

# YOGA

Year 13 Issue 3  
March 2024



**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.

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### 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)

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

*Front cover & Plates:*

Activities of Bihar School of Yoga 2023



## GUIDELINES FOR SPIRITUAL LIFE

Real religion is the religion of the heart. The heart must be purified first. Truth, love and purity are the basis of real religion. Conquest of the lower nature of man, control of mind, cultivation of virtues, service of humanity, goodwill, fellowship and mutual amity, constitute the fundamentals of true religion. I am very particular in propagating these ideals on a wide scale. I try to teach them mostly by example, which I consider to be weightier than all precepts.

—Swami Sivananda Saraswati

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# YOGA

Year 13 Issue 3 · March 2023  
(62nd year of publication)



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This issue of YOGA is dedicated to the activities of Bihar School of Yoga in 2023.

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

तपस्विभ्योऽधिको योगी ज्ञानिभ्योऽपि मतोधिकः । कर्मिभ्यश्चाधिको योगी तस्माद्योगी भवार्जुन ॥

# The Heart-Garden

Swami Sivananda Saraswati

By doing wrong actions, one taints one's character. By doing virtuous actions, one develops a noble character. Without character a person falls down to the level of a brute. A person of character is honoured, trusted and adored everywhere. Therefore, one should develop a good character when one is young.

One should learn how to eradicate vices and how to cultivate virtues in the garden of one's heart. Vices and negative habits are the weeds. Virtues are priceless fruits and flowers. The yogic method of *pratipaksha bhavana*, cultivation of the opposites, can be learnt and applied in life. Purity or celibacy, forgiveness, generosity, humility and selflessness are the opposites of lust, anger, greed, pride and selfishness.



Therefore, the aspirant should become a skilful yogic gardener and plant good flowers in the garden of the heart and enthrone the Divine in the centre of the heart-garden and meditate on Him.

# BIHAR SCHOOL OF YOGA TRAINING

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

The participants of these special trainings 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. Classes were conducted by Swami Shivadhyanam. Assistants were Sannyasis Devdarshi, Satkirti, Shivankari, Vidyadhari, Vidyashakti, Jignasu Adityamurti, Karthik and Dev Vishwanath.

- From 8th to 19th January, a group of 93 personnel from the Central Industrial Security Force participated in a 10-day intensive yoga training program.
- From 19th February to 1st March, a group of 93 personnel from the Central Industrial Security Force participated in a 9-day intensive yoga training program.
- From 14th to 25th May, and from 1st to 12th June, two groups of 92 personnel each from the Central Industrial Security Force participated in a 10-day intensive yoga training program.





- From 16th to 25th July, a group of 100 CISF personnel, who had already undergone beginner training in previous batches, attended a 10-day intermediate training program at Ganga Darshan.
- From 26th November to 1st December, a group of senior officers from the Central Industrial Security Force along with their family members participated in a week-long intensive yoga training

program at Ganga Darshan. Through morning ashram seva sessions, mid-morning hatha yoga classes and swadhyaya sessions, afternoon raja yoga classes, satsangs with Swamiji, and evening bhakti yoga and jnana yoga sessions, the participants were given a wholistic experience of yoga. In his satsangs, Swamiji outlined the integral and practical aspects of yoga through the concept of Yoga Chakra. He also spoke on the importance of yogic lifestyle and presented the capsule sadhana as an effective, practical way to achieve health, happiness and harmony in life.



## Total Health Yoga Capsule



From 6th to 11th February, a Total Health Yoga Capsule was conducted at Ganga Darshan. Participants came from the following Indian states, Bihar, Delhi, Goa, Haryana and Jharkhand. Teacher was Swami Nirmalananda Saraswati who was assisted by Swami Vasundhara.

### **Bihar Yoga Traditional Teachings for Yoga Teachers**

From 1st to 30th March, Bihar Yoga Traditional Teachings for Yoga Teachers was conducted at Ganga Darshan. In his satsangs, Swami Nirajan emphasized the importance of being connected to the tradition and to follow the teachings of the tradition. To maintain the purity of yoga and to inspire students was the task of a yoga teacher of the Bihar Yoga tradition.

The overseas participants came from Argentina, Austria, Bulgaria, Canada, France, Germany, Hungary, Ireland, Italy, Nepal, New Zealand, Serbia,





Slovenia, Uruguay and the USA. National participants came from the states of Gujarat, Madhya Pradesh, Maharashtra, New Delhi, Odisha and Tamil Nadu.



### **Pratyahara and Dharana Training**

From 4th to 11th April, a training on Pratyahara and Dharana was conducted. Swamiji explained in depth the process of pratyahara and the need to develop the ability to introvert and disconnect from external distraction.



Participants came from the Indian states of Chhattisgarh, Delhi, Gujarat, Karnataka, Madhya Pradesh, Maharashtra, Odisha, Tamil Nadu, Telangana, Uttarakhand and West Bengal. Overseas Participants came from Argentina, Bulgaria, Canada, Finland, France, Greece, Lithuania, Nepal, New Zealand, Romania, Serbia, Uruguay and the USA. Teachers were Swamis Shivadhyanam, Vijayashakti and Yogatirtha.



## Breathe for Healthy Lungs



From 18th to 24th April, the training Breathe for Healthy Lungs was conducted at Ganga Darshan. 37 participants from the Indian states of Andhra Pradesh, Bihar, Haryana, Jharkhand, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Uttar Pradesh and West Bengal attended the three daily sessions. Teachers were Swami Aparokshananda and Swami Vasundhara. This course had been designed under the inspiration of Swami Niranjanananda in 2020 at the beginning of the Corona pandemic. It was presented online to help people improve the quality of their breathing.

## Yoga Chakra Experience

From July to December, a six-month training in antaranga yoga was dedicated to the understanding and experience of karma yoga, bhakti yoga and jnana yoga. The focus was the application of the learning in everyday life. Participants came from the Indian states of Bihar and Karnataka, and from Iran, Japan, Kazakhstan and Russia.



## Hatha Yoga – Karma Yoga Training

From 20th to 28th September, a yoga vidya training was conducted at Ganga Darshan. In his satsangs, Swami Niranjan





explained that in the Yoga Chakra hatha yoga and karma yoga are paired because both branches work with the pranic dimension.

The participants came from 14 states of India, from Bihar, Chhattisgarh, Delhi, Gujarat, Haryana, Jharkhand, Karnataka, Madhya Pradesh, Maharashtra, Rajasthan, Tamil Nadu, Telangana, Uttar Pradesh and West Bengal. The overseas participants came from Australia, Brazil, Bulgaria, Germany, Ireland, Israel, Latvia, Lebanon, The Netherlands, New Zealand, Russia, Spain, the UK, Uruguay, the USA and Vietnam.



### **Raja Yoga – Bhakti Yoga Training**

From 4th to 12th October, a training of raja yoga and bhakti yoga was conducted. Swami Niranjana spoke on the difference of these two branches. Raja yoga deals with mind management and its main stages are pratyahara and dharana. Bhakti yoga is emotion management and the practice is developing positivity and one-pointed focus.

The participants came from 12 states of India: Bihar, Delhi, Gujarat, Haryana, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Rajasthan, Telangana, Uttar Pradesh and West Bengal. The overseas participants came from Brazil, Bulgaria, Colombia, Ireland, Italy, New Zealand, Romania, Russia, South Korea, Spain, Uruguay, the USA and Vietnam.



