

YOGA

Year 14 Issue 3
March 2025



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
www.sannyasapeeth.net
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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Activities of Bihar School of Yoga 2024



GUIDELINES FOR SPIRITUAL LIFE

Universal love

It was not difficult to see that the pains of mankind were mostly brought on by its own deeds. To awaken man to his errors and follies, and to make him mend his ways so that he may utilize his life for attaining worthier ends, was felt to be the urgent need of the time. As if in answer to this need, I saw the birth of the Divine Life Mission, with its task of rescuing man from the forces of the lower nature and raising him to the consciousness of his true relationship with the Cosmos. This is the work of rousing the religious consciousness, of bringing man to an awareness of his essential divinity.

—Swami Sivananda Saraswati

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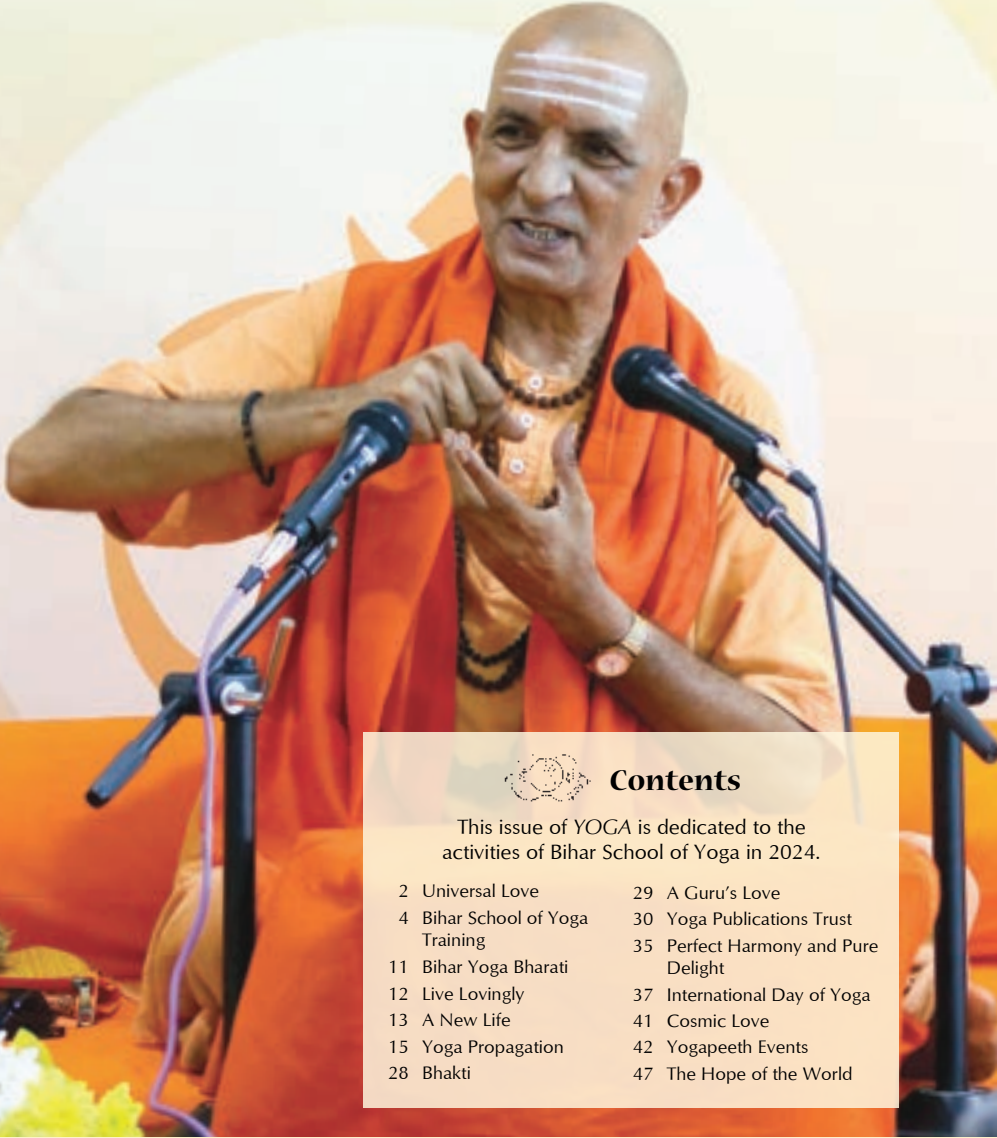
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vami Niranananda nyas Peeth, Monger, Bihar

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(63rd year of publication)



Contents

This issue of YOGA is dedicated to the activities of Bihar School of Yoga in 2024.

2 Universal Love	29 A Guru's Love
4 Bihar School of Yoga Training	30 Yoga Publications Trust
11 Bihar Yoga Bharati	35 Perfect Harmony and Pure Delight
12 Live Lovingly	37 International Day of Yoga
13 A New Life	41 Cosmic Love
15 Yoga Propagation	42 Yogapeeth Events
28 Bhakti	47 The Hope of the World

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 ॥

Universal Love

Swami Niranjanananda Saraswati



Swami Sivananda had universal love, no less and no more for any one, and that love extended to every sentient being on the planet, from a mosquito, to rats, animals to human beings. I have given you the example of the nest of rats which was found in his almira. When that nest was being removed, he told the sannyasin, 'Do not remove it, put it back. They are small children. If you put the nest out, the mother will be worried. The children will not get their food, they will die.'

Would this thought ever come to you or to me? If we see a nest of rats, you will be yelling, screaming and jumping on top of the table and chair, and asking somebody to throw the nest out. The attitude of Swami Sivananda exemplifies his compassion for every living creature. He simply said, 'When they grow up, they will leave. Then take the nest out. Till then, let them be where they are.'

This is an expression of universal love, an expression of love for every being, and it can extend not only to rats, but to every aspect of creation. When that connection and realization is there, everything is nothing but love.



One Family

The whole world is one family.
Feel for the suffering of others.
Open your heart to compassion.
Share what you have with others.
A few more smiles of silent sympathy,
A look of compassion,
A few more tender and gentle words,
A few more kind acts
Would go a long way to contributing to
The happiness of suffering humanity.

—Swami Sivananda Saraswati

BIHAR SHOOOL OF YOGA TRAINING

Yoga Chakra Experience (6 months)

From 11th February to 11th July, Yoga Chakra Experience (6 months) was conducted. The course focused on the practical application of antaranga yoga, karma, bhakti and jnana yoga. The participants came from the states of Andhra Pradesh and Himachal Pradesh.



Total Health Yoga Capsule

From 24th to 29th February, a Total Health Yoga Capsule training was conducted at Ganga Darshan. The participants came from the Indian states of Assam, Bihar, Chhattisgarh, Jharkhand Punjab, Rajasthan, Uttar Pradesh and West Bengal. Besides attending their training sessions, they fully participated in ashram activities. Teachers were Swamis Aparokshananda and Vasundhara.

Group from Argentinian

From 14th to 28th February, a group of eight yoga aspirants from Argentina visited Ganga Darshan. For many it was the first visit. They participated in all ashram activities. Their hatha yoga and raja yoga classes were conducted by Swami Kaivalyananda.



