

PARMARTH

A Divine Month of Yoga, Music and Magic

H.H. Swami Chidanand Saraswatiji

Autumn, 2015 News Special

*Uttarakhand:
Simply
Heaven*

*The World's First
Jageshwar Yoga Festival
and Indo-China
Yoga Festival
Make History*

Inside



*School Inagurated at holy
confluence of Rudra Pryag*



*World's First Indo-China Yoga
Festival Held at Parmarth*



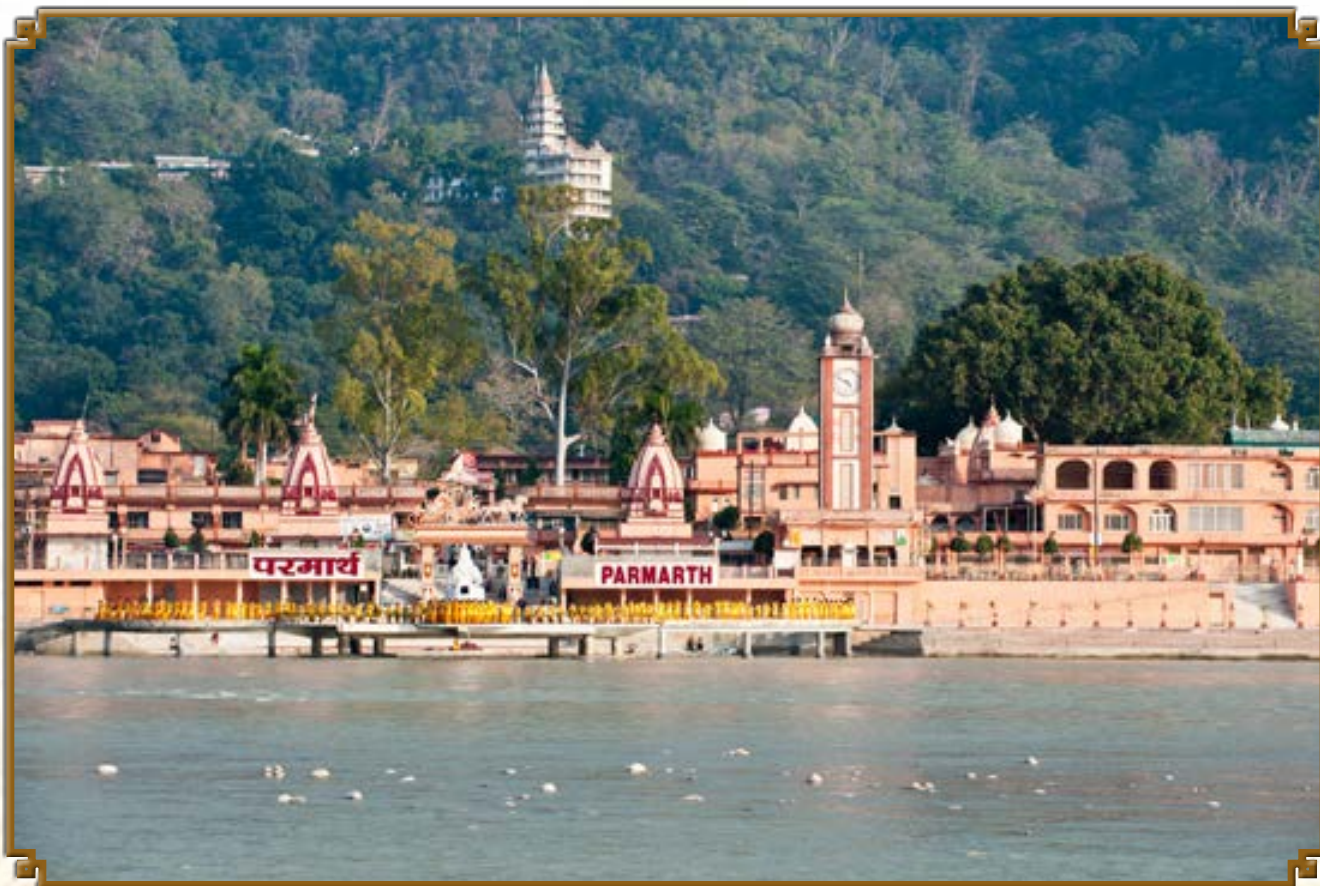
*The Danube River Meets
Mother Ganga for a Night of
Divine Music*



