



Yogoda Satsanga Sakha Ashram - Noida

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

Welcome to YSS NCR eNewsletter

June Issue

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



Girls' Camp
at
YSS Noida Ashram



Recent Activities

[Sri Yukteswarji's Avirbhav Diwas celebrations](#)

- Celebrations at Noida Ashram, Gurgaon Kendra and Delhi Kendra

[Public Talks and YSS in Media](#)

- Swami Lalitanandaji inaugurates Life Positive Fest
- Swami Lalitanandaji addresses officers and staff of PMI (NTPC)
- Article by Swami Lalitanandaji in 'Speaking Tree' section of *Times of India*

[Children's Camps](#)

- Girls' Camp and Boys' Camp conducted at YSS Noida Ashram
- Summer Camp Month conducted on Sundays at YSS Delhi Kendra

[Sharad Sangam Registration](#)

- Ranchi Sangam registration begins at Noida Ashram, Delhi Kendra and Gurgaon Kendra

Upcoming Events

International Day of Yoga celebrations

- Open House and Guided Meditation at Noida Ashram on June 18
- Open House and Guided Meditation at Delhi Kendra on June 18
- Open House and Guided Meditation at Gurgaon Kendra on June 25

Guru Purnima celebrations

- Programme Schedule for Guru Purnima Celebrations in NCR
- Letter from Sanghamataji on Guru Purnima 2017

Babaji Smriti Divas celebrations

- Programme Schedule for Babaji Smriti Divas celebrations in NCR

Upcoming Retreats in 2017

- Complete Retreat Schedule for July to December 2017
- Retreat in English in July
- Retreat for New Students in August

Reports of Recent Activities in NCR

Celebrations of Avirbhav Divas of Swami Sri Yukteswar Giriji

The Avirbhav Divas of Swami Sri Yukteswarji was celebrated at YSS Noida Ashram, Gurgaon Kendra and Delhi Kendra.

On the evening of May 10, 2017, Swami Lalitanandaji conducted the commemorative programme with a meditation session at [YSS Noida Ashram's Auditorium](#). Swamiji read and explained some of the main events which happened in the divine life of the Paramguru, from the *Autobiography of a Yogi*.



On May 14, Brahmachari Sheelanandaji conducted the morning Sunday Satsanga followed by *pushpanjali* at [YSS Gurgaon Kendra](#). This was followed by *Guru Langar* and *Narayan Seva*. About 147 devotees participated. Food packets were distributed to the poor people near the Kendra premises.

At [YSS Delhi Kendra](#), the special occasion was celebrated on the evening of May 10. Brahmachari Dhairyanandaji conducted the programme with *arati* followed by chanting and meditation. The programme concluded with *pushpanjali*. [Read the report by clicking here.](#)

Public Talks and YSS in Media

Swami Lalitanandaji speaks at Power Management Institute



PUBLIC TALK

On May 2, 2017, Swami Lalitanandaji delivered a lecture on 'Unleashing Our Inner Potential for Achieving Success Through Yoga and Meditation' for the officers and staff of the Power Management Institute of NTPC at their Noida campus.

This was followed by a guided meditation by Brahmachari Sheelanandaji who took the audience through a process of regulated breathing and visualization to contact the deep peace within themselves. [Click here to read more.](#)



Life Positive Fest Inaugurated by Swami Lalitanandaji



“My Guru asked me to create a balance between my heart and my head, 30 years back. I asked him, 'Do I have to reduce my head?'. He answered, 'No, just increase this.' (pointing to the heart),” recalled Swami Lalitanandaji during his inaugural address at the Life Positive Fest. [Read more here.](#)