### **Progressive Yoga Vidya Training**

From 15th to 29th October, the fifth Progressive Yoga Vidya Training was conducted at Ganga Darshan. Swamiji explained how one can heighten the awareness and experience of prana through asana, pranayama, mudra and bandha.

Participants came from 6 states of India: Chhattisgarh, Gujarat, Karnataka, Madhya Pradesh, Maharashtra and Tamil Nadu. The overseas participants came from 27 countries: Argentina, Brazil, Bulgaria, Canada, Colombia, Croatia, Finland, France, Germany, Greece, Ireland, Italy, Lithuania, Mauritius, Nepal, Netherlands, New Zealand, Peru, Portugal, Romania Serbia, Spain, Sweden, Switzerland, Uruguay, the USA and Vietnam.





## Second Munger Yoga Symposium

From 4th to 11th November, the Second Munger Yoga Symposium was a gathering of yoga aspirants who had participated in the first Symposium in 2018. The theme was the original teaching of Sri Swami Satyananda. In his satsangs Swami Niranjan brought the life and teachings of Sri Swamiji alive with examples and anecdotes, emphasizing on how Sri Swamiji lived his teachings and the teachings of Swami Sivananda every moment of his life. Participants had a new and deeper experience of familiar practices. They came from the Indian states of Andhra Pradesh, Bihar, Chhattisgarh, Delhi, Goa, Gujarat, Haryana, Jharkhand, Karnataka, Madhya Pradesh, Maharashtra, Odisha, Punjab, Rajasthan, Tamil Nadu, Uttar Pradesh, Uttarakhand and





West Bengal. Overseas participants came from 34 countries: Argentina, Australia, Austria, Brazil, Bulgaria, Canada, Colombia, Croatia, France, Germany, Greece, Hungary, Iraq, Ireland, Italy, Lithuania, Mauritius, Mexico, Nepal, Netherlands, New Zealand, Peru, Portugal, Romania, Serbia, Slovenia, South Korea, Spain, Sweden, Switzerland, UK, Uruguay, USA and Vietnam.

### **Kriya Yoga – Jnana Yoga Training**

From 20th to 29th November, a training of kriya yoga and jnana yoga was conducted. Swami Nirajan explained how those two branches complement each other. Kriya yoga is a way to transcend the mind, and jnana yoga clears the mind. National participants came from the states of Bihar, Karnataka, Tamil Nadu and Uttar Pradesh. Overseas participants came from Argentina, Austria, Brazil, Bulgaria, the Czech Republic, Iraq, Nepal, Netherlands, New Zealand, Serbia, Spain, Sweden, Switzerland, Uruguay and the USA. Teacher was Swami Yogatirtha.



# 2023 ACTIVITIES REPORT COURTESY OF BIHAR YOGA BHARATI

## Yogic Studies, 2 months (English)



From 15th April to 15th June, the two-month Yogic Studies (English) course was conducted at Ganga Darshan. The participants came from the Indian states of Bihar, Gujarat, Haryana, Karnataka and Odisha, and from Brazil, Bulgaria, Colombia, Germany and Sierra Leone. On the occasion of the certificate distribution, the students gave a beautiful presentation sharing their experiences, and expressing their gratitude through song, dance, poetry and asana. Teachers were Swamis Amritbindu, Vasundhara and Yogatirtha and Sannyasi Atmarpan.





### **Yogic Studies, 2 months (Hindi)**

From 7th August to 7th October, the two-month Yogic Studies (Hindi) course was conducted at Ganga Darshan. The students came from the Indian states of Bihar, Chhattisgarh, Delhi, Gujarat, Jharkhand, Madhya Pradesh, Uttar Pradesh, Uttarakhand and West Bengal. During their certificate distribution, the students gave a heart-warming presentation sharing their learnings and experiences through song, dance, drama and asana. Teachers were Swamis Satyamurti, Shradhhamati and Vasundhara and Sannyasi Atmarpan.



# Parampara

Swami Niranjanananda Saraswati



*Parampara* means tradition, and that is necessary and important. You can now get your yoga training anywhere in the world. Spend two hundred hours, four hundred hours, become a member of this alliance or that alliance, this group or that group, get your degree and your support. Then you put up your signboard and start teaching yoga. That type of yogic understanding does not deepen your own experience; you only accumulate information. There is no understanding of information. You can be asked to read books and give an exam, yet you have no one to guide you through the book to make you understand what it says. A lot of the wisdom which becomes applicable in our own sadhana and practice is lost. All we retain is the necessary information which allows us to project ourselves as a yoga teacher, however there is no other connection to the *vidya*, the knowledge.

Bihar Yoga Tradition Teachings is the continuation of exploring the *vidya*, the yogic knowledge, and transmitting it. We are looking at two things. One is the *vidya* component which is eternal. We are not reinventing the wheel of yoga



today. It is a subject that has been in people's minds, in their life as part of their practice, since the time the rishis conceived of yoga and started to practise and teach to better the condition of human nature, behaviour and lifestyle. Vidya is constant, continuous, and individuals are transient. Today, you have an interest, so you come to learn something about yoga. Then you express your interest back home, you teach for a few years and then you stop. Times change, situations change, generations change. Your effort stops with you. It is very much an individual's self-projection, which makes you into a yoga teacher for a short period of your life. This yoga is taught more with material awareness not with spiritual awareness. Teachers are involved in material awareness, more than the spiritual awareness, and there is no growth and development of vidya also. A portion of what you have imbibed you have taught, and the whole aspiration ends with you in your life.

In vidya, the inspiration of the previous masters continues to guide and inspire you. It should also be known how they utilized this knowledge according to different times to help the individual and society, to understand that the knowledge can be applied in all situations, conditions and circumstances to improve it. Our connection between the vidya and the individual lineage is dependent on the common vision that the vidya and the tradition share. It is the connection between the individual and the vidya, which makes you appreciate and understand what you are doing and what its aim or the goal is.

Today, when you speak of yoga, people think of physical postures only. It is either a fashion or a brand. Beyond that people do not understand what yoga is. People see it as a brand or a fashion. The word yoga is associated ninety-nine percent of the time with physical postures only. People talk like this: What are you going to do? I am going to do my yoga. What do you do in yoga? Oh, I do my cat pose, I do my scorpion pose, I do my head stand, I do my standing up, I do my stretches. That is how people today are defining yoga globally, as something

physical. This leads to a different understanding of yoga, not as a subject which can develop the total life or a practice which can make you physically, psychologically and spiritually fit to survive in the world. It is seen more as a projection of oneself 'I have a nice body', 'I practise my yoga', 'I do a few stretches every day'. It is like saying that the entire education system is only the primary class. There is no secondary level or college level, there is no university. Everybody thinks that yoga is the basic, primary asana practice and beyond that there is nothing. The whole understanding of yoga as a lifestyle is gone and the understanding of yoga as physical stretches only is being developed.

In the classical teachings of yoga, it was defined as a lifestyle not as a practice, as an action of life of which you are aware every moment to overcome self-limitations. This understanding is now relegated to the background. When we connect with a tradition, the thoughts of people and the experiences of the masters, we realize that more than practice, yoga is an understanding of how to live a proper, balanced and harmonious life. When you think of this in relation to living a better life, then the thoughts shift from the asana practice to a lifestyle. There are not many branches of yoga. Yoga is only classical yoga, although people come out with brands and new-ness which they claim to be yoga.