*The Music of Israel and India form a
Sangam of Harmony*

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LEARN MORE! VISIT OUR WEBSITES BY CLICKING:

www.parmarth.com (Parmarth Niketan Rishikesh), www.gangaaction.org (Ganga Action Parivar), www.washalliance.org (Global Interfaith WASH Alliance), www.projecthope-india.org (Project Hope), www.divineshaktifoundation.org (Divine Shakti Foundation), www.ihrf.com (India Heritage Research Foundation)

JAGESHWAR YOGA FESTIVAL

Yoga Amidst Holy Temples, Relics and Mountainsides



The first ever, two day Jageshwar International Yoga Festival, held on November 5 and 6, was jointly organized by the Government of Uttarakhand, KMVN and Parmarth Niketan (Rishikesh). Parmarth Niketan Ashram is well known for organizing and hosting the world famous annual International Yoga Festival, from March 1-7 each year, attracting hundreds of Yogis from across India and across the world, which is now in its 17th year. Together with the department of Tourism, Government of Uttarakhand, it was decided that the inspiration and transformation of Parmarth's International Yoga Festival should also be extended to the Kumaon region during the beautiful Autumn season.



The Jageshwar festival was inaugurated by HH Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan (Rishikesh), Hon'ble Speaker of Government of Uttarakhand, Shri Govind Singh Kunjwal, Bharat Mitraji, Founder-President of Organic India, Sadhvi Bhagawati Saraswatiji, Director of the International Yoga Festival at Parmarth Niketan (Rishikesh), and senior members of the Ministry of Tourism and KMVN.

The two-day Yoga celebration brought together yoga practitioners and enthusiasts from over 15 different countries, including America, Australia, Belgium, China, Czechoslovakia, Colombia, Lithuania, Kenya, Kazakhstan, Malaysia, Mexico, Israel, South Korea, United Kingdom, Vietnam and many others. The two day festival was filled with Yoga asana, pranayama, meditation classes by expert Yogacharyas, divine discourses by Yoga Masters, international and interfaith musical programmes by world-renowned Musicians,, special aarti and puja, nature walks and much more.

Pujya Swamiji shared, "Uttarakhand is the birthplace of Yoga and Lord Jageshwar, or Lord Shiva, is the ultimate Yogi, so it is very fitting to host the first ever Jageshwar Yoga Festival in this sacred land, one of the twelve holy jyotirlings. With the promotion of such festivals not only will the locals get employment, a great sense of pride in their heritage, as it attracts so many participants from abroad, but also the participants will be deeply touched and uplifted by the warmth and hospitality of its people and by the awakening that comes from practicing Yoga and meditating in this holy land. In this way it's a mutually beneficial relationship for all."

He also added, "While the promotion of such sacred heritage sites is essential we must ensure that we develop them as eco-tourist spots in which solid waste and waste-water are effectively managed and energy is conserved as much as possible so that all our festivals and celebrations are green, leaving the least amount of carbon and water footprint. In this way, the rivers can

*Uttarakhand:
Simply
Heaven*



continue to flow unpolluted, the forests can still be lush with indigenous trees and the biodiversity can be maintained and sustained.”

Sadhvi Bhagawatiji welcomed participants by adding, “ You have all been called here to India, to Uttarakhand, to this sacred Jageshwar Dham for a special reason. This is not like a yoga conference in London or Paris or New York or Sydney. In this sacred land of Jageshwar, you not only receive teachings but you also receive the divine touch and divine transformation.”

The festival was also geared at highlighting the historic and sacred Jageshwar Dham, as part of the rich and abundant natural and spiritual heritage of the Himalayan state of Uttarakhand. As an integral part of the Festival, the participants visited and meditated at the Jageshwar Temple, dedicated to Lord Shiva, also known as the Lord of Yoga, one of the most ancient and sacred 12 Jyotirlings. All participants were deeply inspired and touched by the holy sanctuary in the lush Deodar forests.

A special song for world peace was sung by internationally renowned musicians, in the spirit of Vasudhaiv Kutumbakam, bringing together a global family with the sacred chanting of Om Shalom Salam Amen, signifying a yogic union of countries, cultures, colors and creeds.



