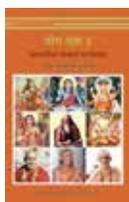
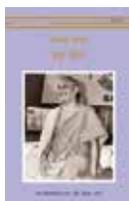
- *Guru Bhakti Yoga 2011-2015*
- *Yoga Chakra 2*

By other authors:

• *Ma Dharmashakti ke Charanon me Sannyasi Shraddhamati*

- *Garbhavastha me Yogabhyas*

Dr Kavita Baranwal



### New Hindi booklets printed in 2022

- *Water the Roots (9-booklet set + Mantra Sadhana card)*



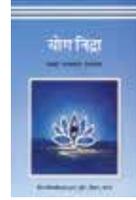
Satyam Tales:

- *Vasudhaiva Kutumbakam: Satyam ka pratam vishwa-rajn*
- *Ganga Bachao: Janmanas ke jagaran ka ahwan*



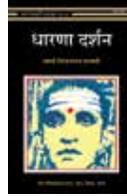
## New Hindi-English booklets printed in 2022

- *New Year's Message*  
Swami Niranjanananda Saraswati



## Hindi books reprinted in 2022

- *Yoga Nidra*  
Swami Satyananda Saraswati
- *Dharana Darshan*  
Swami Niranjanananda Saraswati
- *Uchcha Raktachap*  
Dr Swami Shankardevananda  
Saraswati



## Satyam Yoga Prasad

In all, 40 new releases of ebooks in English and Hindi languages were made available each month as part of the Guru Bhakti Yoga celebrations of 2022. In addition, 5 titles were released in the following four languages: Bulgarian, German, Hungarian, Portuguese.

An additional 16 multilingual *Yoga Nidra* recordings were released in the audio collection. By the end of 2022 the practice was made available in a total of 79 languages.

Digital prasad packages, which have included video, audio, sadhana and newly released publications, have been made available on the occasions of Basant Panchami, International Day of Yoga, Guru Poornima and Satyam Poornima.



# 2022 ACTIVITIES REPORT COURTESY BAL YOGA MITRA MANDAL (BYMM)

## Recruitment

On 19th June, the last day of a four-day camp, this year's recruitment of new members to the Bal Yoga Mira Mandal took place. Admission Forms were distributed to the children, age 7 to 14. After a written examination, enrolment slips were distributed. This was followed by an interview in person. The recruitment took place in the langar of Yoga Vidya. Finally, 104 children received their BYMM badges and became the new members of the movement.



## CISF Children's Camp Report

Members of BYMM and YYMM conducted shivirs for children of the Central Industrial Security Force (CISF).

From 23rd to 27th May 2022, in

- Ghaziabad, Uttar Pradesh
- Neyveli, Tamil Nadu
- Mumbai, Maharashtra

From 30th May to 3rd June 2022, in

- Bhilai, Chhattisgarh
- Hyderabad, Telangana

BYMM teachers were: Ankit, Muskan, Khushi, Rajpriya, Akansha, Ayush, Ishani, Garima, Jyoti, Khushipriya, Aradhana, Rajahans, Sangam

YYMM teachers were: Akash, Arvind, Mahavir, Vivekchandra, Divesh, Saket

## 2022 ACTIVITIES REPORT COURTESY YUVA YOGA MITRA MANDAL (YYMM)

### **Decoration**

Members of the YYMM have become the regular decorators of all programs conducted at Ganga Darshan Vishwa Yogapeeth. With much taste, fantasy and skill they give each venue a new festive look.



### **Training**

From 6th to 13th March, a group of 17 members of the Youth Yoga Mitra Mandal, (YYMM) were at Ganga Darshan for further training. They had stayed at Ganga Darshan in 2021 in a program which prepared them for teaching in prisons in the state of Bihar. They had morning and afternoon sessions, and were fully engaged in karma yoga. Their teacher was Swami Gorakhnath and Jignasu Satyasandhana.





### **Fire Service Week**

On 15th April, a yoga training program was conducted for 20 fire brigade personnel in Munger. The program had been organized as part of the state-wide Fire Service Week from 14th to 20th April. The program was conducted by Sannyasi Vivekchandra and Rajeev Ranjan of Yuva Yoga Mitra Mandal.



