



# Yogoda Satsanga Society of India

Paramahansa Yogananda Path, Ranchi 834 001, Jharkhand; Phone: (0651) 2460071, 2460074, 2461578  
Regd. under Act XXI of 1860 • Regd. Office: Yogoda Satsanga Math, Dakshineswar, Kolkata 700 076

## TOUR PROGRAMME OF YSS SANNYASIS JANUARY – JULY, 2018

Dear Divine Atman,

We are happy to announce that Yogoda Satsanga sannyasis will visit the places listed below during January – July 2018, to give classes on the meditation techniques and “How-to-Live” principles taught by Gurudeva Sri Sri Paramahansa Yogananda, and to conduct Kriya Yoga diksha ceremonies for eligible devotees:

Andhra Pradesh	January 19–21	VIJAYAWADA	Includes Kriya Yoga Diksha
	January 26–28	ANANTAPUR	New Dhyana Mandir Dedication with Kriya Yoga Diksha
Karnataka	January 24	BELLARY	One-Day Programme
Uttar Pradesh	January 27–28	KANPUR	Two-Day Programme
	January 31	GORAKHPUR	One-Day Programme
	February 3–4	MANKAPUR	Two-Day Programme
Madhya Pradesh	February 9–11	BHOPAL	Includes Kriya Yoga Diksha
	February 14	JABALPUR	One-Day Programme
Maharashtra	February 17–19	NAGPUR	Includes Kriya Yoga Diksha
Punjab & Haryana	February 23–25	CHANDIGARH	Includes Kriya Yoga Diksha
	March 29	PATIALA	One-Day Programme
	April 1	AMRITSAR	One-Day Programme
Jammu & Kashmir	March 3–5	JAMMU	Includes Kriya Yoga Diksha
Tamil Nadu	March 4	NAMAKKAL	One-Day Programme
	March 7	PARAMAKUDI	One-Day Programme
	March 10–11	THANJAVUR	Two-Day Programme
Chhattisgarh	March 4	RAIPUR	One-Day Programme
Odisha	March 7	SAMBALPUR	One-Day Programme

We convey our sincere thanks to the devotees of the above Yogoda Satsanga Dhyana Kendras and Mandalis who have expressed their keenness to host the events. During these programmes, sannyasis will give classes on the scientific techniques of meditation and on the art of balanced spiritual living. Gurudeva has always urged devotees to participate in the group meditations and devotional programmes, which shall be conducted during the programmes. He said, “Group meetings strengthen the individual Self-realization that one has acquired in private at home,” adding that, “Meditating together increases the degree of Self-realization of each member of the group by the law of invisible vibratory exchange of group magnetism.”

We shall be conducting three different types of programmes at the various places listed above — One-Day and Two-Day programmes wherein meditation techniques will be reviewed, and programmes wherein Kriya Yoga diksha ceremony will also be conducted.

## **ONE-DAY & TWO-DAY PROGRAMMES**

The One-Day and Two-Day programmes offer a blessed opportunity for all devotees who wish to learn or review the practice of the meditation techniques, or need spiritual guidance in applying Gurudeva’s “How-to-Live” principles in their daily life. Although the programme schedule may vary from place to place, sample outlines of the *One-Day* and *Two-Day Programmes* are given below:

### **ONE-DAY PROGRAMME**

08:00 – 09:15 a.m.	Energization Exercises and meditation
10:00 – 11:00 a.m.	Review of Hong-Sau Technique (YSS Lessons students only)
11:00 – 12:30 p.m.	Review of Energization Exercises (YSS Lessons students only)
12:30 – 02:30 p.m.	Personal Interviews with Sannyasis (available on request)
02:30 – 03:30 p.m.	Review of Aum Technique (YSS Lessons students only)
04:30 – 06:30 p.m.	Energization Exercises, meditation, and closing satsanga

## **TWO-DAY PROGRAMME**

### **Day I**

- 09:30 – 10:30 a.m. Opening satsanga
- 10:30 – 12:00 p.m. Review of Energization Exercises  
(YSS Lessons students only)
- 02:30 – 03:30 p.m. Review of Hong-Sau Technique  
(YSS Lessons students only)
- 04:30 – 06:15 p.m. Energization Exercises and meditation
- 06:30 – 07:30 p.m. Spiritual discourse
- 07:30 – 08:30 p.m. Video show on Guruji

### **Day II**

- 07:00 – 08:30 a.m. Energization Exercises and meditation
- 09:30 – 10:30 a.m. Review of Aum Technique  
(YSS Lessons students only)
- 11:00 – 12:00 noon Spiritual discourse
- 02:30 – 04:00 p.m. Kriya Yoga review and check-up  
(YSS Kriyabans only)
- 05:30 – 08:00 p.m. Energization Exercises, meditation, and  
closing satsanga