SEE MORE PHOTOS! CLICK:
<http://tinyurl.com/Jageshwar-2015-A>
<http://tinyurl.com/Jageshwar-2015-B>







Pujya Swamiji and Sadhvi Bhagawati led a special Aarti, evening lighting and thanksgiving ceremony, at the sacred Jageshwar Temple, joined by all Yoga Participants



A sacred Rudraksh sapling is given by Jageshwar Yoga Festival participants from many nations to the Hon'ble Speaker of Government of Uttarakhand, Shri Govind Singh Kunjwal, the District Magistrate of Almora and Commissioner of Almora



Hon'ble Speaker of Government of Uttarakhand, Shri Govind Singh Kunjwal, Deputy Director of Uttarakhand Tourism Shri V.S.Chauhan and the District Magistrate of Almora Shri Savin Bansal join Pujya Swamiji and Sadhvi Bhagawatiiji to light the inaugural lamp for the first ever Jageshwar Yoga Festival





Respected dignitaries and officials of the Government of Uttarakhand join Pujya Swamiji, Sadhvi Bhagawati and Bharat Mitra to open the Jageshwar Yoga Festival



beautiful water blessing ceremony and pledge for improved WASH with participants from around the world and respected dignitaries



Pujya Swamiji blesses local youth performers for sharing their beautiful culture and an inspiring tale of Lord Shiva with festival participants.



Participants from many countries enjoy the rich cultural programme of the Kumaon region.



During the festival, Puja Swamiji met with local priests and community members of Jageshwar to discuss how to develop Jageshwar as a Green Pilgrimage and world-renowned center of spirituality and awakening



Puja Swamiji was cordially invited and requested to perform sacred Rudra Abhishek and Aarti in the divine and ancient Lord Jageshwar sanctum sanctorum

RELATED KEYWORDS: [Uttarakhand](#) | [Tourism](#) | [Rishikesh](#) | [Jageshwar](#) | [International-Yoga-Festival](#) | [Char-Dham](#)

Yoga festival begins at Jageshwar, may be held every year

TDN | Nov 5, 2015, 09:45PM IST

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Almora: The two-day International Yoga Festival kicked off at Jageshwar on Thursday with much fanfare. About 100 foreigners from 16 countries, including China, Mongolia, Hong Kong, Belgium, Israel, UK, America, Columbia, Kenya and Mexico, have come all the way to participate in the two-day event.

The festival has been organised by Rishikesh-based Parmarth Niketan, which hosts yoga festivals every year, and Kumaon Mandal Vikas Nigam. It is backed by Uttarakhand Tourism Development Council.

Uttarakhand assembly speaker Govind Singh Kunjwal and Chidanand Swami, spiritual head of Parmarth Niketan, inaugurated the festival in the presence of international delegates.

Kunjwal told TOI, "From now on, Jageshwar has come on the global map of yoga festival. Every year, the government will conduct a yoga festival at Jageshwar. This is an attempt to develop Jageshwar as the fifth religious and spiritual spot after Char Dham. This is also an attempt to encourage spiritual tourism in Kumaon region."

Chidanand Saraswati said, "Parmarth Niketan and the government of Uttarakhand are mulling together to create a brand of Uttarakhand as an 'organic' state. This is a land of organic horticulture. We will like to organize international yoga festivals of 300 members at Jageshwar where participants can be put at homestays of local people, so that local people can also get business. Parmarth Niketan has connections throughout the world while the government has the infrastructure. Together, we can develop Jageshwar as a spiritual spot in the state."

Yoga festivals will also be organized at the Ardh-Kumbh 2016, Saraswati said.

the foreigners hoped to hear divine discourses, learn about "pranayama", attend meditation classes, practise yoga "asana and participate in aarti and puja besides going for nature walks.

The evening saw a performance of a special song bringing together the world faiths with the sacred chanting of "Om Shalom, Salam, Amen", signifying a yogic union of countries, cultures, colours and creeds in the heart of the sacred Himalayas.

The second day will start early morning with meditation and "pranayama" and "asanas". There will be a tree-planting session, heritage visits and a question-answer session at the end.

For the first time, a yoga festival is being held in the hills of Kumaon region. Its also the first time that a yoga festival of an international stature is being held away from Rishikesh.

The Tribune

VOICE OF THE PEOPLE

Posted at: Nov 6 2015 12:03AM

International yoga fest begins in Jageshwar

Sonia Gandhi to attend state day here tomorrow



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BD Kasniyal

Pithoragarh, November 5

The first-ever International Yoga Festival began at Jageshwar today.

