



# Yogoda Satsanga Sakha Ashram - Noida

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

## Welcome to YSS NCR eNewsletter

November 2018 Issue

We bring you updates on YSS activities from Delhi, Gurugram and Noida, and share with you news of upcoming events in NCR



"I want you to know that your presence and efforts are needed. Won't you, therefore, attend your group or centre services now, and at all times, and give...your loyal support in every way?"

- Sri Sri Paramahansa Yogananda  
on Group Meditation

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### UPCOMING EVENTS

**SANGAMS at YSS NOIDA ASHRAM in March 2019**



**Registration Open for Noida Sangams I and II (MARCH 2019) from November 11, 2018**

The Noida ashram of Yogoda Satsanga Society of India (YSS) offers devotees a wonderful opportunity through its Sangams for individual solitude and contemplation in its sylvan environment and spiritual vibrations charged with Guruji's presence.

The schedule for the annual Sangams at YSS Noida Ashram in 2019 is as follows:

**Sangam I**

March 13 – 17 [Wednesday (9 am) to Sunday (7 pm)]

Kriya Diksha on Mar 17, Sunday

**Sangam II**

March 27 – 31 [Wednesday (9 am) to Sunday (7 pm)]

Kriya Diksha on Mar 31, Sunday

To find out more and to register for Sangam, [click here](#).

**YSS Camp at Kumbha Mela in Prayagraj (Allahabad) - 2019**



*"The religious fairs held in India from time immemorial are known as Kumbha Melas; they have kept spiritual goals in the sight of the multitude."  
- Sri Sri Paramahansa Yogananda*

Inspired by these words of our Guru, Yogoda Satsanga Society of India (YSS) has been organizing camps during Kumbha Melas in the past. Likewise, we are planning to set up a YSS Camp at the Kumbha that will be held at Prayagraj (Allahabad) early next year. The Camp will be functional on the Kumbha Mela grounds from January 10 to February 21, 2019.

To read more, [click here](#).

**MESSAGES FROM YSS/SRF President**

## DEC. 13: Livestreamed Satsanga With Swami Chidananda Giri

### Special Update on the New Edition of the Yogoda Satsanga Lessons

Swami Chidananda Giri, president and spiritual head of Yogoda Satsanga Society of India/Self-Realization Fellowship will convey exciting news about the launch of the new edition of the Yogoda Satsanga Lessons, including details about many of the special features to be introduced for the first time.

We hope you will join us for this livestreamed presentation on Thursday, December 13 at 7:30 a.m. IST. You may view the video from this web page or on the SRF YouTube channel.

To read more, [click here](#).



### Overcoming Negativity in Today's World

Addressing the concerns of all those who feel troubled by the negativity that can seem all-pervasive in our world culture today, Swami Chidanandaji offers perspective, encouragement, and practical spiritual advice on how to live as a "divine warrior of light and truth...to promote spiritual harmony (dharma) on earth."

To read more, [click here](#).

## COMMEMORATIONS, LONG MEDITATIONS AND RETREATS

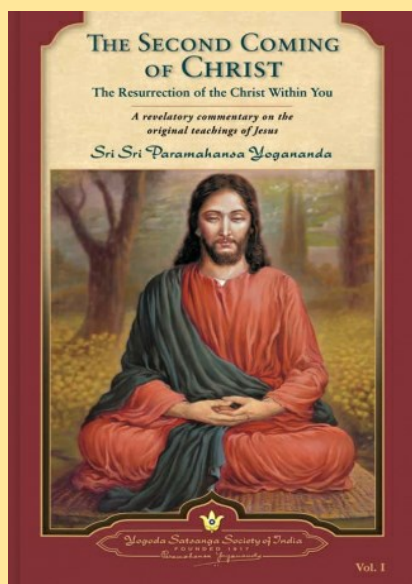
### Christmas and New Year

One of the essential goals of Paramahansa Yogananda's mission was "to reveal the complete harmony and basic oneness of original Yoga as taught by Bhagavan Krishna and original Christianity as taught by Jesus Christ; and to show that these principles of truth are the common scientific foundation of all true religions."

The Christmas and New Year's Programme in YSS NCR is given below:

Functions	Date	Activity	Sakha Ashram, Noida	Dhyana Kendra, Delhi	Dhyana Kendra, Gurugram
<a href="#">Christmas</a>	December 23, Sunday	Christmas Long Meditation	10:00 a.m. to 6:00 p.m.	10:00 a.m. to 6:00 p.m.	10:00 a.m. to 6:00 p.m.
	December 25, Tuesday	Satsanga and Pushpanjali	10:00 a.m. to 12:00 noon*	10:00 a.m. to 12:00 noon	10:00 a.m. to 12:00 noon
<a href="#">New Year's Eve Meditation</a>	December 31, Monday	Chanting, Reading, and Meditation	11:00 p.m. to 12:15 a.m.	10:30 p.m. to 12:05 a.m.	10:30 p.m. to 12:15 a.m.

