



## Welcome to YSS NCR eNewsletter

**July 2018 Issue**

We bring you updates on YSS activities  
from Delhi, Gurugram and Noida,  
and share with you news of upcoming events in NCR



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## RECENT ACTIVITIES

### International Day of Yoga

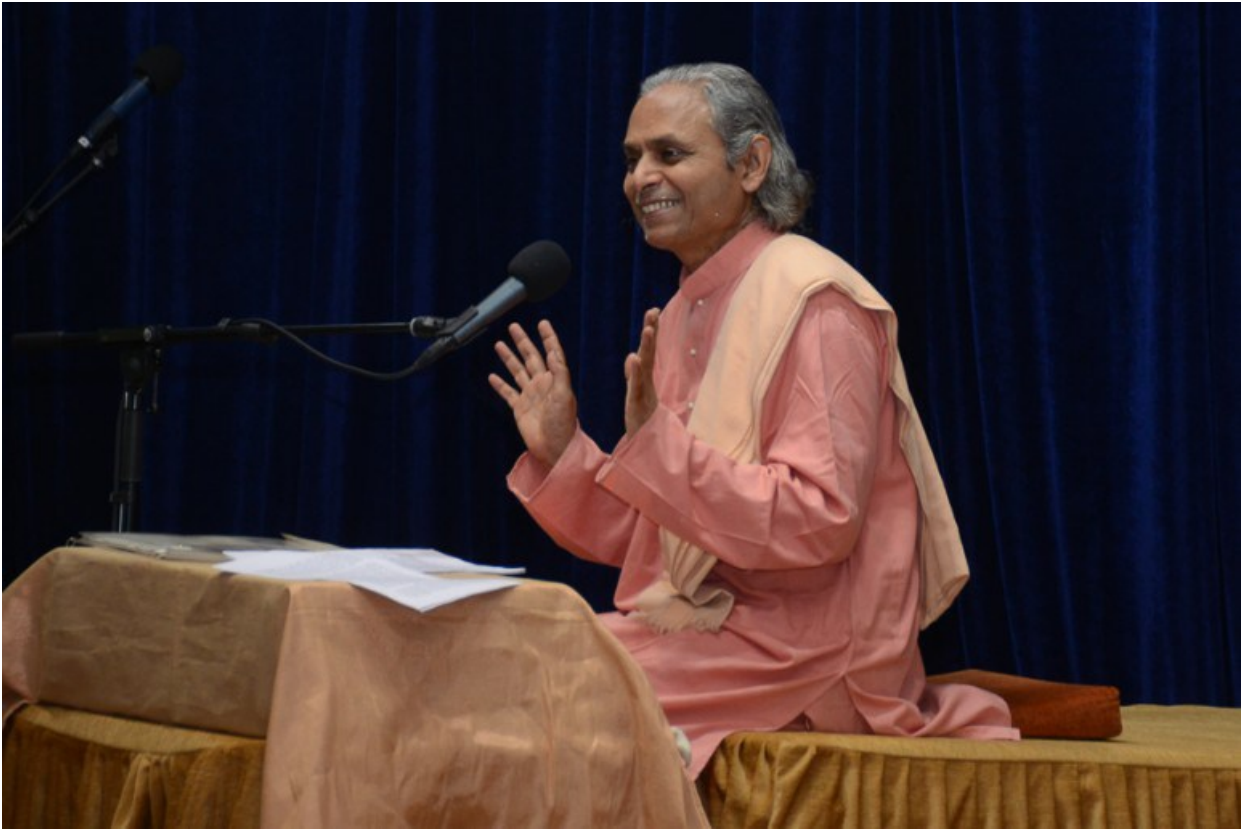


In view of Gurudeva [Sri Sri Paramahansa Yogananda](#)'s pivotal role in the spread of yoga worldwide, [Yogoda Satsanga Society of India](#) (YSS) conducted various programmes to commemorate the 4th International Day of Yoga (IDY) which falls on June 21 every year.

Certainly Paramahansaji would be very pleased to learn that the world will now be paying homage annually to the philosophy and science of Yoga, as his life was dedicated to introducing all truth seekers to the time-honoured techniques of yoga meditation.

In the National Capital Region of Delhi, IDY was celebrated at the Noida Ashram, Delhi Kendra and Gurugram Kendra of YSS.

- [International Day of Yoga \(IDY\) 2018 Celebrations in YSS Noida, Delhi and Gurugram](#)
- [Children Sunday Satsanga - Noida Celebrates IDY](#)
- [Photographs: IDY 2018 Programmes in NCR](#)
- [Photographs: Children Satsanga Celebrates IDY 2018](#)



Braving an unbearably hot and humid day, around a thousand devotees gathered at the YSS Noida Ashram on July 8, 2018 for a satsanga by Swami Smarananandaji.

The attendees were aptly rewarded with the inspiring words of Swamiji on 'Overcoming moods by right attitude.'

