



Yogoda Satsanga Society of India

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Regd. under Act XXI of 1860 • Regd. Office: Yogoda Satsanga Math, Dakshineswar, Kolkata 700 076

TOUR PROGRAMME OF YSS SANNYASIS JULY – DECEMBER, 2017

Dear Divine Atman,

We are happy to announce that Yogoda Satsanga sannyasis will visit the places listed below during July – December 2017, 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:

Tamil Nadu	July 14 – 16	VELLORE	Includes Kriya Yoga Diksha
	July 21 – 23	MADURAI	Includes Kriya Yoga Diksha
Puducherry	July 19	PUDUCHERRY	One-Day Programme
Kerala	July 25	THRISSUR	One-Day Programme
	July 28 – 30	COCHIN	Three-Day Programme
Karnataka	August 5 – 6	HUBLI	Dhyana Mandir Inauguration
	August 12 – 14	BENGALURU	Includes Kriya Yoga Diksha
Odisha	August 15	ROURKELA	One-Day Programme
Andhra Pradesh	August 18 – 20	CHITTOOR	Includes Kriya Yoga Diksha
	August 22	KADAPA	One-Day Programme
	August 26 – 28	VISAKHAPATNAM	Includes Kriya Yoga Diksha
Chattisgarh	August 20 – 21	BILASPUR	Two-Day Programme
Rajasthan	August 26 – 27	HURDA	Two-Day Programme
	September 2 – 3	UDAIPUR	Two-Day Programme
Bihar	September 1 – 3	PATNA	Includes Kriya Yoga Diksha
Uttar Pradesh	September 6	VARANASI	One-Day Programme
	September 9 – 11	LUCKNOW	Includes Kriya Yoga Diksha
Gujarat	September 10	VADODARA	One-Day Programme
	September 14	BHAVNAGAR	One-Day Programme
	September 17	PORBANDAR	One-Day Programme
Himachal Pradesh:	September 19	SOLAN	One-Day Programme
Maharashtra:	September 21	KOHLAPUR	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 HUBLI

It gives us immense joy to announce that the Yogoda Satsanga devotees of Hubli worked tirelessly, and with great zeal and enthusiasm to build a beautiful Dhyana Mandir which will be inaugurated on August 5, 2017. We welcome you to join the dedication ceremony of the new Dhyana Mandir, and the associated programmes during August 5 – 6, 2017, which shall be conducted by the Yogoda Satsanga sannyasis. Further details about the programme can be obtained by contacting the people 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 outstation 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 July – December 2017

VELLORE, Tamil Nadu, July 14 – 16, 2017

Yogoda Satsanga Dhyana Mandali — Vellore

C/o Dr. N. Reguraman, No. 10, 18th East Main Road, Gandhi Nagar, Near Auxilium College/Church, VELLORE 632 006, Tamil Nadu; Phone: 09443445919, 09345212547, 09443746328; Email: ysdm.vellore@gmail.com

Additional contact persons: Sri T. Kumar: 09442236632; Sri A. Elumalai: 09443630012; Sri V. Ravishankar: 09344026428

All programmes will be held at: Thuluva Vellalar Kalyana Mandapam, No. 17, 2nd East Main Road, Gandhi Nagar, Vellore

MADURAI, Tamil Nadu, July 21 – 23, 2017

Yogoda Satsanga Dhyana Mandali — Madurai

C/o Sri S. Thayumanasamy, "Annapooranam", No.: 23, 3rd Cross, Doak Nagar, Kochadai, MADURAI 625 016; Phone: (0452) 4355485, 09842179797; Email: ysdm.madurai@gmail.com

Additional contact persons: Sri S. Kandaraj: 09514396474; Sri R. S. Yogaraj: 09442063039; Sri Mangala Murugan: 09443338433; Smt. Kamal Balachandran: 07708004352

All programmes will be held at: Master Mahal, Theni Main Road, Madurai. Phone: (0452) 4355333, 09659730058

PUDUCHERRY, Puducherry, July 19, 2017

Yogoda Satsanga Dhyana Mandali — Pondicherry

C/o S. Arun Babu, No: 2, J-Lane (Near Arch), V.V.P. Nagar, PUDUCHERRY 605 009; Phone: 09994473716; Email: ysdm.pondicherry@gmail.com

Additional contact persons: Sri Muruganandam: 09345452182

All programmes will be held at: Jipmer Community Hall, Jipmer Campus, Puducherry.