### **Satyam Pournima**

From 4th to 8th December, members of the Yuva Yoga Mitra Mandal organized, decorated and assisted in all activities during Satyam Pournima. A well-tuned team, they wholeheartedly offered their skills and talents for the third consecutive year. They act with ease and precision, awareness and full dedication to the aradhana.



## YOGAPEETH EVENTS

### **Basant Panchami**

On 5th February, Basant Panchami was celebrated at Yajnashala. On the Foundation Day of Bihar School of Yoga, Swami Kaivalyananda spoke on his connection with Sri Swami Satyananda. Swami Niranjanananda described how Sri Swamiji had the blessings of Saraswati for his yoga mission in Munger, and those of Chandi Ma for Rikhia. For Sannyasa Peeth he had invoked the grace of Lakshmi to guide its activities.



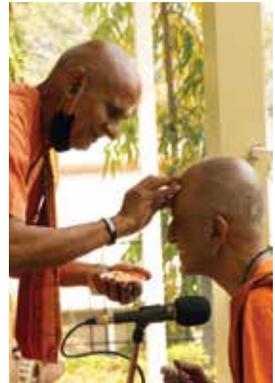
### **Sivaratri**

On 1st March, Sivaratri was conducted at Akhara with havan and the chanting of stotras. Swami Nirajan spoke on the different traditions observed throughout India and the two events that are celebrated: the first manifestation of Shiva in form of a pillar of fire, and the marriage of Shiva and Parvati.



### **Holi**

On 18th March, Holi was celebrated at Yajnashala. Swamiji read a poem by Sri Swamiji and explained its significance for Holi.



### **Buddha Poornima**

On 16th May, Buddha Poornima was observed at Satyam Vatika. It is the full moon night when Lord Buddha attained



enlightenment under the bodhi tree in Gaya. Swami Niranjan spoke on the life and teaching of Buddha.

As it is also the birthday of Swami Dharmashakti, Sri Swamiji's first disciple, havan was conducted to the chanting of *Sundarkand* in her memory.

### **International Day of Yoga**



From 16th to 19th June, the children of Bal Yoga Mitra Mandal (BYMM) conducted a four-day yoga camp for all children of Munger, between the age of 7 to 14. From 6 to 8 am, over 400 children met at Paduka Darshan for their yoga class. Teachers were Chandan, Srikant, Sonu and Piyush.



On 21st June, the International Day of Yoga, another class was conducted at Paduka Darshan for the children of the 'City of Yoga'. Their teachers were Sanyam and Khushi Priya.

Bihar School of Yoga propagated a program for the International Day of Yoga which was followed by many centres and individuals throughout India and across the world.



- From 11th to 21st June, Sushma Kesarwani conducted yoga training for 180 students of Jabalpur Medical College.
- Satyananda Yoga Kendra, Jamshedpur, organized a yoga program in which over 1,500 people participated. Sannyasis Krishna Charan and Raj Sharma conducted the yoga training.



- Yoga programs were organized in different places in Patna:
  - A program was organized at Rajendra Mandap in the Raj Bhavan premises which was attended by the Honourable Governor of Bihar, Sri Fagu Chauhan, along with officers and staff of the Governor's Secretariat.
  - A session was also organized at A.N. College for over 120 professors and students. Both the programs were conducted by Sannyasi Dharmavijay.





- A yoga program was organized in the Bihar Vidhan Sabha premises which was attended by many state legislators. The program was conducted by Sannyasi Gyankesari.
  - A program was also organized at the National Cadet Corps Group Headquarters in Patna for NCC cadets and officers.
  - Yoga Mitra Mandal, Raigarh organized a yoga shivir at the Agrasen Seva Sangh Bhavan. Chandi Prasad Gupta taught the class and Brajesh Patnaik assisted.
  - From 19th to 21st June, a three-day yoga shivir was organized at Sivananda Darshan Yoga Ashram, Satna, for over 60 participants.
  - A program was also conducted at the Power Grid Corporation of India Ltd. at Sitpura for 30 employees. All sessions were conducted by Swami Harishraddhananda.
- Other centres also organized shivirs on this occasion:

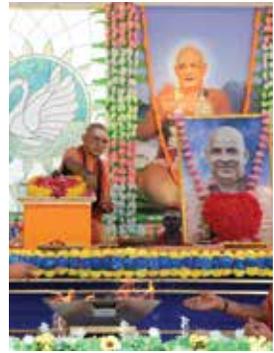
- Gyan Darshan Yogashram, Bhilai, conducted 11 shivirs and two online sessions.
- A program was conducted at the CK Naidu Hall, Cricket Club of India, Mumbai.
- A five-day program was conducted for over 500 cadets of National Cadet Corps at Barauni by Sannyasi Anupam.