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



### Guidelines for Christmas Eight-hour-long Meditation

Gurudeva always encouraged devotees to participate in long meditations on special occasions, like Christmas and other Commemoration days. He would often remind his disciples that special vibrations flow on such days, which can be experienced by long and deep meditation. To reap the maximum benefit from such long meditations, a few simple guidelines need to be followed.

To view the guidelines for the eight-hour-long Christmas special meditation, [click here](#).

### Upcoming RETREAT and LONG MEDITATION at YSS Noida Ashram

Retreat programmes provide, in the words of Gurudeva [Sri Sri Paramahansa Yogananda](#), "a dynamo of silence where [you] may go for the exclusive purpose of being recharged by the Infinite."

**November 18**  
Long Meditation

**December 8 to 9**  
[Retreat \(Hindi\)](#)

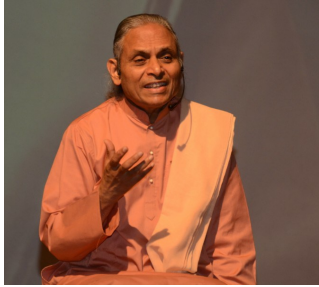


For the retreat schedule of 2019, [click here](#).

For the calendar of events of 2019, [click here](#).

## RECENT ACTIVITIES

**Public Talk by Swami Smarananandaji at Gurugram**



With immense joy, we announce that the Government of India has once again recognized the spiritual stature and contributions of one of the immortal sons of India, our Gurudeva Sri Sri Paramahansa Yogananda, and has decided to commemorate his 125th Birth Anniversary.

To read more, [click here](#).  
To view images, [click here](#).

## PUBLIC TALK AT GURUGRAM

OCTOBER 14, 2018

### **Review of YSS Meditation Techniques at YSS Gurugram Kendra**

On October 21, 2018, Brahmachari Sheelanandaji conducted a follow-up review of Yogoda meditation techniques at YSS Gurugram Kendra for those who had subscribed to YSS lessons following the public talk by Swami Smaranandaji held at a Gurugram school in the previous week.

[Read more here](#).  
To view images, [click here](#).



## **Government of India Commemorates the 125th Birth Anniversary of Paramahansa Yogananda**

With immense joy, we announce that the Government of India has once again recognized the spiritual stature and contributions of one of the immortal sons of India, our Gurudeva Sri Sri Paramahansa Yogananda, and has decided to commemorate his 125th Birth Anniversary.

The Ministry of Culture, Government of India, organizes such commemorations, with the help of a National Implementation Committee (NIC). The Committee has been constituted for commemoration the 125th birth anniversary of Paramahansa Yoganandaji, chaired by the Hon'ble Home Minister of India, Sri Rajnath Singh. The Committee includes the Union Finance Minister, the Union Cultural Minister, and other Government officials, along with representation from YSS.

[To read more, click here](#).

Please find the list of events [posted here](#).



## **26-Hour-Long Meditation Conducted at YSS Noida Ashram**

*"When by deeper meditation the devotee expands that awareness of peace and feels his consciousness spreading with it over the universe, that all beings and all creation are swallowed up in that peace, then he is entering into Cosmic Consciousness. He feels that peace everywhere — in the flowers, in every human being, in the atmosphere. He beholds the earth and all worlds floating like bubbles in that ocean of peace." — Paramahansa Yogananda*

Devotees of YSS residing in and around Noida (NCR) received a wonderful opportunity to attend a 26-hour-long meditation at YSS Noida Ashram on October 13 and 14, 2018.

To read more, [click here](#).



## **Diwali Celebrations at YSS Noida Ashram**

Children from Paramahansa Yogananda Swarna Bal Vatika receive Diwali presents



Diwali Celebrations



NOVEMBER 7, 2018

YSS NOIDA ASHRAM

### IN PICS: Diwali Celebrations

On Diwali day, November 7, 2018, devotees from Noida came to YSS Noida Ashram to participate in the group meditation and lighting of the lamps to celebrate the festival of lights. To view images, [click here](#).

### PYSBV students receive presents from Swami Lalitanandaji on Diwali at YSS

In keeping with the tradition of distributing presents to the children from Paramahansa Yogananda Swarna Bal Vatika (PYSBV) from Noida on Diwali day, this year too, on November 7, 2018, Swami Lalitanandaji gave away these gifts to them. [Read more here](#).

Get Updates about YSS NCR through the NCR Website

### Book Accommodation Online

We would encourage you to make your bookings for accommodation at YSS Noida Ashram through our website at [noida.yssashram.org/reservation](http://noida.yssashram.org/reservation).

Visit the website by clicking the following links for *News and Updates* from YSS Noida Ashram, Delhi Kendra and Gurugram Kendra:

- [Recent Programmes](#)
- [Upcoming Events](#)



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