Quoting our beloved Gurudeva Sri Sri Paramahansa Yogananda from his writings in *Man's Eternal Quest*, Swamiji reiterated that it is imperative to overcome malignant moods. While there is no control over the events in our lives but we surely can change our attitude towards it, he said, adding that the way we handle it is in our hands.

[Read more by clicking here.](#)

[To view images, click here.](#)

### ***Mahavatar Babaji Smriti Divas - July 25***

It is [Mahavatar Babaji](#) who revived in this age the lost scientific meditation technique of [Kriya Yoga](#). In bestowing Kriya initiation on his disciple [Lahiri Mahasaya](#), Babaji said, "The Kriya Yoga that I am giving to the world through you in this nineteenth century is a revival of the same science that Krishna gave millenniums ago to Arjuna; and that was later known to Patanjali and Christ, and to St. John, St. Paul, and other disciples." (as quoted in the [Autobiography of a Yogi](#))

# MAHAVATAR BABAJI SMRITI DIVAS



Mahavatar Babaji Smriti Divas was celebrated on July 25 across YSS NCR.

[Read about the commemorations here.](#)

[To view images, click here.](#)

## Guru Purnima

***"Obedience to the guru is the surest way when one is seeking God... If you follow him, he will lead you out of the darkness. If you try to find the way alone, you may needlessly lose yourself in the forest for many incarnations. So follow the guru, and he will take you through safely."***

***- Sri Sri Paramahansa Yogananda***



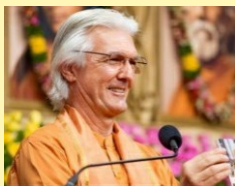
## GURU PURNIMA 2018



Read about the celebrations of [Guru Purnima day](#) by clicking on the links given below:

- [Guru Purnima Celebrations in YSS Noida Ashram](#)
- [Guru Purnima Celebrations in YSS Delhi and Gurugram Kendras](#)
- [Photographs: Guru Purnima 2018 Programmes in NCR](#)
- [Guru Purnima Message from Swami Chidanandaji](#)

## Guru Purnima Message from Swami Chidanandaji



"As you lay at the feet of our own beloved Gurudeva Sri Sri Paramahansa Yogananda the offering of your love and gratitude, may you open your heart fully to his spiritual bounty. There is no greater gift we can receive on the spiritual path than to be drawn to such a God-united soul, who can lead us from our maya-bound human nature to the limitless freedom of God's bliss-consciousness."

[Read more here.](#)

## NEW: Mother's Room Facility at YSS Noida Ashram

In an attempt to facilitate the attendance of devotee mothers with infants at the Sunday *satsanga* of YSS Noida Ashram, a special facility has been created for them. The Ashram now offers such mothers a 'Mother's Room' where they may enjoy functions and Sunday *satsanga* on video while attending to infants and toddlers.

Located at a convenient place - on the ground floor of Ladies Retreat Block - the Mother's Room (Room No. 111) was inaugurated by Brahmachari Vinayanandaji on June 24, 2018.

[Read more by clicking here.](#)



## YSS NCR Charitable Activities – 2018-19



As part of the July celebrations of Guru Purnima and Mahavatar Babaji Smriti Divas programme, on July 22, 2018, YSS Gurugram Kendra donated salwar suits to 28 elderly women living in an old age women's home in Sector 4, Gurugram. This old age home is run by St. Joseph's service society and sisters of the destitute.

[Read more by clicking here.](#)

To donate to *Yogoda Satsanga Society of India*, [click here.](#)

## Satsanga by Swami Ishwaranandaji at YSDM Tagore Garden

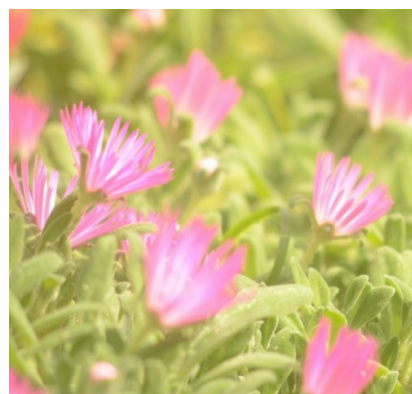
As part of the Guru Purnima celebrations at various Ashrams, Kendras and Mandalis of *Yogoda Satsanga Society of India* (YSS), a special *satsanga* was organised at YSDM Tagore Garden in New Delhi on July 29, 2018.

Swami Ishwaranandaji conducted the *satsanga* which was attended by over 40 devotees who regularly visit the Dhyana Mandali located in west Delhi.

[Read more by clicking here.](#)



## Gardens of YSS Noida Ashram





[View images by clicking here.](#)

## UPCOMING EVENTS

### Sri Krishna Janmashtami

The sublime teachings of Lord Krishna are enshrined in the Bhagavad Gita. In his highly acclaimed two-volume commentary on the [Gita](#), Paramahansa Yogananda has written:

“The Bhagavad Gita is the most beloved scripture of India, a scripture of scriptures. It is the... one book that all masters depend upon as a supreme source of scriptural authority....”