THRISSUR, Kerala, July 25, 2017

Yogoda Satsanga Dhyana Mandali — Thrissur

C/o Sri K. Sivadas, "Koolath House", Nellankara, P. O. Nettissery, THRISSUR 680 657; Phone: 09249999850; Email: thrissur.ysdm@gmail.com

Additional contact persons: Sri K. K. Mohanan: 09446036727; Sri K. Sakthidharan: 09995188910; Sri M. S. Vinod: 09847839386

All programmes will be held at: Hotel Ammu Regency, Kokkalai, Thrissur

COCHIN, Kerala, July 28 – 30, 2017

Yogoda Satsanga Dhyana Mandali — Cochin

C/o Sri K. A. Pravakaran, Kalayil House, Kureekkad P.O. (via) Thiruvankulam 682 305, Dist. Ernakulam, Kerala; Phone: (0484) 2711417, 09446355417; Email: ysdm.cochin@gmail.com

Additional contact persons: Sri Rajeev Jayaram: 09947287374; Sri Sundaram: 09846179720; Sri Mohan Das: 09567087733; Sri Jayakumar: 09349204441

All programmes will be held at: NSS Karayoga Mandiram, Near Sastha Temple, Perumbavoor

HUBLI, Karnataka, August 5 – 6, 2017

Yogoda Satsanga Dhyana Mandali — Hubli

61/A, IInd Main, Ramakrishna Nagar, Near Raghavendra Swamy Mutt, Gokul Road, HUBLI 580 030

Additional contact persons: Sri V. G. Juptimath: 09686509986; Smt. Arati J. Bondal: 09141749951

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

BENGALURU, Karnataka, August 12 – 14, 2017

Yogoda Satsanga Dhyana Kendra — Bengaluru

Paramahansa Yogananda Road, Near ESI Hospital, Indiranagar, 3rd “A” Cross, I Main, II Stage, Domlur, BENGALURU 560 071; Phone: (080) 25354451; Email: ysdk.bangalore@gmail.com

Additional contact persons: Sri Ganesh Babu: 09448101212; Sri. M. R. Rajagopal: 09449345015; Sri Raghavendra: 09845452576

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

ROURKELA, Odisha, August 15, 2017

Yogoda Satsanga Dhyana Mandali — Rourkela

C/o Sri I. N. Gupta, E-18, Koel Nagar, ROURKELA 769 014, Odisha; Phone: 07381783567; Email: ysdm.rourkela@gmail.com

Additional contact persons: Sri T. K. Biswas: 09437406676; Sri P. P. Mohapatra: 08895500963

All programmes will be held at: Akhandali Mandir, Sector 19, Rourkela

CHITTOOR, Andhra Pradesh, August 18 – 20, 2017

Yogoda Satsanga Dhyana Kendra — Chittoor

No. 19-595/1, Masonic Co-op. Housing Colony, Near Masonic Grounds, CHITTOOR 517 001, Andhra Pradesh; Phone: (08572) 229795; Email Id: yss.chittoor@gmail.com

Additional contact persons: Sri Narsi Reddy: 09849924044; Sri K. Ramakrishna: 09490028711; Sri D. Subramanyam: 09440799350

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

KADAPA, Andhra Pradesh, August 22, 2017

Yogoda Satsanga Dhyana Mandali — Kadapa

C/o Sri Gudi Narasimha Prasad, 1/748, Dwaraka Nagar Colony, Paramahansa Yogananda Lane, KADAPA 516 004; Phones: (08562) 243246, 09440941940, 09440941939