In reality, yoga is only classical yoga. What is classical yoga? What is the meaning of the term 'classical yoga'? Classical yoga is the presentation of the experiments and experiences that the yogic aspirants have gone through in their life when they move into a yoga practice. We shall come to understand this as we progress. It is the compilation of experiences and experiments that one has done to better one's own life. This compilation has happened over thousands of years in yoga. We are not compiling our experiences for the first time. For thousands of years, people have compiled these experiences and shared that this is what they have experienced as yoga practitioners. Each group has given their view and opinion.

People have given their views on hatha yoga and the hatha yoga views are clearly defined in the *Hatha Yoga Pradipika* by Swatmarama; and in the *Gheranda Samhita*. The thoughts contained in these two books are totally different to each other although they belong to the same subject of hatha yoga. The presentation and explanation of hatha yoga is totally different. The reason is simple: two different groups practised hatha yoga. The practices and experiments are the same, yet the experience and understanding differs because of the different lifestyles and life ideologies that people followed. The *Hatha Yoga Pradipika* by Swatmarama was written for laypeople and people in society, whereas *Gheranda Samhita* was written by recluses who lived away from society and had more time to do their inner explorations. So the ideas, concepts and experiences are different in both groups. One speaks of *bhumikas*, the other one speaks of *ghat*. *Bhumika* is the foundation in life like stages or steps that you climb up; and the other speaks of *ghatavastha*, to see the whole body as the container, to discover what is in this container and to express the strength and quality of that container.

This as an example to understand that although practices are the same, people have had different experiences. They state clearly that this has been their experience and this is what they have seen or explored when they were practising or going through the yogic routine and lifestyle. One represents the temporary practice which you do for one hour, two hours, three hours to feel good, fit and happy. The other represents the experience of people who have immersed themselves in the practices and are willing to live yoga, not practise yoga. If I can be blunt, then *Hatha Yoga Pradipika* is to practise yoga and *Gheranda Samhita* is to live yoga. That is the difference. You practise for one hour, living yoga you do for twenty-four hours, so naturally the experiences, the understanding and the application of the practice in life is going to change. This in the context of classical yoga.

No matter which yogic branch it is, they all have two aspects: one which is the temporary involvement and the

other which is the deeper intense involvement. Even in jnana yoga, karma yoga, bhakti yoga, kriya yoga and raja yoga, the same thing happens. There are clearly two divisions of people who practise something for a short term and people who live something for long term. Those who practise something for short term are the teachers. Those who live it for a long term are the followers of a tradition. That is one of the major differences. For people who get their certificate it is a vocation and beyond that there is no further commitment or association with developing the awareness more intensely within themselves.

If you have the certificate or diploma, you are a teacher and you lose that connection to deepen your own understanding, explore your own nature. You simply remain a teacher. When you remain connected with the tradition, you do not identify with being a teacher; you identify with being a practitioner, a sadhaka, an explorer. If there is not going to be any responsibility or connection to oneself and the tradition, the learning stops at that point. If there is connection with vidya and the tradition, it means sincerity, seriousness and commitment, integrity and not hypocrisy. The whole perception, mind-set, everything changes. A personal responsibility develops, and the connection to vidya results in transmission.

Transmission is the hallmark of Swami Sivananda, Swami Satyananda and the Bihar Yoga tradition. Swami Sivananda did not give 200 hours of yoga training to his disciples. It was more a transmission, living, experiencing and experimenting. Swami Satyananda said even one week is enough if you want to become a yoga teacher because you are not going to go very deep into it. You just need a little bit of an item which you can sell in the market to earn your living. If you want to deepen and explore yogic concepts, you have to immerse yourself in yoga. He provided that opportunity right from the beginning when he developed the Yoga Chakra.

*– 2 March 2023, Bihar Yoga Tradition Teaching for Teachers,  
Ganga Darshan, Munger*

# YOGA PROPAGATION

## NATIONAL

### Bihar



On 7th March, Swami Shivadhyanam addressed students and faculty of Dr Rajendra Prasad Central Agricultural University, Pusa, Samastipur, during the inauguration of a novel month-long 'Diksharambha' program initiated by the university to enable the incoming undergraduate students to imbibe positive human values and develop their latent potential. Sharing his thoughts on yoga and education, Swami Shivadhyanam outlined how yoga can be an effective tool in this endeavour. He spoke about Bihar School of Yoga's yogic outreach for health, happiness and harmony, and highlighted practical ways and means for achieving these goals. The program was attended by about 500 fresh undergraduate students and 40 faculty members.

From 21st to 26th March, a yoga shivir was conducted for the Central Reserve Police Force 215 Battalion, Jamui. The theme of the shivir was general health and stress management. The over 40 participants benefited greatly learning how to introduce yoga into their daily lives. Teachers were Rahul Kumar Mishra who was assisted by Arvind Madhav.

From 2nd to 6th April, a yoga shivir was conducted at Herbal Park, Patna. Over 160 men, women and children participated in this shivir conducted by Rahul Mishra and Arvind Madhav.



On 3rd April, Munger University celebrated the 125th Foundation Day of Raja Deokinandan and Diamond Jubilee College, Munger. Swami Niranjana graced the occasion as the Chief Guest in the presence of many local dignitaries and also gave his blessings.

On 29th April, a 'Yoga and Meditation Centre' was inaugurated by Sri Nitish Kumar, the honourable Chief Minister of Bihar in the august presence of Swami Niranjana and other state ministers and dignitaries. Speaking to the assembled devotees and associates, Swamiji said that with the opening of this centre a fifty-year-old dream of Bihar has been realized. Patna has played a major role in the propagation of yoga since the inception of Sri Swamiji's mission, and the opening of this centre by the State of Bihar during his centenary year will prove to be a boon for the local people.



On 22nd June, yoga sessions were conducted at three venues for the delegates attending the G20 meeting in Patna. Swami Shivadhyanam, Manish Poddar, Yogesh, Manishi Prasad, Rashmi and Rajmani coordinated the sessions and were supported by Shivendra Satyarthi, Himalaya Verma and Alok Kumar from Satyananda Yoga Kendra, Patna.



### Chhattisgarh

On 14th February, Gyan Darshan Yogashram, Bhilai, celebrated Swami Niranjan's birthday as Bal Yoga Diwas. Kirtan, dance, satsang, asana, drama and singing was all performed by the children associated with the ashram.



### Madhya Pradesh

From 2nd to 13th February, a yoga shivir was organized at the Government Girls' Postgraduate College, Satna, which was attended by over 40 students. Classes were conducted by Swami Harishraddhananda.



### Maharashtra

From 7th to 9th April, a yoga sadhana shivir was organized at Maratha Mandir Hall, Ratnagiri, which was conducted by Swami Sivaraj.

From 30th May to 3rd June, SPICMAY, an acronym for Society for Promotion of Indian Culture and Music Among Youth, organized their International



Convention at Visvesvaraya Institute of Technology, Nagpur. Swami Tyagraj conducted the daily yoga sessions. In the final session, the students gave a presentation of Satyananda Yoga and the utilization of yoga in daily life.



### Telangana

From 21st to 23rd November, a 3-day yoga program was conducted for the officer trainees of the Central Industrial Security Force (CISF) at the National Industrial Security Academy in Hyderabad, in which Swami Shiva-dhyanam gave the participants an overview and experience of the wholistic approach of Bihar Yoga.