## **DEDICATION OF A NEW DHYANA MANDIR AT ANANTAPUR**

It gives us immense joy to announce that the Yogoda Satsanga devotees of Anantapur worked tirelessly, and with great zeal and enthusiasm to build a beautiful Dhyana Mandir which will be inaugurated during the monastic tour programme. We welcome you to join the dedication ceremony of the new Dhyana Mandir on January 26, and the associated programmes which shall be conducted by the Yogoda Satsanga sannyasis during January 26 – 28. Kriya Yoga diksha ceremony will also be conducted on January 28. Further details about the programme are mentioned in the Annexure.

## FUNCTIONS WITH KRIYA YOGA DIKSHA CEREMONIES

Our sannyasis will conduct Kriya Yoga diksha ceremony in the cities mentioned on page 1 to initiate eligible devotees. In addition to the Kriya Yoga diksha ceremony, there will also be group meditations, explanation of the YSS techniques of concentration and meditation, spiritual counselling for devotees, a video show on Guruji, and spiritual discourses in order to strengthen individual resolve and zeal to meditate deeply and progress steadfastly towards our Divine Goal.

The tentative programme for such a function is as shown below:

### Day I

09:30 – 10:30 a.m.	Opening satsanga
10:30 – 12:00 p.m.	Review of Energization Exercises (YSS Lessons students only)
02:30 – 03:30 p.m.	Review of Hong-Sau Technique (YSS Lessons students only)
04:30 – 06:15 p.m.	Energization Exercises and meditation
06:30 – 07:30 p.m.	Spiritual discourse
07:30 – 08:30 p.m.	Video show on Guruji

### Day II

06:00 – 09:00 a.m.	Energization Exercises and meditation
09:45 – 10:45 a.m.	Spiritual discourse
11:00 – 12:00 p.m.	Review of Aum Technique (YSS Lessons students only)
02:30 – 03:30 p.m.	Question-Answer Session
04:30 – 06:15 p.m.	Energization Exercises and meditation
06:30 – 07:30 p.m.	Spiritual discourse

### Day III

08:00 – 12:00 noon	Kriya Yoga diksha (Eligible YSS devotees only)
02:00 – 04:00 p.m.	Kriya Yoga review and check-up (YSS Kriyabans only)
05:00 – 07:00 p.m.	Meditation, closing satsanga, and prasad

For all the functions, information about the venue and the names of the contact persons is given in the Annexure. Food is being arranged for the participants by the local Dhyana Kendra/Mandali; and,

for programmes lasting two or three days, accommodation for out-station devotees is also being arranged at some of these places. For further information regarding registration fee, accommodation, programme schedule, confirmation of venue, and requests for personal interviews with the sannyasis regarding sadhana, please contact the persons listed in the Annexure for the respective cities.

Eligibility for receiving the Kriya Yoga diksha at any of these places is dependent upon submission of satisfactory answers to the Reports at the end of Steps I and II of the *Yogoda Satsanga Lessons* (enclosed with Lessons 26 and 52), as well as signing the Kriya Yoga Pledge of devotion and loyalty to our line of Gurus and the Yogoda Satsanga path. If you wish to apply for Kriya Yoga and have not yet sent these two reports, they may be submitted at the Kendra or Mandali where you would be attending the programmes, to be checked by the sannyasis upon their arrival in that city. If you have already sent your reports to Ranchi and received approval for Kriya Yoga in writing, please take that letter of approval with you for registering at the Kendra/Mandali. As you will note in the two Report forms, to be eligible for receiving Kriya Yoga, the devotee must have been regularly practising the first three basic Yogoda techniques for several months.

All who wish to receive Kriya Yoga diksha at the ceremony, including those who have received the Kriya Yoga Lessons but not participated in a ceremony; and also those Kriyabans who have received formal diksha but wish to attend the ceremony will need to register at the Kendra/Mandali concerned at least a day in advance, and bring the required admittance card to the ceremony. Please bring and show your Kriyaban Identification Card when registering yourself for Kriya diksha and when attending the review.

We hope that your attendance and participation in these programmes will bring many spiritual blessings to you and your loved ones.

May you draw inspiration from Gurudeva's counsel: "Often we continue to suffer without making an effort to change; that is why we don't find lasting peace and contentment. If we would persevere we would certainly be able to conquer all difficulties. We must make the effort, that we may go from misery to happiness, from despondency to courage."

May you grow daily in the love and joy of the Divine.

