

NEWSLETTER & APPEAL
2019



Through meditation and these great *Lessons*, light a light within your soul that shall never be extinguished. And keep your meditation-born intuition attuned to me so I may continue to help you through the guiding Power that directs all our lives.

— Sri Sri Paramahansa Yogananda



Yogoda Satsanga Society of India

FOUNDED 1917 BY PARAMAHANSA YOGANANDA



YSS sannyasis see the new Booklet Maker in operation



An additional Printing Machine being procured to meet the demand for Lessons



Dear ones,

The divine company of God and Gurus leads us to inner transformation. As we open our hearts and minds to Their Light by practising the purifying *sadhana* bestowed upon us by our Guru, Sri Sri Paramahansa Yogananda, we begin to reflect that Light in our own lives. Gurujī said, "You must find the right teacher, and the right teaching. The right teaching is here. Follow it. I am telling you of the way that I found. What assurance, when you see heaven open within yourself!"

We crossed a significant milestone in the history of YSS/SRF when the long-awaited new edition of the *Yogoda Satsanga Lessons* was released. In a joyous inauguration event held on January 31, 2019, and broadcast worldwide through live-streamed video, YSS/SRF President Swami Chidananda Giri unveiled the new *Lessons*. The new edition of the *Lessons* is the culmination of decades of ceaseless labour by Sri Mrinalini Mataji, who was given this task by Gurujī himself. Not only does the new edition faithfully reflect the wishes of the Guru as to how his teachings should be presented, but it also includes unpublished material authored by him. With the help of a newly acquired printing machine, we are able to print these *Lessons* in-house at the Ranchi Ashram. Digitization of these *Lessons* is a further advancement, as it allows us to make them available online to all *Lessons* students along with plenty of auxiliary material which includes audio-visuals and animations.

To commemorate the 125th birth anniversary of Gurujī throughout India, the National Implementation Committee (NIC), formed by the Ministry of Culture and chaired by the Hon'ble Home Minister of India with representation from YSS, sponsored numerous public events such as public talks, publication and distribution of Gurujī's literature etc. NIC also funded the construction of a new YSS School building and a Multi-purpose Hall for the YSS College in Ranchi.

YSS played an active role in helping the victims of cyclone Fani in Odisha, by providing essential supplies to such villages where governmental aid had not yet reached. An amount of ₹15 lakh was also donated to the Chief Minister's fund. The ideal of serving God in others was also evident in many other charitable activities and spiritual programmes organized across the country. Monastic tours, conducted retreats, *how-to-live* camps for children, public talks, commemorations, participation in the International Yoga Day celebrations, various educational outreach programmes, scholarships and educational aid, medical *seva*, and relief to afflicted were also carried out throughout the country as is done every year.

We feel Gurujī's boundless love in the help and guidance we receive from him; it also reminds us of our duty to support his work. We are grateful to all of you who have responded to his love and offered your prayers, services, and monetary help. We are particularly grateful for your financial contributions that help us organize numerous spiritual events throughout the country and thus be instrumental in helping spread the divine message of our Gurudeva.

Gurujī said, "Be serious about finding God. Through these teachings you will be able to find God if you want to pay the price in perseverance and sacrifice. If you do this, you shall find that I have been truthful with you. For I have made the effort for a long, long time, and I have travelled this path."

May we realize His joy as we put forth our best efforts in getting closer to Him by practising in our daily lives these eternal teachings!

In divine friendship,

Yogoda Satsanga Society of India

Featured News

Launch of New Edition of YSS Lessons and Further Expansion of the Printing Press



In a joyous inauguration event held on January 31, 2019, and broadcast worldwide via livestreamed video, YSS/SRF President Swami Chidananda Giri unveiled the new *Lessons* — the culmination of several decades of long effort by Paramahansaji and his close disciples, presented in a beautifully designed format and including much previously unpublished material authored by the Guru.

Since Paramahansaji's spiritual family is spread all across the Indian subcontinent (and the world), providing translation of his teachings in regional Indian languages is essential. This is especially true for the definitive version of the *YSS Lessons* (released earlier this year in English) — the vehicle our Guru envisioned for sharing the scientific techniques and deepest aspects of yoga on the widest possible scale.