Chief Minister Harish Rawat took stock of the preparations today. While talking to mediapersons afterwards he said "We are aiming to develop Jageshwar as a Yoga Sadhana Kendra on the lines of Char Dham pilgrimage centres of the state. People from across the world could come to have yoga sadhana in this place, which is enlisted in ancient puranas as an eminent religious centre."

Congress president Sonia Gandhi will visit the venue on November 7 to take part in yoga and state raising day ceremony, which will also be held by the state government here. Gandhi will also lay the foundation stone of Rs 100-crore Hariram Tamta Shilp Unnayan Sansthan and inaugurate the Uday Shankar Natya Academi built near Almora town.

"Swami Chidanand Muni of Parmarth Niketan, Rishikesh, will come with 15 of his yoga experts to guide over 125 foreign participants in practicing various asanas for two days," a source from the Almora district administration said.

NEWDELHI 20th Nov



SUNDAY, 8 NOVEMBER 2015 | 11:09:34 AM

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END PREPARATIONS BEFORE DEADLINE

Thursday, 05 November 2015 | 11:09:34 AM | Dehradun | in Dehradun

☆☆☆☆

Chief Minister Harish Rawat instructed the State Government officials on Wednesday to complete all the preparations regarding the International Yoga Festival slated in Jageshwar well before the deadline.

People visiting the festival from other places should get all the facilities there, he stressed. "The festival being organised to promote tourism, the tourists and others visiting the festival from outside the State should not face any sort of inconvenience," he said.

The Yoga Festival would be celebrated on November 5 and 6 under the aegis of Parmarth Niketan Rishikesh and KMFV in conjunction with Uttarakhand Tourism Development Council. CM offered prayers at Jageshwar Temple in the morning.

Jageshwar Dham was being developed as Yoga spot to promote the tourism activities, CM said while making physical verification of the preparations in Jageshwar. CM directed the DM that all the arrangements should be in place by respective departments with full sincerity so as to spare the visitors any kind of inconvenience.

Officials have been instructed to ensure foolproof security arrangements along with health related services, considering the huge number of footfalls expected. All the lodging, food and health facilities have to be taken care of seriously, he emphasised. He also laid emphasis on uninterrupted drinking water supply while asking Jal Sansthan to work sincerely. "The same applies to the electricity department officials. They must ensure uninterrupted electricity supply during the festival," CM said.

He directed the DM to present the assessment report after selecting the land for barrage construction at Jateganga.

Later, CM also inspected Food Festival site which is slated to start on November 7 in Gorakhpur and instructed the officials to fulfill all the assignments regarding preparation well before time.

He directed KMFV officials to complete the preparations for Nainital Food Festival to make it a success. Uday Shankar Natya Academy would be inaugurated on November 7 along with laying of foundation stone of Late Hari Parsad Tamta Shilpa Unnayan Sansthan, he informed.



दैनिक जागरण

अजीब : जोकर भी मुस्कुरा
 यों मस्तिष्क के अन्दर की लेख
 प्रत्यक्ष मुस्कुरा दिखायी दिया। अजुक्त
 मुस्कुरा अजीब नम्र के अलख निभ
 रहित बाल, दासी केवल कण्ठगत
 मस्तिष्क की व्यवस्थाओं का बारीकी से सज्ज
 त्त हुए थे। अजीब अन्य विषयों के
 अभिप्रायों की जगह सच में ही लेख
 दिया सच है। यहाँ दासी काट-काट है।



INDO-CHINA YOGA FESTIVAL: A HISTORIC FIRST



The first ever Indo-China International Yoga Festival in India took place on the holy banks of Mother Ganga in Parmarth Niketan (Rishikesh), with participants from 31 nations. The festival ran from the 5th through the 9th November with the first 2 days in Jageshwar Dham organized and run jointly by the Government of Uttarakhand and Parmarth Niketan (see pgs 15-25), and the second 3 days at Parmarth Niketan, Rishikesh.