Group from Patna

From 1st to 4th March, a group of 50 yoga aspirants visited the ashram. They are regular students of Yoga Dhyana Kendra, Patna. They enjoyed all the ashram activities and fully participated. Their hatha yoga and raja yoga classes were conducted by Swami Shraddhamati and Sannyasi Atmarpan.



Group from Ranchi

From 24th to 26th March, a group of 32 devotees from Ranchi visited Ganga Darshan. They participated in all ashram activities and on Holi gave a stunning presentation of asanas. Teachers of their classes were Swami Amritbindu and Sannyasi Atmarpan.

Bihar Yoga Traditional Training

From 1st to 30th March, the Bihar Yoga Traditional Training was conducted. In his satsangs, Swamiji spoke on the importance of living a yogic lifestyle and integrating yoga capsules into the daily routine.

Participants came from the Indian states of Bihar, Chhattisgarh, Kerala, Madhya Pradesh, Maharashtra, Delhi, Rajasthan and Tamil Nadu. The overseas participants came from the following countries: Bulgaria, Croatia, France, Hungary, Ireland, Kazakhstan, Portugal, Romania, Spain, Switzerland, UK and Vietnam. Teachers were Swamis Shivadhyanam and Yogatirtha.





Pratyahara and Dharana

From 1st to 7th April, Pratyahara and Dharana Training was conducted at Ganga Darshan. The focus of the training was how to apply pratyahara in a practical way during one's daily activities. The national participants came from the Indian states of Bihar, Haryana, Karnataka, Kerala, Madhya Pradesh, Maharashtra, New Delhi, Odisha, Rajasthan, Tamil Nadu and West Bengal; and the overseas participants from Bulgaria, Germany, Greece, Kazakhstan, Poland and Spain. Teachers were Swamis Ratnashakti and Vijayashakti.



Breathe for Healthy Lungs

From 10th to 16th April, the training Breathe for Healthy Lungs was conducted at Ganga Darshan. In his satsangs, Swami Nirajan answered the participants' questions and gave guidelines on how to live a yogic lifestyle. The participants came from the Indian states of Bihar, Chhattisgarh, Jharkhand, Karnataka, Kerala, Maharashtra, New Delhi, Rajasthan, Tamil Nadu, Telangana, Uttar Pradesh, Uttarakhand and West Bengal. Teachers were Swamis Aparokshananda and Mantrapushpam.



Yoga Chakra Experience (6 months)

From 18th July 2024 to 18th January 2025, Yoga Chakra Experience training (6 months) was conducted. The course focused on the practical application of antaranga, karma, bhakti and jnana yoga. The participants came from the states of Karnataka and Maharashtra.

Central Industrial Security Force (CISF)

From 3rd to 14th August, a group of 98 personnel from the Central Industrial Security Force participated in a 10-day intensive yoga training program. Through morning hatha yoga classes, mid-morning ashram seva 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. Classes were conducted by Swami Shiva-dhyanam. Assistants were Dev Vishwanath, Saniya Acharya and Ajai Vikram.



Sannyasa Experience

From 1st September to 10th November, Sannyasa Experience, a ten-week training on the principles of sannyasa, was conducted. Participants came from Austria, Germany and Columbia. Teacher was Swami Ratnashakti.





Hatha Yoga-Karma Yoga Training

From 22nd to 30th September, the Hatha Yoga-Karma Yoga Training was conducted. In his satsangs, Swami Niranjan described the purpose of hatha yoga and explained the importance of karma yoga. He also emphasized that yoga lifestyle is more important than practice. The participants came from the Indian states of Andhra Pradesh, Assam, Karnataka, Bihar, Delhi, Madhya Pradesh, Maharashtra, Tamil Nadu and West Bengal; and the overseas participants from Bulgaria, Germany, Greece, Hungary, Italy, Lebanon, Russia, Serbia, South Korea, Spain, Switzerland, The Netherlands and Vietnam. Teachers were Swamis Amritbindu, Vijayashakti and Yogatirtha.



Hatha Yoga Yatra 5

From 24th to 30th September, Hatha Yoga Yatra 5 was conducted. Swamiji gave classes in asana, pranayama and pratyahara and in his satsangs outlined the path of going deeper into pranayama



and pratyahara in the hatha yoga system. Participants came from Gujarat, Tamil Nadu, Bulgaria, Ireland, Nepal, New Zealand, Spain and the USA. Swami Shivadhyanam assisted with the teaching.

Raja Yoga-Bhakti-Yoga Training

From 3rd to 12th October, Raja Yoga-Bhakti Yoga Training was conducted. In his satsangs, Swami Niranjan spoke on the connection between raja yoga and bhakti and how they complement each other when lived in one's daily life. The participants came from the Indian states of Bihar, Delhi, Karnataka, Madhya Pradesh, Maharashtra, Rajasthan, Tamil Nadu, Telangana and West Bengal; and the overseas participants from Argentina, Australia, Bulgaria, France, Germany, Hungary, Ireland, Italy, Kazakhstan, Lebanon, Mexico, New Zealand, Russia, Serbia, Slovenia, Sweden, Spain, Switzerland, The Netherlands, USA and Vietnam. Teachers were Swamis Amritbindu, Vijayashakti and Yogatirtha.





Raja Yoga Yatra 5

From 6th to 12th October, Raja Yoga Yatra 5 was conducted at Ganga Darshan. In his satsangs, Swamiiji outlined the different levels of pratyahara and in this yatra focused on chakra pratyahara. He emphasized that these teachings are not for general yoga practitioners, but for serious, sincere and strong-hearted seekers who are willing to confront their dark side and be able to transform it. Participants came from Bihar, Gujarat, Madhya Pradesh, Tamil Nadu, Finland, Ireland, Nepal, New Zealand, Serbia, Spain, Uruguay and the USA. Swami Shivadhyanam assisted with the teaching.



Progressive Yoga Vidya Training

From 17th to 30th October, the sixth Progressive Yoga Vidya Training was conducted at Ganga Darshan. The focus was deepening the experience of each practice and developing the bhumikas of hatha yoga.

The participants came from the Indian states of Gujarat, Karnataka, Maharashtra, Tamil Nadu and West Bengal; and the overseas participants from Argentina, Australia, Brazil, Bulgaria, Finland, France, French Guyana, Greece, Iraq, Ireland, Italy, Kazakhstan, Mexico, Nepal, New Zealand, Romania, Serbia, Spain, Sweden, Switzerland, The Netherlands and the USA. Teachers were Swamis Ratnashakti and Vijayashakti.



Kriya Yoga-Jnana Yoga Training

From 3rd to 10th November, the Kriya Yoga-Jnana Yoga Training was conducted at Ganga Darshan. The participants came from the Indian states of Delhi, Haryana, Karnataka, Madhya Pradesh, Maharashtra and Tamil Nadu; and the overseas participants from Bulgaria, Colombia, Croatia, Germany, Greece, Italy, The Netherlands, New Zealand, Russia, Serbia, Spain, Switzerland, Uruguay and the USA. Teachers were Swami Maitreyi and Swami Yogatirtha.



2024 ACTIVITIES REPORT COURTESY OF BIHAR YOGA BHARATI

Yogic Studies, 2 months (Hindi)

From 7th August to 7th October, the two months Yogic Studies course (Hindi) was conducted at Ganga Darshan. The students came from Nepal and the Indian states of Bihar, Chhattisgarh, Himachal Pradesh and Uttarakhand. During their certificate distribution, the students shared heart-warming accounts of their learnings and experiences. In his satsang, Swamiji highlighted the importance of the lifestyle aspect of yoga and exhorted the students to continue on the path of yoga and share their knowledge with others. Teachers were Swami Mantrapushpam, Swami Vasundhara, Sannyasi Atmarpan and Sannyasi Mantramurti.