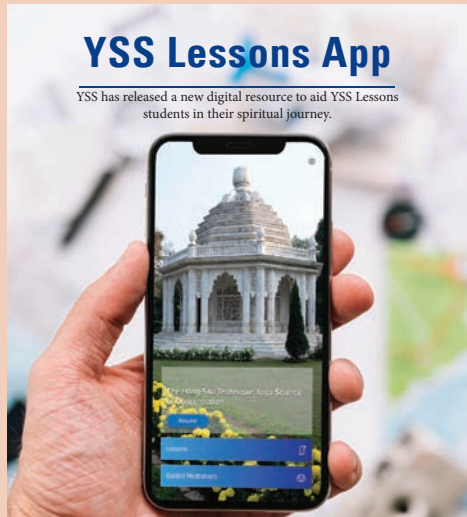
All the *YSS Lessons* are printed in-house at the Printing Press in Ranchi Ashram, made possible only through the generous support of devotees. Now, with the rapidly expanding membership of YSS, the upcoming release of the new edition of *Kriya Yoga Lessons*, *Supplement Lessons*, and later making them available (along with the Basic Series) in other Indian languages: Hindi, Bengali, Tamil, and Telugu which has been planned in the near future, YSS requires a

larger printing capacity. This has necessitated our acquiring another Printing Press to deliver all this literature in time to all those who want to benefit from Gurudeva's teachings. The cost of purchase, shipping, and installation of the new Printing Press, in addition to the ancillary power, machinery, storage and other facilities is estimated to be around ₹3 crore.

Your support through your donations and prayers, makes possible all these initiatives and the many other ways we share the teachings of our Gurudeva.

YSS/SRF Lessons App

For the first time ever, YSS has made available its Lessons online. Apart from enrolling for the Lessons online, devotees can access them on smartphones, tablets, and other digital devices through a YSS/SRF Lessons App. This App can be downloaded by visiting the following links: yssi.org/gla (for Android) and yssi.org/ala (for iOS). Though the study of the printed version of the Lessons is intended to be the principal means of absorbing the teachings, the secure App enables students to benefit from studying the Lessons while away from home, and to access multimedia content related to the Lessons.



Some of the features of the Lessons App include:

- Audio recordings of Paramahansa Yogananda
- Guided meditations and visualizations led by YSS/SRF *sannyasis*
- Classes on the YSS meditation techniques
- Step-by-step video instruction in the YSS Energization Exercises
- Study guide for each Lesson
- Interactive search
- Bookmark and highlighting function to mark key passages
- Adjustable font sizes and themes

Expansion Plans

Dwarahat

A six acre property, located at a distance of only 1.5 km from Babaji's cave, was purchased on May, 2019. The location is easily accessible by vehicles. The northern side of the property is a reserved forest and has a trail leading directly to Babaji's cave. Shown below are the photos of Swami Lalitananda signing the property deed and the site of the acquired property.



Dakshineswar



To accommodate the increasing number of devotees visiting our Dakshineswar Ashram, there is an immediate need to expand the facilities. In lieu of this, in 2018 and 2019 we purchased three plots

(measuring around 15,700 sq. ft.) adjacent to the Ashram which costed around ₹2.5 crore. In the coming months we will share with devotees a plan to augment facilities for kitchen, meditation hall, etc. at the new sites, building a multi-storied office and accommodation facilities.

Garpar Road Kendra

As the number of devotees attending group meditations at Garpar Kendra (Guruji used to meditate here as a youth) has increased, there is a plan to build a larger meditation hall.

Renovations at Ranchi

Infrastructural Enhancement for Residential Sevaks



As countless truth-seekers across India seek and discover the soul-solacing Kriya Yoga teachings of Gurudeva Sri Sri Paramahansa Yogananda, the work of YSS continues to grow and expand. Although YSS is supported in this endeavour by a number of Sevaks — sincere

volunteers who commit substantial amounts of time to serve in various capacities at our Ashrams on a daily basis — we need more of them, in order to keep up with the rapid growth of YSS.

In 2013, we had built the Gurusevadhram building at Ranchi, to provide dedicated rooms for Sevaks, so that their stay for longer periods may be more convenient, and their seva more productive. In addition to these dedicated rooms on three floors, Gurusevadhram also has large dormitories on three other stories. These dormitories are being used to accommodate visiting devotees; however, due to shortage of space for Sevaks, we plan



to convert these dormitories into living rooms for them. We also plan to equip each of these rooms with basic facilities such as a storage area, furniture, etc. The project cost is estimated to be ₹25 lakh. By providing these devoted Sevaks with furnished accommodation through this project, we are taking further steps in building a solid platform for the growth of Gurudeva's blessed work.