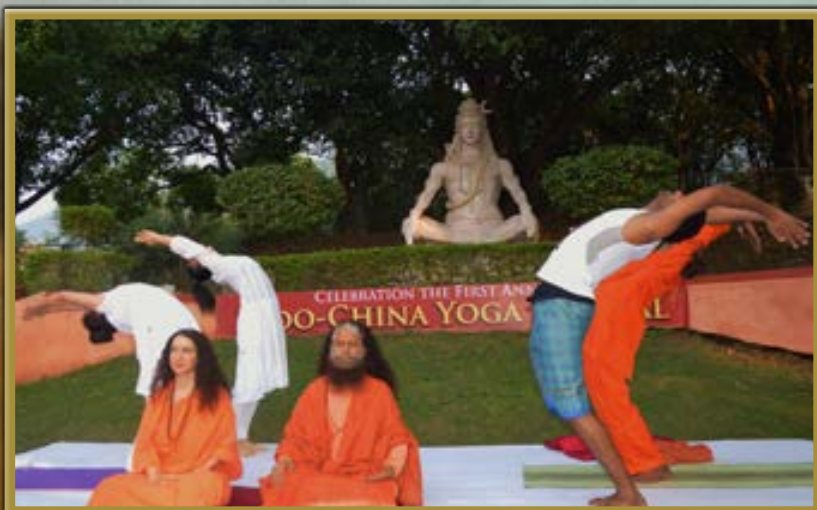
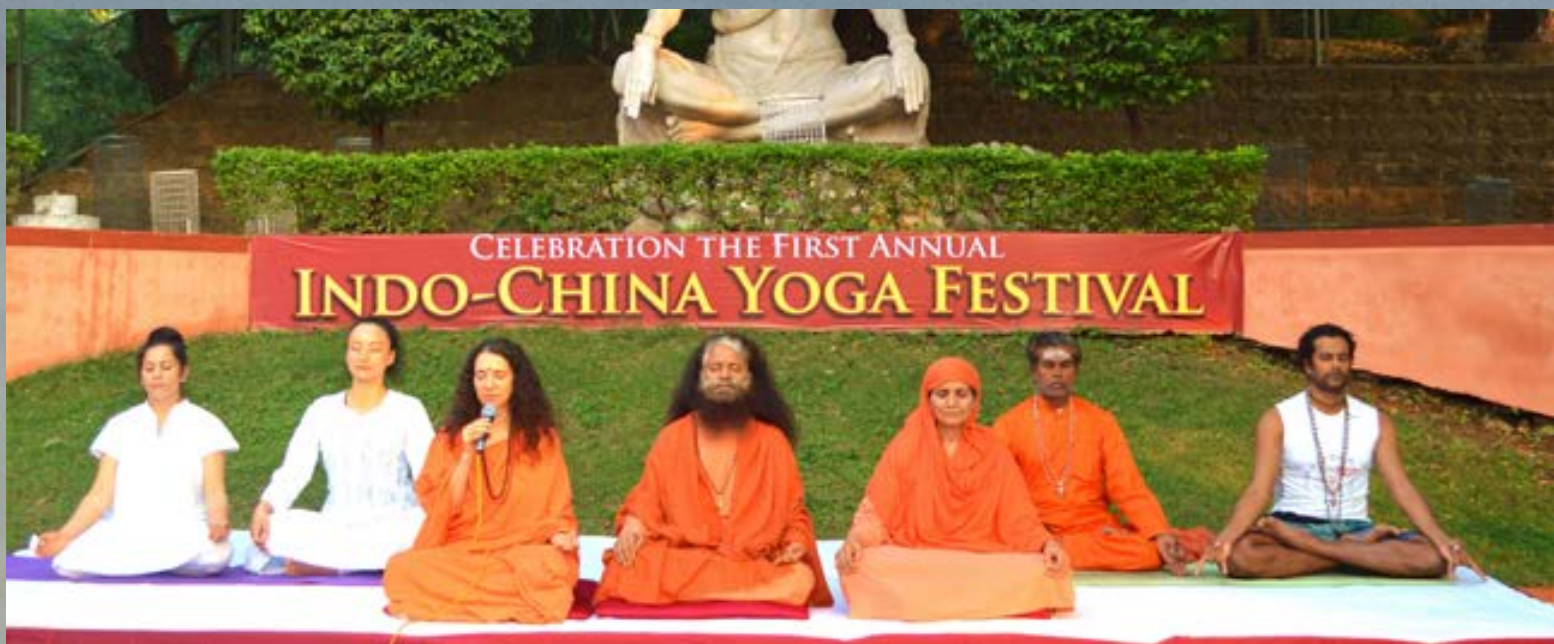
It was inaugurated by Pujya Swamiji, Hon'ble Minister of Agriculture Shri Harak Singh Rawatji, Shri Rajeev Swaroop, SP Rishikesh, Sadhvi Bhagawati Saraswatiji, Mr. Zhu Thai, CEO, Keep Yoga, Beijing, China, Dr Yuva Dayalan, Founder-President of Yuva School of Yoga, Hong Kong and many others.

