



INVITATION

H. H. Shri Mata Ji Nirmala Devi Sahaja Yoga Trust

SHRI ADI GURU PUJA 2023 (Amritsar - Punjab)

“You should not be afraid of failures, and not get enamoured by success. 2000 – August 20, Cabella, Italy

On the auspicious occasion of **GURU PUJA**, the collectivity of Punjab humbly invite all the Sahaja Yogis from all over the world to join us and celebrate this auspicious occasion of Shri Adi Guru Puja which is going to be celebrated in the Holy land of Amritsar popularly known as the seat of the Gurus for nearly half a century from 1577 to 1628. It is believed to be the place where the Hindu goddess Mata Sita gave birth to Luv and Kush, her two sons in Maharishi Valmiki Ashram.

Punjab well known state for it's warmth and hospitality is hosting Shri Adi Guru Puja for the first time. Your presence in Puja and Realization Tour will help us in spreading divine message of Shri Mata Ji from 28th to 30th June in and around Amritsar.

PUJA & SEMINAR SCHEDULE

Friday 30th of June 2023

06:30 AM - 07:30 AM	Morning Meditation
08:00 AM - 10:00 AM	Breakfast & Tea
10:00 AM - 10:30 AM	Welcome Speech by State Coordinator & Trustee (Punjab)
10:30 AM - 11:15 AM	Nari Shakti Seminar
11:15 AM - 12:00 PM	Seminar on Yuva Shakti
12:30 PM - 02:30 PM	Lunch
02:30 PM - 03:15 PM	Seminar on Importance of Puja (Dr. Udhwani)
03:15 PM - 04:00 PM	Bal Shakti Cultural Program & Seminar
04:00 PM - 04:30 PM	Tea
04:30 PM - 05:30 PM	Self Realization Public Program
05:30 PM - 07:30 PM	Havan
07:30 PM - Onwards	Cultural Program
09:00 PM - Onwards	Dinner

Saturday 1st of July 2023

06:30 AM - 07:30 AM	Morning Meditation
08:00 AM - 10:00 AM	Breakfast
10:00 AM - 11:00 AM	Music Therapy
11:00 AM - 11:30 AM	Seminar on Puja Protocols (Dr. Mazari)
11:30 AM - 12:00 PM	Seminar (Importance of Meditation)
12:00 PM - 12:30 PM	Seminar (Spreading Sahaja Yoga)
12:30 PM - 01:00 PM	Contribution of National Trust in Sahaja Growth in India
01:00 PM - 03:00 PM	Lunch
03:00 PM - 05:00 PM	Seminar on Medical
05:00 PM - 06:00 PM	Tea
06:00 PM - 07:00 PM	Seminar on Spiritual Growth in Sahaja Yoga
07:00 PM - Onwards	Cultural Programs by Different States of North Region
08:00 PM - Onwards	Dinner

PUJA DAY

Sunday 2nd of July 2023

06:00 AM - 07:00 AM	Morning Meditation
07:00 AM - 09:00 AM	Breakfast
09:00 AM - 10:00 AM	Welcome of Palki
10:00 AM Onwards	Shri Adi Guru Puja
01:30 PM Onwards	Mahaprasad (Lunch)

SEMINAR STAY & PUJA VENUE DETAILS

STAY ARRANGEMENTS: Looking at the Humid Weather conditions and high temperature the entire stay has been arranged in Air Conditioned hotel rooms on sharing basis.

Bedding: The complete bedding will be provided at stay place.

TRANSPORT : The Hotels are at a distance from Puja Venue so transport facility of Buses is provided to sahaja yogis for to and fro movement with details overleaf

How To Reach Amritsar

By Air

The Sri Guru Ram Das Jee International Airport of Amritsar Located around 11 km away from the city-center, has more than 160 domestic and international flights. Regular flights are available throughout day & Night. It connects with several important cities of the country as well as with the Globe.

By Train

The Amritsar Railway Station connects the city to almost all major Indian cities including Delhi, Ambala, Pathankot, Jammu, Mumbai, Hyderabad, Agra, Ahmedabad, Chandigarh and all major cities of Uttar Pradesh, Bihar and Bengal etc. A train journey from Delhi to Amritsar takes about 6-7 hours

By Bus

Being located on the National Highway 1, Amritsar is well connected by road. Daily bus services, including both Government and Private run, to and from Ambala, Delhi, Gurgaon, Chandigarh, and Jammu etc. The G.T Road links Delhi (464 km) to Amritsar. Luxury/ deluxe buses and cabs are also available from here that connects the city with all the important places of India daily.