### INTERNATIONAL

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



## BIHAR SCHOOL OF YOGA - JNANA YAJNA



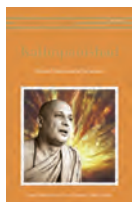
As part of the Yoga Outreach 2023 and continuing the tradition of jnana yajna established by Swami Sivananda Saraswati of Rishikesh, continued by Swami Satyananda Saraswati and Swami Niranjanananda Saraswati, a set of Yoga Publications Trust publications, in both Hindi and English, were sent to 35 universities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

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

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

## 2023 ACTIVITIES REPORT COURTESY OF YOGA PUBLICATIONS TRUST

By the end of 2022, 243 books and 103 booklets were in print in English, 101 books and 42 booklets in Hindi, as well as 15 books and 4 booklets in Hindi-English language. In 2023, twenty-five new books and two booklets were added in English, six books and one booklets in Hindi as new titles. 4 books and 10 booklets were reprinted in English, as well as 13 books and 12 booklets in Hindi and one book in Hindi-English.



### New English books printed in 2023

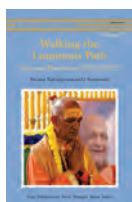
By Swami Satyananda Saraswati:

- *Kathopanishad*
- *Teachings of Swami Satyananda Saraswati, Vols. IX–XII*
- *Satyam Speaks Pranayama*
- *Satyam Speaks Shankhprakashalana*
- *Door to Door, Vol. I – 1968 World Tour*



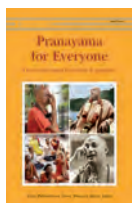
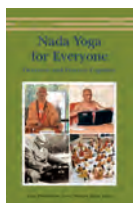
By Swami Niranjananada Saraswati:

- *Walking the Luminous Path: Satyam Poornima 2020-2022*
- *Hatha Yoga Yatra 4*
- *Hatha Yoga Yatra 5*
- *On the Wings of the Swan, Vols. IX & X*



Yoga for Everyone Series:

- *Pawanmuktasana for Everyone*
- *Shatkarma for Everyone*
- *Pranayama for Everyone*
- *Nada Yoga for Everyone*
- *Antar Mouna for Everyone*
- *Pratyahara for Everyone*
- *Dharana for Everyone*

















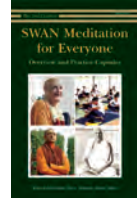
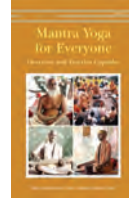




- *Mantra Yoga for Everyone*
- *Japa and Ajapa Japa for Everyone*
- *Swan Meditation for Everyone*

By other authors:

- *Our Swami Niranjan – Friend to All*
- *Transforming Kama*  
Swami Ratnashakti Saraswati



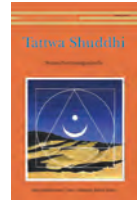
### New English booklets printed in 2023

- *Sankranti Daan*  
Satyam Tales:
- *Discovering Satyam: An exploration by BYMM children*



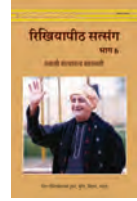
### English books reprinted in 2023

- *Tattwa Shuddhi*  
Swami Satyasangananda Saraswati
- *Common Diseases* (new edition)  
Dr Swami Shankardevananda Saraswati
- *Our Swami Niranjan – Friend to All*



### English booklets reprinted in 2023

- *Yoga: The 2nd Chapter*  
Swami Niranjanananda Saraswati
- *Water the Roots* (9-booklet set)



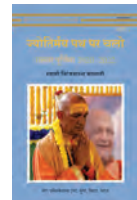
### New Hindi books printed in 2023

By Swami Satyananda Sarawati

- *Rikhiapeeth Satsangs 6*
- *Satyam Vani – Ajapajap*
- *Satyam ke Bhawi Samket*

By Swami Niranjananada Saraswati:

- *Jyotirmaya Path par Chalo*





By other authors:

- *Gurukripa hi Kevalam*  
Swami Gorakhnath Saraswati

### New Hindi booklets printed in 2023

Satyam Tales:

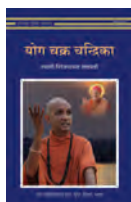
- *Dhanyavad Satyam*



### Hindi books reprinted in 2023

By Swami Satyananda Saraswati:

- *Bhakti Yoga Sagar, Vols. 1, 6 & 7*
- *Swara Yoga*
- *Surya Namaskara*
- *Yog Nidra*



By Swami Niranjananada Saraswati:

- *Buddhi Bhavana aur Karma*
- *Yoga Chakra Chandrika*

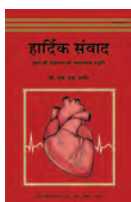
By other authors:



- *Karma Sannyasa*  
Swami Satyasangananda Saraswati

- *Nav Yogini Tantra*  
Swami Muktananda

- *Hardik Samvad*  
Dr H.S. Wasir



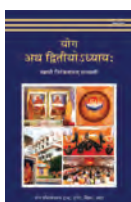
- *Satyam Aradhana*
- *Siddha Prarthana*

### Hindi booklets reprinted in 2023

- *Akash ka tara dharti ka pool*
- *Mali Senche Mool ko (9-booklet set)*

Swami Niranjananada Saraswati:

- *Bihar Yoga Vidyalaya ka Itihaas*
- *Yoga: Atha Dwitiodhyaya*

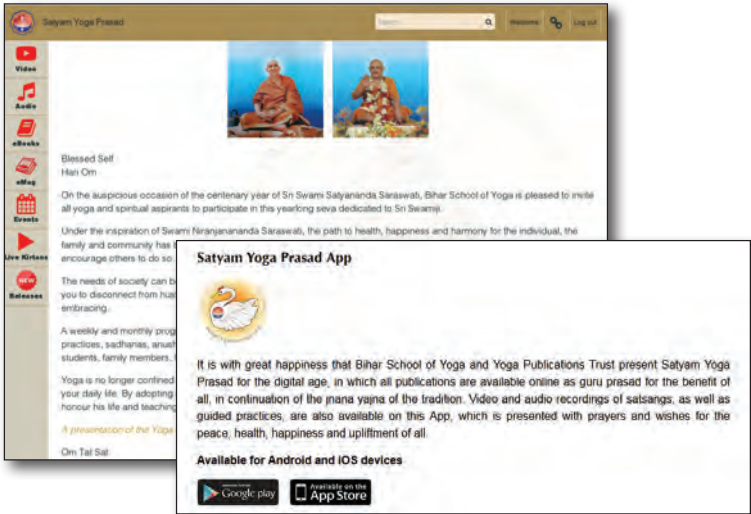


### Hindi-English books reprinted in 2023

- *Shiva Stotra Mala*

# Satyam Yoga Prasad

In 2023, aspirants from 133 countries (out of 193) connected to the Satyam Yoga Prasad App and the website.



