

YOGDHARA – India Tour an initiative by H. H. Shri Mataji Nirmaladevi Sahajayoga Trust (National Trust)

What is Yogdhara?

SHRI MATAJI used to conduct India Tours together with foreign Sahajayogis to promote Sahajayoga among new seekers. Inspired by her success in helping so many people attain spiritual enlightenment, the H H Shri Mataji Nirmaladevi Sahajayoga Trust (National Trust) decided to organize similar India Tours from 2016 onwards to help spread Sahajayoga through music and dance put together by foreign Sahajayogis. The new seekers are very much attracted to these performances which make it easier for the organisers to help them attain the goals of their spiritual quest.

The YOG word which stands for Yoga has become very popular these days. Sahaja yoga meditation gives flow of vibrations (DHARA) after kundalini raising. So we decided to name our programs “YOGDHARA”.

Yogdhara is two-hour program in which the participants perform songs and bhajans to connect themselves spiritually with their gods/goddesses. They also taught meditation to bring about the flow of energies in their energy centers or chakras.

To ensure that every new seekers is properly guided, information about meditation and the various chakras is provided by the program anchor. The new seekers also get to learn Self-Realization through Shri Mataji’s videos.

Here, the new seekers learn Meditation at home through the foreign yogis. This simple and easy to learn presentation has become the norm in spreading and teaching Sahaja yoga meditation. Registration to join the program as performer is through Facebook and Google forms.

The participants of the program last year comprised mainly singers, classical dancers, musicians who are adept in the harmonium, tabla/dholak , violin, flute and guitar, as well

as coordinators who have good experience in managing such spiritual program.

In each tour, the various state coordinators help find suitable cities to host the Yogdhara concerts. The preparations begin as soon as the cities are finalized. Program arrangements and publicity material and designs are sent out to the hosting cities.

YOGDHARA 2016 - MUSIC, YOG & MEDITATION TOUR TO INDIA – 1st YOGDHARA was organized in January 2016. Initially, we planned to have 25 programs from 6th January to 4th February 2016. However, the response was so good these were increased to 46 programs covering 25 cities in nine states of India. The date was extended to 28th February 2016.

Dynamic Yuvashakti (youths) comprising 21 male and female performers from seven nations - Ukraine, Russia, China, UK, Italy, Spain, Singapore and America took part in the tour. They brought great joy to the new seekers with their Indian songs, classical music, and Kuchipudi dance. They also shared with the seekers stories of their Self Realisation through Sahaja yoga and Meditation.

The YOGDHARA TOUR 2016 toured ***25 cities in nine States of India and presented 46 concerts from 6th January 2016 to 28th February 2016.*** The hosting cities were Delhi, Noida, Gurgaon, Haridwar, Saharanpur, Jaipur, Indore, Dewas, Chhindwara, Nagpur, Chandrapur, Amrawati, Nanded, Nasik, Pune, Bramhapuri, Nargol, Vapi , Ankaleshwar, Hyderabad and Navi Mumbai.

The programs in IIT Roorkee, Indore, Chhindwara, Pune, and Navi Mumbai received massive response. One miracle worth mentioning was the concert in Indore when rain started to come down. All new seekers and Sahajayogis were asked to pray to VARUN DEVATA and their prayers were answered and the program went on very smoothly through the night. This was the biggest eye opening miracle for the new seekers. Similar miracle happened in Chhindwara.

Dewas had curfew because of riots yet more than 1000 new seekers turned up at the Currency Printing Press Campus. We prayed there for the Government to act against money laundering and things did work out in a few months. The Indian Government launched massive operations against black money in Nov 2016.

Some of the programs shared the techniques of self-realizations with 3000-4000 enthusiasts. Pune program at Shaniwarwada was a grand success with more than 3000 seekers. The tour was so well received, it was extended to Hyderabad, a few towns near Pune, a few cities in Gujrat before reaching Navi Mumbai.

The Navi Mumbai Program was the last performance. We were very surprised when we learnt that the performance was the 46th Program of the tour and 2016 was the 46th anniversary of Sahaja yoga. It was all miraculously arranged by Shri Mataji. The Navi Mumbai program was full of new seekers. More than 5000 of the new seekers learnt about the Sahaja yoga way to achieve self realization.