Live Lovingly

Swami Sivananda Saraswati



Love is the golden link or tie which binds heart to heart, mind to mind, soul to soul. Love never reasons but gives profusely. It is not affected by offence or insult. It looks not with the eyes, but with the heart. Love makes great sacrifices. Love is anxious to help and serve others and make others happy. Love forgives. There is not even a tinge of selfishness in pure love. The love of a mother is never exhausted. It never changes. Love is not getting or bargaining, but giving. Love your neighbour as your own self. Love your enemies, love your inferiors. Love little, but love long. Speak lovingly. Act lovingly. Serve lovingly.

A New Life

Swami Satyananda Saraswati



Those who have enough of everything should develop the philosophy of atmbhava in their lives. That is the philosophy of Vedanta: we are all the same. All of us, living or dead, are part of the universal soul which resides within everyone. It is easy to say that, but in actual practice the tenet is not followed.

In practice 'I' is separate from 'you'. The feeling of oneness comes when we can feel that all those who live around us have the same soul or are part of the same soul that is within and that their sorrow and pleasure are our own sorrow and pleasure.

It may not be possible for one human being to share all the difficulties of their neighbours, but certainly one should have the quality to feel that. One person cannot wipe out the pain of everyone in the world, but there should be the feeling that if someone's child is sick, one should feel the pain that the mother feels for the child, or for that matter the pain of friends, wife, daughters and neighbours, in the same way as one would for one's own kith and kin. This is very important. The sayings of the Upanishads will not be true until that is practised.

This does not mean one has to pay for their education, although it would be good to do so, but at least they should have two square meals a day for their children. There are millions of families in this world whose children do not have two square meals a day.

I often pray to God for another birth and an early departure, because at this advanced age I am not as effective in serving people as I would be if I had a new life. When I see young people fully absorbed in their own selfish ends, I crave even more for a new life because I do not aspire for pleasure and riches, nor do I crave for a kingdom. My only craving is to serve those who are deprived and living in need. So I pray to God to bless me with a new birth, in a poor family where one feels the pangs of hunger, where one undergoes the torture of cold without adequate clothing, and where one lives and dies in sickness without proper treatment. The pangs of the illiterate mother whose son takes birth and lives in poverty is difficult to fathom. So I intend to have a life of hardship and rise from there.

Therefore, I pray only for the health and prosperity of everyone. Let everyone be kind and caring to one another and may no one ever experience any distress in their life

YOGA PROPAGATION

NATIONAL

Andhra Pradesh

Swami Satyananda Yoga Ashramam Amaravati Karakatta participated in the following programs, with Swami Bhakti Chaitanya being the Satyananda Yoga representative:

On 5th August, at the invitation of Brahma Kumaris, Swami Bhakti Chaitanya participated in their program. He introduced the Satyananda Yoga Tradition and its Guru parampara.

On 7th August, Swami Bhakti Chaitanya organized a day's program in the Government Juvenile Centre, Vijayawada, for young convicts, caretakers and Police Officials.

On 27th August, ISKCON, Mangalagiri, AP, conducted a special aradhana. Swami Bhakti Chaitanya spoke on how to live a Divine Life with peace, health, happiness and harmony.

From 20th to 22nd September, the Sri Ramachandra Mission, Kanha Shanti Vanam, Hyderabad, organized their annual youth Festival. Over 3000 youth, between the age 18 to 35 years from different states of India and abroad participated. Eminent personalities from India and abroad gave their suggestions to inspire the youth. Sannyasi Shiva Rishi of Satyananda Yoga Centre, Chennai, and Swami Bhakti Chaitanya introduced the Guru parampara, Satyananda Yoga tradition and different practices.

Bihar

On 13th January, Swami Shivadhyanam participated in a national seminar organized at the Amaltas College of Education, Indrapuri, Rohtas, on 'Integrating the Indian Knowledge Systems in our curricula'. In his address, Swami Shivadyanam spoke on wholistic and practical yogic education for children and youth.





On 28th January, Swamiji was invited to be the chief guest at the inauguration ceremony of Ashoka Academy, a modern, progressive school built by the Ashoka Trust in Lakhisarai. After inaugurating and inspecting the premises and facilities of the newly built school, Swamiji spoke to the assembled gathering on the role and importance of education in the life of a child. Comparing an individual without proper training in *shastra*, *sangeet* and *kala* to a lack-lustre animal devoid of its tail and horns, Swamiji emphasized the need to develop positive and harmonious samskaras in children and also focus on practical skill development along with the teaching of traditional academic subjects. He offered all possible support from his side to the newly created institution and gave his blessings to become a trendsetter in providing enriching education for the future generations.

On 13th February, Satyananda Yoga Kendra, Patna, organized a function in Srimad Dayanand Anathalaya, Danapur and donated five chowkis, school dress to twelve children and slates and pencils to all.



In May, Gurukul Ashram, Bahei, Darbhanga, organized free health awareness and medical treatment shivirs. Every Saturday, people received an intergrated approach of homeopathy, naturopathy and yoga.



From 30th September to 4th October, a five-day yoga shivir was organized at the Government Engineering College, Munger. More than 100 students, staff and faculty benefited from the shivir. Classes were conducted by Sannyasi Satkirti, who was assisted by Jignasu Adityamurti. On the last day, Swami Shivadhyanam addressed the participants. He highlighted the lifestyle aspect of yoga and the utility of capsule sadhana, and also answered their questions.



From 18th October to 6th November, a daily yoga class was held for the inmates of the Munger Jail. All classes were conducted by Jignasu Hanuman (Amit Kumar).

Chhattisgarh

Bhilai

From 16th to 20th January, Gyan Darshan Yogashram organized a five-day yoga shivir at the Matriya Chhaya Child Care, Durg. The classes were conducted by Babita Singh who was assisted by Nishta Gupta.

From 18th to 20th January, Gyan Darshan Yogashram organized a three-day yoga shivir at the Shaskiya Prathmik Evam Purv Madhyamik Shala, Nawagoan, Dhamda, Durg. Almost 500 students and staff members attended the shivir. The classes were conducted by Arunima Patnaik and Raghu Chandra Thakur.



From 6th to 10th February, Gyan Darshan Yogashram conducted a Bal Yoga Shivir at Shaskiya Prathmik Shala, Borsibhata, Durg. A total of 80 students and some dedicated school staff members. Teachers were Upma Paul and Sudhir Vaidya.



From 16th to 23rd April, a four-day morning and evening shivir was conducted for over one hundred participants at Gyan Darshan Yogashram. Swami Gorakhnath conducted the sessions and gave satsang on various topics.

From 12th to 19th May and from 6th to 9th June, two shivirs for children were conducted at Gyan Darshan Yogashram Bhilai. Teachers were Atma Priya and Brahma Jyoti.



Rajnandgaon

From 1st to 6th April, a six-day shivir was conducted at Satyanandashram Rajnandgaon. Swami Gorakhnath conducted all the sessions introducing the need for a yogic lifestyle, the attitudes of regularity and sincerity and the yoga capsules.