- |                        |                    |                  |
|------------------------|--------------------|------------------|
| Albania                | Canada             | Finland          |
| Algeria                | Cayman Islands     | France           |
| Angola                 | Chile              | French Guiana    |
| Argentina              | China              | French Polynesia |
| Australia              | Colombia           | Georgia          |
| Austria                | Congo - Kinshasa   | Germany          |
| Bahrain                | Costa Rica         | Ghana            |
| Bangladesh             | Croatia            | Greece           |
| Barbados               | Cuba               | Guatemala        |
| Belarus                | Cyprus             | Guernsey         |
| Belgium                | Czechia            | Hong Kong        |
| Bolivia                | Denmark            | Hungary          |
| Brazil                 | Dominican Republic | Iceland          |
| British Virgin Islands | Ecuador            | India            |
| Bulgaria               | Egypt              | Indonesia        |
| Cambodia               | Estonia            | Iran             |
| Cameroon               | Ethiopia           | Iraq             |



- |                 |                 |                            |
|-----------------|-----------------|----------------------------|
| Ireland         | Namibia         | Slovakia                   |
| Israel          | Nepal           | Slovenia                   |
| Italy           | Netherlands     | South Africa               |
| Jamaica         | New Zealand     | South Korea                |
| Japan           | Nicaragua       | Spain                      |
| Kazakhstan      | Niger           | Sri Lanka                  |
| Kenya           | Nigeria         | St. Lucia                  |
| Kuwait          | North Macedonia | St Vincent &<br>Grenadines |
| Kyrgyzstan      | Norway          | Sweden                     |
| Laos            | Oman            | Switzerland                |
| Lebanon         | Pakistan        | Taiwan                     |
| Lithuania       | Palestine       | Tanzania                   |
| Luxembourg      | Panama          | Thailand                   |
| Macao           | Peru            | Togo                       |
| Madagaskar      | Philippines     | Trinidad & Tobago          |
| Malaysia        | Poland          | Tunisia                    |
| Maldives        | Portugal        | Türkiye                    |
| Mali            | Puerto Rico     | Ukraine                    |
| Malta           | Qatar           | Uruguay                    |
| Martinique      | Réunion         | United Arab Emirates       |
| Mauritius       | Romania         | United Kingdom             |
| Mexico          | Russia          | United States              |
| Moldova         | Rwanda          | Uzbekistan                 |
| Mongolia        | Saudi Arabia    | Venezuela                  |
| Montenegro      | Senegal         | Vietnam                    |
| Morocco         | Serbia          | Zambia                     |
| Myanmar (Burma) | Singapore       | Zimbabwe                   |

## YOGA JNANA DAAN IN NEW DELHI



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

I would like to express my gratitude to Swamiji for making us an instrument of service for Yoga Outreach through books of our tradition. It was a completely new and enriching experience for me. I felt the guidance from Swamiji at every juncture whether about stocking books or making a roster for sevaks or checking stocks at the stall. The Book Fair itself was a very vibrant place where people of all age groups were pouring in. Once the fair was on I felt the heft of the publication industry, we had a stall among the top commercial publishing giants of the world. It was Sri Swamiji's blessing all through that we were able to match the commercial world and were able to sell more than half of our stock. It was heartening to find in this age of social media, books could still pull such high footfalls at the fair. More than 700 of our magazines were distributed as prasad to all shopkeepers and visitors as part of the outreach of our presence in the arena.



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

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

—Sannyasi Dharmajyoti

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

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

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

—Sannyasi Shivchittam



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

—Meenu Dhingra



On 8th and 9th August, Sanrakshika (CISF Wives Welfare Association) in collaboration with Bihar School of Yoga organized a unique event 'Bihar Yoga Publication Yoga Outreach 2023' at Meraki Lawns of CISF (Central Industrial Security Force) Headquarters, CGO Complex, New Delhi. Bihar School of Yoga provided 30,000 books of the tradition, which were to be given out as Prasad to the citizens of Delhi as part of the birth centenary celebration of its founder Paramahansa Swami Satyananda Saraswati.

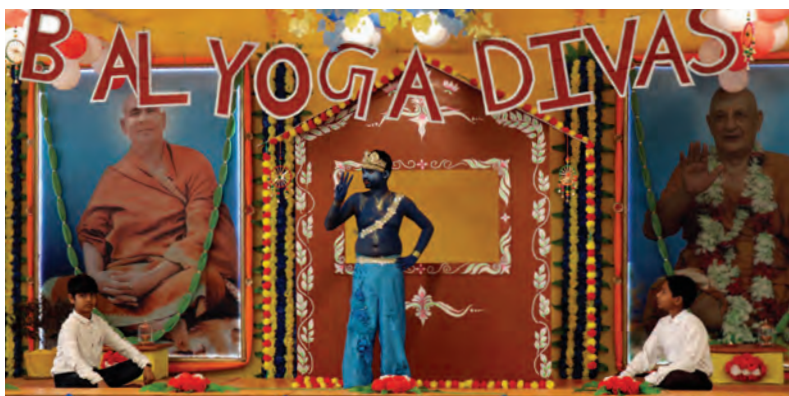


Under its 4th objective, Sanrakshika aspires to make an outreach to society. This event was organized to disseminate the knowledge of yoga for health, happiness and harmony for all. 3,300 people from different walks of life in a very systematic, smooth and peaceful manner took the prasada in these two days. A total of 10,000 magazines and 28,160 books were given as prasada. CISF personnel organized this event with the spirit of seva for the benefit of fellow citizens. The sincerity and joy with which it was conducted is to be seen to be believed. Registration queues were long. People could not believe that one of the best books on yoga and spirituality were being given free. With so many titles available, it was difficult to make a choice to take the best ten books.

This event has made a successful outreach as the majority of the people were new to the tradition. With participation from 52 offices and organizations, this unique event symbolized a harmonious convergence of wellbeing and community outreach which will certainly be remembered by all visitors. On behalf of CISF, I express deep gratitude to Swamiji and Bihar School of Yoga for giving this unique experience to CISF. 'Jnana Daan' is said to be the biggest daan. CISF and Sanrakshika are honoured to be a part of an auspicious event, thus becoming an instrument of service to society. We are looking towards many more opportunities for collaboration for the good of everyone. May this association of two organizations continue to make a difference in the lives of many in the times to come.

—Sannyasi Dharmajyoti, (Aparna Singh)

## 2023 ACTIVITIES REPORT COURTESY BAL YOGA MITRA MANDAL (BYMM)



### **Bal Yoga Diwas**

On 14th February, the members of the Bal Yoga Mitra Mandal gave a wonderful presentation of the history of the movement. In front of their families, ashram residents and guests they showed their skills and talents, and their wholehearted dedication. Many of the new children who had been recruited in 2022 participated and impressed all with their confidence and sincerity.



## 2023 ACTIVITIES REPORT COURTESY YUVA YOGA MITRA MANDAL (YYMM)



On 21st June, the International Day of Yoga, Sannyasis Chandramani and Siddheswar conducted a program at Deoghar College, Deoghar, Jharkhand, organized by the Honorable MP of Godda, Jharkhand, Sri Nishikant Dubey. More than five thousand people attended the event.



From 28th November to 9th December, a yoga training was organized at the remand home in Munger. Yuva Yoga Mitra Mandal members, Shivam and Karan, conducted eight sessions in total to a group of about forty youth, 14 to 17 years of age. The focus of the sessions was developing and maintaining general health.



The young men of the Yuva Yoga Mitra Mandal have become a familiar sight in Ganga Darshan and Paduka Darshan. For every event they are ready to work tirelessly to beautify the various venues and the ashram. Their sincerity and ever-growing skills are appreciated by all residents and guests.