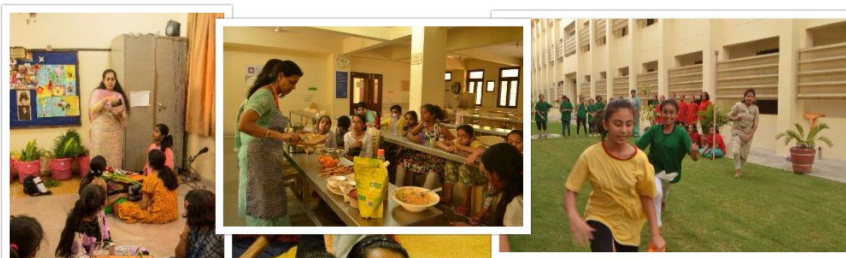
Times of India's 'Speaking Tree' features article by Swami Lalitanandaji

As part of its' Centenary celebrations in 2017, YSS is involved in several outreach activities -- including articles in the media. On May 12, 2017, Swami Lalitanandaji's editorial on 'The Wisdom Way Of Overcoming Karma' appeared in the *Speaking Tree* section of the *Times of India*. [Click here to read more.](#)



Children Satsanga Activities

Children's Camps in YSS Noida Ashram



**Girls' Camp
at
YSS Noida Ashram**



GIRLS' CAMP 2017

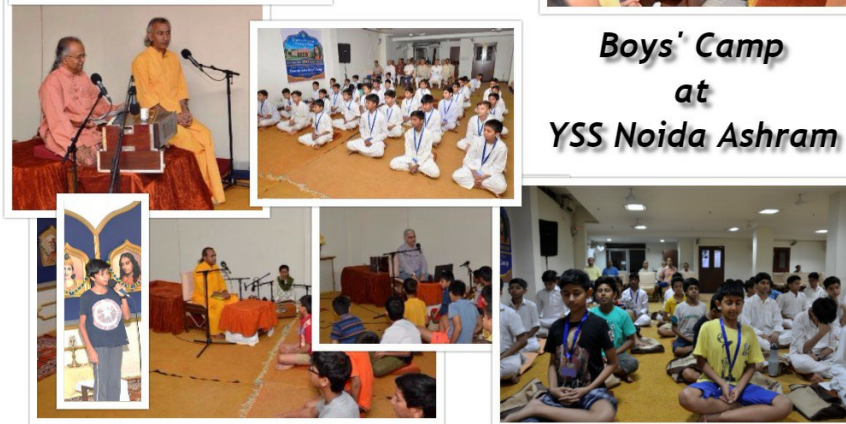
Through annual children's camps for girls, YSS Noida Ashram provides a wonderful opportunity to parents to help plant spiritual seeds in the minds of their little ones. This year too, a girls' camp was conducted from May 23 to 28 for girls studying in classes 6, 7 and 8. [Click here to read the Report.](#) [Click here for Pictures.](#)

BOYS' CAMP 2017

YSS Noida Ashram hosted a summer camp for boys from June 4 to 10. Like in previous years, the young boys were introduced to meditation, apart from public speaking, Vedic maths, first aid, etc. [Click here to read the Report.](#) [Click here for Pictures.](#)



**Boys' Camp
at
YSS Noida Ashram**



Celebrating 'Happy' Month in YSS Delhi Kendra



**Summer Fun at
YSS Delhi Kendra's
'Happy Month' of June**

SUNDAY SCHOOL SUMMER MINI-CAMP

YSS Delhi Kendra is conducting its 'Happy Month' summer camp on weekends in June. Children attending Sunday Satsanga get an opportunity to learn *yogasanas*, flower arrangement, craft work, photography, and other subjects as well. [Click here to read more.](#)

Get Updates about YSS NCR through the NCR Website

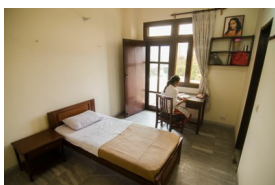
Book Accommodation Online



YSS Noida Ashram

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

www.Noida.YSSashram.org

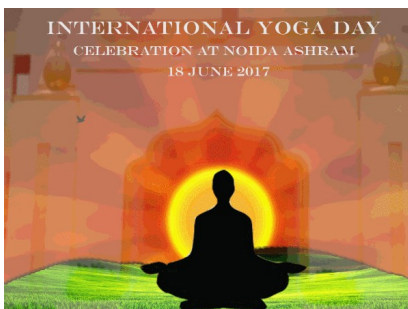


We would encourage you to make your bookings for accommodation in the Noida Ashram through our Website using the

link: www.noida.yssashram.org/Reservation

Upcoming Events

International Day of Yoga 2017



The International Day of Yoga will be celebrated at YSS Noida Ashram and Delhi Kendra on Sunday, June 18, 2017 from 10 a.m. to 12 noon. Swami Lalitanandaji will conduct a special programme at Noida Ashram for those who would like to be introduced to Yoga. Brahmachari Sheelanandaji will conduct the programme in Delhi Kendra.

