



Children celebrate
Janmashtami
at YSS Noida Ashram

Welcome to YSS NCR eNewsletter

In the September edition:

- **IN MEMORIAM:** *Swami Anandamoy Giri (1922-2016)*;
- **CHARITABLE ACTIVITIES:** YSS celebrates Independence Day with uniforms and gifts for slum children in Ghaziabad school aided by YSS;
- **Janmashtami** celebrations at Gurgaon, Noida and Delhi;
- **Independence Day** celebrations by Children Satsanga at Noida Ashram;
- **Public Talks** by YSS Swami Ishwaranandaji at **IIT Delhi** and national convention of **Young Chefs** in New Delhi;
- **IN NEWS:** YSS-supported school for underprivileged children and article on Janmashtami;
- **COMING UP** Sri Sri Lahiri Mahasaysa Mahasamadhi and Avirbhav Diwas Programmes at Delhi, Gurgaon and Noida;
- **COMING UP:** Dhyana Kendra - Agra to host three-day Sangam with Kriya Diksha ceremony;
- **COMING UP:** Guided Meditation session for students at IIT Delhi;
- **RETREAT:** YSS Delhi Kendra to hold day-long retreat on October 9 with review of technique classes

IN MEMORIAM: Swami Anandamoy Giri (1922-2016)



Our revered Swami Anandamoyji, a direct disciple of our beloved Gurudeva, Sri Sri Paramahansa Yogananda and monastic of Self-Realization Fellowship for over 65 years, passed away peacefully at SRF's International Headquarters on Mount Washington in Los Angeles on Tuesday evening, September 6, 2016.

Swami Anandamoyji shares inspiration from his more than sixty years of discipleship and his years of training with Paramahansa Yogananda in [this video recording](#) of his satsanga at Self-Realization Fellowship's 2006 World Convocation in Los Angeles, California. He speaks of God's love for the devotee and how you can experience that all-fulfilling love in meditation.

Recent Events

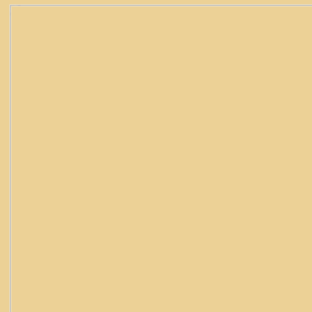
JANMASHTAMI celebrated at Gurgaon, Noida and Delhi

YSS Gurgaon Kendra



Swami Lalitanandaji conducted Janmashtami Satsanga and Pushpanjali on Thursday, August 25, which was attended by around 110 devotees. The Satsanga was followed by counselling of many devotees by Swamiji.

YSS Noida Ashram



Brahmachari Dhairyanandaji conducted Satsanga and Pushpanjali on Janmashtami on August 25 at Noida Ashram. Over 350 devotees attended the programme and were served Guru Langar.

YSS Delhi Kendra

The Janmashtami programme at YSS Delhi Kendra was attended by 150 devotees on Thursday, August 25. It included Meditation, Reading, Chanting and Pushpanjali. Devotees were also served Prasad.

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Children's Cultural Programme on *Janmashtami* at YSS Noida Ashram

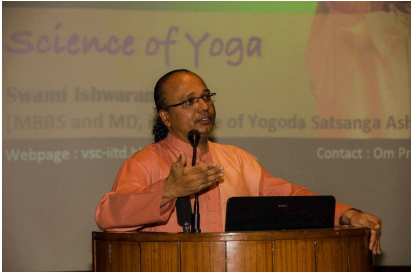


Children's Cultural Programme on *Janmashtami* at YSS Delhi Kendra



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PUBLIC TALKS on Yoga for Engineering and Culinary students



Swami Ishwaranandaji addressed IIT students on the **Science of Yoga** at IIT Delhi on August 19, 2016 where he explained the real meaning of **Yoga** as a means to self-realization. A session of guided meditation for interested students would be organized soon at IIT Delhi in October. Watch the talk [here](#).

Swami Ishwaranandaji addressed around 500 young chefs on **Food for Body, Mind and Soul** at their first-ever national convention in the



capital's Radisson hotel.

Organised by the *Indian Federation of Culinary Associations*, the event featured top Indian and foreign chefs who appreciated Swamiji's talk and a brief session of guided meditation afterwards.



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INDEPENDENCE DAY: With Ghaziabad Slum School Children



INDEPENDENCE DAY: With YSS Noida Ashram's Children Satsanga



IN NEWS: YSS and related media coverage

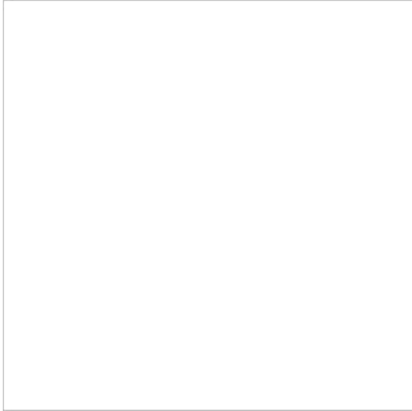
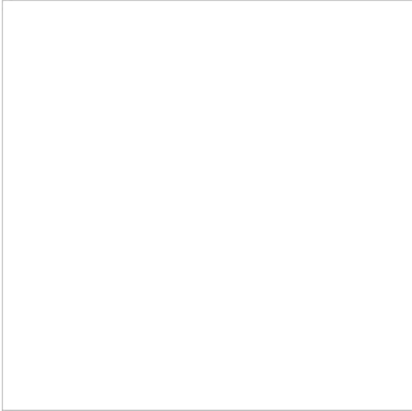
An article by YSS Swami Ishwaranandaji on the relevance of the celebration of the birth of Lord Krishna was featured on August 25 (Janmashtami) in Himachal Dastak daily.