## Fly away from death, oh free bird

*Swami Satyananda Saraswati – Yoga Vedanta, February 1956*

The human being is a bird and its flight is life. It is through the flight of life, oh human being, that you can soar above the fearsome mountain range of death. Surrender yourself to Shiva and Shakti. They will bless you with self-confidence and fill you with immeasurable strength. Neither will you be tired by life nor will you be defeated by death. You will roam unfettered through the limitless expanse of creation and play for eternity in the embrace of ambrosial bliss. Come, let me gently whisper the magical mantra of life into your ears – that mantra is ‘renunciation’.

Making the independent choice of surrendering yourself completely is the true meaning of renunciation. This is the



most sacred and highest ideal, the best emotion. This is the ultimate duty and responsibility. Then where is the question of which one is greater, emotion or duty? We can completely transform life with supreme renunciation which is a duty infused with feeling as well as a feeling of responsibility at the same time. We have to lovingly offer our whole life at the altar of renunciation. Love is inherent in renunciation and renunciation is the luminous embodiment of love.

Renunciation should be full of discrimination. Is blind renunciation really renunciation? Pride in renunciation darkens the heart of the renunciate. 'I am renouncing my all' - having a fleeting sentiment like this even in a dream indicates a petty mind. Steadfast unwavering adherence to the principles one has committed oneself to, devoting oneself totally to that ideal till one's last breath and remaining faithful over as many lifetimes as may be needed, protecting the pure resolve from being sullied by negative qualities - this is real renunciation.

The heart should overflow with joy and elation with the glory of renunciation, without a trace of doubt, restlessness or sorrow.

The renunciate should live life like a sharp sword. Holding the sword as an ideal, the whole life should be surrendered to renunciation. Once a sword is firmly grasped, it never opposes the person who wields it. There is full faith that its respect and honour will be upheld by the master and so once it belongs to the master, it serves with total fidelity. Even if it is broken into pieces, the sword does not even as much as let out a sigh. When offered with unstinting will, surrender can be enjoyed in its full glory, however, the fruit of enjoyment is sorrow whereas surrender and renunciation yield the fruit of joy and happiness. The former has arrogance while the latter has true pride and glory. It is said:

Neither be disenchanted with life,  
Nor be attached to life.

This is how we should live our lives. While living amidst the happiness and enjoyment of life, we should remain detached. We do not have to run away from life but keep away from mundane worldliness. We do not have to flee from temptations, rather we have to rise above them.

Shunning life or reviling worldly people is not renunciation. The middle path between disenchantment and attraction is renunciation. Not limiting one's desires or attachments to specific objects or people but having an equal and expansive concern for everyone and everything is the real meaning of renunciation.

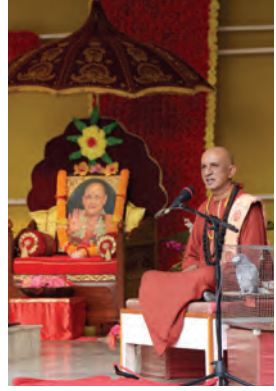
We have to rend asunder the ties of family, society and the world through renunciation. Breaking free from the cage of the world with its iron bars of happiness and prestige, to sing the songs of immortality, to taste the myriad flavours of freedom, to travel far, far, far into the vast forest where everything is eternal . . . 'Fly away from death, oh free bird', chanting this sacred pure mantra, keep on and persevere till we arrive at that holy eternal place.



## YOGAPEETH EVENTS

### **Basant Panchami**

From 24th to 26th January, Basant Panchami was celebrated at Yajnashtala. Swami Niranjan spoke on the life and teaching of Sri Swami Satyananda, on his vision that continues to inspire all seekers. He explained that new *Satyam Setu*, Satyam's Bridge, is a symbol of Sri Swamiji's dedication to the mandate of his Guru, Sri Swami Sivananda, and the mission he set out to accomplish.



### **Sivaratri**

On 18th February, Sivaratri was celebrated at Shivalaya temple where the children of Bal Yoga Mitra Mandal conducted havan, sang kirtan and enacted the wedding of Shiva and Parvati. In the evening, havan was conducted at Akhara to the chanting of stotras. Swami Niranjan explained the significance of this day as a breakthrough of human consciousness.



### **Holi**

On 8th March, Holi was celebrated at Yajnashtala. Swamiji spoke on the meaning of colours which represent the happiness and joy of life. Residents, students and guests offered colours to Sri Swamiji's paduka and then received their own colouring to the sound of stotras and kirtan.





## **Mahamantra aradhana**

On 18th April, Swami Niranjanananda initiated a sadhana for the residents, guests and students of Ganga Darshan to commemorate the day when Sri Swamiji met his Guru, Swami Sivananda, for the first time. It was the day when the seed for our tradition was planted. After pooja to Swami Sivananda and Sri Swamiji, Swami Niranjan spoke on the significance of this moment and explained that throughout the centenary year, the Mahamantra will be chanted in Jyoti Mandir as an offering, to the Gurus of our tradition. Swamis at Ganga Darshan began the chanting and all present joined wholeheartedly aware of the special occasion.



## **Buddha Poornima**

On 5th May, Buddha Poornima was observed at Yajnashtala with havan and the chanting of Sundarkand and stotras. On the occasion, all present remembered the birthday of Swami Dharmashakti, Sri Swamiji's first disciple.





### **International Day of Yoga**

On 21st June, the International Day of Yoga was observed with the special Bihar School of Yoga sadhana. All residents, guests and training participants took part. Swami Vijayashakti conducted the session at Ganga Darshan and Swami Yogakanti at Paduka Darshan.

Throughout India and around the world, this day was an occasion to bring the message of yoga to all sectors of society and inspire participants to live a yogic lifestyle.



### **Guru Poornima celebrations**

From 1st to 3rd July, the Guru Yajna and Guru Poornima program was conducted at Paduka Darshan. This year's celebration also coincided with the culmination of Satyam Charitra which was conducted since 19th June. Swami Niranjan spoke on the life of Swami Sivananda and on the unique meaning of shivam and satyam in the life of every spiritual devotee. The program was livestreamed and devotees from around the world were able to be part of the dedication offered to the gurus.





### **Diwali**

On 12th November, Diwali was celebrated at Ganga Darshan. The songs, dances, a crystal ball presentation and the fire dance were all illustrating the teachings of Sri Swami Satyananda.

### **Satyam Poornima**

From 29th to 31st December, Satyam Poornima was conducted at Paduka Darshan. Vedic chanting was conducted in both Ganga Darshan and Paduka Darshan during this period to commemorate the event.



### **Christmas**

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



### **Year End program**

On 31st December, at the culmination of Satyam Poornima, the Year End program took place with Guru Pooja at Chhaya Samadhi and the lighting of jyotis throughout the ashram.

# Sivaratri

Swami Satyananda Saraswati – Yoga-Vedanta, February 1954



The auspicious and holy festival of Sivaratri will fall on the 3rd of March. On that day the environs of the ashram at the *tapobhumi*, the sacred place of Gurudev's austerities, along the banks of the rivers and within the sanctum sanctorum of temples, will resound the most sacred and holy mantra '*Har-Har Bam Bam Namah Parvati Pataye Har Har Mahadeva*'. Several aspirants will receive initiations. This is a day of renunciation and austerities, self-restraint and inner faith.