Yoga centres in countries such as Bulgaria, Kazakhstan and Thailand also celebrated the International Day of Yoga in their community.

### **Guru Poornima**

From 11th to 13th July, the Guru Poornima program was conducted at Satyam Vatika. This year's celebration was dedicated to Swami Sivananda Saraswati who attained mahasamdhhi on 13th July 1963. Swami Niranjan spoke on the life of Swami Sivananda and on the unique relationship he had with Sri Swamiji.



The program was livestreamed and devotees from around the world were able to be part of the dedication offered to the gurus.





## Diwali

On 25th October, Diwali was celebrated at Satyam Vatika. Residents gave a wonderful performance of karate, fire dance and jugglery with a crystal ball.

## Satyam Poornima

From 4th to 8th December, Satyam Poornima was conducted at Paduka Darshan to honour the 99th birth anniversary of Sri Swami Satyananda. Swami Niranjan performed Abhishek on twelve Shivalingas and then spoke on the life of Sri Swamiji.



## Sri Swamiji's Birthday

On 23rd December, Sri Swamiji's Birthday was celebrated. Swamiji spoke on his relationship with Sri Swamiji and invited acharyas and sannyasins to speak about their experiences with Sri Swamiji.



## Christmas

On 24th and 25th December, Christmas Eve and Christmas Day were celebrated with the singing of carols and kirtan, and Swamiji's satsang.



## Year End Program

On 31st December, the outgoing year was celebrated with a look at the lessons learnt and the wish to develop more positivity in the coming year.

## 2022 ONLINE PRESENTATIONS

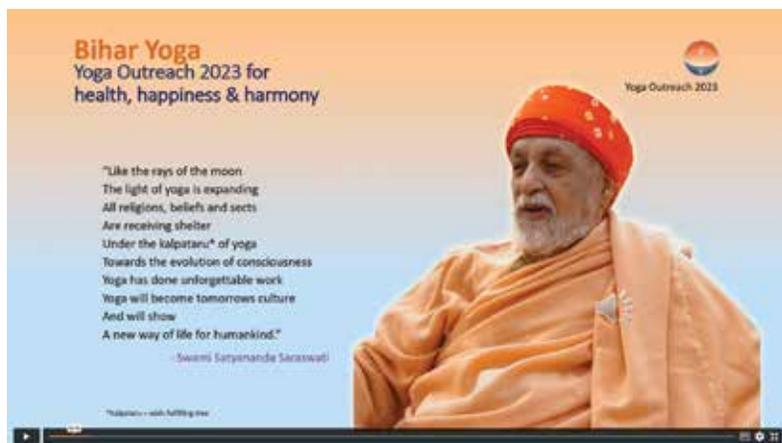
### Online Training

As part of the Online Yoga Chakra training, the series on *Kaya Sthairyam* was released.



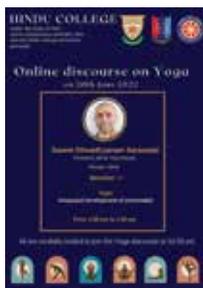
### Online Presentations

Online presentations were created on the occasion of Basant Panchami, the Foundation Day of Bihar School of Yoga and Guru Purnima. On the occasion of Satyam Purnima, the presentation of *Yoga Outreach for Health, Happiness and Harmony* was released, inviting all aspirants to offer their seva during the centenary year of Sri Swami Satyananda Saraswati.



### Webinars

On 22nd February, Swami Shivadhyanam participated in a webinar organized by the Bihar Police as part of its Bihar Police Week program. In his address Swami Shivadhyanam outlined how the practices and lifestyle of yoga can help in overcoming physical, mental and emotional stresses thereby leading to a wholesome work-life balance.