YSS devotee Ms. Shobha Sood was featured in a Hindi newspaper for her work in helping underprivileged children in Noida through her school - Paramahansa Yogananda Swarna Bal Vatika (an initiative supported by YSS).



IN YOUR WORDS: Experiences from Retreat for New Students



I greatly appreciate this opportunity to visit Noida Ashram to learn meditation. Monks cleared all my doubts, guided me to steer clear of negativity, and experience God for myself. I am grateful for the peaceful environment and facilities provided here. - Sham Sunder

It was my first retreat. There is immense peace here. The happiness one experiences here, one does not experience every day. Food was very healthy. One could keep the mind and heart

This was the first retreat of my life and it turned out to be an extraordinary experience of spirituality and divinity. The services of an organisation like this cannot be judged - all the staff and devotees are so well-behaved and approachable. They were very helpful in every way throughout the retreat. Thanks and Regards to all. - Mukesh Kumar Singh

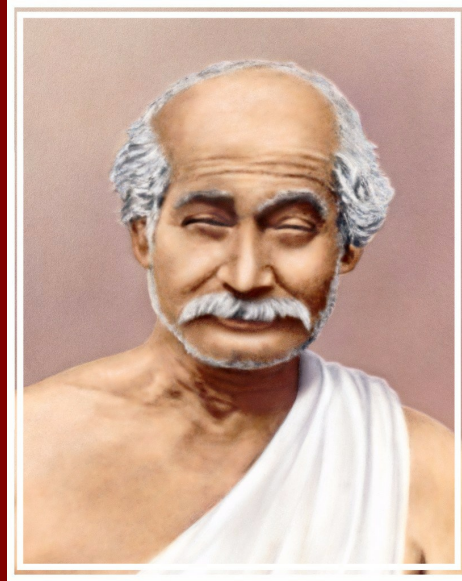
It was a wonderful experience to participate in this new students' retreat. The discipline was

peaceful. This retreat will help me tremendously to understand the world and God. - Seema Kumari

exceptionally helpful in getting settled into the routine of daily meditation. - Rita Uppal

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Upcoming Events



Mahasamadhi Anniversary of Sri Sri Lahiri Mahasaya

Monday, September 26

Meditation, Reading, Pushpanjali:

YSS GURGAON KENDRA: 5.30 p.m. to 7.30 p.m.

YSS DELHI KENDRA: 5.00 p.m. to 7.00 p.m.

YSS NOIDA ASHRAM: 5.00 p.m. to 7.30 p.m.

Avirbhav Divas of Sri Sri Lahiri Mahasaya

Friday, September 30

Meditation, Reading, Pushpanjali:

YSS GURGAON KENDRA: 5.30 p.m. to 7.30 p.m.

YSS DELHI KENDRA: 5.00 p.m. to 7.00 p.m.

YSS NOIDA ASHRAM: 5.00 p.m. to 7.30 p.m.*

**(followed by Guru Langar in Noida Ashram)*

Sunday, October 2

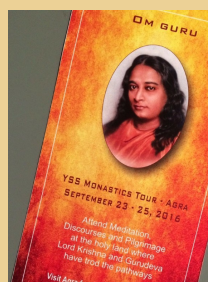
Special Satsanga followed by

Guru Langar and Narayan Seva

YSS GURGAON KENDRA:

Meditation, Reading, Pushpanjali: 10 a.m. to 12:30 p.m.

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AGRA MONASTIC TOUR

Three-Day Retreat Programme with Kriya Diksha

Swami Nityanandaji and Brahmachari Dhairyanandaji will conduct review classes and satsangas as part of a three-day weekend retreat in Agra organised by YSS Agra Dhyana Kendra from September 23 to 25, 2016. To register, email ysdk.agra@gmail.com or call Smt. Kiran Yadav at 9456818908, Dr. C D Mangrani at 9457655155, Col J S Yadav at 9458625747.

SUNDAY RETREAT

Review of Techniques for Lessons Students

A day-long programme including review of Energisation Exercises, as well as Hong Sau and Aum techniques by monastics is scheduled for Sunday, October 9, at YSS Delhi Kendra. For registration and schedule, contact [Reception](#).



A TASTE OF MEDITATION

YSS Monastic to Lead Guided Meditation at IIT

After Swami Ishwaranandaji's inspiring talk to future engineers at IIT Delhi in August, a session of guided meditation as part of a workshop is scheduled on October 4, 2016 at the south Delhi campus of India's premier technical institute..

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Yogoda Satsanga Sakha Ashram, Noida

Paramahansa Yogananda Marg | B-4, Sector 62 | Noida | U.P. | 201307
Phones: (0120) 2400670, 2400671, 2401669-76 (8 lines)
E-mail: noidaashram@yssi.org

Yogoda Satsanga Dhyana Kendra, Delhi

11-12, Bhai Vir Singh Marg, Near Gole Market, New Delhi
Phone: (011) 23362948 / 23346271
Email: ysdk.delhi@gmail.com

Yogoda Satsanga Dhyana Kendra, Gurgaon

Opposite House Number 20, Near DPS (Infant Wing)
Sector-40, HUDA, Gurgaon 122 003, Haryana
Phones: (0124) 4271644, 2580326, 9871078270
E-mail: ysdk.gurgaon@gmail.com

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