Solar Panel Projects

A new solar power plant of total capacity 50 kWp, costing ₹12.5 lakh, was installed on the roof of the Sevalaya Administration Building at Ranchi Ashram. It is expected to contribute around 6000 units per year leading to substantial savings in an eco-friendly manner. We have also installed solar power plants over the roofs of Mahavidyalaya building at Jagannathpur and at the Kanya Vidyalaya building with capacities of 33 kWp and 10 kWp respectively costing a little over ₹15 lakh. A 10 kWp solar power plant cum car park was also installed at our Chennai Retreat.

The Government of India honours Guruji's 125th Birth Anniversary

Recognizing the spiritual stature of our Gurudeva and his contribution to preserving the ancient spiritual tradition of India and disseminating practical 'how-to-live' teachings, the Government of India funded various activities to commemorate his 125th Birth Anniversary. The activities included organizing public lectures and seminars throughout India, special classes on yoga in educational institutions, and free distribution of YSS books. These activities were planned and executed by a National Implementation Committee (NIC), constituted by the Ministry of Culture, chaired by the then Hon'ble Home Minister of India, Sri Rajnath Singh, with representation from YSS.



Public Talks Organized at Various Places



Kriya Yoga Meditation: A Definite Way for a Healthy, Happy and Successful Life on February 22, 2019 at Hisar



Kriya Yoga Meditation: A Definite Way for a Healthy, Happy and Successful Life on February 15, 2019 at Jodhpur



Finding the Secret to Success and Joy Through Meditation on January 24, 2019 at Goa



Leading a Balanced and Harmonious Life Through Kriya Yoga Meditation on January 3, 2019 at Indore



Yoga Meditation — Key to All-Round Success on December 29 at Kolkata. Leading a Happy and Tension-Free Life Through Kriya Yoga on Dec. 28 at Kolkata



Achieving a Balanced and Joyous Life Through Meditation on October 28 at Hyderabad



Kriya Yoga: Ancient Science for Modern Age on December 22 and 23 at Ahmedabad



Finding The Secret To Success and Joy Through Meditation on December 23 at Visakhapatnam



Kriya Yoga: The True Path to Joy (in Hindi) on November 11 and Public Event at Chief Minister's Residence on November 9 at Lucknow



Master Your Destiny Through Kriya Yoga Meditation on October 6 at Chennai



Lectures on The Bhagavad Gita on September 29 and 30 at Noida



Finding the Secret to Success and Joy Through Meditation on December 8 at Mumbai

Distribution of Paramahansa Yoganandaji's Books to Libraries

One of the activities funded by the National Implementation Committee (NIC) was to distribute Paramahansa's books to various libraries throughout India.



These books included *Autobiography of a Yogi*, *God Talks with Arjuna — The Bhagavad Gita*, *The Second Coming of Christ*, *Wine of the Mystic*, *Man's Eternal Quest*, *The Science of Religion*, *The Law of Success*, and *Where There is Light*, in English, Hindi, and regional languages.

For this project, around 3,250 libraries across India were identified. In August 2019 these books were sent to Government Libraries (State and Central Libraries, District Libraries, and Sub-Divisional Libraries) and to College Libraries (both private and Government). In addition, these books have also been sent to eminent educational institutions such as IITs, IIMs, Indian Statistical Institute, CMC Vellore, important medical and engineering colleges, etc. The books have also been dispatched to colleges in Andaman and Nicobar Islands and Lakshadweep Island.

New Infrastructure for YSS Educational Complex , Jagannathpur



A capital grant has also been provided by the Ministry of Culture, Government of India, under the NIC scheme. This grant will be used to build a multipurpose hall for the Yogoda Satsanga

Mahavidyalaya as well as for the construction of a new administration block, a library, a laboratory complex, and an NCC block for the Vidyalaya. In addition, a new classroom complex having

24 classrooms, will be taken up for the Vidyalaya through YSS funding.

Swamis Vishwananda and Ishwarananda laid the foundation stone for the proposed new structures on May 10, 2019 — the auspicious occasion of Swami Sri Yukteswarji's *Avirbhav divas*. The ceremony was attended by other senior YSS *sannyasis* too.

A brick from Guruji's room was used as part of the foundation. It was later covered with the soil from the Litchi Tree Vedi. The trowel that was used to cement the foundation bricks, was the very one that Sri Sri Daya Mata had used for laying the foundation of the Vidyalaya in 1958.

The architecture of the upcoming buildings is designed to foster overall development of body, mind and soul — open areas with large landscapes and ample light forms an integral part of the design. The first phase of the project is expected to be completed by 2021.