IMPORTANT NOTE REGARDING REGISTRATION

As Amritsar is a religious and city of Tourist attraction across the Globe you are requested to complete your registration timely as after 15th June STAY FACILITY will only be confirmed as per vacancy in Hotels or in Dharamashala and the same will be applicable in case of SPOT REGISTRATION also.

SHRI ADI GURU PUJA 2023 (Amritsar - Punjab)

30th of June 2023 Transport Arrangements Pick & Drop Schedule

TIME: 05:00 AM To 05:45 AM From Hotel Stay to Puja Venue (For Morning Meditation)

TIME: 07:15 AM To 08:00 AM From Puja Venue to Hotel (After Morning Meditation)

TIME: 07:30 AM To 09:30 AM From Hotel to Puja Venue (for Seminar)

TIME: 09:30 PM To 10:30 PM From Puja Venue to Hotel (for night Stay)

1st of July 2023 Transport Arrangements Pick & Drop Schedule

TIME: 05:00 AM To 05:45 AM From Hotel Stay to Puja Venue (For Morning Meditation)

TIME: 07:15 AM To 08:00 AM From Puja Venue to Hotel (After Morning Meditation)

TIME: 07:30 AM To 09:30 AM From Hotel to Puja Venue (for Seminar)

TIME: 09:30 PM To 10:30 PM From Puja Venue to Hotel (for night Stay)

2nd of July 2023 Transport Arrangements Pick & Drop Schedule

TIME: 05:00 AM To 09:00 AM From Hotel Stay to Puja Venue (For Puja)

SCAN QR
FOR PUJA
REGISTRATION



To Register Online Open URL [Bit.ly/shrigurupuja](https://bit.ly/shrigurupuja) or Scan Above QR

SEMINAR EXPENSES FOR FOOD & STAY

Duration	Last Date for Registration	Adults (Above 25 Years)	Yuva Shakti (13 to 24 Years)	Bal Shakti (6 to 12 Years)
30th June to 2nd July	Upto 04th of June	2100/-	1800/-	1000/-
30th June to 2nd July	Between 05th to 15th of June	2500/-	2100/-	1200/-
Only Puja Day		500/-	400/-	300/-

HOW TO DEPOSIT SEMINAR CONTRIBUTION

Bank Details: Sahaja Yoga Puja Mahotsava & Seminar

Name : Axis Bank, The Mall Road Ludhiana

Account Number : 922020023988137

NEFT/IMPS/RTGS Code : UTIB0000042 (Five Times Zero)

Scan & Pay option (Phonepe/Paytm/Googlepay or any other)

After Payment Please What's App your details on 82 83 88 61 06

SCAN & PAY



PUNJAB REALIZATION TOUR : (28th, 29th & 30th June) A separate circular related to Tour has been released

You are requested to kindly contact on the numbers below for any type of support or clarification.

For Puja Registration

1. Mr. Rajeev Loomba 99141-32447
2. Dr. Kiran Kathuria 82838 86106

For Puja Accommodation

1. Mr. Sanil 92161-94301
2. Mr. Rohit 78143 05269

For Local Transport

1. Mr. Nikhil 93560 06549
2. Mr. Sahil 93560 03132

INVITEE

Mrs. Pooja Goel State Coordinator Pb
Mrs. Sheenu Trustee (Pb/Chd &J&K)
Mr. Ramesh Mantana Vice Chairman
Dr. P Udhwani Jt. Vice Chairman
Mr. Sumeet Agarwal Executive Secretary
Mr. S L Gupta Trustee (UP)
Mr. Azad Singh Trustee (NCR)
Mr. P S Rawat Trustee (UK)
Mr. Rakesh Bakshi Trustee (NCR)
Mr. Aurbindo Ghosh Trustee (NER)

Sh. Jai Karan Chaudhary (Ex. Trustee) Mr. Rajeev Loomba (Ex. State Coordinator) Mrs. Saroj Bhati (Noida Coordinator)
Mrs. Juhi Mahajan (Ex. State Coordinator)

Puja Venue: Malibu Gardens, Majitha-Verka By - Pass, Amritsar, Punjab