On 20th June, Swami Shivadhyanam participated in an online program organized by Hindu College, University of Delhi, on the occasion of the International Day of Yoga, wherein he spoke about the practical applications of yoga for the integral development of personality.

On 21st June, Swami Shivadhyanam addressed the officers and employees of the National Informatics Centre, in an online program organized by the Bihar state unit of NIC. In his discourse Swami Shivadhyanam presented health, happiness and harmony as the main requirements of people in the present times and explained how simple capsules and concepts of the different branches of yoga can be applied in one's daily life to achieve these aims and thereby enjoy a better quality of life.

On 4th September, Swami Shivadhyanam addressed teachers and officers in a webinar organized by the Education Department of the Government of Bihar on 'Yoga for a healthy and creative life' on the eve of Teacher's Day. He outlined how health could be achieved through simple and practical yoga capsules, and creativity developed by harmonizing the faculties of head, hearts and hands through elements of a yogic lifestyle.

On 2nd October, a webinar was conducted by Swami Ratnashakti on 'Transforming Lobha'.

On 6th November, a webinar was conducted by Swami Ratnashakti on the 'Management of Lobha'. Both sessions were for a group of students and devotees in the Mumbai area.

**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 2023**

**Sd/- (Swami Gyansiddhi Saraswati) Editor**

# They are doing good . . .

*Sannyasi Yogasharan, Chennai*

## **Ranjani**

Almost six years back when I started teaching yoga at Sevalaya, there was a wide-eyed girl watching the practices from one corner of the room. When I called her to join us, teachers and caretakers warned me saying that she was a troublesome girl who misbehaved with people.

As our Guru's grace is always with us, I was not perturbed but curious to know about her. I met the founder of the NGO who confided in me that she and a few others were brought from another improper home which was closed by the Government for misappropriation. That girl, Ranjani, was 11 years of age and had been abused physically and mentally in the earlier home and had undergone a trauma. The founder had put her in class 6 with full freedom and given her shelter in the home.

Meanwhile she started being more interested in our sessions and came to do our practices. I called her, spoke to her softly and appreciated her. She was thrilled and asked me whether she could be a part of all sessions. I took special permission and made her participate. She was a natural yoga practitioner. She was very particular about our shortwave *Om* chanting. Slowly she became my demonstrator and was doing well. At the same time, the complaints against her had not stopped completely. Though her violent behaviour with episodes of her biting and hitting fellow mates and wardens mellowed, she did not show any inclination to study.

She wanted to be a beautician. I told her, I would help her become a beautician only if she cleared her 10th standard first. Special yoga nidra sessions were given to her with the seedling of sankalpa and visualization of passing class 10. The teachers were not sure whether it would happen.

Covid stopped our classes for almost two years. When I visited the home again, sitting in the common lunch hall, Ranjani, grown up beautifully, was serving me sweets with a beaming smile. She had passed her class 10 and was thrilled about it. This shows the power of our tradition and yoga.

### **Ihana**

In the same place, a Muslim girl, Ihana, who was in a community school, attended our sessions in burkha and hijab. She would do the practices like that. Initially, she was reluctant with our chantings and *Om*. I told her if she was not comfortable chanting what we chanted, she was free to chant her mantras. She was relieved and happy. Slowly I could see her participating more regularly and involving wholeheartedly in our chants. She asked me the reason and meaning of our Shanthi Path, daily mantras and other chants and was thrilled to learn.

She was also a little troublesome. She was from a rich Muslim family, but lost her parents. Her relatives had taken the money and put her in a home in their town. She was 16 years and the home was a nightmare for her. With the support of the police, she was rescued and admitted in Sevalaya.

She wanted to go back to her town, but was advised by the caretakers and teachers in Sevalaya, and myself to stay in Sevalaya until she completed 18. She did our practices regularly and volunteered to teach others in the home. She was very positive and relaxed with ajapa japa and yoga nidra.

Again due to Covid there was a disconnection. I learnt that she had turned 18 and left the home. One day I got a call from Ihana. She said, she was doing good in a neighbouring town and had started her studies in a college with the support of a relative. She asked for the guided yoga nidra practice and ajapa japa in Tamil which was sent. She is confident of doing good.