In divine friendship,  
YOGODA SATSANGA SOCIETY OF INDIA

## ANNEXURE

### **Tentative Schedule of Events at Various Places during January – July 2018**

#### **VIJAYAWADA, Andhra Pradesh, January 19–21, 2018**

##### **Yogoda Satsanga Dhyana Kendra — Vijayawada**

48-18-8A, 3E, 3<sup>rd</sup> Floor, ANR Complex, Opp. NTR University of Health Sciences, Behind Renault Car Showroom, Sri Ramachandra Nagar, VIJAYAWADA 520 008, Dist. Krishna, Andhra Pradesh; Phone: 09849828598, 09441244177; Email: ysdm.vijayawada@gmail.com

**Additional contact persons:** Sri V. Sridhar: 09849828598; Smt. S. Katyayani Devi: 9949105997; Smt. Kilaru Durga: 9985681613; Sri Ch. Janardhan Rao: 09848114841; Sri K. Ravi: 9848125539

**Programmes will be held at:** T. T. D. Kalyana Mandapam, Punnama Thota, Behind All India Radio Station, Vijayawada

#### **ANANTAPUR, Andhra Pradesh, January 26–28, 2018**

##### **Yogoda Satsanga Dhyana Mandali — Anantapur**

C/o Sri A. Narasimhulu, Door No. 1-2-521, Gourav Gardens, IV Road Extension, ANANTAPUR – 515 004 Dist. Anantapur, Andhra Pradesh; Phone: 09441665181, 09490695832; Email: ysdm.anantapur@gmail.com

**Additional contact persons:** Sri M. Guru Prasad: 09701735357; Sri K. Chandrasekhar: 09492990435; Sri A. Rangaiah: 08019408026

**New Dhyana Mandir Dedication on January 26 will be held at:** Yogoda Satsanga Dhyana Mandir, Near Little Flower School, Nama Towers Road, Adimurthy Nagar, Anantapur 515 001

**All programmes will be held at:** Revenue Bhavan, Besides Krishna Kalamandir, Near Clock Tower, Anantapur.

## **BALLARI, Karnataka, January 24, 2018**

### **Yogoda Satsanga Dhyana Mandali — Ballari**

C/o Dr. B. O. Satyanarayana Reddy, Door No: 9B, Prasanti Nilaya, Inna Reddy Colony, 1<sup>st</sup> Main, 2<sup>nd</sup> Left, Infantry Road, Cantonment, BALLARI 583 104, Dist. Ballari, Karnataka; Phone: 08392242917, 09449133601; Email: ysdm.ballari@gmail.com

**Additional contact persons:** Sri H. Eswar Goud: 9902241144; Sri K. Shadakshara Babu: 9686424444

**All programmes will be held at:** VAG India Trust Building, C/o Dream World School, Kappagal Road, Ballari

## **KANPUR, Uttar Pradesh, January 27–28, 2018**

### **Yogoda Satsanga Dhyana Mandali — Kanpur**

149-A Lakhanpur Housing Society, Lakhanpur, KANPUR 208 024, Dist. Kanpur, Uttar Pradesh; Phone: 09793041567; Email: kanpur.ysdm@gmail.com

**Additional contact persons:** Sri Mahesh Tiwari: 09198098333; Sri Ashok Goel: 09839084292; Sri Prasoon Verma: 08960031962

**All programmes will be held at:** Pandu Nagar Coop. Housing Society, 117/H-1/184, Pandu Nagar, Kanpur

## **GORAKHPUR, Uttar Pradesh, January 31, 2018**

### **Yogoda Satsanga Dhyana Mandali — Gorakhpur**

C/o Dr. Ramesh Chandra Srivastava, 784-E, Vishnupuram, P.O.: Basharatpur, GORAKHPUR 273 004, Dist. Gorakhpur, Uttar Pradesh; Phone: (0551) 2500513, 09336425005; Email: gorakhpur.ysdm@gmail.com

**Additional contact persons:** Sri Akhilesh Kumar Srivastava: 09415849064; Sri Ramesh Chandra Srivastava: 09918155205; Sri Surinder Kumar Jindal: 09415210324; Sri A. Ojha: 09670018148

**All programmes will be held at the residence of:** Sri Surinder Kumar Jindal, Rajendra Nagar, “Phulwari”, Nepal Road, Gorakhpur

### **MANKAPUR, Uttar Pradesh, February 3–4, 2018**

#### **Yogoda Satsanga Dhyana Mandali — Mankapur**

C/o Sri Satyendra Prasad, D-24, Sanchar Vihar, I.T.I. Township, MANKAPUR 271 308, Dist. Gonda, Uttar Pradesh; Phone: (05265) 273332 (O), 274886(R), 09451029131; Email: ysdm.mankapur@gmail.com

