

वाराणसी आत्मसाक्षात्कार यात्रा २०२३

**Sahaja Yoga**

**Self-Realization Tour 14 Feb to 17 Feb 2023**

**Shri Shiv Puja 19 Feb 2023**

**Sightseeing 18 Feb 2023**

**Varanasi, Uttar Pradesh, India**



“Attending My Puja is no favour to Me. Or doing anything for the Puja is no favour to Me. My greatest Puja is that of human beings; and if you can achieve and spread Sahaja Yoga that fast, I’ll be very, very grateful to you.”

( 31st Dec 2001, Kalwa, India )

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We invite Sahaja Yogis / Yoginis from all across the globe to participate in this Self Realization tour.

By the grace of Shree Mataji Nirmala Devi, we have arranged the Self-realization tour from 14 Feb to 19 Feb 2023 at Shri Kashi Vishwanath Temple Varanasi, Uttar Pradesh, India. The Local Yuva Shakti making all the administrative arrangements.

If you are interested to join the tour, then please register on below link. You will be added into the whatsapp Group to give all the update / question -answer / discussion,

*To become one with the divine let's spread her divine love in Varanasi.*

**Register yourself with the below link:**

<https://sites.google.com/view/kashi2023/>

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## 1. Self-Realization Program Date

- a. Program Date : **14 Feb to 19 Feb 2023**
  - i. Arrival will start from 13 Feb Evening till 14 Feb Afternoon
  - ii. Departure will be from 19 Feb after 4:00 PM

## 2. Base Camp Location or Venue



- **Varanasi – Sardar Vallabh Bhai Patel Dharamshala**
- **Address:** Sardar Vallabh Bhai Patel Dharamshala, Andhra Pool, Maldahiya Road, Vijay Nagar Colony, Teliyabag, Varanasi, Uttar Pradesh 221002
- **Google Location** <https://goo.gl/maps/ScV2uzBsbswe5trg7>
- **Accommodation Information:**
  - Located 0.5 km from the Varanasi CCS bus stand.
  - Varanasi Railway Station - 1.2 km
  - Varanasi Airport - 22 km
  - Parking space for vehicles
- Necessary accommodations have been arranged for all brothers and sisters in the venue.
- However, private AC rooms may be made available to the interested individual on demand with the on actuals tariff on first cum first basis. (Its requires a prior intimation through email)
- Individual pick-ups and drops from Railway station/ BUS Stand / Airport can be arranged on nominal charges but with a prior intimation.

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## 3. Expenditure

- Program samarpan amount shall be collected by cash at the venue.

<b>Lodging</b>	<b>Food</b>	<b>Total</b>
300 / day	300 / day	600 / day

## 4. Important Contacts

Local Transportation (Varansi Railway Station, Bus Station)