Every day participants took part in a plethora of Yoga classes from 6am-5pm, joining each evening in the yagna/havan and Ganga Aarti, in which they sang and chanted joyfully.

SEE MORE
PHOTOS! CLICK:

<http://tinyurl.com/Indo-China-2015-A>
<http://tinyurl.com/Indo-China-2015>





Some of the main leaders, organizers and yogacharyas at the Indo-China International Festival were:

Mr. Zhu Thai, CEO, Keep Yoga, Beijing, China

- Mr. Zhu Feng, Assit CEO, Keep Yoga, Beijing, China
- Ms. Sharmila Mahesh Kumar, Grand-daughter of Pratabi Jois, Mysore, India
- Sadhvi Abha Saraswati, Senior Yogacharya, Head of Parmarth Yoga Department
- Sadhvi Bhagawati Saraswati, Director of the International Yoga Festival- Parmarth Niketan (Rishikesh)
- Mr. Zhao Te La, Famous Yoga Teacher in China with hundreds of Yoga studios in China
- Ms. Liu Je, Famous Yoga Teacher in China, First Yoga Beauty of Asia

- Dr. AM Moorthy, Vice Chancellor, Tamil Nadu Physical Education Sports University
- Dr. R Elangovan, Professor and Head, Department of Yoga at Tamil Nadu Physical Education Sports University
- Mr. Brian Siddhartha Ingle, Eminent Yogacharya from America
- Mr. David Jumbo Troung, Yoga Teacher from America
- Shri HS Arun, Senior Iyenger Teacher, Bangalore, India
- Dr Yuva Dayalan, Founder-President of Yuva School of Yoga, Hong Kong
- Dr. Indu Sharma, Yogacharya, Parmarth Niketan (Rishikesh)



During the festival, Dr. AM Moorthy and Dr. R Elangovan from Tamil Nadu Physical Education Sports University proudly presented Puja Swamiji with a lifetime achievement award for His contributions in the field of Yoga and selfless service. There was also a launch of Radhika Khanna's book on Yoga, entitled "Yoga: The Ganges to Wall Street." During the writing of the book earlier in the year, Radhikaji had come to Parmarth Niketan for support in gathering material, pictures and inspiration for her book which seeks to find the spirituality in everyday life and also includes a special chapter on Yogic food by Master Chef, Vikas Khanna. Radhika and Vikas Khanna joined for the launch.

All of the Yoga Festival participants were so deeply touched and transformed as they learned yoga, pranayama and meditation in Rishikesh in the birthplace of yoga, on the banks of the sacred Ganga river.

On the final evening, they expressed their wishes to also have a Lord Shiva statue in Beijing, similar to those at Parmarth Niketan. In response, Puja Swamiji gifted them with a beautiful Shiva murti, which was taken back to China for installation in their yoga centre. A larger one will also be prepared and sent to their beautiful nation.

Said Puja Swamiji, "This Shiva statue symbolizes a bridge between India and China. It is a bridge between countries, cultures and creeds. The Shiva murti is a symbol of the joining of our hearts together in true yoga. It is a symbol of the Power of Peace. That is the power we need today – not power for power but power for peace! India and China, together, joining hands and hearts in a true yoga, or union, of "Power of Peace" can change the whole world!"



A DIVINE MEETING: INDO-CHINA YOGA FESTIVAL PARTICIPANTS WITH PUJYA SWAMIJI AND PUJYA SWAMI RAMDEVJI IN HARIDWAR





Yogacharyas of the Indo China Yoga Festival participate in GIWA's water blessing ceremony, pledging to work for improved WASH



International artist, Ragunath Manet from Paris, inspires Yogis from 31 nations to bring the music of peace and harmony through their practice of Yoga



Yoga Festival participant offers a beautiful flower to Lord Shiva, the Lord of Yoga



Naad Yogacharya, Anandra George, and Sadhvi Abha Saraswati, Head of Parmarth Niketan's Yoga Department, lead a beautiful chanting session with festival participants



A senior official from India's External Affairs Ministry is honoured by participants on her visit to the festival



Renowned Yogacharyas from China are blessed by Pujya Swamiji with a beautiful certificate and sacred Rudraksh sapling



Volunteers of the Tamil Nadu Physical Education Sports University's Yoga Department are blessed with a sacred Rudraksh sapling by Pujya Swamiji, joined by Mr. Zhu Tai and Dr. Yuva Dayalan.