From 6th to 11th December, a children’s yoga shivar was held at Surgi, a village in Rajnandgaon district. Children of the age group 6 to 15 years participated. Co-ordinators were Sannyasi Tarini and Jignasu Gyanaditya

From 23rd to 28th December a shivar was conducted at CRC (The Composite Regional Centre for Skill Development, Rehabilitation & Empowerment), Rajnandgaon. 6 Special Needs children participated along with 30 students and 3 teachers. Co-ordinators were Sannyasi Tarini and Jignasu Gyanaditya



Delhi (NCR)

Sannyasi Dharmajyoti conducted Yoga Experience Sessions introducing the five Yoga Capsules of Satyananda Yoga:

- On 24th September, at Columbia Foundation School, Vikas Puri, for a group of teachers new to Satyananda Yoga and many new to yoga.
- On 26th September, at Vasant Kunj Residential Colony, for a group of ladies new to the tradition.
- On 29th September, at New Moti Bagh Colony, for a group of Satyananda Yoga teachers.



From 10th to 12th December, a yoga shivir was conducted at Mahipalpur for CISF (Central Industrial Security Force) lady trainers, trained at the Bihar School of Yoga. The participants were thrilled to refresh their learning received from Munger training. These lady trainers are a valuable resource for CISF, promoting wellness among Sanrakshika members (the organization's wing for wives and children) and doing a commendable job. The shivir was conducted by Sannyasi Dharmajyoti.

Jharkhand

From 19th to 25th May, a seven-day yoga shivir was organized at the National Thermal Power Corporation's (NTPC) plant in North Karanpura, Jharkhand. Mani Bhushan Singh conducted the morning and evening sessions with assistance of Vikas Kumar. The participating officers and their family members were greatly appreciative of the training, particularly the practice of yoga nidra.



From 22nd to 28th June, a seven-day shivir was conducted at the Golmuri Club, Jamshedpur. It was organized by Satyananda Yoga Kendra and all sessions were conducted by Swami Gorakhnath.

On 6th September, Swami Shivadhyanam represented Bihar School of Yoga at the National Conference on Physiological foundations of Lifestyle Medicine organized by the Department of Physiology of the All India Institute of Medical Sciences (AIIMS), Deoghar. Participating in a panel discussion,



he spoke on the role of yoga in prevention and management of non-communicable diseases. He also conducted a short workshop wherein simple yogic capsules were presented for the benefit of students, staff and faculty.

Maharashtra

From 12th to 14th March, Swami Niranjanananda conducted a program in Tryambakeshwar. Over 1,500 delegates from 18 states of India attended. Swamiji spoke on the importance of a yogic lifestyle to balance a life ruled by technology and constant distraction.





Kaivalyadhama, Lonavla



On 19th October, on the occasion of the centenary celebrations of Kaivalyadhama, Lonavla, Swami Niranjanananda Saraswati delivered the valedictory address at the Spiritual Dimension of a National Conclave entitled 'Yoga – An Instrument of Cultural Symphony'.



On 20th October, Swamiji addressed members of Ghantali Mitra Mandal, Thane, and spoke of yogavidya.

In the afternoon he met teachers of the association and encouraged them to take the manifold benefits of yogavidya into society at large





Punjab

From 19th to 23rd February, the Spicmacay IISER Mohali workshop was organized. The daily classes were conducted by Sannyasi Premananada, Rishikesh.

Tamil Nadu

At the conclusion of his Arupadai Veedu Yatra, Swami Niranjanananda met devotees in Chennai.

On 24th April, Swamiji visited Shiv Darshan Yoga Vidyalaya in Chulai, Chennai. Swami Vajrapani



and Swami Gambhirananda and a small group of students and devotees had gathered to welcome Swamiji. Swamiji stressed the importance of adopting a yogic lifestyle to manage the challenges faced in these technology-driven modern times.

Later in the day, Swamiji met students and their families in the sadhana hall at the Satyananda Yoga Centre, Triplicane. Swamiji spoke on our unique parampara which began in the 16th century with the Tamil saint, Appayya Dikshitar. Swamiji also congratulated the centre as it entered its 20th year of activity.





On 25th April, a one-day yoga seminar was held at the New Woodlands Hotel, Chennai. It was organized by devotees from Chennai, Bangalore, Coimbatore, Hyderabad and Vijaywada. Swamiji conducted the sessions of asana, pranayama, yoga nidra and ajapa japa. He spoke on the importance of pratyahara practices and of creating harmony of head, heart and hands.



On 4th May, a shivir was conducted for the Government employees of the Tribal Welfare Department, Tamil Nadu. More than 80 participants attended. Sannyasi Karma Dhyan organized the program.



From 15th to 17th May, a three-day retreat was organized by Sannyasi Karma Dhyan at the Anthiyur Forest for 52 participants.

Telangana

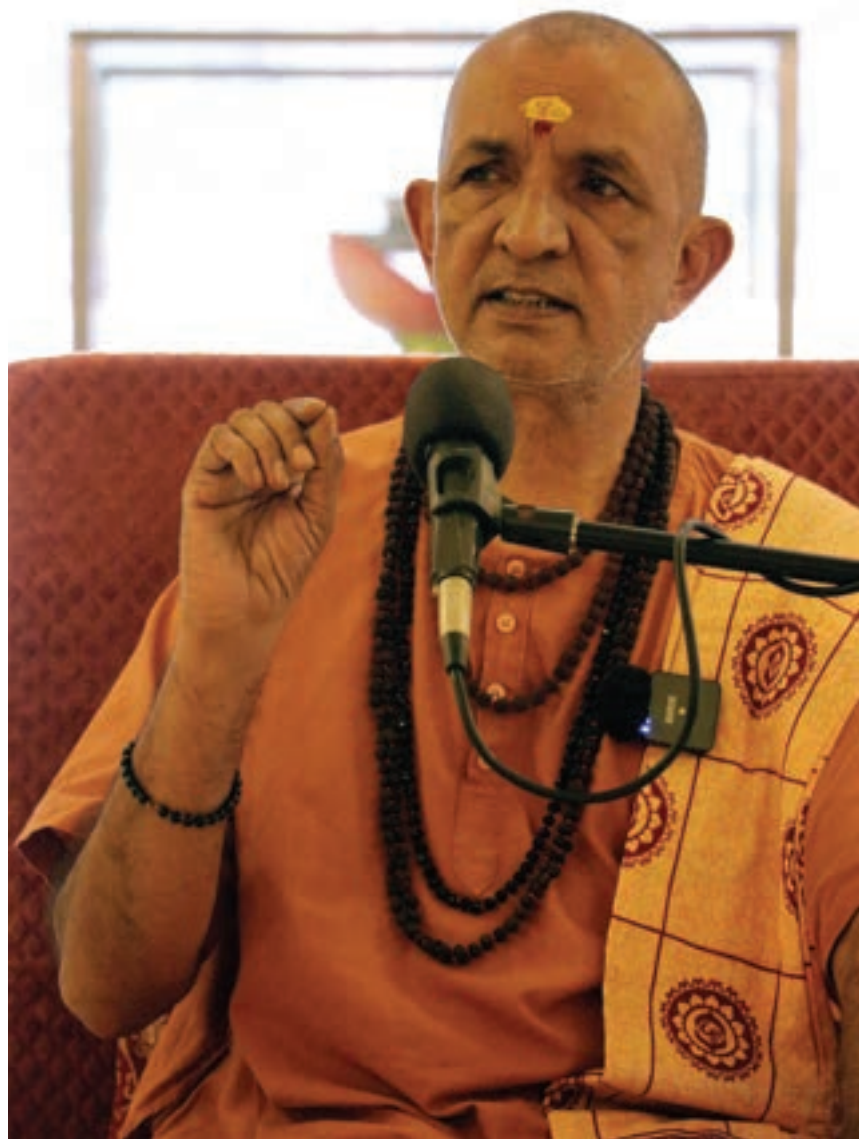
From 28th to 31st January Swami Bhakti Chaitanya from Swami Satyananda Yoga Ashram, Amaravati, Andhra Pradesh, participated in Akhil Andhra Sadhu Parishad celebrations at Pandaripuram, Maharashtra, in which more than 2000 devotees from Andhra Pradesh, Telangana, Karnataka and Maharashtra participated. In the satsang he took the opportunity to explain the tradition of our Guru parampara and Satyananda Yoga for Health, Happiness and Harmony.