**Pranav +91-7084209375 / Lal ji Gupta +91-7007124365**

Accommodation

**Mr. Santosh Tiwari : +91 7239092222 Mr. Kanishk Mishra : +91-8707746676**

Overall contact

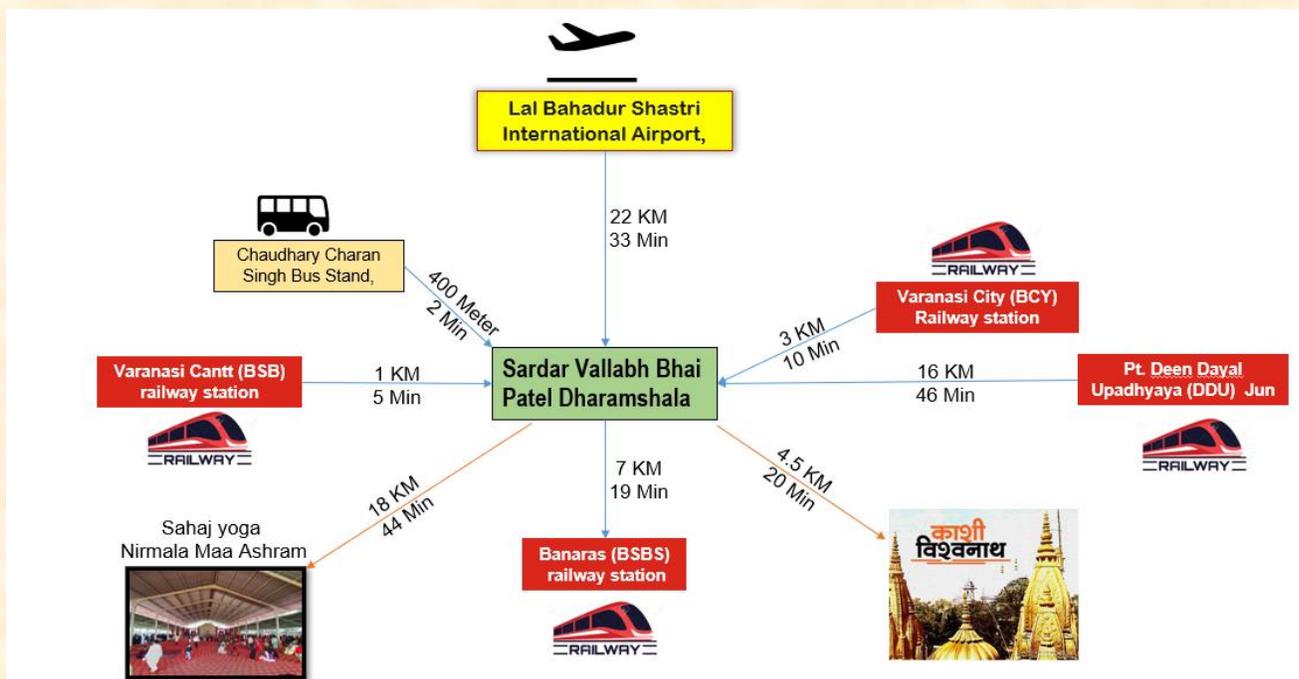
For any other issue or Emergency or overall input you can contact

**Mr. Sandeep Maurya - +91-9335471494 / Mr. Dinesh - +91-9450200070**

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## 5. How To Reach Varanasi

Varanasi is easily accessible from all parts of the country. Very well connected by road, rail and air, the City offers convenient and comfortable travelling options to and from other cities of India.



- **How to reach Varanasi by Air**

Located just 18 km away from the main city, **Lal Bahadur Shastri International Airport** serves Varanasi. It is the nearest airport to the city, Varanasi airport is well connected with all the major cities of the country. One does not need to worry how to reach Varanasi by air as it has very good connectivity. Get easy flights from Delhi to Varanasi, Flights from Mumbai to Varanasi and other cities. There is both Domestic and International flights available from Babatpur Airport Varanasi.

- **How to reach Varanasi by Rail**

The country is well connected with each other by rail. Varanasi has following railway stations

1. **Varanasi Junction railway station** (station code: BSB), also known as **Varanasi Cantt railway station**, is the main railway station serving the city of Varanasi.
2. **Banaras railway station** (station code: BSBS), formerly known as **Manduadih railway station**, is situated in Manduadih area of Varanasi. It is a major station of Varanasi.
3. **Mughalsarai Junction**, officially known as **Pt. Deen Dayal Upadhyaya Junction**, (station code: DDU, formerly MGS) is a railway station in the town of Mughalsarai in the Indian state of Uttar Pradesh

- **How to reach Varanasi by Road**

The Uttar Pradesh State Buses as well as the private bus services makes it possible for all to access the city with ease and at a reasonable cost. It solves the query of many who are worried about how to reach Varanasi by road. There are frequent buses from Varanasi to the Allahabad(120 km), Gorakhpur (165 km), Patna (215 km), Lucknow (270 km) and Ranchi (325 km) from Varanasi.

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## 6. Program Schedule

<b>14 Feb</b>	07:00 AM	Arrival & Registration SVPD	
	03:00 PM	Shri Ganesh Puja SVPD	
	05:00 PM	Prachar Pasar 21 Locations	
	08:00 PM	Musical Program SVPD	
	Prachar Pasar 21 Locations	08:00 AM	<b>15 Feb</b>
	Shiva Ashtakam Ghat	04:00 PM	
	Sufi Music Ghat	06:00 PM	
<b>16 Feb</b>	08:00 AM	Prachar Pasar 21 Locations	
	04:00 PM	Folk Music Ghat	
	06:00 PM	Deepotsav Ghat	
	07:00 PM	Maha Aarti Ghat	
	Prachar Pasar 21 Locations	08:00 AM	<b>17 Feb</b>
	Musical Program 1 Auditorium	03:00 PM	
	Musical Program 2 Auditorium	08:00 PM	
<b>18 Feb</b>	08:00 AM	Sightseeing	
		Shri Shiva Puja Varanasi Ashram	10:00 AM
	Departure	04:00 PM	