Additional contact persons: Smt. G. Kameshwari Devi: 09849692027;
Sri Ramakrishna: 09491341766

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

VISAKHAPATNAM, Andhra Pradesh, August 26 – 28, 2017

Yogoda Satsanga Dhyana Kendra — Visakhapatnam

5th Floor, Sai Tirumala Mansions, Paramahansa Yogananda Marg,
Shanti Ashram Road, Opp. Eseva Center, Beach Road, Lawsons Bay
Colony, VISAKHAPATNAM; Phones: 09295709629, 09441920497;
Email: ysdm.visakhapatnam@gmail.com

Additional contact persons: Sri C. Raghavendra: 09866074510; Sri K.
Lakshmana Rao: 09394039787; Sri Hanumantha Rao: 09848011463;
Kum. P. Annapoorna: 09908855900; Sri N. Ravi Kumar: 09866652315

All programmes will be held at: AMCOSA Building, Doctors' Colony,
Near Krishna Chaitanya Math, Zilla Parishad Junction, Maharanipecta,
Visakhapatnam 530 002

BILASPUR, Chhattisgarh, August 20 – 21, 2017

Yogoda Satsanga Dhyana Mandali — Bilaspur

C/o Sri Ram Deo Singh, 14, Parijat, Raj Kishore Nagar, BILASPUR
244 865; Phones: 9425219064; Email: ysdm.bilaspur@gmail.com

Additional contacts persons: Sri Badal Manna: 09424146775; Sri R. P.
Sinha: 09993570556; Sri Sadanand Mahapatra: 09329575901; Dr. Sunil
Thawait: 09893110180; Sri Raghuraj Singh Gautam: 09039263526; Sri
Ashish Kumar Tiwari: 08982495694

All programmes will be held at: Vasant Club Complex (Mahanadi
Club Complex), Vasant Vihar, Seepat Road, Bilaspur

HURDA, Rajasthan, August 26 – 27, 2017

Yogoda Satsanga Dhyana Mandali — Hurda

C/o Er. Subhash Chandra Sharma, Qtr. No. 2B-34, Zinc Colony,
HURDA 311 022; Phone: 09413862122; Email: hurda.ysdm@gmail.com

Additional contact persons: Dr. U. S. Pareek: 09001294944; Sri Ram Lal Jat: 09001294910; Smt. Bimlesh Sharma: 08764121525

All programmes will be held at: HZL Executive Club, Zinc Colony, Hurda 311022

UDAIPUR, Rajasthan, September 2 – 3, 2017

Yogoda Satsanga Dhyana Mandali — Udaipur

C/o Sri Shyamlal Sukhwal, “Mohan Niwas”, 10 – C Madhuvan, UDAIPUR 313 001; Phones: 09829796069; Email: udaipur.ysdm@gmail.com

Additional contact persons: Sri L. N. Sharma: 09460416600; Sri Mahim Dashora: 09414156044; Sri Lalit Kumar Porwal: 09461180568; Smt. Santi Daya: 09983980028

All programmes will be held at: Lake Way Estate, 95, New Fatehpura, UIT Circle, Udaipur

PATNA, Bihar, September 1 – 3, 2017

Yogoda Satsanga Dhyana Kendra — Patna

Flat No. 2W1, Eagle Apartment, Mainpura, PATNA 800 001

Additional contact persons: Sri Amitabh Deo: 09431421116; Sri Ranjit Singh: 09431024162; Dr. Swapna Singh: 09199804282; Dr. Indu Bala: 09334101064

All programmes will be held at: Agrasen Bhavan, Bank Road, West of Gandhi Maidan, Patna

VARANASI, Uttar Pradesh, September 6, 2017

Yogoda Satsanga Dhyana Mandali — Varanasi

Sri Hiralalji Agrawal, C/o M/S B. Mehrotra & Co, B-38/9 Gha B-1, Raghunath Nagar, Mahmoorganj, VARANASI 221 010; Phone: 09936797879; Email: ysdm.varanasi@gmail.com

