



*Yogoda Satsanga Sakha Ashram - Noida*

(Newsletter of YSS Activities in Noida, Delhi, and Gurgaon)

## Welcome to YSS NCR eNewsletter

### July 2017 Issue

*We bring you updates on YSS activities  
in Delhi, Gurgaon and Noida since June 2017,  
and share with you news of upcoming events in NCR.*

**"Only through the guru-disciple relationship  
may a truant human soul  
retrace its footsteps to God.  
It is a perfect relationship  
of true unconditional friendship  
between one  
who makes a conscious effort  
to know God (the disciple)  
and one  
who actually knows God (the guru)."**

**- Sri Sri Paramahansa Yogananda**

### Recent Activities

#### ***Guru Purnima Celebrations***

- Special Programmes at Noida Ashram, Gurgaon Kendra and Delhi Kendra

#### ***Mahavatar Babaji Smriti Divas***

- Commemoration at Noida Ashram, Gurgaon Kendra and Delhi Kendra

#### ***International Day of Yoga***

- Open House and Guided Meditation across YSS NCR

#### ***Public Talk on International Day of Yoga***

- Swami Lalitanandaji Lectures at IIM-Lucknow's Noida Campus
- Brahmachari Sheelanandaji Speaks at Tariff Commission

#### ***Children Satsanga Activities***

- Children Satsanga Noida Celebrates Guru Purnima and Babaji Smriti Divas
- 'Happy Month' Sessions Draw Cheers from Delhi Kendra Kids

## Upcoming Events

### *Janmashtami celebrations*

- [Programme Schedule for Janmashtami Celebrations in NCR](#)
- [Guidelines for Long Meditation](#)
- [Message for Sri Sri Mrinalini Mata for Janmashtami 2017](#)

### *Upcoming Retreats in 2017*

- [Complete Retreat Schedule for July to December 2017](#)

## Reports of Recent Activities in NCR

### *Celebrations of Guru Purnima*



The special occasion of Guru Purnima was celebrated by devotees at Noida Ashram, Delhi and Gurgaon Kendras with Prabhat Pheri, Narayan Sewa and Satsanga followed by Pushpanjali and Guru Langar. Swami Lalitanandaji led the main programme for NCR at Noida Ashram on July 9 and at Delhi Kendra on July 16. Brahmachari Dhairyanandaji conducted the programme in Gurgaon Kendra on July 16. [Click Here to Read More.](#) [View Pictures Here.](#)





### *Celebrations of Mahavatar Babaji Smriti Divas*



"After a silence, Babaji added, 'Repeat to each of your disciples this majestic promise from the Bhagavad-Gita: *Swalpamapyasya dharmasya trayate mahato bhayat.*' ["Even a little practice of this dharma (religious rite or righteous action) will save you from great fear (mahato bhayat) the colossal sufferings inherent in the repeated cycles of birth and death."]

- Babaji talking to Sri Sri Lahiri Mahasaya about Kriya Yoga practice  
(as quoted in the *Autobiography of a Yogi*)



Mahavatar Babaji Smriti Divas was commemorated at YSS Noida Ashram, Delhi and Gurgaon Kendras on July 25. Brahmachari Sheelanandaji led the Satsanga and meditation at Delhi Kendra, while Brahmachari Dhairyanandaji conducted the programmes at Noida Ashram. [Click Here to Read More.](#) [View Pictures Here.](#)

### *International Day of Yoga*



YSS conducted 'Open House and Guided Meditation' to mark the International Day of Yoga (June 21) at Noida Ashram and Delhi Kendra on June 18, and at Gurgaon Kendra on June 25. Swami Lalitanandaji led the session at Noida, Brahmachari Sheelanandaji and Brahmachari Dhairyanandaji conducted the programmes in Delhi and Gurgaon respectively. Drawing large numbers, the programme saw many first-time attendees enrolling for YSS lessons. [Click Here to Read More.](#) [View Pictures Here.](#)



## Public Talks and YSS in Media

### Swami Lalitanandaji Speaks at IIM-Lucknow's Noida Campus



#### **PUBLIC TALK**

On June 21, 2017, Swami Lalitanandaji delivered a lecture on 'Yoga: Towards Relieving Stress and Finding Balance In Life' for the faculty and students of the Indian Institute of Management, Lucknow at their Noida campus.



Speaking on the International Day of Yoga, Swamiji brought forth the importance of Yoga in achieving balanced life. Following the lecture, Brahmachari Dhairyanandaji conducted a brief session of guided meditation for the audience. [Read more by clicking here.](#) [To view pictures, click here.](#)

### Brahmachari Sheelanandaji Addresses Officers of Tariff Commission





#### PUBLIC TALK

Brahmachari Sheelananda spoke to the officers and staff of Tariff Commission in New Delhi on International Day of Yoga and led meditation for the group. [Read more by clicking here.](#) [View Pictures here.](#)

## Children Satsanga Activities

### *Noida Children Satsanga Celebrates Guru Purnima and Mahavatar Babaji Smriti Divas*



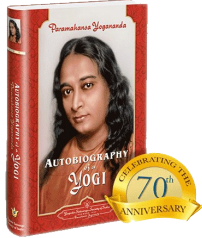
A special commemoration programme for children was conducted at YSS Noida Ashram on July 23, 2017 to mark Guru Purnima and Mahavatar Babaji Smriti Divas which drew over hundred kids and fifty older participants. [Click here to read more.](#) [View Pictures here.](#)