**NOTE** { SVPD - Sardar Vallabh Bhai Patel Dharamshala  
Every day morning & evening Meditation as per time  
Every day Breakfast, Lunch & Dinner as per time

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## 7. Sahaja Yoga Spreading 21 Locations

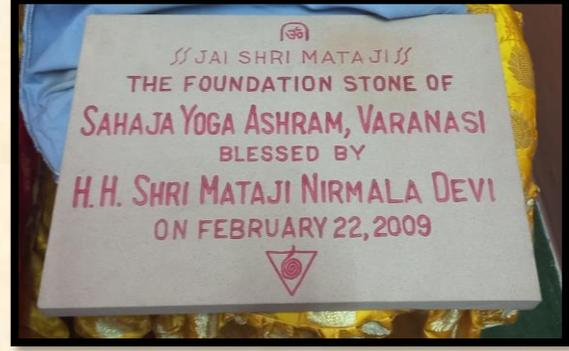
1. UP college ground
2. Company bag town hall
3. Sanskrit university
4. Kachahari company bag
5. Sarnath
6. Police line
7. Aditya nagar pokhara chitaipur
8. Sahid udayan sigra
9. Shri Kashi vishwanath Team 1
10. Shri Kashi vishwanath Team 2

11. Durga ji ram nagar
12. Ram nagar kila
13. Savadhani grih jaitpura
14. Harishchandra inter college
15. Shiv mandir VT bhu
16. Assi ghat
17. Rajendra prasad ghat
18. Khidkiya ghat.
19. Raj ghat
20. Kedar ghat
21. Kashi vishwanath Team 3



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## 8. Sahaja Yoga Ashram Varanasi



The Land of Varanasi Sahaja Yoga Ashram was purchased in August 2007 at Tarapur Tikri village near the banks of The Holy River Ganga. The Ashram's Foundation Stone was Blessed by H.H. Shri Mataji by Her Divine Sparsh (Touch) during The Shri Shiv Puja organized in Pune on 22nd February 2009.

**Sahaja Yoga Ashram Varanasi - Google location**  
<https://goo.gl/maps/tK8ZWWe1NghB5cKA6>

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## 9. Introduction to Varanasi



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Varanasi is one of the oldest cities in the world. It is also known as Benares, **Banaras**, and **Kashi**. This city on the banks of the Ganges in northern India was founded by a Hindu deity named “**Shiva**” along with “**Brahma**” and “**Vishnu**” more than 5,000 years ago. On account of its incredible age and religious significance, Varanasi’s culture is quintessentially Indian and profoundly diverse.

Mornings begin with the melodious chime of temple bells as dawn settles into day; evenings fade into nights at the banks of Ganga, with spectacular aartis as the priests chant in unison. A day in Varanasi, and you wouldn’t wonder why it is considered to be India’s most spiritual city.

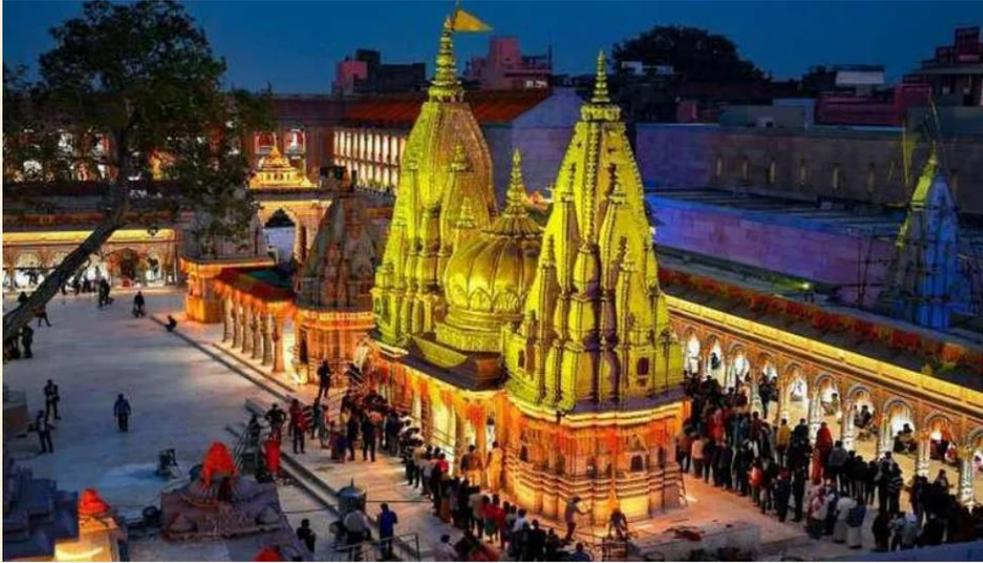
Varanasi is the spiritual capital of India and its holiest city. From Treta Yuga, through Dwapara Yuga till today Kashi has retained its religious importance and sanctity. It is here that the Pandavas prayed to Lord Shiva for success in the Mahabharata war.