All the programs received wide publicity in the newspapers and television. This has really helped more people to get to know Shri Mataji and Sahaja yoga.

Indian Book of Records has recognized these efforts and presented **“Indian Excellency Award”** to H H Shri Mataji Nirmaladevi Sahajayoga Trust’s Yogdhara Team in Hyderabad.



The whole tour also received massive support from the leading print media such as the Times of India and Dainik Bhaskar and other leading newspapers as well as the electronic media such as Zee TV, ABP News and India TV.



Yogdhara in Navi Mumbai, Feb 2016 - more than 5000 seekers got realisation.



Yogdhara in Pune at Shaniwar wada on 31 Jan 2016 - more than 2000 seekers.



YOGDHARA 2017

In 2017, YOGDHARA - MUSIC, YOG & MEDITATION TOUR TO INDIA – with the dynamic **Yuva shakti from 12 Nations - Ukraine, Russia, Australia, Austria, USA, UK, China, Canada, New Zealand, Singapore, Lithuania and Romania** - was organized by H H SHRI MATAJI NIRMALADEVI SAHAJAYOGA TRUST from 26th January to 20th February.

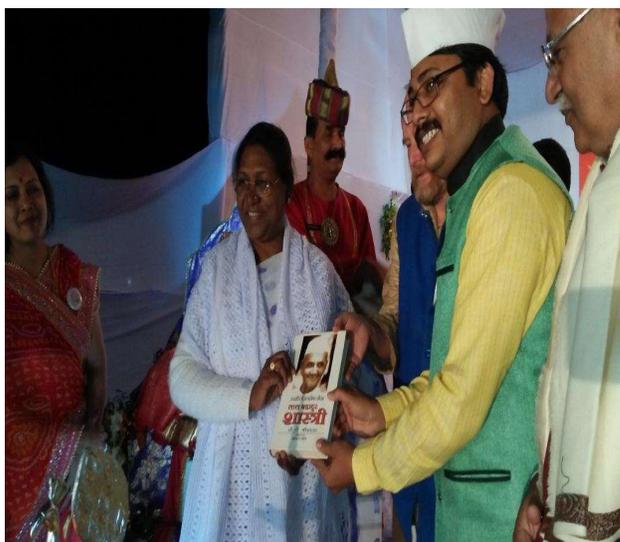
Forty one male and female participants enthralled their audience with Indian songs, music and Kuchipudi dance. They also introduced Sahaja yoga and Meditation to the new seekers and shared stories about their spiritual Self-Realization.

The YOGDHARA TOUR 2017 visited **15 cities in seven states in the North and North East of India and gave a total of 21 concerts.** The states were Uttar Pradesh, Bihar, Jharkhand, Odisha, West Bengal, Assam and Sikkim.

Lucknow University and Jharkhand University also hosted Yogdhara. The Governor of Jharkhand was the Chief Guest for the Public Concert in Ranchi. The Ranchi University hosted Yogdhara 2017 at the Ranchi Women's College. The Principal Secretary to the Governor and Vice Chancellor was the Chief Guest.

These India Tours were very inspiring to the new seekers and have created a movement to spread Sahaja yoga and Meditation to help more people gain spiritual enlightenment. It has helped to bring together and improve the relationship between foreign and Indian Sahaja yoga movement. The National Trust is committed to organize more such tours in the years to come.

Team Yogdhara with Smt Draupadi Ji - Governor of Jharkhand (2017)



Draupadi Ji is now President of India since July 2022

Artists from foreign lands share yoga mantra at LU

Mohita Tewari | TNN

Lucknow: They overcame the lingual gap using the language of Yoga. Artists from Russia and Ukraine, besides 13 other countries displayed the power of yoga and meditation through Indian classical music and dance at Lucknow University on Monday.

Organized by the Sanskrit department of Lucknow university in association with the Yogdhara organization, the aim of the event was to popularize meditation among students to handle stress and depression in the examination season. The Yoga enthusiasts from foreign lands presented various nuances of the ancient therapeutic discipline such as 'Kundalini Jagaran' and 'Dhyan', set to the tune of Indian classical music.