Pictorial History Book Depicting the Life and Legacy of Gurudeva

This is a “Coffee Table” book entitled **“My Work Shall Go On”: The Living Legacy of Paramahansa Yogananda**. It is a beautifully designed hardcover presentation of over 200 pages, on high quality archival paper, with several never before published pictures describing Paramahansa's life and selfless service to humankind. It provides a glimpse into the 100 years journey of Gurudeva's Society. The reader will gain further insight into his message of peace, harmony, and the basic unity of all true religions.

This limited edition premium book was released by revered Swami Chidananda Giri on October 18, 2019 at Noida Ashram during his tour of India, and is now available for devotees to purchase. As a part of the YSS outreach programme funded by National Implementation Committee (NIC) this book will be distributed amongst various government and private institutions.

Release of *Autobiography of a Yogi* Audiobooks

The audiobook production is a part of the activities funded by the National Implementation Committee (NIC).



Swami Sudhananda and Brahmachari Shreyananda were the YSS representatives.

Kannada

Chief Guest of the special function, Swami Tattwarupanandaji, Head of Ramakrishna Math, Halasur, Bengaluru, released the audiobook of Kannada *Autobiography of a Yogi* on March 24, 2019. Swami Sudhananda and Brahmachari Shreyananda were the YSS representatives.

Tamil

Eminent Tamil scholar and noted spiritual orator, Sarada Nambi Arooran, Swami Sudhananda and Superstar Sri Rajinikanth released the audiobook of Tamil *Autobiography of a Yogi* on March 30, 2019.



Telugu



The Telugu audiobook release function was organized by Yogoda Sat-sanga Dhyana Kendra — Hyderabad at Secunderabad. It was attended by about 250 people. The function was presided by Swami Smaranananda and Brahmachari Kedarananda.

Bengali

The Bengali audiobook was released on Guru Purnima day at a special public function held at Kalamandir, Kolkata. The event was presided by Swamis Sudhananda, Amarananda, and Nigamananda. The audiobook was released by Swami Sudhananda and Sri Somnath Ghosh (grandson of Paramahansa Yogananda's brother Sananda Lal Ghosh) and Smt. Sarita Ghosh.



Reaching Out to Students

YSS conducted yoga meditation sessions for students and teachers at both school and college levels, and thereby trained them to practise visualization, affirmation, breath awareness, calmness, and meditation. A complimentary copy of *The Law of Success* was given to all the participants.



Bhubaneswar



Agra



Firozabad



Chandigarh



Thanjavur



Jammu

Commemorations

Janmotsav 2019

The 126th *Avirbhav Divas* of Gurudeva, Sri Sri Paramahansa Yogananda was celebrated with a lot of joy and enthusiasm at all YSS Ashrams, Dhyana Kendras, and Mandalis in January. These included special meditations, *bhajan*, *prabhat feri*, *bhandara*, and charitable activities. Glimpses of the celebrations at some of the places are shared below.

Ranchi





Bengaluru



Dakshineswar



Dihika



Indore



Kota



Noida



Puri



Serampore

Guru Purnima 2019

Paying homage to one's Guru on this auspicious day is a tradition from ancient times and draws special blessings from the Guru. Devotees throughout the country celebrated this sacred occasion on July 17 this year with meditations, bhajan, satsanga and seva activities. Shared below are some of the glimpses.



Ranchi



Dakshineswar



Monastic Tours

Regular monastic tours are held every year across India. With the growth of the membership and monastic community, more and more tours are organized to help devotees understand Guruji's teachings in their own language, at their own places. Given below are some of the places where YSS sannyasis visited.



Aurangabad



Goa



Guwahati



Mumbai



Nashik



Rajahmundry



Hisar



Krishnagiri



Siliguri



Tenali



Thiruvarur



Tiruchirapalli

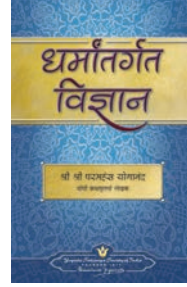


Vadodara



Chandigarh

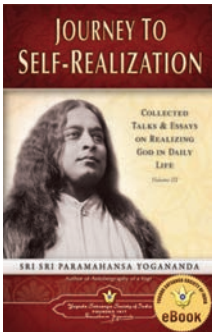
New Publications



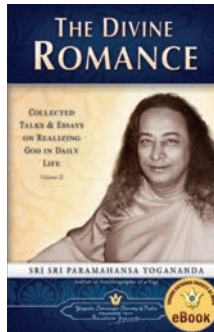
The Science of Religion released in Tamil and Marathi



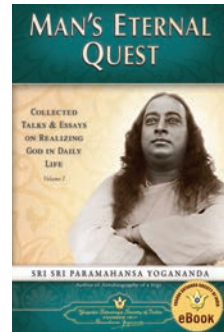
The digitized version of some YSS books is now available at a nominal price.