Sivaratri represents the unawakened consciousness in the darkness of an aspirant's life. It is the awakening which comes after successfully battling through struggles and heralds the birth of a new dawn. An aspirant's Sivaratri is not only complete with worship, offerings, abhishek and chanting of mantras. Not just observing vows, fasting and keeping vigil makes a sannyasin's Sivaratri meaningful.

What is essential is the continuous vision of never-ending rays of divine light within the darkness of ignorance as well as having eyes which can seek out the divine path amidst the dense areas of one's life with the illumination of that divine light.

In the divine presence of our Guru, come let us sit by the holy Ganga and renew our sacred vows.

# 2023 ONLINE PRESENTATIONS



## Online Training

The Online Yoga Chakra series continued with the topic of Nadi Shodhana. It was open to those who have participated in previous Yoga Vidya Training.

The online training on *Transforming Lobha* continued for the group of yoga aspirants in the Mumbai area. Swami Ratnashakti conducted the online sessions with practice, guidance and answering questions of the participants. The focus was lifestyle pratyahara, its development, application and experience.



## Digital Prasad


- On the occasion of Basant Panchami 2023 and the Foundation Day of Bihar School of Yoga, digital prasad was released with a message and live kirtans.
- For the International Day of Yoga 2023, the program of Bihar School of Yoga was released.



<p>104th INTERNATIONAL DAY OF YOGA 2023          (Bihar School of Yoga - Yoga Vidya)</p> <p><i>Yoga for Health, Happiness and Harmony</i></p> <p>2023 is the 104th anniversary of the Bihar International Day of Yoga. The Bihar International Day of Yoga is celebrated on the 21st day of March every year. The Bihar International Day of Yoga is celebrated in Bihar, India, and in many other countries around the world. The Bihar International Day of Yoga is celebrated in Bihar, India, and in many other countries around the world. The Bihar International Day of Yoga is celebrated in Bihar, India, and in many other countries around the world.</p> <p><b>Health, Happiness and Harmony</b></p> <p>Health is the most important of the three pillars of the Bihar International Day of Yoga. Health is the most important of the three pillars of the Bihar International Day of Yoga. Health is the most important of the three pillars of the Bihar International Day of Yoga. Health is the most important of the three pillars of the Bihar International Day of Yoga.</p> 	<p><i>Your Program for the International Day of Yoga 2023</i></p> <p><b>Each morning, at the time of waking</b></p> <p>Start with a prayer</p> <ol style="list-style-type: none"> <li>1. Pranayama (Nadi Shodhana, Bhujangasana, Bhujangasana and Bhujangasana)</li> <li>2. Asana (Nadi Shodhana, Bhujangasana, Bhujangasana and Bhujangasana)</li> <li>3. Meditation (Nadi Shodhana, Bhujangasana, Bhujangasana and Bhujangasana)</li> <li>4. Mantra (Nadi Shodhana, Bhujangasana, Bhujangasana and Bhujangasana)</li> <li>5. End of the day (Nadi Shodhana, Bhujangasana, Bhujangasana and Bhujangasana)</li> </ol> 	<p><b>Meeting schedule before breakfast</b></p> <p>8:00 AM - 8:30 AM: Nadi Shodhana          8:30 AM - 9:00 AM: Bhujangasana          9:00 AM - 9:30 AM: Bhujangasana          9:30 AM - 10:00 AM: Bhujangasana          10:00 AM - 10:30 AM: Bhujangasana          10:30 AM - 11:00 AM: Bhujangasana          11:00 AM - 11:30 AM: Bhujangasana          11:30 AM - 12:00 PM: Bhujangasana</p> <p><b>5 AM afternoon or early morning</b></p> <p>5:00 AM - 5:30 AM: Nadi Shodhana          5:30 AM - 6:00 AM: Bhujangasana          6:00 AM - 6:30 AM: Bhujangasana          6:30 AM - 7:00 AM: Bhujangasana          7:00 AM - 7:30 AM: Bhujangasana          7:30 AM - 8:00 AM: Bhujangasana          8:00 AM - 8:30 AM: Bhujangasana</p> <p><b>Yoga, before sleep</b></p> <p>8:00 PM - 8:30 PM: Nadi Shodhana          8:30 PM - 9:00 PM: Bhujangasana          9:00 PM - 9:30 PM: Bhujangasana          9:30 PM - 10:00 PM: Bhujangasana          10:00 PM - 10:30 PM: Bhujangasana          10:30 PM - 11:00 PM: Bhujangasana          11:00 PM - 11:30 PM: Bhujangasana</p> 	<p><b>International Day of Yoga</b></p> <p>1. Health: The health of the people is the most important of the three pillars of the Bihar International Day of Yoga. Health is the most important of the three pillars of the Bihar International Day of Yoga. Health is the most important of the three pillars of the Bihar International Day of Yoga. Health is the most important of the three pillars of the Bihar International Day of Yoga.</p> <p>2. Happiness: The happiness of the people is the most important of the three pillars of the Bihar International Day of Yoga. Happiness is the most important of the three pillars of the Bihar International Day of Yoga. Happiness is the most important of the three pillars of the Bihar International Day of Yoga. Happiness is the most important of the three pillars of the Bihar International Day of Yoga.</p> <p>3. Harmony: The harmony of the people is the most important of the three pillars of the Bihar International Day of Yoga. Harmony is the most important of the three pillars of the Bihar International Day of Yoga. Harmony is the most important of the three pillars of the Bihar International Day of Yoga. Harmony is the most important of the three pillars of the Bihar International Day of Yoga.</p> 
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**Yoga Nidra Tribute**

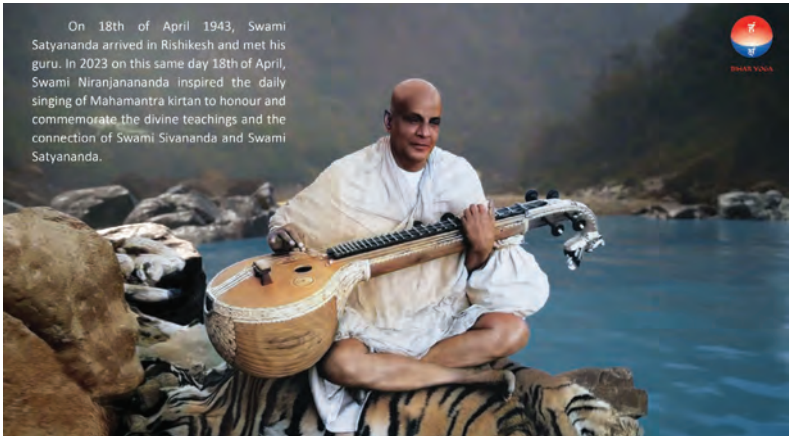
This year being the Centenary Celebration of Sri Swami Satyananda Saraswati, Bihar School of Yoga is proud to announce the release of Yoga Nidra recordings in 108 languages. A special presentation is also being released on the occasion highlighting Sri Swami Satyananda's contribution in realizing the Vedic ideal of "Vasudhaiva Kutumbakam – The whole world is one family" through the universally accepted and practised technique of Yoga Nidra.



**Yoga Nidra 108 Languages Presentation** ☆

- On 12th September, the Sannyasa Diwas of Sri Swami Satyananda, yoga nidra recordings in 100 different languages were released on Satyam Yoga Prasad along with a video tribute, on the biharyoga.net website. By the end of the year the number had gone up to 108, the last one being Swami Niranjanananda's recording of yoga nidra in Sanskrit, the language dearest to Sri Swamiji's heart.