Welcomes
Swami Niranjanananda Saraswati
Sannyas Peeth, Munger, Bihar







Uttar Pradesh

In March, a five-day shivir 'Total Health Management' was conducted by Yoga Anusandhan Sansthan, Lucknow. The shivir was attended by 27 participants. The sessions were conducted by Sannyasi Poornapragya who was assisted by Suryashri.



From 27th August to 4th September, a shivir was conducted for senior officers and their wives at the Ordinance Factory and Field Gun Factory. The three daily sessions were conducted by Sannyasi Premananda.



On 3rd September, a session was also conducted for employees of Lohia Machines group, Kanpur, for the HR, IT and Production department.

West Bengal

From 8th to 12th January, the Spicmacay IISER Kolkata workshop was conducted. Sannyasi Premananda, Rishikesh, gave all the sessions to the young participants who were also keen to use the digital applications of Bihar Yoga and Satyam Yoga Prasad.

INTERNATIONAL

Bulgaria

On 21st to 23 June, Bulgarian Yoga Association and Sita-Ram Yoga Centre organized a program with Swami Anandananda on the theme of 'Expansion of Awareness'.

Colombia

From 26th May to 10th June, Satyananda Yoga Academia Bogota organized various programs with Swami Anandananda from Italy. He presented hatha yoga, raja yoga, jnana yoga capsules, and a seminar on surya namaskara. The Centenary of Swami Sivananda's Sannyasa Diwas was also celebrated. The culmination was a program outside of Bogota where all participants met for satsang and a time together.



France

From 7th to 11th August, Swami Maitreyi was invited as speaker to the first European Vedanta Summit at the Ramakrishna Mission, Gretz, near Paris. The theme of the gathering was 'Vedanta in Europe: A meeting of minds'. Swami Maitreyi presented the practical Vedanta as lived and taught by Swami Sivananda.

Israel

On 7th November, the Satyananda Yoga Community of Israel organized a ZOOM for meditation and satsang conducted by Swami Anandananda.

Nepal

From 20th to 24th May, a five-day shivir was conducted at the D.A.V. College, Jawalakhel, Lalitpur. Faculty members and students of the Bachelor Level attended. The shivir was conducted by Sannyasi Premananda, who was assisted by Shambhavi.



Singapore

On 22nd December, a yoga program was conducted at Chui Huay Lim Club, 190 Keng Lee Road Singapore. The focus of the program was the yoga lifestyle approach to developing the positive qualities and expressions of body, mind and emotions. A group of aspirants with mixed yogic experience attended. Swami Ratnashakti conducted all the sessions.

Switzerland

From 18th to 23rd August, Swami Maitreyi attended the annual conference of the European Yoga Union in Zinal. As the guest of honour, she presented lectures and practical sessions on pranayama.



USA

On 14th July, a ZOOM meeting with YANA (Yoga Association of North America) was conducted by Swami Anandananda for the Satyananda Yoga Community.

On 10th August, Swami Anandananda conducted a ZOOM meeting with Sannyasi Navaratri, Texas, for her students.

From 13th to 15th September, Swami Anandananda conducted a Yogic Lifestyle Weekend in New Jersey. The three-day program was in person and online. Participants joined from India, Italy, Spain and many states of North America. Sannyasis Anandarooa and Samatamurti organized the program.

Bhakti

Swami Niranjanananda Saraswati



Worship of God, contemplation on God and mantra japa are not considered bhakti; they are the means or methods to achieve bhakti. The definition of *bhakti* is an expression in life in which one experiences love within, and through which others feel happy. *Seva*, selfless service to others, and *prem*, unconditional love, are the only two kinds of interactions in life that have been accepted as expressions of bhakti.

A *bhakta* is one in whose life service and love are awakened.

Such love should be innocent, simple and guileless with not a trace of insincerity or expectation, just pure love. Only then does bhakti fructify. Commonly, the love one experiences in life is directed towards one's family, friends, wealth or possessions. The scriptures have another point of view. Sage Sandilya says that only supreme love towards God is bhakti.

Supreme love includes the emotion of love and the action of service, combined with jnana, the knowledge that 'I am doing God's work.' Thus, these three ideas converge in bhakti. 'I am serving God's will' is jnana, wisdom or knowledge. 'I am not doing it for myself but for others' is seva or selfless service, and 'I love everybody, my love has become universal' is supreme love. These three aspects together become bhakti. This is the interpretation of bhakti given by our paramguru, Swami Sivananda, and furthered by our guru, Swami Satyananda.

A Guru's Love

Swami Satyasangananda Saraswati



How can you ask yourself how to love? Either there is love or there is not. You cannot teach yourself to love. It is a spontaneous ongoing process. Love is being totally open, totally vulnerable. In true love, there are no securities that you can cling to. You have given up everything for the sake of love.

A guru is one on whom the spiritual power has descended through the guru parampara tradition. He is born from time to time as a repository of spiritual force, which he transmits to future generations through successive links of guru and disciple. He has purity of heart and soul. He carries out his work without any selfish motive. His work is performed simply out of love, out of pure love for mankind at large. The only medium through which spiritual force can be transmitted is love.

2024 ACTIVITIES REPORT COURTESY OF YOGA PUBLICATIONS TRUST

With this current annual report, Yoga Publications Trust is completing its Silver Jubilee of 25 years. Founded in the year 2000, Yoga Publications Trust continues to spread the message of the Satyananda Yoga tradition through the medium of books, booklets and audio-visual recordings.

By the end of 2023, 268 books and 105 booklets were in print in English, 107 books and 43 booklets in Hindi, as well as 15 books and 4 booklets in Hindi-English language. In 2024, thirty-three new books were added in English, one book and one booklet in Hindi as new titles. 13 books and 1

booklet were reprinted in English, as well as 13 books and 12 booklets in Hindi.