On Sunday, June 25, Brahmachari Dhairyanandaji will conduct the programme in Gurgaon Kendra from 10 a.m. to 12 noon.

All who attend will be guided through a brief period of meditation. All YSS devotees are welcome to bring their family, friends and relatives who they think might be interested in the programme. [View timings by clicking here.](#)



Conducted Group Retreats at YSS Noida Ashram in July-August

THEME:

Why should we seek God?

(Classes in Hindi)

DATE: July 1 - 2, 2017

Friday (7 pm) to Sunday (4 pm)

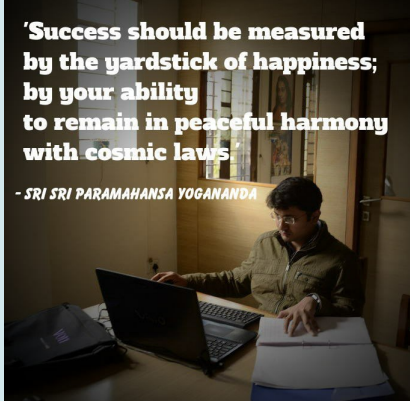
Please note that the group retreat starts on Friday, June 30 at 8.15 pm.

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



'Success should be measured by the yardstick of happiness; by your ability to remain in peaceful harmony with cosmic laws.'

- SRI SRI PARAMAHANSA YOGANANDA



THEME:

The Real Meaning of Success in Life

(Classes in English)

DATE: July 22-23, 2017

Friday (7 pm) to Sunday (4 pm)

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

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.](#)



Guru Purnima Programme in NCR

Guru Purnima



<u>Date</u>	<u>Activity</u>	<u>Sakha Ashram, Noida</u>	<u>Dhyana Kendra, Delhi</u>	<u>Dhyana Kendra, Gurgaon</u>
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July 9 (Sunday)	Prabhat Feri and Meditation	6:15 a.m. to 8:00 a.m.	5:00 a.m. to 8:00 a.m.	5:45 a.m. to 7:30 a.m.
	Narayana Seva	12:30 p.m. to 2:30 p.m.	—	—
	Guru Purnima Programme	5:30 p.m. to 8:00 p.m.*	5:00 p.m. to 7:00 p.m.	10:00 a.m. to 12:00 noon

**All devotees will be served Guru Langar after the satsanga.*

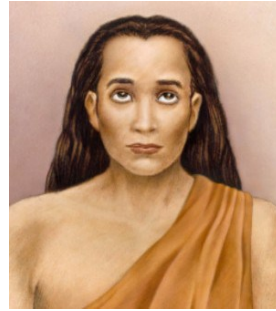
Mahavatar Babaji Smriti Divas Programme in NCR

Satsanga and Pushpanjali - July 25 (Tuesday)

Sakha Ashram, Noida
5 to 7:30 p.m. (followed by Guru Langar)

Dhyana Kendra, Delhi
5 to 7 p.m.

Dhyana Kendra, Gurgaon
5 to 7 p.m.



Sharad Sangam Registration begins in YSS NCR

You may register for Ranchi Ashram's Sharad Sangam at YSS Noida Ashram, Delhi Kendra or Gurgaon Kendra. Take this "opportunity to deepen one's understanding of Gurudeva Paramahansa Yogananda's teachings and to receive the tools and inspiration necessary for spiritual growth." [Click here for more.](#)



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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, 9871078270
E-mail: ysdk.gurgaon@gmail.com

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|REWARDS|