**Additional contact person:** Sri O. P. Agnihotri: 09452546510; Sri R. L. Bedi: 09919967729; Sri Chandrashekhar Shukla: 09452805540; Sri K. K. Pal: 09451038120; Sri V. N. Tripathi: 09451024554

**All programmes will be held at:** Officers’ Club, I. T. I. Township, Mankapur

### **BHOPAL, Madhya Pradesh, February 9–11, 2018**

#### **Yogoda Satsanga Dhyana Mandali — Bhopal**

C/o Sri V. D. Pimplikar, “ADESH” E-7/MIG-154, Arera Colony, (Opp. Awantika Club), BHOPAL 462 016, Dist. Bhopal, Madhya Pradesh; Phone: 09425007675, 09425086590, 09893990441; Email: ysdm.bhopal@gmail.com

**Additional contact persons:** Sri Kailash Raghuvanshi: 0927260599; Sri J. S. Patel: 09977700293; Sri Ashok Bijwal: 09406945028

**All programmes will be held at:** Dutt Mandir Parisar, E-4, Arera Colony, Near Old Champion School, Bhopal

### **JABALPUR, Madhya Pradesh, February 14, 2018**

#### **Yogoda Satsanga Dhyana Kendra — Jabalpur**

First Floor, Wisdom Valley School, 84 Narmada Road, Katanga,



JABALPUR 482 001, Dist. Jabalpur, Madhya Pradesh; Phone: 09425153179; Email: jabalpur.ysdk@gmail.com

**Additional contact persons:** Smt. Santosh Mittal: 09425153916; Dr. Priyadarshini Tiwari: 09407339764; Sri Arvind Gupta: 09425151784; Sri Tapas Roy: 09685237715; Sri Satish Deshmukh: 09993016772

**All programmes will be held at:** Yoga Kendra, Above Bank of Baroda, NSCB Medical College Hospital gate, Jabalpur

## **NAGPUR, Maharashtra, February 17–19, 2018**

### **Yogoda Satsanga Dhyana Kendra — Nagpur**

C/o Sri K. D. Tule, “Mandar”, 4, Shraddhananda Peth, Paramahansa Yogananda Marg, Near Tirupati Bank Lane, NAGPUR 440 010, Dist. Nagpur, Maharashtra; Phone: (0712) 2233992, 09850042628; Email:ysdk.nagpur@gmail.com

**Additional contact persons:** Dr. Kishor Ghormare: 09823233749; Sri Rajesh Churad: 07507685309; Sri Kirit Rathod: 09923230043; Sri Deepak Arora: 09422805481; Smt. Vaidehi Muthye: 09823042743; Sri Amar Ramani: 09823426615

**All programmes will be held at:** Gyaneshwar Mandir Sabhagrih, Near Kasturba Bhavan, Bajaj Nagar, Near Basket Ball Ground, Behind Vijaya Bank, South Ambhazhari Road, Nagpur 440 010

## **CHANDIGARH, Punjab & Haryana, February 23–25, 2018**

### **Yogoda Satsanga Dhyana Kendra — Chandigarh**

Sector: 28-D, Near Gujjar Bhavan, CHANDIGARH 160 002; Phone: (0172) 2653692, 08360287720; Email: ysdk.chandigarh@gmail.com

**Additional contact persons:** Dr. Suman Bala Beri: 09815971645; Sri T. K. Arora: 09463124539; Sri Arvind Singhy: 09876971978

**All programmes will be held at:** Yogoda Satsanga Dhyana Kendra — Chandigarh

## **PATIALA, Punjab, March 29, 2018**

### **Yogoda Satsanga Dhyana Mandali — Patiala**

C/o Sri Devender K. Shukla, 473, Harinder Nagar, Sirhind Road, PATIALA 147 001, Dist. Patiala, Punjab; Phone: (0175) 2353068, 09855731047; Email: ysdm.patiala@gmail.com

**Additional contact persons:** Smt. Raksha Lakhanpal: 09781800856; Sri Ravi Parkash: 09871119743; Sri R. S. Thakur: 09855738999; Sri Rameshwar Mishra: 09463466928;

**All programmes will be held at:** 480 Harinder Nagar Tripari, Behind FCI Godowns Sirhind Road, Near Taneja Heart Hospital, Patiala

## **AMRITSAR, Punjab, April 1, 2018**

### **Yogoda Satsanga Dhyana Mandali — Amritsar**

Khosla Bhawan, H.No.: 265, Beauty Avenue Phase 2, AMRITSAR 143 001, Dist. Amritsar, Punjab; Phone: 09316505050; Email: amritsar.ysdm@gmail.com