Besides its over 23000 temples, Varanasi is a flourishing cultural hub. Classical music and dance have a notable presence here. Hardly a wedding in India is complete without Banarasi silk sarees. Street food in Varanasi is in a class of its own, making it a foodie’s paradise.

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## 10. About Shri Kashi Vishwanath Temple (History)



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*Varanasi is Shiva's city, and not visiting him would leave your trip incomplete. Kashi Vishwanath temple is one of the twelve jyotirlingas of Shiva, and the temple was found in the 14th century. There are many facts and beliefs about the Vishwanath temple, and it is said that any wish can come true if it is made after seeing the golden chhatra. So after visiting Kashi darbar, don't forget to visit Kaal Bhairav Mandir, also known as Kashi k kotwal (the protractor or Varanasi). All the temples in Varanasi hold special significance, and thus it is known as the city of temples!*

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## 11. Tourist Places



**Bharat Mata Mandir** (meaning "Mother India Temple") is located on the Mahatma Gandhi Kashi Vidyapith campus in Varanasi, Uttar Pradesh, India. Instead of traditional statues of gods and goddesses, this temple has a huge map of undivided India carved in marble. This temple is dedicated to Bharat Mata and claims to be the only one of its kind in the world.



**BHU, New Vishwanath Temple and Birla Temple** is one of the most famous Hindu temples and biggest tourist attractions in the holy city of Varanasi. The temple is situated in Banaras Hindu University and is dedicated to the Lord Shiva. Shri Vishwanath Mandir has the tallest temple tower in the world with the Shikhara's height being around 250 feet



**GHATS:** According to the puranic sources, there are five key ghats on the riverfront which are important because of their association with a defining feature of the holy city of Kashi: Assi Ghat, Dashashwamedh Ghat, Manikarnika Ghat, Panchganga Ghat, Rajendra Prasad Ghat, and Adi Keshav Ghat. Every Ghats have different history.



- **SARNATH** is where Gautama Buddha first taught the Dharma.
- The Lion Capital of Ashoka is the capital, or head, of a column erected by the Mauryan emperor Ashoka in Sarnath, India, c. 250 BCE.
- Ashok chakra is the national emblem of India .



**LAL BAHADUR SASTRI  
RESIDENCE RAM NAGAR  
VARANASI**



**KABIR MATTH  
(KABIR DAS RESIDENCE )**



**KABIR DAS BIRTH OR APPEARANCE  
PLACE, LAHARTARA**



**MAA DURGA TEMPLE ,  
DURGA KUND VARANASI**



**TULSI MANAS MANDIR,  
DURGA KUND VARANASI**



**Kashi Vishalakshi temple**

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**Sankat Mochan Hanuman Temple**  
established by famous saint Sri  
Goswami Tulsidas in the early 16th  
century.



**Lakshmibai, the Rani of Jhansi BIRTH  
PLACE ,**  
(19 November 1828)  
ASSI GHAT Varanasi



**TRADE CENTER**  
(Trade Centre & Museum) on 7th  
November 2014 at Bada  
lalpur, Varanasi

## 12. List of Item to Carry

1. Important documents:
  - Passport
  - Aadhar Card
2. Vaccination Certificate
3. Regular medicines + first aid kits along with medicines
4. COVID Protection - Masks + Sanitizer
5. Optional: Kumkum, candles, small ice pack (if required)
6. For day-to-day Prachar Prasar Program- suitable bags or rucksacks
7. For summer / rain protection: -
8. Caps, scarf, Umbrella, sunglasses, raincoat or jacket, water bottle, small tiffin box
9. Lock for the room and luggage
10. Charger/ Power adapter/ Power bank, Flashlight
11. Insect repellent
12. Carry quick dry and sweat absorbing cloths
13. Comfortable footwear + slippers
14. Personal toiletries
15. Avoid expensive jewelry

Important Note : Due to Maha-Shivrathi festival, all roads will be block from 16 Feb to 18 Feb 2023

**!! Jai Shri Mataji !!**