## Yoga Publications Trust

# Teachings of Swami Satyananda Saraswati: Volume VII & VIII

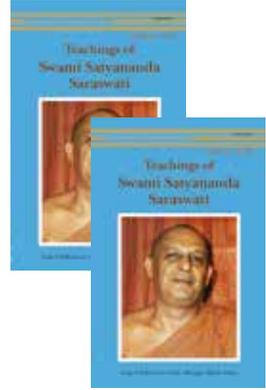
Volume VII: 206 pp, Soft cover, ISBN 978-93-94604-09-4

Volume VIII: 218 pp, Soft cover, ISBN 978-93-94604-08-7

From the 1960s to the 1980s Swami Satyananda's extensive international touring yielded a wealth of spiritual teachings spanning a vast range of subjects.

In 1982, Sri Swami Satyananda Saraswati embarked on a whirlwind tour through South India. In just twenty-two days, he visited four states and nine cities and gave over sixty talks and interviews on the subject of yoga and spiritual life, addressing a wide spectrum of society.

*Teachings of Swami Satyananda Saraswati, Volume VII* covers the cities of Bangalore, Mysore, Trivandrum and Coimbatore and *Volume VIII* covers the cities of Trichy, Madurai, Neyveli, Madras and Visakhapatnam.



New

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

**Yoga Publications Trust**, PO Ganga Darshan, Fort, Munger, Bihar 811 201, India

Tel: +91-09162 783904, 06344-222430, 06344-228603



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



## Websites and Apps

### [www.biharyoga.net](http://www.biharyoga.net)

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

### Satyam Yoga Prasad

The digital library of the Bihar Yoga Tradition presenting audio, video and publications online. Available at [satyamyogaprasad.net](http://satyamyogaprasad.net) and as apps for Android and iOS devices as [satyamyogaprasad](http://satyamyogaprasad.net).

### Living Yoga Lifestyle Sadhana

This program is released aiming to improve and enhance health and total wellbeing. Available from [biharyoga.net](http://biharyoga.net) and [satyamyogaprasad.net](http://satyamyogaprasad.net).

### 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 YPT available as an easily browsable mobile app.
- The *Bihar Yoga* app brings to the user ancient and revived yogic knowledge in a modern medium.
- *For Frontline Heroes*, designed for people who are active in the fight against Coronavirus, presenting simple yoga practices to help alleviate tension and stress caused by the pandemic.

- Registered with the Department of Post, India  
Under No. MGR-02/2020-23  
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

bar code

## Yoga Peeth Events & Yoga Vidya Training 2023

### **Bihar School of Yoga Yogavidya Training**

<i>Jul 2022-Jul 2024</i>	Ashram Life Training
<i>Mar 1-30</i>	Bihar Yoga Teacher Training
<i>Apr 4-10</i>	Pratyahara & Dharana Training
<i>Apr 18-24</i>	Pranayama - Breathe for Healthy Lungs Training
<i>Jul 1-Dec 31</i>	Yoga Chakra Experience
<i>Sep 20-28</i>	Hatha Yoga/Karma Yoga Training
<i>Oct 4-12</i>	Raja Yoga/Bhakti Yoga Training
<i>Oct 15-29</i>	Progressive Yoga Vidya Training
<i>Nov 20-29</i>	Kriya Yoga/Jnana Yoga Training

### **Bihar Yoga Bharati Yogavidya Training**

<i>Apr 15-Jun 15</i>	Yogic Studies, 2 months (English)
<i>Aug 7-Oct 7</i>	Yogic Studies, 2 months (Hindi)

### **Events**

<i>Nov 4-15</i>	Munger Yoga Symposium II
-----------------	--------------------------

### **Monthly Programs**

<i>Every Saturday</i>	Mahamrityunjaya Havan
<i>Every Ekadashi</i>	Bhagavad Gita Path
<i>Every Poornima</i>	Sundarkand Path
<i>Every 4th, 5th &amp; 6th</i>	Guru Bhakti Yoga
<i>Every 12th</i>	Akhanda Path of Ramacharitamanas