**Additional contact persons:** Sri Ramesh Chandra Kumra: 08427035390; Sri Vivek Mahajan: 09356000048; Sri Narinder Mohan Arora: 09876319331; Sri K. K. Khanna: 09781445070; Sri Rajesh Arora: 09915725424

**All programmes will be held at:** Hotel Punnu International, Court Road, Amritsar

## **JAMMU, Jammu & Kashmir, March 3–5, 2018**

### **Yogoda Satsanga Dhyana Kendra — Jammu**

Paramahansa Yogananda Path, Udheywala - Muthi (Poonch Lines), Akhnoor Road, JAMMU 180 018, Jammu & Kashmir; Phones: (0191) 2501578; Email Id: ysdk.jammu@gmail.com

**Additional contact persons:** Sri Narinder Sharma: 09419901606; Sri Sanjay Anand: 09419194459; Smt. Usha Bhat: 09419181459

**All programmes will be held at:** Yogoda Satsanga Dhyana Kendra — Jammu

## **NAMAKKAL, Tamil Nadu, March 4, 2018**

### **Yogoda Satsanga Dhyana Mandali — Namakkal**

C/o Sri R. Periasamy, No.-745 A, Salem Road, NAMAKKAL 637 001, Dist. Salem, Tamil Nadu; Phones: (04286) 277601, 09092373984, 08870994546; Email: ysdm.namakkal@gmail.com

**Additional contact persons:** Sri Madheswaran: 09942742781; Ms. Chandrika Devi: 08428715665; Ms. Meena: 08825522424

**All programmes will be held at:** Rotary Club Namakkal, 196, Rotary Hall, Kalaivani Nagar, Mohanur Road, Namakkal

## **PARAMAKUDI, Tamil Nadu, March 7, 2018**

### **Yogoda Satsanga Dhyana Mandali — Paramakudi**

C/o Sri Ram Suresh Kannan, Nanal Spoken English, 7/195, Amman Sannithi, Big Bazar, PARAMAKUDI 623 707, Dist. Ramnathpuram, Tamil Nadu; Phone: 09940876839; Email: ysdm.paramakudi@gmail.com

**Additional contact persons:** Sri P. Santhanam: 09443094184; Sri C. Siva Kumar: 09443503296

**All programmes will be held at:** A. V. Lakshmi Sundaram Hall, Swami Sannathi, Big Bazar, Paramakudi

## **THANJAVUR, Tamil Nadu, March 10-11, 2018**

### **Yogoda Satsanga Dhyana Mandali — Thanjavur**

C/o Sri B. Purushothaman, 712, Telugu Chetty Lane, Raja Gopala Swamy Koil Street, THANJAVUR 613 009, Dist. Thanjavur, Tamil Nadu; Phone: (04362) 251379, 09487171787; Email: ysdm.thanjavur@gmail.com

**Additional contact persons:** Sri Rajasekar: 09245657491; Sri T. Kirubakaran: 09443323468

**All programmes will be held at:** Sanmuga Co-operative Marriage Hall, Kunthavai Nachiyar Girls College Road, Thanjavur

## **RAIPUR, Chhattisgarh, March 4, 2018**

### **Yogoda Satsanga Dhyana Mandali — Raipur**

C/o Sri Rajkumar Satdeve, House No. C-3 B, Priyadarshini Nagar, Behind Vijeta Complex, Raipur 492 001, Dist. Raipur, Chhattisgarh; Phone: (0771) 4028659, 9406004280, 9826162500; Email: ysdm.raipur@gmail.com

**Additional contact persons:** Dr. Ashish Mahobia: 09981517979; Sri Rishi Shukla: 09827402444; Sri Vijay Ranjan: 09827164284

**All programmes will be held at:** Yogoda Satsanga Dhyana Mandali — Raipur

## **SAMBALPUR, Odisha, March 7, 2018**

### **Yogoda Satsanga Dhyana Mandali — Sambalpur**

Sri Uma Shankar Mishra, Sarada Homeo House, Pandit Laxmi Narayan Lane (in front of Geeta Bhawan), SAMBALPUR 768001, Dist. Sambalpur, Odisha; Phone: (0663) 2540397, 09861143810

**Additional contact persons:** Sri Shambhu Prasad Mishra: 08280049718; Sri D. S. Parida: 09437294256

**All programmes will be held at:** First Floor, Royal Enfield Motorcycle Showroom, Near Birsa Munda Chowk, Ainthapali, Sambalpur 768 004