Journey To
Self-Realization

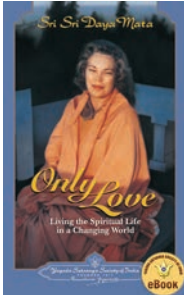


The Divine
Romance



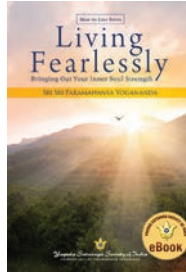
Man's Eternal
Quest

by Sri Sri Paramahansa Yogananda



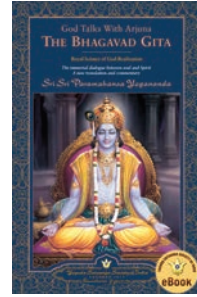
Only
Love

by Sri Sri Daya Mata

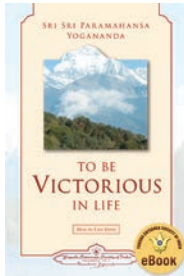


Living
Fearlessly

by Sri Sri Paramahansa Yogananda

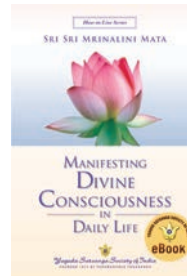


God Talks with Arjuna:
The Bhagavad Gita



To Be Victorious
in Life

by Sri Sri Paramahansa
Yogananda



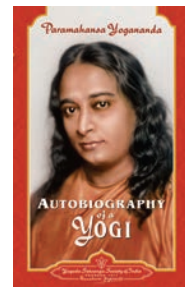
Manifesting Divine
Consciousness in
Daily Life

by Sri Sri Mrinalini Mata

Audiobook of

**AUTOBIOGRAPHY
OF A YOGI**

in Hindi, Bengali, Kannada, Tamil, and Telugu



FREE download from www.yssbooks.org

New Dhyana Mandirs

Agra



A long desired wish of the Agra devotees for a place of their own was fulfilled on March 2, 2019, when the new Dhyana Mandir was inaugurated by Swamis Nirvanananda, Nityananda, Smaranananda and Brahmachari Sheelananda. A two-day programme, which included the sacred Kriya Yoga *Diksha*, was conducted at the Mandir attended by 760 devotees.



Chennai

A new Dhyana Mandir, which is centrally located in T. Nagar, Chennai, was inaugurated on March 30, 2019.

The two-storey building with a total floor area of 6,000 sq. ft. has two meditation halls with seating capacity of 200 devotees, a library, a conference room, and a few more rooms. The building also has an elevator, and a generator.



Scholarships

Ranchi

YSS has been awarding scholarships to encourage poor and meritorious students of professional courses such as engineering, medical, agriculture, etc.—about ₹50 lakh per annum is spent on scholarships and education-aid. Every year students are selected from institutes in various regions of India, on the basis of an examination on *Autobiography of a Yogi*. Laptops are also given to some students who are receiving scholarships from YSS so as to facilitate their studies.



Hyderabad

Six students from University College of Law, Osmania University, Hyderabad, were awarded scholarship of ₹25,000/- each, by Swami Suddhananda and Sri P. Gopichand, the renowned coach of Indian National Badminton team, at a public function on October 28, 2018.



How-to-Live Camps



School Children Camp. Dwarahat

YSS organizes *how-to-live* camps for children to introduce them to the spiritual path at an early age. These camps are in great demand and participation increases every year. The camp activities include meditation, visualization and affirmations, healing prayers, chanting, practising yoga postures, sports, and creative skills. Most importantly, students learn the value of spiritual company.



Boys Camp, Ranchi



Boys and Girls Camps, Noida



Boys Camp, Lakhanpur



International Day of Yoga

Yogoda Satsanga Society of India organizes special programmes annually to commemorate the International Day of Yoga on June 21. This year, the 5th International Day of Yoga was celebrated and special events were held at YSS Ashrams and many Kendras.



Bhopal



Agra



Ranchi



Noida



Dakshineswar



Lucknow

Charitable Activities



Cyclone Fani Relief Work

Cyclone Fani was the strongest tropical cyclone to hit Odisha in 20 years, causing much destruction particularly in Puri and Bhubaneswar. YSS extended relief to those afflicted by the cyclone.