- On the occasion of Satyam Poornima, digital prasad was released featuring kirtans dedicated to the guru, including an audio-video presentation of the *Mahamantra*.

**Webinars**

On 11th March, Swami Niranjan was the chief guest in a webinar organized by the Millennial Mams. In his address to the members of this association, he outlined the role of yoga in promoting health, happiness and harmony.



On 3rd April, Swami Shivadhyanam participated in a webinar organized by Akhil Bhartiya Marwari Mahila Sammelan wherein he spoke about the wholistic concept of yoga as enunciated by Swami Sivananda and propagated by Swami Satyananda, and also outlined Bihar School of Yoga’s yogic outreach for health, happiness and harmony during 2023.

On 7th April, Swami Shivadhyanam was an invited speaker in a webinar organized by the International Relations Council, Kolkata, on ‘Convergence of Yoga and Spirituality’. In his exposition, Swami Shivadhyanam stressed upon the lifestyle aspect of yoga which develops one’s positive, joyful, harmonious



and creative potential and brings one closer to the experience of the divine.

On 27th August, Swami Shivadhyanam participated in a webinar organized by the Ghantali Mitra Mandal, Mumbai, on the occasion of the fourth memorial day of Yogacharya Srikrishna Vyavahare (Swami Satyakarmananda). The theme of the webinar was 'Application of Yogic Scriptures in Life' and Swami Shivadhyanam spoke on Ajapa Sadhana. In his talk, he outlined the scriptural references to Ajapa Japa, Sri Swami Satyananda's contribution in systematizing the technique and the effects and benefits of the practice. A short practice of Ajapa Japa was also included in the talk.

On 15th October, Swami Shivadhyanam participated in a webinar on "Yoga and Sleep" organized by the Mumbai chapter of the Young Presidents Organization as part of their Global Whole Life Challenge. In his talk, Swami Shivadhyanam outlined the wholistic scope of yoga and the importance of relaxation from the yogic perspective. He spoke about effective practices such as yoga nidra and bhramari pranayama, and simple lifestyle adjustments to improve the quality of sleep and overcome common sleep disorders. A short practice of the Yoga Nap was also included in the talk.

**IRC** INTERNATIONAL RELATIONS COUNCIL

**Convergence of Yoga & Spirituality**  
Episode 1  
Friday 7th Aashl 2023 at 6pm IST

IRC presents : Swami Shivadhyanam Saraswati

Webinar link : <https://meet.google.com/ewz-wlcp-mpw>

Ghantali Mitra Mandal,  
Thane (ITA Member Institute)  
Invites you all for an Online webinar on the occasion of

**Fourth Memorial Day of Yogacharya Srikrishna Vyavahare**  
(Swami Satyakarmananda)

Theme : Application of Yogic Scriptures in Life  
Honourable Speakers

- Dr. Madhusudan Penna**,  
Ex-Vice Chancellor, Kavikulaguru Kalidas Sanskrit University, Raatek  
Topic: PATANJAL YOGA DARSHAN
- Swami Shivdhyanamji**, Sanyasi,  
Bihar School of Yoga, Manager  
Topic: AJAPA SADHANA
- Dr. Mammath Gharote**, Director,  
Lonsavia Yoga Institute, Lonsavia  
Topic: HATHATATVAKAUMUDE  
The treasure trove of Yogic wisdom

Date : Sunday, 27/08/2023, 8 AM to 12 Noon  
Venue : Zoom and YouTube  
All are requested to attend.

Sujata Bhide President  
Dr. Meedula Chaudhari Secretary

Srikrishna Mhaskar Head, Yoga Department  
Ninad Athalye Executive President



## IMPORTANT ANNOUNCEMENT REGARDING DONATIONS

Donations to the ashram will be received only under the following 'Heads of Accounts':

### 1. **General Donation**

To Bihar School of Yoga, Bihar Yoga Bharati, Yoga Publications Trust or Yoga Research Foundation

Funds will be utilized towards developing and furthering the Yoga activities.

### 2. **Corpus Donation**

To Bihar School of Yoga Corpus (Mooldhan) Fund, Bihar Yoga Bharati Corpus (Mooldhan) Fund, Yoga Publications Trust Corpus (Mooldhan) Fund, Yoga Research Foundation Corpus (Mooldhan) Fund

Interest income generated from **CORPUS (MOOLDHAN) FUND** shall be utilized towards all the activities of the Society/Trust.

### 3. **CSR Donation**

Funds will be utilized towards CSR activities.

Therefore, devotees are requested to send donations to the above-mentioned account heads only.

Donations towards Bihar School of Yoga may be made through 'SB Collect Online Donation Facility' by directly accessing the web address: <https://www.onlinesbi.sbi/sbcollect/icollecthome.htm?corpID=2277965>.

Donations can also be sent through cheque/D.D./E.M.O. drawn in favour of:

**Bihar School of Yoga, Bihar Yoga Bharati, Yoga Publications Trust or Yoga Research Foundation**

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A covering letter mentioning the purpose of donation, mailing address, phone number, email ID and PAN should accompany the same.



**Yoga Publications Trust**

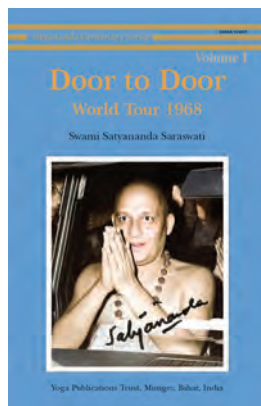
## Door to Door, Volume I World Tour 1968

*Swami Satyananda Saraswati*

231 pp, Soft cover, ISBN 978-93-94604-90-2

On the occasion of Sri Swami Satyananda's Centenary, the series Door to Door presents his unpublished satsangs and lectures given overseas between 1968 and 1985. Sri Swami Satyananda travelled around the world many times, thus fulfilling his Guru's mandate to take yoga from 'door to door and shore to shore'.

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## Websites and Apps

### **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 *prasad*.

### **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.

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## Yoga Peeth Events & Yoga Vidya Training 2024

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

<i>Feb 11–Jul 11</i>	Yoga Chakra Experience
<i>Jul 2022–Dec 2024</i>	Ashram Life Experience
<i>Mar 1–30</i>	Bihar Yoga Traditional Training for Yoga Teachers
<i>Apr 1–7</i>	Pratyahara & Dharana Training
<i>Apr 10–16</i>	Pranayama – Breathe for Healthy Lungs Training (Hindi)
<i>Jul 18–Jan 18 2025</i>	Yoga Chakra Experience
<i>Sep 1–Nov 10</i>	Sannyasa Experience (oversees participants only)
<i>Sep 22–30</i>	Hatha Yoga/Karma Yoga Training
<i>Sep 24–30</i>	Hatha Yoga Yatra 5
<i>Oct 3–12</i>	Raja Yoga/Bhakti Yoga Training
<i>Oct 6–12</i>	Raja Yoga Yatra 5
<i>Oct 17–30</i>	Progressive Yoga Vidya Training
<i>Nov 3–10</i>	Kriya Yoga/Jnana Yoga Training
<i>Dec 1–Feb 9 2025</i>	Sannyasa Experience (oversees participants only)

### **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 17–23</i>	Munger Yoga Symposium
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### **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