### *Celebrating 'Happy' Month in YSS Delhi Kendra*



YSS Delhi Kendra concluded its 'Happy Month' summer camp spread across five weeks in June-July with a photography workshop for kids. Apart from this, Sunday school participants of varying age groups were taught *yogasanas*, flower arrangement, craft, basics of cooking and other skills. [Click here to read more.](#)

## Reading of Autobiography of a Yogi in YSS NCR



Reading of the *Autobiography of a Yogi* as a special activity to mark the Centenary year of YSS was started by Dhyana Kendra, Gurgaon, and pursued separately by Delhi Kendra later. At the conclusion of the Sunday Satsanga, devotees sit for another half an hour for chronological reading of the best-selling spiritual classic authored by Gurudeva, Sri Sri Paramahansa Yogananda. It is now being read at Children Sunday Satsanga in Delhi Kendra and Noida Ashram as well.

Get Updates about YSS NCR through the NCR Website

### Book Accommodation Online



For more information and news about YSS programmes and events in Delhi, Gurgaon and Noida, please visit our website:

[www.Noida.YSSashram.org](http://www.Noida.YSSashram.org)



We would encourage you to make your bookings for accommodation during retreats, transit or other programmes at Sakha Ashram, Noida through our Website using the link:

[www.Noida.YSSashram.org/Reservation](http://www.Noida.YSSashram.org/Reservation)

### Upcoming Events

#### Janmashtami Programme in YSS NCR



#### Janmashtami 8-hour-long Meditation

*(Please read Long Meditation guidelines given below)*

August 6, Sunday

- Delhi Kendra - 10 a.m. to 6 p.m.

- Gurgaon Kendra - 10 a.m. to 6 p.m.

August 13, Sunday

- Noida Ashram - 10 a.m. to 6 p.m.

#### Janmashtami Satsanga and Pushpanjali

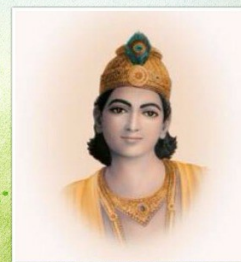
August 14, Monday

- Delhi Kendra - 5 p.m. to 7 p.m.

- Gurgaon Kendra - 5 p.m. to 7 p.m.

- Noida Ashram - 5 p.m. to 7:30 p.m.\*

(\*followed by Guru Langar)



#### GUIDELINES FOR LONG MEDITATION

Gurudeva always encouraged devotees to participate in long meditations on special occasions, like Janmashtami and Christmas. He would often remind his disciples that special vibrations flow on such days, which can be experienced by long and deep meditation.

The eight-hour-long meditation will be conducted in 2 sessions:

1st session: 10 am to 2 pm

Break: 2 pm to 2:30 pm (Refreshments will be served)

2nd Session: 2:30 pm to 6 pm

Devotees may attend either or both the sessions.



To reap the maximum benefit from such long meditations, a few simple guidelines need to be followed:

**Previous day preparation:**

- Have adequate rest.
- Read Guruji's description of Bhagawan Krishna and his life from the book, "God Talks with Arjuna".
- Keep your mind on Bhagawan Krishna by mentally chanting his name or mentally chanting Guruji's chants and bhajans

**On the day of meditation:**

1. Do your Energization Exercises before you come for long meditation.
2. Wear loose and comfortable clothes.
3. Please arrive 10 minutes before the start of the session so that you are already comfortably seated by the time the session starts. Devotees may not be allowed to join the meditation if they arrive after the meditation starts.
4. Keep your mobile phones switched off.
5. Forget time and launch into meditation with devotion, without expecting anything from God, but wanting only to give Him your love.
6. Try to keep the body still during periods of silent meditation.
7. Practice the techniques of meditation for longer duration, but intersperse them with periods of silent meditation.

**Items to Bring with you:** Arm rest, Kriya beads (if you use them), a thick soft asan, small bottle of water, a small shoulder bag to keep all these items.

Do not bring polythene bags into the hall as they are noisy and disturb others.  
*Please come with a receptive heart and you shall be blessed.*



**Message from Sri Sri Mrinalini Mata for Janmashtami 2017**

*"Through the celestial song of the Bhagavad Gita, Lord Krishna is ever reminding us that the lasting happiness we have pursued for incarnations is within our reach if we will but refocus our attention from the maya-bound ego to the eternal soul freedom and bliss that lies within."* [Click Here to Read More.](#)

**Conducted Group Retreats at YSS Noida Ashram in July-August**



**THEME: *Retreat for New Students***  
*(Classes in Hindi)*

DATE: August 5-6, 2017

Friday (7 pm) to Sunday (4 pm)

To know more about how to participate in this retreat, [click here.](#)

**THEME: *Scientific Principles Behind Yoga and Meditation***  
*(Classes in Hindi)*

DATE: August 19-20, 2017

Friday (7 pm) to Sunday (4 pm)

To know more about how to participate in this retreat, [click here](#)





**THEME: *Maintaining Internal  
Peace in a Complex World***  
(Classes in Hindi)

DATE: September 2 - 3, 2017

Friday (7 pm) to Sunday (4 pm)

To know more about how to participate in  
this retreat, [click here](#).

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