New English books printed in 2024

By Swami Satyananda Saraswati:

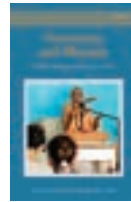
- *Door to Door II - El Salvador, Colombia, Puerto Rico*
- *Door to Door III - Martinique, Dominican Republic*
- *Door to Door IV - France 1970 to 1980*
- *Door to Door V - France 1981*
- *Door to Door VI - France 1984: Toulons, Nimes*
- *Door to Door VII - France 1984: Paris*
- *Door to Door VIII - France 1984: Chamarande, Chateau Theyrargues*
- *Door to Door IX - France 1984: L'Hermitage*
- *Door to Door X - Switzerland 1970 to 1981*
- *Door to Door XI - Switzerland 1982 to 1984*

- *Door to Door XII – Scandinavia 1970 to 1982*
- *Door to Door XIII – Europe 1970 to 1985*
- *Door to Door XIV – Spain 1977 to 1980*
- *Door to Door XV – Spain 1981 to 1983, Morocco*
- *Door to Door XVI – United Kingdom 1970 to 1982*
- *Door to Door XVII – United Kingdom 1983 and 1985*
- *Satyam Speaks Koshas*
- *Satyam Speaks Rishikesh Writings*
- *Satyam Speaks Yama and Niyama*
- *Teachings of Swami Satyananda Saraswati, Vol XIII*



By Swami Niranjanananda Saraswati:

- *Glimpses of the Divine IV*
- *Guru Charitra*
- *On the Wings of the Swan, Vol. XI*
- *On the Wings of the Swan, Vol. XII*
- *Pratyahara and Dharana*
- *Swan Speaks Nadi Shodhana*



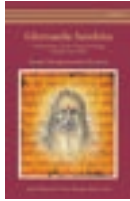
By other authors:

- *Shankhprakashalana*
Rishi Arundhati
- *Applied Pratyahara for Lobha*
Swami Ratnashakti Saraswati
- *Life Book 2: Ashramas*
Swami Yogakanti Saraswati
- *Yoga Education for Children and Youths, Book 1*
Swami Satyananda Saraswati,
Swami Niranjanananda Saraswati,
Rishi Arundhati, Rishi Vasishtha





- *Yoga Education for Children and Youths, Book 2—4*
Swami Satyananda Saraswati, Swami Niranjanananda Saraswati, Rishi Arundhati



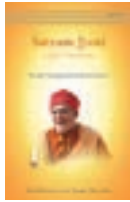
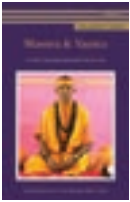
English books reprinted in 2024

By Swami Satyananda Saraswati:

- *Asana Pranayama Mudra Bandha*
- *Yoga and Cardiovascular Management*

By Swami Niranjanananda Saraswati:

- *Gheranda Samhita*
- *Mantra and Yantra*
- *Satyam Jyoti*
- *Yoga Chakra 3 & 4*



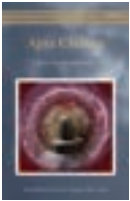
From the Teachings of Swami Satyananda Saraswati and Swami Niranjanananda Saraswati:

- *Prana Vidya*



By other authors:

- *Ajna Chakra*
Rishi Nityabodhananda
- *Yogic Management of Cancer*
Dr Swami Nirmalananda Saraswati
- *Yogic Management of Asthma and Diabetes*
Dr Swami Shankardevananda Saraswati



- *Swara Yoga*
Swami Muktibodhananda Saraswati



- *Yantra Colouring Book*

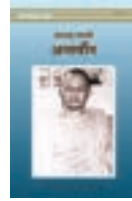
English booklets reprinted in 2024

- *Chhaya Samadhi*

New Hindi books printed in 2024

By Swami Satyananda Saraswati:

- *Satyam Vani – Antarmouna*



New Hindi booklets printed in 2024

- *Sankranti Daan*



Hindi books reprinted in 2024

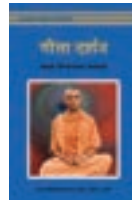
By Swami Satyananda Saraswati:

- *Kriyatmak Yoga*
- *Rikhiapeeth Satsangs 4*
- *Satyam Vani – Ajapajapa and Chidakash Dharana*
- *Surya Namaskar*
- *Tantra, Kriya and Yogavidya*
- *Ucharaktachap par Yog ka Prabhav*



By Swami Niranjanananda Saraswati:

- *Gita Darshan*
- *Sri Krishna Yog Paddhati*
- *Yogic Jeevan*



From the Teachings of Swami Satyananda Saraswati and Swami Niranjanananda Saraswati:

- *Prana Vidya*

By other authors:

- *Garbhavastha me Yogabhyas*
Dr Kavita Baranwal
- *Rog aur Yog*
Dr Swami Karmananda Saraswati
- *Dama aur Madhumeh*
Dr Swami Shankardevananda Saraswati





Hindi booklets reprinted in 2024

From the teachings of Swami Sivananda Saraswati:

- *Likhita Japa booklet*

By Swami Sivananda Saraswati,
Swami Satyananda Saraswati, Swami
Niranjanananda Saraswati:

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

By other authors:

- *Satyam Tales: Mein Sannyasi Hoon*
- *Surya Namaskara Abhyasa Pustika*



Amazon Kindle eBooks

By the end of 2023, 14 titles were available in Kindle Store. In 2024, 11 additional titles were added. Yoga Publications Trust titles now available for purchase in Kindle Store include:

Asana Pranayama Mudra
Bandha

Dharana Darshan

Four Chapters on Freedom

Gheranda Samhita

Hatha Yoga Pradipika

Kundalini Tantra

Meditations from the Tantras

Prana Pranayama

Sure Ways to Self-Realization

Swara Yoga

Tantra Yoga & Kriya

Yoga Darshan

Yoga Nidra

Yogic Management of
Common Diseases

Yogadrishti series:

Sadhana

Mind, Mind Management
& Raja Yoga

Yoga in Daily Life

Yoga for Everyone series:

Hatha Yoga for Everyone

Raja Yoga for Everyone

Jnana Yoga for Everyone

Karma Yoga for Everyone

Bhakti Yoga for Everyone

Pawanmuktasana for
Everyone

Pranayama for Everyone

Shatkarma for Everyone

Perfect Harmony and Pure Delight

Swami Sivananda Saraswati



He who tries to develop universal love should try to possess various sattvic virtues such as kshama, patience, perseverance, tolerance, generosity, straightforwardness, mercy, truthfulness,

ahimsa, brahmacharya, *nirabhimanata* or humility. He should serve humanity untiringly with a disinterested, selfless spirit for many years. He has to kill his little self ruthlessly. He must bear calmly insults and injuries. Then only there is the prospect of cultivating cosmic love.

Love is the fulfilling of the Law. The aim of charity, social service, altruism, humanitarianism, socialism is to develop this universal love and expand one's heart ad infinitum. Unity is eternal life. Diversity is death. Unity brings concord, harmony, supreme peace. Diversity brings discord, disharmony and restlessness. Unity is Divine Life or life in Spirit. Diversity is *asuric* life or life in matter. There is only one language, the language of the heart.

There is only one dharma, Sanatana dharma. There is only one law, the law of cause and effect. There is only one religion, the religion of love or the religion of Vedanta. There is only one sun, one moon, one *akasha* or space, one Brahman, one Purushottama and one Chaitanya. Feel the oneness everywhere. Realize the Satchidananda Atman, the common thread of consciousness that links all these names and forms. All diversities, all differences, all qualities which are mayaic or mental creations, will now totally vanish.