In true Indian tradition, they began with Ganesh Vandana the show that comprised instrumental music recitals, classical dance performance and demonstration of yoga. As many as 38 artists from 15 countries connected easily with the spell-bound audience performing not only the various yoga acts but also the Kuchipudi and Kathak dance forms.

"My friend has radiance on his face and was more positive in his thought than ever and when I asked him about



Musicians from Russia, Ukraine and 13 other countries were part of the event that focused on the power of yoga and meditation

the change he told me about meditation and yoga, so I have been practising it for more than five years," said Erika from Lithuania.

Youngest in the group, 17-year-old Kateryna from Ukraine, who played the flute and performed Kathak drew hearty applause. She said not only yoga and meditation but

Indian classical dance and instruments also fill one with positive energy. Sharing the scientific aspect of yoga and meditation, Chiang from New Zealand said, "A study was conducted in my country on stress levels of people practising 'sahaj' (easy) yoga and it was found their stress level was lower than others."

Ajay Kumar

a
संडे

प्रभात खबर रावै खबर • 05.02.2017

विश्वविद्यालयीय 02
राज्य में लोकप्रिय 03
राष्ट्रीय 03

Lady K. C. Roy Memorial Sr. Sec. School
Tender, Ratu, Ranchi
Affiliated to C.B.S.E., New Delhi (10+2)
ADMISSION OPEN
Pro Nur., Nursery, Prep & Std. to IX
0651-6453409

करतार
Special Batch for SSC
MULTI TASKING
BANK SSC RLY
ON-LINE TESTS

MCA
2017
2018
2019
Dr. A.K. Mishra Institute for Management Studies
YOUR MCA TOPPERS OF 2016 & 2017 RANKERS OF JHARKHAND

CRACK
SERIES
54% SUCCESS RATE
MISHRA INSTITUTE
Dr. A.K. Mishra Institute for Management Studies

AMAR CLASSES
BANK SSC RLY MBA
Combined Course: 6999
SSC CGL/MTS
SSC GD/CPO
High School Teacher CTET
M: 9380704646, 9435172372
Dr. P.K. Mishra Institute for Management Studies

रावै वीमेंस कॉलेज में सहज योग कार्यक्रम

विदेशी साधकों ने भारतीय संस्कृति को दर्शाया

संस्कृत को धरती की मातृभाषा के रूप में माना जाये

संस्कृत को धरती की मातृभाषा के रूप में माना जाये

संस्कृत को धरती की मातृभाषा के रूप में माना जाये

लिटिल एंजल्स नर्सरी स्कूल
श्रीलक्ष्मी कम्प्लेक्स, रावै, रांची, जे.पी. रोड, रांची
फोन: 0651-6453238, 0651-6453232
Website: www.littleangelsranchi.com

लिटिल एंजल्स नर्सरी स्कूल ही क्यों?

अभिभावकों को विश्व प्रथम ही नहीं है कि वे पर धरे ही अपने बच्चों को हर स्तर पर डिजिटल और कंप्यूटर का प्रयोग कर रहे हैं।

हर परिवार में बच्चों को समर्पित (दामनी) की शिक्षा

इन्टरनेट शिक्षा द्वारा बच्चों के शैक्षणिक उपलब्धता

बच्चों की अनुपस्थिति को दूर करने के लिए सख्त (सख्त की शिक्षा)

अब बच्चों के बच्चा शिक्षाएं शुरू करें

ADMISSION OPEN

समाधान जे.पी.सी. कॉलेज को के.ए.एस.एस. सेरेमनी छह-सात को

3,420 को मिलेगी डिग्री, 66 को गोल्ड मेडल

● मानव संसाधन के विकास को बढ़ावा देने के लिए

● वे हैं गोल्ड मेडलिस्ट



NEWS LIVE TV from GUWAHATI, ASSAM, the leading news channel from North East India hosted and broadcasted an hour TV PROGRAM of YOGDHARA.

More Details

WEBSITE - <https://indiatour.sahajayogaindia.org.in/>

FACEBOOK PAGE – <https://www.facebook.com/yogdharaindia>