“Krishna is the divine exemplar of yoga in the East; Christ was chosen by God as the exemplar of God-union for the West....The Kriya Yoga technique, taught by Krishna to Arjuna and referred to in Gita chapters IV:29 and V:27–28, is the supreme spiritual science of yoga meditation. Secured during the materialistic ages, this indestructible yoga was revived for modern man by Mahavatar Babaji and taught by the Gurus of Yogoda Satsanga Society of India/Self-Realization Fellowship.”

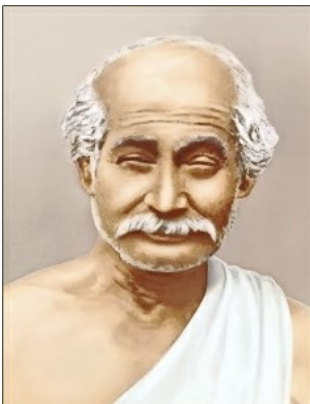
Bhagwan Krishna

Commemoration programmes of Sri Krishna Janmashtami in YSS NCR are given below:

Functions	Date	Activity	Sakha Ashram, Noida	Dhyana Kendra, Delhi	Dhyana Kendra, Gurugram
Janmashtami	Sept 2, Sun	Janmashtami Long Meditation	10 am to 6 pm	10 am to 6 pm	10 am to 6 pm
	Sept 3, Mon	Satsanga and Pushpanjali	10 am to 12 noon*	10 am to 12 noon	10 am to 12 noon

\* Followed by Guru Langar

### Mahasamadhi and Avirbhav Divas of Sri Sri Lahiri Mahasaya



Lahiri Mahasaya was born on September 30, 1828, in the village of Ghurni in Bengal, India. At the age of thirty-three, while walking one day in the Himalayan foothills near Ranikhet, he met his guru, Mahavatar Babaji. It was a divine reunion of two who had been together in many lives past; at an awakening touch of blessing, Lahiri Mahasaya became engulfed in a spiritual aura of divine realization that was never to leave him.

‘Yogavatar’ Lahiri Mahasaya entered *mahasamadhi* in Banaras, September 26, 1895. Fifty years later, in America, his prediction was fulfilled when an increasing interest in yoga in the West inspired Paramahansa Yogananda to write Autobiography of a Yogi, which contains a beautiful account of Lahiri Mahasaya’s life.

Commemoration programmes of Mahasamadhi and Avirbhav Divas of Sri Sri Lahiri Mahasaya in YSS NCR are given below:

Functions	Date	Activity	Sakha Ashram, Noida	Dhyana Kendra, Delhi	Dhyana Kendra, Gurugram
Mahasamadhi of Sri Sri Lahiri Mahasaya	Sept 23, Sun	Long Meditation	—	10 am to 4 pm	—
	Sept 26, Wed	Satsanga and Pushpanjali	5 pm to 7:30 pm	5 pm to 7 pm	5 pm to 7 pm

Avirbhav of Sri Sri Lahiri Mahasaya	Sept 30, Sun	Satsanga and Pushpanjali	10 am to 12 noon*	10 am to 12 noon	10 am to 12 noon**
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\* Followed by Guru Langar

\*\* Followed by Guru Langar and Narayan Seva

## Spiritual Retreats and Long Meditations

*"The greatest influence in your life, stronger even than your will power, is your environment."*

*— Sri Sri Paramahansa Yogananda*

### **CONDUCTED RETREATS** (at YSS Noida Ashram)

[August 11 – 12](#)

Retreat (Hindi)

[August 25 – 26](#)

Retreat for New Students  
(Hindi)

[September 15 – 16](#)

Retreat for Kriyabans (Hindi)

[September 27 – 30](#)

Extended Retreat (English)

### **LONG MEDITATIONS**

**August 19**

Long Meditation at YSS Noida  
Ashram

Sun (10 am to 4 pm)

**September 2**

Janmashtami Eight-Hour Long  
Meditation at YSS Delhi Kendra,  
Gurugram Kendra and Noida  
Ashram

Sun (10 am to 6 pm)

**September 23**

Long Meditation at YSS Delhi  
Kendra

Sun (10 am to 4 pm)

For the complete retreat schedule of 2018, [click here](#).

## NEW: Conducted Extended Retreat

YSS Noida Ashram will conduct an extended spiritual retreat over a period of four days - from September 27 to 30, 2018. This extended retreat would be open to devotees from all parts of India and abroad.

[Read more by clicking here](#)



The highlight of this extended retreat will be a two-day discourse on Gita by Swami Smarananandaji on Saturday and Sunday morning from 10 am to 11.30 am.

Get Updates about YSS NCR through the NCR Website

Book Accommodation Online

We would encourage you to make your bookings for accommodation at YSS Noida Ashram through our website at [noida.yssashram.org/reservation](http://noida.yssashram.org/reservation).

Visit the website by clicking the following links for *News and Updates* from YSS Noida Ashram, Delhi Kendra and Gurugram Kendra:

- [Recent Programmes](#)
- [Upcoming Events](#)



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