Uttarakhand's Hon'ble Agriculture Minister Shri Harak Singh Rawat lights the inaugural lamp





UTTARAKHAND'S HON'BLE MINISTER OF AGRICULTURE, SHRI HARAK SINGH RAWAT, INAUGURATES THE INDO-CHINA YOGA FESTIVAL AT PARMARTH NIKETAN, RISHIKESH





(Photos: top to bottom)

During the festival, an MOU was signed between Tamil Nadu's Physical Education Sports University, renowned Yoga Department, and Parmarth Niketan Yoga Department

Radhika Khanna's beautiful book, "Yoga: The Ganges to Wall Street," was also launched.

Later, Dr. AM Moorthy and Dr. R Elangovan from Tamil Nadu's Physical Education Sports University proudly presented Pujya Swamiji with a lifetime achievement award for His contributions in the field of Yoga and selfless service.



The Danube River and Ganga River Meet *For A Divine Concert with Two Ambassadors*



The Danube River met Mother Ganga on the evening of 30 October 2015 at Parmarth Niketan for a forever-memorable concert on the Ganga's divine banks.

All were honored with traditional European classical musical selections in addition to inspiring Indian bhajans, performed by the Spring String Quartet and Ensemble Pasticcio from Austria, along with Parmarth's Rishikumars. The conductor was the esteemed Gerald Wirth, President & Artistic Director of the Twice Grammy Award Winning Vienna Boys Choir. H.E. Bernard Wrabetz, Ambassador of Austria and H.E. Deep Kumar Upadhyay, Ambassador of Nepal were in attendance along with Joana Daniel Wrabetz, wife of the Ambassador of Austria, and Michael Heinz, Director of the Cultural Forum of the Austrian Embassy. Along with the beautiful music, a highlight of the evening was the ceremonial merging of the Danube into Ganga performed by Ambassador Wrabetz and Pujya Swamiji.



SEE MORE PHOTOS! CLICK:
[HTTP://TINYURL.COM/GANGA-DANUBE-2015](http://tinyurl.com/GANGA-DANUBE-2015)

DIVINE SCHOOL INAUGURATED *at the Sacred Confluence of Rudra Prayag*

Pujya Swamiji visited Rudraprayag recently to inaugurate a beautiful Chatra Vas (Hostel) and Meditation Centre at the Sanskrit Mahavidyala Rudraprayag at Sangam Ghat. These buildings were devastated in the floods of 2013 and new construction by the Swaminarayan Gurukul Parivar, with the blessings of HH Pujya Swami Madhavpriyadasji, in collaboration with the Divine Shakti Foundation-Parmarth Niketan, Rishikesh, took place to restore the building.

The opening programme was joined by the Hon'ble Education Minister of Uttarakhand, Shri Mantri Prasad Naithaniji, head Acharyas of the school as well as all the students and their families.

The school seeks to bridge the gap between culture and computer, in essence preserving the Indian culture while also maintaining our strength technology. Pujya Swamiji also shared His vision of a sacred Ved Dham in this location, creation a Centre of Excellence and a world-class Priest Training Centre in this historic heritage site, which would attract people from across India and the world to stay rooted in their sanskriti while also be given the tools and flexibility through innovative spirituality to navigate through changing times.

After the inaugural programme there was a divine Ganga Aarti ceremony on the Sangam, joined by Pujya Swami Durganandaji and members of more than 15 countries. Pujya Swamiji emphasized that time has come to develop Uttarakhand as an eco-tourism destination for the world by inviting and sustaining spiritual, cultural and wellness tourism.







SEE MORE PHOTOS! CLICK:
[HTTP://TINYURL.COM/RUDRA-PRYAG-SCHOOL](http://tinyurl.com/Rudra-Pryag-School)

THE MUSIC OF ISRAEL AND INDIA CONVERGES *on the Banks of Mother Ganga*



Artists from Israel, Turkey and Australia and many other countries, led by Bharat Mitra, Founder- President of Organic India and eminent Israeli artist Gill Ron Shama and his interfaith band from Israel, shared their music with their global family.