Human actions are divine actions. One universal life throbs in the heart of all, sees in the eyes of all, works in the hands of all and hears in the ears of all. What magnanimous experience it is, if one can feel this by crushing this little 'I'. Unfortunately, the old tendencies, the old desires and the old habits of thinking stand in the way of realizing this experience.

Bask in the sunshine of divine love! Anoint yourself with the oil of selfless service! Wear the raiment of purity! Eat the bread of the Name of the Lord! Drink the divine ambrosia of meditation on God! Perfume yourself with the scent of charity and abundant giving! Dive into the divine source and draw inexhaustible strength therefrom! This divine source is full of bliss, peace and joy! It is perfect harmony and pure delight!

INTERNATIONAL DAY OF YOGA

NATIONAL

Bihar

Sannyasi Devshraddha conducted four yoga session in Patna at the:

- Golf Club Patna for the Indian Oil Corporation Bihar & Jharkhand, for Director IOC and Officers
- Accountant General Office Patna, for A.G and Officers
- Amity University Patna, for VC and all professor and staff
- A.N Sinha Institute for Social Science Patna, for the registrar, professors and research scholars.



A program was conducted at the Montecarlo Limited, Munger, by Rajneesh Mishra and Mahaveer. Staff, officers and workers attended the session.

Chhattisgarh

Gyan Darshan Yogashram (Bhilai) successfully conducted 13 yoga shivirs in Bhilai and Durg. About 600 people participated in the programs.

Sivam Yoga Samiti, Jagdalpur, organized the IDY program at:

- Chamber of Commerce





- Nursing College
- Agricultural College
- Horticultural College
- Children’s Remands Home
- Police Lines
- Sri Krishna Temple

Gujarat



In Bhuj, programs have been conducted by Sannyasi Bhav Chaitanya (former resident of Sivananda Balak Ashram, Bhuj) at the:

- KG Rathod School, for 550 participants
- TLC Gurukul for 180 participants,
- Padhar School for 60 participants
- Inox Wind Company, for 80 participants



Jharkhand

A program was conducted by Swami Gorakhnath at Tinsplate Sports Complex, Jamshedpur, for 2,500 children and 500 adults.

Madhya Pradesh

A program was conducted at the Prism Johnson Staff Club of Prism Cement Plant, Satna, by Swami Harishraddha of Shivananda Darshan Yoga Ashram.



Maharashtra

Swami Nirmalananda, Sannyasi Divyadhara and Mantrashakti conducted a yoga program at Garware Club House, Mumbai. The Vice President, Mr Cyrus Gorimar, in gratitude, requested for more yoga workshops in the future.



Delhi (NCR)

From 10th June to 21st June, Sannyasi Yajnavalkya and Mr Vijay Ojha conducted 9 days as an International Week of Yoga at the IBS management college Gurugram; it was conducted offline for 370 students in the age group of 22 to 25 years.



From 19th to 22nd June, Sannyasi Dharmajyoti conducted a 4-day camp for students at New Moti Bagh based on the yoga lifestyle sadhana IDY 2024.

A yoga session was conducted by Manish Poddar at the French Embassy for Diplomats and Expats.



Saurabh Sameer conducted a session at 6 Akbar Road at the residence of the Minister of the Ministry of Petroleum.



INTERNATIONAL



Nepal

A yoga shivir was conducted at the Lubhu Geriatrics Society, in Lubhu of Lalitpur district in Kathmandu Valley. Sannyasi Premananda conducted the session and he was assisted by Prakash Pandey and Padmalal Shrestha



USA

A two-day program was organized in the Bay Area California, at Sunnyvale Community Centre and the Satyananda Yoga Farm, Gilroy. The Consulate General of India, San Francisco. and the Vice Mayor of the City of Sunnyvale also participated in the program.

SUSHILA NAYAR AWARD



Bihar School of Yoga was awarded the 'Sushila Nayar Swastha Bharat Utkrishtata Samman' by the Swastha Bharat Trust for excellent contributions in the field of public health through the medium of yoga. The award was received by Sri Kumar Krishnan, a veteran journalist and associate of the ashram, on behalf of Bihar School of Yoga in a program organized in Ayodhya on Guru Poornima, 21st July, and handed over to Swamiji during the Guru Charitra program of Chaturmas on 24th July 2024.

Cosmic Love

Swami Sivananda Saraswati



It is very easy to talk of universal love, but it is difficult to put it into practice. Petty-mindedness of all sorts comes in the way. Old wrong impressions act as stumbling blocks. You can overcome all obstacles through will, patience and perseverance. Feel that the whole world is your body, your own home. Feel that all beings are images of God. Feel that the one power of God works through all hands, sees through all eyes, hears through all ears.

One who is established in cosmic love does not shun society. He loves all. He loves the Self which pervades all creatures. Selfless service springs from him as the breath springs from all living beings. When he finds that someone is suffering, he rushes to relieve them, not because he loves that particular person, but because he has realized that his own Self pervades the other person, because the goodwill that fills his heart naturally flows towards a suffering person and endeavours to remove his affliction.

This service he renders naturally – service for the sake of service, love for love’s sake. It is a love that does not clamour for reciprocity; it is service that does not look back for appreciation or reward. In this love, in this service, all are equal.

YOGAPEETH EVENTS



Basant Panchami

From 11th to 14th February, Basant Panchami and the Foundation Day of Bihar School of Yoga was celebrated at Ganga Darshan.



Sivaratri

On 8th March, Sivaratri was conducted at Sivalaya. All residents, guests and students were attending the presentation of children of the Bal Yoga Mitra Mandal, who enacted the marriage of Shiva and Parvati.



Holi

On 25th March, Holi was celebrated with the chanting of stotras and kirtan. Swamiji spoke on the significance of the colours which symbolize the colours of life. The previous evening, Holika Dahan was observed and Swamiji explained that it is an example of the power of faith and devotion which nothing can defeat.



Buddha Poornima

On 23th April, Buddha Poornima was celebrated at Akhara. This day is the birthday of Ammaji, Swami Dharmashakti, who was born in 1924. On the occasion the Satyanarayan Katha was conducted and the chanting of Sundarkand.



International Day of Yoga

On 21st June, following this year's program of the Bihar School of Yoga, the International Day of Yoga was observed with a morning class and an evening practice on adweshta, maitri and ajapa japa. Teachers were Swamis Vijayashakti and Yogatirtha.



Ved Parayan

From 6th to 21st July, the complete four Vedas were chanted in Jyoti Mandir. For the second year, pandits from Varanasi conducted with great expertise the chanting while residents and guests immersed themselves in the sound of this ancient vidya.



During the chanting, daan was offered to over 5,300 school children from 25 Middle Schools in the Munger Town Area. Over 200 teachers and over 100 non-teaching staff also received prasad.





Guru Poornima

From 18th to 21st July, the Guru Poornima celebrations were held at Paduka Darshan for residents and guests as well as for the citizens of Munger. On 21st July, the day of Guru Poornima, a stream of devotees entered the gates to pay their respect to the Masters of the tradition and to strengthen their connection to guru.



Diwali

On 31st October, guests, students and residents celebrated Diwali with traditional, modern and fire dances, with music and some jugglery.