Devotees in YSS centres in Odisha took the initiative to reach out to those affected almost immediately. The relief material was in the form of kits containing essential items including candles, matchboxes, biscuits, roasted peanuts, drinking water, tarpaulins, torchlights (LED) with battery, bathing soap, detergent soap, etc. Around 1,000 such kits were distributed in four villages: Mirzapur, Parbatipur, Gabakunda, and Nathapur in Krushna Prasad block of Puri district.

Swami Smaranananda and Brahmachari Gokulananda met Odisha Chief Minister Sri Naveen Patnaik at Bhubaneswar on May 12, 2019, and handed him a cheque of ₹ 15 lakh as Yogoda Satsanga Society of India's contribution towards the Chief Minister's Relief Fund.

Eye Camp at Lakhanpur



YSS organized a free cataract eye operation camp at Lakhanpur from Jan 27 – Feb 6, 2019 in collaboration with Lokeswarananda Eye Foundation (LEF). 288 patients were operated upon at LEF. Post-operative check-up was held at YSS Lakhanpur Ashram and blankets were distributed to all patients.

Special Events

Kumbha Mela at Prayagraj



YSS had set up a camp in the Kumbha Mela, from January 10 to February 20, 2019. Accommodation was provided to devotees with all the basic facilities. Free meals and medical facilities (allopathic and homeopathic) were part of the camp. A book stall was also set up. More than 1,500 devotees

availed themselves of the camp facilities and participated in daily meditations, *satsangas*, and service activities.

A special programme was conducted at Noida Ashram from 18–20 October, 2019, as part of our beloved President, Swami Chidanandaji's India tour. Swamiji, accompanied by SRF *sannyasis* Swamis Vishwananada and Kamalananda, and other YSS *sannyasis* will also travel to Hyderabad and Mumbai. Around 5000 devotees from the length and breadth of India will participate in these programmes that include review of meditation techniques, *satsangas*, and 'how-to-live' classes. In addition to inspiring devotees with his *satsangas*, Swami Chidanandaji will also lead a three-hour guided meditation at each of these places.

YSS/SRF President's India Tour



Yogoda Satsanga Society of India is recognized as a charitable society (PAN: AAATY0283H) under the provisions of the Income Tax Act, 1961. Contributions made to this Society are Income Tax deductible under Section 80-G of the said Act. Donations may be made payable to YOGODA SATSANGA SOCIETY OF INDIA by an A/c Payee Cheque, crossed Bank Draft drawn on a Ranchi Bank, or by crossed Indian Postal Order; and sent to Yogoda Satsanga Society of India, Paramahansa Yogananda Path, Ranchi 834 001, Jharkhand.

PLEASE FIND DONATION ADVICE ATTACHED

You may also donate online or download the Donation Advice from www.yssfindia.org/donate.php



D O N A T I O N A D V I C E

Yogoda Satsanga Society of India
21, U. N. Mukherjee Road
Dakshineswar
Kolkata 700 076, West Bengal

Dear Friends,

Please accept my/our donation of ₹ _____ (Rupees _____
_____ only) in cash/cheque/draft/I.P.O., which is offered voluntarily for use by Yogoda
Satsanga Society of India to form part of its corpus and/or for the purpose(s) indicated overleaf.

Cheque/Draft on _____
Bank, City

Signature _____

Cheque/Draft/I.P.O. No. _____

Name _____
in BLOCK LETTERS

Dated _____

Address _____
in BLOCK LETTERS

Income Tax PAN _____
if available

Lessons Reg. No. L- _____

Phone No. _____

Email _____

Donation Towards

Amount in Rupees

Please tick (✓) the relevant box(es)

A. Corpus Donations

YSS of India Fund.....

To form part of the corpus of the Society which will be used to fulfil
the objects of the Society

Kendra Fund

Construction / Maintenance of facilities or other activities at
Ashrams/Kendras/Retreats: General Specific: _____

(If for any particular place or project, please specify)

Publication Fund

Scholarship Fund

B. CONTRIBUTIONS (for the following specific purposes)

Educational Services.....

"How-to-Live" Training

Medical Services

Natural Calamities Relief.....

Welfare of the Poor

Total



Talks organized
by YSS
in association
with Ministry
of Culture,
Govt of India





YSS/SRF President Sri Sri Swami Chidananda Giri inaugurates the new edition of Yogoda Satsanga Lessons on January 31, 2019.