Additional contact persons: Sri Bipin Mehrotra: 09415201800; Sri Praveer: 07209637628

All programmes will be held at: Maheswari Bhawan, Mahmoorganj, Varanasi

LUCKNOW, Uttar Pradesh, September 9 – 11, 2017

Yogoda Satsanga Dhyana Kendra — Lucknow

A-10 & 11, Paramahansa Yogananda Marg, Institutional Area, Vipul Khand 6, Gomti Nagar, LUCKNOW 226 010; Phones: 09839223622, 09651312033; Email: ysdklucknow@gmail.com

Additional contact persons: Sri Aamod Kumar: 09868648453; Sri Praveen Trivedi: 08934065555; Sri Rajesh Srivastava: 09450000015

All programmes will be held at: IMRT Business School, Paramahansa Yogananda Marg, Near SRS Mall, Vipul Khand 6, Gomti Nagar, Lucknow

VADODARA, Gujarat, September 10, 2017

Yogoda Satsanga Dhyana Mandali — Vadodara

C/o Sri G. S. Diwakar, “Guru Govind”, 32, Nootan Maheshwar Nagar, IPCL Road, Subhanpura, VADODARA 390 023; Phone: 09427933446; Email: ysdm.vadodara@gmail.com

Additional contact persons: Dr. Kaushal Shah: 09824258216; Sri Dharmesh Raval: 09909912170

Venue details: Will be available on contacting the above persons

BHAVNAGAR, Gujarat, September 14, 2017

Yogoda Satsanga Dhyana Kendra — Bhavnagar

C/o Sri Vrajlal Kukadia, Parth Appartment, 304, Third Floor, Sanskar Mandal Chowk, BHAVNAGAR 364 001; Phones: (0278) 2560276, 09377481165; Email: bhavnagar.ysdk@gmail.com

Additional contact persons: Sri Bhushan Vyas: 09426239602; Sri M. C. Mehta: 09925046261; Sri Jayeshbhai Munjpara: 09879343417

All programmes will be held at: Chandreshwar Mahadev Temple, Sir Pattani Road, Meghani Circle, Bhavnagar

PORBANDAR, Gujarat, September 17, 2017

Yogoda Satsanga Dhyana Mandali — Porbandar

C/o Sri K. V. Maradia, J S Q - 28, ACC Colony, PORBANDAR 360 578;
Phone: (0286) 2214656, 09429381529; Email: ysdm.porbandar@gmail.com

Additional contact persons: Dr. Sanat Joshi: 09426815097; Dr. Jatin Soneji: 09426372463

All programmes will be held at: “Matrukrupa”, St. No. 3, Wadi Plot, Near Ashwamegh Apt., Behind Satyanarayan Mandir, Porbandar

SOLAN, Himachal Pradesh, September 19, 2017

Yogoda Satsanga Dhyana Mandali — Solan

C/o Sri Hari Krishna Bhardwaj, “Bhardwaj House”, H. No: 1, Opp. District Hospital, Hospital Road, SOLAN 173 212; Phone: (01792) 222141, 0 9418148383; Email: ysdm.solan@gmail.com

Additional contact persons: Sri Mohinder Thakur: 9418450014; Sri Deepak Anand: 09736440857

All programmes will be held at: “Manohar Niwas”, Near Jawahar Park, Circular Road, Solan

KOLHAPUR, Maharashtra, September 21, 2017

Yogoda Satsanga Dhyana Mandali — Kolhapur

C/o Sri Suhas Limaye, A-10, Pinnac Prasad, New Palace Road, KOLHAPUR 416 003; Phone: 09595371199; Email: ysdm.kolhapur@hotmail.com

Additional contact persons: Smt. Deepa Mantri: 9922115355; Sri Manish Mishra: 09527717665

All programmes will be held at: Vishwa Pandhari, Sadguru Vishwanath Maharaj Rukadikar Marg, Race Course Naka, Padmala, Kolhapur, Maharashtra 416 001