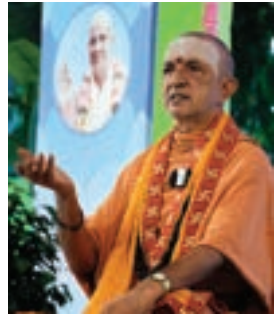


Munger Yoga Symposium

From 17th to 23rd November, the 3rd Munger Yoga Symposium was conducted at Ganga Darshan. The theme was Yoga and Lifestyle, and in his satsangs Swami Niranjanananda brought together the four branches of hatha, yoga, raja yoga, karma yoga and bhakti yoga as a way of creating a balanced

yogic lifestyle. The interrelation of the yamas and niyamas and the bhumikas of each branch becomes the foundation. Yoga needs to be applied and lived in daily life if one wants to experience change and attain the goals defined by yoga. Besides the satsangs and morning sessions, various activities were offered, such as *Satyam Yoga Prasad*, *Satyam Darshan*, the screening of presentations on the life of Sri Swami Satyananda and animations of *Satyam Tales*, *Satyam Drishti*, the 5D cinema, and the chanting of the *Maha Mantra* by different groups from around India and the world. *Satyam Sandhya Vandana*, the evening sadhana, was a beautiful blend of kirtan, screening of various presentations and a stunning yoga and dance performance by members of the Yoga Yuva Mitra Mandal.

Delegates came from sixteen states of India: Andhra Pradesh, Bihar, Chhattisgarh, Delhi (NCR), Gujarat,





Jharkhand, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Odisha, Punjab, Rajasthan, Tamil Nadu, Uttar Pradesh and West Bengal. Overseas delegates came from 27 countries: Australia, Brazil, Bulgaria, Croatia, Germany, Greece, Hungary, India, Iran, Iraq, Ireland, Israel, Italy, Kazakhstan, Lebanon, Nepal, New Zealand, Serbia, South Korea, Spain, Switzerland, Thailand, The Netherlands, United Kingdom, Uruguay, USA and Vietnam.



Satyam Poornima

From 11th to 15th December, Satyam Poornima was conducted at Paduka Darshan.



Satyam Birthday

On 23rd December, Sri Swamiji's 101 birthday was celebrated with havan and chanting.

Christmas

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

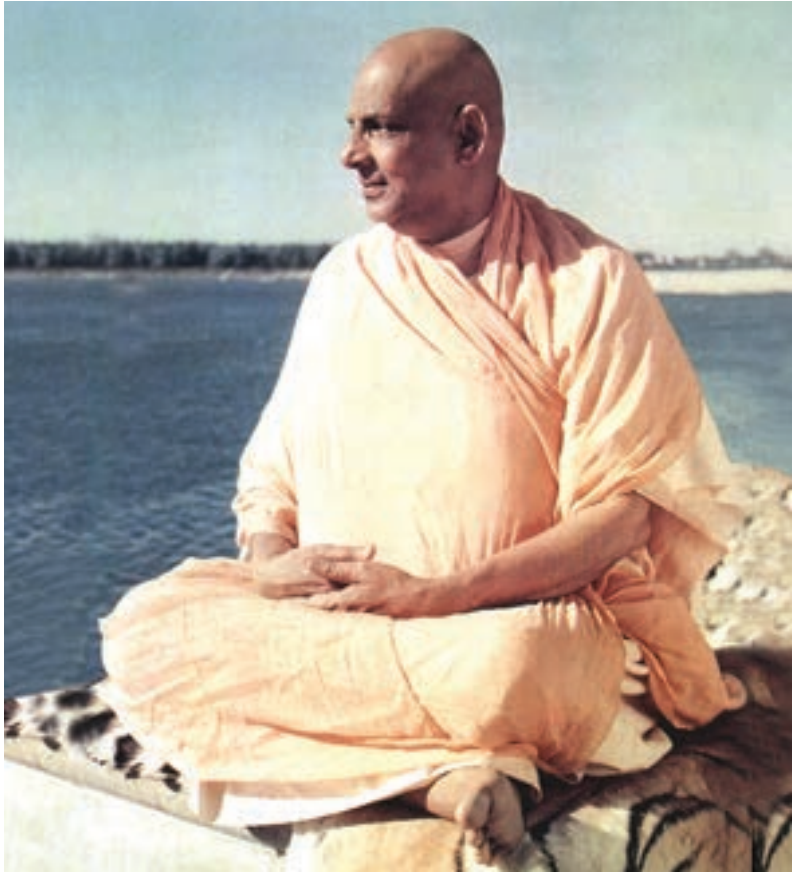


Year End Program

On 31st December, the Year End Program took place at Chhaya Samadhi with havan and chanting and in the evening at Satyam Vatika a presentation of dances from around the world brought the year to a joyful conclusion.

The Hope of the World

Swami Sivananda Saraswati



Selfishness, greed, pride and hatred contract the heart and stand in the way of developing universal love. When the heart is contracted a person loves his wife, children, a few friends and relations only. As he evolves, he loves the people of his own district and country. In the long run, he begins to love all and develops universal love. The barriers are broken and the heart expands infinitely. Love is the hope of this world.

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 scanning the **QR code**.

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**
payable at Munger.

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





Yoga Publications Trust

On the Wings of the Swan

Volume XI: 128 pp, Soft cover, ISBN 978-93-94604-89-6

Volume XII: 170 pp, Soft cover, ISBN 978-93-94604-96-4

On the Wings of the Swan series consists of discourses and satsangs given by Swami Niranjanananda Saraswati at Ganga Darshan Vishwa Yogapeeth, Munger.

Volume XI consists of satsangs given by Swami Niranjan in 1994. It was the year after the Golden Tyag Yoga Convention, also it was the first time devotees were allowed to visit Rikhia and have darshan of Sri Swami Satyananda. At Ganga Darshan, the yoga trainings continued for aspirants from all over India and around the world.

Volume XII consists of satsangs given by Swami Niranjan in 2009. Life at Ganga Darshan was filled with trainings, programs and special events during which Swami Niranjan addressed residents, students and guests at the ashram.



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, +91-098358 92831



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



Websites and Apps

www.biharyoga.net

The official website of the 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 or by scanning the QR code, 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 and 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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ISSN 0972-5717

Yoga Peeth Events & Yoga Vidya Training 2025

Bihar School of Yoga Yogavidya Training

<i>Dec 1 2024–Feb 9</i>	Sannyasa Experience (overseas aspirants only)
<i>Jan–Dec</i>	Ashram Life Experience
<i>Mar 3–9</i>	Pranayama – Breathe for Healthy Lungs Training (Hindi)
<i>Mar 22–28</i>	Pratyahara & Dharana Training
<i>Sep 22–30</i>	Raja Yoga/Bhakti Yoga Training
<i>Oct 3–11</i>	Hatha Yoga/Karma Yoga Training
<i>Nov 1–15</i>	Progressive Yoga Vidya Training
<i>Nov 16–Jan 30 2026</i>	Sannyasa Experience (national/overseas aspirants)

Bihar Yoga Bharati Yogavidya Training

Nov 1–Dec 31 Yogic Studies, 2 months (English)

Events

Jun 25–Jul 9 Ved Parayan

Monthly Programs

<i>Every Saturday</i>	Mahamrityunjaya Havan
<i>Every 4th, 5th & 6th</i>	Guru Bhakti Yoga
<i>Every 12th</i>	Akhanda Path of Ramacharitamans



For further information, as well as the online version of YOGA, visit the official website of Bihar Yoga at biharyoga.net or scan the QR code.