They joined Pujya Swamiji on the yatra to Devprayag and Rudraprayag as well as for the first ever International Yoga Festival in Jageshwar.

They shared their music of love and harmony along with a special song for world peace, called One Source Waking Up in the spirit of Vasudhaiv Kutumbakam,

bringing together the world's faiths with the sacred chanting of Om Shalom Salam Amen, signifying a yogic union of countries, cultures, colors and creeds. This special song was recorded in each location and will be part of a unique music video. The song will ultimately be chanted by one billion people from all over the world, singing together....

The artists were so deeply touched by the beauty, spiritual-cultural heritage of the Himalayan state that they have planned to return back for the 17th Annual International Yoga Festival and Kumbha Mela in Spring 2016.





**Om Shalom Salam Amen:
the Music of Harmony on the
banks of Mother Ganga**

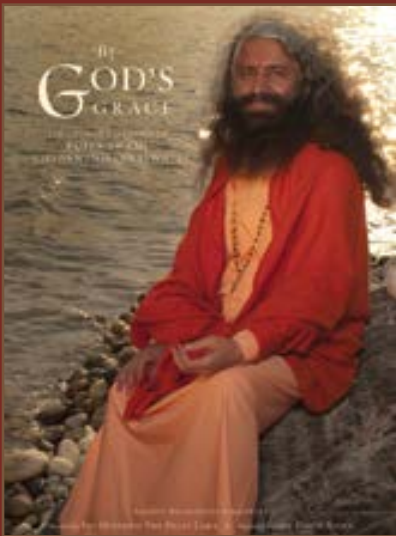


SPECIAL ANNOUNCEMENTS



BY GOD'S GRACE

The Life & Teachings of Puja Swami Chidanand Saraswati



In this compelling biography, **Puja Swamiji's** divine life is beautifully detailed chronologically. Upon its release, this book held the **NUMBER ONE** position as the best-seller in Amazon.com's Hindusim section, out of a total of over 17,000 books!

Illustrated with exquisite photos of Ganga, the Himalayas, and all of the saints and world leaders with who Puja Swamiji has spent the first 60 years of His life, it tells the inspiring, uplifting and transformative stories of Puja Swamiji's whole life – from meeting His Guru at the tender age of eight, to His youth filled with intense sadhana in the Himalayan forests and jungles, including standing on one leg for 11 hours a day. By God's Grace then goes on to beautifully describe Puja Swamiji's arrival into Rishikesh and choice of stay there, followed by the history of His life at Parmarth Niketan, first as a young student and then as head of one of India's largest spiritual institutions. You will read about His travels around the world, touching and teaching people of all religions, all cultures and all walks of life.

Puja Swamiji's very life is His message; the book also includes special "teaching" sections. Each special teaching spread takes one of Puja Swamiji's most fundamental teachings and shares it, in His own words, through His own voice, on gorgeously illustrated pages.

Published by Mandala Earth Publications of California, USA, this book is perfect for personal reading and for gracing the top of your coffee table, and it is also the perfect gift for any friend or loved one who, whether they know Puja Swamiji personally or not, is looking for a glimpse into the life of one of history's truest, wisest, deepest, funniest and most down-to-earth spiritual leaders. Laugh, cry, look at yourself and your life in a brand new way.

For more information including ordering information for this beautiful book, please click: www.bygodsgracebook.org.



VOLUNTEER WITH US

Join hands in a global interfaith mission of peace



We are always looking for caring, hard-working volunteers to join us here at Parmarth Niketan, Rishikesh.

As our projects grow, so has our need for professional, inspiring, and productive individuals who wish to dedicate their time, talent, technology and tenacity for our mission to achieve a greener, cleaner, and safer tomorrow for all humanity.

If you would like to get involved and volunteer in any one of our projects, please download our Volunteer Application Packet and send us your application.

[Click here](#) to download the application.



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WWW.WASHALLIANCE.ORG (GLOBAL INTERFAITH WASH ALLIANCE)

WWW.DIVINESHAKTIFOUNDATION.ORG (DIVINE SHAKTI FOUNDATION),

WWW.PROJECTHOPE-INDIA.ORG (PROJECT HOPE),

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